

# **Winnebago County Community Health Survey Report 2018**

Commissioned By:  
**Fox Valley Community Health Improvement Coalition**

Sponsored By:  
**Ascension  
Aurora Health Care  
Children's Hospital of Wisconsin  
ThedaCare  
Winnebago County Public Health Department**

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## Purpose

The purpose of this project is to provide Winnebago County with information from an assessment conducted in the Fall 2017/Winter 2018, 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 the Fox Valley Community Health Improvement Coalition. It was sponsored by Ascension, Aurora Health Care, Children's Hospital of Wisconsin, ThedaCare and Winnebago County Public 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 Winnebago County Public Health Department (920) 232-3000.

## 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=275). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=225). 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 500 telephone interviews were completed between December 7, 2017 and February 28, 2018.

### Weighting of Data

For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the 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 500, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 4$  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  $\pm 4$  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 135,326 adult residents live in Winnebago County. Thus, in this report, one percentage point equals approximately 1,350 adults. So, when 15% of respondents reported their health was fair or poor, this roughly equals 20,250 residents  $\pm$ 5,400 individuals. Therefore, from 14,850 to 25,650 residents likely have fair or poor health. Because the margin of error is  $\pm$ 4%, events or health risks that are small will include zero.

In 2016, the Census Bureau estimated 69,169 occupied housing units in Winnebago County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the 2016 household estimate, each percentage point for household-level data represents approximately 690 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<sup>2</sup>. 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 2018, 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 2011 and 2015, the definition was five or more drinks, regardless of gender.

## **Previous Data Collection**

Previous survey administration was conducted by Survey Research Institute and focused on health department service areas. As a result, the Fox Cities were surveyed separately and were not included in the 2011 and 2016 Winnebago County reports. In order to compare the 2018 data with previous years, a random sample of the 2010 Fox Cities Community Health Survey was included in the 2011 Winnebago data at the proportion these communities are in the county. In addition, a random sample of the 2016 Fox Cities Community Health Survey was included in the 2016 Winnebago County data.

## 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 2018 (Q72, Q73, Q79, Q87 & Q88)<sup>①,②</sup>**

|                              | Survey Results |
|------------------------------|----------------|
| TOTAL                        | 100%           |
| Gender                       |                |
| Male                         | 51%            |
| Female                       | 49             |
| Age                          |                |
| 18 to 34                     | 32%            |
| 35 to 44                     | 17             |
| 45 to 54                     | 20             |
| 55 to 64                     | 15             |
| 65 and Older                 | 17             |
| Education                    |                |
| High School Graduate or Less | 28%            |
| Some Post High School        | 31             |
| College Graduate             | 41             |
| Household Income             |                |
| Bottom 40 Percent Bracket    | 29%            |
| Middle 20 Percent Bracket    | 22             |
| Top 40 Percent Bracket       | 42             |
| Not Sure/No Answer           | 7              |
| Married                      | 52%            |

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

<sup>②</sup>Race and ethnicity breakdowns had too few cases for statistical reliability in crosstabulations (Q76 & Q77).

## 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 2011 they had at least one unhealthy day that kept them from their usual activities in the past month (24%) and the percentage of adults reporting this in 2018 (29%) 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, national and Tri-County 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 and Unmet Needs, and Health Information and Services. Each main topic is in **bold** in the report.
  - b. Key Findings—The first paragraph summarizes 2018 demographic findings of survey questions included in the main topic. The second paragraph, in *italics*, indicates if the 2018 percentages statistically changed over time.
  - c. Sub-Topics—Applicable survey questions are analyzed within each main topic and are listed in **bold**. For example, “Rating Their Own Health,” “Physically Unhealthy Days,” “Mentally Unhealthy Days,” and “Unhealthy Days Kept Respondent from Usual Activities” are the sub-topics within Overall Health.
    - 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, followed by the Tri-County percentage. This information is *italicized* as well.
  - iii. 2018 Findings
    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 2018. It compares the highest and lowest percentages. The order of bullets is gender, age, education, household income and marital status. Overweight status, physical activity, smoking status and excessive drinking 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. 2011 to 2018 Year Comparisons
    1. First bullet—This bullet statistically compares the 2011 percent to the 2018 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 2011 and/or 2018. Secondly, the bullet includes if there were any changes within the demographic categories from 2011 to 2018. A bullet is not written if there is no statistical significance in both cases. Open bullets are used to indicate fewer respondents.
  - v. 2015 to 2018 Year Comparisons—same format as the 2011 to 2018 Year Comparisons, but compares 2015 to 2018 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 “2018 Findings,” “2011 to 2018 Year Comparisons” and “2015 to 2018 Year Comparisons.” Statistically significant demographic differences within years are indicated by <sup>1</sup>, <sup>2</sup> and/or <sup>3</sup> depending upon the number of years data is available. Statistically significant differences between years are indicated by <sup>a</sup> and/or <sup>b</sup> 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 Winnebago County residents. Where possible, Wisconsin and U.S. data are included. The following data are highlights of the comprehensive study. Please see the full report for more details.

| General Health  | Winnebago County |      |      | Tri-County |      |      | WI   | US   |
|---|------------------|------|------|------------|------|------|------|------|
|   | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016 | 2016 |
| Overall Health  |                  |      |      |            |      |      |      |      |
| Excellent/Very Good <sup>A,B,C,D</sup>  | 57%              | 52%  | 42%  | 56%        | 53%  | 42%  | NA   | NA   |
| Good  | 31%              | 31%  | 43%  | 31%        | 32%  | 43%  | NA   | NA   |
| Fair or Poor  | 13%              | 17%  | 15%  | 13%        | 14%  | 16%  | 16%  | 16%  |
| At Least 3 Physically Unhealthy Days in Past Month <sup>A</sup>                                     | 23%              | 33%  | 31%  | 24%        | 27%  | 27%  | NA   | NA   |
| At Least 3 Mentally Unhealthy Days in Past Month <sup>A,C</sup>                                     | 25%              | 31%  | 30%  | 24%        | 28%  | 31%  | NA   | NA   |
| At Least 3 Physically/Mentally Unhealthy Days Prevented Usual Activities in Past Month <sup>A</sup> | 15%              | 22%  | 19%  | 15%        | 19%  | 18%  | NA   | NA   |

| Health Care Coverage  | Winnebago County |      |      | Tri-County |      |      | WI   | US   |
|---|------------------|------|------|------------|------|------|------|------|
|   | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016 | 2016 |
| Currently No Health Care Coverage   |                  |      |      |            |      |      |      |      |
| 18 Years Old and Older [HP2020 Goal: 0%] <sup>A,B,C,D</sup>                           | 12%              | 6%   | <1%  | 9%         | 4%   | <1%  | 9%   | 10%  |
| 18 to 64 Years Old [HP2020 Goal: 0%] <sup>A,B,C,D</sup>                               | 14%              | 7%   | <1%  | 10%        | 5%   | 1%   | 10%  | 12%  |
| Unmet Care in Past Year (Household Member)  |                  |      |      |            |      |      |      |      |
| Medical Care [HP2020 Goal: 4%]  | --               | --   | 6%   | --         | --   | 6%   | NA   | NA   |
| Dental Care [HP2020 Goal: 5%]   | --               | --   | 8%   | --         | --   | 8%   | NA   | NA   |
| Mental Health Care  | --               | --   | 2%   | --         | --   | 3%   | NA   | NA   |
| Have a Primary Care Physician [HP2020 Goal: 84%] <sup>A,C</sup>                       | 84%              | --   | 89%  | 88%        | --   | 91%  | NA   | NA   |
| Advance Care Document or Conversation   | --               | --   | 67%  | --         | --   | 67%  | NA   | NA   |
| Advance Directive Document for Health Care  | --               | --   | 44%  | --         | --   | 45%  | NA   | NA   |
| Conversation with Trusted Person about Health Care Wishes if Unable to Speak for Self | --               | --   | 49%  | --         | --   | 50%  | NA   | NA   |

| Routine Procedures   | Winnebago County |      |      | Tri-County |      |      | WI   | US   |
|--|------------------|------|------|------------|------|------|------|------|
|  | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016 | 2016 |
| Routine Checkup (2 Years Ago or Less) <sup>A,C,D</sup>           | 83%              | 91%  | 92%  | 84%        | 88%  | 91%  | 84%  | 84%  |
| Respondents with a Routine Checkup in Past 2 Years               |                  |      |      |            |      |      |      |      |
| HCP Inquired about Alcohol Consumption <sup>B,D</sup>            | --               | 66%  | 81%  | --         | 65%  | 83%  | NA   | NA   |
| Advised to Quit or Reduce Alcohol Consumption (of HCP Inquiries) | --               | 10%  | 6%   | --         | 7%   | 5%   | NA   | NA   |
| Dental Checkup (Past Year) [HP2020 Goal: 49%] <sup>A,B</sup>     | 80%              | 79%  | 74%  | 79%        | 78%  | 77%  | 73%  | 66%  |

| Health Conditions in Past 3 Years   | Winnebago County  |                   |      | Tri-County        |                   |      | WI   | US   |
|-------------------------------------|-------------------|-------------------|------|-------------------|-------------------|------|------|------|
|                                     | 2011 <sup>1</sup> | 2015 <sup>1</sup> | 2018 | 2011 <sup>1</sup> | 2015 <sup>1</sup> | 2018 | 2016 | 2016 |
| High Blood Pressure                 | 30%               | 26%               | 26%  | 26%               | 26%               | 25%  | NA   | NA   |
| High Blood Cholesterol <sup>D</sup> | 19%               | 27%               | 22%  | 26%               | 30%               | 24%  | NA   | NA   |
| Mental Health Condition             | --                | 24%               | 21%  | --                | 24%               | 21%  | NA   | NA   |
| Diabetes                            | 7%                | 8%                | 10%  | 8%                | 8%                | 10%  | NA   | NA   |
| Heart Disease/Condition             | --                | --                | 8%   | --                | --                | 8%   | NA   | NA   |
| Asthma (Current) <sup>D</sup>       | --                | 12%               | 9%   | --                | 15%               | 9%   | 9%   | 9%   |

--Not asked or worded differently. NA-Wisconsin and/or US comparison data not available.

<sup>1</sup>In 2011 and 2015, time frame was “ever”.

<sup>A</sup>Winnebago County statistical change from 2011 to 2018. <sup>B</sup>Winnebago County statistical change from 2015 to 2018.

<sup>C</sup>Tri-County statistical change from 2011 to 2018. <sup>D</sup>Tri-County statistical change from 2015 to 2018.

| Financial Factors Affecting Health in Past Year   | Winnebago County |      |      | Tri-County |      |      | WI   | US   |
|---|------------------|------|------|------------|------|------|------|------|
|   | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016 | 2016 |
| Worried/Stressed About Having Enough Money for Rent, Mortgage or Utilities (Always/Usually) | --               | 17%  | 14%  | --         | 14%  | 14%  | NA   | NA   |
| Food Didn't Last and Unable to Purchase More (Often True/Sometimes True)                    | --               | 17%  | 15%  | --         | 11%  | 13%  | NA   | NA   |

| Mental Health Status  | Winnebago County |      |      | Tri-County |      |      | WI   | US   |
|---|------------------|------|------|------------|------|------|------|------|
|   | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016 | 2016 |
| Get Social/Emotional Support Needed (Rarely/Never) <sup>A</sup>               | 7%               | 11%  | 10%  | 6%         | 8%   | 6%   | NA   | NA   |
| Stress Because Mind is Troubled in Past Month (All the Time/Most of the Time) | --               | --   | 13%  | --         | --   | 15%  | NA   | NA   |
| Considered Suicide in Past Year   | --               | --   | 10%  | --         | --   | 8%   | NA   | NA   |

| Physical Health  | Winnebago County |      |      | Tri-County |      |      | WI               | US               |
|--|------------------|------|------|------------|------|------|------------------|------------------|
|  | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016             | 2016             |
| Overweight Status  |                  |      |      |            |      |      |                  |                  |
| Overweight/Obese (BMI 25.0+) [HP2020: 66%] <sup>A,B</sup>  | 64%              | 62%  | 70%  | 66%        | 65%  | 67%  | 67%              | 65%              |
| Obese (BMI 30.0+) [HP2020: 31%] <sup>A,B,C</sup>   | 30%              | 31%  | 39%  | 30%        | 32%  | 35%  | 31%              | 30%              |
| Physical Activity/Week   |                  |      |      |            |      |      |                  |                  |
| Moderate Activity (5 Times/30 Min) <sup>B,D</sup>  | --               | 20%  | 32%  | --         | 22%  | 33%  | 42% <sup>1</sup> | 33% <sup>1</sup> |
| Vigorous Activity (3 Times/20 Min)   | --               | 24%  | 25%  | --         | 28%  | 25%  | 31% <sup>3</sup> | 29% <sup>3</sup> |
| Recommended Moderate or Vigorous <sup>B</sup>  | --               | 35%  | 43%  | --         | 40%  | 44%  | 53% <sup>3</sup> | 51% <sup>3</sup> |
| Major Reasons Not Participate in Physical Activity More (Of Respondents Who Did Not Meet Recommendation) |                  |      |      |            |      |      |                  |                  |
| Not Enough Time to Exercise  | --               | --   | 30%  | --         | --   | 24%  | NA               | NA               |
| Difficult to Motivate Self   | --               | --   | 28%  | --         | --   | 24%  | NA               | NA               |
| Boring   | --               | --   | 15%  | --         | --   | 11%  | NA               | NA               |

| Nutrition   | Winnebago County |      |      | Tri-County |      |      | WI               | US               |
|---|------------------|------|------|------------|------|------|------------------|------------------|
|   | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016             | 2016             |
| Fruit Intake (2+ Servings/Day) <sup>B,C,D</sup>                                 | 49%              | 54%  | 44%  | 54%        | 60%  | 48%  | NA               | NA               |
| Vegetable Intake (3+ Servings/Day) <sup>C</sup>                                 | 29%              | 27%  | 31%  | 26%        | 33%  | 31%  | NA               | NA               |
| At Least 5 Fruit/Vegetables/Day <sup>D</sup>                                    | 28%              | 33%  | 28%  | 30%        | 39%  | 29%  | 23% <sup>3</sup> | 23% <sup>3</sup> |
| Sugar Drink (1+ Drinks/Day/Past Month)  | --               | --   | 34%  | --         | --   | 30%  | NA               | NA               |
| Non-Work Screen Time (4+ Hours/Day) <sup>B</sup>                                | --               | 44%  | 32%  | --         | 36%  | 30%  | NA               | NA               |
| Sleep in Past 24 Hours (7+ Hours) [HP2020 Goal: 71%]                            | --               | 63%  | 64%  | --         | 67%  | 65%  | NA               | NA               |
| Family Meals (Households with More than 1 Person; 5+ Meals/Week) <sup>B,D</sup> | --               | 65%  | 56%  | --         | 64%  | 59%  | NA               | NA               |

| Alcohol Use in Past Month   | Winnebago County |                  |      | Tri-County       |                  |      | WI              | US              |
|---|------------------|------------------|------|------------------|------------------|------|-----------------|-----------------|
|   | 2011             | 2015             | 2018 | 2011             | 2015             | 2018 | 2016            | 2016            |
| Heavy Drinker (Female 31+ Drinks; Male 61+ Drinks)  | --               | --               | 9%   | --               | --               | 10%  | 7% <sup>2</sup> | 5% <sup>2</sup> |
| Binge Drinker (Female 4+ Drinks; Male 5+ Drinks on an Occasion) [HP2020 Goal: 24% (5+ Drinks)] <sup>B,D</sup> | 26% <sup>4</sup> | 18% <sup>4</sup> | 28%  | 23% <sup>4</sup> | 20% <sup>4</sup> | 25%  | 25%             | 17%             |
| Excessive Drinker (Either Heavy or Binge Drinker) [HP2020 Goal: 25%] <sup>B,D</sup>                           | 26% <sup>5</sup> | 18% <sup>5</sup> | 29%  | 23% <sup>5</sup> | 20% <sup>5</sup> | 26%  | NA              | NA              |
| Driven When Perhaps Had Too Much to Drink <sup>B,C,D</sup>  | 2%               | 4%               | 2%   | 3%               | 5%               | 1%   | NA              | NA              |

--Not asked or worded differently. NA-Wisconsin and/or US comparison data not available.

<sup>1</sup>2005 WI and US Data; <sup>2</sup>2007 WI and US Data; <sup>3</sup>2009 WI and US Data.

<sup>4</sup>In 2011 and 2015, binge drinking was defined as 5 or more drinks on an occasion, regardless of gender.

<sup>5</sup>In 2011 and 2015, heavy drinking was not asked. As a result, 2011 and 2015 percentages include binge drinking only.

<sup>A</sup>Winnebago County statistical change from 2011 to 2018. <sup>B</sup>Winnebago County statistical change from 2015 to 2018.

<sup>C</sup>Tri-County statistical change from 2011 to 2018. <sup>D</sup>Tri-County statistical change from 2015 to 2018.

| Tobacco Use   | Winnebago County |      |      | Tri-County |      |      | WI               | US               |
|---|------------------|------|------|------------|------|------|------------------|------------------|
|   | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016             | 2016             |
| Current Use (Every Day/Some Days)   |                  |      |      |            |      |      |                  |                  |
| Tobacco Cigarette Smoker [HP2020 Goal: 12%] <sup>C,D</sup>                        | 17%              | 16%  | 17%  | 18%        | 16%  | 12%  | 17%              | 17%              |
| Smokeless Tobacco [HP2020 Goal: 0.2%] <sup>A</sup>                                | 5%               | 4%   | 2%   | 3%         | 3%   | 4%   | 4%               | 4%               |
| Electronic Cigarettes/Vaping  | --               | 5%   | 6%   | --         | 5%   | 5%   | 5%               | 5%               |
| Of Current Tobacco Cigarette Smokers...   |                  |      |      |            |      |      |                  |                  |
| Quit Smoking 1 Day or More in Past Year Because Trying to Quit [HP2020 Goal: 80%] | 43%              | 41%  | 45%  | 59%        | 51%  | 48%  | 49% <sup>1</sup> | 56% <sup>1</sup> |
| Someone Smokes in Household or Vehicle [HP2020 Goal: 13%] <sup>A,C</sup>          | 14%              | --   | 9%   | 15%        | --   | 7%   | NA               | NA               |

| Household Problems Associated With...                        | Winnebago County |      |      | Tri-County |      |      | WI   | US   |
|--|------------------|------|------|------------|------|------|------|------|
|  | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016 | 2016 |
| Alcohol (Past Year) <sup>C</sup>                             | 4%               | --   | 4%   | 4%         | --   | 2%   | NA   | NA   |
| Misuse of Prescription or Over-the-Counter Drugs (Past Year) | --               | --   | 2%   | --         | --   | 2%   | NA   | NA   |

| Firearms in Household                         | Winnebago County |      |      | Tri-County |      |      | WI   | US   |
|---|------------------|------|------|------------|------|------|------|------|
|   | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2002 | 2002 |
| Firearm in House/Garage                       | --               | --   | 43%  | --         | --   | 43%  | 44%  | 33%  |
| Firearm Loaded (All Households)               | --               | --   | 14%  | --         | --   | 9%   | 3%   | 8%   |
| Loaded Firearm Also Unlocked (All Households) | --               | --   | 7%   | --         | --   | 3%   | 2%   | 4%   |
| Of Households with a Firearm                  |                  |      |      |            |      |      |      |      |
| Loaded Firearm Also Unlocked                  | --               | --   | 16%  | --         | --   | 7%   | 5%   | 13%  |

| Personal Safety in Past Year                            | Winnebago County |      |      | Tri-County |      |      | WI   | US   |
|---|------------------|------|------|------------|------|------|------|------|
|   | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016 | 2016 |
| At Least One Personal Safety Issue                      | --               | --   | 13%  | --         | --   | 10%  | NA   | NA   |
| Afraid for Safety                                       | --               | --   | 9%   | --         | --   | 8%   | NA   | NA   |
| Pushed, Kicked, Slapped, or Hit                         | --               | --   | 5%   | --         | --   | 4%   | NA   | NA   |
| Felt Extremely Unsafe/Unsafe from Crime in Neighborhood | --               | --   | 4%   | --         | --   | 2%   | NA   | NA   |

| Top Community Health Issues                 | Winnebago County |      |      | Tri-County |      |      | WI   | US   |
|---|------------------|------|------|------------|------|------|------|------|
|   | 2011             | 2015 | 2018 | 2011       | 2015 | 2018 | 2016 | 2016 |
| Overweight or Obesity                       | --               | --   | 26%  | --         | --   | 22%  | NA   | NA   |
| Chronic Diseases                            | --               | --   | 22%  | --         | --   | 21%  | NA   | NA   |
| Illegal Drug Use                            | --               | --   | 18%  | --         | --   | 18%  | NA   | NA   |
| Mental Health or Depression                 | --               | --   | 16%  | --         | --   | 15%  | NA   | NA   |
| Infectious Diseases                         | --               | --   | 15%  | --         | --   | 13%  | NA   | NA   |
| Cancer                                      | --               | --   | 14%  | --         | --   | 17%  | NA   | NA   |
| Alcohol Use or Abuse                        | --               | --   | 14%  | --         | --   | 14%  | NA   | NA   |
| Access to Health Care                       | --               | --   | 14%  | --         | --   | 17%  | NA   | NA   |
| Prescription or Over-the-Counter Drug Abuse | --               | --   | 10%  | --         | --   | 9%   | NA   | NA   |
| Violence or Crime                           | --               | --   | 6%   | --         | --   | 4%   | NA   | NA   |
| Affordable Health Care                      | --               | --   | 6%   | --         | --   | 8%   | NA   | NA   |
| Lack of Physical Activity                   | --               | --   | 6%   | --         | --   | 5%   | NA   | NA   |
| Access to Affordable Healthy Food           | --               | --   | 6%   | --         | --   | 6%   | NA   | NA   |

--Not asked or worded differently. NA-Wisconsin and/or US comparison data not available.

<sup>1</sup>2005 WI and US Data.

<sup>A</sup>Winnebago County statistical change from 2011 to 2018. <sup>B</sup>Winnebago County statistical change from 2015 to 2018.

<sup>C</sup>Tri-County statistical change from 2011 to 2018. <sup>D</sup>Tri-County statistical change from 2015 to 2018.

| Children in Household  | Winnebago County  |                   | Tri-County        |                   |
|--|-------------------|-------------------|-------------------|-------------------|
|  | 2015 <sup>1</sup> | 2018 <sup>1</sup> | 2015 <sup>1</sup> | 2018 <sup>1</sup> |
| Personal Doctor/Nurse Who Knows Child Well and Familiar with History <sup>A</sup>                          | 99%               | 92%               | 96%               | 95%               |
| Visited Personal Doctor/Nurse for Preventive Care in Past Year (Children who have a Personal Doctor/Nurse) | 97%               | 97%               | 96%               | 97%               |
| Did Not Receive Specialist Care Needed (Past Year) <sup>A,B</sup>  | 4%                | 0%                | 3%                | 0%                |
| Used New Parent Programs for Child <sup>B</sup>  | 15%               | 12%               | 23%               | 12%               |
| Health Conditions  |                   |                   |                   |                   |
| Asthma   | 9%                | 10%               | 10%               | 6%                |
| Diabetes   | 0%                | 0%                | 2%                | <1%               |
| Extremely Unsafe/Unsafe in Community/Neighborhood  | --                | 1%                | --                | <1%               |
| Fruit Intake (2+ Servings/Day) <sup>A,B</sup>  | 86%               | 73%               | 82%               | 73%               |
| Vegetable Intake (3+ Servings/Day) <sup>B</sup>  | 32%               | 23%               | 31%               | 23%               |
| 5+ Fruit/Vegetables per Day <sup>A,B</sup>   | 52%               | 36%               | 50%               | 40%               |
| Sugar Drink in Past Month  |                   |                   |                   |                   |
| Less Than One/Day, but More Than One/Week  | --                | 44%               | --                | 38%               |
| At Least One per Day   | --                | 19%               | --                | 15%               |
| Screen Time  |                   |                   |                   |                   |
| 2 or 3 Hours/Day   | --                | 38%               | --                | 38%               |
| 4 or More Hours/Day  | --                | 23%               | --                | 18%               |
| Sleeping Location when an Infant   |                   |                   |                   |                   |
| Crib or Bassinette   | 93%               | 92%               | 89%               | 94%               |
| In Bed with Adult  | 3%                | 1%                | 2%                | 3%                |
| Children 4 to 17 Years Old   |                   |                   |                   |                   |
| Physical Activity (60 Min./5 or More Days/Week) <sup>A,B</sup>   | 39%               | 64%               | 50%               | 63%               |
| Unhappy, Sad or Depressed in Past 6 Months (Always/Nearly Always)  | 4%                | 9%                | 5%                | 6%                |
| Experienced Bullying in Past Year  | 16%               | 25%               | 18%               | 24%               |
| Verbally Bullied <sup>B</sup>  | 13%               | 23%               | 13%               | 21%               |
| Physically Bullied <sup>A</sup>  | 1%                | 7%                | 4%                | 7%                |
| Cyber Bullied  | 0%                | 3%                | <1%               | 3%                |

--Not asked or worded differently.

<sup>1</sup>In 2015, survey included children 12 years old or younger. In 2018, survey included children 17 or younger.

<sup>A</sup>Winnebago County statistical change from 2015 to 2018. <sup>B</sup>Tri-County statistical change from 2015 to 2018.

## General Health

In 2018, 42% of Winnebago County respondents reported their health as excellent or very good; 15% reported fair or poor. Respondents 55 to 64 years old, with some post high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report fair or poor health. Thirty-one percent of respondents reported in the past month their physical health was not good for at least three days; respondents who were 35 to 44 years old, overweight/obese, inactive or who did not excessively drink in the past month were more likely to report this. Thirty percent of respondents reported in the past month their mental health was not good for at least three days; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or smokers were more likely to report this. Nineteen percent of all respondents reported during the past month poor physical or mental health kept them from doing their usual activities for at least three days. Respondents who were female, 35 to 44 years old, with some post high school education or less, in the bottom 60 percent household income bracket, unmarried or smokers were more likely to report at least three unhealthy days kept them from usual activities in the past month. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three physically unhealthy days in the past month while from 2015 to 2018, there was no statistical change. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three*

mentally unhealthy days in the past month, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month while from 2015 to 2018, there was no statistical change.

### **Health Care Coverage and Information**

In 2018, less than one percent of Winnebago County respondents reported they were not currently covered by health care insurance. Six percent of respondents reported there was a time in the past year someone in the household did not receive the medical care needed; married respondents were more likely to report this. Eight percent of respondents reported there was a time in the past year someone in the household did not receive the dental care needed; respondents in the bottom 40 percent household income bracket were more likely to report this. Two percent of respondents reported in the past year someone in the household did not receive the mental health care needed. *From 2011 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage, as well as from 2015 to 2018.*

In 2018, 89% of Winnebago County respondents reported they have a personal care physician they think of as their personal doctor or health care provider; respondents who were female, 55 and older, in the middle 20 percent household income bracket or married were more likely to report a personal care physician. Forty-four percent of respondents reported they had an Advance Directive for Health Care document. Forty-nine percent of respondents reported in the past year they had a conversation with family, friends or other persons they trust about their wishes for health care if they are unable to speak for themselves. A total of 67% completed either the Advance Directive for Health Care document or had a conversation with a trusted person about their health care wishes; respondents who were female, 65 and older, with some post high school education or married respondents were more likely to report this. *From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.*

### **Routine Procedures**

In 2018, 92% of Winnebago County respondents reported a routine medical checkup two years ago or less. Respondents who were female, 55 and older or married were more likely to report a routine checkup two years ago or less. Eighty-one percent of respondents who had a routine checkup in the past two years reported their health care provider inquired about their alcohol consumption. Respondents 45 to 54 years old, with a college education, in the top 40 percent household income bracket, who were unmarried or drank excessively in the past month were more likely to report their provider inquired about their alcohol consumption. Six percent of respondents who were asked about their alcohol consumption were advised to reduce or quit their drinking. Respondents with some post high school education, in the bottom 40 percent household income bracket, in the top 40 percent household income bracket, who were unmarried or drank excessively in the past month were more likely to report they were advised to reduce or quit their drinking. Seventy-four percent of respondents reported a visit to the dentist in the past year; respondents who were female, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. *From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup while from 2015 to 2018, there was no statistical change. From 2015 to 2018, there was a statistical increase in the overall percent of respondents reporting their health care provider asked about their alcohol use. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their health care provider advised the, to quit or lessen alcohol use at their last routine checkup. From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting a dental checkup, as well as from 2015 to 2018.*

### **Health Conditions**

In 2018, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (26%) or high blood cholesterol (22%) in Winnebago County. Respondents 65 and older, with a high school education or less, who were overweight/obese, inactive or nonsmokers were more likely to report high blood pressure. Respondents 65 and older, with a high school education or less, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report high blood cholesterol. Twenty-one percent reported a mental health condition; respondents who were female, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or who were smokers were more likely to report this. Ten percent of respondents reported diabetes. Respondents 65 and older, with a high school education or less, in the

bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink in the past month 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 who were 65 and older or did not excessively drink in the past month were more likely to report this. Nine percent reported current asthma; female respondents were more likely to report current asthma. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol or diabetes, as well as from 2015 to 2018. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported a mental health condition or current asthma.*

### **Financial Factors Affecting Health**

In 2018, 14% of Winnebago County respondents reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year; respondents 18 to 34 years old, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Fifteen percent of respondents reported in the past year it was often or sometimes true that the food they bought just didn't last, and they didn't have money to get more; respondents who were female, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried or with children in the household were more likely to report this. *From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year they always/usually worried or stressed about having enough money to pay rent, mortgage/utility bills or it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more.*

### **Mental Health Status**

In 2018, 10% of Winnebago County respondents reported they rarely/never get the social and emotional support they need; respondents who were male, with some post high school education or unmarried respondents were more likely to report this. Thirteen percent of respondents reported they felt stress all of the time/most of the time in the past month; respondents who were female or 18 to 34 years old were more likely to report this. Ten percent of respondents felt so overwhelmed they considered suicide in the past year; respondents 35 to 44 years old or with some post high school education or households with children were more likely to report this. *From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported they rarely/never get the social and emotional support they need while from 2015 to 2018, there was no statistical change.*

### **Physical Health**

In 2018, 32% of Winnebago County respondents did moderate physical activity five times a week for 30 minutes. Twenty-five percent of respondents did vigorous activity three times a week for 20 minutes. Combined, 43% met the recommended amount of physical activity; respondents 18 to 34 years old, with a college education or who were not overweight/obese were more likely to report this. Thirty percent of respondents reported there is not enough time to exercise as their major reason for not participating in physical activities more often. Respondents 18 to 34 years old or with children in the household were more likely to report there is not enough time to exercise. Twenty-eight percent reported it is difficult to motivate myself to exercise as a major reason; overweight/obese respondents were more likely to report this. Fifteen percent of respondents reported it is boring/not enjoyable as a major reason; married respondents were more likely to report this. Ten percent of respondents reported it is inconvenient to exercise. Overweight/obese respondents were more likely to report it is inconvenient to exercise. Nine percent reported they are afraid of getting injured or they were injured recently as a major reason for not participating in physical activities more often; respondents 55 to 64 years old, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. *From 2015 to 2018, 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 2015 to 2018, 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. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who met the recommended amount of physical activity.*

In 2018, 70% of Winnebago County respondents were classified as at least overweight while 39% were obese. Respondents who were male, 35 and older, with a high school education or less, who were married or inactive were more likely to be classified as at least overweight. Respondents 35 to 44 years old, 55 to 64 years old, with some post high school education or less, in the bottom 60 percent household income bracket or inactive respondents were more

likely to be obese. *From 2011 to 2018, there was a statistical increase in the overall percent of respondents being at least overweight or being obese, as well as from 2015 to 2018.*

### **Nutrition**

In 2018, 44% of Winnebago County respondents reported two or more servings of fruit while 31% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education, who were not overweight/obese or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents 45 to 54 years old, with a college education, in the top 40 percent household income bracket, who were not overweight/obese or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Twenty-eight percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents with a college education, in the top 40 percent household income bracket, who were not overweight/obese or met the recommended amount of physical activity were more likely to report this. Thirty-four percent of respondents reported they drank at least one sugared drink per day in the past month; respondents 18 to 44 years old, with some post high school education or who did not meet the recommended amount of physical activity were more likely to report this. Fifty-six percent of respondents reported their family ate together five or more times during the past week; respondents in the bottom 40 percent household income bracket or married respondents were more likely to report this. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit while from 2015 to 2018, there was a statistical decrease. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three servings of vegetables, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, as well as from 2015 to 2018. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their family had a meal together at least five times in the past week.*

### **Screen Time and Sleep**

In 2018, 32% of Winnebago County respondents reported at least four hours of screen time a day; respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese or inactive 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 65 and older, with a college education, in the bottom 40 percent household income bracket, who were not overweight/obese, met the recommended amount of physical activity or without children in the household were more likely to report this. *From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least four hours of screen time a day. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least seven hours of sleep in a 24-hour period.*

### **Alcohol Use**

In 2018, 68% of Winnebago County respondents had an alcoholic drink in the past month. Nine percent of all respondents were heavy drinkers (females 31+ drinks and males 61+ drinks past month) while 28% were binge drinkers (females 4+ drinks and males 5+ drinks). Respondents who were female, 18 to 34 years old, with some post high school education or unmarried respondents were more likely to be heavy drinkers. Respondents who were male, 18 to 34 years old, with some post high school education, in the top 40 percent household income bracket or unmarried respondents were more likely to have binged at least once in the past month. Combined, this equals 29% who were excessive drinkers in the past month (either heavy or binge drinker). Respondents 18 to 34 years old, with some post high school education, in the top 40 percent household income bracket, who were unmarried or whose health care provider inquired about their alcohol consumption were more likely to be excessive drinkers. Two percent of respondents reported in the past month they had driven a vehicle when they perhaps had too much to drink. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported binge drinking or excessive drinking in the past month while from 2015 to 2018, there was a statistical increase. Please note: in 2018, binge drinking was defined as 4+ drinks for females and 5+ drinks for males on an occasion while in 2011 and 2015 it was 5+ drinks regardless of gender. In addition, in 2018 excessive drinking included heavy drinking or binge drinking while in 2011 and 2015, it only includes binge drinking. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink while from 2015 to 2018, there was a statistical decrease.*

### **Tobacco Use**

In 2018, 17% of Winnebago County respondents were current tobacco cigarette smokers; respondents 18 to 44 years old, with some post high school education or unmarried respondents were more likely to be a smoker. In the past year, 45% of current smokers quit smoking for one day or longer because they were trying to quit. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of current tobacco cigarette smokers who quit smoking for at least one day because they were trying to quit, as well as from 2015 to 2018.*

In 2018, 9% of Winnebago County respondents reported they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle; unmarried respondents were more likely to report this. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting they or someone in their household smoked cigarettes, cigars or pipes inside their home or vehicle.*

In 2018, 2% of Winnebago County respondents used smokeless tobacco on some days or every day. Six percent of respondents used electronic cigarettes on some days or every day; respondents 18 to 34 years old, with some post high school education, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who currently used smokeless tobacco while from 2015 to 2018, there was no statistical change. From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used electronic cigarettes.*

### **Household Problems**

In 2018, 4% of Winnebago County respondents reported in the past year, someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol; respondents in households with children were more likely to report this. Two percent of respondents reported in the past year, someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs. *From 2011 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol.*

### **Firearms in Household**

In 2018, 43% of Winnebago County 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, 14% had a loaded firearm; respondents in the top 40 percent household income bracket were more likely to report this. Seven percent of all households had a firearm loaded and unlocked; respondents in the top 40 percent household income bracket were more likely to report this.

### **Personal Safety**

In 2018, 9% of Winnebago County respondents reported someone made them afraid for their personal safety in the past year; respondents 18 to 34 years old 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 in the middle 20 percent household income bracket were more likely to report this. A total of 13% reported at least one of these two situations; respondents 18 to 34 years old were more likely to report this. Four percent of respondents reported their neighborhood was unsafe or extremely unsafe from crime; respondents with some post high school education or less or in households without children were more likely to report this.

### **Children in Household**

In 2018, the Winnebago County 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 one of the children. Ninety-two percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 97% reporting their child visited their personal doctor or nurse for preventive care during the past year. Zero percent reported there was a time in the past year their child was not able to visit a specialist they needed to see. Twelve percent of respondents reported their child was helped by new parent programs. Ten percent of respondents reported their child currently had asthma while 0% reported their child had diabetes. One percent of respondents reported their child was unsafe or extremely unsafe in their community. One percent of respondents reported when

their child was an infant, he/she slept in bed with the respondent or another person. Seventy-three percent of respondents reported their child ate at least two servings of fruit on an average day while 23% reported three or more servings of vegetables. Thirty-six percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Nineteen percent of respondents reported their child drank at least one sugared drink a day during the past month. Sixty-four percent of respondents reported their 4 to 17 year old child was physically active five times a week for 60 minutes. Twenty-three percent of respondents reported their child spent four or more hours of screen time on an average day. Nine percent of respondents reported their 4 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Twenty-five percent reported their 4 to 17 year old child experienced some form of bullying in the past year; 23% reported verbal bullying, 7% physical bullying and 3% reported cyber bullying. *From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting their child had a personal doctor or nurse. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child visited their personal doctor/nurse for preventive care. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting in the past year their child was unable to see a specialist when needed. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting they were helped by new parent programs. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had asthma or had diabetes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported as an infant, their child slept with them or another person. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child ate at least two servings of fruit or met the recommendation of at least five servings of fruit/vegetables. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child ate at least three servings of vegetables. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported their 4 to 17 year old child was physically active five times a week for at least 60 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their 4 to 17 year old child always or nearly always felt unhappy/sad/depressed. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall, verbally bullied or cyber bullied. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported in the past year their child was physically bullied.*

### **Top Community Health Issues**

In 2018, Winnebago County respondents were asked to list the top three health issues in the community. The most often cited was overweight/obesity (26%). Respondents 18 to 44 years old were more likely to report overweight/obesity as a top community health issue. Twenty-two percent of respondents were more likely to report chronic diseases as a top health issue. Eighteen percent reported illegal drug use as a top health issue; respondents 18 to 34 years old or with a college education were more likely to report this. Sixteen percent of respondents reported mental health or depression. Respondents who were female, 18 to 44 years old or in the middle 20 percent household income bracket were more likely to report mental health or depression as a top community health issue. Fifteen percent of respondents reported infectious diseases; respondents with a high school education or less were more likely to report this. Fourteen percent of respondents reported cancer; respondents 65 and older, with some post high school education or in the bottom 40 percent household income bracket were more likely to report this. Fourteen percent of respondents reported alcohol use or abuse as a top health issue; respondents with a college education or in the top 40 percent household income bracket were more likely to report this. Fourteen percent of respondents reported access to health care as a top health issue. Respondents who were female or married were more likely to report access to health care. Ten percent of respondents reported prescription or over-the-counter drug abuse; respondents 45 to 54 years old or with a college education were more likely to report this. Six percent of respondents reported violence or crime as a top health issue. Respondents 35 to 54 years old or in the top 40 percent household income bracket were more likely to report violence or crime. Six percent of respondents reported affordable health care as a top community health issue. Female respondents were more likely to report affordable health care. Six percent of respondents reported lack of physical activity; respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. Six percent of respondents reported access to affordable healthy food as a top community health issue. Respondents who were female, 45 to 54 years old or with a college education were more likely to report access to affordable healthy food.

## Key Findings

### Overall Health (Figures 1 & 2; Tables 2 - 5)

**KEY FINDINGS:** In 2018, 42% of Winnebago County respondents reported their health as excellent or very good; 15% reported fair or poor. Respondents 55 to 64 years old, with some post high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report fair or poor health. Thirty-one percent of respondents reported in the past month their physical health was not good for at least three days; respondents who were 35 to 44 years old, overweight/obese, inactive or who did not excessively drink in the past month were more likely to report this. Thirty percent of respondents reported in the past month their mental health was not good for at least three days; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or smokers were more likely to report this. Nineteen percent of all respondents reported during the past month poor physical or mental health kept them from doing their usual activities for at least three days. Respondents who were female, 35 to 44 years old, with some post high school education or less, in the bottom 60 percent household income bracket, unmarried or smokers were more likely to report at least three unhealthy days kept them from usual activities in the past month.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three physically unhealthy days in the past month while from 2015 to 2018, there was no statistical change. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three mentally unhealthy days in the past month, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month while from 2015 to 2018, there was no statistical change.*

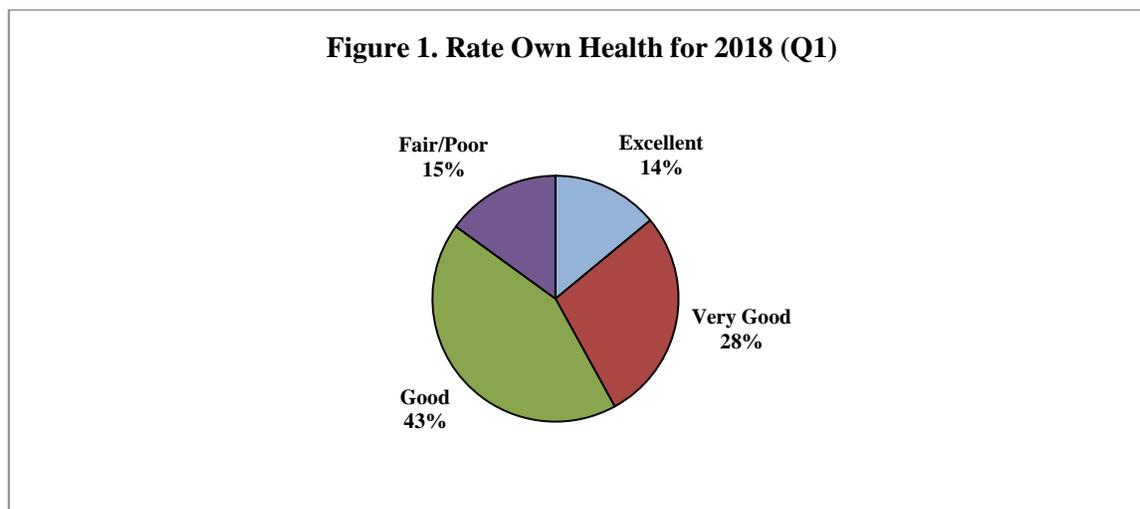
### Rating Their Own Health

*In 2016, 51% of Wisconsin respondents reported their health as excellent or very good while 16% reported fair or poor. Fifty-three percent of U.S. respondents reported their health as excellent or very good while 16% reported fair or poor (2016 Behavioral Risk Factor Surveillance).*

*In 2018, 42% of Tri-County respondents reported their health as excellent or very good while 16% reported fair or poor (2018 Tri-County Community Health Survey).*

## 2018 Findings (Table 2)

- Forty-two percent of respondents said their own health, generally speaking, was either excellent (14%) or very good (28%). A total of 15% reported their health was fair or poor.



- Respondents 55 to 64 years old were more likely to report their health was fair or poor (27%) compared to those 45 to 54 years old (11%) or respondents 18 to 34 years old (6%).
- Twenty-one percent of respondents with a high school education or less and 19% of those with some post high school education reported their health was fair or poor compared to 7% of respondents with a college education.
- Twenty-seven percent of respondents in the bottom 40 percent household income bracket reported their health was fair or poor compared to 10% of those in the top 40 percent income bracket or 6% of respondents in the middle 20 percent household income bracket.
- Overweight/obese respondents were more likely to report their health was fair or poor (19%) compared to respondents who were not overweight/obese (5%).
- Forty-one percent of inactive respondents reported their health was fair or poor compared to 13% of those who did an insufficient amount of physical activity or 9% of respondents who met the recommended amount of physical activity.
- Seventeen percent of respondents who did not excessively drink in the past month reported their health was fair or poor compared to 10% of respondents who excessively drank.

## 2011 to 2018 Year Comparisons (Table 2)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported fair or poor health.
- In 2011, age was not a significant variable. In 2018, respondents 55 to 64 years old were more likely to report fair or poor health.
- In 2011 and 2018, respondents with some post high school education or less were more likely to report fair or poor health.

- In 2011 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health.
- In 2011, unmarried respondents were more likely to report fair or poor health. In 2018, marital status was not a significant variable.
- In 2011, overweight status was not a significant variable. In 2018, overweight/obese respondents were more likely to report fair or poor health.
- In 2011, excessive drinking status was not a significant variable. In 2018, respondents who did not excessively drink were more likely to report fair or poor health.

#### 2015 to 2018 Year Comparisons (Table 2)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported fair or poor health.
- In 2015, respondents 45 to 54 years old were more likely to report fair or poor health. In 2018, respondents 55 to 64 years old were more likely to report fair or poor health. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old reporting fair or poor health.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education or less were more likely to report fair or poor health. From 2015 to 2018, there was a noted decrease in the percent of respondents with a college education reporting fair or poor health.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report fair or poor health.
- In 2015 and 2018, overweight/obese respondents were more likely to report fair or poor health.
- In 2015 and 2018, inactive respondents were more likely to report fair or poor health.
- In 2015, smokers were more likely to report fair or poor health. In 2018, smoking status was not a significant variable.
- In 2015, excessive drinking status was not a significant variable. In 2018, respondents who did not excessively drink were more likely to report fair or poor health. From 2015 to 2018, there was a noted decrease in the percent of respondents who excessively drank reporting fair or poor health.

**Table 2. Fair or Poor Health by Demographic Variables for Each Survey Year (Q1)<sup>①,②</sup>**

|   | 2011 | 2015 | 2018 |
|---|------|------|------|
| TOTAL   | 13%  | 17%  | 15%  |
| Gender  |      |      |      |
| Male  | 13   | 17   | 13   |
| Female  | 13   | 16   | 16   |
| Age <sup>2,3</sup>                            |      |      |      |
| 18 to 34                                      | 11   | 2    | 6    |
| 35 to 44                                      | 10   | 19   | 16   |
| 45 to 54 <sup>b</sup>                         | 12   | 31   | 11   |
| 55 to 64                                      | 18   | 15   | 27   |
| 65 and Older                                  | 17   | 24   | 22   |
| Education <sup>1,3</sup>                      |      |      |      |
| High School or Less                           | 17   | 15   | 21   |
| Some Post High School                         | 15   | 21   | 19   |
| College Graduate <sup>b</sup>                 | 8    | 13   | 7    |
| Household Income <sup>1,2,3</sup>             |      |      |      |
| Bottom 40 Percent Bracket                     | 22   | 21   | 27   |
| Middle 20 Percent Bracket                     | 11   | 14   | 6    |
| Top 40 Percent Bracket                        | 6    | 6    | 10   |
| Marital Status <sup>1</sup>                   |      |      |      |
| Married                                       | 10   | 14   | 14   |
| Not Married                                   | 16   | 20   | 15   |
| Overweight Status <sup>2,3</sup>              |      |      |      |
| Not Overweight/Obese                          | 9    | 9    | 5    |
| Overweight/Obese                              | 15   | 21   | 19   |
| Physical Activity <sup>2,3</sup>              |      |      |      |
| Inactive                                      | --   | 44   | 41   |
| Insufficient                                  | --   | 15   | 13   |
| Recommended                                   | --   | 4    | 9    |
| Smoking Status <sup>2</sup>                   |      |      |      |
| Nonsmoker                                     | 12   | 15   | 14   |
| Smoker  | 16   | 26   | 19   |
| Excessive Drinking in Past Month <sup>3</sup> |      |      |      |
| Yes <sup>b</sup>                              | 11   | 21   | 10   |
| No  | 14   | 15   | 17   |

<sup>①</sup>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.

<sup>②</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (6+ drinks for males and 3+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month. --In 2011, physical activity asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Physically Unhealthy Days

*In 2018, 27% of Tri-County respondents reported during the past month their physical health, which includes physical illness and injury, was not good for at least three days (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 3)

- Thirty-one percent of respondents reported during the past month their physical health, which includes physical illness and injury, was not good for at least three days.
- Forty-eight percent of respondents 35 to 44 years old reported at least three physically unhealthy days in the past month compared to 28% of those 45 to 54 years old or 20% of respondents 18 to 34 years old.
- Overweight/obese respondents were more likely to report at least three physically unhealthy days in the past month (37%) compared to respondents who were not overweight/obese (17%).
- Fifty-one percent of inactive respondents reported at least three physically unhealthy days in the past month compared to 33% of those who did an insufficient amount of physical activity or 21% of respondents who met the recommended amount of physical activity.
- Thirty-eight percent of respondents who did not excessively drink in the past month reported at least three physically unhealthy days in the past month compared to 13% of respondents who excessively drank.

### 2011 to 2018 Year Comparisons (Table 3)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three physically unhealthy days in the past month.
- In 2011, female respondents were more likely to report at least three physically unhealthy days in the past month. In 2018, gender was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of male respondents reporting at least three physically unhealthy days.
- In 2011, age was not a significant variable. In 2018, respondents 35 to 44 years old were more likely to report at least three physically unhealthy days in the past month, with a noted increase since 2011.
- In 2011 and 2018, education was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of respondents with a high school education or less reporting at least three physically unhealthy days.
- In 2011, respondents in the bottom 40 percent household income bracket were more likely to report at least three physically unhealthy days in the past month. In 2018, household income was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting at least three physically unhealthy days.
- In 2011, unmarried respondents were more likely to report at least three physically unhealthy days in the past month. In 2018, marital status was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of married respondents reporting at least three physically unhealthy days.
- In 2011, overweight status was not a significant variable. In 2018, overweight/obese respondents were more likely to report at least three physically unhealthy days in the past month, with a noted increase since 2011.
- In 2011 and 2018, smoking status was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of nonsmokers reporting at least three physically unhealthy days.

- In 2011, excessive drinking status was not a significant variable. In 2018, respondents who did not excessively drink in the past month were more likely to report at least three physically unhealthy days in the past month, with a noted increase since 2011.

### 2015 to 2018 Year Comparisons (Table 3)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least three physically unhealthy days in the past month.
- In 2015, female respondents were more likely to report at least three physically unhealthy days in the past month. In 2018, gender was not a significant variable.
- In 2015, respondents 45 to 54 years old were more likely to report at least three physically unhealthy days in the past month. In 2018, respondents 35 to 44 years old were more likely to report at least three physically unhealthy days in the past month. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old reporting at least three physically unhealthy days.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to report at least three physically unhealthy days in the past month. In 2018, household income was not a significant variable.
- In 2015, unmarried respondents were more likely to report at least three physically unhealthy days in the past month. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting at least three physically unhealthy days.
- In 2015 and 2018, overweight/obese respondents were more likely to report at least three physically unhealthy days in the past month.
- In 2015 and 2018, inactive respondents were more likely to report at least three physically unhealthy days in the past month.
- In 2015, smokers were more likely to report at least three physically unhealthy days in the past month. In 2018, smoking status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of smokers reporting at least three physically unhealthy days.
- In 2015, excessive drinking status was not a significant variable. In 2018, respondents who did not excessively drink were more likely to report at least one physically unhealthy day in the past month. From 2015 to 2018, there was a noted decrease in the percent of respondents who excessively drank in the past month reporting at least three physically unhealthy days.

**Table 3. At Least Three Physically Unhealthy Days in Past Month by Demographic Variables for Each Survey Year (Q2)<sup>①,②</sup>**

|   | 2011 | 2015 | 2018 |
|---|------|------|------|
| TOTAL <sup>a</sup>                            | 23%  | 33%  | 31%  |
| Gender <sup>1,2</sup>                         |      |      |      |
| Male <sup>a</sup>                             | 16   | 29   | 28   |
| Female  | 30   | 37   | 33   |
| Age <sup>2,3</sup>                            |      |      |      |
| 18 to 34                                      | 23   | 19   | 20   |
| 35 to 44 <sup>a</sup>                         | 13   | 44   | 48   |
| 45 to 54 <sup>b</sup>                         | 26   | 47   | 28   |
| 55 to 64                                      | 27   | 29   | 41   |
| 65 and Older                                  | 25   | 38   | 30   |
| Education                                     |      |      |      |
| High School or Less <sup>a</sup>              | 24   | 30   | 38   |
| Some Post High School                         | 23   | 34   | 29   |
| College Graduate                              | 21   | 34   | 27   |
| Household Income <sup>1,2</sup>               |      |      |      |
| Bottom 40 Percent Bracket                     | 30   | 38   | 38   |
| Middle 20 Percent Bracket                     | 20   | 22   | 25   |
| Top 40 Percent Bracket <sup>a</sup>           | 17   | 27   | 29   |
| Marital Status <sup>1,2</sup>                 |      |      |      |
| Married <sup>a</sup>                          | 20   | 29   | 34   |
| Not Married <sup>b</sup>                      | 27   | 38   | 27   |
| Overweight Status <sup>2,3</sup>              |      |      |      |
| Not Overweight/Obese                          | 24   | 22   | 17   |
| Overweight/Obese <sup>a</sup>                 | 22   | 41   | 37   |
| Physical Activity <sup>2,3</sup>              |      |      |      |
| Inactive                                      | --   | 55   | 51   |
| Insufficient                                  | --   | 38   | 33   |
| Recommended                                   | --   | 16   | 21   |
| Smoking Status <sup>2</sup>                   |      |      |      |
| Nonsmoker <sup>a</sup>                        | 23   | 31   | 32   |
| Smoker <sup>b</sup>                           | 21   | 45   | 24   |
| Excessive Drinking in Past Month <sup>3</sup> |      |      |      |
| Yes <sup>b</sup>                              | 18   | 35   | 13   |
| No <sup>a</sup>                               | 25   | 32   | 38   |

<sup>①</sup>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.

<sup>②</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month. --In 2011, physical activity question asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## **Mentally Unhealthy Days**

*In 2018, 31% of Tri-County respondents reported during the past month their mental health, which includes stress, depression, and problems with emotions, was not good for at least three days (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 4)

- Thirty percent of respondents reported during the past month their mental health, which includes stress, depression, and problems with emotions, was not good for at least three days.
- Respondents 18 to 34 years old were more likely to report at least three mentally unhealthy days in the past month (46%) compared to those 45 to 54 years old (24%) or respondents 65 and older (14%).
- Forty percent of respondents in the bottom 40 percent household income bracket reported at least three mentally unhealthy days in the past month compared to 32% of those in the middle 20 percent income bracket or 23% of respondents in the top 40 percent household income bracket.
- Smokers were more likely to report at least three mentally unhealthy days in the past month (44%) compared to nonsmokers (27%).

### 2011 to 2018 Year Comparisons (Table 4)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three mentally unhealthy days in the past month.
- In 2011, respondents 35 to 44 years old were more likely to report at least three mentally unhealthy days in the past month. In 2018, respondents 18 to 34 years old were more likely to report at least three mentally unhealthy days in the past month, with a noted increase since 2011.
- In 2011, respondents with some post high school education were more likely to report at least three mentally unhealthy days in the past month. In 2018, education was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of respondents with a high school education or less reporting at least three mentally unhealthy days in the past month.
- In 2011, household income was not a significant variable. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least three mentally unhealthy days in the past month. From 2011 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting at least three mentally unhealthy days in the past month.
- In 2011, unmarried respondents were more likely to report at least three mentally unhealthy days in the past month. In 2018, marital status was not a significant variable.
- In 2011, smoking status was not a significant variable. In 2018, smokers were more likely to report at least three mentally unhealthy days in the past month, with a noted increase since 2011.

### 2015 to 2018 Year Comparisons (Table 4)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least three mentally unhealthy days in the past month.
- In 2015 and 2018, respondents 18 to 34 years old were more likely to report at least three mentally unhealthy days in the past month.

- In 2015, respondents in the middle 20 percent household income bracket were more likely to report at least three mentally unhealthy days in the past month. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least three mentally unhealthy days in the past month.
- In 2015, unmarried respondents were more likely to report at least three mentally unhealthy days in the past month. In 2018, marital status was not a significant variable.
- In 2015 and 2018, overweight status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents who were not overweight/obese reporting at least three mentally unhealthy days in the past month.
- In 2015, inactive respondents were more likely to report at least three mentally unhealthy days in the past month. In 2018, physical activity was not a significant variable.
- In 2015 and 2018, smokers were more likely to report at least three mentally unhealthy days in the past month.
- In 2015, respondents who excessively drank in the past month were more likely to report at least three mentally unhealthy days in the past month. In 2018, excessive drinking status was not a significant variable.

**Table 4. At Least Three Mentally Unhealthy Days in Past Month by Demographic Variables for Each Survey Year (Q3)<sup>①,②</sup>**

|   | 2011 | 2015 | 2018 |
|---|------|------|------|
| TOTAL   | 25%  | 31%  | 30%  |
| Gender  |      |      |      |
| Male  | 25   | 28   | 27   |
| Female  | 25   | 35   | 33   |
| Age <sup>1,2,3</sup>                          |      |      |      |
| 18 to 34 <sup>a</sup>                         | 27   | 48   | 46   |
| 35 to 44                                      | 33   | 31   | 28   |
| 45 to 54                                      | 27   | 29   | 24   |
| 55 to 64                                      | 26   | 22   | 26   |
| 65 and Older                                  | 11   | 12   | 14   |
| Education <sup>1</sup>                        |      |      |      |
| High School or Less <sup>a</sup>              | 19   | 34   | 31   |
| Some Post High School                         | 33   | 36   | 33   |
| College Graduate                              | 25   | 25   | 27   |
| Household Income <sup>2,3</sup>               |      |      |      |
| Bottom 40 Percent Bracket                     | 31   | 34   | 40   |
| Middle 20 Percent Bracket <sup>a</sup>        | 20   | 40   | 32   |
| Top 40 Percent Bracket                        | 22   | 18   | 23   |
| Marital Status <sup>1,2</sup>                 |      |      |      |
| Married                                       | 22   | 25   | 27   |
| Not Married                                   | 29   | 38   | 33   |
| Overweight Status                             |      |      |      |
| Not Overweight/Obese <sup>b</sup>             | 23   | 37   | 25   |
| Overweight/Obese                              | 26   | 29   | 32   |
| Physical Activity <sup>2</sup>                |      |      |      |
| Inactive                                      | --   | 40   | 32   |
| Insufficient                                  | --   | 25   | 29   |
| Recommended                                   | --   | 36   | 31   |
| Smoking Status <sup>2,3</sup>                 |      |      |      |
| Nonsmoker                                     | 25   | 29   | 27   |
| Smoker <sup>a</sup>                           | 24   | 45   | 44   |
| Excessive Drinking in Past Month <sup>2</sup> |      |      |      |
| Yes   | 25   | 46   | 34   |
| No  | 25   | 28   | 28   |

<sup>①</sup>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.

<sup>②</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month. --In 2011, physical activity asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Unhealthy Days Kept Respondent from Usual Activities

*In 2018, 18% of Tri-County respondents reported during the past month poor physical or mental health kept them from doing their usual activities (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 5)

- Nineteen percent of all respondents reported during the past month poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation for at least three days.
- Female respondents were more likely to report at least three unhealthy days kept them from usual activities in the past month (23%) compared to male respondents (15%).
- Thirty percent of respondents 35 to 44 years old reported at least three unhealthy days kept them from usual activities in the past month compared to 14% of those 65 and older or 10% of respondents 45 to 54 years old.
- Twenty-six percent of respondents with a high school education or less and 25% of those with some post high school education reported at least three unhealthy days kept them from usual activities in the past month compared to 9% of respondents with a college education.
- Thirty percent of respondents in the bottom 40 percent household income bracket and 29% of those in the middle 20 percent income bracket reported at least three unhealthy days kept them from usual activities in the past month compared to 8% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report at least three unhealthy days kept them from usual activities in the past month compared to married respondents (24% and 14%, respectively).
- Smokers were more likely to report at least three unhealthy days kept them from usual activities in the past month (29%) compared to nonsmokers (17%).

### 2011 to 2018 Year Comparisons (Table 5)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month.
- In 2011, gender was not a significant variable. In 2018, female respondents were more likely to report at least three unhealthy days kept them from usual activities.
- In 2011, age was not a significant variable. In 2018, respondents 35 to 44 years old were more likely to report at least three unhealthy days kept them from usual activities, with a noted increase since 2011.
- In 2011, education was not a significant variable. In 2018, respondents with some post high school education or less were more likely to report at least three unhealthy days kept them from usual activities, with a noted increase since 2011. From 2011 to 2018, there was a noted decrease in the percent of respondents with a college education reporting at least three unhealthy days kept them from usual activities.
- In 2011, respondents in the bottom 40 percent household income bracket were more likely to report at least three unhealthy days kept them from usual activities. In 2018, respondents in the bottom 60 percent household income bracket were more likely to report at least three unhealthy days kept them from usual activities. From 2011 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting at least three unhealthy days kept them from usual activities.
- In 2011 and 2018, unmarried respondents were more likely to report at least three unhealthy days kept them from usual activities.

- In 2011, smoking status was not a significant variable. In 2018, smokers were more likely to report at least three unhealthy days kept them from usual activities, with a noted increase since 2011.

#### 2015 to 2018 Year Comparisons (Table 5)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month.
- In 2015, gender was not a significant variable. In 2018, female respondents were more likely to report at least three unhealthy days kept them from usual activities in the past month.
- In 2015, respondents 45 to 54 years old were more likely to report at least three unhealthy days kept them from usual activities in the past month. In 2018, respondents 35 to 44 years old were more likely to report at least three unhealthy days kept them from usual activities. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old and a noted decrease in the percent of respondents 45 to 54 years old reporting at least three unhealthy days kept them from usual activities.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education or less were more likely to report at least three unhealthy days kept them from usual activities in the past month. From 2015 to 2018, there was a noted decrease in the percent of respondents with a college education reporting at least three unhealthy days kept them from usual activities.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to report at least three unhealthy days kept them from usual activities. In 2018, respondents in the bottom 60 percent household income bracket were more likely to report at least three unhealthy days kept them from usual activities. From 2015 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket reporting at least three unhealthy days kept them from usual activities in the past month.
- In 2015 and 2018, unmarried respondents were more likely to report at least three unhealthy days kept them from usual activities in the past month.
- In 2015, overweight/obese respondents were more likely to report at least three unhealthy days kept them from usual activities in the past month. In 2018, overweight status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting at least three unhealthy days kept them from usual activities.
- In 2015, inactive respondents were more likely to report at least three unhealthy days kept them from usual activities. In 2018, physical activity was not a significant variable.
- In 2015, smoking status was not a significant variable. In 2018, smokers were more likely to report at least three unhealthy days kept them from usual activities.

**Table 5. At Least Three Unhealthy Days Kept Respondent from Usual Activities in Past Month by Demographic Variables for Each Survey Year (Q4)<sup>①,②</sup>**

|  | 2011 | 2015 | 2018 |
|--|------|------|------|
| TOTAL <sup>a</sup>                       | 15%  | 22%  | 19%  |
| Gender <sup>3</sup>                      |      |      |      |
| Male                                     | 13   | 18   | 15   |
| Female                                   | 16   | 25   | 23   |
| Age <sup>2,3</sup>                       |      |      |      |
| 18 to 34 <sup>b</sup>                    | 14   | 11   | 20   |
| 35 to 44 <sup>a</sup>                    | 10   | 26   | 30   |
| 45 to 54 <sup>b</sup>                    | 18   | 37   | 10   |
| 55 to 64                                 | 16   | 24   | 22   |
| 65 and Older                             | 16   | 19   | 14   |
| Education <sup>3</sup>                   |      |      |      |
| High School or Less <sup>a</sup>         | 11   | 24   | 26   |
| Some Post High School <sup>a</sup>       | 15   | 26   | 25   |
| College Graduate <sup>a,b</sup>          | 18   | 16   | 9    |
| Household Income <sup>1,2,3</sup>        |      |      |      |
| Bottom 40 Percent Bracket                | 23   | 29   | 30   |
| Middle 20 Percent Bracket <sup>a,b</sup> | 13   | 14   | 29   |
| Top 40 Percent Bracket                   | 11   | 11   | 8    |
| Marital Status <sup>1,2,3</sup>          |      |      |      |
| Married                                  | 12   | 18   | 14   |
| Not Married                              | 18   | 26   | 24   |
| Overweight Status <sup>2</sup>           |      |      |      |
| Not Overweight/Obese                     | 15   | 15   | 17   |
| Overweight/Obese <sup>b</sup>            | 15   | 27   | 20   |
| Physical Activity <sup>2</sup>           |      |      |      |
| Inactive                                 | --   | 42   | 29   |
| Insufficient                             | --   | 20   | 18   |
| Recommended                              | --   | 15   | 17   |
| Smoking Status <sup>3</sup>              |      |      |      |
| Nonsmoker                                | 15   | 20   | 17   |
| Smoker <sup>a</sup>                      | 10   | 29   | 29   |
| Excessive Drinking in Past Month         |      |      |      |
| Yes                                      | 15   | 23   | 18   |
| No                                       | 15   | 22   | 19   |

<sup>①</sup>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.

<sup>②</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month. --In 2011, physical activity asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

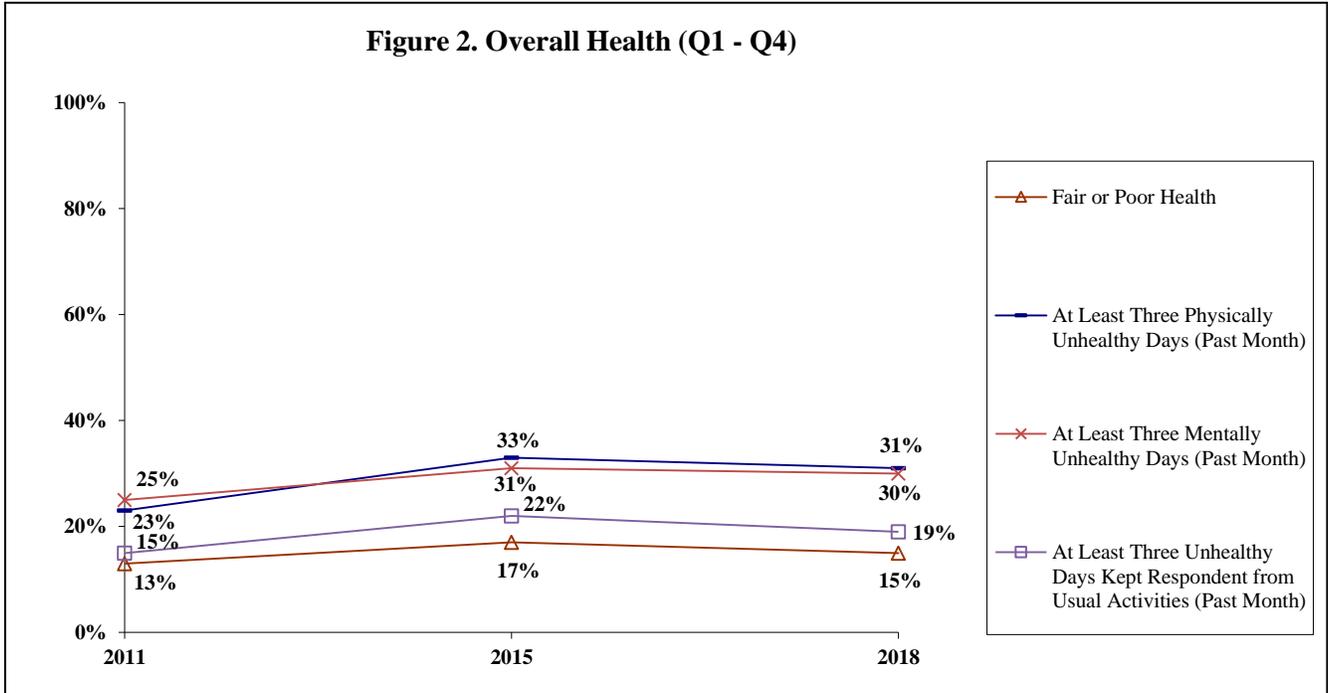
<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Health Overall

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three physically unhealthy days in the past month while from 2015 to 2018, there was no statistical change. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three mentally unhealthy days in the past month, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month while from 2015 to 2018, there was no statistical change.



## Health Care Coverage and Unmet Needs (Figures 3 & 4; Tables 6 - 8)

**KEY FINDINGS:** In 2018, less than one percent of Winnebago County respondents reported they were not currently covered by health care insurance. Six percent of respondents reported there was a time in the past year someone in the household did not receive the medical care needed; married respondents were more likely to report this. Eight percent of respondents reported there was a time in the past year someone in the household did not receive the dental care needed; respondents in the bottom 40 percent household income bracket were more likely to report this. Two percent of respondents reported in the past year someone in the household did not receive the mental health care needed.

*From 2011 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage, as well as from 2015 to 2018.*

### Personally Not Covered Currently

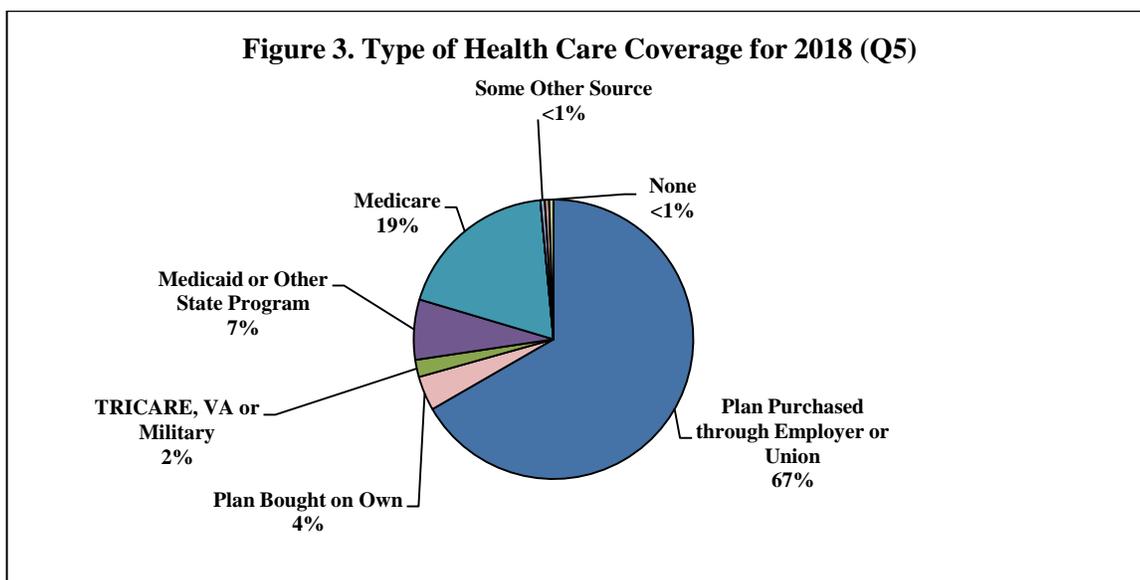
*The Healthy People 2020 goal for all persons having medical insurance is 100%. (Objective AHS-1.1)*

*In 2016, 9% of Wisconsin respondents 18 and older reported they personally did not have health care coverage. Ten percent of U.S. respondents reported this. Ten percent of Wisconsin respondents 18 to 64 years old did not have health care coverage while 12% of U.S. respondents 18 to 64 years old reported this (2016 Behavioral Risk Factor Surveillance).*

*In 2018, less than one percent of Tri-County respondents 18 and older reported they personally did not have health care coverage. One percent of Tri-County respondents 18 to 64 years old did not have health care coverage (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 6)

- Less than one percent of respondents reported they were not currently covered by any health care insurance. Sixty-seven percent reported a plan purchased through an employer or union while 4% reported a plan that they or another family member buys on their own. Two percent reported TRICARE (formerly CHAMPUS), VA or Military while 7% reported Medicaid or other state program, and 19% reported Medicare.



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

#### 2011 to 2018 Year Comparisons (Table 6)

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care coverage.
- In 2011, respondents who were male, 18 to 34 years old, with a high school education or less, in the bottom 60 percent household income bracket or unmarried respondents were more likely to report they were not currently covered by health care insurance.

#### 2015 to 2018 Year Comparisons (Table 6)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care coverage.
- In 2015, respondents who were male, 18 to 34 years old, 45 to 54 years old, with some post high school education or less or in the bottom 40 percent household income bracket were more likely to report they were not currently covered by health care insurance.

**Table 6. Personally No Health Care Coverage by Demographic Variables for Each Survey Year (Q5)<sup>⓪</sup>**

|   | 2011 | 2015 | 2018 <sup>⓪</sup> |
|---|------|------|-------------------|
| TOTAL   |      |      |                   |
| All Respondents <sup>a,b</sup>                | 12%  | 6%   | <1%               |
| Respondents 18 to 64 Years Old <sup>a,b</sup> | 14   | 7    | <1                |
| Gender <sup>1,2</sup>                         |      |      |                   |
| Male  | 15   | 8    | --                |
| Female  | 9    | 3    | --                |
| Age <sup>1,2</sup>                            |      |      |                   |
| 18 to 34                                      | 21   | 10   | --                |
| 35 to 44                                      | 6    | 1    | --                |
| 45 to 54                                      | 10   | 10   | --                |
| 55 to 64                                      | 11   | 3    | --                |
| 65 and Older                                  | 3    | 0    | --                |
| Education <sup>1,2</sup>                      |      |      |                   |
| High School or Less                           | 19   | 7    | --                |
| Some Post High School                         | 10   | 9    | --                |
| College Graduate                              | 7    | <1   | --                |
| Household Income <sup>1,2</sup>               |      |      |                   |
| Bottom 40 Percent Bracket                     | 18   | 11   | --                |
| Middle 20 Percent Bracket                     | 21   | 0    | --                |
| Top 40 Percent Bracket                        | 5    | 0    | --                |
| Marital Status <sup>1</sup>                   |      |      |                   |
| Married                                       | 8    | 4    | --                |
| Not Married                                   | 16   | 7    | --                |

<sup>⓪</sup>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.

<sup>⓪</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Unmet Medical Care

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

*In 2018, 6% of Tri-County respondents reported there was a time in the past 12 months someone in the household did not receive the medical care needed (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 7)

- Six percent of respondents reported there was a time in the past year someone in their household did not receive the medical care needed.
- Married respondents were more likely to report someone in their household did not receive the medical care needed compared to unmarried respondents (8% and 3%, respectively).

Of the 6% 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 in the household, 93% reported an adult did not receive the medical care needed while 3% each reported a child or both.
- Of the 28 respondents who reported an unmet medical care need, 37% reported co-payments too high as the reason for the unmet need while 21% reported insurance did not cover it. Twenty percent reported the inability to pay as the reason.

**Table 7. Unmet Medical Care in Past Year by Demographic Variables for 2018 (Household Member) (Q6)<sup>①,②</sup>**

|                             | 2018 |
|-----------------------------|------|
| TOTAL                       | 6%   |
| Household Income            |      |
| Bottom 40 Percent Bracket   | 8    |
| Middle 20 Percent Bracket   | 2    |
| Top 40 Percent Bracket      | 6    |
| Marital Status <sup>1</sup> |      |
| Married                     | 8    |
| Not Married                 | 3    |
| Children in Household       |      |
| Yes                         | 3    |
| No                          | 7    |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

## Unmet Dental Care

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

*In 2018, 8% of Tri-County respondents reported there was a time in the past 12 months someone in the household did not receive the dental care needed (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 8)

- Eight percent of respondents reported there was a time in the past year someone in the household did not receive the dental care needed.
- Sixteen 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 6% of those in the middle 20 percent income bracket or 2% of respondents in the top 40 percent household income bracket.

Of the 8% of respondents who reported an unmet dental care need in the household (n=40)...

- Of the 40 respondents who reported an unmet dental care need in the household, 90% reported an adult did not receive the dental care needed while 3% reported a child. Eight percent reported both.

- Of the 40 respondents who reported not receiving dental care needed, 37% reported they were uninsured as the reason for the unmet need while 35% reported the inability to pay.

**Table 8. Unmet Dental Care in Past Year by Demographic Variables for 2018 (Household Member) (Q9)<sup>①,②</sup>**

|                               | 2018 |
|-------------------------------|------|
| TOTAL                         | 8%   |
| Household Income <sup>1</sup> |      |
| Bottom 40 Percent Bracket     | 16   |
| Middle 20 Percent Bracket     | 6    |
| Top 40 Percent Bracket        | 2    |
| Marital Status                |      |
| Married                       | 6    |
| Not Married                   | 10   |
| Children in Household         |      |
| Yes                           | 7    |
| No                            | 9    |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

### Unmet Mental Health Care

*In 2018, 3% of Tri-County respondents reported there was a time in the past 12 months someone in the household did not receive the mental health care needed (2018 Tri-County Community Health Survey).*

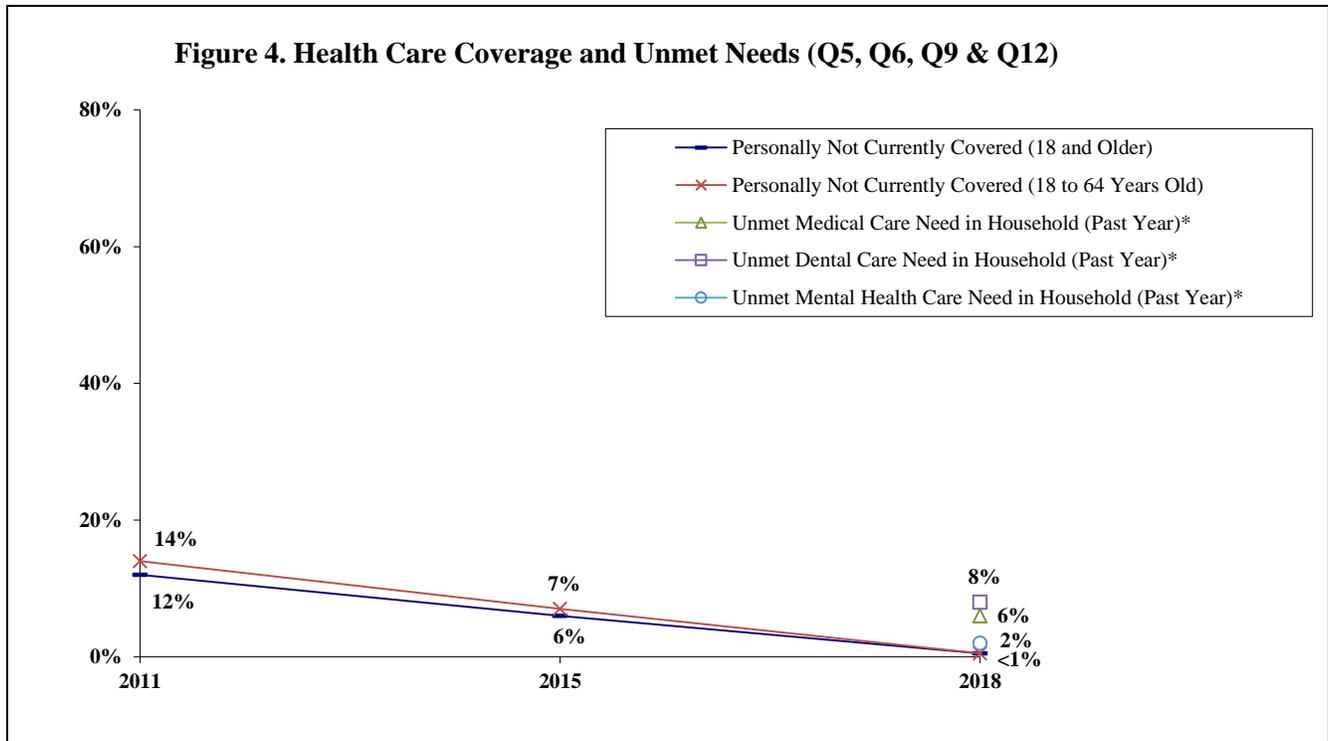
#### 2018 Findings

- Two percent of respondents reported there was a time in the past year someone in the household did not receive the mental health care needed.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported there was a time in the past year someone in their household did not receive the mental health care needed.

## Health Care Coverage and Unmet Needs Overall

### Year Comparisons

- From 2011 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage, as well as from 2015 to 2018.



\*Not asked in 2011 and 2015.

## Health Information and Services (Figure 5; Tables 9 & 10)

**KEY FINDINGS:** In 2018, 89% of Winnebago County respondents reported they have a personal care physician they think of as their personal doctor or health care provider; respondents who were female, 55 and older, in the middle 20 percent household income bracket or married were more likely to report a personal care physician. Forty-four percent of respondents reported they had an Advance Directive for Health Care document. Forty-nine percent of respondents reported in the past year they had a conversation with family, friends or other persons they trust about their wishes for health care if they are unable to speak for themselves. A total of 67% completed either the Advance Directive for Health Care document or had a conversation with a trusted person about their health care wishes; respondents who were female, 65 and older, with some post high school education or married respondents were more likely to report this.

*From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.*

### Personal Care Physician

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

*In 2018, 91% of Tri-County respondents reported they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 9)

- Eighty-nine percent of respondents reported they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.
- Female respondents were more likely to report a personal care physician (95%) compared to male respondents (84%).
- One hundred percent of respondents 55 to 64 years old and 98% of those 65 and older reported a personal care physician compared to 79% of respondents 18 to 34 years old.
- Ninety-six percent of respondents in the middle 20 percent household income bracket reported a personal care physician compared to 91% of those in the bottom 40 percent income bracket or 83% of respondents in the top 40 percent household income bracket.
- Married respondents were more likely to report a personal care physician compared to unmarried respondents (97% and 82%, respectively).

#### 2011 to 2018 Year Comparisons (Table 9)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.
- In 2011 and 2018, female respondents were more likely to report a personal care physician. From 2011 to 2018, there was a noted increase in the percent of male respondents reporting a personal care physician.

- In 2011, respondents 65 and older were more likely to report a personal care physician. In 2018, respondents 55 and older were more likely to report a personal care physician. From 2011 to 2018, there was a noted increase in the percent of respondents 35 to 44 years old or 55 to 64 years old reporting a personal care physician.
- In 2011 and 2018, education was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of respondents with a high school education or less or with a college education reporting a personal care physician.
- In 2011 and 2018, respondents in the middle 20 percent household income bracket were more likely to report a personal care physician. From 2011 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting a personal care physician.
- In 2011 and 2018, married respondents were more likely to report a personal care physician. From 2011 to 2018, there was a noted increase in the percent of married respondents reporting a personal care physician.

**Table 9. Have a Personal Care Physician by Demographic Variables for Each Survey Year (Q15)<sup>①,②</sup>**

|  | 2011 | 2018 |
|--|------|------|
| TOTAL <sup>a</sup>                     | 84%  | 89%  |
| Gender <sup>1,2</sup>                  |      |      |
| Male <sup>a</sup>                      | 76   | 84   |
| Female                                 | 92   | 95   |
| Age <sup>1,2</sup>                     |      |      |
| 18 to 34                               | 73   | 79   |
| 35 to 44 <sup>a</sup>                  | 81   | 91   |
| 45 to 54                               | 84   | 90   |
| 55 to 64 <sup>a</sup>                  | 93   | 100  |
| 65 and Older                           | 99   | 98   |
| Education                              |      |      |
| High School or Less <sup>a</sup>       | 83   | 91   |
| Some Post High School                  | 84   | 86   |
| College Graduate <sup>a</sup>          | 85   | 91   |
| Household Income <sup>1,2</sup>        |      |      |
| Bottom 40 Percent Bracket <sup>a</sup> | 75   | 91   |
| Middle 20 Percent Bracket              | 91   | 96   |
| Top 40 Percent Bracket                 | 86   | 83   |
| Marital Status <sup>1,2</sup>          |      |      |
| Married <sup>a</sup>                   | 88   | 97   |
| Not Married                            | 79   | 82   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018

## **Advance Care Document/Conversation**

*In 2018, 45% of Tri-County respondents reported they had an Advance Directive for Health Care document. Fifty percent of respondents reported in the past year, they had a conversation with family, friends or other persons they trust about their wishes for health care if they are unable to speak for themselves. A total of 67% had completed at least one of these advance care options (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 10)

- Forty-four percent of respondents reported they had an Advance Directive for Health Care document. Forty-nine percent of respondents reported in the past year, they had a conversation with family, friends or other persons they trust about their wishes for health care if they are unable to speak for themselves. A total of 67% of respondents had completed at least one of these advance care options.
- Female respondents were more likely to report they had an Advance Directive for Health Care document/conversation with a trusted person (72%) compared to male respondents (63%).
- Respondents 65 and older were more likely to report they had an Advance Directive for Health Care document/conversation with a trusted person (92%) compared to respondents 18 to 34 years old (53%).
- Seventy-six percent of respondents with some post high school education reported having an Advance Directive for Health Care document/conversation with a trusted person compared to 67% of those with a college education or 58% of respondents with some post high school education.
- Married respondents were more likely to report they had an Advance Directive for Health Care document/conversation with a trusted person (74%) compared to unmarried respondents (60%).

**Table 10. Advance Directive for Health Care Document or Conversation about Health Care Wishes by Demographic Variables for 2018 (Q16 & Q17)<sup>①,②</sup>**

|                           | Advance Directive for Health Care Document | Conversation about Health Care Wishes (Past Year) | At Least One    |
|---------------------------|--|---|-----------------|
| TOTAL                     | 44%  | 49%   | 67%             |
| Gender                    |  |   |                 |
| Male                      | 39   | 46  | 63 <sup>1</sup> |
| Female                    | 48   | 52  | 72 <sup>1</sup> |
| Age                       |  |   |                 |
| 18 to 34                  | 20 <sup>1</sup>                            | 43 <sup>1</sup>                                   | 53 <sup>1</sup> |
| 35 to 44                  | 43 <sup>1</sup>                            | 43 <sup>1</sup>                                   | 65 <sup>1</sup> |
| 45 to 54                  | 42 <sup>1</sup>                            | 48 <sup>1</sup>                                   | 70 <sup>1</sup> |
| 55 to 64                  | 46 <sup>1</sup>                            | 49 <sup>1</sup>                                   | 65 <sup>1</sup> |
| 65 and Older              | 83 <sup>1</sup>                            | 67 <sup>1</sup>                                   | 92 <sup>1</sup> |
| Education                 |  |   |                 |
| High School or Less       | 42   | 43  | 58 <sup>1</sup> |
| Some Post High School     | 48   | 55  | 76 <sup>1</sup> |
| College Graduate          | 41   | 49  | 67 <sup>1</sup> |
| Household Income          |  |   |                 |
| Bottom 40 Percent Bracket | 40   | 53 <sup>1</sup>                                   | 67              |
| Middle 20 Percent Bracket | 46   | 36 <sup>1</sup>                                   | 61              |
| Top 40 Percent Bracket    | 40   | 53 <sup>1</sup>                                   | 69              |
| Marital Status            |  |   |                 |
| Married                   | 52 <sup>1</sup>                            | 50  | 74 <sup>1</sup> |
| Not Married               | 34 <sup>1</sup>                            | 48  | 60 <sup>1</sup> |

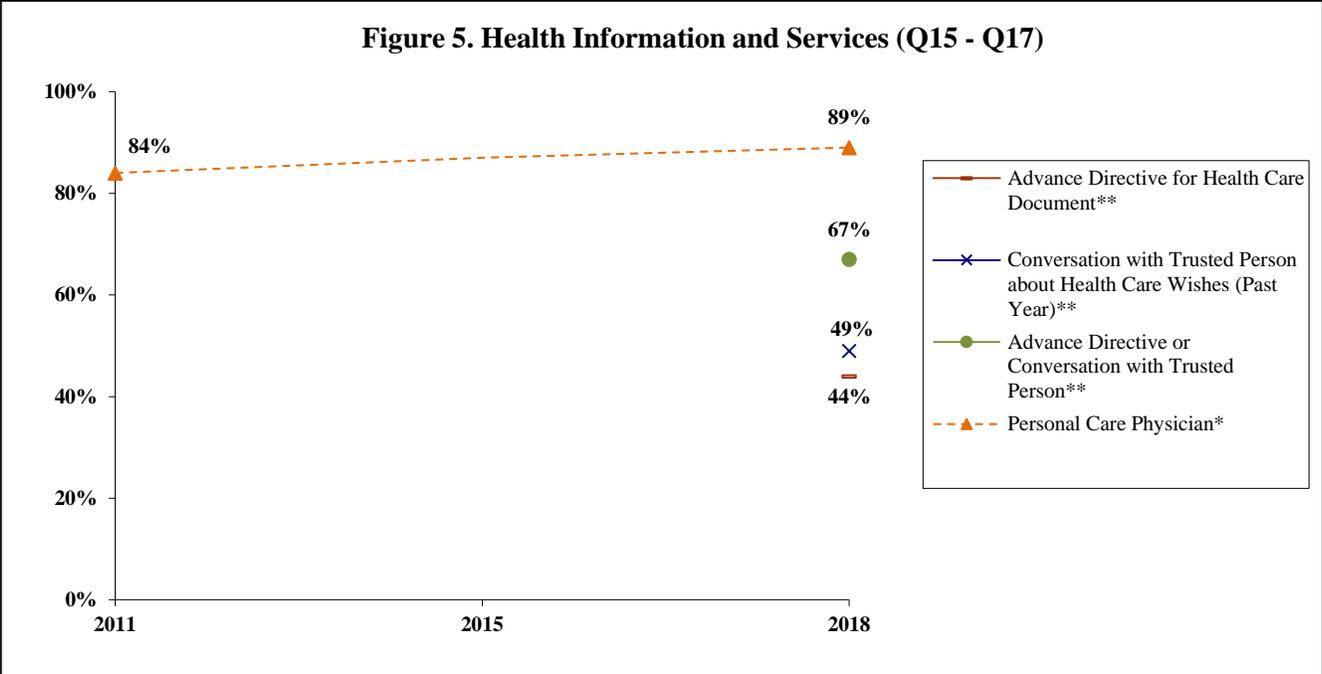
<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

**Health Information and Services Overall**

Year Comparisons

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.



\*Not asked in 2015.

\*\*Not asked in 2011 and 2015.

## Routine Procedures (Figure 6; Tables 11 - 14)

**KEY FINDINGS:** In 2018, 92% of Winnebago County respondents reported a routine medical checkup two years ago or less. Respondents who were female, 55 and older or married were more likely to report a routine checkup two years ago or less. Eighty-one percent of respondents who had a routine checkup in the past two years reported their health care provider inquired about their alcohol consumption. Respondents 45 to 54 years old, with a college education, in the top 40 percent household income bracket, who were unmarried or drank excessively in the past month were more likely to report their provider inquired about their alcohol consumption. Six percent of respondents who were asked about their alcohol consumption were advised to reduce or quit their drinking. Respondents with some post high school education, in the bottom 40 percent household income bracket, in the top 40 percent household income bracket, who were unmarried or drank excessively in the past month were more likely to report they were advised to reduce or quit their drinking. Seventy-four percent of respondents reported a visit to the dentist in the past year; respondents who were female, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this.

*From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup while from 2015 to 2018, there was no statistical change. From 2015 to 2018, there was a statistical increase in the overall percent of respondents reporting their health care provider asked about their alcohol use. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their health care provider advised them to quit or lessen alcohol use at their last routine checkup. From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting a dental checkup, as well as from 2015 to 2018.*

### Routine Checkup

*In 2016, 71% of Wisconsin respondents reported in the past year they had a routine checkup, 13% reported past two years, 8% past five years and 7% five or more years ago. Nationally, 71% reported past year, 13% past two years, 8% past five years and 7% five or more years ago (2016 Behavioral Risk Factor Surveillance).*

*In 2018, 73% of Tri-County respondents reported in the past year they had a routine checkup, 18% reported one to two years, 3% reported three to four years and 6% five or more years ago. (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 11)

- Ninety-two percent of respondents reported they had a routine checkup in the past two years.
- Female respondents were more likely to report a routine checkup in the past two years (96%) compared to male respondents (88%).
- Ninety-nine percent of respondents 55 and older reported a routine checkup in the past two years compared to 91% of those 35 to 54 years old or 86% of respondents 18 to 34 years old.
- Married respondents were more likely to report a routine checkup in the past two years compared to unmarried respondents (95% and 88%, respectively).

#### 2011 to 2018 Year Comparisons (Table 11)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup two years ago or less.

- In 2011 and 2018, female respondents were more likely to report a routine checkup two years ago or less. From 2011 to 2018, there was a noted increase in the percent of respondents across gender reporting a routine checkup two years ago or less.
- In 2011, respondents 65 and older were more likely to report a routine checkup two years ago or less. In 2018, respondents 55 and older were more likely to report a routine checkup two years ago or less. From 2011 to 2018, there was a noted increase in the percent of respondents 45 to 64 years old reporting a routine checkup two years ago or less.
- In 2011, respondents with at least some post high school education were more likely to report a routine checkup two years ago or less. In 2018, education was not a significant variable. From 2011 to 2018, 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 2011, respondents in the top 40 percent household income bracket were more likely to report a routine checkup two years ago or less. In 2018, household income was not a significant variable. From 2011 to 2018, 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 2011, marital status was not a significant variable. In 2018, married respondents were more likely to report a routine checkup two years ago or less. From 2011 to 2018, there was a noted increase in the percent of respondents across marital status reporting a routine checkup two years ago or less.

#### 2015 to 2018 Year Comparisons (Table 11)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less.
- In 2015, gender was not a significant variable. In 2018, female respondents were more likely to report a routine checkup two years ago or less, with a noted increase since 2015.
- In 2015, respondents 35 to 44 years old or 65 and older were more likely to report a routine checkup two years ago or less. In 2018, respondents 55 and older were more likely to report a routine checkup two years ago or less. From 2015 to 2018, there was a noted increase in the percent of respondents 55 to 64 years old reporting a routine checkup two years ago or less.
- In 2015, respondents with a high school education or less or with a college education were more likely to report a routine checkup two years ago or less. In 2018, education was not a significant variable.
- In 2015, respondents in the top 60 percent household income bracket were more likely to report a routine checkup two years ago or less. In 2018, household income was not a significant variable.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report a routine checkup two years ago or less.

**Table 11. Routine Checkup Two Years Ago or Less by Demographic Variables for Each Survey Year (Q18)<sup>o</sup>**

|  | 2011 | 2015 | 2018 |
|--|------|------|------|
| TOTAL <sup>a</sup>                     | 83%  | 91%  | 92%  |
| Gender <sup>1,3</sup>                  |      |      |      |
| Male <sup>a</sup>                      | 75   | 90   | 88   |
| Female <sup>a,b</sup>                  | 91   | 92   | 96   |
| Age <sup>1,2,3</sup>                   |      |      |      |
| 18 to 34                               | 79   | 90   | 86   |
| 35 to 44                               | 89   | 97   | 91   |
| 45 to 54 <sup>a</sup>                  | 74   | 83   | 91   |
| 55 to 64 <sup>a,b</sup>                | 86   | 89   | 99   |
| 65 and Older                           | 95   | 97   | 99   |
| Education <sup>1,2</sup>               |      |      |      |
| High School or Less <sup>a</sup>       | 75   | 93   | 94   |
| Some Post High School                  | 88   | 86   | 90   |
| College Graduate                       | 87   | 94   | 92   |
| Household Income <sup>1,2</sup>        |      |      |      |
| Bottom 40 Percent Bracket <sup>a</sup> | 72   | 87   | 90   |
| Middle 20 Percent Bracket <sup>a</sup> | 81   | 96   | 97   |
| Top 40 Percent Bracket                 | 89   | 94   | 91   |
| Marital Status <sup>3</sup>            |      |      |      |
| Married <sup>a</sup>                   | 85   | 93   | 95   |
| Not Married <sup>a</sup>               | 81   | 89   | 88   |

<sup>o</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

### Health Care Professional Asked About Alcohol Use at Last Routine Checkup

*In 2018, 83% of Tri-County respondents who had a routine checkup within the past two years reported their health care provider asked them in person or on a form how much they drink. (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 12)

Of the 92% respondents who reported a routine checkup in the past two years (n=459)...

- Eighty-one percent of respondents who had a routine checkup in the past two years reported their health care provider asked them in person or on a form how much they drink.
- Eighty-nine percent of respondents 45 to 54 years old reported their health care provider inquired about their alcohol consumption compared to 77% of those 35 to 44 years old or 72% of respondents 65 and older.
- Eighty-six percent of respondents with a college education reported their health care provider inquired about their alcohol consumption compared to 83% of those with some post high school education or 71% of respondents with a high school education or less.

- Ninety-one percent of respondents in the top 40 percent household income bracket reported their health care provider inquired about their alcohol consumption compared to 76% of those in the bottom 40 percent income bracket or 73% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report their health care provider inquired about their alcohol consumption compared to married respondents (86% and 76%, respectively).
- Ninety-four percent of respondents who were excessive drinkers in the past month reported their health care provider inquired about their alcohol consumption compared to 76% of respondents who did not excessively drink.

#### 2015 to 2018 Year Comparisons (Table 12)

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who had a routine checkup two years ago or less reporting their health care provider inquired about their alcohol consumption.
- In 2015, female respondents were more likely to report their health care provider inquired about their alcohol consumption. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents across gender reporting their health care provider inquired about their alcohol consumption.
- In 2015 and 2018, respondents 45 to 54 years old were more likely to report their health care provider inquired about their alcohol consumption. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old reporting their health care provider inquired about their alcohol consumption.
- In 2015 and 2018, respondents with a college education were more likely to report their health care provider inquired about their alcohol consumption. From 2015 to 2018, there was a noted increase in the percent of respondents across education reporting their health care provider inquired about their alcohol consumption.
- In 2015, respondents in the top 60 percent household income bracket were more likely to report their health care provider inquired about their alcohol consumption. In 2018, respondents in the top 40 percent household income bracket were more likely to report their health care provider inquired about their alcohol consumption, with a noted increase since 2015. From 2015 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket reporting their health care provider inquired about their alcohol consumption.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to report their health care provider inquired about their alcohol consumption, with a noted increase since 2015.
- In 2015, respondents who did not excessively drink in the past month were more likely to report their health care provider inquired about their alcohol consumption. In 2018, respondents who excessively drank in the past month were more likely to report their health care provider inquired about their alcohol consumption. From 2015 to 2018, there was a noted increase in the percent of respondents across excessive drinking status reporting their health care provider inquired about their alcohol consumption.

**Table 12. Health Care Professional Asked About Alcohol Use at Last Routine Checkup by Demographic Variables for Each Survey Year (Respondents with Routine Checkup Two Years or Less) (Q19)<sup>①,②,③</sup>**

|   | 2015 | 2018 |
|---|------|------|
| TOTAL <sup>a</sup>                              | 66%  | 81%  |
| Gender <sup>1</sup>                             |      |      |
| Male <sup>a</sup>                               | 58   | 77   |
| Female <sup>a</sup>                             | 73   | 84   |
| Age <sup>1,2</sup>                              |      |      |
| 18 to 34 <sup>a</sup>                           | 52   | 84   |
| 35 to 44  | 69   | 77   |
| 45 to 54  | 80   | 89   |
| 55 to 64  | 69   | 81   |
| 65 and Older                                    | 67   | 72   |
| Education <sup>1,2</sup>                        |      |      |
| High School or Less <sup>a</sup>                | 53   | 71   |
| Some Post High School <sup>a</sup>              | 68   | 83   |
| College Graduate <sup>a</sup>                   | 75   | 86   |
| Household Income <sup>1,2</sup>                 |      |      |
| Bottom 40 Percent Bracket <sup>a</sup>          | 60   | 76   |
| Middle 20 Percent Bracket                       | 80   | 73   |
| Top 40 Percent Bracket <sup>a</sup>             | 78   | 91   |
| Marital Status <sup>2</sup>                     |      |      |
| Married   | 69   | 76   |
| Not Married <sup>a</sup>                        | 61   | 86   |
| Excessive Drinking in Past Month <sup>1,2</sup> |      |      |
| Yes <sup>a</sup>                                | 55   | 94   |
| No <sup>a</sup>                                 | 68   | 76   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

<sup>1</sup>demographic difference at p<0.05 in 2015; <sup>2</sup>demographic difference at p<0.05 in 2018

<sup>a</sup>year difference at p<0.05 from 2015 to 2018

### Health Care Professional Advised to Quit or Lessen Alcohol Use at Last Routine Checkup

*In 2018, of Tri-County respondents who had a routine checkup within the past two years and were asked how much alcohol they drink, 5% reported their health care provider advised them to drink less or quit drinking (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 13)

Of the 81% of respondents who reported their health care provider asked them in person or on a form how much they drink (n=369)...

- Six percent reported at their last routine checkup they were advised to reduce or quit their drinking.

- Twelve percent of respondents with some post high school education reported they were advised to reduce or quit their drinking compared to 4% of those with a college education or 3% of respondents with a high school education or less.
- Ten percent of respondents in the bottom 40 percent household income bracket and 8% of those in the top 40 percent income bracket reported they were advised to reduce or quit their drinking compared to 0% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report they were advised to reduce or quit their drinking compared to married respondents (9% and 3%, respectively).
- Fifteen percent of respondents who were excessive drinkers reported they were advised to reduce or quit their drinking compared to 2% of respondents who did not excessively drink.

#### 2015 to 2018 Year Comparisons (Table 13)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at their last routine checkup they were advised to reduce or quit their drinking.
- In 2015 and 2018, age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents 55 to 64 years old reporting they were advised to reduce or quit their drinking.
- In 2015, respondents with some post high school education or less were more likely to report they were advised to reduce or quit their drinking. In 2018, respondents with some post high school education were more likely to report they were advised to reduce or quit their drinking. From 2015 to 2018, there was a noted decrease in the percent of respondents with a high school education or less reporting they were advised to reduce or quit their drinking.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to report they were advised to reduce or quit their drinking. In 2018, respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report they were advised to reduce or quit their drinking.
- In 2015 and 2018, unmarried respondents were more likely to report they were advised to reduce or quit their drinking.
- In 2015 and 2018, respondents who excessively drank in the past month were more likely to report they were advised to reduce or quit their drinking. From 2015 to 2018, there was a noted decrease in the percent of respondents across excessive drinking status reporting they were advised to reduce or quit their drinking.

**Table 13. Health Care Professional Advised to Quit or Lessen Alcohol Use at Last Routine Checkup by Demographic Variables for Each Survey Year (Respondents Who were Asked about Alcohol Use) (Q20)<sup>①,②,③</sup>**

|   | 2015 | 2018 |
|---|------|------|
| TOTAL   | 10%  | 6%   |
| Gender  |      |      |
| Male  | 14   | 8    |
| Female  | 7    | 5    |
| Age   |      |      |
| 18 to 34  | 14   | 7    |
| 35 to 44  | 5    | 7    |
| 45 to 54  | 13   | 12   |
| 55 to 64 <sup>a</sup>                           | 10   | 0    |
| 65 and Older                                    | 5    | 3    |
| Education <sup>1,2</sup>                        |      |      |
| High School or Less <sup>a</sup>                | 15   | 3    |
| Some Post High School                           | 16   | 12   |
| College Graduate                                | 2    | 4    |
| Household Income <sup>1,2</sup>                 |      |      |
| Bottom 40 Percent Bracket                       | 18   | 10   |
| Middle 20 Percent Bracket                       | 4    | 0    |
| Top 40 Percent Bracket                          | 4    | 8    |
| Marital Status <sup>1,2</sup>                   |      |      |
| Married   | 6    | 3    |
| Not Married                                     | 14   | 9    |
| Excessive Drinking in Past Month <sup>1,2</sup> |      |      |
| Yes <sup>a</sup>                                | 34   | 15   |
| No <sup>a</sup>                                 | 6    | 2    |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## 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.<sup>1</sup>*

*The Healthy People 2020 goal for an oral health care system visit in the past 12 months is 49%. (Objective OH-7)*

<sup>1</sup> “Chapter 61: Counseling to Prevent Dental and Periodontal Diseases.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. Page 711.

*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).*

*In 2018, 77% of Tri-County respondents reported they visited the dentist or dental clinic within the past year for any reason (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 14)

- Seventy-four percent of respondents reported a dental visit in the past year. An additional 14% had a visit in the past one to two years.
- Female respondents were more likely to report a dental checkup in the past year (82%) compared to male respondents (65%).
- Eighty-eight percent of respondents with a college education reported a dental checkup in the past year compared to 67% of those with some post high school education or 60% of respondents with a high school education or less.
- Eighty-two percent of respondents in the top 40 percent household income bracket reported a dental checkup in the past year compared to 78% of those in the middle 20 percent income bracket or 60% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a dental checkup in the past year compared to unmarried respondents (80% and 67%, respectively).

#### 2011 to 2018 Year Comparisons (Table 14)

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported having a dental checkup in the past year.
- In 2011 and 2018, female respondents were more likely to report a dental checkup in the past year. From 2011 to 2018, there was a noted decrease in the percent of male respondents reporting a dental checkup in the past year.
- In 2011 and 2018, age was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old reporting a dental checkup in the past year.
- In 2011 and 2018, respondents with a college education were more likely to report a dental checkup in the past year. From 2011 to 2018, there was a noted decrease in the percent of respondents with some post high school education or less reporting a dental checkup in the past year.
- In 2011 and 2018, respondents in the top 40 percent household income bracket were more likely to report a dental checkup in the past year. From 2011 to 2018, 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 2011 and 2018, married respondents were more likely to report a dental checkup in the past year. From 2011 to 2018, there was a noted decrease in the percent of unmarried respondents reporting a dental checkup in the past year.

#### 2015 to 2018 Year Comparisons (Table 14)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported having a dental checkup in the past year.

- In 2015, gender was not a significant variable. In 2018, female respondents were more likely to report a dental checkup in the past year. From 2015 to 2018, there was a noted decrease in the percent of male respondents reporting a dental checkup in the past year.
- In 2015 and 2018, age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old reporting a dental checkup in the past year.
- In 2015 and 2018, respondents with a college education were more likely to report a dental checkup in the past year. From 2015 to 2018, there was a noted decrease in the percent of respondents with a high school education or less reporting a dental checkup in the past year.
- In 2015, respondents in the top 60 percent household income bracket were more likely to report a dental checkup in the past year. In 2018, respondents in the top 40 percent household income bracket were more likely to report a dental checkup in the past year. From 2015 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting a dental checkup in the past year.
- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report a dental checkup in the past year. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting a dental checkup in the past year.

**Table 14. Dental Checkup Less than One Year Ago by Demographic Variables for Each Survey Year (Q21)<sup>o</sup>**

|  | 2011 | 2015 | 2018 |
|--|------|------|------|
| TOTAL <sup>a,b</sup>                   | 80%  | 79%  | 74%  |
| Gender <sup>1,3</sup>                  |      |      |      |
| Male <sup>a,b</sup>                    | 75   | 77   | 65   |
| Female                                 | 86   | 81   | 82   |
| Age                                    |      |      |      |
| 18 to 34                               | 78   | 75   | 70   |
| 35 to 44 <sup>a,b</sup>                | 83   | 85   | 67   |
| 45 to 54                               | 84   | 81   | 78   |
| 55 to 64                               | 79   | 76   | 84   |
| 65 and Older                           | 81   | 81   | 70   |
| Education <sup>1,2,3</sup>             |      |      |      |
| High School or Less <sup>a,b</sup>     | 73   | 71   | 60   |
| Some Post High School <sup>a</sup>     | 78   | 76   | 67   |
| College Graduate                       | 90   | 88   | 88   |
| Household Income <sup>1,2,3</sup>      |      |      |      |
| Bottom 40 Percent Bracket              | 58   | 70   | 60   |
| Middle 20 Percent Bracket <sup>b</sup> | 77   | 88   | 78   |
| Top 40 Percent Bracket <sup>a</sup>    | 91   | 88   | 82   |
| Marital Status <sup>1,3</sup>          |      |      |      |
| Married                                | 84   | 82   | 80   |
| Not Married <sup>a,b</sup>             | 76   | 76   | 67   |

<sup>o</sup>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.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2011; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2015

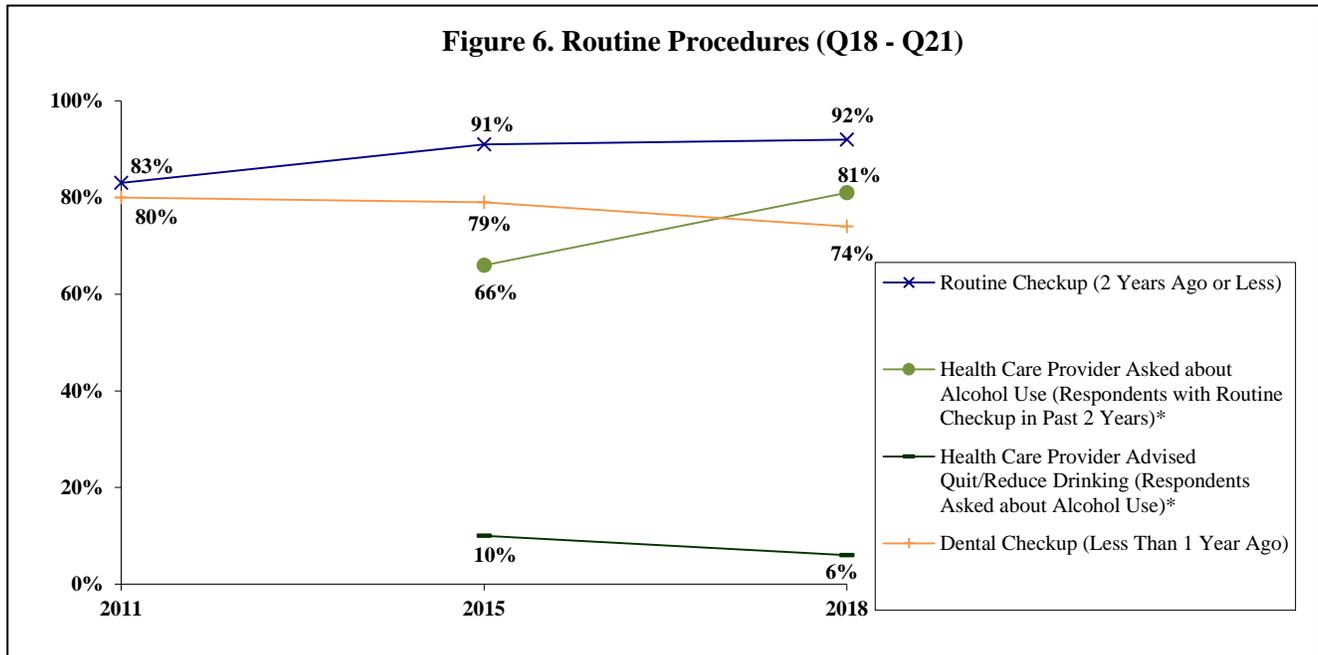
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2011 to 2018; <sup>b</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

## Routine Procedures Overall

### Year Comparisons

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup while from 2015 to 2018, there was no statistical change. From 2015 to 2018, there was a statistical increase in the overall percent of respondents reporting their health care provider asked about their alcohol use. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their health care provider advised them to quit or lessen alcohol use at their last routine checkup. From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting a dental checkup, as well as from 2015 to 2018.



\*Not asked in 2011.

## Prevalence of Select Health Conditions (Figures 7 & 8; Tables 15 - 20)

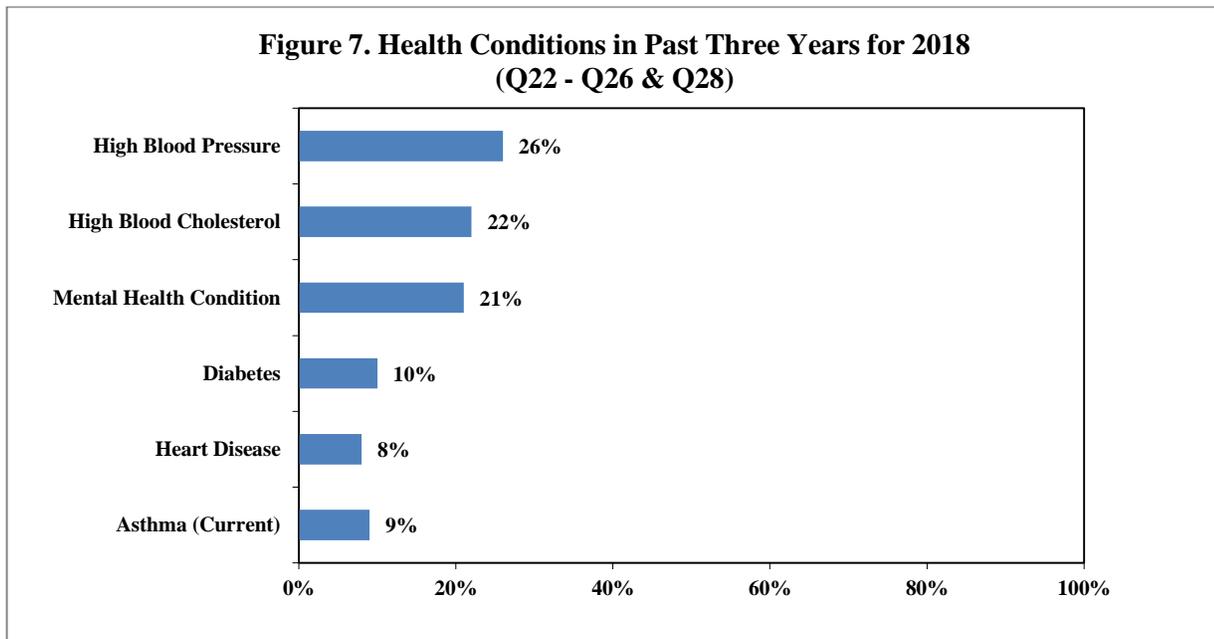
Respondents were asked a series of questions regarding if they were diagnosed with, or treated for, certain health conditions in the past three years. Current diagnosis of asthma was asked.

**KEY FINDINGS:** In 2018, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (26%) or high blood cholesterol (22%) in Winnebago County. Respondents 65 and older, with a high school education or less, who were overweight/obese, inactive or nonsmokers were more likely to report high blood pressure. Respondents 65 and older, with a high school education or less, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report high blood cholesterol. Twenty-one percent reported a mental health condition; respondents who were female, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or who were smokers were more likely to report this. Ten percent of respondents reported diabetes. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink in the past month 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 who were 65 and older or did not excessively drink in the past month were more likely to report this. Nine percent reported current asthma; female respondents were more likely to report current asthma.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol or diabetes, as well as from 2015 to 2018. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported a mental health condition or current asthma.*

### 2018 Findings

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



## High Blood Pressure

*In 2018, 25% of Tri-County respondents reported high blood pressure in the past three years (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 15)

- Twenty-six 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 (59%) compared to those 35 to 44 years old (14%) or respondents 18 to 34 years old (9%).
- Forty-one percent of respondents with a high school education or less reported high blood pressure compared to 23% of those with some post high school education or 18% of respondents with a college education.
- Overweight/obese respondents were more likely to report high blood pressure (29%) compared to respondents who were not overweight/obese (18%).
- Forty-four percent of inactive respondents reported high blood pressure compared to 26% of those who did an insufficient amount of physical activity or 20% of respondents who met the recommended amount of physical activity.
- Nonsmokers were more likely to report high blood pressure (28%) compared to smokers (15%).

### 2011 to 2018 Year Comparisons (Table 15)

*In 2011, Winnebago County respondents were asked if they ever had high blood pressure.*

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2011 and 2018, gender was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of female respondents reporting high blood pressure.
- In 2011 and 2018, respondents 65 and older were more likely to report high blood pressure. From 2011 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old reporting high blood pressure.
- In 2011, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report high blood pressure. From 2011 to 2018, there was a noted decrease in the percent of respondents with a college education reporting high blood pressure.
- In 2011, respondents in the bottom 60 percent household income bracket were more likely to report high blood pressure. In 2018, household income was not a significant variable.
- In 2011 and 2018, marital status was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of unmarried respondents reporting high blood pressure.
- In 2011 and 2018, overweight/obese respondents were more likely to report high blood pressure. From 2011 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting high blood pressure.
- In 2011 and 2018, nonsmokers were more likely to report high blood pressure.
- In 2011, respondents who did not excessively drink in the past month were more likely to report high blood pressure. In 2018, excessive drinking status was not a significant variable.

### 2015 to 2018 Year Comparisons (Table 15)

*In 2015, Winnebago County respondents were asked if they ever had high blood pressure.*

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure.
- In 2015 and 2018, respondents 65 and older were more likely to report high blood pressure.
- In 2015, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report high blood pressure, with a noted increase since 2015.
- In 2015 and 2018, overweight/obese respondents were more likely to report high blood pressure.
- In 2015, respondents who did an insufficient amount of physical activity were more likely to report high blood pressure. In 2018, inactive respondents were more likely to report high blood pressure, with a noted increase since 2015.
- In 2015, smoking status was not a significant variable. In 2018, nonsmokers were more likely to report high blood pressure.

**Table 15. High Blood Pressure in Past Three Years by Demographic Variables for Each Survey Year (Q22)<sup>①,②,③</sup>**

|   | 2011 | 2015 | 2018 |
|---|------|------|------|
| TOTAL   | 30%  | 26%  | 26%  |
| Gender  |      |      |      |
| Male  | 30   | 28   | 30   |
| Female <sup>a</sup>                           | 30   | 23   | 22   |
| Age <sup>1,2,3</sup>                          |      |      |      |
| 18 to 34 <sup>a</sup>                         | 17   | 6    | 9    |
| 35 to 44                                      | 18   | 17   | 14   |
| 45 to 54                                      | 21   | 28   | 26   |
| 55 to 64                                      | 46   | 35   | 38   |
| 65 and Older                                  | 61   | 58   | 59   |
| Education <sup>3</sup>                        |      |      |      |
| High School or Less <sup>b</sup>              | 33   | 26   | 41   |
| Some Post High School                         | 31   | 26   | 23   |
| College Graduate <sup>a</sup>                 | 26   | 26   | 18   |
| Household Income <sup>1</sup>                 |      |      |      |
| Bottom 40 Percent Bracket                     | 34   | 26   | 29   |
| Middle 20 Percent Bracket                     | 34   | 29   | 22   |
| Top 40 Percent Bracket                        | 23   | 20   | 21   |
| Marital Status                                |      |      |      |
| Married                                       | 28   | 23   | 29   |
| Not Married <sup>a</sup>                      | 32   | 28   | 23   |
| Overweight Status <sup>1,2,3</sup>            |      |      |      |
| Not Overweight/Obese                          | 16   | 15   | 18   |
| Overweight/Obese <sup>a</sup>                 | 38   | 33   | 29   |
| Physical Activity <sup>2,3</sup>              |      |      |      |
| Inactive <sup>b</sup>                         | --   | 25   | 44   |
| Insufficient                                  | --   | 31   | 26   |
| Recommended                                   | --   | 17   | 20   |
| Smoking Status <sup>1,3</sup>                 |      |      |      |
| Nonsmoker                                     | 32   | 26   | 28   |
| Smoker  | 18   | 21   | 15   |
| Excessive Drinking in Past Month <sup>1</sup> |      |      |      |
| Yes   | 22   | 24   | 24   |
| No  | 32   | 26   | 27   |

<sup>①</sup>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.

<sup>②</sup>In 2011 and 2015, timeframe was “ever.”

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

--In 2011, physical activity asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## High Blood Cholesterol

*In 2018, 24% of Tri-County respondents reported high blood cholesterol in the past three years (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 16)

- Twenty-two percent of respondents reported high blood cholesterol in the past three years.
- Forty-six percent of respondents 65 and older reported high blood cholesterol in the past three years compared to 20% of those 35 to 44 years old or 3% of respondents 18 to 34 years old.
- Thirty percent of respondents with a high school education or less reported high blood cholesterol compared to 19% of respondents with at least some post high school education.
- Overweight/obese respondents were more likely to report high blood cholesterol (26%) compared to respondents who were not overweight/obese (13%).
- Inactive respondents were more likely to report high blood cholesterol (48%) compared to those who did an insufficient amount of physical activity (26%) or respondents who met the recommended amount of physical activity (10%).
- Twenty-six percent of respondents who did not excessively drink in the past month reported high blood cholesterol compared to 13% of respondents who excessively drank.

### 2011 to 2018 Year Comparisons (Table 16)

*In 2011, Winnebago County respondents were asked if they ever had high blood cholesterol.*

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.
- In 2011, male respondents were more likely to report high blood cholesterol. In 2018, gender was not a significant variable.
- In 2011, respondents 55 and older were more likely to report high blood cholesterol. In 2018, respondents 65 and older were more likely to report high blood cholesterol, with a noted increase since 2011.
- In 2011, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report high blood cholesterol, with a noted increase since 2011.
- In 2011 and 2018, overweight/obese respondents were more likely to report high blood cholesterol.
- In 2011, excessive drinking status was not a significant variable. In 2018, respondents who did not excessively drink in the past month were more likely to report high blood cholesterol.

### 2015 to 2018 Year Comparisons (Table 16)

*In 2015, Winnebago County respondents were asked if they ever had high blood cholesterol.*

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported high blood cholesterol.

- In 2015, female respondents were more likely to report high blood cholesterol. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of female respondents reporting high blood cholesterol.
- In 2015, respondents 55 and older were more likely to report high blood cholesterol. In 2018, respondents 65 and older were more likely to report high blood cholesterol. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old reporting high blood cholesterol.
- In 2015, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report high blood cholesterol. From 2015 to 2018, there was a noted decrease in the percent of respondents with a college education reporting high blood cholesterol.
- In 2015 and 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket reporting high blood cholesterol.
- In 2015, married respondents were more likely to report high blood cholesterol. In 2018, marital status was not a significant variable.
- In 2015 and 2018, overweight/obese respondents were more likely to report high blood cholesterol. From 2015 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting high blood cholesterol.
- In 2015, respondents who did an insufficient amount of physical activity were more likely to report high blood cholesterol. In 2018, inactive respondents were more likely to report high blood cholesterol, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents who did the recommended amount of physical activity reporting high blood cholesterol.
- In 2015, excessive drinking status was not a significant variable. In 2018, respondents who did not excessively drink in the past month were more likely to report high blood cholesterol.

**Table 16. High Blood Cholesterol in Past Three Years by Demographic Variables for Each Survey Year (Q23)<sup>①,②,③</sup>**

|   | 2011 | 2015 | 2018 |
|---|------|------|------|
| TOTAL   | 19%  | 27%  | 22%  |
| Gender <sup>1,2</sup>                         |      |      |      |
| Male  | 22   | 23   | 25   |
| Female <sup>b</sup>                           | 16   | 30   | 19   |
| Age <sup>1,2,3</sup>                          |      |      |      |
| 18 to 34 <sup>b</sup>                         | 3    | 8    | 3    |
| 35 to 44                                      | 26   | 15   | 20   |
| 45 to 54                                      | 20   | 30   | 24   |
| 55 to 64                                      | 29   | 48   | 36   |
| 65 and Older <sup>a</sup>                     | 31   | 48   | 46   |
| Education <sup>3</sup>                        |      |      |      |
| High School or Less <sup>a</sup>              | 15   | 22   | 30   |
| Some Post High School                         | 21   | 26   | 19   |
| College Graduate <sup>b</sup>                 | 22   | 31   | 19   |
| Household Income                              |      |      |      |
| Bottom 40 Percent Bracket                     | 18   | 28   | 27   |
| Middle 20 Percent Bracket <sup>b</sup>        | 24   | 30   | 18   |
| Top 40 Percent Bracket                        | 19   | 26   | 18   |
| Marital Status <sup>2</sup>                   |      |      |      |
| Married                                       | 21   | 31   | 24   |
| Not Married                                   | 17   | 23   | 20   |
| Overweight Status <sup>1,2,3</sup>            |      |      |      |
| Not Overweight/Obese                          | 15   | 15   | 13   |
| Overweight/Obese <sup>b</sup>                 | 22   | 34   | 26   |
| Physical Activity <sup>2,3</sup>              |      |      |      |
| Inactive <sup>b</sup>                         | --   | 24   | 48   |
| Insufficient                                  | --   | 33   | 26   |
| Recommended <sup>b</sup>                      | --   | 20   | 10   |
| Smoking Status                                |      |      |      |
| Nonsmoker                                     | 19   | 27   | 23   |
| Smoker  | 19   | 22   | 20   |
| Excessive Drinking in Past Month <sup>3</sup> |      |      |      |
| Yes   | 17   | 19   | 13   |
| No  | 20   | 28   | 26   |

<sup>①</sup>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.

<sup>②</sup>In 2011 and 2015, timeframe was “ever.”

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month. --In 2011, physical activity asked differently.

<sup>1</sup>demographic difference at p<0.05 in 2011; <sup>2</sup>demographic difference at p<0.05 in 2015;

<sup>3</sup>demographic difference at p<0.05 in 2018

<sup>a</sup>year difference at p<0.05 from 2011 to 2018; <sup>b</sup>year difference at p<0.05 from 2015 to 2018

## **Mental Health Condition**

*In 2018, 21% of Tri-County respondents reported a diagnosis or treatment for a mental health condition in the past three years (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 17)

- Twenty-one 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 (27%) compared to male respondents (16%).
- Thirty-four percent of respondents 18 to 34 years old reported a mental health condition compared to 8% of respondents 45 to 54 years old or 65 and older.
- Respondents with some post high school education were more likely to report a mental health condition (31%) compared to those with a high school education or less (19%) or respondents with a college education (16%).
- Twenty-nine percent of respondents in the bottom 40 percent household income bracket reported a mental health condition compared to 23% of those in the middle 20 percent income bracket or 18% of respondents in the top 40 percent household income bracket.
- Smokers were more likely to report a mental health condition (32%) compared to nonsmokers (19%).

### 2015 to 2018 Year Comparisons (Table 17)

*In 2015, Winnebago County respondents were asked if they ever had a mental health condition.*

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting a mental health condition.
- In 2015 and 2018, female respondents were more likely to report a mental health condition.
- In 2015, respondents 45 to 54 years old were more likely to report a mental health condition. In 2018, respondents 18 to 34 years old were more likely to report a mental health condition, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old reporting a mental health condition.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education were more likely to report a mental health condition.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report a mental health condition.
- In 2015, unmarried respondents were more likely to report a mental health condition. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting a mental health condition.
- In 2015, overweight/obese respondents were more likely to report a mental health condition. In 2018, overweight status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting a mental health condition.

- In 2015, inactive respondents were more likely to report a mental health condition. In 2018, physical activity was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of inactive respondents reporting a mental health condition.
- In 2015 and 2018, smokers were more likely to report a mental health condition.

**Table 17. Mental Health Condition in Past Three Years by Demographic Variables for Each Survey Year (Q25)<sup>①,②,③,④</sup>**

|                                  | 2015 | 2018 |
|----------------------------------|------|------|
| TOTAL                            | 24%  | 21%  |
| Gender <sup>1,2</sup>            |      |      |
| Male                             | 19   | 16   |
| Female                           | 30   | 27   |
| Age <sup>1,2</sup>               |      |      |
| 18 to 34 <sup>a</sup>            | 24   | 34   |
| 35 to 44                         | 26   | 28   |
| 45 to 54 <sup>a</sup>            | 34   | 8    |
| 55 to 64                         | 22   | 19   |
| 65 and Older                     | 15   | 8    |
| Education <sup>2</sup>           |      |      |
| High School or Less              | 27   | 19   |
| Some Post High School            | 28   | 31   |
| College Graduate                 | 18   | 16   |
| Household Income <sup>1,2</sup>  |      |      |
| Bottom 40 Percent Bracket        | 29   | 29   |
| Middle 20 Percent Bracket        | 17   | 23   |
| Top 40 Percent Bracket           | 20   | 18   |
| Marital Status <sup>1</sup>      |      |      |
| Married                          | 19   | 21   |
| Not Married <sup>a</sup>         | 30   | 22   |
| Overweight Status <sup>1</sup>   |      |      |
| Not Overweight/Obese             | 17   | 19   |
| Overweight/Obese <sup>a</sup>    | 30   | 22   |
| Physical Activity <sup>1</sup>   |      |      |
| Inactive <sup>a</sup>            | 44   | 17   |
| Insufficient                     | 23   | 23   |
| Recommended                      | 17   | 21   |
| Smoking Status <sup>1,2</sup>    |      |      |
| Nonsmoker                        | 22   | 19   |
| Smoker                           | 38   | 32   |
| Excessive Drinking in Past Month |      |      |
| Yes                              | 28   | 26   |
| No                               | 24   | 19   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

<sup>③</sup>In 2015, timeframe was “ever.”

<sup>④</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Diabetes

*In 2018, 10% of Tri-County respondents reported a diagnosis or treatment for diabetes in the past three years (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 18)

- Ten percent of respondents reported diabetes in the past three years.
- Respondents 65 and older were more likely to report diabetes in the past three years (27%) compared to those 35 to 44 years old (4%) or respondents 18 to 34 years old (0%).
- Eighteen percent of respondents with a high school education or less reported diabetes compared to 7% of those with a college education or 6% of respondents with some post high school education.
- Fourteen percent of respondents in the bottom 40 percent household income bracket reported diabetes compared to 7% of those in the top 40 percent income bracket or 6% of respondents in the middle 20 percent household income bracket.
- Twelve percent of overweight/obese respondents reported diabetes compared to 5% of respondents who were not overweight/obese.
- Inactive respondents were more likely to report diabetes (23%) compared to those who did an insufficient amount of physical activity (10%) or respondents who met the recommended amount of physical activity (6%).
- Respondents who did not excessively drink in the past month were more likely to report diabetes (13%) compared to respondents who excessively drank (2%).

Of the 10% of respondents who reported diabetes (n=49)...

- Of the 49 respondents who reported diabetes, 0% reported they were told when they were 24 years old or younger, 28% reported 25 to 44 years old, 30% reported 45 to 54 years old and 36% reported 55 and older.

### 2011 to 2018 Year Comparisons (Table 18)

*In 2011, Winnebago County respondents were asked if they ever had diabetes.*

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2011 and 2018, respondents 65 and older were more likely to report diabetes.
- In 2011, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report diabetes, with a noted increase since 2011.
- In 2011 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report diabetes.
- In 2011 and 2018, overweight/obese respondents were more likely to report diabetes.
- In 2011, excessive drinking status was not a significant variable. In 2018, respondents who were not excessive drinkers were more likely to report diabetes, with a noted increase since 2011.

## 2015 to 2018 Year Comparisons (Table 18)

*In 2015, Winnebago County respondents were asked if they ever had diabetes.*

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported diabetes.
- In 2015 and 2018, respondents 65 and older were more likely to report diabetes.
- In 2015, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to report diabetes.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report diabetes.
- In 2015, unmarried respondents were more likely to report diabetes. In 2018, marital status was not a significant variable.
- In 2015 and 2018, overweight/obese respondents were more likely to report diabetes.
- In 2015 and 2018, inactive respondents were more likely to report diabetes.
- In 2015, excessive drinking status was not a significant variable. In 2018, respondents who were not excessive drinkers were more likely to report diabetes, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents who excessively drank.

**Table 18. Diabetes in Past Three Years by Demographic Variables for Each Survey Year (Q26)<sup>①,②,③</sup>**

|   | 2011 | 2015 | 2018 |
|---|------|------|------|
| TOTAL   | 7%   | 8%   | 10%  |
| Gender  |      |      |      |
| Male  | 8    | 8    | 11   |
| Female  | 6    | 8    | 9    |
| Age <sup>1,2,3</sup>                          |      |      |      |
| 18 to 34                                      | 0    | 0    | 0    |
| 35 to 44                                      | 2    | 1    | 4    |
| 45 to 54                                      | 6    | 11   | 8    |
| 55 to 64                                      | 13   | 10   | 20   |
| 65 and Older                                  | 20   | 25   | 27   |
| Education <sup>3</sup>                        |      |      |      |
| High School or Less <sup>a</sup>              | 7    | 11   | 18   |
| Some Post High School                         | 8    | 8    | 6    |
| College Graduate                              | 6    | 6    | 7    |
| Household Income <sup>1,2,3</sup>             |      |      |      |
| Bottom 40 Percent Bracket                     | 11   | 12   | 14   |
| Middle 20 Percent Bracket                     | 5    | 2    | 6    |
| Top 40 Percent Bracket                        | 5    | 3    | 7    |
| Marital Status <sup>2</sup>                   |      |      |      |
| Married                                       | 7    | 5    | 9    |
| Not Married                                   | 7    | 11   | 11   |
| Overweight Status <sup>1,2,3</sup>            |      |      |      |
| Not Overweight/Obese                          | 4    | 2    | 5    |
| Overweight/Obese                              | 9    | 11   | 12   |
| Physical Activity <sup>2,3</sup>              |      |      |      |
| Inactive                                      | --   | 19   | 23   |
| Insufficient                                  | --   | 8    | 10   |
| Recommended                                   | --   | 3    | 6    |
| Smoking Status                                |      |      |      |
| Nonsmoker                                     | 8    | 9    | 10   |
| Smoker  | 3    | 5    | 7    |
| Excessive Drinking in Past Month <sup>3</sup> |      |      |      |
| Yes <sup>b</sup>                              | 5    | 7    | 2    |
| No <sup>a,b</sup>                             | 8    | 8    | 13   |

<sup>①</sup>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.

<sup>②</sup>In 2011 and 2015, timeframe was “ever.”

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month. --In 2011, physical activity was asked differently.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## **Heart Disease/Condition**

*In 2018, 8% of Tri-County respondents reported a diagnosis or treatment for a heart disease or condition in the past three years (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 19)

- Eight percent of respondents reported heart disease or condition in the past three years.
- Twenty-five percent of respondents 65 and older reported heart disease/condition in the past three years compared to 2% of those 35 to 44 years old or 0% of respondents 18 to 34 years old.
- Respondents who were not excessive drinkers in the past month were more likely to report heart disease/condition (10%) compared to respondents who excessively drank (4%).

**Table 19. Heart Disease/Condition in Past Three Years by Demographic Variables for 2018 (Q24)<sup>①,②,③</sup>**

|   | 2018 |
|---|------|
| TOTAL   | 8%   |
| Gender  |      |
| Male  | 9    |
| Female  | 7    |
| Age <sup>1</sup>                              |      |
| 18 to 34                                      | 0    |
| 35 to 44                                      | 2    |
| 45 to 54                                      | 7    |
| 55 to 64                                      | 11   |
| 65 and Older                                  | 25   |
| Education                                     |      |
| High School or Less                           | 11   |
| Some Post High School                         | 7    |
| College Graduate                              | 7    |
| Household Income                              |      |
| Bottom 40 Percent Bracket                     | 11   |
| Middle 20 Percent Bracket                     | 5    |
| Top 40 Percent Bracket                        | 6    |
| Marital Status                                |      |
| Married                                       | 8    |
| Not Married                                   | 8    |
| Overweight Status                             |      |
| Not Overweight/Obese                          | 5    |
| Overweight/Obese                              | 9    |
| Physical Activity                             |      |
| Inactive                                      | 13   |
| Insufficient                                  | 9    |
| Recommended                                   | 6    |
| Smoking Status                                |      |
| Nonsmoker                                     | 9    |
| Smoker  | 3    |
| Excessive Drinking in Past Month <sup>1</sup> |      |
| Yes   | 4    |
| No  | 10   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>③</sup>In 2018, excessive drinking was defined as binge drinking (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinking (61+ drinks for males and 31+ drinks for females in the past month).

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Current Asthma

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

*In 2018, 9% of Tri-County respondents reported they were told they currently have asthma (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 20)

- Nine percent of respondents reported they currently have asthma.
- Female respondents were more likely to report current asthma (13%) compared to male respondents (4%).

### 2015 to 2018 Year Comparisons (Table 20)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported current asthma.
- In 2015, gender was not a significant variable. In 2018, female respondents were more likely to report current asthma. From 2015 to 2018, there was a noted decrease in the percent of male respondents reporting current asthma.
- In 2015, respondents 45 to 54 years old were more likely to report current asthma. In 2018, age was not a significant variable.
- In 2015, respondents in the top 40 percent household income bracket were more likely to report current asthma. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting current asthma.

**Table 20. Current Asthma by Demographic Variables for Each Survey Year (Q28)<sup>①,②</sup>**

|                                     | 2015 | 2018 |
|-------------------------------------|------|------|
| TOTAL                               | 12%  | 9%   |
| Gender <sup>2</sup>                 |      |      |
| Male <sup>a</sup>                   | 11   | 4    |
| Female                              | 13   | 13   |
| Age <sup>1</sup>                    |      |      |
| 18 to 34                            | 8    | 4    |
| 35 to 44                            | 15   | 12   |
| 45 to 54                            | 20   | 11   |
| 55 to 64                            | 6    | 8    |
| 65 and Older                        | 11   | 11   |
| Education                           |      |      |
| High School or Less                 | 13   | 7    |
| Some Post High School               | 8    | 7    |
| College Graduate                    | 15   | 11   |
| Household Income <sup>1</sup>       |      |      |
| Bottom 40 Percent Bracket           | 14   | 12   |
| Middle 20 Percent Bracket           | 5    | 6    |
| Top 40 Percent Bracket <sup>a</sup> | 18   | 7    |
| Marital Status                      |      |      |
| Married                             | 11   | 7    |
| Not Married                         | 13   | 10   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

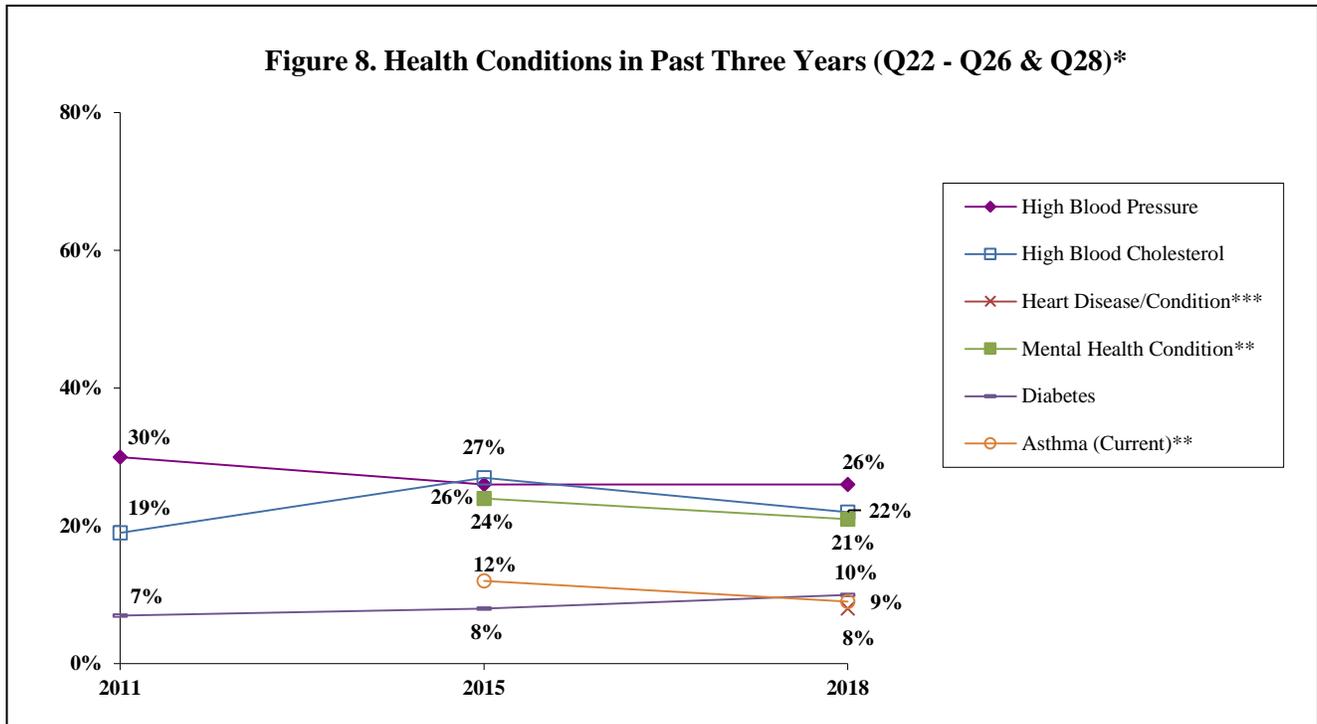
<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Health Conditions Overall

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol or diabetes as well as from 2015 to 2018. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported a mental health condition or current asthma.



\*In 2011 and 2015, timeframe was “ever”.

\*\*Not asked in 2011.

\*\*\*Not asked in 2011 and 2015.

## Physical Activity (Figures 9 & 10; Tables 21 - 24)

**KEY FINDINGS:** In 2018, 32% of Winnebago County respondents did moderate physical activity five times a week for 30 minutes. Twenty-five percent of respondents did vigorous activity three times a week for 20 minutes. Combined, 43% met the recommended amount of physical activity; respondents 18 to 34 years old, with a college education or who were not overweight/obese were more likely to report this. Thirty percent of respondents reported there is not enough time to exercise as their major reason for not participating in physical activities more often. Respondents 18 to 34 years old or with children in the household were more likely to report there is not enough time to exercise. Twenty-eight percent reported it is difficult to motivate myself to exercise as a major reason; overweight/obese respondents were more likely to report this. Fifteen percent of respondents reported it is boring/not enjoyable as a major reason; married respondents were more likely to report this. Ten percent of respondents reported it is inconvenient to exercise. Overweight/obese respondents were more likely to report it is inconvenient to exercise. Nine percent reported they are afraid of getting injured or they were injured recently as a major reason for not participating in physical activities more often; respondents 55 to 64 years old, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this.

*From 2015 to 2018, 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 2015 to 2018, 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. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who met the recommended amount of physical activity.*

### 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).*

*In 2018, 33% of Tri-County respondents did moderate physical activity at least five times a week for 30 or more minutes (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 21)

- Thirty-two percent of all respondents did moderate physical activity at least five times a week for 30 minutes or more. Fifty-four percent did some moderate activity, while 14% did not do any moderate physical activity.
- Thirty-nine percent of respondents 18 to 34 years old met the recommended amount of moderate physical activity compared to 25% of those 65 and older or 17% of respondents 35 to 44 years old.
- Respondents with a college education were more likely to meet the recommended amount of moderate physical activity in a week (38%) compared to those with a high school education or less (31%) or respondents with some post high school education (24%).
- Forty-six percent of respondents in the middle 20 percent household income bracket met the recommended amount of moderate physical activity in a week compared to 32% of those in the top 40 percent income bracket or 23% of respondents in the bottom 40 percent household income bracket.

### 2015 to 2018 Year Comparisons (Table 21)

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who met the recommended amount of moderate physical activity in a week.
- In 2015 and 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents across gender meeting the recommended amount of moderate physical activity.
- In 2015, age was not a significant variable. In 2018, respondents 18 to 34 years old were more likely to meet the recommended amount of moderate physical activity, with a noted increase since 2015. From 2015 to 2018, there was a noted increase in the percent of respondents 45 to 64 years old meeting the recommended amount of moderate physical activity.
- In 2015, education was not a significant variable. In 2018, respondents with a college education were more likely to meet the recommended amount of moderate physical activity, with a noted increase since 2015. From 2015 to 2018, there was a noted increase in the percent of respondents with a high school education or less meeting the recommended amount of moderate physical activity.
- In 2015, household income was not a significant variable. In 2018, respondents in the middle 20 percent household income bracket were more likely to meet the recommended amount of moderate physical activity. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 60 percent household income bracket meeting the recommended amount of moderate physical activity.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents across marital status meeting the recommended amount of moderate physical activity.
- In 2015, respondents who were not overweight/obese were more likely to meet the recommended amount of moderate physical activity. In 2018, overweight status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents across overweight status meeting the recommended amount of moderate physical activity.

**Table 21. Recommended Moderate Physical Activity by Demographic Variables for Each Survey Year (Q31 - Q33)<sup>①,②,③</sup>**

|  | 2015 | 2018 |
|--|------|------|
| TOTAL <sup>a</sup>                     | 20%  | 32%  |
| Gender                                 |      |      |
| Male <sup>a</sup>                      | 23   | 31   |
| Female <sup>a</sup>                    | 17   | 32   |
| Age <sup>2</sup>                       |      |      |
| 18 to 34 <sup>a</sup>                  | 26   | 39   |
| 35 to 44                               | 14   | 17   |
| 45 to 54 <sup>a</sup>                  | 18   | 35   |
| 55 to 64 <sup>a</sup>                  | 19   | 35   |
| 65 and Older                           | 18   | 25   |
| Education <sup>2</sup>                 |      |      |
| High School or Less <sup>a</sup>       | 20   | 31   |
| Some Post High School                  | 24   | 24   |
| College Graduate <sup>a</sup>          | 17   | 38   |
| Household Income <sup>2</sup>          |      |      |
| Bottom 40 Percent Bracket              | 21   | 23   |
| Middle 20 Percent Bracket <sup>a</sup> | 18   | 46   |
| Top 40 Percent Bracket <sup>a</sup>    | 18   | 32   |
| Marital Status                         |      |      |
| Married <sup>a</sup>                   | 19   | 29   |
| Not Married <sup>a</sup>               | 21   | 35   |
| Overweight Status <sup>1</sup>         |      |      |
| Not Overweight/Obese <sup>a</sup>      | 26   | 36   |
| Overweight/Obese <sup>a</sup>          | 17   | 30   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

<sup>③</sup>Recommended moderate physical activity is 5 times/30+ minutes in a week.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

### **Vigorous Physical Activity in Usual Week**

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

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

*In 2018, 25% of Tri-County respondents did vigorous physical activity at least three times a week for 20 or more minutes (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 22)

- Twenty-five percent of respondents reported they did vigorous physical activity at least three times a week for 20 minutes or more. Eighteen percent did some vigorous physical activity while 57% did not do any vigorous physical activity.
- Male respondents were more likely to meet the recommended amount of vigorous physical activity (29%) compared to female respondents (21%).
- Thirty-two percent of respondents 18 to 34 years old and 30% of those 45 to 54 years old met the recommended amount of vigorous physical activity compared to 13% of respondents 65 and older.
- Thirty percent of respondents with a college education met the recommended amount of vigorous physical activity compared to 25% of those with some post high school education or 18% of respondents with a high school education or less.
- Unmarried respondents were more likely to meet the recommended amount of vigorous physical activity compared to married respondents (29% and 21%, respectively).
- Respondents who were not overweight/obese were more likely to meet the recommended amount of vigorous physical activity (34%) compared to overweight/obese respondents (21%).

### 2015 to 2018 Year Comparisons (Table 22)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of vigorous physical activity in a week.
- In 2015, gender was not a significant variable. In 2018, male respondents were more likely to meet the recommended amount of vigorous physical activity.
- In 2015, respondents 18 to 34 years old were more likely to meet the recommended amount of vigorous physical activity. In 2018, respondents 18 to 34 years old or 45 to 54 years old were more likely to meet the recommended amount of vigorous physical activity. From 2015 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old meeting the recommended amount of vigorous physical activity.
- In 2015, respondents with some post high school education were more likely to meet the recommended amount of vigorous physical activity. In 2018, respondents with a college education were more likely to meet the recommended amount of vigorous physical activity.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to meet the recommended amount of vigorous physical activity.
- In 2015 and 2018, respondents who were not overweight/obese were more likely to meet the recommended amount of vigorous physical activity.

**Table 22. Recommended Vigorous Physical Activity by Demographic Variables for Each Survey Year (Q34 - Q36)<sup>①,②,③</sup>**

|                                  | 2015 | 2018 |
|----------------------------------|------|------|
| TOTAL                            | 24%  | 25%  |
| Gender <sup>2</sup>              |      |      |
| Male                             | 27   | 29   |
| Female                           | 22   | 21   |
| Age <sup>1,2</sup>               |      |      |
| 18 to 34                         | 39   | 32   |
| 35 to 44                         | 27   | 18   |
| 45 to 54 <sup>a</sup>            | 13   | 30   |
| 55 to 64                         | 20   | 24   |
| 65 and Older                     | 12   | 13   |
| Education <sup>1,2</sup>         |      |      |
| High School or Less              | 14   | 18   |
| Some Post High School            | 32   | 25   |
| College Graduate                 | 26   | 30   |
| Household Income                 |      |      |
| Bottom 40 Percent Bracket        | 26   | 26   |
| Middle 20 Percent Bracket        | 32   | 21   |
| Top 40 Percent Bracket           | 20   | 29   |
| Marital Status <sup>2</sup>      |      |      |
| Married                          | 23   | 21   |
| Not Married                      | 25   | 29   |
| Overweight Status <sup>1,2</sup> |      |      |
| Not Overweight/Obese             | 35   | 34   |
| Overweight/Obese                 | 18   | 21   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

<sup>③</sup>Recommended vigorous physical activity is 3 times/20+ minutes in a week.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

### Combined Recommended Amount of Physical Activity in Typical Week

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

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

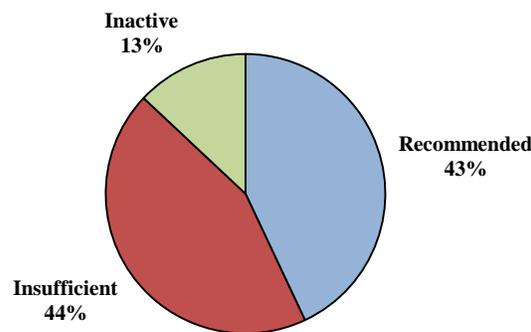
*In 2009, 53% of Wisconsin respondents and 51% of U.S. respondents met the recommended amount of physical activity (30+ minutes of moderate physical activity five days per week or 20+ minutes of vigorous physical activity three days per week) (2009 Behavioral Risk Factor Surveillance).*

In 2018, 44% of Tri-County 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) (2018 Tri-County Community Health Survey).

### 2018 Findings (Table 23)

- Forty-three 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-four percent did an insufficient amount of physical activity while 13% did no physical activity in a typical week.

**Figure 9. Physical Activity/Week for 2018 (Q31 - Q36)\***



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

- Respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity (56%) compared to those 65 and older (32%) or respondents 35 to 44 years old (23%).
- Fifty percent of respondents with a college education met the recommended amount of physical activity compared to 41% of those with some post high school education or 36% of respondents with a high school education or less.
- Respondents who were not overweight/obese were more likely to meet the recommended amount of physical activity (51%) compared to overweight/obese respondents (39%).

### 2015 to 2018 Year Comparisons (Table 23)

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who met the recommended amount of physical activity in a week.
- In 2015 and 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of female respondents meeting the recommended amount of physical activity.
- In 2015 and 2018, respondents 18 to 34 years old were more likely to meet the recommended amount of physical activity. From 2015 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old meeting the recommended amount of physical activity.

- In 2015, education was not a significant variable. In 2018, respondents with a college education were more likely to meet the recommended amount of physical activity, with a noted increase since 2015.
- In 2015 and 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket meeting the recommended amount of physical activity.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of unmarried respondents meeting the recommended amount of physical activity.
- In 2015 and 2018, respondents who were not overweight/obese were more likely to meet the recommended amount of physical activity. From 2015 to 2018, there was a noted increase in the percent of overweight/obese respondents meeting the recommended amount of physical activity.

**Table 23. Recommended Moderate or Vigorous Physical Activity by Demographic Variables for Each Survey Year (Q31 - Q36)<sup>①,②,③</sup>**

|                                     | 2015 | 2018 |
|-------------------------------------|------|------|
| TOTAL <sup>a</sup>                  | 35%  | 43%  |
| Gender                              |      |      |
| Male                                | 39   | 44   |
| Female <sup>a</sup>                 | 32   | 41   |
| Age <sup>1,2</sup>                  |      |      |
| 18 to 34                            | 50   | 56   |
| 35 to 44                            | 33   | 23   |
| 45 to 54 <sup>a</sup>               | 25   | 46   |
| 55 to 64                            | 31   | 45   |
| 65 and Older                        | 28   | 32   |
| Education <sup>2</sup>              |      |      |
| High School or Less                 | 31   | 36   |
| Some Post High School               | 41   | 41   |
| College Graduate <sup>a</sup>       | 34   | 50   |
| Household Income                    |      |      |
| Bottom 40 Percent Bracket           | 36   | 42   |
| Middle 20 Percent Bracket           | 43   | 52   |
| Top 40 Percent Bracket <sup>a</sup> | 29   | 42   |
| Marital Status                      |      |      |
| Married                             | 34   | 39   |
| Not Married <sup>a</sup>            | 36   | 47   |
| Overweight Status <sup>1,2</sup>    |      |      |
| Not Overweight/Obese                | 46   | 51   |
| Overweight/Obese <sup>a</sup>       | 30   | 39   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

<sup>③</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Reasons Not Participating in Physical Activities More Often

*In 2018, 24% of Tri-County respondents each reported it is difficult to motivate self to exercise or there is not enough time as their major reason for not participating in physical activities more often. Eleven percent each reported it is inconvenient to exercise or it is boring/not enjoyable. Ten percent reported they are afraid of getting injured/they were injured recently while 5% reported they do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their home/office. Four percent reported they do not have encouragement, support or companionship from family/friends and 3% reported they are not confident in being physically active or how to manage progress (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 24)

Of the 57% of respondents who did not meet the recommended amount of physical activity in a typical week (n=282)...

- Thirty percent of respondents reported there is not enough time to exercise as their major reason for not participating in physical activities more often followed by 28% who reported it is difficult to motivate self to exercise. Fifteen percent reported it is boring/not enjoyable. Ten percent reported it is inconvenient to exercise while 9% reported they are afraid of getting injured/they were injured recently. Four percent reported they do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their home/office. Three percent reported they are not confident in being physically active/how to manage progress while 2% reported they do not have encouragement, support or companionship from family/friends.
- Respondents 18 to 34 years old were more likely to report there is not enough time to exercise as a major reason for not participating in physical activities more often. Respondents 55 to 64 years old were more likely to report they are afraid of getting injured/they were injured recently as a major reason.
- Seventeen percent of respondents with a high school education or less reported they are afraid of getting injured/they were injured recently as a major reason compared to 7% of those with some post high school education or 4% of respondents with a college education.
- Twenty percent of respondents in the bottom 40 percent household income bracket reported they are afraid of getting injured/they were injured recently as a major reason compared to 4% of those in the middle 20 percent income bracket or 3% of respondents in the top 40 percent household income bracket.
- Married respondents were more likely to report exercise is boring/not enjoyable as a major reason for not participating in physical activities more often. Unmarried respondents were more likely to report they are afraid of getting injured/they were injured recently as a major reason.
- Overweight/obese respondents were more likely to report it is difficult to motivate themselves to exercise or it is inconvenient to exercise as a major problem.
- Respondents with children in the household were more likely to report there is not enough time to exercise as a major problem (56%) compared to respondents in households without children (13%).

**Table 24. Major Reason not Participating in Physical Activities More Often by Demographic Variables for 2018 (Respondents Who Did Not Meet Recommended Amount of Physical Activity) (Q37 - Q44)<sup>①,②</sup>**

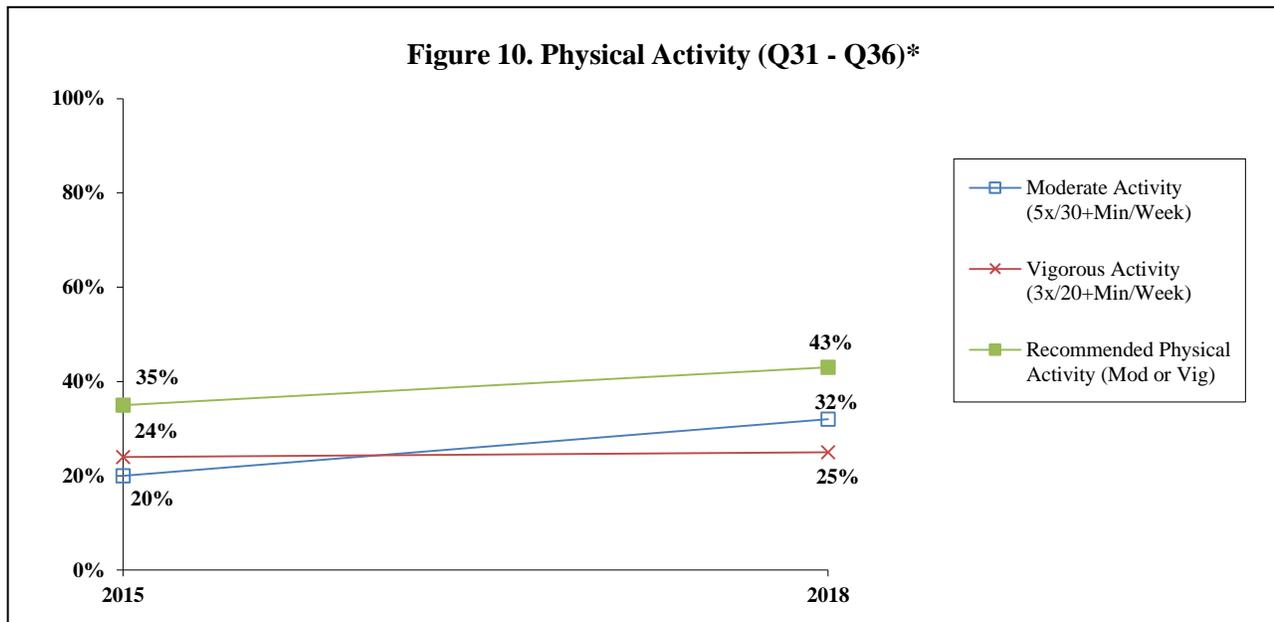
|                           | Not Enough<br>Time to<br>Exercise | Difficult to<br>Motivate Self<br>to Exercise | Exercise is<br>Boring or not<br>Enjoyable | Inconvenient<br>to Exercise | Afraid of Getting<br>Injured or Injured<br>Recently |
|---------------------------|-----------------------------------|--|---|-----------------------------|---|
| TOTAL                     | 30%                               | 28%  | 15%                                       | 10%                         | 9%  |
| Gender                    |                                   |  |   |                             |   |
| Male                      | 29                                | 24   | 13  | 9                           | 7   |
| Female                    | 31                                | 34   | 18  | 10                          | 11  |
| Age                       |                                   |  |   |                             |   |
| 18 to 34                  | 62 <sup>1</sup>                   | 34   | 17  | 7                           | 0 <sup>1</sup>                                      |
| 35 to 44                  | 33 <sup>1</sup>                   | 24   | 10  | 9                           | 10 <sup>1</sup>                                     |
| 45 to 54                  | 24 <sup>1</sup>                   | 35   | 21  | 18                          | 6 <sup>1</sup>                                      |
| 55 to 64                  | 13 <sup>1</sup>                   | 26   | 13  | 13                          | 21 <sup>1</sup>                                     |
| 65 and Older              | 2 <sup>1</sup>                    | 22   | 16  | 4                           | 15 <sup>1</sup>                                     |
| Education                 |                                   |  |   |                             |   |
| High School or Less       | 24                                | 30   | 12  | 11                          | 17 <sup>1</sup>                                     |
| Some Post High School     | 34                                | 26   | 14  | 11                          | 7 <sup>1</sup>                                      |
| College Graduate          | 31                                | 29   | 19  | 7                           | 4 <sup>1</sup>                                      |
| Household Income          |                                   |  |   |                             |   |
| Bottom 40 Percent Bracket | 23                                | 25   | 8   | 11                          | 20 <sup>1</sup>                                     |
| Middle 20 Percent Bracket | 32                                | 42   | 21  | 6                           | 4 <sup>1</sup>                                      |
| Top 40 Percent Bracket    | 37                                | 25   | 16  | 9                           | 3 <sup>1</sup>                                      |
| Marital Status            |                                   |  |   |                             |   |
| Married                   | 31                                | 31   | 21 <sup>1</sup>                           | 10                          | 5 <sup>1</sup>                                      |
| Not Married               | 27                                | 25   | 8 <sup>1</sup>                            | 9                           | 13 <sup>1</sup>                                     |
| Overweight Status         |                                   |  |   |                             |   |
| Not Overweight/Obese      | 28                                | 17 <sup>1</sup>                              | 13  | 1 <sup>1</sup>              | 6   |
| Overweight/Obese          | 30                                | 33 <sup>1</sup>                              | 16  | 13 <sup>1</sup>             | 10  |
| Children in Household     |                                   |  |   |                             |   |
| Yes                       | 56 <sup>1</sup>                   | 27   | 12  | 13                          | 6   |
| No                        | 13 <sup>1</sup>                   | 29   | 17  | 7                           | 11  |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015. <sup>1</sup>demographic difference at p<0.05 in 2018

## Physical Activity Overall

### Year Comparisons

- From 2015 to 2018, 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 2015 to 2018, 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. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who met the recommended amount of physical activity.



\*Not asked in 2011.

## Body Weight (Figures 11 & 12; Tables 25 & 26)

**KEY FINDINGS:** In 2018, 70% of Winnebago County respondents were classified as at least overweight while 39% were obese. Respondents who were male, 35 and older, with a high school education or less, who were married or inactive were more likely to be classified as at least overweight. Respondents 35 to 44 years old, 55 to 64 years old, with some post high school education or less, in the bottom 60 percent household income bracket or inactive respondents were more likely to be obese.

*From 2011 to 2018, there was a statistical increase in the overall percent of respondents being at least overweight or being obese, as well as from 2015 to 2018.*

### 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<sup>2</sup>.*

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

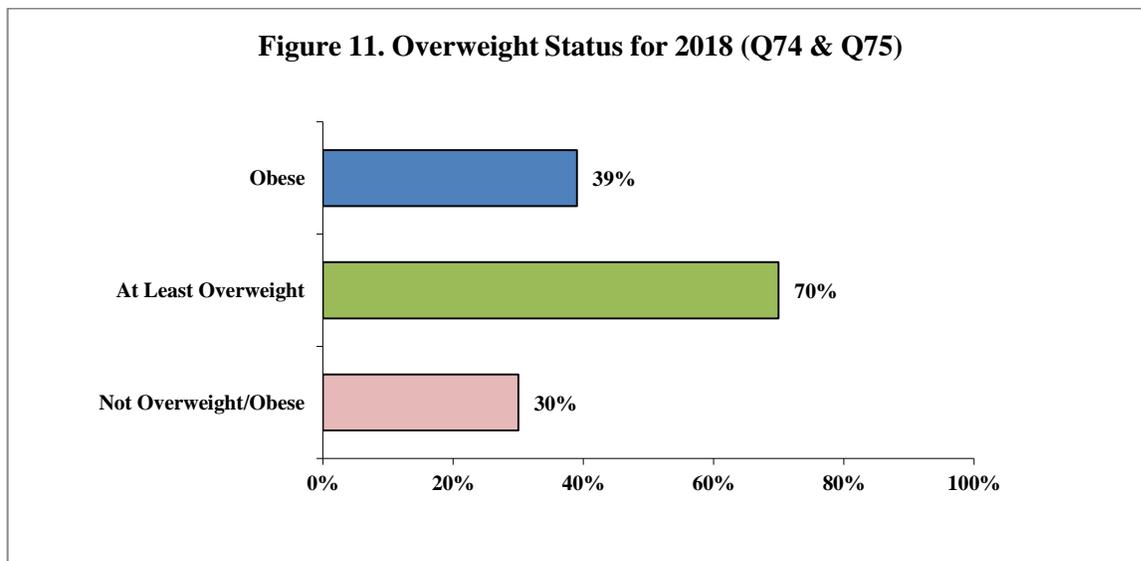
*The Healthy People 2020 goal for obesity is 31%. (Objective NWS-9)*

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

*In 2018, 67% of Tri-County respondents were classified as at least overweight (32% overweight, 35% obese) (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 25)

- According to the definition, 70% of respondents were at least overweight (39% obese and 31% overweight).



- Male respondents were more likely to be at least overweight (80%) compared to female respondents (59%).
- Seventy-five percent of respondents 45 to 54 years old or 65 and older, 74% of those 55 to 64 years old and 73% of respondents 35 to 44 years old were at least overweight compared to 61% of respondents 18 to 34 years old.
- Eighty-one percent of respondents with a high school education or less were at least overweight compared to 72% of those with some post high school education or 61% of respondents with a college education.
- Married respondents were more likely to be at least overweight compared to unmarried respondents (77% and 63%, respectively).
- Eighty percent of inactive respondents were at least overweight compared to 73% of those who did an insufficient amount of physical activity or 64% of respondents who met the recommended amount of physical activity.

#### 2011 to 2018 Year Comparisons (Table 25)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents being at least overweight.
- In 2011 and 2018, male respondents were more likely to be classified as at least overweight. From 2011 to 2018, there was a noted increase in the percent of male respondents being at least overweight.
- In 2011, respondents 35 to 44 years old or 55 and older were more likely to be classified as at least overweight. In 2018, respondents 35 and older were more likely to be at least overweight. From 2011 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old being at least overweight.
- In 2011, respondents with some post high school education were more likely to be classified as at least overweight. In 2018, respondents with a high school education or less were more likely to be classified as at least overweight, with a noted increase since 2011.
- In 2011, respondents in the middle 20 percent household income bracket were more likely to be at least overweight. In 2018, household income was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket being at least overweight.
- In 2011 and 2018, married respondents were more likely to be at least overweight. From 2011 to 2018, there was a noted increase in the percent of married respondents being at least overweight.

#### 2015 to 2018 Year Comparisons (Table 25)

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents being at least overweight.
- In 2015, gender was not a significant variable. In 2018, male respondents were more likely to be classified as at least overweight, with a noted increase since 2015.
- In 2015 and 2018, respondents 35 and older were more likely to be at least overweight. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old being at least overweight.
- In 2015, education was not a significant variable. In 2018, respondents with a high school education or less were more likely to be at least overweight, with a noted increase since 2015.

- In 2015, respondents in the top 40 percent household income bracket were more likely to be at least overweight. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the middle 20 percent household income bracket being at least overweight.
- In 2015 and 2018, married respondents were more likely to be at least overweight. From 2015 to 2018, there was a noted increase in the percent of married respondents being at least overweight.
- In 2015 and 2018, inactive respondents were more likely to be at least overweight. From 2015 to 2018, there was a noted increase in the percent of respondents who met the recommended amount of physical activity being at least overweight.

**Table 25. At Least Overweight (BMI 25.0 or Higher) by Demographic Variables for Each Survey Year (Q74 & Q75)<sup>o</sup>**

|  | 2011 | 2015 | 2018 |
|--|------|------|------|
| TOTAL <sup>a,b</sup>                   | 64%  | 62%  | 70%  |
| Gender <sup>1,3</sup>                  |      |      |      |
| Male <sup>a,b</sup>                    | 71   | 60   | 80   |
| Female                                 | 56   | 64   | 59   |
| Age <sup>1,2,3</sup>                   |      |      |      |
| 18 to 34 <sup>b</sup>                  | 55   | 33   | 61   |
| 35 to 44                               | 71   | 72   | 73   |
| 45 to 54 <sup>a</sup>                  | 60   | 77   | 75   |
| 55 to 64                               | 73   | 79   | 74   |
| 65 and Older                           | 71   | 71   | 75   |
| Education <sup>1,3</sup>               |      |      |      |
| High School or Less <sup>a,b</sup>     | 63   | 59   | 81   |
| Some Post High School                  | 71   | 64   | 72   |
| College Graduate                       | 58   | 63   | 61   |
| Household Income <sup>1,2</sup>        |      |      |      |
| Bottom 40 Percent Bracket              | 65   | 61   | 66   |
| Middle 20 Percent Bracket <sup>b</sup> | 75   | 48   | 72   |
| Top 40 Percent Bracket <sup>a</sup>    | 60   | 78   | 71   |
| Marital Status <sup>1,2,3</sup>        |      |      |      |
| Married <sup>a,b</sup>                 | 69   | 69   | 77   |
| Not Married                            | 57   | 56   | 63   |
| Physical Activity <sup>2,3</sup>       |      |      |      |
| Inactive                               | --   | 71   | 80   |
| Insufficient                           | --   | 67   | 73   |
| Recommended <sup>b</sup>               | --   | 51   | 64   |

<sup>o</sup>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.

--Physical activity asked differently in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Obesity

### 2018 Findings (Table 26)

- Thirty-nine percent of respondents were classified as obese (BMI 30.0 or higher).
- Forty-nine percent of respondents 55 to 64 years old and 47% of those 35 to 44 years old were obese compared to 29% of respondents 45 to 54 years old.
- Fifty percent of respondents with a high school education or less and 47% of those with some post high school education were obese compared to 24% of respondents with a college education.
- Forty-five percent of respondents in the bottom 60 percent household income bracket were obese compared to 30% of respondents in the top 40 percent household income bracket.
- Inactive respondents were more likely to be obese (62%) compared to those who did an insufficient amount of physical activity (40%) or respondents who met the recommended amount of physical activity (30%).

### 2011 to 2018 Year Comparisons (Table 26)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents being obese.
- In 2011, male respondents were more likely to be obese. In 2018, gender was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of female respondents being obese.
- In 2011 and 2018, respondents 35 to 44 years old or 55 to 64 years old were more likely to be obese. From 2011 to 2018, there was a noted increase in the percent of respondents 65 and older being obese.
- In 2011, education was not a significant variable. In 2018, respondents with some post high school education or less were more likely to be obese, with a noted increase since 2011.
- In 2011, respondents in the middle 20 percent household income bracket were more likely to be obese. In 2018, respondents in the bottom 60 percent household income bracket were more likely to be obese. From 2011 to 2018, there was a noted increase in the percent of respondents in the bottom 40 percent household income bracket being obese.
- In 2011 and 2018, marital status was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of unmarried respondents being obese.

### 2015 to 2018 Year Comparisons (Table 26)

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents being obese.
- In 2015 and 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of male respondents being obese.
- In 2015, respondents 45 to 54 years old were more likely to be obese. In 2018, respondents 35 to 44 years old or 55 to 64 years old were more likely to be obese. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old and a noted decrease in the percent of respondents 45 to 54 years old being obese.

- In 2015 and 2018, respondents with some post high school education or less were more likely to be obese. From 2015 to 2018, there was a noted increase in the percent of respondents with a high school education or less being obese.
- In 2015, household income was not a significant variable. In 2018, respondents in the bottom 60 percent household income bracket were more likely to be obese, with a noted increase since 2015.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of unmarried respondents being obese.
- In 2015 and 2018, inactive respondents were more likely to be obese. From 2015 to 2018, there was a noted increase in the percent of inactive respondents being obese.

**Table 26. Obese (BMI 30.0 or Higher) by Demographic Variables for Each Survey Year (Q74 & Q75)<sup>⓪</sup>**

|  | 2011 | 2015 | 2018 |
|--|------|------|------|
| TOTAL <sup>a,b</sup>                     | 30%  | 31%  | 39%  |
| Gender <sup>1</sup>                      |      |      |      |
| Male <sup>b</sup>                        | 35   | 28   | 42   |
| Female <sup>a</sup>                      | 25   | 35   | 34   |
| Age <sup>1,2,3</sup>                     |      |      |      |
| 18 to 34 <sup>b</sup>                    | 25   | 20   | 34   |
| 35 to 44                                 | 38   | 33   | 47   |
| 45 to 54 <sup>b</sup>                    | 24   | 44   | 29   |
| 55 to 64                                 | 39   | 36   | 49   |
| 65 and Older <sup>a</sup>                | 29   | 33   | 44   |
| Education <sup>2,3</sup>                 |      |      |      |
| High School or Less <sup>a,b</sup>       | 29   | 36   | 50   |
| Some Post High School <sup>a</sup>       | 34   | 37   | 47   |
| College Graduate                         | 27   | 22   | 24   |
| Household Income <sup>1,3</sup>          |      |      |      |
| Bottom 40 Percent Bracket <sup>a,b</sup> | 34   | 34   | 45   |
| Middle 20 Percent Bracket <sup>b</sup>   | 41   | 27   | 45   |
| Top 40 Percent Bracket                   | 26   | 33   | 30   |
| Marital Status                           |      |      |      |
| Married                                  | 33   | 33   | 37   |
| Not Married <sup>a,b</sup>               | 26   | 30   | 40   |
| Physical Activity <sup>2,3</sup>         |      |      |      |
| Inactive <sup>b</sup>                    | --   | 39   | 62   |
| Insufficient                             | --   | 35   | 40   |
| Recommended                              | --   | 23   | 30   |

<sup>⓪</sup>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.

--Physical activity asked differently in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

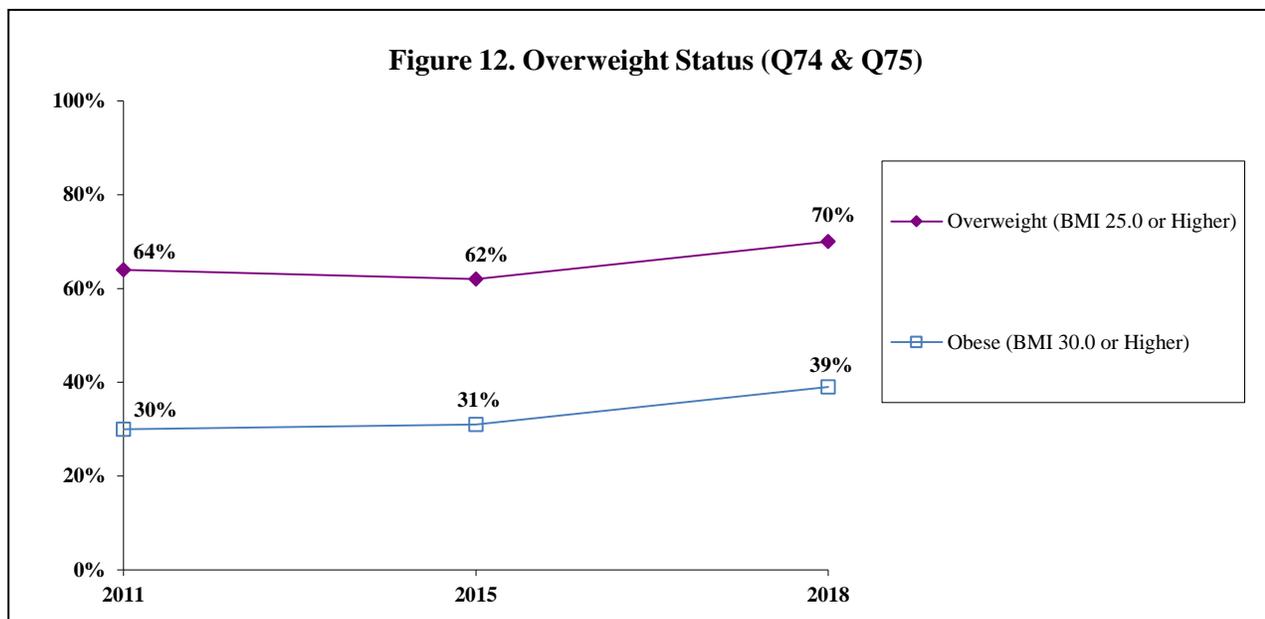
<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Body Weight Overall

### Year Comparisons

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents being at least overweight or being obese, as well as from 2015 to 2018.



## Nutrition (Figure 13; Tables 27 - 31)

**KEY FINDINGS:** In 2018, 44% of Winnebago County respondents reported two or more servings of fruit while 31% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education, who were not overweight/obese or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents 45 to 54 years old, with a college education, in the top 40 percent household income bracket, who were not overweight/obese or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Twenty-eight percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents with a college education, in the top 40 percent household income bracket, who were not overweight/obese or met the recommended amount of physical activity were more likely to report this. Thirty-four percent of respondents reported they drank at least one sugared drink per day in the past month; respondents 18 to 44 years old, with some post high school education or who did not meet the recommended amount of physical activity were more likely to report this. Fifty-six percent of respondents reported their family ate together five or more times during the past week; respondents in the bottom 40 percent household income bracket or married respondents were more likely to report this.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit while from 2015 to 2018, there was a statistical decrease. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three servings of vegetables, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, as well as from 2015 to 2018. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their family had a meal together at least five times in the past week.*

### 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.*

*In 2018, 48% of Tri-County respondents reported at least two servings of fruit on an average day (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 27)

- Forty-four percent of respondents reported at least two servings of fruit on an average day.
- Female respondents were more likely to report at least two servings of fruit a day (53%) compared to male respondents (35%).
- Fifty-six percent of respondents with a college education reported at least two servings of fruit a day compared to 38% of those with some post high school education or 32% of respondents with a high school education or less.
- Respondents who were not overweight/obese were more likely to report at least two servings of fruit a day (52%) compared to overweight/obese respondents (40%).
- Fifty-eight percent of respondents who met the recommended amount of physical activity reported at least two servings of fruit a day compared to 40% of those who were inactive or 31% of respondents who did an insufficient amount of physical activity.

### 2011 to 2018 Year Comparisons (Table 27)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In 2011 and 2018, female respondents were more likely to report at least two servings of fruit per day.
- In 2011 and 2018, age was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old reporting at least two servings of fruit per day.
- In 2011 and 2018, respondents with a college education were more likely to report two or more servings of fruit per day. From 2011 to 2018, 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 2011, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit per day. In 2018, household income was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting at least two servings of fruit per day.
- In 2011, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report two or more servings of fruit per day. From 2011 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting at least two servings of fruit per day.

### 2015 to 2018 Year Comparisons (Table 27)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported two or more servings of fruit on an average day.
- In 2015 and 2018, female respondents were more likely to report at least two servings of fruit per day. From 2015 to 2018, there was a noted decrease in the percent of respondents across gender reporting at least two servings of fruit per day.
- In 2015 and 2018, age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 44 years old reporting at least two servings of fruit per day.
- In 2015 and 2018, respondents with a college education were more likely to report two or more servings of fruit. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education or less reporting at least two servings of fruit per day.
- In 2015, respondents in the top 40 percent household income bracket were more likely to report two or more servings of fruit. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 60 percent household income bracket reporting at least two servings of fruit per day.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents across marital status reporting at least two servings of fruit per day.
- In 2015, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report two or more servings of fruit. From 2015 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting at least two servings of fruit per day.

- In 2015, respondents who did at least some physical activity were more likely to report two or more servings of fruit. In 2018, respondents who met the recommended amount of physical activity were more likely to report two or more servings of fruit. From 2015 to 2018, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity reporting two or more servings of fruit.

**Table 27. Two or More Servings of Fruit on Average Day by Demographic Variables for Each Survey Year (Q30)<sup>⓪</sup>**

|  | 2011 | 2015 | 2018 |
|--|------|------|------|
| TOTAL <sup>b</sup>                     | 49%  | 54%  | 44%  |
| Gender <sup>1,2,3</sup>                |      |      |      |
| Male <sup>b</sup>                      | 36   | 46   | 35   |
| Female <sup>b</sup>                    | 62   | 62   | 53   |
| Age                                    |      |      |      |
| 18 to 34 <sup>b</sup>                  | 50   | 56   | 41   |
| 35 to 44 <sup>a,b</sup>                | 51   | 64   | 35   |
| 45 to 54                               | 51   | 46   | 45   |
| 55 to 64                               | 46   | 52   | 55   |
| 65 and Older                           | 45   | 49   | 44   |
| Education <sup>1,2,3</sup>             |      |      |      |
| High School or Less <sup>a,b</sup>     | 46   | 44   | 32   |
| Some Post High School <sup>b</sup>     | 43   | 55   | 38   |
| College Graduate                       | 57   | 61   | 56   |
| Household Income <sup>1,2</sup>        |      |      |      |
| Bottom 40 Percent Bracket              | 47   | 45   | 42   |
| Middle 20 Percent Bracket <sup>b</sup> | 35   | 54   | 34   |
| Top 40 Percent Bracket <sup>a,b</sup>  | 57   | 69   | 47   |
| Marital Status                         |      |      |      |
| Married <sup>b</sup>                   | 52   | 56   | 46   |
| Not Married <sup>b</sup>               | 46   | 51   | 42   |
| Overweight Status <sup>3</sup>         |      |      |      |
| Not Overweight/Obese                   | 51   | 58   | 52   |
| Overweight/Obese <sup>a,b</sup>        | 48   | 50   | 40   |
| Physical Activity <sup>2,3</sup>       |      |      |      |
| Inactive                               | --   | 35   | 40   |
| Insufficient <sup>b</sup>              | --   | 59   | 31   |
| Recommended                            | --   | 57   | 58   |

<sup>⓪</sup>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.

--Physical activity asked differently in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Vegetable Consumption

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

*In 2018, 31% of Tri-County respondents reported three or more servings of vegetables on an average day (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 28)

- Thirty-one percent of respondents reported three or more servings of vegetables on an average day.
- Forty-five percent of respondents 45 to 54 years old reported at least three servings of vegetables a day compared to 19% of those 65 and older or 18% of respondents 35 to 44 years old.
- Fifty-two percent of respondents with a college education reported at least three servings of vegetables a day compared to 19% of those with some post high school education or 14% of respondents with a high school education or less.
- Forty percent of respondents in the top 40 percent household income bracket reported at least three servings of vegetables a day compared to 26% 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/obese were more likely to report at least three servings of vegetables a day (41%) compared to overweight/obese respondents (26%).
- Respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables a day (44%) compared to those who did an insufficient amount of physical activity (21%) or respondents who were inactive (19%).

### 2011 to 2018 Year Comparisons (Table 28)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2011, female respondents were more likely to report at least three vegetable servings per day. In 2018, gender was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of male respondents reporting at least three vegetable servings per day.
- In 2011, age was not a significant variable. In 2018, respondents 45 to 54 years old were more likely to report at least three vegetable servings per day, with a noted increase since 2011.
- In 2011 and 2018, respondents with a college education were more likely to report at least three servings of vegetables. From 2011 to 2018, there was a noted increase in the percent of respondents with a college education reporting at least three vegetable servings per day.
- In 2011 and 2018, respondents in the top 40 percent household income bracket were more likely to report at least three servings of vegetables per day.
- In 2011, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least three servings of vegetables per day, with a noted increase since 2011.

### 2015 to 2018 Year Comparisons (Table 28)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported three or more servings of vegetables on an average day.
- In 2015, respondents 35 to 44 years old were more likely to report at least three vegetable servings per day. In 2018, respondents 45 to 54 years old were more likely to report at least three vegetables servings per day, with a noted increase since 2015. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old reporting at least three vegetable servings per day and a noted decrease in the percent of respondents 35 to 44 years old reporting at least three vegetable servings per day.
- In 2015 and 2018, respondents with a college education were more likely to report at least three servings of vegetables. From 2015 to 2018, there was a noted increase in the percent of respondents with a college education reporting at least three vegetable servings per day.
- In 2015 and 2018, respondents in the top 40 percent household income bracket were more likely to report at least three servings of vegetables.
- In 2015, married respondents were more likely to report at least three servings of vegetables. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of unmarried respondents reporting at least three vegetable servings per day.
- In 2015, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least three servings of vegetables, with a noted increase since 2015.
- In 2015 and 2018, respondents who met the recommended amount of physical activity were more likely to report at least three servings of vegetables. From 2015 to 2018, there was a noted increase in the percent of respondents who met the recommended amount of physical activity reporting at least three vegetable servings per day.

**Table 28. Three or More Servings of Vegetables on Average Day by Demographic Variables for Each Survey Year (Q29)<sup>o</sup>**

|                                     | 2011 | 2015 | 2018 |
|-------------------------------------|------|------|------|
| TOTAL                               | 29%  | 27%  | 31%  |
| Gender <sup>1</sup>                 |      |      |      |
| Male <sup>a</sup>                   | 19   | 23   | 27   |
| Female                              | 40   | 30   | 35   |
| Age <sup>2,3</sup>                  |      |      |      |
| 18 to 34 <sup>b</sup>               | 31   | 21   | 36   |
| 35 to 44 <sup>b</sup>               | 30   | 39   | 18   |
| 45 to 54 <sup>a,b</sup>             | 29   | 29   | 45   |
| 55 to 64                            | 31   | 30   | 31   |
| 65 and Older                        | 25   | 20   | 19   |
| Education <sup>1,2,3</sup>          |      |      |      |
| High School or Less                 | 19   | 20   | 14   |
| Some Post High School               | 27   | 26   | 19   |
| College Graduate <sup>a,b</sup>     | 40   | 34   | 52   |
| Household Income <sup>1,2,3</sup>   |      |      |      |
| Bottom 40 Percent Bracket           | 23   | 22   | 22   |
| Middle 20 Percent Bracket           | 24   | 23   | 26   |
| Top 40 Percent Bracket              | 37   | 40   | 40   |
| Marital Status <sup>2</sup>         |      |      |      |
| Married                             | 32   | 36   | 33   |
| Not Married <sup>b</sup>            | 25   | 19   | 28   |
| Overweight Status <sup>3</sup>      |      |      |      |
| Not Overweight/Obese <sup>a,b</sup> | 30   | 26   | 41   |
| Overweight/Obese                    | 28   | 28   | 26   |
| Physical Activity <sup>2,3</sup>    |      |      |      |
| Inactive                            | --   | 20   | 19   |
| Insufficient                        | --   | 25   | 21   |
| Recommended <sup>b</sup>            | --   | 34   | 44   |

<sup>o</sup>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.

--Physical activity asked differently in 2011.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2011; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2015

<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2011 to 2018; <sup>b</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

### Five or More Fruit or Vegetables per Day

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

*In 2018, 29% of Tri-County respondents reported five or more servings of fruit/vegetables on an average day (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 29)

- Twenty-eight percent of respondents reported five or more servings of fruit/vegetables on an average day.
- Forty-eight percent of respondents with a college education reported at least five servings of fruit/vegetables a day compared to 15% of respondents with some post high school education or less.
- Thirty-four percent of respondents in the top 40 percent household income bracket reported at least five servings of fruit/vegetables a day compared to 25% of those in the middle 20 percent income bracket or 21% of respondents in the bottom 40 percent household income bracket.
- Respondents who were not overweight/obese were more likely to report at least five servings of fruit/vegetables a day (36%) compared to overweight/obese respondents (25%).
- Forty percent of respondents who met the recommended amount of physical activity reported at least five servings of fruit/vegetables a day compared to 21% of those who were inactive or 18% of respondents who did an insufficient amount of physical activity.

### 2011 to 2018 Year Comparisons (Table 29)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported five or more servings of fruit/vegetables on an average day.
- In 2011, female respondents were more likely to report at least five fruit/vegetable servings per day. In 2018, gender was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of male respondents and a noted decrease in the percent of female respondents reporting at least five servings of fruit/vegetables per day.
- In 2011 and 2018, respondents with a college education were more likely to report at least five fruit/vegetable servings per day. From 2011 to 2018, there was a noted decrease in the percent of respondents with a high school education or less and a noted increase in the percent of respondents with a college education reporting at least five servings of fruit/vegetables per day.
- In 2011 and 2018, respondents in the top 40 percent household income bracket were more likely to report at least five fruit/vegetable servings per day.
- In 2011, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least five fruit/vegetable servings per day.

### 2015 to 2018 Year Comparisons (Table 29)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported five or more servings of fruit/vegetables on an average day.
- In 2015, female respondents were more likely to report at least five fruit/vegetable servings per day. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of female respondents reporting at least five servings of fruit/vegetables per day.
- In 2015, respondents 35 to 44 years old were more likely to report at least five fruit/vegetable servings per day. In 2018, age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents 35 to 44 years old reporting at least five servings of fruit/vegetables per day.

- In 2015 and 2018, respondents with a college education were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of respondents with some post high school education or less reporting at least five servings of fruit/vegetables per day.
- In 2015 and 2018, respondents in the top 40 percent household income bracket were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting at least five servings of fruit/vegetables per day.
- In 2015, married respondents were more likely to report at least five fruit/vegetable servings per day. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting at least five servings of fruit/vegetables per day.
- In 2015, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least five fruit/vegetable servings per day. From 2015 to 2018, there was a noted decrease in the percent of overweight/obese respondents reporting at least five servings of fruit/vegetables per day.
- In 2015 and 2018, respondents who met the recommended amount of physical activity were more likely to report at least five servings of fruit/vegetables per day. From 2015 to 2018, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity reporting at least five servings of fruit/vegetables per day.

**Table 29. Five or More Servings of Fruit or Vegetables on Average Day by Demographic Variables for Each Survey Year (Q29 & Q30)<sup>o</sup>**

|                                     | 2011 | 2015 | 2018 |
|-------------------------------------|------|------|------|
| TOTAL                               | 28%  | 33%  | 28%  |
| Gender <sup>1,2</sup>               |      |      |      |
| Male <sup>a</sup>                   | 15   | 26   | 26   |
| Female <sup>a,b</sup>               | 42   | 39   | 31   |
| Age <sup>2</sup>                    |      |      |      |
| 18 to 34                            | 32   | 30   | 29   |
| 35 to 44 <sup>b</sup>               | 21   | 47   | 20   |
| 45 to 54                            | 29   | 31   | 35   |
| 55 to 64                            | 25   | 37   | 30   |
| 65 and Older                        | 27   | 23   | 24   |
| Education <sup>1,2,3</sup>          |      |      |      |
| High School or Less <sup>a,b</sup>  | 26   | 28   | 15   |
| Some Post High School <sup>b</sup>  | 23   | 29   | 15   |
| College Graduate <sup>a</sup>       | 35   | 42   | 48   |
| Household Income <sup>1,2,3</sup>   |      |      |      |
| Bottom 40 Percent Bracket           | 24   | 25   | 21   |
| Middle 20 Percent Bracket           | 20   | 27   | 25   |
| Top 40 Percent Bracket <sup>b</sup> | 37   | 49   | 34   |
| Marital Status <sup>2</sup>         |      |      |      |
| Married <sup>b</sup>                | 31   | 38   | 30   |
| Not Married                         | 25   | 28   | 27   |
| Overweight Status <sup>3</sup>      |      |      |      |
| Not Overweight/Obese                | 31   | 35   | 36   |
| Overweight/Obese <sup>b</sup>       | 27   | 32   | 25   |
| Physical Activity <sup>2,3</sup>    |      |      |      |
| Inactive                            | --   | 18   | 21   |
| Insufficient <sup>b</sup>           | --   | 32   | 18   |
| Recommended                         | --   | 43   | 40   |

<sup>o</sup>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.

--Physical activity asked differently in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## **Sugar Drink Consumption**

*In 2018, 30% of Tri-County respondents reported they drank at least one regular soda or pop that contained sugar, sugar-sweetened fruit drinks such as Kool-Aid and lemonade, sweet tea and sports or energy drinks such as Gatorade and Red Bull or sweetened coffee drinks every day in the past month. Twenty-nine percent reported more than once a week, but less than once a day. Forty-one percent reported a sugared drink less than once a week (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 30)

- Thirty-four percent of respondents reported they drank at least one regular soda or pop that contained sugar, sugar-sweetened fruit drinks such as Kool-Aid and lemonade, sweet tea and sports or energy drinks such as Gatorade and Red Bull or sweetened coffee drinks every day in the past month. Twenty-four percent reported a sugared drink more than once a week, but less than once a day. Forty-one percent reported less than once a week.
- Forty-five percent of respondents 35 to 44 years old and 44% of those 18 to 34 years old drank at least one sugared drink per day in the past month compared to 18% of respondents 55 to 64 years old.
- Respondents with some post high school education were more likely to drink at least one sugared drink per day (57%) compared to those with a high school education or less (35%) or respondents with a college education (16%).
- Forty-one percent of respondents who did an insufficient amount of physical activity and 39% of those who were inactive drank at least one sugared drink per day compared to 26% of respondents who met the recommended amount of physical activity.

**Table 30. At Least One Sugar Drink per Day in Past Month by Demographic Variables for 2018 (Q51)<sup>①,②</sup>**

|                                | 2018 |
|--------------------------------|------|
| TOTAL                          | 34%  |
| Gender                         |      |
| Male                           | 38   |
| Female                         | 30   |
| Age <sup>1</sup>               |      |
| 18 to 34                       | 44   |
| 35 to 44                       | 45   |
| 45 to 54                       | 33   |
| 55 to 64                       | 18   |
| 65 and Older                   | 22   |
| Education <sup>1</sup>         |      |
| High School or Less            | 35   |
| Some Post High School          | 57   |
| College Graduate               | 16   |
| Household Income               |      |
| Bottom 40 Percent Bracket      | 34   |
| Middle 20 Percent Bracket      | 41   |
| Top 40 Percent Bracket         | 31   |
| Marital Status                 |      |
| Married                        | 33   |
| Not Married                    | 35   |
| Overweight Status              |      |
| Not Overweight/Obese           | 29   |
| Overweight/Obese               | 36   |
| Physical Activity <sup>1</sup> |      |
| Inactive                       | 39   |
| Insufficient                   | 41   |
| Recommended                    | 26   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Family Meal Time

*In 2018, 59% of Tri-County respondents reported during the past week, all or most of their family living in their household ate a meal together five or more times. Twenty percent reported three to four times while 15% reported one to two times. Six percent reported never (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 31)

Of the 78% of respondents who reported living with others (n=390)...

- Forty percent of respondents reported during the past week, all or most of their family living in their household ate a meal together at least seven times followed by 16% reporting five to six times. Twenty-four percent reported three to four times while 14% reported one to two times. Seven percent reported never.
- Sixty-one percent of respondent in the bottom 40 percent household income bracket reported eating together at least five times in the past week compared to 57% of those in the top 40 percent income bracket and 44% of respondents in the middle 20 percent household income bracket.
- Married respondents were more likely to report their family ate together at least five times during the past week compared to unmarried respondents (63% and 42%, respectively).

### 2015 to 2018 Year Comparisons (Table 31)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their family ate together at least five times during the past week.
- In 2015, household income was not a significant variable. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report their family ate together at least five times during the past week. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 60 percent household income bracket reporting their family ate together at least five times.
- In 2015 and 2018, married respondents were more likely to report their family ate together at least seven times during the past week. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting their family ate together at least five times during the past week.
- In 2015 and 2018, the presence of children was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in households with children reporting their family ate together at least five times during the past week.

**Table 31. Most of Family had Meals Together at Least Five Times in Past Week by Demographic Variables for Each Survey Year (Respondents Who Live with Family) (Q50)<sup>①,②</sup>**

|  | 2015 | 2018 |
|--|------|------|
| TOTAL <sup>a</sup>                     | 65%  | 56%  |
| Household Income <sup>2</sup>          |      |      |
| Bottom 40 Percent Bracket              | 62   | 61   |
| Middle 20 Percent Bracket <sup>a</sup> | 65   | 44   |
| Top 40 Percent Bracket <sup>a</sup>    | 72   | 57   |
| Marital Status <sup>1,2</sup>          |      |      |
| Married <sup>a</sup>                   | 76   | 63   |
| Not Married                            | 49   | 42   |
| Children in Household                  |      |      |
| Yes <sup>a</sup>                       | 69   | 51   |
| No                                     | 63   | 60   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

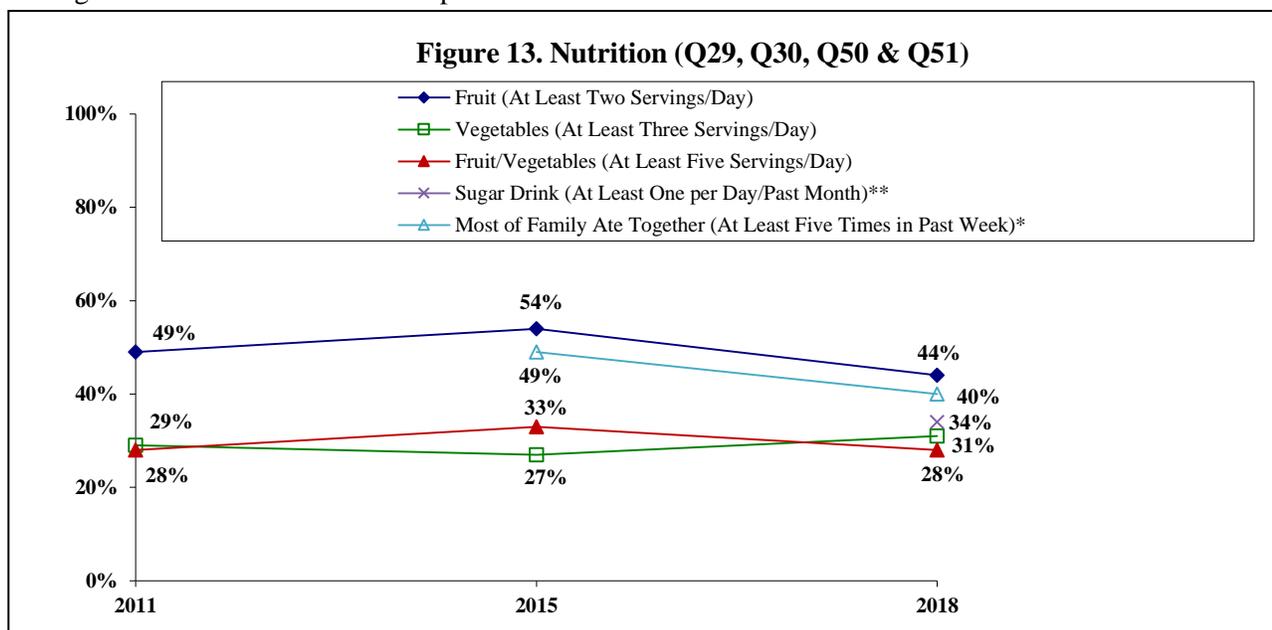
<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Nutrition Overall

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit while from 2015 to 2018, there was a statistical decrease. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three servings of vegetables, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, as well as from 2015 to 2018. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their family had a meal together at least five times in the past week.



\*Not asked in 2011. \*\*Not asked in 2011 and 2015.

## Screen Time and Sleep (Figure 14; Tables 32 & 33)

**KEY FINDINGS:** In 2018, 32% of Winnebago County respondents reported at least four hours of screen time a day; respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese or inactive 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 65 and older, with a college education, in the bottom 40 percent household income bracket, who were not overweight/obese, met the recommended amount of physical activity or without children in the household were more likely to report this.

*From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least four hours of screen time a day. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least seven hours of sleep in a 24-hour period.*

### Screen Time

*In 2018, 30% of Tri-County respondents reported, they spent, on average, four or more hours a day in front of a TV, computer, smart phone, tablet or video gaming system for leisure while 44% reported two or three hours. Twenty-five percent reported one hour or less a day (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 32)

- Thirty-two percent of respondents reported they spent, on average, four or more hours a day in front of a TV, computer, smart phone, tablet or video gaming system for leisure while 44% reported two or three hours. Twenty-three percent reported one hour or less per day.
- Respondents 65 and older were more likely to report at least four hours of screen time a day (57%) compared to those 18 to 34 years old (27%) or respondents 45 to 54 years old (22%).
- Fifty percent of respondents with a high school education or less reported at least four hours of screen time a day compared to 30% of those with some post high school education or 22% of respondents with a college education.
- Fifty-two percent of respondents in the bottom 40 percent household income bracket reported at least four hours of screen time a day compared to 31% of those in the middle 20 percent income bracket or 18% of respondents in the top 40 percent household income bracket.
- Overweight/obese respondents were more likely to report at least four hours of screen time a day (38%) compared to respondents who were not overweight/obese (18%).
- Fifty-five percent of inactive respondents reported at least four hours of screen time a day compared to 31% of those who did an insufficient amount of physical activity or 27% of respondents who met the recommended amount of physical activity.

#### 2015 to 2018 Year Comparisons (Table 32)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least four hours of screen time a day.
- In 2015 and 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents across gender reporting at least four hours of screen time a day.

- In 2015 and 2018, respondents 65 and older were more likely to report at least four hours of screen time a day. From 2015 to 2018, there was a noted decrease in the percent of respondents 18 to 34 years old or 45 to 54 years old reporting at least four hours of screen time a day.
- In 2015 and 2018, respondents with a high school education or less were more likely to report at least four hours of screen time a day. From 2015 to 2018, there was a noted decrease in the percent of respondents with at least some post high school education reporting at least four hours of screen time a day.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least four hours of screen time a day.
- In 2015, unmarried respondents were more likely to report at least four hours of screen time a day. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting at least four hours of screen time a day.
- In 2015, overweight status was not a significant variable. In 2018, overweight/obese respondents were more likely to report at least four hours of screen time a day. From 2015 to 2018, there was a noted decrease in the percent of respondents who were not overweight/obese reporting at least four hours of screen time a day.
- In 2015 and 2018, inactive respondents were more likely to report at least four hours of screen time a day. From 2015 to 2018, there was a noted decrease in the percent of respondents who were inactive or met the recommended amount of physical activity reporting at least four hours of screen time a day.

**Table 32. At Least Four Hours of Screen Time on Average Day by Demographic Variables for Each Survey Year (Q49)<sup>①,②</sup>**

|                                    | 2015 | 2018 |
|------------------------------------|------|------|
| TOTAL <sup>a</sup>                 | 44%  | 32%  |
| Gender                             |      |      |
| Male <sup>a</sup>                  | 48   | 36   |
| Female <sup>a</sup>                | 40   | 29   |
| Age <sup>1,2</sup>                 |      |      |
| 18 to 34 <sup>a</sup>              | 47   | 27   |
| 35 to 44                           | 22   | 28   |
| 45 to 54 <sup>a</sup>              | 38   | 22   |
| 55 to 64                           | 46   | 37   |
| 65 and Older                       | 64   | 57   |
| Education <sup>1,2</sup>           |      |      |
| High School or Less                | 56   | 50   |
| Some Post High School <sup>a</sup> | 46   | 30   |
| College Graduate <sup>a</sup>      | 32   | 22   |
| Household Income <sup>1,2</sup>    |      |      |
| Bottom 40 Percent Bracket          | 54   | 52   |
| Middle 20 Percent Bracket          | 39   | 31   |
| Top 40 Percent Bracket             | 22   | 18   |
| Marital Status <sup>1</sup>        |      |      |
| Married                            | 39   | 31   |
| Not Married <sup>a</sup>           | 49   | 33   |
| Overweight Status <sup>2</sup>     |      |      |
| Not Overweight/Obese <sup>a</sup>  | 39   | 18   |
| Overweight/Obese                   | 45   | 38   |
| Physical Activity <sup>1,2</sup>   |      |      |
| Inactive <sup>a</sup>              | 71   | 55   |
| Insufficient                       | 36   | 31   |
| Recommended <sup>a</sup>           | 39   | 27   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## 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).*

*In 2018, 65% of Tri-County respondents reported, on average, they get seven or more hours of sleep in a 24-hour period while 26% reported six hours. Ten percent reported one to five hours (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 33)

- Sixty-four percent of respondents reported, on average, they get at least seven hours of sleep in a 24-hour period while 23% reported six hours. Thirteen percent reported one to five hours.
- Seventy-eight percent of respondents 65 and older reported at least seven hours of sleep in a 24-hour period compared to 57% of those 45 to 54 years old or 54% of respondents 35 to 44 years old.
- Seventy-two percent of respondents with a college education reported at least seven hours of sleep in a 24-hour period compared to 62% of those with some post high school education or 55% of respondents with a high school education or less.
- Seventy-three percent of respondents in the bottom 40 percent household income bracket reported at least seven hours of sleep in a 24-hour period compared to 59% of respondents in the top 60 percent household income bracket.
- Respondents who were not overweight/obese were more likely to report at least seven hours of sleep in a 24-hour period (76%) compared to overweight/obese respondents (58%).
- Respondents who met the recommended amount of physical activity were more likely to report at least seven hours of sleep in a 24-hour period (73%) compared to those who did an insufficient amount of physical activity (58%) or respondents who were inactive (55%).
- Respondents in households without children were more likely to report at least seven hours of sleep in a 24-hour period (73%) compared to respondents in households with children (48%).

### 2015 to 2018 Year Comparisons (Table 33)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least seven hours of sleep in a 24-hour period.
- In 2015, male respondents were more likely to report at least seven hours of sleep in a 24-hour period. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of male respondents and a noted increase in the percent of female respondents reporting at least seven hours of sleep in a 24-hour period.
- In 2015, respondents 45 to 54 years old or 65 and older were more likely to report at least seven hours of sleep in a 24-hour period. In 2018, respondents 65 and older were more likely to report at least seven hours of sleep in a 24-hour period. From 2015 to 2018, there was a noted increase in the percent of respondents 18 to 34 years old and a noted decrease in the percent of respondents 45 to 54 years old reporting at least seven hours of sleep in a 24-hour period.
- In 2015 and 2018, respondents with a college education were more likely to report at least seven hours of sleep in a 24-hour period.

- In 2015, respondents in the top 40 percent household income bracket were more likely to report at least seven hours of sleep in a 24-hour period. In 2018, respondents in the bottom 40 percent household income bracket were more likely to report at least seven hours of sleep in a 24-hour period, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 60 percent household income bracket reporting at least seven hours of sleep in a 24-hour period.
- In 2015, overweight status was not a significant variable. In 2018, respondents who were not overweight/obese were more likely to report at least seven hours of sleep in a 24-hour period, with a noted increase since 2015.
- In 2015, respondents who did an insufficient amount of physical activity were more likely to report at least seven hours of sleep in a 24-hour period. In 2018, respondents who met the recommended amount of physical activity were more likely to report at least seven hours of sleep in a 24-hour period, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents who did an insufficient amount of physical activity reporting at least seven hours of sleep in a 24-hour period.
- In 2015 and 2018, respondents without children in the household were more likely to report at least seven hours of sleep in a 24-hour period.

**Table 33. At Least Seven Hours of Sleep in 24-Hour Period by Demographic Variables for Each Survey Year (Q48)<sup>①,②</sup>**

|  | 2015 | 2018 |
|--|------|------|
| TOTAL                                  | 63%  | 64%  |
| Gender <sup>1</sup>                    |      |      |
| Male <sup>a</sup>                      | 70   | 62   |
| Female <sup>a</sup>                    | 56   | 66   |
| Age <sup>1,2</sup>                     |      |      |
| 18 to 34 <sup>a</sup>                  | 50   | 62   |
| 35 to 44                               | 56   | 54   |
| 45 to 54 <sup>a</sup>                  | 75   | 57   |
| 55 to 64                               | 67   | 70   |
| 65 and Older                           | 75   | 78   |
| Education <sup>1,2</sup>               |      |      |
| High School or Less                    | 55   | 55   |
| Some Post High School                  | 58   | 62   |
| College Graduate                       | 75   | 72   |
| Household Income <sup>1,2</sup>        |      |      |
| Bottom 40 Percent Bracket <sup>a</sup> | 51   | 73   |
| Middle 20 Percent Bracket <sup>a</sup> | 74   | 59   |
| Top 40 Percent Bracket <sup>a</sup>    | 82   | 59   |
| Marital Status                         |      |      |
| Married                                | 67   | 61   |
| Not Married                            | 59   | 67   |
| Overweight Status <sup>2</sup>         |      |      |
| Not Overweight/Obese <sup>a</sup>      | 66   | 76   |
| Overweight/Obese                       | 63   | 58   |
| Physical Activity <sup>1,2</sup>       |      |      |
| Inactive                               | 40   | 55   |
| Insufficient <sup>a</sup>              | 72   | 58   |
| Recommended <sup>a</sup>               | 63   | 73   |
| Children in Household <sup>1,2</sup>   |      |      |
| Yes                                    | 57   | 48   |
| No                                     | 66   | 73   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

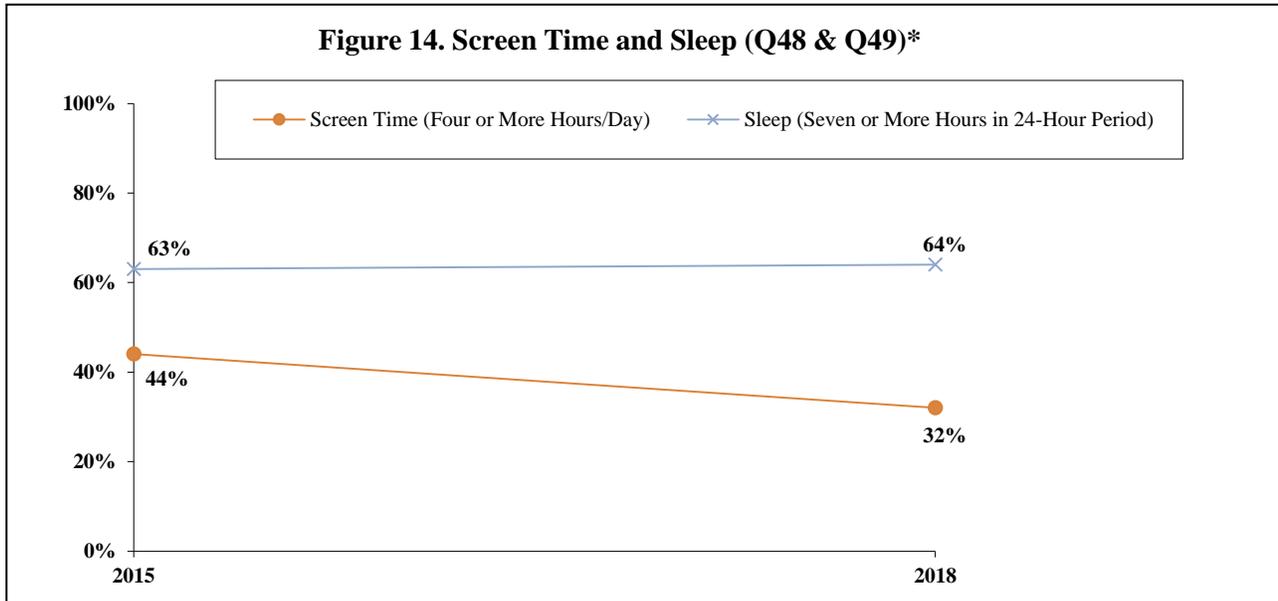
<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Screen Time and Sleep Overall

### Year Comparisons

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least four hours of screen time a day. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least seven hours of sleep in a 24-hour period.



\*Not asked in 2011.

## Financial Factors Affecting Health (Figure 15; Tables 34 & 35)

**KEY FINDINGS:** In 2018, 14% of Winnebago County respondents reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year; respondents 18 to 34 years old, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Fifteen percent of respondents reported in the past year it was often or sometimes true that the food they bought just didn't last, and they didn't have money to get more; respondents who were female, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried or with children in the household were more likely to report this.

*From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year they always/usually worried or stressed about having enough money to pay rent, mortgage/utility bills or it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more.*

### Financial Concern for Paying Rent, Mortgage or Utility Bills

*In 2018, 14% of Tri-County respondents reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year. Seventeen percent reported they sometimes worried or stressed while 69% rarely or never stressed about having enough money to pay rent, mortgage or utility bills (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 34)

- Fourteen percent of respondents reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year. Sixteen percent reported they sometimes worried or stressed while 70% rarely or never stressed about having enough money to pay rent, mortgage or utility bills.
- Respondents 18 to 34 years old were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year (22%) compared to those 45 to 54 years old (7%) or respondents 65 and older (6%).
- Twenty-one percent of respondents with some post high school education and 20% of those with a high school education or less reported they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year compared to 5% of respondents with a college education.
- Twenty-seven percent of respondents in the bottom 40 percent household income bracket reported they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year compared to 9% of those in the top 40 percent income bracket or 8% of respondents in the middle 20 percent household income bracket.
- Unmarried respondents were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year compared to married respondents (20% and 8%, respectively).

#### 2015 to 2018 Year Comparisons (Table 34)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.

- In 2015, respondents 18 to 34 years old or 45 to 54 years old were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year. In 2018, respondents 18 to 34 years old were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old reporting they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.
- In 2015 and 2018, respondents with some post high school education or less were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.
- In 2015, respondents in households with children were more likely to report they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year. In 2018, the presence of children was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in households with children reporting they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year.

**Table 34. Always/Usually Concerned About Having Enough Money for Rent, Mortgage or Utility Bills in Past Year by Demographic Variables for Each Survey Year (Q53)<sup>0,2</sup>**

|                                     | 2015 | 2018 |
|-------------------------------------|------|------|
| TOTAL                               | 17%  | 14%  |
| Gender                              |      |      |
| Male                                | 16   | 14   |
| Female                              | 18   | 14   |
| Age <sup>1,2</sup>                  |      |      |
| 18 to 34                            | 22   | 22   |
| 35 to 44                            | 19   | 18   |
| 45 to 54 <sup>a</sup>               | 21   | 7    |
| 55 to 64                            | 15   | 9    |
| 65 and Older                        | 2    | 6    |
| Education <sup>1,2</sup>            |      |      |
| High School or Less                 | 21   | 20   |
| Some Post High School               | 21   | 21   |
| College Graduate                    | 9    | 5    |
| Household Income <sup>1,2</sup>     |      |      |
| Bottom 40 Percent Bracket           | 28   | 27   |
| Middle 20 Percent Bracket           | 5    | 8    |
| Top 40 Percent Bracket <sup>a</sup> | 2    | 9    |
| Marital Status <sup>2</sup>         |      |      |
| Married <sup>a</sup>                | 14   | 8    |
| Not Married                         | 20   | 20   |
| Children in Household <sup>1</sup>  |      |      |
| Yes <sup>a</sup>                    | 23   | 14   |
| No                                  | 14   | 14   |

<sup>0</sup>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. <sup>2</sup>Not asked in 2011.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

### **Inability to Purchase Enough Food**

*In 2018, 87% of Tri-County respondents reported it was never true that the food they bought just didn't last, and they didn't have money to get more in the past 12 months while a total of 13% reported often/sometimes true (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 35)

- Eighty-five percent of respondents reported it was never true that the food they bought just didn't last, and they didn't have money to get more in the past year while a total of 15% reported often/sometimes true.
- Female respondents were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year (18%) compared to male respondents (11%).

- Twenty-seven percent of respondents 18 to 34 years old reported often/sometimes true compared to 7% of those 45 to 54 years old or 4% of respondents 65 and older.
- Respondents with some post high school education were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year (27%) compared to those with a high school education or less (14%) or respondents with a college education (6%).
- Twenty-four percent of respondents in the bottom 40 percent household income bracket reported it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year compared to 14% of those in the middle 20 percent income bracket or 10% of respondents in the top 40 percent household income bracket.
- Unmarried respondents were more likely to report often/sometimes true compared to married respondents (21% and 9%, respectively).
- Respondents in households with children were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year (22%) compared to respondents in households without children (10%).

#### 2015 to 2018 Year Comparisons (Table 35)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.
- In 2015, gender was not a significant variable. In 2018, female respondents were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year. From 2015 to 2018, there was a noted decrease in the percent of male respondents reporting it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.
- In 2015, respondents 18 to 54 years old were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year. In 2018, respondents 18 to 34 years old were more likely to report often/sometimes true. From 2015 to 2018, there was a noted decrease in the percent of respondents 45 to 54 years old reporting it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.
- In 2015, respondents with a high school education or less were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year. In 2018, respondents with some post high school education were more likely to report often/sometimes true, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents with a high school education or less reporting it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.
- In 2015 and 2018, respondents in the bottom 40 percent household income bracket were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.
- In 2015 and 2018, unmarried respondents were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.

- In 2015, the presence of children was not a significant variable. In 2018, respondents in households with children were more likely to report it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year. From 2015 to 2018, there was a noted decrease in the percent of respondents in households without children reporting it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.

**Table 35. Often/Sometimes True that Food Bought Didn't Last in Past Year by Demographic Variables for Each Survey Year (Q54)<sup>①,②</sup>**

|                                     | 2015 | 2018 |
|-------------------------------------|------|------|
| TOTAL                               | 17%  | 15%  |
| Gender <sup>2</sup>                 |      |      |
| Male <sup>a</sup>                   | 20   | 11   |
| Female                              | 14   | 18   |
| Age <sup>1,2</sup>                  |      |      |
| 18 to 34                            | 24   | 27   |
| 35 to 44                            | 22   | 18   |
| 45 to 54 <sup>a</sup>               | 23   | 7    |
| 55 to 64                            | 6    | 8    |
| 65 and Older                        | 1    | 4    |
| Education <sup>1,2</sup>            |      |      |
| High School or Less <sup>a</sup>    | 29   | 14   |
| Some Post High School <sup>a</sup>  | 13   | 27   |
| College Graduate                    | 10   | 6    |
| Household Income <sup>1,2</sup>     |      |      |
| Bottom 40 Percent Bracket           | 24   | 24   |
| Middle 20 Percent Bracket           | 6    | 14   |
| Top 40 Percent Bracket <sup>a</sup> | 2    | 10   |
| Marital Status <sup>1,2</sup>       |      |      |
| Married                             | 13   | 9    |
| Not Married                         | 20   | 21   |
| Children in Household <sup>2</sup>  |      |      |
| Yes                                 | 16   | 22   |
| No <sup>a</sup>                     | 17   | 10   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

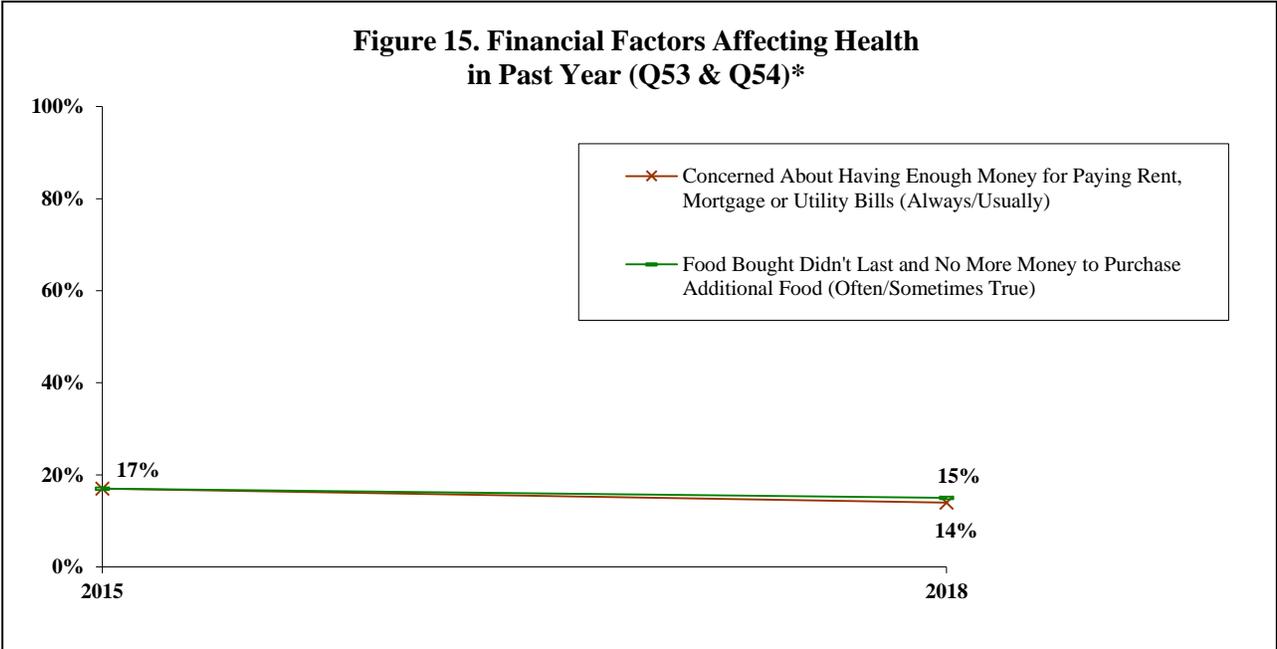
<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2015; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

# Financial Factors Affecting Health Overall

## Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills or it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more in the past year.



\*Not asked in 2011.

## **Mental Health Status (Figures 16 & 17; Tables 36 - 38)**

**KEY FINDINGS:** In 2018, 10% of Winnebago County respondents reported they rarely/never get the social and emotional support they need; respondents who were male, with some post high school education or unmarried respondents were more likely to report this. Thirteen percent of respondents reported they felt stress all of the time/most of the time in the past month; respondents who were female or 18 to 34 years old were more likely to report this. Ten percent of respondents felt so overwhelmed they considered suicide in the past year; respondents 35 to 44 years old, with some post high school education or households with children were more likely to report this.

*From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported they rarely/never get the social and emotional support they need while from 2015 to 2018, there was no statistical change.*

### **Social and Emotional Support**

*In 2018, 6% of Tri-County respondents reported they rarely or never get the social and emotional support they need while 12% reported sometimes. Eighty-one percent reported they usually or always received the social and emotional support they needed (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 36)

- Ten percent of respondents reported they rarely or never get the social and emotional support they need while 12% reported sometimes. Seventy-eight percent reported they usually or always received the social and emotional support they needed (35% and 43%, respectively).
- Male respondents were more likely to report they rarely/never get the social and emotional support they need (12%) compared to female respondents (7%).
- Respondents with some post high school education were more likely to report they rarely/never get the social and emotional support they need (16%) compared to those with a high school education or less (10%) or respondents with a college education (5%).
- Unmarried respondents were more likely to report they rarely/never get the social and emotional support they need compared to married respondents (16% and 4%, respectively).

#### 2011 to 2018 Year Comparisons (Table 36)

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported they rarely/never get the social and emotional support they need.
- In 2011 and 2018, male respondents were more likely to report they rarely/never get the social and emotional support they need.
- In 2011 and 2018, age was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of respondents 35 to 44 years old reporting they rarely/never get the social and emotional support they need.
- In 2011, respondents with a high school education or less were more likely to report they never/rarely get the social and emotional support they need. In 2018, respondents with some post high school education were more likely to report they rarely/never get the social and emotional support they need, with a noted increase since 2011.

- In 2011, respondents in the middle 20 percent household income bracket were more likely to report they rarely/never get the social and emotional support they need. In 2018, household income was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket and a noted increase in the percent of respondents in the top 40 percent household income bracket reporting they rarely/never get the social and emotional support they need.
- In 2011 and 2018, unmarried respondents were more likely to report they rarely/never get the social and emotional support they need.

#### 2015 to 2018 Year Comparisons (Table 36)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they rarely/never get the social and emotional support they need.
- In 2015, gender was not a significant variable. In 2018, male respondents were more likely to report they rarely/never get the social and emotional support they need.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education were more likely to report they rarely/never get the social and emotional support they need.
- In 2015, respondents in the bottom 60 percent household income bracket were more likely to report they rarely/never get the social and emotional support they need. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting they rarely/never get the social and emotional support they need.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to report they rarely/never get the social and emotional support they need, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting they rarely/never get the social and emotional support they need.

**Table 36. Rarely/Never Get Social and Emotional Support Needed by Demographic Variables for Each Survey Year (Q52)<sup>⓪</sup>**

|  | 2011 | 2015 | 2018 |
|--|------|------|------|
| TOTAL <sup>a</sup>                     | 7%   | 11%  | 10%  |
| Gender <sup>1,3</sup>                  |      |      |      |
| Male                                   | 9    | 11   | 12   |
| Female                                 | 4    | 11   | 7    |
| Age                                    |      |      |      |
| 18 to 34                               | 6    | 10   | 10   |
| 35 to 44 <sup>a</sup>                  | 2    | 12   | 16   |
| 45 to 54                               | 8    | 16   | 9    |
| 55 to 64                               | 8    | 8    | 8    |
| 65 and Older                           | 9    | 10   | 6    |
| Education <sup>1,3</sup>               |      |      |      |
| High School or Less                    | 11   | 13   | 10   |
| Some Post High School <sup>a</sup>     | 6    | 11   | 16   |
| College Graduate                       | 3    | 8    | 5    |
| Household Income <sup>1,2</sup>        |      |      |      |
| Bottom 40 Percent Bracket              | 5    | 14   | 11   |
| Middle 20 Percent Bracket <sup>a</sup> | 17   | 13   | 5    |
| Top 40 Percent Bracket <sup>a,b</sup>  | 5    | 2    | 11   |
| Marital Status <sup>1,3</sup>          |      |      |      |
| Married <sup>b</sup>                   | 4    | 13   | 4    |
| Not Married <sup>b</sup>               | 10   | 8    | 16   |

<sup>⓪</sup>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.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

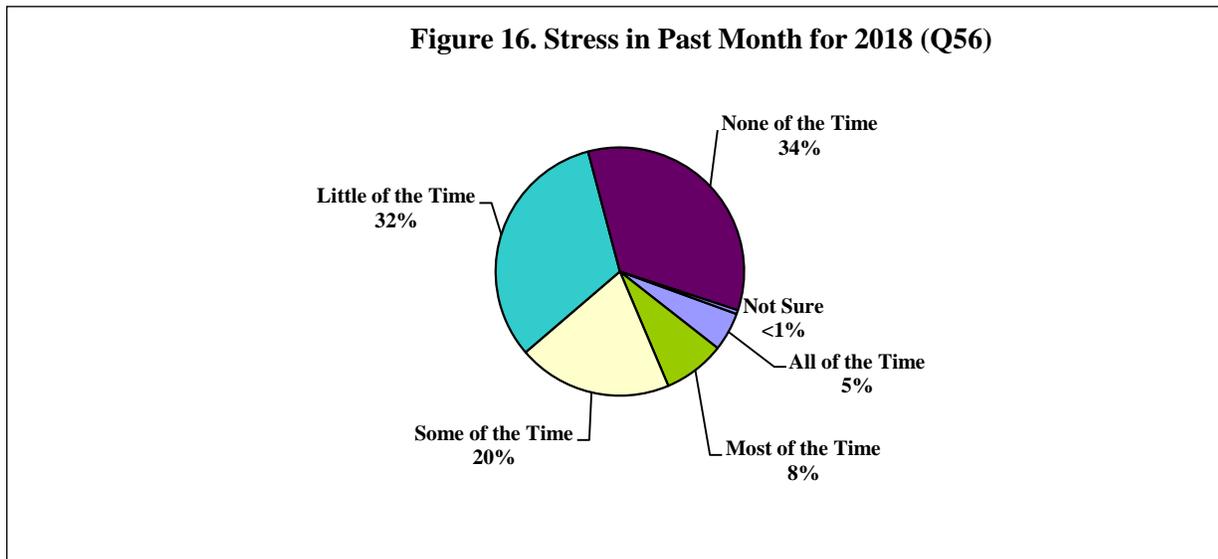
<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Stress

In 2018, 15% of Tri-County respondents reported that all of the time/most of the time in the past month they felt stress, such as a situation in which they feel tense, restless, nervous or too anxious to sleep at night because their mind is troubled. Nineteen percent reported some of the time and the remaining 66% reported little of the time or none of the time (2018 Tri-County Community Health Survey).

### 2018 Findings (Table 37)

- Thirteen percent of respondents reported that all of the time/most of the time in the past month they felt stress, such as a situation in which they feel tense, restless, nervous or too anxious to sleep at night because their mind is troubled. Twenty percent reported some of the time and the remaining 66% reported a little of the time or none of the time.



- Female respondents were more likely to report they felt stress all of the time/most of the time (19%) compared to male respondents (8%).
- Twenty-five percent of respondents 18 to 34 years old reported they felt stress all of the time/most of the time compared to 6% of those 65 and older or 4% of respondents 45 to 54 years old.

**Table 37. Stress All the Time/Most of the Time in Past Month by Demographic Variables for 2018 (Q56)<sup>①,②</sup>**

|                           | 2018 |
|---------------------------|------|
| TOTAL                     | 13%  |
| Gender <sup>1</sup>       |      |
| Male                      | 8    |
| Female                    | 19   |
| Age <sup>1</sup>          |      |
| 18 to 34                  | 25   |
| 35 to 44                  | 11   |
| 45 to 54                  | 4    |
| 55 to 64                  | 11   |
| 65 and Older              | 6    |
| Education                 |      |
| High School or Less       | 11   |
| Some Post High School     | 16   |
| College Graduate          | 13   |
| Household Income          |      |
| Bottom 40 Percent Bracket | 17   |
| Middle 20 Percent Bracket | 13   |
| Top 40 Percent Bracket    | 13   |
| Marital Status            |      |
| Married                   | 12   |
| Not Married               | 15   |
| Children in Household     |      |
| Yes                       | 13   |
| No                        | 14   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

### Considered Suicide

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

*In 2018, 8% of Tri-County respondents reported they felt so overwhelmed in the past year that they considered suicide (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 38)

- Ten percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. This represents up to 18,900 residents who may have considered suicide in the past year.
- Respondents 35 to 44 years old were more likely to report they felt so overwhelmed in the past year that they considered suicide (20%) compared to those 55 to 64 years old (3%) or respondents 65 and older (2%).

- Nineteen percent of respondents with some post high school education reported they felt so overwhelmed in the past year that they considered suicide compared to 10% of those with a college education or 1% of respondents with a high school education or less.
- Respondents in households with children were more likely to report they felt so overwhelmed in the past year that they considered suicide (14%) compared to respondents in households without children (8%).

**Table 38. Considered Suicide in Past Year by Demographic Variables for 2018 (Q57)<sup>ⓐ,ⓑ</sup>**

|                                    | 2018 |
|------------------------------------|------|
| TOTAL                              | 10%  |
| Gender                             |      |
| Male                               | 8    |
| Female                             | 13   |
| Age <sup>1</sup>                   |      |
| 18 to 34                           | 16   |
| 35 to 44                           | 20   |
| 45 to 54                           | 7    |
| 55 to 64                           | 3    |
| 65 and Older                       | 2    |
| Education <sup>1</sup>             |      |
| High School or Less                | 1    |
| Some Post High School              | 19   |
| College Graduate                   | 10   |
| Household Income                   |      |
| Bottom 40 Percent Bracket          | 10   |
| Middle 20 Percent Bracket          | 9    |
| Top 40 Percent Bracket             | 12   |
| Marital Status                     |      |
| Married                            | 8    |
| Not Married                        | 13   |
| Children in Household <sup>1</sup> |      |
| Yes                                | 14   |
| No                                 | 8    |

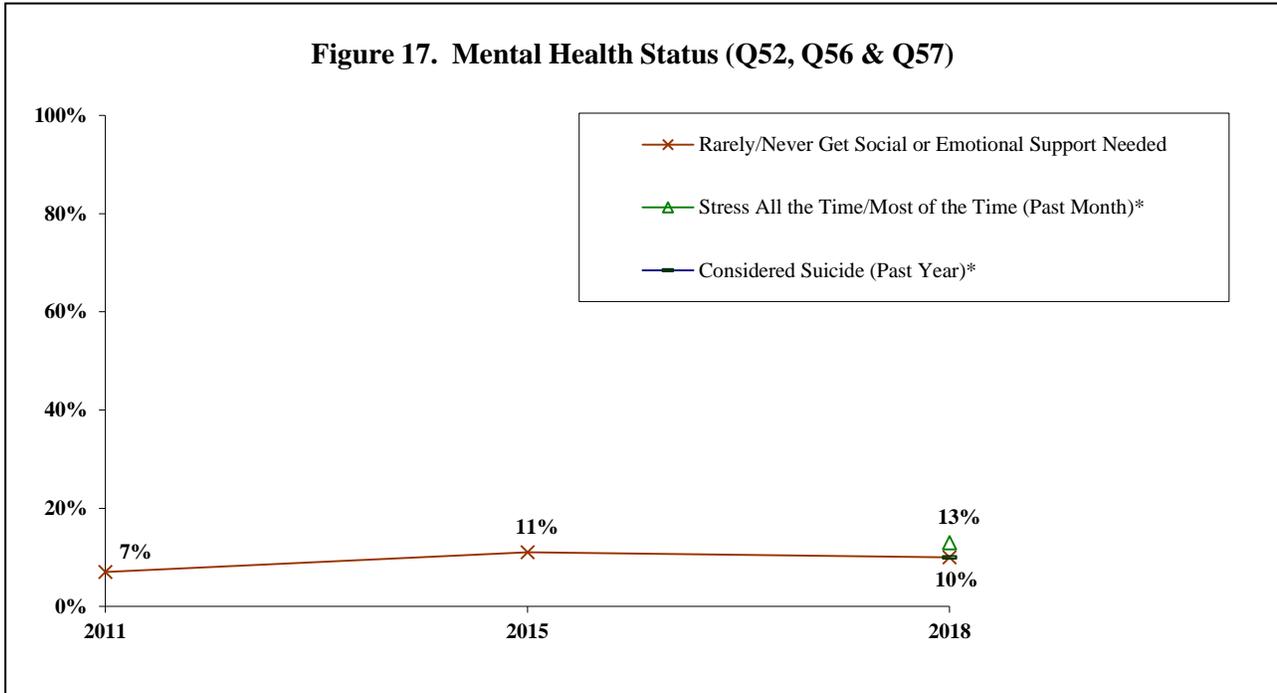
<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Mental Health Status Overall

### Year Comparisons

- From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported they rarely/never get the social and emotional support they need while from 2015 to 2018, there was no statistical change.



\*Not asked in 2011 and 2015.

## **Tobacco Cigarette Use (Figures 18 & 19; Table 39)**

**KEY FINDINGS:** In 2018, 17% of Winnebago County respondents were current tobacco cigarette smokers; respondents 18 to 44 years old, with some post high school education or unmarried respondents were more likely to be a smoker. In the past year, 45% of current smokers quit smoking for one day or longer because they were trying to quit.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of current tobacco cigarette smokers who quit smoking for at least one day because they were trying to quit, as well as from 2015 to 2018.*

### **Current Tobacco Cigarette Smokers**

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

*In 2016, 17% of Wisconsin respondents and 17% of U.S. respondents were current smokers (2016 Behavioral Risk Factor Surveillance).*

*In 2018, 12% of Tri-County respondents were current tobacco cigarette smokers (9% every day and 3% some days) (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 39)

- Seventeen percent of respondents were current tobacco cigarette smokers.
- Twenty-five percent of respondents 18 to 34 years old and 24% of those 35 to 44 years old were current smokers compared to 8% of respondents 65 and older.
- Respondents with some post high school education were more likely to be a current smoker (29%) compared to those with a high school education or less (14%) or respondents with a college education (11%).
- Unmarried respondents were more likely to be a current smoker compared to married respondents (27% and 8%, respectively).

#### 2011 to 2018 Year Comparisons (Table 39)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers.
- In 2011, male respondents were more likely to be a current smoker. In 2018, gender was not a significant variable.
- In 2011, respondents 18 to 34 years old were more likely to be a current smoker. In 2018, respondents 18 to 44 years old were more likely to be a current smoker.
- In 2011, respondents with a high school education or less were more likely to be a current smoker. In 2018, respondents with some post high school education were more likely to be a current smoker, with a noted increase since 2011. From 2011 to 2018, there was a noted decrease in the percent of respondents with a high school education or less who were current smokers.

- In 2011, respondents in the bottom 60 percent household income bracket were more likely to be a current smoker. In 2018, household income was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of respondents in the middle 20 percent household income bracket and a noted increase in the percent of respondents in the top 40 percent household income bracket who were current smokers.
- In 2011, marital status was not a significant variable. In 2018, unmarried respondents were more likely to be a current smoker. From 2011 to 2018, there was a noted decrease in the percent of married respondents who were current smokers.

#### 2015 to 2018 Year Comparisons (Table 39)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers.
- In 2015, male respondents were more likely to be a current smoker. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of female respondents who were current smokers.
- In 2015, respondents 18 to 34 years old were more likely to be a current smoker. In 2018, respondents 18 to 44 years old were more likely to be a current smoker.
- In 2015, respondents with a high school education or less were more likely to be a current smoker. In 2018, respondents with some post high school education were more likely to be a current smoker, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents with a high school education or less who were current smokers.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to be a current smoker. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket who were current smokers.
- In 2015 and 2018, unmarried respondents were more likely to be a current smoker.

**Table 39. Current Tobacco Cigarette Smokers by Demographic Variables for Each Survey Year (Q66)<sup>Ⓞ</sup>**

|  | 2011 | 2015 | 2018 |
|--|------|------|------|
| TOTAL                                  | 17%  | 16%  | 17%  |
| Gender <sup>1,2</sup>                  |      |      |      |
| Male                                   | 21   | 22   | 16   |
| Female <sup>b</sup>                    | 13   | 11   | 18   |
| Age <sup>1,2,3</sup>                   |      |      |      |
| 18 to 34                               | 26   | 26   | 25   |
| 35 to 44                               | 16   | 17   | 24   |
| 45 to 54                               | 18   | 12   | 12   |
| 55 to 64                               | 10   | 11   | 11   |
| 65 and Older                           | 3    | 9    | 8    |
| Education <sup>1,2,3</sup>             |      |      |      |
| High School or Less <sup>a,b</sup>     | 26   | 26   | 14   |
| Some Post High School <sup>a,b</sup>   | 18   | 17   | 29   |
| College Graduate                       | 7    | 8    | 11   |
| Household Income <sup>1,2</sup>        |      |      |      |
| Bottom 40 Percent Bracket              | 26   | 23   | 23   |
| Middle 20 Percent Bracket <sup>a</sup> | 24   | 9    | 14   |
| Top 40 Percent Bracket <sup>a,b</sup>  | 11   | 8    | 17   |
| Marital Status <sup>2,3</sup>          |      |      |      |
| Married <sup>a</sup>                   | 15   | 12   | 8    |
| Not Married                            | 20   | 21   | 27   |

<sup>Ⓞ</sup>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.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2011; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2015

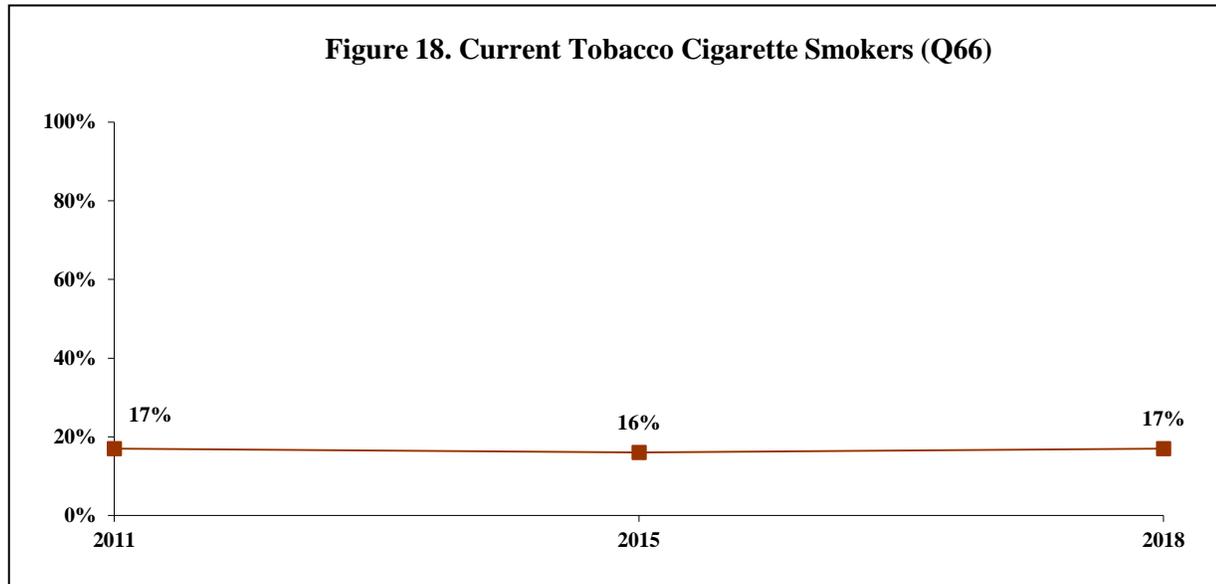
<sup>3</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2011 to 2018; <sup>b</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

## Tobacco Cigarette Use Overall

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018.



### **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).*

*In 2018, 48% of Tri-County respondents reported they quit smoking for at least one day because they were trying to quit (2018 Tri-County Community Health Survey).*

### 2018 Findings

Of the 17% current tobacco cigarette smokers (n=87)...

- Forty-five percent of the 87 current smokers 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.

### 2011 to 2018 Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported they quit smoking 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.

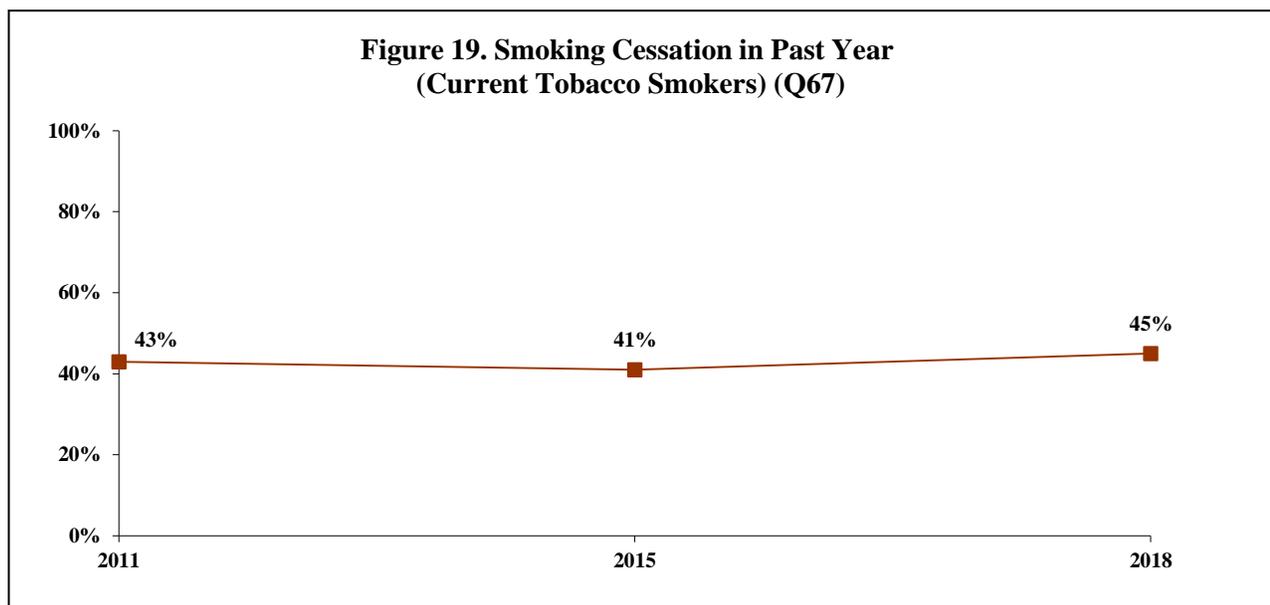
### 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they quit smoking 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.

## **Smoking Cessation Overall**

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of current tobacco cigarette smokers who quit smoking for at least one day because they were trying to quit, as well as from 2015 to 2018.



## Smoke Indoors or in Vehicle (Figure 20; Table 40)

**KEY FINDINGS:** In 2018, 9% of Winnebago County respondents reported they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle; unmarried respondents were more likely to report this.

*From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting they or someone in their household smoked cigarettes, cigars or pipes inside their home or vehicle.*

### Smoke Indoors or in Vehicle

*The Healthy People 2020 goal for a smoke-free home is 87%, resulting in 13% exposure (Objective TU-14).*

*In 2018, 7% of Tri-County respondents reported they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 40)

- Nine percent of respondents reported they or someone in the household smoked cigarettes, cigars or pipes somewhere inside their home or vehicle.
- Unmarried respondents were more likely to report they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle compared to married respondents (13% and 6%, respectively).

#### 2011 to 2018 Year Comparisons (Table 40)

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting they or someone in the household smoked cigarettes, cigars or pipes somewhere inside their home or vehicle.
- In 2011, respondents in the bottom 40 percent household income bracket were more likely to report they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle. In 2018, household income was not a significant variable. From 2011 to 2018, there was a noted decrease in the percent of respondents in the bottom 40 percent household income bracket reporting they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle.
- In 2011, marital status was not a significant variable. In 2018, unmarried respondents were more likely to report they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle. From 2011 to 2018, there was a noted decrease in the percent of married respondents reporting they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle.

**Table 40. Smoke Indoors or in Vehicle by Demographic Variables for Each Survey Year (Q68)<sup>①,②</sup>**

|  | 2011 | 2018 |
|--|------|------|
| TOTAL <sup>a</sup>                     | 14%  | 9%   |
| Household Income <sup>1</sup>          |      |      |
| Bottom 40 Percent Bracket <sup>a</sup> | 29   | 14   |
| Middle 20 Percent Bracket              | 8    | 6    |
| Top 40 Percent Bracket                 | 9    | 9    |
| Marital Status <sup>2</sup>            |      |      |
| Married <sup>a</sup>                   | 13   | 6    |
| Not Married                            | 16   | 13   |
| Children in Household                  |      |      |
| Yes                                    | --   | 11   |
| No <sup>a</sup>                        | --   | 9    |

<sup>①</sup>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. <sup>②</sup>Not asked in 2015.

--Not asked in 2011.

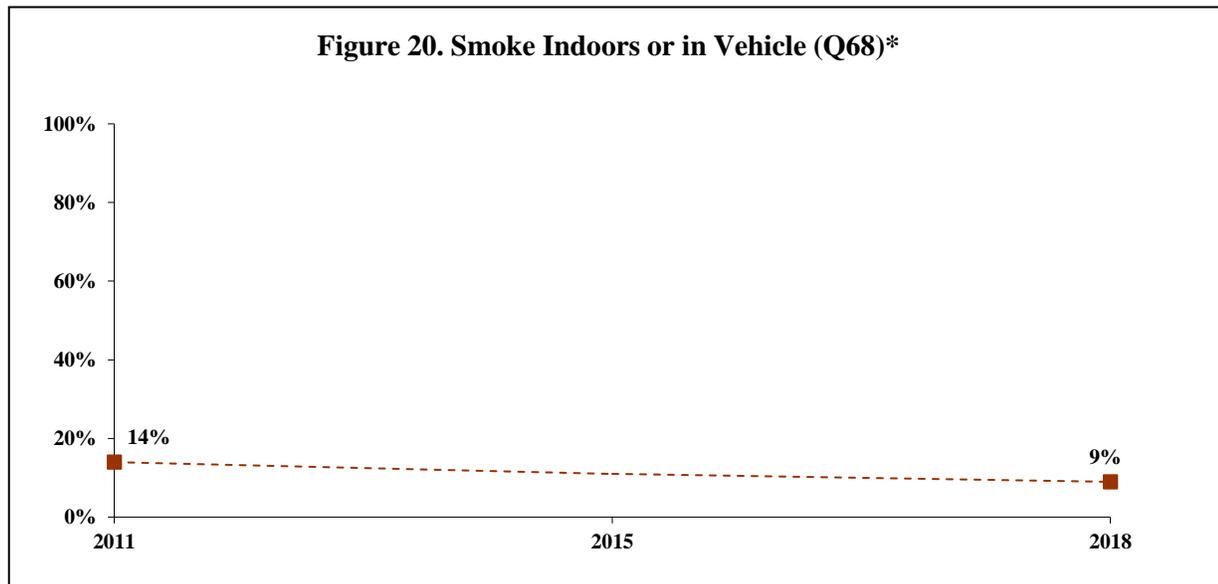
<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018

## Smoke Indoors or in Vehicle Overall

### Year Comparisons

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting they or someone in their household smoked cigarettes, cigars or pipes inside their home or vehicle.



\*Not asked in 2015.

## Other Tobacco Products (Figure 21; Tables 41 & 42)

**KEY FINDINGS:** In 2018, 2% of Winnebago County respondents used smokeless tobacco on some days or every day. Six percent of respondents used electronic cigarettes on some days or every day; respondents 18 to 34 years old, with some post high school education, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this.

*From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who currently used smokeless tobacco while from 2015 to 2018, there was no statistical change. From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used electronic cigarettes.*

### Smokeless Tobacco

*The Healthy People 2020 goal for current smokeless tobacco users is 0.2% (Objective TU-1.2).*

*In 2016, 4% of Wisconsin respondents and 4% of U.S. respondents used chewing tobacco, snuff or snus (2016 Behavioral Risk Factor Surveillance).*

*In 2018, 4% of Tri-County respondents used chewing tobacco, snuff or snus (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 41)

- Two percent of respondents used smokeless tobacco on some days or every day.
- No demographic comparisons were conducted as a result of the low percent of respondents who used smokeless tobacco.

#### 2011 to 2018 Year Comparisons (Table 41)

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who currently used smokeless tobacco.
- In 2011, respondents who were male, 18 to 34 years old or unmarried were more likely to currently use smokeless tobacco.

#### 2015 to 2018 Year Comparisons (Table 41)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used smokeless tobacco.
- In 2015, male respondents were more likely to currently use smokeless tobacco.

**Table 41. Current Smokeless Tobacco Use by Demographic Variables for Each Survey Year (Q65)<sup>Ⓣ</sup>**

|                             | 2011 | 2015 | 2018 <sup>Ⓢ</sup> |
|-----------------------------|------|------|-------------------|
| TOTAL <sup>ⓐ</sup>          | 5%   | 4%   | 2%                |
| Gender <sup>1,2</sup>       |      |      |                   |
| Male                        | 7    | 8    | --                |
| Female                      | 3    | <1   | --                |
| Age <sup>1</sup>            |      |      |                   |
| 18 to 34                    | 11   | 5    | --                |
| 35 to 44                    | 5    | 8    | --                |
| 45 to 54                    | <1   | <1   | --                |
| 55 to 64                    | 0    | 3    | --                |
| 65 and Older                | 2    | 2    | --                |
| Education                   |      |      |                   |
| High School or Less         | 7    | 5    | --                |
| Some Post High School       | 5    | 4    | --                |
| College Graduate            | 4    | 3    | --                |
| Household Income            |      |      |                   |
| Bottom 40 Percent Bracket   | 8    | 5    | --                |
| Middle 20 Percent Bracket   | 3    | 3    | --                |
| Top 40 Percent Bracket      | 5    | 4    | --                |
| Marital Status <sup>1</sup> |      |      |                   |
| Married                     | 4    | 3    | --                |
| Not Married                 | 7    | 5    | --                |

<sup>Ⓣ</sup>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.

<sup>Ⓢ</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>ⓐ</sup>year difference at p≤0.05 from 2011 to 2018; <sup>ⓑ</sup>year difference at p≤0.05 from 2015 to 2018

## Electronic Cigarettes

*In 2016, 5% of Wisconsin respondents and 5% of U.S. respondents currently used electronic cigarettes (2016 Behavioral Risk Factor Surveillance).*

*In 2018, 5% of Tri-County respondents currently used electronic cigarettes (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 42)

- Six percent of respondents currently used electronic cigarettes (some days or every day).
- Fourteen percent of respondents 18 to 34 years old currently used electronic cigarettes compared to 1% of respondents 35 to 44 years old or 55 to 64 years old.
- Respondents with some post high school education were more likely to currently use electronic cigarettes (10%) compared to those with a high school education or less (6%) or respondents with a college education (3%).

- Fourteen percent of respondents in the middle 20 percent household income bracket currently used electronic cigarettes compared to 4% of respondents in the bottom 40 percent household income bracket or in the top 40 percent household income bracket.
- Unmarried respondents were more likely to currently use electronic cigarettes compared to married respondents (9% and 4%, respectively).

#### 2015 to 2018 Year Comparisons (Table 42)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used electronic cigarettes.
- In 2015, male respondents were more likely to use electronic cigarettes. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of female respondents reporting they currently used electronic cigarettes.
- In 2015 and 2018, respondents 18 to 34 years old were more likely to currently use electronic cigarettes.
- In 2015, education was not a significant variable. In 2018, respondents with some post high school education were more likely to currently use electronic cigarettes.
- In 2015, respondents in the bottom 40 percent household income bracket were more likely to currently use electronic cigarettes. In 2018, respondents in the middle 20 percent household income bracket were more likely to use electronic cigarettes, with a noted increase since 2015.
- In 2015 and 2018, unmarried respondents were more likely to currently use electronic cigarettes.

**Table 42. Current Electronic Cigarette Use by Demographic Variables for Each Survey Year (Q64)<sup>①,②</sup>**

|  | 2015 | 2018 |
|--|------|------|
| TOTAL                                  | 5%   | 6%   |
| Gender <sup>1</sup>                    |      |      |
| Male                                   | 8    | 4    |
| Female <sup>a</sup>                    | 3    | 8    |
| Age <sup>1,2</sup>                     |      |      |
| 18 to 34                               | 10   | 14   |
| 35 to 44                               | 2    | 1    |
| 45 to 54                               | 6    | 5    |
| 55 to 64                               | 3    | 1    |
| 65 and Older                           | 1    | 2    |
| Education <sup>2</sup>                 |      |      |
| High School or Less                    | 9    | 6    |
| Some Post High School                  | 6    | 10   |
| College Graduate                       | 3    | 3    |
| Household Income <sup>1,2</sup>        |      |      |
| Bottom 40 Percent Bracket              | 7    | 4    |
| Middle 20 Percent Bracket <sup>a</sup> | 1    | 14   |
| Top 40 Percent Bracket                 | <1   | 4    |
| Marital Status <sup>1,2</sup>          |      |      |
| Married                                | 3    | 4    |
| Not Married                            | 8    | 9    |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

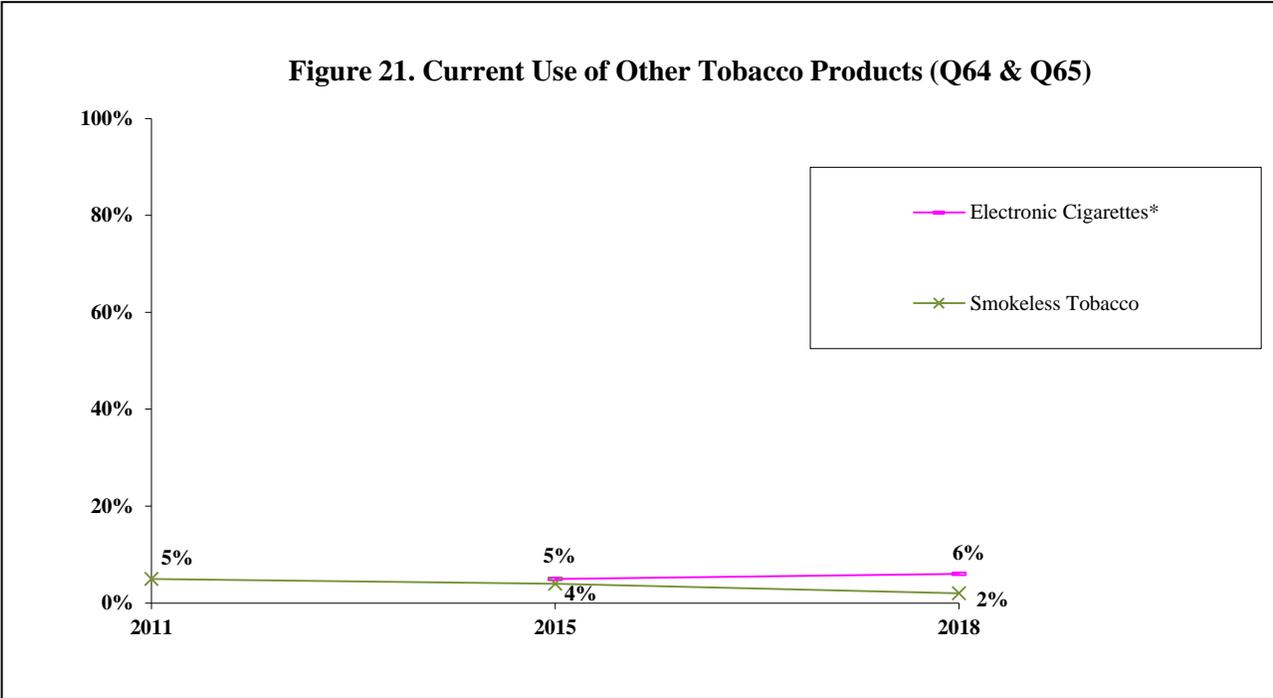
<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2015; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

**Other Tobacco Products Overall**

Year Comparisons

- From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who currently used smokeless tobacco while from 2015 to 2018, there was no statistical change. From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used electronic cigarettes.



\*Not asked in 2011.

## Alcohol Use (Figure 22; Tables 43 - 46)

**KEY FINDINGS:** In 2018, 68% of Winnebago County respondents had an alcoholic drink in the past month. Nine percent of all respondents were heavy drinkers (females 31+ drinks and males 61+ drinks past month) while 28% were binge drinkers (females 4+ drinks and males 5+ drinks). Respondents who were female, 18 to 34 years old, with some post high school education or unmarried respondents were more likely to be heavy drinkers. Respondents who were male, 18 to 34 years old, with some post high school education, in the top 40 percent household income bracket or unmarried respondents were more likely to have binged at least once in the past month. Combined, this equals 29% who were excessive drinkers in the past month (either heavy or binge drinker). Respondents 18 to 34 years old, with some post high school education, in the top 40 percent household income bracket, who were unmarried or whose health care provider inquired about their alcohol consumption were more likely to be excessive drinkers. Two percent of respondents reported in the past month they had driven a vehicle when they perhaps had too much to drink.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported binge drinking or excessive drinking in the past month while from 2015 to 2018, there was a statistical increase. Please note: in 2018, binge drinking was defined as 4+ drinks for females and 5+ drinks for males on an occasion while in 2011 and 2015 it was 5+ drinks regardless of gender. In addition, in 2018 excessive drinking included heavy drinking or binge drinking while in 2011 and 2015, it only includes binge drinking. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink while from 2015 to 2018, there was a statistical decrease.*

### Heavy Drinking in the Past Month

According to the Centers for Disease Control, heavy drinking is defined as more than 2 drinks per day in the past month for males (i.e. at least 61 drinks) and more than one drink per day for females (i.e. 31 drinks).

*In 2007, 7% of Wisconsin respondents and 5% of U.S. respondents were classified as heavy drinkers (2007 Behavioral Risk Factor Surveillance).*

*In 2018, 10% of Tri-County respondents were classified as heavy drinkers (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 43)

- Sixty-eight percent of respondents had a drink in the past month. Four percent reported they drank 30 days while 6% reported 15 to 29 days, 9% reported 9 to 14 days and 49% reported drinking on one to eight days in the past month.
- Eleven percent of all respondents reported an average of five or more drinks per day on the days they drank while 13% reported three to four drinks, 44% reported one to two drinks on average on the days they drank. Thirty-one percent reported having no drinks in the past month.
- Combined, 9% of respondents were classified as heavy drinkers in the past month (61 or more drinks for males and 31 or more drinks for females).
- Female respondents were more likely to report heavy drinking (13%) compared to male respondents (6%).
- Eighteen percent of respondents 18 to 34 years old reported heavy drinking compared to 5% of those 55 and older or 4% of respondents 45 to 54 years old.

- Sixteen percent of respondents with some post high school education reported heavy drinking compared to 9% of those with a college education or 2% of respondents with a high school education or less.
- Unmarried respondents were more likely to report heavy drinking compared to married respondents (14% and 4%, respectively).

**Table 43. Heavy Drinking in Past Month by Demographic Variables for 2018 (Q58 & Q59)<sup>①,②,③</sup>**

|                             | 2018 |
|-----------------------------|------|
| TOTAL                       | 9%   |
| Gender <sup>1</sup>         |      |
| Male                        | 6    |
| Female                      | 13   |
| Age <sup>1</sup>            |      |
| 18 to 34                    | 18   |
| 35 to 44                    | 7    |
| 45 to 54                    | 4    |
| 55 to 64                    | 5    |
| 65 and Older                | 5    |
| Education <sup>1</sup>      |      |
| High School or Less         | 2    |
| Some Post High School       | 16   |
| College Graduate            | 9    |
| Household Income            |      |
| Bottom 40 Percent Bracket   | 10   |
| Middle 20 Percent Bracket   | 8    |
| Top 40 Percent Bracket      | 11   |
| Marital Status <sup>1</sup> |      |
| Married                     | 4    |
| Not Married                 | 14   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>③</sup>Heavy drinking was defined as 61+ drinks for males and 31+ drinks for females.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Binge Drinking in Past Month

*Binge drinking definitions vary. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2018, Winnebago 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 2016, 25% of Wisconsin respondents reported binge drinking in the past month (females having four or more drinks on one occasion, males having five or more drinks on one occasion). Seventeen percent of U.S. respondents reported binge drinking in the past month (2016 Behavioral Risk Factor Surveillance).*

*In 2018, 25% of Tri-County 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) (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 44)

- Twenty-eight 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 (32%) compared to female respondents (24%).
- Respondents 18 to 34 years old were more likely to have binged in the past month (45%) compared to those 55 to 64 years old (9%) or respondents 65 and older (8%).
- Respondents with some post high school education were more likely to have binged in the past month (37%) compared to those with a high school education or less (25%) or respondents with a college education (24%).
- Thirty-seven percent of respondents in the top 40 percent household income bracket binged in the past month compared to 28% of those in the middle 20 percent income bracket or 20% of respondents in the bottom 40 percent household income bracket.
- Unmarried respondents were more likely to have binged in the past month compared to married respondents (40% and 17%, respectively).

#### 2011 to 2018 Year Comparisons (Table 44)

*In 2011, the binge drinking definition was five or more drinks, regardless of gender. In 2018, the definition was four or more drinks per occasion for females and five or more drinks per occasion for males.*

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who binged.
- In 2011 and 2018, male respondents were more likely to have binged. From 2011 to 2018, there was a noted increase in the percent of female respondents reporting binge drinking.
- In 2011 and 2018, respondents 18 to 34 years old were more likely to have binged.
- In 2011, education was not a significant variable. In 2018, respondents with some post high school education were more likely to have binged.
- In 2011, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to have binged, with a noted increase since 2011.
- In 2011, marital status was not a significant variable. In 2018, unmarried respondents were more likely to have binged, with a noted increase since 2011. From 2011 to 2018, there was a noted decrease in the percent of married respondents reporting binge drinking.

#### 2015 to 2018 Year Comparisons (Table 44)

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

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who binged.

- In 2015 and 2018, male respondents were more likely to have binged. From 2015 to 2018, there was a noted increase in the percent of female respondents reporting binge drinking.
- In 2015, respondents 35 to 44 years old were more likely to have binged. In 2018, respondents 18 to 34 years old were more likely to have binged, with a noted increase since 2015. From 2015 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old reporting binge drinking.
- In 2015 and 2018, respondents with some post high school education were more likely to have binged. From 2015 to 2018, there was a noted increase in the percent of respondents with at least some post high school education reporting binge drinking.
- In 2015, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to have binged. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting binge drinking.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to have binged, with a noted increase since 2015.

**Table 44. Binge Drinking in Past Month by Demographic Variables for Each Survey Year (Q60)<sup>①,②</sup>**

|  | 2011 | 2015 | 2018 |
|--|------|------|------|
| TOTAL <sup>b</sup>                     | 26%  | 18%  | 28%  |
| Gender <sup>1,2,3</sup>                |      |      |      |
| Male                                   | 39   | 25   | 32   |
| Female <sup>a,b</sup>                  | 13   | 11   | 24   |
| Age <sup>1,2,3</sup>                   |      |      |      |
| 18 to 34 <sup>b</sup>                  | 45   | 23   | 45   |
| 35 to 44                               | 30   | 26   | 35   |
| 45 to 54 <sup>b</sup>                  | 19   | 17   | 29   |
| 55 to 64                               | 12   | 15   | 9    |
| 65 and Older                           | 6    | 6    | 8    |
| Education <sup>2,3</sup>               |      |      |      |
| High School or Less                    | 25   | 19   | 25   |
| Some Post High School <sup>b</sup>     | 32   | 25   | 37   |
| College Graduate <sup>b</sup>          | 22   | 11   | 24   |
| Household Income <sup>3</sup>          |      |      |      |
| Bottom 40 Percent Bracket              | 26   | 19   | 20   |
| Middle 20 Percent Bracket <sup>b</sup> | 21   | 16   | 28   |
| Top 40 Percent Bracket <sup>a,b</sup>  | 28   | 18   | 37   |
| Marital Status <sup>3</sup>            |      |      |      |
| Married <sup>a</sup>                   | 24   | 17   | 17   |
| Not Married <sup>a,b</sup>             | 29   | 19   | 40   |

<sup>①</sup>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.

<sup>②</sup>In 2018, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2011 and 2015, “5 or more drinks on an occasion” was used for both males and females.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Excessive Drinking in Past Month

*Excessive drinking is defined as a heavy drinker (2+ drinks per day for males and 1+ per day for females) or a binge drinker (four or more drinks per occasion for females and five or more drinks per occasion for males).*

*The Healthy People 2020 goal for adult excessive drinking is 25%. (Objective SA-15)*

*In 2018, 26% of Tri-County respondents reported excessive drinking in the past month (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 45)

- Twenty-nine percent of all respondents excessively drank in the past month (heavy drinking or binge drinking).
- Respondents 18 to 34 years old were more likely to have excessively drank in the past month (45%) compared to those 55 to 64 years old (12%) or respondents 65 and older (10%).
- Respondents with some post high school education were more likely to have excessively drank in the past month (38%) compared to those with a high school education or less (26%) or respondents with a college education (25%).
- Thirty-seven percent of respondents in the top 40 percent household income bracket excessively drank in the past month compared to 28% of those in the middle 20 percent income bracket or 22% of respondents in the bottom 40 percent household income bracket.
- Unmarried respondents were more likely to have excessively drank in the past month compared to married respondents (41% and 18%, respectively).
- Respondents who had their health care provider inquire about their alcohol consumption at their last routine checkup in the past two years were more likely to have excessively drank in the past month compared to respondents who did not have their HCP inquire about their alcohol consumption (31% and 9%, respectively).

### 2011 to 2018 Year Comparisons (Table 45)

*In 2011, the Winnebago County Health Survey did not include questions about heavy drinking, as a result, excessive drinking is equal to binge drinking.*

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who excessively drank.
- In 2011, male respondents were more likely to have excessively drank. In 2018, gender was not a significant variable. From 2011 to 2018, there was a noted increase in the percent of female respondents reporting excessive drinking.
- In 2011 and 2018, respondents 18 to 34 years old were more likely to have excessively drank.
- In 2011, education was not a significant variable. In 2018, respondents with some post high school education were more likely to have excessively drank.
- In 2011, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to have excessively drank, with a noted increase since 2011.
- In 2011, marital status was not a significant variable. In 2018, unmarried respondents were more likely to have excessively drank, with a noted increase since 2011.

## 2015 to 2018 Year Comparisons (Table 45)

*In 2015, the Winnebago County Health Survey did not include questions about heavy drinking, as a result, excessive drinking is equal to binge drinking.*

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who excessively drank.
- In 2015, male respondents were more likely to have excessively drank. In 2018, gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of female respondents reporting excessive drinking.
- In 2015, respondents 35 to 44 years old were more likely to have excessively drank. In 2018, respondents 18 to 34 years old were more likely to have excessively drank, with a noted increase since 2015. From 2015 to 2018, there was a noted increase in the percent of respondents 45 to 54 years old reporting excessive drinking.
- In 2015 and 2018, respondents with some post high school education were more likely to have excessively drank. From 2015 to 2018, there was a noted increase in the percent of respondents with at least some post high school education reporting excessive drinking.
- In 2015, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket were more likely to have excessively drank. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 60 percent household income bracket reporting excessive drinking.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to have drank excessively, with a noted increase since 2015.
- In 2015, respondents whose HCP did not inquire about their alcohol consumption were more likely to excessively drink. In 2018, respondents whose HCP inquired about their alcohol consumption were more likely to excessively drink, with a noted increase since 2015. From 2015 to 2018, there was a noted decrease in the percent of respondents whose HCP did not inquire about their alcohol consumption reporting excessive drinking.

**Table 45. Excessive Drinking in Past Month by Demographic Variables for Each Survey Year (Q58 - Q60)<sup>①,②</sup>**

|   | 2011 | 2015 | 2018 |
|---|------|------|------|
| TOTAL <sup>b</sup>                                    | 26%  | 18%  | 29%  |
| Gender <sup>1,2</sup>                                 |      |      |      |
| Male  | 39   | 25   | 33   |
| Female <sup>a,b</sup>                                 | 13   | 11   | 26   |
| Age <sup>1,2,3</sup>                                  |      |      |      |
| 18 to 34 <sup>b</sup>                                 | 45   | 23   | 45   |
| 35 to 44  | 30   | 26   | 35   |
| 45 to 54 <sup>b</sup>                                 | 19   | 17   | 29   |
| 55 to 64  | 12   | 15   | 12   |
| 65 and Older  | 6    | 6    | 10   |
| Education <sup>2,3</sup>                              |      |      |      |
| High School or Less                                   | 25   | 19   | 26   |
| Some Post High School <sup>b</sup>                    | 32   | 25   | 38   |
| College Graduate <sup>b</sup>                         | 22   | 11   | 25   |
| Household Income <sup>3</sup>                         |      |      |      |
| Bottom 40 Percent Bracket                             | 26   | 19   | 22   |
| Middle 20 Percent Bracket <sup>b</sup>                | 21   | 16   | 28   |
| Top 40 Percent Bracket <sup>a,b</sup>                 | 28   | 18   | 37   |
| Marital Status <sup>3</sup>                           |      |      |      |
| Married   | 24   | 17   | 18   |
| Not Married <sup>a,b</sup>                            | 29   | 19   | 41   |
| HCP Inquired about Alcohol Consumption <sup>2,3</sup> |      |      |      |
| Yes <sup>b</sup>                                      | --   | 15   | 31   |
| No <sup>b</sup>                                       | --   | 23   | 9    |

<sup>①</sup>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.

<sup>②</sup>In 2018, excessive drinker was defined as a binge drinker (5+ drinks for males and 4+ drinks for females on an occasion in past month) or heavy drinker (61+ drinks for males and 31+ drinks for females in the past month). In 2011 and 2015, heavy drinking questions were not asked, as a result, excessive drinker is defined as having 5+ drinks on an occasion in past month. --Not asked in 2011.

<sup>1</sup>demographic difference at p<0.05 in 2011; <sup>2</sup>demographic difference at p<0.05 in 2015

<sup>3</sup>demographic difference at p<0.05 in 2018

<sup>a</sup>year difference at p<0.05 from 2011 to 2018; <sup>b</sup>year difference at p<0.05 from 2015 to 2018

### Driven When Perhaps Had Too Much to Drink in Past Month

*In 2018, 1% of Tri-County respondents reported in the past month they drove a vehicle when they perhaps had too much alcohol to drink (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 46)

- Two percent of respondents reported in the past month they drove a vehicle when they perhaps had too much alcohol to drink.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported they drove a vehicle when they perhaps had too much alcohol to drink.

2011 to 2018 Year Comparisons (Table 46)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported they drove a vehicle when they 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 drove a vehicle when they perhaps had too much alcohol to drink in both study years.

2015 to 2018 Year Comparisons (Table 46)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported they drove a vehicle when they perhaps had too much to drink.
- In 2015, respondents who were male, 35 to 54 years old or married were more likely to report they drove a vehicle when they perhaps had too much alcohol to drink.

**Table 46. Driven a Vehicle When Perhaps Had Too Much to Drink in Past Month by Demographic Variables for Each Survey Year (Q61)<sup>0</sup>**

|                             | 2011 <sup>2</sup> | 2015 | 2018 <sup>2</sup> |
|-----------------------------|-------------------|------|-------------------|
| TOTAL <sup>b</sup>          | 2%                | 4%   | 2%                |
| Gender <sup>2</sup>         |                   |      |                   |
| Male                        | --                | 6    | --                |
| Female                      | --                | 1    | --                |
| Age <sup>2</sup>            |                   |      |                   |
| 18 to 34                    | --                | 0    | --                |
| 35 to 44                    | --                | 7    | --                |
| 45 to 54                    | --                | 9    | --                |
| 55 to 64                    | --                | 4    | --                |
| 65 and Older                | --                | 0    | --                |
| Education                   |                   |      |                   |
| High School or Less         | --                | 5    | --                |
| Some Post High School       | --                | 4    | --                |
| College Graduate            | --                | 2    | --                |
| Household Income            |                   |      |                   |
| Bottom 40 Percent Bracket   | --                | 3    | --                |
| Middle 20 Percent Bracket   | --                | 1    | --                |
| Top 40 Percent Bracket      | --                | 3    | --                |
| Marital Status <sup>2</sup> |                   |      |                   |
| Married                     | --                | 7    | --                |
| Not Married                 | --                | <1   | --                |

<sup>0</sup>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.

<sup>2</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2015

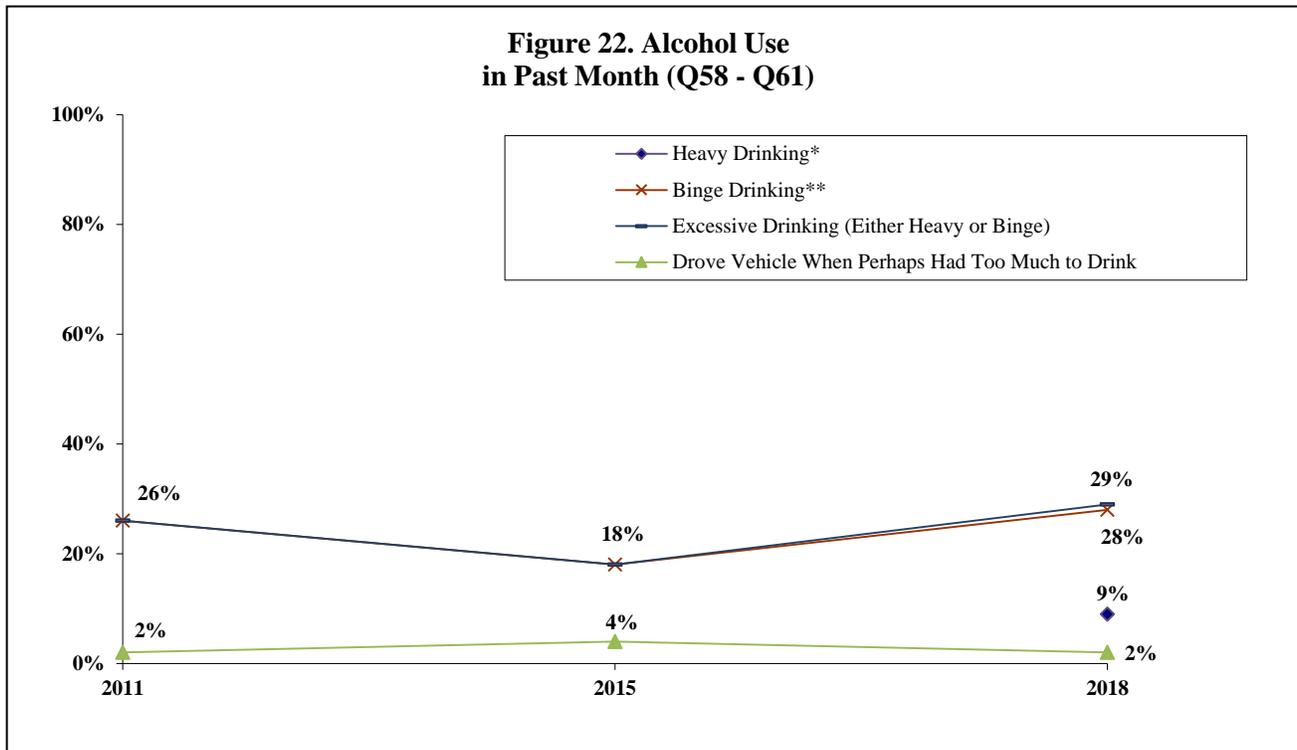
<sup>3</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018; <sup>b</sup>year difference at p≤0.05 from 2015 to 2018

## Alcohol Use Overall

### Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported binge drinking or excessive drinking in the past month while from 2015 to 2018, there was a statistical increase. Please note: in 2018, binge drinking was defined as 4+ drinks for females and 5+ drinks for males on an occasion while in 2011 and 2015 it was 5+ drinks regardless of gender. In addition, in 2018 excessive drinking included heavy drinking or binge drinking while in 2011 and 2015, it only includes binge drinking. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink while from 2015 to 2018, there was a statistical decrease.



\*In 2018, heavy drinking is defined as at least 31 drinks for females and at least 61 drinks for males in the past month.

\*\*In 2018, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in 2011 and 2015, “5 or more drinks on an occasion” was used for both males and females.

## Household Problems (Figure 23; Table 47)

**KEY FINDINGS:** In 2018, 4% of Winnebago County respondents reported in the past year, someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol; respondents in households with children were more likely to report this. Two percent of respondents reported in the past year, someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs.

*From 2011 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol.*

### Household Problem Associated with Alcohol in Past Year

*In 2018, 2% of Tri-County 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. (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 47)

- Four 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.
- Respondents in households with children were more likely to report they, or someone in their household, experienced a problem with drinking alcohol in the past year (8%) compared to respondents in households without children (2%).

#### 2011 to 2018 Year Comparisons (Table 47)

- From 2011 to 2018, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking alcohol in the past year.
- In 2011, the presence of children was not a significant variable. In 2018, respondents in households with children were more likely to report a household problem with drinking alcohol in the past year.

**Table 47. Household Problem Associated with Alcohol in Past Year by Demographic Variables for Each Survey Year (Q62)<sup>①,②</sup>**

|                                    | 2011 | 2018 |
|------------------------------------|------|------|
| TOTAL                              | 4%   | 4%   |
| Household Income                   |      |      |
| Bottom 40 Percent Bracket          | 5    | 5    |
| Middle 20 Percent Bracket          | 3    | <1   |
| Top 40 Percent Bracket             | 4    | 5    |
| Marital Status                     |      |      |
| Married                            | 4    | 3    |
| Not Married                        | 4    | 5    |
| Children in Household <sup>2</sup> |      |      |
| Yes                                | 4    | 8    |
| No                                 | 4    | 2    |

<sup>①</sup>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. <sup>②</sup>Not asked in 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2011; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2011 to 2018

### **Prescription Drugs or Over-the-Counter Drug Problems in Past Year**

*In 2018, 2% of Tri-County respondents reported someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs (2018 Tri-County Community Health Survey).*

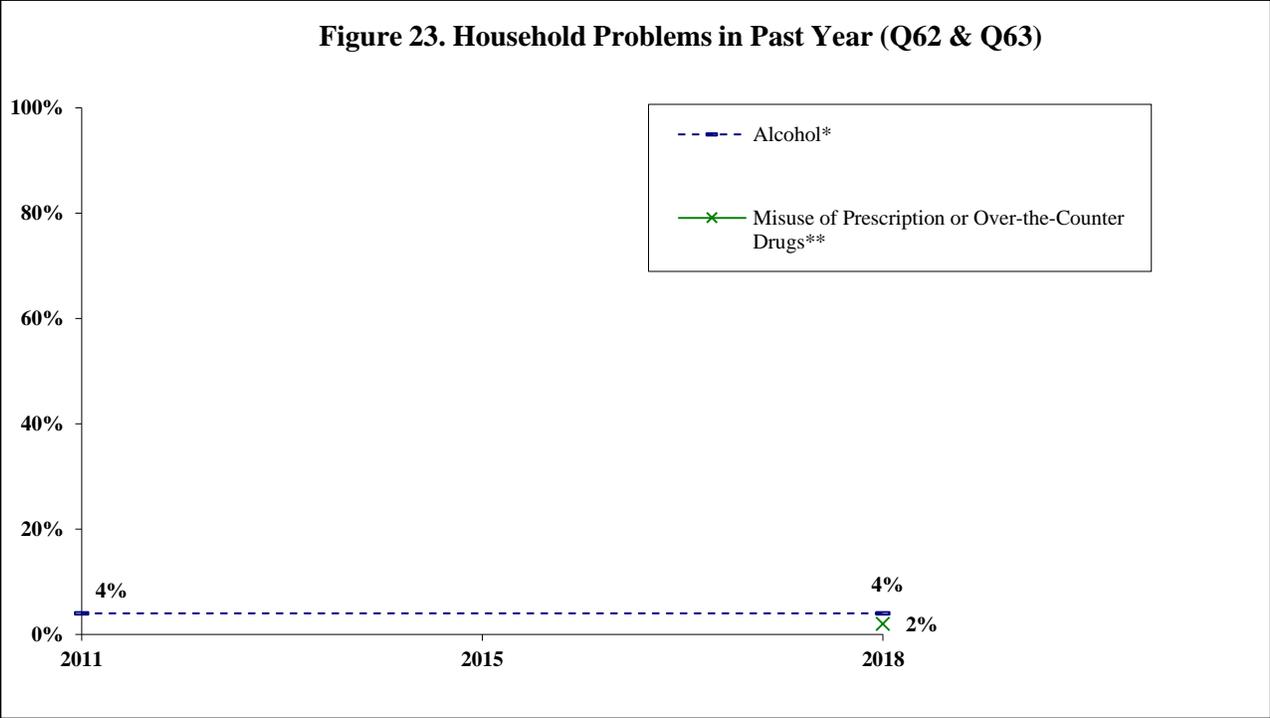
#### 2018 Findings

- Two percent of respondents reported someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported a problem associated with the misuse of prescription drugs/over the counter drugs in the past year.

# Household Problems Overall

## Year Comparisons

- From 2011 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol.



\*Not asked in 2015.

\*\*Not asked in 2011 and 2015.

## Presence of Firearms in Household (Tables 48 - 50)

**KEY FINDINGS:** In 2018, 43% of Winnebago County 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, 14% had a loaded firearm; respondents in the top 40 percent household income bracket were more likely to report this. Seven percent of all households had a firearm loaded and unlocked; respondents in the top 40 percent household income bracket were more likely to report this.

### Firearm in Household

*In 2002, 44% of Wisconsin respondents and 33% of U.S. respondents reported any firearm in the household (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices [www.pediatrics.org](http://www.pediatrics.org).)*

*In 2018, 43% of Tri-County respondent households had at least one firearm (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 48)

- At the time of the survey administration, 43% of households had at least one firearm.
- Fifty-nine percent of respondents in the top 40 percent household income bracket reported a firearm compared to 34% of those in the middle 20 percent income bracket or 29% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report a firearm compared to unmarried respondents (52% and 33%, respectively).

**Table 48. Firearm in Household by Demographic Variables for 2018 (Q69)<sup>ⓐ,ⓑ</sup>**

|                               | 2018 |
|-------------------------------|------|
| TOTAL                         | 43%  |
| Household Income <sup>1</sup> |      |
| Bottom 40 Percent Bracket     | 29   |
| Middle 20 Percent Bracket     | 34   |
| Top 40 Percent Bracket        | 59   |
| Marital Status <sup>1</sup>   |      |
| Married                       | 52   |
| Not Married                   | 33   |
| Children in Household         |      |
| Yes                           | 41   |
| No                            | 44   |

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Loaded Firearm

*In 2002, 3% of Wisconsin households and 8% of U.S. households had any loaded firearm in or around their home. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices [www.pediatrics.org](http://www.pediatrics.org).)*

*In 2018, 9% of all Tri-County respondent households had a loaded firearm (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 49)

- Fourteen percent of all households had a loaded firearm.
- Twenty-four percent of respondents in the top 40 percent household income bracket reported a loaded firearm in the household compared to 12% of those in the middle 20 percent income bracket or 5% of respondents in the bottom 40 percent household income bracket.

**Table 49. Loaded Firearm in Household by Demographic Variables for 2018 (All Households) (Q70)<sup>①,②</sup>**

|                               | 2018 |
|-------------------------------|------|
| TOTAL                         | 14%  |
| Household Income <sup>1</sup> |      |
| Bottom 40 Percent Bracket     | 5    |
| Middle 20 Percent Bracket     | 12   |
| Top 40 Percent Bracket        | 24   |
| Marital Status                |      |
| Married                       | 16   |
| Not Married                   | 12   |
| Children in Household         |      |
| Yes                           | 17   |
| No                            | 13   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Loaded Firearm Also Unlocked

*Respondents were given the following definition for unlocked: you do not need a key or combination to get the gun or to fire it. A safety is not counted as a lock.*

*In 2002, 2% of all Wisconsin households and 4% of all U.S. households had any loaded and unlocked firearm. (2002 Behavioral Risk Factor Surveillance as cited in the American Academy of Pediatrics, Prevalence of Household Firearms and Firearm-Storage Practices [www.pediatrics.org](http://www.pediatrics.org).) This results in 5% of Wisconsin households and 13% of U.S. households with firearms having a loaded and unlocked firearm.*

*In 2018, 3% of all Tri-County respondent households had a loaded firearm also unlocked. This relates to 7% of Tri-County households with a firearm having at least one loaded firearm which is also unlocked (2018 Tri-County Community Health Survey).*

2018 Findings (Table 50)

- Seven percent of all households had a loaded firearm also unlocked. This approximately equals 16% of households with a firearm having at least one loaded firearm which is also unlocked.
- Twelve percent of respondents in the top 40 percent household income bracket reported a loaded and unlocked firearm compared to 4% of those in the middle 20 percent income bracket or 3% of respondents in the bottom 40 percent household income bracket.

**Table 50. Loaded Firearm Also Unlocked in Household by Demographic Variables for 2018 (All Households) (Q71)<sup>①,②</sup>**

|                               | 2018 |
|-------------------------------|------|
| TOTAL                         | 7%   |
| Household Income <sup>1</sup> |      |
| Bottom 40 Percent Bracket     | 3    |
| Middle 20 Percent Bracket     | 4    |
| Top 40 Percent Bracket        | 12   |
| Marital Status                |      |
| Married                       | 5    |
| Not Married                   | 9    |
| Children in Household         |      |
| Yes                           | 8    |
| No                            | 6    |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## **Personal Safety Issues (Figure 24; Tables 51 - 54)**

**KEY FINDINGS:** In 2018, 9% of Winnebago County respondents reported someone made them afraid for their personal safety in the past year; respondents 18 to 34 years old 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 in the middle 20 percent household income bracket were more likely to report this. A total of 13% reported at least one of these two situations; respondents 18 to 34 years old were more likely to report this. Four percent of respondents reported their neighborhood was unsafe or extremely unsafe from crime; respondents with some post high school education or less or in households without children were more likely to report this.

### **Afraid for Personal Safety**

*In 2018, 8% of Tri-County respondents reported someone made them afraid for their personal safety in the past year (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 51)

- Nine percent of respondents reported someone made them afraid for their personal safety in the past year.
- Respondents 18 to 34 years old were more likely to report someone made them afraid for their personal safety in the past year (16%) compared to those 45 to 54 years old (5%) or respondents 65 and older (2%).

**Table 51. Afraid for Personal Safety in Past Year by Demographic Variables for 2018 (Q116)<sup>①,②</sup>**

|                           | 2018 |
|---------------------------|------|
| TOTAL                     | 9%   |
| Gender                    |      |
| Male                      | 11   |
| Female                    | 8    |
| Age <sup>1</sup>          |      |
| 18 to 34                  | 16   |
| 35 to 44                  | 11   |
| 45 to 54                  | 5    |
| 55 to 64                  | 7    |
| 65 and Older              | 2    |
| Education                 |      |
| High School or Less       | 8    |
| Some Post High School     | 9    |
| College Graduate          | 10   |
| Household Income          |      |
| Bottom 40 Percent Bracket | 10   |
| Middle 20 Percent Bracket | 11   |
| Top 40 Percent Bracket    | 9    |
| Marital Status            |      |
| Married                   | 7    |
| Not Married               | 11   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

### **Pushed, Kicked, Slapped or Hit**

*In 2018, 4% of Tri-County respondents reported they were pushed, kicked, slapped or hit in the past year (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 52)

- Five percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
- Twelve percent of respondents 18 to 34 years old reported they were pushed, kicked, slapped or hit in the past year compared to 0% of respondents 35 to 44 years old or 55 and older.
- Eleven percent of respondents in the middle 20 percent household income bracket reported they were pushed, kicked, slapped or hit in the past year compared to 4% of those in the top 40 percent income bracket or 2% of respondents in the bottom 40 percent household income bracket.

**Table 52. Someone Pushed, Kicked, Slapped or Hit Respondent in Past Year by Demographic Variables for 2018 (Q117)<sup>ⓐ,ⓑ</sup>**

|                               | 2018 |
|-------------------------------|------|
| TOTAL                         | 5%   |
| Gender                        |      |
| Male                          | 4    |
| Female                        | 6    |
| Age <sup>1</sup>              |      |
| 18 to 34                      | 12   |
| 35 to 44                      | 0    |
| 45 to 54                      | 7    |
| 55 to 64                      | 0    |
| 65 and Older                  | 0    |
| Education                     |      |
| High School or Less           | 5    |
| Some Post High School         | 8    |
| College Graduate              | 4    |
| Household Income <sup>1</sup> |      |
| Bottom 40 Percent Bracket     | 2    |
| Middle 20 Percent Bracket     | 11   |
| Top 40 Percent Bracket        | 4    |
| Marital Status                |      |
| Married                       | 4    |
| Not Married                   | 7    |

<sup>ⓐ</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>ⓑ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

### Combined Personal Safety Issues

*In 2018, a total of 10% of all Tri-County respondents reported at least one of the two personal safety issues (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 53)

- A total of 13% of all respondents reported at least one of the two personal safety issues.
- Respondents 18 to 34 years old were more likely to report at least one of the two personal safety issues (23%) compared to those 55 to 64 years old (7%) or respondents 65 and older (2%)

**Table 53. At Least One of the Personal Safety Issues in Past Year by Demographic Variables for 2018 (Q116 & Q117)<sup>①,②</sup>**

|                           | 2018 |
|---------------------------|------|
| TOTAL                     | 13%  |
| Gender                    |      |
| Male                      | 14   |
| Female                    | 11   |
| Age <sup>1</sup>          |      |
| 18 to 34                  | 23   |
| 35 to 44                  | 11   |
| 45 to 54                  | 13   |
| 55 to 64                  | 7    |
| 65 and Older              | 2    |
| Education                 |      |
| High School or Less       | 12   |
| Some Post High School     | 12   |
| College Graduate          | 14   |
| Household Income          |      |
| Bottom 40 Percent Bracket | 10   |
| Middle 20 Percent Bracket | 15   |
| Top 40 Percent Bracket    | 13   |
| Marital Status            |      |
| Married                   | 12   |
| Not Married               | 14   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

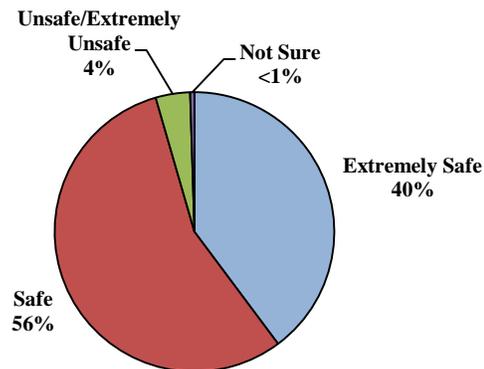
## Safe from Crime in Neighborhood

In 2018, 48% of Tri-County respondents reported their neighborhood was extremely safe from crime while 50% reported their neighborhood was safe. Two percent of respondents reported their neighborhood was unsafe or extremely unsafe from crime (2018 Tri-County Community Health Survey).

### 2018 Findings (Table 54)

- Forty percent of respondents reported their neighborhood was extremely safe from crime while 56% reported their neighborhood was safe. Four percent of respondents reported their neighborhood was unsafe or extremely unsafe from crime.

**Figure 24. Safe from Crime in Neighborhood for 2018 (Q55)**



- Seven percent of respondents with some post high school education or less reported their neighborhood was unsafe or extremely unsafe from crime compared to 0% of respondents with a college education.
- Respondents in households without children were more likely to report their neighborhood was unsafe or extremely unsafe from crime (5%) compared to respondents in households with children (2%).

**Table 54. Unsafe/Extremely Unsafe from Crime in Neighborhood by Demographic Variables for 2018 (Q55)<sup>①,②</sup>**

|                                    | 2018 |
|------------------------------------|------|
| TOTAL                              | 4%   |
| Gender                             |      |
| Male                               | 4    |
| Female                             | 4    |
| Age                                |      |
| 18 to 34                           | 8    |
| 35 to 44                           | 2    |
| 45 to 54                           | 4    |
| 55 to 64                           | 1    |
| 65 and Older                       | 1    |
| Education <sup>1</sup>             |      |
| High School or Less                | 7    |
| Some Post High School              | 7    |
| College Graduate                   | 0    |
| Household Income                   |      |
| Bottom 40 Percent Bracket          | 5    |
| Middle 20 Percent Bracket          | 6    |
| Top 40 Percent Bracket             | 2    |
| Marital Status                     |      |
| Married                            | 3    |
| Not Married                        | 5    |
| Children in Household <sup>1</sup> |      |
| Yes                                | 2    |
| No                                 | 5    |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Children in Household (Figure 25; Tables 55 - 65)

**KEY FINDINGS:** In 2018, the Winnebago County 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 one of the children. Ninety-two percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 97% reporting their child visited their personal doctor or nurse for preventive care during the past year. Zero percent reported there was a time in the past year their child was not able to visit a specialist they needed to see. Twelve percent of respondents reported their child was helped by new parent programs. Ten percent of respondents reported their child currently had asthma while 0% reported their child had diabetes. One percent of respondents reported their child was unsafe or extremely unsafe in their community. One percent of respondents reported when their child was an infant, he/she slept in bed with the respondent or another person. Seventy-three percent of respondents reported their child ate at least two servings of fruit on an average day while 23% reported three or more servings of vegetables. Thirty-six percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Nineteen percent of respondents reported their child drank at least one sugared drink a day during the past month. Sixty-four percent of respondents reported their 4 to 17 year old child was physically active five times a week for 60 minutes. Twenty-three percent of respondents reported their child spent four or more hours of screen time on an average day. Nine percent of respondents reported their 4 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Twenty-five percent reported their 4 to 17 year old child experienced some form of bullying in the past year; 23% reported verbal bullying, 7% physical bullying and 3% reported cyber bullying.

*From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting their child had a personal doctor or nurse. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child visited their personal doctor/nurse for preventive care. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting in the past year their child was unable to see a specialist when needed. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting they were helped by new parent programs. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had asthma or had diabetes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported as an infant, their child slept with them or another person. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child ate at least two servings of fruit or met the recommendation of at least five servings of fruit/vegetables. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child ate at least three servings of vegetables. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported their 4 to 17 year old child was physically active five times a week for at least 60 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their 4 to 17 year old child always or nearly always felt unhappy/sad/depressed. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall, verbally bullied or cyber bullied. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported in the past year their child was physically bullied.*

### Children in Household

*In 2018, 37% of Tri-County respondents reported they have a child under the age of 18 living in their household. Eighty-three percent of these respondents reported they make the health care decisions for their child(ren) (2018 Tri-County Community Health Survey).*

## 2018 Findings

- Thirty-six percent of respondents reported they have a child under the age of 18 living in their household. Eighty-two 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-four percent of the children selected were 12 or younger. Forty-nine percent were boys. Of these households, 44% were in the bottom 60 percent household income bracket and 68% were married.

### **Child's Personal Doctor**

*In 2018, 95% of Tri-County 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 (2018 Tri-County Community Health Survey).*

## 2018 Findings (Table 55)

Of the 146 respondents with a child...

- Ninety-two 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.
- Respondents were more likely to report their son has one or more persons they think of as their child's personal doctor or nurse (99%) compared to respondents speaking on behalf of their daughter (85%).
- One hundred percent of respondents reported their child who was 13 to 17 years old has one or more persons they think of as their child's personal doctor or nurse compared to 87% of respondents speaking on behalf of their child who was 12 years or younger.
- Ninety-six 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 86% of respondents in the bottom 60 percent household income bracket.
- Unmarried respondents were more likely to report they have one or more persons they think of as their child's personal doctor or nurse compared to married respondents (100% and 88%, respectively).

## 2015 to 2018 Comparisons (Table 55)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting their child had a personal doctor or nurse.
- In 2015, child's gender was not a significant variable. In 2018, respondents were more likely to report their son had a personal doctor or nurse. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their daughter had a personal doctor or nurse.
- In 2018, respondents were more likely to report their 13 to 17 year old child had a personal doctor or nurse. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their child who was 12 or younger had a personal doctor or nurse.
- In 2015, household income was not a significant variable. In 2018, respondents in the top 40 percent household income bracket reported their child had a personal doctor or nurse. From 2015 to 2018, 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.

- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to report their child had a personal doctor or nurse. From 2015 to 2018, there was noted decrease in the percent of married respondents reporting their child had a personal doctor or nurse.

**Table 55. Child Has Personal Doctor/Nurse by Demographic Variables for Each Survey Year (Q96)<sup>①,②</sup>**

|  | 2015 | 2018 |
|--|------|------|
| TOTAL <sup>a</sup>                     | 99%  | 92%  |
| Gender <sup>2</sup>                    |      |      |
| Boy                                    | 98   | 99   |
| Girl <sup>a</sup>                      | 100  | 85   |
| Age <sup>2</sup>                       |      |      |
| 12 Years Old or Younger <sup>a</sup>   | 99   | 87   |
| 13 to 17 Years Old                     | NA   | 100  |
| Household Income <sup>2</sup>          |      |      |
| Bottom 60 Percent Bracket <sup>a</sup> | 100  | 86   |
| Top 40 Percent Bracket                 | 97   | 96   |
| Marital Status <sup>2</sup>            |      |      |
| Married <sup>a</sup>                   | 99   | 88   |
| Not Married                            | 100  | 100  |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2015; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

### 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).*

*In 2018, of Tri-County children who had a personal doctor, 97% reported their child visited their personal doctor/nurse for preventive care during the past 12 months (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 56)

Of the 92% of respondents with a child who had a personal doctor (n=134)...

- Of children who had a personal doctor, 97% reported their child visited their personal doctor/nurse for preventive care during the past year.
- Married respondents were more likely to report their child visited their personal doctor/nurse for preventive care in the past year compared to unmarried respondents (99% and 91%, respectively).

#### 2015 to 2018 Comparisons (Table 56)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child saw their personal doctor in the past year for preventive care.

- In 2015, marital status was not a significant variable. In 2018, married respondents were more likely to report their child visited their personal doctor/nurse for preventive care in the past year.

**Table 56. Child Went to Personal Doctor/Nurse for Preventive Care in Past Year by Demographic Variables for Each Survey Year (Q97)<sup>①,②</sup>**

|                             | 2015 | 2018 |
|-----------------------------|------|------|
| TOTAL                       | 97%  | 97%  |
| Gender                      |      |      |
| Boy                         | 95   | 94   |
| Girl                        | 97   | 98   |
| Age                         |      |      |
| 12 Years Old or Younger     | 97   | 98   |
| 13 to 17 Years Old          | NA   | 96   |
| Household Income            |      |      |
| Bottom 60 Percent Bracket   | 94   | 93   |
| Top 40 Percent Bracket      | 100  | 99   |
| Marital Status <sup>2</sup> |      |      |
| Married                     | 96   | 99   |
| Not Married                 | 98   | 91   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2015; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

## Unmet Care

*In 2018, 0% of Tri-County respondents reported there was a time in the past 12 months their child was not able to visit a specialist they needed to see (2018 Tri-County Community Health Survey).*

### 2018 Findings

Of the 146 respondents with a child...

- Zero percent of respondents reported there was a time in the past year their child was not able to visit a specialist they needed to see.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported there was a time in the past year their child was not able to visit a specialist they needed to see.

### 2015 to 2018 Comparisons

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting in the past year their child was unable to see a specialist when needed (4% and 0%, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child was not able to visit a specialist they needed to see in both study years.

## **New Parent Programs for Child**

*In 2018, 12% of Tri-County respondents reported they were helped by programs that send nurses, health care workers, social workers, or other professionals to their home to help prepare for the new baby or take care of the baby or mother between the time of pregnancy and up until the present day (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 57)

Of the 146 respondents with a child...

- Twelve percent of respondents reported they were helped by programs that send nurses, health care workers, social workers, or other professionals to their home to help prepare for the new baby or take care of the baby or mother between the time of pregnancy and up until the present day.
- There were no statistically significant differences between demographic variables and responses of they were helped by new parent programs.

### 2015 to 2018 Comparisons (Table 57)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting they were helped by programs that send nurses, health care workers, social workers, or other professionals to their home to help prepare for the new baby or take care of the baby or mother between the time of pregnancy and up until the present day.
- In 2015, respondents were more likely to report their son was helped by new parent programs. In 2018, child's gender was not a significant variable.
- In 2015, respondents in the top 40 percent household income bracket were more likely to report their child was helped by new parent programs. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the top 40 percent household income bracket reporting their child was helped by new parent programs.

**Table 57. New Parent Programs for Child by Demographic Variables for Each Survey Year (Q101)<sup>①,②</sup>**

|                                     | 2015 | 2018 |
|-------------------------------------|------|------|
| TOTAL                               | 15%  | 12%  |
| Gender <sup>1</sup>                 |      |      |
| Boy                                 | 22   | 14   |
| Girl                                | 7    | 9    |
| Age                                 |      |      |
| 12 Years Old or Younger             | 15   | 14   |
| 13 to 17 Years Old                  | NA   | 9    |
| Household Income <sup>1</sup>       |      |      |
| Bottom 60 Percent Bracket           | 10   | 13   |
| Top 40 Percent Bracket <sup>a</sup> | 28   | 11   |
| Marital Status                      |      |      |
| Married                             | 18   | 11   |
| Not Married                         | 9    | 15   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2015; <sup>2</sup>demographic difference at  $p \leq 0.05$  in 2018

<sup>a</sup>year difference at  $p \leq 0.05$  from 2015 to 2018

## Child's Asthma

*In 2018, 6% of Tri-County respondents reported their child currently had asthma (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 58)

Of the 146 respondents with a child...

- Ten percent of respondents reported their child currently had asthma.
- Respondents were more likely to report their son currently had asthma (14%) compared to respondents speaking on behalf of their daughter (4%).
- Seventeen percent of respondents in the bottom 60 percent household income bracket reported their child currently had asthma compared to 3% of respondents in the top 40 percent household income bracket.

### 2015 to 2018 Comparisons (Table 58)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had asthma.
- No demographic comparison across years were conducted as a result of the low percent of respondents who reported their child currently had asthma in 2015.

**Table 58. Child Currently has Asthma by Demographic Variables for Each Survey Year (Q103)<sup>①,②</sup>**

|                               | 2015 <sup>③</sup> | 2018 |
|-------------------------------|-------------------|------|
| TOTAL                         | 9%                | 10%  |
| Gender <sup>2</sup>           |                   |      |
| Boy                           | --                | 14   |
| Girl                          | --                | 4    |
| Age                           |                   |      |
| 12 Years Old or Younger       | --                | 12   |
| 13 to 17 Years Old            | NA                | 4    |
| Household Income <sup>2</sup> |                   |      |
| Bottom 60 Percent Bracket     | --                | 17   |
| Top 40 Percent Bracket        | --                | 3    |
| Marital Status                |                   |      |
| Married                       | --                | 9    |
| Not Married                   | --                | 11   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

<sup>③</sup>Data is not shown as a result of insufficient statistical reliability due to the low percentage reporting this.

NA—In 2015, child questions were asked of children 12 or younger only.

--Too few respondents causing statistical instability.

<sup>1</sup>demographic difference at p<0.05 in 2015; <sup>2</sup>demographic difference at p<0.05 in 2018

<sup>a</sup>year difference at p<0.05 from 2015 to 2018

### Child's Diabetes

*In 2018, less than one percent of Tri-County respondents reported their child currently had diabetes (2018 Tri-County Community Health Survey).*

#### 2018 Findings

Of the 146 respondents with a child...

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

#### 2015 to 2018 Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had diabetes (0% and 0%, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child had diabetes in both study years.

### Child's Safety in Community

*In 2018, less than one percent of Tri-County respondents reported their child was unsafe/extremely unsafe in their community or neighborhood (2018 Tri-County Community Health Survey).*

## 2018 Findings

Of the 146 respondents with a child...

- One percent of respondents reported their child was unsafe/extremely unsafe in their community or neighborhood.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported their child was unsafe/extremely unsafe in their community.

### **Child's Sleeping Arrangement**

*In 2018, 94% of Tri-County respondents reported when their child was a baby, their child usually slept in a crib or bassinette. Three percent reported in bed with them or another person (2018 Tri-County Community Health Survey).*

## 2018 Findings

Of the 146 respondents with a child...

- Ninety-two percent of respondents reported when their child was a baby, their child usually slept in a crib or bassinette. One percent reported in bed with them or another person.
- No demographic comparisons were conducted as a result of the low percent of respondents who reported when their child was an infant he/she slept with them or another person.

## 2015 to 2018 Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child slept in bed with the respondent or another person when the child was a baby (3% and 1%, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported when their child was an infant he/she slept with them or another person in both study years.

### **Child's Fruit Intake**

*In 2018, 73% of Tri-County respondents reported their child ate at least two servings of fruit on an average day (2018 Tri-County Community Health Survey).*

## 2018 Findings (Table 59)

Of the 146 respondents with a child...

- Seventy-three percent of respondents reported their child ate at least two servings of fruit on an average day.
- Respondents were more likely to report their daughter ate at least two servings of fruit on an average day (83%) compared to respondents speaking on behalf of their son (62%).

## 2015 to 2018 Comparisons (Table 59)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child ate at least two servings of fruit on an average day.

- In 2015 and 2018, respondents were more likely to report their daughter ate at least two servings of fruit on an average day. From 2015 to 2018, 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 2018, child’s age was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their child who was 12 years or younger ate at least two servings of fruit on an average day.
- In 2015 and 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in top 40 percent household income bracket reporting their child ate at least two servings of fruit on an average day.
- In 2015 and 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of married respondents reporting their child ate at least two servings of fruit on an average day.

**Table 59. Child’s Fruit Intake (Two or More Servings) by Demographic Variables for Each Survey Year (Q110)<sup>①,②</sup>**

|                                      | 2015 | 2018 |
|--------------------------------------|------|------|
| TOTAL <sup>a</sup>                   | 86%  | 73%  |
| Gender <sup>1,2</sup>                |      |      |
| Boy                                  | 78   | 62   |
| Girl <sup>a</sup>                    | 95   | 83   |
| Age                                  |      |      |
| 12 Years Old or Younger <sup>a</sup> | 86   | 74   |
| 13 to 17 Years Old                   | NA   | 70   |
| Household Income                     |      |      |
| Bottom 60 Percent Bracket            | 88   | 76   |
| Top 40 Percent Bracket <sup>a</sup>  | 90   | 69   |
| Marital Status                       |      |      |
| Married <sup>a</sup>                 | 88   | 73   |
| Not Married                          | 86   | 72   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

### Child’s Vegetable Intake

*In 2018, 23% of Tri-County respondents reported their child ate at least three servings of vegetables on an average day (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 60)

Of the 146 respondents with a child...

- Twenty-three percent of respondents reported their child ate at least three servings of vegetables on an average day.

- Respondents were more likely to report their daughter ate at least three servings of vegetables on an average day (31%) compared to respondents speaking on behalf of their son (15%).
- Thirty-two percent of respondents reported their child who was 13 to 17 years old ate at least three servings of vegetables on an average day compared to 17% of respondents speaking on behalf of their child who was 12 years or younger.

2015 to 2018 Comparisons (Table 60)

- From 2015 to 2018, 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 2015, child’s gender was not a significant variable. In 2018, respondents were more likely to report their daughter ate at least three servings of vegetables on an average day.
- In 2018, respondents were more likely to report their 13 to 17 year old child ate at least three servings of vegetables on an average day. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their child who was 12 years or younger ate at least three servings of vegetables on an average day.
- In 2015 and 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting their child ate at least three servings of vegetables on an average day.
- In 2015, unmarried respondents were more likely to report their child ate at least three servings of vegetables on an average day. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting their child ate at least three servings of vegetables on an average day.

**Table 60. Child’s Vegetable Intake (Three or More Servings) by Demographic Variables for Each Survey Year (Q11)<sup>①,②</sup>**

|  | 2015 | 2018 |
|--|------|------|
| TOTAL                                  | 32%  | 23%  |
| Gender <sup>2</sup>                    |      |      |
| Boy                                    | 28   | 15   |
| Girl                                   | 36   | 31   |
| Age <sup>2</sup>                       |      |      |
| 12 Years Old or Younger <sup>a</sup>   | 32   | 17   |
| 13 to 17 Years Old                     | NA   | 32   |
| Household Income                       |      |      |
| Bottom 60 Percent Bracket <sup>a</sup> | 40   | 21   |
| Top 40 Percent Bracket                 | 23   | 24   |
| Marital Status <sup>1</sup>            |      |      |
| Married                                | 19   | 22   |
| Not Married <sup>a</sup>               | 55   | 24   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at p<0.05 in 2015; <sup>2</sup>demographic difference at p<0.05 in 2018

<sup>a</sup>year difference at p<0.05 from 2015 to 2018

## Child's Fruit and Vegetable Intake

*In 2018, 40% of Tri-County respondents reported their child ate at least five servings of fruits or vegetables on an average day (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 61)

Of the 146 respondents with a child...

- Thirty-six percent of respondents reported their child ate at least five servings of fruits or vegetables on an average day.
- Forty-seven percent of respondents reported their 13 to 17 year old child ate at least five servings of fruits or vegetables on an average day compared to 30% of respondents speaking on behalf of their child who was 12 years or younger.

### 2015 to 2018 Comparisons (Table 61)

- From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child ate at least five servings of fruits or vegetables on an average day.
- In 2018, respondents were more likely to report their 13 to 17 year old child ate at least five servings of fruits or vegetables on an average day. From 2015 to 2018, there was a noted decrease in the percent of respondents reporting their child who was 12 years or younger ate at least five servings of fruit or vegetables on an average day.
- In 2015, respondents in the bottom 60 percent household income bracket were more likely to report their child ate at least five servings of fruits or vegetables on an average day. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of respondents in the bottom 60 percent household income bracket reporting their child ate at least five servings of fruit or vegetables on an average day.
- In 2015, unmarried respondents were more likely to report their child ate at least five servings of fruits or vegetables on an average day. In 2018, marital status was not a significant variable. From 2015 to 2018, there was a noted decrease in the percent of unmarried respondents reporting their child ate at least five servings of fruit or vegetables on an average day.

**Table 61. Child’s Fruit or Vegetable Intake (Five or More Servings) by Demographic Variables for Each Survey Year (Q110 & Q111)<sup>0,2</sup>**

|  | 2015 | 2018 |
|--|------|------|
| TOTAL <sup>a</sup>                     | 52%  | 36%  |
| Gender                                 |      |      |
| Boy                                    | 48   | 34   |
| Girl                                   | 54   | 38   |
| Age <sup>2</sup>                       |      |      |
| 12 Years Old or Younger <sup>a</sup>   | 52   | 30   |
| 13 to 17 Years Old                     | NA   | 47   |
| Household Income <sup>1</sup>          |      |      |
| Bottom 60 Percent Bracket <sup>a</sup> | 60   | 30   |
| Top 40 Percent Bracket                 | 37   | 39   |
| Marital Status <sup>1</sup>            |      |      |
| Married                                | 42   | 35   |
| Not Married <sup>a</sup>               | 68   | 37   |

<sup>0</sup>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. <sup>2</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

### Child’s Sugar Drink Intake

*In 2018, 15% of Tri-County respondents reported their child drank at least one drink of regular soda or pop that contained sugar, sugar-sweetened fruit drinks such as Kool-Aid and lemonade, sweet tea and sports or energy drinks such as Gatorade and Red Bull or sweetened coffee drinks every day in the past month. Thirty-eight percent reported more than once a week, but less than once a day. Forty-seven percent reported less than once a week (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 62)

Of the 142 respondents with a child...

- Nineteen percent of respondents reported their child drank at least one drink of regular soda or pop that contained sugar, sugar-sweetened fruit drinks such as Kool-Aid and lemonade, sweet tea and sports or energy drinks such as Gatorade and Red Bull or sweetened coffee drinks every day in the past month. Forty-four percent reported more than once a week, but less than once a day. Thirty-seven percent reported less than once a week.
- Thirty-one percent of respondents in the bottom 60 percent household income bracket reported their child drank at least one sugared drink a day during the past month compared to 10% of respondents in the top 40 percent household income bracket.

**Table 62. Child’s Sugar Drink Intake by Demographic Variables for 2018 (Q113)<sup>⓪,Ⓜ</sup>**

|                               | Less than<br>One a Week | Less than One a<br>Day/More than<br>Once a Week | At Least One<br>a Day |
|-------------------------------|-------------------------|---|-----------------------|
| TOTAL                         | 37%                     | 44%   | 19%                   |
| Gender                        |                         |   |                       |
| Boy                           | 29                      | 47  | 24                    |
| Girl                          | 44                      | 40  | 15                    |
| Age                           |                         |   |                       |
| 12 Years Old or Younger       | 40                      | 38  | 22                    |
| 13 to 17 Years Old            | 35                      | 52  | 14                    |
| Household Income <sup>1</sup> |                         |   |                       |
| Bottom 60 Percent Bracket     | 29                      | 40  | 31                    |
| Top 40 Percent Bracket        | 44                      | 46  | 10                    |
| Marital Status                |                         |   |                       |
| Married                       | 39                      | 38  | 23                    |
| Not Married                   | 34                      | 55  | 11                    |

<sup>⓪</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>Ⓜ</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

### Child’s Physical Activity

*In 2018, 63% of Tri-County respondents reported their 4 to 17 year old child was physically active five times a week for at least 60 minutes each (2018 Tri-County Community Health Survey).*

#### 2018 Findings (Table 63)

Of the 79% of respondents with a child 4 to 17 years old (n=116)...

- Sixty-four percent of respondents reported their 4 to 17 year old child was physically active five times a week for at least 60 minutes each.
- Unmarried respondents were more likely to report their child was physically active five times a week for at least 60 minutes compared to married respondents (80% and 55%, respectively).

Of the 34% of respondents with a child 4 to 17 years old who was not physically active five times a week for 60 minutes (n=39)...

- Of the 39 respondents who reported their child was not physically active five times a week/60 minutes, 63% reported the weather as the reason for less physical activity while 18% reported school/homework/other activities.

#### 2015 to 2018 Comparisons (Table 63)

- From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported their child was physically active five times a week for at least 60 minutes.

- In 2015 and 2018, child’s gender was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents reporting their daughter was physically active five times a week.
- In 2018, child’s age was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents reporting their 4 to 12 year old child was physically active five times a week.
- In 2015, respondents in the bottom 60 percent household income bracket were more likely to report their child was physically active. In 2018, household income was not a significant variable. From 2015 to 2018, there was a noted increase in the percent of respondents in the top 40 percent household income bracket reporting their child was physically active five times a week.
- In 2015, marital status was not a significant variable. In 2018, unmarried respondents were more likely to report their child was physically active. From 2015 to 2018, there was a noted increase in the percent of respondents across marital status reporting their child was physically active five times a week.

**Table 63. Child’s Physical Activity (Five or More Times for 60 Minutes/Week) by Demographic Variables for Each Survey Year (Children 4 to 17 Years Old) (Q114)<sup>①,②</sup>**

|                                     | 2015 | 2018 |
|-------------------------------------|------|------|
| TOTAL <sup>a</sup>                  | 39%  | 64%  |
| Gender                              |      |      |
| Boy                                 | 46   | 61   |
| Girl <sup>a</sup>                   | 30   | 68   |
| Age                                 |      |      |
| 4 to 12 Years Old <sup>a</sup>      | 39   | 60   |
| 13 to 17 Years Old                  | NA   | 70   |
| Household Income <sup>1</sup>       |      |      |
| Bottom 60 Percent Bracket           | 50   | 67   |
| Top 40 Percent Bracket <sup>a</sup> | 24   | 61   |
| Marital Status <sup>2</sup>         |      |      |
| Married <sup>a</sup>                | 35   | 55   |
| Not Married <sup>a</sup>            | 47   | 80   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Child’s Screen Time

In 2018, 18% of Tri-County respondents reported their child spends four or more hours in front of a tv, computer, smart phone, tablet or video gaming system for leisure on an average day while 38% spent two or three hours. Forty-two percent reported one or less hours a day (2018 Tri-County Community Health Survey).

### 2018 Findings (Table 64)

Of the 146 respondents with a child...

- Twenty-three percent of respondents reported their child spends four or more hours in front of a tv, computer, smart phone, tablet or video gaming system for leisure on an average day while 38% spent two or three hours. Thirty-nine percent reported one or less hours a day.
- Thirty-two percent of respondents reported their daughter spent four or more hours of screen time on an average day compared to 13% of respondents speaking on behalf of their son.
- Forty-one percent of respondents reported their 13 to 17 year old child spent four or more hours of screen time on an average day compared to 13% of respondents speaking on behalf of their child who was 12 or younger.

**Table 64. Child’s Screen Time by Demographic Variables for 2018 (Q112)<sup>①,②</sup>**

|                           | One or Less | Two or Three Hours | Four or More Hours |
|---------------------------|-------------|--------------------|--------------------|
| TOTAL                     | 39%         | 38%                | 23%                |
| Gender <sup>1</sup>       |             |                    |                    |
| Boy                       | 35          | 52                 | 13                 |
| Girl                      | 43          | 25                 | 32                 |
| Age <sup>1</sup>          |             |                    |                    |
| 12 Years Old or Younger   | 49          | 38                 | 13                 |
| 13 to 17 Years Old        | 20          | 39                 | 41                 |
| Household Income          |             |                    |                    |
| Bottom 60 Percent Bracket | 38          | 38                 | 25                 |
| Top 40 Percent Bracket    | 42          | 37                 | 21                 |
| Marital Status            |             |                    |                    |
| Married                   | 38          | 36                 | 25                 |
| Not Married               | 40          | 42                 | 18                 |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## **Child's Emotional Well-Being**

*In 2018, 6% of Tri-County respondents reported their 4 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months (2018 Tri-County Community Health Survey).*

### 2018 Findings

Of the 79% of respondents with a child 4 to 17 years old (n=116)...

- Nine percent of respondents reported their 4 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.

### 2015 to 2018 Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child always or nearly always felt unhappy, sad or depressed in the past six months (4% and 9%, respectively).
- No demographic comparisons were conducted between years as a result of the low percent of respondents who reported their child always or nearly always felt unhappy, sad or depressed in both study years.

## **Child Experienced Bullying in Past Year**

*In 2018, 24% of Tri-County respondents reported their 4 to 17 year old child experienced some form of bullying in the past year. More specifically, 21% reported their child was verbally bullied, 7% physically bullied, and 3% of Tri-County respondents reported their child was cyber or electronically bullied (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 65)

Of the 79% of respondents with a child 4 to 17 years old (n=116)...

- Twenty-five percent of respondents reported their 4 to 17 year old child experienced some form of bullying in the past year. More specifically, 23% reported their child was verbally bullied, for example, mean rumors said or kept out of a group. Seven percent reported their child was physically bullied, for example, being hit or kicked. Three 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.
- Thirty-eight percent of respondents reported their 4 to 12 year old child was bullied in some way in the past year compared to 9% of respondents speaking on behalf of the child who was 13 to 17 years old.
- Thirty-five percent of respondents in the bottom 60 percent household income bracket reported their child was bullied in some way in the past year compared to 16% of respondents in the top 40 percent household income bracket.

2015 to 2018 Year Comparisons (Table 65)

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall, verbally bullied or cyber bullied. From 2015 to 2018, there was a noted increase in the overall percent of respondents who reported in the past year their child was physically bullied.
- In 2018, respondents were more likely to report their 4 to 12 year old child was bullied in some way in the past year, with a noted increase since 2015.
- In 2015, household income was not a significant variable. In 2018, respondents in the bottom 60 percent household income bracket were more likely to report their child was bullied in some way in the past year, with a noted increase since 2015.

**Table 65. Child Experienced Bullying in Past Year by Demographic Variables for Each Survey Year (Children 4 to 17 Years Old) (Q108)<sup>①,②</sup>**

|  | 2015 | 2018 |
|--|------|------|
| TOTAL                                  | 16%  | 25%  |
| Gender                                 |      |      |
| Boy                                    | 20   | 27   |
| Girl                                   | 11   | 22   |
| Age <sup>2</sup>                       |      |      |
| 4 to 12 Years Old <sup>a</sup>         | 16   | 38   |
| 13 to 17 Years Old                     | NA   | 9    |
| Household Income <sup>2</sup>          |      |      |
| Bottom 60 Percent Bracket <sup>a</sup> | 18   | 35   |
| Top 40 Percent Bracket                 | 16   | 16   |
| Marital Status                         |      |      |
| Married                                | 17   | 24   |
| Not Married                            | 16   | 27   |

<sup>①</sup>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. <sup>②</sup>Not asked in 2011.

NA—In 2015, child questions were asked of children 12 or younger only.

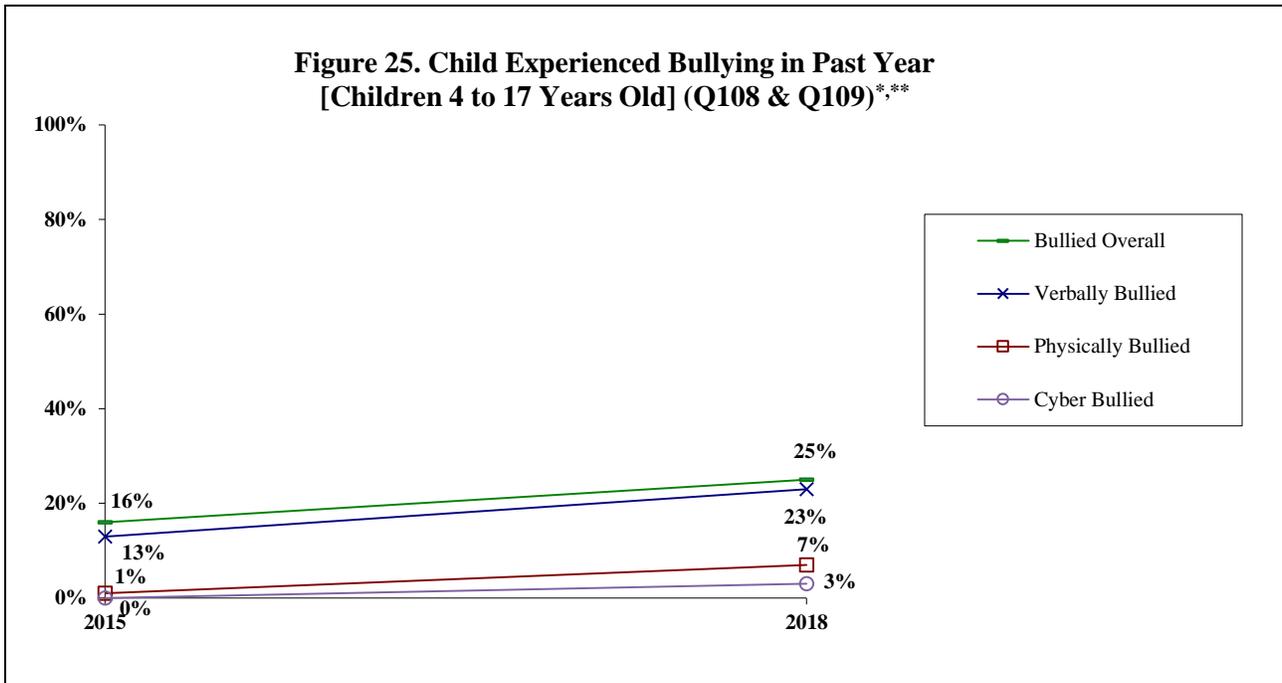
<sup>1</sup>demographic difference at p≤0.05 in 2015; <sup>2</sup>demographic difference at p≤0.05 in 2018

<sup>a</sup>year difference at p≤0.05 from 2015 to 2018

## Child Experienced Bullying Overall

### Year Comparisons

- From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child was bullied in some way. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child was verbally bullied or cyber bullied. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported their child was physically bullied.



\*Not asked in 2011.

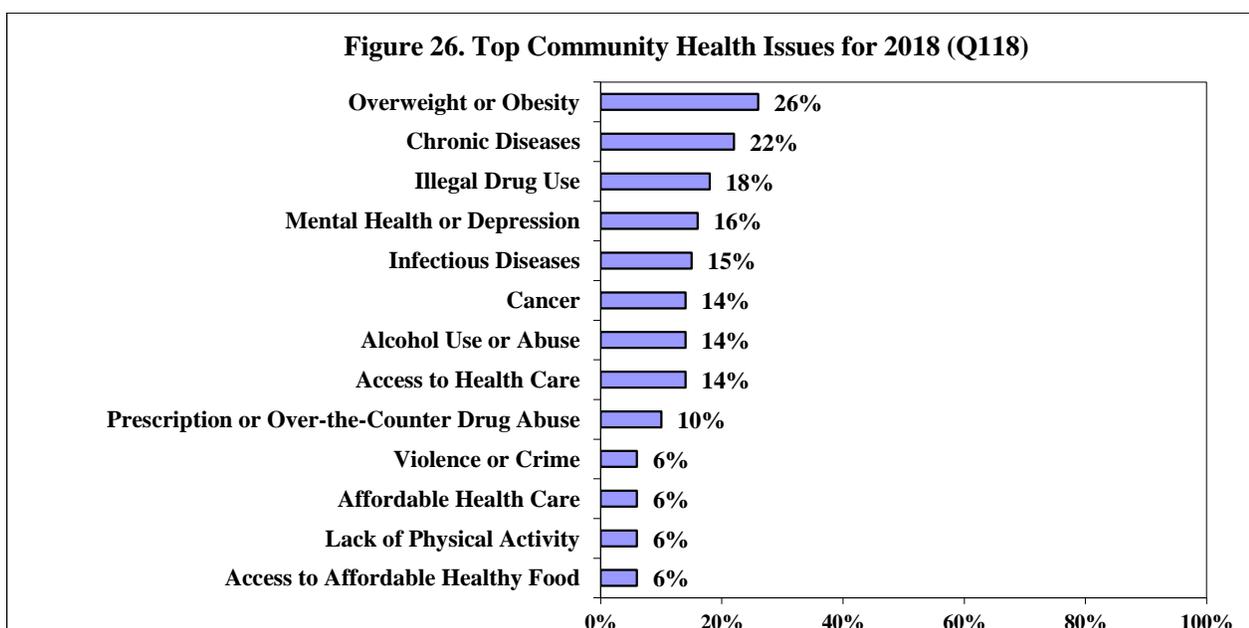
\*\*In 2015, child questions were asked of children 12 or younger only.

## Top Community Health Issues (Figure 26; Tables 66 - 78)

**KEY FINDINGS:** In 2018, Winnebago County respondents were asked to list the top three health issues in the community. The most often cited was overweight/obesity (26%). Respondents 18 to 44 years old were more likely to report overweight/obesity as a top community health issue. Twenty-two percent of respondents were more likely to report chronic diseases as a top health issue. Eighteen percent reported illegal drug use as a top health issue; respondents 18 to 34 years old or with a college education were more likely to report this. Sixteen percent of respondents reported mental health or depression. Respondents who were female, 18 to 44 years old or in the middle 20 percent household income bracket were more likely to report mental health or depression as a top community health issue. Fifteen percent of respondents reported infectious diseases; respondents with a high school education or less were more likely to report this. Fourteen percent of respondents reported cancer; respondents 65 and older, with some post high school education or in the bottom 40 percent household income bracket were more likely to report this. Fourteen percent of respondents reported alcohol use or abuse as a top health issue; respondents with a college education or in the top 40 percent household income bracket were more likely to report this. Fourteen percent of respondents reported access to health care as a top health issue. Respondents who were female or married were more likely to report access to health care. Ten percent of respondents reported prescription or over-the-counter drug abuse; respondents 45 to 54 years old or with a college education were more likely to report this. Six percent of respondents reported violence or crime as a top health issue. Respondents 35 to 54 years old or in the top 40 percent household income bracket were more likely to report violence or crime. Six percent of respondents reported affordable health care as a top community health issue. Female respondents were more likely to report affordable health care. Six percent of respondents reported lack of physical activity; respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. Six percent of respondents reported access to affordable healthy food as a top community health issue. Respondents who were female, 45 to 54 years old or with a college education were more likely to report access to affordable healthy food.

### 2018 Findings

- Respondents were asked to list the three largest health issues in the community. Respondents were more likely to select overweight/obesity (26%) followed by chronic diseases (22%) or illegal drug use (18%).



## Overweight or Obesity as a Top Community Health Issue

In 2018, 22% of Tri-County respondents reported overweight or obesity as one of the top three community health issues (2018 Tri-County Community Health Survey).

### 2018 Findings (Table 66)

- Twenty-six percent of respondents reported overweight or obesity as one of the top three community health issues.
- Thirty-four percent of respondents 35 to 44 years old and 33% of those 18 to 34 years old reported overweight or obesity as one of the top community health issues compared to 11% of respondents 65 and older.

**Table 66. Overweight or Obesity as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                           | 2018 |
|---------------------------|------|
| TOTAL                     | 26%  |
| Gender                    |      |
| Male                      | 27   |
| Female                    | 25   |
| Age <sup>1</sup>          |      |
| 18 to 34                  | 33   |
| 35 to 44                  | 34   |
| 45 to 54                  | 29   |
| 55 to 64                  | 16   |
| 65 and Older              | 11   |
| Education                 |      |
| High School or Less       | 22   |
| Some Post High School     | 23   |
| College Graduate          | 30   |
| Household Income          |      |
| Bottom 40 Percent Bracket | 24   |
| Middle 20 Percent Bracket | 32   |
| Top 40 Percent Bracket    | 26   |
| Marital Status            |      |
| Married                   | 26   |
| Not Married               | 26   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Chronic Diseases as a Top Community Health Issue

*In 2018, 21% of Tri-County respondents reported chronic diseases, like diabetes or heart disease, as one of the top three community health issues (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 67)

- Twenty-two percent of respondents reported chronic diseases, like diabetes or heart disease, as one of the top three community health issues.
- There were no statistically significant differences between demographic variables and responses of reporting chronic diseases as one of the top community health issues.

**Table 67. Chronic Diseases as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                           | 2018 |
|---------------------------|------|
| TOTAL                     | 22%  |
| Gender                    |      |
| Male                      | 23   |
| Female                    | 21   |
| Age                       |      |
| 18 to 34                  | 24   |
| 35 to 44                  | 26   |
| 45 to 54                  | 18   |
| 55 to 64                  | 19   |
| 65 and Older              | 22   |
| Education                 |      |
| High School or Less       | 19   |
| Some Post High School     | 22   |
| College Graduate          | 24   |
| Household Income          |      |
| Bottom 40 Percent Bracket | 16   |
| Middle 20 Percent Bracket | 23   |
| Top 40 Percent Bracket    | 26   |
| Marital Status            |      |
| Married                   | 22   |
| Not Married               | 21   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Illegal Drug Use as a Top Community Health Issue

*In 2018, 18% of Tri-County respondents reported illegal drug use as one of the top three community health issues (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 68)

- Eighteen percent of respondents reported illegal drug use as one of the top three community health issues.
- Respondents 18 to 34 years old were more likely to report illegal drug use as one of the top health issues (25%) compared to those 45 to 54 years old (11%) or respondents 35 to 44 years old (9%).
- Twenty-two percent of respondents with a college education reported illegal drug use as a top community health issue compared to 17% of those with some post high school education or 11% of respondents with a high school education or less.

**Table 68. Illegal Drug Use as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                           | 2018 |
|---------------------------|------|
| TOTAL                     | 18%  |
| Gender                    |      |
| Male                      | 17   |
| Female                    | 18   |
| Age <sup>1</sup>          |      |
| 18 to 34                  | 25   |
| 35 to 44                  | 9    |
| 45 to 54                  | 11   |
| 55 to 64                  | 19   |
| 65 and Older              | 19   |
| Education <sup>1</sup>    |      |
| High School or Less       | 11   |
| Some Post High School     | 17   |
| College Graduate          | 22   |
| Household Income          |      |
| Bottom 40 Percent Bracket | 19   |
| Middle 20 Percent Bracket | 13   |
| Top 40 Percent Bracket    | 20   |
| Marital Status            |      |
| Married                   | 20   |
| Not Married               | 15   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Mental Health or Depression as a Top Community Health Issue

*In 2018, 15% of Tri-County respondents reported mental health or depression as one of the top three community health issues (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 69)

- Sixteen percent of respondents reported mental health or depression as one of the top three community health issues.
- Female respondents were more likely to report mental health or depression as one of the top community health issues (20%) compared to male respondents (13%).
- Twenty-three percent of respondents 18 to 34 years old and 21% of those 35 to 44 years old reported mental health or depression compared to 6% of respondents 65 and older.
- Twenty-five percent of respondents in the middle 20 percent household income bracket reported mental health or depression as a top community health issue compared to 18% of those in the bottom 40 percent income bracket or 11% of respondents in the top 40 percent household income bracket.

**Table 69. Mental Health or Depression as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                               | 2018 |
|-------------------------------|------|
| TOTAL                         | 16%  |
| Gender <sup>1</sup>           |      |
| Male                          | 13   |
| Female                        | 20   |
| Age <sup>1</sup>              |      |
| 18 to 34                      | 23   |
| 35 to 44                      | 21   |
| 45 to 54                      | 16   |
| 55 to 64                      | 11   |
| 65 and Older                  | 6    |
| Education                     |      |
| High School or Less           | 16   |
| Some Post High School         | 14   |
| College Graduate              | 17   |
| Household Income <sup>1</sup> |      |
| Bottom 40 Percent Bracket     | 18   |
| Middle 20 Percent Bracket     | 25   |
| Top 40 Percent Bracket        | 11   |
| Marital Status                |      |
| Married                       | 16   |
| Not Married                   | 17   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Infectious Diseases as a Top Community Health Issue

*In 2018, 13% of Tri-County respondents reported infectious diseases as one of the top three community health issues (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 70)

- Fifteen percent of respondents reported infectious diseases, such as whooping cough, tuberculosis, or sexually transmitted diseases, as one of the top three community health issues.
- Twenty percent of respondents with a high school education or less reported infectious diseases as one of the top community health issues compared to 16% of those with some post high school education or 10% of respondents with a college education.

**Table 70. Infectious Diseases as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                           | 2018 |
|---------------------------|------|
| TOTAL                     | 15%  |
| Gender                    |      |
| Male                      | 14   |
| Female                    | 15   |
| Age                       |      |
| 18 to 34                  | 12   |
| 35 to 44                  | 14   |
| 45 to 54                  | 17   |
| 55 to 64                  | 8    |
| 65 and Older              | 22   |
| Education <sup>1</sup>    |      |
| High School or Less       | 20   |
| Some Post High School     | 16   |
| College Graduate          | 10   |
| Household Income          |      |
| Bottom 40 Percent Bracket | 18   |
| Middle 20 Percent Bracket | 17   |
| Top 40 Percent Bracket    | 11   |
| Marital Status            |      |
| Married                   | 16   |
| Not Married               | 14   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Cancer as a Top Community Health Issue

In 2018, 17% of Tri-County respondents reported cancer as one of the top three community health issues (2018 Tri-County Community Health Survey).

### 2018 Findings (Table 71)

- Fourteen percent of respondents reported cancer as one of the top three community health issues.
- Respondents 65 and older were more likely to report cancer as one of the top community health issues (22%) compared to those 45 to 64 years old (13%) or respondents 35 to 44 years old (4%).
- Respondents with some post high school education were more likely to report cancer (20%) compared to those with a high school education or less (15%) or respondents with a college education (10%).
- Twenty percent of respondents in the bottom 40 percent household income bracket reported cancer as a top community health issue compared to 13% of those in the top 40 percent income bracket or 7% of respondents in the middle 20 percent household income bracket.

**Table 71. Cancer as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                               | 2018 |
|-------------------------------|------|
| TOTAL                         | 14%  |
| Gender                        |      |
| Male                          | 14   |
| Female                        | 15   |
| Age <sup>1</sup>              |      |
| 18 to 34                      | 17   |
| 35 to 44                      | 4    |
| 45 to 54                      | 13   |
| 55 to 64                      | 13   |
| 65 and Older                  | 22   |
| Education <sup>1</sup>        |      |
| High School or Less           | 15   |
| Some Post High School         | 20   |
| College Graduate              | 10   |
| Household Income <sup>1</sup> |      |
| Bottom 40 Percent Bracket     | 20   |
| Middle 20 Percent Bracket     | 7    |
| Top 40 Percent Bracket        | 13   |
| Marital Status                |      |
| Married                       | 13   |
| Not Married                   | 15   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

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

*In 2018, 14% of Tri-County respondents reported alcohol use or abuse as one of the top three community health issues (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 72)

- Fourteen percent of respondents reported alcohol use or abuse as one of the top three community health issues.
- Twenty-three percent of respondents with a college education reported alcohol use or abuse as one of the top community health issues compared to 12% of those with some post high school education or 4% of respondents with a high school education or less.
- Twenty-one percent of respondents in the top 40 percent household income bracket reported alcohol use or abuse compared to 13% of those in the middle 20 percent income bracket or 8% of respondents in the bottom 40 percent household income bracket.

**Table 72. Alcohol Use or Abuse as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                               | 2018 |
|-------------------------------|------|
| TOTAL                         | 14%  |
| Gender                        |      |
| Male                          | 17   |
| Female                        | 12   |
| Age                           |      |
| 18 to 34                      | 19   |
| 35 to 44                      | 9    |
| 45 to 54                      | 18   |
| 55 to 64                      | 9    |
| 65 and Older                  | 13   |
| Education <sup>1</sup>        |      |
| High School or Less           | 4    |
| Some Post High School         | 12   |
| College Graduate              | 23   |
| Household Income <sup>1</sup> |      |
| Bottom 40 Percent Bracket     | 8    |
| Middle 20 Percent Bracket     | 13   |
| Top 40 Percent Bracket        | 21   |
| Marital Status                |      |
| Married                       | 16   |
| Not Married                   | 14   |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

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

*In 2018, 17% of Tri-County respondents reported access to health care as one of the top three community health issues (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 73)

- Fourteen percent of respondents reported access to health care (physical, dental or mental) as one of the top three community health issues.
- Female respondents were more likely to report access to health care as one of the top community health issues (18%) compared to male respondents (11%).
- Married respondents were more likely to report access to health care compared to unmarried respondents (20% and 8%, respectively).

**Table 73. Access to Health Care as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                             | 2018 |
|-----------------------------|------|
| TOTAL                       | 14%  |
| Gender <sup>1</sup>         |      |
| Male                        | 11   |
| Female                      | 18   |
| Age                         |      |
| 18 to 34                    | 11   |
| 35 to 44                    | 14   |
| 45 to 54                    | 17   |
| 55 to 64                    | 23   |
| 65 and Older                | 12   |
| Education                   |      |
| High School or Less         | 12   |
| Some Post High School       | 14   |
| College Graduate            | 16   |
| Household Income            |      |
| Bottom 40 Percent Bracket   | 10   |
| Middle 20 Percent Bracket   | 18   |
| Top 40 Percent Bracket      | 16   |
| Marital Status <sup>1</sup> |      |
| Married                     | 20   |
| Not Married                 | 8    |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

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

*In 2018, 9% of Tri-County respondents reported prescription or over-the-counter drug abuse as one of the top three community health issues (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 74)

- Ten percent of respondents reported prescription or over-the-counter drug abuse as one of the top three community health issues.
- Respondents 45 to 54 years old were more likely to report prescription or over-the-counter drug abuse as one of the top community health issues (19%) compared to those 55 to 64 years old (7%) or respondents 35 to 44 years old (5%).
- Thirteen percent of respondents with a college education reported prescription or over-the counter drug abuse compared to 10% of those with some post high school education or 4% of respondents with a high school education or less.

**Table 74. Prescription or Over-the Counter Drug Abuse as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                           | 2018 |
|---------------------------|------|
| TOTAL                     | 10%  |
| Gender                    |      |
| Male                      | 11   |
| Female                    | 8    |
| Age <sup>1</sup>          |      |
| 18 to 34                  | 10   |
| 35 to 44                  | 5    |
| 45 to 54                  | 19   |
| 55 to 64                  | 7    |
| 65 and Older              | 8    |
| Education <sup>1</sup>    |      |
| High School or Less       | 4    |
| Some Post High School     | 10   |
| College Graduate          | 13   |
| Household Income          |      |
| Bottom 40 Percent Bracket | 5    |
| Middle 20 Percent Bracket | 12   |
| Top 40 Percent Bracket    | 12   |
| Marital Status            |      |
| Married                   | 12   |
| Not Married               | 8    |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at p≤0.05 in 2018

## Violence or Crime as a Top Community Health Issue

*In 2018, 4% of Tri-County respondents reported violence or crime as one of the top three community health issues (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 75)

- Six percent of respondents reported violence or crime as one of the top three community health issues.
- Fourteen percent of respondents 35 to 44 years old and 13% of those 45 to 54 years old reported violence or crime as one of the top community health issues compared to 1% of respondents 55 to 64 years old.
- Ten percent of respondents in the top 40 percent household income bracket reported violence or crime compared to 4% of those in the bottom 40 percent income bracket or 3% of respondents in the middle 20 percent household income bracket.

**Table 75. Violence or Crime as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                               | 2018 |
|-------------------------------|------|
| TOTAL                         | 6%   |
| Gender                        |      |
| Male                          | 7    |
| Female                        | 5    |
| Age <sup>1</sup>              |      |
| 18 to 34                      | 2    |
| 35 to 44                      | 14   |
| 45 to 54                      | 13   |
| 55 to 64                      | 1    |
| 65 and Older                  | 5    |
| Education                     |      |
| High School or Less           | 4    |
| Some Post High School         | 8    |
| College Graduate              | 6    |
| Household Income <sup>1</sup> |      |
| Bottom 40 Percent Bracket     | 4    |
| Middle 20 Percent Bracket     | 3    |
| Top 40 Percent Bracket        | 10   |
| Marital Status                |      |
| Married                       | 7    |
| Not Married                   | 5    |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

## Affordable Health Care as a Top Community Health Issue

*In 2018, 8% of Tri-County respondents reported affordable health care as one of the top three community health issues (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 76)

- Six percent of respondents reported affordable health care as one of the top three community health issues.
- Female respondents were more likely to report affordable health care as one of the top community health issues (10%) compared to male respondents (3%).

**Table 76. Affordable Health Care as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                           | 2018 |
|---------------------------|------|
| TOTAL                     | 6%   |
| Gender <sup>1</sup>       |      |
| Male                      | 3    |
| Female                    | 10   |
| Age                       |      |
| 18 to 34                  | 6    |
| 35 to 44                  | 4    |
| 45 to 54                  | 10   |
| 55 to 64                  | 8    |
| 65 and older              | 4    |
| Education                 |      |
| High School or Less       | 7    |
| Some Post High School     | 6    |
| College Graduate          | 6    |
| Household Income          |      |
| Bottom 40 Percent Bracket | 4    |
| Middle 20 Percent Bracket | 6    |
| Top 40 Percent Bracket    | 9    |
| Marital Status            |      |
| Married                   | 7    |
| Not Married               | 6    |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

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

In 2018, 5% of Tri-County respondents reported lack of physical activity as one of the top three community health issues (2018 Tri-County Community Health Survey).

### 2018 Findings (Table 77)

- Six percent of respondents reported lack of physical activity as one of the top three community health issues.
- Respondents with a college education were more likely to report lack of physical activity as one of the top community health issues (13%) compared to those with a high school education or less (2%) or respondents with some post high school education (0%).
- Eleven percent of respondents in the top 40 percent household income bracket reported lack of physical activity compared to 3% of those in the middle 20 percent income bracket or 2% of respondents in the bottom 40 percent household income bracket.
- Married respondents were more likely to report lack of physical activity as a top community health issue compared to unmarried respondents (8% and 4%, respectively).

**Table 77. Lack of Physical Activity as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                               | 2018 |
|-------------------------------|------|
| TOTAL                         | 6%   |
| Gender                        |      |
| Male                          | 6    |
| Female                        | 7    |
| Age                           |      |
| 18 to 34                      | 4    |
| 35 to 44                      | 12   |
| 45 to 54                      | 5    |
| 55 to 64                      | 5    |
| 65 and older                  | 4    |
| Education <sup>1</sup>        |      |
| High School or Less           | 2    |
| Some Post High School         | 0    |
| College Graduate              | 13   |
| Household Income <sup>1</sup> |      |
| Bottom 40 Percent Bracket     | 2    |
| Middle 20 Percent Bracket     | 3    |
| Top 40 Percent Bracket        | 11   |
| Marital Status <sup>1</sup>   |      |
| Married                       | 8    |
| Not Married                   | 4    |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

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

*In 2018, 6% of Tri-County respondents reported access to affordable healthy food as one of the top three community health issues (2018 Tri-County Community Health Survey).*

### 2018 Findings (Table 78)

- Six percent of respondents reported access to affordable healthy food as one of the top three community health issues.
- Female respondents were more likely to report access to affordable healthy food as one of the top community health issues (8%) compared to male respondents (3%).
- Thirteen percent of respondents 45 to 54 years old reported affordable healthy food compared to 3% of respondents 55 to 64 years old.
- Respondents with a college education were more likely to report affordable healthy food as a top community health issue (11%) compared to respondents with a high school education or less (3%) or respondents with some post high school education (less than one percent).

**Table 78. Access to Affordable Healthy Food as a Top Community Health Issue by Demographic Variables for 2018 (Q118)<sup>①,②</sup>**

|                           | 2018 |
|---------------------------|------|
| TOTAL                     | 6%   |
| Gender <sup>1</sup>       |      |
| Male                      | 3    |
| Female                    | 8    |
| Age <sup>1</sup>          |      |
| 18 to 34                  | 4    |
| 35 to 44                  | 5    |
| 45 to 54                  | 13   |
| 55 to 64                  | 3    |
| 65 and older              | 4    |
| Education <sup>1</sup>    |      |
| High School or Less       | 3    |
| Some Post High School     | <1   |
| College Graduate          | 11   |
| Household Income          |      |
| Bottom 40 Percent Bracket | 3    |
| Middle 20 Percent Bracket | 9    |
| Top 40 Percent Bracket    | 6    |
| Marital Status            |      |
| Married                   | 6    |
| Not Married               | 5    |

<sup>①</sup>Percentages occasionally may differ by 1 or 2 percentage points from the Appendix as a result of rounding, recoding variables and response category distribution. <sup>②</sup>Not asked in 2011 and 2015.

<sup>1</sup>demographic difference at  $p \leq 0.05$  in 2018

**APPENDIX A: QUESTIONNAIRE FREQUENCIES**

WINNEBAGO COUNTY

December 7, 2017 through February 28, 2018

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

1. Generally speaking, would you say that your own health is...?

|                 |    |
|-----------------|----|
| Poor .....      | 2% |
| Fair .....      | 12 |
| Good .....      | 43 |
| Very good ..... | 28 |
| Excellent ..... | 14 |
| Not sure .....  | 0  |

2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

|                     |     |
|---------------------|-----|
| 0 days.....         | 58% |
| 1 to 2 days .....   | 11  |
| 3 to 5 days .....   | 14  |
| 6 to 15 days .....  | 8   |
| 16 to 30 days ..... | 9   |
| Not sure .....      | <1  |

3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

|                     |     |
|---------------------|-----|
| 0 days.....         | 55% |
| 1 to 2 days .....   | 15  |
| 3 to 5 days .....   | 10  |
| 6 to 15 days .....  | 12  |
| 16 to 30 days ..... | 8   |
| Not sure .....      | <1  |

4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation? [All Respondents]

|                     |     |
|---------------------|-----|
| 0 days.....         | 71% |
| 1 to 2 days .....   | 10  |
| 3 to 5 days .....   | 6   |
| 6 to 15 days .....  | 8   |
| 16 to 30 days ..... | 5   |
| Not sure .....      | <1  |

5. Currently, what is your primary source of health care coverage? Is it through...

|  |     |
|--|-----|
| A plan purchased through an employer or union (includes plans purchased through another person's employer) ..... | 67% |
| A plan that you or another family member buys on your own.....   | 4   |
| Medicare.....  | 19  |
| Medicaid or other state program .....  | 7   |
| TRICARE (formerly CHAMPUS), VA or Military.....  | 2   |
| Alaska Native, Indian Health Service, Tribal Health Services.....  | 0   |
| Some other source .....  | <1  |
| None .....   | <1  |
| Not sure .....   | <1  |

6. In the past 12 months, have you or anyone in the household not get the medical care needed?

|                |    |                   |
|----------------|----|-------------------|
| Yes.....       | 6% | →CONTINUE WITH Q7 |
| No.....        | 94 | →GO TO Q9         |
| Not sure ..... | <1 | →GO TO Q9         |

7. Who did not receive the medical care needed? Was it... [28 Respondents]

|                |     |
|----------------|-----|
| An adult.....  | 93% |
| A child.....   | 3   |
| Both.....      | 3   |
| Not sure ..... | 0   |

8. Why did they not receive the medical care needed? [28 Respondents; More than 1 response accepted]

|                                 |     |
|---------------------------------|-----|
| Co-payments too high .....      | 37% |
| Insurance did not cover it..... | 21  |
| Cannot afford to pay.....       | 20  |
| Not enough time .....           | 18  |
| Unable to get appointment ..... | 14  |
| Other (6% or less) .....        | 13  |
| Not sure .....                  | 2   |

9. In the past 12 months, did you or someone in your household not get the dental care needed?

|                |    |                    |
|----------------|----|--------------------|
| Yes.....       | 8% | →CONTINUE WITH Q10 |
| No.....        | 91 | →GO TO Q12         |
| Not sure ..... | <1 | →GO TO Q12         |

10. Who did not receive the dental care needed? Was it... [40 Respondents]

|                |     |
|----------------|-----|
| An adult.....  | 90% |
| A child.....   | 3   |
| Both.....      | 8   |
| Not sure ..... | 0   |

11. Why did someone in your household not receive the dental care needed?  
[40 Respondents; More than 1 response accepted]

|                                  |     |
|----------------------------------|-----|
| Uninsured .....                  | 37% |
| Cannot afford to pay .....       | 35  |
| Unable to get appointment .....  | 14  |
| Insurance did not cover it ..... | 9   |
| Don't know where to go .....     | 6   |
| Other (6% or less) .....         | 13  |
| Not sure .....                   | 2   |

12. In the past 12 months, did you or someone in your household not get the mental health care needed?

|                |    |                     |
|----------------|----|---------------------|
| Yes.....       | 2% | → CONTINUE WITH Q13 |
| No.....        | 98 | → GO TO Q15         |
| Not sure ..... | 0  | → GO TO Q15         |

13. Who did not receive the mental health care needed? Was it... [8 Respondents]

|                |               |
|----------------|---------------|
| An adult.....  | 8 respondents |
| A child.....   | 0 respondents |
| Both.....      | 0 respondents |
| Not sure ..... | 0 respondents |

14. Why did someone in your household not receive the mental health care needed?  
[8 Respondents: Multiple responses accepted]

|                           |               |
|---------------------------|---------------|
| Cannot afford to pay..... | 6 respondents |
| Not enough time .....     | 3 respondents |
| Other.....                | 4 respondents |

15. Do you have a doctor, nurse practitioner, physician assistant or primary care clinic that you think of as your personal doctor or health care provider?

|                |     |
|----------------|-----|
| Yes.....       | 89% |
| No .....       | 11  |
| Not sure ..... | 0   |

16. An Advance Directive for Health Care is a document that allows you to appoint someone to make health care decisions on your behalf and/or to leave instructions about the kind of health care you want or don't want. This document is used to guide decisions about your health care in the event that you become very ill and cannot decide for yourself. The document is sometimes called a Living Will or Power of Attorney for Health Care. Do you have an advance directive for health care?

|                |     |
|----------------|-----|
| Yes.....       | 44% |
| No .....       | 52  |
| Not sure ..... | 4   |

17. In the past 12 months, have you had a conversation with family, friends or other persons you trust about your wishes for health care if you were unable to speak for yourself?

|                |     |
|----------------|-----|
| Yes.....       | 49% |
| No .....       | 51  |
| Not sure ..... | <1  |

18. 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 a routine checkup?

Less than a year ago .....73% → CONTINUE WITH Q19  
 1 to 2 years ago.....19 → CONTINUE WITH Q19  
 3 to 4 years ago..... 4 → GO TO Q21  
 5 or more years ago ..... 3 → GO TO Q21  
 Never ..... 0 → GO TO Q21  
 Not sure .....<1 → GO TO Q21

19. Healthcare providers may ask during routine checkups about behaviors like alcohol use, whether you drink or not. We want to know about their questions. Did the health care provider ask you in person or on a form how much you drink? [459 Respondents]

Yes.....81% → CONTINUE WITH Q20  
 No.....11 → GO TO Q21  
 Not sure ..... 9 → GO TO Q21

20. Healthcare providers may also advise patients to drink less for various reasons. At your last routine checkup, were you advised to reduce or quit your drinking? [369 Respondents]

Yes..... 6%  
 No.....93  
 Not sure .....<1

21. When was the last time you had a visit to a dentist or dental clinic for any reason? Include visits to dental specialists, such as orthodontists.

Less than a year ago .....74%  
 1 to 2 years ago.....14  
 3 to 4 years ago..... 3  
 5 or more years ago .....10  
 Never ..... 0  
 Not sure .....<1

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 |
|--|-----|-----|----------|
| 22. You have high blood pressure?.....   | 26% | 74% | 0%       |
| 23. Your blood cholesterol is high?.....   | 22  | 78  | <1       |
| 24. You have heart disease or a heart condition?.....  | 8   | 92  | <1       |
| 25. You have a mental health condition, such as an anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder or depression?. | 21  | 77  | 2        |

26. You have diabetes (men). You have diabetes not associated with a pregnancy (women)?

Yes.....10% → CONTINUE WITH Q27  
 No.....90 → GO TO Q28  
 Not sure ..... 0 → GO TO Q28

27. How old were you when you were told you have diabetes? [49 Respondents]

|                          |    |
|--------------------------|----|
| 1 to 14 years old .....  | 0% |
| 15 to 24 years old ..... | 0  |
| 25 to 34 years old ..... | 10 |
| 35 to 44 years old ..... | 18 |
| 45 to 54 years old ..... | 30 |
| 55 to 64 years old ..... | 20 |
| 65 and older .....       | 16 |
| Not sure .....           | 6  |

28. Are you being treated for or been told by a doctor, nurse or other health care provider that you currently have asthma?

|                |    |
|----------------|----|
| Yes.....       | 9% |
| No.....        | 91 |
| Not sure ..... | <1 |

29. On an average day, how many servings of vegetables do you eat? One serving is ½ cup of cooked or raw vegetable or 1 cup of leafy greens.

|                           |     |
|---------------------------|-----|
| 1 or fewer servings ..... | 45% |
| 2 servings.....           | 24  |
| 3 or more servings .....  | 31  |
| Not sure .....            | 0   |

30. On an average day, not counting juice, how many servings of fruit do you eat? One serving is ½ cup of cooked or canned fruit, 1 medium piece of fruit or ¼ cup of dried fruit.

|                           |     |
|---------------------------|-----|
| 1 or fewer servings ..... | 56% |
| 2 servings.....           | 28  |
| 3 or more servings .....  | 16  |
| Not sure .....            | 0   |

We are interested in two types of physical activity—vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

31. Now thinking about the moderate activities you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening or anything else that causes some increase in breathing or heart rate?

32. How many days per week do you do these moderate activities for at least 10 minutes at a time?

33. On the days you do these moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

|  |     |
|--|-----|
| No moderate activity .....   | 14% |
| Less than 5 times/week for 30 minutes or<br>less than 30 minutes each time ..... | 54  |
| 5 times/week for 30 minutes or more .....  | 32  |
| Not sure .....   | 1   |

34. Now thinking about the vigorous activities you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
35. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
36. On the days you do these vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

No vigorous activity .....57%  
 Less than 3 times/week for 20 minutes  
 or less than 20 minutes each time.....18  
 3 times/week for 20 minutes or more .....25  
 Not sure .....<1

Now I am going to read reasons that some people do not participate in physical activities more. Please let me know if it is a major reason, moderate reason, minor reason or not a reason for you. [282 Respondents Who Did Not Meet Recommended Amount of Physical Activity]

|   | Not a Reason | Minor Reason | Moderate Reason | Major Reason | Not Sure |
|---|--------------|--------------|-----------------|--------------|----------|
| 37. There is not enough time to exercise....  | 37%          | 20%          | 15%             | 29%          | 0%       |
| 38. It is inconvenient to exercise.....   | 44           | 24           | 22              | 10           | <1       |
| 39. It is difficult to motivate myself to exercise.....   | 32           | 16           | 24              | 28           | 0        |
| 40. Exercise is boring or not enjoyable.....  | 44           | 24           | 16              | 15           | <1       |
| 41. I am afraid of getting injured or I was injured recently .....  | 70           | 13           | 8               | 9            | <1       |
| 42. I am not confident in being physically active or how to manage progress .....   | 69           | 21           | 7               | 3            | <1       |
| 43. I do not have encouragement, support or companionship from family and friends.....                                      | 67           | 22           | 9               | 2            | <1       |
| 44. I do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to my home or office..... | 80           | 9            | 8               | 4            | 0        |

45. Is there any other reason that prevents you from participating in physical activities more?
46. What is this other reason that prevents you from physical activity?
47. Is this a major reason, moderate reason, minor reason or not a reason that prevents you from participating in physical activities more?

[To determine if any reasons were inadvertently excluded.]

48. On average, how many hours of sleep do you get in a 24-hour period?

|                       |     |
|-----------------------|-----|
| 1 to 5 hours .....    | 13% |
| 6 hours .....         | 23  |
| 7 hours .....         | 32  |
| 8 hours .....         | 26  |
| 9 or more hours ..... | 6   |
| Not sure .....        | <1  |

49. On average, approximately how many hours a day do you spend in front of a tv, computer, smart phone, tablet or video gaming system for leisure?

|                       |     |
|-----------------------|-----|
| 1 hour or less .....  | 23% |
| 2 to 3 hours .....    | 44  |
| 4 to 5 hours .....    | 19  |
| 6 or more hours ..... | 13  |
| Not sure .....        | <1  |

50. During the past week, how many times did all, or most, of your family living in your household eat a meal together? [390 Respondents living with others]

|                        |    |
|------------------------|----|
| Never .....            | 7% |
| 1 to 2 times .....     | 14 |
| 3 to 4 times .....     | 24 |
| 5 to 6 times .....     | 16 |
| 7 times .....          | 16 |
| More than 7 times..... | 24 |
| Not sure .....         | 0  |

51. During the past 30 days, how often did you drink regular soda or pop that contains sugar, sugar-sweetened fruit drinks such as Kool-Aid and lemonade, sweet tea and sports or energy drinks such as Gatorade and Red Bull or sweetened coffee drinks?

|                              |     |
|------------------------------|-----|
| 0 times .....                | 30% |
| Few times per month .....    | 11  |
| 1 to 3 times per week.....   | 19  |
| 4 to 6 times per week.....   | 5   |
| 1 time per day .....         | 21  |
| 2 times per day .....        | 9   |
| 3 or more times per day..... | 3   |
| Not sure .....               | 0   |

52. How often do you get the social and emotional support you need? Would you say...

|                 |     |
|-----------------|-----|
| Always.....     | 43% |
| Usually .....   | 35  |
| Sometimes ..... | 12  |
| Rarely .....    | 6   |
| Never .....     | 4   |
| Not sure .....  | <1  |

53. Now, I am going to ask you about some factors that can affect a person's health. How often in the past 12 months would you say you were worried or stressed about having enough money to pay your rent, mortgage or utility bills? Would you say...

|                 |    |
|-----------------|----|
| Always.....     | 8% |
| Usually .....   | 6  |
| Sometimes ..... | 16 |
| Rarely .....    | 26 |
| Never .....     | 44 |
| Not sure .....  | <1 |

54. Please tell me whether the following statement was often true, sometimes true, or never true for you in the past 12 months. The food that I bought just didn't last, and I didn't have money to get more.

|                      |    |
|----------------------|----|
| Often true.....      | 1% |
| Sometimes true ..... | 14 |
| Never true .....     | 85 |
| Not sure .....       | 0  |

55. How safe from crime do you consider your neighborhood to be? Would you say...?

|                       |     |
|-----------------------|-----|
| Extremely safe.....   | 40% |
| Safe.....             | 56  |
| Unsafe.....           | 4   |
| Extremely unsafe..... | <1  |
| Not sure .....        | <1  |

56. Stress means a situation in which a person feels tense, restless, nervous or anxious or unable to sleep at night because his or her mind is troubled all the time. Within the last 30 days, how often have you felt this kind of stress?

|                            |     |
|----------------------------|-----|
| None of the time .....     | 34% |
| A little of the time ..... | 32  |
| Some of the time .....     | 20  |
| Most of the time .....     | 8   |
| All of the time .....      | 5   |
| Not sure .....             | <1  |

57. In the past year have you ever felt so overwhelmed that you considered suicide?

|                |     |
|----------------|-----|
| Yes.....       | 10% |
| No.....        | 90  |
| Not sure ..... | 0   |

Now I'd like to ask you about alcohol.

58. During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

|                     |     |
|---------------------|-----|
| 0 days.....         | 31% |
| 1 to 8 days .....   | 49  |
| 9 to 14 days .....  | 9   |
| 15 to 29 days ..... | 6   |
| 30 days.....        | 4   |
| Not sure .....      | 0   |

59. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days you drank, about how many drinks did you drink on the average?

|                        |     |
|------------------------|-----|
| 0 drinks .....         | 31% |
| 1 to 2 drinks.....     | 44  |
| 3 to 4 drinks.....     | 13  |
| 5 or more drinks ..... | 11  |
| Not sure .....         | <1  |

60. Considering all types of alcoholic beverages, how many times during the past 30 days, did you have five or more drinks on an occasion? (MALES) (4 or more drinks FEMALES)

|                      |     |
|----------------------|-----|
| 0 times .....        | 72% |
| 1 time.....          | 10  |
| 2 or more times..... | 18  |
| Not sure .....       | <1  |

61. During the past 30 days, were you a driver when you had perhaps too much to drink?

|                |    |
|----------------|----|
| Yes.....       | 2% |
| No.....        | 98 |
| 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 |
|---|-----|-----|----------|
| 62. Drinking alcohol.....                                       | 4%  | 96% | 0%       |
| 63. Misuse of prescription drugs or over-the-counter drugs..... | 2   | 98  | 0        |

64. Do you currently use electronic cigarettes also known as e-cigarettes, vaping, NJOY, or Bluetip, every day, some days or not at all?

|                 |    |
|-----------------|----|
| Every day.....  | 2% |
| Some days ..... | 5  |
| Not at all..... | 94 |
| Not sure .....  | 0  |

65. Do you currently use chewing tobacco, snuff, or snus every day, some days or not at all?

|                 |    |
|-----------------|----|
| Every day.....  | 2% |
| Some days ..... | <1 |
| Not at all..... | 98 |
| Not sure .....  | 0  |

66. Do you smoke tobacco cigarettes every day, some days or not at all?

|                 |     |                   |
|-----------------|-----|-------------------|
| Every day.....  | 13% | CONTINUE WITH Q67 |
| Some days ..... | 4   | CONTINUE WITH Q67 |
| Not at all..... | 83  | →GO TO Q68        |
| Not sure .....  | 0   | →GO TO Q68        |

67. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?  
[87 Current Smokers]

|                |     |
|----------------|-----|
| Yes.....       | 45% |
| No.....        | 55  |
| Not sure ..... | 0   |

68. Does anyone in your household, including yourself, smoke cigarettes, cigars or pipes anywhere inside your home or vehicle?

|                |    |
|----------------|----|
| Yes.....       | 9% |
| No.....        | 91 |
| Not sure ..... | 0  |

The next questions are about safety and firearms. Some people keep guns for recreational purposes such as hunting or sport shooting. People also keep guns in the home for protection. Please include firearms such as pistols, revolvers, shotguns and rifles; but not BB guns or guns that cannot fire. Include those kept in a garage, outdoor storage area, or motor vehicle.

69. Are any firearms now kept in or around your home?

|                |     |
|----------------|-----|
| Yes.....       | 43% |
| No.....        | 57  |
| Not sure ..... | 0   |

70. Are any of these firearms now loaded? [All Respondents]

|   |     |
|---|-----|
| Yes.....                                    | 14% |
| No.....                                     | 26  |
| Not sure .....                              | 1   |
| No firearms in the household/no answer..... | 58  |

71. Are any of these loaded firearms also unlocked? [All Respondents]

|   |    |
|---|----|
| Yes.....  | 7% |
| No.....   | 7  |
| Not sure .....  | 0  |
| No firearms in the household/not loaded/no answer ..... | 86 |

Now, I have a few questions to ask about you and your household.

72. Could you please tell me in what year you born? [CALCULATE AGE]

|                          |     |
|--------------------------|-----|
| 18 to 34 years old ..... | 32% |
| 35 to 44 years old ..... | 17  |
| 45 to 54 years old ..... | 20  |
| 55 to 64 years old ..... | 15  |
| 65 and older .....       | 17  |

73. Gender [DERIVED, NOT ASKED]

|              |     |
|--------------|-----|
| Male.....    | 51% |
| Female ..... | 49  |

74. About how much do you weigh, without shoes?

75. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

|                           |     |
|---------------------------|-----|
| Not overweight/obese..... | 30% |
| Overweight .....          | 31  |
| Obese.....                | 39  |

76. Are you Hispanic or Latino?

|                |    |
|----------------|----|
| Yes.....       | 2% |
| No .....       | 98 |
| Not sure ..... | 0  |

77. Which of the following would you say is your race?

|  |     |
|--|-----|
| White .....                                    | 93% |
| Black, African American.....                   | <1  |
| Asian.....                                     | 3   |
| Native Hawaiian or Other Pacific Islander..... | <1  |
| American Indian or Alaska Native .....         | <1  |
| Another race .....                             | <1  |
| Multiple races.....                            | 1   |
| Not sure .....                                 | 0   |

78. In the past year, have you experienced discrimination, bigotry or prejudice due to your race or ethnicity?  
[42 Respondents Who Reported Hispanic Ethnicity and/or at Least One Non-White Race]

|                |     |
|----------------|-----|
| Yes.....       | 31% |
| No .....       | 69  |
| Not sure ..... | 0   |

79. What is the highest grade level of education you have completed?

|                                       |    |
|---------------------------------------|----|
| 8th grade or less.....                | 0% |
| Some high school .....                | 2  |
| High school graduate or GED .....     | 26 |
| Some college .....                    | 18 |
| Technical school graduate .....       | 12 |
| College graduate.....                 | 26 |
| Advanced or professional degree ..... | 16 |
| Not sure .....                        | 0  |

80. How many adults, INCLUDING YOURSELF, live in your household?

|                 |     |
|-----------------|-----|
| 1.....          | 30% |
| 2.....          | 59  |
| 3.....          | 9   |
| 4 or more ..... | 2   |

81. What county do you live in? [FILTER]

|                 |      |
|-----------------|------|
| Winnebago ..... | 100% |
|-----------------|------|

82. What city, town or village do you legally reside in? [FILTER]

|                              |     |
|------------------------------|-----|
| Oshkosh city .....           | 39% |
| Neenah city.....             | 18  |
| Menasha town .....           | 10  |
| Menasha city .....           | 9   |
| All others (3% or less)..... | 24  |

83. What is the zip code of your primary residence?

|                              |     |
|------------------------------|-----|
| 54956.....                   | 26% |
| 54901 .....                  | 20  |
| 54952 .....                  | 16  |
| 54902.....                   | 15  |
| 54904.....                   | 13  |
| All others (3% or less)..... | 11  |

**LANDLINE SAMPLE ONLY [FOR SAMPLING PURPOSES]**

84. 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.

85. How many of these telephone numbers are residential numbers?

86. Do you have a cell phone that you use mainly for personal use?

**ALL RESPONDENTS**

87. What is your current marital status?

|                                      |     |
|--------------------------------------|-----|
| Married.....                         | 48% |
| Divorced.....                        | 16  |
| Widowed.....                         | 7   |
| Separated.....                       | <1  |
| Never been married.....              | 25  |
| A member of an unmarried couple..... | 3   |
| Not sure.....                        | 0   |

88. What is your annual household income from all sources before taxes?

|                             |    |
|-----------------------------|----|
| Less than \$10,000.....     | 3% |
| \$10,000 to \$20,000.....   | 6  |
| \$20,001 to \$30,000.....   | 11 |
| \$30,001 to \$40,000.....   | 9  |
| \$40,001 to \$50,000.....   | 10 |
| \$50,001 to \$60,000.....   | 12 |
| \$60,001 to \$75,000.....   | 10 |
| \$75,001 to \$90,000.....   | 9  |
| \$90,001 to \$105,000.....  | 4  |
| \$105,001 to \$120,000..... | 7  |
| \$120,001 to \$135,000..... | 3  |
| Over \$135,000.....         | 9  |
| Not sure.....               | 2  |
| No answer.....              | 5  |

The next two questions are about sexual orientation and gender identity.

89. Do you consider yourself to be... INTERVIEWER, IF ASKED WHY: We ask this question in order to better understand the health and health care needs of people with different sexual orientations.

|                     |     |
|---------------------|-----|
| Straight.....       | 97% |
| Lesbian or gay..... | 1   |
| Bisexual.....       | 2   |
| Not sure.....       | 0   |

90. Do you consider yourself to be transgender or gender non-conforming? INTERVIEWER, IF ASKED  
 DEFINITION: People describe themselves as transgender when they experience a different gender identity from their sex at birth. For example, a person born into a male body, but who feels female or lives as a woman would be transgender. Some transgender people change their physical appearance so that it matches their internal gender identity. Some transgender people take hormones and some have surgery. A transgender person may be of any sexual orientation-straight, gay, lesbian or bisexual. GENDER NON-CONFORMING DEFINITION: some people think of themselves as gender non-conforming when they do not identify only as a man or only as a woman.

|               |     |
|---------------|-----|
| Yes.....      | <1% |
| No.....       | 99  |
| Not sure..... | <1  |

91. In the past year, have you experienced discrimination, bigotry or prejudice due to your sexual orientation or gender identity? [18 Respondents]

Yes..... 3 respondents  
No..... 15 respondents  
Not sure ..... 0 respondents

92. How many children under the age of 18 are living in the household?

None .....64% →GO TO Q116  
One ..... 18 → CONTINUE WITH Q93  
Two or more ..... 18 → CONTINUE WITH Q93

For the next questions, we would like to talk about the [RANDOM SELECTED] child.

93. Do you make health care decisions for [HIM/HER]? [179 Respondents]

Yes.....82% → CONTINUE WITH Q94  
No..... 18 →GO TO Q116

94. What is the age of the child? [146 Respondents]

12 or younger .....64%  
13 to 17 years old .....36

95. Is this child a boy or girl? [145 Respondents]

Boy .....49%  
Girl .....51

96. 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? [146 Respondents]

Yes.....92% → CONTINUE WITH Q97  
No..... 8 → GO TO Q98  
Not sure ..... 0 → GO TO Q98

97. 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? [134 Respondents]

Yes.....97%  
No..... 3  
Not sure ..... 0

98. 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? [146 Respondents]

Yes..... 0% → CONTINUE WITH Q99  
No.....100 → GO TO Q101

99. Why did your child not see a specialist needed? [0 Respondents; Multiple Responses Accepted]

100. What type of specialist was your child directed to see? [0 Respondents]

101. Some new parents are helped by programs that send nurses, health care workers, social workers, or other professionals to their home to help prepare for the new baby or take care of the baby or mother. Between the time of pregnancy and up until the present day, did someone from such a program visit your home? [146 Respondents]

|                |     |
|----------------|-----|
| Yes.....       | 12% |
| No.....        | 86  |
| Not sure ..... | 2   |

102. When your child was an infant of less than one year old, where did [HE/SHE] usually sleep? [146 Respondents]

|  |     |
|--|-----|
| Crib or bassinette.....                | 92% |
| Pack n' Play.....                      | 3   |
| Couch or chair .....                   | 0   |
| Swing.....                             | 0   |
| Car .....                              | 0   |
| Car seat.....                          | <1  |
| Floor .....                            | 0   |
| In bed with you or another person..... | 1   |
| Not sure .....                         | 3   |

103. Does your child have asthma? [146 Respondents]

|                |     |                     |
|----------------|-----|---------------------|
| Yes.....       | 10% | →CONTINUE WITH Q104 |
| No.....        | 90  | →GO TO Q105         |
| Not sure ..... | 0   | →GO TO Q105         |

104. 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? [14 Respondents]

|          |                |
|----------|----------------|
| Yes..... | 10 respondents |
| No.....  | 3 respondents  |

105. Does your child have diabetes? [146 Respondents]

|                |    |
|----------------|----|
| Yes.....       | 0% |
| No.....        | 99 |
| Not sure ..... | 1  |

106. How safe from crime is your child in your community or neighborhood? [146 Respondents]

|                       |     |
|-----------------------|-----|
| Extremely safe.....   | 38% |
| Safe.....             | 61  |
| Unsafe.....           | 0   |
| Extremely unsafe..... | 1   |
| Not sure .....        | 0   |

107. During the past 6 months, how often was your child unhappy, sad or depressed? [116 Respondents of Children 4 to 17 years old]

|                    |     |
|--------------------|-----|
| Always.....        | <1% |
| Nearly always..... | 8   |
| Sometimes.....     | 25  |
| Seldom.....        | 53  |
| Never.....         | 14  |
| Not sure.....      | 0   |

108. During the past 12 months, has your child experienced any bullying? [116 Respondents of Children 4 to 17 years old]

|               |     |                     |
|---------------|-----|---------------------|
| Yes.....      | 25% | →CONTINUE WITH Q109 |
| No.....       | 71  | →GO TO Q110         |
| Not sure..... | 4   | →GO TO Q110         |

109. What type of bullying did your child experience? [116 Respondents of Children 4 to 17 years old]

|  |     |
|--|-----|
| Verbally abused for example spreading mean rumors or kept out of a group....   | 23% |
| Physically bullied for example, being hit or kicked.....   | 7   |
| Cyber or electronically bullied for example, teased, taunted, humiliated or threatened by email, cell phone, Facebook postings, texts or other electronic methods..... | 3   |

110. On an average day, not counting juice, how many servings of fruit does your child eat? One serving is ½ cup canned or cooked fruit, 1 medium piece of fruit or ¼ cup dried fruit. [146 Respondents]

|                          |     |
|--------------------------|-----|
| 1 or fewer servings..... | 27% |
| 2 servings.....          | 36  |
| 3 or more servings.....  | 36  |
| Not sure.....            | 0   |

111. On an average day, how many times does your child eat vegetables? One serving is ½ cup cooked or raw vegetables, or 1 cup of raw leafy greens. [146 Respondents]

|                          |     |
|--------------------------|-----|
| 1 or fewer servings..... | 36% |
| 2 servings.....          | 41  |
| 3 or more servings.....  | 23  |
| Not sure.....            | 0   |

112. On average, approximately how many hours a day does your child spend in front of a tv, computer, smart phone, tablet or video gaming system for leisure? [146 Respondents]

|                      |     |
|----------------------|-----|
| 1 hour or less.....  | 38% |
| 2 to 3 hours.....    | 38  |
| 4 to 5 hours.....    | 14  |
| 6 or more hours..... | 9   |
| Not sure.....        | 1   |

113. During the past 30 days, how often did your child drink regular soda or pop that contains sugar, sugar-sweetened fruit drinks such as Kool-Aid and lemonade, sweet tea and sports or energy drinks such as Gatorade and Red Bull or sweetened coffee drinks? [142 Respondents]

|                              |     |
|------------------------------|-----|
| 0 times .....                | 28% |
| Few times per month .....    | 9   |
| 1 to 3 times per week.....   | 39  |
| 4 to 6 times per week.....   | 4   |
| 1 time per day .....         | 15  |
| 2 times per day .....        | 4   |
| 3 or more times per day..... | 0   |
| Not sure .....               | 0   |

114. 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? [116 Respondents of Children 4 to 17 years old]

|                        |    |                      |
|------------------------|----|----------------------|
| 0 or 1 day .....       | 4% | → CONTINUE WITH Q115 |
| 2 through 4 days ..... | 29 | → CONTINUE WITH Q115 |
| 5 or more days .....   | 64 | → GO TO Q116         |
| Not sure .....         | 3  | → GO TO Q116         |

115. Why was your child not physically active for at least 60 minutes on more days? [39 Respondents: Multiple responses accepted]

|   |     |
|---|-----|
| Weather .....                                     | 63% |
| School/homework/other activities .....            | 18  |
| Child does not like to be physically active ..... | 7   |
| No afterschool activities .....                   | 6   |
| Work.....   | 6   |
| Sick/ill .....                                    | 6   |
| Other (3% or less) .....                          | 5   |

116. During the past year has anyone made you afraid for your personal safety?

|                |    |
|----------------|----|
| Yes.....       | 9% |
| No .....       | 91 |
| Not sure ..... | 0  |

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

|                |    |
|----------------|----|
| Yes.....       | 5% |
| No .....       | 94 |
| Not sure ..... | <1 |

118. Finally, what are the three largest health concerns in Winnebago County?

|   |     |
|---|-----|
| Overweight or obesity .....   | 26% |
| Chronic diseases like diabetes or heart disease .....   | 22  |
| Illegal drug use .....  | 18  |
| Mental health or depression.....  | 16  |
| Infectious diseases such as whooping cough, tuberculosis, or<br>sexually transmitted diseases ..... | 15  |
| Cancer.....   | 14  |
| Alcohol use or abuse.....   | 14  |
| Access to health care (physical, dental or mental care).....  | 14  |
| Prescription or over-the-counter drug abuse.....  | 10  |
| Violence or crime .....   | 6   |
| Affordable health care .....  | 6   |
| Lack of physical activity.....  | 6   |
| Access to affordable healthy food .....   | 6   |
| Tobacco use .....   | 3   |
| Environmental issues (air, water, wind turbines, animal waste) ...                                  | 3   |
| Driving problems/aggressive driving/drunken driving .....   | 2   |
| Aging/aging population .....  | 1   |