

Northshore Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Northshore residents. This summary was prepared by JKV Research, LLC for Aurora Health Care, Children’s Hospital of Wisconsin, Columbia St. Mary’s Health System, Froedtert Health and Wheaton Franciscan Healthcare in partnership with the Northshore Health Department and the Center for Urban Population Health. Additional data is available at www.aurora.org, www.chw.org, www.columbia-stmarys.org/Serving_Our_Community, www.Froedtert.com/AboutUs, www.mywheaton.org and www.nshealthdept.org.

Overall Health					Vaccinations (65 and Older)				
	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>		<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>
Northshore					Northshore				
Excellent	29%	31%	26%	28%	Flu Vaccination (past year)	73%	68%	74%	71%
Very Good	40%	36%	41%	39%	Pneumonia (ever)	57%	72%	81%	72%
Fair or Poor	7%	10%	9%	11%					
<i>Other Research: (2010)</i>					<i>Other Research: (2010)</i>				
<i>Fair or Poor</i>					<i>Flu Vaccination (past year)</i>				
					<i>Pneumonia (ever)</i>				
Health Care Coverage					Health Conditions in Past 3 Years				
	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>		<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>
Northshore					Northshore				
Not Covered					High Blood Pressure	20%	25%	23%	28%
Personally (currently)	4%	4%	3%	3%	High Blood Cholesterol	20%	21%	21%	22%
Personally (past 12 months)			7%	5%	Mental Health Condition			12%	14%
Household Member (past 12 months)	13%	14%	9%	6%	Asthma (Current)	6%	7%	9%	11%
<i>Other Research: (2010)</i>					<i>Heart Disease/Condition</i>				
<i>Personally Not Covered (currently)</i>					<i>Diabetes</i>				
					<i>Cancer</i>				
					<i>Stroke</i>				
					<i>Condition Controlled Through Medication, Exercise or Lifestyle Changes</i>				
Did Not Receive Care Needed (Past 12 Months)									
Northshore				<u>2012</u>	High Blood Pressure				97%
Prescript. Meds Not Taken Due to Cost (HH Member)				9%	High Blood Cholesterol				88%
Unmet Care					Mental Health Condition				83%
Medical Care				7%	Asthma (Current)				97%
Dental Care				7%	Heart Disease/Condition				77%
Mental Health Care				3%	Diabetes				92%
Health Information and Services					Physical Health				
	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>		<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>
Northshore					Northshore				
Health Information Source					Physical Activity/Week				
Doctor				41%	Moderate Activity (5 times/30 min)	32%	35%	38%	36%
Internet				33%	Vigorous Activity (3 times/20 min)		28%	29%	29%
Advance Care Plan	35%	42%	46%	44%	Recommended Moderate or Vigorous		51%	52%	50%
Primary Source of Health Advice/Service					Overweight	46%	56%	48%	61%
Doctor/nurse practitioner’s office		91%	87%	82%	Fruit Intake (2+ servings/day)	76%	75%	72%	70%
Public health clinic/community health center		5%	5%	3%	Vegetable Intake (3+ servings/day)	36%	34%	30%	37%
Urgent care center		<1%	4%	3%					
Hospital emergency room		<1%	<1%	3%	<i>Other Research:</i>				
Hospital outpatient		<1%	<1%	<1%	<i>Overweight (2010)</i>				
No usual place		2%	2%	5%	<i>Recommended Mod. or Vig. Activity (2009)</i>				
Routine Procedures					Women’s Health				
	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>		<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>
Northshore					Northshore				
Routine Checkup (2 yrs. ago or less)	81%	83%	82%	88%	Mammogram (50+; within past 2 years)	82%	84%	83%	83%
Cholesterol Test (4 years ago or less)	77%	79%	79%	81%	Bone Density Scan (65 and older)		76%	84%	84%
Dental Checkup (past year)	77%	76%	80%	81%	Pap Smear (18 - 65; within past 3 years)	93%	93%	90%	94%
Eye Exam (past year)	52%	51%	48%	51%					
<i>Other Research:</i>					<i>Other Research: (2010)</i>				
<i>Routine Checkup (≤2 years; 2000)</i>					<i>Mammogram (50+; within past 2 years)</i>				
<i>Cholesterol Test (≤5 years; 2010)</i>					<i>Pap Smear (18+; within past 3 years)</i>				
<i>Dental Checkup (past year; 2010)</i>									

Men's Health (40 and Older)					Alcohol Use in Past Month				
Northshore	<u>2006</u>	<u>2009</u>	<u>2012</u>		Northshore	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>
Prostate Cancer Screening					Binge Drinker	10%	15%	11%	27%
Within Past 2 Years	69%	67%	62%		Driver/Passenger When Driver				
					Perhaps Had Too Much to Drink	3%	2%	1%	3%
Colorectal Cancer Screenings (50 and Older)									
Northshore	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<i>Other Research: (2010)</i>				
Blood Stool Test (within past year)	31%	22%	--	12%	<i>Binge Drinker</i>				
Sigmoidoscopy (within past 5 years)			11%	8%					
Colonoscopy (within past 10 years)			69%	69%					
Screening in Recommended Time Frame			70%	73%	Household Problems Associated With...				
					Northshore	<u>2006</u>	<u>2009</u>	<u>2012</u>	
					Alcohol	3%	1%	1%	
					Marijuana				1%
Cigarette Use									
Northshore	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	Cocaine, Heroin or Other Street Drugs				<1%
Current Smokers (past 30 days)	15%	13%	11%	12%	Misuse of Prescription or OTC Drugs				<1%
Other Tobacco Products (past 30 days)				4%	Gambling				<1%
Of Current Smokers...									
Quit Smoking 1 Day or More in Past					Children in Household				
Year Because Trying to Quit	52%	44%	54%	33%	Northshore				<u>2012</u>
Saw a Health Care Professional Past Year					Personal Health Doctor/Nurse who				
And Advised to Quit Smoking	58%	62%	80%		Knows Child Well and Familiar with History				94%
					Visited Personal Health Professional for				
<i>Other Research:</i>			<u>WI</u>	<u>U.S.</u>	Preventive Care (past 12 months)				91%
<i>Current Smokers (2010)</i>			19%	17%	Did Not Receive Care Needed (past 12 months)				
<i>Tried to Quit (2005)</i>			49%	56%	Medical Care				1%
					Dental Care				1%
					Specialist				<1%
Exposure to Smoke									
Northshore		<u>2009</u>	<u>2012</u>		Current Asthma				12%
Smoking Policy at Home					Safe in Community/Neighborhood (seldom/never)				0%
Not allowed anywhere			83%	81%	Children 5 to 17 Years Old				
Allowed in some places or at some times			3%	5%	Fruit Intake (2+ servings/day)				93%
Allowed anywhere			3%	3%	Vegetable Intake (3+ servings/day)				45%
No rules inside home			11%	11%	Physical Activity (60 min/5 or more days)				67%
Nonsmokers' Second-Hand Smoke					Children 8 to 17 Years Old				
Exposure in Past Seven Days			15%	10%	Unhappy, Sad or Depressed				
					Always/Nearly Always (past 6 months)				1%
<i>Other Research: (WI: 2003; US: 2006-2007)</i>			<u>WI</u>	<u>U.S.</u>	Experienced Some Form of Bullying (past 12 months)				21%
<i>Smoking Prohibited at Home</i>			75%	79%	Verbally Bullied				18%
					Physically Bullied				5%
					Cyber Bullied				3%
Mental Health Status									
Northshore	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	Community Health Issues				
Felt Sad, Blue or Depressed					Northshore				<u>2012</u>
Always/Nearly Always (past 30 days)	3%	3%	4%	5%	Chronic Diseases				66%
Find Meaning and Purpose in Daily Life					Alcohol or Drug Use				60%
Seldom/Never	2%	3%	4%	4%	Violence				50%
Considered Suicide (past year)	3%	2%	3%	4%	Teen Pregnancy				30%
					Infant Mortality				27%
Personal Safety in Past Year									
Northshore	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	Infectious Diseases				23%
Afraid for Their Safety	10%	4%	6%	6%	Mental Health or Depression				23%
Pushed, Kicked, Slapped, or Hit	3%	1%	2%	5%	Lead Poisoning				<1%
At Least One of the Safety Issues	11%	5%	8%	8%					

--Not asked in 2009

Overall Health and Health Care Key Findings

In 2012, 67% of respondents reported their health as excellent or very good; 11% reported fair or poor. Respondents who were 65 and older, with a high school education or less, unmarried, overweight or inactive were more likely to report fair or poor conditions. *From 2003 to 2012, there was a statistical increase in the overall percent of respondents who reported their health as fair or poor.*

In 2012, 3% of respondents reported they were not currently covered by health care insurance. Five percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Six percent of respondents reported someone in their household was not covered at least part of the time in the past 12 months; respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report this. *From 2003 to 2012, the overall percent statistically remained the same for respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care insurance. From 2009 to 2012, the overall percent statistically decreased for respondents who reported no personal health care insurance at least part of the time in the past 12 months. From 2003 to 2012, the overall percent statistically decreased for respondents who reported someone in the household was not covered at least part of the time in the past 12 months.*

In 2012, 9% of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs in the past 12 months; respondents who were in the bottom 60 percent household income bracket, unmarried or in households without children were more likely to report this. Seven percent of respondents each reported there was a time in the last 12 months they did not receive the medical care needed or dental care needed while 3% reported they did not receive the mental health care needed. Respondents with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report they did not receive the dental care needed.

In 2012, 41% of respondents reported they receive most of their health information from a doctor followed by 33% who reported the internet. Eighty-two percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 65 and older, in the top 40 percent household income bracket or married were more likely to report this. Forty-four percent of respondents had an advance care plan; respondents who were female, 65 and older, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report an advance care plan. *From 2006 to 2012, there was a statistical decrease in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2012, there was a statistical increase in the overall percent of respondents having an advance care plan.*

In 2012, 88% of respondents reported a routine medical checkup two years ago or less while 81% reported a cholesterol test four years ago or less. Eighty-one percent of respondents reported a visit to the dentist in the past year while 51% reported an eye exam in the past year. Respondents who were female, 65 and older or with a high school education or less were more likely to report a routine checkup two years ago or less. Respondents who were 45 to 54 years old, with a college education, in the middle 20 percent household income bracket or married respondents were more likely to report a cholesterol test four years ago or less. Respondents who were 45 to 64 years old, with a college education, in the middle 20 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents who were 65 and older, in the top 60 percent household income bracket or married were more likely to report an eye exam in the past year. *From 2003 to 2012, there was a statistical increase in the overall percent of respondents reporting a routine checkup two years ago or less. From 2003 to 2012, there was no statistical change in the overall percent of respondents reporting a cholesterol test four years ago or less, a dental checkup in the past year or an eye exam in the past year.*

In 2012, 45% of respondents had a flu vaccination in the past year. Respondents who were 65 and older or unmarried were more likely to report a flu vaccination. Seventy-two percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2003 to 2012, there was no statistical change in the overall percent of respondents 18 and older as well as for respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2012, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.*

Health Risk Factors Key Findings

In 2012, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (28% and 22%, respectively). Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or overweight were more likely to report high blood pressure. Respondents who were male, 65 and older, in the middle 20 percent household income bracket or overweight were more likely to report high blood cholesterol. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight or smokers were more likely to report heart disease/condition. Respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried were more likely to report a mental health condition. Respondents 65 and older, with some post high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight or inactive were more likely to report diabetes. Respondents who were female or with a high school education or less were more likely to report current asthma. *From 2003 to 2012, there was a statistical increase in the overall percent of respondents who reported high blood pressure, diabetes or current asthma. From 2003 to 2012, there was no statistical change in the overall percent of respondents who reported high blood cholesterol, heart disease/condition or stroke. From 2009 to 2012, there was no statistical change in the overall percent of respondents who reported a mental health condition or cancer.*

In 2012, 5% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Four percent of respondents felt so overwhelmed they considered suicide in the past year; respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Four percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents 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 2003 to 2012, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed, they considered suicide or they seldom/never find meaning and purpose in daily life.*

Behavioral Risk Factors Key Findings

In 2012, 36% of respondents did moderate physical activity five times a week for 30 minutes while 29% did vigorous activity three times a week for 20 minutes. Combined, 50% met the recommended amount of physical activity; respondents 45 to 54 years old, with a high school education or less, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. Sixty-one percent of respondents were classified as overweight. Respondents who were male, 18 to 34 years old or in the bottom 60 percent household income bracket were more likely to be classified as overweight. *From 2003 to 2012, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2006 to 2012, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes or in the overall percent of respondents who met the recommended amount of physical activity. From 2003 to 2012, there was a statistical increase in the overall percent of respondents being overweight.*

In 2012, 70% of respondents reported two or more servings of fruit while 37% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education, in the top 40 percent household income bracket, who were married or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, 35 to 44 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report at least three servings of vegetables on an average day. *From 2003 to 2012, there was a statistical decrease in the overall percent of respondents who reported at least two servings of fruit on an average day. From 2003 to 2012, there was no statistical change in the overall percent of respondents who reported at least three servings of vegetables on an average day.*

In 2012, 83% of female respondents 50 and older reported a mammogram within the past two years. Eighty-four percent of female respondents 65 and older had a bone density scan. Ninety-four percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents 18 to 34 years old were more likely to report this. *From 2003 to 2012, there was no statistical change in the overall percent of respondents 50 and older who reported having a mammogram within the past two years. From 2006 to 2012, there was no statistical change in the overall percent of*

respondents 65 and older who reported a bone density scan. From 2003 to 2012, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.

In 2012, 62% of male respondents 40 and older had a prostate cancer screening within the past two years with either a digital rectal exam (DRE) or a prostate-specific antigen (PSA) test. From 2006 to 2012, there was no statistical change in the overall percent of male respondents 40 and older who reported a prostate cancer screening within the past two years.

In 2012, 12% of respondents 50 and older reported a blood stool test within the past year. Eight percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 69% reported a colonoscopy within the past ten years. This results in 73% of respondents meeting current colorectal cancer screening recommendations. From 2003 to 2012, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year. From 2009 to 2012, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy within the past five years or a colonoscopy within the past ten years. From 2009 to 2012, there was no statistical change in the overall percent of respondents who reported at least one of these tests in the recommended time frame.

In 2012, 12% of respondents were current smokers; 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 be a smoker. Four percent reported other tobacco use such as cigars, pipes, chewing tobacco or snuff in the past 30 days; respondents who were male or with some post high school education were more likely to report this. In the past 12 months, 33% of current smokers quit smoking for one day or longer because they were trying to quit. Eighty percent of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. From 2003 to 2012, there was no statistical change in the overall percent of respondents who were current smokers. From 2003 to 2012, there was a statistical decrease in the overall percent of current smokers who reported they quit smoking for one day or longer in the past 12 months because they were trying to quit. From 2006 to 2012, there was a statistical increase in the overall percent of current smokers who reported their health professional advised them to quit smoking.

In 2012, 81% of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Ten percent of nonsmoking respondents reported they were exposed to second-hand smoke in the past seven days; respondents 18 to 34 years old, with some post high school education, in the bottom 60 percent household income bracket or unmarried respondents were more likely to report this. From 2009 to 2012, there was no statistical change in the overall percent of respondents who reported smoking is not allowed anywhere inside the home. From 2009 to 2012, there was a statistical decrease in the overall percent of respondents who reported they were exposed to second-hand smoke in the past seven days.

In 2012, 27% of respondents were binge drinkers in the past month. Respondents 18 to 34 years old or with a college education were more likely to have binged at least once in the past month. Three percent of respondents reported in the past month they had been a driver or a passenger when the driver perhaps had too much to drink. From 2003 to 2012, there was a statistical increase in the overall percent of respondents who reported binge drinking in the past month. From 2003 to 2012, there was no statistical change in the overall percent of respondents who reported in the past month they were a driver or passenger when the driver perhaps had too much to drink.

In 2012, 1% of respondents each reported someone in their household experienced a legal, social, personal or physical problem in the past year in connection with drinking alcohol or marijuana use. Less than one percent of respondents each reported someone in their household experienced a problem in connection with cocaine/heroin/other street drugs, the misuse of prescription drugs/over-the-counter drugs or gambling. From 2006 to 2012, there was a statistical decrease in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical, in connection with drinking in the past year.

In 2012, 6% of respondents reported someone made them afraid for their personal safety in the past year; respondents 18 to 34 years old, with some post high school education or unmarried respondents 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 male, 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. A total of 8% reported at least one of these two situations; respondents who

were male, 18 to 34 years old, with some post high school education or unmarried respondents were more likely to report this. *From 2003 to 2012, there was a statistical decrease in the overall percent of respondents reporting they were afraid for their personal safety. From 2003 to 2012, there was a statistical increase in the overall percent of respondents reporting they were pushed, kicked, slapped or hit. From 2003 to 2012, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

Children in Household

In 2012, a random child was selected for the respondent to talk about the child's health issues. Ninety-four percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 91% reporting their child visited their personal doctor or nurse for preventive care during the past 12 months. One percent of respondents each reported in the last 12 months their child did not receive the medical care needed or dental care needed while less than one percent of respondents reported their child did not visit a specialist they needed to see. Ninety-three percent of respondents reported their 5 to 17 year old child ate two or more servings of fruit on an average day while 45% reported three or more servings of vegetables. Sixty-seven percent of respondents reported their 5 to 17 year old child was physically active five times a week for 60 minutes. Twelve percent of respondents reported their child currently had asthma. One percent of respondents reported their 8 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Zero percent of respondents reported their child was seldom or never safe in their community or neighborhood. Twenty-one percent reported their 8 to 17 year old child experienced some form of bullying in the past 12 months. Eighteen percent reported verbal bullying, 5% reported physical bullying and 3% reported cyber bullying.

Community Health Issues

In 2012, respondents were asked to pick the top three health issues in the area out of eight listed. The most often cited were chronic diseases (66%), alcohol or drug use (60%) and violence (50%). Respondents 18 to 34 years old, with a least some post high school education or in the top 40 percent household income bracket were more likely to report chronic diseases. Respondents with a high school education or less were more likely to report alcohol/drug use. Respondents with some post high school education were more likely to report violence. Respondents 45 to 64 years old, with a college education or married were more likely to report teen pregnancy. Respondents who were female, with a college education or in the middle 20 percent household income bracket were more likely to report infant mortality. Respondents 18 to 34 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 infectious diseases. Female respondents were more likely to report mental health or depression as one of the top health issues.