

Manitowoc County Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of county residents. This summary was prepared by JKV Research for Aurora Health Care, Holy Family Memorial, Lakeshore CAP, Lakeshore Community Health Care, Manitowoc County Health Department and United Way Manitowoc County.

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

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

Health Conditions in Past 3 Years	Manitowoc					WI	US
	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Manitowoc County	2007	2010	2013	2016	2019	2017	2017
High Blood Pressure	28%	26%	30%	31%	31%	NA	NA
High Blood Cholesterol	28%	29%	26%	16%	24%	NA	NA
Mental Health Condition	9%	12%	16%	15%	19%	NA	NA
Diabetes	9%	6%	11%	9%	13%	NA	NA
Heart Disease/Condition	11%	9%	11%	10%	8%	NA	NA
Asthma (Current)	12%	7%	8%	13%	14%	10%	9%
Condition Controlled Through Meds, Therapy or Lifestyle Changes	Manitowoc					WI	US
	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
High Blood Pressure	--	--	94%	94%	98%	NA	NA
High Blood Cholesterol	--	--	88%	91%	88%	NA	NA
Mental Health Condition	--	--	94%	98%	75%	NA	NA
Diabetes	--	--	98%	97%	92%	NA	NA
Heart Disease/Condition	--	--	91%	82%	97%	NA	NA
Asthma (Current)	--	--	100%	91%	100%	NA	NA
Routine Procedures	Manitowoc					WI	US
	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Routine Checkup (2 Years Ago or Less)	80%	77%	79%	86%	92%	82%	83%
Cholesterol Test (4 Years Ago or Less) [HP2020 Goal: 82%]	78%	73%	75%	79%	76%	83%	86%
Dental Checkup (Past Year) [HP2020 Goal: 49%]	71%	65%	70%	69%	70%	73% ¹	66% ¹
Eye Exam (Past Year)	48%	45%	46%	47%	45%	NA	NA
Physical Health	Manitowoc					WI	US
	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2009</u>	<u>2009</u>
Physical Activity/Week	2007	2010	2013	2016	2019	2009	2009
Moderate Activity (5 Times/30 Min)	38%	42%	32%	36%	34%	NA	NA
Vigorous Activity (3 Times/20 Min)	24%	23%	20%	36%	29%	NA	NA
Recommended Moderate or Vigorous	48%	49%	42%	51%	45%	53%	51%
Sleep in Past 24 Hours (7+ Hours) [HP2020 Goal: 71%]	--	--	--	--	64%	NA	NA
Body Weight	Manitowoc					WI	US
	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Overweight Status	2007	2010	2013	2016	2019	2017	2017
Overweight (BMI 25.0+) [HP2020 Goal: 66%]	63%	66%	73%	71%	76%	67%	66%
Obese (BMI 30.0+) [HP2020 Goal: 31%]	21%	28%	34%	42%	43%	32%	31%
Nutrition and Food Security	Manitowoc					WI	US
	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2009</u>	<u>2009</u>
Fruit Intake (2+ Servings/Day)	63%	65%	60%	62%	58%	NA	NA
Vegetable Intake (3+ Servings/Day)	24%	23%	23%	26%	30%	NA	NA
At Least 5 Fruit/Vegetables/Day	35%	40%	30%	40%	34%	23%	23%
Often Read Food Label or Nutritional Information on Food Product or When Order Food from Restaurant for First Time	--	--	--	52%	39%	NA	NA
Household Went Hungry in Past Year	--	--	1%	2%	4%	NA	NA
Colorectal Cancer Screenings (50 and Older)	Manitowoc					WI	US
	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2016</u>	<u>2016</u>
Blood Stool Test (Within Past Year)	23%	--	12%	10%	13%	7%	8%
Sigmoidoscopy (Within Past 5 Years)	--	7%	7%	7%	9%	3%	2%
Colonoscopy (Within Past 10 Years)	--	70%	70%	74%	73%	70%	64%
One of the Screenings in Recommended Time Frame [HP2020 Goal: 71%]	--	71%	75%	77%	77%	74%	68%

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

¹WI and US Data for Dental Checkup is from 2016.

	Manitowoc					WI	US
Women's Health	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2016</u>	<u>2016</u>
Mammogram (50+; Within Past 2 Years)	80%	80%	81%	80%	80%	80%	78%
Bone Density Scan (65 and Older)	59%	78%	84%	84%	78%	NA	NA
Cervical Cancer Screening						<u>2014</u>	<u>2014</u>
Pap Smear (18 – 65; Within Past 3 Years) [HP2020 Goal: 93%]	80%	81%	83%	81%	89%	77%	75%
HPV Test (18 – 65; Within Past 5 Years)	--	--	--	49%	63%	NA	NA
Screening in Recommended Time Frame (18-29: Pap Every 3 Years; 30 to 65: Pap and HPV Every 5 Years or Pap Only Every 3 Years)	--	--	--	85%	96%	NA	NA
Tobacco Cigarette Smokers or Vaporers	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Current Smokers [HP2020 Goal: 12%]	20%	25%	19%	21%	16%	16%	17%
Current Vaporers (Past Month)	--	--	--	4%	3%	5%	5%
Of Current Smokers/Vaporers...						<u>2005</u>	<u>2005</u>
Quit Smoking/Vaping 1 Day or More in Past Year Because Trying to Quit [HP2020 Goal Quit Smoking: 80%]	32%	37%	44%	64%	31%	49%	56%
Saw a Health Care Professional in Past Year and Advised to Quit Smoking/Vaping	67%	80%	90%	75%	61%	NA	NA
Exposure to Smoke						WI ¹	US
Smoking Policy at Home	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>'14-15</u>	<u>'14-15</u>
Not Allowed Anywhere	--	70%	78%	85%	83%	84%	87%
Allowed in Some Places/At Some Times	--	7%	9%	5%	10%	NA	NA
Allowed Anywhere	--	4%	2%	3%	1%	NA	NA
No Rules Inside Home	--	19%	11%	8%	7%	NA	NA
Nonsmokers/Nonvaporers Exposed to Second-Hand Smoke/Vapor in Past 7 Days [HP2020 Goal Nonsmokers: 34%]	--	12%	17%	10%	15%	NA	NA
Other Tobacco Products in Past Month	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Smokeless Tobacco [HP2020 Goal: 0.2%]	--	--	--	3%	5%	2%	2%
Cigars, Cigarillos or Little Cigars	--	--	--	2%	3%	NA	NA
Alcohol Use in Past Month	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Binge Drinker* [HP2020 Goal 5+ Drinks: 24%]	28%	23%	20%	40%	30%	24%	17%
Driver/Passenger When Driver Perhaps Had Too Much to Drink	4%	2%	3%	<1%	1%	NA	NA
Household Problems Associated With...	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Alcohol	3%	3%	2%	3%	1%	NA	NA
Misuse of Prescription or OTC Drugs	--	--	<1%	<1%	3%	NA	NA
Marijuana	--	--	2%	<1%	<1%	NA	NA
Cocaine, Heroin or Other Street Drugs	--	--	0%	0%	<1%	NA	NA
Gambling	--	--	2%	<1%	<1%	NA	NA
Personal Safety in Past Year	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Afraid for Their Safety	5%	3%	4%	3%	3%	NA	NA
Pushed, Kicked, Slapped, or Hit	2%	2%	5%	1%	<1%	NA	NA
At Least One of the Safety Issues	5%	4%	7%	4%	3%	NA	NA

--Not asked. NA-WI and/or US data not available. ¹Midwest data.

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

	Manitowoc					WI	US
Times of Distress in Past Three Years	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Time of Distress and Someone in HH Looked for Community Support	--	--	--	15%	18%	NA	NA
Of Respondents Who Looked for Support							
Felt Somewhat/Slightly or Not at All Supported	--	--	--	47%	46%	NA	NA
	Manitowoc					WI	US
Mental Health Status	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Felt Sad, Blue or Depressed Always/Nearly Always (Past Month)	4%	4%	6%	5%	5%	NA	NA
Find Meaning & Purpose in Daily Life							
Seldom/Never	3%	5%	5%	4%	6%	NA	NA
Considered Suicide (Past Year)	3%	4%	3%	2%	7%	NA	NA
	Manitowoc					WI	US
Children in Household	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Personal Health Doctor/Nurse Who Knows Child Well and Familiar with History	--	--	--	96%	88%	NA	NA
Visited Personal Doctor/Nurse for Preventive Care (Past Year)	--	--	--	84%	94%	NA	NA
Did Not Receive Care Needed (Past Year)							
Medical Care	--	--	--	9%	3%	NA	NA
Dental Care	--	--	--	5%	6%	NA	NA
Specialist	--	--	--	5%	6%	NA	NA
Current Asthma	--	--	--	4%	4%	NA	NA
Safe in Community/Neighborhood (Seldom/Never)	--	--	--	0%	4%	NA	NA
Children 5 to 17 Years Old							
Fruit Intake (2+ Servings/Day)	--	--	--	75%	73%	NA	NA
Vegetable Intake (3+ Servings/Day)	--	--	--	25%	29%	NA	NA
5+ Fruit/Vegetables per Day	--	--	--	30%	45%	NA	NA
Physical Activity (60 Min./5 or More Days/Week)	--	--	--	69%	55%	NA	NA
Unhappy, Sad or Depressed Always/Nearly Always (Past 6 Mo.)	--	--	--	0%	6%	NA	NA
Experienced Some Form of Bullying (Past Year)	--	--	--	27%	21%	NA	NA
Verbally Bullied	--	--	--	27%	19%	NA	NA
Physically Bullied	--	--	--	2%	0%	NA	NA
Cyber Bullied	--	--	--	0%	4%	NA	NA
	Manitowoc					WI	US
Top County Health Issues*	<u>2007</u>	<u>2010</u>	<u>2013</u>	<u>2016</u>	<u>2019</u>	<u>2017</u>	<u>2017</u>
Illegal Drug Use	--	--	14%	45%	50%	NA	NA
Alcohol Use or Abuse	--	--	30%	24%	25%	NA	NA
Prescription or OTC Drug Abuse	--	--	5%	15%	22%	NA	NA
Access to Health Care	--	--	21%	11%	22%	NA	NA
Chronic Diseases	--	--	22%	17%	17%	NA	NA
Overweight or Obesity	--	--	28%	24%	17%	NA	NA
Mental Health or Depression	--	--	6%	9%	13%	NA	NA
Cancer	--	--	23%	20%	10%	NA	NA
Violence or Crime	--	--	3%	2%	7%	NA	NA
Affordable Health Care	--	--	--	5%	7%	NA	NA
Tobacco Use	--	--	11%	6%	6%	NA	NA
Access to Affordable Healthy Food	--	--	3%	<1%	4%	NA	NA
Environmental Issues	--	--	4%	2%	4%	NA	NA

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

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

General Health

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

Health Care Coverage and Information

In 2019, 3% of respondents reported they were not currently covered by health care insurance. Five percent of respondents reported they personally did not have health care coverage at least part of the time in the past year; respondents 18 to 34 years old or in the bottom 40 percent household income bracket were more likely to report this. Eight percent of respondents reported someone in their household was not covered at least part of the time in the past year; respondents in the bottom 40 percent household income bracket were more likely to report this. *From 2007 to 2019, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage while from 2016 to 2019, there was no statistical change. From 2010 to 2019, the overall percent statistically decreased for respondents who reported no personal health care coverage at least part of the time in the past year while from 2016 to 2019, the overall percent statistically remained the same. From 2007 to 2019, the overall percent statistically decreased for respondents who reported someone in the household was not covered at least part of the time in the past year while from 2016 to 2019, there was no statistical change.*

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

In 2019, 59% of respondents reported they contact a doctor when looking for health information or clarification while 20% reported they look on the Internet. Seven percent reported other health professional. Six percent reported family/friends while 4% reported they were, or a family member was, in the healthcare field. Respondents who were male, 18 to 34 years old or with some post high school education or less were more likely to report they contact a doctor. Female respondents were more likely to report the Internet as their source for health information. Respondents 45 to 54 years old or in the bottom 40 percent household income bracket were more likely to report family/friends. Respondents 35 to 44 years old or 55 to 64 years old were more likely to report themselves or a family member in the health field. Ninety percent of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents 65 and older were more likely to report a primary care physician. Sixty-five percent of respondents reported their primary place for health services when they are sick was from a doctor's or nurse practitioner's office while 18% reported an urgent care center followed by 5% reporting a public health clinic/community health center. Respondents who were female or 55 and older were more likely to report a doctor's or nurse practitioner's office as their primary health care when they are sick. Respondents 35 to 44 years old, in the middle 20 percent household income bracket or married respondents were more likely to report an urgent care center as their primary health care. Respondents who were male, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report a public health clinic/community health center as their primary health care. Forty-three percent of respondents had an advance care plan; respondents who were male, 65 and older or married were more likely to report an advance care plan. *From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting doctor, the Internet or other health professional as their source of health information/clarification. From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting family/friends as their source of health information/clarification. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents reporting they were, or a family*

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

Routine Procedures

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

Vaccinations

In 2019, 53% of respondents had a flu vaccination in the past year. Respondents 65 and older were more likely to report a flu vaccination. Seventy-four percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2007 to 2019, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past year while from 2016 to 2019, there was no statistical change. From 2007 to 2019, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past year, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination, as well as from 2016 to 2019.*

Fallen/Injuries Limited Activities

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

Health Conditions

In 2019, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (31%) or high blood cholesterol (24%). Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket or who were overweight were more likely to report high blood pressure. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket or overweight respondents were more likely to report high blood cholesterol. Nineteen percent reported a mental health condition; respondents who were female, 35 to 44 years old, with a high school education or less or in the middle 20 percent household income bracket were more likely to report this. Thirteen percent of respondents reported diabetes. Respondents 45 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight or smokers were more likely to report diabetes. Eight percent reported they were treated for, or told they had heart disease/condition in the past three years; respondents 65 and older were more likely to report this. Fourteen percent reported current asthma; respondents with a high school education or less, with a college education or married respondents were more likely to report current asthma. *From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported high blood pressure, diabetes, heart disease/condition or current asthma, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported high blood cholesterol while from 2016 to 2019, there was a statistical increase. From 2007 to 2019, there was a statistical increase in the overall percent of respondents who reported a mental health condition while from 2016 to 2019, there was no statistical change.*

Times of Distress

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

Mental Health Status

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

Physical Health

In 2019, 34% of respondents did moderate physical activity five times a week for 30 minutes. Twenty-nine percent of respondents did vigorous activity three times a week for 20 minutes. Combined, 45% met the recommended amount of physical activity; respondents who were not overweight were more likely to report this. Sixty-four percent of respondents reported they get at least seven hours of sleep in a 24-hour period; respondents who were 65 and older or not overweight were more likely to report this. *From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes while from 2016 to 2019, there was a statistical decrease. From 2007 to 2019, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity, as well as from 2016 to 2019.*

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

Nutrition and Food Insecurity

In 2019, 58% of respondents reported two or more servings of fruit while 30% reported three or more servings of vegetables on an average day. Respondents with a college education, in the top 40 percent household income bracket, who were married or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents 18 to 44 years old, with some post high school education, in the middle 20 percent household income bracket or who did at least some physical activity were more likely to report at least three servings of vegetables on an average day. Thirty-four percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents 18 to 34 years old, with some post high school education, in the middle 20 percent household income bracket, who were unmarried or did at least some physical activity were more likely to report this. Thirty-nine percent of respondents reported when they buy a food product or order food from a restaurant for the first time, they often read the food label or nutrition information; respondents who were not overweight or met the recommended amount of physical activity were more likely to report this. Four percent of respondents reported their household went hungry because they couldn't afford enough food in the past year; respondents in the bottom 40 percent household income bracket were more likely to report this. *From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, as well as from 2016 to 2019. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported when they buy a food product or order food from a restaurant for the first time, they often read the food label or nutrition information. From*

2013 to 2019, there was a statistical increase in the overall percent of respondents who reported their household went hungry because they couldn't afford enough food in the past year while from 2016 to 2019, there was no statistical change.

Women's Health

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

Colorectal Cancer Screening

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

Alcohol Use

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

Tobacco Use

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

In 2019, 83% of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, married, nonsmokers or in households with children were more likely to report

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

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

Household Problems

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

Personal Safety

In 2019, 3% of respondents reported someone made them afraid for their personal safety in the past year. Less than one percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 3% reported at least one of these two situations. *From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed/kicked/slapped/hit, as well as from 2016 to 2019. From 2007 to 2019, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues, as well as from 2016 to 2019.*

Children in Household

In 2019, the respondent was asked if they make health care decisions for children living in the household. If yes, they were asked a series of questions about the health and behavior of a randomly selected child. Eighty-eight percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 94% reporting their child visited their personal doctor or nurse for preventive care during the past year. Six percent of respondents each reported in the past year their child did not receive the dental care needed or their child did not visit a specialist they needed while 3% reported their child did not receive the medical care needed. Four percent of respondents reported their child currently had asthma. Four percent of respondents reported their child was seldom/never safe in their community. Seventy-three percent of respondents reported their 5 to 17 year old child ate at least two servings of fruit on an average day while 29% reported three or more servings of vegetables. Forty-five percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Fifty-five percent of respondents reported their 5 to 17 year old child was physically active for 60 minutes five times a week. Six percent of respondents reported their 5 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Twenty-one percent reported their 5 to 17 year old child experienced some form of bullying in the past year; 19% reported verbal bullying, 4% cyber bullying and 0% reported physical bullying. *From 2016 to 2019, there was a statistical decrease in the overall percent of respondents reporting their child had a personal doctor or nurse. From 2016 to 2019, there was a statistical increase in the overall percent of respondents reporting their child visited their personal doctor/nurse for preventive care. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child had an unmet dental care need or was unable to see a specialist when needed. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported their child had an unmet medical care need. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child currently had asthma or their child was seldom/never safe in their community. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported*

their child ate at least two servings of fruit, ate at least three servings of vegetables or met the recommendation of at least five servings of fruit/vegetables. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child was physically active for at least 60 minutes five times a week. From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported their 5 to 17 year old child always or nearly always felt unhappy/sad/depressed. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their child was bullied in some way. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child was verbally bullied, cyber bullied or physically bullied.

Top County Health Issues

In 2019, respondents were asked to list the top three health issues in the county. The most often cited were illegal drug use (50%), alcohol use/abuse (25%) or prescription/over-the-counter drug abuse or access to health care (22% each). Respondents 18 to 34 years old were more likely to report illegal drug use as a top health issue. Respondents who were 18 to 34 years old or unmarried were more likely to report alcohol use or abuse. Respondents 18 to 34 years old were more likely to report prescription or over-the-counter drug abuse. Respondents who were female, 55 to 64 years old or with a college education were more likely to report access to health care. Seventeen percent of respondents reported chronic diseases as a top issue; male respondents were more likely to report this. Seventeen percent of respondents reported overweight or obesity; respondents 35 to 44 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. Thirteen percent of respondents reported mental health/depression; respondents 35 to 44 years old, with a college education or married respondents were more likely to report this. Ten percent of respondents reported cancer as a top issue; respondents in the top 40 percent household income bracket were more likely to report this. Seven percent of respondents reported violence or crime; respondents 18 to 34 years old, 45 to 54 years old or in the bottom 40 percent household income bracket were more likely to report this. Seven percent of respondents reported affordable health care; married respondents were more likely to report this. Six percent reported tobacco use as a top issue. Four percent of respondents reported access to affordable healthy food; respondents in the middle 20 percent household income bracket were more likely to report this. Four percent of respondents reported environmental issues; respondents who were male, 35 to 44 years old or 55 to 64 years old were more likely to report this. *From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported illegal drug use or mental health/depression as one of the top health issues in the county while from 2016 to 2019, there was no statistical change. From 2013 to 2019, there was a statistical increase in the overall percent of respondents who reported prescription/over-the-counter drug abuse or violence/crime as one of the top health issues in the county, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical decrease in the overall percent of respondents who reported overweight/obesity or cancer as one of the top health issues in the county, as well as from 2016 to 2019. From 2013 to 2019, there was a statistical decrease in the overall percent of respondents who reported tobacco use as one of the top health issues while from 2016 to 2019, there was no statistical change. From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported access to health care or access to affordable healthy food as one of the top health issues in the county while from 2016 to 2019, there was a statistical increase. From 2013 to 2019, there was no statistical change in the overall percent of respondents who reported alcohol use/abuse, chronic diseases or environmental issues, as well as from 2016 to 2019. From 2016 to 2019, there was no statistical change in the overall percent of respondents reporting affordable health care. Please note: prior to 2019, respondents were provided a list of 17 health issues to select the top three.*