

Washington County Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Washington County residents. This summary was prepared by JKV Research, LLC for Aurora Health Care, Children’s Wisconsin, Froedtert & Medical College and Washington Ozaukee County Public Health Department. Please see the full report for complete data analysis.

	Washington					<i>WI</i>	<i>US</i>
	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Overall Health							
Excellent/Very Good	67%	51%	62%	58%	52%	52%	51%
Good	22%	29%	27%	27%	34%	33%	32%
Fair or Poor	12%	19%	12%	16%	15%	15%	17%
Health Care Coverage							
Not Covered							
Personally (Currently, 18 Years Old and Older) [HP2020 Goal: 0%]	2%	10%	5%	5%	6%	10%	11%
Personally (Currently, 18 to 64 Years Old) [HP2020 Goal: 0%]	3%	12%	6%	5%	7%	11%	13%
Personally (Past Year, 18 and Older)	6%	11%	10%	10%	10%	NA	NA
Household Member (Past Year)	8%	12%	10%	9%	11%	NA	NA
Did Not Receive Care Needed in Past Year							
Delayed/Did Not Seek Care Due to Cost	--	15%	16%	23%	15%	10%	12%
Unmet Need/Care in Household							
Prescription Medication Not Taken Due to Cost [HP2020 Goal: 3%]	--	14%	7%	17%	7%	NA	NA
Medical Care [HP2020 Goal: 4%]	--	12%	10%	15%	7%	NA	NA
Dental Care [HP2020 Goal: 5%]	--	19%	9%	15%	12%	NA	NA
Mental Health Care	--	1%	2%	3%	6%	NA	NA
Health Information							
Primary Source of Health Information							
Doctor	--	44%	44%	49%	47%	NA	NA
Internet	--	27%	32%	25%	32%	NA	NA
Myself/Family Member in Health Care Field	--	5%	5%	11%	11%	NA	NA
Family/Friends	--	4%	2%	<1%	4%	NA	NA
Other Health Professional	--	7%	6%	5%	3%	NA	NA
Health Services							
Have a Primary Care Physician [HP2020 Goal: 84%]	--	--	--	91%	87%	81%	77%
Primary Health Services							
Doctor/Nurse Practitioner’s Office	87%	81%	84%	84%	74%	NA	NA
Urgent Care Center	1%	1%	4%	4%	9%	NA	NA
Hospital Emergency Room	2%	<1%	2%	2%	4%	NA	NA
Quickcare Clinic (Fastcare Clinic)	--	--	--	2%	3%	NA	NA
Public Health Clinic/Com. Health Center	6%	10%	4%	4%	2%	NA	NA
Worksite Clinic	--	--	--	3%	<1%	NA	NA
Hospital Outpatient	2%	1%	2%	0%	0%	NA	NA
No Usual Place	2%	6%	3%	<1%	7%	NA	NA
Advance Care Plan	43%	38%	43%	46%	42%	NA	NA
Vaccinations (65 and Older)							
Flu Vaccination (Past Year)	67%	66%	62%	72%	65%	46%	55%
Pneumonia (Ever) [HP2020 Goal: 90%]	68%	73%	79%	75%	79%	75%	74%

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

	Washington					WI	US
Routine Procedures	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Routine Checkup (2 Years Ago or Less)	86%	80%	91%	83%	83%	87%	88%
Cholesterol Test (4 Years Ago or Less) [HP2020 Goal: 82%]	81%	74%	84%	80%	75%	83% ¹	86% ¹
Dental Checkup (Past Year) [HP2020 Goal: 49%]	78%	71%	72%	72%	74%	71%	68%
Eye Exam (Past Year)	49%	42%	49%	42%	53%	NA	NA
Tested for a Sexually Transmitted Infection in Lifetime	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Tested for a Sexually Transmitted Infection, including HIV	--	--	--	--	37%	NA	NA
Health Conditions in Past 3 Years	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
High Blood Pressure	21%	28%	27%	26%	24%	NA	NA
High Blood Cholesterol	19%	21%	23%	21%	21%	NA	NA
Mental Health Condition	11%	8%	18%	16%	21%	NA	NA
Heart Disease/Condition	10%	8%	6%	8%	11%	NA	NA
Diabetes	8%	9%	7%	13%	10%	NA	NA
Asthma (Current)	9%	8%	10%	9%	10%	9%	10%
Condition Controlled Through Meds, Therapy or Lifestyle Changes	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
High Blood Pressure	--	97%	98%	94%	95%	NA	NA
High Blood Cholesterol	--	88%	91%	89%	90%	NA	NA
Mental Health Condition	--	100%	96%	89%	99%	NA	NA
Heart Disease/Condition	--	97%	75%	91%	93%	NA	NA
Diabetes	--	69%	96%	96%	90%	NA	NA
Asthma (Current)	--	88%	93%	91%	100%	NA	NA
Physical Activity							
Physical Activity/Week	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2009</u>	<u>2009</u>
Moderate Activity (5 Times/30 Min)	42%	30%	35%	36%	41%	NA	NA
Vigorous Activity (3 Times/20 Min)	28%	26%	26%	28%	31%	NA	NA
Recommended Moderate or Vigorous	52%	40%	46%	45%	49%	53%	51%
Body Weight							
Overweight Status	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
At Least Overweight (BMI 25.0+) [HP2020 Goal: 66%]	63%	70%	67%	69%	69%	67%	66%
Obese (BMI 30.0+) [HP2020 Goal: 31%]	26%	32%	31%	36%	36%	32%	31%
Nutrition and Food Security	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2009</u>	<u>2009</u>
Fruit Intake (2+ Servings/Day)	64%	58%	66%	71%	61%	NA	NA
Vegetable Intake (3+ Servings/Day)	28%	22%	29%	34%	25%	NA	NA
At Least 5 Fruit/Vegetables/Day	37%	30%	40%	44%	33%	23%	23%
Often Read Food Label/Nutritional Information for First Time Purchase	--	--	--	55%	53%	NA	NA
Household Went Hungry (Past Year)	--	--	--	5%	4%	NA	NA
Colorectal Cancer Screenings (50 and Older)	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Blood Stool Test (Within Past Year)	--	15%	9%	10%	13%	7%	9%
Sigmoidoscopy (Within Past 5 Years)	15%	10%	9%	6%	7%	3%	2%
Colonoscopy (Within Past 10 Years)	64%	69%	72%	72%	67%	71%	64%
One of the Screenings in Recommended Time Frame [HP2020 Goal: 71%]	69%	74%	74%	75%	73%	75%	70%

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

¹WI and US data for cholesterol test is from 2017.

	Washington					WI	US
Women's Health	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Mammogram (50+; Within Past 2 Years)	88%	77%	84%	82%	75%	78%	78%
Bone Density Scan (65 and Older)	78%	78%	88%	88%	85%	NA	NA
Cervical Cancer Screening							
Pap Smear (18 – 65; Within Past 3 Years) [HP2020 Goal: 93%]	90%	83%	92%	89%	77%	81%	80%
HPV Test (18 – 65; Within Past 5 Years)	--	--	57%	55%	56%	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)	--	--	95%	89%	86%	NA	NA
Tobacco Cigarette Smokers or Vapers	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Current Smokers [HP2020 Goal: 12%]	17%	17%	20%	18%	16%	17%	16%
Current Vapers (Past Month)	--	--	5%	8%	9%	5% ¹	4%
Of Current Smokers/Vapers...						<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%]	62%	62%	50%	46%	44%	49%	56%
Saw a Health Care Professional in Past Year and Advised to Quit Smoking/Vaping	67%	77%	78%	62%	65%	NA	NA
Exposure to Smoke/Vapor						WI ²	US
Smoking Policy at Home	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>'14-15</u>	<u>'14-15</u>
Not Allowed Anywhere	81%	80%	83%	83%	90%	84%	87%
Allowed in Some Places/At Some Times	8%	7%	5%	9%	5%	NA	NA
Allowed Anywhere	2%	2%	2%	<1%	<1%	NA	NA
No Rules Inside Home	9%	12%	10%	7%	5%	NA	NA
Nonsmokers/Nonvapers Exposed to Second-Hand Smoke/Vapor in Past 7 Days [HP2020 Goal Nonsmokers: 34%]	28%	16%	9%	10%	14%	NA	NA
Other Tobacco Products in Past Month	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Smokeless Tobacco [HP2020 Goal: 0.2%]	--	--	8%	5%	7%	4%	4%
Cigars, Cigarillos or Little Cigars	--	--	4%	6%	4%	NA	NA
Alcohol Use in Past Month	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Binge Drinker* [HP2020 Goal 5+ Drinks: 24%]	29%	33%	39%	34%	39%	26%	16%
Driver/Passenger When Driver Perhaps Had Too Much to Drink	3%	3%	3%	2%	5%	NA	NA
Household Problems Associated With...	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Alcohol	3%	1%	1%	2%	4%	NA	NA
Marijuana	--	2%	2%	<1%	2%	NA	NA
Cocaine, Meth or Other Street Drugs	--	--	--	--	<1%	NA	NA
Heroin or Other Opioids	--	--	--	--	<1%	NA	NA
Personal Safety Issue in Past Year	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Afraid for Their Safety	4%	4%	7%	2%	8%	NA	NA
Pushed, Kicked, Slapped, or Hit	3%	3%	2%	3%	4%	NA	NA
At Least One of the Safety Issues	7%	6%	8%	4%	11%	NA	NA

--Not asked. NA-WI and/or US data not available. ¹Wisconsin current vapers is 2017 data. ²Midwest data.

*In 2008, binge drinking was defined as 5 or more drinks regardless of gender. Since 2011, binge drinking has been defined as 4 or more drinks for females and 5 or more drinks for males to account for metabolism differences.

	Washington					WI	US
Times of Distress in Past Three Years	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Times of Distress and Someone in HH Looked for Community Support	--	--	--	19%	19%	NA	NA
Of Respondents Who Looked for Support							
Felt Somewhat/Slightly or Not at All Supported	--	--	--	40%	52%	NA	NA
	Washington					WI	US
Mental Health Status	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Felt Sad, Blue or Depressed Always/Nearly Always (Past Month)	4%	3%	6%	5%	4%	NA	NA
Considered Suicide (Past Year)	3%	2%	4%	3%	8%	NA	NA
Find Meaning & Purpose in Daily Life Seldom/Never	5%	3%	2%	7%	6%	NA	NA
	Washington					WI	US
Children in Household	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Primary Health Care Doctor/Nurse Who Knows Child Well and Familiar with History	--	84%	99%	99%	90%	NA	NA
Visited Primary Doctor/Nurse for Preventive Care (Past Year)	--	82%	91%	91%	84%	NA	NA
Did Not Receive Care Needed (Past Year)							
Medical Care	--	<1%	<1%	2%	1%	NA	NA
Dental Care	--	7%	9%	5%	0%	NA	NA
Specialist	--	0%	2%	2%	1%	NA	NA
Current Asthma	--	6%	4%	10%	4%	NA	NA
Safe in Community/Neighborhood Seldom/Never	--	0%	0%	1%	2%	NA	NA
Children 5 to 17 Years Old*							
Fruit Intake (2+ Servings/Day)	--	71%	73%	82%	64%	NA	NA
Vegetable Intake (3+ Servings/Day)	--	21%	30%	39%	27%	NA	NA
5+ Fruit/Vegetables per Day	--	26%	38%	50%	28%	NA	NA
Physical Activity (60 Min./5 or More Days/Week)	--	63%	80%	61%	63%	NA	NA
Unhappy, Sad or Depressed Always/Nearly Always (Past 6 Months)	--	3%	2%	4%	6%	NA	NA
Experienced Some Form of Bullying (Past Year)	--	19%	32%	33%	19%	NA	NA
Verbally Bullied	--	18%	30%	30%	19%	NA	NA
Physically Bullied	--	9%	13%	3%	4%	NA	NA
Cyber Bullied	--	6%	0%	5%	9%	NA	NA
	Washington					WI	US
Top County Health Issues	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Illegal Drug Use	--	--	--	51%	51%	NA	NA
Alcohol Use or Abuse	--	--	--	22%	26%	NA	NA
Prescription or OTC Drug Abuse	--	--	--	9%	24%	NA	NA
Mental Health or Depression	--	--	--	8%	16%	NA	NA
Chronic Diseases	--	--	--	14%	15%	NA	NA
Overweight or Obesity	--	--	--	18%	15%	NA	NA
Access to Health Care	--	--	--	18%	15%	NA	NA
Tobacco Use	--	--	--	4%	11%	NA	NA
Violence or Crime	--	--	--	4%	6%	NA	NA
Cancer	--	--	--	12%	6%	NA	NA
Access to Affordable Healthy Food	--	--	--	5%	5%	NA	NA
Driving Problems/Aggressive Driving/Drunk Driving	--	--	--	5%	4%	NA	NA
Infectious Diseases	--	--	--	1%	4%	NA	NA

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

*In 2011, 2014 and 2016, the question was asked for children 8 to 17 years old.

General Health

In 2019, 52% of respondents reported their health as excellent or very good; 15% reported fair or poor. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or inactive were more likely to report fair or poor health. *From 2008 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

In 2019, 6% of respondents reported they were not currently covered by health care insurance; respondents who were 45 to 54 years old, in the middle 20 percent household income bracket or unmarried were more likely to report this. Ten percent of respondents reported they personally did not have health care insurance at least part of the time in the past year; respondents 35 to 54 years old or in the middle 20 percent household income bracket were more likely to report this. Eleven percent of respondents reported someone in their household was not covered at least part of the time in the past year; respondents in the middle 20 percent household income bracket were more likely to report this. *From 2008 to 2019, the overall percent statistically increased 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 2008 to 2019, the overall percent statistically remained the same for respondents who reported no personal health care insurance at least part of the time in the past year, as well as from 2016 to 2019. From 2008 to 2019, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past year, as well as from 2016 to 2019.*

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 18 to 34 years old or with a college education were more likely to report this. Seven percent of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs in the past year; respondents who were in the bottom 40 percent household income bracket or married were more likely to report this. Seven percent of respondents reported there was a time in the past year someone in the household did not receive the medical care needed; respondents in the bottom 40 percent household income bracket were more likely to report this. Twelve 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. Six percent of respondents reported there was a time in the past year someone did not receive the mental health care needed; respondents in the bottom 40 percent household income bracket were more likely to report this. *From 2011 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 while from 2016 to 2019, there was a statistical decrease. From 2011 to 2019, the overall percent statistically decreased 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 2011 to 2019, the overall percent statistically decreased for respondents who reported unmet medical care in the past year, as well as from 2016 to 2019. From 2011 to 2019, the overall percent statistically decreased for respondents who reported unmet dental care in the past year while from 2016 to 2019, there was no statistical change. From 2011 to 2019, the overall percent statistically increased for respondents who reported unmet mental health care in the past year while from 2016 to 2019, there was no statistical change.*

Health Care Information

In 2019, 47% of respondents reported they contact a doctor when looking for health information or clarification while 32% reported they look on the Internet. Eleven percent reported they were, or a family member was, in the health care field. Four percent reported family/friends while 3% reported other health professional. Respondents 65 and older were more likely to report they contact a doctor. Respondents who were male or 35 to 44 years old were more likely to report the Internet as their source for health information. Respondents 45 to 54 years old, with a college education or in the top 40 percent household income bracket were more likely to report themselves or a family member in the health care field. Respondents who were female, 18 to 34 years old or with a high school education or less were more likely to report family/friends. *From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported doctor as their source of health information/clarification, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported the Internet or family/friends as their source of health information/clarification while from 2016 to 2019, there was a statistical increase. From 2011 to 2019, there was a statistical increase in the overall percent of respondents who reported they were, or family member was in the health care field and their source of health information/clarification while from 2016 to 2019, there was no statistical change. From 2011 to 2019, there was a statistical decrease in the overall percent of respondents who reported other health professional as their source of health information/clarification while from 2016 to 2019, there was no statistical change.*

Health Care Services

In 2019, 87% of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents who were female, 65 and older, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report a primary care physician. Seventy-four 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 9% reported an urgent care center followed by 4% who reported hospital emergency room. Two percent reported public health clinic/community health center for health services. Respondents who were 65 and older or unmarried 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 or with at least some post high school education were more likely to report an urgent care center as their primary health care. Forty-two percent of respondents had an advance care plan; respondents 65 and older were more likely to report an advance care plan. *From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported they have a primary care physician. From 2008 to 2019, there was a statistical decrease in the overall percent of respondents who reported their primary place for health services when they are sick was a doctor's/nurse practitioner's office, as well as from 2016 to 2019. From 2008 to 2019, there was a statistical increase in the overall percent of respondents who reported their primary place for health services when they are sick was an urgent care center, as well as from 2016 to 2019. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported their primary place for health services when they are sick was a hospital emergency room, as well as from 2016 to 2019. From 2008 to 2019, there was a statistical decrease in the overall percent of respondents who reported their primary place for health services when they are sick was a public health clinic/community health center while from 2016 to 2019, there was no statistical change. From 2008 to 2019, there was no statistical change in the overall percent of respondents with an advance care plan, as well as from 2016 to 2019.*

Routine Procedures

In 2019, 83% of respondents reported a routine medical checkup two years ago or less while 75% reported a cholesterol test four years ago or less. Seventy-four percent of respondents reported a visit to the dentist in the past year while 53% reported an eye exam in the past year. Respondents who were female, 65 and older, in the bottom 40 percent household income bracket, in the top 40 percent household income bracket or unmarried respondents were more likely to report a routine checkup two years ago or less. Respondents 55 and older, 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 45 to 54 years old, with a college education or in the top 40 percent household income bracket were more likely to report a dental checkup in the past year. Respondents who were female or 65 and older were more likely to report an eye exam in the past year. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less or a dental checkup in the past year, as well as from 2016 to 2019. From 2008 to 2019, there was a statistical decrease in the overall percent of respondents who reported a cholesterol test four years ago or less while from 2016 to 2019, there was no statistical change. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported an eye exam in the past year while from 2016 to 2019, there was a statistical increase.*

Vaccinations

In 2019, 38% of respondents had a flu vaccination in the past year. Respondents 55 and older, with a college education, in the bottom 40 percent household income or in the top 40 percent household income bracket were more likely to report a flu vaccination. Seventy-nine percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2008 to 2019, there was no statistical change 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 a statistical decrease. From 2008 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 2008 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.*

Tested for a Sexually Transmitted Infection

In 2019, 37% of respondents reported in their lifetime they had been tested for a sexually transmitted infection, including HIV, the virus that causes AIDS; respondents 35 to 44 years old were more likely to report this.

Health Conditions

In 2019, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (24%) or high blood cholesterol or a mental health condition (21% each). 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 who were 55 to 64 years old, overweight or nonsmokers were more likely to report high blood cholesterol. Respondents who were female, with some post high school education or in the bottom 40 percent household income bracket were more likely to report a mental health condition. Eleven percent reported they were treated for, or told they had heart

disease/condition in the past three years. Respondents who were male, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight, inactive or nonsmokers were more likely to report heart disease/condition. Ten percent of respondents reported diabetes; respondents 55 to 64 years old were more likely to report this. Ten percent reported current asthma; respondents 18 to 34 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to report current asthma. Of respondents who reported these health conditions, at least 90% reported the condition was controlled through medication, therapy or lifestyle changes. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease/condition, diabetes or current asthma, as well as from 2016 to 2019. From 2008 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, 19% of respondents reported someone in their household experienced times of distress in the past three years and looked for community support; respondents in the bottom 40 percent household income bracket were more likely to report this. Fifty-two 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, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past month; respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eight percent of respondents felt so overwhelmed they considered suicide in the past year; respondents 18 to 34 years old or in the bottom 60 percent household income bracket were more likely to report this. Six percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents 45 to 54 years old, with a high school education or less or in the middle 20 percent household income bracket were more likely to report this. *From 2008 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 2008 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, 41% of respondents did moderate physical activity five times a week for 30 minutes. Thirty-one percent of respondents did vigorous activity three times a week for 20 minutes. Combined, 49% met the recommended amount of physical activity; respondents who were not overweight were more likely to report this. *From 2008 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 2008 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, as well as from 2016 to 2019. From 2008 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, 69% of respondents were classified as at least overweight while 36% were obese. Respondents who were male, 55 to 64 years old, with some post high school education, in the top 60 percent household income bracket or who did not meet the recommended amount of physical activity were more likely to be classified as at least overweight. Respondents who were male, 55 to 64 years old or did an insufficient amount of physical activity were more likely to be obese. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who were at least overweight, as well as from 2016 to 2019. From 2008 to 2019, there was a statistical increase in the overall percent of respondents who were obese while from 2016 to 2019, there was no statistical change.*

Nutrition and Food Insecurity

In 2019, 61% of respondents reported two or more servings of fruit while 25% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education or married respondents were more likely to report at least two servings of fruit. Respondents who were female, 35 to 44 years old, with a college education, who were married, not overweight or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Thirty-three percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, 35 to 44 years old, with a college education, who were not overweight or met the recommended amount of physical activity were more likely to report this. Fifty-three percent of respondents reported when they buy a food

product for the first time, they often read the food label or nutrition information; respondents 18 to 44 years old, with a college education, who were married 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 2008 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 while from 2016 to 2019, there was a statistical decrease. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables 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 who reported when they buy a food product for the first time, they often read the food label or nutrition information. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their household went hungry because they couldn't afford enough food in the past year.*

Women's Health

In 2019, 75% of female respondents 50 and older reported a mammogram within the past two years. Eighty-five percent of female respondents 65 and older had a bone density scan. Seventy-seven percent of female respondents 18 to 65 years old reported a pap smear within the past three years. Fifty-six percent of respondents 18 to 65 years old reported an HPV test within the past five years. Eighty-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). Respondents with a college education or married respondents were more likely to report a cervical cancer screen within the recommended time frame. *From 2008 to 2019, there was a statistical decrease in the overall percent of respondents 50 and older who reported a mammogram within the past two years while from 2016 to 2019, there was no statistical change. From 2008 to 2019, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan, as well as from 2016 to 2019. From 2008 to 2019, there was a statistical decrease in the overall percent of respondents 18 to 65 years old who reported a pap smear within the past three years, as well as from 2016 to 2019. From 2014 to 2019, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported an HPV test within the past five years, as well as from 2016 to 2019. From 2014 to 2019, there was a statistical decrease in the overall percent of respondents 18 to 65 years old who reported a cervical cancer screen within the recommended time frame while from 2016 to 2019, there was no statistical change.*

Colorectal Cancer Screening

In 2019, 13% of respondents 50 and older reported a blood stool test within the past year. Seven percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 67% reported a colonoscopy within the past ten years. This results in 73% of respondents meeting the current colorectal cancer screening recommendations. *From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past year, as well as from 2016 to 2019. From 2008 to 2019, there was a statistical decrease in the overall percent of respondents who reported a sigmoidoscopy within the past five years while from 2016 to 2019, there was no statistical change. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported a colonoscopy within the past ten years, as well as from 2016 to 2019. From 2008 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, 39% of respondents were binge drinkers in the past month (females 4+ drinks and males 5+ drinks). Respondents who were male or 18 to 34 years old were more likely to have binged at least once in the past month. Five 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; respondents with at least some post high school education were more likely to report this. *From 2008 to 2019, there was a statistical increase in the overall percent of respondents who reported binge drinking in the past month while from 2016 to 2019, there was no statistical change. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much to drink while from 2016 to 2019, there was a statistical increase.*

Tobacco Use

In 2019, 16% of respondents were current tobacco cigarette smokers; respondents 18 to 34 years old or 45 to 54 years old were more likely to be a smoker. Nine percent of respondents used electronic cigarettes in the past month. 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 use electronic cigarettes. Forty-four percent of current smokers or vapers quit for one day or longer because they were trying to quit in the past year. Sixty-five percent of current smokers/vapers who saw a health professional in the past year reported the professional advised them to quit smoking or vaping. *From 2008 to 2019, there was no*

statistical change in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2016 to 2019. From 2014 to 2019, there was a statistical increase in the overall percent of respondents who reported electronic vapor product use in the past month while from 2016 to 2019, there was no statistical change. From 2008 to 2019, there was a statistical decrease in the overall percent of current tobacco cigarette smokers or electronic vapor product users who quit smoking or vaping for at least one day in the past year because they were trying to quit while from 2016 to 2019, there was no statistical change. From 2008 to 2019, there was no statistical change in the overall percent of current smokers or vapers who reported in the past year their health professional advised them to quit smoking or vaping, as well as from 2016 to 2019. Please note: in 2019, the tobacco cessation and health professional advised quitting questions included current vapers. In previous years, both questions were asked of current smokers only.

In 2019, 90% of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the middle 20 percent household income bracket or in households with children were more likely to report smoking is not allowed anywhere inside the home. Fourteen 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 or with some post high school education or less were more likely to report this. *From 2008 to 2019, there was a statistical increase in the overall percent of respondents who reported smoking is not allowed anywhere inside the home, as well as from 2016 to 2019. From 2008 to 2019, there was a statistical decrease 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 no statistical change. Please note: in 2019, the second-hand smoke exposure question included vaping exposure.*

In 2019, 7% of respondents used smokeless tobacco in the past month while 4% of respondents used cigars, cigarillos or little cigars. Respondents who were male, 18 to 44 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. Married respondents were more likely to report they used cigars, cigarillos or little cigars. *From 2014 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, as well as from 2016 to 2019.*

Household Problems

In 2019, 4% 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; married respondents were more likely to report this. Two percent of respondents reported someone in their household experienced some kind of problem with marijuana. Less than one percent of respondents each reported a household problem in connection with cocaine/meth/other street drugs or heroin/other opioids. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported a household problem in connection with drinking alcohol in the past year, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported a household problem with marijuana in the past year, as well as from 2016 to 2019.*

Personal Safety

In 2019, 8% of respondents reported someone made them afraid for their personal safety in the past year; respondents 18 to 34 years old or in the middle 20 percent household income bracket were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents 35 to 44 years old, with some post high school education or in the middle 20 percent household income bracket were more likely to report this. A total of 11% reported at least one of these two situations; respondents 35 to 44 years old, with some post high school education or in the middle 20 percent household income bracket were more likely to report this. *From 2008 to 2019, there was a statistical increase in the overall percent of respondents who reported they were afraid for their personal safety in the past year, as well as from 2016 to 2019. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported they were pushed/kicked/slapped/hit in the past year, as well as from 2016 to 2019. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported at least one of the two personal safety issues in the past year while from 2016 to 2019, there was a statistical increase.*

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. Ninety percent of respondents reported they have one or more persons they think of as their child's primary doctor or nurse, with 84% reporting their child visited their primary doctor or nurse for preventive care during the past year. One percent of respondents each reported in the past year their child did not receive the medical care needed or their child did not visit a specialist they needed while 0% reported their child did not receive the dental care needed. Four percent of respondents reported their child currently had asthma. Two percent of respondents reported their child was seldom/never safe in their community. Sixty-four percent of respondents reported their 5 to

17 year old child ate at least two servings of fruit on an average day while 27% reported three or more servings of vegetables. Twenty-eight percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Sixty-three 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. Nineteen percent reported their 5 to 17 year old child experienced some form of bullying in the past year; 19% reported verbal bullying, 9% cyber bullying and 4% reported physical bullying. *From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their child had a primary doctor or nurse, while from 2016 to 2019, there was a statistical decrease. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their child visited their primary doctor/nurse in the past year for preventive care, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child had an unmet medical care need or was unable to see a specialist when needed, as well as from 2016 to 2019. From 2011 to 2019, there was a statistical decrease in the overall percent of respondents who reported in the past year their child had an unmet dental care need, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their child currently had asthma, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their child was seldom/never safe in their community, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported on an average day their 5 to 17 year old 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 while from 2016 to 2019, there was a statistical decrease. From 2011 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, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported in the past six months their 5 to 17 year old child always or nearly always felt unhappy/sad/depressed, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall while from 2016 to 2019, there was a statistical decrease. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child was verbally bullied while from 2016 to 2019, there was a statistical decrease. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child was cyber bullied or physically bullied, as well as from 2016 to 2019.*

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 (51%), alcohol use/abuse (26%) or prescription/over-the-counter drug abuse (24%). Respondents who were male, 45 to 54 years old, with some post high school education, in the top 60 percent household income bracket or married respondents were more likely to report illegal drug use as a top health issue. Respondents 45 to 54 years old or with a college education were more likely to report alcohol use or abuse. Respondents with a college education or in the top 40 percent household income bracket were more likely to report prescription or over-the-counter drug abuse. Sixteen percent of respondents reported mental health/depression; respondents 45 to 54 years old were more likely to report this. Fifteen percent of respondents reported chronic diseases as a top issue; respondents with a high school education or less were more likely to report this. Fifteen percent of respondents reported overweight or obesity; respondents who were male or in the top 40 percent household income bracket were more likely to report this. Fifteen percent of respondents were more likely to report access to health care; respondents who were female or married were more likely to report this. Eleven percent reported tobacco use as a top issue; respondents 35 to 44 years old or with a high school education or less were more likely to report this. Six percent of respondents reported violence or crime; respondents 18 to 34 years old or in the middle 20 percent household income bracket were more likely to report this. Six percent of respondents reported cancer as a top issue; respondents 65 and older were more likely to report this. Five percent of respondents reported access to affordable healthy food; respondents in the bottom 40 percent household income bracket were more likely to report this. Four percent of respondents reported driving problems/aggressive driving/drunken driving; respondents 18 to 34 years old, with some post high school education or in the middle 20 percent household income bracket were more likely to report this. Four percent of respondents reported infectious diseases as a top issue. *From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported illegal drug use, alcohol use/abuse, chronic diseases, overweight/obesity, access to health care, violence/crime, access to affordable healthy food or driving problems/aggressive driving/driving drunk as one of the top health issues in the county. From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported prescription/over-the-counter drug abuse, mental health/depression, tobacco use or infectious diseases as one of the top health issues in the county. From 2016 to 2019, there was a statistical decrease in the overall percent of respondents who reported cancer as one of the top health issues in the county.*