

Waukesha County Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Waukesha County residents. This summary was prepared by JKV Research, LLC for Ascension Wisconsin, Aurora Health Care, Children's Wisconsin, Froedtert Health and ProHealth Care in partnership with Waukesha County Public Health Division. Please see the full report for complete data analysis.

Data Collection

Respondents were scientifically selected so the survey would be representative of all adults 18 years old and older in the county. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed and unlisted numbers. The respondent within each household was randomly selected by computer and based on the number of adults in the household (n=220). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=180). At least 8 attempts were made to contact a respondent in each sample. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated. A total of 400 telephone interviews were completed between July 24, 2020 and September 4, 2020.

It is important to keep this data in context of COVID-19. On March 25, 2020, a public health emergency, Safer at Home, was declared in Wisconsin where all non-essential businesses were closed for approximately ten weeks. Waukesha County developed Stay Safe to Stay Open, following the federal Guidelines for Opening Up America Again and the Wisconsin Badger Bounce Back plan to safely open up businesses and activities in the county. During the community health survey data collection, non-essential business capacity was at 50%, adult remote options were encouraged and indoor gatherings were limited to 100 people or less with social distancing. As a result, behaviors may be different than in previous years.

Weighting of Data

For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent, if an adult, was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2010 census proportion of these characteristics in the county.

Margin of Error

With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than ± 5 percent from what would have been obtained by interviewing all persons 18 years old and older with telephones in the county. This margin of error provides us with confidence in the data; 95 times out of 100, the true value will likely be somewhere between the lower and upper bound. The margin of error for smaller subgroups will be larger than ± 5 percent, since fewer respondents are in that category (e.g., adults who were asked about a child in the household).

What do the Percentages Mean?

In 2019, the Census Bureau estimated 318,146 adult residents lived in Waukesha County. Thus, in this report, one percentage point equals approximately 3,180 adults. So, when 9% of respondents reported their health was fair or poor, this roughly equals 28,620 residents $\pm 15,900$ individuals. Therefore, from 12,720 to 44,520 residents likely have fair or poor health. Because the margin of error is $\pm 5\%$, events or health risks that are small will include zero.

In 2019, the Census Bureau estimated 160,635 occupied housing units in Waukesha County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the 2019 household estimate, each percentage point for household-level data represents approximately 1,610 households.

	Waukesha					WI	US
Rating Their Own Health	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Excellent/Very Good	68%	64%	57%	60%	63%	50%	50%
Good	23%	26%	33%	25%	28%	34%	32%
Fair or Poor	9%	10%	11%	15%	9%	16%	18%
Health Care Coverage	Waukesha					WI	US
Not Covered	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Personally (Currently, 18 Years Old and Older) [HP2020 Goal: 0%]	8%	6%	2%	2%	4%	9%	11%
Personally (Currently, 18 to 64 Years Old) [HP2020 Goal: 0%]	10%	7%	2%	2%	5%	11%	14%
Personally (Past Year, 18 and Older)	11%	7%	6%	3%	7%	NA	NA
Household Member (Past Year)	12%	10%	9%	7%	9%	NA	NA
Unmet Health Care Needed in Past Year	Waukesha					WI	US
Delayed/Did Not Seek Care Due to Cost	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
	--	--	17%	17%	13%	11%	12%
Unmet Need/Care in Household							
Prescription Medication Not Taken Due to Cost [HP2020 Goal: 3%]	--	8%	8%	11%	5%	NA	NA
Medical Care [HP2020 Goal: 4%]*	--	4%	9%	12%	9%	NA	NA
Dental Care [HP2020 Goal: 5%]*	--	9%	12%	7%	16%	NA	NA
Mental Health Care*	--	<1%	3%	3%	4%	NA	NA
Health Information	Waukesha					WI	US
Primary Source of Health Information	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Doctor	--	40%	47%	49%	51%	NA	NA
Internet	--	28%	30%	30%	32%	NA	NA
Myself/Family Member in Health Care Field	--	9%	6%	13%	9%	NA	NA
Health Care Services	Waukesha					WI	US
Have a Primary Care Physician [HP2020 Goal: 84%]	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
	--	--	--	86%	89%	82%	76%
Primary Health Care Services							
Doctor/Nurse Practitioner's Office	86%	86%	78%	68%	64%	NA	NA
Urgent Care Center	4%	5%	8%	21%	21%	NA	NA
Quickcare Clinic (Fastcare Clinic)	--	--	--	3%	2%	NA	NA
Hospital Emergency Room	2%	<1%	3%	<1%	3%	NA	NA
Public Health Clinic/Community Health Center	3%	5%	4%	<1%	2%	NA	NA
Virtual Health/Tele-Medicine/Electronic Visits	--	--	--	<1%	<1%	NA	NA
Worksite Clinic	--	--	--	4%	<1%	NA	NA
Hospital Outpatient Department	1%	<1%	<1%	0%	0%	NA	NA
No Usual Place	4%	2%	6%	3%	7%	NA	NA
Advance Care Plan	40%	39%	40%	46%	46%	NA	NA
Vaccinations (65 and Older)	Waukesha					WI	US
Flu Vaccination (Past Year)	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
	75%	64%	73%	74%	82%	64%	64%
Pneumonia Vaccination (Ever) [HP2020 Goal: 90%]	74%	75%	73%	79%	84%	77%	73%

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

*In 2020, the question was asked about any household member. In previous years, the question was asked of respondents only.

	Waukesha					WI	US
Routine Procedures	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Routine Checkup (2 Years Ago or Less)	84%	85%	85%	86%	90%	87%	88%
Cholesterol Test (4 Years Ago or Less) [HP2020 Goal: 82%]	82%	79%	84%	84%	81%	84%	87%
Dental Checkup (Past Year) [HP2020 Goal: 49%]	74%	75%	76%	82%	76%	71% ¹	68% ¹
Eye Exam (Past Year)	41%	49%	55%	53%	39%	NA	NA
	Waukesha					WI	US
Health Conditions in Past 3 Years	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
High Blood Pressure	22%	26%	33%	31%	29%	NA	NA
High Blood Cholesterol	24%	25%	26%	26%	22%	NA	NA
Mental Health Condition	13%	12%	11%	18%	19%	NA	NA
Diabetes	6%	7%	9%	12%	10%	NA	NA
Heart Disease/Condition	6%	9%	7%	12%	8%	NA	NA
Asthma (Current)	9%	8%	8%	11%	9%	10%	10%
	Waukesha					WI	US
Condition Controlled Through Meds, Therapy or Lifestyle Changes	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
High Blood Pressure	--	96%	98%	98%	97%	NA	NA
High Blood Cholesterol	--	93%	81%	77%	92%	NA	NA
Mental Health Condition	--	94%	98%	97%	99%	NA	NA
Diabetes	--	97%	94%	96%	89%	NA	NA
Heart Disease/Condition	--	94%	87%	91%	93%	NA	NA
Asthma (Current)	--	88%	87%	98%	97%	NA	NA
	Waukesha					WI	US
Physical Activity/Usual Week	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2009</u>	<u>2009</u>
Moderate Activity (5 Times/30 Min)	41%	33%	31%	44%	43%	NA	NA
Vigorous Activity (3 Times/20 Min)	33%	28%	31%	37%	40%	NA	NA
Recommended Moderate or Vigorous Activity	53%	47%	46%	56%	57%	53%	51%
	Waukesha					WI	US
Body Weight	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Overweight Status	63%	65%	70%	69%	70%	70%	67%
At Least Overweight (BMI 25.0+) [HP2020 Goal: 66%]	63%	65%	70%	69%	70%	70%	67%
Obese (BMI 30.0+) [HP2020 Goal: 31%]	21%	25%	34%	30%	34%	34%	32%
	Waukesha					WI	US
Nutrition and Food Security	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2009</u>	<u>2009</u>
Fruit Intake (2+ Servings/Average Day)	68%	65%	65%	67%	61%	NA	NA
Vegetable Intake (3+ Servings/Average Day)	30%	29%	25%	39%	31%	NA	NA
At Least 5 Fruit/Vegetables/Average Day	42%	37%	33%	45%	35%	23%	23%
Household Went Hungry-Couldn't Afford Enough Food (Past Year)	--	--	--	4%	2%	NA	NA
	Waukesha					WI	US
Colorectal Cancer Screenings (50 and Older)	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2018</u>	<u>2018</u>
Blood Stool Test (Within Past Year)	--	14%	12%	9%	10%	7%	9%
Sigmoidoscopy (Within Past 5 Years)	10%	4%	6%	7%	5%	3%	2%
Colonoscopy (Within Past 10 Years)	62%	59%	62%	80%	72%	71%	64%
One of the Screenings in Recommended Time Frame [HP2020 Goal: 71%]	66%	60%	65%	83%	75%	75%	70%

--Not asked. NA-WI and/or US data not available. ¹WI and US data for dental visit is from 2018.

	Waukesha					WI	US
Women's Health Screenings	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2018</u>	<u>2018</u>
Mammogram (50+; Within Past 2 Years)	76%	77%	78%	73%	84%	78%	78%
Bone Density Scan (65 and Older; Ever)	76%	86%	86%	86%	84%	NA	NA
Cervical Cancer Screening							
Pap Smear (18 – 65; Within Past 3 Years) [HP2020 Goal: 93%]	89%	83%	82%	80%	81%	81%	80%
HPV Test (18 – 65; Within Past 5 Years)	--	--	55%	47%	51%	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)	--	--	88%	84%	88%	NA	NA
Cigarette Smokers or Vapers	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Current Smokers [HP2020 Goal: 12%]	17%	17%	13%	14%	11%	15%	16%
Current Electronic Vapers (Past Month)	--	--	4%	4%	4%	4% ¹	5% ¹
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%]*	58%	45%	55%	67%	55%	49%	56%
Saw a Health Care Professional in Past Year and Advised to Quit Smoking/Vaping*	72%	69%	67%	76%	69%	NA	NA
Exposure to Smoke or Electronic Vapor						WI ²	US
Smoking Policy at Home	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>'14-15</u>	<u>'14-15</u>
Not Allowed Anywhere	85%	82%	86%	88%	88%	84%	87%
Allowed in Some Places/At Some Times	7%	8%	6%	3%	3%	NA	NA
Allowed Anywhere	2%	2%	<1%	<1%	2%	NA	NA
No Rules Inside Home	6%	7%	8%	9%	7%	NA	NA
Nonsmokers/Nonvapers Exposed to Second-Hand Smoke/Vapor in Past 7 Days* [HP2020 Goal Nonsmokers: 34%]	26%	10%	8%	7%	8%	NA	NA
Other Tobacco Products in Past Month	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Smokeless Tobacco [HP2020 Goal: 0.2%]	--	--	2%	4%	7%	3%	4%
Cigars, Cigarillos or Little Cigars	--	--	3%	4%	3%	NA	NA
Alcohol Use in Past Month	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Binge Drinker** [HP2020 Goal 5+ Drinks: 24%]	27%	22%	29%	26%	32%	22%	17%
Driver/Passenger When Driver Perhaps Had Too Much to Drink	2%	3%	<1%	2%	2%	NA	NA
Other Drug Use in Past Year	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Cocaine or Other Street Drugs	--	--	--	<1%	2%	NA	NA
Misuse of Prescription Pain Relievers	--	--	--	<1%	<1%	NA	NA
Heroin	--	--	--	0%	0%	NA	NA
Household Problems in Past Year Associated With...	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Alcohol	3%	3%	6%	1%	2%	NA	NA
Cocaine, Heroin or Other Street Drugs	--	2%	<1%	2%	1%	NA	NA
Marijuana or THC-Containing Products	--	1%	2%	1%	<1%	NA	NA
Misuse of Prescription Drugs or Over-the-Counter Drugs	--	1%	1%	1%	<1%	NA	NA

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

*In 2020, tobacco cessation, health professional advised quitting and exposure included current smokers and current vapers. In previous years, both questions were asked of current smokers only. **In 2009, binge drinking was defined as 5 or more drinks regardless of gender. Since 2012, binge drinking has been defined as 4 or more drinks for females and 5 or more drinks for males to account for metabolism differences.

	Waukesha					WI	US
Community and Personal Support	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Times of Distress and Looked for Community Resource Support (Past 3 Years)	--	--	--	18%	13%	NA	NA
Respondents Who Looked for Community Support Felt Somewhat/Slightly/Not at All Supported	--	--	--	43%	48%	NA	NA
	Waukesha					WI	US
Mental Health Status	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Felt Sad, Blue or Depressed Always/Nearly Always (Past Month)	5%	5%	4%	3%	4%	NA	NA
Considered Suicide (Past Year)	4%	2%	4%	4%	3%	NA	NA
Find Meaning & Purpose in Daily Life Seldom/Never	3%	4%	4%	4%	6%	NA	NA
	Waukesha					WI	US
Personal Safety Issues in Past Year	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Afraid for Their Safety	5%	4%	4%	4%	6%	NA	NA
Pushed, Kicked, Slapped or Hit	4%	1%	3%	5%	2%	NA	NA
At Least One of the Safety Issues	8%	4%	5%	7%	7%	NA	NA
	Waukesha					WI	US
Children in Household	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Primary Doctor/Nurse Who Knows Child Well and Familiar with History	--	86%	89%	97%	99%	NA	NA
Visited Primary Doctor/Nurse for Preventive Care (Past Year)	--	93%	95%	89%	97%	NA	NA
Did Not Receive Care Needed (Past Year)							
Medical Care	--	3%	4%	2%	4%	NA	NA
Dental Care	--	3%	6%	2%	7%	NA	NA
Specialist	--	3%	1%	<1%	6%	NA	NA
Current Asthma	--	3%	7%	3%	9%	NA	NA
Children 5 to 17 Years Old							
Fruit Intake (2+ Servings/Average Day)	--	75%	86%	67%	79%	NA	NA
Vegetable Intake (3+ Servings/Average Day)	--	30%	26%	27%	26%	NA	NA
5+ Fruit/Vegetables per Average Day	--	36%	48%	47%	47%	NA	NA
Physical Activity (60 Min./5 or More Days/Week)	--	70%	57%	60%	56%	NA	NA
Experienced Some Form of Bullying (Past Year)*	--	18%	14%	14%	10%	NA	NA
Verbally Bullied*	--	18%	14%	14%	9%	NA	NA
Physically Bullied*	--	5%	2%	4%	<1%	NA	NA
Cyber Bullied*	--	3%	4%	1%	3%	NA	NA
	Waukesha					WI	US
Top County Health Issues	<u>2009</u>	<u>2012</u>	<u>2015</u>	<u>2017</u>	<u>2020</u>	<u>2019</u>	<u>2019</u>
Coronavirus/COVID-19	--	--	--	--	48%	NA	NA
Illegal Drug Use	--	--	--	41%	31%	NA	NA
Overweight or Obesity	--	--	--	18%	22%	NA	NA
Chronic Diseases	--	--	--	17%	20%	NA	NA
Mental Health or Depression	--	--	--	10%	18%	NA	NA
Access to Health Care	--	--	--	21%	18%	NA	NA
Alcohol Use or Abuse	--	--	--	15%	11%	NA	NA
Cancer	--	--	--	11%	10%	NA	NA
Prescription or OTC Drug Abuse	--	--	--	17%	9%	NA	NA
Violence or Crime	--	--	--	5%	8%	NA	NA
Tobacco Use	--	--	--	5%	7%	NA	NA
Infectious Diseases	--	--	--	3%	5%	NA	NA
Access to Affordable Healthy Food	--	--	--	4%	5%	NA	NA

--Not asked. NA-WI and/or US data not available. *In 2020, the question was asked for children 5 to 17 years old. In previous years it was asked for children 8 to 17 years old.

Rating Their Own Health

In 2020, 63% of respondents reported their health as excellent or very good; 9% reported fair or poor. Respondents who were 65 and older, unmarried, inactive or smokers were more likely to report fair or poor health. *From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported their health as fair or poor while from 2017 to 2020, there was a statistical decrease.*

Health Care Coverage

In 2020, 4% of respondents reported they were not currently covered by health care insurance; respondents 18 to 34 years old, 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. Seven percent of respondents reported they personally did not have health care insurance at least part of the time in the past year; 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 this. Nine percent of respondents reported someone in their household was not covered at least part of the time in the past year; respondents who were in the bottom 60 percent household income bracket, unmarried or with children in the household were more likely to report this. *From 2009 to 2020, 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 2017 to 2020, there was no statistical change. From 2009 to 2020, 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 while from 2017 to 2020, there was a statistical increase. From 2009 to 2020, 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 2017 to 2020.*

In 2020, 13% 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 35 to 44 years old or with some post high school education were more likely to report this. Five 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 unmarried were more likely to report this. Nine percent of respondents reported there was a time in the past year someone in their household did not receive the medical care needed; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Sixteen percent of respondents reported there was a time in the past year someone in the household 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 someone 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 2015 to 2020, 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, as well as from 2017 to 2020. From 2012 to 2020, 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 2017 to 2020. From 2012 to 2020, the overall percent statistically increased for respondents who reported unmet medical care or unmet mental health care in the past year while from 2017 to 2020, there was no statistical change. From 2012 to 2020, the overall percent statistically increased for respondents who reported unmet dental care in the past year, as well as from 2017 to 2020. Please note: in 2020, unmet medical, dental and mental health care need was asked of the household. In prior years, it was asked of the respondent only.*

Health Care Information

In 2020, 51% of respondents reported they contact a doctor when looking for health information while 32% reported they look on the Internet. Nine percent reported they were, or a family member was, in the health care field and their source for health information. Respondents 65 and older, with some post high school education or less or in the middle 20 percent household income bracket were more likely to report they contact a doctor. Respondents 18 to 44 years old or with a college education were more likely to report the Internet. Respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report themselves or a family member in the health care field and their source for health information. *From 2012 to 2020, there was a statistical increase in the overall percent of respondents who reported doctor as their source of health information while from 2017 to 2020, there was no statistical change. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported the Internet as their source of health information, as well as from 2017 to 2020. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported they were/family member was in the health care field and their source of health information while from 2017 to 2020, there was a statistical decrease.*

Health Care Services

In 2020, 89% of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents who were female, 45 to 54 years old, 65 and older or with some post high school education were more likely to report a primary care physician. Sixty-four percent of respondents reported their primary place for health care services when they are sick was from a doctor's or nurse practitioner's office while 21% reported an urgent care center. Respondents 65 and older or with some post high school education were more likely to report a doctor's or nurse practitioner's office as their primary health care when they are sick. Respondents 18 to 34 years old, with a high school education or less, with a college education or in the top 40 percent household income bracket were more likely to report an urgent care center as their primary health care. Forty-six percent of respondents had an advance care plan; respondents who were female, 65 and older, with a college education or married respondents were more likely to report an advance care plan. *From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported they have a primary care physician. From 2009 to 2020, there was a statistical decrease in the overall percent of respondents who reported their primary place for health care services when they are sick was a doctor's/nurse practitioner's office while from 2017 to 2020, there was no statistical change. From 2009 to 2020, there was a statistical increase in the overall percent of respondents who reported their primary place for health care services when they are sick was an urgent care center while from 2017 to 2020, there was no statistical change. From 2009 to 2020, there was no statistical change in the overall percent of respondents with an advance care plan, as well as from 2017 to 2020.*

Routine Procedures

In 2020, 90% of respondents reported a routine medical checkup two years ago or less while 81% reported a cholesterol test four years ago or less. Seventy-six percent of respondents reported a visit to the dentist in the past year while 39% reported an eye exam in the past year. Respondents who were female, 65 and older or in the bottom 40 percent household income bracket were more likely to report a routine checkup two years ago or less. Respondents who were female, 45 to 54 years old, 65 and older, with some post high school education or married respondents were more likely to report a cholesterol test four years ago or less. Respondents 45 to 64 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents 65 and older, with a college education, in the top 60 percent household income bracket or married respondents were more likely to report an eye exam in the past year. *From 2009 to 2020, there was a statistical increase in the overall percent of respondents who reported a routine checkup two years ago or less while from 2017 to 2020, there was no statistical change. From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported a cholesterol test four years ago or less, as well as from 2017 to 2020. From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported a dental checkup in the past year or an eye exam in the past year while from 2017 to 2020, there was a statistical decrease.*

Vaccinations

In 2020, 56% of respondents had a flu vaccination in the past year. Respondents who were female, 65 and older or married were more likely to report a flu vaccination. Eighty-four percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2009 to 2020, 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 2017 to 2020, there was no statistical change. From 2009 to 2020, 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 2017 to 2020. From 2009 to 2020, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination in their lifetime, as well as from 2017 to 2020.*

Prevalence of Health Conditions

In 2020, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (29%), high blood cholesterol (22%) or a mental health condition (19%). Respondents 65 and older, with some post high school education, who were overweight or inactive were more likely to report high blood pressure. Respondents 55 and older, with some post high school education, who were overweight or inactive were more likely to report high blood cholesterol. Respondents 35 to 44 years old, with some post high school education or in the bottom 40 percent household income bracket were more likely to report a mental health condition. Ten percent of respondents reported diabetes in the past three years; respondents who were 65 and older or overweight were more likely to report this. Eight percent reported they were treated for, or told they had heart disease/condition in the past three years. Respondents 65 and older, with some post high school education or less, in the bottom 60 percent household income bracket or inactive respondents were more likely to report heart disease/condition. Nine percent reported current asthma; respondents who were female or with a college education were more likely to report this. Of respondents who reported these health conditions, at least 89% reported the condition was controlled through medication, therapy or lifestyle changes. *From 2009 to 2020, there was a statistical increase in the overall percent of respondents who reported high blood pressure or a mental health condition while from 2017 to 2020,*

there was no statistical change. From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported high blood cholesterol, diabetes or current asthma, as well as from 2017 to 2020. From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported heart disease/condition while from 2017 to 2020, there was a statistical decrease.

Physical Health

In 2020, 43% of respondents did moderate physical activity five times in a usual week for 30 minutes. Forty percent of respondents did vigorous activity three times a week for 20 minutes. Combined, 57% met the recommended amount of physical activity; respondents who were 18 to 34 years old or not overweight were more likely to report this. *From 2009 to 2020, 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 2017 to 2020. From 2009 to 2020, there was a statistical increase in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes while from 2017 to 2020, there was no statistical change. From 2009 to 2020, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity in a usual week, as well as from 2017 to 2020.*

In 2020, 70% of respondents were classified as at least overweight while 34% were obese. Respondents who were male, 35 to 44 years old, with some post high school education, in the middle 20 percent household income bracket or who did not meet the recommended amount of physical activity were more likely to be at least overweight. Respondents 35 to 44 years old, 55 to 64 years old, with some post high school education or inactive respondents were more likely to be obese. *From 2009 to 2020, there was a statistical increase in the overall percent of respondents who were at least overweight or obese while from 2017 to 2020, there was no statistical change.*

Nutrition and Food Insecurity

In 2020, 61% of respondents reported two or more servings of fruit while 31% reported three or more servings of vegetables on an average day. Respondents who were 35 to 44 years old, overweight, inactive or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, 18 to 34 years old, 55 to 64 years old or with a college education were more likely to report at least three servings of vegetables on an average day. Thirty-five percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, with a college education, in the middle 20 percent household income bracket or who met the recommended amount of physical activity were more likely to report this. Two percent of respondents reported their household went hungry because they couldn't afford enough food in the past year. *From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit on an average day, as well as from 2017 to 2020. From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported at least three servings of vegetables on an average day while from 2017 to 2020, there was a statistical decrease. From 2009 to 2020, there was a statistical decrease in the overall percent of respondents who reported at least five servings of fruit/vegetables on an average day, as well as from 2017 to 2020. From 2017 to 2020, there was a statistical decrease 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 2020, 84% 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. Eighty-one percent of female respondents 18 to 65 years old reported a pap smear within the past three years. Fifty-one percent of respondents 18 to 65 years old reported an HPV test within the past five years. Eighty-eight 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, in the top 40 percent household income bracket or married respondents were more likely to report a cervical cancer screen within the recommended time frame. *From 2009 to 2020, there was no statistical change in the overall percent of respondents 50 and older who reported a mammogram within the past two years, as well as from 2017 to 2020. From 2009 to 2020, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan, as well as from 2017 to 2020. From 2009 to 2020, there was no statistical change 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 2017 to 2020. From 2015 to 2020, 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 2017 to 2020. From 2015 to 2020, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported a cervical cancer screen within the recommended time frame, as well as from 2017 to 2020.*

Colorectal Cancer Screening

In 2020, 10% of respondents 50 and older reported a blood stool test within the past year. Five percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 72% reported a colonoscopy within the past ten years. This results in 75% of respondents meeting the current colorectal cancer screening recommendations. *From 2012 to 2020, 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 2017 to 2020. From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy within the past five years, as well as from 2017 to 2020. From 2009 to 2020, there was a statistical increase in the overall percent of respondents who reported a colonoscopy within the past ten years while from 2017 to 2020, there was no statistical change. From 2009 to 2020, there was a statistical increase in the overall percent of respondents who reported at least one of these tests in the recommended time frame while from 2017 to 2020, there was no statistical change.*

Alcohol Use

In 2020, 32% of respondents were binge drinkers in the past month (females 4+ drinks and males 5+ drinks). Respondents 35 to 44 years old or in the top 40 percent household income bracket were more likely to have binged at least once in the past month. Two percent of respondents reported they had been a driver or passenger when the driver perhaps had too much to drink in the past month. *From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported binge drinking in the past month, as well as from 2017 to 2020. From 2009 to 2020, 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, as well as from 2017 to 2020.*

Tobacco Use

In 2020, 11% of respondents were current tobacco cigarette smokers; respondents with a high school education or less were more likely to be a smoker. Four percent of respondents used electronic vapor products in the past month; respondents who were female, 18 to 34 years old or unmarried were more likely to report this. Fifty-five percent of current smokers or vapers quit for one day or longer because they were trying to quit in the past year. Sixty-nine 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 2009 to 2020, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers while from 2017 to 2020, there was no statistical change. From 2015 to 2020, there was no statistical change in the overall percent of respondents who reported electronic vapor product use in the past month, as well as from 2017 to 2020. From 2009 to 2020, there was no statistical change in the overall percent of current tobacco cigarette smokers or electronic vapor product users who quit smoking/vaping for at least one day in the past year because they were trying to quit, as well as from 2017 to 2020. From 2009 to 2020, there was no statistical change in the overall percent of current smokers/vapers who reported in the past year their health professional advised them to quit smoking or vaping, as well as from 2017 to 2020. Please note: in 2020, the tobacco cessation and health professional advised quitting questions included current smokers and current vapers. In previous years, both questions were asked of current smokers only.*

In 2020, 88% of respondents reported smoking is not allowed anywhere inside the home. Respondents with children in the household were more likely to report smoking is not allowed anywhere inside the home. Eight percent of nonsmoking or nonvaping respondents reported they were exposed to second-hand smoke or vapor in the past seven days; respondents 18 to 44 years old, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. *From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported smoking is not allowed anywhere inside the home, as well as from 2017 to 2020. From 2009 to 2020, 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 2017 to 2020, there was no statistical change. Please note: in 2020, the second-hand smoke exposure question included nonvapers while in previous years the question included nonsmokers only.*

In 2020, 7% of respondents used smokeless tobacco in the past month while 3% of respondents used cigars, cigarillos or little cigars. Respondents who were male, 18 to 54 years old, with some post high school education or less or in the top 40 percent household income bracket were more likely to report smokeless tobacco use. *From 2015 to 2020, there was a statistical increase in the overall percent of respondents who used smokeless tobacco in the past month, as well as from 2017 to 2020. From 2015 to 2020, there was no statistical change in the overall percent of respondents who used cigars/cigarillos/little cigars in the past month, as well as from 2017 to 2020.*

Other Drug Use

In 2020, less than one percent of respondents reported within the past year they used prescription pain relievers for nonmedical reasons while 6% reported more than one year ago. Zero percent of respondents reported within the past year they used heroin while 3% reported more than one year ago. Two percent reported they used cocaine or other street drugs within the past year while 8% reported more than one year ago. *From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported it has been within the past year since they last used cocaine/other street drugs, used prescription pain relievers for nonmedical reasons or used heroin.*

Household Problems

In 2020, 2% of respondents reported someone in their household experienced a problem, such as legal, social, personal, physical or medical in connection with drinking alcohol in the past year. One percent of respondents reported someone in their household experienced some kind of problem with cocaine, heroin or other street drugs in the past year. Less than one percent of respondents each reported a household problem in connection with marijuana/THC-containing products or the misuse of prescription drugs/over-the-counter drugs. *From 2009 to 2020, 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 2017 to 2020. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported a household problem with marijuana/THC-containing products, cocaine/heroin/other street drugs or misuse of prescription drugs/over-the-counter drugs, as well as from 2017 to 2020.*

Community and Personal Support

In 2020, 13% 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 40 percent household income bracket or unmarried were more likely to report this. Forty-eight percent of respondents who looked for community resource support reported they felt somewhat, slightly or not at all supported. *From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported in the past three years someone in their household experienced times of distress where they looked for community resource support. From 2017 to 2020, there was no statistical change in the overall percent of respondents who looked for community resource support and reported they felt somewhat, slightly or not at all supported by the resource.*

Mental Health Status

In 2020, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past month; respondents who were 35 to 44 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Three percent of respondents felt so overwhelmed they considered suicide in the past year. Six percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were 35 to 44 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. *From 2009 to 2020, 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 considered suicide in the past year, as well as from 2017 to 2020. From 2009 to 2020, there was a statistical increase in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life while from 2017 to 2020, there was no statistical change.*

Personal Safety Issues

In 2020, 6% of respondents reported someone made them afraid for their personal safety in the past year; respondents 18 to 44 years old or in the middle 20 percent household income bracket were more likely to report this. Two percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 7% reported at least one of these two situations; respondents 18 to 34 years old, with some post high school education, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. *From 2009 to 2020, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety or they were pushed/kicked/slapped/hit in the past year, as well as from 2017 to 2020. From 2009 to 2020, 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, as well as from 2017 to 2020.*

Children in Household

In 2020, 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-nine percent of respondents reported they have one or more persons they think of as the child's primary doctor or nurse, with 97% reporting the child visited their primary doctor or nurse for preventive care during the past year. Seven percent of respondents reported in the past year the child did not receive the dental care needed while 6% reported the child did not visit a specialist they needed.

Four percent of respondents reported there was a time in the past year the child did not receive the medical care needed. Nine percent of respondents reported the child currently had asthma. Zero percent of respondents reported the child was seldom/never safe in their community. Seventy-nine percent of respondents reported the 5 to 17 year old child ate at least two servings of fruit on an average day while 26% reported three or more servings of vegetables. Forty-seven percent of respondents reported the child ate five or more servings of fruit/vegetables on an average day. Fifty-six percent of respondents reported the 5 to 17 year old child was physically active for 60 minutes five times a week. Two percent of respondents reported the 5 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Ten percent reported the 5 to 17 year old child experienced some form of bullying in the past year; 9% reported verbal bullying, 3% cyber bullying and less than one percent reported physical bullying. *From 2012 to 2020, there was a statistical increase in the overall percent of respondents who reported the child had a primary doctor or nurse while from 2017 to 2020, there was no statistical change. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported the child visited their primary doctor/nurse in the past year for preventive care while from 2017 to 2020, there was a statistical increase. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported in the past year the child had an unmet medical care need, as well as from 2017 to 2020. From 2012 to 2020, there no statistical change in the overall percent of respondents who reported in the past year the child had an unmet dental care need or was unable to see a specialist when needed while from 2017 to 2020, there was a statistical increase. From 2012 to 2020, there was a statistical increase in the overall percent of respondents who reported the child currently had asthma, as well as from 2017 to 2020. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported the child was seldom/never safe in their community, as well as from 2017 to 2020. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported the 5 to 17 year old child ate at least two servings of fruit while from 2017 to 2020, there was a statistical increase. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported the 5 to 17 year old child ate at least three servings of vegetables on an average day, as well as from 2017 to 2020. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported the 5 to 17 year old child met the recommendation of at least five servings of fruit/vegetables on an average day, as well as from 2017 to 2020. From 2012 to 2020, there was a statistical decrease in the overall percent of respondents who reported the 5 to 17 year old child was physically active for at least 60 minutes five times a week while from 2017 to 2020, there was no statistical change. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported the 5 to 17 year old child always or nearly always felt unhappy/sad/depressed in the past six months, as well as from 2017 to 2020. From 2012 to 2020, there was no statistical change in the overall percent of respondents who reported in the past year the child was bullied overall, physically bullied or cyber bullied, as well as from 2017 to 2020. From 2012 to 2020, there was a statistical decrease in the overall percent of respondents who reported in the past year the child was verbally bullied while from 2017 to 2020, there was no statistical change.*

Top County Health Issues

In 2020, respondents were asked to list the top three health issues in the county. The most often cited were coronavirus/COVID-19 (48%), illegal drug use (31%) or overweight/obesity (22%). Married respondents were more likely to report coronavirus/COVID-19 as a top health issue. Respondents who were male or in the top 40 percent household income bracket were more likely to report illegal drug use. Twenty percent of respondents reported chronic diseases as a top issue; respondents with a college education or in the top 40 percent household income bracket were more likely to report this. Eighteen percent of respondents reported mental health/depression; respondents 35 to 44 years old were more likely to report this. Eighteen percent of respondents reported access to health care; respondents 45 to 54 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report this. Eleven percent of respondents reported alcohol use or abuse; unmarried respondents were more likely to report this. Ten percent of respondents reported cancer as a top issue. Nine percent of respondents reported prescription or over-the-counter drug abuse. Eight percent of respondents reported violence or crime; respondents who were male or with a high school education or less were more likely to report this. Seven percent of respondents reported tobacco use. Five percent of respondents reported infectious diseases; respondents with a high school education or less were more likely to report this. Five percent of respondents reported access to affordable healthy food; respondents 45 to 54 years old or with a college education were more likely to report this. *From 2017 to 2020, there was a statistical decrease in the overall percent of respondents who reported illegal drug use or prescription/over-the-counter drug abuse as one of the top health issues in the county. From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported overweight/obesity, chronic diseases, access to health care, alcohol use/abuse, cancer, violence/crime, tobacco use, infectious diseases or access to affordable healthy food as one of the top health issues in the county. From 2017 to 2020, there was a statistical increase in the overall percent of respondents who reported mental health/depression as one of the top health issues in the county.*