

**Tri-County  
(Calumet, Outagamie and Winnebago)  
Community Health Survey Report  
2018**

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

Sponsored By:  
**Appleton Health Department  
Ascension  
Aurora Health Care  
Calumet County Public Health  
Children's Hospital of Wisconsin  
Menasha Health Department  
Outagamie County Public Health Division  
ThedaCare  
Winnebago County Public Health Department**

Prepared by:  
**JKV Research, LLC**

## Purpose

The purpose of this project is to provide the Tri-County area with information from an assessment conducted in the Fall 2017/Winter 2018, of the health status of residents. Primary objectives are to:

1. Gather specific data on behavioral and lifestyle habits of the adult population. Select information will also be collected about the respondent's household.
2. Gather data on a random child (17 or younger) in the household through adult who makes health care decisions for the child.
3. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
4. Compare, where appropriate, health data of residents to previous health studies.
5. Compare, where appropriate and available, health data of residents to state and national measurements along with Healthy People 2020 goals.

This report was commissioned by Appleton Health Department, Ascension, Aurora Health Care, Calumet County Public Health, Children's Hospital of Wisconsin, Menasha Health Department, Outagamie County Public Health Division, ThedaCare and Winnebago County Public Health Department.

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 439-1399 or [janet.vandehey@jkvresearch.com](mailto:janet.vandehey@jkvresearch.com). For further information about the survey, contact any of the health departments.

## Methodology

### Data Collection

Respondents were scientifically selected so the survey would be representative of all adults 18 years old and older in the county. The sampling strategy was two-fold in each county. 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=688). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=436). 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 1,124 telephone interviews were completed between December 7, 2017 and April 26, 2018 and utilized for the Tri-County report to represent each county properly.

### 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 counties.

### Margin of Error

With a sample size of 1,124, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 3$  percent from what would have been obtained by interviewing all persons 18 years old and older with telephones in the county. This margin of error provides us with confidence in the data; 95 times out of 100, the true value will likely be somewhere between the lower and upper bound. The margin of error for smaller subgroups will be larger than  $\pm 4$  percent, since fewer respondents are in that category (e.g., adults who were asked about a random child in the household).

## What do the Percentages Mean?

In 2017, the Census Bureau estimated 315,140 adult residents live in the Tri-County area. Thus, in this report, one percentage point equals approximately 3,150 adults. So, when 16% of respondents reported their health was fair or poor, this roughly equals 50,400 residents  $\pm$ 9,450 individuals. Therefore, from 40,950 to 59,850 residents likely have fair or poor health. Because the margin of error is  $\pm$ 4%, events or health risks that are small will include zero.

In 2016, the Census Bureau estimated 160,418 occupied housing units in the Tri-County area. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the 2016 household estimate, each percentage point for household-level data represents approximately 1,600 households.

## Definitions

Certain variables were recoded for better analysis and are listed below.

**Marital status:** Married respondents were classified as those who reported being married and those who reported to being a member of an unmarried couple. All others were classified as not married.

**Household income:** It is difficult to compare household income data throughout the years as the real dollar value changes. Each year, the Census Bureau classifies household income into five equal brackets, rounded to the nearest dollar. It is not possible to exactly match the survey income categories to the Census Bureau brackets since the survey categories are in increments of \$10,000 or more; however, it is the best way to track household income. This report looks at the Census Bureau's bottom 40%, middle 20% and top 40% household income brackets each survey year. In each year, the bottom 40% income bracket included survey categories less than \$40,001, the middle 20% income bracket was \$40,001 to \$60,000 and the top 40% income bracket was at least \$60,001.

**Race:** "Nonwhite" is defined as any respondent who selected American Indian/Alaska Native, Asian, Black/African American or Native Hawaiian/Other Pacific Islander. "White" is defined as any respondent who only selected White. Race is excluded in tables when there are too few cases for statistical reliability.

**Physical activity:** The 2008 recommended amount of physical activity by the Centers for Disease Control is moderate activity for at least 30 minutes on five or more days of the week or vigorous activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate. Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Insufficient physical activity includes participation in either activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

**Overweight status:** Calculated using the Center for Disease Control's Body Mass Index (BMI) of kilograms/meter<sup>2</sup>. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. In this report "overweight" includes both overweight and obese respondents.

**Current smoker:** Current smoker is defined as someone who smoked a tobacco cigarette at least some days.

**Binge drinking:** The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2018, the Tri-County Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. In 2011 and 2015, the definition was five or more drinks, regardless of gender.

## Previous Data Collection

Previous survey administration was conducted by Survey Research Institute and focused on health department service areas, with the Fox Cities survey being conducted in 2010 and 2016. In order to compare the 2018 data with previous years, a random sample of the 2010 Fox Cities Community Health Survey was included in the 2011 Tri-County data at the proportion these communities are in the counties. In addition, a random sample of the 2016 Fox Cities Community Health Survey was included in the 2016 Tri-County data. Data was weighted similarly to 2018 methods.

## Demographic Profile

The following table includes the weighted demographic breakdown of respondents in the counties.

**Table 1. Weighted Demographic Variables of Community Health Survey Respondents for 2018 (Q72, Q73, Q78, Q79, Q87 & Q88)<sup>①</sup>**

	Survey Results
<b>TOTAL</b>	100%
Gender	
Male	50%
Female	50
Age	
18 to 34	30%
35 to 44	18
45 to 54	21
55 to 64	15
65 and Older	16
Race*	
Nonwhite	5%
White	95
Education	
High School Graduate or Less	26%
Some Post High School	33
College Graduate	41
Household Income	
Bottom 40 Percent Bracket	28%
Middle 20 Percent Bracket	19
Top 40 Percent Bracket	46
Not Sure/No Answer	7
<b>Married</b>	<b>57%</b>

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

\*Race breakdown is excluded from tables when there are too few cases for statistical reliability in crosstabulations.

## Executive Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Tri-County residents (Calumet, Outagamie and Winnebago Counties). The following data are highlights of the comprehensive study. Please see the full report for details.

General Health	Tri-County			WI 2016	US 2016
	2011	2015	2018		
Overall Health					
Excellent/Very Good <sup>A,B</sup>	56%	53%	42%	NA	NA
Good	31%	32%	43%	NA	NA
Fair or Poor	13%	14%	16%	16%	16%
At Least Three Physically Unhealthy Days in Past Month	24%	27%	27%	NA	NA
At Least Three Mentally Unhealthy Days in Past Month <sup>A</sup>	24%	28%	31%	NA	NA
At Least Three Physically/Mentally Unhealthy Days Prevented Usual Activities in Past Month	15%	19%	18%	NA	NA

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

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

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

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

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

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

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

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

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

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

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

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

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

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

<sup>5</sup>In 2011 and 2015, heavy drinking was not asked. As a result, 2010/11 and 2015 percentages include binge drinking only.

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

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

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

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

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

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

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

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

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

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

--Not asked or worded differently.

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

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

## General Health

In 2018, 42% of Tri-County respondents reported their health as excellent or very good; 16% reported fair or poor. Respondents 55 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or smokers were more likely to report fair or poor health. Twenty-seven percent of respondents reported in the past month their physical health was not good for at least three days; respondents 35 to 44 years old, 55 to 64 years old, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink were more likely to report this. Thirty-one percent of respondents reported in the past month their mental health was not good for at least three days; respondents 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried, smokers or excessively drank were more likely to report this. Eighteen percent of all respondents reported during the past month poor physical or mental health kept them from doing their usual activities for at least three days. Respondents who were female, 35 to 44 years old, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried, not overweight/obese, inactive or smokers were more likely to report at least three unhealthy days kept them from usual activities in the past month. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three physically unhealthy days in the past month, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three mentally unhealthy days in the past month while from 2015 to 2018, there*

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

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

In 2018, less than one percent of Tri-County respondents reported they were not currently covered by health care insurance. Six percent of respondents reported there was a time in the past year someone in their household did not receive the medical care needed; married respondents were more likely to report this. Eight percent of respondents reported there was a time in the past year someone in their household did not receive the dental care needed; respondents who were in the bottom 40 percent household income bracket, unmarried or in households without children were more likely to report this. Three percent of respondents reported there was a time in the past year someone in their household did not receive the mental health care needed. *From 2011 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage, as well as from 2015 to 2018.*

In 2018, 91% of Tri-County respondents reported they have a personal care physician they think of as their personal doctor or health care provider; respondents who were female, 65 and older, in the bottom 60 percent household income bracket or married were more likely to report a personal care physician. Forty-five percent of respondents reported they had an Advance Directive for Health Care document. Fifty percent of respondents reported in the past year they had a conversation with family, friends or other persons they trust about their wishes for health care if they are unable to speak for themselves. A total of 67% completed the document or had a conversation with a trusted person; respondents who were female, 65 and older, white or married were more likely to report at least one. *From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.*

### **Routine Procedures**

In 2018, 91% of Tri-County respondents reported a routine medical checkup two years ago or less. Respondents who were female, 55 and older, with a high school education or less, with a college education or married respondents were more likely to report a routine checkup two years ago or less. Eighty-three percent of respondents who had a routine checkup in the past two years reported their health care provider inquired about their alcohol consumption.

Respondents 18 to 34 years old, with a college education, in the top 40 percent household income bracket or who drank excessively in the past month were more likely to report their provider inquired about their alcohol consumption. Five percent of respondents who were asked about their alcohol consumption were advised to reduce or quit their drinking. Respondents who were in the bottom 40 percent household income bracket, unmarried or drank excessively in the past month were more likely to report they were advised to reduce or quit their drinking. Seventy-seven percent of respondents reported a visit to the dentist in the past year; respondents who were female, 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 this. *From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup, as well as from 2015 to 2018. From 2015 to 2018, there was a statistical increase in the overall percent of respondents reporting their health care provider asked about their alcohol use. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their health care provider advised them to quit or lessen their alcohol use at their last routine checkup. From 2011 to 2018, there was no statistical change in the overall percent of respondents reporting a dental checkup, as well as from 2015 to 2018.*

### **Health Conditions**

In 2018, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (25%) or high blood cholesterol (24%) in the Tri-County region. 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/obese or inactive were more likely to report high blood pressure. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were married, overweight/obese, inactive or did not excessively drink in the past month were more likely to report high blood cholesterol. Twenty-one percent reported a mental health condition; respondents who were female, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or who were smokers were more likely to report this. Ten percent of respondents reported diabetes. Respondents 65 and older, with a high school education or less, in the bottom 40

percent household income bracket, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report diabetes. Eight percent reported they were treated for, or told they had heart disease/condition in the past three years; respondents who were male, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report this. Nine percent reported current asthma; respondents who were female or in the bottom 40 percent household income bracket were more likely to report current asthma. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure or diabetes, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood cholesterol while from 2015 to 2018, there was a statistical decrease. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported a mental health condition. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported current asthma.*

### **Financial Factors Affecting Health**

In 2018, 14% of Tri-County respondents reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year; respondents who were 35 to 44 years old, nonwhite, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Thirteen percent of respondents reported in the past year it was often or sometimes true that the food they bought just didn't last, and they didn't have money to get more; respondents who were 18 to 44 years old, nonwhite, with some post high school education, in the bottom 40 percent household income bracket, who were unmarried or with children in the household were more likely to report this. *From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year they always/usually worried or stressed about having enough money to pay rent, mortgage/utility bills or it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more.*

### **Mental Health Status**

In 2018, 6% of Tri-County respondents reported they rarely/never get the social and emotional support they need; respondents who were 35 to 44 years old, nonwhite, with some post high school education or less or unmarried respondents were more likely to report this. Fifteen percent of respondents reported they felt stress all of the time/most of the time in the past month; respondents 18 to 34 years old, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Eight percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were female, 18 to 34 years old, with some post high school education, unmarried or in households with children were more likely to report this. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported they rarely/never get the social and emotional support they need, as well as from 2015 to 2018.*

### **Physical Health**

In 2018, 33% of Tri-County respondents did moderate physical activity five times a week for 30 minutes. Twenty-five percent of respondents did vigorous activity three times a week for 20 minutes. Combined, 44% met the recommended amount of physical activity; respondents 18 to 34 years old, with a college education, in the top 40 percent household income bracket or who were not overweight/obese were more likely to report this. Twenty-four percent of respondents each reported it is difficult to motivate self to exercise or there is not enough time to exercise as their major reason for not participating in physical activities more often. Respondents who were 45 to 54 years old, married or overweight/obese were more likely to report it is difficult to motivate self to exercise. Respondents 18 to 44 years old, with a college education, in the top 40 percent household income bracket, who were married or with children in the household were more likely to report there is not enough time to exercise. Eleven percent of respondents each reported it is inconvenient to exercise or it is boring/not enjoyable. Respondents who were 45 to 54 years old or nonwhite were more likely to report it is inconvenient to exercise. Respondents in households without children were more likely to report exercise is boring/not enjoyable. Ten percent reported they are afraid of getting injured or they were injured recently as a major reason for not participating in physical activities more often; respondents 55 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or overweight/obese were more likely to report this. Five percent reported they do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their home/office as a major reason for not participating in physical activities more often; respondents who were female, in the bottom 40 percent household income bracket or without children in the household were more likely to report this. Four percent of

respondents reported they do not have encouragement, support or companionship from family/friends as a major reason; respondents in the bottom 60 percent household income bracket or without children in the household were more likely to report this. Three percent reported they are not confident in being physically active or how to manage progress; respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or without children in the household were more likely to report this. *From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity.*

In 2018, 67% of Tri-County respondents were classified as at least overweight while 35% were obese. Respondents who were male, 55 to 64 years old, in the top 40 percent household income bracket, married or inactive were more likely to be classified as at least overweight. Respondents who were 55 to 64 years old, nonwhite, with a high school education or less or inactive were more likely to be obese. *From 2011 to 2018, there was no statistical change in the overall percent of respondents being at least overweight, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents being obese while from 2015 to 2018, there was no statistical change.*

## **Nutrition**

In 2018, 48% of Tri-County respondents reported two or more servings of fruit while 31% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, 55 to 64 years old, with a college education, in the top 40 percent household income bracket, who were not overweight/obese or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, 18 to 34 years old, with a college education, in the top 40 percent household income bracket, who were married, not overweight/obese or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Twenty-nine 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 top 40 percent household income bracket, who were married, not overweight/obese or met the recommended amount of physical activity were more likely to report this. Thirty percent of respondents reported they drank at least one sugared drink per day in the past month; respondents who were male, 18 to 44 years old, with some post high school education or inactive respondents were more likely to report this. Fifty-nine percent of respondents reported all or most of their family ate together at least five times during the past week; married respondents were more likely to report this. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least two servings of fruit, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical increase in the overall percent of respondents who reported at least three servings of vegetables while from 2015 to 2018, there was no statistical change. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables while from 2015 to 2018, there was a statistical decrease. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported all or most of their family had a meal together at least five times in the past week.*

## **Screen Time and Sleep**

In 2018, 30% of Tri-County respondents reported at least four hours of screen time a day; respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight/obese or inactive were more likely to report this. Sixty-five percent of respondents reported they get at least seven hours of sleep in a 24-hour period; respondents who were female, 65 and older, white, with a college education, who were not overweight/obese, met the recommended amount of physical activity or without children in the household were more likely to report this. *From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least four hours of screen time a day. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least seven hours of sleep in a 24-hour period.*

## Alcohol Use

In 2018, 70% of Tri-County respondents had an alcoholic drink in the past month. Ten percent of all respondents were heavy drinkers (females 31+ drinks and males 61+ drinks) while 25% were binge drinkers (females 4+ drinks on an occasion and males 5+ drinks on an occasion). Respondents 18 to 34 years old, with some post high school education or unmarried respondents were more likely to be heavy drinkers. Respondents who were male, 18 to 34 years old, with some post high school education, in the top 60 percent household income bracket or unmarried respondents were more likely to have binged at least once in the past month. Combined, this equals 26% who were excessive drinkers in the past month (either heavy or binge drinker). Respondents who were male, 18 to 34 years old, nonwhite, with some post high school education, in the top 60 percent household income bracket, who were unmarried or whose health care provider inquired about their alcohol consumption were more likely to be excessive drinkers. One percent of respondents reported in the past month they had driven a vehicle when they perhaps had too much to drink. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported binge drinking or excessive drinking in the past month while from 2015 to 2018, there was a statistical increase. Please note: in 2018, binge drinking was defined as 4+ drinks for females and 5+ drinks for males on an occasion while in 2011 and 2015 it was 5+ drinks regardless of gender. In addition, in 2018 excessive drinking included heavy drinking or binge drinking while in 2011 and 2015, it only includes binge drinking. From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink, as well as from 2015 to 2018.*

## Tobacco Use

In 2018, 12% of Tri-County respondents were current tobacco cigarette smokers; respondents 45 to 54 years old, with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to be a smoker. In the past year, 48% of current smokers quit smoking for one day or longer because they were trying to quit. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of current tobacco cigarette smokers who quit smoking for at least one day because they were trying to quit, as well as from 2015 to 2018.*

In 2018, 7% of Tri-County respondents reported they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle; respondents who were in the bottom 60 percent household income bracket or unmarried were more likely to report this. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting they or someone in their household smoked cigarettes, cigars or pipes inside their home or vehicle.*

In 2018, 4% of Tri-County respondents currently used smokeless tobacco (every day or some days); respondents who were male, 18 to 34 years old or in the top 60 percent household income bracket were more likely to report this. Five percent of respondents currently used electronic cigarettes (every day or some days); respondents 18 to 34 years old, with a high school education or less, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who currently used smokeless tobacco, as well as from 2015 to 2018. From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used electronic cigarettes.*

## Household Problems

In 2018, 2% of Tri-County respondents each reported in the past year, someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol or in connection with the misuse of prescription drugs/over-the-counter drugs. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents reporting a household problem in connection with drinking alcohol.*

## Firearms in Household

In 2018, 43% of Tri-County households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket, married or in households with children were more likely to report this. Of all households, 9% had a loaded firearm; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Three percent of all households had a firearm loaded and unlocked.

## Personal Safety

In 2018, 8% of Tri-County respondents reported someone made them afraid for their personal safety in the past year; respondents who were 18 to 34 years old, in the middle 20 percent household income bracket or unmarried were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were 18 to 34 years old, nonwhite, with some post high school education, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. A total of 10% reported at least one of these two situations; respondents who were 18 to 34 years old, nonwhite or unmarried were more likely to report this. Two percent of respondents reported their neighborhood was unsafe or extremely unsafe from crime.

### **Children in Household**

In 2018, the Tri-County respondent was asked if they make health care decisions for children living in the household. If yes, they were asked a series of questions about the health and behavior of one of the children. Ninety-five percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 97% reporting their child visited their personal doctor or nurse for preventive care during the past year. Zero percent reported there was a time in the past year their child was not able to visit a specialist they needed to see. Twelve percent of respondents reported their child was helped by new parent programs. Six percent of respondents reported their child currently had asthma. Less than one percent of respondents reported their child currently had diabetes. Less than one percent of respondents reported their child was unsafe or extremely unsafe in their community. Three percent of respondents reported when their child was an infant, he/she slept in a bed with them or another person. Seventy-three percent of respondents reported their child ate at least two servings of fruit on an average day while 23% reported three or more servings of vegetables. Forty percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Fifteen percent of respondents reported their child drank at least one sugared drink a day during the past month. Sixty-three percent of respondents reported their 4 to 17 year old child was physically active five times a week for 60 minutes. Eighteen percent of respondents reported their child spent four or more hours of screen time on an average day. Six percent of respondents reported their 4 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Twenty-four percent reported their 4 to 17 year old child experienced some form of bullying in the past year; 21% reported verbal bullying, 7% physical bullying and 3% reported cyber bullying. *From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child had a personal doctor or nurse. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child visited their personal doctor/nurse for preventive care. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting in the past year their child was unable to see a specialist when needed. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting they were helped by new parent programs. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had asthma or diabetes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported when their child was an infant, he/she slept in a bed with them or another person. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child ate at least two servings of fruit, ate at least three servings of vegetables or met the recommendation of at least five servings of fruit/vegetables per day. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported their 4 to 17 year old child was physically active five times a week for at least 60 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their 4 to 17 year old child always or nearly always felt unhappy/sad/depressed. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall, physically bullied or cyber bullied. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported in the past year their child was verbally bullied.*

### **Top Community Health Issues**

In 2018, Tri-County respondents were asked to list the top three health issues in the area. The most often cited was overweight/obesity (22%). Respondents 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report overweight/obesity as a top health issue. Twenty-one percent of respondents were more likely to report chronic diseases as a top health issue; respondents with a college education or in the top 60 percent household income bracket were more likely to report this. Eighteen percent reported illegal drug use as a top health issue; respondents with a college education, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report this. Seventeen percent of respondents reported access to health care as a top health issue. Respondents 35 to 44 years old, with some post high

school education or married respondents were more likely to report access to health care. Seventeen percent of respondents reported cancer; respondents who were 18 to 34 years old, 65 and older or white were more likely to report this. Fifteen percent of respondents reported mental health or depression. Respondents who were female, 18 to 34 years old, nonwhite, with a college education or in the middle 20 percent household income bracket were more likely to report mental health or depression. Fourteen percent of respondents reported alcohol use or abuse as a top health issue; respondents 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report this. Thirteen percent of respondents reported infectious diseases. Nine percent of respondents reported prescription or over-the-counter drug abuse; respondents 45 to 54 years old, with at least some post high school education or in the middle 20 percent household income bracket were more likely to report this. Eight percent of respondents reported affordable health care. Respondents who were female or in the top 40 percent household income bracket were more likely to report affordable health care. Six percent of respondents reported access to affordable healthy food. Respondents 35 to 54 years old, with a college education or in the middle 20 percent household income bracket were more likely to report access to affordable healthy food. Five percent of respondents reported lack of physical activity; respondents with a college education were more likely to report this. Four percent of respondents reported violence or crime as a top health issue. Respondents 45 to 54 years old were more likely to report violence or crime. Three percent of respondents reported tobacco use; respondents with a high school education or less or with a college education were more likely to report this. Three percent of respondents reported driving problems/aggressive driving/drunk driving; respondents who were male, 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Three percent of respondents reported environmental issues as a top health issue.

**Figure 26. Top Community Health Issues for 2018 (Q118)**

