

Kenosha County Community Health Survey Summary

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

	Kenosha					WI	US
	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Overall Health							
Excellent/Very Good	54%	51%	50%	54%	50%	52%	51%
Good	31%	30%	29%	28%	30%	33%	32%
Fair or Poor	15%	19%	21%	18%	20%	15%	17%
Health Care Coverage							
Not Covered							
Personally (Currently, 18 Years Old and Older) [HP2020 Goal: 0%]	12%	15%	9%	8%	7%	10%	11%
Personally (Currently, 18 to 64 Years Old) [HP2020 Goal: 0%]	14%	17%	11%	9%	8%	11%	13%
Personally (Past Year, 18 and Older)	17%	21%	18%	12%	8%	NA	NA
Household Member (Past Year)	19%	22%	20%	14%	11%	NA	NA
Did Not Receive Care Needed in Past Year							
Delayed/Did Not Seek Care Due to Cost	--	21%	18%	21%	21%	10%	12%
Unmet Need/Care in Household							
Prescription Medication Not Taken Due to Cost [HP2020 Goal: 3%]	--	13%	13%	15%	11%	NA	NA
Medical Care [HP2020 Goal: 4%]	--	13%	15%	15%	11%	NA	NA
Dental Care [HP2020 Goal: 5%]	--	24%	20%	16%	18%	NA	NA
Mental Health Care	--	6%	6%	5%	4%	NA	NA
Health Information							
Primary Source of Health Information							
Doctor	--	40%	47%	47%	51%	NA	NA
Internet	--	35%	25%	29%	27%	NA	NA
Myself/Family Member in Health Care Field	--	5%	7%	11%	7%	NA	NA
Work	--	2%	2%	0%	4%	NA	NA
Health Services							
Have a Primary Care Physician [HP2020 Goal: 84%]	--	--	--	88%	90%	81%	77%
Primary Health Services							
Doctor/Nurse Practitioner’s Office	74%	69%	68%	69%	61%	NA	NA
Urgent Care Center	5%	5%	8%	13%	15%	NA	NA
Hospital Emergency Room	5%	7%	8%	6%	7%	NA	NA
Quickcare Clinic (Fastcare Clinic)	--	--	--	4%	7%	NA	NA
Public Health Clinic/Com. Health Center	5%	6%	7%	4%	4%	NA	NA
Hospital Outpatient	5%	5%	5%	1%	3%	NA	NA
Worksite Clinic	--	--	--	<1%	2%	NA	NA
No Usual Place	6%	8%	3%	4%	3%	NA	NA
Advance Care Plan	34%	33%	34%	34%	36%	NA	NA
Vaccinations (65 and Older)							
Flu Vaccination (Past Year)	73%	68%	62%	75%	63%	46%	55%
Pneumonia (Ever) [HP2020 Goal: 90%]	73%	62%	68%	77%	73%	75%	74%

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

	Kenosha					WI	US
Routine Procedures	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Routine Checkup (2 Years Ago or Less)	87%	85%	80%	88%	86%	87%	88%
Cholesterol Test (4 Years Ago or Less) [HP2020 Goal: 82%]	72%	76%	74%	75%	77%	83% ¹	86% ¹
Dental Checkup (Past Year) [HP2020 Goal: 49%]	66%	57%	61%	67%	71%	71%	68%
Eye Exam (Past Year)	47%	42%	46%	43%	50%	NA	NA
Mobility	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Fallen and Injured Self at Home in Past Year (60 and Older)	--	--	11%	13%	17%	NA	NA
Health Conditions in Past 3 Years	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
High Blood Pressure	23%	27%	28%	26%	28%	NA	NA
Mental Health Condition	18%	18%	25%	18%	22%	NA	NA
High Blood Cholesterol	23%	23%	20%	18%	21%	NA	NA
Heart Disease/Condition	12%	8%	9%	6%	9%	NA	NA
Diabetes	13%	9%	12%	8%	9%	NA	NA
Asthma (Current)	13%	14%	15%	13%	10%	9%	10%
Condition Controlled Through Meds, Therapy or Lifestyle Changes	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
High Blood Pressure	--	90%	91%	95%	96%	NA	NA
Mental Health Condition	--	83%	89%	86%	89%	NA	NA
High Blood Cholesterol	--	78%	90%	83%	83%	NA	NA
Heart Disease/Condition	--	90%	94%	84%	85%	NA	NA
Diabetes	--	92%	89%	94%	97%	NA	NA
Asthma (Current)	--	85%	91%	94%	93%	NA	NA
Physical Activity							
Physical Activity/Week	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2009</u>	<u>2009</u>
Moderate Activity (5 Times/30 Min)	34%	34%	39%	40%	40%	NA	NA
Vigorous Activity (3 Times/20 Min)	24%	34%	29%	31%	37%	NA	NA
Recommended Moderate or Vigorous	44%	48%	49%	49%	52%	53%	51%
Body Weight							
Overweight Status	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Overweight (BMI 25.0+) [HP2020 Goal: 66%]	64%	69%	65%	68%	67%	67%	66%
Obese (BMI 30.0+) [HP2020 Goal: 31%]	31%	35%	33%	33%	36%	32%	31%
Nutrition and Food Security	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2009</u>	<u>2009</u>
Fruit Intake (2+ Servings/Day)	59%	56%	58%	65%	51%	NA	NA
Vegetable Intake (3+ Servings/Day)	26%	29%	29%	26%	29%	NA	NA
At Least 5 Fruit/Vegetables/Day	32%	32%	35%	38%	31%	23%	23%
Find Fresh Fruit/Vegetables in Community Sometimes/Seldom/Never	--	--	--	--	6%	NA	NA
Affordable Fresh Fruit/Vegetables Sometimes/Seldom/Never	--	--	--	--	22%	NA	NA
Household Went Hungry (Past Year)	--	--	--	7%	6%	NA	NA
Colorectal Cancer Screenings (50 and Older)	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Blood Stool Test (Within Past Year)	--	14%	15%	19%	16%	7%	9%
Sigmoidoscopy (Within Past 5 Years)	13%	11%	9%	10%	8%	3%	2%
Colonoscopy (Within Past 10 Years)	64%	58%	66%	75%	74%	71%	64%
One of the Screenings in Recommended Time Frame [HP2020 Goal: 71%]	67%	65%	69%	80%	79%	75%	70%

--Not asked. NA-WI and/or US data not available. ¹WI and US data for cholesterol test is from 2017.

	Kenosha					WI	US
	2008	2011	2014	2016	2019	2018	2018
Women's Health							
Mammogram (50+; Within Past 2 Years)	76%	81%	76%	76%	75%	78%	78%
Bone Density Scan (65 and Older)	71%	74%	80%	91%	82%	NA	NA
Cervical Cancer Screening							
Pap Smear (18 – 65; Within Past 3 Years) [HP2020 Goal: 93%]	90%	80%	82%	87%	85%	81%	80%
HPV Test (18 – 65; Within Past 5 Years)	--	--	54%	50%	62%	NA	NA
Screening in Recommended Time Frame (18-29: Pap Every 3 Years; 30 to 65: Pap and HPV Every 5 Years or Pap Only Every 3 Years)	--	--	85%	89%	86%	NA	NA
	Kenosha					WI	US
	2008	2011	2014	2016	2019	2018	2018
Tobacco Cigarette Smokers or Vapers							
Current Smokers [HP2020 Goal: 12%]	26%	24%	28%	23%	19%	17%	16%
Current Vapers (Past Month)	--	--	9%	2%	13%	5% ¹	4%
Of Current Smokers/Vapers...						2005	2005
Quit Smoking/Vaping 1 Day or More in Past Year Because Trying to Quit [HP2020 Goal Quit Smoking: 80%]	49%	60%	55%	55%	65%	49%	56%
Saw a Health Care Professional in Past Year and Advised to Quit Smoking/Vaping	72%	91%	64%	82%	77%	NA	NA
	Kenosha					WI	US
	2008	2011	2014	2016	2019	2018	2018
Exposure to Smoke/Vapor							
Nonsmokers/Nonvapers Exposed to Second-Hand Smoke/Vapor in Past 7 Days [HP2020 Goal Nonsmokers: 34%]	28%	21%	21%	17%	14%	NA	NA
	Kenosha					WI	US
	2008	2011	2014	2016	2019	2018	2018
Other Tobacco Products in Past Month							
Smokeless Tobacco [HP2020 Goal: 0.2%]	--	--	5%	3%	8%	4%	4%
Cigars, Cigarillos or Little Cigars	--	--	7%	<1%	3%	NA	NA
	Kenosha					WI	US
	2008	2011	2014	2016	2019	2018	2018
Alcohol Use in Past Month							
Binge Drinker* [HP2020 Goal 5+ Drinks: 24%]	23%	28%	32%	30%	33%	26%	16%
Driver/Passenger When Driver Perhaps Had Too Much to Drink	3%	2%	6%	2%	2%	NA	NA
	Kenosha					WI	US
	2008	2011	2014	2016	2019	2018	2018
Household Problems Associated With...							
Alcohol (Past Year)	2%	3%	2%	5%	3%	NA	NA
Marijuana (Past Year)	--	2%	2%	2%	3%	NA	NA
Cocaine, Meth or Other Street Drugs (Past Year)	--	--	--	--	1%	NA	NA
Heroin or Other Opioids (Past Year)	--	--	--	--	<1%	NA	NA
	Kenosha					WI	US
	2008	2011	2014	2016	2019	2018	2018
Personal Safety Issues in Past Year							
Afraid for Their Safety	5%	5%	4%	4%	5%	NA	NA
Pushed, Kicked, Slapped, or Hit	2%	3%	5%	2%	4%	NA	NA
At Least One of the Safety Issues	5%	7%	8%	5%	8%	NA	NA

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

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

	Kenosha					WI	US
	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Mental Health Status							
Felt Sad, Blue or Depressed Always/Nearly Always (Past Month)	7%	8%	7%	6%	8%	NA	NA
Considered Suicide (Past Year)	4%	5%	8%	5%	8%	NA	NA
Find Meaning & Purpose in Daily Life Seldom/Never	5%	5%	7%	8%	8%	NA	NA
	Kenosha					WI	US
	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Children in Household							
Primary Health Care Doctor/Nurse Who Knows Child Well and Familiar with History	--	89%	89%	98%	95%	NA	NA
Visited Primary Doctor/Nurse for Preventive Care (Past Year)	--	95%	91%	85%	91%	NA	NA
Did Not Receive Care Needed (Past Year)							
Medical Care	--	5%	4%	4%	<1%	NA	NA
Dental Care	--	6%	6%	7%	<1%	NA	NA
Specialist	--	2%	2%	4%	1%	NA	NA
Current Asthma	--	7%	14%	21%	4%	NA	NA
Safe in Community/Neighborhood Seldom/Never	--	2%	2%	0%	4%	NA	NA
Children 5 to 17 Years Old*							
Fruit Intake (2+ Servings/Day)	--	76%	66%	72%	74%	NA	NA
Vegetable Intake (3+ Servings/Day)	--	41%	19%	25%	27%	NA	NA
5+ Fruit/Vegetables per Day	--	45%	46%	31%	35%	NA	NA
Physical Activity (60 Min./5 or More Days/Week)	--	64%	67%	47%	74%	NA	NA
Unhappy, Sad or Depressed Always/Nearly Always (Past 6 Mo.)	--	1%	9%	8%	5%	NA	NA
Experienced Some Form of Bullying (Past Year)	--	32%	24%	19%	15%	NA	NA
Verbally Bullied	--	29%	24%	19%	12%	NA	NA
Physically Bullied	--	7%	3%	9%	6%	NA	NA
Cyber Bullied	--	1%	3%	0%	2%	NA	NA
	Kenosha					WI	US
	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2016</u>	<u>2019</u>	<u>2018</u>	<u>2018</u>
Top County Health Issues							
Illegal Drug Use	--	--	--	27%	42%	NA	NA
Access to Health Care	--	--	--	23%	23%	NA	NA
Overweight or Obesity	--	--	--	18%	18%	NA	NA
Chronic Diseases	--	--	--	15%	15%	NA	NA
Alcohol Use or Abuse	--	--	--	17%	14%	NA	NA
Tobacco Use	--	--	--	6%	13%	NA	NA
Cancer	--	--	--	9%	12%	NA	NA
Prescription or OTC Drug Abuse	--	--	--	7%	11%	NA	NA
Mental Health or Depression	--	--	--	10%	11%	NA	NA
Violence or Crime	--	--	--	8%	10%	NA	NA
Affordable Health Care	--	--	--	6%	8%	NA	NA
Infectious Diseases	--	--	--	6%	6%	NA	NA
Environmental Issues	--	--	--	5%	5%	NA	NA

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

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

General Health

In 2019, 50% of respondents reported their health as excellent or very good; 20% reported fair or poor. Respondents 55 to 64 years old, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried or inactive were more likely to report fair or poor health. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2016 to 2019.*

Health Care Coverage

In 2019, 7% of respondents reported they were not currently covered by health care insurance; respondents 18 to 34 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to report this. Eight 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 or in the bottom 40 percent household income bracket were more likely to report this. Eleven percent of respondents reported someone in their household was not covered at least part of the time in the past year; respondents in the bottom 40 percent household income bracket were more likely to report this. *From 2008 to 2019, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage while from 2016 to 2019, there was no statistical change. From 2008 to 2019, the overall percent statistically decreased for respondents who reported no personal health care insurance at least part of the time in the past year while from 2016 to 2019, there was no statistical change. From 2008 to 2019, the overall percent statistically decreased for respondents who reported someone in the household was not covered at least part of the time in the past year while from 2016 to 2019, there was no statistical change.*

In 2019, 21% 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 with some post high school education or less were more likely to report this. Eleven percent of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs in the past year; respondents in the bottom 60 percent household income bracket were more likely to report this. Eleven percent of respondents reported there was a time in the past year someone in their household did not receive the medical care needed; respondents in the bottom 40 percent household income bracket were more likely to report this. Eighteen percent of respondents reported there was a time in the past year someone in the household did not receive the dental care needed. 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 40 percent household income bracket or unmarried were more likely to report this. *From 2011 to 2019, the overall percent statistically remained the same for respondents who reported in the past year they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the medical care, as well as from 2016 to 2019. From 2011 to 2019, the overall percent statistically remained the same for respondents who reported someone in their household had not taken their prescribed medication due to prescription costs in the past year, as well as from 2016 to 2019. From 2011 to 2019, the overall percent statistically remained the same for respondents who reported unmet medical care or unmet mental health care for a household member in the past year, as well as from 2016 to 2019. From 2011 to 2019, the overall percent statistically decreased for respondents who reported unmet dental care for someone in the household in the past year while from 2016 to 2019, there was no statistical change.*

Health Care Information

In 2019, 51% of respondents reported they contact a doctor when looking for health information or clarification while 27% reported they look on the Internet. Seven percent reported they were, or a family member was, in the health care field while 4% reported work. Respondents 65 and older were more likely to report they contact a doctor. Respondents who were female, 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report themselves or a family member in the health field. Respondents who were male, 45 to 54 years old or unmarried were more likely to report work. *From 2011 to 2019, there was a statistical increase in the overall percent of respondents who reported doctor as their source of health information/clarification while from 2016 to 2019, there was no statistical change. From 2011 to 2019, there was a statistical decrease in the overall percent of respondents who reported the Internet as their source of health information/clarification while from 2016 to 2019, there was no statistical change. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported they were, or family member was in the health care field and their source of health information/clarification while from 2016 to 2019, there was a statistical decrease. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported work as their source of health information/clarification while from 2016 to 2019, there was a statistical increase.*

Health Care Services

In 2019, 90% of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents who were female or 55 and older were more likely to report a primary care physician. Sixty-one percent of

respondents reported their primary place for health services when they are sick was from a doctor's or nurse practitioner's office while 15% reported an urgent care center followed by 7% each who reported hospital emergency room or Quickcare clinic. Four percent reported public health clinic/community health center for health services. Respondents 65 and older were more likely to report a doctor's or nurse practitioner's office as their primary health care when they are sick. Respondents 18 to 34 years old or in the top 40 percent household income bracket were more likely to report an urgent care center as their primary health care. Respondents with a high school education or less or in the bottom 60 percent household income bracket were more likely to report a hospital emergency room as their primary health care. Respondents who were 18 to 34 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report a public health clinic/community health center as their primary health care. Thirty-six percent of respondents had an advance care plan; respondents who were female, 65 and older or married were more likely to report an advance care plan. *From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported they have a primary care physician. From 2008 to 2019, there was a statistical decrease in the overall percent of respondents who reported their primary place for health services when they are sick was a doctor's/nurse practitioner's office, as well as from 2016 to 2019. From 2008 to 2019, there was a statistical increase in the overall percent of respondents who reported their primary place for health services when they are sick was an urgent care center while from 2016 to 2019, there was no statistical change. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported their primary place for health services when they are sick was a hospital emergency room or a public health clinic/community health center, as well as from 2016 to 2019. From 2008 to 2019, there was a statistical decrease in the overall percent of respondents who reported their primary place for health services when they are sick was a hospital outpatient department while from 2016 to 2019, there was no statistical change. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their primary place for health services when they are sick was a Quickcare clinic. From 2008 to 2019, there was no statistical change in the overall percent of respondents with an advance care plan, as well as from 2016 to 2019.*

Routine Procedures

In 2019, 86% of respondents reported a routine medical checkup two years ago or less while 77% reported a cholesterol test four years ago or less. Seventy-one percent of respondents reported a visit to the dentist in the past year while 50% reported an eye exam in the past year. Respondents who were female or 65 and older were more likely to report a routine checkup two years ago or less. Respondents who were female, 65 and older, with a college education, in the middle 20 percent household income bracket or married respondents were more likely to report a cholesterol test four years ago or less. Respondents with a college education, in the middle 20 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents who were female or 65 and older were more likely to report an eye exam in the past year. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported a routine checkup two years ago or less, a cholesterol test four years ago or less or a dental checkup in the past year, as well as from 2016 to 2019. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported an eye exam in the past year while from 2016 to 2019, there was a statistical increase.*

Vaccinations

In 2019, 41% of respondents had a flu vaccination in the past year. Respondents 65 and older or in the middle 20 percent household income were more likely to report a flu vaccination. Seventy-three percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2008 to 2019, there was no statistical change in the overall percent of respondents 18 and older or 65 and older who reported a flu vaccination in the past year, as well as from 2016 to 2019. From 2008 to 2019, there was no statistical change in the overall percent of respondents 65 and older who had a pneumonia vaccination, as well as from 2016 to 2019.*

Mobility

In 2019, 17% of respondents 60 and older reported in the past year they have fallen and injured themselves at home. *From 2014 to 2019, there was no statistical change in the overall percent of respondents 60 and older who reported they fell and injured themselves at home, as well as from 2016 to 2019.*

Health Conditions

In 2019, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (28%) a mental health condition (22%) or high blood cholesterol (21%). Respondents 65 and older, with a high school education or less, in the bottom 60 percent household income bracket, who were overweight or inactive were more likely to report high blood pressure. Respondents who were female, 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 a mental health condition. Respondents who were 55 to 64 years old, overweight or did an insufficient amount of physical activity were more likely to report high blood cholesterol. Nine 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 40 percent household income bracket or inactive respondents were more likely to report heart disease/condition. Nine percent of respondents reported diabetes; respondents 65 and older, in the bottom 40 percent household income bracket, who were overweight or inactive were more likely to report this. Ten percent reported current asthma; respondents 45 to 54 years old were more likely to report current asthma. Of respondents who reported these health conditions, at least 90% reported three conditions were controlled through medication, therapy or lifestyle changes (high blood pressure, diabetes and current asthma). Between 80% and 89% of respondents reported the remaining three conditions were controlled. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported high blood pressure, a mental health condition, high blood cholesterol, heart disease/condition, diabetes or current asthma, as well as from 2016 to 2019.*

Mental Health Status

In 2019, 8% of respondents reported they always or nearly always felt sad, blue or depressed in the past month; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Eight percent of respondents felt so overwhelmed they considered suicide in the past year; respondents 18 to 34 years old, with a high school education or less or unmarried respondents were more likely to report this. Eight percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed in the past month, as well as from 2016 to 2019. From 2008 to 2019, there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year or they seldom/never find meaning and purpose in daily life while from 2016 to 2019, there was no statistical change.*

Physical Health

In 2019, 40% of respondents did moderate physical activity five times a week for 30 minutes. Thirty-seven percent of respondents did vigorous activity three times a week for 20 minutes. Combined, 52% 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 were more likely to report this. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes, as well as from 2016 to 2019. From 2008 to 2019, there was 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 2016 to 2019, there was no statistical change. From 2008 to 2019, there was a statistical increase in the overall percent of respondents who met the recommended amount of physical activity while from 2016 to 2019, there was no statistical change.*

In 2019, 67% of respondents were classified as at least overweight while 36% were obese. Respondents who were 45 to 54 years old or inactive were more likely to be classified as at least overweight. Respondents who were male, 45 to 54 years old, with some post high school education or less, in the middle 20 percent household income bracket or inactive respondents were more likely to be obese. *From 2008 to 2019, there was no statistical change in the overall percent of respondents being at least overweight or being obese, as well as from 2016 to 2019.*

Nutrition and Food Insecurity

In 2019, 51% of respondents reported two or more servings of fruit while 29% reported three or more servings of vegetables on an average day. Respondents who were female, with a college education or in the top 40 percent household income bracket were more likely to report at least two servings of fruit. Respondents 35 to 44 years old, with a college education, in the top 40 percent household income bracket, who were not overweight or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Thirty-one 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 or who met the recommended amount of physical activity were more likely to report this. Six percent of respondents reported they sometimes/seldom/never find fresh fruit and vegetables in their community or neighborhood; respondents who were female, with some post high school education or in the bottom 40 percent household income bracket were more likely to report this. Twenty-two percent of respondents reported when they found fresh fruit and vegetables, they sometimes/seldom/never find the fresh fruit and vegetables affordable; respondents who were female, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Six percent of respondents reported their household went hungry because they couldn't afford enough food in the past year; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. *From 2008 to 2019, there was a statistical decrease in the overall percent of respondents who reported at least two servings of fruit on an average day, as well as from 2016 to 2019. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported at least three servings of vegetables on an average day, as well as from 2016 to*

2019. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables while from 2016 to 2019, there was a statistical *decrease*. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported their household went hungry because they couldn't afford enough food in the past year.

Women's Health

In 2019, 75% of female respondents 50 and older reported a mammogram within the past two years. Eighty-two percent of female respondents 65 and older had a bone density scan. Eighty-five percent of female respondents 18 to 65 years old reported a pap smear within the past three years. Sixty-two percent of respondents 18 to 65 years old reported an HPV test within the past five years. Eighty-six percent of respondents reported they received a cervical cancer test in the time frame recommended (18 to 29 years old: pap smear within past three years; 30 to 65 years old: pap smear and HPV test within past five years or pap smear only within past three years). Respondents with a college education or married respondents were more likely to report a cervical cancer screen within the recommended time frame. *From 2008 to 2019, there was 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 2016 to 2019. From 2008 to 2019, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan, as well as from 2016 to 2019. From 2008 to 2019, there was 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 2016 to 2019. From 2014 to 2019, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported an HPV test within the past five years while from 2016 to 2019, there was a statistical increase. From 2014 to 2019, 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 2016 to 2019.*

Colorectal Cancer Screening

In 2019, 16% of respondents 50 and older reported a blood stool test within the past year. Eight percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 74% reported a colonoscopy within the past ten years. This results in 79% of respondents meeting the current colorectal cancer screening recommendations. *From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past year, as well as from 2016 to 2019. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy within the past five years or a colonoscopy within the past ten years, as well as from 2016 to 2019. From 2008 to 2019, 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 2016 to 2019, there was no statistical change.*

Alcohol Use

In 2019, 33% of respondents were binge drinkers in the past month (females 4+ drinks and males 5+ drinks). Respondents 18 to 34 years old, with some post high school education or in the top 40 percent household income bracket were more likely to have binged at least once in the past month. Two percent of respondents reported they had been a driver or a passenger when the driver perhaps had too much to drink in the past month. *From 2008 to 2019, there was a statistical increase in the overall percent of respondents who reported binge drinking in the past month while from 2016 to 2019, there was no statistical change. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much to drink, as well as from 2016 to 2019.*

Tobacco Use

In 2019, 19% of respondents were current tobacco cigarette smokers; respondents with a high school education or less or in the bottom 40 percent household income bracket were more likely to be a smoker. Thirteen percent of respondents used electronic cigarettes in the past month. 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 use electronic cigarettes. Sixty-five percent of current smokers or vapers quit for one day or longer because they were trying to quit in the past year. Seventy-seven percent of current smokers/vapers who saw a health professional in the past year reported the professional advised them to quit smoking or vaping. *From 2008 to 2019, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers while from 2016 to 2019, there was no statistical change. From 2014 to 2019, there was no statistical change in the overall percent of respondents who reported electronic vapor product use in the past month while from 2016 to 2019, there was a statistical increase. From 2008 to 2019, there was a statistical increase in the overall percent of current tobacco cigarette smokers or electronic vapor product users who quit smoking or vaping for at least one day in the past year because they were trying to quit while from 2016 to 2019, there was no statistical change. From 2008 to 2019, there was no statistical change in the overall percent of current smokers or vapers who reported in the past year their health professional advised them to quit smoking or vaping, as well as from 2016 to 2019. Please note: in 2019, tobacco cessation and health*

professional advised quitting included current smokers and current vapers. In previous years, both questions were asked of current smokers only.

In 2019, 14% of nonsmoking or nonvaping respondents reported they were exposed to second-hand smoke or vapor in the past seven days; respondents who were male, in the bottom 40 percent household income bracket or unmarried were more likely to report this. *From 2008 to 2019, there was a statistical decrease in the overall percent of nonsmoking or nonvaping respondents who reported they were exposed to second-hand smoke or vapor in the past seven days while from 2016 to 2019, there was no statistical change. Please note: in 2019, the second-hand smoke exposure question included nonvapers while in previous years the question included nonsmokers only.*

In 2019, 8% of respondents used smokeless tobacco in the past month while 3% of respondents used cigars, cigarillos or little cigars. Respondents who were male or in the top 40 percent household income bracket were more likely to report smokeless tobacco use. *From 2014 to 2019, there was no statistical change in the overall percent of respondents who used smokeless tobacco in the past month while from 2016 to 2019, there was a statistical increase. From 2014 to 2019, there was a statistical decrease in the overall percent of respondents who used cigars/cigarillos/little cigars in the past month while from 2016 to 2019, there was a statistical increase.*

Household Problems

In 2019, 3% 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. Three percent of respondents reported someone in their household experienced some kind of problem with marijuana. One percent of respondents reported a household problem in connection with cocaine/meth/other street drugs while less than one percent reported heroin/other opioids. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported a household problem in connection with drinking alcohol in the past year, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported a household problem with marijuana in the past year, as well as from 2016 to 2019.*

Personal Safety

In 2019, 5% of respondents reported someone made them afraid for their personal safety in the past year. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents 18 to 34 years old were more likely to report this. A total of 8% reported at least one of these two situations; respondents 18 to 34 years old or in the middle 20 percent household income bracket were more likely to report this. *From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety or they were pushed/kicked/slapped/hit in the past year, as well as from 2016 to 2019. From 2008 to 2019, there was no statistical change in the overall percent of respondents who reported at least one of the two personal safety issues in the past year, as well as from 2016 to 2019.*

Children in Household

In 2019, the respondent was asked if they make health care decisions for children living in the household. If yes, they were asked a series of questions about the health and behavior of a randomly selected child. Ninety-five percent of respondents reported they have one or more persons they think of as their child's primary doctor or nurse, with 91% reporting their child visited their primary doctor or nurse for preventive care during the past year. One percent of respondents reported in the past year their child did not visit a specialist they needed while less than one percent each reported their child did not receive the medical care needed or their child did not receive the dental care needed. Four percent of respondents reported their child currently had asthma. Four percent of respondents reported their child was seldom/never safe in their community. Seventy-four percent of respondents reported their 5 to 17 year old child ate at least two servings of fruit on an average day while 27% reported three or more servings of vegetables. Thirty-five percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Seventy-four percent of respondents reported their 5 to 17 year old child was physically active for 60 minutes five times a week. Five percent of respondents reported their 5 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Fifteen percent reported their 5 to 17 year old child experienced some form of bullying in the past year; 12% reported verbal bullying, 6% physical bullying and 2% reported cyber bullying. *From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their child had a primary doctor or nurse, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their child visited their primary doctor/nurse in the past year for preventive care, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child was unable to see a specialist when needed, as well as from 2016 to 2019. From 2011 to 2019, there was a statistical decrease in the overall percent of respondents who reported in the past year their child had an unmet medical care need while from 2016 to 2019, there was no statistical change. From 2011 to 2019, there was a statistical*

decrease in the overall percent of respondents who reported in the past year their child or had an unmet dental care need, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their child currently had asthma while from 2016 to 2019, there was a statistical decrease. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their child was seldom/never safe in their community while from 2016 to 2019, there was a statistical increase. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child ate at least two servings of fruit on an average day, as well as from 2016 to 2019. From 2011 to 2019, there was a statistical decrease in the overall percent of respondents who reported their 5 to 17 year old child ate at least three servings of vegetables on an average day while from 2016 to 2019, there was no statistical change. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their child met the recommendation of at least five servings of fruit/vegetables on an average day, as well as from 2016 to 2019. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child was physically active for at least 60 minutes five times a week while from 2016 to 2019, there was a statistical increase. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child always or nearly always felt unhappy/sad/depressed in the past six months, as well as from 2016 to 2019. From 2011 to 2019, there was a statistical decrease in the overall percent of respondents who reported in the past year their child was bullied overall while from 2016 to 2019, there was no statistical change. From 2011 to 2019, there was a statistical decrease in the overall percent of respondents who reported in the past year their child was verbally bullied while from 2016 to 2019, there was no statistical change. From 2011 to 2019, there was no statistical change in the overall percent of respondents who reported in the past year their child was physically bullied or cyber bullied, as well as from 2016 to 2019.

Top County Health Issues

In 2019, respondents were asked to list the top three health issues in the county. The most often cited were illegal drug use (42%), access to health care (23%) or overweight/obesity (18%). Respondents 55 and older or with some post high school education were more likely to report illegal drug use as a top health issue. Respondents who were female or with at least some post high school education were more likely to report access to health care. Respondents 18 to 44 years old, with a college education, in the top 60 percent household income bracket or married respondents were more likely to report overweight or obesity. Fifteen 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. Fourteen percent of respondents were more likely to report alcohol use or abuse; respondents 18 to 34 years old were more likely to report this. Thirteen percent reported tobacco use as a top issue; respondents 18 to 44 years old or 65 and older were more likely to report this. Twelve percent of respondents reported cancer as a top issue; respondents who were male, with a high school education or less, with a college education, in the top 40 percent household income bracket or unmarried respondents were more likely to report this. Eleven percent of respondents reported prescription or over-the-counter drug abuse. Eleven percent of respondents reported mental health/depression; respondents who were female, with a college education or in the top 40 percent household income bracket were more likely to report this. Ten percent of respondents reported violence or crime; respondents with a high school education or less were more likely to report this. Eight percent of respondents reported affordable health care; respondents who were 45 to 54 years old or married were more likely to report this. Six percent of respondents reported infectious diseases as a top issue; female respondents were more likely to report this. Five percent of respondents reported environmental issues; respondents 55 to 64 years old were more likely to report this. *From 2016 to 2019, there was a statistical increase in the overall percent of respondents who reported illegal drug use, tobacco use or prescription/over-the-counter drug abuse as one of the top health issues in the county. From 2016 to 2019, there was no statistical change in the overall percent of respondents who reported access to health care, overweight/obesity, chronic diseases, alcohol use/abuse, cancer, mental health/depression, violence/crime, affordable health care, infectious diseases or environmental issues as one of the top health issues in the county.*