



# MANITOWOC COUNTY COMMUNITY HEALTH SURVEY –2013

Commissioned by:  
Aurora Health Care  
Holy Family Memorial

In Partnership with:  
Healthiest Manitowoc County  
Manitowoc County Health Department  
United Way of Manitowoc County

# Overview



- Objectives
  - Gather data on behavioral and lifestyle habits of the adult population and household-level data.
  - Gather data on the prevalence of risk factors and disease conditions of the adult population.
  - Compare health data of residents to previous health studies.
  - Compare health data to national and state measurements.

# Methodology

- 15 minute telephone survey of area residents
- 400 completions from February 22, 2013 through March 11, 2013
- Two-fold sampling
  - 1) RDD landline sample of listed & unlisted #s (n=300)
    - Respondents randomly selected based on number of adults in household
    - Weighting based on number of adults and number of residential phone numbers in HH
  - 2) Cell phone only sample (n=100)
    - Adult answering the phone designated as the respondent
- All data post-stratified by age and gender of adult residents as of 2010 Census proportions.
- Margin of error:  $\pm 5\%$

# Demographics



# Respondent Demographics

	Percent
Gender	
Male	49%
Female	51%
Household Income	
Bottom 40 Percent Bracket	43%
Middle 20 Percent Bracket	18%
Top 40 Percent Bracket	28%
Not sure/No answer	12%

## Respondent Demographics (cont.)

Age	Percent
18 to 34	23%
35 to 44	16%
45 to 54	21%
55 to 64	18%
65 and older	22%

## Respondent Demographics (cont.)

	Percent
Education	
High school or less	41%
Some post high school	32%
College graduate	27%
Marital Status	
Married	60%

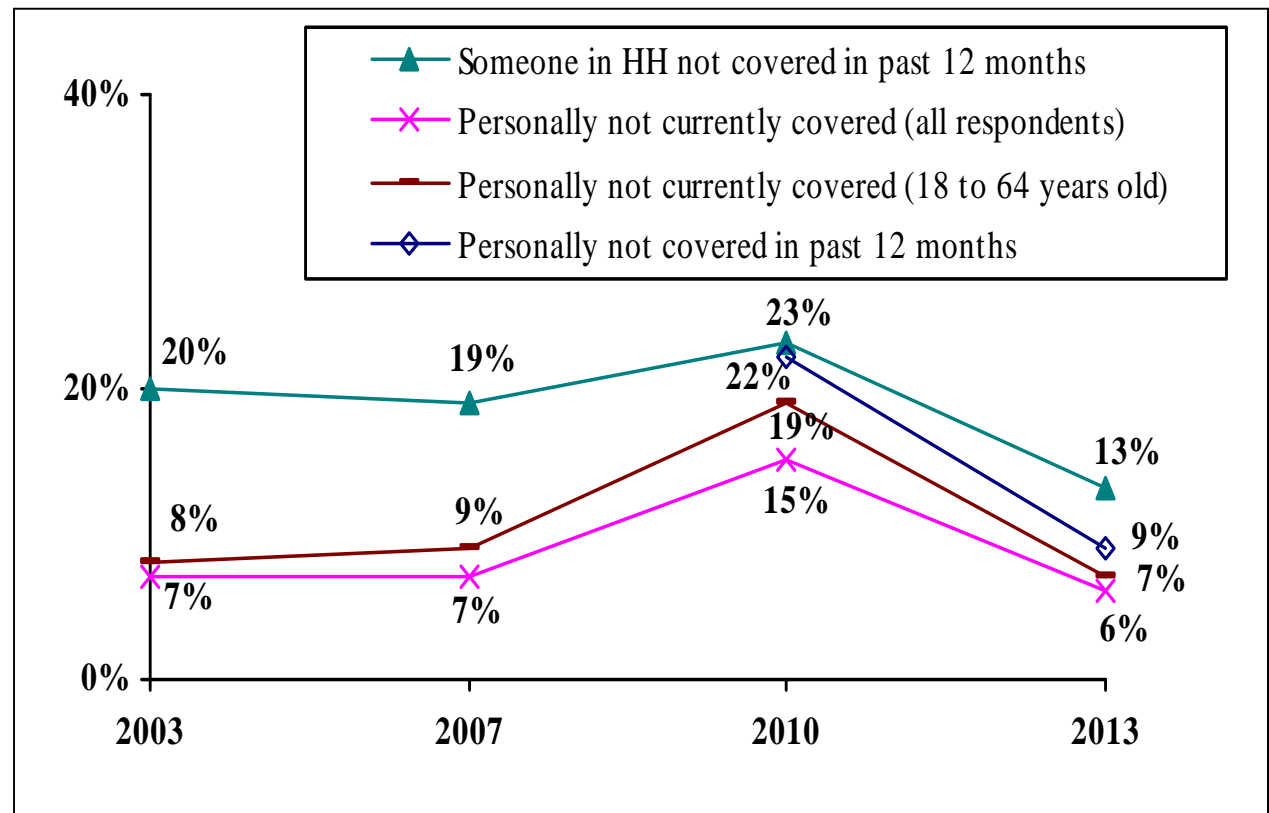
# Health Care Coverage

A decorative graphic in the top right corner features a stylized globe with white grid lines on a teal background. Below the globe is a thick, curved bar that transitions from a light teal on the left to a dark blue on the right.



# Health Care Coverage

- Personally not covered currently (18+) 2010
  - WI: 11%
  - US: 15%
  - HP2020 Goal: 0%
- Personally not covered currently (18 to 64 years old) 2010
  - WI: 13%
  - US: 18%



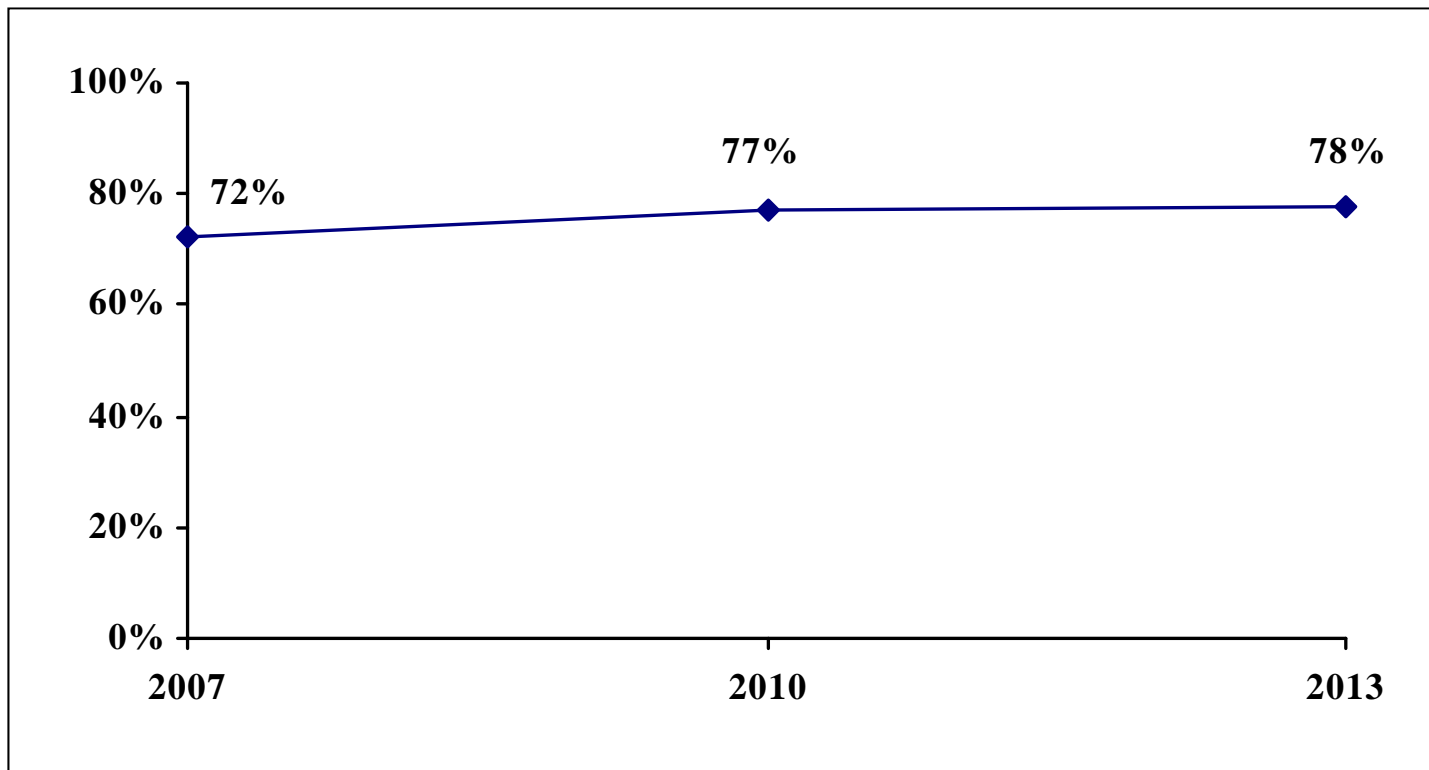
# Health Care Needed in Past 12 Months (2013)

	Percent
Prescription Medication Not Taken Due to Cost (Household Member)	10%
Unmet Health Care	
Medical Care	11%
Dental Care	11%
Mental Health Care	2%

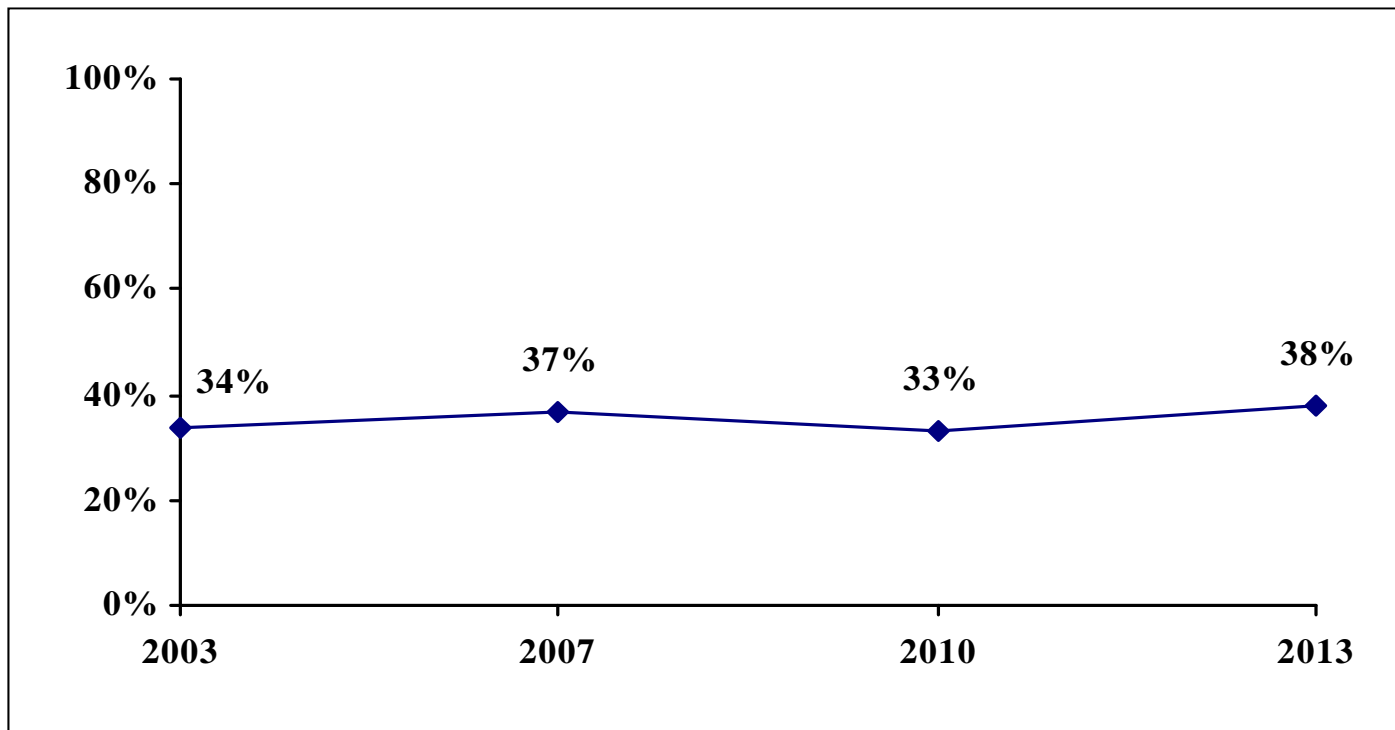
## Unmet Food Needs in Past Year (2013)

	Percent
Household Food Didn't Last	11%
Used Food Pantry	7%
Household Went Hungry	1%

# Doctor or Nurse Practitioner's Office as Primary Health Care Service



# Advance Care Plan<sup>1</sup>



<sup>1</sup>In 2007, "living will or health care power of attorney" was added.

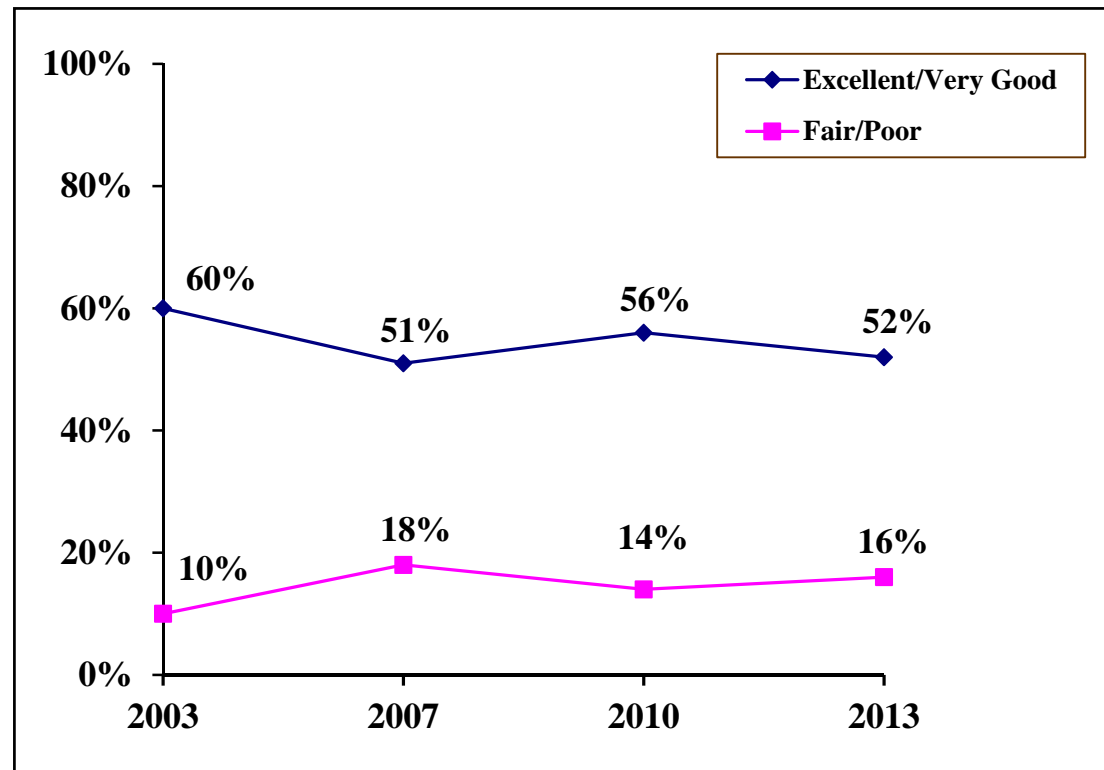
# General Health



# Rate Own Health

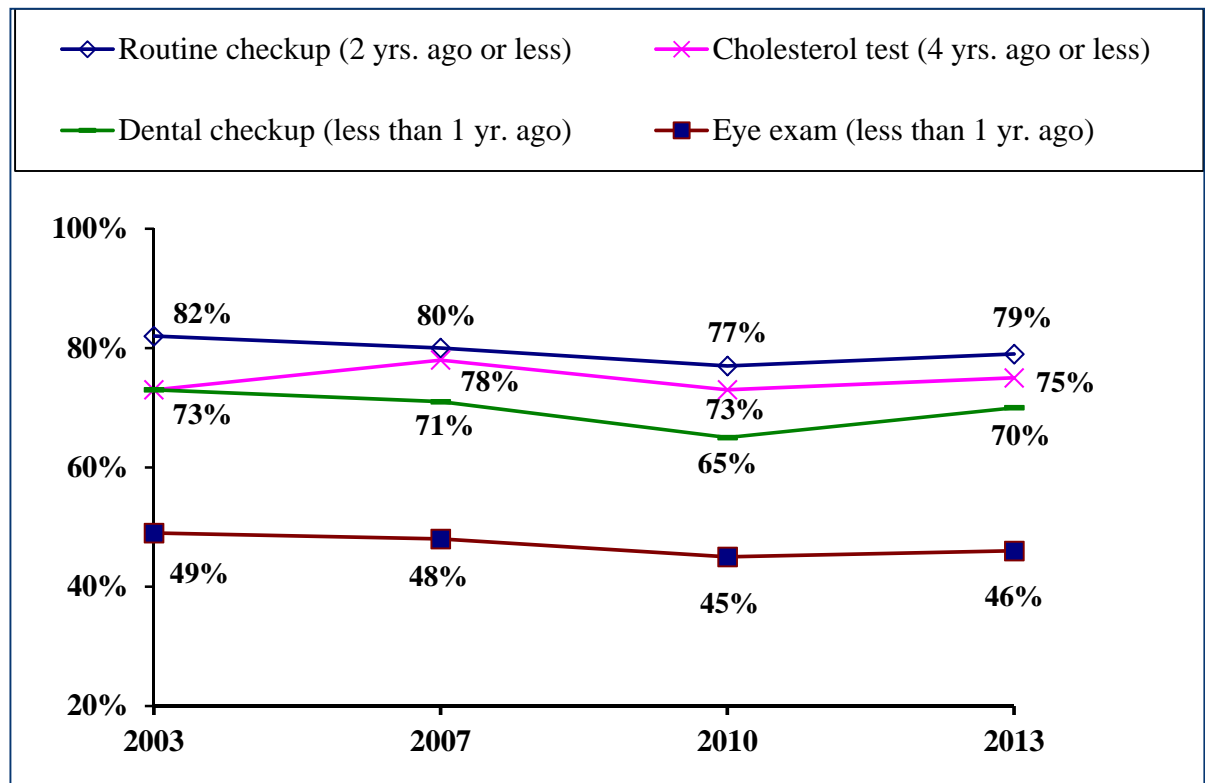
2010

- Excellent or Very Good
  - WI: 57%
  - US: 55%
- Fair or Poor
  - WI: 14%
  - US: 15%



# Routine Procedures

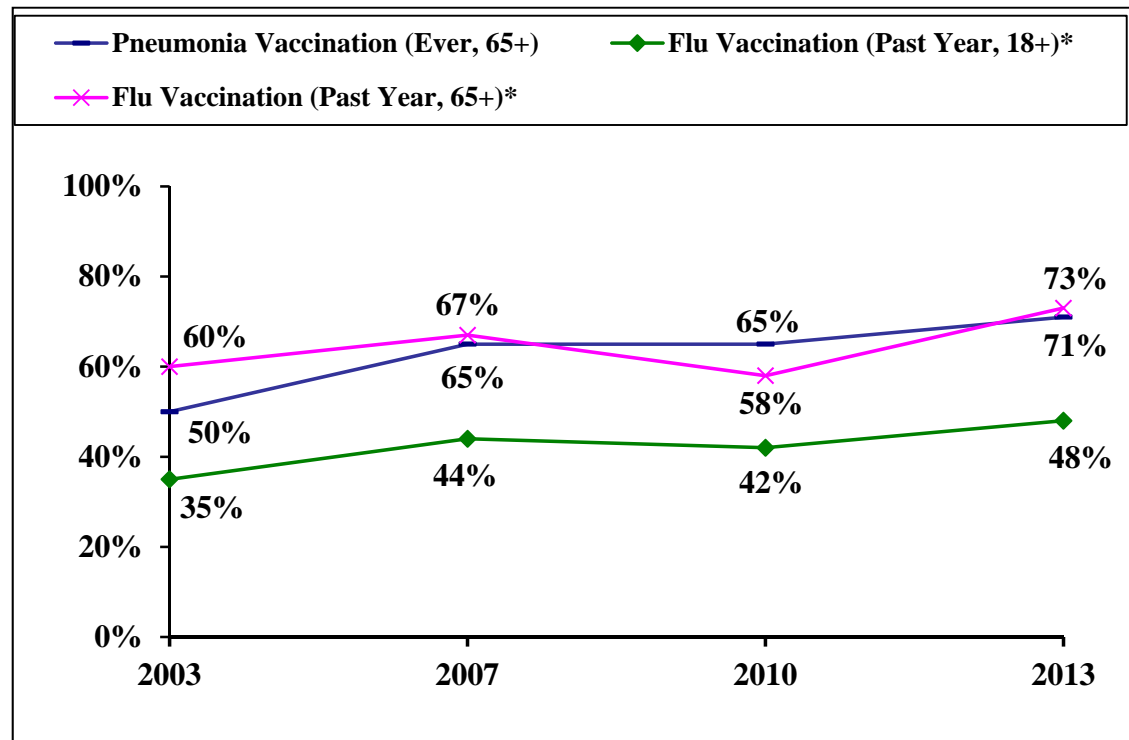
- Routine checkup 2000
  - WI: 79%
  - US: 84%
- Cholesterol test 2010
  - WI: 77%
  - US: 77%
  - HP2020 Goal: 82%
- Dental checkup 2010
  - WI: 75%
  - US: 70%
  - HP2020 Goal: 49%





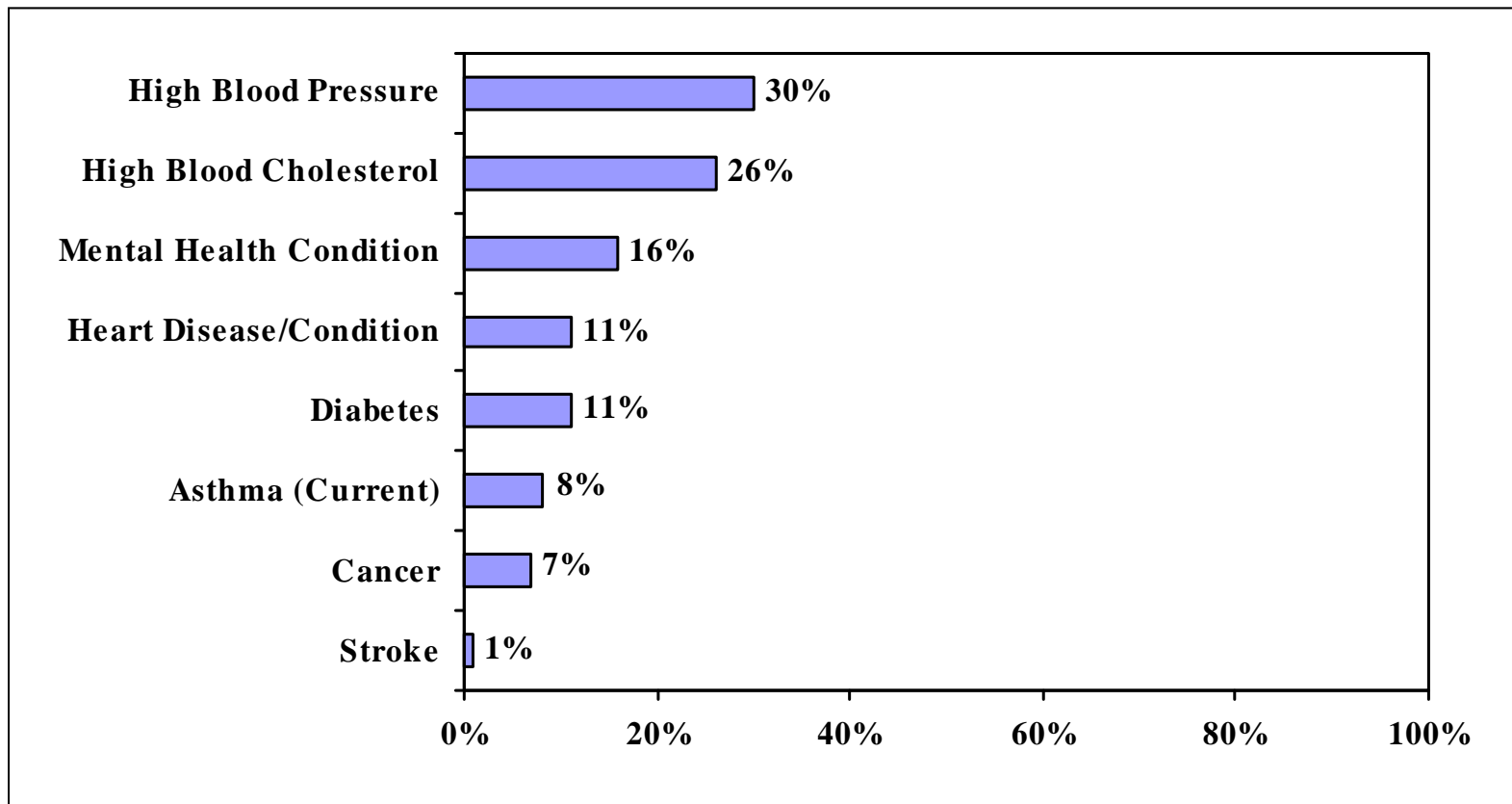
# Vaccinations

- Pneumonia vaccination (65+) 2010
  - WI: 73%
  - US: 69%
  - HP2020 Goal: 90%
- Flu vaccination (65+) 2010
  - WI: 68%
  - US: 68%
  - HP2020 Goal: 90%

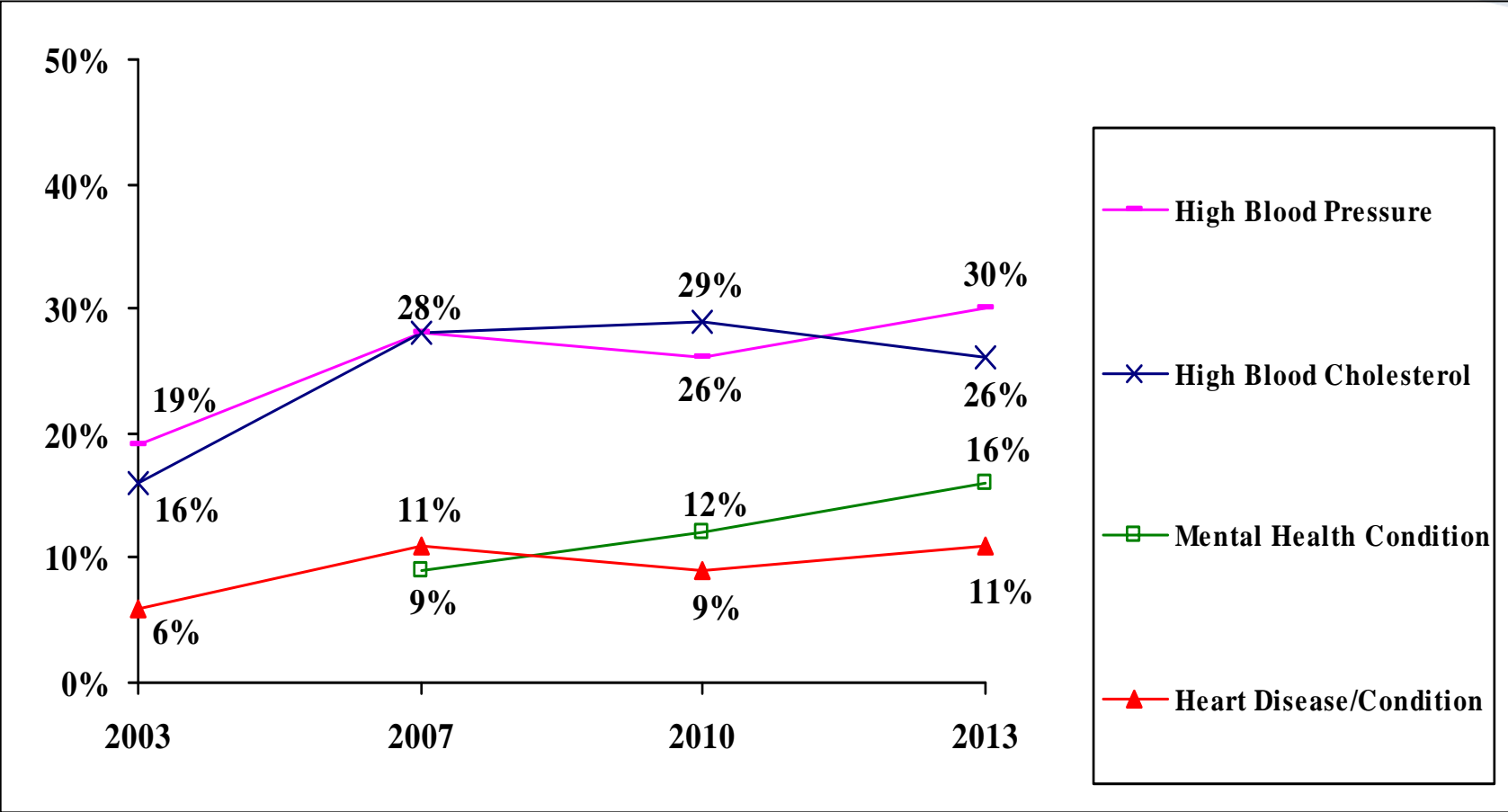


\* In 2007, "nasal spray" was added.

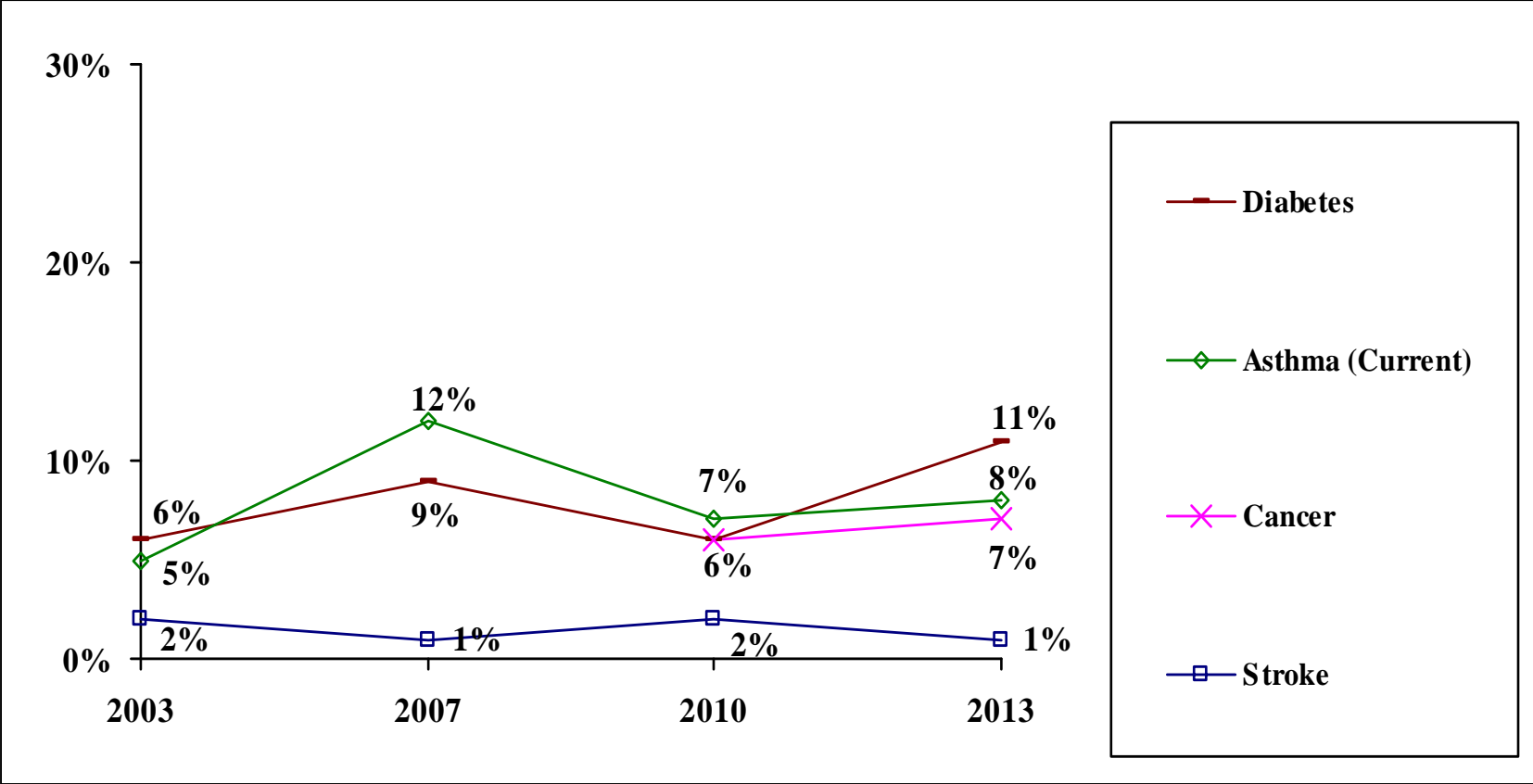
# Health Conditions Past 3 Years (2013)



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# Health Conditions Past 3 Years



## Condition Controlled Through Medication, Exercise or Lifestyle Changes (2013)

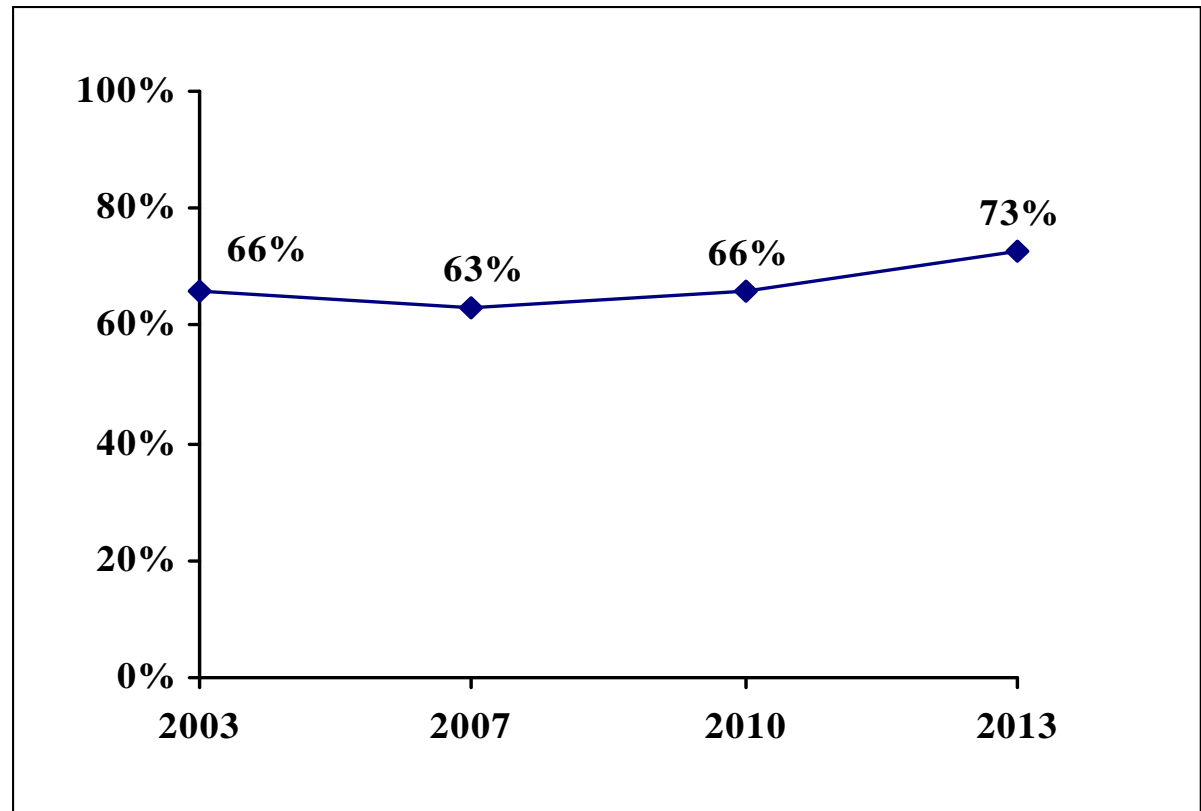
(n=)	Percent
High Blood Pressure (118)	94%
High Blood Cholesterol (102)	88%
Mental Health Condition (64)	94%
Diabetes (44)	98%
Heart Disease/Condition (43)	91%
Asthma (32)	100%

# Exercise and Nutrition



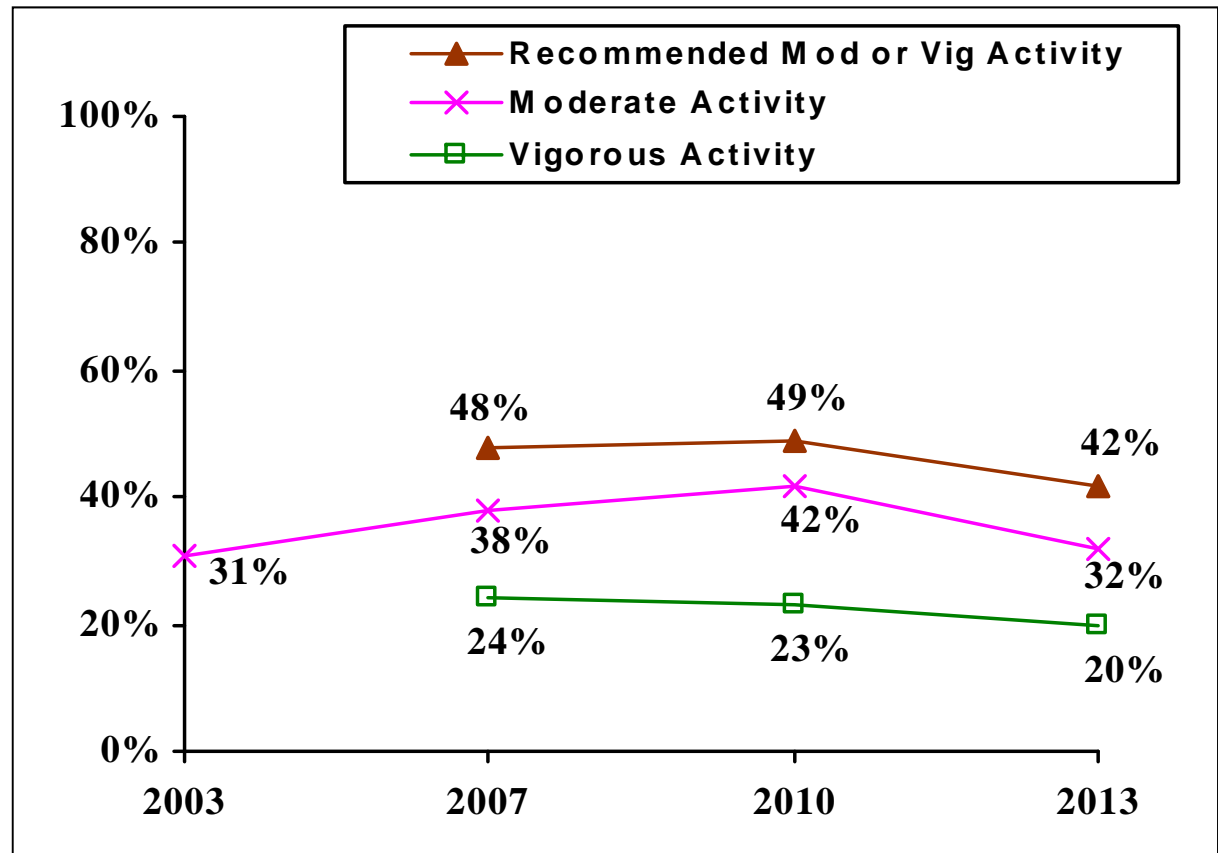
# Body Weight

- Overweight 2010
  - WI: 64%
  - US: 64%
- HP2020 Goal:
  - 34% Healthy weight
  - 66% Unhealthy weight (overweight or obese)



# Physical Activity<sup>1</sup>

- Recommended Moderate or Vigorous Activity 2009
  - WI: 53%
  - US: 51%
- Moderate Activity 2005
  - WI: 42%
  - US: 33%
- Vigorous Activity 2009
  - WI: 31%
  - US: 29%

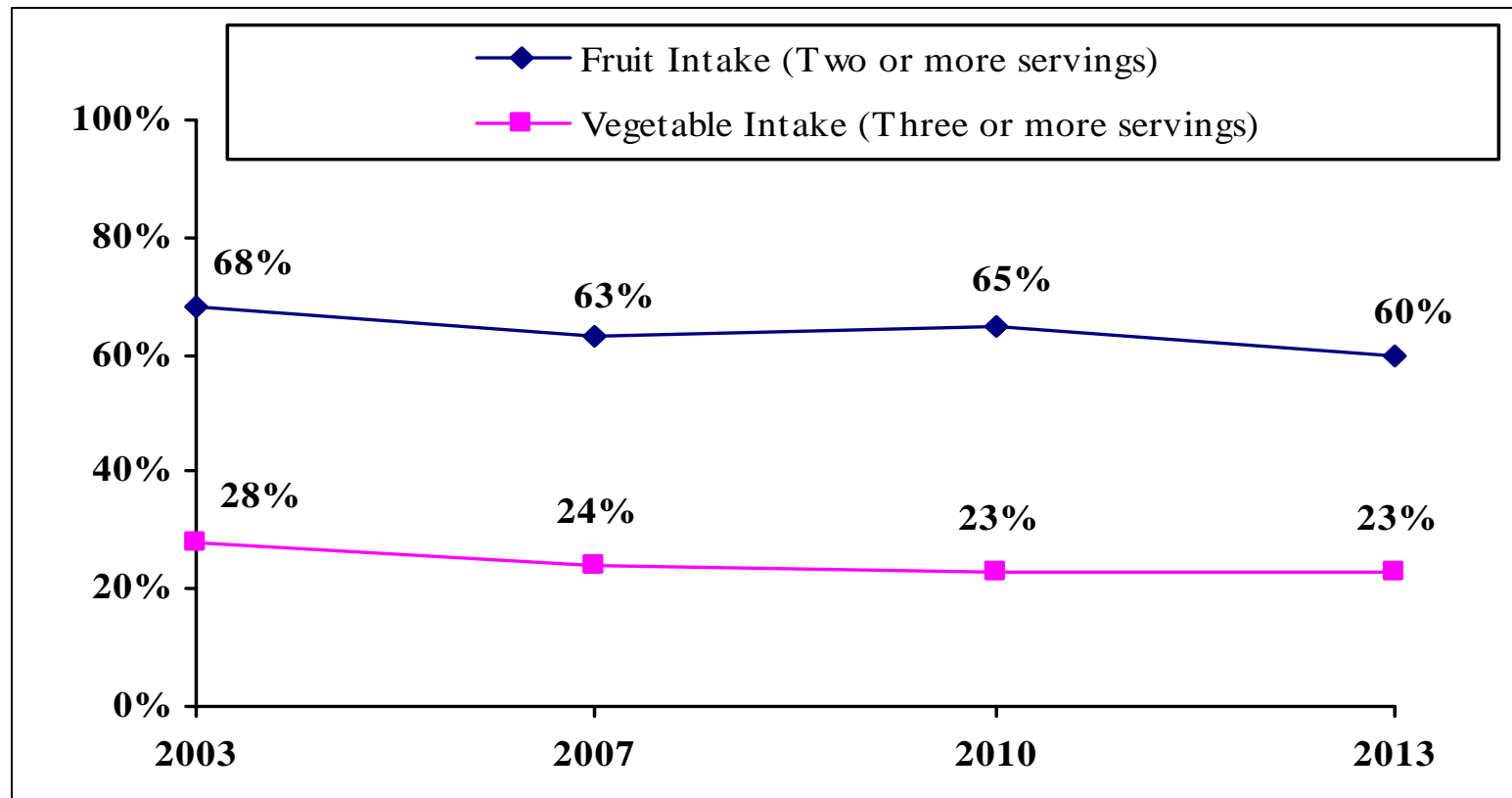


<sup>1</sup>Moderate activity: 5 times a week for 30 or more minutes/time

Vigorous activity: 3 times a week for 20 or more minutes/time



# Nutrition on an Average Day



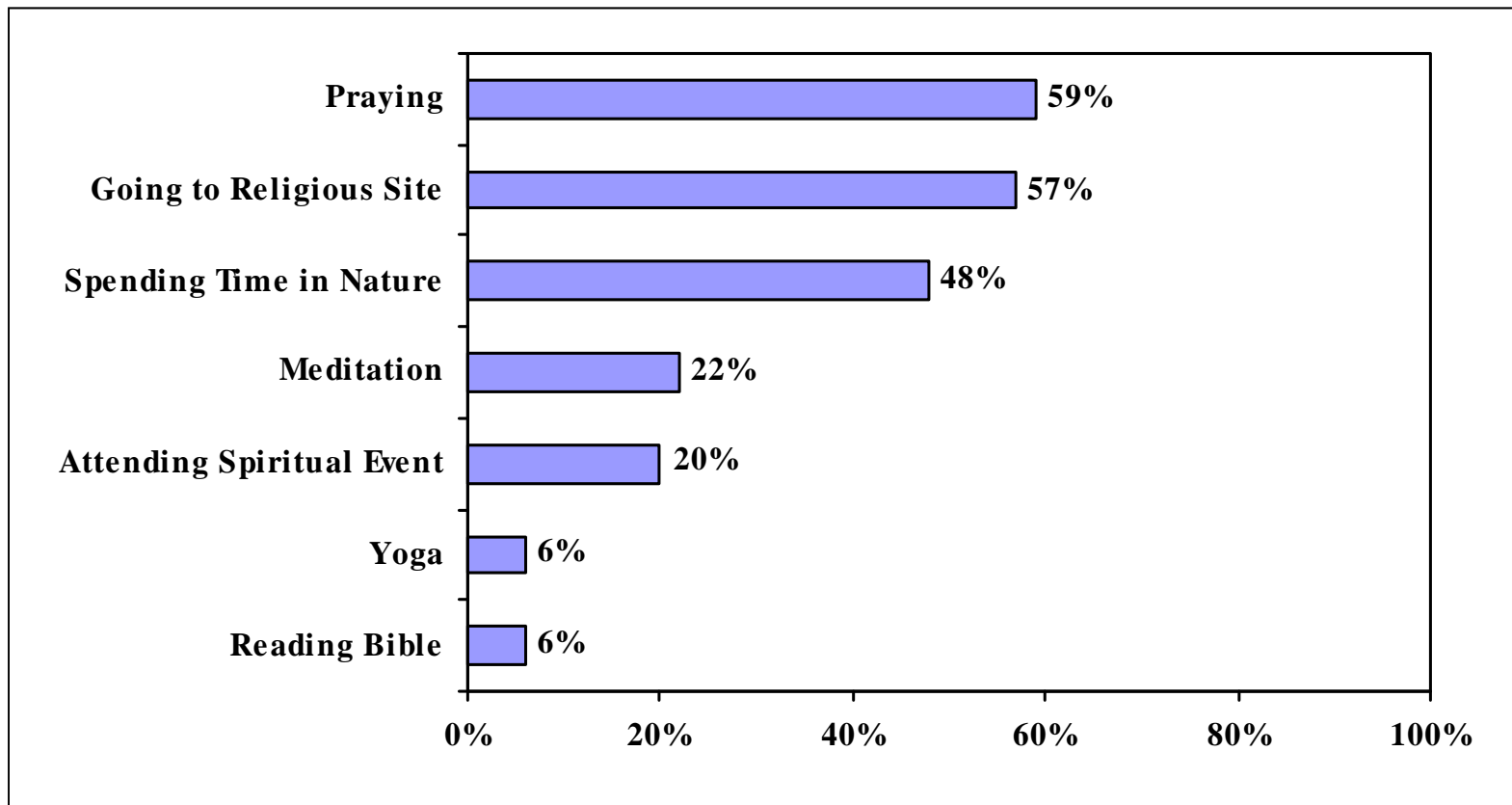
# Personal Connectedness or Spirituality



# Personal Connectedness or Spirituality (2013)

	Percent
Personal Connectedness or Spirituality	
Poor	4%
Fair	18%
Good	32%
Very Good	32%
Excellent	13%

# Experienced Spirituality (2013)

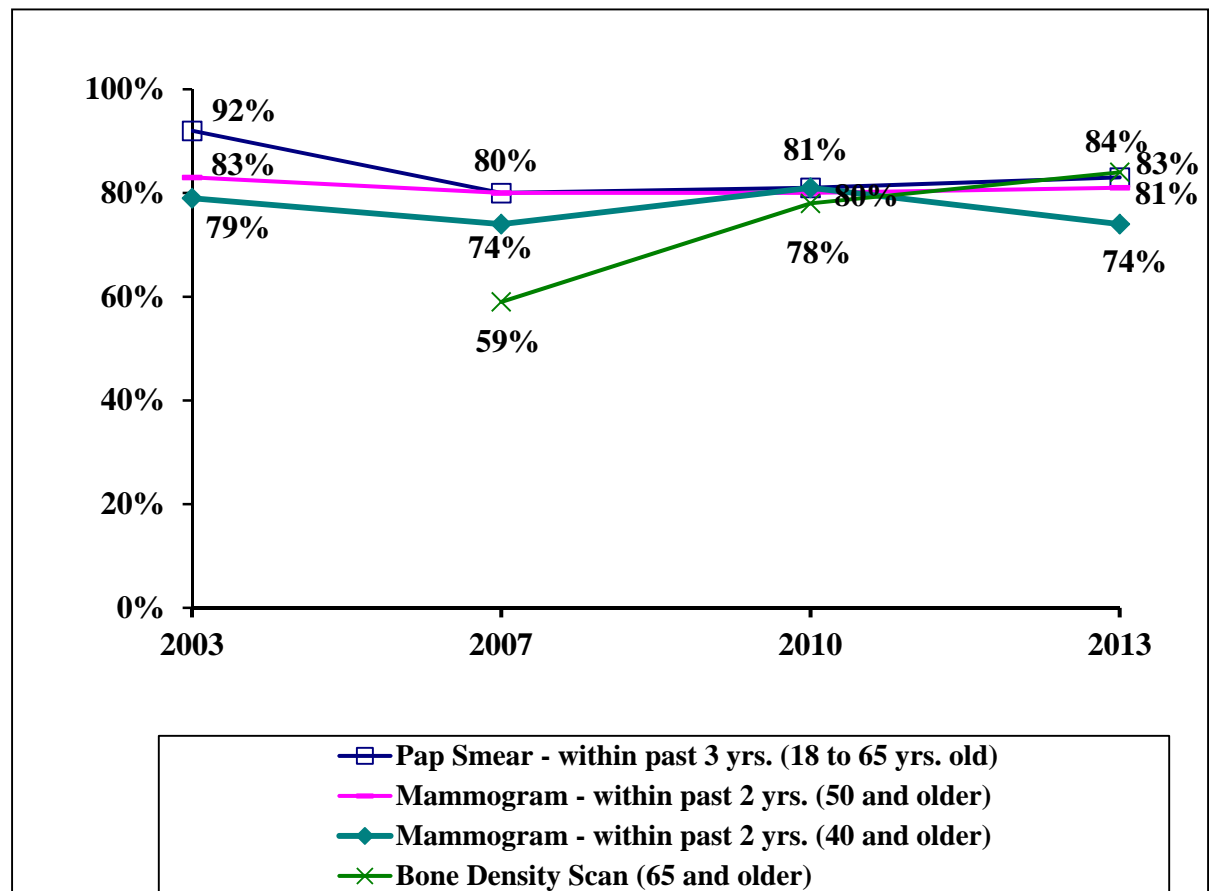


# Early Detection and Prevention of Cancer

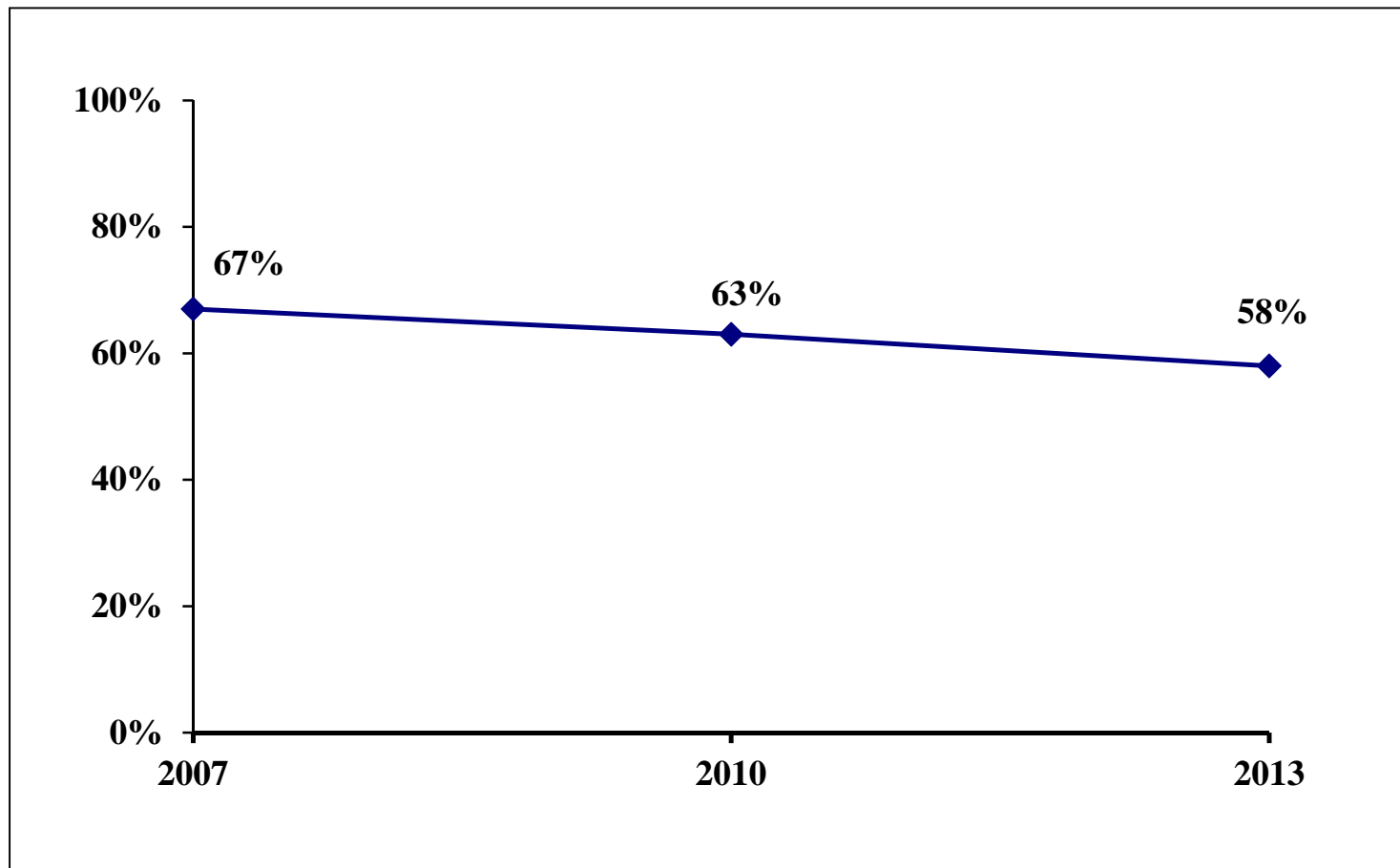


# Women's Health

- Pap Smear (18+) 2010
  - WI: 85%
  - US: 81%
  - HP2020 Goal (21-65 years old): 93%
- Mammogram (50+) 2010
  - WI: 80%
  - US: 78%



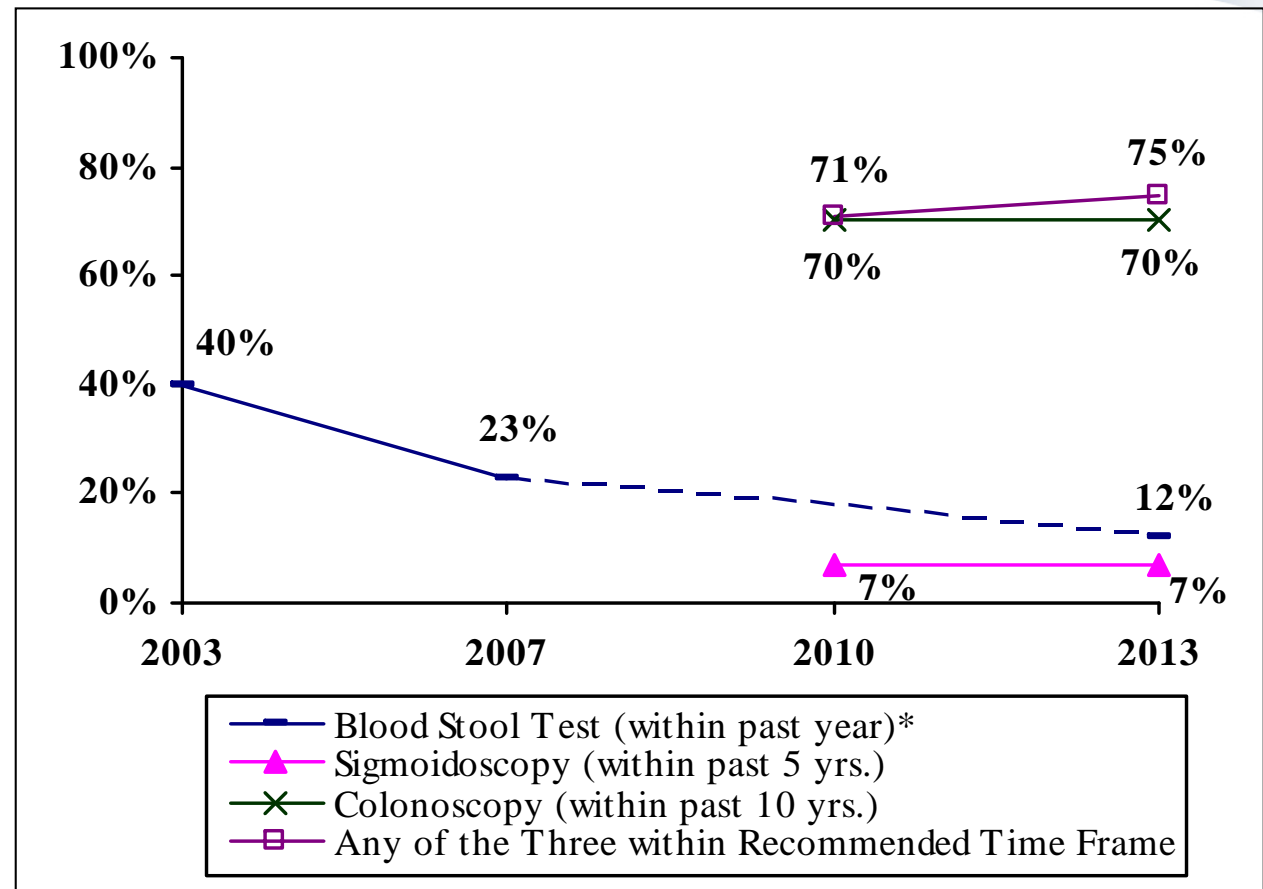
# Prostate Cancer Screening [PSA or DRE] Within Past 2 Years (40 and Older)



\*In 2007 and 2010, DRE and PSA tests were two separate questions. In 2013, they were combined into one prostate cancer screening question.

# Colorectal Cancer (50 and Older)

- Screening in Recommended Time Frame:
  - HP2020 Goal: 71%



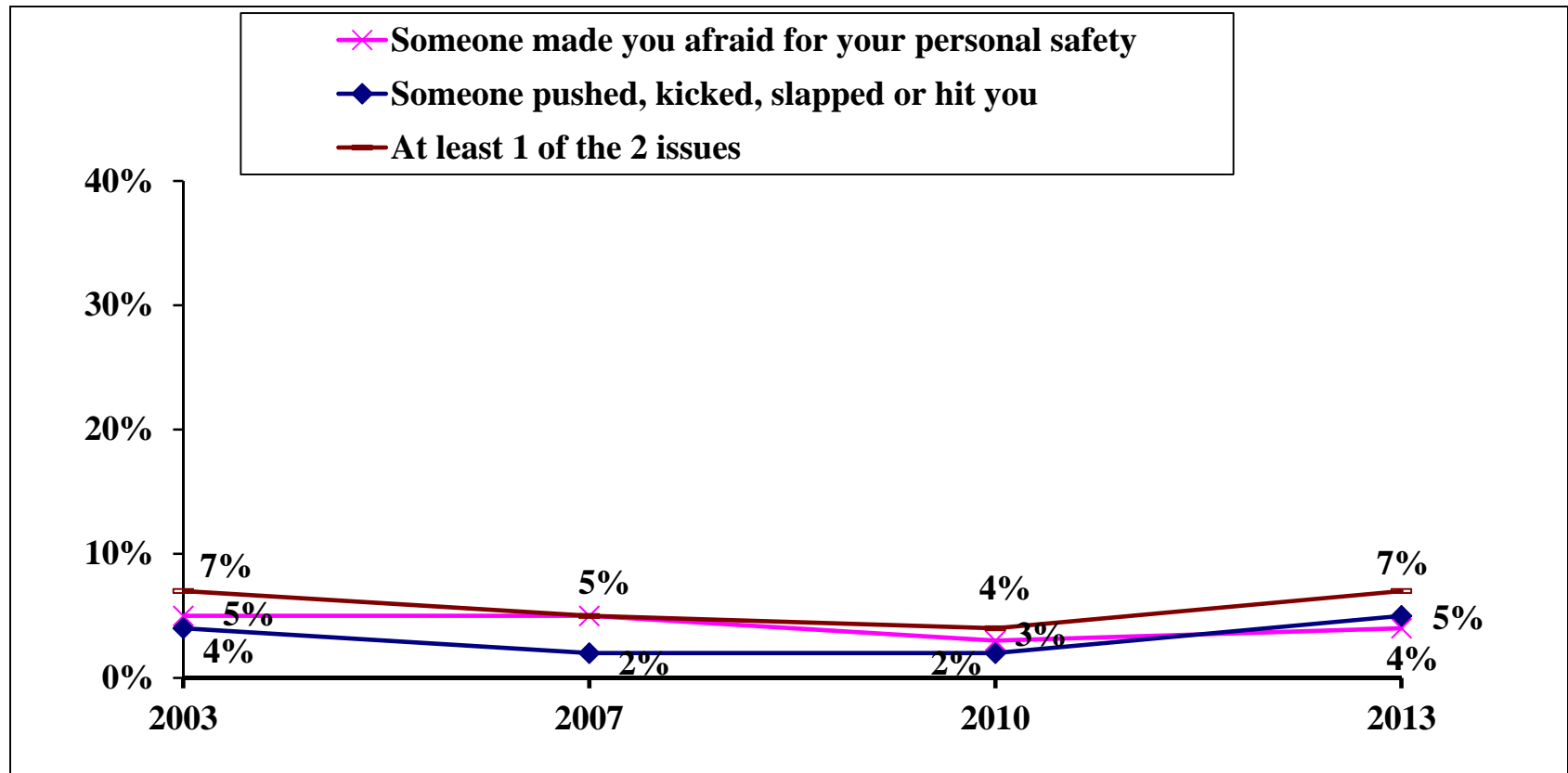
\*Not asked in 2010



Safety



# Personal Safety Issues (Past Year)

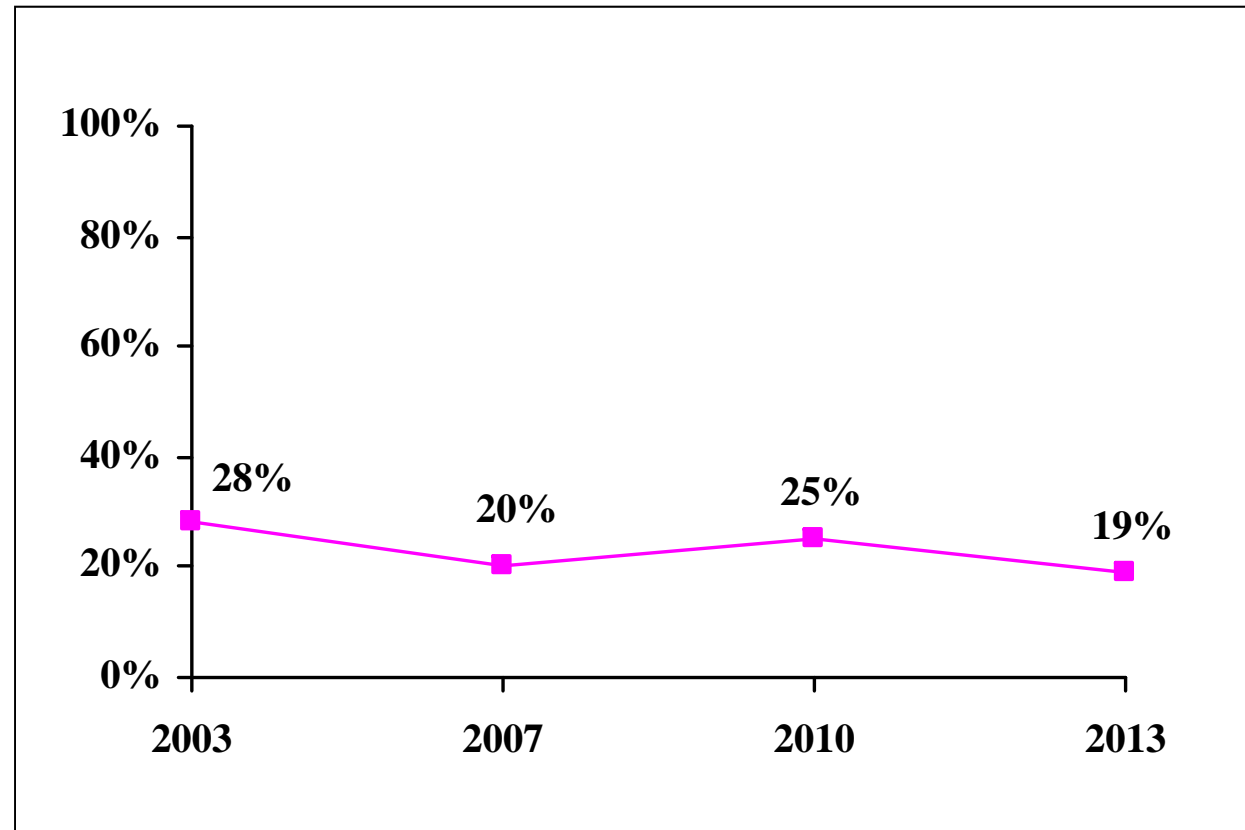


# Tobacco Use



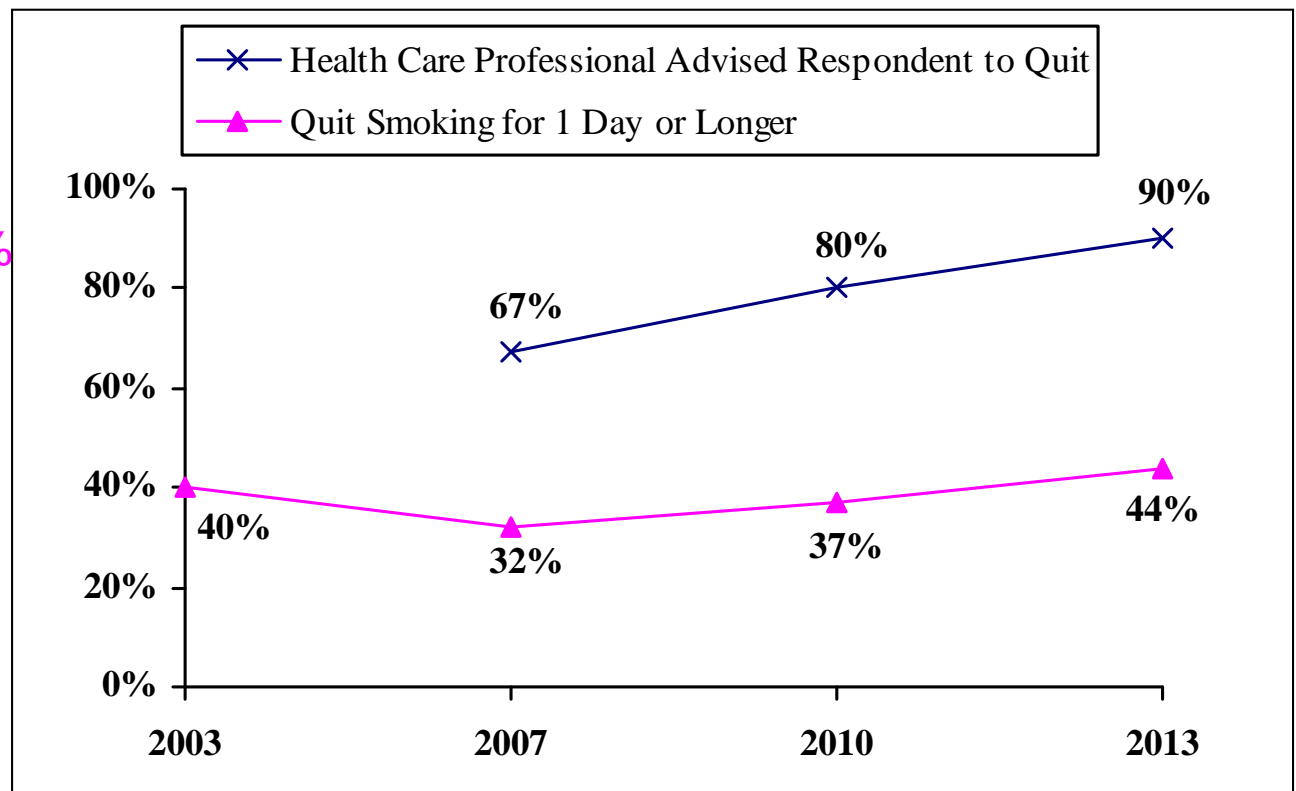
# Current Smoker (Past 30 Days)

- Current Smokers 2010
  - WI: 19%
  - US: 17%
  - HP2020 Goal: 12%



# Smoking Cessation in Past 12 Months (Current Smokers)

- Tried to Quit 2005
  - WI: 49%
  - US: 56%
  - HP2020 Goal: 80%



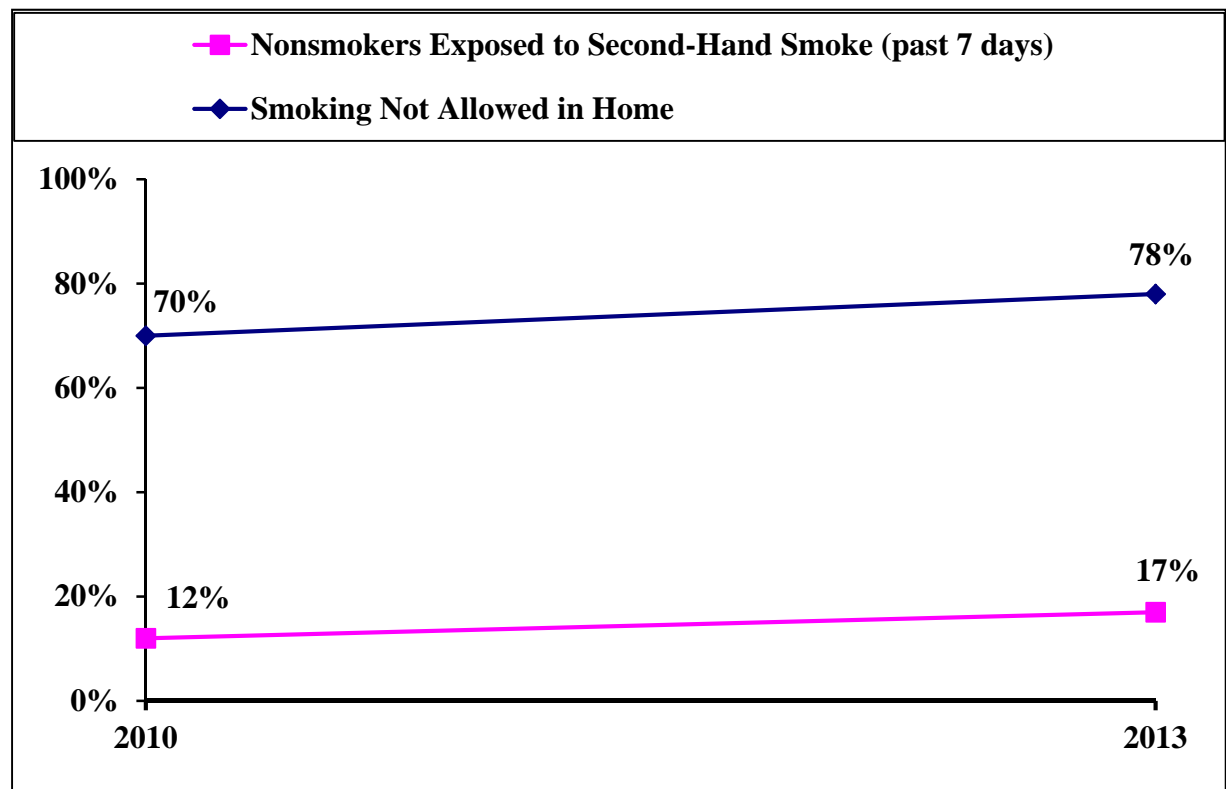
# Exposure to Cigarette Smoke

## Smoking Prohibited at Home 2003

- WI: 75%

## Nonsmokers Exposed to Second-Hand Smoke

- HP2020 Goal: 34%

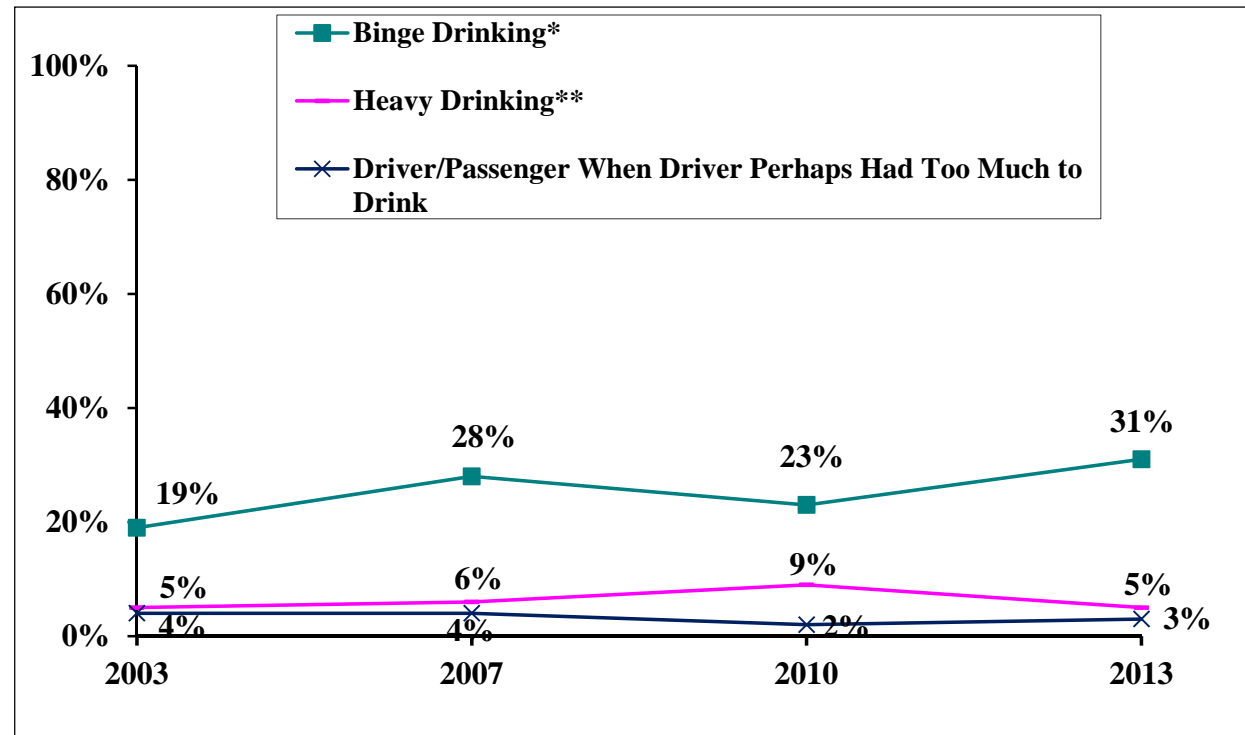


# Alcohol Use



# Alcohol Use in Past Month

- Binge Drinking 2010  
[Male 5+; Female 4+]
  - WI: 22%
  - US: 15%
  - HP2020 Goal: 24%  
[Male & Female 5+]
- Heavy Drinking 2010
  - WI: 6%
  - US: 5%



\*In 2003 and 2013, “4 or more drinks on an occasion” for females and “5 or more drinks on an occasion” for males was used; in all other study years, “5 or more drinks on an occasion” was used for both males and females.

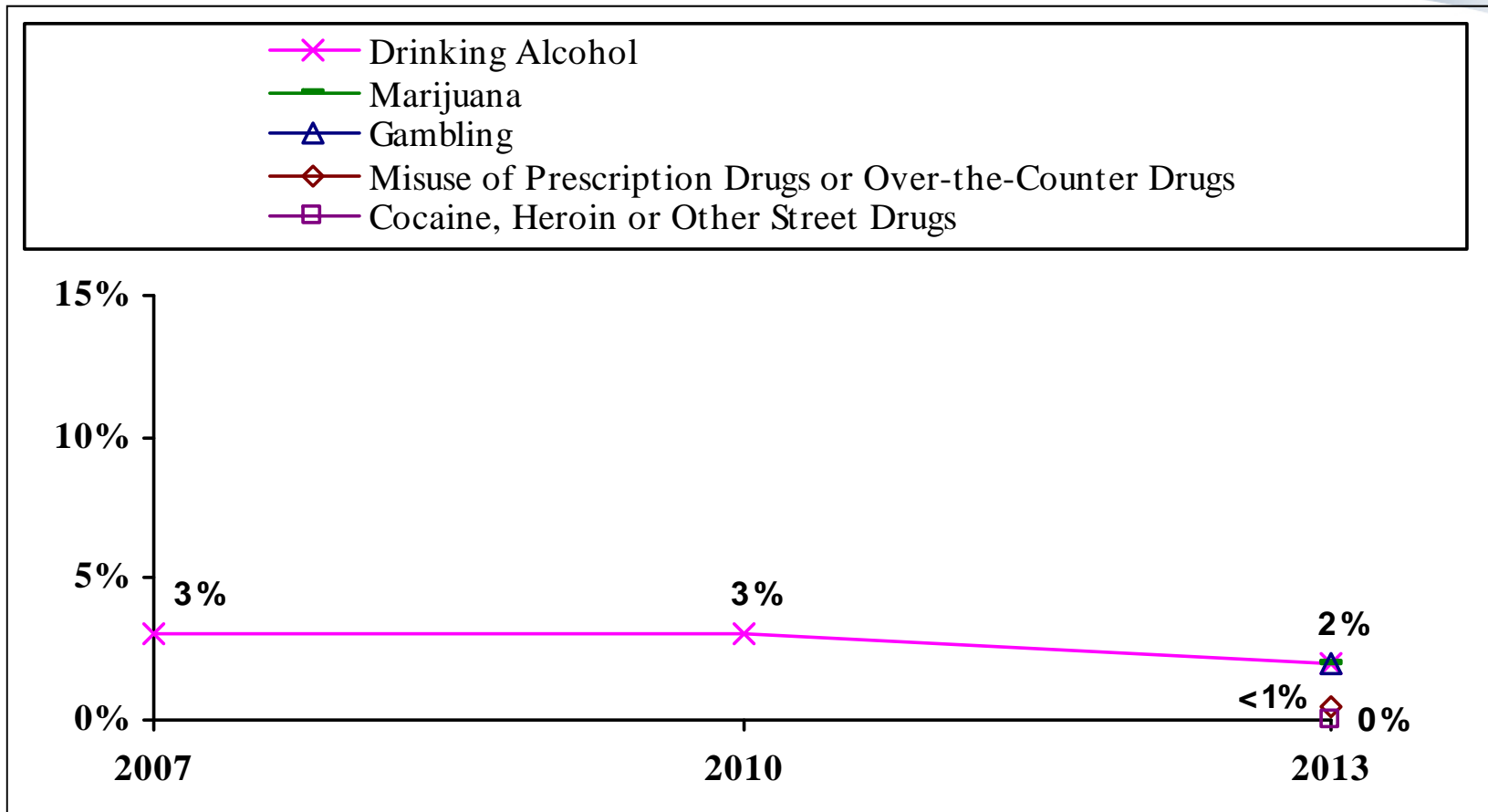
\*\*Heavy drinking is defined as 61 or more drinks for males and 31 or more drinks for females.



# Household Problems



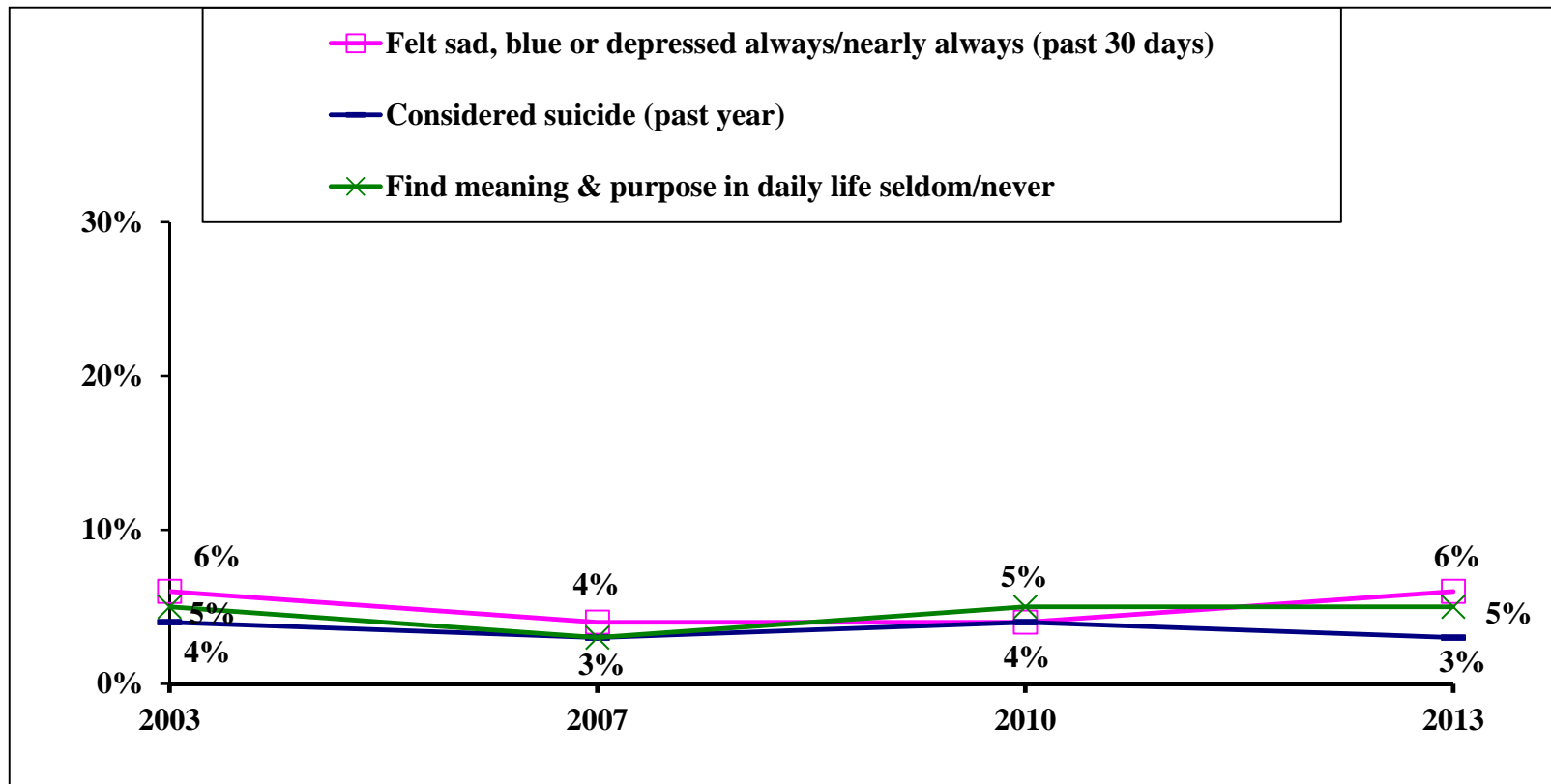
# Household Problems In Past Year



# Mental Health Status



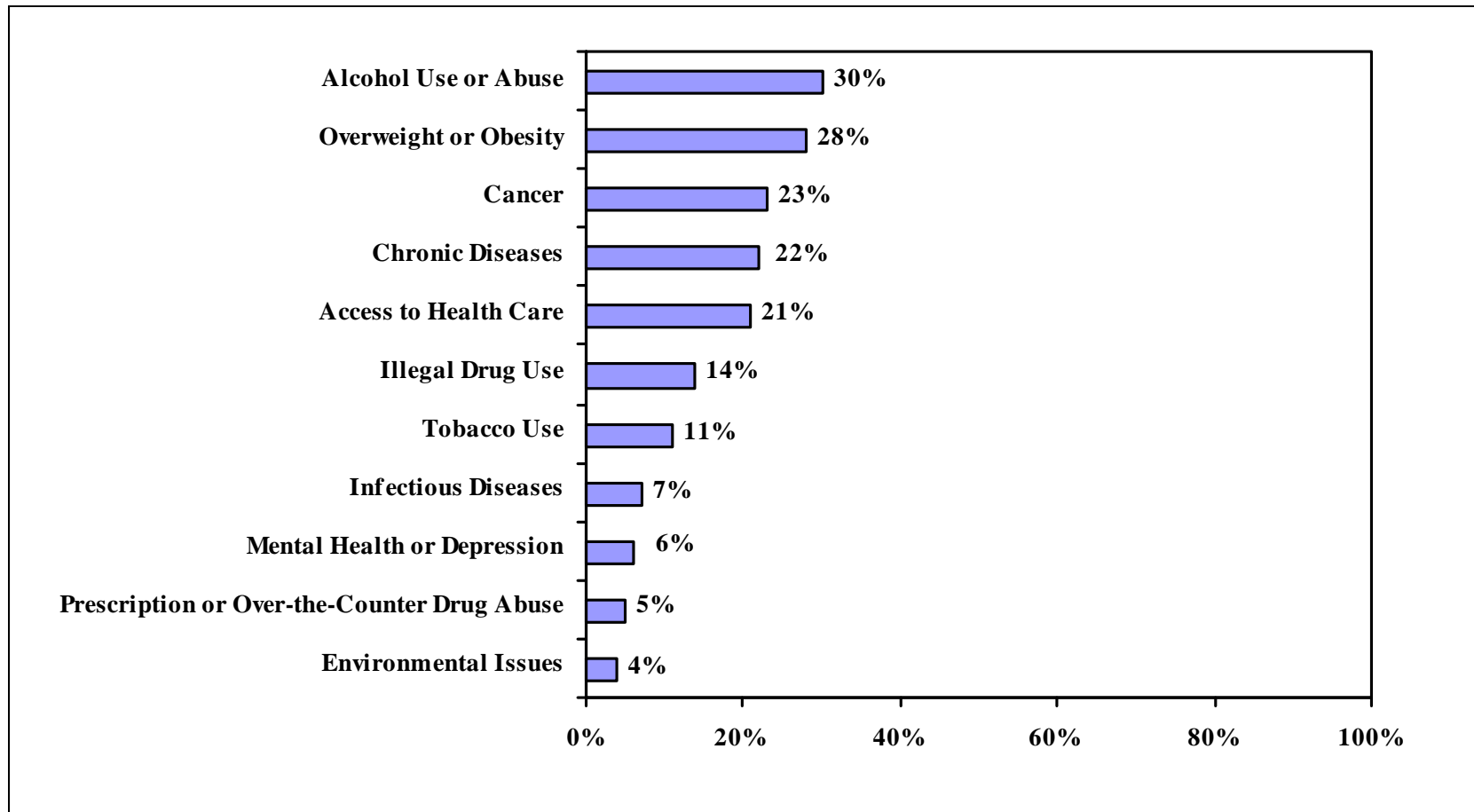
# Mental Health Status



# Community Health Issues



# Community Health Issues (2013)



# Select Key Findings of Need

- 11% household food didn't last (past 12 months)
- 71% pneumonia vaccination (ever, 65+) vs. 90% HP2020
- 73% flu vaccination (past year, 65+) vs. 90% HP2020
- 75% cholesterol test (4 years ago or less) vs. 82% HP2020
- 30% high blood pressure (past 3 years)
- 26% high blood cholesterol (past 3 years)
- 73% overweight vs. 66% (unhealthy weight) HP2020
- 83% pap smear (18 to 65 years old, past 3 years) vs. 93% HP2020
- 44% current smokers tried to quit smoking past year vs. 80% HP2020
- 31% binge drinking (females 4+ and males 5+) vs. 24% HP2020 (5+)

## Report Available at...



- [www.aurora.org/commhealth](http://www.aurora.org/commhealth)
- [www.hfmhealth.org](http://www.hfmhealth.org)
- [www.healthiestmc.org](http://www.healthiestmc.org)
- [www.manitowochealthdept.info](http://www.manitowochealthdept.info)
- [www.unitedwaymanitowoccounty.org](http://www.unitedwaymanitowoccounty.org)



# Next Steps

