

St. Francis Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of St. Francis residents. This summary was prepared by JKV Research, LLC for Aurora Health Care, Children’s Hospital of Wisconsin, Columbia St. Mary’s Health System, Froedtert Health and Wheaton Franciscan Healthcare in partnership with the St. Francis Health Department and the Center for Urban Population Health. Additional data is available at www.aurora.org, www.chw.org, www.columbia-stmarys.org/Serving_Our_Community, www.Froedtert.com/AboutUs, www.mywheaton.org and www.ci.stfrancis.wi.gov.

Overall Health					Vaccinations (65 and Older)					
St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	
Excellent	18%	23%	14%	13%	Flu Vaccination (past year)	75%	59%	72%	63%	
Very Good	42%	30%	39%	39%	Pneumonia (ever)	52%	63%	74%	70%	
Fair or Poor	10%	15%	15%	18%	<i>Other Research: (2010)</i>					
<i>Other Research: (2010)</i>				<u>WI</u>	<u>U.S.</u>	<i>Flu Vaccination (past year)</i>				
<i>Fair or Poor</i>				14%	15%	<i>Pneumonia (ever)</i>				
						68% 68%				
						73% 69%				
Health Care Coverage					Health Conditions in Past 3 Years					
St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	
Not Covered					High Blood Pressure	28%	24%	28%	28%	
Personally (currently)	4%	3%	5%	6%	High Blood Cholesterol	25%	22%	24%	26%	
Personally (past 12 months)			13%	12%	Mental Health Condition			13%	18%	
Household Member (past 12 months)	16%	17%	15%	14%	Heart Disease/Condition	11%	12%	10%	10%	
<i>Other Research: (2010)</i>				<u>WI</u>	<u>U.S.</u>	Diabetes	6%	8%	10%	10%
<i>Personally Not Covered (currently)</i>				11%	15%	Asthma (Current)	5%	5%	11%	6%
						Cancer			4%	5%
						Stroke	2%	3%	2%	2%
Did Not Receive Care Needed					Condition Controlled Through Medication, Exercise or Lifestyle Changes					
St. Francis				<u>2012</u>	High Blood Pressure				96%	
Prescript. Meds Not Taken Due to Cost				7%	High Blood Cholesterol				92%	
Unmet Care (past 12 months)					Mental Health Condition				96%	
Dental Care				12%	Heart Disease/Condition				92%	
Medical Care				7%	Diabetes				95%	
Mental Health Care				3%	Asthma (Current)				100%	
Health Information and Services					Physical Health					
St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	
Health Information Source					Physical Activity/Week					
Doctor				38%	Moderate Activity (5 times/30 min)	27%	31%	30%	33%	
Internet				32%	Vigorous Activity (3 times/20 min)		22%	15%	25%	
Advance Care Plan	30%	36%	39%	39%	Recommended Moderate or Vigorous		43%	39%	47%	
Primary Source of Health Advice/Service					Overweight	69%	65%	64%	64%	
Doctor/nurse practitioner’s office		87%	80%	78%	Fruit Intake (2+ servings/day)	69%	59%	61%	66%	
Urgent care center		2%	5%	4%	Vegetable Intake (3+ servings/day)	32%	24%	20%	23%	
Hospital emergency room		2%	2%	3%	<i>Other Research:</i>					
Hospital outpatient		<1%	1%	2%	<i>Overweight (2010)</i>					
Public health clinic/community health center		3%	5%	1%	<i>Recommended Mod. or Vig. Activity (2009)</i>					
No usual place		3%	6%	12%	64% 64%					
					53% 51%					
Routine Procedures					Women’s Health					
St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	
Routine Checkup (2 yrs. ago or less)	85%	83%	78%	81%	Mammogram (40+; within past 2 years)	86%	72%	75%	76%	
Cholesterol Test (4 years ago or less)	78%	73%	76%	77%	Bone Density Scan (65 and older)		69%	75%	75%	
Dental Checkup (past year)	63%	65%	68%	65%	Pap Smear (18 - 65; within past 3 years)	93%	90%	91%	89%	
Eye Exam (past year)	43%	48%	44%	45%	<i>Other Research: (2010)</i>					
<i>Other Research:</i>				<u>WI</u>	<u>U.S.</u>	<i>Mammogram (40+; within past 2 years)</i>				
<i>Routine Checkup (≤2 years; 2000)</i>				79%	84%	<i>Pap Smear (18+; within past 3 years)</i>				
<i>Cholesterol Test (≤5 years; 2010)</i>				77%	77%	85% 81%				
<i>Dental Checkup (past year; 2010)</i>				75%	70%					

Men's Health (40 and Older)					Alcohol Use in Past Month				
St. Francis	<u>2006</u>	<u>2009</u>	<u>2012</u>		St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>
Prostate Cancer Screening					Binge Drinker	24%	27%	20%	34%
Within Past 2 Years	55%	59%	53%		Driver/Passenger When Driver				
Colorectal Cancer Screenings (50 and Older)					Perhaps Had Too Much to Drink	2%	4%	2%	3%
St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	<i>Other Research: (2010)</i>				
Blood Stool Test (within past year)	36%	22%	--	11%	Binge Drinker			<u>WI</u>	<u>U.S.</u>
Sigmoidoscopy (within past 5 years)			10%	6%				22%	15%
Colonoscopy (within past 10 years)			65%	61%	Household Problems Associated With...				
Screening in Recommended Time Frame			66%	65%	St. Francis	<u>2006</u>	<u>2009</u>	<u>2012</u>	
Cigarette Use					Alcohol	4%	2%	4%	
St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	Marijuana				<1%
Current Smokers (past 30 days)	28%	28%	21%	20%	Cocaine, Heroin or Other Street Drugs				<1%
Other Tobacco Products (past 30 days)				5%	Misuse of Prescription or OTC Drugs				<1%
Of Current Smokers...					Gambling				<1%
Quit Smoking 1 Day or More in Past Year Because Trying to Quit	41%	50%	45%	52%	Children in Household				
Saw a Health Care Professional Past Year And Advised to Quit Smoking	76%	79%	67%		St. Francis				<u>2012</u>
<i>Other Research:</i>					Personal Health Doctor/Nurse who Knows Child Well and Familiar with History				93%
<i>Current Smokers (2010)</i>			<u>WI</u>	<u>U.S.</u>	Visited Personal Health Professional for Preventive Care (past 12 months)				74%
<i>Tried to Quit (2005)</i>			19%	17%	Did Not Receive Care Needed (past 12 months)				
Exposure to Smoke					Dental Care				2%
St. Francis	<u>2009</u>	<u>2012</u>			Medical Care				0%
Smoking Policy at Home					Specialist				0%
Not allowed anywhere		71%	71%		Current Asthma				4%
Allowed in some places or at some times		12%	14%		Safe in Community/Neighborhood (seldom/never)				0%
Allowed anywhere		2%	4%		Children 5 to 17 Years Old				
No rules inside home		15%	12%		Fruit Intake (2+ servings/day)				85%
Nonsmokers' Second-Hand Smoke Exposure in Past Seven Days		30%	31%		Vegetable Intake (3+ servings/day)				36%
<i>Other Research: (WI: 2003; US: 2006-2007)</i>					Physical Activity (60 min./5 or more days)				87%
<i>Smoking Prohibited at Home</i>			<u>WI</u>	<u>U.S.</u>	Children 8 to 17 Years Old				
			75%	79%	Unhappy, Sad or Depressed				
Mental Health Status					Always/Nearly Always (past 6 months)				2%
St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	Experienced Some Form of Bullying (past 12 months)				11%
Felt Sad, Blue or Depressed					Verbally Bullied				11%
Always/Nearly Always (past 30 days)	8%	8%	6%	4%	Physically Bullied				0%
Find Meaning and Purpose in Daily Life					Cyber Bullied				0%
Seldom/Never	10%	5%	4%	3%	Community Health Issues				
Considered Suicide (past year)	2%	7%	3%	2%	St. Francis				<u>2012</u>
Personal Safety in Past Year					Alcohol or Drug Use				71%
St. Francis	<u>2003</u>	<u>2006</u>	<u>2009</u>	<u>2012</u>	Chronic Diseases				59%
Afraid for Their Safety	5%	7%	6%	5%	Violence				41%
Pushed, Kicked, Slapped, or Hit	2%	3%	3%	2%	Infant Mortality				29%
At Least One of the Safety Issues	7%	9%	8%	7%	Teen Pregnancy				28%
					Infectious Diseases				21%
					Mental Health or Depression				21%
					Lead Poisoning				1%

--Not asked in 2009

Overall Health and Health Care Key Findings

In 2012, 52% of respondents reported their health as excellent or very good; 18% reported fair or poor. Respondents who were in the bottom 40 percent household income bracket, unmarried or inactive were more likely to report fair or poor conditions. *From 2003 to 2012, there was a statistical increase in the overall percent of respondents who reported their health as fair or poor.*

In 2012, 6% of respondents reported they were not currently covered by health care insurance; respondents with a high school education or less, who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Twelve percent of respondents reported they personally did not have health care coverage at least part of the time in the past 12 months; respondents who were male, 18 to 34 years old or with some post high school education were more likely to report this. Fourteen percent of respondents reported someone in their household was not covered at least part of the time in the past 12 months. *From 2003 to 2012, the overall percent statistically remained the same for respondents 18 and older as well as for respondents 18 to 64 years old who reported no current personal health care insurance. From 2009 to 2012, the overall percent statistically remained the same for respondents who reported no personal health care insurance at least part of the time in the past 12 months. From 2003 to 2012, the overall percent statistically remained the same for respondents who reported someone in the household was not covered at least part of the time in the past 12 months.*

In 2012, 7% of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs in the past 12 months; respondents in the bottom 40 percent household income bracket were more likely to report this. Twelve percent of respondents reported that they did not get the dental care they needed sometime in the last 12 months; respondents who were female, in the bottom 40 percent household income bracket or married were more likely to report this. Seven percent of respondents reported that they did not get the medical care they needed sometime in the last 12 months; respondents who were 45 to 64 years old, in the bottom 40 percent household income bracket or unmarried were more likely to report this. Three percent of respondents reported that they did not get the mental health care they needed sometime in the last 12 months.

In 2012, 38% of respondents reported they receive most of their health information from a doctor followed by 32% who reported the internet. Seventy-eight percent of respondents reported their primary place for health services was from a doctor's or nurse practitioner's office; respondents who were female, 55 and older or married were more likely to report this. Thirty-nine percent of respondents had an advance care plan; respondents who were female, 65 and older, with a college education, in the bottom 40 percent household income bracket or who were not married were more likely to report an advance care plan. *From 2006 to 2012, there was a statistical decrease in the overall percent of respondents reporting their primary place for health services was from a doctor's or nurse practitioner's office. From 2003 to 2012, there was a statistical increase in the overall percent of respondents having an advance care plan.*

In 2012, 81% of respondents reported a routine medical checkup two years ago or less while 77% reported a cholesterol test four years ago or less. Sixty-five percent of respondents reported a visit to the dentist in the past year while 45% reported an eye exam in the past year. Respondents who were female, 65 and older, with a college education or who were married were more likely to report a routine checkup in the past two years. Respondents who were female, 35 to 44 years old, 55 and older or in the bottom 60 percent household income bracket were more likely to report a cholesterol test four years ago or less. Respondents 35 to 44 years old, with a college education, in the top 60 percent household income bracket or who were married were more likely to report a dental checkup in the past year. Respondents 65 and older or in the middle 20 percent household income bracket were more likely to report an eye exam in the past year. *From 2003 to 2012, there was no statistical change in the overall percent of respondents reporting a routine checkup two years ago or less, a cholesterol test four years ago or less, a dental checkup in the past year or an eye exam in the past year.*

In 2012, 33% of respondents had a flu vaccination in the past year. Respondents who were female, 65 and older or in the bottom 40 percent household income bracket were more likely to report a flu vaccination. Seventy percent of respondents 65 and older had a pneumonia vaccination in their lifetime. *From 2003 to 2012, there was no statistical change in the*

overall percent of respondents 18 and older or in the overall percent of respondents 65 and older who reported a flu vaccination in the past 12 months. From 2003 to 2012, there was a statistical increase in the overall percent of respondents 65 and older who had a pneumonia vaccination.

Health Risk Factors Key Findings

In 2012, out of eight health conditions listed, the two most often mentioned in the past three years were high blood pressure or high blood cholesterol (28% and 26%, respectively). Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight or nonsmokers were more likely to report high blood pressure. Respondents who were 55 and older, unmarried, overweight or nonsmokers were more likely to report high blood cholesterol. Respondents 65 and older, in the bottom 40 percent household income bracket or who were inactive were more likely to report heart disease/condition. Respondents 18 to 34 years old were more likely to report a mental health condition. Respondents 65 and older, in the bottom 40 percent household income bracket or who were overweight were more likely to report diabetes. Respondents 35 to 44 years old were more likely to report current asthma. *From 2003 to 2012, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease/condition, diabetes, current asthma or stroke. From 2009 to 2012, there was a statistical increase in the overall percent of respondents who reported a mental health condition. From 2009 to 2012, there was no statistical change in the overall percent of respondents who reported cancer.*

In 2012, 4% of respondents reported they always or nearly always felt sad, blue or depressed in the past 30 days; respondents who were 55 to 64 years old or in the bottom 40 percent household income bracket were more likely to report this. Two percent of respondents felt so overwhelmed they considered suicide in the past year. Three percent of respondents reported they seldom or never find meaning and purpose in daily life. *From 2003 to 2012, there was a statistical decrease in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed or they seldom/never find meaning and purpose in daily life. From 2003 to 2012, there was no statistical change in the overall percent of respondents who reported they considered suicide.*

Behavioral Risk Factors Key Findings

In 2012, 33% of respondents did moderate physical activity five times a week for 30 minutes while 25% did vigorous activity three times a week for 20 minutes. Combined, 47% 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, who were married or not overweight were more likely to report this. Sixty-four percent of respondents were classified as overweight. Respondents 45 to 64 years old, with a high school education or less or who did not meet the recommended amount of physical activity were more likely to be classified as overweight. *From 2003 to 2012, 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. From 2006 to 2012, 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 2006 to 2012, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity. From 2003 to 2012, there was no statistical change in the overall percent of respondents being overweight.*

In 2012, 66% of respondents reported two or more servings of fruit while 23% reported three or more servings of vegetables on an average day. Respondents who were female, 18 to 34 years old, with a college education, who were married, not overweight or who met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, with a college education, in the top 40 percent household income bracket, who were married, overweight or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. *From 2003 to 2012, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit on an average day. From 2003 to 2012, there was a statistical decrease in the overall percent of respondents who reported at least three servings of vegetables on an average day.*

In 2012, 76% of female respondents 40 and older reported a mammogram within the past two years. Seventy-five percent of female respondents 65 and older had a bone density scan. Eighty-nine percent of female respondents 18 to 65 years old reported a pap smear within the past three years; respondents with a college education, who were in the top 40 percent household income bracket or married were more likely to report this. *From 2003 to 2012, there was no statistical change in the overall percent of respondents 40 and older who reported having a mammogram within the past two years. From 2006 to 2012, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan. From 2003 to 2012, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported having a pap smear within the past three years.*

In 2012, 53% of male respondents 40 and older had a prostate cancer screening within the past two years with either a digital rectal exam (DRE) or a prostate-specific antigen (PSA) test. *From 2006 to 2012, there was no statistical change in the overall percent of male respondents 40 and older who reported a prostate cancer screening within the past two years.*

In 2012, 11% of respondents 50 and older reported a blood stool test within the past year. Six percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 61% reported a colonoscopy within the past ten years. This results in 65% of respondents meeting current colorectal cancer screening recommendations. *From 2003 to 2012, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year. From 2009 to 2012, 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. From 2009 to 2012, there was no statistical change in the overall percent of respondents who reported at least one of these tests in the recommended time frame.*

In 2012, 20% of respondents were current smokers; respondents 35 to 44 years old or in the bottom 40 percent household income bracket were more likely to be a smoker. Five percent reported other tobacco use such as cigars, pipes, chewing tobacco or snuff in the past 30 days; respondents who were male, 35 to 44 years old, in the middle 20 percent household income bracket or unmarried respondents were more likely to report this. In the past 12 months, 52% of current smokers quit smoking for one day or longer because they were trying to quit. Sixty-seven percent of current smokers who saw a health professional in the past year reported the professional advised them to quit smoking. *From 2003 to 2012, there was a statistical decrease in the overall percent of respondents who were current smokers. From 2003 to 2012, there was no statistical change in the overall percent of current smokers who reported they quit smoking for one day or longer in the past 12 months because they were trying to quit. From 2006 to 2012, there was no statistical change in the overall percent of current smokers who reported their health professional advised them to quit smoking.*

In 2012, 71% of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, married, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. Thirty-one percent of nonsmoking respondents reported they were exposed to second-hand smoke in the past seven days; respondents who were male, 18 to 34 years old, with some post high school education or in the top 40 percent household income bracket were more likely to report this. *From 2009 to 2012, there was no statistical change in the overall percent of respondents who reported smoking is not allowed anywhere inside the home. From 2009 to 2012, there was no statistical change in the overall percent of respondents who reported they were exposed to second-hand smoke in the past seven days.*

In 2012, 34% of respondents were binge drinkers in the past month. Respondents who were male, 45 to 54 years old or in the top 40 percent household income bracket were more likely to have binged at least once in the past month. Three percent reported they had been a driver or a passenger in the past month when the driver perhaps had too much to drink. *From 2003 to 2012, there was a statistical increase in the overall percent of respondents who reported binge drinking in the past month. From 2003 to 2012, there was no statistical change in the overall percent of respondents who reported they were a driver or passenger in the past month when the driver perhaps had too much to drink.*

In 2012, 4% of respondents reported someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking in the past year; respondents who were in the top 40 percent household income bracket or in households without children were more likely to report this. Less than one percent of respondents reported

someone in their household experienced a problem with marijuana, cocaine/heroin/other street drugs, the misuse of prescription drugs/over-the-counter drugs, or gambling. *From 2006 to 2012, there was no statistical change in the overall percent of respondents reporting they, or someone in their household, experienced some kind of problem, such as legal, social, personal or physical in connection with drinking in the past year.*

In 2012, 5% of respondents reported someone made them afraid for their personal safety in the past year; respondents who were female or unmarried were more likely to report this. Two percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 7% reported at least one of these two situations; respondents who were 35 to 44 years old or unmarried were more likely to report this. *From 2003 to 2012, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety or they were pushed, kicked, slapped or hit. From 2003 to 2012, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues.*

Children in Household

In 2012, a random child was selected for the respondent to talk about the child's health issues. Ninety-three percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 74% reporting their child visited their personal doctor or nurse for preventive care during the past 12 months. Two percent of respondents reported there was a time in the last 12 months their child did not receive the dental care needed while 0% each reported their child did not receive the medical care needed or their child did not visit a specialist they needed to see. Eighty-five percent of respondents reported their 5 to 17 year old child ate two or more servings of fruit on an average day while 36% reported three or more servings of vegetables. Eighty-seven percent of respondents reported their 5 to 17 year old child was physically active five times a week for 60 minutes. Four percent of respondents reported their child currently had asthma. Two percent of respondents reported their 8 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Zero percent of respondents reported their child was seldom or never safe in their community or neighborhood. Eleven percent reported their 8 to 17 year old child experienced some form of bullying. Eleven percent reported verbal bullying while 0% each reported physical bullying or cyber bullying.

Community Health Issues

In 2012, respondents were asked to pick the top three health issues in the area out of eight listed. The most often cited were alcohol or drug use (71%), chronic diseases (59%) and violence (41%). Respondents who were male, 18 to 34 years old, with some post high school education or in the top 40 percent household income bracket were more likely to select alcohol or drug use as a top health issue. Male respondents were more likely to report chronic diseases. Respondents 45 to 54 years old or with a high school education or less were more likely to report violence. Respondents who were female, with a college education, who were in the top 40 percent household income bracket or married were more likely to report infant mortality. Female respondents were more likely to report teen pregnancy. Respondents who were male or 18 to 34 years old were more likely to report infectious diseases. Respondents 35 to 44 years old or with at least some post high school education were more likely to report mental health or depression as one of the top health issues.