

Sheboygan County Community Health Survey Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Sheboygan County residents. This summary was prepared by JKV Research for Aurora Health Care, HSHS St. Nicholas Hospital, Lakeshore Community Health Care, Sheboygan County Health and Human Services-Division of Public Health and the United Way of Sheboygan County.

	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Overall Health							
Excellent/Very Good	57%	52%	53%	50%	49%	52%	51%
Good	28%	31%	28%	33%	34%	33%	32%
Fair or Poor	15%	18%	18%	17%	17%	15%	17%
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Health Care Coverage							
Not Covered							
Personally (Currently, 18 Years Old and Older) [HP2020 Goal: 0%]	8%	6%	6%	4%	3%	10%	11%
Personally (Currently, 18 to 64 Years Old) [HP2020 Goal: 0%]	9%	8%	7%	4%	4%	11%	13%
Household Member (Past Year)	17%	11%	16%	9%	7%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Did Not Receive Care Needed in Past Year							
Delayed/Did Not Seek Care Due to Cost	--	--	--	16%	12%	10%	12%
Unmet Need/Care in Household							
Prescription Medication Not Taken Due to Cost [HP2020 Goal: 3%]	--	12%	14%	9%	7%	NA	NA
Medical Care [HP2020 Goal: 4%]*	9%	8%	15%	12%	6%	NA	NA
Dental Care [HP2020 Goal: 5%]*	7%	--	16%	17%	16%	NA	NA
Mental Health Care*	--	--	--	4%	3%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Caregiver to Family/Friend with Health Problem or Disability							
Past Month	--	--	--	29%	36%	NA	NA
Next Two Years	--	--	--	37%	46%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Health Information							
Primary Source of Health Information							
Doctor	--	--	--	51%	54%	NA	NA
Internet	--	--	--	22%	27%	NA	NA
Myself/Family Member in Health Care Field	--	--	--	6%	4%	NA	NA
Other Health Professional	--	--	--	9%	2%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Health Services							
Have a Primary Care Physician [HP2020 Goal: 84%]	--	--	--	87%	88%	81%	77%
Primary Health Services							
Doctor/Nurse Practitioner's Office	78%	72%	70%	58%	64%	NA	NA
Urgent Care Center	6%	7%	9%	5%	17%	NA	NA
Quickcare Clinic (Fastcare Clinic)	--	--	--	11%	6%	NA	NA
Hospital Emergency Room	2%	2%	3%	3%	3%	NA	NA
Public Health Clinic/Community Health Center	8%	8%	10%	6%	3%	NA	NA
Worksite Clinic	--	--	--	6%	2%	NA	NA
No Usual Place	3%	9%	6%	8%	5%	NA	NA
Advance Care Plan	41%	38%	42%	42%	48%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Vaccines							
Household Not Up-to-Date with Vaccines	--	--	--	--	12%	NA	NA

--Not asked. NA-WI and/or US data not available. *In 2020, the question was asked about any household member. In previous years, the question was asked of respondents only.

	Sheboygan					WI	US
Routine Procedures	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2017</u>	<u>2020</u>	<u>2018</u>	<u>2018</u>
Routine Checkup (2 Years Ago or Less)	78%	77%	80%	87%	88%	87%	88%
Cholesterol Test (4 Years Ago or Less) [HP2020 Goal: 82%]	74%	71%	76%	83%	83%	83% ¹	86% ¹
Dental Checkup (Past Year) [HP2020 Goal: 49%]	70%	62%	66%	68%	69%	71%	68%
Eye Exam (Past Year)	42%	42%	53%	45%	56%	NA	NA
Health Conditions in Past 3 Years	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2017</u>	<u>2020</u>	<u>2018</u>	<u>2018</u>
High Blood Pressure	23%	24%	28%	29%	26%	NA	NA
Mental Health Condition	15%	14%	20%	19%	25%	NA	NA
High Blood Cholesterol	22%	25%	27%	26%	22%	NA	NA
Diabetes	8%	8%	12%	13%	14%	NA	NA
Heart Disease/Condition	7%	8%	12%	11%	7%	NA	NA
Asthma (Current)	7%	7%	9%	13%	10%	9%	10%
Condition Controlled Through Meds, Therapy or Lifestyle Changes	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2017</u>	<u>2020</u>	<u>2018</u>	<u>2018</u>
High Blood Pressure	--	--	94%	91%	94%	NA	NA
Mental Health Condition	--	--	84%	93%	97%	NA	NA
High Blood Cholesterol	--	--	83%	84%	91%	NA	NA
Diabetes	--	--	100%	98%	93%	NA	NA
Heart Disease/Condition	--	--	90%	93%	96%	NA	NA
Asthma (Current)	--	--	97%	76%	95%	NA	NA
Physical Activity							
Physical Activity/Week	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2017</u>	<u>2020</u>	<u>2009</u>	<u>2009</u>
Moderate Activity (5 Times/30 Min)	32%	42%	43%	40%	39%	NA	NA
Vigorous Activity (3 Times/20 Min)	24%	21%	29%	38%	37%	NA	NA
Recommended Moderate or Vigorous	44%	51%	53%	50%	54%	53%	51%
Main Reason Did Not Meet Recommended Amount of Moderate or Vigorous Physical Activity							
Lack of Time	--	--	--	--	30%	NA	NA
Illness/Age	--	--	--	--	19%	NA	NA
Don't Like to Exercise	--	--	--	--	12%	NA	NA
Fear of Injury/Injured Right Now	--	--	--	--	12%	NA	NA
Body Weight							
Overweight Status	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2017</u>	<u>2020</u>	<u>2018</u>	<u>2018</u>
Overweight (BMI 25.0+) [HP2020 Goal: 66%]	70%	61%	67%	62%	74%	67%	66%
Obese (BMI 30.0+) [HP2020 Goal: 31%]	36%	28%	35%	32%	42%	32%	31%
Nutrition and Food Security	<u>2008</u>	<u>2011</u>	<u>2014</u>	<u>2017</u>	<u>2020</u>	<u>2009</u>	<u>2009</u>
Fruit Intake (2+ Servings/Day)	64%	61%	59%	55%	60%	NA	NA
Vegetable Intake (3+ Servings/Day)	23%	23%	24%	24%	28%	NA	NA
At Least 5 Fruit/Vegetables/Day	32%	30%	33%	35%	36%	23%	23%
Main Reason Did Not Eat Five or More Servings of Fruit/Vegetables/Day							
Lack of Time/Convenience	--	--	--	--	28%	NA	NA
Don't Like Fruit or Vegetables	--	--	--	--	17%	NA	NA
Don't Feel It is Important	--	--	--	--	12%	NA	NA
Not Sure	--	--	--	--	18%	NA	NA
Household Went Hungry (Past Year)	--	--	--	6%	<1%	NA	NA

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

	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Women's Health							
Mammogram (50+; Within Past 2 Years)	81%	84%	74%	72%	78%	78%	78%
Bone Density Scan (65 and Older)	66%	66%	84%	77%	81%	NA	NA
Cervical Cancer Screening							
Pap Smear (18 – 65; Within Past 3 Years) [HP2020 Goal: 93%]	91%	78%	82%	82%	87%	81%	80%
HPV Test (18 – 65; Within Past 5 Years)	--	--	44%	58%	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)	--	--	84%	86%	89%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Colorectal Cancer Screenings (50 and Older)							
Blood Stool Test (Within Past Year)	--	--	10%	13%	13%	7%	9%
Sigmoidoscopy (Within Past 5 Years)	9%	5%	8%	5%	9%	3%	2%
Colonoscopy (Within Past 10 Years)	59%	64%	69%	76%	69%	71%	64%
One of the Screenings in Recommended Time Frame [HP2020 Goal: 71%]	60%	65%	72%	80%	74%	75%	70%
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Cigarette Smokers or Vapers							
Current Smokers [HP2020 Goal: 12%]	28%	27%	23%	21%	18%	17%	16%
Current Vapers (Past Month)	--	--	7%	2%	10%	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%]*	56%	51%	46%	63%	53%	49%	56%
Saw a Health Care Professional in Past Year and Advised to Quit Smoking/Vaping*	82%	69%	90%	77%	81%	NA	NA
	Sheboygan					WI ²	US
	2008	2011	2014	2017	2020	'14-15	'14-15
Exposure to Smoke/Vapor							
Smoking Policy at Home							
Not Allowed Anywhere	73%	76%	79%	87%	80%	84%	87%
Allowed in Some Places/At Some Times	10%	8%	7%	5%	9%	NA	NA
Allowed Anywhere	5%	2%	3%	2%	2%	NA	NA
No Rules Inside Home	13%	15%	11%	7%	9%	NA	NA
Nonsmokers/Nonvapers Exposed to Second-Hand Smoke/Vapor in Past 7 Days [HP2020 Goal Nonsmokers: 34%]	25%	16%	13%	11%	15%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Other Tobacco Products in Past Month							
Smokeless Tobacco [HP2020 Goal: 0.2%]	--	--	5%	9%	8%	4%	4%
Cigars, Cigarillos or Little Cigars	--	--	4%	1%	3%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Alcohol Use in Past Month							
Binge Drinker** [HP2020 Goal 5+ Drinks: 24%]	24%	21%	25%	28%	28%	26%	16%
Driver/Passenger When Driver Perhaps Had Too Much to Drink	3%	3%	3%	4%	<1%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Household Problems in Past Year Associated With...							
Alcohol	2%	3%	2%	4%	<1%	NA	NA
Marijuana or THC Products	--	--	--	<1%	<1%	NA	NA
Heroin or Other Opioids	--	--	--	--	<1%	NA	NA
Cocaine, Meth or Other Street Drugs	--	--	--	2%	0%	NA	NA

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

*In 2020, 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 2008 and 2011, binge drinking was defined as 5 or more drinks regardless of gender. Since 2014, binge drinking has been defined as 4 or more drinks for females and 5 or more drinks for males to account for metabolism differences.

	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Community and Personal Support							
Times of Distress and Looked for Community Resource Support (Past 3 Years)	--	--	--	26%	20%	NA	NA
Respondents Who Looked for Community Support							
Felt Somewhat/Slightly or Not at All Supported	--	--	--	49%	41%	NA	NA
No People in Life if Needed for Support in Times of Need	--	--	--	--	4%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Mental Health Status							
Felt Sad, Blue or Depressed Always/Nearly Always (Past Month)	5%	7%	9%	8%	6%	NA	NA
Considered Suicide (Past Year)	4%	7%	10%	5%	6%	NA	NA
Find Meaning & Purpose in Daily Life Seldom/Never	3%	7%	7%	3%	10%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Personal Safety Issues in Past Year							
Afraid for Their Safety	5%	3%	9%	2%	6%	NA	NA
Pushed, Kicked, Slapped or Hit	3%	4%	4%	1%	3%	NA	NA
At Least One of the Safety Issues	8%	6%	10%	3%	7%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Children in Household							
Primary Health Care Doctor/Nurse Who Knows Child Well and Familiar with History	--	--	--	91%	91%	NA	NA
Visited Primary Doctor/Nurse for Preventive Care (Past Year)	--	--	--	94%	88%	NA	NA
Did Not Receive Care Needed (Past Year)							
Medical Care	--	--	--	7%	<1%	NA	NA
Dental Care	--	--	--	8%	3%	NA	NA
Current Asthma	--	--	--	7%	5%	NA	NA
Children 5 to 17 Years Old*							
Fruit Intake (2+ Servings/Day)	--	--	--	81%	86%	NA	NA
Vegetable Intake (3+ Servings/Day)	--	--	--	17%	46%	NA	NA
5+ Fruit/Vegetables per Day	--	--	--	48%	59%	NA	NA
Physical Activity (60 Min./5 or More Days/Week)	--	--	--	68%	62%	NA	NA
Unhappy, Sad or Depressed Always/Nearly Always (Past 6 Mo.)	--	--	--	3%	0%	NA	NA
Experienced Some Form of Bullying (Past Year)	--	--	--	23%	16%	NA	NA
Verbally Bullied	--	--	--	23%	16%	NA	NA
Physically Bullied	--	--	--	1%	<1%	NA	NA
Cyber Bullied	--	--	--	1%	<1%	NA	NA
	Sheboygan					WI	US
	2008	2011	2014	2017	2020	2018	2018
Top County Health Issues							
Illegal Drug Use	--	--	--	48%	52%	NA	NA
Access to Health Care	--	--	--	20%	23%	NA	NA
Alcohol Use or Abuse	--	--	--	28%	22%	NA	NA
Mental Health or Depression	--	--	--	12%	15%	NA	NA
Overweight or Obesity	--	--	--	23%	14%	NA	NA
Prescription or OTC Drug Abuse	--	--	--	12%	11%	NA	NA
Violence or Crime	--	--	--	3%	9%	NA	NA
Chronic Diseases	--	--	--	18%	7%	NA	NA
Infectious Diseases	--	--	--	3%	7%	NA	NA
Environmental Issues	--	--	--	1%	5%	NA	NA
Affordable Health Care	--	--	--	7%	5%	NA	NA
Cancer	--	--	--	13%	5%	NA	NA
Access to Affordable Healthy Food	--	--	--	5%	4%	NA	NA

--Not asked. NA-WI and/or US data not available. *In 2017, the question was asked for children 8 to 17 years old.

General Health

In 2020, 49% of respondents reported their health as excellent or very good; 17% reported fair or poor. Respondents with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, inactive or smokers were more likely to report fair or poor health. *From 2008 to 2020, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2017 to 2020.*

Health Care Coverage

In 2020, 3% of respondents reported they were not currently covered by health care insurance. Seven percent of respondents reported someone in their household was not covered at least part of the time in the past year; respondents who were in the bottom 40 percent household income bracket, unmarried or with children in the household were more likely to report this. *From 2008 to 2020, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage while from 2017 to 2020, there was no statistical change. From 2008 to 2020, 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 2017 to 2020, there was no statistical change.*

In 2020, 12% 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 who were female, with some post high school education, in the bottom 40 percent household income bracket or married respondents were more likely to report this. Seven 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 40 percent household income bracket or without children in the household were more likely to report this. Six percent of respondents reported there was a time in the past year someone in their household did not receive the medical care needed. Sixteen percent of respondents reported there was a time in the past year someone in the household did not receive the dental care needed; respondents who were in the bottom 40 percent household income bracket or married were more likely to report this. Three percent of respondents reported there was a time in the past year someone did not receive the mental health care needed. *From 2017 to 2020, the overall percent statistically remained the same for respondents who reported in the past year they delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the medical care. From 2011 to 2020, the overall percent statistically decreased for respondents who reported someone in their household had not taken their prescribed medication due to prescription costs in the past year while from 2017 to 2020, there was no statistical change. From 2008 to 2020, the overall percent statistically remained the same for respondents who reported unmet medical care for a household member in the past year while from 2017 to 2020, there was a statistical decrease. From 2008 to 2020, the overall percent statistically increased for respondents who reported unmet dental care for a household member in the past year while from 2017 to 2020, there was no statistical change. From 2017 to 2020, the overall percent statistically remained the same for respondents who reported unmet mental health care for someone in the household in the past year. Please note: in 2020, unmet medical, dental and mental health care need was asked of the household. In prior years, it was asked of the respondent only.*

Health Care Information

In 2020, 54% of respondents reported they contact a doctor when looking for health information while 27% reported they look on the Internet. Four percent reported they were, or a family member was, in the health care field and their source for health information while 2% reported other health professional. Respondents who were 55 to 64 years old or married were more likely to report they contact a doctor. Respondents who were 18 to 34 years old, in the top 40 percent household income bracket or unmarried were more likely to report the Internet. Respondents 35 to 44 years old or in the top 40 percent household income bracket were more likely to report themselves or a family member in the health care field and their source for health information. *From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported doctor, the Internet or they were/family member was in the health care field and their source of health information. From 2017 to 2020, there was a statistical decrease in the overall percent of respondents who reported other health professional as their source of health information.*

Health Care Services

In 2020, 88% of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents 65 and older, with at least some post high school education, in the top 40 percent household income bracket or married respondents were more likely to report a primary care physician. Sixty-four 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 17% reported an urgent care center. Six percent reported a Quickcare clinic while 3% reported a public health clinic/community health center or hospital emergency room and 2% reported a worksite clinic. Respondents who were female, 65 and older or married 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 were more likely to report an urgent care center as their primary health care. Respondents in the bottom 40 percent

household income bracket were more likely to report a Quickcare clinic as their primary health care. Forty-eight percent of respondents had an advance care plan; respondents who were female, 65 and older, in the top 40 percent household income bracket or married were more likely to report an advance care plan. *From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported they have a primary care physician. From 2008 to 2020, 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 while from 2017 to 2020, there was no statistical change. From 2008 to 2020, 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, as well as from 2017 to 2020. From 2008 to 2020, 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 public health clinic/community health center, as well as from 2017 to 2020. From 2017 to 2020, there was a statistical decrease in the overall percent of respondents who reported their primary place for health services when they are sick was a Quickcare clinic or a worksite clinic. From 2008 to 2020, there was a statistical increase in the overall percent of respondents with an advance care plan while from 2017 to 2020, there was no statistical change.*

In 2020, 36% of respondents reported during the past month they provided regular care or assistance to a friend or family member who has a health problem or disability. Forty-six percent of respondents reported in the next two years they expect to be a caregiver; respondents in the middle 20 percent household income bracket were more likely to report this. *From 2017 to 2020, there was a statistical increase in the overall percent of respondents who reported during the past month they provided regular care or assistance to a friend or family member who has a health problem or disability. From 2017 to 2020, there was a statistical increase in the overall percent of respondents who reported in the next two years they expect they will provide regular care or assistance to a friend or family member who has a health problem or disability.*

Routine Procedures

In 2020, 88% of respondents reported a routine medical checkup two years ago or less while 83% reported a cholesterol test four years ago or less. Sixty-nine percent of respondents reported a visit to the dentist in the past year while 56% reported an eye exam in the past year. Respondents who were female, 65 and older, with at least some post high school education, in the top 40 percent household income bracket or married respondents were more likely to report a routine checkup two years ago or less. Respondents 55 and older, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report a cholesterol test four years ago or less. Respondents 35 to 54 years old, with some post high school education, in the top 40 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. Respondents 65 and older or in the top 40 percent household income bracket were more likely to report an eye exam in the past year. *From 2008 to 2020, there was a statistical increase in the overall percent of respondents who reported a routine checkup two years ago or less or a cholesterol test four years ago or less while from 2017 to 2020, there was no statistical change. From 2008 to 2020, there was no statistical change in the overall percent of respondents who reported a dental checkup in the past year, as well as from 2017 to 2020. From 2008 to 2020, there was a statistical increase in the overall percent of respondents who reported an eye exam in the past year, as well as from 2017 to 2020.*

Vaccines

In 2020, 12% of respondents reported everyone in their household is not up-to-date with vaccines. Respondents in the middle 20 percent household income bracket or without children in the household were more likely to report everyone in their household is not up-to-date with vaccines.

Health Conditions

In 2020, out of six health conditions listed, the most often mentioned in the past three years was high blood pressure (26%) a mental health condition (25%) or high blood cholesterol (22%). Respondents 65 and older, with a high school education or less, in the bottom 40 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, 45 to 54 years old or in the bottom 40 percent household income bracket were more likely to report a mental health condition. Respondents who were 65 and older, in the bottom 40 percent household income bracket, overweight or inactive were more likely to report high blood cholesterol. Fourteen percent of respondents reported diabetes; respondents who were female, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, inactive or smokers were more likely to report this. Seven percent reported they were treated for, or told they had heart disease/condition in the past three years. Respondents who were 65 and older or overweight were more likely to report heart disease/condition. Ten percent reported current asthma; respondents 35 to 44 years old were more likely to report this. Of respondents who reported these health conditions, at least 90% reported the condition was controlled through medication, therapy or lifestyle changes. *From 2008 to 2020, there was no statistical change in the overall percent of respondents who reported high blood pressure, high blood cholesterol, heart disease condition or current asthma as well as from 2017 to 2020. From 2008 to 2020, there was a statistical increase in the overall percent of*

respondents who reported a mental health condition, as well as from 2017 to 2020. From 2008 to 2020, there was a statistical increase in the overall percent of respondents who reported diabetes while from 2017 to 2020, there was no statistical change.

Physical Health

In 2020, 39% 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, 54% met the recommended amount of physical activity; respondents who were male, with a college education or in the middle 20 percent household income bracket were more likely to report this. Of respondents who did not do the recommended amount of moderate or vigorous physical activity, 30% reported lack of time as the main reason while 19% reported illness/age. Twelve percent each reported they don't like to exercise or they fear an injury/injured right now. Respondents who were male, 18 to 44 years old, with at least some post high school education, in the top 40 percent household income bracket or married respondents were more likely to report lack of time. Respondents who were female, 65 and older or in the bottom 40 percent household income bracket were more likely to report illness/age. Female respondents were more likely to report they don't like to exercise. Respondents 35 to 44 years old or with a college education were more likely to report a fear of injury/injured right now. *From 2008 to 2020, 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 while from 2017 to 2020, there was no statistical change. From 2008 to 2020, there was a statistical increase in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes while from 2017 to 2020, there was no statistical change. From 2008 to 2020, there was a statistical increase in the overall percent of respondents who met the recommended amount of physical activity while from 2017 to 2020, there was no statistical change.*

In 2020, 74% of respondents were classified as at least overweight while 42% were obese. Respondents who were in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to be at least overweight. Respondents who were female, in the bottom 40 percent household income bracket, unmarried or inactive were more likely to be obese. *From 2008 to 2020, there was no statistical change in the overall percent of respondents who were at least overweight or obese while from 2017 to 2020, there was a statistical increase.*

Nutrition and Food Insecurity

In 2020, 60% of respondents reported two or more servings of fruit while 28% reported three or more servings of vegetables on an average day. Respondents 35 to 44 years old, with a college education, in the middle 20 percent household income bracket, who were married or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, 35 to 44 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report at least three servings of vegetables on an average day. Thirty-six percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, 35 to 44 years old, with a college education, in the top 60 percent household income bracket or married respondents were more likely to report this. Of the respondents who did not eat the recommended amount of fruit/vegetables on an average day, 28% reported lack of time/convenience as the main reason for eating fewer servings while 17% reported they don't like fruit or vegetables. Twelve percent reported they don't feel it is important. Eighteen percent of respondents reported they were not sure of the main reason for eating fewer servings of fruit/vegetables on an average day. Respondents who were 18 to 44 years old, in the top 40 percent household income bracket or unmarried were more likely to report lack of time/convenience. Overweight respondents were more likely to report they don't like fruit or vegetables. Respondents who were 55 and older, married or not overweight were more likely to report they don't feel it is important to eat the recommended amount of fruit/vegetables. Respondents 18 to 34 years old, with a high school education or less, with a college education or in the bottom 40 percent household income bracket were more likely to report they were not sure of the main reason for eating fewer servings of fruit/vegetables than recommended. Less than one percent of respondents reported their household went hungry because they couldn't afford enough food in the past year. *From 2008 to 2020, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit or at least three servings of vegetables on an average day, as well as from 2017 to 2020. From 2008 to 2020, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables on an average day, as well as from 2017 to 2020. From 2017 to 2020, there was a statistical decrease in the overall percent of respondents who reported their household went hungry because they couldn't afford enough food in the past year.*

Women's Health

In 2020, 78% of female respondents 50 and older reported a mammogram within the past two years. Eighty-one percent of female respondents 65 and older had a bone density scan. Eighty-seven 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-nine 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). Married respondents were more likely to report a cervical cancer screen

within the recommended time frame. *From 2008 to 2020, there was no statistical change in the overall percent of respondents 50 and older who reported a mammogram within the past two years, as well as from 2017 to 2020. From 2008 to 2020, there was no statistical change in the overall percent of respondents 65 and older who reported a bone density scan, as well as from 2017 to 2020. From 2008 to 2020, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported a pap smear within the past three years, as well as from 2017 to 2020. From 2014 to 2020, there was a statistical increase in the overall percent of respondents 18 to 65 years old who reported an HPV test within the past five years while from 2017 to 2020, there was no statistical change. From 2014 to 2020, there was no statistical change in the overall percent of respondents 18 to 65 years old who reported a cervical cancer screen within the recommended time frame, as well as from 2017 to 2020.*

Colorectal Cancer Screening

In 2020, 13% of respondents 50 and older reported a blood stool test within the past year. Nine percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 69% reported a colonoscopy within the past ten years. This results in 74% of respondents meeting the current colorectal cancer screening recommendations. *From 2014 to 2020, there was no statistical change in the overall percent of respondents who reported a blood stool test within the past year, as well as from 2017 to 2020. From 2008 to 2020, 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 2017 to 2020. From 2008 to 2020, there was a statistical increase in the overall percent of respondents who reported at least one of these tests in the recommended time frame while from 2017 to 2020, there was no statistical change.*

Alcohol Use

In 2020, 28% of respondents were binge drinkers in the past month (females 4+ drinks and males 5+ drinks). Respondents who were male, 18 to 44 years old or in the middle 20 percent household income bracket were more likely to have binged at least once in the past month. Less than one 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 2020, there was no statistical change in the overall percent of respondents who reported binge drinking in the past month, as well as from 2017 to 2020. From 2008 to 2020, there was a statistical decrease in the overall percent of respondents who reported in the past month they were a driver or passenger in a vehicle when the driver perhaps had too much to drink, as well as from 2017 to 2020.*

Tobacco Use

In 2020, 18% of respondents were current tobacco cigarette smokers; respondents with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to be a smoker. Ten percent of respondents used electronic vapor products in the past month; respondents who were male, 18 to 34 years old, in the middle 20 percent household income bracket or unmarried were more likely to report this. Fifty-three percent of current smokers or vapers quit for one day or longer because they were trying to quit in the past year. Eighty-one 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 2020, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers while from 2017 to 2020, there was no statistical change. From 2014 to 2020, there was no statistical change in the overall percent of respondents who reported electronic vapor product use in the past month while from 2017 to 2020, there was a statistical increase. From 2008 to 2020, there was no statistical change in the overall percent of current tobacco cigarette smokers or electronic vapor product users who quit smoking/vaping for at least one day in the past year because they were trying to quit, as well as from 2017 to 2020. From 2008 to 2020, there was no statistical change in the overall percent of current smokers/vapers who reported in the past year their health professional advised them to quit smoking or vaping, as well as from 2017 to 2020. Please note: in 2020, the tobacco cessation and health professional advised quitting questions included current smokers and current vapers. In previous years, both questions were asked of current smokers only.*

In 2020, 80% of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, married or with children in the household were more likely to report smoking is not allowed anywhere inside the home. Fifteen percent of nonsmoking or nonvaping respondents reported they were exposed to second-hand smoke or vapor in the past seven days; respondents who were male, 18 to 34 years old or in the bottom 40 percent household income bracket were more likely to report this. *From 2008 to 2020, there was a statistical increase in the overall percent of respondents who reported smoking is not allowed anywhere inside the home while from 2017 to 2020, there was a statistical decrease. From 2008 to 2020, there was a statistical decrease in the overall percent of nonsmoking or nonvaping respondents who reported they were exposed to second-hand smoke or vapor in the past seven days while from 2017 to 2020, there was no statistical change. Please note: in 2020, the second-hand smoke exposure question included nonvapers while in previous years the question included nonsmokers only.*

In 2020, 8% of respondents used smokeless tobacco in the past month while 3% of respondents used cigars, cigarillos or little cigars. Respondents who were male, 18 to 34 years old, with a high school education or less, in the bottom 60 percent household income bracket or unmarried respondents were more likely to report smokeless tobacco use. *From 2014 to 2020, there was a statistical increase in the overall percent of respondents who used smokeless tobacco in the past month while from 2017 to 2020, there was no statistical change. From 2014 to 2020, there was no statistical change in the overall percent of respondents who used cigars/cigarillos/little cigars in the past month, as well as from 2017 to 2020.*

Household Problems

In 2020, less than one percent 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. Less than one percent of respondents each reported someone in their household experienced some kind of problem with marijuana/THC products or heroin/other opioids in the past year. Zero percent of respondents reported a household problem in connection with cocaine, meth or other street drugs. *From 2008 to 2020, there was no statistical change in the overall percent of respondents who reported a household problem in connection with drinking alcohol in the past year while from 2017 to 2020, there was a statistical decrease. From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported a household problem with marijuana/THC products in the past year. From 2017 to 2020, there was a statistical decrease in the overall percent of respondents who reported a household problem with cocaine, meth or other street drugs in the past year.*

Community and Personal Support

In 2020, 20% of respondents reported someone in their household experienced times of distress in the past three years and looked for community support; respondents in the bottom 40 percent household income bracket or with children in the household were more likely to report this. Forty-one percent of respondents who looked for community resource support reported they felt somewhat, slightly or not at all supported. Four percent reported they have no one in their life that makes them feel supported or that they can reach out to in times of need; 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 2017 to 2020, there was a statistical decrease in the overall percent of respondents who reported in the past three years someone in their household experienced times of distress and looked for community resource support. From 2017 to 2020, there was no statistical change in the overall percent of respondents who looked for community resource support and reported they felt somewhat, slightly or not at all supported by the resource.*

Mental Health Status

In 2020, 6% of respondents reported they always or nearly always felt sad, blue or depressed in the past month; respondents who were female, 18 to 34 years old, with a high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Six percent of respondents felt so overwhelmed they considered suicide in the past year; respondents 18 to 34 years old or in the middle 20 percent household income bracket were more likely to report this. Ten percent of respondents reported they seldom or never find meaning and purpose in daily life; respondents who were male, 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 2008 to 2020, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad, blue or depressed in the past month or they considered suicide in the past year, as well as from 2017 to 2020. From 2008 to 2020, there was a statistical increase in the overall percent of respondents who reported they seldom or never find meaning and purpose in daily life, as well as from 2017 to 2020.*

Personal Safety

In 2020, 6% of respondents reported someone made them afraid for their personal safety in the past year; respondents 18 to 34 years old, with some post high school education or less or unmarried respondents were more likely to report this. Three percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 7% reported at least one of these two situations; respondents 18 to 34 years old, with some post high school education or less or unmarried respondents were more likely to report this. *From 2008 to 2020, there was no statistical change in the overall percent of respondents who reported they were afraid for their personal safety in the past year while from 2017 to 2020, there was a statistical increase. From 2008 to 2020, there was no statistical change in the overall percent of respondents who reported they were pushed/kicked/slapped/hit in the past year, as well as from 2017 to 2020. From 2008 to 2020, there was no statistical change in the overall percent of respondents who reported at least one of the two personal safety issues in the past year while from 2017 to 2020, there was a statistical increase.*

Children in Household

In 2020, the respondent was asked if they make health care decisions for children living in the household. If yes, they were asked a series of questions about the health and behavior of a randomly selected child. Ninety-one percent of respondents reported they have one or more persons they think of as their child's primary doctor or nurse, with 88% reporting their child visited their primary doctor or nurse for preventive care during the past year. Three percent of respondents reported in the past year their child did not receive the dental care needed while 1% reported their child did not visit a specialist they needed. Less than one percent of respondents reported there was a time in the past year their child did not receive the medical care needed. Five percent of respondents reported their child currently had asthma. Zero percent of respondents reported their child was seldom/never safe in their community. Eighty-six percent of respondents reported their 5 to 17 year old child ate at least two servings of fruit on an average day while 46% reported three or more servings of vegetables. Fifty-nine percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Sixty-two percent of respondents reported their 5 to 17 year old child was physically active for 60 minutes five times a week. Zero 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. Sixteen percent reported their 5 to 17 year old child experienced some form of bullying in the past year; 16% reported verbal bullying while less than one percent each reported physical bullying or cyber bullying. *From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported their child had a primary doctor or nurse. From 2017 to 2020, 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. From 2017 to 2020, 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. From 2017 to 2020, there no statistical change in the overall percent of respondents who reported in the past year their child had an unmet dental care need or was unable to see a specialist when needed. From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported their child currently had asthma. From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported their child was seldom/never safe in their community. From 2017 to 2020, 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. From 2017 to 2020, there was a noted increase 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. From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child met the recommendation of at least five servings of fruit/vegetables on an average day. From 2017 to 2020, 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. From 2017 to 2020, 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. From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall as well as verbally bullied, physically bullied or cyber bullied.*

Top County Health Issues

In 2020, respondents were asked to list the top three health issues in the county. The most often cited were illegal drug use (52%), access to health care (23%) or alcohol use/abuse (22%). Unmarried respondents were more likely to report illegal drug use as a top health issue. Respondents who were 55 to 64 years old, in the bottom 40 percent household income bracket, in the top 40 percent household income bracket or married were more likely to report access to health care. Respondents 18 to 34 years old or with some post high school education were more likely to report alcohol use or abuse. Fifteen percent of respondents reported mental health/depression; respondents 35 to 44 years old or with some post high school education were more likely to report this. Fourteen percent of respondents reported overweight or obesity as a top issue; respondents 35 to 44 years old or with a college education were more likely to report this. Eleven percent of respondents reported prescription or over-the-counter drug abuse; respondents with some post high school education were more likely to report this. Nine percent of respondents reported violence or crime; respondents 65 and older were more likely to report this. Seven percent of respondents reported chronic diseases as a top issue; respondents 35 to 44 years old were more likely to report this. Seven percent of respondents reported infectious diseases; respondents 55 and older were more likely to report this. Five percent of respondents reported environmental issues; 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. Five percent of respondents reported affordable health care; respondents who were female, 45 to 64 years old or married were more likely to report this. Five percent of respondents reported cancer as a top issue; respondents 35 to 44 years old or 65 and older were more likely to report this. Four percent of respondents reported access to affordable healthy food; female respondents were more likely to report this. *From 2017 to 2020, there was no statistical change in the overall percent of respondents who reported illegal drug use, access to health care, mental health/depression, prescription/over-the-counter drug abuse, affordable health care or access to affordable healthy food as one of the top health issues in the county. From 2017 to 2020, there was a statistical decrease in the overall percent of respondents who reported alcohol use/abuse, overweight/obesity, chronic diseases or cancer as one of the top health issues in the county. From 2017 to 2020, there was a statistical increase in the overall percent of respondents who reported violence/crime, infectious diseases or environmental issues as one of the top health issues in the county.*