

**Fox Cities  
(Appleton, Menasha & Neenah Cities)  
Community Health Survey Report  
Executive Summary  
2018**

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

Sponsored By:  
**Appleton Health Department  
Ascension  
Aurora Health Care  
Children's Hospital of Wisconsin  
Menasha Health Department  
ThedaCare**



Prepared by:  
**JKV Research, LLC**

## Purpose

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

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

This report was commissioned by the Fox Valley Community Health Improvement Coalition. It was sponsored by Appleton Health Department, Ascension, Aurora Health Care, Children's Hospital of Wisconsin, Menasha Health Department and ThedaCare.

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 439-1399 or janet.vandehey@jkvresearch.com. For further information about the survey, contact Appleton Health Department at (920) 832-6459 or Menasha Health Department at (920) 967-3520.

## Methodology

### Data Collection

Respondents were scientifically selected so the survey would be representative of all adults 18 years old and older in the cities. The sampling strategy was two-fold. 1) A random-digit-dial landline sample of telephone numbers which included listed and unlisted numbers. The respondent within each household was randomly selected by computer and based on the number of adults in the household (n=220). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=180). At least 8 attempts were made to contact a respondent in each sample. Screener questions verifying location were included. Data collection was conducted by Management Decisions Incorporated. A total of 400 telephone interviews were completed between December 7, 2017 and April 26, 2018.

### Weighting of Data

For the landline sample, weighting was based on the number of adults in the household and the number of residential phone numbers, excluding fax and computer lines, to take into account the probability of selection. For the cell-phone only sample, it was assumed the respondent, if an adult, was the primary cell phone user. Combined, post-stratification was conducted by sex and age to reflect the 2010 census proportion of these characteristics in the cities.

### Margin of Error

With a sample size of 400, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 5$  percent from what would have been obtained by interviewing all persons 18 years old and older with telephones in the Fox Cities. This margin of error provides us with confidence in the data; 95 times out of 100, the true value will likely be somewhere between the lower and upper bound. The margin of error for smaller subgroups will be larger than  $\pm 5$  percent, since fewer respondents are in that category.

## Demographic Profile

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

**Table 1. Weighted Demographic Variables of Community Health Survey Respondents for 2018 (Q72, Q73, Q79, Q87 & Q88)<sup>①,②</sup>**

	Survey Results
TOTAL	100%
Gender	
Male	48%
Female	52
Age	
18 to 34	32%
35 to 44	17
45 to 54	21
55 to 64	15
65 and Older	15
Education	
High School Graduate or Less	20%
Some Post High School	32
College Graduate	48
Household Income	
Bottom 40 Percent Bracket	24%
Middle 20 Percent Bracket	22
Top 40 Percent Bracket	44
Not Sure/No Answer	10
Married	56%

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

<sup>②</sup>Race and ethnicity breakdowns had too few cases for statistical reliability in crosstabulations (Q76 & Q77).

## Executive Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of the Fox Cities (cities of Appleton, Menasha and Neenah) residents. The following data are highlights of the comprehensive study. Please see the full report for more details.

General Health	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Overall Health								
Excellent/Very Good <sup>A,B,C,D</sup>	54%	55%	47%	56%	53%	42%	NA	NA
Good	27%	31%	38%	31%	32%	43%	NA	NA
Fair or Poor	18%	14%	16%	13%	14%	16%	16%	16%
At Least 3 Physically Unhealthy Days in Past Month <sup>B</sup>	26%	34%	27%	24%	27%	27%	NA	NA
At Least 3 Mentally Unhealthy Days in Past Month <sup>C</sup>	29%	30%	31%	24%	28%	31%	NA	NA
At Least 3 Physically/Mentally Unhealthy Days Prevented Usual Activities in Past Month <sup>B</sup>	14%	24%	16%	15%	19%	18%	NA	NA

Health Care Coverage	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Currently No Health Care Coverage								
18 Years Old and Older [HP2020 Goal: 0%] <sup>A,C,D</sup>	6%	1%	1%	9%	4%	<1%	9%	10%
18 to 64 Years Old [HP2020 Goal: 0%] <sup>A,C,D</sup>	7%	1%	2%	10%	5%	1%	10%	12%
Unmet Care in Past Year (Household Member)								
Medical Care [HP2020 Goal: 4%]	--	--	5%	--	--	6%	NA	NA
Dental Care [HP2020 Goal: 5%]	--	--	8%	--	--	8%	NA	NA
Mental Health Care	--	--	4%	--	--	3%	NA	NA
Have a Primary Care Physician [HP2020 Goal: 84%] <sup>C</sup>	89%	--	93%	88%	--	91%	NA	NA
Advance Care Document or Conversation	--	--	66%	--	--	67%	NA	NA
Advance Directive Document for Health Care	--	--	46%	--	--	45%	NA	NA
Conversation with Trusted Person about Health Care Wishes if Unable to Speak for Self	--	--	50%	--	--	50%	NA	NA

Routine Procedures	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Routine Checkup (2 Years Ago or Less) <sup>B,C,D</sup>	92%	81%	95%	84%	88%	91%	84%	84%
Respondents with a Routine Checkup in Past 2 Years								
HCP Inquired about Alcohol Consumption <sup>B,D</sup>	--	68%	81%	--	65%	83%	NA	NA
Advised to Quit or Reduce Alcohol Consumption (Of HCP Inquiries)	--	5%	5%	--	7%	5%	NA	NA
Dental Checkup (Past Year) [HP2020 Goal: 49%]	82%	77%	77%	79%	78%	77%	73%	66%

Health Conditions in Past 3 Years	Fox Cities			Tri-County			WI	US
	2010 <sup>1</sup>	2015 <sup>1</sup>	2018	2011 <sup>1</sup>	2015 <sup>1</sup>	2018	2016	2016
High Blood Cholesterol <sup>A,B,D</sup>	36%	29%	22%	26%	30%	24%	NA	NA
Mental Health Condition	--	23%	20%	--	24%	21%	NA	NA
High Blood Pressure <sup>A,B</sup>	36%	25%	19%	26%	26%	25%	NA	NA
Diabetes	11%	7%	8%	8%	8%	10%	NA	NA
Heart Disease/Condition	--	--	7%	--	--	8%	NA	NA
Asthma (Current) <sup>B,D</sup>	13%	14%	9%	--	15%	9%	9%	9%

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

<sup>1</sup>In 2010 and 2015, time frame was "ever".

<sup>A</sup>Fox Cities statistical change from 2010 to 2018. <sup>B</sup>Fox Cities statistical change from 2015 to 2018.

<sup>C</sup>Tri-County statistical change from 2011 to 2018. <sup>D</sup>Tri-County statistical change from 2015 to 2018.

Financial Factors Affecting Health in Past Year	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Worried/Stressed About Having Enough Money for Rent, Mortgage or Utilities (Always/Usually)	--	11%	11%	--	14%	14%	NA	NA
Food Didn't Last and Unable to Purchase More (Often True/Sometimes True)	--	8%	10%	--	11%	13%	NA	NA

Mental Health Status	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Get Social/Emotional Support Needed (Rarely/Never)	7%	10%	7%	6%	8%	6%	NA	NA
Stress Because Mind is Troubled in Past Month (All the Time/Most of the Time)	--	--	10%	--	--	15%	NA	NA
Considered Suicide in Past Year	--	--	6%	--	--	8%	NA	NA

Physical Health	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Overweight Status								
Overweight/Obese (BMI 25.0+) [HP2020: 66%]	63%	64%	69%	66%	65%	67%	67%	65%
Obese (BMI 30.0+) [HP2020: 31%] <sup>C</sup>	30%	28%	30%	30%	32%	35%	31%	30%
Physical Activity/Week								
Moderate Activity (5 Times/30 Min) <sup>B,D</sup>	--	23%	38%	--	22%	33%	42% <sup>1</sup>	33% <sup>1</sup>
Vigorous Activity (3 Times/20 Min)	--	28%	34%	--	28%	25%	31% <sup>3</sup>	29% <sup>3</sup>
Recommended Moderate or Vigorous <sup>B</sup>	--	40%	52%	--	40%	44%	53% <sup>3</sup>	51% <sup>3</sup>
Major Reasons Not Participate in Physical Activity More (Of Respondents Who Did Not Meet Recommendation)								
Difficult to Motivate Self	--	--	29%	--	--	24%	NA	NA
Not Enough Time to Exercise	--	--	19%	--	--	24%	NA	NA
Boring	--	--	12%	--	--	11%	NA	NA
Inconvenient	--	--	9%	--	--	11%	NA	NA

Nutrition	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Fruit Intake (2+ Servings/Day) <sup>B,C,D</sup>	--	61%	48%	54%	60%	48%	NA	NA
Vegetable Intake (3+ Servings/Day) <sup>C</sup>	--	35%	32%	26%	33%	31%	NA	NA
At Least 5 Fruit/Vegetables/Day <sup>B,D</sup>	--	41%	33%	30%	39%	29%	23% <sup>3</sup>	23% <sup>3</sup>
Sugar Drink (1+ Drinks/Day/Past Month)	--	--	27%	--	--	30%	NA	NA
Non-Work Screen Time (4+ Hours/Day)	--	34%	37%	--	36%	30%	NA	NA
Sleep in Past 24 Hours (7+ Hours) [HP2020 Goal: 71%]	--	66%	66%	--	67%	65%	NA	NA
Family Meals (Households with More than 1 Person; 5+ Meals/Week) <sup>B,D</sup>	--	69%	60%	--	64%	59%	NA	NA

Alcohol Use in Past Month	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Heavy Drinker (Female 31+ Drinks; Male 61+ Drinks)	--	--	5%	--	--	10%	7% <sup>2</sup>	5% <sup>2</sup>
Binge Drinker (Female 4+ Drinks; Male 5+ Drinks on an Occasion) <sup>B,D</sup>	13% <sup>4</sup>	24% <sup>4</sup>	18%	23% <sup>4</sup>	20% <sup>4</sup>	25%	25%	17%
Excessive Drinker (Either Heavy or Binge Drinker) [HP2020 Goal: 25%] <sup>A,D</sup>	13% <sup>5</sup>	24% <sup>5</sup>	19%	23% <sup>5</sup>	20% <sup>5</sup>	26%	NA	NA
Driven When Perhaps Had Too Much to Drink <sup>B,C,D</sup>	2%	5%	<1%	3%	5%	1%	NA	NA

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

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

<sup>4</sup>In 2010/11 and 2015, binge drinking was defined as 5 or more drinks on an occasion, regardless of gender.

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

<sup>A</sup>Fox Cities statistical change from 2010 to 2018. <sup>B</sup>Fox Cities statistical change from 2015 to 2018.

<sup>C</sup>Tri-County statistical change from 2010 to 2018. <sup>D</sup>Tri-County statistical change from 2015 to 2018.

Tobacco Use	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Current Use (Every Day/Some Days)								
Tobacco Cigarette Smoker [HP2020 Goal: 12%] <sup>A,C,D</sup>	15%	13%	9%	18%	16%	12%	17%	17%
Smokeless Tobacco [HP2020 Goal: 0.2%]	2%	2%	2%	3%	3%	4%	4%	4%
Electronic Cigarettes/Vaping	--	3%	3%	--	5%	5%	5%	5%
Of Current Tobacco Cigarette Smokers...								
Quit Smoking 1 Day or More in Past Year Because Trying to Quit [HP2020 Goal: 80%]	54%	70%	51%	59%	51%	48%	49% <sup>1</sup>	56% <sup>1</sup>
Someone Smokes in Household or Vehicle [HP2020 Goal: 13%] <sup>A,C</sup>	--	--	9%	15%	--	7%	NA	NA

Household Problems Associated With...	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Alcohol (Past Year) <sup>A,C</sup>	5%	--	2%	4%	--	2%	NA	NA
Misuse of Prescription or Over-the-Counter Drugs (Past Year)	--	--	<1%	--	--	2%	NA	NA

Firearms in Household	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2002	2002
Firearm in House/Garage	--	--	36%	--	--	43%	44%	33%
Firearm Loaded (All Households)	--	--	11%	--	--	9%	3%	8%
Loaded Firearm Also Unlocked (All Households)	--	--	3%	--	--	3%	2%	4%
Of Households with a Firearm								
Loaded Firearm Also Unlocked	--	--	7%	--	--	7%	5%	13%

Personal Safety in Past Year	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
At Least One Personal Safety Issue	--	--	10%	--	--	10%	NA	NA
Afraid for Safety	--	--	8%	--	--	8%	NA	NA
Pushed, Kicked, Slapped, or Hit	--	--	4%	--	--	4%	NA	NA
Felt Extremely Unsafe/Unsafe from Crime in Neighborhood	--	--	2%	--	--	2%	NA	NA

Top Community Health Issues	Fox Cities			Tri-County			WI	US
	2010	2015	2018	2011	2015	2018	2016	2016
Illegal Drug Use	--	--	21%	--	--	18%	NA	NA
Chronic Diseases	--	--	19%	--	--	21%	NA	NA
Alcohol Use or Abuse	--	--	19%	--	--	14%	NA	NA
Overweight or Obesity	--	--	18%	--	--	22%	NA	NA
Infectious Diseases	--	--	17%	--	--	13%	NA	NA
Access to Health Care	--	--	16%	--	--	17%	NA	NA
Mental Health or Depression	--	--	16%	--	--	15%	NA	NA
Cancer	--	--	14%	--	--	17%	NA	NA
Prescription or Over-the-Counter Drug Abuse	--	--	10%	--	--	9%	NA	NA
Lack of Physical Activity	--	--	10%	--	--	5%	NA	NA
Access to Affordable Healthy Food	--	--	9%	--	--	6%	NA	NA
Affordable Health Care	--	--	6%	--	--	8%	NA	NA

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

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

<sup>A</sup>Fox Cities statistical change from 2010 to 2018. <sup>B</sup>Fox Cities statistical change from 2015 to 2018.

<sup>C</sup>Tri-County statistical change from 2011 to 2018. <sup>D</sup>Tri-County statistical change from 2015 to 2018.

	Fox Cities		Tri-County	
	2015 <sup>1</sup>	2018 <sup>1</sup>	2015 <sup>1</sup>	2018 <sup>1</sup>
<b>Children in Household</b>				
Personal Doctor/Nurse Who Knows Child Well and Familiar with History	97%	93%	96%	95%
Visited Personal Doctor/Nurse for Preventive Care in Past Year (Children Who Have a Personal Doctor/Nurse)	97%	97%	96%	97%
Did Not Receive Specialist Care Needed (Past Year) <sup>B</sup>	0%	0%	3%	0%
Used New Parent Programs for Child <sup>A,B</sup>	26%	16%	23%	12%
<b>Health Conditions</b>				
Asthma <sup>A</sup>	14%	1%	10%	6%
Diabetes	0%	0%	2%	<1%
Extremely Unsafe/Unsafe in Community/Neighborhood	--	0%	--	<1%
Fruit Intake (2+ Servings/Day) <sup>B</sup>	82%	81%	82%	73%
Vegetable Intake (3+ Servings/Day) <sup>B</sup>	30%	28%	31%	23%
5+ Fruit/Vegetables per Day <sup>B</sup>	55%	49%	50%	40%
<b>Sugar Drink in Past Month</b>				
Less Than One/Day, but More Than One/Week	--	26%	--	38%
At Least One per Day	--	22%	--	15%
<b>Screen Time</b>				
2 or 3 Hours/Day	--	31%	--	38%
4 or More Hours/Day	--	20%	--	18%
<b>Sleeping Location when an Infant</b>				
Crib or Bassinette	93%	82%	89%	94%
In Bed with Adult	4%	8%	2%	3%
<b>Children 4 to 17 Years Old</b>				
Physical Activity (60 Min./5 or More Days/Week) <sup>B</sup>	46%	47%	50%	63%
Unhappy, Sad or Depressed in Past 6 Months (Always/Nearly Always)	6%	11%	5%	6%
Experienced Bullying in Past Year	30%	31%	18%	24%
Verbally Bullied <sup>B</sup>	25%	31%	13%	21%
Physically Bullied	5%	11%	4%	7%
Cyber Bullied <sup>A</sup>	0%	6%	<1%	3%

--Not asked or worded differently.

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

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

## General Health

In 2018, 47% of Fox Cities respondents reported their health as excellent or very good; 16% reported fair or poor. Respondents who were male, in the bottom 40 percent household income bracket, overweight/obese, inactive or smokers were more likely to report fair or poor health. Twenty-seven percent of respondents reported in the past month their physical health was not good for at least three days; respondents with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese or smokers were more likely to report this. Thirty-one percent of respondents reported in the past month their mental health was not good for at least three days; respondents 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket or who were smokers were more likely to report this. Sixteen percent of all respondents reported during the past month poor physical or mental health kept them from doing their usual activities for at least three days. Respondents in the bottom 40 percent household income bracket, who were unmarried or smokers were more likely to report at least three unhealthy days kept them from usual activities in the past month. *From 2010 to 2018, there was no statistical change in the overall percent of respondents who reported their health as fair or poor, as well as from 2015 to 2018. From 2010 to 2018, there was no statistical change in the overall percent of respondents who reported at least three physically unhealthy days in the past month while from 2015 to 2018, there was a statistical decrease. From 2010 to 2018, there was no statistical change in the overall percent of respondents who reported at least three mentally unhealthy days in the past month, as well as from 2015 to 2018. From 2010 to 2018,*

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

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

In 2018, 1% of Fox Cities respondents reported they were not currently covered by health care insurance. Five percent of respondents reported there was a time in the past year someone in their household did not receive the medical care needed. Eight percent of respondents reported there was a time in the past year a household member did not receive the dental care needed; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this. Four percent of respondents reported in the past year a household member did not receive the mental health care needed; respondents in the top 40 percent household income bracket were more likely to report this. *From 2010 to 2018, the overall percent statistically decreased for respondents 18 and older or 18 to 64 years old who reported no current personal health care coverage while from 2015 to 2018, there was no statistical change.*

In 2018, 93% of Fox Cities respondents reported they have a personal care physician they think of as their personal doctor or health care provider; respondents who were female, in the middle 20 percent household income bracket or married were more likely to report a personal care physician. Forty-six percent of respondents reported they had an Advance Directive for Health Care document. Fifty percent of respondents reported in the past year they had a conversation with family, friends or other persons they trust about their wishes for health care if they are unable to speak for themselves. A total of 66% completed either the Advance Directive for Health Care document or had a conversation with a trusted person about their health care wishes; respondents who were female or 65 and older were more likely to report at least one. *From 2010 to 2018, there was no statistical change in the overall percent of respondents reporting they have a doctor, nurse practitioner, physician assistant or primary care clinic they think of as their personal doctor or health care provider.*

### **Routine Procedures**

In 2018, 95% of Fox Cities respondents reported a routine medical checkup two years ago or less. Respondents who were female, 18 to 34 years old or 55 and older were more likely to report a routine checkup two years ago or less. Eighty-one percent of respondents who had a routine checkup in the past two years reported their health care provider inquired about their alcohol consumption. Respondents 35 to 44 years old, 55 to 64 years old, with at least some post high school education or in the top 40 percent household income bracket were more likely to report their provider inquired about their alcohol consumption. Five percent of respondents who were asked about their alcohol consumption were advised to reduce or quit their drinking. Respondents with a high school education or less or who drank excessively in the past month were more likely to report they were advised to reduce or quit their drinking. Seventy-seven percent of respondents reported a visit to the dentist in the past year; respondents with at least some post high school education were more likely to report this. *From 2010 to 2018, there was no statistical change in the overall percent of respondents reporting a routine checkup while from 2015 to 2018, there was a statistical increase. From 2015 to 2018, there was a statistical increase in the overall percent of respondents reporting their health care provider asked about their alcohol use. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their health care provider advised them to quit or lessen alcohol use at their last routine checkup. From 2010 to 2018, there was no statistical change in the overall percent of respondents reporting a dental checkup, as well as from 2015 to 2018.*

### **Health Conditions**

In 2018, out of six health conditions listed, the most often mentioned in the past three years was high blood cholesterol (22%) or a mental health condition (20%) in the Fox Cities. Respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket or inactive respondents were more likely to report high blood cholesterol. Respondents 18 to 34 years old, with some post high school education, in the bottom 40 percent household income bracket, who did an insufficient amount of physical activity or smokers were more likely to report a mental health condition. Nineteen percent reported high blood pressure; respondents 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese or inactive were more likely to report this. Eight percent of respondents reported diabetes. Respondents 65 and older, with a high school education or less, who were overweight/obese, inactive or did not excessively drink in the past month were more likely to report diabetes. 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, in the bottom 40



percent household income bracket or did not meet the recommended amount of physical activity were more likely to report this. Nine percent reported current asthma; respondents in the bottom 40 percent household income bracket were more likely to report this. *From 2010 to 2018, there was a statistical decrease in the overall percent of respondents who reported high blood pressure or high blood cholesterol, as well as from 2015 to 2018. From 2010 to 2018, there was no statistical change in the overall percent of respondents who reported diabetes, as well as from 2015 to 2018. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported a mental health condition. From 2010 to 2018, there was no statistical change in the overall percent of respondents who reported current asthma while from 2015 to 2018, there was a statistical decrease.*

### **Financial Factors Affecting Health**

In 2018, 11% of Fox Cities respondents reported they always or usually worried or stressed about having enough money to pay rent, mortgage or utility bills in the past year; respondents with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Ten percent of respondents reported in the past year it was often or sometimes true that the food they bought just didn't last, and they didn't have money to get more; respondents who were in the bottom 40 percent household income bracket, unmarried or with children in the household were more likely to report this. *From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported they always/usually worried or stressed about having enough money to pay rent, mortgage or utility bills or it was often/sometimes true that in the past year the food they bought just didn't last, and they didn't have money to get more.*

### **Mental Health Status**

In 2018, 7% of Fox Cities respondents reported they rarely/never get the social and emotional support they need; respondents with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. Ten percent of respondents reported they felt stress all of the time/most of the time in the past month. Six percent of respondents felt so overwhelmed they considered suicide in the past year; respondents with some post high school education or unmarried respondents were more likely to report this. *From 2010 to 2018, there was no statistical change in the overall percent of respondents who reported they rarely/never get the social and emotional support they need, as well as from 2015 to 2018.*

### **Physical Health**

In 2018, 38% of Fox Cities respondents did moderate physical activity five times a week for 30 minutes. Thirty-four 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 or with a college education were more likely to report this. Twenty-nine percent of respondents reported it is difficult to motivate myself to exercise as a major reason they do not exercise more; female respondents were more likely to report this. Nineteen percent reported there is not enough time to exercise as a major reason for not participating in physical activities more often. Respondents who were 18 to 34 years old, overweight/obese or with children in the household were more likely to report there is not enough time to exercise. Twelve percent of respondents reported it is boring/not enjoyable as a major reason. Nine percent of respondents reported it is inconvenient to exercise. Respondents who were 35 to 54 years old, married, overweight/obese or with children in the household were more likely to report it is inconvenient to exercise. Eight percent reported they are afraid of getting injured or they were injured recently as a major reason for not participating in physical activities more often; respondents in the bottom 40 percent household income bracket were more likely to report this. *From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported vigorous physical activity three times a week for at least 20 minutes. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who met the recommended amount of physical activity.*

In 2018, 69% of Fox Cities respondents were classified as at least overweight while 30% were obese. Male respondents were more likely to be classified as at least overweight. Respondents with some post high school education, in the bottom 40 percent household income bracket or inactive respondents were more likely to be obese. *From 2010 to 2018, there was no statistical change in the overall percent of respondents being at least overweight or being obese, as well as from 2015 to 2018.*

## **Nutrition**

In 2018, 48% of Fox Cities respondents reported two or more servings of fruit while 32% reported three or more servings of vegetables on an average day. Respondents who were female, 55 to 64 years old, with at least some post high school education, who were not overweight/obese or met the recommended amount of physical activity were more likely to report at least two servings of fruit. Respondents who were female, with a college education, who were not overweight/obese or met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Thirty-three percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, with a college education, who were not overweight/obese or met the recommended amount of physical activity were more likely to report this. Twenty-seven percent of respondents reported they drank at least one sugared drink per day in the past month; respondents with a high school education or less were more likely to report this. Sixty percent of respondents reported their family ate together five or more times during the past week; respondents in the top 40 percent household income bracket were more likely to report this. *From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least two servings of fruit. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least three servings of vegetables. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least five servings of fruit/vegetables. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their family had a meal together at least five times in the past week.*

## **Screen Time and Sleep**

In 2018, 37% of Fox Cities respondents reported at least four hours of screen time a day; respondents who were male, 65 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight/obese or inactive were more likely to report this. Sixty-six percent of respondents reported they get at least seven hours of sleep in a 24-hour period; respondents 65 and older, with a college education, in the top 40 percent household income bracket, who were not overweight/obese or without children in the household were more likely to report this. *From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least four hours of screen time a day or at least seven hours of sleep in a 24-hour period.*

## **Alcohol Use**

In 2018, 68% of Fox Cities respondents had an alcoholic drink in the past month. Five percent of all respondents were heavy drinkers (females 31+ drinks and males 61+ drinks) while 18% were binge drinkers (females 4+ drinks on an occasion and males 5+ drinks on an occasion). Respondents 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. Combined, this equals 19% who were excessive drinkers in the past month (either heavy or binge drinker). Respondents 45 to 54 years old or in the top 40 percent household income bracket were more likely to be excessive drinkers. Less than one percent of respondents reported in the past month they had driven a vehicle when they perhaps had too much to drink. *From 2010 to 2018, there was no statistical change in the overall percent of respondents who reported binge drinking in the past month while from 2015 to 2018, there was a statistical decrease. From 2010 to 2018, there was a statistical increase in the overall percent of respondents who reported excessive drinking in the past month while from 2015 to 2018, there was no statistical change. Please note: in 2018, binge drinking was defined as 4+ drinks for females and 5+ drinks for males on an occasion while in 2010 and 2015, it was 5+ drinks regardless of gender. In addition, in 2018 excessive drinking includes heavy drinking or binge drinking while in 2010 and 2015, it only includes binge drinking. From 2010 to 2018, there was no statistical change in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink while from 2015 to 2018, there was a statistical decrease.*

## **Tobacco Use**

In 2018, 9% of Fox Cities respondents were current tobacco cigarette smokers; respondents 45 to 54 years old, 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. In the past year, 51% of current smokers quit smoking for one day or longer because they were trying to quit. *From 2010 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers while from 2015 to 2018, there was no statistical change. From 2010 to 2018, there was no statistical change in the overall percent of current tobacco cigarette smokers who quit smoking for at least one day because they were trying to quit, as well as from 2015 to 2018.*

In 2018, 9% of Fox Cities respondents reported they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle; respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report this.

In 2018, 2% of Fox Cities respondents used smokeless tobacco in the past month. Three percent of respondents used electronic cigarettes in the past month. *From 2010 to 2018, there was no statistical change in the overall percent of respondents who used smokeless tobacco in the past month, as well as from 2015 to 2018. From 2015 to 2018, there was no statistical change in the overall percent of respondents who used electronic cigarettes in the past month.*

### **Household Problems**

In 2018, 2% of Fox Cities respondents reported in the past year someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol. Less than one percent of respondents reported in the past year someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs. *From 2010 to 2018, there was a statistical decrease in the overall percent of respondents reporting a household problem in connection with drinking alcohol.*

### **Firearms in Household**

In 2018, 36% of Fox Cities households had a firearm in or around the home; respondents who were in the top 40 percent household income bracket or married were more likely to report this. Of all households, 11% had a loaded firearm; respondents who were in the top 40 percent household income bracket, married or in households with children were more likely to report this. Three percent of all households had a firearm loaded and unlocked.

### **Personal Safety**

In 2018, 8% of Fox Cities respondents reported someone made them afraid for their personal safety in the past year; respondents 18 to 34 years old were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 10% reported at least one of these two situations; respondents 18 to 34 years old were more likely to report this. Two percent of respondents reported their neighborhood was unsafe or extremely unsafe from crime.

### **Children in Household**

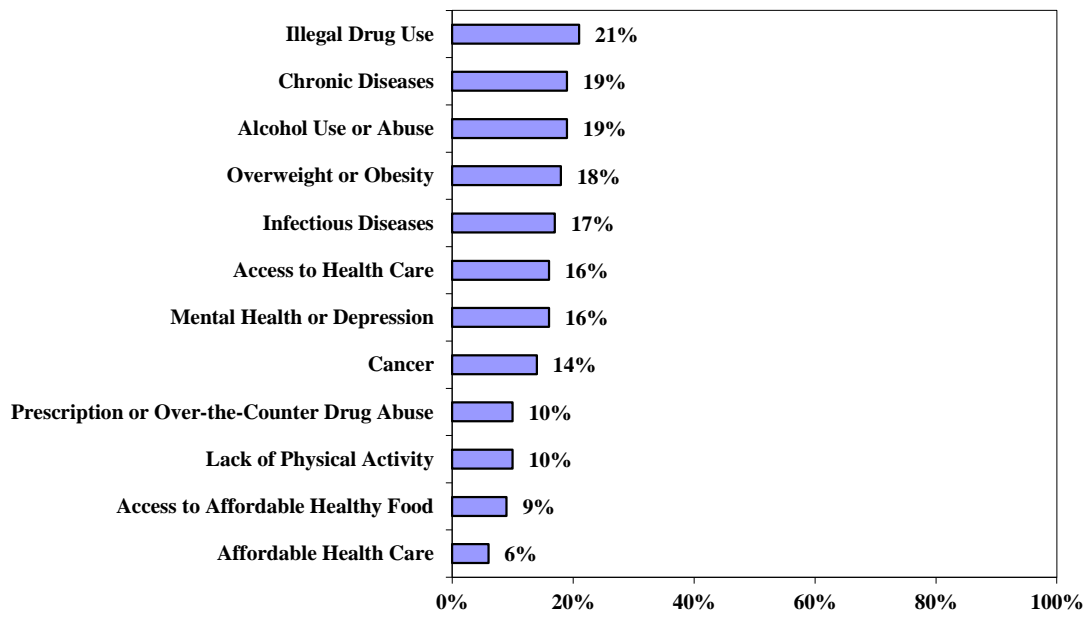
In 2018, the Fox Cities respondent was asked if they make health care decisions for children living in the household. If yes, they were asked a series of questions about the health and behavior of one of the children. Ninety-three percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 97% reporting their child visited their personal doctor or nurse for preventive care during the past year. Zero percent reported there was a time in the past year their child was not able to visit a specialist they needed to see. Sixteen percent of respondents reported their child was helped by new parent programs. One percent of respondents reported their child currently had asthma. Zero percent of respondents reported their child currently had diabetes. Zero percent of respondents reported their child was unsafe or extremely unsafe in their community. Eight percent of respondents reported when their child was an infant, he/she slept in bed with them or another person. Eighty-one percent of respondents reported their child ate at least two servings of fruit on an average day while 28% reported three or more servings of vegetables. Forty-nine percent of respondents reported their child ate five or more servings of fruit/vegetables on an average day. Twenty-two percent of respondents reported their child drank at least one sugared drink a day during the past month. Forty-seven percent of respondents reported their 4 to 17 year old child was physically active five times a week for 60 minutes. Twenty percent of respondents reported their child spent four or more hours of screen time on an average day. Eleven percent of respondents reported their 4 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Thirty-one percent reported their 4 to 17 year old child experienced some form of bullying in the past year; 31% reported verbal bullying, 11% physical bullying and 6% reported cyber bullying. *From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child had a personal doctor or nurse. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child visited their personal doctor/nurse for preventive care. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting in the past year their child was unable to see a specialist when needed. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents reporting they were helped by new parent programs. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported their child currently had*

*asthma. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child currently had diabetes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported when their child was an infant, he/she slept in bed with them or another person. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their child ate at least two servings of fruit, ate at least three servings of vegetables or met the recommendation of at least five servings of fruit/vegetables. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their 4 to 17 year old child was physically active five times a week for at least 60 minutes. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported their 4 to 17 year old child always or nearly always felt unhappy/sad/depressed. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year their child was bullied overall, verbally bullied or physically bullied. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported in the past year their child was cyber bullied.*

### **Top Community Health Issues**

In 2018, Fox Cities respondents were asked to list the top three community health issues. The most often cited was illegal drug use (21%). Respondents 18 to 34 years old or with a college education were more likely to report illegal drug use as a top community health issue. Nineteen percent of respondents were more likely to report chronic diseases as a top health issue. Nineteen percent of respondents reported alcohol use or abuse as a top health issue; respondents who were male, 18 to 34 years old, with a college education or in the top 40 percent household income bracket were more likely to report this. Eighteen percent reported overweight/obesity as a top health issue; respondents with a college education or in the top 40 percent household income bracket were more likely to report this. Seventeen percent of respondents reported infectious diseases; respondents who were female, with a high school education or less or in the middle 20 percent household income bracket were more likely to report this. Sixteen percent of respondents reported access to health care as a top community health issue. Respondents who were female or 35 to 64 years old were more likely to report access to health care. Sixteen percent of respondents reported mental health or depression; respondents 35 to 44 years old were more likely to report this. Fourteen percent of respondents reported cancer. Respondents with some post high school education or less, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report cancer. Ten percent of respondents reported prescription or over-the-counter drug abuse as a top community health issue; respondents in the middle 20 percent household income bracket were more likely to report this. Ten percent of respondents reported lack of physical activity; respondents 18 to 44 years old, with a college education, in the bottom 40 percent household income bracket or in the top 40 percent household income bracket were more likely to report this. Nine percent of respondents reported access to affordable healthy food as a top community health issue. Respondents 45 to 54 years old or in the middle 20 percent household income bracket were more likely to report access to affordable healthy food. Six percent of respondents reported affordable health care. Female respondents were more likely to report affordable health care.

**Figure 25. Top Community Health Issues for 2018 (Q118)**



Source: Fox Valley Community Health Information Coalition (FVCHIC). 2018. *Fox Cities Community Health Survey Report*