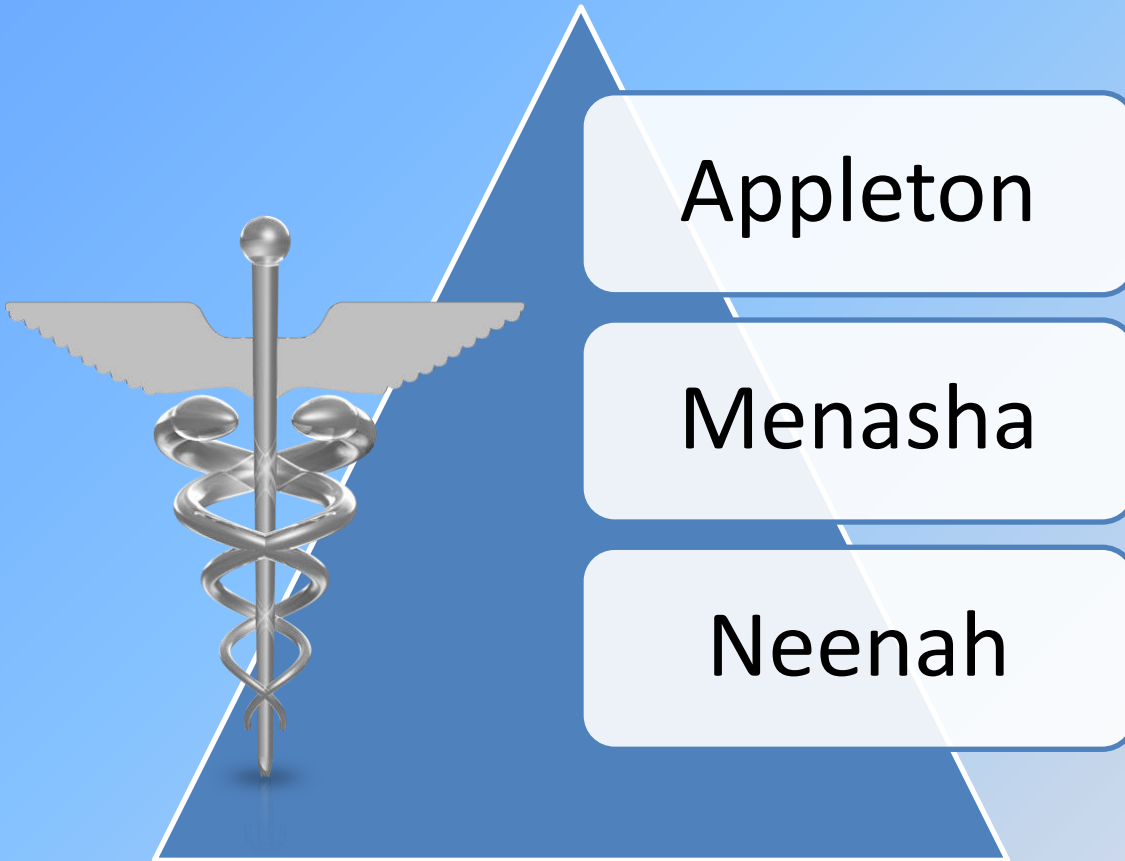


# ***2015 Fox Cities Behavioral Risk Factor Surveillance System: Local, State, and National Data Comparison***



# ***2015 Fox Cities Behavioral Risk Factor Surveillance System:***

## ***Regional Collaboration Team:***



***Affinity Health System***

***Aurora Health Care***

***Calumet County Health Division***

***Children's Hospital of Wisconsin***

***City of Appleton Health Department***

***City of Menasha Health Department***

***City of Neenah Health Department***

***City of Oshkosh Health Services Division***

***Outagamie County Public Health Division***

***ThedaCare***

***Winnebago County Health Department***

# *Methodology*

- **400 telephone interviews**
  - conducted 11/11/14 through 1/9/15
- **Random, selection of persons 18 years old and older – data weighted by age and gender to align to 2010 census for comparison**
- **Low margin of error**
  - 95% confidence obtained in survey
- **One percentage point equals 867 individuals**
- **2010 US Census estimates for Appleton, Menasha and Neenah**
  - 86,658 persons 18 years or older
  - 46,973 households

# *The Data Sources*

- **LOCAL DATA:**
  - 2015 Fox Cities BRFSS
  - 2010 Fox Cities BRFSS
  - 2005 Fox Cities BRFSS
  - 2000 Fox Cities BRFSS
- **STATE AND NATIONAL DATA:**
  - CDC BRFSS 2014 SAS datasets



# *The Graphs Explained*



- **Slide Arrow Color:**



- GREEN arrow indicator

- Local results in 2015 trending over 5% better than 2010 results (left side)
- Local results in 2015 over 5% better than state results (right side)



# *The Graphs Explained*



- **Slide Arrow Color:**



- **YELLOW** arrow indicator

- Local results in 2015 trending similar to 2010 results (within 5%) (left side)

- Local results in 2015 similar to state results (within 5%) (right side)



# *The Graphs Explained*



- **Slide Arrow Color:**



- RED arrow indicator

- Local results in 2015 trending over 5% worse than 2010 results (left side)

- Local results in 2015 over 5% worse than state results (right side)

# *The Graphs Explained*

- **AXIS:**

- X-axis:

- BRFSS survey tool and year

- Y-axis:

- Percent Response

- **TITLE:**

- Fox Cities BRFSS TOPIC

- BRFSS question in quotations

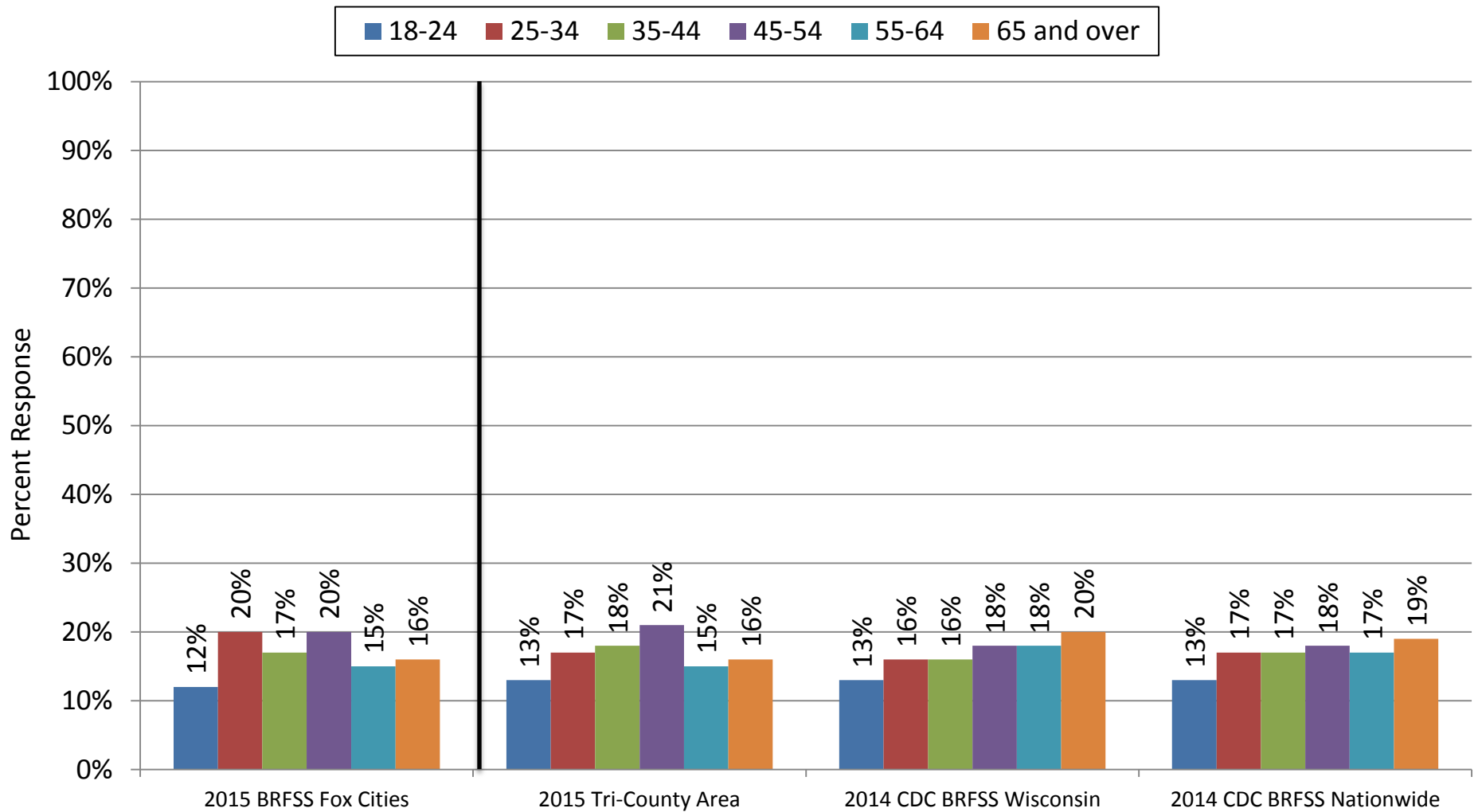
- **Note:**

- Not all chart values equal 100% due to “not sure” and “refused” responses being omitted to ease chart readability



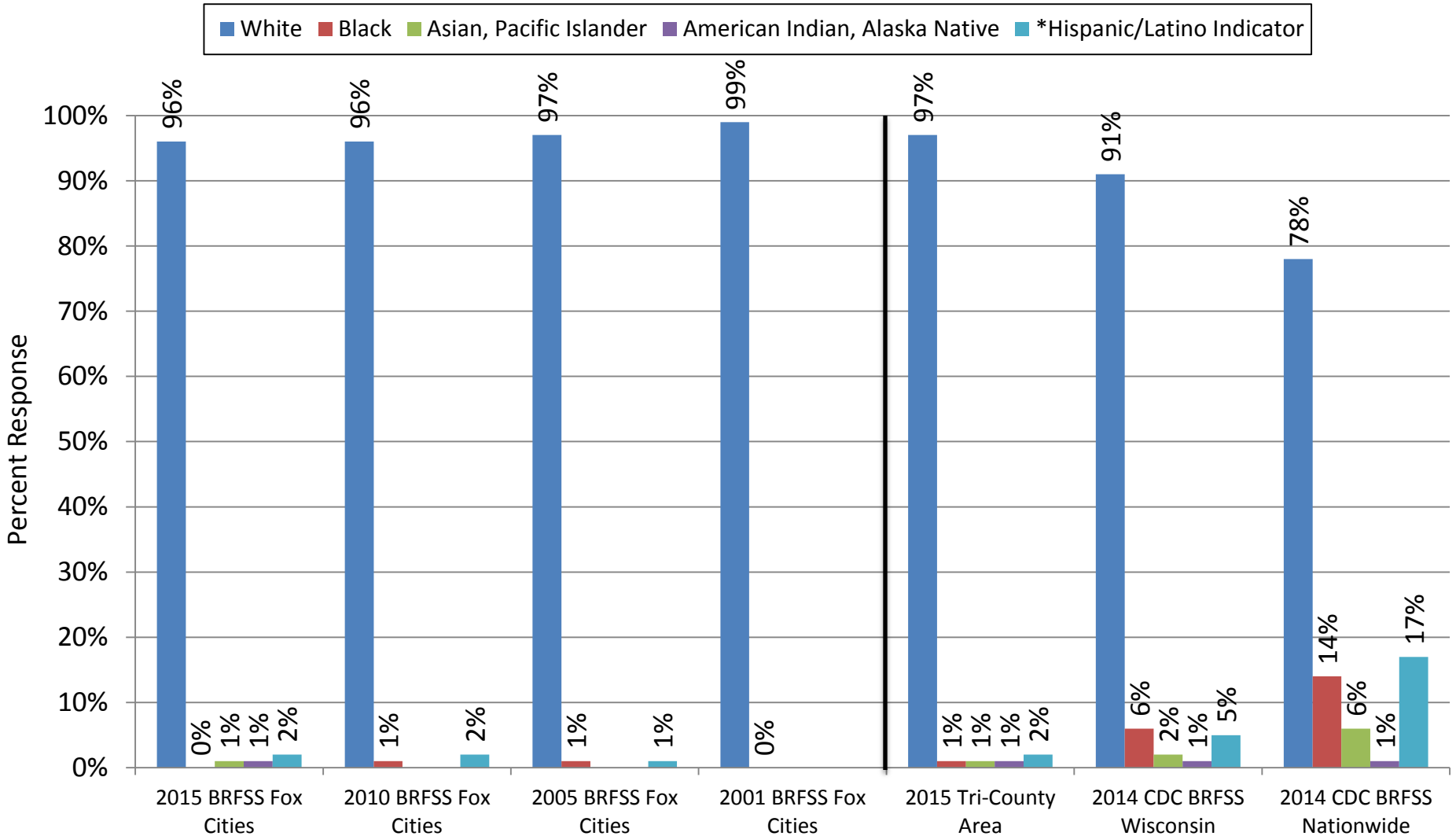
# Demographic Age

“What is your age?”



# Demographic Ethnic Heritage

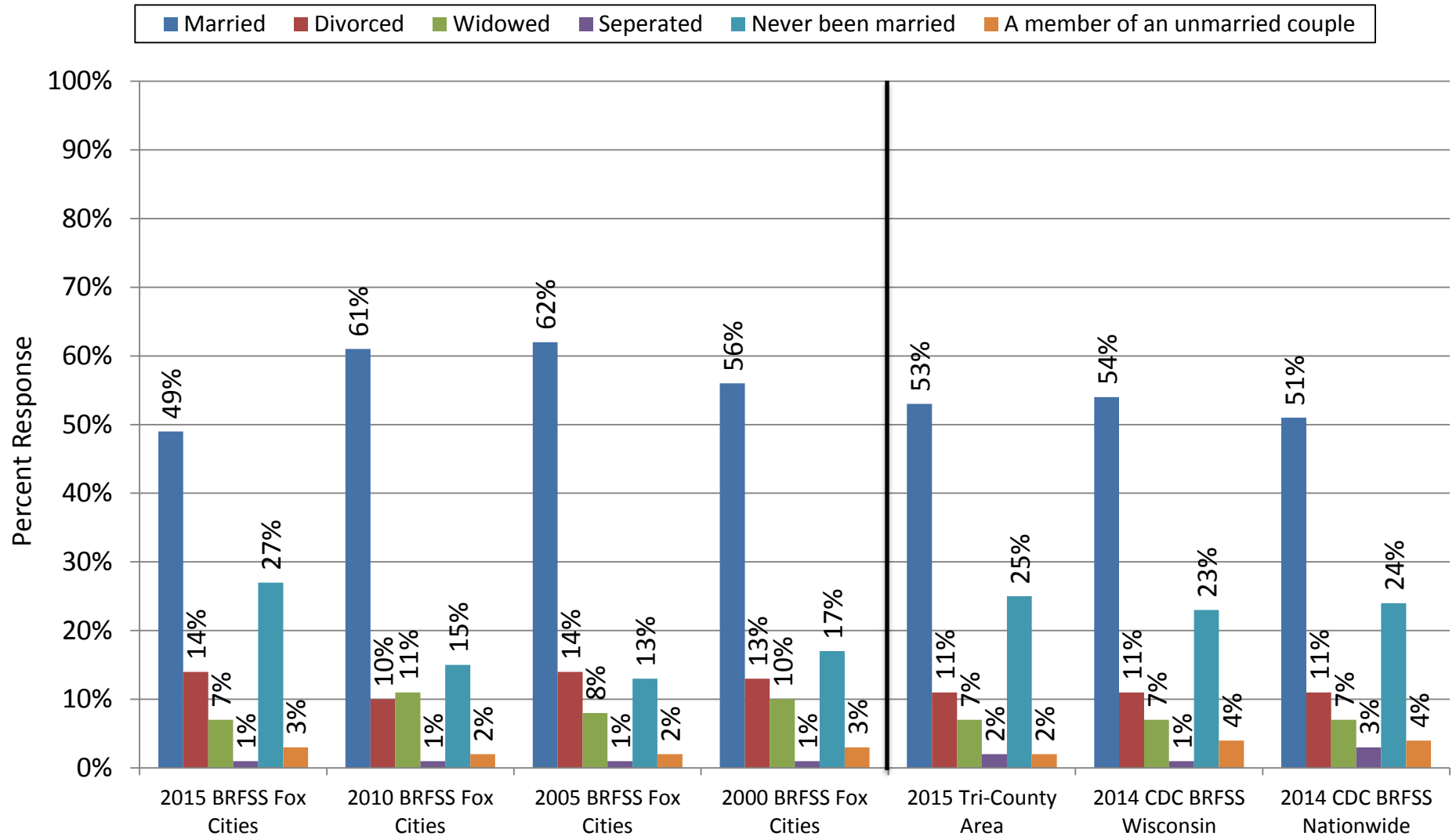
“What best describes your ethnic heritage?”



\*HISPANIC/LATINO INDICATOR REPRESENTS THOSE WHO INDICATED HISPANIC OR LATINO ETHNICITY IN ADDITION.

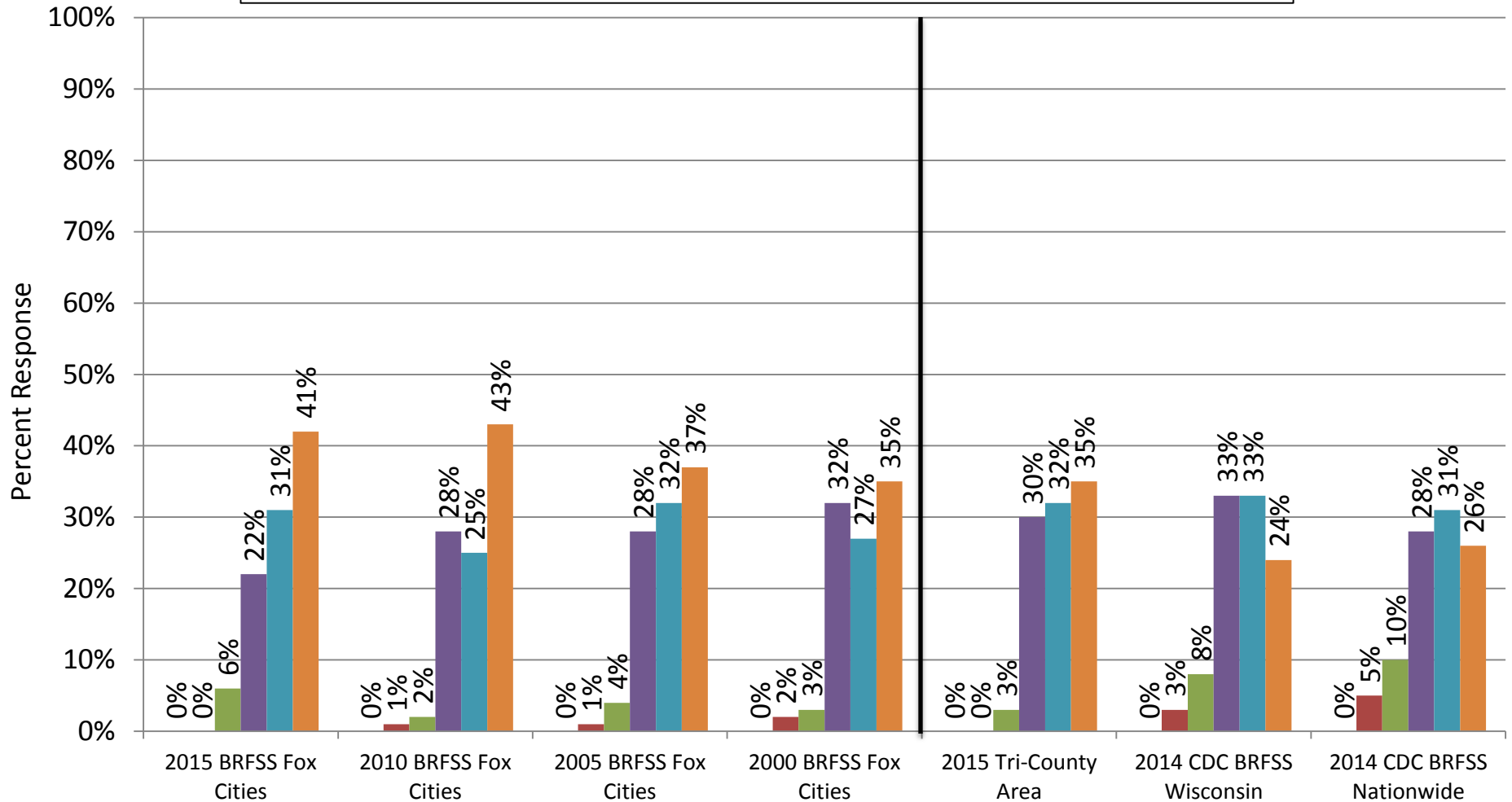
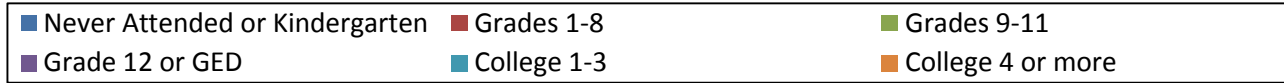
# Demographic Marital Status

“Are you...”



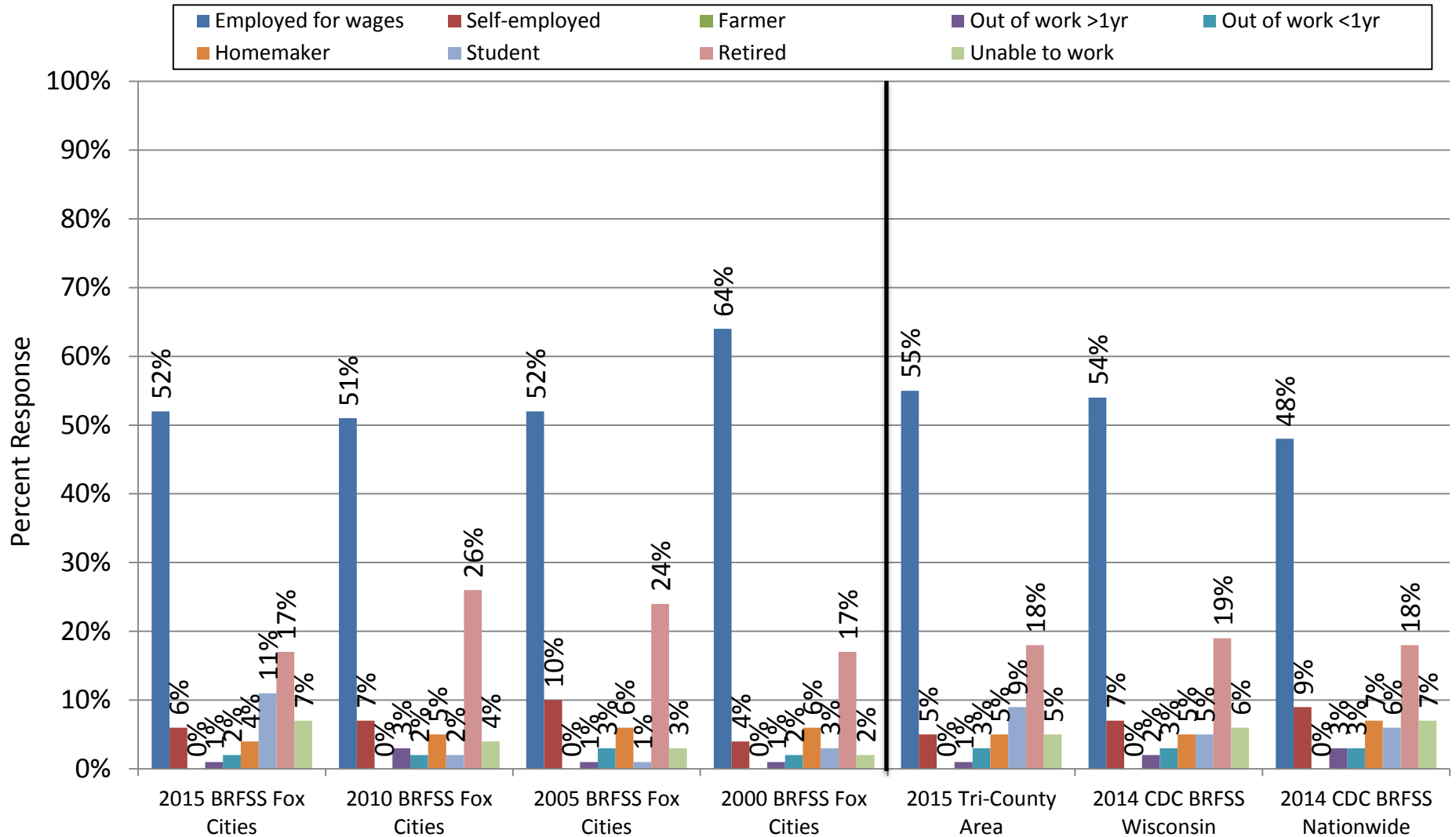
# Demographic Education

“What is the highest grade or year of school you have completed?”



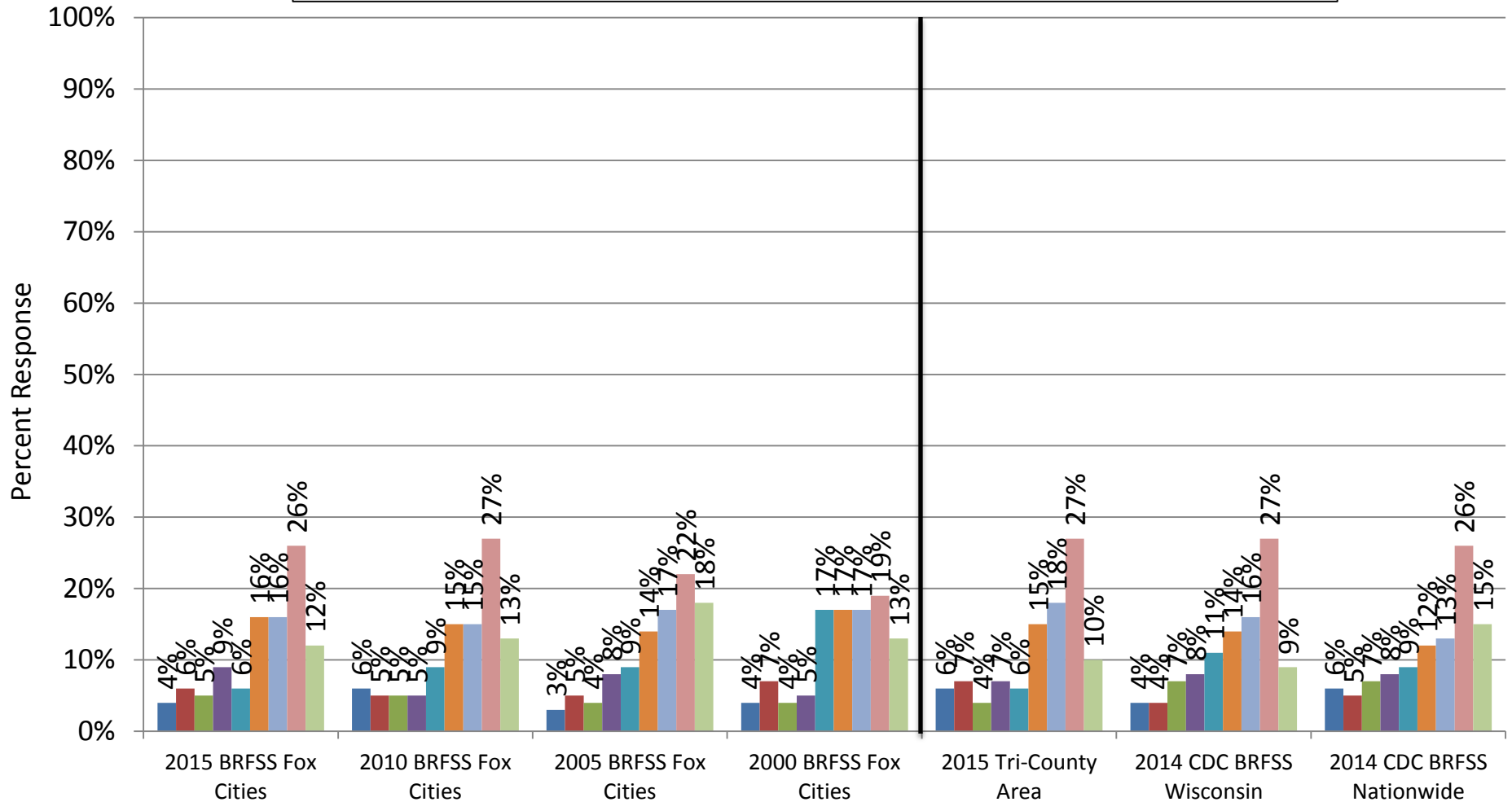
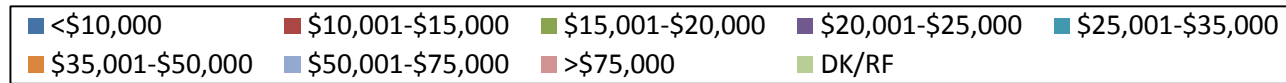
# Demographic Employment

“Are you currently...”



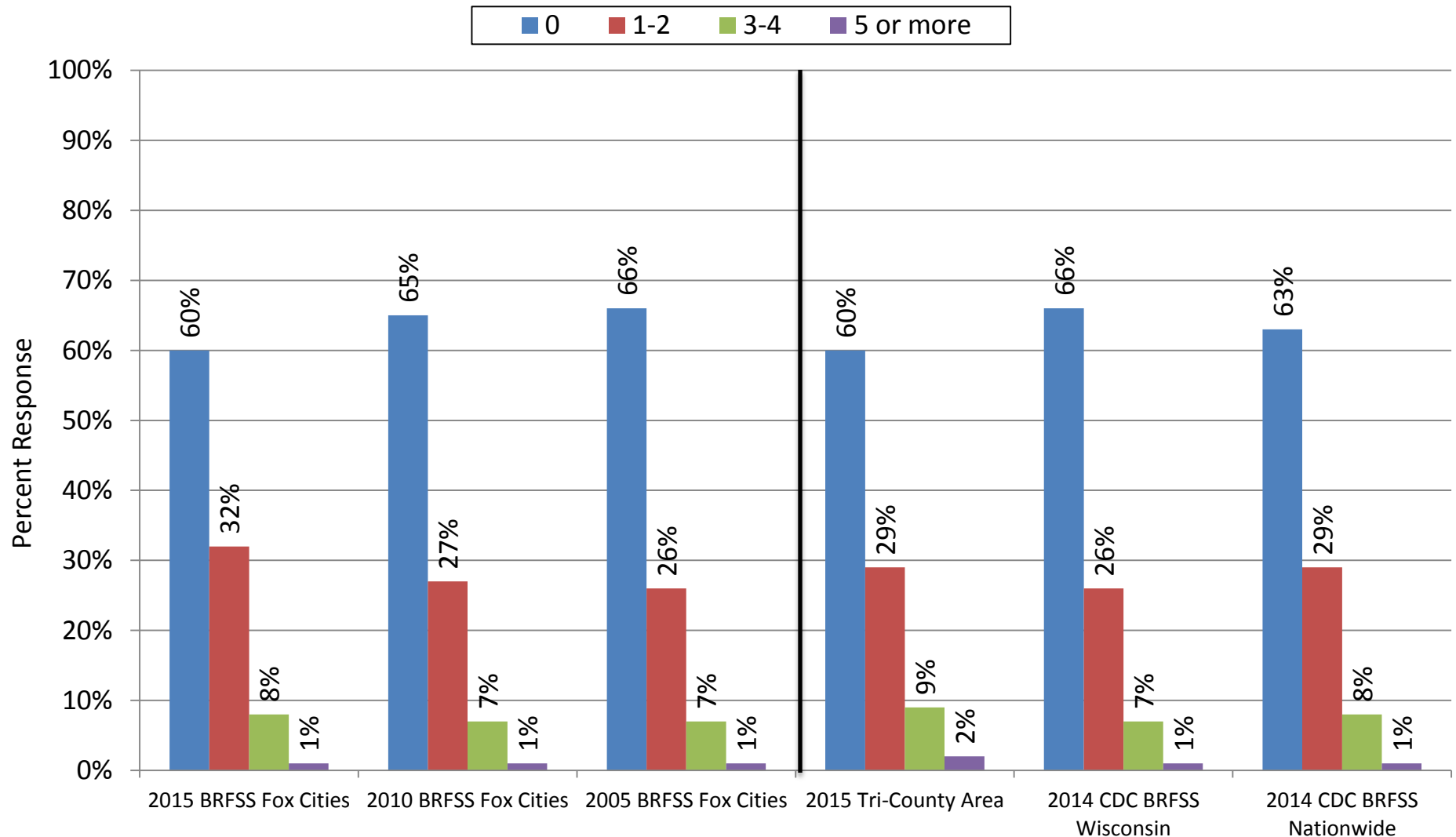
# Demographic Income

“Is your annual household income before taxes from all sources...”



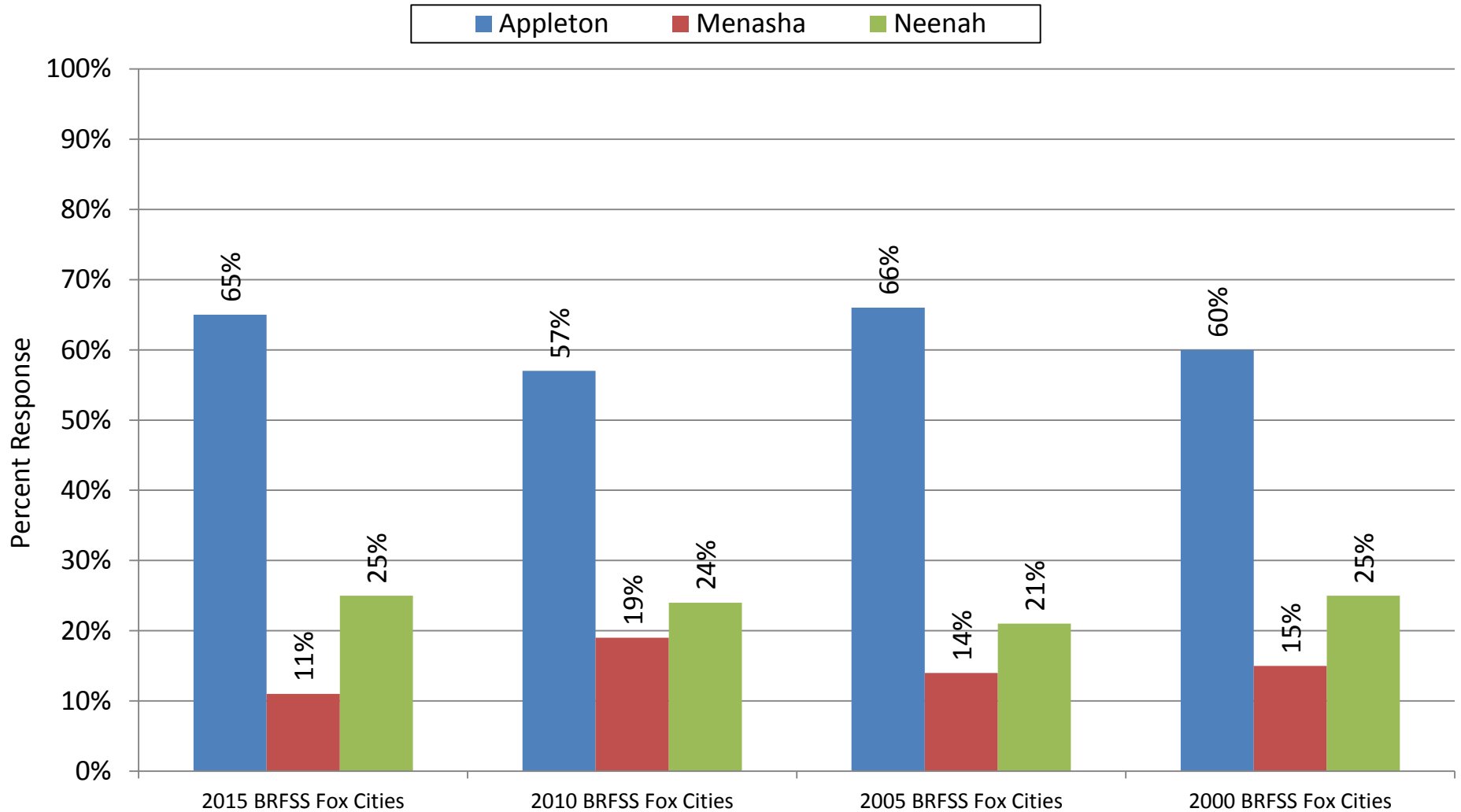
# Demographic Children

“How many children less than 18 years of age live in your household?”



# Demographic Location

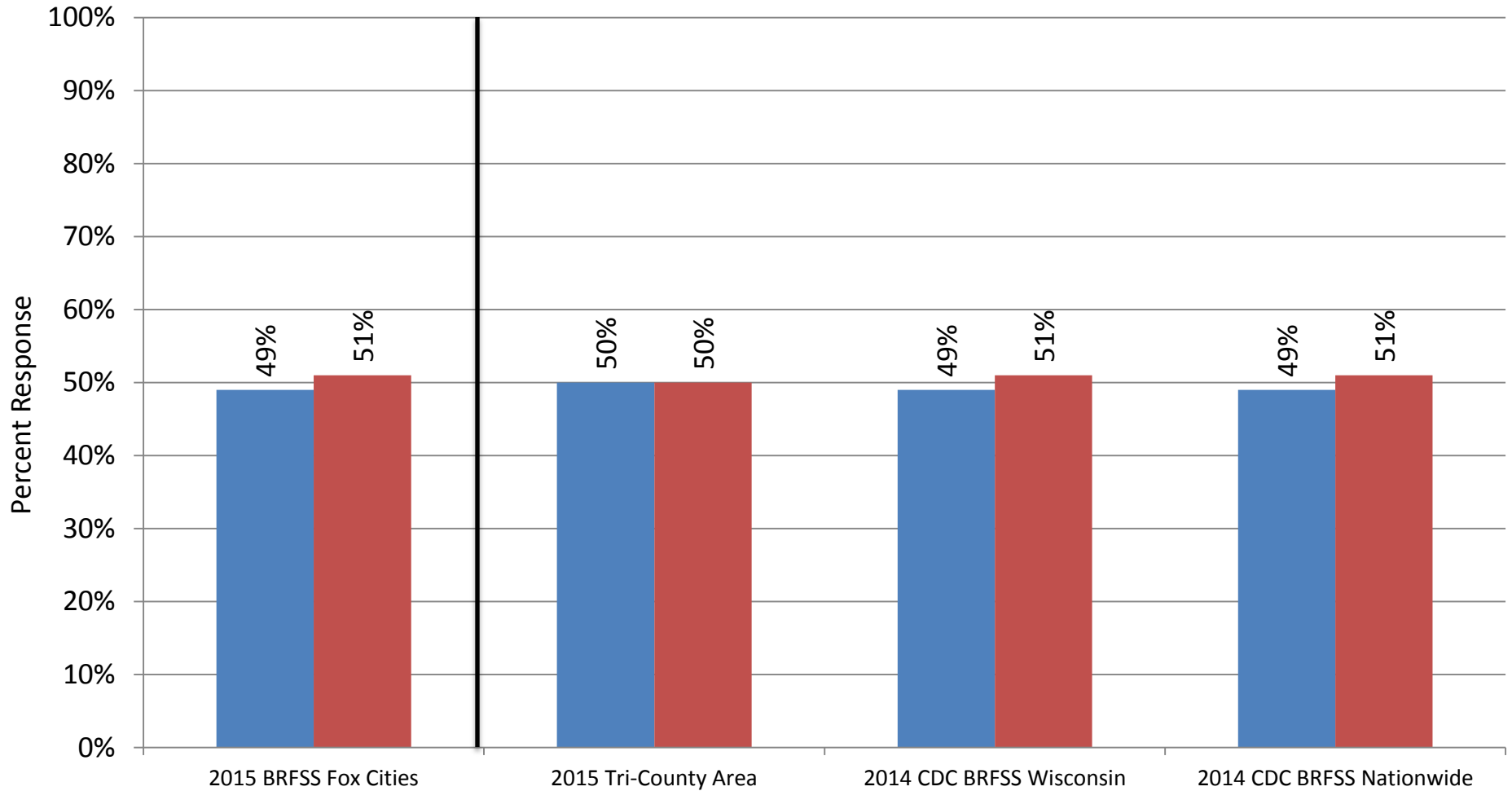
“Do you live in the City of Appleton, Menasha, or Neenah?”





# Demographic Gender

“Sex of respondent”



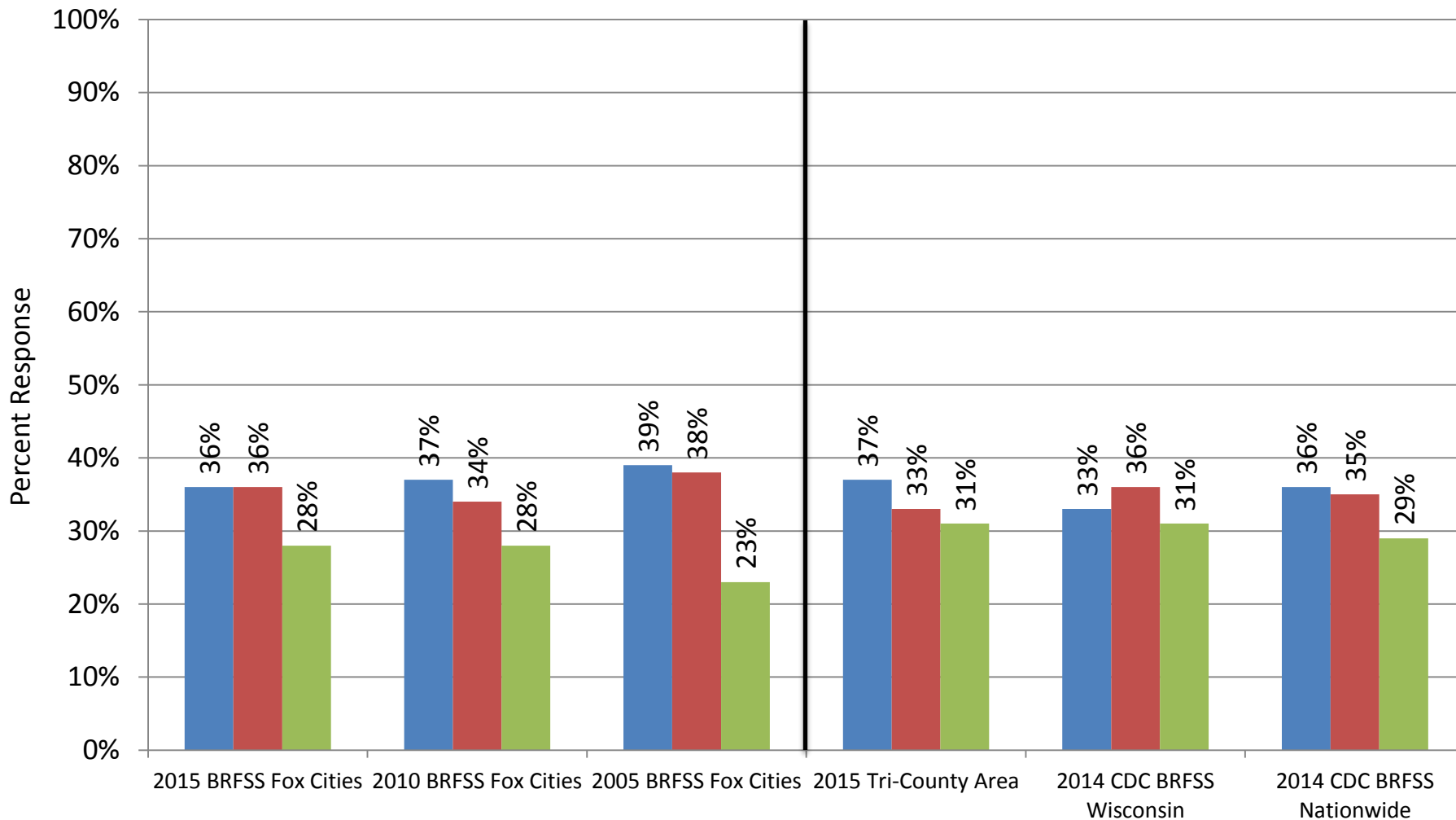


# Body Mass Index



BMI is calculated as {weight in pounds/(height in inches)(height in inches)} X 703

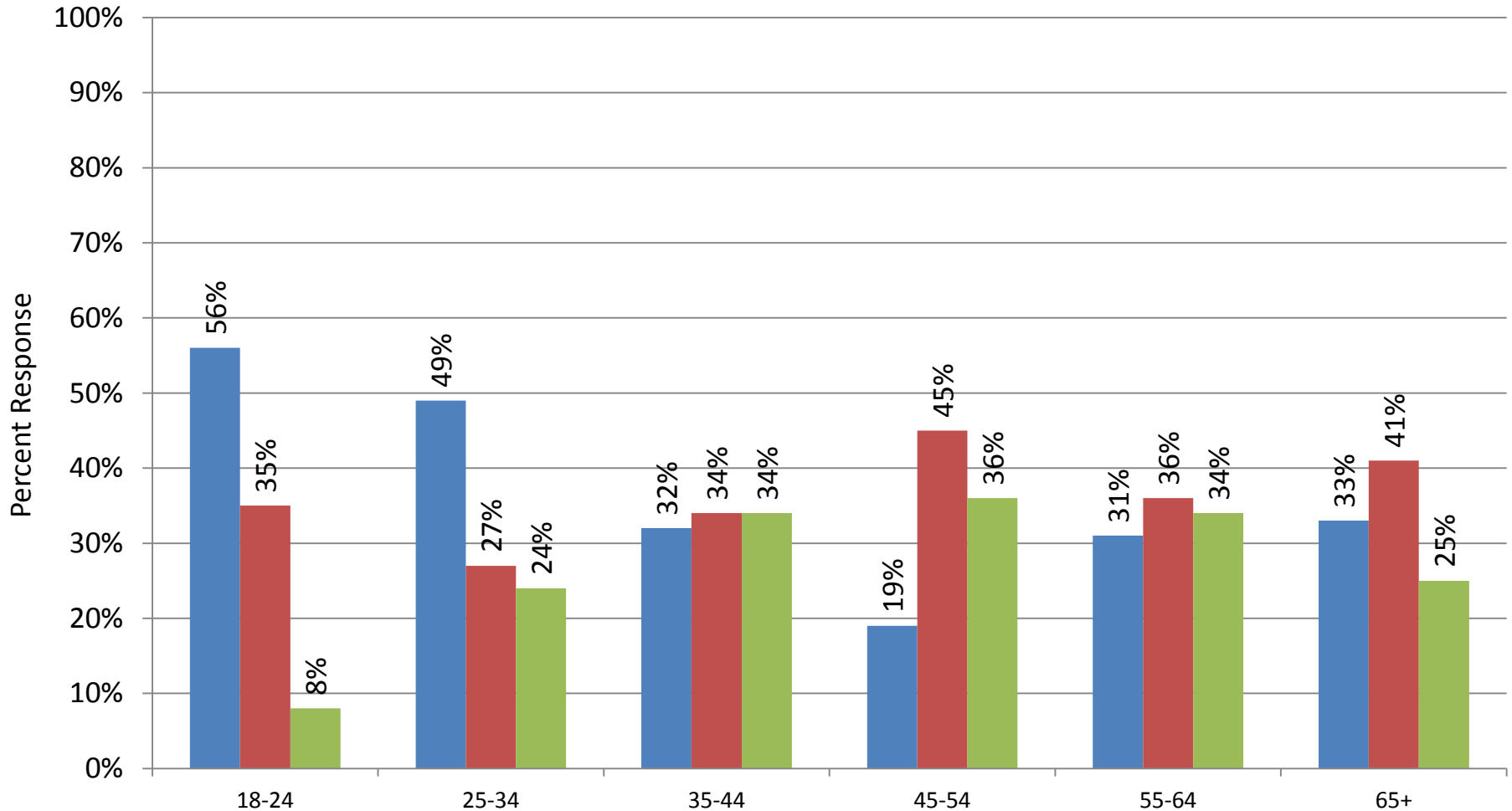
■ Neither overweight or obese ■ Overweight ■ Obese



# Body Mass Index - Age

BMI is calculated as {weight in pounds/(height in inches)(height in inches)} X 703

■ Neither overweight or obese ■ Overweight ■ Obese

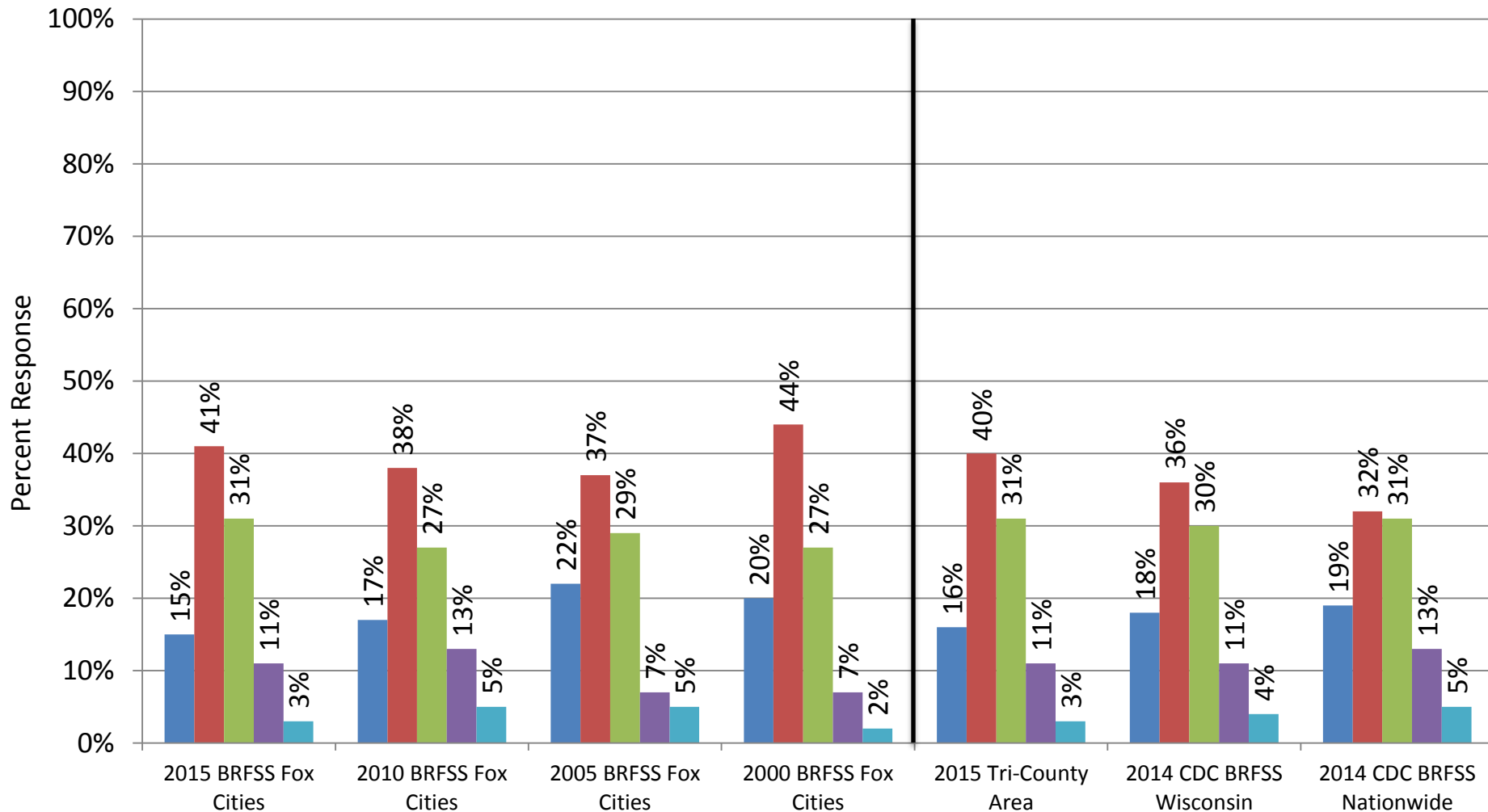
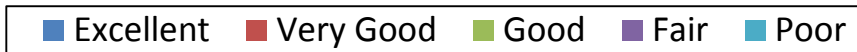




# Health Status



“Would you say that in general your health is...”



Local Trend  
Comparison '15-'10

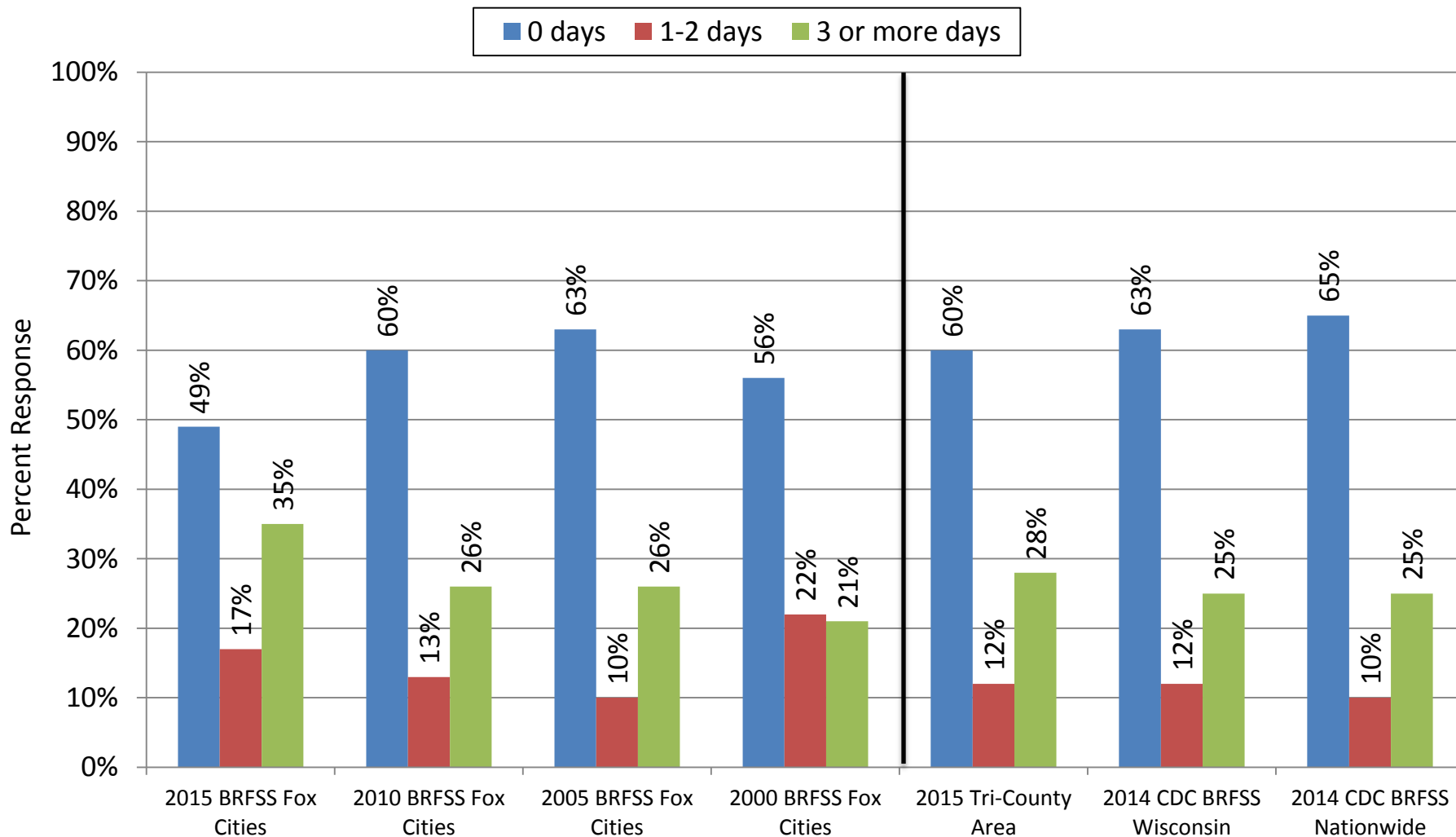


# Healthy Days - Physical

Local - State  
Comparison



“Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?”

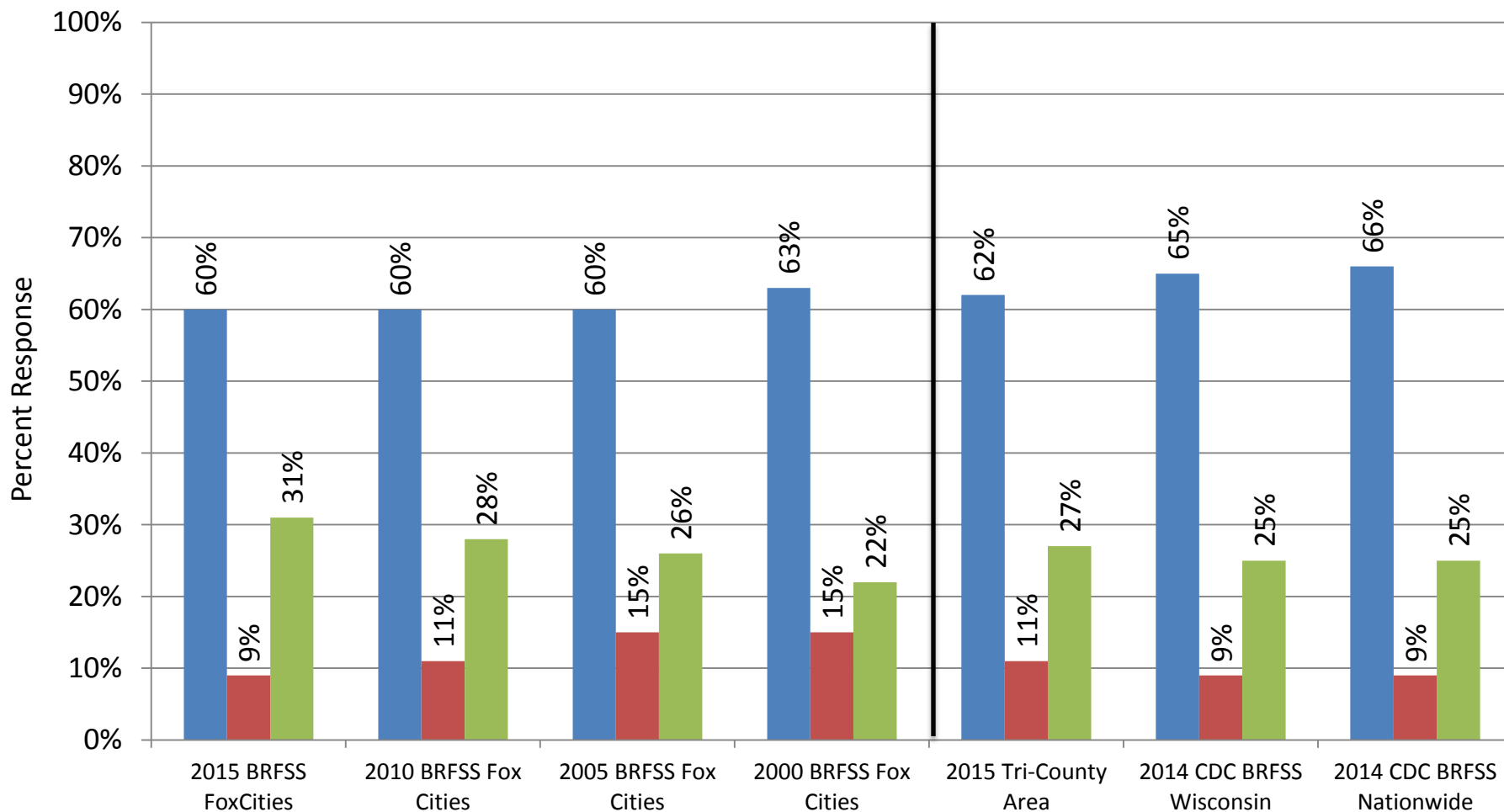
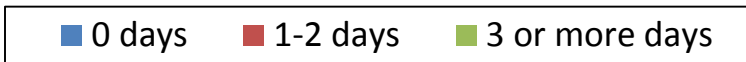




# Healthy Days - Mental



“Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

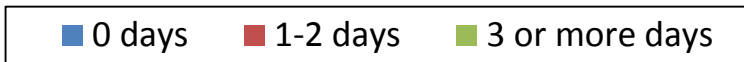




# Healthy Days Effect



“During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”

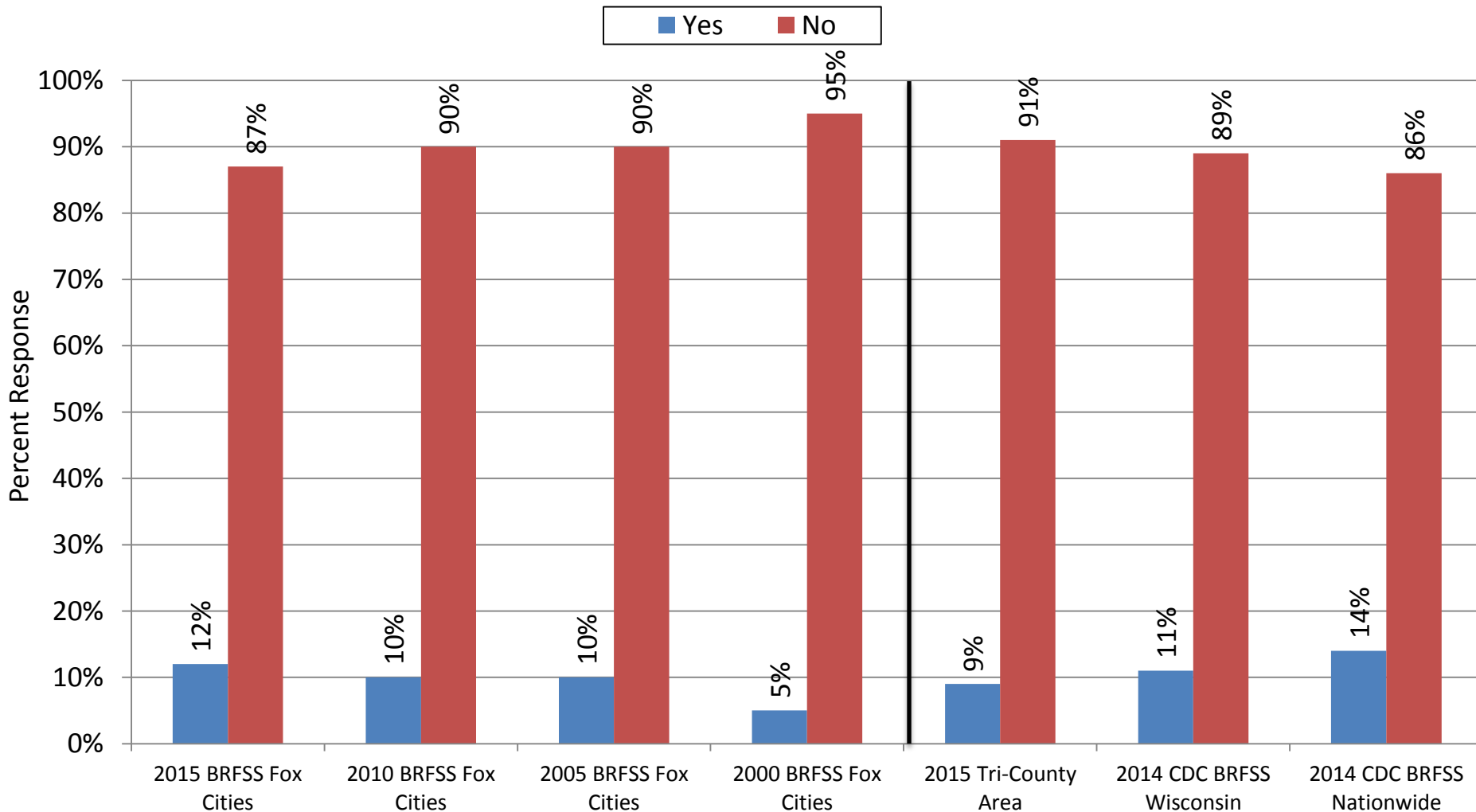




# Health Care Access



**“Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?”**



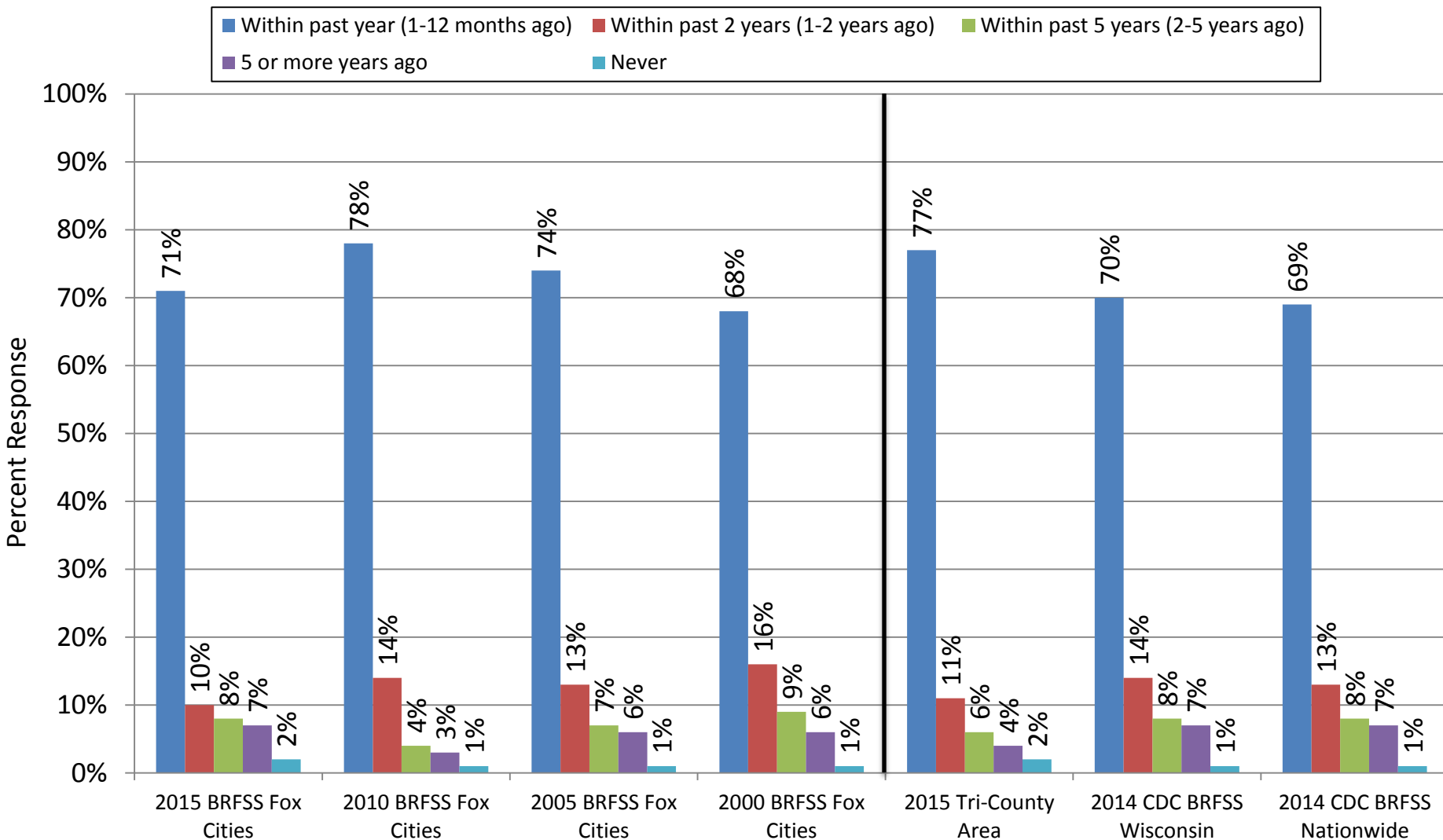




# Health Care Check-up



“About how long has it been since you last visited a doctor for a routine checkup?”

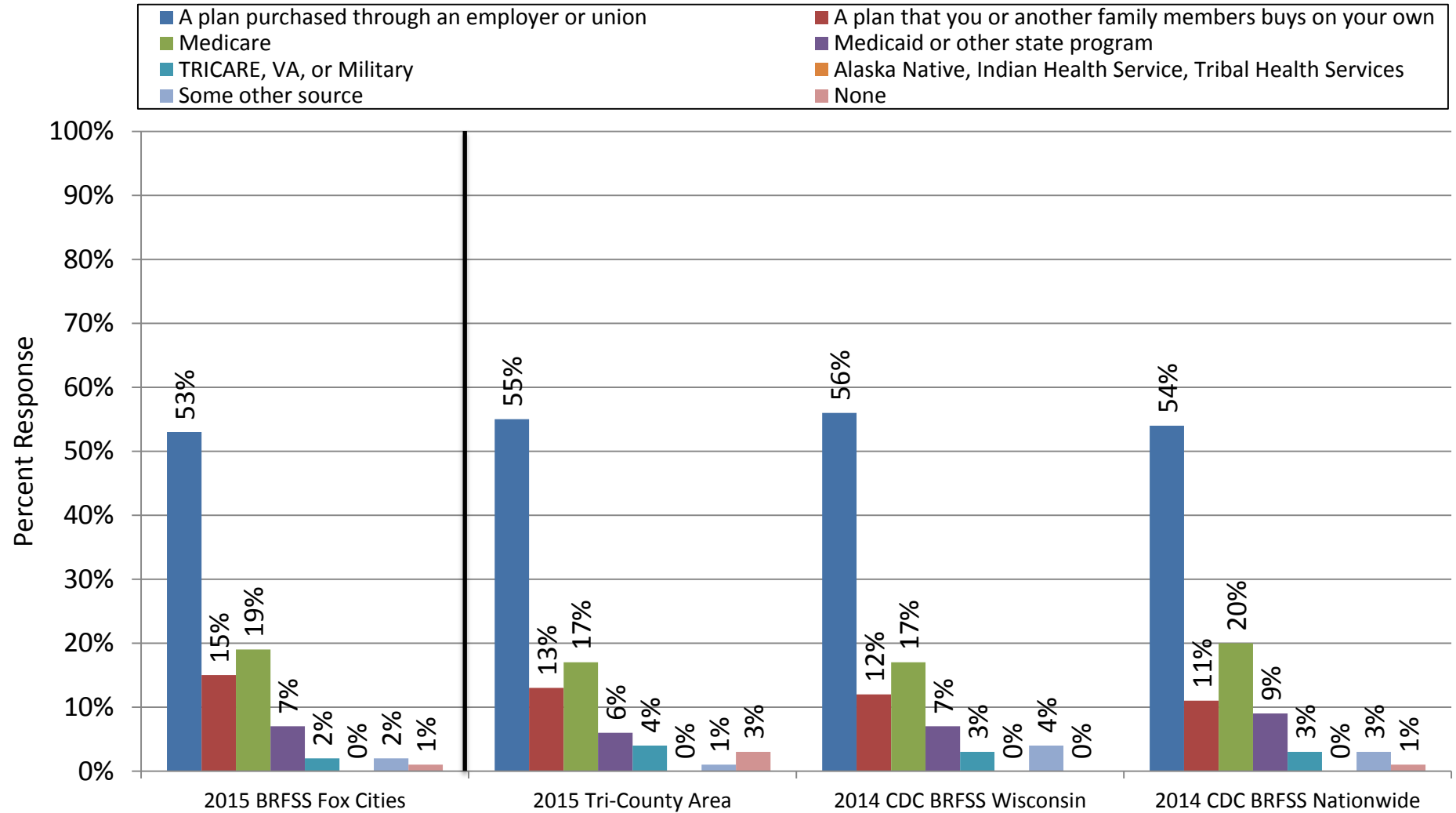


# Health Care Access

Local - State Comparison



“What is the primary source of your health care coverage? Is it...”

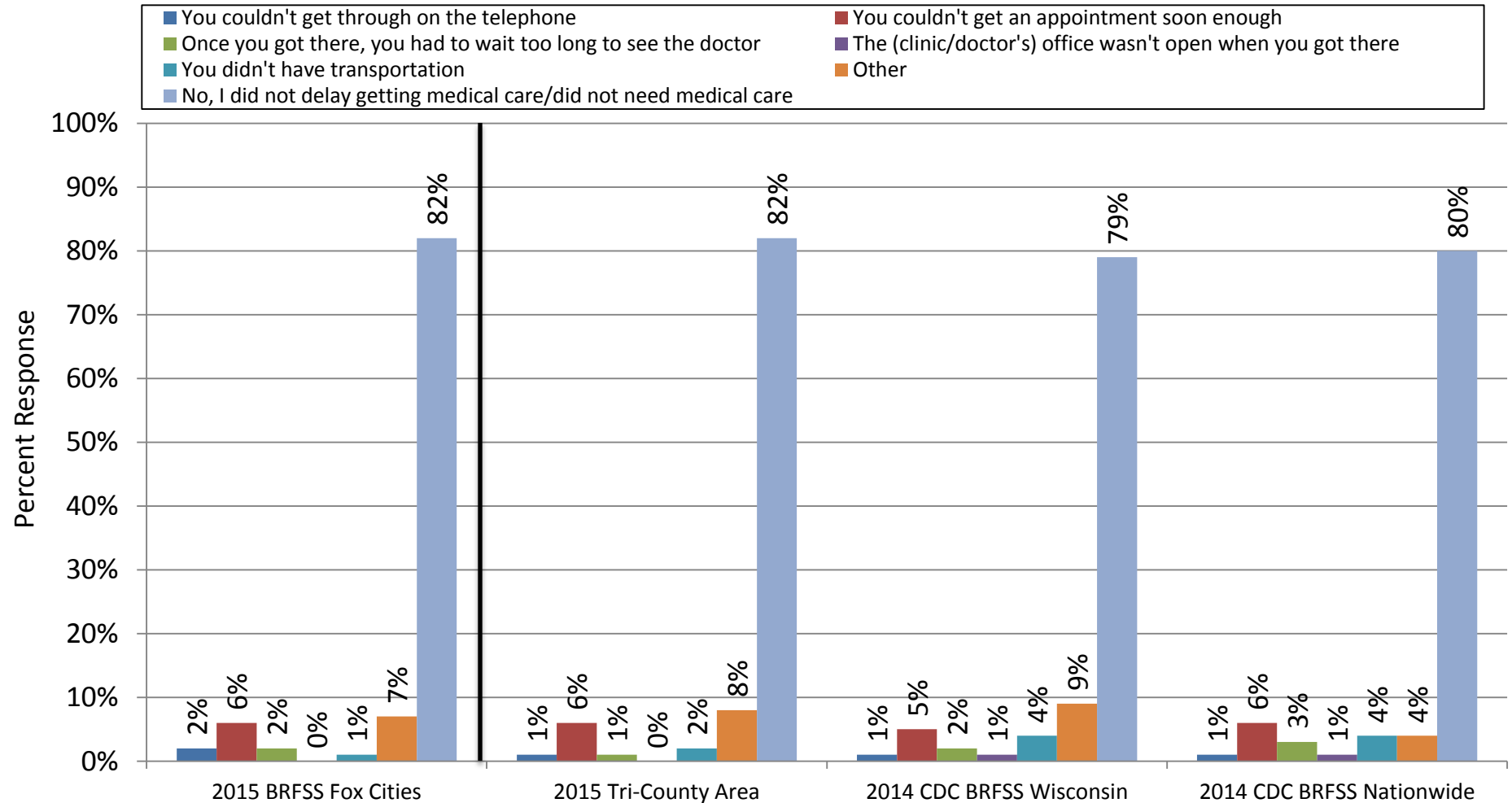


# Health Care Access

Local - State Comparison



**“Have you delayed getting medical care for any of the following reasons in the past 12 months?”**

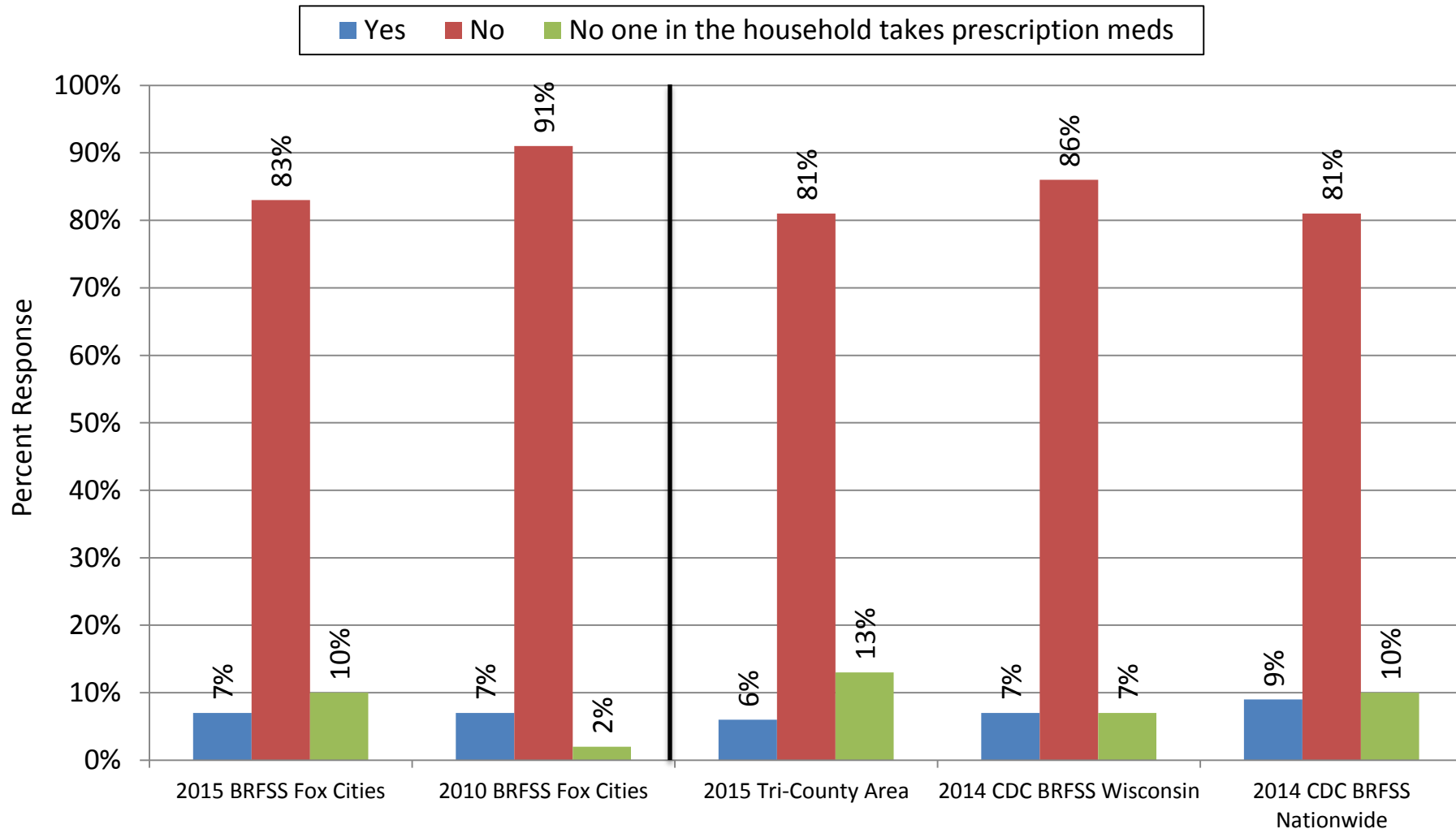




# Health Care Med Costs



**“Was there a time during the last 12 months when you did not take your medication as prescribed because of cost?”**

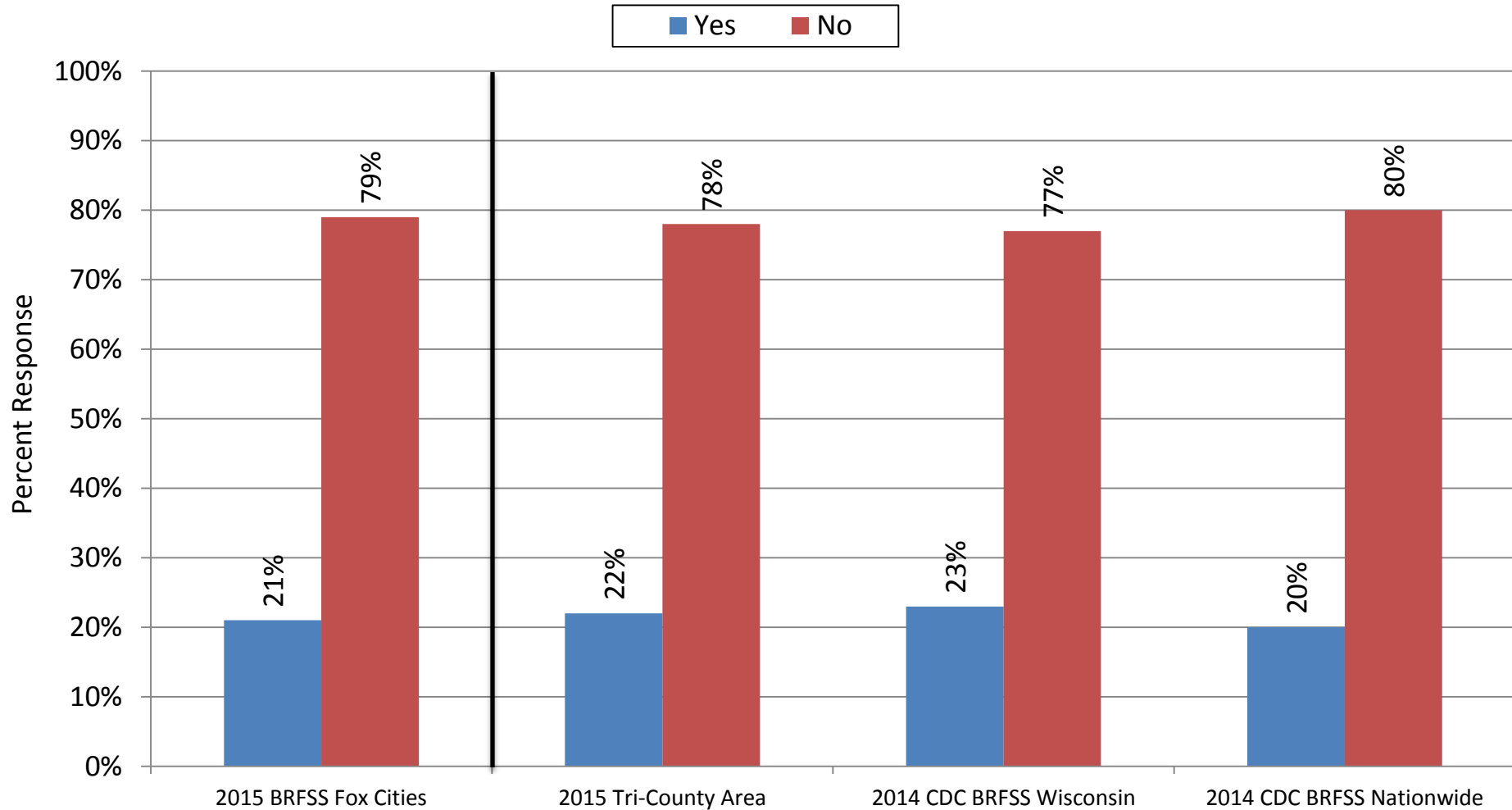


# Health Care Access

Local - State  
Comparison

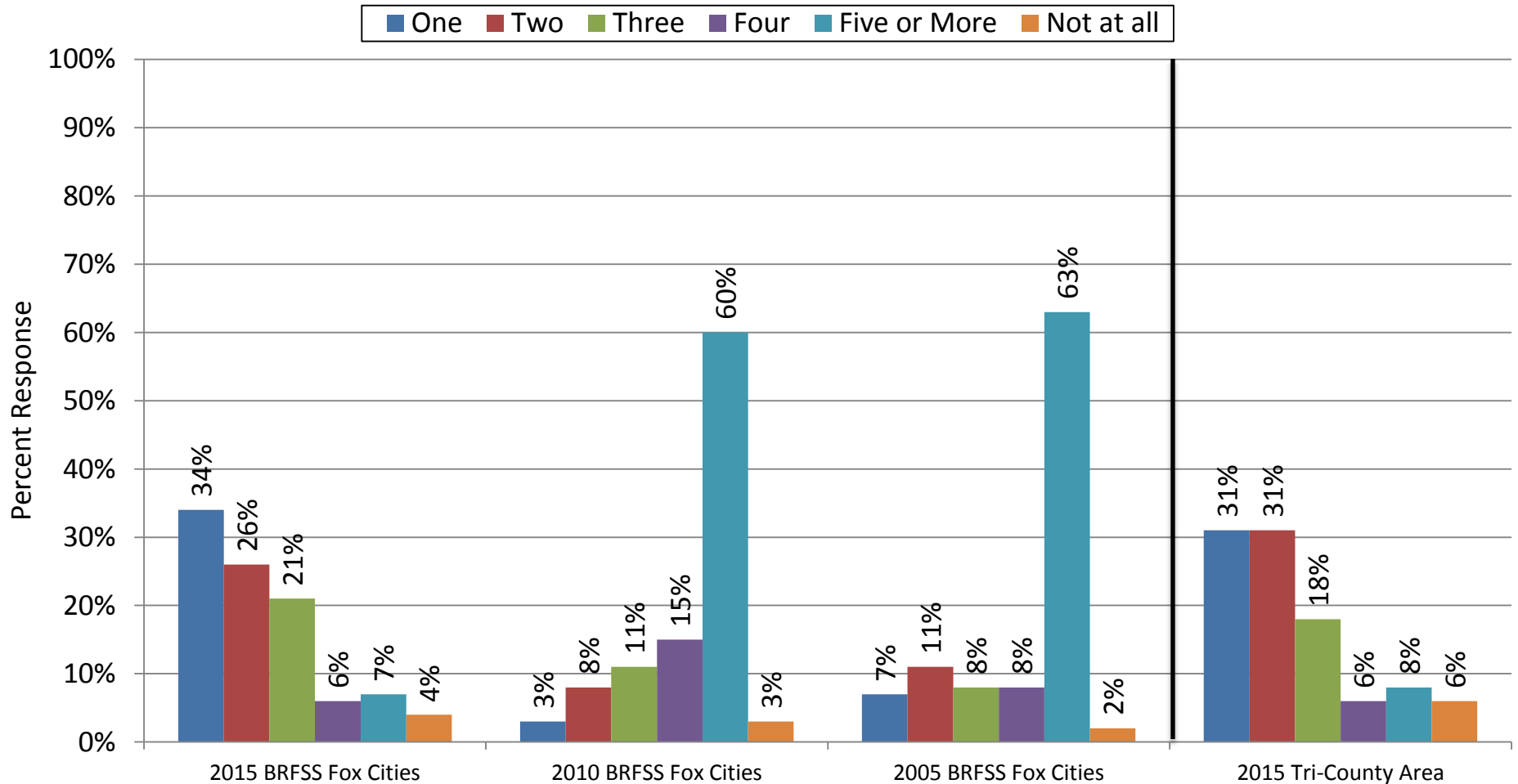


“Do you currently have any health care bills that are being paid off over time?”



# Vegetables

“On an average day, how many servings of vegetables do you eat? Would you say....\*”

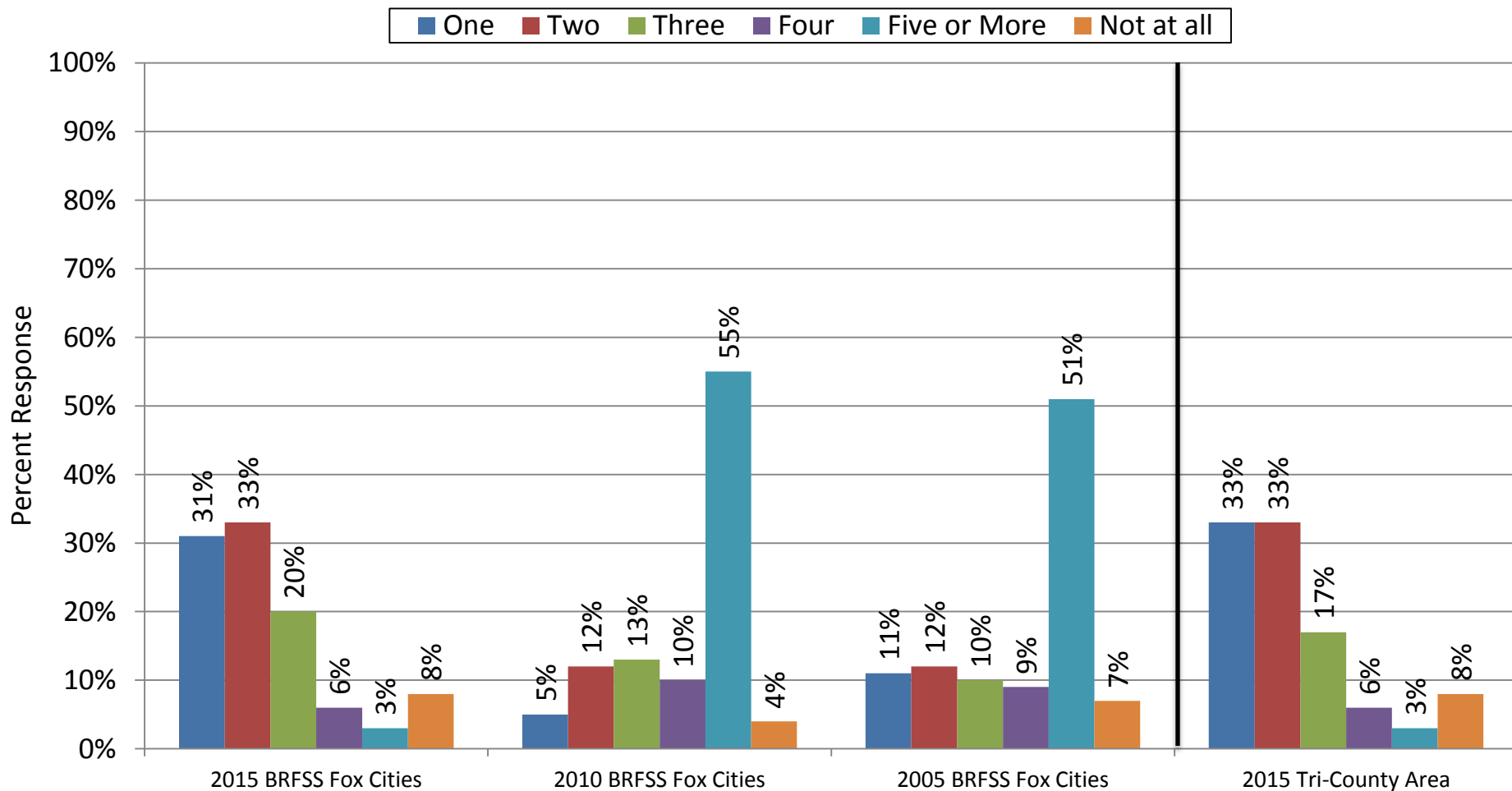


\*2015 DATA IS DONE IN “SERVINGS PER DAY.” PREVIOUS YEARS WERE DONE IN “SERVINGS PER WEEK.” ONE SERVING IS A ½ CUP OF COOKED OR RAW VEGETABLES, 1 CUP OF LEAFY GREENS.

\*NO 2014 STATE OR NATIONAL DATA.

# Fruits

“On an average day, not counting juice, how many servings of fruit do you eat?\*



\*2015 DATA IS DONE IN "SERVINGS PER DAY." PVIOUS YEARS WERE DONE IS "SERVINGS PER WEEK." ONE SERVING IS ½ CUP OF CANNED OR COOKED FRUIT, 1 MEDIUM PIECE OF FRUIT, OR ¼ CUP OF DRIED FRUIT.

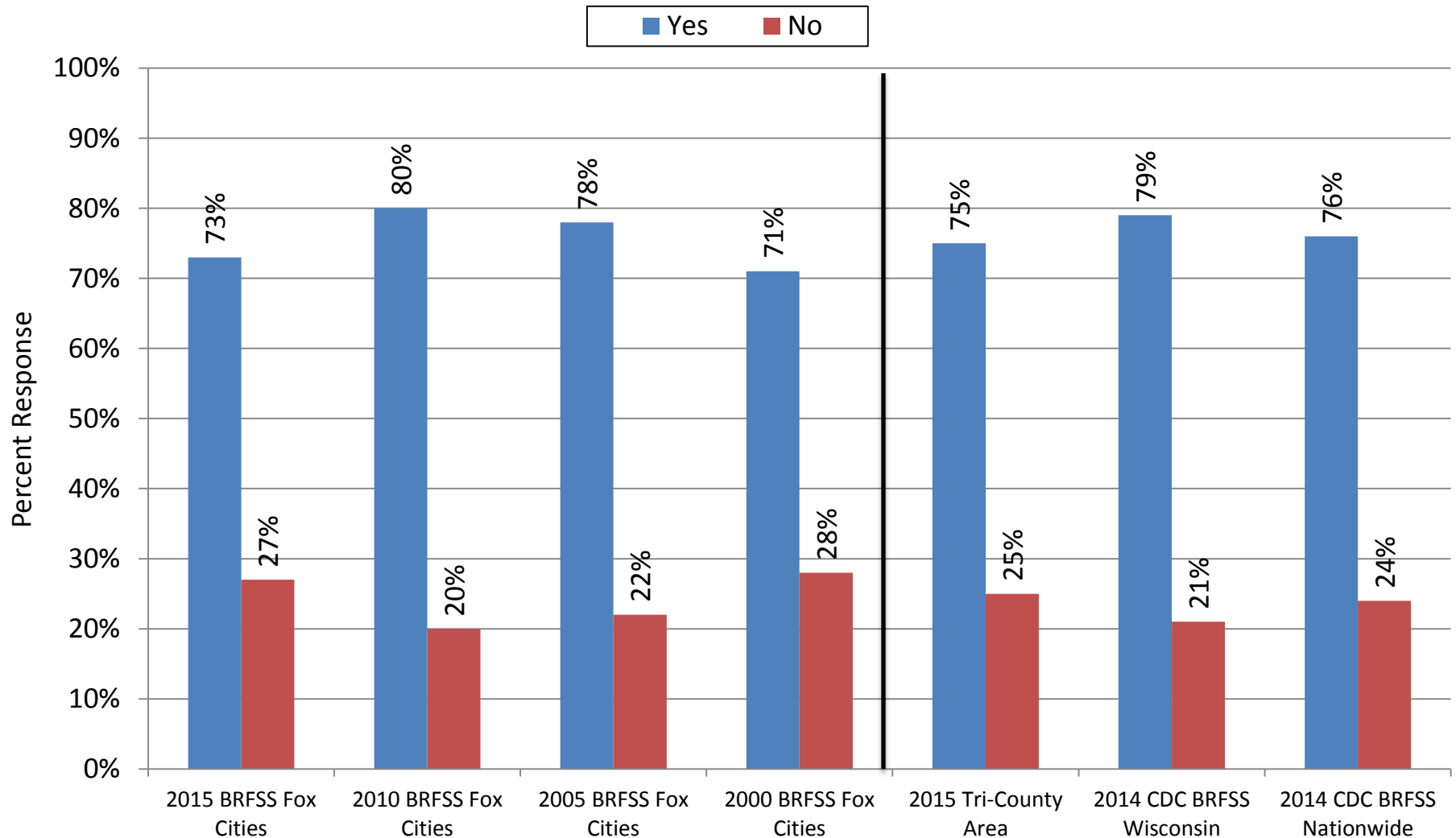
\*NO 2014 STATE OR NATIONAL DATA.



# Exercise Participation



“During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”

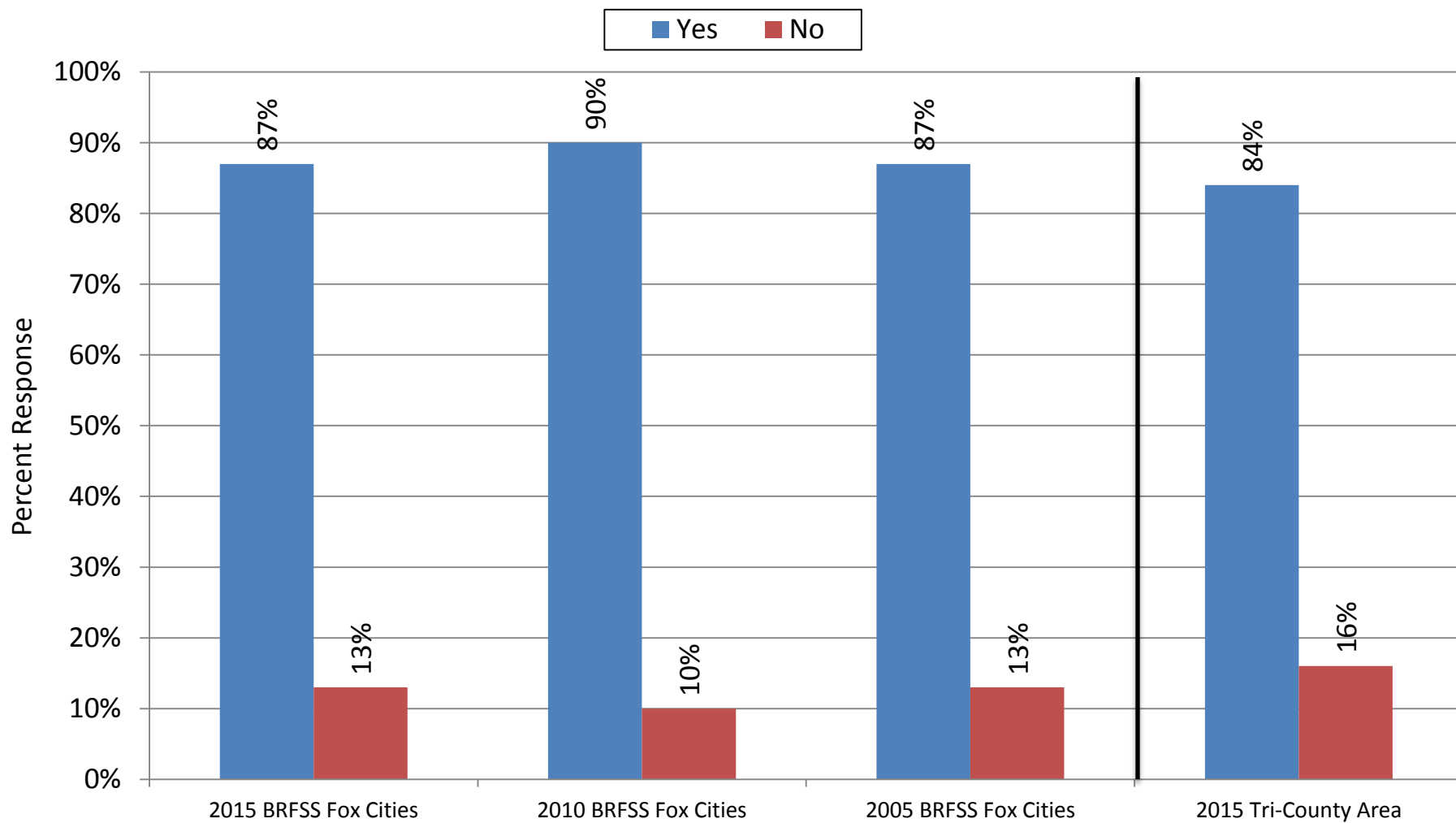






# Moderate Exercise

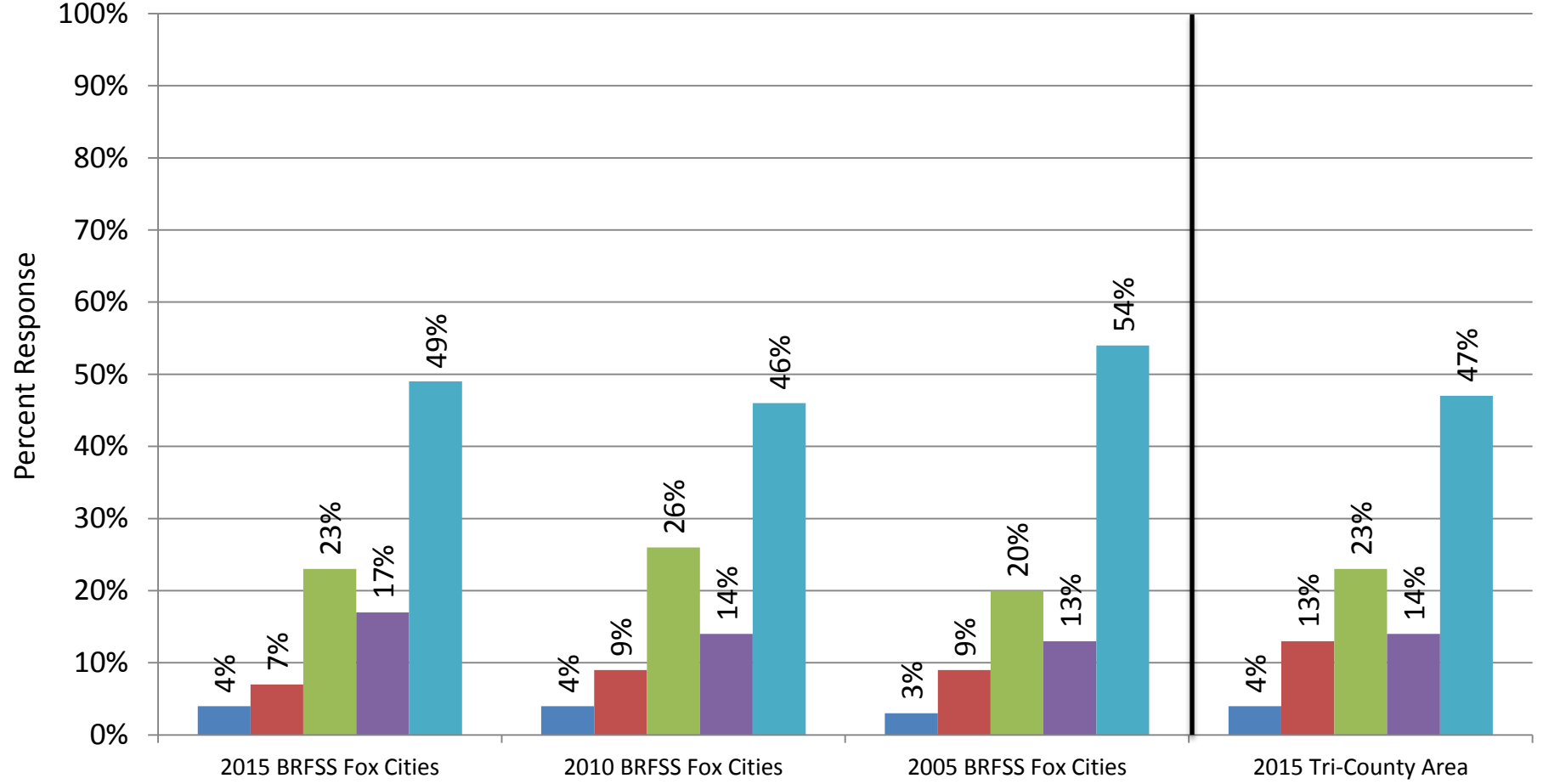
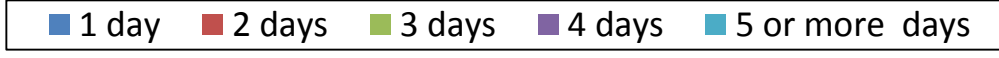
“Now thinking about the moderate activities you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time...”





# Moderate Exercise Days

“How many days per week do you do these moderate activities for at least 10 minutes at a time...”



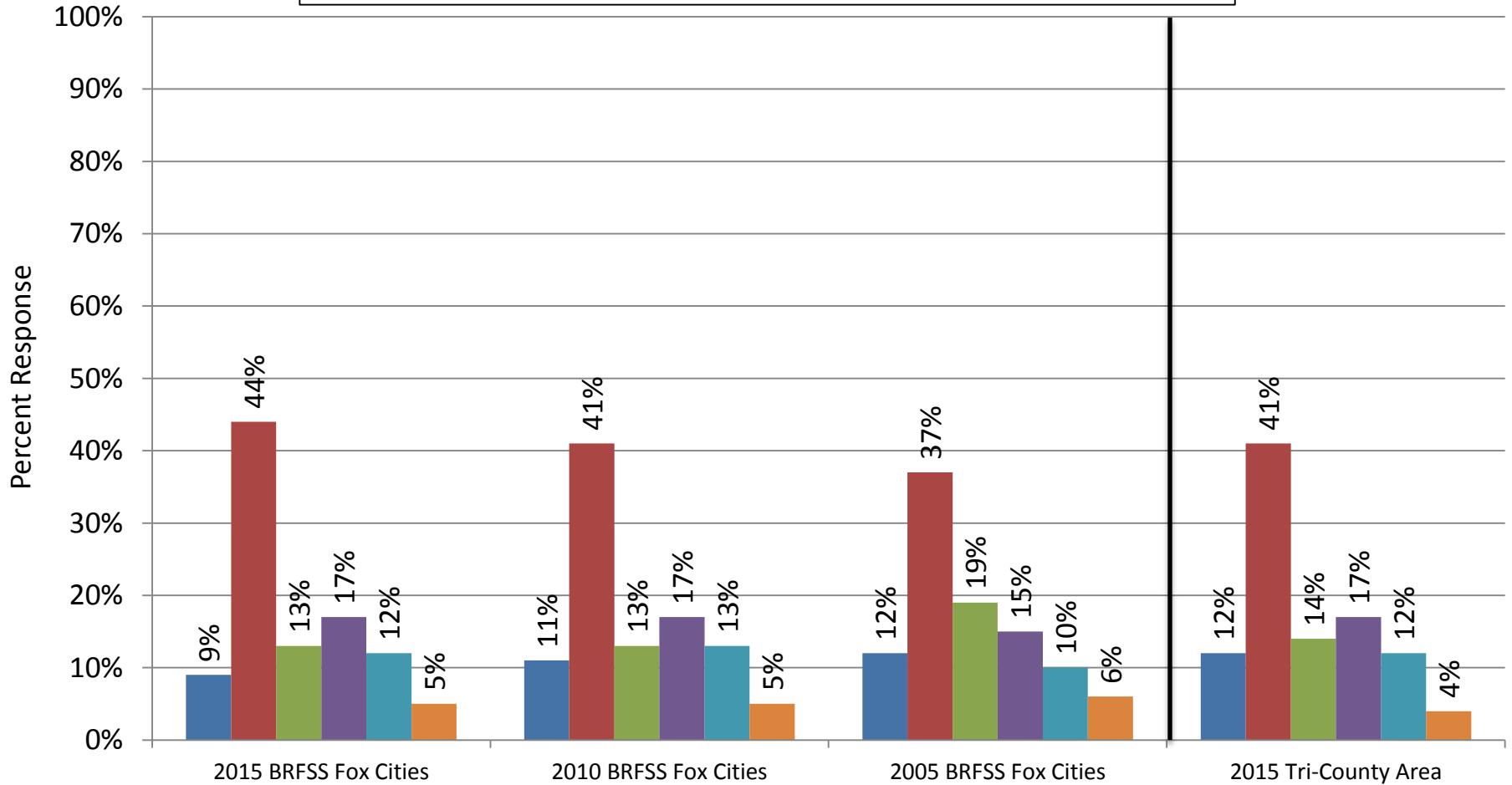
\*NO 2014 STATE OR NATIONAL DATA.



# Moderate Exercise Mins.

“On the days you do these moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?”

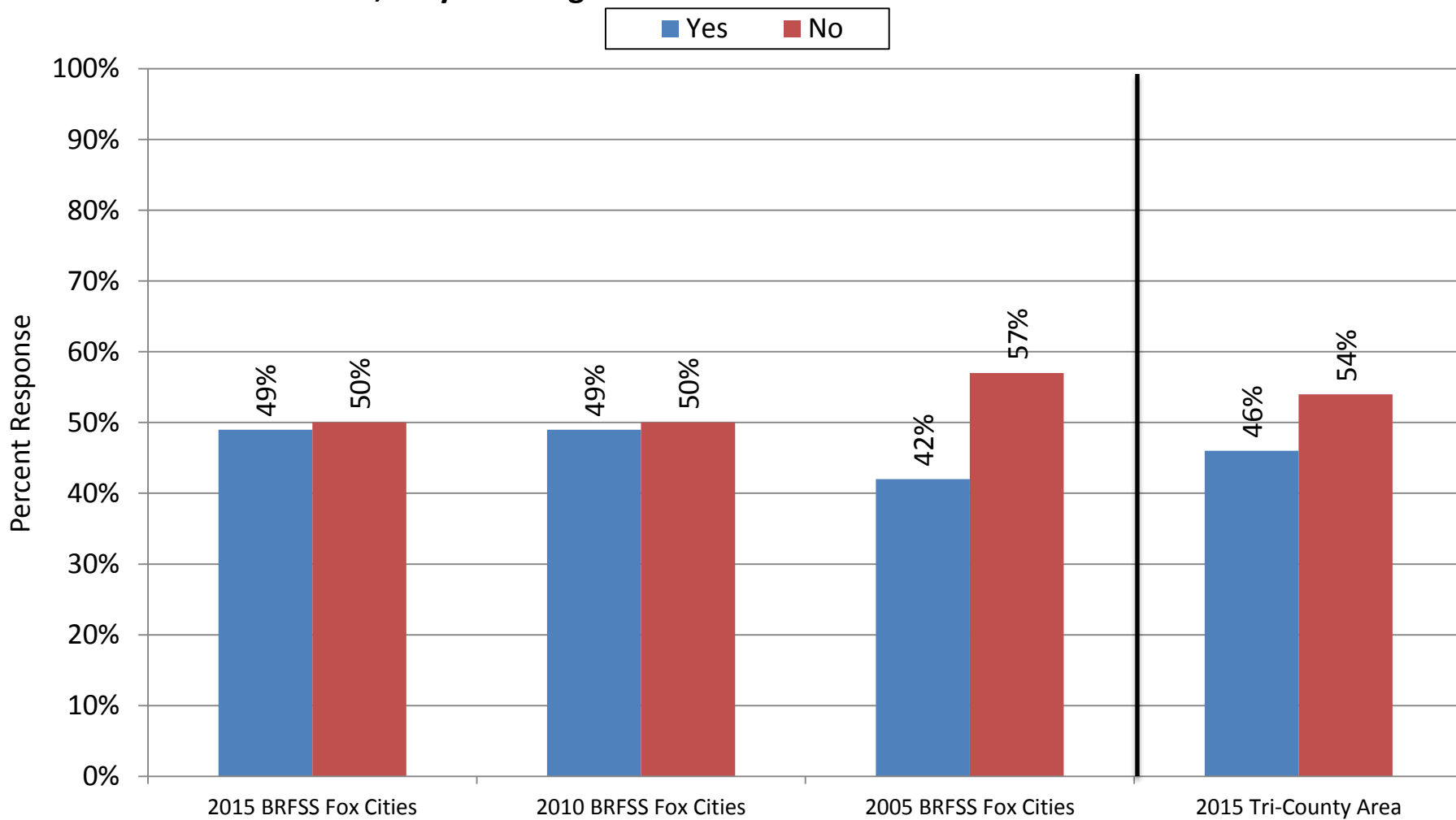
■ 15 or less ■ 16-30 ■ 31-45 ■ 46-1 hr ■ 1-2 hours ■ > 2 hrs





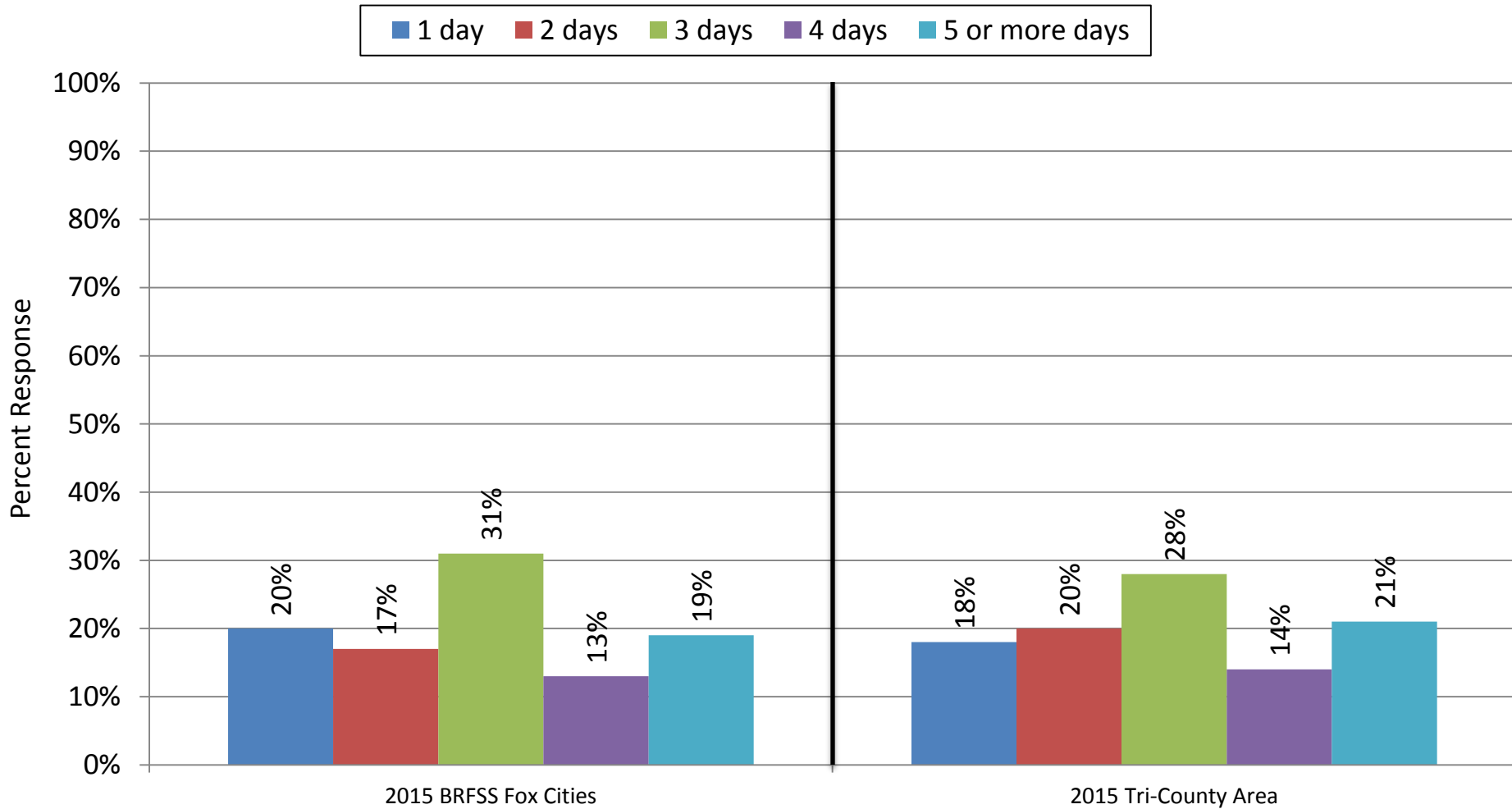
# Vigorous Exercise

“Now thinking about the vigorous activities you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time...”



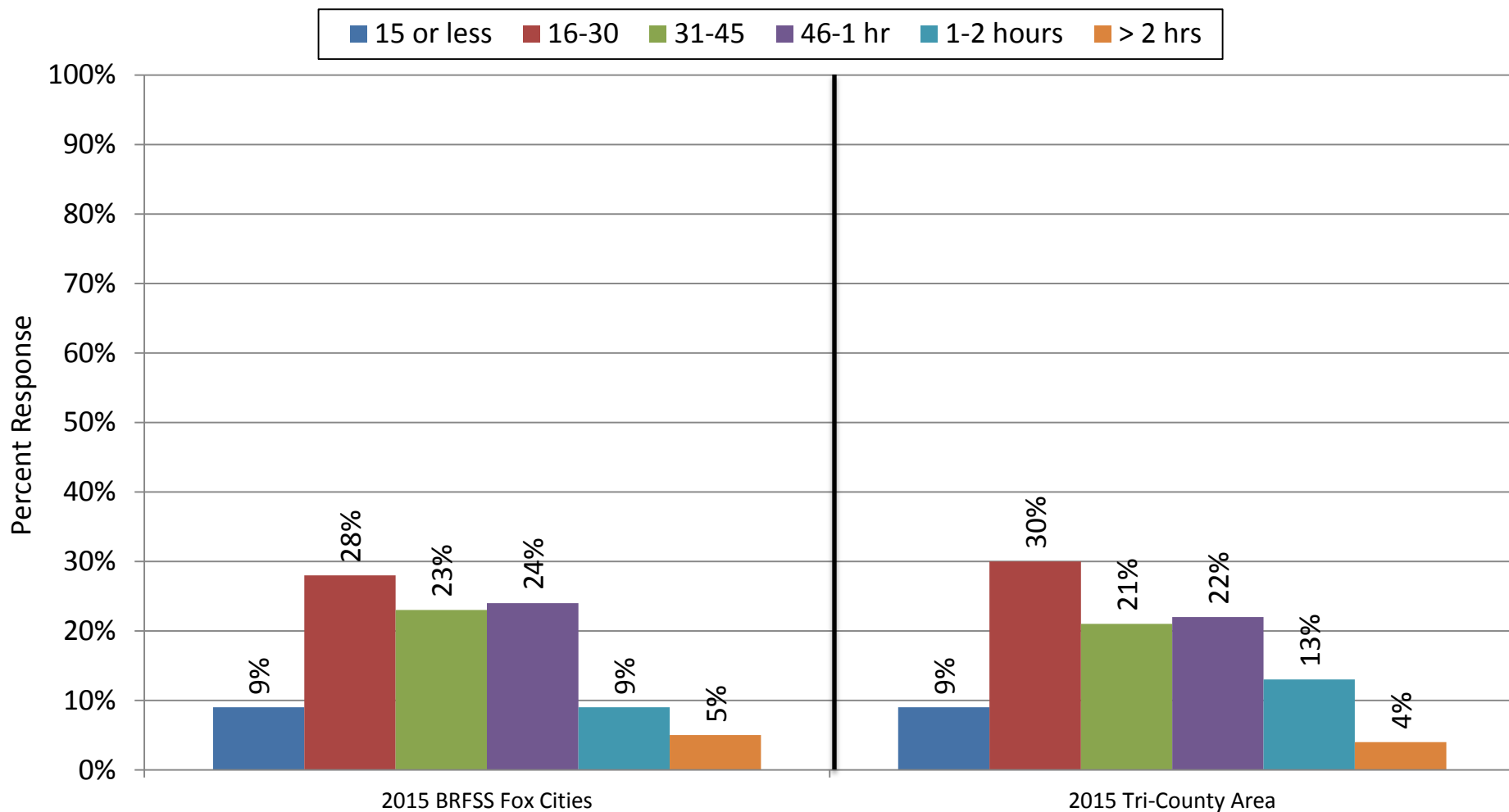
# Vigorous Exercise Days

“How many days per week do you do these vigorous activities for at least 10 minutes at a time?”



# Vigorous Exercise Mins.

“On the days you do these vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?”

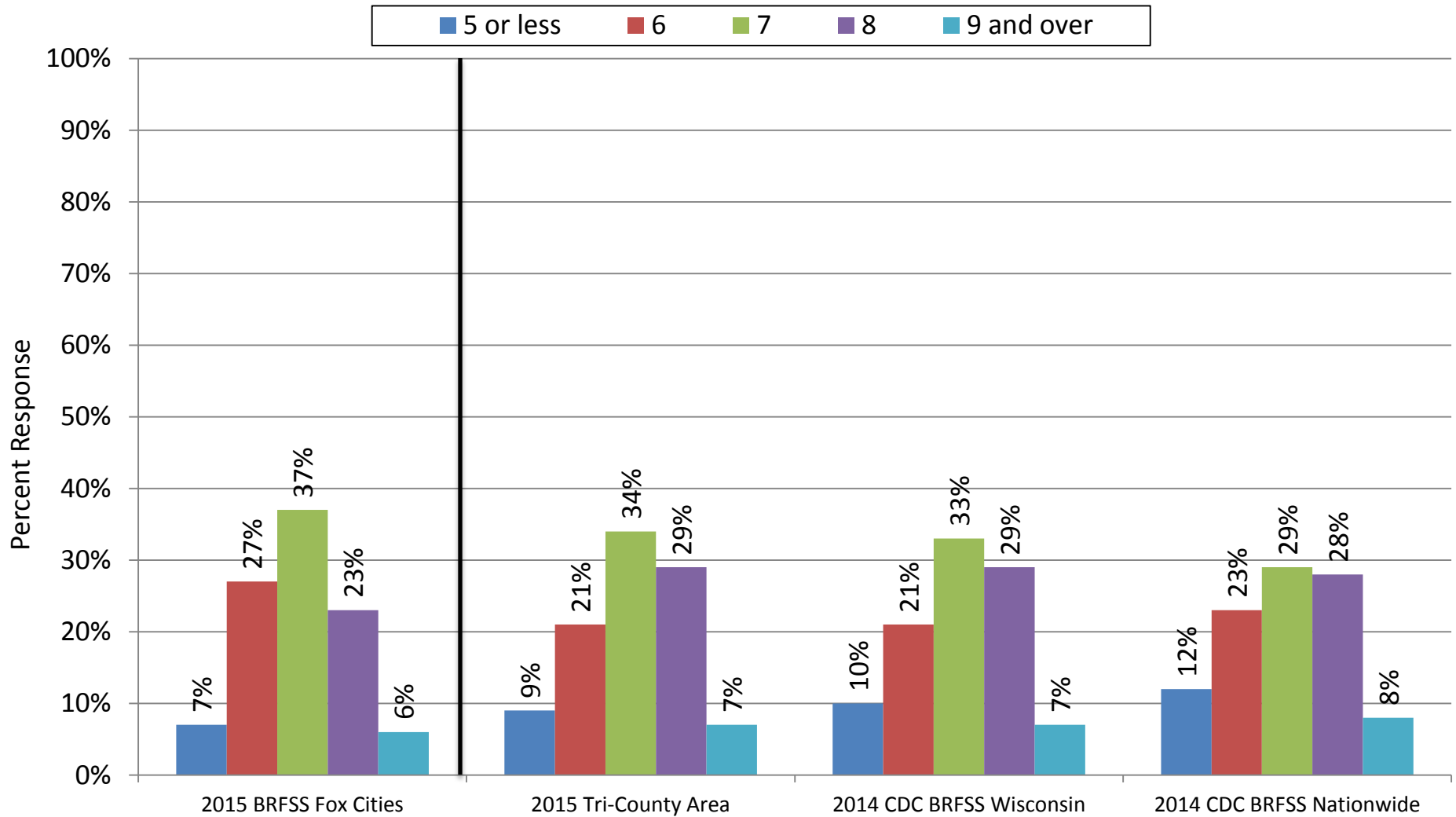


# Inadequate Sleep

Local - State  
Comparison



“On average, how many hours of sleep do you get in a 24-hour period?”

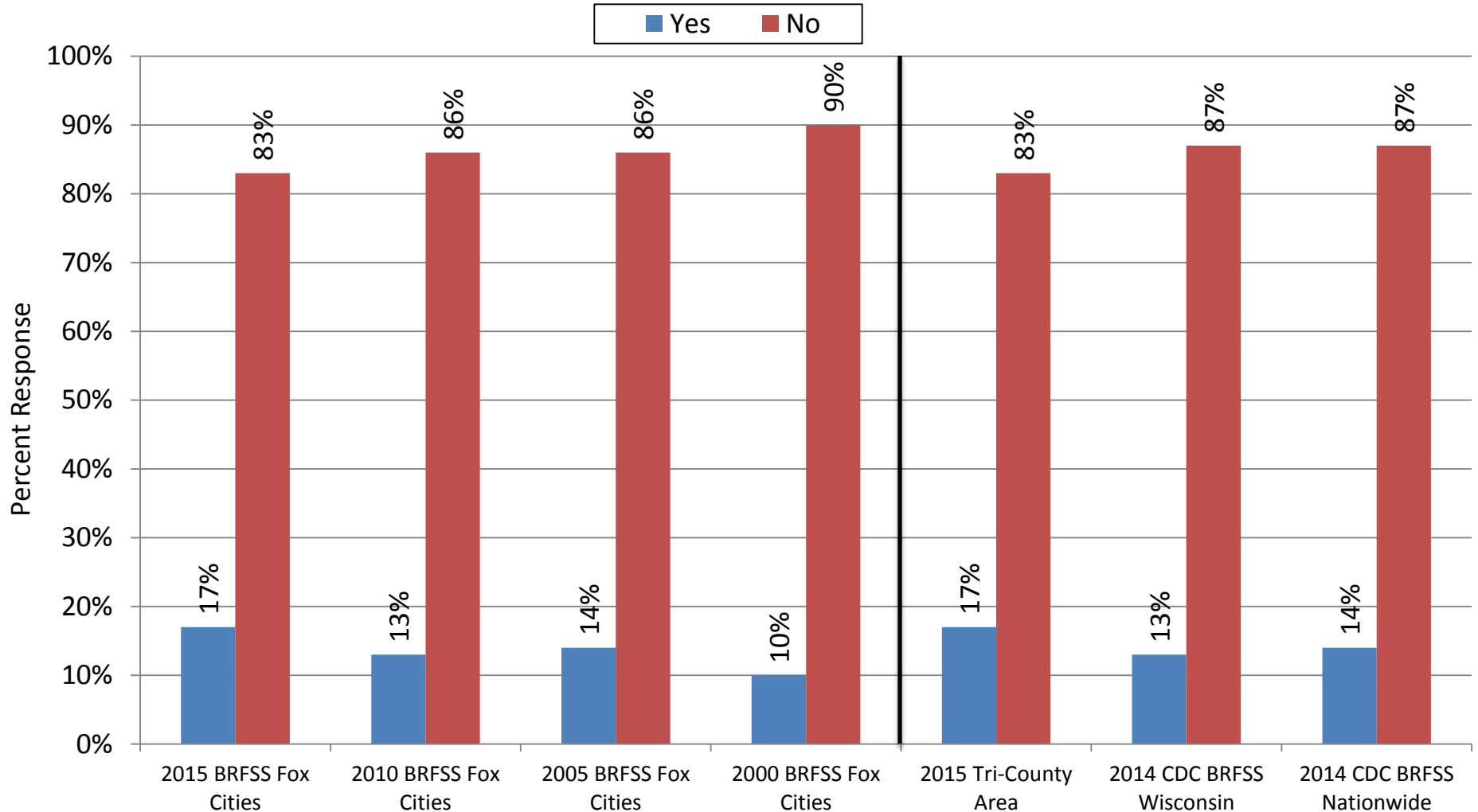




# Asthma Prevalence



**“Have you ever been told by a doctor, nurse, or other health professional that you have asthma?”**



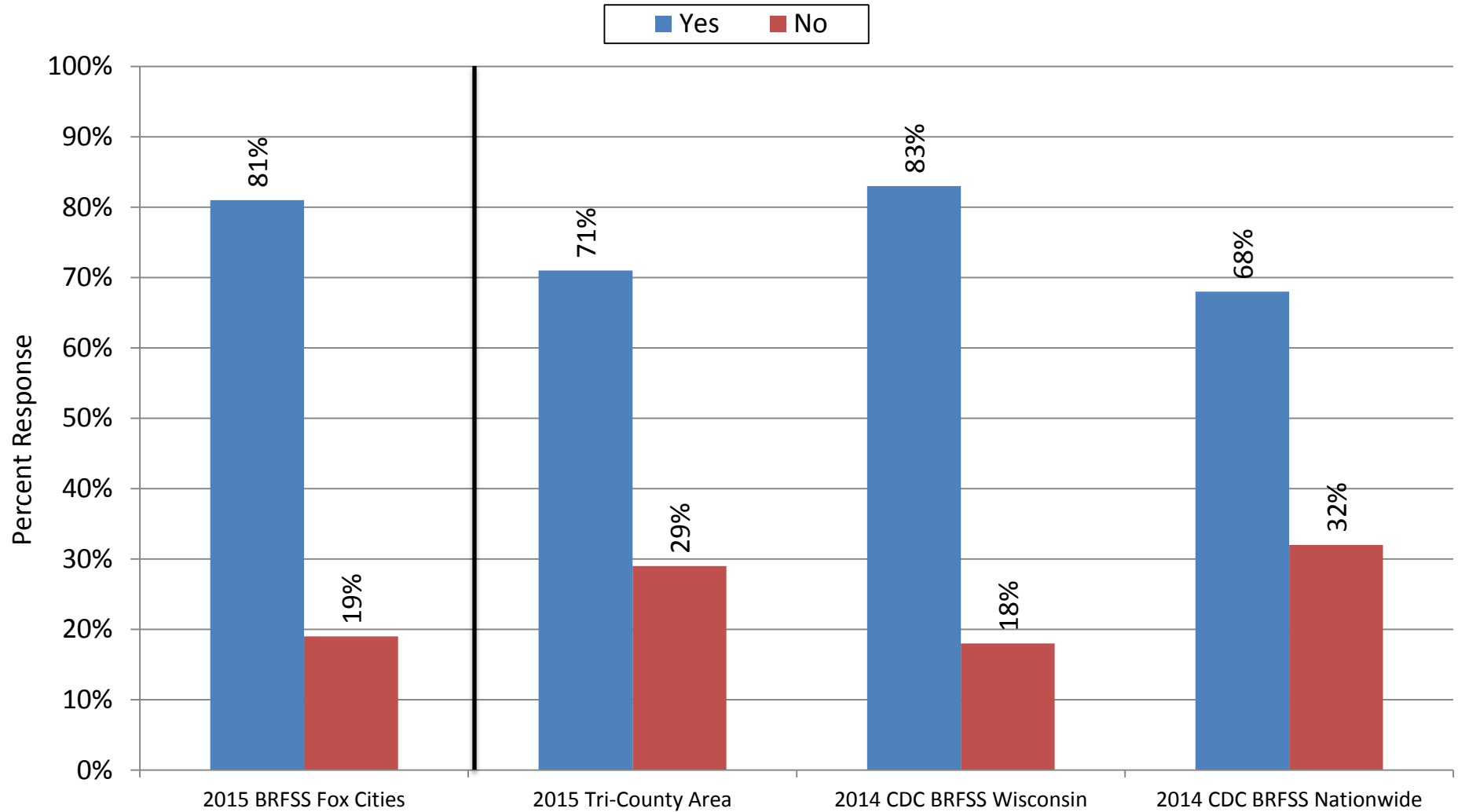


# Asthma Prevalence

Local - State  
Comparison



“Do you still have asthma?”

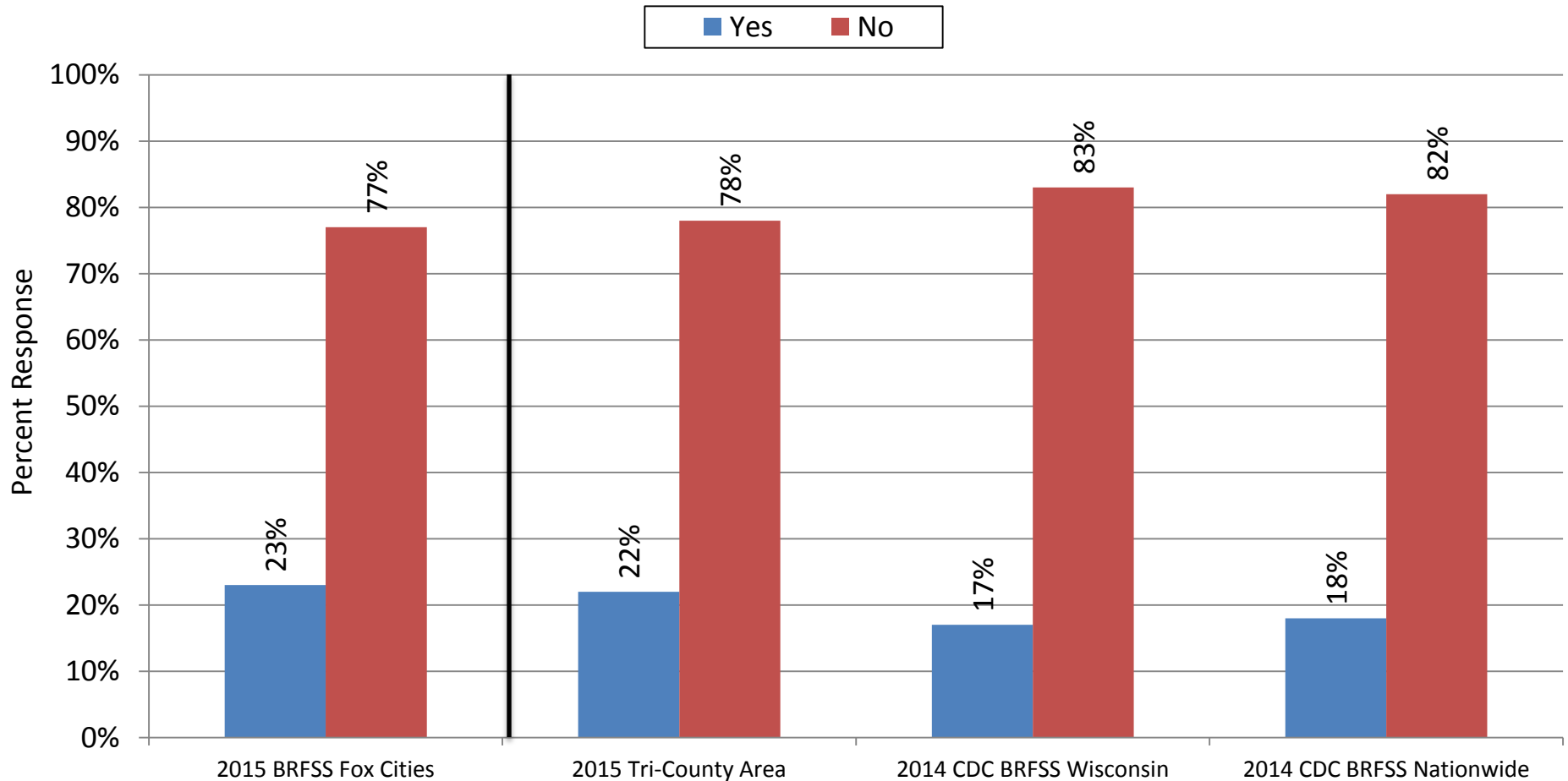


# Depression Prevalence

Local - State  
Comparison



**“Have you ever been told by a doctor, nurse, or other health professional you have a depressive disorder, including depression, major depression, dysthymia, or minor depression?”**

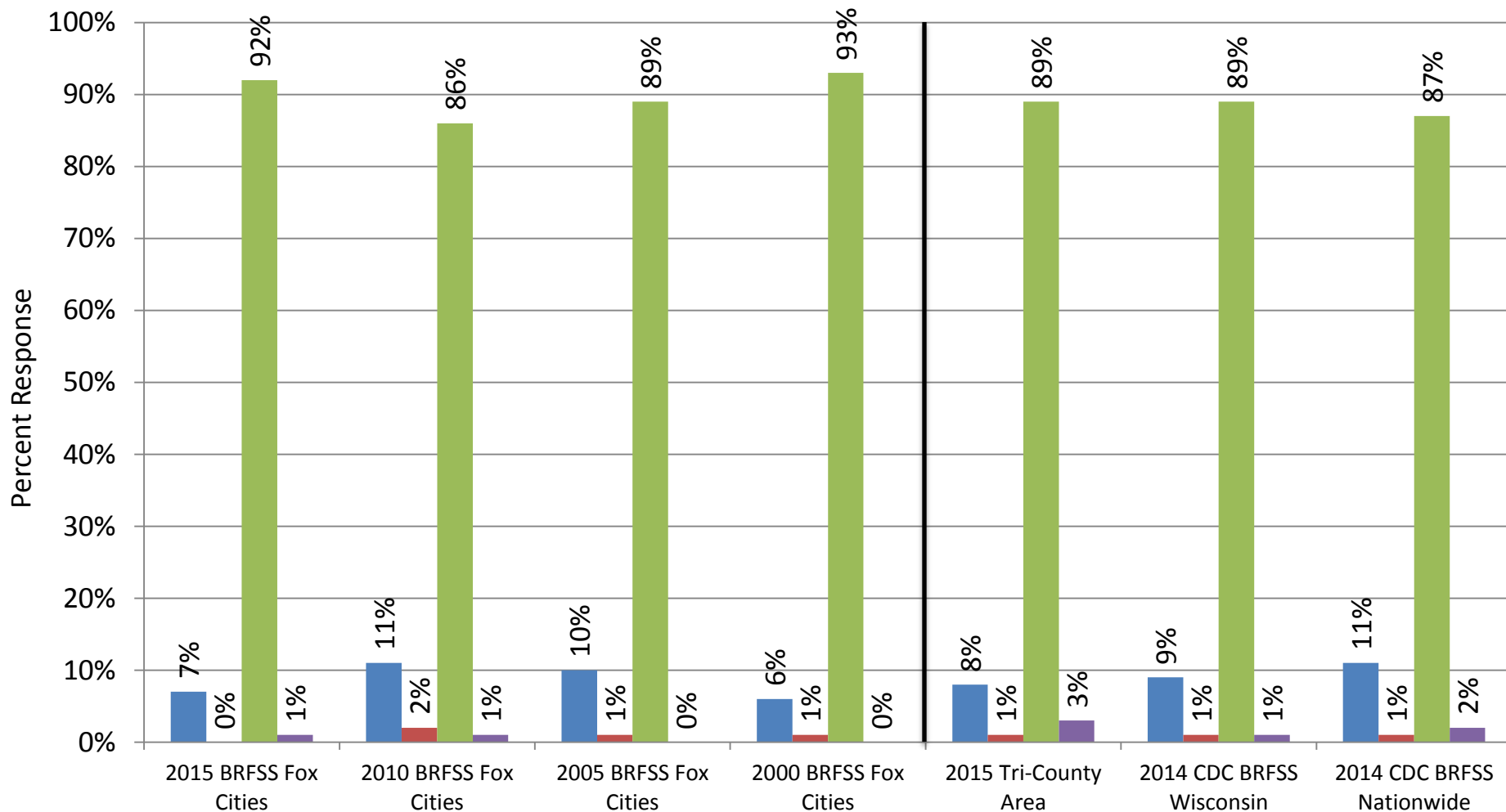
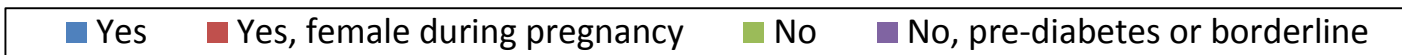




# Diabetes Prevalence



**“Have you ever been told by a doctor that you have diabetes?”**

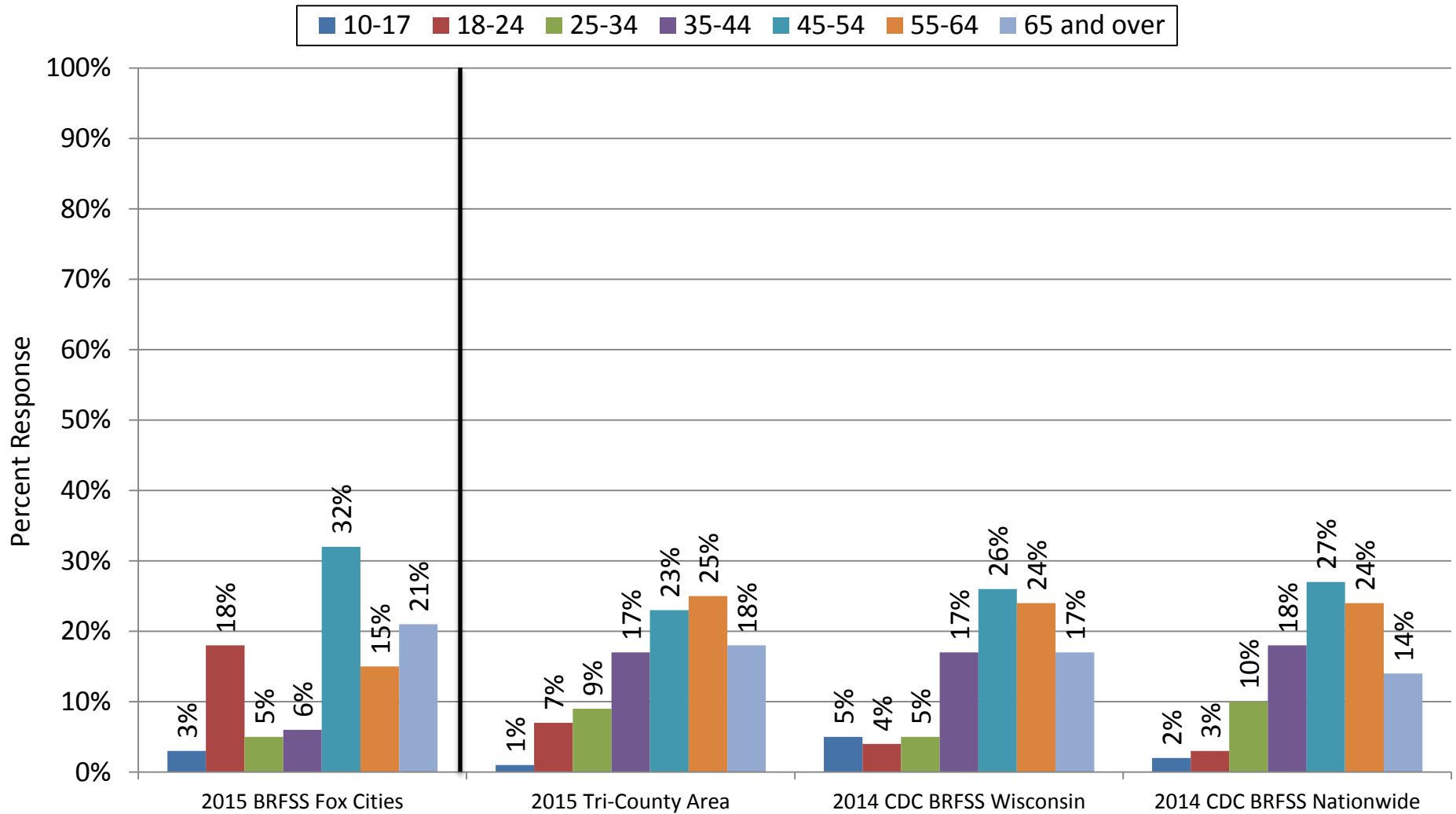


# Diabetes Age

Local - State  
Comparison



“How old were you when you were told you have diabetes?”

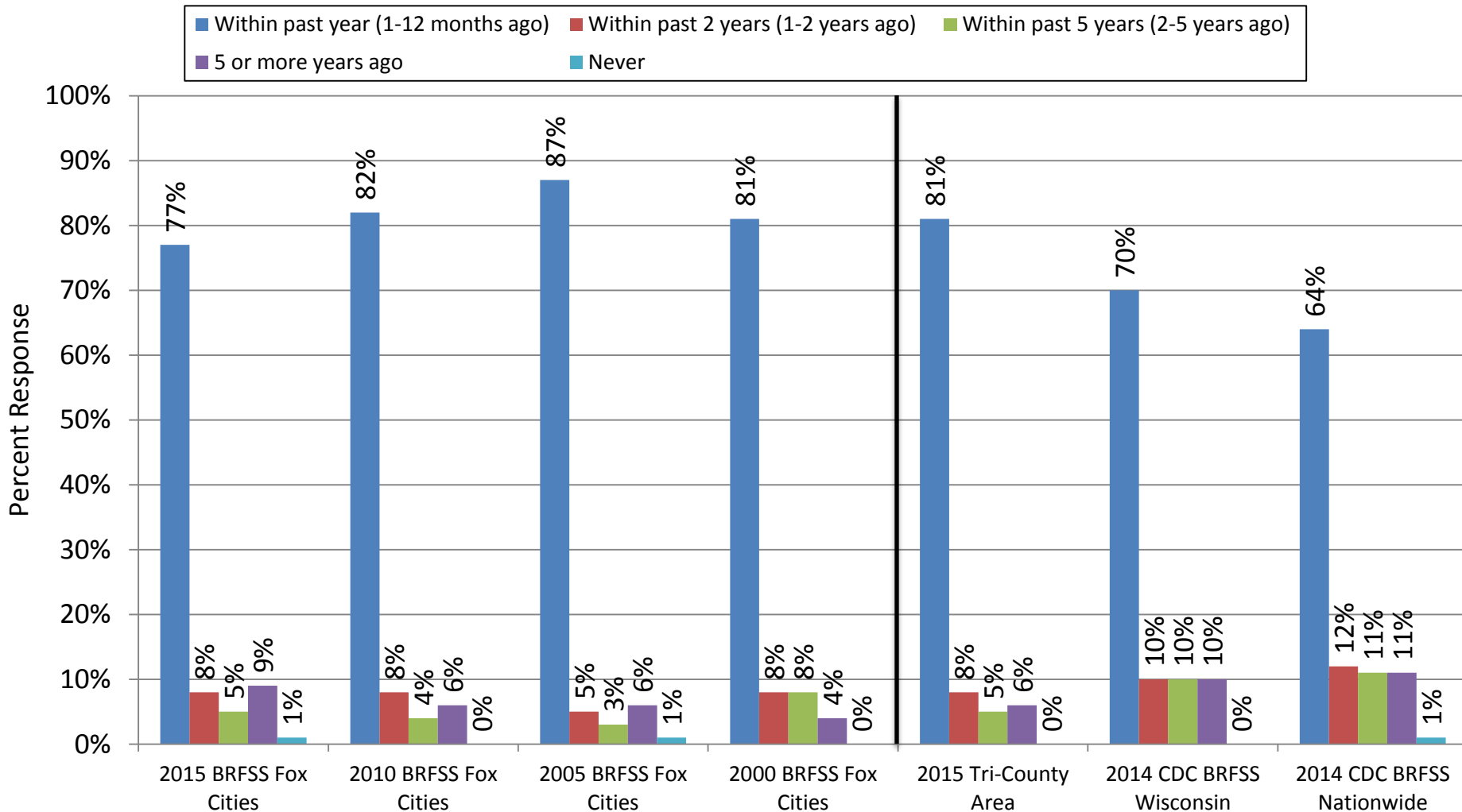




# Oral Health



“How long has it been since you last visited a dentist/dental clinic for any reason?”

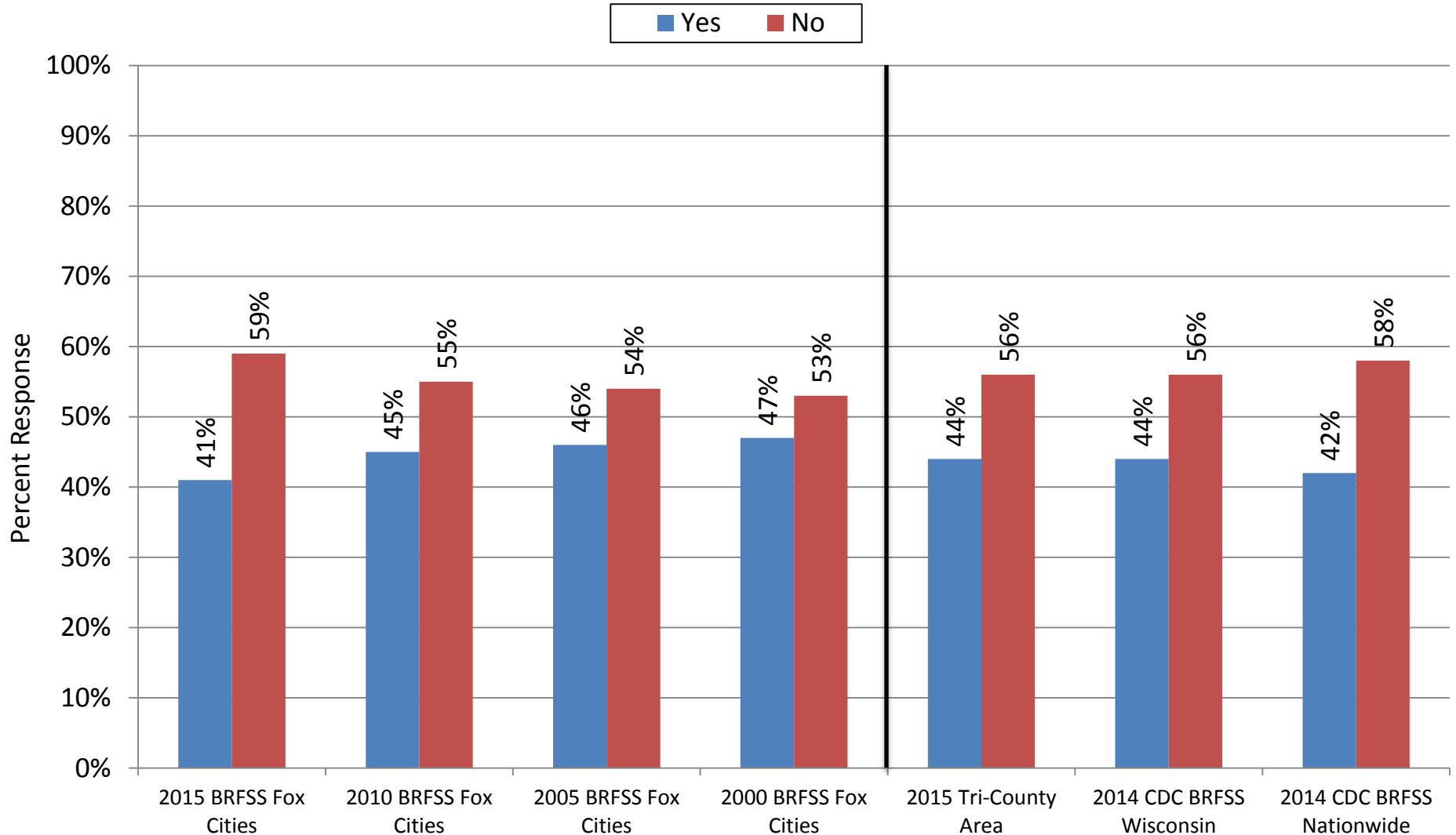




# Smoking Prevalence



**“Have you smoked at least 100 cigarettes in your entire life?”**

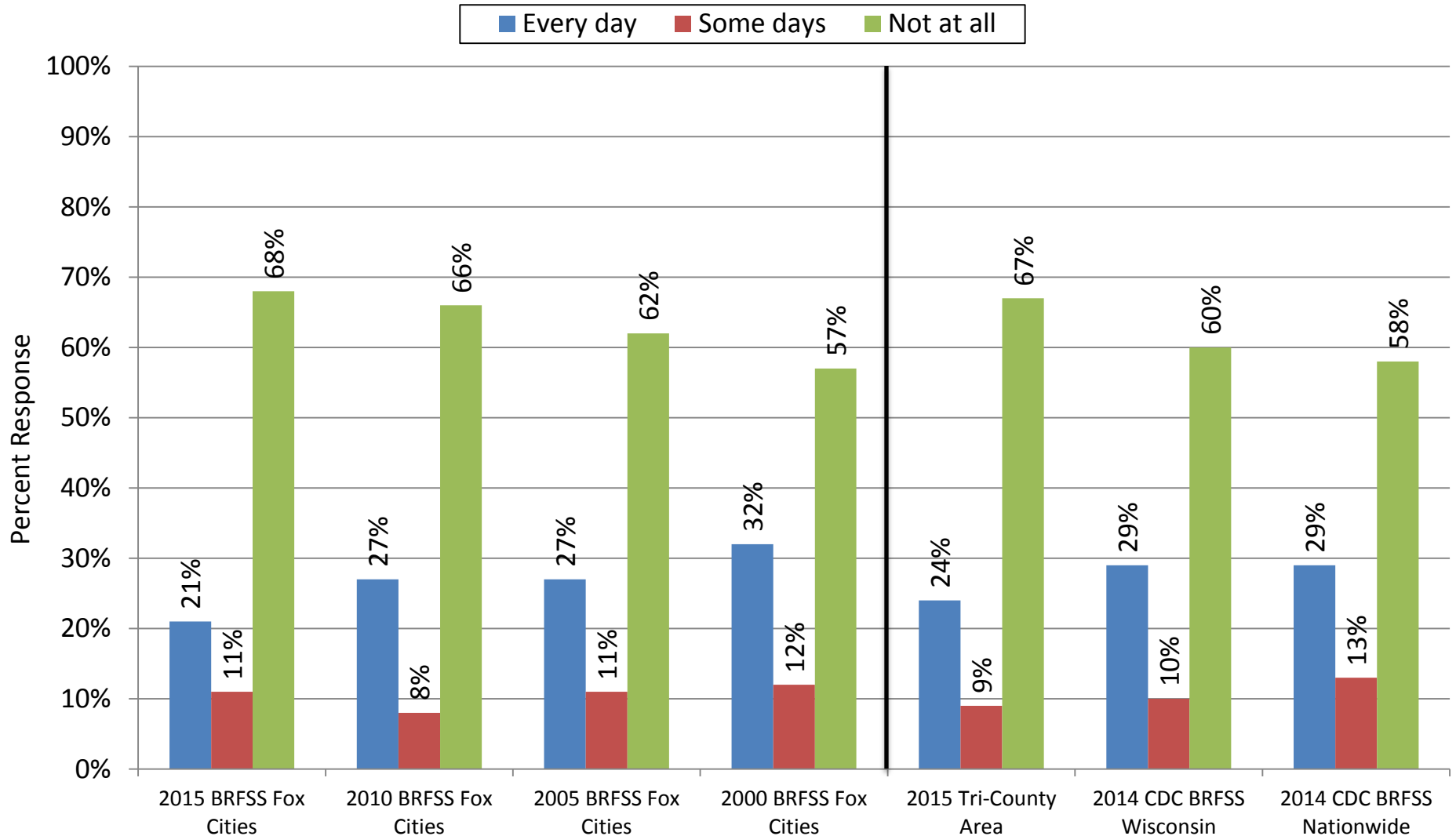




# Current Smoking



**“Do you now smoke cigarettes every day, some days, or not at all?”**



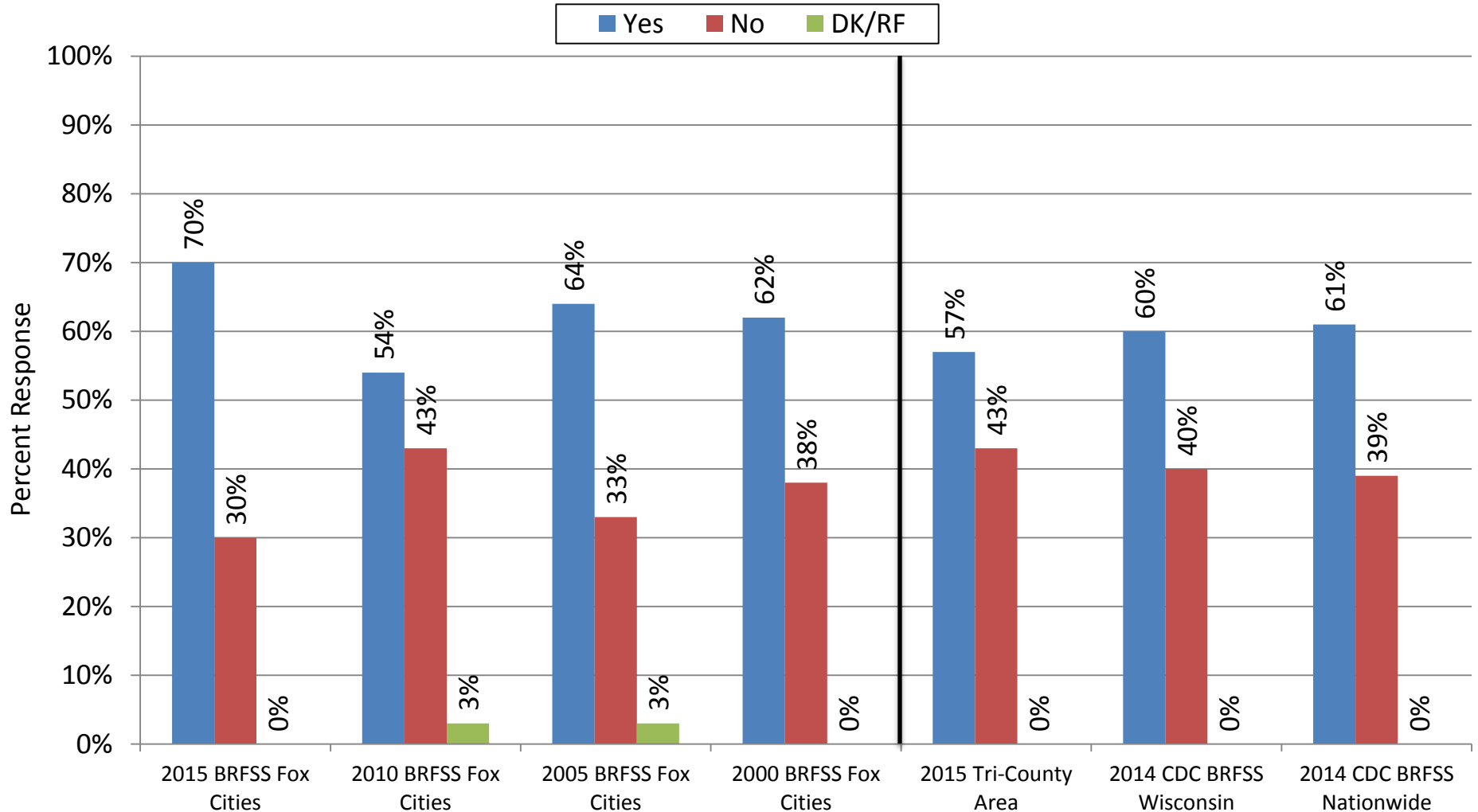
\*2015 LOCAL DATA AND 2014 STATE AND NATIONAL DATA IS BASED ONLY ON THOSE WHO HAVE SMOKED "100 CIGARETTES IN LIFETIME."



# Stopped Smoking



“During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?”

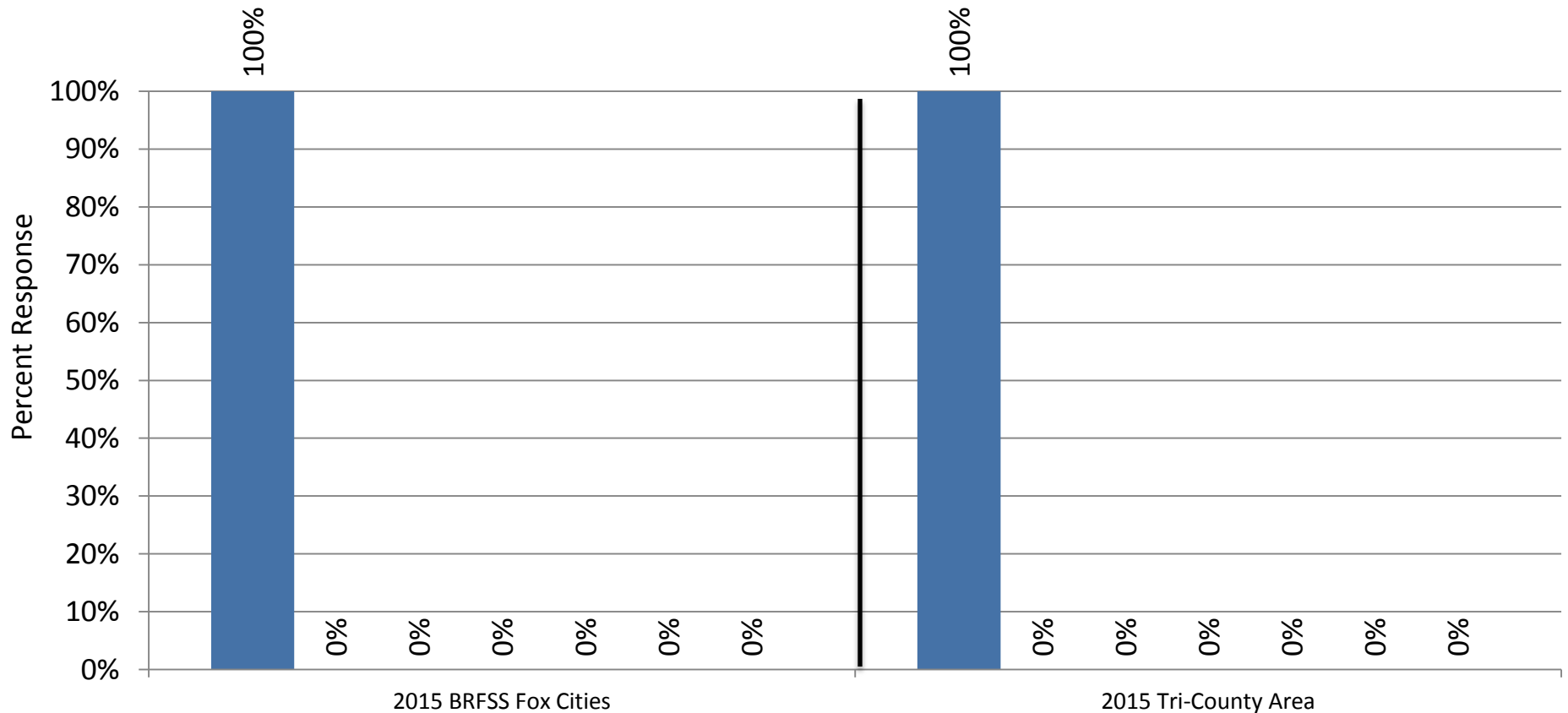


\*2015 LOCAL DATA AND 2014 STATE AND NATIONAL DATA IS BASED ONLY ON THOSE WHO HAVE SMOKED "100 CIGARETTES IN LIFETIME."



# Tobacco Use

“How long has it been since you last smoked a cigarette, even one or two puffs?”



2015 BRFSS Fox Cities

2015 Tri-County Area

\*2015 LOCAL DATA IS BASED ONLY ON THOSE WHO HAVE SMOKED “100 CIGARETTES IN LIFETIME.”

\*NO 2014 STATE OR NATIONAL DIRECT COMPARISON.

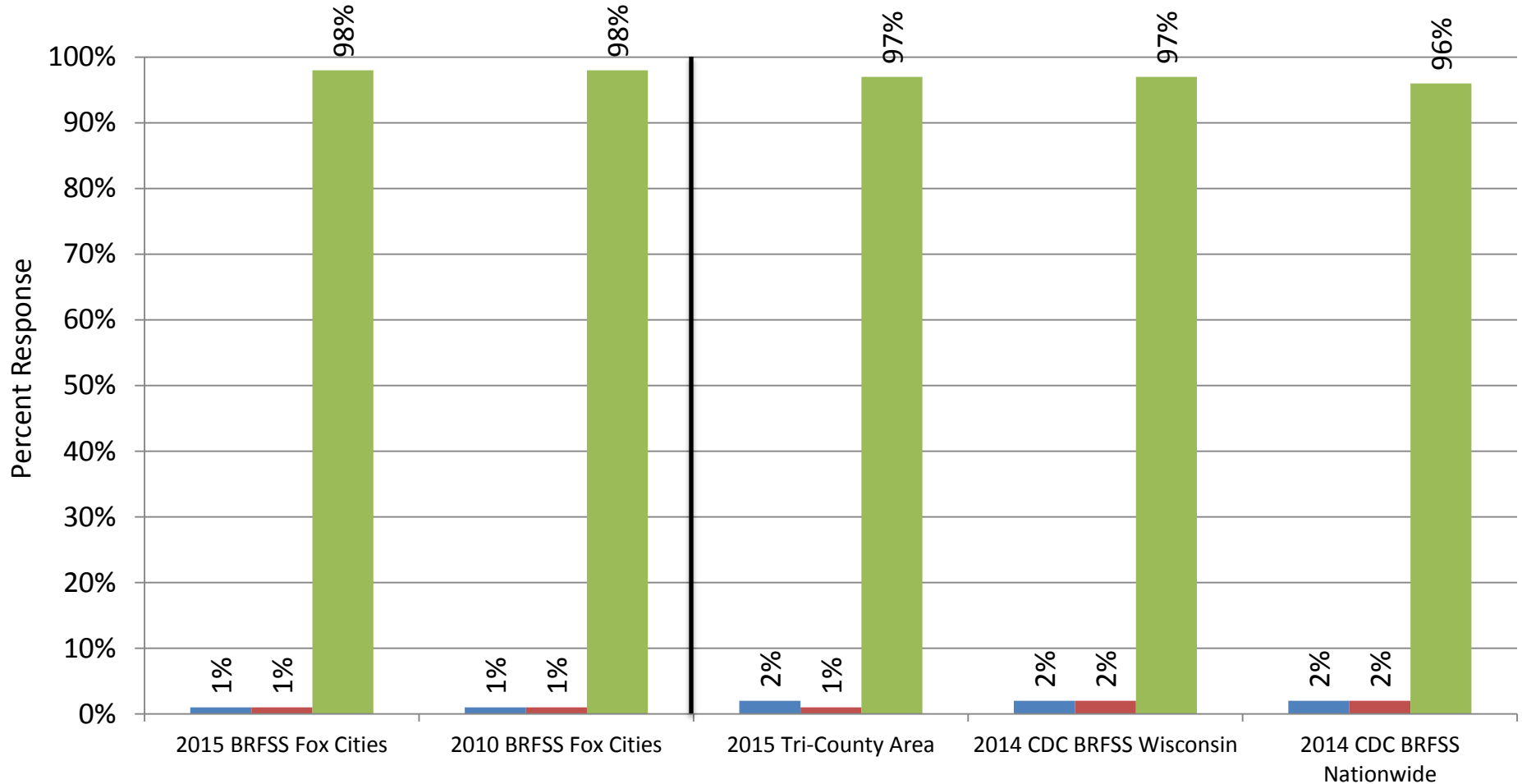


# Smokeless Tobacco Use



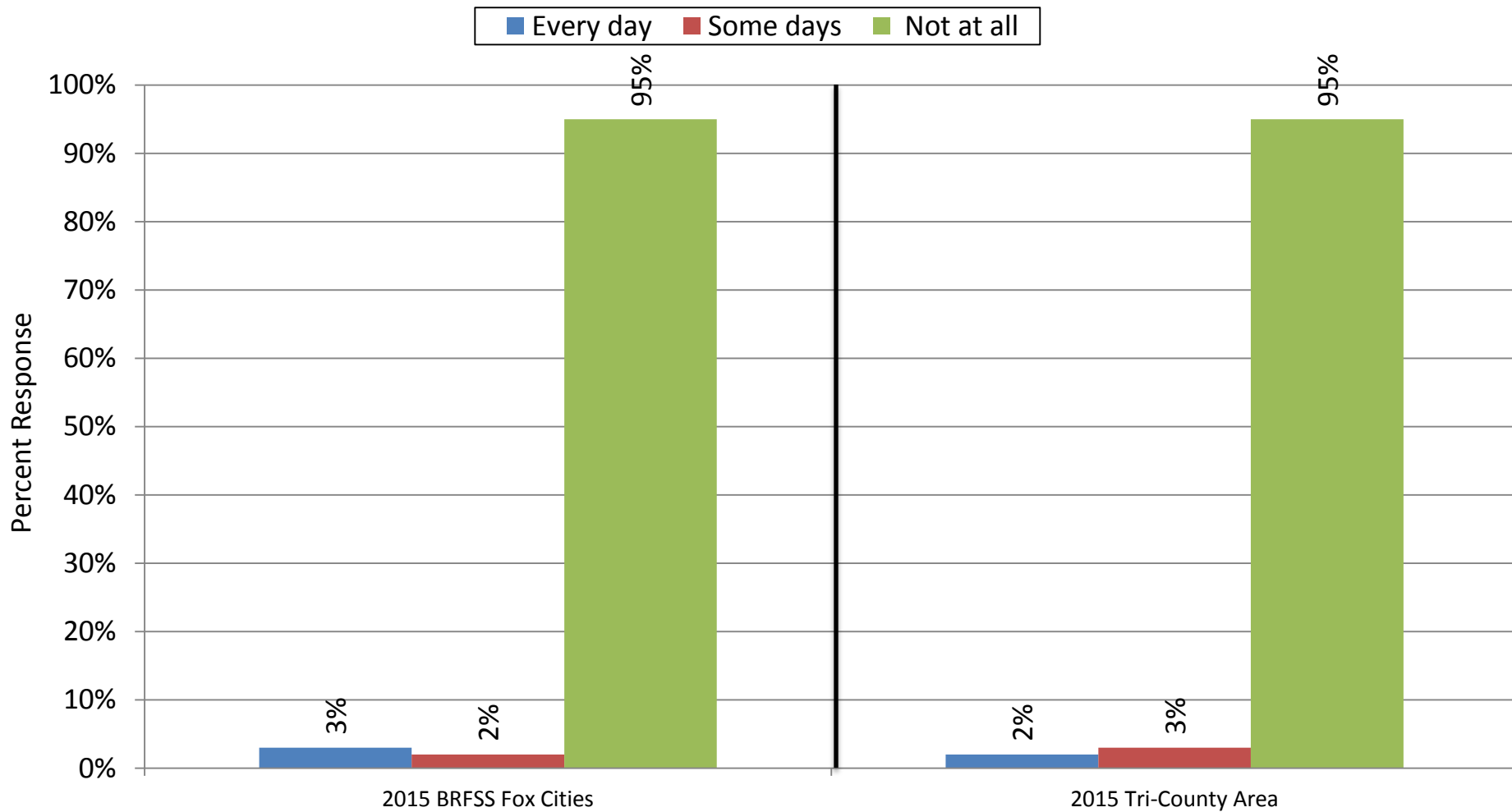
**“Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?”**

■ Every day ■ Some days ■ Not at all



# E-Cigarettes

**“Do you currently use electronic cigarettes (e-cigarettes, NJOY, Bluetip) every day, some days, or not at all?”**

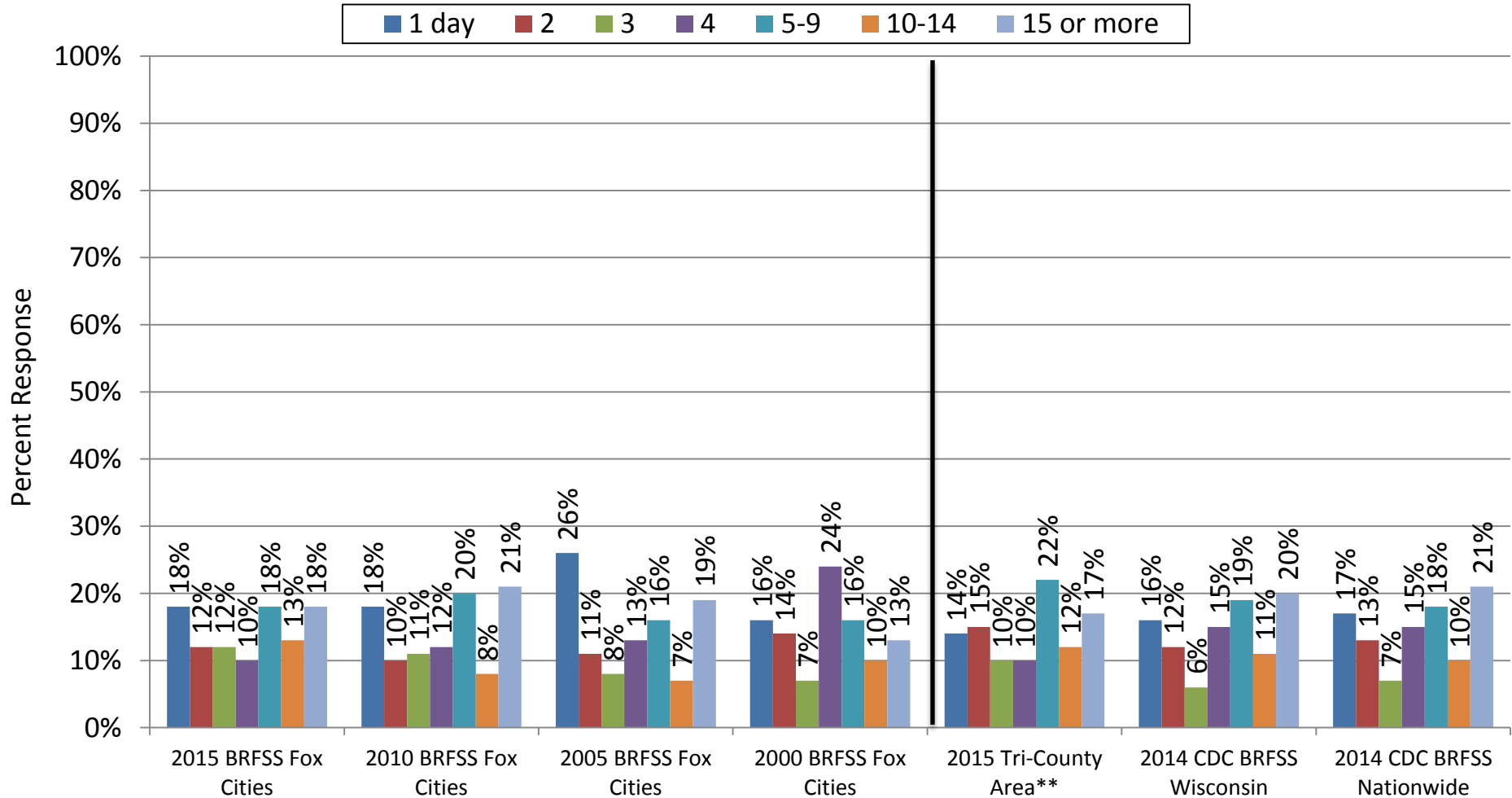




# Alcohol Consumption



“During the past 30 days, how many days per month did you have at least one drink of any alcoholic beverage?”



\*OVERALL, IN 2015 29% (\*\*TRI-COUNTY 31%) OF RESPONDENTS IN THE FOX CITIES INDICATED THEY HAD NOT DRANK ANY ALCOHOLIC BEVERAGE IN THE PAST 30 DAYS.

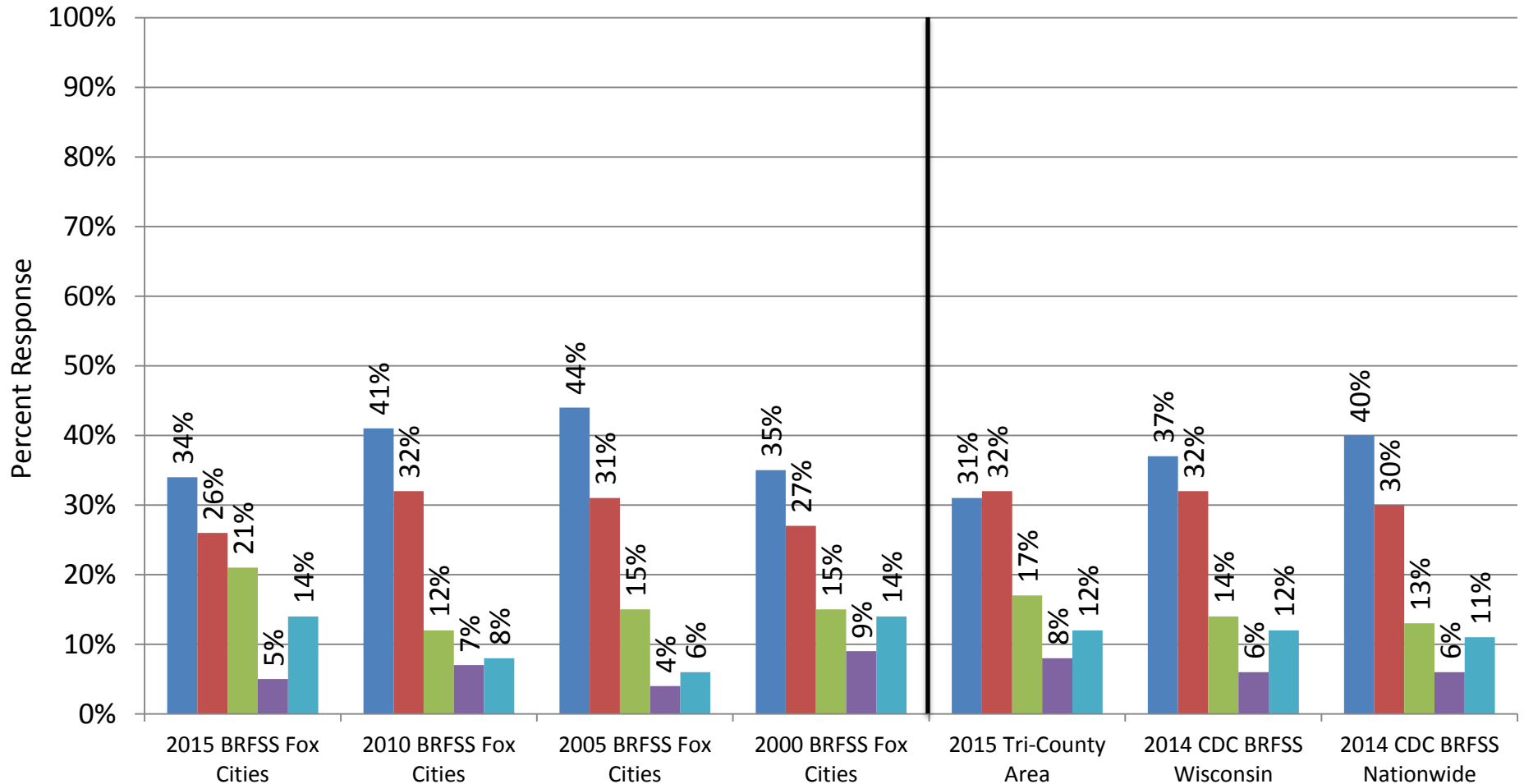
\*\*44% OF RESPONDENTS NATIONWIDE AND 35% OF RESPONDENTS IN WISCONSIN INDICATED THEY HAD NOT DRANK ANY ALCOHOLIC BEVERAGE IN THE PAST 30 DAYS.



# Alcohol Consumption



“During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?”



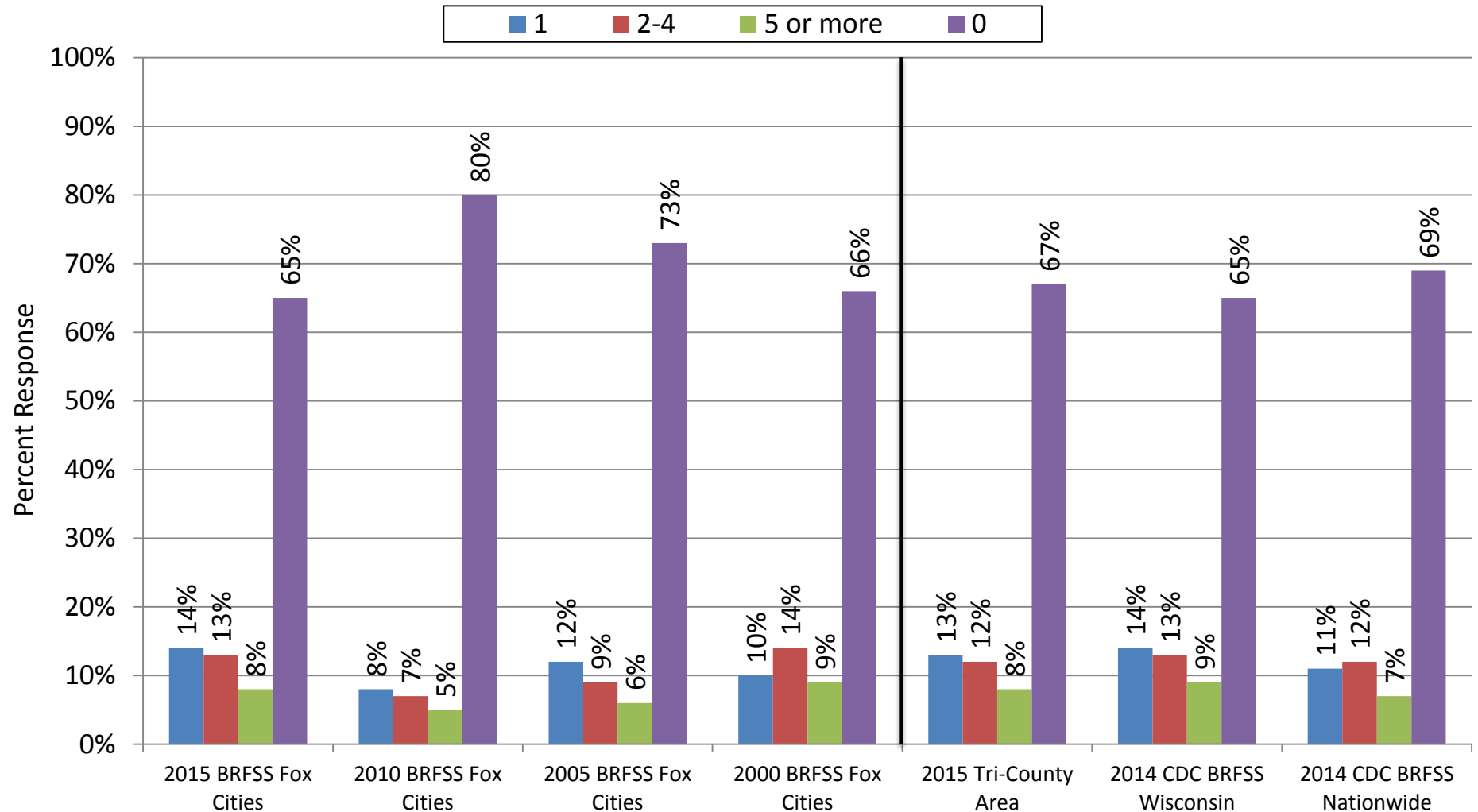
\* ONLY THOSE WHO HAVE DRANK WITHIN THE PAST 30 DAYS.



# Alcohol - 5 or More Drinks



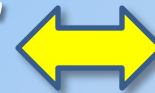
“Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?”



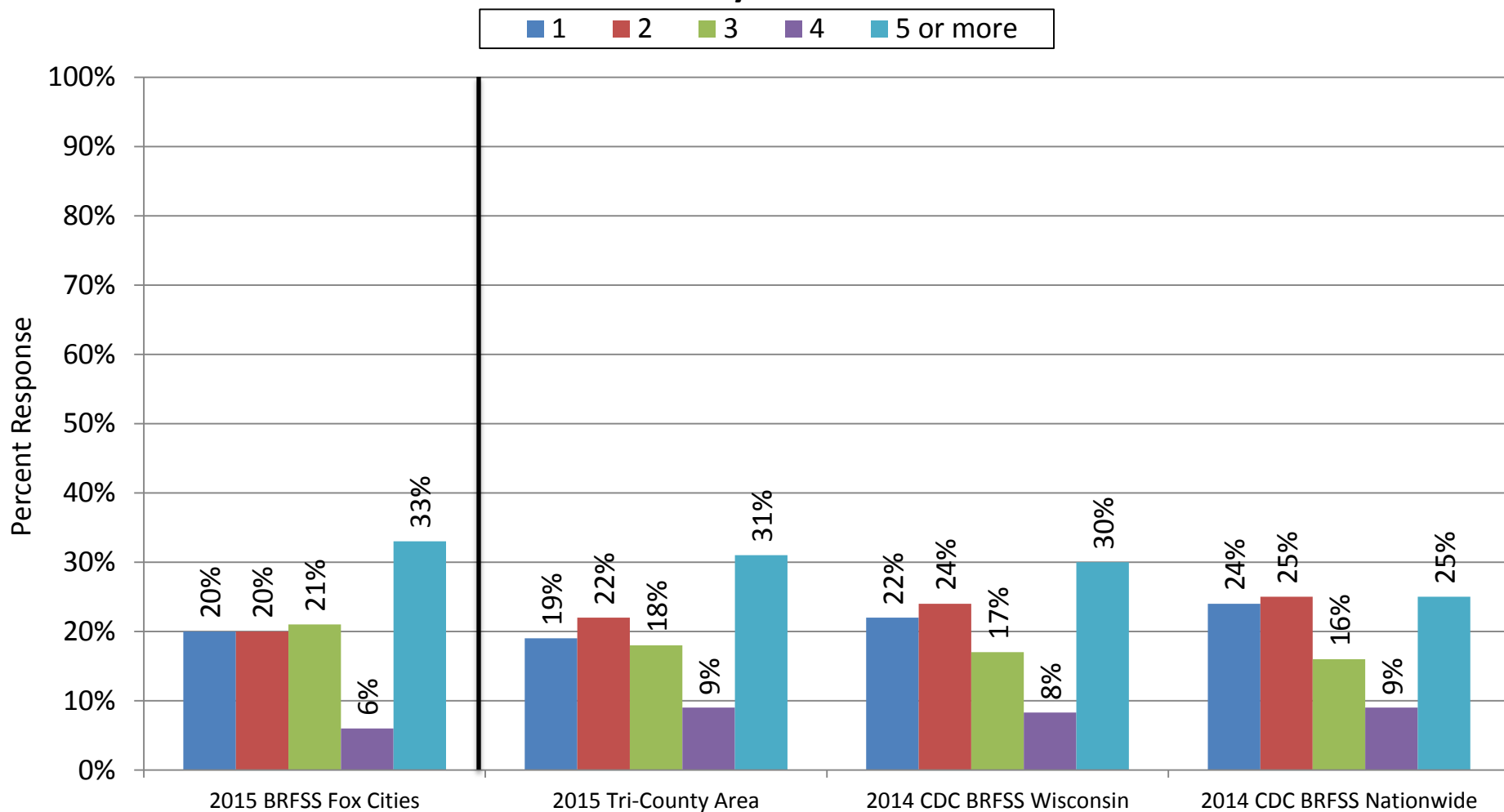
\* ONLY THOSE WHO HAVE DRANK WITHIN THE PAST 30 DAYS.

# Alcohol – Largest Number

Local - State  
Comparison



“During the past 30 days, what is the largest number of drinks you had on any occasion?”



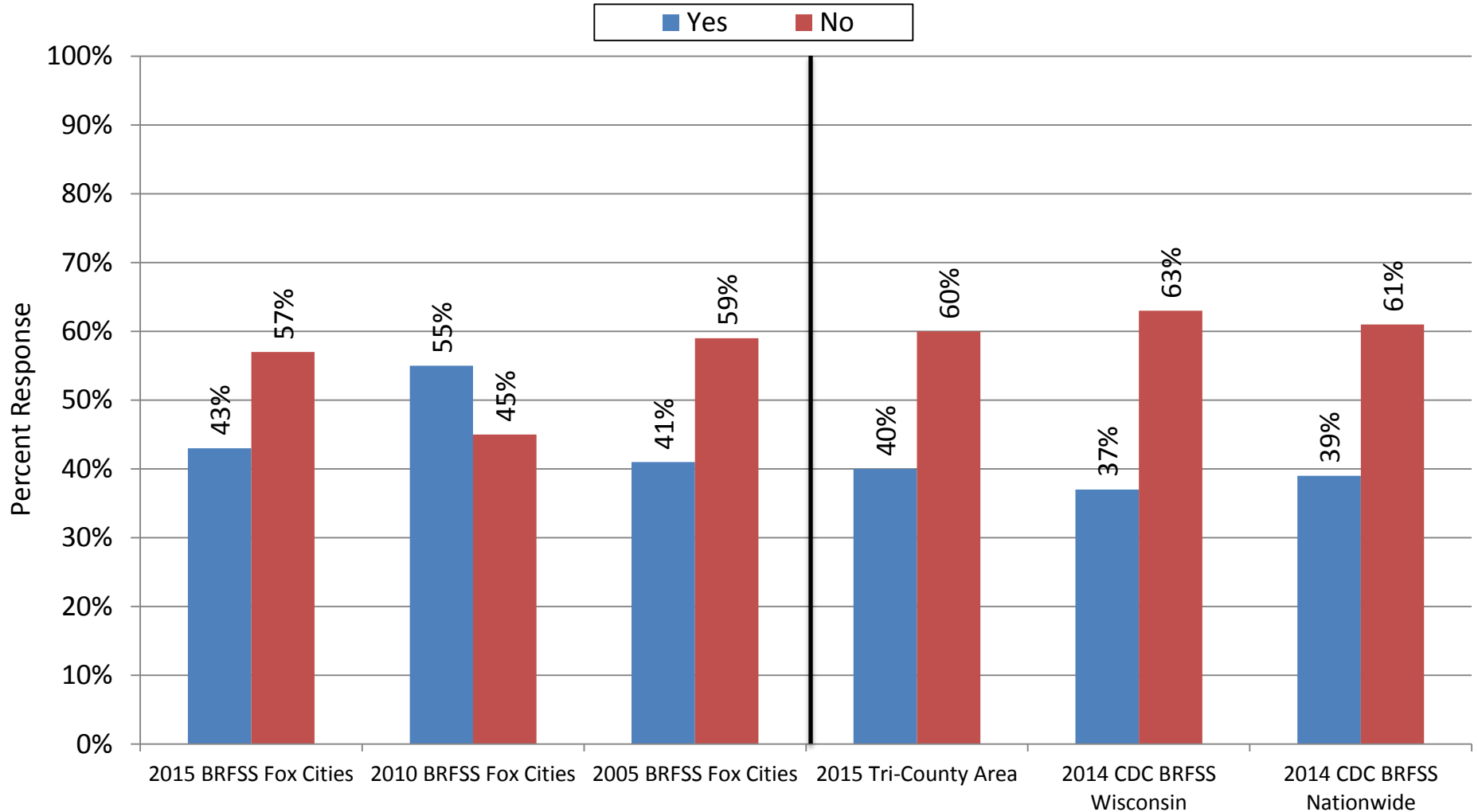
\* ONLY THOSE WHO HAVE DRANK WITHIN THE PAST 30 DAYS.



# Immunization



“During the past 12 months, have you had either a flu shot or flu vaccine that was sprayed in your nose?”



\*2010 AND 2005 DATA COMBINED FLU SHOT AND FLUMIST.

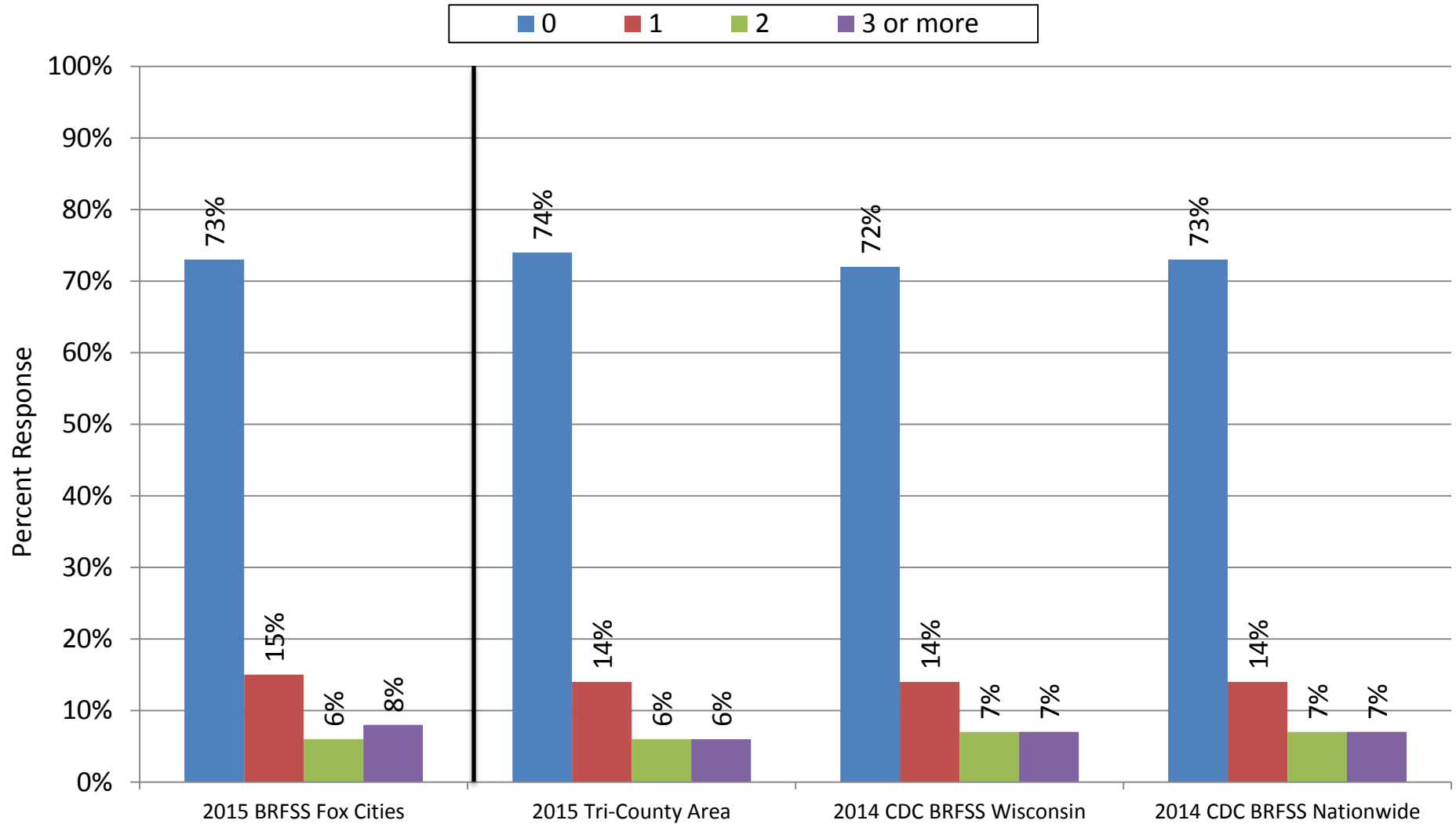


# Number of Falls

Local - State  
Comparison



“In the past 12 months, how many times have you fallen?”



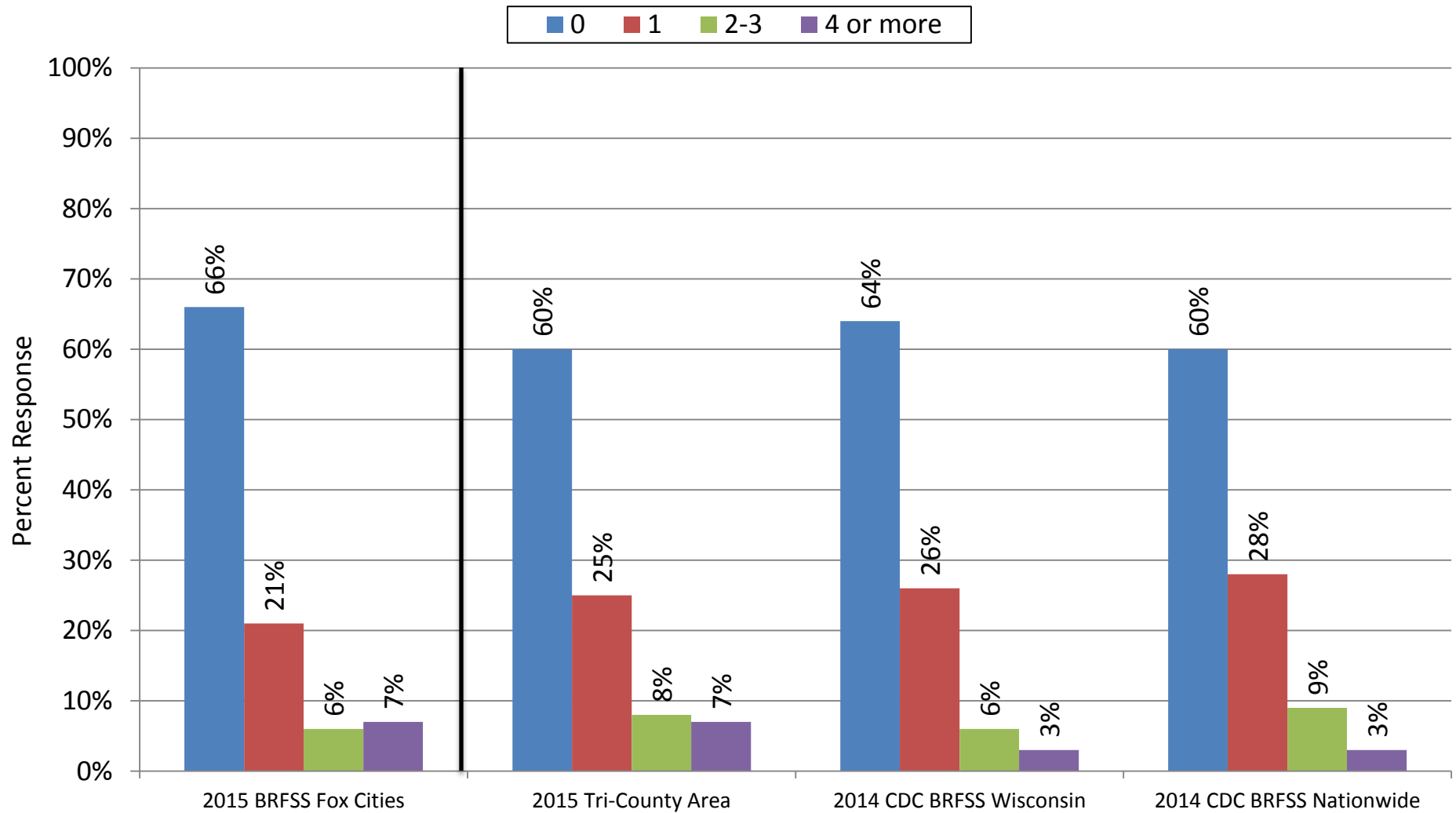
\* BY A FALL, IT WAS MEANT WHEN A PERSON UNINTENTIONALLY COMES TO REST ON THE GROUND OR ANOTHER LOWER LEVEL.

# Falls - Injury

Local - State  
Comparison



“How many of these falls caused an injury?”



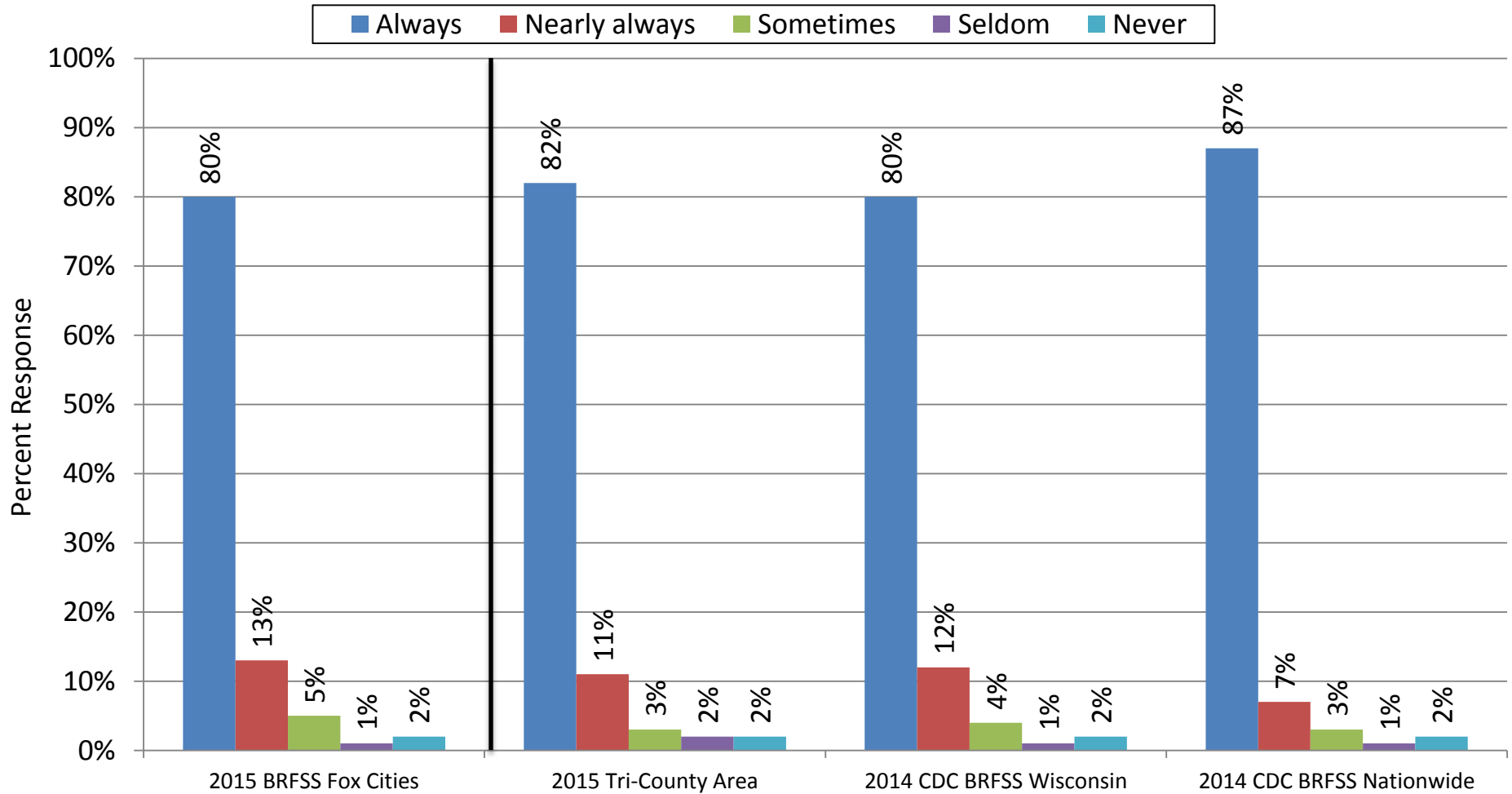
\* BY AN INJURY, IT WAS MEANT A FALL CAUSED THE RESPONDENT TO LIMIT THEIR REGULAR ACTIVITIES FOR AT LEAST A DAY OR TO GO SEE A DOCTOR.

# Seatbelt Use

Local - State  
Comparison



“How often do you use a seat belt when you drive or ride in a car? Would you say...”

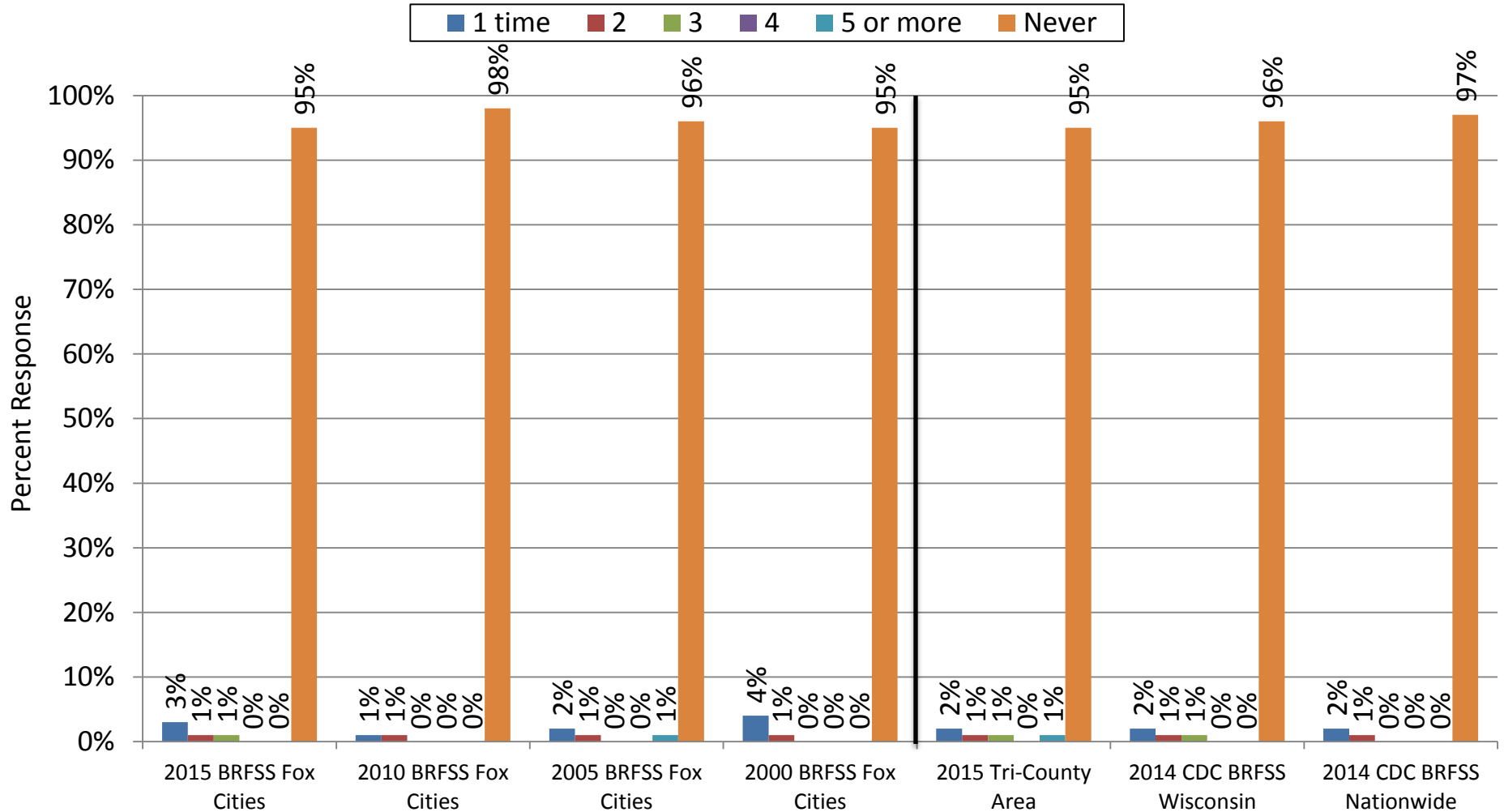




# Drinking and Driving



“During the past 30 days, how many times have you driven when you’ve had perhaps too much to drink?”

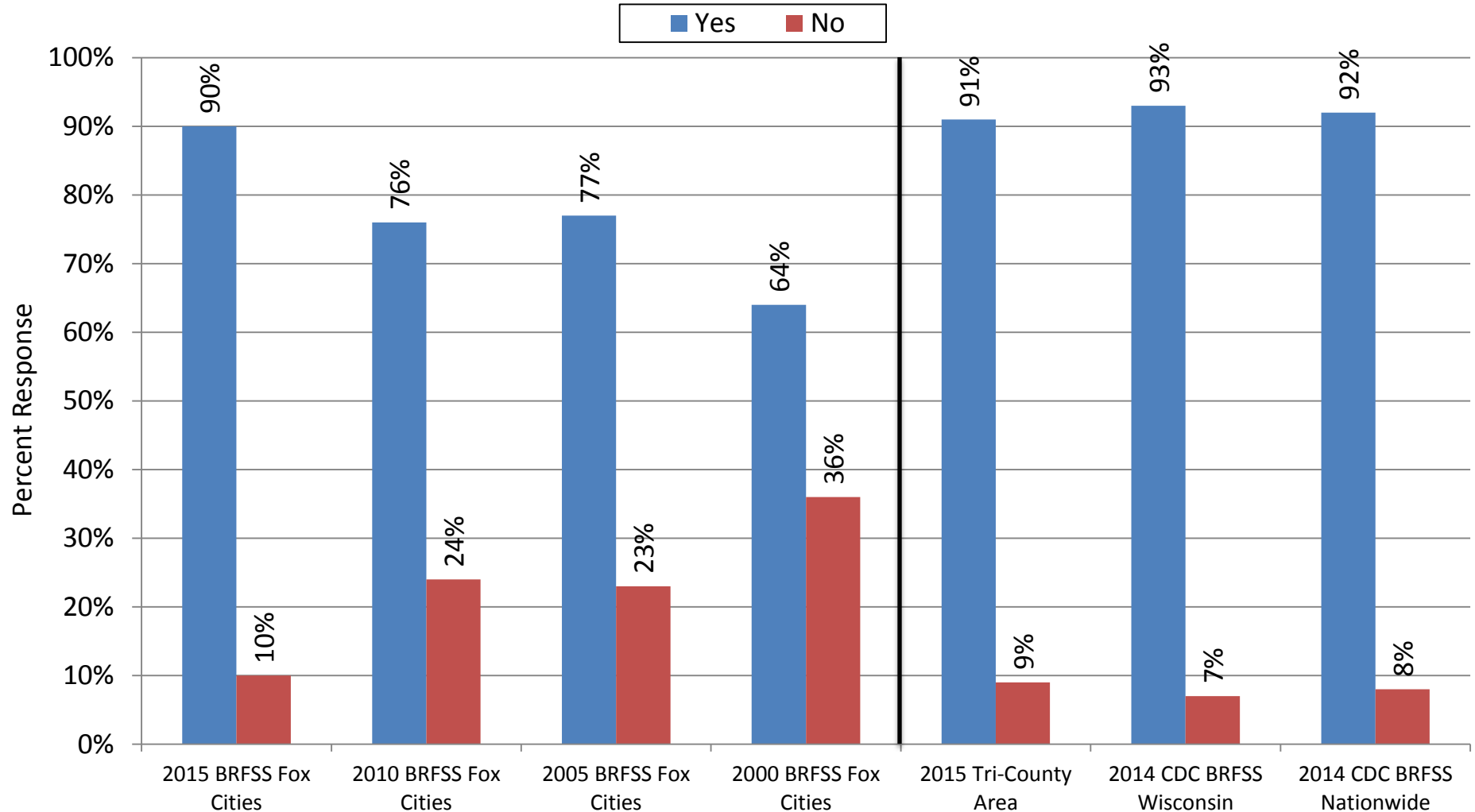


# Mammogram Test

Local - State  
Comparison



“A mammogram is an x-ray of each breast to look for breast cancer.  
Have you ever had a mammogram?” (\*Age 40+)



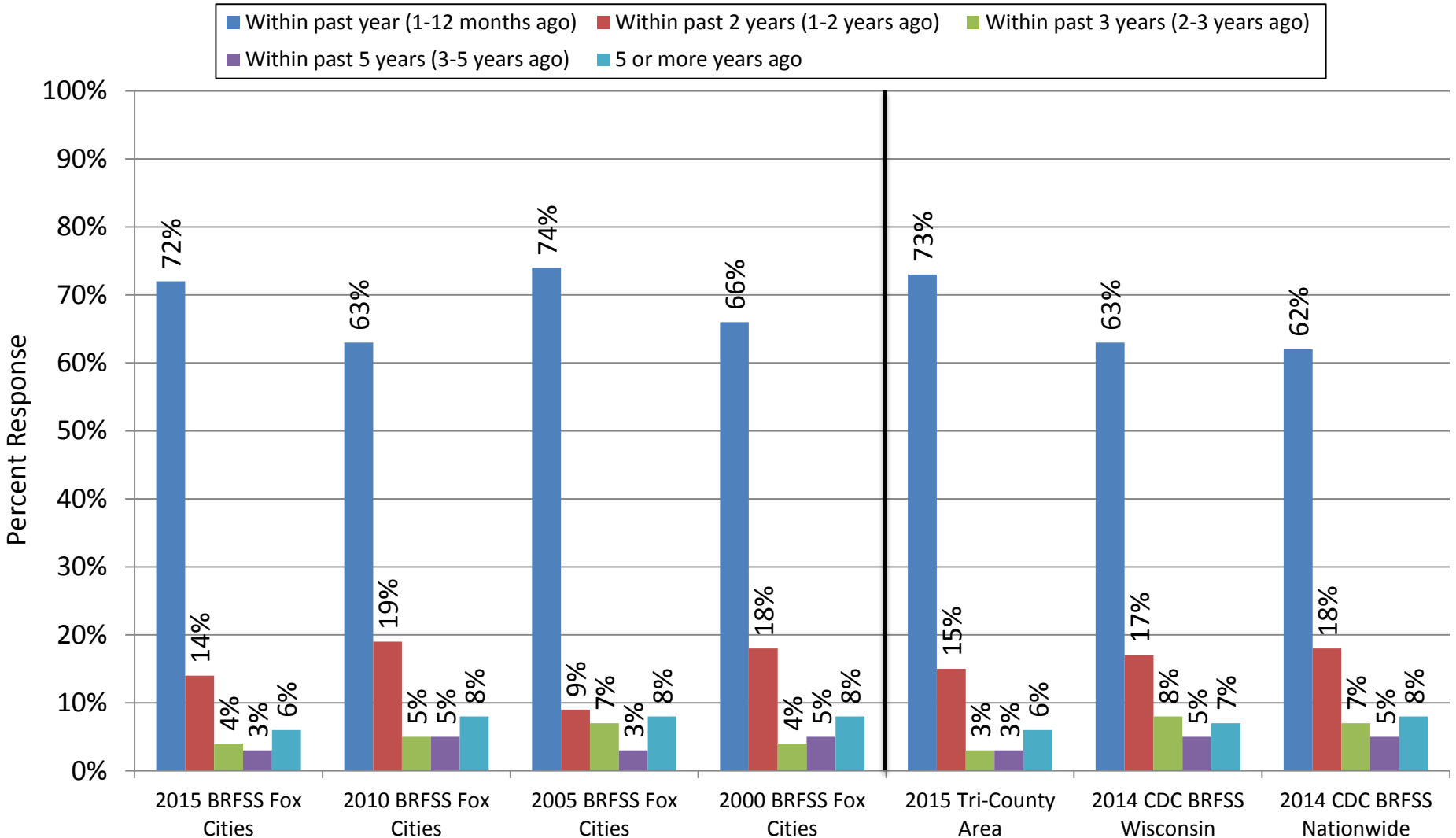
\* 2015 DATA CALCULATED WITH AGE 40 AND ABOVE TO REALIGN WITH OTHER COUNTIES.

# Last Mammogram

Local - State Comparison



“How long has it been since you had your last mammogram?” (\*Age 40+)



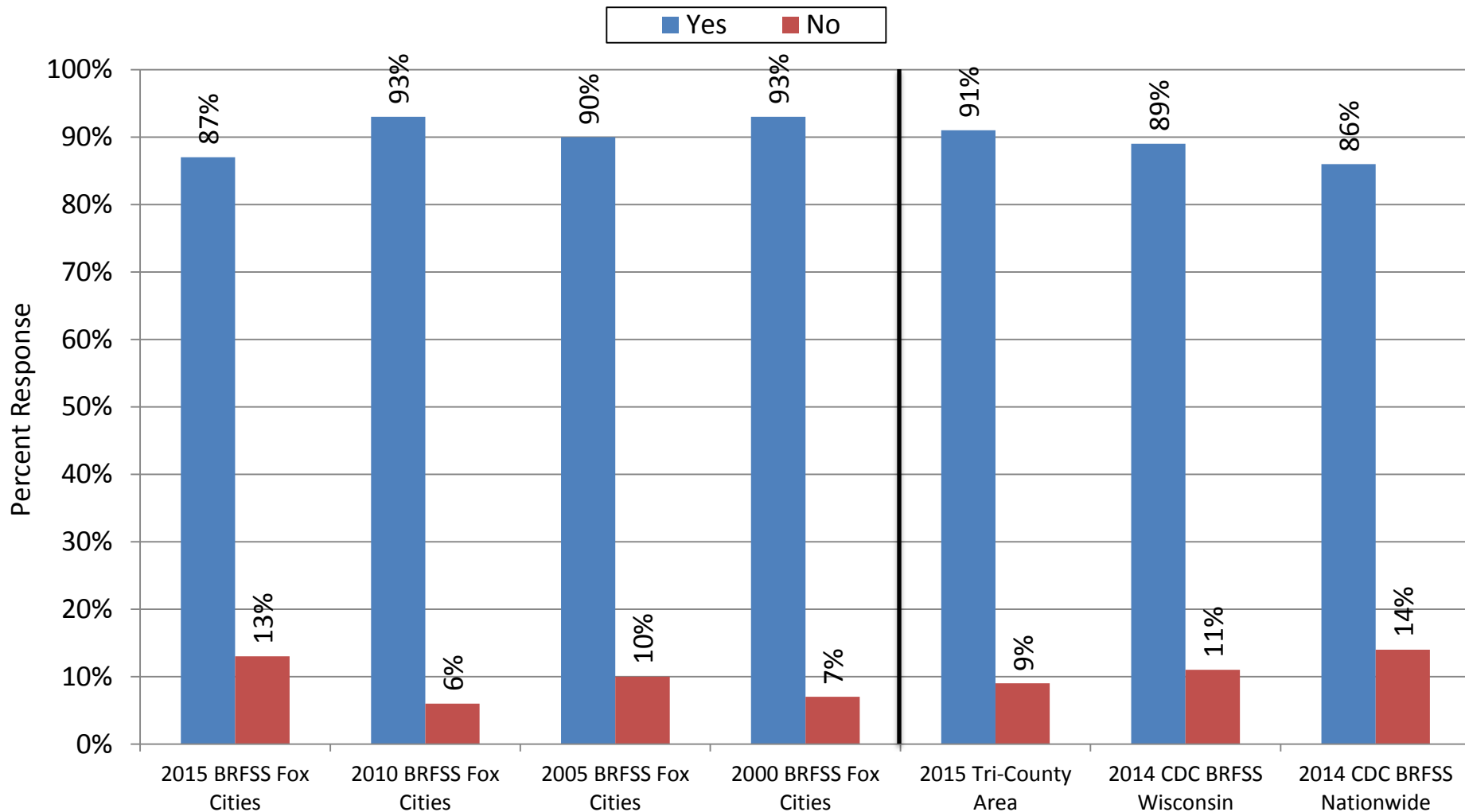
\* 2015 DATA CALCULATED WITH AGE 40 AND ABOVE TO REALIGN WITH OTHER COUNTIES.



# Breast Exam



**“A clinical breast exam is when a doctor, nurse or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?”**

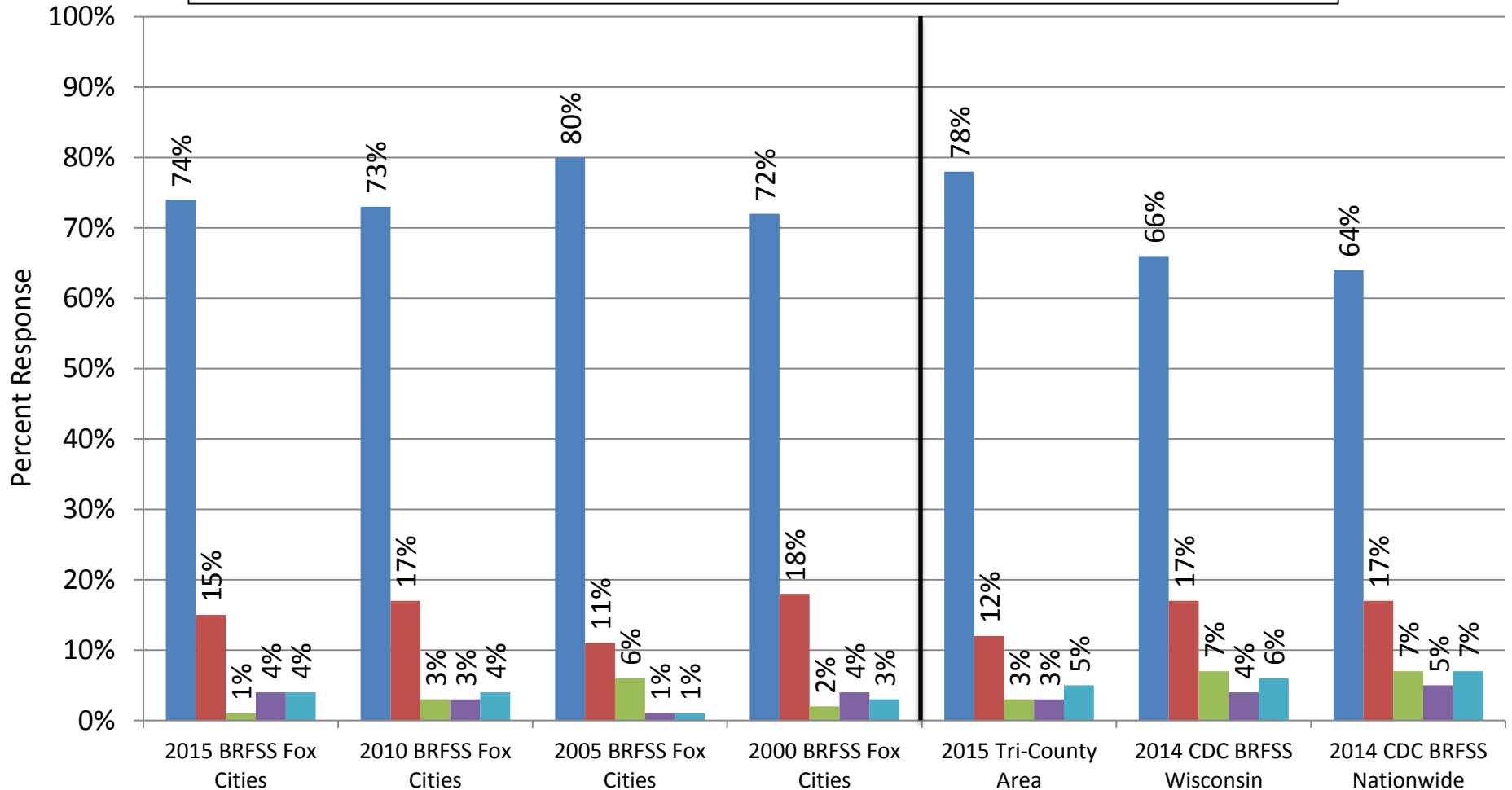
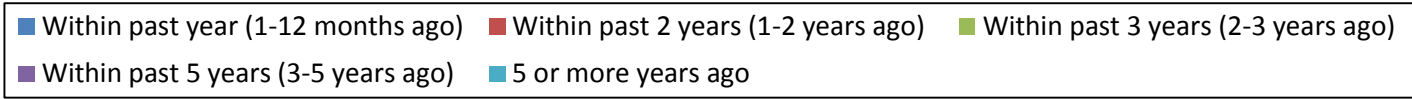




# Last Breast Exam



“How long has it been since your last breast exam?”



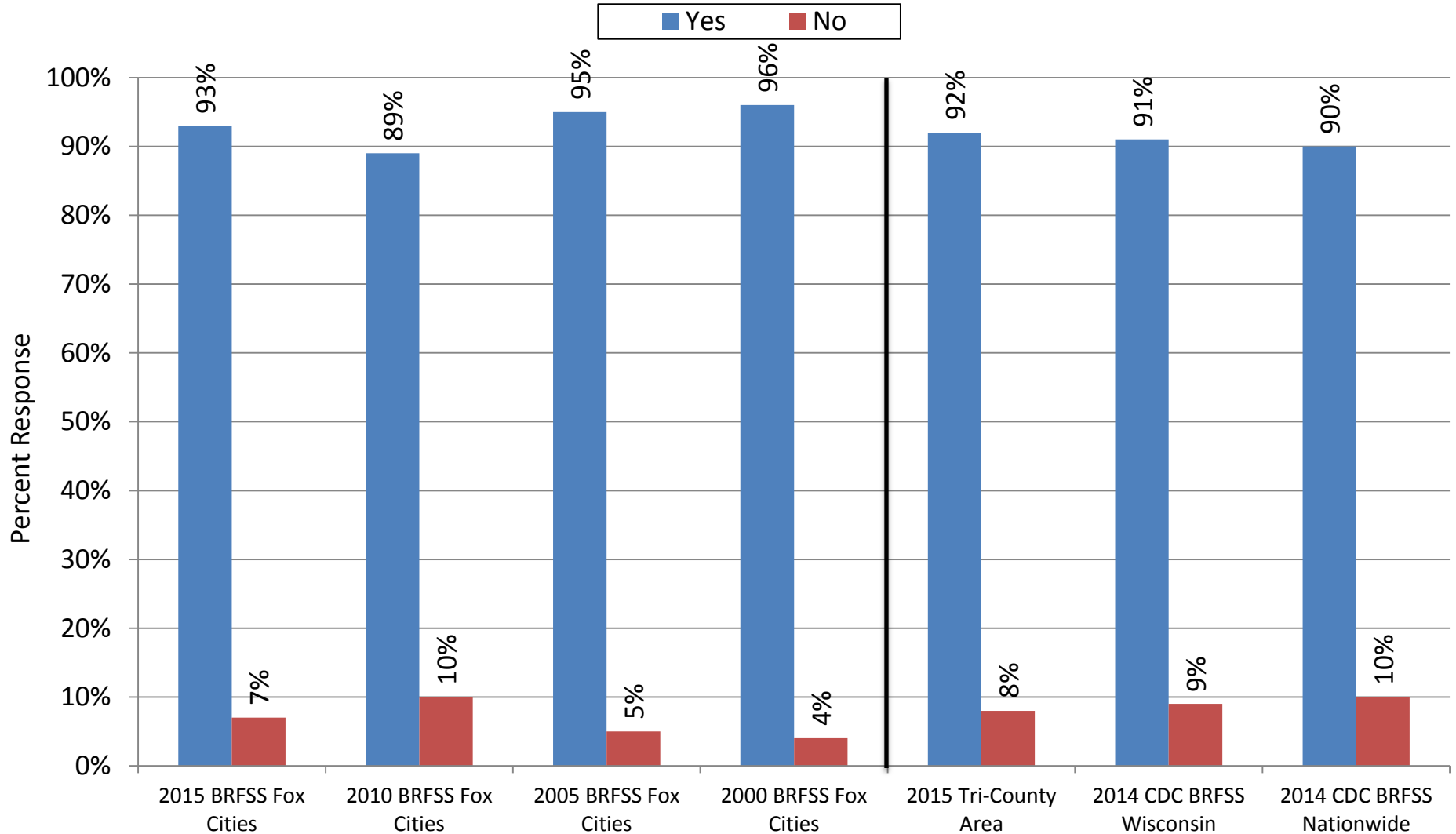




# Pap Test



“A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?”

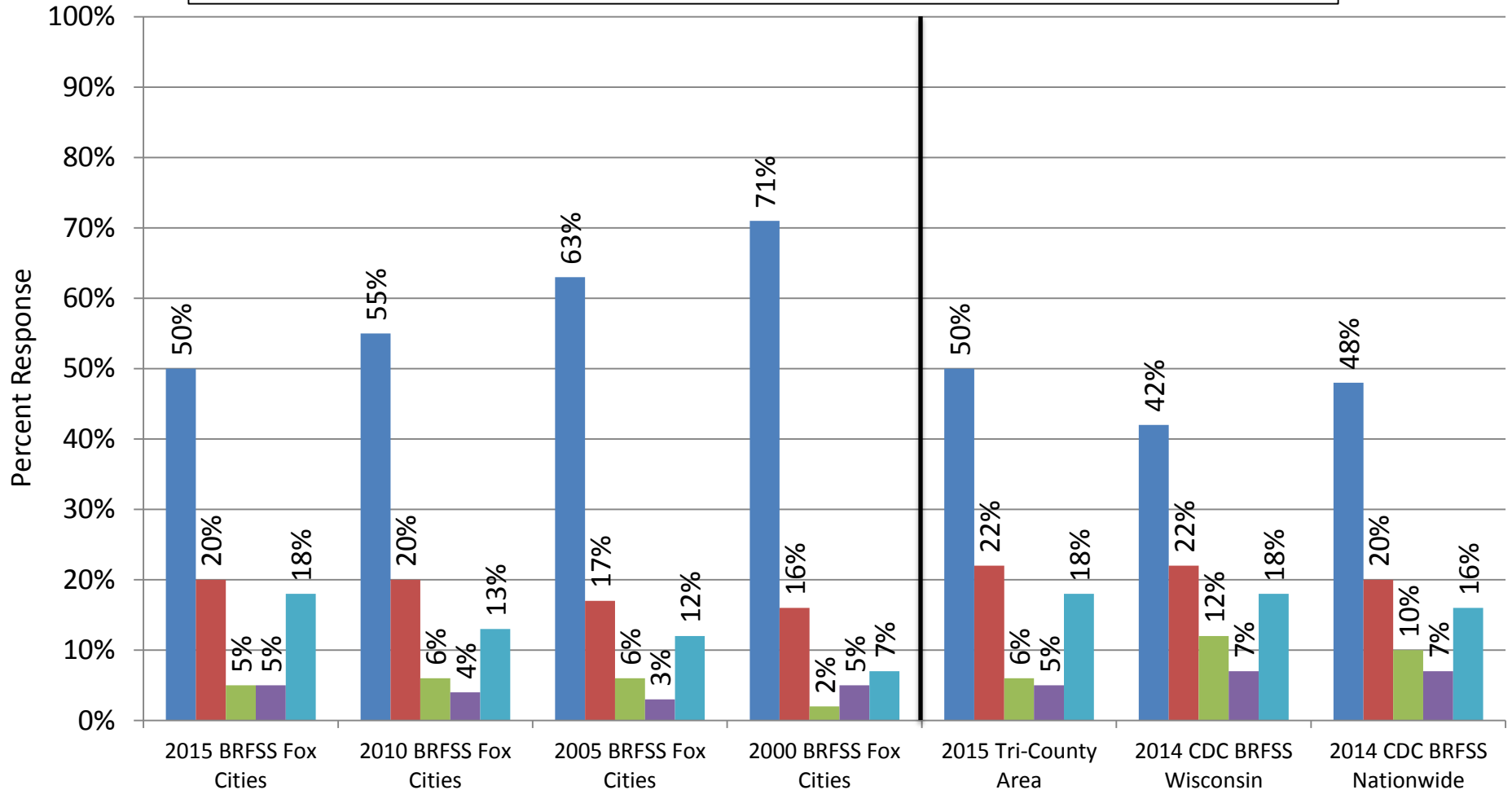
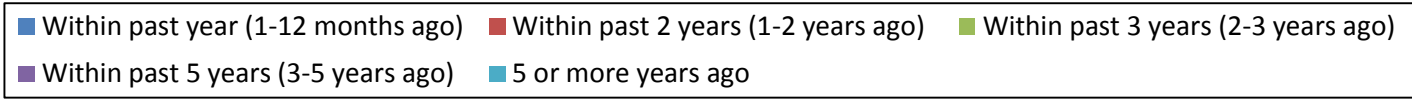




# Last Pap Test



“How long has it been since you had your last Pap test?”

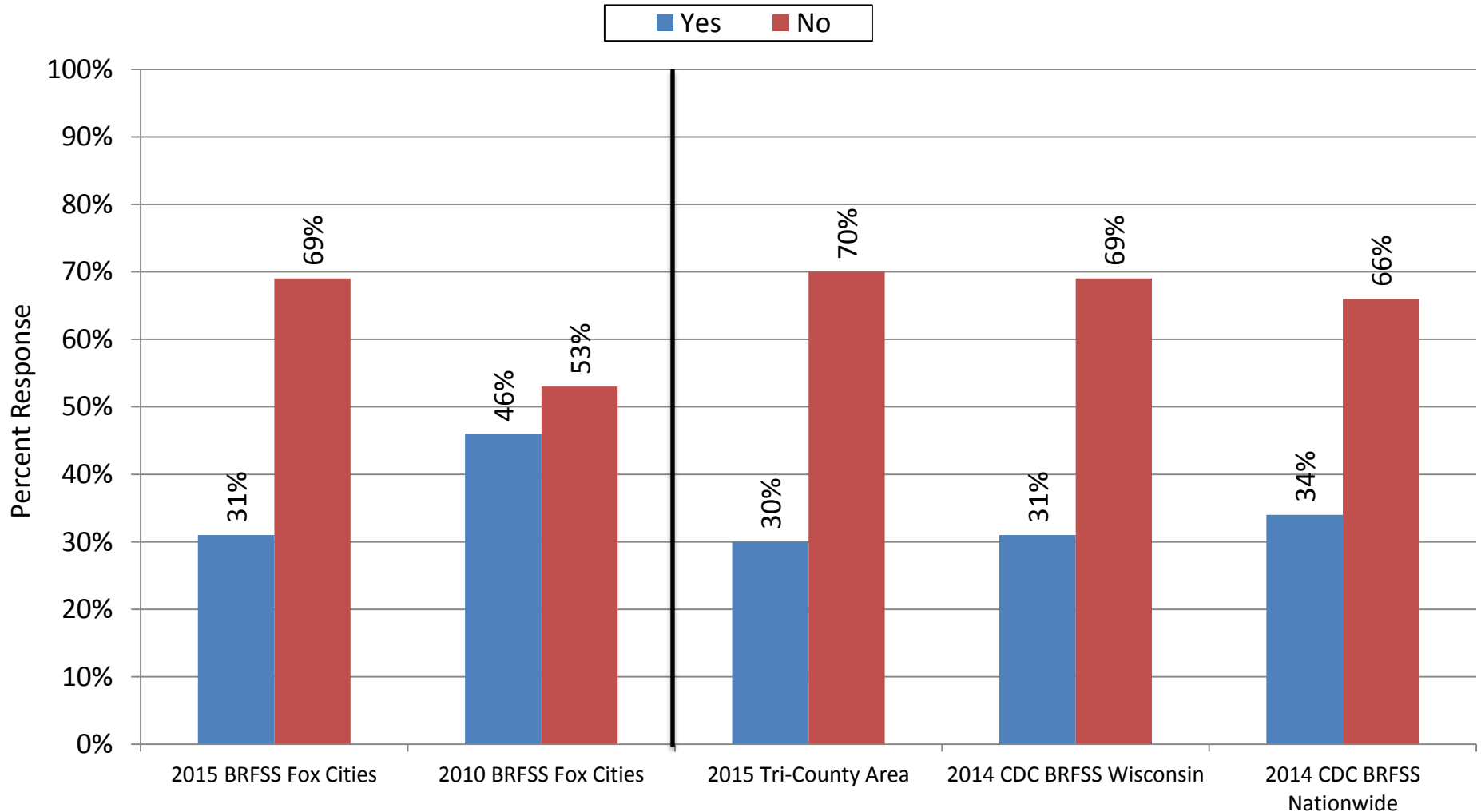




# Blood Stool Test



**“A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?” (Age 50+)**

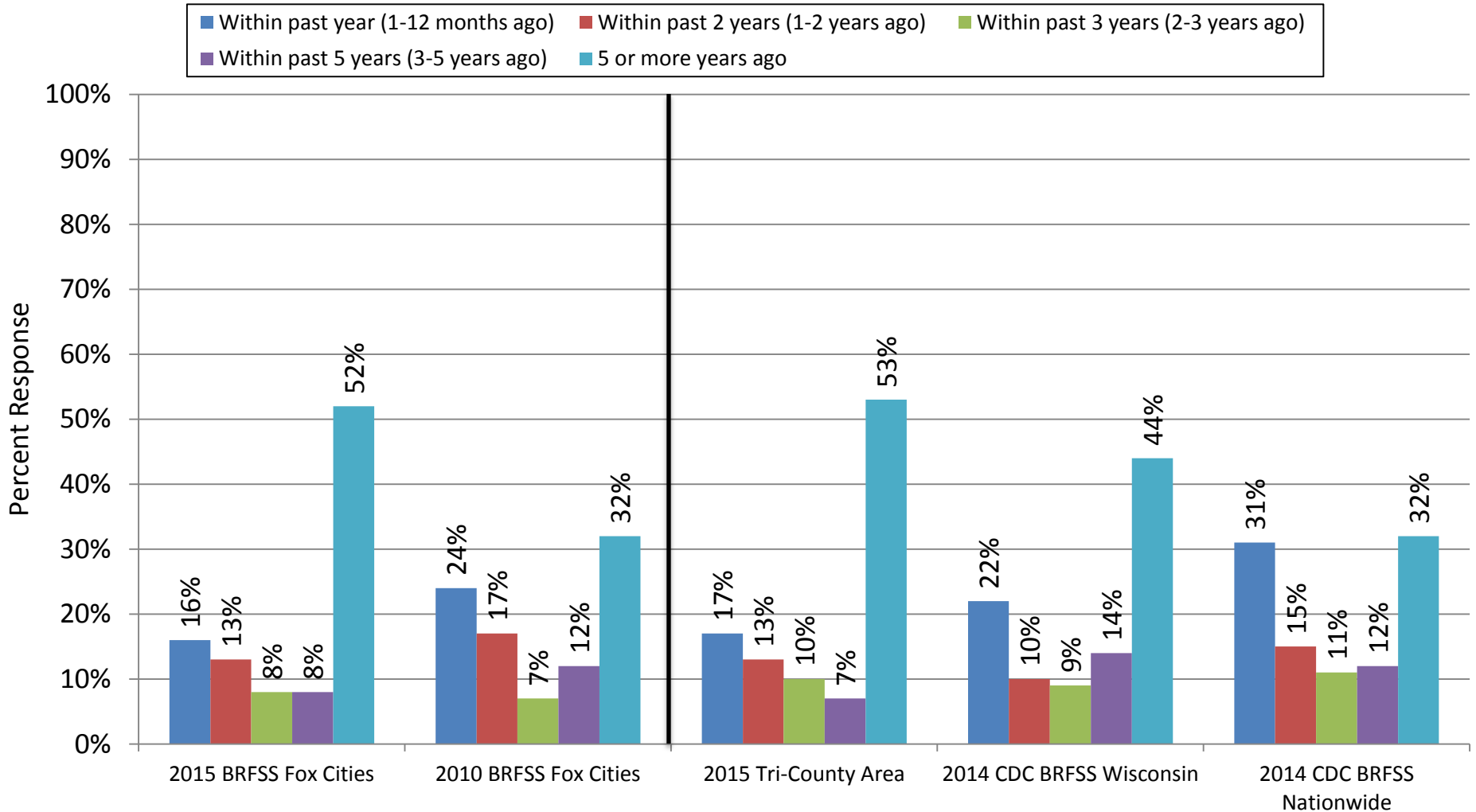


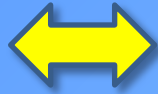


# Last Blood Stool Test

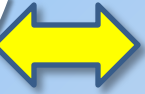


“How long has it been since you had your last blood stool test using a home kit?” (Age 50+)

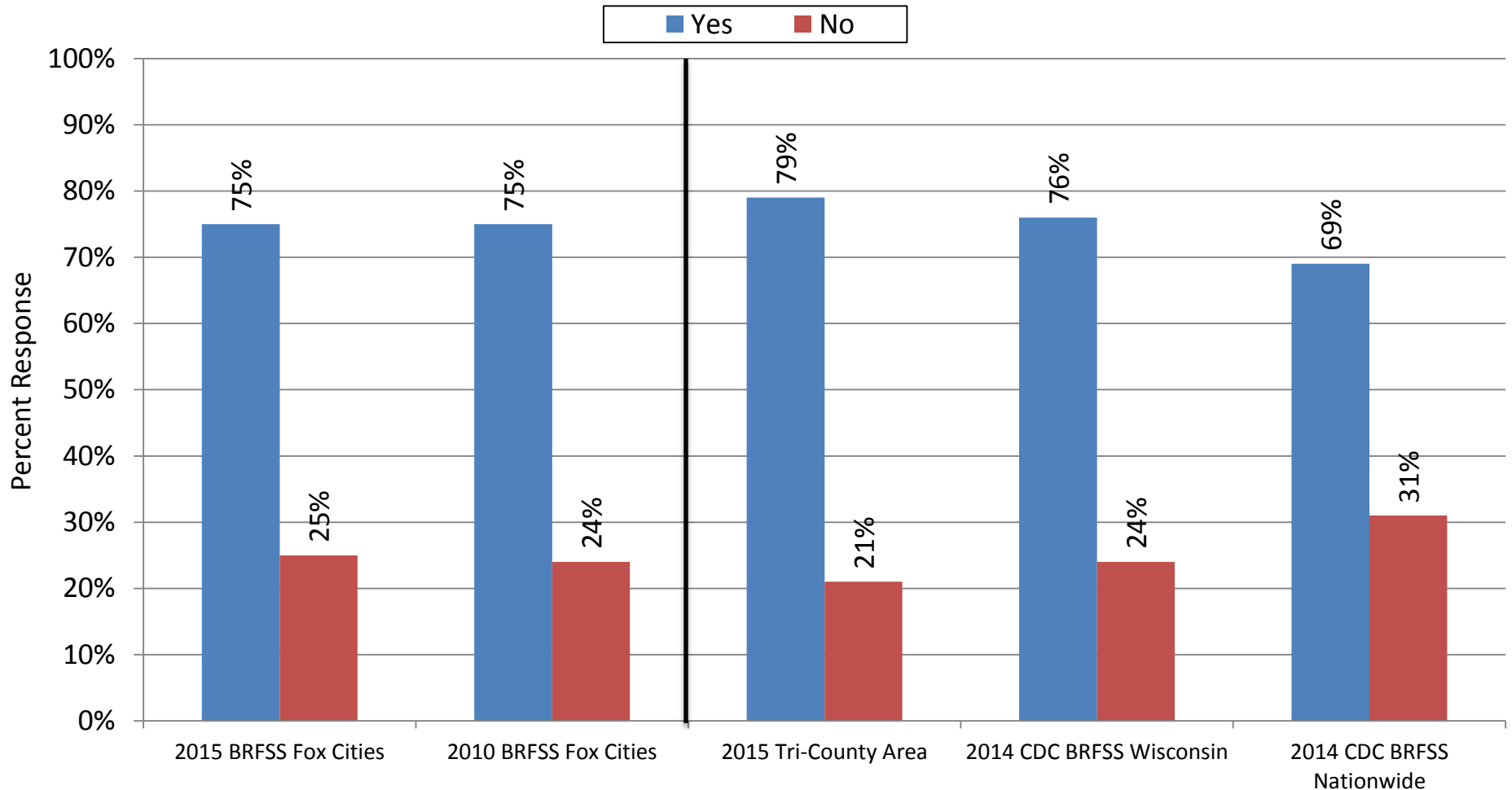




# Colonoscopy/Sigmoidoscopy



“Colonoscopy and Sigmoidoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?”

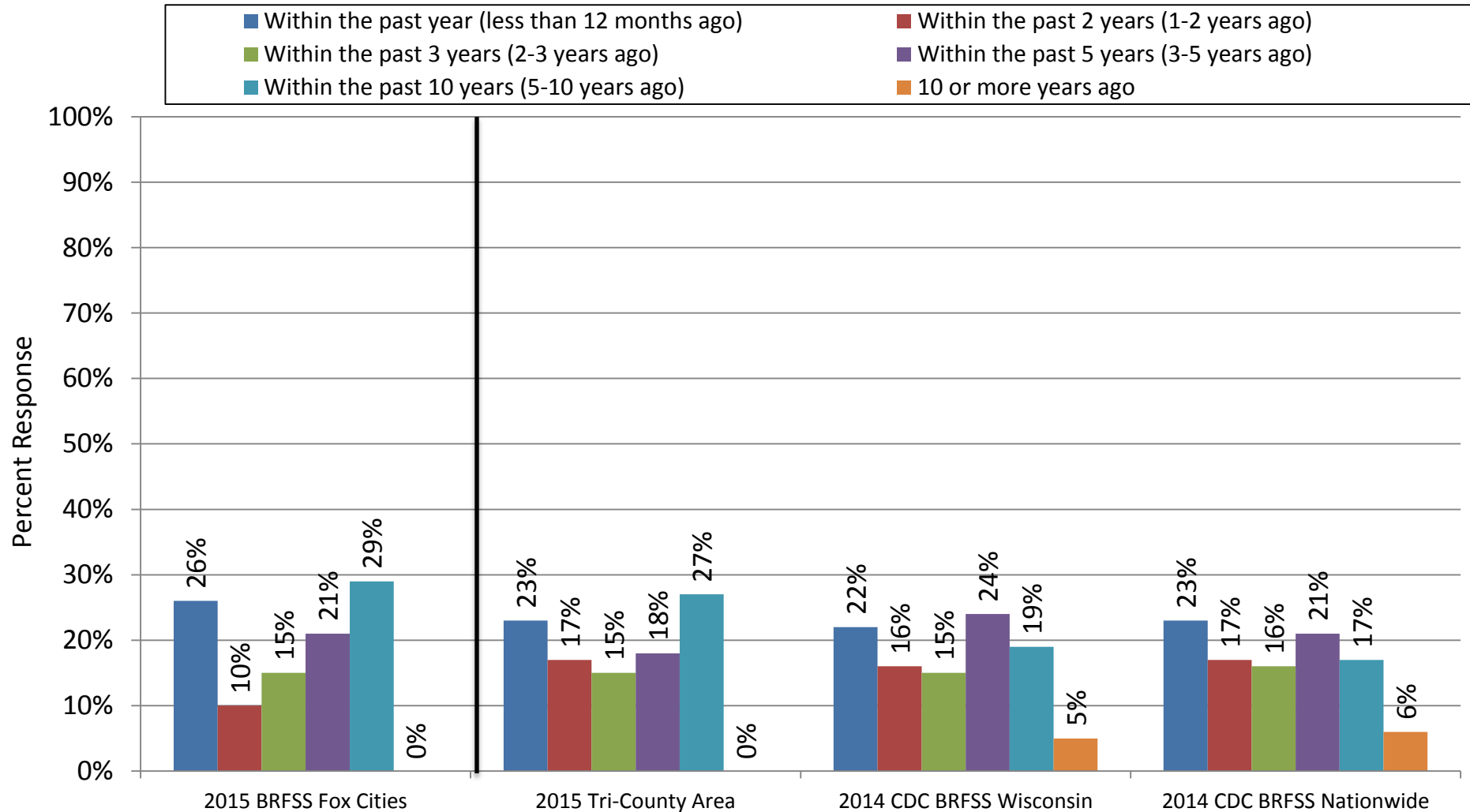


# Colonoscopy/Sigmoidoscopy

Local - State Comparison



**“How long has it been since your last sigmoidoscopy or colonoscopy?”**

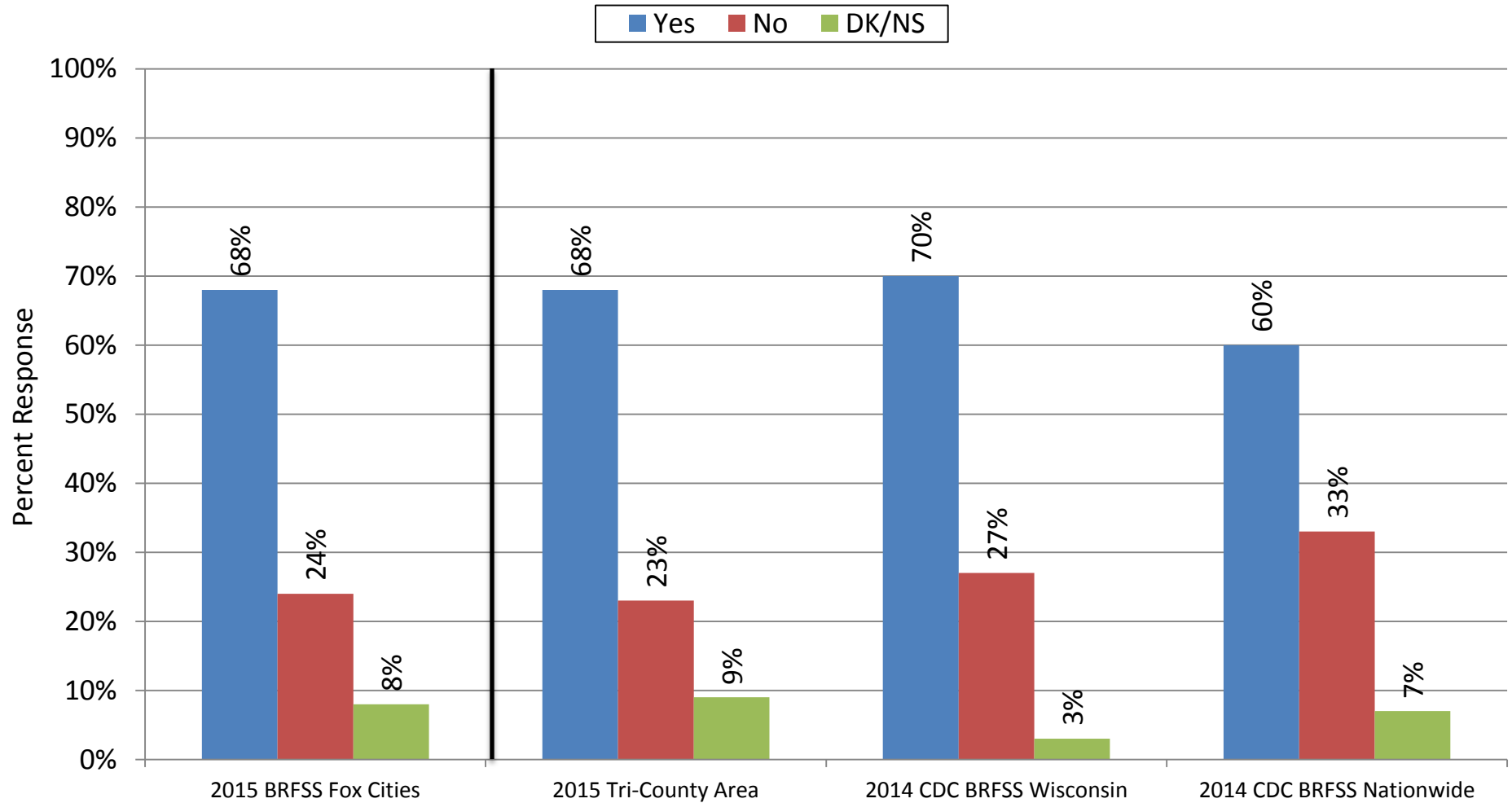


# Alcohol Screening

Local - State  
Comparison



“Did the health care provider ask you in person or on a form how much you drink?”



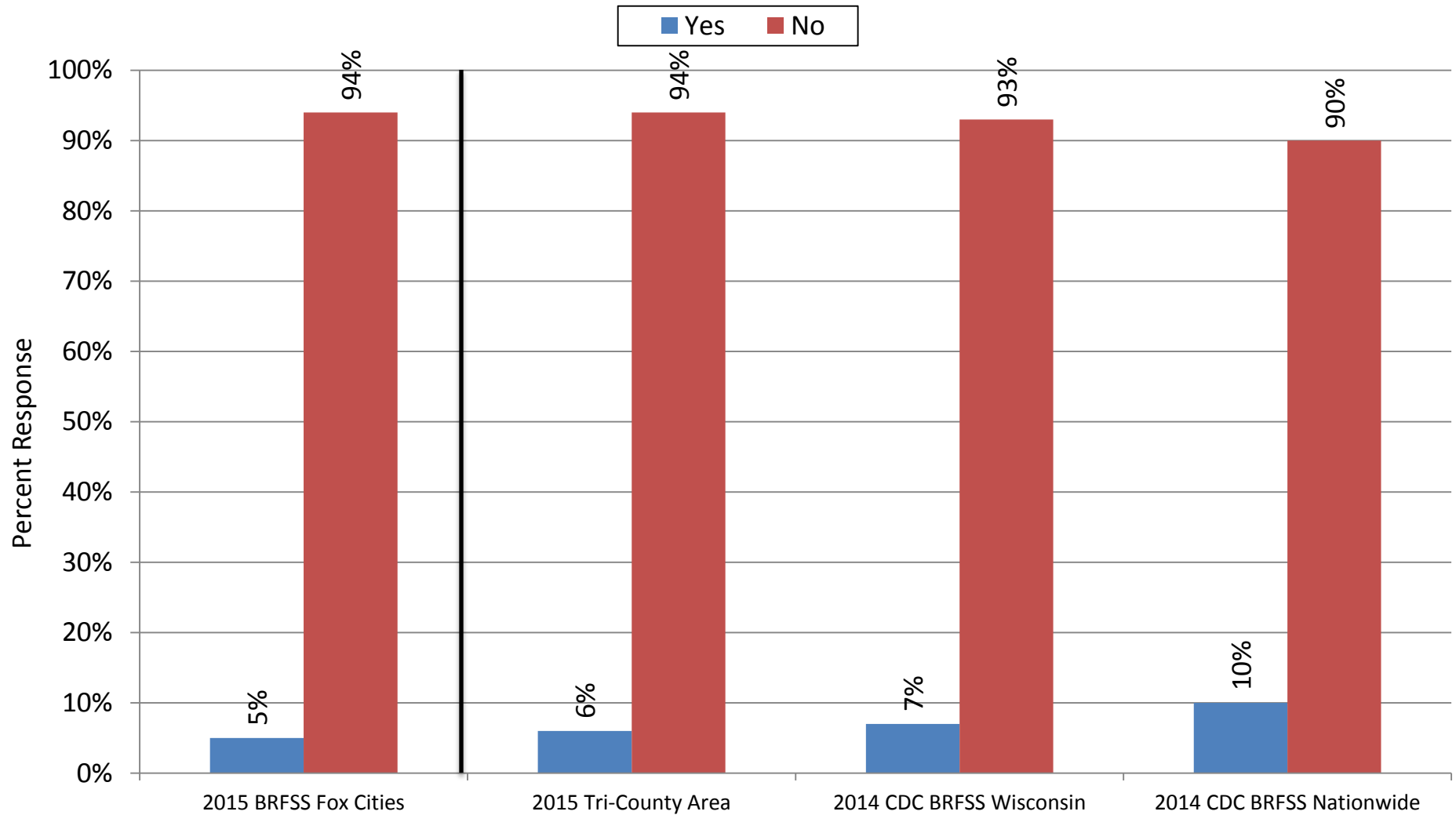
\*ONLY RESPONDENTS WHO HAD A CHECKUP WITHIN THE PAST 2 YEARS.

# Alcohol Screening

Local - State  
Comparison



“At your last routine checkup, were you advised to reduce or quit drinking?”



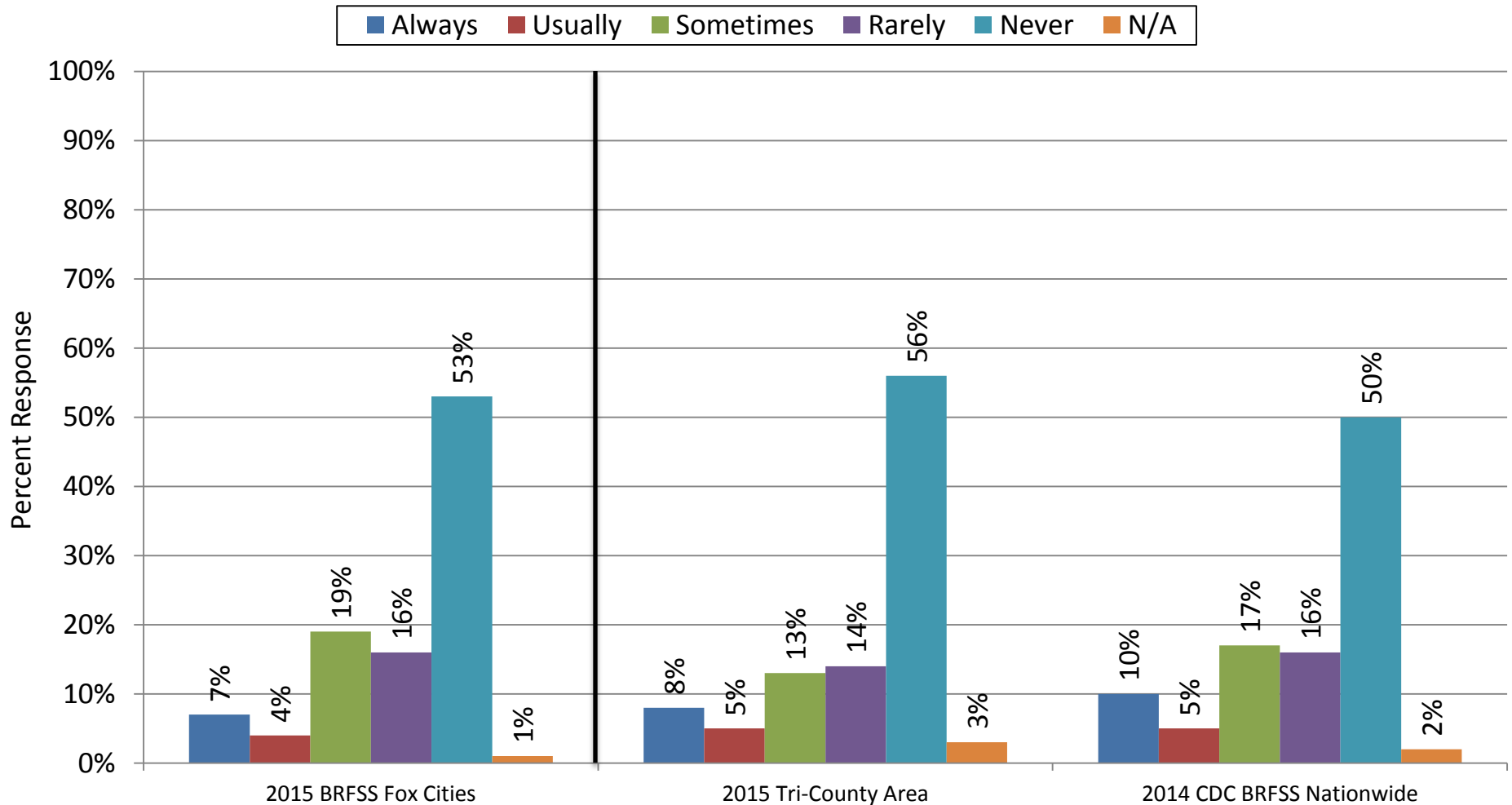


# Social Context

Local - National  
Comparison



“How often in the past 12 months would you say you were worried or stressed about having enough money to pay your rent/mortgage? Would you say...”



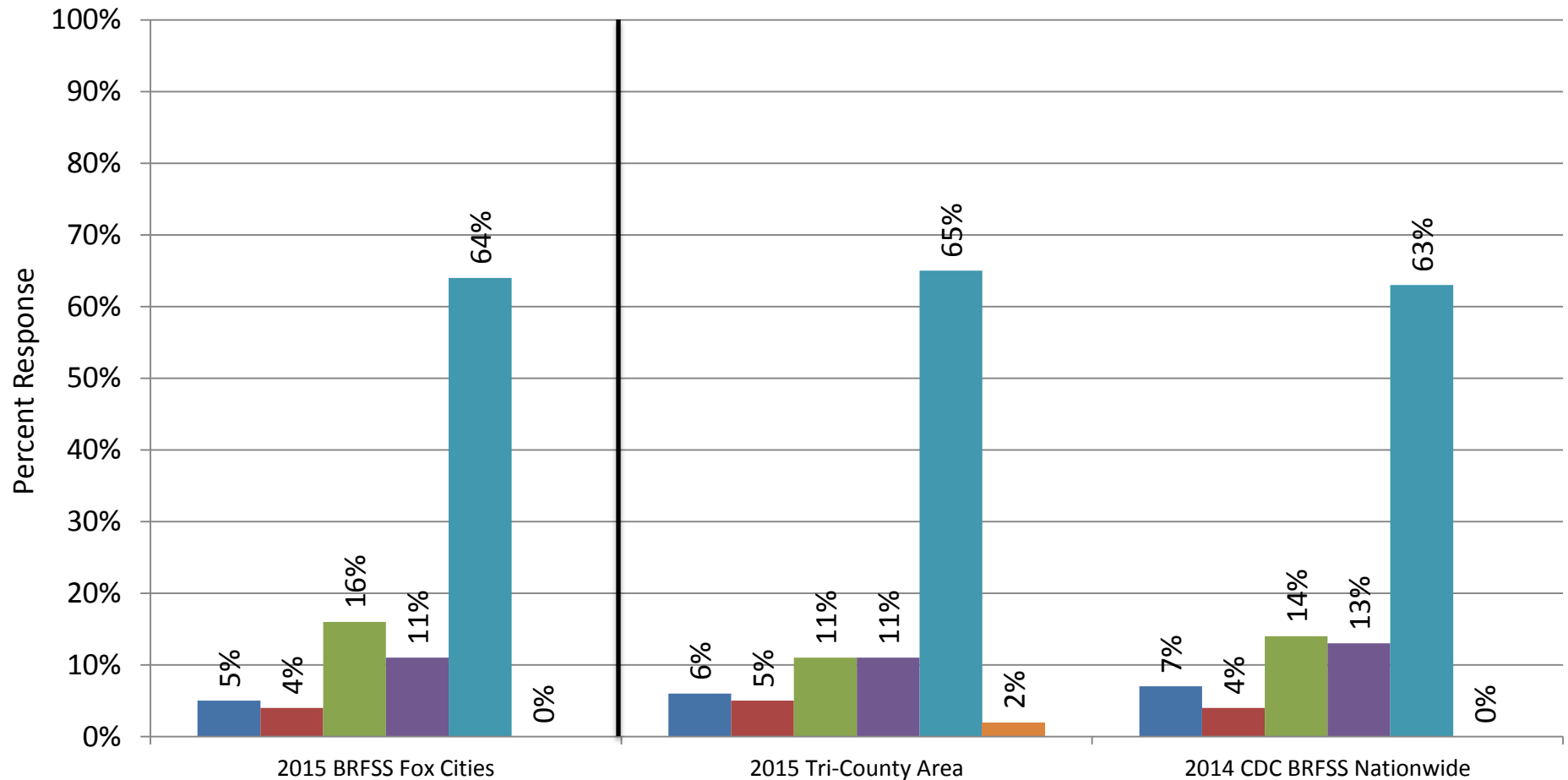
# Social Context

Local - National  
Comparison



“How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals? Would you say...”

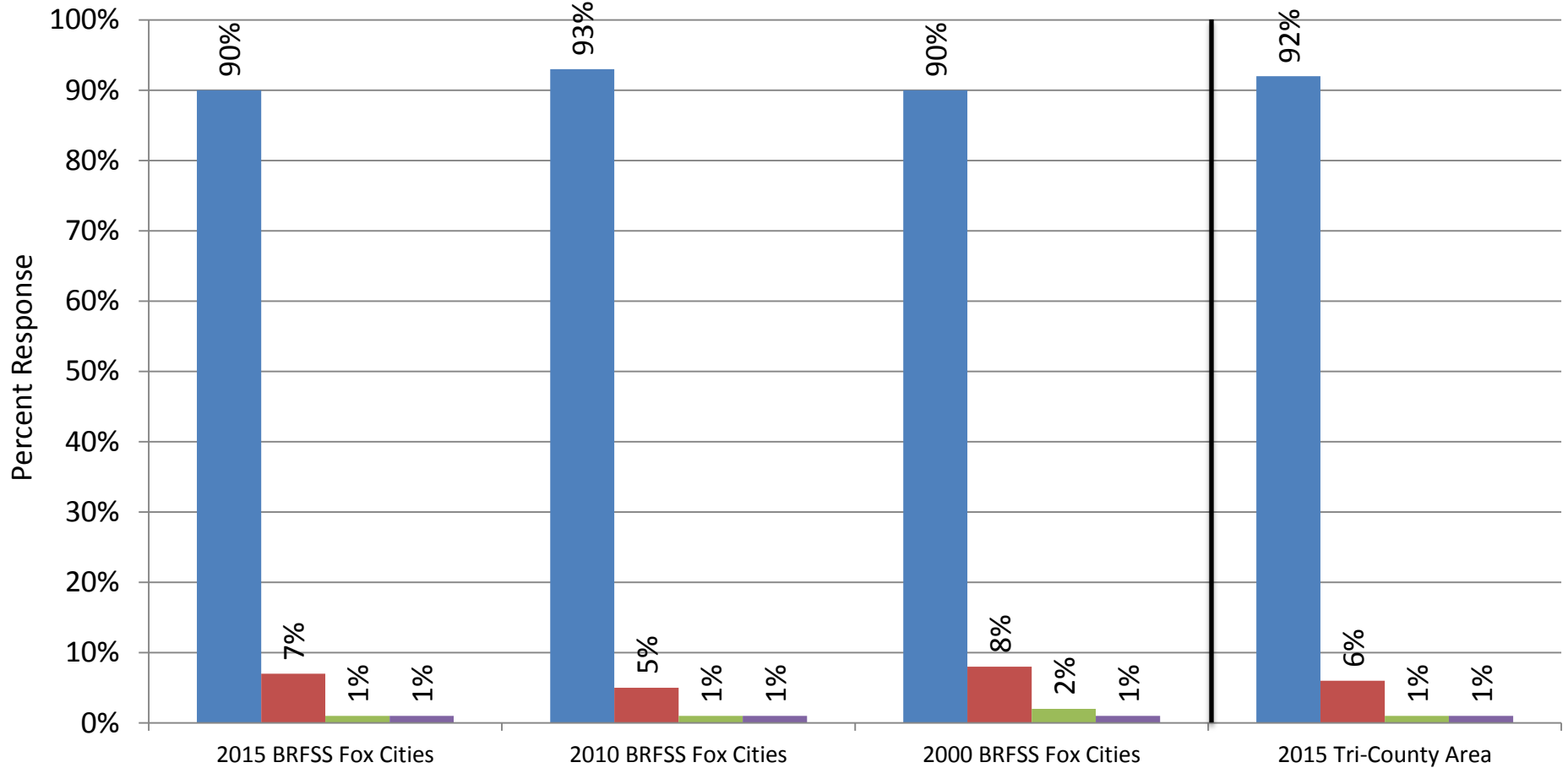
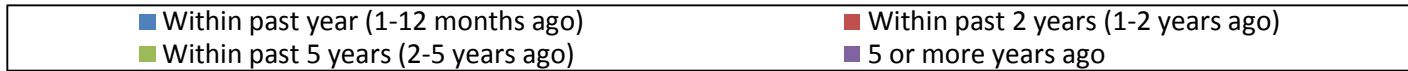
Always Usually Sometimes Rarely Never Not Applicable





# Hypertension Awareness

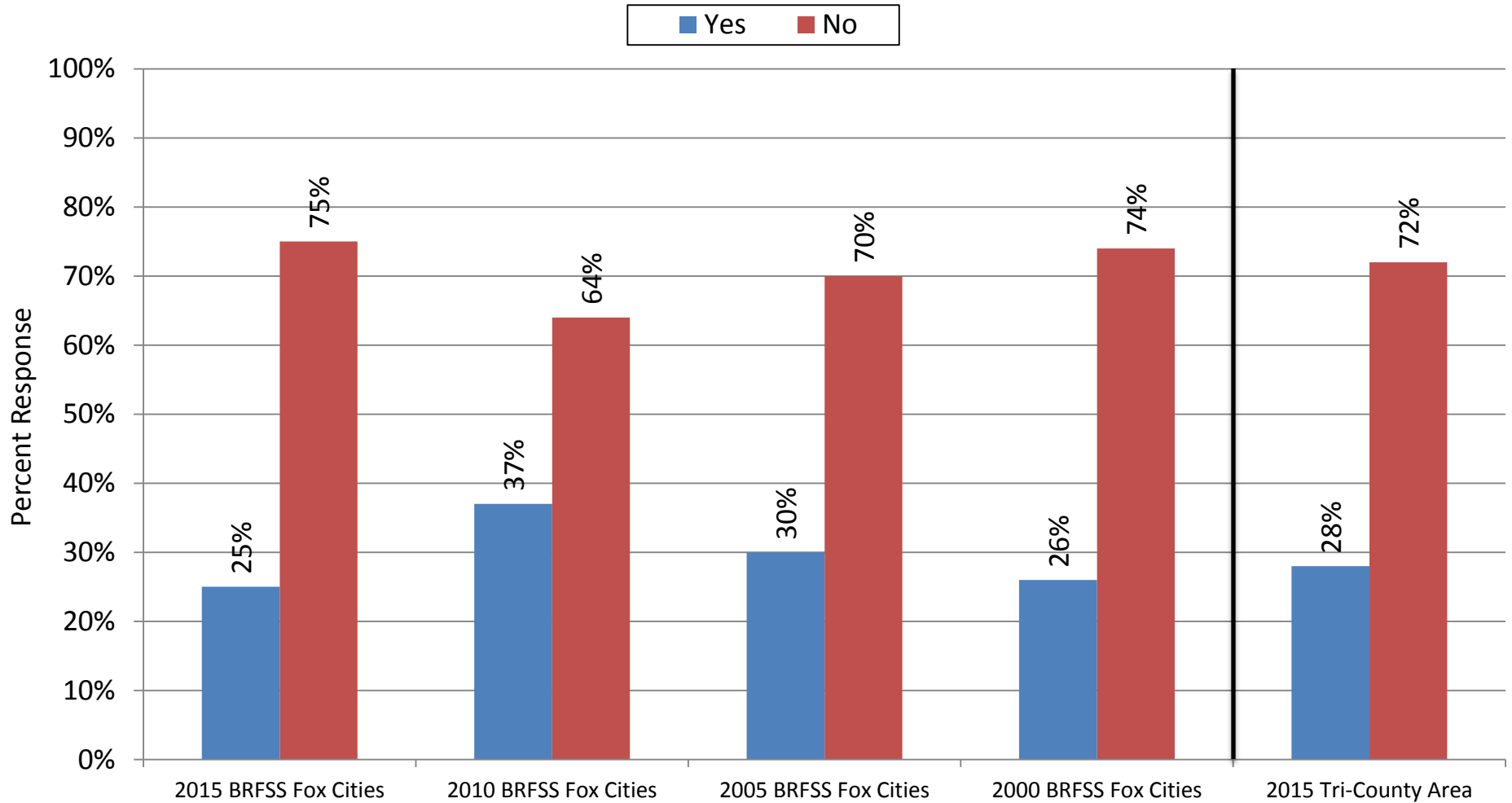
**“About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?”**





# Hypertension Awareness

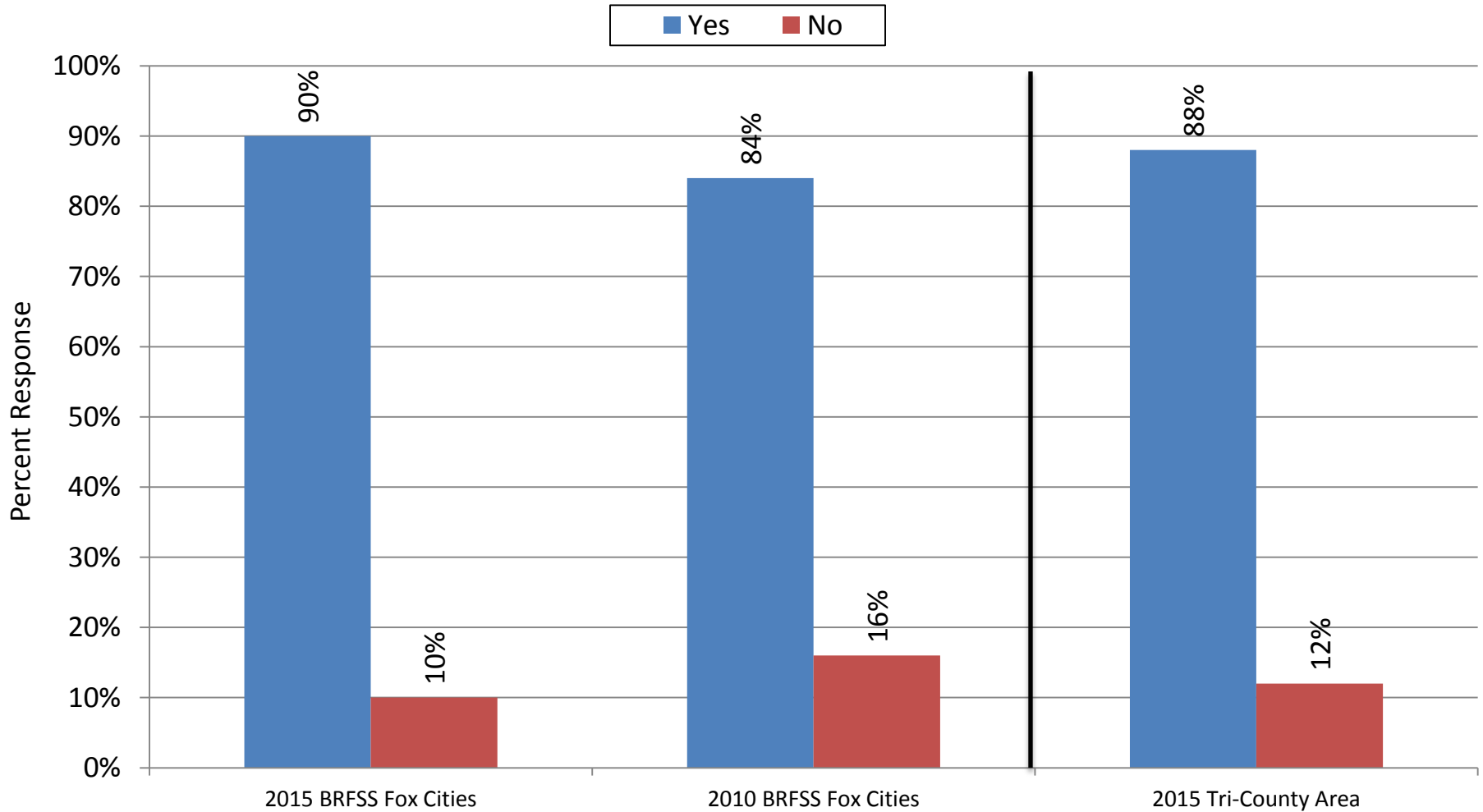
“Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”





# Hypertension Awareness

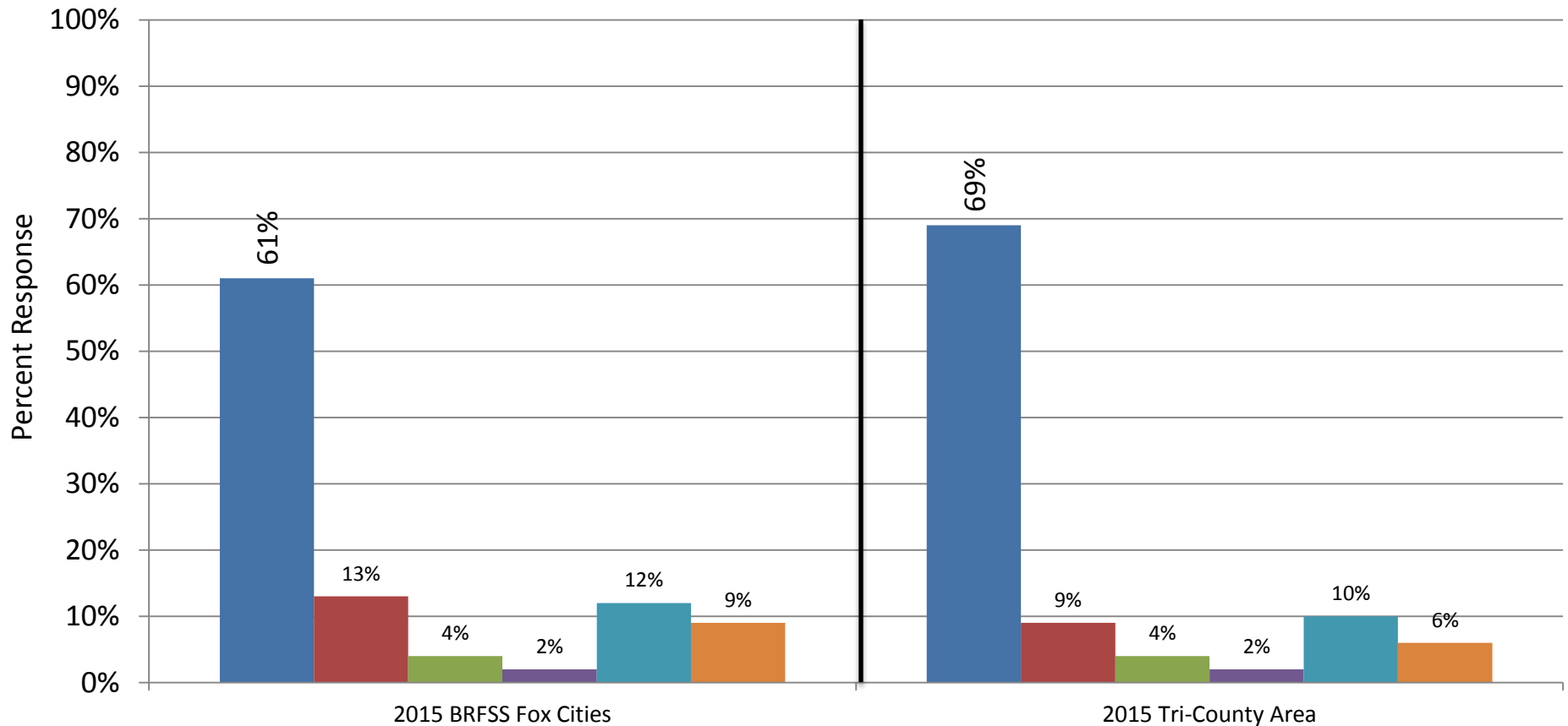
“Are you taking any action to help control your blood pressure? (losing weight, increasing physical activity, reducing salt intake, or taking medication)”



# Cholesterol Awareness

**“Blood cholesterol is a fatty substance found in the blood. How long has it been since you last had your blood cholesterol checked?”**

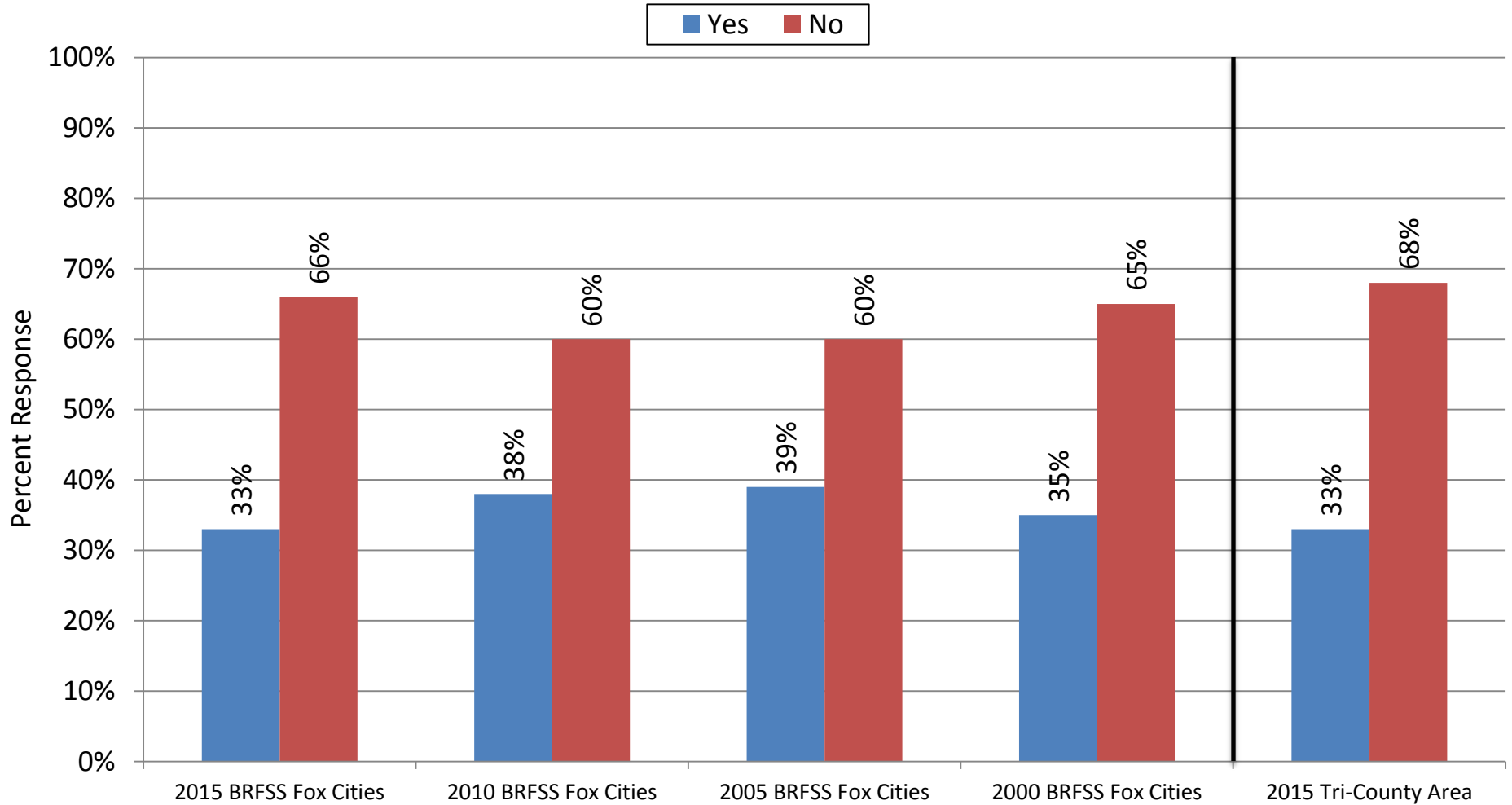
- Within the past year (1-12 months ago)
- Within the past 2 years (1-2 years ago)
- Within the past 5 years (2-5 years ago)
- 5 or more years ago
- Never
- DK/NS





# Cholesterol Awareness

**“Have you ever been told by a doctor or other health professional that your blood cholesterol is high?”**

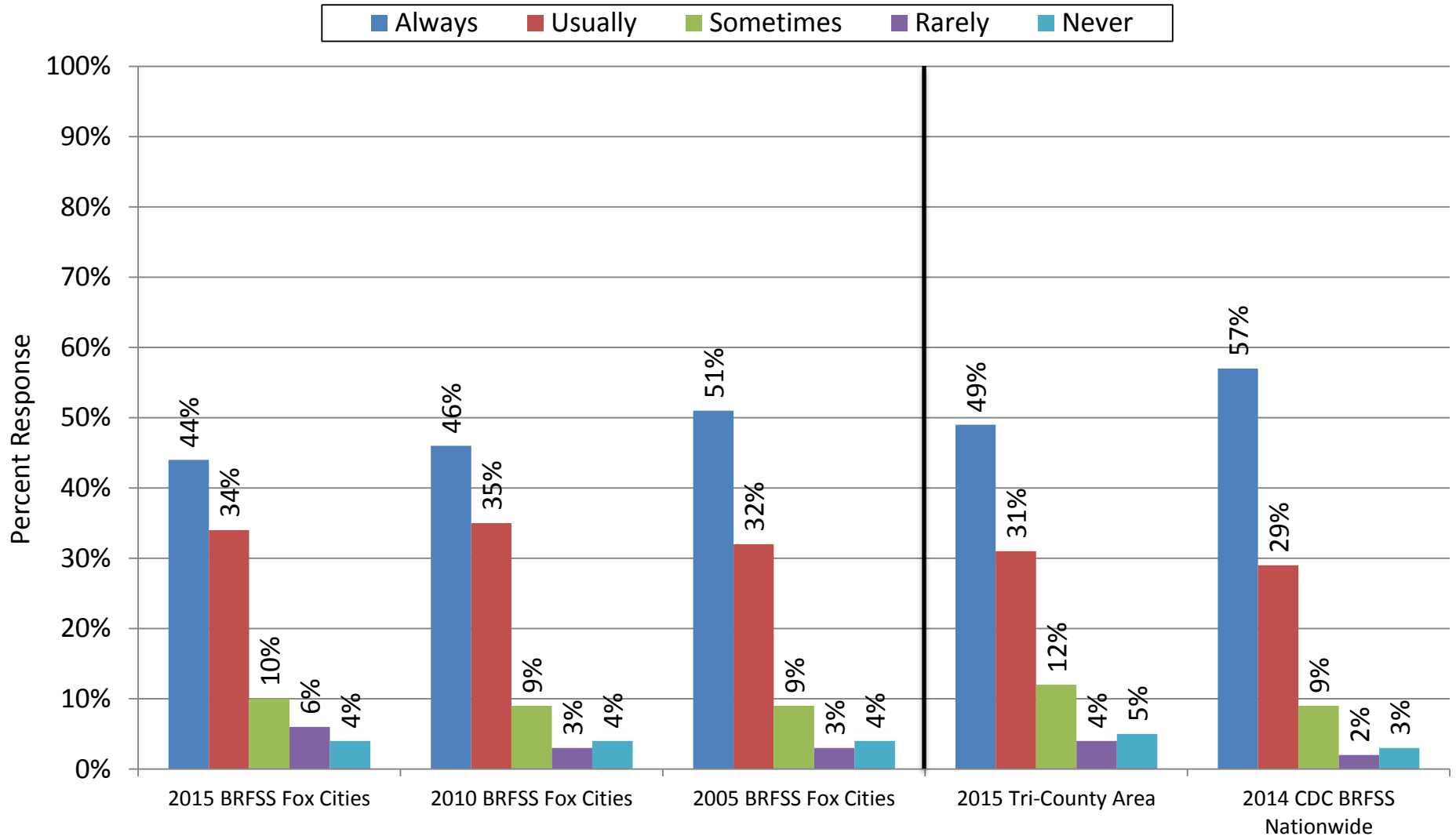




# Emotional Support



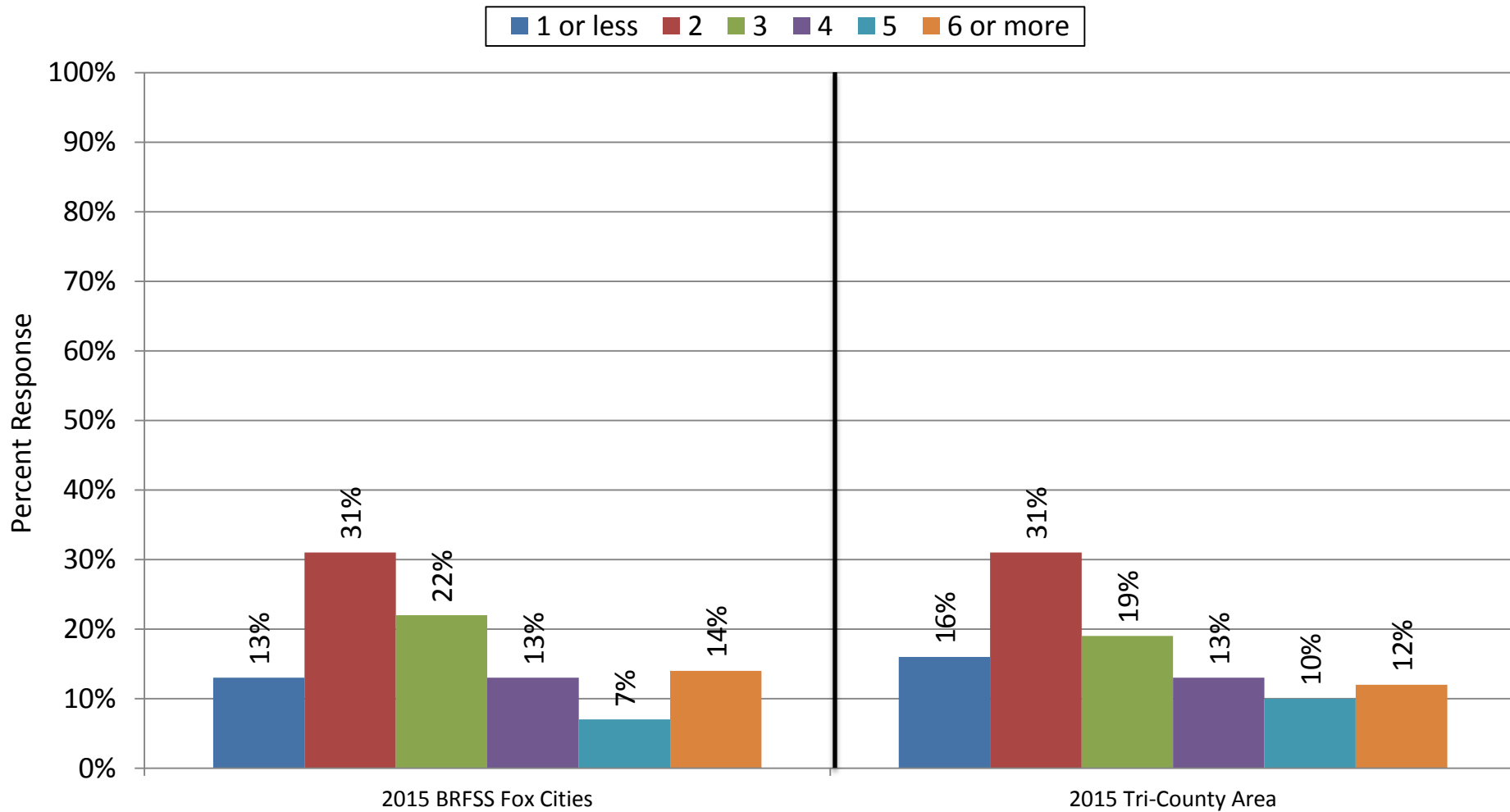
“How often do you get the social and emotional support you need?”





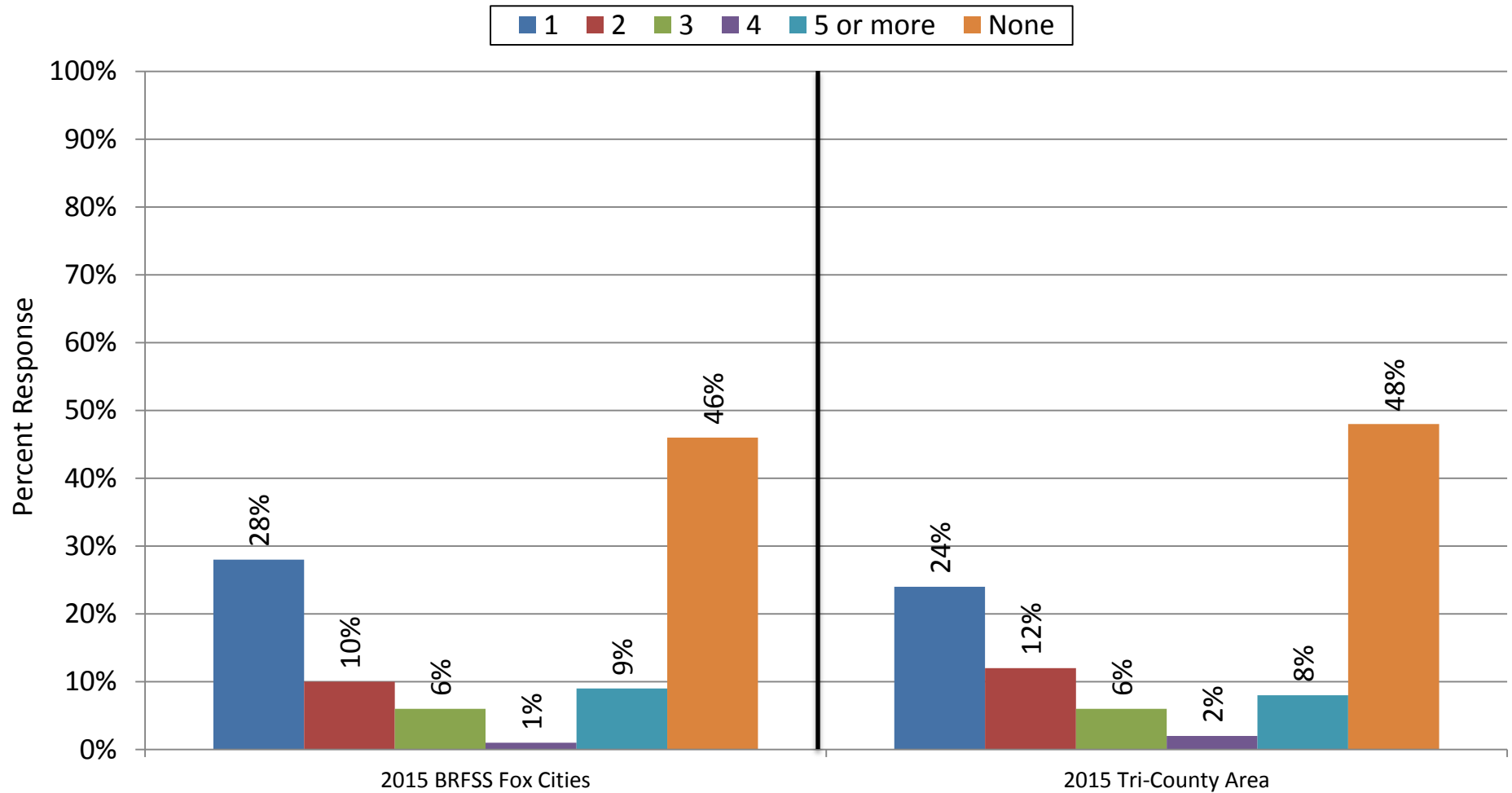
# Screen Time

**“On average, approximately how many hours a day do you spend in front of a TV, computer, smart phone, tablet, or video gaming system at home or for leisure?”**



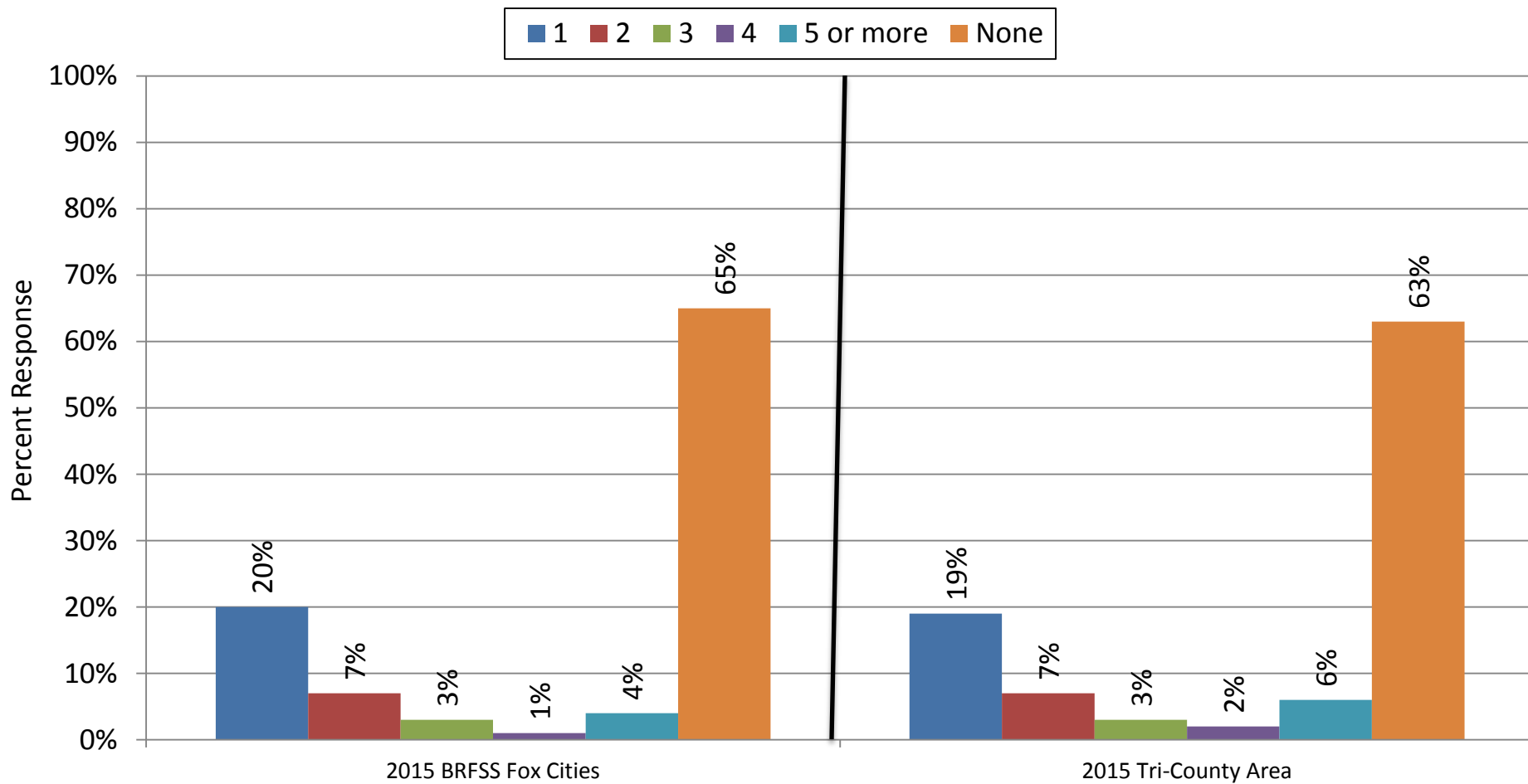
# Sugar Drinks – Pop/Soda

“During the past 30 days, on the days when you drank regular soda or pop that contains sugar, about how many drinks did you drink on average?”



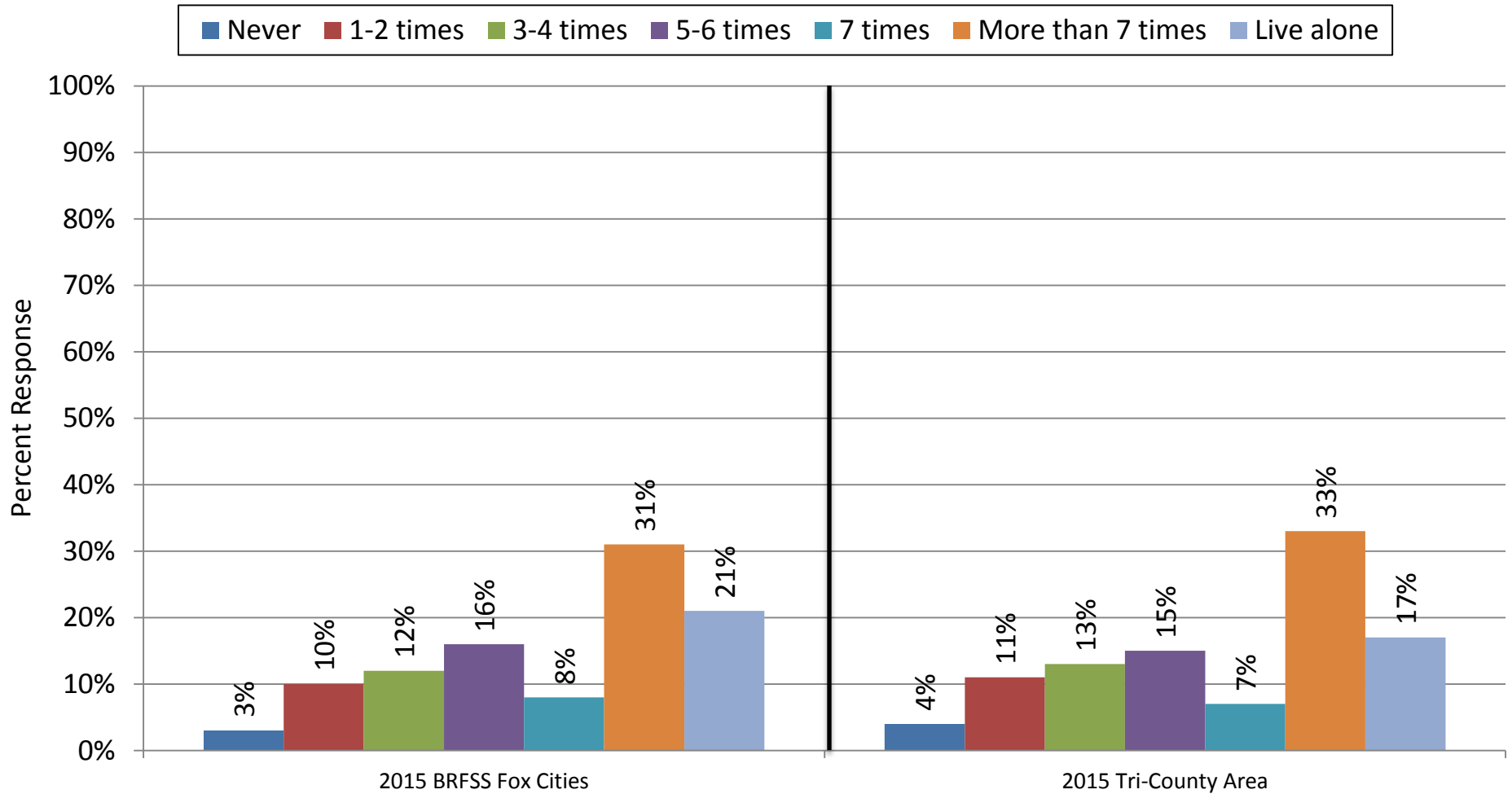
# Sugar Drinks - Other

“During the past 30 days, on the days when you drink sugar-sweetened fruit drinks, sweet tea, and sports or energy drinks, about how many drinks did you drink on average?”



# Family Dining

“During the past week, how many times did all, or most, of your family living in your household eat a meal together?”



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