

# ***2015 Fox Valley Regional Behavioral Risk Factor Surveillance System: Regional Data Comparison***



Appleton, Menasha, and  
Neenah

Outagamie County

Calumet County

Winnebago County

# ***2015 Fox Valley Regional Behavioral Risk Factor Surveillance System:***

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



***Affinity Health System***

***Aurora Health Care***

***Calumet County Health Department***

***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 Division of Health and Human Services***

***ThedaCare***

***Winnebago County Health Department***

# *Methodology*

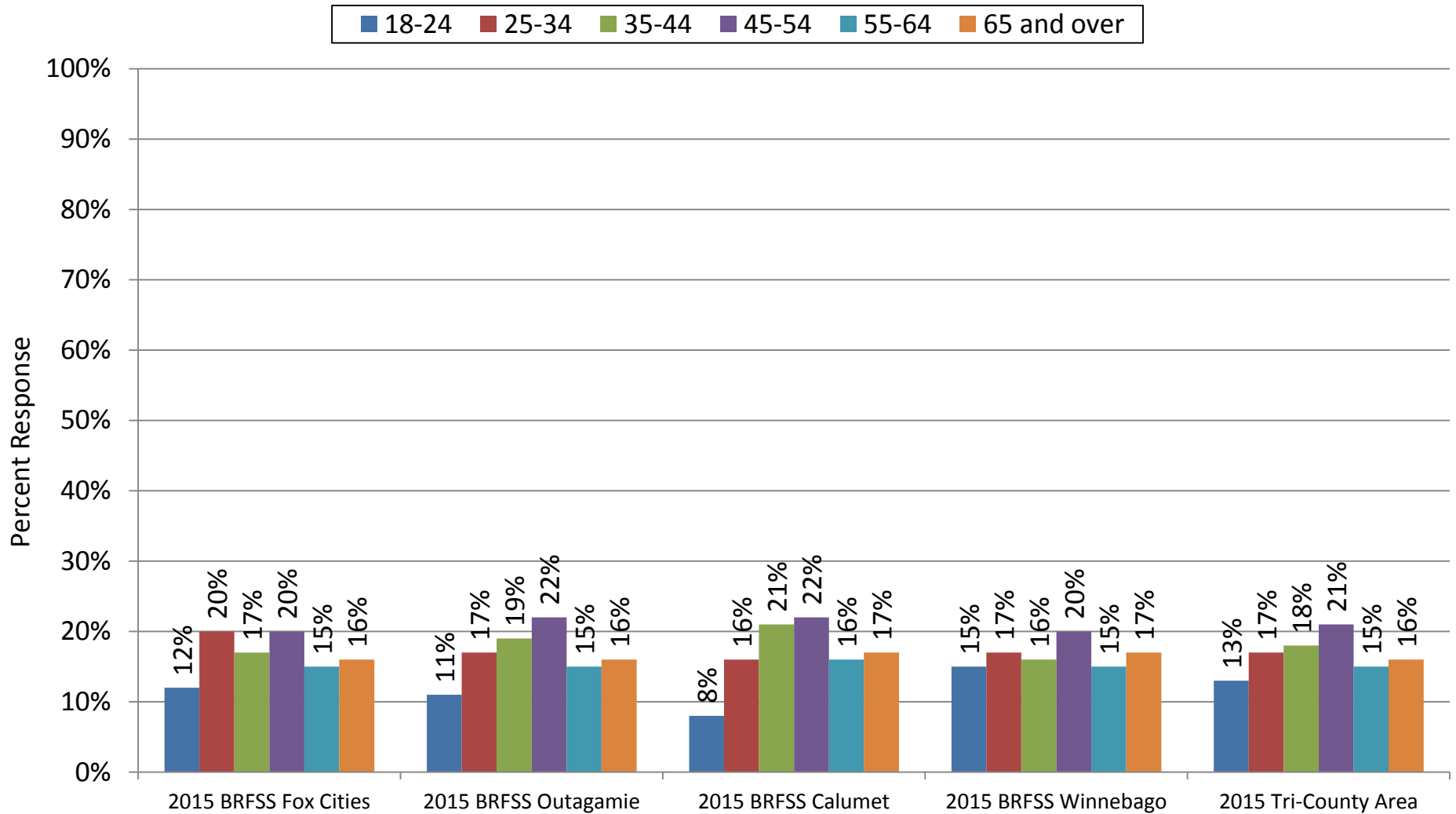
- **1605 telephone interviews**
  - conducted 11/11/14 through 3/12/15
- **Random, selection of persons 18 years old and older – data weighted by age and gender to align to 2010 census for comparison**
- **Low margin of error**
  - 95% confidence obtained in survey
- **2010 US Census estimates for Sample Area**
  - 298,866 persons 18 years or older
  - 166,173 households

# *The Data Sources*

- **LOCAL DATA:**
  - 2015 Fox Cities BRFSS
  - 2015 Calumet County BRFSS
  - 2015 Outagamie County BRFSS
  - 2015 Winnebago County BRFSS

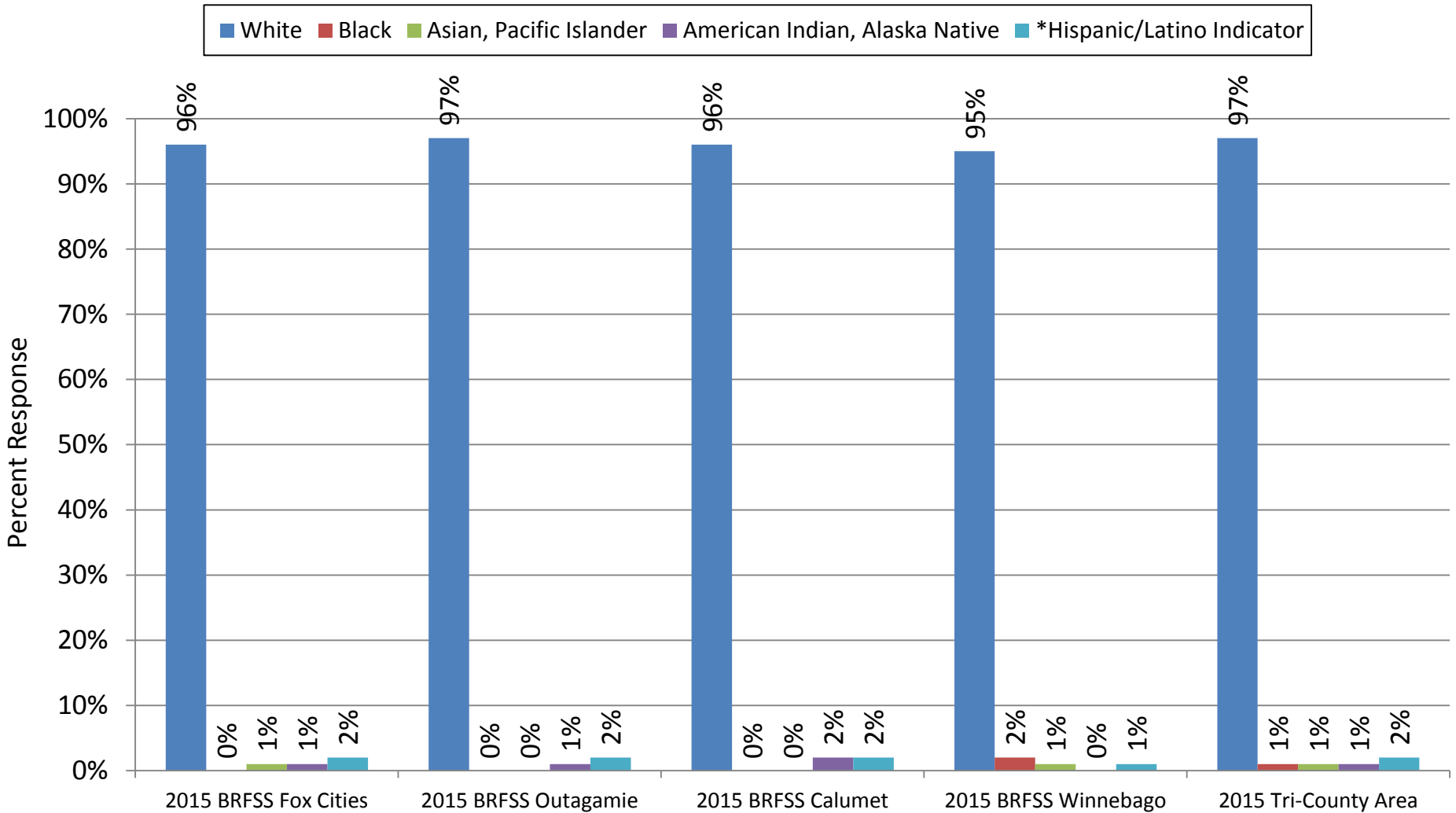
# Demographic Age

“What is your age?”



# Demographic Ethnic Heritage

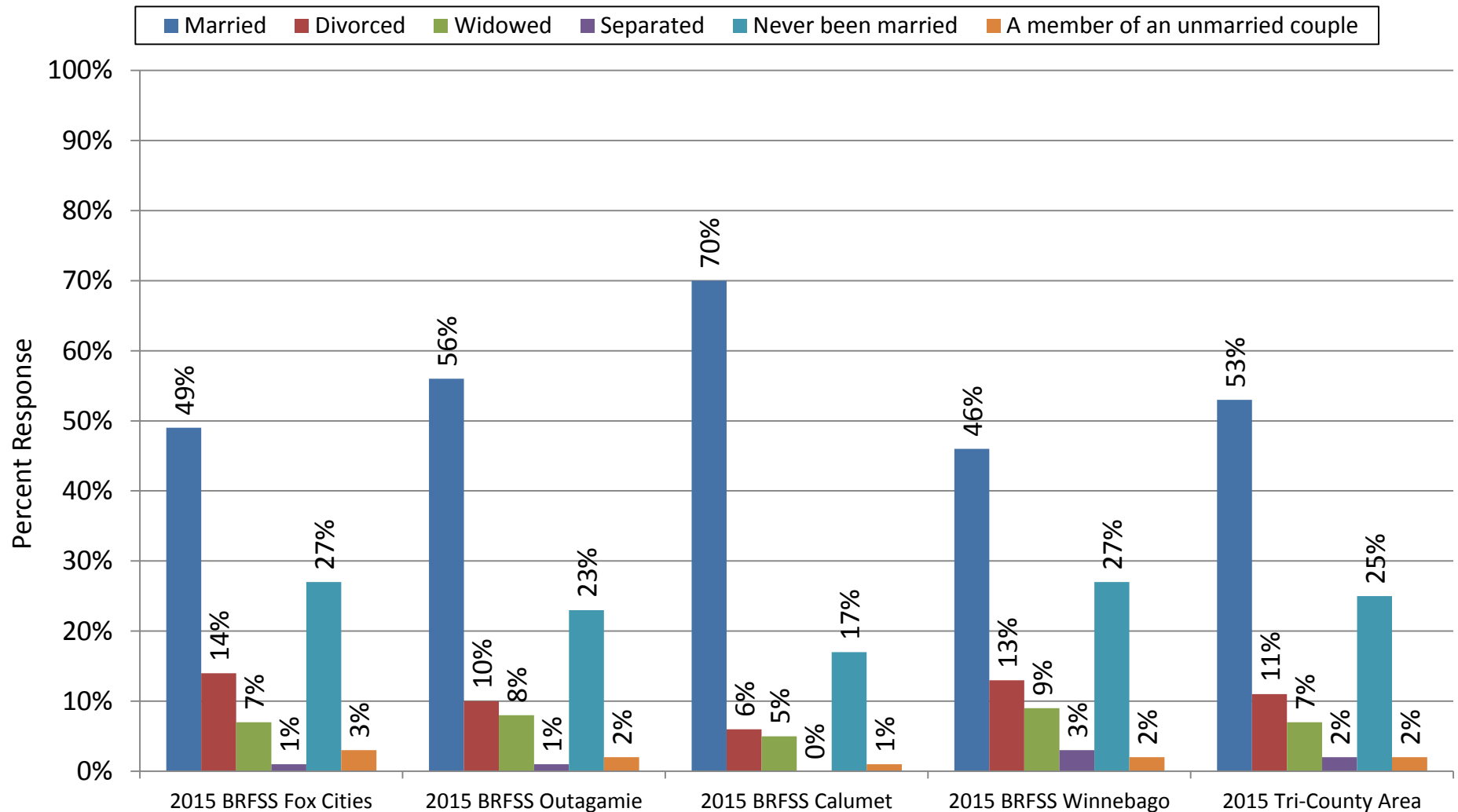
“What best describes your ethnic heritage?”



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

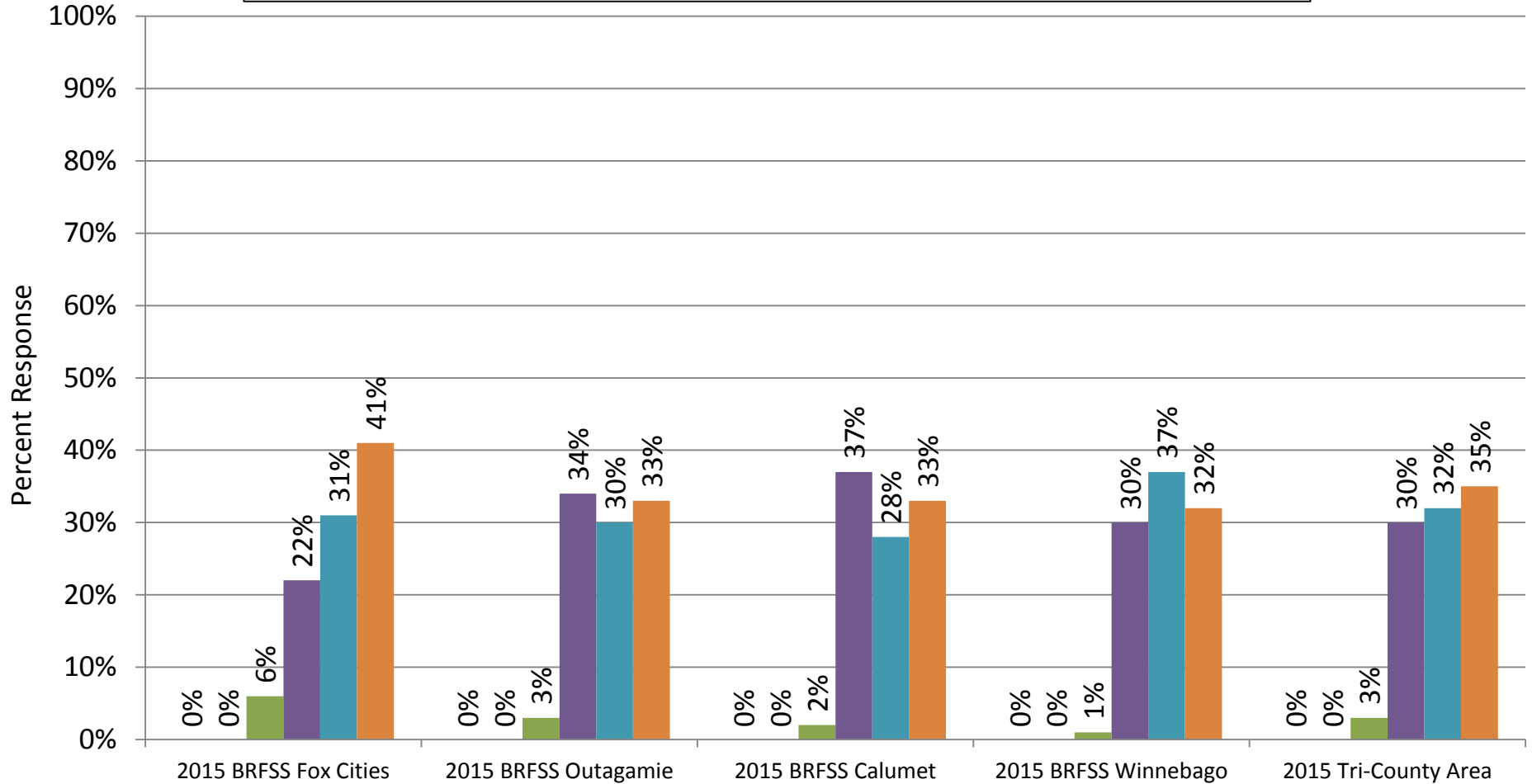
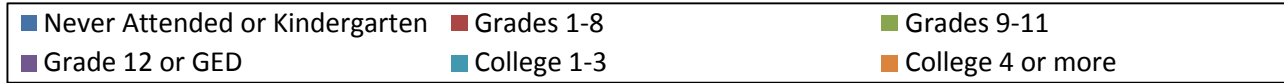
# Demographic Marital Status

“Are you...”



# Demographic Education

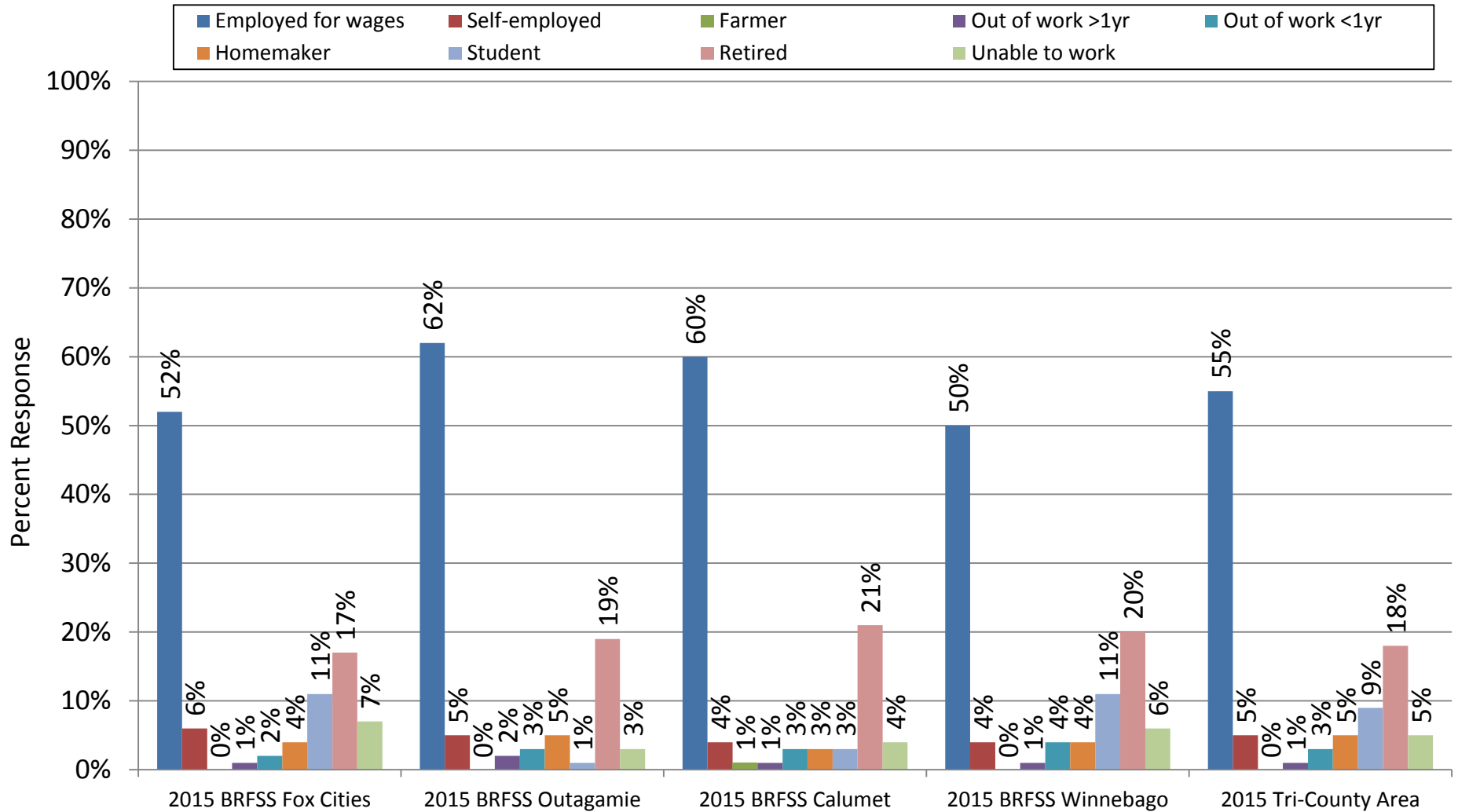
“What is the highest grade or year of school you have completed?”





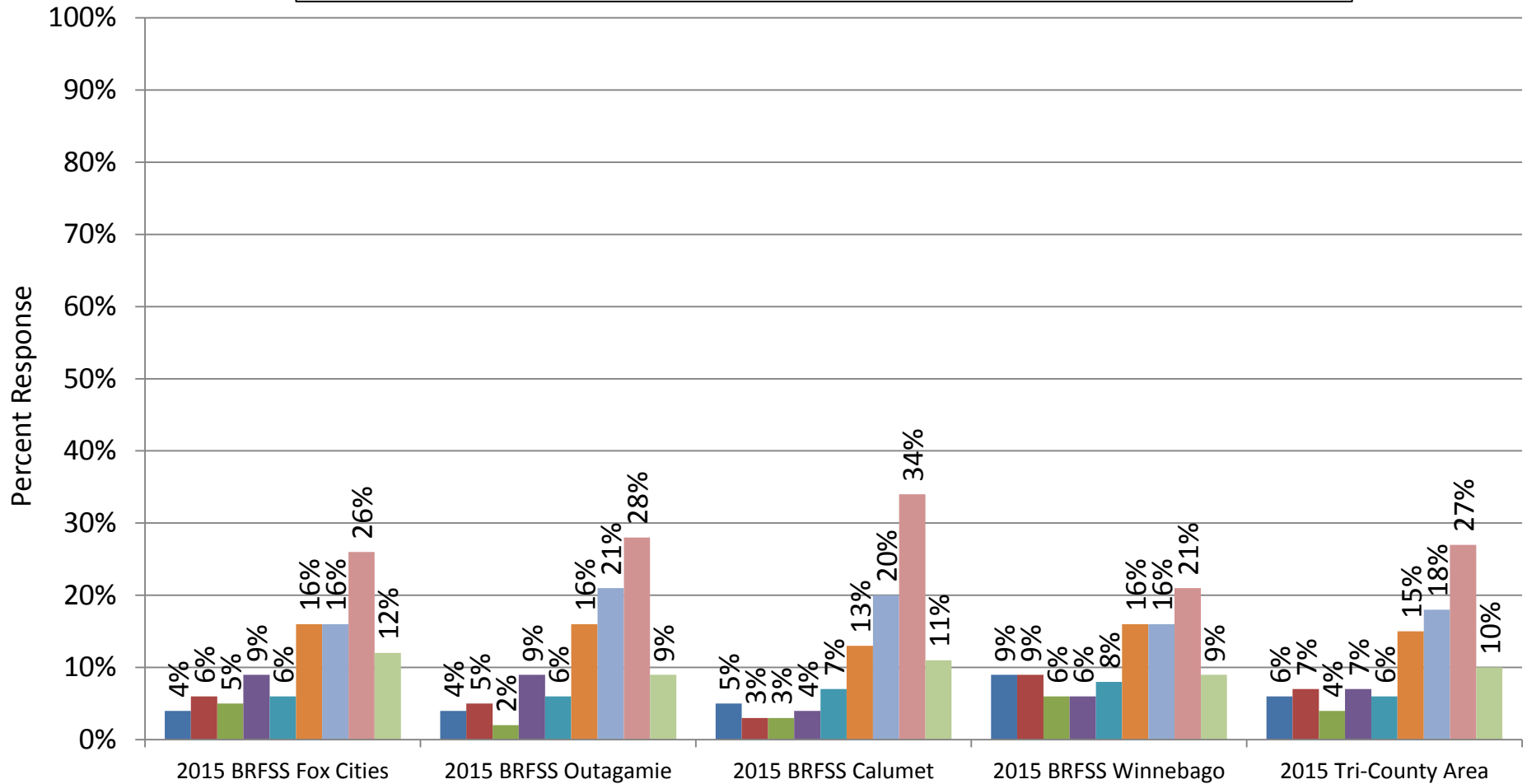
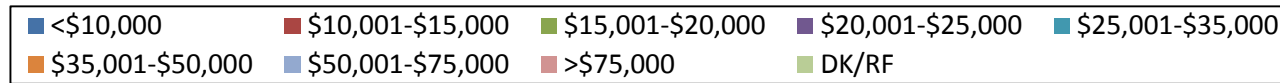
# Demographic Employment

“Are you currently...”



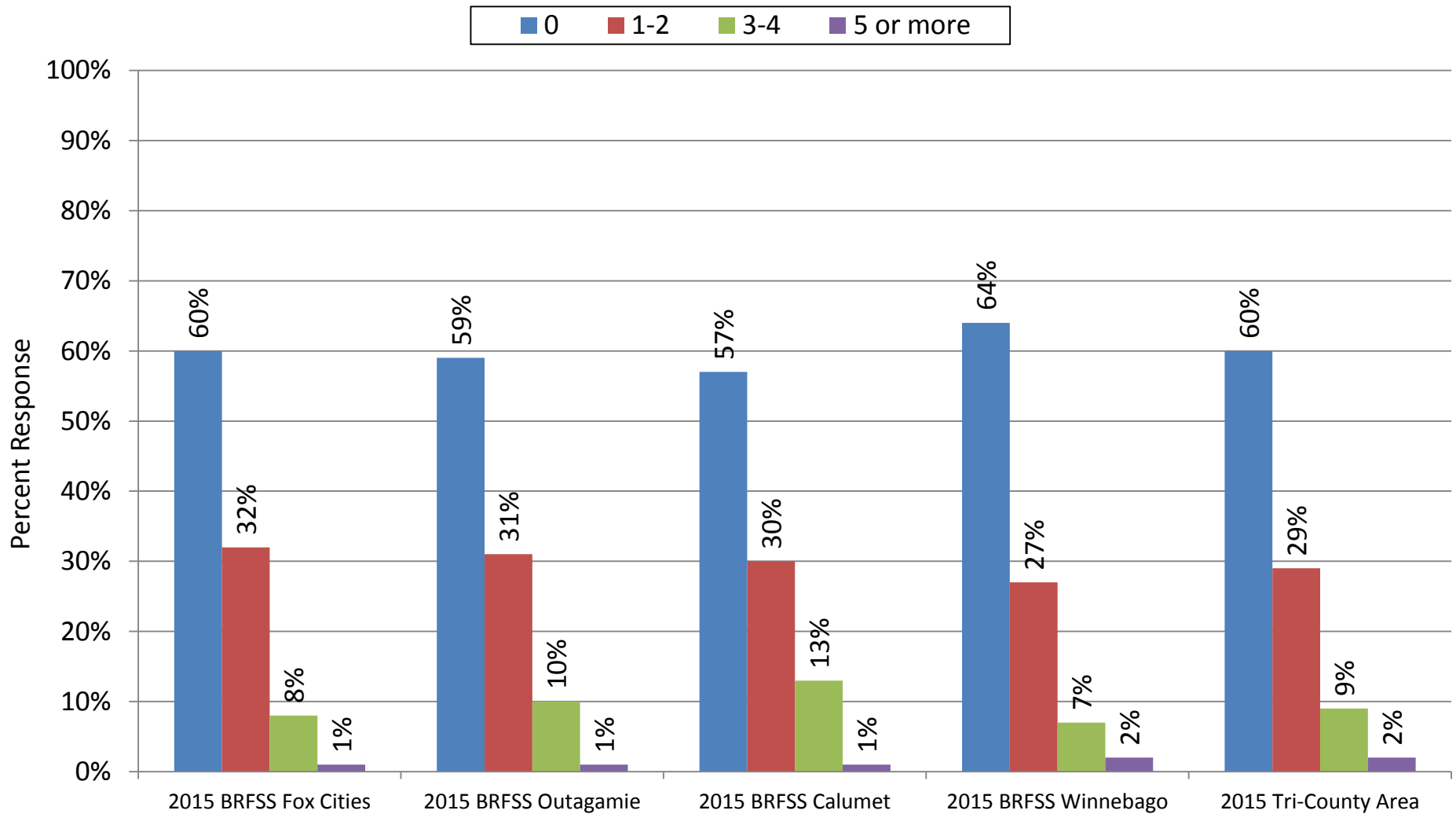
# Demographic Income

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



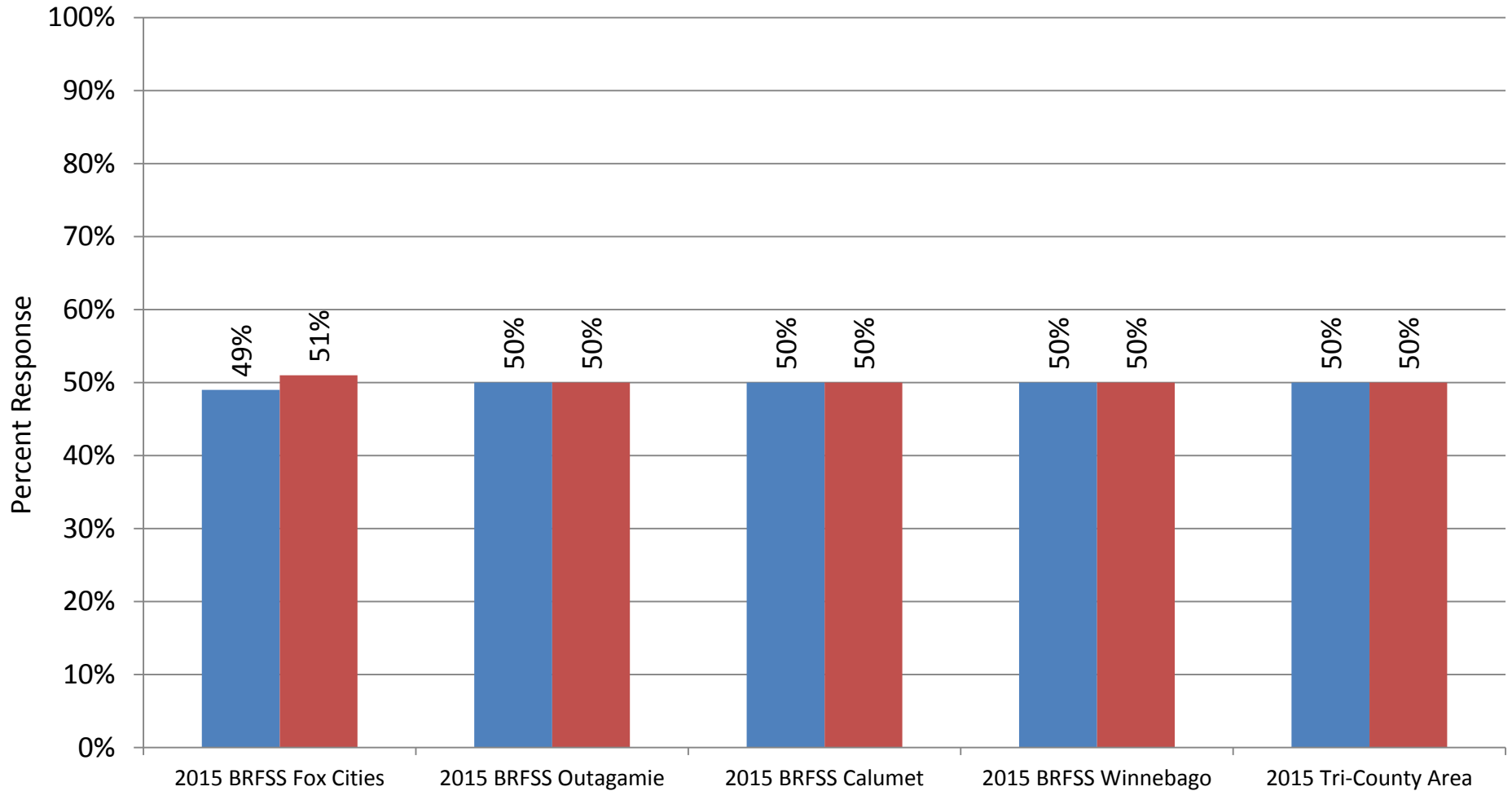
# Demographic Children

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



# Demographic Gender

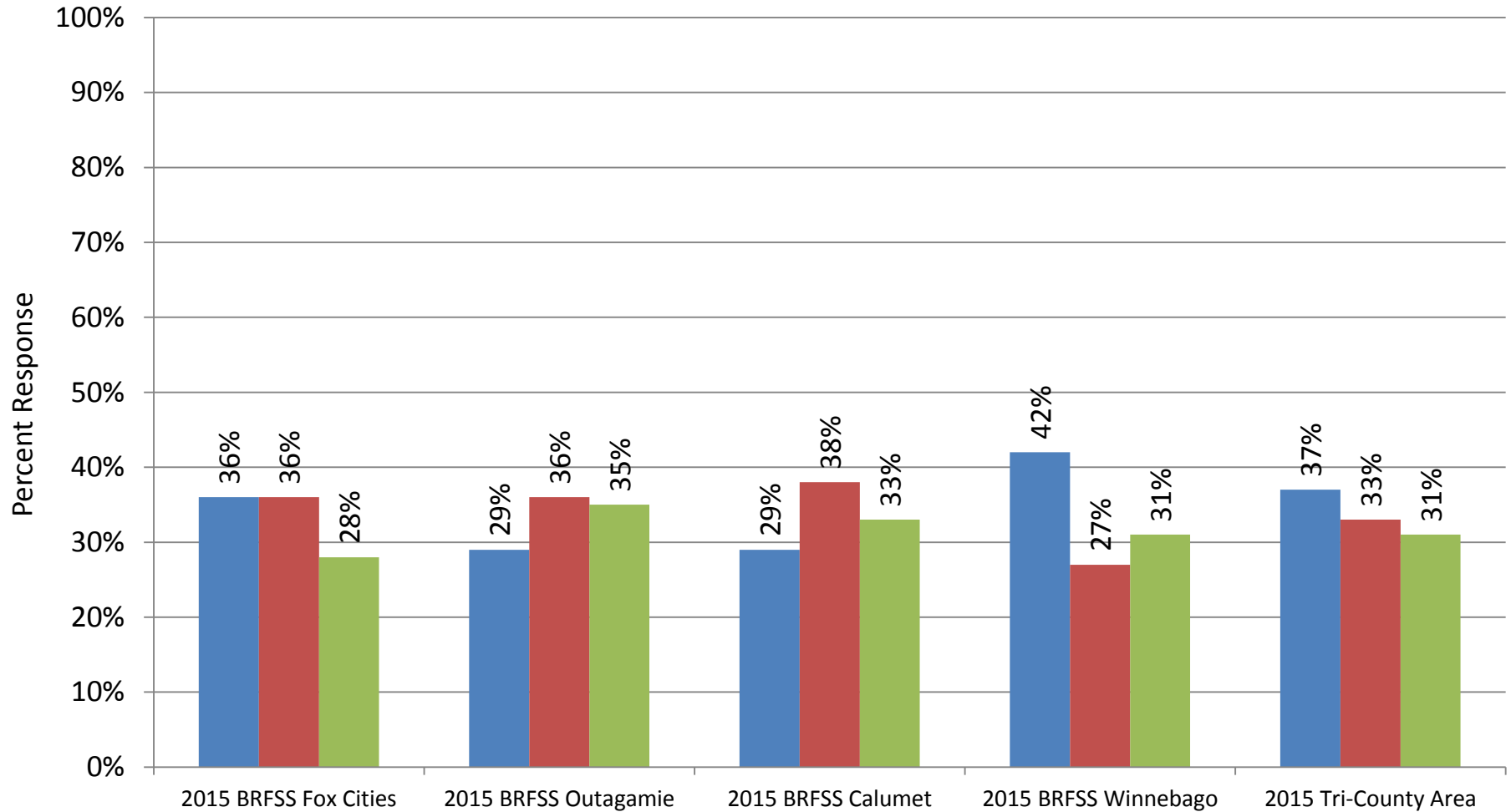
“Sex of respondent”



# Body Mass Index

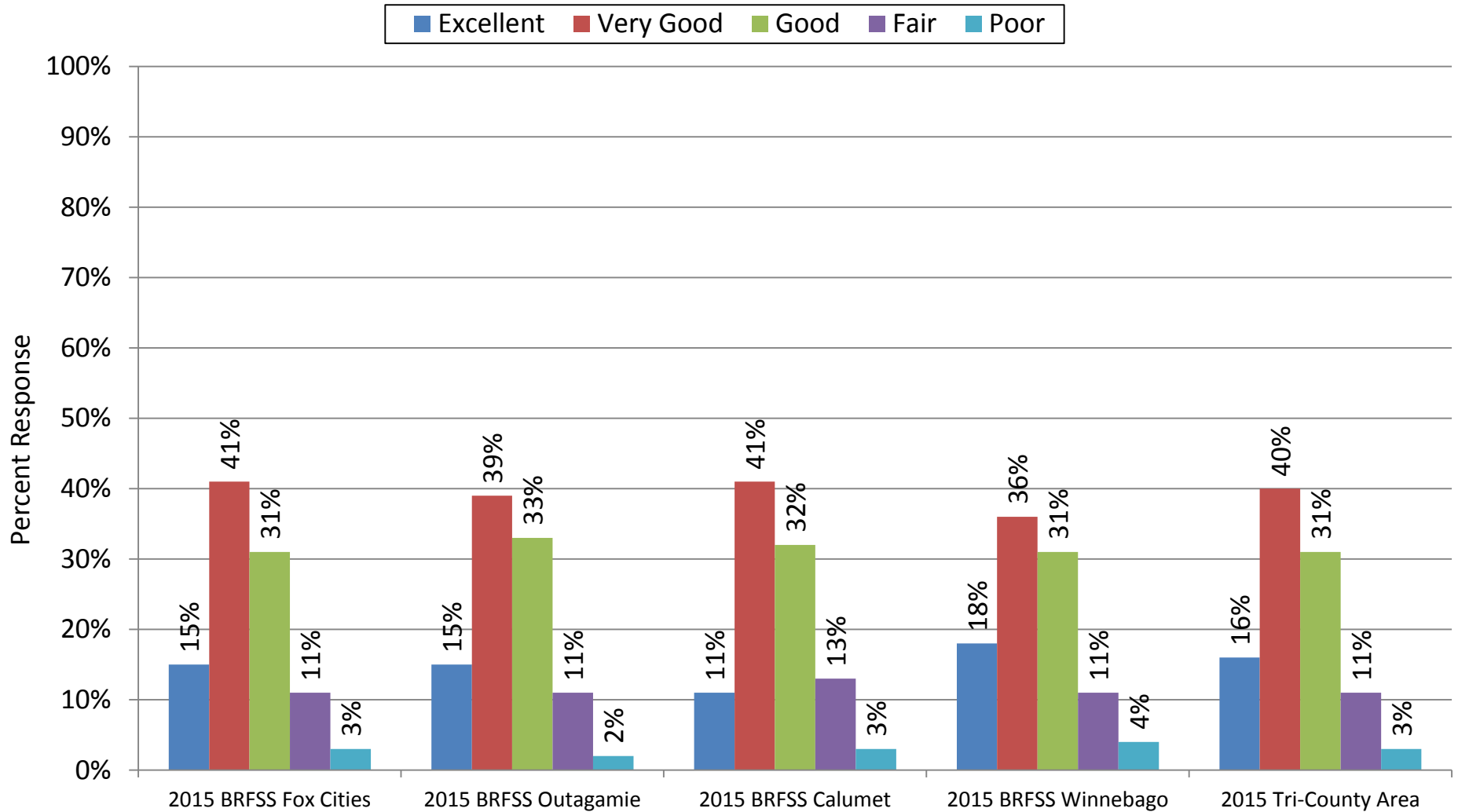
BMI is calculated as {weight in pounds/(height in inches)(height in inches)} X 703

■ Neither overweight or obese ■ Overweight ■ Obese



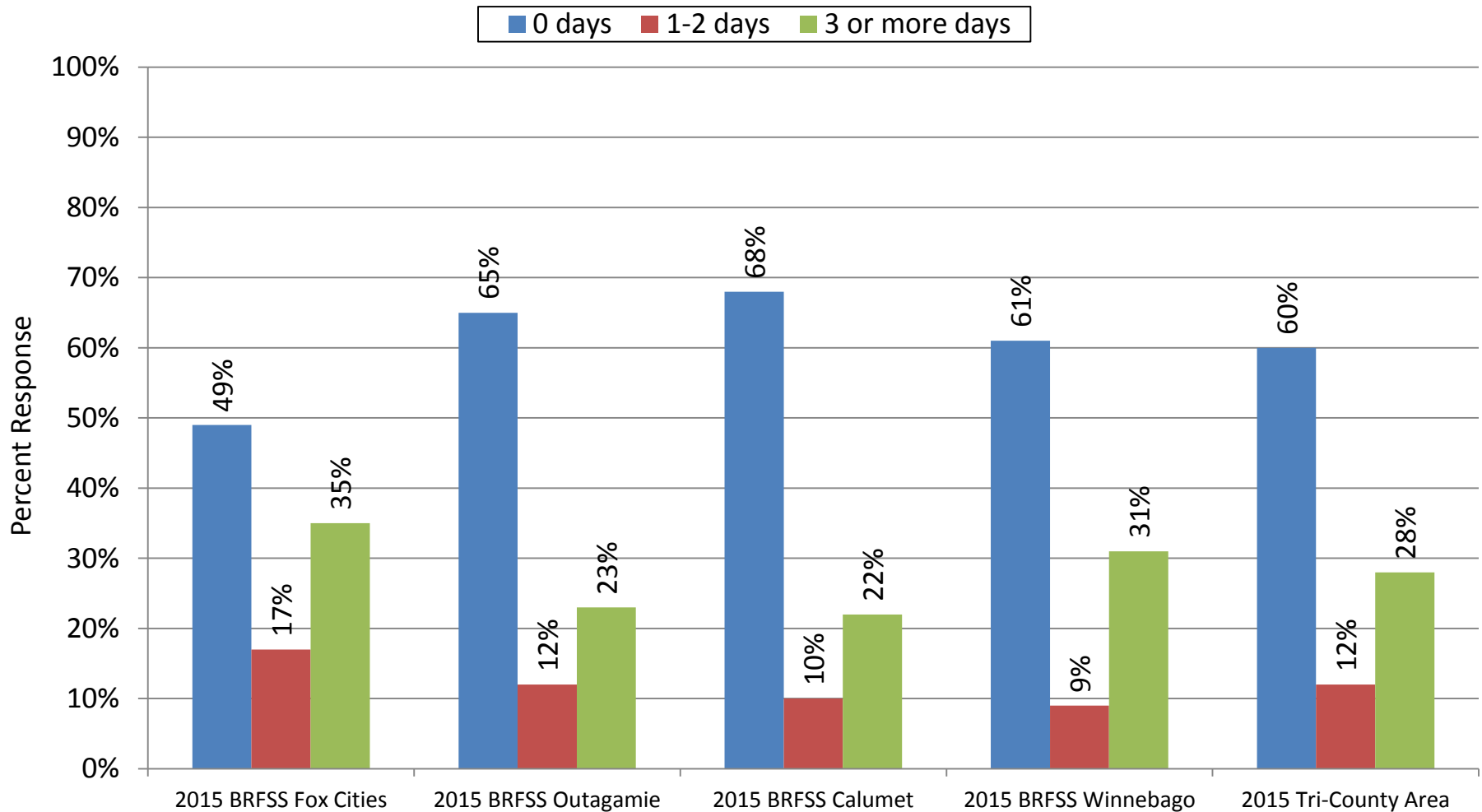
# Health Status

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



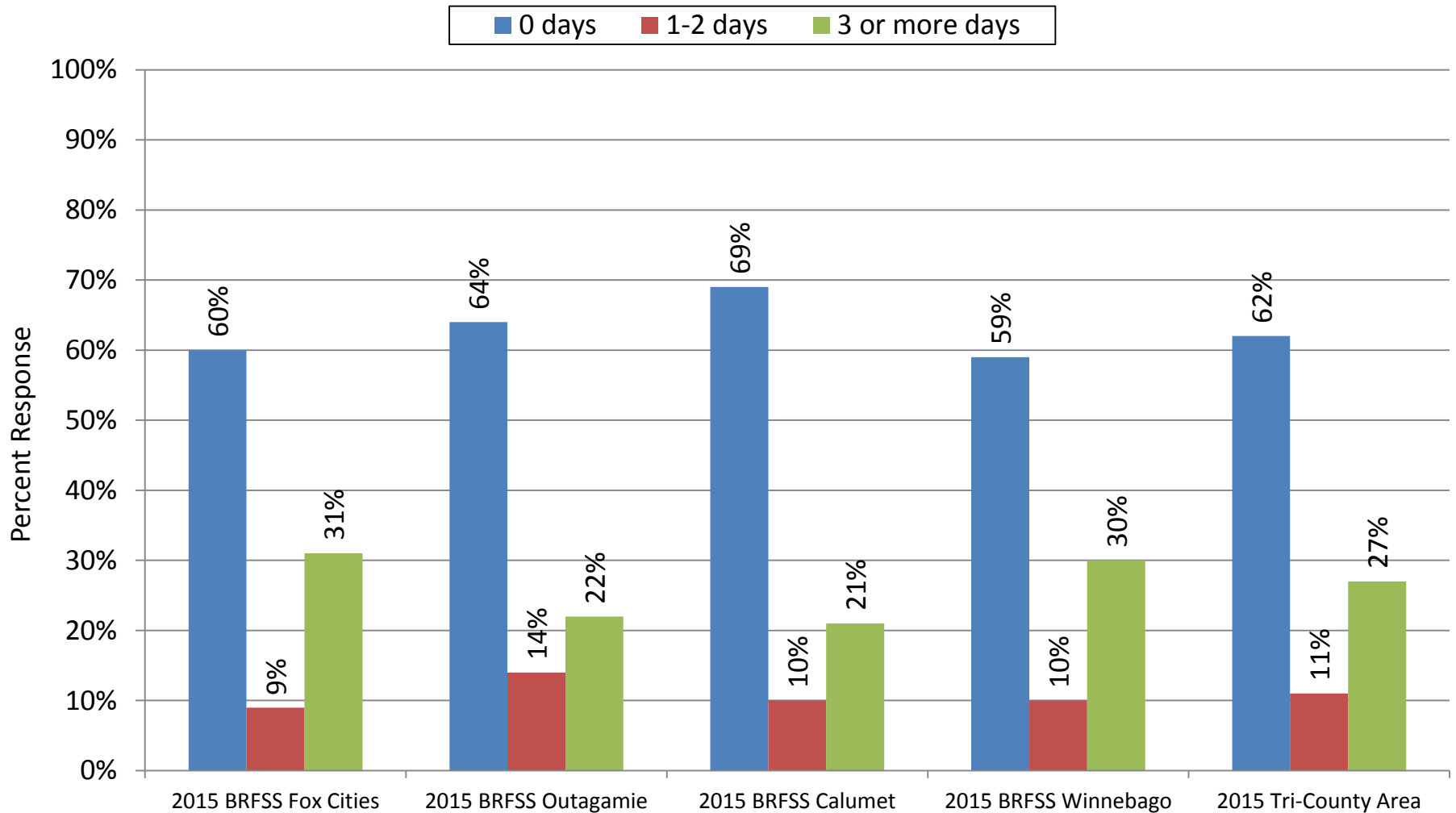
# Healthy Days - Physical

“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

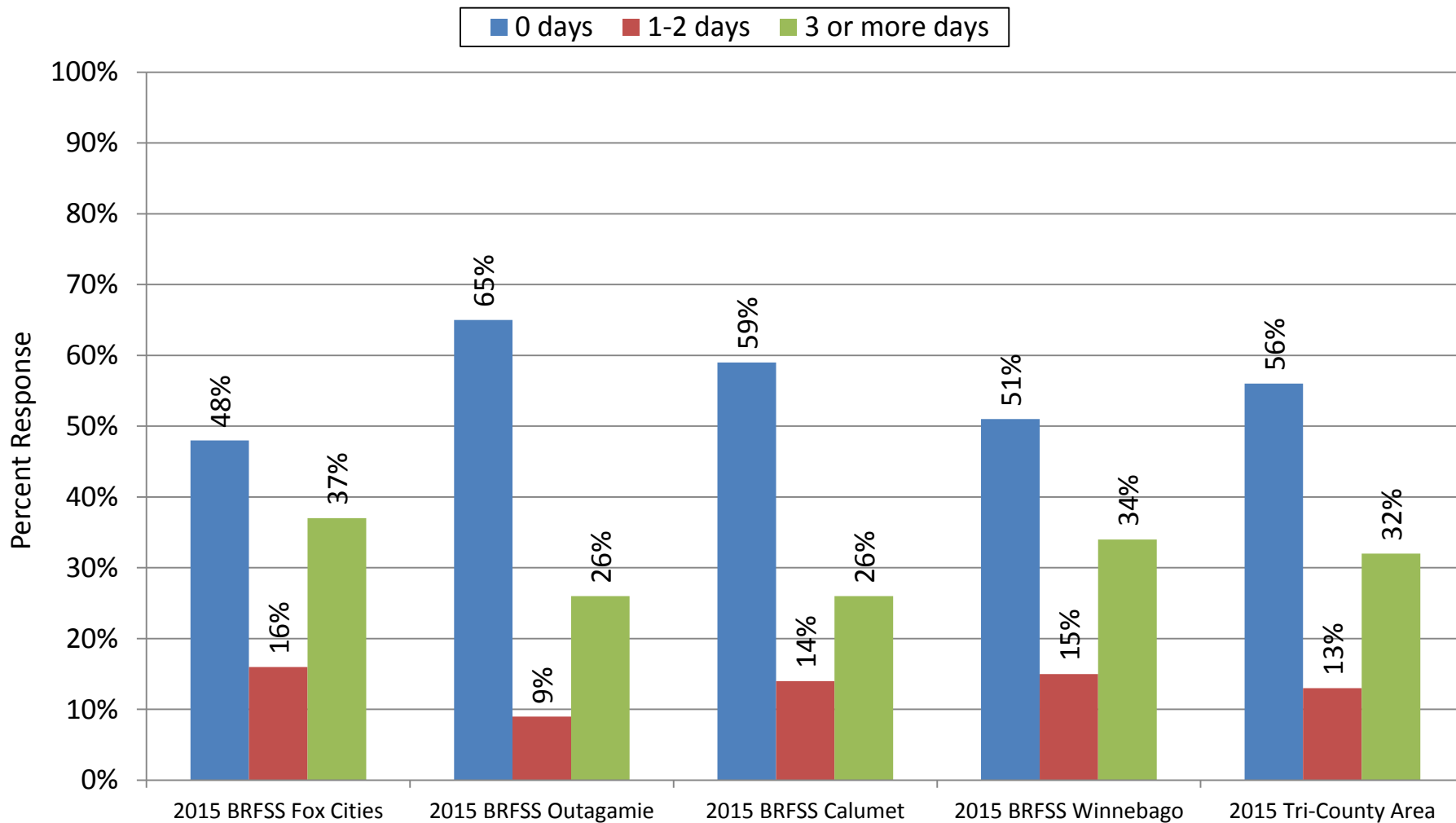
“Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”





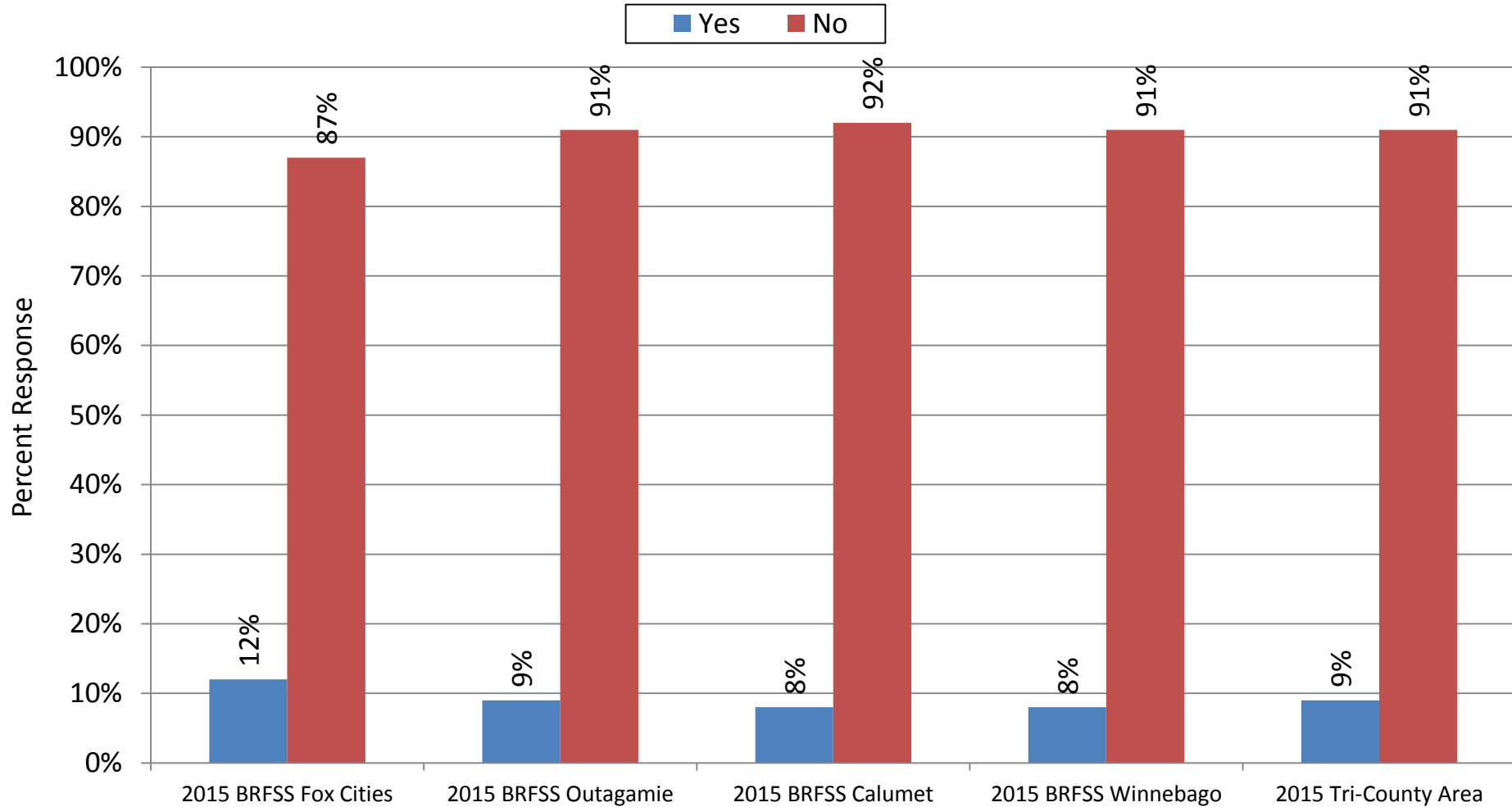
# Healthy Days Effect

“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?”



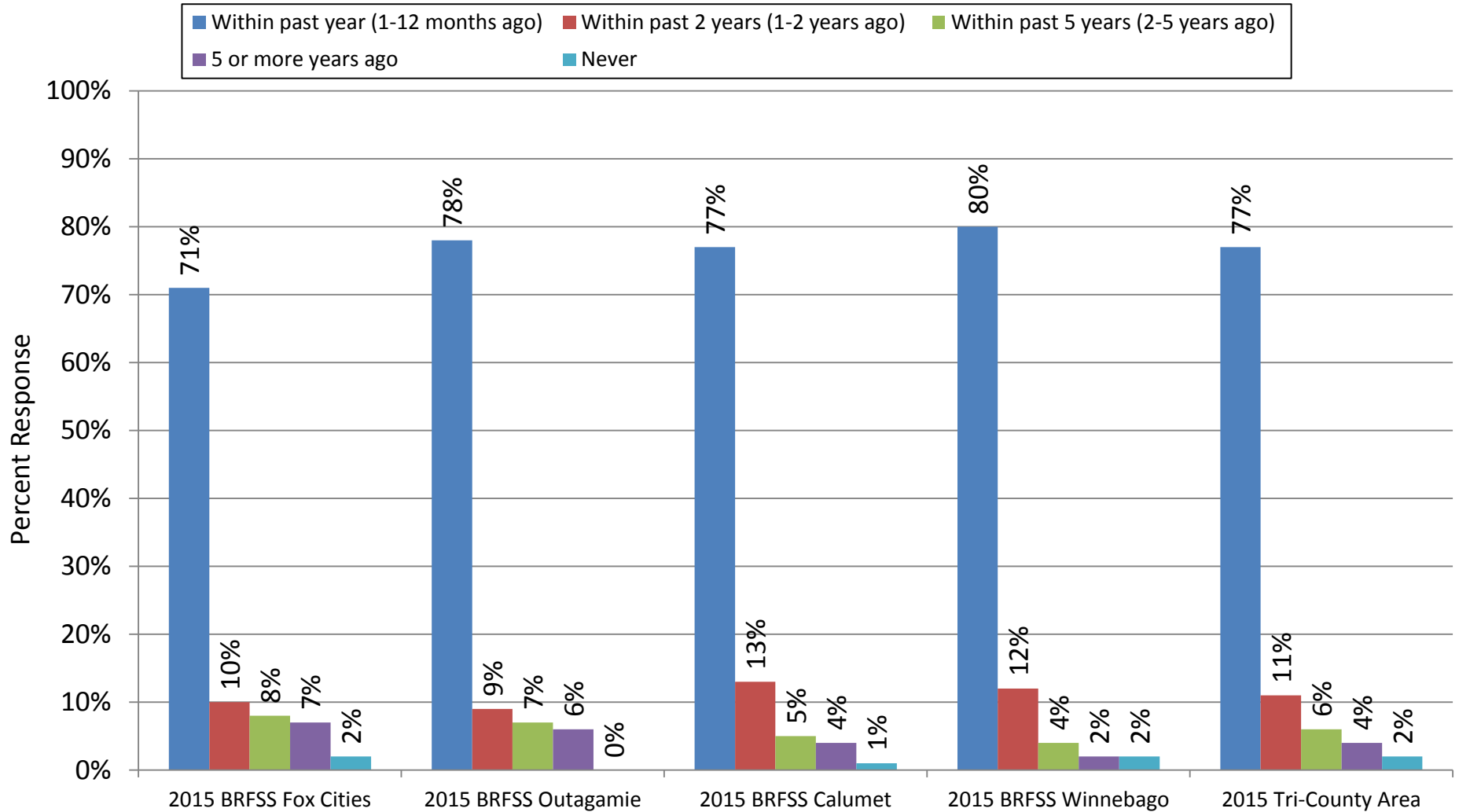
# Health Care Access

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



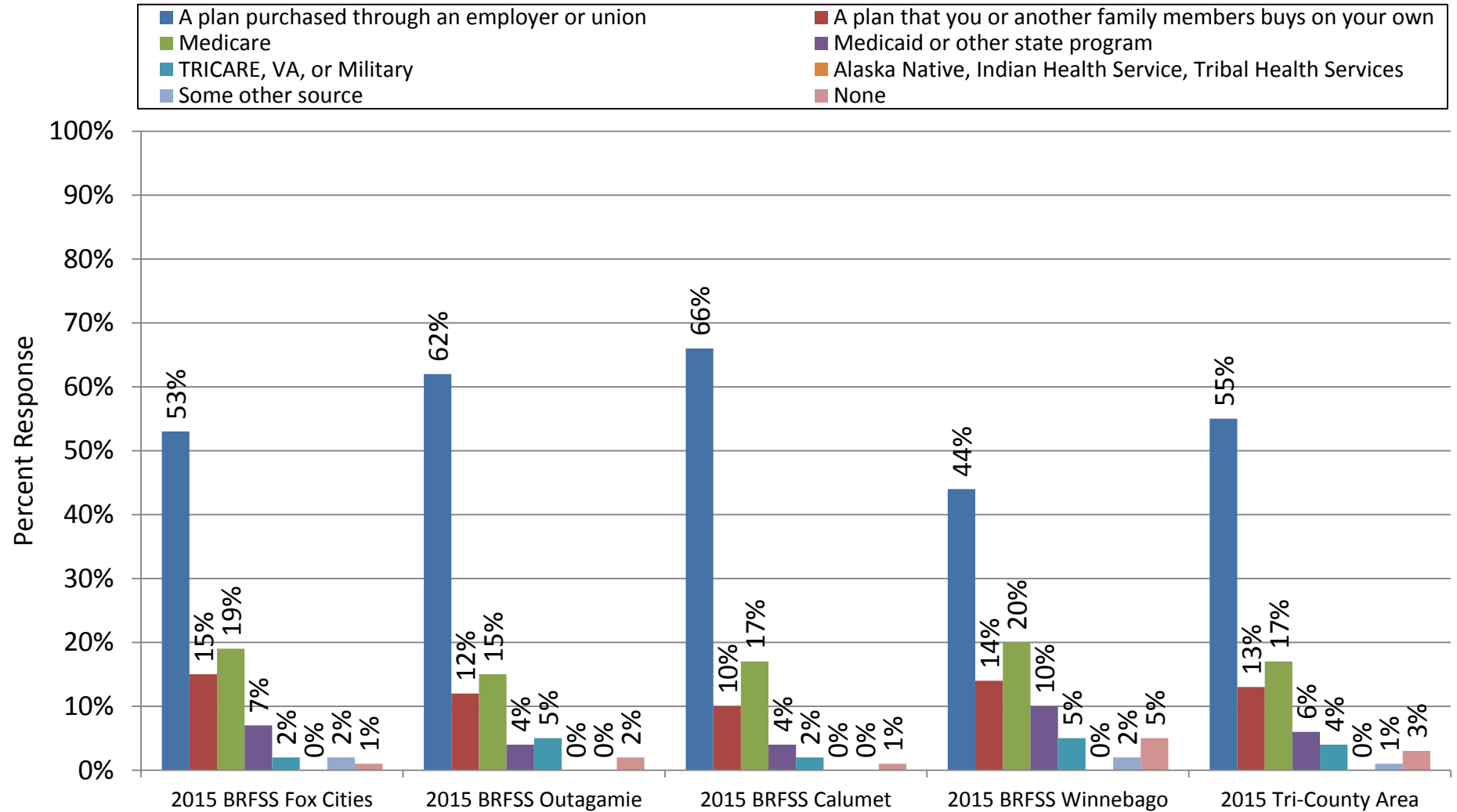
# Health Care Check-up

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



# Health Care Access

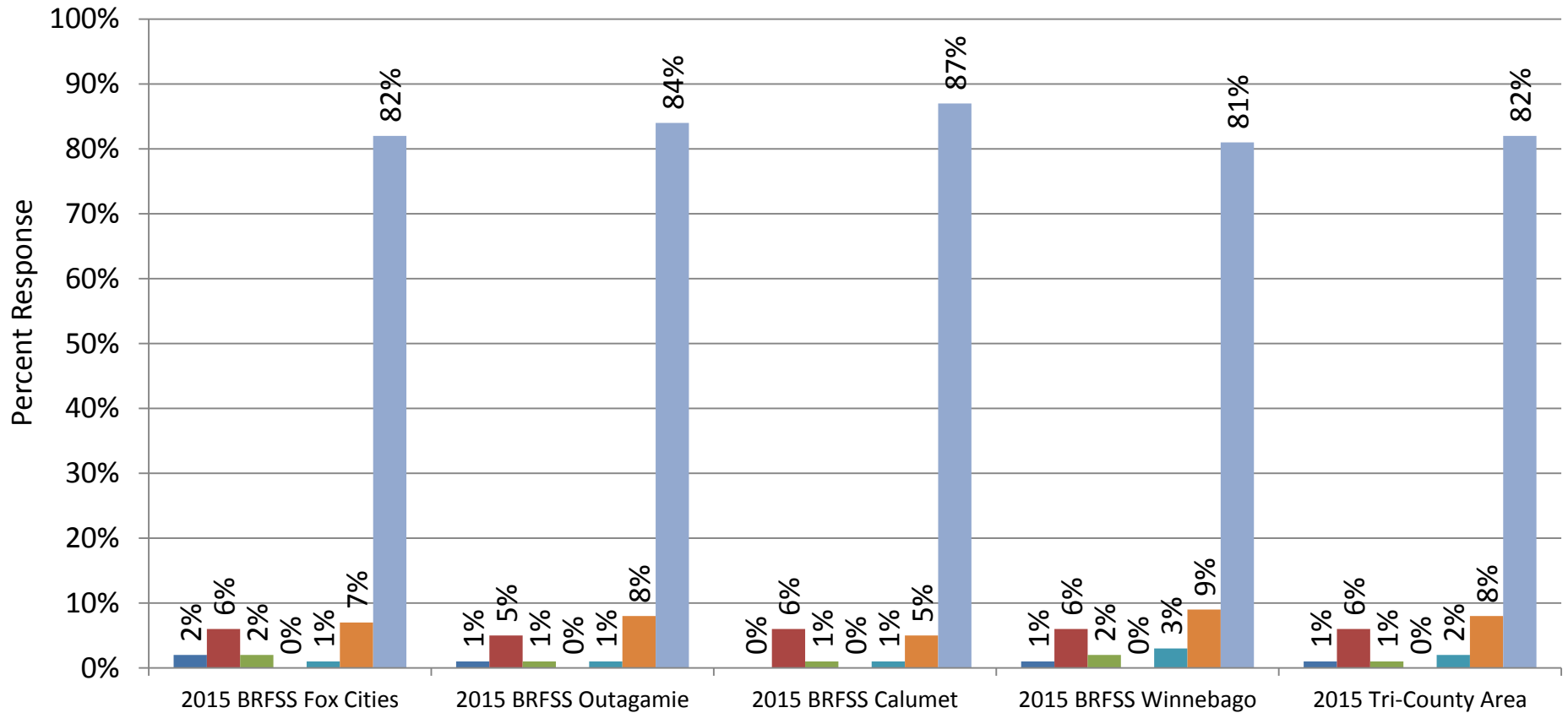
“What is the primary source of your health care coverage? Is it...”



# Health Care Access

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

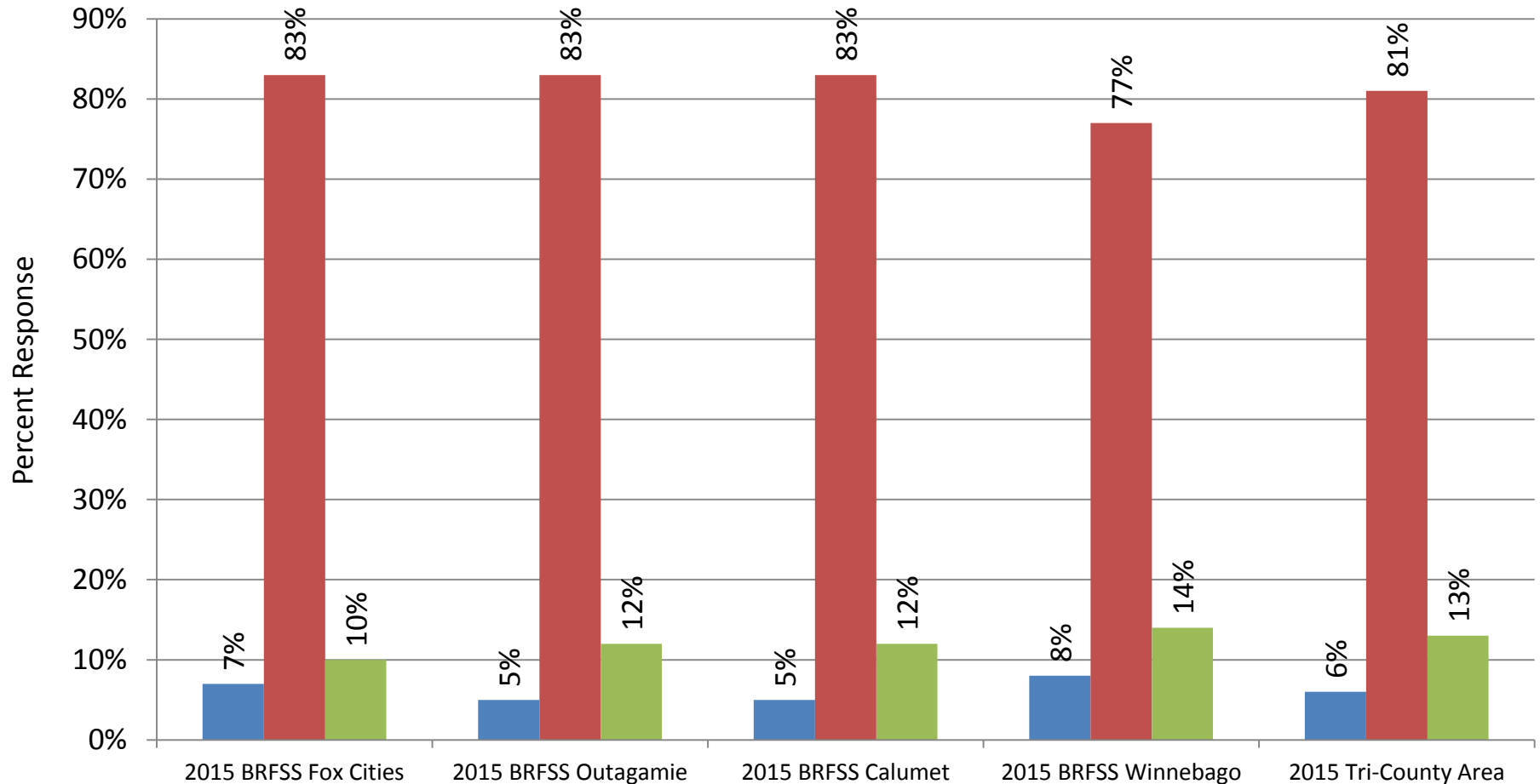
- You couldn't get through on the telephone
- You couldn't get an appointment soon enough
- Once you got there, you had to wait too long to see the doctor
- The (clinic/doctor's) office wasn't open when you got there
- You didn't have transportation
- Other
- No, I did not delay getting medical care/did not need medical care



# Health Care Med Costs

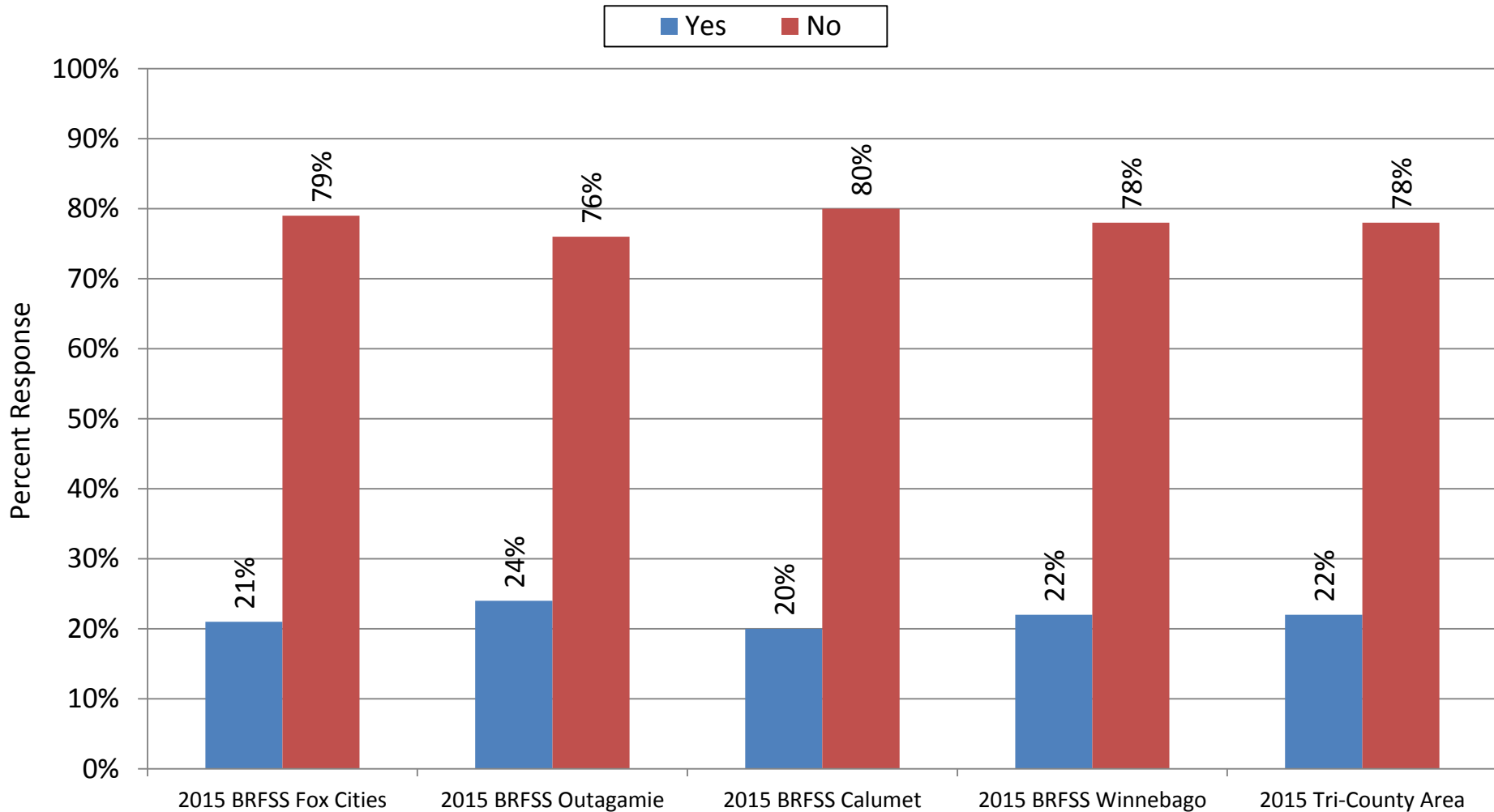
**“Was there a time during the last 12 months when you did not take your medication as prescribed because of cost?”**

■ Yes ■ No ■ No one in the household takes prescription meds



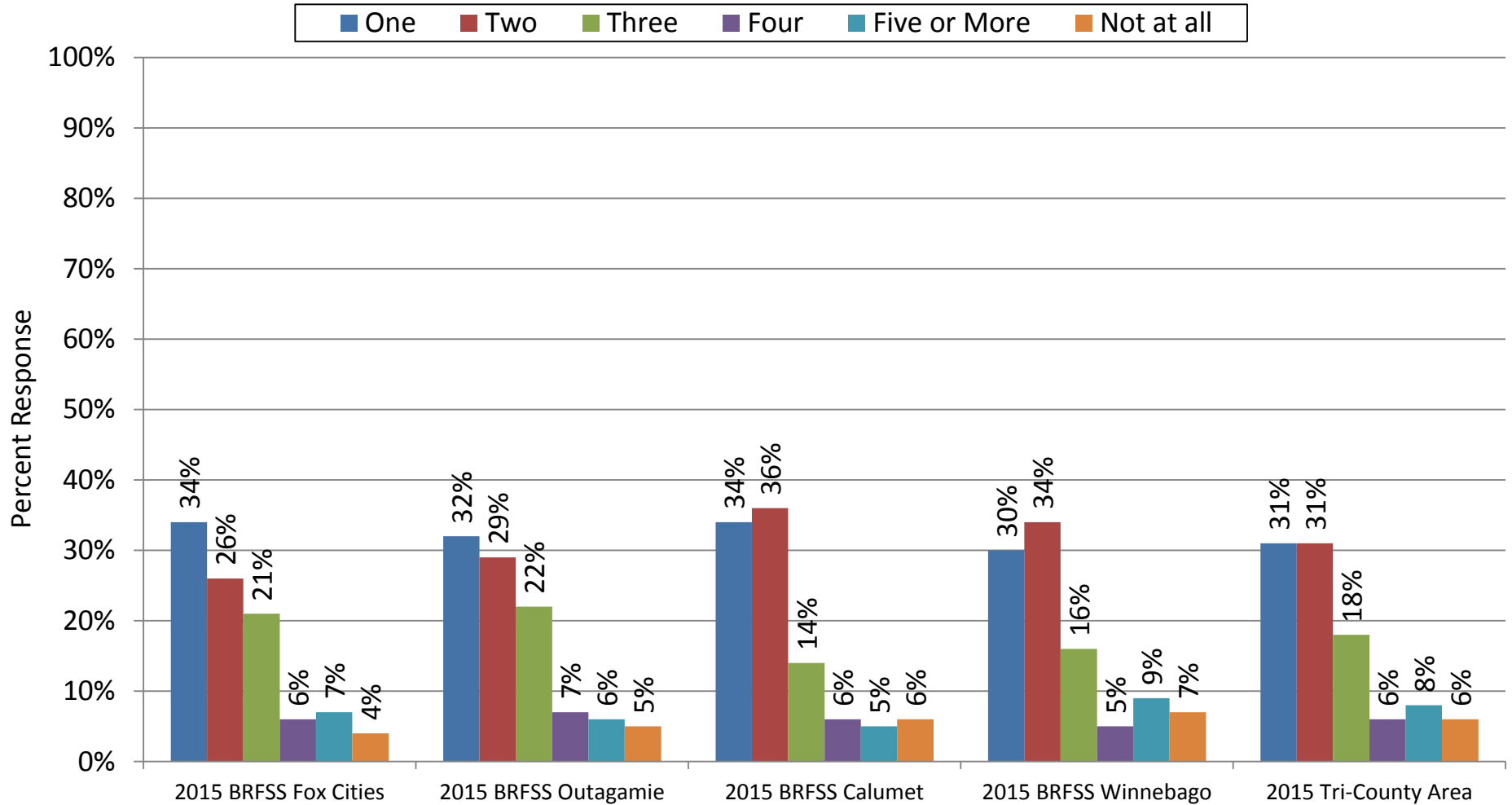
# Health Care Access

“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....”

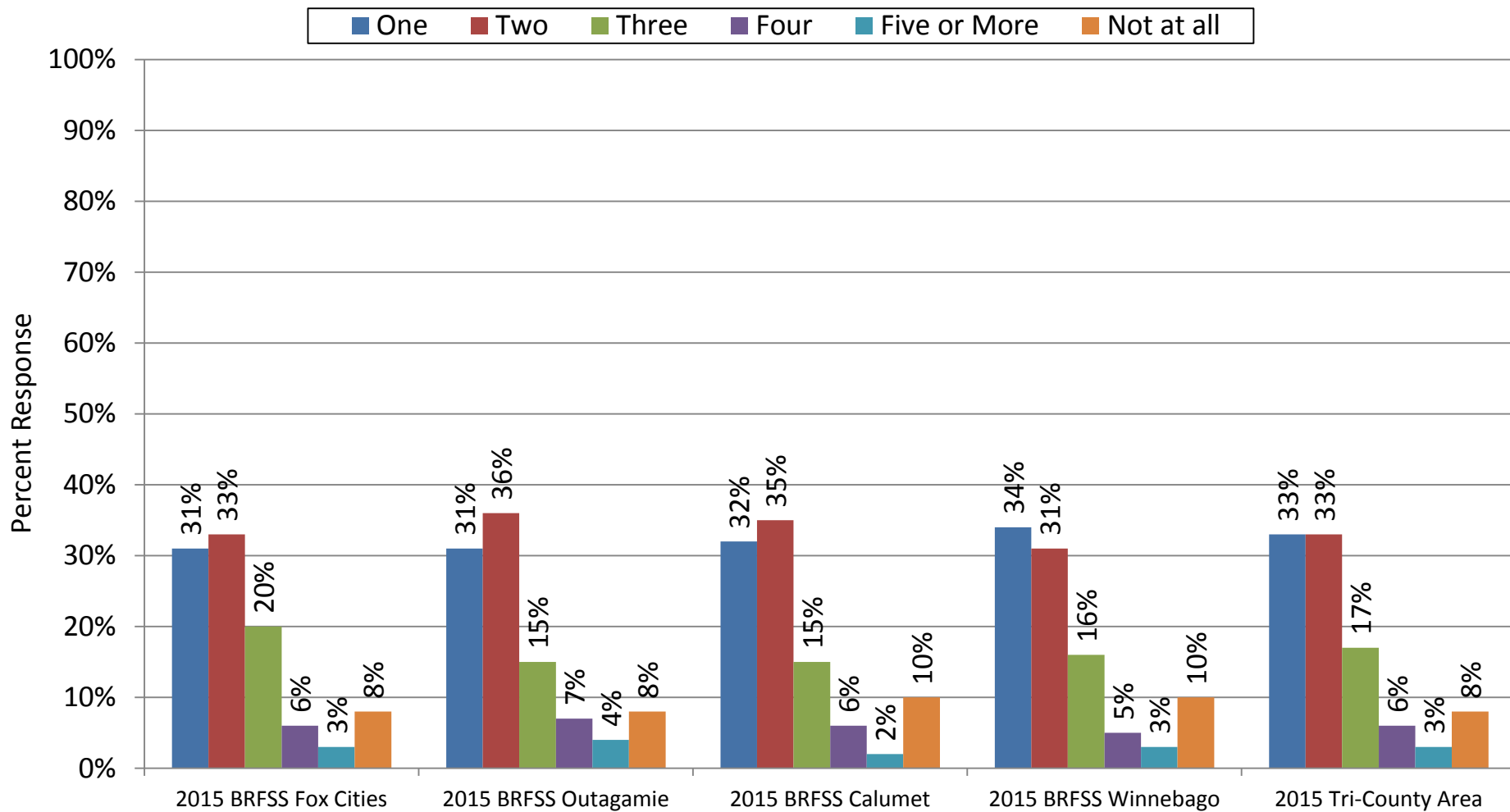


\* ONE SERVING IS A ½ CUP OF COOKED OR RAW VEGETABLES, 1 CUP OF LEAFY GREENS.



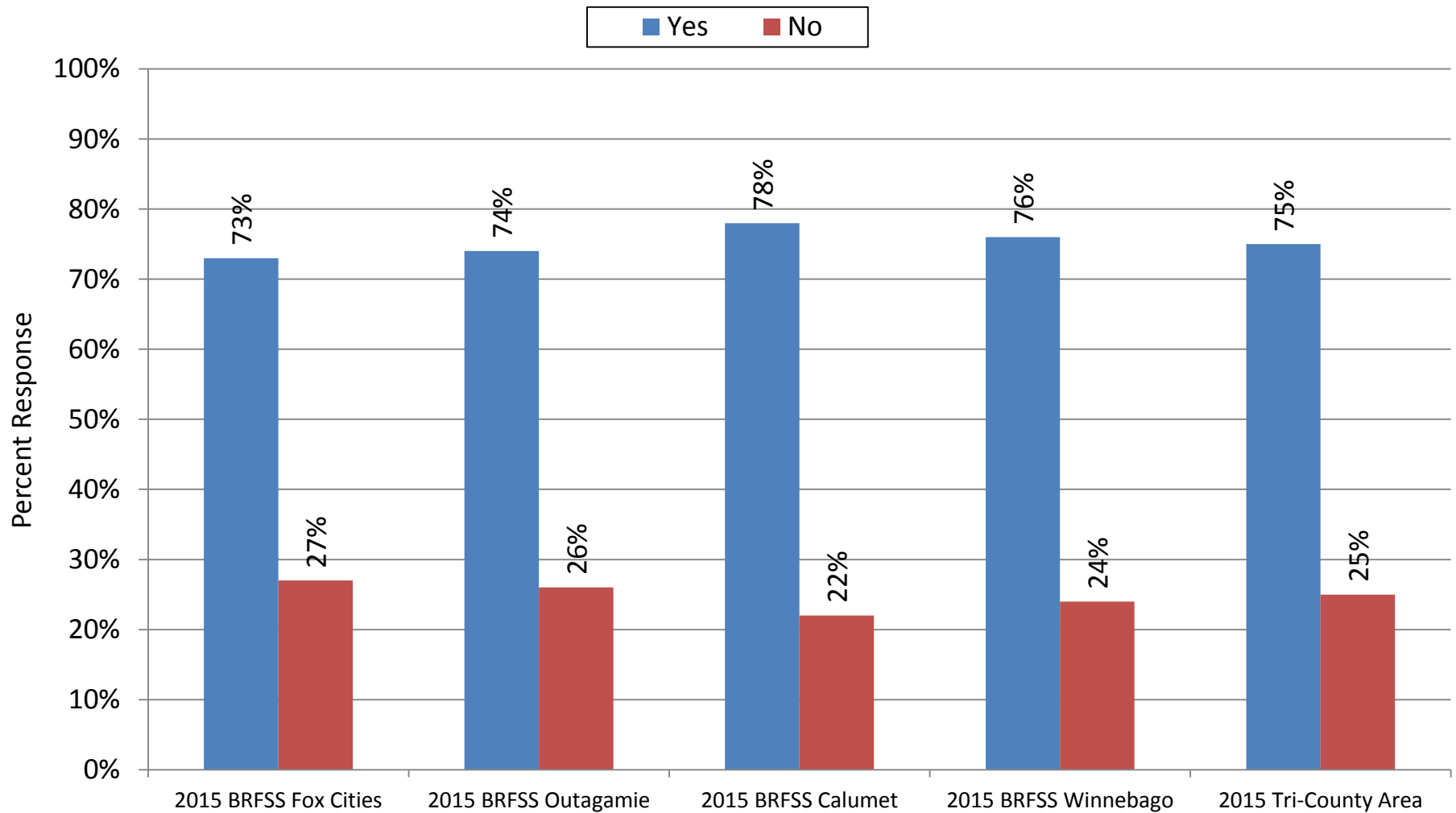
# Fruits

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



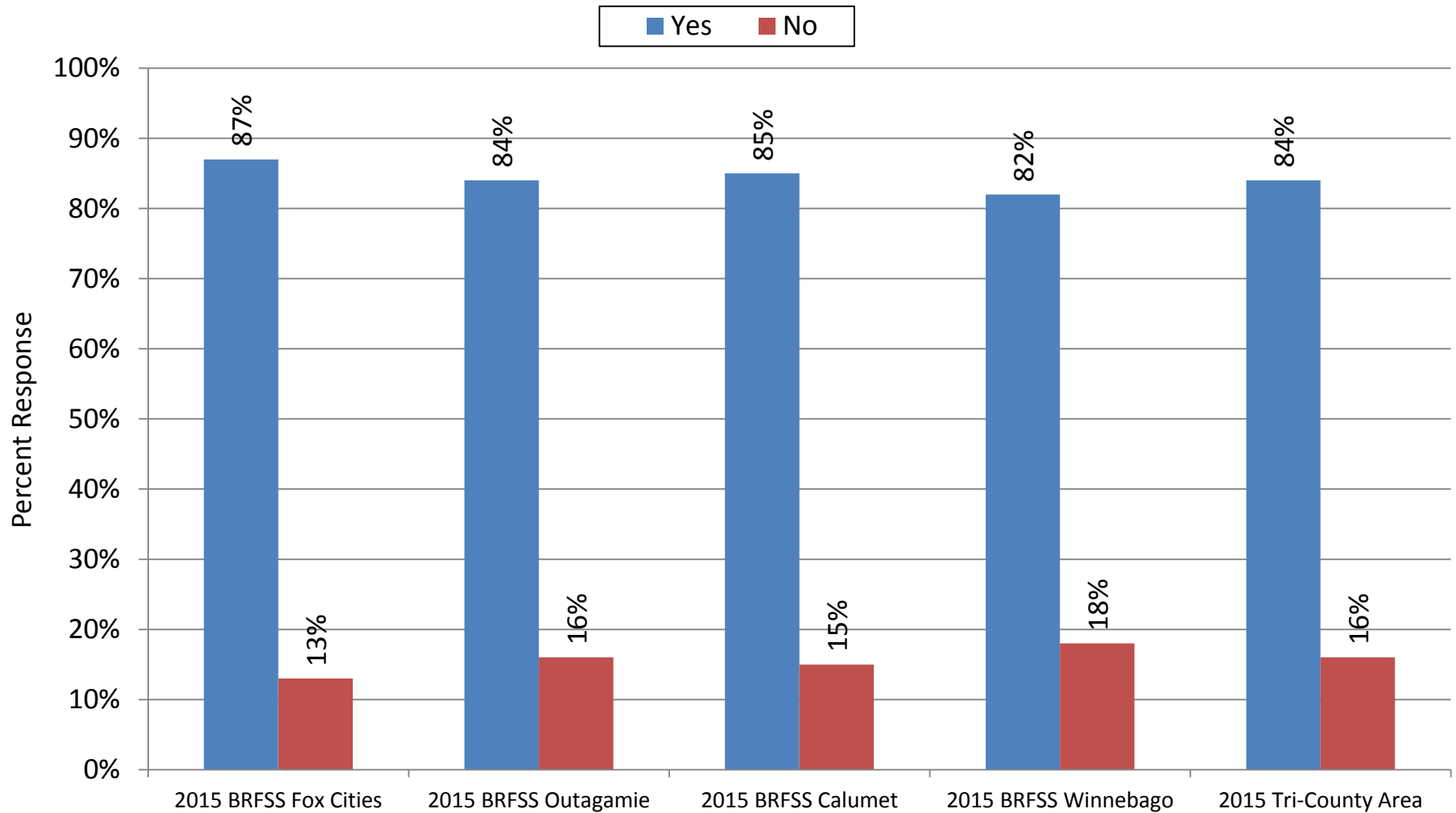
# Exercise Participation

“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

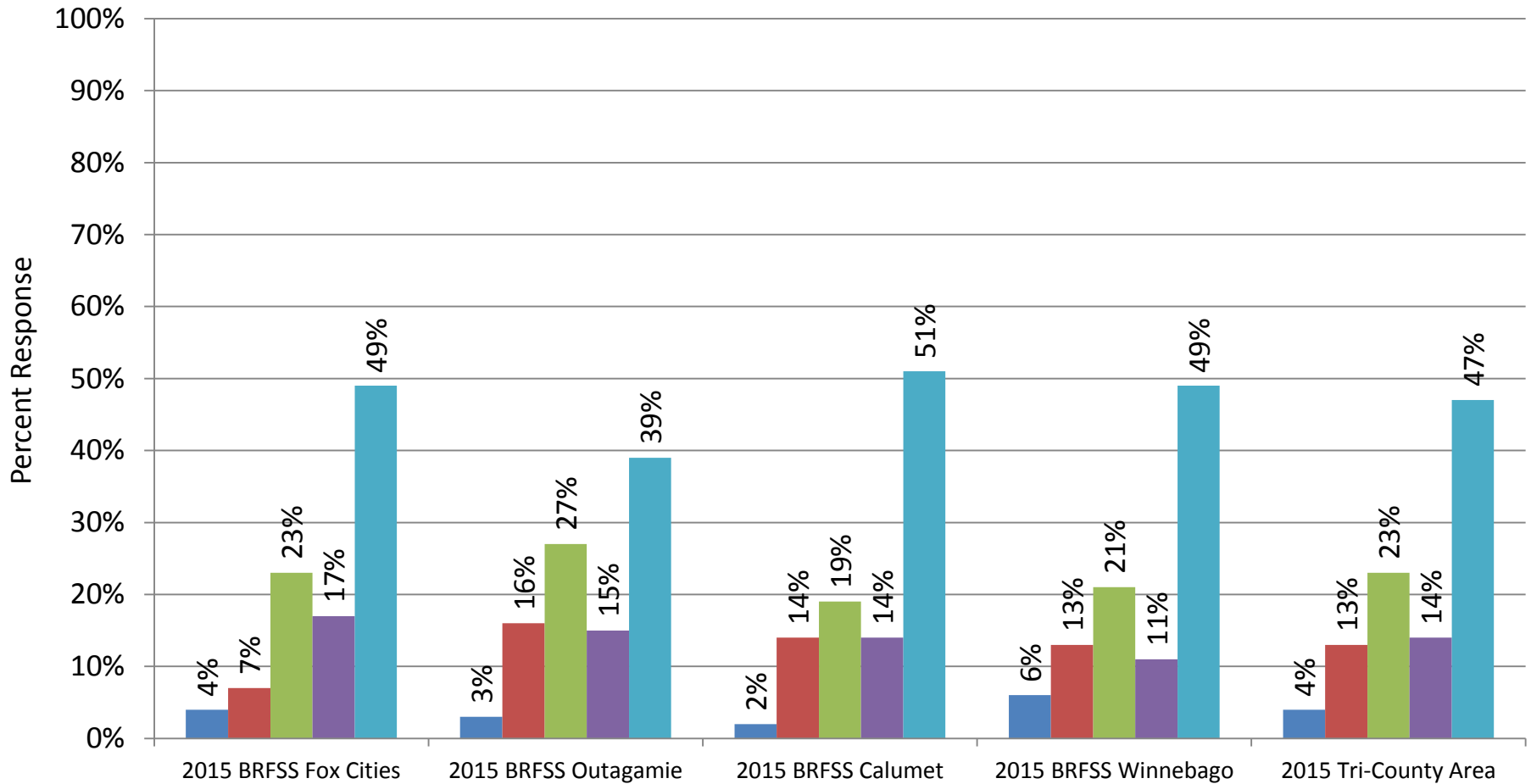
“Now thinking about the moderate activities you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time...”



# Moderate Exercise Days

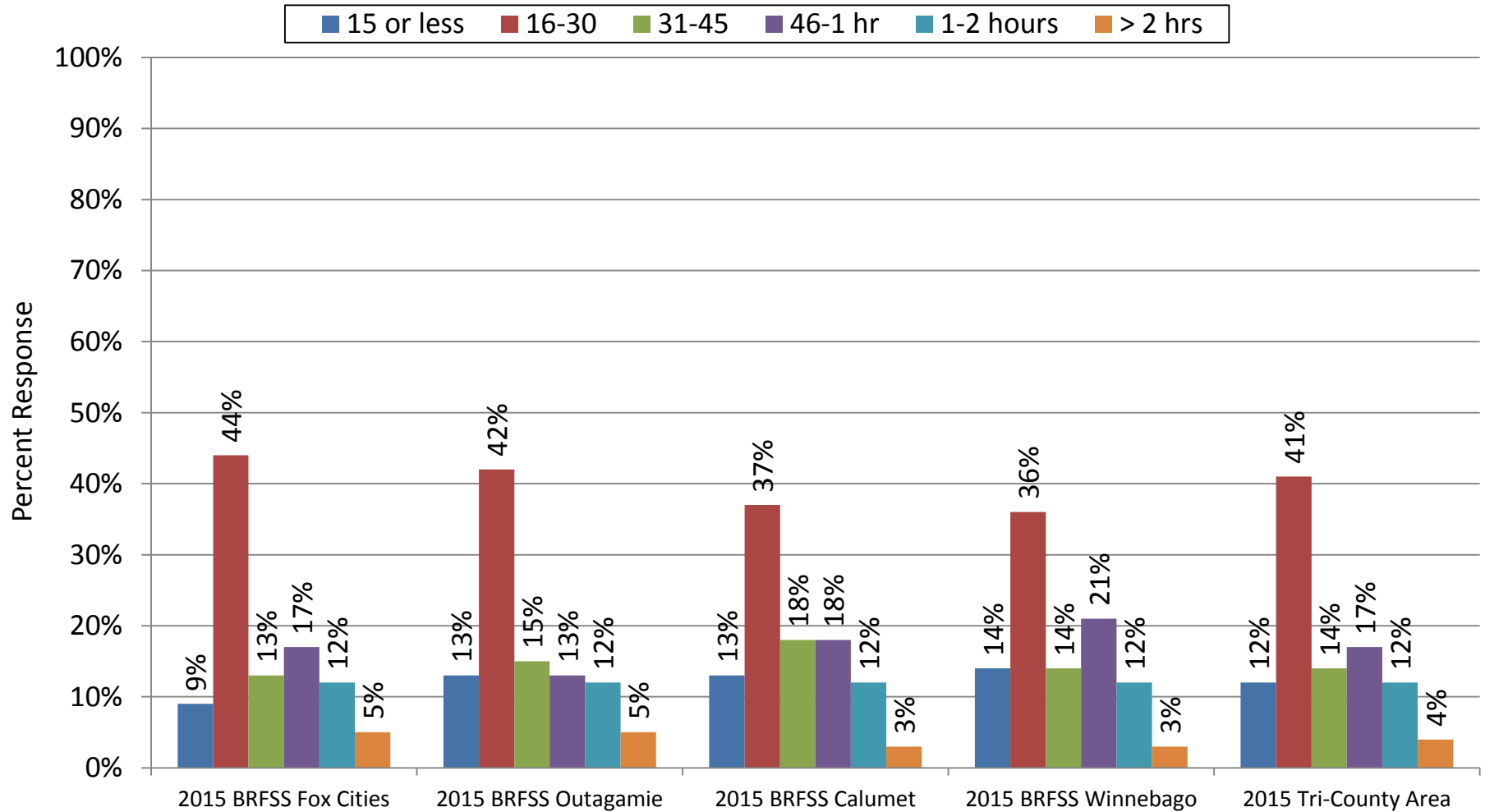
“How many days per week do you do these moderate activities for at least 10 minutes at a time...”

1 day 2 days 3 days 4 days 5 or more days



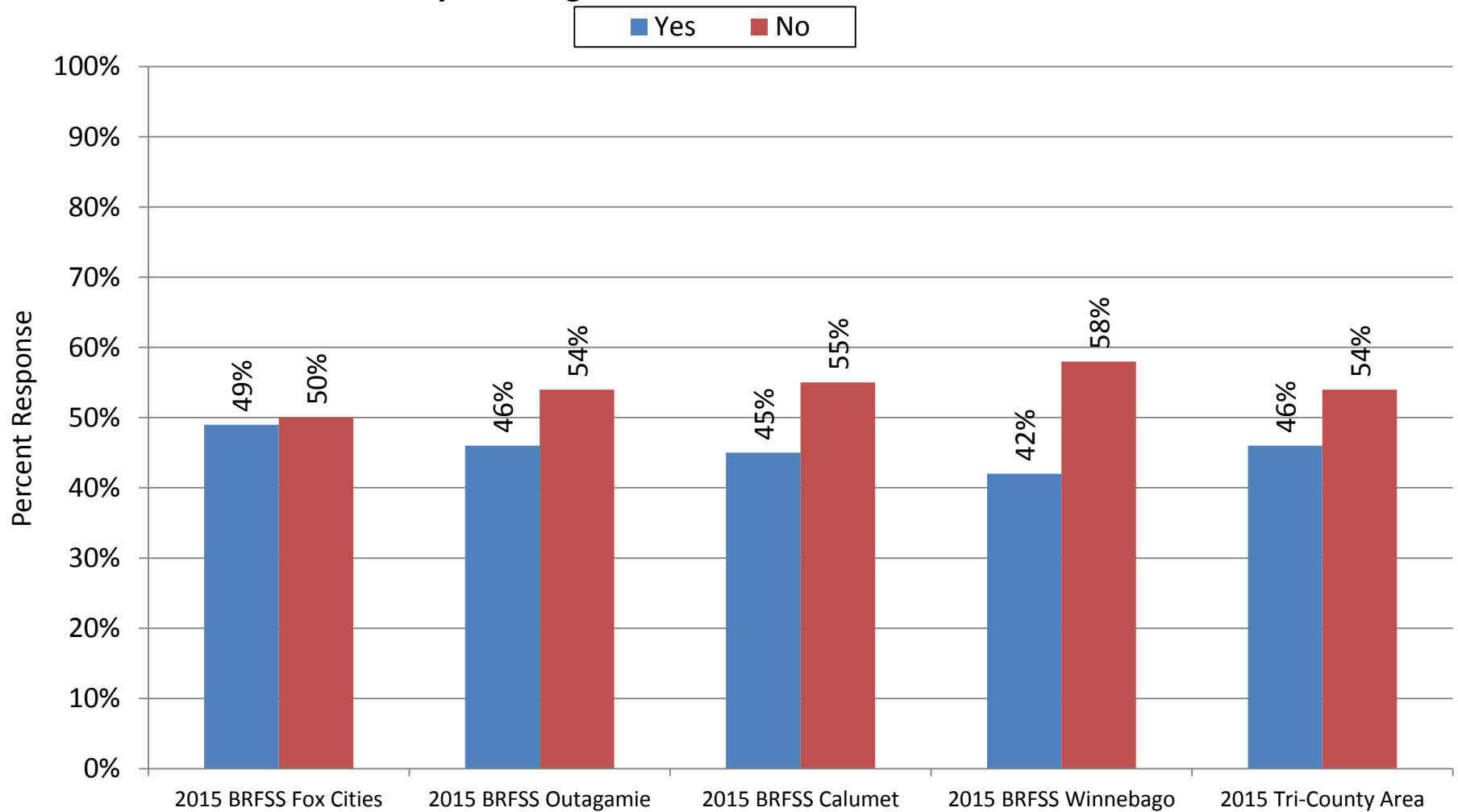
# Moderate Exercise Mins.

“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?”



# Vigorous Exercise

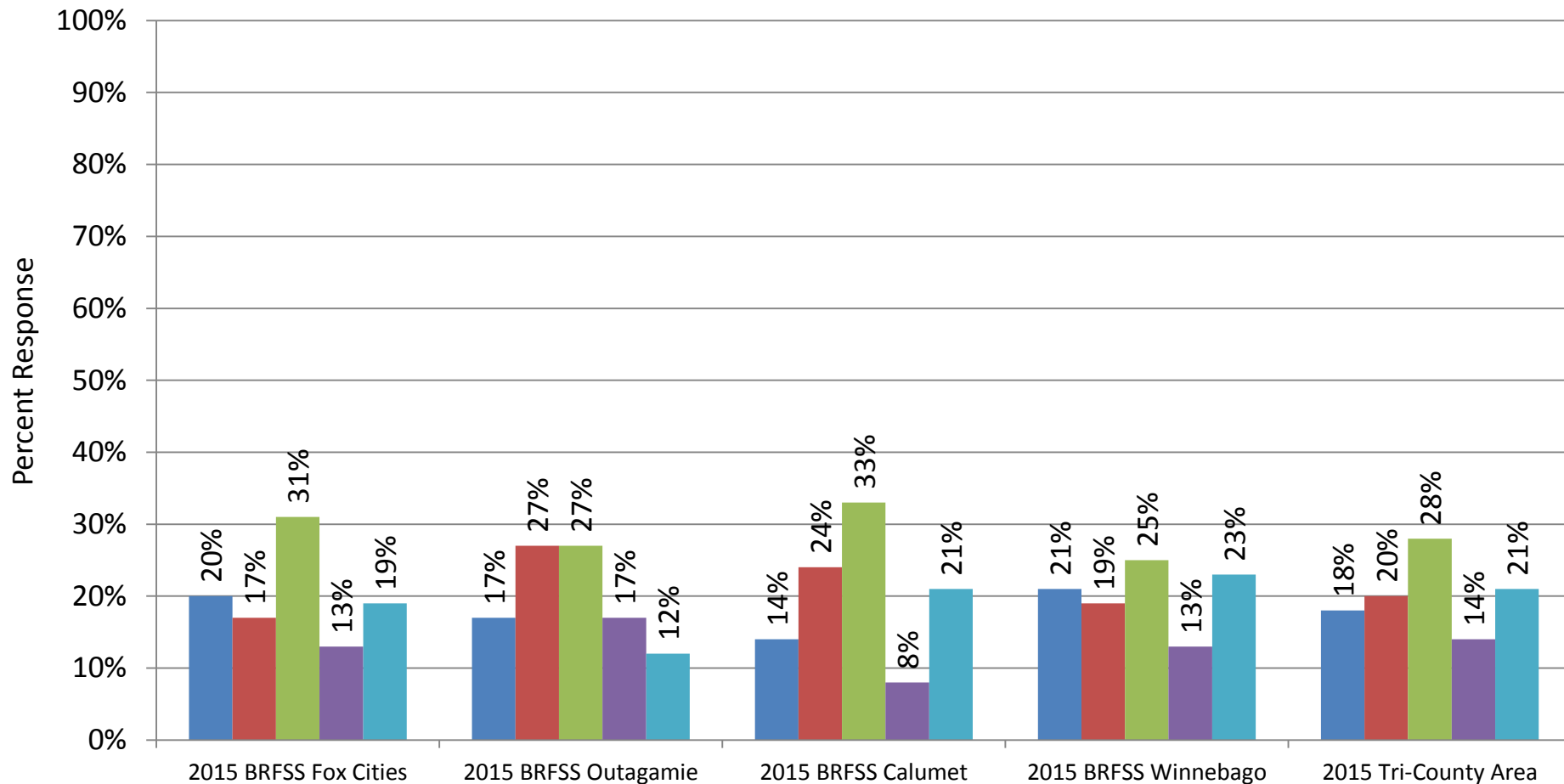
“Now thinking about the vigorous activities you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time...”



# Vigorous Exercise Days

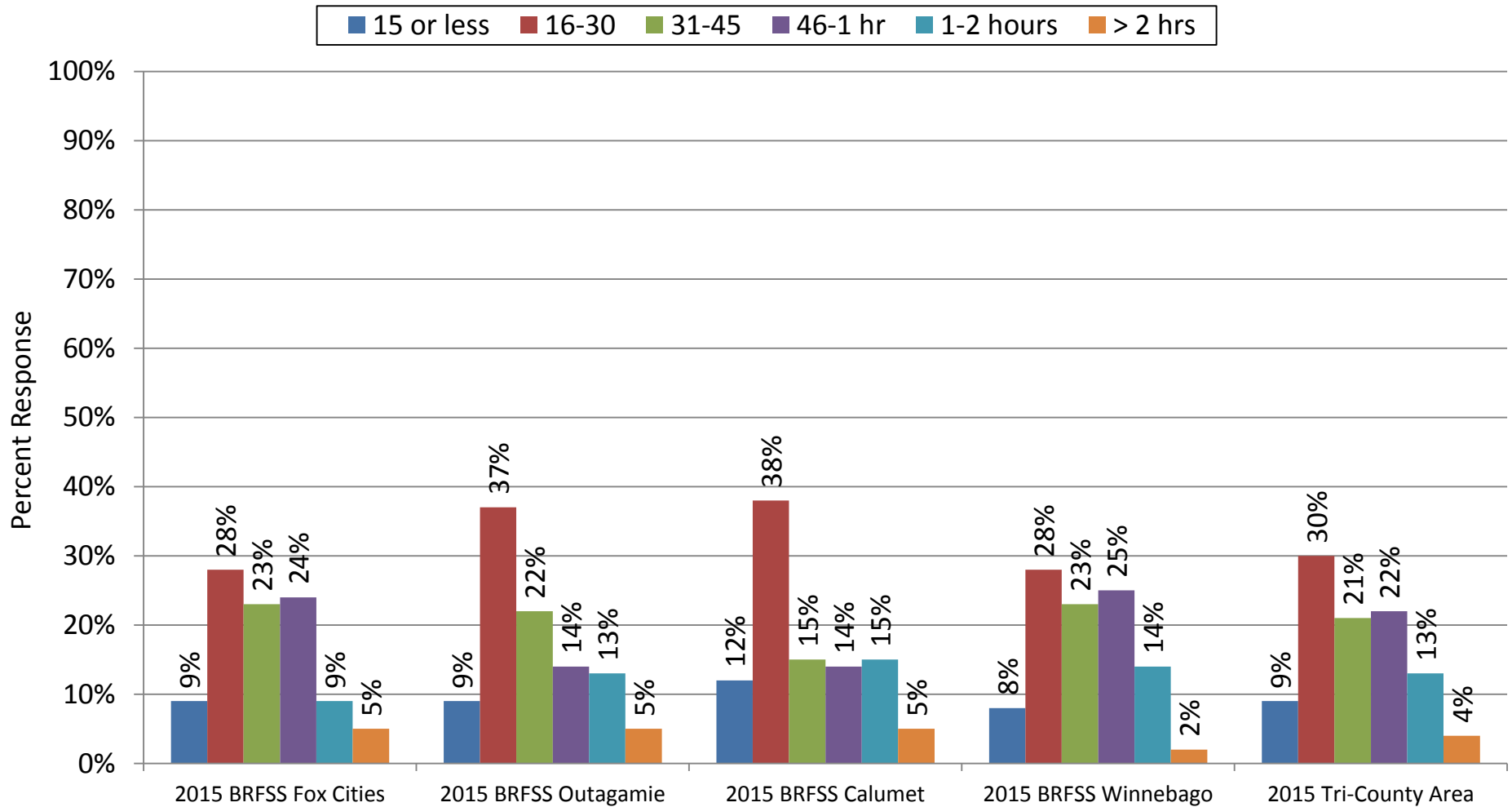
“How many days per week do you do these vigorous activities for at least 10 minutes at a time?”

■ 1 day ■ 2 days ■ 3 days ■ 4 days ■ 5 or more days



# Vigorous Exercise Mins.

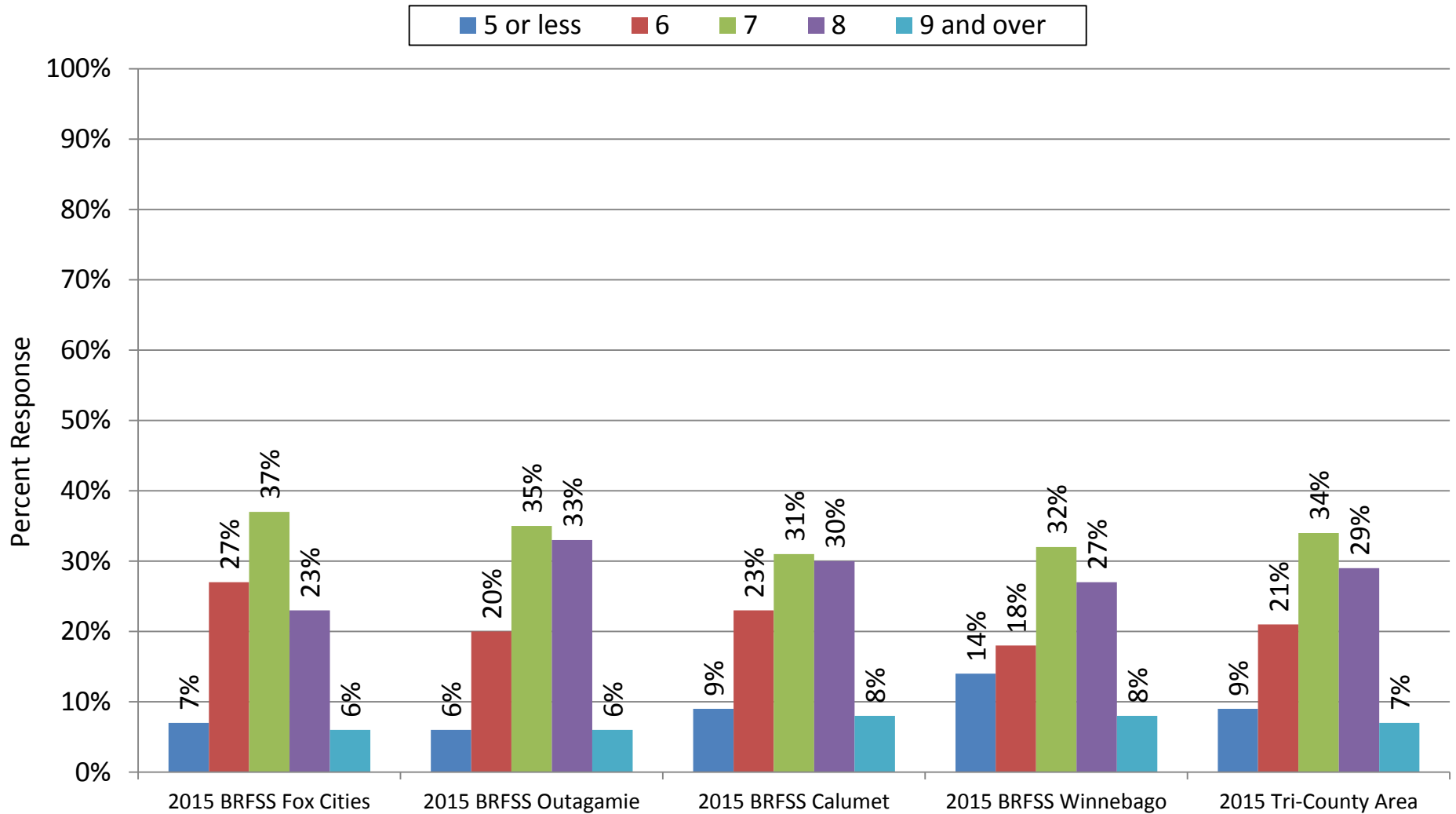
“On the days you do these vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?”





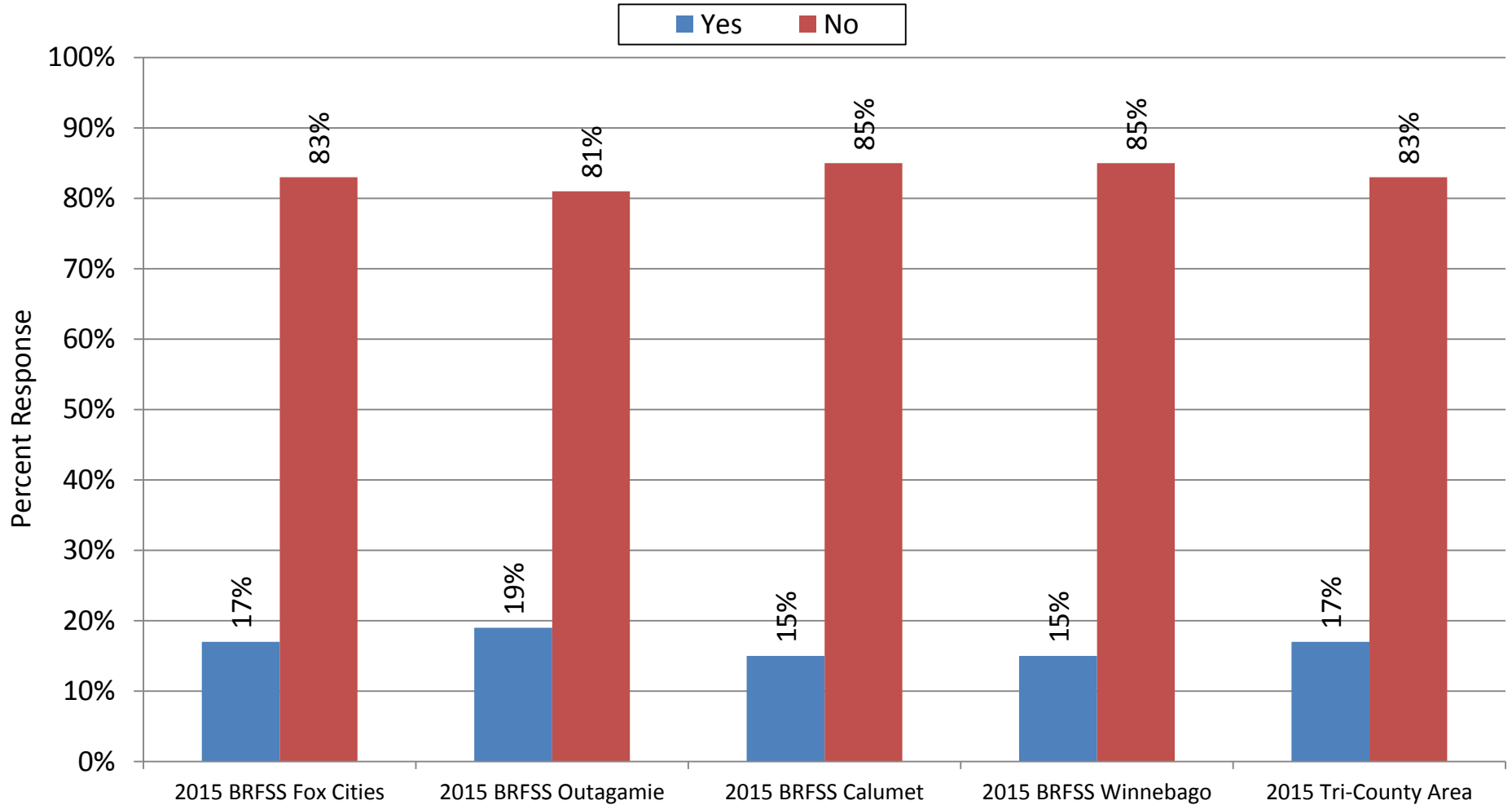
# Inadequate Sleep

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



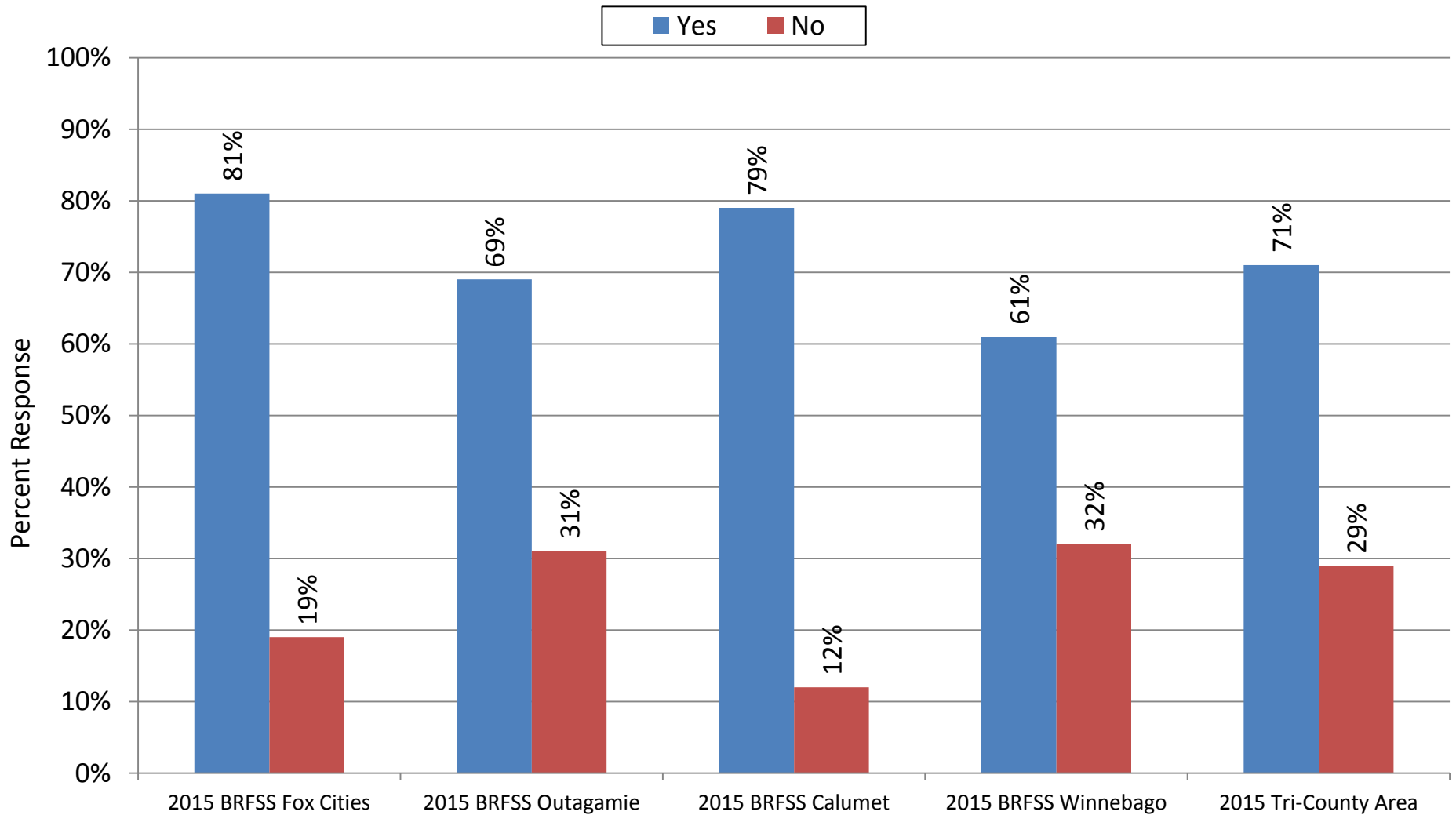
# Asthma Prevalence

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



# Asthma Prevalence

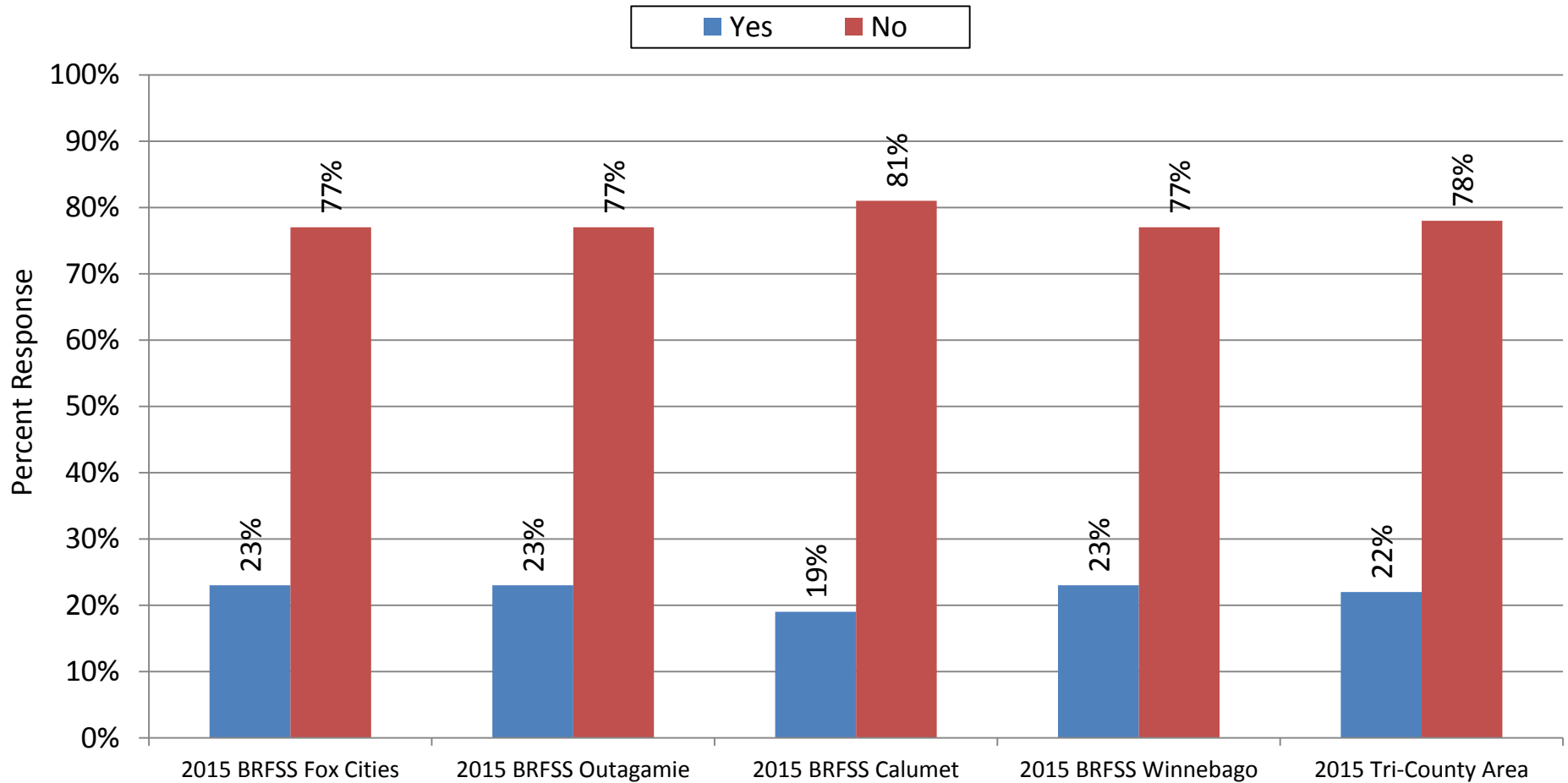
“Do you still have asthma?”



\*9% OF RESPONDENTS FROM CALUMET COUNTY REPORTED DON'T KNOW/NOT SURE.

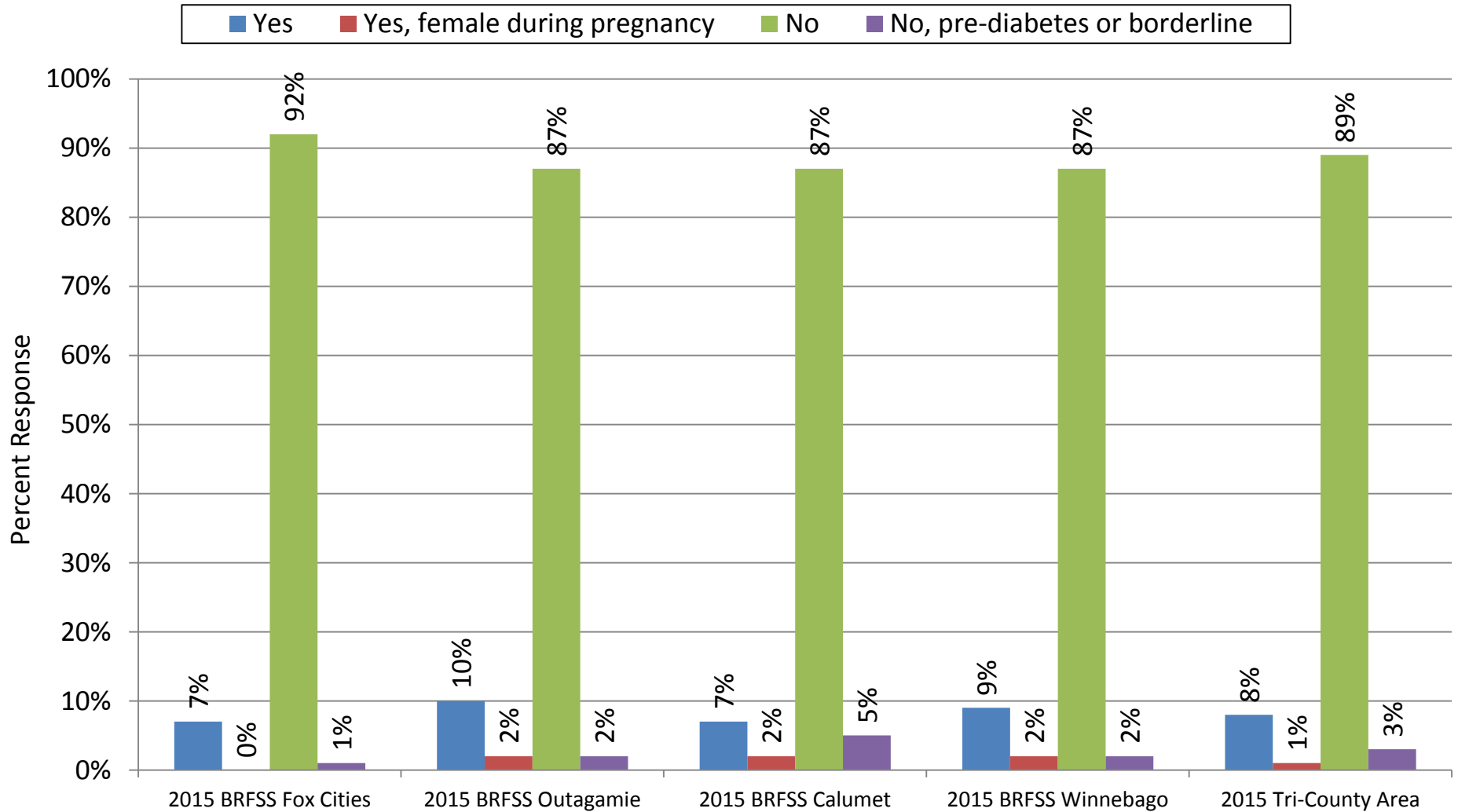
# Depression Prevalence

**“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?”**



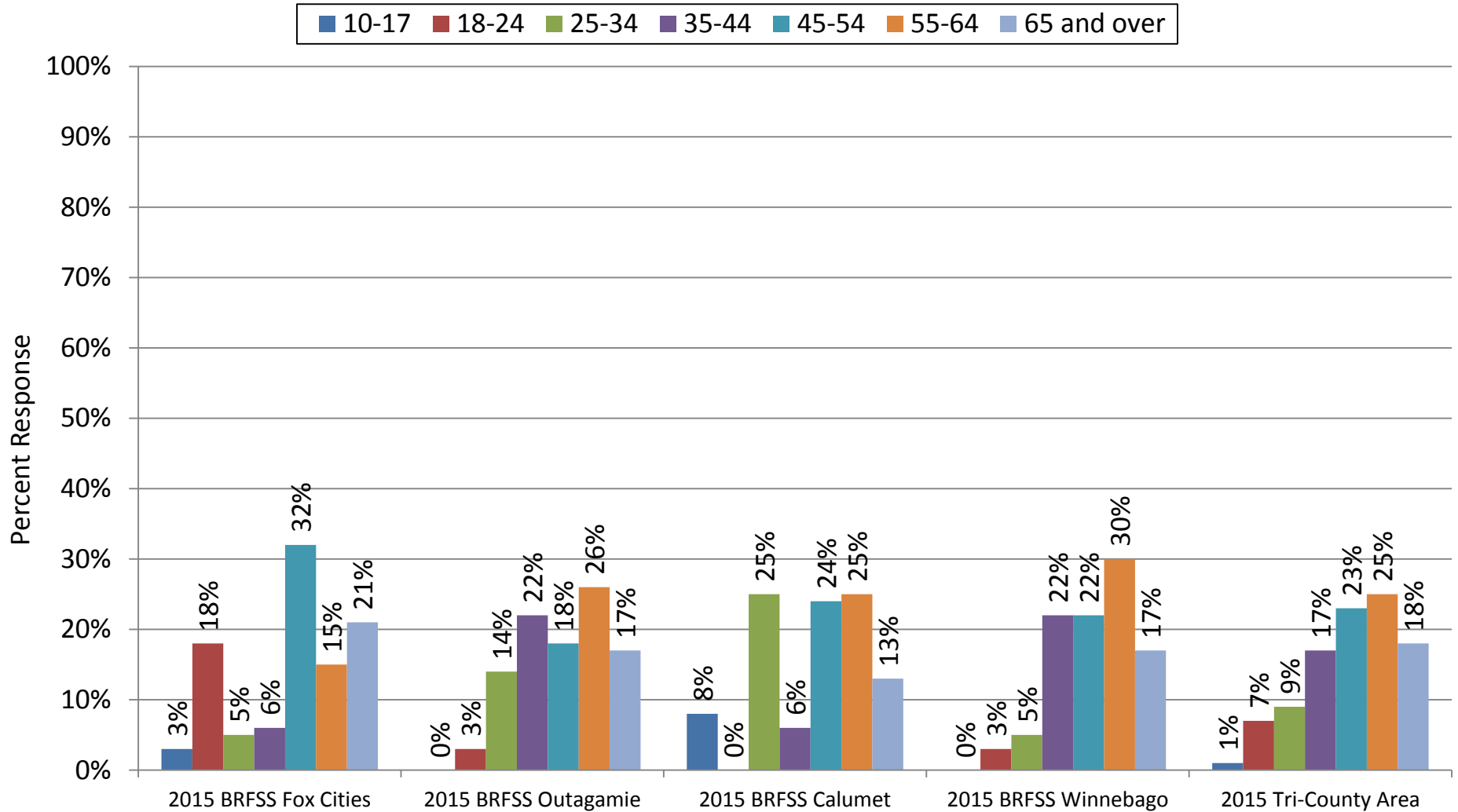
# Diabetes Prevalence

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



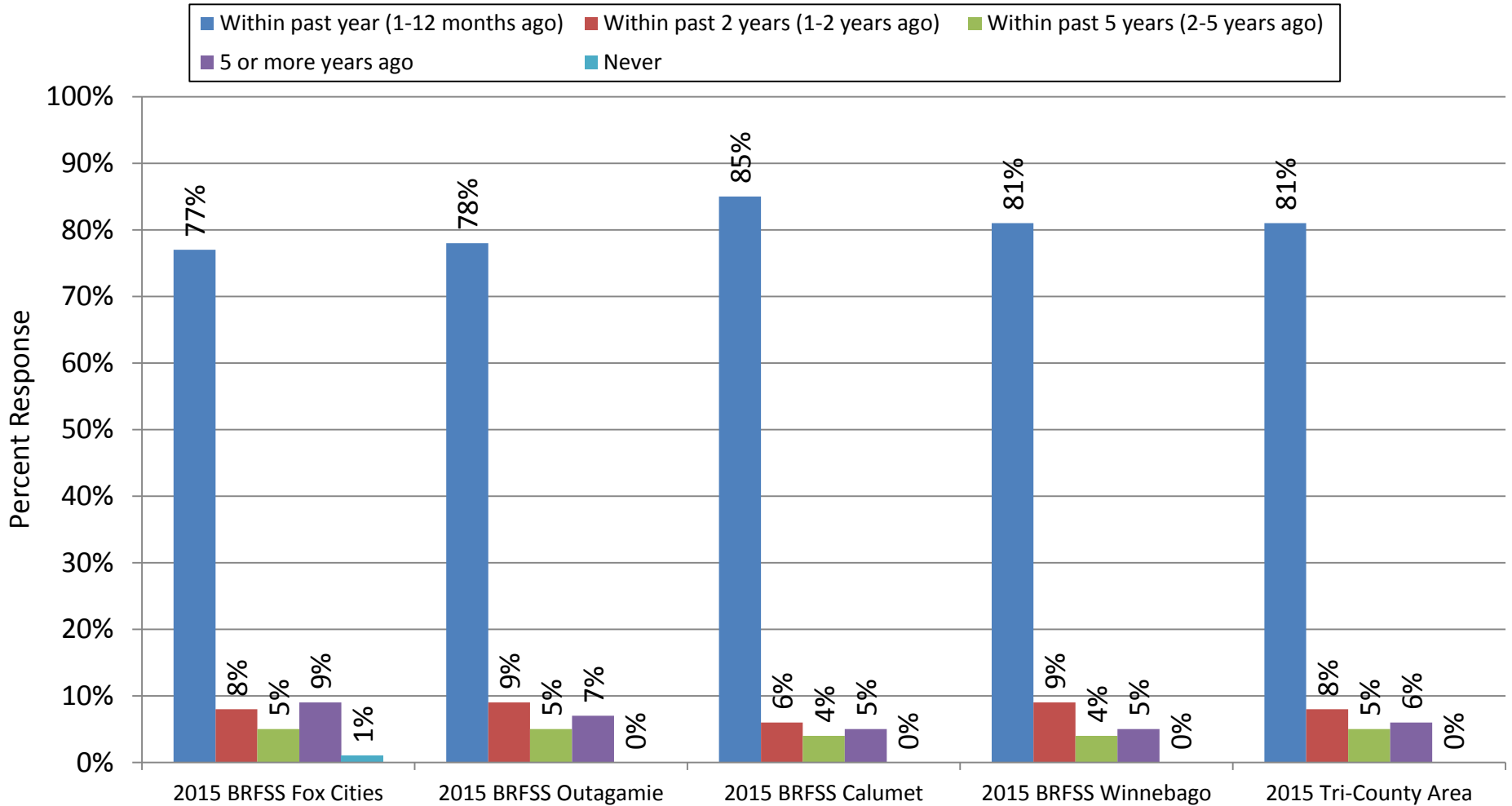
# Diabetes Age

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



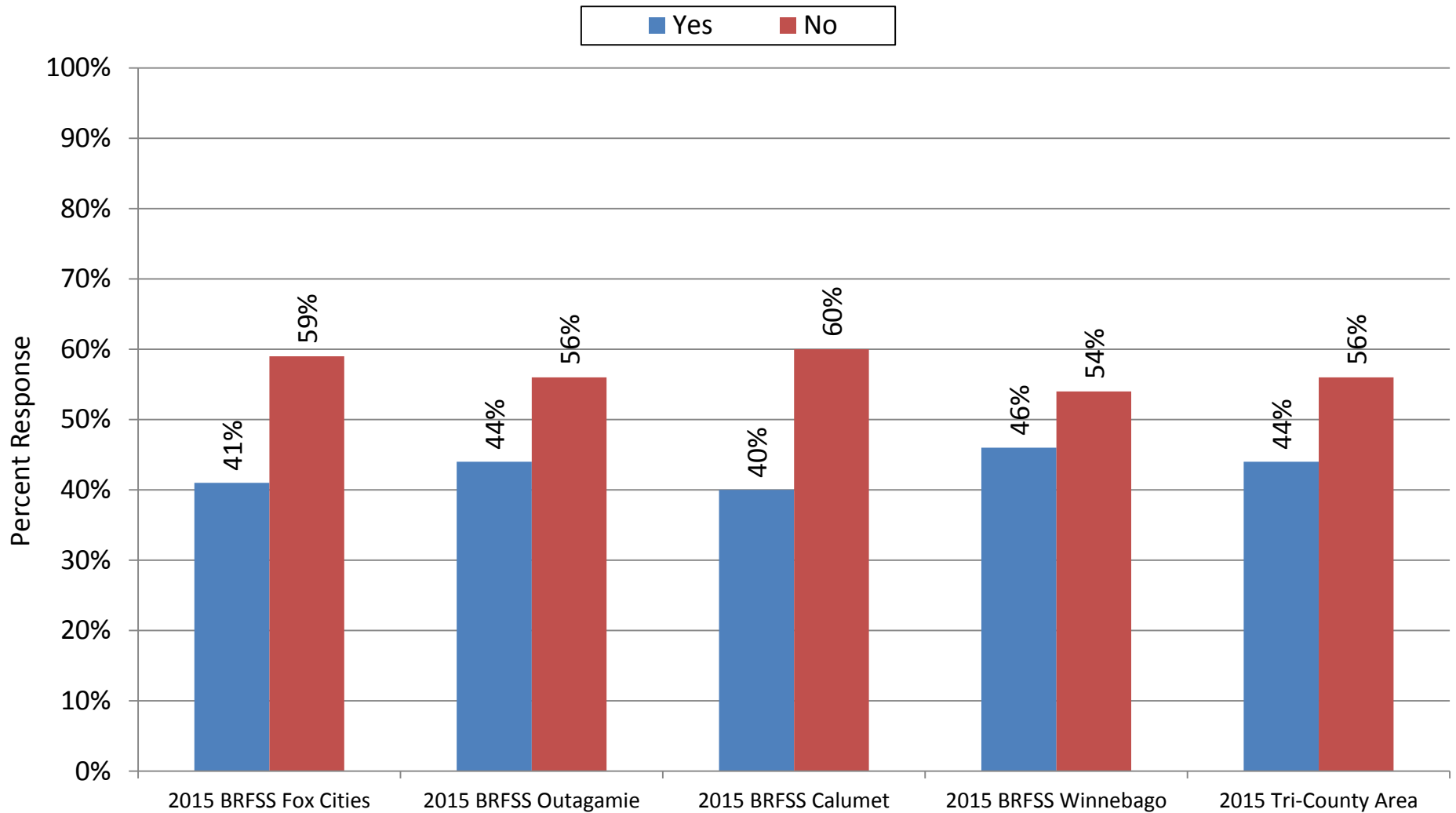
# Oral Health

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



# Smoking Prevalence

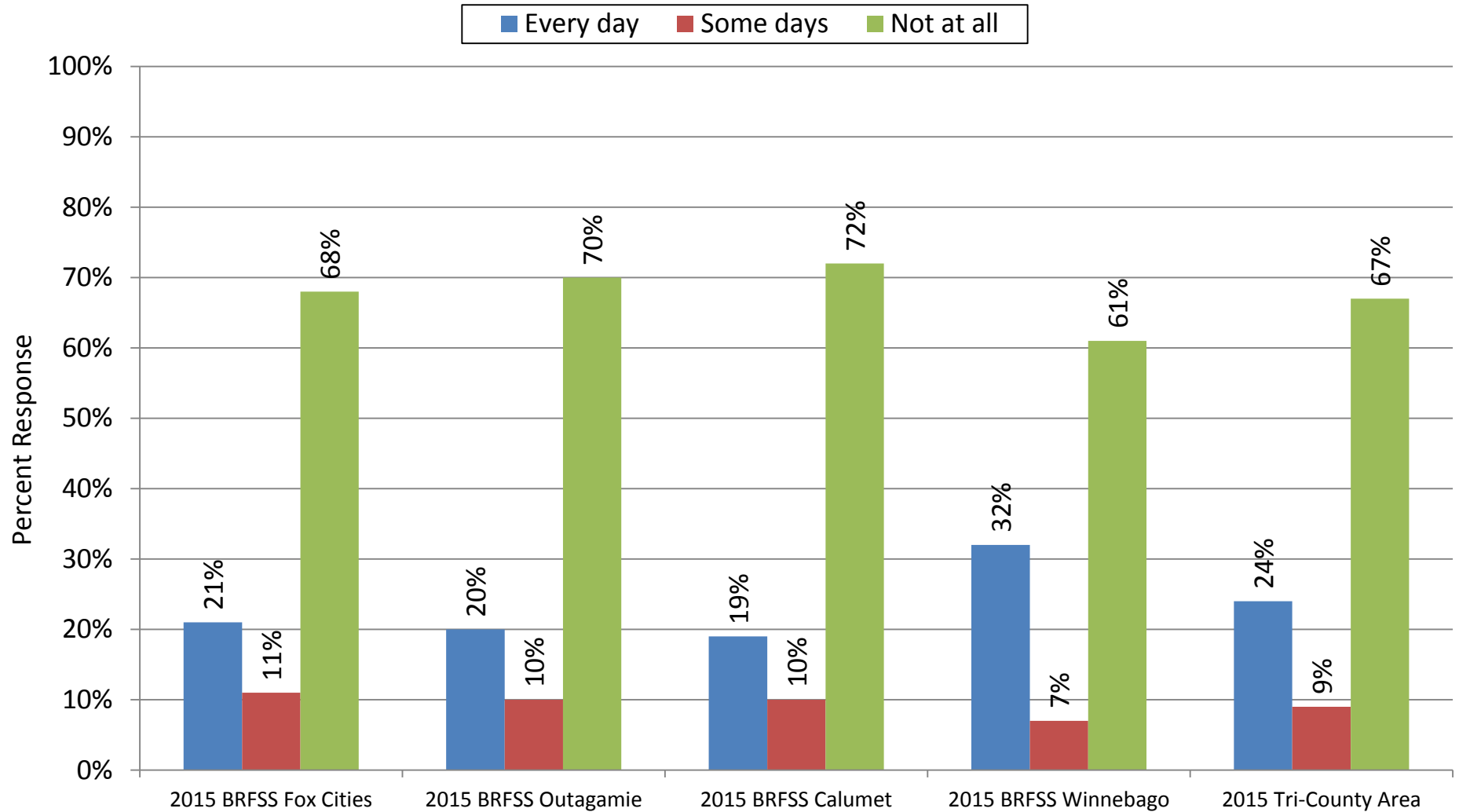
“Have you smoked at least 100 cigarettes in your entire life?”





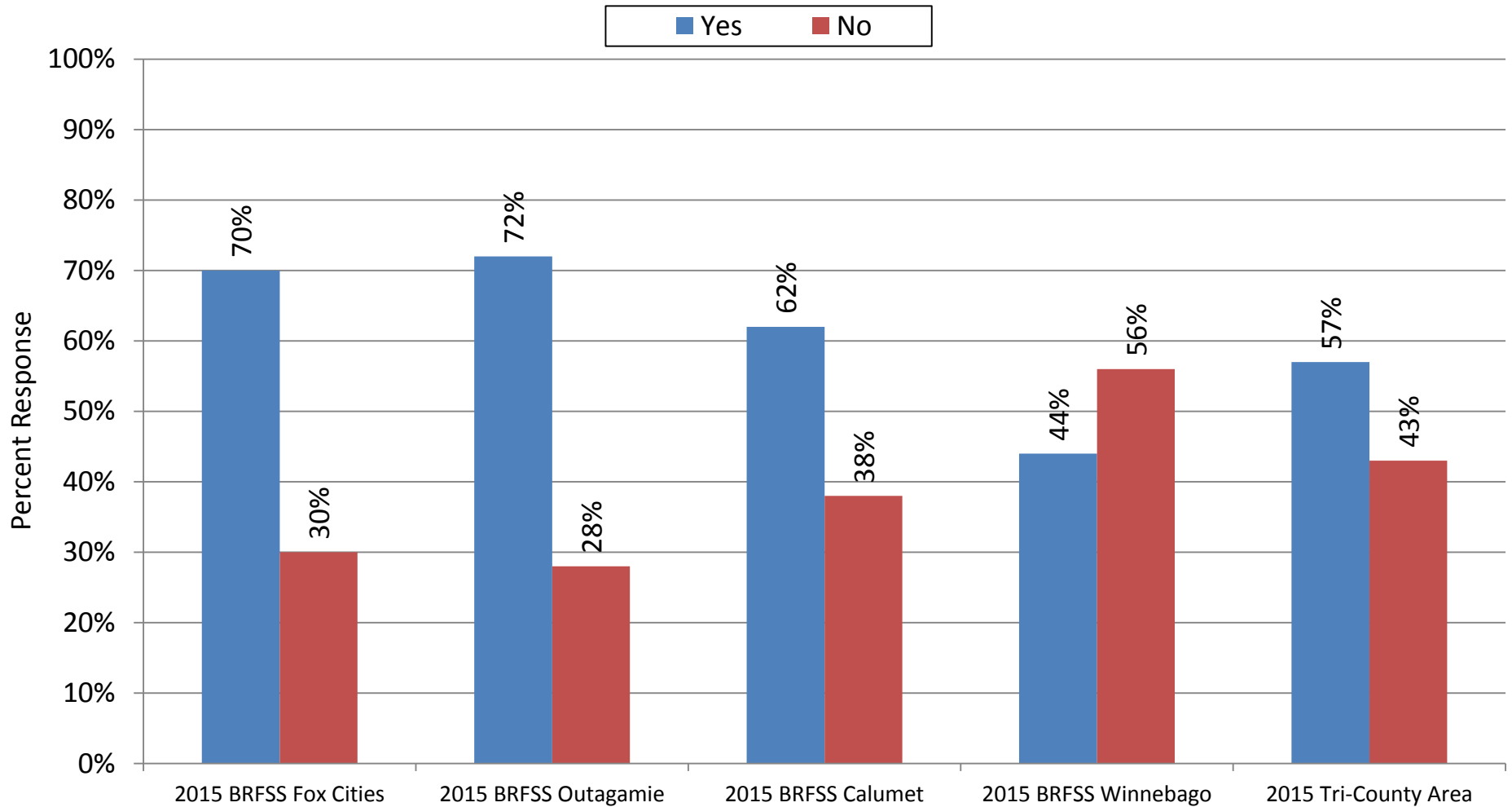
# Current Smoking

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



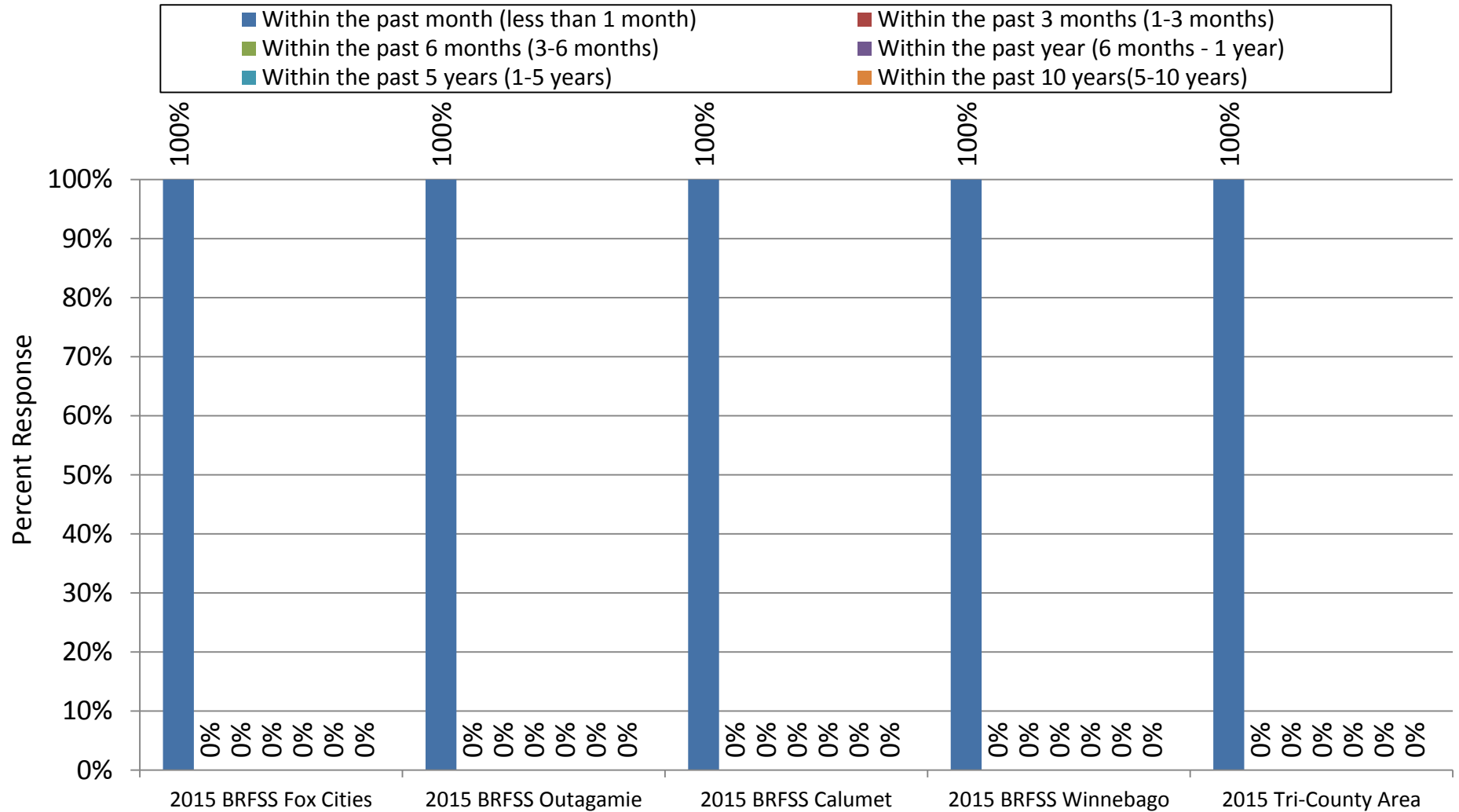
# Stopped Smoking

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



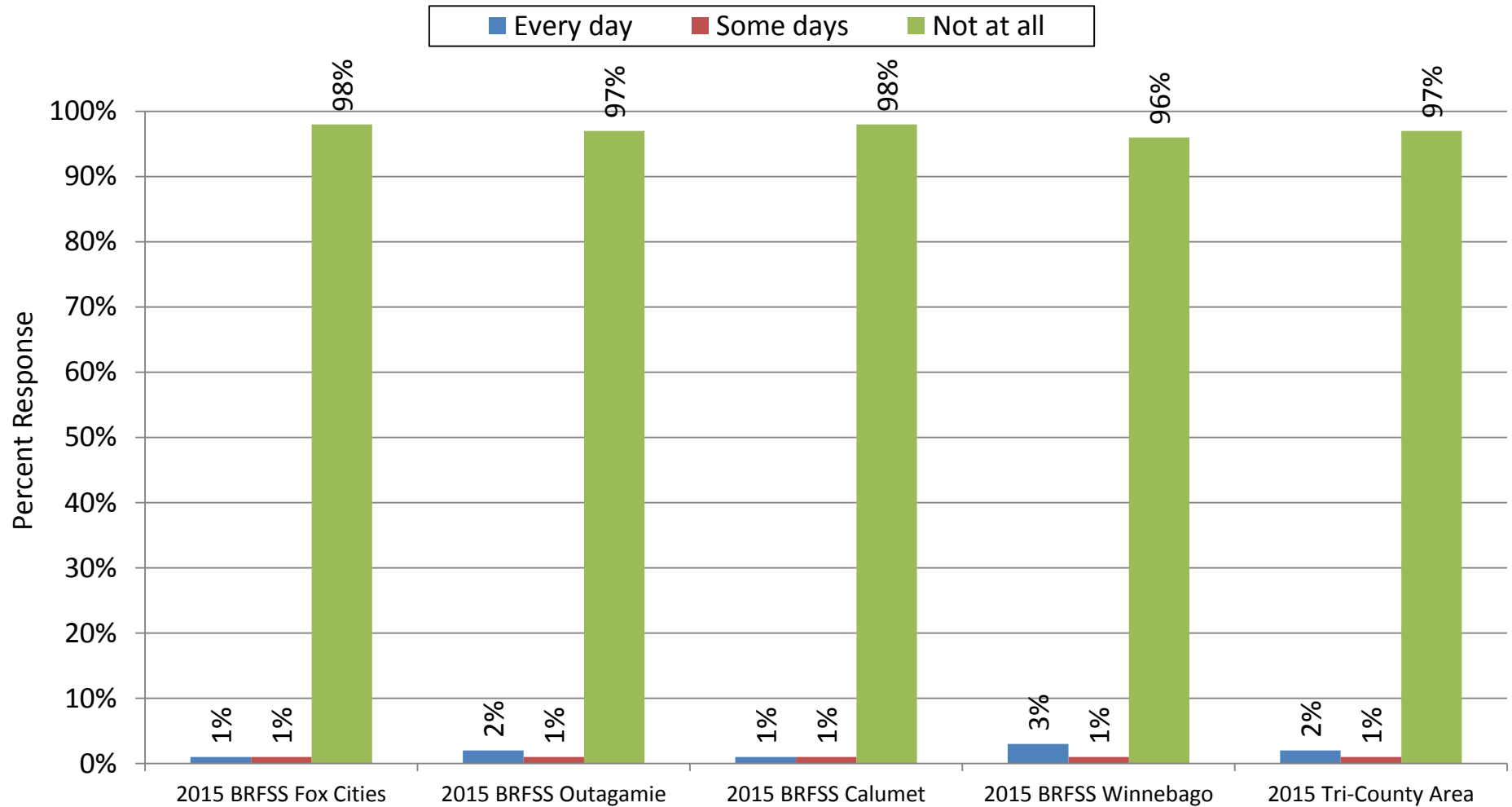
# Tobacco Use

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



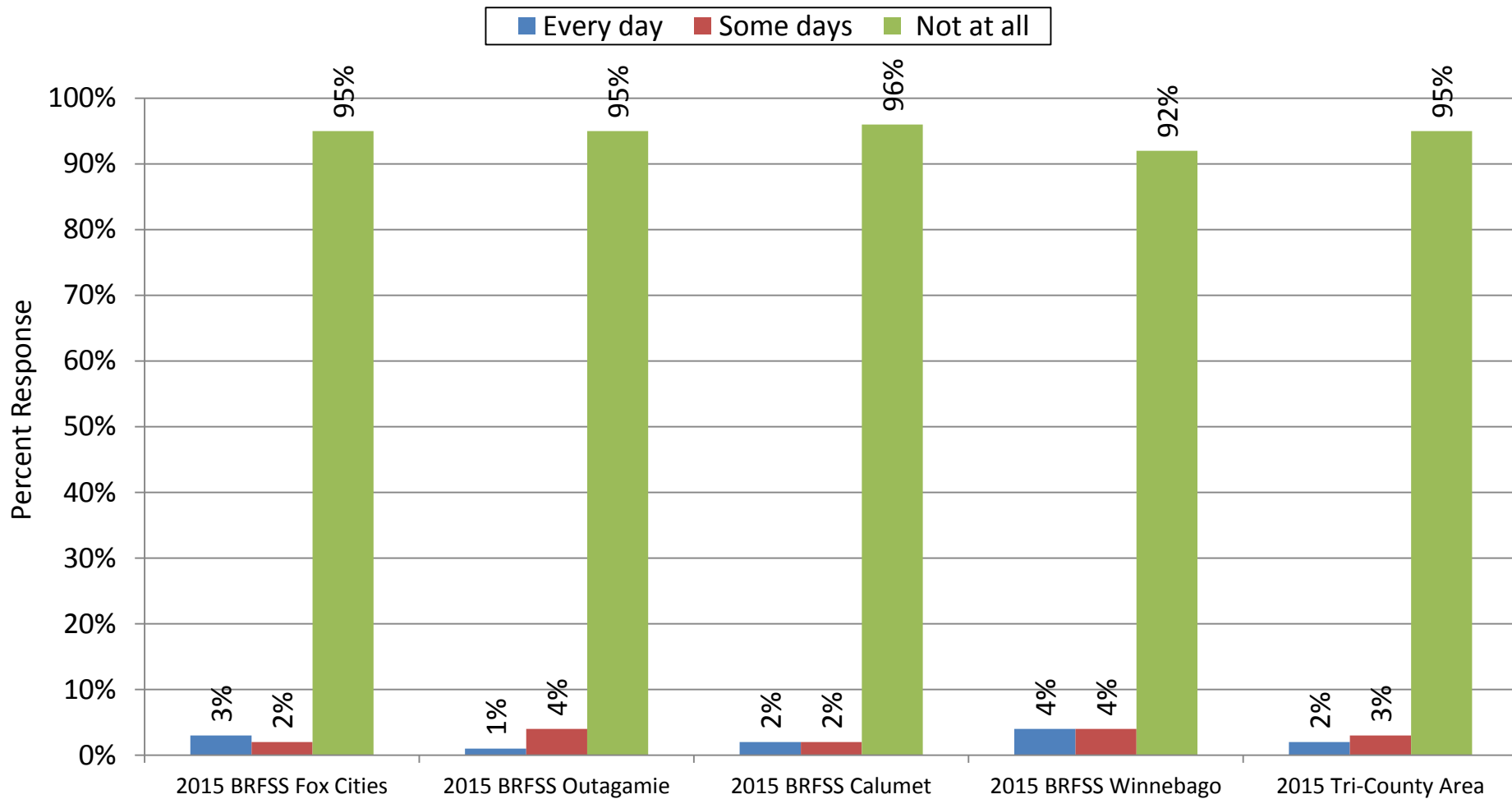
# Smokeless Tobacco Use

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



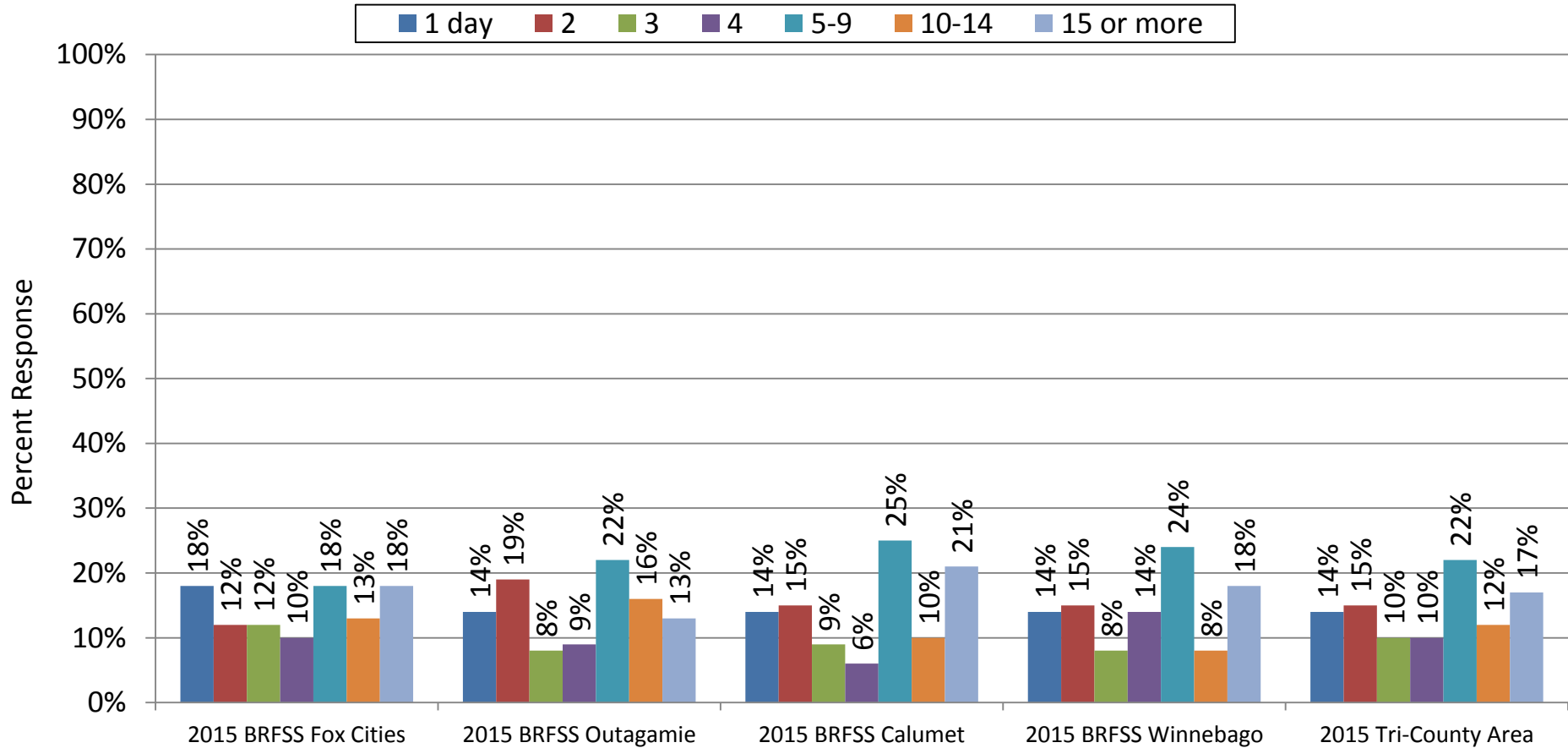
# E-Cigarettes

**“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?”



FOX CITIES: 29% INDICATED THEY HAD NOT DRANK ANY ALCOHOLIC BEVERAGE IN THE PAST 30 DAYS.

OUTAGAMIE COUNTY: 25% INDICATED THEY HAD NOT DRANK ANY ALCOHOLIC BEVERAGE IN THE PAST 30 DAYS.

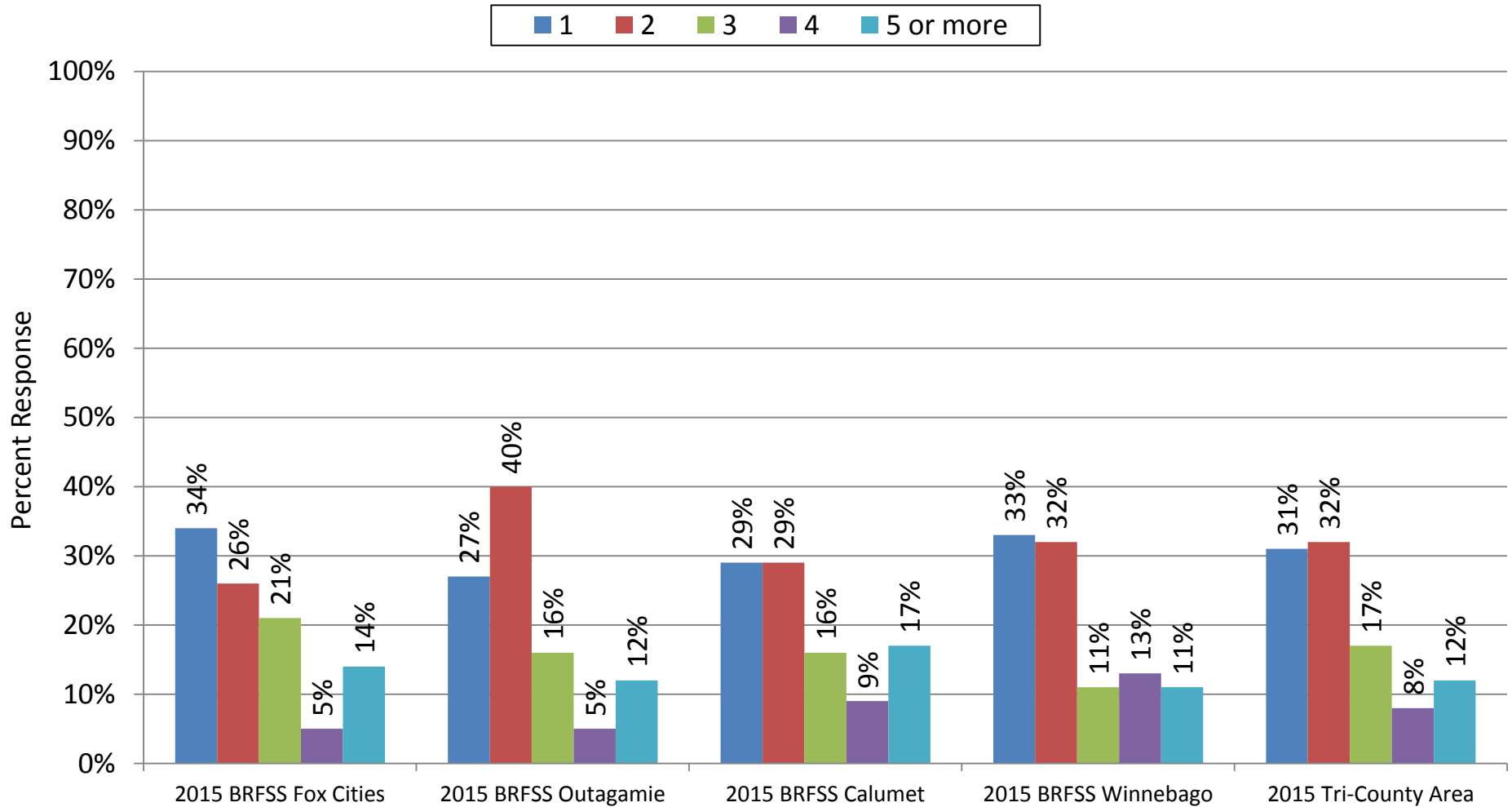
CALUMET COUNTY: 28% INDICATED THEY HAD NOT DRANK ANY ALCOHOLIC BEVERAGE IN THE PAST 30 DAYS.

WINNEBAGO COUNTY: 40% INDICATED THEY HAD NOT DRANK ANY ALCOHOLIC BEVERAGE IN THE PAST 30 DAYS.

TRI-COUNTY AREA: 31% INDICATED THEY HAD NOT DRANK ANY ALCOHOLIC BEVERAGE IN THE PAST 30 DAYS.

# Alcohol Consumption

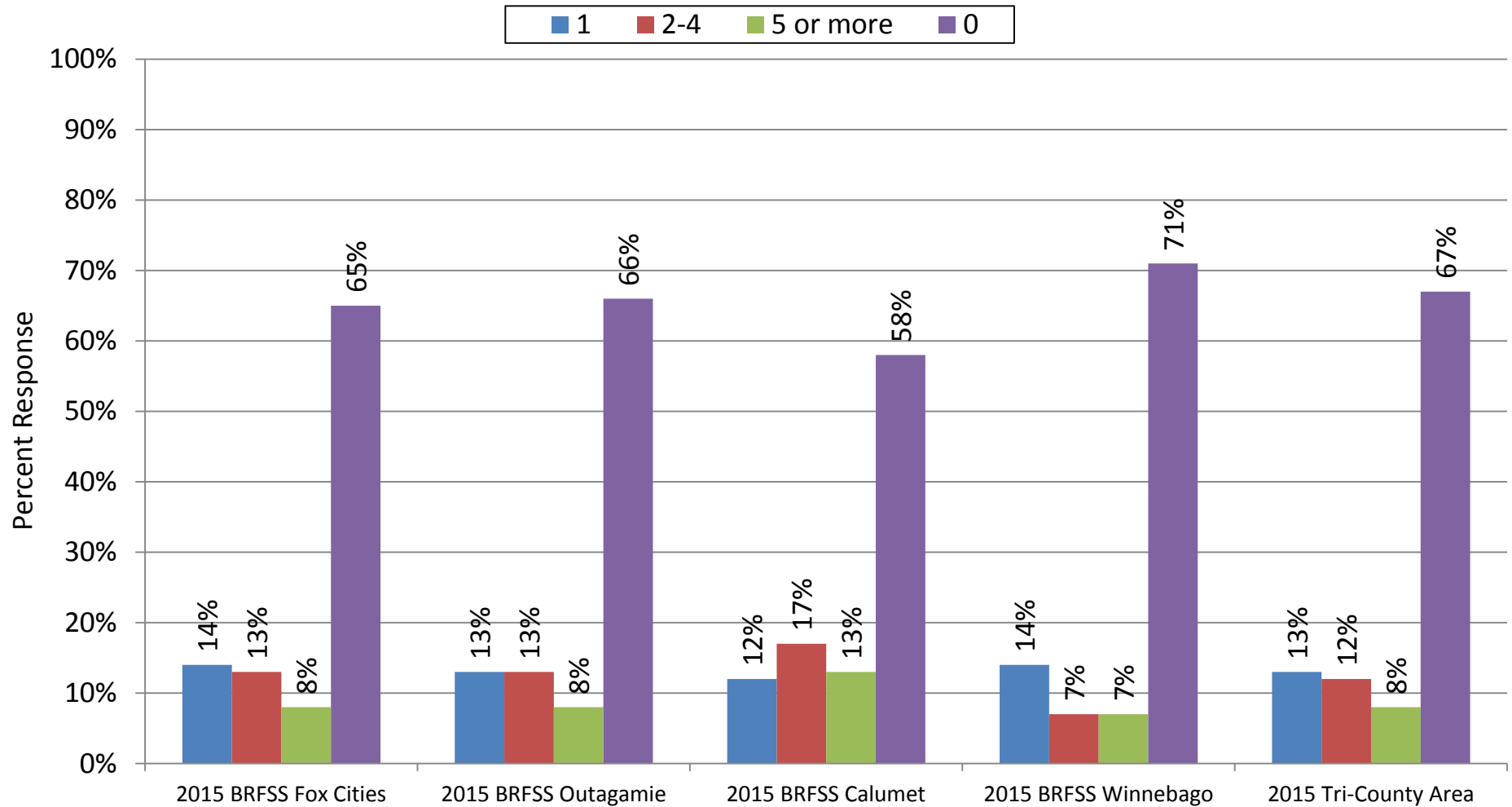
“During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?”



\* 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?”

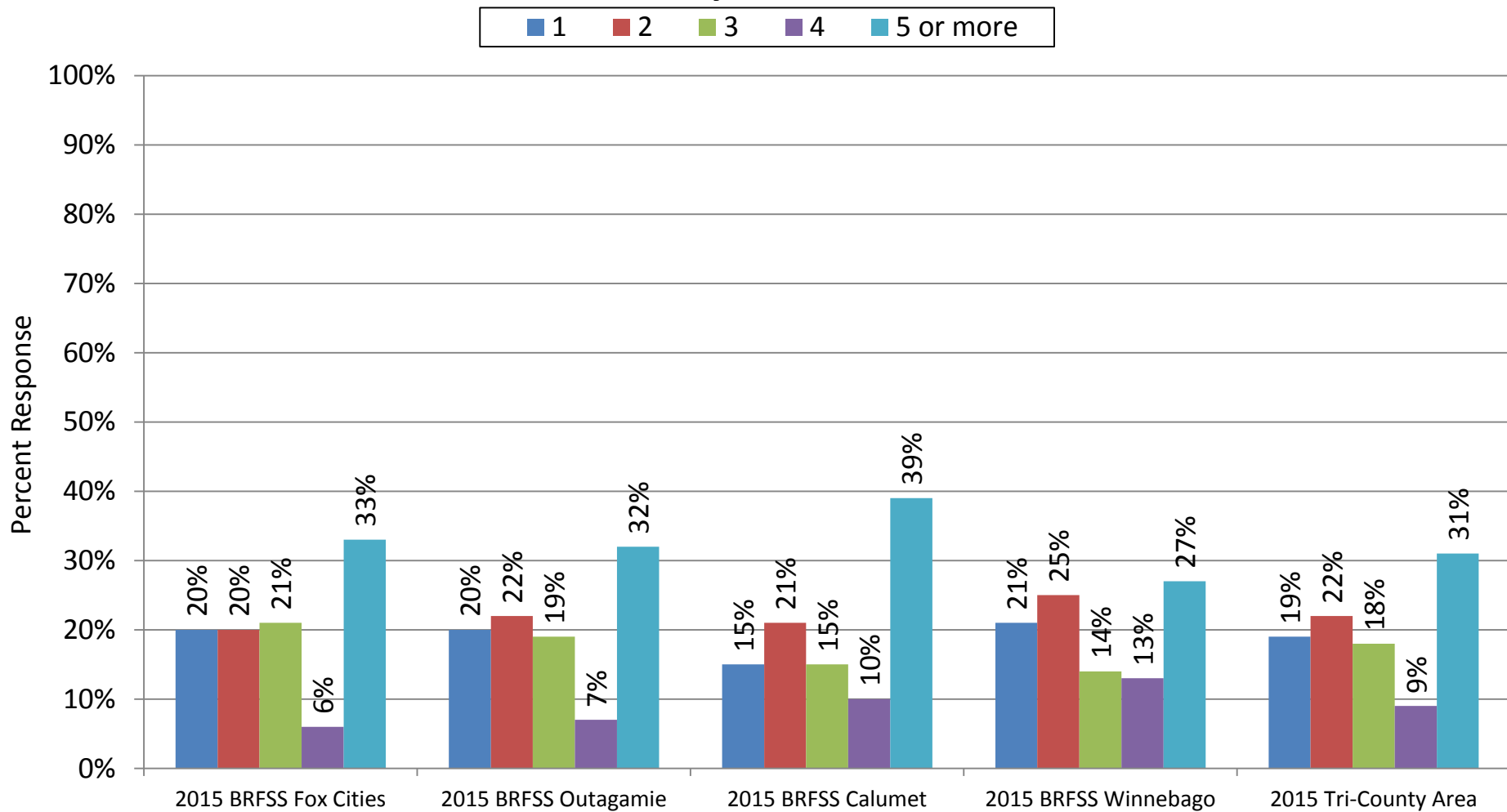


\* ONLY THOSE WHO HAVE DRANK WITHIN THE PAST 30 DAYS.



# Alcohol – Largest Number

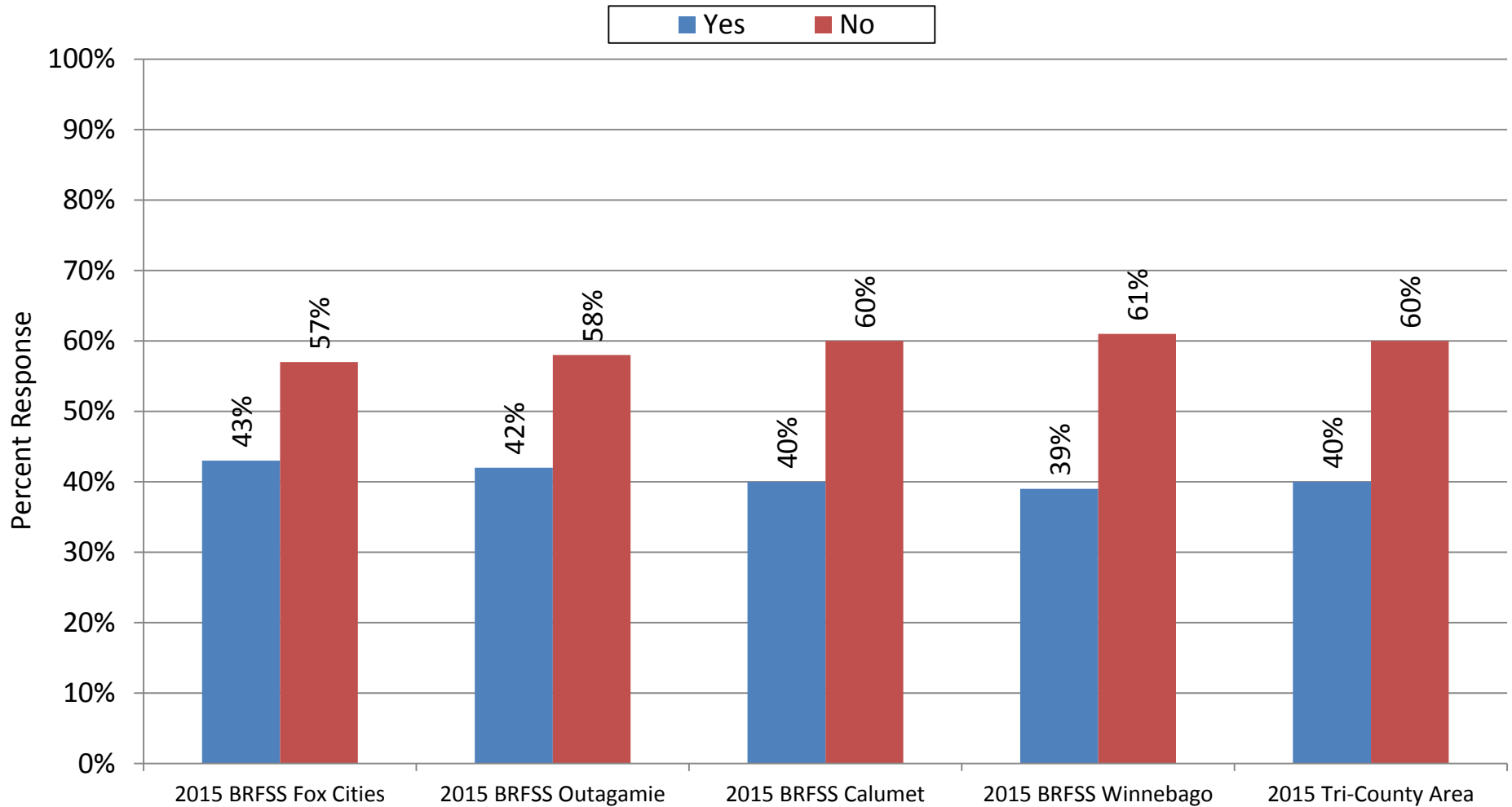
“During the past 30 days, what is the largest number of drinks you had on any occasion?”



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

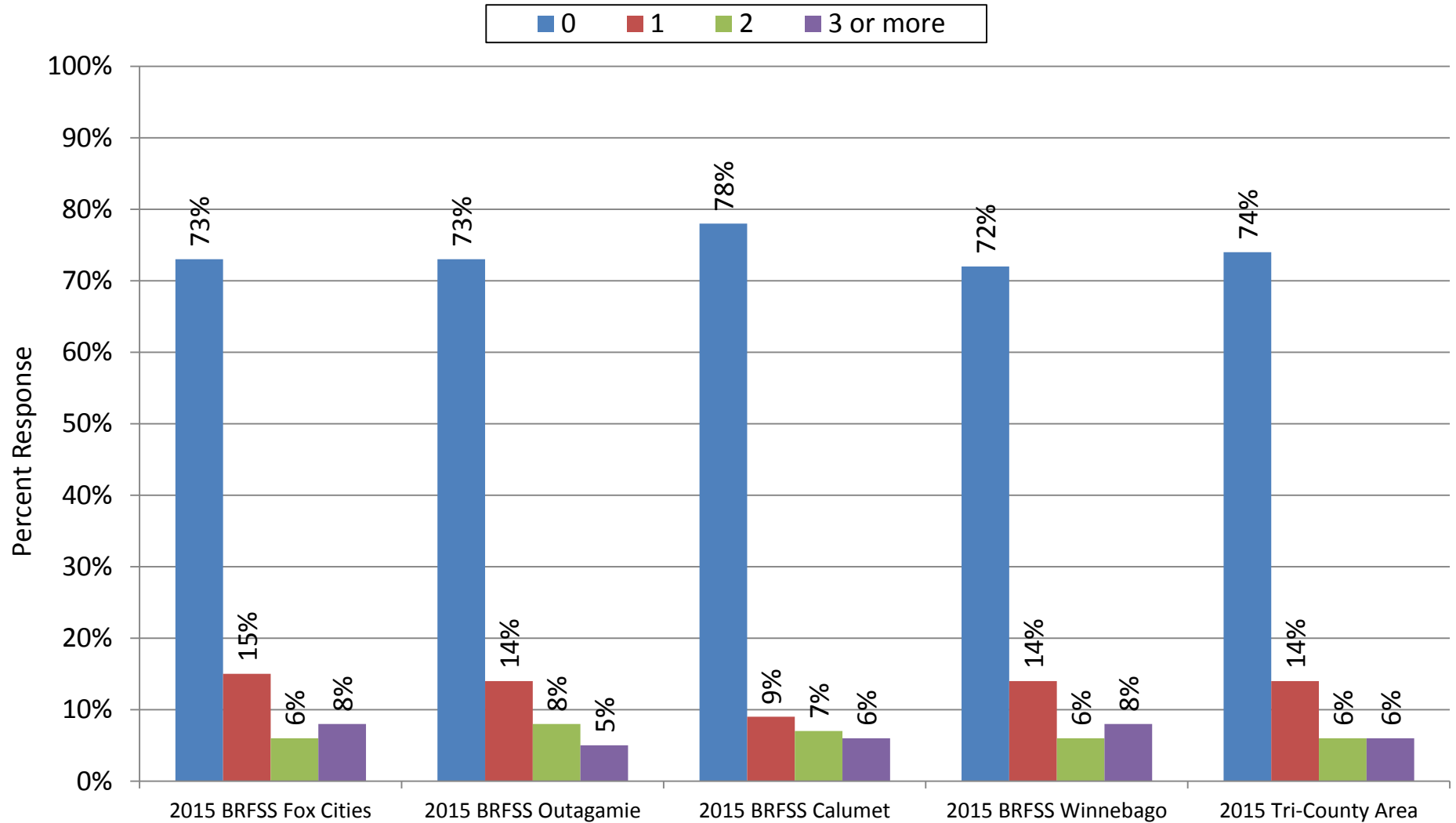
# Immunization

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



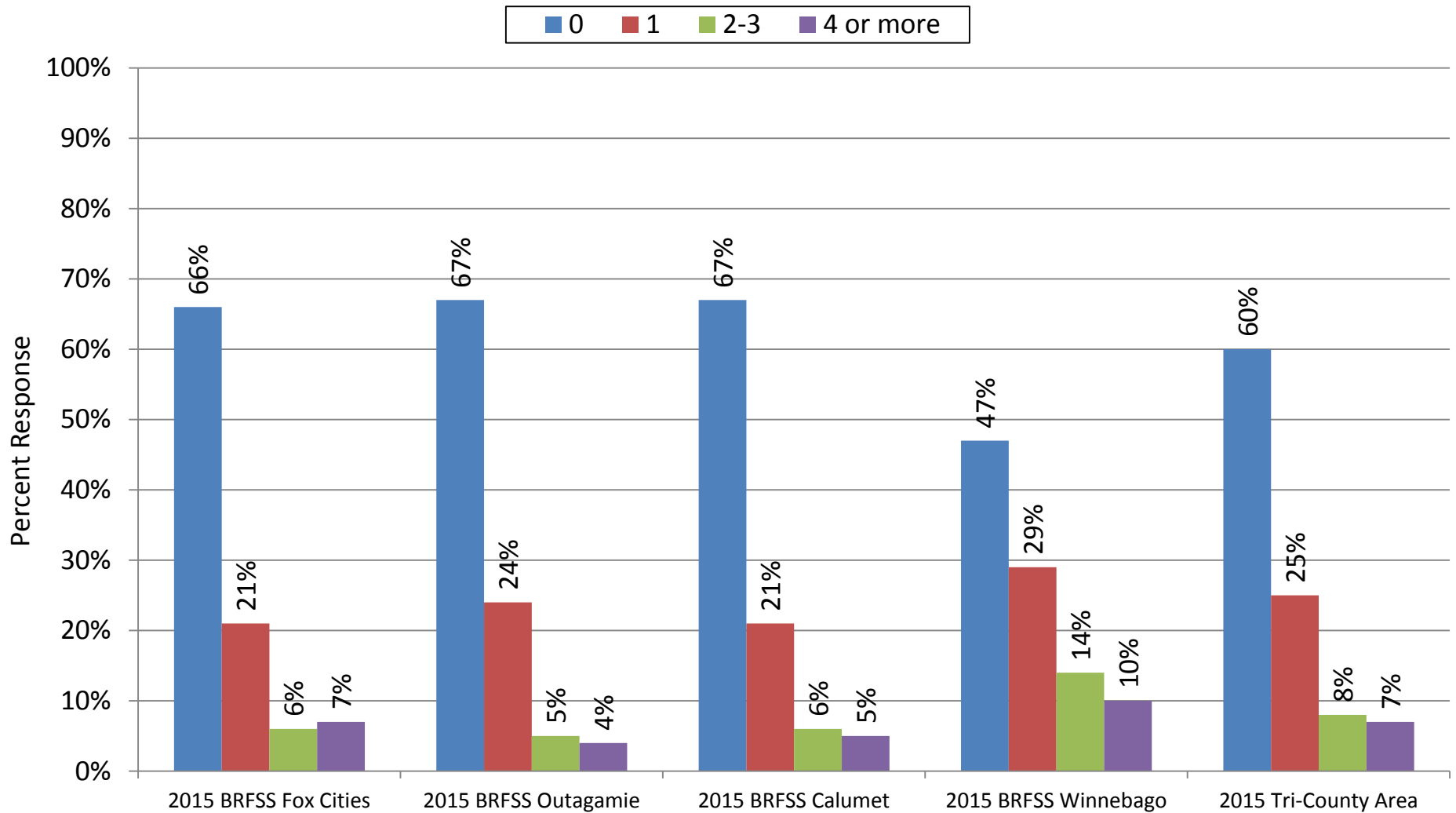
# Number of Falls

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



# Falls - Injury

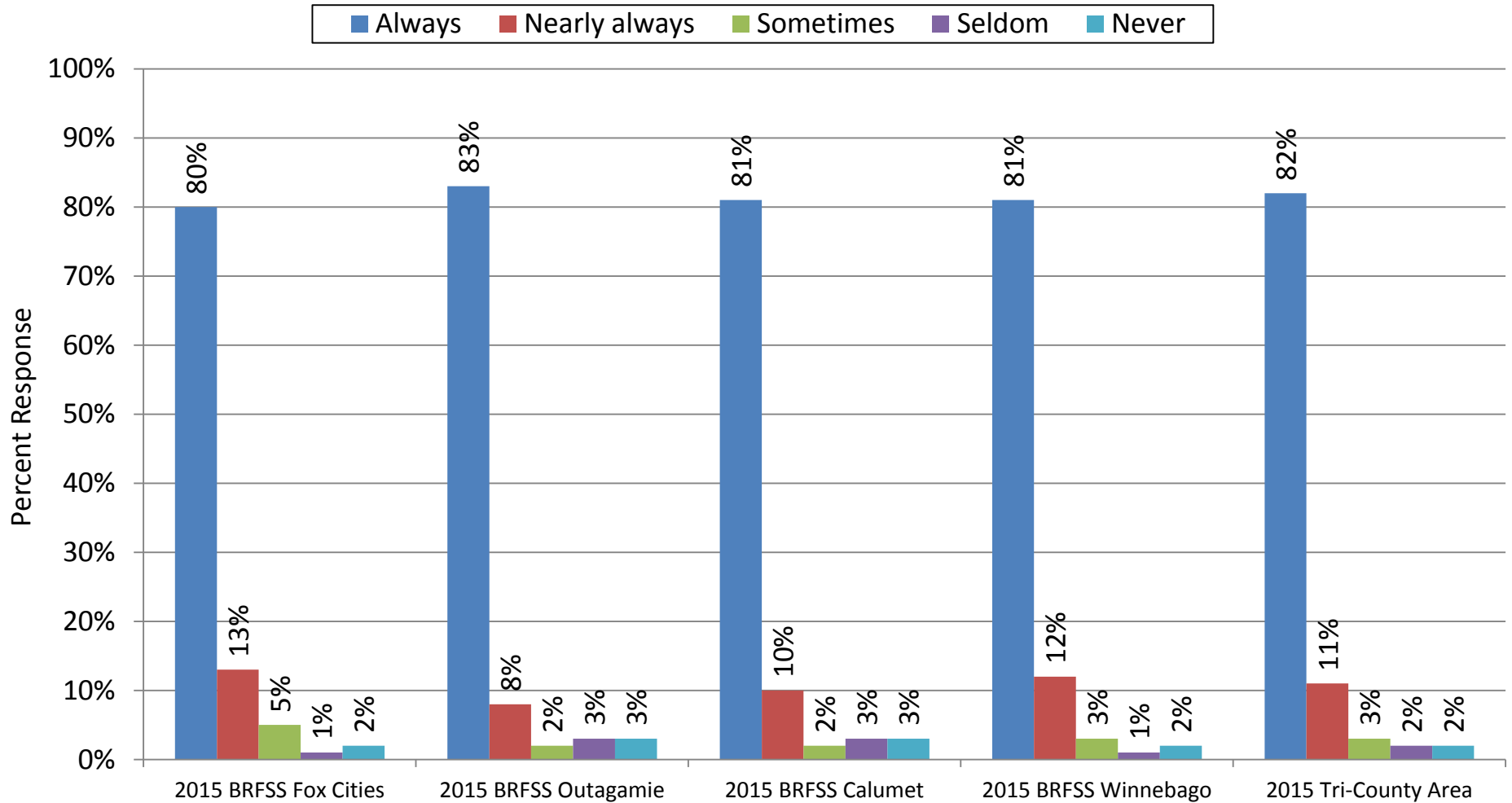
“How many of these falls caused an injury?”



\* 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.

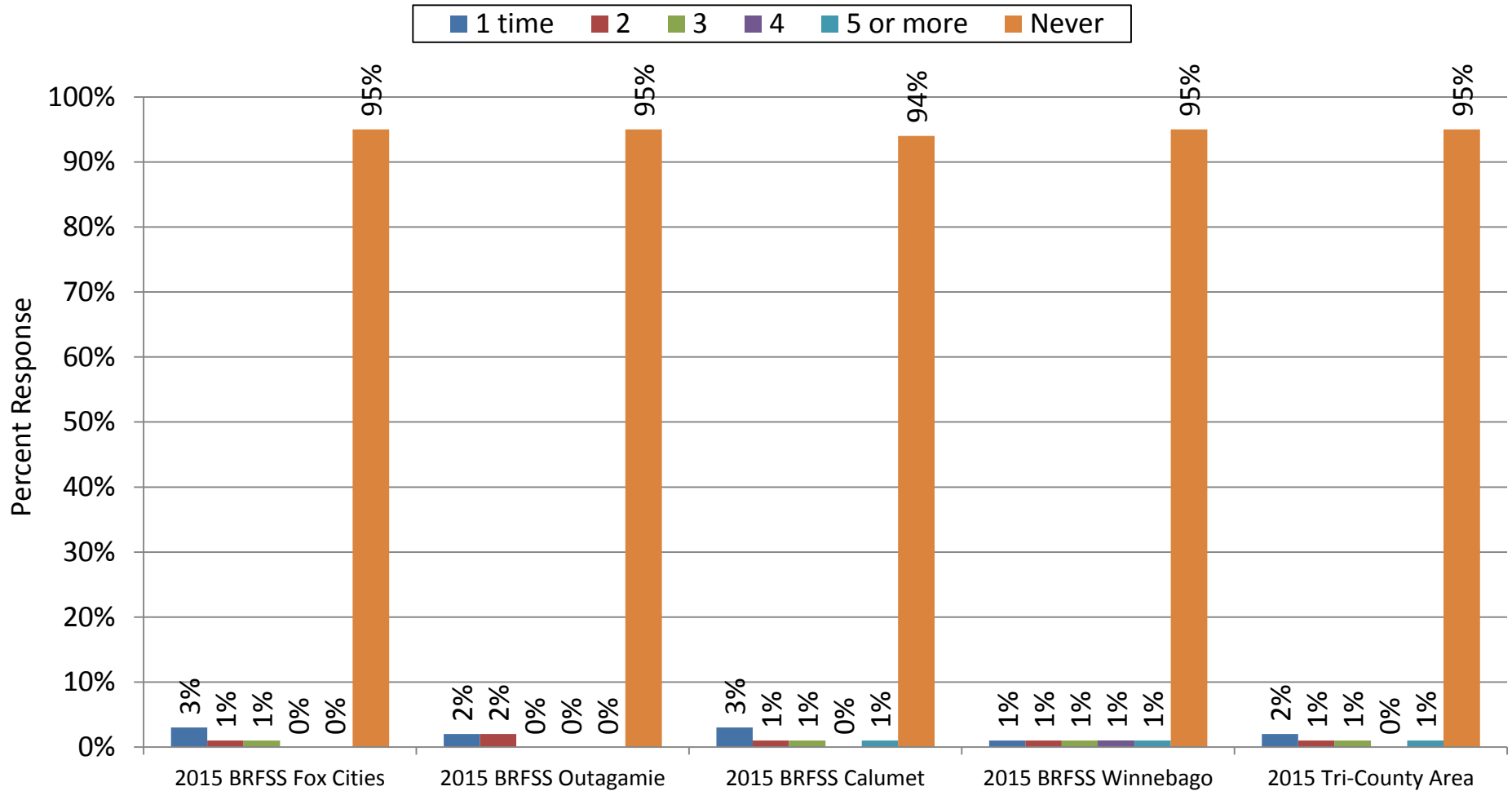
# Seatbelt Use

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



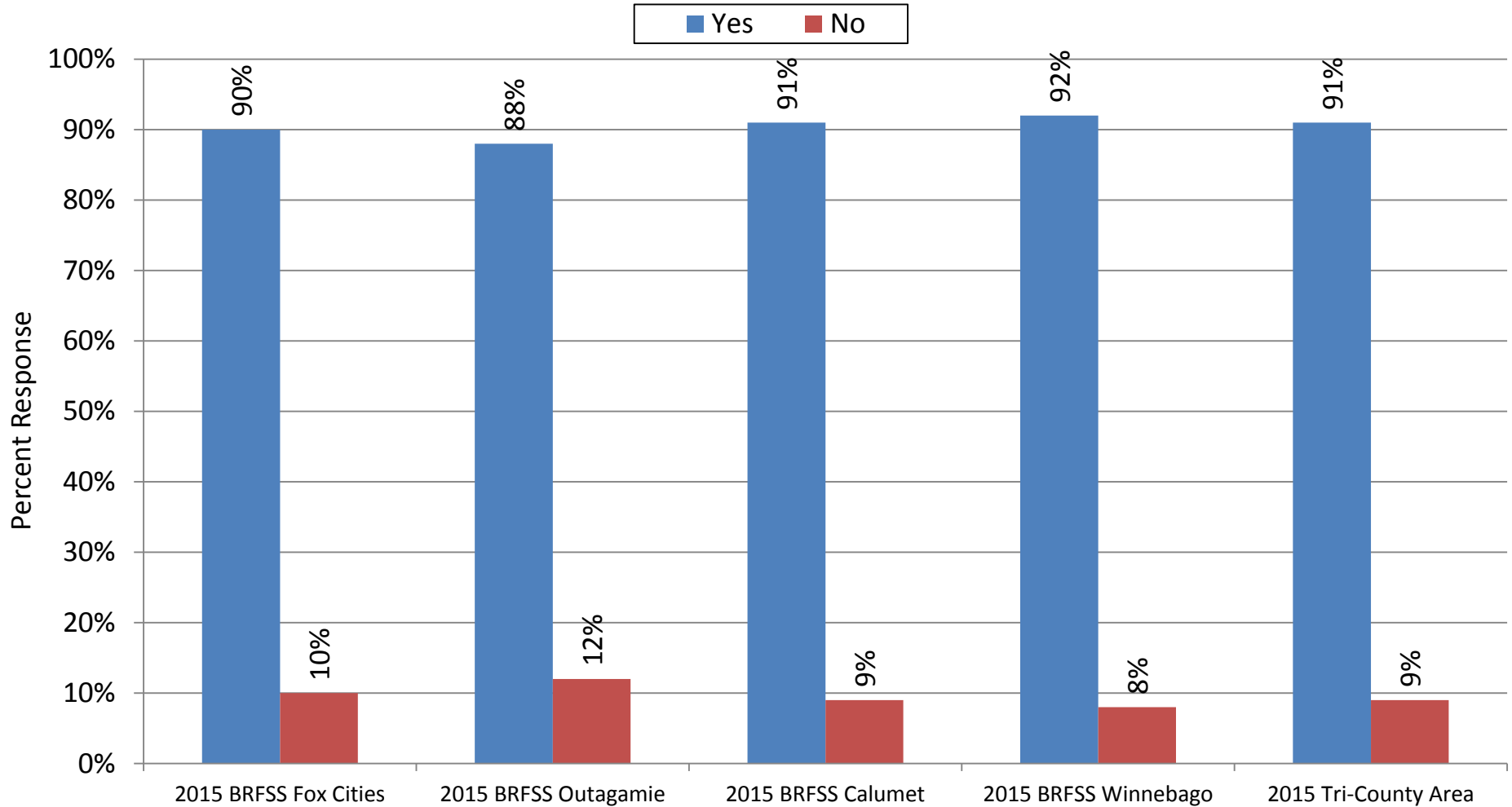
# Drinking and Driving

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



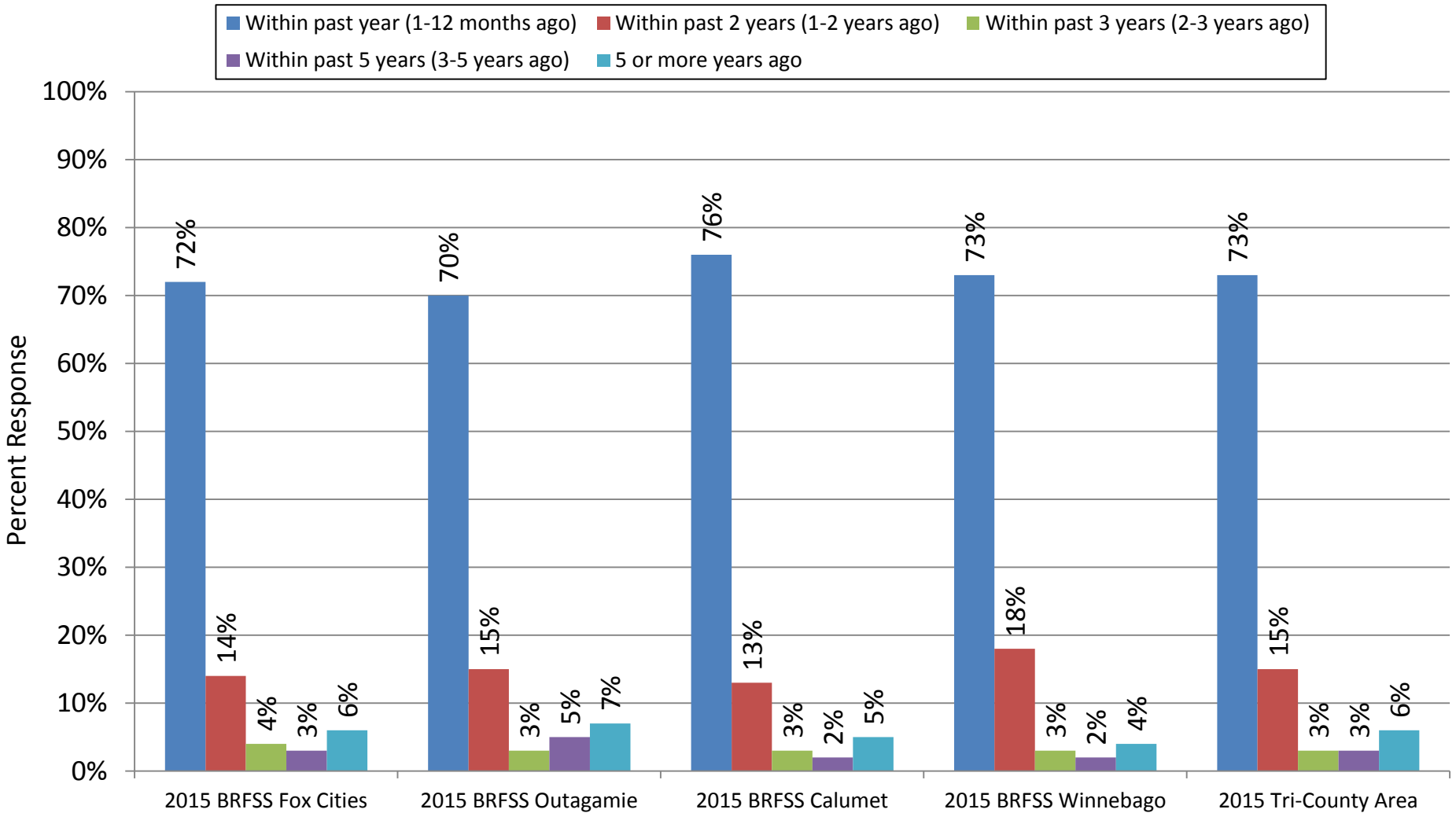
# Mammogram Test

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



# Last Mammogram

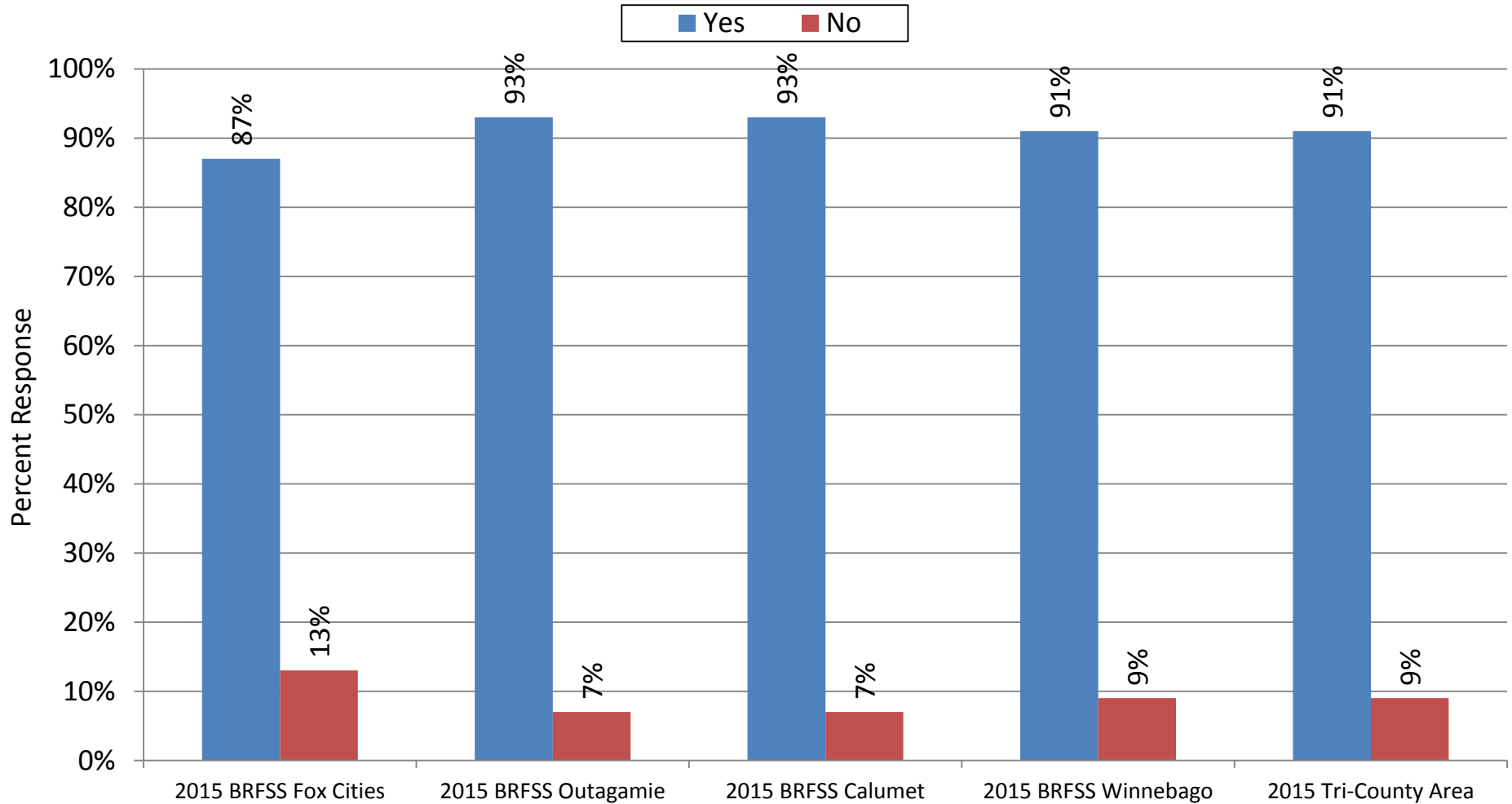
“How long has it been since you had your last mammogram?” (Age 40+)





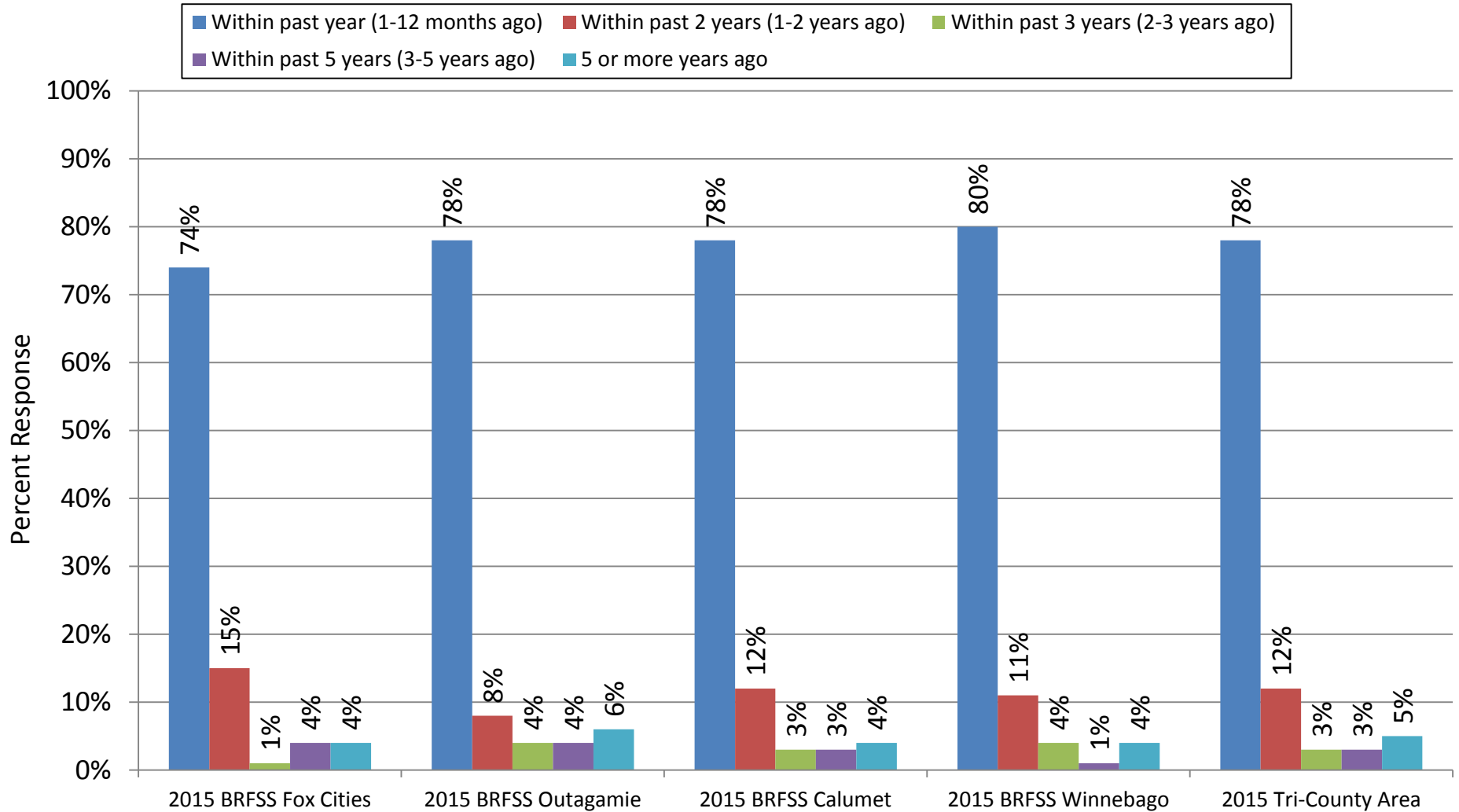
# Breast Exam

**“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?”**



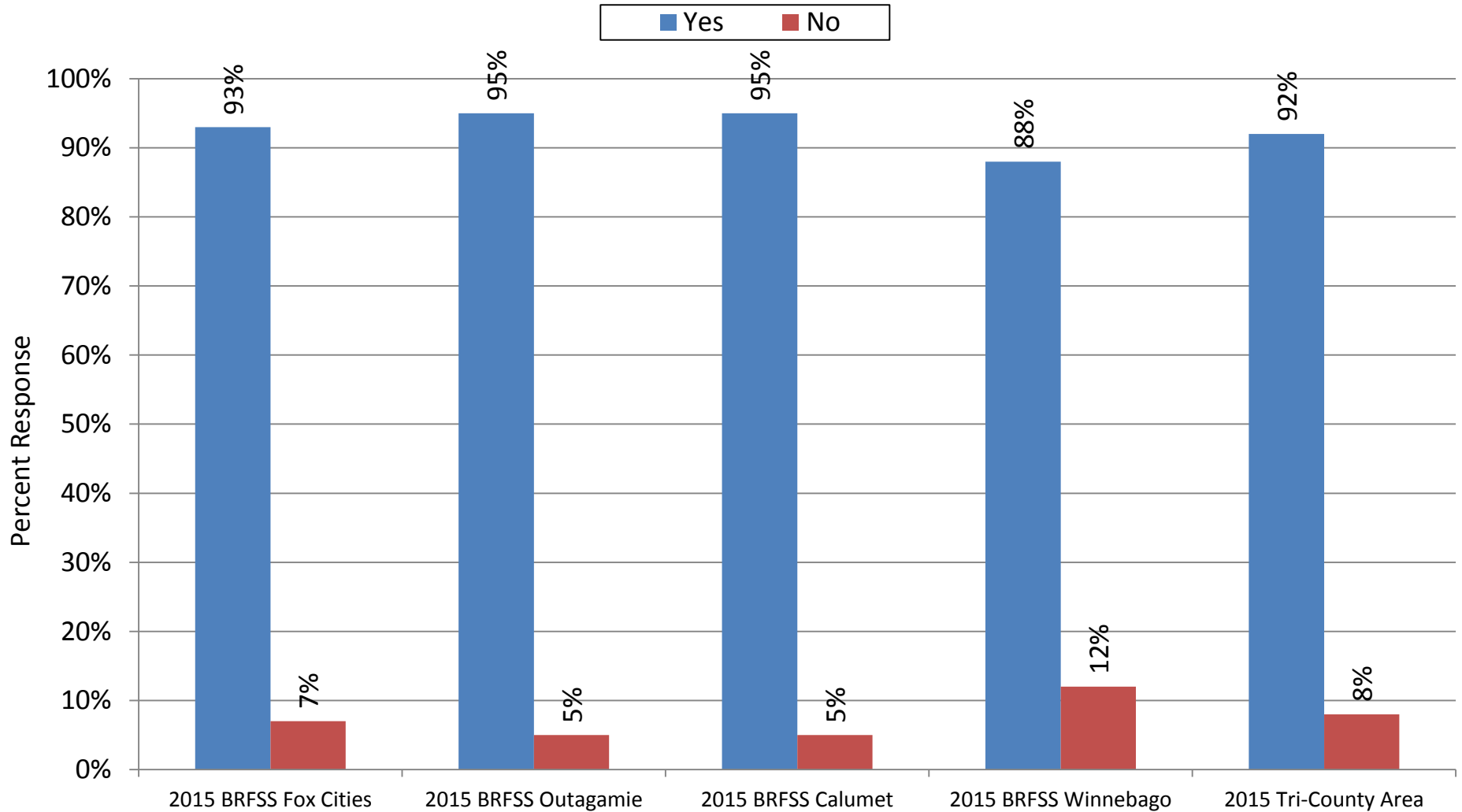
# Last Breast Exam

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



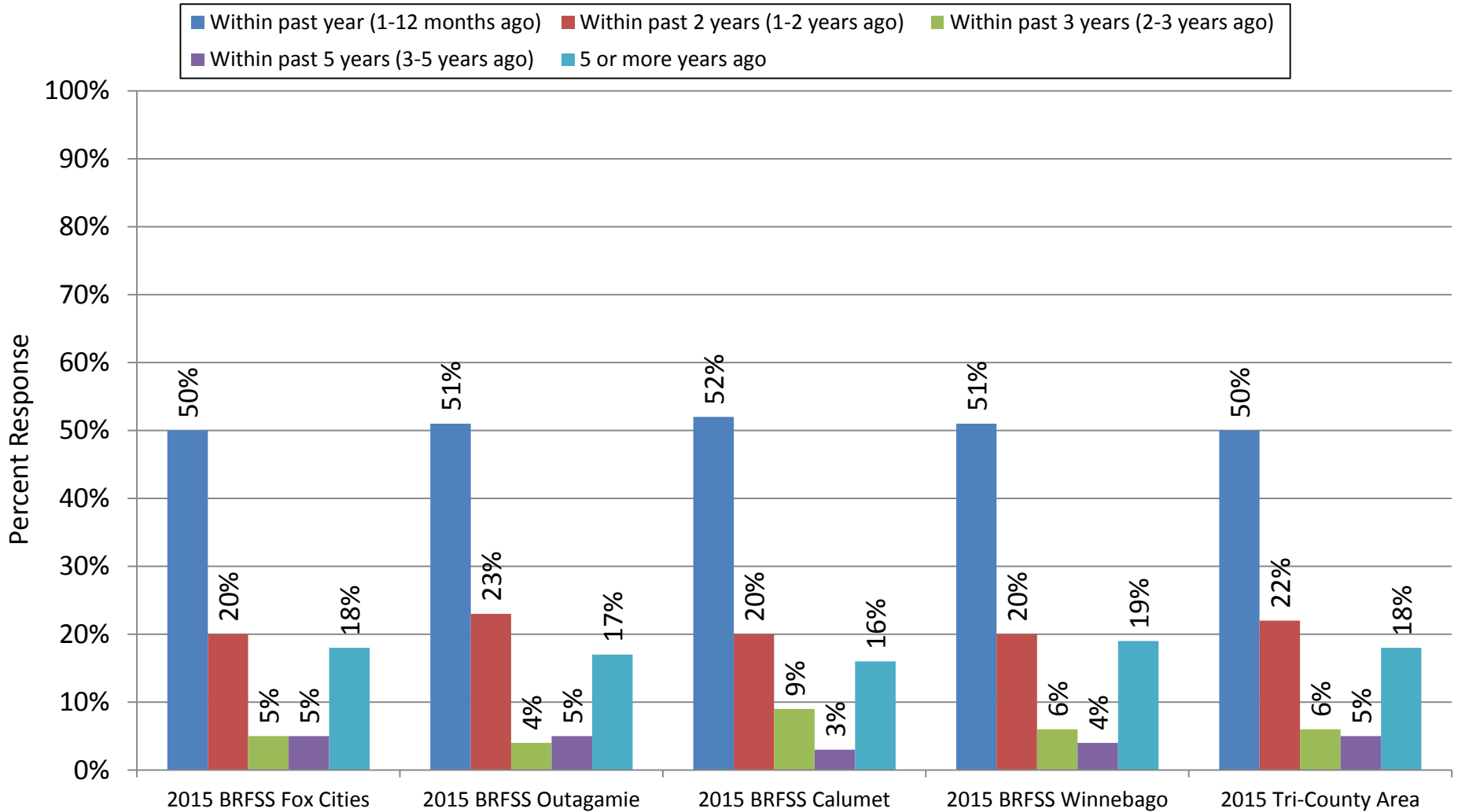
# Pap Test

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



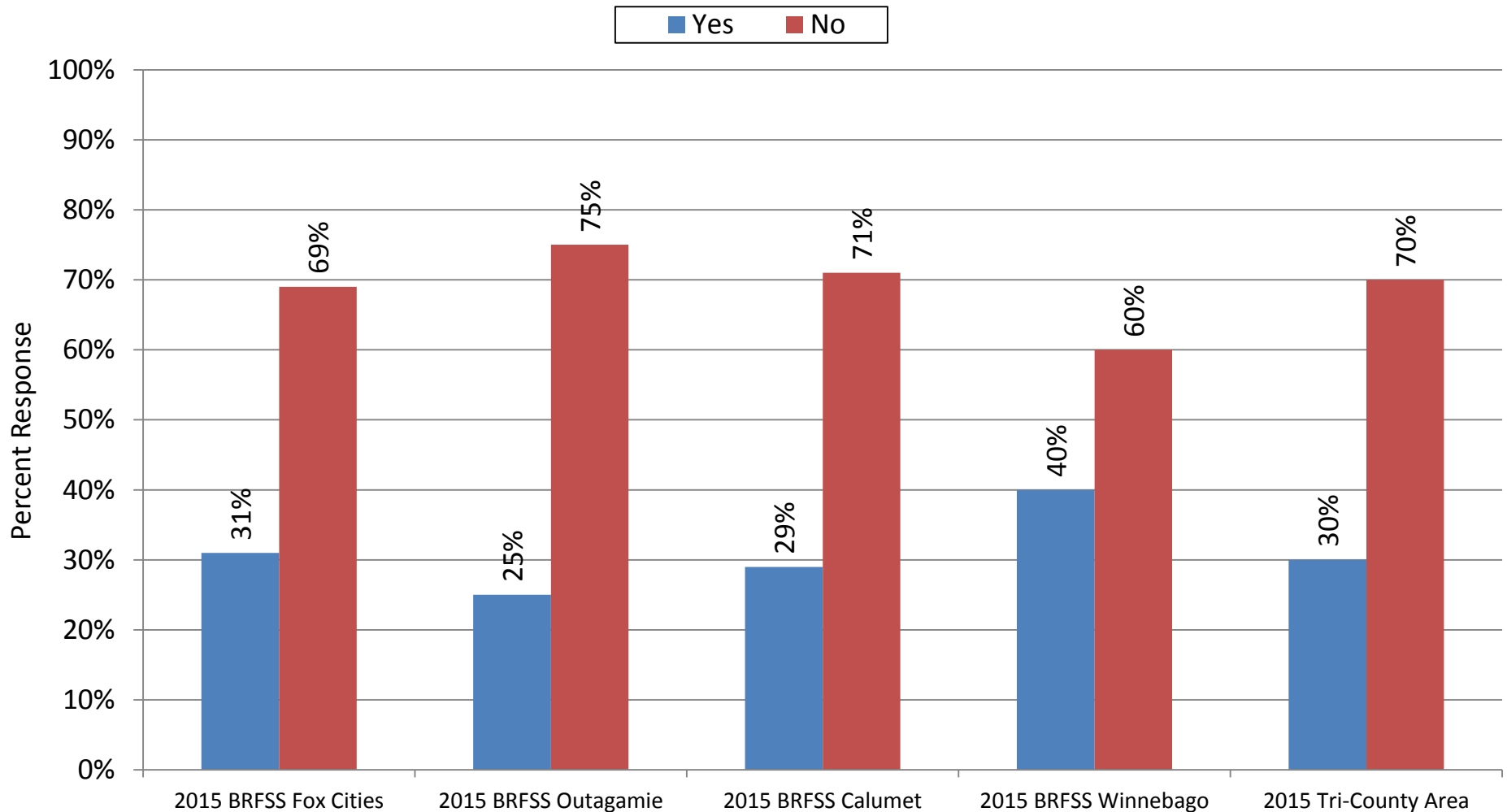
# Last Pap Test

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



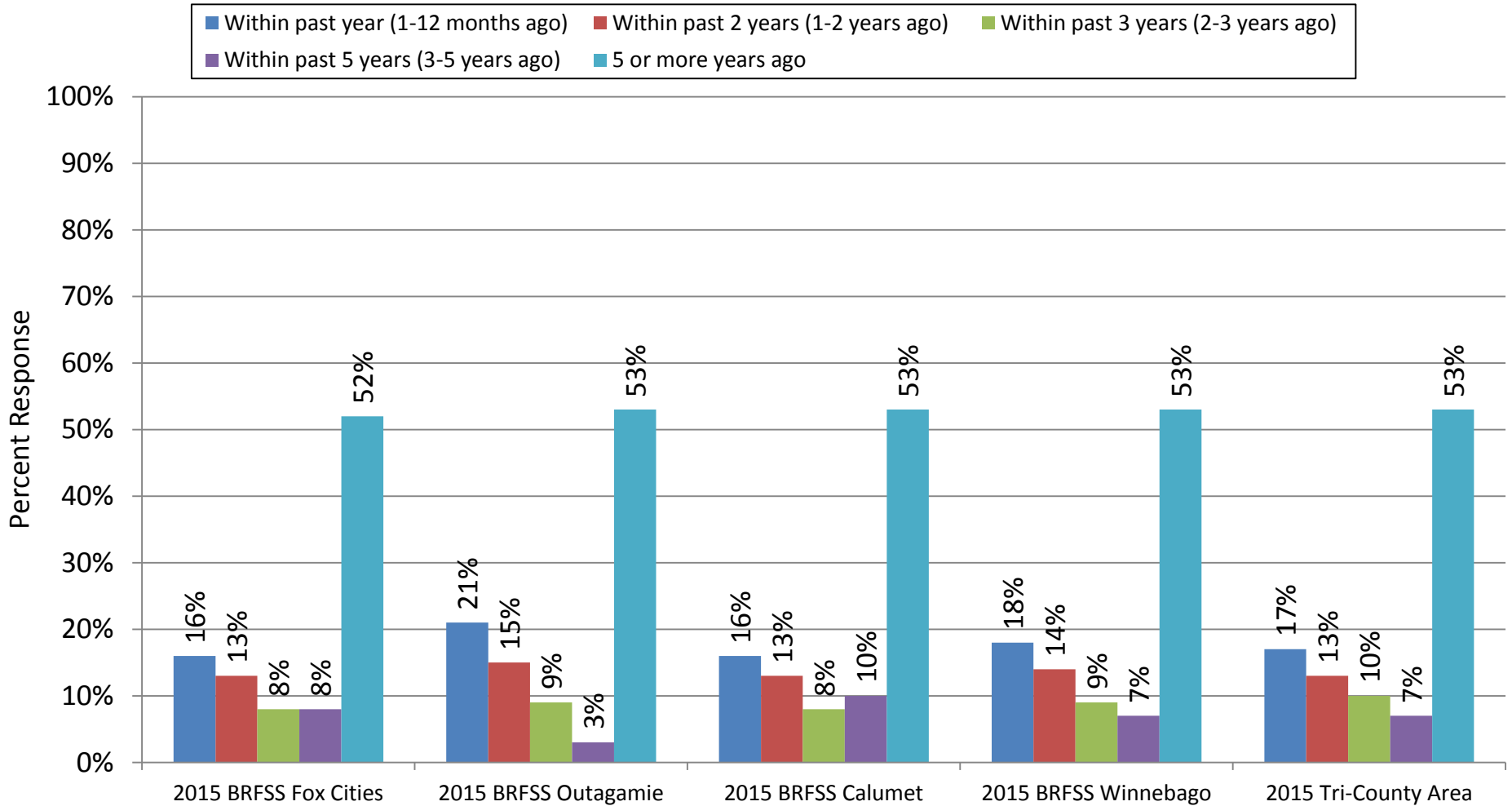
# Blood Stool Test

“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+)



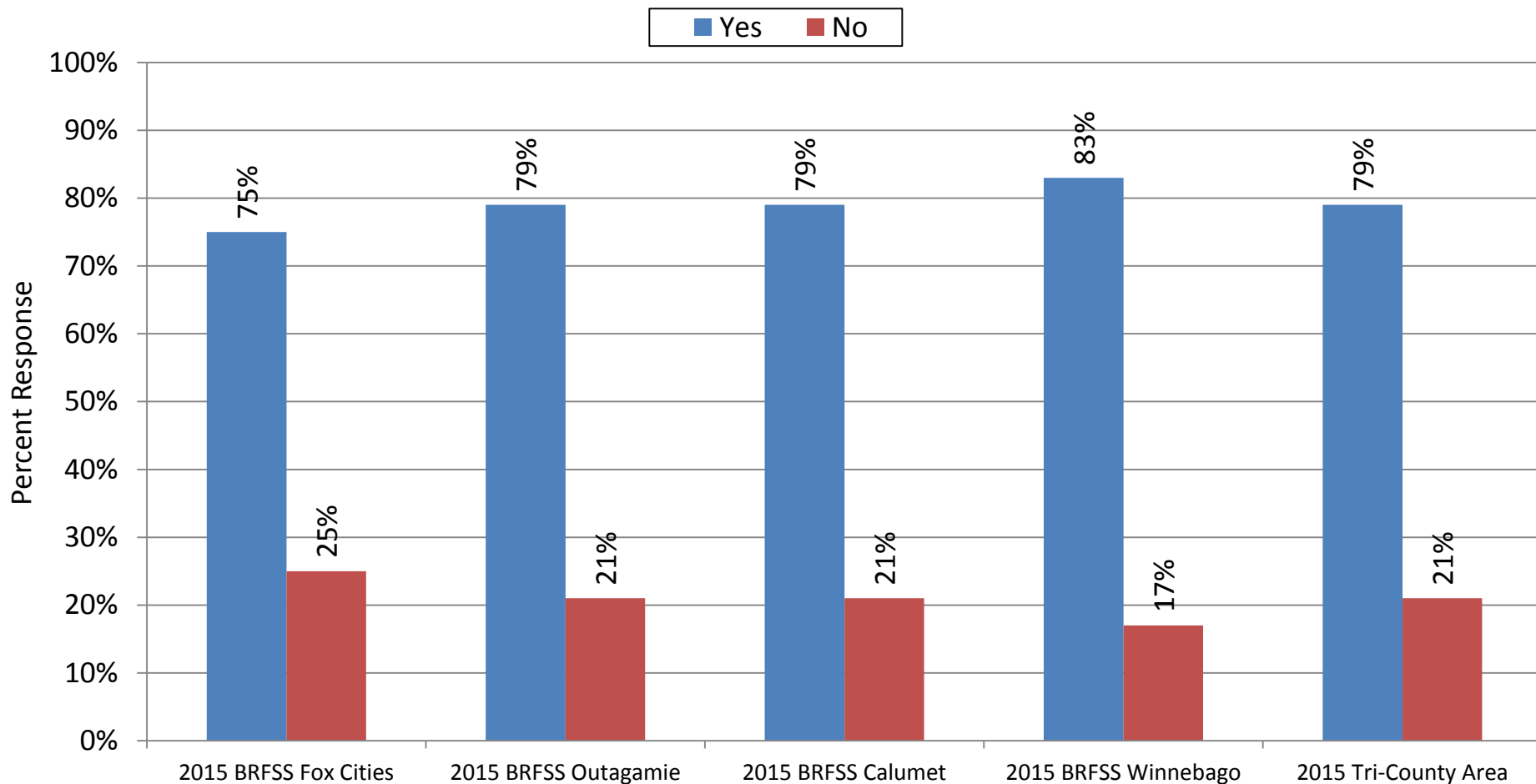
# Last Blood Stool Test

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



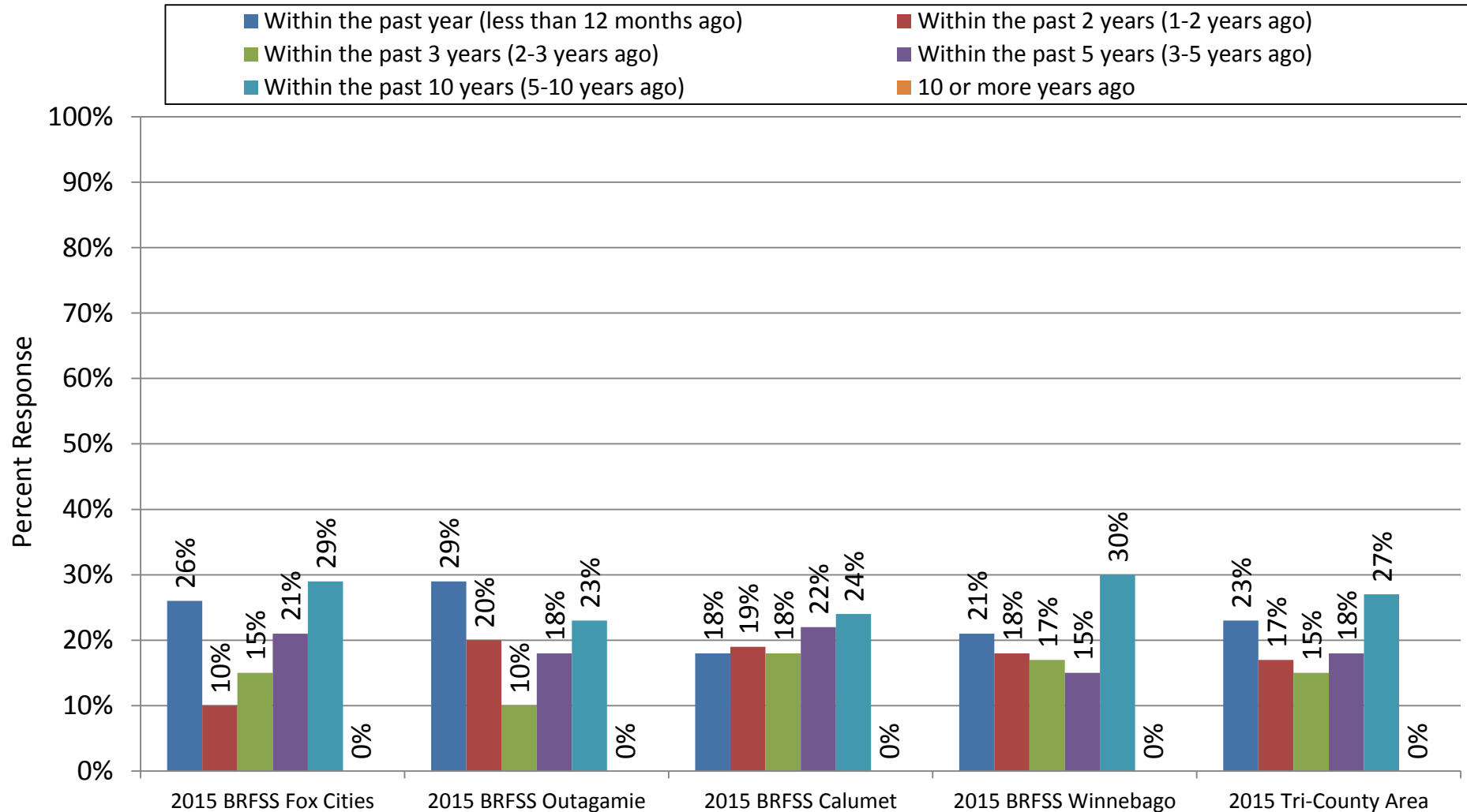
# Colonoscopy/Sigmoidoscopy

“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

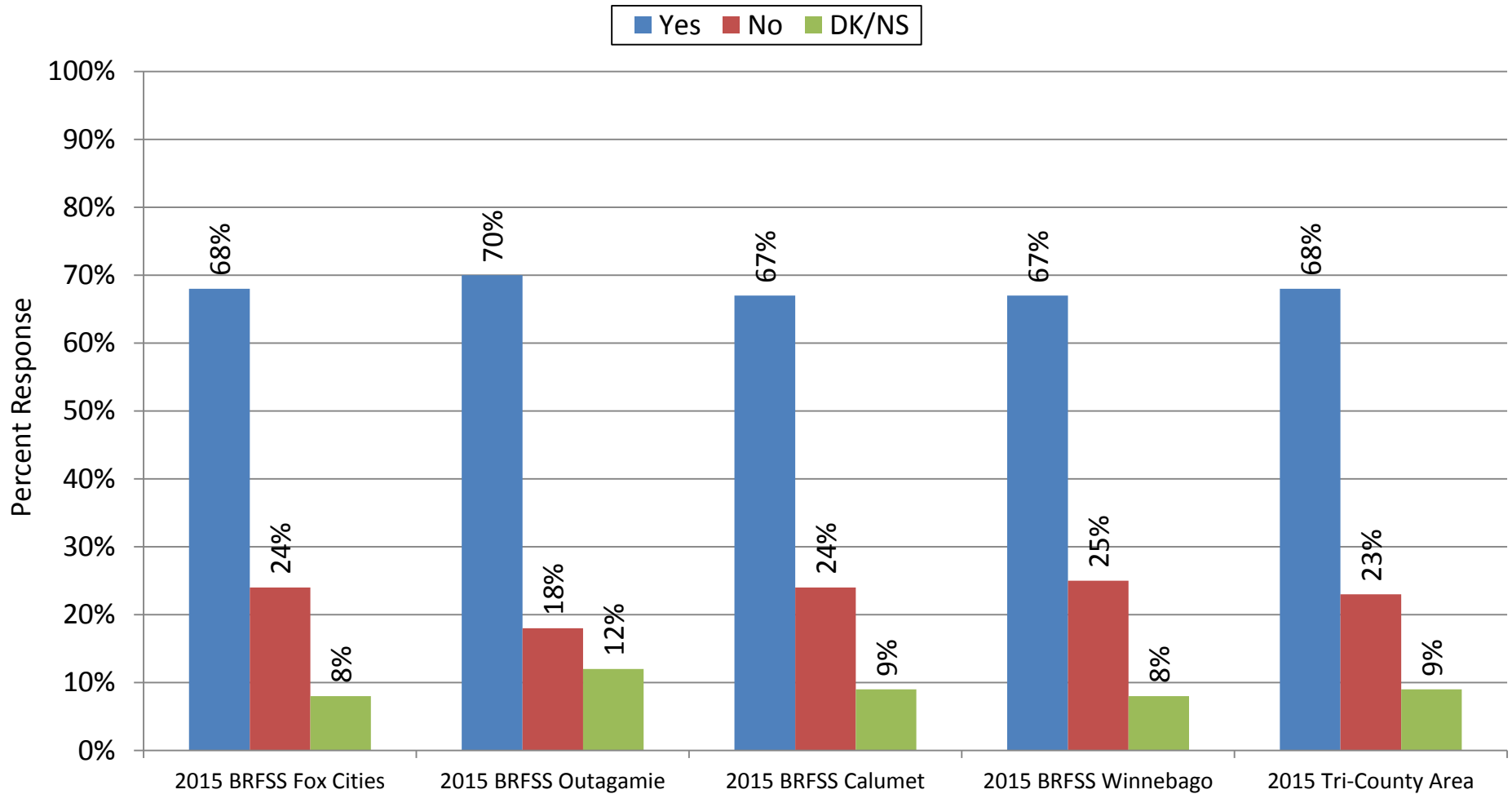
**“How long has it been since your last sigmoidoscopy or colonoscopy?”**





# Alcohol Screening

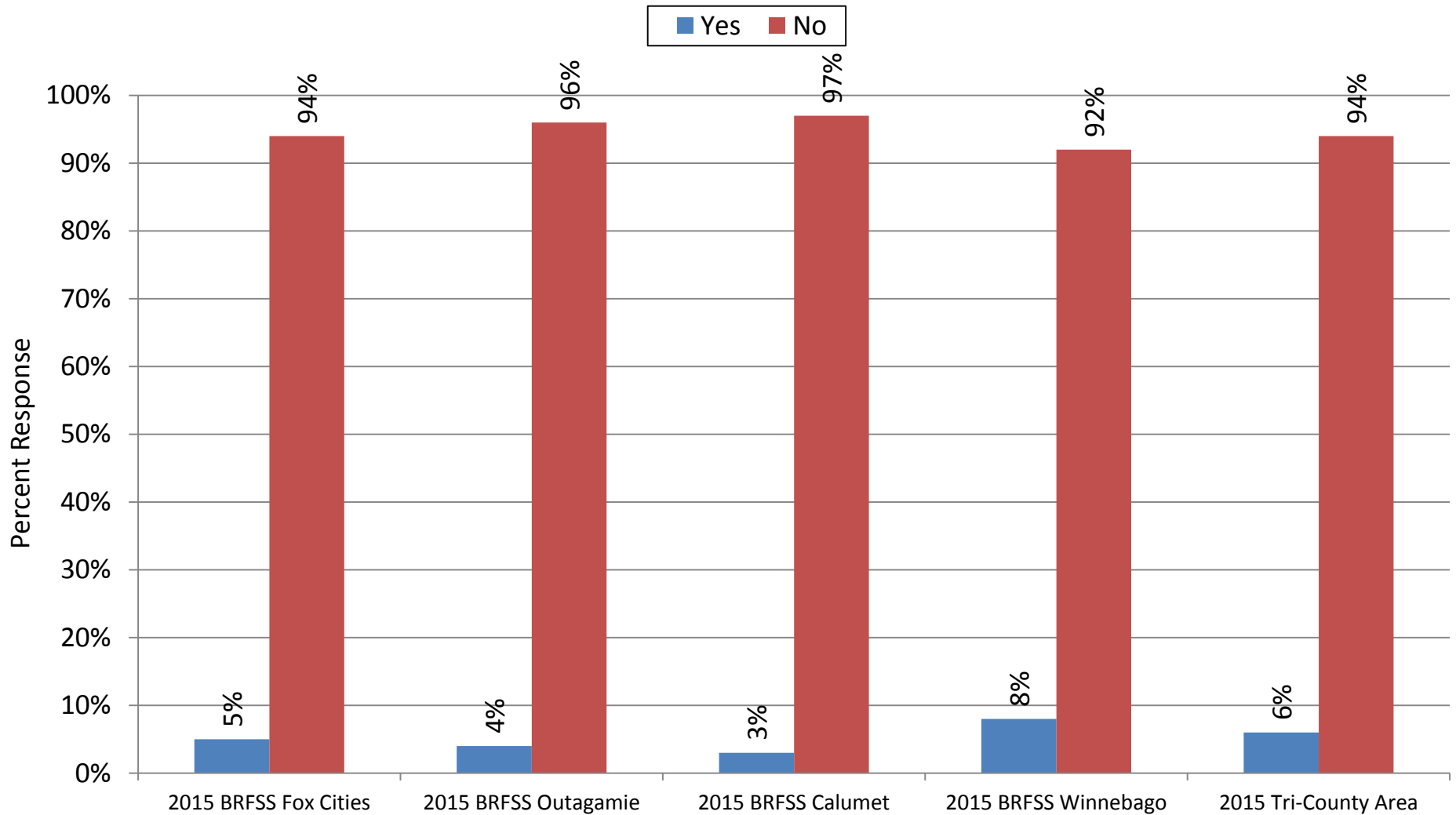
“Did the health care provider ask you in person or on a form how much you drink?”



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

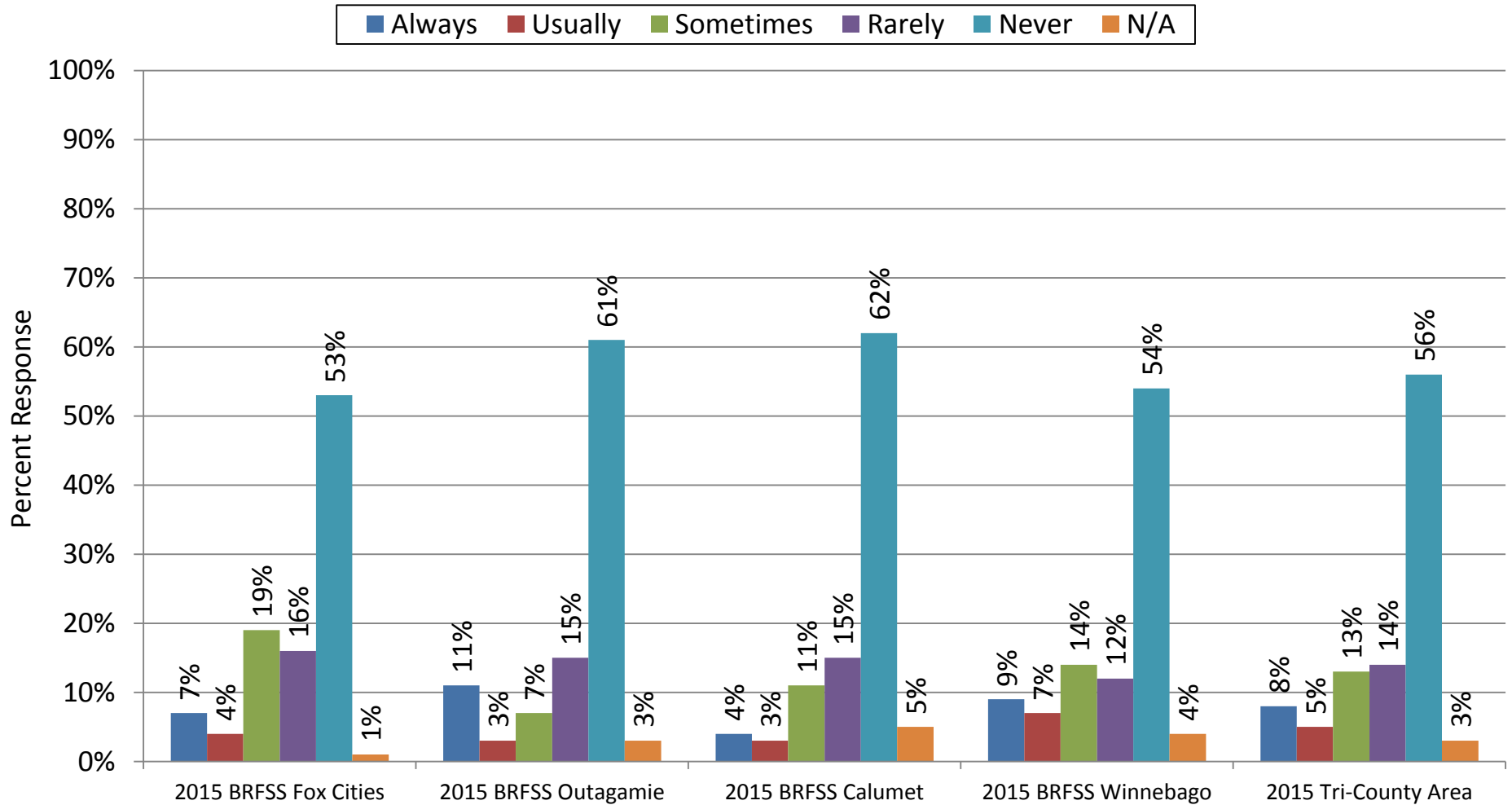
# Alcohol Screening

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



# Social Context

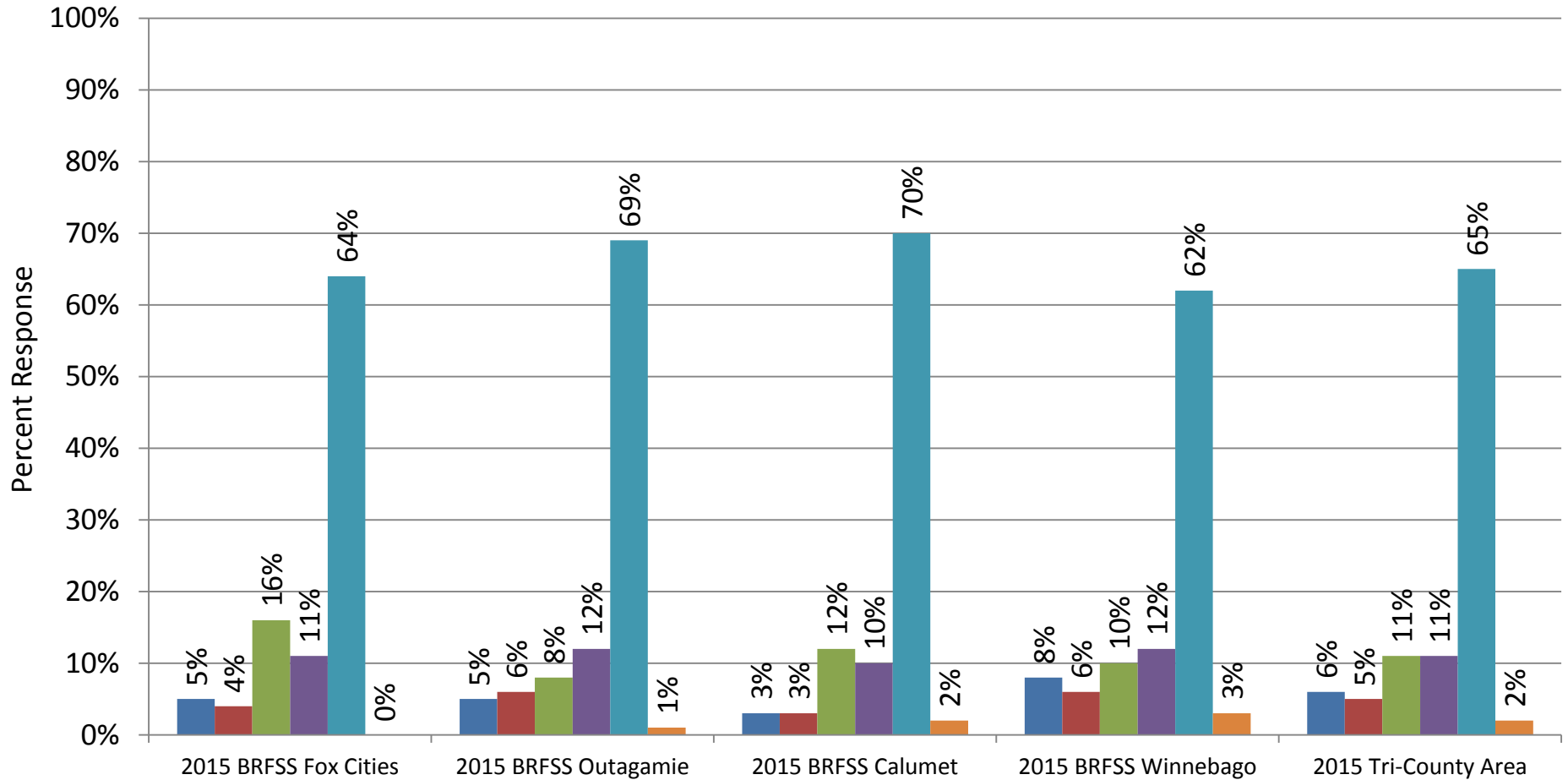
“How often in the past 12 months would you say you were worried or stressed about having enough money to pay your rent/mortgage? Would you say...”



# Social Context

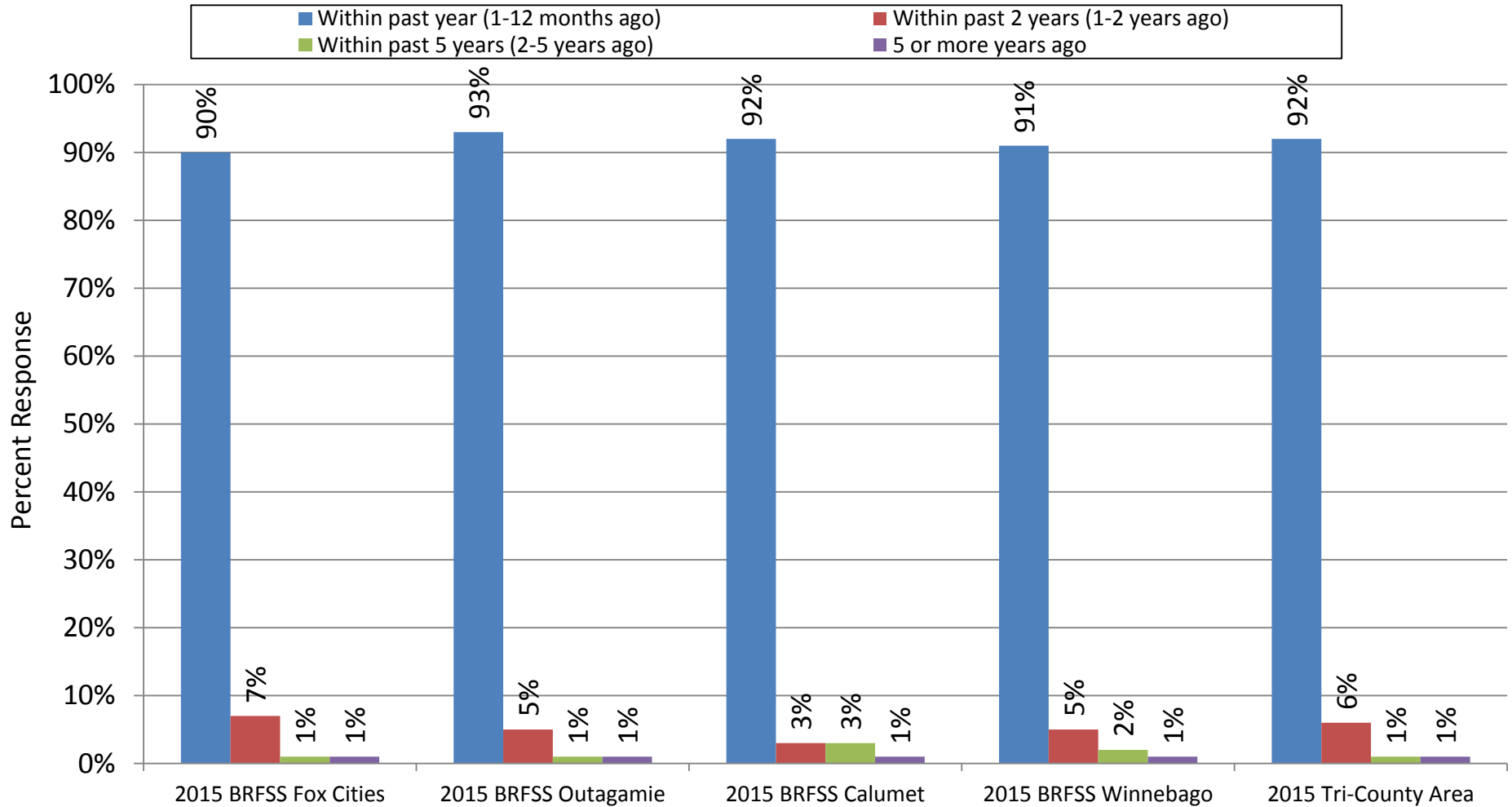
“How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals? Would you say...”

Always Usually Sometimes Rarely Never Not Applicable



# Hypertension Awareness

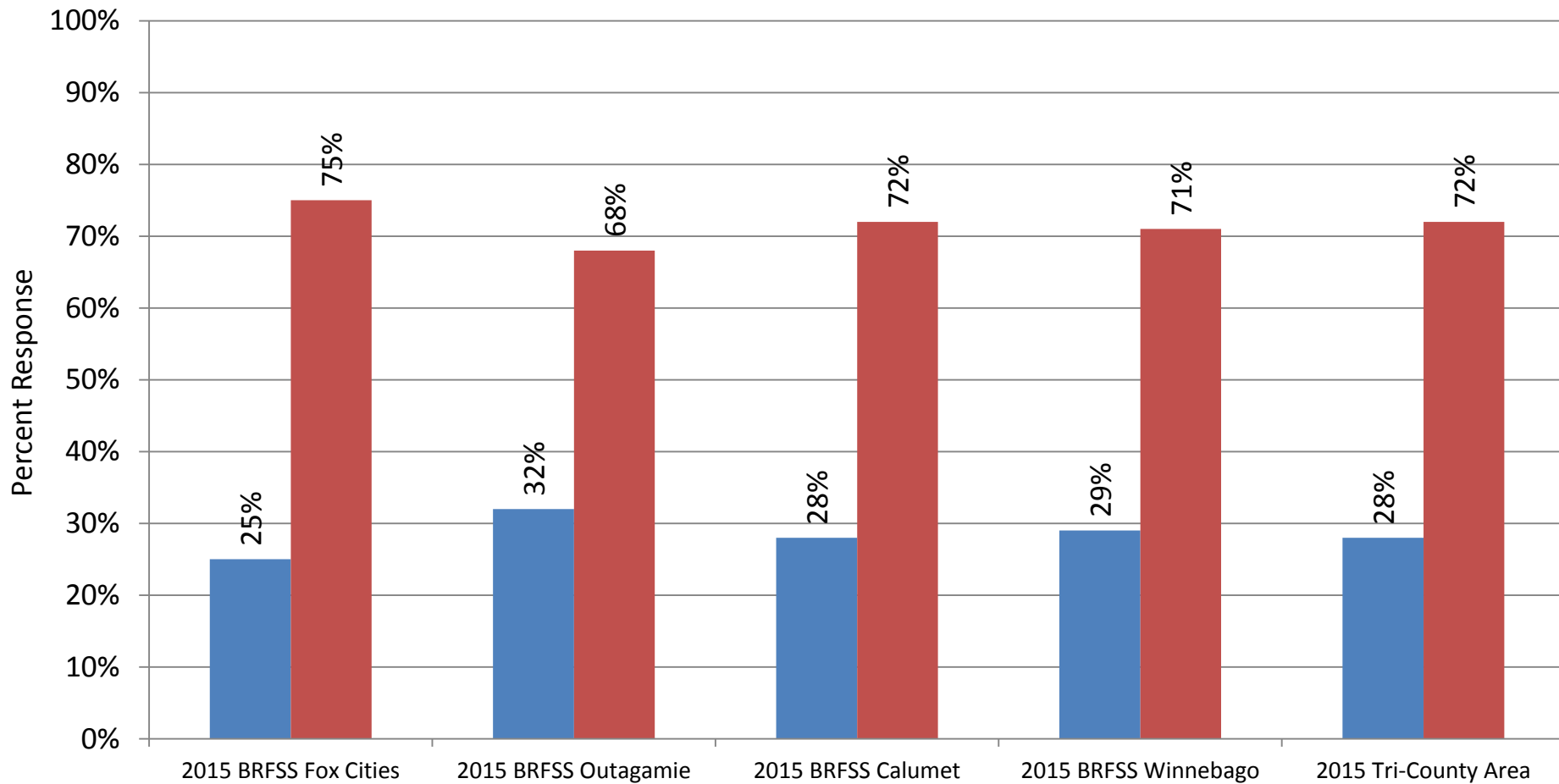
**“About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?”**



# Hypertension Awareness

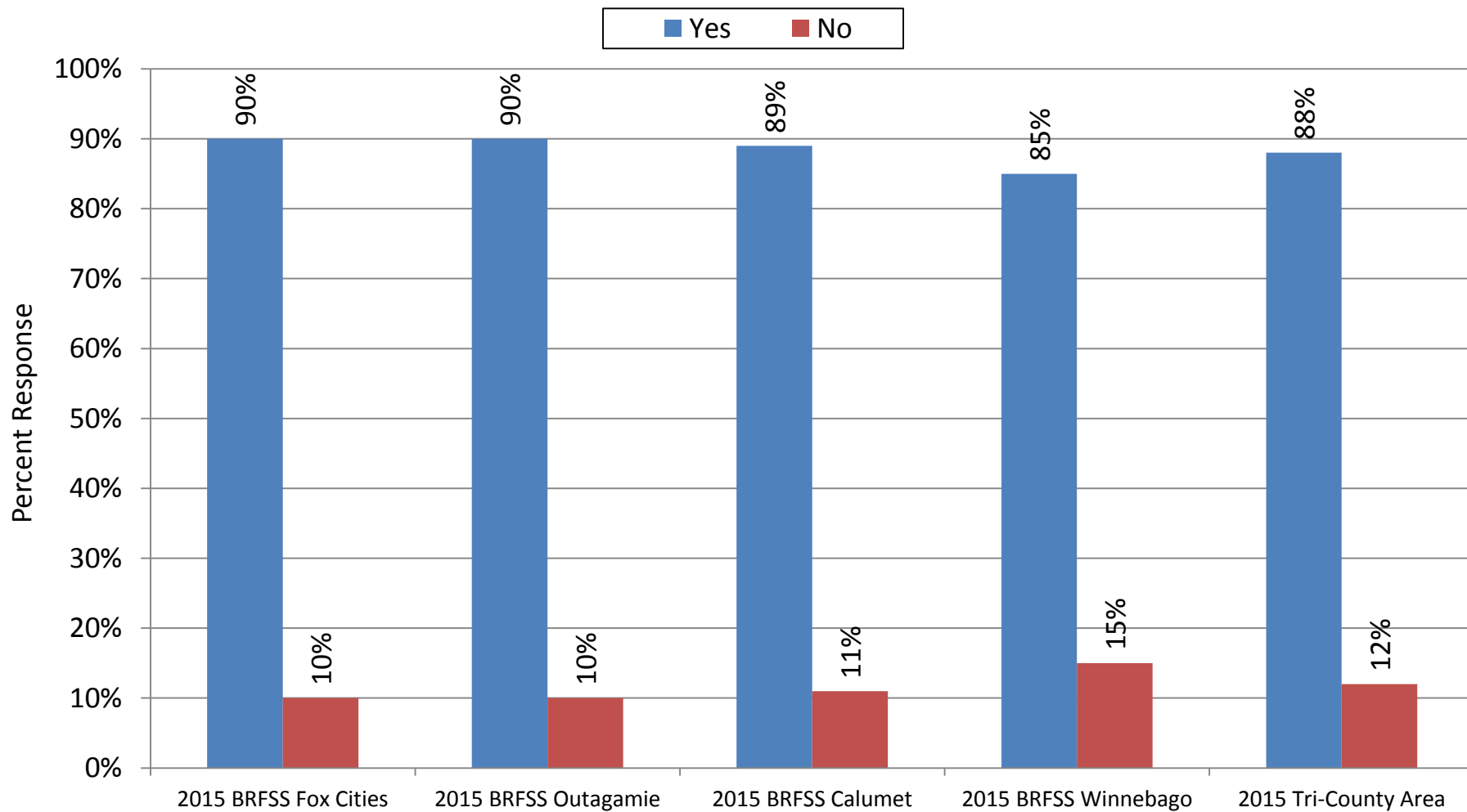
**“Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”**

■ Yes ■ No



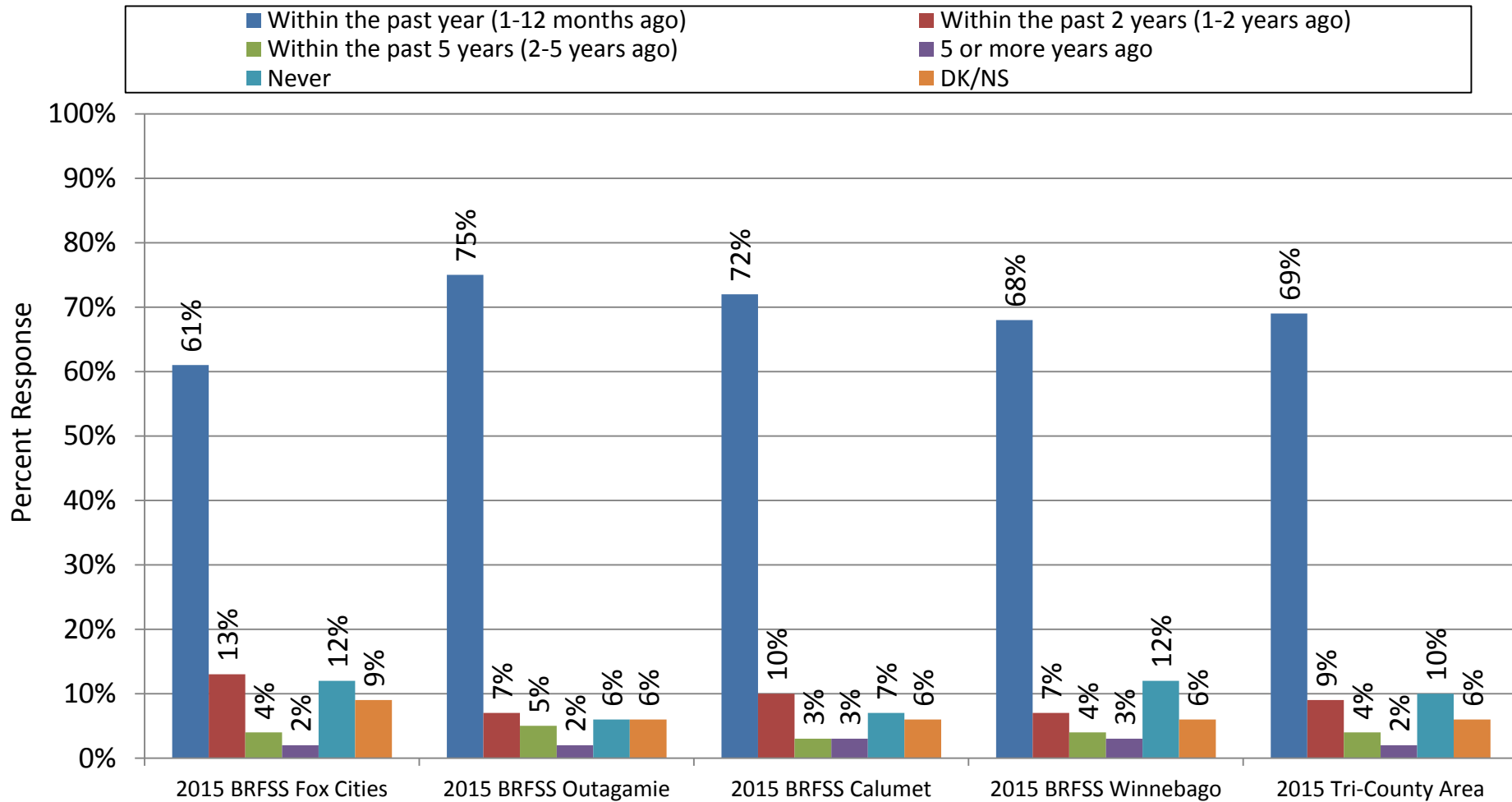
# Hypertension Awareness

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



# Cholesterol Awareness

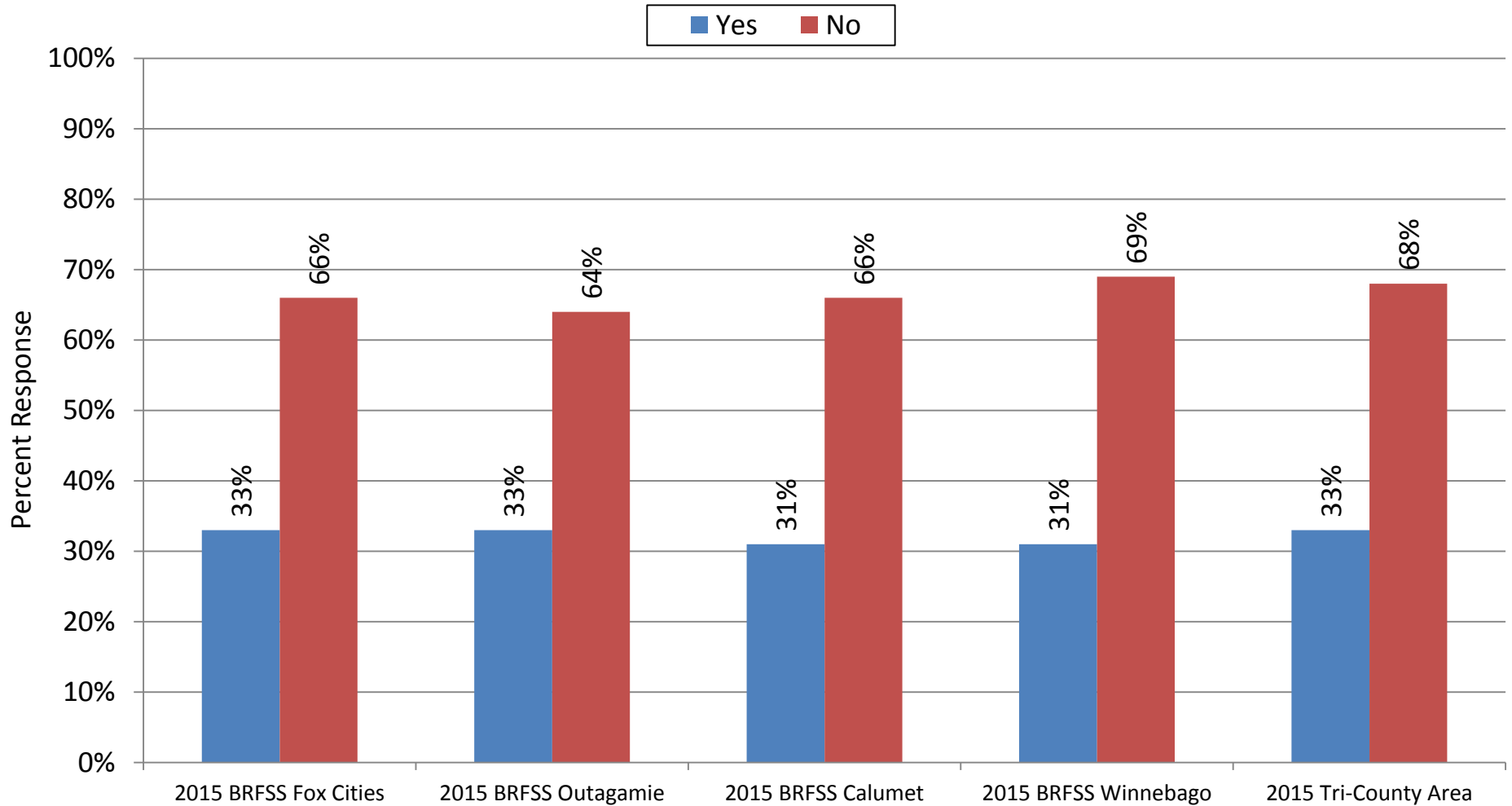
**“Blood cholesterol is a fatty substance found in the blood. How long has it been since you last had your blood cholesterol checked?”**





# Cholesterol Awareness

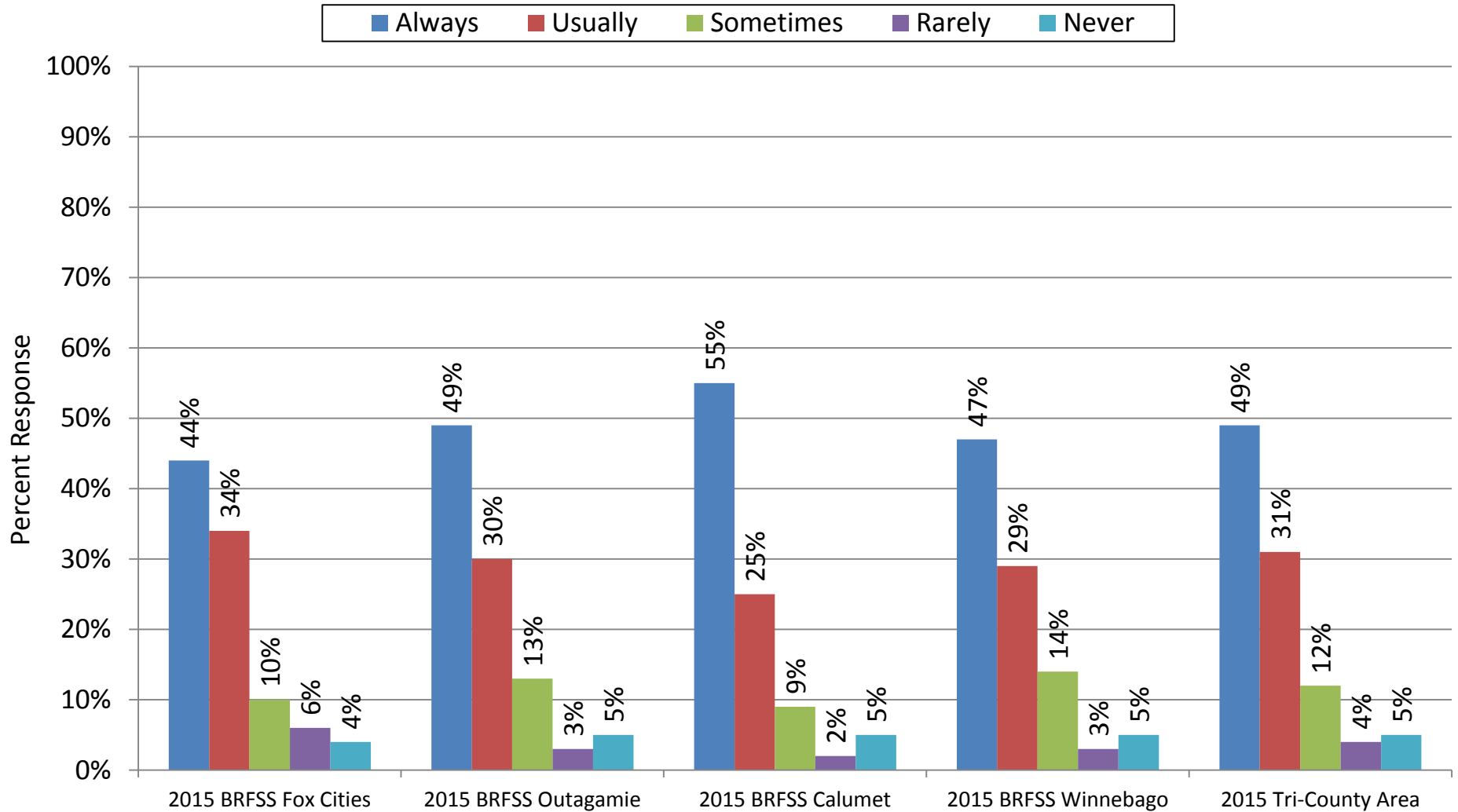
**“Have you ever been told by a doctor or other health professional that your blood cholesterol is high?”**



\*CALUMET COUNTY REPORTED 3% NOT SURE.

# Emotional Support

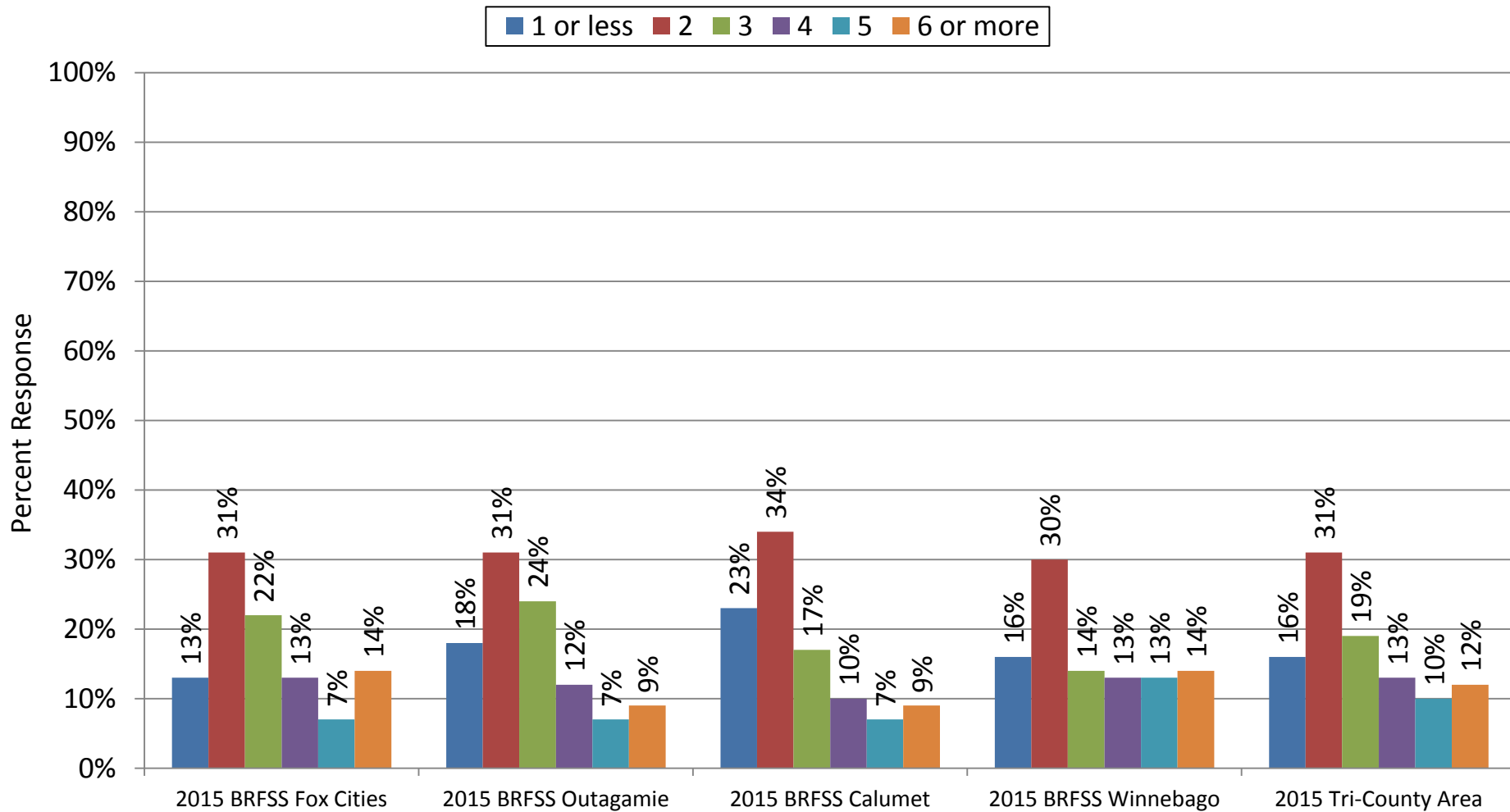
“How often do you get the social and emotional support you need?”



\*CALUMET COUNTY REPORTED 4% NOT SURE.

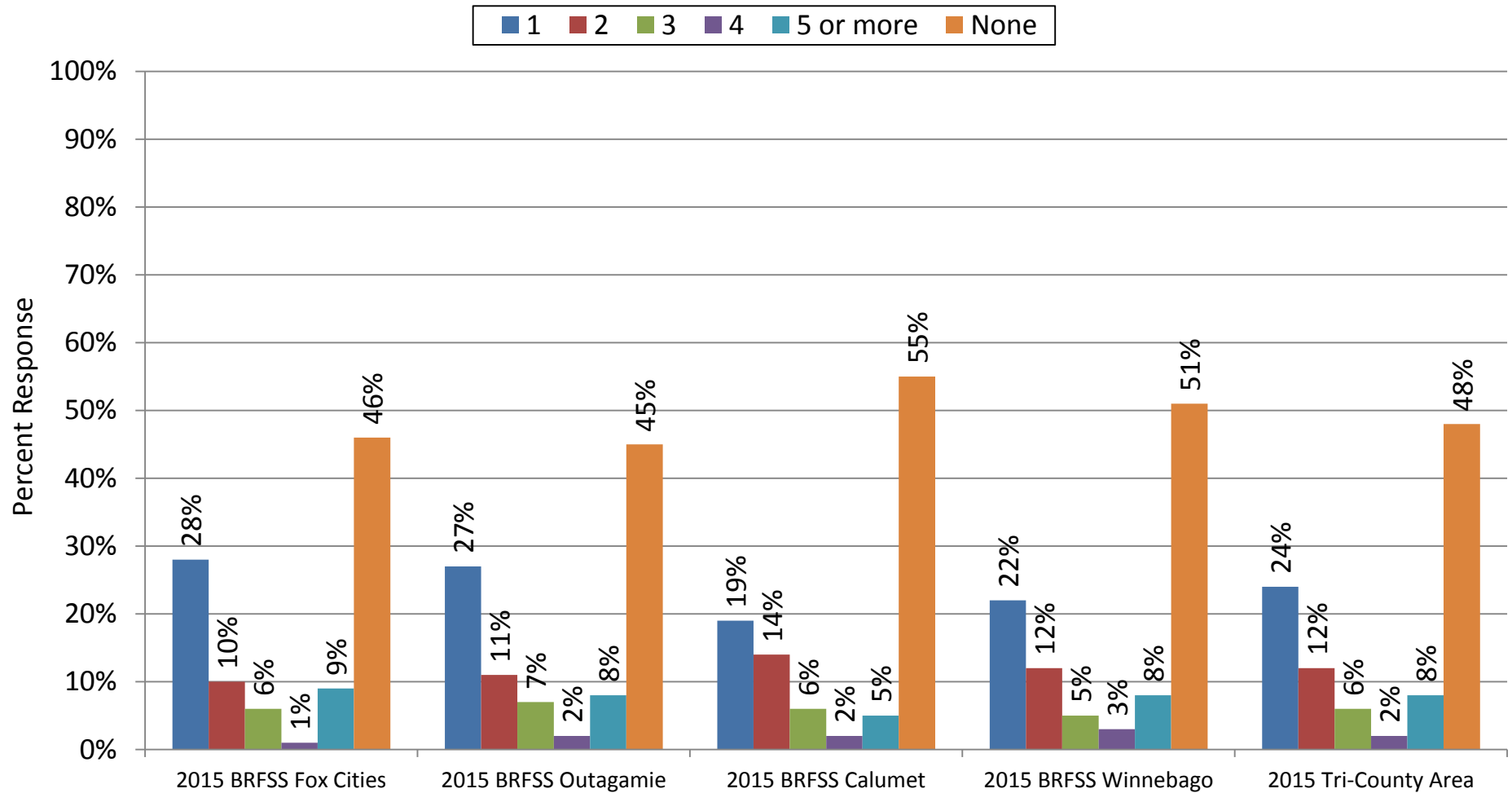
# Screen Time

**“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?”**



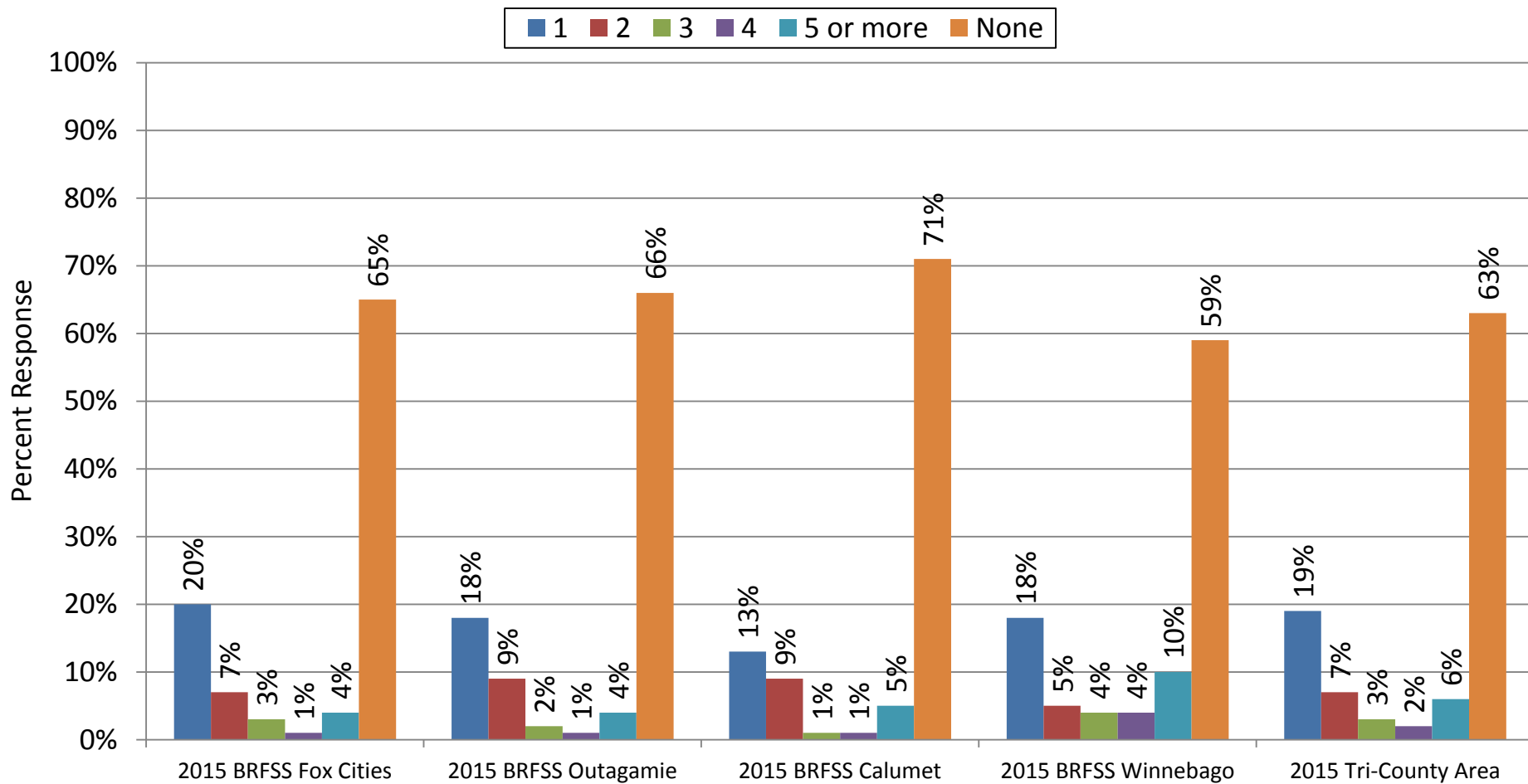
# Sugar Drinks – Pop/Soda

“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?”



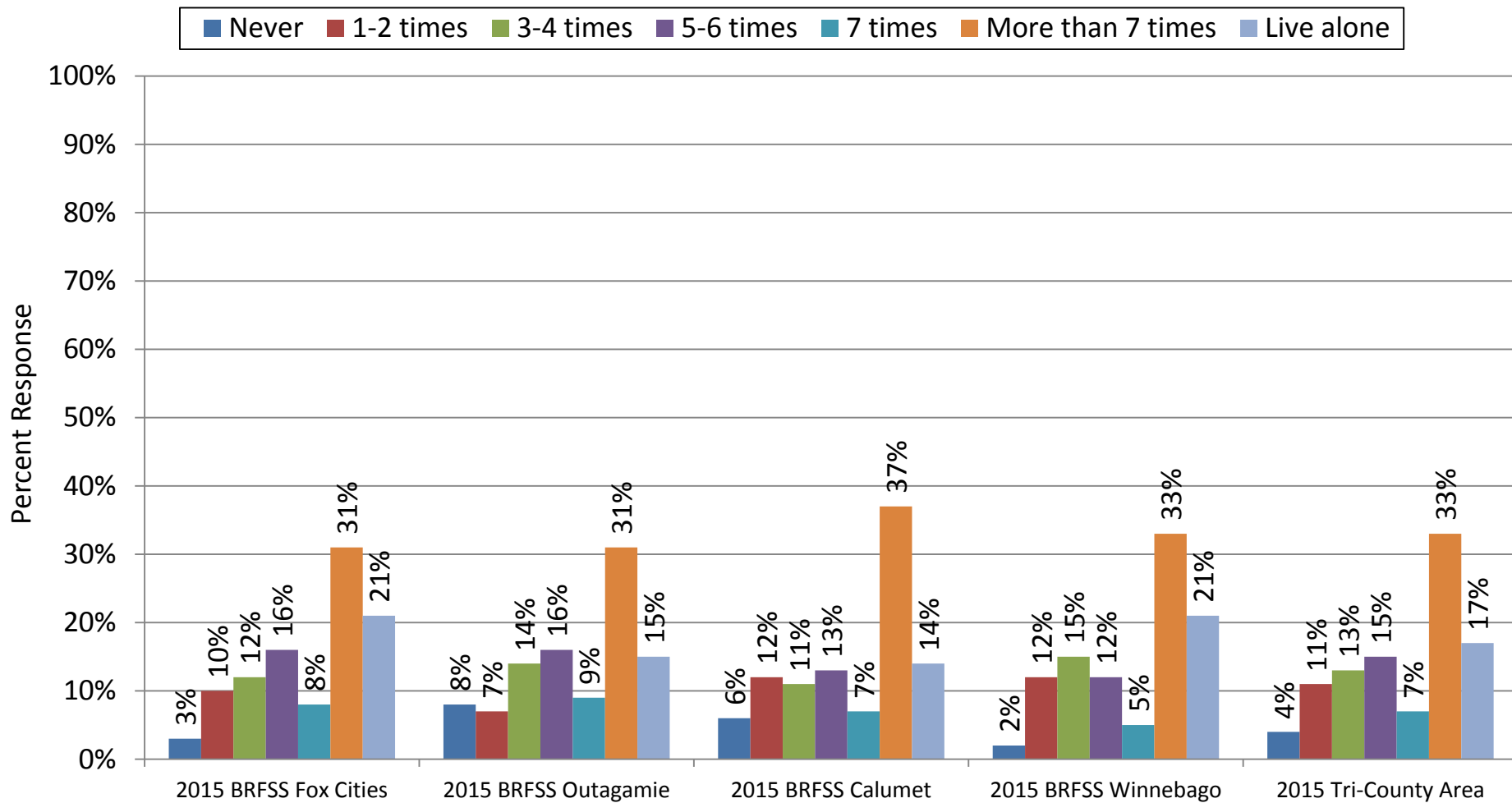
# Sugar Drinks - Other

“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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