



Household Problems in Past Year						Personal Safety in Past Year					
Wauwatosa/West Allis/West Milwaukee	2006	2009	2012	2015	2018	Wauwatosa/West Allis/West Milwaukee	2006	2009	2012	2015	2018
Alcohol	4%	3%	3%	5%	3%	Afraid for Their Safety	6%	6%	5%	9%	6%
Marijuana			<1%	2%	2%	Pushed, Kicked, Slapped, or Hit	2%	4%	3%	2%	4%
Cocaine, Heroin or Other Street Drugs			1%	1%	2%	At Least One of the Safety Issues	7%	8%	7%	9%	9%
Misuse of Prescription or OTC Drugs			<1%	<1%	<1%						
Gambling			<1%	1%	<1%						
						Children in Household					
						Wauwatosa/West Allis/West Milwaukee			2012	2015	2018
<b>Top Community Health Issues</b>						Personal Health Doctor/Nurse Who					
Wauwatosa/West Allis/West Milwaukee					2018	Knows Child Well and Familiar with History			90%	97%	100%
Access to Health Care					25%	Visited Personal Doctor/Nurse for					
Illegal Drug Use					24%	Preventive Care (Past Year)			93%	94%	94%
Overweight or Obesity					21%	Did Not Receive Care Needed (Past Year)					
Chronic Diseases					17%	Medical Care			<1%	3%	3%
Mental Health or Depression					16%	Dental Care			4%	5%	3%
Prescription or OTC Drug Abuse					14%	Specialist			<1%	3%	6%
Cancer					12%	Current Asthma			8%	11%	7%
Infectious Diseases					12%	Safe in Community/Neighborhood (Seldom/Never)			1%	0%	2%
Alcohol Use or Abuse					12%	Screen Time (2 or Fewer Hours per Day)					60%
Violence or Crime					9%	Soda Consumption (0 in Past Week)					71%
Access to Affordable Healthy Food					9%	Children 5 to 17 Years Old					
Environmental Issues					7%	Physical Activity (60 Min./5 or More Days/Week)			67%	70%	63%
Lack of Physical Activity					7%	Unhappy, Sad or Depressed in Past 6 Months					
Affordable Health Care					7%	Always/Nearly Always			1%	4%	3%
Driving Problems/Aggressive Driving/Drunk Driving					7%	Experienced Some Form of Bullying (Past Year)			17%	34%	27%
						Verbally Bullied			17%	32%	26%
						Physically Bullied			2%	3%	6%
						Cyber Bullied			1%	3%	5%

### Overall Health and Health Care Key Findings

In 2018, 2% of respondents reported they were not currently covered by health care insurance. Seven percent of respondents reported someone in their household was not covered at least part of the time in the past year; respondents in the bottom 60 percent household income bracket or unmarried were more likely to report this. *From 2006 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. From 2006 to 2018, the overall percent statistically decreased for respondents who reported someone in the household was not covered at least part of the time in the past year, as well as from 2015 to 2018.*

In 2018, 11% of respondents reported that someone in their household had not taken their prescribed medication due to prescription costs in the past year; respondents in the middle 20 percent household income bracket were more likely to report this. Seven percent of respondents reported there was a time in the past year someone in the household did not receive the medical care needed; respondents in the bottom 40 percent household income bracket were more likely to report this. Seventeen percent of respondents reported there was a time in the past year someone in the household did not receive the dental care needed; respondents in the bottom 40 percent household income bracket, unmarried, or without children in the household were more likely to report this. Three percent of respondents reported there was a time in the past year someone in the household did not receive the mental health care needed. *From 2012 to 2018, the overall percent statistically remained the same for respondents who reported someone in their household had not taken their prescribed medication due to prescription costs or there was an unmet mental health care need, as well as from 2015 to 2018. From 2012 to 2018, the overall percent statistically remained the same for respondents who reported they did not receive the medical care needed while from 2015 to 2018, there was a statistical decrease. From 2012 to 2018, the overall percent statistically increased for respondents who reported they did not receive the dental care needed while from 2015 to 2018, there was no statistical change.*

In 2018, 89% of respondents reported they have a primary care physician they regularly see for check-ups and when they are sick; respondents who were 55 and older, with some post high school education or unmarried were more likely to report a primary care physician. Eighty-two percent of respondents reported their primary place for health services when they are sick was from a doctor's or nurse practitioner's office while 9% reported urgent care center. Respondents who were 65 and older were more likely to report a doctor's or nurse practitioner's office as their primary health care service when they are sick. Respondents who were 35 to 44 years old, with a high school education or less, with a college education or married were more likely to report urgent care as their primary health care service. Thirty-nine percent of respondents had an advance care plan; respondents who were 65 and older or married more likely to report an advance care plan. *From 2015 to 2018, there was no statistical change in the overall percent of*

respondents who reported they have a primary care doctor, nurse practitioner, physician assistant or primary care clinic they regularly go to for checkups and when they are sick. From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting their primary place for health services when they are sick was a doctor's or nurse practitioner's office, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents reporting their primary place for health services when they are sick was an urgent care center while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported having an advance care plan, as well as from 2015 to 2018.

In 2018, 71% of respondents reported a visit to the dentist in the past year. Respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report a dental checkup in the past year. From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting a dental checkup, while from 2015 to 2018, there was a statistical increase.

In 2018, 56% of respondents had a flu vaccination in the past year. Respondents who were female, 65 and older, with a college education, or married were more likely to report a flu vaccination. From 2006 to 2018, there was a statistical increase in the overall percent of respondents 18 and older who reported a flu vaccination in the past year while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was no statistical change in the overall percent of respondents 65 and older who reported a flu vaccination in the past year, as well as from 2015 to 2018.

### **Health Risk Factors Key Findings**

In 2018, out of six health conditions listed, the most often mentioned in the past three years was a mental health condition (26%), high blood pressure (22%) or high blood cholesterol (21%). Respondents who were 18 to 34 years old, with a high school education or less, unmarried or a smoker were more likely to report a mental health condition. Respondents who were female, 65 and older, in the bottom 40 percent household income bracket, overweight or inactive were more likely to report high blood pressure. Respondents who were female, 65 and older, or inactive were more likely to report high blood cholesterol. Ten 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 middle 20 percent household income bracket or inactive were more likely to report this. Seven percent of respondents reported diabetes. Respondents 65 and older, with some post high school education or less or who were overweight were more likely to report diabetes. Sixteen percent of respondents reported current asthma; female respondents were more likely to report this. From 2009 to 2018, there was a statistical increase in the overall percent of respondents who reported a mental health condition, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure or high blood cholesterol, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported heart disease/condition or diabetes, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported current asthma, as well as from 2015 to 2018.

In 2018, 7% of respondents reported they always or nearly always felt sad, blue or depressed in the past month; respondents with some post high school education, in the bottom 40 percent household income bracket or who were unmarried were more likely to report this. Five percent of respondents felt so overwhelmed they considered suicide in the past year; respondents who were male, 35 to 44 years old, with some post high school education, in the bottom 40 percent household income bracket or unmarried respondents were more likely to report this. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported they always or nearly always felt sad/blue/ depressed in the past month or they considered suicide in the past year, as well as from 2015 to 2018.

### **Behavioral Risk Factors Key Findings**

In 2018, 32% of respondents did moderate physical activity five times a week for 30 minutes. Twenty-nine percent of respondents did vigorous activity three times a week for 20 minutes. Combined, 46% met the recommended amount of physical activity; respondents who were 18 to 34 years old, with a college education, in the top 40 percent household income bracket, married or not overweight were more likely to report this. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported moderate physical activity five times a week for at least 30 minutes or vigorous physical activity three times a week for at least 20 minutes, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who met the recommended amount of physical activity, as well as from 2015 to 2018.

In 2018, 71% of respondents were classified as at least overweight while 29% were obese. Respondents who were male, with some post high school education or less, in the top 40 percent household income bracket or inactive respondents were more likely to be classified as at least overweight. Respondents with some post high school education or who were inactive were more likely to be obese. From 2006 to 2018, there was a statistical increase in the overall percent of respondents being at least

*overweight while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was a statistical increase in the overall percent of respondents being obese while from 2015 to 2018, there was no statistical change.*

In 2018, 60% of respondents reported two or more servings of fruit while 33% reported three or more servings of vegetables on an average day. Respondents who were female, in the top 40 percent household income bracket or married were more likely to report at least two servings of fruit. Respondents who were female, 18 to 34 years old, with a college education, married, who were not overweight or who met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Thirty-five percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, 45 to 54 years old, with a college education, married or who met the recommended amount of physical activity were more likely to report this. *From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported at least two servings of fruit while from 2015 to 2018, there was a statistical decrease. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported at least three servings of vegetables, as well as from 2015 to 2018. From 2006 to 2018, there was no statistical change in the overall percent of respondents who reported at least five servings of fruit/vegetables, while from 2015 to 2018 there was a statistical decrease.*

In 2018, 85% of female respondents 50 and older reported a mammogram within the past two years. Eighty-five percent of female respondents 65 and older had a bone density scan. *From 2006 to 2018, there was no statistical change in the overall percent of respondents 50 and older who reported having a mammogram within the past two years or respondents 65 and older who reported a bone density scan, as well as from 2015 to 2018.*

In 2018, 13% of respondents 50 and older reported a blood stool test within the past year. Six percent of respondents 50 and older reported a sigmoidoscopy within the past five years while 64% reported a colonoscopy within the past ten years. This results in 70% of respondents meeting the current colorectal cancer screening recommendations; respondents who were in the top 40 percent household income bracket or married were more likely to report this. *From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who reported a blood stool test within the past year while from 2015 to 2018, there was no statistical change. From 2009 to 2018, there was no statistical change in the overall percent of respondents who reported a sigmoidoscopy in the past five years or a colonoscopy within the past 10 years, as well as from 2015 to 2018. From 2009 to 2018, there was no statistical change in the overall percent of respondents who reported they had at least one of these tests in the recommended time frame, as well as from 2015 to 2018.*

In 2018, 13% of respondents were current tobacco cigarette smokers; respondents who were 35 to 54 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to be a smoker. *From 2006 to 2018, there was a statistical decrease in the overall percent of respondents who were current tobacco cigarette smokers, as well as from 2015 to 2018.*

In 2018, 81% of respondents reported smoking is not allowed anywhere inside the home. Respondents who were in the top 40 percent household income bracket, nonsmokers or in households with children were more likely to report smoking is not allowed anywhere inside the home. *From 2009 to 2018, there was a statistical increase in the overall percent of respondents who reported smoking is not allowed anywhere inside the home while from 2015 to 2018, there was no statistical change.*

In 2018, 6% of respondents used electronic cigarettes in the past month; respondents 35 to 44 years old or in the bottom 40 percent household income bracket were more likely to report this. Three percent of respondents used cigars, cigarillos or little cigars in the past month. *From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past month they used electronic cigarettes or cigars/cigarillos/little cigars.*

In 2018, 28% of respondents were binge drinkers in the past month. Respondents who were 45 to 54 years old were more likely to have binged at least once in the past month. *From 2006 to 2018, there was a statistical increase in the overall percent of respondents who reported binge drinking in the past month while from 2015 to 2018, there was no statistical change. Please note: binge drinking definition was 5+ drinks in 2006 and 2009 while it was 4+ drinks for females and 5+ drinks for males since 2012.*

In 2018, 3% of respondents reported someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol in the past year. Two percent of respondents reported someone in their household experienced a problem in connection with marijuana or cocaine/heroin/other street drugs. Less than one percent of respondents each reported someone in their household experienced a problem in connection with the misuse of prescription drugs/over-the-counter drugs or gambling. From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem in connection with drinking alcohol, as well as from 2015 to 2018. From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting a household problem with marijuana while from 2015 to 2018, there was

no statistical change. From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting a household problem with cocaine/heroin/other street drugs, with the misuse of prescription drugs/over-the-counter drugs or gambling, as well as from 2015 to 2018.

In 2018, 6% of respondents reported someone made them afraid for their personal safety in the past year; respondents with some post high school education or in the bottom 40 percent household income bracket were more likely to report this. Four percent of respondents reported they had been pushed, kicked, slapped or hit in the past year; respondents who were male, 18 to 34 years old, with some post high school education or who were unmarried were more likely to report this. A total of 9% reported at least one of these two situations; respondents with some post high school education or who were unmarried were more likely to report this. *From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting they were afraid for their personal safety, as well as from 2015 to 2018. From 2006 to 2018, there was a statistical increase in the overall percent of respondents reporting they were pushed/kicked/slapped/hit while from 2015 to 2018, there was no statistical change. From 2006 to 2018, there was no statistical change in the overall percent of respondents reporting at least one of the two personal safety issues, as well as from 2015 to 2018.*

### **Children in Household Key Findings**

In 2018, a random child was selected for the respondent to talk about the child's health and behavior. One hundred percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 94% reporting their child visited their personal doctor or nurse for preventive care during the past year. Three percent reported there was a time in the past year their child did not receive the dental care or medical care needed while 6% of respondents reported their child was not able to visit a specialist they needed to see. Seven percent of respondents reported their child currently had asthma. Two percent of respondents reported their child was seldom or never safe in their community. Sixty percent of respondents reported their child has two or fewer hours of screen time on an average school/week day. Seventy-one percent of respondents reported their child did not drink soda or pop in the past week, excluding diet soda. Sixty-three percent of respondents reported their 5 to 17 year old child was physically active five times a week for 60 minutes. Three percent of respondents reported their 5 to 17 year old child always or nearly always felt unhappy, sad or depressed in the past six months. Twenty-seven percent reported their 5 to 17 year old child experienced some form of bullying in the past year; 26% reported verbal bullying, 6% reported physical bullying and 5% reported cyber bullying. *From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting their child has a personal doctor or nurse while from 2015 to 2018, there was no statistical change. From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting their child visited their personal doctor/nurse for preventive care, as well as from 2015 to 2018. From 2012 to 2018, there was no statistical change in the overall percent of respondents reporting their child had an unmet medical need or an unmet dental need, as well as from 2015 to 2018. From 2012 to 2018, there was a statistical increase in the overall percent of respondents reporting their child was unable to see a specialist when needed while from 2015 to 2018, there was no statistical change. From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their child had asthma or their child was seldom/never safe in their community, as well as from 2015 to 2018. From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child was physically active five times a week for at least 60 minutes, as well as from 2015 to 2018. From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their 5 to 17 year old child always or nearly always felt unhappy/sad/depressed, as well as from 2015 to 2018. From 2012 to 2018, there was no statistical change in the overall percent of respondents who reported their child was bullied or in the type of bullying, as well as from 2015 to 2018.*

### **Community Health Issues Key Findings**

In 2018, respondents were asked to list the top three community health issues. The most often cited was access to health care (25%) or illegal drug use (24%). Respondents who were female, 45 to 54 years old, with some post high school education or unmarried were more likely to report access to health care as a top community health issue. Respondents who were male or with a college education were more likely to report illegal drug use. Twenty-one percent reported overweight or obesity as a top health issue. Respondents who were male, 18 to 34 years old, with a college education, in the top 40 percent household income bracket or married respondents were more likely to report overweight or obesity. Seventeen percent reported chronic diseases; respondents who were female or in the bottom 60 percent household income bracket were more likely to report this. Sixteen percent of respondents reported mental health or depression; respondents who were female, 45 to 54 years old or with at least some post high school education were more likely to report this. Fourteen percent of respondents reported prescription or over-the-counter drug abuse as a top community health issue; respondents who were married were more likely to report this. Twelve percent of respondents reported cancer; respondents who were 18 to 34 years old or unmarried were more likely to report this. Twelve percent of respondents reported infectious diseases as a top community health issue. Respondents with a high school education or less were more likely to report infectious diseases. Twelve percent of respondents reported alcohol use or abuse as a top health issue; respondents who were male or with a college education were more likely to report this. Nine percent of respondents reported violence or crime; respondents 65 and older or with some post high school education were more likely to

report this. Nine percent of respondents reported access to affordable healthy food as a top community health issue. Respondents who were female, 35 to 44 years old or with at least some post high school education were more likely to report access to affordable healthy food. Seven percent of respondents reported environmental issues as a top health issue; respondents 18 to 34 years old or in the top 60 percent household income bracket were more likely to report this. Seven percent of respondents reported lack of physical activity as a top health issue. Respondents with a college education were more likely to report lack of physical activity. Seven percent of respondents reported affordable health care as a top community health issue; respondents 35 to 54 years old, with some post high school education, in the top 40 percent household income bracket or married respondents were more likely to report this. Seven percent of respondents reported driving problems/aggressive driving/drunk driving; respondents who were male, 18 to 34 years old, with a high school education or less or in the top 40 percent household income bracket were more likely to report this.