

**Calumet County
Community Health Survey Report
2018**

Commissioned By:
Fox Valley Community Health Improvement Coalition

Sponsored By:
**Ascension
Aurora Health Care
Calumet County Public Health
Children's Hospital of Wisconsin
ThedaCare**

Prepared by:
JKV Research, LLC

Purpose

The purpose of this project is to provide Calumet County with information from an assessment conducted in the Fall 2017/Winter 2018, of the health status of county 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 Ascension, Aurora Health Care, Calumet County Public Health, Children's Hospital of Wisconsin 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 Calumet County Public Health at (920) 849-1432.

Methodology

Data Collection

Respondents were scientifically selected so the survey would be representative of all adults 18 years old and older in the county. 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=275). 2) A cell phone-only sample where the person answering the phone was selected as the respondent (n=225). 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 500 telephone interviews were completed between December 7, 2017 and February 28, 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 county.

Margin of Error

With a sample size of 500, we can be 95% sure that the sample percentage reported would not vary by more than ± 4 percent from what would have been obtained by interviewing all persons 18 years old and older with telephones in the county. 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 ± 4 percent, since fewer respondents are in that category (e.g., adults who were asked about a random child in the household).

What do the Percentages Mean?

In 2017, the Census Bureau estimated 37,041 adult residents live in Calumet County. Thus, in this report, one percentage point equals approximately 370 adults. So, when 13% of respondents reported their health was fair or poor, this roughly equals 4,810 residents \pm 1,480 individuals. Therefore, from 3,330 to 6,290 residents likely have fair or poor health. Because the margin of error is \pm 4%, events or health risks that are small will include zero.

In 2016, the Census Bureau estimated 18,839 occupied housing units in Calumet County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the 2016 household estimate, each percentage point for household-level data represents approximately 190 households.

Definitions

Certain variables were recoded for better analysis and are listed below.

Marital status: Married respondents were classified as those who reported being married and those who reported to being a member of an unmarried couple. All others were classified as not married.

Household income: It is difficult to compare household income data throughout the years as the real dollar value changes. Each year, the Census Bureau classifies household income into five equal brackets, rounded to the nearest dollar. It is not possible to exactly match the survey income categories to the Census Bureau brackets since the survey categories are in increments of \$10,000 or more; however, it is the best way to track household income. This report looks at the Census Bureau's bottom 40%, middle 20% and top 40% household income brackets each survey year. In each year, the bottom 40% income bracket included survey categories less than \$40,001, the middle 20% income bracket was \$40,001 to \$60,000 and the top 40% income bracket was at least \$60,001.

Physical activity: The 2008 recommended amount of physical activity by the Centers for Disease Control is moderate activity for at least 30 minutes on five or more days of the week or vigorous activity for at least 20 minutes on three or more days of the week. Moderate physical activity includes walking briskly, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate. Vigorous physical activity includes running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Insufficient physical activity includes participation in either activity, but not for the duration or the frequency recommended. Inactive respondents reported no moderate or vigorous physical activity in a typical week.

Overweight status: Calculated using the Center for Disease Control's Body Mass Index (BMI) of kilograms/meter². A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. In this report "overweight" includes both overweight and obese respondents.

Current smoker: Current smoker is defined as someone who smoked a tobacco cigarette at least some days.

Binge drinking: The definition for binge drinking varies. Currently, the Centers for Disease Control (CDC) defines binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. Previously, the CDC defined binge drinking as five or more drinks at one time, regardless of gender. In 2018, the Tri-County Health Survey defined binge drinking as four or more drinks per occasion for females and five or more drinks per occasion for males to account for weight and metabolism differences. In 2011 and 2015, the definition was five or more drinks, regardless of gender.

Previous Data Collection

Previous survey administration was conducted by Survey Research Institute and focused on health department service areas. As a result, the Fox Cities were surveyed separately and were not included in the 2011 and 2016 Calumet County reports. In order to compare the 2018 data with previous years, a random sample of the 2010 Fox Cities Community Health Survey was included in the 2011 Calumet data at the proportion these communities are in the county. In addition, a random sample of the 2016 Fox Cities Community Health Survey was included in the 2016 Calumet County data.

Demographic Profile

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

Table 1. Weighted Demographic Variables of Community Health Survey Respondents for 2018 (Q72, Q73, Q79, Q87 & Q88)^{①,②}

| | Survey Results |
|------------------------------|----------------|
| TOTAL | 100% |
| Gender | |
| Male | 50% |
| Female | 50 |
| Age | |
| 18 to 34 | 25% |
| 35 to 44 | 20 |
| 45 to 54 | 23 |
| 55 to 64 | 16 |
| 65 and Older | 16 |
| Education | |
| High School Graduate or Less | 29% |
| Some Post High School | 30 |
| College Graduate | 41 |
| Household Income | |
| Bottom 40 Percent Bracket | 17% |
| Middle 20 Percent Bracket | 15 |
| Top 40 Percent Bracket | 55 |
| Not Sure/No Answer | 13 |
| Married | 67% |

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

^②Race 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 Calumet County residents. The following data are highlights of the comprehensive study.

| General Health | Calumet County | | | Tri-County | | | WI | US |
|---|----------------|------|------|------------|------|------|------|------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Overall Health | | | | | | | | |
| Excellent/Very Good ^{A,B,C,D} | 59% | 53% | 49% | 56% | 53% | 42% | NA | NA |
| Good | 41% | 38% | 31% | 31% | 32% | 43% | NA | NA |
| Fair or Poor | 13% | 15% | 13% | 13% | 14% | 16% | 16% | 16% |
| At Least 3 Physically Unhealthy Days in Past Month | 18% | 27% | 23% | 24% | 27% | 27% | NA | NA |
| At Least 3 Mentally Unhealthy Days in Past Month ^C | 26% | 28% | 24% | 24% | 28% | 31% | NA | NA |
| At Least 3 Physically/Mentally Unhealthy Days Prevented Usual Activities in Past Month ^{A,B} | 12% | 18% | 8% | 15% | 19% | 18% | NA | NA |

| Health Care Coverage | Calumet County | | | Tri-County | | | WI | US |
|---|----------------|------|------|------------|------|------|------|------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Currently No Health Care Coverage | | | | | | | | |
| 18 Years Old and Older [HP2020 Goal: 0%] ^{A,B,C,D} | 9% | 0% | 1% | 9% | 4% | <1% | 9% | 10% |
| 18 to 64 Years Old [HP2020 Goal: 0%] ^{A,B,C,D} | 11% | 0% | 1% | 10% | 5% | 1% | 10% | 12% |
| Unmet Care in Past Year (Household Member) | | | | | | | | |
| Medical Care [HP2020 Goal: 4%] | -- | -- | 3% | -- | -- | 6% | NA | NA |
| Dental Care [HP2020 Goal: 5%] | -- | -- | 4% | -- | -- | 8% | NA | NA |
| Mental Health Care | -- | -- | 1% | -- | -- | 3% | NA | NA |
| Have a Primary Care Physician [HP2020 Goal: 84%] ^C | 89% | -- | 88% | 88% | -- | 91% | NA | NA |
| Advance Care Document or Conversation | -- | -- | 73% | -- | -- | 67% | NA | NA |
| Advance Directive Document for Health Care | -- | -- | 50% | -- | -- | 45% | NA | NA |
| Conversation with Trusted Person about Health Care Wishes if Unable to Speak for Self | -- | -- | 52% | -- | -- | 50% | NA | NA |

| Routine Procedures | Calumet County | | | Tri-County | | | WI | US |
|--|----------------|------|------|------------|------|------|------|------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Routine Checkup (2 Years Ago or Less) ^{A,B,C,D} | 82% | 85% | 91% | 84% | 88% | 91% | 84% | 84% |
| Respondents with a Routine Checkup in Past 2 Years | | | | | | | | |
| HCP Inquired about Alcohol Consumption ^{B,D} | -- | 63% | 83% | -- | 65% | 83% | NA | NA |
| Advised to Quit or Reduce Alcohol Consumption (of HCP Inquiries) | -- | 3% | 4% | -- | 7% | 5% | NA | NA |
| Dental Checkup (Past Year) [HP2020 Goal: 49%] | 80% | 83% | 78% | 79% | 78% | 77% | 73% | 66% |

| Health Conditions in Past 3 Years | Calumet County | | | Tri-County | | | WI | US |
|---|-------------------|-------------------|------|-------------------|-------------------|------|------|------|
| | 2011 ¹ | 2015 ¹ | 2018 | 2011 ¹ | 2015 ¹ | 2018 | 2016 | 2016 |
| High Blood Pressure | 25% | 24% | 27% | 26% | 26% | 25% | NA | NA |
| High Blood Cholesterol ^{A,B,D} | 32% | 29% | 21% | 26% | 30% | 24% | NA | NA |
| Mental Health Condition ^B | -- | 23% | 14% | -- | 24% | 21% | NA | NA |
| Heart Disease/Condition | -- | -- | 11% | -- | -- | 8% | NA | NA |
| Diabetes | 9% | 10% | 10% | 8% | 8% | 10% | NA | NA |
| Asthma (Current) ^{A,B,D} | -- | 12% | 7% | -- | 15% | 9% | 9% | 9% |

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

¹In 2011 and 2015, time frame was “ever”.

^ACalumet County statistical change from 2011 to 2018. ^BCalumet County statistical change from 2015 to 2018.

^CTri-County statistical change from 2011 to 2018. ^DTri-County statistical change from 2015 to 2018.

| Financial Factors Affecting Health in Past Year | Calumet County | | | Tri-County | | | WI | US |
|---|----------------|------|------|------------|------|------|------|------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Worried/Stressed About Having Enough Money for Rent, Mortgage or Utilities (Always/Usually) | -- | 8% | 11% | -- | 14% | 14% | NA | NA |
| Food Didn't Last and Unable to Purchase More (Often True/Sometimes True) | -- | 5% | 7% | -- | 11% | 13% | NA | NA |

| Mental Health Status | Calumet County | | | Tri-County | | | WI | US |
|---|----------------|------|------|------------|------|------|------|------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Get Social/Emotional Support Needed (Rarely/Never) | 6% | 6% | 4% | 6% | 8% | 6% | NA | NA |
| Stress Because Mind is Troubled in Past Month (All the Time/Most of the Time) | -- | -- | 9% | -- | -- | 15% | NA | NA |
| Considered Suicide in Past Year | -- | -- | 2% | -- | -- | 8% | NA | NA |

| Physical Health | Calumet County | | | Tri-County | | | WI | US |
|--|----------------|------|------|------------|------|------|------------------|------------------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Overweight Status | | | | | | | | |
| Overweight/Obese (BMI 25.0+) [HP2020: 66%] | 66% | 71% | 71% | 66% | 65% | 67% | 67% | 65% |
| Obese (BMI 30.0+) [HP2020: 31%] ^C | 27% | 31% | 32% | 30% | 32% | 35% | 31% | 30% |
| Physical Activity/Week | | | | | | | | |
| Moderate Activity (5 Times/30 Min) ^{B,D} | -- | 22% | 32% | -- | 22% | 33% | 42% ¹ | 33% ¹ |
| Vigorous Activity (3 Times/20 Min) ^B | -- | 25% | 34% | -- | 28% | 25% | 31% ³ | 29% ³ |
| Recommended Moderate or Vigorous ^B | -- | 38% | 49% | -- | 40% | 44% | 53% ³ | 51% ³ |
| Major Reasons Not Participate in Physical Activity More (Of Respondents Who Did Not Meet Recommendation) | | | | | | | | |
| Difficult to Motivate Self | -- | -- | 28% | -- | -- | 24% | NA | NA |
| Not Enough Time to Exercise | -- | -- | 27% | -- | -- | 24% | NA | NA |
| Inconvenient | -- | -- | 11% | -- | -- | 11% | NA | NA |
| Boring | -- | -- | 11% | -- | -- | 11% | NA | NA |
| Afraid Getting Injured/Currently Injured | -- | -- | 10% | -- | -- | 10% | NA | NA |

| Nutrition | Calumet County | | | Tri-County | | | WI | US |
|---|----------------|------|------|------------|------|------|------------------|------------------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Fruit Intake (2+ Servings/Day) ^{A,B,C,D} | 56% | 60% | 48% | 54% | 60% | 48% | NA | NA |
| Vegetable Intake (3+ Servings/Day) ^{B,C} | 27% | 33% | 26% | 26% | 33% | 31% | NA | NA |
| At Least 5 Fruit/Vegetables/Day ^{A,B,D} | 32% | 37% | 25% | 30% | 39% | 29% | 23% ³ | 23% ³ |
| Sugar Drink (1+ Drinks/Day/Past Month) | -- | -- | 32% | -- | -- | 30% | NA | NA |
| Non-Work Screen Time (4+ Hours/Day) ^B | -- | 30% | 24% | -- | 36% | 30% | NA | NA |
| Sleep in Past 24 Hours (7+ Hours) [HP2020 Goal: 71%] | -- | 69% | 71% | -- | 67% | 65% | NA | NA |
| Family Meals (Households with More than 1 Person; 5+ Meals/Week) ^D | -- | 62% | 68% | -- | 64% | 59% | NA | NA |

| Alcohol Use in Past Month | Calumet County | | | Tri-County | | | WI | US |
|---|------------------|------------------|------|------------------|------------------|------|-----------------|-----------------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Heavy Drinker (Female 31+ Drinks; Male 61+ Drinks) | -- | -- | 5% | -- | -- | 10% | 7% ² | 5% ² |
| Binge Drinker (Female 4+ Drinks; Male 5+ Drinks on an Occasion) ^{B,D} | 24% ⁴ | 23% ⁴ | 29% | 23% ⁴ | 20% ⁴ | 25% | 25% | 17% |
| Excessive Drinker (Either Heavy or Binge Drinker) [HP2020 Goal: 25%] ^{B,D} | 24% ⁵ | 23% ⁵ | 29% | 23% ⁵ | 20% ⁵ | 26% | NA | NA |
| Driven When Perhaps Had Too Much to Drink ^{A,B,C,D} | 5% | 4% | 1% | 3% | 5% | 1% | NA | NA |

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

¹2005 WI and US Data; ²2007 WI and US Data; ³2009 WI and US Data. ⁴In 2011 and 2015, binge drinking was defined as 5 or more drinks on an occasion, regardless of gender. ⁵In 2011 and 2015, heavy drinking was not asked. As a result, 2011 and 2015 percentages include binge drinking only. ^ACalumet County statistical change from 2011 to 2018. ^BCalumet County statistical change from 2015 to 2018. ^CTri-County statistical change from 2011 to 2018. ^DTri-County statistical change from 2015 to 2018.

| Tobacco Use | Calumet County | | | Tri-County | | | WI | US |
|---|----------------|------|------|------------|------|------|------------------|------------------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Current Use (Every Day/Some Days) | | | | | | | | |
| Tobacco Cigarette Smoker [HP2020 Goal: 12%] ^{A,B,C,D} | 14% | 14% | 10% | 18% | 16% | 12% | 17% | 17% |
| Smokeless Tobacco [HP2020 Goal: 0.2%] ^A | 2% | 3% | 4% | 3% | 3% | 4% | 4% | 4% |
| Electronic Cigarettes/Vaping | -- | 4% | 2% | -- | 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%] | 53% | 57% | 62% | 59% | 51% | 48% | 49% ¹ | 56% ¹ |
| Someone Smokes in Household or Vehicle [HP2020 Goal: 13%] ^C | 10% | -- | 7% | 15% | -- | 7% | NA | NA |

| Household Problems Associated With... | Calumet County | | | Tri-County | | | WI | US |
|--|----------------|------|------|------------|------|------|------|------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Alcohol (Past Year) ^{A,C} | 5% | -- | 2% | 4% | -- | 2% | NA | NA |
| Misuse of Prescription or Over-the-Counter Drugs (Past Year) | -- | -- | 2% | -- | -- | 2% | NA | NA |

| Firearms in Household | Calumet County | | | Tri-County | | | WI | US |
|---|----------------|------|------|------------|------|------|------|------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2002 | 2002 |
| Firearm in House/Garage | -- | -- | 53% | -- | -- | 43% | 44% | 33% |
| Firearm Loaded (All Households) | -- | -- | 9% | -- | -- | 9% | 3% | 8% |
| Loaded Firearm Also Unlocked (All Households) | -- | -- | 4% | -- | -- | 3% | 2% | 4% |
| Of Households with a Firearm | | | | | | | | |
| Loaded Firearm Also Unlocked | -- | -- | 7% | -- | -- | 7% | 5% | 13% |

| Personal Safety in Past Year | Calumet County | | | Tri-County | | | WI | US |
|---|----------------|------|------|------------|------|------|------|------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| At Least One Personal Safety Issue | -- | -- | 5% | -- | -- | 10% | NA | NA |
| Afraid for Safety | -- | -- | 5% | -- | -- | 8% | NA | NA |
| Pushed, Kicked, Slapped, or Hit | -- | -- | 1% | -- | -- | 4% | NA | NA |
| Felt Extremely Unsafe/Unsafe from Crime in Neighborhood | -- | -- | 1% | -- | -- | 2% | NA | NA |

| Top Community Health Issues | Calumet County | | | Tri-County | | | WI | US |
|---|----------------|------|------|------------|------|------|------|------|
| | 2011 | 2015 | 2018 | 2011 | 2015 | 2018 | 2016 | 2016 |
| Chronic Diseases | -- | -- | 21% | -- | -- | 21% | NA | NA |
| Alcohol Use or Abuse | -- | -- | 19% | -- | -- | 14% | NA | NA |
| Overweight or Obesity | -- | -- | 18% | -- | -- | 22% | NA | NA |
| Illegal Drug Use | -- | -- | 15% | -- | -- | 18% | NA | NA |
| Cancer | -- | -- | 15% | -- | -- | 17% | NA | NA |
| Access to Health Care | -- | -- | 15% | -- | -- | 17% | NA | NA |
| Mental Health or Depression | -- | -- | 14% | -- | -- | 15% | NA | NA |
| Lack of Physical Activity | -- | -- | 10% | -- | -- | 5% | NA | NA |
| Infectious Diseases | -- | -- | 6% | -- | -- | 13% | NA | NA |
| Environmental Issues | -- | -- | 5% | -- | -- | 3% | NA | NA |
| Access to Affordable Healthy Food | -- | -- | 5% | -- | -- | 6% | NA | NA |
| Prescription or Over-the-Counter Drug Abuse | -- | -- | 5% | -- | -- | 9% | NA | NA |
| Tobacco Use | -- | -- | 5% | -- | -- | 3% | NA | NA |
| Affordable Health Care | -- | -- | 5% | -- | -- | 8% | NA | NA |

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

¹2005 WI and US Data.

^ACalumet County statistical change from 2011 to 2018. ^BCalumet County statistical change from 2015 to 2018.

^CTri-County statistical change from 2011 to 2018. ^DTri-County statistical change from 2015 to 2018.

| Children in Household | Calumet County | | Tri-County | |
|---|-------------------|-------------------|-------------------|-------------------|
| | 2015 ¹ | 2018 ¹ | 2015 ¹ | 2018 ¹ |
| Personal Doctor/Nurse Who Knows Child Well and Familiar with History | 97% | 96% | 96% | 95% |
| Visited Personal Doctor/Nurse for Preventive Care in Past Year (Children Who Have a Personal Doctor/Nurse) ^A | 91% | 98% | 96% | 97% |
| Did Not Receive Specialist Care Needed (Past Year) ^B | 0% | <1% | 3% | 0% |
| Used New Parent Programs for Child ^{A,B} | 41% | 13% | 23% | 12% |
| Health Conditions | | | | |
| Asthma ^A | 18% | 6% | 10% | 6% |
| Diabetes ^A | 0% | 6% | 2% | <1% |
| Extremely Unsafe/Unsafe in Community/Neighborhood | -- | <1% | -- | <1% |
| Fruit Intake (2+ Servings/Day) ^B | 70% | 71% | 82% | 73% |
| Vegetable Intake (3+ Servings/Day) ^B | 26% | 27% | 31% | 23% |
| 5+ Fruit/Vegetables per Day ^B | 41% | 49% | 50% | 40% |
| Sugar Drink in Past Month | | | | |
| Less Than One/Day, but More Than One/Week | -- | 31% | -- | 38% |
| At Least One per Day | -- | 9% | -- | 15% |
| Screen Time | | | | |
| 2 or 3 Hours/Day | -- | 52% | -- | 38% |
| 4 or More Hours/Day | -- | 7% | -- | 18% |
| Sleeping Location when an Infant | | | | |
| Crib or Bassinette | 86% | 97% | 89% | 94% |
| In Bed with Adult | 0% | 2% | 2% | 3% |
| Children 4 to 17 Years Old | | | | |
| Physical Activity (60 Min./5 or More Days/Week) ^B | 61% | 58% | 50% | 63% |
| Unhappy, Sad or Depressed in Past 6 Months (Always/Nearly Always) | 4% | 6% | 5% | 6% |
| Experienced Bullying in Past Year ^A | 11% | 26% | 18% | 24% |
| Verbally Bullied ^B | 11% | 17% | 13% | 21% |
| Physically Bullied ^A | 2% | 12% | 4% | 7% |
| Cyber Bullied | 0% | 4% | <1% | 3% |

--Not asked or worded differently.

¹In 2015, survey included children 12 years old or younger. In 2018, survey included children 17 or younger.

^ACalumet County statistical change from 2015 to 2018. ^BTri-County statistical change from 2015 to 2018

General Health

In 2018, 49% of Calumet County respondents reported their health as excellent or very good; 13% reported fair or poor. Respondents who were male, 35 to 54 years old, 65 and older, with some post high school education or less, in the bottom 60 percent household income bracket, who were unmarried, did not meet the recommended amount of physical activity, smokers or who did not excessively drink were more likely to report fair or poor health. Twenty-three percent of respondents reported in the past month their physical health was not good for at least three days; respondents with some post high school education, in the middle 20 percent household income bracket or inactive respondents were more likely to report this. Twenty-four percent of respondents reported in the past month their mental health was not good for at least three days; respondents who were female, with a college education or who excessively drank were more likely to report this. Eight 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 55 to 64 years old, in the bottom 40 percent household income bracket or smokers were more likely to report at least three unhealthy days kept them from usual activities in the past month. *From 2011 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 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three physically or mentally unhealthy days in the past month, as well as from 2015 to 2018. From 2011 to 2018, there*

was a statistical *decrease* in the overall percent of respondents who reported at least three unhealthy days kept them from usual activities in the past month, as well as from 2015 to 2018.

Health Care Coverage and Information

In 2018, 1% of Calumet County respondents reported they were not currently covered by health care insurance. Three percent of respondents reported there was a time in the past year someone in the household did not receive the medical care needed. Four 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 were more likely to report this. One percent of respondents reported a household member did not receive the mental health care needed in the past year. *From 2011 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 a statistical increase.*

In 2018, 88% of Calumet County respondents reported they have a personal care physician they think of as their personal doctor or health care provider; respondents who were female, 45 to 54 years old, 65 and older, with a high school education or less, with a college education, in the bottom 40 percent household income bracket or married respondents were more likely to report a personal care physician. Fifty percent of respondents reported they had an Advance Directive for Health Care document. Fifty-two 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 73% of respondents had an Advance Directive document or a conversation with a trusted person. Respondents 65 and older, with a high school education or less, with a college education or in the middle 20 percent household income bracket were more likely to report having an Advance Directive document or a conversation with a trusted person. *From 2011 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, 91% of Calumet County respondents reported a routine medical checkup two years ago or less. Respondents who were female, 65 and older, with a high school education or less, with a college education or in the bottom 60 percent household income bracket were more likely to report a routine checkup two years ago or less. Eighty-three percent of respondents who had a routine checkup in the past two years reported their health care provider inquired about their alcohol consumption. Respondents who were 45 to 54 years old, with a college education, unmarried or who did not excessively drink in the past month were more likely to report their provider inquired about their alcohol consumption. Four percent of respondents who were asked about their alcohol consumption were advised to reduce or quit their drinking. Respondents in the bottom 40 percent household income bracket or who drank excessively in the past month were more likely to report they were advised to reduce or quit their drinking. Seventy-eight percent of respondents reported a visit to the dentist in the past year; respondents 35 to 54 years old, with a college education or married respondents were more likely to report this. *From 2011 to 2018, there was a statistical increase in the overall percent of respondents reporting a routine checkup, as well as from 2015 to 2018. 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 at the last appointment they were advised to reduce or quit their drinking. From 2011 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 pressure (27%) or high blood cholesterol (21%) in Calumet County. 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 smokers were more likely to report high blood pressure. Respondents 55 and older, with a high school education or less, in the bottom 40 percent household income bracket, who were overweight/obese, inactive or who did not excessively drink in the past month were more likely to report high blood cholesterol. Fourteen percent reported a mental health condition; respondents who were female, 35 to 54 years old, in the bottom 60 percent household income bracket, who were inactive, smokers or who did not excessively drink in the past month were more likely to report this. Eleven percent reported they were treated for, or told they had heart disease/condition in the past three years; respondents who were male, 65 and older, in the bottom 60 percent

household income bracket, smokers or who did not excessively drink in the past month were more likely to report this. Ten percent of respondents reported diabetes. Respondents who were male, 55 to 64 years old, with a high school education or less, in the bottom 40 percent household income bracket, who were unmarried, overweight/obese, inactive or smokers were more likely to report diabetes. Seven percent reported current asthma; female respondents were more likely to report this. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported high blood pressure or diabetes, as well as from 2015 to 2018. From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported high blood cholesterol, as well as from 2015 to 2018. From 2015 to 2018, there was a statistical decrease in the overall percent of respondents who reported a mental health condition or current asthma.*

Financial Factors Affecting Health

In 2018, 11% of Calumet County 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 who were male, with some post high school education or in the bottom 60 percent household income bracket were more likely to report this. Seven 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 or unmarried were more likely to report this. *From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported in the past year they always/usually worried or stressed about having enough money to pay rent, mortgage/utility bills or it was often/sometimes true that the food they bought just didn't last, and they didn't have money to get more.*

Mental Health Status

In 2018, 4% of Calumet County respondents reported they rarely/never get the social and emotional support they need; respondents 55 to 64 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to report this. Nine percent of respondents reported they felt stress all of the time/most of the time in the past month; respondents 35 to 54 years old, with some post high school education or in the middle 20 percent household income bracket were more likely to report this. Two percent of respondents felt so overwhelmed they considered suicide in the past year. *From 2011 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, 32% of Calumet County 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, 49% met the recommended amount of physical activity; respondents 18 to 34 years old, with a college education, in the top 60 percent household income bracket or who were not overweight/obese were more likely to report this. Twenty-eight percent of respondents reported it is difficult to motivate myself to exercise as a major reason for not participating in physical activities more often. Respondents who were female, 18 to 34 years old or with at least some post high school education were more likely to report it is difficult to motivate self. Twenty-seven percent reported there is not enough time to exercise as a major reason; respondents 18 to 34 years old, with at least some post high school education, in the top 40 percent household income bracket, who were married or with children in the household were more likely to report this. Eleven percent of respondents each reported it is inconvenient to exercise or it is boring/not enjoyable. Male respondents were more likely to report it is inconvenient to exercise. Respondents 45 to 54 years old, with a college education, who were unmarried or not overweight/obese were more likely to report exercise is boring/not enjoyable. Ten 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 who were female or with children in the household were more likely to report this. Seven percent reported they do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their home/office as a major reason for not participating in physical activities more often; respondents without children in the household 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 a statistical increase 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, 71% of Calumet County respondents were classified as at least overweight while 32% were obese. Respondents who did an insufficient amount of physical activity were more likely to be classified as at least overweight. Respondents who were 45 to 54 years old, unmarried or inactive were more likely to be obese. *From 2011 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 Calumet County respondents reported two or more servings of fruit while 26% reported three or more servings of vegetables on an average day. Respondents who were female, married, not overweight/obese or who 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 or who met the recommended amount of physical activity were more likely to report at least three servings of vegetables on an average day. Twenty-five percent of respondents reported five or more servings of fruit/vegetables on an average day; respondents who were female, with a college education or who met the recommended amount of physical activity were more likely to report this. Thirty-two percent of respondents reported they drank at least one sugared drink per day in the past month; respondents 18 to 34 years old, with a high school education or less or who did an insufficient amount of physical activity were more likely to report this. Sixty-eight percent of respondents reported their family ate together five or more times during the past week; respondents who were married or with children in the household were more likely to report this. *From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported at least two servings of fruit or at least five servings of fruit/vegetables, as well as from 2015 to 2018. From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported at least three servings of vegetables while from 2015 to 2018, there was a statistical decrease. 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, 24% of Calumet County respondents reported at least four hours of screen time a day; respondents 65 and older, with some post high school education or less, in the bottom 40 percent household income bracket, who were unmarried or inactive were more likely to report this. Seventy-one percent of respondents reported they get at least seven hours of sleep in a 24-hour period; respondents who were not overweight/obese or who met the recommended amount of physical activity 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 four hours of screen time a day. From 2015 to 2018, there was no statistical change in the overall percent of respondents who reported at least seven hours of sleep in a 24-hour period.*

Alcohol Use

In 2018, 78% of Calumet County respondents had an alcoholic drink in the past month. Five percent of all respondents were heavy drinkers (females 31+ drinks and males 61+ drinks past month) while 29% were binge drinkers (females 4+ drinks and males 5+ drinks). Respondents 35 to 44 years old were more likely to be heavy drinkers. Respondents 18 to 34 years old, with at least some post high school education, in the top 40 percent household income bracket or married respondents were more likely to have binged at least once in the past month. Combined, this equals 29% who were excessive drinkers in the past month (either heavy or binge drinker). Respondents 18 to 34 years old, with at least some post high school education, in the top 40 percent household income bracket, who were married or whose health care provider did not inquire about their alcohol consumption were more likely to be excessive drinkers. One percent of respondents reported in the past month they had driven a vehicle when they perhaps had too much to drink. *From 2011 to 2018, there was no statistical change in the overall percent of respondents who reported binge drinking or excessive drinking in the past month while from 2015 to 2018, there was a statistical increase. Please note: in 2018, binge drinking was defined as 4+ drinks for females and 5+ drinks for males on an occasion while in 2011 and 2015 it was 5+ drinks regardless of gender. In addition, in 2018 excessive drinking included heavy drinking or binge drinking while in 2011 and 2015, it only includes binge drinking. From 2011 to 2018, there was a statistical decrease in the overall percent of respondents who reported in the past month they drove a vehicle when they perhaps had too much to drink, as well as from 2015 to 2018.*

Tobacco Use

In 2018, 10% of Calumet County respondents were current tobacco cigarette smokers; respondents who were male, 45 to 64 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, 62% of current smokers quit smoking for one day or longer because they were trying to quit. *From 2011 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. From 2011 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, 7% of Calumet County 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. *From 2011 to 2018, there was no statistical change in the overall percent of respondents reporting they or someone in the household smoked cigarettes, cigars or pipes inside their home or vehicle.*

In 2018, 4% of Calumet County respondents currently used smokeless tobacco (every day/some days); respondents who were male, 55 to 64 years old or unmarried were more likely to report this. Two percent of respondents currently used electronic cigarettes. *From 2011 to 2018, there was a statistical increase in the overall percent of respondents who currently used smokeless tobacco while from 2015 to 2018, there was no statistical change. From 2015 to 2018, there was no statistical change in the overall percent of respondents who currently used electronic cigarettes.*

Household Problems

In 2018, 2% of Calumet County respondents each reported in the past year, someone in their household experienced a problem, such as legal, social, personal or physical in connection with drinking alcohol or in connection with the misuse of prescription drugs/over-the-counter drugs. *From 2011 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, 53% of Calumet County 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, 9% had a loaded firearm; respondents in the top 40 percent household income bracket were more likely to report this. Four percent of all households had a firearm loaded and unlocked; respondents who were unmarried or in households without children were more likely to report this.

Personal Safety

In 2018, 5% of Calumet County respondents reported someone made them afraid for their personal safety in the past year. One percent of respondents reported they had been pushed, kicked, slapped or hit in the past year. A total of 5% reported at least one of these two situations. One percent of respondents reported their neighborhood was unsafe or extremely unsafe from crime.

Children in Household

In 2018, the Calumet County 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-six percent of respondents reported they have one or more persons they think of as their child's personal doctor or nurse, with 98% reporting their child visited their personal doctor or nurse for preventive care during the past year. Less than one percent reported there was a time in the past year their child was not able to visit a specialist they needed to see. Thirteen percent of respondents reported their child was helped by new parent programs. Six percent of respondents each reported their child currently had asthma or diabetes. Less than one percent of respondents reported their child was unsafe or extremely unsafe in their community. Two percent of respondents reported when their child was an infant, he/she slept in bed with the respondent or another person. Seventy-one percent of respondents reported their child ate at least two servings of fruit on an average day while 27% 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. Nine percent of respondents reported their child drank at least one sugared drink a day during the past month. Fifty-eight percent of respondents reported their 4 to 17 year old child was physically

active five times a week for 60 minutes. Seven percent of respondents reported their child spent four or more hours of screen time on an average day. Six 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. Twenty-six percent reported their 4 to 17 year old child experienced some form of bullying in the past year; 17% reported verbal bullying, 12% physical bullying and 4% 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 a statistical increase 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 a statistical increase 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 as an infant, their child slept 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 a statistical increase in the overall percent of respondents who reported their child was bullied in some way. From 2015 to 2018, there was a statistical increase in the overall percent of respondents who reported their child was physically bullied. From 2015 to 2018, there was no statistical change in the overall percent of respondents reporting their child was verbally bullied or cyber bullied.*

Top Community Health Issues

In 2018, Calumet County respondents were asked to list the top three community health issues. The most often cited was chronic diseases (21%). Respondents with some post high school education were more likely to report chronic diseases as a top community health issue. Nineteen percent of respondents reported alcohol use or abuse as a top health issue; respondents 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 or obesity; respondents 18 to 34 years old, with a college education or in the top 60 percent household income bracket were more likely to report this. Fifteen percent reported illegal drug use as a top community health issue. Respondents with a college education, in the top 40 percent household income bracket or married respondents were more likely to report illegal drug use as a top community health issue. Fifteen percent of respondents reported cancer; respondents with some post high school education were more likely to report this. Fifteen percent of respondents reported access to health care as a top health issue. Respondents who were female, 35 to 44 years old, 55 to 64 years old or married were more likely to report access to health care. Fourteen percent of respondents reported mental health or depression; respondents who were female, with at least some post high school education, in the top 40 percent household income bracket or married were more likely to report this. Ten percent of respondents reported lack of physical activity as a top community health issue; respondents who were 18 to 34 years old, with a college education, in the middle 20 percent household income bracket or unmarried were more likely to report this. Six percent of respondents reported infectious diseases; female respondents were more likely to report this. Five percent of respondents reported environmental issues as a top community health issue. Respondents who were male or 35 to 54 years old were more likely to report environmental issues. Five percent of respondents reported access to affordable healthy food; respondents 35 to 44 years old were more likely to report this. Five percent of respondents reported prescription or over-the-counter drug abuse; respondents 35 to 44 years old or 55 to 64 years old were more likely to report this. Five percent of respondents reported tobacco use as a top health issue. Respondents who were 18 to 34 years old, in the middle 20 percent household income bracket or unmarried were more likely to report tobacco use. Five percent of respondents reported affordable health care as a top community health issue; female respondents were more likely to report this.

Calumet County Top Community Health Issues for 2018 (Q118)

