



## **Wello 2023 Community Health and Well-Being Survey**

Stratified Analysis: Age  
May 2024

## **Background**

The Wello Community Health and Well-Being Survey partners with researchers at the Strategic Research Institute at St. Norbert College. The survey is based on an adapted version of the World Health Organization's Quality of Life - BREF (WHOQOL-BREF) survey, with added demographic and regionally specific open-ended questions. Institutional Review Board (IRB) approval was obtained by the research team from Wello and St. Norbert College to conduct the community-wide survey. The IRB is an administrative body that protects the rights and welfare of human research subjects in research activities.

This community-wide survey is completed bi-annually. The baseline survey was originally piloted and tested in the fall of 2018, with full implementation of the survey completed in summer 2019. This survey was administered over a six-week period between July 15 and August 31, 2023 at in-person community events and gathering spaces, through email distribution from local companies and organizations, during community events, through members of the community, and with print, television and social media campaigns. The survey took, on average, less than 10 minutes to complete and was available in English and Spanish. To be eligible for the survey, individuals had to be 18 years of age or older. The survey was available to anyone across Northeast, Wisconsin to complete, however, analysis was completed only on respondents with Brown County, Wisconsin zip codes.

The Wello Community Health and Well-being survey seeks to collect data that can build an overall picture of collective well-being in Brown County. Measures include Cantril's Self-Anchoring Striving Scale that assess thriving, struggling, and suffering, subjective data - how people feel about their lives - in four different areas: physical health, psychological health, social relationships and the environments in which people live, learn, work and play, as well as a set of community condition data based on areas of local interest.

Local data collection via this survey instrument is scheduled to occur again in July of 2025.

## **Survey Analysis**

Data was weighted to align with Brown County, Wisconsin demographics. Demographic information for Brown County was obtained from the American Community Survey 5-year estimates (2018 – 2022). The same demographic weighting categories that were used for the 2019 and 2021 surveys were used for the 2023 analysis - age, self identified gender, race/ethnicity, and formal educational attainment. All the results are presented using weighted data.

## Wello Community Health and Well-Being Survey, 2023

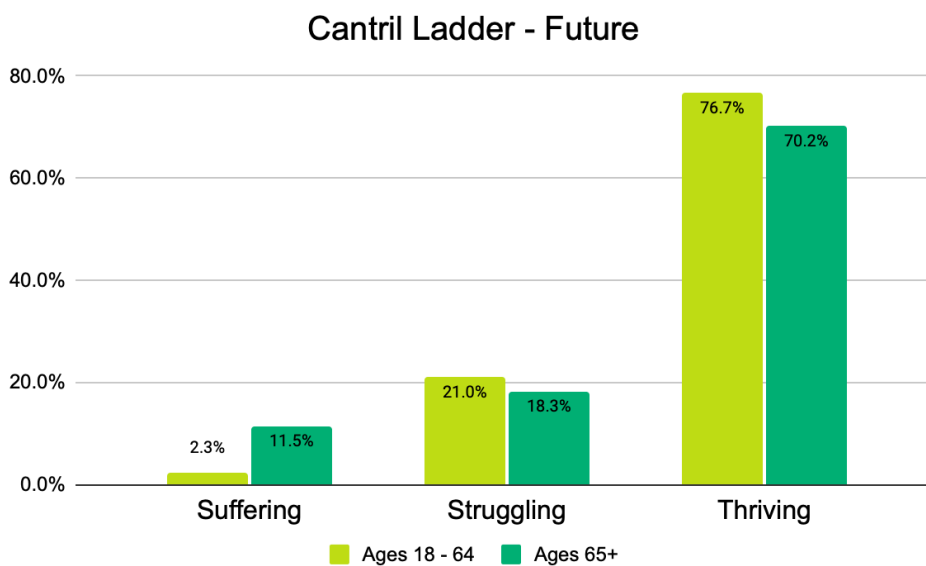
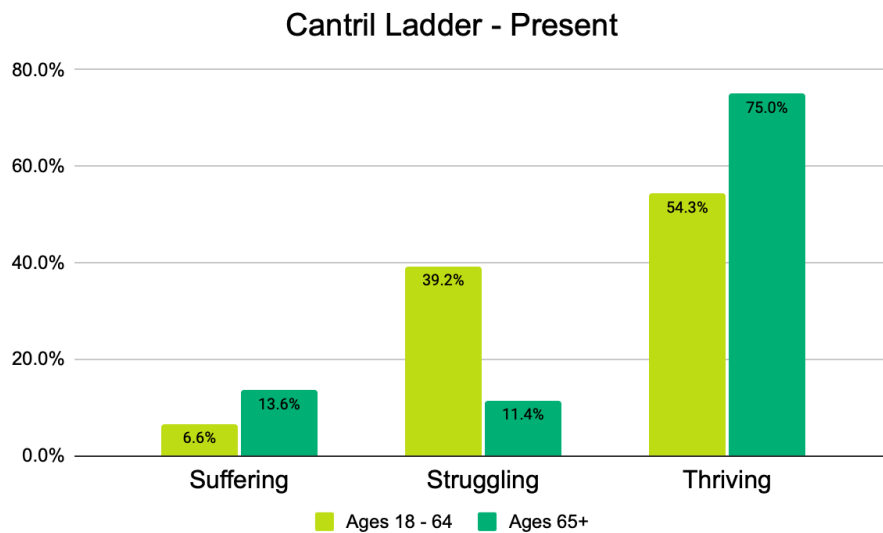
### Selected Survey Demographics (Unweighted)

Variable	Description	2023 Wello Survey	Brown County
<b>Age and gender</b>			
	Male, 18 - 64	22.8%	38.9%
	Female, 18 - 64	62.7%	40.0%
	Male, 65+	4.5%	9.5%
	Female, 65+	8.9%	11.6%
	Nonbinary, 18 - 64	1.1%	not measured
<b>LGBTQ+ Status</b>			
	Yes	13.2%	not measured
	No	86.8%	not measured
<b>Race/ Ethnicity</b>			
	Asian	3.0%	3.1%
	Black	6.0%	2.6%
	Hawaiian/ PI	0.1%	< 0.1%
	Hispanic/ Latino	9.8%	9.4%
	Mixed race	1.2%	3.9%
	Native American	1.7%	1.7%
	White	78.3%	78.9%
	Other	0.0%	0.3%
<b>Marital Status</b>			
	Divorced/ Separated	12.8%	12.4%
	Married	62.1%	49.8%
	Single	22.1%	32.9%
	Widowed	3.1%	4.9%
<b>Employment</b>			
	Currently employed	80.3%	66.3%
	Not currently employed	19.7%	33.7%
<b>Formal Education</b>			
	Less than High School	4.5%	7.1%
	High School Graduate	9.7%	29.5%
	Some College	22.4%	31.6%
	College Graduate	37.8%	22.2%
	Graduate Degree	25.5%	9.5%

*Note: The data was weighted to align with Brown County, Wisconsin demographics. Demographic information for Brown County was obtained from the American Community Survey 5-year estimates (2018 – 2022). These are the same demographic weighting categories that were used for the 2019 and 2021 survey analysis - self identified gender, race/ethnicity, and formal educational attainment. All the results are presented using weighted data.*

## Cantril Self-Anchoring Striving Scale

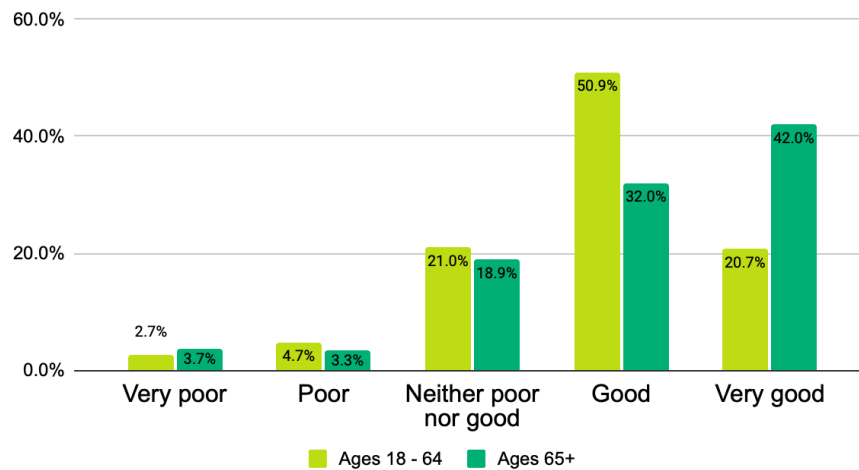
The Cantril Self- Anchoring Striving Scale asks respondents to think of a ladder, with the best possible life for them being a 10 and the worst possible life being a 0. Respondents are asked to rate their own current lives on that 0 to 10 scale. They are then asked to predict their lives five years in the future using the same 0 to 10 scale. Scores can be broken down to represent groups who are thriving (scores  $\geq 7$ ), struggling (scores from 4 to 6), or suffering (scores  $< 4$ ). The following graphs compare weighted Cantril Ladder scores for those aged 18 - 64 and for those aged 65 and older.



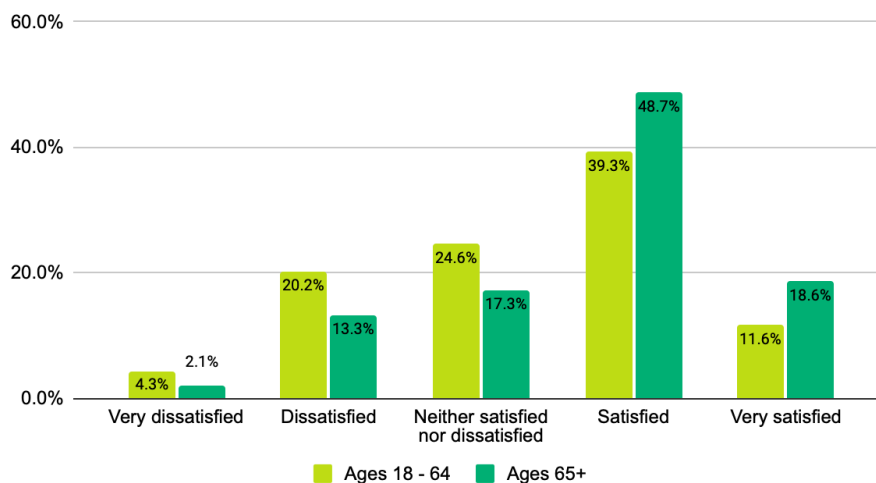
## WHOQOL-BREF

The World Health Organization Quality of Life Assessment (WHOQOL-BREF) is a cross-culturally comparable quality of life (QOL) measurement that assess quality of life within the context of an individual's culture, value systems, personal goals, standards, and concerns. The WHOQOL-BREF questionnaire contains 26 items and addresses 4 QOL domains: physical health (Q3, Q4, Q10, Q15, Q16, Q17, Q18), psychological health (Q5, Q6, Q7, Q11, Q19, Q26), social relationships (Q20, Q21, Q22) and environment (Q8, Q9, Q12, Q13, Q14, Q23, Q24, Q25). Two other items measure overall quality of life and general health (Q1, Q2). Items are rated on a 5-point Likert scale (low score of 1 to high score of 5) to determine a raw item score. The following graphs and table compares weighted WHOQOL scores for survey respondents aged 18 - 64 and for those aged 65 and older.

Q1. How would you rate your quality of life?



Q2. How satisfied are you with your health?



Survey question	Category	Age 18-64	Age 65+
Q3. To what extent do you feel that pain prevents you from doing what you need to do?	Not at all	0.379	0.228
	A little	0.259	0.400
	A moderated amount	0.188	0.234
	Very much	0.132	0.132
	An extreme amount	0.042	0.005
Q4. How much do you need any medical treatment to function in your daily life?	Not at all	0.440	0.343
	A little	0.218	0.323
	A moderated amount	0.193	0.227
	Very much	0.113	0.106
	An extreme amount	0.036	0.000
Q5. How much do you enjoy life?	Not at all	0.022	0.040
	A little	0.089	0.112
	A moderated amount	0.318	0.132
	Very much	0.434	0.553
	An extreme amount	0.138	0.162
Q6. To what extent do you feel your life to be meaningful?	Not at all	0.033	0.044
	A little	0.118	0.112
	A moderated amount	0.247	0.139
	Very much	0.416	0.486
	An extreme amount	0.187	0.219
Q7. How well are you able to concentrate?	Not at all	0.034	0.024
	A little	0.129	0.040
	A moderated amount	0.385	0.252
	Very much	0.336	0.462
	An extreme amount	0.116	0.222
Q8. How safe do you feel in your daily life?	Not at all	0.024	0.021
	A little	0.098	0.059
	A moderated amount	0.207	0.155
	Very much	0.441	0.459
	An extreme amount	0.230	0.307
Q9. How healthy is your physical environment?	Not at all	0.033	0.000
	A little	0.074	0.084
	A moderated amount	0.252	0.147
	Very much	0.491	0.520
	An extreme amount	0.150	0.248

Survey question	Category	Age 18-64	Age 65+
Q10. Do you have enough energy for everyday life?	Not at all	0.017	0.033
	A little	0.149	0.175
	Moderately	0.366	0.260
	Mostly	0.319	0.309
	Completely	0.148	0.223
Q11. Are you able to accept your bodily appearance?	Not at all	0.048	0.000
	A little	0.188	0.095
	Moderately	0.310	0.345
	Mostly	0.304	0.369
	Completely	0.150	0.191
Q12. Have you enough money to meet your needs?	Not at all	0.118	0.028
	A little	0.194	0.034
	Moderately	0.339	0.258
	Mostly	0.213	0.249
	Completely	0.137	0.431
Q13. How available to you is the information that you need in your day-to-day life?	Not at all	0.016	0.000
	A little	0.124	0.076
	Moderately	0.268	0.119
	Mostly	0.406	0.464
	Completely	0.186	0.341
Q14. To what extent do you have the opportunity for leisure activities?	Not at all	0.041	0.030
	A little	0.180	0.148
	Moderately	0.371	0.178
	Mostly	0.316	0.430
	Completely	0.092	0.214
Q15. How well are you able to physically get around?	Very poor	0.023	0.021
	Poor	0.064	0.065
	Neither poor nor good	0.141	0.180
	Good	0.317	0.281
	Very good	0.455	0.453

Survey question	Category	Age 18-64	Age 65+
Q16. How satisfied are you with your sleep?	Very dissatisfied	0.029	0.033
	Dissatisfied	0.237	0.179
	Neither satisfied nor dissatisfied	0.257	0.230
	Satisfied	0.365	0.415
	Very satisfied	0.112	0.143
Q17. How satisfied are you with your ability to perform your daily living activities?	Very dissatisfied	0.017	0.033
	Dissatisfied	0.093	0.078
	Neither satisfied nor dissatisfied	0.234	0.188
	Satisfied	0.436	0.392
	Very satisfied	0.219	0.309
Q18. How satisfied are you with your capacity for work?	Very dissatisfied	0.032	0.011
	Dissatisfied	0.099	0.144
	Neither satisfied nor dissatisfied	0.214	0.221
	Satisfied	0.428	0.420
	Very satisfied	0.227	0.204
Q19. How satisfied are you with yourself?	Very dissatisfied	0.018	0.033
	Dissatisfied	0.130	0.114
	Neither satisfied nor dissatisfied	0.245	0.159
	Satisfied	0.445	0.395
	Very satisfied	0.162	0.300
Q20. How satisfied are you with your personal relationships?	Very dissatisfied	0.028	0.029
	Dissatisfied	0.135	0.103
	Neither satisfied nor dissatisfied	0.241	0.150
	Satisfied	0.399	0.426
	Very satisfied	0.198	0.293
Q21. How satisfied are you with your sex life?	Very dissatisfied	0.094	0.109
	Dissatisfied	0.171	0.088
	Neither satisfied nor dissatisfied	0.290	0.504
	Satisfied	0.297	0.163
	Very satisfied	0.147	0.135
Q22. How satisfied are you with the support you get from your friends?	Very dissatisfied	0.035	0.037
	Dissatisfied	0.129	0.099
	Neither satisfied nor dissatisfied	0.268	0.097
	Satisfied	0.397	0.471
	Very satisfied	0.171	0.296

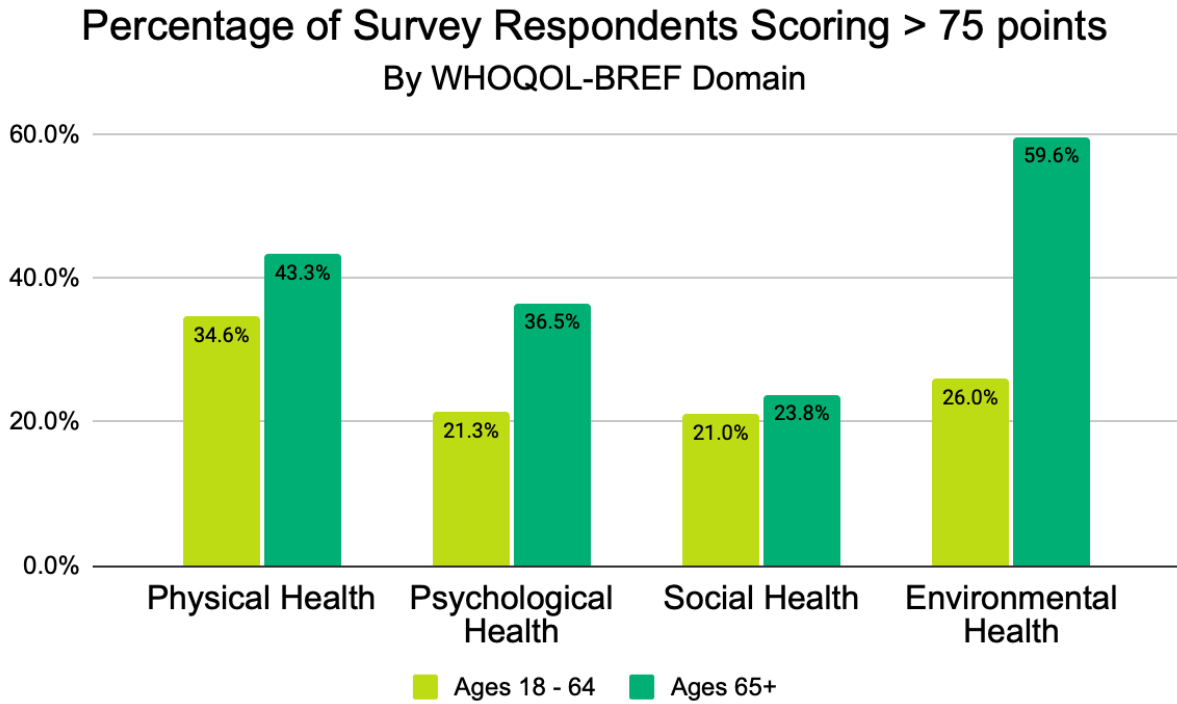


Survey question	Category	Age 18-64	Age 65+
Q23. How satisfied are you with the conditions of your living place?	Very dissatisfied	0.048	0.000
	Dissatisfied	0.087	0.124
	Neither satisfied nor dissatisfied	0.155	0.107
	Satisfied	0.448	0.265
	Very satisfied	0.262	0.504
Q24. How satisfied are you with your access to health services?	Very dissatisfied	0.043	0.040
	Dissatisfied	0.089	0.025
	Neither satisfied nor dissatisfied	0.201	0.020
	Satisfied	0.424	0.405
	Very satisfied	0.243	0.510
Q25. How satisfied are you with your transportation options?	Very dissatisfied	0.056	0.021
	Dissatisfied	0.078	0.025
	Neither satisfied nor dissatisfied	0.137	0.107
	Satisfied	0.419	0.299
	Very satisfied	0.310	0.548
Q26. How often did you have negative feelings such as blue mood, despair, anxiety, or depression?	Never	0.111	0.194
	Seldom	0.389	0.573
	Quite often	0.275	0.166
	Very often	0.165	0.030
	Always	0.060	0.037

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## WHOQOL-BREF Health Domains

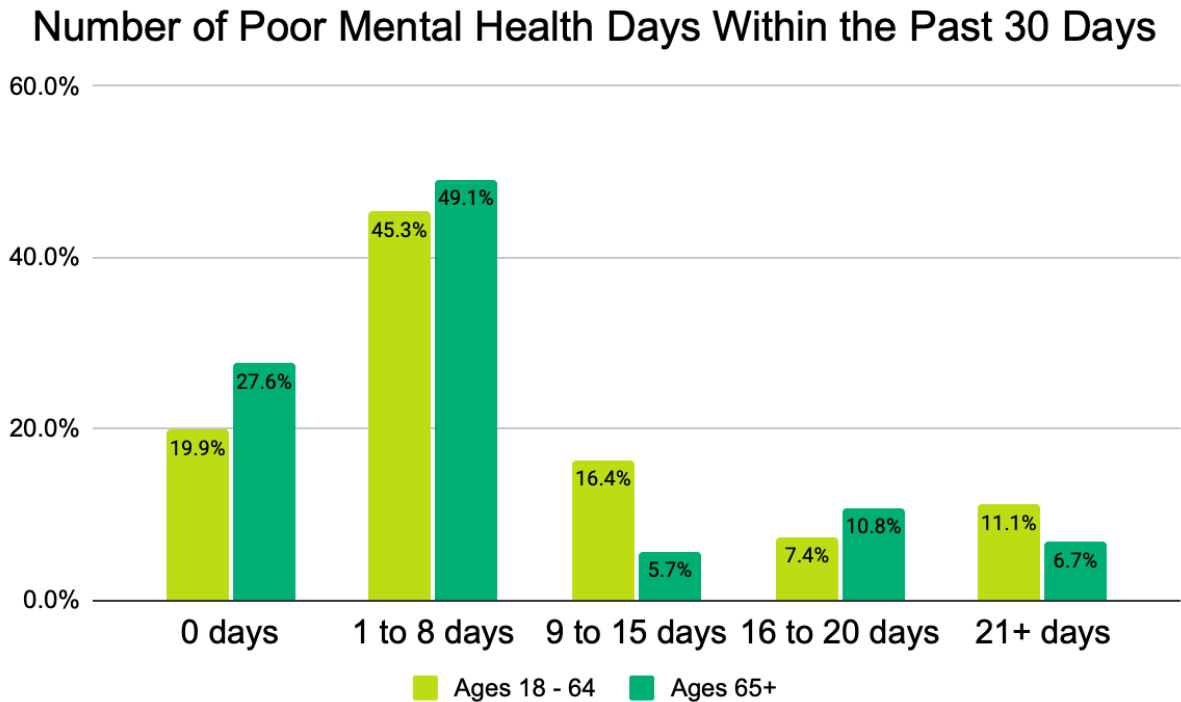
To determine domain scores, raw item scores from individual questions are summed according to domain category. Scores are then transformed to a 100-point scale. The following graph represents the percentage of each population (ages 18 - 64 or ages 65+) that scored more than 75 points for each of the four WHOQOL-BREF domains.



Domain	Transformed score	Age 18-64	Age 65+
WHOQOL Physical Health	0 - 25 points	0.020	0.033
	26 - 50 points	0.189	0.182
	51 - 75 points	0.446	0.353
	76 - 100 points	0.346	0.433
WHOQOL Psychological Health	0 - 25 points	0.028	0.037
	26 - 50 points	0.258	0.128
	51 - 75 points	0.500	0.469
	76 - 100 points	0.213	0.365
WHOQOL Social Health	0 - 25 points	0.079	0.109
	26 - 50 points	0.266	0.137
	51 - 75 points	0.445	0.516
	76 - 100 points	0.210	0.238
WHOQOL Environmental Health	0 - 25 points	0.037	0.046
	26 - 50 points	0.207	0.077
	51 - 75 points	0.497	0.281
	76 - 100 points	0.260	0.596d

## Number of Poor Mental Health Days

The metric for poor mental health days was taken from the Behavioral Risk Factor Surveillance System and was determined by the answer to the question *Thinking about your mental health, which includes stress, depression and problems with emotions, for how many days in the past 30 days was your mental health not good?* The following graph compares poor mental health days for survey respondents aged 18 - 64 and those aged 65 and older.



## Inclusion

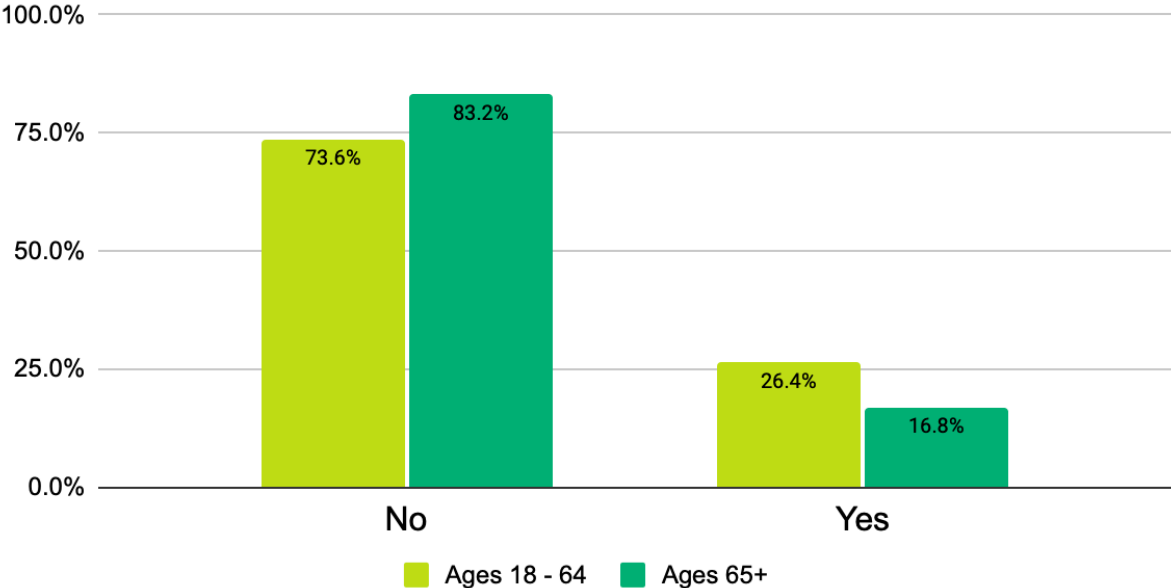
Utilizing a question of inclusion from the Behavioral Risk Factor Surveillance System (BRFSS) Survey Race Module, people were asked, *Within the past 30 days, have you felt emotionally upset, for example angry, sad, or frustrated, as a result of how you were treated based on your* (areas listed below). Respondents were able to choose all that applied, meaning, one could choose more than one variable (sum will be over 100%). The following table compares inclusion for survey respondents aged 18 - 64 and those aged 65 and older.

Survey question	Category	Age 18-64	Age 65+
Proportion of population experiencing discrimination:	based on race/ ethnicity	0.181	0.064
	based on gender	0.129	0.051
	based on gender identity	0.044	0.005
	based on sexual orientation	0.059	0.010
	based on disability status	0.093	0.135
	based on age	0.183	0.304
	based on education level	0.146	0.021
	based on income	0.290	0.092
	based on language	0.095	0.042
	None of the above	0.447	0.639

**Food Insecurity**

Food insecurity was determined from the USDA question, *In the last 12 months, did you or other people in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?*

**Percentage of Respondents Reporting Food Insecurity Within the Past 12 Months**



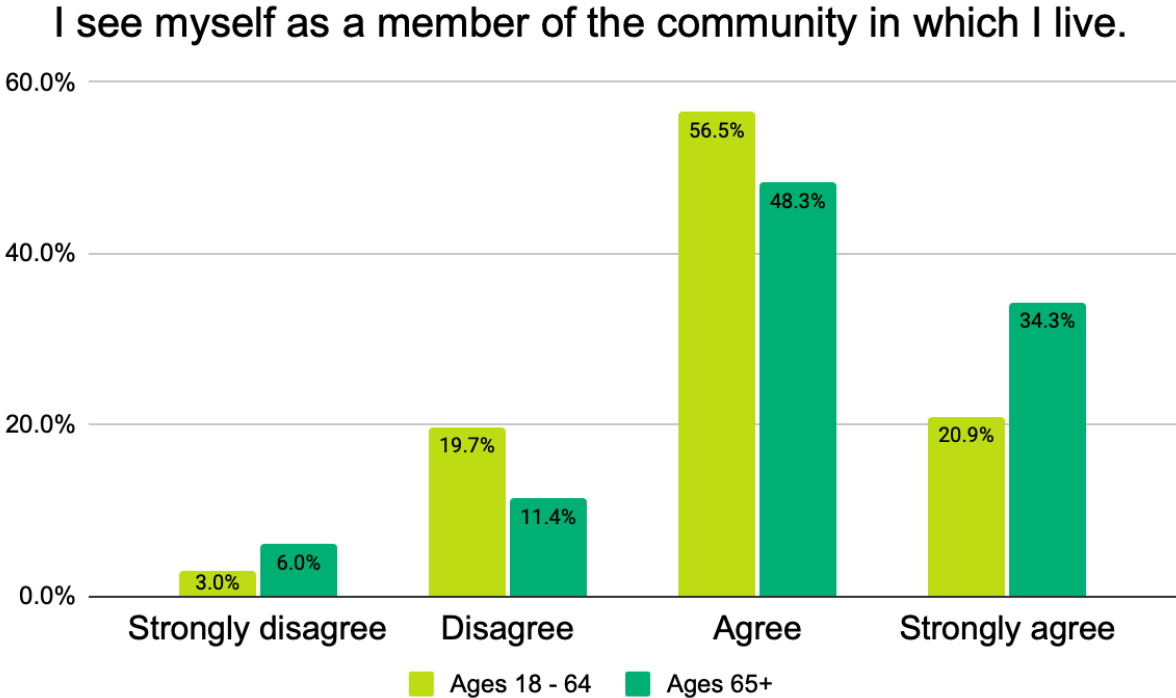
Wello. (2024). Community Health and Well-Being Survey: Brown County, Wisconsin, 2023 Survey Results.

### Community Questions

The 2023 Wello Health and Well-Being Survey included four community questions. Respondents were asked to think about how they feel regarding life in the community in which they live.

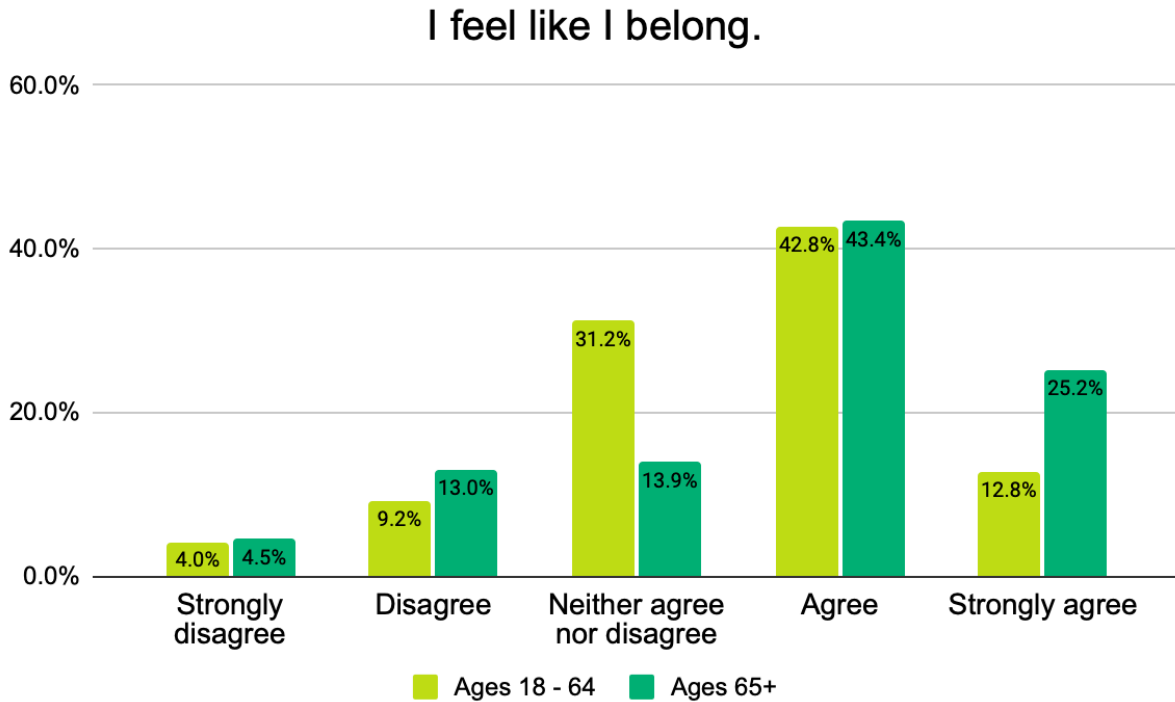
#### Membership

Feeling of membership was determined by asking survey participants to respond to the statement, *I see myself as a member of the community in which I live*. Response choices were *Strongly agree*, *Agree*, *Disagree*, and *Strongly disagree*.



## Belonging

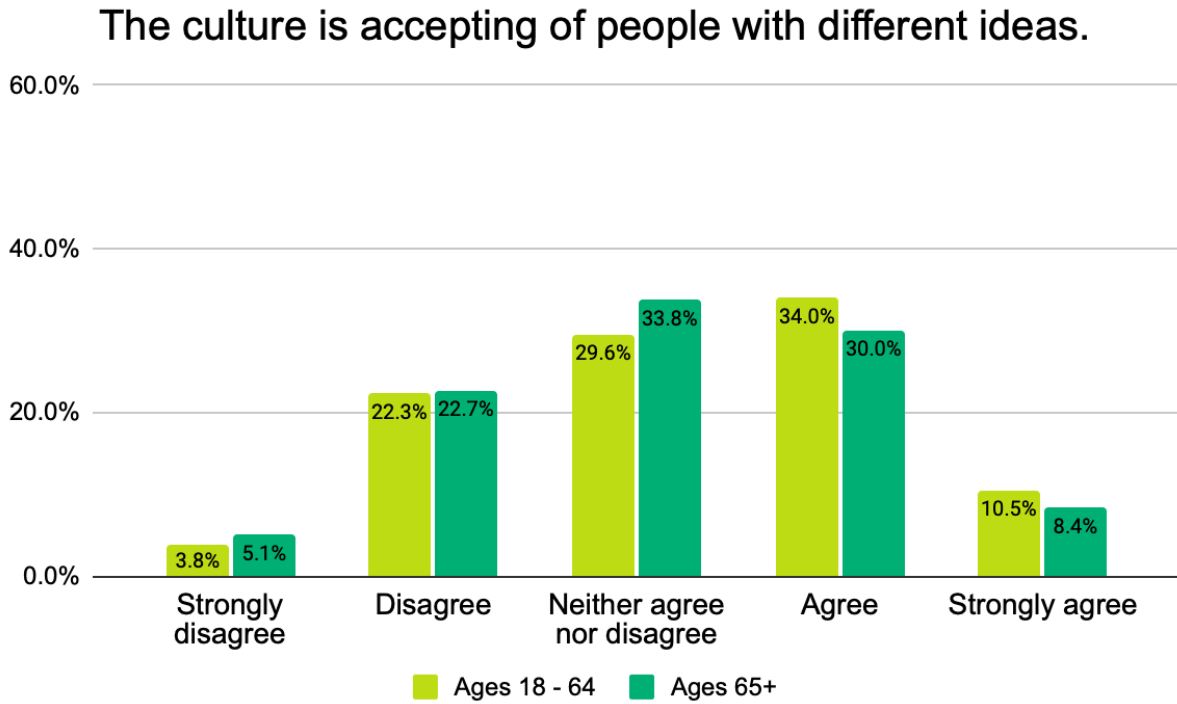
Belonging was determined by asking survey participants to respond to the statement, *I feel like I belong*. Response choices were *Strongly agree*, *Agree*, *Neither agree nor disagree*, *Disagree*, and *Strongly disagree*.





### Cultural Acceptance

Feeling of cultural acceptance was measured by asking survey participants to respond to the statement, *The culture is accepting of people with different ideas*. Response choices were *Strongly agree, Agree, Neither agree nor disagree, Disagree, and Strongly disagree*.



## Governmental Trust

Governmental trust was determined by the question *How much trust and confidence do you have in the local governments when it comes to handling local problems?* Response choices were *A great deal*, *A fair amount*, *Not very much*, and *None at all*.

