



SHOW expands efforts to fight health disparities

This past September, the University of Wisconsin's Survey of the Health of Wisconsin (SHOW) was awarded a grant from the National Heart, Lung and Blood Institute to build the Network for Health Equity in Wisconsin (NHEW). NHEW will monitor the effects of economic and policy changes on cardiovascular and respiratory health in Wisconsin communities. The effort will focus on identifying causes of health inequities, particularly in access to health care and the quality of health care systems. The project will also look at changes in disparities in light of the recent economic recession.

To work toward these goals, the project will include the expansion of the SHOW program and the building of a research network. The network will link SHOW with other ongoing initiatives, such as the Wisconsin County Health Rankings and the Wisconsin Collaborative for Health Care Quality. Each of the partners independently collects measures of health and health care within Wisconsin, and the newly formed research network will enable more comprehensive exploration of health determinates and disparities within communities.

The program, led by Population Health Sciences Professor and Chair and SHOW Director, Dr. F. Javier Nieto, will also build collaborations with the Marshfield Clinic Research Foundation and the UW Institute for Clinical and Translational Research's Community Health Connections team, Wisconsin Research and Education Network, and the Collaborative Center for Health Equity.

SHOW celebrates a year in the field

This past June, the UW School of Medicine and Public Health celebrated SHOW's first full year of field operations. The SHOW team has been working to create a permanent infrastructure for annual health surveys that will give an accurate and timely picture of the health status of Wisconsin residents.

The data and samples collected through the project are becoming a valuable resource for researchers, providing them with the means to investigate the causes of disease in Wisconsin, the factors that determine access to health care, and the health characteristics of Badger state communities. With this important information in hand, the ultimate goal of the SHOW effort is to contribute toward improving health in Wisconsin.

After a period of planning and development, the team put the rubber to the road

in their mobile survey centers on June 13, 2008. SHOW interviewed the first participant on June 26, 2008. Since this time, the team has knocked at the doors of nearly 1,500 homes throughout the state. Over 600 people in Wisconsin have joined the SHOW family as participants, donating their time to help researchers and health care providers better understand the needs of state residents.

SHOW will engage communities with programs such as the recently funded project to create a local community advisory board in Milwaukee. Led by Dr. Loren Galvão of the Center for Urban Population Health and Ella Dunbar of the Social Development Commission, this project will bring together representatives from academia and community-based organizations to review SHOW findings and generate recommendations for community and public health action.

National Health and Nutrition Examination Survey visits Wisconsin



Population health research has been benefiting the country for many years. Now the Survey of the Health of Wisconsin will be bringing more of those benefits to Wisconsin.

SHOW is modeled after the National Health and Nutrition Examination Survey (NHANES). The Centers for Disease Control and Prevention has been conducting NHANES for over 50

years. NHANES research has resulted in many changes that improve the health of Americans. For instance, NHANES data about levels of lead in blood were instrumental in the development of policies that removed lead from gasoline and from food and soda cans. NHANES is also the source of height and weight data that guides the growth charts used by doctors when examining children.

This past summer, NHANES visited Wisconsin as they made their rounds monitoring the health of the nation. Nearly 700 Wisconsinites participated. SHOW staff had the opportunity to meet the NHANES team, tour their center, and act as practice participants.

With SHOW, Wisconsin becomes the first to conduct a statewide survey to measure the health of its residents in such detail.

(NHANES continued on back...)

SHOW is funded by the Wisconsin Partnership Program, which represents a far-reaching commitment by the UW School of Medicine and Public Health to greatly improve the health of people in Wisconsin for years to come, and by the National Heart Lung and Blood Institute of the National Institutes of Health.

Learn more about SHOW at www.show.wisc.edu or by calling us toll free at (888) 433-7469.

SHOW early survey findings

After a year of intensive data collection, some of SHOW's preliminary findings are starting to shed light on health status and health care needs of the people of Wisconsin.

- 49% of those identified as having high cholesterol by a blood cholesterol test or current medication for high cholesterol, were not aware of their high cholesterol condition.
- 63% of SHOW participants think they are overweight.
- 72% fell into a category of overweight or obese.
- 74% would like to lose weight.
- 86% have had their blood pressure checked within the last year.
- 70% do not allow smoking within their home.

- 32% feel they often or almost always do not get enough sleep.
- 10% have not had any health insurance in the last year.
- 9% felt they needed medical care in the last 12 months, but did not get it.
- 31% of these said they did not receive care because they could not afford health care, and
- 23% of these noted they could not afford to travel to the health care facility.
- 11% reported experiencing a delay in receiving health care in the last year.
- 43% had a flu shot in the last year.
- 16% have not visited a dentist or dental hygienist for a routine dental exam or cleaning within the last three years.

Participants share their SHOW experience



"I felt like I really was a part of an important effort! Thanks for the hard work you do to learn more about the health of real people."

"The SHOW staff were professional and they put me at ease. I didn't feel rushed and things went by in a timely fashion."

"You all made the testing very easy to do. I liked it when the more personal questions were done on a computer. It felt very private."

(NHANES continued...) SHOW's data and information can now be used to identify priority issues in the state and serve as a foundation for statewide health research. SHOW will allow researchers to explore links between biological, social, community, and individual level determinants of health and health outcomes in Wisconsin. NHANES tells researchers a lot about the health of the nation. Now, SHOW gives researchers a chance to take a closer look at health issues in local Wisconsin communities.

For more information about NHANES, please visit their website at <http://www.cdc.gov/nchs/nhanes.htm>

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