

**MGH**

**Results of the Community  
Health Profile Survey**

Fall 2018- Spring 2019

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# Community Health Needs Assessment



- Shall be conducted once every three years
- Input from persons who represent the broad interests of the community must be included
- Input from persons having public health knowledge or expertise must be included
- Make assessment widely available to the public
- Adopt a written implementation strategy to address identified community needs
- Failure to comply results in excise tax penalty of \$50,000 per year

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# Objectives:



- 1. Identify patterns of behavior and underlying conditions that impact the community.
- 2. Assess the level of community response to particular conditions.
- 3. Create a database of information accessible to community organizations for grant-funding opportunities.
- 4. Develop a strategic plan to address the needs and concerns that emerge from the assessment.

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# Survey Tool:



A modified portion of the 2015 CDC Behavior Risk Factor Modification Surveillance Survey (BRFSS), collected online using the SurveyMonkey and consisting of 131 questions. The survey was also made available in Spanish.

# Introduction



Survey respondents were presented items separated into 22 dimensional categories. These categories were:

- A. Community Health Profile
- B. Health Care Access
- C. Exercise
- D. Sleep
- E. Chronic Health Conditions
- F. Diabetes & Prediabetes
- G. Oral Health
- H. Demographics
- I. Alcohol
- J. Immunizations
- K. Cancer Screenings
  - a. Breast and Cervical Cancer Screening
  - b. Prostate Cancer Screening
  - c. Colorectal Cancer Screening
- L. Sexually Transmitted Infections/Diseases
- M. Experiences as a Caregiver
- N. Substance Use
- O. Emotional Health
- P. Tanning
- Q. Cancer Survivorship
- R. Experiences of racism, discrimination or poor treatment at health care providers
- S. Activity and Nutrition
- T. Family Survey

# A. Community Health Profile

## General Health Perceptions Reporting



A majority of respondents reported favorable general health when asked, "Would you say that in general your health is:"



Income and education levels were both seen to have a positive relationship to self-perception of general health with those in both the highest income and education category being the most likely to report "excellent" or "very good" general health.

# B. Health Care Access



**Healthcare Coverage** 53.7% reported their primary source of healthcare coverage as "Employer provided insurance," 11.54% as Medicare, and 11.46% as Medicaid.



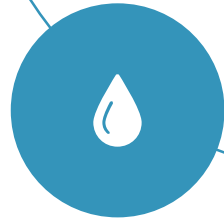
**Healthcare Cost** When asked, "Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?" 21.6% answered yes.

**Health Insurance** 20.7% of respondents answered "Yes" to the question, "In the past 12 months was there any time when you did not have health insurance coverage?"



**Household Income** Of those who reported a household income of less than \$25,000, 38.5% selected "yes," because of cost. Nearly double the rate of higher income levels higher than \$25,000.

**Routine Healthcare** Nearly two thirds acknowledged visiting a doctor for a routine checkup within the past year.



**Satisfaction** Almost 90% of people were either "Very satisfied" or "Somewhat satisfied" when asked about the healthcare they receive

# C. Exercise and D. Sleep



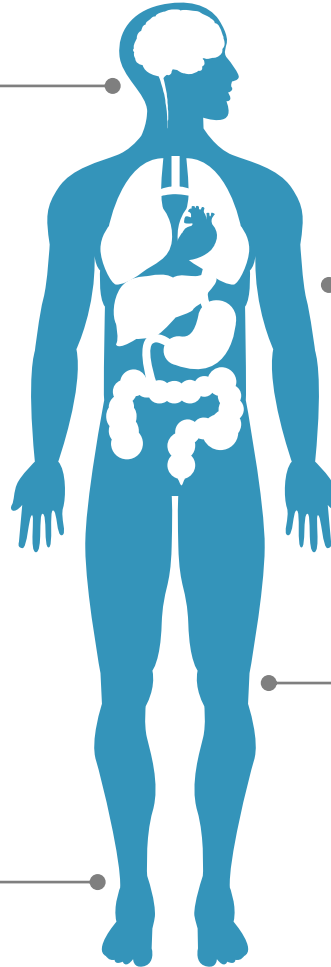
**Sleep** A total of 21.4% of respondents noted receiving 5 hours or less of sleep in an average 24 hour period.

**Sleep** Among those reporting less than 5 hours of daily sleep, 52.7% acknowledged unintentionally falling asleep during the day within the last two weeks.

**Exercise** Over 1 in 4, or 26.9% of respondents reported they did not participate in any physical activity or exercise in the past month.

**Exercise** The lowest level of reported exercise was found in those being unable to work, with only 57.1% participating in physical activity in the past month

**Activity** College students reported a much higher rate, with 82.9% reporting physical activity in the past month.





# E. Chronic Health Conditions



Percentage of those who answered “Yes” to the question “Has a doctor, nurse, or other health professional ever told you that you have/had...”

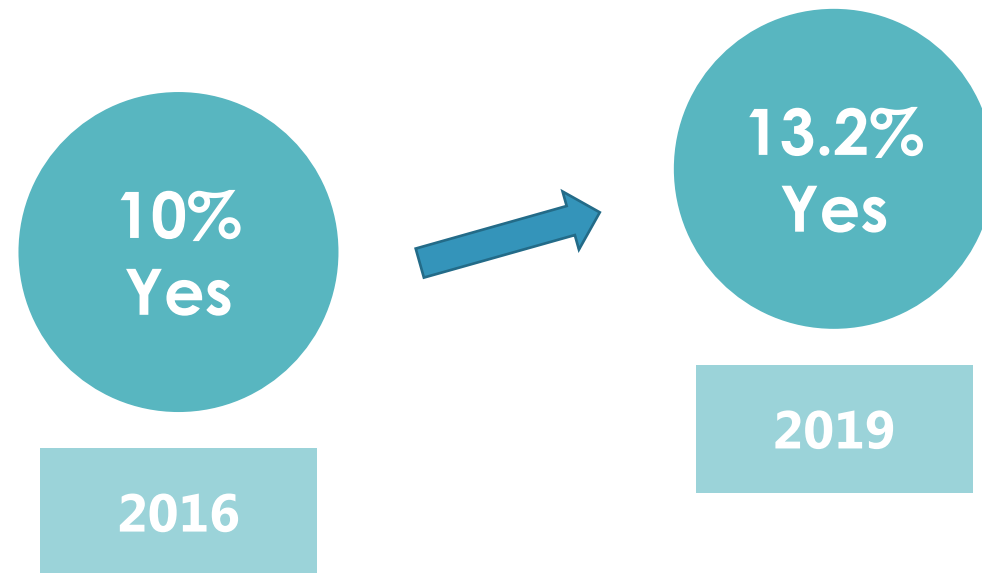
- Myocardial infarction (heart attack): 7.0%
- Angina or coronary heart disease: 6.1%
- A stroke: 5.6%
- Asthma: 19.3%
- Skin cancer: 7.8%
- Any types of cancer: 10.1%
- Chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis: 8.9%
- Any form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?: 21.0%
- High blood pressure: 29.3%
- Kidney disease (not including kidney stones or bladder infections): 8.3%

Among the respondents, 54.3% identified as having at least one of the presented chronic conditions, 27.5% reported multiple chronic conditions, and 8.7% reported four or more.

# F. Diabetes & Prediabetes



"Has a doctor, nurse, or other health professional ever told you that you have/had diabetes?"



Household income level was negatively correlated with rates of diabetes. Those with annual household income between \$15,000 and \$35,000 were twice as likely to have been diagnosed with diabetes as those with income above \$50,000 (20.5% vs 9.9%)

# G. Oral Health



How long has it been since you have seen a dental professional, including dentists, various specialists, or hygienists?



"Within the past year" – 56.2%

"Between one and two years" – 16.7%

"More than two years" – 15.7%

"Never" – 8.9%

# H. Demographics



**Gender** As typical with many surveys, the female respondents outnumber the male. Census data indicates the county is 52.1% female while making of 65.7% of the survey respondents.

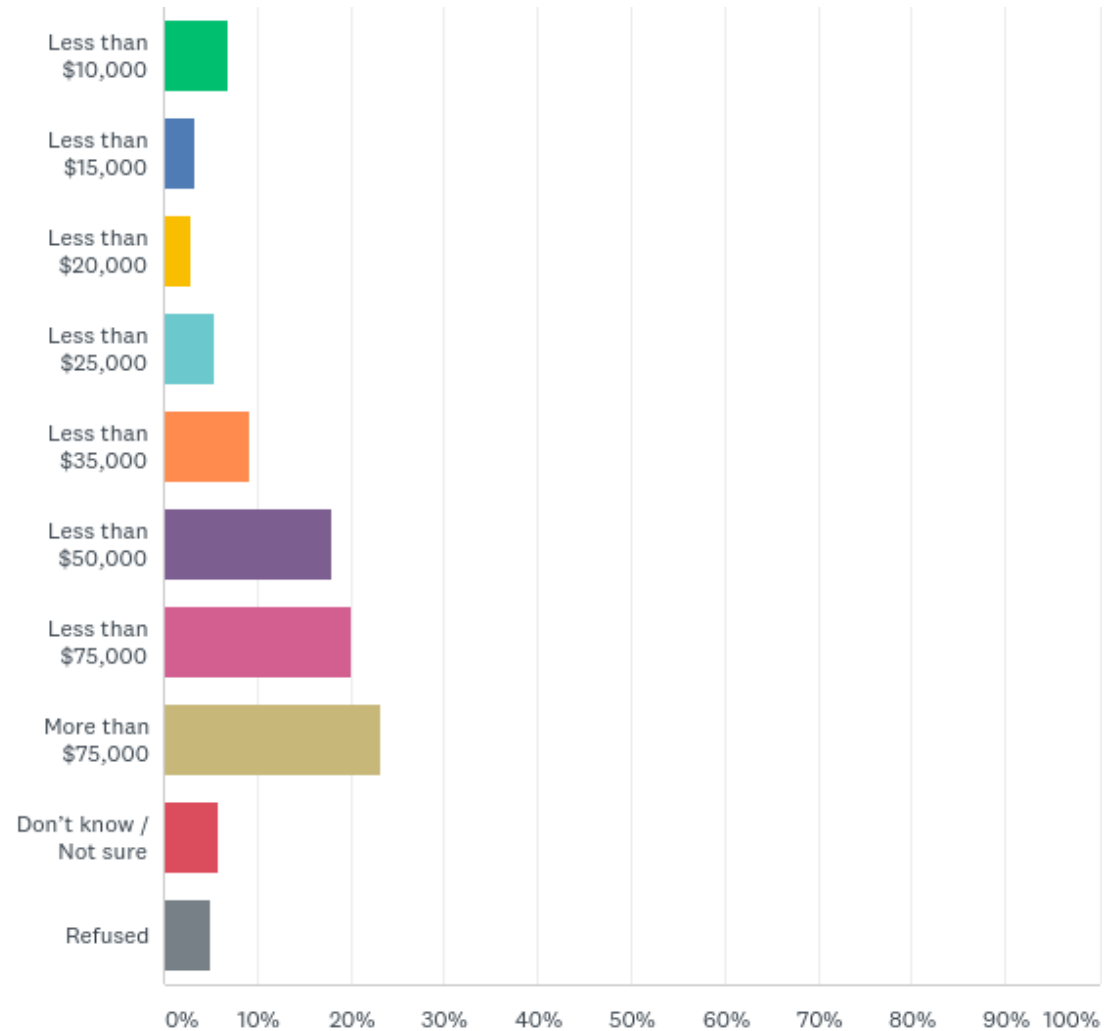
**Race** The survey sample is very comparable to census data in terms of ethnicity. As the question allowed for multiple races to be selected, 79.8% identified as *only* white and the county census of 2017 reports 84.9% of the populace is white.

ANSWER CHOICES	RESPONSES	
White	84.12%	2,172
Black or African American	10.57%	273
Hispanic	1.67%	43
Asian	2.59%	67
Native Hawaiian or other Pacific Islander	1.01%	26
American Indian or Alaska Native	2.17%	56
Other	2.17%	56
Don't know/ Not sure	0.54%	14
Refused	1.05%	27
Total Respondents: 2,582		

# H. Demographics



**Income** The median household income for Grant County reported by the Census Bureau was \$42,046. and most of the respondents were above this.



# I. Alcohol



**Frequency** Over the past 30 days, 47% reported drinking none at all, while 31% selected “Between two and four days.” The category “Almost every day” was only selected by 4% of respondents.

**Amount** The follow up question, “On the days when you drank, about how many drinks did you drink on average?”, 80% reported two drinks or less (note this question was only presented to those who reported drinking alcohol in the previous 30 days).



**Driving** 15.6% of respondents acknowledged having driven “when you have had perhaps too much to drink” in the previous 30 days. Comparison of men and women on this items shows a significant difference of rates with 26.0% of men reporting having driven “when you have had perhaps too much to drink” in the previous 30 days compared to 9.3% of women.

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# J. Immunizations



**Flu Shots** 41.3% reported having a flu shot or a flu vaccine via nose spray in the past 12 months.



**Tetanus** When asked if “you had the Tetanus vaccine in the last ten years?”, 54.8% reported yes.

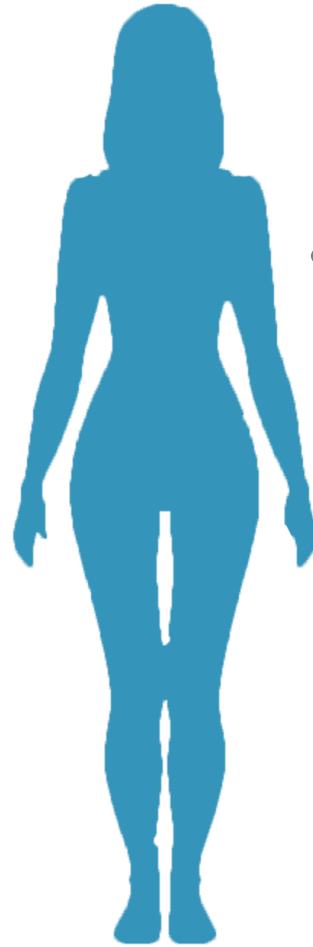
**Tetanus** 28.1% of respondents acknowledged not having any (Flu shot, pneumonia shot, shingles or zoster, and tetanus) of the afore mentioned vaccines within their respective listed time frame

# K. Cancer Screenings - A. Breast and Cervical Cancer Screening



These questions were only presented to those identified as female.

**Pap Test** Respondents' rates of utilizing Pap testing were seen to be higher with 18.6% reporting never having had a Pap test, 29.4% reporting less than one year ago, 37.4% reporting between one and five years, 12.5% reporting five years or more.



**Mammograms** 47.05% reported having never had a mammogram, 28.7% reported less than one year ago, 17.8% reported between one and five years, and 4.7% reported five years or more. .

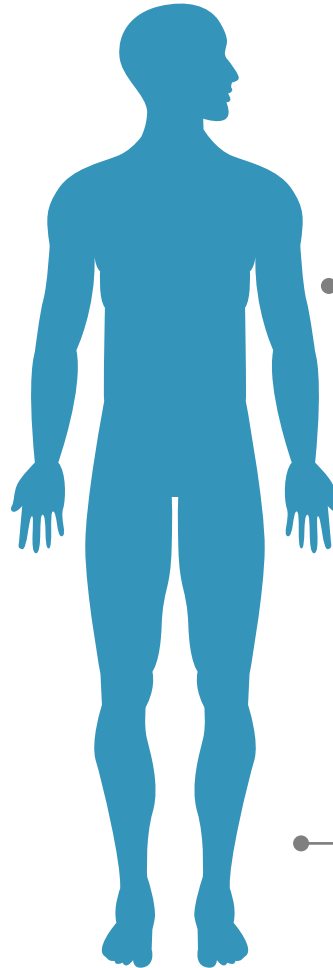


# K. Cancer Screenings - B. Prostate Cancer Screening

These questions were only presented to those identified as male.



**PSA Test** Findings indicated that 38.6% confirmed having had a PSA test. This includes 19.1% reporting have had the test within the previous year, 13.5% between one and five years ago, 4.4% between five and ten years, and 1.7% more than 10 years ago. .



**PSA Test** Broken down by age categories, those under the age of 35 reported never having a PSA test at a rate of 73.6%, those in the range between 36 and 55 combined for a rate of 50.0%, those in the range between 56 and 75 combined for a rate of 20.5% and no respondent over the age of 76 reported never having had a PSA test.

**Routine Exams** The most common reason respondents identified as the main reason for seeking a PSA test was "part of a routine exam".

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# K. Cancer Screenings - C. Colorectal Cancer Screening



**Colorectal Screening** When asked if he/she has ever had a blood stool test for colorectal cancer screening nearly 1 in 5, 18.6% affirmed having had the test. A larger group, 25.9% of respondent, report having had a sigmoidoscopy or colonoscopy. A total of 62.1% of respondents had never completed either of the tests with 11.1% having completed both.

# L. Sexually Transmitted Infections/Diseases



## STD Testing

**Sexual Health** For the item inquiring as to if the respondent has been tested for a sexually transmitted disease with several examples including HIV/AIDS listed for reference, 35.4% reported "yes", 59.3% reported "no", and 4.2% reported "don't know/not sure".

## > 4 sexual partners

**Sexual Activity** 8.3% of respondents endorsed this statement. Of those who report four or more sexual partners more than 1 in 3, 37.1%, report never have been tested for a sexually transmitted disease or infection.

# M. Experiences as a Caregiver



More than one quarter of respondents, 27.2%, affirmed providing regular care or assistance to a friend or family member who has a health problem or disability.



Those within the income range of \$20,000 to \$25,000 were the most likely to report providing regular care or assistance to a friend or family member with a rate of 41.3%. Comparatively, the lowest rate of endorsement was among those reporting income above \$50,000 with a rate of 25.6%



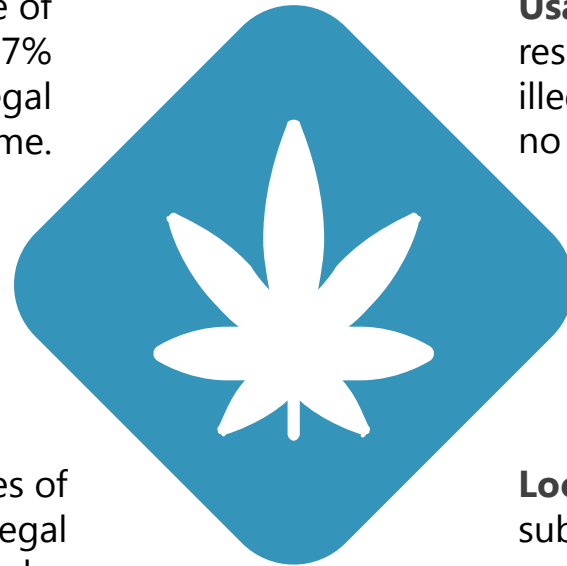
The most common relationship of the individual for whom the respondent provided the care was "parent" (25.0%), followed by "spouse" (11.6%), and "grandparent" (10.8%).

# N. Substance Use

Respondents were asked about their use of marijuana or cannabis and illegal substances (other than marijuana).



**Usage** In total, 14.9% reported the use of marijuana in the past 30 days and 9.7% reported the use of another illegal substance over that time.



**Usage** In looking at the total data set, 8.2% of respondents reported using marijuana but no other illegal substances, 5.0% reported using marijuana but no other illegal substances and 8.5% reported both.

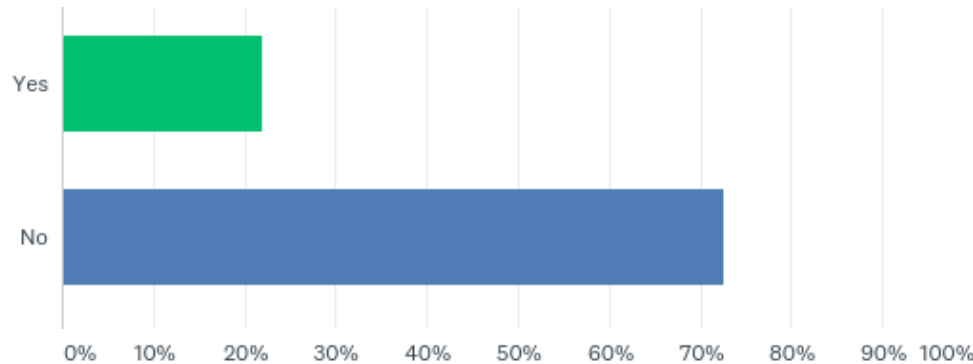
**Economic Factors** Reported rates of using both marijuana and other illegal substances were highest among males and those in the reported income category of \$10,000 to \$15,000.

**Location** Particularly high rates of both marijuana and other illegal substances were seen in respondents from the 46957 zip code. This zip code showed over twice the rate of marijuana use with 37.7% reporting at least one time in the past 30 days. Further, the 46957 zip code showed over three times the rate of using other illegal substances with 31.2% reporting at least one time in the past 30 days.

# O. Emotional Health



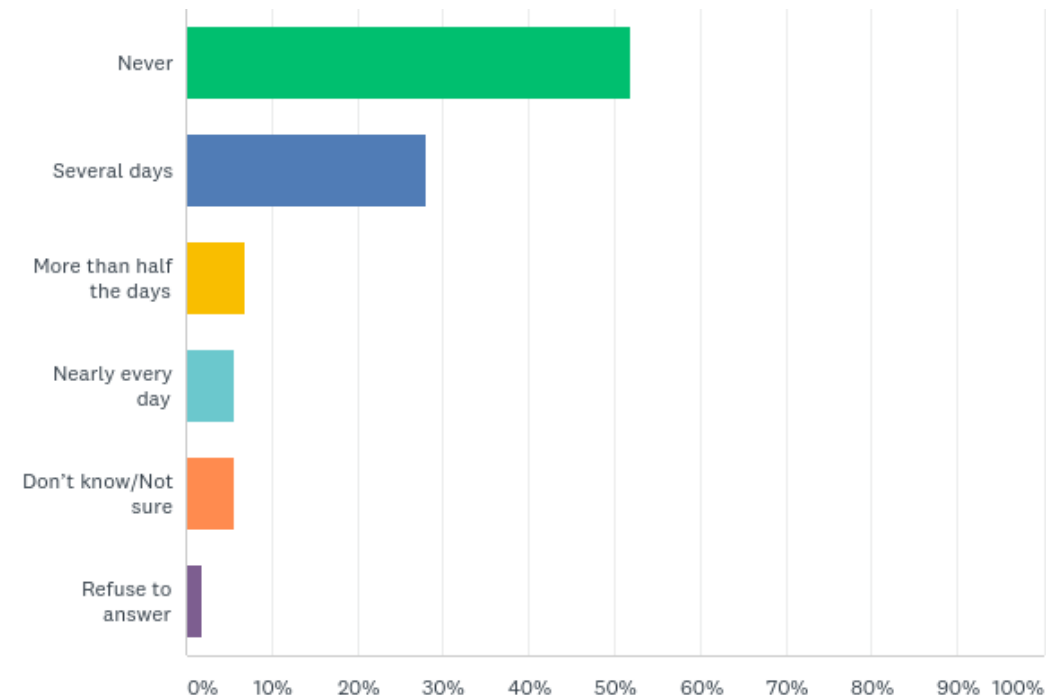
“During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?”



**Past Year** 22.1% reported “yes”. The age category with the highest affirmation of this item was those between the ages of 18 to 25 with a rate of 30.0%.

“Over the last two weeks, how often have you been bothered by feeling down, depressed or hopeless?”

**Past Two Weeks** 40.6% affirmed “several days” or more with 5.6% reporting “nearly every day”. Additionally, 7.7% of respondents noted having seriously considered attempting suicide over the past 12 months.



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# P. Tanning



**Sun Protection** 28.8% responded “never” when asked if they used any form of sun protection. A total of 53.2% reported “occasionally” or “more than half the days” and 15.4% reported “nearly every day”.

**Gender** Women reported higher rates of using sun protection with 24.9% reporting never using sun protection compared to 37.5% of men. .

**Indoor Tanning** 1.9% answered “nearly every day”, 24.0% “occasionally” or “more than half the days” and 71.5% “never”.

# Q. Cancer Survivorship



11.5% of survey respondents reported having been diagnosed with cancer of any form.



Among women had been diagnosed with cancer, 20.5% were with breast cancer.



For men, the most commonly selected cancers were lung at 19.6% and "other" at 18.5%.



A total of 22% of women and 32% of men who identified as diagnosed with cancer selected more than one type.



Among those who have been diagnosed, 24.6% reported currently receiving treatment for cancer.



20.3% reported that a majority of his/her health care was provided by a medical oncologist



11% reported that a majority of his/her health care from a radiation oncologist.



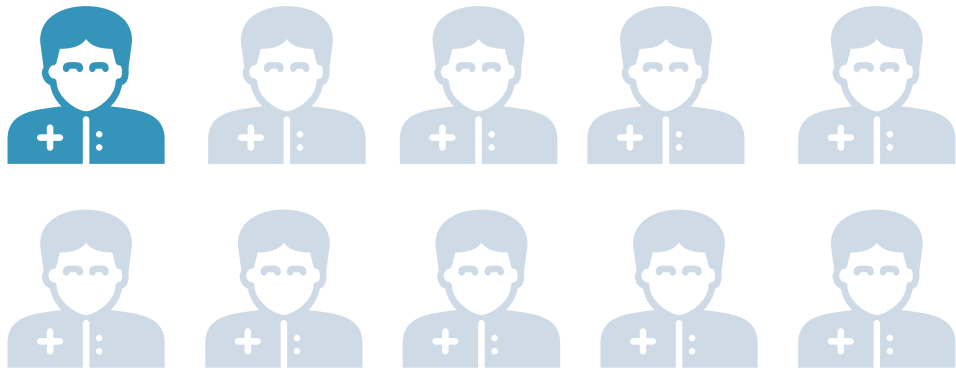
Among those reported currently having cancer, 28% stated pain was under control with medication, and 24.3% reported not under control with or without medication.



# R. Experiences of racism, discrimination or poor treatment



“Was there ever a time when you would have gotten better medical care if you had belonged to a different race or ethnic group?”



**10.5% said yes**

**Ethnicity** The ethnic group most frequently responding “yes” to this item was Native Hawaiian or other Pacific Islander at a rate of 38.1% followed by Hispanic and Black or African American both with a rate of 23.8%.

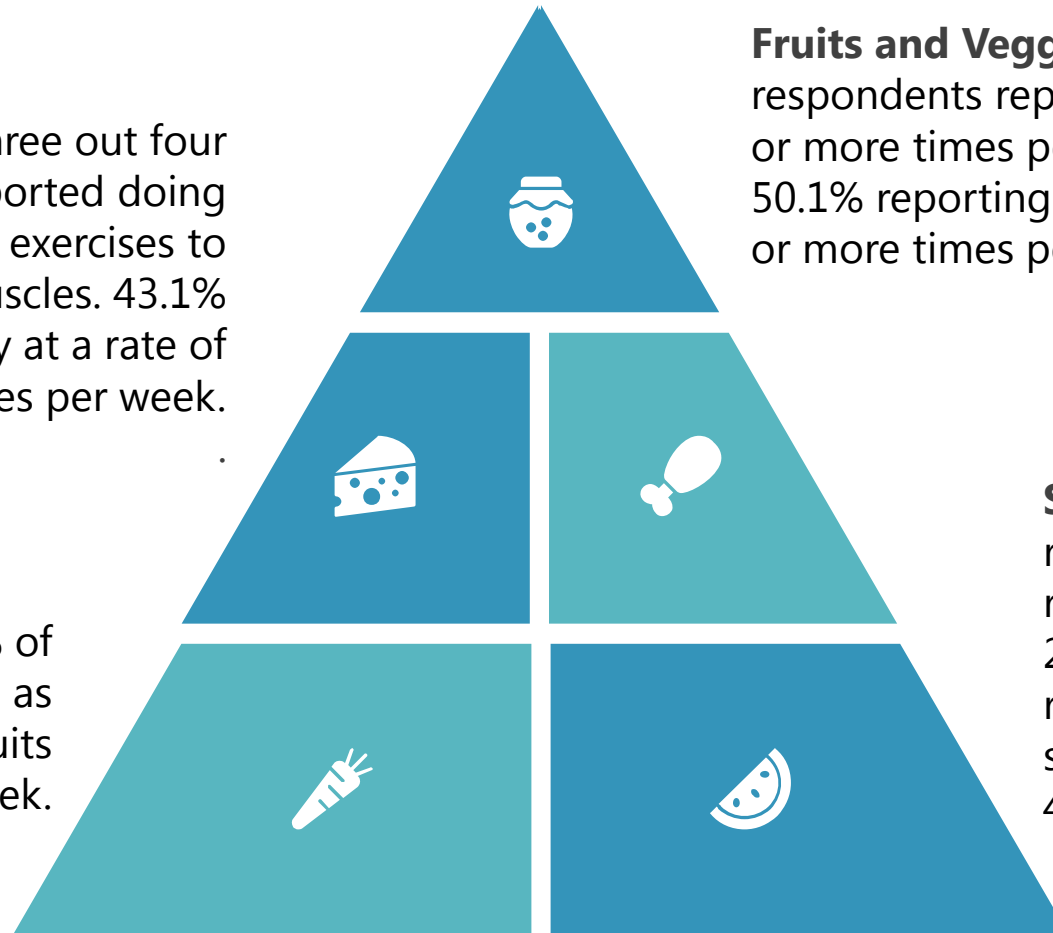
A subsequent survey question, “Over your entire lifetime, how often have you been treated unfairly when getting medical care? Would you say...?” saw a frequent response of “never” at a rate of 65.7%, “rarely” and “sometimes” combined to a rate of 26.8%, and “often” was selected by 2.3% of respondents.

# S. Activity and Nutrition



**Activity** Nearly three out of four respondents, 72.7% reported doing physical activities or exercises to strengthen his/her muscles. 43.1% acknowledged this activity at a rate of three or more times per week.

**Fruits and Veggies** 2.3% of respondents identified as reporting consuming zero fruits nor vegetables per week.



**Fruits and Veggies** 39.5% of respondents reported eating fruit five or more times per week compared to 50.1% reporting eating vegetables five or more times per week.

**Soda** A total of 34.2% of respondents report drinking no regular soda per week. Relative to 2016 survey findings, those reporting never drinking regular soda decreased by 14.5% (with 48.7% reporting "never" in 2016).

In 2019, 42.6% report drinking between one and four regular sodas per week, and 20.1% report five or more per week. Analysis of those identifying as currently pregnant showed higher than average rates of consuming five or more non-diet sodas per week as well as higher than average rates of not consuming any fruits or vegetables.

# T. Family Survey



“Which of the following relate to you and/or your family”

**Providing Care** The statement, “We have cared for foster children” was selected at a rate of 6.8%, “We have cared for children with special needs” was 10.8%, and “We have support family/friends with substance abuse issues” was 15%. In total, 22.9% of all respondents affirmed one of these three statements and 7% affirmed all three.

**Housing** 13.3% of respondents reported “no” to the item, “Do you feel that you live in adequate and safe housing?” Further, 7.3% reported having been homeless in the last 12 months.

ANSWER CHOICES	RESPONSES
We have cared for foster children	6.84% 175
We have cared for children with special needs	10.82% 277
We have supported family/friends with substance abuse issues	15.04% 385
We have used free public head start and/or preschool programs	10.31% 264
We have received nutritional and/or utility assistance (examples: WIC, SNAP, food pantries, etc.)	14.41% 369
We have had family members in jail or prison	11.56% 296
N/A	54.69% 1,400
Refuse to answer	2.66% 68
Total Respondents: 2,560	

# T. Family Survey



## Healthcare

10.9% of respondents acknowledged not seeking medical treatment because of one of the following: lack of transportation, physical disability, intellectual disability, or accessibility barriers.



## Education

The top barrier identified to attending a higher education in Grant County was financial followed by childcare. When excluding those who report not being interested in college at this time, a total of 32.9% of respondents identified finances as a barrier.



## Transportation

11% reported not having family access to a working car or other transportation.

**THANK YOU**