

# **2015 Greater Fargo-Moorhead Community Health Needs Assessment of American Indian Residents**

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## **Executive Summary**

### **Introduction**

The purpose of this survey was to obtain information related to perceptions of American Indian residents of Fargo, North Dakota and Moorhead, Minnesota regarding community health, their personal health, preventive health, and disease prevalence. The American Indian population was under-represented in previous health needs assessments conducted in the Fargo-Moorhead area (2013 and 2015). The current health needs assessment sought to obtain perceptions related to health needs specific to the American Indian population. The purpose of a health needs assessment is to promote health equity and access to health care and health coverage. Health needs assessments lacking accurate data from disparate populations makes community planning efforts applicable only to the larger community.

### **Primary Data Collection Methods**

#### **Instrument Development**

Researchers utilized the survey tool originally created for the 2015 Greater Fargo-Moorhead Community Health Needs Assessment of Residents.

#### **Sampling and Procedure**

Survey data was collected in July 2015 during the Fargo-Moorhead “Honoring Traditions of Health Wellness Community Health Fair” at Carl Ben Eielson Middle School in Fargo, North Dakota. Persons who self-identified as American Indian/Alaska Native were targeted for this study and respondents received a \$10 incentive for survey completion. Surveys were completed in paper format and survey data were entered manually into an Excel spreadsheet.

#### **Data Analysis**

All data were analyzed using SPSS version 23.0.

#### **Limitations**

These findings only represent American Indian participants attending a health fair in Fargo, North Dakota and may not be representative of other American Indians in the Fargo-Moorhead area.

## Survey Results

It should be noted that within the survey results and appendix tables, specific abbreviations are used. American Indian is abbreviated to AI, and Overall, indicating the results from the 2015 Greater Fargo-Moorhead Community Health Needs Assessment, is abbreviated OA. In addition to being discussed as stand-alone results, the AI results will also be compared to the OA results.

### I. Level of Concern with Specific Issues

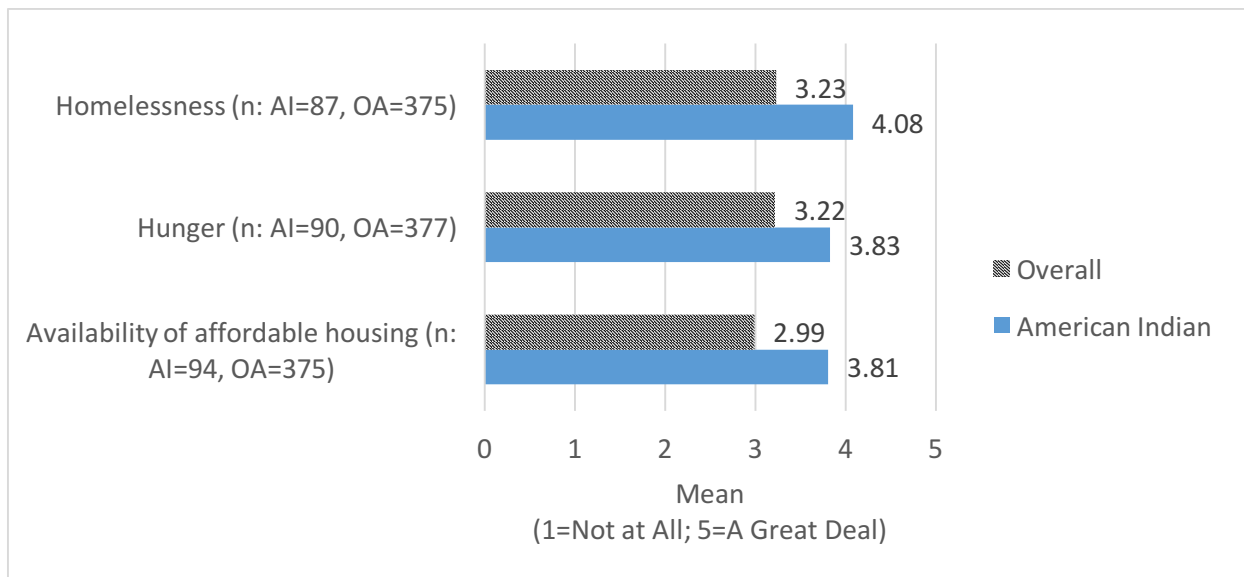
On a scale from one to five with one being “not at all” and five being “a great deal”, respondents were asked to rate their level of concern with specific statements related to larger community issues including: economics, transportation, the environment, children and youth, the aging population, safety, health care, physical and mental health, and substance use and abuse.

#### Economics

The economic-related community issue which had the highest mean score in regard to level of concern among American Indian (AI) respondents was homelessness (mean=4.08), followed by hunger (mean=3.83), and availability of affordable housing (mean=3.81) (Figure 1, Appendix Table 1).

As compared to the AI results, the mean scores for the overall results (OA) for specific community issues related to economics was lower for all issues (Homelessness: AI=4.08 vs. OA=3.23; Hunger: AI=3.83 vs. OA=3.22; Availability of affordable housing: AI=3.81 vs. OA=2.99).

Figure 1. Level of concern with statements about the community regarding ECONOMICS



## Transportation

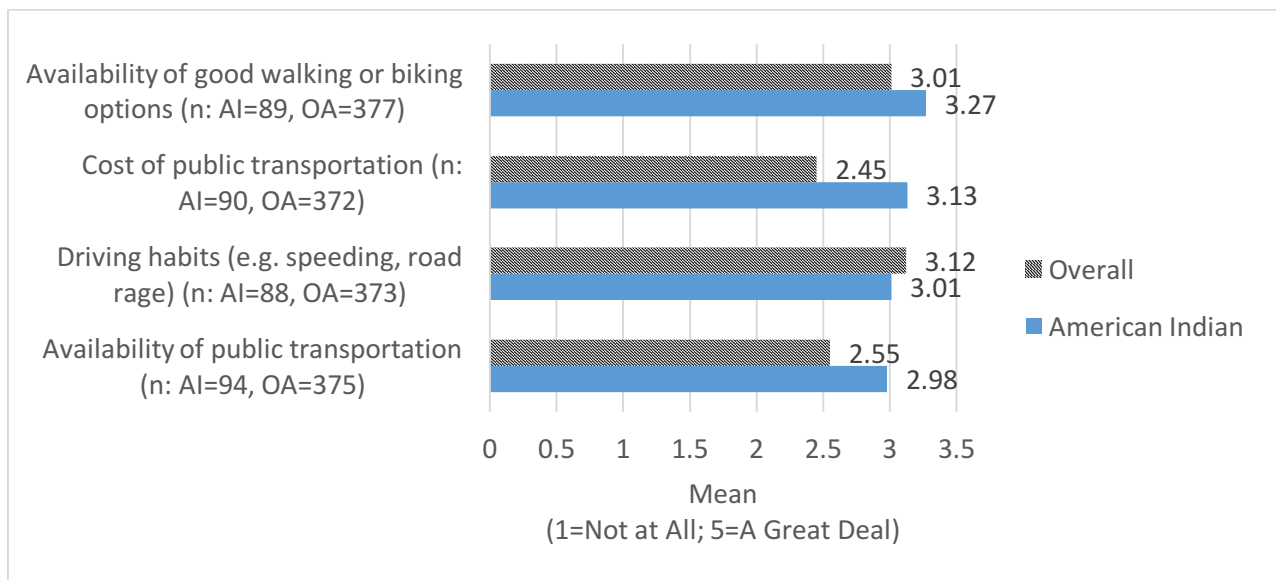
The transportation-related community issue which had the highest mean score in regard to level of concern among AI respondents was availability of good walking or biking options (mean=3.27), as compared to the OA results, where driving habits had the highest mean score in regard to level of concern (mean=3.12) (Figure 2, Appendix Table 1).

The transportation-related community issues which had the next highest mean scores among AI respondents in regard to level of concern were: cost of public transportation (mean=3.13), driving habits (mean=3.01), and availability of public transportation (mean=2.98).

The mean scores in regard to level of concern regarding transportation-related community issues were lowest for AI respondents for availability of public transportation (mean=2.98), whereas the lowest mean scores for OA respondents were for cost of public transportation (mean=2.45).

AI respondents had higher mean scores for level of concern than OA respondents for most transportation-related issues, with the exception of driving habits.

Figure 2. Level of concern with statements about the community regarding ENVIRONMENT



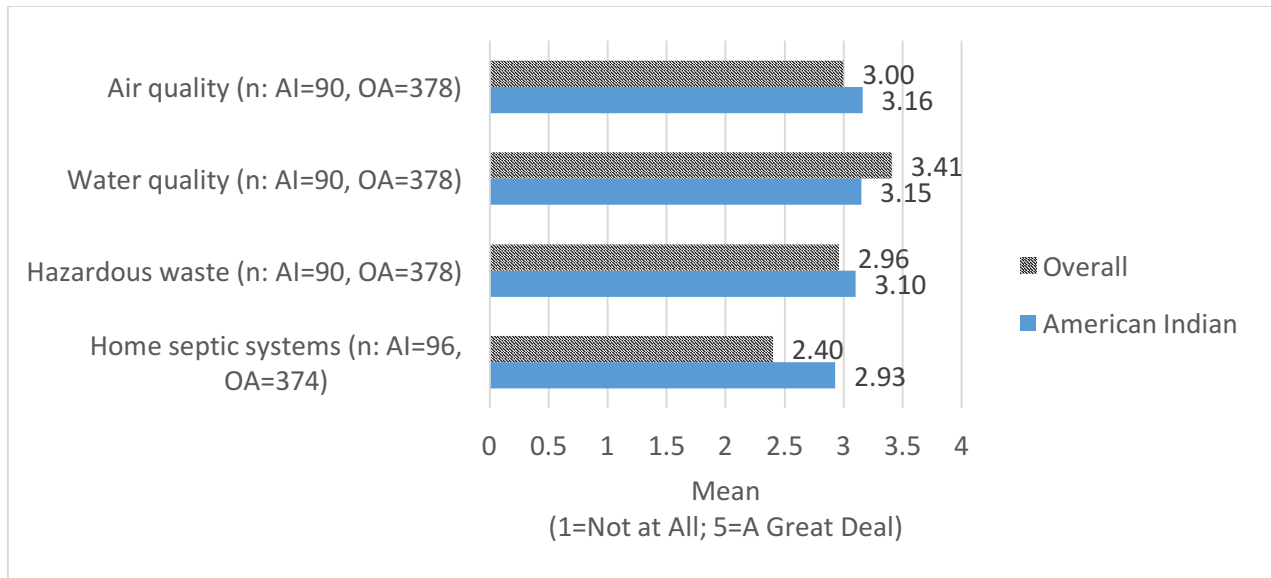
## Environment

The environment-related community issue which had the highest mean score in regard to level of concern among AI respondents was air quality (mean=3.16), whereas for OA respondents the issue which had the highest mean score was water quality (mean=3.41) (Figure 3, Appendix Table 1).

The environment-related community issue which had the lowest mean score for both AI and OA respondents was home septic systems, although the mean score for AI respondents was higher than for OA respondents (mean: AI=2.93 vs. OA=2.40).

AI respondents had higher mean scores OA respondents for level of concern related to most environment-related issues, with the exception of water quality.

Figure 3. Level of concern with statements about the community regarding the ENVIRONMENT

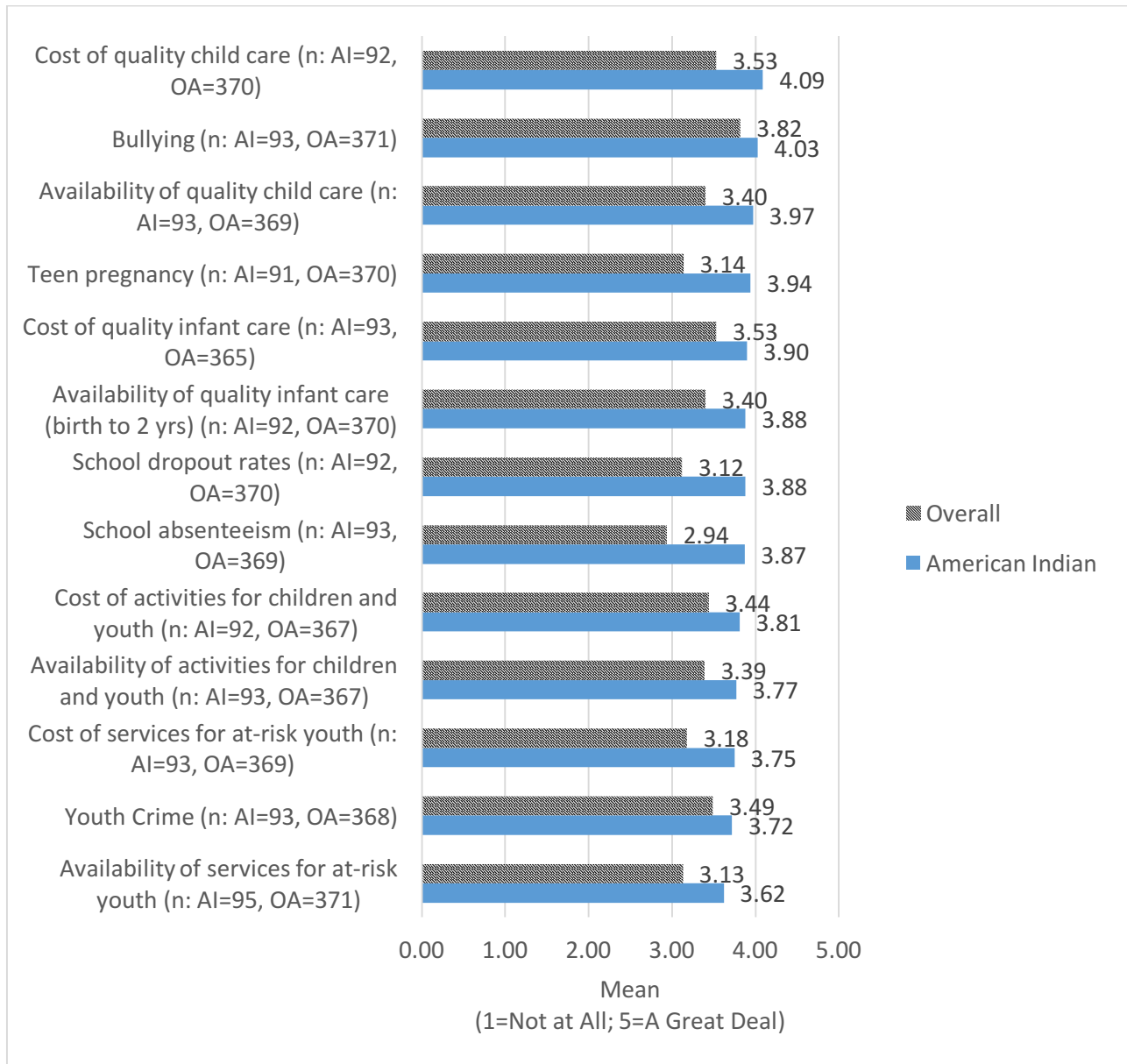


### **Children and Youth**

The children and youth-related community issue which had the highest mean score in regard to level of concern among AI respondents was cost of quality child care (mean=4.09), while for OA respondents the issues which had the highest mean score was bullying (mean=3.53) (Figure 4, Appendix Table 1).

The children and youth-related community issue which had the lowest mean score for AI respondents was availability of services for at-risk youth (mean=3.62), whereas for OA respondents school absenteeism had the lowest mean score (mean=2.94). AI respondents had higher mean scores for level of concern for all issues related to children and youth as compared to OA respondents.

Figure 4. Level of concern with statements about the community regarding CHILDREN AND YOUTH



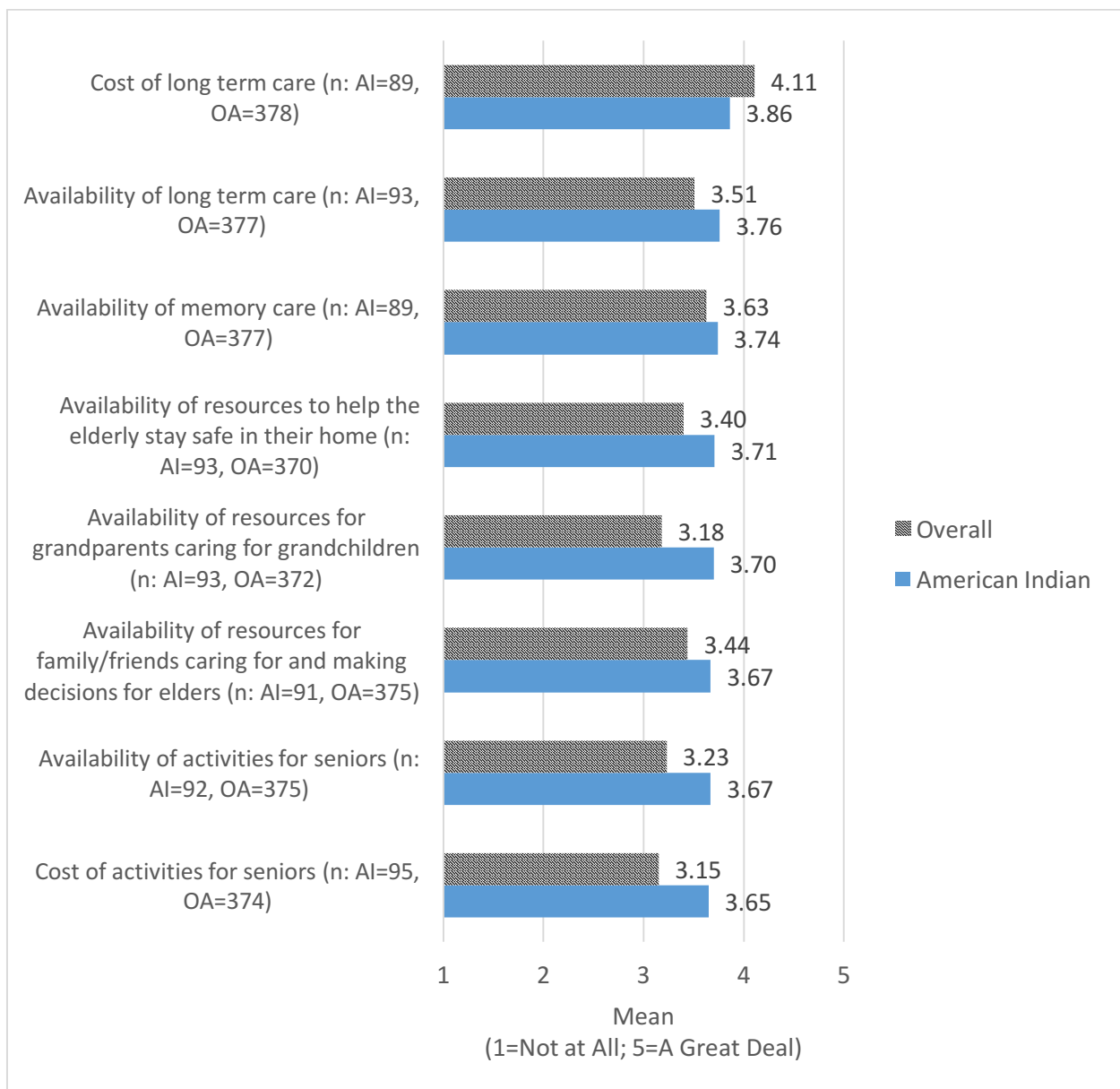
**Aging Population**

The aging population-related community issue which had the highest mean score in regard to level of concern among both AI and OA respondents was cost of long term care (mean: AI=3.86 vs. OA=4.11) (Figure 5, Appendix Table 1).

The community issue related to the aging population which had the lowest mean score in regard to level of concern among both AI and OA respondents was cost of activities for seniors (mean: AI=3.65 vs. OA=3.15).

AI respondents had higher mean scores for level of concern for most issues related to the aging population as compared to OA respondents for most issues, except for long term care.

Figure 5. Level of concern with statements about the community regarding the AGING POPULATION



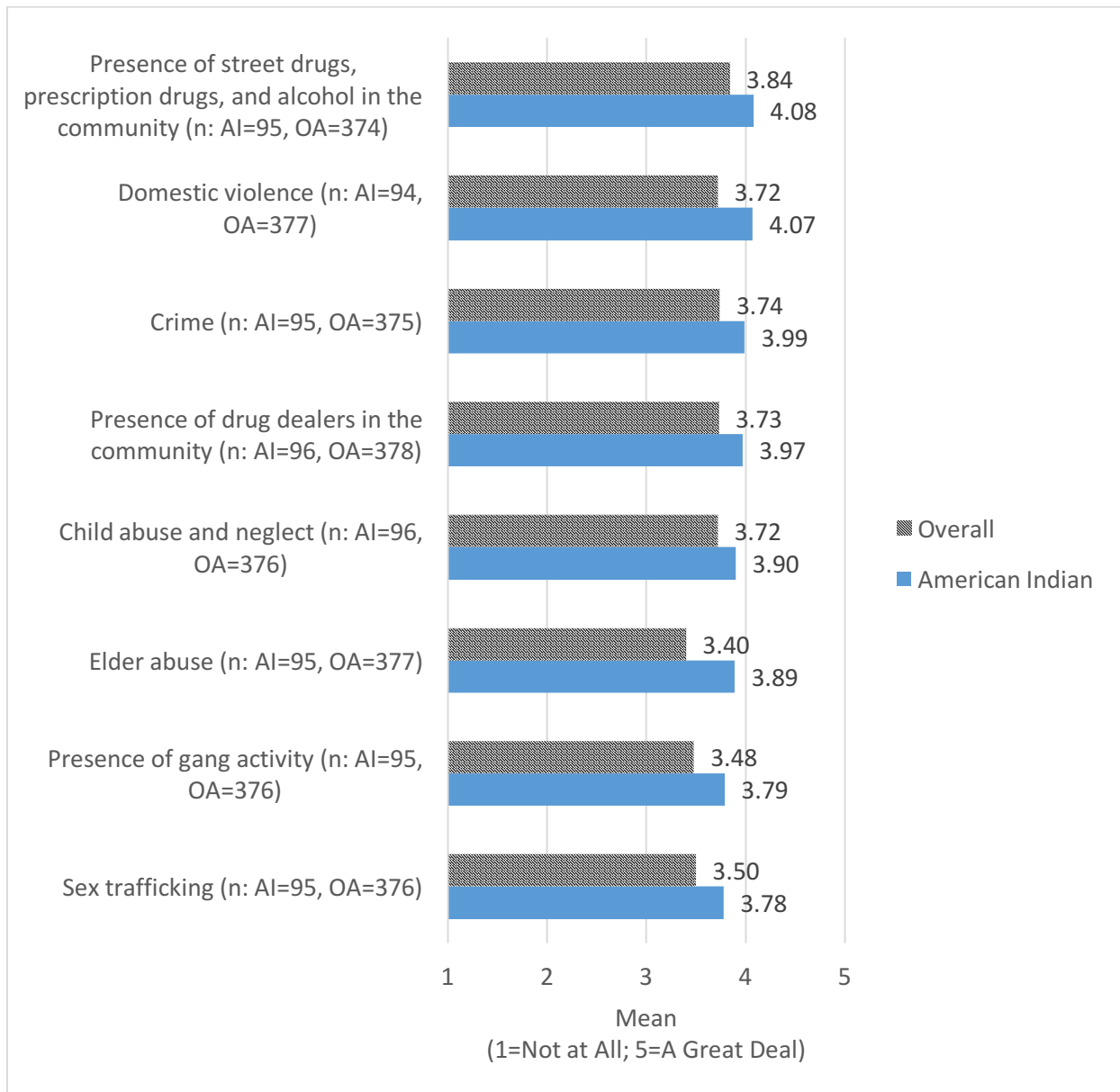


## Safety

The safety-related community issue which had the highest mean score in regard to level of concern among both AI and OA respondents was presence of street drugs, prescription drugs, and alcohol in the community (mean: AI=4.08 vs. OA=3.84) (Figure 6, Appendix Table 1).

The safety-related community issue which had the lowest mean score in regard to level of concern for AI respondents was sex trafficking (mean=3.78), while for OA respondents elder abuse had the lowest mean score (mean=3.40). AI respondents had higher mean scores for level of concern for all safety-related issues as compared to OA respondents.

Figure 6. Level of concern with statements about the community regarding SAFETY



## **Health Care**

The health care-related community issue which had the highest mean score in regard to level of concern among AI respondents was cost of affordable dental insurance coverage (mean=3.94), while for OA respondents, access to affordable health insurance had the highest mean score (Figure 7, Appendix Table 1).

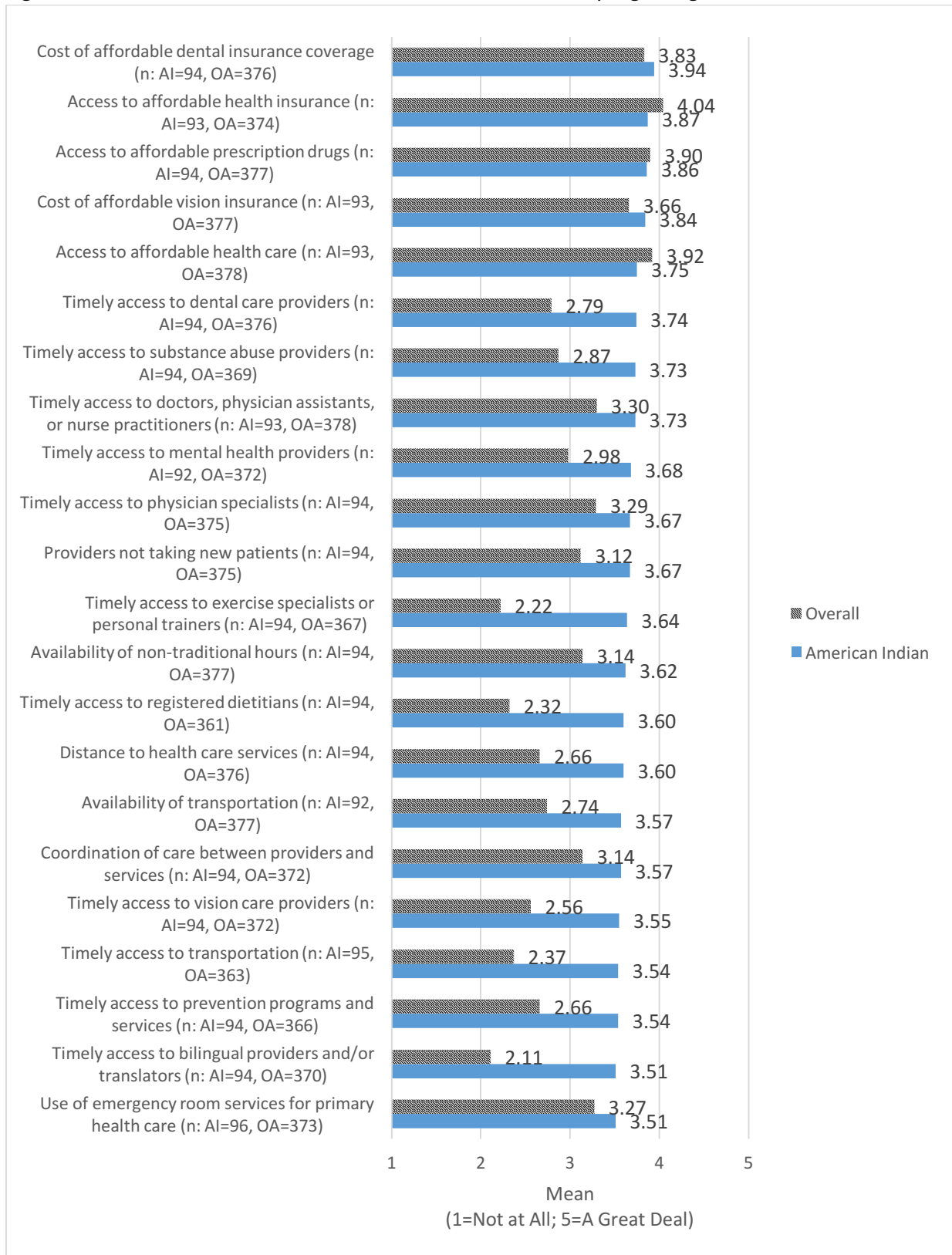
The health care-related community issue which had the lowest mean score for AI respondents was emergency room services for primary health care (mean=3.51), whereas for OA respondents, timely access to bilingual providers and/or translators had the lowest mean score (mean=2.11).

AI respondents had a higher level of concern than OA respondents for the majority of health care-related issues with the exception of access to affordable health insurance, access to affordable prescription drugs, and access to affordable health care.

The issues which resulted in the greatest difference between AI and OA mean scores were timely access to exercise specialists or personal trainers (mean: AI=3.64 vs. OA=2.22) and timely access to bilingual providers and/or translators (mean: AI=3.51 vs. OA=2.11).

The mean scores for AI respondents ranged from a low of 3.51 to a high of 3.94 – a difference of 0.43. The mean scores for OA respondents ranged from a low of 2.11 to a high of 4.04 – a difference of 1.93.

Figure 7. Level of concern with statements about the community regarding HEALTH CARE



### **Physical and Mental Health**

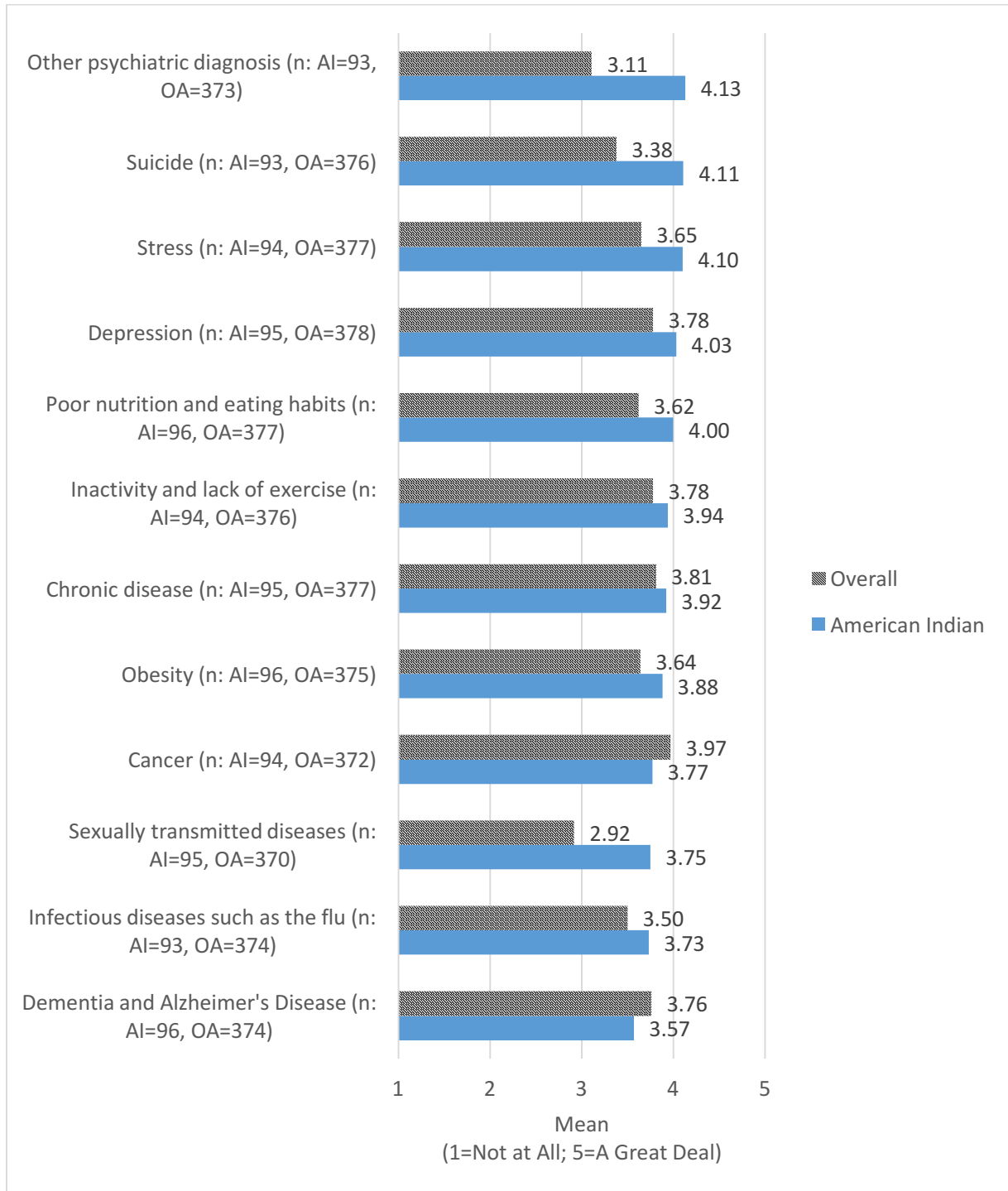
The physical and mental health-related community issue which had the highest mean score in regard to level of concern among AI respondents was other psychiatric diagnosis (mean=4.13), whereas for OA respondents, cancer had the highest mean score (mean=3.97) (Figure 8, Appendix Table 1).

The physical and mental health-related community issues which had the lowest mean score in regard to level of concern among AI respondents was dementia and Alzheimer's disease (mean=3.57), while for OA respondents, sexually transmitted diseases had the lowest mean score (mean=2.92).

AI respondents had a higher level of concern than OA respondents for the majority of physical and mental-health related community issues with the exception of cancer and dementia and Alzheimer's disease.

The issue which resulted in the greatest difference between AI and OA mean scores was other psychiatric diagnosis (mean: AI=4.13, OA=3.11).

Figure 8. Level of concern with statements about the community regarding PHYSICAL AND MENTAL HEALTH



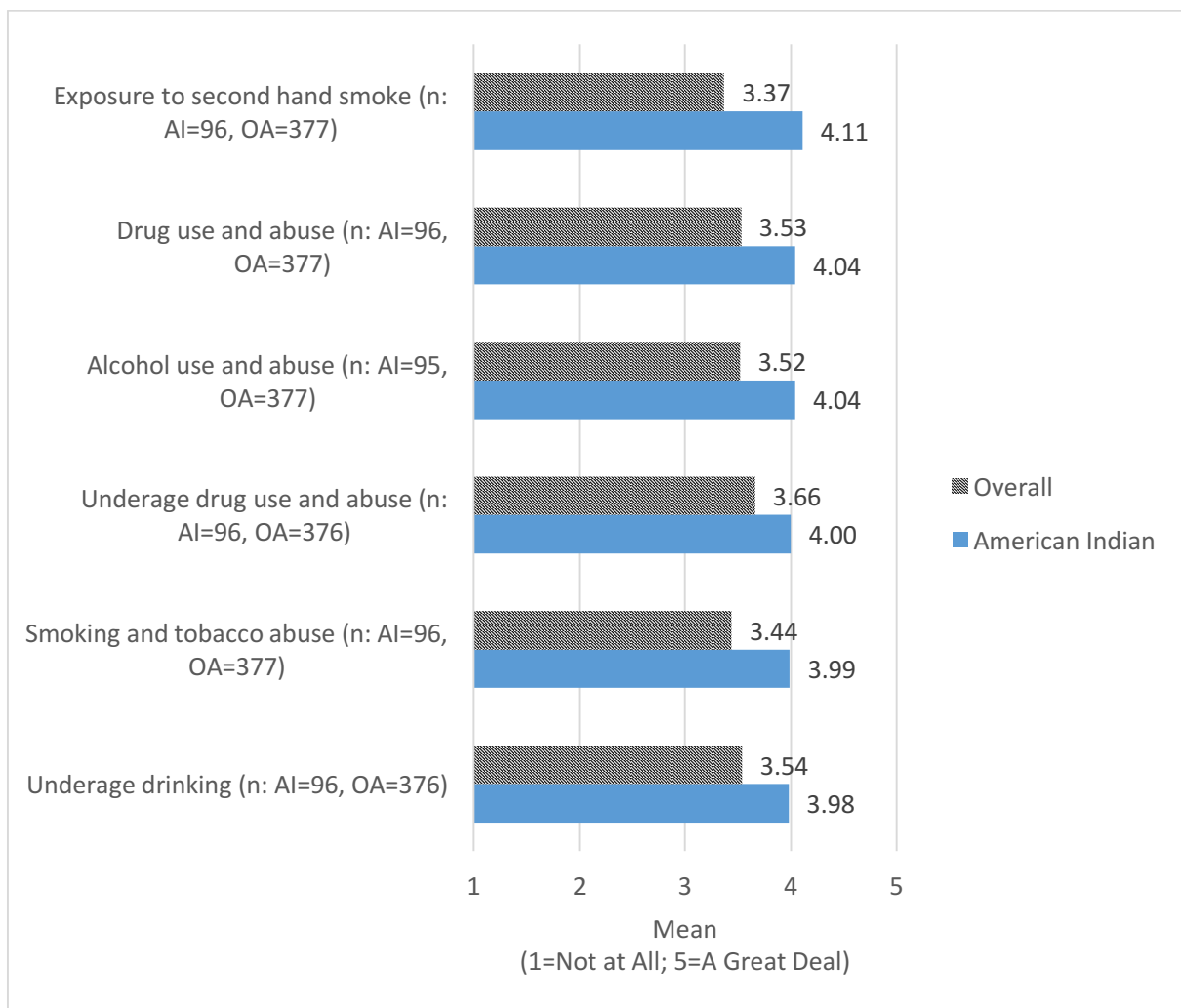
## **Substance Use and Abuse**

The substance use and abuse-related community issue which had the highest mean score in regard to level of concern among AI respondents was exposure to second hand smoke (mean=4.11), while for OA respondents, underage drug use and abuse had the highest mean score (Figure 9, Appendix Table 1)

The substance use and abuse-related community issue which had the lowest mean score in regard to level of concern among AI respondents was underage drinking (mean=3.98), whereas for OA respondents, exposure to second hand smoke had the lowest mean score (mean=3.37).

AI respondents had a higher level of concern than OA respondents for all of the substance use and abuse-related issues.

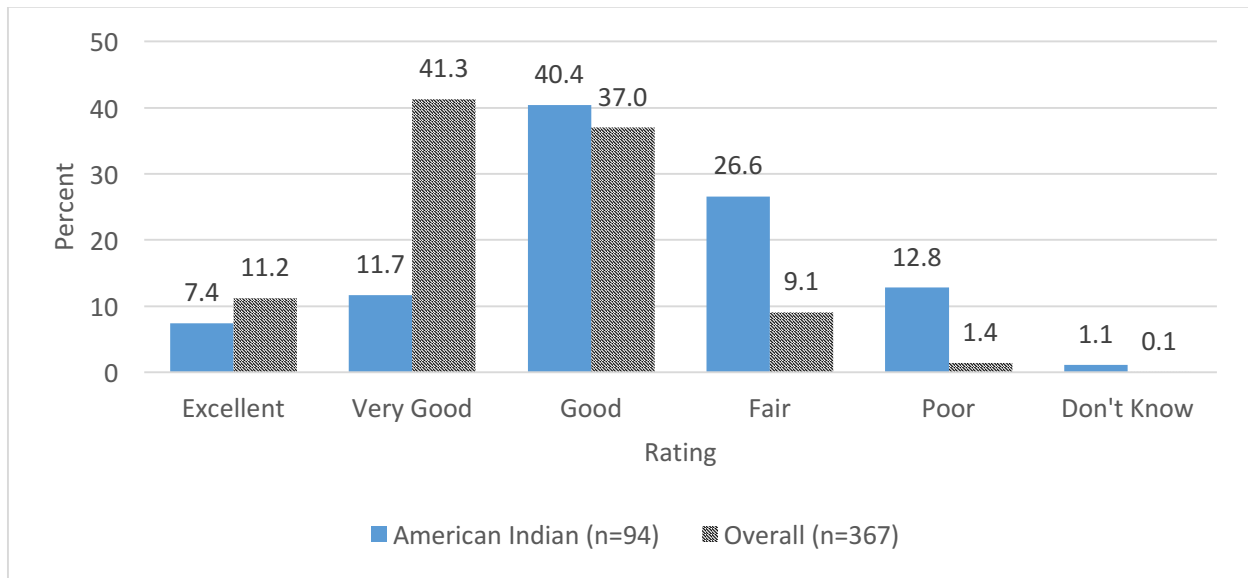
Figure 9. Level of concern with statements about the community regarding SUBSTANCE USE AND ABUSE



## II. General Health

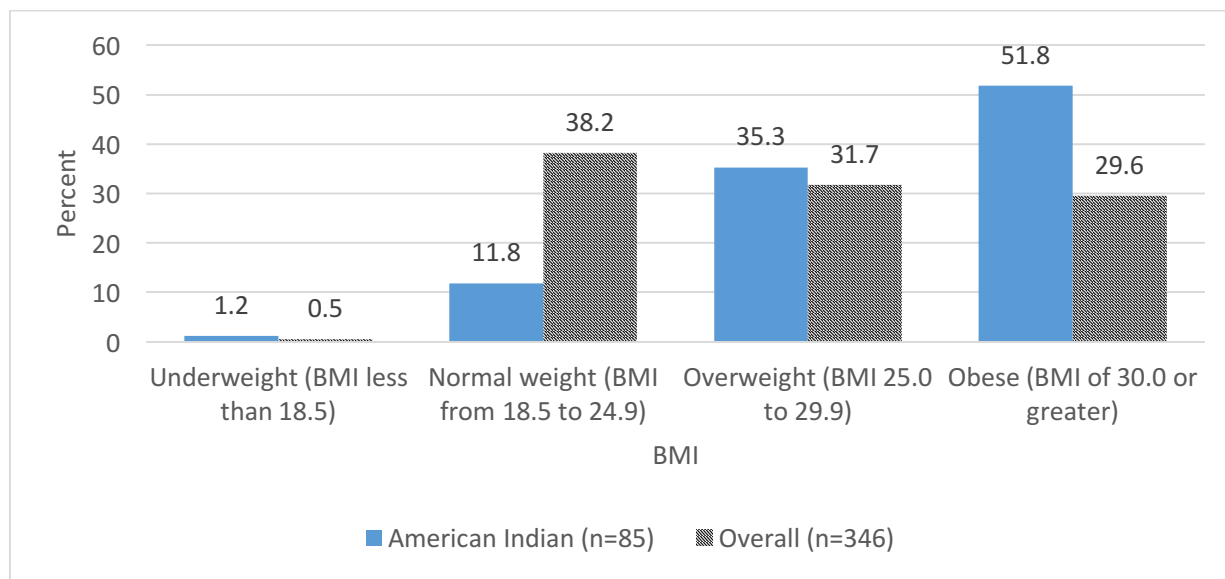
Respondents were asked to rate their health. Nearly 40 percent (29.4%) of AI respondents stated their health was “Fair” or “Poor”, compared to 10.5% of OA respondents (Figure 10, Appendix Table 2). OA respondents were more than 2.5 times as likely as AI respondents to state their health was “Very Good” or “Excellent” (52.5% vs. 19.1%).

Figure 10. Respondents’ rating of their health in general



Respondents were asked to report their current height and weight. Using this information, body mass index (BMI) was calculated for each respondent. More than half (51.8%) of AI respondents were considered to be obese (BMI of 30.0 or greater), while less than one third (29.6%) of OA respondents were considered to be obese (Figure 11, Appendix Table 3). OA respondents were three times as likely as AI respondents to have a normal weight (BMI from 18.5 to 24.9) (BMI of 38.2 vs. 11.8).

Figure 11. Respondents' weight status based on the Body Mass Index (BMI) scale



Respondents were asked the number of servings of vegetables, fruits, and fruit juice they had consumed the previous day. One-fifth (21.1%) of AI respondents stated they had at least three servings of vegetables in the previous day (Table 1, Appendix Table 4). One-fourth (25.1%) of AI respondents stated they had at least three servings of fruits in the previous day.

Responses for AI and OA respondents were comparable for fruits and vegetable intake. AI respondents reported a higher intake of fruit juice than OA respondents.

Table 1. Number of servings of vegetables, fruit, and fruit juice that respondents had yesterday

Type of Food/Drink	Percent of respondents											
	Servings											
	None		1		2		3		4		5 or more	
	AI	Overall	AI	Overall	AI	Overall	AI	Overall	AI	Overall	AI	Overall
<b>Vegetables</b>	16.8	7.6	27.4	36.6	34.7	31.7	15.8	14.8	3.2	8.1	2.1	1.2
<b>Fruit</b>	15.6	19.2	26.0	29.7	33.3	31.0	18.8	16.0	4.2	3.0	2.1	1.1
<b>Fruit Juice</b>	36.5	55.7	33.3	30.6	14.6	10.2	11.5	1.6	3.1	1.6	1.0	0.3

Vegetables - n: AI=95, OA=381; Fruit - n: AI=96, OA=378; Fruit Juice - n: AI=96, OA=382



Respondents were asked the number of days the get at least 30 minutes of moderate or vigorous activity, with moderate activity defined as causing light sweating and small increases in breathing or heart rate and vigorous activity causing heavy sweating and large increases in breathing or heart rate.

Nearly one-third (29.2%) of AI respondents stated they participate in moderate activity at least five days a week, with more than one-fifth (12.5%) stating they participate in vigorous activity a minimum of five days a week (Table 2, Appendix Table 5).

AI respondents were more likely than OA respondents to participate in either moderate (29.2% vs. 19.5%) or vigorous (12.5% vs. 7.7%) activity most days of the week.

Table 2. Number of days in an average week respondents engage in MODERATE or VIGOROUS activity

Activity Level	Percent of respondents							
	Frequency of Weekly Activity							
	None		1 to 2 days		3 to 4 days		5 or more days	
	AI	Overall	AI	Overall	AI	Overall	AI	Overall
<b>Moderate Activity</b>	3.1	16.5	39.6	35.2	28.1	28.8	29.2	19.5
<b>Vigorous Activity</b>	18.8	46.2	54.2	32.9	14.6	13.3	12.5	7.7

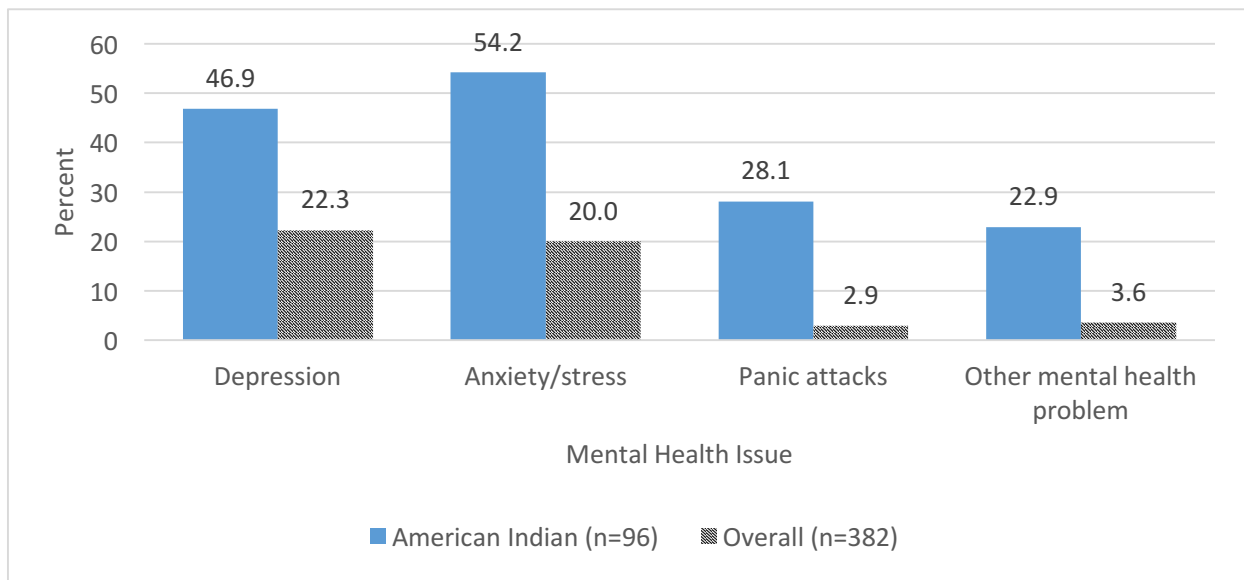
Moderate activity – n: AI=96, OA=380; Vigorous activity – n: AI=96, OA=377

### III. Mental Health

Respondents were asked if they had been told by a doctor or health professional they have any of the following conditions: depression, anxiety/stress, panic attacks, or any other mental health problem. More than half of AI respondents stated they had been diagnosed with anxiety/stress (54.2%), while 46.9% stated they had been diagnosed with depression, 28.1% with panic attacks, and 22.9% with other mental health problems (Figure 12, Appendix Table 6).

AI respondents were twice as likely to state they had been diagnosed with depression as OA respondents (46.9% vs. 22.3%), 2.5 times as likely to state they had been diagnosed with anxiety/stress (54.2% vs. 20.0%), nearly 10 times as likely to state they had been diagnosed with panic attacks (28.1% vs. 2.9%), and 6 times as likely to have been diagnosed with other mental health issues (22.9% vs. 3.6%).

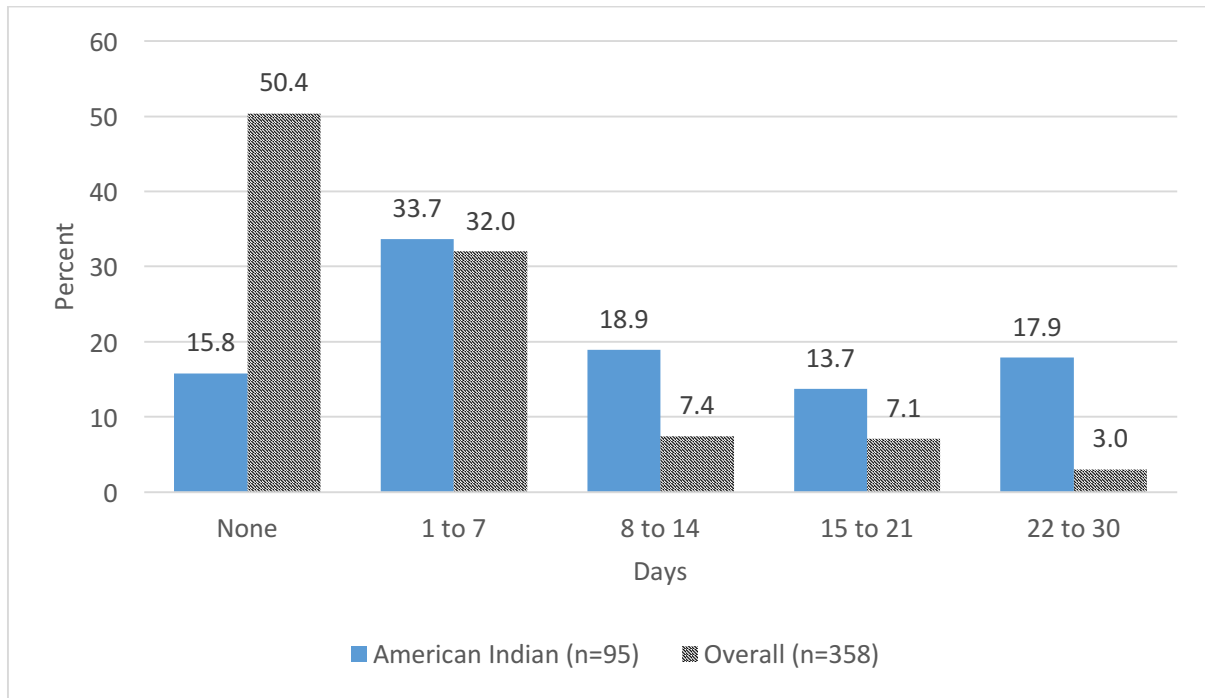
Figure 12. Percentage of respondents who have been told by a doctor or health professional that they have a mental health issue, by type of mental health issue



Respondents were asked to specify the number of days in the past 30 days they felt their mental health was not good, including stress, depression, and problems with emotions. More than 84% (84.2%) of AI respondents stated their mental health was not good on at least one day in the past 30 days (Figure 13, Appendix Table 7). One-third (31.6%) stated their mental health was not good on at least half of the last 30 days.

AI respondents were much more likely than OA respondents to state their mental health was not good on at least one day in the past 30 days (84.2% vs. 49.6%).

Figure 13. Number of days in the last month that respondents' mental health was not good



Respondents were asked how frequently in the past two weeks they have been bothered by either of the following: 1) little interest or pleasure in doing things or 2) feeling down, depressed, or hopeless. More than one-third of AI respondents stated they had little interest or pleasure in doing things and felt down, depressed, or hopeless for several days in the past two weeks (36.2% and 33.7%, respectively) (Table 3, Appendix Table 8).

Responses for AI and OA respondents were comparable for both issues.

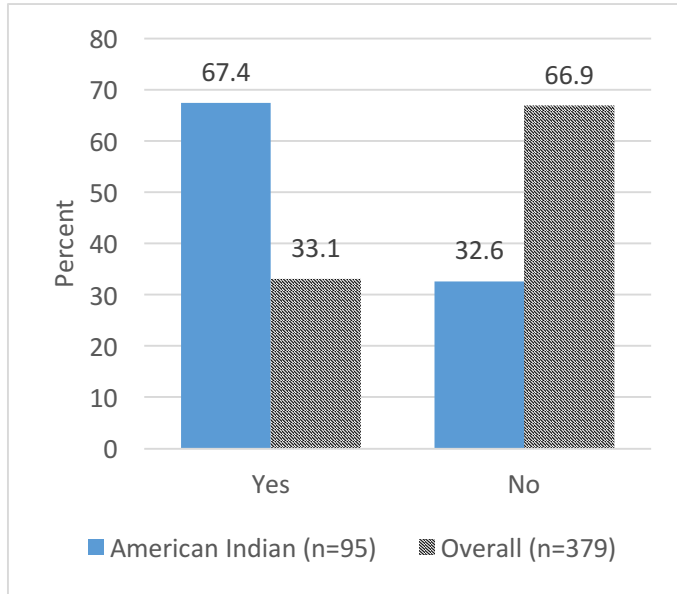
Table 3. How often, over the past two weeks, respondents have been bothered by mental health issues

Mental health issues	Percent of respondents							
	Frequency							
	Not at all		Several days		More than half the days		Nearly every day	
	AI	Overall	AI	Overall	AI	Overall	AI	Overall
<i>Little interest or pleasure in doing things (n: AI=94, OA=377)</i>	43.6	77.2	36.2	18.9	11.7	1.7	8.5	2.2
<i>Feeling down, depressed or hopeless (n: AI=92, OA=372)</i>	42.4	78.3	33.7	17.9	16.3	2.9	7.6	1.0

#### IV. Tobacco Use

AI respondents were twice as likely as OA respondents to state they have smoked at least 100 cigarettes (5 packs of cigarettes) in their lifetime (67.4% vs. 33.1%) (Figure 14, Appendix Table 9).

Figure 14. Whether respondents have smoked at least 100 cigarettes in their lifetime



Respondents were asked the frequency with which they smoke cigarettes or use chewing tobacco or snuff. Nearly 29% (38.9%) of AI respondents stated they smoke cigarettes every day, with 7.4% stating they use chewing tobacco or snuff everyday (Table 4, Appendix Table 10).

As compared to OA respondents, AI respondents are more than 8 times as likely to state they smoke cigarettes daily (38.9% vs. 4.7%), and 6.7 times as likely to state they use chewing tobacco or snuff every day (7.4% vs. 1.1%).

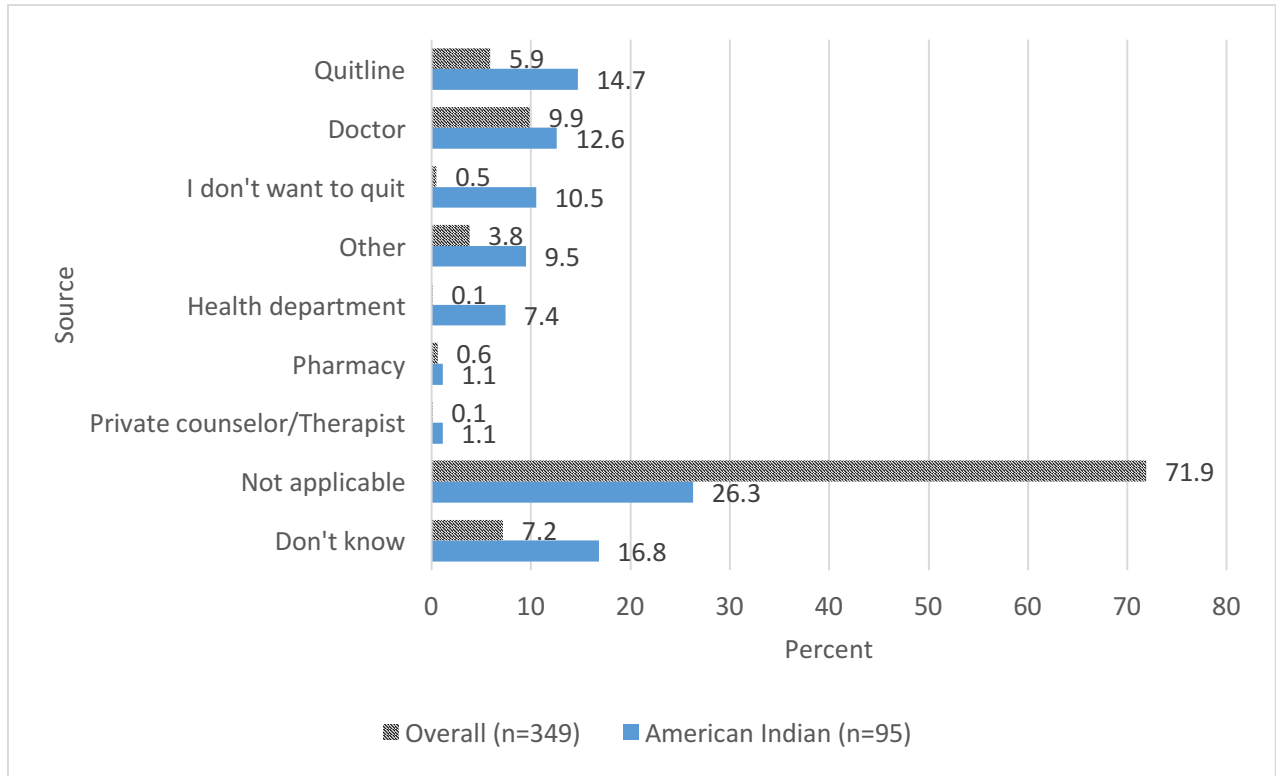
Table 4. Frequency of cigarette and chewing tobacco/snuff use

Tobacco type	Percent of respondents					
	Frequency					
	Everyday		Some days		Not at all	
	AI	Overall	AI	Overall	AI	Overall
<b>Cigarettes (n: AI=95, OA=382)</b>	38.9	4.7	20.0	3.2	41.1	92.1
<b>Chewing tobacco/snuff (n: AI=95, OA=377)</b>	7.4	1.1	9.5	2.7	83.2	96.1

Respondents were asked where they would go for help if they wanted to quit using tobacco. Nearly 15% (14.7%) of respondents stated they would use a Quitline, followed by 12.6% who stated they would go to their doctor, and 7.4% would go to a health department (Figure 15, Appendix Table 11). More than 10% (10.5%) do not want to quit using tobacco, and 16.8% do not know where they would go for help to quit using tobacco.

While AI respondents were more likely to use a quitline as a primary source of help to quit using tobacco, OA respondents were more likely to go to a doctor as a primary source.

Figure 15. Primary source of help to quit using tobacco

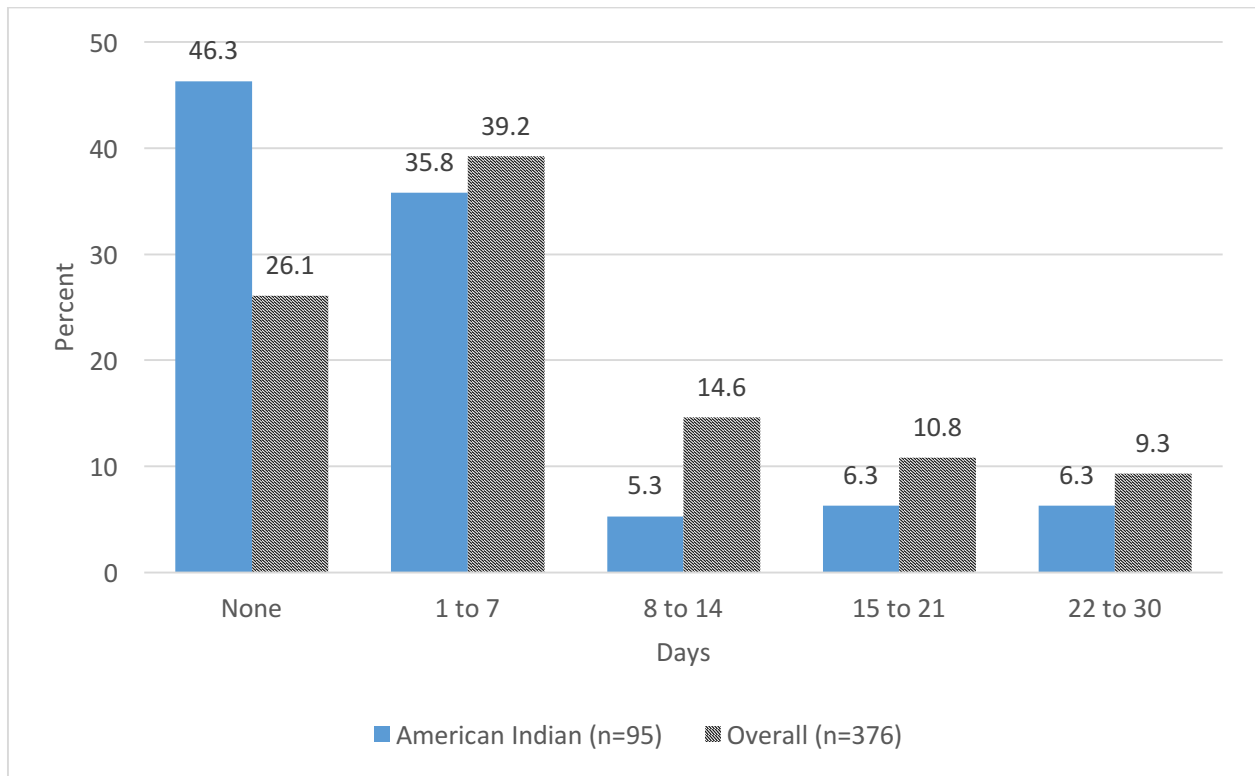


## V. Alcohol Use and Prescription/Non-Prescription Drug Abuse

Respondents were asked to specify the number of days in the past 30 days they had at least one drink of any alcohol beverage. More than 46% (46.3%) of respondents stated they had not had a drink at all in the past 30 days, with 12.6% stating they had a drink on at least half of the past 30 days (Figure 16, Appendix Table 12).

OA respondents were more likely than AI respondents to have a drink on at least one of the past 30 days.

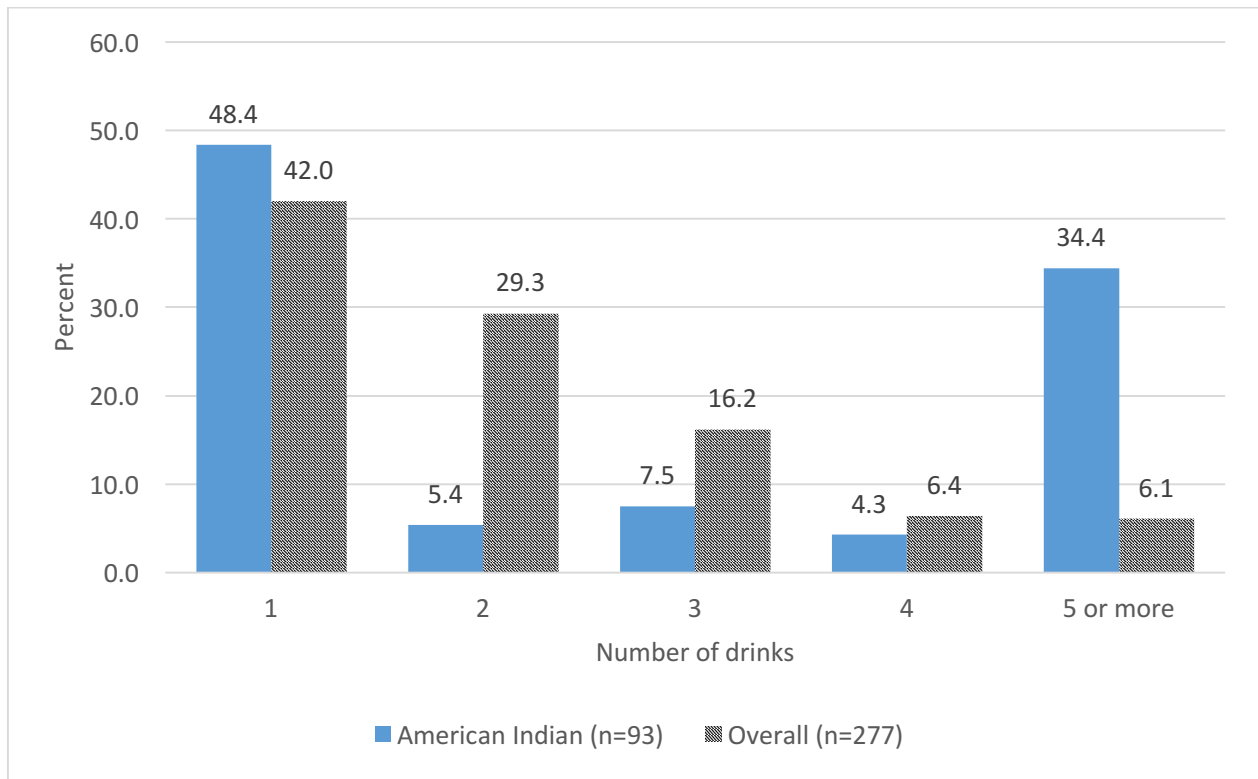
Figure 16. Number of days during the past month that respondents had at least one drink of any alcoholic beverage



Respondents who drank an alcoholic beverage at least once in the past 30 days were asked to specify the average number of drinks they consumed on the days they drank alcohol. More than one-third of AI respondents (34.4%) stated that on the days they drank they had at least 5 drinks, on average (Figure 17, Appendix Table 13).

On the days they drank alcoholic beverages in the past 30 days, OA respondents were more likely than AI respondents to have between 2 and 5 drinks (51.9% vs. 17.2%), on average, while AI respondents were more likely than OA respondents to either have one drink (48.4%) or 5 or more drinks (34.4%).

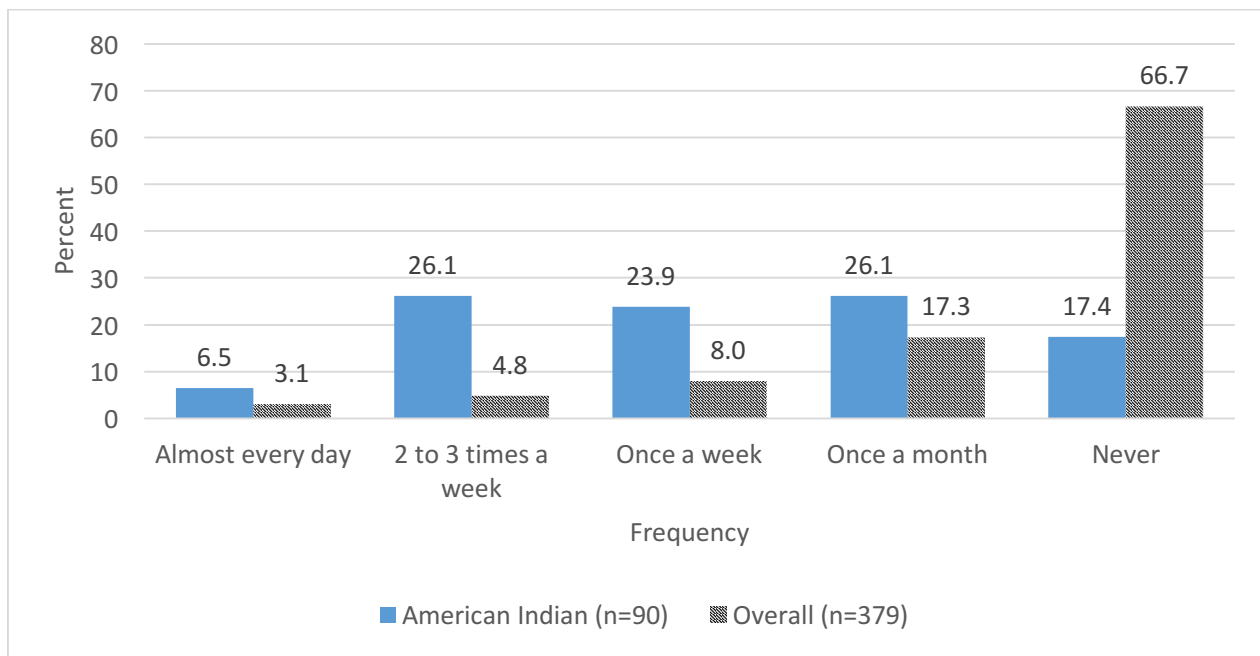
Figure 17. During the past month, on days that respondents drank, average number of drinks per day respondents consumed



Respondents were asked to specify the number of times in the past month they consumed at least 4 (for females) or 5 (for males) alcoholic drinks on the same occasion. More than 17% (17.4%) of AI respondents stated they never had four or five drinks on the same occasion, while 6.5% stated they had four or five drinks almost every day (Figure 18, Appendix Table 14).

AI respondents were 3.5 times as likely as OA respondents to state they had 4 or 5 drinks on one occasion at least once a week (56.5% vs. 15.9%).

Figure 18. Number of times during the past month that respondents consumed at least 4 or 5 alcoholic drinks (4 for females, 5 for males) on the same occasion



Respondents were asked if they had a problem with alcohol use or prescription/non-prescription drug abuse and if so, if they got the help they needed. More than half of AI respondents (51.6%) stated they had a problem with alcohol use, and of these respondents, 56.3% stated they received the help they needed (Table 5, Appendix Table 15 and 16). More than one-quarter of AI respondents (26.4%) stated they had a problem with prescription/non-prescription drug abuse, and of these respondents, half stated they received help.

AI respondents were much more likely than OA respondents to report having a problem with alcohol use (51.6% vs. 6.8%) or prescription/non-prescription drug abuse (26.4% vs. 0.1%). AI respondents with alcohol use problems were more likely than OA respondents to receive the help they needed (56.3% vs. 25.6%), while OA respondents were more likely to state they didn't need help (43.8% vs. 14.6%).



Table 5. Whether respondents have ever had a problem with alcohol use or prescription/ non-prescription drug abuse and if so, if they got the help they needed

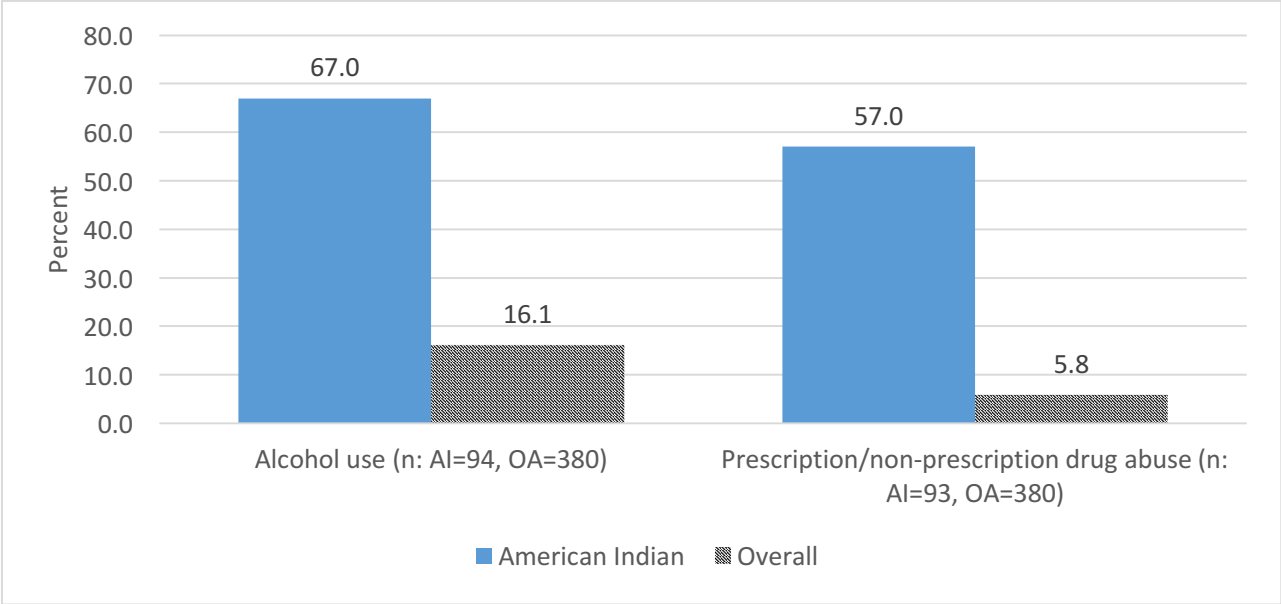
Type of use/abuse	Percent of respondents									
	Problem				If yes, received help					
	Yes		No		Yes		No		Didn't Need Help	
	AI	Overall	AI	Overall	AI	Overall	AI	Overall	AI	Overall
Alcohol use	51.6	6.8	48.4	93.2	56.3	25.6	29.2	30.5	14.6	43.8
Prescription/non-prescription drug abuse	26.4	0.1	73.6	99.9	50.0	0.0	21.9	0.0	28.1	0.0

*Ever had problem with alcohol use - n: AI=95, OA=376; Ever had problem with presc/non-presc drug use - n: AI=91, OA=377; Received help with alcohol - n: AI=48, OA=25; Received help for presc/non-presc drug use - n: AI=32, OA=0*

Respondents were asked if alcohol use or prescription/non-prescription drug abuse had harmful effects on themselves or a family member over the past two years. Two-thirds of AI respondents stated they felt alcohol use has had harmful effects either on themselves or on a family member over the past two years, while 57% stated prescription/non-prescription drug abuse has had harmful effects on the same populations over the same period of time (Figure 19, Appendix Table 17).

AI respondents were 4 times as likely as OA respondents to state that alcohol use has had harmful effects either on themselves or a family member over the past two years (67% vs. 16.1%). AI respondents were nearly 10 times as likely to state that prescription/non-prescription drug abuse has had harmful effects on either themselves or a family member over the past two years (57% vs. 5.8%).

Figure 19. Alcohol use or prescription/non-prescription drug abuse has had harmful effects on respondents or a family member over the past two years



## VI. Preventive Health

Provided a list of preventive screenings (listed in Table 6), respondents were asked if they had received any of the specified screenings in the past year. A majority of all AI respondents, and AI respondents of specific age/gender, stated they received the following screenings in the past year: blood pressure (81.8%), breast cancer (64.7% of females aged 45 or older), and pelvic exam (58.5% of females). AI respondents were least likely to have received skin cancer screening in the past year (6.0%).

OA respondents were more likely than AI respondents to receive the following screenings: pelvic exam (for females) (67% vs. 58.5%), cervical cancer screening (for females) (63.4% vs. 41.5%), flu shot (62.1% vs. 40.4%), cholesterol screening (62.3% vs. 39.8%), prostate cancer screening (for males) (39.4% vs. 20.6%), and skin cancer screening (22.5% vs. 6.0%).

AI respondents were much more likely than OA respondents to receive a STD screening (43.7% vs. 4.2%).

Table 6. Respondents who have had preventive screenings in the past year, by type of screening

Type of preventive screening	Percent	
	AI	Overall
<i>Blood pressure screening (n: AI=88, OA=380)</i>	81.8	84.3
<i>Breast cancer screening (female, age 45 or older) (n: AI=17, OA=189)</i>	64.7	65.2
<i>Pelvic exam (female) (n: AI=53, OA=189)</i>	58.5	67.0
<i>STD screening (n: AI=87, OA=369)</i>	43.7	4.2
<i>Cervical cancer screening (female) (n: AI=53, OA=185)</i>	41.5	63.4
<i>Flu shot (n: AI=89, OA=380)</i>	40.4	62.1
<i>Cholesterol screening (n: AI=88, OA=378)</i>	39.8	62.3
<i>Immunizations (n: AI=86, OA=374)</i>	37.2	19.3
<i>Colorectal cancer screening (age 45 or older) (n: AI=30, OA=368)</i>	26.7	32.3
<i>Hearing screening (n: AI=86, OA=377)</i>	22.1	17.8
<i>Prostate cancer screening (male) (n: AI=34, OA=182)</i>	20.6	39.4
<i>Vascular screening (n: AI=71, OA=368)</i>	12.3	11.3
<i>Bone density test (n: AI=85, OA=367)</i>	8.2	10.8
<i>Skin cancer screening (n: AI=83, OA=365)</i>	6.0	22.5

Respondents who did not receive specific screenings were asked to identify the reasons why they did not (Table 7). AI respondents stated they did not receive the following screenings because their doctor had not suggested it: cholesterol screening, hearing screening, immunizations, pelvic exam, or colorectal cancer screening. AI respondents stated they did not receive the following screenings because they were not necessary: blood pressure screening, bone density test, STD screening, vascular screening, cervical cancer screening, prostate cancer screening, and skin cancer screening.

OA and AI respondents both were most likely to state they did not receive screenings because they were not necessary or because their doctor had not suggested them.

Table 7. Of respondents who have not had preventive screenings in the past year, reasons why they have not, by type of screening

Type of screening	Percent of respondents													
	Reasons													
	Not necessary		Doctor hasn't suggested		Cost		Fear of procedures		Fear of the results		Unable to access care		Other reason	
	AI	Overall	AI	Overall	AI	Overall	AI	Overall	AI	Overall	AI	Overall	AI	Overall
Blood pressure screening	43.8%	60.8%	31.3%	23.0%	6.3%	5.5%	6.3%	0.0%	0.0%	0.0%	0.0%	0.8%	12.5%	21.3%
Bone density test	25.6%	48.8%	23.1%	44.6%	2.6%	1.1%	1.3%	0.0%	0.0%	0.0%	2.6%	0.2%	1.3%	3.6%
Cholesterol screening	20.8%	50.7%	30.2%	35.8%	3.8%	4.6%	1.9%	0.0%	0.0%	0.0%	1.9%	0.1%	5.7%	10.5%
Flu shot	24.5%	40.9%	17.0%	3.9%	7.5%	0.3%	1.9%	0.7%	1.9%	1.3%	1.9%	0.3%	9.4%	51.6%
Hearing screening	20.9%	54.2%	22.4%	36.1%	1.5%	1.8%	1.5%	0.0%	0.0%	0.1%	1.5%	0.0%	7.5%	6.4%
Immunizations	18.8%	67.6%	18.5%	21.9%	1.9%	1.3%	1.9%	0.0%	1.9%	0.0%	3.7%	0.0%	9.3%	6.6%
Pelvic exam (female)	4.5%	60.2%	13.6%	12.1%	9.1%	1.6%	9.1%	0.7%	0.0%	0.0%	9.1%	0.0%	4.5%	14.3%
STD screening	14.3%	84.9%	10.2%	7.2%	6.1%	0.0%	2.0%	0.0%	0.0%	0.0%	2.0%	0.0%	4.1%	2.8%
Vascular screening	22.5%	56.0%	18.3%	34.3%	2.8%	1.2%	1.4%	1.0%	0.0%	0.0%	1.4%	0.2%	5.6%	4.7%
Breast cancer screening (female, age 45 or older)	0.0%	35.5%	0.0%	28.3%	16.7%	11.4%	16.7%	0.0%	0.0%	5.0%	16.7%	0.0%	16.7%	20.0%
Cervical cancer screening (female)	19.4%	53.6%	9.7%	24.9%	6.5%	0.0%	9.7%	0.0%	0.0%	0.0%	3.2%	0.0%	3.2%	9.2%
Colorectal cancer screening	9.1%	54.1%	22.7%	25.2%	9.1%	1.0%	9.1%	4.7%	0.0%	0.3%	4.5%	0.0%	4.5%	14.8%
Prostate cancer screening (male)	29.6%	44.1%	11.1%	38.9%	0.0%	0.6%	0.0%	3.9%	3.7%	0.2%	3.7%	0.0%	0.0%	13.4%
Skin cancer screening	24.4%	46.4%	16.7%	38.7%	3.8%	1.6%	1.3%	0.2%	0.0%	1.2%	2.6%	1.3%	2.6%	9.2%

Respondents were asked if they have any of the following chronic diseases: hypertension, arthritis, diabetes, high cholesterol, asthma, COPD, congestive heart failure, stroke, Alzheimer’s, or cancer. AI respondents were most likely to state they have hypertension or arthritis (16.7%, respectively) (Table 8, Appendix Table 18). None of the AI respondents stated they have cancer or Alzheimer’s.

AI respondents were much more likely than OA respondents to state they have diabetes (15.6% vs. 6.2%), while OA respondents were more likely than AI respondents to state they have high cholesterol (19.8% vs. 12.5%).

Table 8. Presence of chronic diseases

Chronic diseases	Percent*	
	American Indian (n=96)	Overall (n=382)
Hypertension	16.7	15.1
Arthritis	16.7	14.9
Diabetes	15.6	6.2
High cholesterol	12.5	19.8
Asthma	10.4	3.5
COPD	2.1	1.3
Congestive heart failure	1.0	0.8
Stroke	1.0	0.8
Alzheimer's	0.0	0.1
Cancer	0.0	5.1

\*Percentages do not total 100.0 due to multiple responses.

Respondents were asked to specify when they had last visited a doctor/health care provider for a routine physical exam, or a dentist/dental clinic for any reason. Two-thirds (65.3%) of AI respondents stated they had visited a doctor/health care provider in the past year, while less than 52% stated they had visited a dentist/dental clinic for any reason in the past year (Table 9, Appendix Table 19).

OA respondents were more likely than AI respondents to have visited either a doctor/health care provider (73% vs/ 65.3%) or dentist/dental clinic (51.6% vs. 87.2%) in the past year.

Table 9. Length of time since respondents last visited a doctor/health care provider for routine exam and since they last visited a dentist/dental clinic

Care provider type	Percent											
	Length of time since last visit											
	Within the past year		1 to 2 years		3 to 5 years		6 or more years		Don't Know		Never	
	AI	Overall	AI	Overall	AI	Overall	AI	Overall	AI	Overall	AI	Overall
Doctor/health care provider (n: AI=95, OA=382)	65.3	73.0	15.8	13.8	9.5	7.1	2.1	2.8	3.2	1.5	4.2	1.9
Dentist/dental clinic (n: AI=93, OA=381)	51.6	87.2	18.3	4.8	20	5.0	5.4	1.6	1.1	1.3	3.2	0.2

Respondents were asked to specify where they receive most of their health-related information. Approximately 40% of AI respondents receive most of their health-related information from medical professionals, followed by family or friends (31.3%) (Table 10, Appendix Table 20). AI respondents were least likely to receive health information from a health helpline (8.3%).

OA respondents were twice as likely as AI respondents to state they receive most of their health-related information from medical professions (79.9% vs. 40.6%) or non-government websites (32.1% vs. 16.7%). AI respondents were much more likely than OA respondents to receive most of their health information from government websites (25.0% vs. 8.3%).

Table 10. Source of health information

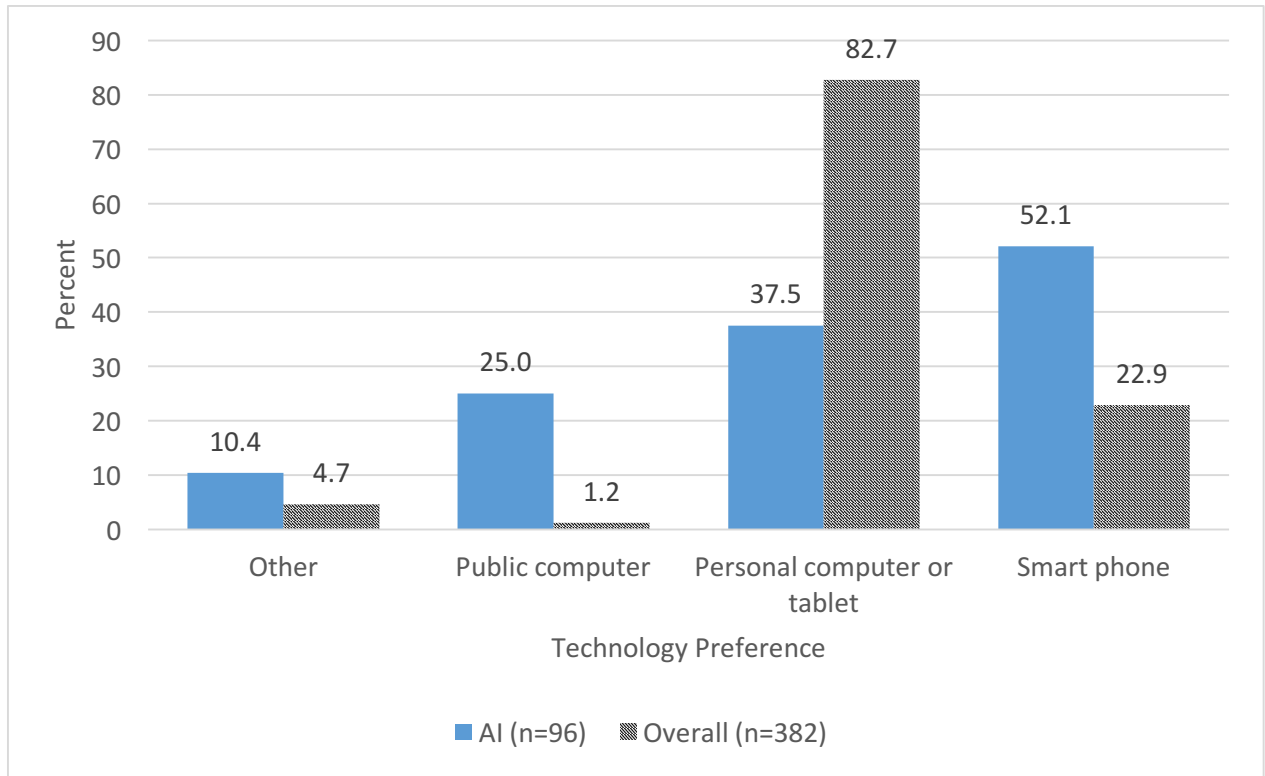
Sources	Percent*	
	American Indian (n=96)	Overall (n=382)
Medical professionals	40.6	79.9
Family or friends	31.3	29.9
Government websites	25.0	8.3
Non-government websites	16.7	32.1
Magazines, newspapers, books	16.7	21.1
Television	10.4	16.8
Alternative health specialists	9.4	5.9
Health helpline (telephone)	8.3	3.3
Other	5.2	5.1

\*Percentages do not total 100.0 due to multiple responses.

Respondents were asked to specify the best way to access technology for health information. More than half (52.1%) of AI respondents stated the best way to access health information is via a smart phone (Figure 20, Appendix Table 21).

The majority of OA respondents stated they best way for them to access health information is via a personal computer or tablet (82.7%), while AI respondents prefer using a smart phone (52.1%)

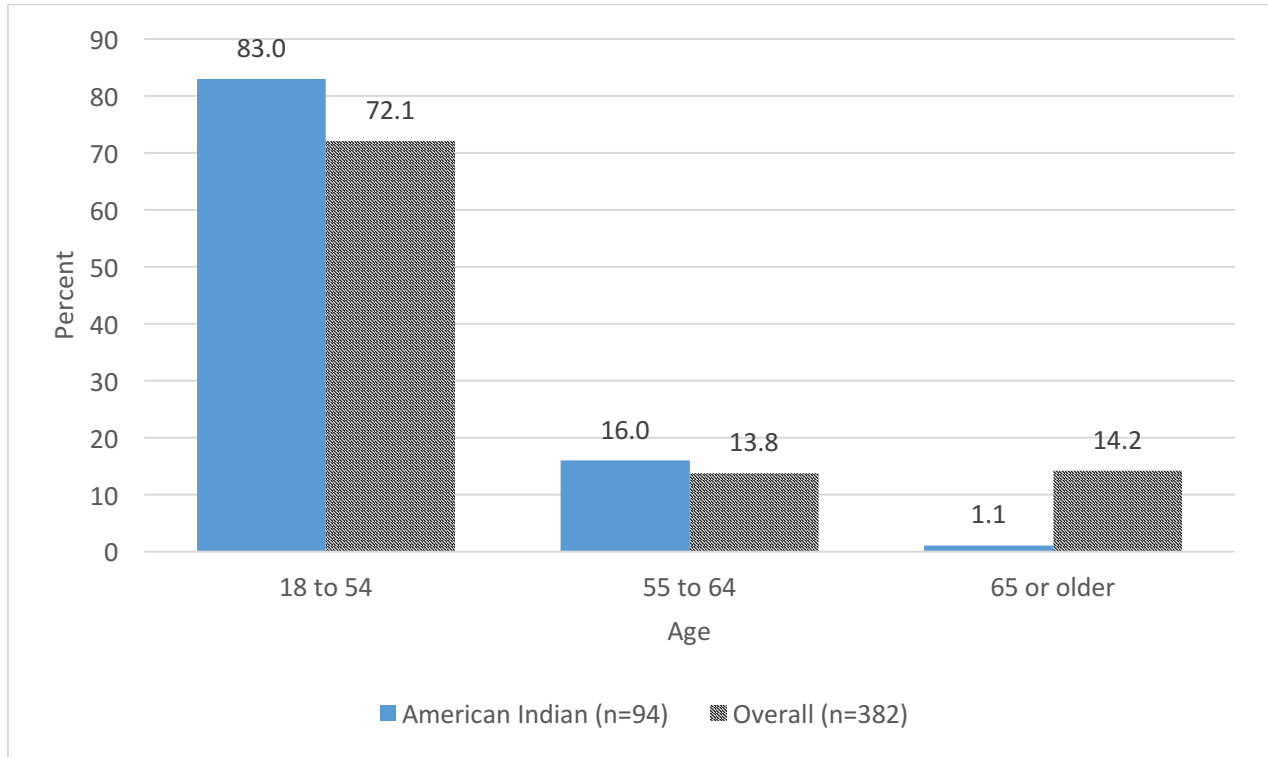
Figure 20. Respondent technology preference to access health information



## VII. Demographics

More than three-fourths of the AI respondents were between the ages of 18 to 54 (83.0%), while less than three fourths of OA respondents were of similar age (72.1%) (Figure 21, Appendix Table 22). More OA respondents were aged 65 or older than AI respondents (14.2% vs. 1.1%).

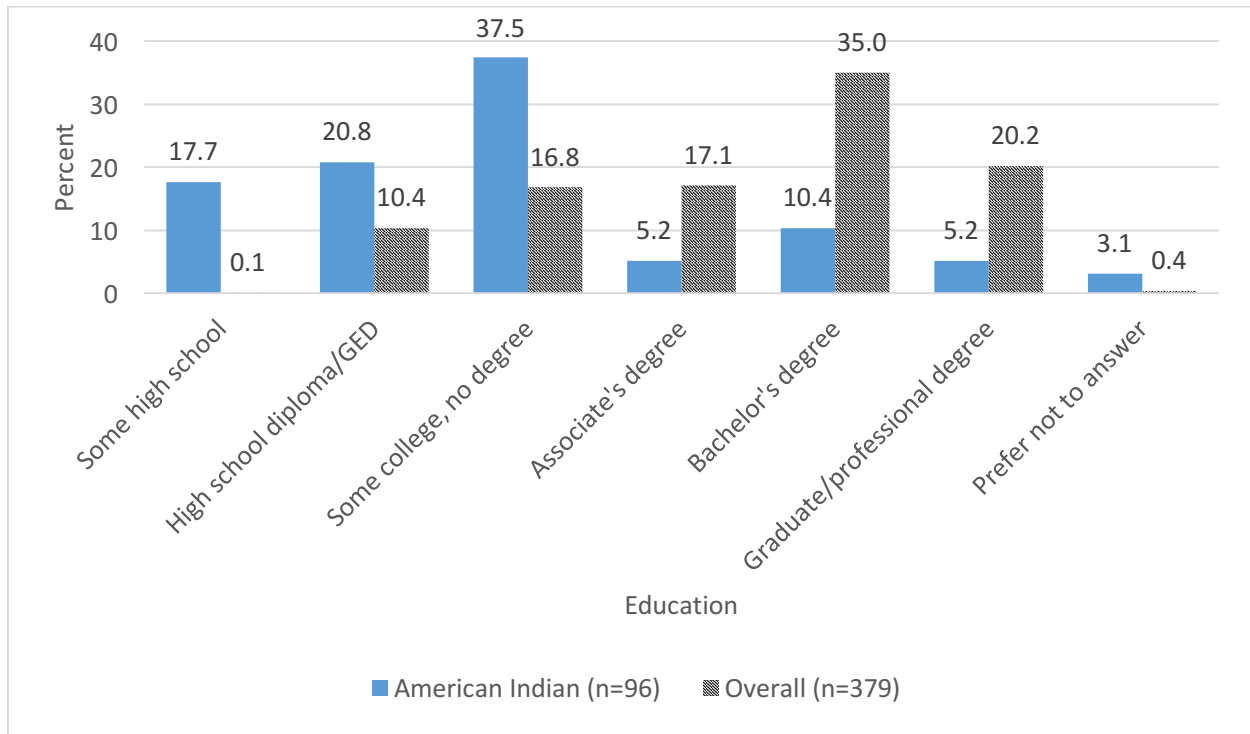
Figure 21. Respondent age



One-fifth of AI respondents had an Associate's degree or higher (20.8%), while nearly three fourths of OA respondents had a similar education level (72.3%) (Figure 22, Appendix Table 23).

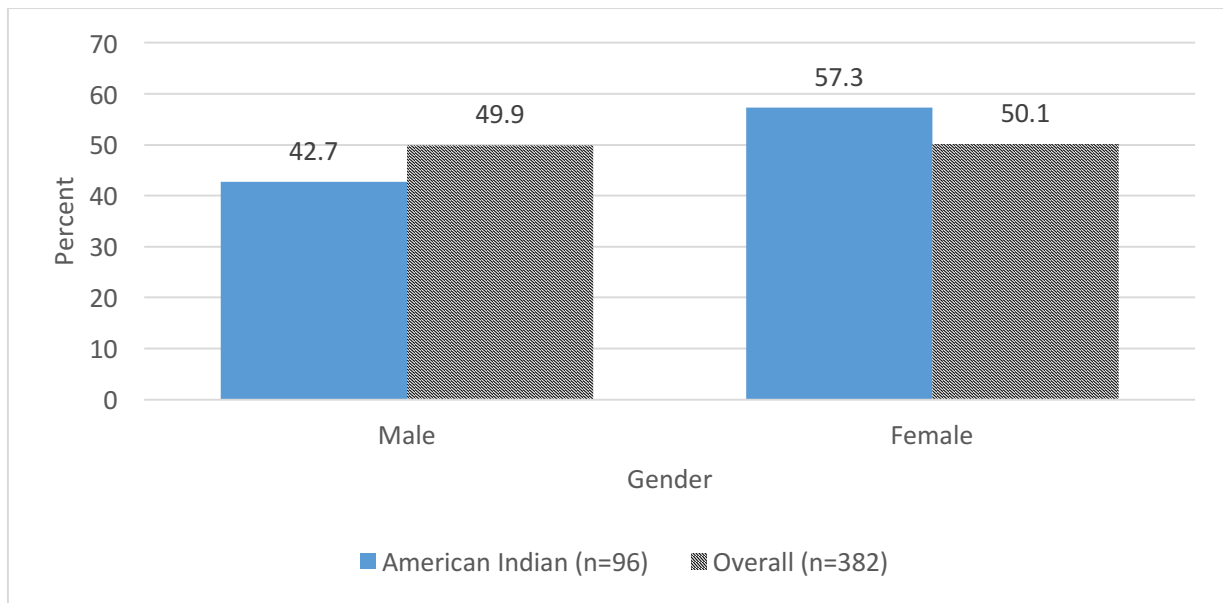


Figure 22. Respondent education



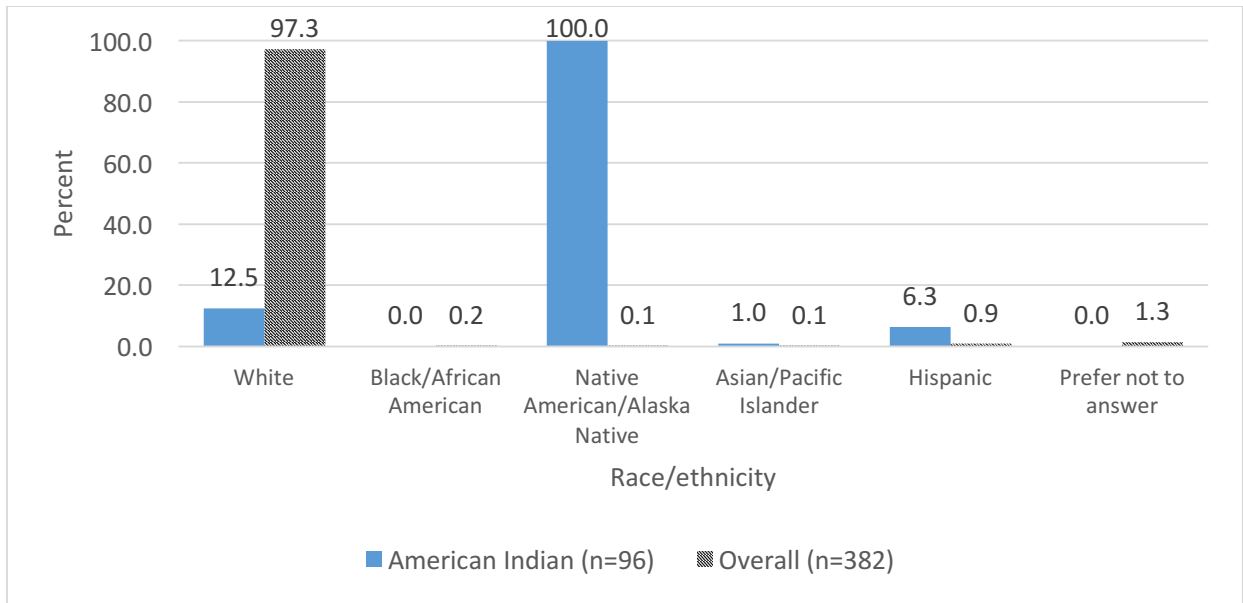
Nearly 58% of AI respondents were female (57.3%), while slightly more than OA respondents were female (50.1%) (Figure 23, Appendix Table 24).

Figure 23. Respondent gender



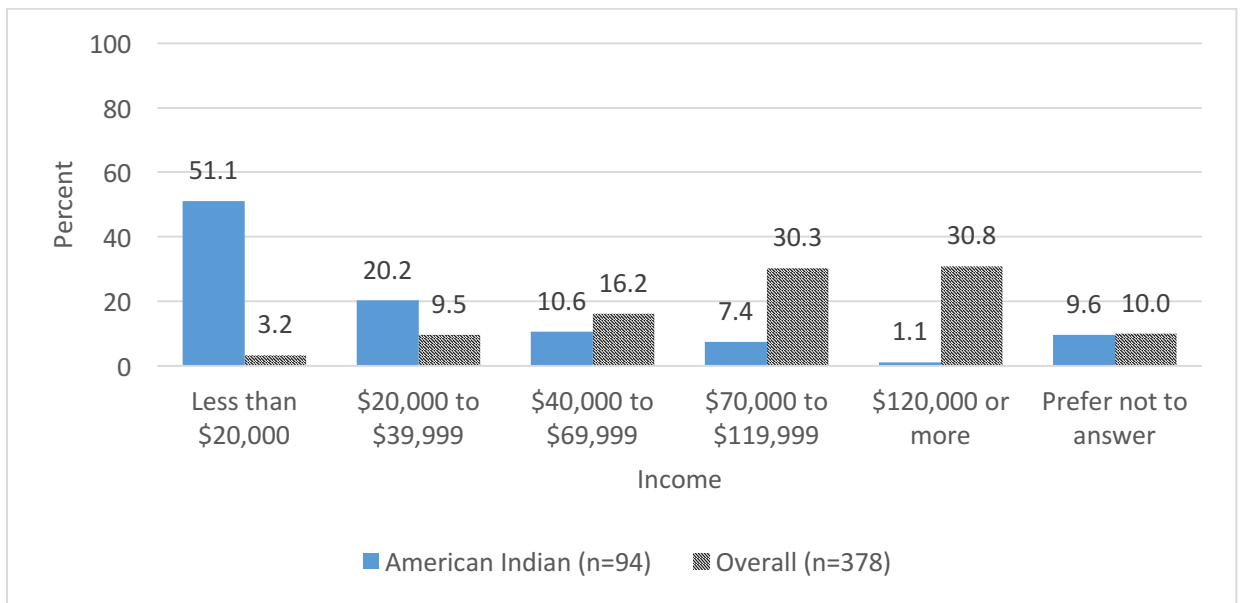
All of the AI respondents identified as Native American/Alaska Native, while only 0.1% of the OA respondents identified as a similar race/ethnicity (Figure 24, Appendix Table 25).

Figure 24. Respondent race/ethnicity



The majority of AI respondents had an annual household income of less than \$20,000 (51.1%), while the majority of OA respondents had an annual household income of \$70,000 or more (71.1%) (Figure 25, Appendix Table 26).

Figure 25. Respondent annual household income



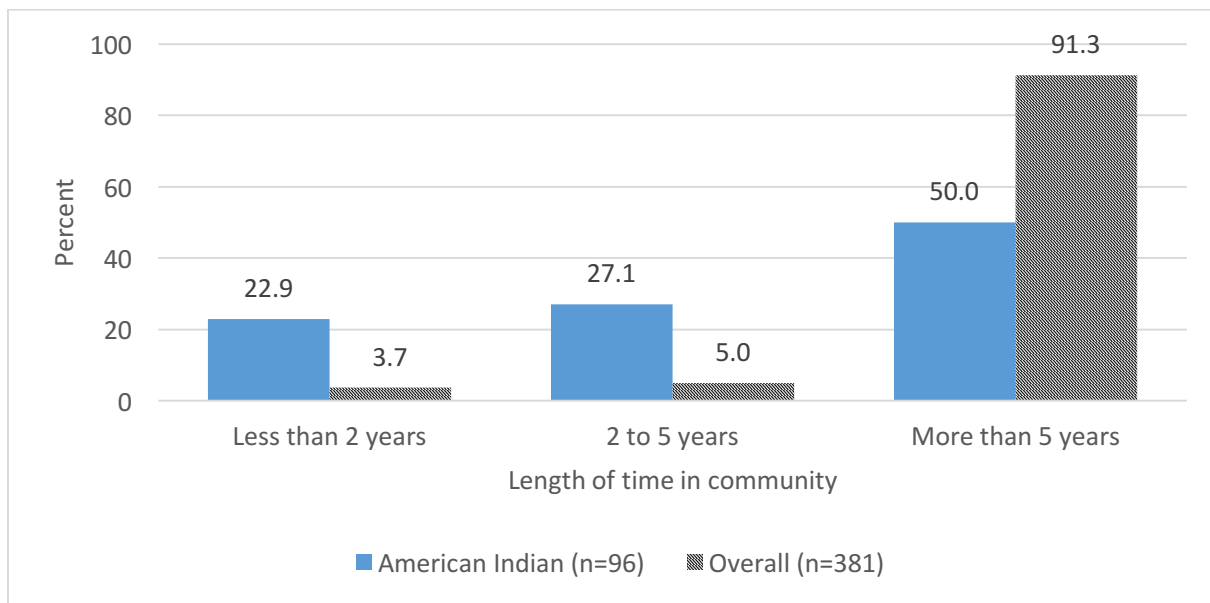
Nearly 44% of AI respondents were employed for wages, while two-thirds of the OA respondents were employed for wages (65.9%) (Table 11, Appendix Table 27). AI respondents were more likely to have been out of work for any period of time than OA respondents (AI=17% vs. OA=0.1%).

Table 11. Respondent employment status

Employment status	Percent	
	American Indian (n=94)	Overall (n=371)
Employed for wages	43.6	65.9
Self-employed	8.5	11.1
Homemaker	8.5	3.8
Retired	3.2	15.6
Student	3.2	2.7
Unable to work	16	0.8
Out of work - less than 1 year	6.4	0.0
Out of work - 1 year or more	10.6	0.1
<b>TOTAL</b>	<b>100.0</b>	<b>100.0</b>

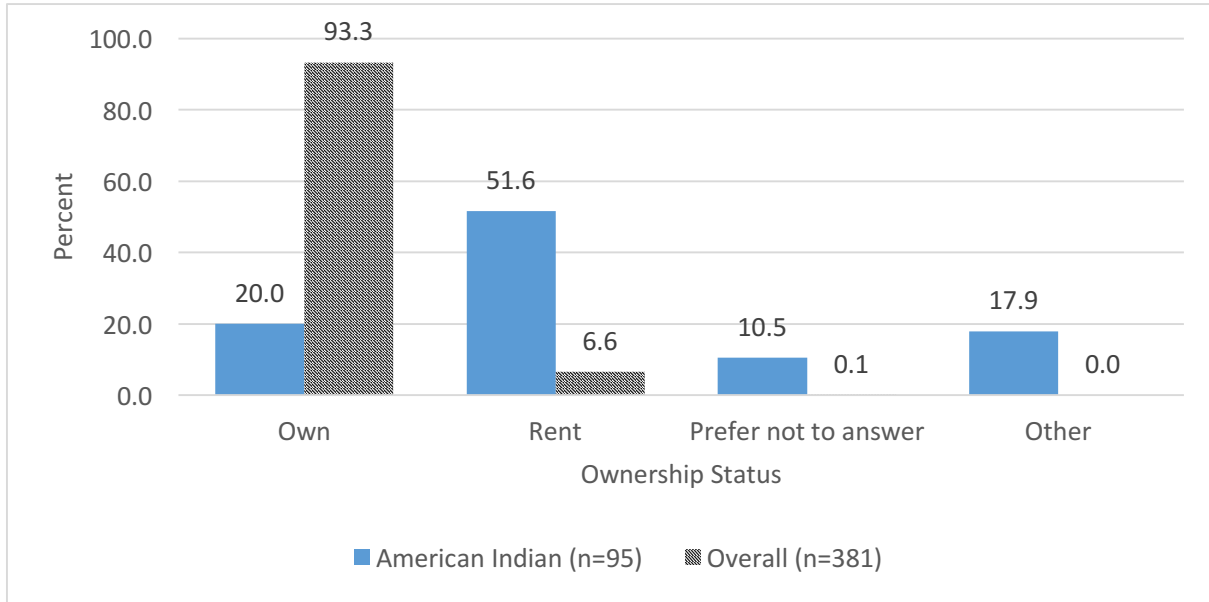
OA respondents were more likely to have been in the community for more than 5 years than AI respondents (OA=91.3% vs. AI=50.0%) (Figure 26, Appendix Table 28).

Figure 26. Length of time in community



AI respondents are more likely to rent vs own than OA respondents (AI=51.6% vs. OA=6.6%) (Figure 27, Appendix Table 29). OA respondents are nearly five times as likely to own their home than AI respondents (OA=93.3% vs. AI=20.0%).

Figure 27. Home ownership status



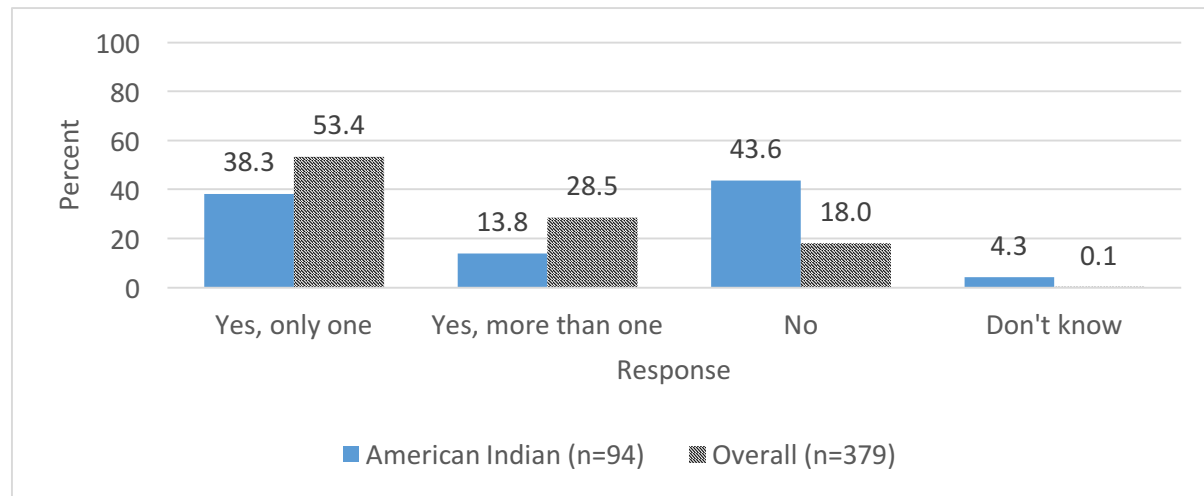
Two thirds of AI respondents stated they had health insurance, while nearly all of the OA respondents stated they have health insurance (AI=68.8% vs. OA=99.0%) (Table 12, Appendix Table 30). Nearly half of AI respondents stated they have oral health or dental health insurance, while more than three fourths of OA respondents stated they had this type of insurance (AI=49.5% vs. OA=76.3%).

Table 12. Respondent insurance status

Type of insurance	Percent					
	Response					
	Yes		No		Don't know	
	AI	Overall	AI	Overall	AI	Overall
Health insurance (n=96)	68.8	99.0	28.1	1.0	3.1	0.0
Oral health/dental care (n=95)	49.5	76.5	43.2	23.3	7.4	0.2

More than half of AI respondents stated they have at least one person who they think of as their personal doctor or health care provider (52.1%), as compared to nearly 82% (81.9%) of OA respondents (Figure 28, Appendix Table 31).

Figure 28. Presence of personal doctor or health care provider



Both AI (30.5%) and OA (66.2%) respondents were most likely to go to a physician’s office to seek care when they are sick, and both AI (43.8%) and OA (63.5%) respondents were most likely to take their children to a physician’s office when they are sick (Table 13, Appendix Table 32).

Table 13. Location to which respondents go to most often and take their children most often when sick

Person for which care is being sought	Locations									
	Percent									
	Physician Office		Urgent Care		Public health department		Hospital emergency room		Other free or discounted clinic	
	AI	Overall	AI	Overall	AI	Overall	AI	Overall	AI	Overall
<b>Respondents (n: AI=95, OA=367)</b>	30.5	66.2	15.8	28.4	11.6	0.0	22.1	1.6	20.0	3.8
<b>Children (n: AI=48, OA=173)</b>	43.8	63.5	12.5	28.8	8.3	0.0	28.2	0.0	6.3	7.8

More than half of AI respondents (52.6%) stated they have at least one person aged 18 or younger living in their home, and nearly 14% (13.7%) stated they have at least one person aged 65 or older in their household (Table 14, Appendix Table 33).

Table 14. Presence and number of persons aged 18 or younger and aged 65 or older living in respondents' household

Age of person	Percent							
	Number of persons							
	None		1 to 2		3 to 5		6 or more	
	AI	Overall	AI	Overall	AI	Overall	AI	Overall
<b>Younger than 18 years of age (n: AI=95, OA=373)</b>	47.4	53.4	27.4	35.8	22.1	10.8	3.2	0.0
<b>Aged 65 or older (n: AI=95, OA=377)</b>	86.3	82.0	11.6	17.9	2.1	0.1	0.0	0.0

Of the AI respondents who have children aged 18 or younger in their home, 80% stated all children are current on immunizations, as compared to 98.1% of OA respondents. Of the AI respondents who have children aged 18 or younger in their home, 48% stated children aged 6 months or older get an annual flu shot or mist, as compared to 73.5% of OA respondents (Table 15, Appendix Table 33).

Table 15. Whether all children in home are current on immunizations and children aged 6 months or older get an annual flu shot/mist

Age of person	Percent							
	Status							
	Yes		No		Don't know		Not applicable	
	AI	Overall	AI	Overall	AI	Overall	AI	Overall
<b>All children current on immunizations (n: AI=50, OA=174)</b>	80.0	98.1	10.0	1.9	4.0	0.0	6.0	0.0
<b>Aged 6 months or older get annual flu shot/mist (n: AI=50, OA=174)</b>	48.0	73.5	32.0	26.0	10.0	0.5	10.0	0.0

## **Appendices**

## **Appendix Tables**



Appendix Table 1. Level of concern with statements about the community

Statements	Mean	Percent of Respondents*					Total
		Level of Concern (1=not at all, 5=a great deal)					
		1	2	3	4	5	
<b>ECONOMICS</b>							
Availability of affordable housing (n=94)	3.81	5.3	10.6	23.4	19.1	41.5	99.9
Homelessness (n=90)	4.08	7.8	10.0	7.8	15.6	58.9	100.1
Hunger (n=87)	3.83	9.2	12.6	9.2	24.1	44.8	99.9
<b>TRANSPORTATION</b>							
Availability of public transportation (n=94)	2.98	19.1	12.8	38.3	10.6	19.1	99.9
Cost of public transportation (n=88)	3.13	15.9	12.5	34.1	18.2	19.3	100.0
Driving habits (e.g. speeding, road rage) (n=90)	3.01	18.9	15.6	27.8	21.1	16.7	100.1
Availability of good walking or biking options (n=89)	3.27	13.5	10.1	37.1	14.6	24.7	100.0
<b>ENVIRONMENT</b>							
Water quality (n=96)	3.15	16.7	18.8	22.9	16.7	25.0	100.1
Air quality (n=90)	3.16	21.1	12.2	23.3	16.7	26.7	100.0
Home septic systems (n=90)	2.93	22.2	16.7	25.6	16.7	18.9	100.1
Hazardous waste (n=90)	3.10	22.2	14.4	20.0	17.8	25.6	100.0
<b>CHILDREN AND YOUTH</b>							
Availability of services for at-risk youth (n=95)	3.62	8.4	7.4	33.7	14.7	35.8	100.0
Cost of services for at-risk youth (n=93)	3.75	7.5	2.2	34.4	19.4	36.6	100.1
Youth Crime (n=93)	3.72	7.5	4.3	32.3	20.4	35.5	100.0
School dropout rates (n=93)	3.88	5.4	7.5	23.7	20.4	43.0	100.0
School absenteeism (n=92)	3.87	4.3	7.6	25.0	22.8	40.2	99.9
Teen pregnancy (n=93)	3.94	5.4	4.3	25.8	20.4	44.1	100.0
Bullying (n=92)	4.03	3.3	8.7	20.7	16.3	51.1	100.1
Availability of activities for children and youth (n=92)	3.77	2.2	9.8	30.4	23.9	33.7	100.0
Cost of activities for children and youth (n=93)	3.81	5.4	7.5	25.8	23.7	37.6	100.0
Availability of quality child care (n=91)	3.97	4.4	5.5	23.1	23.1	44.0	100.1
Cost of quality child care (n=93)	4.09	2.2	7.5	18.3	23.7	48.4	100.1
Availability of quality infant care (birth to 2 yrs) (n=93)	3.88	5.4	9.7	18.3	24.7	41.9	100.0
Cost of quality infant care (n=92)	3.90	5.4	6.5	22.8	22.8	42.4	99.9
<b>AGING POPULATION</b>							
Availability of activities for seniors (n=95)	3.67	4.2	12.6	23.2	31.6	28.4	100.0
Cost of activities for seniors (n=92)	3.65	5.4	9.8	29.3	25.0	30.4	99.9
Availability of resources to help the elderly stay safe in their home (n=91)	3.71	7.7	9.9	22.0	24.2	36.3	100.1
Availability of resources for family/friends caring for and making decisions for elders (n=93)	3.67	5.4	10.8	23.7	32.3	28.0	100.2
Availability of resources for grandparents caring for grandchildren (n=93)	3.70	6.5	12.9	20.4	24.7	35.5	100.0
Availability of long term care (n=89)	3.76	5.6	9.0	24.7	24.7	36.0	100.0

Statements	Mean	Percent of Respondents*						Total
		Level of Concern (1=not at all, 5=a great deal)						
		1	2	3	4	5		
Cost of long term care (n=93)	3.86	3.2	12.9	23.7	15.1	45.2	100.1	
Availability of memory care (n=89)	3.74	4.5	10.1	27.0	23.6	34.8	100.0	
<b>SAFETY</b>								
Child abuse and neglect (n=96)	3.90	9.4	5.2	20.8	15.6	49.0	100.0	
Elder abuse (n=95)	3.89	8.4	9.5	14.7	18.9	48.4	99.9	
Domestic violence (n=94)	4.07	7.4	3.2	16.0	21.3	52.1	100.0	
Presence of street drugs, prescription drugs, and alcohol in the community (n=95)	4.08	7.4	4.2	17.9	13.7	56.8	100.0	
Presence of drug dealers in the community (n=96)	3.97	9.4	4.2	15.6	21.9	49.0	100.1	
Presence of gang activity (n=95)	3.79	9.5	7.4	18.9	23.2	41.1	100.1	
Crime (n=95)	3.99	5.3	6.3	16.8	27.4	44.2	100.0	
Sex trafficking (n=95)	3.78	12.6	9.5	11.6	20.0	46.3	100.0	
<b>HEALTH CARE</b>								
Access to affordable health care (n=96)	3.75	6.3	10.4	26.0	16.7	40.6	100.0	
Access to affordable prescription drugs (n=94)	3.86	7.4	7.4	22.3	17.0	45.7	99.8	
Access to affordable health insurance (n=94)	3.87	6.4	5.3	27.7	16.0	44.7	100.1	
Cost of affordable vision insurance (n=95)	3.84	6.3	5.3	29.5	15.8	43.2	100.1	
Cost of affordable dental insurance coverage (n=94)	3.94	6.4	6.4	22.3	17.0	47.9	100.0	
Distance to health care services (n=94)	3.60	7.4	8.5	35.1	14.9	34.0	99.9	
Providers not taking new patients (n=92)	3.67	7.6	12.0	21.7	22.8	35.9	100.0	
Coordination of care between providers and services (n=94)	3.57	10.6	7.4	24.5	28.7	28.7	99.9	
Availability of non-traditional hours (n=94)	3.62	7.4	8.5	31.9	19.1	33.0	99.9	
Availability of transportation (n=94)	3.57	7.4	12.8	25.5	23.4	30.9	100.0	
Use of emergency room services for primary health care (n=94)	3.51	7.4	12.8	28.7	23.4	27.7	100.0	
Timely access to vision care providers (n=94)	3.55	7.4	9.6	36.2	13.8	33.0	100.0	
Timely access to dental care providers (n=94)	3.74	6.4	7.4	27.7	22.3	36.2	100.0	
Timely access to prevention programs and services (n=92)	3.54	6.5	13.0	31.5	17.4	31.5	99.9	
Timely access to bilingual providers and/or translators (n=93)	3.51	9.7	9.7	31.2	19.4	30.1	100.1	
Timely access to transportation (n=94)	3.54	10.6	9.6	27.7	19.1	33.0	100.0	
Timely access to doctors, physician assistants, or nurse practitioners (n=94)	3.73	6.4	9.6	24.5	23.4	36.2	100.1	
Timely access to physician specialists (n=93)	3.67	8.6	7.5	28.0	20.4	35.5	100.0	
Timely access to registered dietitians (n=93)	3.60	10.8	6.5	25.8	25.8	31.2	100.1	
Timely access to exercise specialists or personal trainers (n=94)	3.64	9.6	6.4	27.7	23.4	33.0	100.1	
Timely access to mental health providers (n=93)	3.68	9.7	7.5	26.9	17.2	38.7	100.0	
Timely access to substance abuse providers (n=94)	3.73	8.5	6.4	26.6	20.2	38.3	100.0	

Statements	Mean	Percent of Respondents*					Total
		Level of Concern (1=not at all, 5=a great deal)					
		1	2	3	4	5	
<b>PHYSICAL AND MENTAL HEALTH</b>							
Obesity (n=96)	3.88	7.3	6.3	18.8	27.1	40.6	100.1
Poor nutrition and eating habits (n=93)	4.00	4.3	5.4	19.4	28.0	43.0	100.1
Inactivity and lack of exercise (n=95)	3.94	5.3	6.3	17.9	30.5	40.0	100.0
Cancer (n=94)	3.77	9.6	9.6	16.0	24.5	40.4	100.1
Chronic disease (n=96)	3.92	9.4	7.3	12.5	24.0	46.9	100.1
Sexually transmitted diseases (n=95)	3.75	11.6	4.2	23.2	20.0	41.1	100.1
Infectious diseases such as the flu (n=94)	3.73	8.5	7.4	21.3	27.7	35.1	100.0
Dementia and Alzheimer's Disease (n=96)	3.57	9.4	9.4	26.0	25.0	30.2	100.0
Depression (n=95)	4.03	10.5	2.1	14.7	18.9	53.7	99.9
Stress (n=94)	4.10	7.4	3.2	17.0	17.0	55.3	99.9
Suicide (n=93)	4.11	9.7	3.2	9.7	21.5	55.9	100.0
Other psychiatric diagnosis (n=93)	4.13	8.6	2.2	15.1	16.1	58.1	100.1
<b>SUBSTANCE USE AND ABUSE</b>							
Alcohol use and abuse (n=96)	4.04	10.4	3.1	16.7	11.5	58.3	100.0
Drug use and abuse (n=96)	4.04	10.4	3.1	14.6	15.6	56.3	100.0
Underage drinking (n=96)	3.98	8.3	5.2	16.7	19.8	50.0	100.0
Underage drug use and abuse (n=95)	4.00	7.4	5.3	16.8	21.1	49.5	100.1
Smoking and tobacco abuse (n=96)	3.99	8.3	5.2	17.7	16.7	52.1	100.0
Exposure to second hand smoke (n=96)	4.11	5.2	6.3	18.8	11.5	58.3	100.1

\*Percentages do not total 100.0 due to rounding.

Appendix Table 2.  
Respondents'  
Rating of Their  
Health in General

Response	Percent of respondents
Excellent	7.4
Very Good	11.7
Good	40.4
Fair	26.6
Poor	12.8
Don't Know	1.1
<b>TOTAL</b>	<b>100.0</b>

n=94

Appendix Table 3. Respondents' weight status based on the Body Mass Index (BMI) scale

<b>Weight/BMI status</b>	<b>Percent of respondents*</b>
Underweight = BMI less than 18.5	1.2
Normal weight = BMI from 18.5 to 24.9	11.8
Overweight = BMI from 25.0 to 29.9	35.3
Obese = BMI of 30.0 or greater	51.8
<b>TOTAL</b>	<b>100.1</b>

n=85

\*Percentages do not total 100.0 due to rounding.

Appendix Table 4. Number of servings of vegetables, fruit, and fruit juice that respondents had yesterday

<b>Type of servings</b>	<b>Percent of respondents</b>						
	<b>Number of servings</b>						
	<b>None</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5 or more</b>	<b>TOTAL</b>
Vegetables consumed yesterday (n=95)	16.8	27.4	34.7	15.8	3.2	2.1	<b>100.0</b>
Fruit consumed yesterday (n=96)	15.6	26.0	33.3	18.8	4.2	2.1	<b>100.0</b>
Fruit juice consumed yesterday (n=96)	36.5	33.3	14.6	11.5	3.1	1.0	<b>100.0</b>

Appendix Table 5. Number of days in an average week respondents engage in moderate and vigorous physical activity

<b>Type of exercise</b>	<b>Percent of respondents*</b>				
	<b>Number of days</b>				
	<b>None</b>	<b>1 to 2 days</b>	<b>3 to 4 days</b>	<b>5 or more days</b>	<b>TOTAL</b>
At least 30 minutes of MODERATE activity in an average week (n=96)	3.1	39.6	28.1	29.2	<b>100.0</b>
At least 30 minutes of VIGOROUS activity in an average week (n=96)	18.8	54.2	14.6	12.5	<b>100.1</b>

\*Percentages do not total 100.0 due to rounding.

Appendix Table 6. Percentage of respondents who have been told by a doctor or health professional that they have a mental health issue, by type of mental health issue

Mental health issue	Percent of respondents*
Depression	46.9
Anxiety/stress	54.2
Panic attacks	28.1
Other mental health problems	22.9

n=96

\*Percentages do not total 100.0 due to multiple responses.

Appendix Table 7. Number of days in last month when respondents' mental health was not good

Number of days	Percent of respondents
None	15.8
1 to 7 days	33.7
8 to 14 days	18.9
15 to 21 days	13.7
22 to 31 days	17.9
<b>TOTAL</b>	<b>100.0</b>

n=95

Appendix Table 8. How often, over the past two weeks, respondents have been bothered by mental health issues, by specific issue

Issues	Percent of respondents				TOTAL
	Not at all	Several days	More than half the days	Nearly every day	
Little interest or pleasure in doing things (n=94)	43.6	36.2	11.7	8.5	<b>100.0</b>
Felling down, depressed, or hopeless (n=92)	42.4	33.7	16.3	7.6	<b>100.0</b>

Appendix Table 9. Whether respondents have smoked at least 100 cigarettes in their entire life

Response	Percent of respondents
Yes	67.4
No	32.6
<b>TOTAL</b>	<b>100.0</b>

n=95

Appendix Table 10. How often respondents currently smoke cigarettes and use chewing tobacco or snuff

Tobacco Use	Percent of respondents*			
	Every day	Some days	Not at all	TOTAL
Cigarettes (n=95)	38.9	20.0	41.1	<b>100.0</b>
Chewing tobacco or snuff (n=95)	7.4	9.5	83.2	<b>100.1</b>

\*Percentages do not total 100.0 due to rounding.

Appendix Table 11. Location respondents would go first if they wanted help to quit using tobacco

Resources	Percent of respondents
Quitline	14.7
Doctor	12.6
Pharmacy	1.1
Private counselor/therapist	1.1
Health department	7.4
Don't know	16.8
Not applicable	26.3
I don't want to quit	10.5
Other:	9.5
Candy (1)	
Homeless health (1)	
Myself (4)	
Non-smoker (1)	
Vapor (1)	
<b>TOTAL</b>	<b>100.0</b>

n=95

Appendix Table 12. Number of days during the past month that respondents have had at least one drink of any alcoholic beverage

Number of days	Percent of respondents
None	46.3
1 to 7 days	35.8
8 to 14 days	5.3
15 to 21 days	6.3
22 to 31 days	6.3
<b>TOTAL</b>	<b>100.0</b>

n=95

Appendix Table 13. During the past month on days when respondents drank, average number of drinks per day respondents consumed

Number of drinks	Percent of respondents
1	48.4
2	5.4
3	7.5
4	4.3
5 or more	34.4
<b>TOTAL</b>	<b>100.0</b>

n=93

Appendix Table 14. Number of days during the past month that respondents consumed at least 4 or 5 alcohol drinks (4 for females, 5 for males) on the same occasion

Frequency	Percent of respondents*
Almost every day	4.4
2-3 times a week	14.4
Once a week	12.2
Once a month	14.4
Never	54.4
<b>TOTAL</b>	<b>99.8</b>

n=90

\*Percentages do not total 100.0 due to rounding.

Appendix Table 15. Whether respondents have ever had a problem with alcohol use or prescription or non-prescription drug use

Had a problem with:	Percent of respondents		
	Yes	No	TOTAL
Alcohol use (n=95)	51.6	48.4	<b>100.0</b>
Prescription or non-prescription drug use (n=91)	26.4	73.6	<b>100.0</b>

Appendix Table 16. Of respondents who have ever had a problem with alcohol use or prescription or non-prescription drug abuse, whether respondents got the help they needed

<b>Got help needed for:</b>	<b>Percent of respondents*</b>			
	<b>Yes</b>	<b>No</b>	<b>Didn't need help</b>	<b>TOTAL</b>
Alcohol use (n=48)	56.3	29.2	14.6	<b>100.1</b>
Prescription or non-prescription drug use (n=32)	50.0	21.9	28.1	<b>100.0</b>

\*Percentages do not total 100.0 due to rounding.

Appendix Table 17. Whether alcohol use or prescription or non-prescription drug abuse had harmful effects on respondents or a family member over the past two years

<b>Over the past two years:</b>	<b>Percent of respondents</b>		
	<b>Yes</b>	<b>No</b>	<b>TOTAL</b>
Alcohol use has had harmful effects (n=94)	67.0	33.0	<b>100.0</b>
Prescription or non-prescription drug use has had harmful effects (n=93)	57.0	43.0	<b>100.0</b>

Appendix Table 18. Whether respondents have any of the following chronic diseases

<b>Chronic diseases</b>	<b>Percent of respondents*</b>
Diabetes	15.6
Hypertension	16.7
High cholesterol	12.5
Congestive heart failure	1.0
COPD	2.1
Arthritis	16.7
Alzheimer's	0.0
Asthma	10.4
Stroke	1.0
Cancer	0.0

n=96

\*Percentages do not total 100.0 due to multiple responses.



Appendix Table 19. Length of time since respondents last visited a doctor or health care provider for a routine physical exam and length of time since they last visited a dentist or dental clinic for any reason

Length of time since:	Percent of respondents*						
	Within the past year	1 to 2 years	3 to 5 years	6 or more years	Don't Know	Never	TOTAL
Visiting a doctor or health care provider (n=95)	65.3	15.8	9.5	2.1	3.2	4.2	<b>100.1</b>
Visiting a dentist or dental clinic (n=93)	51.6	18.3	20.4	5.4	1.1	3.2	<b>100.0</b>

\*Percentages do not total 100.0 due to rounding.

Appendix Table 20. Where respondents get most of their health information

Sources of health information	Percent of respondents*
Government websites (i.e. CDC)	25.0
Non-government websites (i.e. WebMD)	16.7
Television	10.4
Magazine, newspapers, or books	16.7
Medical professional	40.6
Alternative health specialist	9.4
Family or friends	31.3
Health helpline (Telephone)	8.3
Other:	5.2
Google	
Homeless health/family health	
Myself	

n=96

\*Percentages do not total 100.0 due to multiple responses.

Appendix Table 21. Best way for respondents to access technology for health information

Type of technology	Percent of respondents*
Personal computer or tablet	37.5
Public computer (e.g. library, community center)	25.0
Smart phone	52.1
Other:	10.4
Home computer	
Don't know	
Other doctor	
Phone	
Public health	
Social media	

n=96

\*Percentages do not total 100.0 due to multiple responses.

Appendix Table 22. Respondent age

Age	Percent of respondents*
18 to 24 years	16.0
25 to 34 years	26.6
35 to 44 years	21.3
45 to 54 years	19.1
55 to 64 years	16.0
65 to 74 years	1.1
75 years or older	0.0
<b>TOTAL</b>	<b>100.1</b>

n=94

\*Percentages do not total 100.0 due to rounding.

Appendix Table 23. Respondent education

<b>Education</b>	<b>Percent of respondents*</b>
Some high school	17.7
High school diploma or GED	20.8
Some college, no degree	37.5
Associate's degree	5.2
Bachelor's degree	10.4
Graduate or professional degree	5.2
Prefer not to answer	3.1
<b>TOTAL</b>	<b>99.9</b>

n=96

\*Percentages do not total 100.0 due to rounding.

Appendix Table 24. Respondent gender

<b>Gender</b>	<b>Percent of respondents</b>
Male	42.7
Female	57.3
<b>TOTAL</b>	<b>100.0</b>

n=96

Appendix Table 25. Respondent race/ethnicity

<b>Race/ethnicity</b>	<b>Percent of respondents*</b>
White	12.5
Black or African American	0.0
Native American or Alaska Native	0.0
Asian or Pacific Islander	100.0
Hispanic	6.3
Prefer not to answer	0.0

n=96

\*Percentages do not total 100.0 due to multiple responses.

Appendix Table 26. Respondent income

<b>Income</b>	<b>Percent of respondents</b>
Less than \$20,000	51.1
\$20,000 to \$39,999	20.2
\$40,000 to \$69,999	10.6
\$70,000 to \$119,999	7.4
\$120,000 or more	1.1
Prefer not to answer	9.6
<b>TOTAL</b>	<b>100.0</b>

n=94

Appendix Table 27. Respondent employment status

<b>Employment status</b>	<b>Percent of respondents</b>
Employed for wages	43.6
Self-employed	8.5
Homemaker	8.5
Retired	3.2
A student	3.2
Unable to work	16.0
Out of work - less than 1 year	6.4
Out of work - 1 year or more	10.6
<b>TOTAL</b>	<b>100.0</b>

n=94

Appendix Table 28. Length of time respondents have lived in their community

<b>Length of time in community</b>	<b>Percent of respondents</b>
Less than 2 years	22.9
2 to 5 years	27.1
More than 5 years	50.0
<b>TOTAL</b>	<b>100.0</b>

n=94

Appendix Table 29. Whether respondents own or rent their home

Response	Percent of respondents
Own	20.0
Rent	51.6
Prefer not to answer	10.5
Other	17.9
Homeless (8)	
<b>TOTAL</b>	<b>100.0</b>

n=95

Appendix Table 30. Respondent health insurance and dental insurance status

Type of coverage	Percent of respondents*			
	Yes	No	Prefer not to answer	TOTAL
Health insurance (n=96)	68.8	28.1	3.1	<b>100.0</b>
Dental insurance (oral health or dental care coverage) (n=95)	49.5	43.2	7.4	<b>100.1</b>

\*Percentages do not total 100.0 due to rounding.

Appendix Table 31. Whether respondents have one person who they think of as their personal doctor or health care provider

Response	Percent of respondents
Yes, only one	38.3
Yes, more than one	13.8
No	43.6
Don't know	4.3
<b>TOTAL</b>	<b>100.0</b>

n=94

Appendix Table 32. Facilities to which respondents go most often when sick and take their children when sick

Location	Percent of respondents*	
	Where respondents go (n=95)	Where respondents take their children (n=48)
Physician office	30.5	43.8
Urgent care	15.8	12.5
Public health department	11.6	8.3
Hospital emergency room	22.1	29.2
Other free or discounted clinic	20.0	6.3
<b>TOTAL</b>	<b>100.0</b>	<b>100.1</b>

\*Percentages do not total 100.0 due to rounding.

Appendix Table 33. Number of persons aged 18 or younger and aged 65 or older living in respondents' household

Number of persons	Percent of respondents*	
	Persons younger than 18 in household (n=95)	Persons aged 65 or older in household (n=95)
None	47.4	86.3
1 to 2	27.4	11.6
3 to 5	22.1	2.1
6 or more	3.2	0.0
<b>TOTAL</b>	<b>100.1</b>	<b>100.0</b>

\*Percentages do not total 100.0 due to rounding.

Appendix Table 34. Whether all children in home are current on immunizations and children aged 6 months or older get an annual flu shot/mist

Response	Percent of respondents	
	Children are current on immunizations (n=50)	Children aged 6 months or older get annual flu shot/mist (n=50)
Yes	80.0	48.0
No	10.0	32.0
Don't know	4.0	10.0
Not applicable	6.0	10.0
<b>TOTAL</b>	<b>100.0</b>	<b>100.0</b>

## Survey Instrument

2015 Community Health Needs Assessment

Q1 Considering your community, what is your level of concern with....

Q2 ECONOMICS

	Not at All 1 (1)	2 (2)	3 (3)	4 (4)	A Great Deal 5 (5)
Availability of affordable housing (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Homelessness (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hunger (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q3 TRANSPORTATION

	Not at All 1 (1)	2 (2)	3 (3)	4 (4)	A Great Deal 5 (5)
Availability of public transportation (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of public transportation (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Driving habits (e.g., speeding, road rage) (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of good walking or biking options (as alternatives to driving) (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Q4 ENVIRONMENTAL

	Not at All 1 (1)	2 (2)	3 (3)	4 (4)	A Great Deal 5 (5)
Water quality (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Air quality (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Home septic systems (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hazardous waste (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q5 CHILDREN AND YOUTH

	Not at All 1 (1)	2 (2)	3 (3)	4 (4)	A Great Deal 5 (5)
Availability of services for at-risk youth (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of services for at-risk youth (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Youth crime (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School dropout rates (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School absenteeism (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teen pregnancy (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bullying (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of activities for children and youth (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of activities for children and youth (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of quality child care (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of quality child care (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of quality infant care (birth to 2 years) (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of quality infant care (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q6 THE AGING POPULATION

	Not at All 1 (1)	2 (2)	3 (3)	4 (4)	A Great Deal 5 (5)
Availability of activities for seniors (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of activities for seniors (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of resources to help the elderly stay safe in their home (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of resources for family/friends caring for and making decisions for elders (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of resources for grandparents caring for grandchildren (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of long term care (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of long term care (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of memory care (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q7 SAFETY

	Not at All 1 (1)	2 (2)	3 (3)	4 (4)	A Great Deal 5 (5)
Child abuse and neglect (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Elder abuse (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Domestic violence (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Presence of street drugs, prescription drugs, and alcohol in the community (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Presence drug dealers in the community (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Presence of gang activity (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crime (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sex trafficking (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q8 HEALTH CARE

	Not at All 1 (1)	2 (2)	3 (3)	4 (4)	A Great Deal 5 (5)
Access to affordable health care (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access to affordable prescription drugs (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access to affordable health insurance (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of affordable vision insurance (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost of affordable dental insurance coverage (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Distance to health care services (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providers not taking new patients (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coordination of care between providers and services (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of non-traditional hours (e.g., evenings, weekends) (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Availability of transportation (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use of emergency room services for primary health care (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timely access to vision care providers (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Timely access to dental care providers (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timely access to prevention programs and services (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timely access to bilingual providers and/or translators (15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timely access to transportation (16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timely access to doctors, physician, assistants, or nurse practitioners (17)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timely access to physician specialist (18)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timely access to registered dietitians (19)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timely access to exercise specialists or personal trainers (20)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timely access to mental health providers (21)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Timely access to substance abuse providers (22)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q9 PHYSICAL AND MENTAL HEALTH

	Not at All 1 (1)	2 (2)	3 (3)	4 (4)	A Great Deal 5 (5)
Obesity (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor nutrition and eating habits (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inactivity and lack of exercise (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cancer (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chronic disease (e.g., diabetes, heart disease, multiple sclerosis) (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sexually transmitted diseases (e.g., AIDS, HIV, Chlamydia) (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Infectious diseases such as the flu (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dementia and Alzheimer's disease (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depression (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Suicide (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other psychiatric diagnosis (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q10 SUBSTANCE USE AND ABUSE

	Not at All 1 (1)	2 (2)	3 (3)	4 (4)	A Great Deal 5 (5)
Alcohol use and abuse (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drug use and abuse (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Underage drinking (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Underage drug and abuse (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smoking and tobacco use (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exposure to second hand smoke (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q11 PERSONAL HEALTH

Q12 In general, how would you rate your health?

- Excellent (1)
- Very Good (2)
- Good (3)
- Fair (4)
- Poor (5)
- Don't know (6)

Q13 About how much do you weight without shoes?

Q14 About how tall are you without shoes?

- Feet (1)
- Inches (2)



Q15 A serving of vegetables is one cup of salad greens or a half cup of vegetables - not including French fries. How many servings of vegetables did you have yesterday?

- None (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 or more (6)

Q16 A serving of fruit is a medium sized piece of fruit or a half cup of chopped, cut or canned fruit. How many servings of fruit did you have yesterday?

- None (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 or more (6)

Q17 A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday?

- None (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 or more (6)

Q18 MODERATE activity causes only light sweating and a small increase in breathing or heart rate. During an average week, other than your regular job, how many days do you get at least 30 minutes of MODERATE activity?

- None (1)
- 1 to 2 days (2)
- 3 to 4 days (3)
- 5 or more days (4)

Q19 VIGOROUS activity causes heavy sweating and a large increase in breathing or hear rate. During an average week, other than your regular job, how many days do you get at least 30 minutes of VIGOROUS activity?

- None (1)
- 1 to 2 days (2)
- 3 to 4 days (3)
- 5 or more days (4)

Q20 Have you ever been told by a doctor or health professional that you have any of the following?  
(Chose all that apply)

- Depression (1)
- Anxiety/Stress (2)
- Panic attacks (3)
- Other mental health problems (4)

Q21 Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

- 0 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- 8 (9)
- 9 (10)
- 10 (11)
- 11 (12)
- 12 (13)
- 13 (14)
- 14 (15)
- 15 (16)
- 16 (17)
- 17 (18)
- 18 (19)
- 19 (20)
- 20 (21)
- 21 (22)
- 22 (23)
- 23 (24)
- 24 (25)
- 25 (26)
- 26 (27)
- 27 (28)
- 28 (29)
- 29 (30)
- 30 (31)

Q22 Over the past two weeks, how often have you been bothered by any of the following issues?

	Not at all (1)	Several days (2)	More than half the days (3)	Nearly every day (4)
Little interest or pleasure in doing things (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling down depressed or hopeless (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q23 Have you smoked at least 100 cigarettes in your entire life? (100 cigarettes = 5 packs)

- Yes (1)
- No (2)

Q24 How often do you currently smoke cigarettes?

- Every day (1)
- Some days (2)
- Not at all (3)

Q25 How often do you currently use chewing tobacco or snuff?

- Every day (1)
- Some days (2)
- Not at all (3)

Q26 Where would you first go for help if you wanted to quit using tobacco? (Choose ONE answer)

- Quitline (1)
- Doctor (2)
- Pharmacy (3)
- Private counselor/Therapist (4)
- Health Department (5)
- Don't know (6)
- Not applicable (7)
- I don't want to quit (8)
- Other: (9) \_\_\_\_\_

Q27 During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?

- 0 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- 8 (9)
- 9 (10)
- 10 (11)
- 11 (12)
- 12 (13)
- 13 (14)
- 14 (15)
- 15 (16)
- 16 (17)
- 17 (18)
- 18 (19)
- 19 (20)
- 20 (21)
- 21 (22)
- 22 (23)
- 23 (24)
- 24 (25)
- 25 (26)
- 26 (27)
- 27 (28)
- 28 (29)
- 29 (30)
- 30 (31)

Q28 During the past 30 days, on the days when you drank, about how many drinks did you drink on average? A drink is one can of beer, one glass of wine, or a drink with one shot of liquor.

- 0 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- 8 (9)
- 9 (10)
- 10 or more drinks (11)

Q29 During the past 30 days, how many times did you consume at least 4 or 5 alcoholic drinks (4 for females, 5 for males) on the same time occasion (at the same time, or within a couple of hours of each other)?

- Almost every day (1)
- 2 to 3 times a week (2)
- Once a week (3)
- Once a month (4)
- Never (5)

Q30

	Have you ever had a problem with....		If yes, did you get the help you needed?		
	Yes (1)	No (2)	Yes (1)	No (2)	Didn't need help (3)
Alcohol use? (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prescription or non-prescription drug abuse? (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q31 Over the past two years...

	Yes (1)	No (2)
Has alcohol use had harmful effects on you or a family member? (1)	<input type="radio"/>	<input type="radio"/>
Has prescription or non-prescription drug abuse had harmful effects on your or your family member? (2)	<input type="radio"/>	<input type="radio"/>

Q32 PREVENTIVE HEALTH

Q33 Below is a list of preventive screenings and procedures that you may have had in the last year. Please tell us a) Whether or not you had each of the procedures in the last year, and b) If you did not have the procedure, why not? (Choose all that apply)

	Have you had this procedure in the past year?		If you have not had this procedure in the past year, why not? (Choose all that apply for each procedure)						
	Yes (1)	No (2)	Not necessary (1)	Doctor hasn't suggested (2)	Cost (3)	Fear of procedure (4)	Fear of the results (5)	Unable to access care (6)	Other reason (7)
General Screenings									
Blood pressure screening (1)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bone density test (2)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cholesterol screening (3)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flu shot (4)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hearing screening (5)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Immunizations (tetanus, hepatitis A or B) (6)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pelvic exam (women's health) (7)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STD (sexually transmitted disease screening) (8)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vascular screening (9)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancer Screenings									
Breast cancer screening (i.e., Mammogram, breast exam, women, age 40+) (10)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cervical cancer screening (i.e.,	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



pap smear with 3 years of first sexual intercourse or by age 21 every 1-3 years depending on risk factors) (11)									
Colorectal cancer screening (i.e., colonoscopy every 10 years beginning at age 50, fecal occult blood test every year, barium enema every 5 years) (12)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prostate cancer screening (13)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin cancer screening (14)	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q34 Do you have any of the following chronic diseases? (Choose all that apply)

- Diabetes (1)
- Hypertension (2)
- High Cholesterol (3)
- Congestive Heart Failure (4)
- COPD (5)
- Arthritis (6)
- Alzheimer's (7)
- Asthma (8)
- Stroke (9)
- Cancer (10)

Q35 About how long has it been since you last visited a doctor or health care provider for a routine physical exam?

- Within the past year (1)
- 1 to 2 years (2)
- 3 to 5 years (3)
- 6 or more years (4)
- Don't know (5)
- Never (6)

Q36 About how long has it been since you last visited a dentist or dental clinic for any reason?

- Within the past year (1)
- 1 to 2 years (2)
- 3 to 5 years (3)
- 6 or more years (4)
- Don't know (5)
- Never (6)

Q37 Where do you get most of your health-related information? (Choose all that apply)

- Government websites (i.e., local public health, CDC) (1)
- Non-government websites (i.e., WebMD) (2)
- Television (3)
- Magazine, newspapers, or books (4)
- Medical professional (5)
- Alternative health specialist (6)
- Family or friends (7)
- Health Helpline (Telephone) (8)
- Other: (9) \_\_\_\_\_

Q38 What is the best way for you to access technology for health information? (Choose all that apply)

- Personal computer or tablet (1)
- Public computer (e.g., library, community center) (2)
- Smart phone (3)
- Other: (4) \_\_\_\_\_

Q39 DEMOGRAPHIC INFORMATION - Please tell us about yourself

Q40 What is your age?

- 18 to 24 years (1)
- 25 to 34 years (2)
- 35 to 44 years (3)
- 45 to 54 years (4)
- 55 to 64 years (5)
- 65 to 74 years (6)
- 75 or older (7)
- Prefer to not answer (8)

Q41 What is your highest level of education?

- Some high school (1)
- High school diploma or GED (2)
- Some college, no degree (3)
- Associate's degree (4)
- Bachelor's degree (5)
- Graduate or professional degree (6)
- Prefer to not answer (7)

Q42 What is your gender?

- Male (1)
- Female (2)
- Prefer to not answer (3)

Q43 What best describes your race/ethnicity? (Choose all that apply)

- White (1)
- Black or African American (2)
- Native American or Alaska Native (3)
- Asian or Pacific Islander (4)
- Hispanic (5)
- Prefer to not answer (6)

Q44 What is your approximate annual household income before taxes?

- Less than \$20,000 (1)
- \$20,000 to \$39,999 (2)
- \$40,000 to \$69,999 (3)
- \$70,000 to \$119,999 (4)
- \$120,000 or more (5)
- Prefer to not answer (6)

Q45 How would you best describe your current employment status?

- Employed for wages (1)
- Self-employed (2)
- Homemaker (3)
- Retired (4)
- A Student (5)
- Unable to work (6)
- Out of work-less than 1 year (7)
- Out of work-1 year or more (8)

Q46 How long have you lived in your community?

- Less than 2 years (1)
- 2 to 5 years (2)
- More than 5 years (3)

Q47 Do you own or rent your home?

- Own (1)
- Rent (2)
- Prefer to not answer (3)
- Other: (4) \_\_\_\_\_

Q48 Do you have health insurance (Private, public, or governmental)?

- Yes (1)
- No (2)
- Don't know (3)

Q49 Do you have oral health or dental care insurance coverage?

- Yes (1)
- No (2)
- Don't know (3)

Q50 Do you have one person who you think of as your personal doctor or health care provider?

- Yes, only one (1)
- Yes, more than one (2)
- No (3)
- Don't know (4)

Q51 Where do you go most often when you're sick? (Choose ONE)

- Physician office (1)
- Urgent care (2)
- Public Health Dept. (3)
- Hospital emergency room (4)
- Other free or discounted clinic (5)

Q52 Where do you most often take your child when they are sick? (Choose ONE)

- Physician office (1)
- Urgent care (2)
- Public Health Dept (3)
- Hospital emergency room (4)
- Other free or discounted clinic (5)

Q53 How many children younger than 18 years of age live in your household?

- None (1)
- 1 to 2 (2)
- 3 to 5 (3)
- 6 or more (4)

Q54 How many adults age 65 or older live in your household?

- None (1)
- 1 to 2 (2)
- 3 to 5 (3)
- 6 or more (4)

Q55 Are all children in your home current on their immunizations?

- Yes (1)
- No (2)
- Don't know (3)
- Not applicable (4)

Q56 Do all children in your home, age 6 months or older get a flu shot or flu mist each year?

- Yes (1)
- No (2)
- Don't know (3)
- Not applicable (4)

Q57 What is your home zip code?

Q58 Additional Comments