

Community Health Needs Assessment

2016

COMMUNITY SURVEY REPORT



SUBMITTED BY



HOLLERAN

COMMUNITY ENGAGEMENT RESEARCH & CONSULTING

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ONLINE COMMUNITY MEMBER SURVEY

Introduction

An Online Community Survey was conducted with individuals residing in Orange and Sullivan counties between September 25, 2015 and January 6, 2016. The survey was designed to assess their health status, health risk behaviors, preventive health practices, health care access primarily related to chronic disease and injury, and community assets and opportunities across seven categories. These categories included:

- Access to Care
- Dietary behaviors and weight management
- Healthcare practices and sources of information
- Alcohol and tobacco use
- Behavioral health
- Disease prevalence
- Community resources, strengths, and opportunities

Limitations

As with all research efforts, there are some limitations related to this study's research methods that should be acknowledged. While the community survey provides valuable insights, the demographic information may not particularly mirror the actual population due to non-random sampling techniques.

Data based on self-reports should be interpreted with particular caution. In some instances, respondents may over- or underreport behaviors and illnesses based on fear of social stigma depending on the health outcome of interest or misunderstanding the question being asked. In addition, respondents may be prone to recall bias where they may attempt to answer accurately, but remember incorrectly.

Study Background

Greater Hudson Valley Health System, in conjunction with Holleran, used a customized survey tool consisting of approximately 45 questions to assess access to health care, health status and behaviors, social constraints, and health-related community strengths and opportunities. The survey took approximately 10 to 15 minutes to complete. In total, 350 residents completed the survey, 229 from Orange County and 121 from Sullivan County. A copy of the survey tool can be found in Appendix A.

The following section provides an overview of the findings from the online community member survey, including highlights of important health indicators and health disparities.

Study Findings

Demographic Information

The demographic profile of the respondents who completed the survey is depicted in the tables below. A total of 229 residents in Orange County and 121 residents in Sullivan County participated in the survey. Over 40% of all respondents in Orange County resided in zip codes 10940, 10941, 12566, 12550 and 12550, the majority being from zip code 10940. In Sullivan County, approximately 40% of all respondents resided in zip codes 12701, 12754, 12758, 12788, 12726, and 12764.

The majority of respondents in both counties were female (81.9% in Orange County and 80.7% in Sullivan County) and were between the ages of 55 and 64 years. Whites comprised about 92% of study participants in Sullivan County and 87% in Orange County. Other races made up a very small proportion of survey participants. In regards to marital status, the majority of respondents in both counties are married (62.4% and 56.8% in Orange County and Sullivan County respectively).

Table 1. Orange County Zip Code Representation

Zip Code	N	%	Zip Code	N	%
10940 Middletown	38	18.4%	12518 Cornwall	2	1.0%
10941 Middletown	14	6.8%	12543 Maybrook	2	1.0%
12566 Pine Bush	14	6.8%	12551 Newburgh	2	1.0%
12550 Newburgh	13	6.3%	12577 Salisbury Mills	2	1.0%
12555 Mid Hudson	11	5.3%	12729 Cuddebackville	2	1.0%
10918 Chester	9	4.4%	10914 Blooming Grove	1	0.5%
10924 Goshen	9	4.4%	10915 Bullville	1	0.5%
12549 Montgomery	9	4.4%	10916 Campbell Hall	1	0.5%
10990 Warwick	8	3.9%	10917 Central Valley	1	0.5%
12553 New Windsor	8	3.9%	10922 Fort Montgomery	1	0.5%
12771 Port Jervis	8	3.9%	10926 Harriman	1	0.5%
10958 New Hampton	7	3.4%	10963 Otisville	1	0.5%
12586 Walden	7	3.4%	10973 Slate Hill	1	0.5%
10950 Monroe	6	2.9%	10975 Southfields	1	0.5%
10992 Washingtonville	6	2.9%	10981 Sugar Loaf	1	0.5%
10998 Westtown	6	2.9%	10985 Thompson Ridge	1	0.5%
12746 Huguenot	3	1.5%	12520 Cornwall on Hudson	1	0.5%
10919 Circleville	2	1.0%	12575 Rock Tavern	1	0.5%
10921 Florida	2	1.0%	12780 Sparrow Bush	1	0.5%
10933 Johnson	2	1.0%			

Table 2. Sullivan County Zip Code Representation

Zip Code	N	%	Zip Code	N	%
12701 Monticello	19	16.5%	12751 Kiamesha Lake	2	1.7%
12754 Liberty	11	9.6%	12766 North Branch	2	1.7%
12758 Livingston Manor	7	6.1%	12779 South Fallsburg	2	1.7%
12788 Woodburne	6	5.2%	12783 Swan Lake	2	1.7%
12726 Cochection	5	4.3%	12787 White Sulphur Springs	2	1.7%
12764 Narrowburg	5	4.3%	12722 Burlington	1	0.9%
12723 Callicoon	4	3.5%	12725 Claryville	1	0.9%
12747 Hurleyville	4	3.5%	12737 Glen Spey	1	0.9%
12759 Loch Sheldrake	4	3.5%	12738 Glen Wild	1	0.9%
12775 Rock Hill	4	3.5%	12740 Grahamsville	1	0.9%
12777 Forestburgh	4	3.5%	12760 Long Eddy	1	0.9%
12719 Barryville	3	2.6%	12762 Mongaup Valley	1	0.9%
12748 Jeffersonville	3	2.6%	12763 Mountain Dale	1	0.9%
12765 Neversink	3	2.6%	12770 Pond Eddy	1	0.9%
12776 Roscoe	3	2.6%	12778 Smallwood	1	0.9%
12791 Youngsville	3	2.6%	12789 Woodridge	1	0.9%
12720 Bethel	2	1.7%	12790 Wurtsboro	1	0.9%
12734 Ferndale	2	1.7%	12792 Yulan	1	0.9%

Table 3. Demographic Information of Respondents

Demographic Information	Orange County		Sullivan County	
	N	%	N	%
Gender				
Female	186	81.9%	96	80.7%
Male	41	18.1%	23	19.3%
Age				
18 - 24	11	4.8%	6	5.0%
25 - 34	29	12.7%	13	10.8%
35 - 44	32	14.0%	13	10.8%
45 - 54	59	25.8%	23	19.2%
55 - 64	62	27.1%	35	29.2%
65 - 80	33	14.4%	28	23.3%
81 and older	3	1.3%	2	1.7%
Marital Status				
Married	141	62.4%	67	56.8%
Divorced	16	7.1%	20	16.9%
Widowed	12	5.3%	13	11.0%
Separated	10	4.4%	3	2.5%
Never married	34	15.0%	10	8.5%
Member of an unmarried couple	13	5.8%	5	4.2%
Race/Ethnicity				
White	196	86.7%	110	91.7%
Black/African American	9	4.0%	3	2.5%
Asian/Pacific Islander	4	1.8%	0	0.0%
American Indian or Alaska Native	2	0.9%	0	0.0%
Other	15	6.6%	7	5.8%
Hispanic/Latino*	22	9.8%	5	4.2%

*Respondents can be of any race, for example, White Hispanic or Black/African American Hispanic

The socioeconomic status of respondents, including education, employment, and income, was also assessed. In Orange County, about 27% of respondents had some college or technical school training, whereas nearly one-quarter of respondents attended college for four years and about 17% had a graduate or professional-level degree. In Sullivan County, a quarter of respondents have attended four years or more college education, while nearly 22% had one to three years of some college or technical school training. About 17% had attained a graduate or professional level degree. In addition, the majority of respondents in both counties were employed for wages. However, a notable percentage of respondents in both counties were retired (28.1% in Sullivan County and 20.2% in Orange County). In regards to annual household income, the majority of respondents in both counties had an annual income of \$75,000 or more (42.9% in Orange County and 32.8% in Sullivan County). Over 20% of respondents in both counties earned between \$50,000 and 74,999 per year.

Table 3. Demographic Information of Respondents (Cont'd)

Socioeconomic Information	Orange County		Sullivan County	
	N	%	N	%
Level of Education				
Never attended school	0	0.0%	0	0.0%
Grades 1-8 (elementary school)	0	0.0%	0	0.0%
Grades 9-11 (Some high school, but no diploma)	8	3.5%	0	0.0%
Grade 12 (High school diploma or GED)	30	13.2%	18	14.9%
College 1 year to 3 years (Some college or technical school)	62	27.2%	26	21.5%
Associate's degree	27	11.8%	22	18.2%
College 4 years or more (College graduate)	56	24.6%	30	24.8%
Graduate or professional-level degree	39	17.1%	21	17.4%
Other	6	2.6%	4	3.3%
Employment Status				
Employed, working full-time	110	48.2%	55	45.5%
Employed, working part-time	27	11.8%	15	12.4%
Not employed, looking for work	8	3.5%	3	2.5%
Not employed, NOT looking for work	3	1.3%	1	0.8%
Retired	46	20.2%	34	28.1%
Disabled, not able to work	20	8.8%	7	5.8%
Student	2	0.9%	3	2.5%
Homemaker	12	5.3%	3	2.5%
Annual Household Income from All Sources				
Less than \$10,000	14	6.4%	6	5.0%
\$10,000-\$14,999	5	2.3%	7	5.9%
\$15,000-\$19,999	8	3.7%	2	1.7%
\$20,000-\$24,999	15	6.8%	6	5.0%
\$25,000-\$34,999	15	6.8%	12	10.1%
\$35,000-\$49,999	23	10.5%	20	16.8%
\$50,000-\$74,999	45	20.5%	27	22.7%
\$75,000 and more	94	42.9%	39	32.8%

Access to Health Care

Respondents were asked to indicate whether or not they have health care coverage, including insurance, prepaid plans, or government plans, such as Medicaid or Medical Assistance. More than 40% of the respondents in both counties indicated they were insured through their employer (41.0% in Orange County and 45.0% in Sullivan County). About 6% of respondents in Orange County and 3% in Sullivan County are currently uninsured.

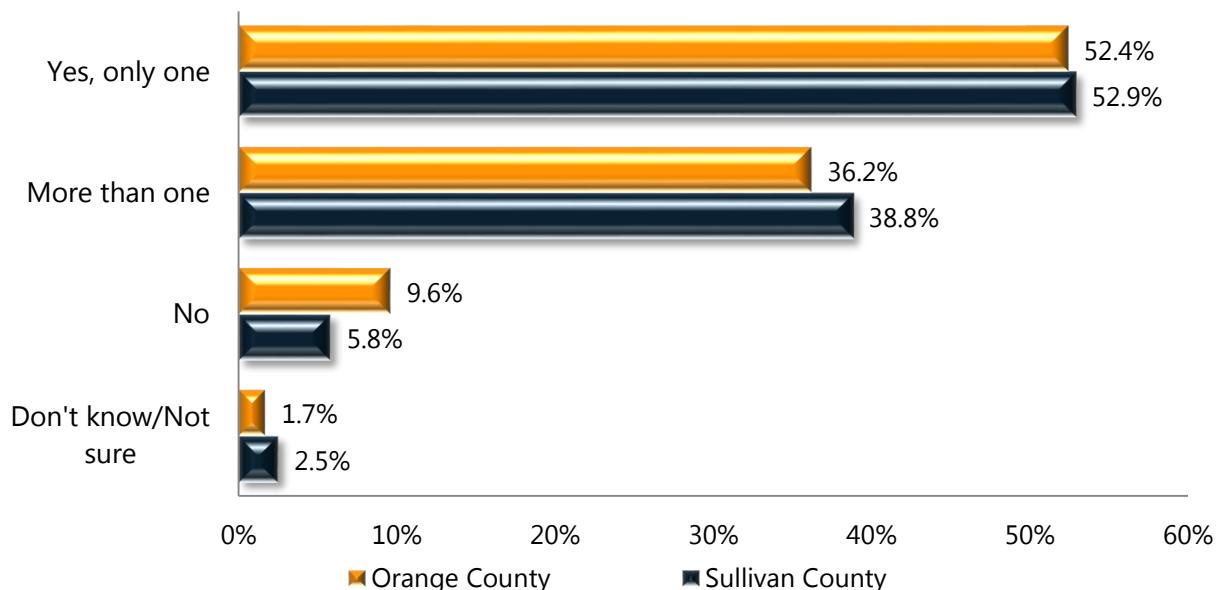
Table 4. Source of Health Insurance Coverage

Health Insurance Source	Orange County	Sullivan County
Your employer	41.0%	45.0%
Someone else's employer	21.6%	15.0%
A plan that you or someone else buys on your own	5.7%	8.3%
Medicaid or Medical Assistance	12.3%	13.3%
The military TRICARE, or the VA	1.3%	3.3%
The Indian Health Service	3.1%	2.5%
Some other source	14.1%	20.8%
None	5.7%	2.5%
Don't know / Not sure	2.2%	0.8%

Note: Respondents could select more than one option, therefore the percentages may sum to more than 100.0%.

Approximately 89% of respondents in Orange County and 92% in Sullivan County have at least one person who they think of as their personal doctor. In other words, at least 10% and 6% of respondents in Orange and Sullivan counties respectively are without a medical home.

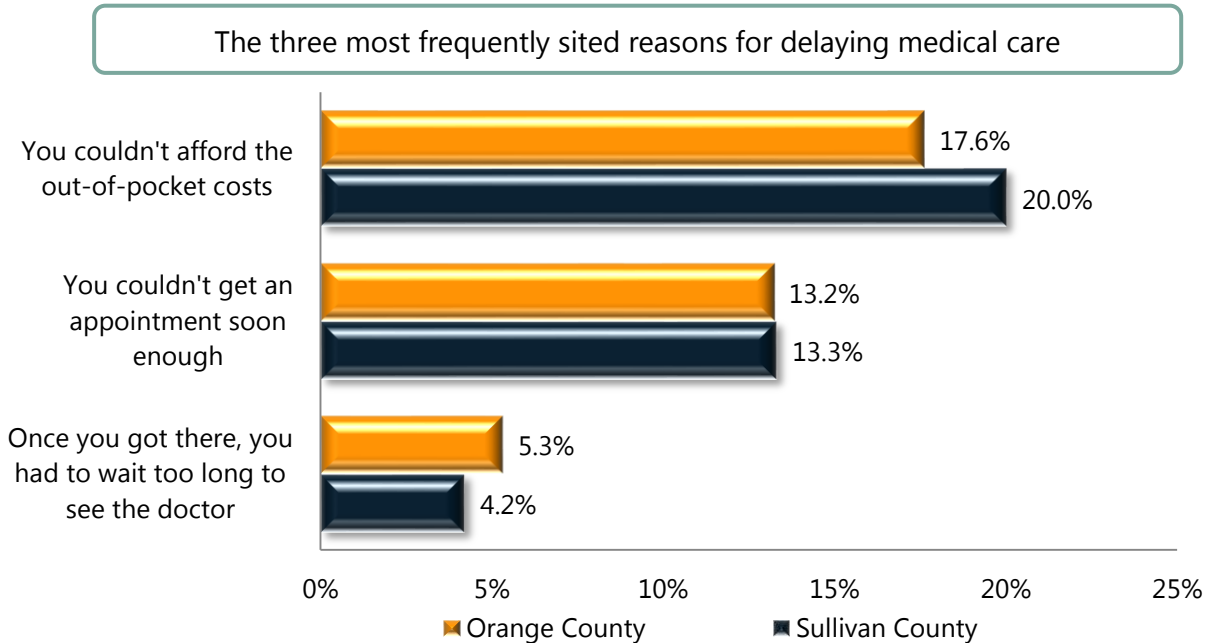
"Is there one healthcare professional or health care provider you think of as your personal doctor?"



Cost is often inversely related to health seeking behavior. Among the surveyed individuals in both counties, inability to afford the out-of-pocket costs was frequently mentioned by most participants as the main reason they delayed getting needed medical care in the past year. About 13% stated that they couldn't get an appointment soon enough. "Other" reasons participants mentioned for delaying care include being unable to take time off work, lack of insurance coverage, and procrastination.

Table 5. Reasons for Delaying Medical Care

"Have you delayed getting needed medical care for any of the following reasons in the past 12 months?"	Orange County	Sullivan County
You couldn't afford the out-of-pocket costs	17.6%	20.0%
You couldn't get through on the telephone	3.5%	3.3%
You couldn't get an appointment soon enough	13.2%	13.3%
Once you got there, you had to wait too long to see the doctor	5.3%	4.2%
The clinic/doctor's office wasn't open when you went there	0.4%	0.0%
You didn't have transportation	1.3%	2.5%
Not sure who to contact	0.9%	0.0%
You did not have childcare	0.4%	0.8%
The provider would not take your insurance	0.4%	1.7%
No, I did not delay getting medical care/did not need medical care	52.0%	50.0%
Other (please specify)	4.8%	4.2%



Knowing the factors impacting primary care physician selection could improve understanding of patients' needs and foster better methods of communication flow to patients in the physician selection stage. Participants were asked to select the top three factors they consider when choosing a physician. Of the nine dimensions, acceptance of insurance plan has by far the greatest influence on participants, accounting for 88.2% in Orange County and 84.3% in Sullivan County. Approximately 70% of respondents in Orange County and 82% in Sullivan County rated "physician's bedside manner/empathy" as the second most influential factor. For the third most important factor, 41% of residents in Orange County selected "proximity of physician's office to home, work or school" while 36% in Sullivan County rated "convenient office hours" as such. The following table illustrates participants' ratings.

Table 6. The Three Most Important Factors When Selecting a Physician

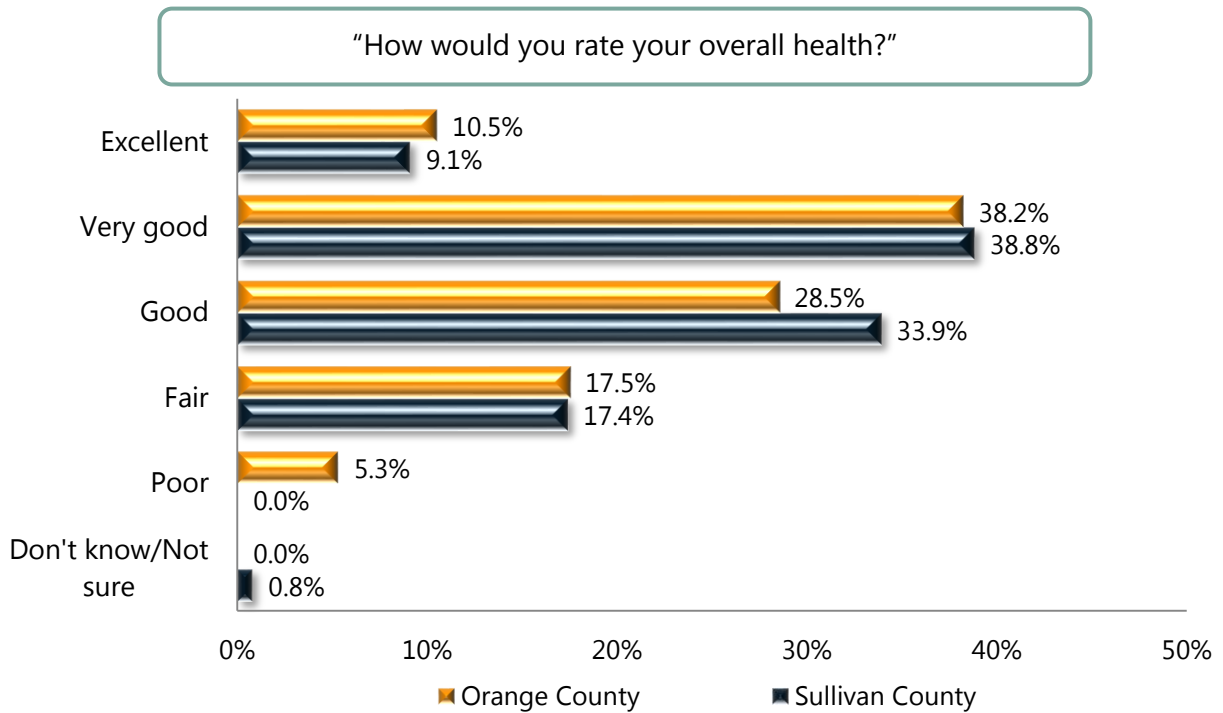
"Please rate the top three most important factors when selecting a physician for yourself or a loved one"	Orange County		Sullivan County	
	N	%	N	%
Acceptance of insurance plan	202	88.2%	102	84.3%
Physician's bedside manner/empathy	160	69.9%	99	81.8%
Proximity of physician's office to home, work or school	94	41.0%	42	34.7%
Convenient office hours	83	36.2%	44	36.4%
Medical specialty	76	33.2%	42	34.7%
Hospital-owned physician practice	4	1.7%	2	1.7%
Electronic Health Record access	11	4.8%	3	2.5%
Same day appointments	41	17.9%	24	19.8%
Walk-in appointments	16	7.0%	5	4.1%

Note: Respondents could select more than one option, therefore the percentages may sum to more than 100.0%.

Physical & Mental Health Status

Overall Health Status

Respondents were asked to rate their overall health, including both physical and mental health. In general, self-reported measures of health are favorable among residents in both counties. Just under half of the respondents (48.7% in Orange County and 47.9% in Sullivan County) reported having very good or excellent overall health, while 22.8% of respondents in Orange County and 17.4% in Sullivan County reported having fair or poor health.

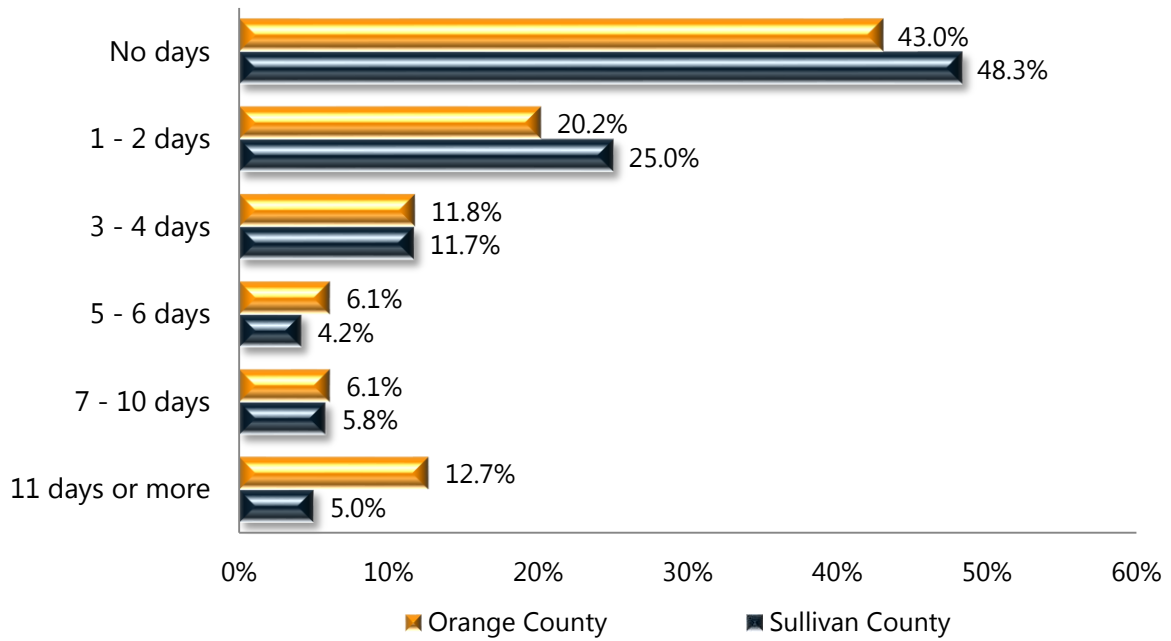


Physical & Mental Health

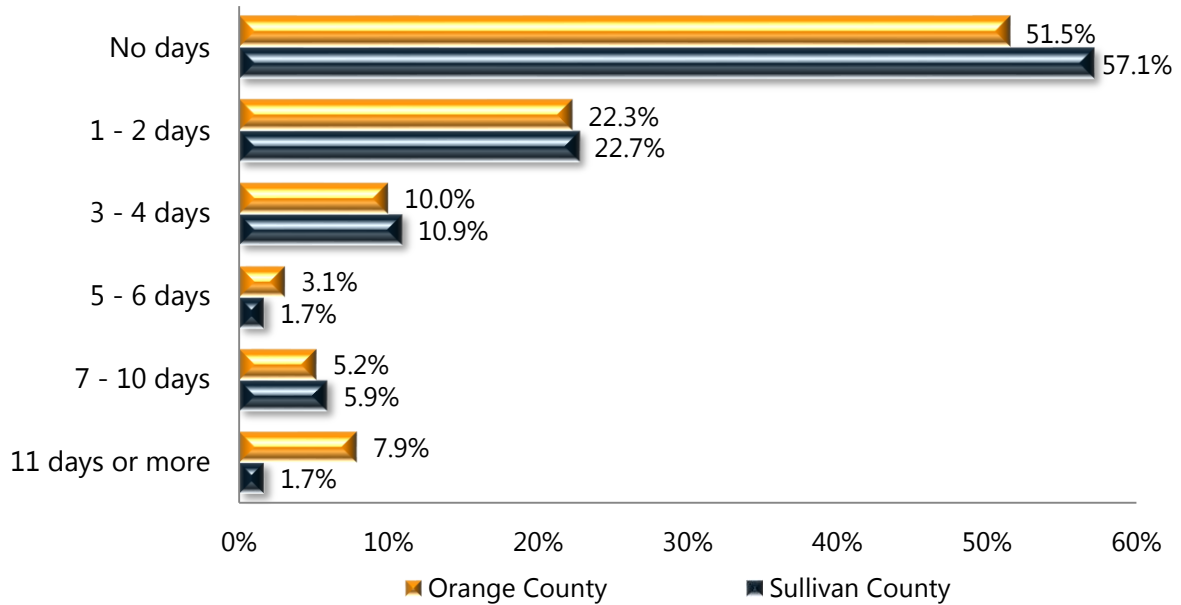
The majority of respondents (48% in Sullivan County and 43% in Orange County) reported not suffering from physical illness or injury during the past 30 days. However, a quarter of participants in Sullivan County and about 20% in Orange County reported having one to two days of poor physical health. Approximately 6% of participants in both counties reported having seven to ten days of poor physical health, and of particular note was about 13% of participants in Orange County reported having poor physical health for eleven days or more in the past month.

Respondents were also asked to rate their feelings of stress and depression they may have had in the past 30 days. Nearly, 50% of respondents in Orange County and about 43% in Sullivan County felt stressed or depressed during the past month. The following charts depict participants' self-reported poor physical and mental health days.

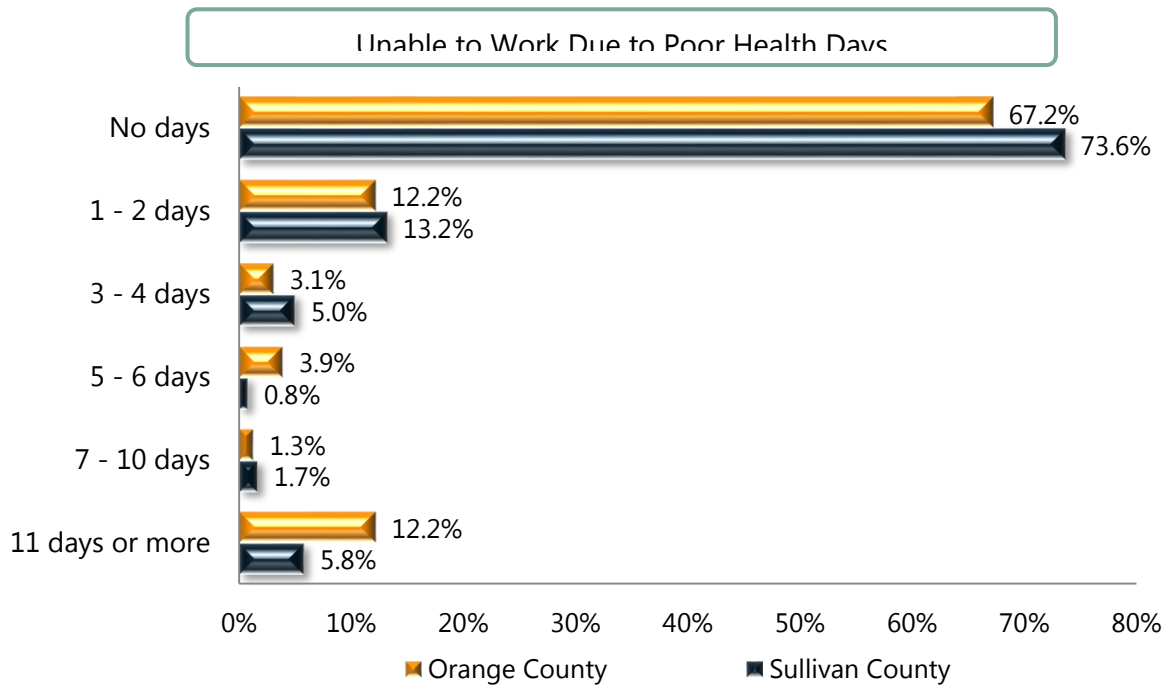
Poor Physical Health in the past 30 days



Poor Mental Health in the past 30 days



Lastly, respondents were asked to rate how many days in the past month they were unable to work or do daily activities because of poor physical or mental health. The majority of respondents in both counties (73.6% in Sullivan and 67.2% in Orange) reported they did not have poor health conditions in the past 30 days that prevented them from carrying out their daily routines. In contrast, 12.2% of respondents in Orange County and nearly 6% in Sullivan County reported being unable to work or do daily activities for 11 days or more in the past month because of poor physical or mental health.



Health Care Practices and Resources

Preventative Care

Over 70% of survey respondents in both counties reported they visited a doctor for a routine physical exam or check-up within the past year.

Next, respondents were asked if they travel outside of their counties to get medical help. More than one-third of respondents in Sullivan County (35.9%) and 18.1% in Orange County travel outside of their counties for medical care. As learned from their responses to the open-ended questions, respondents primarily travel outside of their county for specialty care, such as cancer treatments, heart checkups, surgery, and for child health specialists.

Health Information Sources

Respondents were asked to indicate where they get their health information. Over half of the respondents in Sullivan County and 45.4% in Orange County reported they receive most of their information about health from doctors, nurses, and pharmacists. More than a quarter of participants in Orange County and about 17% in Sullivan County also reported that they obtain health-related information from the internet/websites. Other sources of health information are summarized in the following tables for both of the counties.

Table 7. Health Information Sources (Orange County)

"Where do you get your health information?"	Orange County
Doctors, Nurses, Pharmacists	45.4%
Internet/Websites	28.2%
Family/Friends	7.0%
Employer	5.7%
Hospital	1.8%
Radio	1.8%
TV	1.8%
Online consumer review websites	1.8%
Health fairs	1.3%
Newspaper	0.9%
Schools	0.4%
Other	4.0%

Table 8. Health Information Sources (Sullivan County)

"Where do you get your health information?"	Sullivan County
Doctors, Nurses, Pharmacists	51.2%
Internet/Websites	16.5%
Family/Friends	9.1%
Online consumer review websites	5.8%
Health Department	3.3%
Employer	3.3%
Newspaper	1.7%
Radio	0.8%
Other	8.3%

Respondents were also asked to rank health information sources in the order they would prefer to receive health information. Respondents both in Orange and Sullivan counties primarily prefer to receive health-related information from doctors, nurses, and pharmacists (mean score = 1.95 in Orange County and 2.13 in Sullivan County). Preference for health information from family/friends received the second ranking with a mean score of 4.14 in Orange County and 3.63 in Sullivan County. "Hospital", "Internet/Websites," and "Health Department" were ranked third, fourth and fifth respectively in both counties. Conversely, TV, Radio, Online consumer review websites, and Health fairs were ranked as the least preferred sources of health information. "Other" sources respondents frequently mentioned as preferred sources of health information include books, periodicals and medical journals.

Table 9. Health Information Sources (Sullivan County)

"Please rank the following list in the order you would prefer to receive health information"	Mean Score	
	Orange County	Sullivan County
Doctors, Nurses, Pharmacists	1.95	2.13
Family/Friends	4.14	3.63
Hospital	4.65	4.61
Internet/Websites	5.10	5.53
Health Department	5.58	5.83
Public Library	7.69	7.51
Employer	8.59	8.53
Community Clinic	8.90	8.53
Schools	9.30	9.30
Newspaper	9.68	9.71
Church	9.76	9.70
Health fairs	11.07	10.58
Online consumer review websites	11.16	11.80
Radio	11.40	11.33
TV	11.46	11.93
Other	15.56	15.37

Note: Lower mean scores represent higher ranking. In other words, from a list of 15 sources, respondents gave 1 to their most preferred source of health information and vice versa.

Health Behaviors

Lifestyle Behaviors

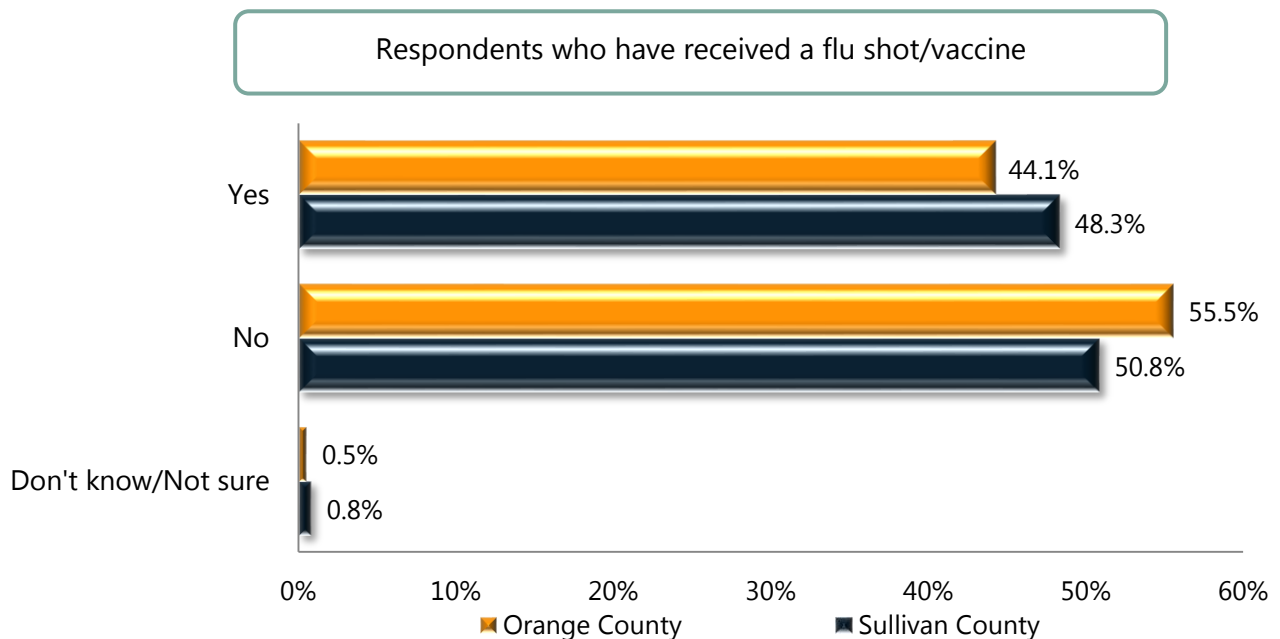
Respondents were asked how many hours of sleep they get in a 24 hour period on average. The majority of respondents in both counties reported getting 7 to 9 hours of sleep (63.3% in Sullivan County and 53.1% in Orange County). Another 44.2% in Orange County and 35.8% in Sullivan County reported getting 1 to 6 hours of sleep. An average of 7 to 9 hours of sleep is recommended for adults by the National Sleep Foundation.

Respondents were also asked to rate their level of health and safety practices on a scale of "1 - Always" to "5 - Never." As detailed in Table 10, respondents were highly likely to use safety measures including wear a seatbelt and/or a helmet, practice safe sex, and drive responsibly. In addition, respondents were less likely to eat fast foods more than once a week, use electronic cigarettes, get exposed to second-hand smoking, use marijuana, or misuse prescription drugs. However, 25.2% of respondents in Orange County and 20.5% in Sullivan County reported feeling stressed out or overwhelmed "Always" or "Most of the Time." In addition, only 49.3% of respondents in Orange County and 39.8% in Sullivan County reported using sunscreen regularly.

Table 10. Respondent Health and Safety Practices

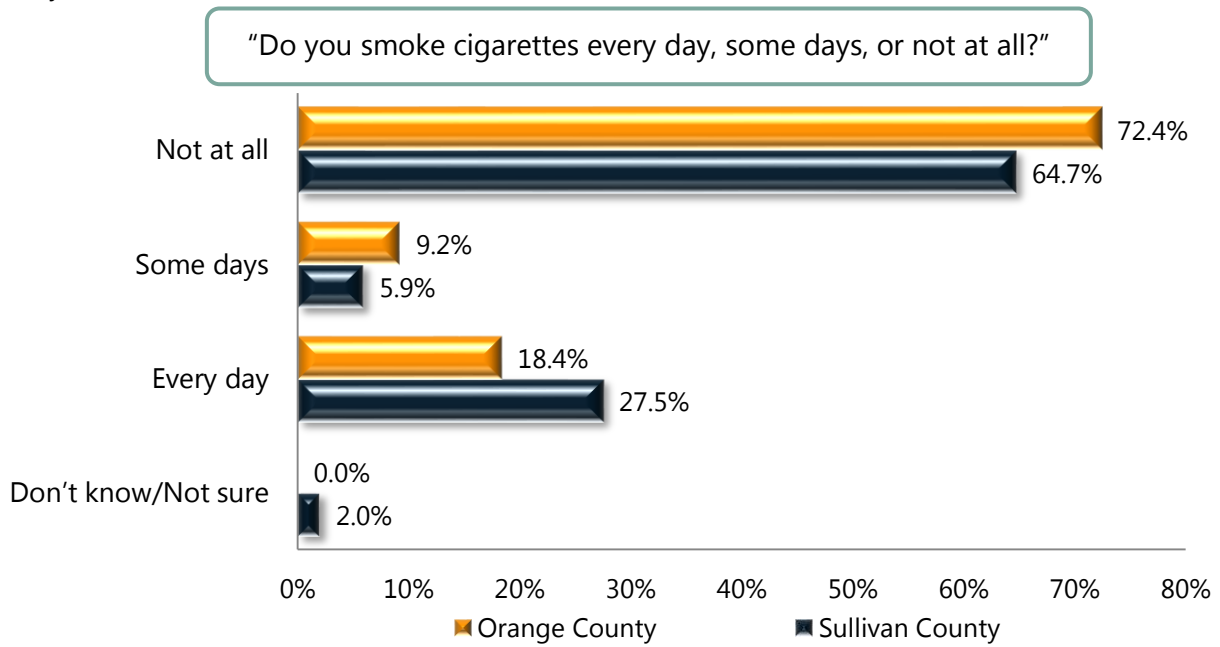
Factor	Frequency of "Always" and "Most of the Time" Responses	
	Orange County	Sullivan County
Wear a seatbelt when driving or riding in a car	97.8%	95.0%
Wear a helmet while riding a bicycle, scooter, roller blading, etc.	78.6%	64.0%
Eat fast food more than once a week	11.4%	6.9%
Use electronic cigarettes	4.7%	3.0%
Get exposed to second hand smoke or vaping mist at home or work	11.5%	10.1%
Use marijuana	2.2%	5.0%
Misuse prescription drugs, opioids, heroin, or other illegal drugs	1.6%	5.9%
Use sunscreen regularly	49.3%	39.8%
Practice safe sex i.e. use a condom, monogamous, get tested	80.7%	72.0%
Feel stressed out or overwhelmed	25.2%	20.5%
Drive responsibly, follow safe rules of the road, drive within the speed limit	94.4%	89.8%

In addition, respondents were asked if they received immunizations for influenza. Only 48.3% of Sullivan County respondents and 44.1% in Orange County received a flu shot or a flu vaccine in the past year.



Tobacco & Alcohol Use

Risky behaviors related to tobacco and alcohol use were measured as part of the survey. Approximately 43% of respondents in Sullivan County and 33% in Orange County reported smoking at least 100 cigarettes in their lifetime. Among this group, 27.5% in Sullivan County and 18.4% in Orange County reported they smoke every day whereas 5.9% in Sullivan County and 9.2% in Orange County smoke some days.



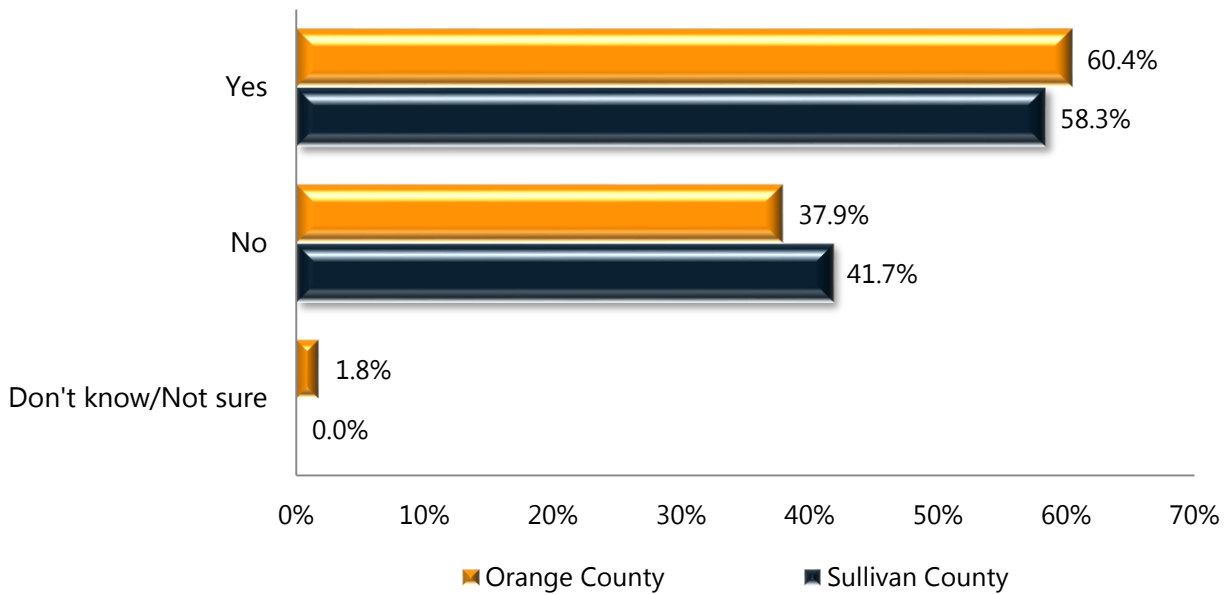
Binge drinking is defined as having four or more alcoholic drinks on one occasion for women and five drinks or more on one occasion for men. In this regard, over 70% of respondents in both counties did not participate in binge drinking during the past 30 days. Among respondents who did participate in binge drinking, only a very small percentage of respondents (approximately 6%) participated six or more times during the past month.

Diet & Exercise Behaviors

Physical Activity

It is widely supported that physical activity can inhibit health concerns such as obesity and overweight, heart disease, joint and muscle pain, and many others. It is recommended that individuals regularly engage in at least 30 minutes of moderate physical activity, preferably daily, and at least 20 minutes of vigorous physical activity several days a week. Approximately 60% of respondents in Orange County and 58% in Sullivan County reported that they have participated in leisure time physical activity during the past month.

“During the past month, other than your regular job, did you participate in any physical activities or exercises?”



Among respondents who participated in physical activity, the majority in both counties (71.9% in Orange County and 61.8% in Sullivan County) reported participating in moderate physical exercise 1 to 4 times per week, and another 17% in Orange County and 21.6% in Sullivan County engaged in moderate activities 5 to 10 times per week. Of those participants who engaged in moderate physical activity, the majority (60.8% in Orange County and 54.5% in Sullivan County) spent between 30 minutes and 1 hour and 59 minutes exercising.

On the other hand, of those respondents who were physically active, half in Sullivan County and about 43% in Orange County engaged in vigorous physical activities and the majority of respondents (55.9% in Orange County and 44.4% in Sullivan County) engaged in vigorous exercise for 30 minutes to 1 hour and 59 minutes.

Dietary Behaviors

Respondents were asked about their consumption of fruits and dark green vegetables such as broccoli, romaine, collard green, kale and spinach. Fruit could be fresh, frozen, or canned, but fruit juice was excluded. About 37% of all respondents in both counties consume fruits and a third of respondents in Sullivan County and 29.3% in Orange County consume dark green vegetables one to two times per day. However, a notable proportion of respondents in both counties are only consuming fruits and vegetables two to four times per week.

Table 11. Fruit and Vegetable Consumption

Fruit Consumption	Orange County	Sullivan County
1 - 2 Times per Day	37.3%	37.5%
3 - 4 Times per Day	10.5%	16.7%
5 or more times per day	3.1%	0.8%
Less than once per week	10.1%	6.7%
Once per week	7.5%	6.7%
2 - 4 Times per Week	14.5%	20.8%
5 - 6 Times per Week	11.4%	8.3%
Never	4.8%	0.8%
Don't know / Not sure	0.9%	1.7%

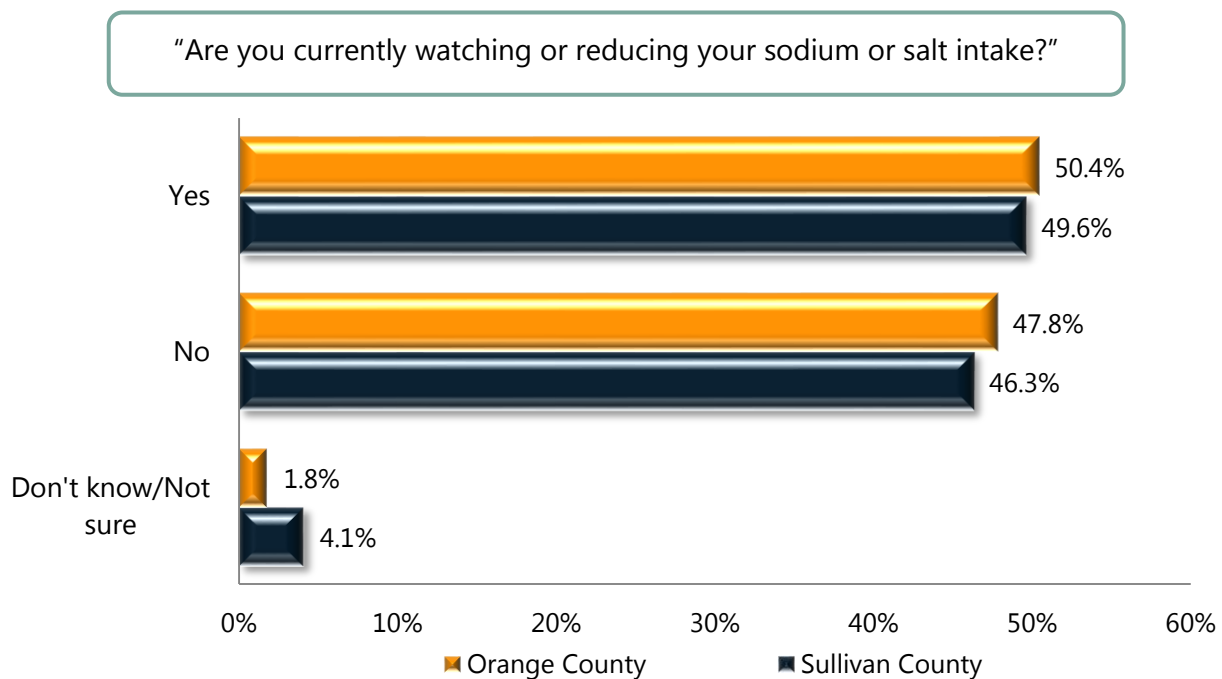
Vegetable Consumption	Orange County	Sullivan County
1 - 2 Times per Day	29.3%	33.8%
3 - 4 Times per Day	9.6%	8.3%
5 or more times per day	1.7%	1.7%
Less than once per week	4.8%	5.8%
Once per week	9.2%	6.6%
2 - 4 Times per Week	25.8%	23.9%
5 - 6 Times per Week	14.8%	14.9%
Never	4.8%	2.5%
Don't know / Not sure	0.0%	2.5%

The majority of respondents in both counties reported that they never drink soda or sugar-sweetened drinks. Of those participants who drink such beverages, most of them drink less than once per week.

Table 12. Regular Soda and Sugar-Sweetened Drink Consumption

	Consumption of Soda or Pop that contains sugar		Consumption of sugar-sweetened drinks	
	Orange County	Sullivan County	Orange County	Sullivan County
Less than once per week	31.4%	30.6%	28.5%	21.0%
1 - 2 Times per week	10.9%	8.3%	11.0%	12.6%
3 - 4 Times per week	3.5%	9.9%	4.4%	6.7%
5 - 6 Times per Week	3.5%	5.8%	2.6%	5.9%
7 - 14 Times per Week	5.7%	3.3%	3.9%	0.8%
More than 14 Times per Week	3.1%	0.8%	2.2%	1.7%
Never	41.9%	41.3%	47.4%	51.3%

Next, respondents were asked if they are currently watching or reducing their sodium or salt intake. Over 45% of respondents in both counties reported that they are not watching or reducing their salt or sodium intake currently. Strong evidence indicates that high salt intake increases blood pressure, which can lead to heart disease and other chronic conditions.



Household Food Environment

Respondents were asked about their access to food in their households in the past month. The survey also measured the quality of access. Approximately, 73% of respondents in Sullivan County and 68% in Orange County reported having enough of the kinds of food they wanted to eat. However, one-quarter of respondents in both counties reported that while they had enough food, they did not always have the kinds of food they wanted to eat.

Chronic Health Issues

Chronic Conditions

Some chronic conditions are of concern in both Orange and Sullivan counties, including high cholesterol, high blood pressure, arthritis, anxiety disorder, and asthma. Half of the respondents in Orange County have been told they have high cholesterol and about 43% have high blood pressure. In addition, 38% of respondents have been told they have arthritis and about 29% of respondents have been told they have anxiety disorder and/or asthma. In Sullivan County, over 50% of respondents have been told they have high blood pressure, and nearly 42% had high cholesterol. About 30% had been told they have arthritis and a little over a quarter of respondents had anxiety disorder and/or asthma.

Respondents also mentioned other chronic conditions that they have been diagnosed with, but were not included in the survey list. Thyroid disease was the most frequently mentioned chronic condition followed by sleep apnea. Findings were positive for other chronic conditions including stroke, myocardial infarction (heart attack), angina or coronary disease – only in Orange County, and COPD as only a small percentage (approximately 6%) of respondents reported being diagnosed with these conditions. A summary of chronic condition diagnoses among respondents in both counties is reported in Table 13 and Table 14.

Table 13. Chronic Condition Diagnoses (Orange County)

Chronic Condition	%*
High cholesterol	50.0%
High blood pressure	43.4%
Arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia	38.0%
Anxiety disorder	28.9%
Asthma	28.9%
Depressive disorder	23.5%
Diabetes	21.7%
Cancer	13.9%
Chronic obstructive pulmonary disease (COPD)	6.6%
Angina or coronary disease	5.4%
Heart attack, also called myocardial infarction	3.0%
Stroke	1.8%
Other (please specify)	14.5%

* Respondents could select more than one option, therefore the percentages may sum to more than 100.0%.

Table 14. Chronic Condition Diagnoses (Sullivan County)

Chronic Condition	%*
High blood pressure	52.3%
High cholesterol	41.9%
Arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia	30.2%
Anxiety disorder	25.6%
Asthma	25.6%
Diabetes	16.3%
Cancer	14.0%
Depressive disorder	12.8%
Angina or coronary disease	11.6%
Heart attack, also called myocardial infarction	5.8%
Chronic obstructive pulmonary disease (COPD)	5.8%
Stroke	1.2%
Other (please specify)	8.1%

* Respondents could select more than one option, therefore the percentages may sum to more than 100.0%.

Respondents were also asked if they have ever been diagnosed with cancer. Approximately 14% of Sullivan County respondents and 12.1% of Orange County respondents have been diagnosed with cancer. The following table represents the type(s) of cancer respondents reported being diagnosed with. The most commonly diagnosed cancer types in Orange County were breast cancer, melanoma, and other skin cancer. In Sullivan County, breast cancer, other skin cancer and prostate cancer were the top three cancer types most commonly diagnosed among respondents.

Table 15. Most Common Cancer Types Reported

Cancer Types	Orange County (N=24)	Sullivan County (N=16)
Breast cancer	20.8%	31.3%
Other skin cancer	16.7%	25.0%
Melanoma	20.8%	6.3%
Thyroid cancer	12.5%	0.0%
Endometrial (uterus) cancer	8.3%	0.0%
Colon (intestine) cancer	8.3%	0.0%
Ovarian cancer	4.2%	0.0%
Prostate cancer	0.0%	12.5%
Esophageal/Esophagus cancer	4.2%	6.3%
Renal (kidney) cancer	4.2%	0.0%
Lung	0.0%	6.2%
Non-Hodgkin's Lymphoma	0.0%	6.2%
Bladder cancer	0.0%	6.2%

Cancer Screening

Respondents were asked if they have routine screenings for skin cancer, breast cancer, prostate cancer, oral/throat cancer and colorectal cancer. Over 60% of respondents in both counties had routine screenings for breast cancer, followed by 47.7% of Sullivan County respondents and 38.3% of Orange County respondents who reported having routine screenings for colorectal cancer. The following table summarizes frequencies of respondents who reported that they have routine health screenings for the afore-mentioned cancer types.

Table 16. Routine Health Screenings

	Frequency of "Yes" responses	
	Orange County	Sullivan County
Skin cancer	38.0%	33.6%
Breast cancer	63.1%	68.3%
Prostate cancer	17.1%	25.0%
Oral/Throat cancer	24.5%	32.0%
Colorectal cancer	38.3%	47.7%

Key Health Issues

Respondents were asked to identify the top five health issues in their community. Respondents could choose from a list of 24 health issues as well as suggest their own that were not on the list. Overweight/obesity was the first top health issue identified by nearly two-thirds of respondents in both counties. Cancer, drug abuse/alcohol abuse, access to care/Uninsured, and mental health/suicide were ranked as the top four most pressing health issues in Orange County in that order. On the other hand, access to care/uninsured, drug/alcohol abuse, cancer and mental health/suicide were ranked 2nd, 3rd, 4th, and 5th respectively in Sullivan County. The following table shows the breakdown of the percent of respondents who selected each health issue.

Table 17. Ranking of the Top Five Most Pressing Health Issues

Rank	Health Issue	Percent of respondents who selected the issue*	
		Orange County	Sullivan County
1	Overweight/Obesity	62.4%	62.6%
2	Cancer	52.1%	42.6%
3	Drug Abuse/Alcohol Abuse	51.6%	58.3%
4	Access to Care/Uninsured	39.0%	58.3%
5	Mental Health/Suicide	38.0%	34.8%
6	Diabetes	36.6%	32.2%
7	Heart Disease	28.6%	20.9%
8	Tobacco Use/Smoking	24.4%	29.6%
9	Alzheimer's Disease/Aging Issues	23.5%	13.9%
10	High Blood Pressure	22.1%	14.8%
11	Motor Vehicle Crash Injuries	16.4%	13.0%
12	Dental Health	15.5%	29.6%
13	Child Abuse/Neglect	14.1%	21.7%
14	Domestic Violence	13.6%	12.2%
15	Homicide/Violent Crime	9.4%	6.1%
16	Respiratory/Lung Disease	8.5%	10.4%
17	Maternal/Infant Health	6.6%	4.3%
18	Infectious Disease (i.e. hepatitis, TB, etc.)	6.6%	4.3%
19	Stroke	5.6%	4.3%
20	Sexually Transmitted Infections (STIs)	5.2%	7.8%
21	Fire-Arm Related Injuries	4.7%	1.7%
22	HIV/AIDS	4.7%	5.2%
23	Rape/Sexual Assault	3.8%	2.6%
24	Infant Death	2.3%	4.3%
25	Other (please specify):	4.7%	4.3%

* Respondents could select more than one option, therefore the percentages may sum to more than 100.0%.

Barriers to Services

Respondents were asked to consider the most significant barriers that keep people in their communities from accessing health services. Cost of out of pocket expenses and lack of health insurance coverage were identified as the first two barriers to health care access in both counties. Responses are summarized on Table 18 and Table 19.

Table 18. Barriers to Accessing Health Care in Orange County

Rank	Resources Needed	Count	Percent of respondents who selected the barrier*
1	Cost/Paying Out of Pocket Expenses (Co-pays, Prescriptions, etc.)	171	81.0%
2	Lack of Health Insurance Coverage	137	64.9%
3	Difficult to Understand/Navigate Health Care System	82	38.9%
4	Can't Find Doctor/Can't Get Appointment	75	35.5%
5	Lack of Transportation	75	35.5%
6	Basic Needs Not Met (Food/Shelter)	58	27.5%
7	Lack of Trust	50	23.7%
8	Language/Cultural Issues	45	21.3%
9	Not enough time	45	21.3%
10	Lack of Child Care	28	13.3%
11	None/No Barriers	7	3.3%
12	Don't Know	8	3.8%
13	Other (specify):	8	3.8%

* Respondents could select more than one option, therefore the percentages may sum to more than 100.0%.

Table 19. Barriers to Accessing Health Care in Sullivan County

Rank	Significant barrier	Count	Percent of respondents who selected the barrier*
1	Cost/Paying Out of Pocket Expenses (Co-pays, Prescriptions, etc.)	80	72.1%
2	Lack of Health Insurance Coverage	79	71.2%
3	Lack of Transportation	61	55.0%
4	Basic Needs Not Met (Food/Shelter)	40	36.0%
5	Difficult to Understand/Navigate Health Care System	40	36.0%
6	Can't Find Doctor/Can't Get Appointment	33	29.7%
7	Language/Cultural Issues	24	21.6%
8	Lack of Trust	22	19.8%
9	Not enough time	13	11.7%
10	Lack of Child Care	8	7.2%
11	None/No Barriers	1	0.9%
12	Don't Know	4	3.6%
13	Other (specify):	8	7.2%

* Respondents could select more than one option, therefore the percentages may sum to more than 100.0%.

Respondents also identified through open-ended responses other significant barriers that they perceived were keeping people in the community from accessing health care. Lack of health literacy and awareness and lack of affordable health care were commonly voiced as the most significant barrier.

Resources Needed to Improve Access

Respondents were asked what resources or services are missing in the community. Approximately, 56% of Orange County respondents and 55% of Sullivan County respondents indicated that free/low cost dental care services are missing in the community. Free/low cost medical care and eye care were the second and third most needed resources and services that were identified by respondents. In addition, respondents indicated through an open-ended question that specialized care and specialists were missing in their communities. Table 20 and Table 21 highlight a listing of missing resources in rank order.

Table 20. Resources Needed to Improve Access in Orange County

Rank	Resources Needed	Count	Percent of respondents who selected the barrier*
1	Free/Low Cost Dental Care	118	55.7%
2	Free/Low Cost Medical Care	106	50.0%
3	Free/Low Cost Vision/Eye Care	97	45.8%
4	Mental Health Services	67	31.6%
5	Health Screenings	66	31.1%
6	Prescription Assistance	64	30.2%
7	Access to Affordable Fresh Fruits & Vegetables	63	29.7%
8	Health Education/Information/Outreach	61	28.8%
9	Transportation	52	24.5%
10	Elder Care/Senior Services	49	23.1%
11	Primary Care Providers (Family Doctors)	38	17.9%
12	Immunization/Vaccination Programs	33	15.6%
13	Substance Abuse Services	31	14.6%
14	Medical Specialists (Ex. Cardiologist)	19	9.0%
15	Availability of Parks & Recreation Areas	18	8.5%
16	Bilingual Services	16	7.5%
17	Prenatal Care Services	11	5.2%
18	None	5	2.4%
19	Don't Know/Not sure	14	6.6%
20	Other (please specify):	11	5.2%

* Respondents could select more than one option, therefore the percentages may sum to more than 100.0%.

Table 21. Resources Needed to Improve Access in Sullivan County

Rank	Resources Needed	Count	Percent of respondents who selected the barrier*
1	Free/Low Cost Dental Care	63	54.8%
2	Free/Low Cost Medical Care	57	49.6%
3	Free/Low Cost Vision/Eye Care	53	46.1%
4	Access to Affordable Fresh Fruits & Vegetables	48	41.7%
5	Transportation	47	40.9%
6	Mental Health Services	41	35.7%
7	Health Education/Information/Outreach	39	33.9%
8	Substance Abuse Services	38	33.0%
9	Elder Care/Senior Services	37	32.2%
10	Health Screenings	32	27.8%
11	Primary Care Providers (Family Doctors)	31	27.0%
12	Prescription Assistance	27	23.5%
13	Availability of Parks & Recreation Areas	19	16.5%
14	Medical Specialists (Ex. Cardiologist)	18	15.7%
15	Immunization/Vaccination Programs	16	13.9%
16	Bilingual Services	15	13.0%
17	Prenatal Care Services	5	4.3%
18	None	1	0.9%
19	Don't Know/Not sure	8	7.0%
20	Other (please specify):	3	2.6%

* Respondents could select more than one option, therefore the percentages may sum to more than 100.0%.

Community Feedback

What is Being Done Well

Respondents were asked to comment on what is being done well in the community. The most common responses in both counties referenced improved access to health care and qualified physicians, availability of preventative health services including free health screenings and flu shot clinics, urgent care services, availability of parks and well-maintained sidewalks.

Select Responses (Orange County):

- "Awareness on all media outlets along with free flu shots."
- "Competition between providers to provide exceptional care."
- "Encouragement of Early Detection for breast cancer and prostate cancer."
- "Having all care under one roof...sharing info through the EMR."
- "I think health screenings are done well--they are encouraged and it's not difficult to get an appointment for any type of screening."
- "It's relatively easy to get affordable health care through many different sources."
- "Lots of doctors available and specialties."
- "Multiple medical offices in the Middletown/ Rock Hill/ Goshen, with long hours; many urgent cares that prevent the need for ER; open long hours/holidays, rail trail for walking; Health section in local newspaper with good information, including upcoming health events."
- "There are numerous competent doctors in the community including alternative health providers."

Select Responses (Sullivan County):

- "A greater variety of specialist available in this area."
- "Access to better healthcare located in one area, better communication between care providers."
- "Free health screening days pop up, increasing outdoor farm markets, school menus are changing/improving awareness of proper health is increasing."
- "The hospital is working hard to improve its image and make healthcare more accessible."
- "There are plenty of doctors and enough hospitals and medical facilities close by."
- "Transportation to and from clinic. Access to needed meds made available."

Next, respondents were asked the most important thing in their life, positive or negative, that was impacting their health currently. Stress was frequently mentioned as the most important factor impacting their life and overall quality of life. High health care deductibles and co-pays are keeping most respondents from getting needed health care. Finding time to exercise and attend medical appointments was also a concern among study participants. In addition, most participants felt that while there are sufficient doctors in their communities, there were not many doctors that genuinely cared for them and were willing to listen to them.

Suggestions and Recommendations

The final section of the survey focused on asking respondents to give recommendations and suggestions in regards to what is needed to improve health and quality of life in the community. Many useful themes emerged from this section. The majority of respondents recommended making health

care more affordable, especially for those who are working but can't afford insurance premiums and deductibles. The need to provide free/low cost to those who need it was also frequently mentioned. Respondents also pointed out the need for more health education and outreach programs/health fairs in both counties. The most frequently mentioned themes are summarized below.

Select Responses (Orange County):

- "Affordable Health Insurance for those with low income but not low enough for Medicaid."
- "Education about obesity and access to healthy food choices."
- "Give free physicals or screenings for anyone without health insurance."
- "Lessons for healthy eating and importance of regular activity especially in children."
- "Try to have more affordable clinics to care for those not able to pay for high cost of health care."
- "We should have more health fairs so the public could be made aware of health services available to them. Also, the overall health in the community might improve if people are educated about vaccinations and nutrition. Also, screenings for breast, prostate & colon cancer should be stressed in community health fairs."

Select Responses (Sullivan County):

- "Access to transportation for the working class, lower outpatient co-pays."
- "Education, and outreach programs especially for all those people on welfare who need help making better life choices!"
- "More affordable and better healthcare."
- "More publicity about how to reach out and what assistance is available. TV, newspaper, radio, internet, mail."
- "Offer transportation to and from medical visits."
- "Transportation lines set up to community clinics. Toll free numbers for local health questions. Mobile adult dental van. Free passes to county parks if physician prescribes exercise."

General/Additional Comments:

- "After care at home needs to be expanded, hospital discharge of patients is poorly done. Also doctor's offices and any health care operation needs to provide written guidelines for all patients that provides basic info to maintain/improve personal health."
- "I wish there were support groups in our area for post-partum care. The hospital offers a new moms group, but many post-partum issues last beyond the 6 months that group allows for."
- "More outreach to schools and communities of the resources available at ORMC. More newspaper ads that tell of programs available not just advertisements for the hospital."
- "The cost of prescription drugs has to come down. A lot of seniors on fixed budgets can't afford the high cost. Maybe someone can push for changes in this area."
- "It is a shame to see so many adults in the area that lose or have problems with their teeth at an early age. Education in oral health and better access to dental care should be a goal to improve the overall health of the community."
- "The transportation in Sullivan County for people without cars is very bad & expensive."
- "We would like to see more community awareness or workshops like it used to be given before at CRMC."

Appendix A. Online Community Member Survey Tool

CHNA Community Survey Introduction

Thank you for participating in the Community Health Survey. All information gathered in this survey will be anonymous and confidential. The information gathered from this survey will be used to help better understand the health issues and needs of our community. By completing this survey you are helping efforts to make the communities surrounding (Orange Regional Medical Center) or (Catskill Regional Medical Center), including communities in neighboring counties a healthier place to live, work, and play. The survey should take about 10-15 minutes to complete and is only open to individuals 18 years of age and older. At the completion of the survey, you will be eligible to enter to win a \$50 Amazon gift card. To be eligible for the prizes you will be required to provide your name, email address and/or phone number at the end of the survey. However, your information will NOT be connected with your responses and will be used strictly for identifying prize recipients.

If you have questions about the survey, please contact:

Dominique Mohansingh, Community Outreach Marketing and PR Specialist
Greater Hudson Valley Health System
845-333-2368
dmohansingh@ormc.org

If you are experiencing technical difficulties with the survey, please contact:

Elie Schmidt
1-800-941-2168
Eschmidt@holleranconsult.com

Which county/zip code/service area do you live in? (Orange County)

- 10910 Arden
- 10912 Bellvale
- 10914 Blooming Grove
- 10915 Bullville
- 10916 Campbell Hall
- 10917 Central Valley
- 10918 Chester
- 10919 Circleville
- 10921 Florida
- 10922 Fort Montgomery
- 10924 Goshen
- 10925 Greenwood Lake
- 10926 Harriman
- 10928 Highland Falls
- 10930 Highland Mills
- 10932 Howells
- 10933 Johnson
- 10940 Middletown
- 10941 Middletown
- 10950 Monroe
- 10953 Mountainville
- 10958 New Hampton
- 10959 New Milford
- 10963 Otisville
- 10969 Pine Island
- 10973 Slate Hill
- 10975 Southfields
- 10979 Sterling Forest
- 10981 Sugar Loaf
- 10985 Thompson Ridge
- 10987 Tuxedo Park
- 10988 Unionville
- 10990 Warwick
- 10992 Washingtonville
- 10996 West Point

- 10997 West Point
- 10998 Westtown
- 12518 Cornwall
- 12520 Cornwall on Hudson
- 12543 Maybrook
- 12549 Montgomery
- 12550 Newburgh
- 12551 Newburgh
- 12552 Newburgh
- 12553 New Windsor
- 12555 Mid Hudson
- 12566 Pine Bush
- 12575 Rock Tavern
- 12577 Salisbury Mills
- 12584 Vails Gate
- 12586 Walden
- 12729 Cuddebackville
- 12746 Huguenot
- 12771 Port Jervis
- 12780 Sparrow Bush

Which county/zip code/service area do you live in? (Sullivan County)

- 12701 Monticello
- 12719 Barryville
- 12720 Bethel
- 12721 Bloomingburg
- 12722 Burlington
- 12723 Callicoon
- 12724 Callicoon Center
- 12725 Claryville
- 12726 Cochection
- 12727 Cochection Center
- 12732 Eldred
- 12733 Fallsburg
- 12734 Ferndale
- 12736 Fremont Center
- 12737 Glen Spey
- 12738 Glen Wild
- 12740 Grahamsville
- 12741 Hankins
- 12742 Harris
- 12743 Highland Lake
- 12745 Hortonville
- 12747 Hurleyville
- 12748 Jeffersonville
- 12749 Kauneonga Lake
- 12750 Kenoza Lake
- 12751 Kiamesha Lake
- 12752 Kiamesha Lake
- 12752 Lake Huntington
- 12754 Liberty
- 12758 Livingston Manor
- 12759 Loch Sheldrake
- 12760 Long Eddy
- 12762 Mongaup Valley
- 12763 Mountain Dale
- 12764 Narrowburg

- 12765 Neversink
- 12766 North Branch
- 12767 Obernburg
- 12768 Parksville
- 12769 PhillipSPORT
- 12770 Pond Eddy
- 12775 Rock Hill
- 12776 Roscoe
- 12777 Forestburgh
- 12778 Smallwood
- 12779 South Fallsburg
- 12781 Summitville
- 12783 Swan Lake
- 12784 Thompsonville
- 12785 Westbrookville
- 12786 White Lake
- 12787 White Sulphur Springs
- 12788 Woodburne
- 12789 Woodridge
- 12790 Wurtsboro
- 12791 Youngsville
- 12792 Yulan

What is your age?

- 18 - 24
- 25 - 34
- 35 - 44
- 45 - 54
- 55 - 64
- 65 - 80
- 81+

What is your gender?

- Female
- Male

What is your marital status?

- Married
- Divorced
- Widowed
- Separated
- Never married
- Member of an unmarried couple

Are you Hispanic, Latino/a, or of Spanish origin?

- Yes
- No
- Don't know / Not sure

Which one of these groups would you say best represents your race?

- White
- Black/African American
- Asian/Pacific Islander
- American Indian or Alaska Native
- Other (please specify): _____

What is the highest grade or year of school you completed?

- Never attended school
- Grades 1-8 (elementary school)
- Grades 9-11 (Some high school, but no diploma)
- Grade 12 (High school diploma or GED)
- College 1 year to 3 years (Some college or technical school)
- Associate's degree
- College 4 years or more (College graduate)
- Graduate or professional-level degree
- Other (please specify) _____

Which of the following categories best describes your employment status?

- Employed, working full-time
- Employed, working part-time
- Not employed, looking for work
- Not employed, NOT looking for work
- Retired
- Disabled, not able to work
- Student
- Homemaker

What is your annual household income?

- Less than \$10,000
- \$10,000-\$14,999
- \$15,000-\$19,999
- \$20,000-\$24,999
- \$25,000-\$34,999
- \$35,000-\$49,999
- \$50,000-\$74,999
- \$75,000 and more

Are you currently covered by any of the following types of health insurance or health coverage plans? (select all that apply)

- Your employer
- Someone else's employer
- A plan that you or someone else buys on your own
- Medicaid or Medical Assistance
- The military, TRICARE, or the VA
- The Indian Health Service
- Some other source
- None
- Don't know / Not sure

How would you rate your overall health?

- Excellent
- Very good
- Good
- Fair
- Poor
- Don't know / Not sure

In the past 30 days, how many days was your physical health, which includes physical illness and injury, not good?

- No days
- 1 - 2 days
- 3 - 4 days
- 5 - 6 days
- 7 - 10 days
- 11 days or more

In the past 30 days, how many days was your mental health, which includes stress, depression, and problems with emotions, not good?

- No days
- 1 - 2 days
- 3 - 4 days
- 5 - 6 days
- 7 - 10 days
- 11 days or more

In the past 30 days, how many days were you not able to work or do daily activities because of poor physical or mental health?

- No days
- 1 - 2 days
- 3 - 4 days
- 5 - 6 days
- 7 - 10 days
- 11 days or more

Is there one healthcare professional or healthcare provider you think of as your personal doctor?

- Yes, only one
- Yes, more than one
- No
- Don't Know / Not sure

Please rate the top three most important factors when selecting a physician for yourself or a loved one?

- Acceptance of insurance plan
- Physician's bedside manner/empathy
- Proximity of physician's office to home, work or school
- Convenient office hours
- Medical specialty
- Hospital-owned physician practice
- Electronic Health Record access
- Same day appointments
- Walk-in appointments

Have you delayed getting needed medical care for any of the following reasons in the past 12 months? Select the most important reason.

- You couldn't afford the out-of-pocket costs
- You couldn't get through on the telephone
- You couldn't get an appointment soon enough
- Once you got there, you had to wait too long to see the doctor
- The clinic/doctor's office wasn't open when you went there
- You didn't have transportation
- Not sure who to contact
- You did not have childcare
- The provider would not take your insurance
- No, I did not delay getting medical care/did not need medical care
- Other (please specify) _____

About how long has it been since you last visited a doctor for a routine checkup? A routine exam is a general physical exam, not an exam for a specific injury, illness, or condition.

- Within the past year (anytime less than 12 months ago)
- Within the past 2 (1 year but less than 2 years ago)
- Within the past 5 (2 years but less than 5 years ago)
- 5 or more years ago
- Don't know / Not sure
- Never had a routine physical or doctor's visit

Do you travel outside of your county for medical care?

- Yes (please specify what kind of medical care) _____
- No

Where do you get your health information?

- Family/Friends
- Church
- Public Library
- Doctors, Nurses, Pharmacists
- Hospital
- Health Department
- Schools
- Employer
- Internet/Websites
- Community Clinic
- Newspaper
- Radio
- TV
- Health fairs
- Online consumer review websites
- Other (please specify) _____

Please rank the following list in the order you would prefer to receive health information:

- Family/Friends
- Church
- Public Library
- Doctors, Nurses, Pharmacists
- Hospital
- Health Department
- Schools
- Employer
- Internet/Websites
- Community Clinic
- Newspaper
- Radio
- TV
- Health fairs
- Online consumer review websites
- Other (please specify) _____

On average, how many hours of sleep do you get in a 24 hour period?

- 1 - 6 hours
- 7 - 9 hours
- 10 - 13 hours
- 14 hours or more

How often do you do the following?

	Always	Most of the time	Sometimes	Rarely	Never	N/A
Wear a seatbelt when driving or riding in a car	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wear a helmet while riding a bicycle, scooter, roller blading, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat fast food more than once a week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use electronic cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get exposed to second hand smoke or vaping mist at home or work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use marijuana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Misuse prescription drugs, opioids, heroin, or other illegal drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use sunscreen regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice safe sex i.e. use a condom, monogamous, get tested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel stressed out or overwhelmed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drive responsibly, follow safe rules of the road, drive within the speed limit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have you smoked at least 100 cigarettes in your entire life? Note: 5 packs = 100 cigarettes

- Yes
- No
- Don't know / Not sure

Do you now smoke cigarettes every day, some days, or not at all?

- Every day
- Some days
- Not at all
- Don't know / Not sure

Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks (for men) or 4 or more drinks (for women) on one occasion or in one sitting?

- No times
- 1 - 2 times
- 3 - 5 times
- 6 - 10 times
- 11 - 15 times
- 16 or more times
- Don't know / Not sure

During the past month, how often did you drink regular soda or pop that contains sugar? Do not include diet soda or diet pop.

- Less than once per week
- 1 - 2 Times per week
- 3 - 4 Times per week
- 5 - 6 Times per Week
- 7 - 14 Times per Week
- More than 14 Times per Week
- Never
- Don't know / Not sure

During the past month, how often did you drink sugar-sweetened fruit drinks (such as Kool-aid and lemonade) sweet tea, and sports or energy drinks (such as Gatorade and Red Bull)? Do not include 100% fruit juice, diet drinks, or artificially sweetened drinks.

- Less than once per week
- 1 - 2 Times per week
- 3 - 4 Times per week
- 5 - 6 Times per Week
- 7 - 14 Times per Week
- More than 14 Times per Week
- Never
- Don't know / Not sure

During the past month, not counting juice, how many times per day or week did you eat fruit? Count fresh, frozen, or canned fruit. Do not include jam, jelly, or fruit preserves.

- 1 - 2 Times per Day
- 3 - 4 Times per Day
- 5 or more times per day
- Less than once per week
- Once per week
- 2 - 4 Times per Week
- 5 - 6 Times per Week
- Never
- Don't know / Not sure

During the past month, how many times did you eat dark green vegetables for example broccoli or dark leafy greens including romaine, chard, collard greens, spinach, or kale?

- 1 - 2 Times per Day
- 3 - 4 Times per Day
- 5 or more times per day
- Less than once per week
- Once per week
- 2 - 4 Times per Week
- 5 - 6 Times per Week
- Never
- Don't know / Not sure

Are you currently watching or reducing your sodium or salt intake?

- Yes
- No
- Don't know / Not sure

Which of these statements best describes access to food in your household during the past month?

- We had enough of the kinds of food we wanted to eat
- We had enough food but not always the kinds of food we wanted
- Sometimes we did not have enough to eat
- We often did not have enough to eat
- Don't know / Not sure

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

- Yes
- No
- Don't know / Not sure

How many times per week did you do moderate physical activities during the past month?

Moderate physical activities make you breathe somewhat harder than normal and may include: brisk walking, hiking, snow shoveling, bicycling at a regular pace, playing tennis, calisthenics, or horseback riding.

- 1 - 4 times per week
- 5 - 10 times per week
- 11 or more times per week
- No times
- Don't Know / Not Sure

And how much time did you usually spend doing moderate physical activities on each occasion during the past week?

- Less than 30 minutes
- 30 minutes to 1 hour 59 minutes
- 2 hours to 3 hours 59 minutes
- 4 hours to 5 hours 59 minutes
- 6 hours or more

How many times per week did you do vigorous physical activities during the past month? Vigorous physical activities make you breathe much harder than normal and may include: heavy lifting, backpacking, mountain climbing, high impact aerobics, fast bicycling more than 10 mph, competitive baseball, football or soccer, race walking, or running.

- 1 - 4 times per week
- 5 - 10 times per week
- 11 or more times per week
- No times
- Don't Know / Not Sure

And how much time did you usually spend doing vigorous physical activities on each occasion during the past week?

- Less than 30 minutes
- 30 minutes to 1 hour 59 minutes
- 2 hours to 3 hours 59 minutes
- 4 hours to 5 hours 59 minutes
- 6 hours or more

During the past 12 months, have you had either a flu shot or a flu vaccine that was sprayed in the nose?

- Yes
- No
- Don't know / Not sure

Have you ever been told by a doctor, nurse, or other health professional that you have: (check all that apply)

	Yes	No
Anxiety disorder	<input type="radio"/>	<input type="radio"/>
Depressive disorder	<input type="radio"/>	<input type="radio"/>
Asthma	<input type="radio"/>	<input type="radio"/>
Cancer	<input type="radio"/>	<input type="radio"/>
Angina or coronary disease	<input type="radio"/>	<input type="radio"/>
High cholesterol	<input type="radio"/>	<input type="radio"/>
Heart attack, also called myocardial infarction	<input type="radio"/>	<input type="radio"/>
Stroke	<input type="radio"/>	<input type="radio"/>
High blood pressure	<input type="radio"/>	<input type="radio"/>
Chronic obstructive pulmonary disease (COPD)	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>
Arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia	<input type="radio"/>	<input type="radio"/>
Other (please specify)	<input type="radio"/>	<input type="radio"/>

Do you have routine health screenings for:

	Yes	No	Not applicable
Skin Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breast Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prostate Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oral/Throat Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Colorectal Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have you ever had cancer?

- Yes
- No

Please specify the type of cancer

- Breast cancer
- Cervical cancer
- Endometrial (uterus) cancer
- Ovarian cancer
- Head and neck cancer
- Oral cancer
- Pharyngeal (throat) cancer
- Thyroid
- Colon (intestine) cancer
- Esophageal/Esophagus
- Liver cancer
- Pancreatic (pancreas) cancer
- Rectal/Rectum cancer
- Stomach
- Hodgkin's Lymphoma
- Leukemia (blood) cancer
- Non-Hodgkin's Lymphoma
- Prostate cancer
- Testicular cancer
- Melanoma
- Other skin cancer
- Heart
- Lung
- Bladder cancer
- Renal (kidney) cancer

What do you think are the top 5 most pressing health issues facing your county? (CHOOSE 5)

- Access to Care/Uninsured
- Alzheimer's Disease/Aging Issues
- Cancer
- Child Abuse/Neglect
- Dental Health
- Diabetes
- Domestic Violence
- Fire-Arm Related Injuries
- Heart Disease
- High Blood Pressure
- HIV/AIDS
- Homicide/Violent Crime
- Infectious Disease (i.e. hepatitis, TB, etc.)
- Infant Death
- Maternal/Infant Health
- Mental Health/Suicide
- Motor Vehicle Crash Injuries
- Overweight/Obesity
- Rape/Sexual Assault
- Respiratory/Lung Disease
- Sexually Transmitted Infections (STIs)
- Stroke
- Drug Abuse/Alcohol Abuse
- Tobacco Use/Smoking
- Other (please specify): _____

What are the most significant barriers that keep people in the community from accessing health care when they need it? (Select all that apply)

- Can't Find Doctor/Can't Get Appointment
- Basic Needs Not Met (Food/Shelter)
- Difficult to Understand/Navigate Health Care System
- Cost/Paying Out of Pocket Expenses (Co-pays, Prescriptions, etc.)
- Lack of Child Care
- Lack of Health Insurance Coverage
- Lack of Transportation
- Lack of Trust
- Language/Cultural Issues
- Not enough time
- None/No Barriers
- Don't Know
- Other (specify): _____

Related to health, what resources or services do you think are missing in the community? (Select all that apply)

- Health Education/Information/Outreach
- Health Screenings
- Immunization/Vaccination Programs
- Access to Affordable Fresh Fruits & Vegetables
- Availability of Parks & Recreation Areas
- Free/Low Cost Medical Care
- Free/Low Cost Dental Care
- Free/Low Cost Vision/Eye Care
- Primary Care Providers (Family Doctors)
- Medical Specialists (Ex. Cardiologist)
- Mental Health Services
- Prenatal Care Services
- Substance Abuse Services
- Bilingual Services
- Elder Care/Senior Services
- Transportation
- Prescription Assistance
- None
- Don't Know/Not sure
- Other (please specify): _____

What do you think is being done well in the community related to health?

What is the most important thing, positive or negative, impacting your personal health currently?

What suggestions do you have to improve health in the community?

Entities throughout XX's service area will use the information from this survey to plan community health programs. Please share any additional comments you have for them below:

Thank you for your input!