

Community  
Health  
Needs  
Assessment  
Report

2017

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**Cedar County Memorial Hospital**

**Mission Statement: Cedar County Memorial Hospital, as a team of dedicated professionals, provides compassionate, accessible and affordable healthcare services in a patient-centered environment to the communities we serve.**

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## **Executive Summary**

The Patient Protection and Affordable Care Act passed in March of 2010 requires that all not-for-profit hospitals complete a Community Health Needs Assessment (CHNA) at least once every three years for tax years beginning after March 2012. The assessment must be conducted with input from other community organizations, and the results must be widely publicized. The hospital must then utilize the survey findings and develop implementation strategies for addressing priority needs.

Cedar County Memorial Hospital (CCMH) uses a committee already in place to review strategic planning progress to also organize and plan the CHNA process. This committee began meeting in August of 2013. Committee members participated in a series of CHNA webinars sponsored by the Missouri Hospital Association (MHA) and decided to adopt a process similar to that recommended by MHA.

The CHNA process followed by CCMH included the following steps.

- Define the community served by the hospital.
- Identify partners representing the broad interests of the community.
- Collect and summarize secondary data.
- Develop and conduct primary research.
- Analyze and prioritize primary and secondary data.
- Develop and disseminate the CHNA report.
- Develop and implement strategies to address the significant health issues.

The above outlined steps are detailed in the pages that follow, with the exception of the last step. That step is completed separately through CCMH's strategic planning process.

CCMH's fiscal year (FY) runs February 1 through January 31; therefore, FY 2014 (beginning February 1, 2013, and ending January 31, 2014) was CCMH's first tax year beginning after March 2012. The CHNA is conducted every 3 years; this report represents the CHNA for the FY ending January 31, 2017.

This CHNA took into account the broad interests of the community served by CCMH, including those with special knowledge of or expertise in public health.

## **STEP 1: Define the Community Served**

### **Geography**

The primary service area of CCMH is Cedar County, Missouri. Cedar County is located in Southwest Missouri and has a total area of approximately 474.48 square miles, 29.5 square miles of which is water.<sup>1</sup> According to 2010 U.S. Census Bureau data, Cedar County has a population of approximately 13,982 and a population density of 29.5 per square mile.<sup>2</sup> Cedar County is comprised of 7 townships, 2 cities, 2 villages and 32 unincorporated places.<sup>1</sup> The two cities are El Dorado Springs, which is the largest city in the county and where CCMH is located, and Stockton, which is the county seat. CCMH also serves some patients in the adjacent counties of St. Clair, Polk, Dade, Hickory and Vernon.

The following major highways run through Cedar County: U.S. Route 54 and Missouri Routes 32, 39, 97 and 215.

#### Top 10 Zip Codes of Patients Served:

- |                             |                          |
|-----------------------------|--------------------------|
| (1) 64744—El Dorado Springs | (6) 64776--Osceola       |
| (2) 65785—Stockton          | (7) 64767--Milo          |
| (3) 64772—Nevada            | (8) 64756—Jerico Springs |
| (4) 64783—Schell City       | (9) 64790--Walker        |
| (5) 64750--Harwood          | (10) 64738--Collins      |

### Demographics

Of the 13,982 population, 6 percent are under age 5; 18 percent are 9-17; 16 percent are 18-34; 11 percent are 35-44; 27 percent are 45-64; 22 percent are age 65 and over; 50.8 percent are female; and 96.9 percent are white.<sup>2,3</sup> There was an estimated -0.3% percent overall population decrease from 2010 to 2015.<sup>2</sup> The median age for Cedar County is 45 years, as compared to 38 for the state of Missouri.<sup>3</sup> Of persons 25 years and older, 82.9 percent are high school graduates or higher, 10.9 percent have a 9<sup>th</sup> to 12<sup>th</sup> grade education and 6.2 percent have less than a 9<sup>th</sup> grade education.<sup>4</sup>

The median household income is \$29,872, and per capita income is \$17,744.<sup>2</sup> The percentage of the population living below the poverty level is 23.4 percent<sup>4</sup>, with 33 percent of the county's children under age 18 living in poverty.<sup>5</sup> Approximately 61.7 percent of enrolled students participate in a free/reduced lunch program.<sup>6</sup>

19 percent of the county's population is uninsured.<sup>5</sup>

Based on 2014 data, the actual per capita Medicare expenditure in Cedar County is \$8,033 compared to \$8,844 for the state of Missouri.<sup>7</sup>

The largest industry in Cedar County is (1) education services, healthcare and social assistance; followed by (2) retail trade and (3) manufacturing. Approximately 49.9

percent of individuals age 16 and over are in the labor force.<sup>4</sup> The average unemployment rate of Cedar County for 2016 is approximately 4.56 percent.<sup>8</sup>

The El Dorado Springs School R-II District is the largest employer in Cedar County, followed by Cedar County Memorial Hospital.<sup>9</sup>

There are two public school districts, El Dorado Springs R-II and Stockton R-I, and two private schools, Agape Boarding School and El Dorado Christian School, in Cedar County.

### At-Risk Populations

**The Elderly:** Individuals age 65 and over comprise 22 percent of the population of Cedar County, compared to 14 percent in the state of Missouri.<sup>2</sup> 19 percent of this population lives below the poverty level.<sup>4</sup> Individuals in this age group are most at-risk for chronic disease in comparison to younger populations, may have transportation issues and often live in isolation without solid support systems. In addition, the elderly face difficult life situations due to the aging process, loss of loved ones, diminished social status and the inability to maintain prior activity levels.

**Children:** 33 percent of Cedar County children ages 17 and under live in poverty, as compared to 21 percent for the state of Missouri.<sup>5</sup> Child poverty is known to contribute to educational deficits, health issues and other consequence. The child abuse/neglect rate for Cedar County in 2014 was 56.1 (180 per 1,000), as compared to 44.1 in Missouri.<sup>6</sup> The 2014 teen birth rate for Cedar County was 61.6 (26 per 1,000), as compared to 27.2 for the state of Missouri.<sup>6</sup> A 2013 study of 6<sup>th</sup> through 12<sup>th</sup> graders in Cedar County, found that 13.5 percent of these students had considered suicide in the past year—9.3 percent made a plan; 1.3 percent actually attempted suicide, resulting in injury.<sup>10</sup>

**Mentally ill:** According to the Missouri Department of Health and Senior Services, the 2013 emergency room (ER) visit rate for Cedar County patients with mental disorders was 17.5, as compared to the Missouri rate of 13.89.<sup>11</sup> In addition, for the period 2003-2013, Cedar County's rate for deaths from self-inflicted injuries was 19.5, versus 13.73 for Missouri.<sup>12</sup> There were 5 suicides in Cedar County in 2013.<sup>10</sup> Locating psychiatric beds for ER patients requiring inpatient psychiatric care is a major struggle, often requiring the CCMH ER to become a holding area for mental health patients awaiting placement. Mentally ill individuals suffer more from chronic medical conditions that can reduce their life span than the general public.

### Healthcare Providers in the Community

CCMH is the only acute care hospital in Cedar County. CCMH is a county-owned, not-for-profit Critical Access Hospital (CAH) that opened in 1960. CCMH also operates the Medical Mall Clinic Rural Health Clinic in El Dorado Springs; the Cedar County Health Department, with offices in El Dorado Springs and Stockton; a fitness center; a home

health agency; an in-home services program; a cardiac rehabilitation program; a satellite rehabilitation clinic; and a hospital-based intensive outpatient geriatric psychiatric program (Senior Life Solutions™).

Other community healthcare providers are listed below.

Primary care clinics--Mercy Clinic Family Medicine, El Dorado Springs; El Dorado Springs Healthcare (Citizen's Memorial Hospital Clinic/Urgent Care); Stockton Family Medical Center; and Stockton Lake Walk-in and Urgent Care  
Long-term care facilities—Community Springs Healthcare Facility in El Dorado Springs and Lake Stockton Healthcare Facility in Stockton  
Mental Health Centers and Counselors—Southwest Missouri Psychiatric Rehabilitation Center in El Dorado Springs; Pathways Community Behavioral Health Care in El Dorado Springs; Butler-Davidson Counseling Services in El Dorado Springs; Allied Mental Health Associates in El Dorado Springs; and Citizens Memorial Healthcare in Stockton

## **STEP 2: Partners Representing Broad Interests of the Community**

CCMH and the Cedar County Health Department formed the primary partnership in the conduction of this CHNA. Cedar County is unique in that the County Health Department is under the management of the county hospital; therefore, CCMH and the Cedar County Health Department share a common Administrator and Board of Trustees. Those individuals with special knowledge of and expertise in public health who provided input into the CHNA process include Jana Witt, Administrator of CCMH and the Cedar County Health Department, and Susan Smith-Hall, RN, Community Services Manager. Jana holds a Master of Business Administration Degree, with an undergraduate degree in Public Administration and a minor in Healthcare Management. She has worked in the health care field for 21 years. Susan is responsible for the day-to-day operations of the Cedar County Health Department, the CCMH Home Health Agency and In-home Services. Susan holds a Master's Degree in Elementary Education and taught in the public school system for 22 years. She later obtained a BSN Degree and has worked in the health care field for 2 years and in her current position for 11 months.

To assure representation of the broad interests of the community, another partnership for this assessment process was formed with the Cedar County Community Health Assistance Resource Team (CHART). In the late 1990's, the Missouri Department of Health and Senior Services provided resources for the formation of local health collaborations in counties throughout Missouri. Cedar County's CHART collaborative has remained active and holds 9 regular meetings each year. Members share information about the activities in their individual organizations and strive to work together to meet the health-related needs of the county's residents. CHART membership includes public, private and non-profit agencies serving Cedar County.

Organizations involved in the CHNA process through CHART included: Cedar County Memorial Hospital (CCMH); the Cedar County Health Department; the Cedar County Memorial Hospital Auxiliary; Heartland Behavioral Health Services; Compass Health; the Kaysinger Basin Regional Planning Commission; University of Missouri Extension; Cedar County Library; On My Own, Inc.; Missouri Assistive Technology; Parents As Teachers; the El Dorado Springs Sun Newspaper; Pathways; and the Stockton Area Chamber of Commerce.

### **STEP 3: Collect and Summarize Secondary Data**

#### **Birth Characteristics:**

- In 2014, there were 177 live births to Cedar County residents.
- There were 5 births (2.8 percent) to mothers ages 15-17 years.
- 19.8 percent of mothers reported smoking during pregnancy.
- 22.6 percent of mothers had less than 12 years of education.
- 39 percent of births were out of wedlock.
- 75.4 percent of mothers planned to breastfeed.
- 29.1 percent of mothers received inadequate prenatal care.<sup>13</sup>

#### **Death Characteristics:**

- There were 202 resident deaths in Cedar County in 2014.
- The leading cause of death in 2014 was heart disease, which accounted for 56 deaths (28 percent). The second leading cause of death was malignant neoplasms (cancer), which accounted for 48 deaths (24 percent). The third leading cause of death was cerebrovascular disease (stroke), which accounted for 19 deaths (9 percent).
- The top three causes of death for Missouri in 2014 were: heart disease (24.4 percent), malignant neoplasms (22.4 percent) and chronic lower respiratory disease (6.4).<sup>13</sup>

#### **Access to Health Care:**

- 19 percent of adults in Cedar County are uninsured, as compared to 15 percent in Missouri.

- The primary care physician ratio for Cedar County is 3,480:1; as compared to 1,420:1 for Missouri.
- The dentist ratio for Cedar County is 3,490:1, as compared to 1,870:1 for Missouri.
- The mental health provider ratio for Cedar County is 1,550:1, as compared to 600:1 for Missouri.

**Chronic Disease:**

For the period 2003-2013, Cedar County had higher death rates from heart disease, ischemic heart disease, stroke/other cerebrovascular disease, cancer and chronic obstructive pulmonary disease than the state of Missouri. However, the death rate from diabetes mellitus was considerably lower in Cedar County than for the state. This data is shown in the table that follows.<sup>14</sup>

Chronic Disease Comparison, 2003-2013<sup>14</sup>

<i>Deaths from</i>	<i>Number of Events</i>	<i>County Rate</i>	<i>State Rate</i>
Heart Disease	537	221.1	216.75
Ischemic Heart Disease	356	147.6	144.7
Stroke/Other Cerebrovascular Disease	151	59.0	47.75
All Cancers (Malignant Neoplasms)	489	200.5	188.93
Diabetes Mellitus	36	14.6	21.97
Chronic Obstructive Pulmonary Disease	146	60.5	49.15

**Social Issues** (See also *Demographics and At-Risk Populations.*):

- In 2014, there were 29 violent crimes (aggravated assaults) and 130 property crimes (45 burglaries, 77 larcenies/theft and 8 motor vehicle thefts) reported in Cedar County.<sup>15</sup>



- In 2014, the high school drop-out rate for Cedar County was 2 percent, up from 1.8 percent in 2010. For 2014, the high school drop-out rate for Missouri was 2.5 percent.<sup>6</sup>
- For the period 2003-2013, the rate of deaths from self-inflicted injuries in Cedar County was 19.5, as compared to 13.73 for Missouri.<sup>12</sup>
- For 2011, the prevalence of adult cigarette smokers was 22.5 percent, and the prevalence of adult smokeless tobacco users was 9.8 percent in Cedar County.<sup>16</sup>
- In 2011, the prevalence of adult obesity was 34.4 percent.<sup>17</sup>

### **Behavioral Health:**

- There were 113 Cedar County residents admitted into Substance Abuse Treatment Programs in 2014. 38 were primarily due to alcohol and 24 primarily due to marijuana.<sup>10</sup>
- In 2014, 232 Cedar County residents received treatment for serious mental illness in public-funded facilities. The primary diagnosis was mood disorder, followed by anxiety disorder.<sup>10</sup>
- Data to describe the behavioral/mental health status of Cedar County residents was difficult to find. This represents a data gap, whereas additional data would have been useful.

### **Physical Environment:**

- 88.4 percent of Cedar County residents consider their neighborhood to be extremely or quite safe.<sup>17</sup>
- 25.3 percent of Cedar County residents use walking trails, parks, playgrounds or sports fields for physical activity.<sup>17</sup>
- The 2016 County Health Rankings Report for Cedar County shows the average daily fine particulate matter for Cedar County was 9.84, as compared to 10.2 for Missouri.<sup>5</sup> Of note, activities such as burning wood, coal, oil or residential waste emit fine particles into the air. Particulate matter in the air is particularly harmful to children, the elderly and individuals with asthma and cardiopulmonary disease.

## **STEP FOUR: Develop and Conduct Primary Research**

### **Questionnaire to Expert Stakeholders**

Qualitative data was collected from Cedar County CHART and CCMH Board members using a brief questionnaire. The questionnaire for CHART members was prefaced with a presentation and discussion about the CHNA process led by Jana Witt at the September 7, 2016, CHART meeting held in El Dorado Springs. Those expert stakeholders completing the questionnaire included: Julia Phillips, CCMH Board Member (retired RN); Judy Renn, CCMH Board President (retired school teacher); Jan Neale, CCMH Board Vice-President; Carla Griffin, CCMH Board Member (retired RN and public health administrator); Sheila Guinn-Peters, Director SW 1 Gateway—Pathways; Kimball Long, El Dorado Springs Sun Newspaper publisher; Elva Weber, Assistant Director—Stockton Area Chamber of Commerce; Julie Ledford, Nutrition Program Associate—University of Missouri Extension; Nancy Culbertson, Cedar County Health Department/CHART Coordinator; Mary Sebade, Nutrition and Health Education Specialist—University of Missouri Extension; Glenda Pate, Cedar County Library Director; Lynn McClaghry, Parents as Teachers Coordinator; and Susan Smith-Hall, RN, CCMH Community Services Manager.

The questions and a summary of the feedback received follow.

Question 1: What are the most serious health issues facing our community?

Top Responses:

- (1) There was a tie for the number one response.
  - a. Nutrition (not eating healthy)
  - b. Substance abuse
- (2) Shortage of medical professionals (specifically doctors and nurses)
- (3) There was a 3-way tied for third.
  - a. Cardiac (heart) issues
  - b. Obesity
  - c. Lack of health insurance

*(Note: In 2013, the number one response was obesity.)*

Question 2: What are the most beneficial health resources in our community?

Top Responses:

- (1) The hospital and emergency room
- (2) The County Health Department
- (3) All other responses received only one mention each: the CCMH Exercise Center; collaboration among service providers; programs that provide education to residents and are geared to all ages; and senior citizen outreach.

*(Note: In 2013, the number one response was the County Health Department.)*

Question 3: What gaps in health services or resources do you see in our community?

Top Responses:

- (1) Health education and outreach to residents
- (2) There was a 3-way tie for second:
  - a. Surgery
  - b. Obstetrics
  - c. Transportation
- (3) All other responses received only one mention each: assisted living; tobacco cessation products; affordable food resources; free immunizations; assistance with cost of healthcare; dental care for adults that take Medicaid; and assistance with medication costs for seniors.

*(Note: In 2013, the number one response was affordable healthcare services for the uninsured.)*

Question 4: What suggestions do you have for improving the overall health of our community?

Education was by far the number one response to question #4. Only 2 other items were mentioned: CIT (crisis intervention team) training for law enforcement and exercising more. Education topics specifically mentioned included: culture of good health, simple meal preparation and exercises people can do at home. It was also suggested that there be more marketing of health education resources that are already available and that school involvement in health education is a must

*(Note: In 2013, there was no clear number one response. The responses varied greatly. Some examples are: fitness programs, accessible dental care and support groups for disease management.)*

Question 5: Is there a particular group in our community you would identify as most “at risk” for not receiving adequate healthcare services? Please describe.

Top Responses:

- (1) There was a tie for the number one response:
  - a. The elderly
  - b. The uninsured and underinsured. Adults who don't qualify for Medicare or Medicaid were specifically mentioned.
- (2) There was a tie for second:
  - a. Children
  - b. People that lack transportation

- (3) All other responses only received one mention each: low income residents, parents with young children and those that “want a quick fix”.

*(Note: In 2013, over half of those responding to the questionnaire felt that the uninsured in our community are most at risk for not receiving adequate healthcare services.)*

## **Community Survey**

Primary data was also collected through an 89-question community survey. Questions for this survey were primarily obtained from the 2011 Behavioral Risk Factor Surveillance Survey (BRFSS). BRFSS was created by the Centers for Disease Control (CDC) and has been used for over 30 years. It is considered the gold standard of behavioral surveillance and is used for public health surveillance in all 50 states. These questions were supplemented with questions from the Survey Monkey™ question bank and questions used by other community hospitals in their survey processes.

CCMH's Strategic Planning sub-committee consisting of the CCMH/Cedar County Health Department Board President, Administrator of the Cedar County Health Department and CCMH, CCMH Director of Finance, CCMH Chief Nursing Officer, CCMH Social Services Designee, CCMH Administrative Secretary/Marketing Coordinator, CCMH Community Services Manager and CCMH Quality Improvement/Safety/Utilization Review Coordinator oversaw the survey process.

The community survey went through several drafts before being finalized in 2013. It was reviewed by CCMH's Strategic Planning sub-committee, CHART members at the October 2013 meeting, the CCMH Medical Staff, the CCMH Board of Directors and CCMH Department Managers. The survey was tested before being implemented by having multiple individuals take the test to assure question clarity and to validate the time necessary to complete the survey. CCMH's Strategic Planning sub-committee decided to use the same survey from the 2014 CHNA in the 2017 CHNA so that comparisons could be made.

With individual responses sought, the survey was made publicly available October 1-31, 2016, in both paper and electronic format. Paper copies of the survey were distributed at Cedar County Memorial Hospital, the Cedar County Health Department (El Dorado Springs and Stockton), the Cedar County Exercise Center (Stockton) and the Medical Mall Clinic (El Dorado Springs). CCMH staff also distributed paper surveys at the Senior Center in El Dorado Springs. An electronic version of the survey created through Survey Monkey™ was made available through a link on the CCMH website. Information about the survey, including how to access it electronically or to receive a paper copy, was relayed to the community through newspaper and radio announcements. A link to the electronic survey was also e-mailed to all CCMH department managers and to other community leaders for easy forwarding to others. Ninety-seven paper surveys were returned to the CCMH Administrative Office, where

they were electronically entered into Survey Monkey™. Another 103 surveys were completed electronically, for a total of 200 completed surveys.

## Community Survey Findings

1. How would you describe your general health?		
Answer Options	Response Percent	Response Count
Excellent	8.7%	17
Very Good	35.7%	70
Good	42.9%	84
Fair	10.7%	21
Poor	2.0%	4
<i>answered question</i>		<b>196</b>
<i>skipped question</i>		<b>4</b>

2. Do you have any kind of health care coverage, including health insurance, prepaid plans or government plans such as Medicare, Medicaid or Indian Health Services?		
Answer Options	Response Percent	Response Count
Yes	92.5%	184
No	7.0%	14
Do not know	0.5%	1
<i>answered question</i>		<b>199</b>
<i>skipped question</i>		<b>1</b>

3. Do you have one person you think of as your personal doctor or health care provider?		
Answer Options	Response Percent	Response Count
Yes	75.8%	150
No	23.2%	46
Do not know	1.0%	2
<i>answered question</i>		<b>198</b>
<i>skipped question</i>		<b>2</b>

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

Answer Options	Response Percent	Response Count
Within past year (anytime less than 12 months ago)	59.5%	116
Within past 2 years (more than 1 year but less than 2 years ago)	15.4%	30
Within past 5 years (more than 2 years but less than 5 years ago)	6.7%	13
5 or more years ago	11.3%	22
Don't know	4.1%	8
Never	3.1%	6
<i>answered question</i>		<b>195</b>
<i>skipped question</i>		<b>5</b>

**5. Has anyone in your family had trouble finding a primary care (family practice) doctor in the past 2 years?**

Answer Options	Response Percent	Response Count
Yes	18.1%	35
No	81.9%	158
<i>answered question</i>		<b>193</b>
<i>skipped question</i>		<b>7</b>

**6. Why did you have trouble finding a primary care (family practice) doctor?**

Answer Options	Response Percent	Response Count
Could not get a convenient appointment	20.6%	7
Did not know how to get in contact with one	5.9%	2
Doctor was not taking new patients	14.7%	5
No transportation to appointment	0.0%	0
Would not accept my insurance	8.8%	3
Not enough provider choices	32.4%	11
Other (please specify)	17.6%	6
<i>answered question</i>		<b>34</b>
<i>skipped question</i>		<b>166</b>

**7. Have you or anyone in your household had difficulty finding a physician specialist in the last 12 months? Check all that apply.**

Answer Options	Response Percent	Response Count
Bone and joint specialist (i.e. Orthopedist)	4.7%	8
Cancer specialist (i.e. Oncologist)	1.2%	2
Children's specialist (i.e. Pediatrician)	1.7%	3
Dentist	7.0%	12
Diabetes specialist (i.e. Endocrinologist)	3.5%	6
Heart specialist (i.e. Cardiologist)	2.9%	5
Lung and breathing specialist (i.e. Pulmonologist)	2.9%	5
Mental health specialist (i.e. Psychiatrist)	4.7%	8
Nerve and brain specialist (i.e. Neurologist)	1.2%	2
Women's health specialist (i.e. Gynecologist)	8.7%	15
Birth specialist (i.e. Obstetrician)	2.9%	5
Foot specialist (i.e. Podiatrist)	2.3%	4
Digestive tract specialist (i.e. Gastroenterologist)	2.3%	4
Geriatric specialist (i.e. Geriatrician)	1.7%	3
Skin specialist (i.e. Dermatologist)	4.1%	7
Allergy specialist (i.e. Allergist)	2.3%	4
Kidney specialist (i.e. Nephrologist)	1.2%	2
Pain Management Specialist	1.2%	2
General Surgeon	0.0%	0
No difficulty finding a specialist in the last 12 months	71.5%	123
Other (please specify)	4.1%	7
<i>answered question</i>		<b>172</b>
<i>skipped question</i>		<b>28</b>

**8. Have you ever been told by a doctor, nurse or other health care professional that you have high blood pressure?**

Answer Options	Response Percent	Response Count
Yes	44.1%	86
No	55.9%	109
Do not know	0.0%	0
<i>answered question</i>		<b>195</b>
<i>skipped question</i>		<b>5</b>

**9. Are you currently taking medicine for your high blood pressure?**

Answer Options	Response Percent	Response Count
Yes	74.4%	64
No	25.6%	22
Do not know	0.0%	0
<i>answered question</i>		<b>86</b>
<i>skipped question</i>		<b>114</b>

**10. Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?**

Answer Options	Response Percent	Response Count
Yes	83.6%	163
No	12.3%	24
Do not know	4.1%	8
<i>answered question</i>		<b>195</b>
<i>skipped question</i>		<b>5</b>

**11. Have you ever been told by a doctor or other health professional that you have any of the following conditions? Check all that apply.**

Answer Options	Response Percent	Response Count
Arthritis	22.4%	43
Angina (coronary artery disease)	4.7%	9
Heart attack (myocardial infarction)	2.1%	4
Congestive Heart Failure (CHF)	3.1%	6
Diabetes	15.1%	29
Asthma	11.5%	22
Emphysema or bronchitis	8.9%	17
High cholesterol	27.6%	53
Cancer	8.9%	17
Stroke	1.0%	2
Chronic Obstructive Pulmonary Disease (COPD)	5.7%	11
Kidney disease	2.1%	4
Depressive disorder	16.1%	31
No. I have never been told that I have any of these conditions.	40.6%	78
<i>answered question</i>		<b>192</b>
<i>skipped question</i>		<b>8</b>

**12. Do you smoke?**

Answer Options	Response Percent	Response Count
Yes	14.9%	29
No	85.1%	166
<i>answered question</i>		<b>195</b>
<i>skipped question</i>		<b>5</b>



13. Do you live with someone who smokes?

Answer Options	Response Percent	Response Count
Yes	20.0%	39
No	80.0%	156
<i>answered question</i>		<b>195</b>
<i>skipped question</i>		<b>5</b>

14. Do you use any of the following? Check all that apply.

Answer Options	Response Percent	Response Count
Chewing tobacco	2.9%	5
Snuff (fine-grained tobacco)	0.6%	1
E-cigarettes	1.1%	2
Not applicable	95.4%	167
<i>answered question</i>		<b>175</b>
<i>skipped question</i>		<b>25</b>

15. Have you had a test for high blood sugar or diabetes within the past 3 years?

Answer Options	Response Percent	Response Count
Yes	62.2%	122
No	37.8%	74
<i>answered question</i>		<b>196</b>
<i>skipped question</i>		<b>4</b>

16. If you have been diagnosed with diabetes, have you ever taken a class in how to manage your diabetes?

Answer Options	Response Percent	Response Count
Yes	11.1%	21
No	27.4%	52
Not applicable	61.6%	117
<i>answered question</i>		<b>190</b>
<i>skipped question</i>		<b>10</b>

17. Have you ever been told you should lose weight for health reasons?

Answer Options	Response Percent	Response Count
Yes	37.1%	72
No	62.9%	122
<i>answered question</i>		<b>194</b>
<i>skipped question</i>		<b>6</b>

18. How would you describe your weight?

Answer Options	Response Percent	Response Count
Very obese	3.1%	6
Obese	13.4%	26
Overweight	47.4%	92
Average weight	34.0%	66
Underweight	2.1%	4
Very underweight	0.0%	0
<i>answered question</i>		<b>194</b>
<i>skipped question</i>		<b>6</b>

19. Are you currently trying to lose weight?

Answer Options	Response Percent	Response Count
Yes	51.3%	99
No	48.7%	94
<i>answered question</i>		<b>193</b>
<i>skipped question</i>		<b>7</b>

20. On average, how many days per week do you engage in physical activity for at least 30 minutes?

Answer Options	Response Percent	Response Count
0	17.4%	33
1	7.9%	15
2	22.1%	42
3	18.9%	36
4	5.3%	10
5	13.2%	25
6	6.8%	13
7	8.4%	16
<i>answered question</i>		<b>190</b>
<i>skipped question</i>		<b>10</b>

21. On average, how many days per week do you eat at least 5 servings of fruits and/or vegetables?

Answer Options	Response Percent	Response Count
0	14.8%	28
1	13.2%	25
2	14.3%	27
3	17.5%	33
4	13.8%	26
5	15.9%	30
6	3.2%	6
7	7.4%	14
<i>answered question</i>		<b>189</b>
<i>skipped question</i>		<b>11</b>

22. Are you limited in any way in any activities because of physical, mental or emotional problems?

Answer Options	Response Percent	Response Count
Yes	28.4%	54
No	71.6%	136
<i>answered question</i>		<b>190</b>
<i>skipped question</i>		<b>10</b>

23. Do you now have any health problem that requires you to use special equipment such as a cane, a wheelchair, a special bed or a special telephone?

Answer Options	Response Percent	Response Count
Yes	4.7%	9
No	95.3%	183
<i>answered question</i>		<b>192</b>
<i>skipped question</i>		<b>8</b>

24. If you have been prescribed medications for your health, do you take them as prescribed?

Answer Options	Response Percent	Response Count
Yes	76.7%	148
No	6.2%	12
Not applicable	17.1%	33
<i>answered question</i>		<b>193</b>
<i>skipped question</i>		<b>7</b>

**25. Why do you not take your medications as prescribed by your physician or other healthcare provider?**

Answer Options	Response Percent	Response Count
Cannot afford to take my medications as prescribed	13.6%	3
Do not feel I need to take the medications as prescribed	18.2%	4
Do not understand how I am to take my medications	0.0%	0
Other (please specify)	68.2%	15
<i>answered question</i>		<b>22</b>
<i>skipped question</i>		<b>178</b>

**26. Are your usual activities limited in any way because of arthritis or joint problems?**

Answer Options	Response Percent	Response Count
Yes	27.6%	53
No	72.4%	139
<i>answered question</i>		<b>192</b>
<i>skipped question</i>		<b>8</b>

**27. How often do you wear a seat belt when you drive or ride in a motor vehicle?**

Answer Options	Response Percent	Response Count
Always	70.7%	133
Nearly always	16.0%	30
Sometimes	9.6%	18
Seldom	2.7%	5
Never	1.1%	2
<i>answered question</i>		<b>188</b>
<i>skipped question</i>		<b>12</b>

**28. How often do you assure that children 4 years of age or younger OR less than 40 pounds ride in an appropriate child safety seat when riding as passengers in your vehicle?**

Answer Options	Response Percent	Response Count
Always	62.8%	120
Nearly always	6.3%	12
Sometimes	1.0%	2
Seldom	0.5%	1
Never	1.0%	2
Not Applicable	28.3%	54
<i>answered question</i>		<b>191</b>
<i>skipped question</i>		<b>9</b>

29. How often do you assure that children ages 4 through 7 years who weigh at least 40 pounds ride in an appropriate child safety seat or booster seat (unless they are greater than 80 pounds or 4' 9" tall) when riding as passengers in your vehicle?

Answer Options	Response Percent	Response Count
Always	57.8%	108
Nearly always	7.5%	14
Sometimes	4.8%	9
Seldom	0.5%	1
Never	0.5%	1
Not applicable	28.9%	54
<i>answered question</i>		<b>187</b>
<i>skipped question</i>		<b>13</b>

30. There are two ways to get the seasonal flu vaccine, one is a shot in the arm; and the other is a spray, mist or drip in the nose called FluMist(TM). During the past 12 months, have you had either a seasonal flu shot or a seasonal vaccine that was sprayed in your nose?

Answer Options	Response Percent	Response Count
Yes	64.9%	124
No	34.6%	66
Do not know	0.5%	1
<i>answered question</i>		<b>191</b>
<i>skipped question</i>		<b>9</b>

31. Why did you not get either a flu shot or FluMist(TM) in the past 12 months?

Answer Options	Response Percent	Response Count
Could not afford it	3.3%	2
Concerned about side effects	10.0%	6
Do not feel it is beneficial	11.7%	7
Could not get transportation	0.0%	0
Was not aware where or when I could get it	1.7%	1
Personal choice not to take vaccine	50.0%	30
Other (please specify)	23.3%	14
<i>answered question</i>		<b>60</b>
<i>skipped question</i>		<b>140</b>

32. During the last 30 days, what is the largest number of alcoholic drinks you had on any one occasion?

Answer Options	Response Percent	Response Count
0	62.6%	117
1-3	30.5%	57
4-6	2.7%	5
7 or more	4.3%	8
<i>answered question</i>		<b>187</b>
<i>skipped question</i>		<b>13</b>

33. During the last 30 days, how many days did you have a least one drink of any alcoholic beverage, such as beer, wine, a malt beverage or liquor?

Answer Options	Response Percent	Response Count
0	63.1%	118
1-3	21.4%	40
6-8	5.9%	11
9-11	1.1%	2
12-14	1.6%	3
15 or more	7.0%	13
<i>answered question</i>		<b>187</b>
<i>skipped question</i>		<b>13</b>

34. Has alcohol use had a harmful effect on you or a family member in the past two years?

Answer Options	Response Percent	Response Count
Yes	14.4%	27
No	85.6%	160
<i>answered question</i>		<b>187</b>
<i>skipped question</i>		<b>13</b>

35. Have you ever needed help with a prescription drug use addiction?

Answer Options	Response Percent	Response Count
Yes	0.5%	1
No	99.5%	187
<i>answered question</i>		<b>188</b>
<i>skipped question</i>		<b>12</b>

**36. Have you ever needed help with an illicit (illegal) drug use addiction?**

Answer Options	Response Percent	Response Count
Yes	0.0%	0
No	100.0%	187
<i>answered question</i>		<b>187</b>
<i>skipped question</i>		<b>13</b>

**37. During the last 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work or recreation?**

Answer Options	Response Percent	Response Count
0	61.1%	113
1-5	23.2%	43
6-10	6.5%	12
11-15	0.5%	1
16 or more	8.6%	16
<i>answered question</i>		<b>185</b>
<i>skipped question</i>		<b>15</b>

**38. Are you currently taking prescription medication to deal with pain issues?**

Answer Options	Response Percent	Response Count
Yes	17.3%	32
No	82.7%	153
<i>answered question</i>		<b>185</b>
<i>skipped question</i>		<b>15</b>

**39. How often do you drink soda or pop?**

Answer Options	Response Percent	Response Count
0 times a week	25.1%	47
1-3 times a week	39.0%	73
4-6 times a week	12.8%	24
7-9 times a week	9.6%	18
10-12 times a week	7.0%	13
13 or more times a week	6.4%	12
<i>answered question</i>		<b>187</b>
<i>skipped question</i>		<b>13</b>

**40. When was the last time you had your eyes examined by a doctor or eye care provider?**

Answer Options	Response Percent	Response Count
Within the past month (anytime less than 1 month ago)	10.8%	20
Within the past year (more than 1 month ago but less than 12 months ago)	44.1%	82
Within the past 2 years (more than 1 year ago but less than 2 years ago)	18.8%	35
2 or more years ago	24.2%	45
Never	2.2%	4
<i>answered question</i>		<b>186</b>
<i>skipped question</i>		<b>14</b>

**41. When was the last time you had your teeth examined by a dentist?**

Answer Options	Response Percent	Response Count
Within the past month (anytime less than 1 month ago)	13.4%	25
Within the past year (more than 1 month ago but less than 12 months ago)	40.3%	75
Within the past 2 years (more than 1 year ago but less than 2 years ago)	14.5%	27
2 or more years ago	27.4%	51
Never	4.3%	8
<i>answered question</i>		<b>186</b>
<i>skipped question</i>		<b>14</b>

**42. During the past 30 days, for about how many days have you felt you did not get enough sleep?**

Answer Options	Response Percent	Response Count
0	11.1%	21
1-5	38.1%	72
6-10	20.6%	39
11-15	7.9%	15
16 or more	22.2%	42
<i>answered question</i>		<b>189</b>
<i>skipped question</i>		<b>11</b>



**43. Have you ever been told that you snore?**

Answer Options	Response Percent	Response Count
Yes	70.7%	130
No	29.3%	54
<i>answered question</i>		<b>184</b>
<i>skipped question</i>		<b>16</b>

**44. Do you know what the signs and symptoms of a heart attack are?**

Answer Options	Response Percent	Response Count
Yes	83.1%	157
No	4.2%	8
Not sure	12.7%	24
<i>answered question</i>		<b>189</b>
<i>skipped question</i>		<b>11</b>

**45. Do you know what the signs and symptoms of a stroke are?**

Answer Options	Response Percent	Response Count
Yes	81.0%	153
No	4.8%	9
Not sure	14.3%	27
<i>answered question</i>		<b>189</b>
<i>skipped question</i>		<b>11</b>

**46. A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since your last mammogram?**

Answer Options	Response Percent	Response Count
Never had a mammogram	34.2%	52
Within the past year (anytime less than 12 months ago)	36.2%	55
Within the past 2 years ( more than 1 year but less than 2 years ago)	10.5%	16
Within the past 3 years (more than 2 years but less than 3 years ago)	5.9%	9
Within the past 5 years (more than 3 years ago but less than 5 years ago)	5.3%	8
5 or more years ago	6.6%	10
Do not know	1.3%	2
<i>answered question</i>		<b>152</b>
<i>skipped question</i>		<b>48</b>

**47. A clinical breast exam is when a doctor, nurse or other health professional feels the breasts for lumps. How long has it been since your last clinical breast exam?**

<b>Answer Options</b>	<b>Response Percent</b>	<b>Response Count</b>
Never had a clinical breast exam	9.9%	15
Within the past year (anytime less than 12 months ago)	42.1%	64
Within the past 2 years (more than 1 year but less than 2 years ago)	17.8%	27
Within the past 3 years (more than 2 years but less than 3 years ago)	7.9%	12
Within the past 5 years (more than 3 years ago but less than 5 years ago)	5.9%	9
5 or more years ago	13.8%	21
Do not know	2.6%	4
<i>answered question</i>		<b>152</b>
<i>skipped question</i>		<b>48</b>

**48. A pap test is a test for cancer of the cervix. How long has it been since your last pap test?**

<b>Answer Options</b>	<b>Response Percent</b>	<b>Response Count</b>
Never had a pap test	6.7%	10
Within the past year (anytime less than 12 months ago)	24.7%	37
Within the past 2 years (more than 1 year but less than 2 years ago)	22.7%	34
Within the past 3 years (more than 2 years but less than 3 years ago)	11.3%	17
Within the past 5 years (more than 3 years ago but less than 5 years ago)	7.3%	11
5 or more years ago	22.7%	34
Do not know	4.7%	7
<i>answered question</i>		<b>150</b>
<i>skipped question</i>		<b>50</b>

**49. A prostate-specific antigen (PSA) test is a blood test used to check men for prostate cancer. How long has it been since your last PSA test?**

Answer Options	Response Percent	Response Count
Never had a PSA test	44.2%	23
Within the past year (anytime less than 12 months ago)	26.9%	14
Within the past 2 years (more than 1 year but less than 2 years ago)	7.7%	4
Within the past 3 years (more than 2 years but less than 3 years ago)	3.8%	2
Within the past 5 years (more than 3 years ago but less than 5 years ago)	3.8%	2
5 or more years ago	1.9%	1
Do not know	11.5%	6
<i>answered question</i>		<b>52</b>
<i>skipped question</i>		<b>148</b>

**50. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. How long has it been since your last blood stool test?**

Answer Options	Response Percent	Response Count
Never had a blood stool test	54.1%	73
Within the past year (anytime less than 12 months ago)	9.6%	13
Within the past 2 years (more than 1 year but less than 2 years ago)	5.9%	8
Within the past 3 years (more than 2 years but less than 3 years ago)	5.2%	7
Within the past 5 years (more than 3 years ago but less than 5 years ago)	5.9%	8
5 or more years ago	12.6%	17
Do not know	6.7%	9
<i>answered question</i>		<b>135</b>
<i>skipped question</i>		<b>65</b>

51. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. When was your last sigmoidoscopy OR colonoscopy?

Answer Options	Response Percent	Response Count
Never had a sigmoidoscopy or a colonoscopy	37.1%	52
Within the past year (anytime less than 12 months ago)	14.3%	20
Within the past 2 years (more than 1 year but less than 2 years ago)	10.0%	14
Within the past 3 years ( more than 2 years but less than 3 years ago)	9.3%	13
Within the past 5 years (more than 3 years ago but less than 5 years ago)	10.0%	14
5 or more years ago	16.4%	23
Do not know	2.9%	4
<i>answered question</i>		<b>140</b>
<i>skipped question</i>		<b>60</b>

52. How well prepared do you feel your household is to handle a large-scale disaster or emergency?

Answer Options	Response Percent	Response Count
Well prepared	12.3%	23
Somewhat prepared	63.1%	118
Not prepared at all	20.3%	38
Do not know	4.3%	8
<i>answered question</i>		<b>187</b>
<i>skipped question</i>		<b>13</b>

53. During the past 12 months, have you seen a mental health professional for an emotional or mental health concern (including stress or depression)?

Answer Options	Response Percent	Response Count
Yes	10.5%	19
No	89.5%	162
<i>answered question</i>		<b>181</b>
<i>skipped question</i>		<b>19</b>

54. During the past 12 months, did you experience any difficulty obtaining needed mental health treatment?

Answer Options	Response Percent	Response Count
Yes	31.8%	7
No	68.2%	15
<i>answered question</i>		<b>22</b>
<i>skipped question</i>		<b>178</b>

**55. During the past 12 months, have you taken any prescription antidepressant medications or sedatives daily for two weeks or more?**

Answer Options	Response Percent	Response Count
Yes	22.8%	42
No	77.2%	142
<i>answered question</i>		<b>184</b>
<i>skipped question</i>		<b>16</b>

**56. If you experience problems that are hard for you to handle alone, to whom do you turn for help? Check all that apply.**

Answer Options	Response Percent	Response Count
Church	39.5%	73
Family member	73.5%	136
Family Counselor	5.4%	10
Internet support	4.3%	8
Friends	52.4%	97
Health care provider	14.6%	27
Neighbor	3.8%	7
Self-help group	1.1%	2
No one	12.4%	23
<i>answered question</i>		<b>185</b>
<i>skipped question</i>		<b>15</b>

**57. In the past 30 days, have you experienced intense stress, depression, and/or difficulty managing your emotions for at least two weeks or more?**

Answer Options	Response Percent	Response Count
Yes	19.0%	35
No	81.0%	149
<i>answered question</i>		<b>184</b>
<i>skipped question</i>		<b>16</b>

**58. In the past 12 months, have you experienced any of the following with someone you are living with or who lives with you?**

Answer Options	Response Percent	Response Count
Controlling what you do, who you see or talk to	3.9%	7
Controlling your money against your will	2.8%	5
Calling you names, putting you down, making you feel bad about yourself	7.3%	13
Making you fearful through actions, tone of voice, threats, or destroying your property	2.8%	5
Hitting, slapping, kicking, beating or using a weapon on you	0.6%	1
Harming children	1.1%	2
Harming pets or animals	0.0%	0
None are applicable.	91.0%	162
<i>answered question</i>		<b>178</b>
<i>skipped question</i>		<b>22</b>

**59. Has there been a time in the past 12 months when you thought of taking your own life?**

Answer Options	Response Percent	Response Count
Yes	4.9%	9
No	95.1%	176
<i>answered question</i>		<b>185</b>
<i>skipped question</i>		<b>15</b>

**60. In the last 12 months, if you wanted any of the following services, did you or anyone in your household have any problem getting them?**

Answer Options	Response Percent	Response Count
Emergency/temporary shelter/housing	1.8%	3
Help with utilities, food, or rent after personal emergencies	4.1%	7
Help with transportation to medical appointments	1.2%	2
Relief for caregivers of older or handicapped adults	2.4%	4
Individual or family counseling	3.0%	5
Learning to read and write English	0.0%	0
Help coping with domestic violence	0.6%	1
Services for the physically or developmentally handicapped	0.6%	1
Help with job training	1.2%	2
Assistance with an alcohol or drug addiction	0.6%	1
No special services needed	89.9%	152
Other (please specify)	1.8%	3
<i>answered question</i>		<b>169</b>
<i>skipped question</i>		<b>31</b>

61. Do you have the following in your home? Check all that apply.

Answer Options	Response Percent	Response Count
Cell phone	94.6%	176
Land line phone	52.7%	98
Internet	69.9%	130
<i>answered question</i>		<b>186</b>
<i>skipped question</i>		<b>14</b>

62. Thinking about your neighborhood, how easy is it to get around on foot or bicycle?

Answer Options	Response Percent	Response Count
Very difficult	7.5%	14
Difficult	17.2%	32
Easy	49.5%	92
Very easy	25.8%	48
<i>answered question</i>		<b>186</b>
<i>skipped question</i>		<b>14</b>

63. Do you feel safe in your neighborhood?

Answer Options	Response Percent	Response Count
Yes	92.4%	170
No	7.6%	14
<i>answered question</i>		<b>184</b>
<i>skipped question</i>		<b>16</b>

64. Are you the primary caregiver for any of the following? If you answer YES to any of the following, go to the next question. If you answer NO to all, skip the next question.

Answer Options	Yes	No	Response Count
A child under the age of 18	48	110	158
A disabled individual	12	140	152
An older adult	14	142	156
<i>answered question</i>			<b>169</b>
<i>skipped question</i>			<b>31</b>

**65. If you have caregiving responsibilities, do you have adequate resources to effectively cope?**

Answer Options	Yes	No	Response Count
Financial	56	21	77
Family Support	62	12	74
Other Support (i.e. respite care, support from friends, etc.)	42	22	64
	<i>answered question</i>		<b>77</b>
	<i>skipped question</i>		<b>123</b>

**66. During the past 12 months have you experienced confusion or memory loss that interfered with your ability to work, volunteer or engage in social activities?**

Answer Options	Response Percent	Response Count
Yes	8.2%	15
No	91.8%	167
	<i>answered question</i>	
		<b>182</b>
	<i>skipped question</i>	
		<b>18</b>

**67. Do you have an advanced directive or durable power of attorney for health care?**

Answer Options	Response Percent	Response Count
Yes	20.7%	37
No	79.3%	142
	<i>answered question</i>	
		<b>179</b>
	<i>skipped question</i>	
		<b>21</b>

**68. Are there children age 17 years or under living in your home?**

Answer Options	Response Percent	Response Count
Yes	31.5%	57
No	68.5%	124
	<i>answered question</i>	
		<b>181</b>
	<i>skipped question</i>	
		<b>19</b>



**69. How many children age 17 years or under live in your household?**

Answer Options	Response Percent	Response Count
1	41.4%	24
2	43.1%	25
3	12.1%	7
4	1.7%	1
5	0.0%	0
6	0.0%	0
7	0.0%	0
8	0.0%	0
9	0.0%	0
10	0.0%	0
11 or more	1.7%	1
<i>answered question</i>		<b>58</b>
<i>skipped question</i>		<b>142</b>

**70. Has a child (age 17 years or under) in your household been told by a doctor or other healthcare provider that they have any of the following? Check all that apply.**

Answer Options	Response Percent	Response Count
Asthma	21.1%	12
Diabetes	1.8%	1
Overweight/obesity	10.5%	6
None apply	70.2%	40
<i>answered question</i>		<b>57</b>
<i>skipped question</i>		<b>143</b>

**71. Has a child (age 17 year or under) in your household used the following? Check all that apply.**

Answer Options	Response Percent	Response Count
Alcohol	0.0%	0
Illegal drugs	0.0%	0
Prescription drugs not prescribed for him/her	0.0%	0
No	94.7%	54
Do not know	5.3%	3
<i>answered question</i>		<b>57</b>
<i>skipped question</i>		<b>143</b>

72. Has a child (age 17 years or under) in your household used the following? Check all that apply.

Answer Options	Response Percent	Response Count
Cigarettes or cigars	1.8%	1
Chewing tobacco or snuff	3.5%	2
E-cigarettes	1.8%	1
No	93.0%	53
Do not know	1.8%	1
<i>answered question</i>		<b>57</b>
<i>skipped question</i>		<b>143</b>

73. Is there a child (age 17 years or under) in your household who is sexually active?

Answer Options	Response Percent	Response Count
Yes	1.7%	1
No	93.1%	54
Do not know	5.2%	3
<i>answered question</i>		<b>58</b>
<i>skipped question</i>		<b>142</b>

74. Are you aware that anyone in your household is having unprotected sex or has been diagnosed with a sexually transmitted disease?

Answer Options	Response Percent	Response Count
Yes	2.8%	5
No	97.2%	176
<i>answered question</i>		<b>181</b>
<i>skipped question</i>		<b>19</b>

75. In the last month, did you or anyone in your household ever eat less than you felt you/they should eat for a whole day because there wasn't enough money for food?

Answer Options	Response Percent	Response Count
Yes	5.5%	10
No	94.5%	172
<i>answered question</i>		<b>182</b>
<i>skipped question</i>		<b>18</b>

**76. In your opinion, what are the 5 most important health problems in this community?**

<b>Answer Options</b>	<b>Response Percent</b>	<b>Response Count</b>
Inability to pay for health care services	49.4%	88
Alcohol-dependency or abuse	45.5%	81
Alcohol-underage binge or abuse	17.4%	31
Drug abuse-prescription medications	38.8%	69
Drug abuse-illegal substances	71.9%	128
Cancer	25.8%	46
Child abuse/neglect	32.6%	58
Cost of health care	39.3%	70
Domestic violence	14.0%	25
Lack of health insurance	29.8%	53
Lack of transportation to health care services	5.6%	10
Lack of dental care	18.0%	32
Lack of prenatal care	8.4%	15
Lack of mental health care	12.9%	23
Obesity in adults	34.3%	61
Obesity in children and teenagers	16.3%	29
Prescription medication too expensive	20.2%	36
Teen pregnancy	14.6%	26
Tobacco use/smoking among adults	15.7%	28
Tobacco use/smoking among children and teenagers	13.5%	24
Access to primary health care services	3.9%	7
Access to specialty health care services	5.6%	10
Lack of knowledge of available health resources	12.4%	22
Other (please specify)		3
	<i>answered question</i>	<b>178</b>
	<i>skipped question</i>	<b>22</b>

77. Please select what you feel are the top 3 types of health education services most needed in our community. Check your top 3 choices.

Answer Options	Response Percent	Response Count
Alcohol abuse	38.6%	68
Alzheimer's disease	17.0%	30
Asthma	2.8%	5
Cancer	21.6%	38
Child abuse/family violence prevention	38.1%	67
Diabetes	25.0%	44
Drug abuse	66.5%	117
Diet and/or exercise	38.6%	68
HIV/AIDS	1.1%	2
Sexually transmitted diseases	8.0%	14
Smoking cessation and/or prevention	18.8%	33
Stress management	21.6%	38
Other (please specify)	4.0%	7
<i>answered question</i>		<b>176</b>
<i>skipped question</i>		<b>24</b>

78. What ideas or suggestions do you have for the overall health of the community? Please write in your response below.

Answer Options	Response Count
	41
<i>answered question</i>	<b>41</b>
<i>skipped question</i>	<b>159</b>

Top 3 categories of responses for #78:

1. Address illegal drugs in our community
2. Health education/programs to promote wellness
3. Assistance for children: abuse/neglect, nutrition, poverty

79. What is your gender?

Answer Options	Response Percent	Response Count
Male	21.0%	38
Female	79.0%	143
<i>answered question</i>		<b>181</b>
<i>skipped question</i>		<b>19</b>

**80. Which category below includes your age?**

Answer Options	Response Percent	Response Count
18-24 years old	4.4%	8
25-44 years old	25.0%	45
45-54 years old	24.4%	44
55-64 years old	18.9%	34
65-74 years old	15.0%	27
75 years or older	12.2%	22
<i>answered question</i>		<b>180</b>
<i>skipped question</i>		<b>20</b>

**81. About how tall are you without shoes on?**

Answer Options	Response Average	Response Total	Response Count
Feet	5.05	888	176
Inches	4.93	833	169
<i>answered question</i>			<b>176</b>
<i>skipped question</i>			<b>24</b>

**82. About how much do you weigh in pounds?**

Answer Options	Response Average	Response Total	Response Count
Pounds	182.84	30,535	167
<i>answered question</i>			<b>167</b>
<i>skipped question</i>			<b>33</b>

**83. Are you...? Check all that apply.**

Answer Options	Response Percent	Response Count
Employed for wages (not self-employed)	63.5%	113
Self-employed	6.2%	11
Out of work for more than 1 year	2.2%	4
Out of work for less than 1 year	0.0%	0
Homemaker	7.3%	13
Student	3.9%	7
Retired	25.8%	46
Disabled (and unable to work)	6.7%	12
<i>answered question</i>		<b>178</b>
<i>skipped question</i>		<b>22</b>

**84. Are you...?**

Answer Options	Response Percent	Response Count
Married	68.9%	124
Divorced	12.2%	22
Widowed	8.3%	15
Separated	2.2%	4
Never married	8.3%	15
<i>answered question</i>		<b>180</b>
<i>skipped question</i>		<b>20</b>

**85. How many people live in your household (including yourself)?**

Answer Options	Response Count
	174
<b>Average # of people in household for 174 respondents: 2.7</b>	
<i>answered question</i>	<b>174</b>
<i>skipped question</i>	<b>26</b>

**86. Household income - Please check the range that best describes your household income from all sources.**

Answer Options	Response Percent	Response Count
Less than \$11,000	4.2%	7
\$11,000-\$14,499	5.4%	9
\$14,500-\$18,499	2.4%	4
\$18,500-\$21,999	4.8%	8
\$22,000-\$25,999	3.0%	5
\$26,000-\$29,499	3.0%	5
\$29,500-\$33,499	4.8%	8
\$33,500-\$37,499	6.6%	11
\$37,500-\$49,999	18.7%	31
\$50,000-\$74,999	21.1%	35
\$75,000-\$99,999	15.1%	25
\$100,00-\$149,999	6.0%	10
\$150,000-\$199,999	3.6%	6
\$200,000 or more	1.2%	2
<i>answered question</i>		<b>166</b>
<i>skipped question</i>		<b>34</b>

**87. Which of these groups would you say best describes your race/ethnicity?**

Answer Options	Response Percent	Response Count
American Indian or Alaska Native	0.6%	1
Asian	0.0%	0
Black or African American	0.6%	1
Hispanic or Latino	0.0%	0
Native Hawaiian or Other Pacific Islander	0.6%	1
White or Caucasian	98.3%	176
<i>answered question</i>		<b>179</b>
<i>skipped question</i>		<b>21</b>

**88. What was the highest grade you completed in school?**

Answer Options	Response Percent	Response Count
Never attended school	0.0%	0
Grades 1 through 8 (Elementary)	1.1%	2
Grades 9 through 11 (Some high school)	1.7%	3
Grade 12 or GED (High school graduate)	30.9%	56
College 1 year to 3 years (Some college or technical school)	33.7%	61
College 4 years or more (College graduate)	32.6%	59
<i>answered question</i>		<b>181</b>
<i>skipped question</i>		<b>19</b>

**89. What is the zip code where you live? Please enter the 5-digit zip code below.**

Answer Options	Response Count
	172
Top zip code: 64744--El Dorado Springs Followed by: 65785--Stockton 64776--Osceola 64750--Harwood	
<i>answered question</i>	<b>172</b>
<i>skipped question</i>	<b>28</b>

## **STEP FIVE: Analyze and Prioritize Primary and Secondary Data**

### **Overall Findings—Secondary Data**

The review of the secondary data for Cedar County shows that poverty is a major under-lying contributor to many of the health-related issues in the county. Poverty contributes to obesity, because diets rich in lean protein and fresh produce are too expensive for low income families to afford. The worry and stress that accompany poverty can also lead to many of the social issues that are reflected in the secondary data for Cedar County—high rates of child abuse and neglect, high teen birth rates and a high incidence of mental illness and substance abuse. As the choice between food and health care is often a reality, Cedar County also sees chronic disease rates that are higher than the state average.

Other health issues demonstrated by the secondary data are shortages of healthcare professionals, particularly primary care physicians, mental health providers and dentists, which is often the case in rural communities. In addition, Cedar County’s demographics also show an elderly population (age 65 and over) that comprises 22 percent of the county’s population, far greater than the 14 percent for the state of Missouri as a whole.

### **Overall Findings—Primary Data from Expert Stakeholders**

The expert stakeholders completing the 5-question questionnaire represent organizations that provide direct services to Cedar County residents and/or research and plan for services to meet community needs. These individuals feel nutrition (not eating healthy) and substance abuse are the most serious health issues facing our community, followed by the shortage of medical professionals. All of these needs are supported by the secondary data.

### **Overall Findings—Primary Data from the Community Survey**

*\*Note: Numbers in parenthesis are those from the 2014 CHNA for comparison*

While 87.3 (91.3) percent of survey respondents perceived their own health as “good, very good or excellent”, 18.1 (29.6) percent expressed difficulty in finding a primary care provider in the last 2 years--primarily due to a lack of provider choices. While 71.5 (63.4) percent of respondents had no difficulty finding needed specialists in the last 12 months, the specialist noted as most difficult to find was a gynecologist at 8.7 percent (dentist at 8.8 percent).

44.1 (39.3) of respondents have been diagnosed with high blood pressure, 27.6 (28.6) percent with high cholesterol, 22.4 (23.4) percent with arthritis, 16.1 (7.8) percent with a depressive disorder and 11.1 (9.05) percent with diabetes. 14.9 (14.6) percent of respondents reported they smoke; and 20 (16.9) percent live with a smoker. 63.9 (52.2) percent of respondents reported being “overweight, obese or very obese”; and 51.3 (52.6) percent are currently trying to lose weight. Only 8.4 (6.4) percent of respondents report engaging in physical activity at least 30 minutes a day, 7 days a week; and only 7



(10) percent of respondents report eating 5 servings of fruit and /or vegetables 7 days a week.

Of those respondents on prescription medications, 76.68 (71.1) report taking their medications as prescribed. 13.64 (12.5) percent do not take their medications as prescribed because they cannot afford their medications; 18.18 (9.4) percent do not take their medications as prescribed because they don't feel they need to.

70.74 (70.9) percent of respondents report always wearing their seatbelt. 62.83 (73.8) percent say they always assure that children 4 years of age or younger or less than 40 pounds ride in an appropriate child safety seat.

34.55 (50) percent of respondents reported not getting vaccinated against the flu in the last 12 months, with the primary reason being they do not feel it is beneficial.

6.95 (10.8) percent of respondents reported having 4 or more alcoholic drinks on any one occasion in the last 30 days; and 14.44 (12.2) percent said alcohol use has had a harmful effect on them or a family member in the last 2 years.

17.3 (14.7) percent of respondents said they take prescription medication to deal with pain issues.

During the past 12 months, 10.5 (5.9) percent saw a mental health professional for an emotional or mental health concern. 31.82 (15.8) percent of respondents reported experiencing difficulty obtaining needed mental health treatment in the past 12 months.

22.83 (16.6) percent of respondents have taken prescription antidepressant medications or sedatives daily for 2 weeks or more during the past 12 months. 19.02 (18.3) percent of respondents have experienced intense stress, depression, and/or difficulty managing their emotions for at least 2 weeks during the last 30 days. 12.43 (7) percent of respondents report that when they experience problems that are hard for them to handle they have no one to turn to for help. 4.86 (3.1) percent of respondents report having considered taking their own life in the last 12 months.

30 (25.13) percent of respondents reported that they do not drink pop.

While 73.66 (80) percent of respondents reported having their eyes examined within the past 2 years, only 68.28 (73.8) percent reported having their teeth examined in the past 2 years.

Sleep was a problem for respondents, as 22.2 (20.9) percent said during the last 30 days they did not get enough sleep on 16 or more occasions. 70.65 (70) percent of respondents said they have been told they snore.

83.07 (91.3) percent of respondents believe they know what the signs of a heart attack are, and 80.95 (85.6) percent believe they know the signs of a stroke.

34.21 (33.7) percent of female respondents said they have never had a mammogram. *(Note: Not all respondents have reached age 40.)* 44.23 (55.1) percent of male respondents have never had a prostate specific antigen (PSA) test. *(Note: Not all respondents have reached age 50.)*

When it comes to dealing with large-scale disasters or emergencies, 20.32 (27.6) percent feel they are not at all prepared; and 12.3 (9.8) percent believe they are well prepared.

91.01 (95) percent of respondents report no violent or abusive behaviors in their home in the last 12 months. The number one type of abusive behavior reported was, “Calling you names, putting you down, making you feel bad about yourself” at 7.3 (3.2) percent.

Of all respondents, 94.62 (96.5) percent have cell phones, 52.69 (62.4) percent have land lines and 69.89 (69.9) percent have Internet at home.

24.73 (27.7) percent of respondents said it is difficult or very difficult to get around on foot or by bicycle in their neighborhood, while 92.39 (95.1) percent feel safe in their neighborhood.

30.38 (37) percent of respondents are the primary caregiver of a child under the age of 18. 8.97 (12) percent of respondents are the primary caregiver of an older adult.

During the past 12 months, 8.24 (6.2) percent of respondents reported experiencing confusion or memory loss that interfered with their ability to work, volunteer or engage in social activities.

Only 20.67 (23) percent of respondents have an advanced directive or durable power of attorney for health care.

Of those respondents with children age 17 or under in the home, 21.05 (18.3) percent said a child in their home has been diagnosed with asthma. 10.53 (8.6) percent said a doctor or other healthcare provider has told them a child in their home is overweight/obese. 1.72 (8.7) percent report that a child in their home is sexually active.

5.49 (6.3) percent of respondents said in the last month either they or someone in their household ate less than they should eat for a whole day because there wasn't enough money for food.

Survey respondents noted the following as the top 5 most important health problems in the community: (1) Drug abuse—illegal substances, (2) Inability to pay for healthcare services, (3) Alcohol dependency or abuse, (4) Cost of healthcare and (5) Drug abuse—prescription medications. Obesity in adults was a very close #6. *(2014: (1) Drug abuse—illegal substances, (2) Inability to pay for health care services, (3) Cost of health care, (4) Drug abuse—prescription medications and (5) Alcohol dependency or abuse. Obesity in adults was a very close #6.)*

The top 3 types of health education services respondents feel are most needed in the community are: (1) Drug abuse, (2) Diet and/or exercise and (3) Child abuse/family violence prevention. (2014: (1) *Drug abuse*, (2) *Child abuse/family violence prevention* and (3) *Alcohol abuse*)

Potential Data Gap: The demographics of those who completed the community survey indicate that 20.99 (17.6) percent of respondents were male, and 79.01 (82.4) percent were female. 4.44 (1.8 percent) were 18-24 years old, 25 (30.6) percent were 25-44 years old, 24.44 (22.1) percent were 45-54 years old, 18.89 (25.2) percent were 55-64 years old, 15 (12.6) percent were 65-74 years old and 12.22 (7.7) percent were 75 years or older. The majority of respondents reported living in the 64744 zip code, followed by the 65785 zip code. In order to affirm the validity of the survey results, a draft CHNA Report was shared at the CHART meeting in Stockton on December 7, 2016. All sections of the report were reviewed by Susan Hall, RN, CCMH Community Health Services Manager, and April Burchett, CCMH Administrative Secretary/Marketing Coordinator, with the members present. CHART members were specifically asked if they felt the survey was reflective of the health needs and concerns they as representatives from organizations serving the medically underserved, low-income, at-risk populations and individuals with chronic disease, see in our community. There was consensus that the CHNA Report reflects these needs and concerns.

## Prioritization

After carefully analyzing the primary and secondary data, the decision matrix below was used to determine the priorities. Rankings for the matrix were based on frequency of responses and analysis of data/findings from the secondary data, the expert questionnaire and the community survey.

Red: Level 1 Priority

Yellow: Level 2 Priority

Green: Level 3 Priority

No Color: Reviewed but not identified as a level 1-3 priority

Health Issue/Concern	Secondary Data Priority	Expert Questionnaire Priority	Community Survey Priority
Substance abuse	High	High	High
Nutrition (not eating healthy)	High	High	Medium
Shortage of Medical Professionals	High	High	Low
Mental Health Access	High	Low	High
Heart health	High	Medium	Medium
Obesity	High	Medium	Medium
Lack of health insurance/inability to pay for healthcare	Medium	Medium	High
Cost of healthcare	Medium	Low	Medium

### Level 1 Priorities:

The health concerns receiving a ranking of “high” on the secondary data, the questionnaire completed by expert stakeholders and the community survey was substance abuse. This includes alcohol abuse, as well as illegal and prescription drug abuse. *\*Highlighted in red on the chart*  
(2014: access to primary care physicians, access to affordable dental services and obesity)

### Level 2 Priorities:

The health concerns receiving two rankings of “high” and one ranking of “medium” was nutrition (not eating healthy). *\*Highlighted in yellow on the chart*  
(2014: heart disease/stroke, the uninsured /access to health care, substance abuse/illegal drugs) and alcohol abuse)

### Level 3 Priorities:

Those health concerns receiving two rankings of “high” and one ranking of “low” were shortage of medical professionals (specifically doctors and nurses) and access to mental health care. *\*Highlighted in green on the chart*  
(2014: the cost of health care services and child abuse/family violence)

## **STEP SEVEN: Development and Dissemination of the CHNA Report**

### **Report Development**

For completion of its CHNA, CCMH chose to utilize the basis process as outlined by the Missouri Hospital Association. As the process proceeded from step to step, progress was recorded in the CHNA report. This allowed documentation of the flow of the process to occur on a real-time basis.

In an effort to validate the findings of the CHNA, a draft CHNA Report was shared at the CHART meeting in Stockton on December 7, 2016. All sections of the report were reviewed by Susan Smith-Hall, RN, CCMH Community Services Manager, and April Burchett, CCMH Administrative Secretary/Marketing Coordinator, with the members present. CHART members were specifically asked if they felt the survey was reflective of the health needs and concerns they, as representatives from organizations serving the medically underserved, low-income, at-risk populations and individuals with chronic disease, see in our community. There was consensus that the CHNA Report reflects these needs and concerns.

### **Dissemination Plan**

CCMH will make its CHNA Report widely available to the public by posting the written report on the hospital's website at [www.cedarcountyhospital.org](http://www.cedarcountyhospital.org). A printed copy of the CHNA Report will be available for public inspection at the Administrative Office of Cedar County Memorial Hospital at 1401 S. Park St. in El Dorado Springs, MO. CCMH will provide any individual requesting a copy of the written report with the hospital's website address where the CHNA Report can be accessed. CCMH plans to have the CHNA report ready for release to the public by January 15, 2017. Press releases to the *Sun* Newspaper, the *Star* Newspaper and the *Cedar County Republican* Newspaper will provide information on accessing the CHNA Report.

The CHNA Report was reviewed and information on how to access the report was provided at the CHART meeting on December 7, 2016.

## **STEP EIGHT: Develop and Implement a Strategy to Address the Significant Health Issue**

CCMH will address each of the level 1-3 priorities identified in this CHNA report through implementation strategies in the hospital's 2017-2019 Strategic Plan. An

implementation strategy is a written plan that addresses a health need identified through the CHNA by either (1) describing how the hospital plans to meet the health need or (2) identifying the health need as one the hospital does not intend to meet and explaining why the hospital does not intend to meet the health need.

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