

MGH 2019 Community Health Survey

Data Findings

Paul Stephens – July, 2019

The following represents salient findings from a comprehensive survey seeking to assess the health needs and experiences of Grant County residents.

This document represents an executive summary. Full results for each survey item is attached as an appendix.

I. Introduction

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

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

Discussion of findings is presented below in a sequence identical that of the survey taken by the respondents. That is, the order of the discussion is not indicative of priority. Further, discussion in this executive summary is reflective of the full findings appearing in the attached appendix.

Percentages often reflect the totality of respondents, such that, those reporting “Don’t know/Not sure” or “Refuse to Answer” are accounted for while those who skipped the question entirely are not. The summary below at times collapses response categories or represents further analysis than the full data appendix to highlight data findings. Clarity within these instances is provided.

A. Community Health Profile

A majority of respondent reported favorable self-perceptions of general health with 69.3% endorsing “Excellent” or “Very Good” for the item, “Would you say that in general your health is?” Further, 52.9% reported not experiencing poor physical or mental health precluding usual activities (such as self-care, work, or recreation) in the past 30 days.

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

The item, “When you think about your *physical* health, which includes physical illness and injury, how many days during the past 30 days was your physical health not good?” is followed by a parallel item, “When you think about your *mental* health, which includes stress, depress, and problems with emotions. How many days during the past 30 days was your mental health not good?” (emphasis added). When comparing these two items, respondents were more likely to experience adverse mental health with 64.0% of respondents experiencing at least one day in which he/she considered his/her mental health as “not good”, as compared to a rate of 58.4% for physical health.

Further analysis of the rate experiencing adverse effects of mental health showed the age category most likely to report a rate of four or more days in which one’s mental health is deemed “not good” over the previous month was among those 18 to 25 years of age. Specifically, 46.3% of 18 to 25 year olds reported his or her mental health was not good for four or more of the previous 30 days.

Further analysis of these two items shows that only 22.7% of respondents experienced no days within that last 30 that he/she considered neither his/her mental or physical health to be “not good”.

Over the previous 30 days, 38.5% or respondents note going to the “doctor/emergency room/utilize a health care service”.

B. Health Care Access

A majority of respondents, 53.7%, reported the primary source of his/her healthcare coverage as “Employer provided insurance” with the next two highest sources of coverage being Medicare and Medicaid, with 11.54% and 11.46% of respondents selecting these options, respectively.

For the 2019 survey, 4.2% of respondents identified, “none” to this item, which is up from 3.1% who gave this response during the 2016 survey administration. Further comparison of the 2019 administration and the 2016 administration reveals the largest relative increase as a source of reported healthcare coverage was Medicaid which doubled in reported rates, rising from 5.2% in 2016 to 11.5% in 2019. “Employer provided insurance” saw the largest net increase climbing from 47.9% to 53.7%.

For the item, “In the past 12 months was there any time when you did not have health insurance coverage?”, a grand total of 20.7% of respondents selected “Yes”. Sharp differences are seen when disaggregating responses to this item along reported household income. Among those reporting household income of less than \$25,000 (which included multiple response categories combined), 29.1% reported not having coverage at some point within the past 12 months. Comparatively, those

reporting household income above \$75,000 reported at a rate of only 8.6%. The rate of 20.7% of respondents noting a period of no health insurance coverage during the past year represents a considerable increase from the rate of 7.6% seen in the 2016 survey.

When prompted with the item, “Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?” a total of 21.6% noted “yes”. As to be expected, a strong correlation was observed when analyzing responses to this item by reported household income. Among those reporting household income of “Less than \$25,000” or “Less than \$20,000”, 38.5% selected “yes” to forgoing seeing a doctor because of cost. This is nearly double the rate of respondents noting come levels higher than \$25,000, which combined to 19.5%.

Nearly 2 out of 3 respondents acknowledge having visited a doctor for a routine checkup within the past year. Those acknowledging having not visited a doctor for a routine checkup in two years or more combine to a rate of 16.5%.

Overall, respondents acknowledged a high rate of total satisfaction with received health care. For the item, “In general, how satisfied are you with the health care you receive?” those selecting “Very satisfied” (47.4%) and “Somewhat satisfied” (50.0%) combine to a rate of nearly 9 out of 10 selecting one of these two categories compared with 5.1% selecting “Not satisfied at all”.

C. Exercise

Over 1 in 4 respondents, 26.9% reported they did not participate in any physical activity or exercise in the past month. A relationship was identified between employment status and reported rates of exercise as defined by this item. Specifically, students were the most likely group to affirm this item with 82.9% reporting physical activity or exercise in the past month. Comparatively, homemakers and those out of work for more than one year reported rates of 58.6% and 56.9%, respectively. Those reporting being unable to work had the lowest reported rate of exercise in the past month with 57.1% noting participation in physical activity or exercise in the past month.

D. Sleep

A total of 21.4% of respondents noted five hours or less of sleep, on average, per 24-hour period. As to be expected, this lower level of reported sleep was correlated to higher rates of unintentionally falling asleep during the day. Among those reporting less than five hours of daily sleep, 52.7% acknowledged unintentionally falling asleep during the day within the last two weeks. This is compared to a rate of 35.0% reporting unintentionally falling asleep during the day within the last two weeks among those who report 6 to 8 hours of daily sleep.

When asked, “Has anyone ever observed that you stop breathing during your sleep?”, 11.4% selected “Yes”, 4.4% selected “I have sleep apnea”, 6.4% selected “Don’t know/not sure” and 77.1% selected “No”.

E. Chronic Health conditions

Respondents were presented a series of items related to chronic health conditions. The items were phrased as, “Has a doctor, nurse, or other health professional ever told you that you have/had...” followed by the following condition concluding the respective survey item. Respondents selected “yes” at the following rates

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

High blood pressure was the most frequently reported chronic health condition followed by the combination of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

Collectively, among respondents to this series of items, 54.3% identified as having or have had at least one of the presented chronic conditions. Among these, 27.6% reported multiple chronic conditions, with 8.7% reporting four or more. When adding rates of having diabetes is added to this analysis, 57.5% have had or currently have at least one of the specified conditions.

F. Diabetes & Prediabetes

For the item, “Has a doctor, nurse, or other health professional ever told you that you have/had diabetes?”, 13.2% selected “yes”. This rate represents an increase from the 2016 survey finding of 10.0%. Though the language of the 2019 vs 2016 survey is not completely identical, there is evidence to suggest the rate of diabetes in Grant County has increased (specifically, the 2019 survey includes “...doctor, nurse, or other health professional...” compared to the 2016 survey which includes only doctor).

Among those affirming having diabetes, 18.4% reported having type 1 diabetes.

18.1% of 2019 respondents acknowledged that a medical professional has diagnosed him/her with pre-diabetes or borderline diabetes. This also represents an increase from the 2016 survey finding of 13.5% having haven told by a doctor he/she has pre-diabetes or borderline diabetes. Important to note, however, is though 18.1% reporting pre-diabetes or borderline diabetes, 10.5% selected “Yes” to both pre/borderline diabetes and diabetes, meaning 7.6% have pre-diabetes or borderline diabetes but not diabetes.

Males were more likely to report having diabetes with a rate of 14.6% compared to 11.0% for females. Household income level was negatively correlated with rates of diabetes. Those with annual household income between \$15,000 and \$35,000 were twice as likely to have been diagnosed with diabetes as those with income above \$50,000 (20.5% vs 9.9%).

G. Oral Health

When asked how long since he/she has seen a dental professional (specified to include dentists, various specialists, or hygienists), 56.2% selected “within the past year”, 16.7% selected “between one and two years”, 15.7% selected “more than two years”, and 8.9% selected “never”.

H. Demographics

In comparing survey respondent demographic variables to those of Grant County as reported by the United States Census Bureau, a primary reality is female respondents over represent the survey sample. Specifically, census data indicates the county is 52.1% female while females constitute 65.7% of the sample.

In terms of ethnicity of respondents, the survey allowed for multiple selections while census data utilizes a collapsed category of “two or more races”. With this understanding, the survey sample was very comparable to census data in terms of ethnicity. The lone category to be under represented in the survey sample were those identifying as white alone which varied slightly with 79.8% of survey respondents identifying as such compared to 84.9% reported by the Census Bureau in 2017, the most recent available data.

The median household income for Grant County reported by the Census Bureau was \$42,046. Though survey respondents reported household income in a categorical fashion (e.g. by selecting from presented income ranges vs. entering a specific amount), there is slight evidence to suggest the survey sample is over represented by higher income categories albeit inconclusive due to differing collection methodologies.

I. Alcohol

When asked about frequency of alcohol consumption over the previous 30 days, 47.0% reported none at all with the second most frequently selected category being “between two and four days” with 31.0%. The category “Almost every day” was selected by 4.0% of respondents. The follow up item, “On the days when you drank, about how many drinks did you drink on average?”, 80% reported two drinks or less (note this question was only presented to those who reported drinking alcohol in the previous 30 days).

15.6% of respondents acknowledged having driven “when you have had perhaps too much to drink” in the previous 30 days. Specific breakdown of this frequency is 5.2% reporting doing so one time, 8.2% reporting between two and four times, and 2.2% reporting five or more times. Comparison of men and women on this item shows a significant difference of rates with 26.0% of men reporting having driven “when you have had perhaps too much to drink” in the previous 30 days compared to 9.3% of women. Transgender respondents constituted a relatively small portion of the survey sample (n=24) making conclusive analysis difficult to ascertain but noteworthy is that among those identifying as transgender, an alarming rate of 87.5% acknowledge having driven “when you have had perhaps too much to drink” in the previous 30 days.

J. Immunizations

Respondents were asked several items related to utilization of immunizations. 41.3% reported having a flu shot or a flu vaccine via nose spray in the past 12 months. The reported rate of ever having a pneumonia shot was 24.3% and the reported rate of ever having a shingles or zoster vaccine was 17.0%. When asked if “you had the Tetanus vaccine in the last ten years?”, 54.8% reported yes.

In total, 28.1% of respondents acknowledged not having any of the afore mentioned vaccines within their respective listed time frame, 28.4% acknowledged one, a total of 38.4% acknowledged two or three, and 5.1% acknowledged all four.

K. Cancer Screenings

a. Breast and Cervical Cancer Screening

The item, “How long has it been since you had your last mammogram?” was presented only to those respondents identifying as female. Of those, 47.05% reported having never had a mammogram, 28.7% reported less than one year ago, 17.8% reported between one and five years, and 4.7% reported five years or more.

In looking further specifically at those women who report having never had a mammogram, the breakdown by age is as follows:

- 36 to 45 years of age: 42.0%
- 46 to 55 years of age: 6.0%
- 56 to 65 years of age: 3.1%
- 66 to 75 years of age: 3.6%
- Over 76 years of age: 0.0%

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

Breakdown of those who report having never had a Pap test, the breakdown by age is as follows:

- 18 to 25 years of age: 26.9%
- 26 to 35 years of age: 3.3%
- 36 to 45 years of age: 0.7%
- 46 to 55 years of age: 0.6%
- 56 to 65 years of age: 0.0%
- 66 to 75 years of age: 3.6%
- Over 76 years of age: 0.0%

b. Prostate Cancer Screening

Respondents identifying as male were presented items inquiring to utilization of PSA testing. Findings indicated that 38.6% confirmed having had a PSA test. This includes 19.1% reporting have had the test within the previous year, 13.5% between one and five years ago, 4.4% between five and ten years, and 1.7% more than 10 years ago. The most common reason respondents identified as the main reason for seeking a PSA test was “part of a routine exam”.

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

c. Colorectal Cancer Screening

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

In looking further specifically at those who report having never had a sigmoidoscopy (the more commonly reported between the two test), the breakdown by age is as follows:

- 26 to 35 years of age: 84.7%
- 36 to 45 years of age: 78.6%
- 46 to 55 years of age: 59.0%
- 56 to 65 years of age: 25.0%
- 66 to 75 years of age: 16.2%
- Over 76 years of age: 11.1%

L. Sexually Transmitted Infections/Diseases

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

This section of the survey also asked respondents if he/she have had four or more sexual partners in the past year. 8.3% endorsed this statement. Of those who report four or more sexual partners more than 1 in 3, 37.1%, report never have been tested for a sexually transmitted disease or infection.

M. Experiences as a Caregiver

More than one quarter of respondents, 27.2%, affirmed providing regular care or assistance to a friend or family member who has a health problem or disability. There was no statistical difference between men and women in the rate of identifying as having provided regular care for a family or friend. Those within the age ranges of 56 to 65 and 66 to 75 showed nearly identical rates of endorsement on this item with 37.8% of those within these age ranges acknowledge providing regular care for a family or friend in the past 30 days.

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

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

N. Substance Use

Respondents were asked about their use of marijuana or cannabis and illegal substances (other than marijuana). In total, 14.9% reported the use of marijuana in the past 30 days and 9.7% reported the use of another illegal substance over that time.

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

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

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

O. Emotional Health

For the item, “During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?”, 22.1% reported “yes”. The age category with the highest affirmation of this item was those between the ages of 18 to 25 with a rate of 30.0%.

Further, for the subsequent item, “Over the last two weeks, how often have you been bothered by feeling down, depressed or hopeless?”, 40.6% affirmed “several days” or more with 5.6% reporting “nearly every day”. Additionally, 7.7% of respondents noted having seriously considered attempting suicide over the past 12 months.

The survey inquired how long it took those who were diagnosed with a mental health concern to obtain needed services. Excluding those who reported having never been diagnosed with a mental health concern, 32.5% reported receiving services within two weeks, 18.9% within two to six weeks, and 15.5% received services in more than six weeks.

P. Tanning

When asked about frequency of use of protection from the sun when outside on a warm, sunny day for more than an hour, 28.8% responded “never”. A total of 53.2% reported “occasionally” or “more than half the days” and 15.4% reported “nearly every day”. Women reported higher rates of using sun protection with 24.9% reporting never using sun protection compared to 37.5% of men.

Rates of using indoor tanning devices were 1.9% “nearly every day”, 24.0% “occasionally” or “more than half the days” and 71.5% “never”.

Q. Cancer Survivorship

11.5% of survey respondents reported having been diagnosed with cancer of any form. Those identifying as having been diagnosed with cancer were then presented with eleven various cancers to identify which he/she had been diagnosed with as well as a category of “other”. Among women had been diagnosed with cancer, the “other” category was the most selected with 42.1% followed by

breast cancer at 20.5%. For men, the most commonly selected cancers were lung at 19.6% and “other” at 18.5%. A total of 22.1% of women and 32.6% of men who identified as having been diagnosed with cancer selected more than one entry.

Among those who have been diagnosed, 24.6% reported currently receiving treatment for cancer. Continuing to look at those having identified as having been diagnosed with cancer, 20.3% reported that a majority of his/her health care was provided by a medical oncologist with an additional 11.0% receiving a majority of his/her health care from a radiation oncologist. Among those reported currently having cancer, 41.3% stated his/her pain was under control without medication, 28.0% stated his/her pain was under control with medication, and 24.3% reported his/her pain was not under control with or without medication.

R. Experiences of racism, discrimination or poor treatment at health care providers

Respondents were asked, “Was there ever a time when you would have gotten better medical care if you had belonged to a different race or ethnic group?” The rate of selecting “yes” was 10.5% with another 7.8% reporting “don’t know/not sure” or “refuse to answer”.

The ethnic group most frequently responding “yes” to this item was Native Hawaiian or other Pacific Islander at a rate of 38.1% followed by Hispanic and Black or African American both with a rate of 23.8%. The lowest rate of endorsement was among those identifying as White with a rate of 7.7%. Though this item inquires specifically into perception of care received due to one’s race or ethnic group, considerable differences are observed in comparison across gender. With all ethnic categories combined, males selected “yes” to this item at nearly three times the rate of females (17.9% vs 6.4%).

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

S. Activity and Nutrition

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

When asked about one’s consumption of fruits and vegetables, 39.5% reported eating fruit five or more times per week compared to 50.1% reporting eating vegetables five or more times per week. Comparable rates of “three or four” times per week were seen for both fruits and vegetables with 29.1% and 28.8%, respectively. When jointly analyzing responses to these two questions, 2.3% of respondents identified as reporting consuming zero fruits nor vegetables per week.

A total of 34.2% of respondents report drinking no regular soda per week. Relative to 2016 survey findings, those reporting never drinking regular soda decreased by 14.5% (with 48.7% reporting “never” in 2016). In 2019, 42.6% report drinking between one and four regular sodas per week, and 20.1% report five or more per week.

Analysis of those identifying as currently pregnant showed higher than average rates of consuming five or more non-diet sodas per week as well as higher than average rates of not consuming any fruits or vegetables.

T. Family Survey

A series of circumstances were presented to respondents with the prompt, “Which of the following relate to you and/or your family?”. The statement, “We have cared for foster children” was selected at a rate of 6.8%, “We have cared for children with special needs” was 10.8%, and “We have support family/friends with substance abuse issues” was 15.0%. In total, 22.9% of all respondents affirmed one of these three statements and 7.0% affirmed all three.

13.3% of respondents reported “no” to the item, “Do you feel that you live in adequate and safe housing?” Further, 7.3% reported having been homeless in the last 12 months. 11.0% reported not having family access to a working car or other transportation. 10.9% of respondents acknowledged not seeking medical treatment because of one of the following: lack of transportation, physical disability, intellectual disability, or accessibility barriers. Multiple barriers to medical treatment were selected by 2.8% of respondents.

The survey concluded with items related to higher education opportunities in Grant County. The top barrier identified by respondents to attending a college or university in Grant County was financial followed by childcare. When excluding those who report not being interested in college at this time, a total of 32.9% of respondents identified finances as a barrier. The barriers of “lack of information” and “application and registration process” were noted by a combined 16.4% of respondents.