

***COMMUNITY HEALTH CARE
NEEDS ASSESSMENT***

PRIMARY AND SECONDARY DATA

Prepared for

THE WINDHAM CONSORTIA

September 2011

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1 INTRODUCTION

The Center for Research & Public Policy (CRPP) is pleased to present the results of a Community Health Assessment conducted among residents of Windham County, Connecticut.

The Community Health Assessment was designed to provide resident input on current health status and needs.

The Health Assessment included a comprehensive telephone survey.

Telephone interviews (630) were conducted among residents of the 15 municipalities served.

This report summarizes information collected from residential surveys conducted on September 9 – 19, 2011.

The survey instrument employed in the Community Health Assessment included the following areas for investigation:

- Health Care Access;
- Exercise;
- Dental Care;
- Cardiovascular Disease;
- Tobacco Use;
- Immunizations;
- Falls;
- Women's Health;
- Prostate Cancer Screening;
- Colorectal Cancer Screening;
- Pre-Diabetes / Diabetes;
- Nutrition;
- Sleep;
- Alcohol Consumption;
- Healthy Days;
- Family Planning;
- Visual / Access to Eye Care;
- Care Giver;
- Veteran's Health;
- BMIs; and
- Demographics.

Section II of this report discusses the Methodology used in the study, while Section III includes Highlights derived from an analysis of the quantitative research. Section IV is a Summary of Findings for the residential telephone surveys - a narrative account of the data.

METHODOLOGY

Residential Telephone Survey

Using a quantitative research design, CRPP completed 630 interviews among residents of Windham County in Connecticut.

All telephone interviews were conducted September 9 – 19, 2011. Residents were contacted between 5:00 p.m. and 9:00 p.m. weekdays and 10:00 a.m. and 4:00 p.m. on the weekend.

Survey input and approval was provided by Consortia officials.

Survey design at CRPP is a careful, deliberative process to ensure fair, objective and balanced surveys. Staff members, with years of survey design experience, edit out any bias. Further, all scales used by CRPP (either numeric, such as one through ten, or wording such as strongly agree, somewhat agree, somewhat disagree, or strongly disagree) are evenly balanced. And, placement of questions is carefully accomplished so that order has minimal impact.

All population-based surveys conducted by CRPP are proportional to population contributions within states, towns, and known census tract, group blocks and blocks. This distribution ensures truly representative results without significant under or over representation of various geographic or demographic groups within a sampling frame.

CRPP utilized a “super random digit” sampling procedure, which derives a working telephone sample of both listed and unlisted telephone numbers. This method of sample selection eliminates any bias toward only-listed telephone numbers. Additionally, this process allows randomization of numbers which equalizes the probability of qualified respondents being included in the sampling frame. Cell phone respondents were included in the sampling process and represented 4.0% of the total sample.

Respondents qualified for the survey if they confirmed they were at least 18 years of age and were current residents of one of the qualifying communities.

Training of telephone researchers and pre-test of the survey instrument occurred on September 7, 2011.

All facets of the study were completed by CRPP’s senior staff and researchers. These aspects include: survey design, pre-test, computer programming, fielding, coding, editing, data entry, verification, validation and logic checks, computer analysis, analysis, and report writing.

Completion rates are a critical aspect of any telephone survey research. Because one group of people might be easier to reach than another group, it is important that concentrated efforts are made to reach all groups to an equal degree. A high completion rate means that a high percentage of the respondents within the original sample were actually contacted, and the resulting sample is not biased toward one potential audience. CRPP maintained a **70%** completion rate on all calls made. And, a high completion rate, many times, indicates an interest in the topic.

Statistically, a sample of 630 surveys represents a margin for error of +/-4.0% at a 95% confidence level.

In theory, a sample of all Windham County residents will differ no more than +/-4.0% than if all region residents were contacted and included in the survey. That is, if random probability sampling procedures were reiterated over and over again, sample results may be expected to approximate the large population values within plus or minus 4.0% -- 95 out of 100 times.

Readers of this report should note that any survey is analogous to a snapshot in time and results are only reflective of the time period in which the survey was undertaken. Should concerted public relations or information campaigns be undertaken during or shortly after the fielding of the survey, the results contained herein may be expected to change and should be, therefore, carefully interpreted and extrapolated.

Furthermore, it is important to note that all surveys contain some component of "sampling error". Error that is attributable to systematic bias has been significantly reduced by utilizing strict random probability procedures. This sample was strictly random in that selection of each potential respondent was an independent event, based on known probabilities.

Each qualified household within Windham County had an equal chance for participating in the study. Statistical random error, however, can never be eliminated but may be significantly reduced by increasing sample size.

HIGHLIGHTS

ON HEALTH CARE ACCESS...

- A large majority of residential respondents, 89.0%, indicated they have some form of health care coverage including health insurance, prepaid plans such as HMOs or government plans such as Medicare. However, 10.5% suggested they do not currently have any health care coverage. Extrapolated on the total Windham County population – the number of those without insurance may be 12,240. Statewide 2010 BRFSS (CDC’s Behavioral Risk Factor Surveillance Survey) results indicate 90.2% have coverage while 9.8% do not.
- Among those with health care coverage, 56.0% said their coverage is provided by their employer or someone else’s employer. Others mentioned a self-purchased plan, Medicare, Medicaid or the U.S. Military’s plan – 8.4, 24.6, 2.3, 2.3 respectively.
- While 11.3% indicated they do not have one or more individuals they consider their personal doctor or health care provider, 88.3% suggested they have one person (81.0%) or more than one person (7.3%).
- And, while 87.5% indicated there was not a time over the past 12 months when they needed to see a doctor but could not because of cost, 12.2% suggested there was. Extrapolated on the total population, the number would be 14,448.
- Just over three-quarters, 76.8%, said they have visited a doctor for a routine checkup within the past year.

ON EXERCISE...

- A majority of respondents, 78.6% said they do moderate or vigorous physical activity in a usual week that causes small to large increases in breathing. Another 21.6% suggested they do not. Statewide 2010 BRFSS data show that 79.3% suggested they do any physical activities.
- When doing moderate or vigorous physical activity, respondents reported doing so for an average of 69.99 minutes.

ON DENTAL CARE...

- A strong majority, 72.1%, reported they have visited a dentist or dental clinic within the past year. Another 9.7% said their last visit was within the past two years while 5.4% suggested the last visit was within the past five years. Some, 12.1% suggested their last visit was five or more years ago. Statewide 2008 BRFSS data suggested 80.3% had visited a dentist or dental clinic over the most recent 12-month period.

ON CARDIOVASCULAR DISEASE...

- Researchers found that 4.3%, 2.7% and 0.5% of respondents have been told they have had a heart attack, stroke, or both a heart attack and a stroke, respectively.
- Statewide 2010 BRFSS data show results of 3.1 and 1.7 for heart attack and a stroke, respectively.
- While 91.9% suggested they have not been told they have had angina, congestive heart failure or coronary heart disease, 7.8% said they have.

ON TOBACCO USE...

- The Windham Consortia 2011 research found that 16.8% of all respondents are currently smoking everyday (12.2%) or some days (4.6%). Statewide 2010 BRFSS data show 13.2% of the adult respondents currently smoke.
- More than half, 58.5%, of current smokers said they stopped smoking for one day or longer over the past 12 months in an effort to quit smoking.

ON IMMUNIZATIONS...

- Under half of all respondents, 42.1%, said they had a flu shot since August, 2010. Among respondents over 65 years of age, 57.9% indicated they have had a flu shot since August of 2010. Statewide 2010 BRFSS data indicated that 72.4% had received a flu shot since August of 2010.
- Nearly three-quarters of respondents 65 years of age or older, 73.6%, suggested they have had a pneumonia shot or pneumococcal vaccine. Statewide 2010 BRFSS data indicate 69.2% of those 65 years of age or older had the shot or vaccine at some point.

ON FALLS...

- Respondents 45 years of age and older were asked how many, if any, falls they have experienced over the past three months. Nearly one fifth, 17.1%, suggested they had experienced a fall. On average, across all respondents 45 and older, the average number of falls over the three month period was 0.67.
- Of this group that had at least one fall, 49.3% experienced one fall while the remainder experienced multiple falls.
- And, among those who had fallen, 44.0% (N=33), suggested their fall(s) did result in an injury. The average number of falls causing injuries was 1.88.

ON WOMEN'S HEALTH...

- A majority of all women surveyed, 87.3%, reported they have had, at some point, a mammogram. Among women surveyed over 40 years of age, the percent is 96.4% while among those over 50 years of age the percent is 98.6%. Statewide 2010 BRFSS data show that 81.4% of Connecticut women over 40 years of age have had a mammogram, and 83.8% of those over 50 years of age have had a mammogram.
- 93.0% of all women surveyed reported they have had a clinical breast exam.
- Another 95.9% of all women stated they have had a Pap test. Statewide 2010 BFRSS data show 85.6% of Connecticut women had a Pap test.

ON PROSTATE SCREENING...

- Males 39 years of age or older were asked if they have ever had a PSA test. Just over half, 58.0% suggested they had. Similarly, statewide 2010 BRFSS data show that 59.8% had a PSA test.
- Three quarters of all respondents, 80.9%, suggested they have had, at some point, a digital rectal exam. Another 18.7% had not and 0.4% were unsure.

ON COLORECTAL CANCER SCREENING...

- Over one-third, 37.9%, of survey respondents 49 years of age or older said they have had, at some point, a blood stool test using a home kit. Statewide 2010 BRFSS data show that 18.7% reported the same.
- Three-quarters, 75.7%, of respondents 49 years of age or older suggested they have had a sigmoidoscopy or colonoscopy exam. Statewide 2010 BRFSS data show that 75.7% reported they have had one of the two exams.

ON PRE-DIABETES / DIABETES...

- Nearly two-thirds, 64.6%, of all respondents indicated they have had a test for high blood sugar or diabetes within the last three years. About one-third, 33.2%, suggested they had not and 2.2% were unsure.
- Just under twenty percent (16.2%) of all respondents said they have been told by a doctor, nurse or other health care professional that they have pre-diabetes, diabetes, diabetes during pregnancy or are borderline diabetes. Statewide 2010 BRFSS data show that 8.9% were told they had diabetes (7.3%), diabetes during pregnancy (0.8%), or were pre-diabetes / borderline (0.8%).
- The average age respondents were told they had diabetes was 47.12.
- Nearly half of those with diabetes, 42.0%, said they have taken a course or class in how to manage their diabetes themselves.
- Just over two-fifths with diabetes (43.8%) knew their percent resulting from a test for "A one C".

ON NUTRITION...

- On average, respondents are eating 2.32 servings of vegetables and 1.93 servings of fruit daily. The USDA recommends four to five servings of vegetables and two servings of fruits daily.

ON SLEEP...

- A large number of respondents, 69.8%, indicated there were days over the past 30 days that they did not get enough rest or sleep. Among this group, the average number of days during the month they felt they did not get enough rest or sleep was 13.73.

ON ALCOHOL CONSUMPTION...

- Just over half of all respondents, 56.3% suggested they have had at least one drink of alcohol over the past 30 days. Of this group, the average number of days, over the past month, the respondent had at least one drink was 8.71.
- When respondents did drink, the average number of alcoholic drinks consumed was 2.61.

ON HEALTH DAYS...

- One-third of all respondents, 32.9%, suggested there were days over the last month that pain made it hard to perform their usual activities. Of this group, the average number of days per month when pain prevented usual activities was 15.69.
- A larger percentage, 38.9%, suggested that there were days over the last month when they felt sad, blue or depressed. On average, there were 9.48 days each month when this group had sad or depressed feelings.
- While 96.2% suggested there was not a time over the last year when they thought of taking their own life, 3.3% suggested there was. When extrapolated on the total Windham County population, the number of individuals is approximately, 3908.

ON FAMILY PLANNING...

- Just under half of all respondents, 46.3%, indicated they are taking one or more precautions to keep themselves or their partner from getting pregnant.
- Mostly, respondents cited the following actions used to keep from becoming pregnant: vasectomy (30.2%), tubes tied (17.5%), birth control pills (12.7%), male condoms (12.7%), IUD (5.6%) and female condoms (4.8%).

ON VISUAL / ACCESS TO EYE CARE...

- Just less than two-thirds (60.4%) reported having their eyes examined over the last year. Some, 14.9%, said they had an exam within the last two years while 21.7% said it's been two or more years. A few, 1.1% said they have never had an eye exam.
- Reasons for not having an eye exam or having a more recent exam included: cost of insurance and no reason to go or no problems.

ON CARE GIVERS...

- A large percent of respondents, 31.1%, suggested they are providing regular care or assistance to a friend or family member who has a health problem, long-term illness or disability.
- The average age of the person in care is 68.97.

ON VETERAN'S HEALTH...

- Researchers found that 5.9% of those surveyed did serve in the U.S. Military in a combat or war zone.
- Of this group, 18.9% have been told by a doctor or health professional that they have depression, anxiety or post traumatic stress disorder (PTSD). Of this group, 85.7% have secured psychological or psychiatric counseling or treatment.

ON BMIs...

- CRPP calculated BMIs for each of the respondents who provided researchers both their weight and height. The following table presents the results. The district average was 28.28. Statewide 2010 BRFSS data show 23.0% as obese, 37.8% as overweight and 39.4% either normal or underweight.

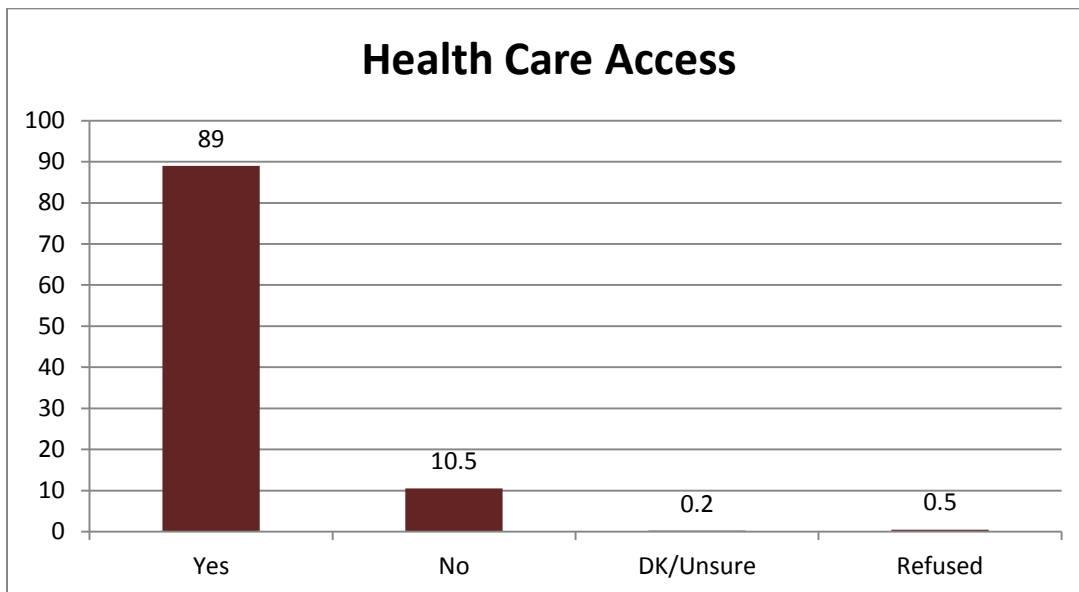
| BMI Calculations | Percent |
|------------------------|---------|
| Underweight: <18 | 4.1 |
| Normal: 18.5 – 24.9 | 28.1 |
| Overweight: 25 – 29.9 | 36.9 |
| Obese: 30.0 – 39.9 | 25.7 |
| Extreme Obesity: 40.0+ | 5.2 |
| Average District BMI | 28.28 |

SUMMARY OF FINDINGS

Readers are reminded that the following section summarizes statistics collected from the telephone survey of 630 residents within Windham County.

HEALTH CARE ACCESS

All respondents were asked if they have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare. A majority, 89.0% indicated they do have coverage as presented in the following graph.



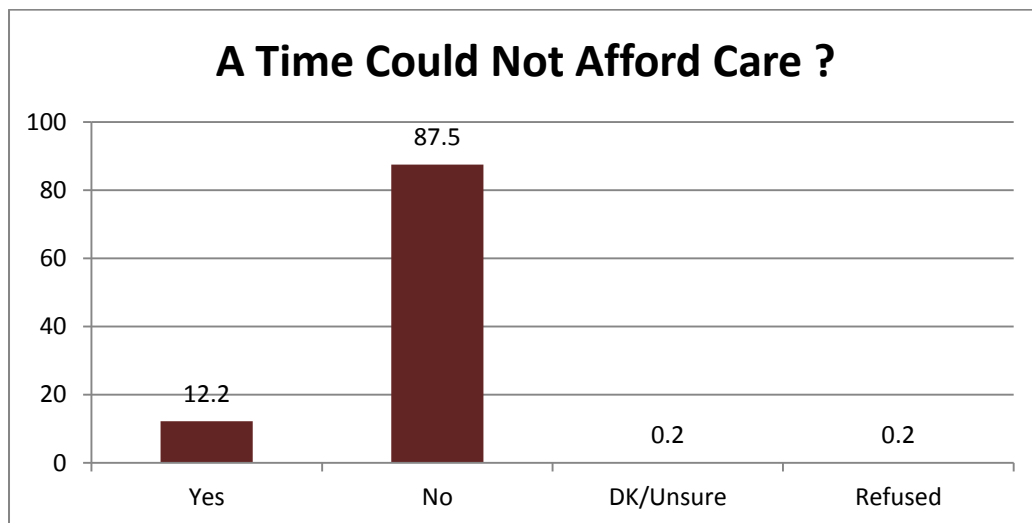
Respondents who reported having health care coverage, 89.0%, were asked to report the type of coverage they use to pay for most of their medical care. The following table presents the results as collected.

| Type of Health Care Coverage? | Percent |
|--|---------|
| Employer | 41.5 |
| Someone else's employer | 14.5 |
| A plan that you or someone else buys on your own | 8.4 |
| Medicare | 24.6 |
| Medicaid or Medical Assistance | 2.3 |
| The military, CHAMPUS, TriCare or the VA | 2.3 |
| Some other source | 6.3 |

All respondents were asked if they have one or more individuals they think of as their personal doctor or health care provider. Nearly ninety percent, 88.3%, indicated they have one (81.0%) or more than one (7.3%) provider. Some, 11.3% said they did not have one or more individuals they consider their personal doctor or health care provider.

| Have One or More Health Care Provider or Personal Doctor? | Percent |
|---|---------|
| Yes, one | 81.0 |
| Yes, more than one | 7.3 |
| No | 11.3 |

Researchers asked all respondents if there was a time, over the last 12 months, when they needed to see a doctor but could not because of the cost. While 87.5% suggested there was not, 12.5% said there was such a time. The following graph presents the results as collected.



All respondents were asked to report how long it has been since they last visited a doctor for a routine checkup – a general physical exam – not including an exam for a specific injury, illness or condition.

The following table presents the results as collected.

| How Long Since Last Routine Checkup? | Percent |
|---|----------------|
| Within past year | 76.8 |
| Within the past two years | 11.6 |
| Within past five years | 5.2 |
| Five or more years | 5.1 |

EXERCISE

A majority of respondents, 78.6%, indicated that when they are not working, they do moderate or vigorous physical activity in a usual week that causes small increases in breathing and heart rate such as brisk walking, biking, vacuuming or yard work. Another 21.6% suggested they do not while 0.3% were unsure.

Respondents who do moderate and vigorous physical activity were asked how many minutes they keep at it when exercising. The following table presents the results. “Don’t know” respondents were removed from the data.

| How Long, In Minutes, You Exercise? | Moderate or Vigorous Physical Activity |
|--|---|
| <20 Minutes | 14.6 |
| 20 - <30 Minutes | 9.7 |
| 30 - <45 Minutes | 29.3 |
| 45 - <60 Minutes | 6.3 |
| 60 - <90 Minutes | 18.8 |
| 90 Minutes or more | 21.0 |

On average, respondents exercised (either moderate or vigorous) 69.99 minutes when participating in their respective physical activity.

DENTAL CARE

Researchers asked respondents to report how long it has been since they last visited a dentist or dental clinic for any reason including visits to dental specialists such as orthodontists. The following table presents the results as collected.

| How Long Since Last Dental Visit? | Percent |
|--|----------------|
| Within past year | 72.1 |
| Within the past two years | 9.7 |
| Within past five years | 5.4 |
| Five or more years | 12.1 |

Respondents were asked how long it has been since they last had their teeth cleaned by a dentist or dental hygienist. The following table presents the results.

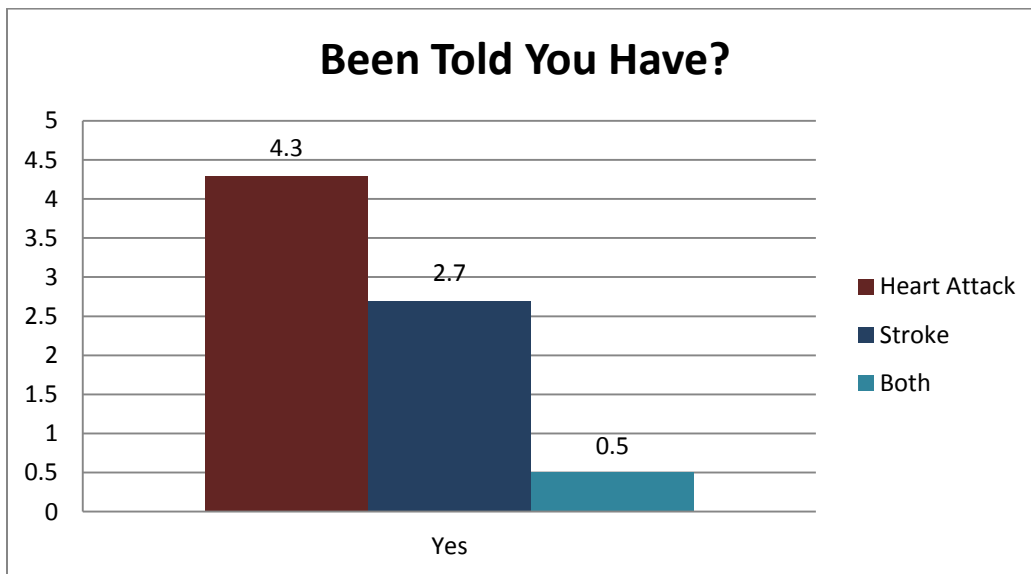
| How Long Since Last Teeth Cleaning? | Percent |
|--|----------------|
| Within past year | 70.7 |
| Within the past two years | 8.4 |
| Within past five years | 5.9 |
| Five or more years | 11.8 |
| Not sure | 1.0 |
| Never | 2.1 |

CARDIOVASCULAR DISEASE

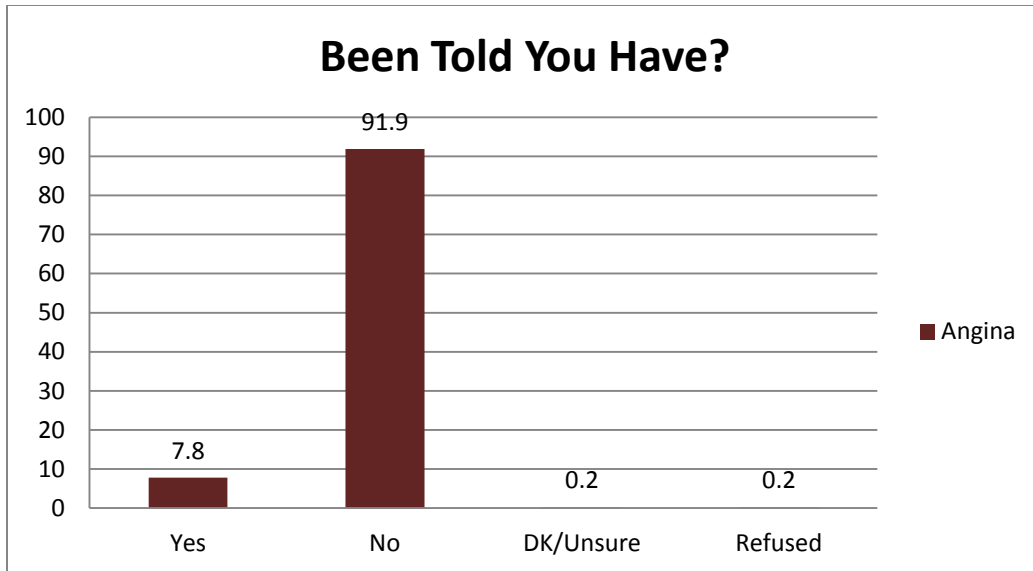
Respondents were asked if they have ever been told by a doctor, nurse or other health professional that they have had:

- A heart attack or myocardial infarction;
- A stroke;
- Both a heart attack and a stroke.

The following graph presents the results as collected.



All respondents were asked if they have ever been told if they had angina, congestive heart failure or coronary heart disease. While 91.9% suggested they had not, 7.8 said they have. The following graph depicts the results as collected.

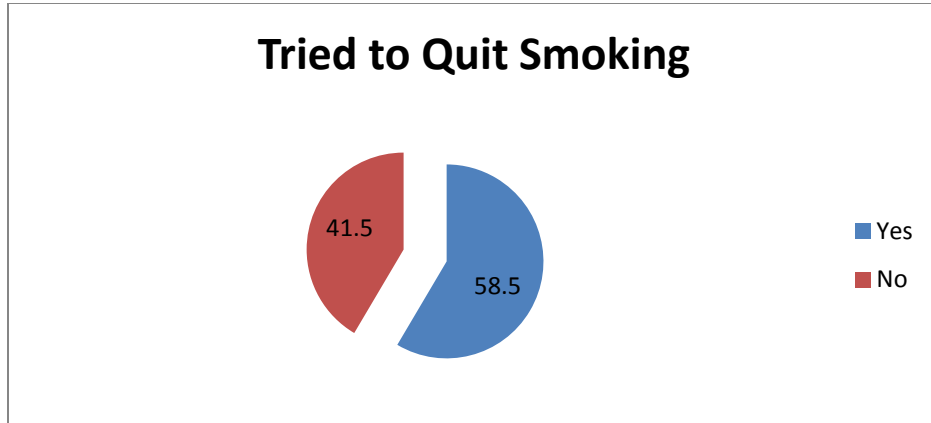


TOBACCO USE

Researchers asked respondents if they smoke cigarettes every day, some days, or not at all. While most, 83.0% indicated they do not smoke, another 16.8% suggested they smoked everyday (12.2%) or some days (4.6%).

| Do You Smoke? | Percent |
|---------------|---------|
| Everyday | 12.2 |
| Some days | 4.6 |
| Not at all | 83.0 |
| Refused | 0.2 |
| TOTAL SMOKE | 16.8 |

Among smokers, over half (58.5%) said they have stopped smoking for one day or longer over the last 12 months because they were trying to quit smoking. The following presents the results.



IMMUNIZATIONS

Under half of all respondents, 42.1%, indicated they have received an injected influenza vaccine since August, 2010. Another 57.5% had not received the flu shot.

Among respondents over 65 years of age, 57.9% suggested they have received an injected influenza vaccine since August, 2010.

Respondents who received the influenza vaccine (42.1%) were asked who gave them their most recent flu shot. The following table presents the results collected.

| Who Provided the Flu Shot? | Percent |
|----------------------------------|---------|
| Doctor/Doctor’s Office | 54.7 |
| Other | 17.0 |
| Pharmacy | 11.7 |
| Hospital | 7.2 |
| Visiting Nurse Association (VNA) | 4.9 |
| Supermarket Pharmacy | 4.5 |

Respondents over 65 years of age were asked if they have ever had a pneumonia shot. Nearly three-quarters, 73.6%, indicated they have. The following table depicts the results.

| Ever Receive a Pneumonia Shot? | Percent |
|---------------------------------------|----------------|
| Yes | 73.6 |
| No | 22.6 |
| Don't know / Unsure | 3.8 |

FALLS

Respondents, over 45 years of age, were asked if they have fallen over the past three months. Just under one-fifth (17.1%) of those over 45 years of age suggested they have fallen. The average number of falls among all respondents over 45 years of age, over the last 3 months, was 0.67.

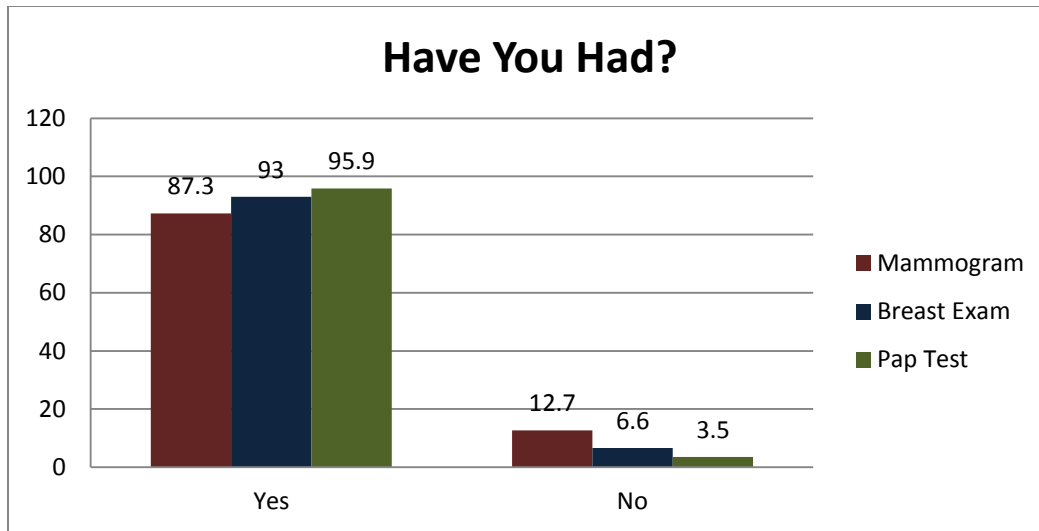
These respondents (17.1%) were asked to report the number of times they had fallen during the three-month period. The following table presents the results as collected.

| Number of Falls? | Percent |
|-------------------------|----------------|
| One | 49.3 |
| Two | 23.0 |
| Three | 16.0 |
| Four | 5.3 |
| Six | 2.7 |
| Nine | 1.3 |
| Ten | 1.3 |
| Fifteen | 1.3 |

A total of 33, or 44.0%, of those who experienced falls reported that the fall(s) caused injuries that limited regular activities for at least a day or caused a visit to the doctor's office. And, the average number of falls causing injuries was 1.88.

WOMEN'S HEALTH

Female respondents were asked if they have ever had a mammogram, a clinical breast exam or a Pap test for cancer of the cervix. The following table presents the results collected.



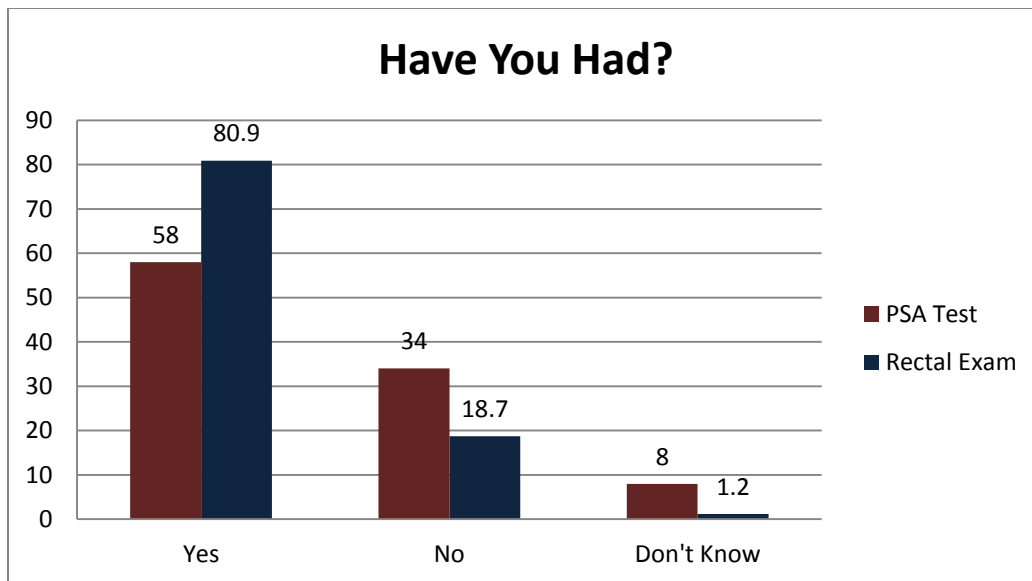
A larger majority of women over 40 years of age (96.4%) reported having had a mammogram. And, 98.6% of women over 50 years of age reported having had a mammogram.

Female respondents who reported having a mammogram, a clinical breast exam or a Pap Test were asked to report how long it has been since the last exam/test. Results are held in the following table.

| How Long Since Last ? | Mammogram | Clinical Breast Exam | Pap Test |
|-----------------------------|-----------|----------------------|----------|
| Within past year | 61.2 | 68.4 | 47.5 |
| Within the past two years | 19.6 | 16.3 | 26.5 |
| Within the past three years | 7.2 | 7.5 | 9.6 |
| Within past five years | 3.6 | 2.4 | 5.3 |
| Five or more years | 8.0 | 5.1 | 17.2 |
| Not sure / Don't know | 0.4 | 0.3 | --- |

PROSTATE CANCER SCREENING

Males 39 years of age or older were asked if they have ever had a Prostate-Specific Antigen test (PSA test) or a digital rectal exam. The following graph presents the results.



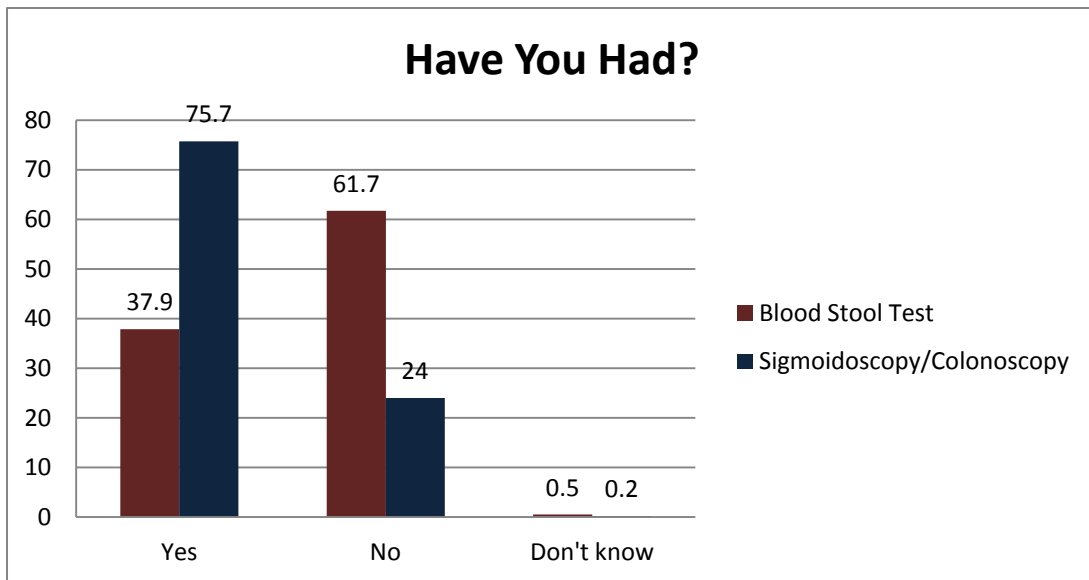
Males who reported having a PSA Test, or digital rectal exam, were asked how long it had been since the last test/exam. The following table holds the results.

| How Long Since Last Test/Exam? | PSA Test | Digital Rectal Exam |
|--------------------------------|----------|---------------------|
| Within past year | 73.0 | 67.5 |
| Within the past two years | 13.2 | 17.0 |
| Within the past three years | 5.3 | 4.2 |
| Within past 5 years | 3.9 | 2.4 |
| Five or more years | 3.3 | 8.5 |
| Not sure / Don't know | 1.3 | --- |
| Refused | --- | 0.5 |

COLORECTAL CANCER SCREENING

Respondents 49 years of age or older were asked a series of questions about colorectal cancer screening.

Each respondent was asked if they used a home blood stool test kit and if they had either a sigmoidoscopy or colonoscopy exam. Results are presented here.



PRE-DIABETES /DIABETES

Among all respondents, 64.5% indicated they have had a test for high blood sugar or diabetes within the last three years. Another 33.2% have not, and 2.2% were unsure.

Nearly one-fifth of all respondents, 16.2%, indicated that they have been told by a doctor, nurse or other health professional that they have pre-diabetes, borderline diabetes or diabetes.

Researchers asked respondents with diabetes how old they were when they were told they have diabetes. The following table holds the results. The average age was 47.12.

| Age Told You Have Diabetes? | Percent |
|------------------------------------|----------------|
| Under 40 years of age | 27.0 |
| 40 to <50 years of age | 23.3 |
| 50 to <60 years of age | 27.8 |
| 60 years of age or older | 16.2 |

Three-quarters of respondents with diabetes, 73.2%, said they have seen a doctor, nurse or other health professional for their diabetes in the past 12 months. Of this group, the frequency of visits is reported within the following table.

| Frequency of Medical Visits for Care of Diabetes Over Past 12 Months | Percent |
|---|----------------|
| One time | 19.5 |
| Two times | 20.7 |
| Three times | 9.5 |
| Four times | 23.2 |
| Six times | 4.9 |
| Seven times | 1.2 |
| Eight times | 3.7 |
| Nine times | 1.2 |
| Twelve times | 3.7 |
| Twenty-four times | 1.2 |

Researchers asked respondents with diabetes to report whether, as a result of a test for “A One C”, if they knew their own percent.

| Know Your Percent? | Percent |
|---------------------------|----------------|
| Yes | 43.9 |
| No | 48.2 |
| Never heard of “A One C” | 0.9 |
| Don’t Know / Unsure | 7.1 |

Just over two-fifths of all those respondents with diabetes, 42.0%, indicated they have taken a class or course to help them learn to manage their diabetes.

NUTRITION

Respondents were asked to report the number of daily servings of vegetables and fruit they consume.

On average, the number of servings of vegetables was reported at 2.32.

On average, the number of servings of fruit was reported at 1.93.

USDA recommendation for daily servings for adults: four to five servings of vegetables and two servings of fruits.

SLEEP

A large percent, 69.8%, of all respondents suggested there were days, during the last 30 days, when they felt they did not get enough sleep. The average was 13.73 among this group.

The following table presents the number of days respondents felt they did not get enough sleep.

| Number of Days Over Last 30 – You Did Not Get Enough Sleep | Percent |
|---|----------------|
| 1-7 | 45.7 |
| 8-15 | 19.1 |
| 16-20 | 6.2 |
| 21-30 | 29.4 |

ALCOHOL CONSUMPTION

All respondents were asked if they have had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor during the last 30 days.

Just over half, 56.3%, indicated they have had at least one drink over the last 30 days as presented in the following table.

| Had a Drink of Alcohol Over 30 Days? | Percent |
|---|----------------|
| Yes | 56.3 |
| No | 43.2 |
| Don't Know / Unsure | 0.3 |
| Refused | 0.2 |

On average, respondents had at least one alcoholic beverage 8.71 days over the past 30 days.

On average, respondents had 2.61 drinks on days when they did drink.

HEALTH DAYS

Nearly one-third of all respondents (32.9%) said there was one or more days, during the last 30, that pain made it hard to do usual activities such as self-care, work or recreation.

The number of days, during the last 30, that pain prevented this group from usual activities is presented in the following table. The average number of days was 15.69.

| Number of Days Over Last 30 That Pain Prevented Usual Activities Enough Sleep | Percent |
|--|----------------|
| 1-7 | 43.0 |
| 8-15 | 11.0 |
| 16-20 | 5.8 |
| 21-30 | 40.1 |

Over one-third, 38.9%, suggested there were one or more days, during the last 30, that they felt sad, blue or depressed. On average the number of days was 9.48.

The number of days that this group felt sad, blue or depressed is presented here.

| Number of Days Over Last 30 Felt Sad, Blue, Depressed | Percent |
|--|----------------|
| 1-7 | 64.4 |
| 8-15 | 15.8 |
| 16-20 | 3.3 |
| 21-30 | 16.3 |

Among all respondents, 3.3%, suggested there has been a time in the past 12 months when they thought of taking their own lives.

FAMILY PLANNING

Females under 45 years of age and males under 60 years of age were asked if they (and their husband/wife/partner) are doing anything to prevent pregnancy. Nearly half, 46.3% of this group (N=272) suggested they were.

The following table presents the results as collected.

| Action to Prevent Pregnancy? | Percent |
|-------------------------------------|----------------|
| Yes | 46.3 |
| No | 31.8 |
| No / Partner not sexually active | 9.9 |
| Same Sex Partner | 1.5 |
| No, had hysterectomy | 7.4 |
| No, currently pregnant | 0.7 |
| Don't know / Not Sure | 0.4 |
| Refused | 2.2 |

Researchers asked this group of respondents (N=126) what they were doing to prevent pregnancy. The following table depicts the results as collected.

| Action to Prevent Pregnancy? | Percent |
|-----------------------------------|---------|
| Vasectomy | 30.2 |
| Tubes tied | 17.5 |
| Birth control pills | 12.7 |
| Male condoms | 12.7 |
| Other | 7.9 |
| IUD | 5.6 |
| Female condoms | 4.8 |
| Withdrawl | 2.4 |
| Shots | 1.6 |
| Contraceptive ring | 1.6 |
| Diaphragm, cervical cap or sponge | 0.8 |
| Don't know / Unsure | 0.8 |
| Refused | 0.8 |

VISUAL / ACCESS TO EYE CARE

All respondents were asked to report when they last had their eyes examined by any doctor or eye care provider. Just 1.1% said never. Other time frames are presented in the following table.

| How Long Since Last Eye Exam? | Percent |
|-------------------------------|---------|
| Within past month | 19.0 |
| Within the past year | 41.4 |
| Within the past two years | 14.9 |
| Two or more years ago | 21.7 |
| Never | 1.1 |
| Not sure / Don't know | 1.6 |
| Refused | 0.2 |

Reasons for never having an eye exam included: no reason to go (57.1%), cost/insurance (14.3%), other (14.3%), and some, 14.3% were unsure.

CARE GIVER

Nearly one third of all respondents (31.1%) suggested that they currently provide regular care or assistance to a friend or family member who has a health problem, long-term illness or disability.

This group (N=196) was asked to report the ages of those in care. The following table presents the ages provided by respondents. On average, the age of the person in care was 68.97.

| Age of Person in Care | Percent |
|------------------------------|----------------|
| Birth - 25 | 7.5 |
| 26 - 40 | 3.5 |
| 41 - 60 | 19.5 |
| 60 + | 69.5 |

Researchers asked respondents to report the relationship of the person in care. The following table presents the results as collected.

| Relationship of Person in Care | Percent |
|---------------------------------------|----------------|
| Parent | 40.8 |
| Non-relative | 17.3 |
| Spouse | 12.8 |
| Parent-in-law | 7.1 |
| Child | 6.6 |
| Sibling | 6.6 |
| Other relative | 5.6 |
| Grandparent | 2.6 |
| Grandchild | 0.5 |

VETERAN'S HEALTH

Respondents found that 5.9% of all respondents had served with the U.S. Military in a combat or war zone. Of this group, 18.9% (N=7) suggested they have been told by a doctor or health professional that they had depression, anxiety or post traumatic stress disorder (PTSD).

While 14.3% of this group did not receive any psychological or psychiatric counseling or treatment, the majority did.

Researchers asked where care was provided. Results are held in the following table.

| Where Care Was Provided | Percent |
|--------------------------------|----------------|
| Yes, from a VA facility | 57.1 |
| Yes, from a non-VA facility | 14.3 |
| Yes, from both | 14.3 |
| No care secured | 14.3 |

BMI CALCULATIONS

CRPP calculated BMIs for all respondents who provided both height and weight. The average overall district average is 28.28 – an average that is considered “overweight”.

The following table holds the percentages for each BMI category.

| BMI Calculations | 2011 |
|-------------------------|-------------|
| Underweight: <18 | 4.1 |
| Normal: 18.5 – 24.9 | 28.1 |
| Overweight: 25 – 29.9 | 36.9 |
| Obese: 30.0 – 39.9 | 25.7 |
| Extremely Obese: 40.0+ | 5.2 |
| Average District BMI | 28.28 |

DEMOGRAPHICS

| Age | 2011 |
|-------------------------|-------------|
| Next Generation (18-25) | 2.9 |
| Generation X (26-40) | 12.8 |
| Boom Generation (41-60) | 54.5 |
| Seniors (60 +) | 29.1 |

| Education | 2011 |
|---|-------------|
| Never attended school / or Kindergarten | 0.0 |
| Grades 1 - 8 | 1.3 |
| Grades 9 – 11 | 4.9 |
| Grades 12 or GED | 30.0 |
| College 1 – 3 years | 28.9 |
| College 4 years or more | 34.8 |
| Refused | 0.2 |

| Hispanic, Latin American, Puerto Rican, Cuban or Mexican | 2011 |
|---|-------------|
| Yes | 7.1 |
| No | 92.2 |
| Unsure | 0.2 |
| RF | 0.5 |

| Ethnicity | 2011 |
|-------------------------------------|-------------|
| White | 92.2 |
| Black, African-American | 1.1 |
| Asian, Pacific Islander | 0.5 |
| Aleutian, Eskimo or American Indian | 1.0 |
| Other | 3.8 |
| Refused | 1.0 |

| Children (Among 28.9% with Children) | 2011 |
|---|-------------|
| 1 | 52.7 |
| 2 | 26.3 |
| 3 | 16.5 |
| 4 | 2.0 |
| 5 | 0.5 |
| 6 | 0.5 |
| 7 | 0.5 |
| 10 | 0.5 |
| Average Number Among Those With Children | 1.79 |

| Income | 2011 |
|-----------------------------|-------------|
| Less than \$25,000 | 19.4 |
| \$25,000 to under \$40,000 | 15.7 |
| \$40,000 to under \$60,000 | 16.7 |
| \$60,000 to under \$100,000 | 21.4 |
| \$100,000 or more | 16.0 |
| Don't Know | 2.2 |
| RF | 8.6 |

| Gender | 2011 |
|---------------|-------------|
| Male | 49.8 |
| Female | 50.2 |

| Employment | 2011 |
|------------------------|-------------|
| Employed for wages | 58.8% |
| Self-employed | 6.5 |
| Out of work > one year | 5.0 |
| Out of work < one year | 2.0 |
| Homemaker | 2.5 |
| Student | 0.8 |
| Retired | 21.5 |
| Unable to work | 3.0 |