

2008 Polk County Wellness Coalition Community Health Assessment

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Total responses: 533

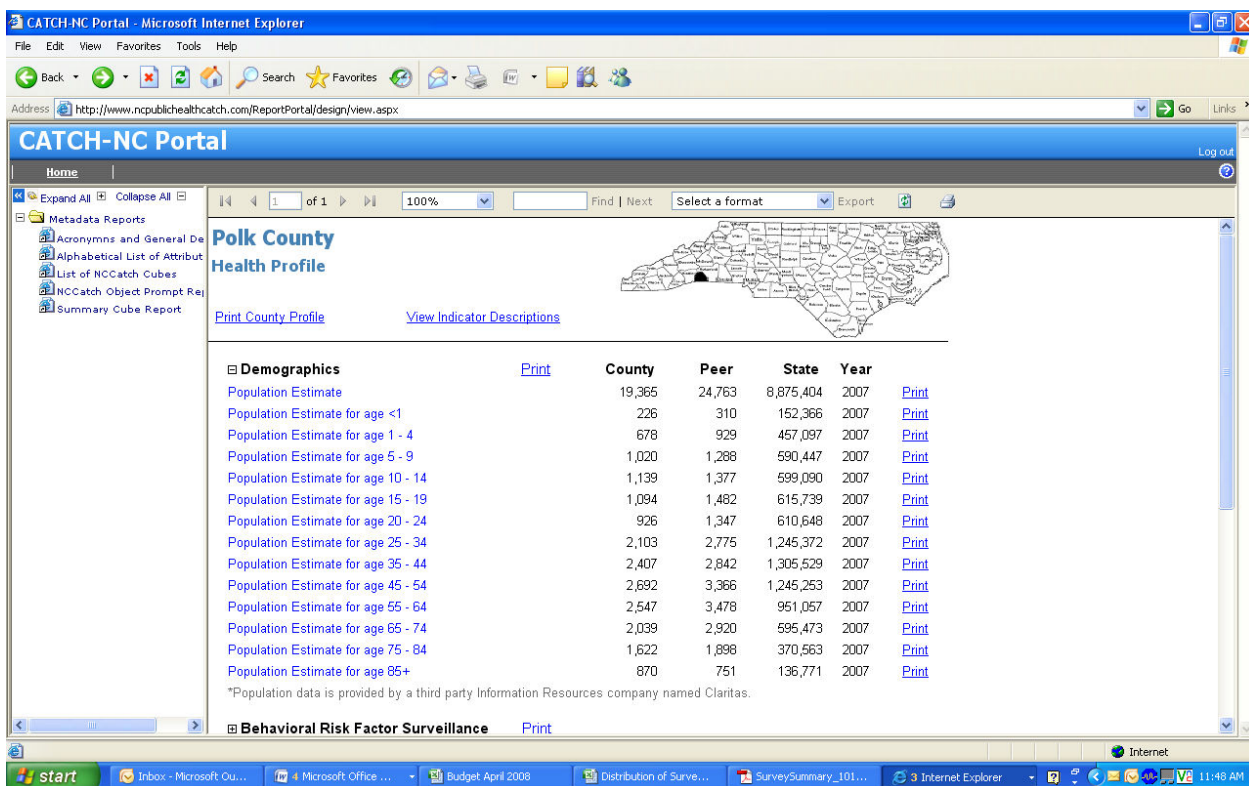
Paper: 455

On line: 78

Demographics:

Gender (#26): Females 75.1%
 Males 24.9%

Age (#25):	18-35 years	Health Survey	County Age %
	35-54 years	18.9%	21.3%
	55-74 years	39.6%	26.3%
	75+ years	33.3%	23.7%
		8.2%	12.9%



Race (#27)	White	Survey	County (ref:Claritas)
	African American	82%	89.3%
	Hispanic	6.5%	5.5%
	Native American	4.9%	3.2%
	Asian/Pacific Islander	3.3%	0.25%
	Other	0.2%	Included in "other"
	3.1%	1.7%	

Length of Residency (#28)	More than 10 years	56.7%
	Less than 10 years	27.4%
	Not a resident	15.5% (69)
	Not a resident but own a home here	0.4%

Employment Status (#29)	Employed Full Time	48.0%	County unemployment rate 2006 = 3.6 State = 4.8 (ref: Dept of Commerce)
	Retired	17.3%	
	Employed Part time	13.3%	
	Unemployed	8.2%	
	Disabled	5.5%	
	Homemaker	5.5%	
	Student	2.0%	
	Not applicable	0.2%	

Place of employment (#30)	Polk	75.5%
	Not applicable	11.4%
	Retired	3.6%
	Rutherford	3.2%
	Spartanburg	3.0%
	Other	2.3%
	Henderson	1.1%

Education (#31)	Graduate Degree or higher	12.6%
	Bachelor's	19.0%
	Associate's Degree or tech trng	11.5%
	Some college or technical school	31.2%
	High School Diploma or GED	17.4%
	Some high school	8.4%

Zip Code (#32)			
28722	Columbus	28043	Forest City
28756	Mill Spring	28018	Bostic
28773	Saluda	28074	Harris
28782	Tryon	28750	Lynn
28139	Rutherfordton	28739/28793	Hendersonville
29322	Campobello, SC	29365	Lyman, SC
28731	Flat Rock	28733	Fontana Dam, NC
29356	Linden, NC	23901	Farmville, VA
29332	Cross Hill, SC	28758	Mountain Home, NC
28150	Shelby		Unknown

Community (#33)	Columbus	22.9%
	Tryon	21.7%
	Other	17.2% (review responses)
	Mill Spring	14.0%
	Green Creek	9.3%
	Saluda	7.0%
	Sunnyview	3.8%
	Lynn	2.5%
	Coopers Gap	1.6%

Income (#34) N = 427	Under \$15,000	21.1%	PerCapita Income 2005 for the county = \$36,528 State of NC = \$31,041 (ref: US Bureau of Economic Analysis)
	\$15,000 - \$25,000	13.6%	
	\$25,000-\$35,000	14.5%	
	\$35,000-\$45,000	7.5%	
	\$45,000-\$55,000	7.0%	
	\$55,000 - \$75,000	15.2%	
	\$75,000-\$100,000	11.5%	
	\$100,000 or more	9.6%	

- 49.2% of the respondents make less than the average perCapita for the county; 36.3% of respondents make more than \$55,000/yr

Size of Household (#35)
N= 451

Average = 2.83
Ages – not sure how to analyze this data

Do you have any type of
healthcare insurance coverage? (#20)

77.0% Yes
23.0% No

Type of insurance (#21)

Blue Cross/Blue Shield 35.9%
Other commercial 22.0%
Other (specify) 23.2%
Medicare 9.6%
Medicaid 6.8%
Don't know 2.5%

If you have no insurance and needed medical care,
how would you pay for it? (#22) N=196

32.7% I would pay for it myself
20.4% Other, specify: _____
19.4% I would not get medical care
12.8% Not applicable
12.2% I would go somewhere that does not charge me
2.0% A family member would pay
0.5% A friend would pay for it

Does everyone in your household have some
type of healthcare insurance coverage? (#23)

68.5% Yes
30.5% No

If no, who is not covered? (#24)

40.8 % Spouse
39.2% Other
24.6% Child(ren)
14.6% Parent

Suggestions to improve health and wellness in Polk County (#36)
N = 149

Part 1: Health Issues

1. How would you rate Polk County on the following issues?

a. Affordable healthcare

7.0%	Excellent
15.6%	Very Good
39.7%	Good
25.3%	Not very good
12.3%	Poor

Summary:

22.6%	Excellent or Very Good
39.7%	Good
37.6%	Not very good or poor

b. Quality Healthcare

9.9%	Excellent
19.9%	Very Good
46.2%	Good
16.2%	Not very good
7.7%	Poor

Summary:

29.8%	excellent or very good
46.2%	Good
23.9%	Not very good or poor

c. Convenience of healthcare locations

12.1%	Excellent
23.7%	Very good
41.6%	Good
15.5%	Not very good
7.0%	Poor
Summary:	35.8% Excellent or Very Good
	41.6% Good
	22% Not very good or poor

d. Convenience of healthcare office hours

8.7%	Excellent
20.9%	Very good
45.1%	Good
18.7%	Not very good
6.5%	Poor
Summary:	29.6% Excellent or Very Good
	45.1% Good
	25.2% Not very good or poor

2. Do you or someone in your family have a problem with any of the following in the past 12 months? If you answer yes, please indicate with a check if you know where to find help in Polk County for that particular problem.

Result: Most said no, did not have problem. Of those that people had a problem with the issues ranked in the following order (the star indicates the highest response to not knowing where to get help for that issue):

Access to dental care *	36.2%
Access to medical care	33.8%
Access to vision care	31.2%
Access to specialized medical care *	30.4%
Stress * (2)	29.6%
Not having enough money to pay household bills *(1)	28.0%
Access to emergency medical care	26.1%
Forced to choose between buying medicine or paying bills/buy food*	25.9%
Not having enough money to buy food *	24.6%
Not having enough money to buy needed clothes/shoes *	24.1%
Access to medical care for a child	21.3%
Access to mh or sa services	21.1%
Obesity *	20.6%
Smoke tobacco or use tobacco products	19.5%
Access to childhood immunizations	19.4%
Finding a doctor who accepts Medicaid*	19.0%
Access to nursing home care or elderly care	17.9%
Finding a doctor who accepts Medicare	17.6%
Transportation	17.2%
Access to day care for adults *	16.8%
Access to day care for children	15.3%
Access to prenatal care during pregnancy	14.5%
Domestic Violence	14.0%
Alcohol Abuse	13.1%
Child abuse or neglect	12.5%
Drug Abuse	11.2%

Part 2: Community Issues

3. Please rate each of the following problems for people in Polk County (circle your choice). Put in order of highest overall rating average.

	Not a problem	Minor problem	Moderate problem	Major problem	Rating Average
Tobacco use among adults	13.8	11.0	35.1	40.1	3.02
Obesity	11.9	13.8	39.4	35.0%	2.97
Tobacco use among children 17 and younger	16.0	17.1	33.3	33.5	2.84
Poor eating habits/lack of good nutrition	13.8%	17.2%	41.5%	27.5%	2.83
Drug abuse among adults (18 or older)	15.6	17.6	37.3	29.6	2.81
Lack of physical activity or exercise	15.3%	17.4%	44.7%	22.6%	2.75
Stress	16.2	21.4	36.3	26.1	2.72
Not enough healthy options available on restaurant menus	19.4	21.9	30.6	28.1	2.67
Depression	17.5	22.0	38.4	22.0	2.65
Alcohol abuse/alcoholism among adults (18 or older)	18.2	21.6	38.1	22.1	2.64
Drug abuse among children (17 and younger)	18.4	24.6	35.2	21.8	2.60
Methamphetamine (Meth) use	21.4	22.1	31.5	25.0	2.60
Prescription drug abuse	20.0	20.7	39.4	19.8	2.59
Mental illness or emotional issues among adults (18 or older)	19.1	23.5	39.5	18.0	2.56
Teen pregnancy	19.1	26.5	35.7	18.6	2.54
Alcohol abuse/alcoholism among children (17 and younger)	21.6	28.7	31.3	18.5	2.47
Mental illness or emotional issues among children (17 and younger)	21.3	30.5	35.3	12.9	2.40
Cigarette smoking in restaurants	27.0	29.2	23.7	20.1	2.37
Tobacco use in workplaces	27.9	28.8	24.4	18.9	2.34
Abuse or neglect of senior citizens	25.8	35.0	26.7	12.5	2.26
Youth violence	26.9	38.4	23.8	10.9	2.19
Sexual assault/rape	27.9	39.4	24.3	8.4	2.13
HIV/AIDS	33.7	41.1	19.1	6.1	1.98
Suicide among adults	34.7	41.8	16.6	6.9	1.96

Suicide among youth	37.1	39.4	16.6	6.9	1.93
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4. What are the three most important health problems facing Polk County? Export from data

Part 3: Wellness

5. For each of the following questions, please circle the answer that is most true for you.

	All of the time	Most	Some of the time	None of the time	Don't know/ Unsure
5.a. How much of the time do you feel healthy and full of energy?	3.6%	49.9%	39.5%	5.5%	1.5%
Majority of respondents (53.5%) felt healthy and full of energy all or most of the time; 39.5% only feel healthy some of the time and 5.5% (26) people felt healthy NONE of the time!					
5.b. How often do you wake up feeling well rested?	2.8%	42.6%	42.1%	10.5%	2.0%
Only slightly more respondents (45.4%) wake up feeling well rested all or most of the time, while 42.1% only wake up feeling rested some of the time and 10.5% (48) people NEVER wake up feeling rested!					
5.c. Do you feel that you eat a healthy diet?	11.1%	45.7%	36.0%	5.5%	1.7%
Majority of respondents (56.8%) feel that they eat a healthy diet all or most of the time; 36% feel they eat healthy some of the time and 5.5% (26) people feel they don't ever eat healthy!					
5.d. How often do you feel troubled, worried, stressed out or depressed?	4.9%	20.1%	56.7%	14.6%	3.6%
25% surveyed feel trouble... all or most of the time; 56.7% feel troubled some of the time and 14.6% don't feel troubled.					
5.e. How often do these feelings (question above) affect your work or family life?	4.1%	9.4%	51.2%	30.1%	5.2%
Interesting, these feeling don't affect work or family life for 30.1% but for 51.2% these feeling affect work or family some of the time.					
	Very satisfied	Somewhat satisfied	No opinion	Somewhat dissatisfied	Very dissatisfied
6.a. How satisfied are you with feeling part of your community?	29.3%	31.1%	26.3%	10.4%	2.8%
6.b. How satisfied are you with your personal relationships?	50.2%	32.3%	9.1%	5.4%	3.0%
Slightly over half of respondents feel very satisfied with their personal relationships! That is so good to hear. People have support. Only 8.4% responded that they are somewhat or very dissatisfied.					
7. How many hours of sleep do you usually get each night?	More than 8 hours 5.3%	8 hours 17.3%	7 hours 38.2%	6 hours 27.7%	Less than 5 11.5%
38.2% surveyed get 7 hours of sleep. 39.2% get 6 hours or less! 22.6% get 8 hours or more.					
8. How often do you volunteer?	Daily	4-6 x week	1-3 x week	1-3 x month	Never

	8.3%	6.4%	20.4%	30.3%	34.6%
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Majority surveyed (65.5%, total N=456) volunteer at least 1-3 times a month, with 30.3% volunteering 1-3 x month and 35.1% volunteering 1-3 times a WEEK or more.

9. How satisfied are you with the following in our community (Polk County)?

	Very satisfied	Somewhat satisfied	No opinion	Somewhat dissatisfied	Very dissatisfied
Recreation areas: greenways, walking trails	19.0%	36.0%	15.7%	18.1%	11.3%
Recreational facilities: gym, pool	11.2%	20.4%	18.6%	26.1%	23.7%
Safe accessible sidewalks	12.8%	28.9%	22.7%	20.1%	15.5%
Bike paths and lanes	7.8%	16.0%	29.2%	20.9%	26.1%
Health and wellness support in your faith community	12.1%	22.8%	40.0%	15.2%	10.0%
Health education in schools	8.0%	20.5%	45.8%	12.7%	12.9%
Wellness education programs	5.8%	24.8%	35.0%	21.0%	13.4%

Thoughts: Somewhat satisfied and very satisfied with greenways and walking trails (55% vs 29.4% dissatisfied) and safe accessible sidewalks (41.7% vs 35.6% dissatisfied). Dissatisfied with recreational facilities (gym or pool) at 49.8% vs 31.6% satisfied. Most answered no opinion on bike paths and lanes (satisfied 23.8% vs 47% dissatisfied), health and wellness support in your faith community (satisfied 34.9% vs 25.2% dissatisfied), health ed in schools (satisfied 28.5% vs 25.6% dissatisfied) and wellness ed programs (satisfied 30.6% vs 34.4% dissatisfied).

10. What personal changes would you like to make in order to feel healthier (check all that apply)?

N = 440 (83% answered)

74.3%	Increase exercising
65.5%	Lose weight
48.2%	Choose more nutritious foods
35.5%	Decrease or stop overeating
34.5%	Eat fewer fatty foods to lower cholesterol
30.5%	Choose more organic foods and products
23.0%	Decrease blood pressure
16.8%	Stop smoking/chewing tobacco
10.0%	Control diabetes better
3.6%	Control an eating disorder
3.6%	Abstain from drug or alcohol abuse
3.0%	Gain weight

11. Please mark how often you do each of the following activities.

Activity	Never	1 to 3 times/month	1 to 3 times/wk	4 to 6 times/week	Daily or more
Walk #1	10.0	21.6	28.5	13.9	25.9
Gardening #2	39.4	23.6	19.6	10.4	7
Other Activity (write in): #3	68	9.5	8.5	4.3	9.8
Swim #4	70.4	18.8	6.9		
Participate in sports #5	73.3	14.9	8		
Workout in a gym #6	76.8	6.9	12.6		
Dance #7	77.2	14.7			
Jog #8	83.3	8.1			
Aerobics or exercise class #9	84.4		7.8		
Run #10	86.2		5.3		
Yoga #11	86.3	4.6			

Activities are listed in the order of how often they were engaged in. Majority of people walk (90%) or garden (60.6%) or do **some other activity (Pull off site)** (32%). WALKING #1

12. Please select the alternative treatments that you have used or would consider using to address your health issues:

- 70.0% Vitamins or supplements
- 56.1% Massage therapy or other body work
- 41.1% Chiropractic medicine
- 39.2% Herbal medicine
- 33.3% Prayer healing
- 27.9% Acupuncture or other Chinese medicine
- 16.9% Aromatherapy
- 15.3% Pet therapy
- 14.1% Other (write in): _____
- 13.4% Reiki or other energy work
- 9.4% Art therapy
- 3.5% Shamanism

Part 4: Individual Health

13. How long has it been since you did the following:

	Within the last year	Within the last 3 years	More than 3 years	Never	Don't know/NA
Seen a doctor for any reason	82.9%	9.7%	3.7%	1.1%	2.6
Seen a doctor for a routine check up	71.1%	15.0%	8.3%		
Seen a dentist	67.3%	16.2%			
Checked your blood pressure	86.0%				
Had your cholesterol checked	62.3%	17.6%			
Had your blood sugar checked	62.3%	17.4%			
Had a colon exam	17.8%			39.4%	
(For women) Had a mammogram	39.6%	14.8%	9.8%	19.5%	7.6%
(For women) Had a Pap smear	46.9%	17.1%	14.6%	5.0%	16.4%
(For men) Had a prostate exam	18.8%	9.1%	5.6%	21.3%	45.3%

Most people have seen a doctor within last year!! 86.1% have had a routine check up within the last 3 years. Lot of people check their blood pressure too. Drops for dentist to 67.3% within year and 83.5% within 3 years. Concerns – high # never had a colon exam – should check against age. Concern that 19.5% of women have never had a mammogram!! Annual pap smear is low too.

Part 4: Access to Health

14. Over the last two years, did you need care from the following professionals, but decided not to go?

Did Not Go Went To Provider Not Applicable

	Did Not Go	Went To Provider	Not Applicable
Doctor or nurse practitioner	8.9% (38)	59.4%	33.2%
Mental health therapist or counselor	7.3% (30)	13.1%	80.0%
Substance abuse counselor	2.5% (10)	3.7%	94.1%
Dentist	16.5% (70)	55.1%	29.6%

15. If you decided not to go to any of the above professionals, please indicate what are the primary reasons you did not visit the professional (check all that apply):

	Doctor/Nurse practitioner	Mental health therapist	Substance abuse counselor	Dentist
I did not think problem was serious	42.3%			
I could not get through by phone			53.8%	
I did not have time				52.2%
I did not know who to call	38.9%	27.8%		33.3%
I could not get an appointment soon enough	47.8%			
I had difficulty getting transportation	50.0%			
Could not afford transportation		60.0	60.0%	
I could not find a babysitter	71.4%			
I could not get an appointment after work hours/office not open at convenient times	76.9%			
Costs too much/could not afford				70.7%
Medicaid or insurance co-pay too expensive				65.4%
Inadequate or no health insurance	65.5%			65.5%
Did not want family and/or friends to know I was going to see the professional		50.0%		

16. What office hours for health or mental health/substance abuse visits would you most likely use? (check all that apply)

- 66.7% Regular office hours (9 am to 5 pm)
- 32.4% After 5 pm
- 24.0% Saturdays
- 8.9% Before 9 am
- 5.8% Lunch time

17. Who do you typically discuss any feelings of sadness, anxiety, stress, concerns about drinking, etc.? (check all that apply)

- 47.7% Friends
- 43.6% Family
- 27.7% Family doctor
- 19.8% Not applicable
- 12.7% Professional (therapist, counselor)
- 12.7% Have these feelings but usually do not discuss with anyone
- 10.7% Clergy

18. Would you be willing to get all your healthcare needs in one location?

- 48.8% Yes
- 42.0% Might Consider
- 9.9% No, **please explain (summarize comments)**

19. If there was a place in Polk County that offered both medical and mental health/substance abuse services in one location, would you or your family members be more likely to seek these services when needed?

- 44.9% Might Consider
- 40.7% Yes
- 15.1% No, **please explain (summarize comments)**

