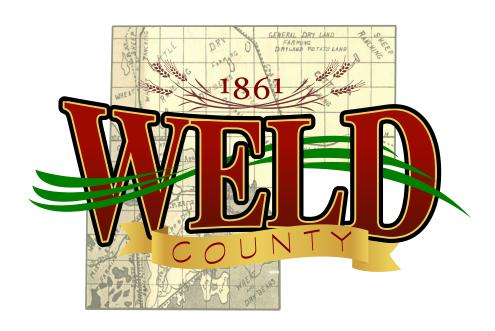


# 2016

## Community Health Survey



Department of Public Health & Environment

#### **Survey Instructions**

This survey needs to be filled out by the **adult 18 years or older** in the household **who will have the next birthday.** Please complete the survey within the next 7 days to avoid additional mailings.

This survey is important.

Your responses along with others will be grouped together to identify issues and concerns in Weld County related to health.

We want to hear from you!

Your participation is voluntary. Your individual answers are kept confidential.

Thank you for completing this survey!

Please answer the questions only as they **apply to you.** Do not answer questions on behalf of other family members, unless the question asks for that. You may be asked to skip questions. If you are not sure how to answer a question, please give the best answer and write any comment you wish next to the question.

Answer the questions with clear markings. Use an **x** or **√**. Otherwise, write in the answer as requested.

Please make sure written comments are easy to read.

O Yes

Si desea llenar la encuesta en español, favor de llamar al 970-400-2125 para recibir una encuesta por correo o vaya a <a href="www.healthyweld2020.com">www.healthyweld2020.com</a> para llenarla en línea.

If you have questions or need assistance with the survey in any language call our survey help line at **970-400-2125.** 

#### GENERAL HEALTH, HEALTH CARE ACCESS, AND HEALTH INSURANCE Excellent Very Good Good Fair Poor 1. In general, would you say your health is: $\bigcirc$ $\circ$ 0 $\circ$ 0 2. Please tell us a little more about your current health: Number of days How many days during the past 30 days was your physical health (0-30)(including physical illness or injuries) **not good**? How many days during the past 30 days was your mental health (0-30)(including stress, depression, or other emotional problems) **not good**? During the past 30 days, how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation? (0-30)3. Do you currently have any kind of health care coverage including health insurance, prepaid plans such as HMOs, or government plans such as Medicare? O Yes 4. Is there a doctor, nurse, physician assistant, or nurse practitioner that you consider to be your regular health care provider?

O No

5.	During the past 12 months, did you delay or go without needed health care (include all medical care, de care, mental health care, physical or occupational therapies)?								
	O Y	es $\bigcirc$ No $\rightarrow$ If no, go to Question 6.							
	5a.	If yes above, why did you <u>not</u> get all the health care you needed?  (Mark an ★ or ✓ next to all that apply.)							
		O Cost too much							
		O No insurance							
		O Health problem not covered by insurance							
		O Couldn't find a provider who accepts my insurance (including Medicaid or Medicare)							
		O Provider not available in my area/ too far away							
		O Transportation problems							
		O No convenient time/could not get appointment							
		O Could not take off work							
		Other: (Explain:)							
6.		t type(s) of health insurance do you have? (Mark all that apply.) Do <u>not</u> include insurance plans that cove ONE type of service like dental, vision, or prescription drug plans.							
	0	I do not have health insurance of any kind $\rightarrow$ Go to Question 6a							
	0	Health insurance through current or former employer (including Cobra) or union <u>including a partner's o</u>							
		parent's plan (including retiree benefit)							
	0	Health insurance plan that I, my parents, partner or spouse purchase directly from an insurance							
	0	company (privately or through Colorado's marketplace/exchange)  Medicare (for persons 65 years and older or with certain disabilities)							
	0								
	0	Medicaid, also called Health First Colorado							
		Other: (Please list:)							
	6a.	If you do not have health insurance currently, what are the reasons? (Please explain.)							
7.		you sign-up for your current health insurance through My Health Connections or Connect for Health rado, Colorado's health insurance marketplace/exchange?							
	O Y	es O No O Don't know							
8.	Did v	you get financial assistance or a subsidy to help with the cost of your insurance premium?							
	O Y								
0	\A/ba								
9.		t is the one place you usually go when you are sick or need to see a medical professional?  k an ★ or ✓ next to the one place you usually go.)							
	O	I do not have a regular place for health care. $\rightarrow$ Go to Question 10							
	0	Doctor's office, medical practice, or private clinic							
	0	Community health clinic that offers a discounted fee (Sunrise, Salud, etc.)							
	0	24/7 Emergency room (Hospital-based or free-standing)							
	0	Urgent care center or clinic that is inside a retail store							
	J	Other place: (Describe:)							
		Other place. (Describe)							

5.

	9a.	What	county	is th	nis place (fro	m que	stio	n 9) located? (	Mark only	one.)			
	0	Weld		0	Boulder		0	Adams					
	0	Larim		0	Broomfield		0	Not sure	Other: (L	ist:		)	
10.	In the	past 1	2 montl	ns:	(If none or n	ot appl	icab	le, enter "0".)		Nui	mber of tin	nes	
	How r	nany ti	mes did	you	receive care	from	your	regular health	care provi	der?			
		-		•	receive care st year, go to			emergency roc 11.	m?				
	10a.		or a con			-		think of the muld have been					
		O Ye	S	0	No No		0 1	Not sure					
		10b.		-	of the follow rk yes or no	_	-	ant reasons for each.)	or your last	24/7 eme	rgency roo		
												Yes	No
					schedule doo nts too far ir			ppointment (h	ours did no	ot work, av	ailable	0	0
							-	ce was closed	(after hour	s)		0	0
			Health	care	e provider to	ld me t	to go	to ER				0	0
			The pr	oble	m was too se	erious	for t	he doctor's of	ice/clinic			0	0
			I do no	t ha	ve dependak	ole trar	spo	rtation to get	to the doct	or/clinic of	fice	0	0
			I do no	t like	e going to th	e docto	or/cl	linic				0	0
					ng to the ER							0	0
			The an	nbula	ance/emerge	ency ve	hicl	e took me the	e			0	0
			Other:	(Des	scribe:						)		
					YOUR H	EALTH	СО	NDITIONS AN	ID BEHAV	IORS			
11.								se practitione	r <u>ever</u> told	you that y	ou had any	of the f	ollowing
	healt	h cond	itions? (	Mar	k yes or no a	nswer	for (	each.)					
											_	Yes	No
	_			•	o called hype							0	0
				itly to	aking blood pi	ressure	med	ication?				0	0
		cholest		اء ۽ ال			\					0	0
			•		myocardial i	ntarcti	on)					0	0
	_		neart fai	iure									0
	Strok		ام مائد،									0	0
		•	uding sk	an ca	ancer)							0	0
	Asthr		<b>.</b>			100	DD/					0	0
			tructive	puin	nonary disea	se (CO	PD),	emphysema c	r chronic b	ronchitis			0
		ession	TCD									0	
		ty or P		l .									0
			rug dep			,,						0	0
			_	_	gar). For wom	en: If yo	ou we	ere told you had	diabetes or	ny auring		0	0
	Obes	-	nswer "N	U.								0	0
			heumat	icm								0	0
	AIUII	icis Ul T	neumat	13111								<u> </u>	
	Othe	r chron	ic condi	tion:	(Describe: _					)			

			_	Yes No
	Chronic pain (ongoing or re-occurring pain that persisted or progressed for	more than 12 w	veeks)	0 0
	If yes, are you currently taking prescription pain medications?			0 0
	Depression, anxiety or other mental health problem			0 0
	Toothache or problems with teeth or gums			0 0
	Asthma			0 0
	Obesity			0 0
	If yes, at your most recent visit, did a doctor, nurse, or health practitioner advise	you to lose weigl	ht?	0 0
	Alcohol or drug dependence			0 0
13.	In the past 30 days, have you used or consumed:			
		Yes,	Yes,	
	o:	some days	every	day No O
	Cigarettes	0	0	0
	Chew/spit tobacco or other smokeless products such as snus	0	0	0
	Cigars, cigarillos, or pipes including hookah	0	0	0
	E-cigarettes, personal vaporizer, or other e-systems	0	0	0
	Marijuana for medicinal purposes	0	0	0
	Marijuana for recreational purposes  Alcohol	0	0	0
	Alcohol			
14.	Current marijuana users only: During the past 30 days, about how many to (Print numbers in boxes. If none, enter "0".)  (0-999) Number of times	<u></u>	,	
15.	Which of the following best applies to you? (Select one.)			
	O Never smoked cigarettes (or smoked fewer than 100 cigarettes in my	entire life)		
	O Former smoker and have been smoke free for less than six months			
	O Former smoker and have been smoke free for longer than six months	S		
	O Current smoker and do not intend to stop smoking within the next si	x months		
	O Current smoker but thinking about quitting within the next six month	ns		
	O Current smoker but seriously plan to quit smoking within the next 30	days		
16.	Considering all types of alcoholic beverages, how many times during the padrinks (for women) OR 5 or more drinks (for men) on one occasion? A drink beer, one 5-ounce glass of wine, or one shot of liquor. (If none, enter "0".)  (0-999) Number of times (you had 4 or more drinks)	k is one 12-ound	ce can or	bottle of
	a man in one sitting)		2 270	

Do you now have any of the following conditions? (Mark yes or no answer for each.)

12.

#### PREVENTIVE HEALTH BEHAVIORS AND SCREENINGS

17. Did you get a seasonal flu shot or nasal mist during the last flu season (September 2015 -April 20  O Yes  O No  O Not sure								
10					O	Not sure		
18.	When was the last time you had	In the In the past year	Between 1 and 2 years ago	Between 2 and 3 years ago	Between 3 and 5 years ago	Between 5 and 10 years ago	10 years ago or longer	Never
	Routine checkup by a doctor, nurse practitioner, or physician assistant (not for a specific illness, injury, or condition)	0	0	0	0	0	0	0
	Dental exam and/or teeth cleaning	0	0	0	0	0	0	0
	Eye exam or vision test(s)	0	0	0	0	0	0	0
	Blood cholesterol test (by drawing blood or pricking your finger)	0	0	0	0	0	0	0
	Blood pressure check	0	0	0	0	0	0	0
	Blood sugar test (diabetes screening)	0	0	0	0	0	0	0
	Blood stool test using a home test kit (to test for colon cancer)	0	0	0	0	0	0	0
	Colonoscopy (complete inspection of the rectum and colon for cancer)	0	0	0	0	0	0	0
	<b>WOMEN ONLY:</b> Pap smear (a test for cervical cancer)	0	0	0	0	0	0	0
•	O WOMEN ONLY: Check here if	you have	had a hystei	rectomy.				
19.	How often do you do the follow	ing wher	n driving a ca	ar?				
			Always	Usually	Sometimes	Rarely	Never	Don't Drive
	Use your seatbelt		0	0	0	0	0	0
	Talk on the phone		0	0	0	0	0	0
	Read/send email or text		0	0	0	0	0	0
	Drive after using marijuana		0	0	0	0	0	0
	Drive after drinking alcohol		U	U	O	U	U	0
		Н	EALTH SEEK	ING HABIT	S			
20.	Not counting juice, on average, chopped, cooked, canned, frozen	n fruit, or	one small (t	ennis ball siz	ze) piece of fr	•	•	

21.		· · · · · · · · · · · · · · · · · · ·	egetables or one cup raw, leafy ve	• •	•	• •
		Average num	nber of servings per day (If none, o	enter "0".)		
22.	other or flav	sweeteners, such as re vored coffee drinks, spo	ar sweetened beverages? These gular soda pop, fruit punches or f orts drinks, energy drinks and flav	ruit drinks, s	sweetened or flavor	ed tea, sweetened
	<u> </u>	rinks or 100% juice.	kly or monthly, but not every day	<i>(</i> )	Four to five times	ner day
	0	Once per day	kiy of monthly, but not every day	0	Six or more times	•
	0	Two to three times p	per day	O	Six of filore times	per day
23.	Wher	n you drink sugar swee	tened beverages, what is your ty	pical servin	g size?	
	0	Small (about one cup	o, 8 ounces or less)	0	Not applicable, I	lon't drink sugar
	0	Medium (a can, sma cup, 12 – 16 ounces)	ll bottle, medium-sized soft drink		sweetened bever	ages
	0	• •	uper size cup, more than 16 ound	ces)		
24.			er than your regular job, did you ing, gardening, or walking for ex		in any physical acti	vities or exercise
	0	Yes	O No	0	Not sure	
	se or sp Durin made	ort. Please answer ead g the last 7 days, how you breathe much ha	nd yard work, to get from place to the question even if you do not commany days did you do vigorous proder than normal, such as heavy ities you did for at least 10 minut	nsider yours physical acti lifting, diggi	self to be an active provided to be an active for a contract took harding, jogging, aerobid	physical effort and
		•	activity then go to question 26.	es at a time.		
		Days per week	How much time in total	did you usu	ally spend <u>on one o</u>	f those days doing
		_ Buys per week	vigorous physical activit	ies?		
			Hours		Minutes	O Not sure
26.		•	many days did you do moderate			
			s carrying light loads, bicycling at t least 10 minutes at a time. Do n			Think only about
		-	e activity then go to question 27.	iot include v	vaiking.	
	O CIII	$\neg$	, , ,			
		Days per week —	How much time in total moderate physical activ	-	ially spend <u>on one (</u>	of those days doing
			Hours		Minutes	O Not sure
27.	Durin	g the last 7 days, how	many days <u>did you walk</u> for at le	ast 10 minu	ites at a time, such	as walking at work
	or at	home, traveling from p	place to place, or any other walk	ing for recre	eation, sport, exerci	se, or leisure?
	O Ch	eck here if no walking t	hen go to question 28.			
		Days per week —	How much time in total days?	did you usu	ally spend walking	on one of those
		<u> </u>	Hours		Minutes	O Not sure
			6		- Ivilliates	O NOUSUIE
			•			

#### **ENVIRONMENTAL HEALTH ISSUES**

28.	How much of a problem are the following environmental health issues in the particular city, town, or rural
	area where you live?

	Major problem	Minor problem	No problem	Don't know
Polluted outdoor air (brown cloud, dust, etc.)	0	0	0	0
Unclean indoor air (mold, radon, etc.)	0	0	0	0
Pollution from cars, trucks, and other road vehicles	0	0	0	0
Exposure to secondhand tobacco smoke	0	0	0	0
Unsafe or unclean water for drinking	0	0	0	0
Pollution from agricultural operations (manure, chemicals, crop waste, agricultural burning, etc.)	0	0	0	0
Pollution from industry (manufacturing, oil and gas drilling, etc.)	0	0	0	0
Not enough options to recycle	0	0	0	0
Unused/uneaten household food that ends up in the landfill	0	0	0	0
Not enough sidewalks or trails for walking or biking	0	0	0	0
Too many mosquitoes	0	0	0	0
Too many flies	0	0	0	0

29. How often have you used health department restaurant inspection information (Weld County or other health department website) or consumer review websites (Yelp, etc.) before (or after) dining out at a restaurant to judge food safety?

	Often	Occasionally	Never
Health department	0	0	0
Consumer review websites like Yelp	0	0	0

- 29a. Regardless of how often you review food safety information, how would you prefer restaurant inspection information be posted on the internet? (Choose one.)
  - O Full inspection reports as written by the inspector
  - Summary of inspection reports with letter grades (e.g. A, B, C, D, F), symbols such as  $\bigcirc$   $\P$   $^{*}$   $\bigcirc$  or another method that makes it easy to understand
  - O Full inspection reports plus summaries using letters or symbols or another easy to understand method

O	Not sure		
	Other: (Describe:		

30. What is your level of agreement with the following statements about the <u>city, town, or rural area</u> where you live?

	Strongly		Neither Agree		Strongly	Don't
	Agree	Agree	nor Disagree	Disagree	Disagree	Know
It is easy to walk in my community	0	0	0	0	0	0
It is easy to bike in my community	0	0	0	0	0	0
It is possible to get to many places I need to go by walking or bicycling	0	0	0	0	0	0

#### **COMMUNITY CONCERNS AND SERVICE NEEDS**

## 31. How concerned are you about each of the following possible community health issues in the particular <u>city</u>, <u>town</u>, <u>or rural area</u> where you live?

				Not at	Don't
	Very	Moderately	Slightly	all	know
West Nile virus	0	0	0	0	0
Zika virus	0	0	0	0	0
Access to parks, trails, recreation centers	0	0	0	0	0
Access to affordable fresh foods	0	0	0	0	0
Youth tobacco use	0	0	0	0	0
Teen alcohol use	0	0	0	0	0
Teen marijuana use	0	0	0	0	0
Teen sexual activity	0	0	0	0	0
Alcohol abuse	0	0	0	0	0
Marijuana use	0	0	0	0	0
Domestic violence	0	0	0	0	0
Gun violence	0	0	0	0	0
Child abuse	0	0	0	0	0
Youth crime or gangs	0	0	0	0	0
Neighborhood safety	0	0	0	0	0
Bike or pedestrian safety	0	0	0	0	0
Too many distracted drivers on the roads	0	0	0	0	0

## 32. In the past 12 months, did you or <u>any member</u> of your household need and/or use any of the community services listed below?

	Did not need	Needed and used	Needed but did not use	Don't know
Services for children/youth with emotional problems or delinquent behavior	0	0	0	0
Treatment or counseling for alcohol or drug addiction	0	0	0	0
Low or no cost dental/oral health services	0	0	0	0
Services to stop using tobacco (including Quitline)	0	0	0	0
Services for the disabled	0	0	0	0
Services for an older adult/senior	0	0	0	0
Home healthcare or homemaker services	0	0	0	0
Parenting information, training, or classes	0	0	0	0
Childcare/daycare financial assistance (including CCCAP)	0	0	0	0
Work-related/employment services (help finding work or job training)	0	0	0	0
Financial assistance (unemployment, Colorado Works/TANF, Social Security disability-SSI, Old Age Pension, Aid to Needy & Disabled)	0	0	0	0
Food or meal assistance (Food Bank, Food Stamps/SNAP, WIC, Meals on Wheels)	0	0	0	0
Housing services (rental/utility bill assistance, LEAP, or shelters)	0	0	0	0
Transportation assistance services (vouchers, reimbursements)	0	0	0	0

33.	In the past 12 months, did you think you needed mental health care or counseling services?											
	0	Yes O	No $\rightarrow$ If no, go	to Question 3	34							
	33a. If yes, did you seek counseling or treatment?											
		O Yes → If yes, where?	_		unselo	r or thera	nist (psycl	niatrist/psvo	chologist)			
		O No	O Primary care doctor or nurse									
		O 110		•								
			O North Range Behavioral Health									
				O Church, te	•	•		•				
				O Other:								
34.	Mark	your level of agreement wi	th the following	statements:		Strongly	Slightly	Slightly	Strongly			
						Agree	Agree	Disagree	Disagree			
		nent can help people with r				0	0	0	0			
	People illness	e are generally caring and so	ympathetic to pe	ople with mer	ntal	0	0	0	0			
		INDIV	IDUAL AND HO	USEHOLD IN	FORM	IATION						
35.	Do yo	u have access to the Interr	net by computer,	mobile phone	e, iPad	, Blackbei	ry, or oth	er device?				
	O Yes O No											
36.	In the last 12 months, has anyone (family, friend, or other non-relative) stayed at your home on a temporary basis because of loss of housing, financial hardship, or similar reasons? (Mark yes or no answer for each.)											
	basis l	pecause of loss of housing,	financial hardsh	ip, or similar r				nswer for e	ach.)			
				_	Yes		10					
		problem			0		2					
		f housing			0		2					
	Financial hardship					(	<b>O</b>					
	Other: (Describe:)											
37.	In the	last 12 months, did you ha	ve to quit a iob	not take a iob	orgr	eatly char	ge vour id	oh hecause	of			
37.		ems with any of the followi		-	_	-	ige your je	ob because	0.			
	p. 0.0.	and the control of the follows	iig. (ividiik yes oi		Yes		lo					
	Own il	lness, injury, or medical pro	oblem	_	0		<b>O</b>					
		Taking care of a family member (partner, parent, child, etc.)					2					
		Child care problems				(	C					
		g laid off work			0	(	O					
		onough pay or hours to work			0	(	C					
		ar, van, truck broke down			0	(	C					
		cient public transportation			0	(	C					
		(Describe:		)								
20	How often in the most 12 months were very provided an atmospheric											
38.	How often in the past 12 months were you worrie						otim c c	Daroli	Nover			
	11.		-iti	Always	Usuall		etimes	Rarely	Never			
		g enough money to buy nut	ritious meals?	0	0		0	0	0			
	Paying	your rent/mortgage?		0	0		0	0	0			

#### INDIVIDUAL AND HOUSEHOLD INFORMATION

This information is important to get an overall picture of the community, not to find out about you personally. Thanks for completing!

20	Miles to the second as a second in the second and the second and the second as a second in the second and the s	40	What is the high estimated of advertism over house					
39.	What type of house do you live in currently?	48.	What is the highest level of education you have					
	O House		completed?					
	O Duplex or two-unit building		O Less than 9 <sup>th</sup> grade O 9 <sup>th</sup> to 12 <sup>th</sup> grade, no diploma					
	O Building/apartment with 3 or more units		O High school diploma or GED					
	O Mobile or manufactured home		O Some college, no degree					
40.	Do you own or rent your residence?		O Associate's degree (e.g. AA, AS)					
40.			O Bachelor's degree (e.g. BA, AB, BS)					
	O Own		O Graduate or professional degree					
	O Rent	49.	What was your <u>household's</u> total income before					
	O Other arrangement	43.	taxes in 2015? (Include income from all sources					
			such as jobs, social security, public assistance, and					
	Explain:		retirement income for yourself and all other persons living in your household.)					
41.	How long have you lived in Weld County?		O \$12,000 or less O \$44,001 - \$48,000					
			O \$12,001 - \$16,000 O \$48,001 - \$56,000					
	Number of years		O \$16,001 - \$20,000 O \$56,001 - \$65,000					
42.	Including yourself, how many people (adults and							
	children) live in your household?		O \$20,001 - \$22,000 O \$65,001 - \$80,000					
			O \$22,001 - \$24,000 O \$80,001 -\$100,000					
	Number of adults		O \$24,001 - \$28,000 O \$101,001 -\$115,000					
			O \$28,001 - \$32,000 O \$115,001 -\$130,000					
	Number of children		O \$32,001 - \$36,000 O \$130,001 - \$145,000					
43.	Do you or anyone in your household prefer to use		O \$36,001 - \$40,000 O \$145,001 - \$160,000					
	a language other than English in the home?	50.	O \$40,001 - \$44,000 O \$160,001 or more					
	O No		How many people, including you, are supported					
			by this income?					
	O Yes → What							
	language?		Total people					
44.	Does a disability, handicap, or chronic disease	51.	How much of your 2015 income was from public					
	keep you from participating fully in work,		or governmental assistance in the form of cash or					
	housework, or other daily activities?		vouchers (Colorado Works/TANF, LEAP, Old Age					
	O Yes O No		Pension, Food Stamps/SNAP, etc.)?					
45.	What is your current employment status?		O None O Some O All					
	(Mark all that apply.)							
	O Employed full-time for wages	52.	Which of the following <u>best</u> describes your racial					
	O Employed part-time for wages		and ethnic background? (Please choose one.)					
	O Self-employed		<ul> <li>O White, Non-Hispanic</li> <li>O Hispanic, Latino, or Spanish (any race/ethnicity)</li> <li>O Alaska Native or American Indian</li> <li>O Asian</li> </ul>					
	O Laid off or unemployed							
	O Disabled or unable to work							
	O Full-time homemaker							
	O Full-time student		O Black or African American					
	O Part-time student		O Native Hawaiian or other Pacific Islander					
	O Retired		O Other:					
	O Military	53.	How much do you weigh in					
46.	What year were you born?	<i>J</i> J.	pounds (without shoes)?					
			pounds (without shoes):					
			O Women: Check here if pregnant					
47.	Are you: O Female O Male	54.	What is your height (without shoes)?					

what suggestions do you have on ways to make weld County a healthier place to live, work, and play?

Thank you for filling out this survey!