

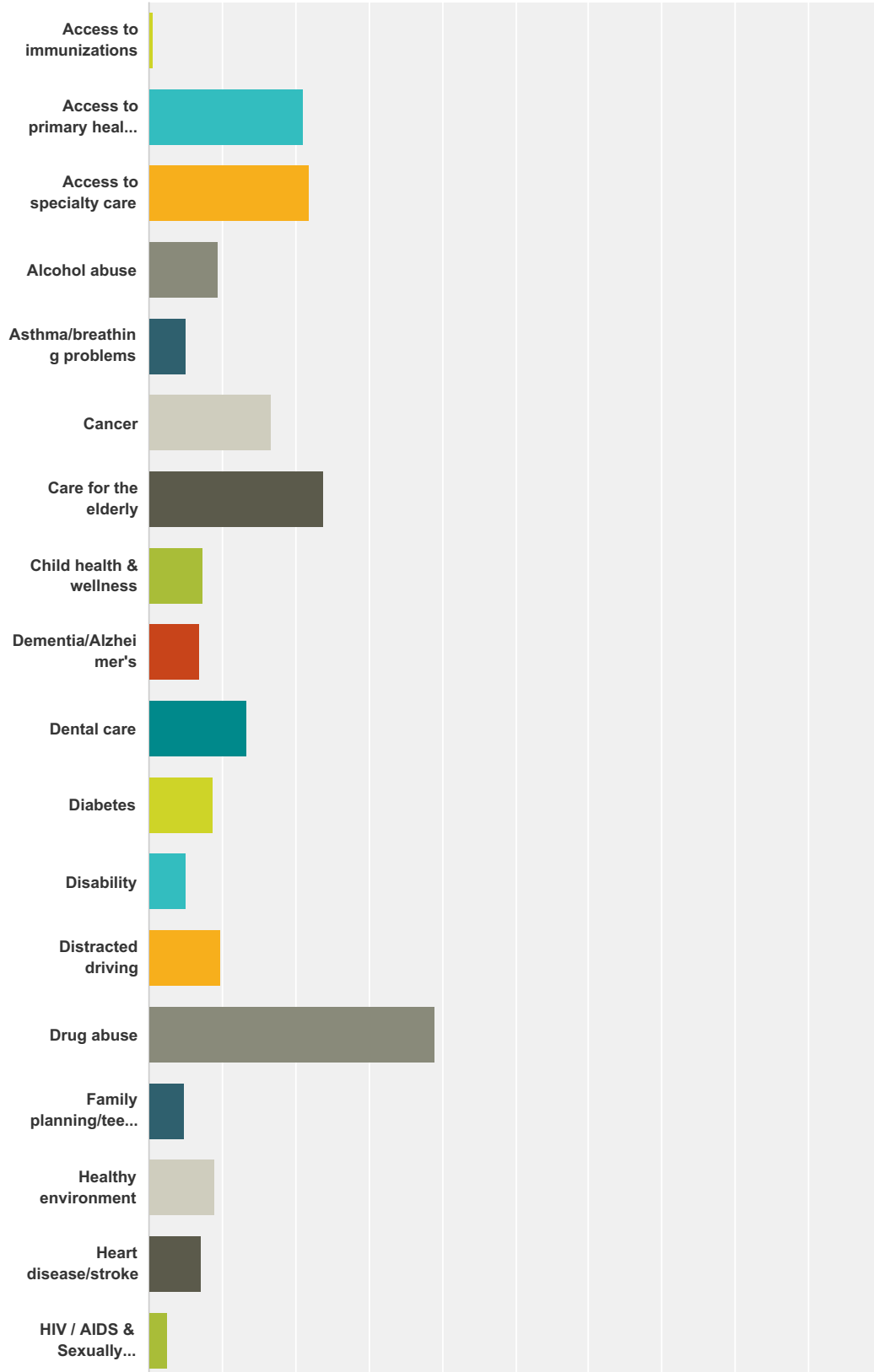
2016 ULSTER COUNTY COMMUNITY HEALTH NEEDS ASSESSMENT SURVEY



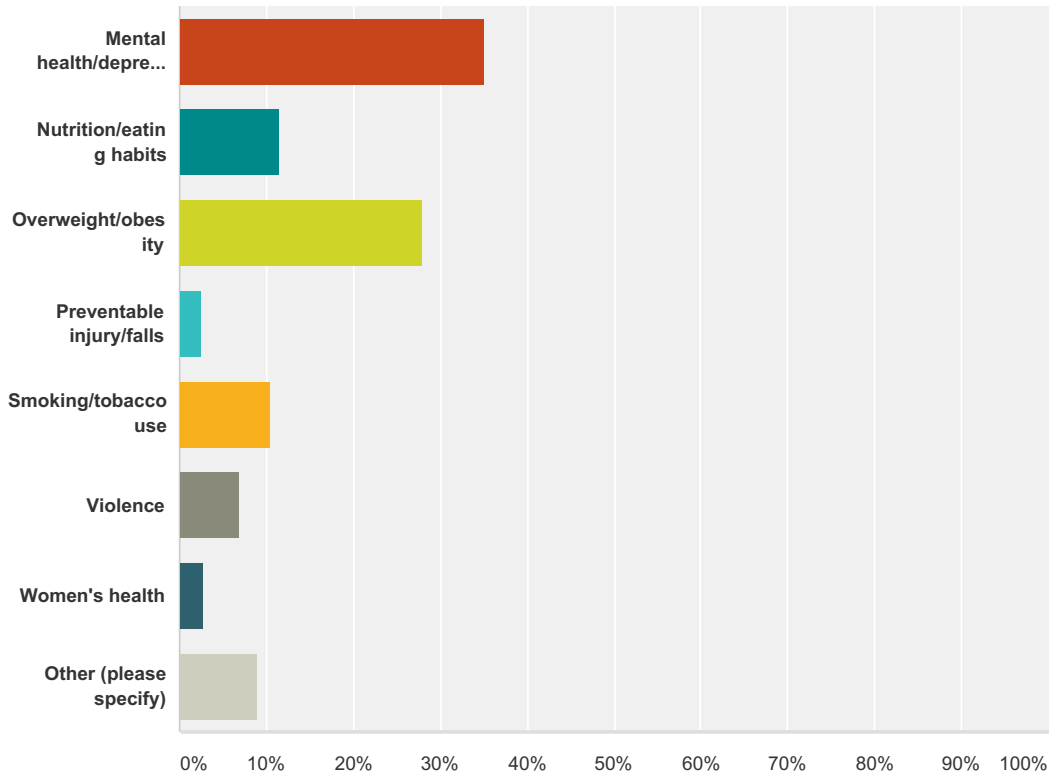
Michael P. Hein, County Executive
Carol Smith, MD, MPH, Commissioner of Health and Mental Health

Q1 What are the THREE biggest ongoing health concerns for the COMMUNITY WHERE YOU LIVE?

Answered: 606 Skipped: 9



2016 ULSTER COUNTY COMMUNITY HEALTH SURVEY



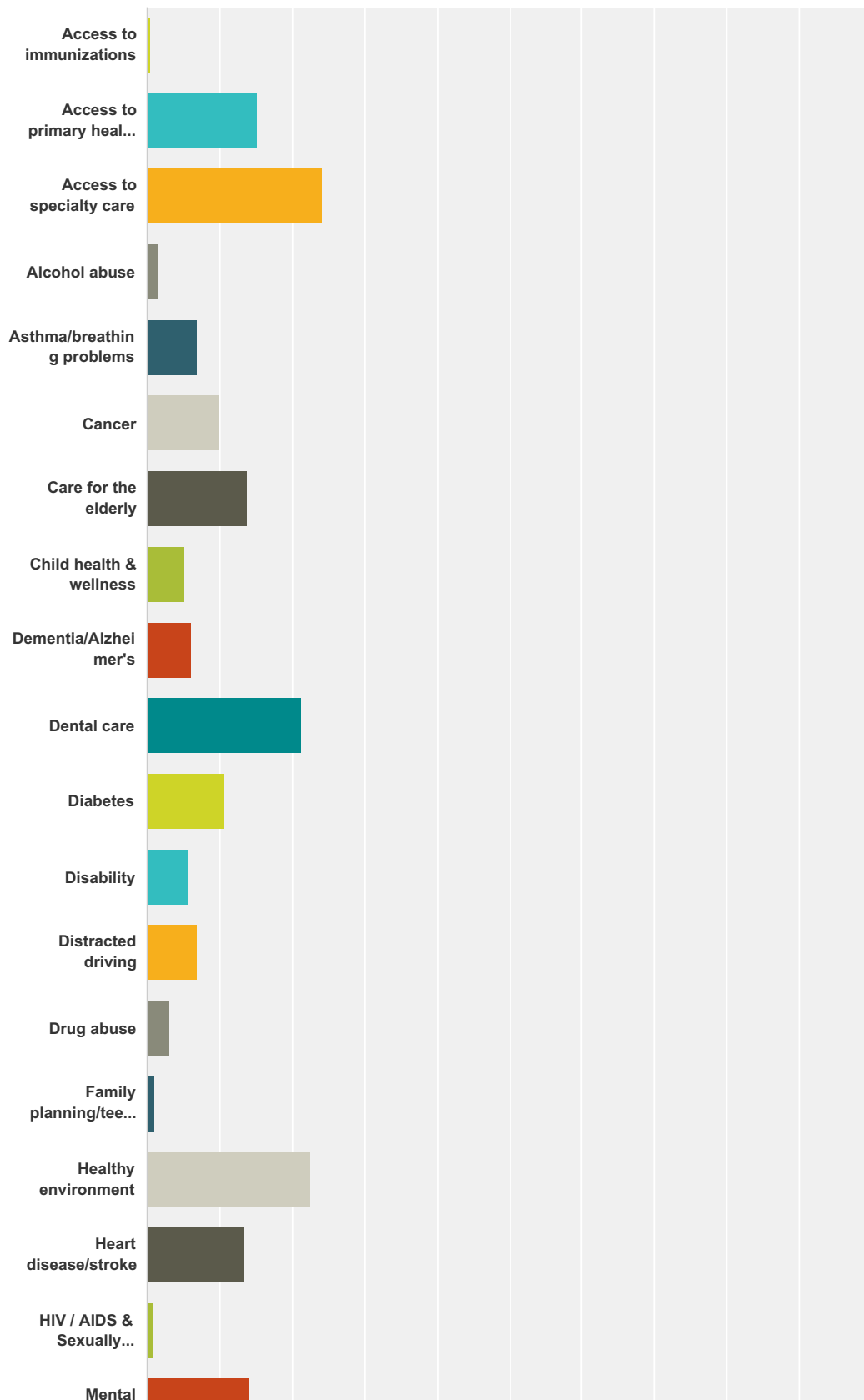
Answer Choices	Responses	
Access to immunizations	0.66%	4
Access to primary health care	21.12%	128
Access to specialty care	21.95%	133
Alcohol abuse	9.41%	57
Asthma/breathing problems	4.95%	30
Cancer	16.67%	101
Care for the elderly	23.76%	144
Child health & wellness	7.26%	44
Dementia/Alzheimer's	6.93%	42
Dental care	13.37%	81
Diabetes	8.75%	53
Disability	4.95%	30
Distracted driving	9.74%	59
Drug abuse	38.94%	236
Family planning/teen pregnancy	4.79%	29
Healthy environment	9.08%	55
Heart disease/stroke	7.10%	43
HIV / AIDS & Sexually Transmitted Infections	2.48%	15

2016 ULSTER COUNTY COMMUNITY HEALTH SURVEY

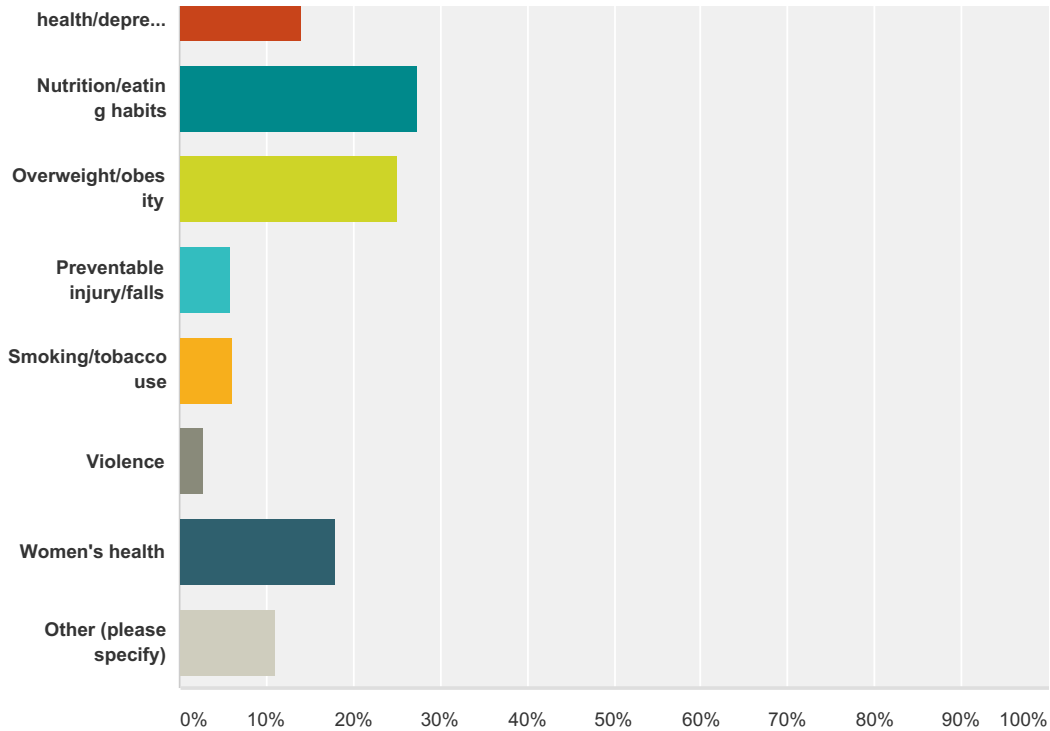
Mental health/depression/suicide	35.15%	213
Nutrition/eating habits	11.55%	70
Overweight/obesity	27.89%	169
Preventable injury/falls	2.48%	15
Smoking/tobacco use	10.40%	63
Violence	6.93%	42
Women's health	2.81%	17
Other (please specify)	9.08%	55
Total Respondents: 606		

Q2 What are the THREE biggest ongoing health concerns for YOURSELF?

Answered: 605 Skipped: 10



2016 ULSTER COUNTY COMMUNITY HEALTH SURVEY



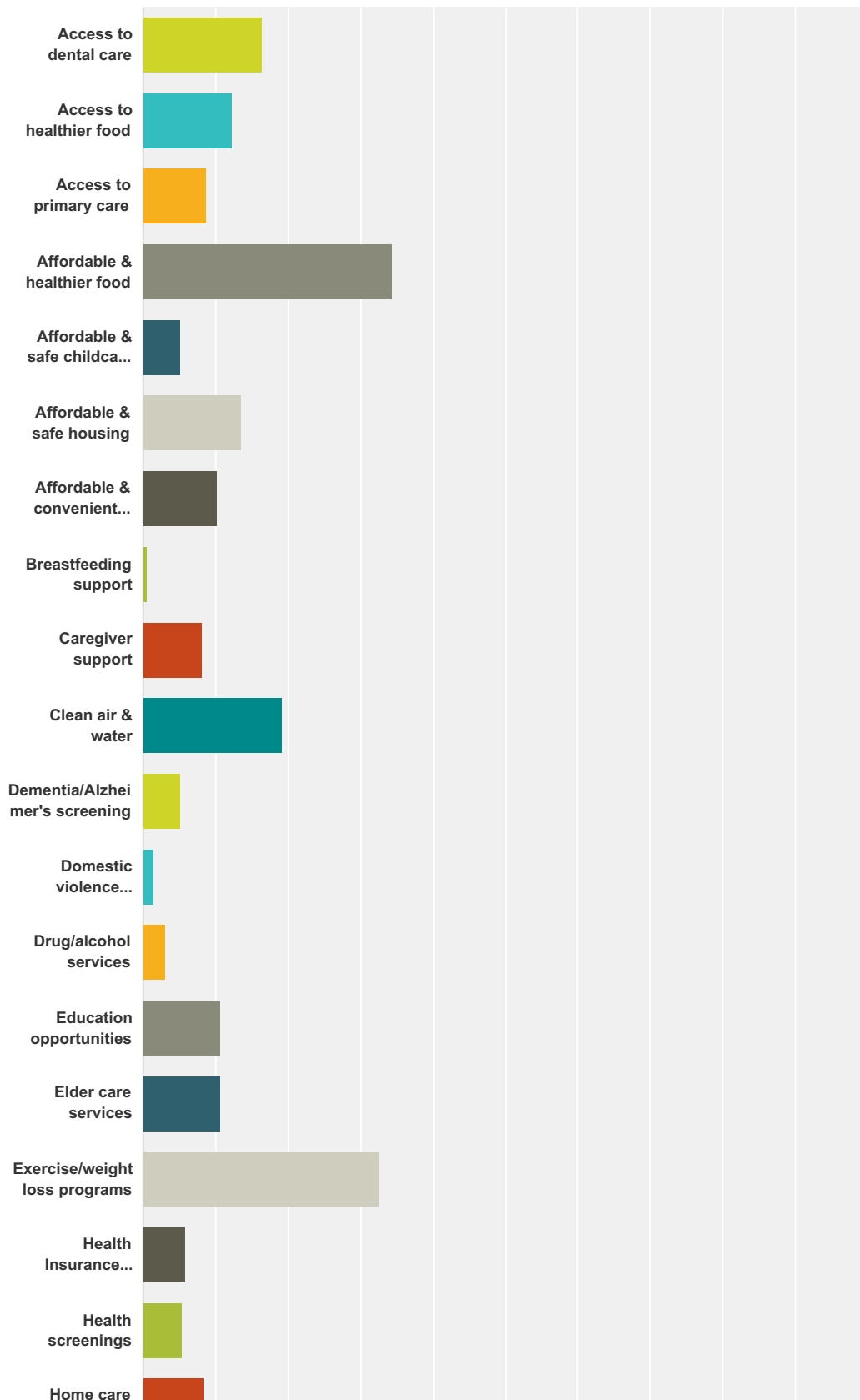
Answer Choices	Responses	Count
Access to immunizations	0.50%	3
Access to primary health care	15.21%	92
Access to specialty care	24.30%	147
Alcohol abuse	1.49%	9
Asthma/breathing problems	6.94%	42
Cancer	9.92%	60
Care for the elderly	13.72%	83
Child health & wellness	5.12%	31
Dementia/Alzheimer's	5.95%	36
Dental care	21.32%	129
Diabetes	10.74%	65
Disability	5.62%	34
Distracted driving	6.94%	42
Drug abuse	3.14%	19
Family planning/teen pregnancy	0.99%	6
Healthy environment	22.64%	137
Heart disease/stroke	13.39%	81
HIV / AIDS & Sexually Transmitted Infections	0.83%	5

2016 ULSTER COUNTY COMMUNITY HEALTH SURVEY

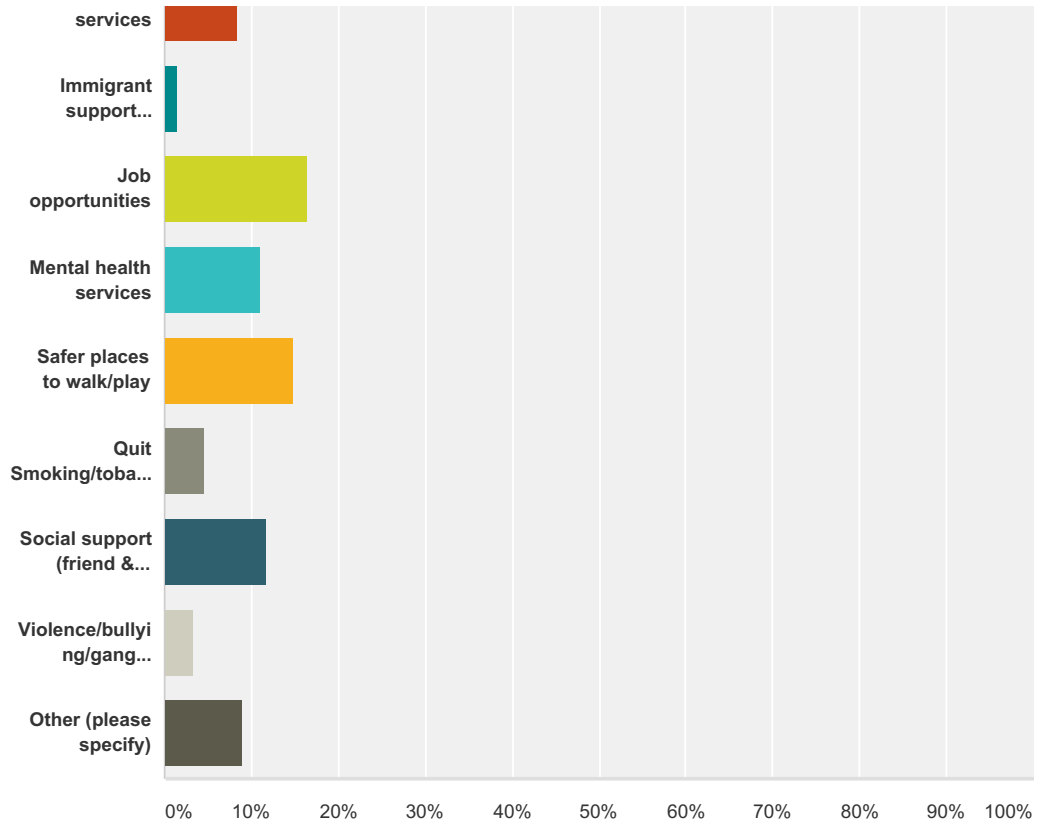
Mental health/depression/suicide	13.88%	84
Nutrition/eating habits	27.27%	165
Overweight/obesity	25.12%	152
Preventable injury/falls	5.79%	35
Smoking/tobacco use	5.95%	36
Violence	2.64%	16
Women's health	18.02%	109
Other (please specify)	11.07%	67
Total Respondents: 605		

Q3 What THREE things would be most helpful to improve YOUR health concerns?

Answered: 597 Skipped: 18



2016 ULSTER COUNTY COMMUNITY HEALTH SURVEY



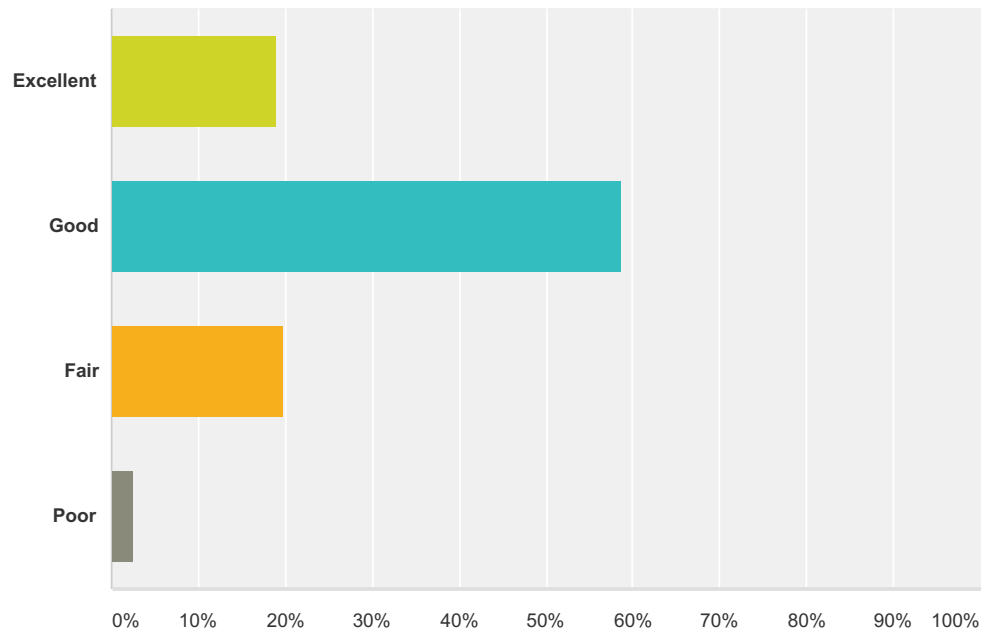
Answer Choices	Responses	Count
Access to dental care	16.42%	98
Access to healthier food	12.40%	74
Access to primary care	8.71%	52
Affordable & healthier food	34.51%	206
Affordable & safe childcare options	5.19%	31
Affordable & safe housing	13.57%	81
Affordable & convenient transportation	10.22%	61
Breastfeeding support	0.67%	4
Caregiver support	8.04%	48
Clean air & water	19.26%	115
Dementia/Alzheimer's screening	5.19%	31
Domestic violence prevention	1.51%	9
Drug/alcohol services	3.18%	19
Education opportunities	10.55%	63
Elder care services	10.72%	64
Exercise/weight loss programs	32.50%	194
Health Insurance enrollment assistance	5.86%	35

2016 ULSTER COUNTY COMMUNITY HEALTH SURVEY

Health screenings	5.53%	33
Home care services	8.38%	50
Immigrant support services	1.51%	9
Job opportunities	16.58%	99
Mental health services	11.06%	66
Safer places to walk/play	14.91%	89
Quit Smoking/tobacco services	4.52%	27
Social support (friend & family connections)	11.73%	70
Violence/bullying/gang prevention	3.35%	20
Other (please specify)	8.88%	53
Total Respondents: 597		

Q4 How would you rate your overall PHYSICAL HEALTH on most days?

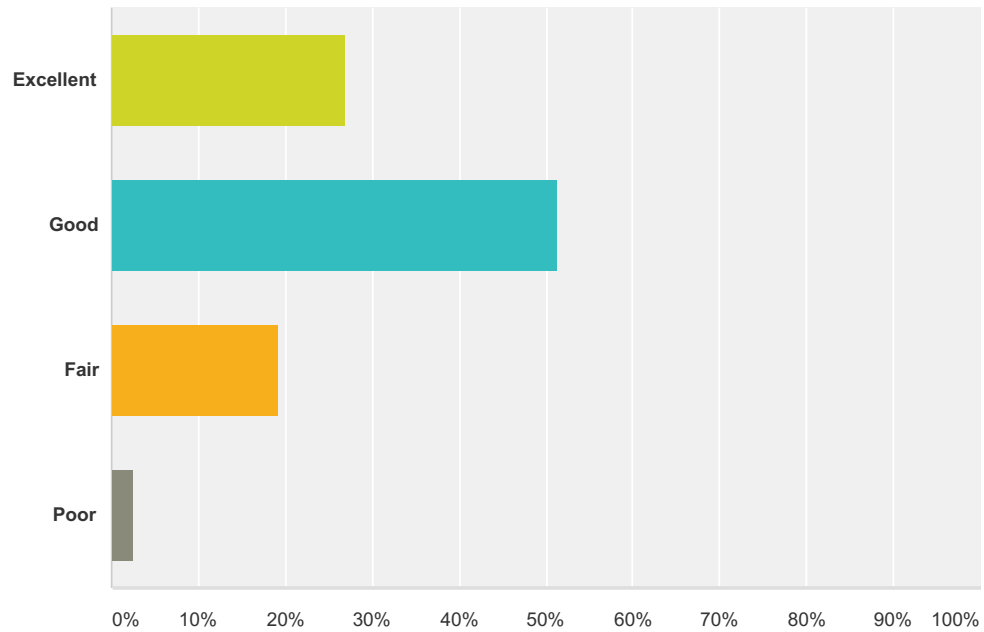
Answered: 613 Skipped: 2



Answer Choices	Responses	Count
Excellent	18.92%	116
Good	58.73%	360
Fair	19.90%	122
Poor	2.45%	15
Total		613

Q5 How would you rate your overall EMOTIONAL and MENTAL HEALTH on most days?

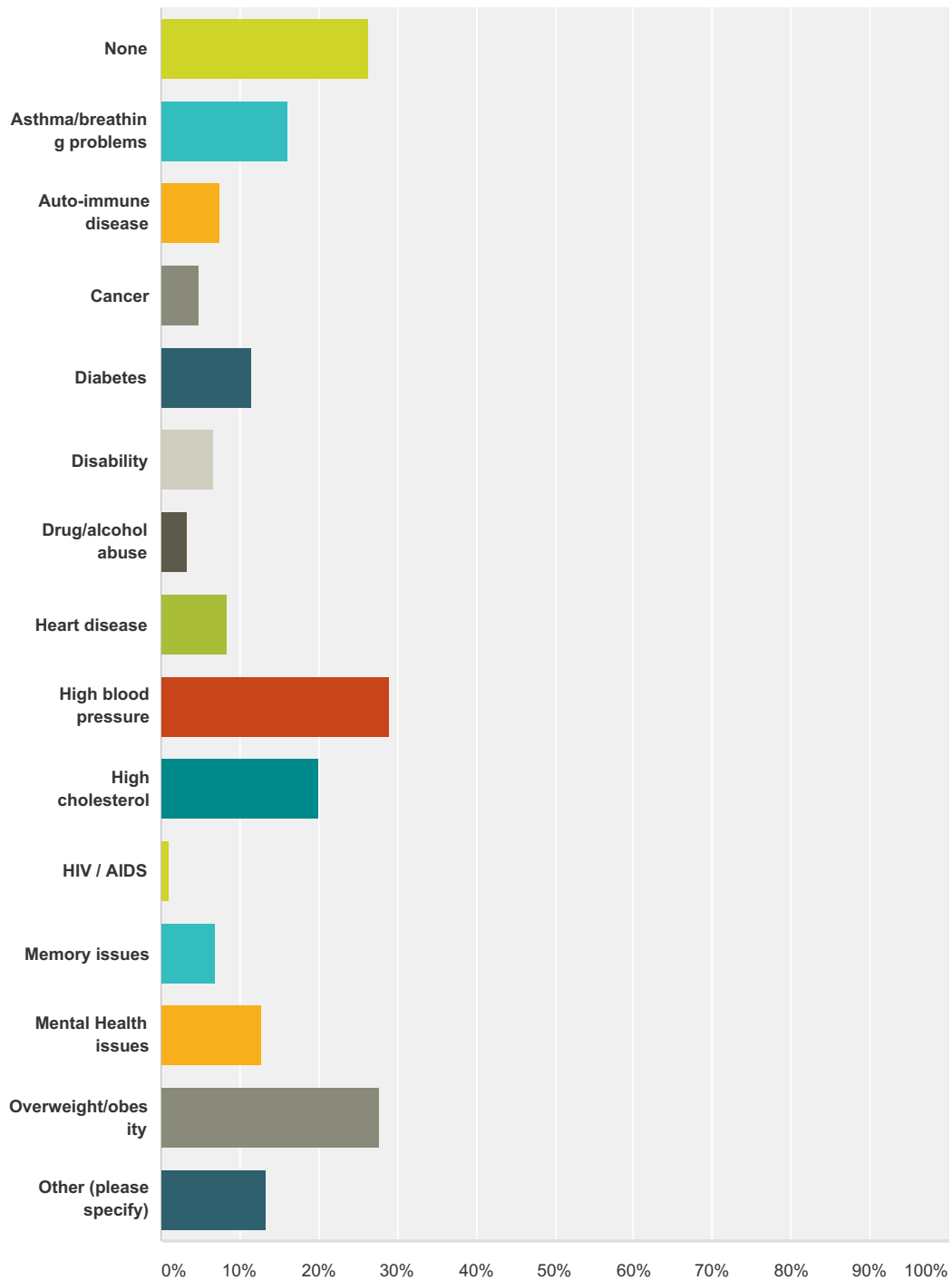
Answered: 609 Skipped: 6



Answer Choices	Responses
Excellent	26.93% 164
Good	51.40% 313
Fair	19.21% 117
Poor	2.46% 15
Total	609

Q6 Do you suffer from any chronic health conditions (please check all that apply)?

Answered: 606 Skipped: 9



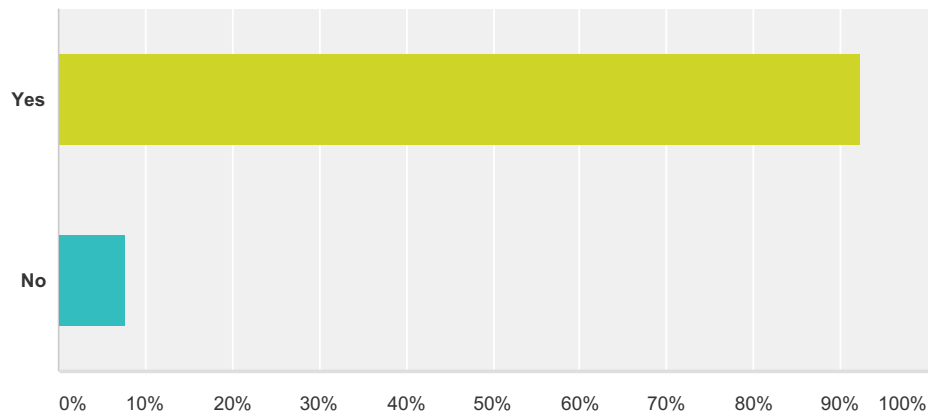
Answer Choices	Responses
None	26.24% 159
Asthma/breathing problems	16.01% 97

2016 ULSTER COUNTY COMMUNITY HEALTH SURVEY

Auto-immune disease	7.59%	46
Cancer	4.79%	29
Diabetes	11.55%	70
Disability	6.77%	41
Drug/alcohol abuse	3.30%	20
Heart disease	8.25%	50
High blood pressure	29.04%	176
High cholesterol	19.97%	121
HIV / AIDS	0.99%	6
Memory issues	6.93%	42
Mental Health issues	12.71%	77
Overweight/obesity	27.72%	168
Other (please specify)	13.37%	81
Total Respondents: 606		

Q7 Do you have a health care provider for checkups and visits?

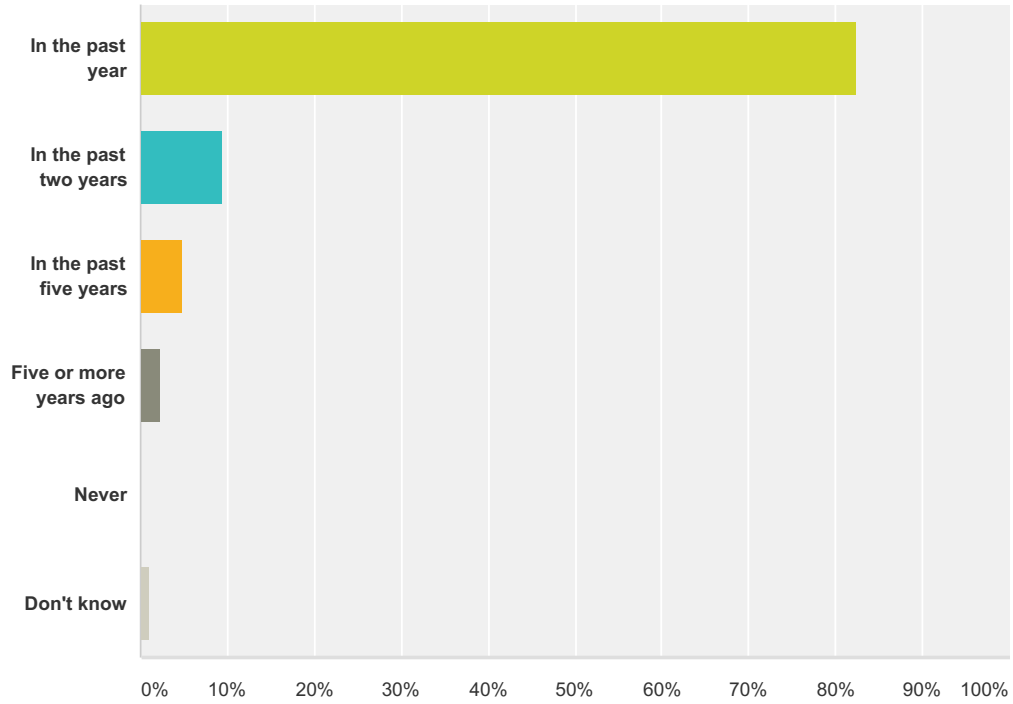
Answered: 576 Skipped: 39



Answer Choices	Responses
Yes	92.36% 532
No	7.64% 44
Total	576

Q8 How long has it been since you visited a health care provider for a routine physical exam or checkup?

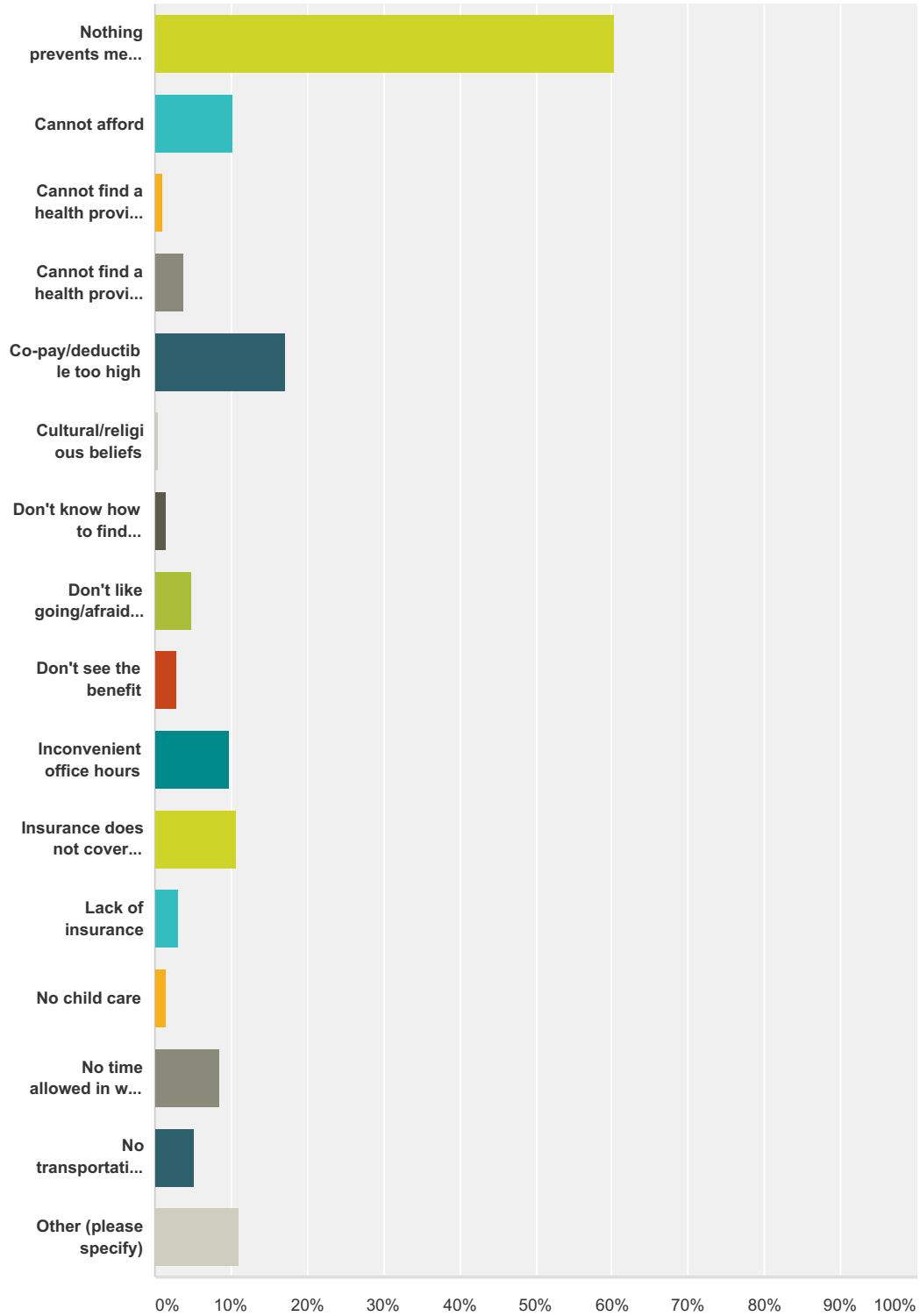
Answered: 600 Skipped: 15



Answer Choices	Responses
In the past year	82.50% 495
In the past two years	9.33% 56
In the past five years	4.83% 29
Five or more years ago	2.33% 14
Never	0.00% 0
Don't know	1.00% 6
Total	600

Q9 What THREE things prevent YOU from getting medical care from a health provider?

Answered: 591 Skipped: 24



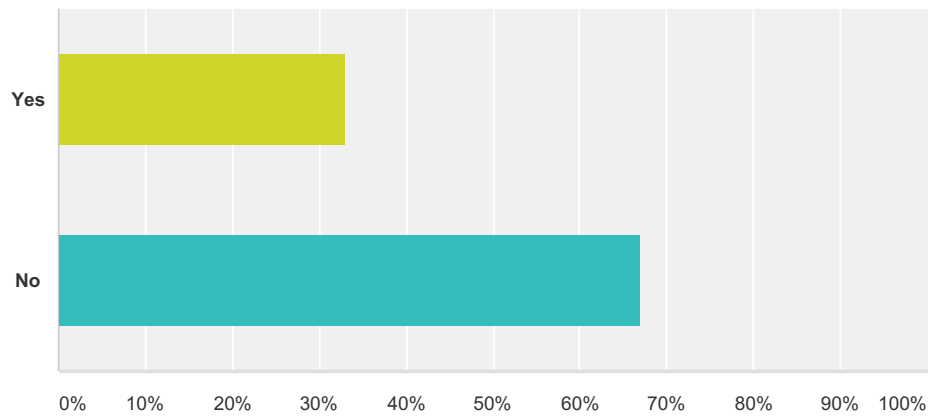
Answer Choices	Responses
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2016 ULSTER COUNTY COMMUNITY HEALTH SURVEY

Nothing prevents me from getting medical care	60.24%	356
Cannot afford	10.15%	60
Cannot find a health provider who speaks my language	1.02%	6
Cannot find a health provider to accept me as a new patient	3.72%	22
Co-pay/deductible too high	17.09%	101
Cultural/religious beliefs	0.51%	3
Don't know how to find providers	1.52%	9
Don't like going/afraid to go	4.74%	28
Don't see the benefit	2.88%	17
Inconvenient office hours	9.81%	58
Insurance does not cover service	10.66%	63
Lack of insurance	3.05%	18
No child care	1.52%	9
No time allowed in work schedule	8.63%	51
No transportation/too far	5.25%	31
Other (please specify)	11.00%	65
Total Respondents: 591		

Q10 In the past 12 months, did you receive care in the emergency room?

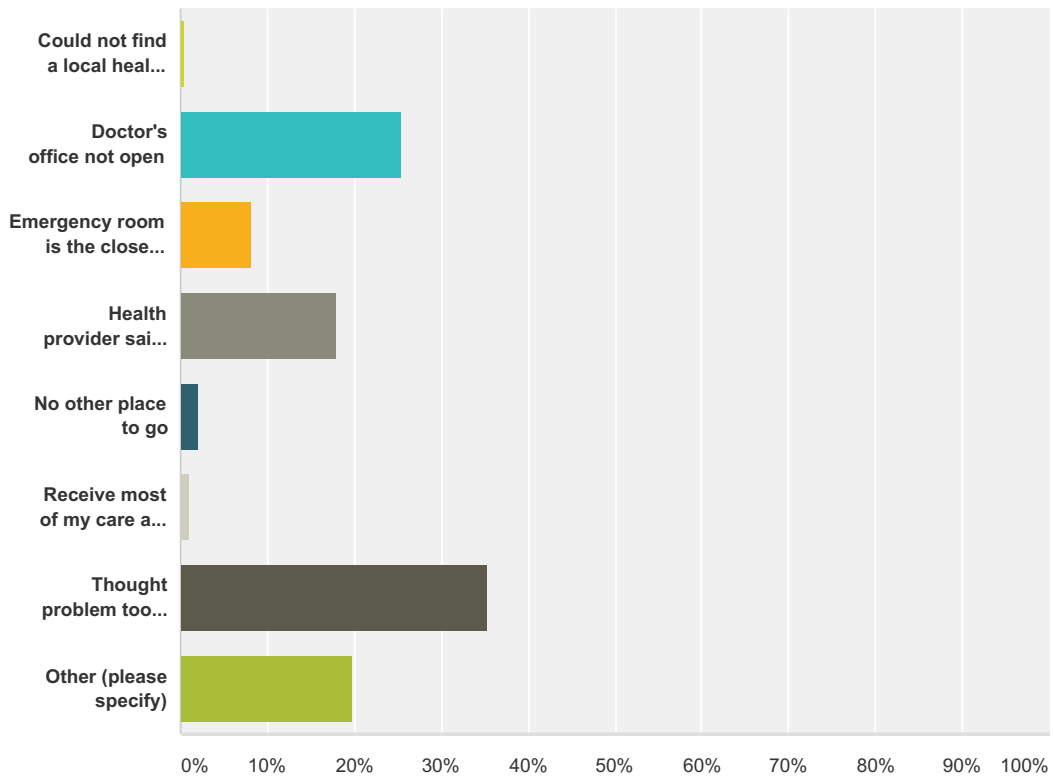
Answered: 597 Skipped: 18



Answer Choices	Responses	
Yes	33.00%	197
No	67.00%	400
Total		597

Q11 What is the ONE main reason for your emergency room visit?

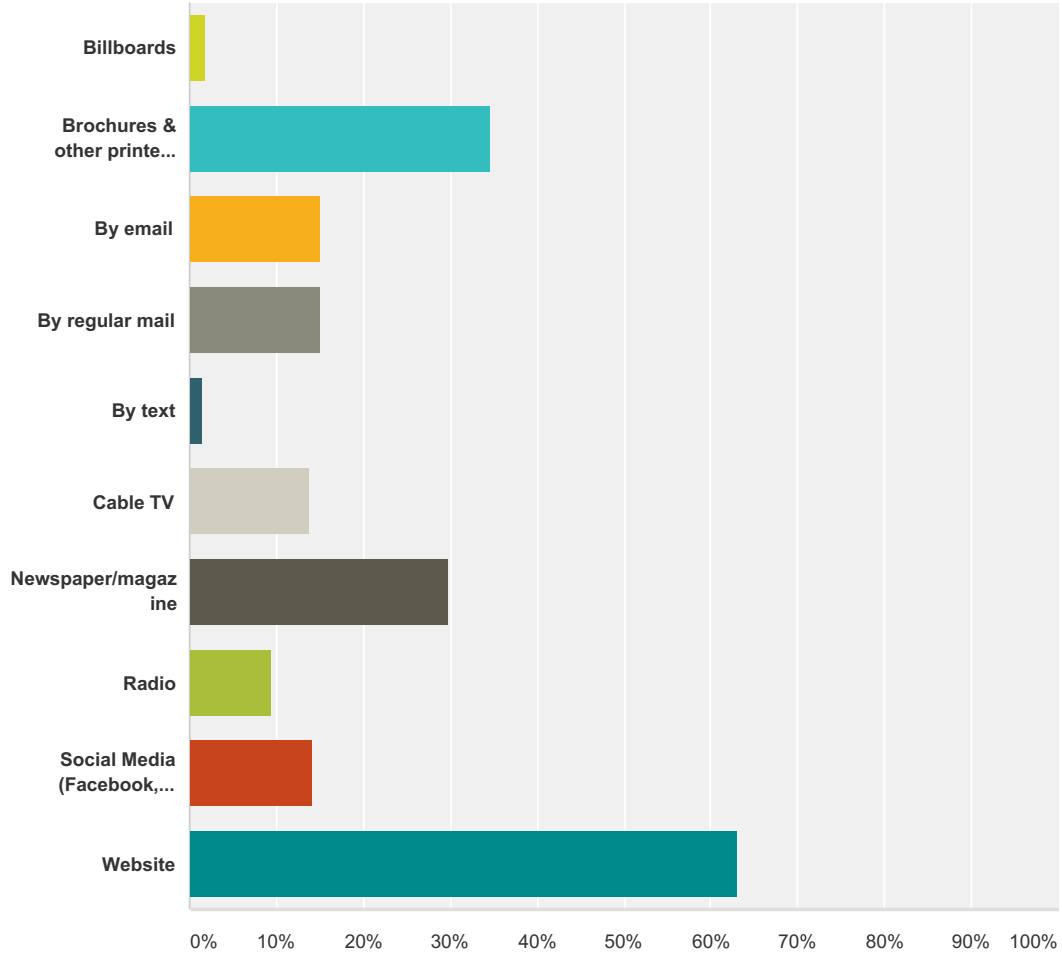
Answered: 196 Skipped: 419



Answer Choices	Responses
Could not find a local health provider who speaks my language	0.51% 1
Doctor's office not open	25.51% 50
Emergency room is the closest provider	8.16% 16
Health provider said go to emergency room	17.86% 35
No other place to go	2.04% 4
Receive most of my care at emergency room	1.02% 2
Thought problem too serious for a doctor's visit	35.20% 69
Other (please specify)	19.90% 39
Total Respondents: 196	

Q12 Where do you or your family get most of your health information? (Please check all that apply)

Answered: 529 Skipped: 86

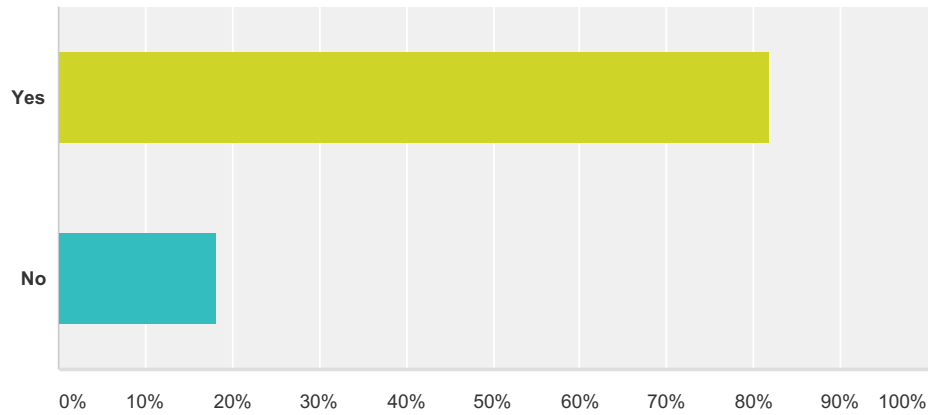


Answer Choices	Responses
Billboards	1.89% 10
Brochures & other printed materials at the places you visit	34.59% 183
By email	15.12% 80
By regular mail	14.93% 79
By text	1.51% 8
Cable TV	13.80% 73
Newspaper/magazine	29.87% 158
Radio	9.45% 50
Social Media (Facebook, Twitter, etc.)	14.18% 75
Website	63.14% 334

Total Respondents: 529

Q13 Do you have a smartphone?

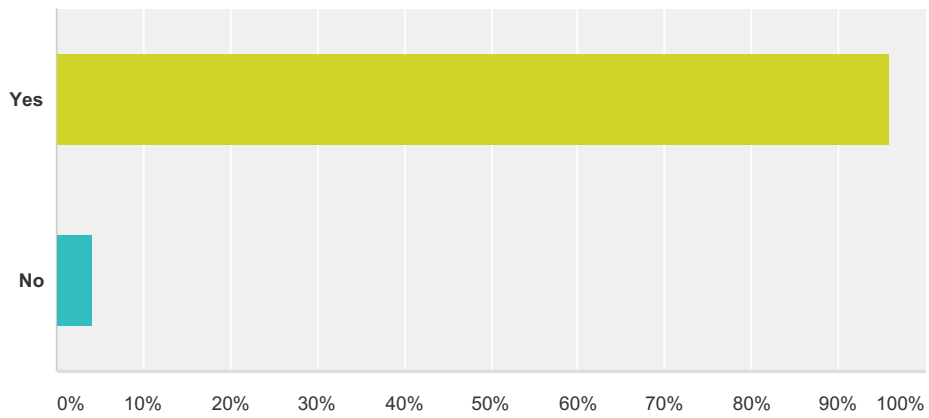
Answered: 446 Skipped: 169



Answer Choices	Responses
Yes	81.84% 365
No	18.16% 81
Total	446

Q14 Do you have access to the internet at home or other convenient location?

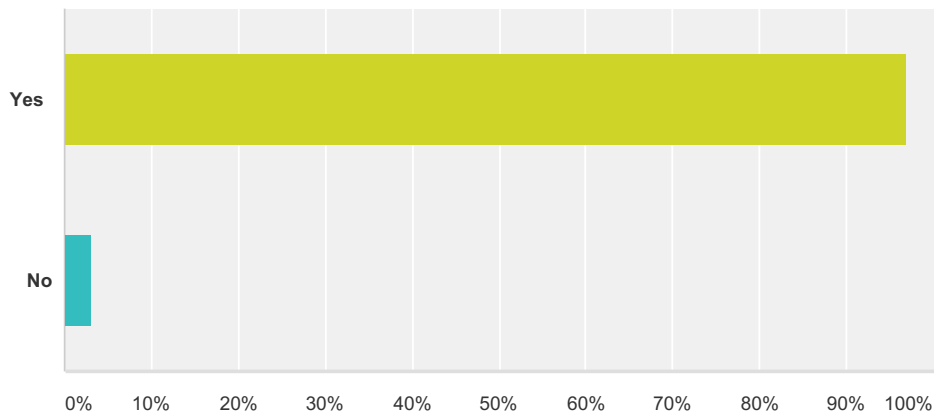
Answered: 462 Skipped: 153



Answer Choices	Responses	
Yes	95.89%	443
No	4.11%	19
Total		462

Q15 Do you currently have health insurance for yourself or your family?

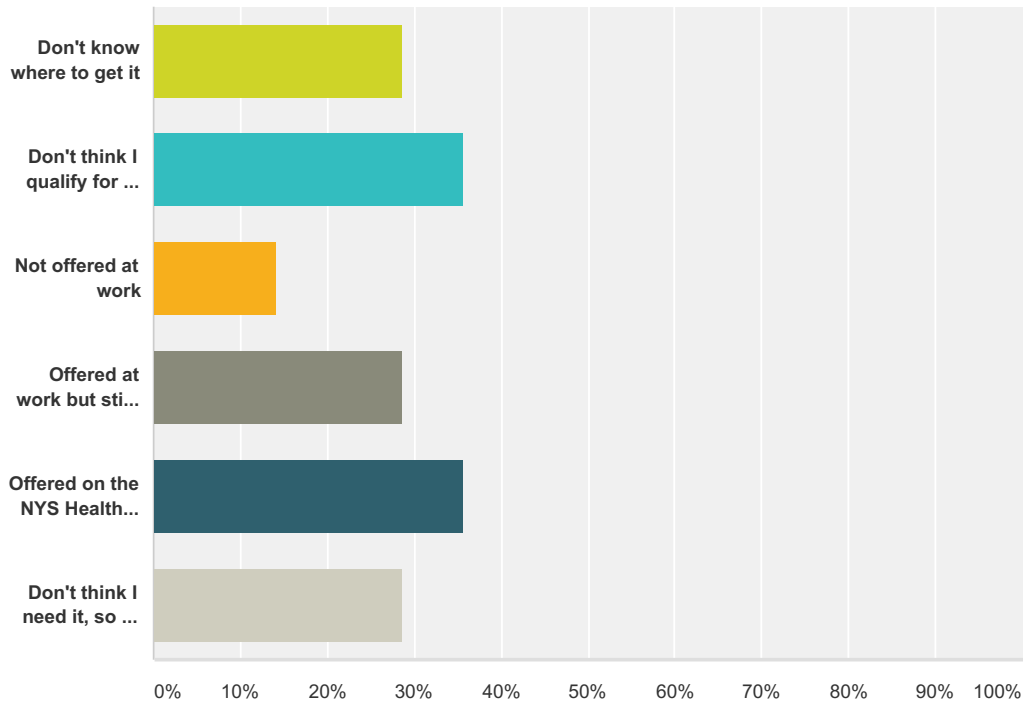
Answered: 593 Skipped: 22



Answer Choices	Responses
Yes	96.80% 574
No	3.20% 19
Total	593

Q16 If no, why not? (Check all that apply)

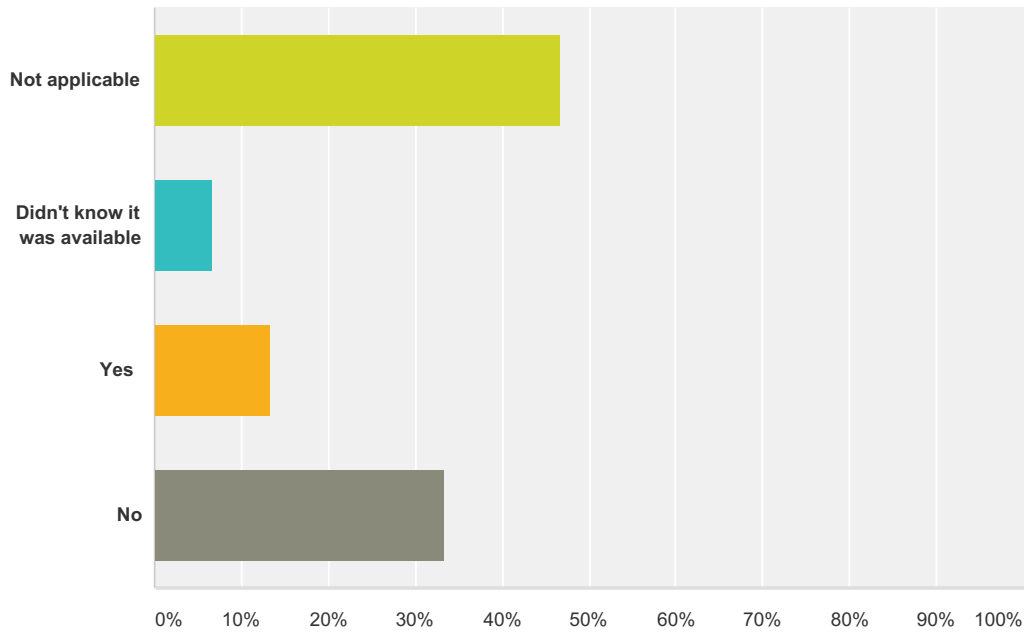
Answered: 14 Skipped: 601



Answer Choices	Responses
Don't know where to get it	28.57% 4
Don't think I qualify for any form of insurance	35.71% 5
Not offered at work	14.29% 2
Offered at work but still unaffordable	28.57% 4
Offered on the NYS Health Exchange but still unaffordable	35.71% 5
Don't think I need it, so I have not tried to get it	28.57% 4
Total Respondents: 14	

Q17 If you don't have family health insurance, do you have some form of low/no cost insurance for your children?

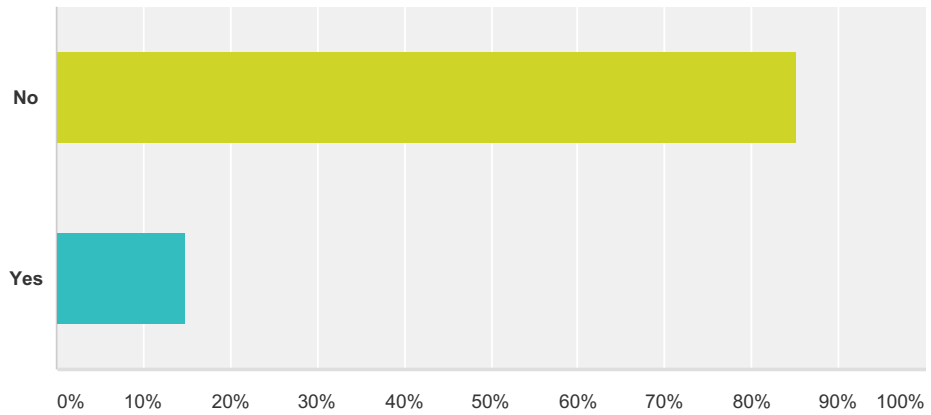
Answered: 15 Skipped: 600



Answer Choices	Responses
Not applicable	46.67% 7
Didn't know it was available	6.67% 1
Yes	13.33% 2
No	33.33% 5
Total Respondents: 15	

Q18 Are you currently a smoker?

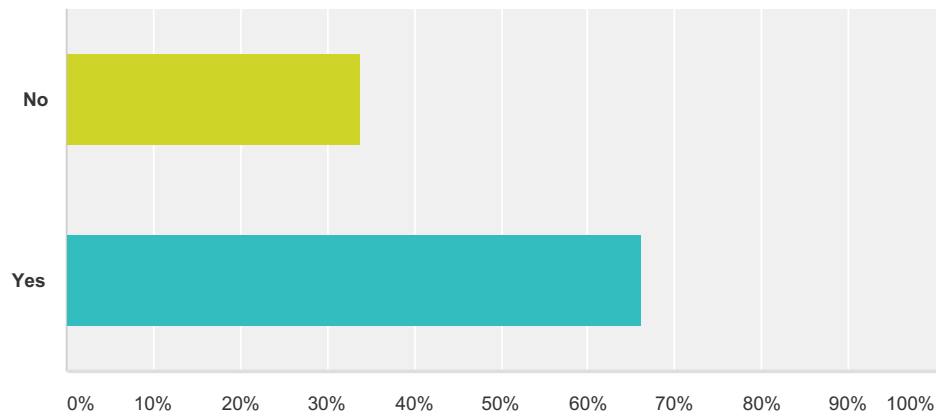
Answered: 589 Skipped: 26



Answer Choices	Responses	
No	85.23%	502
Yes	14.77%	87
Total		589

Q19 If yes, have you attempted to quit in the past?

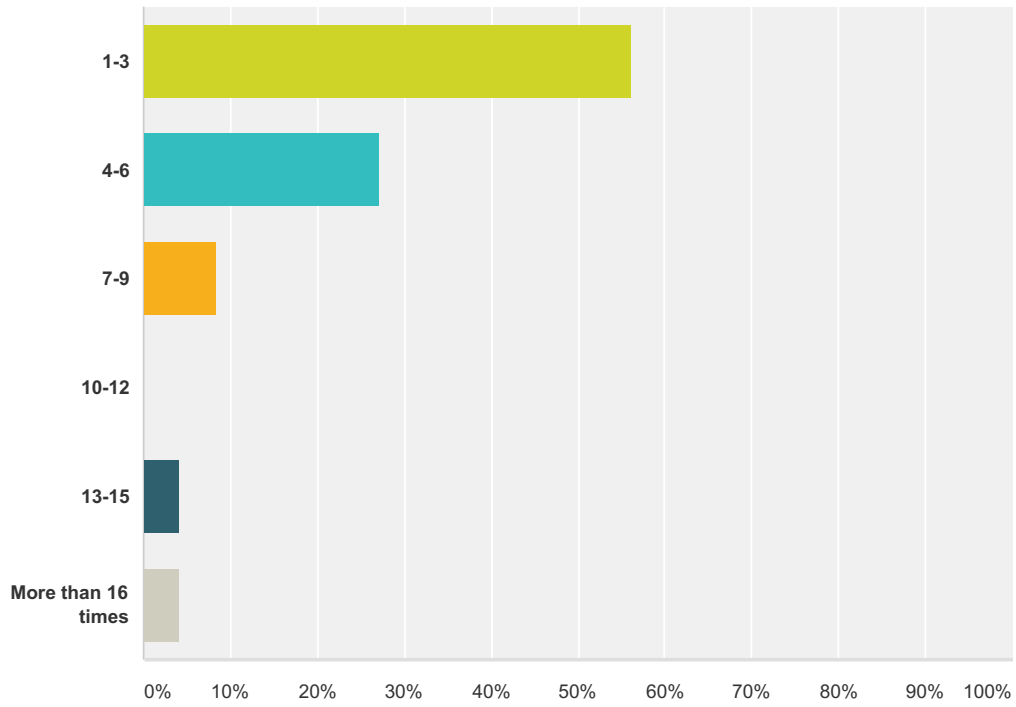
Answered: 86 Skipped: 529



Answer Choices	Responses	
No	33.72%	29
Yes	66.28%	57
Total		86

Q20 If yes, how many times?

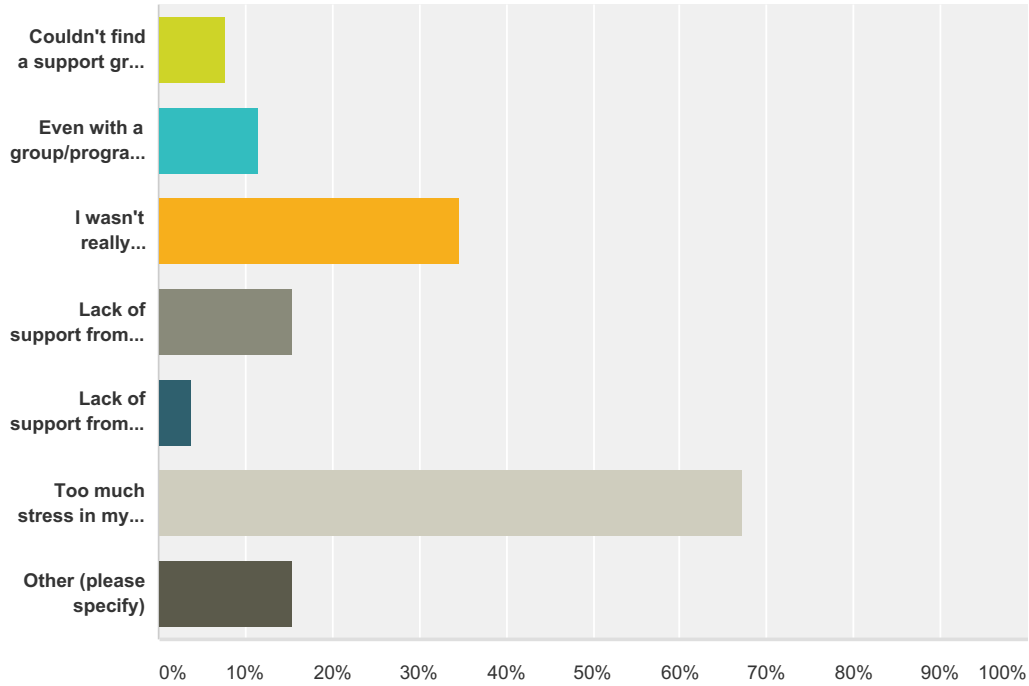
Answered: 48 Skipped: 567



Answer Choices	Responses	
1-3	56.25%	27
4-6	27.08%	13
7-9	8.33%	4
10-12	0.00%	0
13-15	4.17%	2
More than 16 times	4.17%	2
Total		48

**Q21 If you attempted to quit smoking and did not succeed, what was the reason?
(check all that apply)**

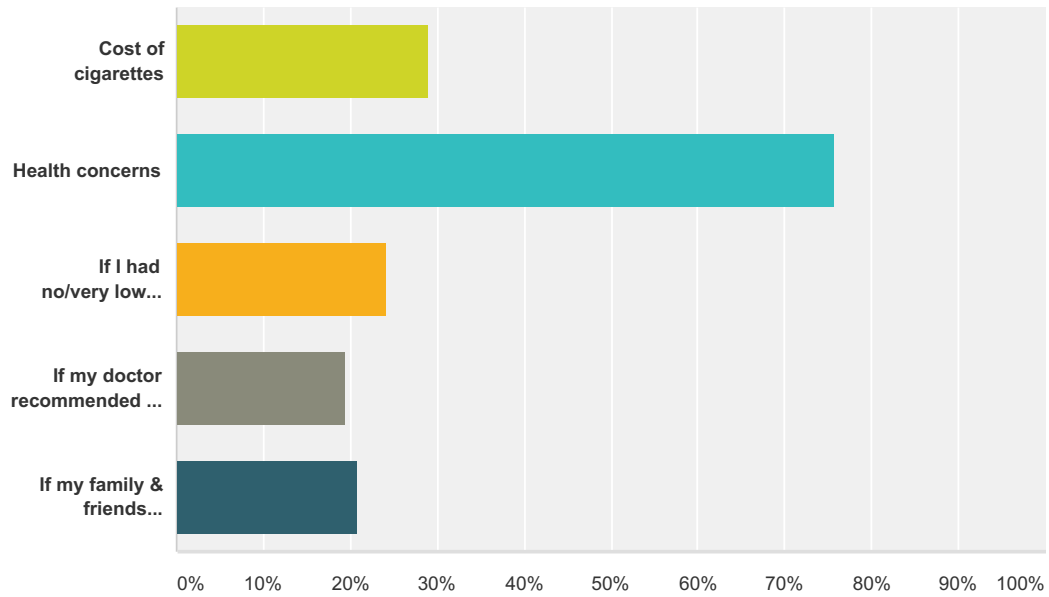
Answered: 52 Skipped: 563



Answer Choices	Responses
Couldn't find a support group or program to help	7.69% 4
Even with a group/program, I still couldn't break the habit	11.54% 6
I wasn't really committed	34.62% 18
Lack of support from friends & family	15.38% 8
Lack of support from my doctor/healthcare provider	3.85% 2
Too much stress in my life	67.31% 35
Other (please specify)	15.38% 8
Total Respondents: 52	

Q22 What would convince you to make a serious attempt to quit smoking & stick with it? (Check all that apply)

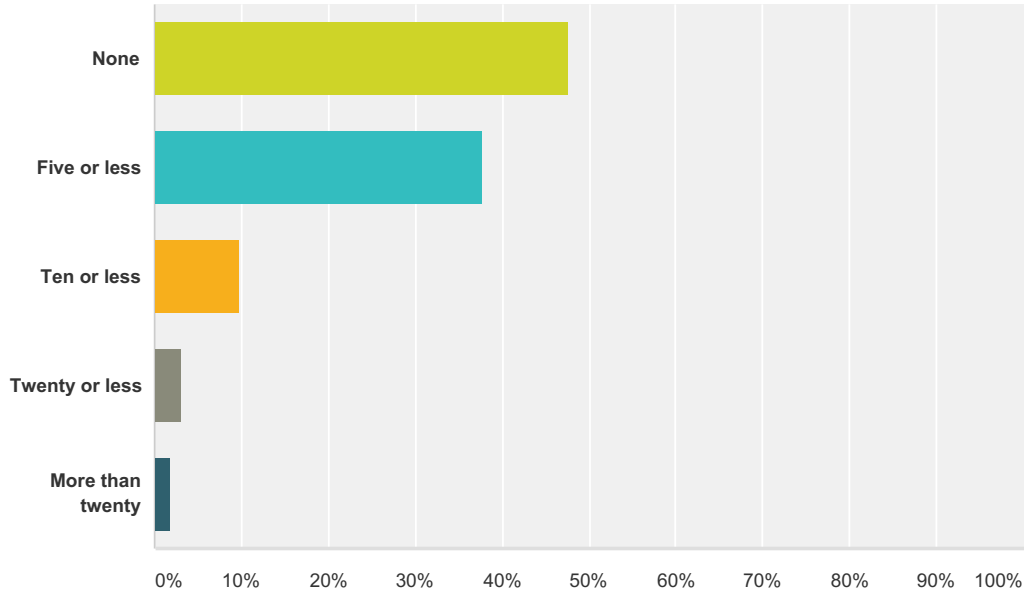
Answered: 62 Skipped: 553



Answer Choices	Responses
Cost of cigarettes	29.03% 18
Health concerns	75.81% 47
If I had no/very low cost access to a good support group or program	24.19% 15
If my doctor recommended & helped me quit	19.35% 12
If my family & friends convinced me that it is necessary	20.97% 13
Total Respondents: 62	

Q23 During an average week, how often do you drink a sugar sweetened beverage of any kind, including soda and sugar sweetened juices and sports/energy drinks?

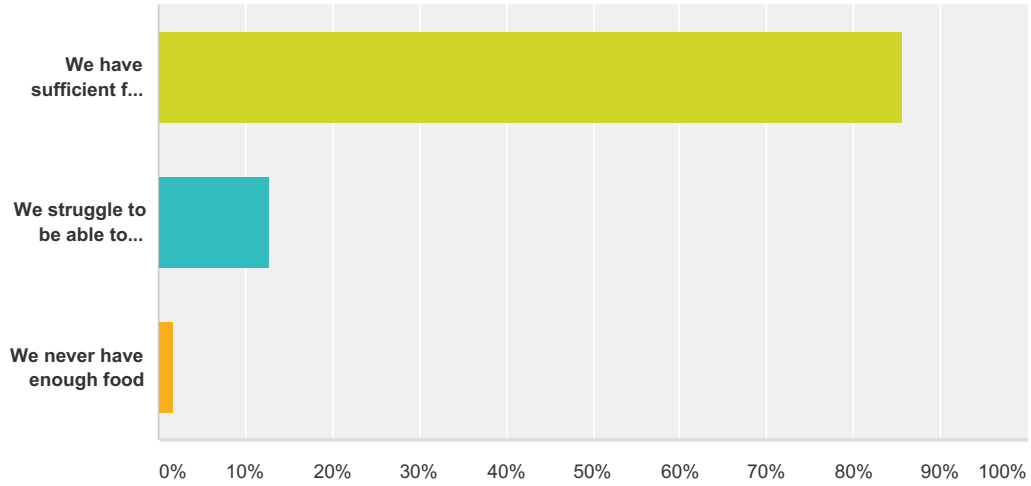
Answered: 560 Skipped: 55



Answer Choices	Responses	Count
None	47.50%	266
Five or less	37.86%	212
Ten or less	9.82%	55
Twenty or less	3.04%	17
More than twenty	1.79%	10
Total		560

Q24 Which of these statements best describes access to food in your household in the past month?

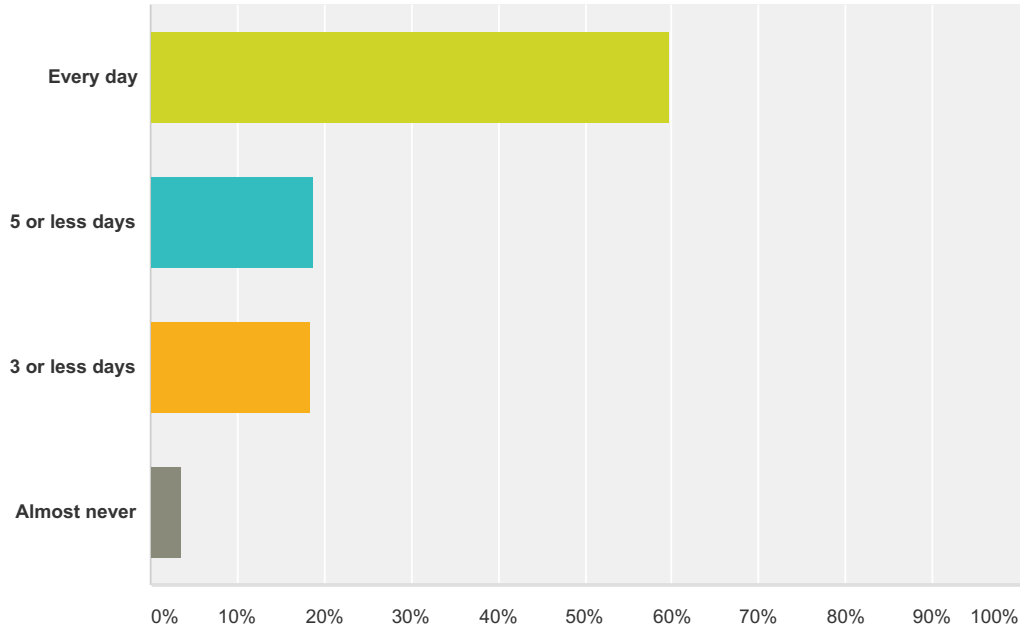
Answered: 553 Skipped: 62



Answer Choices	Responses
We have sufficient food for my family's needs	85.53% 473
We struggle to be able to afford and get enough food for our needs	12.84% 71
We never have enough food	1.63% 9
Total	553

Q25 How many days during an average week do you eat fresh fruits and vegetables?

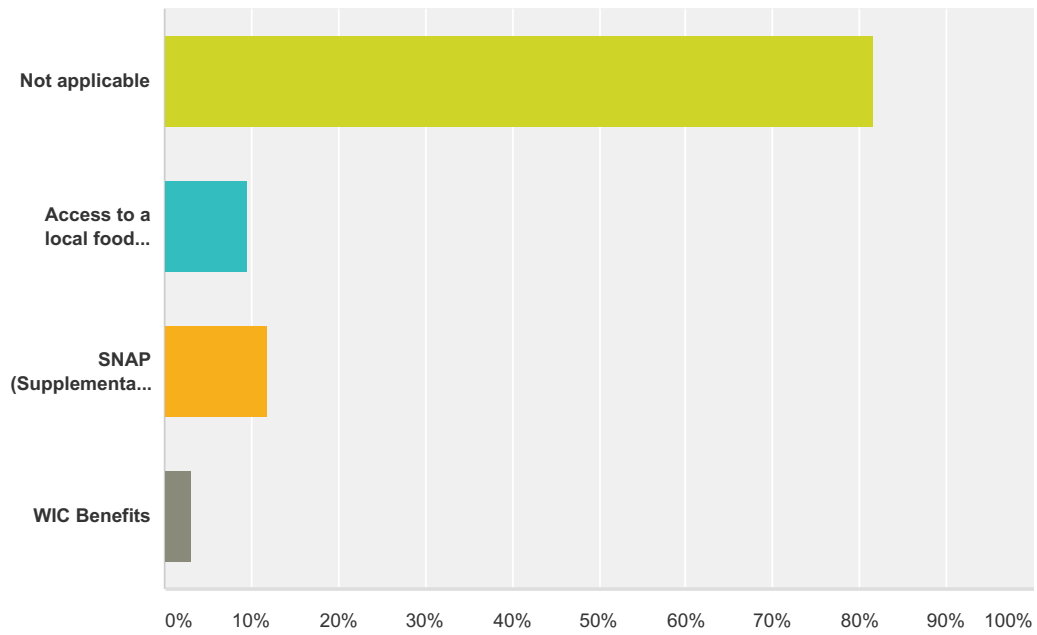
Answered: 556 Skipped: 59



Answer Choices	Responses	
Every day	59.71%	332
5 or less days	18.88%	105
3 or less days	18.35%	102
Almost never	3.60%	20
Total Respondents: 556		

Q26 Do you have any of the following forms of food/nutrition assistance?

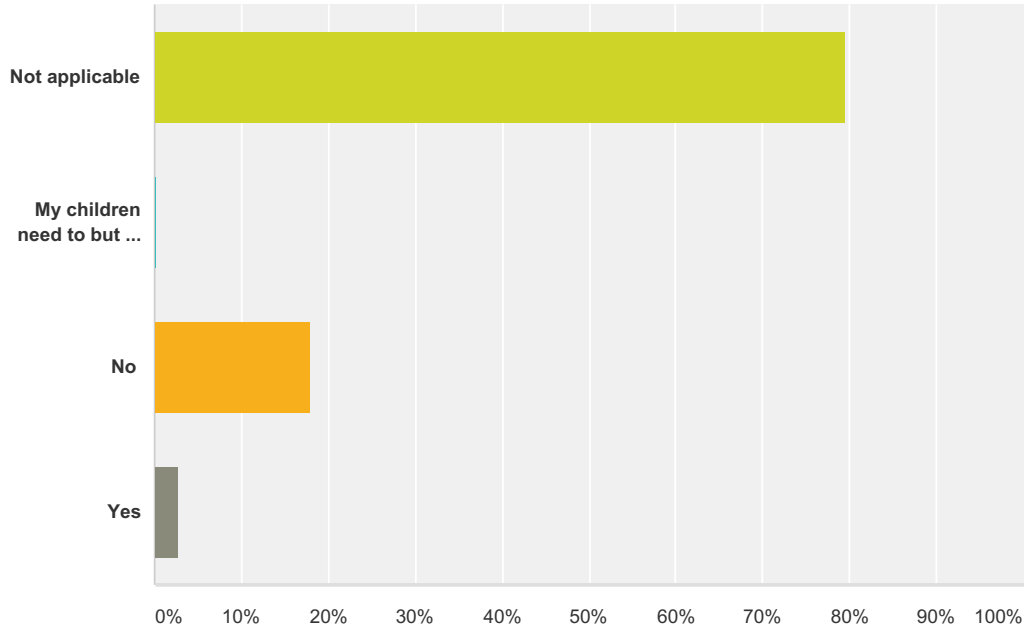
Answered: 547 Skipped: 68



Answer Choices	Responses
Not applicable	81.72% 447
Access to a local food pantry	9.51% 52
SNAP (Supplemental Nutrition/Food Stamp Program)	11.88% 65
WIC Benefits	3.11% 17
Total Respondents: 547	

Q27 Do your children participate in a breakfast or lunch program during the summer or holidays when school is not in session?

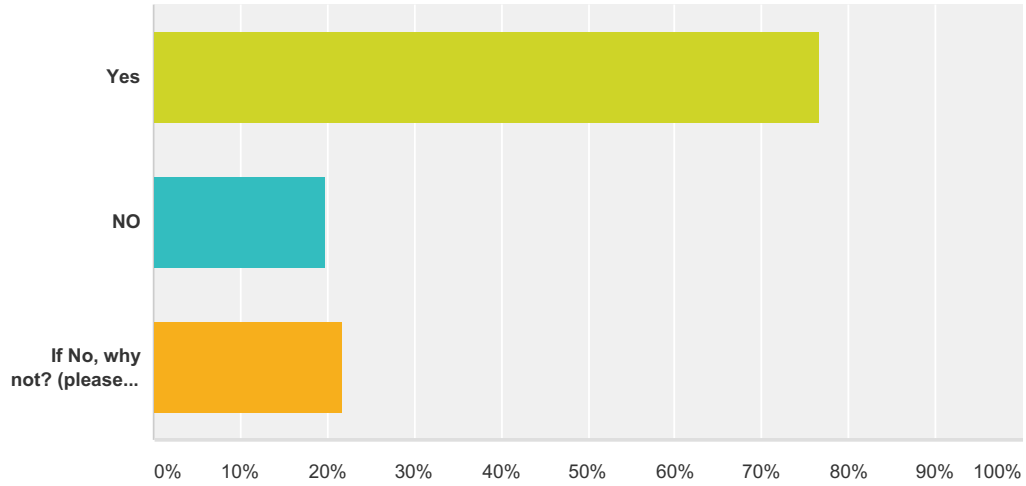
Answered: 546 Skipped: 69



Answer Choices	Responses
Not applicable	79.49% 434
My children need to but we can't find a program	0.18% 1
No	17.95% 98
Yes	2.75% 15
Total Respondents: 546	

Q28 Is your neighborhood suitable and safe for walking, biking and other physical activity?

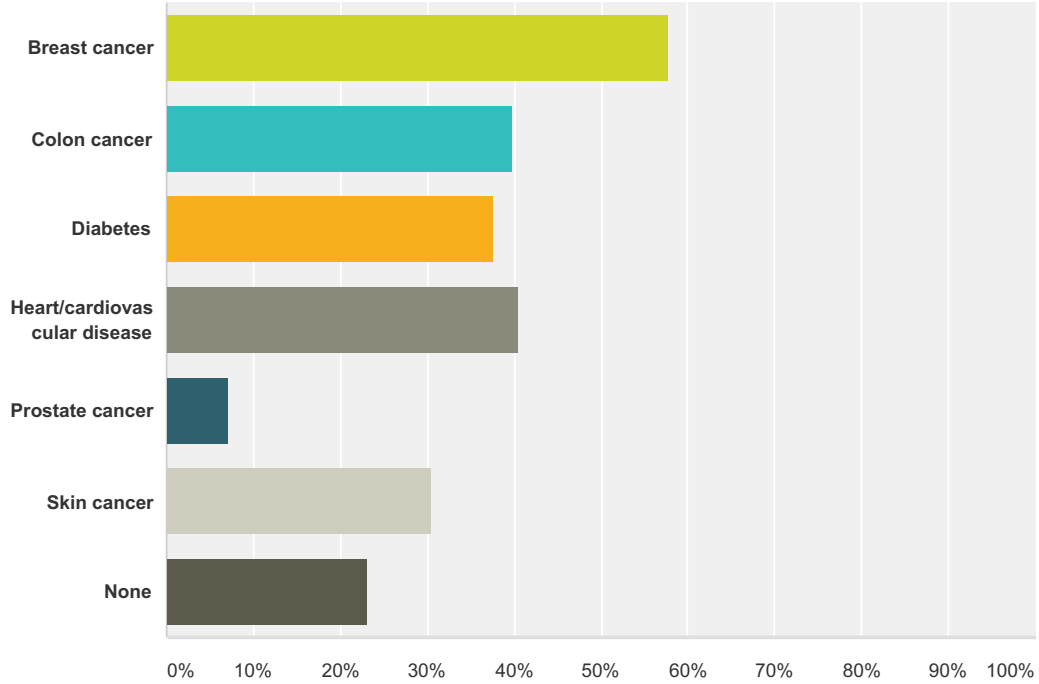
Answered: 556 Skipped: 59



Answer Choices	Responses
Yes	76.62% 426
NO	19.78% 110
If No, why not? (please specify)	21.76% 121
Total Respondents: 556	

Q29 Do you get routine preventative health screenings/checkups as recommended for your age & gender? (Check all that apply)

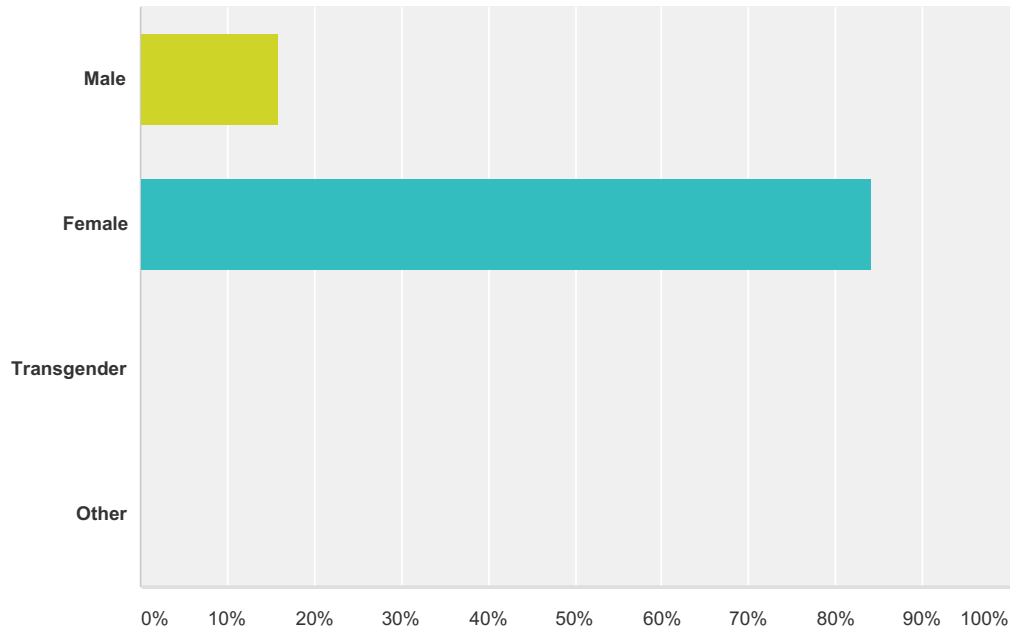
Answered: 552 Skipped: 63



Answer Choices	Responses	Count
Breast cancer	57.79%	319
Colon cancer	39.86%	220
Diabetes	37.68%	208
Heart/cardiovascular disease	40.40%	223
Prostate cancer	7.07%	39
Skin cancer	30.43%	168
None	23.19%	128
Total Respondents: 552		

Q30 I identify as:

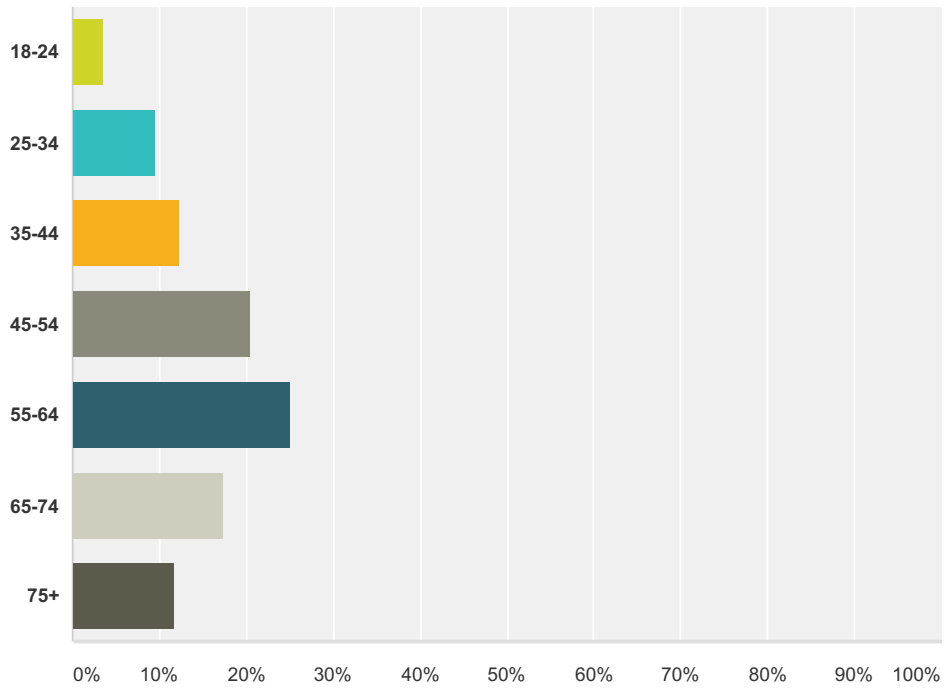
Answered: 512 Skipped: 103



Answer Choices	Responses	
Male	15.82%	81
Female	84.18%	431
Transgender	0.00%	0
Other	0.00%	0
Total		512

Q31 What is your age:

Answered: 545 Skipped: 70



Answer Choices	Responses
18-24	3.49% 19
25-34	9.54% 52
35-44	12.29% 67
45-54	20.55% 112
55-64	24.95% 136
65-74	17.43% 95
75+	11.74% 64
Total	545

Q32 What is your zipcode?

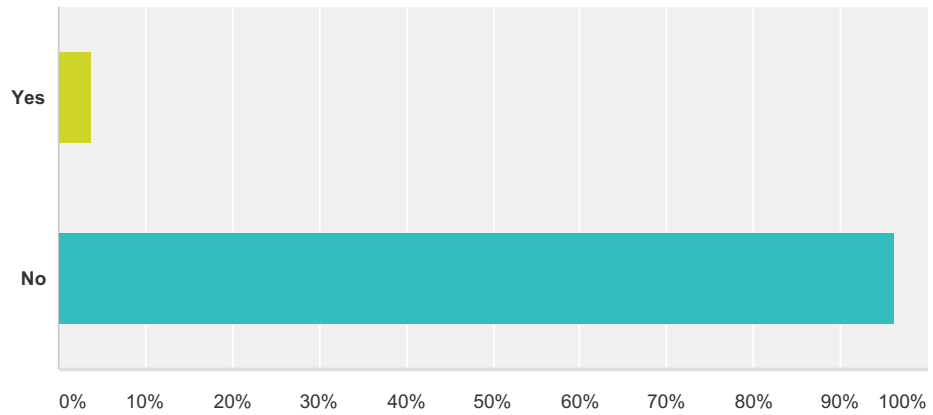
Answered: 545 Skipped: 70

Q33 What Town/City do you live in?

Answered: 531 Skipped: 84

Q34 Are you Hispanic or Latino?

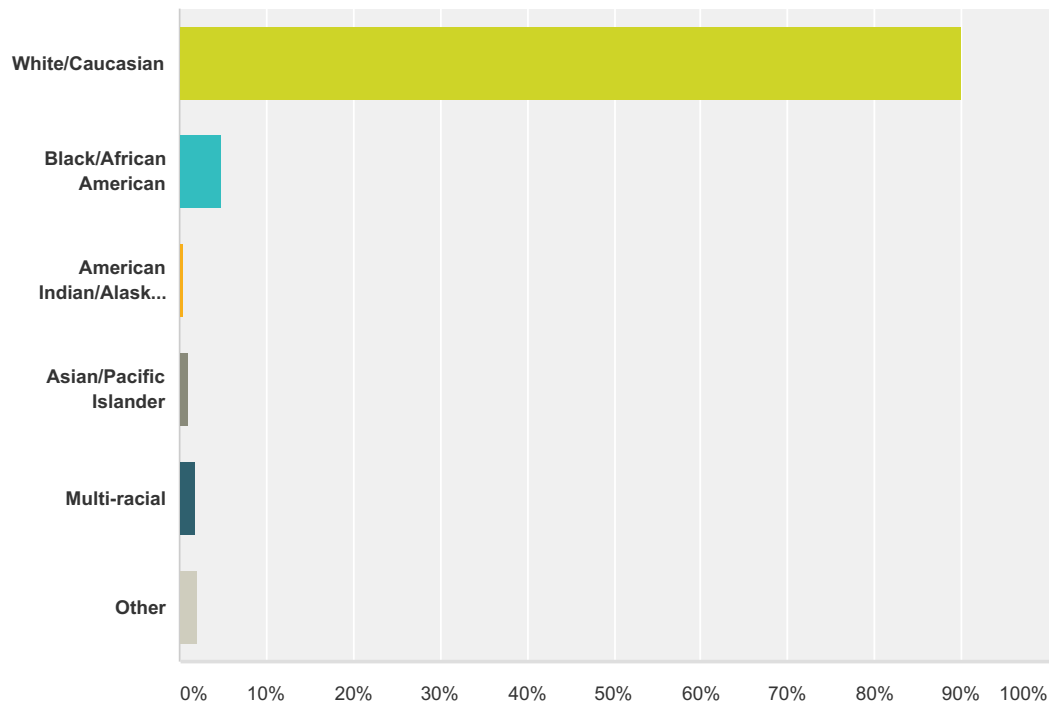
Answered: 528 Skipped: 87



Answer Choices	Responses
Yes	3.79% 20
No	96.21% 508
Total	528

Q35 What category best describes your race?

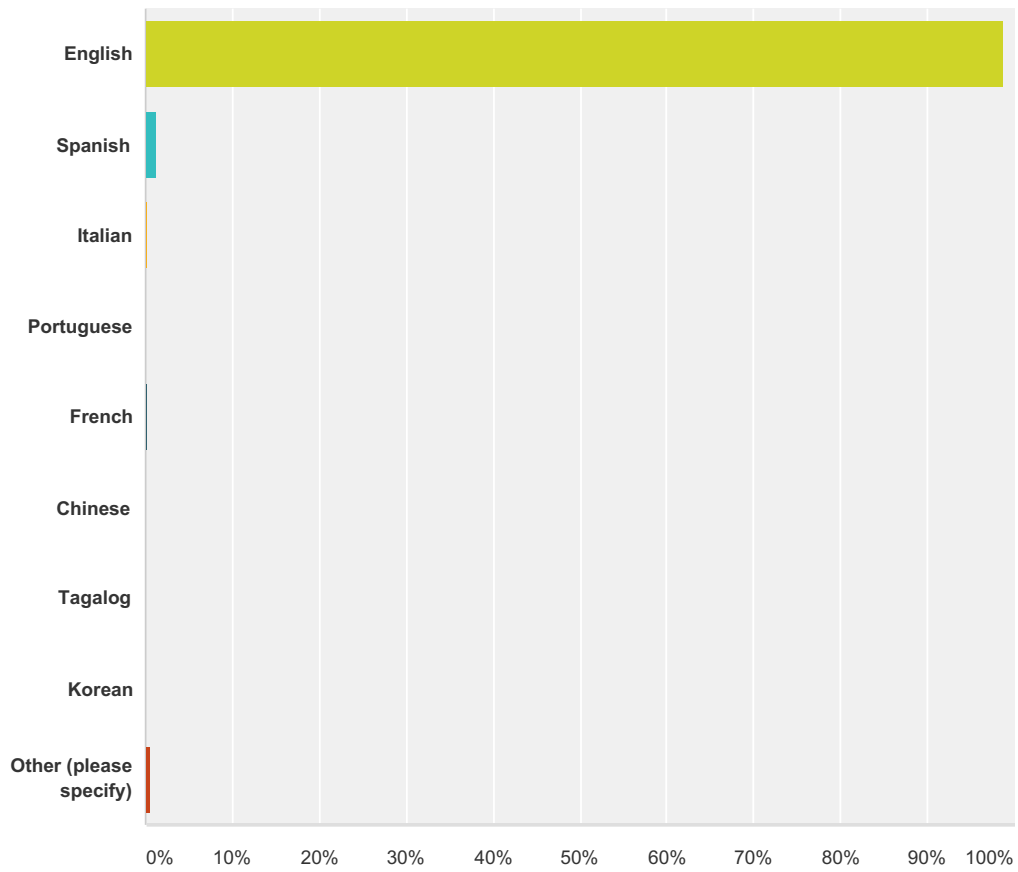
Answered: 547 Skipped: 68



Answer Choices	Responses
White/Caucasian	89.95% 492
Black/African American	4.75% 26
American Indian/Alaskan Native	0.37% 2
Asian/Pacific Islander	1.10% 6
Multi-racial	1.83% 10
Other	2.01% 11
Total	547

Q36 What is the primary language you speak?

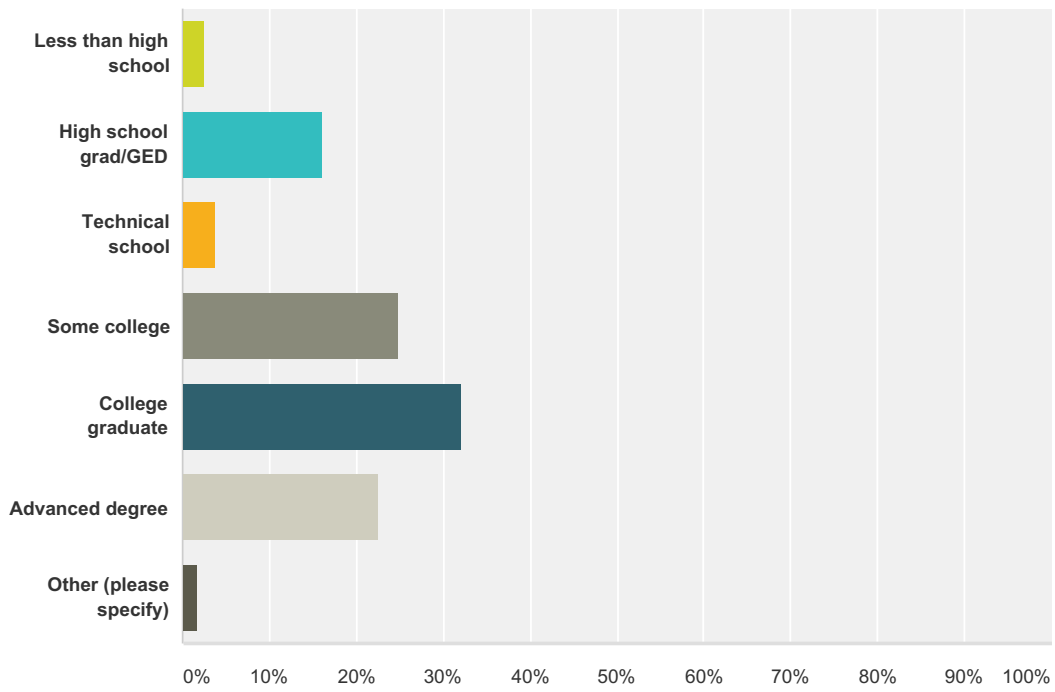
Answered: 554 Skipped: 61



Answer Choices	Responses	
English	98.74%	547
Spanish	1.26%	7
Italian	0.18%	1
Portuguese	0.00%	0
French	0.18%	1
Chinese	0.00%	0
Tagalog	0.00%	0
Korean	0.00%	0
Other (please specify)	0.72%	4
Total Respondents: 554		

Q37 What is your highest level of education?

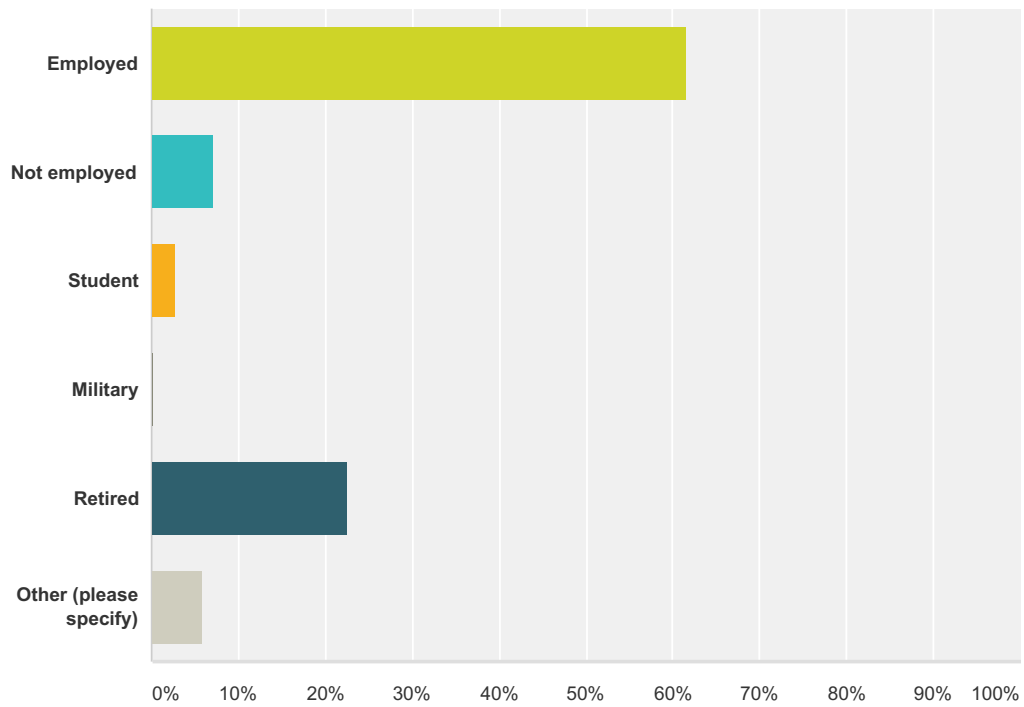
Answered: 553 Skipped: 62



Answer Choices	Responses	
Less than high school	2.53%	14
High school grad/GED	16.09%	89
Technical school	3.80%	21
Some college	24.77%	137
College graduate	32.19%	178
Advanced degree	22.60%	125
Other (please specify)	1.63%	9
Total Respondents: 553		

Q38 What is your current occupation status?

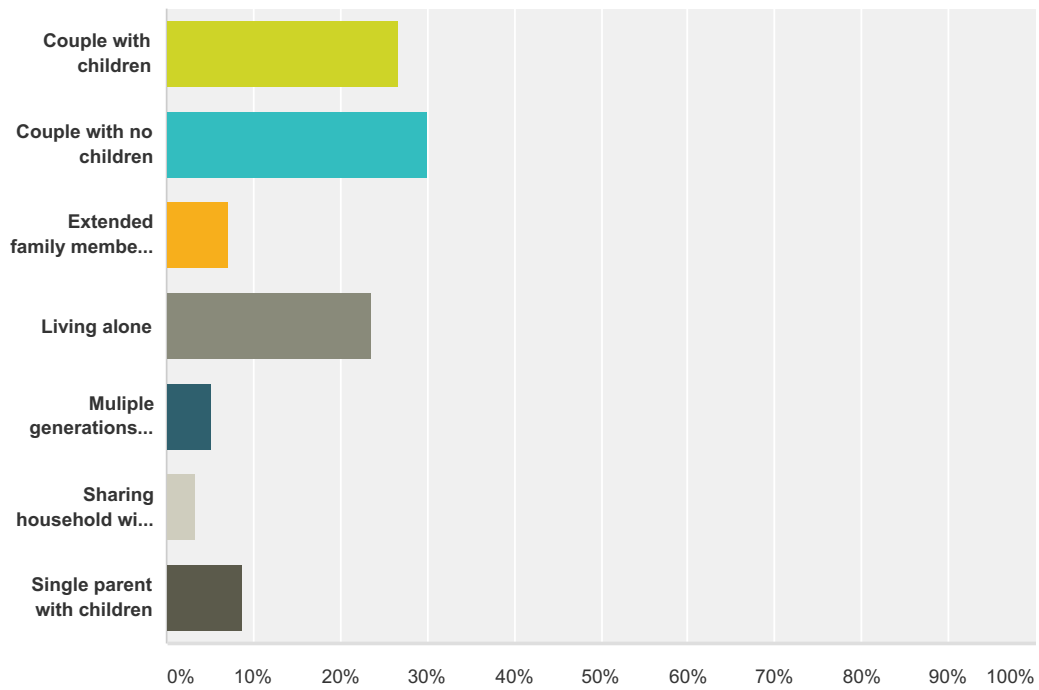
Answered: 556 Skipped: 59



Answer Choices	Responses	
Employed	61.69%	343
Not employed	7.19%	40
Student	2.70%	15
Military	0.18%	1
Retired	22.48%	125
Other (please specify)	5.76%	32
Total		556

Q39 What is your household composition? (Check as many as apply)

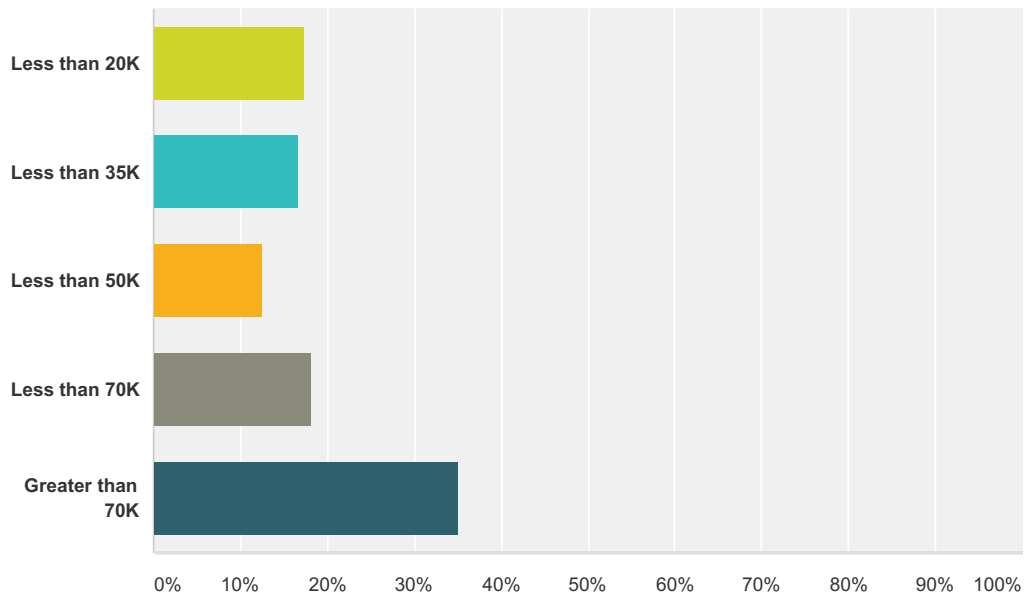
Answered: 556 Skipped: 59



Answer Choices	Responses
Couple with children	26.80% 149
Couple with no children	30.04% 167
Extended family members also live in your home	7.01% 39
Living alone	23.56% 131
Multiple generations (Parents and/or grandparents) of family members living in the same household	5.22% 29
Sharing household with non-family members	3.24% 18
Single parent with children	8.81% 49
Total Respondents: 556	

Q40 What is your total household income from all sources?

Answered: 542 Skipped: 73



Answer Choices	Responses	Count
Less than 20K	17.34%	94
Less than 35K	16.79%	91
Less than 50K	12.55%	68
Less than 70K	18.27%	99
Greater than 70K	35.06%	190
Total		542