



Community Health Needs Assessment



2025 - 2027

THE MEDICAL CENTER AT RUSSELLVILLE



Med Center Health.

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Mission, Vision, and Values

Mission

The Medical Center at Russellville's mission is to care for people and improve the quality of life in the communities we serve.

Vision

The Medical Center at Russellville will be an innovative leader in healthcare delivery and outcomes.

What We Value

Quality

We are committed to providing the highest level of care and service at every opportunity.

People

People are our most valuable resource. We work together to achieve our organization's goals.

We treat everyone with honor, dignity, and respect.

Accountability

Each of us is responsible for managing our resources ethically and wisely.

Purpose

The Community Health Needs Assessment has been completed for the following reasons:

- To help meet the Hospital's mission to care for people and improve the quality of life in the communities we serve;
- To comply with the Patient Protection and Affordable Care Act of 2010 and maintain the Hospital's tax-exempt status;
- To establish community health needs for the Hospital's service area, to determine areas of greatest need, and for the Hospital to develop a strategic plan to address those needs;
- To involve internal and external resources to ensure needs of individuals are met and that efforts are not duplicated; and
- To create a sustainable process for conducting a community health needs assessment that can be continued for future assessments.

Executive Summary

The Patient Protection and Affordable Care Act of 2010 includes a provision that requires every tax exempt, non-governmental hospital to:

- Conduct a Community Health Needs Assessment (CHNA) at least every three years.
- Adapt a Strategic Implementation Plan that includes how the needs identified in the assessment will be met.
- Report to the Internal Revenue Service via its 990-tax form how it is meeting its implementation plan.

The Community Health Needs Assessment Report details the process used to collect, disseminate and prioritize the information in the assessment. Med Center Health used primary data obtained from the community survey in partnership in the BRIGHT Coalition and Barren

River Health Department. A secondary survey to community leadership was used as well as secondary market research.

The end result of the assessment process was the development by the hospital of a strategic plan to address the major needs identified.

Organizational Description

The Medical Center at Russellville serves the residents of northern Tennessee and southern Kentucky. The original hospital (formerly known as Logan Memorial Hospital) was built back in the 1950's in the city of Russellville. In July of 1985, the hospital was moved to a new location in Russellville on Nashville Road, where The Medical Center at Russellville currently sits. In July of 2024, Commonwealth Health Corporation established The Medical Center at Russellville as a non-stock, nonprofit Kentucky corporation to acquire the hospital.

Process

Med Center Health continues to play an active role in the BRIGHT Coalition. The BRIGHT Coalition is a non-profit coalition made up of multiple entities serving the ten county Barren River region. The BRIGHT Coalition want every resident in the Barren River Area Development District (BRADD) to have the best quality of life possible by ensuring a safe place to live, work, and play. Healthy individuals, families, and communities are the cornerstone of this vision. BRIGHT strives to create equal opportunities to be healthy with an emphasis on personal responsibility for health and wellness through collaboration among all stakeholders.

From the previous community health assessment, the BRIGHT Coalition had determined five areas of focus including nutrition, diabetes, substance use, physical activity, and mental health. The current survey was designed to understand the community's strengths and barriers as well as community members' thoughts related to those five priorities.

The BRIGHT Coalition board approved to bring Dr. Lauren McClain on with Grantibly to help with survey development, dissemination and analysis of the data collected. In addition, a data

committee was formed from membership within the BRIGHT Coalition to help guide the development of the survey, aid with individual interviews, focus groups, dissemination, etc.

The data committee consisted of the following BRIGHT members:

Amanda Reckard	Barren River District Health Department
Dr. Kim Link	Western Kentucky University
Dr. Susan Eagle	Western Kentucky University
Sarah Widener	Med Center Health
Annette Runyon	Med Center Health
Susan Willis	Barren River District Health Department
Olivia McGhee	Barren River District Health Department
Ashli McCarty	Barren River Health Department
Dr. Qingfang Song	Western Kentucky University
Lynn Blankenship	UK Extension Office
Dr. Lauren McClain	Grantibly

The data committee chose to use the Community Health Assessment Toolkit (<https://www.healthycommunities.org/resources/community-health-assessment-toolkit>) as a guide to executing the survey. The goal with this survey was to reach as many people and populations as possible within our communities being intentional with the data we gathered and voices we heard. We wanted to not only increase the number of surveys completed but more importantly ensure the survey responses represented the diversity of our community. In Warren County specifically, this meant intentionally reaching out to our refugee and immigrant populations as well as the entities that are serving those populations.

The survey committee reviewed several surveys used by other health departments across the state and used some of the questions from those surveys in addition to questions determined by the data committee based on the end goal. Alchemer was used to create and administer the survey.

Methodology

The survey was developed and administered using Alchemer, an online survey platform commonly used by health departments across the country. While the Data Committee reviewed similar surveys conducted by other health departments and incorporated some questions, most of the survey content was created by Dr. Lauren McClain in collaboration with the Data Committee. The primary objective of the survey was to gather insights from community members about their experiences and perspectives on key health priorities identified by BRIGHT. These priorities included Physical Health, Nutrition, Diabetes, Tobacco Use, Substance Use, Mental Health, and other Community Health Needs. The survey explored both community strengths and challenges related to health, as well as respondents' attitudes and knowledge about specific health issues. Additionally, it collected sociodemographic background data. All questions were written at an 8th grade reading level and were close-ended. Data analysis was conducted using SAS and Excel.

The survey was available from August 15th, 2024 – November 13th, 2024. It was distributed through multiple channels, including the BRIGHT Coalition's social media pages and networks, email listservs of community nonprofits, and various community events. There were also table tents set out at Med Center locations as well as Graves Gilbert locations. Mailing invitations were sent to a random selection of 50 addresses in each of the 10 counties in hopes to encourage the communities' participation.

In the window of the survey, Med Center Health had the survey displayed as a popup as well as table tents around the hospitals and each clinic location. The table tents had a QR code where individuals could scan with their phone and fill the survey out. There were times where the survey was included multiple times in the weekly MCHLife email.

The Medical Center at Russellville Service Area

The Medical Center at Russellville is located in south-central Kentucky just approximately 20 miles from the Tennessee state line. We provide inpatient and outpatient services to the city of

Russellville and the communities of Logan County. We have patients that come from the surrounding counties around Logan, which include: Muhlenberg, Todd, Warren, Butler, Simpson, and Christian. There are also patients from neighboring northern Tennessee counties, Robertson and Montgomery counties, that The Medical Center at Russellville serves.

Blue section on map represents Logan County.



Community Demographics

The Barren River District has 10 counties: Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren. The calculated 2023 U.S. census estimate as of July 1st, 2023, says there are approximately 252,326 people in these 10 counties combined. The same census estimate also shows that 28,283 of these people come from Logan County. This adds just 854 people to the population since the last U.S. Census reported since April 1st, 2020.

The table below is based on the U.S. Census for Logan County, KY, as well as Kentucky as a whole from census.gov.

	<i>Logan County</i>	<i>Kentucky</i>
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Population	28,283	4,526,372
18 years and younger	24.2%	22.5%
65 years and older	19.1%	17.8%
Female	50.3%	50.4%
White	90.8%	86.7%
Black	6.1%	8.8%
American Indian	0.5%	0.3%
Asian	0.4%	1.8%
Hispanic	3.8%	5.0%
Native Hawaiian/Other Pacific Islander	0.1%	0.1%
Two or More Races	2.2%	2.3%

The tables below are based on health factors/behaviors reported for the state of Kentucky by countyhealthrankings.org.

Table 1

Health Factors	Logan County	Kentucky
Adult Smoking	23%	20%
Adult Obesity	41%	41%
Physical Inactivity	31%	30%
Access to Exercise Opportunities	43%	70%
Excessive Drinking	15%	15%
Alcohol-Impaired Driving Deaths	32%	26%
Sexually Transmitted Infections	273.7	410.3

Teen Births	38	26
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Table 2

<i>Clinical Care</i>	<i>Logan County</i>	<i>Kentucky</i>
Uninsured	8%	7%
Primary Care Physicians	4,630:1 (Ratio based on population to primary care physician)	1,6000:1 (Ratio based on population to primary care physician)
Dentists	3,980:1 (Ratio based on population to dentist)	1,500:1 (Ratio based on population to dentist)
Mental Health Providers	1,740:1 (Ratio based on population to mental health provider)	340:1 (Ratio based on population to mental health provider)
Preventable Hospital Stays	3,571	3,457
Mammography Screening	44%	42%
Flu Vaccinations	49%	44%

Table 3

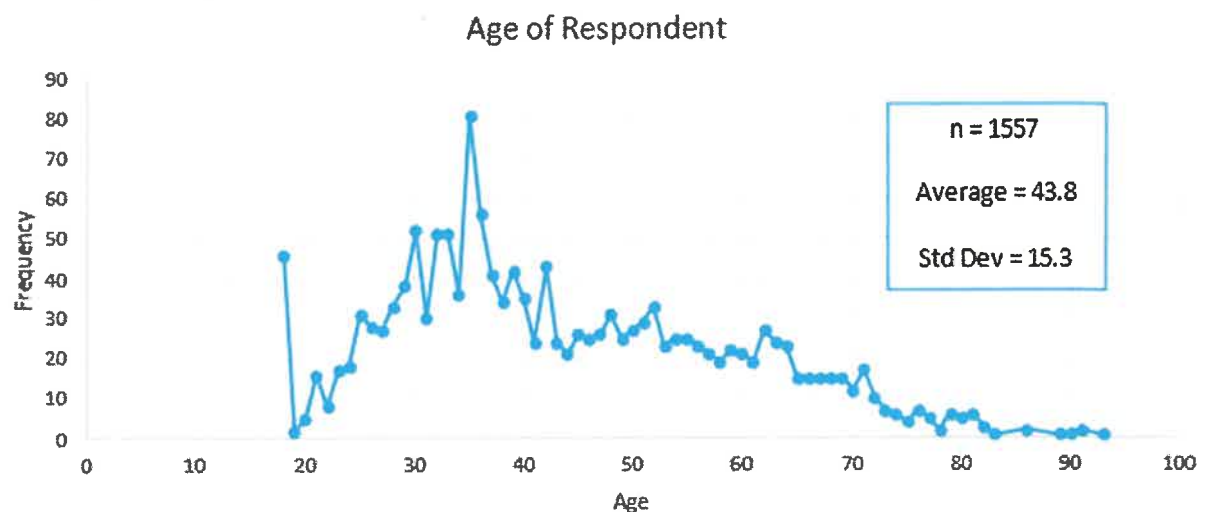
<i>Social and Economic Factors</i>	<i>Logan County</i>	<i>Kentucky</i>
High School Completion	88%	88%
Some College	53%	63%
Unemployment	3.5%	3.9%
Children in Poverty	20%	21%
Income Inequality	4.4x	4.9x
Children in Single-Parent Households	21%	25%

Injury Deaths	82	106
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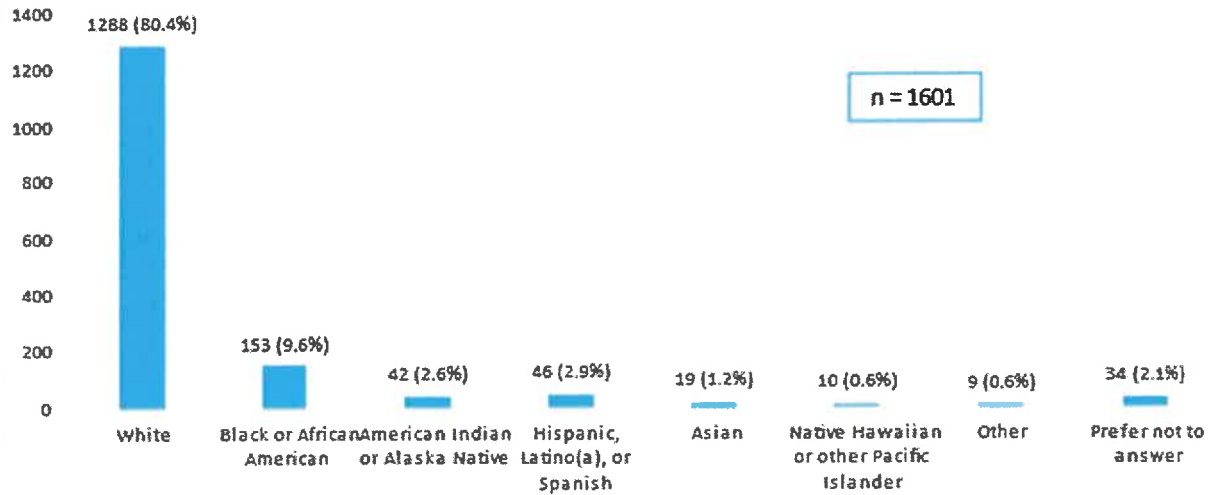
Demographics of Survey Participants

When the data from the BRIGHT Coalition was submitted, it showed that there were 1,783 participants in the survey. The age range of these responses to the survey were 18 to 93 years old. The average Out of these participants, 177 of them were from Logan County, which makes up around 10% of the survey participants.

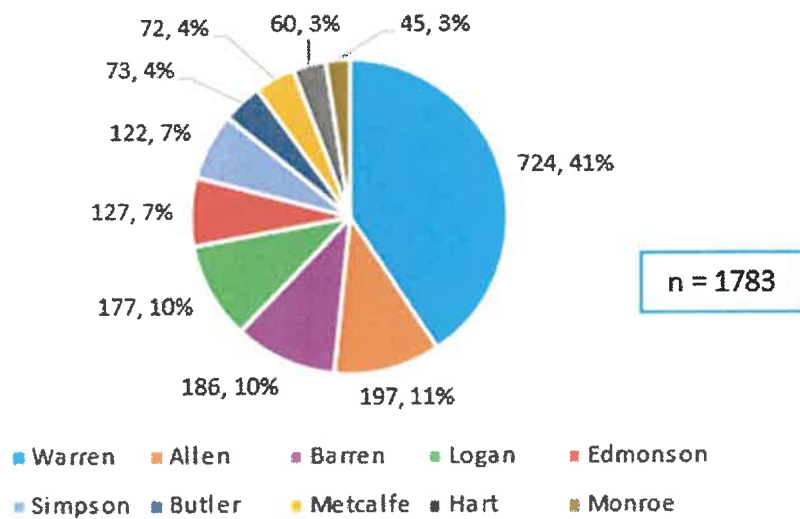
The following graphs represent respondent demographics:



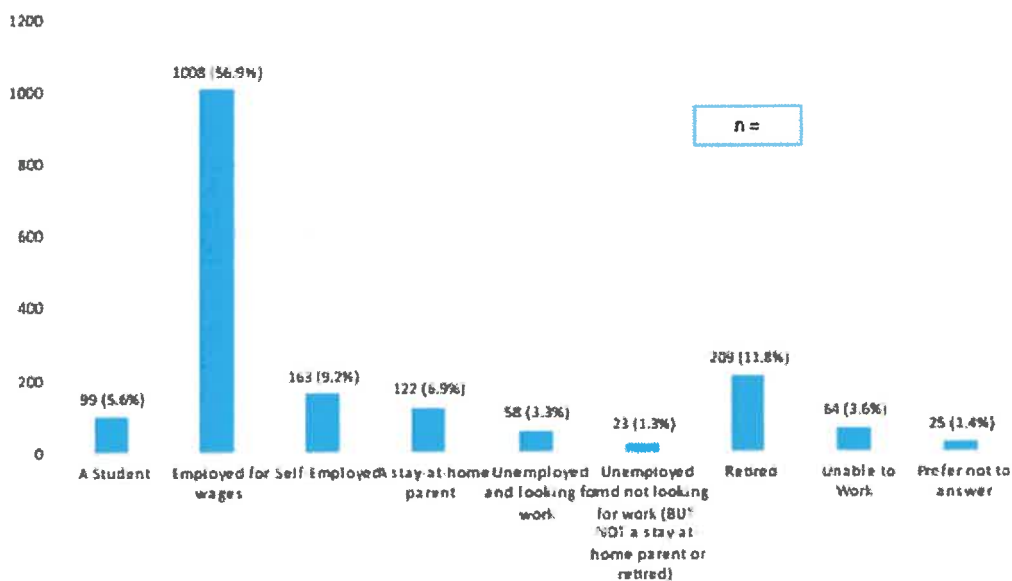
What is your race/ethnicity? Please select all that are true for you.



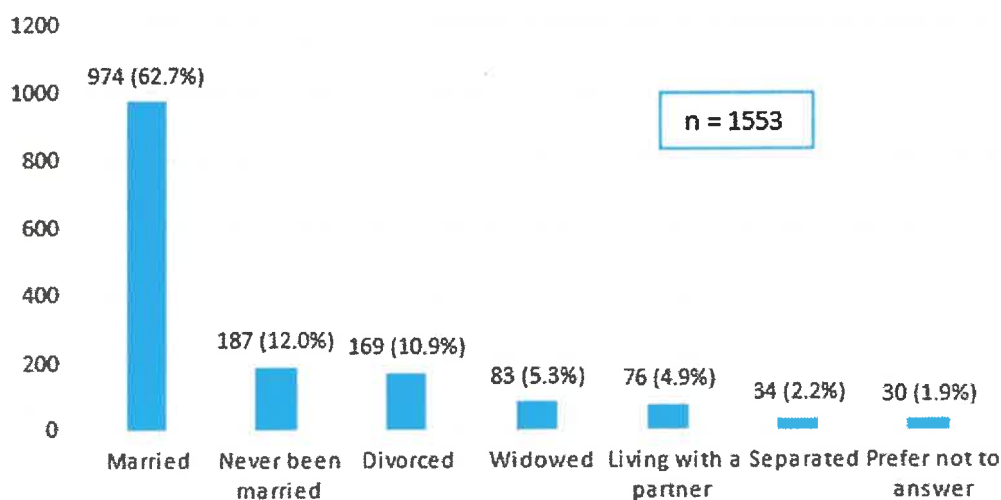
County of Residence



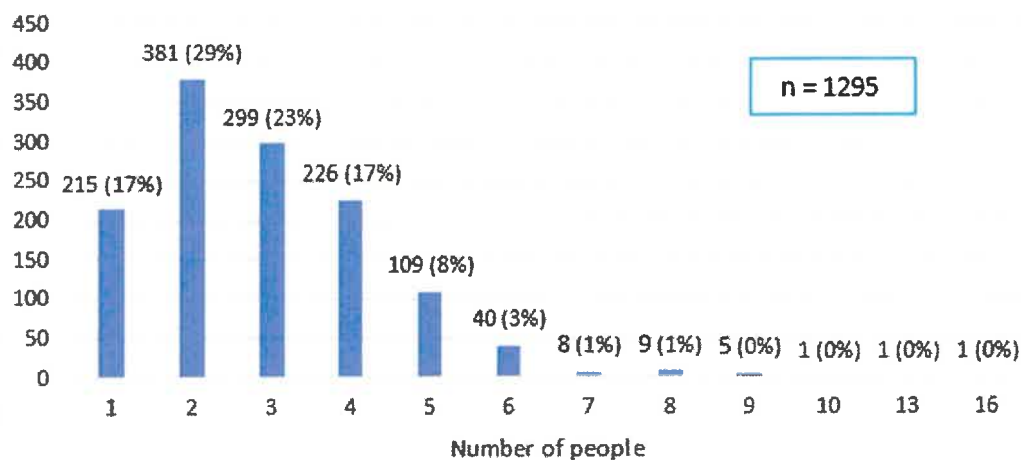
Are you currently...? Please select all that apply.



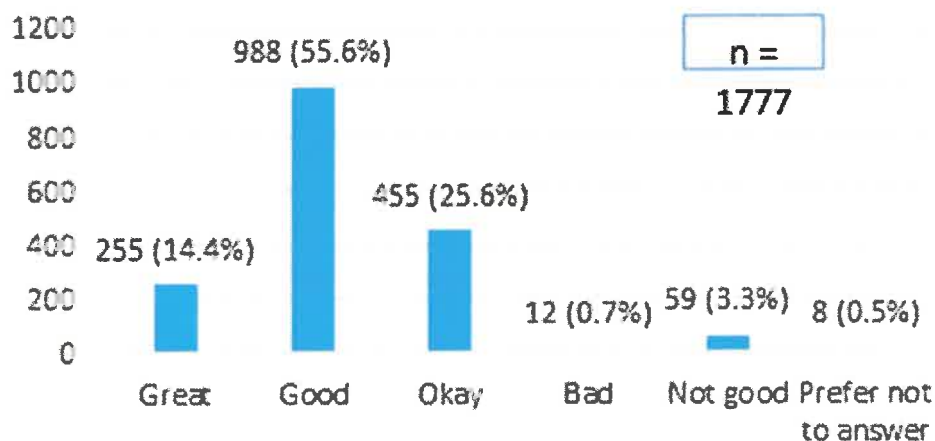
Marital Status



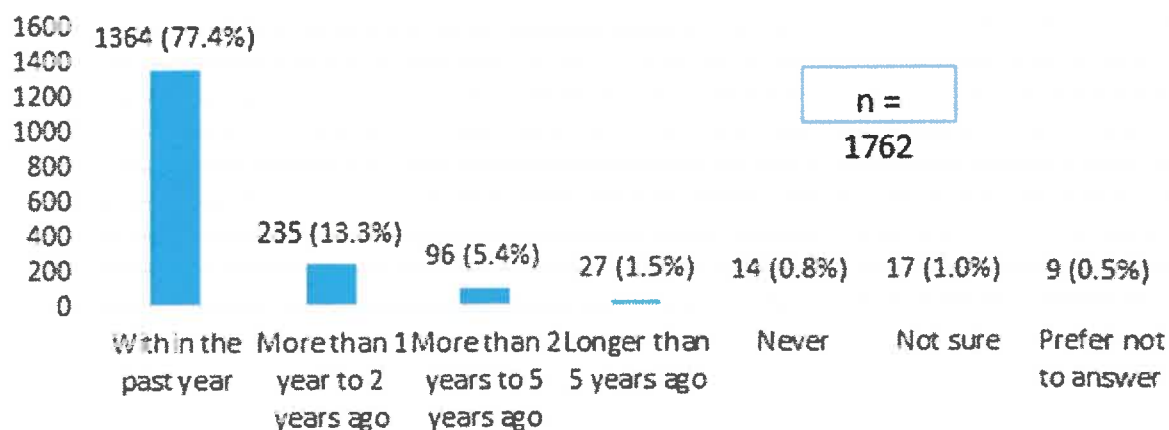
How many people, including you, live with you most of the time?



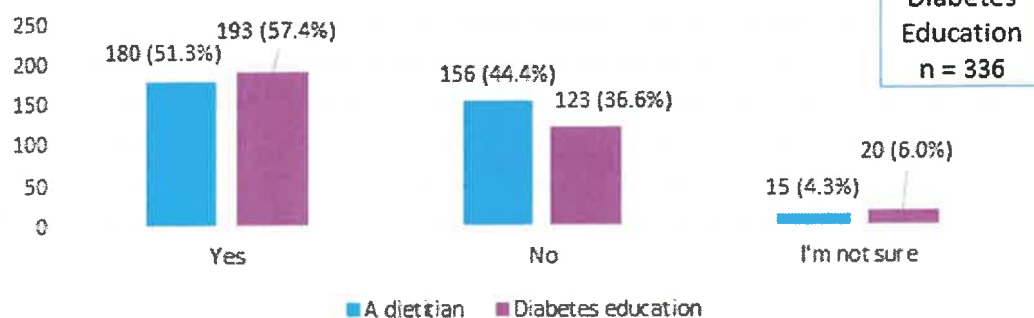
In general, would you say your health is...?



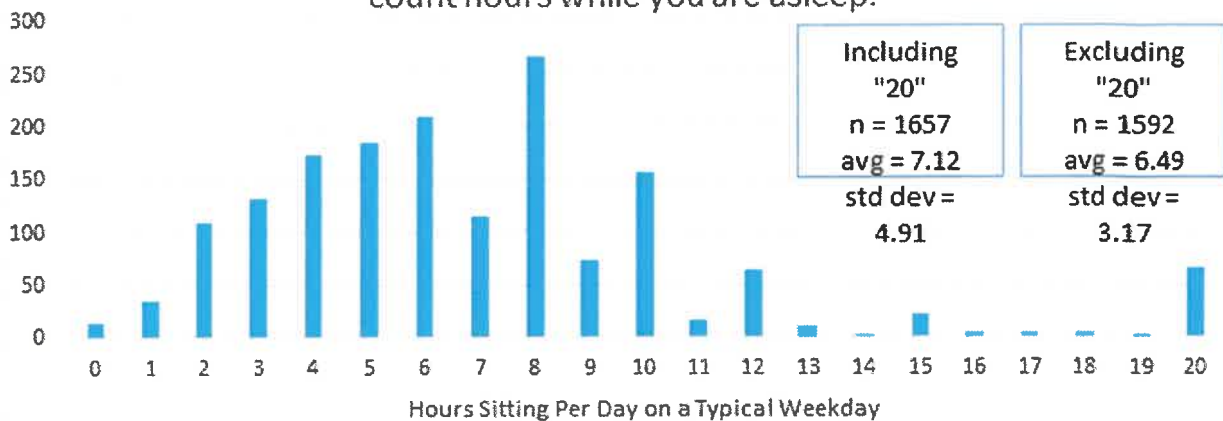
When did you last visit a doctor or nurse for a regular health check?



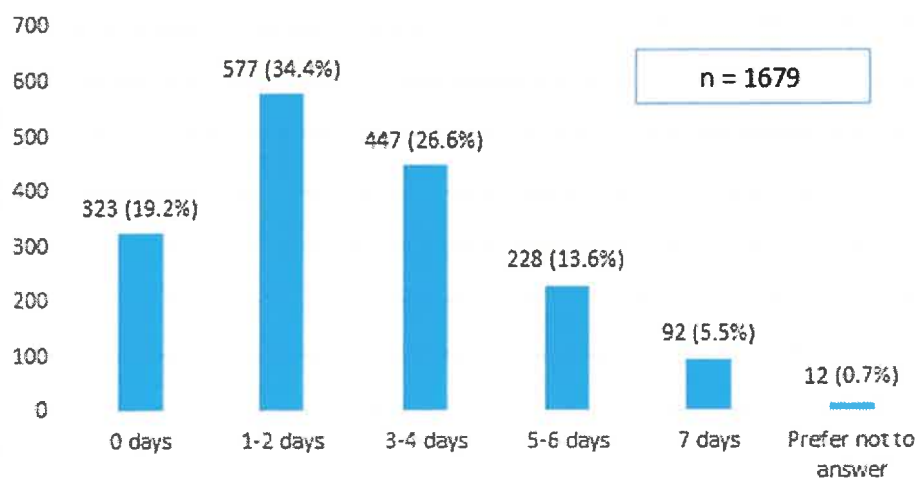
For those who are diabetic or pre-diabetics: Have you been referred to a dietitian/diabetes education



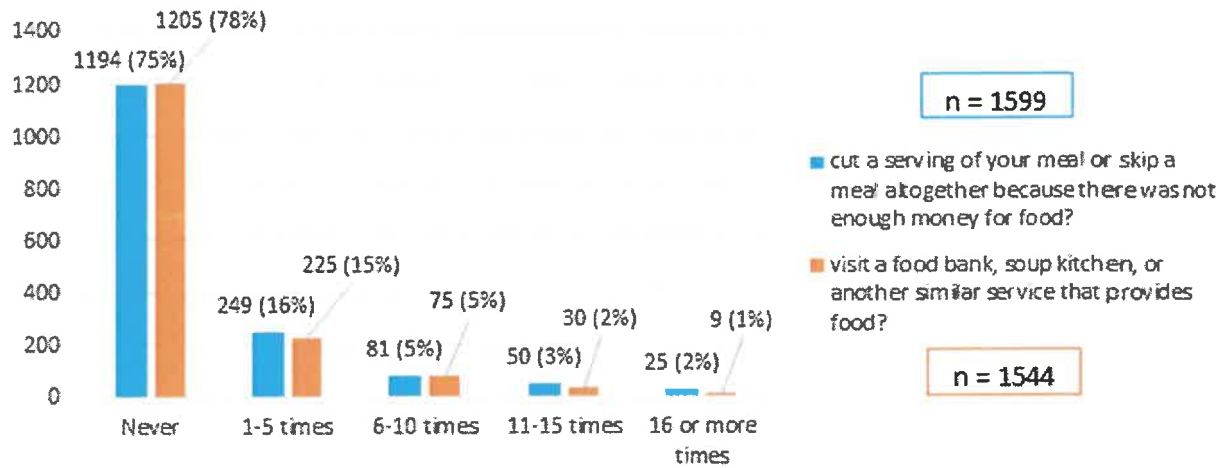
During a typical weekday (Monday - Friday), how many hours do you sit per day? This could be while working or during fun or down time (such as watching tv or playing video games). Do not count hours while you are asleep.



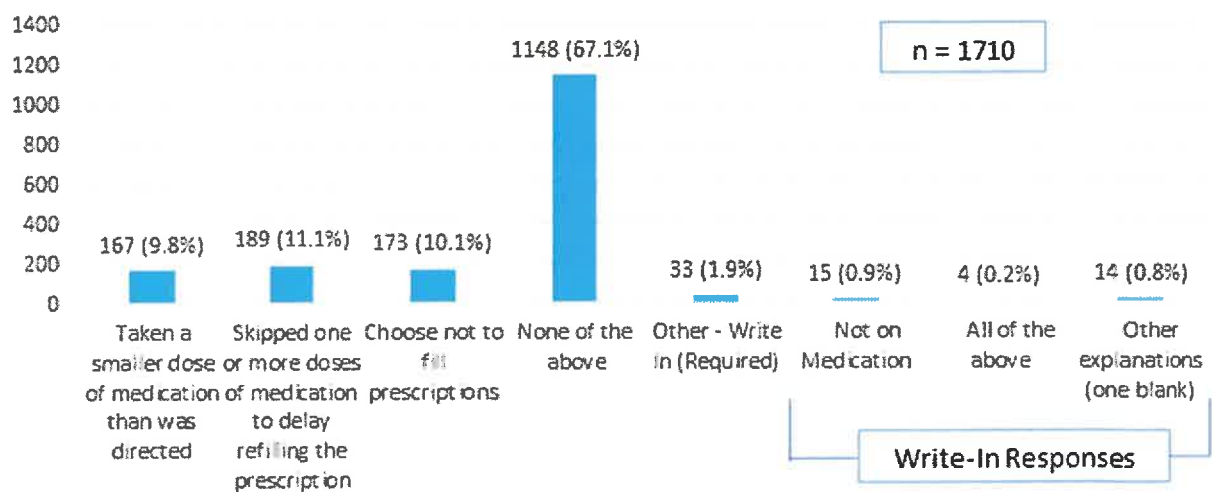
How many days per week do you exercise?



In the last 30 days how many times did you...



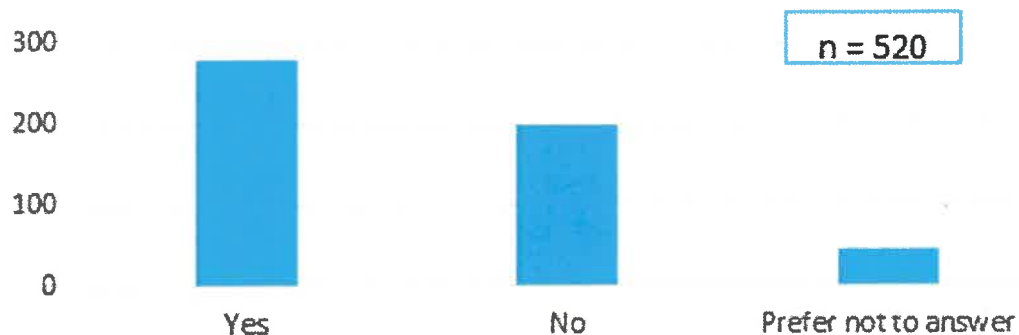
In the past year, have you done any of the following to save money?



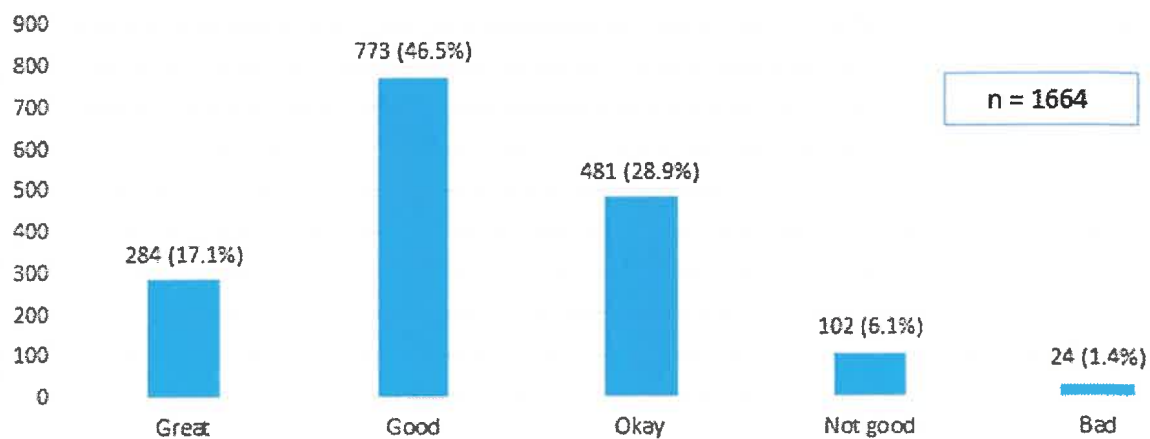
How Often Do You Use Each of the Following? (Count/%)

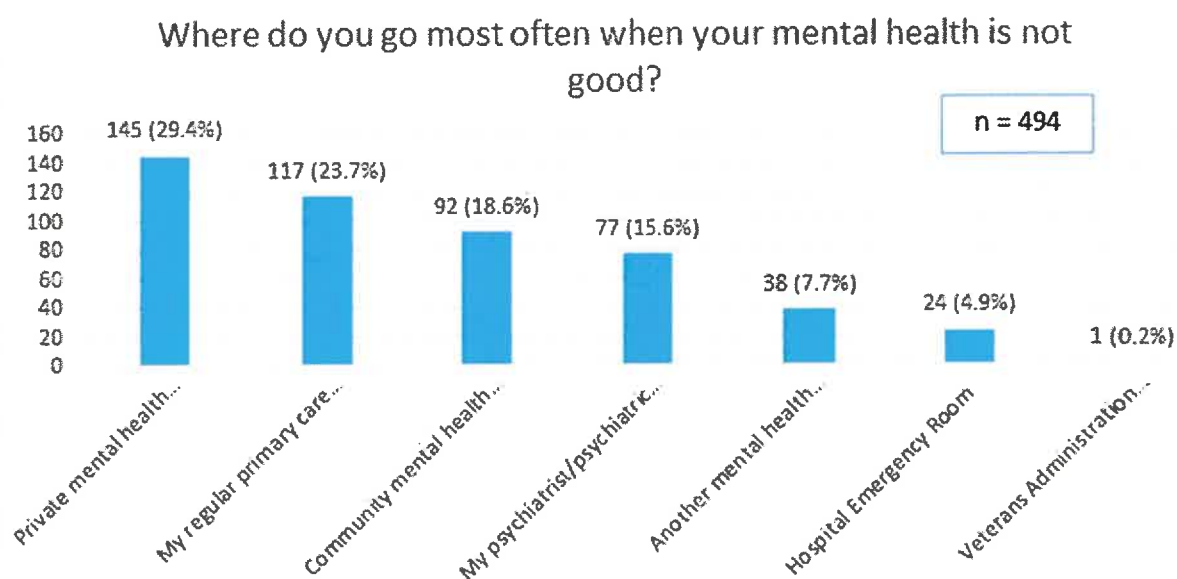
	<i>Everyday</i>	<i>Some Days</i>	<i>Not At All</i>	<i>Prefer Not to Answer</i>	<i>Total</i>
Smoke Cigarettes	224 (13.7%)	186 (1.4%)	1199 (73.4%)	25 (1.5%)	1634 (100%)
Use Chewing Tobacco or Snuff	47 (2.9%)	99 (6.1%)	1453 (89.5%)	25 (1.5%)	1624 (100%)
Use E-Cigarettes or Other Electronic Vaping Products	109 (6.7%)	176 (10.8%)	1318 (80.9%)	26 (1.6%)	1629 (100%)

Do you want to stop using tobacco products?



Self-Described Mental Health





Survey Results Specific to Logan County

Medical care accessibility is just one of the many factors that influences a person's health. Economic and social conditions also play a crucial role in overall well-being. Social drivers of health (SDOH) include the environments where people are born, work, live, learn, and play, all of which impact health outcomes and the quality of life.

The following charts present data on housing stability, financial well-being, and insurance coverage by county.

The first chart below illustrates housing stability by county. In Logan County, 89.9% of survey respondents reported having stable housing.

Housing Stability by County				
County	Stable housing	Insecure housing	No housing	Total



Allen	136	30	7	173
	78.6	17.3	4.1	100%
Barren	129	27	5	161
	80.12	16.77	3.11	100%
Butler	52	8	2	62
	83.9	12.9	3.2	100%
Edmonson	88	14	9	111
	79.3	12.6	8.1	100%
Hart	36	10	6	52
	69.23	19.23	11.54	100%
Logan	133	12	3	148
	89.9	8.1	2.0	100%
Metcalfe	43	13	5	61
	70.5	21.3	8.2	100%
Monroe	27	9	5	41
	65.9	22.0	12.2	100%
Simpson	87	4	5	96
	90.6	4.2	5.2	100%
Warren	548	45	10	603
	90.9	7.5	1.7	100%
Total	1279	172	57	1508

The chart below shows financial wellbeing by county. In Logan County, 42.9% of the respondents said they were “living comfortably”, while 44.2% of the respondents said they were “getting by”.

Financial Wellbeing by County										
	Living comfortably		Getting by		Finding it difficult to get by		Finding it very difficult to get by		Total	
	Count	% of County	Count	% of County	Count	% of County	Count	% of County	Count	% of Respondents
Allen	52	30.1	76	43.9	28	16.2	17	9.8	173	11.4
Barren	60	37.7	73	45.9	15	9.4	11	6.9	159	10.5
Butler	13	20.6	41	65.1	7	11.1	2	3.2	63	4.2
Edmonson	32	28.3	59	52.2	18	15.9	4	3.5	113	7.5
Hart	16	29.1	26	47.3	6	10.9	7	12.7	55	3.6
Logan	63	42.9	65	44.2	15	10.2	4	2.7	147	9.7
Metcalfe	7	11.7	40	66.7	10	16.7	3	5.0	60	4.0
Monroe	11	26.2	25	59.5	3	7.1	3	7.1	42	2.8
Simpson	31	33.3	42	45.2	15	16.1	5	5.4	93	6.2
Warren	239	39.4	270	44.5	67	11.0	31	5.1	607	40.2
Total	524	100%	717	100%	184	100%	87	100%	1512	100%

The chart below shows insurance coverage by county. In Logan County, around 60% of respondents say they have “insurance through an employer”. Only 1.31% say they have no insurance, and 7.19% say they are self-pay.

Insurance by County



Count % of County	Insurance through an employer	Insurance through the government	Self-pay insurance	No insurance	Total
Allen	86	61	15	10	172
	50	35.47	8.72	5.81	100%
Barren	75	59	12	17	163
	46.01	36.2	7.36	10.43	100%
Butler	32	16	9	7	64
	50	25	14.06	10.94	100%
Edmonson	44	39	16	15	114
	38.6	34.21	14.04	13.16	100%
Hart	19	24	8	4	55
	34.55	43.64	14.55	7.27	100%
Logan	92	48	11	2	153
	60.13	31.37	7.19	1.31	100%
Metcalfe	25	23	7	5	60
	41.67	38.33	11.67	8.33	100%
Monroe	21	15	2	4	42
	50	35.71	4.76	9.52	100%
Simpson	46	34	4	5	89
	51.69	38.2	4.49	5.62	100%
Warren	432	130	24	19	605
	71.4	21.49	3.97	3.14	100%
Total	872	449	108	88	1517
	57.48	29.6	7.12	5.8	100%

Top 5 Healthy Community Factors by County					
County	1st Factor (% Selected)	2nd Factor (% Selected)	3rd Factor (% Selected)	4th Factor (% Selected)	5th Factor (% Selected)
Allen	Access to Healthcare (41.12%)	Healthy Behaviors (28.93%)	Strong Families (24.37%)	Good Jobs (23.35%)	Low Crime (20.81%)
Barren	Access to Healthcare (40.86%)	Healthy Behaviors (34.41%)	Strong Families (17.74%)	Good Schools (16.67%)	Low Crime (24.19%)
Butler	Access to Healthcare (32.88%)	Belonging (26.03%)	Low Crime (28.77%)	Healthy Behaviors (24.66%)	Good Jobs (23.29%)
Edmonson	Access to Healthcare (29.92%)	Good Place to Raise Kids (29.13%)	Belonging (26.77%)	Low Crime (25.98%)	Healthy Behaviors (23.62%)
Hart	Low Crime (35.0%)	Access to Healthcare (33.33%)	Healthy Behaviors (26.67%)	Strong Families (25.00%)	Good Jobs (23.33%)
Logan	Access to Healthcare (42.37%)	Healthy Behaviors (27.68%)	Belonging (27.12%)	Good Place to Raise Kids (24.29%)	Low Crime (22.60%)
Metcalfe	Access to Healthcare (41.67%)	Healthy Behaviors (33.33%)	Belonging (29.17%)	Farmers' Market (23.61%)	Affordable Housing (Tied, Clean Environment) (20.83%)

Monroe	Belonging (31.11%)	Access to Healthcare (31.11%)	Healthy Behaviors (28.89%)	Low Crime (24.44%)	Good Schools (24.44%)
Simpson	Access to Healthcare (50.00%)	Healthy Behavior (27.87%)	Low Crime (30.33%)	Good Jobs (22.95%)	Community Parks (22.13%)
Warren	Access to Healthcare (49.86%)	Healthy Behaviors (35.91%)	Good Jobs (28.18%)	Clean Environment (20.99%)	Community Parks (19.34%)

The chart above outlines the five healthy community factors in Logan County. According to the chart, it is access to healthcare, healthy behaviors, belonging, good place to raise kids, and low crime.

Identified Needs

Key findings highlight the vital role of accessible healthcare, healthy lifestyles, and economic stability in promoting overall well-being. Significant gaps were identified in mental health services, where cost and social stigma often create barriers to care. Economic challenges also further restricts access to essential health services. The BRIGHT Coalition is well-positioned to lead collaborative efforts with local organizations, government agencies, and healthcare providers to address these challenges. By improving access to care, enhancing economic stability, and educating the community on health practices, the Coalition can play a crucial role in strengthening public health standards and ensuring equitable healthcare outcomes for all residents in the BRADD region.

During this survey, the participants were asked to identify the top three factors they believe contribute to maintaining good health in their community. The most commonly chosen factor was access to healthcare, selected by 780 participants (43.8%). This emphasized the importance of readily available medical services. The second most frequently mentioned factor was healthy

behaviors and lifestyles. This was selected by 565 participants (31.7%), highlighting the importance of diet, exercise, and other habits in maintaining health. The third most cited factor was the presence of good jobs and a strong economy, chosen by 426 participants (23.9%). This reflects the connection between financial stability and access to health-promoting resources.

Participants were also asked to identify up to three major issues or barriers within their community that negatively impact health. The top five concerns reported were poor eating habits, lack of exercise, low wages, substance misuse, and limited access to healthcare. While additional challenges were mentioned – including homelessness, housing insecurity, restricted access to healthy food, excessive social media use, and limited access to medications – these five emerged as the most significant issues affecting community health.

****Based on the full survey results, it is unclear whether the factors identified as positively impacting health are currently present in the community or if participants perceive them as essential components of a healthy community.***

<i>Factors Positively Impacting Health</i>	<i>Issues/Barriers that are Impacting Health</i>
Access to Healthcare	Poor Eating Habits
Healthy Behaviors	Lack of Exercise
Good Jobs	Lack of Livable Wage
Low Crime	Substance Misuse
Clean Environment	Limited Access to Healthcare

Prioritized Areas

Based on survey responses, community data, and state initiatives, we have identified the following priorities for the next cycle:

- ***Access to Mental Health Services***
- ***Access to Transportation***

Our goal is to focus on these needs and improve the overall health as well as the overall well-being of individuals in the community of Logan County. Even though we are not prioritizing the barriers of health listed in the previous paragraphs, The Medical Center at Russellville will still continue to strive to better these issues in our community going forward.

Identified Priorities That Will Not Be Addressed at This Time

Although, we know that there are more needs that need to be addressed such as tobacco use, obesity, cost of care, etc., we think that access to mental health care as well as access to transportation are our two biggest current needs that need to be addressed and communicated to our community. There were several statistics in the BRIGHT Coalition Survey where our community spoke and said access to mental health care is a big need across our community and Logan County as a whole. We also see a transportation need first hand at our facility. There are so many times that we have patients who enter The Medical Center of Russellville with no way to get back to their homes.

The chart below shows the top five selected barriers in health services that were identified in Logan County.

Top Five Barriers to Health Services	
Logan County	
Barrier	Percent
I don't have any barriers	38.4
Can't take time off work	18.1
Can't get an appointment that works for my schedule	14.7
Costs too much for appointments, procedures, or medications	14.1
Worried the doctor won't take me seriously	10.7
I don't have insurance	6.2

Community Resources to Address Needs

Healthcare Facilities

- The Medical Center at Russellville
 - Primary Care (locations in Russellville, Auburn, and Elkton)
 - Emergency Department
 - General Surgery
 - Physical Therapy
 - Orthopedics
 - Multiple Specialties
- Fast Pace Urgent Care
- Graves Gilbert Clinic
 - Primary Care
- Singh Medical Associates
- Southern Kentucky Primary Care
- Priority Primary Care
- Community Health Centers of Western Kentucky
- Red Maple Pediatrics
- Jennie Stuart OB/GYN

Mental Health Facilities

- LifeSkills, Inc

Substance Abuse Facilities/Assistance

- Grace Recovery Home

Physical Activity Facilities/Areas

- Russellville Carpenter Center
- Quick Fit of Russellville
- For His Glory Fitness
- Turning Point Fitness LLC

- Logan County Gymnastics
- Russellville City Park
- Baker Nature Trail

Food Assistance

- Logan County Good Samaritan
- Community Action
- Logan County Schools FRYSC Program

***The Medical Center at Russellville Implementation Strategies for
Addressing Community Health Needs***

2025-2027

For the next three years, these recommendations from the Community Health Needs Assessment as well as hospital staff, Administration, and Board of Directors, will help The Medical Center leadership team address the community's health needs.

Partnerships with Community Health Providers and Organizations

- I.*** Logan County School System
- II.*** Russellville Independent School System
- III.*** Todd County School System
- IV.*** Logan County Public Library
- V.*** Logan County/Barren River Health Department
- VI.*** Lifeline Home Health
- VII.*** Hometown Manor
- VIII.*** Active Day of Russellville
- IX.*** Walgreens
- X.*** Blount Rural Health Clinic

- XI.** Community Health Centers of Western Kentucky
- XII.** Community Action
- XIII.** LifeSkills, Inc

Implementation Strategies

Identified Priority: Access to Mental Health Services

Partners:

- LifeSkills, Inc

Goals:

- Reduce the stigma around mental health ultimately show the community that mental health is a part of healthcare and should not be shameful.
- Increase knowledge to the public on mental health and have them know there are resources within the community.

Plan:

- Invite our local mental health clinic to our yearly community health fair to share accurate to visitors about their mental health and access to mental health care.
- Use social media to raise awareness, promote, and inform the community on mental health by connecting them with local mental health services that Logan County has to offer.

Identified Priority: Transportation

Partners:

We currently do not have any partners for transportation services in Logan County but do have several different companies that drop off and pick up patients from the facility.

Goals:

- Provide the community with information about different ways they can be transported to and from health services.
- Partner with transportation service and communicate with the community about their services.

Plan:

- Have the transportation service company come to our facility and set up and promote their business and provide our patient and visitors with information and what they offer.
- Promote the transportation service through our social media page to let the community know they are available for transportation needs.

Full BRIGHT Coalition Survey

Community Health Needs Assessment

1) Which county do you live in? *

☐ Allen

☐ Barren

☐ Butler

☐ Edmonson

☐ Hart

☐ Logan

☐ Metcalfe

☐ Monroe

☐ Simpson

☐ Warren

☐ Another county or state - **Please do not complete the survey if you live in another county or state**

2) What is the ZIP code where you live (or where you most often stay)?

3) What helps people stay healthy in your community? **Pick the top 3.**

☐ Good place to raise children

☐ Low crime / safe neighborhoods

☐ Good schools

☐ Access to health care (e.g., family doctor)

☐ Parks and recreation

☐ Clean environment

☐ Affordable housing

☐ Arts and cultural events

☐ Inclusive community (in other words, people are accepted for who they are)

☐ Good jobs and healthy economy

☐ Strong family life

☐ Healthy behaviors and lifestyles

☐ Farmer's markets

☐ Local leaders (such as government or school leaders) who prioritize health

- ☐ Sense of community belonging (for example: religious participation, welcoming community events and places)
- ☐ Other - Write In (Required): _____

☐ Prefer not to answer

4) Where do you usually get information about staying healthy? **Check all the places you use.**

- ☐ Healthcare provider
- ☐ Public health officials (such as your local health department or the CDC)
- ☐ Friends/family
- ☐ Social media (such as TikTok, Facebook, Instagram, YouTube)
- ☐ Internet sources other than social media (sources such as Google or WebMD)
- ☐ Television (news programs)
- ☐ Radio
- ☐ Community Events (such as health fairs or events for particular health concerns)
- ☐ Other - Write In (Required): _____

5) In general, would you say your health is...?*

- ☐ Great
- ☐ Good
- ☐ Okay
- ☐ Not good
- ☐ Bad
- ☐ Prefer not to answer

6) In the last month, how many days did being sick, ill, or hurt stop you from your usual activities like taking care of yourself, working, or having fun?*

7) When did you last visit a doctor or nurse for a regular health check?*

- ☐ Within the past year – **Skip to # 9**
- ☐ More than 1 year to 2 years ago
- ☐ More than 2 years to 5 years ago
- ☐ Longer than 5 years ago
- ☐ Never
- ☐ Not sure
- ☐ Prefer not to answer

8) If you haven't seen a doctor in the last year, why not? **Check all the reasons.**

- ☐ Cost of the visit
- ☐ Transportation
- ☐ Unable to take time off work
- ☐ Cost of the treatment
- ☐ Don't have health insurance
- ☐ Lack of child care
- ☐ Lack of available doctors
- ☐ Could not find a doctor that accepts my insurance
- ☐ I don't like or trust doctors
- ☐ Other - Write In (Required): _____

9) Do you have diabetes?*

- ☐ Yes, I am diabetic
- ☐ I am pre-diabetic
- ☐ No, I am not diabetic - Skip to #11
- ☐ I do not know - Skip to #11
- ☐ Prefer not to answer - Skip to #11

10) Have you been referred to

	Yes	No	I'm not sure
a dietitian (someone who helps you learn what foods to eat and what foods to avoid)			
diabetes education (to help you learn more about your condition and how to care for yourself)			

11) In the past year, have you done any of the following to save money?

- ☐ Skipped one or more doses of medication to delay refilling the prescription
- ☐ Choose not to fill prescriptions
- ☐ Taken a smaller dose of medication than was directed

() Other – Write In (Required): _____

() None of the above

12) In the last year, was there anything you or your family needed but couldn't get? **Check all the boxes that apply.***

☐ Addiction Services

☐ Mental health care services

☐ Child Care

☐ Clothing

☐ Domestic Violence Assistance

☐ Elder Care

☐ Employment

☐ Food

☐ Health Care

☐ Housing

☐ Adult educational services

☐ Transportation

☐ Utilities

☐ None of the above

☐ Other - Write In (Required): _____

☐ Prefer not to answer

13) What makes it hard for you to get health services? **Check any problems you face. ***

☐ I don't have any barriers

☐ Costs too much for appointments, procedures, or medications

☐ I don't have a car or can't afford gas for my car/truck

☐ Don't have someone to give me a ride

☐ Can't take time off work

☐ Disability (mental/physical)

☐ Worried the doctor won't take me seriously

☐ Worried the doctor doesn't like caring for or treating with people like me

☐ Don't know where to obtain services

☐ Can't get an appointment that works for my schedule

☐ No doctors available

- ☐ I don't have insurance
- ☐ Don't have child care
- ☐ Language barriers
- ☐ Other - Write In (Required): _____
- ☐ Prefer not to answer

14) During a typical weekday (Monday - Friday), how many hours do you sit per day? This could be while working or during fun or down time (such as watching tv or playing video games). Do not count hours while you are asleep.*

15) How many hours do you sleep on a normal week night? *

16) How many **days per week** do you exercise? This could include walking, running, riding a bike, lifting weights, doing yoga or Pilates, playing a sport, or any other activity that you do to work out your body. Do NOT include physical activity that is part of your job. *

- ☐ 0 days
 - ☐ 1-2 days
 - ☐ 3-4 days
 - ☐ 5-6 days
 - ☐ 7 days
 - ☐ Prefer not to answer
- 17) On days you exercise, how many minutes per day do you usually exercise for?

18) How would you describe your overall mental health?*

- ☐ Great
- ☐ Good
- ☐ Okay
- ☐ Not good
- ☐ Bad

19) Now thinking about your mental health, which includes stress, depression, and problems with emotions, how many days during the past 30 days was your mental health **not** good?*

20) People can get counseling, treatment, or medicine for many different reasons, such as:
For feeling depressed, anxious, or "stressed out"

Personal problems (like when a loved one dies or when there are problems at work)

Family problems (like marriage problems or when parents and children have trouble getting along)

Needing help with drug or alcohol use

For mental or emotional illness

In the last 12 months, did you get counseling, treatment, or medicine for any of these reasons?*

☐ Yes – **Skip to #23**

☐ No – **Continue to #21 & #22 but skip #23**

☐ Prefer not to answer

21) In the last 12 months, did you **want to** get counseling, treatment, or medicine but were unable to?

☐ Yes, I wanted to but couldn't

☐ No, I did not want counseling, treatment, or medicine

22) What stops you from getting mental health services when you need them? **Check all that apply.**

☐ I am ashamed or uncomfortable talking about personal issues

☐ I do not have internet access to find a provider

☐ I can't get in to see a mental health provider

☐ Don't have a ride or a way to get there

☐ Language/cultural

☐ The times they are open do not work with my schedule

☐ I don't have insurance

☐ I have insurance but it doesn't cover mental health

☐ Services cost too much

☐ Tried before, it didn't work

☐ Tried before, takes too long to get an appointment

☐ Other - Write In (Required):

23) Where do you go most often when your mental health is not good?

☐ Community mental health center (ex: LifeSkills)

☐ Private mental health practice (ex: a therapist with their own place or with a small group of other therapists)

☐ My psychiatrist/psychiatric nurse practitioner

☐ Hospital Emergency Room

☐ My regular primary care doctor

☐ Veterans Administration Hospital (VA)

☐ Another mental health service (please specify): _____

24) How often do you feel lonely or like you are by yourself?

☐ Always

☐ A lot

☐ Often

☐ Sometimes

☐ Never

5) How often do you use each of the following?*

	Every day	Some days	Not at all	Prefer not to answer
Smoke cigarettes				
Use chewing tobacco or snuff				
Use e-cigarettes or other electronic vaping products				

If you use any cigarettes, chewing tobacco, snuff, e-cigarettes, or other electronic vaping products, please answer #26. If not, please skip to #27

26) Do you want to stop using tobacco products?*

☐ Yes

☐ No

☐ Prefer not to answer

27) Which of the following options for quitting smoking are available in your community? Check all that apply.

☐ Nicotine patch

☐ Nicotine gum or lozenges

☐ Prescription medication

☐ Counseling, support groups, or help line

☐ Switching to electronic or e-cigarettes (vaping)

☐ Cold turkey or stopping without any other substitute or intervention

☐ Other - Write In (Required): _____

28) During the past 30 days, how many days per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

29) Have you ever felt you should cut down on your drinking?

☐ Yes

☐ No

30) In the last 30 days how many times did you...

cut a serving of your meal or skip a meal altogether because there was not enough money for food?

☐ Never

☐ 1-5 times

☐ 6-10 times

☐ 11-15 times

☐ 16 or more times

visit a food bank, soup kitchen, or another similar service that provides food?

☐ Never

☐ 1-5 times

☐ 6-10 times

☐ 11-15 times

☐ 16 or more times

31) Which of the following caregiving responsibilities do you have on a regular basis? **Check all the boxes that are true for you.***

☐ One or more children under age 5

☐ One or more children between the ages of 5 and 11

☐ One or more children between the ages of 12 and 18

☐ One or more family members (including children) with disabilities

☐ One or more family members (including children) with significant health care issues

☐ Aging parents who live with me

- ☐ Aging parents who do not live with me but who I care for regularly
- ☐ Other - Write In (Required): _____
- ☐ I do not have caregiving responsibilities

If you do not have caregiving responsibilities, skip to #33.

32) Have you had difficulties with any of the following? **Check all the boxes that are true for you.**

- ☐ Finding childcare options
- ☐ The cost of childcare
- ☐ Finding preschools
- ☐ The availability of preschool spots
- ☐ Afterschool care for children
- ☐ Finding doctors for those I care for
- ☐ Affording health care costs for those I care for
- ☐ Finding someone to help care for aging parents
- ☐ Difficulty affording help to care for aging parents
- ☐ Finding support for disabled family member
- ☐ My own mental health or stress for providing care
- ☐ I don't have time for myself due to caregiving responsibilities
- ☐ I do not have caregiving difficulties
- ☐ Other - Write In (Required): _____

33) To what extent do you agree or disagree with the following statement:

The community has adequate mental health services for people who need them.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neither Agree nor Disagree
- ☐ Agree
- ☐ Strongly Agree

34) To what extent do you agree or disagree with the following statement:

All income groups have access to mental health services.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neither Agree nor Disagree

- ☐ Agree
☐ Strongly Agree

35) Overall, what are the **top three** mental health needs in the community that should be addressed? *

- ☐ Addressing the stigmatization of those with mental health issues
☐ Affordable health insurance that includes mental health care
☐ Affordable mental health services
☐ Affordable prescriptions
☐ Availability of transportation to mental health services
☐ Care for Caregivers
☐ Children's mental health services
☐ High quality mental health services
☐ More mental health education
☐ More number of mental health care providers
☐ Substance abuse prevention/treatment
☐ Suicide prevention
☐ Another mental health need (please specify):: _____
☐ I don't know

36) In your opinion, what are the **issues in our community** that have the greatest **negative** impact on our health? **Please select the top 3.**

- ☐ Limited access to healthcare
☐ Limited access to medications
☐ Not getting vaccines
☐ Limited access to healthy foods
☐ Poor eating habits
☐ Lack of exercise
☐ Lack of a livable wage
☐ Homelessness or housing insecurity
☐ Distracted driving
☐ Not using seat belts/child safety seats
☐ Dropping out of school
☐ Excessive social media use
☐ Bullying

- ☐ Substance misuse (for example, alcohol, opioids, meth)
- ☐ Tobacco use
- ☐ E-cigarette use (vaping, JUULS)
- ☐ Racism
- ☐ Child abuse or neglect
- ☐ Adult or senior abuse or neglect
- ☐ Domestic violence/intimate partner violence
- ☐ Community violence
- ☐ Unsafe sex
- ☐ Human trafficking
- ☐ Rape/sexual assault
- ☐ Other - Write In (Required): _____

37) What help is available in your community for people who want to stop using drugs or drinking too much alcohol? (Check all that apply)

- ☐ Talking to a counselor or therapist
- ☐ Going to a place where they help you stop (rehabilitation or treatment centers)
- ☐ Meeting groups where people support each other (ex: Alcoholics Anonymous, Narcotics Anonymous)
- ☐ Learning programs about not using drugs or drinking
- ☐ Doctors who help with stopping
- ☐ Programs for exchanging used needles safely
- ☐ Help with laws and rules about using drugs (legal aid services related to substance use)
- ☐ Outreach and community support services
- ☐ None that I am aware of
- ☐ Other - Write In (Required): _____
- ☐ I don't know

38) To what extent do you agree with the following statement: "Vaccines are important for the health of the community."*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neither agree nor disagree
- ☐ Agree
- ☐ Strongly agree

() Prefer not to answer

39) For each vaccine below, please select the statement that is true for you.

Flu shot

() I have gotten this shot – Skip #40

() I have not gotten this shot – Got to # 40

() I don't know if I've gotten this shot – Skip #40

40) Why didn't you get **the flu shot**?

[] I didn't know where to go to get it

[] The times to get it didn't work with my schedule

[] I couldn't afford it

[] I did not have transportation to get it

[] I didn't know I needed it or I don't know what it is

[] I wanted it but it wasn't available

[] I was concerned about the risk

[] I don't want to get it

[] Other - Write In (Required): _____

TDAP (tetanus, diphtheria, pertussis)

() I have gotten this shot – Skip #41

() I have not gotten this shot – Got to # 41

() I don't know if I've gotten this shot – Skip #41

41) Why didn't you get **the TDAP shot**?

[] I didn't know where to go to get it

[] The times to get it didn't work with my schedule

[] I couldn't afford it

[] I did not have transportation to get it

[] I didn't know I needed it or I don't know what it is

[] I wanted it but it wasn't available

[] I was concerned about the risk

[] I don't want to get it

[] Other - Write In (Required): _____

COVID-19 Vaccine

- ☐ I have gotten this shot – Skip #42
- ☐ I have not gotten this shot – Got to # 42
- ☐ I don't know if I've gotten this shot – Skip #42

42) Why didn't you get **the COVID-19 vaccine**?

- ☐ I didn't know where to go to get it
- ☐ The times to get it didn't work with my schedule
- ☐ I couldn't afford it
- ☐ I did not have transportation to get it
- ☐ I didn't know I needed it or I don't know what it is
- ☐ I wanted it but it wasn't available
- ☐ I was concerned about the risk
- ☐ I don't want to get it
- ☐ Other - Write In (Required): _____

COVID-19 Boosters

- ☐ I have gotten this shot – Skip #43
- ☐ I have not gotten this shot – Got to # 43
- ☐ I don't know if I've gotten this shot – Skip #43

43) Why didn't you get **the COVID-19 booster**?

- ☐ I didn't know where to go to get it
- ☐ The times to get it didn't work with my schedule
- ☐ I couldn't afford it
- ☐ I did not have transportation to get it
- ☐ I didn't know I needed it or I don't know what it is
- ☐ I wanted it but it wasn't available
- ☐ I was concerned about the risk
- ☐ I don't want to get it
- ☐ Other - Write In (Required): _____

44) What kind of health care insurance do you currently have?*

- ☐ Health insurance through an employer (my own, my spouse's, or my parents)
- ☐ Health insurance through the government (such as Medicare, Medicaid, or Indian Health Service)

☐ Health insurance I or my spouse pays for on my/our own (such as Cobra or a health plan on the state or federal marketplace such as KYNECT)

☐ I do not have health insurance

☐ Not sure

☐ Prefer not to answer

45) What is your age*

46) Are you...?*

☐ Female

☐ Male

☐ Trans female/Transwoman

☐ Trans male/Transman

☐ Genderqueer/Gender nonconforming

☐ I prefer to describe my identity as... (write in): _____

☐ Prefer not to answer

47) Do you think of yourself as...?*

☐ Straight or heterosexual

☐ Lesbian, gay, or homosexual

☐ Bisexual

☐ Another identity (please specify): _____

☐ Not sure

☐ Prefer not to answer

48) What is your race/ethnicity? **Please select all that are true for you.***

☐ White

☐ Black or African American

☐ American Indian or Alaska Native

☐ Hispanic, Latino(a), or Spanish

☐ Asian

☐ Native Hawaiian or other Pacific Islander

☐ Other - Write In (Required): _____

☐ Prefer not to answer

49) What is your marital status?*

- ☐ Married
- ☐ Divorced
- ☐ Widowed
- ☐ Separated
- ☐ Never been married
- ☐ Living with a partner
- ☐ Prefer not to answer

50) What is the highest grade or year of school you completed?*

- ☐ Never attended school or only attended kindergarten
- ☐ Grades 1 through 8 (Elementary)
- ☐ Grades 9 through 11 (Some high school)
- ☐ High school graduate
- ☐ GED or alternative high school credential
- ☐ Some college credit but no degree
- ☐ Associates degree
- ☐ Bachelor's degree (for example, BA, BS)
- ☐ Master's degree (for example, MA, MS, MBA)
- ☐ Professional or doctoral degree (for example, MD, JD, PhD)
- ☐ Prefer not to answer

51) Are you currently...? **Please select all that apply.***

- ☐ A Student
- ☐ Employed for wages
- ☐ Self-Employed
- ☐ A stay-at-home parent
- ☐ Unemployed and looking for work
- ☐ Unemployed and not looking for work (BUT NOT a stay-at-home parent or retired)
- ☐ Retired
- ☐ Unable to Work
- ☐ Prefer not to answer

52) What was your total household income last year before taxes?*

- ☐ Less than \$10,000

- ☐ \$10,001 to \$15,000
- ☐ \$15,001 to \$20,000
- ☐ \$20,001 to \$35,000
- ☐ \$35,001 to \$50,000
- ☐ \$50,001 to \$65,000
- ☐ \$65,001 to \$80,000
- ☐ \$80,001 to \$100,000
- ☐ \$100,001 to \$120,000
- ☐ \$120,001 to \$150,00
- ☐ More than \$150,000
- ☐ Prefer not to answer

53) How would you describe your financial well-being? *

- ☐ Living comfortably
- ☐ Getting by
- ☐ Finding it difficult to get by
- ☐ Finding it very difficult to get by
- ☐ Prefer not to answer

54) What is your housing situation today? *

- ☐ I have housing
- ☐ I have housing today, but I am worried about losing housing in the future
- ☐ I do not have permanent housing (staying with others, in a hotel, in a shelter, living outside on the street, on a beach, in a car, or in a park)
- ☐ Prefer not to answer

55) How many people, including you, live with you most of the time?

Discrimination

56) How often have you been discriminated against or treated unfairly for any of the following?

	Never	Sometimes	Regularly

Race/Ethnicity			
Religion			
Age			
Gender			
Sexual Orientation			