

Healthy People Lincoln County Health Survey - 2015

(for Lincoln County residents 18 years and older)

Lincoln County Health Department (LCHD) and community partners are committed to working together to create a healthier county for all. We hope you will take time to complete and return this anonymous survey.

If you have any questions, please contact LCHD, 607 N. Sales Street, Suite 101, Merrill, WI 54452; phone at 715-539-1360 or email shersil@co.lincoln.wi.us.

Please circle your answers.

A total of 443 respondents filled out the survey (Hard copy=285; Online=158).

N: Number of responses.

Note: Percentages will be very near but won't add up to 100% due to rounding.

Health Care

1. How long has it been since you last visited a doctor or medical provider for a routine checkup (physical exam not an illness or condition)?
 - a. Within the past year (82.8%)
 - b. Within the past 2 years (6.8%)
 - c. Within the past 5 years (2.7%)
 - d. 6 or more years ago (3.4%)
 - e. Never (0.09%)
 - f. Don't know (2.5%)
No answer (0%)
Invalid (0.09%)
2. Where do you get your primary health care from?
 - a. Clinic/hospital (90.1%)
 - b. Emergency Department (0.02%)
 - c. Fast Care (i.e. Shopko, CVS) (0%)
 - d. Free Clinics (0.07%)
 - e. Clinics that take Medicaid (low income) (3.8%)
 - f. Urgent Care (0%)
 - g. Other: (2.9%) VA (3), Homeopath (2), Nursing Home, None (3), Family doctor (2)
No answer (0.02%)
Invalid (2%)
3. How do you pay for your medical bills? (Circle all that apply.)
 - a. Health insurance through employer (41.8%)
 - b. Self-paid health insurance plan (22.1%)
 - c. Community care (1.1%)
 - d. Medicaid (13.8%)
 - e. Medicare (35.2%)
 - f. Out of pocket (21.2%)
 - g. Sliding scale (0.02%)
 - h. Other (6.5%): Parents (4), Badgercare (4), Forward Health (2), Supplement (4), VA (6), Tricare (3), Senior Care, Humana 2nd, Healthcare Reform, I don't know
No answer (0.04%)
Invalid (0%)
4. What is the biggest reason or barrier why you don't seek healthcare? (Circle one answer.)
 - a. No barriers (55.3%)
 - b. Cost (no insurance, high copays or deductibles) (21.7%)
 - c. Lack of transportation (1.2%)
 - d. Lack of doctors/medical providers (0.02%)
 - e. Lack of family support (0.02%)
 - f. Lack of knowledge (0.02%)
 - g. No time (4.7%)
 - h. Fear or lack of trust (2.5%)
 - i. Language barrier (0.05%)

- j. Other (3.6%): Overcharge, Just married, Already have healthcare, Nursing home, healthy, seek help when needed
No answer (7.2%)
Invalid (2.7%)

Mental Health

5. During the past 30 days, how many days did you not feel well, mentally (includes stress, depression and problems with emotions)?
 - a. 0 (46.5%)
 - b. 1-5 (34.3%)
 - c. 6-10 (7%)
 - d. 11-20 (4.1%)
 - e. 21-30 (5.9%)
 - No answer (2%)
Invalid (2.7%)
6. During the past 30 days, how many days did poor mental health keep you from doing your usual activities, such as self-care, work, or recreation?
 - a. 0 (73.1%)
 - b. 1-5 (14.9%)
 - c. 6-10 (4.5%)
 - d. 11-20 (2.9%)
 - e. 21-30 (2.0%)
 - No answer (2.3%)
Invalid (0.02%)

During the past 30 days, have you?

7. Had little interest or pleasure in doing things
 - a. Yes (20.3%)
 - b. No (75.6%)
 - No answer (4.1%)
Invalid (0%)
8. Felt down, depressed, or hopeless
 - a. Yes (21.2%)
 - b. No (72.2%)
 - No answer (6.1%)
Invalid (0.05%)
9. Had trouble sleeping
 - a. Yes (42.2%)
 - b. No (53.3%)
 - No answer (4.3%)
Invalid (0.02%)
10. Felt tired or had little energy
 - a. Yes (46%)
 - b. No (49%)
 - No answer (4.7%)
Invalid (0.02%)
11. Had a poor appetite or ate too much
 - a. Yes (30.2%)
 - b. No (64.8%)
 - No answer (4.3%)
Invalid (0.07%)
12. Had trouble concentrating, i.e. reading a newspaper or watching TV
 - a. Yes (13.5%)
 - b. No (82.2%)
 - No answer (4.1%)
Invalid (0.02%)
13. Felt like harming yourself or someone else
 - a. Yes (2.7%)
 - b. No (93%)
 - No answer (4.3%)
Invalid (0%)
14. Felt like your family may be better off without you
 - a. Yes (4.1%)
 - b. No (91.2%)
 - No answer (4.7%)
Invalid (0%)
15. Used alcohol or drugs to lessen the feelings of hopelessness or helplessness?
 - a. Yes (4.1%)
 - b. No (91.2%)
 - No answer (4.7%)
Invalid (0%)
16. If "no" to all questions 7-15, go to question 20.
If "yes" to any of the questions 7-15, do you have the support and/or resources that you need?
 - a. Yes (42%)
 - b. No. If "no", go to question 18. (4.5%)
No answer (53.5%)
Invalid (0%)
17. If you have answered "Yes" to question 16, what resources do you use? (Circle all that apply.)
 - a. Self-help (27.3%)
 - b. Support groups (24.8%)
 - c. Faith-based organizations/church (14.9%)
 - d. Mental health provider/counselor (7.0%)
 - e. Family or friend (33.2%)
 - f. Employee Assistance Program through work (1.1%)
 - g. Other (2.5%): Spouse, Herbs, physician (2), None, VA doctors, Myself, Medicine, Alcohol, Cold medicine
No answer (53% hard copy; 50% online)

Thank you for your participation!

Invalid (0%)

18. What is the biggest barrier for you to get services for mental health? (Circle one answer.)

- a. No barriers (35%)
- b. Cost (no insurance, high copays or deductibles) (5.6%)
- c. Lack of transportation (1.3%)
- d. Lack of doctors/medical provider/counselor (1.6%)
- e. Lack of family support (0.02%)
- f. Lack of knowing where to go (1.1%)
- g. No time (3.2%)
- h. Fear of social stigma or lack of trust (2.5%)
- i. Language barrier (0.02%)
- j. Other (2.93%): Do not offer real help, just more bills; mental health is never well covered; no problem; don't care; cots, time, lack of contact information of last psychologist I saw; Don't like North Central; Don't need it; Unable to find counseling services provided by a woman in Merrill. I would have to travel to Wausau at night weekly; Nursing home; My doctor doesn't seem to care; I want to self-cope and learn techniques on my own. No answer (44.2%) Invalid (2%)

19. How do you pay for your mental health care appointment? (Circle all that apply.)

- a. Health insurance through employer (17.4%)
- b. Self-paid health insurance plan (6.5%)
- c. Community care (0%)
- d. Medicaid (6.8%)
- e. Medicare (11.7%)
- f. Out of pocket (8.3%)
- g. Sliding scale (0.02%)
- h. Other (9%): US Army; None (9); Not necessary (6); Friends and Family for free; Faith-based help; Badgercare (3); Forward Health (2); VA (2); Parents; Supplemental; Don't go; Free from college; Tricare; N/A (2); Cost; Do not seek professional assistance; I don't know what is covered so I didn't click to reply No answer (53.5%) Invalid (0%)

Nutrition and Physical Activity

20. Do you have access to affordable and healthy food?

- a. Yes (90.7%)
- b. No (6.1%)
- No answer (2.9%)
- Invalid (0.02%)

21. Where do you buy your food? (Circle all that apply.)

- a. Grocery store (94.6%)
- b. Convenience store (20.8%)
- c. Farmers market (27.3%)
- d. Food pantry (11.7%)
- e. Meals on Wheels (3.8%)
- f. Grown (community garden) (2.3%)
- g. Grown (personal garden) (21.9%)
- h. Other (1.7%): Friends & Family (2), Hunt (4), Restaurant (2), Health Food Store (4), Senior Center, Coop (2), Walmart (3), Friend/Family Garden (4), Alde's No answer (2.9%) Invalid (0%)

22. What is the biggest barrier for you to have healthy foods? (Circle one answer.)

- a. No barriers (57.8%)
- b. Cost (28.2%)
- c. Limited health options (0.09%)

d. Lack of transportation (0.04%)

e. Lack of knowledge on what is "healthy" (0.04%)

f. Lack of knowledge on how to prepare food (0.07%)

g. Lack of appliances to prepare food (0.04%)

h. No time (2.5%)

i. Language barrier (0%)

j. Other (0.07%): Nursing home, Don't like vegetables, short shelf life

No answer (4.3%)

Invalid (3.6%)

23. During the past 7 days, how many days did you exercise more than 30 minutes per day? Exercise (heavy breathing and increased heart rate) can be broken up during the day, doesn't need to be nonstop 30 minutes.

a. 0 days (28.2%)

b. 1 day (9.5%)

c. 2 days (16.5%)

d. 3 days (6.5%)

e. 4 days (1.1%)

f. 5 days (7%)

g. 6 days (4.5%)

h. 7 days (8.8%)

i. I don't know (1.8%)

No answer (4.1%)

Invalid (0.07%)

24. Which of these in Lincoln County do you use? (Circle all that apply.)

a. Bike Trail (8.6%)

b. Walking Trail (20.0%)

c. Workout facilities (14.2%)

d. Parks (35.9%)

e. None (37.7%)

f. Other (13.8%): Walk streets in area (6), House cleaning, Walking (9), Hallway and steps (2), Club, Services, Forest (4), At work, Walk in school (2), Home/Sidewalks, Exercise at home (3), School, MARC, MAPS pool, Ski and snowshoe trails (2), Treadmill, Aerobic swimming (4), Exercise bike, PT or Pine Crest, Cemetery for walking, Senior Center, Biking on highway, Exercise class, Live in the country (2), Around my house, Fishing, Council Grounds, Wrestling room No answer (5%) Invalid (0%)

25. What is the biggest barrier for you to be active?

a. No barriers (36.3%)

b. Cost (1.6%)

c. Lack of transportation (0.07%)

d. Lack of family support (0.02%)

e. Health problems (11.3%)

f. Lack of knowledge (0%)

g. Lack of time (17.2%)

h. Weather (11.1%)

i. Safety (1.3%)

j. Other (5.2%): Body hurts, Arthritis, Too lazy (2), Can't walk far, Depression, Back problem, My husband is blind - I am a caregiver, Lack of energy, Don't do as much in winter, Mental health PTSD, But am active at work waitressing: for me that's exercise, Knee, Attitude in winter and pain

No answer (4.7%)

Invalid (10.4%)

Oral Health

26. How often do you brush your teeth daily?

a. 0 times (4.3%)

b. 1 times (36.1%)

c. 2 or more times (52.6%)

Other (0.02%): Once a week (although "other" was not a choice; someone wrote it in

Thank you for your participation!

No answer (6.1%)
Invalid (0.07%)

27. How often do you floss?
a. Daily (33.4%) b. Occasionally (41.3%)
c. Never (16.2%)
No answer (8.3%)
Invalid (0.07%)
28. Can you afford dental supplies for your child(ren) (toothpaste, floss, or toothbrush)? If no, why?
a. No child(ren) (47.4%) b. Yes (37.7%)
c. No (1.3%): Not enough income (2)
No answer (12.9%)
Invalid (0.1%)
29. How often do you go to a dentist?
a. More than one time per year (44.7%)
b. One time per year (21.7%)
c. Less than one time per year (26.4%)
No answer (6.7%)
Invalid (0.04%)
30. Does your child(ren) go the dentist twice a year? If no, why?
a. No child(ren) (54.8%) b. Yes (25.3%)
c. No (6.3%): No problems with teeth/can't afford, Can't afford it (3), 18+ age (2), Infant (3), One time (2), Not yet, Just (indiscernible), High cost, Lack of insurance (2), No time (2), Once a year (2)
No answer (13.1%)
Invalid (0.04%)
31. How do you pay for your dental appointment? (Circle all that apply.)
a. Health insurance through employer (30.5%)
b. Self-paid health insurance plan (9.7%)
c. Community care (1.6%)
d. Medicaid (8.1%)
e. Medicare (7%)
f. Out of pocket (31.8%)
g. Sliding scale (1.3%)
h. Other (6.5%): None (3), Don't go (6), Too expensive, Small insurance, Forward Health (3), No dental bills, Badger Care (2), VA, Don't have insurance, Parents (3), Don't have dentist, Dentures, Health Savings Account, Spouse's insurance, Through employer, Family Insurance plan
No answer (9.3%)
Invalid (0.03%)
32. What is the biggest barrier for you to get dental care? (Circle one answer.)
a. No barriers (52.8%)
b. Cost (no insurance, high copays or deductibles) (28.7%)
c. Lack of transportation (1.1%)
d. Lack of dentists that will accept Medicaid (1.6%)
e. Clinic will no longer see me (0%)
f. Lack of family support (0%)
g. Lack of knowledge (0.04%)
h. No time (2%)
i. Fear or lack of trust (2%)
j. Language barrier (0.02%)
k. Other (1.6%): No teeth, Live 35 away, Need to establish since I returned to state, None, Lack of dentists in area that accept insurance plan
No answer (6.8%)
Invalid (2.7%)
33. How you lost a tooth due to decay or gum disease?
a. Yes (28%) b. No (60%)

No answer (12%)
Invalid (0%)

Demographics

34. What is your gender?
a. Female (76.5%) b. Male (18.7%)
No answer (4.7%)
Invalid (0%)
35. How old are you?
a. 18-28 (7.2%) b. 29-39 (13.5%)
c. 51-61 (19.6%) d. 62-72 (16.7%)
e. 73+ (22.1%)
No answer (4.1%)
Invalid (0.02%)
36. Which racial group best represents you?
a. White (93%)
b. Asian (0%)
c. Native Hawaiian and other Pacific Islander (0%)
d. African American/Black (0%)
e. American Indian or Alaska Native (0.07%)
f. Hispanic or Latino (0.07%)
g. Two or more races (1.1%)
No answer (4.1%)
Invalid (0.04%)
37. What is the highest grade of school you completed?
a. Middle school (3.2%)
b. High school (44.0%)
c. Technical college/two year college (22.3%)
d. 4 year college (12.2%)
e. Graduate studies (12.4%)
No answer (4.7%)
Invalid (1.1%)
38. How many adults live in your household?
a. 1 (28.2%) b. 2-3 (61.6%)
c. 4-6 (4.7%) d. 7+ (0.02%)
No answer (5.3%)
Invalid (0%)
39. How many children 18 and under live in your household?
a. 0 (67.9%) b. 1 (10.2%)
c. 2-3 (14.7%) d. 4-6 (2.0%)
e. 7+ (0%)
No answer (5.2%)
Invalid (0%)
40. What is your current employment status? (Circle one answer.)
a. Employed (41.1%)
b. Self-employed (2%)
c. Out work less than 1 year (1.1%)
d. Out of work 1+ years (2%)
e. Homemaker or stay home parent (2.9%)
f. Student (1.1%)
g. Retired (36.1%)
h. Unable to work (5.6%)
i. Other (2.5%): Self-employed & employed full time, several part time jobs
No answer (4.1%)
Invalid (1.3%)
41. Your annual household income from all sources is
a. Less than \$10,000 (16.7%)
b. Between \$10,001-\$25,000 (26.4%)
c. Between \$25,001-\$50,000 (21.7%)
d. Between \$50,001-\$75,000 (10.8%)
e. More than \$75,001 (14%)
No answer (9.7%)
Invalid (0.07%)

Note: With a sample size of 443 and a total population of about 28,600, the confidence interval =+ or -4.6% at the 95% confidence level.

Thank you for your participation!