

Adult Health and Well-being in Washington County

A view from the 2019 Washington County Adult Health Survey



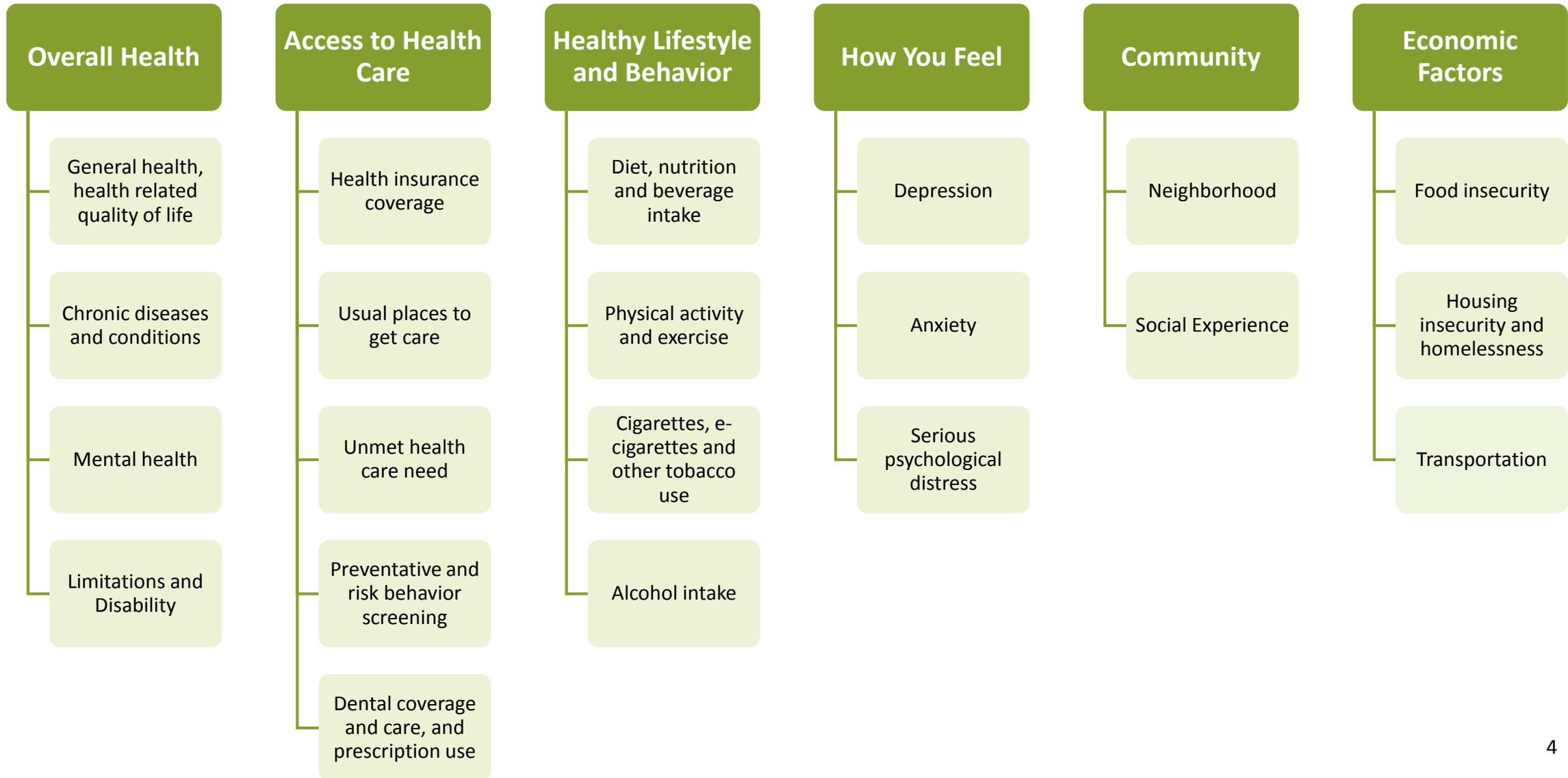
Adult Health Survey Overview

- Conducted every 4-6 years
 - **Mail-based random sample survey**
 - Scientific approach where everyone has equal chance of being included
 - Results can be generalized to Washington County population
 - In earlier iteration of the survey, random sample has drawn responses from healthier population
 - **Targeted low-income convenience sample survey**
 - Non-probabilistic sampling method to collect responses from residents who typically do not respond to a random sample survey
 - Conducted in 2014 for the first time in Washington County that showed health disparities experienced by low-income residents

Equity in Health

- Health equity refers to everyone having a fair and just opportunity to be as healthy as possible.
- The Adult Health Survey results highlight health disparities in Washington County, which exist due to long-standing inequities, such as systemic oppression, racism, poverty and power imbalances.
- Washington County Public Health and Environment recognizes these disparities, as well as their root causes, and works to address them through its work.

Survey Domains & Topics



Examples of data use

- Overall health surveillance
- Community Health Assessment/Community Health Improvement Plan (CHA/CHIP)
- Statewide Health Improvement Partnership (SHIP) baseline data
- Coordination with Center for Community Health (CCH)
- Strategic Planning
- Public Health Accreditation
- Sharing with community partners

Considerations

- **Non-response bias**
 - Occurs when subject refuses to take part in a survey or drops out before completing
- **Association vs causation**
 - Association display general relationship between 2 variables being related but not necessarily one causes change to the other
- **Trending over time**
 - For methodological differences, the survey results are difficult to trend over time
- **Language**
 - Random sample was English only, lack of help with language
- **Recall bias**
 - Participant unable to remember specifics, cannot be corrected after the survey has been submitted

Limitations and challenges

- **Random Sample:**

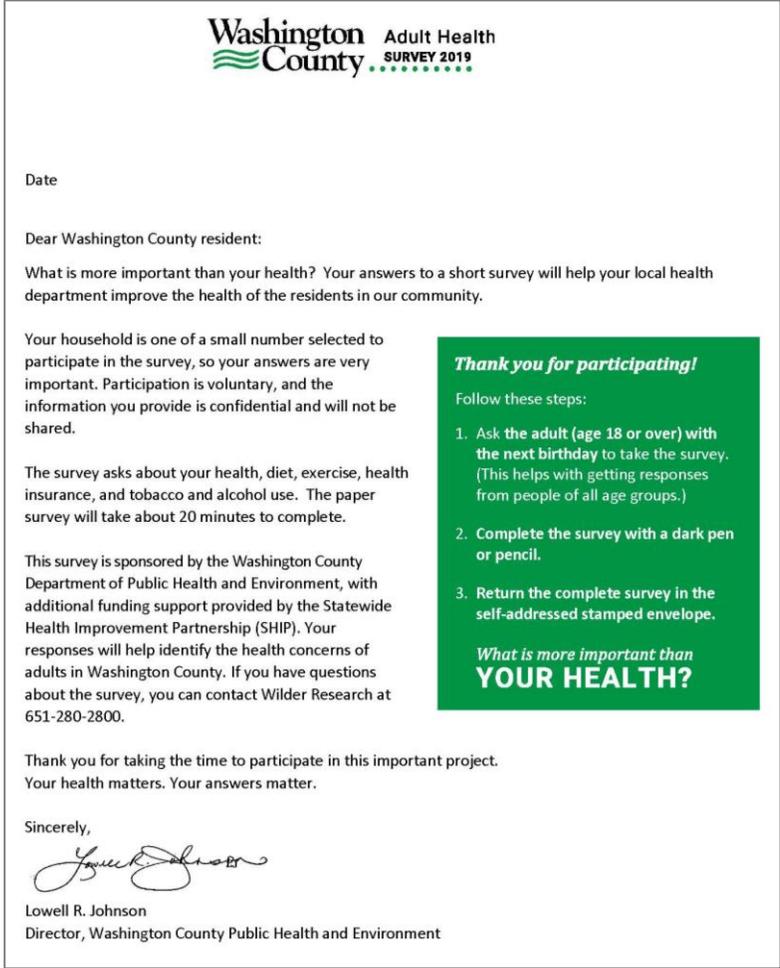
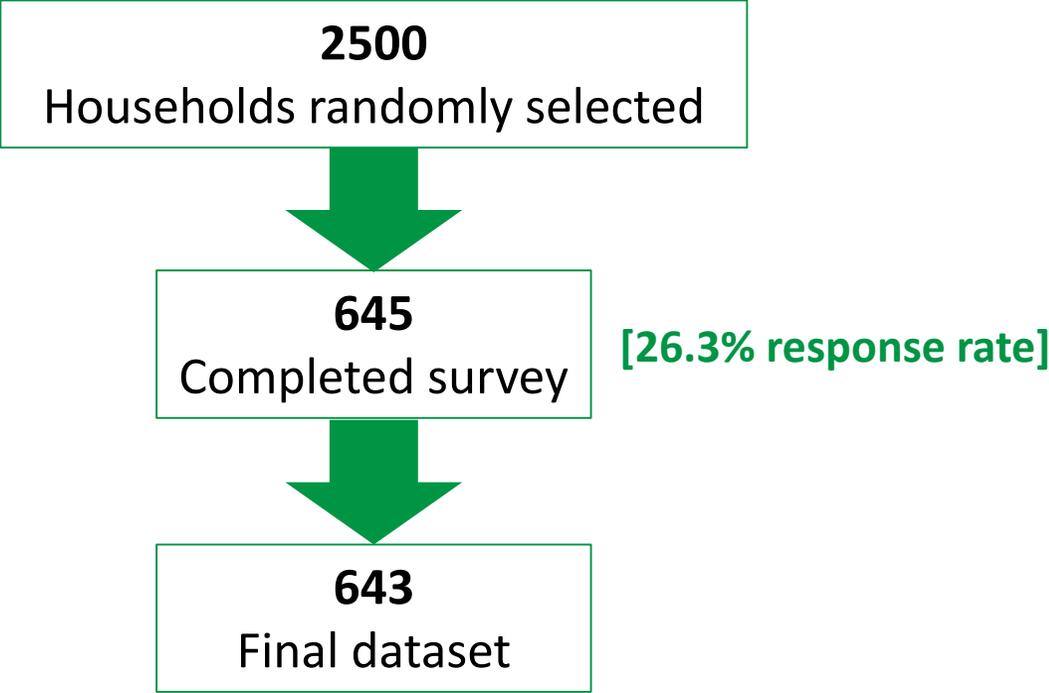
- Low response from age group 18-24 years old, people of color and low-income residents despite using oversampling technique to maximize response.

- **Convenience sample-**

- Not able to weight
- Difficult to repeat
- Planning follow-up interventions

Methods- Random sample

Paper mail survey



Convenience sample survey rationale

- Historically, random sample has drawn responses from healthier population
 - Low income residents, people of color are under-represented in the responses
- Focuses on understanding local health differences
- Increased engagement with residents that experience disparities
- Statewide Health Improvement Partnership (SHIP) supplemental funding

Methods – Convenience Sample

Identify desired response groups

- Housing
 - Washington County Community Development Agency (CDA)
 - City of Landfall
 - Woodland Townhomes
 - Rivertown Commons
- Customers of County Services
 - Washington County Community Services
 - CareerForce
 - Family Health Nursing
 - Women, Infant and Children (WIC)
 - Immunization Clinic
- Farmers Markets, Food Shelves
- Faith-based communities

Methods – Convenience Sample

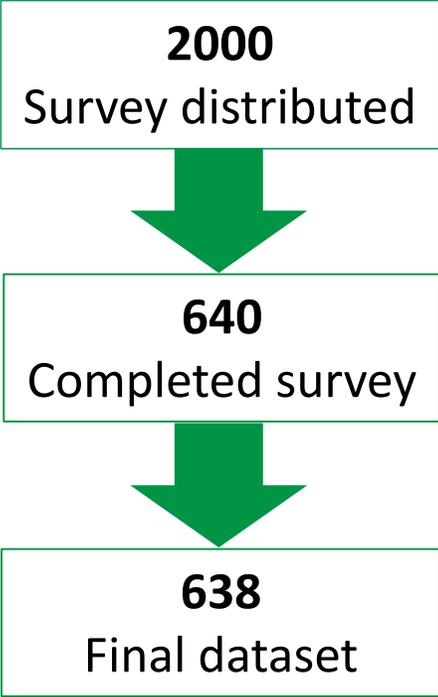
Identify desired response groups

- Mailed or hand-deliver to housing units
- Tabling at community events
- Case managers taking surveys to their clients

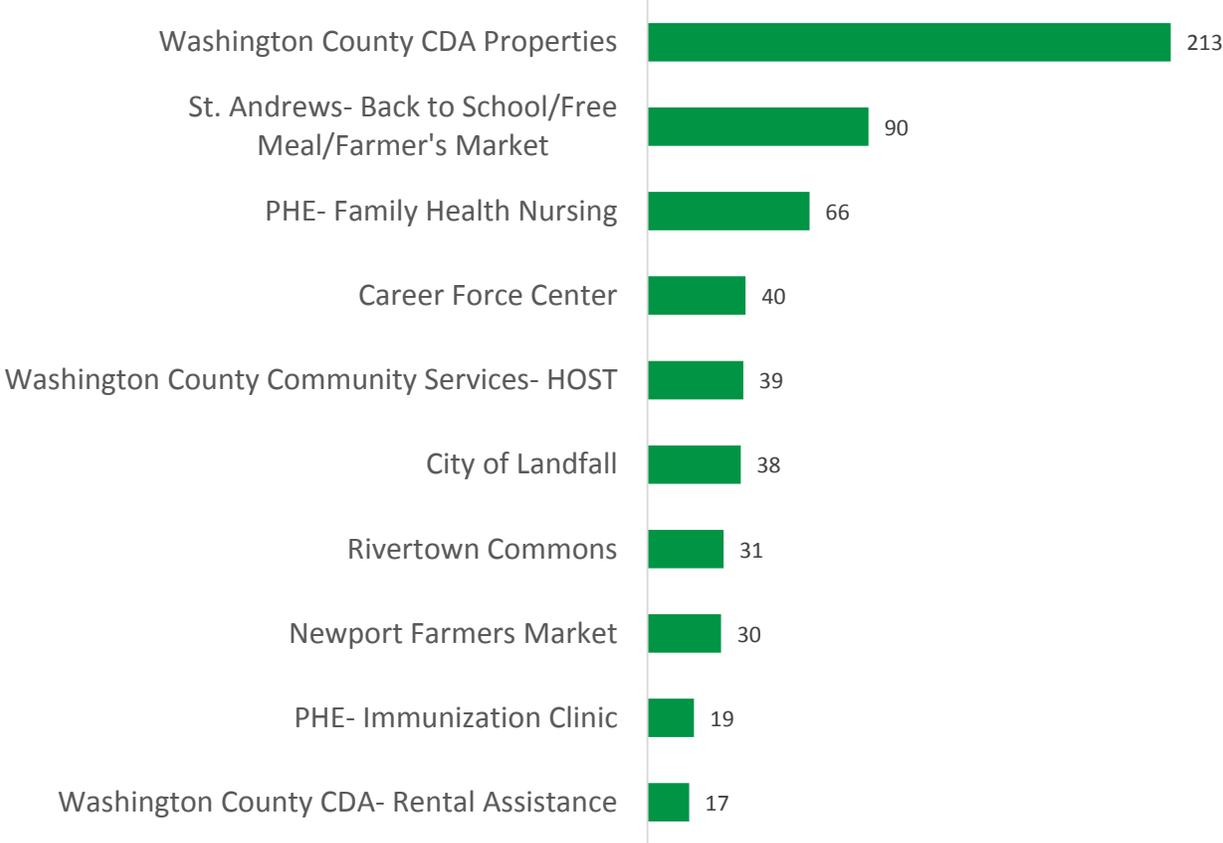
\$5 gift card was offered as incentive



Methods- Convenience sample



Number of responses by location

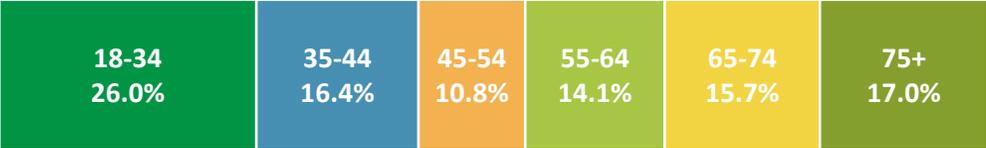


Who We Reached

Who we reached- Convenience sample

Respondents aged 18 and older (n=638)

Age group

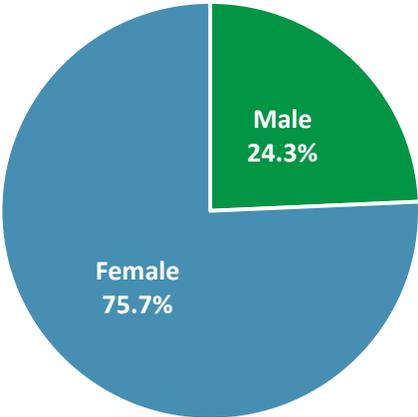


Only 6.7% (42) who are 18-34 in random sample

Household below 200% FPL

- **60.5% (386)**
 - 10.6% in random sample

Gender

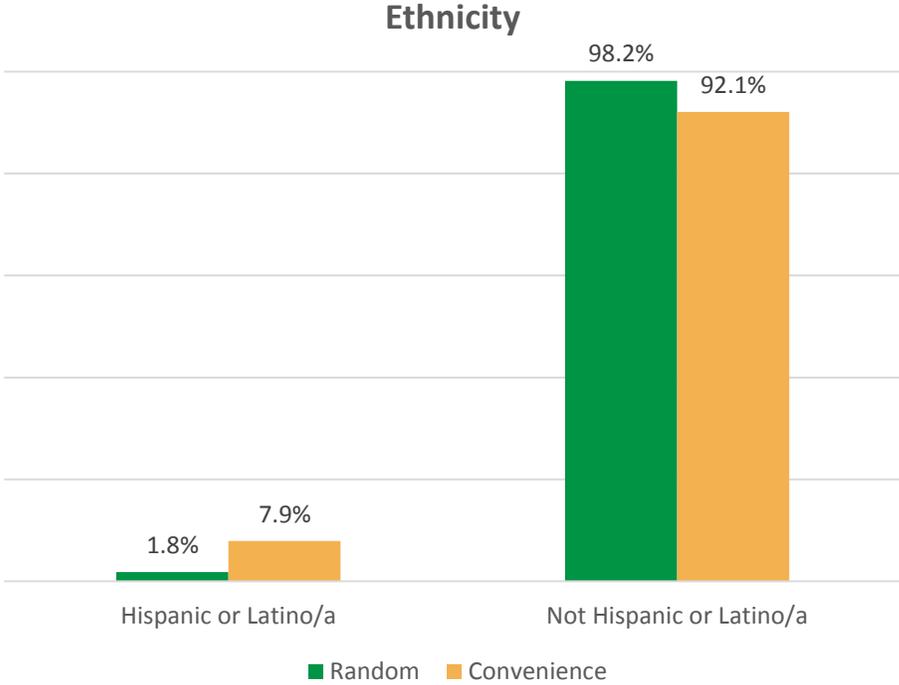
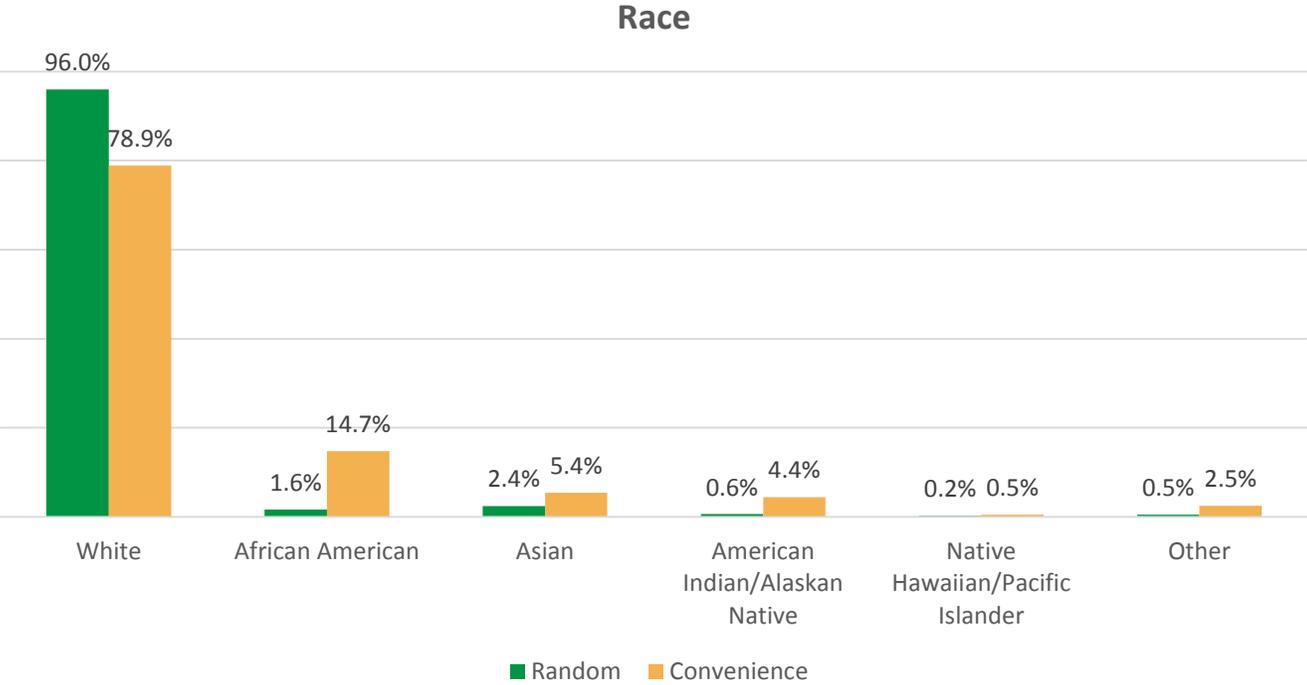


Education- High school/GED or less

- **38%**
 - 13% in random sample

Who we reached- Convenience sample

Respondents aged 18 and older (n=638)



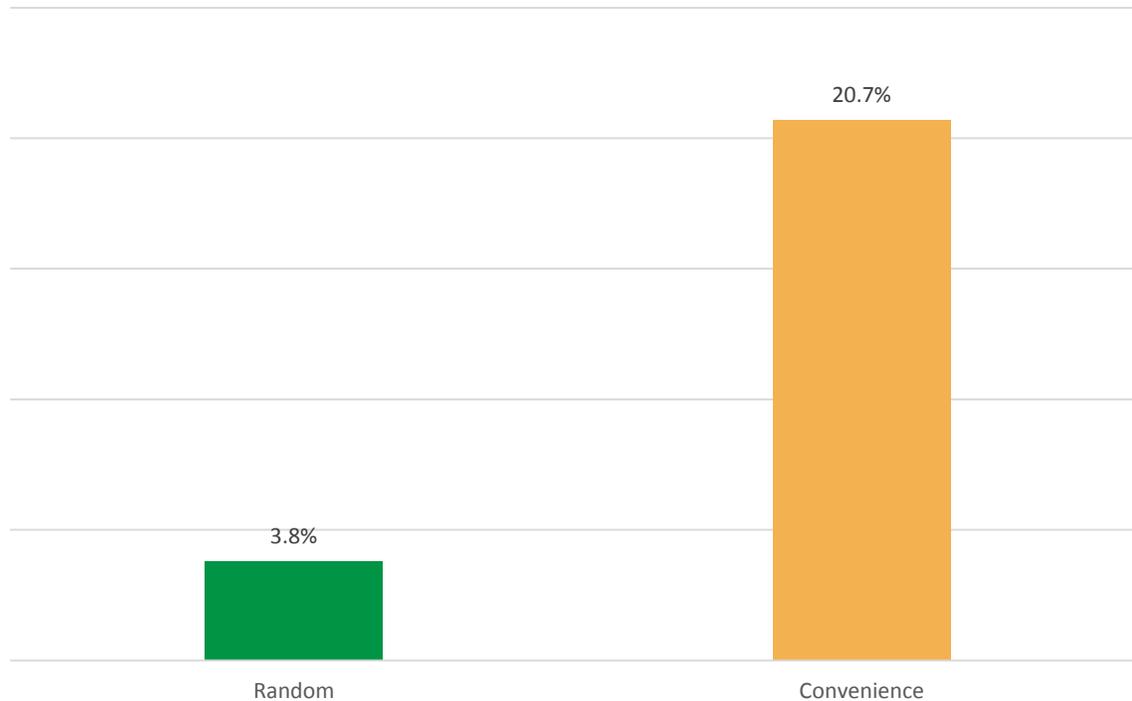
- **Foreign-born residents**
 - Total foreign-born 76
 - Foreign-born African: 26
 - East Asian: 21

Economic Factors

Housing Insecurity

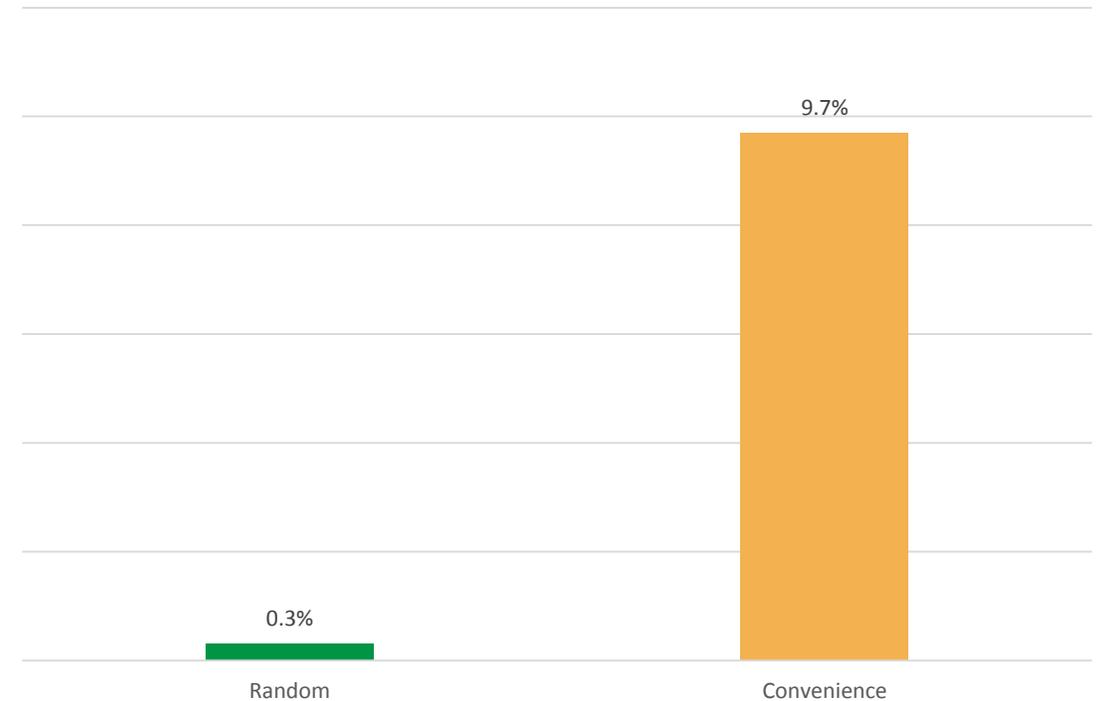
During the past 12 months, did you or your family miss or delay a rent or mortgage payment because you did not have enough money?

Housing Insecurity



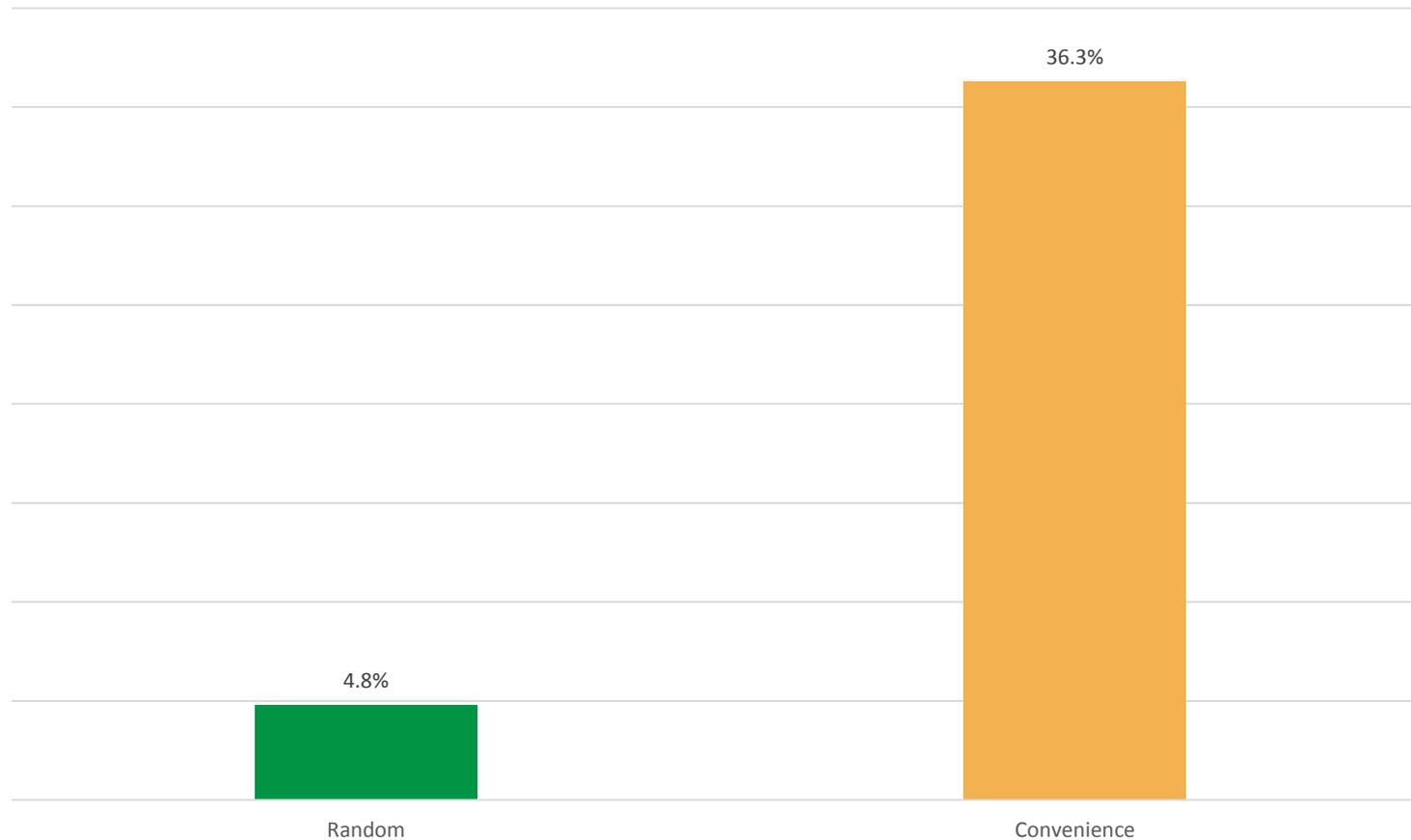
During the past 12 months, how often have you stayed in a shelter, somewhere not intended as a place to live, or someone else's home because you had no other place to stay?

Homelessness



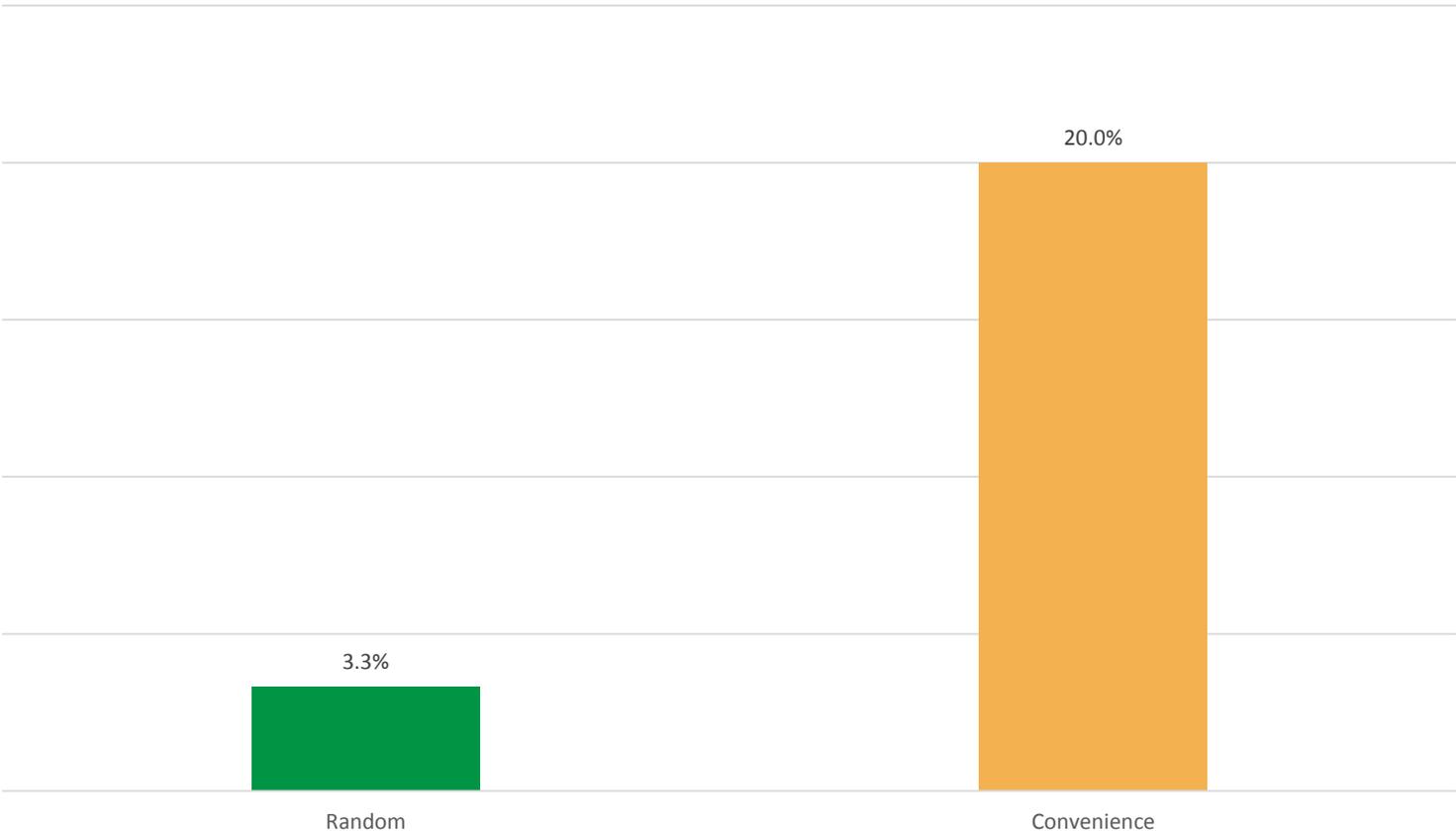
Food Insecurity

During the past 12 months, how often did you worry that your food would run out before you had money to buy more? - Often or sometimes



Transportation

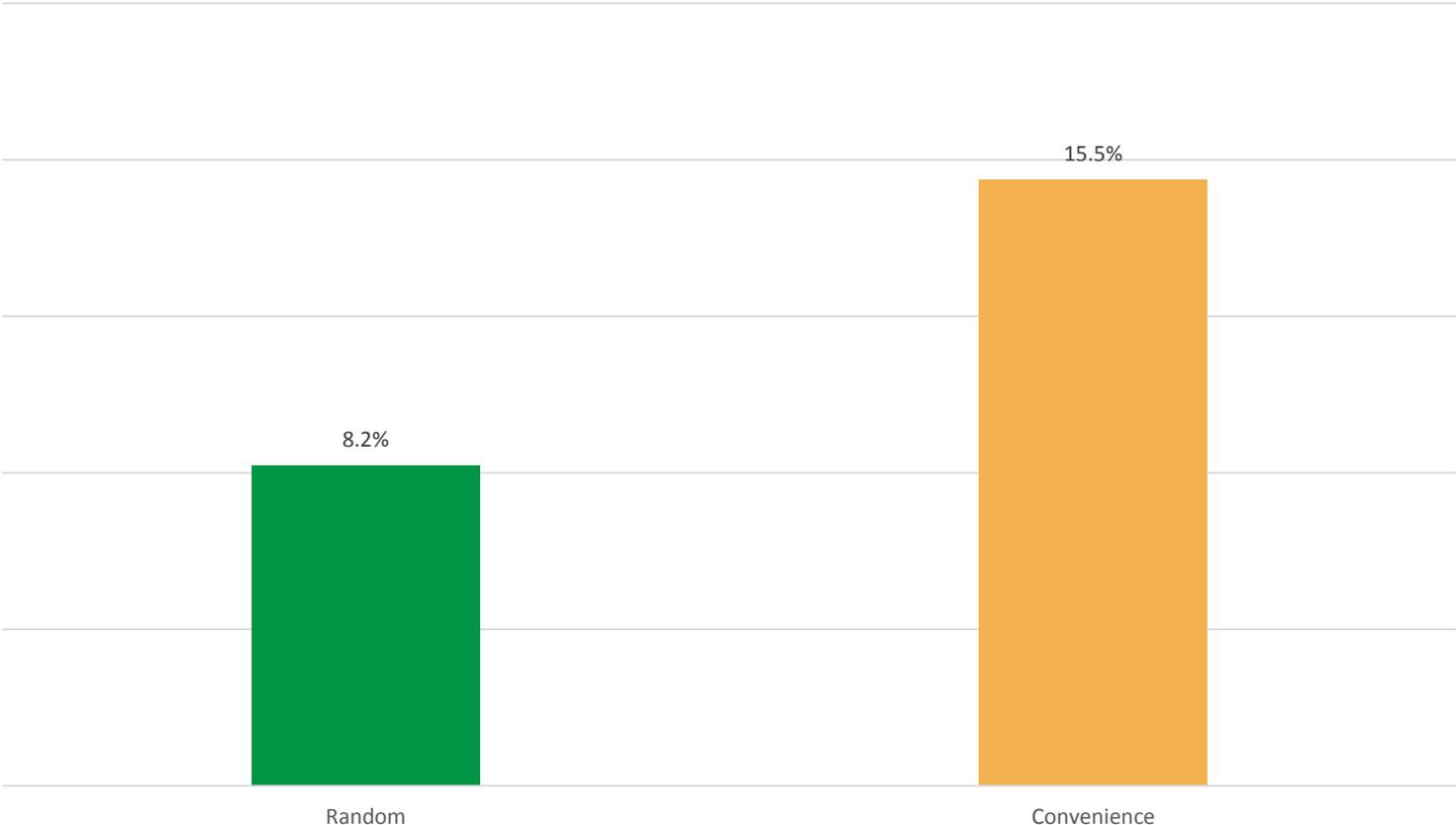
During the past 12 months, how often did lack of transportation keep you from getting places where you needed to go, such as jobs, medical appointments, or shopping? - Often or sometimes



Received assistance



During the past 12 months, have you or anyone in your household received Medical Assistance (MA), food support (e.g., food stamps, or SNAP), WIC, or cash assistance such as MFIP or General Assistance (GA)?



Considerations

- Survey responses were collected between June and September of 2019, before COVID-19 pandemic hit. Data presented here is a snapshot of health outcomes of Washington County adults in a pre-pandemic time.

How are we doing?

- Washington County has higher **median household income** than the state
 - State- \$68,411
 - Washington County- **\$92,376**

American Community Survey, 2014-2018

- **Cost of living** is also higher than the state- For a family of 2 adults and 1 child
 - State- \$55,548
 - Washington County- **\$60,528**

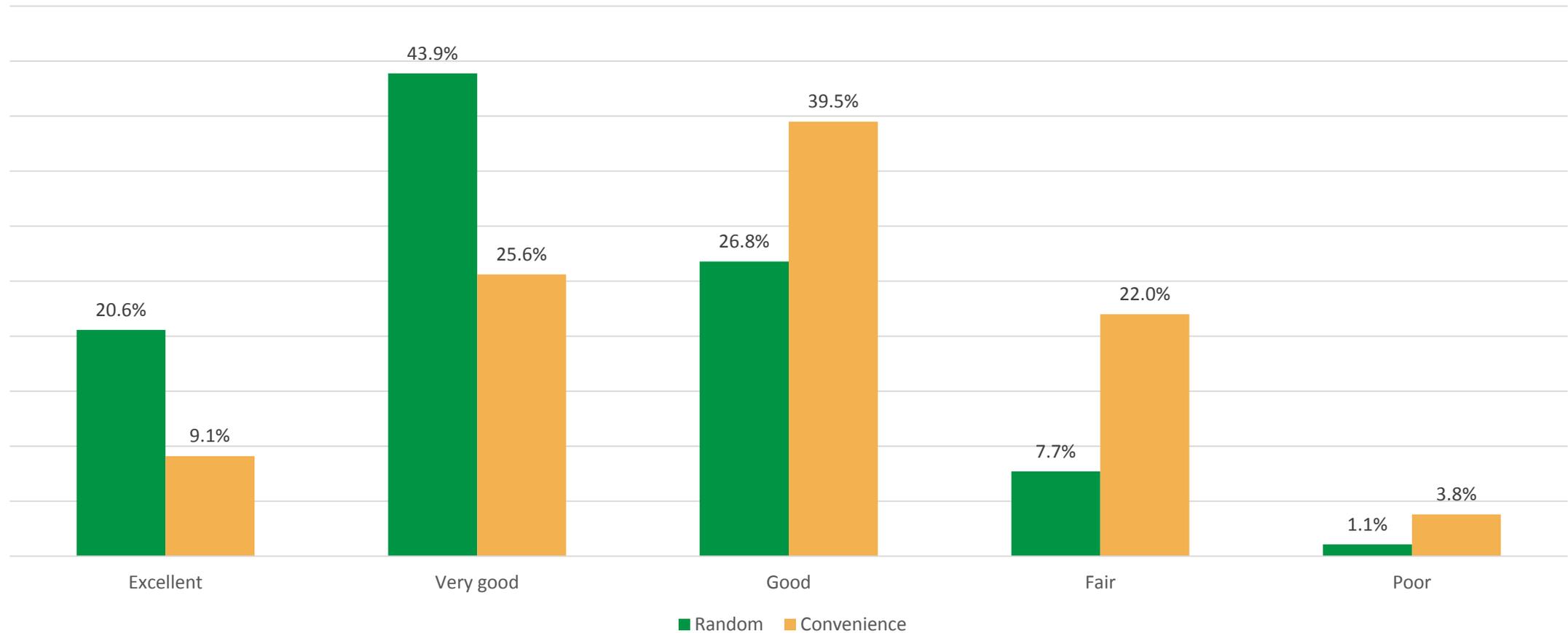
MN DEED

- We are the **3rd healthiest county** in the state.

County Health Rankings and Roadmaps, 2020- Robert Woods Johnson Foundation

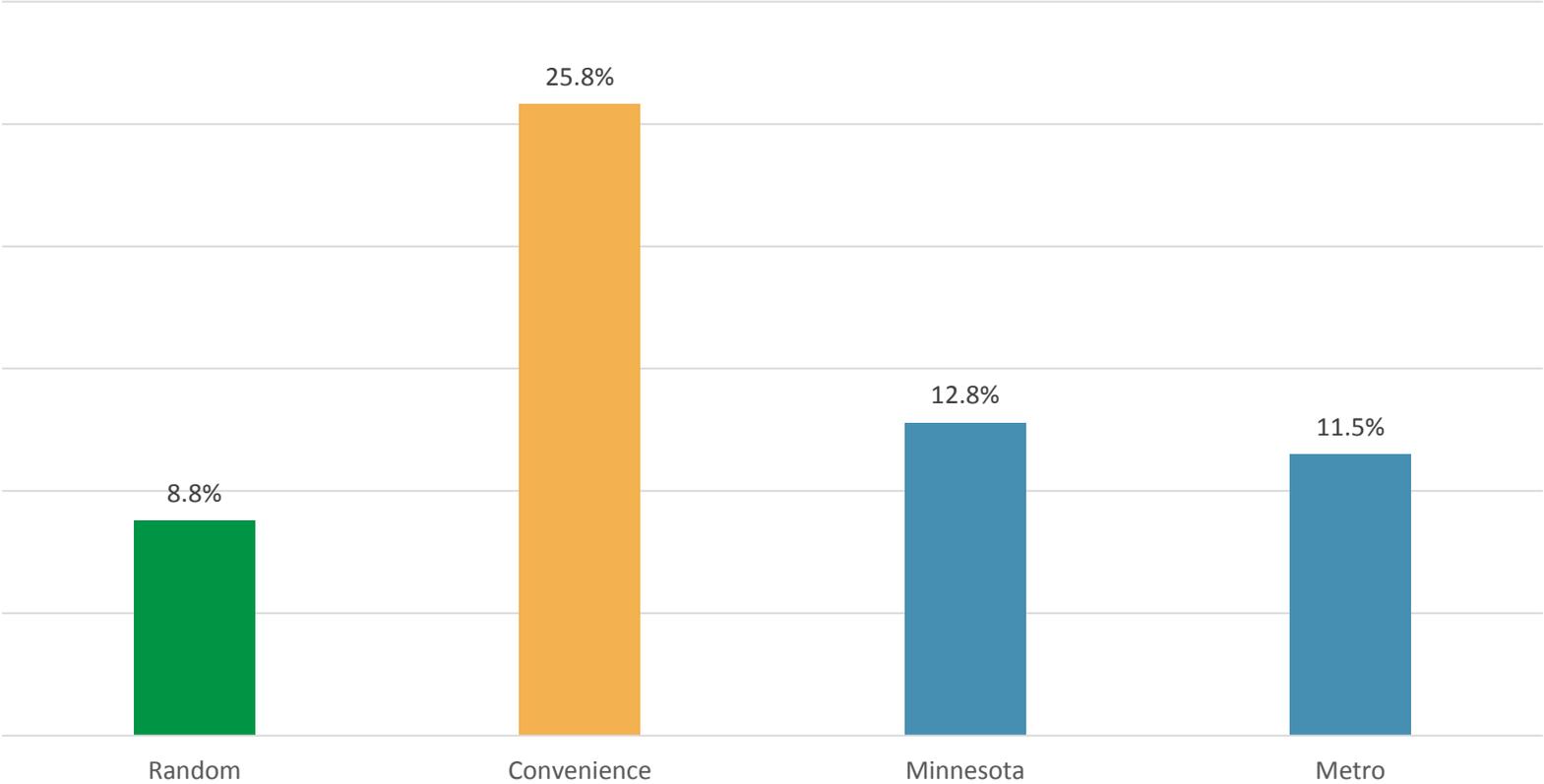
Overall Health

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



% reporting fair or poor health

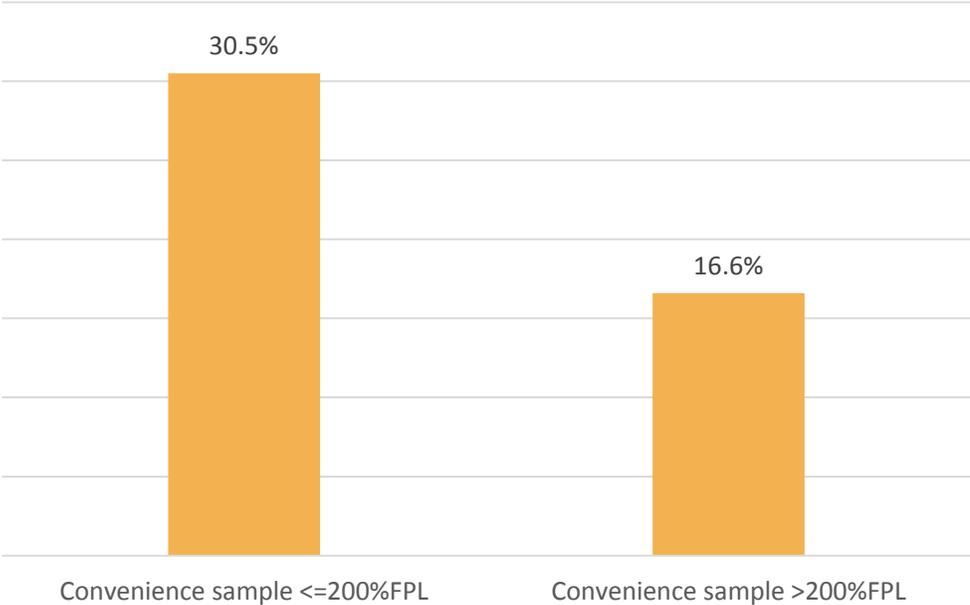
In general, would you say that your health is... fair or poor
*Metro and state rate- MN Health Access Survey, 2017



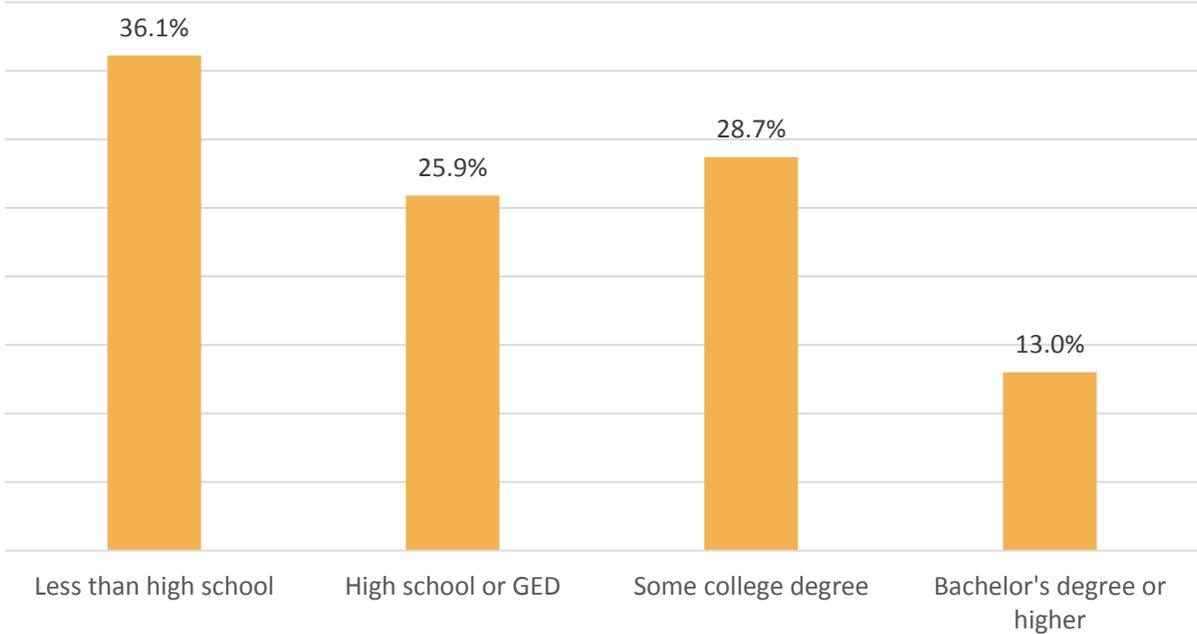
% reporting fair or poor health by poverty level and education

Closer look at convenience sample

By poverty level



By level of education

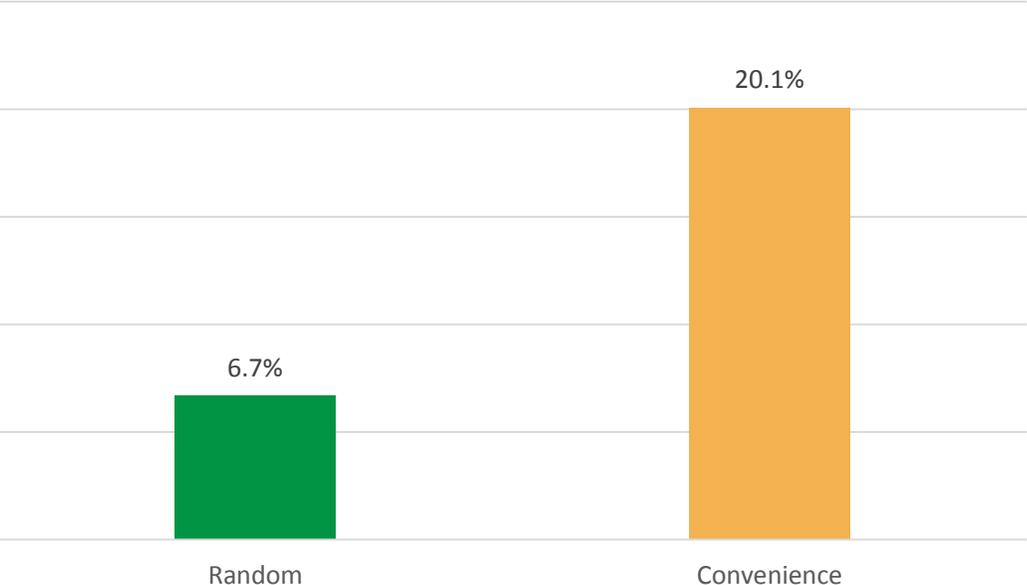


Frequent distress

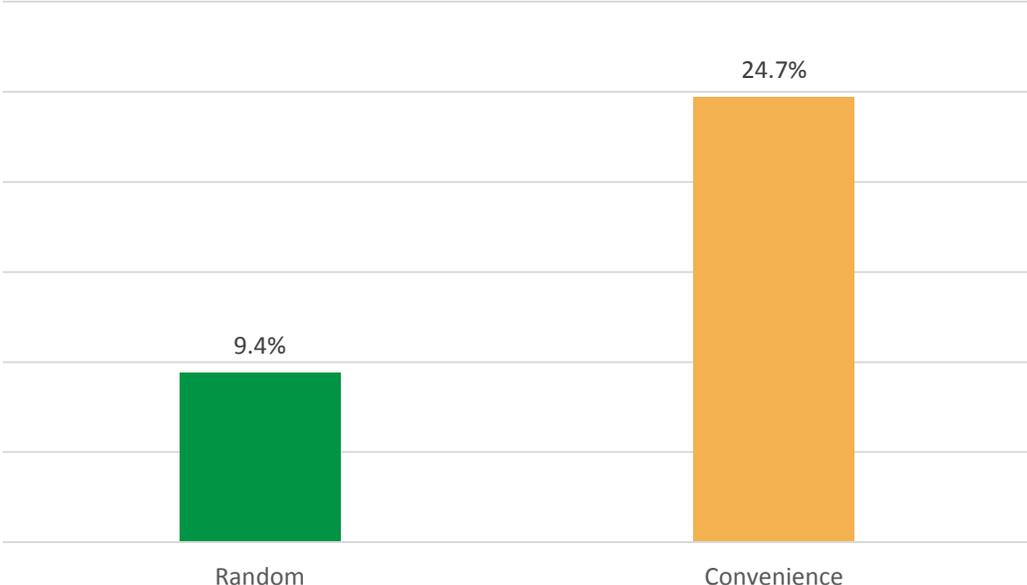
Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good... (14 or more days)

Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good... (14 or more days)

Frequent physical distress

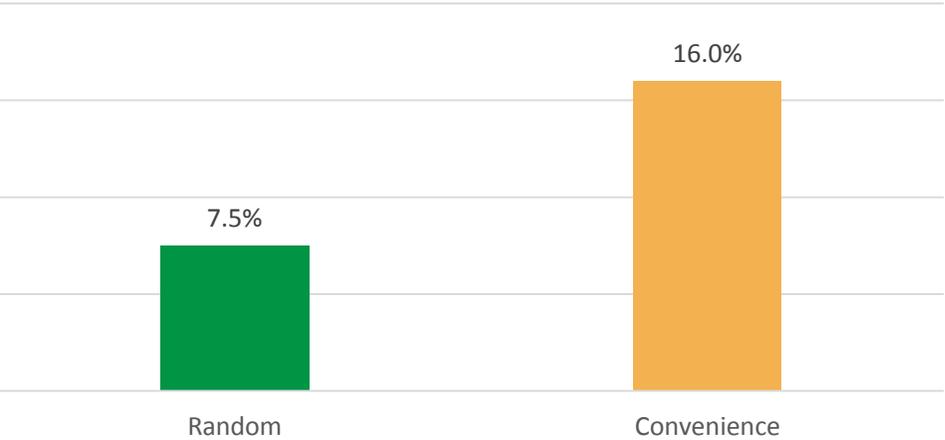


Frequent mental distress

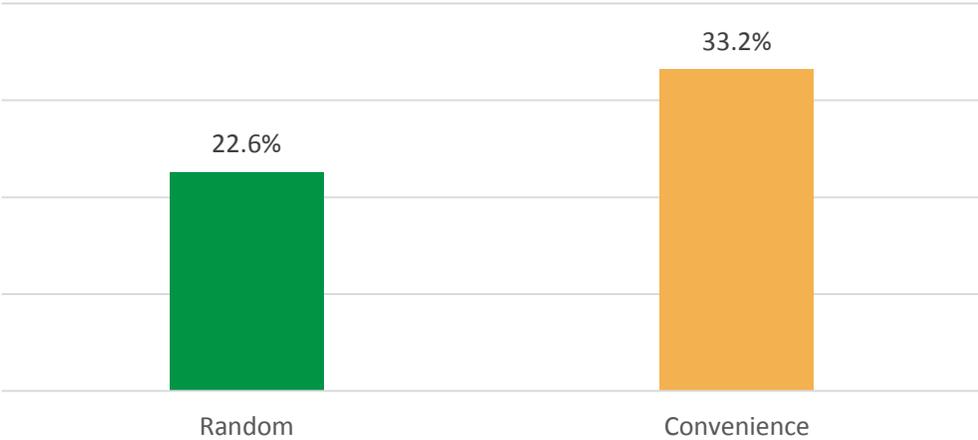


Chronic Conditions

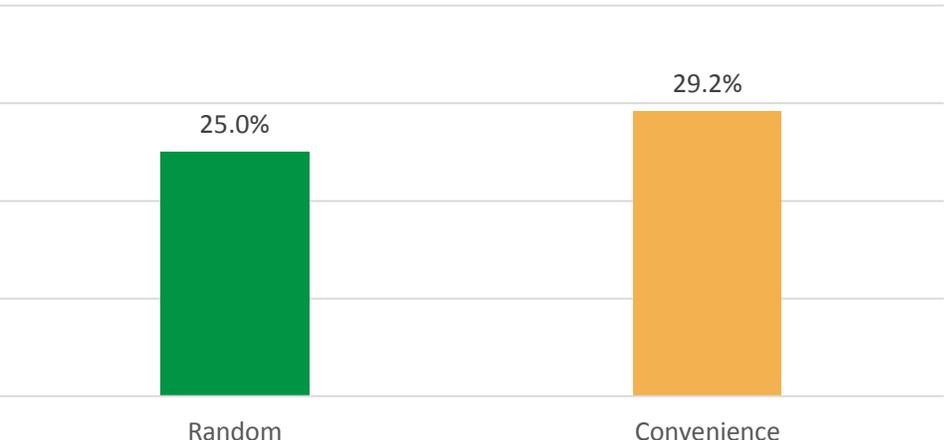
Diabetes



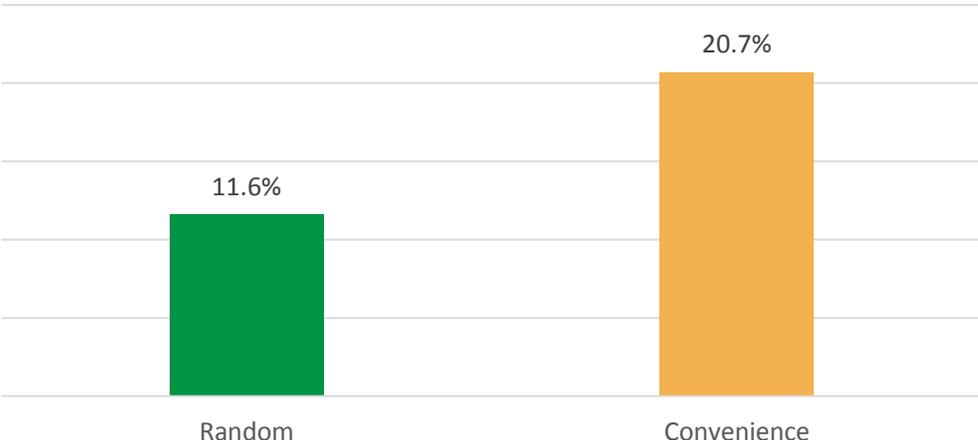
High blood pressure



High cholesterol

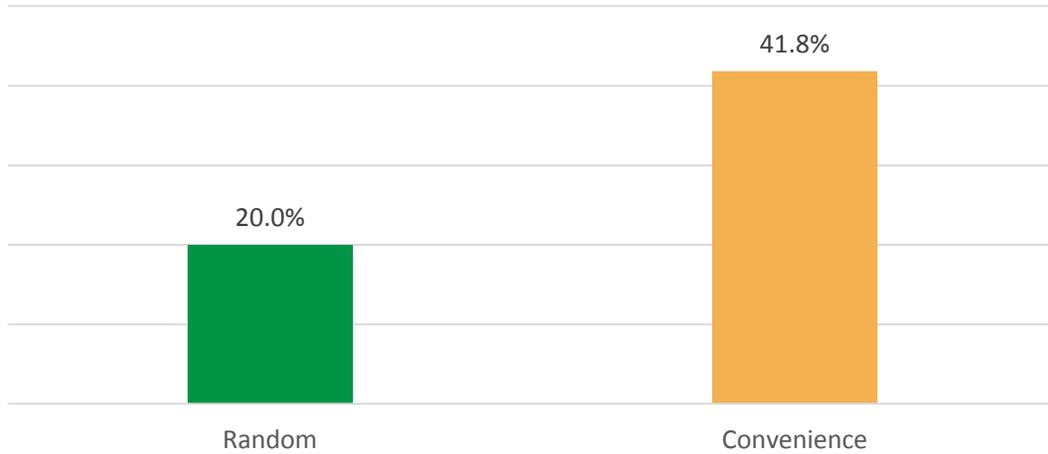


Asthma

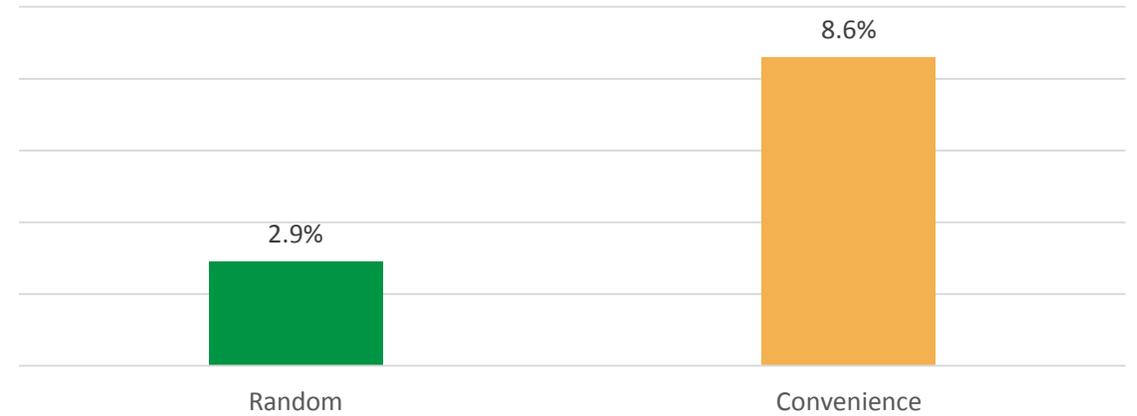


Disability

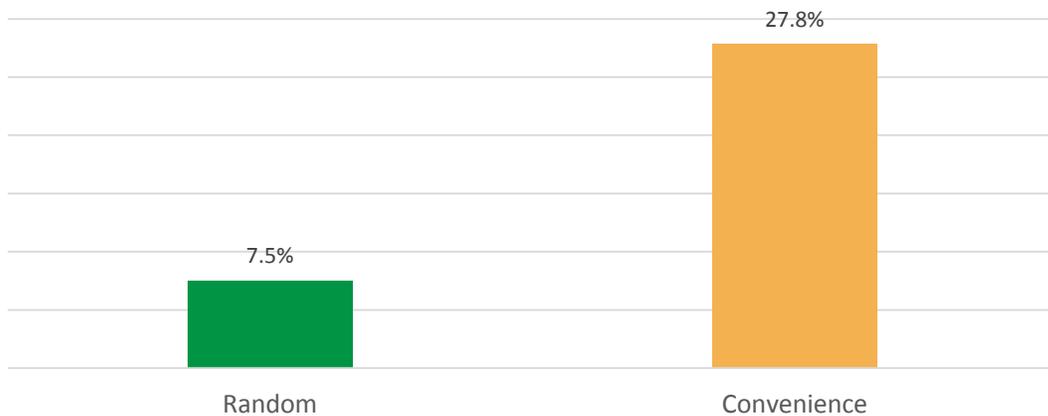
Are you limited in any activities because of physical, mental, or emotional problems?



Because of any impairment or health problem, do you need help from another person with personal care needs such as eating, bathing, dressing, or getting around your home?



Because of any impairment or health problem, do you have any difficulty in getting, keeping, or working at a job or business?



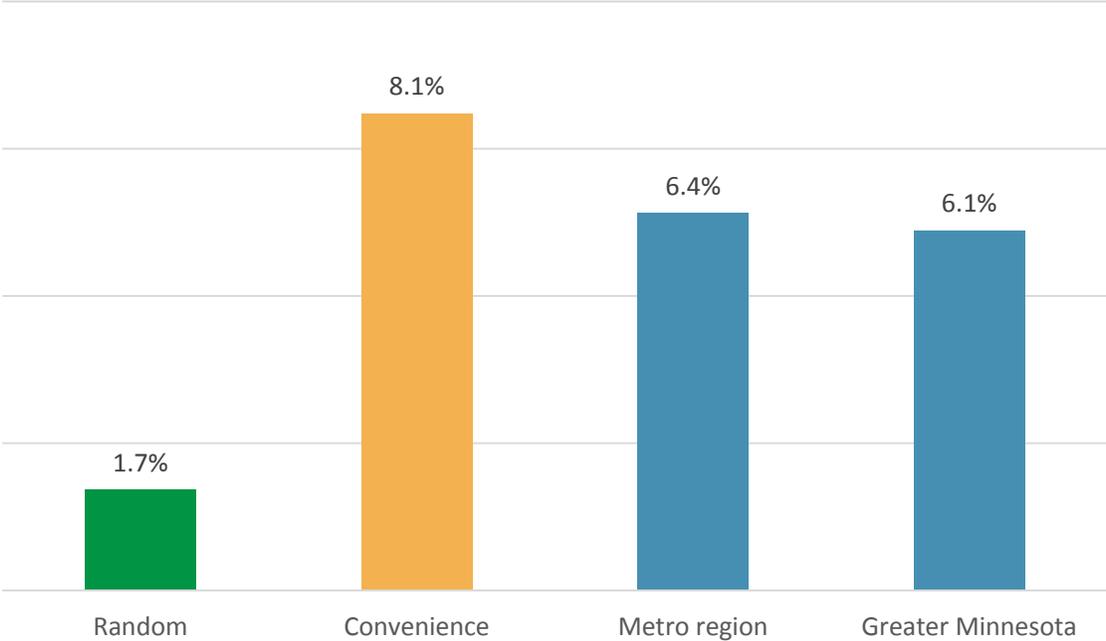
Because of any impairment or health problem, do you need help from another person in handling routine needs such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?



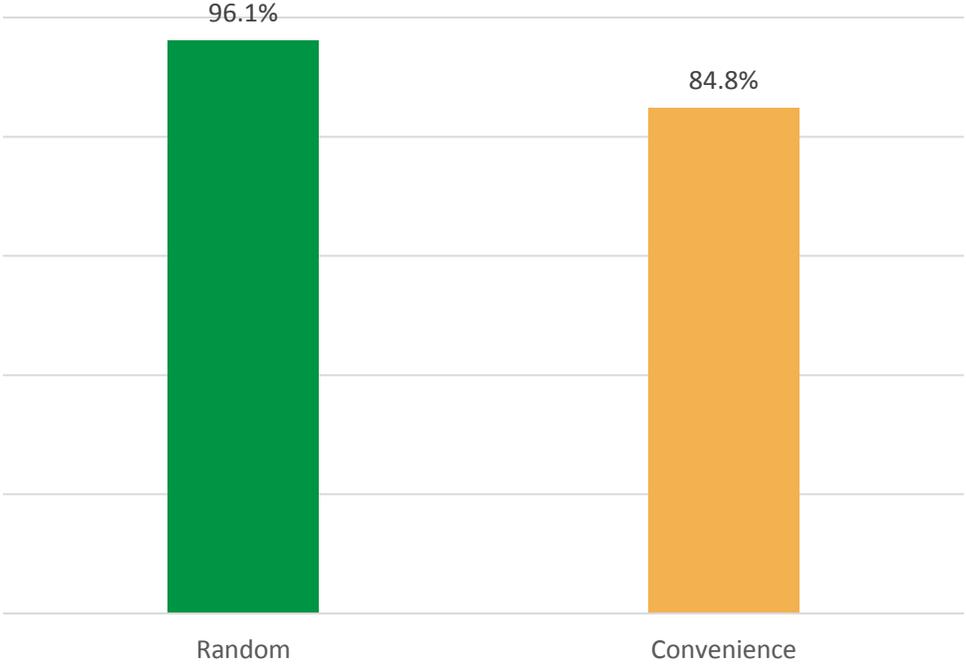
Access to Health Care

Health Insurance

No health insurance coverage
*Metro and state rate- MN Health Access Survey, 2017



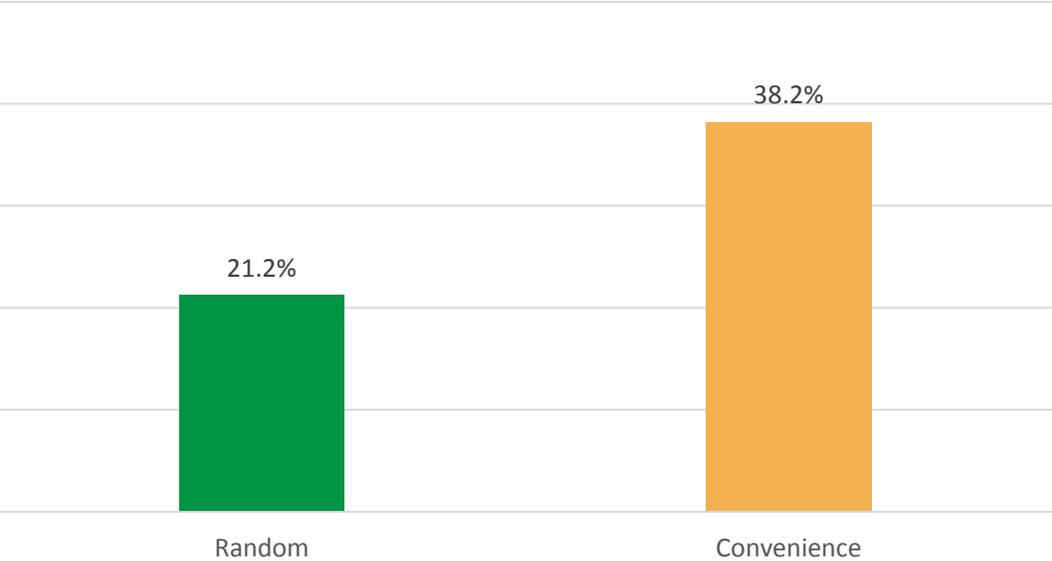
Insured the entire year



Cost of insurance

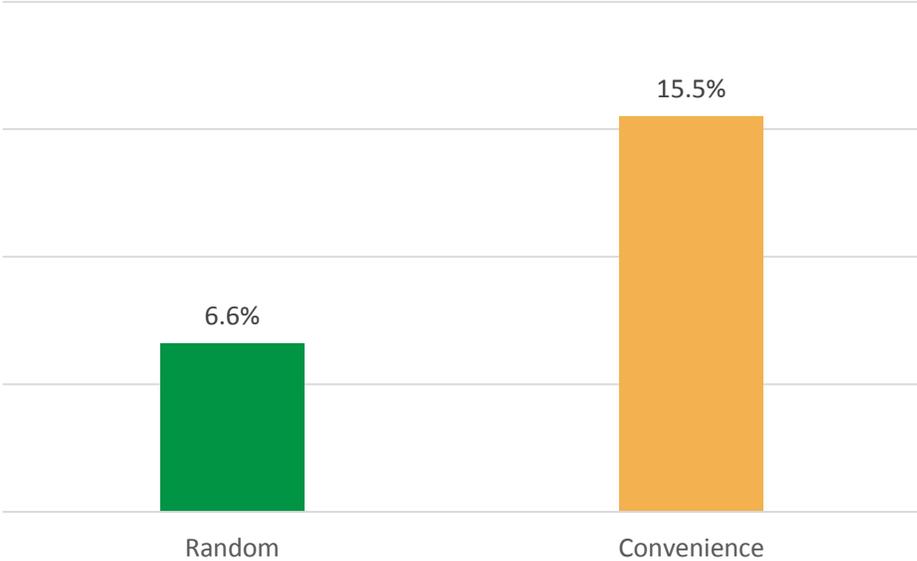
During the past 12 months, how difficult has it been for you and your family to pay for health insurance premiums, co-pays, and deductibles? - very or somewhat difficult

Difficulty paying insurance



During the past 12 months, did you skip doses, take smaller amounts of your prescription, or did not fill a prescription because of cost? - Yes

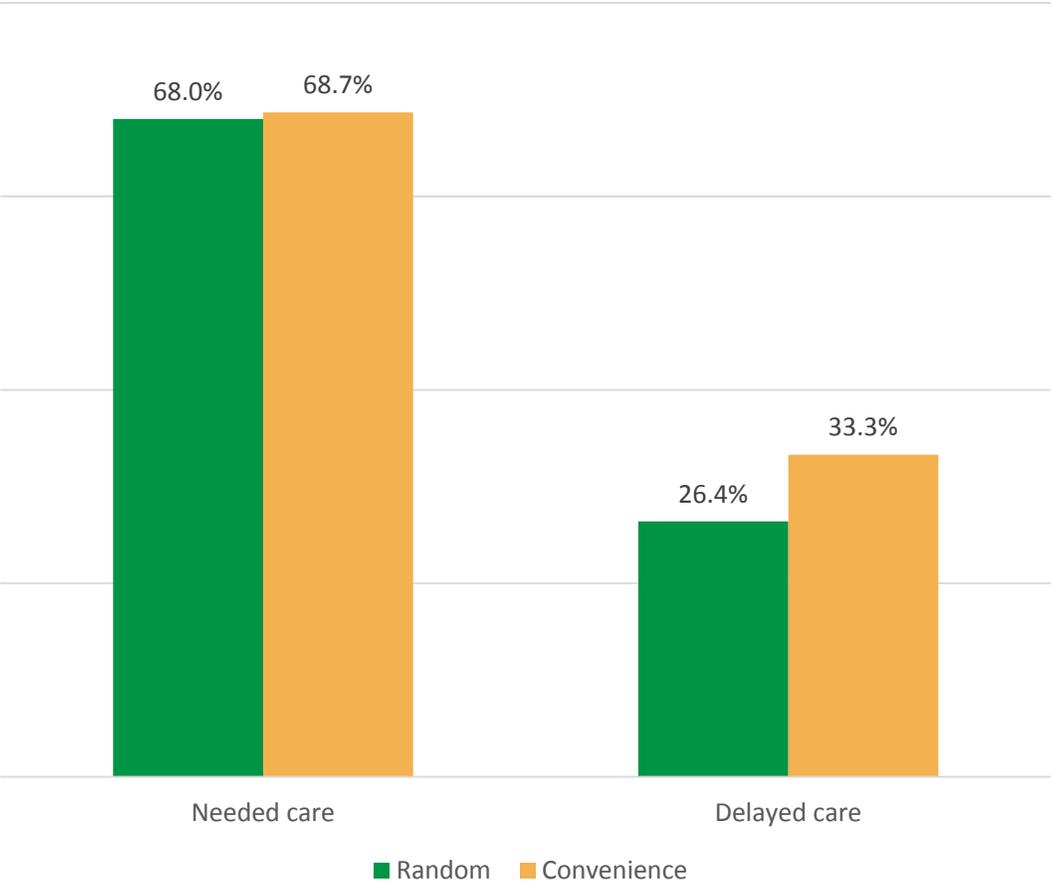
Skipped dose of medication



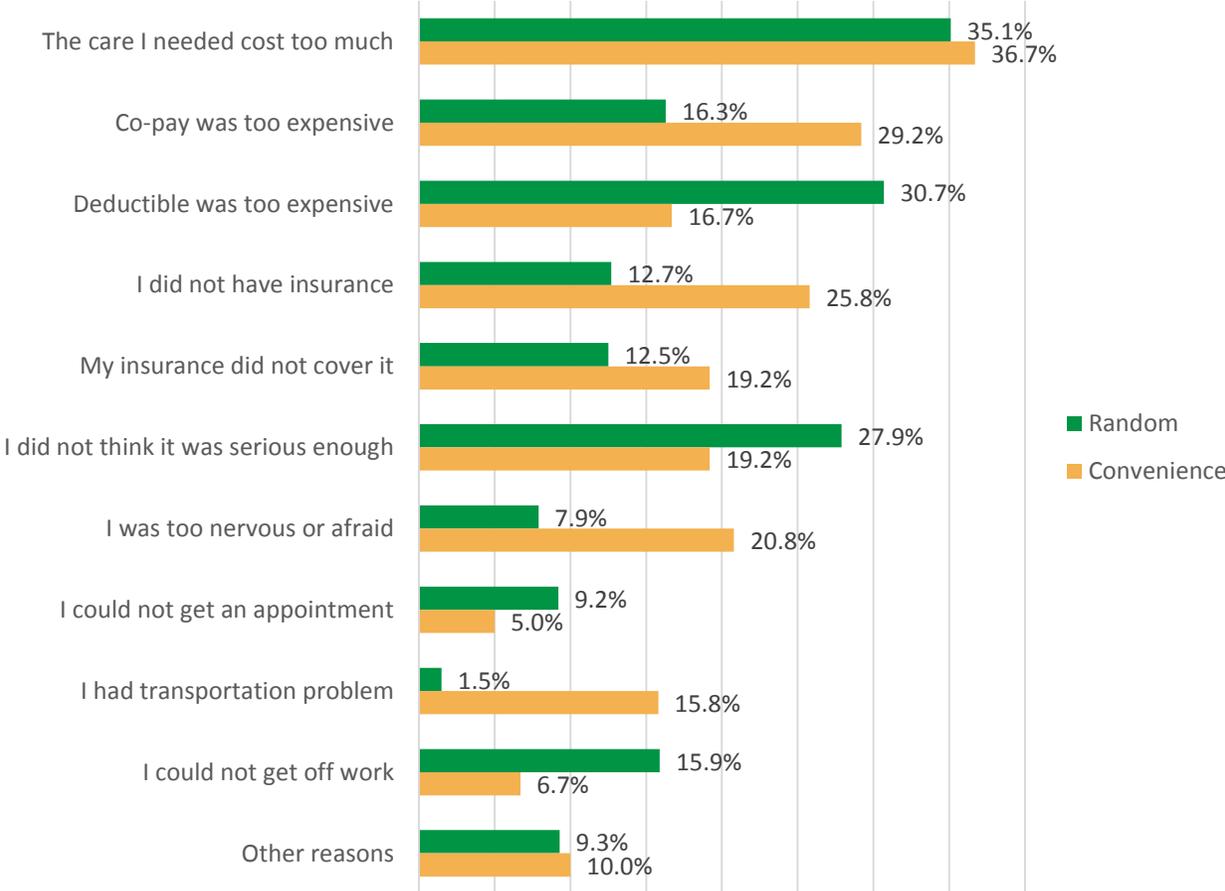
Seeking professional help for health issues,

Respondents who needed care, but delayed the care they needed

Physical health issues



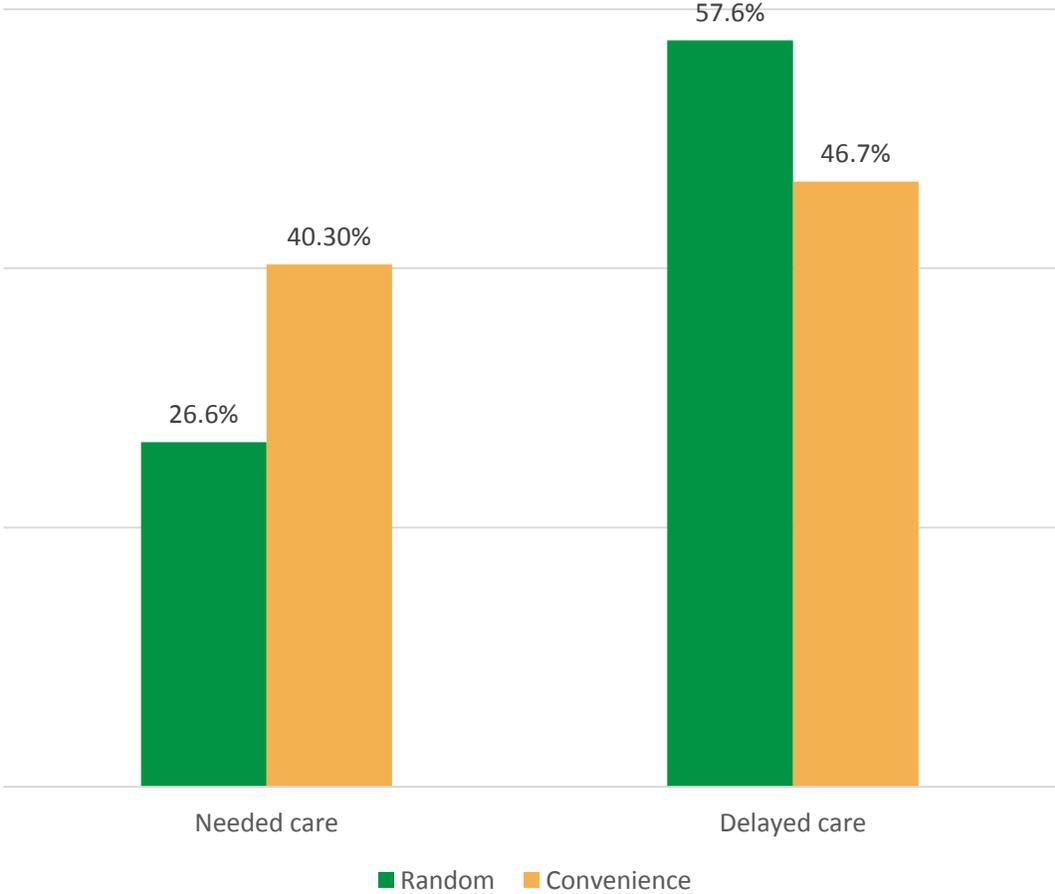
Reasons for delaying care for physical health



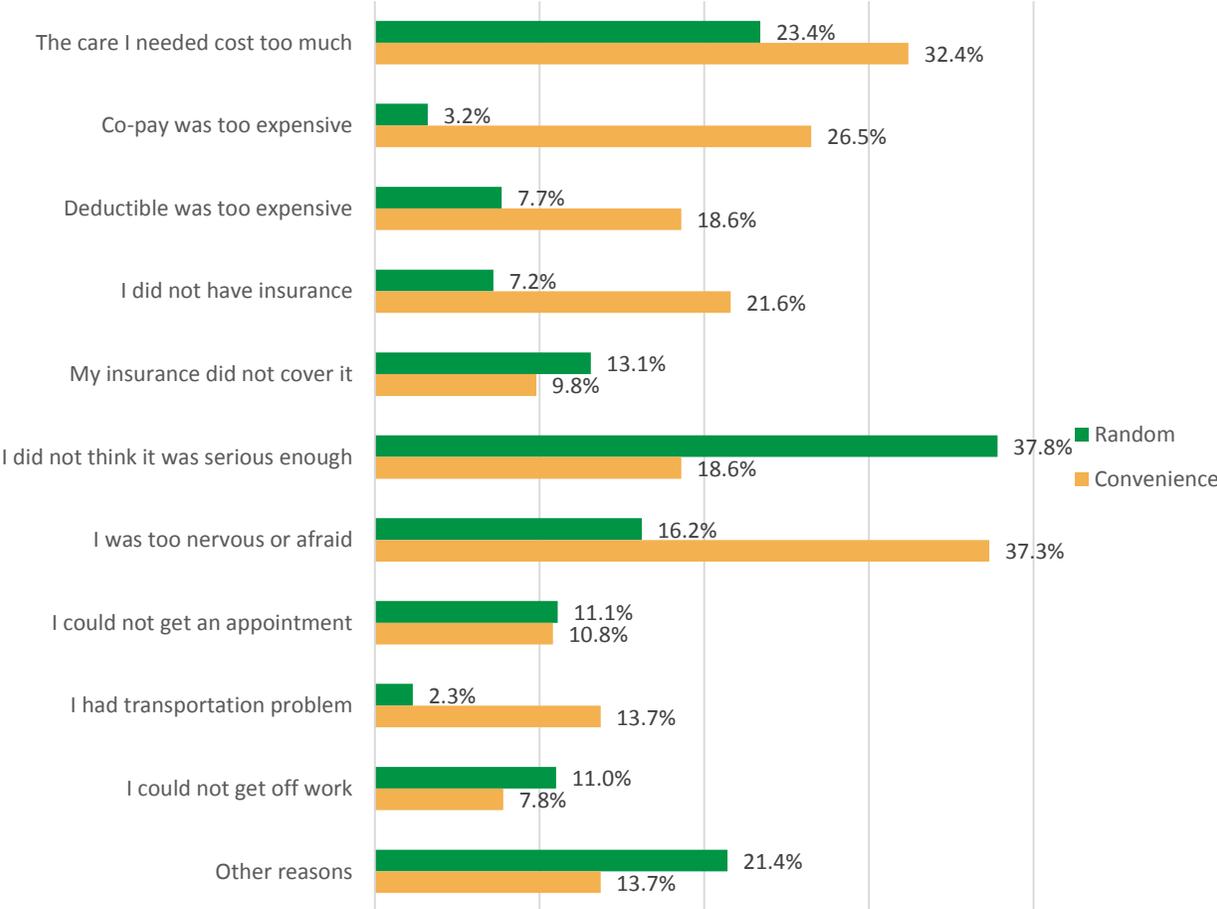
Seeking professional help for health issues,

Respondent who needed care, but delayed the care they needed

Mental health issues



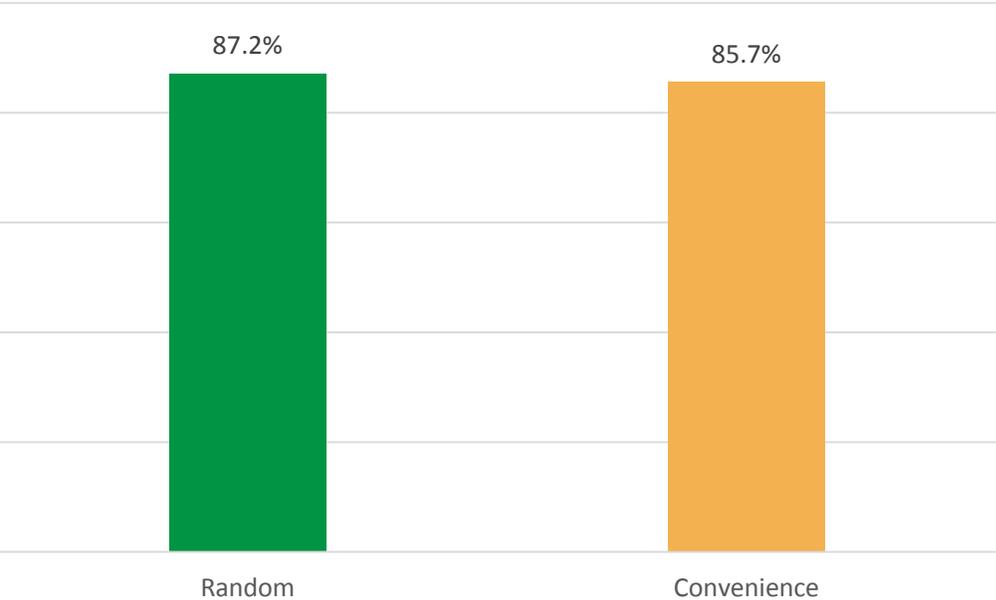
Delayed care for mental health



Seeking professional help

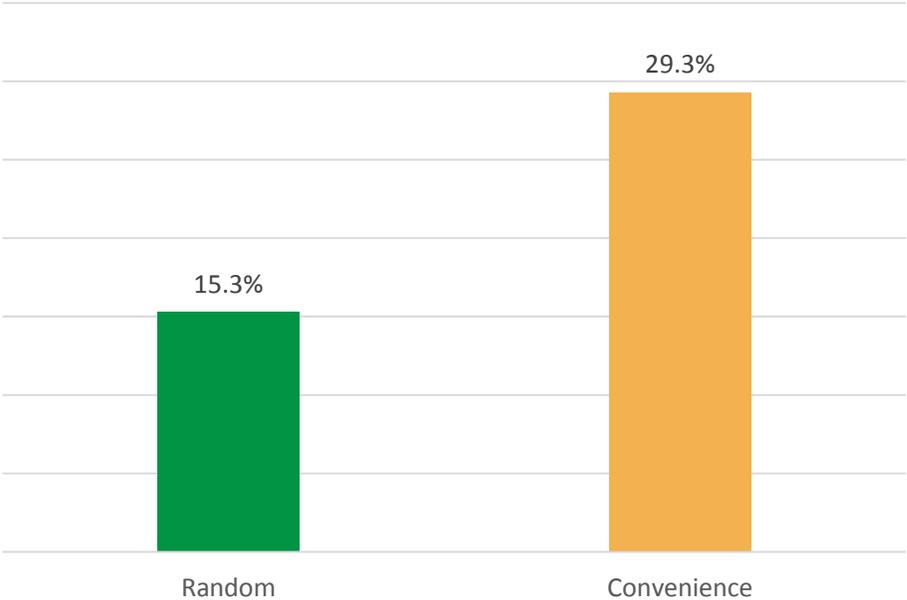
During the past 12 months, have you seen a doctor, nurse, or other health professional about your own health? - Yes

Sought professional care for physical health



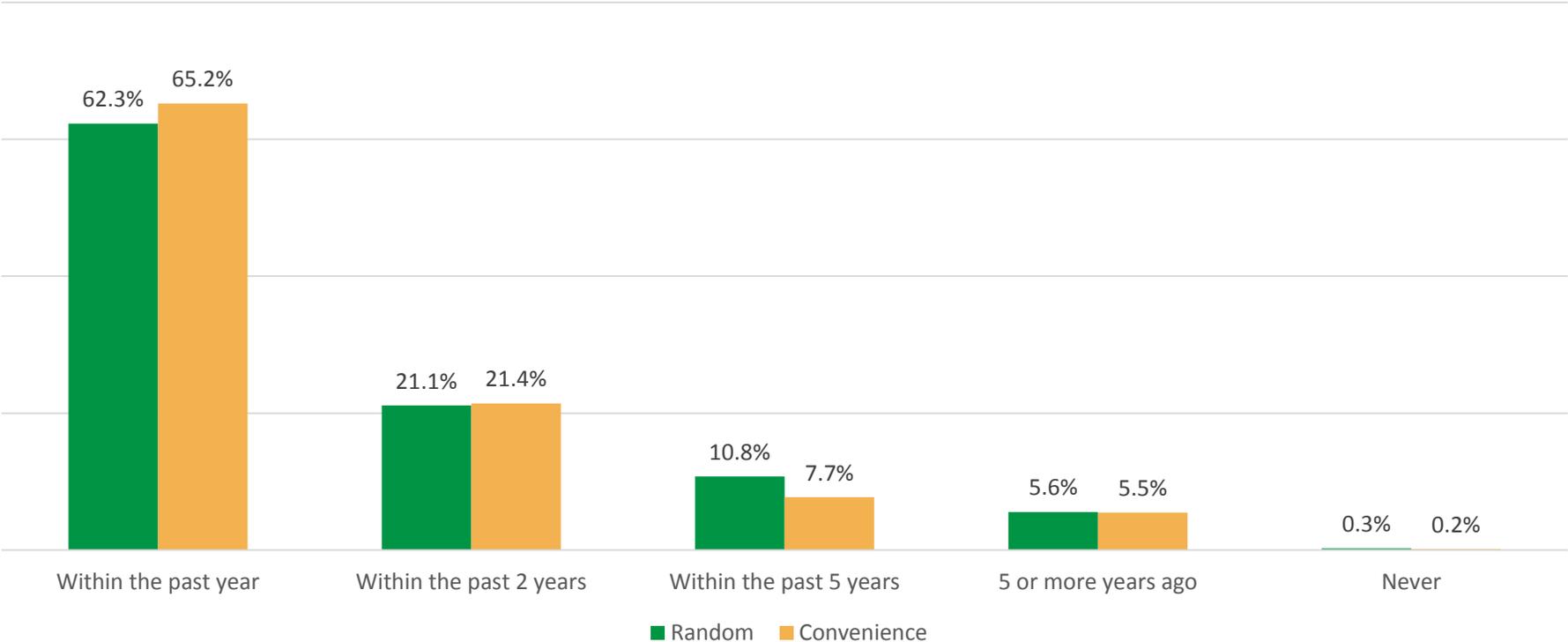
During the past 12 months, have you seen a psychiatrist, psychologist, therapist, counselor, or other mental health professional for your own health? - Yes

Sought professional care for mental health



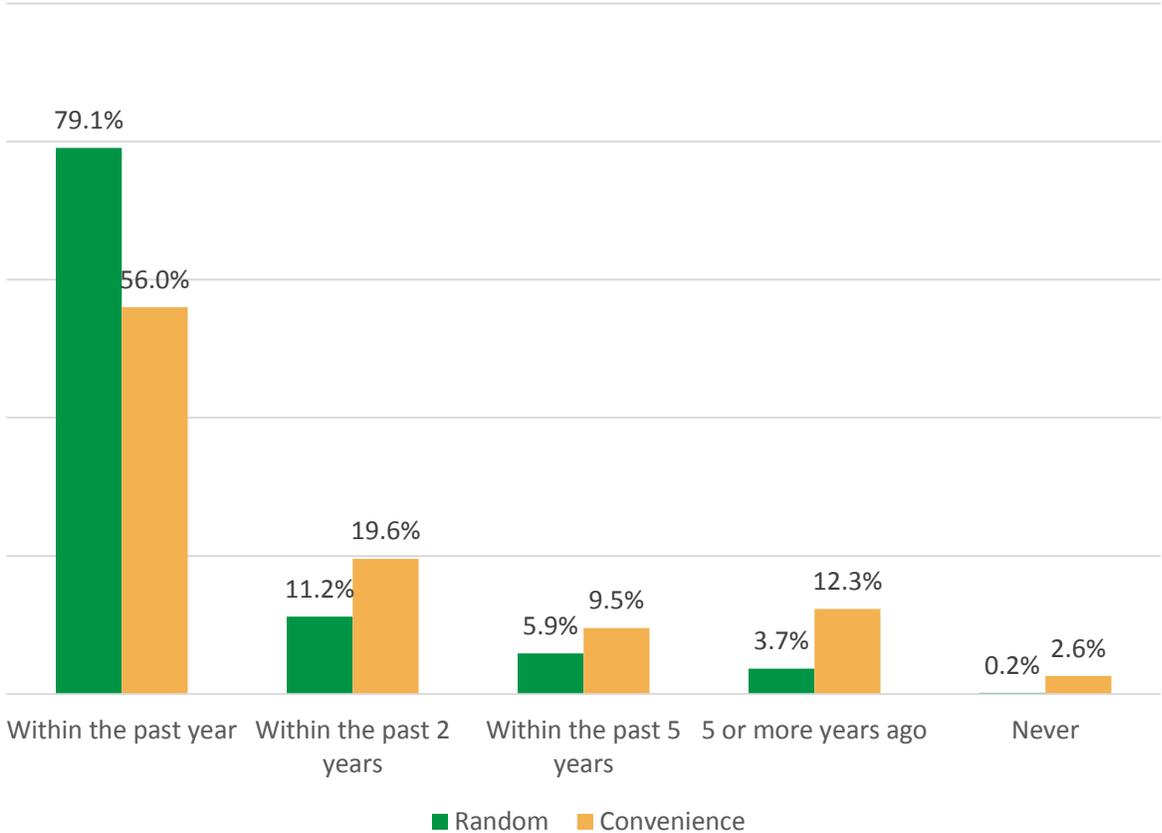
Preventative care

How long has it been since your last complete physical exam?

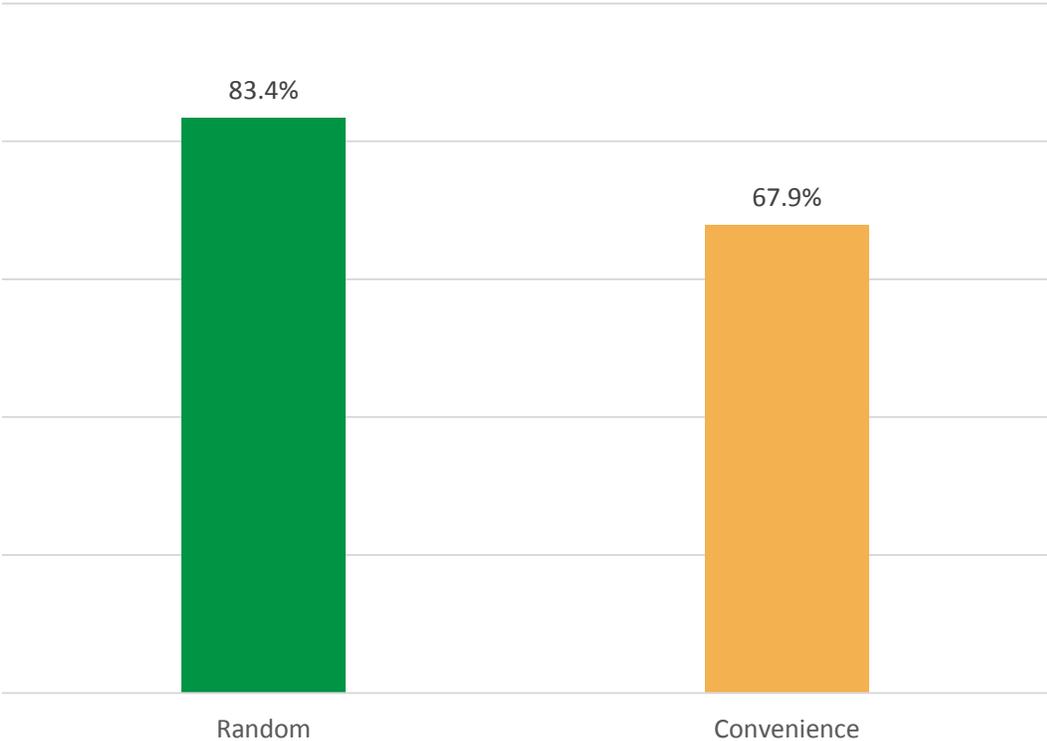


Dental care

How long has it been since you last visited a dentist or dental clinic for any reason?



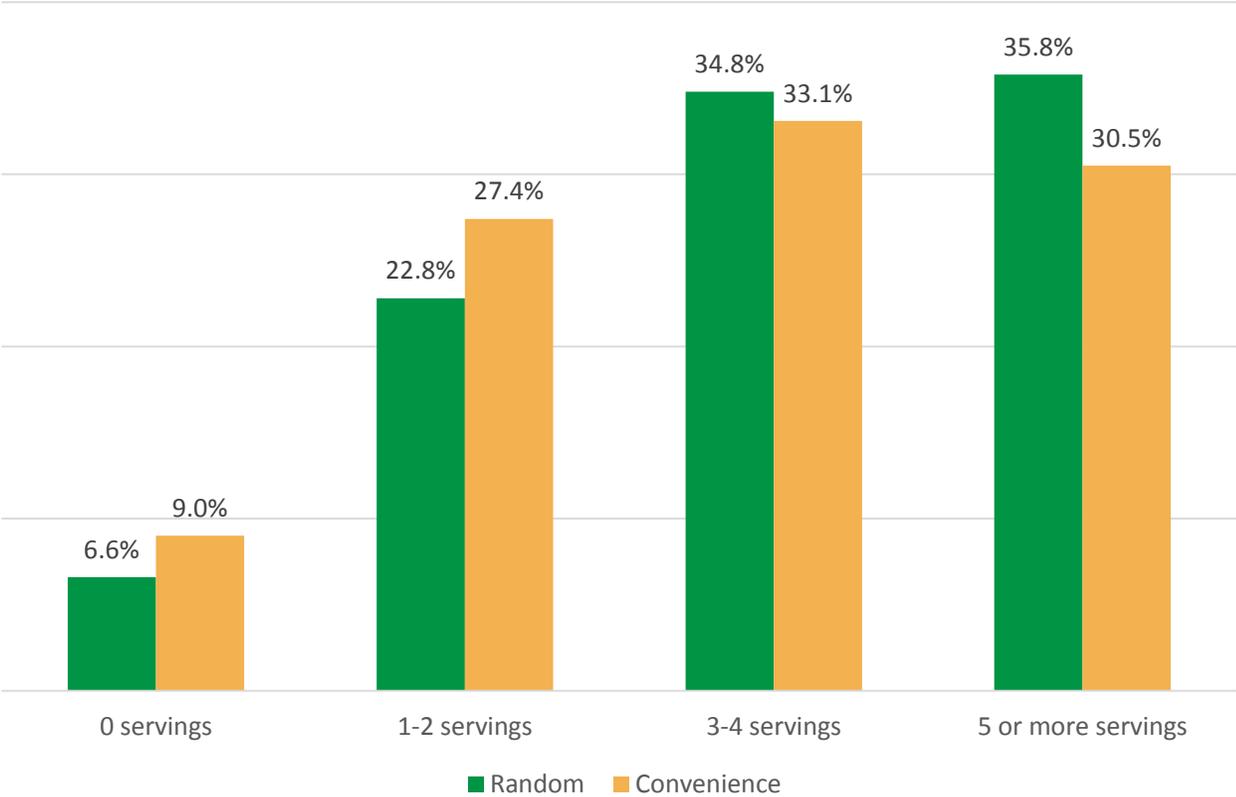
Do you currently have insurance that pays for all or part of your dental care? - Yes



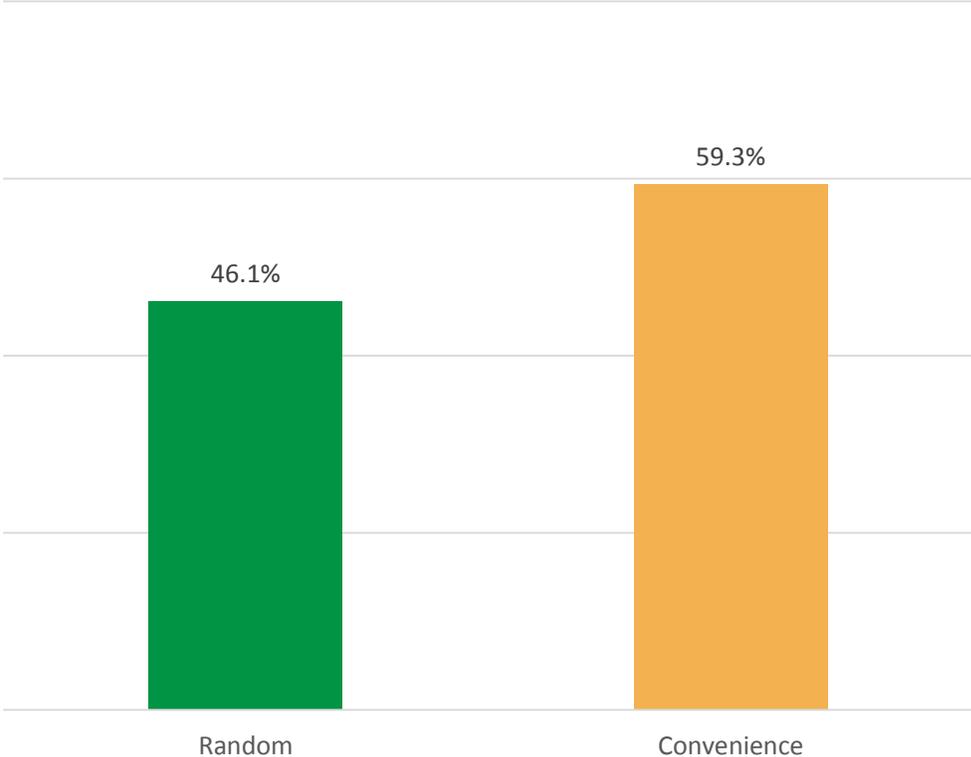
Healthy Lifestyle and Behavior

Daily fruits and vegetables intake

Number of vegetables eaten yesterday

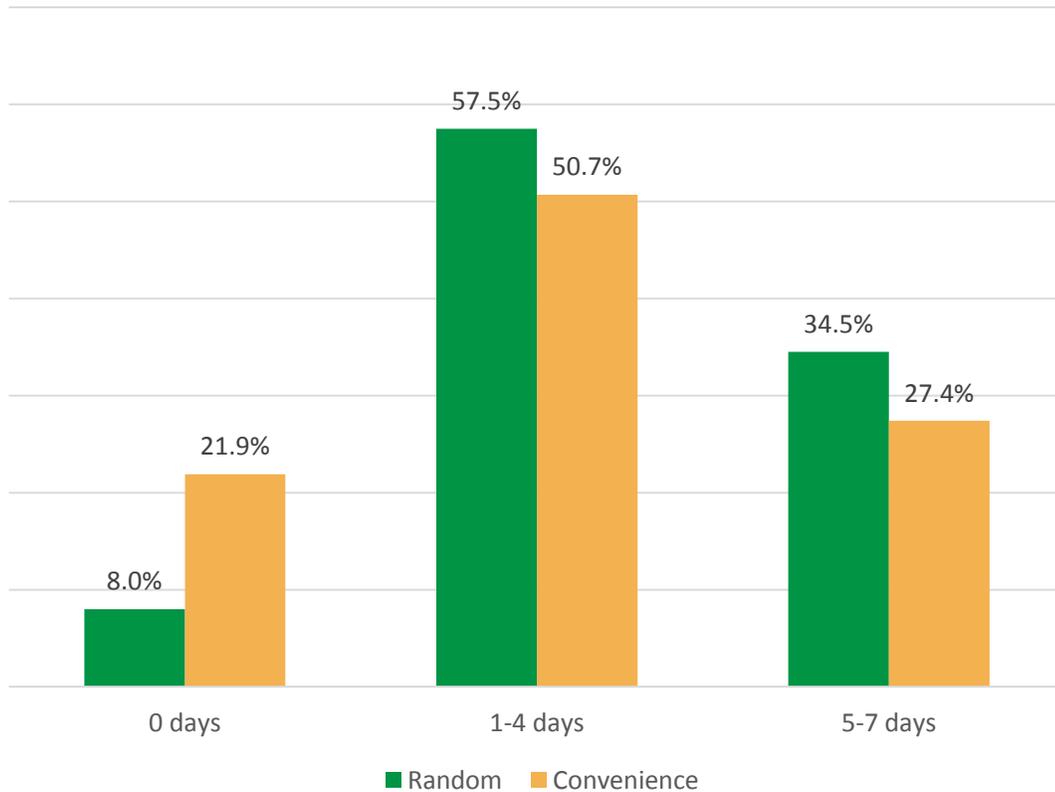


1 or more servings of sugary beverages (soda, energy drink, sports drinks) last week

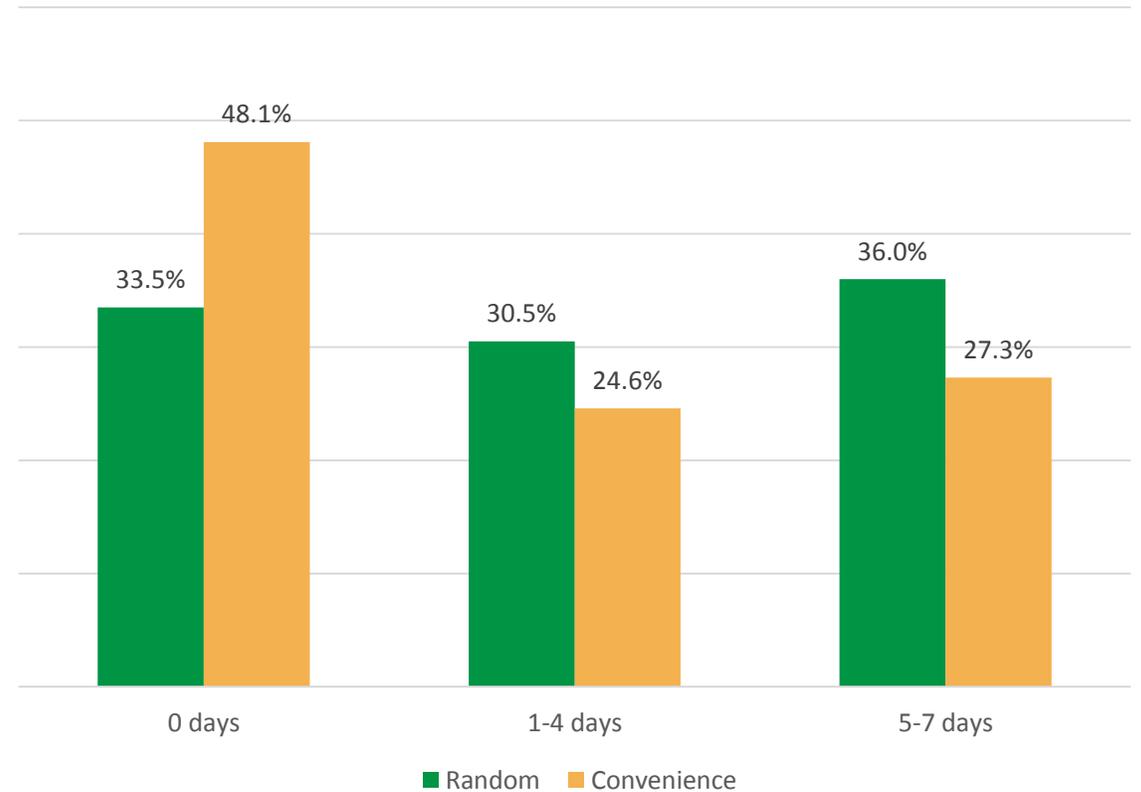


Physical Activity

Moderate exercise 5+ days per week

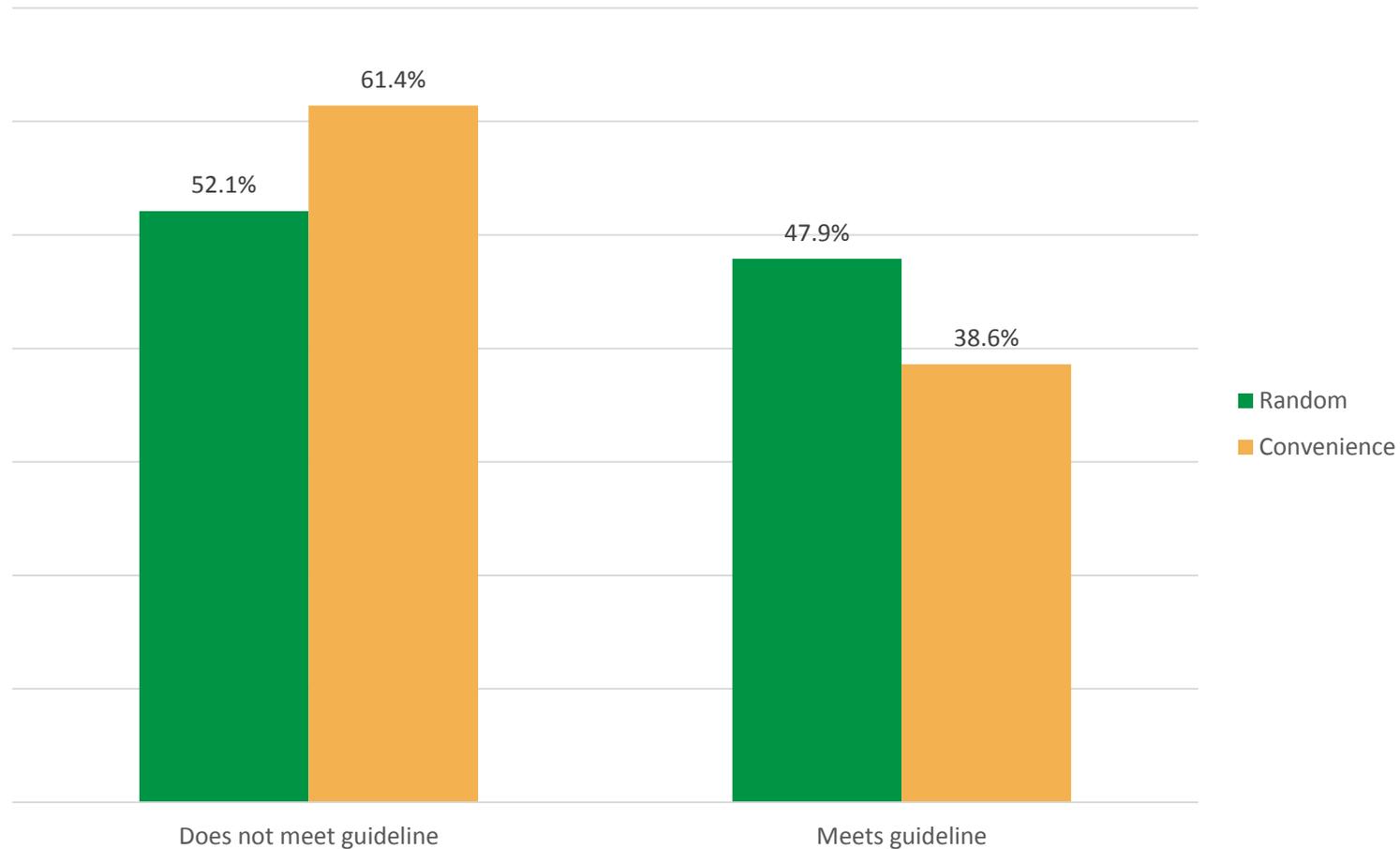


Vigorous exercise 3+ days per week



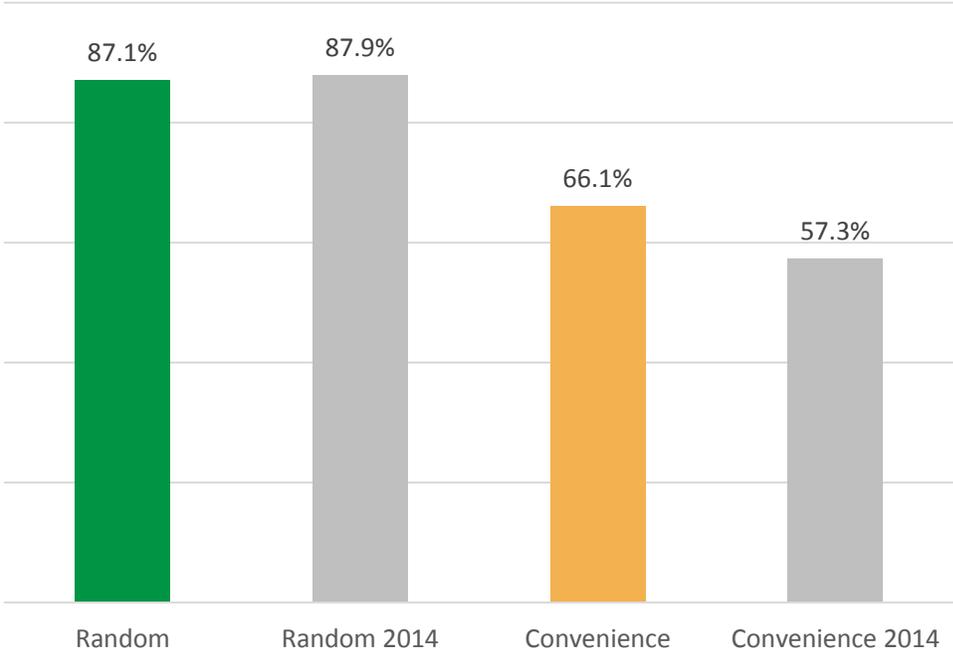
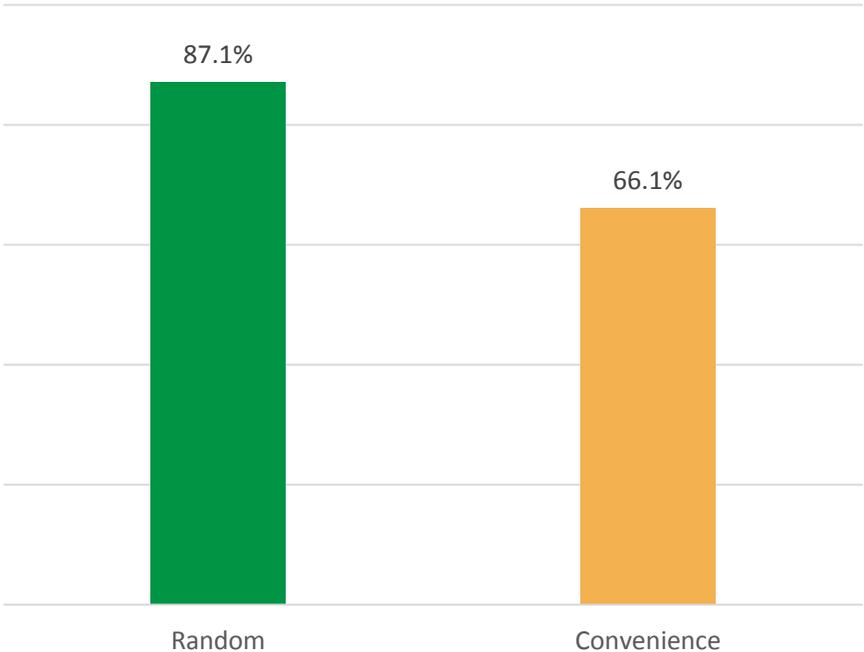
Physical Activity

CDC recommended physical activity guideline: Moderate activity for 30 minutes/5+ days or Vigorous activity for 20 minutes/3+ days or both



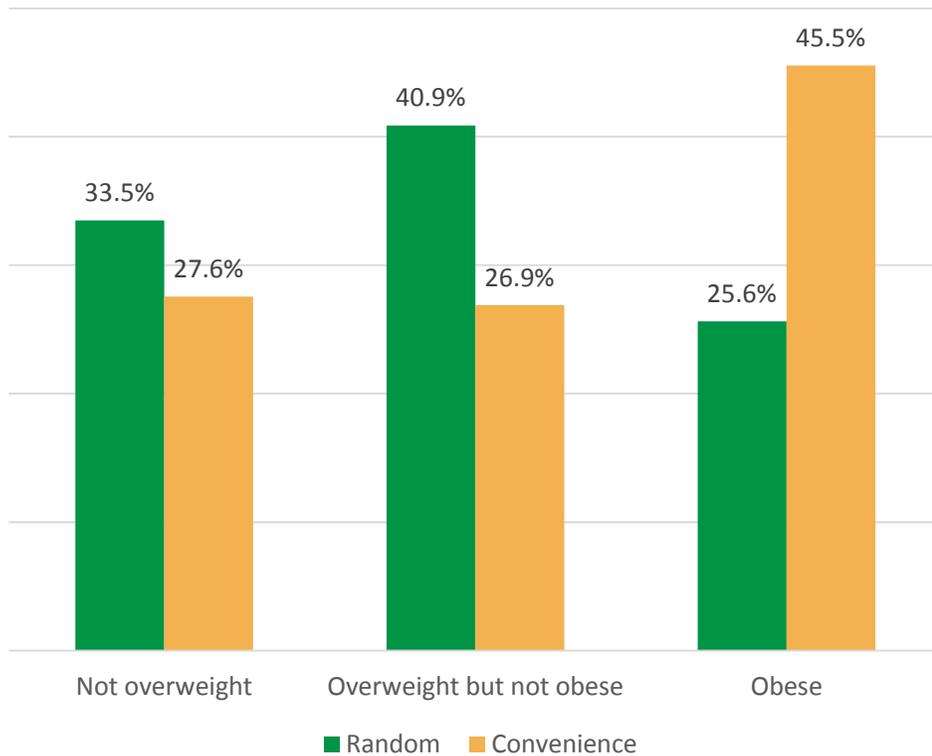
Comparison with 2014 SHAPE survey- physical exercise

During the past 30 days, other than your regular job, did you participate in any physical activity or exercises such as running, calisthenics, golf, gardening, or walking for exercise?



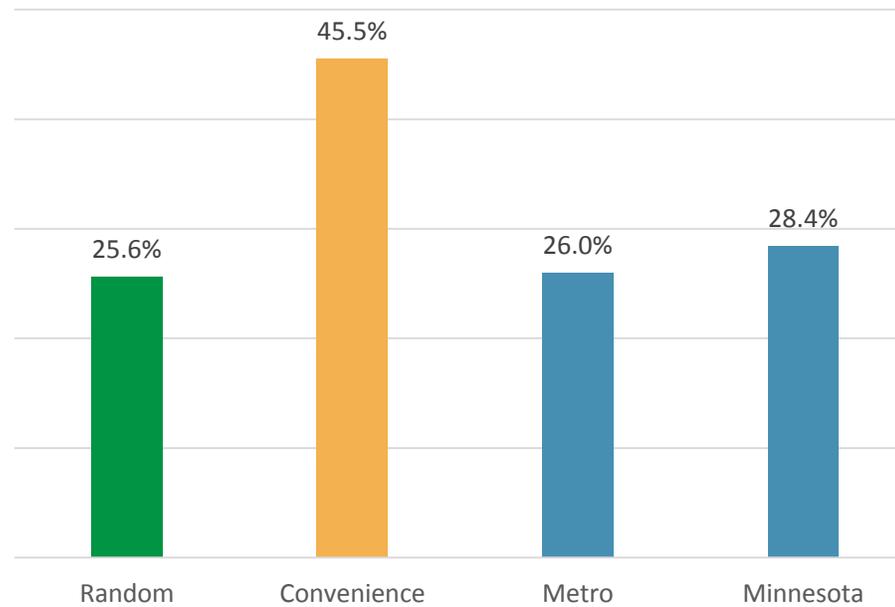
Weight status by Body Mass Index (BMI)

Weight Status according to BMI



Obese (%), Comparison with Twin Cities metro and Minnesota

*Metro and Minnesota rate- CDC BRFSS, 2017



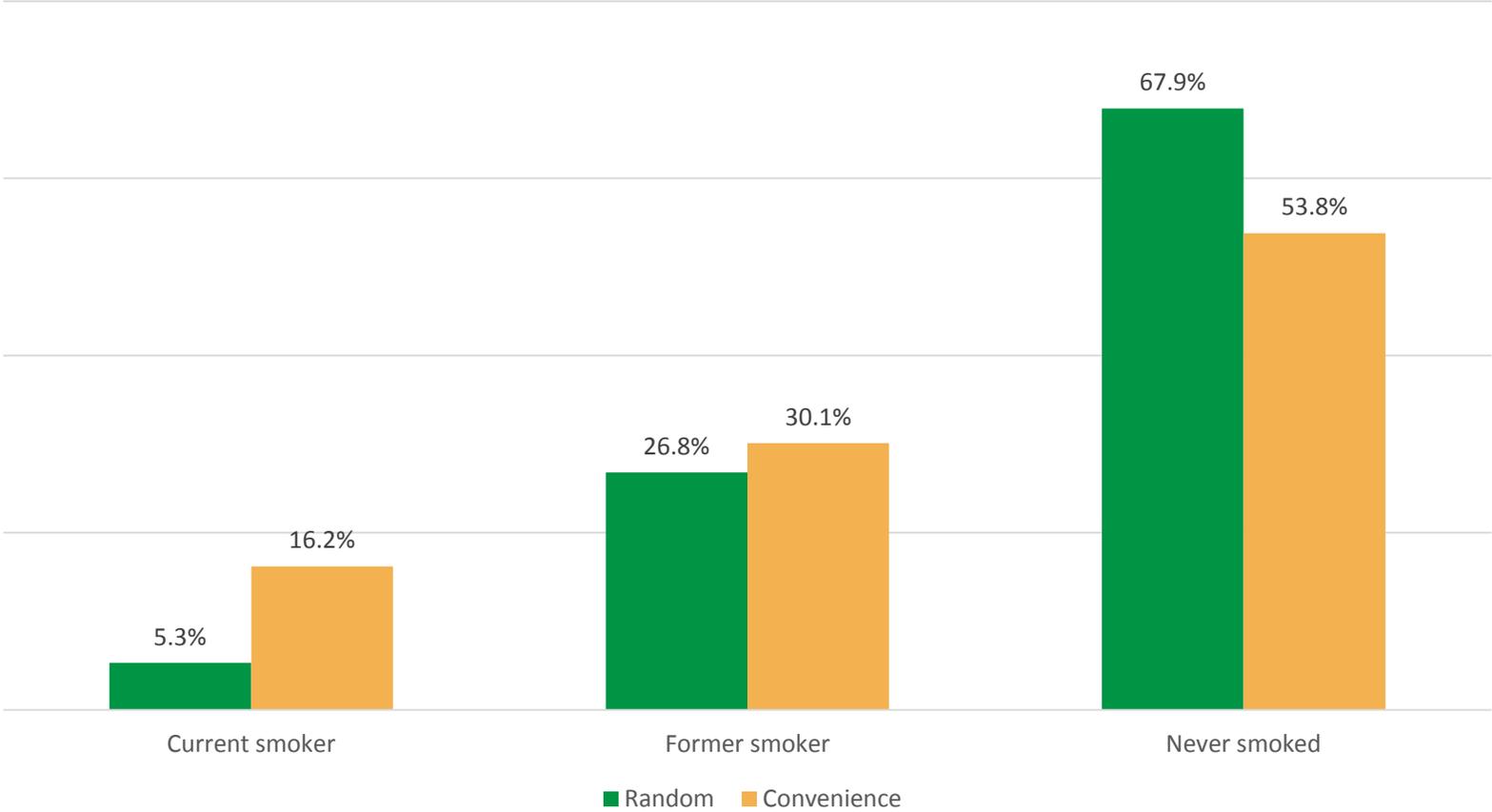
Not overweight
BMI < 25

Overweight
BMI 25 to 29.9

Obese
BMI ≥ 30.0

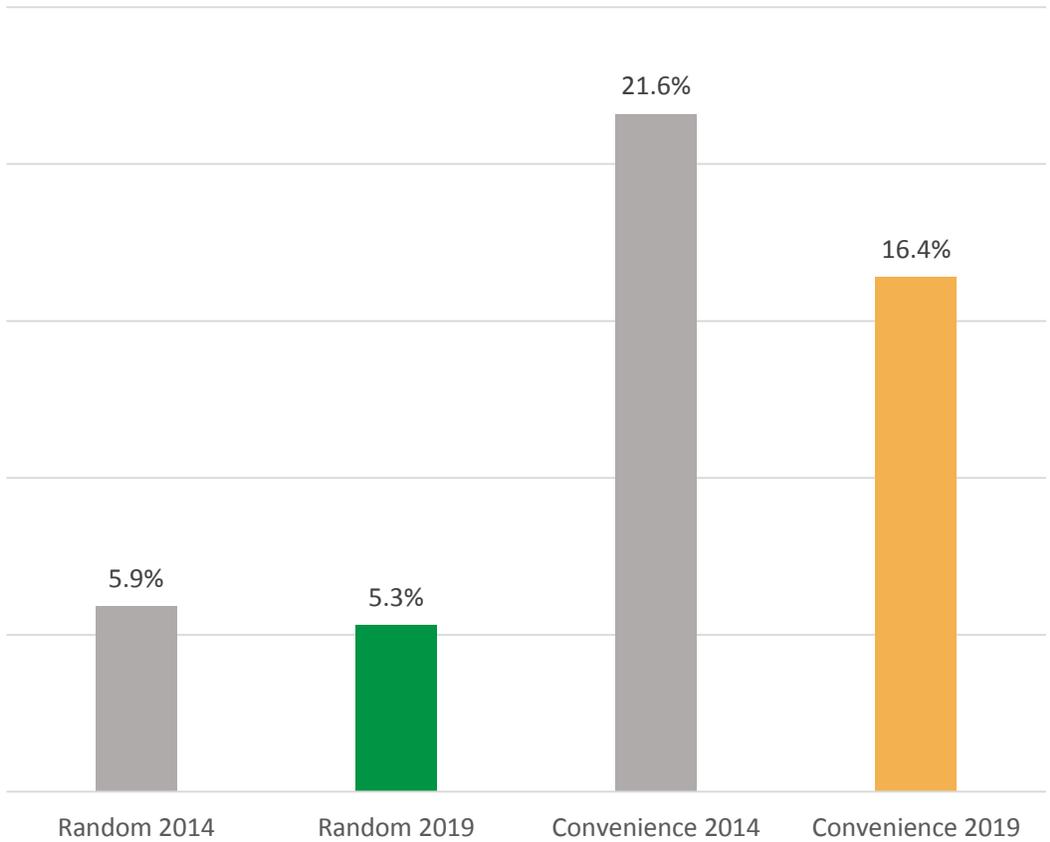
Smoking Status

Smoking Status- cigarettes

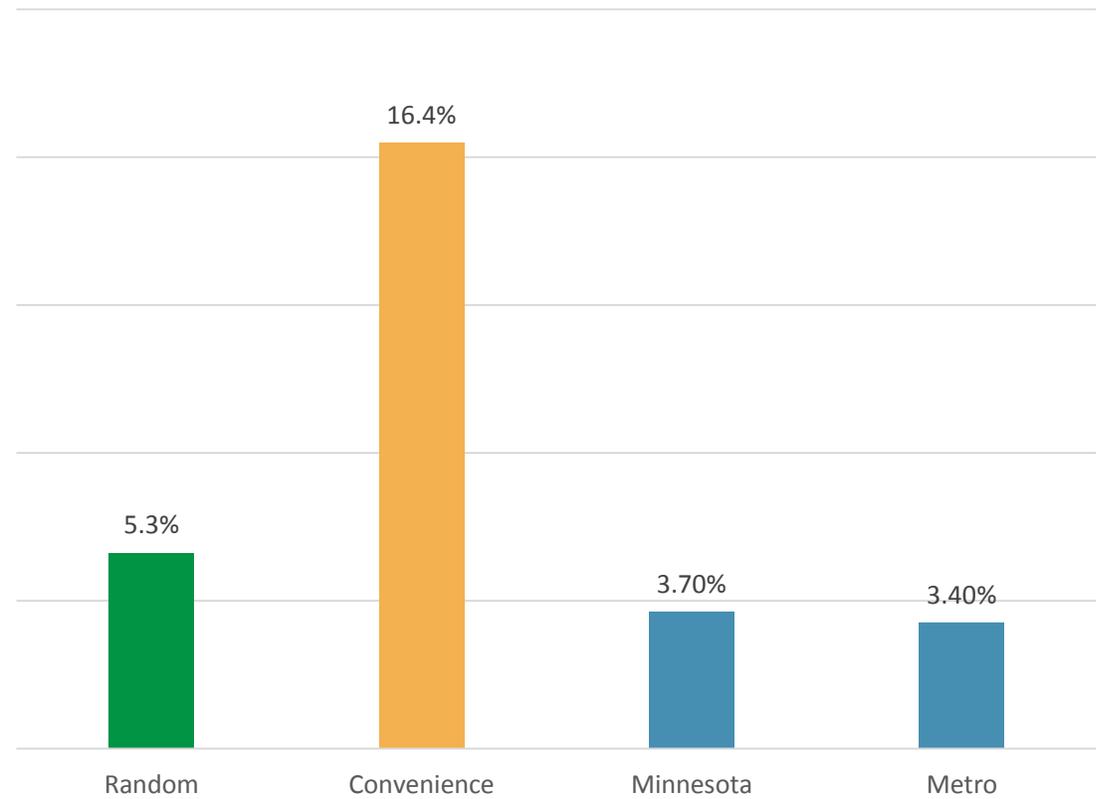


Comparison with 2014 SHAPE survey- smoking status

Adults who are current smokers



Adults who are current smokers
Metro and Minnesota rate- CDC BRFSS, 2017

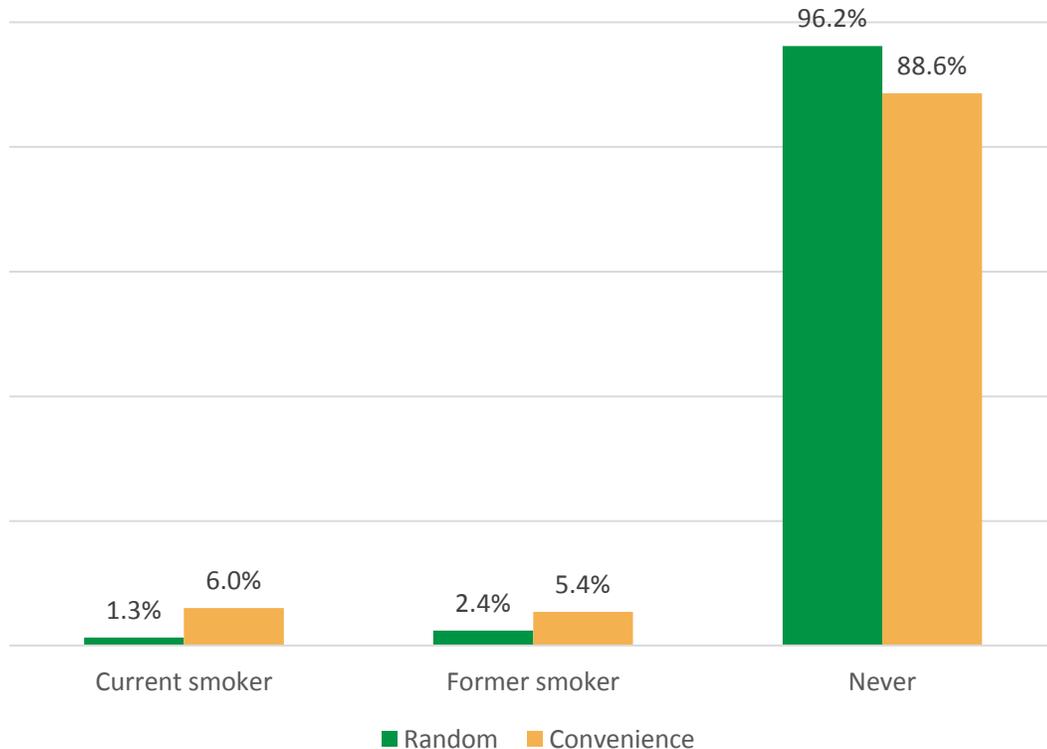


Smoking Status

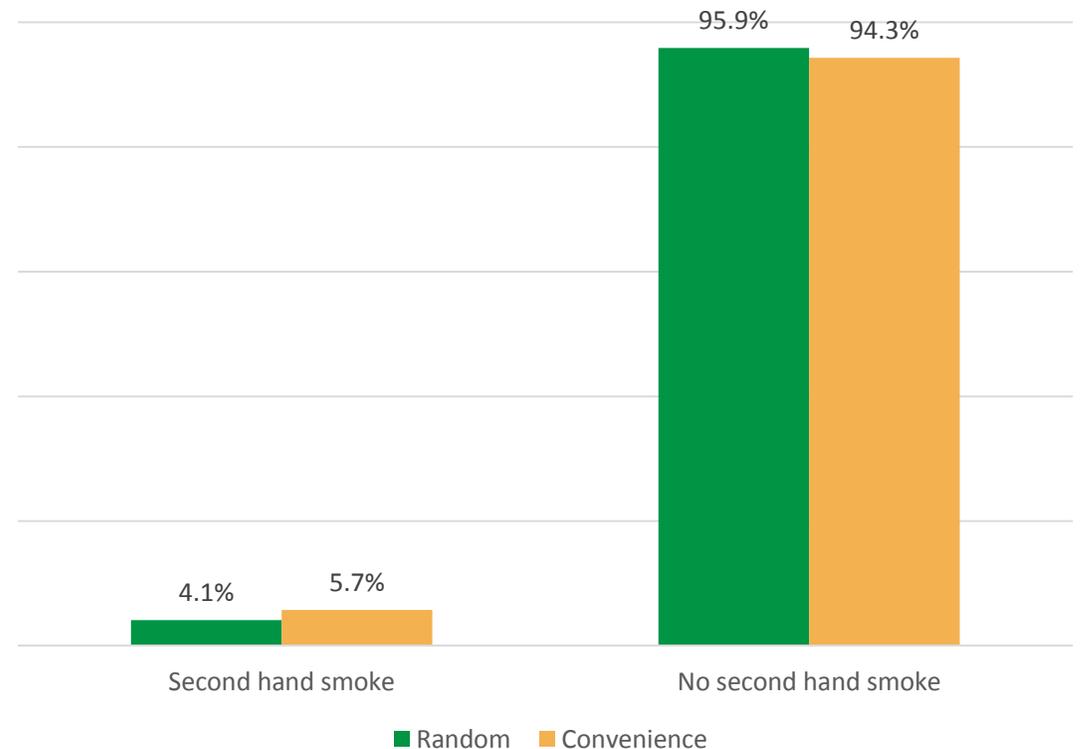
Do you currently use electronic cigarettes, such as e-cigarettes, e-hookahs, vaping pens, or JUUL?

Does anyone, including yourself, smoke cigarettes, cigars, or pipes regularly inside your home?

E-cigarette



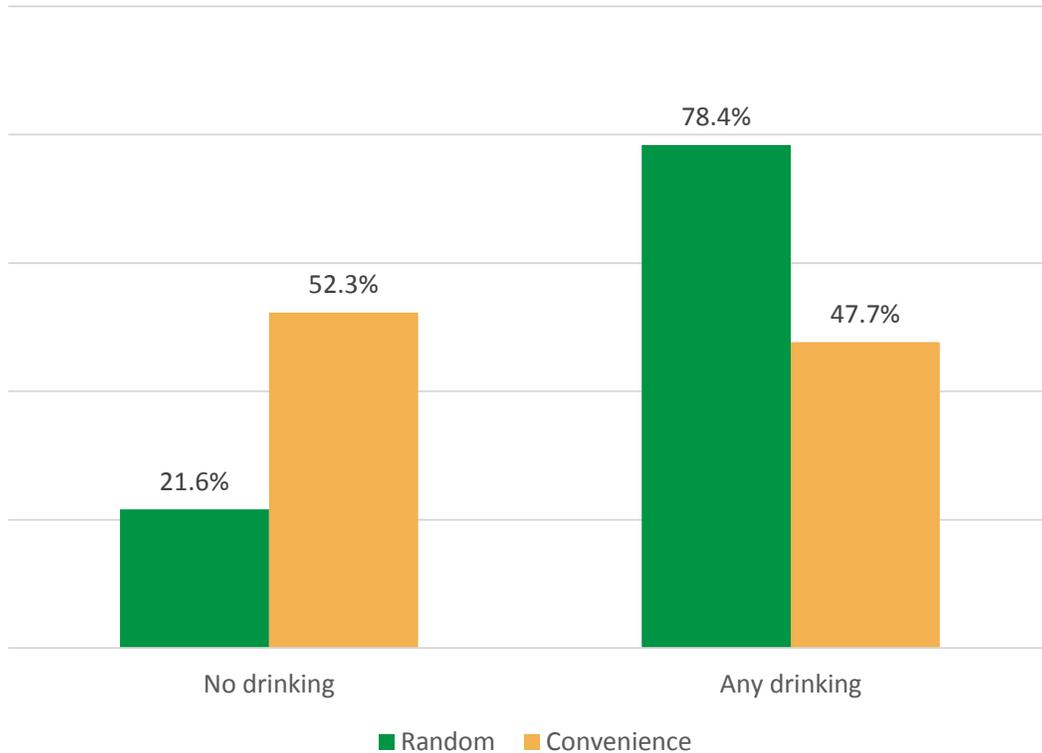
Second hand smoke



Alcohol intake

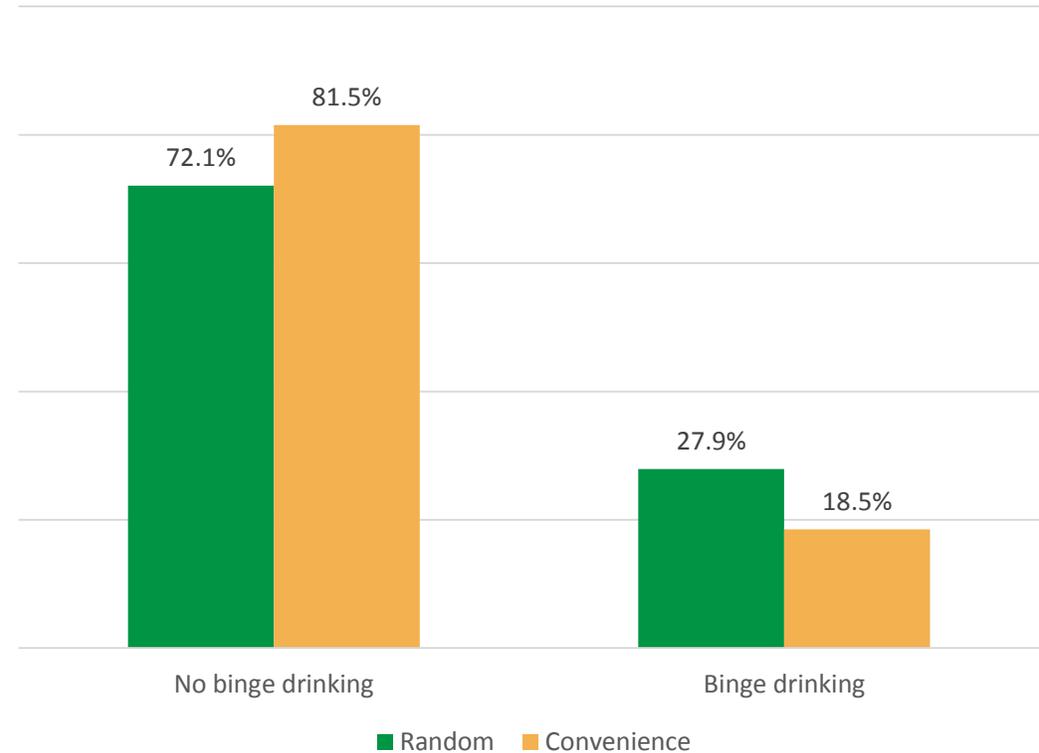
During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?

Any alcohol, past 30 days



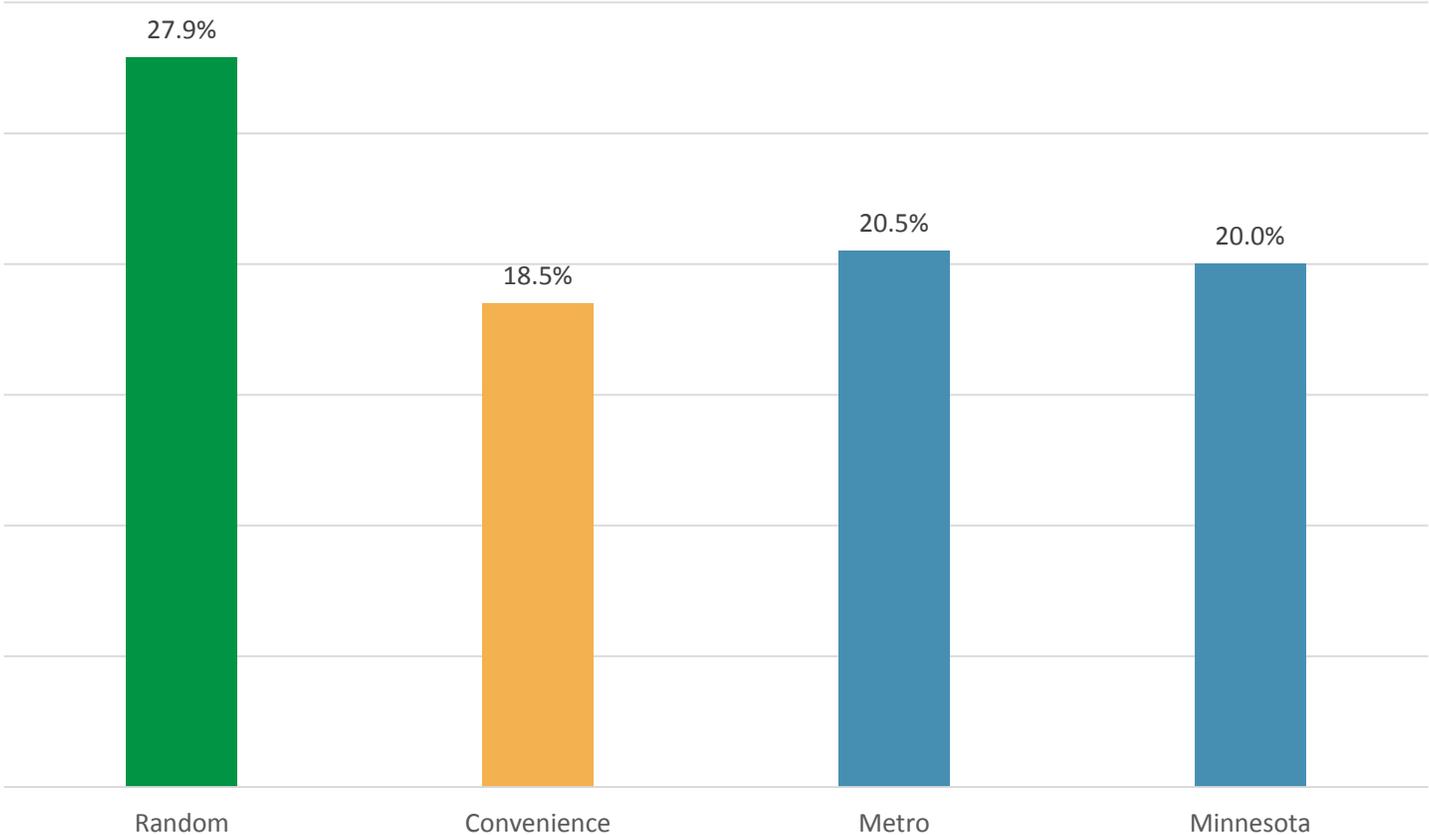
Binge drinking- 4 or more drinks for female or 5 or more for male, on one occasion

Binge drinking, past 30 days



Comparison with Metro and State

Binge drinking, past 30 days
Metro and Minnesota rate- CDC BRFSS, 2017



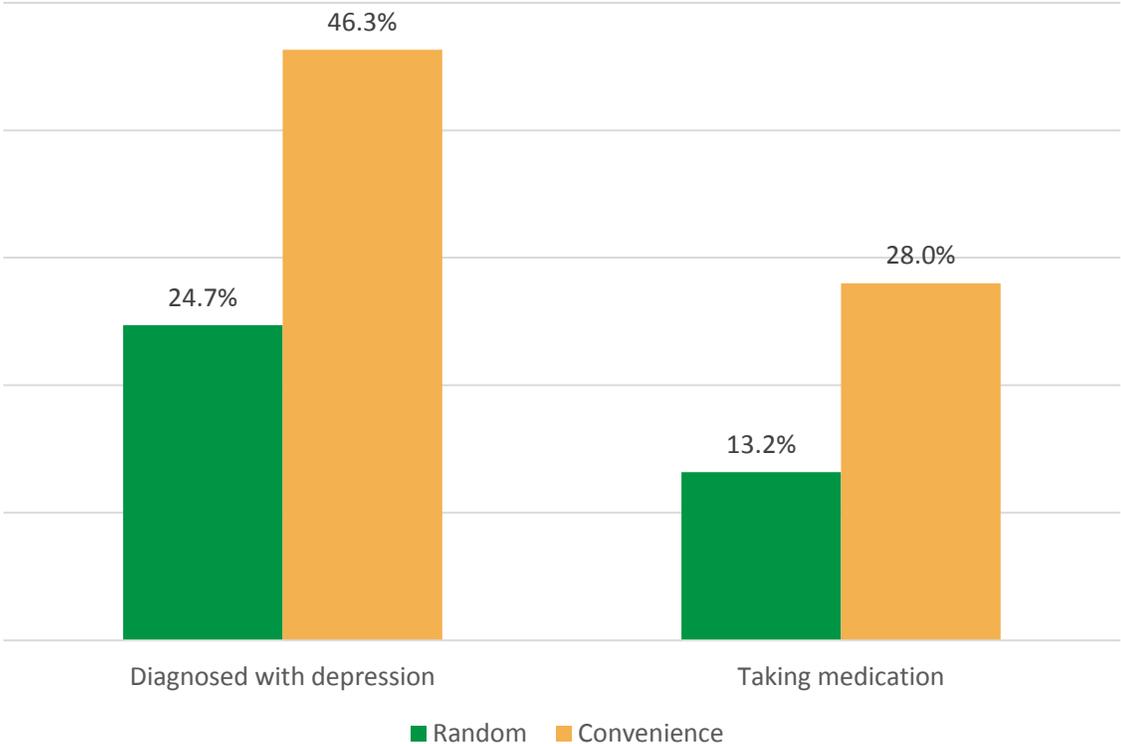
How You Feel

Depression and Anxiety

Have you ever been told by a health professional that you have depression?

Are you currently taking any medication that was prescribed for you to treat depression?

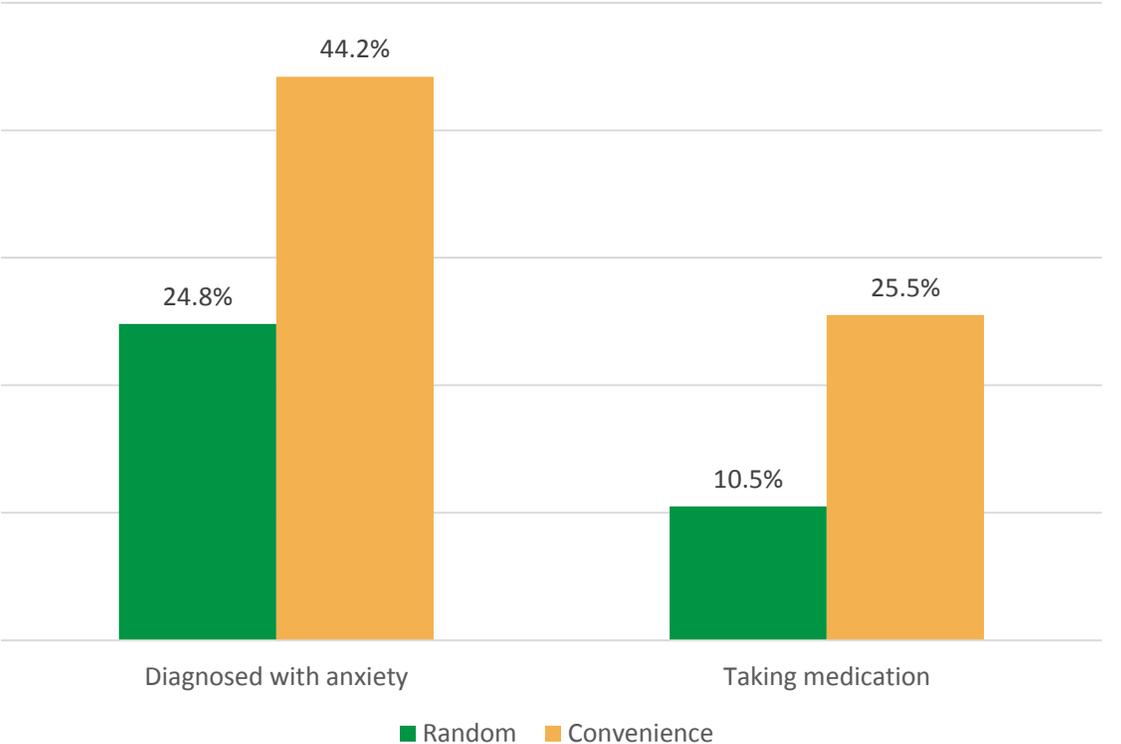
Depression



Have you ever been told by a health professional that you have anxiety?

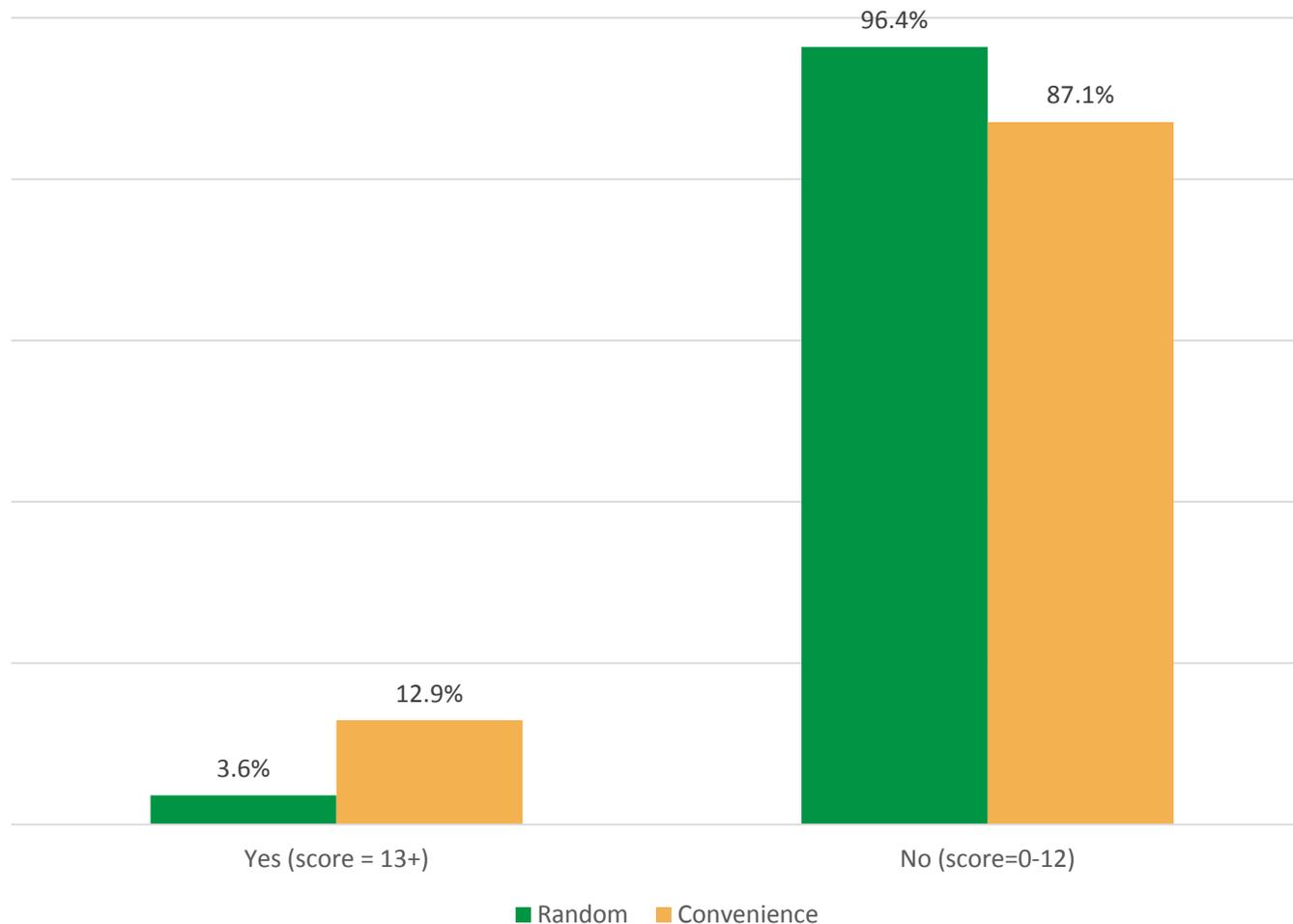
Are you currently taking any medication that was prescribed for you to treat anxiety?

Anxiety



Serious Psychological Distress

Experienced Serious Psychological Distress, past 30 days



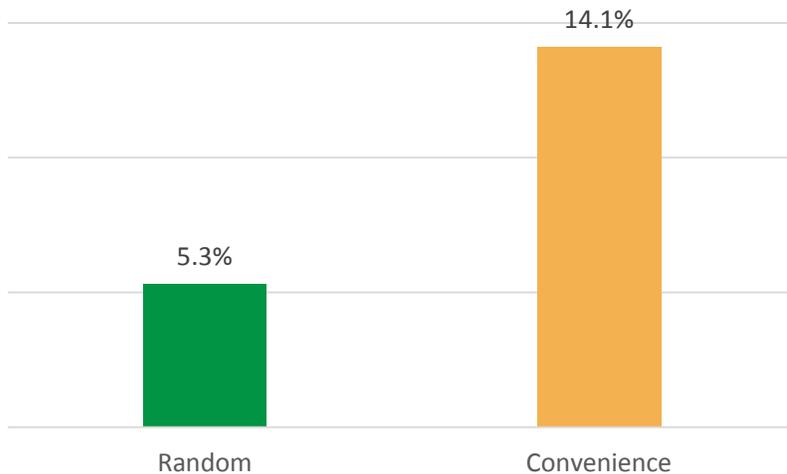
Combined score derived from responses of the following questions:

- About how often did you feel so sad that nothing could cheer you up?
- About how often did you feel nervous?
- About how often did you feel so restless or fidgety that you could not sit still?
- About how often did you feel hopeless?
- About how often did you feel that everything was an effort?
- About how often did you feel worthless?
- About how often did you feel this kind of stress (tense, restless, nervous, or anxious, or is unable to sleep at night for troubled mind)?

Social Isolation and Social Connectedness

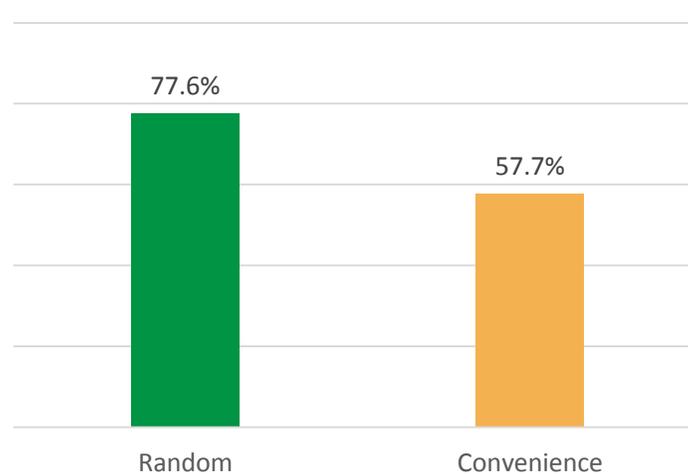
How often do you feel isolated from others? - Always or usually

Social Isolation



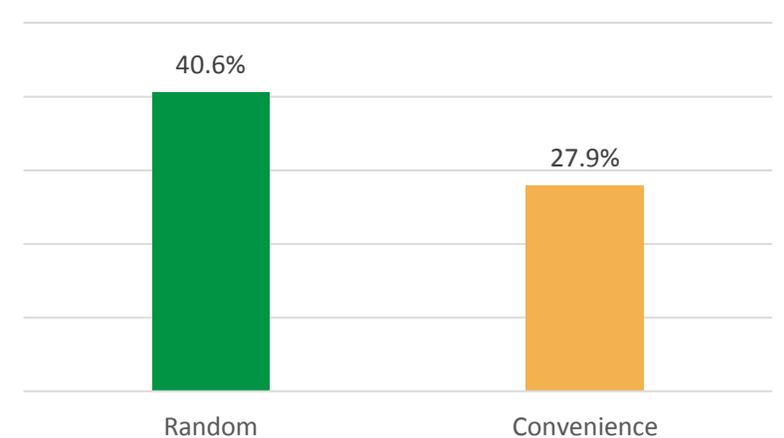
How often do you get the social and emotional support you need? - family, friends, neighbors and/or coworkers. - Always or usually

Social and emotional support



How often are you involved in school, community, or neighborhood activities? - Weekly or monthly

Social Connectedness- Community Involvement

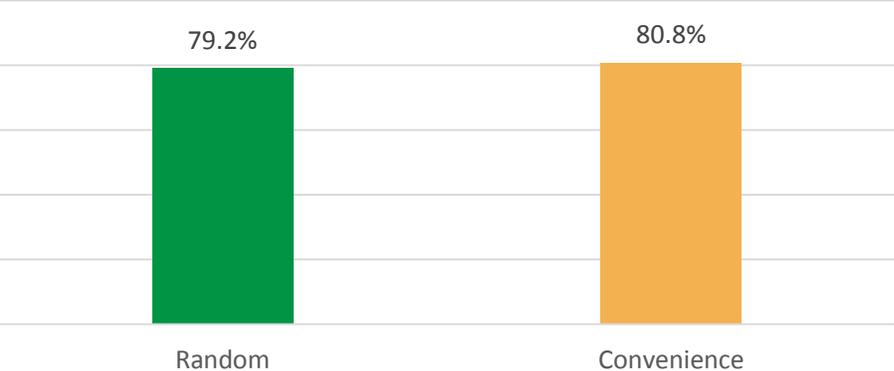


About Your Community

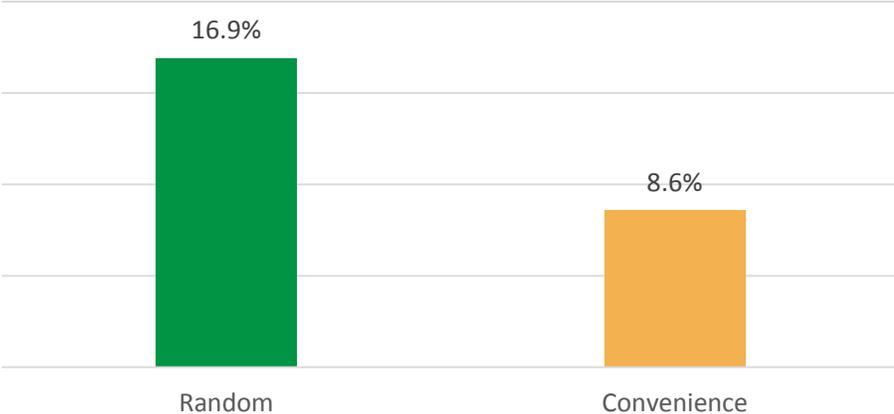
Neighborhood



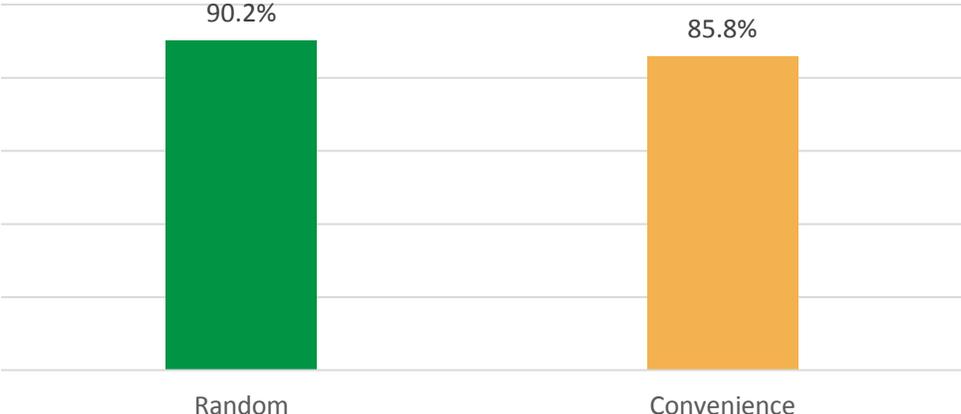
For walking in your neighborhood, would you say the sidewalks, trails, and walking paths are- very or somewhat well-maintained



There are no sidewalks, trails, or walking paths in my neighborhood

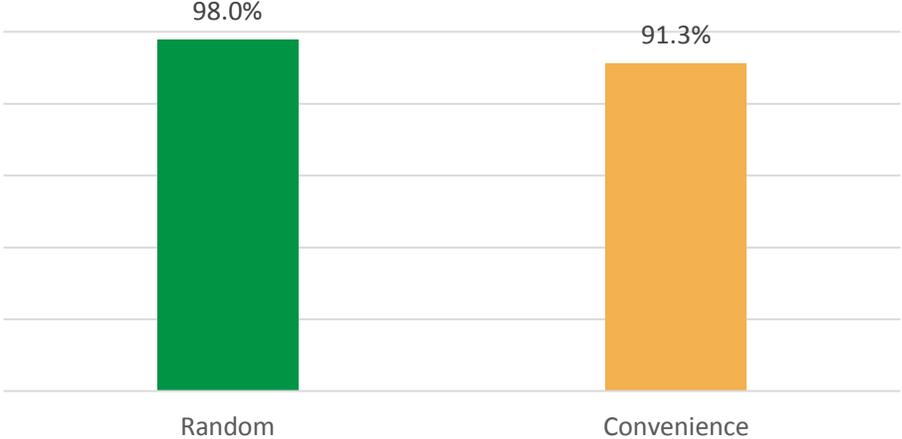


In general, how easy is it to safely cross the streets or roads in your neighborhood?- very or somewhat easy

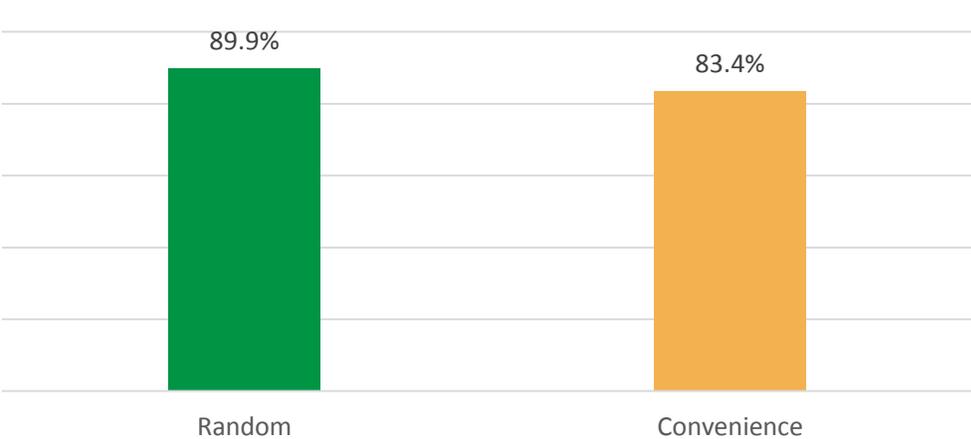


Neighborhood

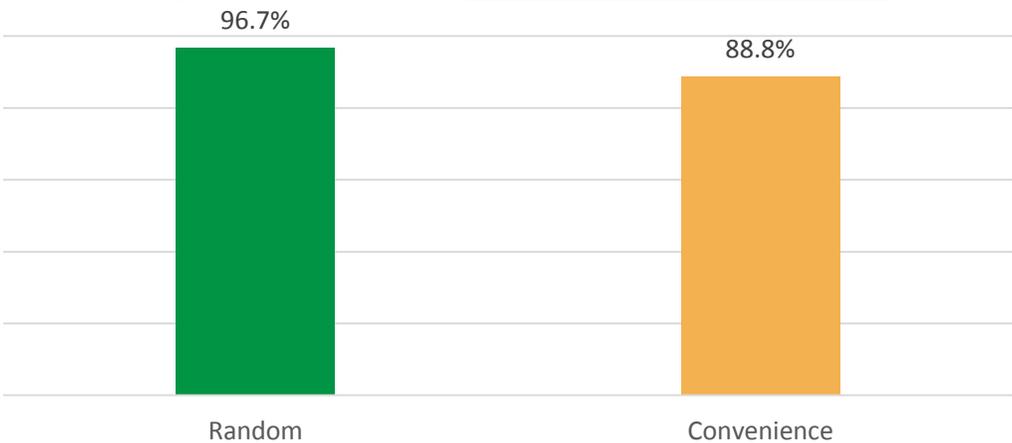
This is a good community to raise children in- Strongly or somewhat agree



People in this neighborhood are willing to help one another- Strongly or somewhat agree

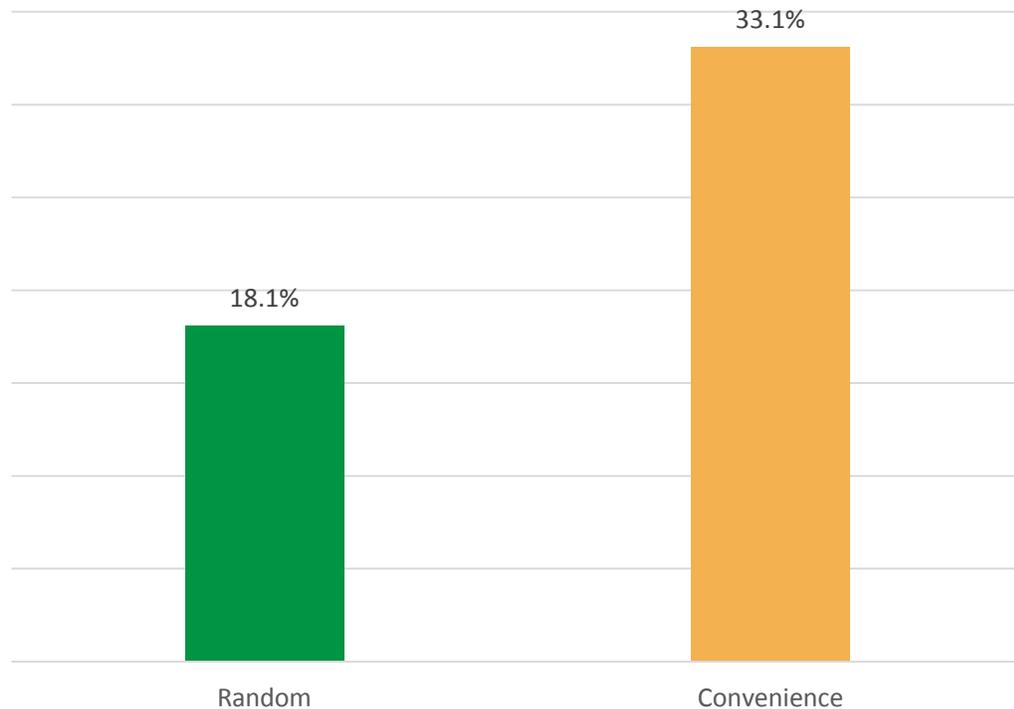


In general, how safe from crime do you consider your neighborhood to be?- Very safe or somewhat safe

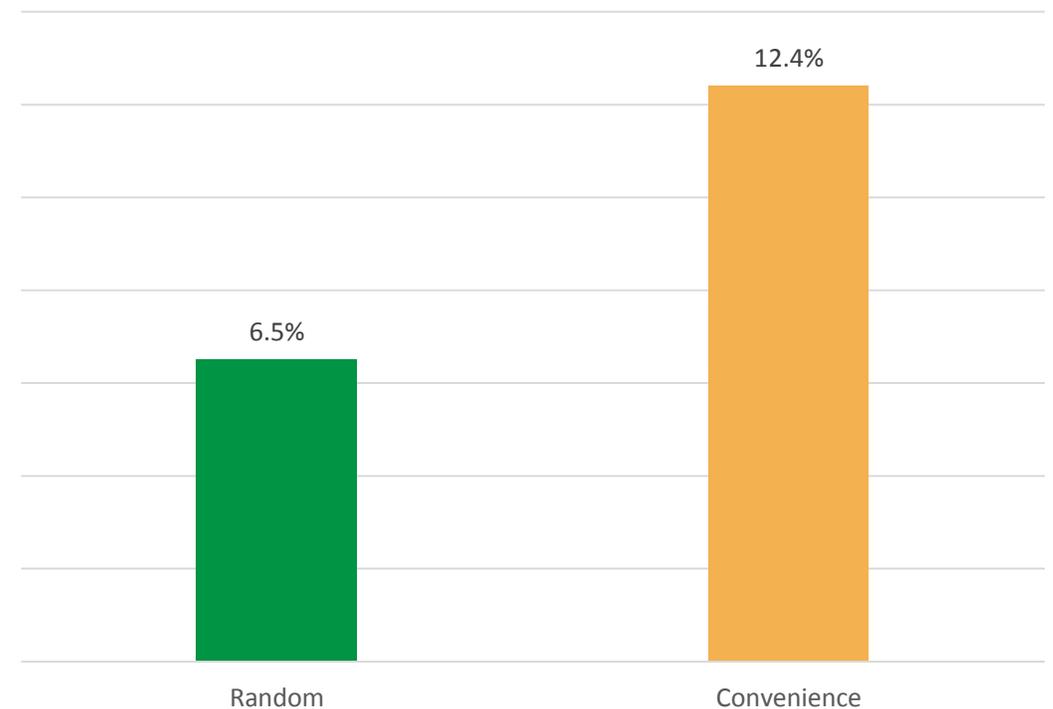


Social Experience

How often are you in a situation where you feel you are not accepted because of your race, culture, religion, or immigration status? - At least once a year



How often are you in a situation where you feel you are not accepted because of your sexual orientation or gender identity? - At least once a year



For more information or a
presentation please contact

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651-430-6655

Thank you!

