

HIGHLIGHTS – Community Health Assessment Phone Survey – June, 2009

POMPERAUG HEALTH DISTRICT

- While the majority of residents surveyed, 82.0%, reported being aware their town is part of the Pomperaug Health District, another 17.3% were unaware of the affiliation.
- Among those respondents (43.3%) who reported calling, visiting or interacting with the Pomperaug Health District for any reason, the following were listed as the top 5 reasons for the contact:
 - Inquire about influenza (flu) vaccine/other vaccines (24.9%)
 - Bring in a tick for testing or identification (19.1%)
 - Receive general/various types of information (13.9%)
 - Obtain a permit for a septic system (9.8%)
 - Obtain a permit for a house addition (6.9%)
- Impressively, the clear majority of all respondents having a contact with the Pomperaug Health District, 96.0%, reported being either “very satisfied” (87.3%) or “somewhat satisfied” (8.7%) with the level of services provided by the Pomperaug Health District.

ENVIRONMENTAL

- Slightly less than one-third of all respondents, 30.0%, reported their septic tank had been pumped at least two times during the past five years.

VACCINATIONS

- Interestingly, while three-fifths of all respondents, 60.5%, reported getting a flu shot within the past year, nearly one-quarter, 23.0%, reported having “never” had a flu shot in the past.
- Among those who reported receiving a flu shot in the past, “doctor’s office” (42.6%) was reported most frequently as the location where the shot was administered.
- Among those who “never” received a flu shot in the past, “do not need it” (19.2%) was reported most frequently as the reason for not getting a flu shot.

HEALTH CARE

- The clear majority of all respondents surveyed, 95.8%, reported currently having a Primary Care Provider or PCP. Among this group, more than two-thirds of

respondents, 69.5%, described their or their family's current medical insurance or plan as "private or employment."

- Importantly, a majority of respondents, 82.5%, reported their last visit to a doctor for a routine check-up took place within the past year. Another 8.8% stated their last visit was within the past two years and 5.3% said it was five or more years since their last routine check-up with a doctor.
- Impressively, the large majority of respondents surveyed, 93.3%, reported experiencing "no difficulties" when getting the health care needed.
- When asked, four-fifths of all respondents, 80.5%, reported being either "very likely" (54.0%) or "somewhat likely" (26.5%) to utilize a 24 hour urgent care center if one were located in their community.

MENTAL HEALTH

- Among those respondents (11.8% or 47 respondents) who experienced feeling that stress, depression, anxiety or another mental health issue had affected their ability to function, two-thirds of this group, 66.0%, reported being able to find the treatment needed. Another 8.5% were unable to find the treatment needed and 25.5% reported not seeking treatment.

HEALTH PROBLEMS

- When read a list of fifteen (15) different health problems and asked if a doctor, nurse or other health care professional ever confirmed the respondent had one or more of the listed problems, the most frequently reported problems included the following:
 - Eye/vision problem (29.8%)
 - High cholesterol (28.5%)
 - Arthritis (27.3%)
 - Hypertension (23.5%)
 - Obesity/overweight (13.8%)

WOMEN/MEN SPECIFIC HEALTH

- Just over three-fifths of all female respondents, 61.2%, reported having their last mammogram within the last twelve months, while another 13.1% reported having their last mammogram within the past 12 to 24 months.
- During their yearly gynecological exam, the majority of female respondents, 86.1%, reported typically having either "breast exam only" (8.9%), "pap smear only" (0.5%), "breast exam and pap smear" (22.0%) or "breast exam, pap smear and mammogram" (54.7%).

- Nearly two-fifths of all male respondents, 38.7%, reported having their last prostate screening within the previous twelve months, while another 13.4% reported having their last prostate screening within the past 12 to 24 months.

PREVENTATIVE CARE

- Importantly, majorities of all respondents reported the following took place over the past two years: “blood pressure measured” (95.8%), “cholesterol screened after a fasting blood test” (78.5%) and “diabetes screening” (55.8%).
- After being read a list of nine (9) actions or activities, more than one-fifth of all respondents reported being, either “very interested” or “somewhat interested” in learning more about each of the following:
 - Exercise Program (38.0%)
 - Diet/Nutrition counseling (31.8%)
 - Weight loss Program (26.3%)
 - Stress reduction Program (22.5%)
- When asked, slightly more than half of all respondents, 55.5%, suggested there are an adequate amount of programs available for elder care services.

GENERAL HEALTH & PREVENTATIVE CARE

- When asked to rate their current health overall, a majority of respondents, 81.8%, provided rating of one or two (positive) on the five-point scale.
- Importantly, when asked what they consider to be the biggest concern to their own personal health, which causes worry, more than two-fifths of all respondents, 43.5%, reported “Nothing/Don’t know” this was followed by “Cancer” (7.3%), “Weight” (5.8%), “Heart attack/stroke” (5.5%) and “Past injuries/Illnesses” (5.0%).

TOBACCO

- While a majority of respondents, 90.0%, reported that neither they or anybody in their home currently use tobacco, another 9.3% suggest either “others in the home use tobacco” (4.0%), “they/themselves use tobacco” (4.8%), or “their children use tobacco” (0.5%).

PHYSICAL ACTIVITY/EXERCISE

- On average, respondents reported exercising 3.29 times per week.
- When asked what Parks and Recreation, physical activity, exercise programs or facilities are currently not available or not available enough, the majority of respondents, 76.0% reported either “none” (60.8%) or “ don’t know/unsure” (15.3%). This was followed by “walking trails” (5.5%), “exercise classes” (2.8%) and “indoor/year round pool” (2.0%).

NUTRITION

- Importantly, the large majority of respondents, 90.5%, considered their eating habits to be healthy, which was described in the survey as eating multiple servings of fruit, vegetables and milk products as part of their daily diet.
- Respondents described “cost” (9.3%), “bad habits” (7.8%), “lack of time to prepare healthy foods” (6.0%), “dislike taste of healthy food” (1.8%) and “eat out frequently” (1.5%) as the top five barriers to maintaining a healthy diet.

EMERGENCY PREPAREDNESS

- A majority of respondents, 95.3%, reported being, “very aware” (83.0%) or “somewhat aware” (12.3%) of the type of calls that should be made to 911 as opposed to those which should be made to the local police non emergency phone number.
- A majority of respondents, 87.0%, also reported being either “very aware” (56.3%) or “somewhat aware” (30.8%) of how to make a plan or where to get information on how to create an emergency plan.
- In the event of an emergency, the majority of all respondents 87.0% reported they would evacuate their community upon the request of public authorities.
- Top reason for not evacuating, their community during an emergency included the following:
 - Don’t know/unsure (44.1%)
 - Miscellaneous/other (17.4%)
 - Concern about leaving personal property/pets behind (9.8%)
 - Concern about family safety (9.3%)
 - Lack of trust of public officials (6.5%)
- Three-fifths of all respondents, 61.8%, reported being “very aware” (40.3%) or “somewhat aware” (21.5%) of the “Code Red” emergency notification system available in their community.

- If needed, more than half of all respondents, 55.8%, reported being either “very aware” (37.8%) or “somewhat aware” (18.0%) of how to access the local food bank in their community.

CHILDHOOD HEALTH

- More than three-quarters of those with children, 82.2%, reported the weight of their oldest child could be best described as the “right amount.”
- While the large majority of all respondents with children, 88.1%, reported being either “very aware” (83.2%) or “somewhat aware” (5.0%) that a yearly flu vaccination is recommended for all children 6 months to 18 years of age, just over half, 55.4%, reported the child is routinely receiving a seasonal flu shot.
- Primary reasons given for the child not receiving a flu shot included the following:
 - Didn’t think it was needed (22.4%)
 - Side effects (9.2%)
 - Doctor did not recommend (8.2%)

IN CLOSING

- When all respondents were asked what one thing, if any, the Pomperaug Health District could do to improve their health, top responses included the following
 - None/nothing (51.3%)
 - Don’t know/unsure (24.5%)
 - Health education (6.3%)
 - More free clinics (3.8%)
 - Low cost health insurance (1.8%)