







Fall 2018

Dear Southeastern Minnesota Resident:

This is your opportunity to help improve the health of your community!

Freeborn, Mower and Goodhue Counties, in partnership with Mayo Clinic Health System, are conducting the 2018 Community Health Needs Assessment Survey. Your household has been randomly selected to participate.

This survey helps us gather information to complete an in-depth assessment of our community's health and determine how to direct resources in the future. This information is used by many organizations including local counties and Mayo Clinic Health System to design programs to support community health and wellness.

Participation in this survey is completely voluntary. All answers to the questions are strictly confidential and no identifying information will be linked to any of the responses. We do track which surveys have been completed through the identifying number on each survey. This allows us to remove addresses from the mailing list for reminder notices once we receive the completed survey.

Only a limited number of randomly selected addresses are receiving this mailing. The study will be more meaningful if someone from your household completes the survey and mails it back. In order to get a mix of the population, please give the survey to the ADULT (age 18 or older) in your household who has most recently had a birthday. Please complete the enclosed survey form and return it in the postage-paid envelope provided.

By completing this survey, your household will make a valuable contribution to improving the health of people living in your community. If you have any questions, please contact: Sue Yost – Freeborn County (507-377-5273), David Anderson – Goodhue County (651-385-6148) or Chris Weis – Mower County (507-437-9701).

Thank you very much for your participation.

Sincerely,

Sue Yost

Public Health Director

Freeborn County Public Health

Nina Arneson Director

Goodhue County

Health and Human Services

Lisa Kocer Director

Mower County

Mower County

Health and Human Services

A : T C I : M

Annie T. Sadosty M.D. Regional Vice President Mayo Clinic Health System South East Minnesota

## 2018 Community Health Needs Assessment Survey

• Do not use red pencil or ink.

• Please use #2 pencil or blue or black pen to complete this survey.

**SURVEY INSTRUCTIONS** 

<ul> <li>Do not use red pencil or ink.</li> <li>Do not use X's or check marks to indicate your responses.</li> <li>Fill response ovals completely with heavy, dark marks.</li> </ul>							
Please give this survey to the adult (age 18 or over) in the h	ousehold v	vho has n	ost recer	ntly had a	birthday		
1. In general, would you say that your health is:							
O Excellent O Very good O Good	O Fair	O Poo	or				
2. Have you ever been told by a doctor or other health care profess that you had any of the following health conditions?	sional		No	v on	Yes, but lly during regnancy		
a. High blood pressure/hypertension			0	0	0		
b. Pre-hypertension			0	0	Ŏ.		
c. Diabetes			0	0	0		
d. Pre-diabetes			0	0	$\circ$		
e. Overweight			0	0			
f. Cancer			0	0			
g. Chronic lung disease (including COPD, chronic bronchitis or	emphysema	)	0	O			
h. Heart trouble or angina			0	0			
i. Stroke or stroke-related health problems			0	O			
j. High cholesterol or triglycerides			0	0			
k. Arthritis			0	0			
I. Depression			0	0			
m. Anxiety or panic attacks			0	0			
n. Other mental health problems			0	0			
o. Obesity			0	0			
p. Asthma			O	0			
<ul><li>A clinic</li><li>Some other health center</li></ul>	ed advice ab An urgen No usual Some oth	t care clinic place	2				
4. When was the last time you had	Within the past year	Within the past 2 years	Within the past 5 years	Five or more years ago	Never		
a a flu shot?	0	O	O	O	0		
b a dental exam or your teeth cleaned?	0	0	0	0	0		
c a hearing test?	0	0	0	0	0		
d an eye exam?	0	0	0	0	0		
e your blood pressure checked?	0	0	0	0	0		
f your blood cholesterol checked?	0	0	0	$\circ$	0		
g your blood sugar checked?	0	0	0	0	0		
h any screening for skin cancer?	0	0	0	0	0		
i any screening for colon cancer? Examples are fecal occult blood							
proctoscopic exam, sigmoidoscopy, colonoscopy or barium enem	ia 🔘	0	0	0	0		
j a prostate exam (men only)?	Ö	Ö	Ö	Ŏ	O		
k a Pap test (women only)?	O	0	0	0	0		
I a mammogram (women only)?	0	0	Ö	Ö	0		
m a general health evam?	$\tilde{}$	Ó	Ō	Ŏ	$\tilde{\bigcirc}$		

5. 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?  Write the number in the boxes, then fill in the appropriate circle beneath each box.	11. 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?  days  days  3 3 4 5 6 7 8 9
6. During the past 12 months, was there a time when you thought you needed medical care but did not get it or delayed getting it?  ○ Yes ○ No ▶ IF NO, GO TO QUESTION 8	12. During the <u>past 12 months</u> , was there a time when you <u>wanted to</u> talk with or seek help from a health professional about <u>mental health issues</u> , but did not go, or delayed talking with someone?  ○ Yes ○ No ▶ IF NO, GO TO QUESTION 14
7. Why did you not get or delay getting the medical care you thought you needed? (Mark ALL that apply)  I could not get an appointment I had transportation problems I was too nervous or afraid I did not think it was serious enough It cost too much I did not have insurance My insurance did not cover it I did not know where to go Other reason	13. Why did you not get or delay getting the mental health care you thought you needed? (Mark ALL that apply)  I could not get an appointment  I had transportation problems  I was too nervous or afraid  I did not think it was serious enough  It cost too much  I did not have insurance  My insurance did not cover it  I did not know where to go  Other reason
8. During the past 12 months, was there a time when you thought you needed dental care but did not get it or delayed getting it?  ○ Yes ○ No ▶ IF NO, GO TO QUESTION 10	14. Do you currently have any of the following types of health insurance? (Please mark yes or no for each.)  Yes  a. Health insurance or coverage through your employer or
9. Why did you not get or delay getting the dental care you thought you needed?(Mark ALL that apply)  I could not get an appointment I had transportation problems I was too nervous or afraid It cost to much I did not have insurance The dentist wouldn't accept my insurance I did not know where to go Other	your spouse/partner, parent, or someone else's employer  b. Health insurance or coverage bought directly by yourself or your family (not through an employer)  c. Indian or Tribal Health Service  d. Medicare  e. Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)  f. MinnesotaCare  g. Insurance through MNSure or South Country Health Alliance (SCHA)  h. CHAMPUS, TRICARE, or Veterans' benefits  i. Other health insurance or coverage (please specify):
10. In the <u>past 12 months</u> , have you experienced feelings of hopelessness, anxiety or loss of interest in things you used to enjoy?	j. NO health insurance coverage
( ) Yes ( ) No	4

Yes No

15	A serving of fruit is one medium-sized piece fruit, or a half cup of chopped, cut or canne fruit. How many servings of fruit did you ha yesterday?  ①①②③④⑤⑦⑧⑨⑩①①2+ serv	ed	17. A servi one cu many s	gs of fruit j  2 3 4 (  ing of vege p of salad servings of	etables-novegetable	ou have <u>ye</u>	+ servings French fries of vegetables have yesterda	-is s. How
	How often did you drink the following beverages in the past week? a. Fruit drinks (such as Snapple, flavored teas,	Never or less than 1 time per week	per	2-4 times per week	5-6 times per week	1 time per day		4 or more times per day
	Capri Sun, and Kool-Aid) b. Sports drinks (such as Gatorade; PowerAde);	0	O	O	O	O	O	O
	these drinks usually do not have caffeine.	0	0	0	0	0	0	0
	c. Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, root beer)	0	$\circ$	$\circ$	$\circ$	0	$\circ$	$\circ$
	d. Energy drinks (such as Rockstar, Red Bull, Monster, and Full Throttle); these drinks usually have caffeine	0	0	0	0	0	0	0
	In an <u>average week</u> , how many <u>times</u> do you do  a. Eat out or order out a meal from a <u>fast food</u> p Taco Bell, pizza places, etc.)  b. Eat a meal out at a <u>restaurant</u> that is <u>not</u> a fast c. Eat a home-cooked meal	lace (McD	onald's, KFC	,	<b>0</b>	1-2	3-4 5-6	7 or more
	During the <u>growing season</u> , how often do you your household buy or get food from a Farme a fruit/vegetable stand?		le on on ne		bout one	times per	About one time	Two or more times er week
	During the past 12 months, how often did you that your food would run out before you had reto buy more?  Often Sometimes Never		22.			elf prograi	ave you used m?	a
	How much do you agree or disagree with these a. The fresh fruits and vegetables where I usua				Strongly agree	Agree		trongly lisagree
	b. Fruits and vegetables are difficult to prepare		·		Ō	Ō	0	0

24.	During the past 30 days, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening or walking for exercise?  Yes  No	26. During an average week, other than your how many days do you get at least 20 min vigorous physical activity? Vigorous activity heavy sweating and a large increase in breacheart rate.					
		0 days	2 days	4 days	6 days		
25.	During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity? Moderate activities cause only light sweating and a small increase in breathing or heart rate.	1 day	3 days	5 days	7 days		
	O days O 2 days O 4 days O 6 days O 1 day O 3 days O 5 days O 7 days						
27	Please indicate whether you use the following reserves				My		
27.	Please indicate whether you use the following resources				community		
	and facilities in your community.		l use	I do not	does not		
			this	use this	have this		
	a. Walking paths or trails		0	0	0		
	b. Bicycle paths, shared use paths or bike lanes		0	0	0		
	c. Public swimming pools or water parks		0	0	0		
	d. Public recreation or community centers		O	O	0		
	e. Parks or sports fields		0	0	0		
	f. Schools, colleges or universities that are open for public use						
	for exercise or physical activity		O	O	O		
	g. A shopping mall or store for physical activity or walking		0	0	0		
	h. Health club, fitness or wellness center (YMCA, Curves,						
	Snap Fitness, Anytime Fitness, etc.)		O	O	O		
	<ul> <li>Nearby waterways, such as creeks, rivers, and lakes for water-related activities (canoeing, swimming, kayaking, etc.)</li> </ul>		0	0	0		
28.	How much of a problem are the following factors for you in preventing you from being more physically active?	n terms of	Not a problem	A small problem	A big problem		
	a. Lack of time		0	0	0		
	b. Lack of programs, leaders or facilities		0	0	0		
	c. Lack of support from family or friends		0	0	Ö		
	d. No one to exercise with		0	0	0		
	e. The cost of fitness programs, gym memberships or admiss	ion fees	0	0	0		
	f. Public facilities (schools, sports fields, etc.) are not open o	or available at the					
	times I want to use them		0	$\circ$	$\circ$		
	g. Not having sidewalks		0	$\circ$	0		
	h. Traffic problems (excessive speed, too much traffic)		$\circ$	$\circ$	$\circ$		
	i. Long-term illness, injury or disability		0	$\circ$	0		
	j. Fear of injury		0	0	0		
	k. Distance I have to travel to fitness, community center, park	s or walking trails	O	O	0		
	I. No safe place to exercise		0	O	0 0 0 0 0 0 0 0 0 0 0 0		
	m. The weather		O	O	0		
	n. I don't like to exercise		O	O	O		
	o. Lack of self-discipline or willpower		Q	Q	0		
	p. I don't know how to get started		O	O	O		
	q. Other reasons		$\circ$	$\circ$	O		

1 1 29.	How much do you agree or disagree with these statement a. I am comfortable when mothers breastfeed their babie		Strongly agree	Agree	Disagree	Strongly disagree	
 	<ul><li>public place, such as a mall, bus station, etc.</li><li>b. Public buildings need to have a room where mothers of</li></ul>		0	0	0	0	
	and pump milk for their babies.		0	0	0	0	
30.	How much do you agree or disagree with these statement a. I am more comfortable helping a person who has a ph		Strongly agree	Agree	Disagree	Strongly disagree	
	than I am helping a person who has a mental illness.	•	0	0	0	0	
 	b. People are generally caring and sympathetic to people v. c. People with mental illness do not try hard enough to ge		0	0	0	0	
							_
1 31. 1	Have you smoked at least 100 cigarettes in your entire I  ○ Yes  ○ No ► GO TO QUESTION 34	ite! (100 cigarettes	= 5 packs)				
32.	Do you now smoke cigarettes every day, some days, or  Every day  Some days  Not at al	not at all?    ► GO TO QUES	ΓΙΟΝ 34				
33.	During the past 12 months, have you stopped smoking f	or one day or longe	r because yo	u were tı	rying to quit	?	
34.	How often do you use any of the following products?		Every (	day So	ome days	Not at all	
I	a. Cigars, cigarillos, or little cigars		Ó	,	0	0	
l	<ul><li>b. Pipes</li><li>c. Snuff, snus or chewing tobacco</li></ul>		0		0	0	
ı	d. E-cigarettes (vaping pen, JUUL, etc.)		Ö		Ö	Ö	
1	e. Any other type of tobacco product		0		0	0	
	f. Marijuana		0		0	O	
35.	Does anyone, including yourself, smoke tobacco (not included)	ding e-cigarettes) reg	ularly <u>inside</u> y	our hom	e? O Yes	O No	
36.	During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?	38. During the pa how many dr (A drink is one	inks did you	drink on			t
	- · · · · · · · · · · · · · · · · · · ·			0		a grink	
	Yes No ►IF NO, GO TO QUESTION 40	with one sho	t of liquor.)	drinks		a drink	
 	<b>▼</b>	with one shown of the with one shown of the with one shown of the with the with one shown one sh				a drink	
37.	During the past 30 days, on how many	with one shown one shown one of the shown of the shown of the shown of the shown one of the	t of liquor.)	drinks drinks		a drink	
37.	<b>▼</b>	with one shown of the with one shown of the with one shown of the with the with one shown one sh	t of liquor.)	drinks drinks	or more	a drink	
37.	During the past 30 days, on how many days did you have at least one drink of	with one shows 1 drink 2 drinks 3 drinks 4 drinks 5 drinks	t of liquor.)	drinks drinks drinks drinks o	everages, ho		
37.	During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?  Days  O O O O O O O O O O O O O O O O O O	with one shows 1 drink 1 drink 2 drinks 3 drinks 4 drinks 5 drinks  Considering a times during to	t of liquor.)	drinks drinks drinks drinks o oholic bo ys did yo	everages, ho ou have?		
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37.	During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?  Days  Days  O O O O O O O O O O O O O O O O O O O	with one shows 1 drink 1 drink 2 drinks 3 drinks 4 drinks 5 drinks Tonsidering a times during to	t of liquor.)	drinks drinks drinks drinks o oholic bo ys did yo OR MAL	everages, ho ou have? .ES: Irinks		
37.	During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?  Days  Days  O O O O O O O O O O O O O O O O O O O	with one shows a drink of 2 drinks of 3 drinks of 4 drinks of 5 dr	t of liquor.)	drinks drinks drinks drinks oholic be oys did yo OR MAL one occa	everages, ho ou have? .ES: Irinks		
37.	During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?  Days  Days  O O O O O O O O O O O O O O O O O O O	with one shows a drink of 2 drinks of 3 drinks of 4 drinks of 5 dr	1 of liquor.)	drinks drinks drinks drinks oholic be ys did ye OR MAL r more d one occa	everages, ho ou have? ES: Irinks asion		
37.	During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?  Days  Days  O O O O O O O O O O O O O O O O O O O	with one show  1 drink 2 drinks 3 drinks 4 drinks 5 drinks FOR FEMA 4 or more d on one occa	1 of liquor.)	drinks drinks drinks drinks oholic be oys did yo OR MAL one occa	everages, ho ou have? ES: Irinks asion		
37.	During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?  Days  Days  O O O O O O O O O O O O O O O O O O O	with one show  1 drink 2 drinks 3 drinks 4 drinks 5 drinks FOR FEMA 4 or more d on one occa	1 of liquor.)	drinks drinks drinks drinks oholic be oys did yo OR MAL one occa	everages, ho ou have? ES: Irinks asion		
37.	During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?  Days  Days  O O O O O O O O O O O O O O O O O O O	with one show  1 drink 2 drinks 3 drinks 4 drinks 5 drinks FOR FEMA 4 or more d on one occa	1 of liquor.)	drinks drinks drinks drinks oholic be oys did yo OR MAL one occa	everages, ho ou have? ES: Irinks asion		
37.	During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?  Days  Days  O O O O O O O O O O O O O O O O O O O	with one show  1 drink 2 drinks 3 drinks 4 drinks 5 drinks FOR FEMA 4 or more d on one occa	1 of liquor.)	drinks dr	everages, ho ou have? ES: Irinks asion		
37.	During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?  Days  Days  O O O O O O O O O O O O O O O O O O O	with one show  1 drink 2 drinks 3 drinks 4 drinks 5 drinks  5 drinks  7 drinks  1 drinks 1 dr	1 of liquor.)	drinks dr	everages, ho ou have? ES: Irinks asion		
37.	During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?  Days  Days  O O O O O O O O O O O O O O O O O O O	with one show  1 drink  2 drinks  3 drinks  4 drinks  5 drinks  Tonsidering a times during to times during to the control on one occase to the control of th	1 of liquor.)	drinks dr	everages, ho ou have? ES: Irinks asion		

40.	Has your hou	usehold a	air ever bee	n tested fo	r the presen	ce of radon	?				
	○ Yes	O No	→ GO TO	QUESTIO	N 42						
41.	Has your hou	ousehold	air ever test	ed <u>positive</u>	for radon?						
	O Yes	O No	)								
42.	Do you ever	r drive a o	car or other	vehicle?							Not
	○ Yes		<b>→ GO T</b> (		ON 44						applicable I don't have a
43.	When DRIVI	'ING a ca	r or other v	ehicle, hov	v often do y	ou		Often	Sometimes	Never	cell phone
	aread or	r send text	messages?					0	0	0	0
	bmake o							O	O	O	$\circ$
	cdo othe							0	<u> </u>	0	
	ddrive w	vhen you	have perhap	s had too m	nuch to drink	ζ?		O	O	0	
44.	How often d	do you w	ear a seat be	elt when yo	ou <u>drive or r</u>	ride in a cars	?				
	<ul><li>Always</li></ul>	i	Most of	the time	Sor	metimes	O Selo	dom	Never		
	•	IF YES, C	O TO QUE	STION 47		aland Trans	it, SMART	or any ot	her kind of bu	is transit	?
40.		•	-	ransportati	ion;						
	(Write in)										
47.	What is the (Mark ONLY		•	y get arour	nd for things	s like work,	shopping, r	nedical v	isits, etc.?		
			(car, truck,		cycle)						
			amily/friends								
	_	l or vanp		s Hiawatha	land Transit	or SMART (	or any othe	er kind of	bus transit)		
	O Walk										
	O I don't h	have any	regular tran	sportation							
	Other tr	ransporta	tion method	·							
48.	Do you have	e access t	o at least oi	ne <i>working</i>	car or othe	r vehicle to	use when y	ou need	to?		
(	Yes	O No									
49.	In the past 1	12 month	s, has some	one living i	n your hom	e made you	fearful thre	ough acti	on, tone of vo	oice, thre	ats,
(	or destroying  Yes	g your pr	operty?	-							
,	. 55	<u> </u>									
	During the p		onths, did y	ou serious	ly think abo	ut killing yo	urself?				
	○ Yes	O No									

51.	Are you:	57. Including yourself, how many adults (age 18 or older) live in your household?
	○ Male ○ Female ○ Transgender	Number of adults:  ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑪ ⑫ or more
52.	Your age group:	58. How many children (under age 18) live in your household?
53.	Are you a member of any of the following ethnic or cultural groups?  Hispanic or Latino/Latina	Number of children:  ① ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ① ② or more
	<ul><li>Somali</li><li>Sudanese</li><li>Burmese</li><li>Karen</li><li>Other</li></ul>	<ul> <li>59. What is the highest level of education you have completed? (Please mark only ONE)</li> <li>O Did not complete 8th grade</li> <li>O Did not complete high school</li> <li>O High school diploma/GED</li> <li>O Trade/Vocational school</li> <li>O Some college</li> </ul>
54.	Which of the following best describes you?  (Mark ALL that apply)  American Indian  Asian or Pacific Islander  Rlady African or African American	<ul><li> Associate degree</li><li> Bachelor's degree</li><li> Graduate/Professional degree</li></ul>
	<ul><li>Black, African or African American</li><li>White</li><li>Other</li></ul>	60. Household income per year:  Less than \$10,000 \$50,000 - \$74,999 \$10,000 - \$14,999 \$75,000 - \$99,999
55.	How tall are you without shoes?  Feet Inches	\$15,000 - \$24,999 \$25,000 - \$34,999 \$35,000 - \$49,999 \$200,000 or more
		<ul> <li>61. Are you currently (Mark ALL that apply)</li> <li>Employed</li> <li>Self-employed or farmer</li> <li>Serving in the Armed Forces</li> <li>Unemployed or out of work</li> <li>A homemaker or stay-at-home parent</li> <li>A student</li> <li>Retired</li> <li>Unable to work because of a disability</li> </ul>
56.	Approximately how much do you weigh?	
	999	Thank you for amaplating this summed

Thank you for completing this survey!