

Cerro Gordo County Department of Public Health

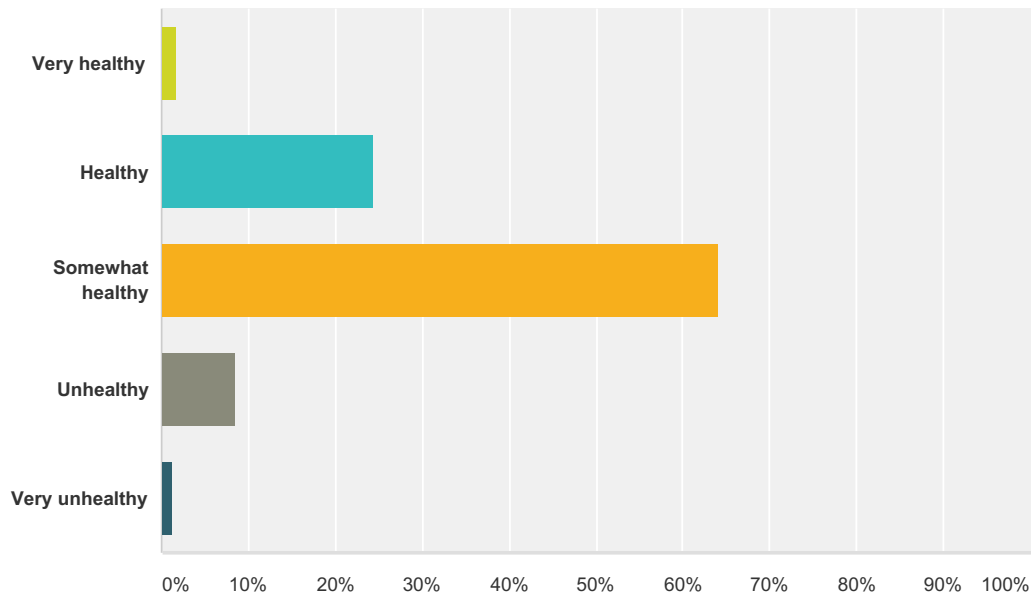
Fall 2015

Community Survey Results

**Completed as part of the Community Health Assessment process
Cerro Gordo County Department of Public Health
22 N. Georgia Ave. Suite 300
Mason City, IA 50616
For comments or questions, please contact Kara Vogelson
kvogelson@cghealth.com | 641.421.9343**

Q1 How would you rate the overall health of your community?

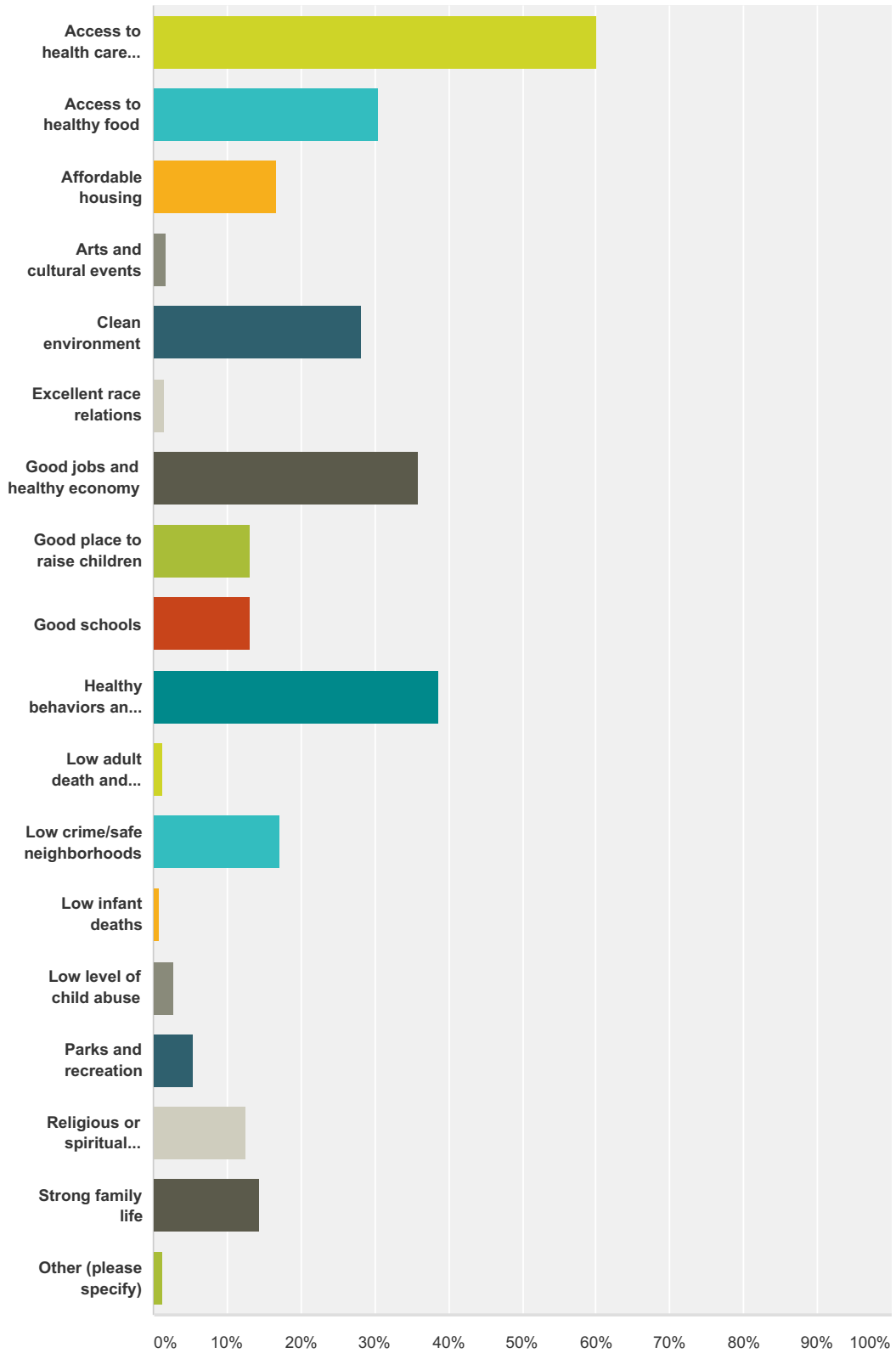
Answered: 401 Skipped: 0



Answer Choices	Responses
Very healthy	1.75% 7
Healthy	24.44% 98
Somewhat healthy	64.09% 257
Unhealthy	8.48% 34
Very unhealthy	1.25% 5
Total	401

Q2 What are the three (3) most important factors for a "Healthy Community" (those factors which most improve the quality of life in a community)?

Answered: 401 Skipped: 0

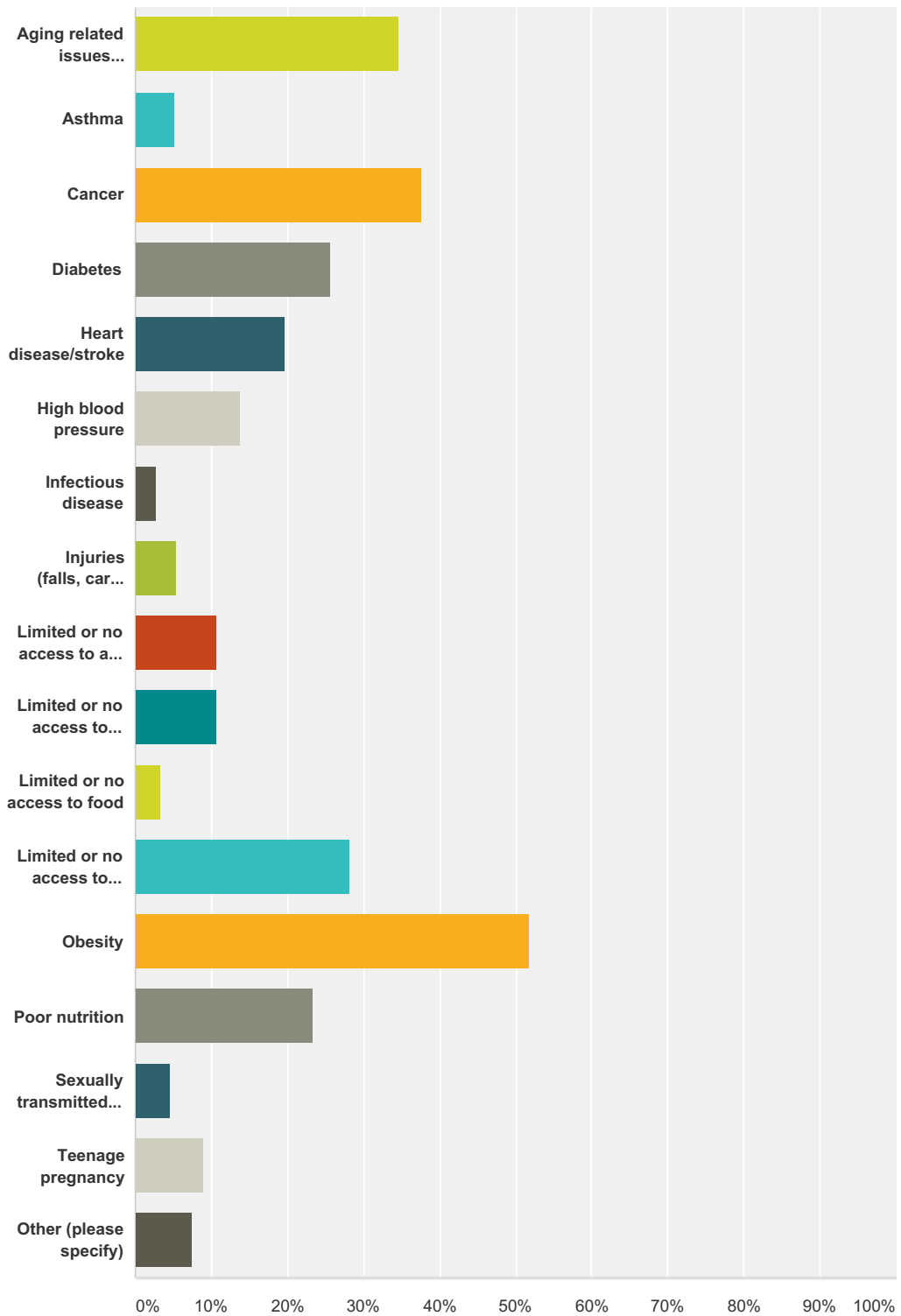


Answer Choices	Responses
Access to health care (example: family doctor, hospital, other health services)	60.10% 241
Access to healthy food	30.42% 122

Affordable housing	16.71%	67
Arts and cultural events	1.75%	7
Clean environment	28.18%	113
Excellent race relations	1.50%	6
Good jobs and healthy economy	35.91%	144
Good place to raise children	13.22%	53
Good schools	13.22%	53
Healthy behaviors and lifestyles	38.65%	155
Low adult death and disease rates	1.25%	5
Low crime/safe neighborhoods	17.21%	69
Low infant deaths	0.75%	3
Low level of child abuse	2.74%	11
Parks and recreation	5.49%	22
Religious or spiritual values	12.47%	50
Strong family life	14.46%	58
Other (please specify)	1.25%	5
Total Respondents: 401		

Q3 What do you think are the top three (3) health problems in your community?

Answered: 401 Skipped: 0



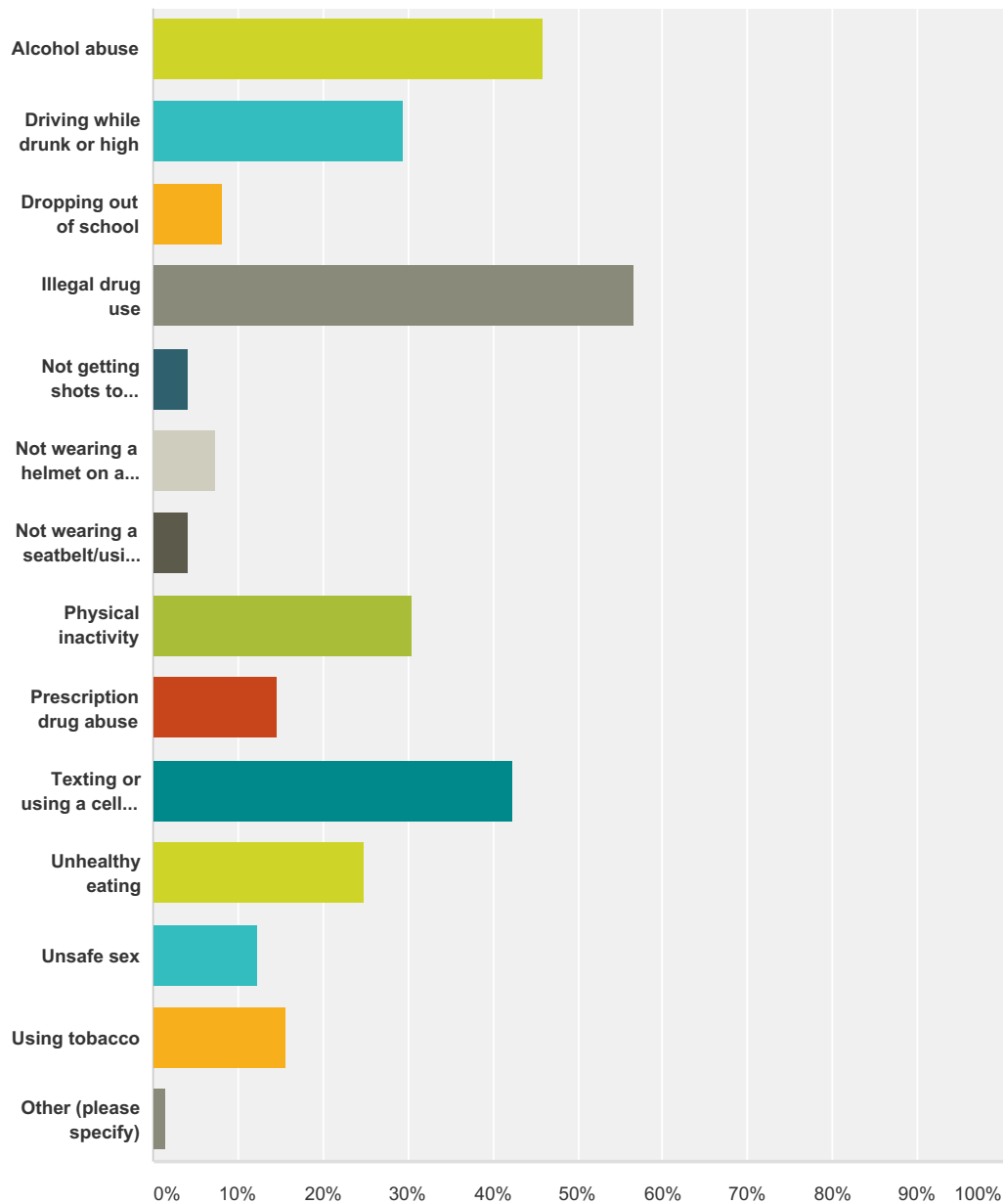
Answer Choices

Responses

Aging related issues (arthritis, hearing/vision loss, dementia, etc.)	34.66%	139
Asthma	5.24%	21
Cancer	37.66%	151
Diabetes	25.69%	103
Heart disease/stroke	19.70%	79
High blood pressure	13.72%	55
Infectious disease	2.74%	11
Injuries (falls, car accidents, drowning)	5.49%	22
Limited or no access to a doctor	10.72%	43
Limited or no access to dental care	10.72%	43
Limited or no access to food	3.24%	13
Limited or no access to mental health services	28.18%	113
Obesity	51.87%	208
Poor nutrition	23.44%	94
Sexually transmitted disease	4.49%	18
Teenage pregnancy	8.98%	36
Other (please specify)	7.48%	30
Total Respondents: 401		

Q4 What do you think are the three (3) most "risky behaviors" in your community?

Answered: 401 Skipped: 0

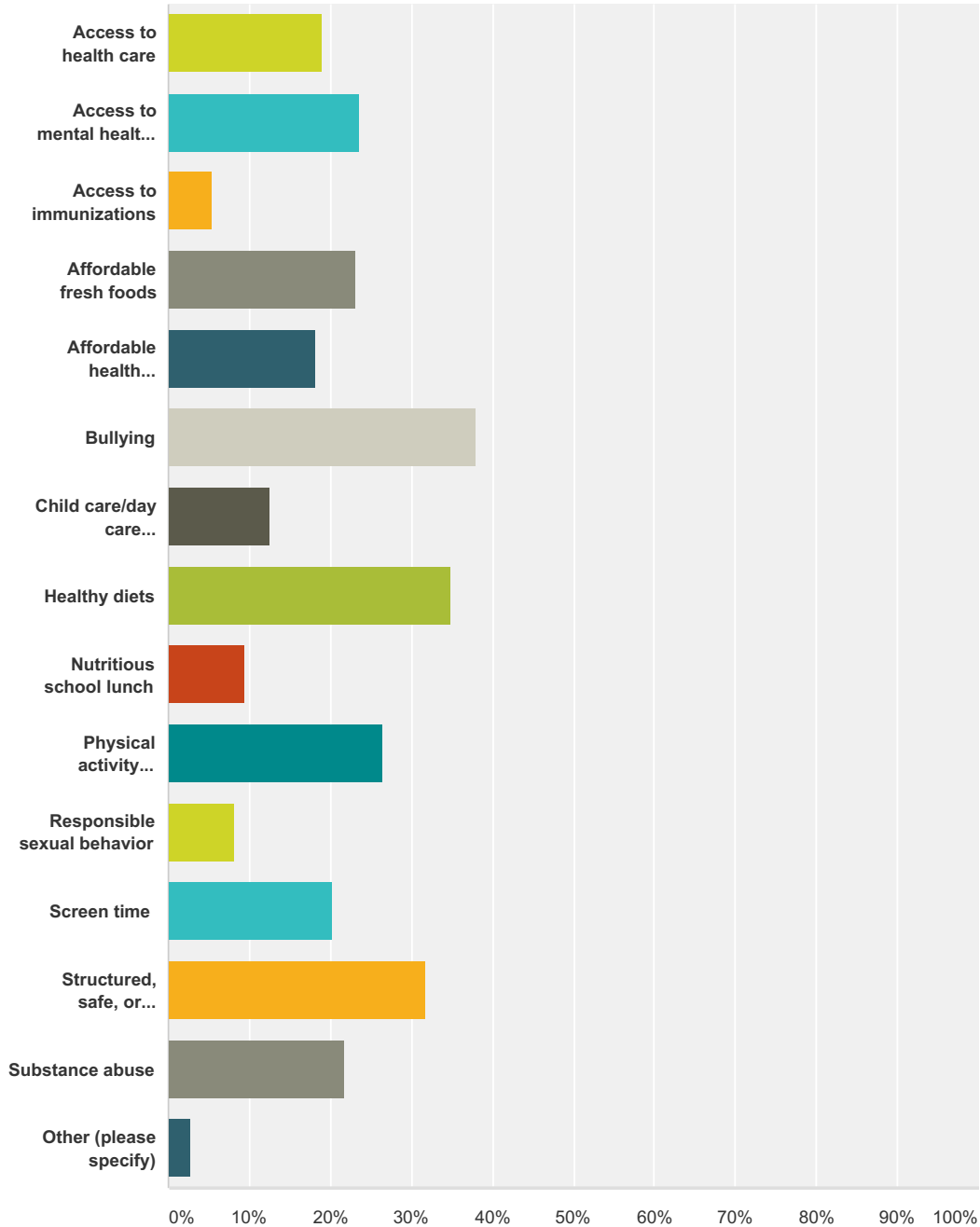


Answer Choices	Responses
Alcohol abuse	45.89% 184
Driving while drunk or high	29.43% 118
Dropping out of school	8.23% 33
Illegal drug use	56.61% 227
Not getting shots to prevent disease	4.24% 17

Not wearing a helmet on a bike or motorcycle	7.23%	29
Not wearing a seatbelt/using child safety seats	4.24%	17
Physical inactivity	30.42%	122
Prescription drug abuse	14.71%	59
Texting or using a cell phone while driving	42.39%	170
Unhealthy eating	24.94%	100
Unsafe sex	12.22%	49
Using tobacco	15.71%	63
Other (please specify)	1.50%	6
Total Respondents: 401		

Q5 What do you think are the top three (3) health concerns relative to children's health in your community?

Answered: 401 Skipped: 0

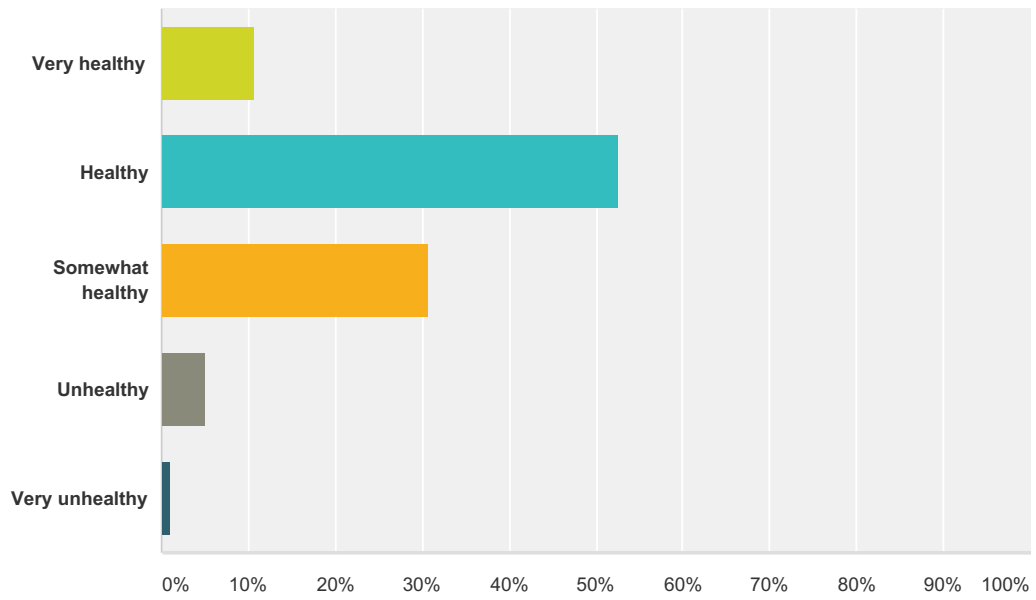


Answer Choices	Responses
Access to health care	18.95% 76
Access to mental health services	23.69% 95
Access to immunizations	5.49% 22

Affordable fresh foods	23.19%	93
Affordable health insurance	18.20%	73
Bullying	37.91%	152
Child care/day care availability	12.47%	50
Healthy diets	34.91%	140
Nutritious school lunch	9.48%	38
Physical activity opportunities	26.43%	106
Responsible sexual behavior	8.23%	33
Screen time	20.20%	81
Structured, safe, or supportive living environment	31.67%	127
Substance abuse	21.70%	87
Other (please specify)	2.74%	11
Total Respondents: 401		

Q6 How would you rate your personal health?

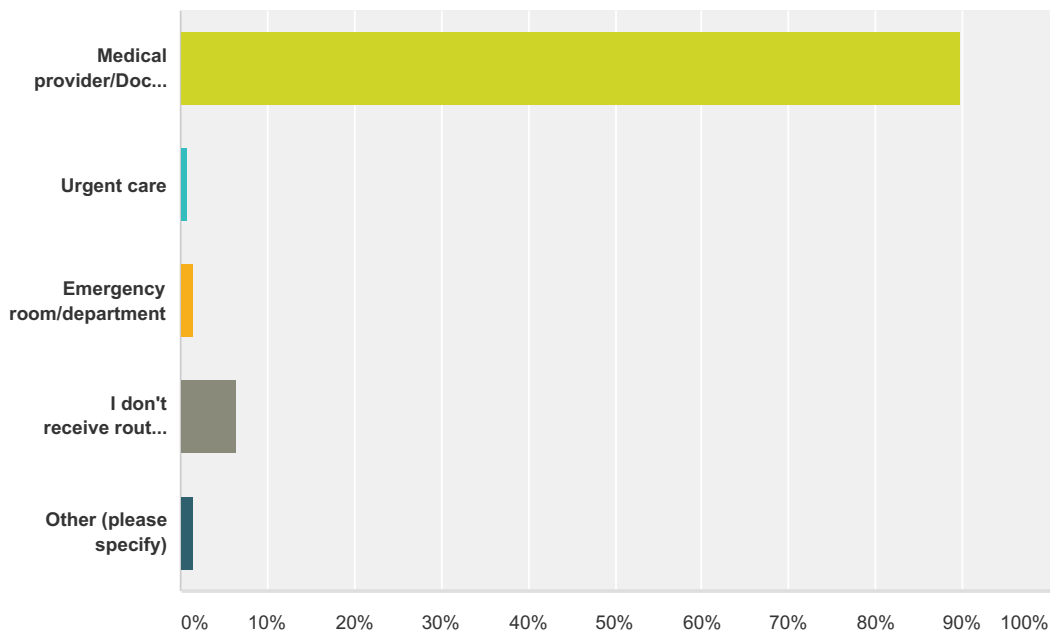
Answered: 394 Skipped: 7



Answer Choices	Responses
Very healthy	10.66% 42
Healthy	52.54% 207
Somewhat healthy	30.71% 121
Unhealthy	5.08% 20
Very unhealthy	1.02% 4
Total	394

Q7 Where do you go for routine (regular) health care?

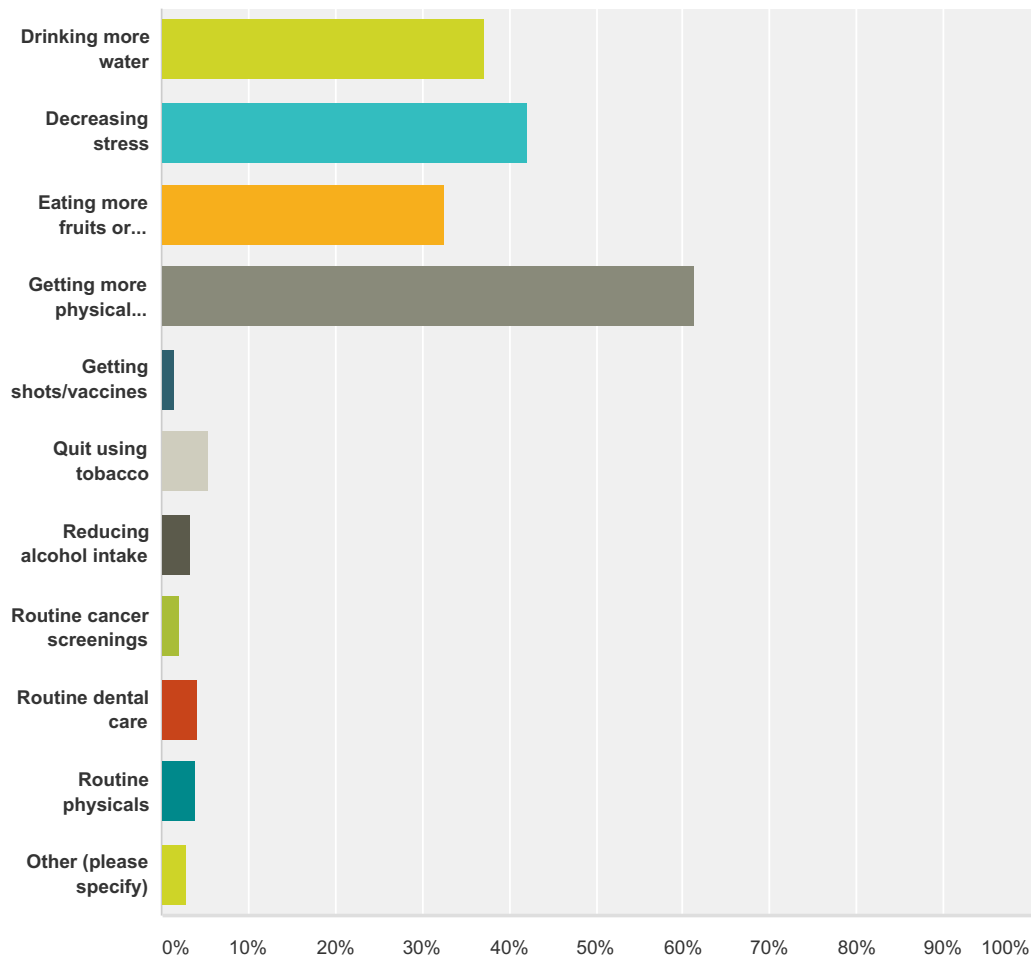
Answered: 399 Skipped: 2



Answer Choices	Responses	Count
Medical provider/Doctor's office	89.72%	358
Urgent care	0.75%	3
Emergency room/department	1.50%	6
I don't receive routine care	6.52%	26
Other (please specify)	1.50%	6
Total		399

Q8 What two (2) healthy behaviors would you like to start or improve?

Answered: 401 Skipped: 0

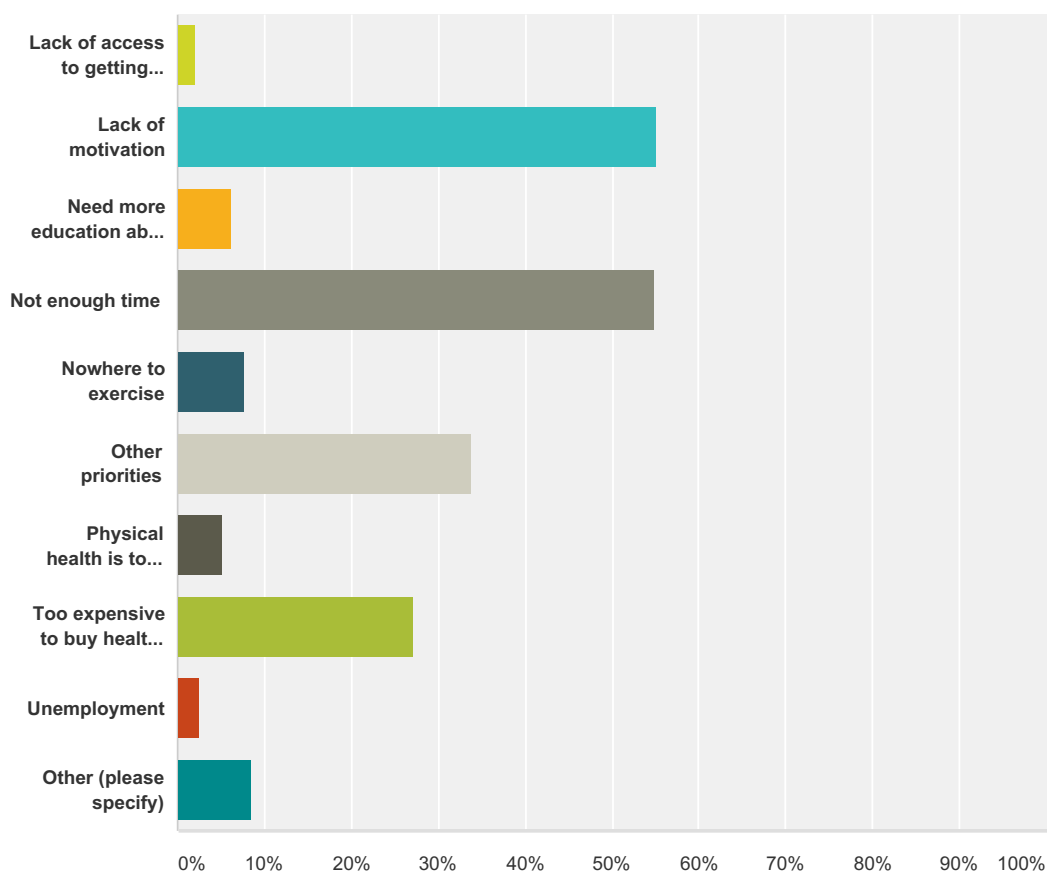


Answer Choices	Responses	Count
Drinking more water	37.16%	149
Decreasing stress	42.14%	169
Eating more fruits or vegetables	32.67%	131
Getting more physical activity	61.35%	246
Getting shots/vaccines	1.50%	6
Quit using tobacco	5.49%	22
Reducing alcohol intake	3.24%	13
Routine cancer screenings	2.00%	8
Routine dental care	4.24%	17
Routine physicals	3.99%	16

Other (please specify)	2.99%	12
Total Respondents: 401		

Q9 What do you feel prevents you from being healthier? Select all that apply:

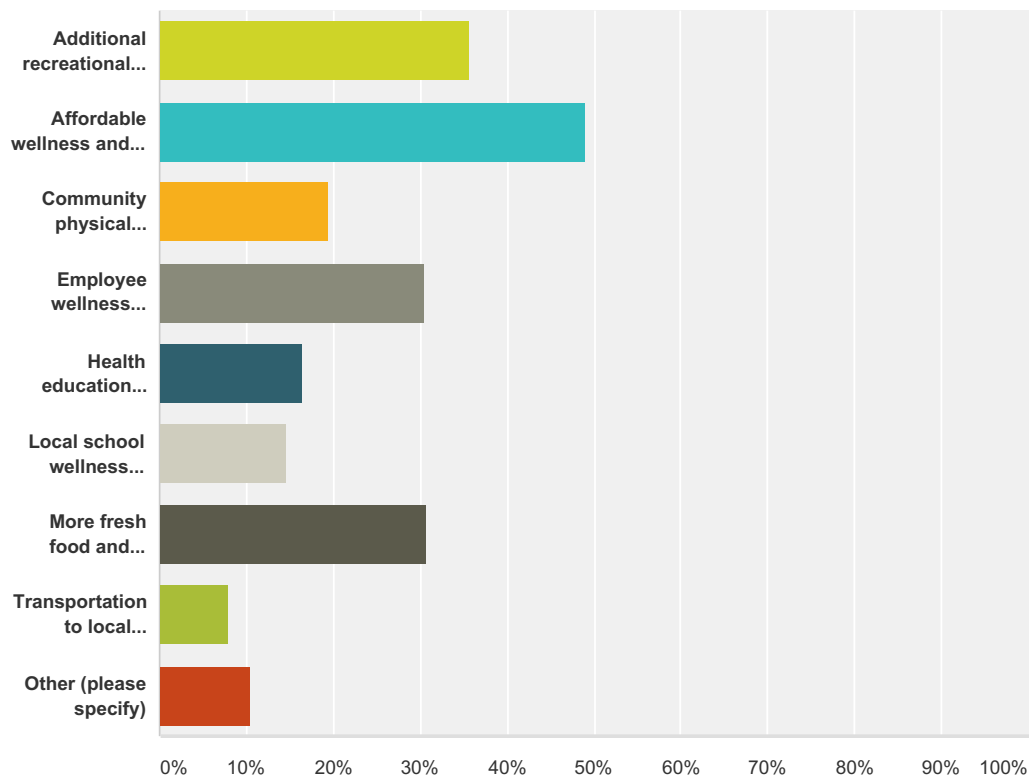
Answered: 401 Skipped: 0



Answer Choices	Responses
Lack of access to getting shots (vaccines and medications) to prevent sickness	2.00% 8
Lack of motivation	55.11% 221
Need more education about healthy choices	6.23% 25
Not enough time	54.86% 220
Nowhere to exercise	7.73% 31
Other priorities	33.92% 136
Physical health is too poor	5.24% 21
Too expensive to buy healthy foods	27.18% 109
Unemployment	2.49% 10
Other (please specify)	8.48% 34
Total Respondents: 401	

Q10 What would help you start or maintain a healthy lifestyle? Select all that apply:

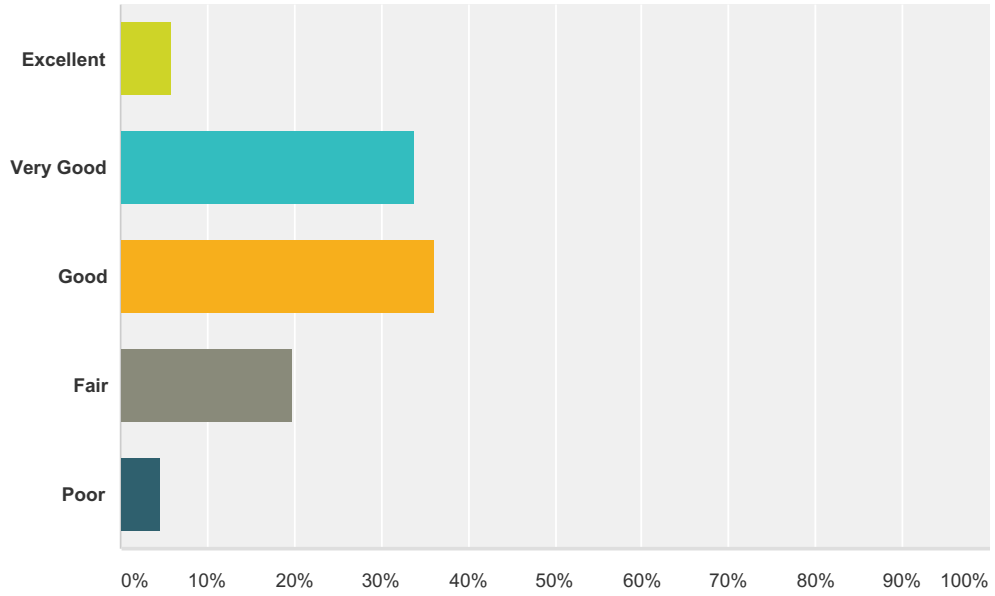
Answered: 401 Skipped: 0



Answer Choices	Responses
Additional recreational paths, trails, sidewalks	35.66% 143
Affordable wellness and fitness facilities	49.13% 197
Community physical activity programs (water aerobics, volleyball/basketball league, fitness class)	19.45% 78
Employee wellness programs	30.42% 122
Health education classes (diabetes prevention/management, heart disease, arthritis, cooking, etc.)	16.46% 66
Local school wellness programs	14.71% 59
More fresh food and produce available	30.67% 123
Transportation to local fitness or food markets	7.98% 32
Other (please specify)	10.47% 42
Total Respondents: 401	

Q11 How would you rate the social environment (friendly people, willingness to help others) in your community?

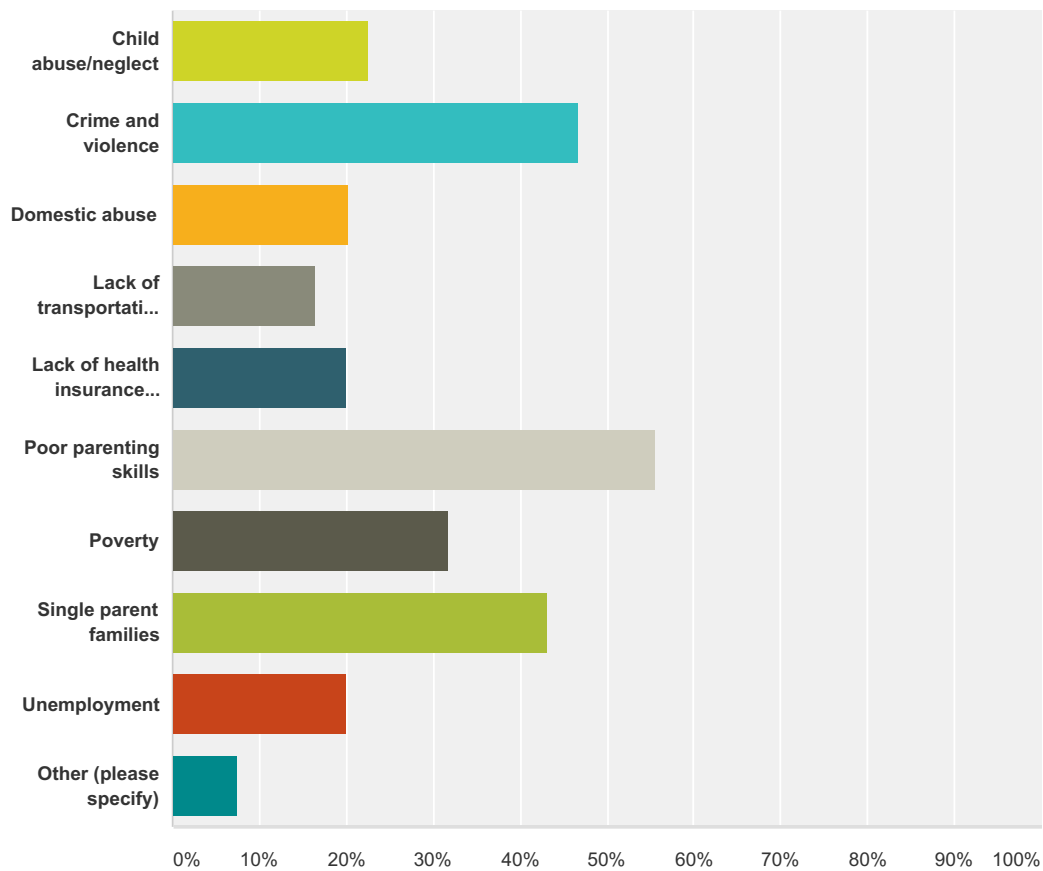
Answered: 397 Skipped: 4



Answer Choices	Responses	Count
Excellent	5.79%	23
Very Good	33.75%	134
Good	36.02%	143
Fair	19.90%	79
Poor	4.53%	18
Total		397

Q12 What are the top three (3) social issues facing people in your community?

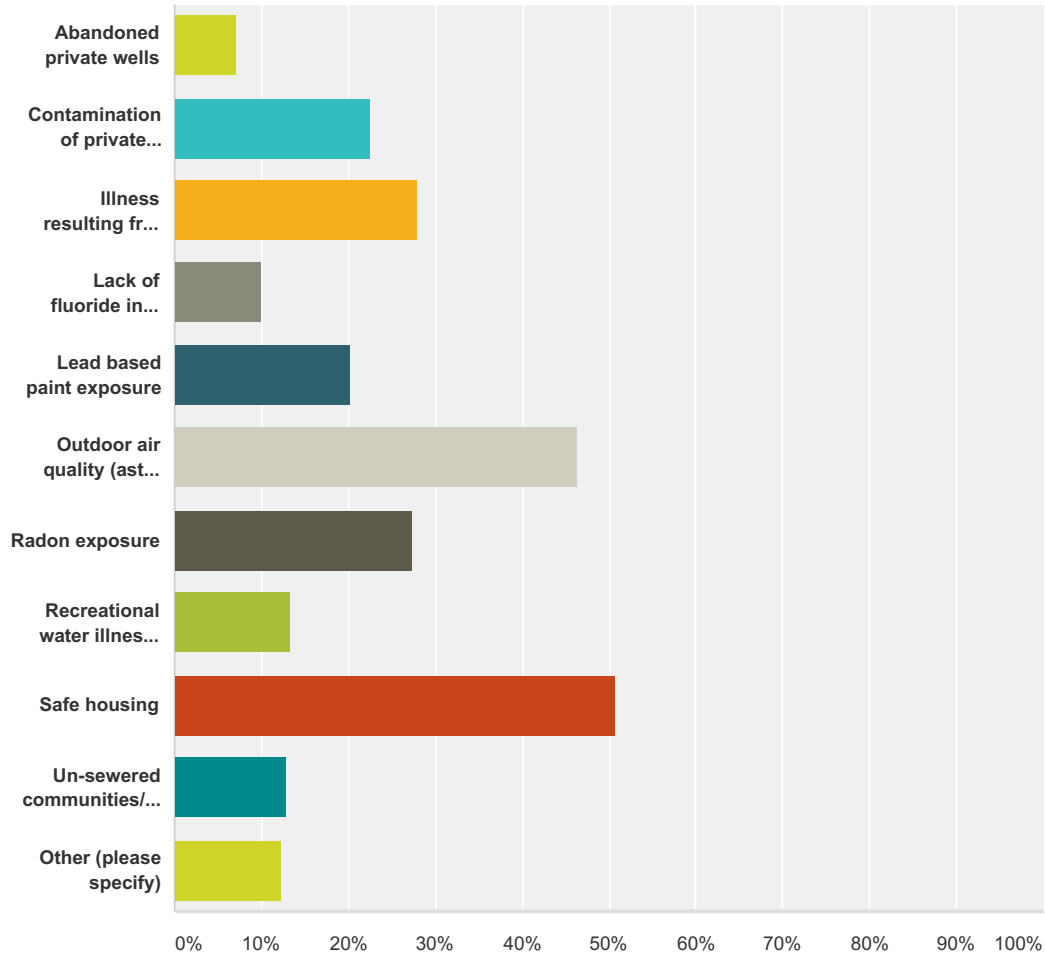
Answered: 398 Skipped: 3



Answer Choices	Responses
Child abuse/neglect	22.61% 90
Crime and violence	46.73% 186
Domestic abuse	20.35% 81
Lack of transportation services	16.58% 66
Lack of health insurance coverage	20.10% 80
Poor parenting skills	55.53% 221
Poverty	31.66% 126
Single parent families	43.22% 172
Unemployment	20.10% 80
Other (please specify)	7.54% 30
Total Respondents: 398	

Q13 What do you think are the top three (3) environmental health issues in your community?

Answered: 392 Skipped: 9

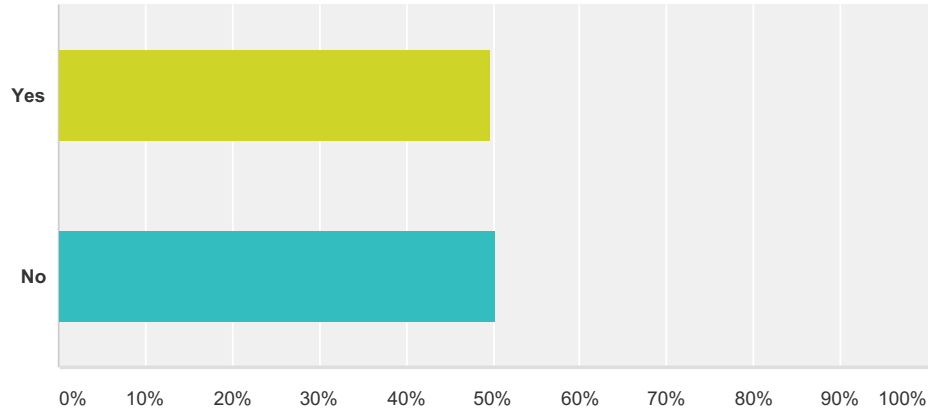


Answer Choices	Responses
Abandoned private wells	7.14% 28
Contamination of private wells (e.coli, arsenic, nitrates, pesticides)	22.45% 88
Illness resulting from improperly prepared/served food	28.06% 110
Lack of fluoride in drinking water	9.95% 39
Lead based paint exposure	20.15% 79
Outdoor air quality (asthma triggers)	46.43% 182
Radon exposure	27.30% 107
Recreational water illness (pools, spas)	13.27% 52
Safe housing	50.77% 199
Un-sewered communities/illegal surface discharge from private sewage	13.01% 51

Other (please specify)	12.24%	48
Total Respondents: 392		

Q14 Do you feel you /your family are prepared for a natural or man-made disaster?

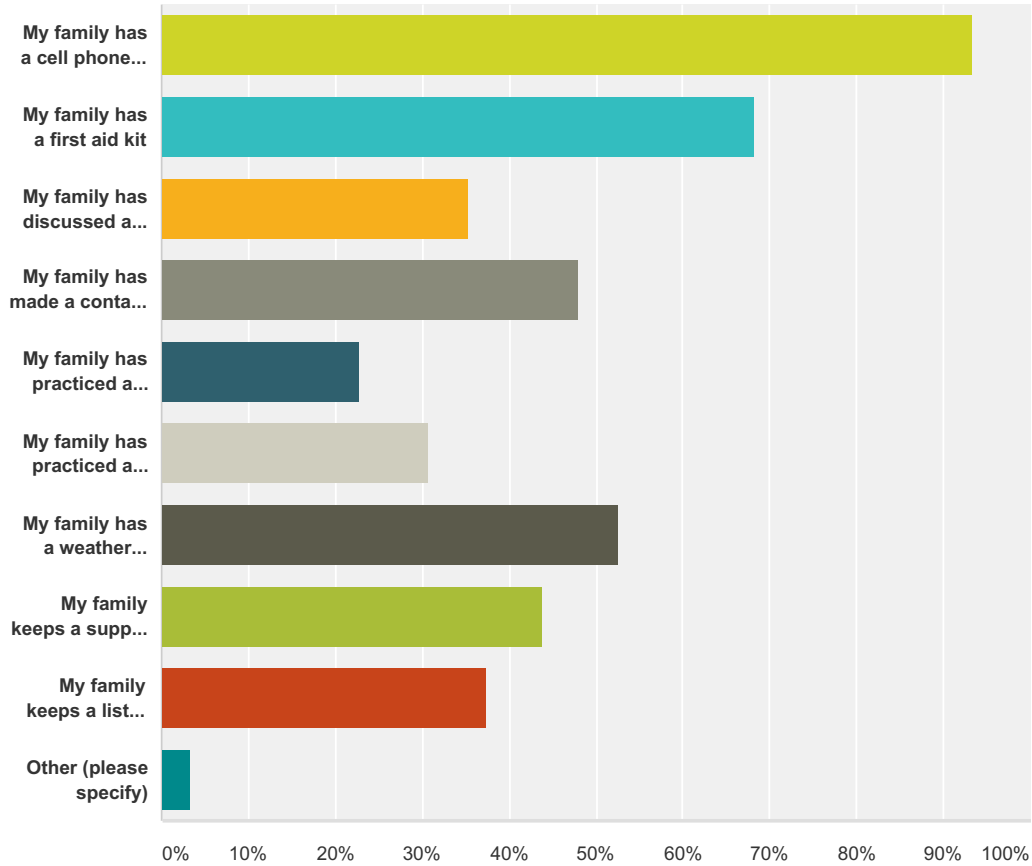
Answered: 384 Skipped: 17



Answer Choices	Responses
Yes	49.74% 191
No	50.26% 193
Total	384

Q15 Which of the following emergency preparedness statements are true for you/your family? Select all that apply:

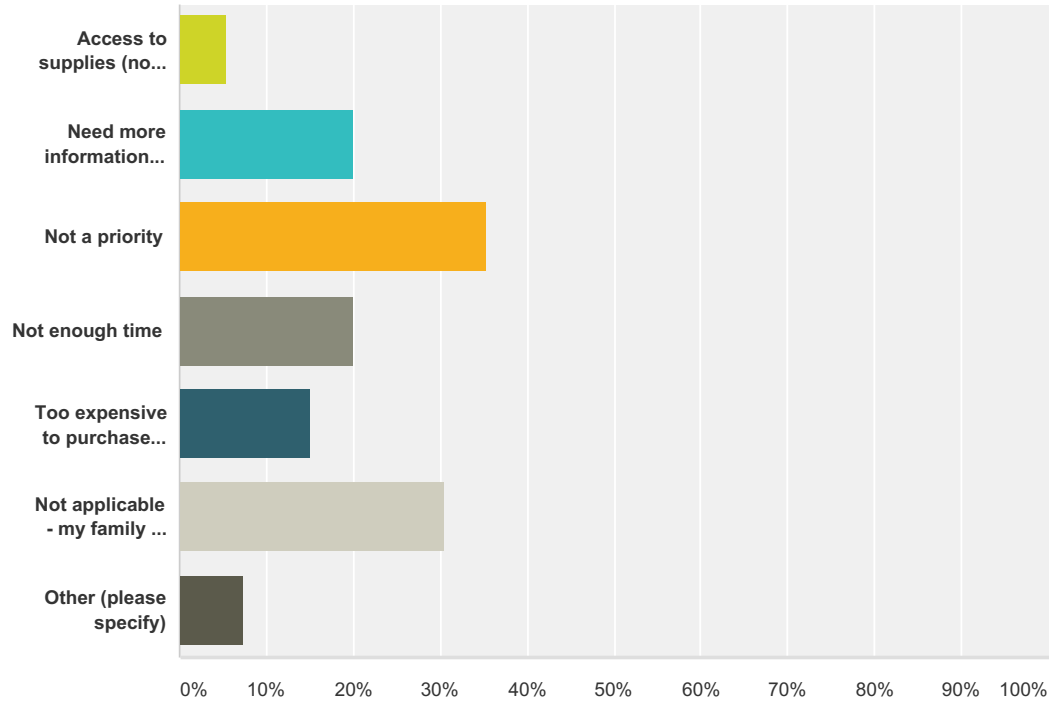
Answered: 388 Skipped: 13



Answer Choices	Responses
My family has a cell phone with a charger	93.30% 362
My family has a first aid kit	68.30% 265
My family has discussed a central meeting place	35.31% 137
My family has made a contact list for emergencies (kids know how to call another family member and how to use 911)	47.94% 186
My family has practiced a fire drill at home	22.68% 88
My family has practiced a tornado drill at home	30.67% 119
My family has a weather radio, flashlight and batteries in our home	52.58% 204
My family keeps a supply of bottled water and extra non-perishable food items on hand	43.81% 170
My family keeps a list of current medications and important paperwork for each family member	37.37% 145
Other (please specify)	3.35% 13
Total Respondents: 388	

Q16 What prevents you from being prepared for an emergency? Select all that apply:

Answered: 388 Skipped: 13



Answer Choices	Responses
Access to supplies (no transportation, no place to purchase supplies)	5.41% 21
Need more information about how to prepare for an emergency	20.10% 78
Not a priority	35.31% 137
Not enough time	20.10% 78
Too expensive to purchase supplies	14.95% 58
Not applicable - my family is prepared	30.41% 118
Other (please specify)	7.22% 28
Total Respondents: 388	