Durham County 2013 Community Health Assessment Survey Results
Durham County Sample

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Introduction and Methods

The Durham County Community Health Assessment survey was conducted over six interview days between September 27th and October 25th, 2013. Administration of the community health survey was performed in collaboration with the North Carolina Institute for Public Health (NCIPH). A two-stage cluster sampling method developed by the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) was employed, using population-based sampling weights from each census block. This sampling method involves randomly selecting 30 census blocks and seven random interview sites in each block to generate a geographic random sample of households. In the first stage of sampling, 30 census blocks were randomly selected with a probability proportionate to the population size (so that the most populated census blocks were more likely to be selected). In the second stage of sampling, seven random interview locations were selected in each census block.

County random sample

The random sample of 30 census blocks resulted in 28 unique census blocks (two selected twice). The selected census blocks throughout Durham County are shown in Figure 1. This sample allows for generalizability of the collected data to the entire population of Durham County.

Survey administration

Interviewers were recruited from Durham County health organizations and the community in general and trained in survey interview methods. Interviewers worked in teams of two; 90% of the teams had at least one interviewer with prior survey experience. Teams obtained oral consent in English or Spanish before interviewing potential survey participants. Eligible participants were at least 18 years of age and a resident of the selected households. Responses were recorded at the time of interview using EpiInfo on a Google Nexus tablet.

Data analysis

During the analysis, results were weighted to account for the sampling method, such that the final results are generalizable to the population sampled.

Data were analyzed in SAS 9.3 (Cary, NC), and results for each question in the survey are reported as weighted proportions with their 95% confidence intervals (CI). Survey weights were calculated using methods described in the CDC CASPER toolkit, which incorporates the total number of households in the sampling frame, the number of households in the census block, and the number of interviews collected in each census block. These weights were used to calculate the standard error for each proportion, from which 95% CIs were derived. These confidence intervals should be interpreted as the interval that contains the true value in 95% of repeated samples. Qualitative data were summarized into categorical variables where appropriate. Each data chart is labeled with the number of respondents that answered the particular question, in the format "n=number".
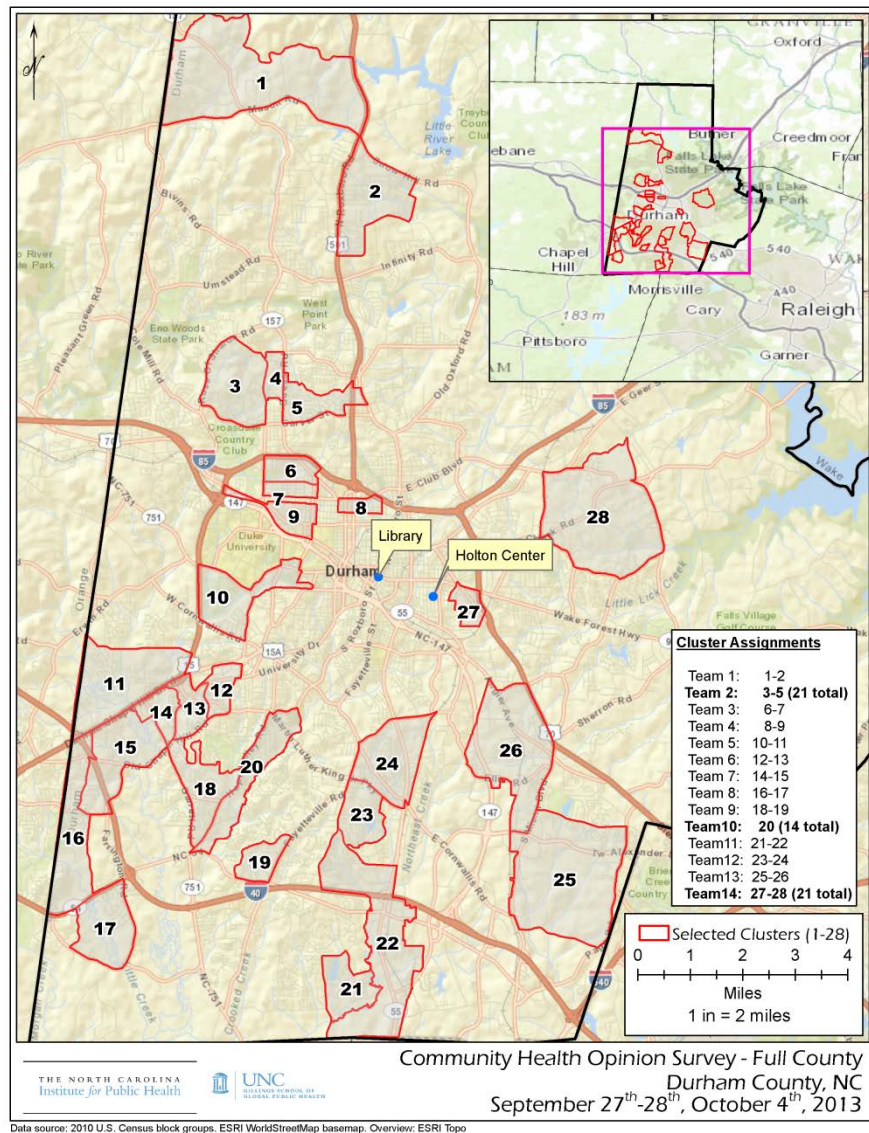

Figure 1. Selected census blocks (n = 28) for Durham County sample

Results

County random sample

A total of 182 interviews were successfully conducted among randomly sampled census blocks across the county, from the planned set of 210 interviews for a sampling success rate of 86.7%. The median age of survey respondents from this whole county sample was 50 years (range 18-92). Females made up 52% of survey respondents (95% CI: 43.7%, 60.8%) (Table 1). The majority of respondents were white (64.2%; 95% CI: 53.7%, 74.6%) and not of Hispanic origin (90.0%; 95% CI: 84.5%, 95.5%) (Table 1). Nine percent of respondents self-identified as Hispanic, and 8.3% of respondents spoke Spanish in the home. Respondents in this sample were similar to residents of Durham County.
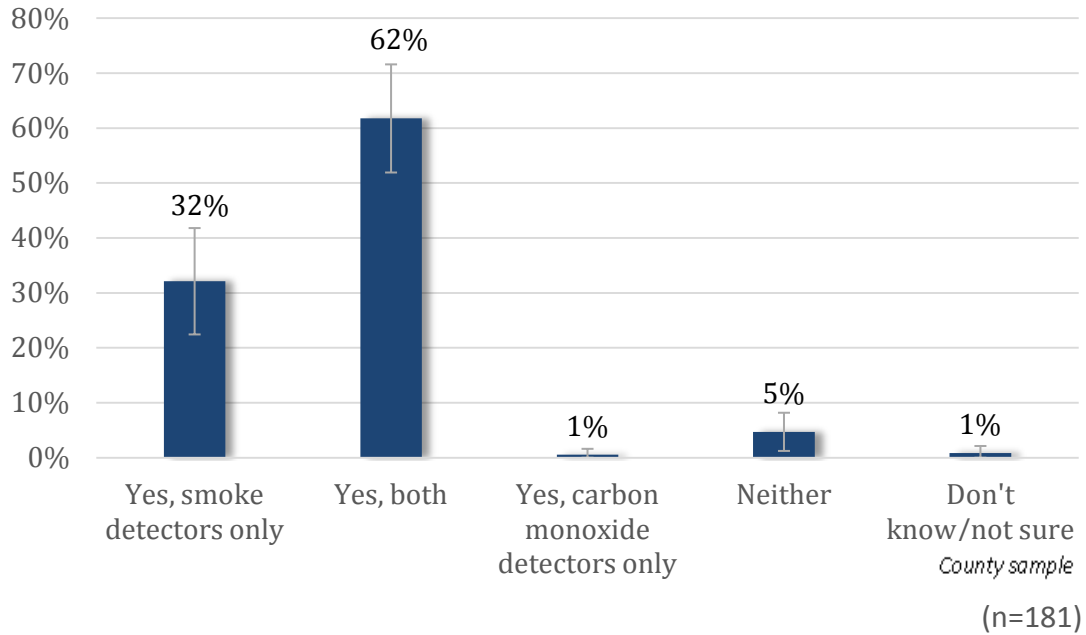
Table 1. Demographic characteristics of survey respondents

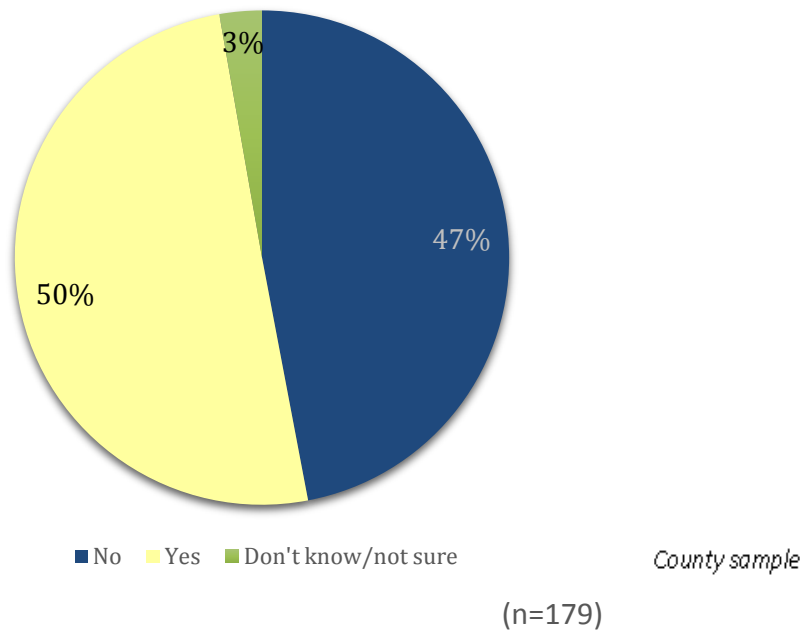|	Sample Percent (95% CI)	Durham County*
Gender (n= 180)		
Female	52.3% (43.7%, 60.8%)	52.4%
Male	47.7% (39.2%, 56.3%)	47.6%
Race (n= 168)		
American Indian/ Alaskan Native	2.5% (0.0%, 5.6%)	0.1%
Asian	2.1% (0.0%, 4.2%)	4.9%
Black or African American	30.7% (21.2%, 40.2%)	38.8%
White	64.2% (53.7%, 74.6%)	53.0%
Refused	0.6% (0.0%, 1.7%)	---
Hispanic origin (n=175)		
Hispanic	8.9% (4.7%, 13.1%)	13.4%

*Source: 2012 U.S. Census QuickFacts

Part 1. Emergency Preparedness

1. **Does your household have working smoke and carbon monoxide detectors**? *(Choose one.)*

Yes, smoke detectors only — 32%
Yes, both — 62%
Yes, carbon monoxide detectors only — 1%
Neither — 5%
Don't know/not sure — 1%

County sample

(n=181)

2. **Does your family have a basic emergency supply kit and plan?** (These kits include water, non-perishable food, any necessary prescriptions, first aid supplies, flashlight and batteries, non-electric can opener, blanket, etc.)

No — 47%
Yes — 50%
Don't know/not sure — 3%

County sample

(n=179)

5

3. If yes, how many days do you have supplies for? *(Write # of days)*
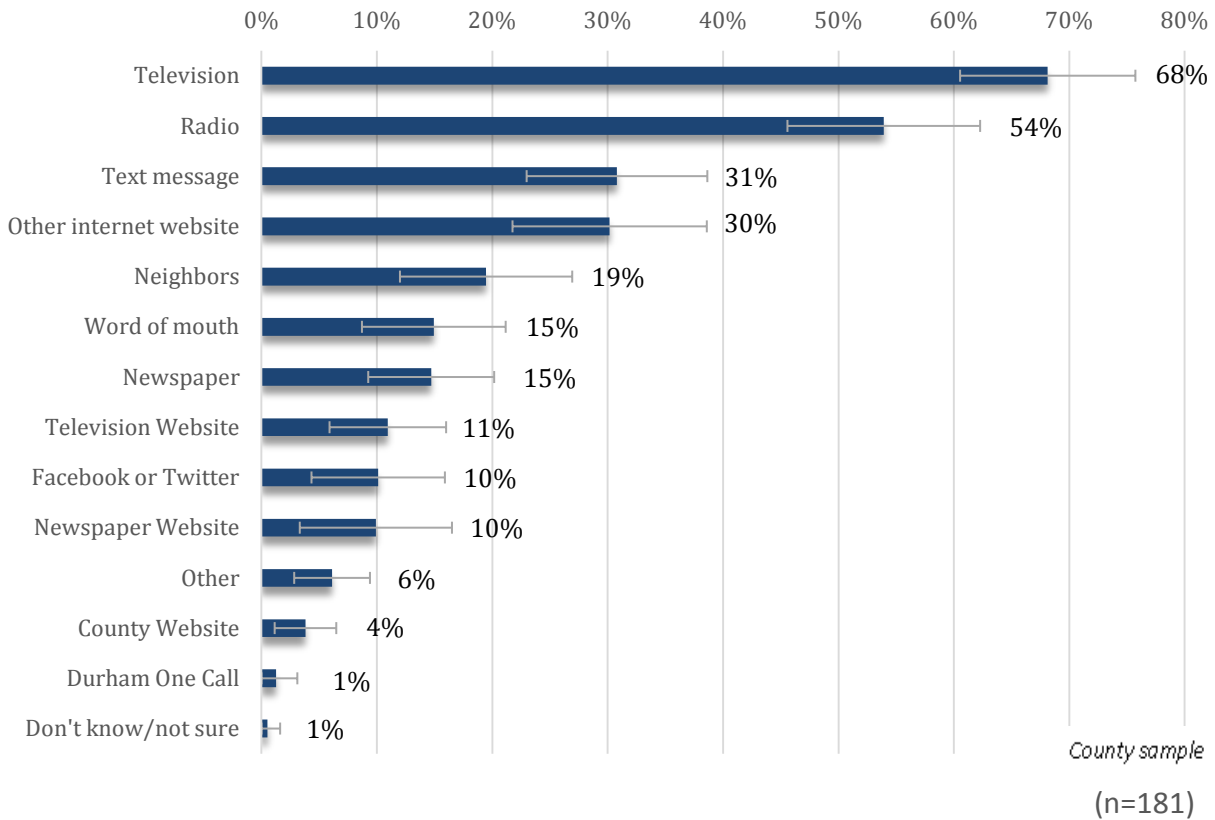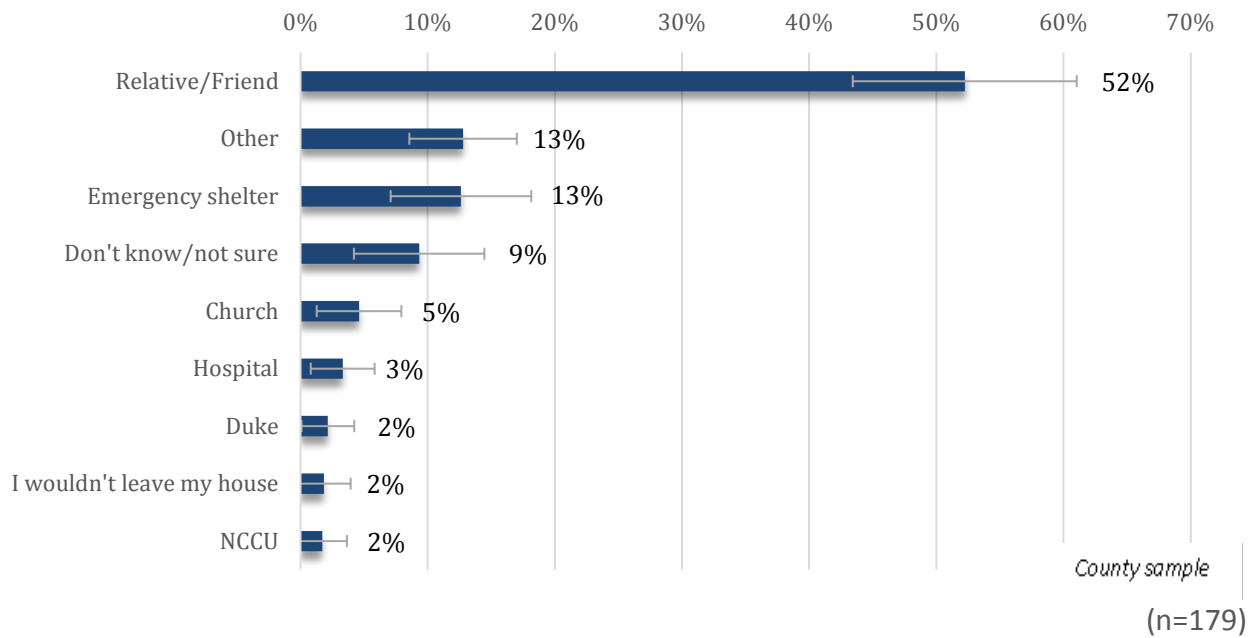
Category	Percentage
1-7 days	50%
8-14 days	9%
15-21 days	4%
22-30 days	33%

County sample

(n=80)
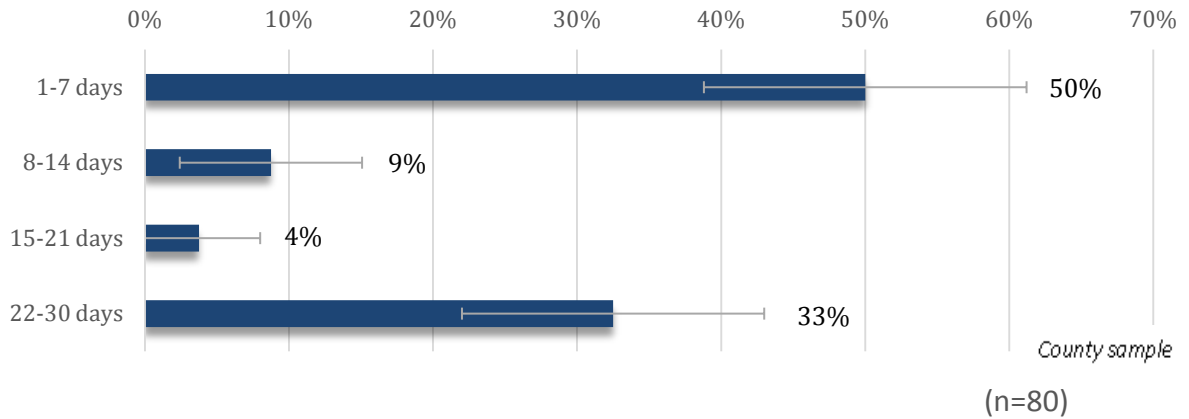
4. What would be your three top sources of information in a large-scale disaster or emergency? *(Check all that apply)*

Source	Percentage
Television	68%
Radio	54%
Text message	31%
Other internet website	30%
Neighbors	19%
Word of mouth	15%
Newspaper	15%
Television Website	11%
Facebook or Twitter	10%
Newspaper Website	10%
Other	6%
County Website	4%
Durham One Call	1%
Don't know/not sure	1%

County sample

(n=181)

6

5. If you couldn't remain in your house, where would you go in a community-wide emergency? *Choose one.*

| Answer	Percentage
Relative/Friend	52%
Other	13%
Emergency shelter	13%
Don't know/not sure	9%
Church	5%
Hospital	3%
Duke	2%
I wouldn't leave my house	2%
NCCU	2%

County sample
(n=179)

Other for this question includes specific workplaces, the Library, out of town, motel, under car.

**6. What would be the main reason you might not evacuate if asked to do so?** *(Choose one.)*

Answer	Percentage
Health problems (could not be moved)	40%
Concern about leaving pets	15%
Other	12%
Concern about leaving property behind	9%
Concern about family safety	8%
Lack of trust in public officials	5%
Concern about personal safety	4%
Lack of transportation	2%
Would evacuate if asked to do so	3%
Concern about traffic jams	1%
Health problems (could not be moved)	1%

County sample
(n=176)

Part 2 Health Information

7. **Where do you get most of your health-related information? Please choose <u>only one.</u>**
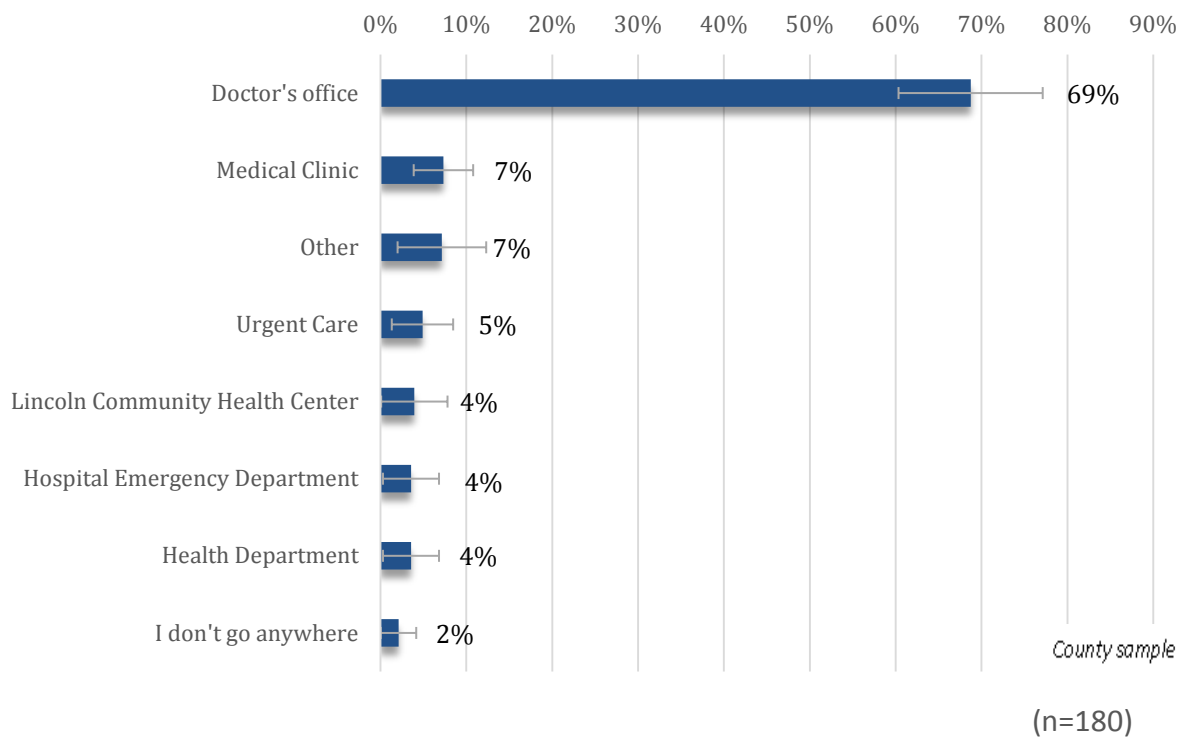

(n=163)
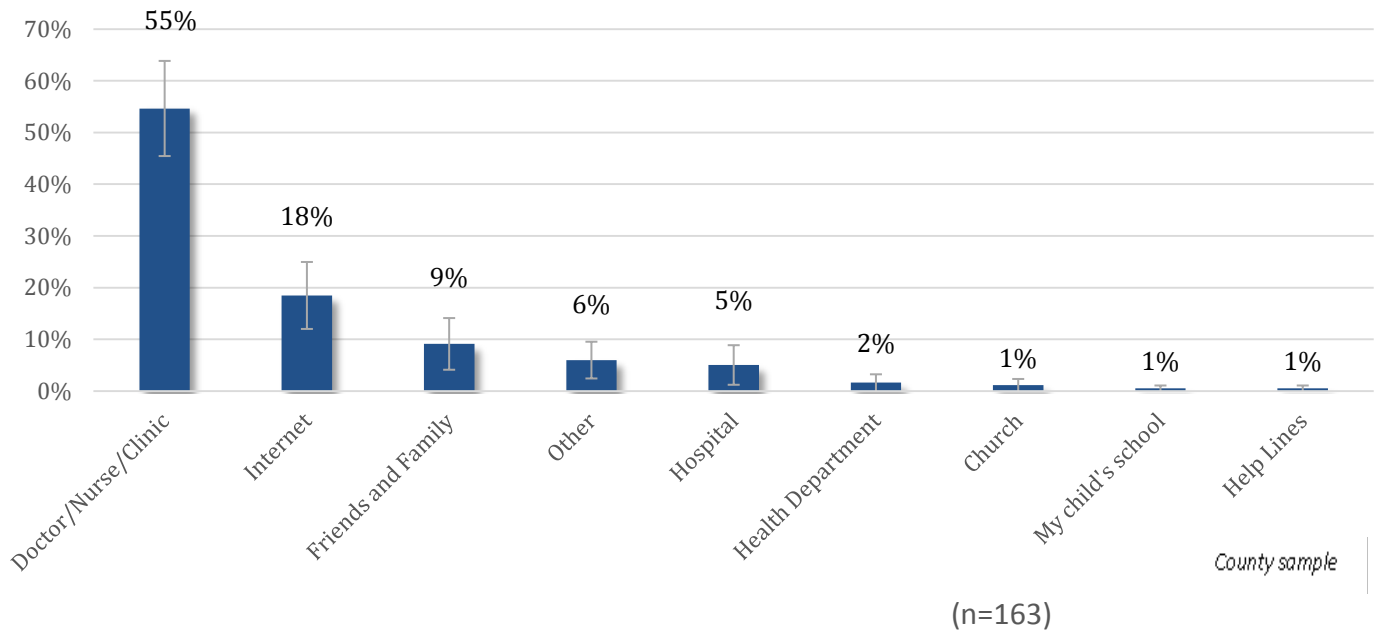
8. **Do you think that the Durham County Department of Public Health is a credible source of health information?**
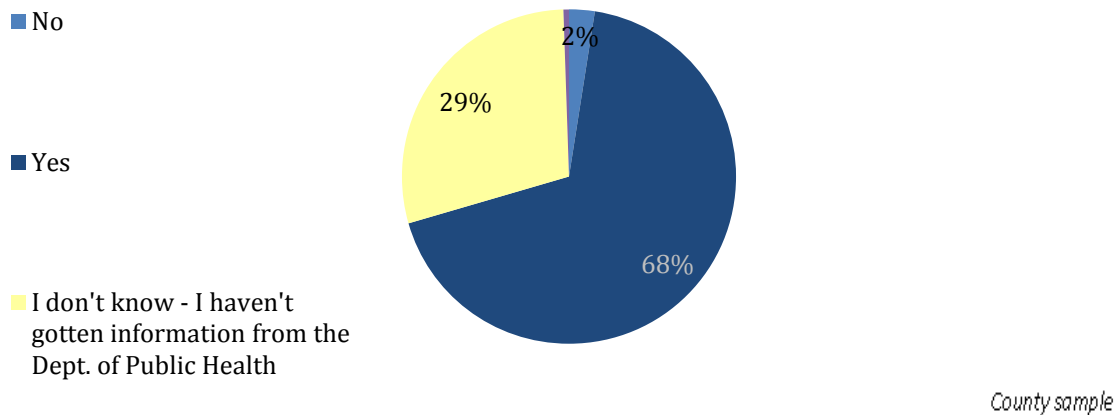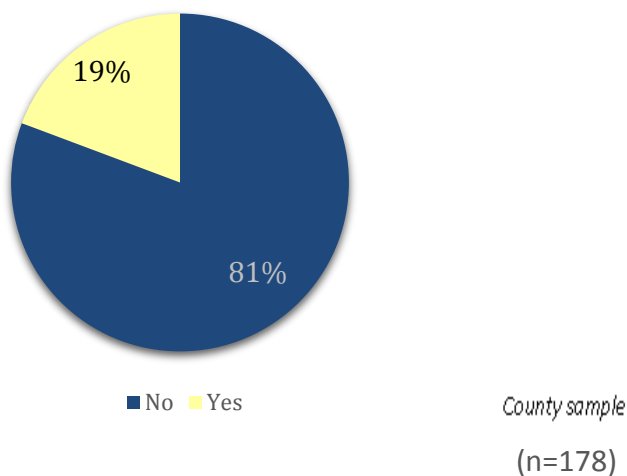

(n=179)

PART 3: Personal Health

9. **Where do you go <u>most often</u> when you are sick or want to talk to someone about your health?** *Check all apply.*

(n=180)

Access to Healthcare:

10. **During the past 12 months, was there any time that you did not have any health insurance or coverage?**



No   Yes

County sample

(n=178)

9

**11. If yes, why did you not have health insurance or coverage?**

Reasons included: I was unemployed (4%), cost (3%), no reason (2%), no papers, confusion on carriers, it's a process to get health insurance.

(n=25)

12. What is your current primary health insurance plan? This is the plan which pays the medical bills first or pays most of the medical bills? *(Please choose only one.)*

(n=178)
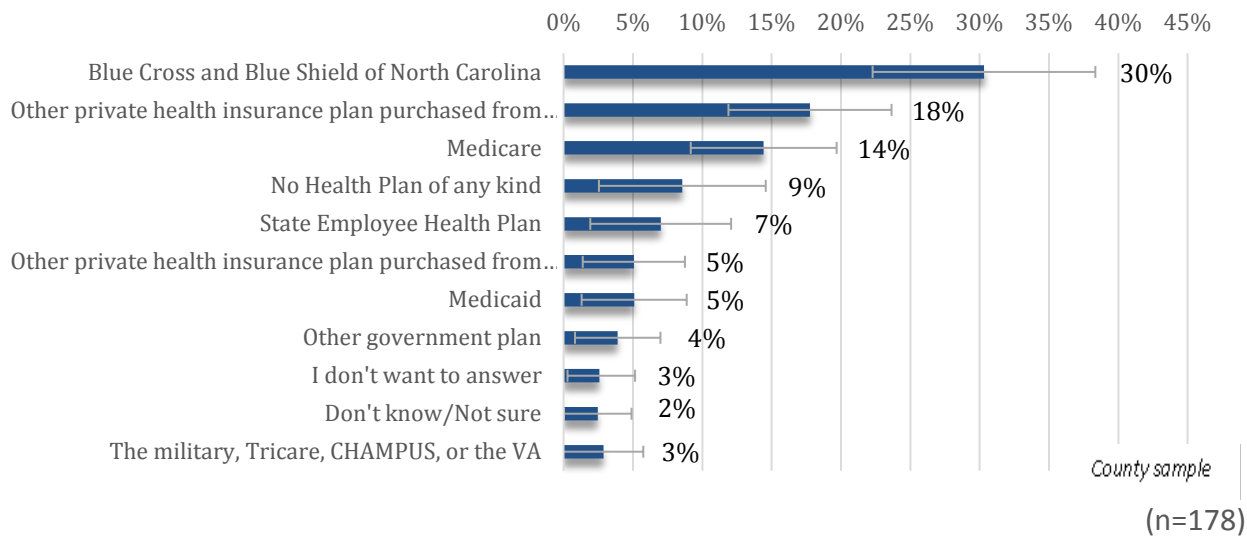
13. In the past 12 months, did you have a problem getting the health care you needed <u>for you personally or for someone in your household</u> from any type of health care provider, dentist, pharmacy, or other facility?

10
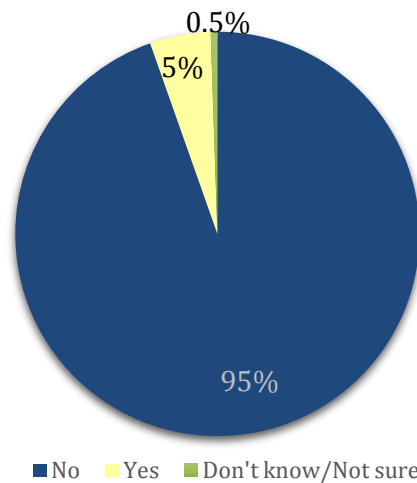
14. Since you said "yes," what type of care (provider or facility) did you or people in your household have trouble getting health care from? I will read a list and you can choose as many of these as you need to. (*Read Providers.)*
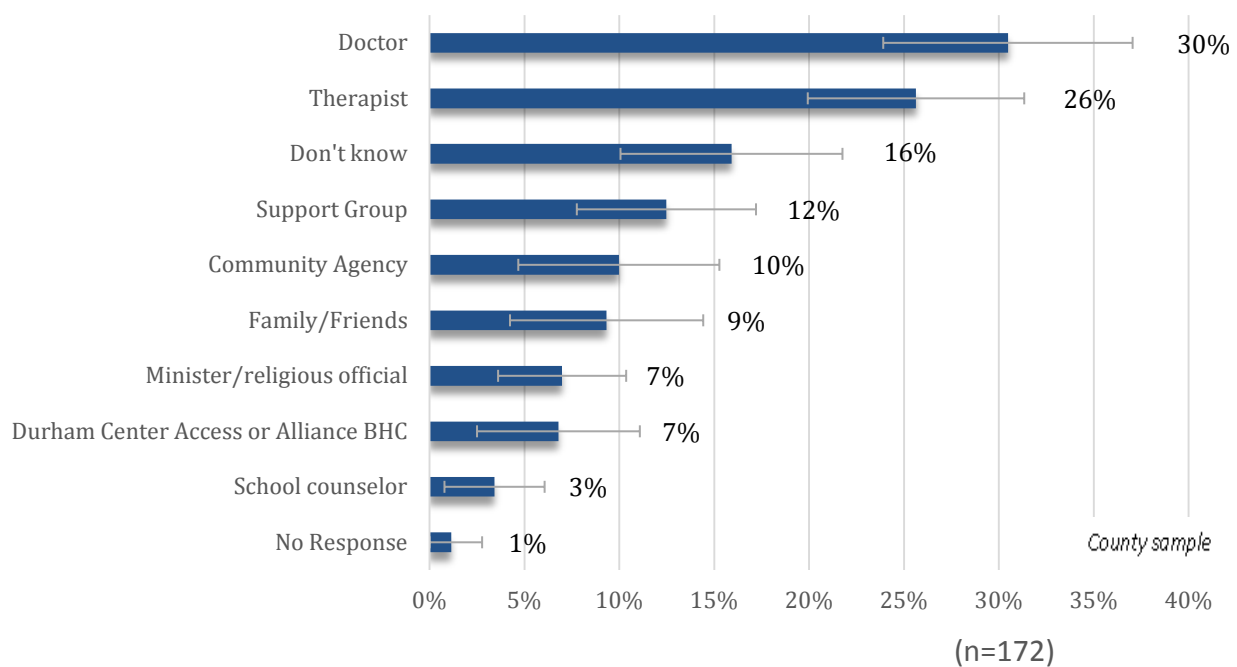
Responses: Dentist (3%), Pharmacy (2%), general (1%), hospital, eye (both <1%).

15. What was the problem that prevented you or people in your household from getting the necessary health care?

Responses: No health insurance (3%), no dental insurance (0.5%), I didn't have insurance coverage for my problem (0.5%)

16. If you or a friend or family member needed counseling for a mental health or a drug/alcohol abuse problem, who would you tell them to call or talk to? You can choose as many as you want. *Read responses*. **Which do you think you would choose?**

Doctor — 30%
Therapist — 26%
Don't know — 16%
Support Group — 12%
Community Agency — 10%
Family/Friends — 9%
Minister/religious official — 7%
Durham Center Access or Alliance BHC — 7%
School counselor — 3%
No Response — 1%

County sample

(n=172)

11

17. Have you ever been told by a <u>doctor, nurse, or other health professional</u> that you have any of the health conditions I am going to read?

High Blood Pressure — 30%
Arthritis, gout, lupus, or fibromyalgia — 29%
Overweight — 25%
High Cholestrol — 26%
Depression — 18%
Asthma — 15%
Diabetes — 14%
Cancer — 12%
Heart Disease — 11%
Lung Disease — 2%

County sample
(n=159)
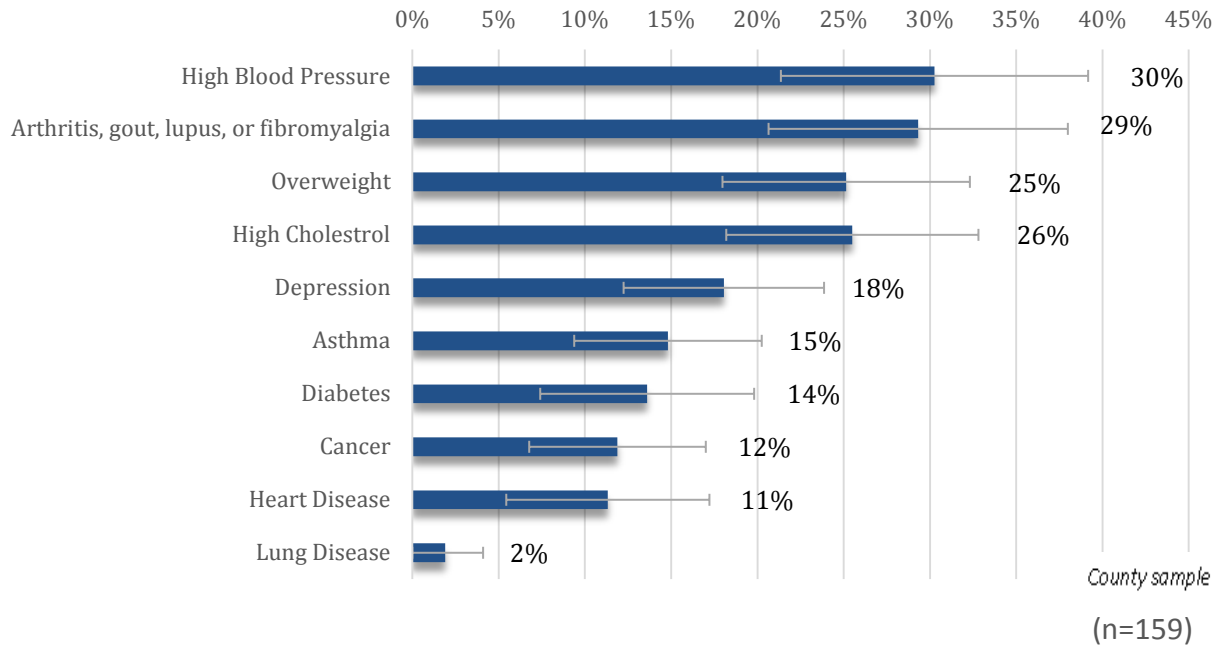
Exercise:

18. Where do you go to exercise or engage in physical activity? *Check all that apply.*

Neighborhood — 40%
Home — 30%
Private gym or pool — 28%
Park — 12%
Work — 9%
Do not exercise — 6%
Other — 1%
No Response — 1%

County sample
(n=182)

12
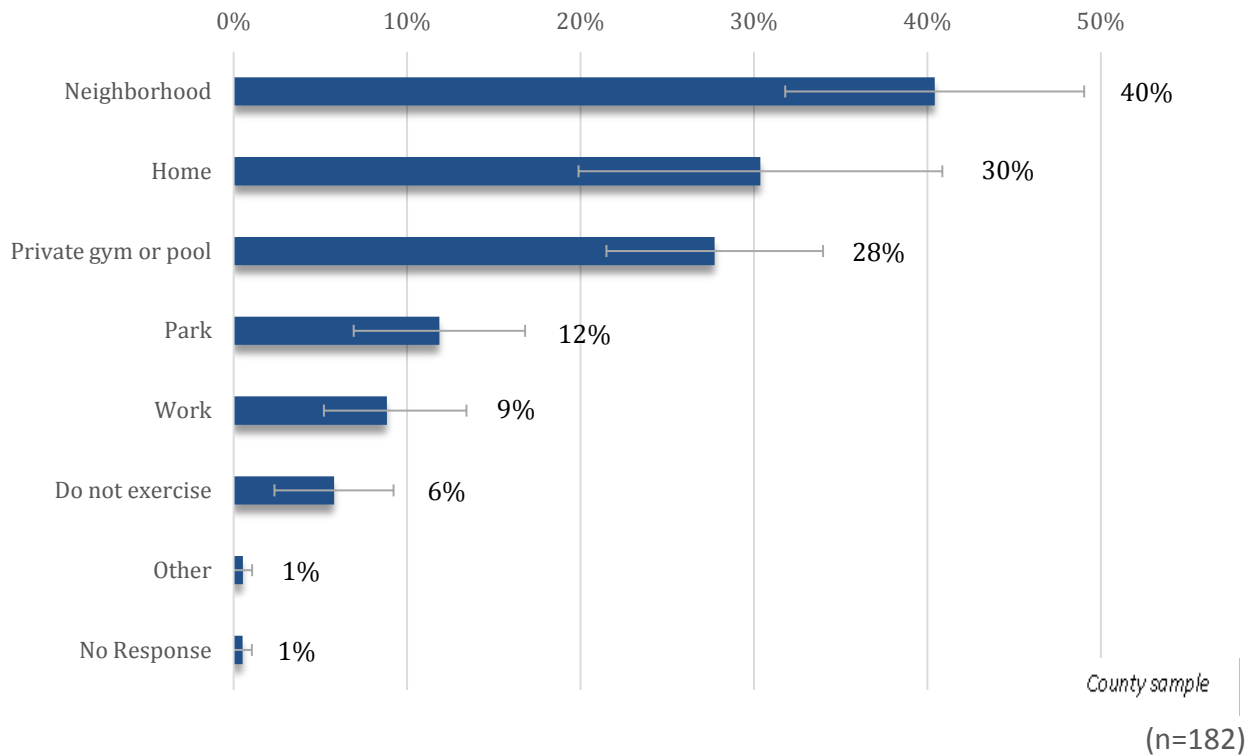
19. If you said "I don't exercise", what are the reasons you don't exercise during a normal week? You can give as many of these reasons as you need to.
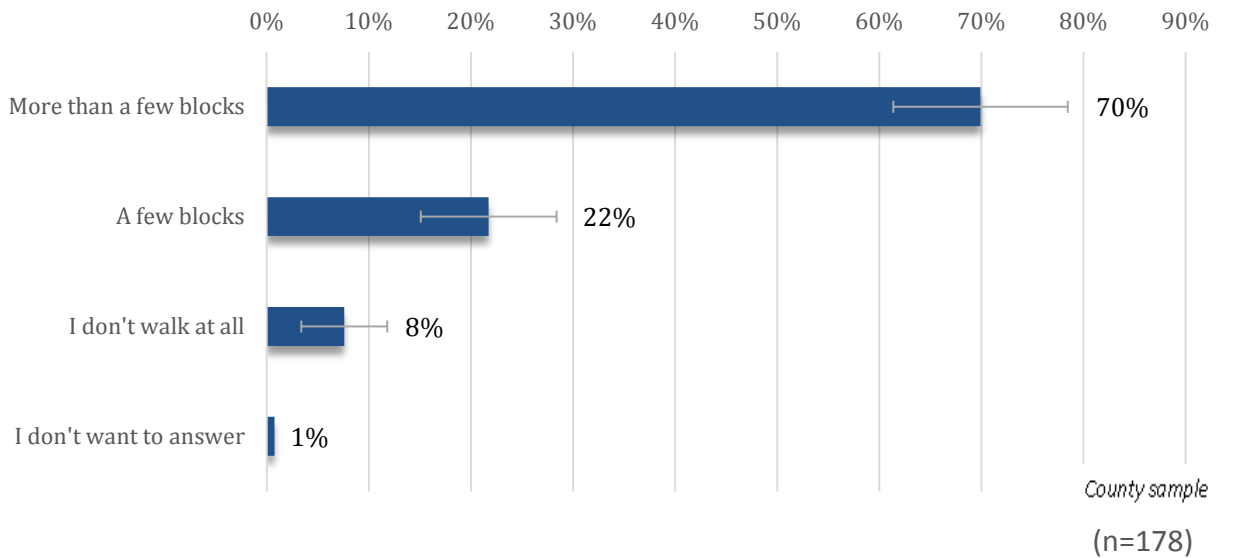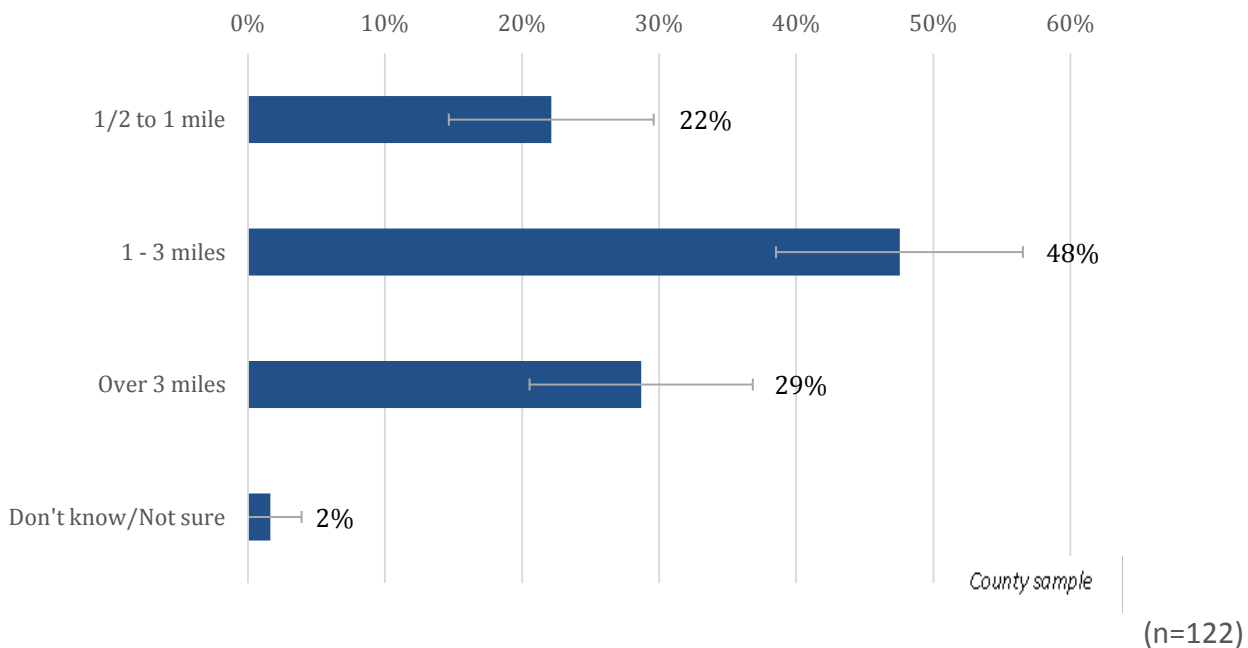
Reasons: There is no safe place to exercise (1%), not enough time (1%), I don't like to exercise, no access to a facility, I'm disabled, I'm embarrassed (all <0.5%).

(n=7)

20. There are many different ways to exercise or get physical activity. For the next set of questions, we are only interested in walking and biking. On a typical day, how much do you walk?

Response	Percentage
More than a few blocks	70%
A few blocks	22%
I don't walk at all	8%
I don't want to answer	1%

County sample

(n=178)

21. Among those who walk more than a few blocks: How far do you walk each day in miles?

Response	Percentage
1/2 to 1 mile	22%
1 - 3 miles	48%
Over 3 miles	29%
Don't know/Not sure	2%

County sample

(n=122)

13

22. Why do you walk? *(Read responses and check all that apply)*

For my physical health — 61%
For my mental or social health — 30%
Other — 22%
To use the car less and keep the air cleaner — 13%
Cheaper — 10%
No Response — 1%

County sample
(n= 182)
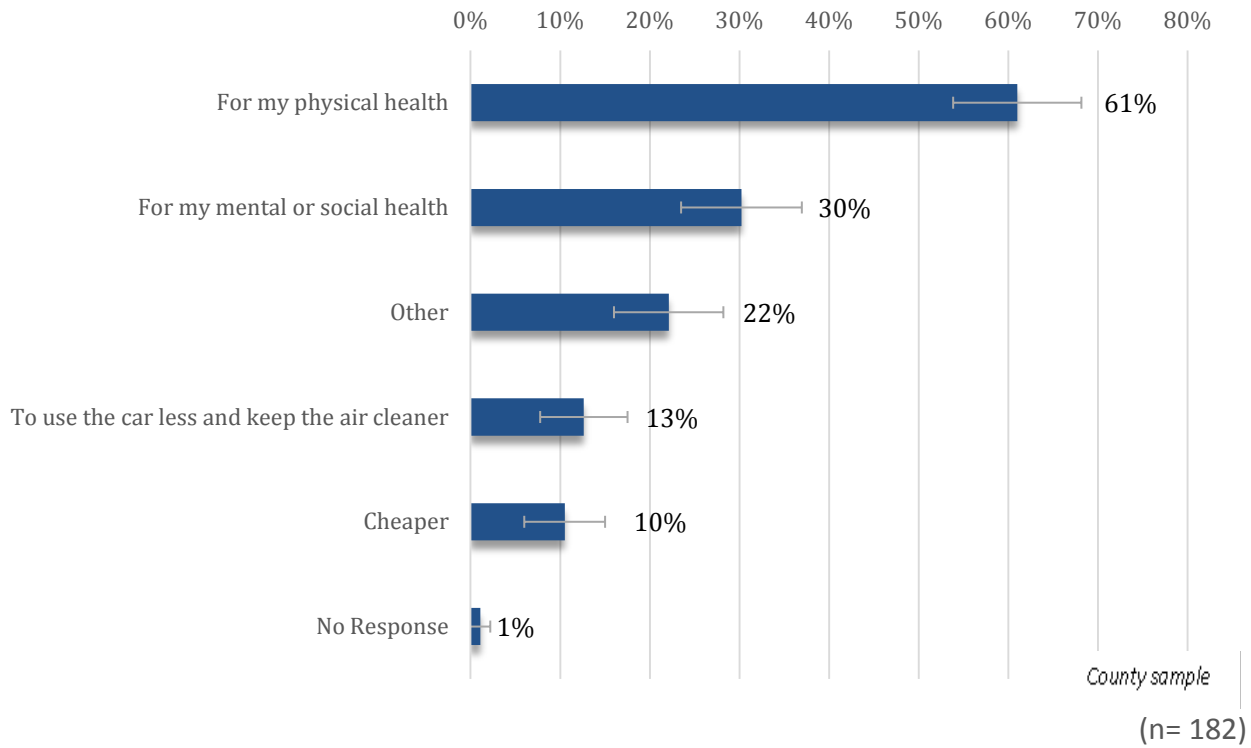
23. Where do you walk? *(Read responses and check all that apply)*

For fun or exercise — 65%
To places I go every day — 29%
To do errands — 18%
To social events — 12%
Other — 10%

County sample
(n=182)

14
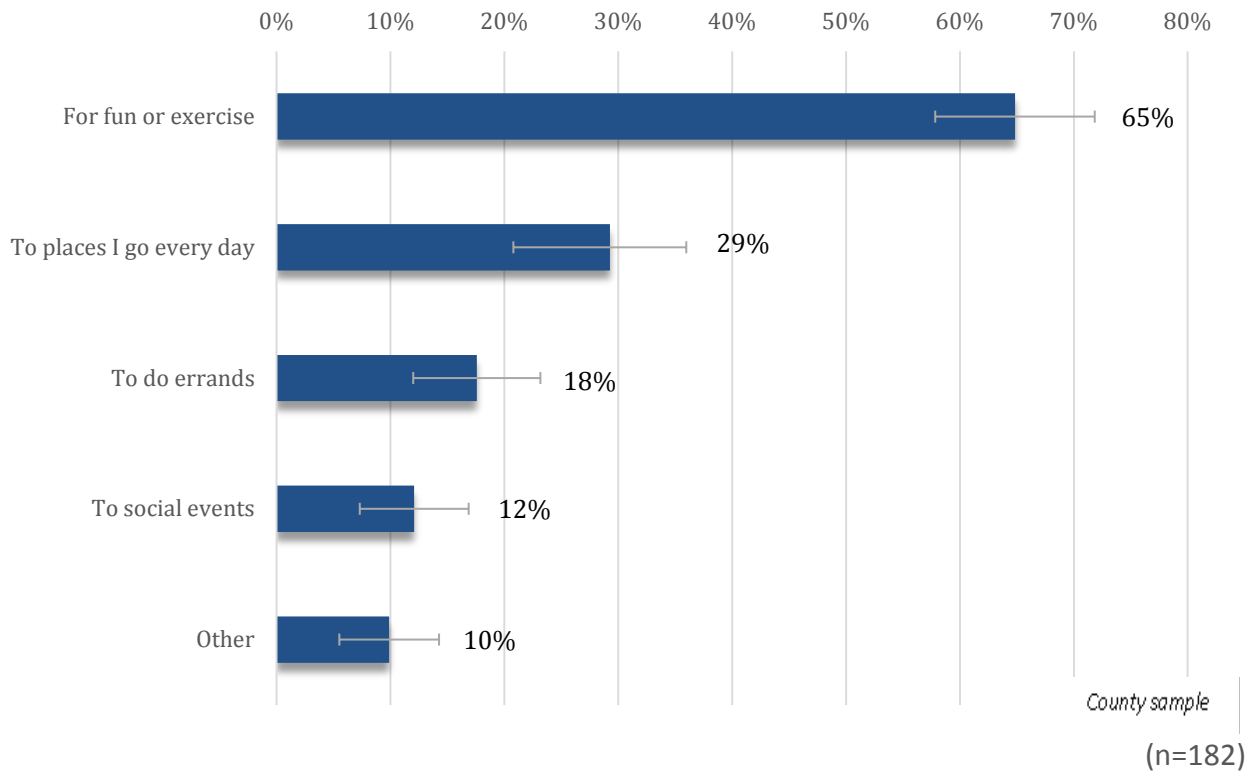
24. If you do not walk very much currently, why not? *(check all that apply)*

	Percentage
I have trouble walking	3%
Other	3%
I have no time to walk	1%
It feels unsafe in my neighborhood	1%
No Response	1%

County sample

(n=16)
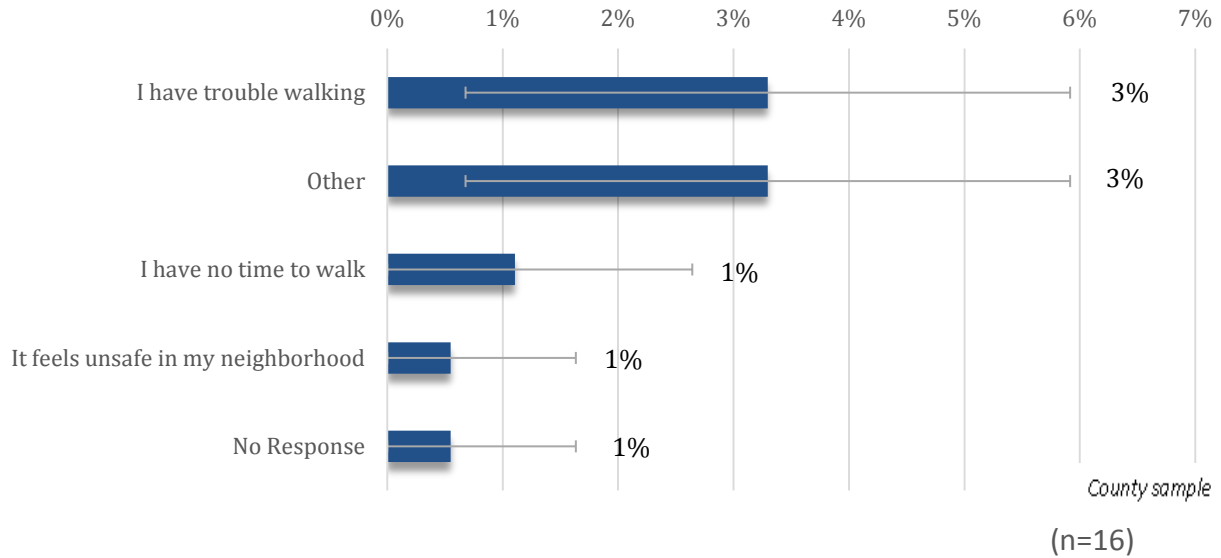
25. Whether you currently walk or not, what would make you want to walk more? *(check all that apply)*

	Percentage
No Response	6%
More access to off-road tracks or trails	18%
Other	23%
Enforcement of speed limits and traffic rules so walking is safer	25%
Encouragement - a walking partner, more information on why it is important	30%
Better lighting, sidewalks, or crosswalks to make walking easier	40%

County sample

(n=182)

15
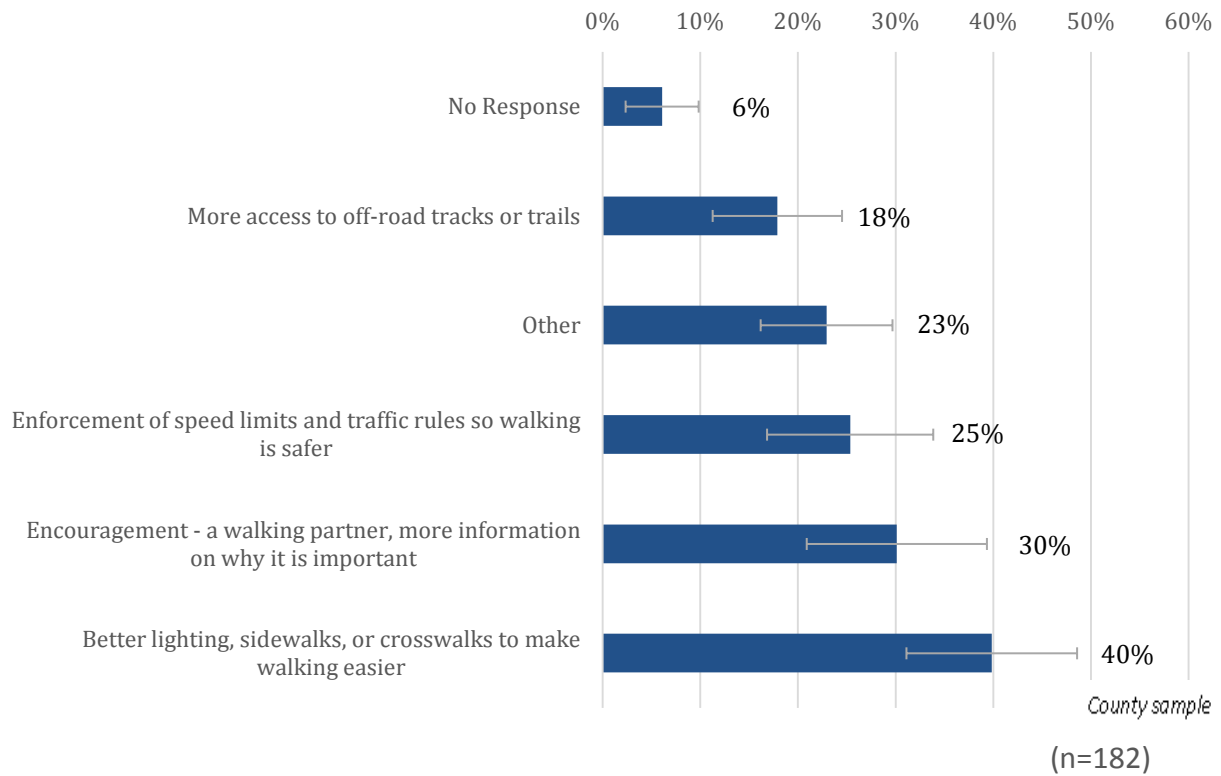
26. Do you ride a bike (not including an exercise bike)? If so, how often?

%

Category	%
I don't own a bike	57%
I own a bike but don't ride it	19%
More than once a week	9%
Once a week	2%
2-3 times a month	5%
Once a month or less	7%

County sample

(n=178)
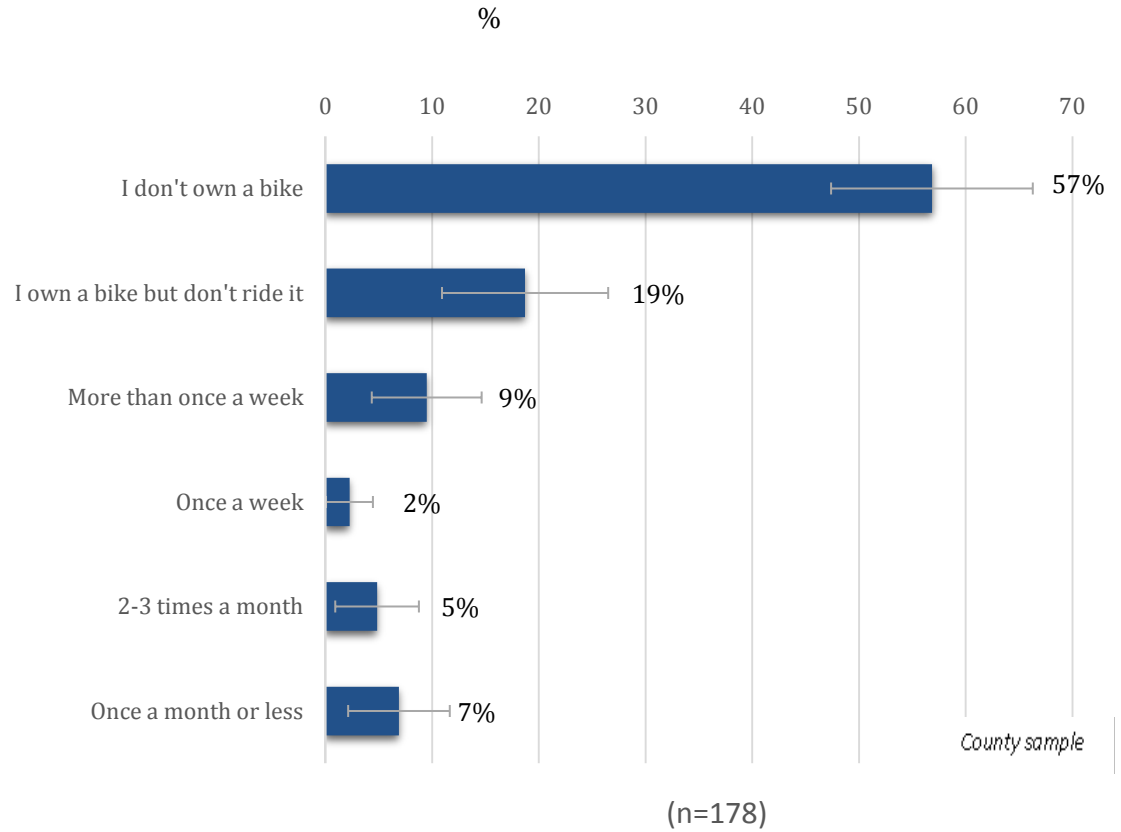
27. When you do ride your bike, where do you go? *(Check and answer all that apply)*

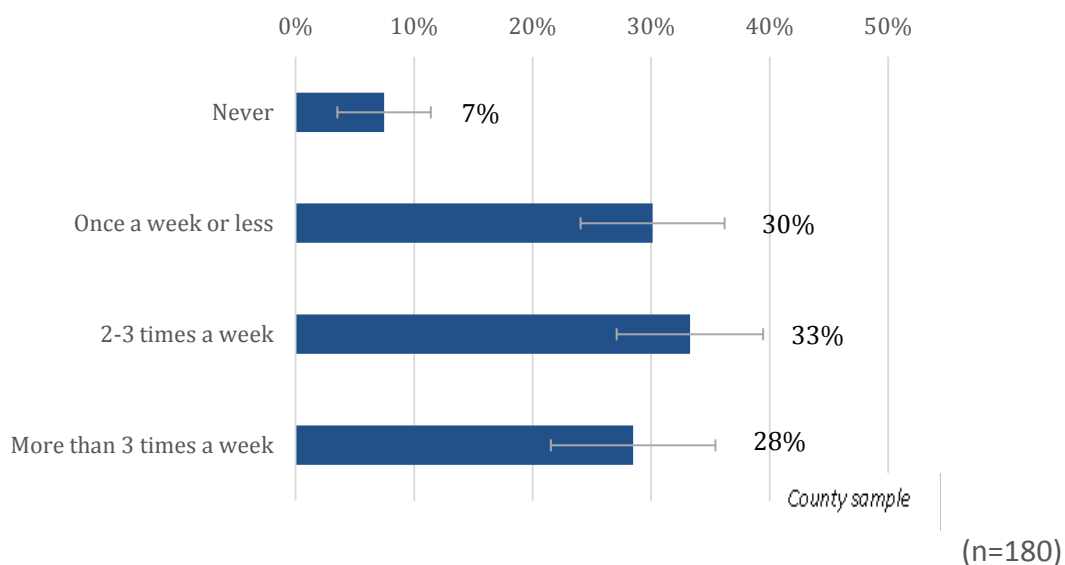| Category	%
To do errands	1%
To social events	2%
To places I go every day	2%
For fun and exercise	3%

County sample

(n=19)

16
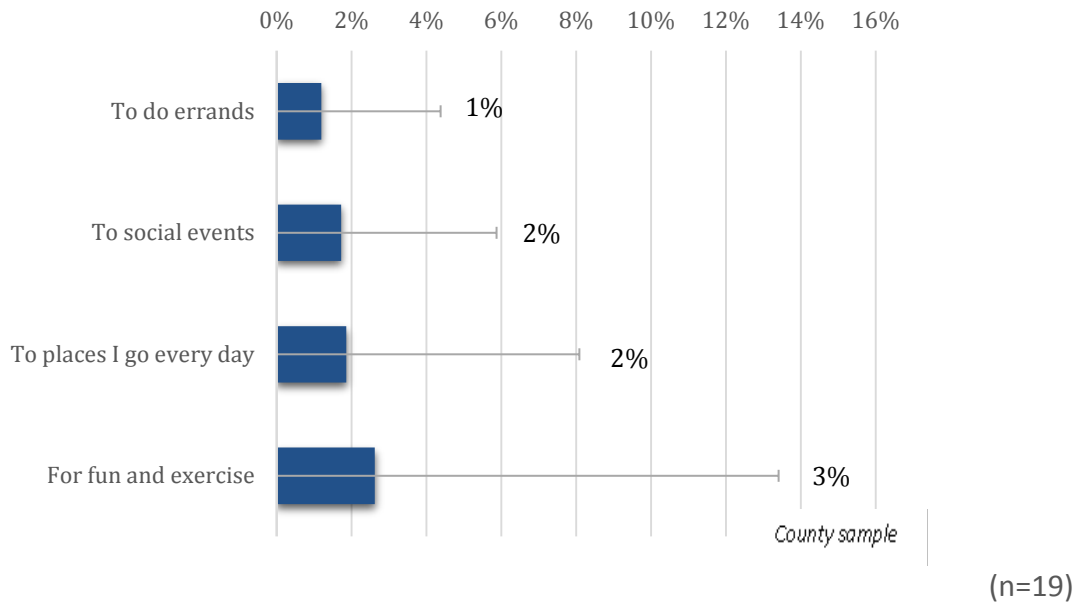
Diet:

28. Most of us don't eat healthy all the time. When you aren't eating a healthy diet, what do you think makes it hard for you to eat healthy? Tell me all that apply. *(choose all that apply.)*

%

County sample

Category	Value
I don't know how to prepare the food we like in a healthy way	4%
No response	6%
Nobody in my familiy would eat it	7%
There aren't places in my neighborhood to buy healthy foods	10%
Healthy food doesn't taste good	12%
It's hard to find healthy choices when you eat outside the home	23%
Healthy food costs too much	24%
It takes too much time to prepare and shop for healthy choices	28%

0%   5%   10%   15%   20%   25%   30%   35%   40%

(n=182)

29. Thinking about breakfast, lunch, and dinner, how many times in a typical week do you eat meals that were not prepared at home, like from restaurants, cafeterias, or fast food?

0%   10%   20%   30%   40%   50%

Category	Value
Never	7%
Once a week or less	30%
2-3 times a week	33%
More than 3 times a week	28%

County sample

(n=180)

17

30. In the last 12 months, did you ever cut the size of your meals or skip meals because there wasn't enough money for food? *(Read answer choices.)*
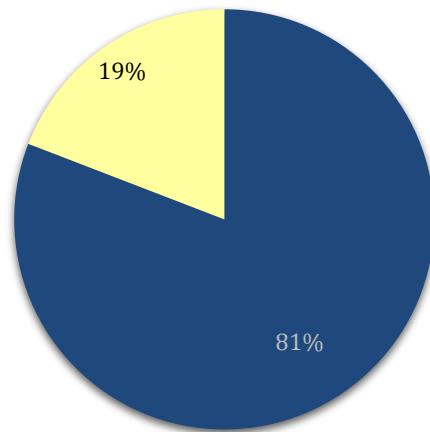

2% 8%

90%
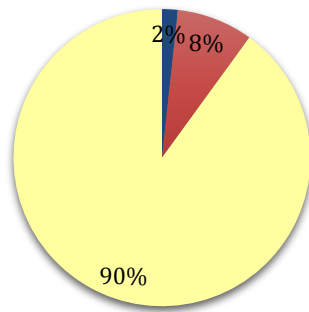
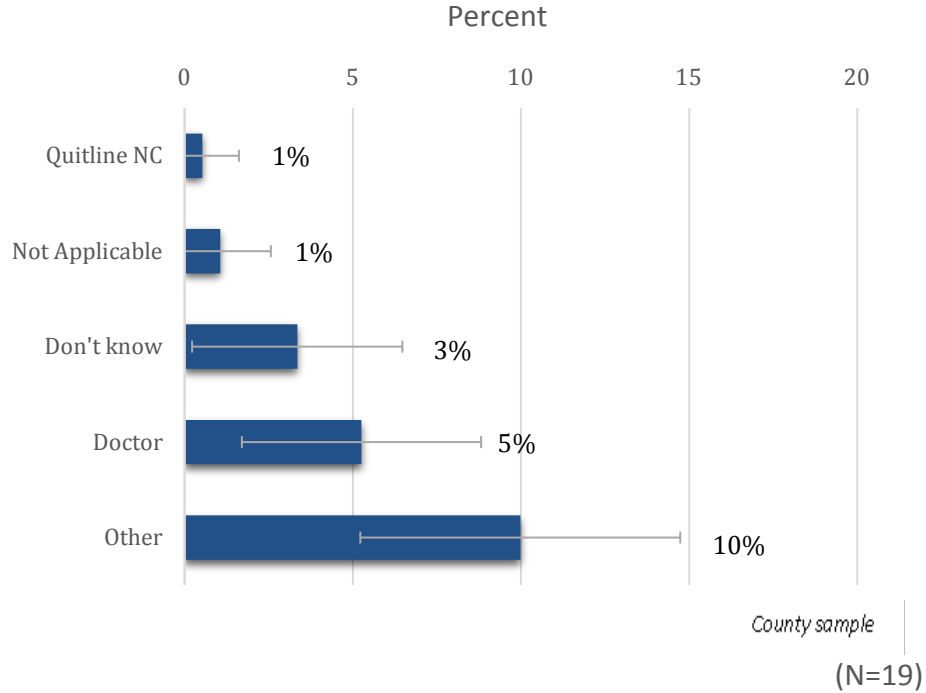■ Yes, all the time   ■ Yes, sometimes   ■ No, never

County sample

(N = 179)

## Smoking:

31. Do you currently smoke?

19%

81%

■ No   ■ Yes

County sample

(n = 180)

32. If yes, where would you go for help if you wanted to quit? *(Check all that apply.)*

Percent

County sample
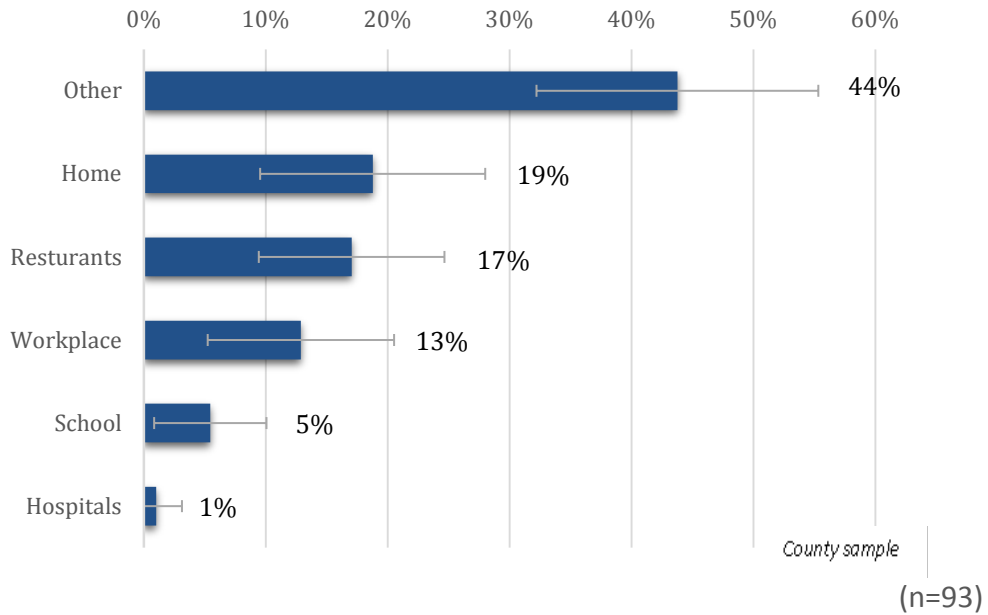
(N=19)

Other for this question includes one response each for private counselor, therapist, Department of Public Health, and church.

33. Have you been exposed to secondhand smoke in Durham County in the past year?

■ No   ■ Yes   ■ Do not know / Not sure

County sample

(n=179)
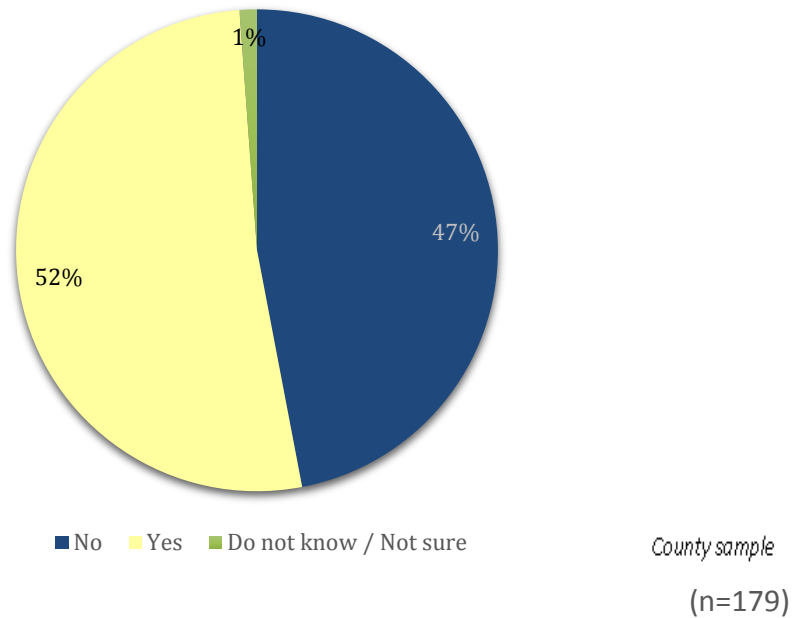
34. If yes, where do you think you are exposed to secondhand smoke most often? *(Choose one)*

19

County sample
(n=93)

For this question, "Other" included: Public places (parks, neighborhoods, malls; 15%), family and friends (10%), in cars (10%), and in bars (9%).

35. Are you aware that Durham has a Smoking Rule that does not allow smoking in outdoor public spaces such as parks, county government properties, certain sidewalks and bus stops?

■ No ■ Yes

County sample
(n=179)

Household:

2014 Durham County Health Opinion Survey
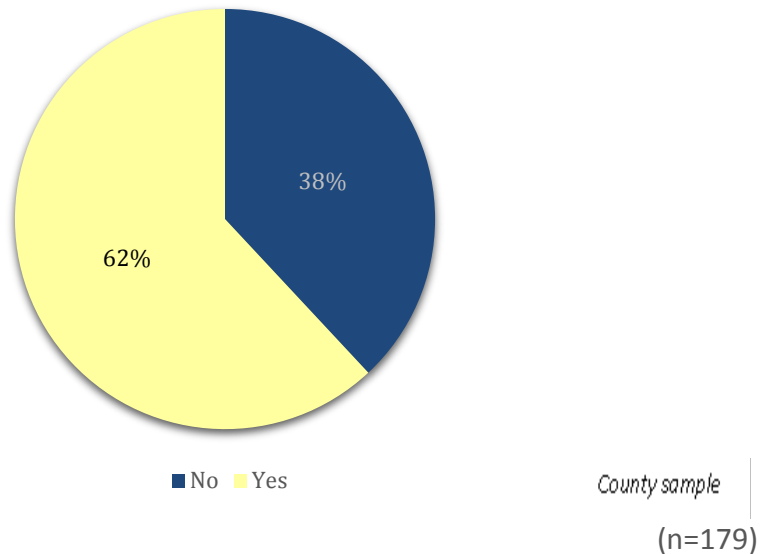
36. Are you currently caring for: *(check all that apply)*
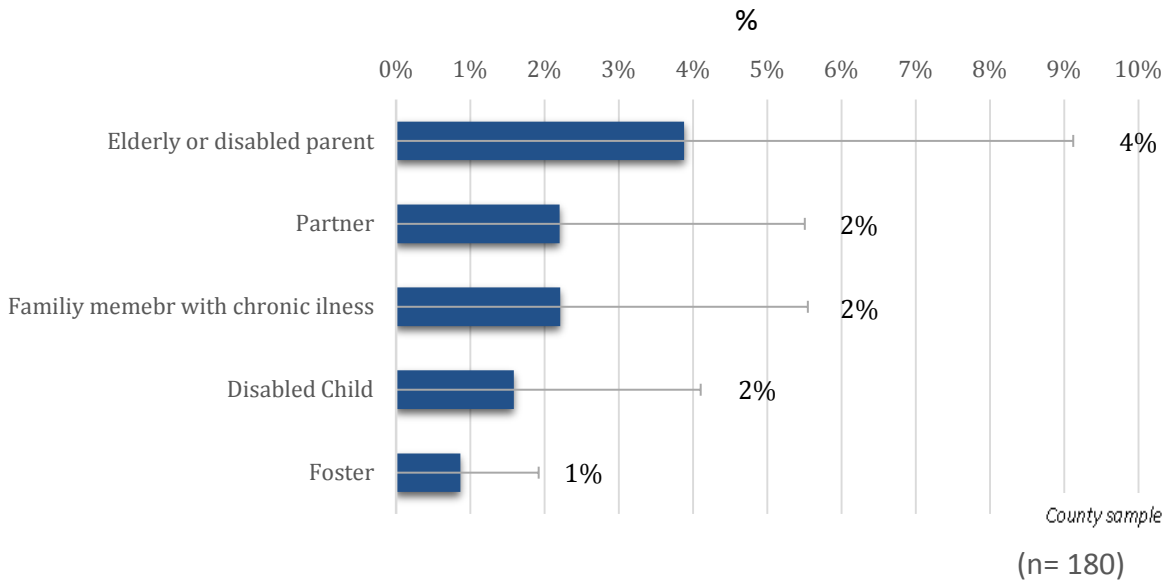
%

Category	Value
Elderly or disabled parent	4%
Partner	2%
Familiy memebr with chronic ilness	2%
Disabled Child	2%
Foster	1%

County sample

(n= 180)

37. Does anyone in your household, including yourself, need support to be independent in daily activities because of a: *(check all that apply)*

%

Category	Value
Medical conditions	3%
Physical disability	3%
Difficulty seeing or hearing	3%
Trouble speaking, reading, or understanding English	2%
Developmental disability	2%
Mental illness or substance abuse or dependence	1%
Do not want to answer	<.05%

County sample

(n=179)

21
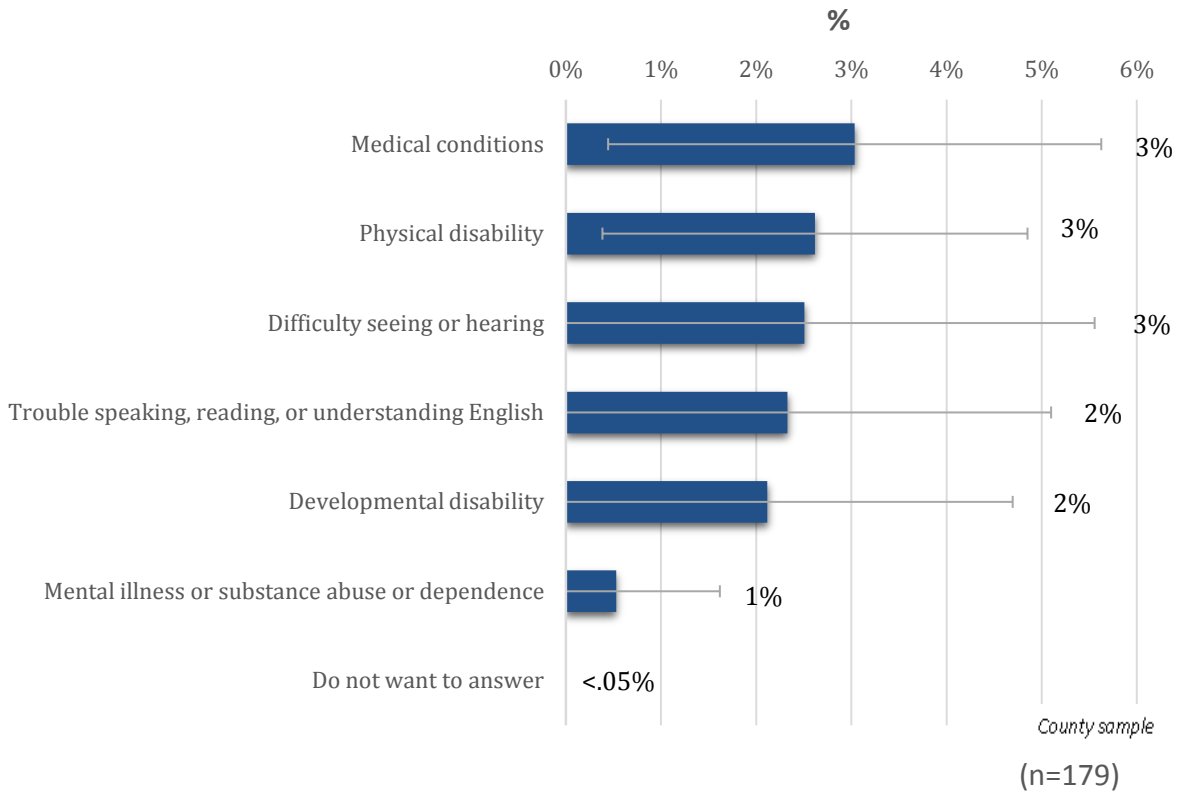
38. Do you have access to the Internet?

11%

89%

■ No ■ Yes
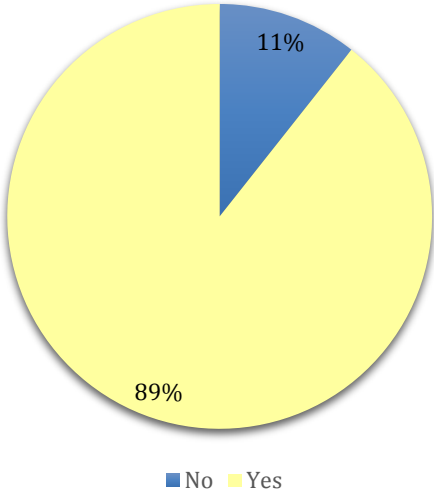
County sample

(n= 174)

39. Do you feel like you know what City or County agencies to approach if you have problems with your house or household services (for example, your sewer, building code, or personal rights)?

26%

74%

■ No, would not know
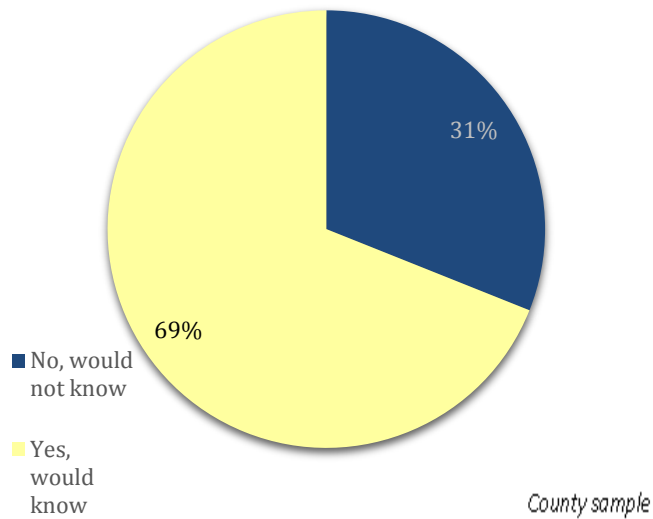
■ Yes, would know
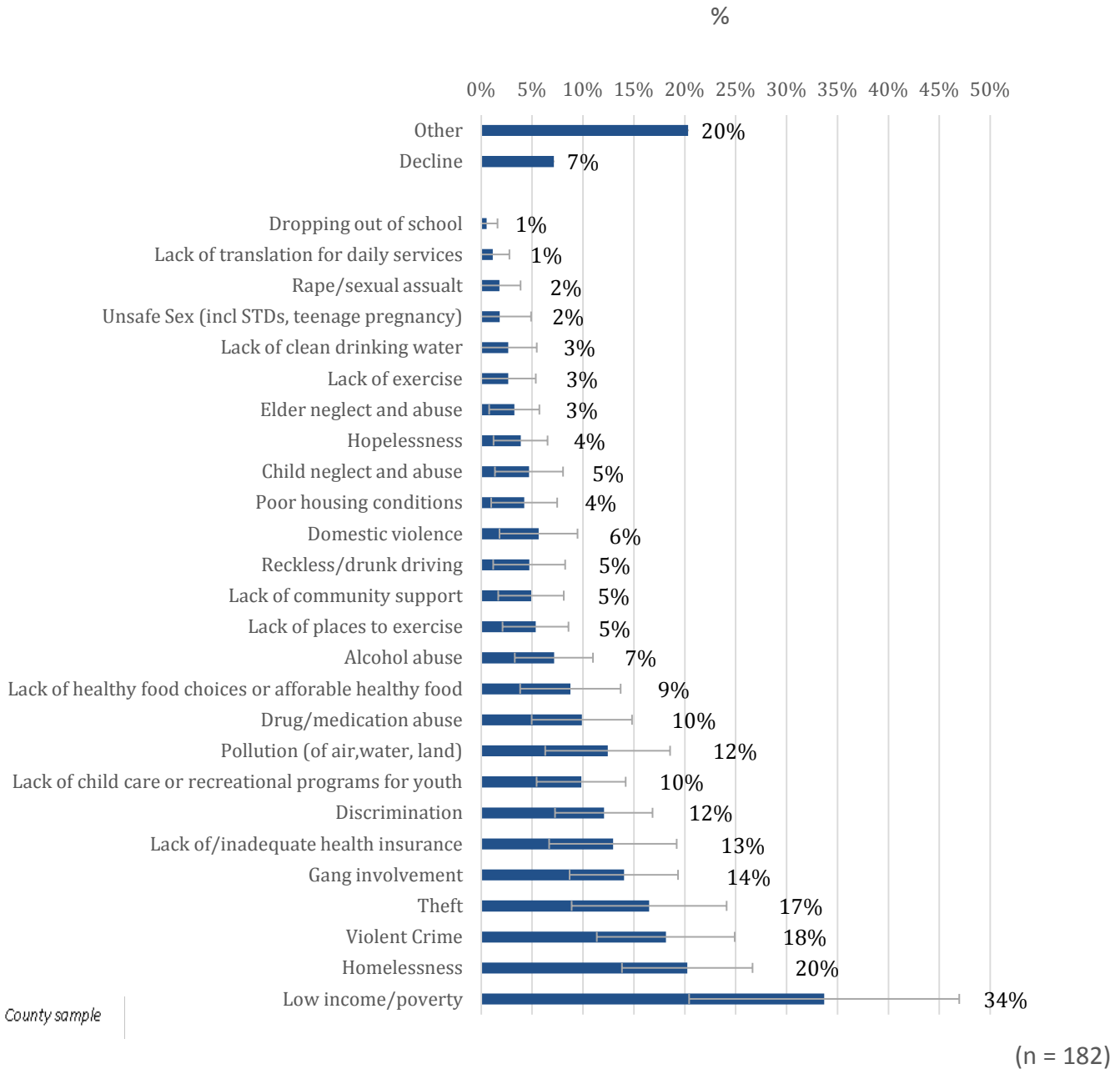
County sample
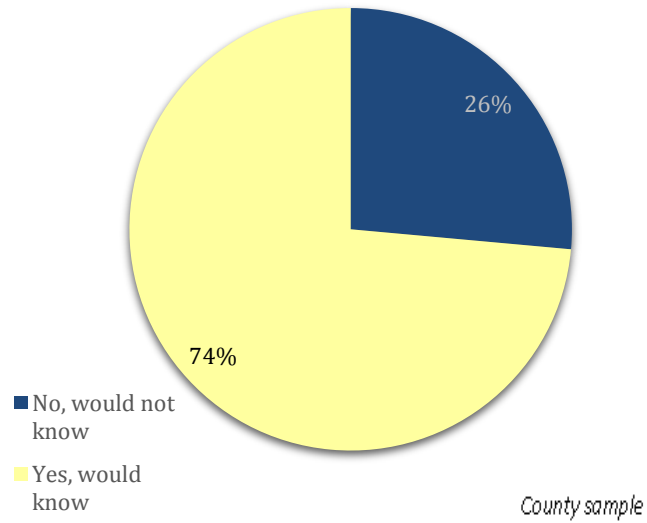
(n = 178)

40. Do you feel like you know what City or County agencies to approach if you have problems in your neighborhood (for example, with your sidewalk, roads, or neighborhood disputes).

31%

69%

■ No, would not know

■ Yes, would know
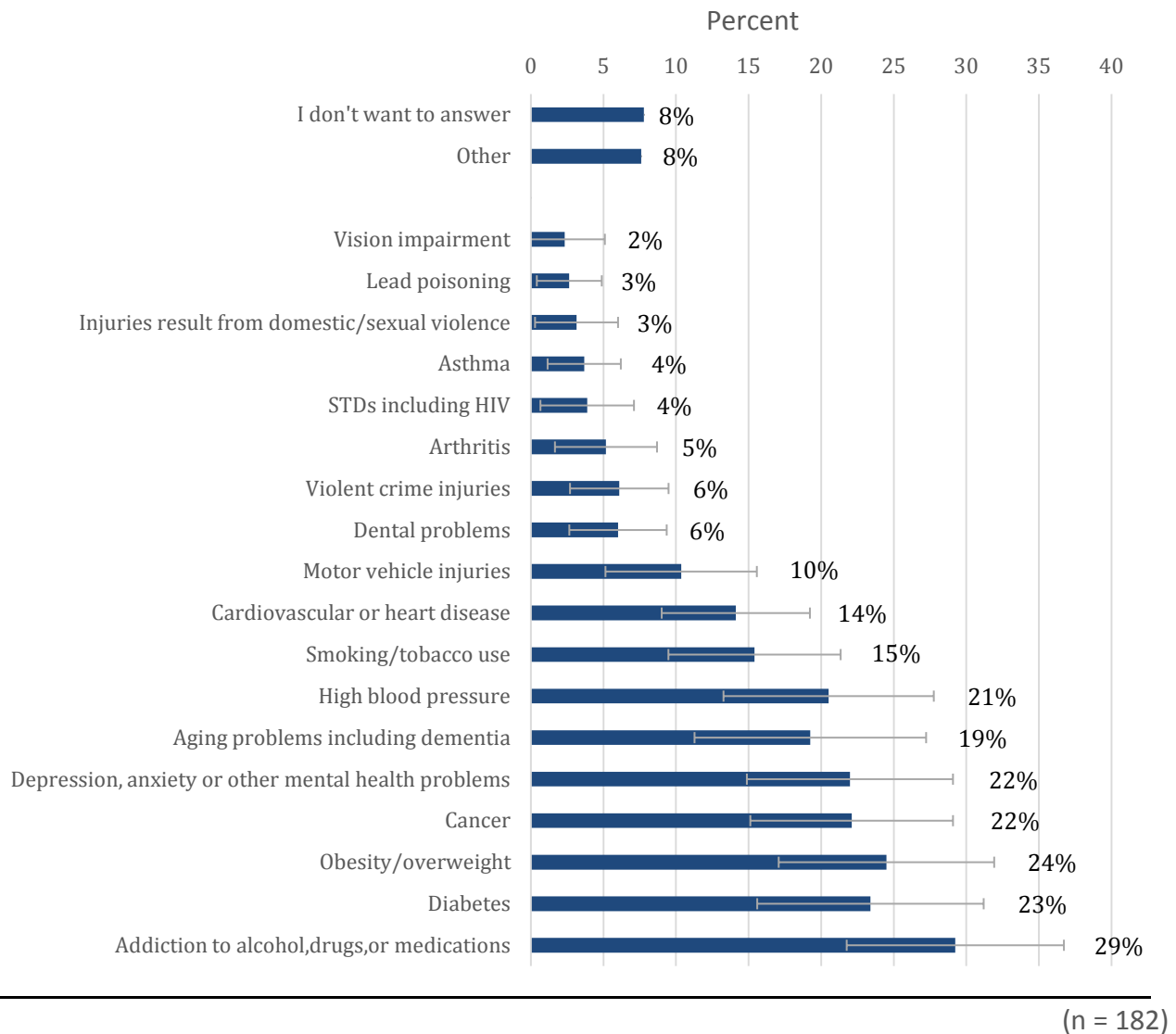
County sample

(n = 177)

23

PART 4: Community Improvement

41. Keeping in mind yourself and the people in your neighborhood, tell me the community issues that have the greatest effect on quality of life in Durham County. Please choose up to 3. Remember this is your opinion and your choices will not be linked to you in any way.

%

| Issue	%
Other	20%
Decline	7%
Dropping out of school	1%
Lack of translation for daily services	1%
Rape/sexual assualt	2%
Unsafe Sex (incl STDs, teenage pregnancy)	2%
Lack of clean drinking water	3%
Lack of exercise	3%
Elder neglect and abuse	3%
Hopelessness	4%
Child neglect and abuse	5%
Poor housing conditions	4%
Domestic violence	6%
Reckless/drunk driving	5%
Lack of community support	5%
Lack of places to exercise	5%
Alcohol abuse	7%
Lack of healthy food choices or afforable healthy food	9%
Drug/medication abuse	10%
Pollution (of air,water, land)	12%
Lack of child care or recreational programs for youth	10%
Discrimination	12%
Lack of/inadequate health insurance	13%
Gang involvement	14%
Theft	17%
Violent Crime	18%
Homelessness	20%
Low income/poverty	34%

County sample

(n = 182)

Other includes: Can't identify a problem (9%), lack of expectations for youth, animal control, awareness of biking, guns, lack of facilities for exercise, uncontrolled traffic, public schools, selling drugs, taxes, potential for crime, safety, parks connected to city housing, dog attacks (one response each).

24

42. Keeping in mind yourself and the people in your neighborhood, I would like for you to name the most important health problems (that is, diseases or conditions). You can choose up to 3.

Percent

Category	Percent
I don't want to answer	8%
Other	8%
Vision impairment	2%
Lead poisoning	3%
Injuries result from domestic/sexual violence	3%
Asthma	4%
STDs including HIV	4%
Arthritis	5%
Violent crime injuries	6%
Dental problems	6%
Motor vehicle injuries	10%
Cardiovascular or heart disease	14%
Smoking/tobacco use	15%
High blood pressure	21%
Aging problems including dementia	19%
Depression, anxiety or other mental health problems	22%
Cancer	22%
Obesity/overweight	24%
Diabetes	23%
Addiction to alcohol,drugs,or medications	29%

(n = 182)

Other includes: Don't know (5%), doctor giving prescriptions with contraindications, driving distractions, health problems arising from pollution, metabolic syndrome, people selling drugs, old age (one response each).

25

43. In your opinion, which one of the following services needs the most improvement in your neighborhood or community? (Please choose up to three.) If there is a service that you think needs improvement that is not on this list, please let me know and I will write it in.

Percent

(n = 182)
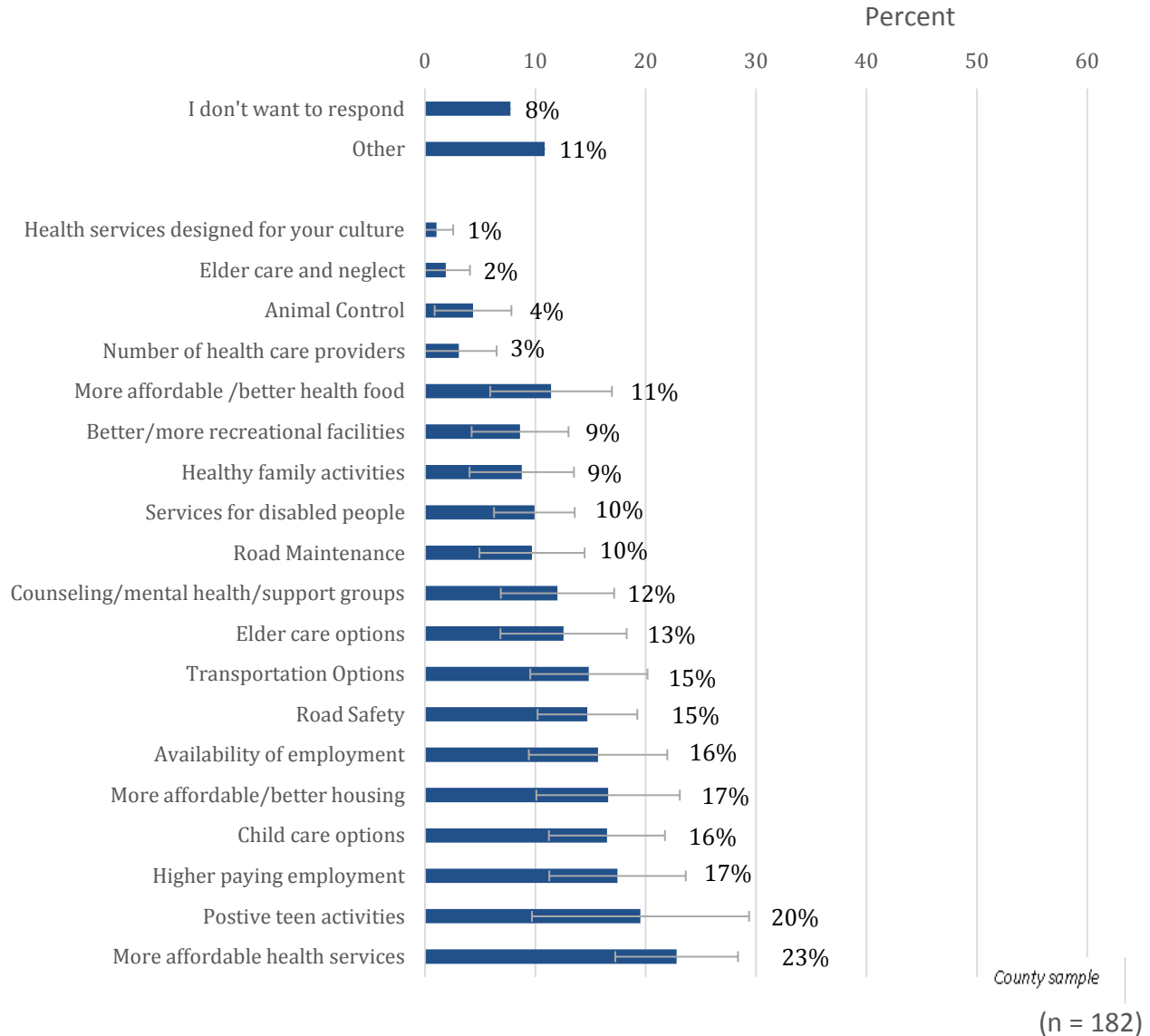
Other includes: None (3%), wildlife control, trail safety, parents being more responsible for their own children, more wild areas where people live, domestic violence, crime control, community involvement, adult education, addiction services (one response each).
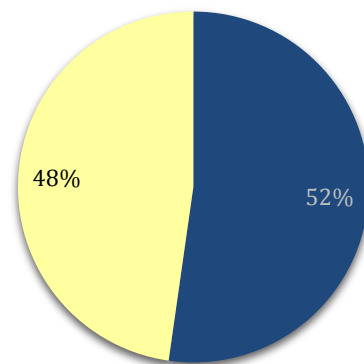
Part 5. Demographic Questions

44. Age of survey respondent
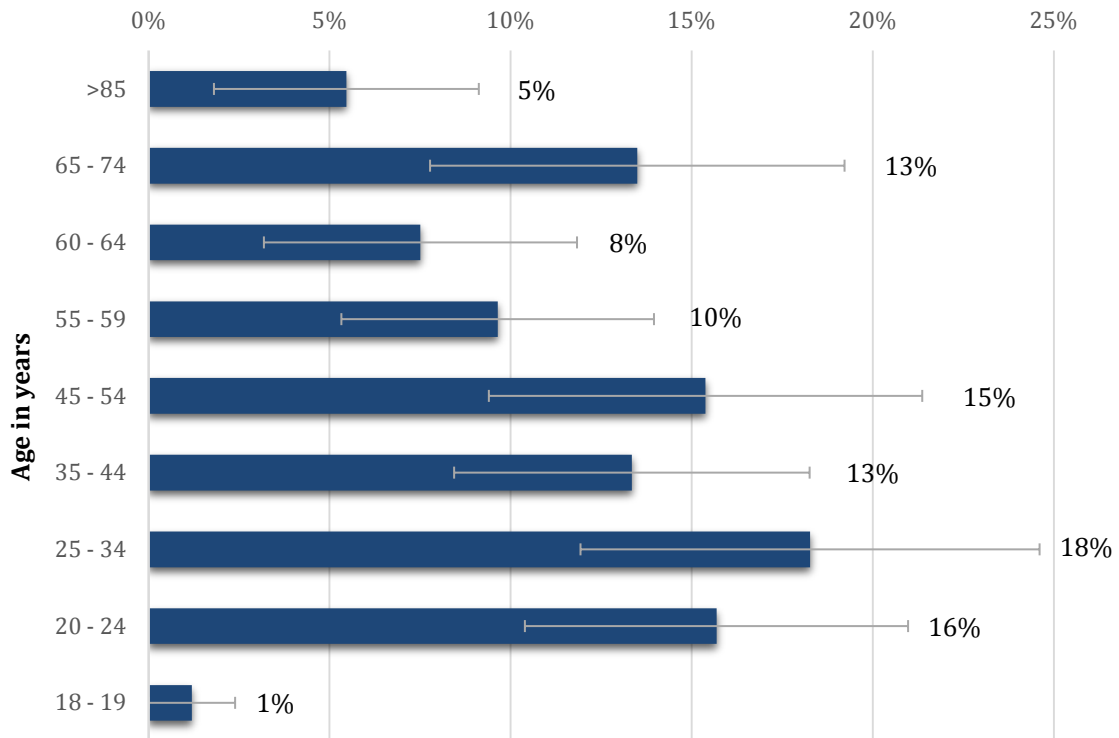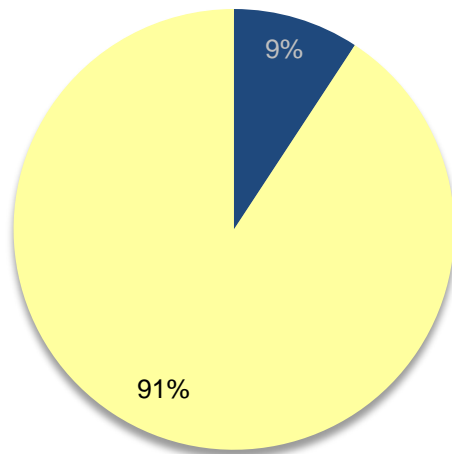

(n= 174)

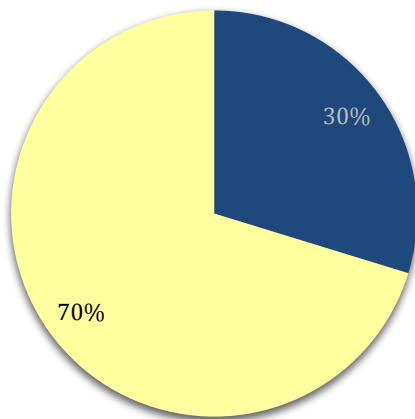## 45. What is your gender?

Women   Men   *County sample*

(n=180)

27

Are you of Hispanic, Latino, or Spanish origin?

9%

91%

■ Hispanic   ■ Not Hispanic

County sample | (n=175)

46. If yes, are you: *(Check all that apply)*
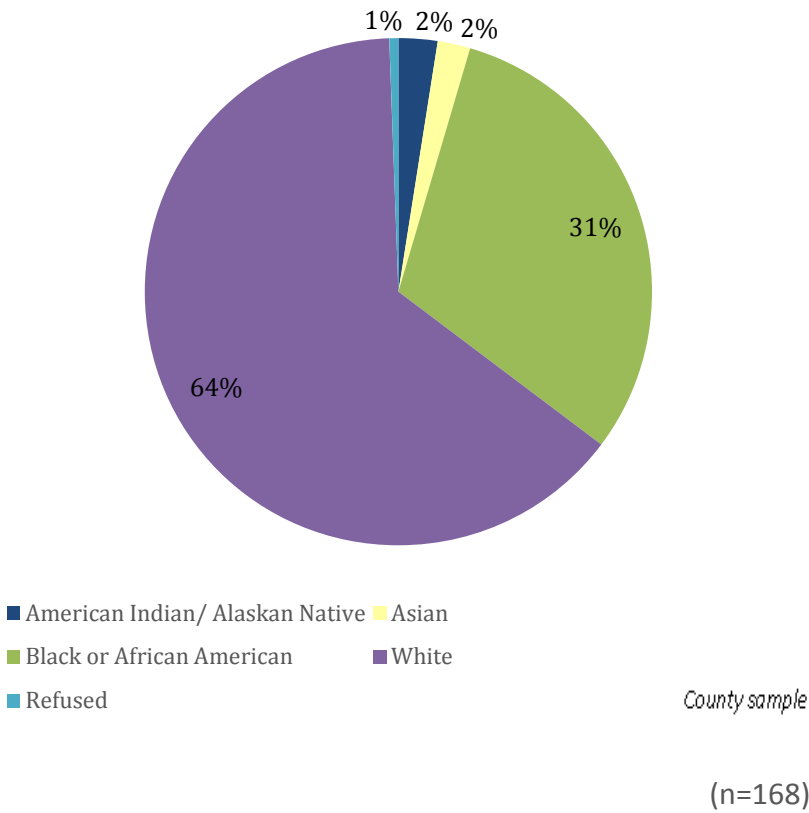

30%

70%

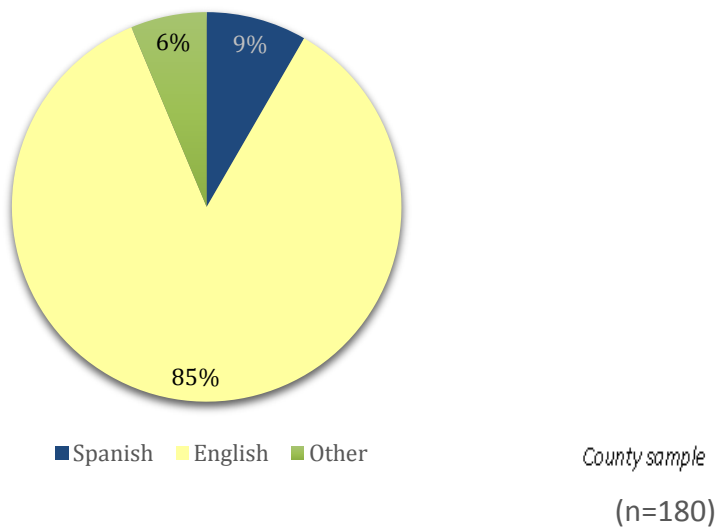■ Mexican   ■ Other hispanic origin

County sample

(n= 16)

"Other Hispanic Origin" included two people from Honduras, 2 from El Salvador, and one each from Brazil, Guatemala, and "the Caribbean".

28

47. What is your race? Please choose all that apply.

County residents identifying themselves as "Hispanic or Latino" also gave "Latino" or their country of origin as their race, so these residents are excluded from this analysis.

1% 2% 2%

31%

64%

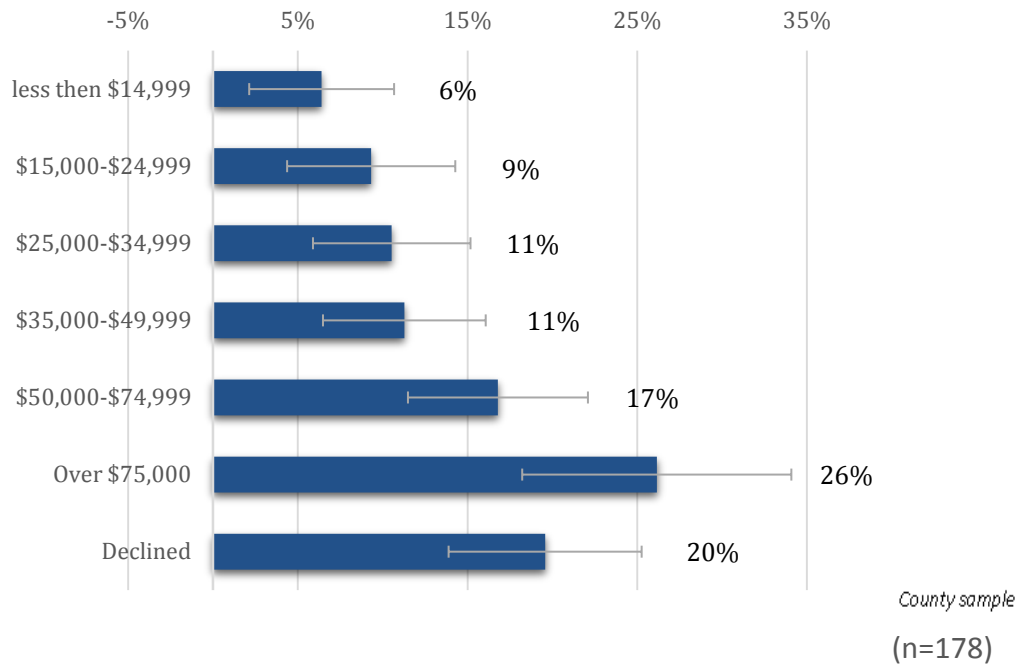- American Indian/ Alaskan Native
- Asian
- Black or African American
- White
- Refused

County sample

(n=168)

48. What languages do you speak at home? *(Check all that apply)*

6% 9%

85%

- Spanish
- English
- Other

County sample

(n=180)

29

49. What is the highest level of school, college or vocational training that you have finished? *(Choose one.)*

%

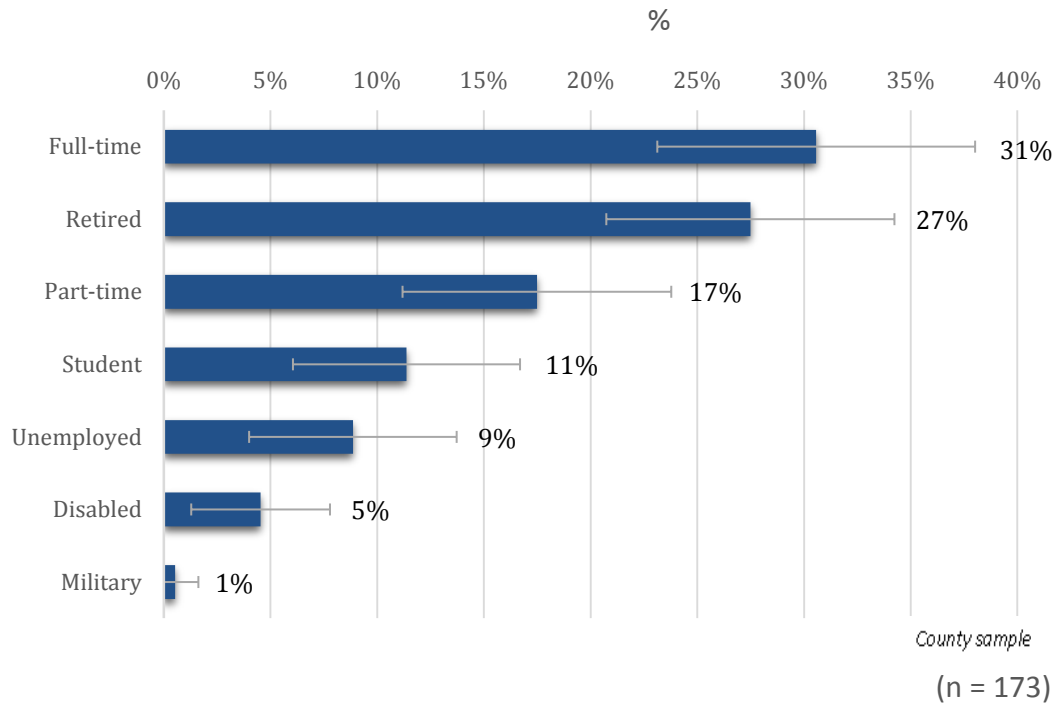|	
Graduate or Professional Degree	29%
Bachelor's degree	28%
Some College (no degree)	11%
Associate's Degree or Vocational Training	9%
HighsSchool diploma or GED	10%
Some school, no high school diploma	11%
Other	1%

County sample

(n=179)
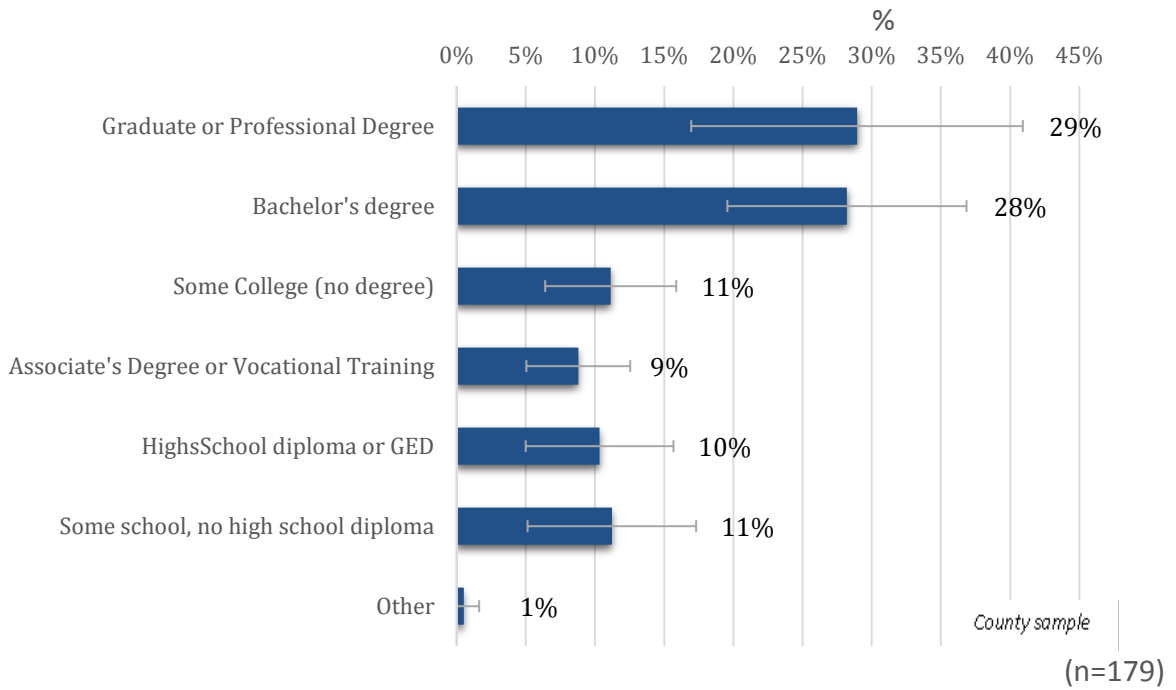
50. What was your total household income last year, before taxes? I will read out categories. Let me know which you fall into. *(Choose one.)*

less then $14,999	6%
$15,000-$24,999	9%
$25,000-$34,999	11%
$35,000-$49,999	11%
$50,000-$74,999	17%
Over $75,000	26%
Declined	20%

County sample

(n=178)

30

51. How many people does your total household income support?

%

Number of people per household

8	1%
7	1%
6	3%
5	4%
4	15%
3	17%
2	37%
1	24%

County sample

(n=167)
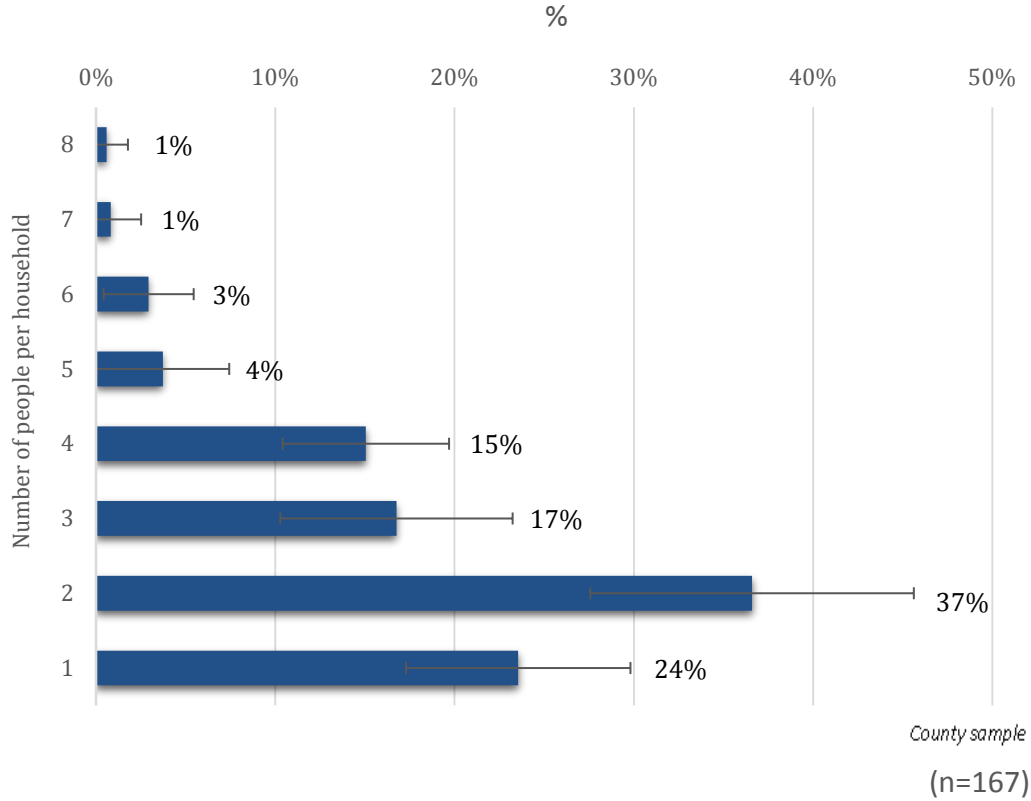
52. What is your employment status? I will read a list of choices. Let me know which ones apply to you.
(Check all that apply.)

%

Full-time	31%
Retired	27%
Part-time	17%
Student	11%
Unemployed	9%
Disabled	5%
Military	1%

County sample

(n = 173)

31

53. Which form of communication do you regularly use? *(Check all that apply.)*

Communication Form	Percentage
Cell Phone	86%
Email	62%
Texting	53%
Landline	38%
Facebook	32%
Twitter	10%

County sample

(n = 182)

32