Durham County Department of Public Health

www.DCoPublicHealth.org | 414 E. Main St. | Follow us @DurhamHealthNC









2025 Community Health Assessment County -wide Survey Results

Partnership for a Healthy Durham

DukeHealth

DURHAM COUNTY DCO NC 1881 Public Health

Welcome to Durham County's 2025 Community Health Assessment County - wide Survey Infographic Report

The purpose of this report is to present the 2025 Durham County Community Health Assessment data in a visual format.

The Durham County Department of Public Health (DCoDPH), Partnership for a Healthy Durham, and Duke Health collaborate every three years to design, implement, analyze, and present the survey data from the latest Durham County Community Health Assessment (CHA).

The data is primarily used for:

1. Grant applications
2. Leadership decision-making
3. Public reports
4. Infographics and StoryMaps

Importance of Anonymous Survey Data

Survey responses are anonymous. Hearing directly from people who live in Durham gives us valuable insight into how people experience the community. By gathering information from people with lived experience, Durham County can better support the many communities that make up our county. We recognize and celebrate what makes each community unique.

How We Collected Information

- Hired 10 contractors to gather survey responses instead of relying on volunteers.
- Rather than going door-to-door, we surveyed Durham residents at events and locations across Durham County. March - June 11, 2025.
- Demographic information was recorded in real time in effort to reach a representative sample of Durham County residents.
- DCoDPH used a new technique to weight the data. Though biases are still present due to the sampling methodology, the data is valuable and lifts community voices that shared areas of improvement, excellence and current public health needs.



2 changes that led to major improvements

1. Decreased the number of survey questions
2. Spoke to people at community locations and events instead of going to people's homes

This gave us nearly five times the amount of surveys from 2022 to 2025.

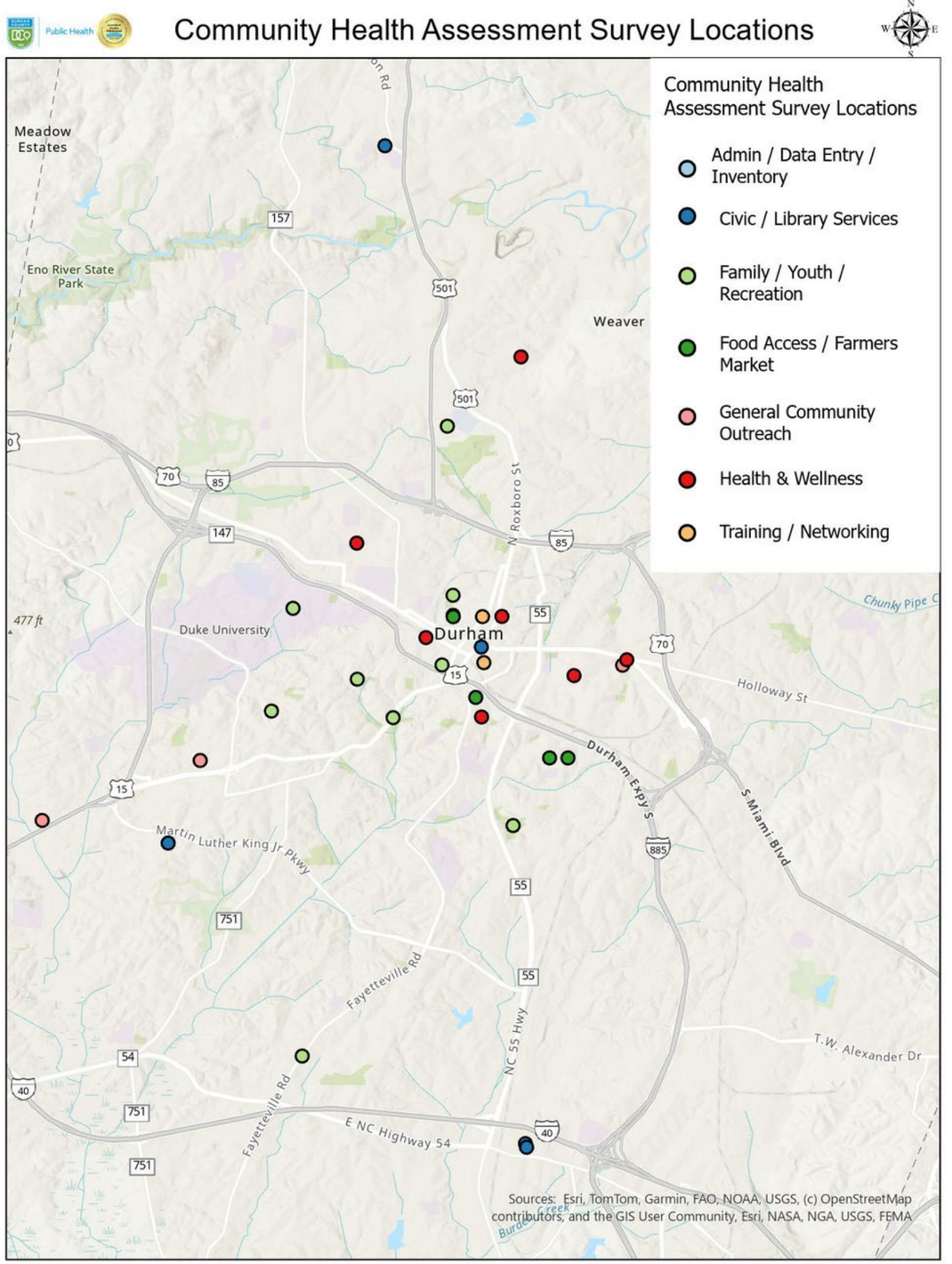
How We Collected Information

Key locations

- All Durham County libraries
- Durham Farmers Market, North Durham Farmer's Market, Black Durham Farmers Market
- Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) Center of Durham
- Aging Gracefully Health Fair
- DCoDPH lobby of Health and Human Services building
- and more!

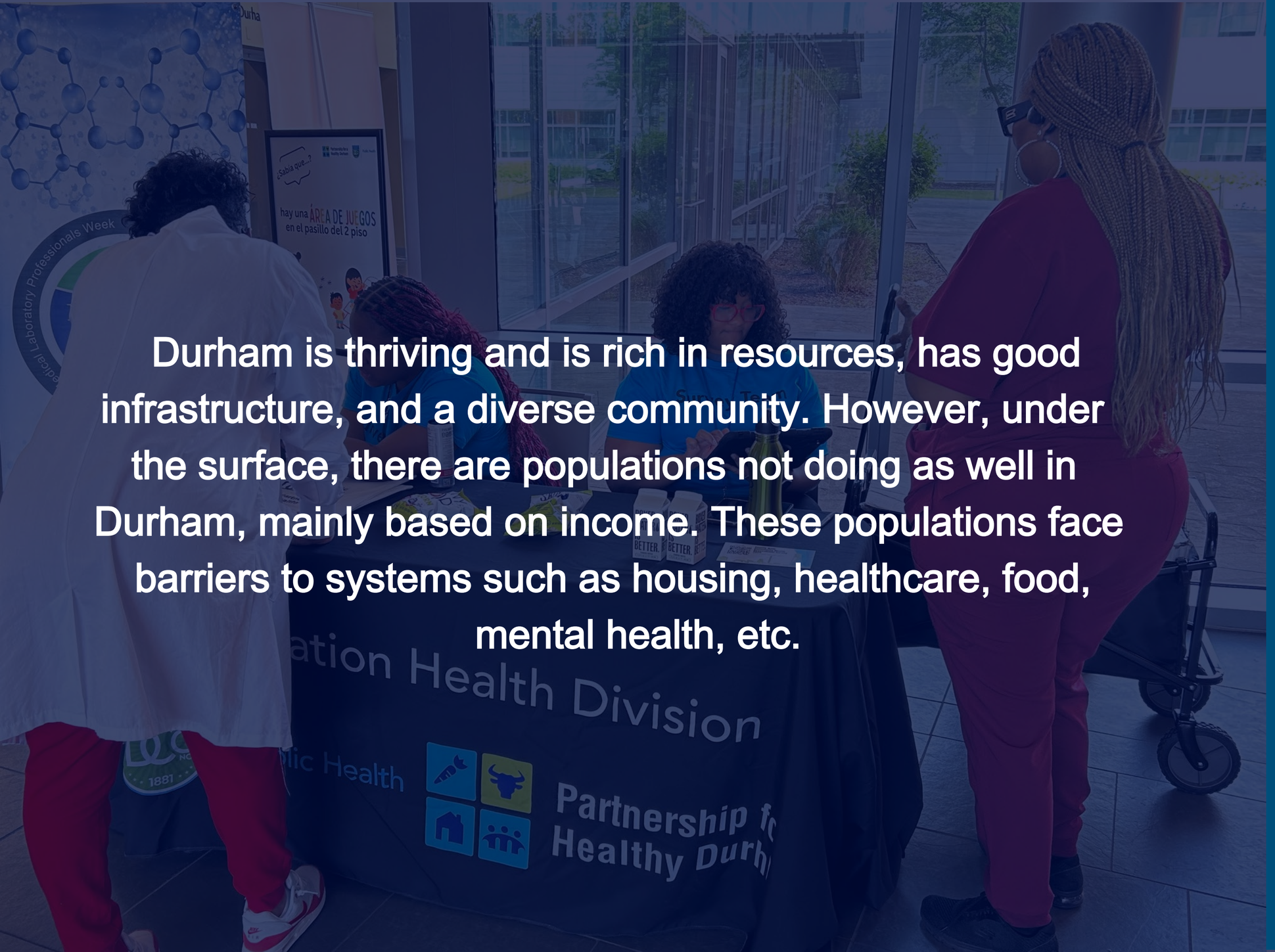
Each location had unique demographics allowing a representative sample of residents be reached.





Topics Covered in This Presentation

- This presentation includes data on the demographics of survey takers, highlighting their level of education and income.
- Topics covered include:
  - Health and housing
  - Access to healthcare and health insurance
  - Community safety and well-being
  - Mental health
  - Physical activity
  - Food access
  - Emergency preparedness
  - Opioid use
- The presentation also addresses issues impacting quality of life and the diseases or conditions that matter to survey takers.
- Other questions asked:
  - “The top three factors to assist residents over 50 years old are income-related.”
  - “The top three factors to support residents under 18 involve social aspects, financial concerns, and safety issues.”

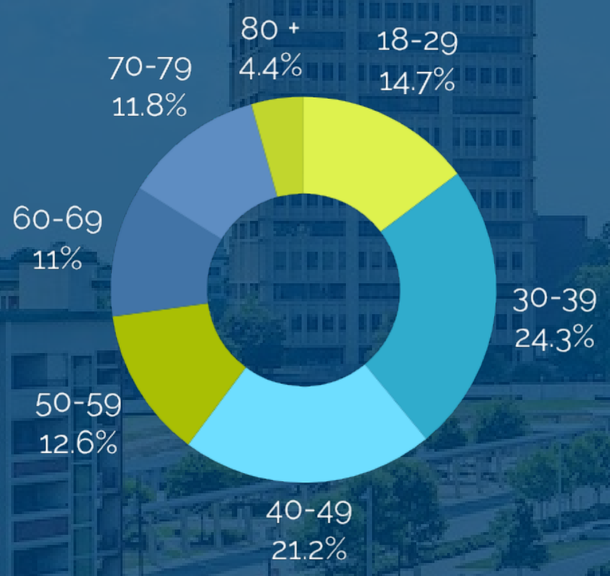


Durham is thriving and is rich in resources, has good infrastructure, and a diverse community. However, under the surface, there are populations not doing as well in Durham, mainly based on income. These populations face barriers to systems such as housing, healthcare, food, mental health, etc.

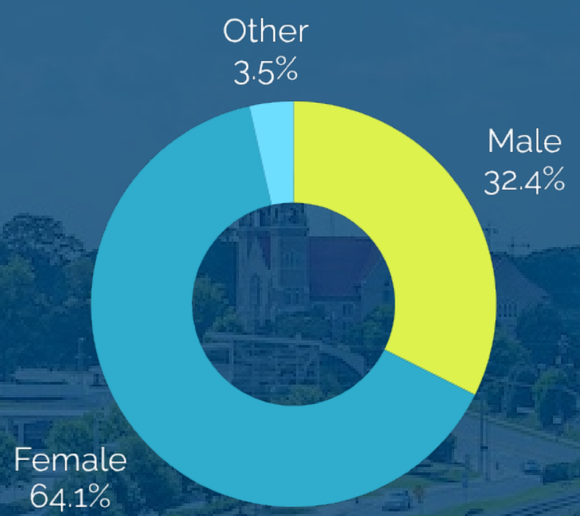
Who Took the Survey?

- We gathered 1,207 surveys in Spring 2025. That's a 489% increase from 205 surveys collected in the 2022 county -wide survey.
- We tracked who was taking the survey in real time in effort to ensure the responses represented the Durham community.

Age



Gender



We spoke with more people making less than $50,000/year than we typically see in the community. About 1 in 5 participants chose not to answer the question about annual household income.

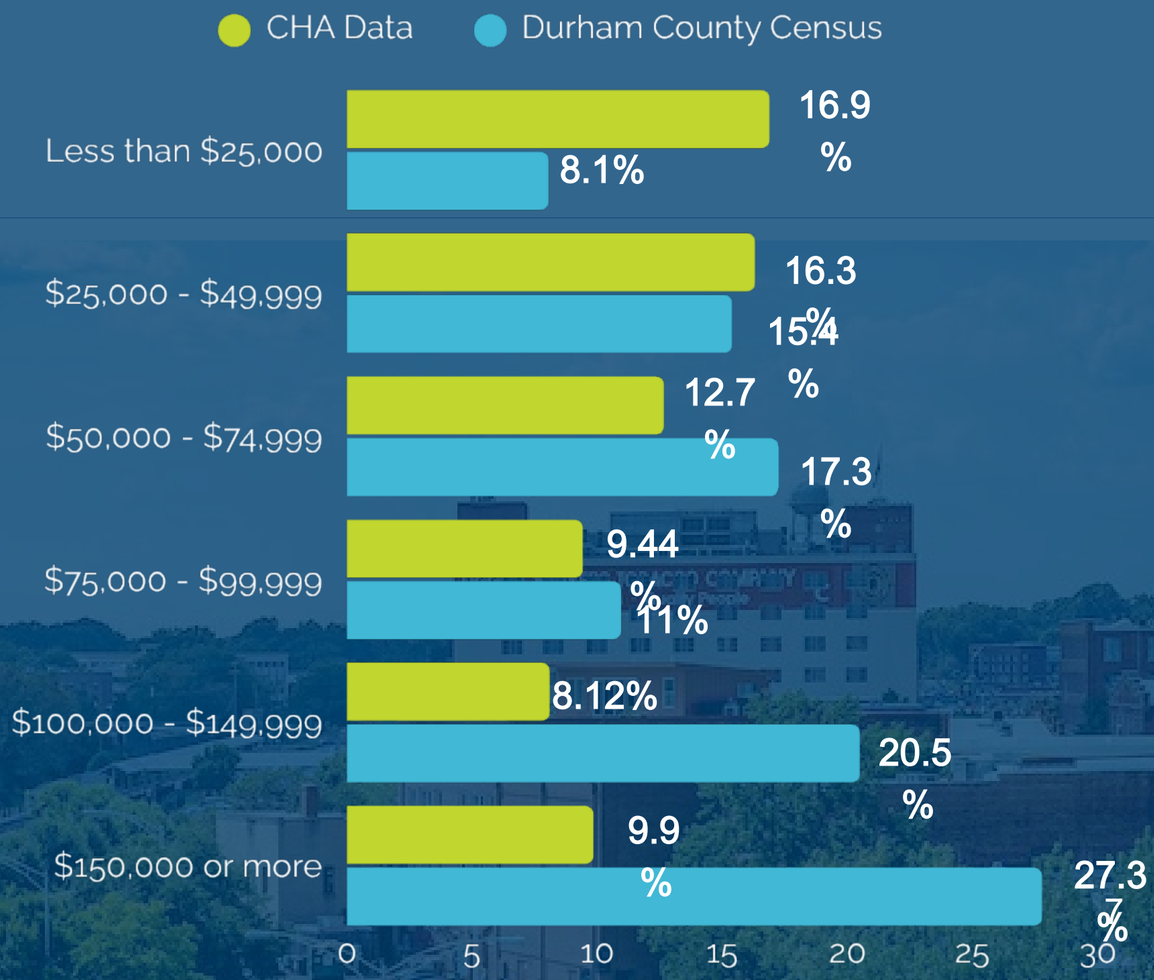
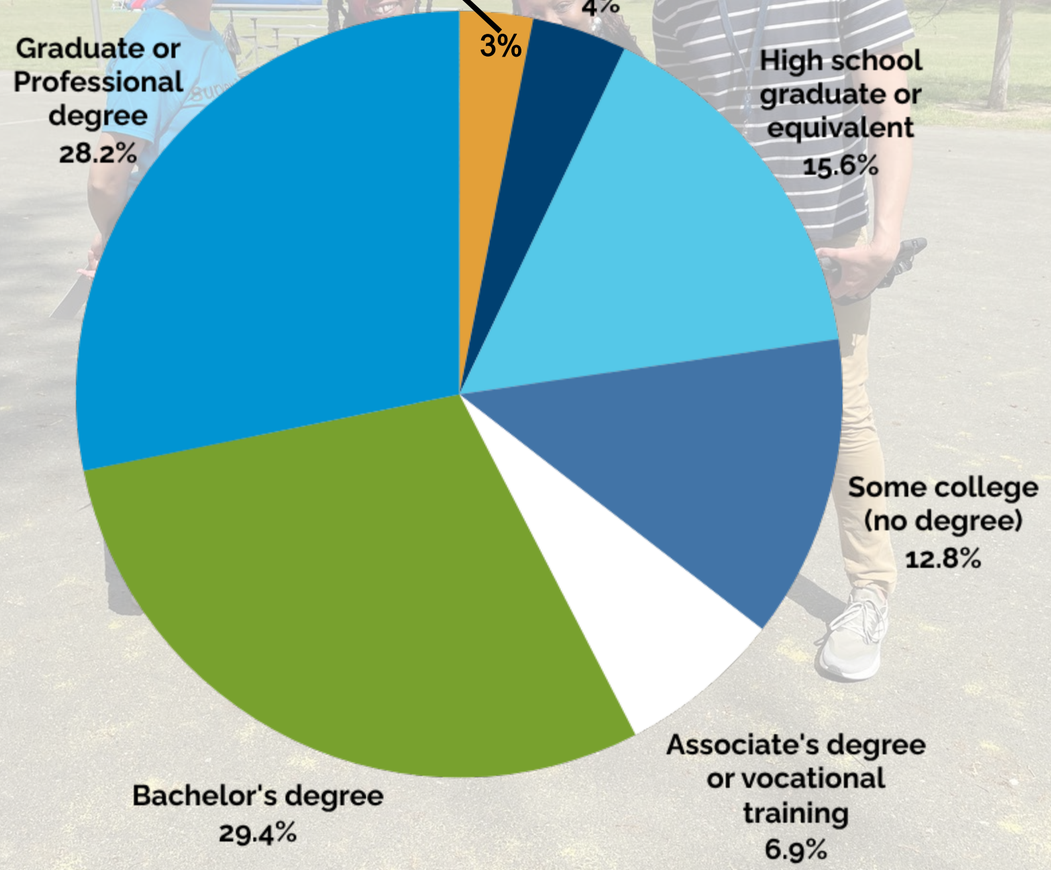


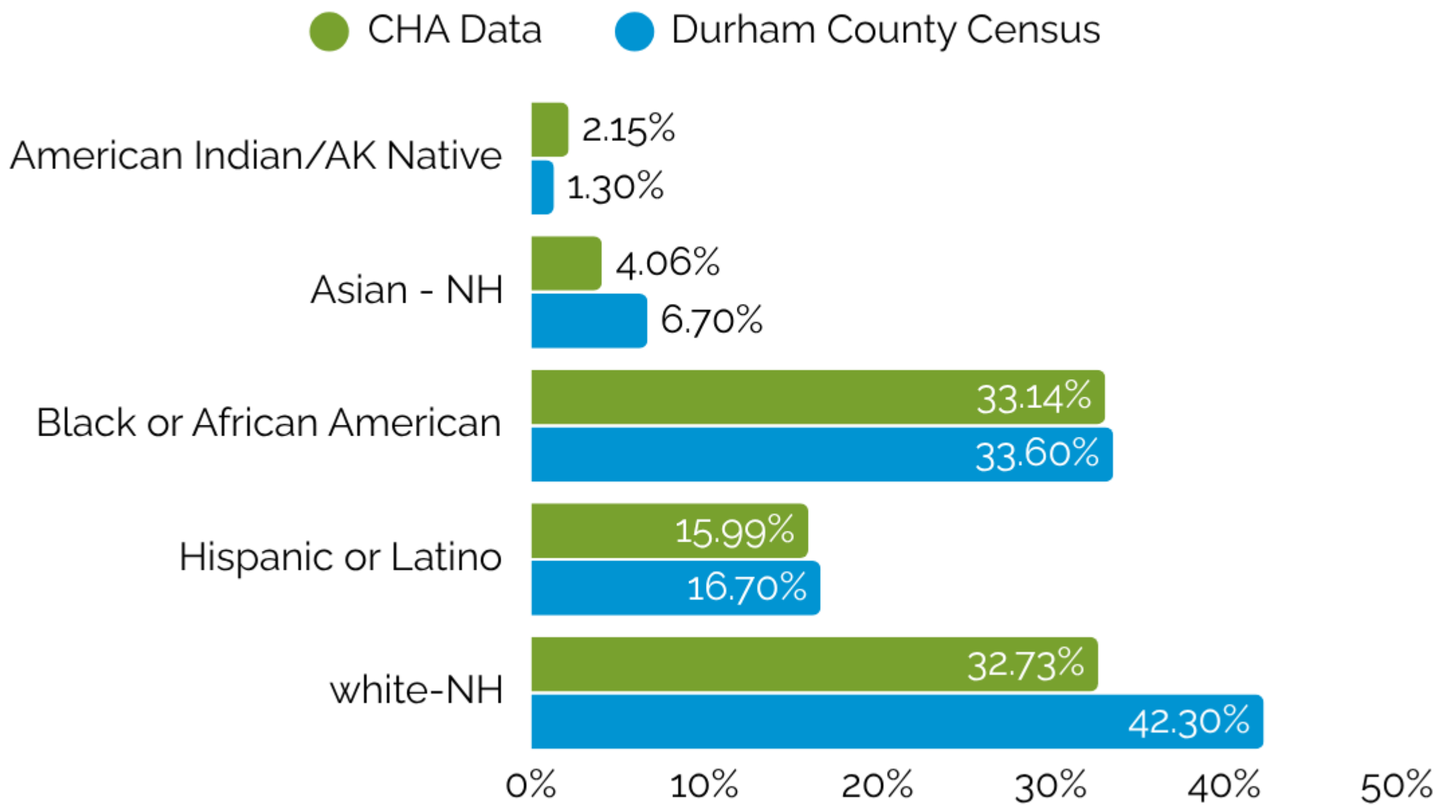
Photo courtesy of Discover Durham

Who Took the Survey?

Survey participants had higher levels of education than the overall Durham community.



Survey Participants by Race & Ethnicity



The representation of Black or African Americans and Hispanics or Latinos match Durham's general population. However, less white people particpated in the survey than we see in Durham's general population.

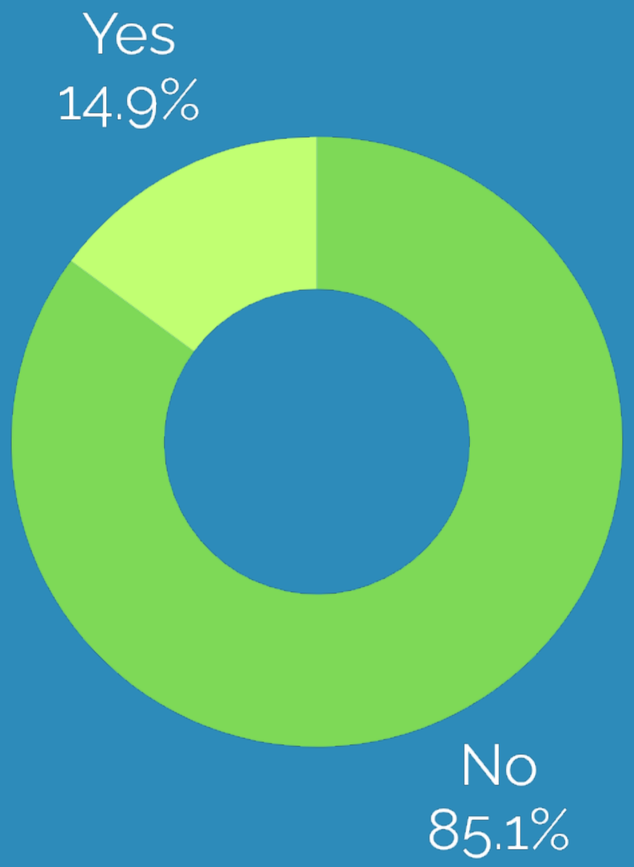
How would you describe Durham in one word?



Photo courtesy of Discover Durham

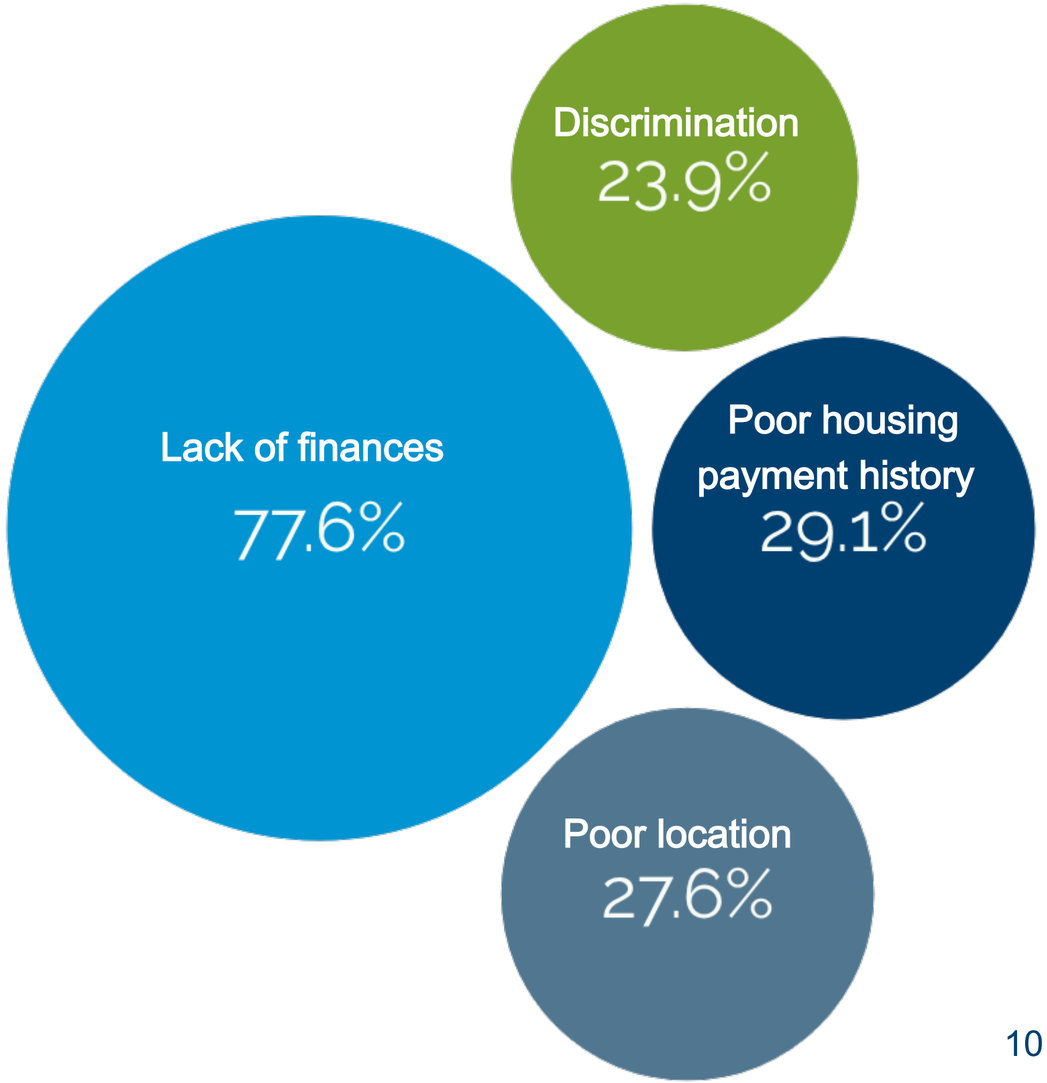
Health and Housing

Have you had difficulty securing housing?



74% of people experiencing a barrier to securing housing were under the age of 50.

Lack of finances were the biggest barrier to securing housing in the past 3 years while living in Durham County.



Most people said housing affects their health in a positive way.

“My home is everything to me. I must have a place I can call my own. It's essential to my physical and mental well-being.”

“Owning my house leads to better mental health as I don't have to stress about a roof over my head.”

“Owning a home positively impacts my health as it provides shelter from the elements and sense of safety and security.”

Photo courtesy of Discover Durham

While having a home positively impacts health, people are concerned about housing costs and unhealthy conditions.



"The repairs that my house needs don't directly affect my health, but the fact that I can't afford them keeps my house from being insured. It's a constant worry in the back of my mind, especially during storms."

"Very hard to find affordable housing that is mold free."

Health Insurance

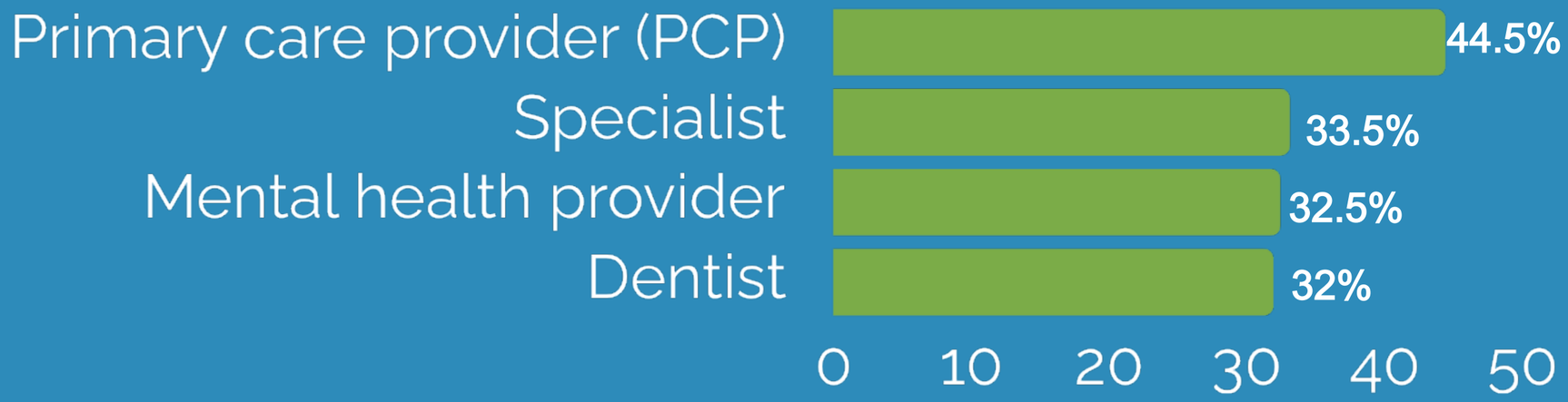
19% of participants reported having a lapse in health insurance or coverage in the past 12 months.

90% of participants that had a lapse in coverage had an annual household income of under $75,000.

Top barriers to seeking healthcare

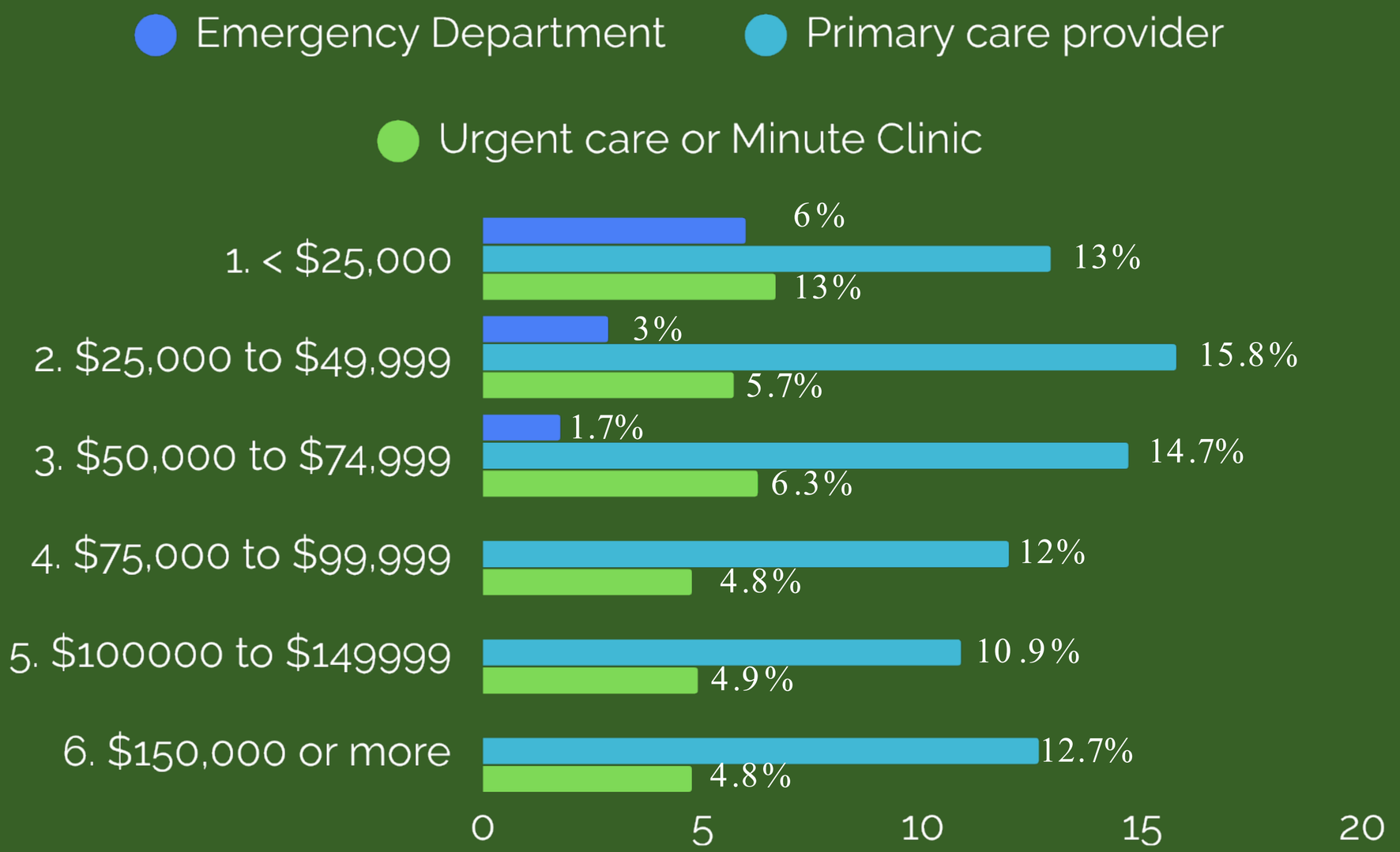
1. Cost (deductible or co -pay is too high.
2. Wait was too long to get an appointmetn
3. Couldn’t get an appointment

Top locations with barriers



Participants that make an annual income of less than $50,000 had the most difficullty getting care from their primary care provider (25.47%) and the dentist (21.7%)

Accessing healthcare from their primary care provider was the most common for people of all annual household income brackets (79%). People making less than $75,000 per year had difficulty accessing healthcare at the emergency department (10.6%).



Most participants reported seeking medical attention for their physical health always, most of the time, or sometimes (83.5%). Respondents that rarely or never go to a healthcare provider make an annual household income of less than $75,000 per year.

Most people reported that health care providers treat them well but appointments feel rushed. Many people are concerend about the use of AI in health care.

"I feel that my doctor has treated me well, but the appointments are too short. There's simply not enough time to ask all the questions I have. On one hand, she's kind, but on the other hand, she's always in a hurry. It feels like she rushes through the appointment, and then the visit is over."

More participants than not brought up hesitations about using AI for healthcare information. People were suprised at recent appointments that their doctors consulted AI when diagnosing them or treating them.

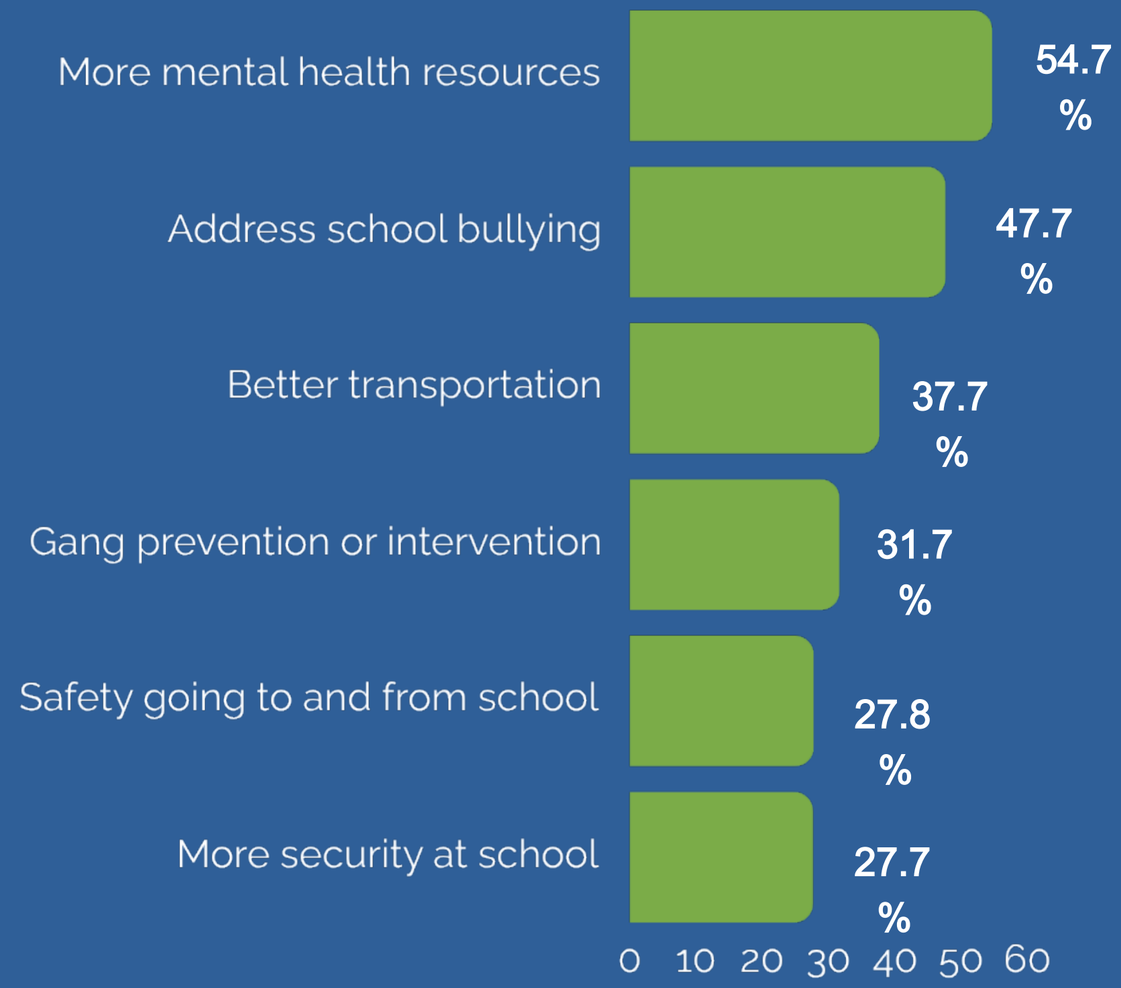
Ranking of Community Safety and Well -being options

1. More walkability, sidewalks, and enforcement of traffic rules
2. Lower the crime rate
3. Sense of community and connectedness
4. Stronger non -law enforcement response for mental health crises
5. Quicker response time for emergencies

Those making and annual household income under $75,000 prioritized the first option. Those making greater than $75,000 prioritized the third option

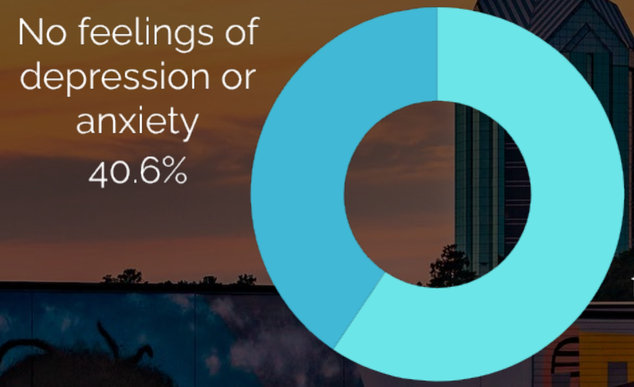
Top concerns with school safety

Most people want more mental health resources and for school bulling to be addressed.



Mental Health

Over half of survey participants reported being depressed or anxious in the past 12 months



2/3 of people experiencing stress make and annual household income of less than $75,000 per year

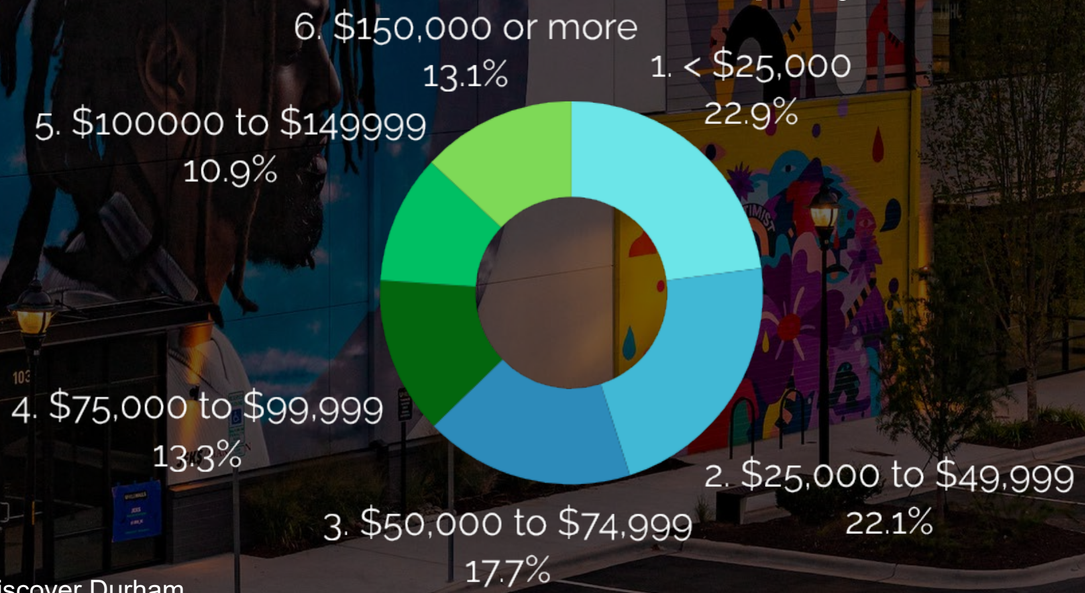
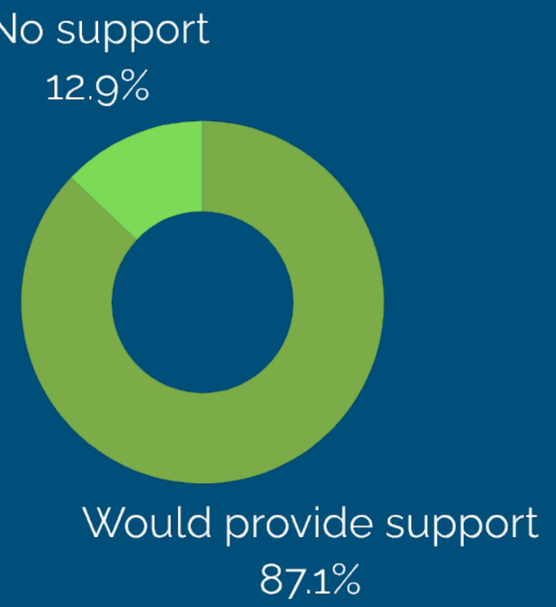


Photo courtesy of Discover Durham

Community Support

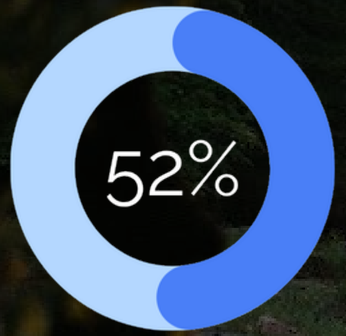
Nearly all survey participants reported their community would support themselves or someone else if they were having a mental health problem or crisis



Despite mental health being a community concern, people feel there is trust and support.

Top five primary causes of stress

Work



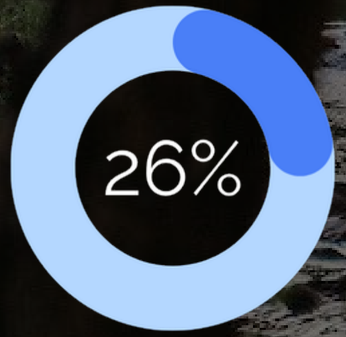
Finances



Personal relationships



Caring for someone else's illness or disability



Parenting/childcare

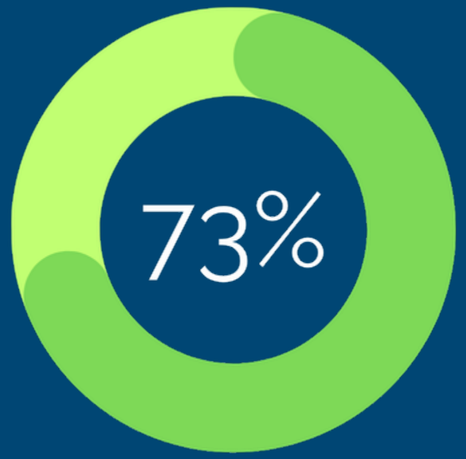


When weighted by income, work and finances are the top two causes of stress for over half of survey participants.

Photo courtesy of Discover Durham

Feeling heard by someone else and being active help people cope with feelings of depression and anxiety.

Talk to friends or family



Exercise

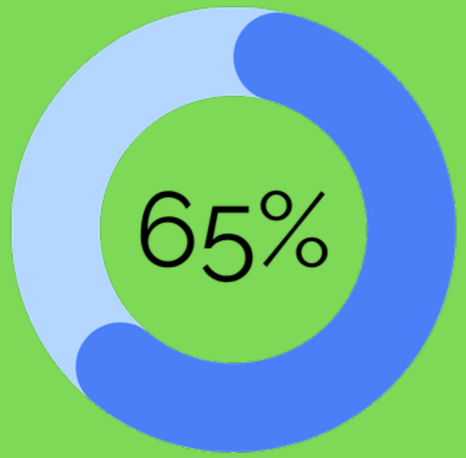


Talk to a mental health provider

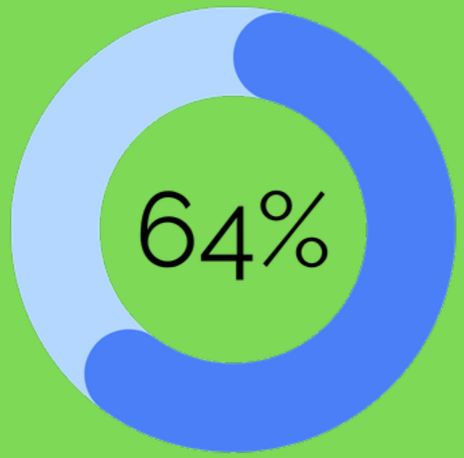


Taking care of yourself like eating well, sleeping enough, and exercising is the number one thing that makes people happy.

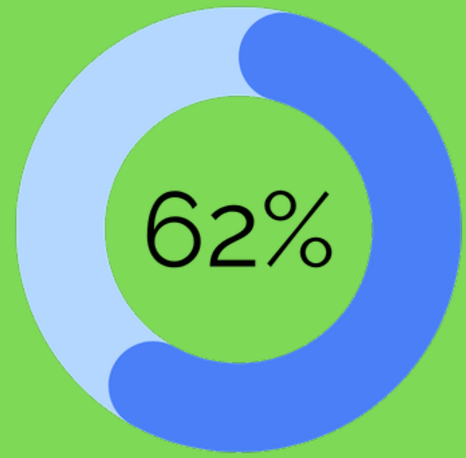
Take care of self



Be outside or in nature

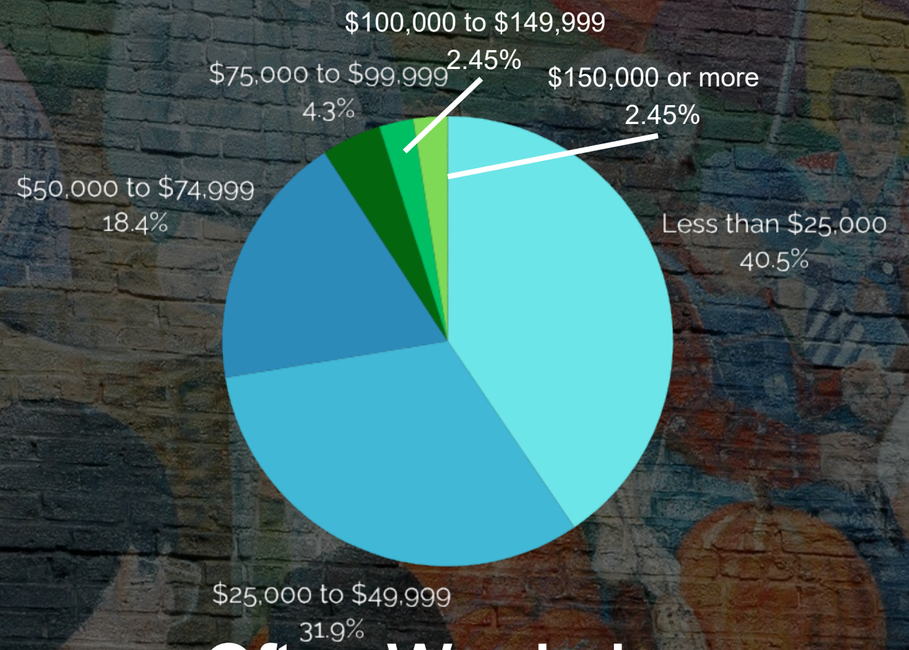


Exercise

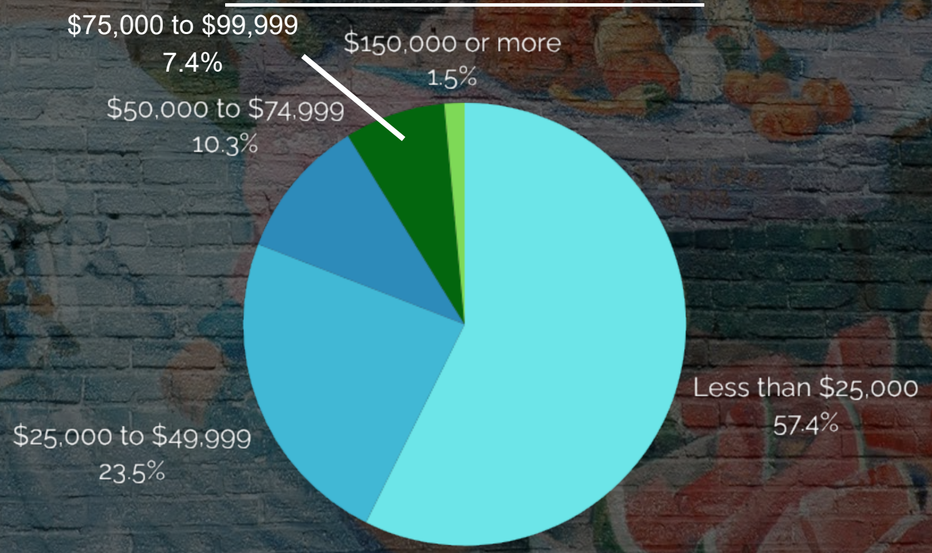


Food access

Sometimes Worried



Often Worried



- Less than $25,000
- $25,000 - $49,999
- $50,000 - $74,999
- $75,000 -$99,999
- $100,000 - $149,000
- $150,000 or more

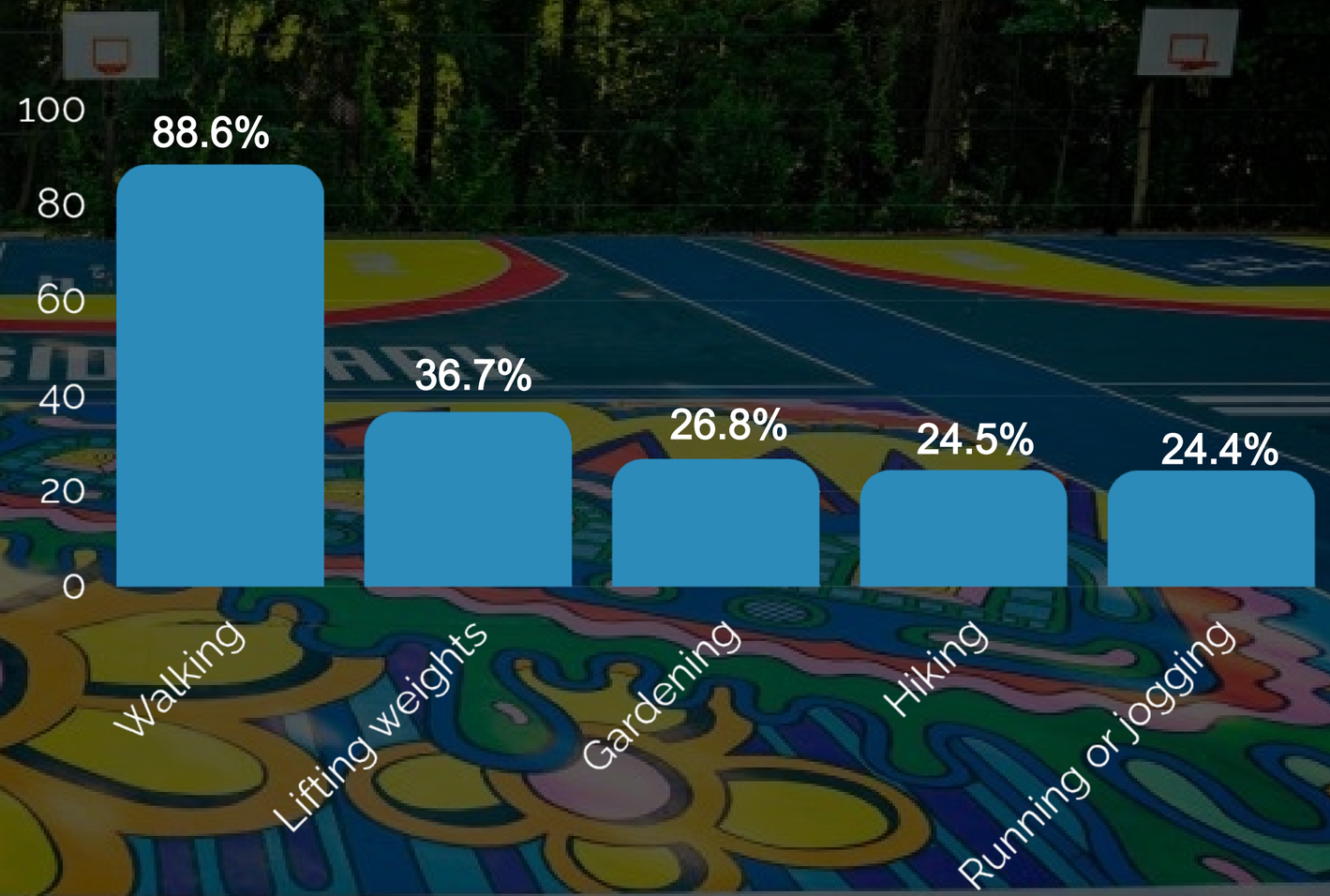
80.9% of people who worried that their food would run out before they got money to buy more made an annual household income of less than $50,000 per year.

Photo courtesy of Discover Durham

- Three out of four (75%) of survey respondents participate in regular physical activity or exercise

- Regular exercise was split relatively evenly across all income brackets with annual household incomes below $50,000 a year being slightly higher for regularly participating in exercise.

People prefer to walk for exercise.



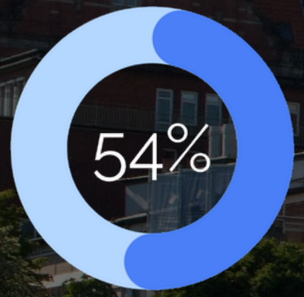
The top three reasons people do not participate in regular exercise are:

1. No time to exercise
2. Too tired to exercise
3. Have an injury or disability that prevents them from exercising

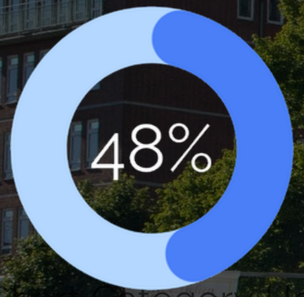
Photo courtesy of Discover Durham

What are the top five issues affecting quality of life in your community?

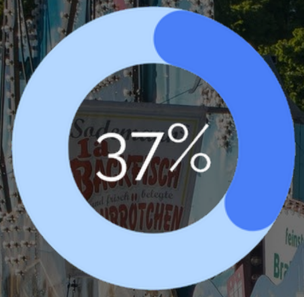
Lack of affordable housing



Cost of food



Homelessness



Alcohol or drug addiction



Discrimination/ racism



Nearly half of participants are concerned about basic human needs for survival; shelter and food.

Photo courtesy of Discover Durham

What diseases or conditions are most important to you?

Depression, anxiety, other mental health issues



Cancer



Alcohol/drug addiction



Heart disease



Diabetes



Participants are most concerned with chronic conditions.

Access to healthcare and financial needs are most important for adults older than 50 years old.

54.4% Financial assistance for medical expenses including medications

48.2% Housing

48.1% Health services not covered by traditional Medicare/Medicare Advantage/Medicaid

Keeping students active and safe are key priorities for folks under the age of 18

59.7% Provide more recrational activities / spaces

50.4% Provide affordable childcare

48.1% Increase safety around school

Chart Category Here

The top three things to help residents over 50 years old are income -related.

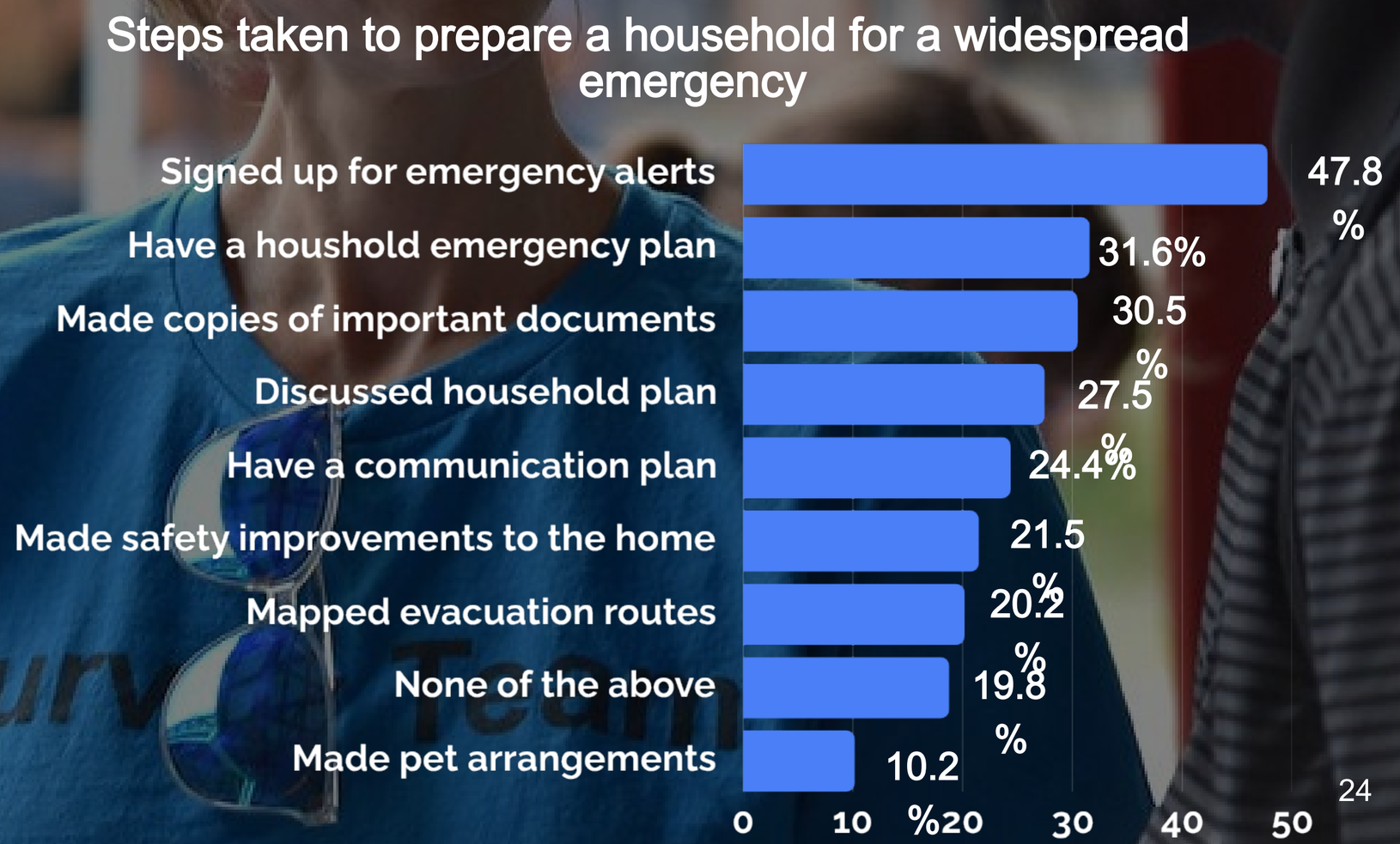
The top three things to help residents under the age of 18 are social, money driven, and safety related. -

Photo courtesy of the North Carolina Institute of Public Health

Emergency Preparedness

The top two things people do not have to shelter in place for 72 hours are water and food.

Three out of four survey participants reported having the resources to shelter in place for 72 hours during a widespread emergency.



What are the top five ways Durham County can better serve residents that use opioids?

1. More places where people can get help to recover from addiction, like treatment centers or programs that provide medicine to stop cravings.
2. Better education programs for kids and families to help them understand the dangers of opioids and how to avoid them.
3. Provide job opportunities and skill building to help people get back on their feet.
4. Tools to keep people safe, like making overdose -reversing medicine (Narcan) and clean supplies available.
5. Stronger teamwork between schools, police, health workers, and community groups to tackle the problem together.

Photo courtesy of Discover Durham

SUMMARY

- Income is the best indicator for the health and wellbeing of Durham County residents.
- Those with annual household incomes under $75,000 were more likely to experience barriers securing housing, finding healthcare, and are more likely to experience depression or anxiety.
- Durham County is rich with resources but once you look closer, there are clear gaps in the health and wellbeing of residents.

Contact Information

Savannah Carrico, MPH
Public Health
Epidemiologist

Bria Miller
Partnership for a Healthy
Durham Coordinator

John-Paul Zitta
Data Scientist

For questions or comments on the data presented, please reach out to the Population Health Division at Durham County Department of Public Health. You can access a data request form here or use the QR code to the right.

https://dconc.jotform.com/250294967190061

Photo courtesy of Discover Durham

Thank You!

@durhamhealthnc

Live. Grow. *Thrive.*