

Adams County Community Health Needs Assessment

Survey Results | August 2018

The Adams County Health Alliance in coordination with Adams County Health Department and the Spokane Regional Health District Data Center administered the *Adams County Community Health Assessment* survey during the late spring and early summer of 2018. The purpose of the survey was to provide insights into the health needs and gaps in services in the community and identify areas of focus for potential community health improvement projects and programs. With support from community partners, the Adams County Health Alliance collected **387 responses** during May- July of 2018. The survey consisted of five sections including:

- Eligibility
- Community
- Health
- Emergency preparedness
- Demographics

This report describes the results of the **community, health, and emergency preparedness** sections of the survey. A detailed breakdown of survey respondent demographics and eligibility can be found in **Appendix A**.

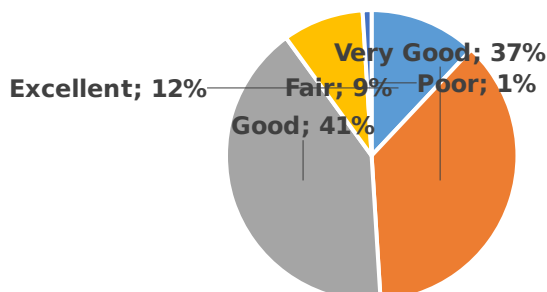
Community

Respondents answered questions regarding their experiences as citizens in Adams County. Participants were asked to rate their overall quality of life, satisfaction with services, and identify improvement opportunities for the community.

QUALITY OF LIFE

Individuals were asked: *“How would you rate the quality of life in Adams County?”* For all respondents, **48%** rated the quality of life in Adams County as *excellent or very good*.

Resident-Rated Quality of Life



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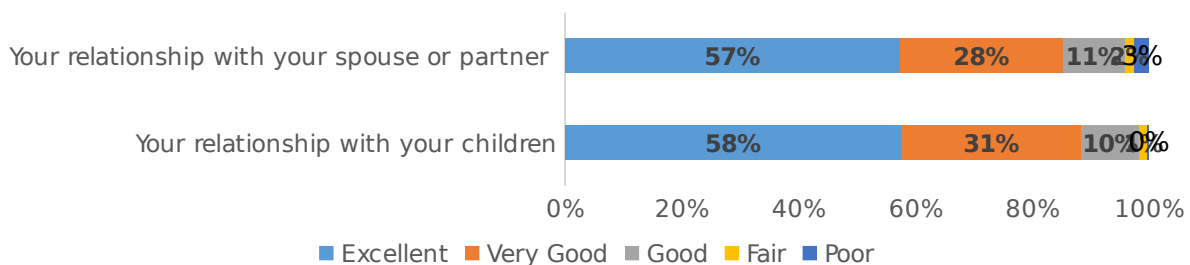
Quality of life rating differed between individuals with different levels of educational attainment. For those with some college or above, **51%** rated quality of life as *excellent* or *very good* compared to **41%** of those with high school or less.

LIFE FACTORS AFFECTING QUALITY OF LIFE

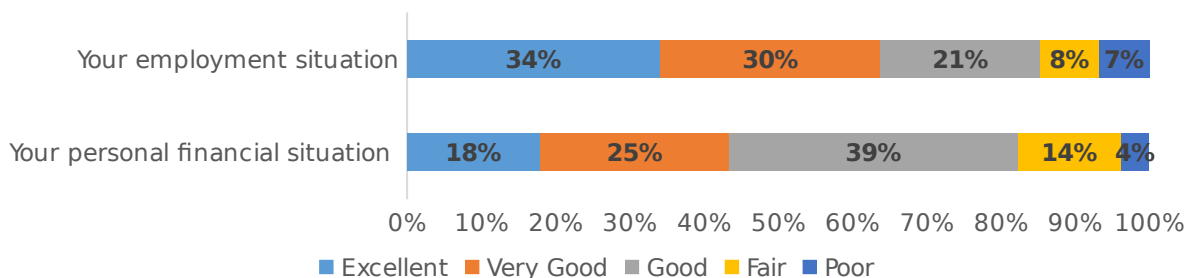
Individuals rated several aspects of their personal life that affect quality of life. The four questions reflected personal relationships and financial situations. For all respondents, **85%** rated their relationship with their spouse as partner as *excellent* or *very good* and **90%** rated their relationship with their children as *excellent* or *very good*.

Financial factors received lower ratings than personal relationships. Among all respondents, **64%** rated their employment situation as *excellent* or *very good*, while **45%** rated their personal financial situation as *excellent* or *very good*.

Personal Relationships



Financial Situation



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EXPERIENCE AS A RESIDENT

Survey respondents answered questions regarding their experiences as a resident of Adams County, including access to healthcare, feelings toward raising children and growing old, availability of adequate employment, cleanliness and safety, and availability of recreational opportunities. Among all respondents, the statement *“I think Adams County is a good place to raise children”* had the highest rating with **91%** of respondents stating they *strongly agree* or *agree*. The second-highest level of agreement was for the statement *“I think Adams County is a safe place to live”* with **87%** of respondents stating they *strongly agree* or *agree*. The lowest rated statements were *“I can find enough recreational and entertainment opportunities in Adams County”* with **51%** stating they *strongly agree* or *agree* and *“I can find a good job in Adams County”* with **65%** stating they *strongly agree* or *agree*.

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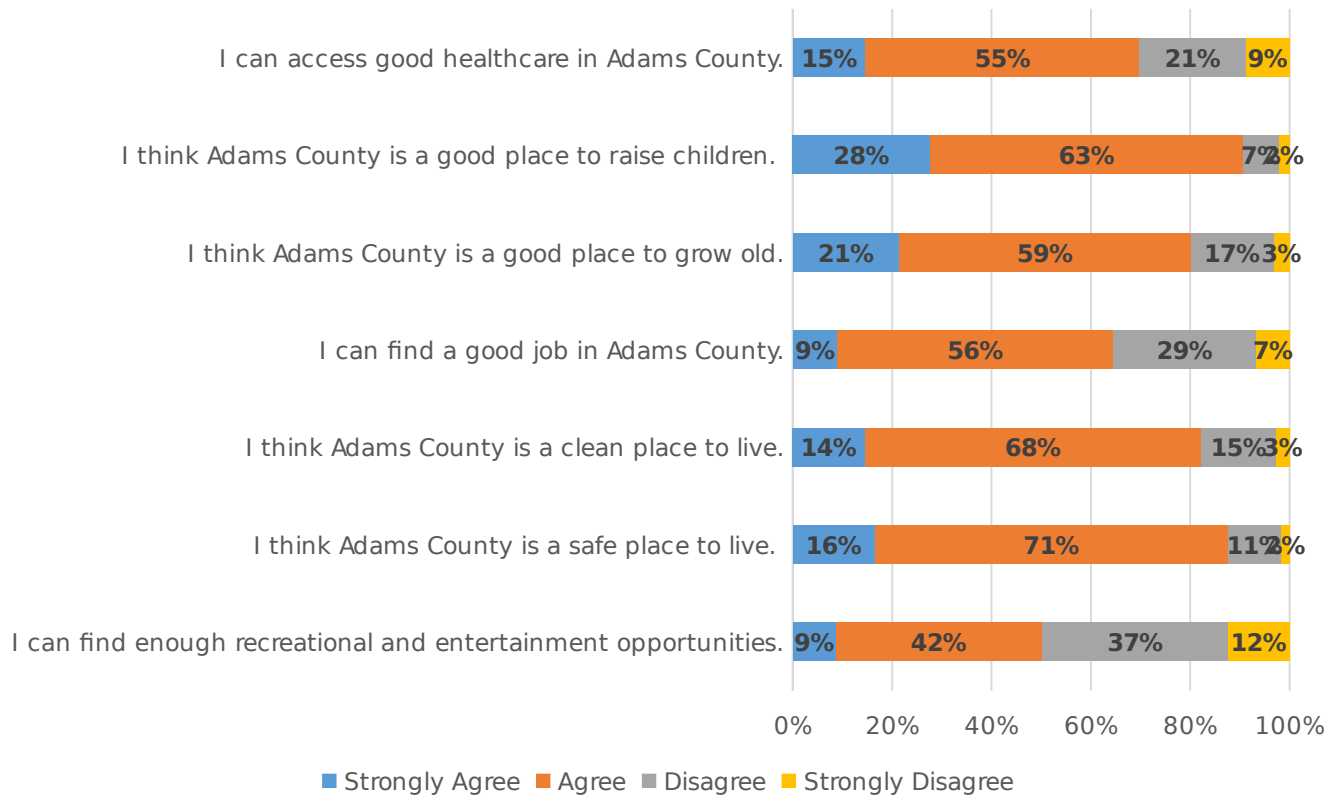
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Experience as a Resident of Adams County



VOLUNTEERISM

Individuals responded to the question: *“In the last 12 months, how often did you volunteer in some way for a community organization?”* Among all respondents, **67%** stated they had volunteered at least once in the past 12 months.

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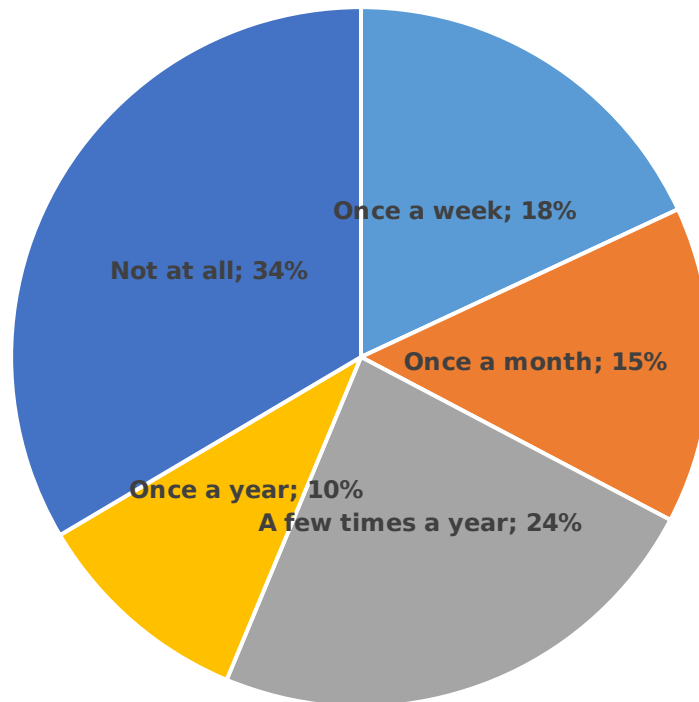
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Volunteerism in the Last 12 Months



SHELTER ASSISTANCE

Individuals responded to the question: *“In the last 12 months, has there been anyone in your household who had to move in because they didn’t have a place to live?”* Among all respondents, about **15%** stated that there has been someone in their household who had to move in because they didn’t have a place to live.

ISSUE MOST AFFECTING QUALITY OF LIFE

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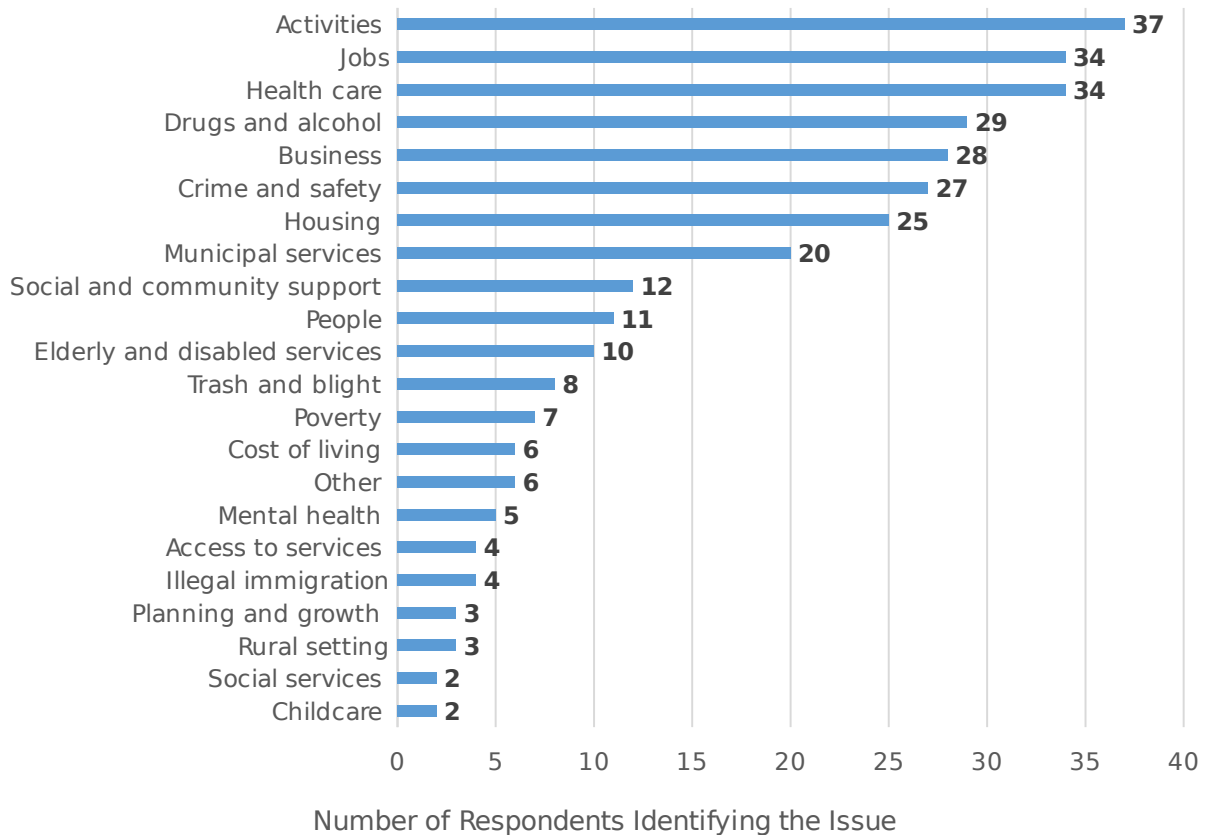
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The survey included the question “In your opinion, what issue most affects the quality of life in your community?” Responses to this open-ended question were categorized into major themes. The most frequently cited issues were *activities*, *jobs*, and *health care*. Respondents also identified *drugs and alcohol*, *business* (including shopping, restaurants, and tourism), *crime and safety*, and *housing* (affordability and availability) as issues most affecting quality of life in Adams County. A detailed description of the themes is in **Appendix B**.

Issue Most Affecting Quality of Life



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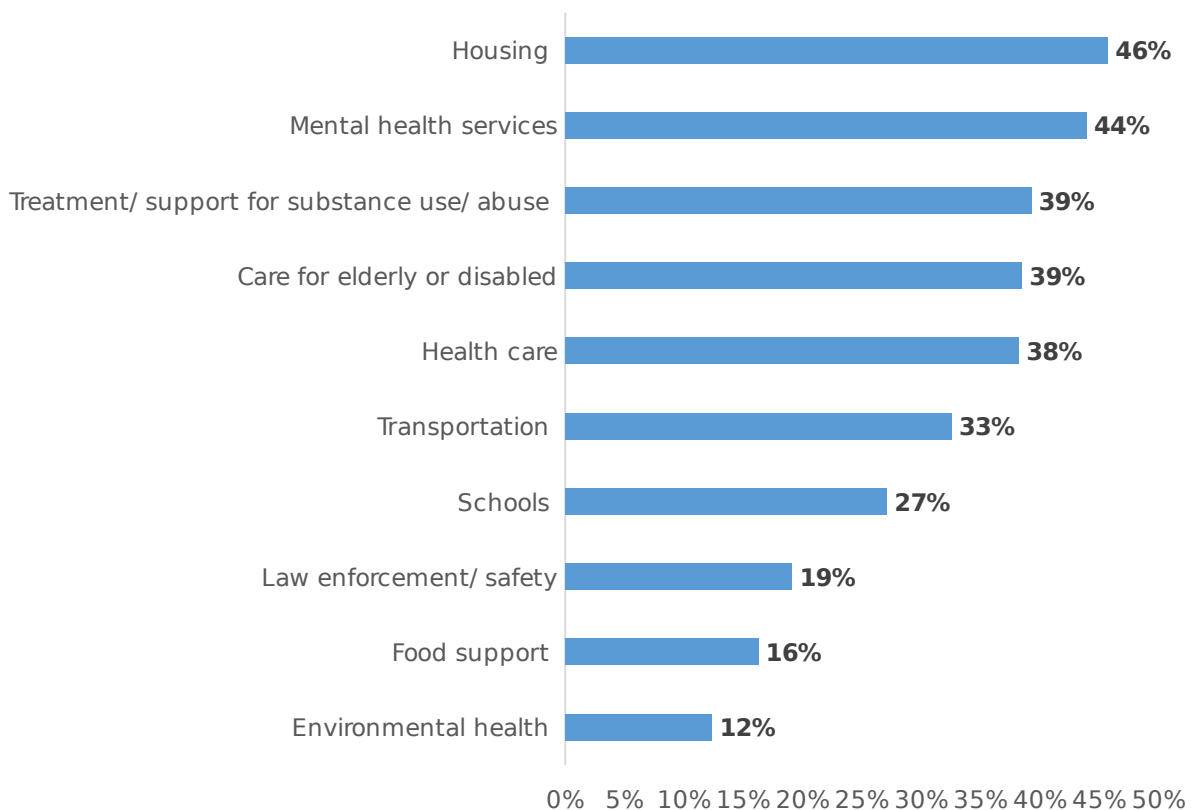
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SERVICES IN NEED OF IMPROVEMENT

Survey respondents selected from a list of services in Adams County they believe need the most improvement. Respondents also had the option to write in services not listed. Among all respondents, the service identified as most in need of improvement was *housing*, with **46%** of respondents selecting this option. Many respondents (**44%**) also selected *mental health services* as in need of improvement. Written-in other responses (not included in the chart) included *employment, entertainment, law enforcement, regulation, legal system, infrastructure, physical health, and neighborhood issues* including poorly maintained homes, trash, and noise.

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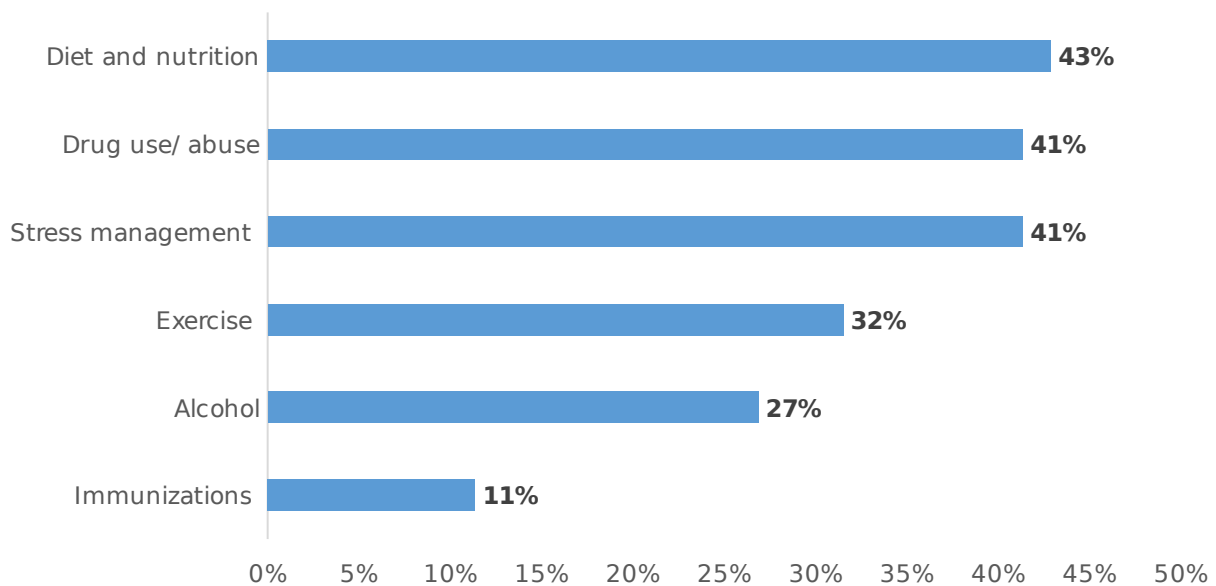
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HEALTH INFORMATION DESIRED

Survey respondents selected from a list of health behavior topics those they felt the community needed more information about. Respondents also had the option to write in topics not listed. Among all respondents, the most identified topic was *diet and nutrition*, with **43%** of respondents selecting this option. Many respondents also selected *drug use/ abuse* and *stress management*, with **41%** selecting these options. Write-in other responses (not included in the chart) included *depression*, *diabetes*, *obesity*, *suicide prevention*, and *environmental concerns* with chemicals.

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Health

Survey respondents answered questions about their personal health, health behaviors and access to health services and information.

A C C E S S T O H E A L T H Y F O O D

Survey respondents answered two questions about access to healthy and affordable food. Individuals rated their agreement with the question *“I can easily access healthy, affordable food in Adams County.”* Of all respondents, **58%** indicated they *strongly agree* or *agree* that they could access healthy, affordable food. Respondents also selected from a list of potential barriers to accessing health food in Adams County, with a write-in option. Respondents identified *cost* as the most common reason they could not access healthy food, with **49%** selecting this option. Write-in other responses (not included in the chart) included *distance to travel to food* and *lack of options/ variety*.

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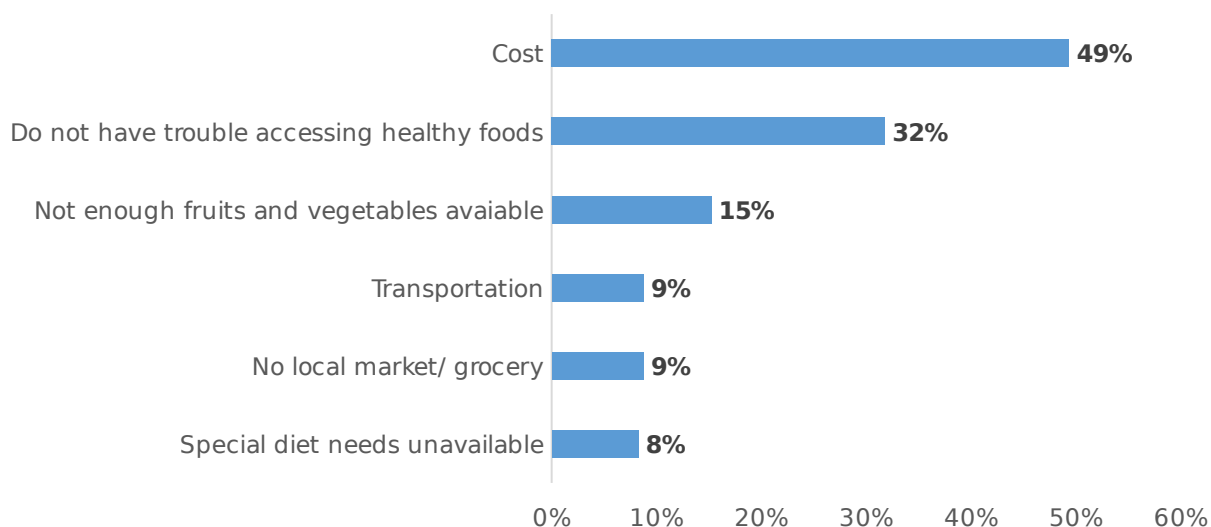
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What prevents you from accessing healthy food in Adams county?



ACCESS TO HEALTH CARE AND SERVICES

Survey respondents answered questions about access to health care and services. Among all respondents, about **12%** reported that there was a time in the past 12 months when they did not have any health insurance. In addition, about **20%** of respondents stated they had a problem getting the health care they needed. Respondents were also asked to identify what services they had a problem getting. Most respondents (**59%**) stated they *did not have a problem getting any services*. Of those that identified problems getting health services, **34%** selected *regular medical care* and **24%** selected *dental care*.

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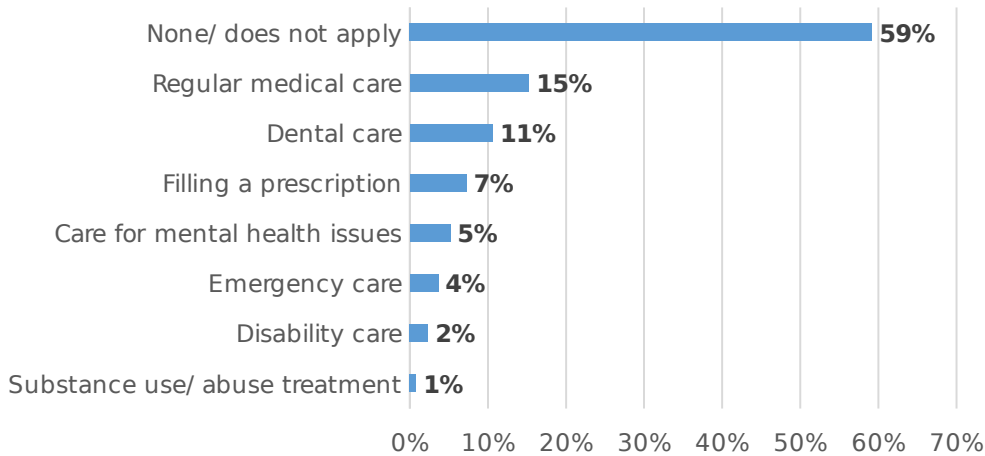
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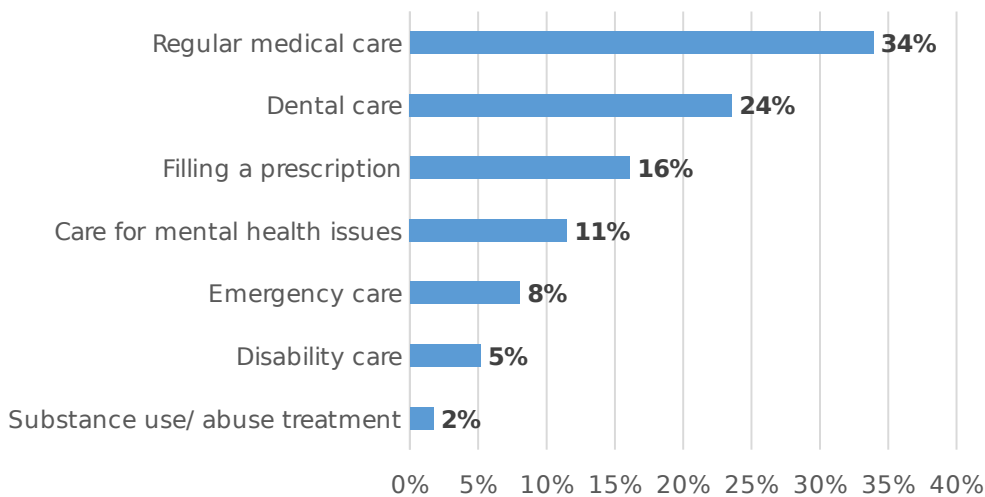
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Which health services did you have a problem getting? (all respondents)



Which health services did you have a problem getting? (if applicable)



Respondents were asked to select barriers to accessing health services from a list of options with a write-in other option. Of all respondents, **20%** selected *not offered in Adams County* as a problem in accessing health services. Write-in responses included *“issues with the local health clinic, the need for specialists (diabetes, ophthalmologist, mental health), and need for referrals.”*

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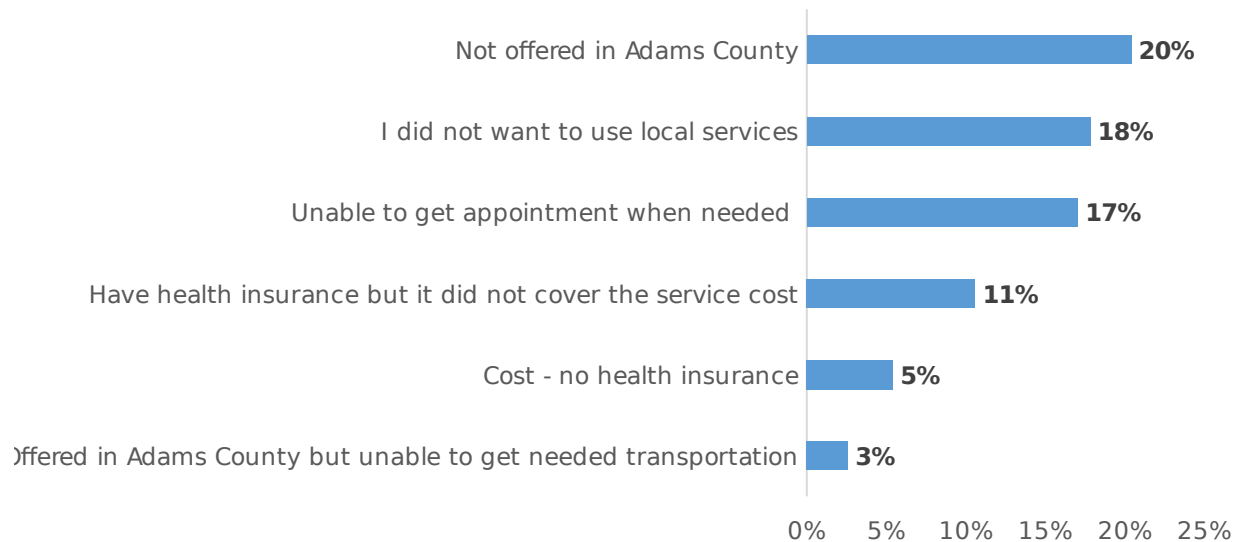
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What problems did you have accessing health services that you need?



USE OF HEALTH SERVICES

Respondents selected from a list of options where they most often went when they needed medical care with a write-in other option. Of all respondents, **88%** selected

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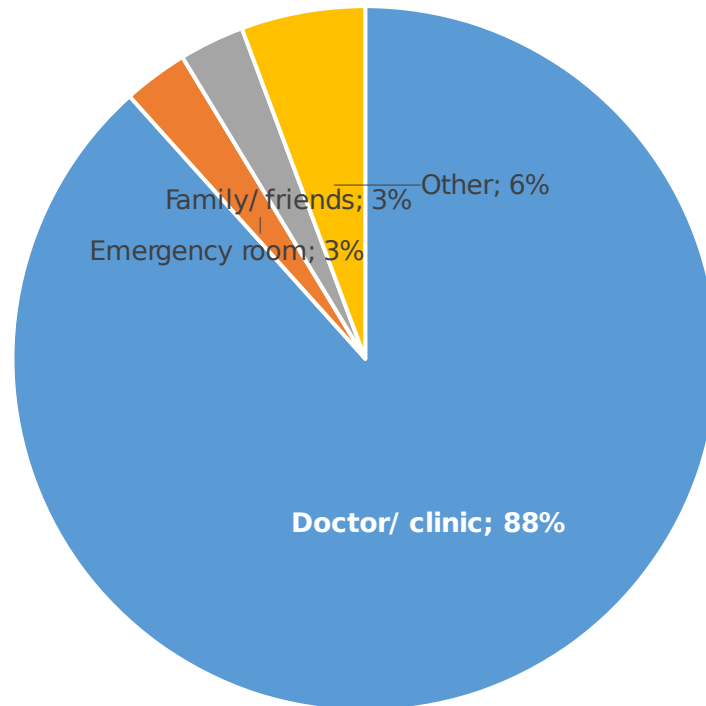
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doctor/ clinic. Write-in other responses included combinations of all options and locations outside of Adams County.

Where do you most often go when you need medical care?



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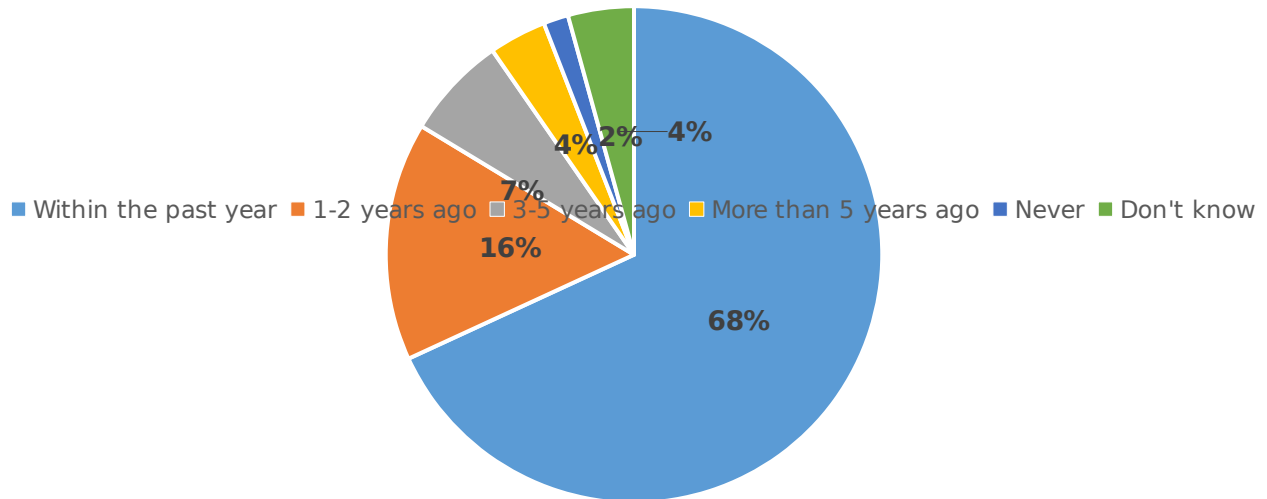
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Respondents identified when they last visited a doctor for a preventative medical or annual physical. Among all respondents, **68%** indicated they visited a doctor within the past year.

Time since last doctor visit for preventative or annual physical.



ALTERNATIVE MEDICINE

Respondents were asked if they had used any kind of alternative medicine in the past 12 months. Of all respondents, about **39%** indicated they had used alternative medicine in the past year. Respondents selected what alternative treatments they had used from a list of options with a write-in other option. Among respondents, **57%** indicated they used *chiropractic treatments* and **45%** indicated they used *natural products*.

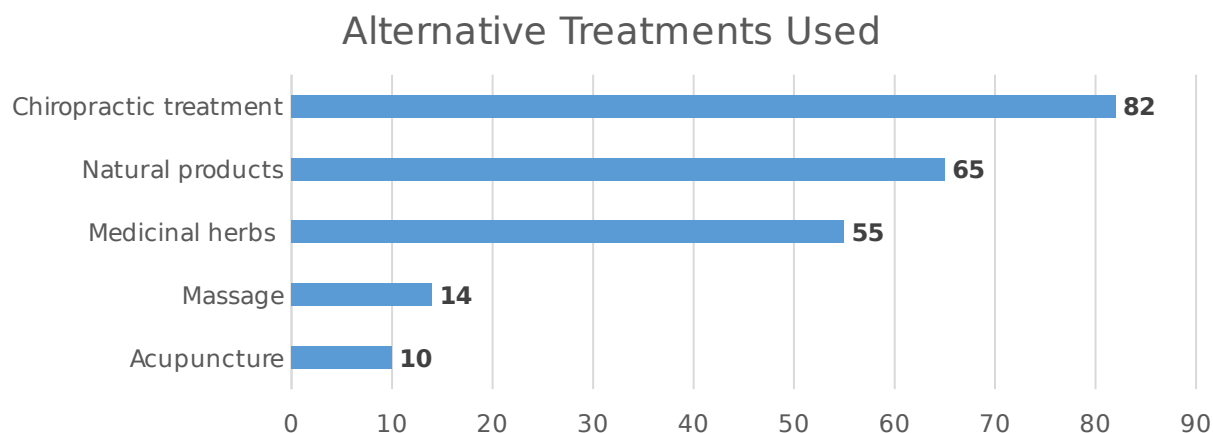
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MENTAL HEALTH AND SUBSTANCE ABUSE

Respondents answered questions about mental health and substance abuse. Individuals responded to the question: “*Would you know where to go to get help for mental health or drug/ alcohol problems?*” Among all respondents, about **59%** affirmed they would know where to go. Respondents were also asked to select where they would mostly likely go if they or someone they knew needed treatment for mental health or substance abuse from a list of potential sources of assistance with a write-in other option. Among all respondents, **36%** selected *primary care doctor*, followed by *local treatment services* (**19%**), and *out of county* (**16%**). Most write-in other responses were combinations of the options provided.

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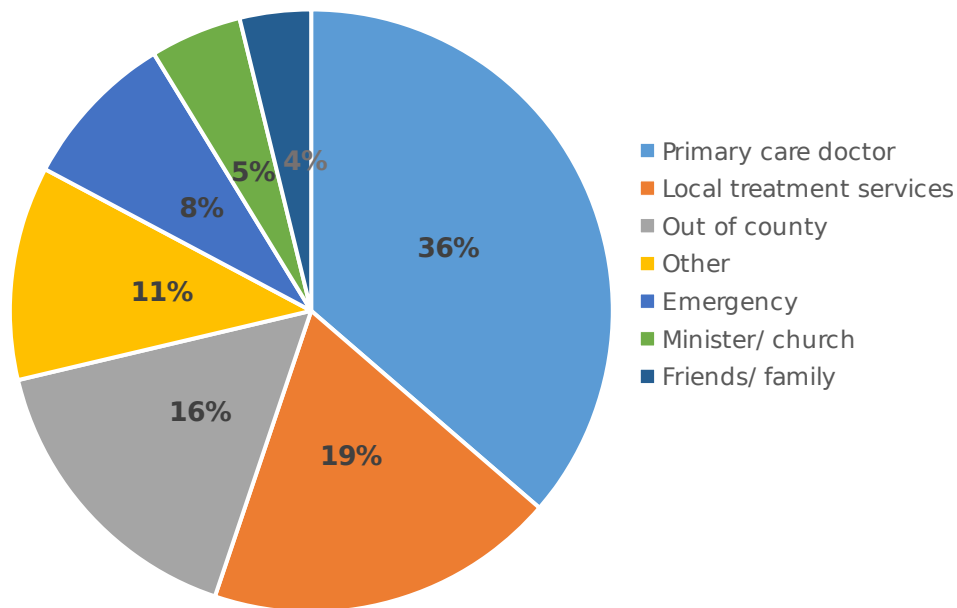
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Source of Help for Mental Health/ Substance Abuse Pr



Respondents were asked if they had received counseling, medication, or other treatment for stress, depression, problems with emotions, or any mental health issue. Among all respondents, about **18%** indicated they had received assistance for mental health issues. Individuals were asked to identify why they did not receive counseling or mental health treatment if it was needed for themselves or someone else from a list of options. Of those that responded, **83** indicated they were *worried about confidentiality*, **72** indicated they *did not know where to get services* and **72** *did not choose to seek help or treatment*.

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Reason for not receiving counseling or mental health services.	# Respondents
Worried about confidentiality	83
Did not know where to get services	72
Did not choose to seek help or treatment	72
Couldn't afford	55
Not covered/ only partially covered by insurance	44
Did not believe help was needed	42
Worried that it might affect employment	38
Worried about what other might think	34
Afraid of having to take medication	22
Afraid of being committed or hospitalized	15

HEALTH INFORMATION

Survey respondents were asked where they usually get information about health-related issues. Among all respondents, **64%** indicated they received health-related information from an *internet search*. Other write-in responses included *“doctor, clinic, and combinations”* of the options provided.

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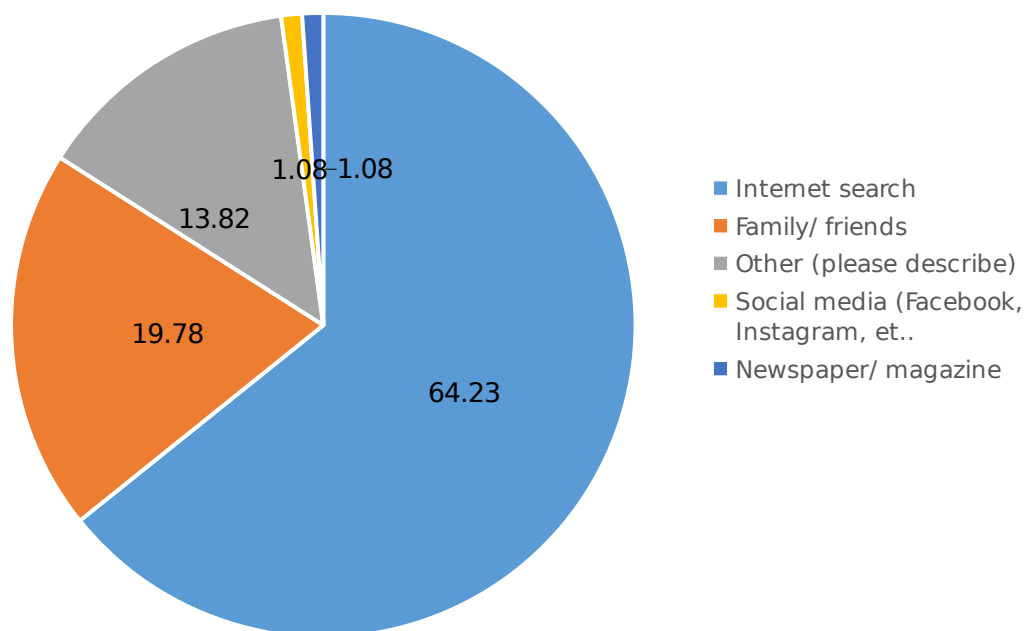
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Source of Health-Related Information



Respondents were also asked if they had problems learning about their medical condition because of difficulty understanding health-related materials or written information. Among all respondents, about **7%** stated they had difficulty understanding health-related materials.

E X E R C I S E

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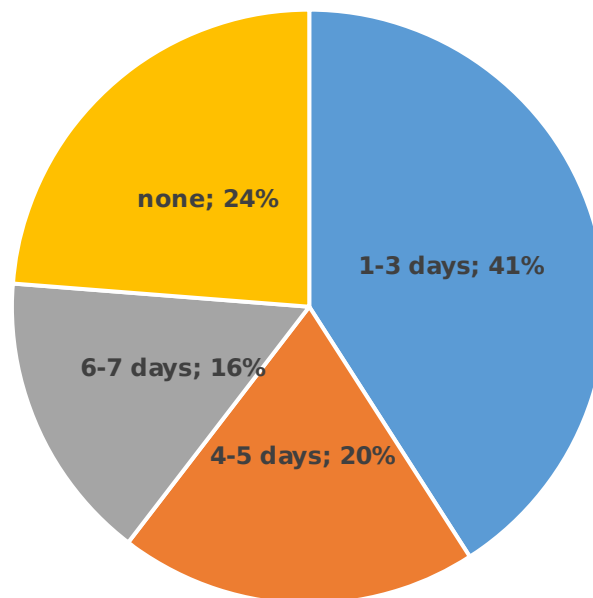
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Individuals were asked how many days per week they exercise for at least 30 minutes at a time. For all respondents, **41%** stated they exercised between 1 and 3 days a week while **24%** stated they did not exercise at all. There were significant differences in amount of exercise between levels of income and education. For those indicating an above-median income, **19%** stated they did not exercise while **29%** of those with below-median income stated they did not exercise. For those with some college or above, **18%** stated they did not exercise while **36%** of those with a high school or less education stated they did not exercise.

Frequency of Exercise per Week



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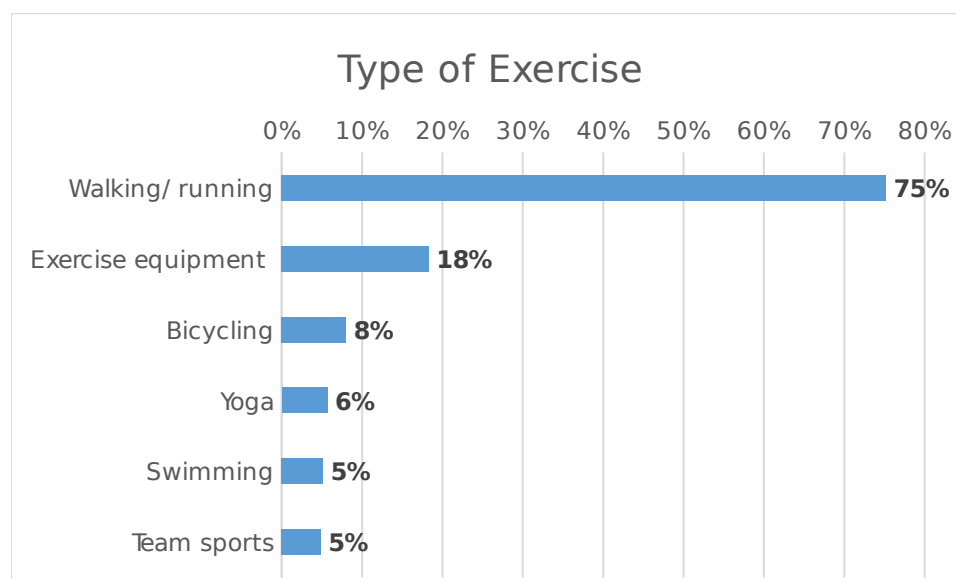
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Respondents were asked what type of exercise they did. For all respondents, **75%** stated they walked or ran. Other write-in responses included *“gardening or yard work, weight training, work, and specific classes such as S.A.I.L. or Zumba.”*



Individuals were asked to identify why they did not exercise from a list of reasons with a write-in other option. Of all respondents, **110** indicated they did not exercise because they *did not have time*. Other write-in responses included *“no facility or equipment, other responsibilities, and feeling they exercise enough at work.”*

Reason for not exercising	# Respondents
No time	110
Health issues	45
No workout partner/ support	45
Not interested	42
Cost	23

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CAREGIVER SUPPORT

Individuals responded to the question: “In the past 12 months, did you provide caregiving services to a family member or friend?” Among all respondents, about **30%** stated they had provided caregiving services. Survey respondents were asked if they had trouble providing caregiving services. About **13%** of respondents stated they had trouble finding caregiving services. Respondents also identified problems they had getting caregiving services from a list of reasons with a write-in other option. Individuals indicated that *limited availability of at-home care*, *cost*, and *lack of quality care* were the primary reasons they did had problems getting caregiving services.

Problems getting care	# Respondents
Limited availability of at-home care	47
Cost	43
Lack of quality care	41
Unaware of options	36
Limited availability of in-patient care	24

WORKING WHILE SICK

About **47%** of survey respondents indicated they had gone to work sick in the past 12 months. Among all respondents, about **77%** stated their employer offered at least 1-2 weeks of paid sick time per year.

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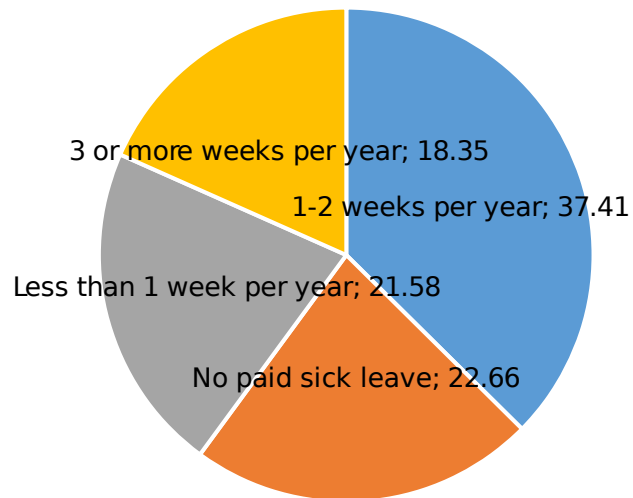
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Availability of Paid Sick Leave



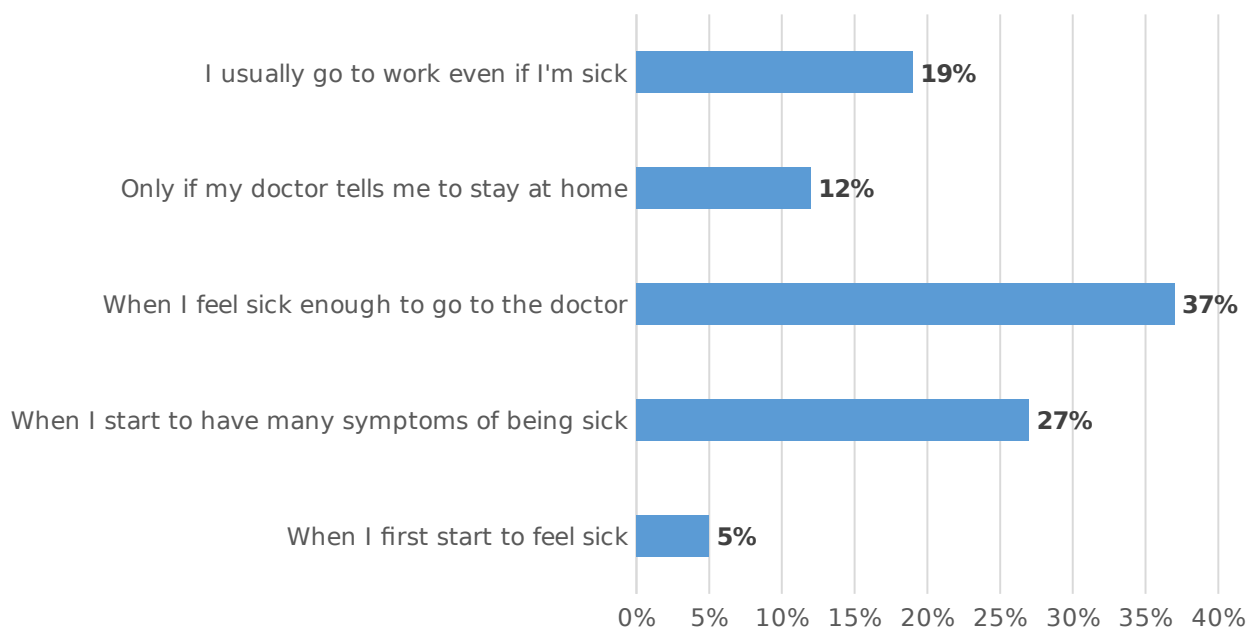
About **19%** of respondents indicated they usually go to work even if they are sick and about **12%** only stay home from work if a doctor tells them to.

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Staying Home due to Illness



Emergency Preparedness

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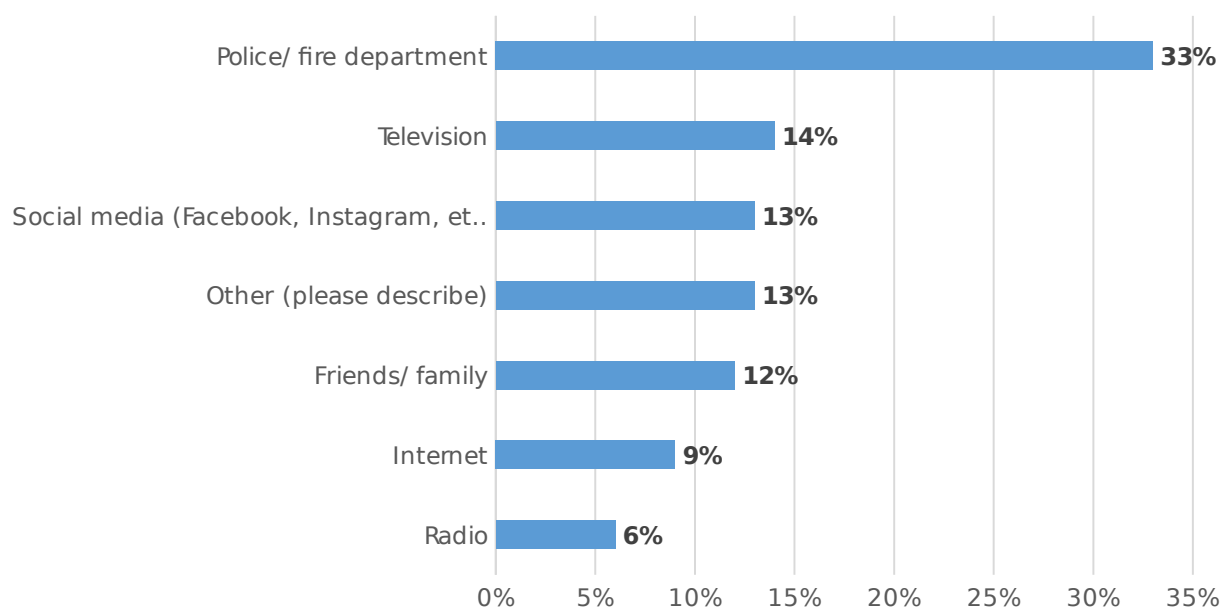
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Survey respondents answered several questions about emergency preparedness and response. Individuals were asked to select from a list where they would most likely turn for information if a significant emergency occurred. About **33%** of respondents indicated they would seek information from *police/fire department*. Other written-in responses were either combinations of the options or specific family or friends that worked in emergency services.

Source of Information During Emergency



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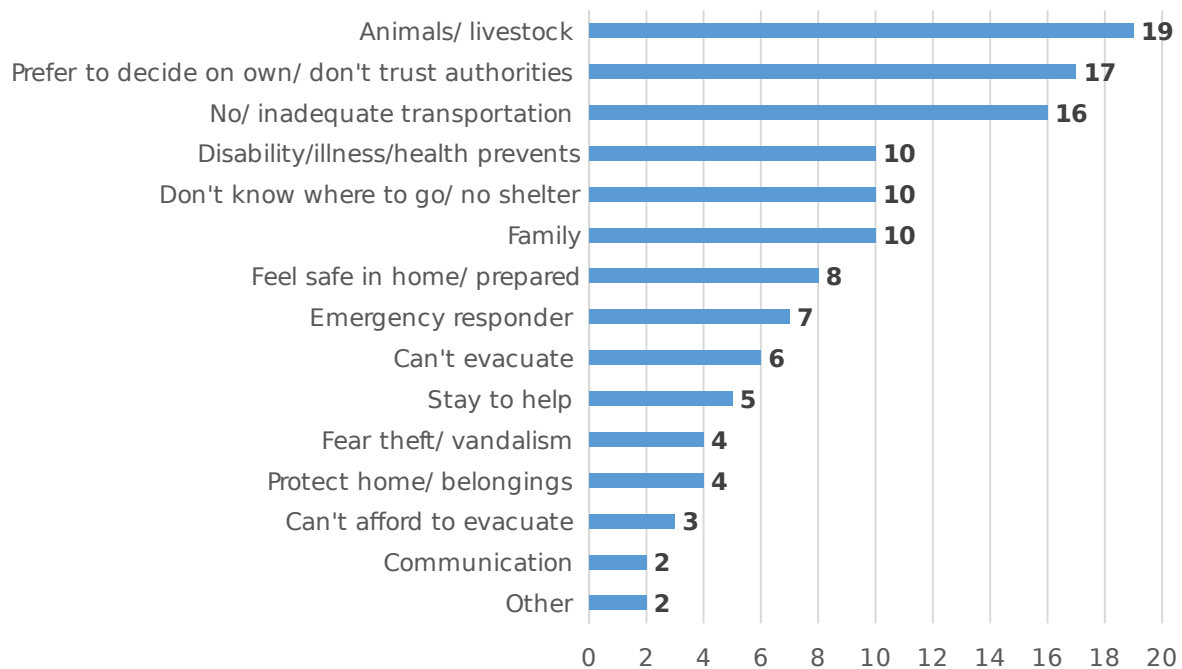
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About **21%** of respondents indicated they had someone in their household with a disability or medical problem that would make it difficult to deal with an emergency situation. About **80%** of respondents stated they would evacuate if authorities announced a mandatory evacuation due to a large-scale emergency. The survey included the question: *“What would be the main reason you might not evacuate if asked to do so?”* Responses to this open-ended question were categorized into major themes. The most cited reason for not evacuating involved **“animals or livestock.”** Many respondents also indicated **“a preference to decide on their own or distrust of authorities”** and **“not having transportation.”** A detailed description of the themes is in **Appendix C.**

Reason for Not Evacuating



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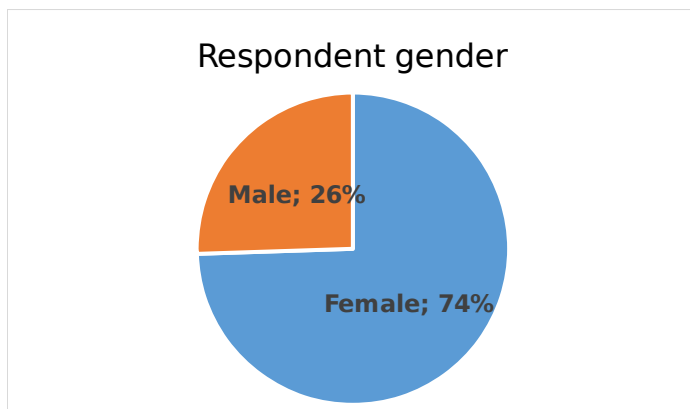
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Appendix A: Respondent Demographics

The survey had 387 respondents. The average age of all respondents was **49 years old**. They **lived in Adams County for about 24 years on average**. **67%** of respondents **owned their homes** while **21% rented**. The average monthly rent or house payment was **\$805 per month**.

The majority of respondents (87.9%) live in Adams County; others live in Grant County (4.4%), Franklin (3.4%), Lincoln County (1.3%), Whitman County (0.3%), and other (1.8%).

The city in Adams County the majority of respondents felt they most connected to was Othello (52%), followed by Ritzville (40%), Lind (5%), Washtucna (1%), Benge (0.5%), and others (1%).



Race	Percent
American Indian or Alaska Native	2%
Asian	1%
Black or African American	0%
White	65%
Hispanic, Spanish, or Latino/a	22%
Some other race	0%
Multi-racial	2%

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Prefer not to say	8%
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Annual Household Income	Percent
Less than \$20,000	14%
\$20,000 to \$29,999	8%
\$30,000 to \$39,999	11%
\$40,000 to \$49,999	11%
\$50,000 to \$74,999	16%
\$75,000 to \$99,999	11%
\$100,000 or more	14%
Prefer not to say	15%

Highest Grade Completed	Percent
No schooling completed	2%
Less than 12 th grade	9%
High school graduate or GED	21%
Some college or technical school	27%
2-year college degree (not technical school)	12%
4-year college degree	16%
Graduate or professional degree	12%

Marital Status	Percent
Married	60%
Living with partner, not	12%

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married	
Divorced	8%
Separated	2%
Widowed	7%
Never been married	10%

Appendix B: Issue Affecting Quality of Life - Themes and Descriptions

The following table provides a coding rubric for the open-ended question about issues affecting quality of life.

Theme	Description
Activities	<i>Any response referencing a lack of or need for social, cultural, or recreational activities in Adams County.</i>
Jobs	<i>Any responses referencing jobs, employment, wages, or quality of work available in Adams County.</i>
Health Care	<i>Any response referencing health care access, quality, affordability, or need for health care locations and services.</i>
Drugs and Alcohol	<i>Any response referencing illicit or prescription drugs, alcohol, substance abuse or the effects of addiction.</i>
Business	<i>Any response referencing shopping, restaurants, tourism, or need for and or lack of retail and entertainment businesses.</i>
Crime and Safety	<i>Any response referencing crime including violence, property crime, gangs, or concerns about personal safety.</i>
Housing	<i>Any response referencing affordable housing or availability of housing options.</i>
Municipal Services	<i>Any response referencing the quality or provision of traditional municipal services such as schools, public transportation, waste collection, parking, or local government.</i>
Social and Community Support	<i>Any response referencing community, volunteerism, relationships with neighbors, or availability of community services such as youth centers or senior centers.</i>
People	<i>Any response referencing specific individuals or groups of people, mainly as personal conflict or frustration.</i>
Elderly and Disabled Services	<i>Any response referencing availability or adequacy of services for the elderly or disabled.</i>
Trash and Blight	<i>Any response referencing trash, garbage, or areas and</i>

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	<i>homes not being taken care of or falling into disrepair.</i>
Poverty	<i>Any response referencing low income individuals or families, poverty, lack of money, or consequences of poverty such as hunger and homelessness.</i>
Cost of Living	<i>Any response referencing the cost of basic goods or services such as food, utilities, and transportation. This category does not reflect housing costs.</i>
Other	<i>Any response that could not fit into any other combined category. Responses include religious freedom, social media, smell, and weather.</i>
Mental Health	<i>Any response referencing mental health or substance abuse issues and services.</i>
Access to Services	<i>Any response referencing issues with access to services, primarily due to location.</i>
Illegal Immigration	<i>Any response referencing illegal immigration.</i>
Planning and Growth	<i>Any response referencing issues with urban planning and growth.</i>
Rural Setting	<i>Any response referencing rural or country settings.</i>
Social Services	<i>Any response referencing social services such as food and financial assistance or legal help.</i>
Childcare	<i>Any response referencing childcare options.</i>

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Appendix C: Reasons to Not Evacuate - Themes and Descriptions

The following table provides a coding rubric for the open-ended question about why individuals would not evacuate during an emergency.

Theme	Description
Animals/ Livestock	<i>Any response referencing caring for animals, pets, or livestock as a reason to not evacuate during an emergency.</i>
Prefer to decide on own/don't trust authorities	<i>Any response referencing either the desire to make decision independently of authorities or stating distrust of authorities in making evacuation orders.</i>
No/ inadequate transportation	<i>Any response referencing transportation barriers to evacuating during an emergency.</i>
Disability/ illness/ health prevents	<i>Any response referencing disability/ illness, or health issues for the respondent or family/ household member that would make evacuation difficult.</i>
Don't know where to go/ no shelter	<i>Any response referencing a lack of knowledge of where to go or fear the respondent or family would not have shelter in case of emergency.</i>
Family	<i>Any response referencing the need or desire to be with the respondent's family in case of emergency, including those residing in different homes.</i>
Feel safe in home/ prepared	<i>Any response referencing the respondent's confidence they are prepared to face an emergency in their home without needing to evacuate in case of emergency.</i>
Emergency responder	<i>Any response that references respondent's or family member of respondent's role as an emergency responder and required duties that would prevent them from evacuating during an emergency.</i>
Can't evacuate	<i>Any response that mentioned external factors preventing the respondent from evacuating such as roads blocked, grave injury, or death.</i>
Stay to help	<i>Any response referencing the respondent's desire to stay in the community to help the emergency response.</i>
Fear theft/ vandalism	<i>Any response referencing a fear of personal property theft or vandalism if they evacuate due to emergency.</i>
Protect home/	<i>Any response referencing a desire to protect respondent's</i>

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belongings	<i>home or belongings during an emergency.</i>
Can't afford to evacuate	<i>Any response referencing a lack of money or means to afford transportation or lodging in the case of evacuation.</i>
Communication	<i>Any response referencing a lack of communication about evacuation that would prevent respondent from leaving during an emergency.</i>
Other	<i>Any response that did not fit into other grouped categories including curiosity or specific types of emergency.</i>

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