

Results for *Metcalfe County* from **The Everybody Survey**



You said it. We listened. A total of 136 Metcalfe County residents responded to *The Everybody Survey* in summer 2007. Here's what you said about the health status of our local population, about your own health, and about our community assets and challenges.

I. Metcalfe County - Assets and Challenges

Question 5. Think about your home county for a minute. If you think about services provided by local government agencies, businesses, and organizations, which are most successful? Which are least successful?

Most Successful Services	Services Needing Improvement
<p>#1 Parks and recreation</p> <p>#2 Safe water supply</p> <p>#3 Low crime / safe neighborhoods</p> <p>#4 Good roads and traffic flow</p> <p>#5 Good Schools</p>	<p>#1 Good jobs and healthy economy</p> <p>#2 Affordable childcare & activities for teens</p> <p>#3 Healthcare & other services</p> <p>#4 Good schools</p> <p>#5 Child abuse and neglect</p>

Question 7. Here are some ways that a community can support the physical and mental health of its residents.

Which are most successful in your home county?

Which need the most improvement?

Community Supports That Need Improvement	Most Successful Community Supports for Physical & Mental Health
<p>#1 Jobs with health insurance</p> <p>#2 Healthy behaviors and lifestyles</p> <p>#3 Tolerance for Diversity</p> <p>#4 Feeling safe in your neighborhood</p>	<p>#1 Religious or spiritual values</p> <p>#2 Feeling safe in your neighborhood</p> <p>#3 Family support for each other</p> <p>#4 Opportunities for community involvement or volunteer work</p>

II. Health Issues Within Metcalfe County

Question 10. Which of these are the most serious health problems in your home county?

Most serious equals those problems that have the greatest impact on overall community health.

Most Serious Health Problems		% Who Chose It
#1	Overweight / Obesity	81%
#2	Heart attack, stroke, high blood pressure	76%
#3	Alcohol & drug addiction	69%
#4	Cancer	61%
#5	Diabetes	41%

We Should Improve These Problem Health Behaviors		% Who Chose It
#1	Alcohol or drug abuse	63%
#2	Tobacco use	54%
#3	Not enough physical activity	48%
#4	Poor Diet	46%

Question 11. These health behaviors are related to some common health problems. Those health problems can lead to early death, disability, family suffering, cost for care, and the overall economy. Which should we work to improve in your home county?

Question 12. Here are some factors related to injury. Which are the most serious safety problems for people in your home county?

Most Serious Injury Risk Behaviors		% Who Chose It
#1	Drunk and drugged driving	76%
#2	Unsafe driving (speed, distractions)	67%
#3	Drug related violence	52%
#4	Unsafe roads (traffic, hills, curves)	50%
#5	Domestic violence	39%

I Worry About These Environmental Health Risks		% Who Chose It
#1	Diseases from mosquitoes and ticks	83%
#2	Food poisoning illness (at home, in restaurants, from ready-to-eat groceries)	52%
#3	Molds	46%
#4	Groundwater pollution from failing septic systems	41%
#5	Rabies (wild animals or pets)	28%

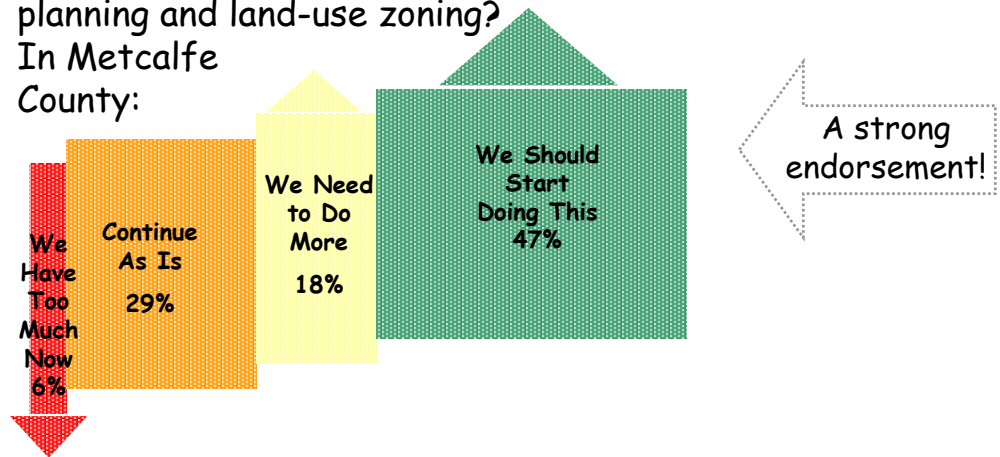
Question 13. Do any of these environmental health issues concern or worry you?

Question 14. Which of these environmental health behaviors should we work to improve in your home county?

We Should Improve These Environmental Behaviors		% Who Chose It
#1	Illegal dumping of garbage	89%
#2	Second-hand smoke	58%
#3	Unsafe food handling practices	52%
#4	Overuse of pesticides & fertilizers	33%
#5	Industries polluting the water	26%

Question 15. Community Planning and Land-use Zoning.

What about community planning and land-use zoning? In Metcalfe County:



III. Physical Activity Facilities in Metcalfe County

Question 33. Does your home county have enough of these physical activity opportunities available?

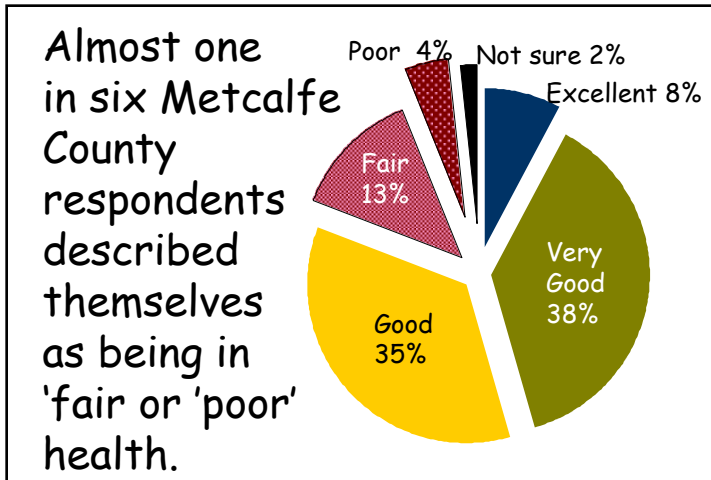
We Need These Physical Activity Opportunities...		% Who Said It
#1	Bicycle paths	44%
#2	Health/fitness clubs	43%
#3	Sidewalks	42%
#4	Walking or hiking trails	36%
#5	Sports leagues (adults)	29%
#6	Community swimming pools	22%
#7	Dancing	22%
#8	Sports leagues (children)	20%
#8	Sports fields and courts	20%

IV. Your Personal Health Status - Metcalfe County

Question 17.

Would you say that in general your health is:

- Excellent
- Very Good
- Good
- Fair
- Poor



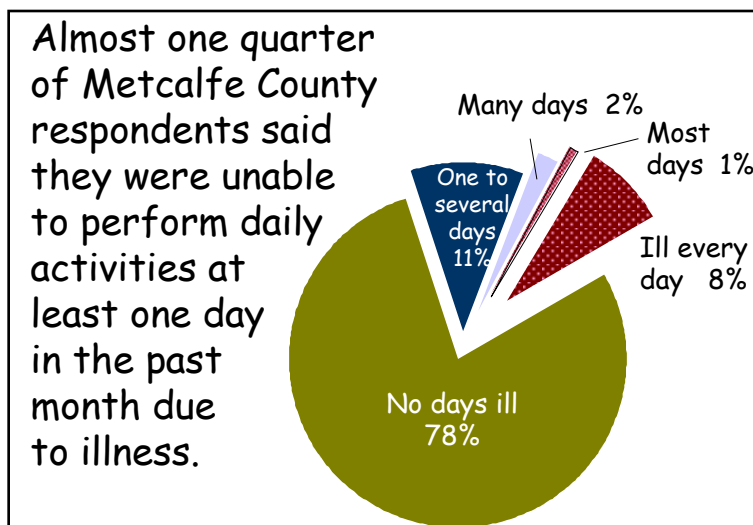
Fair or Poor

U.S. average = 15%
 Kentucky = 23%
 BRFSS survey, 2006

I've Been Told That I Have...	% Who Said It
#1 Overweight / Obesity	29%
#2 Arthritis	25%
#3 High blood pressure	20%
#4 Hearing/Vision loss	14%
#5 Risk factors for stroke or heart attack	12%
#6 Lung Disease/asthma	10%
#7 Diabetes	5%
#7 Cancer	(tie)
<i>None of These (a total of 11 diseases listed)</i>	<i>27%</i>

Question 18. Have you ever been told by a doctor, nurse, or other health professional that you had any of the following chronic illnesses?

Question 19. How many days in the past month were you not able to work or do your daily activities because of illness?



V. Health Care Services in Our Communities

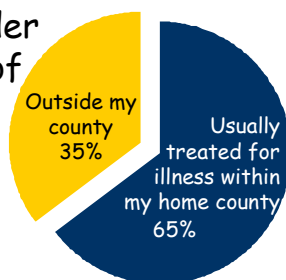
Question 20. When you are sick, where do you usually go for treatment?

Question 32. When your children are sick, where do you usually take them?

My Family's Usual Health Care Providers

Me	My children
#1 A doctor's office	#1
#2 Urgent care center	#2
#3 Hospital emergency room	#3
#4 I never go to the doctor	
#5 Community health center	#4
#6 No usual place	#5
#7 Free clinic	

For more than one-third of us, our usual health care provider is outside of our home county.



Question 21. Is your usual health care provider outside of your home county?

Why I go outside my home county for health care services

- #1 **My doctor of choice is outside my county**
- #2 Hospital of choice is outside my county
- #3 I need someone who is open later in the day or evening
- #4 Other (see list)
- #5 Takes too long to get an appointment with local doctors

"Other", Examples

- Their office call is more affordable.
- It's where I work.
- More qualified & reliable...in surrounding counties.

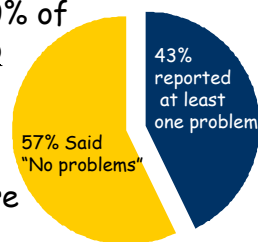
Question 22. I go outside my home county for health care because...

Problems with my regular health care services

- #1 **I cannot get an appointment quickly enough**
- #2 I cannot afford the doctor's fees
- #3 I cannot afford the medicines
- #4 I cannot come when they are open
- #5 They do not explain things well enough

Question 23. Are any of these a problem with your regular health care services?

Almost 60% of us have no problems with our regular health care services.



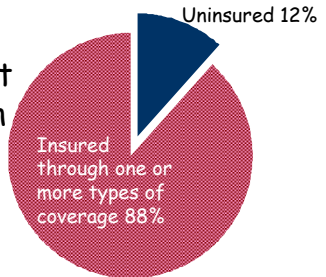
VI. Health Insurance Coverage

Question 24:
Do you have health insurance?

I have health insurance through...

58%	My employer
12%	I buy my own
9%	Medicare
8%	Other (see list)
7%	Medicaid

12 percent of us do not have health insurance.



My health insurance covers these types of care

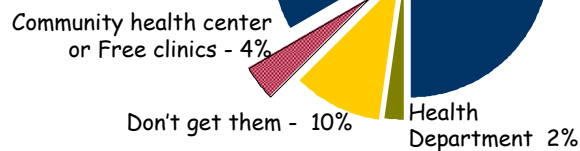
94%	Hospital care
93%	Doctor's office treatment
93%	Prescription medicines
71%	Preventive care (annual physical, cancer screenings, blood sugar, cholesterol, etc.)
59%	Immunizations (baby shots, flu shots, adult shots, etc.)
56%	Chiropractic services
50%	Mental health services
44%	Rehab services (physical, occupational, or speech therapy, etc.)
32%	Drug/alcohol treatment
22%	Nutrition counseling or weight loss program

Question 25: If you have health insurance, what type of care does it cover?

VII. Children's Preventive Services

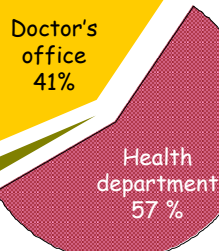
Question 33. Where do your children usually get check-ups?

Where my children usually get check-ups



Where my children usually get their immunizations (shots)

Community health center or Free clinics - 2%



Question 34. Where do your children usually get their immunizations?

VIII. Going Elsewhere for Health Care Services

Question 27: Within the past year, did you have any of these services outside your home county?

In the past year, I had these services outside my county		% Who Said It
#1	Lab Work	64%
#2	Radiology (X-ray, ultrasound, mammography, MRI, etc.)	47%
#3	Emergency room services	24%
#4	Hospital stay	17%
#5	None outside my home county	16%
#6	General surgery	16%
#7	Counseling services	9%
#8	Other services	6%

Question 28. Within the past year, did you see any of these medical specialties outside your home county?

In the past year, I saw these medical specialties outside my home county		% Who Said It
#1	Gynecology (female care)	35%
#2	Eye care	30%
#3	Dental care	27%
#4	None of these outside my home county	21%
#5	Other (See list)	13%
#6	Ear, nose, and throat care	12%
#7	Allergist (allergies)	9%
#8	Dermatology	8%
#9	Orthopedic/Bone care	8%
#10	Pregnancy & birth	7%
#11	Foot care	6%
	Urology care, Psychiatry care, Rehabilitation (in-patient), rehabilitation (out-patient), hearing services	less than 3%

Question 37. Does your home county have enough of these health services available?

Metcalf County <i>needs more</i> of these health services.		
More than three quarters of respondents said this.	89%	After-hours sick care
	86%	Urgent treatment clinics
	81%	Hospital beds
	79%	Outpatient rehabilitation
	78%	X-ray & Ultrasound
One half to three quarters of respondents said this.	73%	'Sick child' day care
	73%	School nurses
	69%	School health education
	61%	Nursing home beds
	61%	Group health education or support groups
	60%	Weight loss programs or services
	59%	Prenatal care
	57%	Respite care for home-bound caregivers
One third to one-half of respondents said this.	44%	Chiropractic care
	43%	Medical equipment service
	42%	Personal education on using my medications correctly
	42%	Health Department clinic services
	41%	Home health care
	38%	Adult day care
Less than one third said this.	30%	Ambulance services / paramedics

IX. Mental Health Services

My Household Has Been Unable to Get Needed Mental Health Services within the past year

None needed	91%
Needed services, and <u>were able</u> to get them	5%
Counseling / therapy	4%
Crisis care	1%
Other services	1%

Question 36. If you could not get needed mental health services, please describe/ explain.

Question 35. Within the past year, did you or anyone in your household need any of these mental health services, but were unable to get them?

Example Quotes

- ...this county needs better assistance, coz it isn't all healthy for everybody.
- We [need] ...a psychologist that can work with PTSD and other major depression ...there is not a doctor around (that we have found) that can deal with [it]. This is sad indeed because Metcalfe County has a lot of highly decorated veterans.