

# Results for *Hart County* from **The Everybody Survey**



You said it. We listened. A total of 155 Hart 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. Hart 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	
#1	Good Schools
#2	Safe water supply
#2	Garbage disposal and recycling
#3	Public health services
#4	Low crime / safe neighborhoods
#5	Health care & other services

Services Needing Improvement	
#1	Good jobs and healthy economy
#2	Affordable childcare & activities for teens
#3	Parks and recreation
#4	Healthcare & other Services
#5	Low crime / safe neighborhoods
#5	Child abuse and neglect

**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	
#1	Jobs with health insurance
#2	Healthy behaviors and lifestyles
#3	Tolerance for Diversity
#4	Healthy Physical Environment

Most Successful Community Supports for Physical & Mental Health	
#1	Religious or spiritual values
#2	Feeling safe in your neighborhood
#3	Family support for each other
#4	Opportunities for community involvement or volunteer work

## II. Health Issues Within Hart 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	<b>Alcohol &amp; drug addiction</b>	81%
#2	Overweight / Obesity	71%
#3	Heart attack, stroke, high blood pressure	62%
#4	Cancer	59%
#5	Diabetes	47%

We Should Improve These Problem Health Behaviors		% Who Chose It
#1	<b>Alcohol or drug abuse</b>	76%
#2	Not enough physical activity	47%
#3	Teen sexual activity	41%
#4	Tobacco use	36%
#4	Poor diet	36%

**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	<b>Drunk and drugged driving</b>	81%
#2	Unsafe driving (speed, distractions)	63%
#3	Drug related violence	60%
#4	Unsafe roads (traffic, hills, curves)	47%
#5	Domestic violence	39%

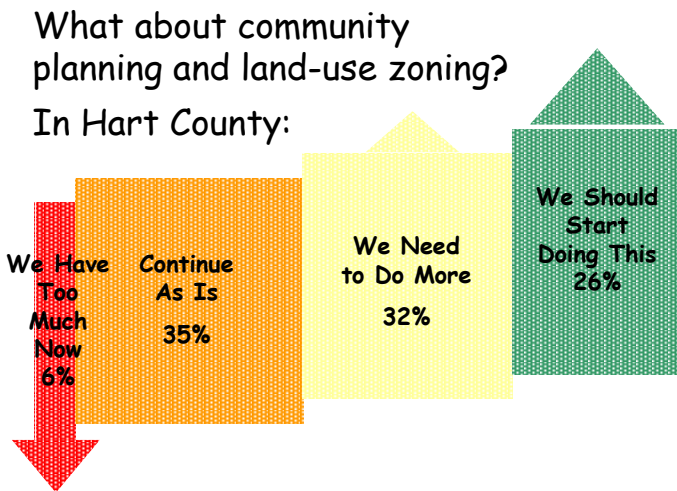
I Worry About These Environmental Health Risks		% Who Chose It
#1	<b>Diseases from mosquitoes and ticks</b>	73%
#2	Water pollution from storm water runoff	53%
#3	Radon	53%
#4	Molds	49%
#5	Food poisoning illness (at home, in restaurants, from ready-to-eat groceries)	49%
#6	Groundwater pollution from failing septic systems	49%

**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?

<b>We Should Improve These Environmental Behaviors</b>		<b>% Who Chose It</b>
<b>#1</b>	<b>Illegal dumping of garbage</b>	<b>76%</b>
#2	Second-hand smoke	58%
#3	Unsafe food handling practices	51%
#4	Overuse of pesticides & fertilizers	30%
#5	Industries polluting the water	28%

**Question 15.** Community Planning and Land-use Zoning.



### III. Physical Activity Facilities in Hart County

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

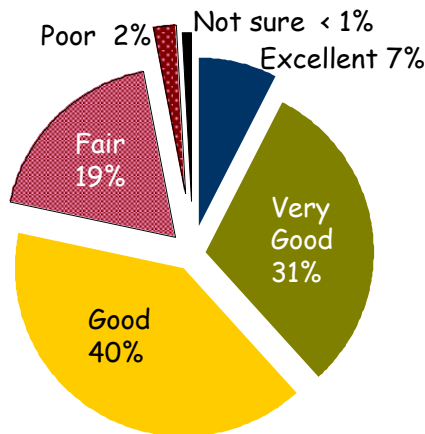
<b>We Need These Physical Activity Opportunities...</b>		<b>% Who Said It</b>
<b>#1</b>	<b>Parks</b>	<b>66%</b>
#2	Walking or hiking trails	65%
#3	Sidewalks	62%
#4	Sports fields and courts	57%
#5	Bicycle paths	54%
#6	Sports leagues (adults)	46%
#7	Health/fitness clubs	45%
#8	Sports leagues (children)	45%

## IV. Your Personal Health Status - Hart County

**Question 17.**  
Would you say that in general your health is:

- Excellent
- Very Good
- Good
- Fair
- Poor

21% of Hart County respondents described themselves as being in 'fair or 'poor' health.

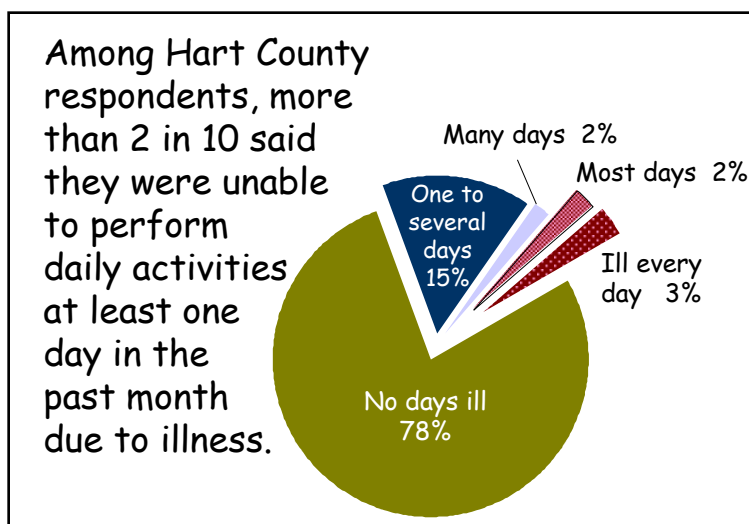


Fair or Poor

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

I've Been Told That I Have...	% Who Said It
<b>#1 Overweight / Obesity</b>	<b>34%</b>
#2 High blood pressure	27%
#3 Arthritis	20%
#3 Risk factors for stroke or heart attack	20%
#4 Hearing/Vision loss	16%
#5 Lung Disease/asthma	15%
#6 Diabetes	11%
#7 Heart disease	4%
<i>None of These (a total of 11 diseases listed)</i>	<i>28%</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

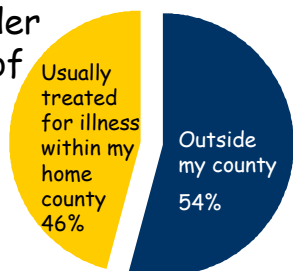
**Question 20.** When you are sick, where do you usually go for treatment?

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

### My Family's Usual Health Care Providers

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

For more than one half of us, our usual health care provider is outside of Hart 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

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

- #1 **My doctor of choice is outside my county**
- #2 Hospital of choice is outside my county
- #3 Takes too long to get an appointment with local doctors
- #4 I need someone who is open later in the day or evening
- #5 My insurance only covers doctors in another area

#### Example Comments

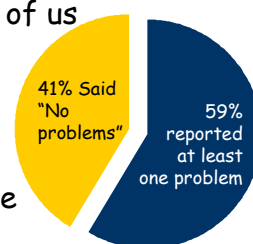
- I work 45 minutes outside the county.
- Few choices in this county, I want someone who has current knowledge
- No "Quality" in Hart County Area.

### Problems with my regular health care services

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

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

Over 40% of us have no problems with our regular health care services.



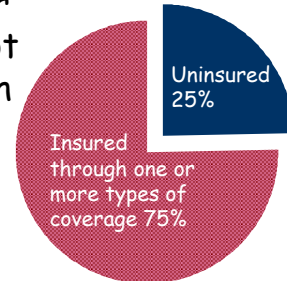
## VI. Health Insurance Coverage

**Question 24:**  
Do you have health insurance?

### I have health insurance through...

<b>52%</b>	<b>My employer</b>
7%	Medicare
7%	I buy my own
6%	Medicaid
6%	Other (see list)

One in four of us do not have health insurance.



### My health insurance covers these types of care

90%	Doctor's office treatment
98%	Hospital care
96%	Prescription medicines
71%	Preventive care (annual physical, cancer screenings, blood sugar, cholesterol, etc.)
53%	Immunizations (baby shots, flu shots, adult shots, etc.)
52%	Mental health services
53%	Rehab services (physical, occupational, or speech therapy, etc.)
43%	Chiropractic services
31%	Drug/alcohol treatment

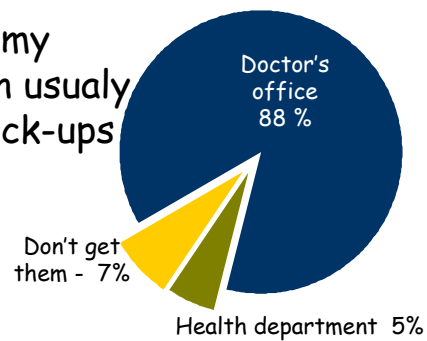
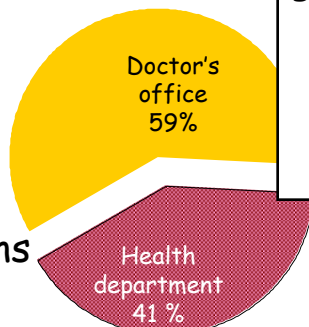
**Question 25:** If you have health insurance, what type of care does it cover?

## 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)



**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
<b>#1</b>	<b>Lab Work</b>	<b>59%</b>
#2	Radiology (X-ray, ultrasound, mammography, MRI, etc.)	46%
#3	Emergency room services	25%
#4	None outside my home county	24%
#5	Hospital stay	22%
#6	General surgery	21%
#7	Counseling services	2%
#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
<b>#1</b>	<b>Gynecology (female care)</b>	<b>42%</b>
#2	None outside my home county	26%
#3	Dental care	23%
#4	Eye care	20%
#5	Other (See list)	11%
#6	Dermatology	11%
#7	Cardiac/Heart care	11%
#8	Orthopedic/Bone care	8%
#9	Pregnancy & birth	7%
#10	Urology Care	7%
#11	Ear, Nose Throat Care	6%
#12	Dental Specialist	5%
	Allergist, Foot care, Psychiatry care, Rehabilitation (in-patient), rehabilitation (out-patient), hearing services	less than 5%

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

Hart County <u>needs more</u> of these health services.		
More than three quarters of respondents said this.	83%	Urgent treatment clinics
	74%	After-hours sick care
One half to three quarters of respondents said this.	74%	Weight loss programs or services
	65%	'Sick child' day care
	65%	School nurses
	64%	School health education
	62%	Adult day care
	59%	Group health education or support groups
	57%	Prenatal care
	57%	Nursing home beds
	56%	Outpatient rehabilitation caregivers
One third to one-half of respondents said this.	47%	Respite care for home-bound
	45%	Hospital beds
	42%	Home health care
	38%	X-ray & Ultrasound
	35%	Personal education on using my medications correctly
	34%	Health Department clinic services
	34%	Medical equipment service
Less than one third said this.	30%	Ambulance services / paramedics
	25%	Chiropractic care

## 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%
Hospitalization	1%
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

- There is a lack of affordable substance abuse treatment in our area.
- I tried many different therapists for my teen, difficult to find a good fit, too willing to prescribe, misdiagnosed..