

2019 Mendocino County Community Health Needs Assessment

APPENDIX A
Community Health Survey
October 2019

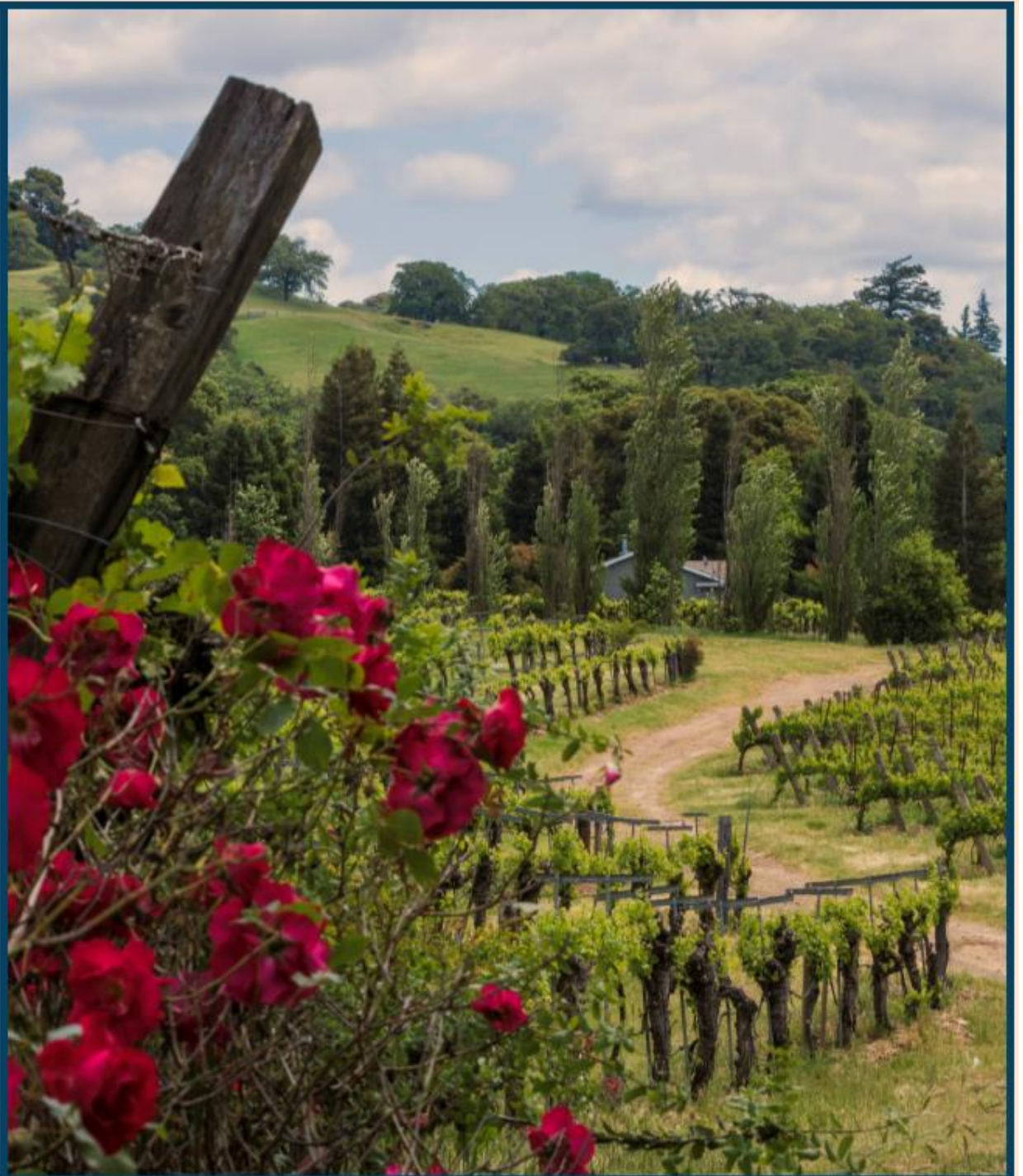


TABLE OF CONTENTS

Community Health Survey

Introduction and Background	1
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Results

Demographic Characteristics	2
Perspective of Health in Mendocino County	7
Access to Health Care Services	11
Mental Health Stability	15
Access to Social Services Benefits	16
Employment Status	17
Satisfaction with Housing Situation	18
Favorite Places for Recreation/Social Activities in Mendocino County	20

Addendums

A. Community Health Survey Distribution.....	21
B. Community Health Survey Questions - English	22
C. Community Health Survey Questions – Spanish	30

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COMMUNITY HEALTH SURVEY

Introduction & Background

Purpose of Survey

Mendocino County conducted a Community Health Survey to learn the opinions of individuals about community health characteristics, problems, and assets in the county. This survey is part of the 2019 Mendocino County Community Health Needs Assessment (CHNA).

The 2019 CHNA is sponsored by a coalition of local organizations and agencies: Adventist Health Howard Memorial, Adventist Health Ukiah Valley, Alliance for Rural Community Health & Community Health Resource Network, Community Foundation of Mendocino County, FIRST 5 Mendocino, Healthy Mendocino, Mendocino Community Health Clinics, Mendocino County Health & Human Services Agency, Public Health Branch, Mendocino County Office of Education, North Coast Opportunities, Partnership HealthPlan of California, Redwood Community Services, Inc., Redwood Quality Management Company, and United Way of the Wine Country. The CHNA is a project of Healthy Mendocino, which facilitated the Planning Group.

Background

In preparing for the community health survey, the CHNA Planning Group reviewed instruments previously used during the 2002 and

2015 CHNA processes. Revisions were kept to a minimum so that a direct comparison could be made to the most recent CHNA conducted in 2015. However, at 41 questions, the Planning Group felt the survey was too long, so the number of questions was reduced by ten to 31 questions.

A total of 1,324 individual Mendocino County residents completed the survey, with 48 surveys completed in Spanish, and 94 surveys completed by those identifying themselves as Native American. The survey was promoted throughout the county, on the HealthyMendocino.org website, at local libraries, senior centers, regional clinics, businesses, schools and churches. (For a complete list of distribution sites, please see Addendum C.)

Paper copies of the survey were manually entered into Survey Monkey, and the data analyzed to tabulate frequencies and percentages and trends in SPSS statistical software.

Limitations

The Community Health Survey was conducted with a convenience sampling methodology, causing limitations to the data when interpreting the results. Although efforts were made to reach all geographic areas of the community and ensure demographic diversity among respondents, the survey is not assumed to capture a statistical representation of the community's population.

Social Determinants of Health

The Center for Disease Control defines the Social Determinants of Health (SDOH), as the conditions in the places where people live, learn, work, and play that affect a wide range of health risks and outcomes. There are five key areas of SDOH:

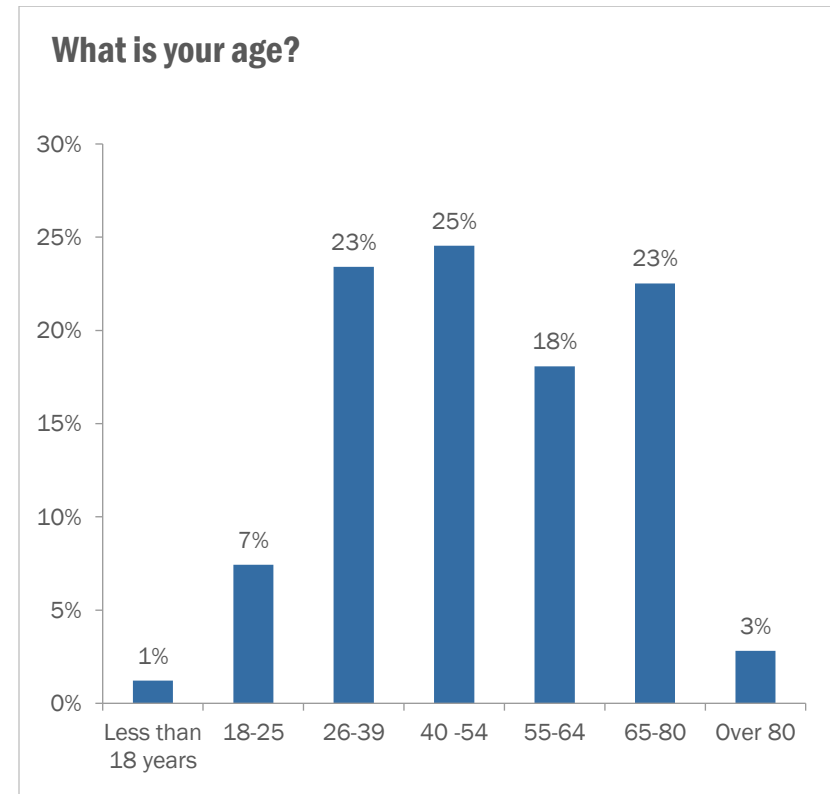
- Economic Stability
- Education
- Social and Community Context
- Health and Health Care
- Neighborhood and the Built Environment

Resources that enhance quality of life can have a significant influence on population health outcomes. Examples of these resources include safe and affordable housing, access to education, public safety, availability of healthy foods, local emergency/health services, access to natural environments for recreation, and environments free of life-threatening toxins.

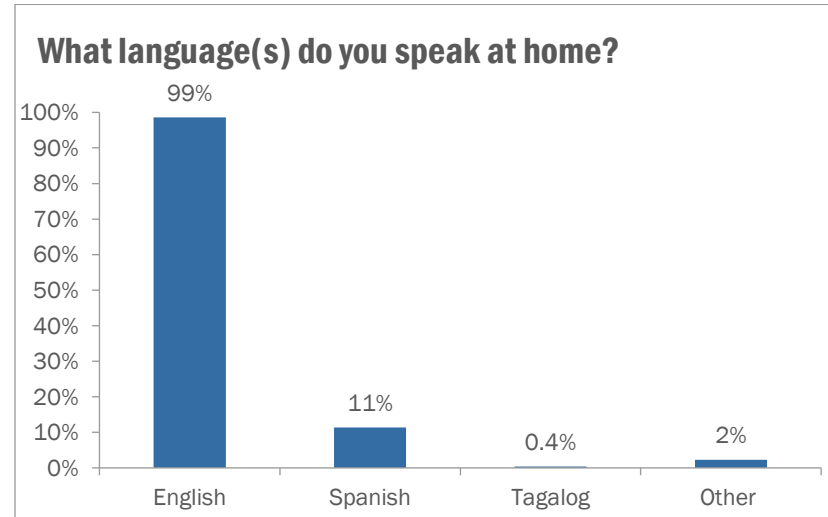
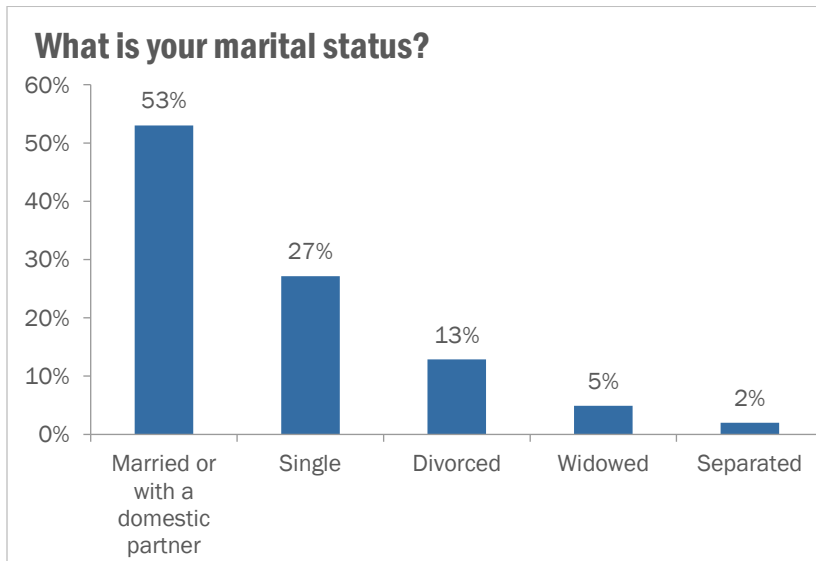
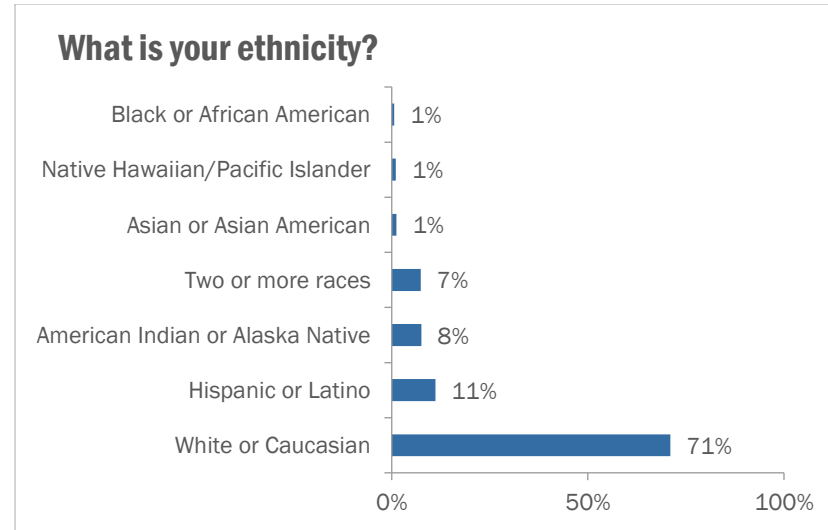
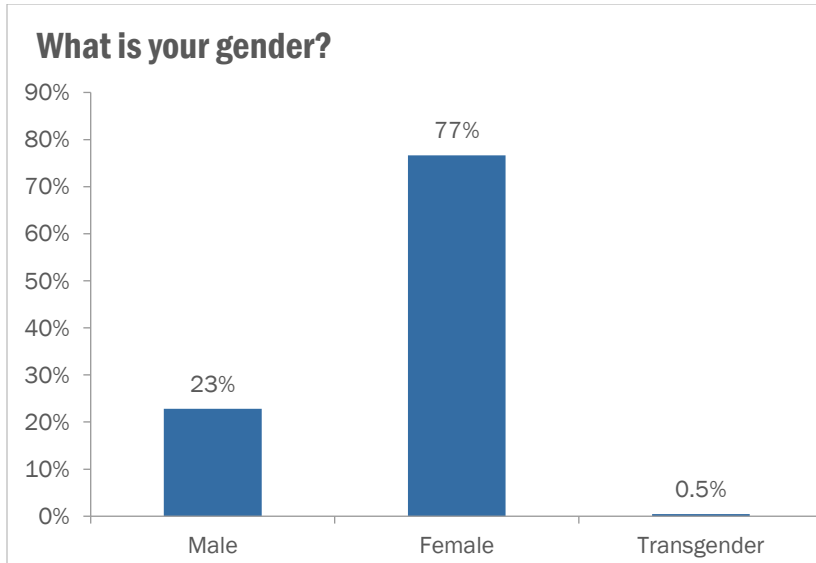
Mendocino County is fortunate in having many of these resources. However, the vast geography of the county creates challenges in access to health care, communications and public safety. In addition, natural disasters such as the recent wildfires that destroyed entire neighborhoods in 2017, further stressed an already tight housing market. Changes in the local economy continue to negatively impact families, who are often struggling to make ends meet. There are some areas in Mendocino County that continue to have higher rates of poverty when compared to others, and any adverse event can severely impact those living in these communities. On a positive note, respondents cited strong community ties as one of the top factors that made Mendocino County a good place to live.

RESULTS

Demographic Characteristics

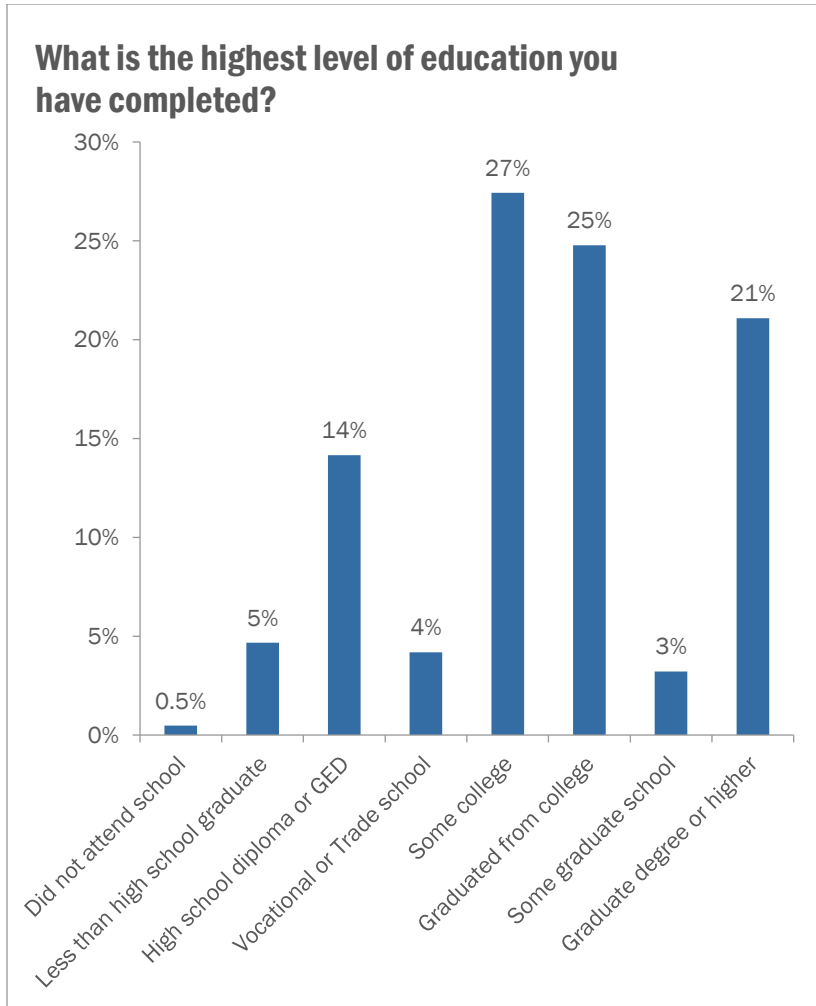


Most respondents (69%) were over age 40. Mendocino County has a population that skews older than surrounding counties or the state overall. The median age in 2017 was 42.2 years, compared with the State of California at 36.5 years. Individuals who completed the questionnaire in Spanish were younger, with 68% being under age 40.

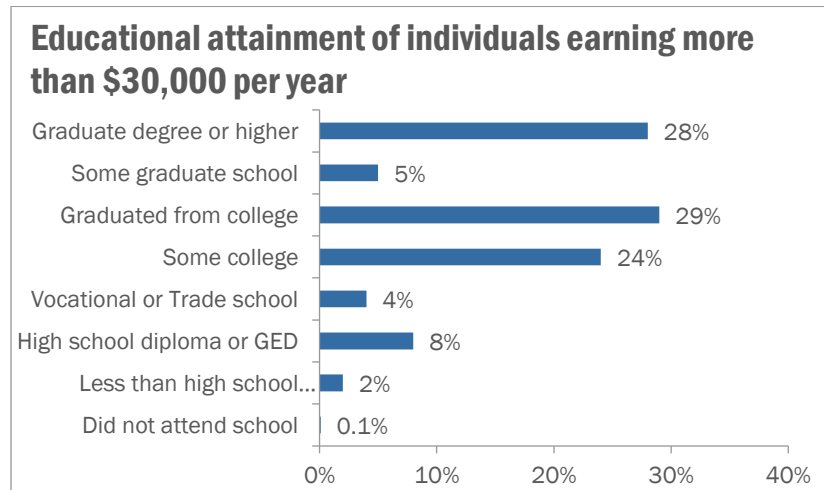
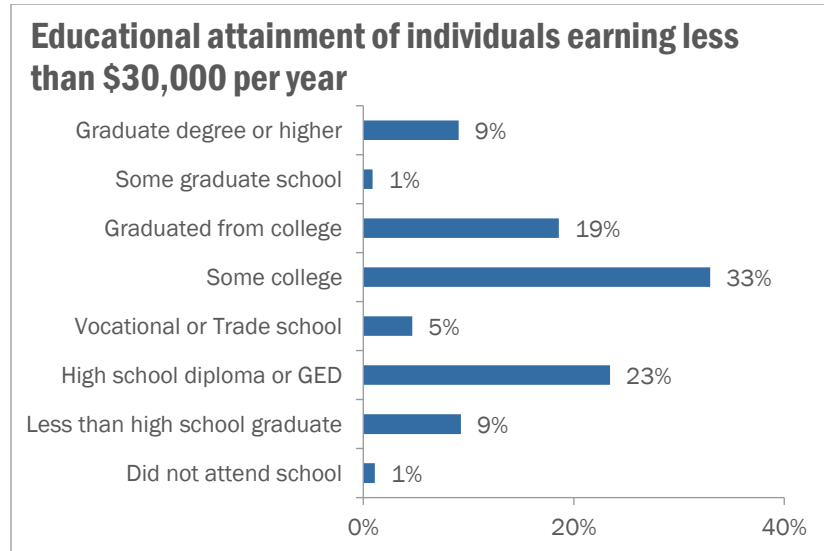


Most respondents were married or with a partner, while about 47% were not.

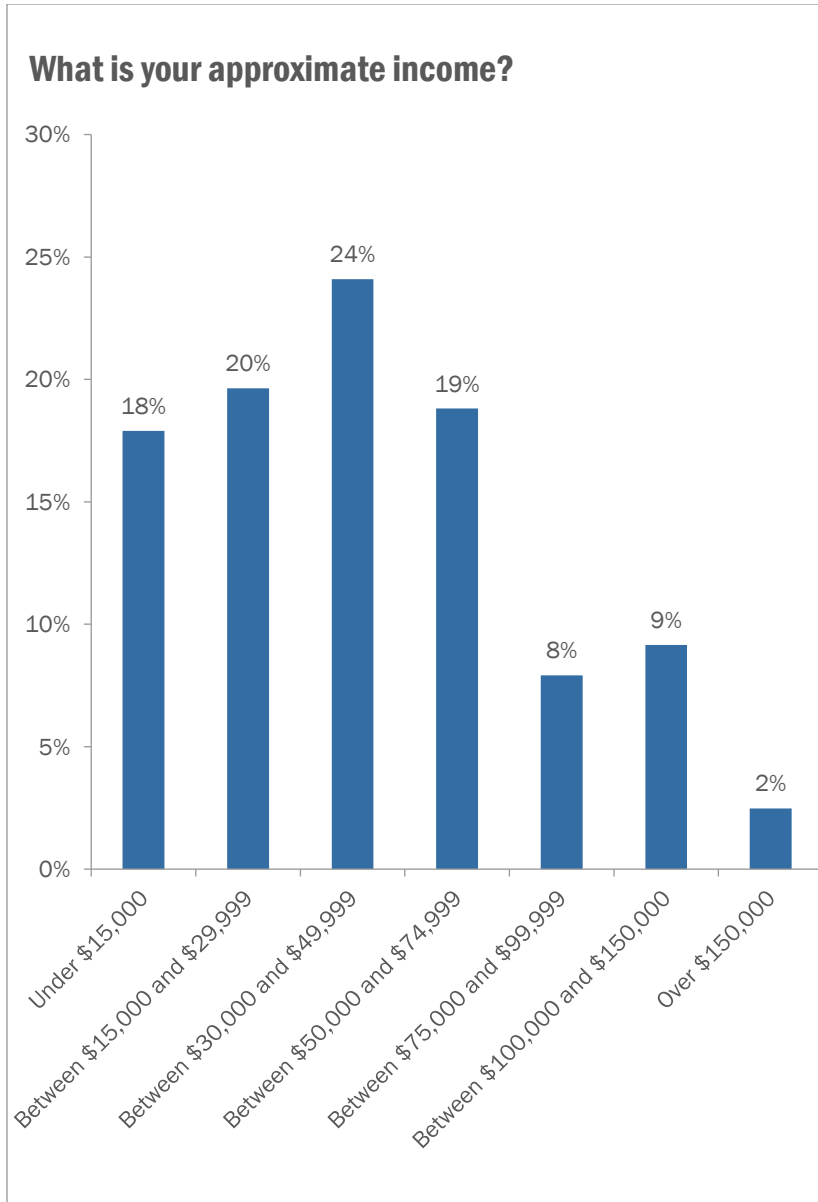
In the “Other” category, respondents included: German, French, Wailaki Northern Pomo, Navajo, Japanese, Mandarin Chinese, Portuguese, Russian, Hebrew and American Sign Language.



Two-thirds of Mendocino County’s survey respondents have at least some college.

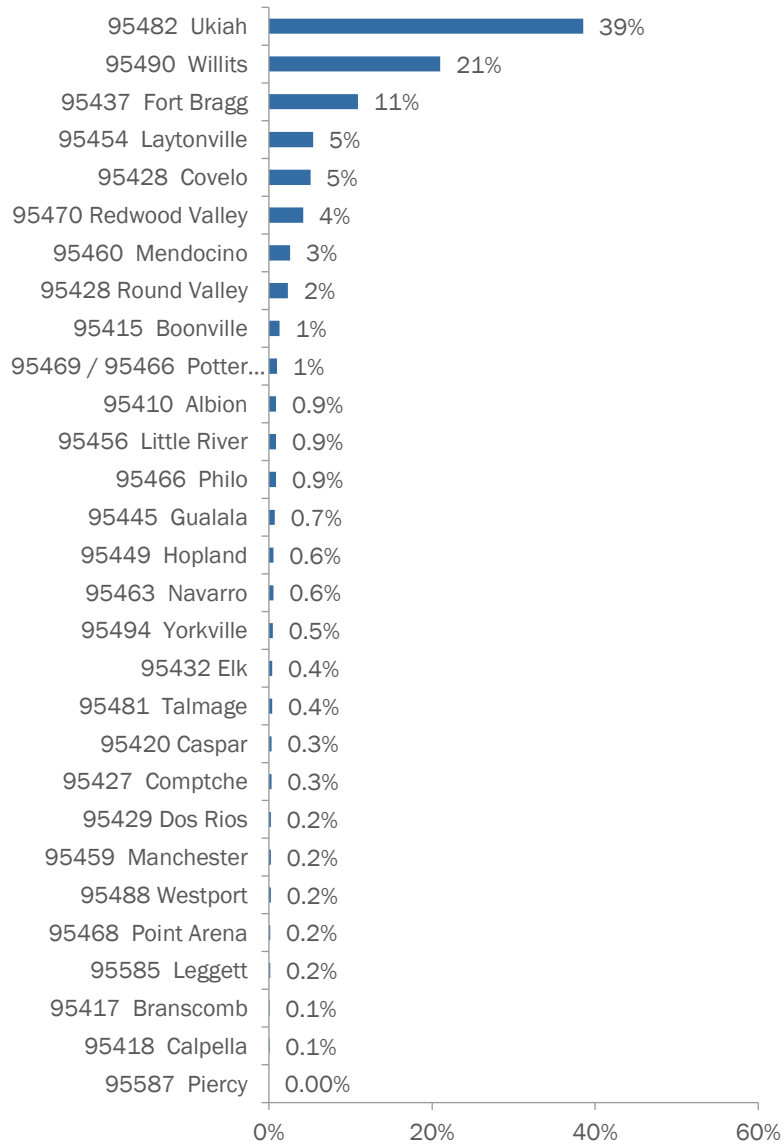


Educational attainment is positively correlated with increased income. Individuals with college degrees earned significantly more per year than those with less education. Over a third of individuals with a college degree or greater earned over \$75,000 per year.

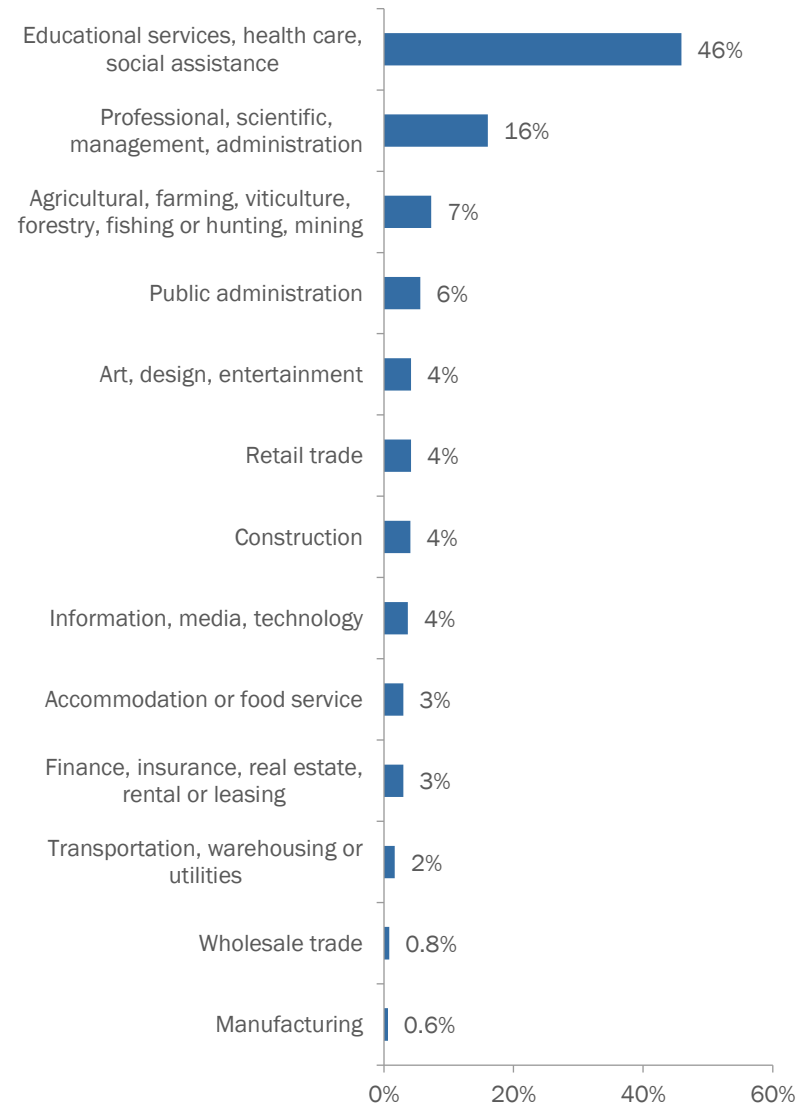


Household income level has been significantly linked to health. The higher one’s income, the less likely you are to die of premature death and the likelihood of disease is reduced. Wealthier areas tend to have healthier people. For minorities, this is especially true, and wealthier minorities also have better health. Low income families are defined by the Federal Poverty Level (FPL) guidelines. In 2018, a family of four with household incomes at or above 100% of the FPL had an annual income of about \$25,100. When asked about income, 62% reported making less than \$50,000 a year. The median household income in 2018 for Mendocino County is \$46,528, compared to the California median household income of \$67,169.

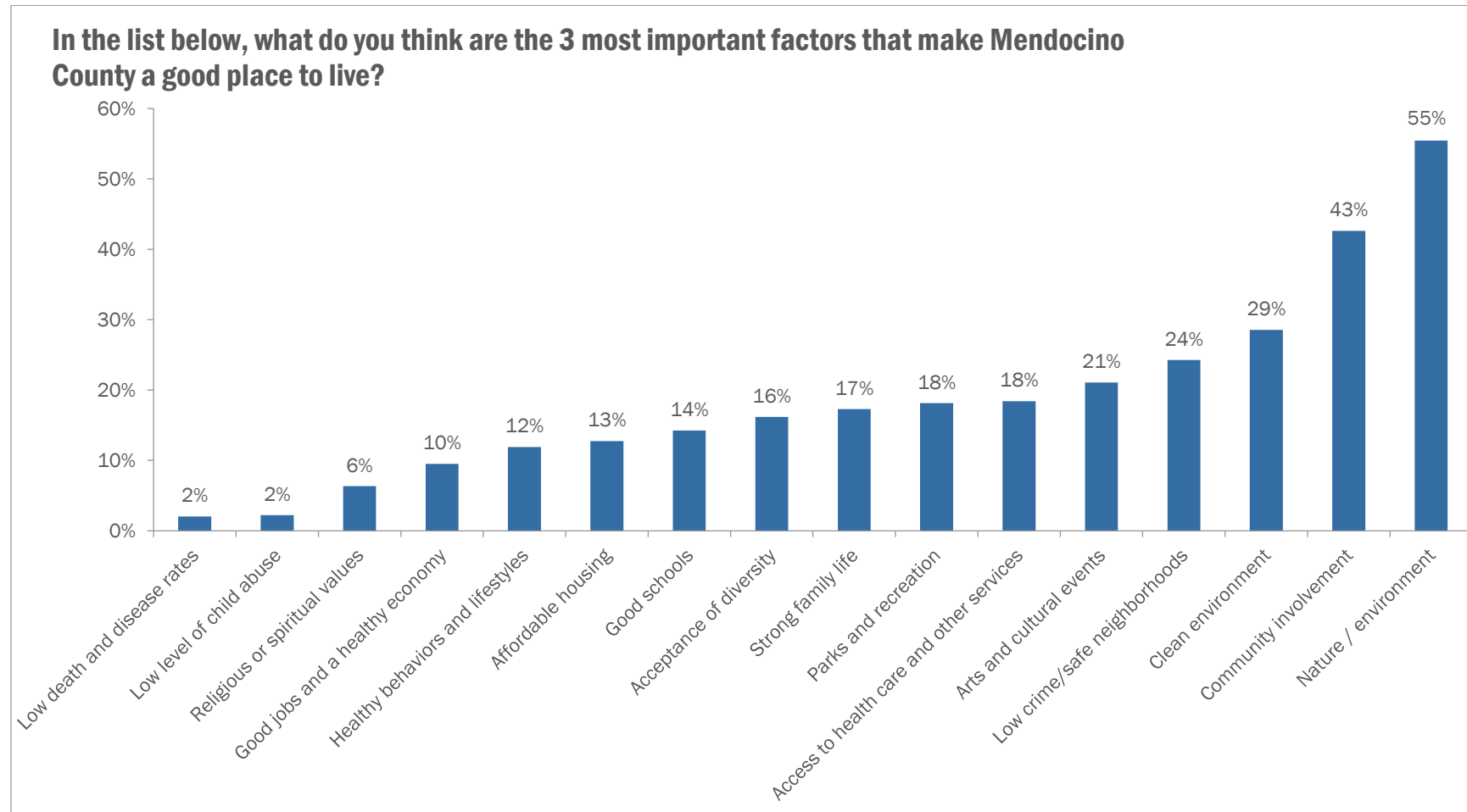
What is your home zip code?



Which of the following best describes your current occupation?

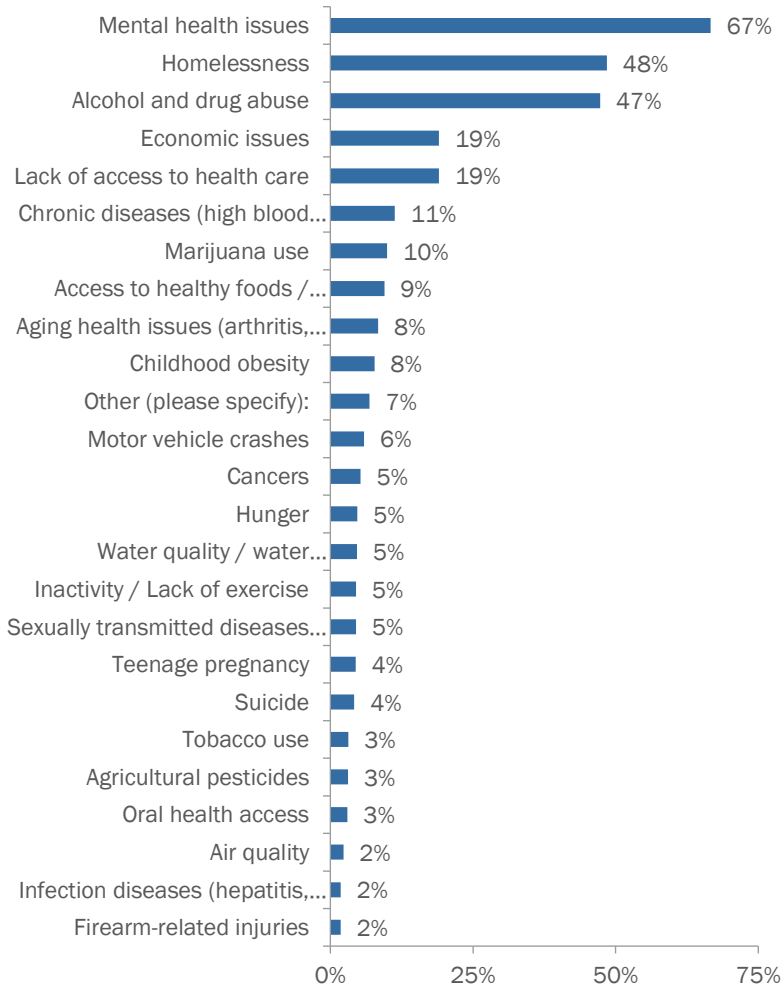


Perspective of Health in Mendocino County



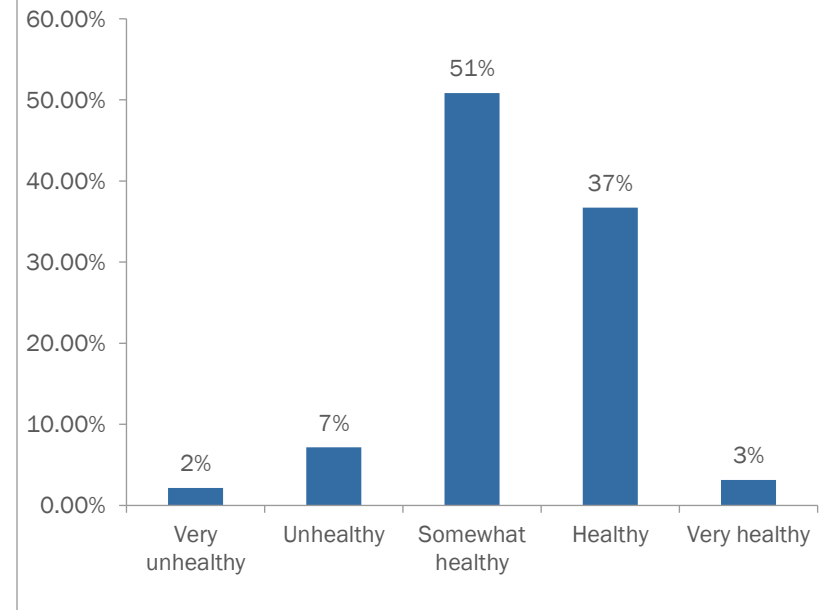
Residents said that the top three most important factors that make Mendocino County a good place to live are nature/environment (or overall location/being rural), community involvement and clean environment. Other responses included low/crime or safe neighborhoods, arts and cultural events and access to healthcare and other services. Community involvement was at the top of the list and could be attributed to the small town culture and the presence and active community involvement of many non-profit organizations in the county.

What do you think are the three most important health problems in Mendocino County? The most important health problems are those that have the greatest impact on overall community health in Mendocino County.

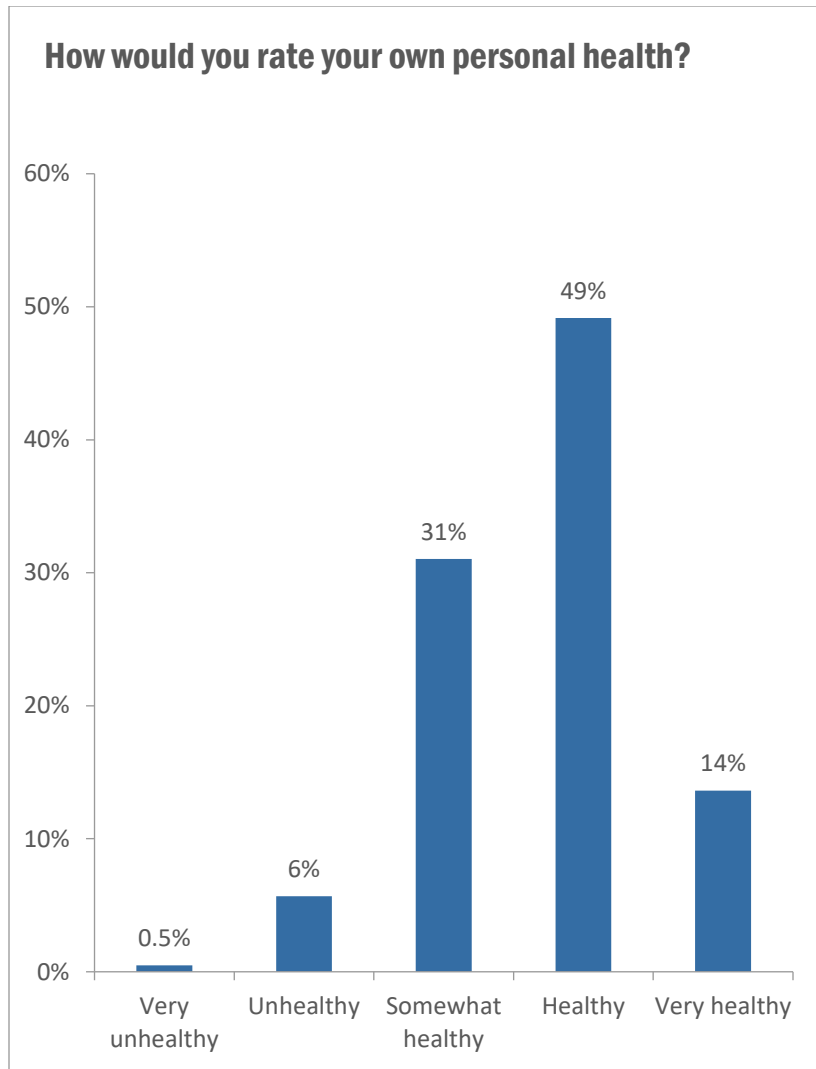


Mental health was listed by 67% of the respondents as the most important health problem in Mendocino County. This was followed by homelessness at 48% and alcohol and drug abuse at 47%. “Other” responses with over 10% saying so, included economic issues, lack of access to health care and chronic disease. Marijuana use, access to healthy food/poor diet, aging health issues and childhood obesity were in the top ten health problems.

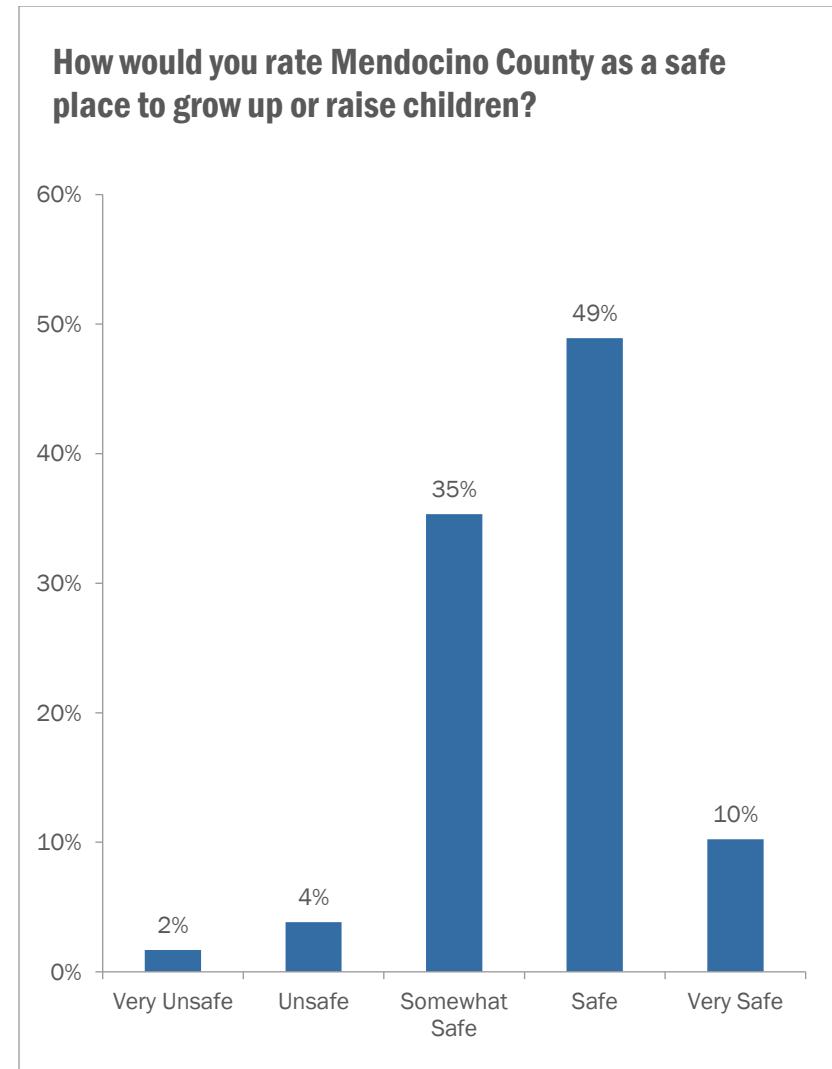
How would you rate Mendocino County as a healthy community to line in?



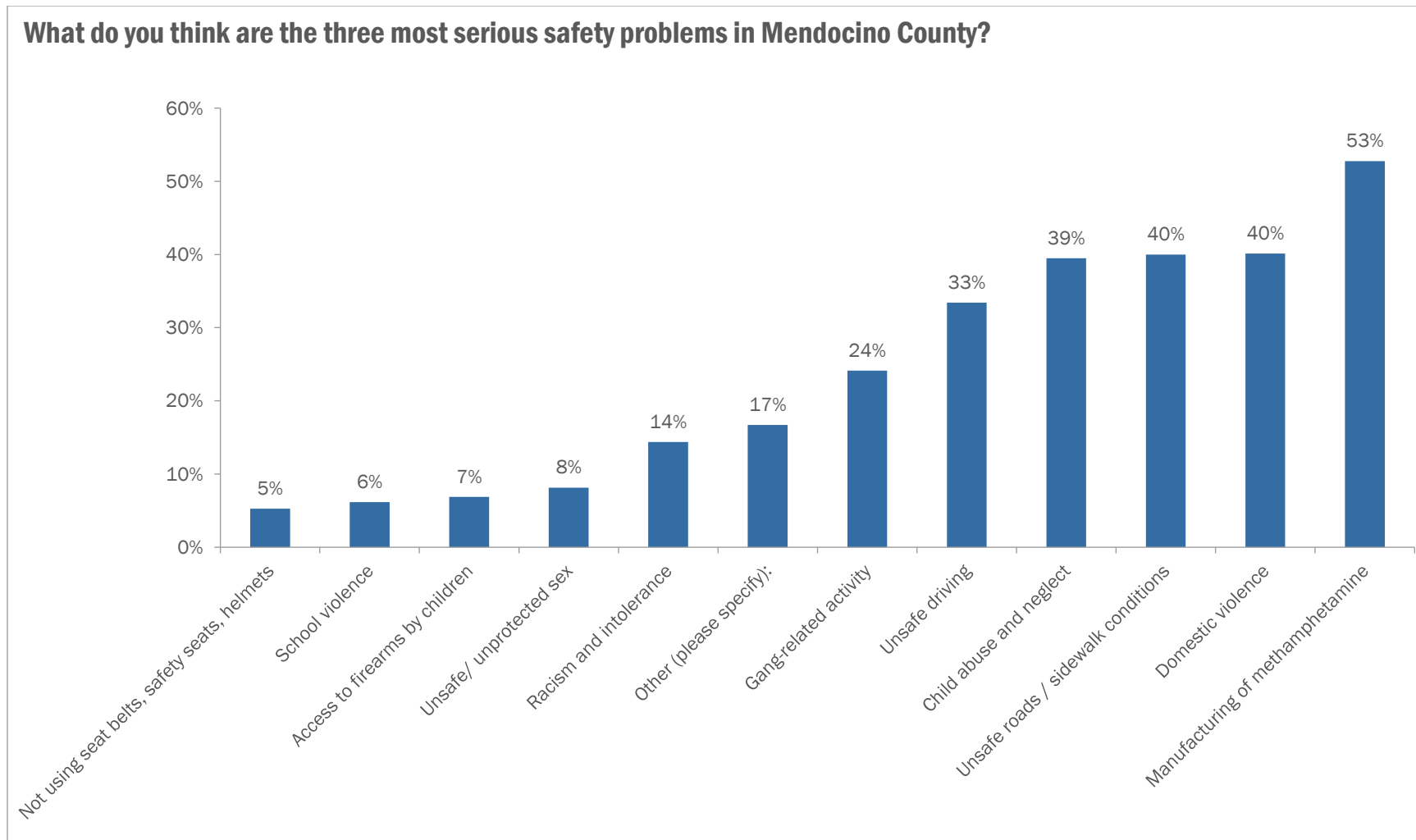
Half of the respondents said Mendocino County was a “somewhat healthy” community to live, while 37% said it is “healthy”. A small percentage said Mendocino County was “very unhealthy”.



Most respondents (63%) consider themselves “healthy” or “very healthy” when asked to rate their personal health.

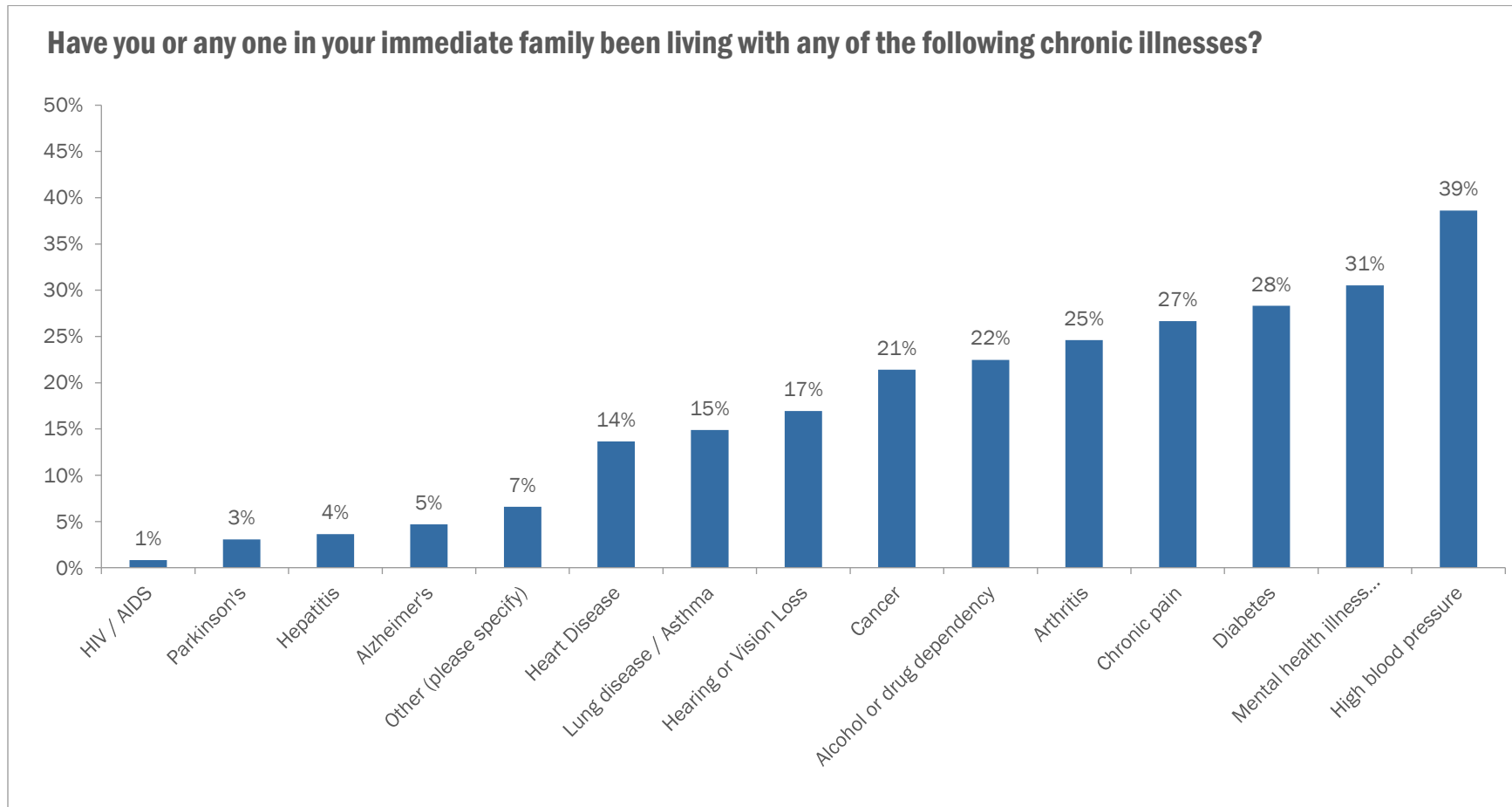


Almost half of respondents believe that Mendocino County is a safe place to grow up or raise children with 49%, followed closely by those who said it was “somewhat safe” with 35%.

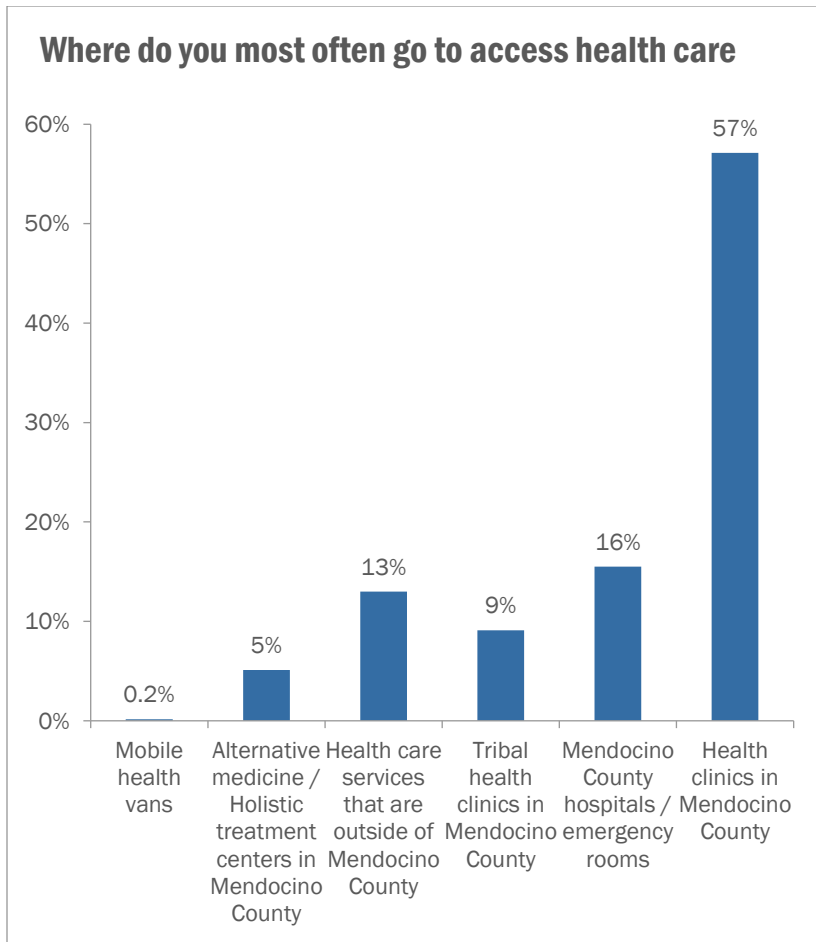


Over half of respondents mentioned manufacturing of methamphetamine as one of most serious safety problems in the county. Domestic violence and child abuse were also top concerns, and this is borne out by the data presented in this report. Unsafe roads, sidewalk conditions and unsafe driving were chosen predominately by respondents in more rural areas of the county. A majority of “other” issues mentioned that were not on the list are alcohol and drug use, including access to drugs (cannabis and other drugs), the culture of acceptance of using drugs and the violence or criminal activity it brings to the area due to the business of selling/growing it

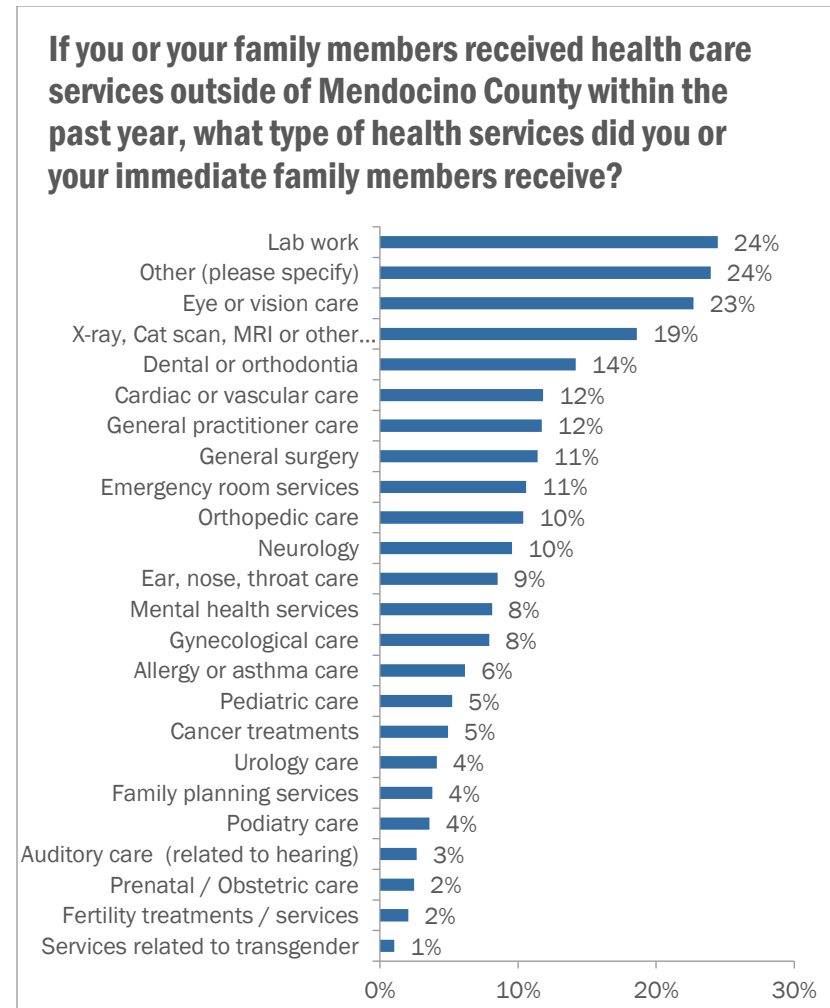
Access to Health Care Services



Over one-third of respondents stated that a mental health illness affected themselves or their families. In addition, over 20% of respondents stated alcohol or drug dependency was a problem for themselves or for family members. The Healthy Communities Institute surveys found that 13% of adults in Mendocino County reported feeling frequent mental distress. Other chronic illnesses included diabetes, high blood pressure and conditions normally found in older populations. "Other" chronic health conditions respondents mentioned include: allergies, autoimmune disease (lupus, multiple sclerosis, rheumatoid arthritis) and Lyme Disease.

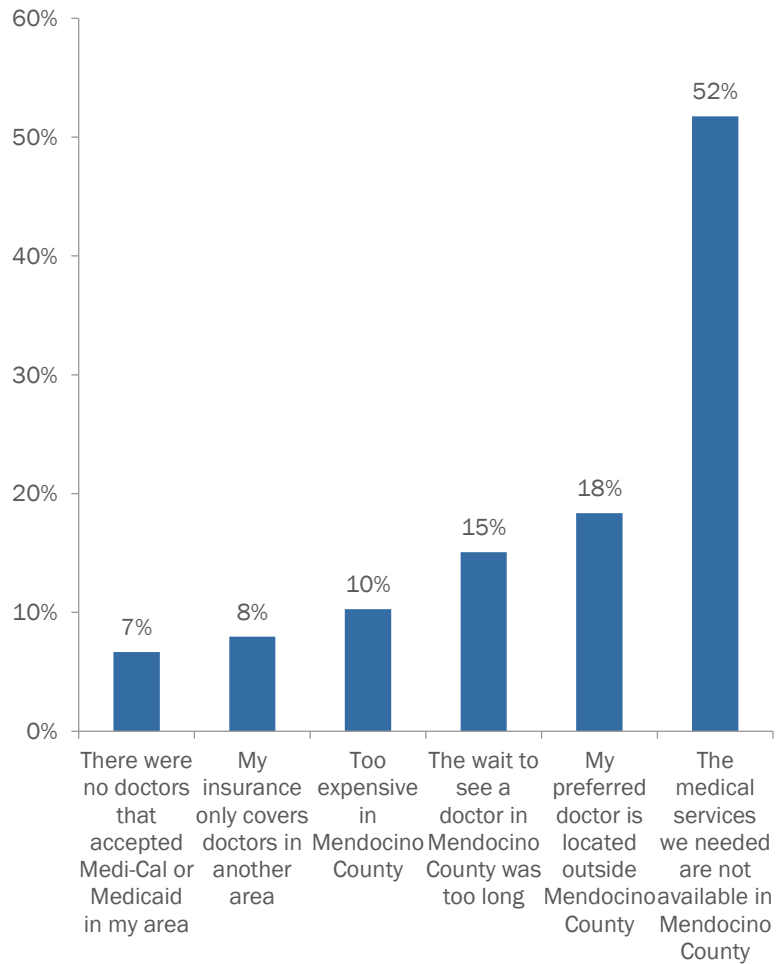


Most respondents accessed health care services in Mendocino County (87%), however 16% stated they went to Emergency Departments when they needed to see a physician. Seven percent of respondents stated they had no health insurance. Those who sought health care outside of the county most often said they went to health care providers in Santa Rosa, or to clinics or hospitals in the Bay Area.

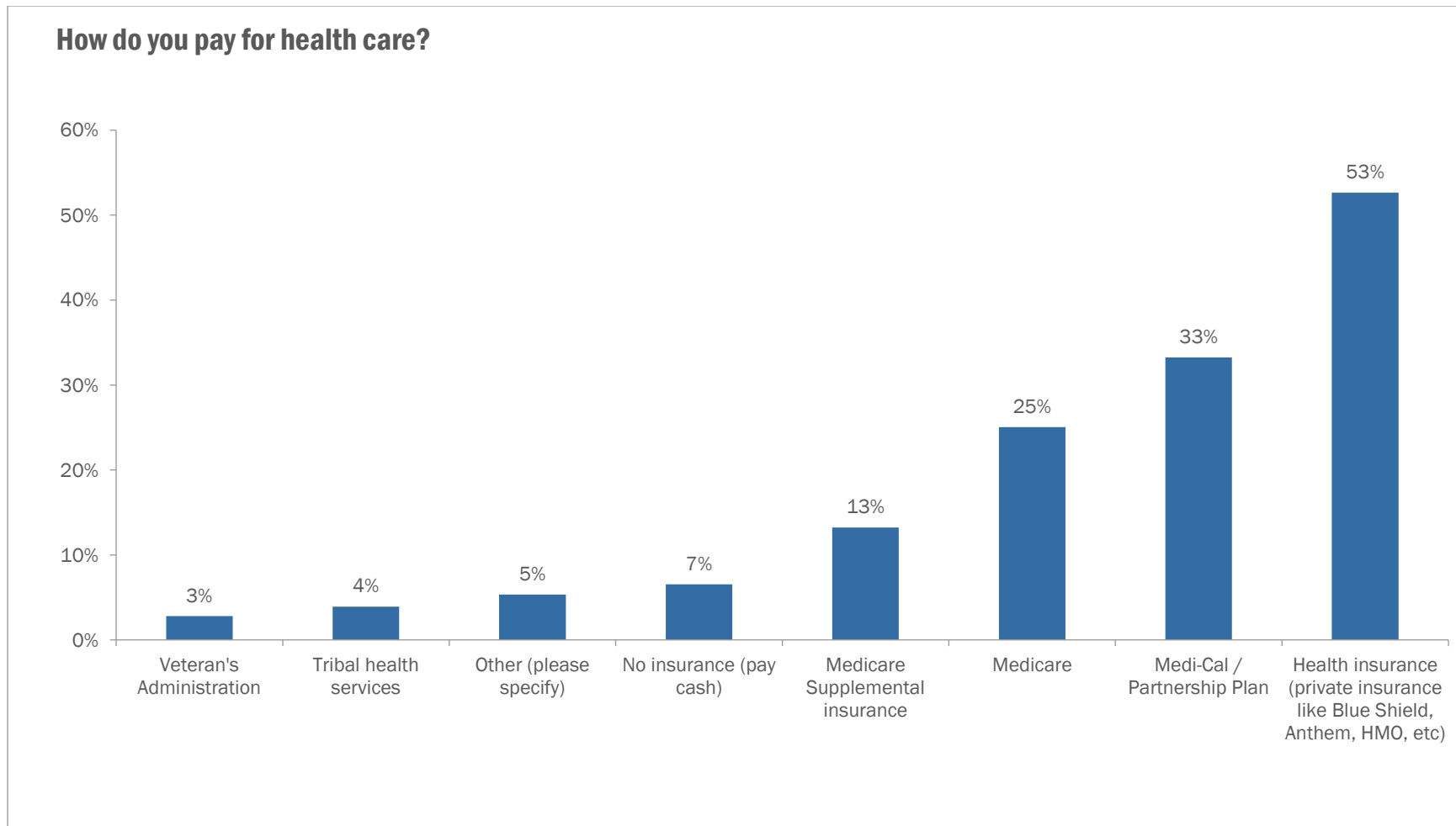


Lab work, eye and vision care, X-rays and MRI, dental services, and cardiac or vascular care were among the main reasons people sought health care services outside Mendocino County. “Other” answers included: dermatology, GI, endocrinology, rheumatology, pediatric specialties and treatment for sleep apnea.

If you or a family member received health care outside of Mendocino County, please choose the following choices that best explains why you went to a provider outside of the county.

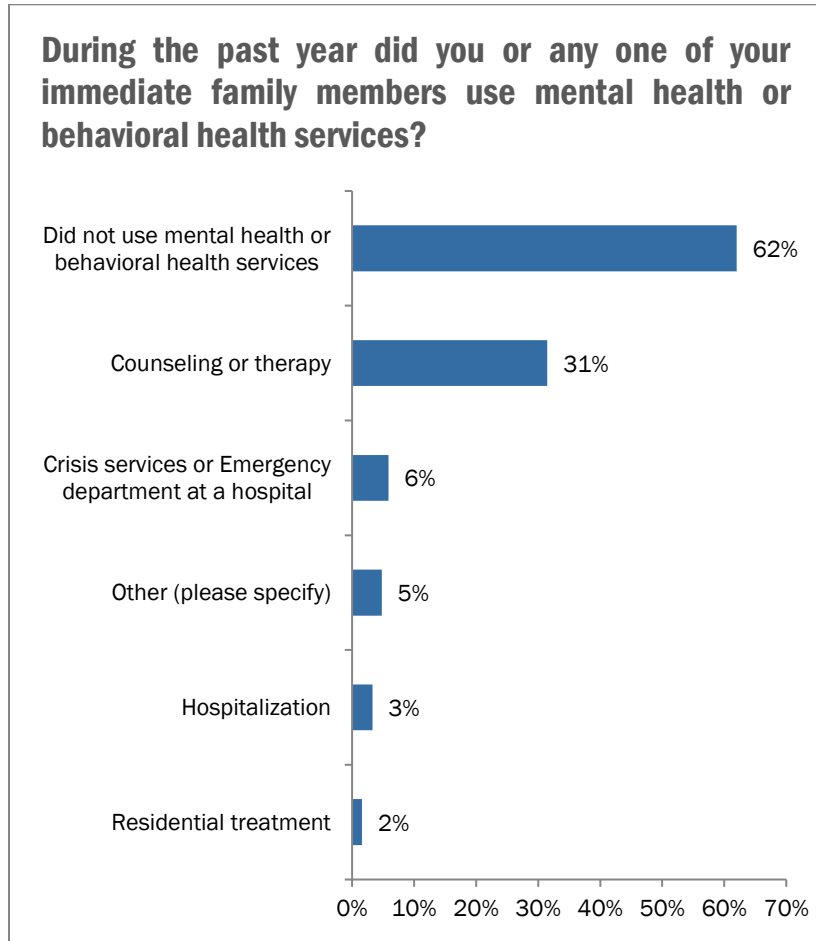


The majority of those who stated they received health care services outside of Mendocino County cited a lack of providers for specific services (52%), and long waits to see a health care provider (15%). “Other” reasons provided by respondents included: the perception that local health care providers offer a lower standard of care and a lack of confidence in local providers; the inability to be seen in a timely manner; issues resolving billing problems; high costs; confidentiality issues and a lack of providers who accept Medi-Cal insurance.

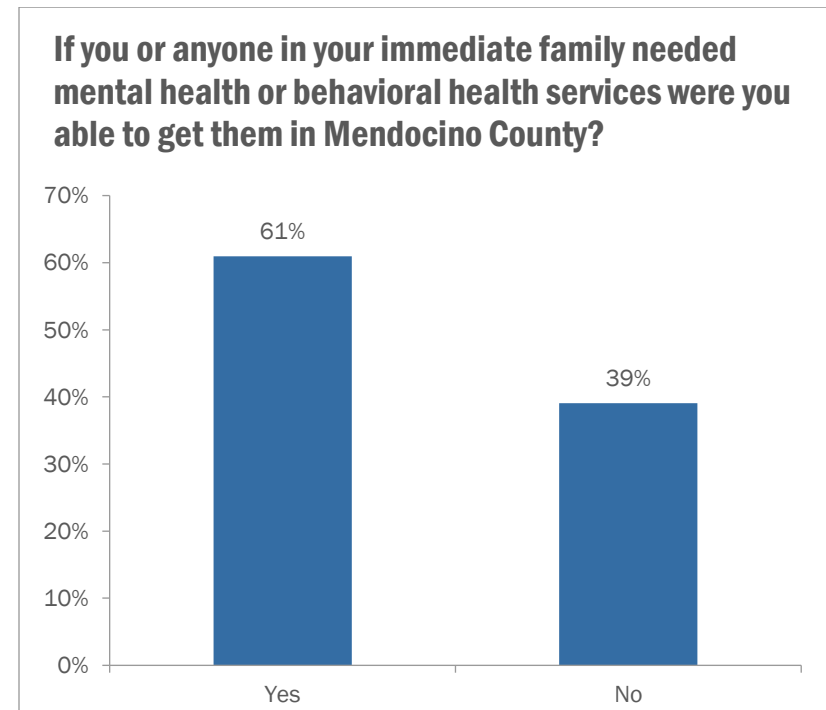


Seven percent of respondents stated they have no health insurance. Lack of health insurance can result in individuals delaying care and can contribute to higher rates of mortality. A 2002 study by the Institute of Medicine¹ found that the uninsured have worse survival rates and lack of health coverage which is associated with the lower use of preventative services. Delaying care worsens disease outcomes and leaves people exposed to high health care costs. These expenses can quickly turn into medical debt. Individuals with no insurance are also more likely to present at Emergency Departments for their care. ¹Institute of Medicine; Committee on the Consequences of Uninsurance, Care Without Coverage: Too Little, Too Late. Washington, DC., National Academies Pr 2002

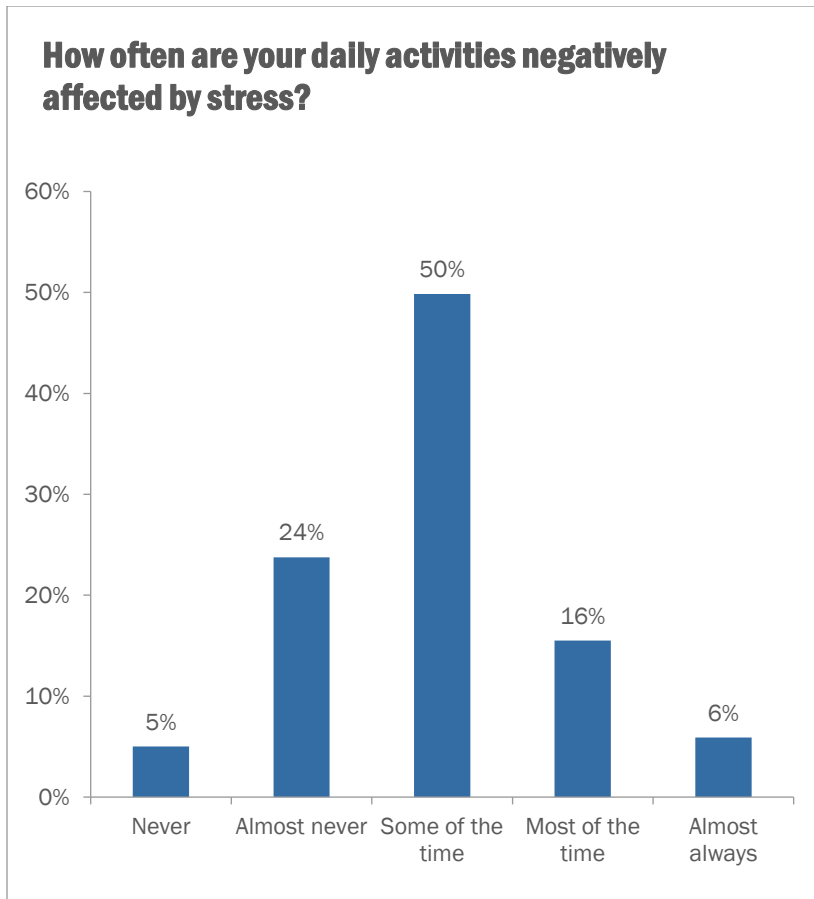
Mental Health Stability



Forty-eight percent of respondents stated they or a family member had used some form of mental health services during the past year. “Other” answers provided include: seeking care from a psychiatrist, and for mental health/behavioral health services for children.

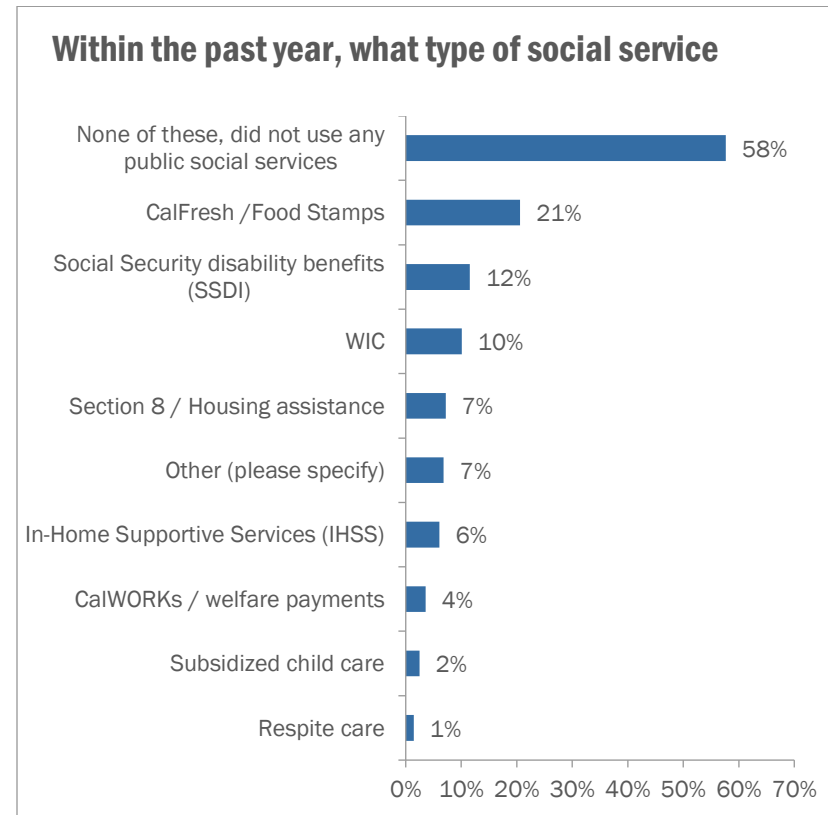


Approximately 40% of individuals or their immediate family members were unable to access mental health services when they needed them. Respondents had the opportunity to write in comments for this question and many stated they had concerns about confidentiality, that mental health treatment for youth was unavailable, and that they felt there was a lack of qualified mental health professionals. The California Department of Public Health estimates that Mendocino County has an age-adjusted rate of suicide at 21.3 per 100,000, compared to California’s rate of 10.4 per 100,000.



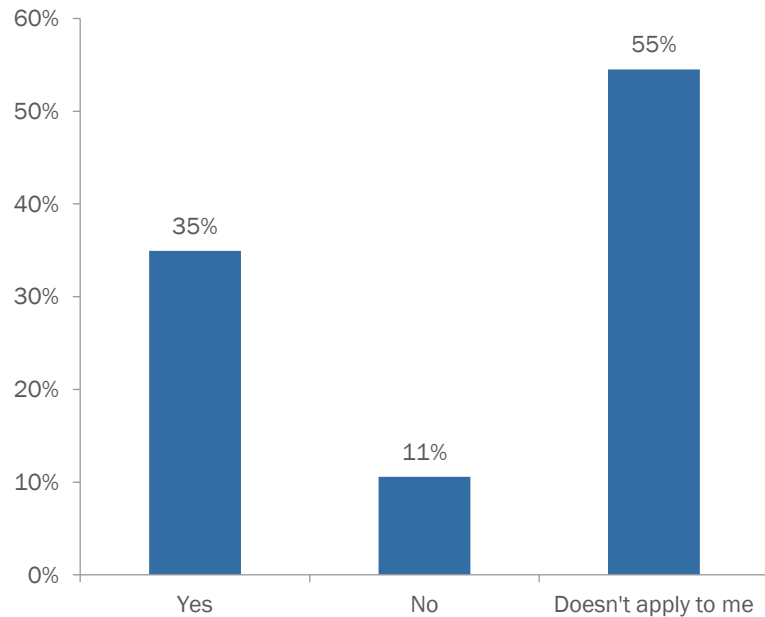
Almost half of respondents said their daily activities were negatively affected by stress “some of the time”, another 15% said most of the time and almost 6% said “almost always”. That makes 72% of the respondents reporting that they felt stressed in their everyday life. Chronic ongoing stress can cause serious health problems including cardiovascular disease, high blood pressure, heart attacks and stroke, and may make existing conditions worsen.

Access to Social Services Benefits



While most respondents did not use any type of social services (58%), help with providing food was the most utilized service. Many people stated that they were the “working poor”, and that they could use some help, but made just over the income threshold to qualify. Several people said that they were victims of the 2017 fires and had used relief funds. Others stated they used Home Energy Assistance, tribal commodities, Meals-on-Wheels, Medicare, and free school lunches.

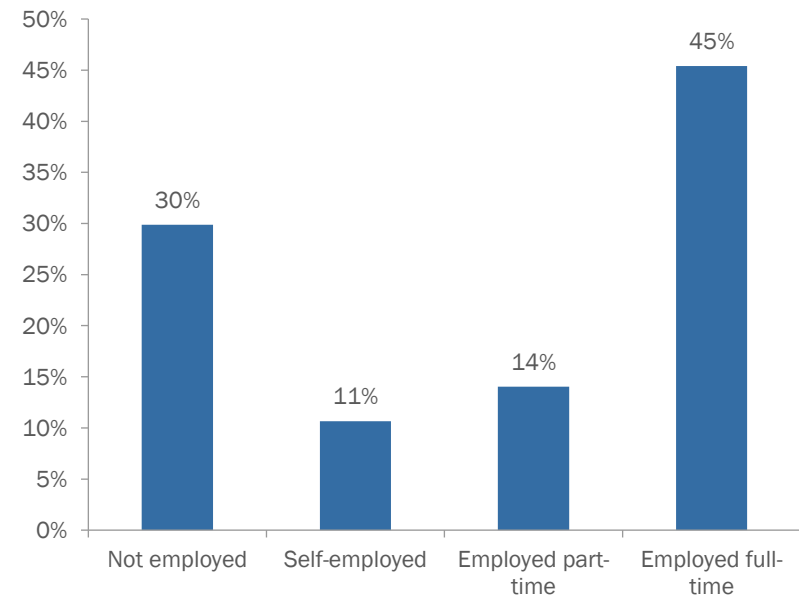
If you or anyone in your family needed social service benefits, were you able to get these services in Mendocino County?



Individuals who stated they were not able to access social services provided a variety of answers. Many stated they needed services but earned just over the limit on income to be able to qualify; some stated they had felony convictions and so were not eligible for services; some stated they'd applied, but had not heard back from social services.

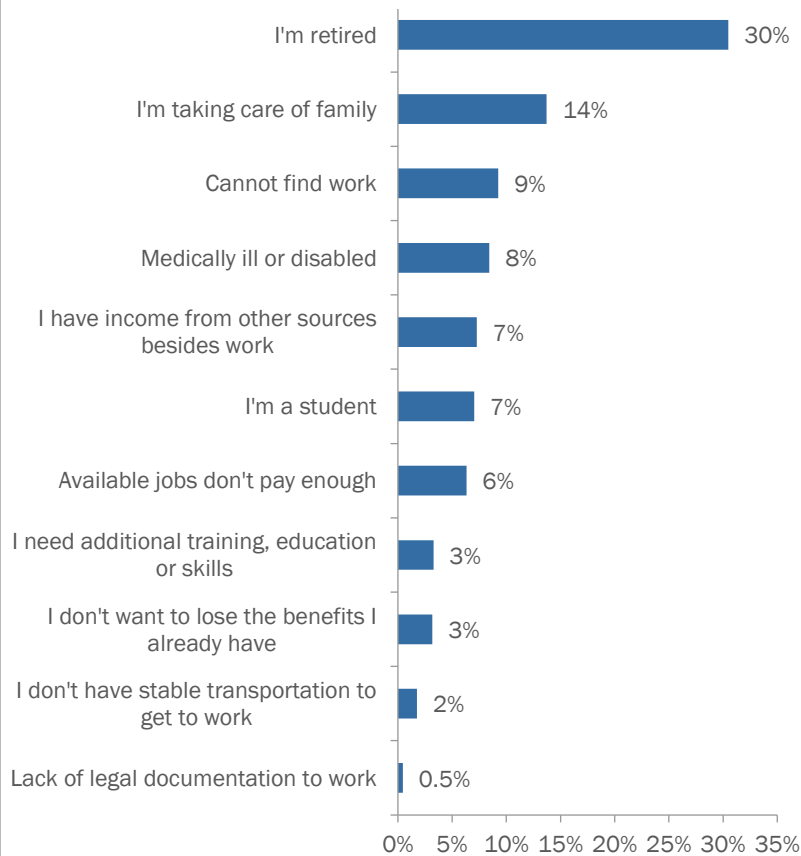
Employment Status

What is your current employment status?



Almost one-half of the respondents were employed full-time. Part-time employment was no more than 30 hours a week. The unemployment rate in Mendocino County has been declining since the recession of 2010, and as of May, 2019 was 3.2%. Many individuals said they were working multiple jobs.

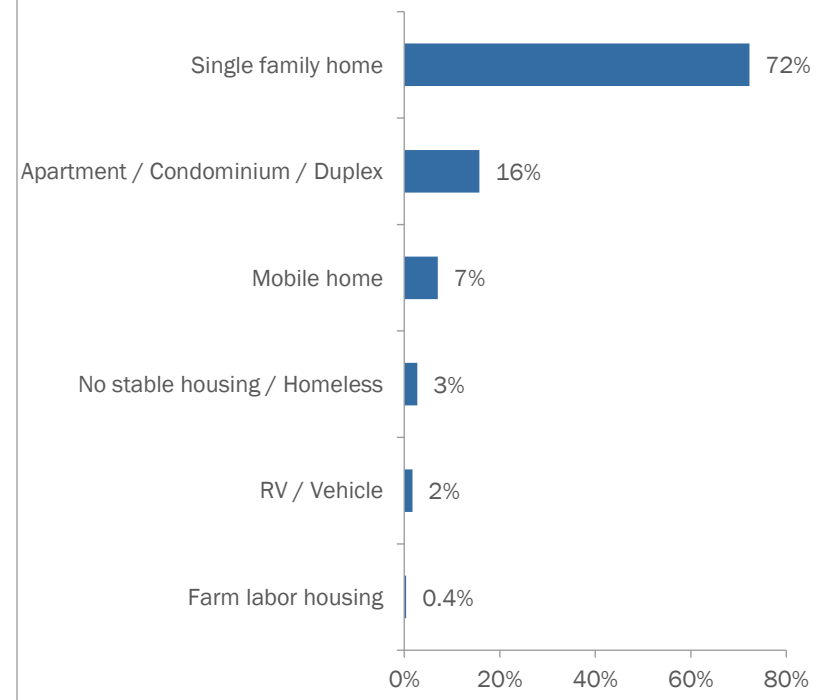
If you are not working or are only working part-time what are the main reasons?



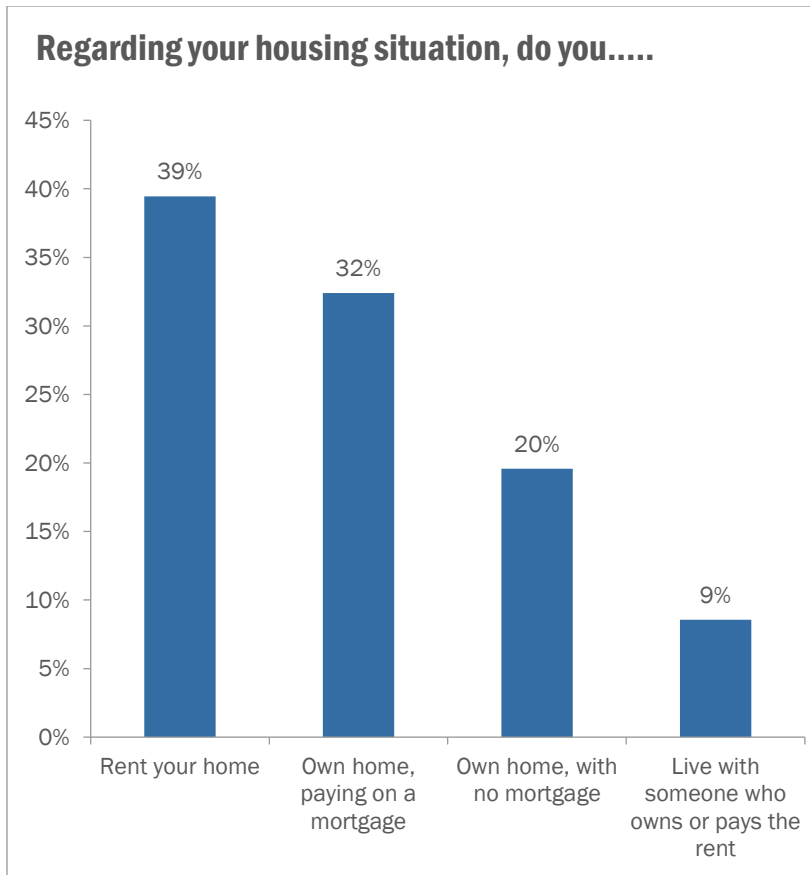
For those who were not working, about one-third identified as being retired. "Other" answers included being in a treatment program, not being able to find trusted childcare, not finding jobs, working at lumber mills, and being under too much stress to work.

Satisfaction with Housing Situation

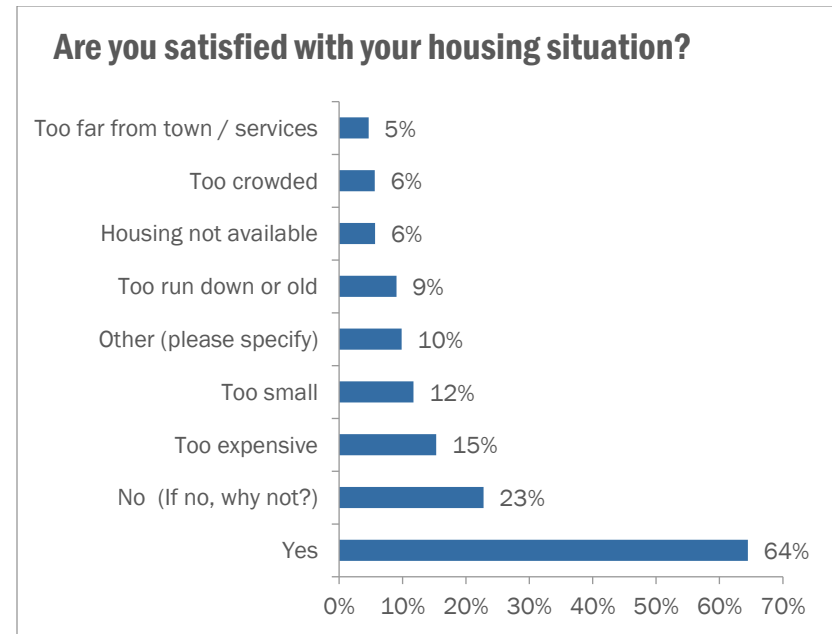
In what type of housing do you currently live?



While single family homes are the most common form of housing in Mendocino County, apartments and mobile homes made up about 24%, and 5% of respondents indicated they were homeless or lived in other types of housing. When people said they lived in "Other" kinds of housing the answers included: a barn, community housing, camping, rebuilding after fire, a motel or hotel, a wooden yurt, renting a room, senior housing, sober living environment, safe haven sanctuary, and transitional housing.



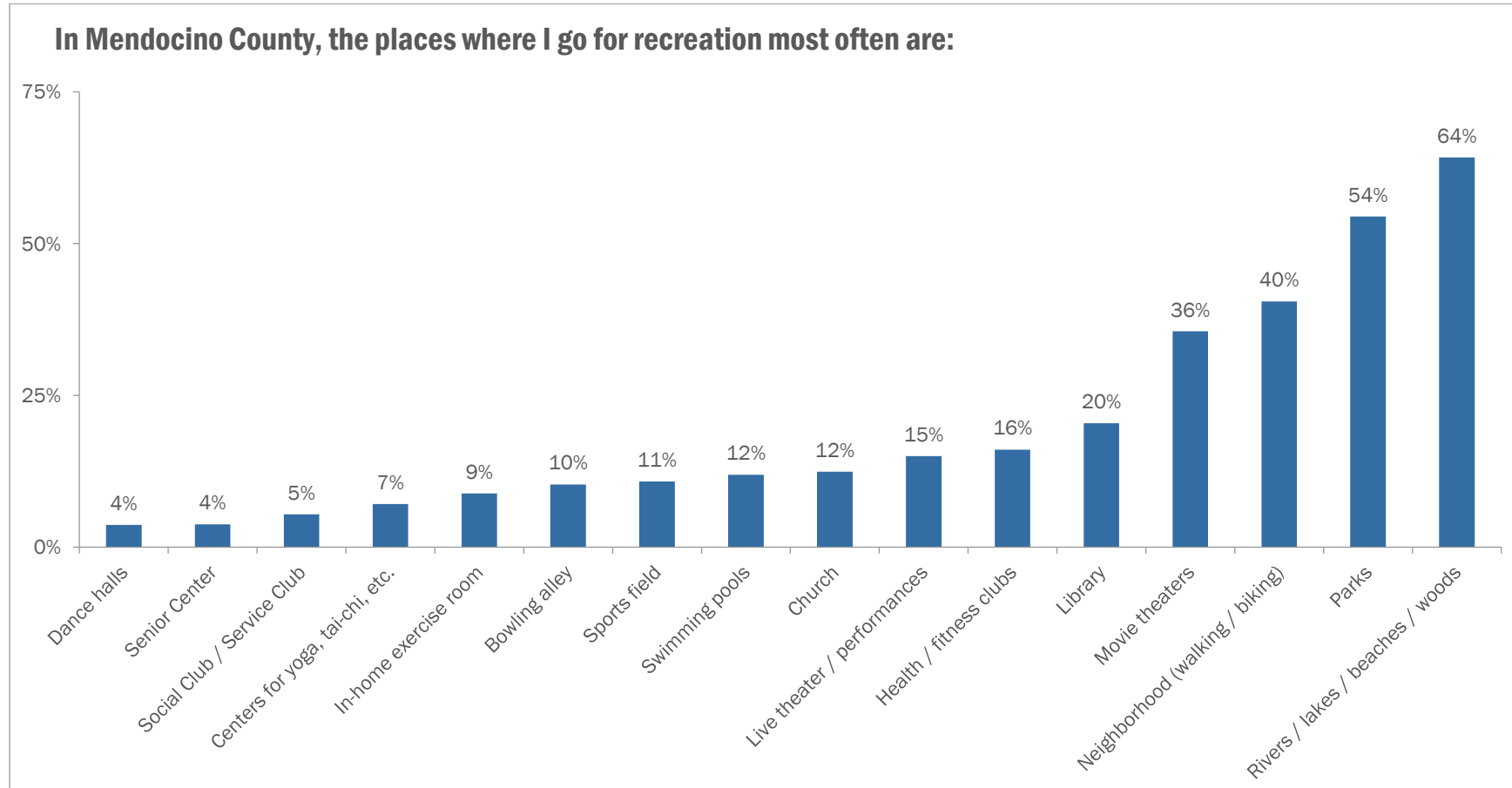
Whether it is better to rent or to own your home depends upon factors unique to each individual or family. Owning a home provides stability, appreciation of the home, tax and other advantages. Renting is often cheaper and allows for greater flexibility making life or job changes. The majority (52%) of respondents owned their own home, 40% rented a home and 9% lived with someone who owned or paid the rent.



The high costs of housing in Mendocino County are demonstrated by the 15% of respondents who said their housing costs were too high. This is borne out by data from the U.S. Census Bureau’s American Community Survey (ACS), which found that 54% of renters in Mendocino County spend a third or more of their total household income on rent. This is high, but still slightly lower than California overall, where 57% of renters spend a third or more on rent.

“Other” responses describing dissatisfaction with housing included: “my house has black mold”, “I have bad neighbors”, “I am concerned about fire danger”, “no garden space”, “hard to get around in electric wheelchair”, “inadequate infrastructure”, “living in a FEMA trailer since the fires”, “no internet access”, “no cell phone reception”, “property taxes too high”, “too hot in summer” and “too cold in winter”.

Favorite Places for Recreation/Social Activities in Mendocino County



With an abundance of natural beauty and places for outdoor recreation, it's clear that a majority of respondents said they enjoyed spending time out of doors.

“Other” answers included: AA meetings, sports practice, arts center, bars, the stable for my horse, coffee shops, golf courses, religious gatherings, enrichment centers at the Community College, museums, tribal gatherings, race track, working on the ranch, symphonies, shooting ranges, thrift stores, foot massage parlors, yard sales and “who has the time for recreation?”

ADDENDUM A

Community Health Survey Distribution

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Adventist Health Ukiah Valley • Adventist Health Howard Memorial • Mendocino Community Health Clinic • Consolidated Tribal Health • Anderson Valley Health Center • Long Valley Health Clinic - Laytonville • Round Valley Indian Health Center • Mendocino Coast Clinics • Redwood Coast Medical Services • Dr. DeGroot, Dermatologist - Ukiah • Family Resource Centers – Ukiah, Willits, Round Valley, Laytonville, Fort Bragg, Gualala • Senior Centers – Ukiah, Anderson Valley, Willits, Fort Bragg, Mendocino, Caspar, Point Arena | <ul style="list-style-type: none"> • Mendocino County Health & Human Services Agency: Social Services Offices – Ukiah, Willits, Fort Bragg • Mendocino County Health & Human Services Agency: WIC – Ukiah • Mendocino County Health & Human Services Agency: Behavioral Health – Ukiah • Mendocino County Health & Human Services Agency: Public Health - Ukiah • Rural Community Child Care - NCO • Head Start & Early Head Start - NCO • School Districts – Ukiah, Willits, Fort Bragg, Mendocino, Albion, Comptche, Point Arena, Gualala • Mendocino County Libraries – Ukiah, Willits, Laytonville, Point Fort Bragg, Mendocino, Point Arena, Bookmobile • Plowshares & Meals on Wheels | <ul style="list-style-type: none"> • Nor-Cal Ministry – Ukiah • Ukiah Food Bank • Tapestry – Ukiah • Manzanita – Ukiah MCHVAN – Ukiah • Project Sanctuary – Ukiah, Fort Bragg • Mendocino Coast Hospitality Center – Fort Bragg • Boys and Girls Club – Ukiah • Volunteer Income Tax Program - NCO – Ukiah • North Coast Opportunities - employees and clients • Mendocino County - employees • Ukiah Vecinos En Accion (UVA) • Round Valley Indian Tribes • Ukiah Natural Foods Co-op • Mariposa Market - Willits |
|--|--|--|



ADDENDUM B

2019 COMMUNITY HEALTH SURVEY

2019 Community Health Needs Assessment

We Need Your Help!

Please take a few minutes to complete the survey below. The purpose of the survey is to get your input about community health issues in Mendocino County. This information will be used by the Healthy Mendocino and Community Health Needs Assessment Planning Group to identify the most important problems that can be addressed through community action. The survey should only take about 10 minutes to complete. Be assured that all answers you provide will be kept in the strictest confidence. To complete the survey online use this link: <https://www.surveymonkey.com/r/BVQ5KCZ> or scan the QR code:



Thank you!

For the following questions, please **circle** the letter to the left of your answer.

1. In the list below, what do you think are the **three** most important **factors** that make this county a **good place to live**? (Please choose just 3 answers.)

- | | | |
|---|----------------------------------|-------------------------------------|
| a. Community involvement | g. Strong family life | m. Healthy behaviors and lifestyles |
| b. Low crime / safe neighborhoods | h. Clean environment | n. Low death and disease rates |
| c. Low level of child abuse | i. Affordable housing | o. Religious or spiritual values |
| d. Good schools | j. Acceptance of diversity | p. Arts and cultural events |
| e. Access to health care & other services | k. Nature / environment | |
| f. Parks and recreation | l. Good jobs and healthy economy | |

2. In the list below, what do you think are the **three** most important **health problems** in Mendocino County? The most important health problems are those that have the greatest impact on overall community health in Mendocino County. (Please choose just 3 answers.)

- | | | |
|-----------------------------|---------------------------------------|---|
| a. Motor vehicle crashes | j. Hunger | s. Air quality |
| b. Firearm-related injuries | k. Access to healthy food / Poor diet | t. Chronic diseases (high blood pressure, diabetes, etc.) |
| c. Mental health issues | l. Inactivity / Lack of exercise | |

- | | | |
|---|----------------------------|---|
| d. Sexually transmitted diseases (HIV, HPV, etc.) | m. Homelessness | u. Infectious Diseases (hepatitis, TB, influenza, etc.) |
| e. Teenage pregnancy | n. Economic issues | v. Aging health issues (arthritis, hearing loss, isolation, etc.) |
| f. Childhood obesity | o. Tobacco use | w. Oral health access |
| g. Lack of access to health care | p. Marijuana use | x. Cancers |
| h. Suicide | q. Alcohol and drug abuse | y. Other: _____ |
| i. Water quality / water conservation | r. Agricultural pesticides | |

3. How would you rate Mendocino County as **a healthy community** to live in? (Please select just 1 answer.)

1	2	3	4	5
Very Unhealthy	Unhealthy	Somewhat Healthy	Healthy	Very Healthy

4. How would you rate your **own personal health**? (Please select just 1 answer.)

1	2	3	4	5
Very Unhealthy	Unhealthy	Somewhat Healthy	Healthy	Very Healthy

5. How would you rate Mendocino County as **a safe place** to grow up or raise children? (Please select just 1 answer.)

1	2	3	4	5
Very Unsafe	Unsafe	Somewhat Safe	Safe	Very Safe

6. In the list below, what do you think are the **three** most serious **safety problems** in Mendocino County? (Please choose just 3 answers.)

- | | | |
|--|---------------------------------------|----------------------------|
| a. Unsafe driving | e. Unsafe roads / sidewalk conditions | h. School violence |
| b. Racism and intolerance | f. Access to firearms by children | i. Child abuse and neglect |
| c. Not using seat belts, safety seats, helmets | g. Manufacturing of methamphetamines | j. Domestic violence |
| d. Unsafe / unprotected sex | | k. Gang-related activity |
| | | l. Other: _____ |

7. Have you or any one in your immediate family been living with any of the following **chronic illnesses**? (Select all that apply.)

- | | | |
|-------------|----------------|------------------------|
| a. Diabetes | g. Parkinson's | k. High blood pressure |
| b. Cancer | h. Hepatitis | l. Arthritis |

- | | | |
|--------------------------|---|---------------------------|
| c. Heart Disease | i. Mental Health (depression, bipolar, schizophrenia, etc.) | m. Hearing or Vision Loss |
| d. Lung Disease / Asthma | j. Alcohol or drug dependency | n. Chronic Pain |
| e. HIV / AIDS | | o. None of these |
| f. Alzheimer's | | p. Other: _____ |

8. Where do you **most often** go to access health care services for yourself and your family? (Please select the one answer that best applies.)

- | | |
|---|--|
| a. Mendocino County hospitals / emergency rooms | e. Alternative Medicine / Holistic treatment centers in Mendocino County |
| b. Health clinics in Mendocino County | f. Health care services outside of Mendocino County, in / near: _____ |
| c. Tribal health clinics in Mendocino County | |
| d. Mobile health vans | g. Other: _____ |

9. If you or your family members received health care services **outside of Mendocino County** within the past year, what type of **health services** did you or your immediate family members receive? (Please select all that apply.)

- | | | |
|--|----------------------------------|-------------------------------|
| a. Lab work | h. Family planning services | o. Eye or vision care |
| b. General surgery | i. Transgender related services | p. Orthopedic care |
| c. Urology care | j. Emergency room services | q. Neurology |
| d. Ear, nose, throat care | k. Cancer treatments | r. Cardiac or vascular care |
| e. Podiatry care | l. Fertility treatments/services | s. Dental or orthodontia care |
| f. X-Ray, CAT scan, MRI, other imaging service | m. Allergy / asthma care | t. Prenatal / Obstetrics |
| g. Auditory care (related to hearing) | n. General practitioner care | u. Pediatric care |
| | | v. Gynecological care |
| | | v. Other: _____ |

10. If you or a family member received health care **outside of Mendocino County**, please choose the following choices that best explains why you went to a provider outside of the county. (Please select all that apply.)

- | | |
|---|--|
| a. Medical services I / we needed are not available in Mendocino County | d. There were no doctors that accepted Medi-Cal or Medicaid in my area |
| b. The wait to see a doctor in Mendocino County was too long | e. Too expensive in Mendocino County |
| c. My insurance only covers doctors in another area | f. My preferred doctor is located outside Mendocino county |
| | g. Other: _____ |

11. How do you **pay** for health care? (Please select all that apply.)
- | | | |
|---|------------------------------------|-----------------------------|
| a. No insurance (pay cash) | c. Medi-Cal / Partnership Plan | f. Veteran's Administration |
| b. Health insurance (i.e., private insurance like Blue Shield, Anthem, HMO, etc.) | d. Medicare | g. Indian Health Services |
| | e. Medicare Supplemental Insurance | h. Other: _____ |

12. During the past year did you or any one of your immediate family members use **mental / behavioral health services**? (Please select all that apply.)

1	2	3	4	5
None	Crisis / ER	Hospitalization	Counseling / Therapy	Residential treatment
Other: _____				

13. If you or anyone in your immediate family needed mental health or behavioral health services, were you able to get these services **in Mendocino County**? Check 1. ____YES ____NO

If no, please describe/explain: _____

14. How often are your daily activities negatively affected by **stress**? (Please select just 1 answer.)

1	2	3	4	5
Never	Almost never	Some of the time	Most of the time	Almost always

15. Within the past year, what type of **social service benefits**, if any, did you or anyone in your family need? (Please select all that apply.)

a. Food stamps / Cal Fresh	e. In-Home Supportive Services (IHSS)	g. Respite care
b. WIC	f. Social Security disability benefits (SSDI)	h. Subsidized childcare
c. Welfare payments / Calworks		i. None of these
d. Housing assistance (Section 8)		j. Other: _____

16. If you or anyone in your family needed **social services benefits**, were you able to get these services **in Mendocino County**? Check 1. ____YES ____NO

If no, please describe/explain: _____

17. What is your current **employment** status? (Please select just 1 answer.)

- | | | | |
|--------------|---------------|---|---|
| 1 | 2 | 3 | 4 |
| Not employed | Self-employed | Employed part-time
(8-30 hours a week) | Employed full-time
(more than 30 hours a week) |

If you are employed **part-time**, and have more than one job, please list the number of jobs you work: _____

18. If you are **not working or are only working part-time**, what are the main reasons? (Please select all that apply.)

- | | |
|---|--|
| <ul style="list-style-type: none"> a. Medically ill or disabled b. Cannot find work c. Cannot find full-time work d. Retired e. Student f. Taking care of family g. Available jobs do not pay enough | <ul style="list-style-type: none"> h. I don't want to lose the benefits I already have i. Lack of legal documentation to work j. Lack of stable transportation to job site k. I have income from other sources beside work l. I need additional training, education or skills (e.g., English language, reading and writing, math, computers, etc.) Please list what you need: _____ |
|---|--|

19. What type of **housing** do you currently live in? (Please choose just 1 answer.)

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> a. Apartment / Condominium/Duplex b. Mobile home | <ul style="list-style-type: none"> c. Single family house d. Farm labor housing | <ul style="list-style-type: none"> e. RV / Vehicle f. No stable housing g. Other: _____ |
|---|---|--|

20. Regarding your **housing situation**, do you: (Please choose just 1 answer.)

- | | |
|--|---|
| <ul style="list-style-type: none"> a. Rent b. Own home with a mortgage or loan c. Own home without a mortgage or loan | <ul style="list-style-type: none"> d. Live with other who owns or pays rent e. Other: _____ |
|--|---|

21. Are you **satisfied** with your housing situation? Check 1. _____ YES _____ NO

If no, **why not?** (Please select all that apply.)

- | | |
|--|--|
| <ul style="list-style-type: none"> a. Too small b. Too crowded c. Housing not available | <ul style="list-style-type: none"> d. Too run down or old e. Too expensive f. Too far from town / services g. Other: _____ |
|--|--|

22. In Mendocino County, the places where I go **for recreation most often** are: (Please choose just 3 answers.)

- | | | |
|-------------------------------------|------------------------------------|------------------------------------|
| a. Parks | g. Bowling alley | l. Church |
| b. Movie theaters | h. Swimming pools | m. Senior Center |
| c. Live theater / performances | i. Health / fitness clubs | n. Library |
| d. Social club / Service club | j. Dance halls | o. Neighborhood (walking / biking) |
| e. Rivers / lakes / beaches / woods | k. Centers for yoga, tai-chi, etc. | p. In-home exercise room |
| f. Sports fields | | q. Other: _____ |

The following questions are for **demographic purposes** only to ensure we are getting responses from a wide range of people in the county. Your responses will remain **completely anonymous**.

23. What is your **gender**?

- | | |
|-----------|--|
| a. Male | c. Transgender |
| b. Female | d. If your identity is not listed above, please self-identify: |
-

24. What is your **marital status**?

- | | | |
|---------------------|-------------|--------------|
| a. Married | c. Divorced | e. Widowed |
| b. Domestic Partner | d. Single | f. Separated |

25. What is your **age**?

- | | | |
|-------------------|-------------------|-------------------|
| a. Under 18 years | d. 40 to 54 years | f. 65 to 80 years |
| b. 18 to 25 years | e. 55 to 64 years | g. Over 80 years |
| c. 26 to 39 years | | |

26. Which **ethnicity** you most identify with? (Select all that apply.)

- | | | |
|-----------------------------|---|--------------------------------------|
| a. White or Caucasian | d. Asian or Asian American | f. American Indian and Alaska Native |
| b. Black / African American | e. Native Hawaiian and other Pacific Islander | g. Two or more races |
| c. Hispanic or Latino | | |

27. What **language(s)** do you speak in your home? (Select all that apply.)

- | | |
|------------|-----------------|
| a. English | c. Tagalog |
| b. Spanish | d. Other: _____ |

28. What is your highest **education** level? (Please select just 1 answer.)

- | | | |
|-----------------------------------|------------------------------|--|
| a. Did not attend school | e. Some college | h. Graduate or professional degree or higher |
| b. Less than High School Graduate | f. Vocational / trade school | |
| c. High School Diploma | g. College degree | |
| d. GED | | |

29. What is your home **zip code**? (Please select just 1 answer.)

- | | | |
|--------------------|-----------------------|--------------------------------|
| a. 95410 Albion | j. 95437 Fort Bragg | t. 95587 Piercy |
| b. 95415 Boonville | k. 95445 Gualala | u. 95468 Point Arena |
| c. 95417 Branscomb | l. 95449 Hopland | v. 95469/95466 Potter Valley |
| d. 95418 Calpella | m. 95454 Laytonville | w. 95470 Redwood Valley |
| e. 95420 Caspar | n. 95585 Leggett | x. 95481 Talmage |
| f. 95427 Comptche | o. 95456 Little River | y. 95482 Ukiah |
| g. 95428 Covelo | p. 95459 Manchester | z. 95488 Westport |
| h. 95429 Dos Rios | q. 95460 Mendocino | aa. 95494 Willits |
| i. 95432 Elk | r. 95463 Navarro | bb. 95494 Yorkville |
| | s. 95466 Philo | cc. Round Valley Indian Tribes |

30. Which of the following best describes your **current occupation**? (Please select just 1 answer.)

- | | | |
|--|---|---|
| a. Agriculture, farming, viticulture, forestry, fishing, hunting, mining | g. Information, media, technology | j. Educational services, health care, social assistance |
| b. Construction | h. Finance, insurance, real estate, rental, leasing | k. Art, design, entertainment |
| c. Manufacturing | i. Professional, scientific, management, administrative | l. Accommodation, food service |
| d. Wholesale trade | | m. Public administration |
| e. Retail trade | | n. Other: _____ |
| f. Transportation, warehousing, utilities | | |

31. Your annual household **income**? (Please select just 1 answer.)

- | | | |
|----------------------------------|----------------------------------|------------------------------------|
| a. Under \$15,000 | d. Between \$50,000 and \$74,999 | f. Between \$100,000 and \$149,999 |
| b. Between \$15,000 and 29,999 | e. Between \$75,000 and \$99,999 | g. Over \$150,000 |
| c. Between \$30,000 and \$49,999 | | |

Thank you very much for your response!

If you would like more information about this project, please contact us at the telephone / email below.

Phone: 707-467-3228

Email: healthymendocino@ncoinc.org

Mail to:

Attn: Healthy Mendocino

413 North State Street

Ukiah, CA 95482

ADDENDUM C

ENCUESTA DE SALUD COMUNITARIA 2019 - Evaluación de las necesidades de salud de la comunidad

2019 ENCUESTA DE SALUD COMUNITARIA - Evaluación de las necesidades de salud de la comun

Tómese unos minutos para completar la encuesta a continuación. El propósito de la encuesta es obtener su opinión sobre los problemas de salud de la comunidad en el Condado de Mendocino. Esta información será utilizada por Healthy Mendocino y el Grupo de Planificación de la Evaluación de las Necesidades de Salud de la Comunidad para identificar los problemas más importantes que pueden abordarse a través de la acción comunitaria. La encuesta sólo debe tomar unos 10 minutos para completar. Tenga la seguridad de que todas las respuestas que proporcione se mantendrán en la más estricta confidencialidad. ¡Gracias!

1. ¿Cuáles cree que son los tres factores más importantes que hacen que este condado sea un buen lugar para vivir? Por favor, elija 3.

- | | | |
|---|---|--|
| <input type="checkbox"/> Participación de la comunidad | <input type="checkbox"/> Vida familiar fuerte | <input type="checkbox"/> Conductas y estilos de vida saludables. |
| <input type="checkbox"/> Baja delincuencia / barrios seguros | <input type="checkbox"/> Ambiente limpio | <input type="checkbox"/> Bajos índices de mortalidad y enfermedades. |
| <input type="checkbox"/> Bajo nivel de maltrato infantil. | <input type="checkbox"/> Vivienda asequible | <input type="checkbox"/> Valores religiosos o espirituales. |
| <input type="checkbox"/> Buenas escuelas | <input type="checkbox"/> Naturaleza / medio ambiente | <input type="checkbox"/> Eventos artísticos y culturales. |
| <input type="checkbox"/> Acceso a servicios de salud y otros servicios. | <input type="checkbox"/> Aceptación de la diversidad. | |
| <input type="checkbox"/> Parques y Recreación | <input type="checkbox"/> Buenos empleos y economía saludable. | |
| <input type="checkbox"/> Otro: | | |

2. En la lista a continuación, ¿cuáles cree que son los tres problemas de salud más importantes en el condado de Mendocino? Los problemas de salud más importantes son aquellos que tienen el mayor impacto en la salud general de la comunidad en el Condado de Mendocino. Por favor, elija 3.

- | | | |
|--|---|---|
| <input type="checkbox"/> Accidentes automovilísticos | <input type="checkbox"/> Calidad del agua / conservación del agua. | <input type="checkbox"/> Abuso de alcohol y drogas |
| <input type="checkbox"/> Lesiones relacionadas con armas de fuego | <input type="checkbox"/> Hambre | <input type="checkbox"/> Calidad del aire |
| <input type="checkbox"/> Problemas de salud mental | <input type="checkbox"/> Acceso a alimentos saludables / mala alimentación. | <input type="checkbox"/> Pesticidas agrícolas |
| <input type="checkbox"/> Enfermedades de transmisión sexual (VIH, VPH , etc.) | <input type="checkbox"/> Inactividad / Falta de ejercicio | <input type="checkbox"/> Enfermedades crónicas (obesidad, hipertensión arterial , diabetes, etc.) |
| <input type="checkbox"/> Embarazo en la adolescencia | <input type="checkbox"/> La falta de vivienda | <input type="checkbox"/> Enfermedades infecciosas (hepatitis, tuberculosis, etc.) |
| <input type="checkbox"/> Obesidad infantil | <input type="checkbox"/> Problemas económicos | <input type="checkbox"/> Problemas de salud por el envejecimiento (artritis, pérdida auditiva, aislamiento, etc.) |
| <input type="checkbox"/> Falta de acceso a servicios de salud. | <input type="checkbox"/> El consumo de tabaco | <input type="checkbox"/> Acceso a la salud oral. |
| <input type="checkbox"/> Suicidio | <input type="checkbox"/> Consumo de marihuana | <input type="checkbox"/> Cánceres |
- Otro:

3. ¿Cómo calificaría al Condado de Mendocino como una comunidad saludable para vivir? Seleccione 1.

Muy poco saludable	Insalubre	Algo saludable	Sano	Muy saludable
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. ¿Cómo calificaría su propia salud personal ? Seleccione 1.

Muy poco saludable	Insalubre	Algo saludable	Sano	Muy saludable
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. ¿Cómo calificaría al Condado de Mendocino como un lugar seguro para crecer o criar hijos? Seleccione 1.

Muy inseguro	Inseguro	Algo seguro	Seguro	Muy seguro
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. En la siguiente lista, ¿cuáles cree que son los tres problemas más graves de seguridad en el condado de Mendocino? Seleccione 3.

- | | | |
|--|--|--|
| <input type="checkbox"/> Conducción insegura | <input type="checkbox"/> Condiciones inseguras de caminos / aceras | <input type="checkbox"/> Abuso y abandono infantil |
| <input type="checkbox"/> Racismo e intolerancia | <input type="checkbox"/> Acceso a armas de fuego por parte de niños. | <input type="checkbox"/> Violencia doméstica |
| <input type="checkbox"/> No usar cinturones de seguridad, asientos de seguridad, cascos. | <input type="checkbox"/> Fabricación de metanfetaminas. | <input type="checkbox"/> Actividad relacionada con pandillas |
| <input type="checkbox"/> Sexo inseguro / desprotegido | <input type="checkbox"/> La violencia escolar | |
| <input type="checkbox"/> Otro: | | |

7. ¿Usted o alguno de su familia inmediata viviendo con alguna de las siguientes enfermedades crónicas? Seleccione todo lo que corresponda.

- | | | |
|---|---|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Alzheimer | <input type="checkbox"/> Alta presión sanguínea |
| <input type="checkbox"/> Cáncer | <input type="checkbox"/> Parkinson | <input type="checkbox"/> Artritis |
| <input type="checkbox"/> Enfermedad del corazón | <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Audición / pérdida de la visión |
| <input type="checkbox"/> Enfermedad pulmonar / asma | <input type="checkbox"/> Salud mental (depresión, bipolar, esquizofrenia, etc.) | <input type="checkbox"/> Dolor crónico |
| <input type="checkbox"/> VIH / SIDA | <input type="checkbox"/> Alcohol o dependencia de drogas | <input type="checkbox"/> Ninguno de esos |
| <input type="checkbox"/> Otro: | | |

8. ¿A dónde va más a menudo para recibir atención médica para usted y su familia? Seleccione 1 que mejor se aplica.

- | | |
|---|---|
| <input type="radio"/> Hospitales / Salas de Emergencia del condado de Mendocino | <input type="radio"/> Furgonetas móviles de salud |
| <input type="radio"/> Clínicas / centros de salud en el condado de Mendocino | <input type="radio"/> Centros de medicina alternativa |
| <input type="radio"/> Centros tribales de salud | <input type="radio"/> Fuera del condado de Mendocino |

Si se encuentra fuera del Condado de Mendocino, indique la ubicación de su (s) proveedor (es):

9. Durante el año pasado, ¿qué tipo de servicios de salud recibieron usted o sus familiares directos fuera del Condado de Mendocino (si corresponde) ? Seleccione todo lo que corresponda .

- | | | |
|---|--|---|
| <input type="checkbox"/> Trabajo de laboratorio | <input type="checkbox"/> Servicios relacionados con personas transgénero | <input type="checkbox"/> Orthopedic care |
| <input type="checkbox"/> Cirugía General | <input type="checkbox"/> Servicios de urgencias | <input type="checkbox"/> Neurología |
| <input type="checkbox"/> Atención de urología | <input type="checkbox"/> Tratamientos de cancer | <input type="checkbox"/> Cuidado cardíaco / cardíaco |
| <input type="checkbox"/> Cuidado de oído, nariz, garganta | <input type="checkbox"/> Servicios de fertilidad | <input type="checkbox"/> Cuidado dental / Ortodoncia |
| <input type="checkbox"/> Cuidado de podiatría | <input type="checkbox"/> Cuidado de la alergia / asma | <input type="checkbox"/> Obstetricia / Cuidado prenatal |
| <input type="checkbox"/> Rayos X / MRI | <input type="checkbox"/> Atención médica general | <input type="checkbox"/> Cuidado pediátrica |
| <input type="checkbox"/> Servicios de audición | <input type="checkbox"/> Servicios de salud mental | <input type="checkbox"/> Cuidado ginecología |
| <input type="checkbox"/> Planificación familiar | <input type="checkbox"/> Cuidado de ojos | <input type="checkbox"/> Ninguno de esos |
| <input type="checkbox"/> Otro: | | |

10. Si usted o un miembro de su familia recibió atención médica fuera del Condado de Mendocino, seleccione 1 de la lista a continuación que corresponda.

- | | |
|---|---|
| <input type="radio"/> Servicios que necesito no estamos disponibles en el condado de Mendocino | <input type="radio"/> Ningún médico apropiado acepta Medi-Cal / Medicaid |
| <input type="radio"/> La espera para ver a un médico en el condado de Mendocino fue demasiado larga | <input type="radio"/> Los médicos son demasiado caros en el condado de Mendocino |
| <input type="radio"/> Mi seguro solo cubre médicos en otra área. | <input type="radio"/> Mi médico preferido está ubicado fuera del condado de Mendocino |

Otro:

11. ¿Cómo paga por la atención médica que recibe? Seleccione todo lo que corresponda .

- | | | |
|---|---|--|
| <input type="checkbox"/> Sin seguro (pago en efectivo) | <input type="checkbox"/> Seguro médico del estado | <input type="checkbox"/> Servicio de Salud Indio |
| <input type="checkbox"/> Seguro de salud (es decir , seguro privado, Blue Shield, HMO, etc.) | <input type="checkbox"/> Seguro suplementario de Medicare | |
| <input type="checkbox"/> Medi-Cal / Plan de asociación | <input type="checkbox"/> Administración de Veteranos | |
| <input type="checkbox"/> Otro: | | |

12. ¿En el último año, qué tipo de servicios de salud mental, si las hay, necesitó usted o alguien de su familia? Seleccione todas las que correspondan.

- No utilizó servicios de salud mental o de salud mental.
- Servicios de crisis o servicio de urgencias en un hospital.
- Hospitalización
- Otro:
- Consejería / Terapia
- Tratamiento residencial

13. Si usted o alguien de su familia necesitaba servicios de salud mental, ¿pudo obtener estos servicios en el Condado de Mendocino ?

- Sí No

Si no, por favor describa / explique:

14. ¿Con qué frecuencia se ven afectadas negativamente sus actividades diarias por el estrés? Seleccione 1.

Nunca	Casi nunca	Algo de tiempo	La mayor parte del tiempo	Casi siempre
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. En el último año, ¿qué tipo de beneficios de servicio social, si los hay, necesitó usted o alguien de su familia? Seleccione todas las que correspondan.

- Cupones de alimentos / Cal Fresh
- WIC
- Pagos de bienestar / Calworks
- Asistencia de vivienda (Sección 8)
- Medi-Cal / Plan de asociación
- Otro:
- Servicios de apoyo en el hogar (IHSS)
- Ingreso por discapacidad del Seguro Social (SSDI)
- Cuidado de relevo
- Cuidado de niños subsidiado
- Ninguno de estos, no utilizó ningún servicio social público.

16. Si usted o alguien de su familia necesitaba beneficios de servicios sociales, ¿pudo obtener estos servicios en el Condado de Mendocino ?

Sí No

Si no, por favor describa / explique:

17. ¿Cuál es su situación laboral actual? Seleccione 1.

- Desempleado Empleado a tiempo parcial (8-30 horas a la semana)
- Trabajadores por cuenta propia Empleado de tiempo completo (más de 30 horas a la semana)

Si está empleado a tiempo parcial: _____ # de trabajos a tiempo parcial (si tiene más de uno)

18. Si no está trabajando o está trabajando a tiempo parcial, ¿cuál es la razón principal? Por favor seleccione todas las respuestas válidas.

- Médicamente enfermo o discapacitado Estoy cuidando de la familia Necesito entrenamiento adicional
- No puedo encontrar trabajo Los trabajos disponibles no pagan lo suficiente Obtengo ingresos de otras fuentes.
- No se puede encontrar trabajo a tiempo completo No quiero perder los beneficios que ya tengo. Obtengo ingresos de otras fuentes además del trabajo.
- Soy un retirado Falta de documentación legal para trabajar.
- Soy un estudiante Falta de transporte estable al sitio de trabajo
- Si necesita capacitación, educación o habilidades adicionales, indique lo que cree que necesita: (por ejemplo, idioma inglés, lectura y escritura, matemáticas, computadoras, etc.)

19. ¿En qué tipo de vivienda vive actualmente? Por favor elija 1.

- Apartamento / Condominio / Dúplex Vivienda para trabajadores agrícolas
- Casa para una sola familia RV / Vehículo
- Casa móvil No hay vivienda estable / sin hogar

Otro:

20. Con respecto a su situación de vivienda, usted: Por favor elija 1.

- Alquila
 Poseer sin hipoteca o préstamo.
- Poseer con una hipoteca o préstamo
 Vivo con otro que paga el alquiler o la hipoteca

Otro:

21. ¿Está satisfecho con su situación de vivienda? (Si no está satisfecho con su vivienda, seleccione por qué no)

- Sí
 Vivienda no disponible
- No
 Demasiado agotado
- Demasiado pequeña
 Muy caro
- Demasiadas personas en la misma casa
 Muy lejos de la ciudad y de los servicios.
- Otro:

22. En el condado de Mendocino, los lugares a los que voy a menudo para recreación son: Por favor seleccione todas las respuestas válidas.

- Parques
 Bolera
 Centro para personas mayores
- Salas de cine
 Piscinas
 Biblioteca
- Teatro en vivo / actuaciones
 Salud / gimnasios
 Barrio (caminar / andar en bicicleta)
- Club social / club de servicio
 Salones de baile
 Sala de ejercicios en casa
- Ríos / lagos / playas / bosques
 Centros de yoga, tai-chí, etc.
- Campos deportivos
 Iglesia
- Otro:

23. Las siguientes preguntas son solo para fines demográficos, por lo que podemos asegurarnos de escuchar a muchas personas diferentes en el condado. Sus respuestas serán totalmente anónimas.

¿Cuál es su género?

- Masculino
 Hembra
 Transgénero

24. ¿Cuál es su estado civil?

- Casado o con una pareja doméstica
 Viudo
 Soltero
 Apartado
 Divorciado

25. ¿Cuál es su edad?

- Menor de 18 años
 55 a 64 años
 18 a 25 años
 65 a 80 años
 26 a 39 años
 Mas de 80 años
 40 a 54 años

26. ¿Con qué etnicidad se identificas más? Seleccione todo lo que corresponda .

- Blanco
 Indio americano y Nativo de Alaska
 Negro / Afroamericano
 Nativo Hawaiano y Isleño del Pacífico
 Hispano o Latino
 Dos o mas carreras
 Asiático / Asiático Americano

27. ¿Qué idioma (s) habla en su casa? Seleccione todas las que correspondan

- Inglés
 Tagalo
 Español
 Otro:

28. ¿Cuál es el nivel más alto de escuela que ha completado?

- Menos que el título de secundaria
 Alguna escuela de posgrado
 Diploma de escuela secundaria o GED
 Graduado o título profesional o mas alto
 Alguna educación superior
 Escuela vocacional / comercio
 Título universitario

29. ¿En qué código postal esta la ubicación de su hogar? Por favor elija 1.

- | | | |
|---------------------------------------|--|---|
| <input type="radio"/> 95410 Albion | <input type="radio"/> 95437 Fort Bragg | <input type="radio"/> 95466 Philo |
| <input type="radio"/> 95415 Boonville | <input type="radio"/> 95445 Gualala | <input type="radio"/> 95587 Piercy |
| <input type="radio"/> 95417 Branscomb | <input type="radio"/> 95449 Hopland | <input type="radio"/> 95468 Point Arena |
| <input type="radio"/> 95418 Calpella | <input type="radio"/> 95585 Leggett | <input type="radio"/> 95469 / 95466 Potter Valley |
| <input type="radio"/> 95420 Caspar | <input type="radio"/> 95454 Laytonville | <input type="radio"/> 95481 Talmage |
| <input type="radio"/> 95427 Comptche | <input type="radio"/> 95456 Little River | <input type="radio"/> 95482 Ukiah |
| <input type="radio"/> 95428 Covelo | <input type="radio"/> 95459 Manchester | <input type="radio"/> 95488 Westport |
| <input type="radio"/> 95429 Dos Rios | <input type="radio"/> 95460 Mendocino | <input type="radio"/> 95490 Willits |
| <input type="radio"/> 95432 Elk | <input type="radio"/> 95463 Navarro | <input type="radio"/> 95494 Yorkville |

30. ¿Cuál de las siguientes opciones describe mejor su ocupación actual? Por favor elija 1.

- | | |
|---|--|
| <input type="radio"/> Agricultura, silvicultura, pesca y caza, y minería. | <input type="radio"/> Finanzas y seguros, bienes inmuebles, y alquiler y leasing |
| <input type="radio"/> Construcción | <input type="radio"/> Profesional, científico, administrativo y administrativo. |
| <input type="radio"/> Fabricación | <input type="radio"/> Servicios educativos, asistencia sanitaria y asistencia social |
| <input type="radio"/> Comercio al por mayor | <input type="radio"/> Servicios de arte, diseño, entretenimiento |
| <input type="radio"/> Comercio al por menor | <input type="radio"/> Alojamiento y alimentación. |
| <input type="radio"/> Transporte y almacenaje, y servicios públicos. | <input type="radio"/> Administración Pública |
| <input type="radio"/> Tecnología, información y medios de comunicación | |

Otro:

31. ¿Su ingreso familiar anual? Por favor elija 1.

- | | |
|---|---|
| <input type="radio"/> Menos que \$15,000 | <input type="radio"/> En medio de \$75,000 and \$99,999 |
| <input type="radio"/> En medio de \$15,000 and \$29,999 | <input type="radio"/> En medio de \$100,000 and \$150,000 |
| <input type="radio"/> En medio de \$30,000 and \$49,999 | <input type="radio"/> Mas que \$150,000 |
| <input type="radio"/> En medio de \$50,000 and \$74,999 | |

ENCUESTA DE SALUD COMUNITARIA 2019 - Evaluación de las necesidades de salud de la comunidad

¡Muchas gracias por su respuestas!

Si desea más información sobre este proyecto, contáctenos por teléfono / correo electrónico. A continuación se encuentran nuestros datos de contacto.

Teléfono: 707-467-3200 ext. 228

Correo electrónico: healthymendocino@ncoinc.org

Correo a

Atención: Mendocino Saludable

413 North State Street

Ukiah, CA 95482

Mail to:

Attn: Healthy Mendocino

413 North State Street

Ukiah, CA 95482