Meeker, McLeod, Sibley
Healthy Communities

2018 Community Health Survey Results
Hispanic Sample

Public Health
Prevent. Promote. Protect.
Meeker McLeod Sibley
Community Health Services

ship
statewide health
improvement partnership

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Introduction

In 2009, Meeker McLeod Sibley Community Health Services (MMS) began receiving funding from the Minnesota Department of Health through the Statewide Health Improvement Partnership (SHIP). SHIP aims to improve the health of Minnesotans by reducing tobacco use and obesity through policy, systems and environmental change strategies. MMS has continued to receive funding through each subsequent funding cycle to date. In 2013-14, funds also became available through SHIP to conduct a community health survey to gather county level surveillance of adults on behavioral health risk factors and overall health. However, the Hispanic population was underrepresented in this survey at 1.1% (unweighted), compared to 5.3% Hispanic in the overall population in the three counties in 2012. So when additional funds were available to repeat the survey in 2018, the survey was translated into Spanish and MMS staff worked with community health workers and MMS Community Health Equity Coalition to recruit Hispanic residents to complete this survey. This report contains results from the Hispanic residents who completed the survey (n=102) along with results from the 2018 iteration of the general population survey. It is important to note that while the general population survey was designed and analyzed to be representative of the entire adult population in the tri-county region using scientific rigor, Hispanic residents were recruited through convenience sampling, i.e. not random. Therefore, comparisons should not be made between the data points for the general population and Hispanic population, but both are provided as an initial point of reference to assist in planning public health initiatives. Additionally, MMS staff are using this information to then plan qualitative data collection to further understand the needs of the Hispanic population in the tri-county region.

Survey Methodology

Survey Instrument

The survey instrument used for the project was adapted from a survey conducted in 2014 in Meeker, McLeod and Sibley counties. Staff from the public health agencies revised the survey content in partnership with local health care partners and with technical assistance from the Minnesota Department of Health Center for Health Statistics. The survey was formatted by the survey vendor, Survey Systems, Inc. of Shoreview, MN, as a scannable, self-administered English and Spanish-language questionnaire.

Survey Administration

Participants were recruited through MMS community health workers and partners. Participants were given the option to complete an English or Spanish version of the survey and were offered a $20 gift card as a thank you for completing the survey.   Participants sealed their survey in an unidentified envelope to protect anonymity and returned to staff/partners immediately after completion. Names or other identifying information of survey participants was not tracked.

Limitation

The sample completed by Hispanic residents was not designed to be representative of the entire Hispanic population in the three counties. As such, these data should not be compared to the overall population data. It is important to highlight there are key demographic differences between the sample that is representative of the MMS general population and the MMS Hispanic convenience

sample, which is younger, has less formal education and income and a higher percent of respondents who identify as female (see page 53-54). It is well documented in the scientific literature that differences in these demographic variables (age, education, income, gender) are associated with differences in health outcomes and behaviors, including many of the ones measured in this survey.

Reading the Data Tables

The tables are organized based on the order questions were asked in the actual survey. The table headings contain the English version of the question as asked in the survey and the corresponding question number, except when the variable was calculated based on one or more survey questions. In these instances, it is noted in the table heading that the table variable is calculated.

Most tables include responses for one question. The response options for the questions are listed in the top row; however each option is not always included as a separate column in the table, sometimes they were combined because of small cell counts or to align with SHIP requirements or Centers for Disease Control and Prevention (CDC) recommendations.

Most questions were asked of all survey respondents but some were asked of a subset of the survey sample based on response to a previous question; often the sample size for these variables is much smaller. These differences in sample size can be compared by the n number reported at the top left corner of each table – this is the n for the Hispanic sample. This number indicates the actual number of survey respondents from the Hispanic sample and is not weighted. Other variations in this number are due to respondents not answering all questions on the survey. Response percents were not included for any question with an n<20.

Results – Data Tables

1. In general, would you say that your health is excellent, very good, good, fair or poor?

n=98	Poor	Fair	Good	Very good	Excellent
Overall population	1.8%	8.4%	35.4%	41.8%	12.6%
Hispanic	6.1%	23.5%	45.9%	19.4%	5.1%

2a. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? High blood pressure/hypertension or pre-hypertension

n=102	No	Yes	Yes, but only during pregnancy
Overall population	63.7%	34.9%	1.3%
Hispanic	67.7%	31.4%	1.0%

2b. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Diabetes or pre-diabetes

n=102	No	Yes	Yes, but only during pregnancy
Overall population	82.3%	15.9%	1.8%
Hispanic	70.6%	25.5%	3.9%

2c. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Overweight

n=98	No	Yes
Overall population	59.7%	40.3%
Hispanic	55.1%	44.9%

2d. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Cancer

n=100	No	Yes
Overall population	89.3%	10.7%
Hispanic	97.0%	3.0%

2e. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Chronic lung disease

n=101	No	Yes
Overall population	95.2%	4.9%
Hispanic	93.1%	6.9%

2f. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Heart trouble or angina

n=100	No	Yes
Overall population	89.4%	10.6%
Hispanic	92.0%	8.0%

2g. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Stroke or stroke-related health problems

n=101	No	Yes
Overall population	96.3%	3.7%
Hispanic	97.0%	3.0%

2h. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? High cholesterol or triglycerides

n=101	No	Yes
Overall population	71.4%	28.6%
Hispanic	70.3%	29.7%

2i. Have you ever been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Arthritis

n=101	No	Yes
Overall population	74.3%	25.7%
Hispanic	79.2%	20.8%

2j. Have you ever been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Depression

n=101	No	Yes
Overall population	79.2%	20.8%
Hispanic	70.3%	29.7%

2k. Have you ever been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Anxiety or panic attacks

n=101	No	Yes
Overall population	80.2%	19.8%
Hispanic	73.3%	26.7%

2l. Have you ever been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Other mental health problems

n=101	No	Yes
Overall population	96.1%	3.9%
Hispanic	89.1%	10.9%

2m. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Obesity

n=101	No	Yes
Overall population	83.2%	16.8%
Hispanic	74.3%	25.7%

2n. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Asthma

n=100	No	Yes
Overall population	90.3%	9.7%
Hispanic	85.0%	15.0%

3. What kind of place do you usually go to when you are sick or need advice about your health?*

n=98	A doctor's office	A clinic	Some other health center	An emergency room	An urgent care clinic	No usual place	Some other place
Overall population	36.9%	52.2%	1.6%	0.7%	5.9%	3.3%	4.5%
Hispanic	32.7%	53.1%	0.0%	6.1%	2.0%	6.1%	0.0%

*While question instructions did not say *mark all that apply,* some respondents checked more than one response so totals add up to more 100

4a. When was the last time you had a flu shot?

n=102	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	56.6%	7.8%	6.7%	12.0%	16.8%
Hispanic	54.9%	27.5%	7.8%	3.9%	5.9%

4b. When was the last time you had a dental exam or your teeth cleaned?

n=100	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	76.5%	9.5%	7.3%	6.4%	0.4%
Hispanic	48.0%	27.0%	13.0%	8.0%	4.0%

4c. When was the last time you had a hearing test?

n=100	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	22.8%	15.5%	16.2%	33.1%	12.4%
Hispanic	30.0%	11.0%	21.0%	15.0%	23.0%

4d. When was the last time you had an eye exam?

n=102	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	57.0%	20.9%	11.8%	8.9%	1.3%
Hispanic	45.1%	23.5%	13.7%	9.8%	7.8%

4e. When was the last time you had your blood pressure checked?

n=101	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	89.4%	5.6%	2.2%	2.5%	0.3%
Hispanic	76.2%	13.9%	4.0%	2.0%	4.0%

4f. When was the last time you had your cholesterol checked?

n=101	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	58.3%	16.1%	10.2%	6.5%	9.0%
Hispanic	56.4%	16.8%	9.9%	4.0%	12.9%

4g. When was the last time you had your blood sugar checked?

n=102	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	57.4%	13.8%	10.2%	6.6%	12.0%
Hispanic	52.9%	15.7%	9.8%	3.9%	17.7%

4h. When was the last time you had any screening for skin cancer?

n=102	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	17.3%	9.3%	6.1%	7.1%	60.2%
Hispanic	5.9%	2.9%	4.9%	4.9%	81.4%

4i. When was the last time you had any screening for colon cancer?

n=101	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	14.9%	11.1%	16.4%	8.7%	48.8%
Hispanic	5.9%	9.9%	3.0%	5.0%	76.2%

4j. When was the last time you had a prostate exam? (calculated for males only)

n=28	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	21.9%	13.2%	11.2%	6.8%	46.9%
Hispanic	7.1%	25.0%	0.0%	0.0%	67.9%

4k. When was the last time you had a Pap test? (calculated for females only)

n=66	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	33.7%	26.4%	18.3%	17.5%	4.2%
Hispanic	31.8	33.3%	9.1%	10.6%	15.2%

4l. When was the last time you had a mammogram? (Calculated for females only)

n=69	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	45.9%	11.6%	5.3%	6.2%	31.1%
Hispanic	14.5%	20.3%	7.3%	7.3%	50.7%

4m. When was the last time you had a general health exam?

n=98	Within the past year	Within the past 2 years	Within the past 5 years	5 years or more	Never
Overall population	70.0%	13.8%	7.6%	6.4%	2.2%
Hispanic	60.2%	22.5%	9.2%	4.1%	4.1%

5. If you have not had a general health exam within the past 1 to 2 years, why not?

n=27	I could not get an appt	Trans-portation problems	Cost too much	Did not have insurance	Insurance did not cover	Other
Overall population	0.1%	1.4%	17.4%	2.9%	9.0%	69.3%
Hispanic	3.7%	3.7%	29.6%	33.3%	7.4%	37.0%

6. Have you ever had a pneumonia shot?

n=101	Yes	No	I don't know
Overall population	26.7%	52.1%	21.2%
Hispanic	11.9%	54.5%	33.7%

7. Have you ever had the shingles vaccine?

n=101	Yes	No	I don't know
Overall population	20.4%	71.9%	7.7%
Hispanic	8.9%	60.4%	30.7%

8. During the past 12 months, have you seen a doctor, nurse or other health professional about your own health?

n=99	Yes	No
Overall population	86.0%	14.0%
Hispanic	77.8%	22.2%

9. (Of those who have seen a doctor nurse or other health professional in the past 12 months) Did the doctor, nurse or other health professional discuss with you or ask you about your (*Mark ALL that apply***):**

n=75	Physical activity	Diet or nutrition	Weight	Smoking or other tobacco use	Stress	Mental health concerns
Overall population	68.7%	53.8%	50.2%	55.0%	45.1%	45.5%
Hispanic	54.7%	60.0%	62.7%	36.0%	53.3%	36.0%

10. During the past 12 months, was there a time when you thought you needed medical care but did not get it or delayed getting it?

n=99	Yes	No
Overall population	26.8%	73.2%
Hispanic	31.3%	68.7%

11. (Of those that delayed getting medical care) Why did you not get or delay getting the medical care you thought you needed?
(*Mark ALL that apply*):

n=34	Could not get an appointment	Did not think it was serious enough	Had transport-tation problems	It cost too much	I did not have insurance	My insurance did not cover it	Other reason
Overall population	15.5%	55.6%	2.6%	32.7%	4.4%	14.2%	13.8%
Hispanic	5.9%	26.5%	8.8%	32.4%	55.9%	11.8%	17.7%

12. During the past 12 months, was there a time when you thought you needed dental care but did not get it or delayed getting it?

n=98	Yes	No
Overall population	18.8%	81.2%
Hispanic	34.7%	65.3%

13. (Of those that delayed getting dental care) Why did you not get or delay getting the dental care you thought you needed? (*Mark ALL that apply***):**

n=42	Could not get an appointment	I was too nervous or afraid	Had transport-tation problems	It cost too much	I did not have insurance	Dentist wouldn't accept my insurance	Did not know where to go	Other reason
Overall population	5.0%	15.5%	1.6%	57.6%	36.0%	9.7%	6.2%	20.1%
Hispanic	7.1%	7.1%	11.9%	42.9%	42.9%	16.7%	14.3%	19.1%

14. How many days during the past 30 days was your mental health not good?

n=90	0 days	1-9 days	10-19 days	20-29 days	All 30 days
Overall population	50.5%	33.4%	9.2%	5.2%	1.9%
Hispanic	44.4%	24.4%	16.7%	8.9%	5.6%

15. During the past 12 months, did you talk with or seek help from a health professional about mental health issues such as stress, depression, excessive worrying, troubling thoughts or emotional problems?

n=99	Yes	No
Overall population	14.4%	85.6%
Hispanic	20.2%	79.8%

16. (Of those who sought help from a mental health professional in the past 12 months) About how many days did you have to wait for an appointment with this mental health professional?

n=20	0-3 days	4-6 days	7-14 days	15-28 days	29-45 days	More than 45 days
Overall population	33.9%	16.5%	14.4%	16.8%	5.0%	13.4%
Hispanic	40.0%	20.0%	20.0%	5.0%	5.0%	10.0%

17. (Of those who sought help from a mental health professional in the past 12 months) How far did you have to travel to get to the appointment(s)?

n=20	0-9 miles	10-29 miles	30-49 miles	50 miles or more
Overall population	33.2%	28.2%	29.2%	9.3%
Hispanic	35.0%	35.0%	25.0%	5.0%

18. During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about mental health issues but did not go, or delayed talking with someone?

n=100	Yes	No
Overall population	12.3%	87.7%
Hispanic	15.0%	85.0%

19. (Of those that delayed seeking help for mental health issues) Why did you not get or delay getting the mental health care you thought you needed? (*Mark ALL that apply***):**

n=15	Could not get an appointment	I did not think it was serious enough	I was too nervous or afraid	Had transport -tation problems	It cost too much	I did not have insurance	My insurance did not cover it	Did not know where to go	Other reason
Overall population	13.1%	54.6%	23.1%	0.5%	29.9%	5.4%	8.8%	22.6%	30.6%
Hispanic	*	*	*	*	*	*	*	*	*

*Percent suppressed since overall n<20.

20. In the past 6 months, which statement best describes medication prescribed for you? I had…

n=96	no medication prescribed	medications prescribed for me and I filled all of the prescription	medications prescribed for me and I did not fill at least one of them
Overall population	34.6%	61.9%	3.5%
Hispanic	41.7%	53.1%	5.2%

21. (Of those that did not fill at least one prescription) Why did you not fill at least one prescription for medication? (_Mark ALL that apply_**):**

n=5	Overall population	Hispanic
I did not have insurance	12.6%	*
It cost too much	52.7%	*
I do not like taking medications	19.6%	*
I did not think I needed medication	24.2%	*
I did not know where to go	0.0%	*
I had transportation problems	0.0%	*
I did not like the side effects	32.4%	*
Other reason	14.4%	*

*Percent suppressed since overall n<20.

22. Currently have health insurance

n=89	Currently uninsured	Currently insured
Overall population	2.4%	97.6%
Hispanic	13.5%	86.5%

23. In the past 12 months, has your household had health care costs (including prescriptions) that have made it difficult for you to pay other bills or afford necessities such as food, transportation or housing?

n=101	Yes	No
Overall population	16.0%	84.0%
Hispanic	35.6%	64.4%

24a. How much do you agree or disagree with this statement? Treatment can help people with mental illness lead normal lives.

n=101	Strongly agree	Agree	Disagree	Strongly disagree
Overall population	43.2%	55.0%	1.4%	0.4%
Hispanic	48.5%	45.5%	5.0%	1.0%

24b. How much do you agree or disagree with this statement? People are generally caring and sympathetic to people with mental illness.

n=99	Strongly agree	Agree	Disagree	Strongly disagree
Overall population	5.0%	56.7%	37.2%	1.2%
Hispanic	17.2%	46.5%	34.3%	2.0%

24c. How much do you agree or disagree with this statement? I am more comfortable helping a person who has a physical illness than I am helping a person who has a mental illness.

n=99	Strongly agree	Agree	Disagree	Strongly disagree
Overall population	6.1%	48.5%	40.0%	5.5%
Hispanic	9.1%	23.2%	36.4%	31.3%

24d. How much do you agree or disagree with this statement? People with mental illness do not try hard enough to get better.

n=98	Strongly agree	Agree	Disagree	Strongly disagree
Overall population	2.1%	14.1%	64.0%	19.8%
Hispanic	3.1%	13.3%	39.8%	43.9%

24e. How much do you agree or disagree with this statement? I feel compassion for a person with mental illness.

n=101	Strongly agree	Agree	Disagree	Strongly disagree
Overall population	29.2%	66.7%	3.6%	0.4%
Hispanic	51.5%	40.6%	4.0%	4.0%

25. Are you aware of any programs or campaigns in your community that help raise awareness about mental illness?

n=101	Yes	No
Overall population	32.6%	67.4%
Hispanic	16.8%	83.2%

26a. If I had a mental illness I would be reluctant to seek help.

n=101	Strongly agree	Agree	Disagree	Strongly disagree
Overall population	5.0%	38.3%	46.9%	9.8%
Hispanic	14.9%	21.8%	38.6%	24.8%

26b. If I had a mental illness I would tell my friends.

n=100	Strongly agree	Agree	Disagree	Strongly disagree
Overall population	7.7%	48.5%	38.6%	5.3%
Hispanic	11.0%	55.0%	24.0%	10.0%

26c. If I had a mental illness I would see myself as weak if I could not fix it myself.

n=99	Strongly agree	Agree	Disagree	Strongly disagree
Overall population	4.2%	31.9%	49.5%	14.5%
Hispanic	5.1%	29.3%	35.4%	30.3%

27. Have you ever considered attempting suicide? *(Mark ALL that apply.)*

n=100	No	Yes, during the last year	Yes, more than a year ago
Overall population	86.0%	3.0%	8.8%
Hispanic	83.0%	9.0%	9.0%

28-29. Total servings of fruit eaten yesterday (calculated variable based on total servings of solid fruit and fruit juice servings combined)

n=102	0 servings	1-2 servings	3 or more servings
Overall population	18.1%	50.3%	31.6%
Hispanic	15.7%	53.9%	30.4%

30. How many servings of vegetables did you have yesterday?

n=94	0 servings	1-2 servings	3 or more servings
Overall population	13.6%	61.7%	24.7%
Hispanic	9.6%%	46.8%	43.6%

28-30. Total servings of fruits and vegetables eaten yesterday (calculated variable)

n=102	0 servings	1-2 servings	3-4 servings	5 or more servings
Overall population	5.8%	24.4%	34.2%	35.5%
Hispanic	5.8%	18.6%	26.4%	49.0%

31a. How often did you drink the following beverages in the past week? Fruit drinks

n=100	Never or less than 1 time per week	1 time per week	2-4 times per week	5-6 times per week	1 time per day	2-3 times per day	4 or more times per day
Overall population	79.4%	8.8%	7.1%	1.2%	1.8%	1.0%	0.6%
Hispanic	69.0%	13.0%	16.0%	2.0%	0.0%	0.0%	0.0%

31b. How often did you drink the following beverages in the past week? Sports drinks

n=101	Never or less than 1 time per week	1 time per week	2-4 times per week	5-6 times per week	1 time per day	2-3 times per day	4 or more times per day
Overall population	82.4%	9.3%	5.6%	1.9%	0.8%	0.0%	0.0%
Hispanic	60.4%	26.7%	12.9%	0.0%	0.0%	0.0%	0.0%

31c. How often did you drink the following beverages in the past week? Regular soda or pop

n=101	Never or less than 1 time per week	1 time per week	2-4 times per week	5-6 times per week	1 time per day	2-3 times per day	4 or more times per day
Overall population	49.0%	17.0%	17.7%	5.2%	5.1%	4.7%	1.3%
Hispanic	22.8%	23.8%	24.8%	13.9%	6.9%	6.9%	1.0%

31d. How often did you drink the following beverages in the past week? Energy drinks

n=101	Never or less than 1 time per week	1 time per week	2-4 times per week	5-6 times per week	1 time per day	2-3 times per day	4 or more times per day
Overall population	92.1%	1.7%	4.3%	0.4%	0.9%	0.6%	0.0%
Hispanic	76.2%	15.8%	4.0%	0.0%	3.0%	0.0%	1.0%

31e. How often did you drink the following beverages in the past week? Diet soda or pop

n=101	Never or less than 1 time per week	1 time per week	2-4 times per week	5-6 times per week	1 time per day	2-3 times per day	4 or more times per day
Overall population	63.1%	11.2%	10.4%	3.4%	6.0%	3.7%	2.2%
Hispanic	58.4%	11.9%	12.9%	6.9%	5.0%	3.0%	2.0%

31f. How often did you drink the following beverages in the past week? Water

n=81	Never or less than 1 time per week	1 time per week	2-4 times per week	5-6 times per week	1 time per day	2-3 times per day	4 or more times per day
Overall population	1.5%	0.6%	4.8%	4.4%	4.2%	29.5%	55.1%
Hispanic	1.2%	2.5%	7.4%	2.5%	6.2%	25.9%	54.3%

32a. During an average week, how many times do you do the following? Eat out or order out a meal from a fast food place

n=101	0 times	1-2 times	3-4 times	5-6 times	7 or more
Overall population	40.7%	51.9%	5.8%	0.9%	0.7%
Hispanic	50.5%	39.6%	8.9%	1.0%	0.0%

32b. During an average week, how many times do you do the following? Eat out at a restaurant that is not a fast food place

n=95	0 times	1-2 times	3-4 times	5-6 times	7 or more
Overall population	41.0%	55.9%	2.5%	0.5%	0.1%
Hispanic	60.0%	35.8%	4.2%	0.0%	0.0%

32c. During an average week, how many times do you do the following? Watch television during meal time

n=95	0 times	1-2 times	3-4 times	5-6 times	7 or more
Overall population	31.0%	23.9%	17.5%	12.9%	14.8%
Hispanic	29.5%	26.3%	23.2%	12.6%	8.4%

32d. During an average week, how many times do you do the following? Purchase and eat food from a vending machine

n=91	0 times	1-2 times	3-4 times	5-6 times	7 or more
Overall population	91.2%	7.4%	0.8%	0.3%	0.3%
Hispanic	72.5%	23.1%	1.1%	3.3%	0.0%

32e. During an average week, how many times do you do the following? Eat a home cooked meal

n=101	0 times	1-2 times	3-4 times	5-6 times	7 or more
Overall population	0.5%	4.4%	15.6%	33.8%	45.8%
Hispanic	2.0%	11.9%	8.9%	17.8%	59.4%

33a. During the growing season, how often do you or others in your household buy or get food from the following place? Farmer's market, fruit/vegetable stand

n=100	Never or less than 1 time /month	About one time / month	About 2-3 times / month	About 1 time / week	Two or more times / week
Overall population	44.4%	24.5%	17.3%	9.6%	4.3%
Hispanic	66.0%	16.0%	11.0%	4.0%	3.0%

33b. During the growing season, how often do you or others in your household buy or get food from the following places? Local farm or CSA

n=99	Never or less than 1 time /month	About one time / month	About 2-3 times / month	About 1 time / week	Two or more times / week
Overall population	78.8%	10.2%	4.3%	5.1%	1.7%
Hispanic	76.8%	10.1%	9.1%	2.0%	2.0%

33c. During the growing season, how often do you or others in your household buy or get food from the following places? Food grown at home or in a community garden

n=100	Never or less than 1 time /month	About one time / month	About 2-3 times / month	About 1 time / week	Two or more times / week
Overall population	39.2%	10.8%	10.8%	11.0%	28.3%
Hispanic	66.0%	13.0%	10.0%	6.0%	5.0%

34. During the past 12 months, how often did you worry that your food would run out before you had money to buy more?

n=101	Often	Sometimes	Rarely	Never
Overall population	3.4%	5.5%	13.3%	77.8%
Hispanic	9.9%	25.7%	25.7%	38.6%

35. During the past 12 months, have you used a community food shelf program?

n=101	Yes	No
Overall population	3.8%	96.2%
Hispanic	30.7%	69.3%

36. During the past 30 days, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening or walking for exercise?

n=100	Yes	No
Overall population	76.7%	23.4%
Hispanic	45.0%	55.0%

37. During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity?

n=96	0 days	1-4 days	5-7 days
Overall population	17.1%	60.2%	22.8%
Hispanic	33.3%	59.4%	7.3%

38. During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity?

n=93	0 days	1-2 days	3-7 days
Overall population	40.8%	32.7%	26.4%
Hispanic	49.5%	35.5%	15.1%

39a. Please indicate whether you use the following resources and facilities in your community. Walking trails

n=102	I use this	I do not use this	My community does not have this
Overall population	42.9%	44.4%	12.6%
Hispanic	57.8%	35.3%	6.9%

39b. Please indicate whether you use the following resources and facilities in your community. Bicycle paths, shared use paths or bike lanes

n=102	I use this	I do not use this	My community does not have this
Overall population	31.9%	55.3%	12.9%
Hispanic	34.3%	62.6%	3.0%

39c. Please indicate whether you use the following resources and facilities in your community. Public swimming pools or water parks

n=101	I use this	I do not use this	My community does not have this
Overall population	21.5%	64.2%	14.3%
Hispanic	33.7%	60.4%	5.9%

39d. Please indicate whether you use the following resources and facilities in your community. Public recreation centers

n=100	I use this	I do not use this	My community does not have this
Overall population	20.0%	61.8%	18.3%
Hispanic	35.0%	58.0%	7.0%

39e. Please indicate whether you use the following resources and facilities in your community. Parks, playgrounds or sports fields

n=100	I use this	I do not use this	My community does not have this
Overall population	38.9%	57.8%	3.3%
Hispanic	55.0%	44.0%	1.0%

39f. Please indicate whether you use the following resources and facilities in your community. Schools, colleges or universities that are open for public use for exercise or physical activity

n=100	I use this	I do not use this	My community does not have this
Overall population	7.3%	73.6%	19.0%
Hispanic	17.0%	76.0%	7.0%

39g. Please indicate whether you use the following resources and facilities in your community. A shopping mall for physical activity or walking

n=100	I use this	I do not use this	My community does not have this
Overall population	11.8%	64.8%	23.4%
Hispanic	33.0%	45.0%	22.0%

39h. Please indicate whether you use the following resources and facilities in your community. Health club, fitness center, or gym

n=100	I use this	I do not use this	My community does not have this
Overall population	15.8%	75.4%	8.8%
Hispanic	15.0%	77.0%	8.0%

39i. Please indicate whether you use the following resources and facilities in your community. Nearby waterways, such as creeks, rivers and lakes for water-related activities

n=98	I use this	I do not use this	My community does not have this
Overall population	29.6%	61.3%	9.1%
Hispanic	20.4%	58.2%	21.4%

39j. Please indicate whether you use the following resources and facilities in your community. Physical activity classes or activities through Community Education

n=100	I use this	I do not use this	My community does not have this
Overall population	11.0%	84.9%	4.1%
Hispanic	9.0%	83.0%	8.0%

40. Overall, how would you rate your neighborhood as a place to walk?

n=102	Very pleasant	Somewhat pleasant	Not very pleasant	Not at all pleasant
Overall population	50.7%	41.4%	5.6%	2.3%
Hispanic	53.9%	43.1%	2.9%	0.0%

41. In general, how safe from crime do you consider your neighborhood to be?

n=102	Very safe	Somewhat safe	Somewhat unsafe	Not at all safe
Overall population	66.7%	30.4%	2.9%	0.1%
Hispanic	64.7%	32.4%	2.9%	0.0%

42. How often are you involved in school, community or neighborhood activities?

n=102	Weekly	Monthly	Several times a year	About once a year	Less often than yearly	Never
Overall population	16.9%	13.1%	21.2%	11.8%	11.0%	25.9%
Hispanic	2.0%	4.9%	26.5%	9.8%	10.8%	46.1%

43. How much do you agree or disagree with this statement? This is a good community to raise children in.

n=101	Strongly agree	Agree	Disagree	Strongly disagree
Overall population	58.1%	38.3%	3.2%	0.4%
Hispanic	70.3%	24.8%	4.0%	1.0%

44. Have you heard, seen or read any information about how to prepare your household for a serious emergency such as a flood, widespread disease outbreak, or terrorist incident?

n=102	Yes	No
Overall population	35.6%	64.4%
Hispanic	24.5%	75.5%

45a. There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household made a phone list for contacting your family members?

n=102	Yes	No
Overall population	38.4%	61.6%
Hispanic	37.3%	62.8%

45b. There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household stored enough food, water and supplies to meet your household needs for at least three days?

n=101	Yes	No
Overall population	43.1%	56.9%
Hispanic	25.7%	74.3%

45c. There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household obtained a working battery-operated or hand-cranked radio?

n=102	Yes	No
Overall population	34.8%	65.2%
Hispanic	20.6%	79.4%

45d. There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household assembled an emergency kit with basic medical supplies?

n=102	Yes	No
Overall population	40.8%	59.2%
Hispanic	32.4%	67.7%

46. Are you in a relationship where you are (or have ever been) physically hurt, threatened or made to feel afraid?

n=102	Yes	No
Overall population	2.8%	97.2%
Hispanic	5.9%	94.1%

47. Do you ever drive a car or other vehicle?

n=102	Yes	No
Overall population	96.4%	3.6%
Hispanic	82.4%	17.7%

48a. (Of those who drive) When driving a car or other vehicle, how often do you read or send text messages?

n=82	Often	Sometimes	Never	I don't have a cell phone
Overall population	2.7%	38.1%	57.2%	2.0%
Hispanic	3.7%	39.0%	53.7%	3.7%

48b. (Of those who drive) When driving a car or other vehicle, how often do you make or answer a phone call?

n=81	Often	Sometimes	Never	I don't have a cell phone
Overall population	20.9%	60.4%	17.1%	1.7%
Hispanic	11.1%	50.6%	34.6%	3.7%

48c. (Of those who drive) When driving a car or other vehicle, how often do you do other activities such as eat, read, apply makeup or shave?

n=82	Often	Sometimes	Never
Overall population	5.4%	36.5%	58.2%
Hispanic	2.4%	22.0%	75.6%

48d. (Of those who drive) When driving a car or other vehicle, how often do you drive when you have perhaps had too much to drink?

n=82	Often	Sometimes	Never
Overall population	0.0%	9.9%	90.1%
Hispanic	0.0%	12.2%	87.8%

49. How often do you wear a seat belt when you drive or ride in a car?

n=101	Always	Most of the time	Some-times	Seldom	Never
Overall population	91.2%	7.2%	0.5%	0.9%	0.2%
Hispanic	81.2%	15.8%	3.0%	0.0%	0.0%

50. Do you have access to at least one working car or other vehicle to use when you need to?

n=101	Yes	No
Overall population	97.5%	2.5%
Hispanic	82.2%	17.8%

51. Do you ever use public transportation such as *Trailblazer Transit* or Meeker County Transit?

n=102	Yes	No
Overall population	4.9%	95.1%
Hispanic	21.6%	78.4%

53. During the past 12 months, how often did lack of transportation keep you from getting places where you needed to go, such as jobs, medical appointments or shopping?

n=100	Often	Sometimes	Rarely	Never
Overall population	0.4%	3.3%	5.6%	90.7%
Hispanic	10.0%	15.0%	19.0%	56.0%

54. Do you own or rent your home?

n=82	Own	Rent	Other arrangement
Overall population	89.6%	7.7%	2.7%
Hispanic	40.2%	52.4%	7.3%

55. Do you rent an apartment in a multifamily building (a building with 4 or more apartments)?

n=79	Yes	No
Overall population	5.8%	94.2%
Hispanic	21.5%	78.5%

56. (Of those who rent an apartment in a multifamily building) Does anyone ever smoke in any of the following areas in your building?

n=15	Apart-ments	Hall-ways	Laundry rooms	Lobby or lounge areas	Party rooms	On patios or balconies
Overall population	19.1%	12.4%	0.0%	0.0%	0.0%	68.4%
Hispanic	*	*	*	*	*	*

*Percent suppressed since overall n<20.

57. During the past 12 months, how often did you worry about not having enough money to pay your rent, mortgage or other housing costs?

n=82	Often	Sometimes	Rarely	Never
Overall population	4.1%	14.6%	14.9%	66.5%
	14.6%	31.7%	17.1%	36.6%

58-59. Smoking status (calculated variable)

n=99	Current smoker	Former smoker	Never smoked
Overall population	11.2%	26.2%	62.6%
Hispanic	23.2%	11.1%	65.7%

60. (Of current smokers) During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?

n=23	Yes	No
Overall population	49.7%	50.3%
Hispanic	30.4%	69.6%

61. (Of current smokers who have tried to quit in the past 12 months), how many times did you try to quit?

n=7	0 times	1 time	2 times	3 times	4 or more times
Overall population	3.8%	24.3%	29.3%	6.3%	36.3%
Hispanic	*	*	*	*	*

*Percent suppressed since overall n<20.

62. (Of current smokers) If you have tried to quit smoking cigarettes, why hasn't it worked? *(Mark ALL that apply.)*

n=23	Not sure how to quit or where to go	Quit aids	Live w/ some-one who smokes	Don't want to quit	Haven't tried	Other reason
Overall population	3.6%	17.8%	23.1%	18.8%	31.6%	12.5%
Hispanic	13.0%	8.7%	21.7%	8.7%	60.9%	8.7%

63. (Of current and former smokers) The last time you tried to quit smoking (or when you quit for good) did you use…

	Nicotine replacement	Prescrip-tion medication	Clinic or class	Telephone help line	On-line counseling	Face-to-face counseling	Other	None of these
n=14								
Overall population	20.5%	18.0%	2.9%	1.5%	0.8%	1.8%	2.5%	67.1%
Hispanic	*	*	*	*	*	*	*	*

*Percent suppressed since overall n<20.

64a. Cigar, cigarillo or little cigar smoking status

n=101	Non-smoker	Current smoker
Overall population	95.6%	4.4%
Hispanic	82.2%	17.9%

64b. Pipe smoking status

n=101	Non-smoker	Current smoker
Overall population	99.4%	0.7%
Hispanic	97.0%	3.0%

64c. Smokeless (snuff, snus, or chewing tobacco) status

n=101	Non-user	Current user
Overall population	96.7%	3.4%
Hispanic	95.1%	5.0%

64d. E-cigarette status

n=100	Non-user	Current user
Overall population	97.6%	2.4%
Hispanic	91.0%	9.0%

64e. Other tobacco product status

n=100	Non-user	Current user
Overall population	94.0%	6.0%
Hispanic	92.0%	8.0%

64a-64e. Any tobacco use (calculated variable)

n=101	Non-user	Current user
Overall population	83.4%	16.6%
Hispanic	73.3%	26.7%

64f. Marijuana status

n=101	Non-user	Current user
Overall population	95.5%	4.5%
Hispanic	88.1%	11.9%

64g. Other illegal drugs

n=100	Current user
Overall population	Total count <5
Hispanic	6.0%

64h. Prescription drugs that are not prescribed for you or that you take only to get high

n=101	Current user
Overall population	Total count <5
Hispanic	Total count <5

65. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

n=100	Yes	No
Overall population	68.8%	31.2%
Hispanic	42.0%	58.0%

65-67. Drinking behavior (calculated variable)

n=102	No drinking	Drinking, not heavy	Heavy drinking
Overall population	31.0%	60.5%	8.6%
Hispanic	32.4%	57.8%	9.8%

68. Binge drinking

n=101	No drinking or no binge drinking	Any binge drinking*
Overall population	71.7%	28.3%
Hispanic	70.3%	29.7%

* Four or more drinks on any one occasion for females and five or more drinks on any one occasion for males

74-75. Weight status according to Body Mass Index (calculated variable)

n=96	Not overweight	Overweight	Obese
Overall population	24.6%	36.4%	39.1%
Hispanic	22.9%	32.2%	44.8%

80. (Of those employed, other than self-employed or farmer) Does your employer have a worksite wellness program?

n=63	Yes	No	Not sure
Overall population	39.1%	46.7%	14.1%
Hispanic	25.4%	39.7%	34.9%

81. (Of those whose employer has a worksite wellness program) Do you participate?

n=16	Yes	No
Overall population	49.4%	50.6%
Hispanic	*	*

*Percent suppressed since overall n<20.

82. (Of those who participate in employer's worksite wellness program) What are the reasons you participate in your employer's worksite wellness program?

n=12	Reduces health insurance premiums	Other incentives offered by employer	Trying to stay healthy	Trying to become healthier	Need help with a health issue	Coworkers partici-pate	Other reason
Overall population	42.0%	32.9%	52.7%	50.7%	1.0%	13.1%	5.2%
Hispanic	*	*	*	*	*	*	*

*Percent suppressed since overall n<20.

69-73, 77-79. Demographics

		Overall population Weighted percent	Hispanic percent
Gender	Female	50.1%	70.3%
	Male	49.9%	29.7%
Age categories	18-34	24.3%	42.2%
	35-44	15.8%	19.6%
	45-54	18.1%	17.7%
	55-64	18.3%	12.8%
	65+	23.5%	7.9%
White/ Of Color*	White	98.1%	64.4%
	Non-White	1.9%	37.8%
	Hispanic/Latino	*	100%
	American Indian	*	*
	Asian or Pacific Islander	*	*
	Black or African American or African	*	*
	Other race	*	*
Sexual orientation*	Heterosexual or straight	93.9%	95.5%
	Gay, lesbian, bisexual, or transgender	6.1%	4.6%
Education	Less than high school	2.8%	43.6%
	High school diploma/GED	23.2%	31.7%
	Trade/Vocational school	16.6%	4.0%
	Some college	14.9%	16.8%
	Associates degree	12.8%	Not included as response option
	Bachelor's degree or higher	19.8%	3.0%
	Graduate/professional degree	10.0%	1.0%

		Overall population Weighted percent	Hispanic percent
Household income	Less than $20,000	6.9%	29.0%
	$20,000-$34,999	12.8%	31.0%
	$35,000-$49,999	14.5%	17.0%
	$50,000-$74,999	22.7%	18.0%
	$75,000-$99,999	18.2%	5.0%
	$100,000+	24.9%	0.0%
Employment status*	Employed	64.7%	67.7%
	Self-employed/farmer	13.3%	3.2%
	Unemployed	1.1%	5.4%
	Homemaker/stay at home parent	5.1%	8.6%
	Student	2.0%	2.2%
	Retired	22.9%	5.4%
	Unable to work	3.7%	7.5%

*Missing data not listed or included in calculated percents.

Appendix A

Calculated Variables

Variable	Description
Total servings of fruit eaten yesterday	Total servings of fruits eaten yesterday are derived by adding responses to the following questions: Q28. *How many servings of fruit did you have yesterday?* Q29. *How many servings of fruit juice did you have yesterday?*
Total servings of fruits and vegetables eaten yesterday	Total servings of fruits and vegetables eaten yesterday are derived by adding responses to the following questions: Q28. *How many servings of fruit did you have yesterday?* Q29. *How many servings of fruit juice did you have yesterday?* Q30. *How many servings of vegetables did you have yesterday?*
Smoking status	Smoking status is derived from the responses to: Q58. *Have you smoked at least 100 cigarettes in your entire life*? and Q59. *Do you now smoke cigarettes every day, some days or not at all?* Current smoker: a person who has smoked at least 100 cigarettes in his or her entire life and now smokes cigarettes every day or some days. Former smoker: a person who has smoked at least 100 cigarettes in his or her entire life but does not smoke now. Never smoked: a person who has smoked fewer than 100 cigarettes in his or her entire life.
Drinking behavior	Drinking behavior was derived from the responses to: Q65. *During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?* Q66. *During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?* Q67. *During the past 30 days, on the days when you drank, about many drinks did you drink on average?* No drinking: a person who has not had any alcoholic beverages in the last 30 days Drinking, not heavy: a person who has had at least one alcoholic beverage in the last 30 days and less than one drink per day if female and less than two drinks per day if male Heavy drinking: a female who has had on average one or more drinks per day for the last 30 days, or a male who has had on average two or more drinks per day for the last 30 days
Weight status according to Body Mass Index	Body Mass Index (BMI) is calculated from self-reported height (q74) and weight (q75) using the formula: BMI= (weight in kilograms)/(height in meters)^2 Classification of Weight status according to BMI: Not overweight: BMI<25.0 Overweight: BMI between 25.0 and 29.9 Obese: BMI≥30.0