

Community Health Assessment for Gila County, Arizona



2012

Contents

Executive Summary.....	3
Introduction.....	4
Core Health Status Indicators	7
Demographics and Population.....	8
General Health.....	11
Physical Health.....	13
Mental Health.....	14
Social Health.....	15
Conclusion.....	16
References.....	18
Appendix A: Survey	19

Executive Summary

Gila County is known as home to 1% of Arizonans (53,597 residents) and is the 11th most populous county in Arizona. Gila County residents have a significantly lower median income as compared to the rest of Arizona residents. They are also less likely to have college degrees and tend to be older. Geographically diverse, Gila County is spread over 4,796 square miles and its population is equally diverse, particularly between Payson and Globe/Miami.

The Community Health Assessment, conducted late 2012, evaluated the County's demographics, general health, physical health, mental health, and social health. The top perceived physical health concerns included diabetes, overweight, and hypertension. The top perceived mental health concerns included substance abuse, alcohol abuse, and prescription drug abuse. The top perceived social health concerns included substance abuse, teen pregnancy, and domestic violence. Comparatively, the top diagnosed physical health concerns were overweight, hypertension, and high cholesterol. The top diagnosed mental health concerns were depression, panic disorder, and alcohol abuse. The highest rate of impact of social health concerns were bullying, domestic violence, and teen pregnancy.

Themes of barriers to health care service were seen throughout the data collected. Gila County is designated a Medical Underserved Area, and many areas within the County are also identified as Health Professional Shortage Areas. Primary care, specialty, mental and behavioral health, and dentistry services have all been recognized as underserved areas for the population of Gila County.

The main opportunities of improvement have been identified as:

- Access to care, particularly mental and behavioral health and specialty medicine.
- Access to healthful foods.
- Prevalence of overweight, diabetes, and cardiovascular disease.
- Incidence of bullying and other violence.
- Teen pregnancy rates.

Introduction

Nestled in between six bordering counties in the middle of Arizona Gila County is known as home to 1% of Arizonans (53,597 residents). Named for the Gila River, Gila County was created in 1881, originally carved from portions of Maricopa and Pinal Counties and later adding a portion of Yavapai County Gila County now sits spanning across 4,752 square miles. Of the total land mass in Gila County, 55% is federally owned, 40% is owned by the San Carlos, Tonto and White Mountain Apache Nations, 1% is State owned, and only 4% is considered privately owned and operated. Gila County's landscape runs the gamut from Saguaro desert vistas to Ponderosa Pine covered mountains. The elevation ranges from 2,123 feet at Roosevelt Dam to 7,153 feet at Mount Ord. This provides vast expanses of wilderness areas and the opportunity to become familiar with the Apache Indian culture. (Hirano, 2010)

In the late 1800's, "silver fever" brought many new miners, settlers, and ranchers to the area. Once the silver was depleted, copper mining began an upsurge which kept the area economy stable. Copper continues to be a major force in the area employing more than 20% of the residents. Gila County continues to seek out and expand on economic diversity in areas such as tourism, light industry, manufacturing, ranching, and retirement living. Gila County is home to the world's highest masonry dam. The Roosevelt Dam was one of the original five federal projects authorized on March 13, 1903, under the Newlands Reclamation Act of 1902. Roosevelt Dam was begun in 1906 and completed in 1911. This also created Roosevelt Lake, which has become a recreation destination for visitors and residents alike. Green Valley Lake located in Payson, AZ and the San Carlos Lake located on the San Carlos Apache tribal land are also draws for boaters, fishers and campers. Green Valley Lake is actually a reservoir connected to two smaller lakes in the Green Valley Park. These lakes were originally constructed from 1993 to 1996 for ground water recharge. The San Carlos Lake located on the San Carlos Apache Indian Reservation was formed by the construction of the Coolidge Dam and was dedicated in 1930 by President Calvin Coolidge. Due to irrigation needs the lake has been nearly empty at least 20 times and has been full only three times. San Carlos Lake is stocked periodically, and after an average winter is one of the largest lakes in Arizona. Gila County also offers an array of National Forest Lands to explore. As the fifth largest forest in the United States, the Tonto National Forest is one of the most-visited "urban" forests in the U.S. (approximately 5.8 million visitors annually). Its boundaries are Phoenix to the south, the Mogollon Rim to the north and the San Carlos and Fort Apache Indian reservations to the east. Tonto National Forest land can be found all throughout Gila County including the Pinal Mountain Recreation in the Globe area and the Mogollon Rim in the Payson Area. Tucked in on Tonto National Forest Land in Gila County you can find the treasure of an ancient Salado Indian Cliff Dwelling known to tourists as the Tonto National Monument. The Tonto National Monument encompasses about 300 square miles, and gives us a unique view of how early farming began. (Hirano, 2010)

Of the population in Gila County 18,635 people were employed in 2004. Gila County had an unemployment rate of 6.6%. This is compared to 2,762,612 employed in the State of Arizona and a statewide unemployment rate of 4.8%. Major industries providing employment in Gila County are government, mining, private services, agriculture, trades and services. Major employers are Gila County Government, Freeport McMoran, and the local schools and hospitals.

Average hourly wage is \$14.26 for median employees and \$17.55 for experienced trade workers. (Jimenez, 2006)

Gila County residents have a significantly lower medium income as compared to the rest of Arizona residents. They are also less likely to have college degrees and tend to be older. There are distinct differences among the population within the county, the most notable between Payson and Globe/Miami. Those living in Globe/Miami are seven times more likely to be Hispanic than those who live in Payson. Payson residents are almost twice as likely to be over 65 years of age in comparison to Globe/Miami and more likely to have a high school diploma. (Hirano, 2010)

There are several areas that contribute to a person’s current state of health. They may be biological, socioeconomic, behavioral, cultural, or psychosocial. Generally, there are five determinants of health: 1.) biology and genetics include a person’s sex and age, 2.) physical environment includes geographical location and outdoor hazards, 3.) social environment includes employment opportunities, cultural and religious impacts, and political forces, 4.) individual behaviors, and 5.) health services including access to quality health care and health insurance. Many public health concerns factor into several of these categories. (Centers for Disease Control and Prevention [CDC], 2013)

In September, 2012, the Gila County Health Department (GCHD) led the effort to begin the community health assessment process. GCHD held focus groups to determine health status indicators and used these to develop a survey, which polled residents on what they believe are the top health priorities in Gila County. To gain an overall picture of the county, demographic and health status data were also collected. The following were the health indicators (ranked in order of importance as determined collectively by the focus groups) evaluated in this assessment:

1. Substance abuse, including prescription drug abuse/misuse	14. Tobacco use
2. Domestic violence	15. Access to physicians/health care
3. Suicide	16. Depression
4. Lack of health insurance	17. Bipolar disorder
4. Teen pregnancy	17. Coronary health disease
6. Diabetes	17. Liver disease
6. Health care costs	20. Stroke
8. Physical activity	21. Delayed care
8. Access/cost for healthy food	21. Oral health
10. Access to mental health care	21. Quality of health care
11. Bullying	24. Cancer
12. Child abuse	24. Asthma
13. Hypertension	24. Anxiety

This community profile will be used to inform and engage local stakeholders and community members to promote collaborative efforts to improve the health of the residents of Gila County. The primary goals of this assessment are collect and analyze data and information for use in

educating and mobilizing communities, develop priorities, garner resources, and plan actions to improve the population's health.

Three hundred and eighty-seven surveys were collected throughout Gila County online using www.surveymonkey.com and via hard copy. The paper version was distributed at community events, libraries, health department sites, and healthcare provider sites.

Core Health Status Indicators

Demographics

Demographics include measures of the total population for population size, income level, age distribution, sex, household size, and education level. The density of these measurements change over time due to births, deaths, and migration patterns.

General Health

General health includes quality of life constructs such as healthcare access and insurance coverage. It also evaluates perceived health status and physical activity measurements.

Physical Health

Physical health indicators include morbidity rates of common diseases, both communicable and non-communicable, and injuries. Exposure to environmental hazards is included.

Mental Health

Mental health indicators include emotional and psychological disorders.

Social Health

Social health indicators include social support and interactions and exposure to crime, violence, and social disorders. Transportation and quality of care is included.

Demographics and Population

The overwhelming majority of those surveyed identified themselves as female (77.1%), which is misrepresentative of the Gila County as the female to male ratio is 51% to 49%. Fifty two percent were between the ages of 45 and 64. Those reporting their marital status as married was overwhelming at 61% and 19% divorced, and 17% never married. Caucasians make up of about 82% of the overall population and 87% of the survey’s population. Just over 9% of the survey population identified as “other”, which includes those who identify as two or more races. Gila County has 3.8% higher population of whites than Arizona, 11.7% smaller population of Hispanics, and 10.2% higher population of Native Americans (US Census Bureau, 2010).

Name	Population	Area (sq ²)	Year Incorporated (if applicable)	Representation in CHA (%)
Canyon Day	1,092	3.8	N/A	0
Central Heights-Midland City	2,694	1.7	N/A	0*
Claypool	1,794	1.2	N/A	10.9
Gisela	532	2.9	N/A	0
Globe	7,197	18.0	1907	51.1
Hayden	814	1.3	1956	0.6
Miami	1,778	1.0	1918	9.8
Payson	15,486	19.5	1973	16.2
Peridot	1,266	5.2	N/A	1.4
Pine	1,931	31.8	N/A	2.0
San Carlos	3,716	8.9	N/A	0.6
Star Valley	1,970	N/A	2005	0
Strawberry	1,028	10.2	N/A	0
Tonto Basin	840	31.4	N/A	2.5
Top-of-the-World	330	6.0	N/A	0**
Winkleman	429	0.7	1949	0.8
Young	561	42.0	N/A	3.1

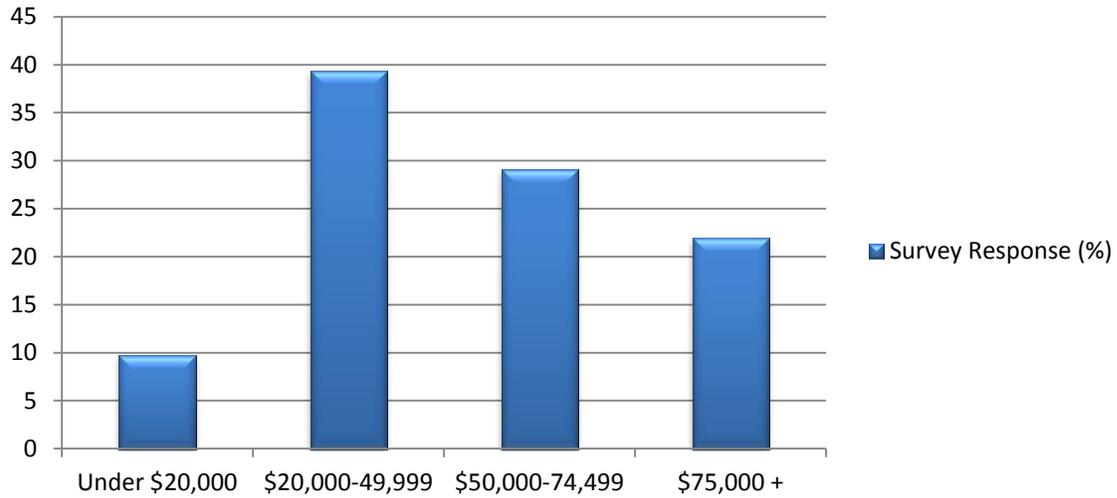
* Central height-Midland City representation in the CHA is captured in Globe and Miami’s numbers.

** Top-of-the-World representation in the CHA is capture in Miami’s numbers.

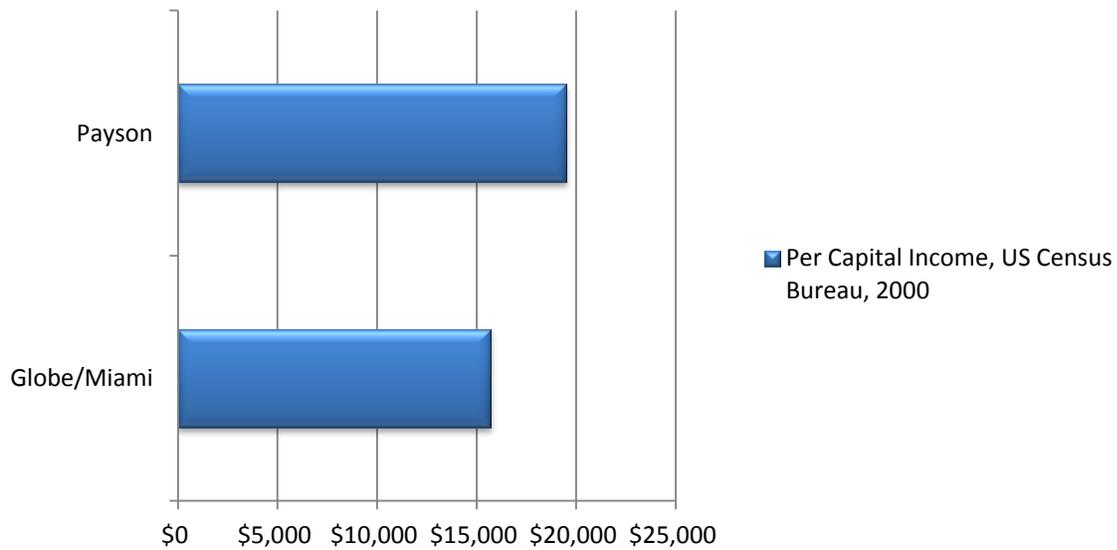
Table 1. Population and land area; incorporated cities and towns, census designated places. Gila County, Arizona (US Census Bureau, 2000).

Education attainment and socioeconomic status are important indicators that include both resource-based and prestige-based measures that are used to determine childhood and adult access and likelihood of consumption of goods, services, information relating to health.

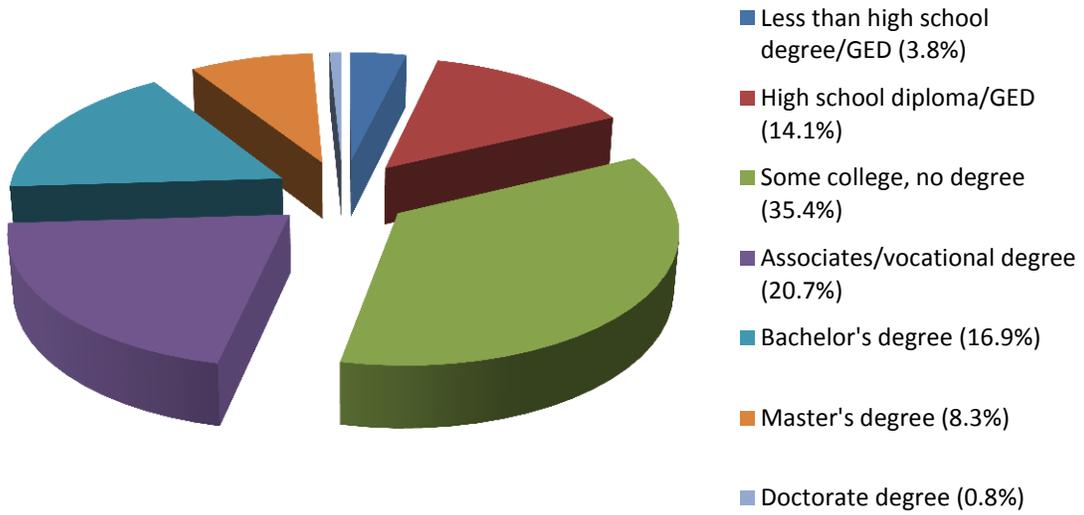
Self-reported income levels by CHA survey respondents



Per Capital Income, US Census Bureau, 2000



Education level of CHA respondents



General Health

Key findings as self-reported:

- 12% of Gila County residents reported being in fair or poor health.
- 75% of Gila County residents reported being in good or very good health.
- The majority (79%) have employer provided health insurance (including dental), but still about half have delayed filling prescription medications due to cost.
- Six out of ten people travel more than 30 miles to receive health care.
- Nearly all (95%) go to the grocery store to purchase their food, which was mostly five miles or less from their residence.

A study performed in 2010 found that 20% Gila County residents reported that their health is poor or fair, compared to 12% in this study (Hirano).

Of those reporting that they did not receive medical treatment, 77% reported that the cost was the main barrier, followed by distance and quality of care that is offered. As explored in other sections, cost and transportation concerns are often linked together as it may be costly to access care, especially when about 60% of respondents report that they have traveled more than 30 miles to receive care.

Most reported that they have employer provided health insurance, with a slightly lower percentage reporting dental health coverage included in this. Even though the same number reporting that they have health insurance reported having health care coverage that covers all or part of prescription medication costs, nearly half (49%) have delayed or not filled a prescription medication due to cost.

Heart disease, obesity, and other diet-related diseases are commonly recognized throughout the United States as major public health problems. In Gila County, approximately 27% of residents are found to be obese (Hirano, 210). This survey found that the number is closer to 53%. Some populations within the United States are at a greater risk for these due to the lack of affordable and nutritious foods (US Department of Agriculture [USDA], 2009). These “food deserts” often have greater access to fast food restaurants and convenience stores, which traditionally have more caloric- and less nutrient-dense foods, than to supermarkets and farmers markets (USDA, 2009). It was found that about 95% of respondents have supermarket access within five miles of where they reside; however, almost half did not feel there were enough healthy food options within their community. In the Globe/Miami/Claypool area, there are four grocery stores compared to twenty-five fast food and convenience stores. Similarly in Payson, there are three and twenty-one respectively. Hayden has only one convenience store and no access to any grocery stores. So, while the majority of the population surveyed has access to a grocery store, they are inundated with unhealthy choices. This may be reflected in the perceived and diagnosed physical health issues discussed in the next section.

Access to health care in Gila County is fairly limited as well. Gila County is designated a Medical Underserved Area (MUA). This means that Gila County is identified as a geographical area that has a shortage of primary care health services. Four census tracts within the County,

two within Young, one within Hayden, and the Tonto Apache Tribe, have been designated as Health Professional Shortage Areas (HPSA). Subcategories have also been identified in the areas of dental and mental health. Dental health HPSAs include multiple service areas in Young and Hayden. The entirety of Gila County has been designed a mental health HPSA (Hirano, 2010).

Respondents repeatedly stated that there were limited health care services in Gila County and must travel outside Gila County for treatment. This is reflected in that Hayden and Young do not have any primary care physicians or dentists. Residents in Globe/Miami are more likely to be treated in the hospital for ambulatory care conditions, which reflects the lack of primary care utilization. Another indicator of lack of primary care services and dental services in the County is that approximately 37% of respondents stated that they have not seen a dentist in the last twelve months and two of the main reasons is not being able to afford it, even among those who have dental health insurance and having to travel long distances to obtain care.

Within the areas of Globe/Miami/Claypool and Payson, there are more services available. Cobre Valley Regional Medical Center (CVRMC) serves the Globe/Miami/Claypool area. CVRMC is a twenty-five bed facility offering services, such as a level four trauma emergency center, intensive care unit, imaging, laboratory services, surgery, rehabilitation and physical therapy, and obstetrics care (CVRMC, 2013). Routine medical care can be obtained at one of the four local family care clinics, which employ eight providers. Specialty services offered in the local area are podiatry, internal medicine, otolaryngology, ophthalmology, and orthopedics. Globe has one of each an obstetric/gynecologist and pediatrician, but currently does not have access to a local psychologist, or an oncologist. Preventative care can be accessed at the local health department, which offers services such as Newborn Intensive Care Program, home visitation programs, immunizations, nutrition education, STD/HIV testing, family planning, and injury prevention (GCHD, 2013). In 2012, Globe opened its first federally qualified health care clinic. Military Veterans can receive services on a small scale at the local Globe-Miami Veterans Affairs Health Care Clinic. Long-term medical care services are provided by two nursing home facilities or two home healthcare agencies with supports of the Hospice of the Valley.

Payson Regional Medical Center (PRMC), located in Payson, is a forty four bed full service healthcare facility offering emergency services, cardiac services, radiation and oncology, rehab services, laboratory services, ICU, x-ray, obstetrics, and surgical services (PRMC, 2013). Routine medical care can be obtained at one of the four local family care clinics, which employ twelve providers. Specialty services offered in the local area are podiatry, internal medicine, otolaryngology, ophthalmology, and orthopedics, obstetrics and gynecological services, pediatrics and oncology care. Preventative care can be accessed at the local health department, which offers services such as immunizations, nutrition education, STD/HIV testing, family planning, and injury prevention (GCHD, 2013). Women have access to a Healthy Women Program through Payson Regional Medical Center (PRMC, 2013). Military Veterans can receive services on a small scale at the local Payson Veterans Affairs Health Care Clinic (US Department of Veterans Affairs [USVA], 2013). Long-term medical care services are provided by three nursing home facilities or two assisted living retirement communities or eight home healthcare agencies with support of the Hospice of the Valley.

Physical Health

Gila County has a disproportionate rate of premature death compared to the rest of Arizona at 12,237 years of potential life loss for every 100,000 population to 7,612 respectively. Premature death is seen as death prior to seventy-five years of age. Many of these deaths are attributable to chronic physical diseases, such as cardiovascular disease and diabetes. Dietary behavior, as described above, and tobacco use are contributors to this. It was reported that about 21% of people use tobacco products in the County, which is slightly more than the national average reported by the Centers of Disease Control and Prevention in 2012 at 19%, yet still down from the 24% that was reported in 2010. (Hirano, 2010)

In Gila County in 2008, the age-adjusted death rate for diabetes was 29.2 deaths for 100,000 population. This is significantly higher than 16.8 comparatively across the state of Arizona. Almost 23% of respondents reported having been diagnosed or a member of their household having been diagnosed with diabetes. (Hirano 2010)

Also in 2008, the age-adjusted death rate for cardiovascular disease was also examined. In Gila County it was 113.7 per 100,000 population, compared to 115.7 per 100,000 population in all of Arizona. Almost half of respondents revealed that they, or a member of their household, have been diagnosed with hypertension, 46% with high cholesterol, and 9.4% had experienced a myocardial infarction. (Hirano, 2010)

Twenty-eight percent of respondents reported having been diagnosed or a household member diagnosed with cancer, with the majority at 16.1% being skin cancer. Overall, cancer incidence in Arizona is 405.4 for every 100,000 population, compared to 388.2 in Gila County. (Hirano, 2010)

Key findings as self-reported:

- The top perceived physical health issues are, also ranking in importance, diabetes, overweight, and hypertension.
- The top diagnosed physical health issues are, also ranking in importance, overweight, hypertension, and high cholesterol.

Mental Health

Much is still left to be learned about the prevention, causes, and treatment of mental disorders. Mental health is intimately linked to physical health, in particular chronic pain (Department of Health and Human Services [DHHS,1999]). It impacts all aspects of life, including work productivity, and social and physical well-being. As mentioned above, Gila County is underserved for mental and behavioral health, as it has no psychiatrists and few treatment centers. With the exception of Payson, which has some counselors who accept private insurance, the few treatment options available are only reserved for those without private insurance. Going back to the rate of those with private insurance, it appears that at least 80% of the population is not able to access mental health care. Of those respondents needing mental health care, but were unable to have access to it, 45% reported that they did not receive care due to the cost. Another 30% reported that there were not any facilities available. These two may be linked together since part of the cost of health care includes the transportation to get to services, as well as taking leave from employment to do so. This often leads to a loss of wages for the day.

Key findings as self-reported:

- Almost half did not receive mental health care due to cost. Another 30% did not because there were not any facilities available.
- The top perceived mental health issues are surrounding abuse and addiction.
- The top diagnosed mental health issues are, also ranking in importance, depression, panic disorder, and alcohol abuse.

Social Health

Over 28% of Gila County residents reported that they, or someone in their household, have been impacted by bullying, yet it was not seen as a top social health concern for the County. Perceptions of domestic abuse aligned more closely with rates of those impacted.

Key findings as self-reported:

- The top perceived social health issues are, ranking in importance, substance abuse, teen pregnancy, and domestic violence.
- The top affected social health issues are, also ranking in importance, bullying, domestic violence, and teen pregnancy.

Conclusion

The GCHD community health assessment, conducted in September, 2012, set out to determine the top health priorities in Gila County. It was found that the top perceived health concerns were as follows:

Physical Health	Mental Health	Social Health
Diabetes	Substance Abuse	Substance Abuse
Overweight	Alcohol Abuse	Teen Pregnancy
Hypertension	Prescription Drug Abuse	Domestic Violence

The top health concerns that people reported as either being either diagnosed or impacted were as follows:

Physical Health	Mental Health	Social Health
Overweight	Depression	Bullying
Hypertension	Panic Disorder	Domestic Violence
High cholesterol	Alcohol Abuse	Teen Pregnancy

While medical advances have promised Americans to live healthier and longer, many parts of the population still have poor health statuses. Those in Gila County who are most susceptible include those who are unemployed or underemployed, uninsured or underinsured, those without high school educations, and those who have low socioeconomic status. These groups are typically targeted in community health initiatives due to the relationships between employment and health access and status. Those who are unemployed or underemployed will have an increased likelihood that they will not have adequate health insurance coverage, which in turn, limits access to affordable and adequate care. Those with lower achieved levels of education are likely to struggle with finding sufficient employment, which relates to insurance.

Gila County, a rural county, has struggled with its vast geographic layout of the county and delivering healthcare to those in the more outlying areas. Residents often travel large distances to access care and other services. Since transportation to access care is often costly and time consuming, this leaves many at a disadvantage that increases to the health inequities felt by many.

Themes of barriers to health care service were seen throughout the data collected. Gila County is designated a Medical Underserved Area, and many areas within the County is also identified as Health Professional Shortage Areas. Primary care, specialty, mental and behavioral health, and dentistry services have all been recognized as underserved areas for the population of Gila County. Even in areas with more health services available, access is still a concern.

Based on the survey and previous analyses of Gila County, it is evident that it lacks comprehensive and accessible health care services. This includes the lack of specialty services, behavior health, and dentistry and in some areas such as Hayden; the population is underserved for all services. Even in areas like Globe/Miami that have low population to primary care physician ratios, people are still not accessing that level of care, instead electing for emergent care.

Areas of opportunity identified in the community health assessment



References

- Center for Disease Control and Prevention. Social determinants of health. 2013. Retrieved on January 14, 2013 from <http://www.cdc.gov/socialdeterminants/Index.html>.
- Cobre Valley Regional Medical Center. Our mission is your health. 2013. Retrieved on February 12, 2013 from www.cvrmc.org.
- Department of Health and Human Services. 1999. Surgeon General's Report on Mental Health, 1999. Washington: DC.
- Gila County Health Department. Welcome. Retrieved on December 17, 2012 from <http://www.gilacountyaz.gov/>.
- Hirano D. 2010. Health planning report for Gila County, Arizona. Tempe, Arizona.
- Jimenez G. 2006. Gila County, Arizona profile. In AZ Commerce. Retrieved on February 28, 2013, from www.countysupervisors.org.
- Payson Regional Medical Center. Home. Retrieved on February 12, 2013 from <http://www.paysonhospital.com/pages/home.aspx>.
- US Census Bureau. 2000. US Census 2000. Washington, DC: Government Printing Office.
- US Census Bureau. 2010. US Census 2010. Washington, DC: Government Printing Office.
- US Department of Agriculture. 2009. Access to affordable and nutritious food: Measuring and understanding food deserts and their consequences. Washington: DC.
- US Department of Veterans Affairs. 2013. Phoenix VA health care system. Retrieved on December 12, 2012 from <http://www.phoenix.va.gov/CBOCs/payson.asp>.

Appendix A Survey

Read the following section after personalizing to each potential participant:

The Gila County Health Department is conducting a survey of our county to learn more about the health and quality of life in Gila County. The results of this survey to help address the county's major health and community issues.

The survey is completely voluntary, and it should take no longer than 10 minutes to complete. Your answers will be completely confidential. The information you give us will not be linked to you in any way.

Would you like to participate? Yes No

(If no, stop the survey here.)

Eligibility

Do you live or work in Gila County? Yes No

(If no, stop the survey here.)

Have you participated in this year's survey already? Yes No

(If yes, stop the survey here.)

The first set of questions will ask about your and your household’s general health. By household, we mean anyone living in the same residence as yourself. This may or may not be a relative. Remember your choices will not be linked to you in any way.

General Health

1. How would you rate your general health?
 - Excellent
 - Very Good
 - Good
 - Fair
 - Poor

2. What kinds of healthcare coverage do you, or anyone in your household, have? (Choose all that apply)
 - Do not have health care coverage
 - Have insurance thru an employer (United Health Care, Blue Cross Blue Shield, etc)
 - State or Federal health care coverage (AHCCCS, Medicare, Military, etc)
 - Self- pay for individual coverage

3. In the last 12 months when you, or anyone in your household, needed medical care (not including mental health care) where did you *most often* go?
 - We did not need medical care in the last 12 months
 - We did not get the medical care needed
 - Emergency Room
 - Urgent Care
 - Doctor’s Office
 - Other

If the answer to question 3 is “We did not need medical care in the last 12 months than: Skip to Question 5

If answer to Question 3 is “We did not get the medical care needed” than:

Why did you, or anyone in your household, not get the medical care needed?

- Cost
 - Time
 - Quality of care
 - Distance
 - Did not need care in the last 12 months
 - Other: _____
4. Do you, or anyone in your household, travel more than 30 miles to receive medical care?
 - Yes
 - No

If the answer to question 4 is “Yes”, than:

Why do you, or anyone in your household, have to travel more than 30 miles for medical care?

- No facilities within 30 miles
- Wait time
- Quality of care
- Special medical condition
- Cost
- Poor previous experience
- Other: _____

5. How do you pay for prescription medications?

- I do not take prescription medications
- I have healthcare coverage that covers all or part of my prescription medications
- I pay out of pocket for my prescription medications

6. Have you ever delayed or not filled a prescription medication?

- Yes
- No

If the answer to question 6 is, “Yes” than:

Why did you delay or not fill your prescription medication?

- Cost
- Time
- Distance to travel
- Other: _____

7. Where do you participate in Physical Activity/Exercise? (Choose all that apply)

- I do not participate in physical activity/ exercise
- Home
- Gym
- Outdoors
- School
- Community Centers
- Parks/ Recreation Areas
- Privately Owned Business
- Senior Center
- Other : _____

If the answer to Question 7 is, “I do not participate in physical activity/ exercise than: **Skip to question 9**

“Why don’t you participate in physical activity/ exercise?”

- No available facilities
- Cost
- Medical reasons
- I don’t like it
- Other: _____

8. What is your level of exercise?

- I exercise less than 3 times a week without breaking a sweat
- I exercise more than 3 times a week without breaking a sweat
- I exercise less than 3 times a week and I barely break a sweat
- I exercise more than 3 times a week and I barely break a sweat
- I exercise less than 3 times a week and I sweat a lot
- I exercise more than 3 times a week and I sweat a lot

9. Where do you purchase *most* of your food?

- Grocery store
- Sit down restaurant
- Fast food restaurant
- Convenience store
- Other: _____

10. How far do you live from the closest grocery store? (Safeway, Fry’s, Bashes, etc)

- 0-5 miles
- 6-10 miles
- 11-20 miles
- 21+ miles

11. Do you feel there are enough healthy food options in your community?

- I am unsure what health food options are.
- Yes
- No

If the answer to Question 11 is, “No” than:

Why don’t you feel there are enough healthy food options in your community?

- Cost
- Distance
- Availability
- Freshness of product
- Other: _____

12. Do you use tobacco products? (cigarettes, chew/snuff, cigars, etc.)

- No, I do not use tobacco products
- Yes, I use tobacco products daily
- Yes, I use tobacco products several times a week
- Yes, I use tobacco products several times a month
- Yes, I use tobacco products several times a year

13. Have you seen a dentist in the last 12 months?

- Yes
- No
- Unsure

14. Do you have dental insurance for yourself?

- Yes
- No
- Unsure

15. Have you ever delayed dental care because you were not able to pay for it?

- Yes
- No
- Unsure

The next set of questions will ask about your and your household’s physical health.

Physical Health

16. Has your healthcare provider ever diagnosed you, or anyone in your household, with the following:

	Yes	No
High Blood Pressure (hypertension)		
Heart Attack (myocardial infarction)		
Stroke		
High Cholesterol		
Overweight		
Skin Cancer		
Breast Cancer		
Cervical Cancer		
Colorectal Cancer		
Lung or Bronchus Cancer		
Prostate Cancer		
Oral Cancer		
Asthma		
Emphysema or Chronic Bronchitis (COPD)		
Liver Disease		
Arthritis or Rheumatism		
Diabetes		

17. Please mark the top **3** of the following Physical Health issues you think are a concern in Gila County:

High Blood Pressure (hypertension)	
Heart Attack (myocardial infarction)	
Stroke	
High Cholesterol	
Overweight	
Skin Cancer	
Breast Cancer	
Cervical Cancer	
Colorectal Cancer	
Lung or Bronchus Cancer	
Prostate Cancer	
Oral Cancer	
Asthma	
Emphysema or Chronic Bronchitis (COPD)	
Liver Disease	
Arthritis or Rheumatism	
Diabetes	

The next set of questions will ask about your and your household’s mental health. Remember your choices will not be linked to you in any way.

Mental Health

18. In the last 12 months when you, or anyone in your household, needed *mental* health care where did you *most often* go?

- Did not need mental healthcare
- We did not get the mental healthcare needed
- Mental healthcare facility
- Emergency Room
- Urgent Care
- Doctor’s Office
- Other

If the answer to Question 18 is “Did not need mental health care” than:
skip to question 20

If answer to Question 18 is “We did not get the mental health care needed” than:

Why did you, or anyone in your household, not get the mental healthcare care needed?

- Cost
- Time
- Quality of care
- Distance
- Did not need care in the last 12 months
- Other: _____

19. Do you, or anyone in your household, travel more than 30 miles to receive mental health care?

- Yes
- No

If the answer to question 4 is “Yes”, than:

Why do you, or anyone in your household, have to travel more than 30 miles for mental health care?

- No facilitates within 30 miles
- Wait time
- Quality of care
- Special medical condition
- Cost
- Poor previous experience

20. Has a healthcare provider ever diagnosed you, or anyone in your household, with:

	Yes	No
Sleep Disorders		
Schizophrenia		
Anxiety Disorder (including generalized anxiety disorder)		
Eating disorder (including anorexia, bulimia, pica)		
Depression		
Bipolar Disorder		
Prescription Drug Abuse		
Alcohol Abuse		
Substance Abuse (including meth, marijuana, cocaine, heroin)		
Narcissistic Personality Disorder		
Obsessive Compulsive Disorder		
Panic Disorder		

21. Please mark the top **3** of the following Physical Health issues you think are a concern in Gila County:

	Mark Here
Sleep Disorders	
Schizophrenia	
Anxiety Disorder (including generalized anxiety disorder)	
Eating disorder (including anorexia, bulimia, pica)	
Depression	
Bipolar Disorder	
Prescription Drug Abuse	
Alcohol Abuse	
Substance Abuse (including meth, marijuana, cocaine, heroin)	
Narcissistic Personality Disorder	
Obsessive Compulsive Disorder	
Panic Disorder	

The next set of questions will ask about issues relating to social health.

Social Health

22. Have you, or anyone in your household , ever been affected by:

	Yes	No
Teen Pregnancy		
Child Abuse		
Domestic Violence		
Bullying		
Sexual Assault		
Elder Abuse		
Substance Abuse such as:		
Spice		
Salvia		
Bath Salts		
Alcohol Abuse		
Meth		
Marijuana		
Opiates (including heroine)		
Inhalants (huffing)		
Steroids		
Prescription Drug Abuse		
Over the Counter Medication (misuse)		
Suicide		
STIs (Chlamydia, Gonorrhea, Herpes, HIV, Syphilis etc.)		
Pollution		
Lack of Child Care		

23. Please mark the top **3** of the following Physical Health issues you think are a concern in Gila County:

	Yes	No
Teen Pregnancy		
Child Abuse		
Domestic Violence		
Bullying		
Sexual Assault		
Elder Abuse		
Substance Abuse such as:		
Spice		
Salvia		
Bath Salts		
Alcohol Abuse		
Meth		
Marijuana		
Opiates (including heroine)		
Inhalants (huffing)		
Steroids		
Prescription Drug Abuse		
Over the Counter Medication (misuse)		
Suicide		
STIs (Chlamydia, Gonorrhea, Herpes, HIV, Syphilis etc.)		
Pollution		
Lack of Child Care		

Lastly, we will ask some basic questions for classification reasons only. These will not be linked to you in any way.

24. Are you:

- Male
- Female

25. Age:

- 17 or younger
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65 or older

26. Marital Status

- Single, never married
- Married
- Separated
- Divorced
- Widowed

27. Are you of Hispanic, Latino/a or Spanish Origin

- No
- Yes

28. What is your race? (choose all that apply)

- White
- Black, African American
- American Indian/Alaska Native
- Asian
- Native Hawaiian/ Pacific Islander
- Other

29. What zip code do you live in?

- 85501 85532 85135 85539 85541 85542
- 85544 85545 85550 85553 85554 85192

30. What is your annual household Income?

- Under 20,000 20,001-49,999 50,000-74,999 75,000+

31. What is your current employment status?

- Self-Employed
- Employed, full-time
- Employed, part-time
- Unemployed
- Homemaker
- Retired
- Student

32. How many people, including yourself, live in your household?

- 1 2 3 4 5+

33. What is the highest level of education you have completed?

- Still attending High School
- 12th grade or less did not graduate, no GED
- Graduated from High School/GED
- Some College, no Degree
- Associates Degree or Vocational/Trade School Graduate
- Bachelor's Degree
- Master's Degree