Wilken/Richland CHNA Survey report
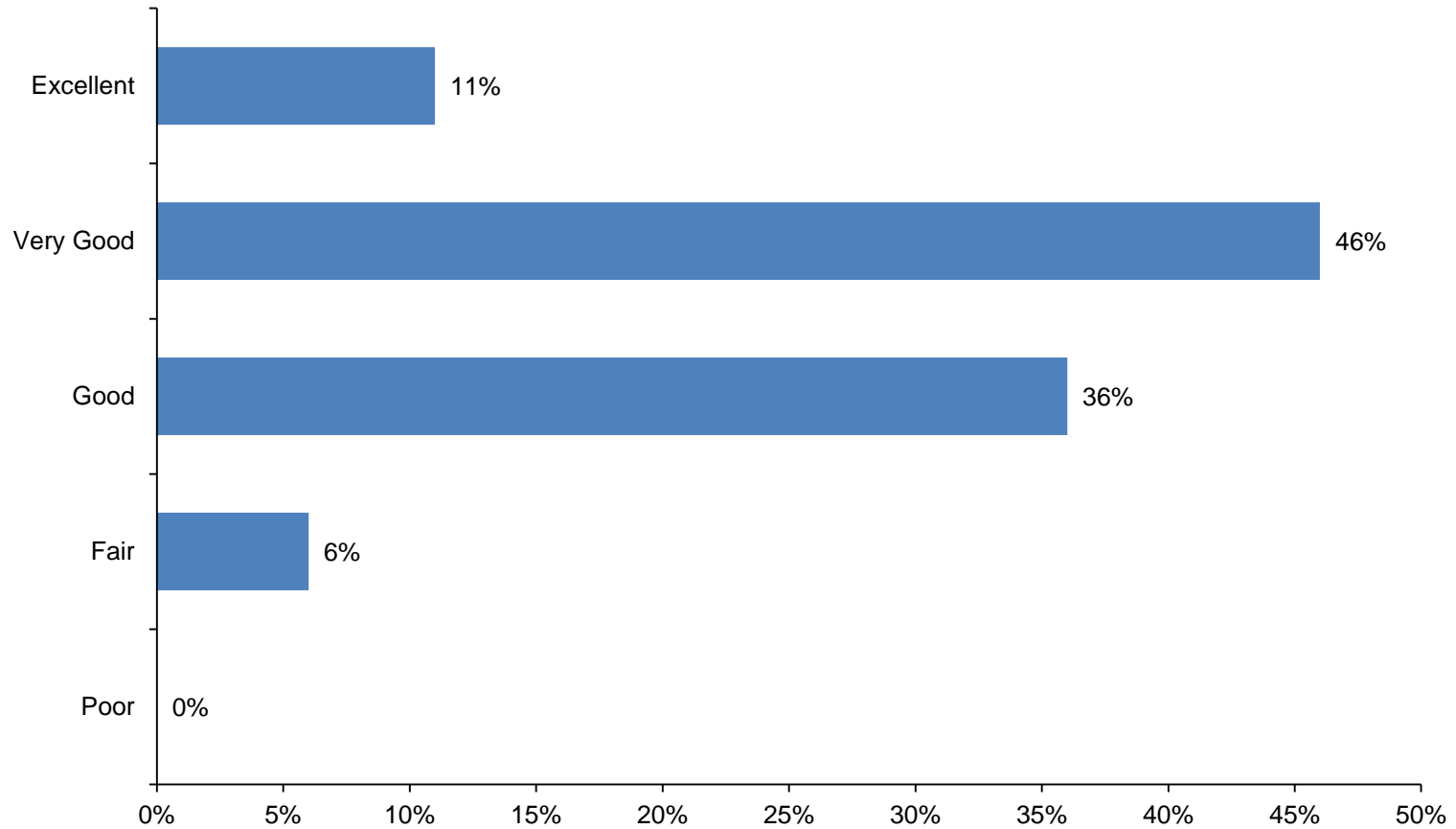
February 27, 2018

Charts Exported by MarketSight®
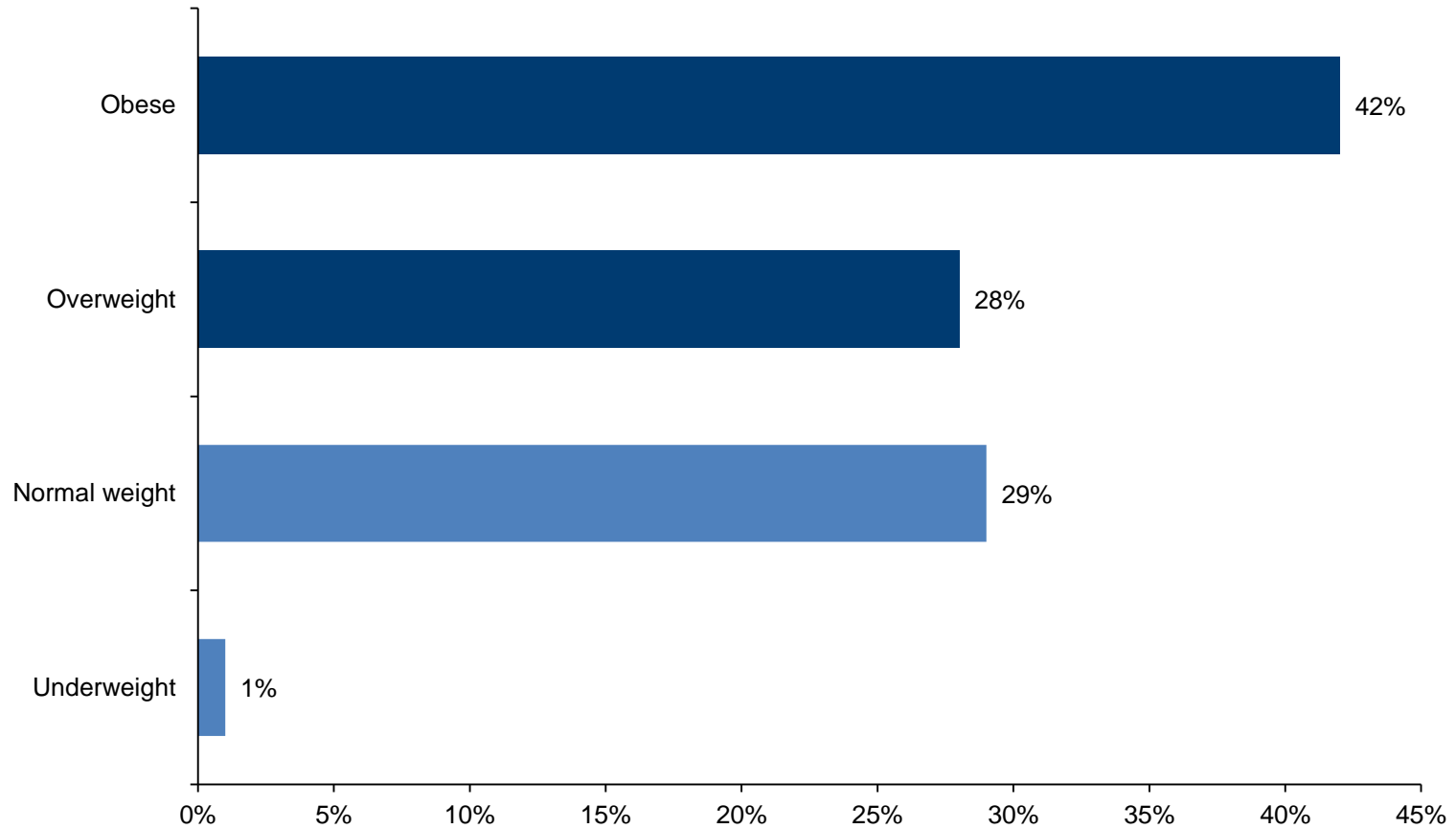
How would you rate your health?

Rating	Percentage
Excellent	11%
Very Good	46%
Good	36%
Fair	6%
Poor	0%

Base: Poor (n=1), Fair (n=13), Good (n=73), Very Good (n=94), Excellent (n=22), Sample Size = 203

(Community = Richland OR Wilkin)

BMI

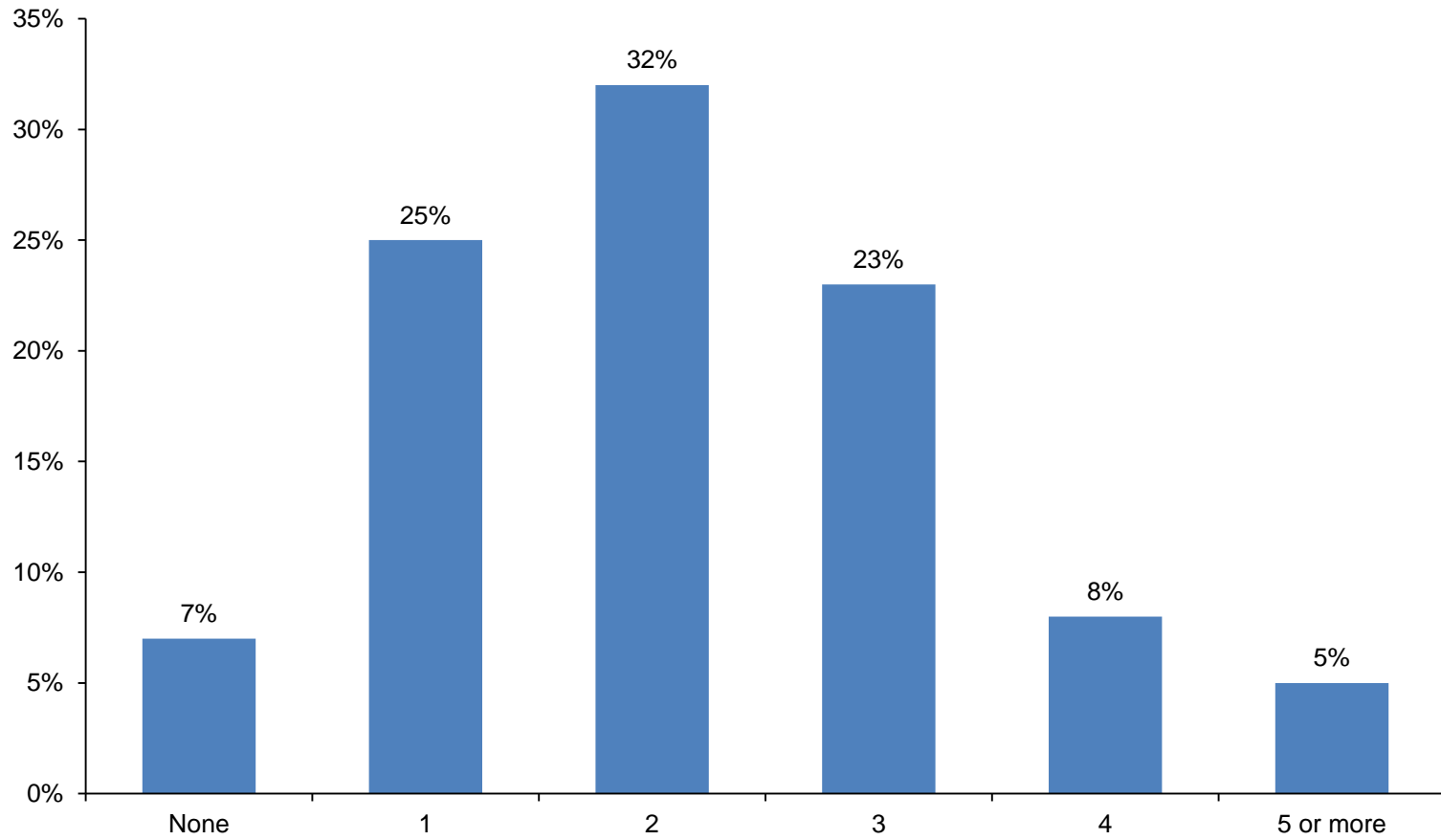| Category	Percentage
Obese	42%
Overweight	28%
Normal weight	29%
Underweight	1%

Base: Underweight (n=2), Normal weight (n=57), Overweight (n=55), Obese (n=83), Sample Size = 197

(Community = Richland OR Wilkin)

Servings of Vegetables
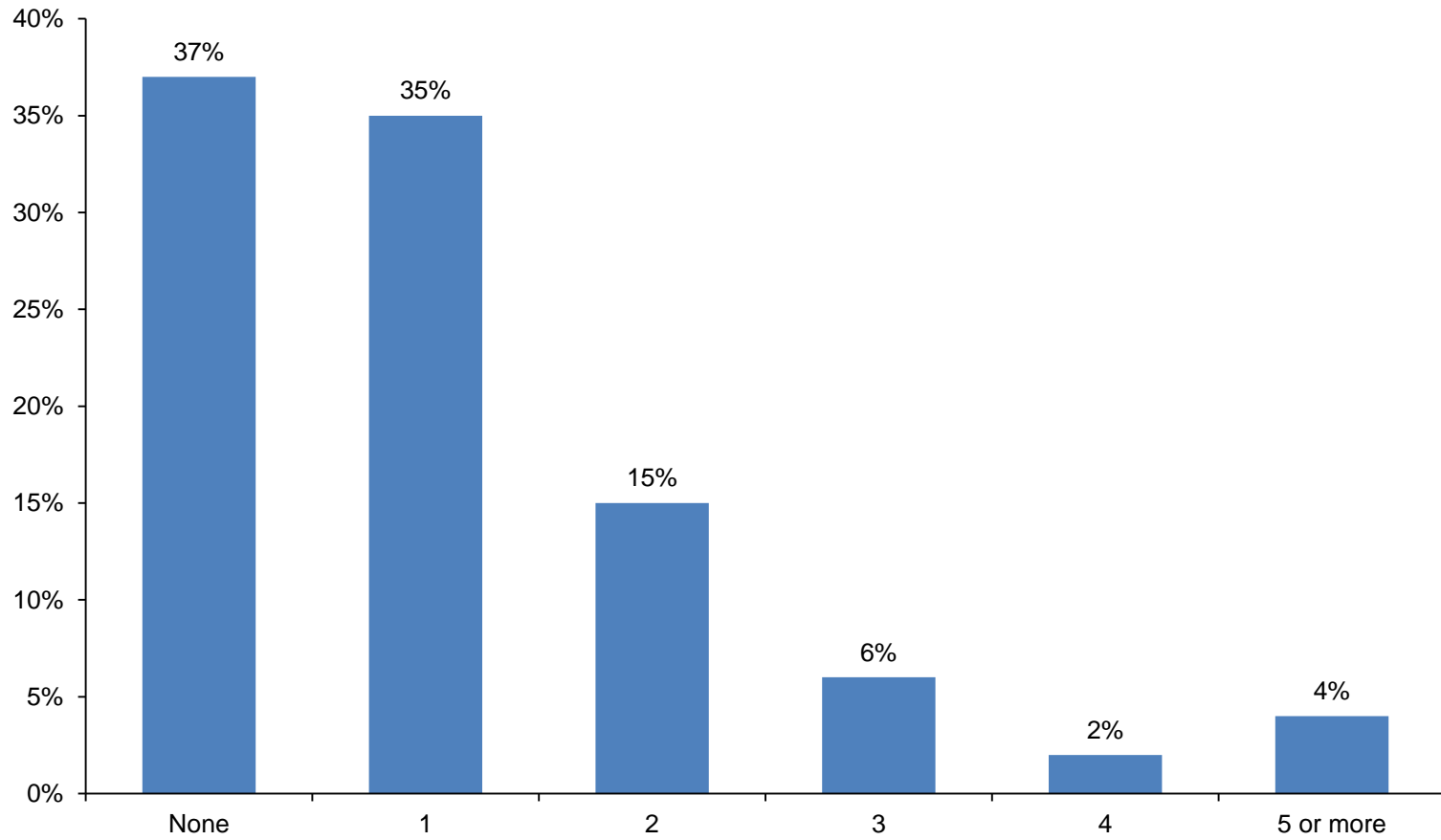

	None	1	2	3	4	5 or more
	7%	25%	32%	23%	8%	5%

Base: None (n=13), 1 (n=47), 2 (n=60), 3 (n=42), 4 (n=14), 5 or more (n=10), Sample Size = 186
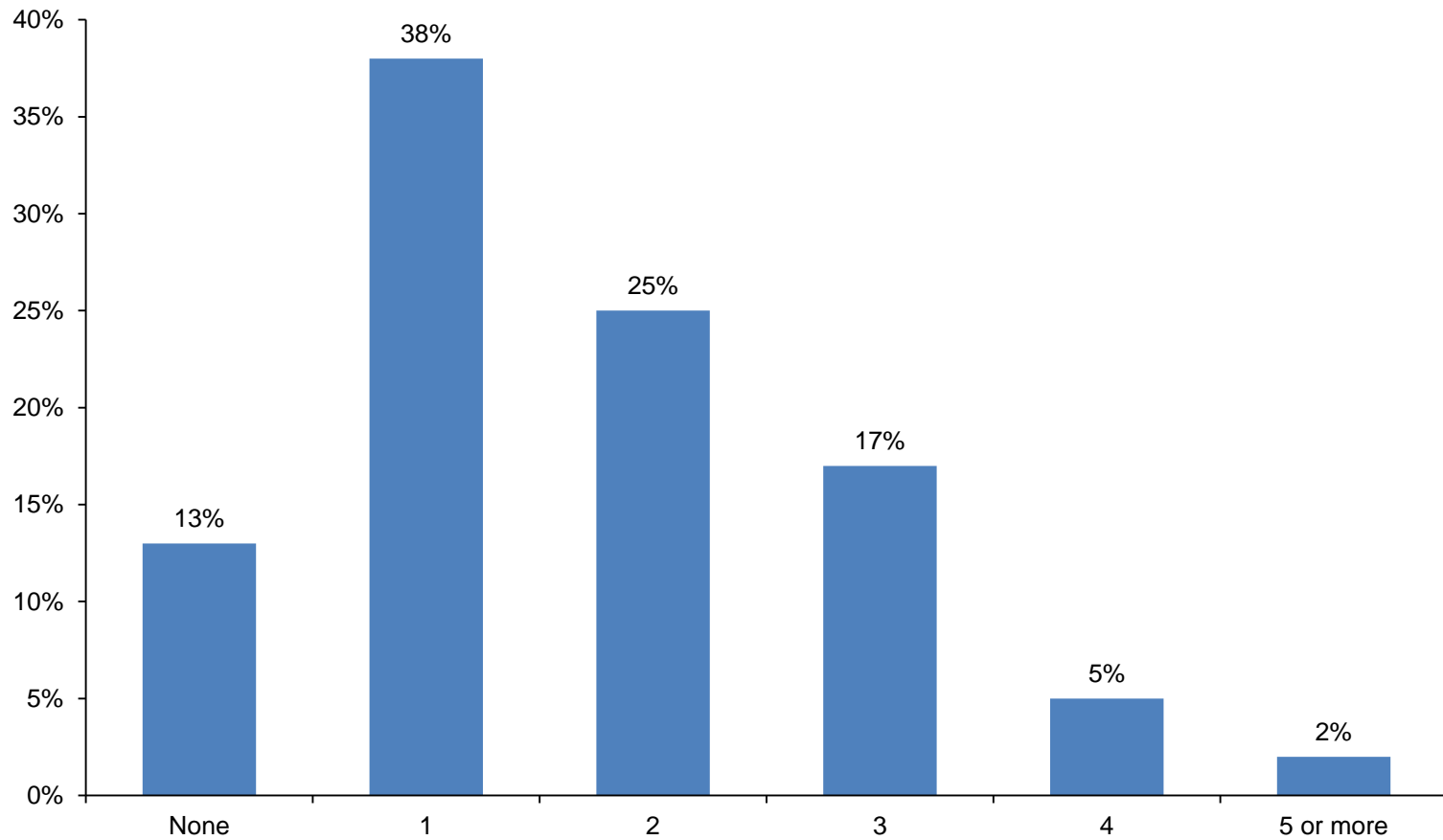
(Community = Richland OR Wilkin)

Servings of Juice

Base: None (n=47), 1 (n=45), 2 (n=19), 3 (n=8), 4 (n=3), 5 or more (n=5), Sample Size = 127
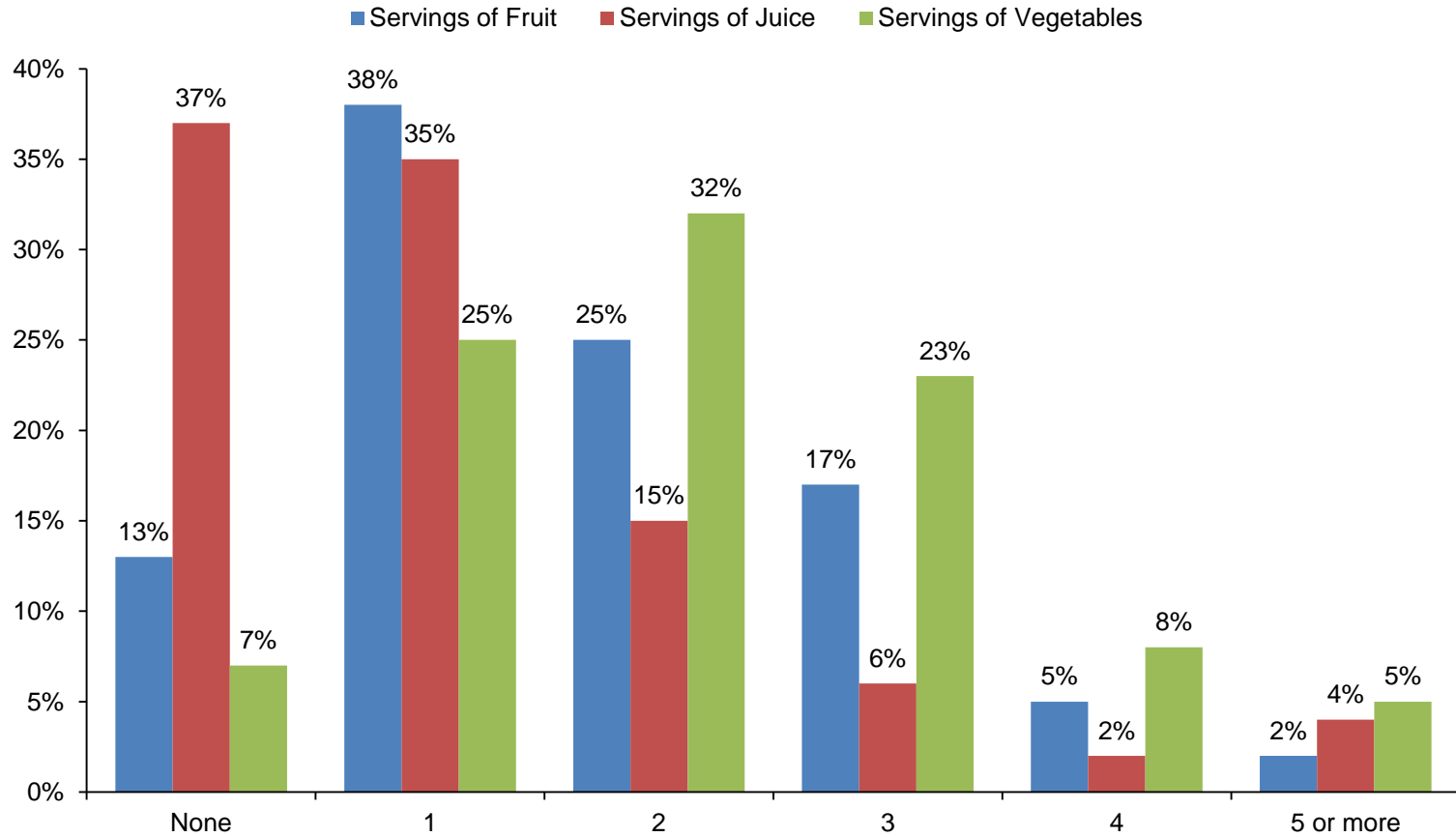
(Community = Richland OR Wilkin)

Servings of Fruit

Base: None (n=20), 1 (n=60), 2 (n=39), 3 (n=26), 4 (n=8), 5 or more (n=3), Sample Size = 156

(Community = Richland OR Wilkin)

Servings of Fruit, Vegetables and Juice

Legend: ■ Servings of Fruit ■ Servings of Juice ■ Servings of Vegetables

Category	Servings of Fruit	Servings of Juice	Servings of Vegetables
None	13%	37%	7%
1	38%	35%	25%
2	25%	15%	32%
3	17%	6%	23%
4	5%	2%	8%
5 or more	2%	4%	5%

Sample Size = Variable

(Community = Richland OR Wilkin)

Total Servings of Fruits, Vegetables and Juice

Base: None (n=5), 1 (n=26), 2 (n=19), 3 (n=36), 4 (n=30), 5 or more (n=79), Sample Size = 195

(Community = Richland OR Wilkin)

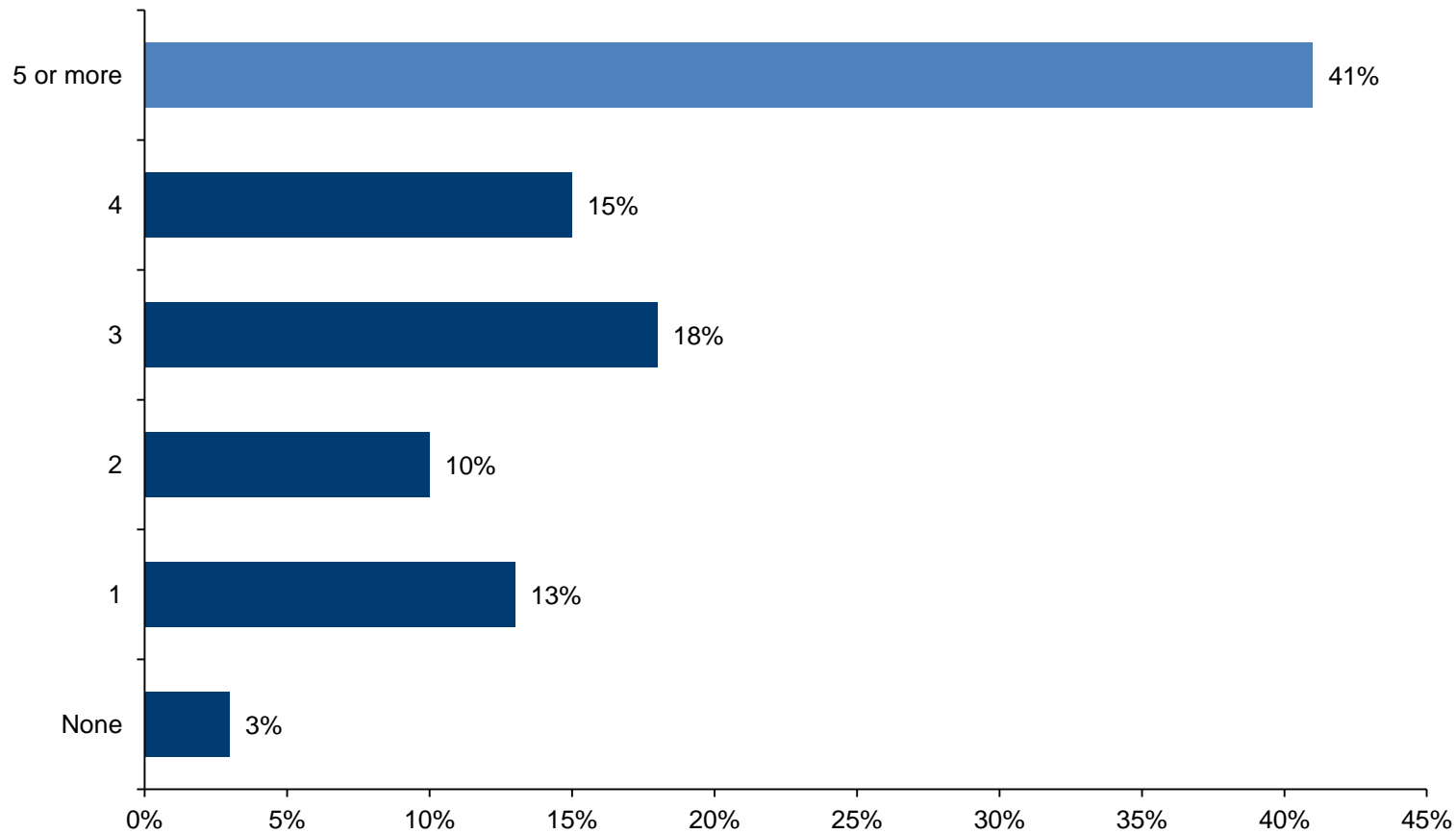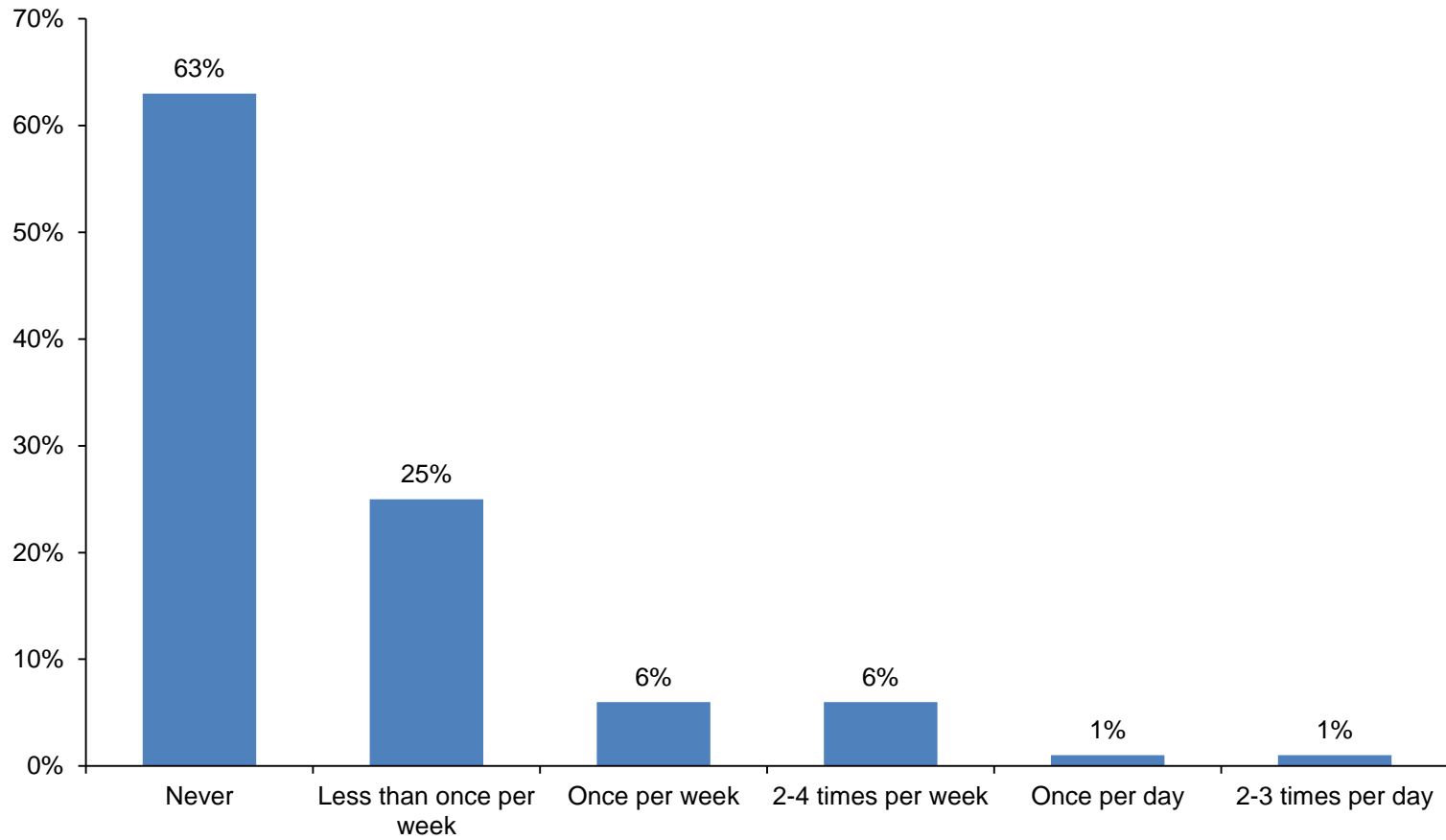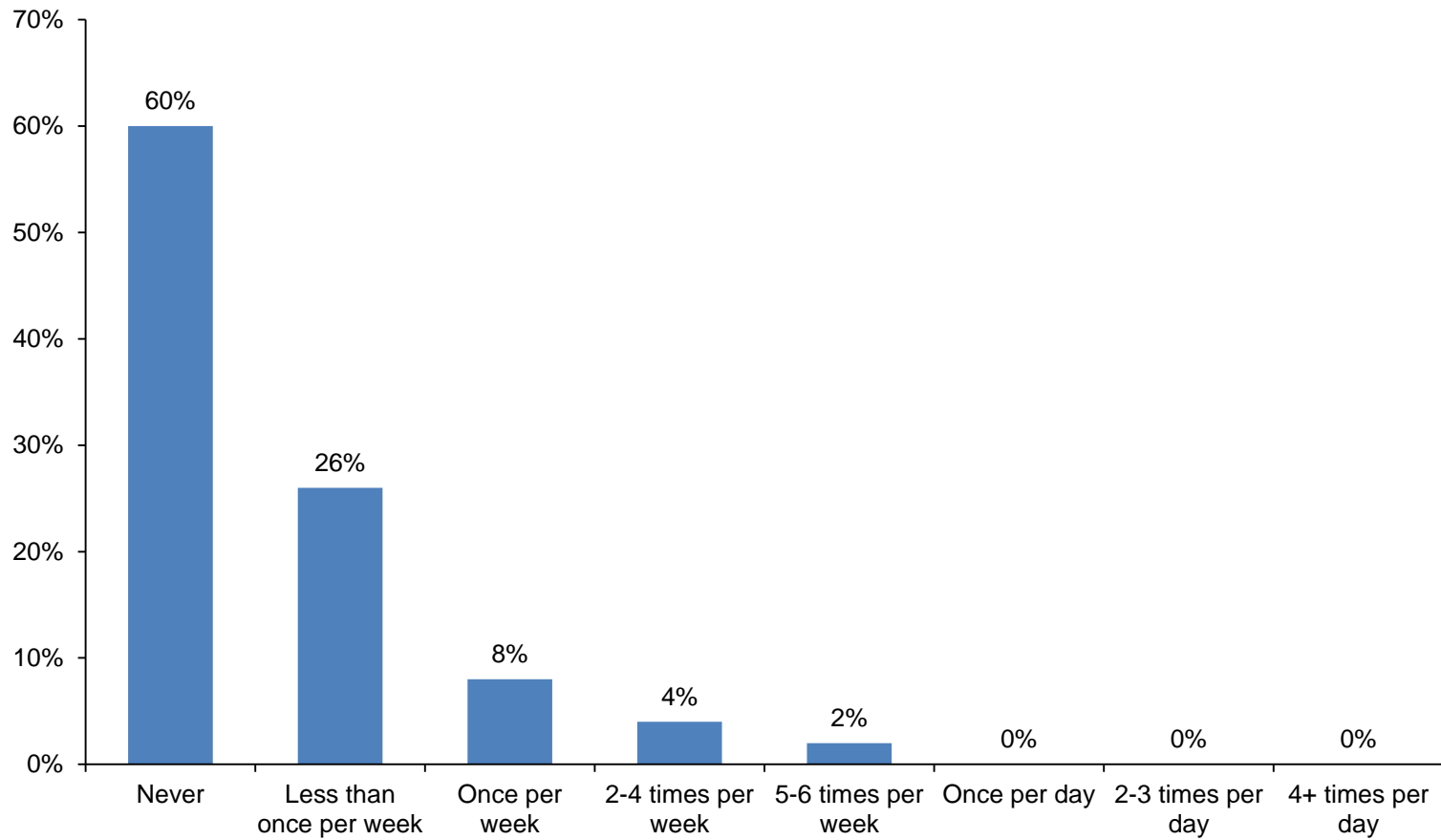# Snapple, Flavored Teas, Capri Sun, etc.

Base: Never (n=124), Less than once per week (n=50), Once per week (n=11), 2-4 times per week (n=11), Once per day (n=1), 2-3 times per day (n=1), Sample Size = 198

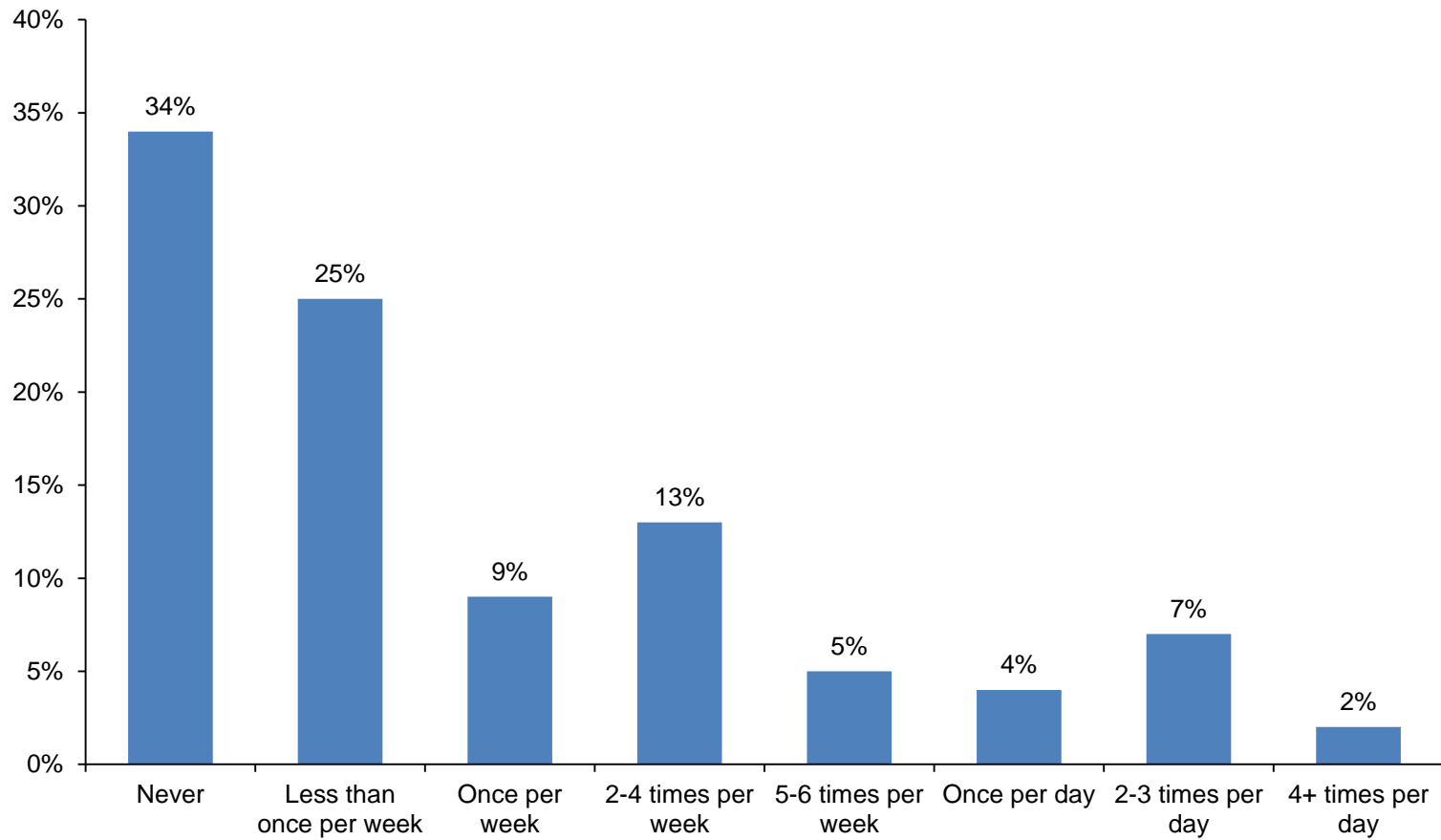(Community = Richland OR Wilkin)

Gatorade, Powerade, etc.

Base: Never (n=120), Less than once per week (n=51), Once per week (n=16), 2-4 times per week (n=7), 5-6 times per week (n=3), Once per day (n=1), 2-3 times per day (n=1), 4+ times per day (n=1), Sample Size = 200

(Community = Richland OR Wilkin)

Soda or Pop

Base: Never (n=68), Less than once per week (n=50), Once per week (n=18), 2-4 times per week (n=27), 5-6 times per week (n=11), Once per day (n=8), 2-3 times per day (n=15), 4+ times per day (n=4), Sample Size = 201

(Community = Richland OR Wilkin)
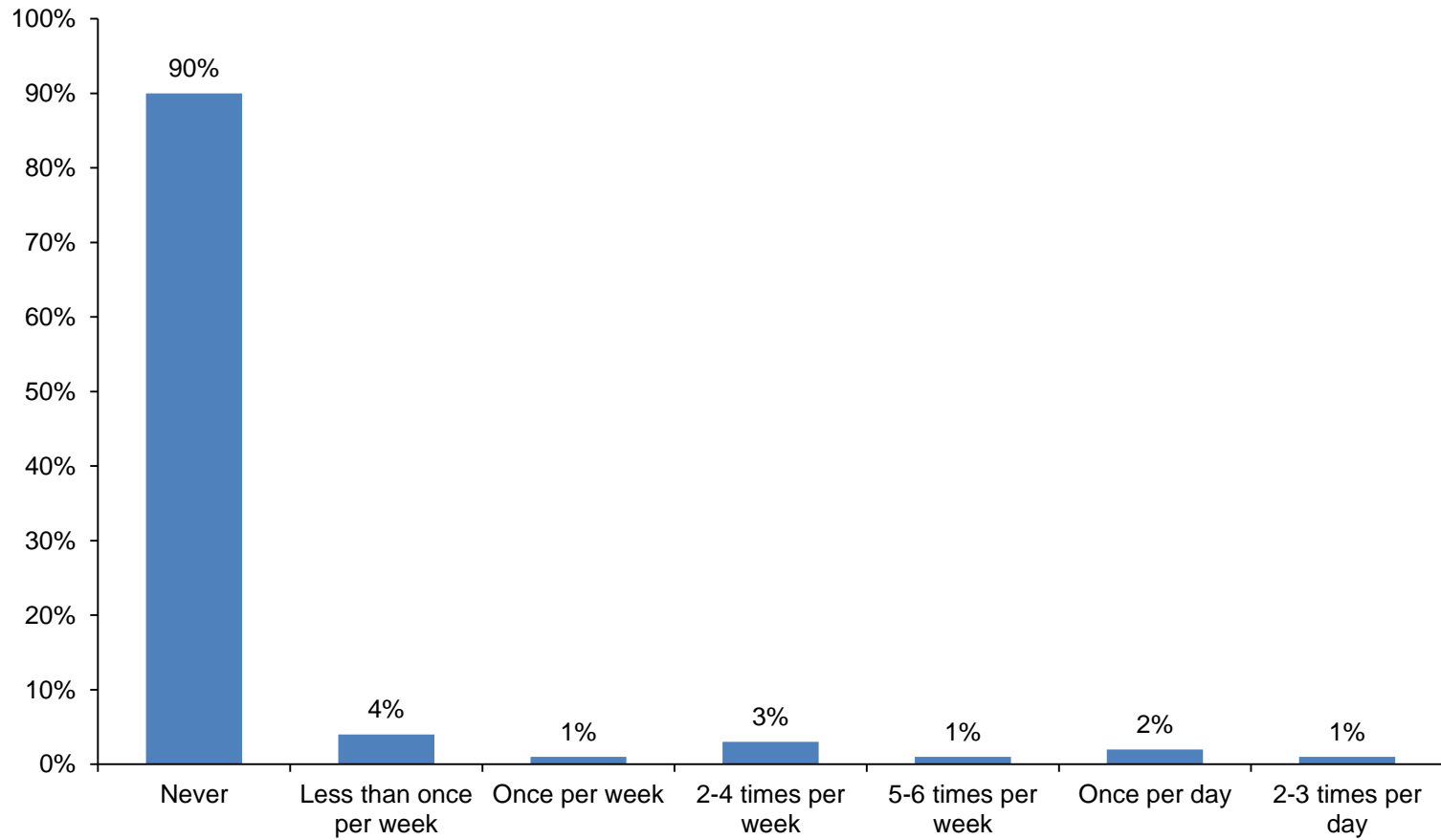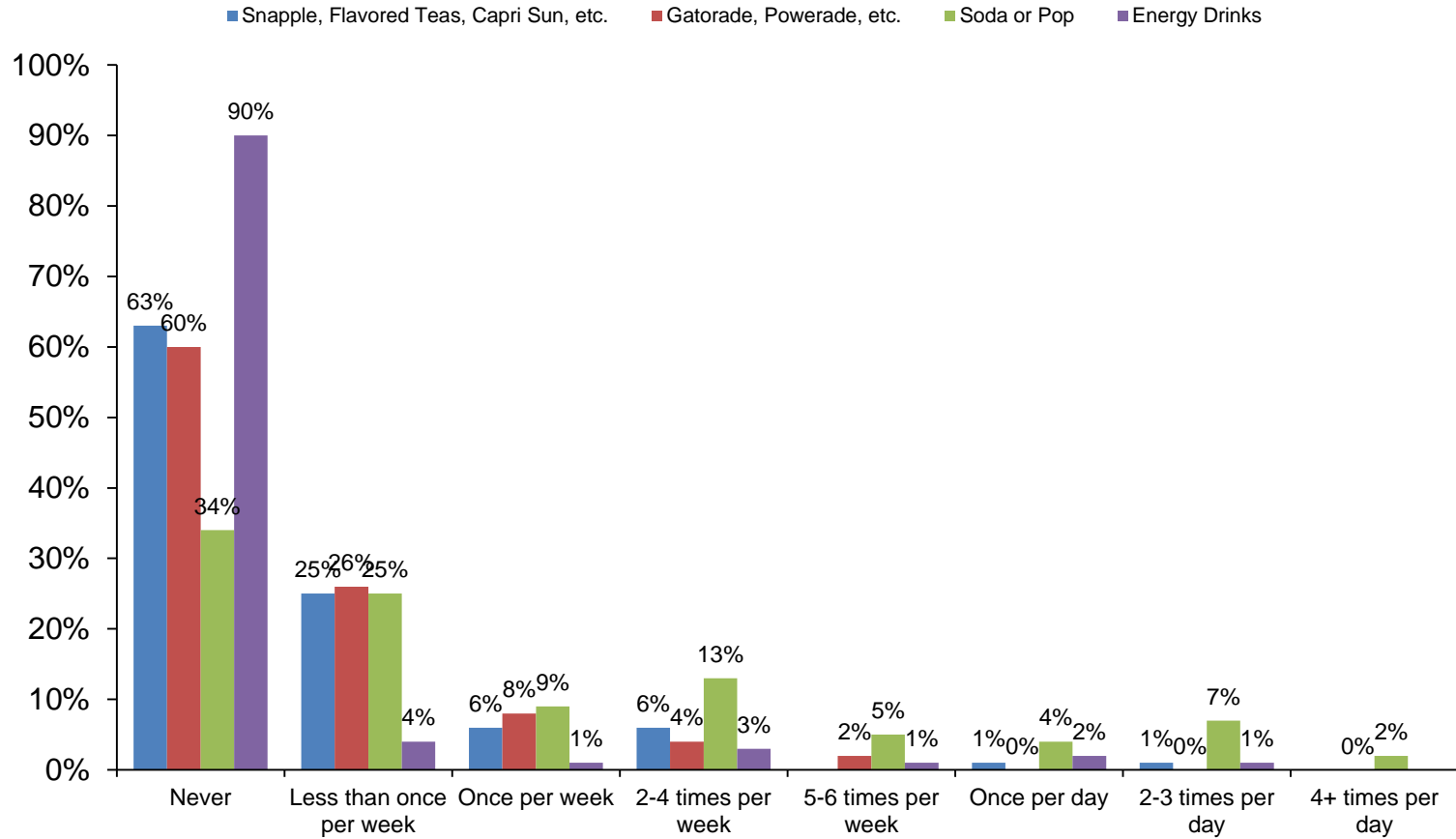
Energy Drinks

Base: Never (n=177), Less than once per week (n=8), Once per week (n=1), 2-4 times per week (n=6), 5-6 times per week (n=1), Once per day (n=3), 2-3 times per day (n=1), Sample Size = 197

(Community = Richland OR Wilkin)

Sugar Sweetened Drinks

- Snapple, Flavored Teas, Capri Sun, etc.
- Gatorade, Powerade, etc.
- Soda or Pop
- Energy Drinks

|	Never	Less than once per week	Once per week	2-4 times per week	5-6 times per week	Once per day	2-3 times per day	4+ times per day
Snapple, Flavored Teas, Capri Sun, etc.	63%	25%	6%	6%		1%	1%	
Gatorade, Powerade, etc.	60%	26%	8%	4%	2%	0%	0%	
Soda or Pop	34%	25%	9%	13%	5%	4%	7%	0%
Energy Drinks	90%	4%	1%	3%	1%	2%	1%	2%

Sample Size = Variable

(Community = Richland OR Wilkin)

Worried whether our food would run out before we got money to buy more.

Never True — 79%

Sometimes True — 16%
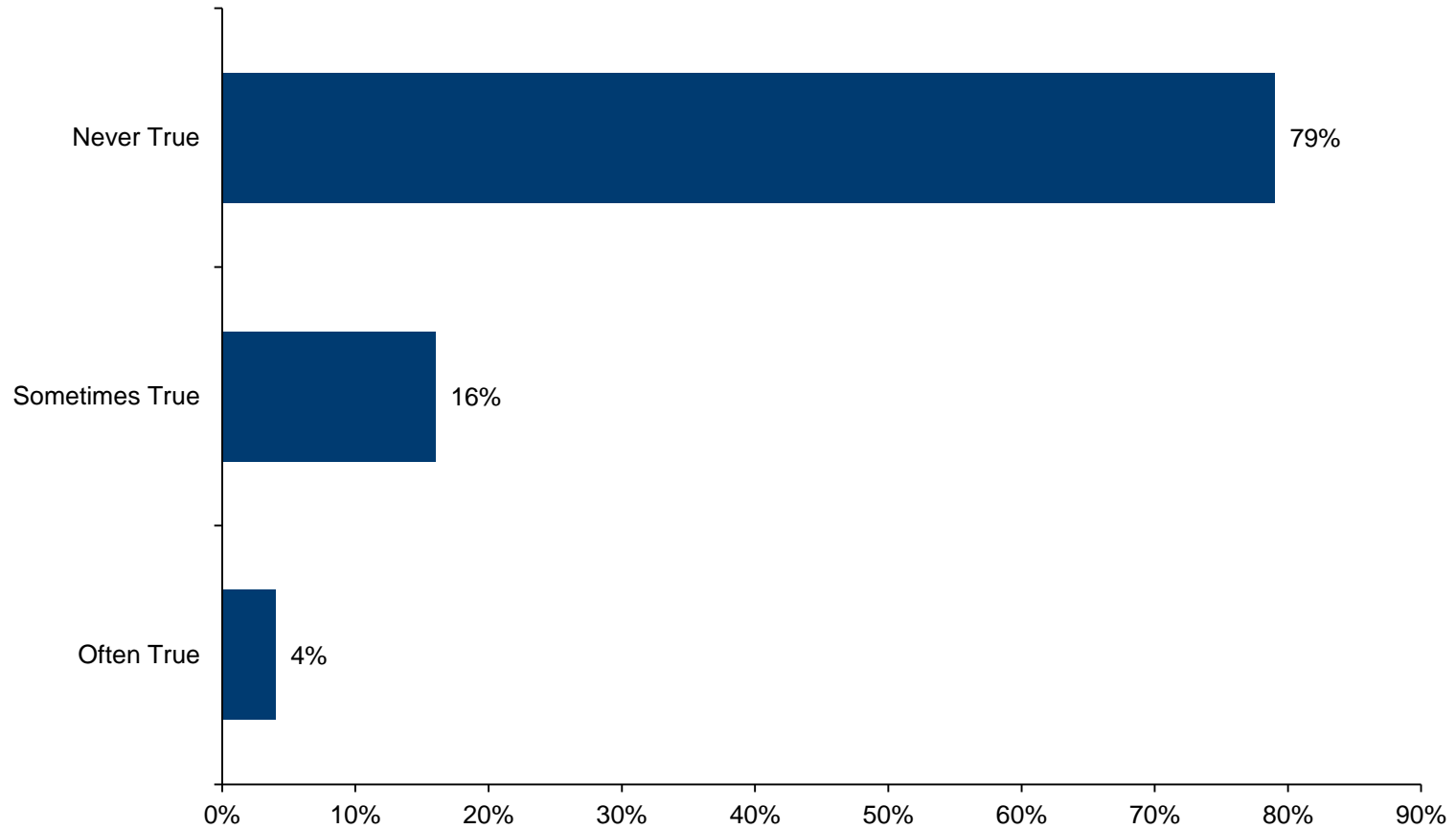
Often True — 4%

Base: Often True (n=9), Sometimes True (n=33), Never True (n=161), Sample Size = 203

(Community = Richland OR Wilkin)

The food that we bought just didn't last, and we didn't have money to get more.

Never True — 84%

Sometimes True — 14%
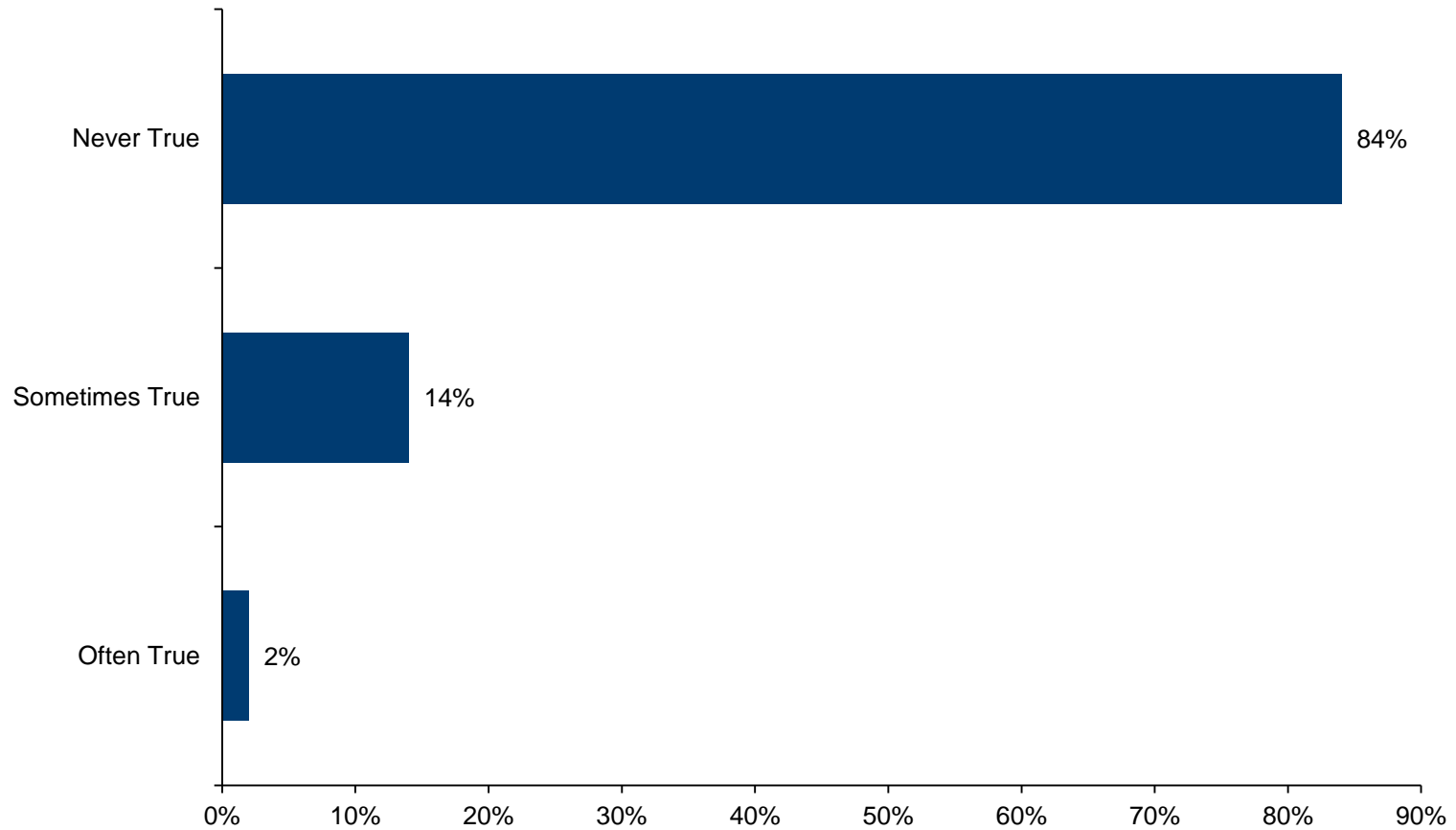
Often True — 2%

Base: Often True (n=4), Sometimes True (n=29), Never True (n=170), Sample Size = 203

(Community = Richland OR Wilkin)

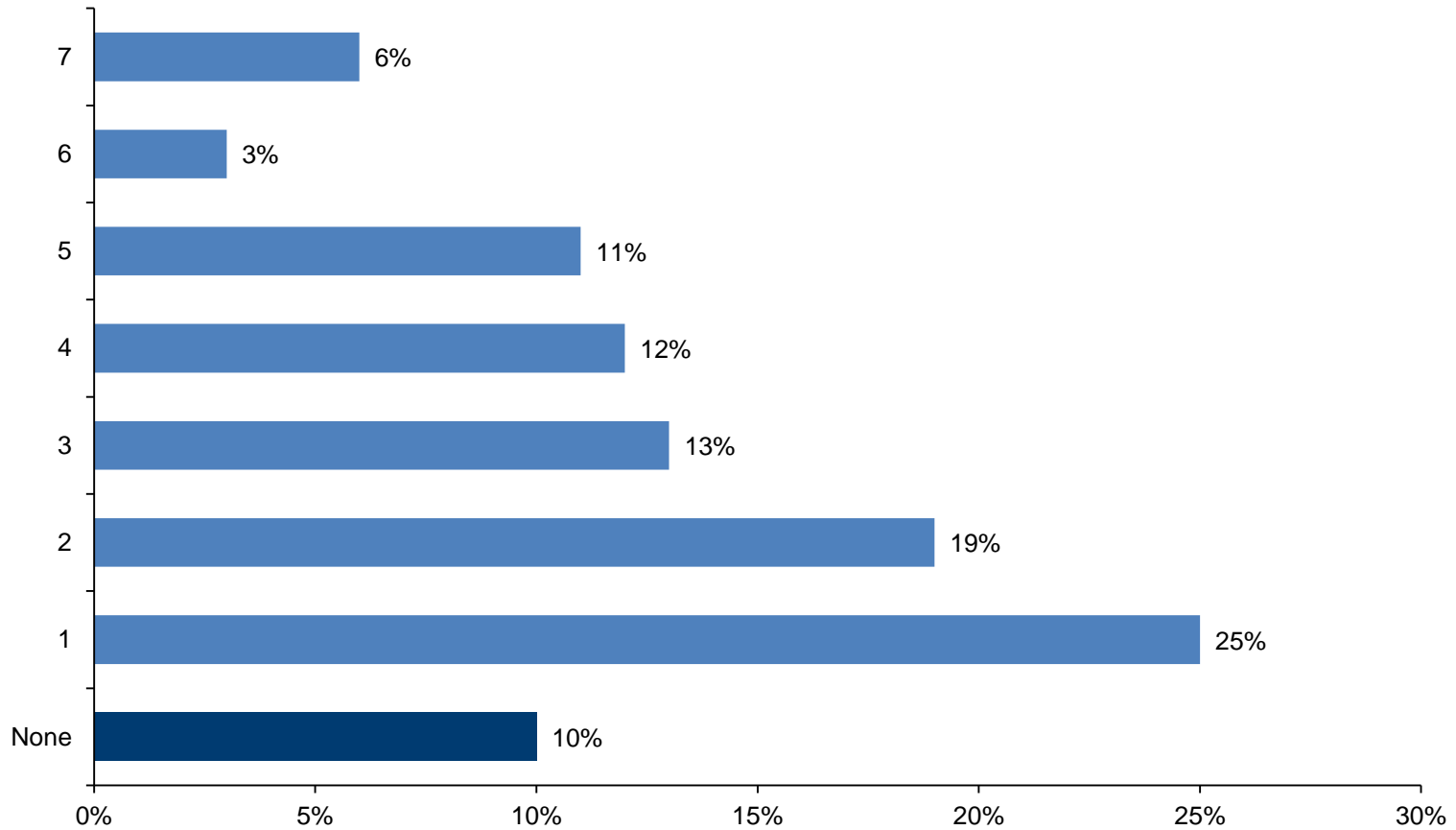# Days Per Week of Moderate Physical Activity

Days	Percentage
7	6%
6	3%
5	11%
4	12%
3	13%
2	19%
1	25%
None	10%

Base: None (n=18), 1 (n=44), 2 (n=34), 3 (n=24), 4 (n=22), 5 (n=20), 6 (n=6), 7 (n=10), Sample Size = 178

(Community = Richland OR Wilkin)

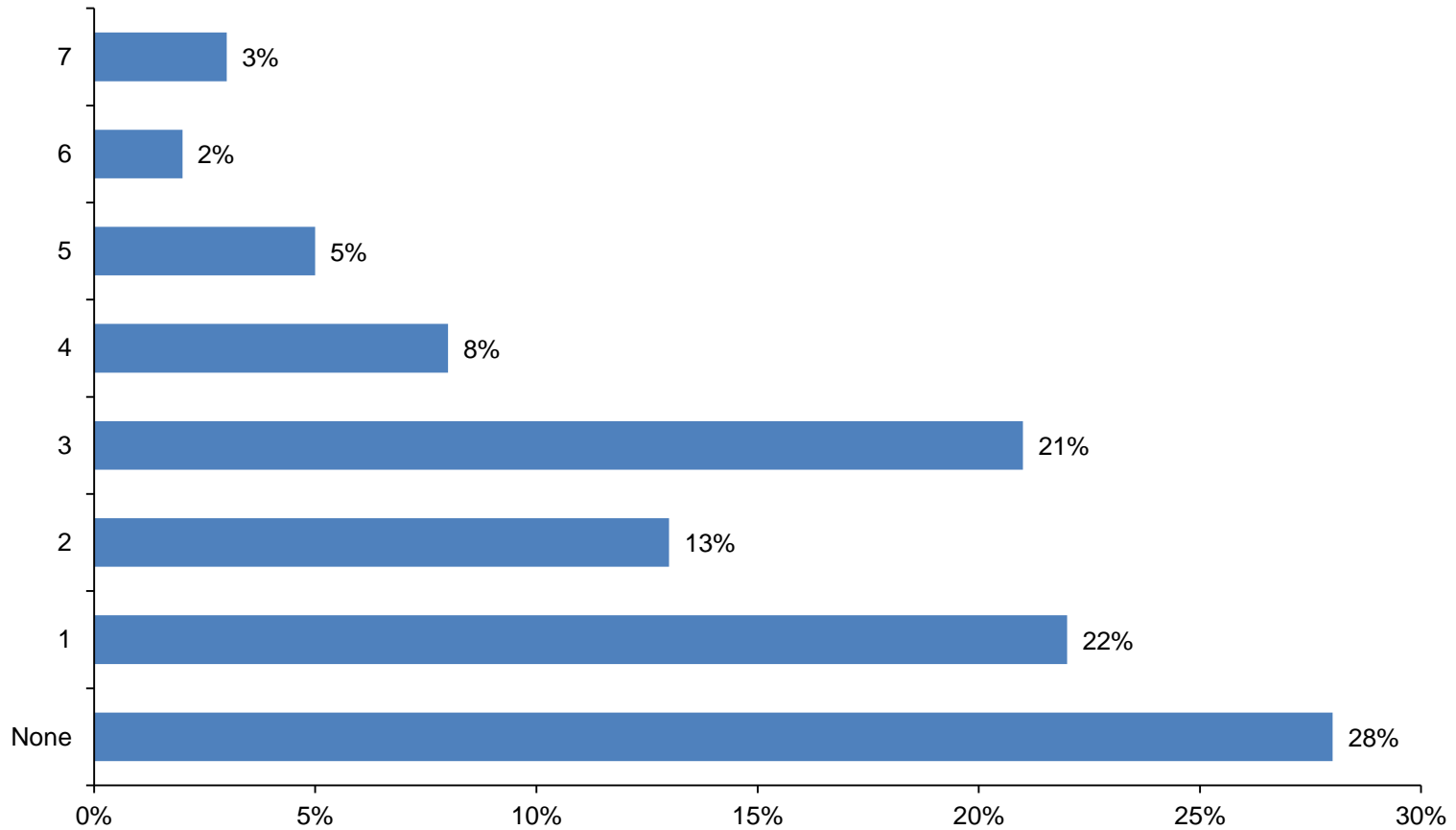# Days Per Week of Vigorous Physical Activity

Base: None (n=36), 1 (n=28), 2 (n=17), 3 (n=27), 4 (n=10), 5 (n=6), 6 (n=2), 7 (n=4), Sample Size = 130

(Community = Richland OR Wilkin)

Days Per Week of Physical Activity

■ Moderate Activity ■ Vigorous Activity

Days	Moderate Activity	Vigorous Activity
7	6%	3%
6	3%	2%
5	11%	5%
4	12%	8%
3	13%	21%
2	19%	13%
1	25%	22%
None	10%	28%
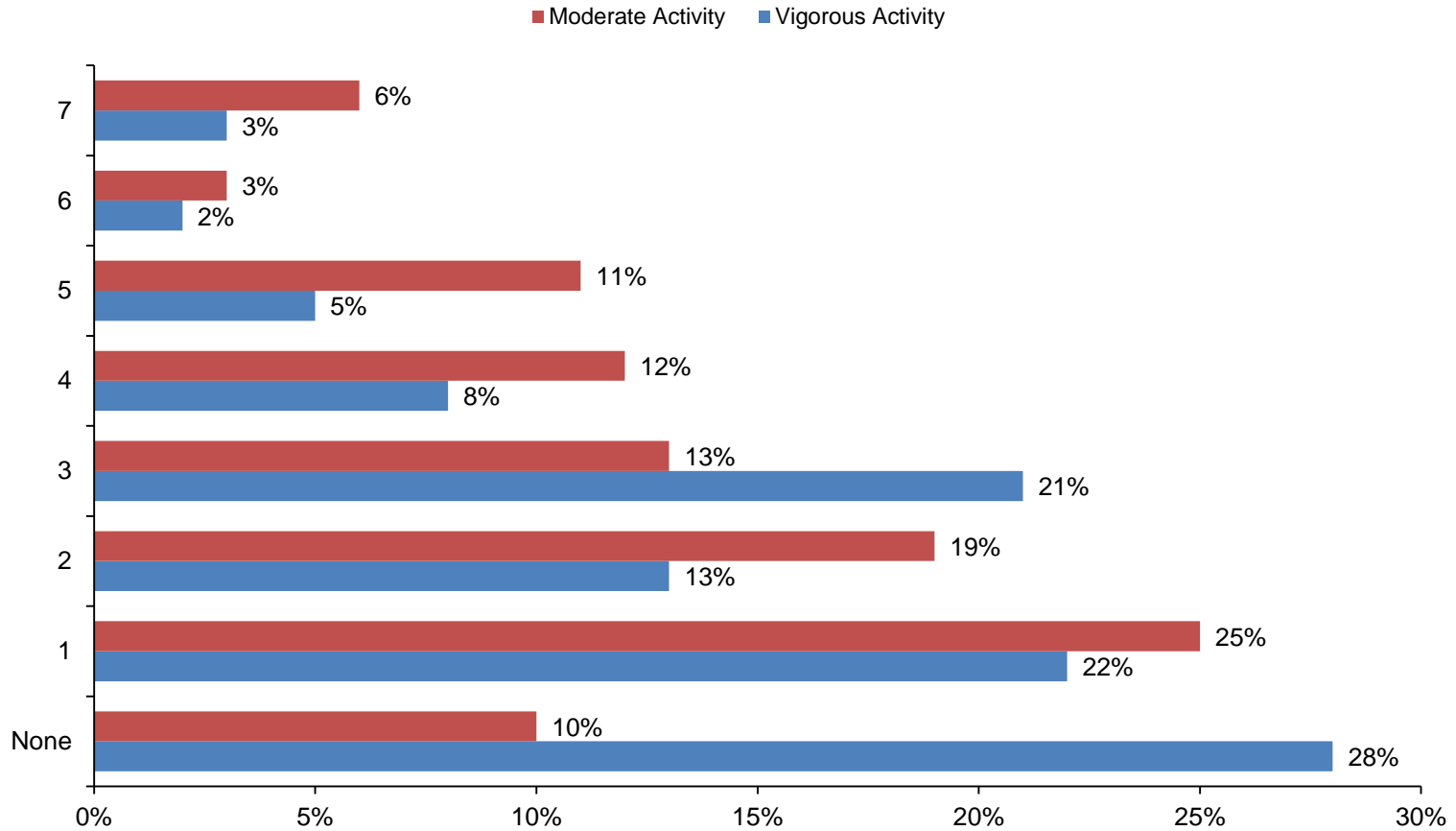
Sample Size = Variable

(Community = Richland OR Wilkin)

Past Diagnosis by Total Household Income

Legend: ■ Anxiety, stress, etc. ■ Arthritis ■ Asthma ■ Depression ■ Diabetes ■ High cholesterol ■ Hypertension ■ Panic attacks

Income	Anxiety, stress, etc.	Arthritis	Asthma	Depression	Diabetes	High cholesterol	Hypertension	Panic attacks
$200,000 or more	0%	100%	0%		100%	0%		
$100,000 to $199,999	44%	8%	8%	32%	12%	32%	48%	12%
$75,000 to $99,999	35%	10%	5%	20%	15%	25%	20%	5%
$50,000 to $74,999	54%	25%	17%	38%	12%	42%	25%	12%
$35,000 to $49,999	62%	6%	12%	56%	6%	44%	12%	25%
$25,000 to $34,999	25%	25%	0%	50%	0%	25%	50%	25%
$15,000 to $24,999	78%	33%	22%	89%	33%	22%	33%	11%
$10,000 to $14,999	44%	44%	11%	22%	44%	33%	22%	33%
Less than $10,000	67%	17%	17%	100%	0%	17%	0%	17%

Base: Less than $10,000 (n=6), $10,000 to $14,999 (n=9), $15,000 to $24,999 (n=9), $25,000 to $34,999 (n=4), $35,000 to $49,999 (n=16), $50,000 to $74,999 (n=24), $75,000 to $99,999 (n=20), $100,000 to $199,999 (n=25), $200,000 or more (n=1), Sample Size = 114
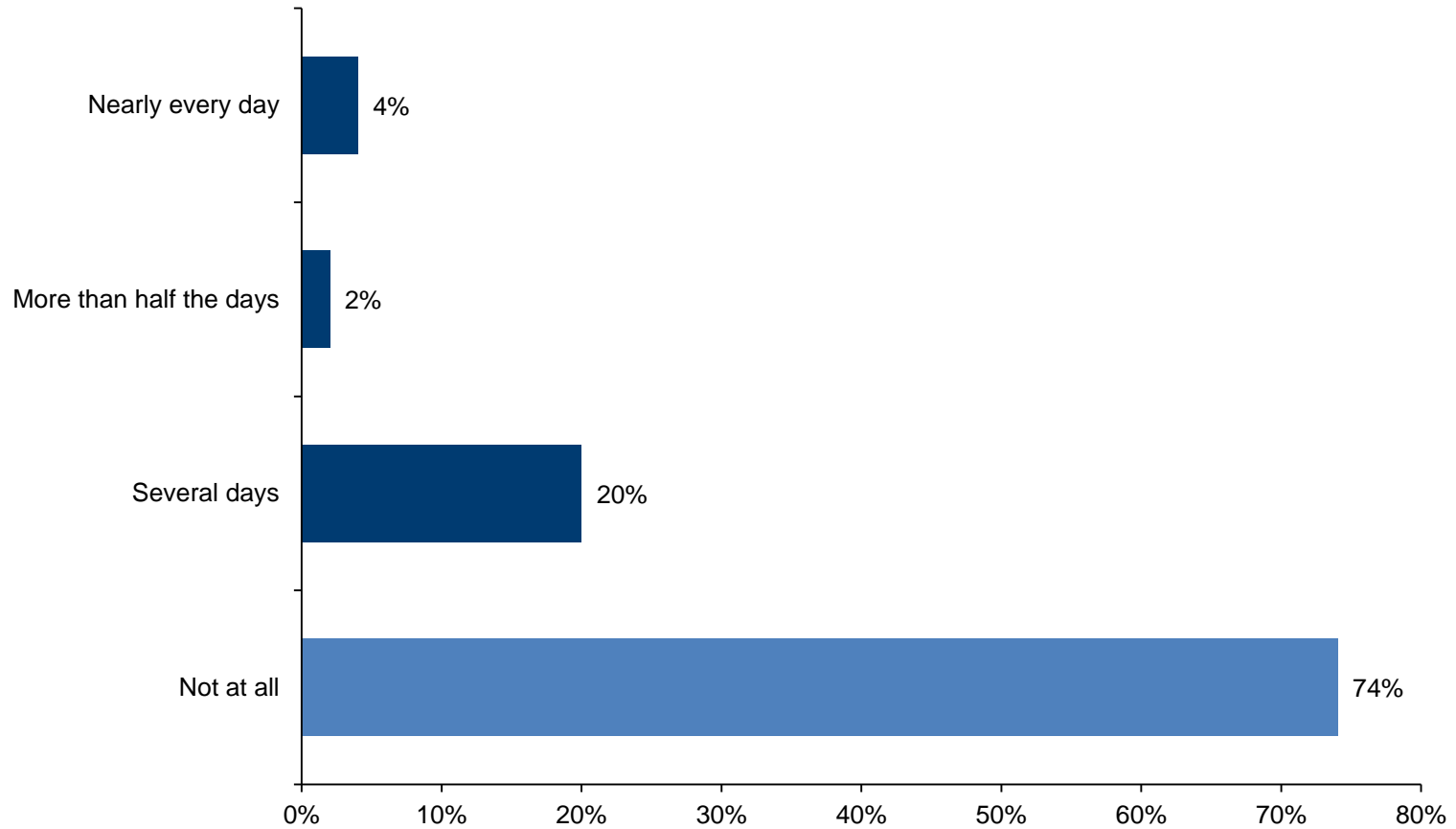
(Community = Richland OR Wilkin)

Past Diagnosis

Diagnosis	Percentage
Anxiety, stress, etc.	50%
Depression	42%
High cholesterol	33%
Hypertension	29%
Arthritis	16%
Panic attacks	15%
Diabetes	14%
Asthma	12%
Other mental health problems	7%
Stroke	2%
COPD	2%
Congestive heart failure	1%
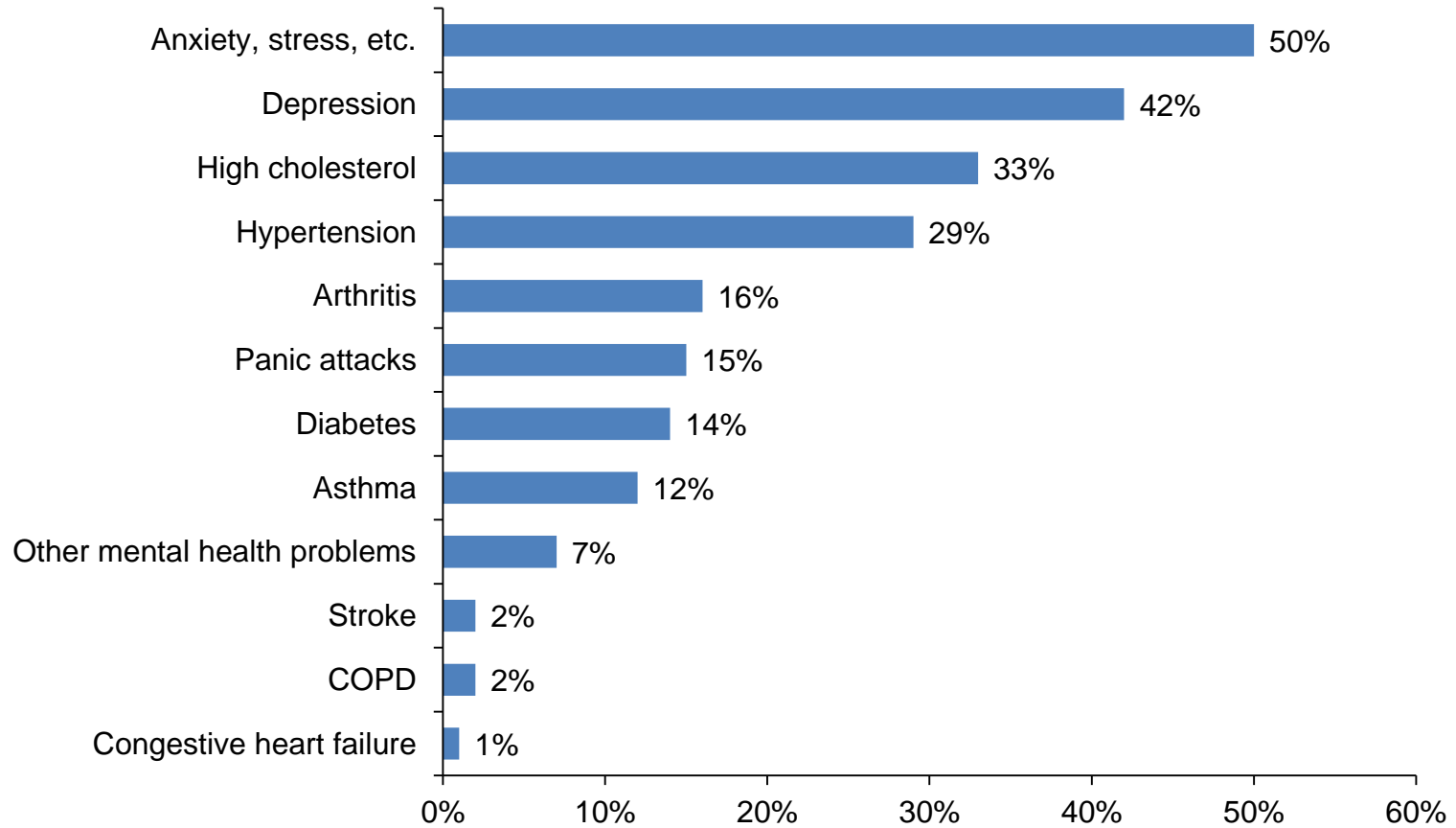
Base: Anxiety, stress, etc. (n=63), Arthritis (n=20), Asthma (n=15), Congestive heart failure (n=1), COPD (n=2), Depression (n=53), Diabetes (n=18), High cholesterol (n=42), Hypertension (n=36), Other mental health problems (n=9), Panic attacks (n=19), Stroke (n=2), Sample Size = 126 R Wilkin)
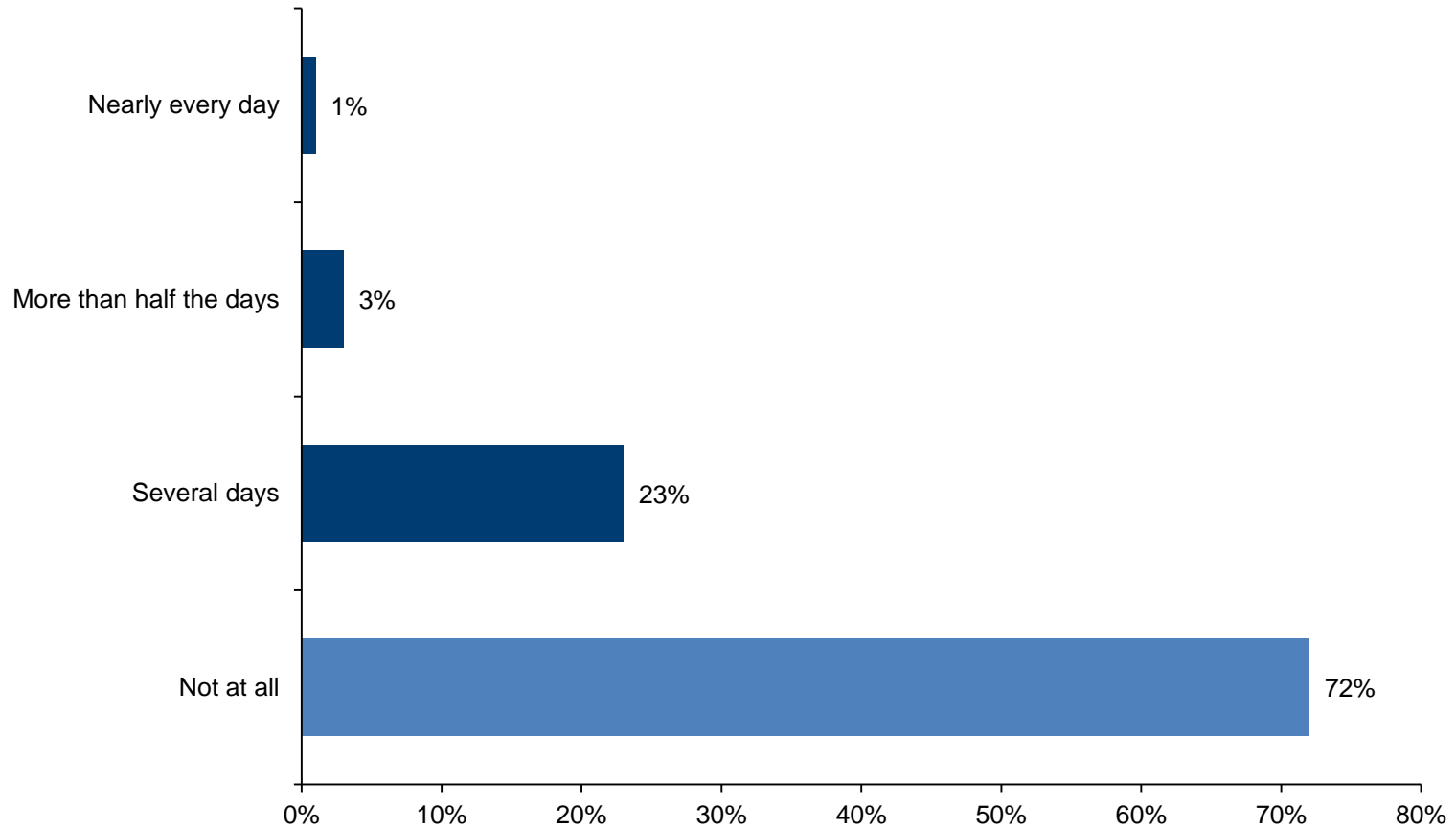(Community = Richland OR Wilkin)

Little Interest or Pleasure in Doing Things

- Nearly every day: 4%
- More than half the days: 2%
- Several days: 20%
- Not at all: 74%

Base: Not at all (n=149), Several days (n=39), More than half the days (n=4), Nearly every day (n=8), Sample Size = 200
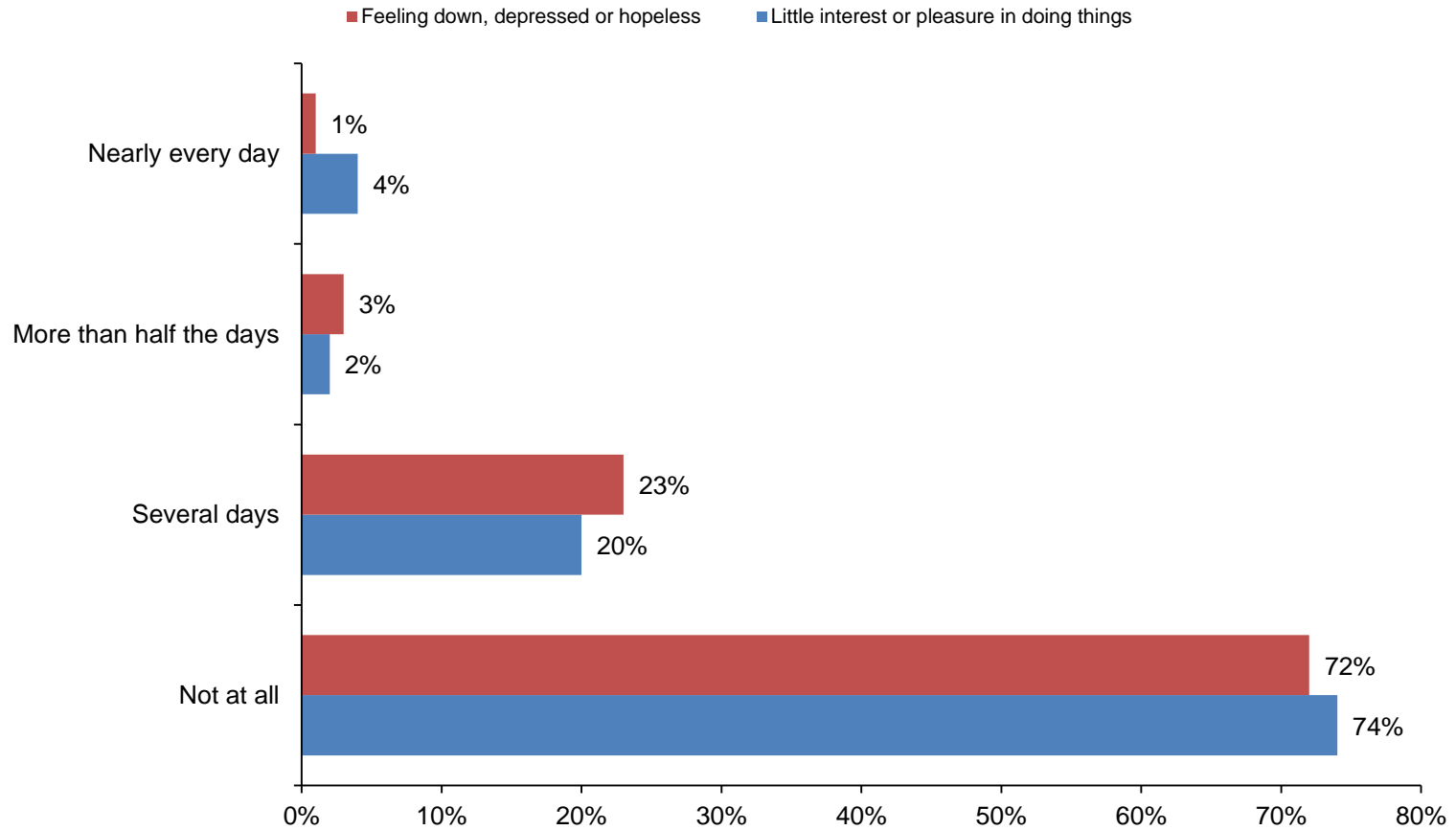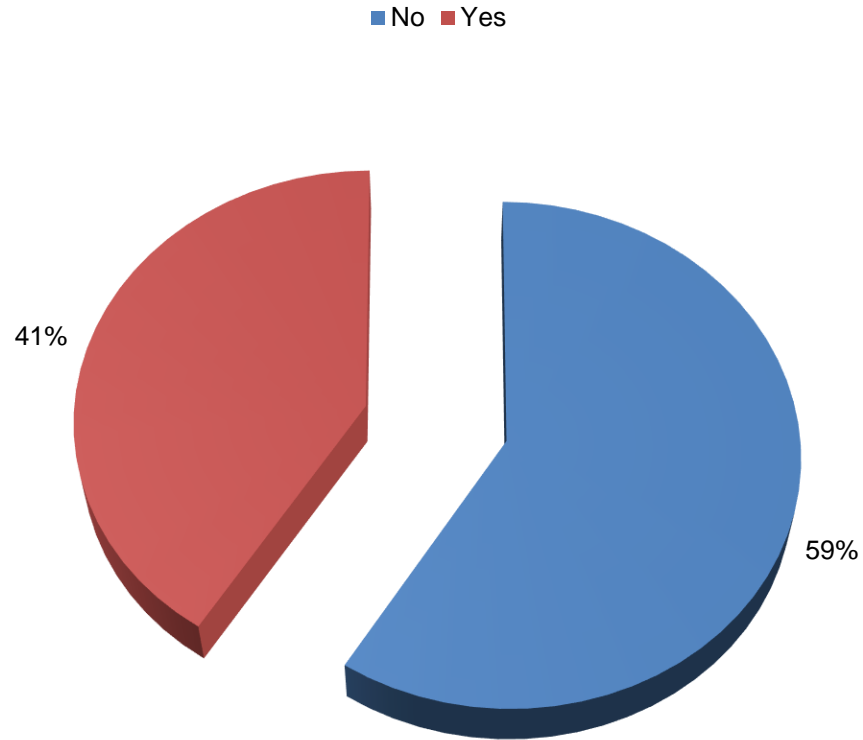
(Community = Richland OR Wilkin)

Feeling Down, Depressed or Hopeless

Category	Percentage
Nearly every day	1%
More than half the days	3%
Several days	23%
Not at all	72%

Base: Not at all (n=147), Several days (n=46), More than half the days (n=7), Nearly every day (n=3), Sample Size = 203

(Community = Richland OR Wilkin)

Over the past two weeks, how often have you been bothered by either of the following issues?

■ Feeling down, depressed or hopeless   ■ Little interest or pleasure in doing things

Nearly every day
- 1%
- 4%

More than half the days
- 3%
- 2%

Several days
- 23%
- 20%

Not at all
- 72%
- 74%

0%   10%   20%   30%   40%   50%   60%   70%   80%

Sample Size = Variable

(Community = Richland OR Wilkin)

Have you smoked at least 100 cigarettes in your entire life?

■ No ■ Yes

41%

59%

Base: Yes (n=83), No (n=120), Sample Size = 203

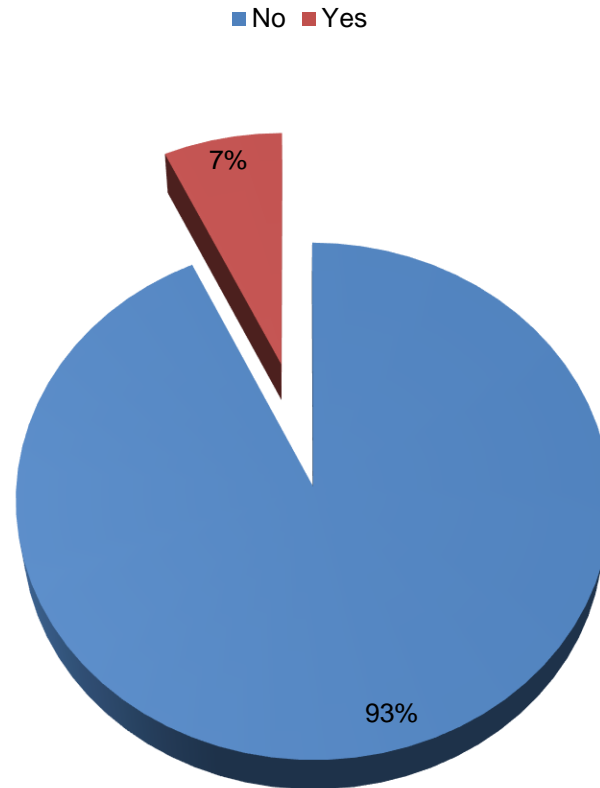(Community = Richland OR Wilkin)

Has someone smoked cigarettes, cigars or used vape pens anywhere inside your home?

■ No ■ Yes

18%

82%
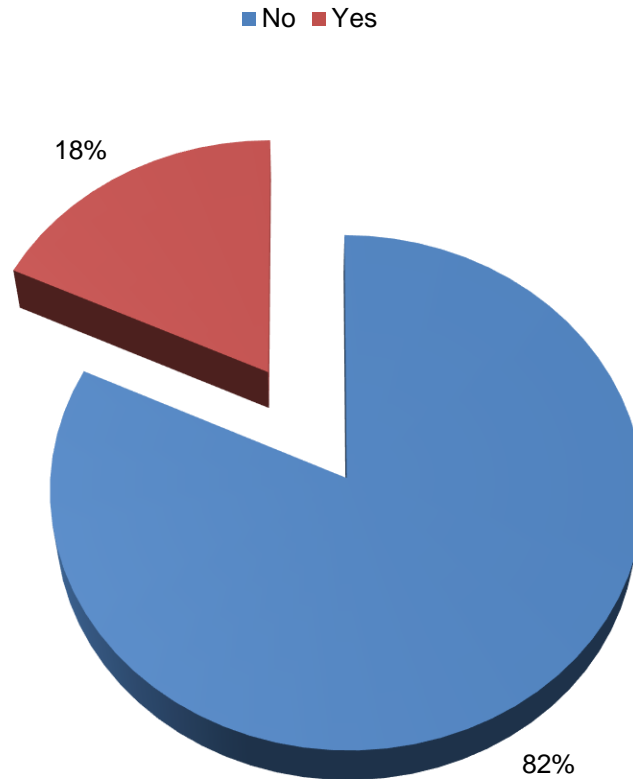
Base: Yes (n=37), No (n=166), Sample Size = 203
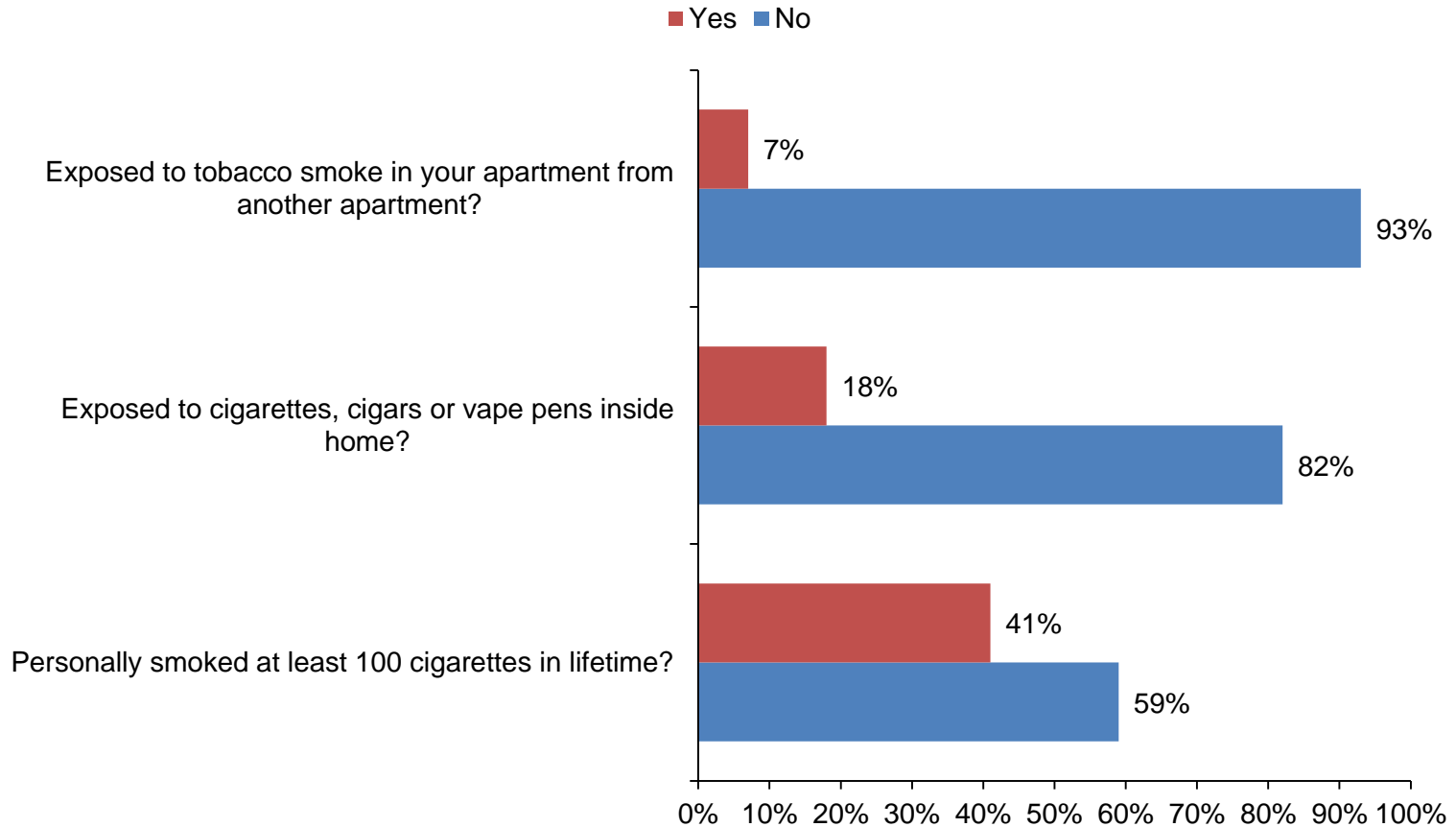
(Community = Richland OR Wilkin)

Have you smelled tobacco smoke in your apartment that comes from another apartment?

■No ■Yes

7%

93%

Base: Yes (n=14), No (n=186), Sample Size = 200
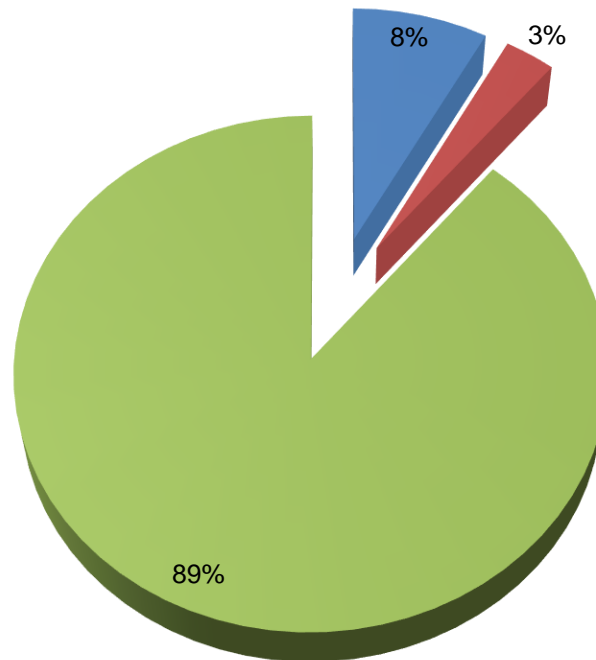
(Community = Richland OR Wilkin)

Exposure to Tobacco Smoke

■ Yes ■ No

Exposed to tobacco smoke in your apartment from another apartment?
- Yes: 7%
- No: 93%

Exposed to cigarettes, cigars or vape pens inside home?
- Yes: 18%
- No: 82%

Personally smoked at least 100 cigarettes in lifetime?
- Yes: 41%
- No: 59%

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Base: Personally smoked at least 100 cigarettes in lifetime? (n=203), Exposed to cigarettes, cigars or vape pens inside home? (n=203), Exposed to tobacco smoke in your apartment from another apartment? (n=200), Sample Size = Variable

(Community = Richland OR Wilkin)

Do you currently smoke cigarettes?

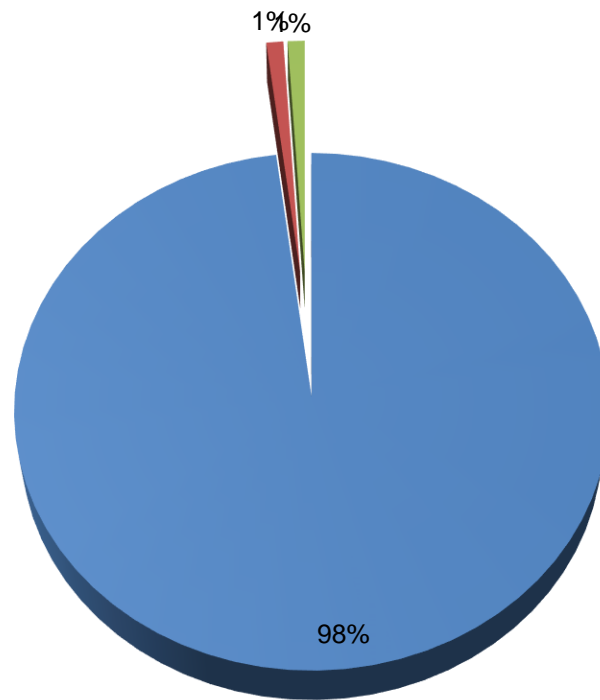■ Every day ■ Some days ■ Not at all

8%

3%

89%

Base: Not at all (n=180), Some days (n=6), Every day (n=17), Sample Size = 203

(Community = Richland OR Wilkin)
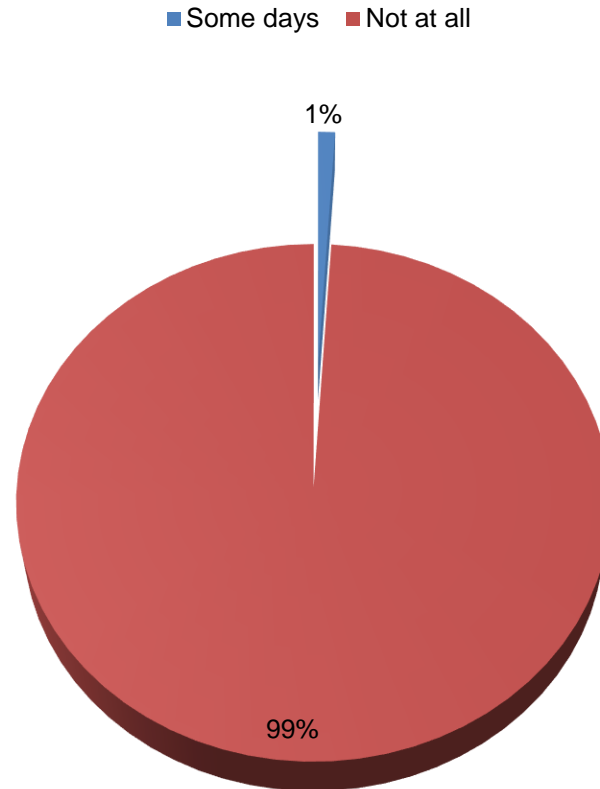
Do you currently use chewing tobacco?

■ Not at all   ■ Some days   ■ Every day

1% 1%

98%

Base: Not at all (n=196), Some days (n=2), Every day (n=2), Sample Size = 200
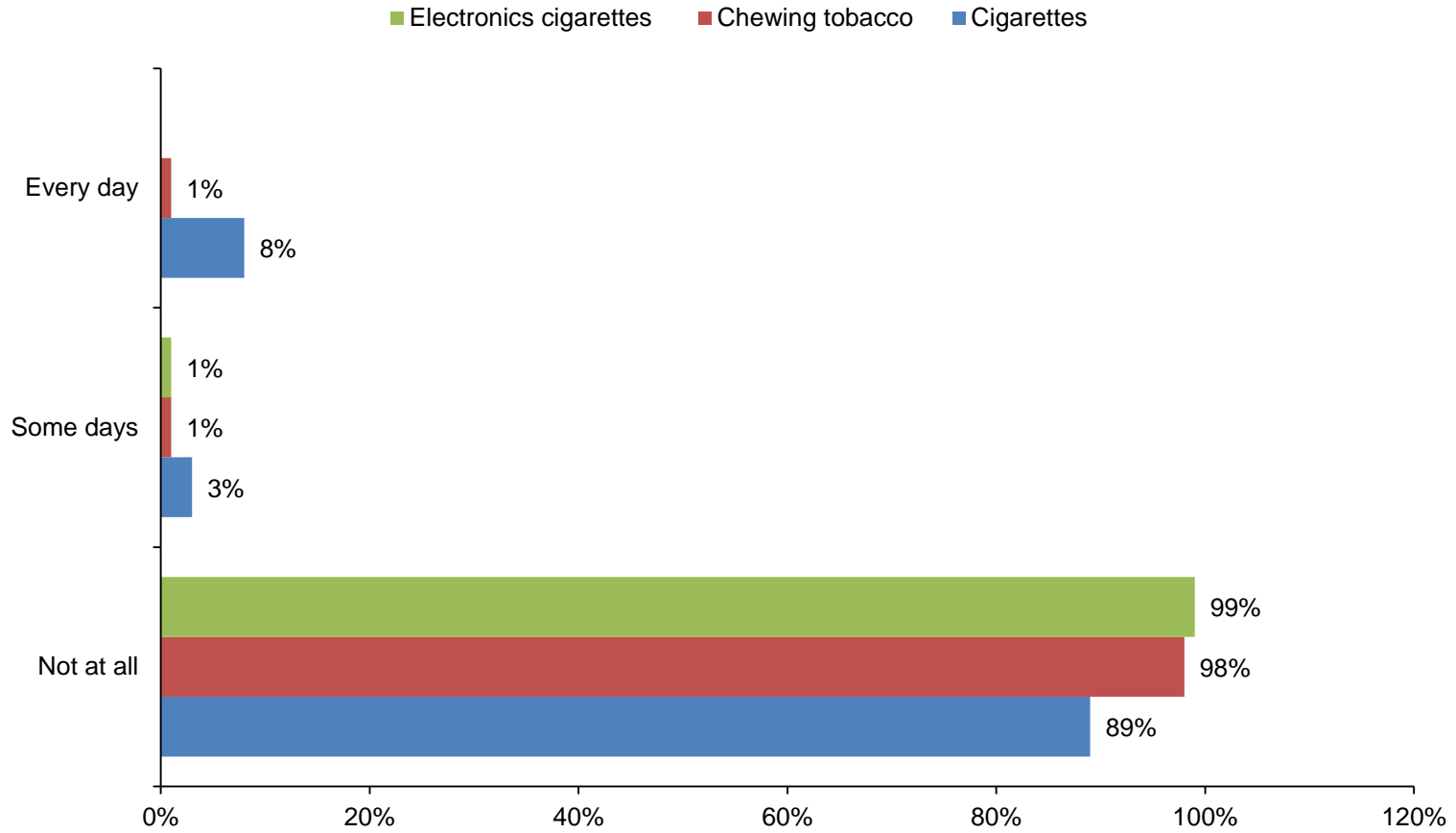
(Community = Richland OR Wilkin)

Do you currently use electronics cigarettes or vape?

■ Some days　■ Not at all

1%

99%

Base: Not at all (n=198), Some days (n=2), Sample Size = 200

(Community = Richland OR Wilkin)

Current Tobacco Use

Legend: ■ Electronics cigarettes ■ Chewing tobacco ■ Cigarettes

Every day
- Chewing tobacco: 1%
- Cigarettes: 8%

Some days
- Electronics cigarettes: 1%
- Chewing tobacco: 1%
- Cigarettes: 3%

Not at all
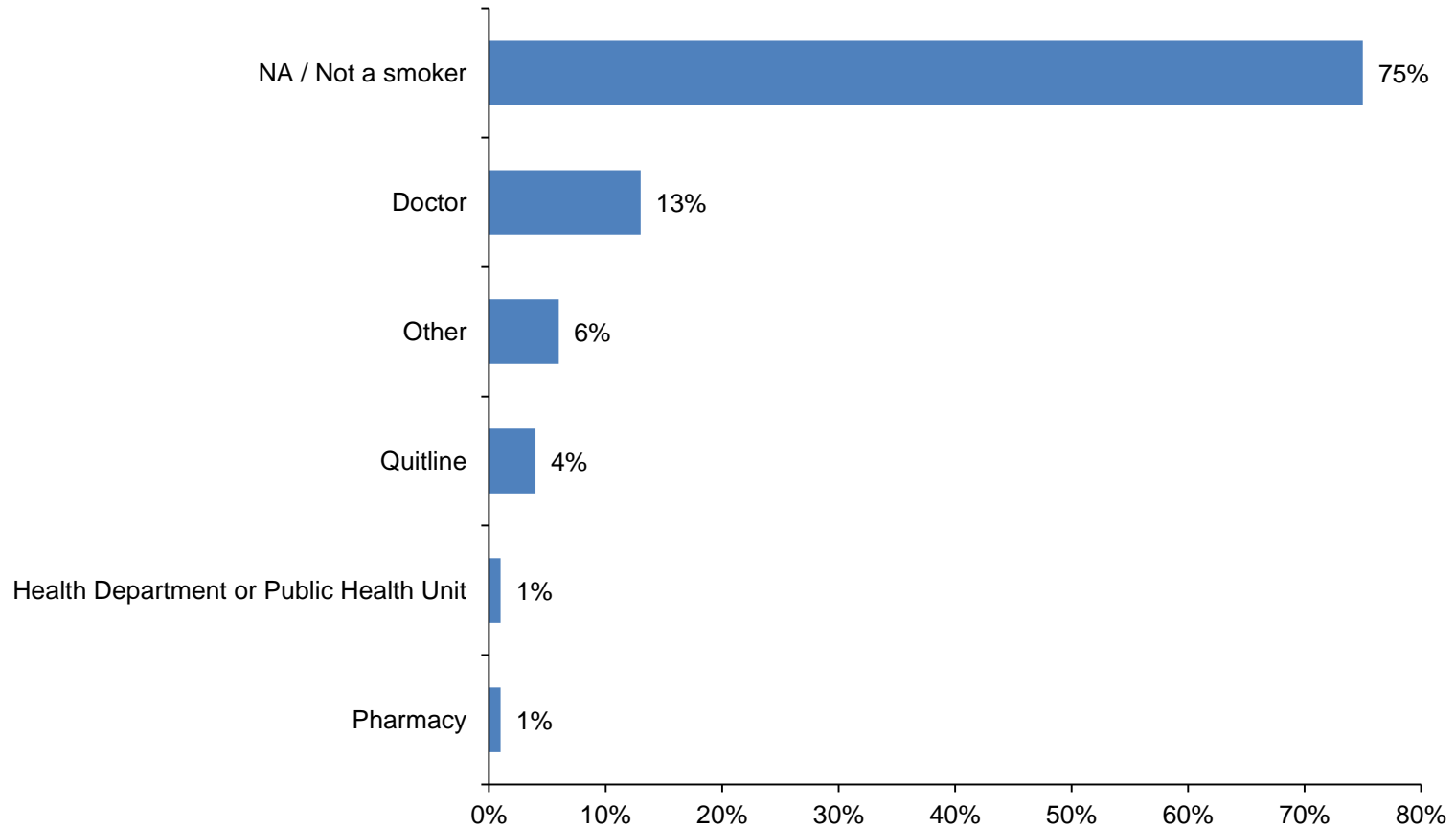- Electronics cigarettes: 99%
- Chewing tobacco: 98%
- Cigarettes: 89%

Sample Size = Variable

(Community = Richland OR Wilkin)

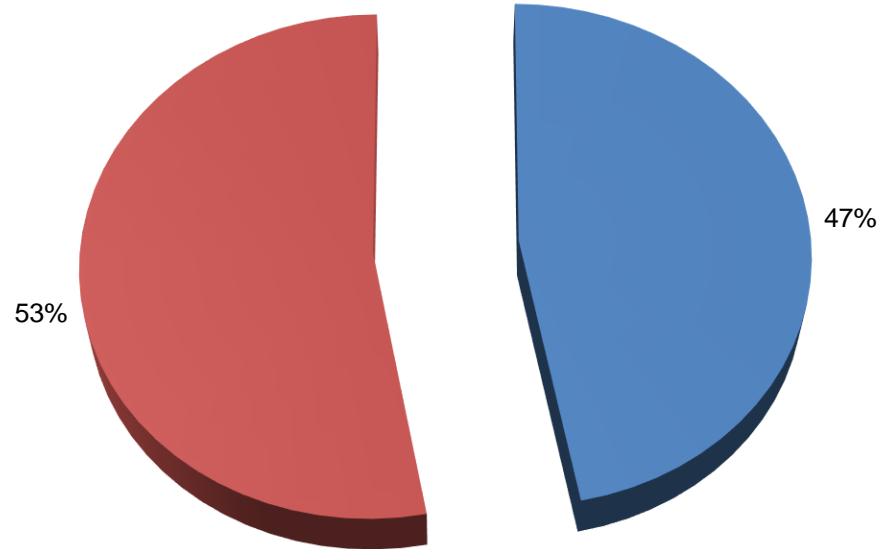# Where would you go for help if you wanted to quit using tobacco products?

Base: NA / Not a smoker (n=144), Quitline (n=8), Doctor (n=26), Pharmacy (n=2), Health Department or Public Health Unit (n=2), Other (n=11), Sample Size = 193

(Community = Richland OR Wilkin)

During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit? (Smokers only)
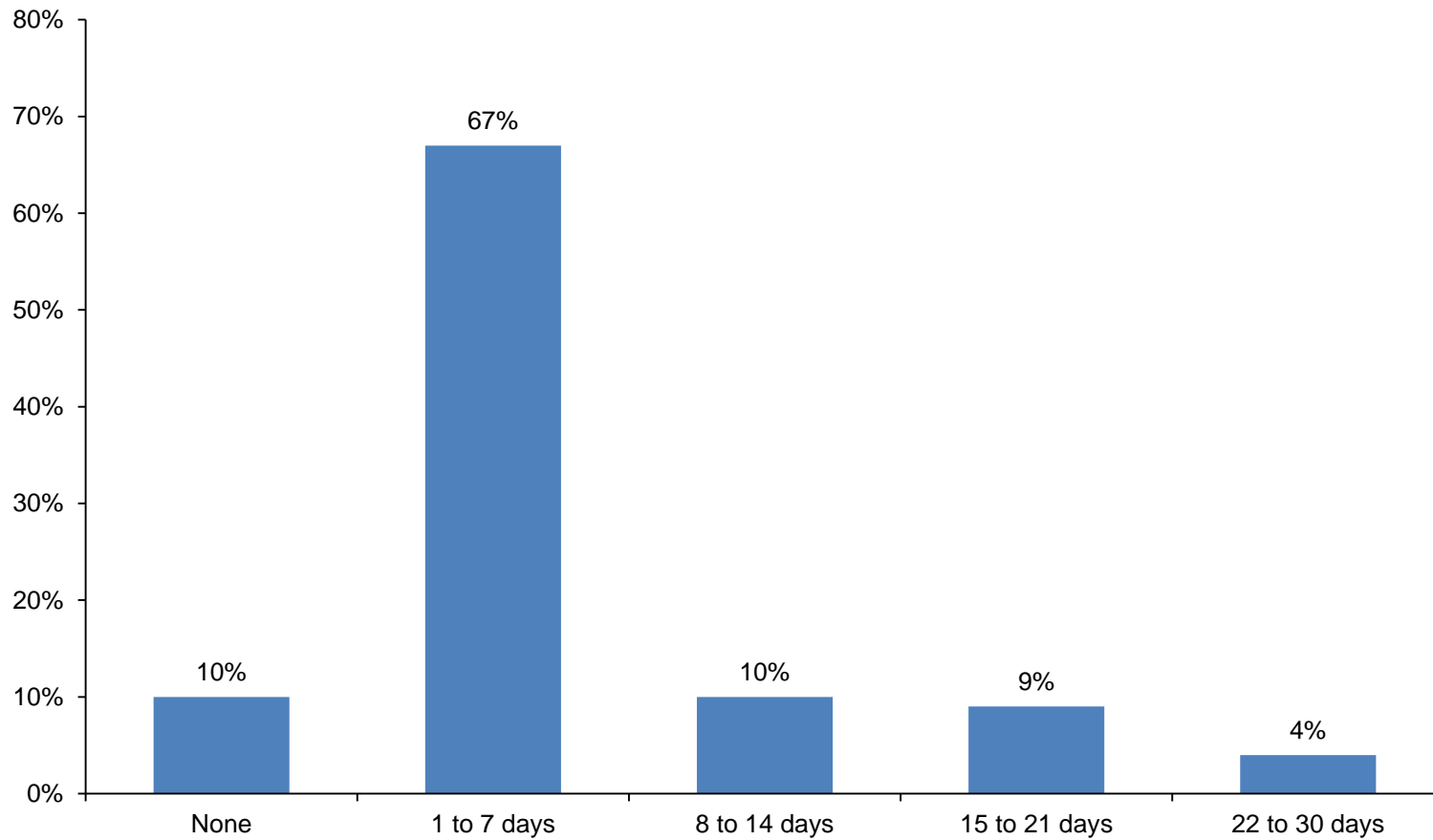
■ Yes ■ No

47%

53%

Base: Yes (n=16), No (n=18), Sample Size = 34
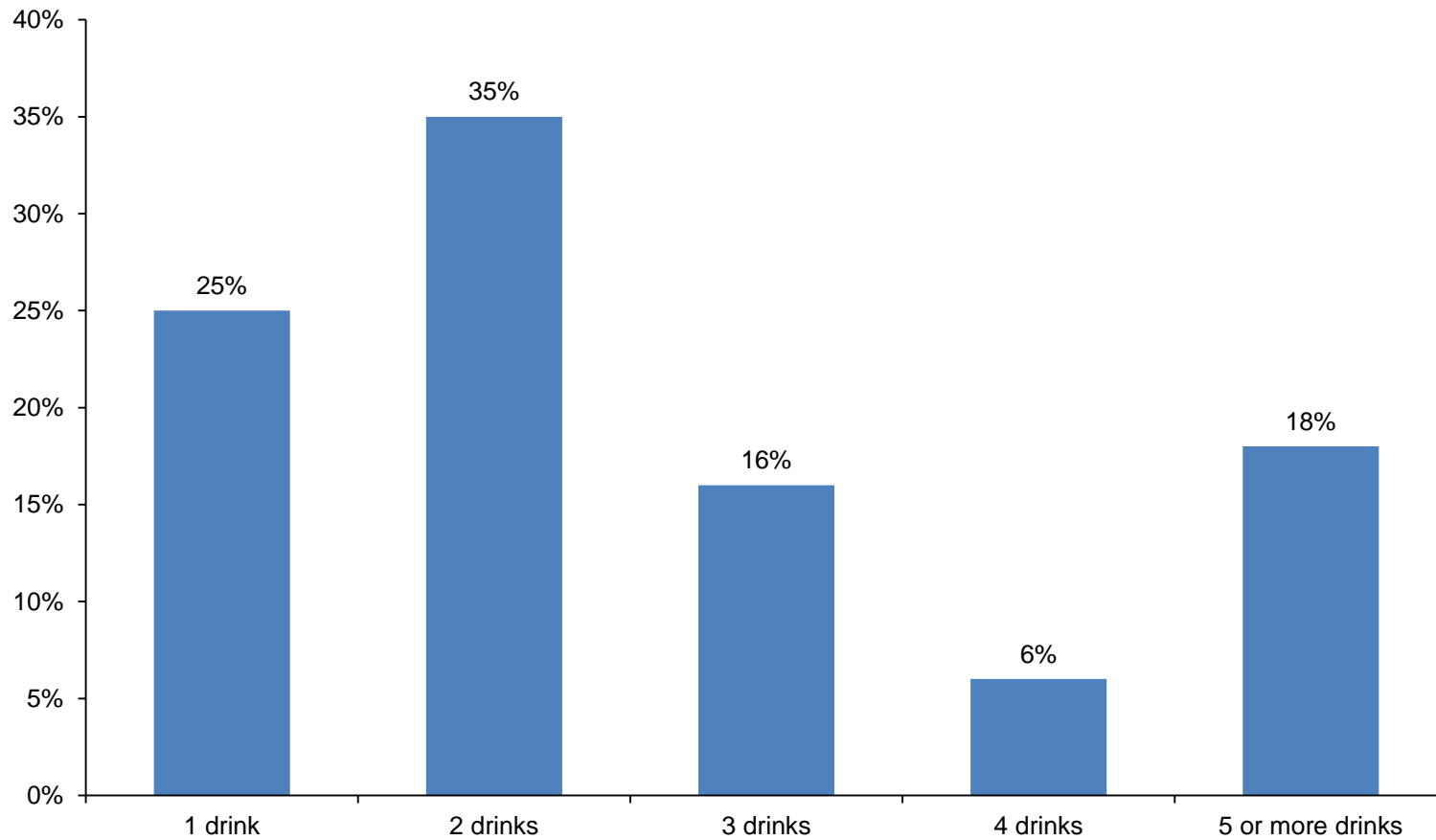
(Community = Richland OR Wilkin)

Number of days with at least 1 drink in the past 30 days

Base: None (n=18), 1 to 7 days (n=116), 8 to 14 days (n=17), 15 to 21 days (n=16), 22 to 30 days (n=7), Sample Size = 174
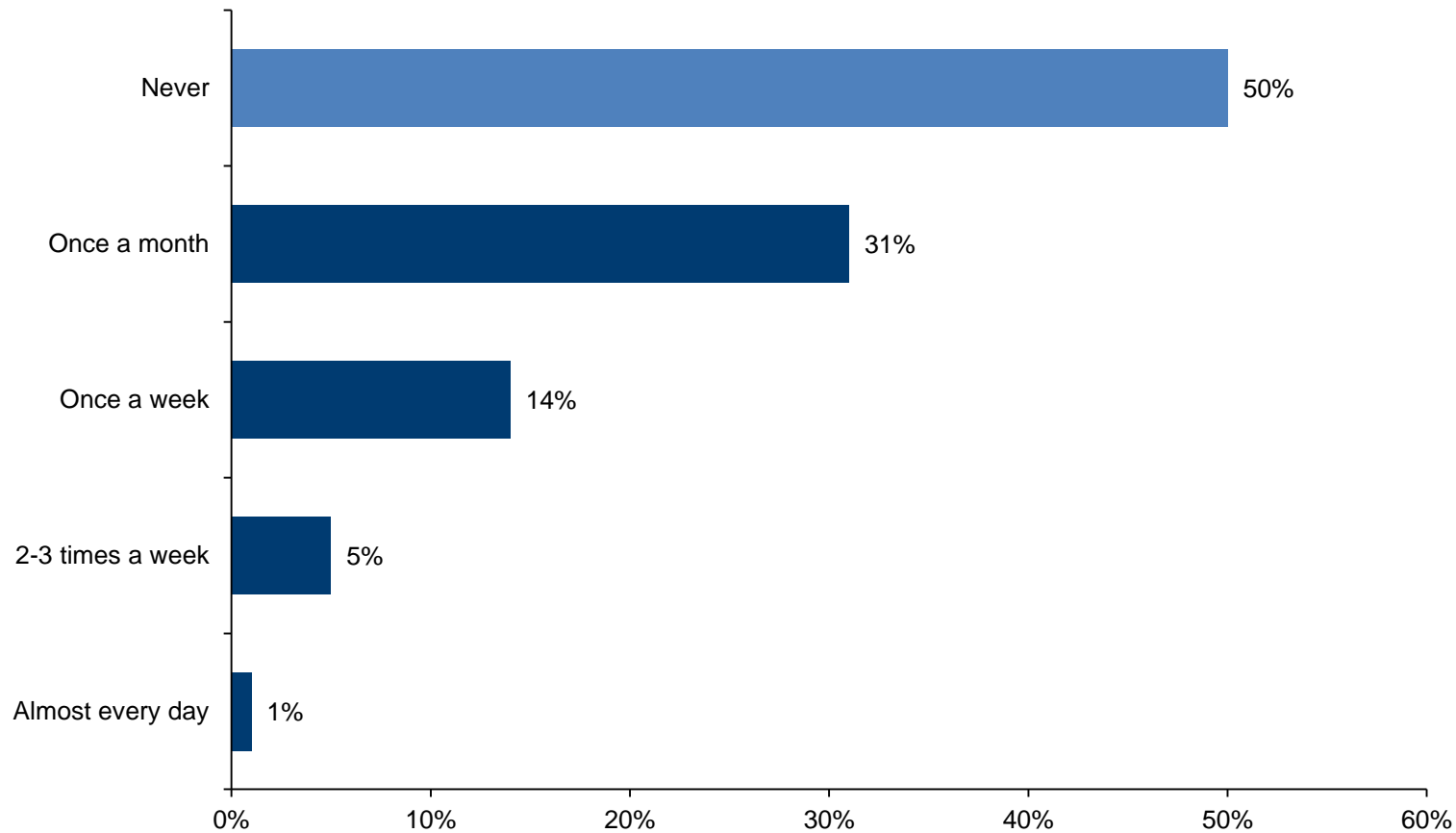
(Community = Richland OR Wilkin)

Average number of drinks per day when you drink

Base: 1 drink (n=38), 2 drinks (n=54), 3 drinks (n=25), 4 drinks (n=9), 5 or more drinks (n=28), Sample Size = 154
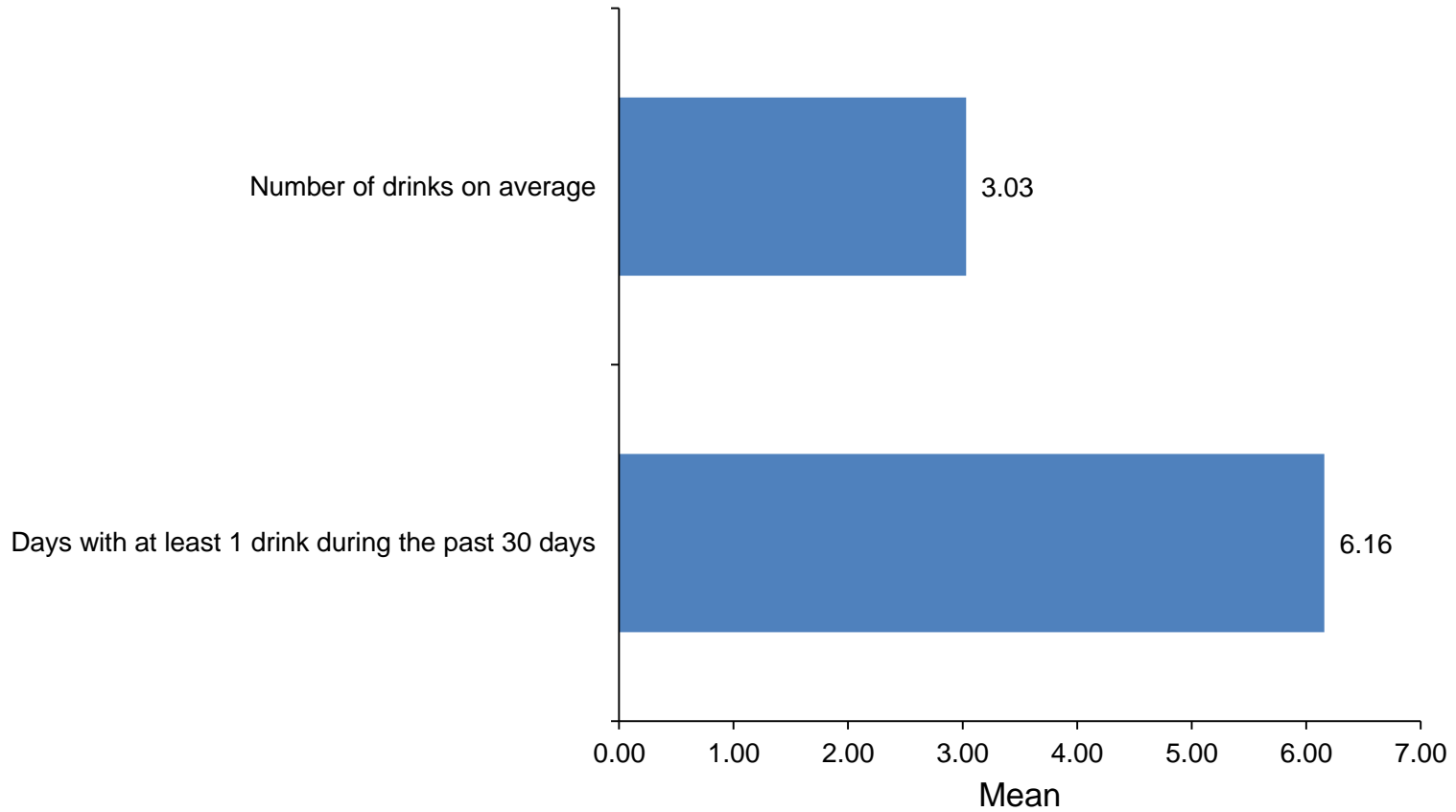
(Community = Richland OR Wilkin)

Binge Drinking

Category	Percentage
Never	50%
Once a month	31%
Once a week	14%
2-3 times a week	5%
Almost every day	1%

Base: Almost every day (n=1), 2-3 times a week (n=7), Once a week (n=21), Once a month (n=48), Never (n=78), Sample Size = 155
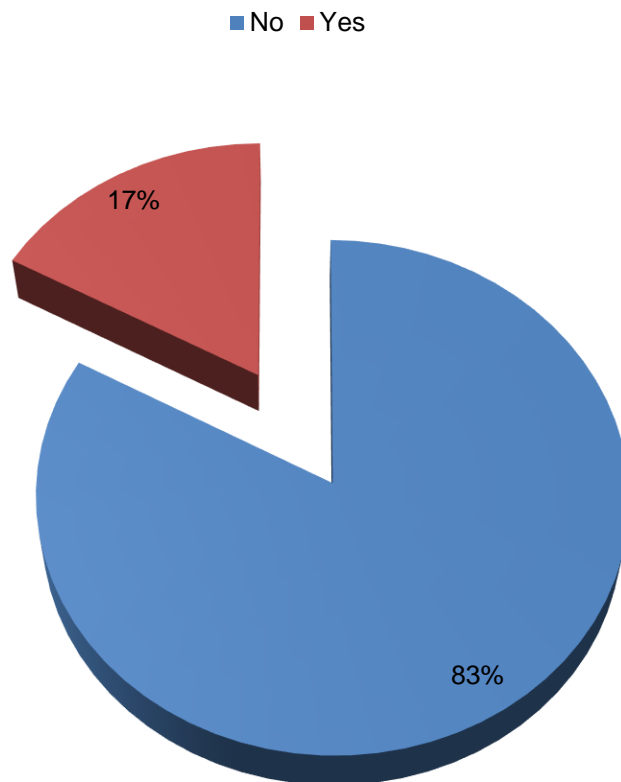
(Community = Richland OR Wilkin)

Average Alcohol Use During the Past 30 Days

Number of drinks on average — 3.03

Days with at least 1 drink during the past 30 days — 6.16

Mean

0.00 1.00 2.00 3.00 4.00 5.00 6.00 7.00

Base: Days with at least 1 drink during the past 30 days (n=174), Number of drinks on average (n=154), Sample Size = Variable
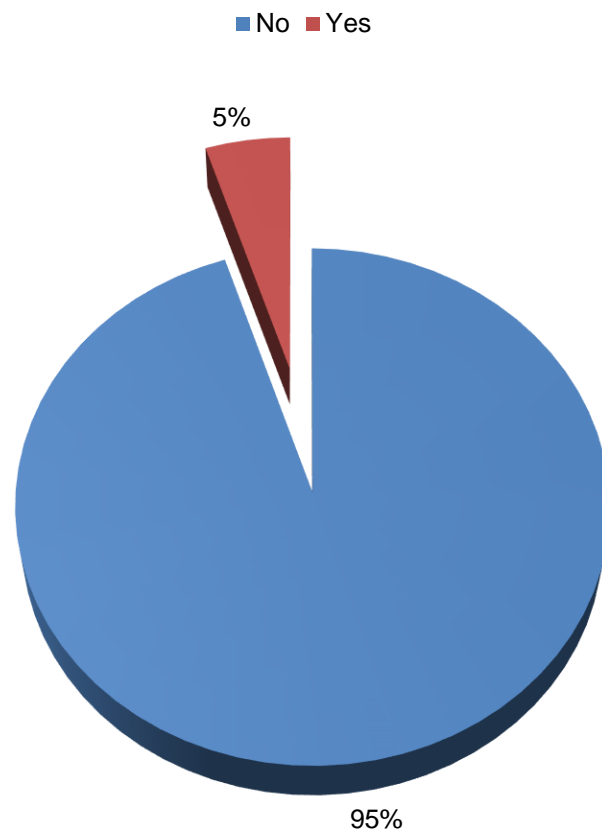
(Community = Richland OR Wilkin)

Has alcohol use had a harmful effect on you or a family member in the past two years?

■ No ■ Yes

17%

83%

Base: Yes (n=35), No (n=167), Sample Size = 202
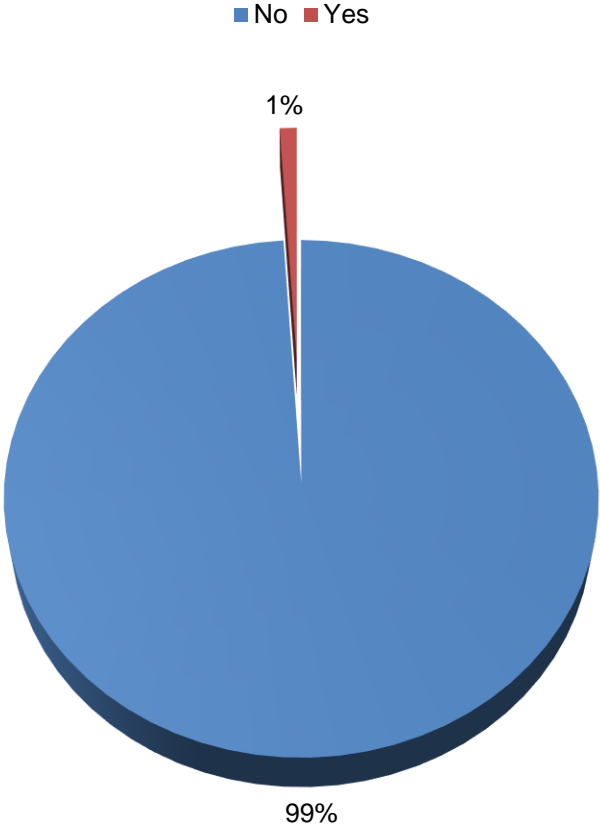
(Community = Richland OR Wilkin)

Have you ever wanted help with a prescription or non-prescription drug use?

■ No ■ Yes

5%

95%

Base: Yes (n=11), No (n=191), Sample Size = 202

(Community = Richland OR Wilkin)

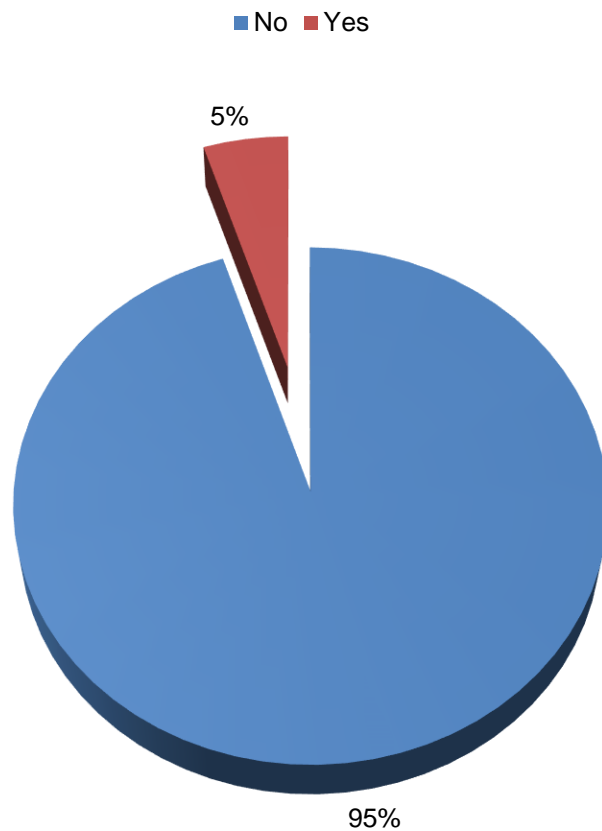# Has a family member or friend ever suggested that you get help for substance use?

■ No ■ Yes

1%

99%

Base: Yes (n=2), No (n=200), Sample Size = 202

(Community = Richland OR Wilkin)

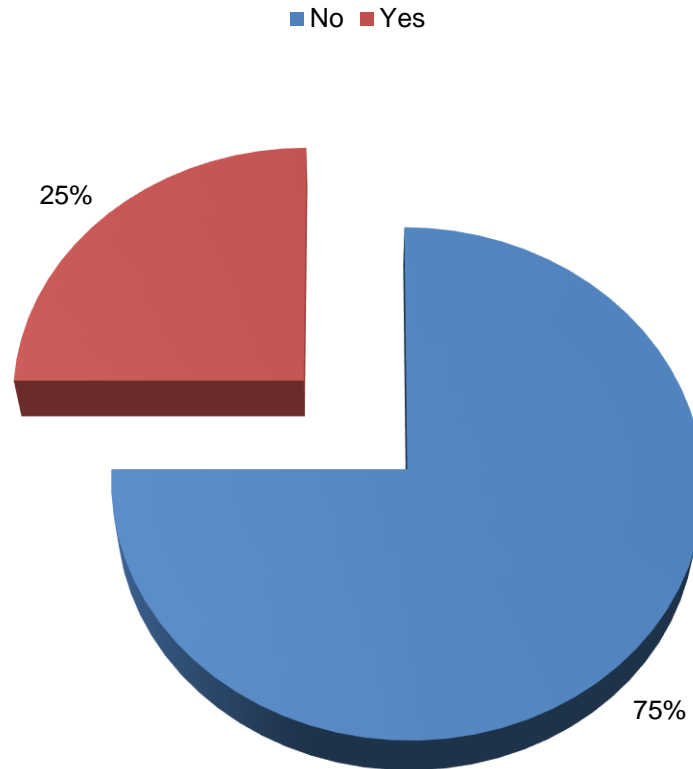# Has prescription or non-prescription drug use had a harmful effect on you or a family member in the past two years?

■ No ■ Yes

5%

95%

Base: Yes (n=10), No (n=192), Sample Size = 202
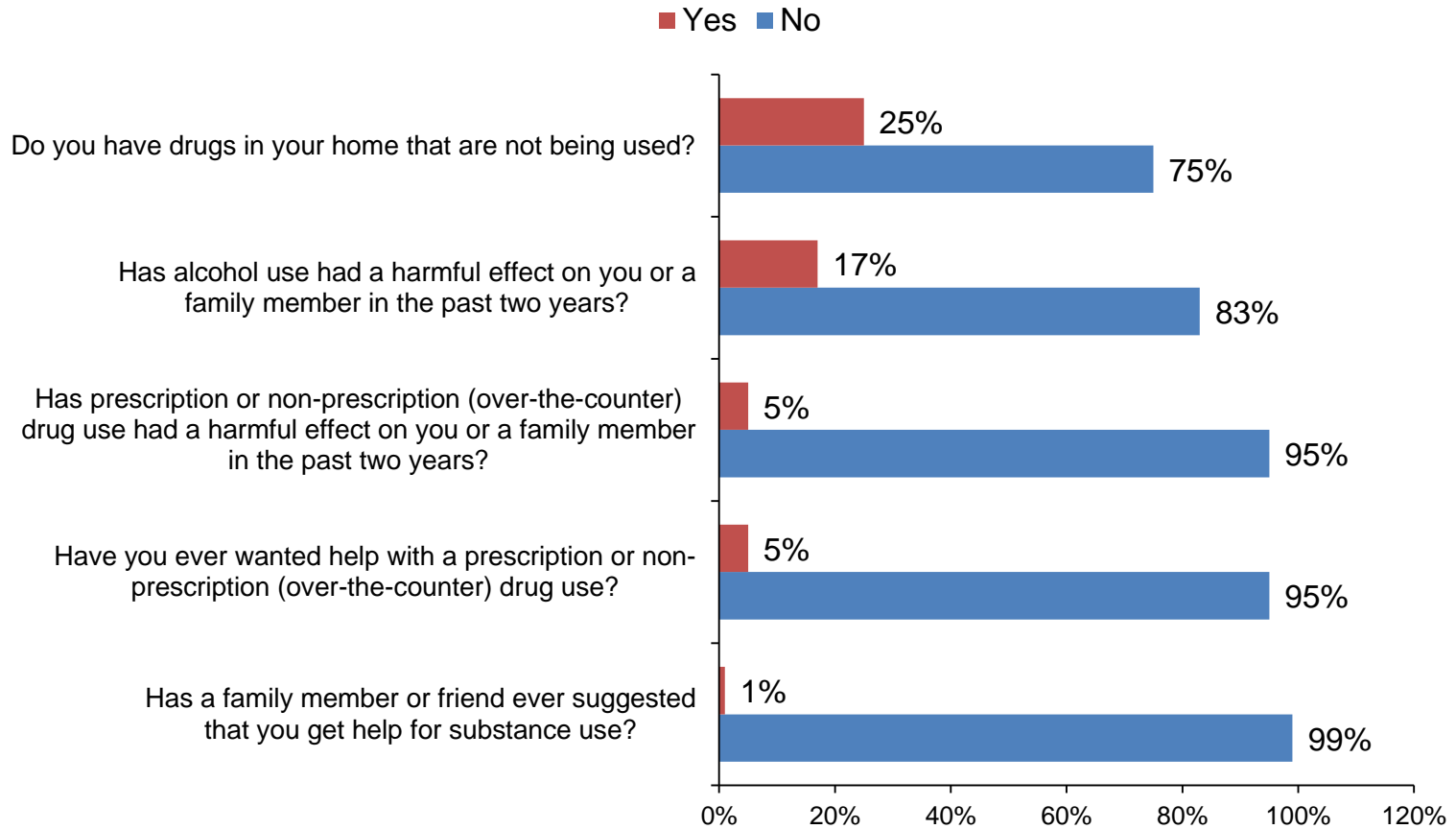
(Community = Richland OR Wilkin)

Do you have drugs in your home that are not being used?

■ No ■ Yes

25%

75%

Base: Yes (n=51), No (n=152), Sample Size = 203

(Community = Richland OR Wilkin)

Drug and Alcohol Issues

■ Yes ■ No

Do you have drugs in your home that are not being used?
- 25%
- 75%

Has alcohol use had a harmful effect on you or a family member in the past two years?
- 17%
- 83%

Has prescription or non-prescription (over-the-counter) drug use had a harmful effect on you or a family member in the past two years?
- 5%
- 95%

Have you ever wanted help with a prescription or non-prescription (over-the-counter) drug use?
- 5%
- 95%

Has a family member or friend ever suggested that you get help for substance use?
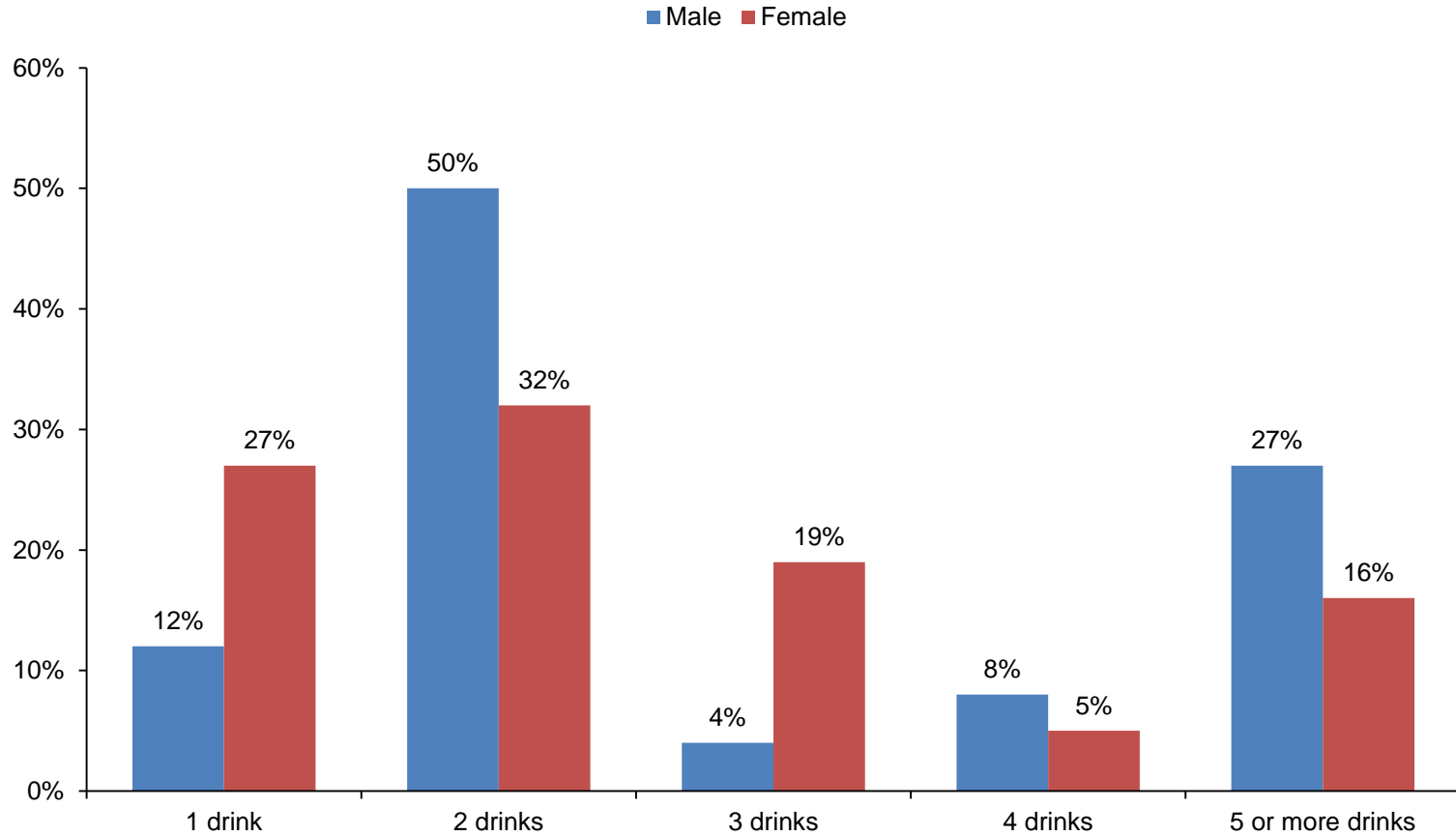- 1%
- 99%

0%   20%   40%   60%   80%   100%   120%

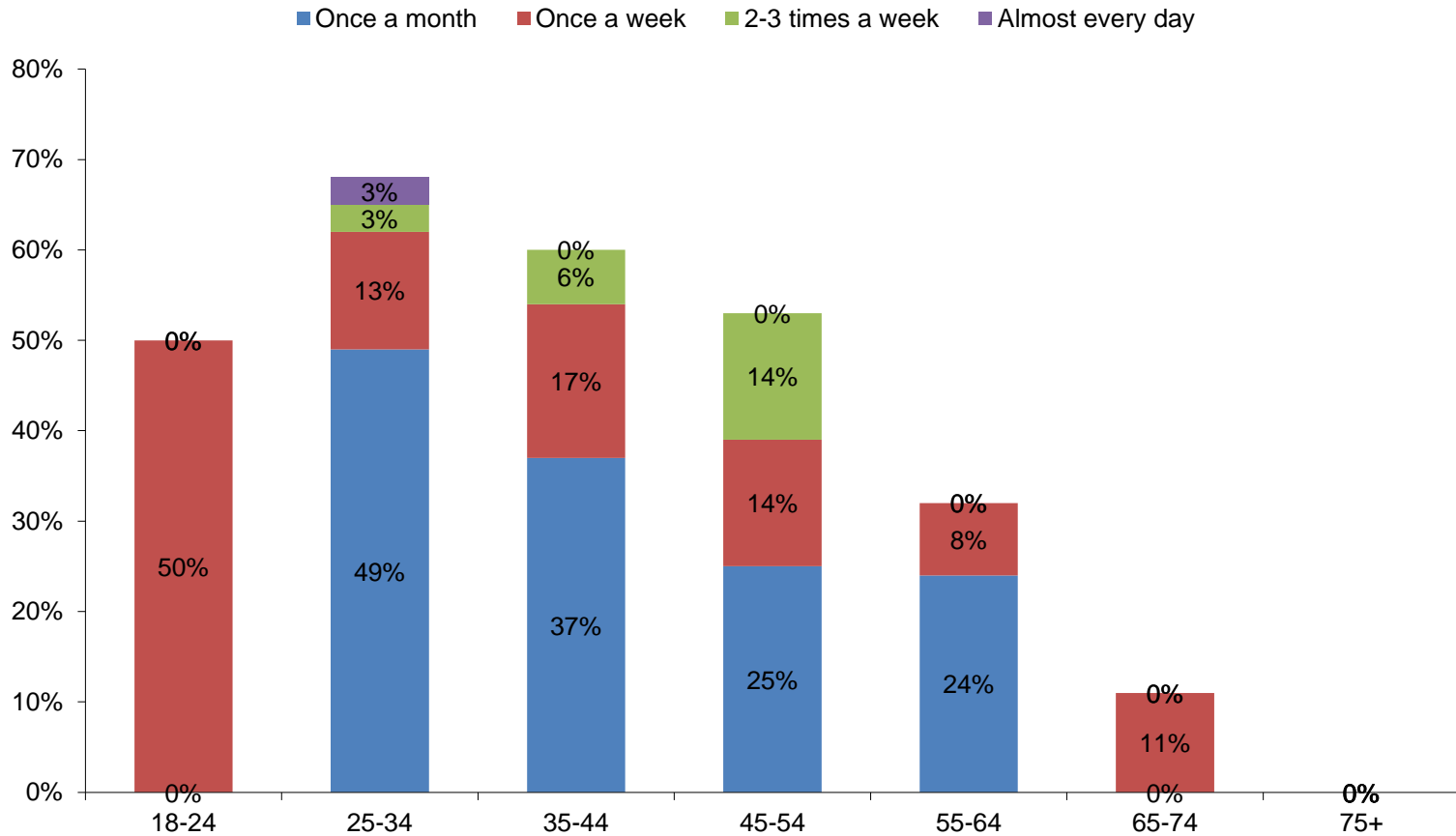Sample Size = Variable

(Community = Richland OR Wilkin)

Average number of drinks per day when you drink by gender

■ Male ■ Female

Base: 1 drink (n=38), 2 drinks (n=54), 3 drinks (n=25), 4 drinks (n=9), 5 or more drinks (n=28), Sample Size = 154

(Community = Richland OR Wilkin)

Binge Drinking past 30 days by Age
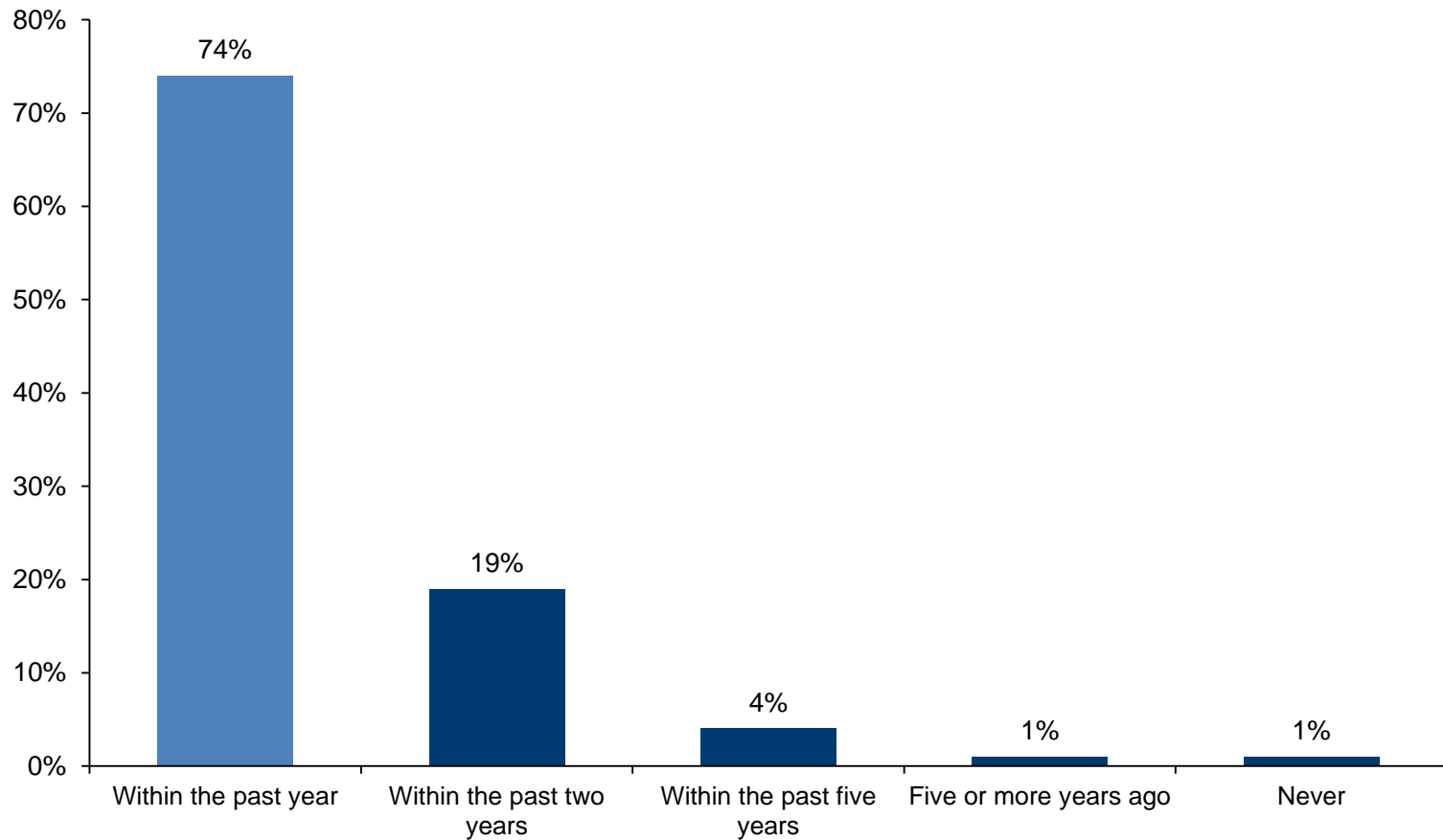

Legend: ■ Once a month ■ Once a week ■ 2-3 times a week ■ Almost every day

Base: 18-24 (n=4), 25-34 (n=39), 35-44 (n=35), 45-54 (n=28), 55-64 (n=37), 65-74 (n=9), 75+ (n=3), Sample Size = 155

(Community = Richland OR Wilkin)

How long has it been since you last visited a doctor or health care provider for a routine checkup?

Base: Within the past year (n=149), Within the past two years (n=38), Within the past five years (n=9), Five or more years ago (n=3), Never (n=2), Sample Size = 201

(Community = Richland OR Wilkin)

Barriers to Routine Checkup
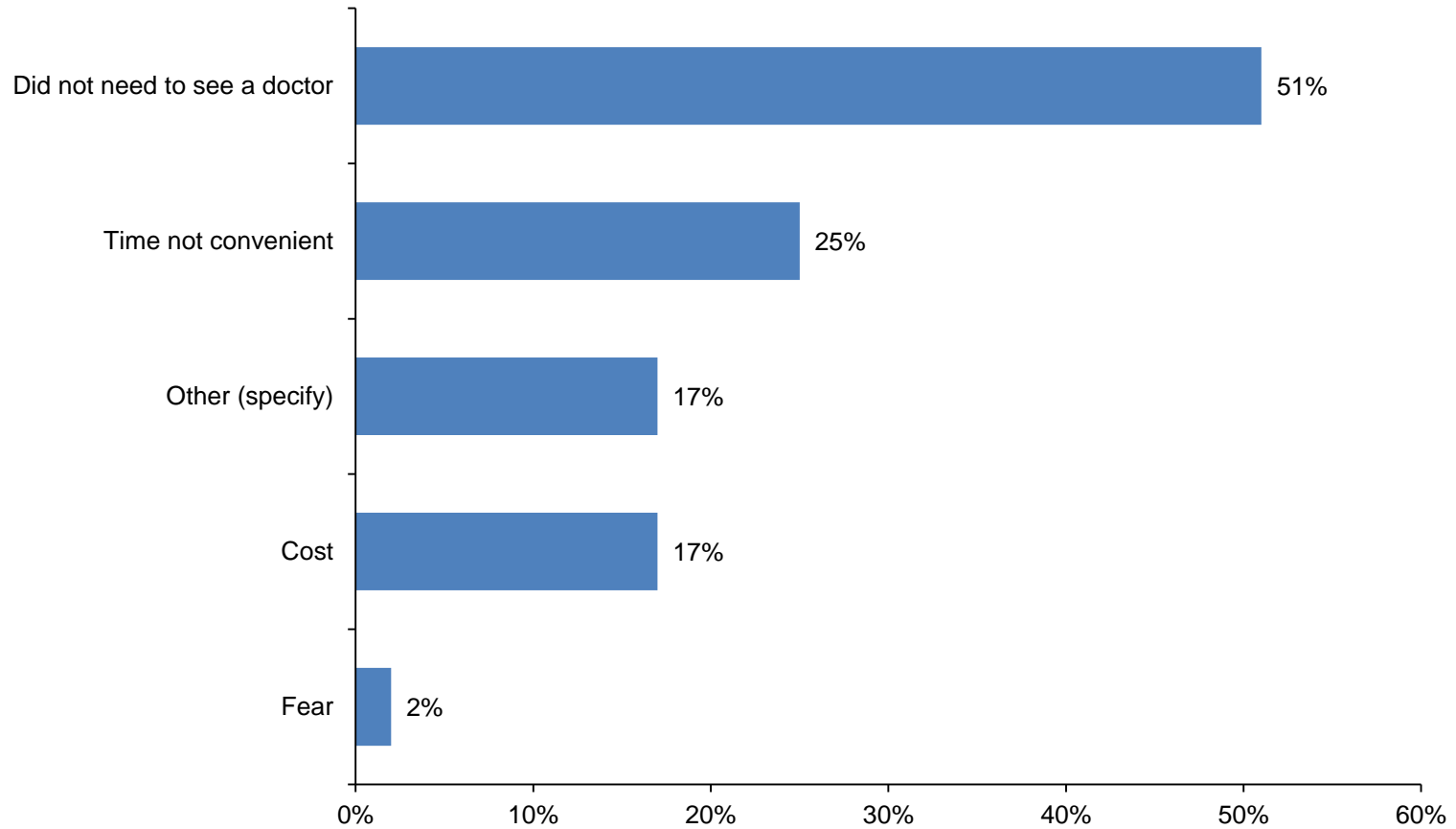
Base: Cost (n=9), Fear (n=1), Time not convenient (n=13), Did not need to see a doctor (n=27), Other (specify) (n=9), Sample Size = 53

(Community = Richland OR Wilkin)

Has your medical provider reviewed the risks and benefits of screenings and preventive services with you?

■ Yes ■ No ■ Don't know / Unsure

11%

10%

79%
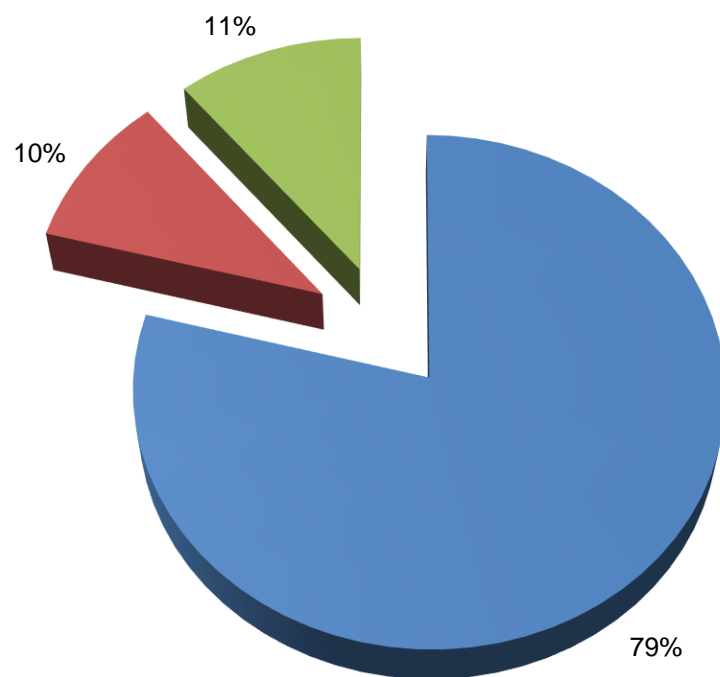
Base: Yes (n=160), No (n=21), Don't know / Unsure (n=22), Sample Size = 203

(Community = Richland OR Wilkin)

Has your medical provider allowed you to make a choice about having screenings or preventive services?

■Yes ■No ■Don't know / Unsure

11%

13%

76%
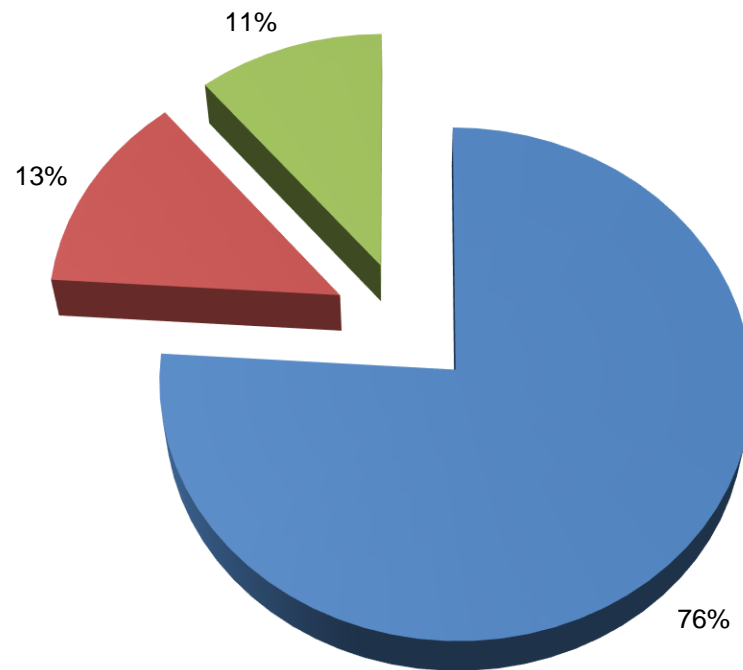
Base: Yes (n=155), No (n=26), Don't know / Unsure (n=22), Sample Size = 203

(Community = Richland OR Wilkin)

Screenings

■ Don't know / Unsure ■ No ■ Yes
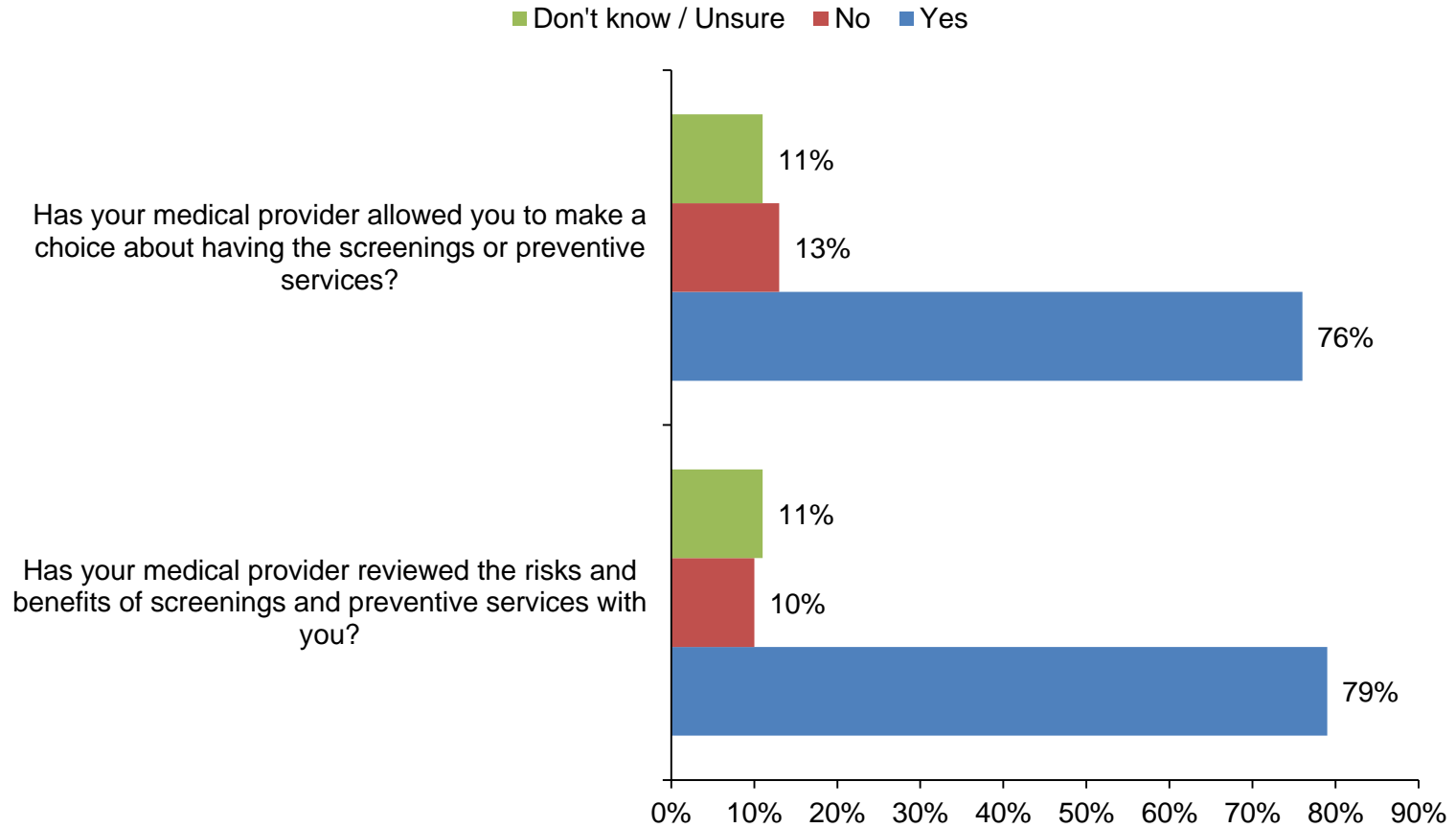
Has your medical provider allowed you to make a choice about having the screenings or preventive services?

11%

13%

76%

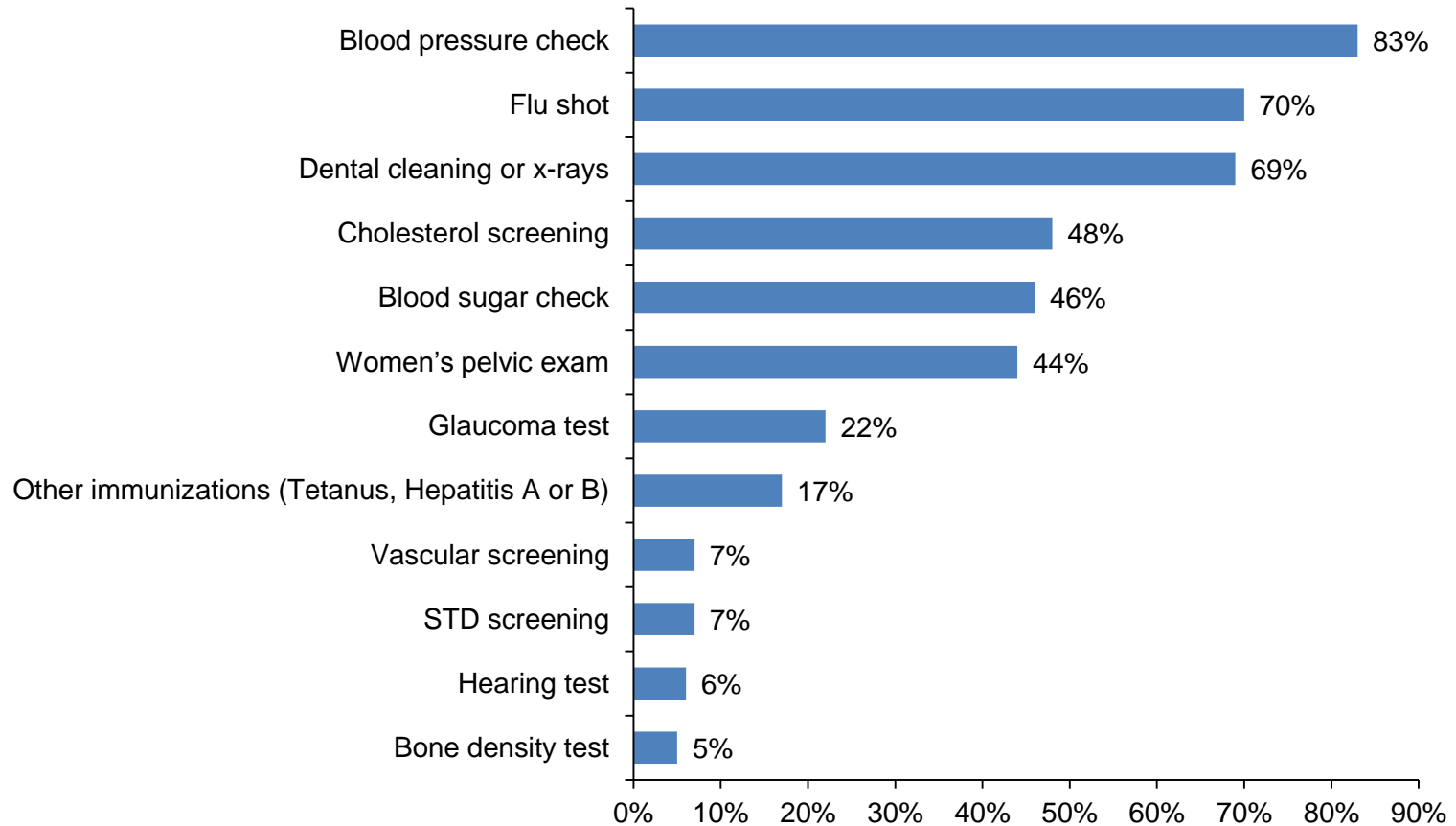**Has your medical provider reviewed the risks and benefits of screenings and preventive services with you?**

11%

10%

79%

0% 10% 20% 30% 40% 50% 60% 70% 80% 90%

Preventive Procedures Last Year

Procedure	Percentage
Blood pressure check	83%
Flu shot	70%
Dental cleaning or x-rays	69%
Cholesterol screening	48%
Blood sugar check	46%
Women's pelvic exam	44%
Glaucoma test	22%
Other immunizations (Tetanus, Hepatitis A or B)	17%
Vascular screening	7%
STD screening	7%
Hearing test	6%
Bone density test	5%

Base: Blood pressure check (n=157), Blood sugar check (n=86), Bone density test (n=10), Cholesterol screening (n=90), Dental cleaning or x-rays (n=131), Flu shot (n=132), Other immunizations (Tetanus, Hepatitis A or B) (n=33), Glaucoma test (n=42), Hearing test (n=11), Women's pelvic exam (n=83), STD screening (n=13), Vascular screening (n=13), Sample Size = 189
(Community = Richland OR Wilkin)

Barriers for Preventive Procedures

| Barrier	Percentage
I'm up-to-date on all screenings and procedures	58%
I haven't had time	14%
Cost	14%
Doctor has not suggested the screenings	10%
I'm not due this year	8%
Other (please specify)	6%
Fear of the results	3%
Fear of the screening or procedure	3%
I'm unable to access care	0%
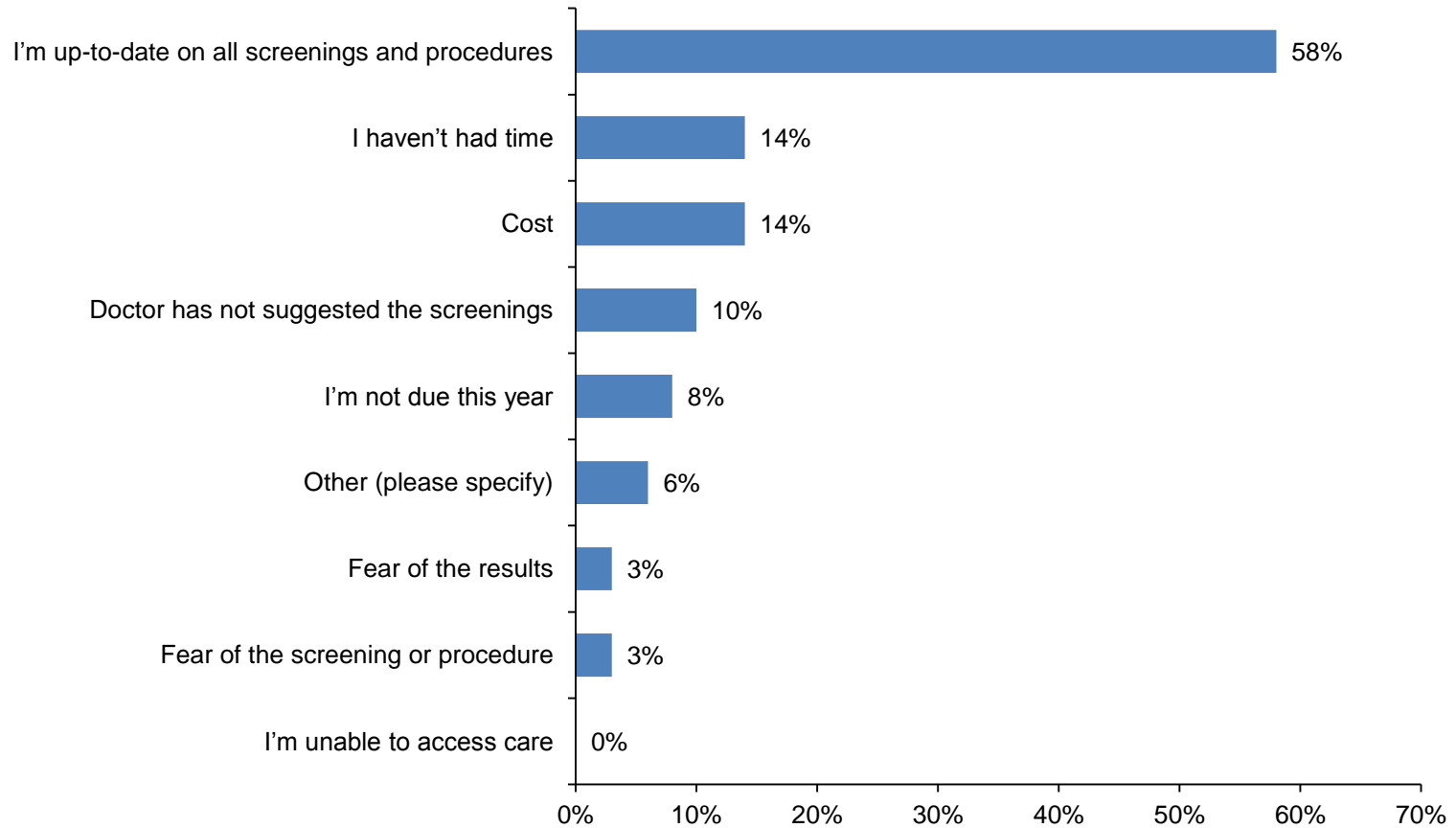
Base: I'm up-to-date on all screenings and procedures (n=116), Doctor has not suggested the screenings (n=19), Cost (n=28), I'm unable to access care (n=1), Fear of the screening or procedure (n=6), Fear of the results (n=6), I'm not due this year (n=17), I haven't had time (n=28), Other (please specify) (n=13), Sample Size = 200
(Community = Richland OR Wilkin)

Do you have children under the age of 18 living in your household?

■ Yes ■ No

46%

54%
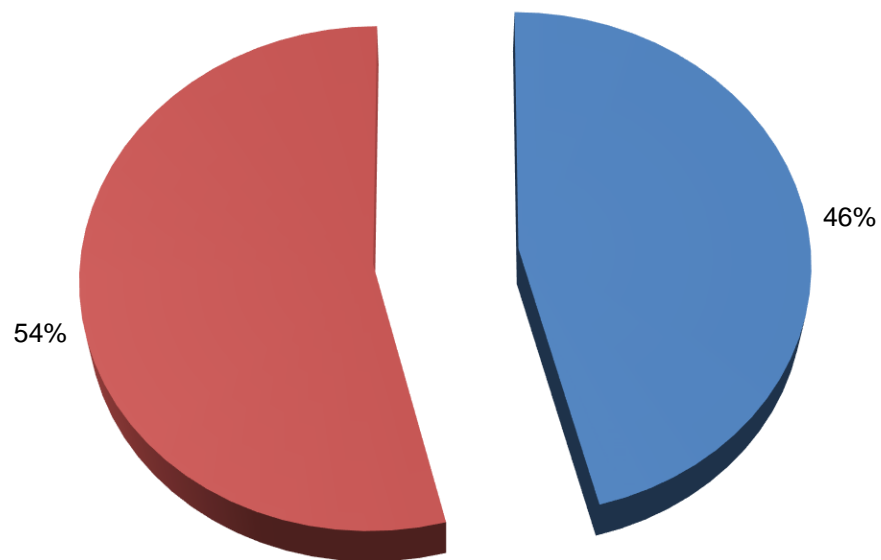
Base: Yes (n=94), No (n=109), Sample Size = 203

(Community = Richland OR Wilkin)

Children's Car Safety

■ Use seat belts ■ Use car seat

Always	Use seat belts: 99% / Use car seat: 88%
Nearly always	Use car seat: 8%
Sometimes	Use seat belts: 1% / Use car seat: 2%
Never	Use car seat: 2%

0%   20%   40%   60%   80%   100%   120%
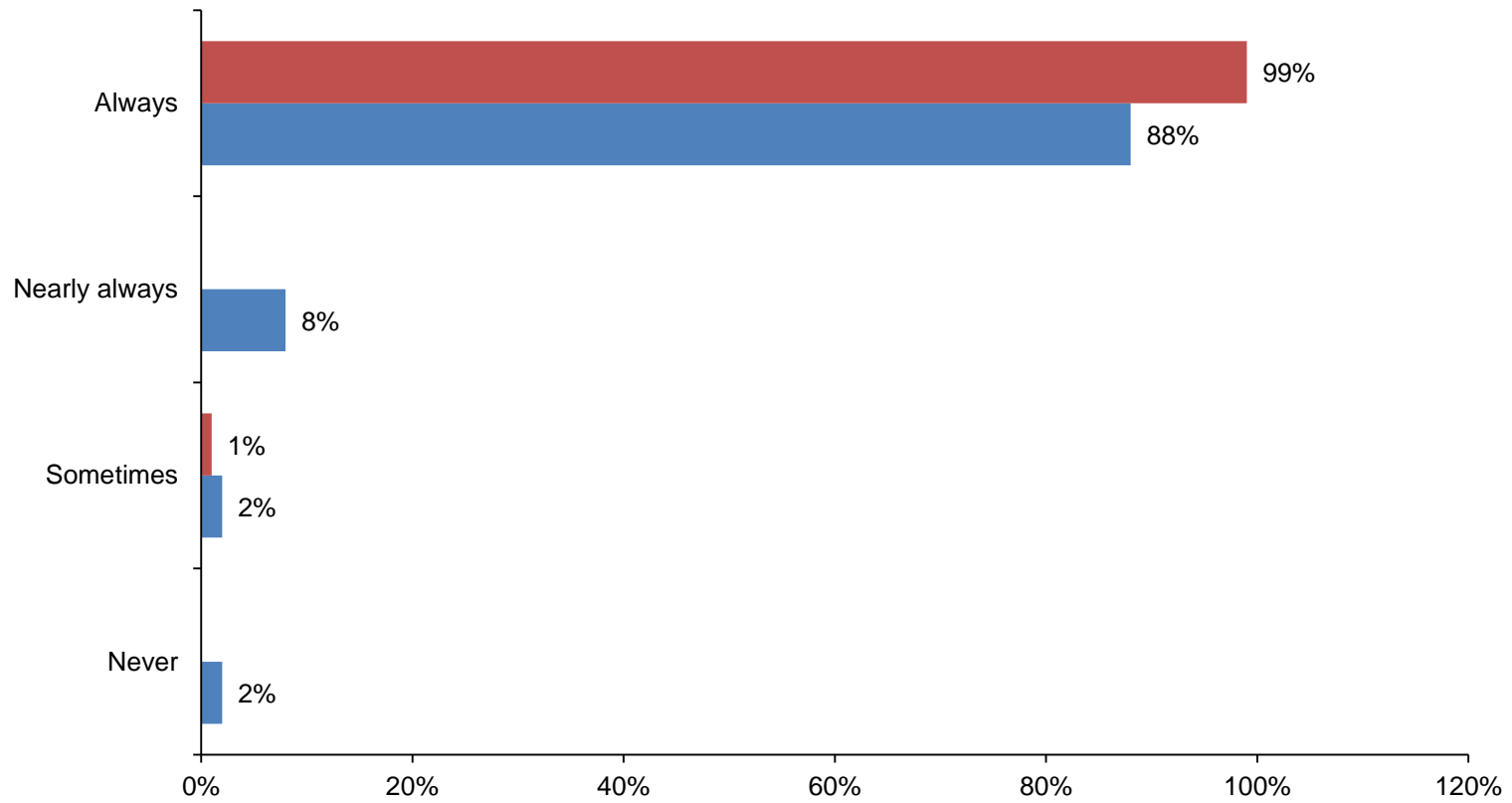
Sample Size = Variable

(Community = Richland OR Wilkin)

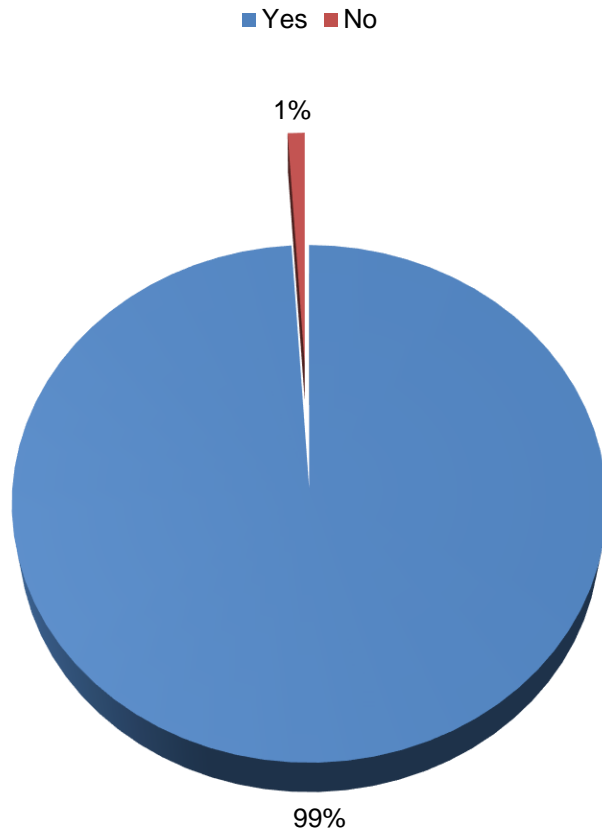# Do you have healthcare coverage for your children or dependents?

■Yes ■No

1%

99%

Base: Yes (n=91), No (n=1), Sample Size = 92

(Community = Richland OR Wilkin)

Children's Preventative Services

Service	Percentage
Medical checkups	95%
Dental checkups	90%
Vision checkups	75%
Hearing checkups	40%
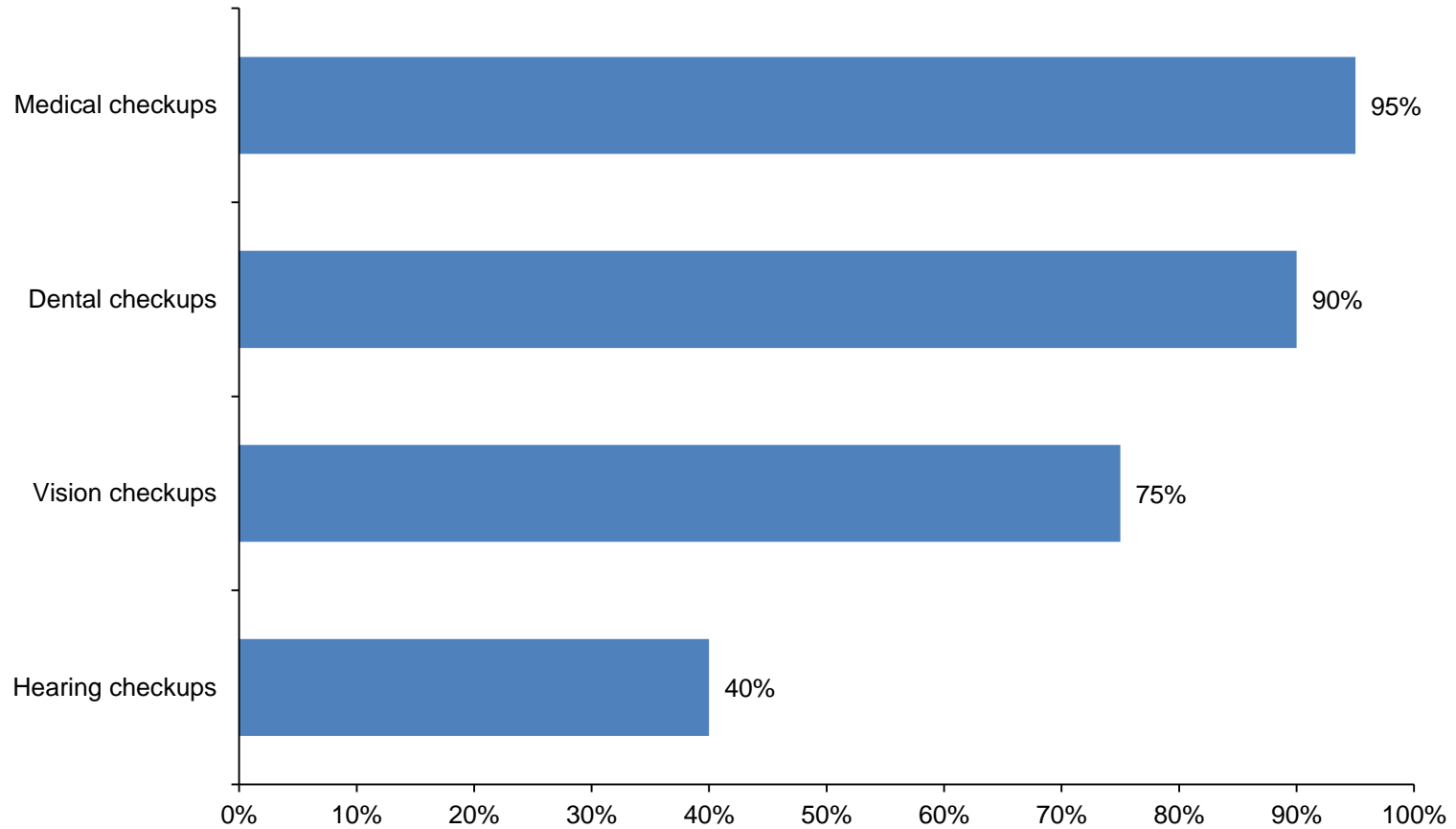
Base: Dental checkups (n=83), Vision checkups (n=69), Hearing checkups (n=37), Medical checkups (n=87), Sample Size = 92

(Community = Richland OR Wilkin)

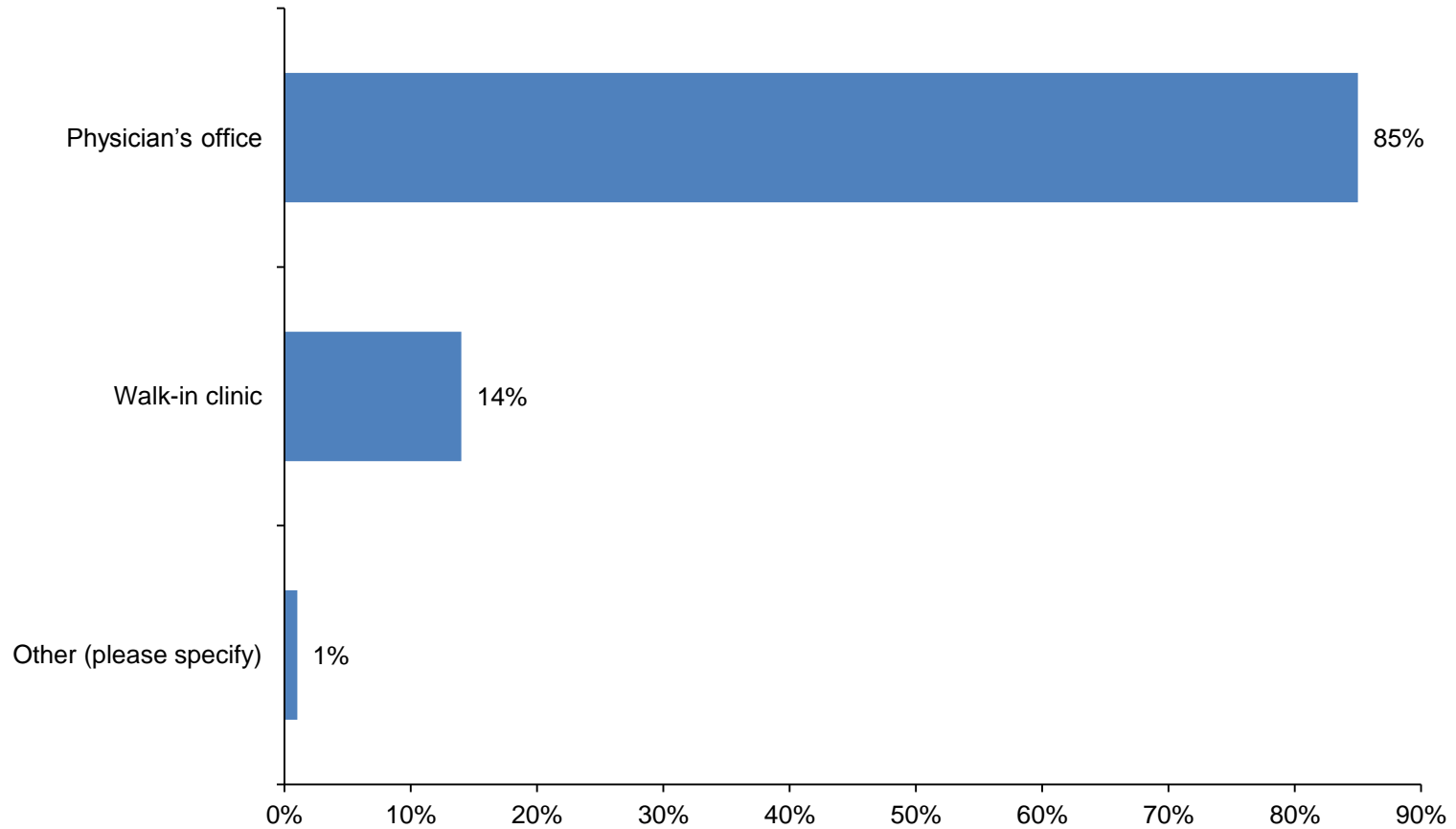# Where do you most often take your children when they are sick and need to see a health care provider?

Physician's office	85%
Walk-in clinic	14%
Other (please specify)	1%

Base: Physician's office (n=78), Walk-in clinic (n=13), Other (please specify) (n=1), Sample Size = 92

(Community = Richland OR Wilkin)

Have you ever been diagnosed with cancer?

■ No ■ Yes

11%

89%
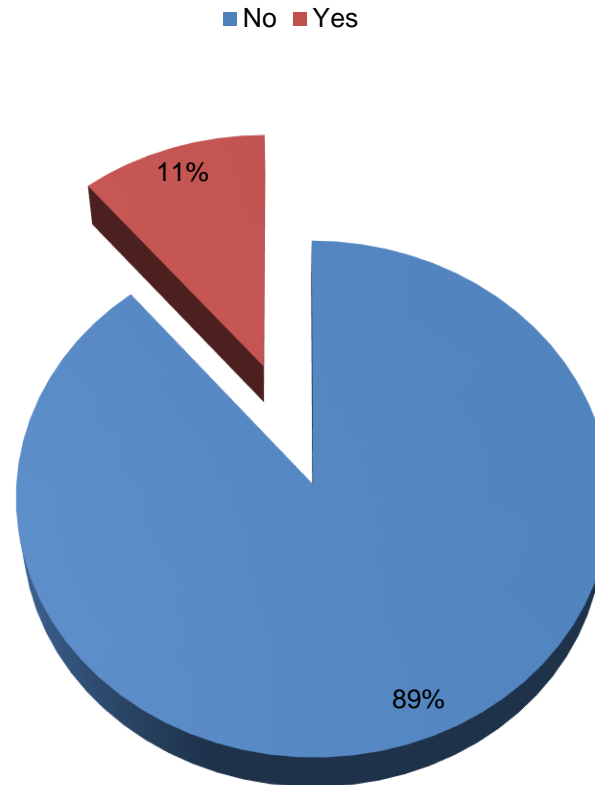
Base: Yes (n=23), No (n=180), Sample Size = 203

(Community = Richland OR Wilkin)

Type of Cancer

Type	Percentage
Other skin cancer	35%
Cervical cancer	26%
Breast cancer	22%
Uterine cancer	9%
Thyroid cancer	4%
Melanoma	4%
Acute leukemia	4%
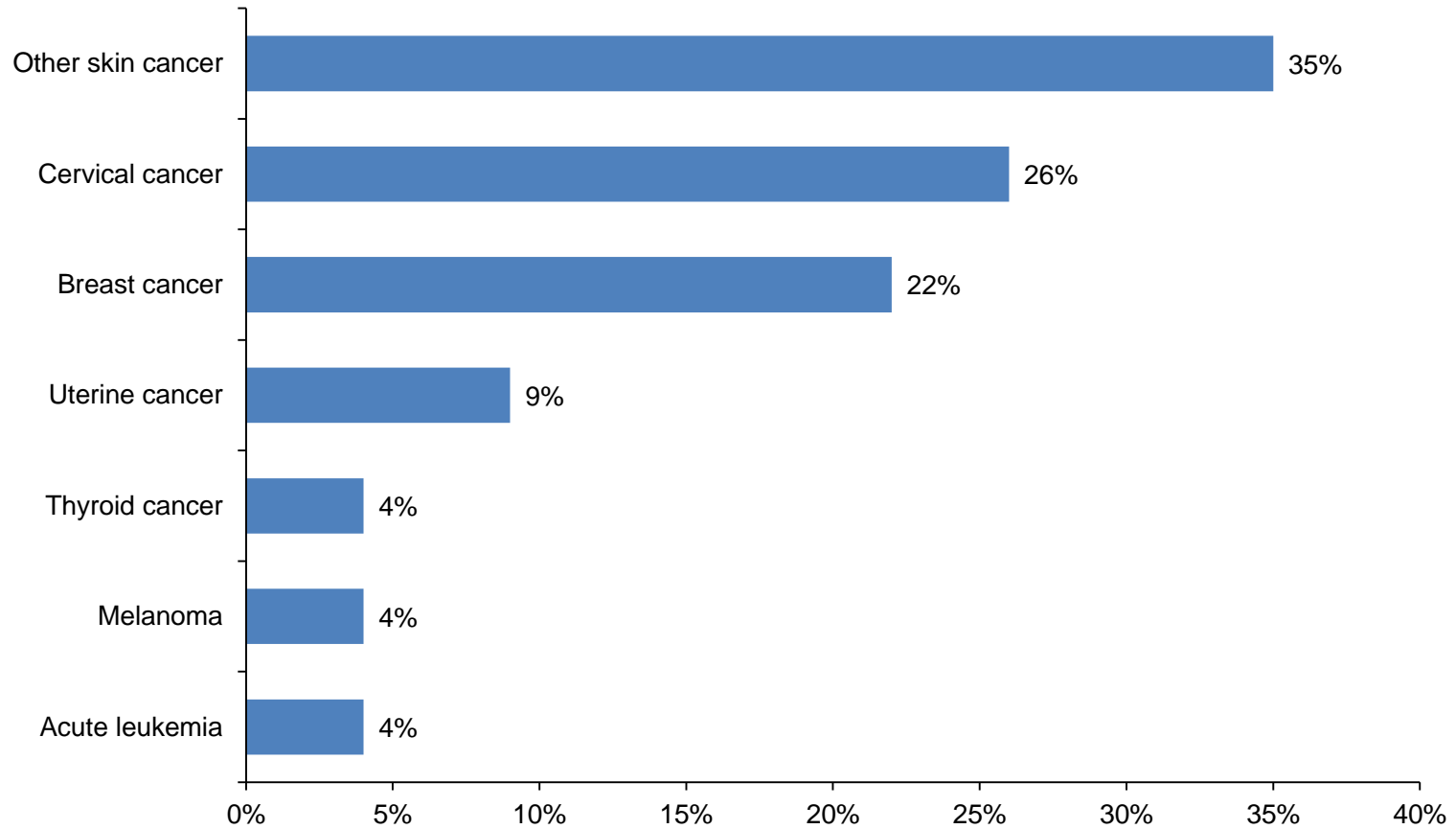
Base: Acute leukemia (n=1), Uterine cancer (n=2), Breast cancer (n=5), Cervical cancer (n=6), Melanoma (n=1), Other skin cancer (n=8), Thyroid cancer (n=1), Sample Size = 23

(Community = Richland OR Wilkin)

Do you currently have any kind of health insurance?
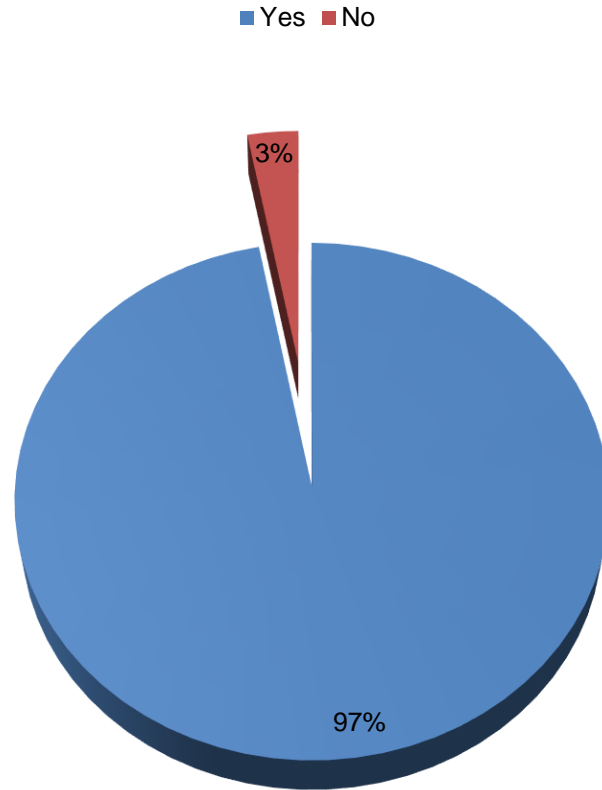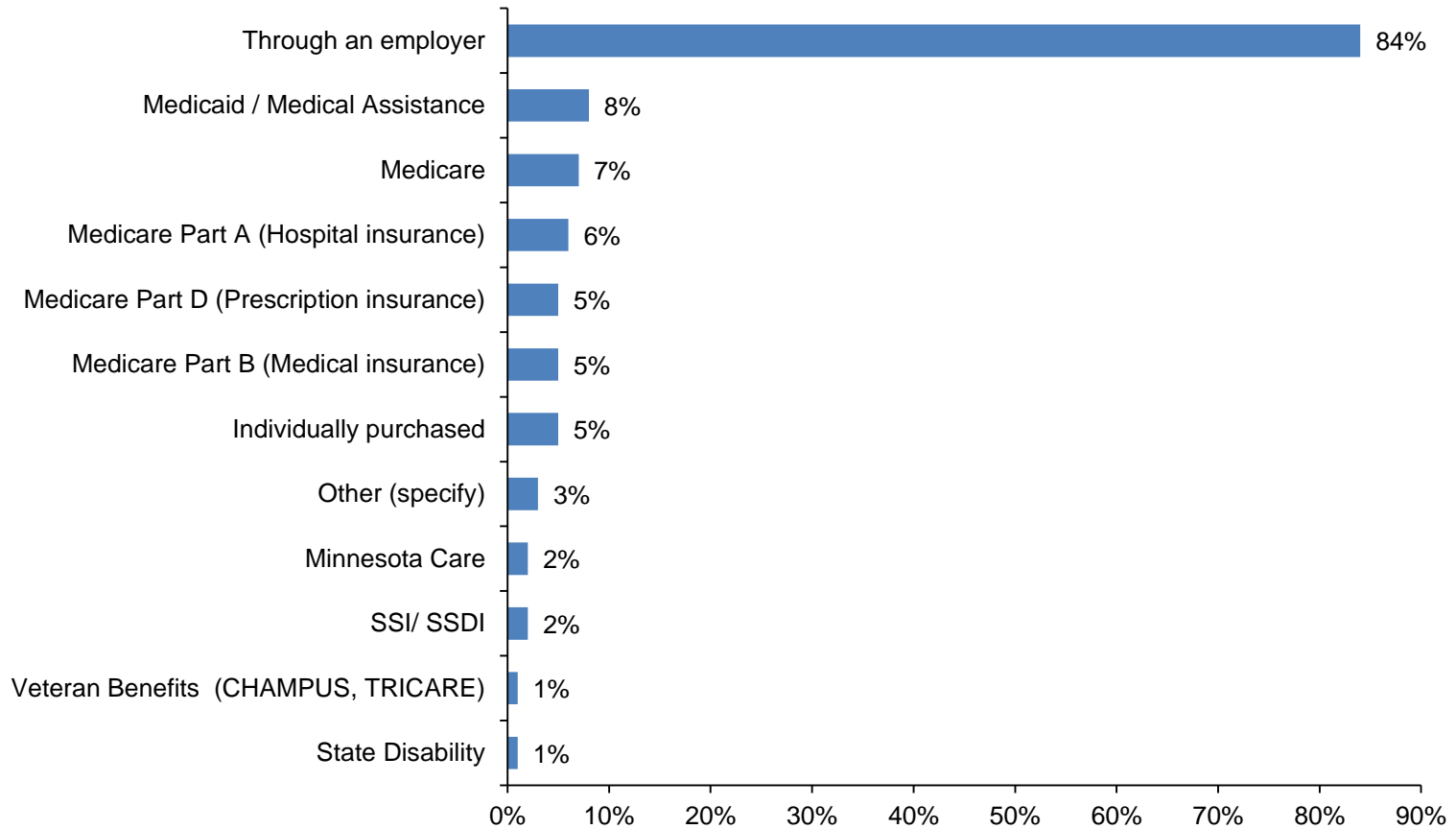
■Yes ■No

3%

97%

Base: Yes (n=197), No (n=6), Sample Size = 203

(Community = Richland OR Wilkin)

Type of Insurance

Category	Percentage
Through an employer	84%
Medicaid / Medical Assistance	8%
Medicare	7%
Medicare Part A (Hospital insurance)	6%
Medicare Part D (Prescription insurance)	5%
Medicare Part B (Medical insurance)	5%
Individually purchased	5%
Other (specify)	3%
Minnesota Care	2%
SSI/ SSDI	2%
Veteran Benefits (CHAMPUS, TRICARE)	1%
State Disability	1%

Base: Through an employer (n=165), Individually purchased (n=9), Medicare (n=13), Medicare Part A (Hospital insurance) (n=12), Medicare Part B (Medical insurance) (n=10), Medicare Part D (Prescription insurance) (n=10), State Disability (n=1), SSI/ SSDI (n=3), Medicaid / Medical Assistance (n=15), Minnesota Care (n=3), Veteran Benefits (CHAMPUS, TRICARE) (n=1), Other (specify) (n=5), Sample Size = 196
(Community = Richland OR Wilkin)
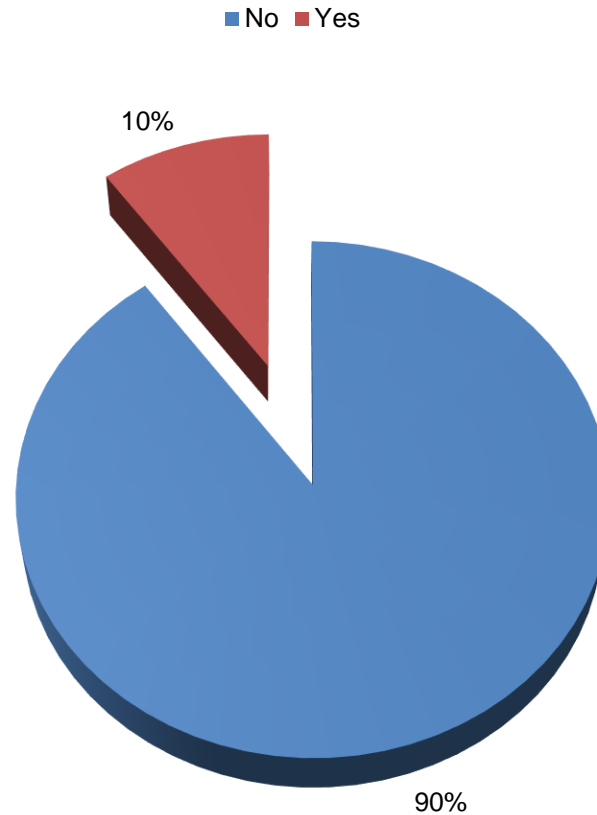
Do you have an established primary healthcare provider?

■ Yes ■ No

12%

88%
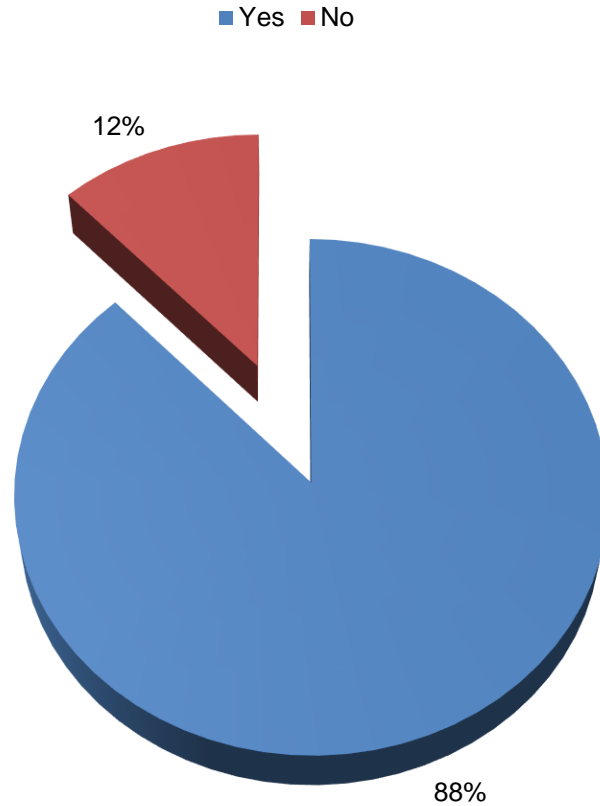
Base: Yes (n=179), No (n=24), Sample Size = 203

(Community = Richland OR Wilkin)

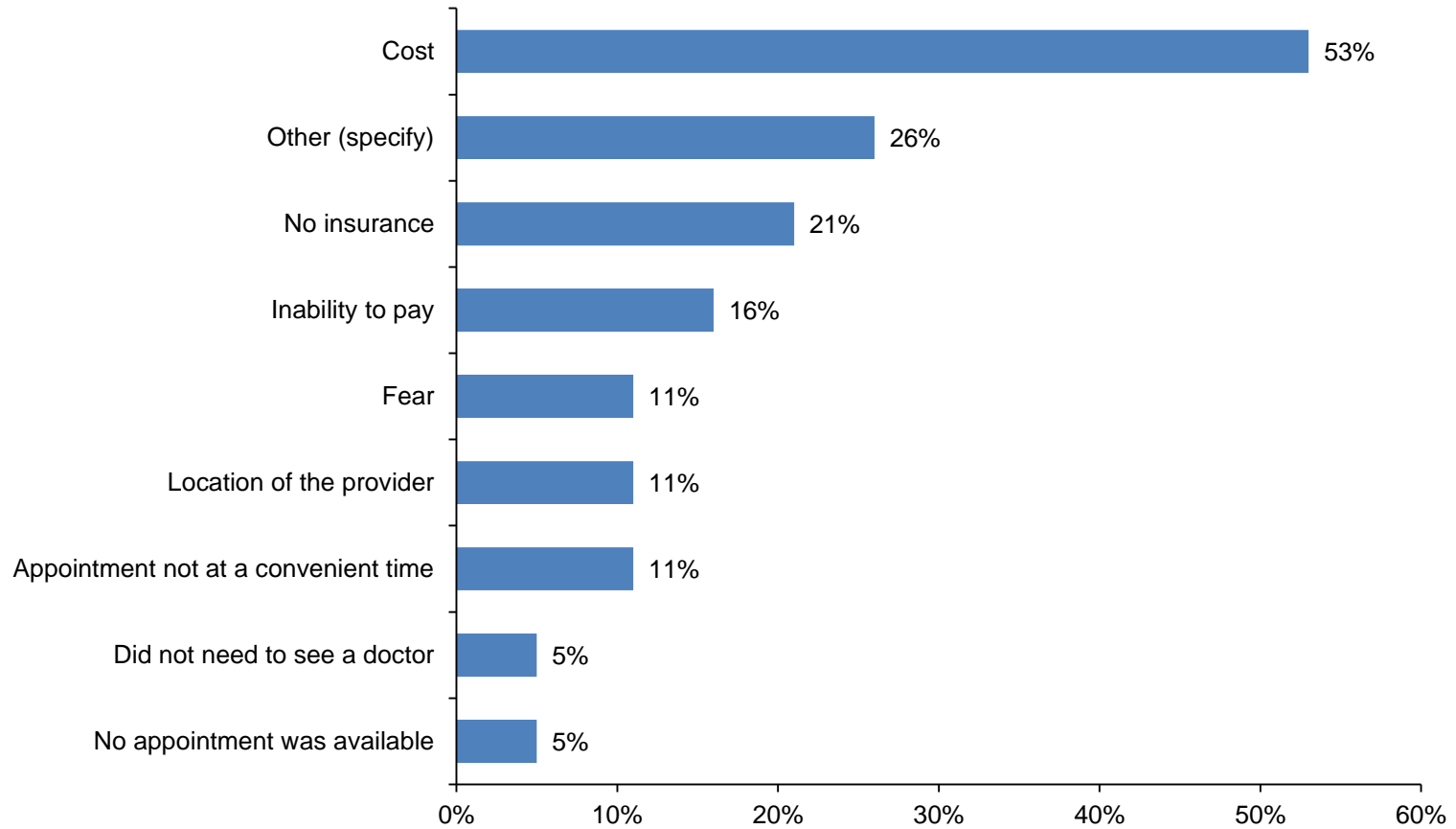# In the past year, did you or someone in your family need medical care, but did not receive the care they needed?

■ No ■ Yes

10%

90%

Base: Yes (n=20), No (n=183), Sample Size = 203

(Community = Richland OR Wilkin)

Barriers to Receiving Care Needed

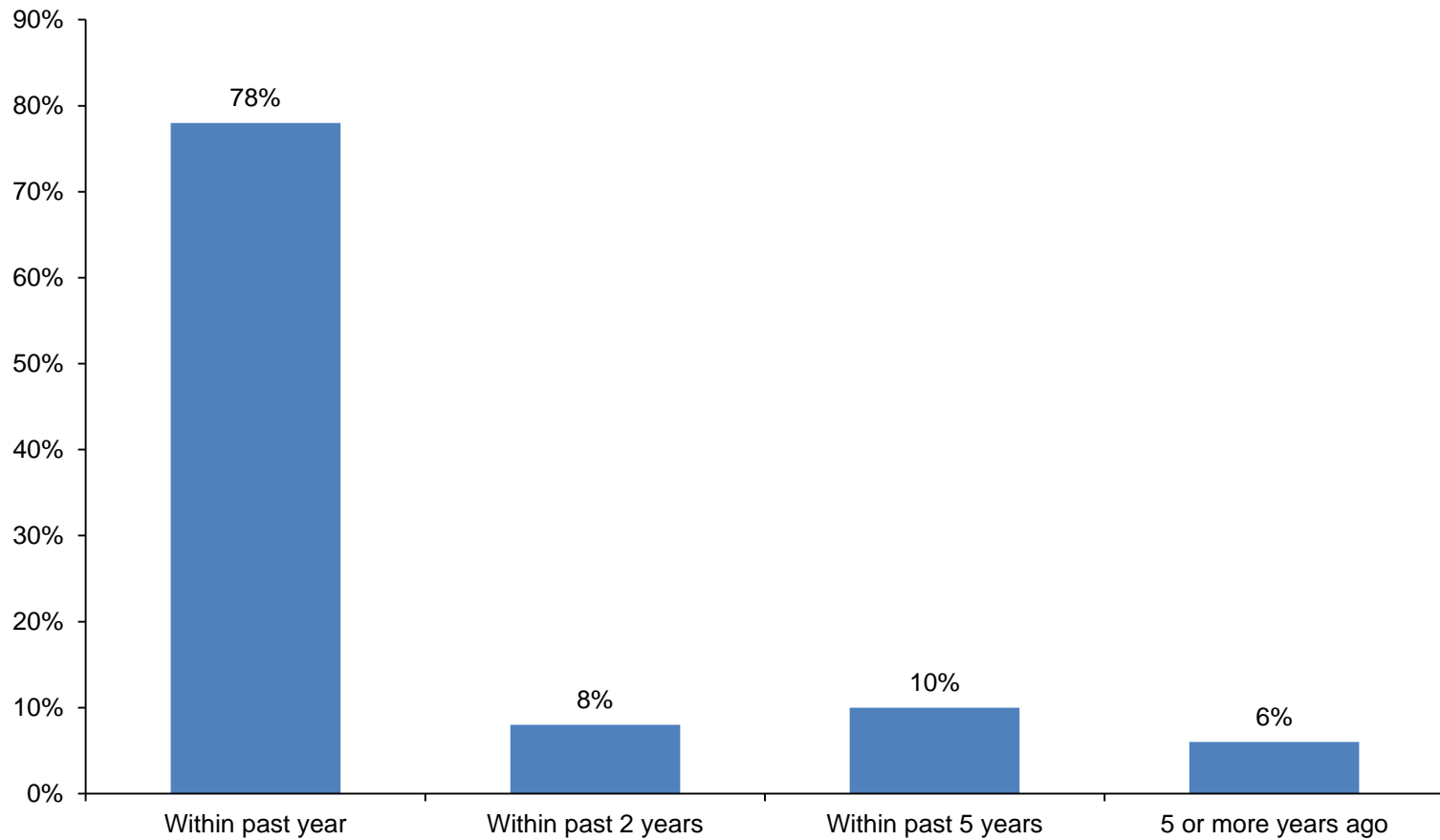| Barrier	Percentage
Cost	53%
Other (specify)	26%
No insurance	21%
Inability to pay	16%
Fear	11%
Location of the provider	11%
Appointment not at a convenient time	11%
Did not need to see a doctor	5%
No appointment was available	5%

Base: Inability to pay (n=3), No appointment was available (n=1), Appointment not at a convenient time (n=2), No insurance (n=4), Location of the provider (n=2), Cost (n=10), Fear (n=2), Did not need to see a doctor (n=1), Other (specify) (n=5)

(Community = Richland OR Wilkin)

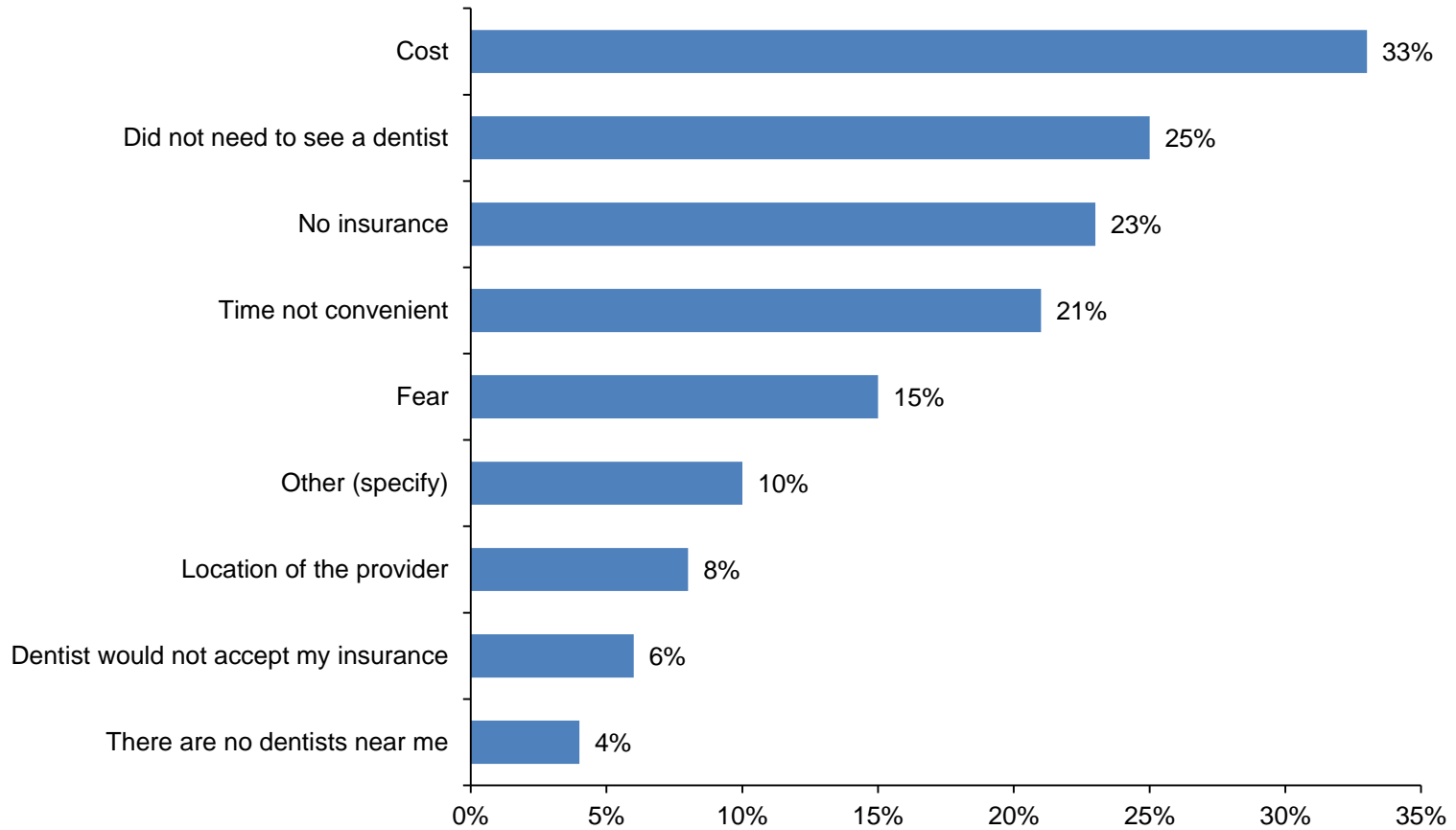# How long has it been since you last visited a dentist?

Bars:
- Within past year: 78%
- Within past 2 years: 8%
- Within past 5 years: 10%
- 5 or more years ago: 6%

Base: Within past year (n=155), Within past 2 years (n=15), Within past 5 years (n=19), 5 or more years ago (n=11), Sample Size = 200
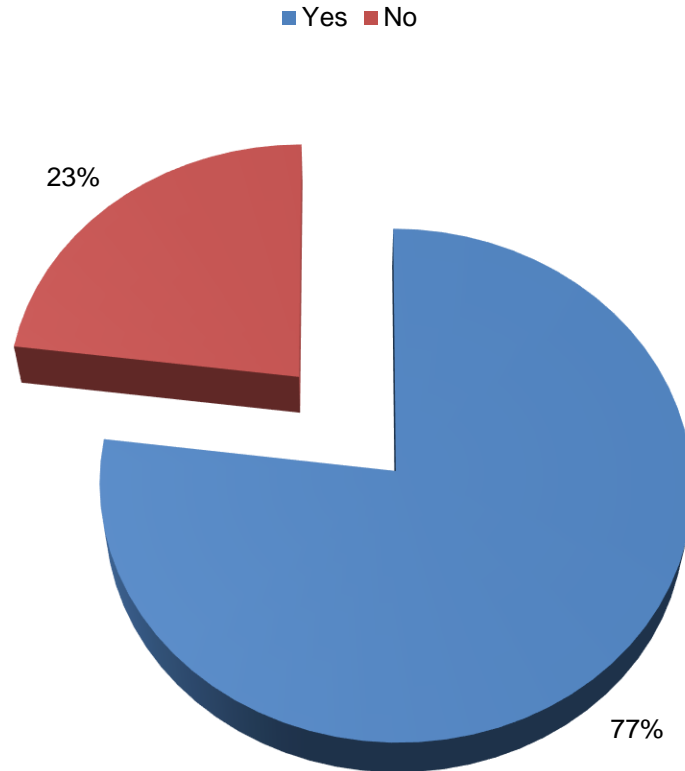
(Community = Richland OR Wilkin)

Barriers to Visiting the Dentist

Barrier	Percentage
Cost	33%
Did not need to see a dentist	25%
No insurance	23%
Time not convenient	21%
Fear	15%
Other (specify)	10%
Location of the provider	8%
Dentist would not accept my insurance	6%
There are no dentists near me	4%

Base: No insurance (n=11), Location of the provider (n=4), Cost (n=16), Fear (n=7), Time not convenient (n=10), There are no dentists near me (n=2), Dentist would not accept my insurance (n=3), Did not need to see a dentist (n=12), Other (specify) (n=5), Sample Size = 48
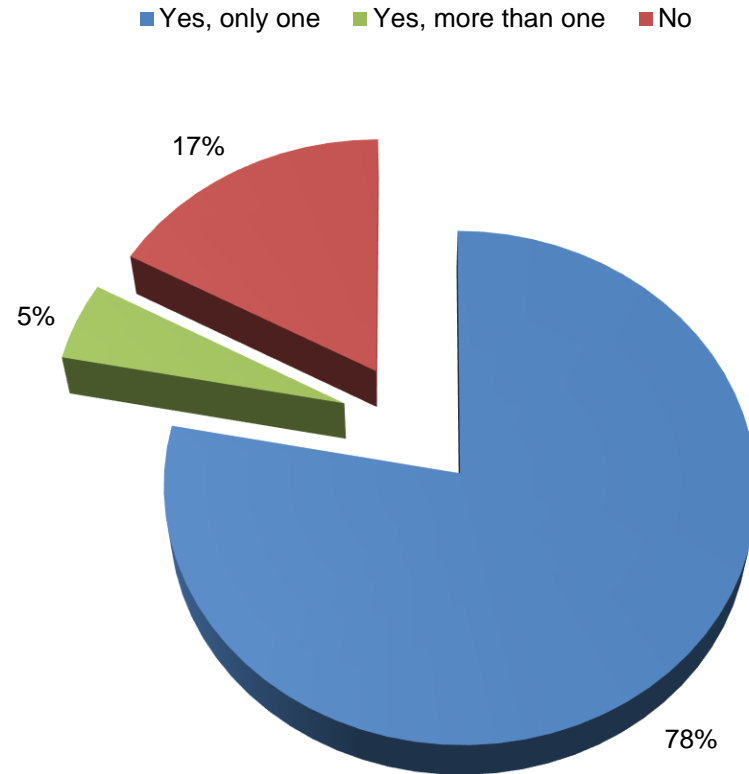
(Community = Richland OR Wilkin)

Do you have any kind of dental care or oral health insurance coverage?

■ Yes ■ No

23%

77%

Base: Yes (n=155), No (n=46), Sample Size = 201

(Community = Richland OR Wilkin)
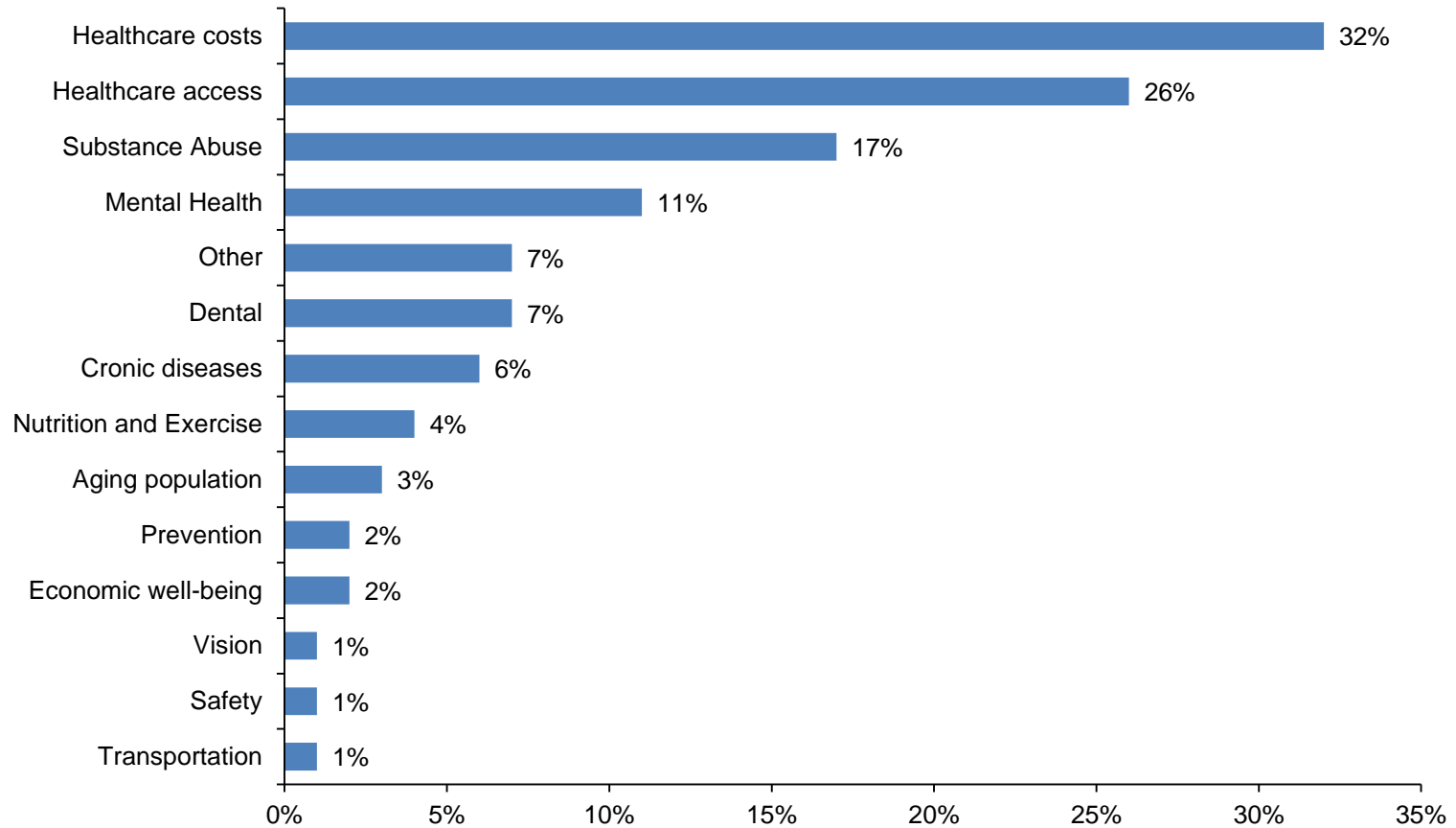
Do you have a dentist that you see for routine care?

■ Yes, only one   ■ Yes, more than one   ■ No

17%

5%

78%

Base: Yes, only one (n=157), Yes, more than one (n=10), No (n=34), Sample Size = 201

(Community = Richland OR Wilkin)

Most Important Community Issues

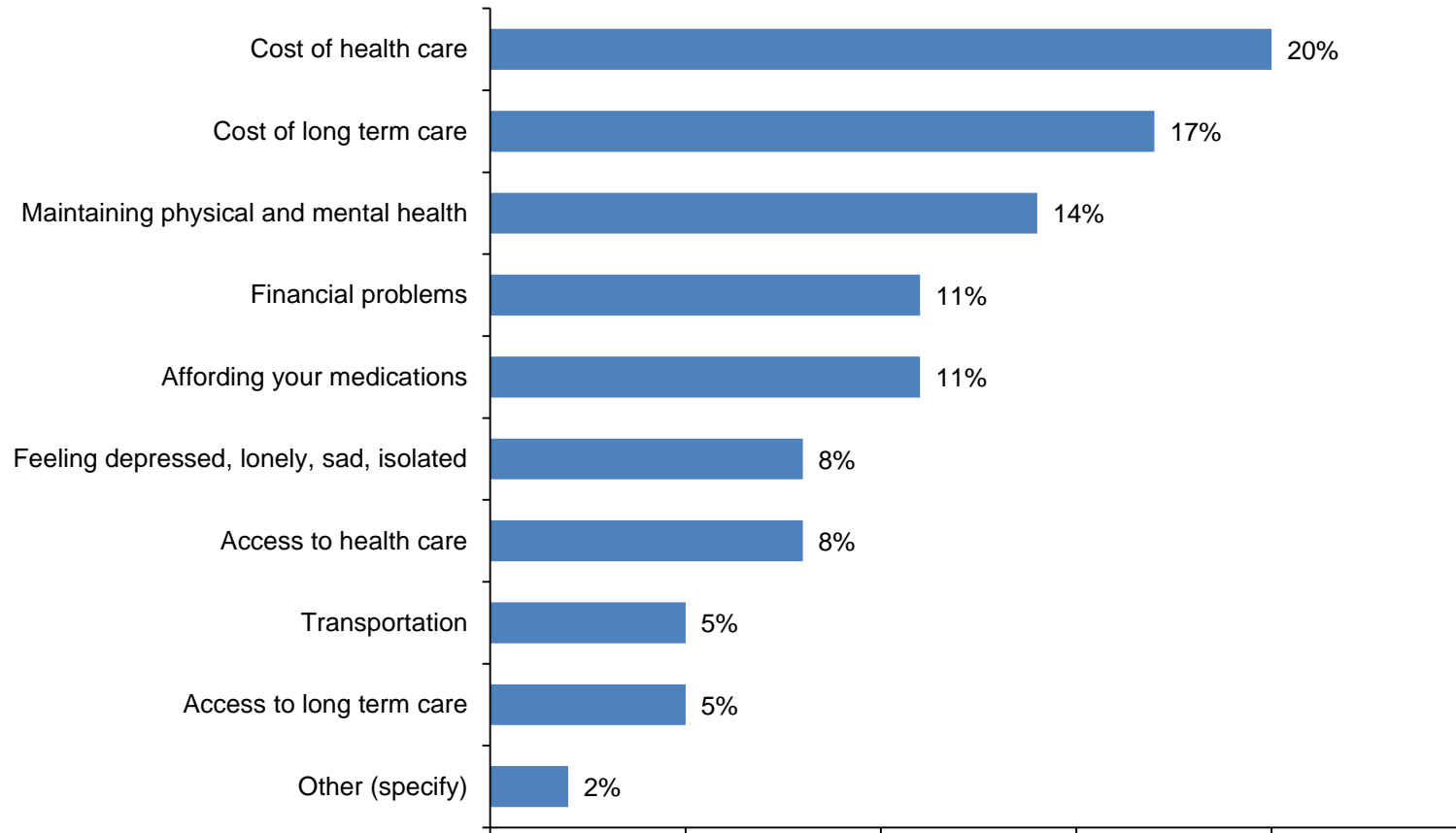| Issue	Percentage
Healthcare costs	32%
Healthcare access	26%
Substance Abuse	17%
Mental Health	11%
Other	7%
Dental	7%
Cronic diseases	6%
Nutrition and Exercise	4%
Aging population	3%
Prevention	2%
Economic well-being	2%
Vision	1%
Safety	1%
Transportation	1%

Base: Economic well-being (n=2), Transportation (n=1), Aging population (n=4), Safety (n=1), Healthcare access (n=32), Mental Health (n=13), Substance Abuse (n=20), Chronic diseases (n=7), Healthcare costs (n=39), Dental (n=8), Prevention (n=3), Vision (n=1), Nutrition and Exercise (n=5), Other (n=9), Sample Size = 130
(Community = Richland OR Wilkin)

Most Important Issue for Family

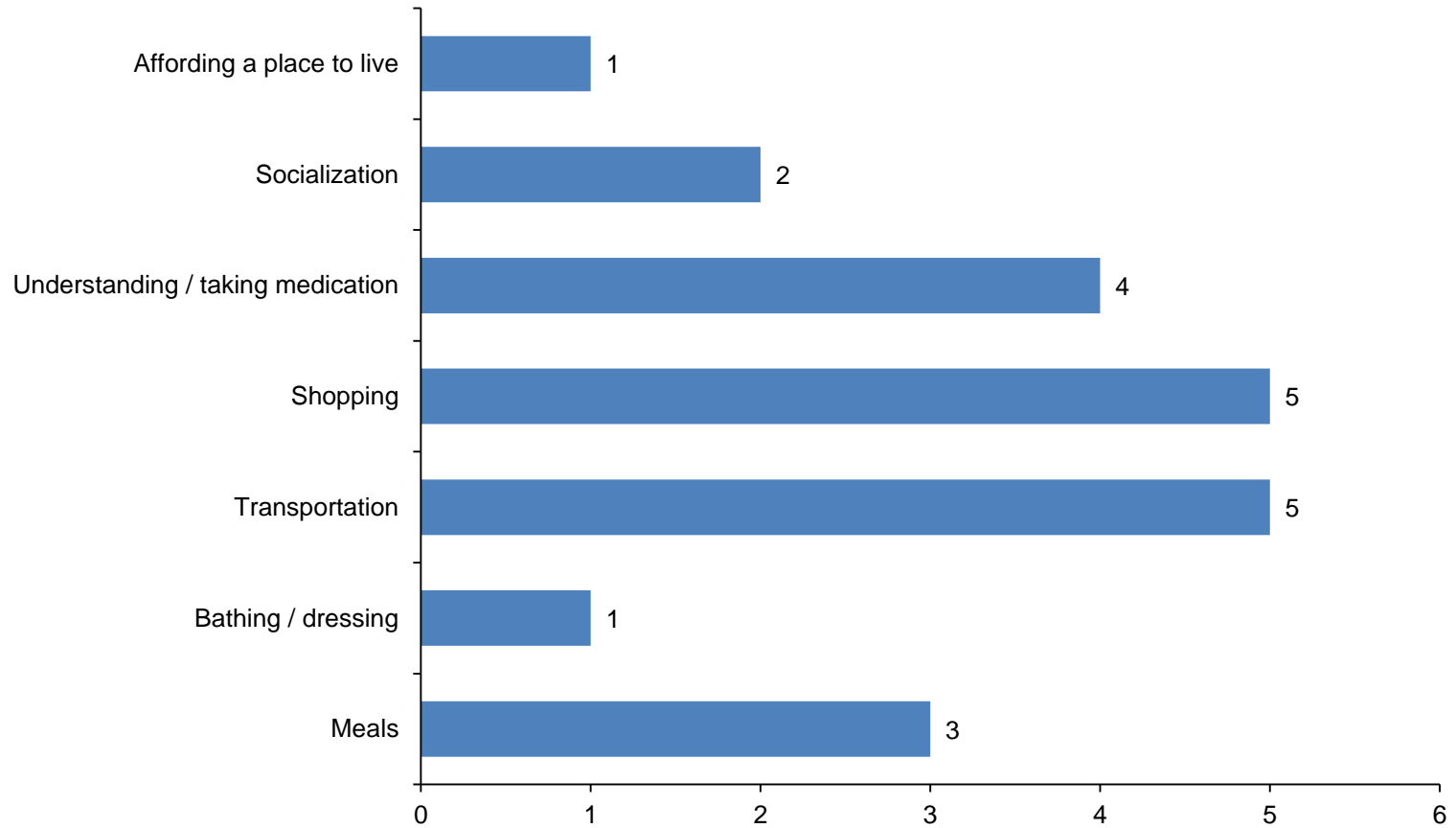| Issue	Percentage
Healthcare costs	37%
Insurance cost and coverage	19%
Access	8%
Dental care	7%
Chronic diseases	6%
Other	5%
Mental health	5%
Nutrition and Exercise	4%
Communicable diseases	4%
Aging services	4%
Cancer	2%
Adiction and substance abuse	2%
Vision care	1%
Physician time and communication	1%
Pain management	1%
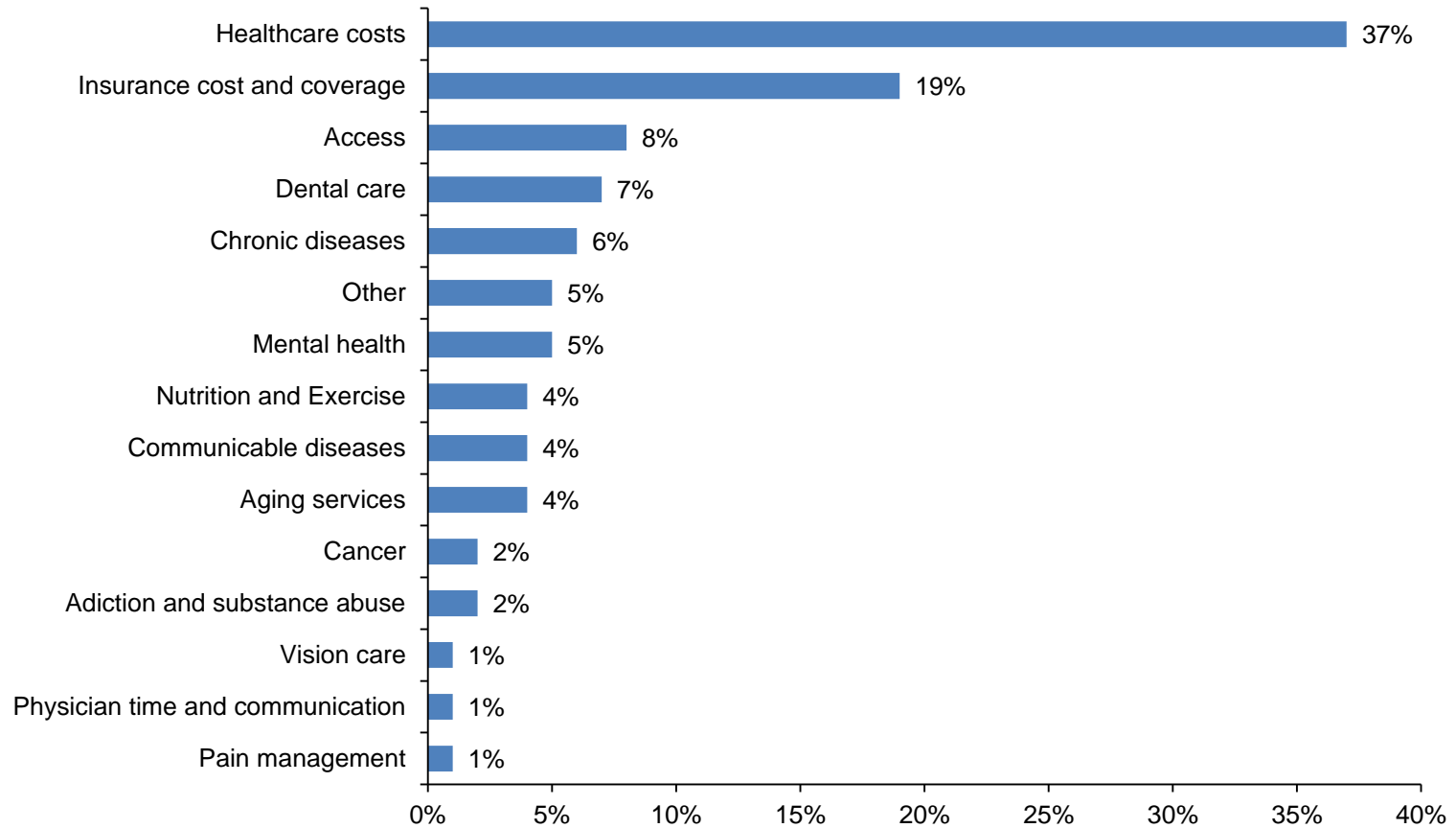
Base: Access (n=9), Addiction and substance abuse (n=2), Aging services (n=4), Cancer (n=2), Chronic diseases (n=6), Communicable diseases (n=4), Healthcare costs (n=40), Dental care (n=8), Nutrition and Exercise (n=4), Insurance cost and coverage (n=20), Mental health (n=5), Pain management (n=1), Physician time and communication (n=1), Vision care (n=1), Other (n=5), Sample Size = 134
(Community = Richland OR Wilkin)

What is your biggest concern as you age? (Age 65+)

Concern	Percentage
Cost of health care	20%
Cost of long term care	17%
Maintaining physical and mental health	14%
Financial problems	11%
Affording your medications	11%
Feeling depressed, lonely, sad, isolated	8%
Access to health care	8%
Transportation	5%
Access to long term care	5%
Other (specify)	2%

Base: Access to health care (n=5), Cost of health care (n=13), Affording your medications (n=7), Maintaining physical and mental health (n=9), Feeling depressed, lonely, sad, isolated (n=5), Access to long term care (n=3), Cost of long term care (n=11), Financial problems (n=7), Transportation (n=3), Other (specify) (n=1) Sample Size = 22
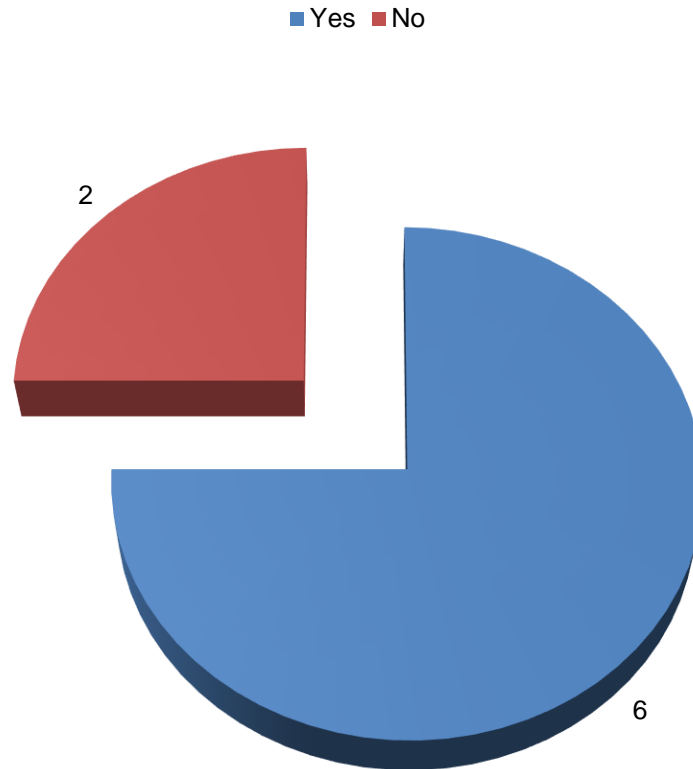(Community = Richland OR Wilkin)

Which of these tasks do you need assistance with? (Age 65+)

Task	Value
Affording a place to live	1
Socialization	2
Understanding / taking medication	4
Shopping	5
Transportation	5
Bathing / dressing	1
Meals	3

Base: Meals (n=3), Bathing / dressing (n=1), Transportation (n=5), Shopping (n=5), Understanding / taking medication (n=4), Socialization (n=2), Affording a place to live (n=1), Sample Size = 9
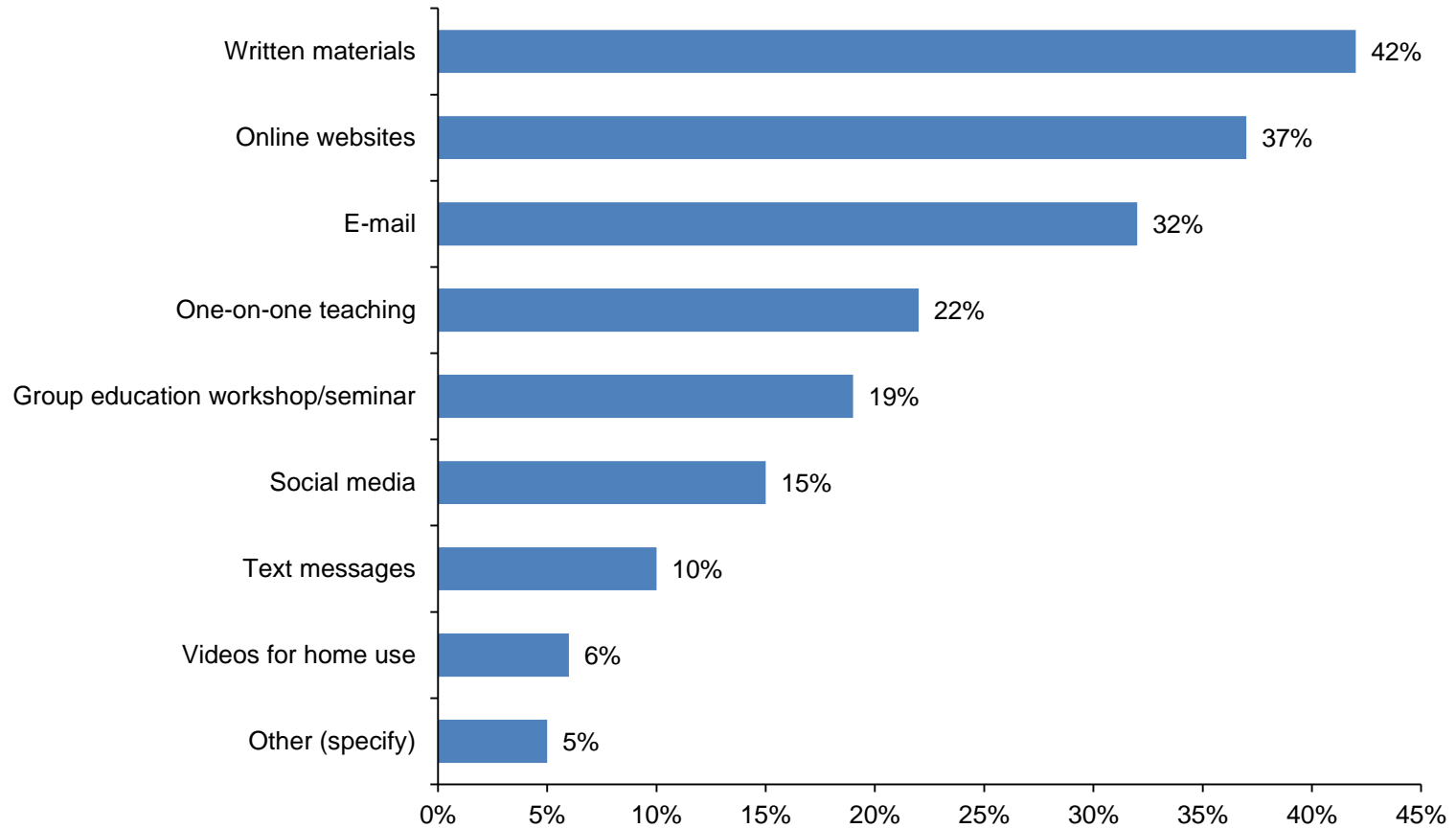
(Community = Richland OR Wilkin)

Do you know where to go to get help with the tasks you need assistance with? (Age 65+)

■ Yes ■ No

2

6

Base: Yes (n=6), No (n=2), Sample Size = 8

(Community = Richland OR Wilkin)

# What method(s) would you prefer to get health information?

Method	Percentage
Written materials	42%
Online websites	37%
E-mail	32%
One-on-one teaching	22%
Group education workshop/seminar	19%
Social media	15%
Text messages	10%
Videos for home use	6%
Other (specify)	5%

Base: Written materials (n=82), Videos for home use (n=12), Social media (n=29), Text messages (n=19), One-on-one teaching (n=42), E-mail (n=63), Group education workshop/seminar (n=36), Online websites (n=71), Other (specify) (n=9), Sample Size = 194
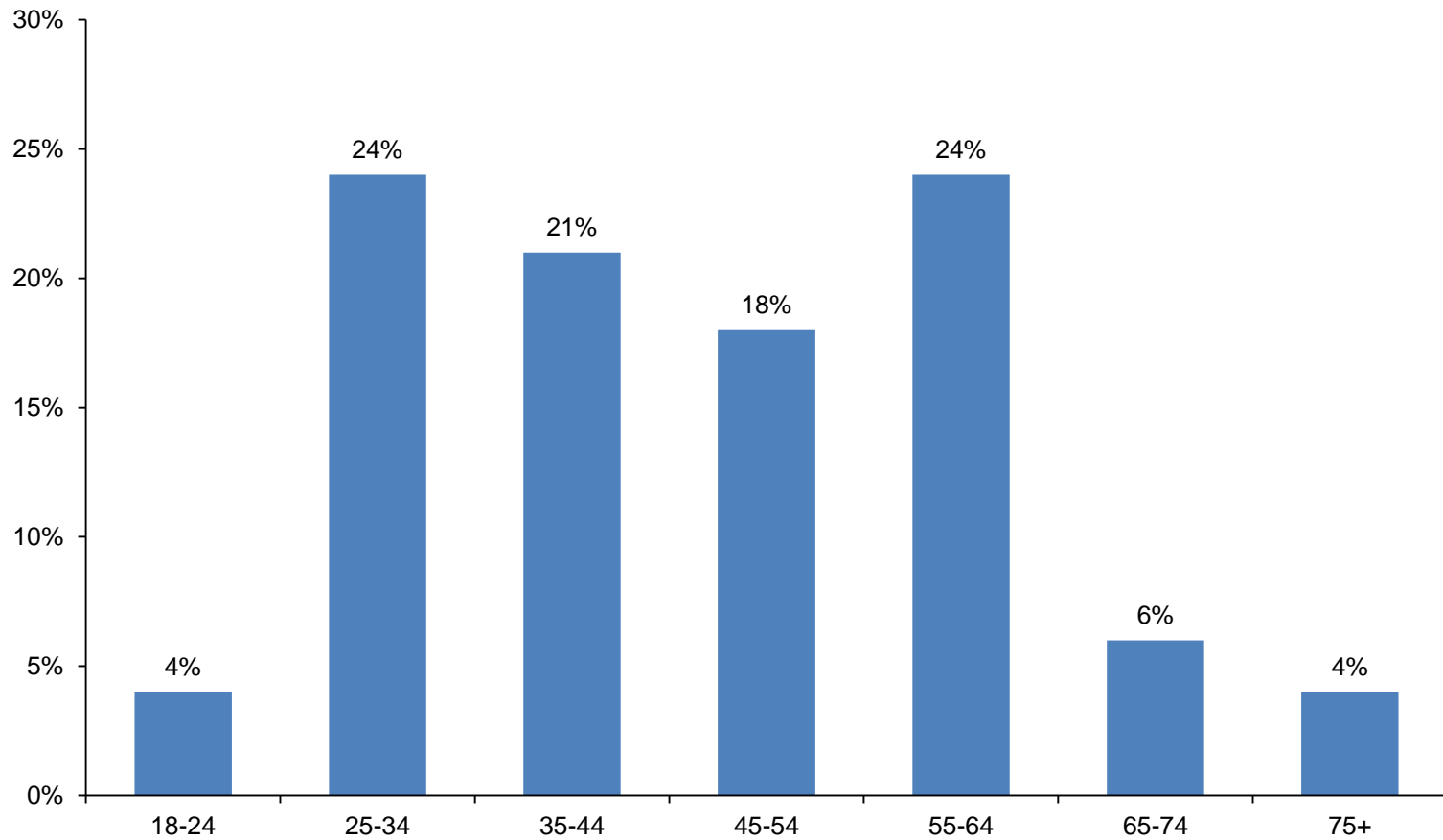
(Community = Richland OR Wilkin)

Gender

■ Male ■ Female

16%

84%
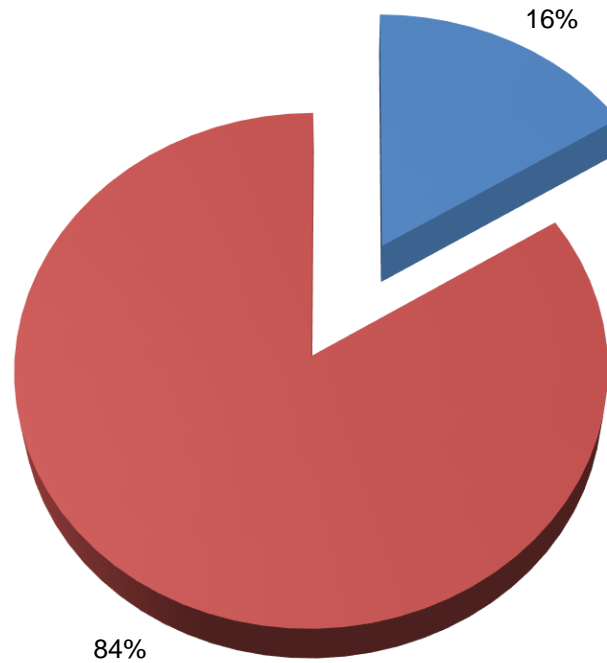
Base: Male (n=33), Female (n=170), Sample Size = 203

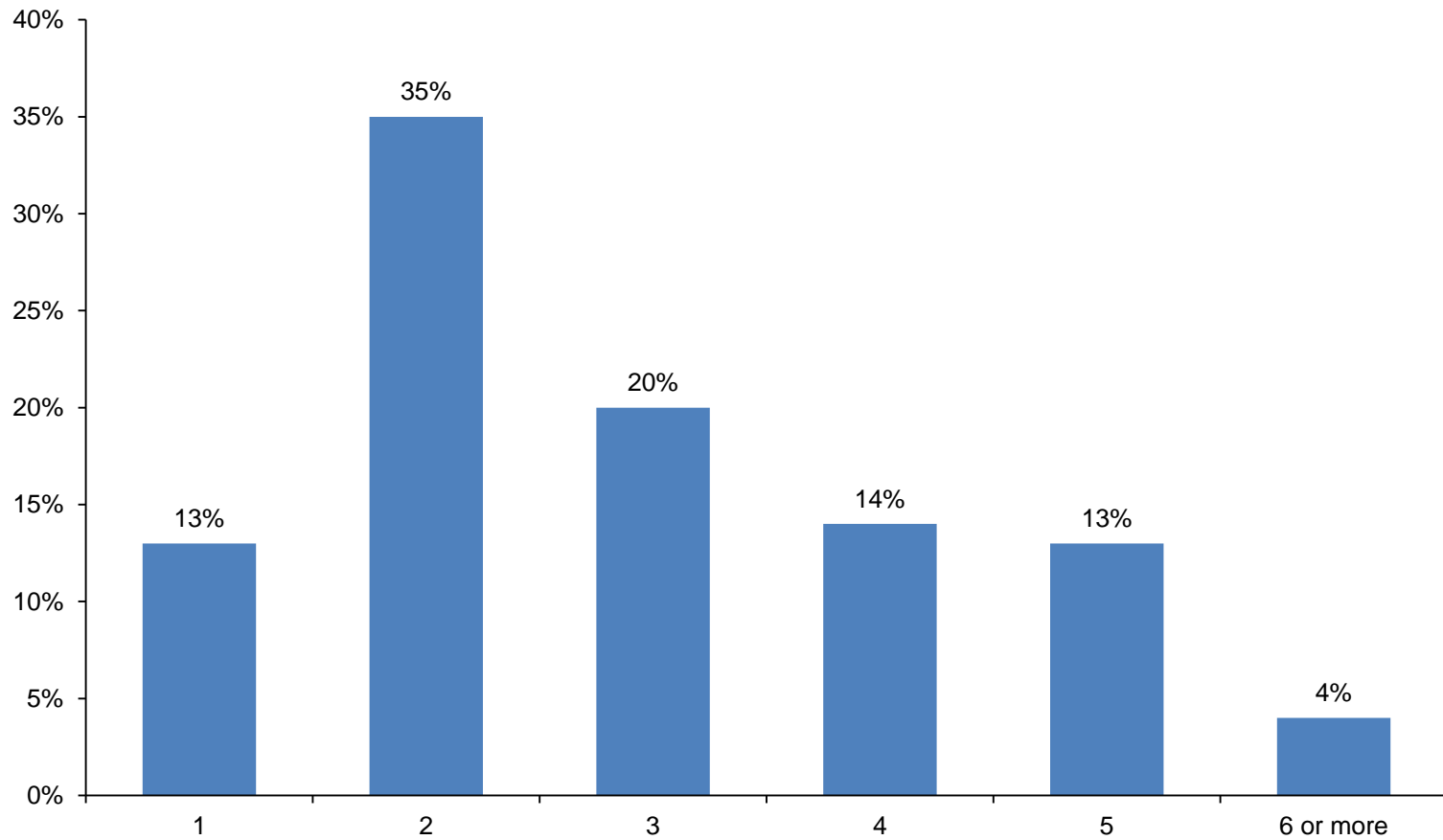(Community = Richland OR Wilkin)

Age

Base: 18-24 (n=7), 25-34 (n=47), 35-44 (n=42), 45-54 (n=36), 55-64 (n=48), 65-74 (n=12), 75+ (n=8), Sample Size = 200
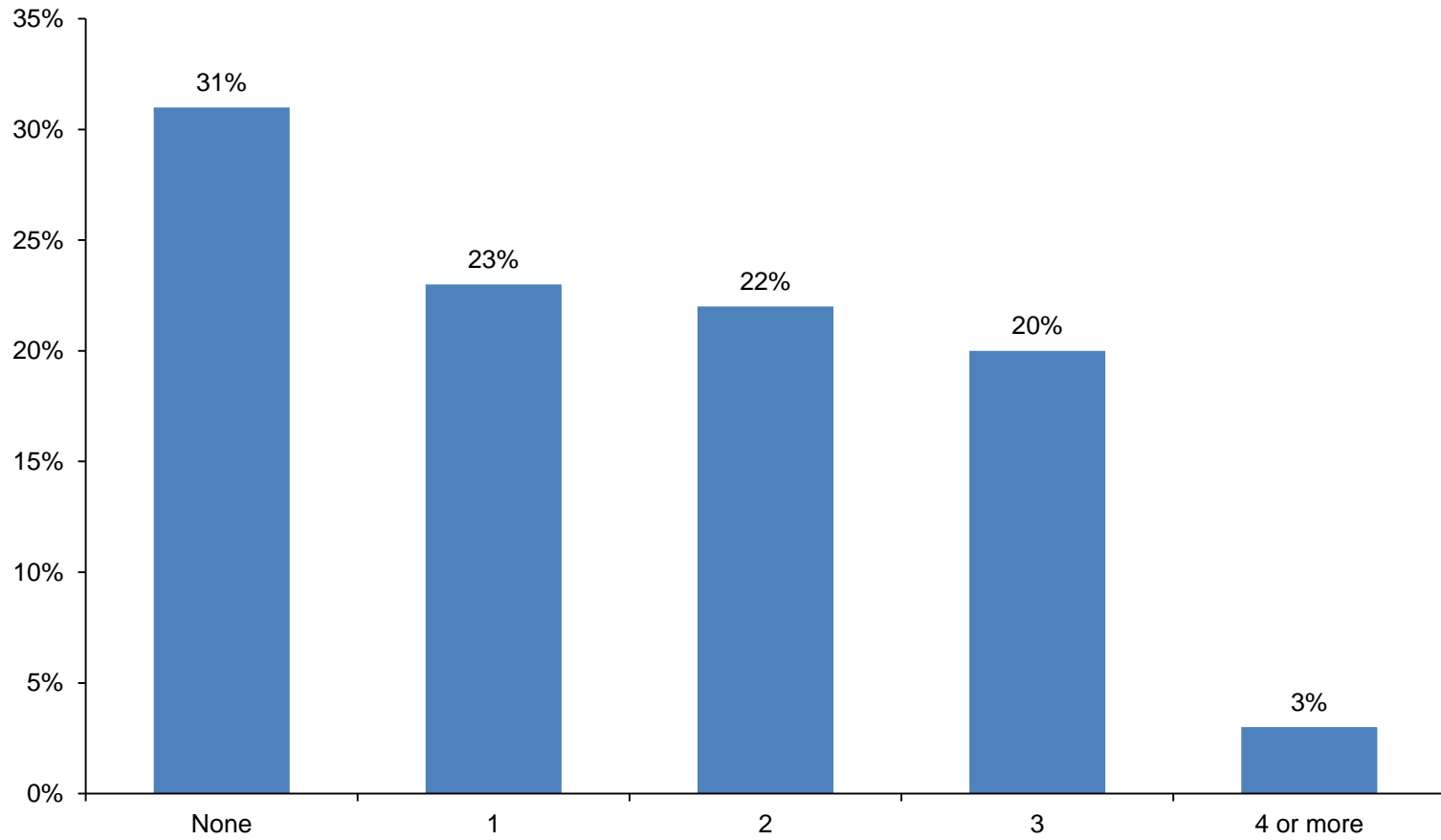
(Community = Richland OR Wilkin)

People in Household

Base: 1 (n=26), 2 (n=70), 3 (n=41), 4 (n=29), 5 (n=27), 6 or more (n=8), Sample Size = 201
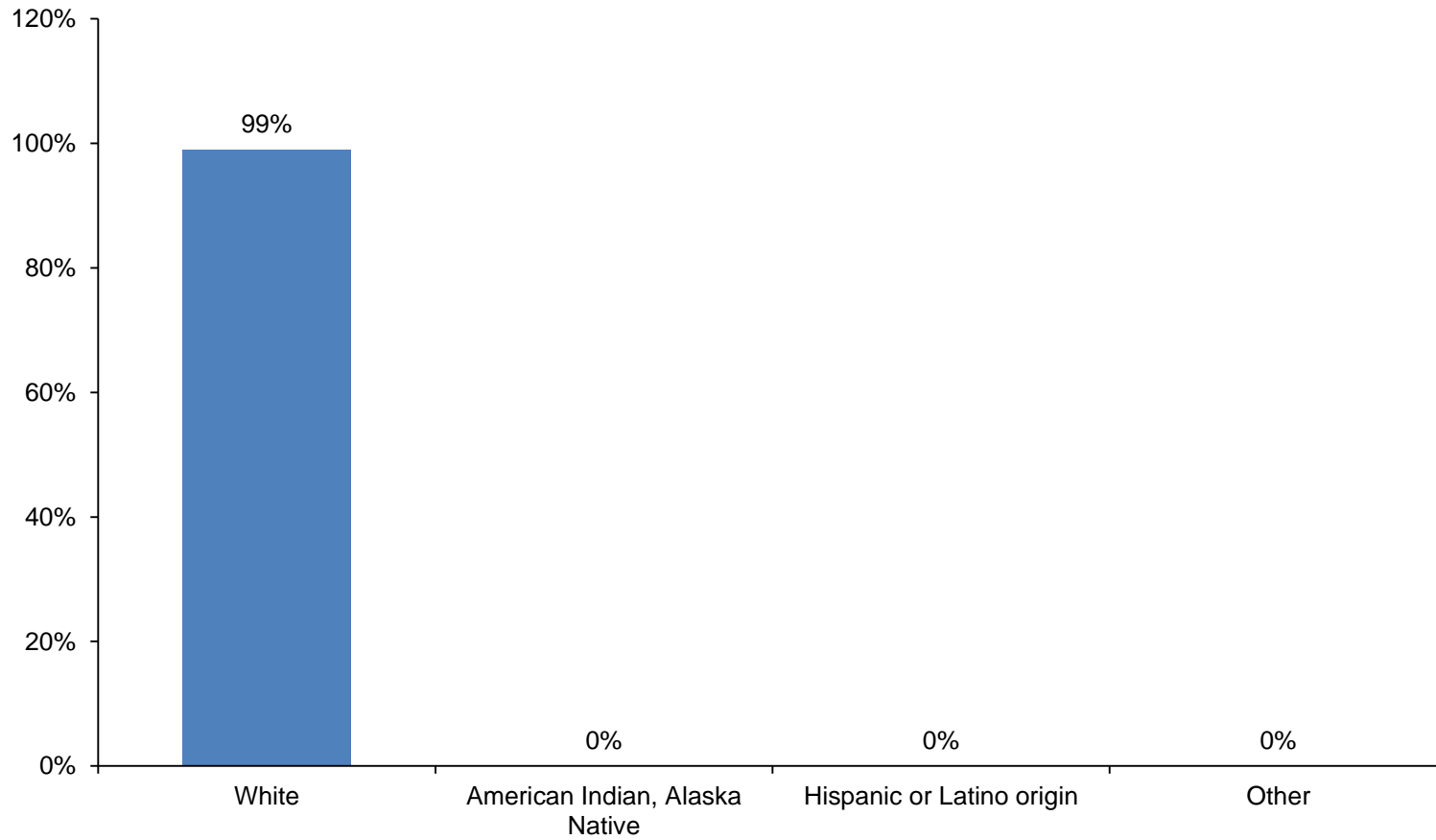
(Community = Richland OR Wilkin)

Children in Household Under 18

Base: None (n=43), 1 (n=32), 2 (n=30), 3 (n=28), 4 or more (n=4), Sample Size = 137
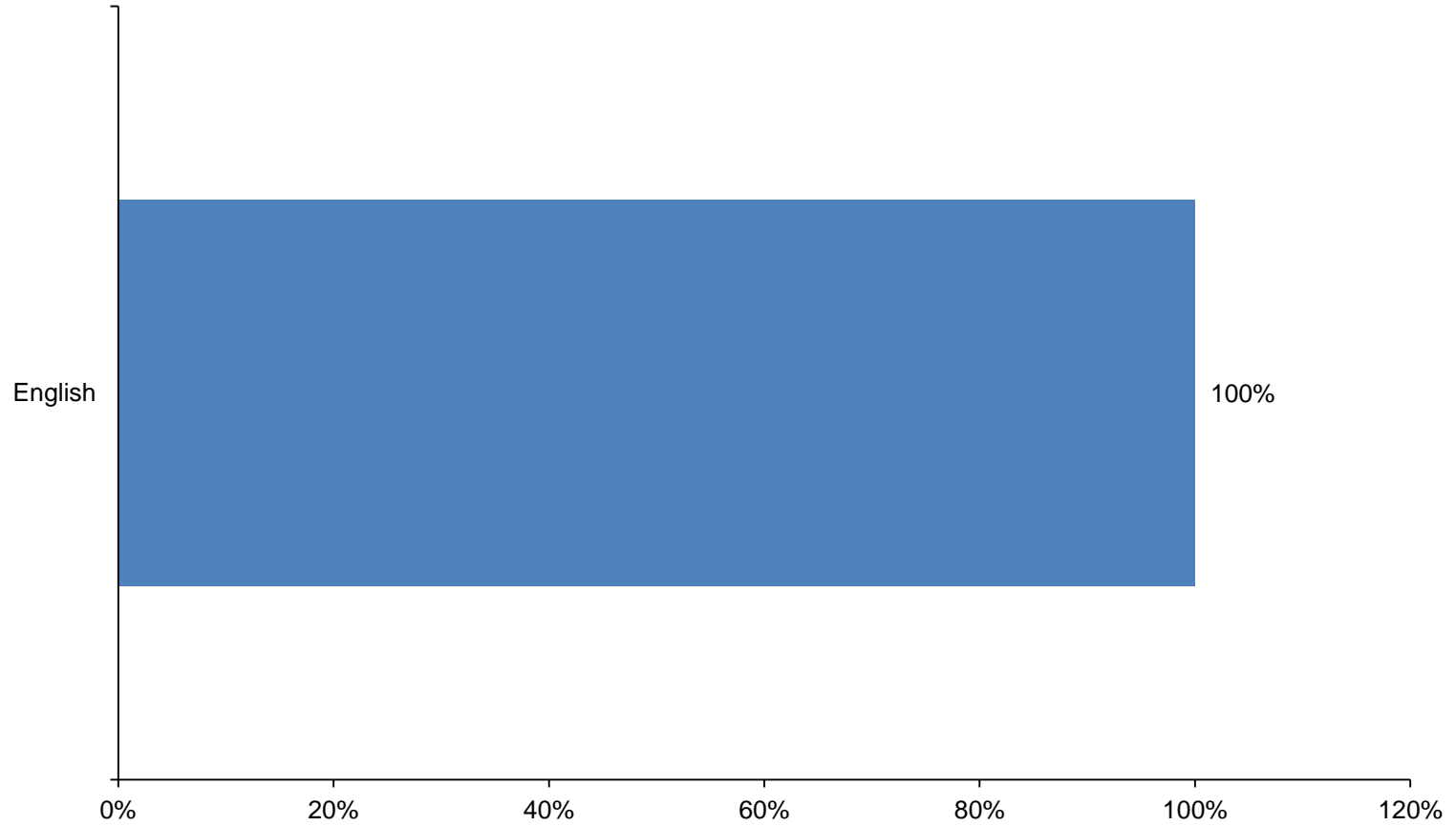
(Community = Richland OR Wilkin)

Ethnicity

Base: White (n=200), American Indian, Alaska Native (n=1), Hispanic or Latino origin (n=1), Other (n=1), Sample Size = 203
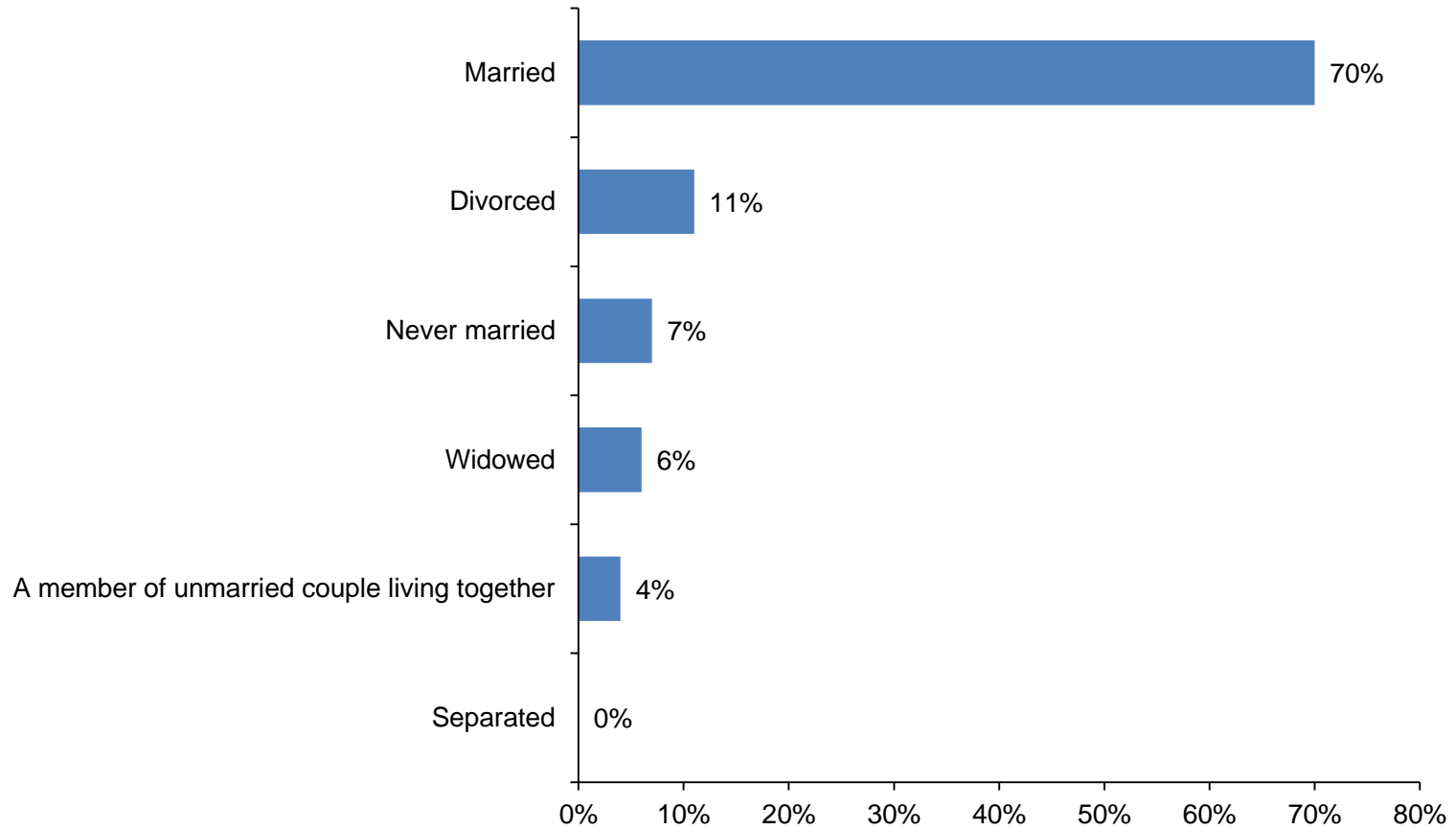
(Community = Richland OR Wilkin)

Language Spoken in Home

English	100%

Base: English (n=203), Sample Size = 203

(Community = Richland OR Wilkin)

Marital Status

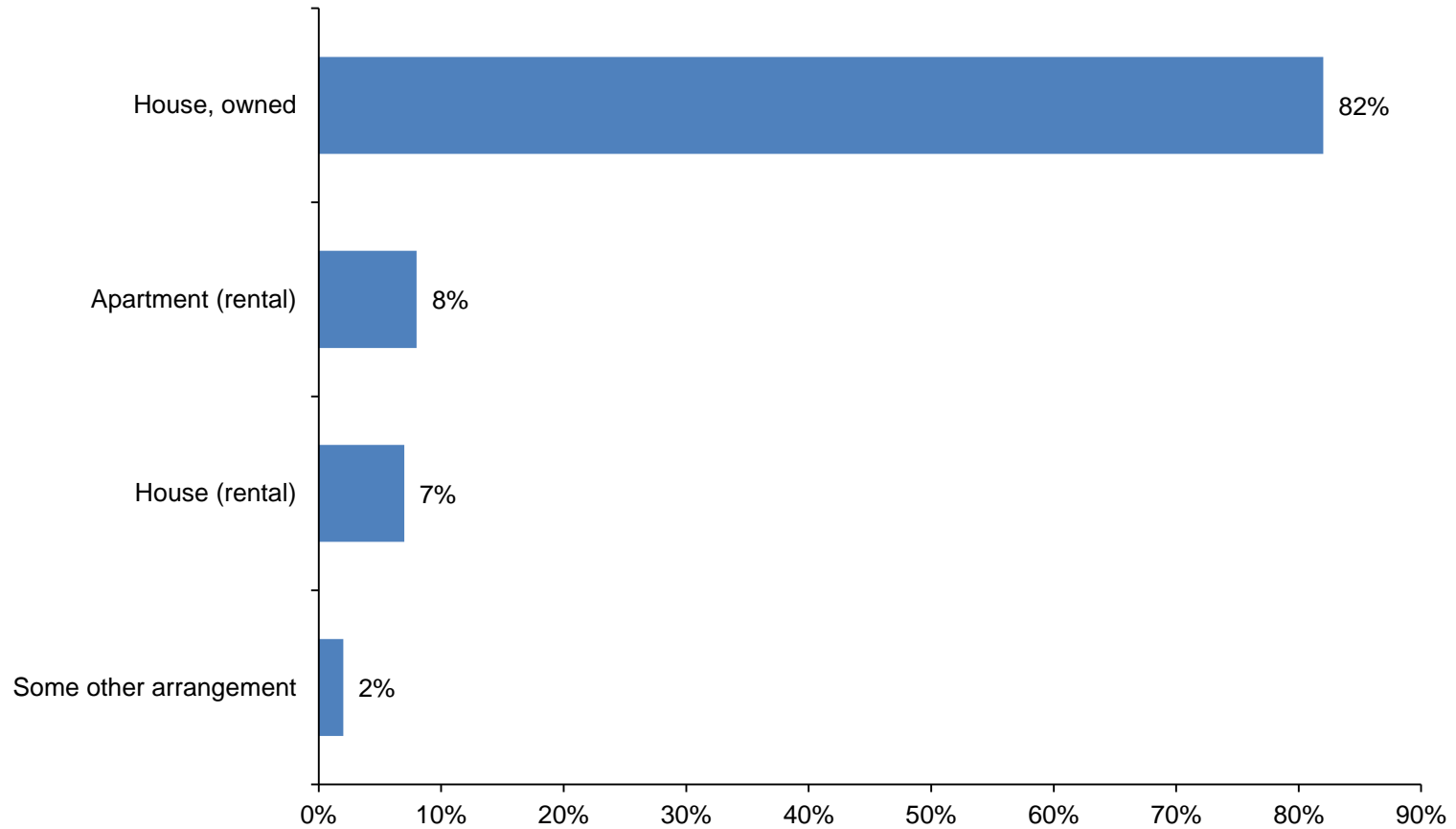| Marital Status	Percentage
Married	70%
Divorced	11%
Never married	7%
Widowed	6%
A member of unmarried couple living together	4%
Separated	0%

Base: Never married (n=15), Married (n=143), Divorced (n=22), Widowed (n=13), Separated (n=1), A member of unmarried couple living together (n=9), Sample Size = 203

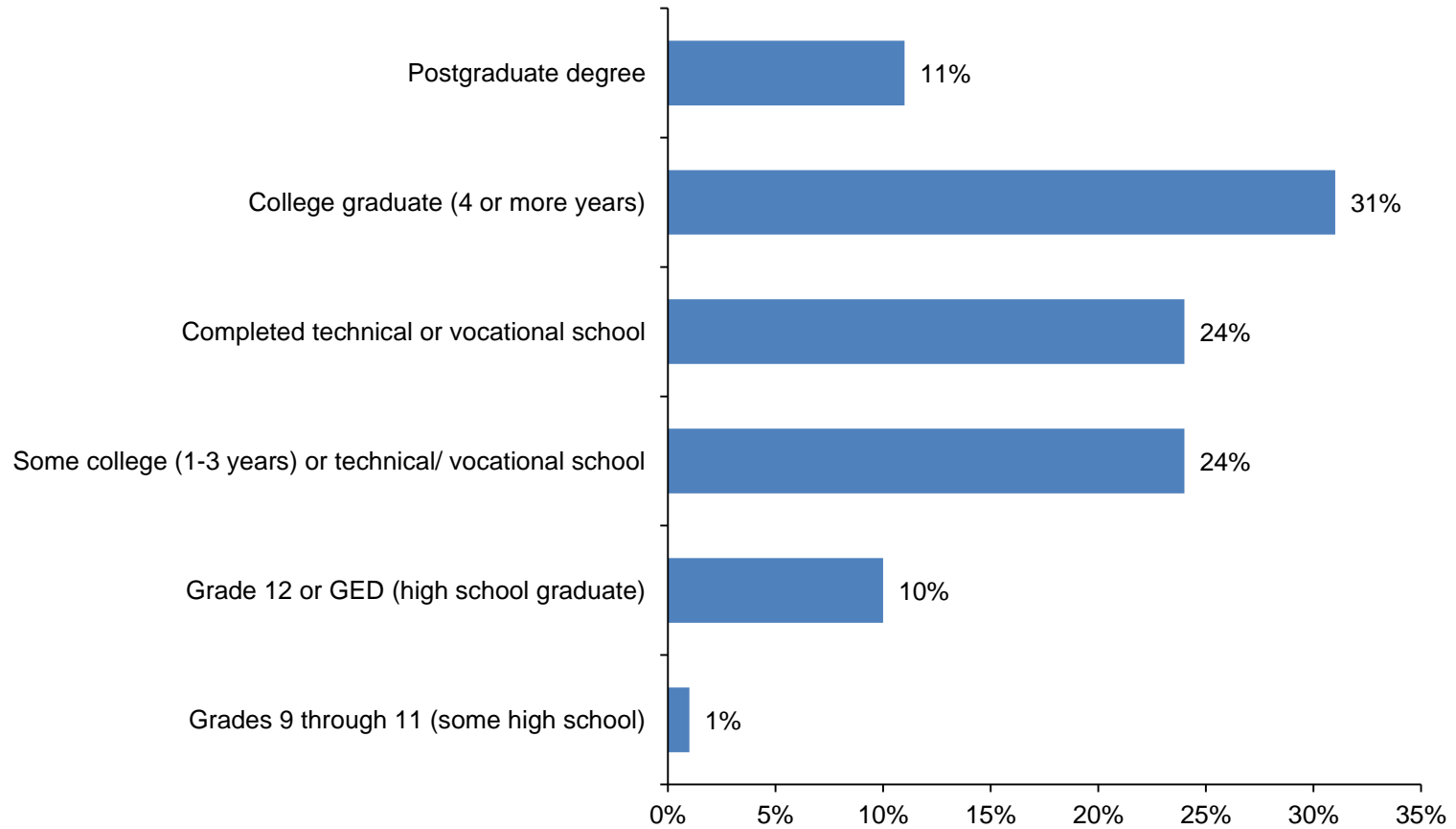(Community = Richland OR Wilkin)

Current Living Situation

Base: House, owned (n=165), House (rental) (n=14), Apartment (rental) (n=17), Some other arrangement (n=5), Sample Size = 201
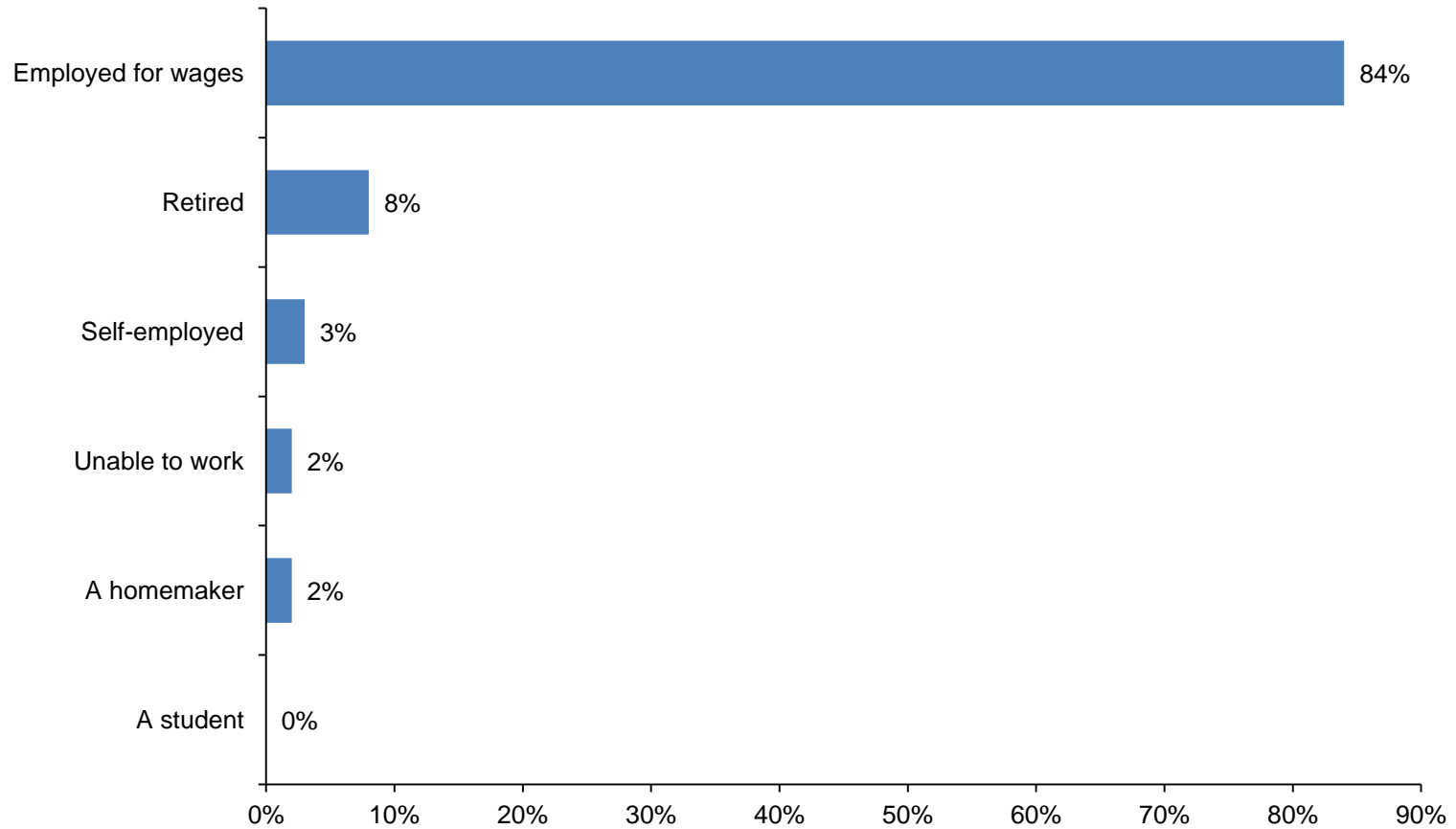
(Community = Richland OR Wilkin)

Education Level

Education Level	Percentage
Postgraduate degree	11%
College graduate (4 or more years)	31%
Completed technical or vocational school	24%
Some college (1-3 years) or technical/ vocational school	24%
Grade 12 or GED (high school graduate)	10%
Grades 9 through 11 (some high school)	1%

Base: Grades 9 through 11 (some high school) (n=2), Grade 12 or GED (high school graduate) (n=20), Some college (1-3 years) or technical/ vocational school (n=48), Completed technical or vocational school (n=49), College graduate (4 or more years) (n=62), Postgraduate degree (n=22), Sample Size = 203

(Community = Richland OR Wilkin)

Employment Status

Category	Percentage
Employed for wages	84%
Retired	8%
Self-employed	3%
Unable to work	2%
A homemaker	2%
A student	0%

Base: Employed for wages (n=171), Self-employed (n=6), A homemaker (n=4), A student (n=1), Retired (n=16), Unable to work (n=5), Sample Size = 203
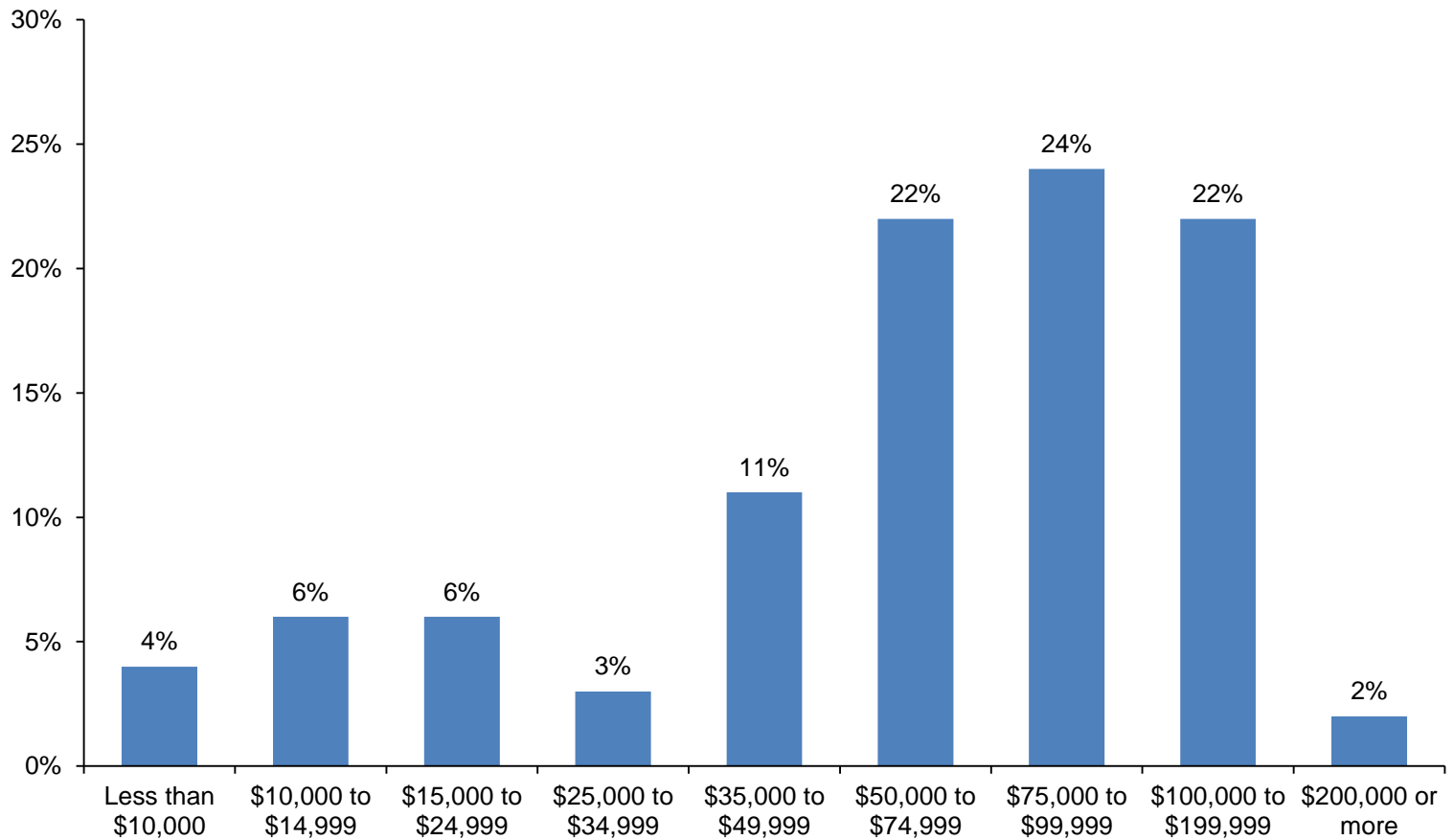
(Community = Richland OR Wilkin)

Sample Source

■ Qualtrics ■ Open Invitation / FaceBook

7%

93%

Base: Qualtrics (n=14), Open Invitation / Facebook (n=189), Sample Size = 203

(Community = Richland OR Wilkin)

Total Household Income

Base: Less than $10,000 (n=7), $10,000 to $14,999 (n=11), $15,000 to $24,999 (n=11), $25,000 to $34,999 (n=6), $35,000 to $49,999 (n=20), $50,000 to $74,999 (n=41), $75,000 to $99,999 (n=44), $100,000 to $199,999 (n=40), $200,000 or more (n=4), Sample Size = 184

(Community = Richland OR Wilkin)