

# Fairfax Housing Health Survey: Final Report

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## Overview

This is the final report for the Fairfax Housing Health Survey (FHHS) conducted by the Center for the Study of Chronic Illness and Disability (CCID) at George Mason University, in collaboration with the Fairfax County Department of Housing and Community Development (DHCD). We present findings for 106 subsidized housing residents who participated in the FHHS between April and November 2018.

This survey investigated the health status and potential health-related needs of residents living in housing subsidized by the Fairfax County DHCD. Participant responses detail individual and community-level issues related to health and wellbeing, and may allow stakeholders to learn more about gaps in local services. The information gathered from participants is intended to provide actionable information that helps stakeholders learn more about how they can improve the health of their community members, and is in line with the Department's mission to provide safe, affordable homes and to assist disabled and senior members of Fairfax County.

The majority of questions included in the survey were drawn from the 2016 Behavioral Risk Factor Surveillance System (BRFSS), a nationally representative survey conducted by the Centers for Disease Control and Prevention (CDC) that collects data about health-related risk behaviors, chronic health conditions, and use of preventive services among United States residents. BRFSS collects data in all 50 states as well as the District of Columbia and three U.S. territories, and includes about 400,000 adult interviews annually. Drawing the FHHS questions from BRFSS allows for the direct comparison of our survey responses to those captured in the BRFSS. Therefore, community-level results can be compared to nationwide trends. More information about BRFSS can be found here: <https://www.cdc.gov/brfss/index.html>.

The FHHS was administered online, by phone, and in person by the researchers at CCID. The survey included both close- and open-ended questions, however this report focuses on quantitative results from close-ended questions only. A comprehensive list of questions can be viewed in Appendix A. To be eligible for participation, residents had to be age 18 or over, the head of their household, and provided with subsidized housing assistance through the Fairfax County DHCD. Residents were randomly selected for contact. Contact was attempted with native English, Vietnamese, Farsi, Arabic, and Spanish speakers, as these languages represented the top five languages spoken in the randomly pulled sample of individuals. All participants reviewed an informed consent document prior to participating in the survey. The study was reviewed and registered by the George Mason University Institutional Review Board and classified as exempt (protocol #1129350).

For more information regarding the FHHS, please contact Ali A. Weinstein, PhD, at [aweinst2@gmu.edu](mailto:aweinst2@gmu.edu) or 703-993-9632.

## Section I. Demographics

Demographics were collected in multiple stages. Prior to survey administration, a subset of demographics was provided for all participants by the Fairfax County DHCD. Age and presence of additional household members were collected at the beginning of the survey as these responses impacted which questions were populated throughout the survey. Remaining demographics were collected at the end of the survey.

Stratified random sampling was used to draw a sample of residents for whom the ratio of those served by the housing choice voucher program versus the rental assistance demonstration program would be in proportion to that of the larger subsidized housing population. Participants had a mean age of 50.26 years (SD=14.98) and an average annual household income of \$18,260.33 (SD= \$14,713.26). Participants tended to be female, Black, non-Hispanic, English-speakers, single but living with additional household members, and without a college degree. Additional results are displayed below.

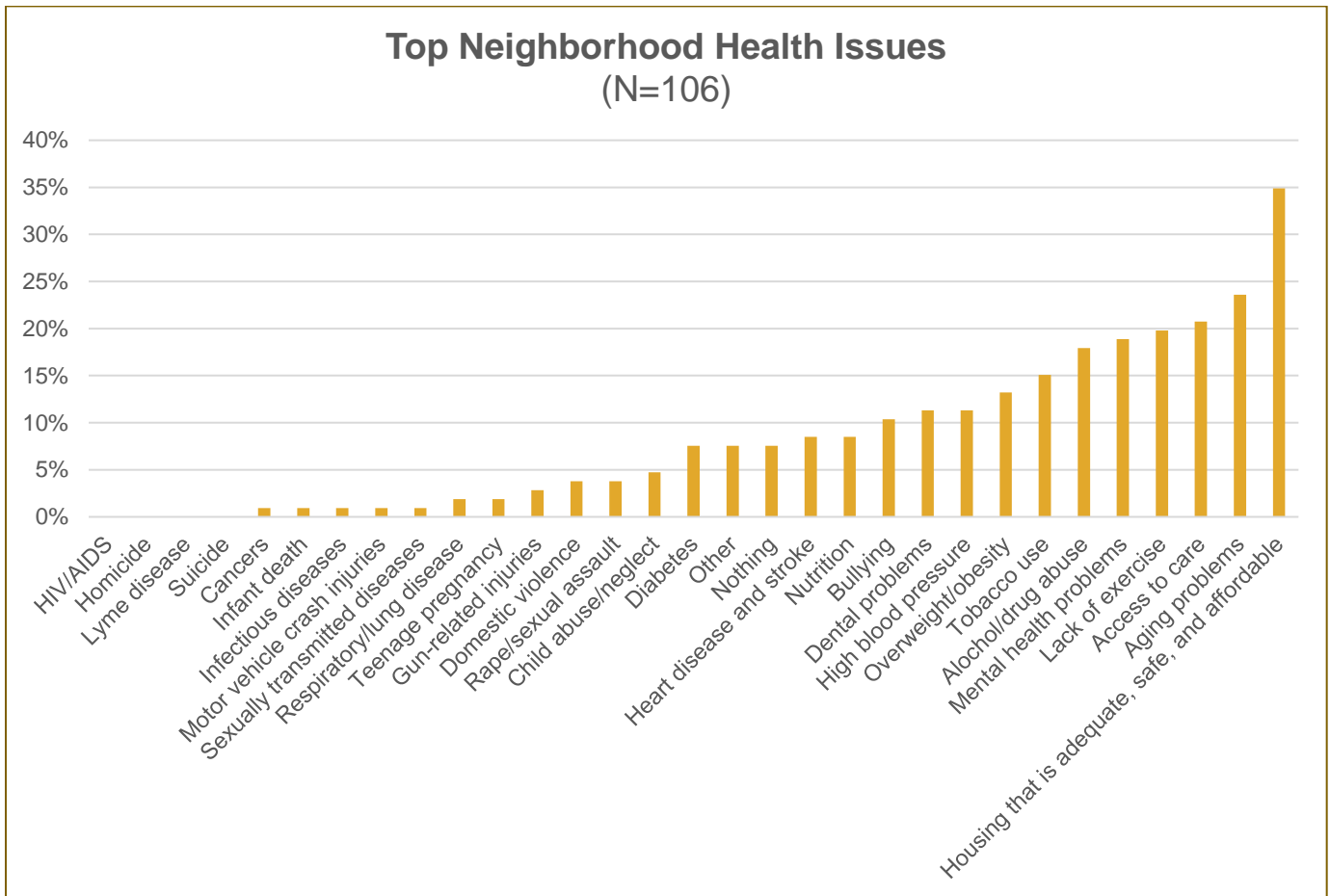
<b>Demographics</b> (N=106)	
Characteristic	Frequency (%)
<b>Housing Program</b>	
Housing Choice Voucher	65 (61.32)
Rental Assistance Demonstration	41 (38.68)
Female	77 (88.51)
Hispanic	11 (10.38)
<b>Race</b>	
Black	66 (62.26)
White	37 (34.91)
Asian	3 (2.83)
<b>Language</b>	
English	99 (93.40)
Arabic	2 (1.89)
Farsi	2 (1.89)
Spanish	2 (1.89)
Vietnamese	1 (0.94)
Lives Alone	36 (33.96)
Married	4 (4.65)
College Degree	20 (23.53)

Missing observations include N=19 for gender, N=20 for marital status, and N=21 for education

## Section II. Community Health

The survey opened by asking residents about community health issues. Participants were asked, “What do you think are the 3 most important health issues in your neighborhood?” Respondents were able to choose up to three issues, and were reminded to think about the health issues faced by their neighborhood as a whole, rather than issues they might experience personally.

The most frequently endorsed issues were: housing that is adequate, safe, and affordable (34.9%), aging problems (23.6%), access to care (20.7%), lack of exercise (19.8%), mental health problems (18.9%), alcohol/drug abuse (17.9%), tobacco use (15.1%), overweight/obesity (13.2%), high blood pressure (11.3%), and dental problems (11.3%). Issues with no endorsement included HIV/AIDS, homicide, Lyme disease, and suicide. Despite the lack of endorsement, however, it remains possible that these are substantial problems, but do not emerge under the top three concerns because participants ranked them lower than other issues that are perceived as more important or prevalent.



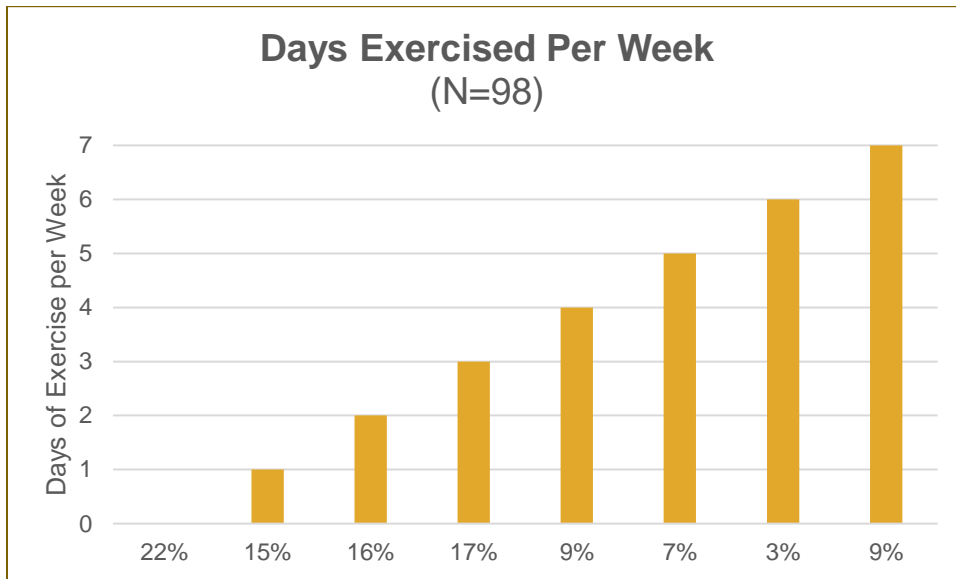
### Section III. Personal Health

Participants were asked questions about their personal health. In general, residents tended to rate their health as fair (33.3%), good (29.5%), or very good (20.0%). Only about 7.6% and 9.5% of respondents rated their health as poor or excellent, respectively. On average, residents reported about 10 days of poor physical and mental health during the previous 30-day period, and described these days of poor health as preventing them from doing their usual activities such as self-care, work, or recreation.

Notably, about 45% of participants did not receive a flu shot over the past twelve months.

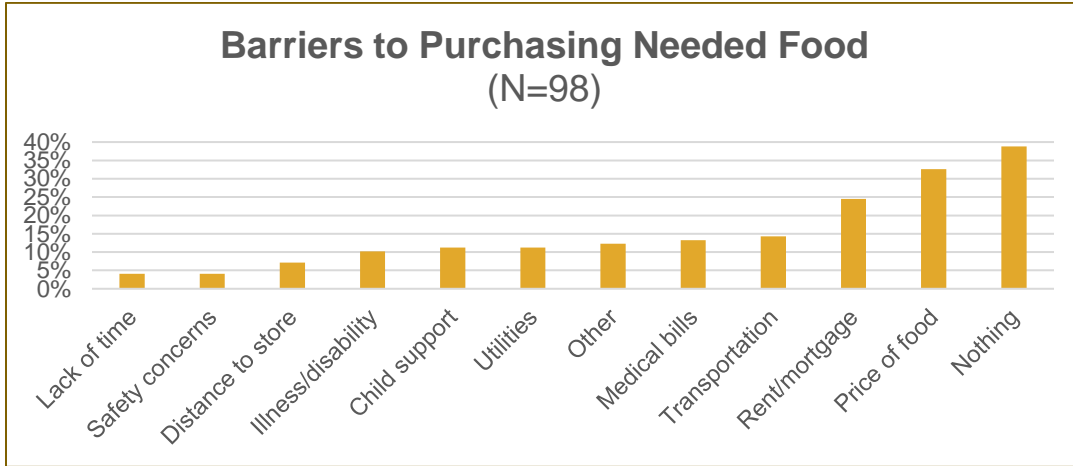
Participants were also asked about perceived changes in their health since gaining access to subsidized housing. The majority (49.5%) felt that access to more affordable housing did not affect their health. In contrast, 30.9% felt that their health had improved since gaining access to subsidized housing, while another 19.6% felt that their health had declined.

Participants tended to get about 6.9 hours of sleep per night. Most participants did not smoke cigarettes or e-cigarettes. However, about 10% and 7% reported smoking cigarettes every day or some days, respectively. Among those who reported smoking (N=26), 63.4% had stopped smoking for one day or longer because they were trying to quit smoking. Frequency of alcohol consumption over the last twelve months was also assessed. The majority of participants did not drink at all (40.8%) or reported drinking two to three times a month or less (47.9%). Just under a quarter of participants (22.45%) reported, on average, not exercising at all during the course of a week.

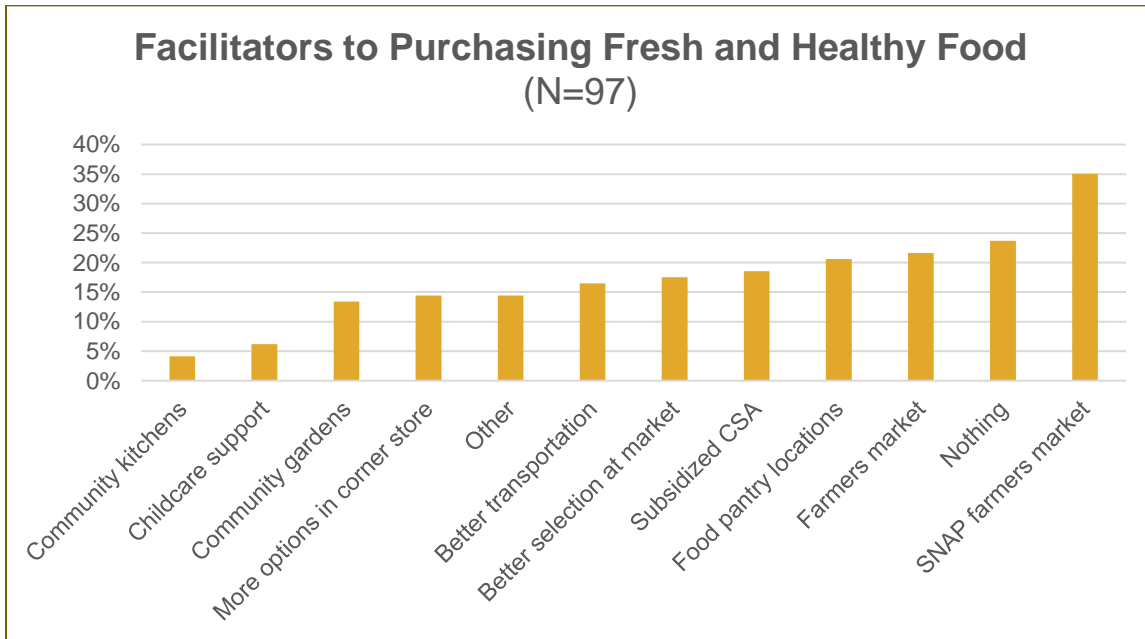


**Section IV. Food and Housing Security**

Barriers and facilitators to accessing food were explored. The majority of participants (38.8%) reported no barriers to accessing food. Another 32.6% cited high food prices and 24.5% cited rent or mortgage payments as preventing them and their families from buying needed food.



Subsequently, participants were asked about what would help them to access more fresh and healthy food for their household. The top response endorsed was SNAP farmers market program (35.0%). Other favored facilitators included farmers markets (21.6%), food pantry locations (20.6%) subsidized Community Supported Agriculture (CSAs; 18.6%), better selections at the market (17.5%), and better transportation (16.5%). Another 23.7% reported that nothing was needed to help them access food.



With regard to housing security, twelve participants had had their utilities shut off, four had been evicted, and two had experienced homelessness within the previous year.

## Section V. Chronic Conditions and Disabilities

Participants were also questioned about their history of chronic illness and disability. They were first asked whether they were ever told by a doctor, nurse, or other health professional that they had each condition listed below in Table 2. Subsequently, they were asked whether, to the best of their knowledge, other household members had been diagnosed with each condition. Participants could answer “yes”, “no”, or “don’t know/not sure”. The table below describes how frequently participants endorsed being diagnosed with each of the ten conditions.

Condition	Participant	Household Members
High Blood Pressure	52 (54.17)	11 (17.74)
Heart Attack	3 (3.16)	3 (4.84)
Angina	7 (7.37)	2 (3.23)
Stroke	9 (9.57)	2 (3.23)
Asthma	22 (23.40)	15 (24.19)
Cancer (other than skin cancer)	9 (9.47)	1 (1.64)
Depression	42 (44.21)	17 (27.42)
Diabetes	16 (16.67)	9 (14.52)
Overweight/Obesity	49 (51.58)	17 (27.42)
Requires Special Equipment	22 (23.16)	5 (8.06)

*Values include frequency followed by (percent).*

*Total N = 106; Missing responses vary from N = 8-11.*

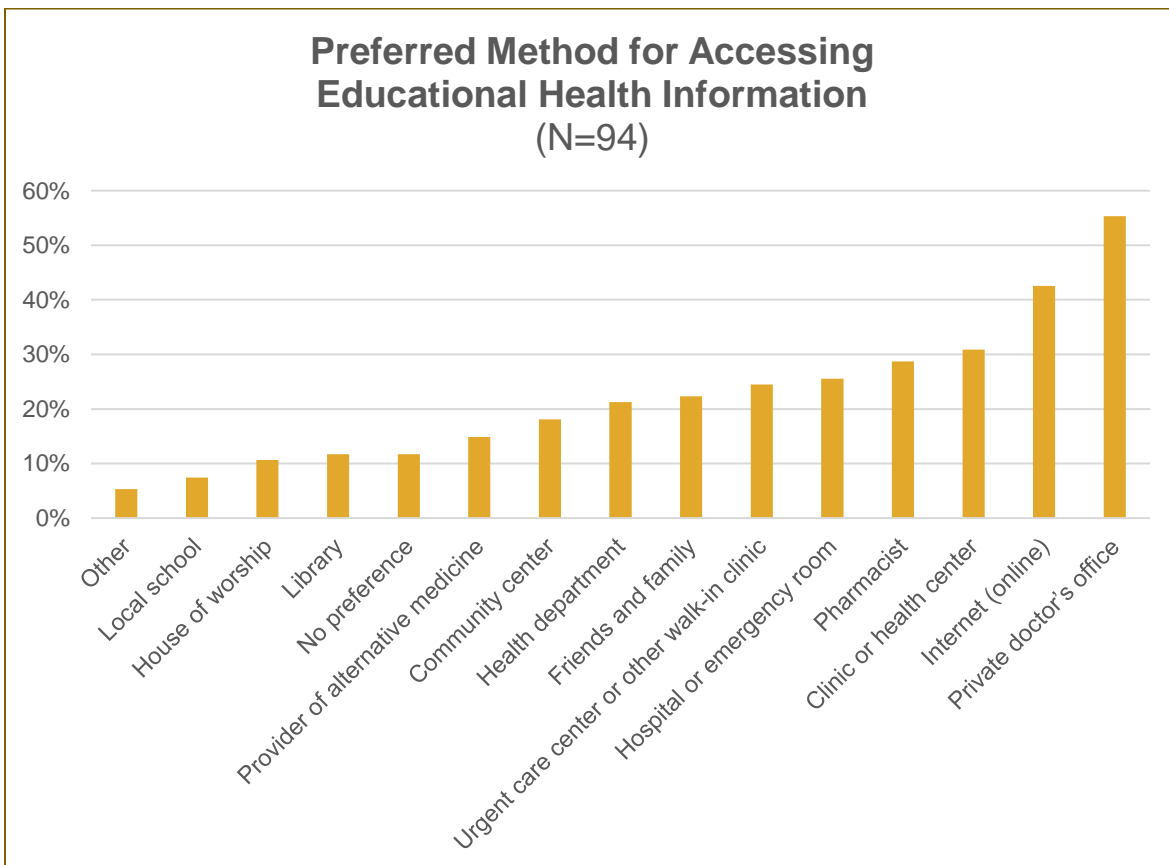
The mean age at the time of diabetes diagnosis for participants was 44.6 years. Among household members reported to have asthma, 86.7% were diagnosed at less than eighteen years of age.



## Section VI. Health Literacy

Most participants did not find it particularly difficult to understand information that doctors, nurses, and other health professionals tell them. However, a substantial proportion (17.9%) found medical information somewhat or very difficult to understand. Additionally, most participants (87.4%) reported that it is somewhat or very easy for them to get medical advice or information in their preferred language. However, speakers of Non-English languages were underrepresented in the final survey sample, of which 93.4% spoke English as their first language. It is notable that another 7.4% of the sample responded that this question was inapplicable to them because they do not look for health information.

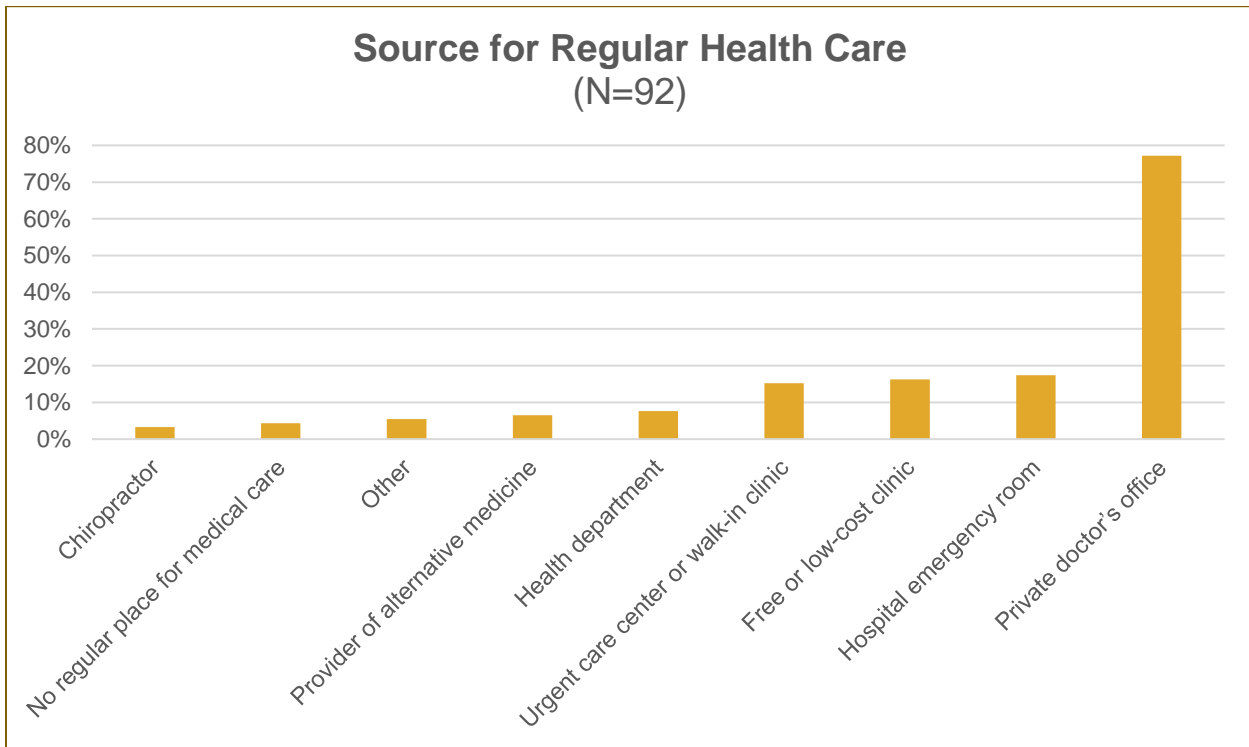
With regard to accessing educational information, participants were asked about their preferred mode of access. The top five preferred sources included a private doctor’s office (55.3%), the internet (42.6%), a clinic or health center (30.85%), a pharmacist (28.72%), and a hospital or emergency room (25.5%).



**Section VII. Access to Care**

The majority of participants were insured by Medicare (33.4%), Medicaid (29.5%), or a plan purchased through an employer (18.9%). Of note, six (6.32%) participants reported no health insurance coverage at all. Among those six individuals, two had gone six months or less without insurance, two had been uninsured between six months and a year, one had been uninsured between one and three years, and the last had been uninsured for over three years.

Most residents received regular health care from a private doctor’s office (77.2%). However, 17.4% of participants sought out their regular care at hospital emergency rooms. Another 16.3% and 15.2% received their care from a free/low-cost clinic or an urgent care/walk-in clinic, respectively.

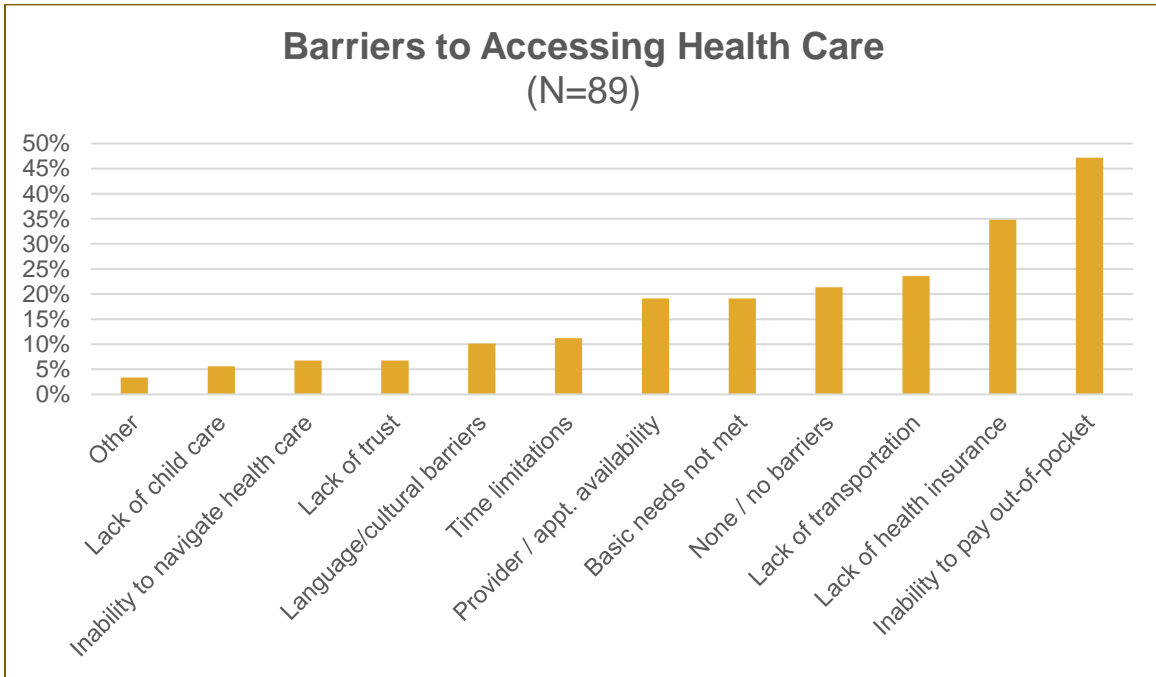


Across all participants, there was an average of 10.7 visits to a doctor over the past twelve months. Participants visited the emergency room about 2.0 times and were hospitalized 0.51 times, on average, over the past year. Among individuals who visited an emergency room, 82.2% said they visited due to a real emergency whereas 17.8% went because their doctor’s office as closed or too busy. Additional reasons for emergency room visits are included in Appendix B.

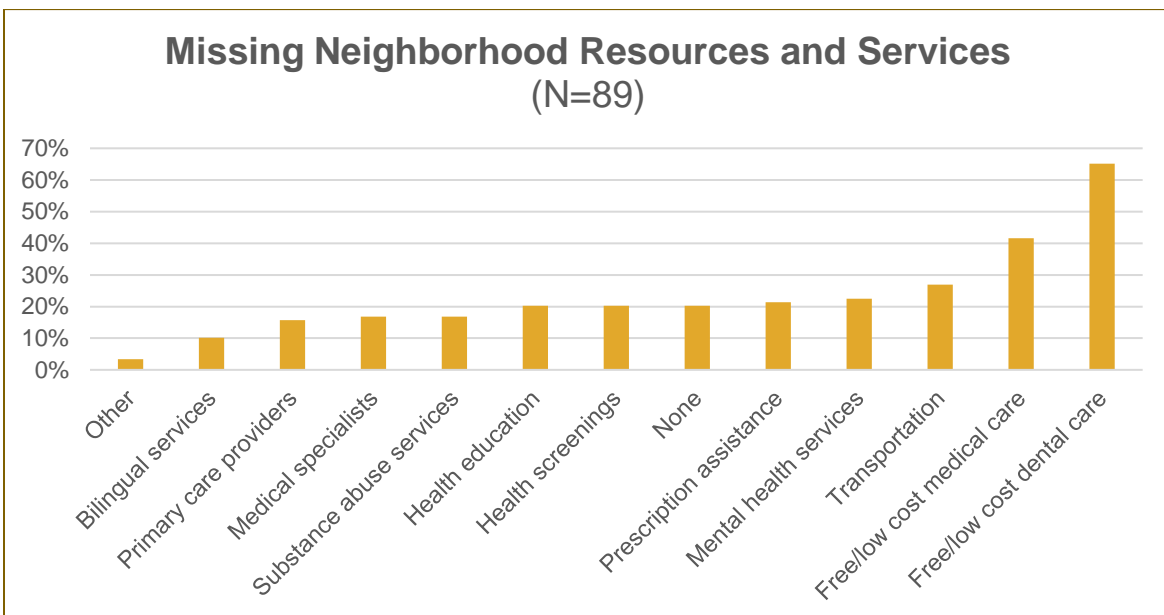
Less than half (41.1%) of participants visited the dentist within the past twelve months. Another 20.0% had visited the dentist within one to two years, 12.2% within two to five years, and 22.2% had last visited the dentist over five years ago. Use of mental health services was also split more evenly, with about 52.7% having seen a mental health provider within the past five years and 47.3% never having seen a mental health provider.

**Section VIII. Barriers to Care**

Residents were asked about barriers to care in their neighborhoods. Core barriers included an inability to pay out-of-pocket expenses (47.2%), a lack of health insurance coverage (32.8%), and a lack of transportation (23.6%). Additionally, about 28.6% of participants reported that, within the last twelve months, they did not take their medication(s) as prescribed due to cost.

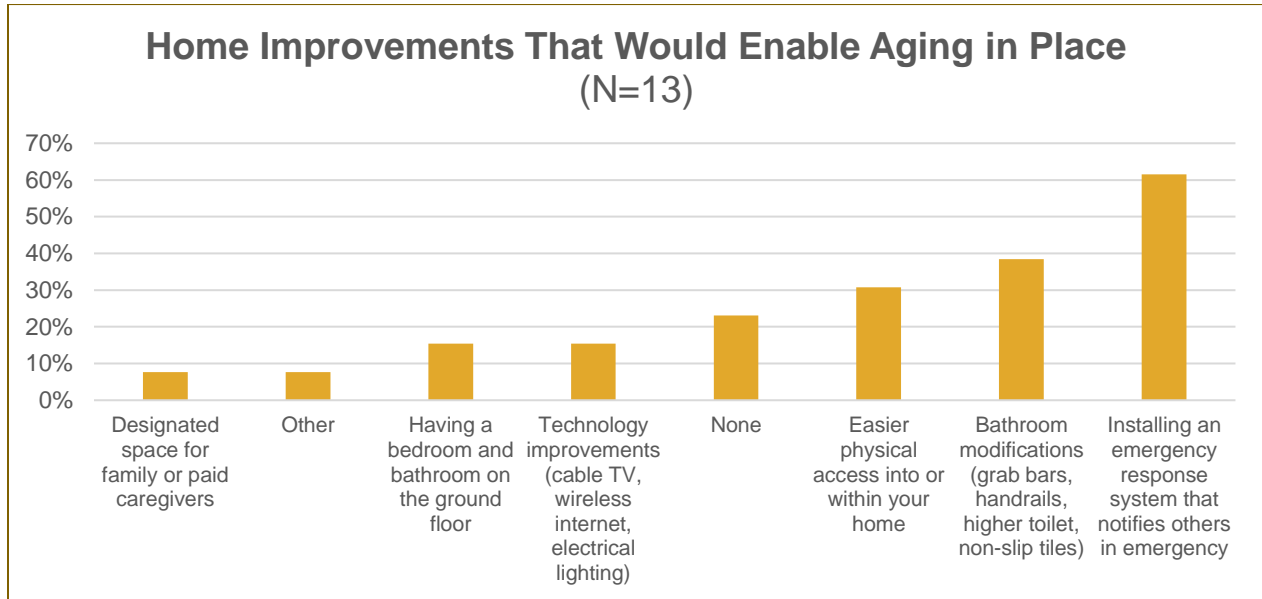


Residents were asked about missing resources and services in their community. Overall, participants identified a need for free/low-cost dental (65.6%) and medical (41.6%) care, transportation (27.0%), mental health services (22.5%), and prescription assistance (21.4%).

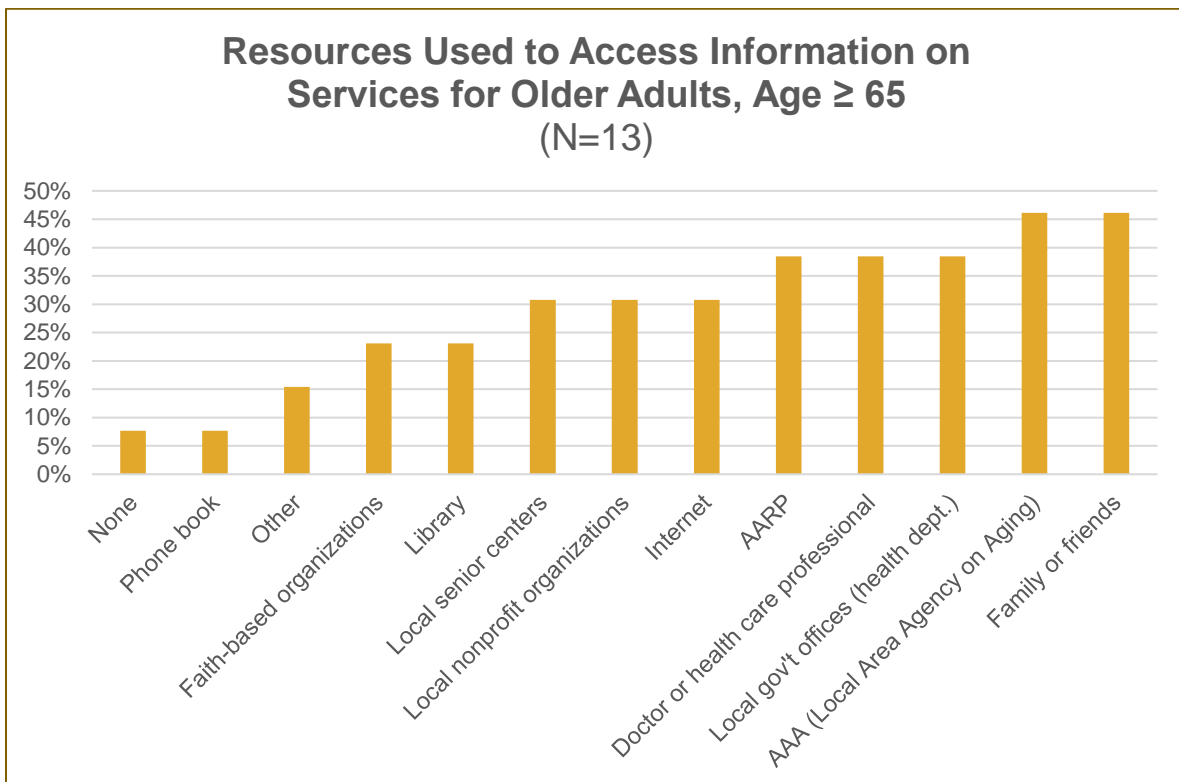


**Section IX. Older Adults**

Older adults were asked about improvements to their home that would help they stay there as they age.



Participants age 65 and over were also asked about potential resources they would use if they needed to access information on services for older adults. The top resources included family members or friends and their local Area Agency on Aging (AAA).



## Conclusions

The needs of subsidized housing residents are substantial and may directly or indirectly impact health. Needs identified through this survey encompass a spectrum of issues, some of which are more actionable than others.

One concern that may be more readily addressed is the need for improved flu shot delivery. Among 98 respondents, about 45% had not received a flu shot over the past twelve months. While it is unclear whether the gap in immunizations was due to cost or accessibility, future interventions that improve the delivery of flu shots to subsidized housing residents might be relatively feasible to construct and implement. Participants also expressed enthusiasm for farmers markets that accept SNAP benefits. Again, this might represent a relatively achievable goal when addressing consumer needs. Additionally, among those who reported smoking, 63.4% had stopped smoking for one day or longer because they were trying to quit smoking. This suggests there may be a desire to quit, and that extension of smoking cessation programs or other existing resources may be appropriate for this population.

More challenging issues tend to focus around affordability. Despite all participants receiving subsidized housing, the top community issue identified was access to adequate, safe, and affordable housing. Affordability issues emerged around other services as well. The price of food was the #1 barrier to purchasing needed food, and when asked about facilitators to purchasing fresh and healthy food, respondents identified price-reducing initiatives such as the SNAP farmers markets, more food pantry locations, and subsidized CSAs. Additionally, the top barrier to accessing health care was high out-of-pocket costs. For example, about a fifth of participants identified a need for prescription assistance, and just under 30% of participants reported not taking their medications as prescribed due to cost. Lastly, the top two missing neighborhood resources identified were low-cost medical and dental care. Consequently, any programs that can reduce the costs of these services would likely benefit the wellbeing of subsidized housing residents.

Dental and mental health issues were identified repeatedly. In line with the need for low-cost medical and dental care cited above, mental health and dental problems were both listed among the top ten community health needs identified at the start of the survey. Only about 40% of participants had visited the dentist within the past year, with a substantial proportion going without a dentist appointment for more than five years. Additionally, about half of the participants had never seen a mental health provider despite reporting about ten days of poor mental health over the past month and just under half reporting being told by a medical professional that they suffered from depression.

The prevalence of chronic illness and disability was an area of concern for this sample. In addition to depression, high rates of hypertension, childhood asthma, obesity, diabetes, and reliance on special equipment should be considered when designing future interventions.

Finally, transportation is a theme that emerged repeatedly and is an issue that, if more adequately addressed, may improve accessibility of other needed supports. For example, 23.6% and 16.5% of the sample identified a lack of transportation as a key barrier to accessing health care and to purchasing fresh and healthy food, respectively. When asked about missing neighborhood resources and services, transportation ranked as the third most important issue. Enhancing awareness of existing transportation programs, extending programs to new areas, increasing frequency of pick-ups times, or implementing new initiatives might be ways in which the County can better respond to transportation needs.

This survey represents an important first step in better understanding the needs of residents with housing subsidized through Fairfax County. Understanding residents' concerns may better inform feasible interventions that are consumer-oriented and that can be adopted by housing authorities and other stakeholders. Information gathered from the survey is intended to provide information that helps stakeholders identify gaps in local services and learn how to improve both the immediate and long-term health of Fairfax community residents with subsidized housing.

## Appendix A. Survey

### Section 1. Community Health

***In this survey, please answer as honestly as possible. It's important that you answer as many questions as you can. Let me know if you want me to repeat something. Don't feel that you have to spend a long time on each question. I will read each question to you, along with the response options. Let's begin.***

1. To start, what is your age?

\_\_\_\_\_

2. Does anyone else live with you in your household?

Yes

No

Don't know / Not sure [do not read]

Refused [do not read]

***I'd like to ask about the overall health of your neighborhood. When answering, try to think about the health issues faced by your neighborhood as a whole, not the health issues you might experience personally.***

***For this question, please answer "yes", "no", or you're "unsure".***

3. What do you think are the 3 **most** important health issues in your neighborhood?

Access to care

Aging problems (e.g., arthritis, hearing/vision loss)

Alcohol/drug abuse

Bullying

Cancers

Child abuse/neglect

Dental problems

Diabetes

Domestic violence

Gun-related injuries



- Heart disease and stroke
- High blood pressure
- HIV/AIDS
- Homicide
- Housing that is adequate, safe, and affordable
- Infant death
- Infectious diseases (e.g., hepatitis, TB)
- Lack of exercise
- Lyme disease
- Mental health problems
- Motor vehicle crash injuries
- Nutrition
- Overweight/obesity
- Rape/sexual assault
- Respiratory/lung disease
- Sexually transmitted diseases (STDs)
- Suicide
- Teenage pregnancy
- Tobacco use
- Nothing
- Other (please specify): \_\_\_\_\_

FOR IN-PERSON INTERVIEWS: Instead of reading out the “Other” option, ask the participant “***Is there anything else you can think of?***”

If participant responds “yes” to more than three items, say “***Great. I’m going to re-read the options you chose; please tell me which THREE are the most important.***”



## Section 2. Personal Health

***Next, I'd like to ask you some questions about your personal health. Please remember that your answers will remain confidential and will not affect your housing status or medical care.***

4. Would you say that in general your health is:

Excellent

Very good

Good

Fair

Poor

Don't know / Not sure [do not read]

Refused [do not read]

5. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health NOT good?

Number of days [enter two digits]: \_\_\_\_\_

Don't know / Not sure 98 [do not read]

Refused 99 [do not read]

6. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health NOT good?

Number of days [enter two digits]: \_\_\_\_\_

Don't know / Not sure 98 [do not read]

Refused 99 [do not read]

[Skip Q5 if the answers to both Q3 and Q4 are 'none/00']

7. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Number of days [enter two digits]: \_\_\_\_\_

Don't know / Not sure 98 [do not read]

Refused 99 [do not read]



8. During the past 12 months, have you had a flu shot?

Yes

No

Don't know / Not sure [do not read]

Refused [do not read]

READ IF NECESSARY: A new flu shot came out in 2011 that injects vaccine into the skin with a very small needle. It is called Fluzone Intradermal vaccine. This is also considered a flu shot.

9. Since gaining access to subsidized housing, do you think that your health has improved, declined, or stayed about the same?

Improved

Declined

Stayed about the same

Don't know / Not sure [do not read]

Refused [do not read]

***Next, I would like to ask you some questions about your habits. I'll start with sleep.***

10. On average, how many hours of sleep do you get in a 24-hour period?

Number of hours [enter two digits, 00-24]: \_\_\_\_\_

Don't know / Not sure 98 [do not read]

Refused 99 [do not read]

INTERVIEWER NOTE: Enter hours of sleep in whole numbers, rounding 30 minutes (1/2 hour) or more up to the next whole hour and dropping 29 or fewer minutes.

***I'd also like to ask about tobacco and alcohol.***

11. Do you **now** smoke cigarettes every day, some days, or not at all?

Every day

Some days



Not at all

Don't know / Not sure [do not read]

Refused [do not read]

12. Do you **now** use e-cigarettes or other electronic “vaping” products every day, some days, or not at all?

Every day

Some days

Not at all

Don't know / Not sure [do not read]

Refused [do not read]

READ IF NECESSARY: Electronic cigarettes (e-cigarettes) and other electronic “vaping” products include electronic hookahs (e-hookahs), vape pens, e-cigars, and others. These products are battery-powered and usually contain nicotine and flavors such as fruit, mint, or candy.

13. During the last 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

Yes

No

You did not smoke over the last 12 months

Don't know / Not sure [do not read]

Refused [do not read]

INTERVIEWER NOTE: If respondent answers “No” to Q11, and answered “Not at all” to Q9 and Q10, clarify if it is because they never smoked over the last 12 months (i.e., not applicable).

14. During the last 12 months, how often did you usually have any kind of drink containing alcohol? By a drink we mean half an ounce of absolute alcohol (e.g., a 12-ounce can or glass of beer or cooler, a 5-ounce glass of wine, or a drink containing 1 shot of liquor).

Every day

5 to 6 times a week

3 to 4 times a week

Twice a week



Once a week

2 to 3 times a month

Once a month

3 to 11 times in the past year

1 or 2 times in the past year

Never

***The next two questions are about exercise.***

15. On average, how many days a week do you engage in moderate to strenuous exercise, like a brisk walk?

0

1

2

3

4

5

6

7

Don't know / Not sure [do not read]

Refused [do not read]

16. On those days that you engage in moderate to strenuous exercise, how many minutes, on average, do you exercise at this level?

Number of minutes [enter three digits]: \_\_\_\_\_

Don't know / Not sure 98 (two digits) [do not read]

Refused 99 (two digits) [do not read]

### Section 3. Food and Housing Security

***I would like to ask some questions about your access to food. For the following questions, please answer “yes” or “no” after I read each response option.***

17. In the last 12 months, have any of the following stopped you or your family from buying the food you need? (Please select all that apply.)

- Child support
- Distance to the store
- Illness/disability
- Lack of time
- Medical bills
- Price of food
- Rent/mortgage
- Safety concerns
- Transportation
- Utilities
- Other (please specify): \_\_\_\_\_
- Nothing

**FOR IN-PERSON INTERVIEWS:** Instead of reading out the “Other” option, ask the participant “***Is there anything else you can think of?***”



18. Which of the following would help you get more fresh and healthy food for your household?

- Better selection at the market
- Better transportation
- Childcare support while shopping
- Community garden plots
- Community kitchen space
- Farmers market
- Food pantry locations
- More food items in convenience store
- SNAP farmers market program
- Subsidized CSA
- Other (please specify): \_\_\_\_\_
- Nothing

**FOR IN-PERSON INTERVIEWS:** Instead of reading out the “Other” option, ask the participant “*Is there anything else you can think of?*”

**INTERVIEWER NOTES:**

SNAP stands for the “Supplemental Nutrition Assistance Program”. SNAP is the program formerly known as food stamps.

CSA stands for “Community Supported Agriculture”. A CSA is a system by which people purchase a share from a local farm and periodically receive vegetables and other produce throughout the farming season.

Examples of “fresh and healthy food” include fresh fruits, vegetables, fish, nuts, and whole grains.

19. In the last 12 months, have you or anyone in your household experienced any of the following?  
(Please select all that apply.)

- Utilities shut off (e.g., electric, heat, telephone)

- Eviction
- Homelessness
- None of the above

## Section 4. Chronic Conditions and Disabilities

**Next, I would like to ask about any medical conditions that you or members of your household have been diagnosed with. For each question, tell me “yes”, “no”, or you’re “not sure”.**

20. Has a doctor, nurse, or other health professional ever told YOU that you had any of the following?

YOU	Yes	No	Don't Know / Not Sure
a. High blood pressure			
b. A heart attack (also called a myocardial infarction)			
c. Angina (i.e., chest pain) or coronary heart disease			
d. A stroke			
e. Asthma			
f. Any types of cancer, other than skin cancer			
g. A depressive disorder, including depression, major depression, dysthymia, or minor depression			
h. Diabetes			
i. Overweight or obese			
j. A health problem that requires use of special equipment, such as a cane, a wheelchair, a special bed, or a special telephone			

21. [If yes to Q18h]: How old were you when you were told you have diabetes?

Code age in years [enter two digits]: \_\_\_\_\_

Don't know / Not sure 98 [do not read]

Refused 99 [do not read]

22. Has a doctor, nurse, or other health professional ever told ANOTHER CURRENT HOUSEHOLD MEMBER of yours that they had any of the following?

OTHER HOUSEHOLD MEMBERS	Yes	No	Don't Know / Not Sure
a. High blood pressure			





b. A heart attack (also called a myocardial infarction)			
c. Angina (i.e., chest pain) or coronary heart disease			
d. A stroke			
e. Asthma			
f. Any types of cancer, other than skin cancer			
g. A depressive disorder, including depression, major depression, dysthymia, or minor depression			
h. Diabetes			
i. Overweight or obese			
j. A health problem that requires use of special equipment, such as a cane, a wheelchair, a special bed, or a special telephone			

23. [If yes to Q20e]: Were any of the household members with asthma **under 18 years old** when they were first told by a doctor, nurse, or other health professional that they had asthma?

Yes

No

Don't know / Not sure

Refused [do not read]



## Section 5. Health Literacy

***Next, I would like to talk about health-related information. Many people find written information about health on the internet, in newspapers and magazines, and in brochures in the doctor's office or clinic. Many patients also have trouble understanding the medical information that they get online, at the hospital, or at the doctor's office.***

24. How difficult is it for you to understand information that doctors, nurses, and other health professionals tell you? Would you say it is:

Very easy

Somewhat easy

Somewhat difficult

Very difficult

Don't know / Not sure [do not read]

Refused [do not read]

25. How difficult is it for you to get medical advice or information in your preferred language? Would you say it is:

Very easy

Somewhat easy

Somewhat difficult

Very difficult

I don't look for health information

Don't know / Not sure [do not read]

Refused [do not read]

INTERVIEWER NOTE: Respondent can answer based on any source of health or medical advice or information. If the respondent asks what is meant by advice or information, interviewer re-reads the question to the respondent. If the respondent still doesn't understand, interviewer can say, "You can think about any source of health or medical advice or information".

***For the next question, please answer "yes" or "no" after I read each response option.***

26. How do you prefer to access educational health information? (Please select all that apply.)



- Clinic or health center (like HealthWorks, Neighborhood Health, CHCN Clinic, Arlington Free Clinic, etc.)
- Urgent care center or other walk-in clinic (like CVS, Walgreens, etc.)
- Hospital or emergency room
- Private doctor's office (MD, Nurse Practitioner, Physician's Assistant)
- Pharmacist
- Provider of alternative medicine (i.e., herbalist, homeopathic, acupuncturist)
- Internet (online)
- Friends and family
- Health department
- House of worship
- Library
- Community center
- Local school
- No preference
- Other (please specify): \_\_\_\_\_

FOR IN-PERSON INTERVIEWS: Instead of reading out the "Other" option, ask the participant "***Is there anything else you can think of?***"

## Section 6. Access to Care

***The next set of questions is about your use of health care.***

27. What is the **primary** source of your health care coverage? Is it...

A plan purchased through an employer or union (includes plans purchased through another person's employer)

A plan that you or another family member buys on your own

Medicare

Medicaid or other state program

TRICARE (formerly CHAMPUS), VA, or Military

Alaska Native, Indian Health Service, Tribal Health Services

Some other source

None (no coverage)

Don't know / Not sure [do not read]

Refused [do not read]

INTERVIEWER NOTE: If the respondent indicates that they purchased health insurance through the Health Insurance Marketplace, ask if it was a private health insurance plan purchased on their own or by a family member (private), or if they received Medicaid (state plan).

28. [If none in Q25]: About how long has it been since you last had health care coverage? Would you say...

6 months or less

More than 6 months, but not more than 1 year ago

More than 1 year, but not more than 3 years ago

More than 3 years

Never

Don't know / Not sure [do not read]

Refused [do not read]

***For the next question, please answer "yes" or "no" after I read each response option.***



29. Where do you and your household members go for **regular** health care? (Please select all that apply.)

- Free or low-cost clinic or health center (like HealthWorks, Neighborhood Health, CHCN Clinic, Arlington Free Clinic, etc.)
- Urgent care center or other walk-in clinic (like CVS, Walgreens, etc.)
- Hospital emergency room
- Health department
- Provider of alternative medicine (i.e., herbalist, homeopathic, acupuncturist)
- Private doctor's office (MD, Nurse Practitioner, Physician's Assistant)
- Chiropractor
- I don't have a regular place for medical care
- Other (please specify): \_\_\_\_\_

**FOR IN-PERSON INTERVIEWS:** Instead of reading out the "Other" option, ask the participant "***Is there anywhere else you can think of?***"

30. How many times have you been to a doctor, nurse, or other health professional in the past 12 months?

Number of times [enter two digits]: \_\_\_\_\_

Don't know / Not sure 98 [do not read]

Refused 99 [do not read]

31. About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition. Would you say...

Within the past year (anytime less than 12 months ago)

Within the past 2 years (1 year but less than 2 years ago)

Within the past 5 years (2 years but less than 5 years ago)

5 or more years ago

Never

Don't know / Not sure [do not read]

Refused [do not read]



32. How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists. Would you say...

Within the past year (anytime less than 12 months ago)

Within the past 2 years (1 year but less than 2 years ago)

Within the past 5 years (2 years but less than 5 years ago)

5 or more years ago

Never

Don't know / Not sure [do not read]

Refused [do not read]

33. How long has it been since you last visited a mental health provider or received mental health services from a doctor, mental health counselor, or therapist? Would you say...

Within the past year (anytime less than 12 months ago)

Within the past 2 years (1 year but less than 2 years ago)

Within the past 5 years (2 years but less than 5 years ago)

5 or more years ago

Never

Don't know / Not sure [do not read]

Refused [do not read]

34. How many times have you been to an emergency room in the past 12 months?

Number of times [enter two digits]: \_\_\_\_\_

Don't know / Not sure 98 [do not read]

Refused 99 [do not read]

35. [If visited ER in Q32]: During the last year, why did you go to an emergency room? Would you say... (Please select all that apply.)

You had a real emergency

The doctor's office was closed or could not see you

You do not have a regular medical doctor

You could not afford health services somewhere else



You do not have health insurance

Other (please specify): \_\_\_\_\_

**FOR IN-PERSON INTERVIEWS:** Instead of reading out the “Other” option, ask the participant “***Is there any other reason you can think of?***”

36. How many times have you been hospitalized in the last 12 months?

Number of times [enter two digits]: \_\_\_\_\_

Don't know / Not sure 98 [do not read]

Refused 99 [do not read]

## Section 7. Barriers to Care

***There are many reasons people delay getting medical care.***

37. Not including over-the-counter medications, was there a time in the past 12 months when you did not take your medication as prescribed because of cost?

Yes

No

You are not prescribed any medications

Don't know / Not sure [do not read]

Refused [do not read]

INTERVIEWER NOTE: If the respondent answers "no," clarify whether or not they are prescribed medications.

38. [If yes to Q35]: What other strategies did you use to obtain the medication or treat your condition?

***For the following questions, please answer "yes", "no", or you're "unsure".***

39. What do you think are the **three** most significant barriers to accessing health care in your neighborhood?

- Availability of providers/appointments
- Basic needs not met (food, shelter, etc.)
- Inability to navigate health care system
- Inability to pay out-of-pocket expenses (co-pays, prescriptions, etc.)
- Lack of child care
- Lack of health insurance coverage
- Lack of transportation
- Lack of trust
- Language/cultural barriers
- Time limitations (long wait times, limited office hours, time off work, etc.)
- None/no barriers





Other (please specify): \_\_\_\_\_

FOR IN-PERSON INTERVIEWS: Instead of reading out the “Other” option, ask the participant “***Is there anything else you can think of?***”

If participant responds “yes” to more than three items, say “***Great. I’m going to re-read the options you chose; please tell me which three are the most important.***”

40. Related to health and quality of life, what resources or services do you think are **missing** in your neighborhood? (Please select all that apply.)

- Bilingual services
- Free/low cost dental care
- Free/low cost medical care
- Health education/information/outreach
- Health screenings
- Medical specialists
- Mental health services
- Prescription assistance
- Primary care providers
- Substance abuse services
- Transportation
- None
- Other (please specify): \_\_\_\_\_

FOR IN-PERSON INTERVIEWS: Instead of reading out the “Other” option, ask the participant “***Is there anything else you can think of?***”

## Section 8. Older Adults

[ONLY ADMINISTER THIS SECTION IF PARTICIPANT IS  $\geq$  AGE 65]

***People sometimes make modifications to their home so they can stay there as they age.***

41. Which of the following modifications or improvements to your home would be the **three** most important in enabling you to stay there as you age?

- Easier physical access into or within your home
- Bathroom modifications such as grab bars, handrails, a higher toilet, or non-slip tiles
- Having a bedroom and bathroom on the ground floor
- Technology improvements (i.e., cable TV, wireless internet service, electrical lighting, etc.)
- Installing an emergency response system that notifies others in case of a fall or medical emergency
- Designated space for family or paid caregivers
- None
- Other (please specify): \_\_\_\_\_

FOR IN-PERSON INTERVIEWS: Instead of reading out the “Other” option, ask the participant “***Is there anything else you can think of?***”

If participant responds “yes” to more than three items, say “***Great. I’m going to re-read the options you chose; please tell me which three are the most important.***”

42. Which of the following resources would you use if you needed information about services for older adults (such as caregiving services, home delivered meals, home repair, medical transport, or social activities)? Would you use...

- Local senior centers
- Local Area Agency on Aging (AAA)
- Family or friends
- Local nonprofit organizations



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- AARP (American Association for Retired Persons)
- Faith-based organizations, such as churches or synagogues
- Internet (online)
- Phone book
- Your doctor or other health care professional
- Local government offices, such as the health department
- Library
- None
- Other (please specify): \_\_\_\_\_

**FOR IN-PERSON INTERVIEWS:** Instead of reading out the “Other” option, ask the participant “Are *there any other resources you can think of?*”

## Section 9. Resident Perspectives

***I would like to ask a few more questions to learn more about the strengths and weaknesses of your neighborhood.***

***In your own words...***

43. What are the greatest strengths related to health in your neighborhood?

44. What do you consider to be the “unmet” health needs in your neighborhood?

45. Is there any additional information that you would like to share about the health and quality of life of residents in your neighborhood?

## Section 10. Demographics

***Finally, I'd like to finish the interview with some basic questions about your background.***

46. Are you male or female?

Male

Female

Refused [do not read]

47. Were you born in the United States?

Yes

No

Don't know / Not sure [do not read]

Refused [do not read]

48. [If no to Q44]: At what age did you first live in the United States?

Age [enter two digits]: \_\_\_\_\_

Don't know / Not sure 98 [do not read]

Refused 99 [do not read]

49. Are you...?

Married

Separated

Divorced

Widowed

Single/Never married

A member of an unmarried couple (living with partner)

Refused [do not read]

50. What is the highest grade or year of school you completed?

Never attended school or only attended kindergarten



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Grades 1 through 8 (Elementary)

Grades 9 through 11 (Some high school)

Grade 12 or GED (High school graduate)

College 1 year to 3 years (Some college or technical school)

College 4 years or more (College graduate)

Graduate degree or higher

Refused [do not read]

INTERVIEWER NOTE: Read response options only if necessary. Items in parentheses do not need to be read.

51. How difficult is it for you and your household to pay your monthly bills? Would you say:

Very difficult

Somewhat difficult

Not very difficult

Not at all difficult

Don't know / Not sure [do not read]

Refused [do not read]

Survey Completion

***Thank you. Those are all the questions I have for you. We appreciate your participation. Would you like to be entered into a drawing for a \$100 gift card?***

-----  
-

[If no]: ***No problem. It's been a pleasure speaking with you.***

[If yes]: ***Great, could you please provide me with your email address for the drawing?***

Email address: \_\_\_\_\_

INTERVIEWER NOTE:

Repeat the email address to confirm it is correct.

***Thanks. It's been a pleasure speaking with you.***

## Appendix B. Data

### I. DEMOGRAPHICS

#### ***What is your age (in years)?***

Mean	SD	Min	Max
50.26374	14.97616	29	93

Missing = 15

#### ***Gender***

Gender	Freq.	Percent
female	77	88.51
male	10	11.49
Total	87	100.00

Missing = 19

#### ***Ethnicity***

Ethnicity	Freq.	Percent
Hispanic	11	10.38
Non-Hispanic	95	89.62
Total	106	100.00

Missing = 0

#### ***Race***

Race	Freq.	Percent
Asian	3	2.83
Black	66	62.26
White	37	34.91
Total	106	100.00

Missing = 0

#### ***Language in which Survey was Completed***

Language	Freq.	Percent
Arabic	2	1.89
English	99	93.40
Farsi	2	1.89
Spanish	2	1.89
Vietnamese	1	0.94
Total	106	100.00

Missing = 0





***Place of Residence***

City, State	Freq.	Percent
ALEXANDRIA, VA	27	25.47
ANNADALE, VA	1	0.94
ANNANDALE, VA	4	3.77
BURKE, VA	2	1.89
CENTREVILLE, VA	8	7.55
CHANTILLY, VA	1	0.94
FAIRFAX, VA	8	7.55
FALLS CHURCH, VA	21	19.81
HERNDON, VA	4	3.77
LORTON, VA	9	8.49
RESTON, VA	10	9.43
SPRINGFIELD, VA	9	8.49
VIENNA, VA	2	1.89
Total	106	100.00

Missing = 0

***Does anyone else live with you in your household?***

Response	Freq.	Percent
no	36	33.96
yes	70	66.04
Total	106	100.00

Missing = 0

***Number of Family Members***

Number	Freq.	Percent
1	30	28.30
2	29	27.36
3	21	19.81
4	16	15.09
5	2	1.89
6	5	4.72
7	2	1.89
8	1	0.94
Total	106	100.00

Missing = 0



***Were you born in the United States?***

USA-Born	Freq.	Percent
no	24	27.59
yes	63	72.41
Total	87	100.00

Missing = 19

***At what age did you first live in the United States?***

Age	Freq.	Percent
1	2	12.50
3	1	6.25
5	1	6.25
12	1	6.25
14	1	6.25
17	1	6.25
19	1	6.25
20	1	6.25
21	1	6.25
27	1	6.25
32	2	12.50
33	1	6.25
40	1	6.25
55	1	6.25
Total	16	100.00

Among those not born in the US

Missing = 8

***At what age did you first live in the United States?***

Mean	SD	Min	Max
20.75	15.20745	1	55

Among those not born in the US

Missing = 8

***Marital Status***

Status	Freq.	Percent
Divorced	21	24.42
Married	4	4.65
Separated	11	12.79
Single/Never married	39	45.35
A member of an unmarried couple	1	1.16

Widowed	10	11.63
Total	86	100.00

Missing = 20

***What is the highest grade or year of school you completed?***

Level	Freq.	Percent
elementary	1	1.18
some high school	10	11.76
finished high school	20	23.53
some college	34	40.00
finished college	17	20.00
graduate degree	3	3.53
Total	85	100.00

Missing = 21

***How difficult is it for you and your household to pay your monthly bills?***

Level	Freq.	Percent
not difficult	12	13.95
not very difficult	11	12.79
somewhat difficult	48	55.81
very difficult	15	17.44
Total	86	100.00

Missing = 20

## II. COMMUNITY HEALTH

***What do you think are the 3 most important health issues in your neighborhood?***

Issue	Freq. (yes)	Percent
Access to care	22	20.75
Aging problems	25	23.58
Alcohol/drug abuse	19	17.92
Bullying	11	10.38
Cancers	1	0.94
Child abuse/neglect	5	4.72
Dental problems	12	11.32
Diabetes	8	7.55
Domestic violence	4	3.77
Gun-related injuries	3	2.83
Heart disease and stroke	9	8.49
High blood pressure	12	11.32
HIV/AIDS	0	0.00
Homicide	0	0.00
Housing that is adequate, safe, and affordable	37	34.91
Infant death	1	0.94
Infectious diseases	1	0.94
Lack of exercise	21	19.81
Lyme disease	0	0.00
Mental health problems	20	18.87
Motor vehicle crash injuries	1	0.94
Nutrition	9	8.49
Overweight/obesity	14	13.21
Rape/sexual assault	4	3.77
Respiratory/lung disease	2	1.89
Sexually transmitted diseases (STDs)	1	0.94
Suicide	0	0.00
Teenage pregnancy	2	1.89
Tobacco use	16	15.09
Other (please specify)	8	7.55
Nothing	8	7.55

N = 106; Missing = 0

## III. PERSONAL HEALTH

**Would you say that in general your health is:**

Status	Freq.	Percent
Excellent	10	9.52
Very good	21	20.00
Good	31	29.52
Fair	35	33.33
Poor	8	7.62
N = 105; Missing = 1	105	100.00

**Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?**

Mean	SD	Min	Max
10.55102	11.07809	0	30

Missing = 8

**Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?**

Mean	SD	Min	Max
9.925532	9.768547	0	30

Missing = 12

**During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?**

Mean	SD	Min	Max
10.02439	10.34584	0	30

Among those reporting physical or mental health issues

**During the past 12 months, have you had a flu shot?**

Status	Freq.	Percent
no	44	44.90
yes	54	55.10
Total	98	100.00

Missing = 8



***Since gaining access to subsidized housing, do you think that your health has improved, declined, or stayed about the same?***

Status	Freq.	Percent
improved	30	30.93
declined	19	19.59
same	48	49.48
Total	97	100.00

Missing = 9

***On average, how many hours of sleep do you get in a 24-hour period?***

Mean	SD	Min	Max
6.882979	2.223319	0	18

Missing = 12

***Do you now smoke cigarettes every day, some days, or not at all?***

Status	Freq.	Percent
Every day	10	10.20
Some days	7	7.14
Not at all	81	82.65
Total	98	100.00

Missing = 8

***Do you now use e-cigarettes or other electronic “vaping” products every day, some days, or not at all?***

Status	Freq.	Percent
Every day	0	0.00
Some days	1	1.02
Not at all	97	98.98
Total	98	100.00

Missing = 8

***During the last 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?***

Status	Freq.	Percent
Yes	17	17.53
No	9	9.28
N/A - Doesn't smoke	71	73.20



Total 97 100.00

Missing = 9

***During the last 12 months, how often did you usually have any kind of drink containing alcohol?***

Status	Freq.	Percent
Every day	1	1.02
5 to 6 times a week	0	0.00
3 to 4 times a week	2	2.04
Twice a week	2	2.04
Once a week	5	5.10
2 to 3 times a month	8	8.16
Once a month	9	9.18
3 to 11 times in the past year	10	10.20
1 or 2 times in the past year	20	20.41
Never	40	40.82
Don't know	1	1.02
Total	98	100.00

Missing = 8

***On average, how many days a week do you engage in moderate to strenuous exercise, like a brisk walk?***

Days	Freq.	Percent
0	22	22.45
1	15	15.31
2	16	16.33
3	17	17.35
4	9	9.18
5	7	7.14
6	3	3.06
7	9	9.18
Total	98	100.00

Missing = 8

***On those days that you engage in moderate-to-strenuous exercise, how many minutes, on average, do you exercise at this level?***

Mean	SD	Min	Max
------	----	-----	-----



28.79348    41.05385    0    240  
-----  
Missing = 14



## IV. FOOD AND HOUSING SECURITY

***In the last 12 months, have any of the following stopped you or your family from buying the food you need?***

Issue	Freq. (yes)	Percent
Child support	11	11.22
Distance to store	7	7.14
Illness/disability	10	10.20
Lack of time	4	4.08
Medical bills	13	13.27
Price of food	32	32.65
Rent/mortgage	24	24.49
Safety concerns	4	4.08
Transportation	14	14.29
Utilities	11	11.22
Other (please specify)	12	12.24
Nothing	38	38.78

N = 98; Missing = 8

***Which of the following would help you get more fresh and healthy food for your household? (select all that apply)***

Issue	Freq. (yes)	Percent
Better selection at market	17	17.53
Better transportation	16	16.49
Childcare support while shopping	6	6.19
Community garden plots	13	14.13
Community kitchen space	4	4.12
Farmers market	21	21.65
Food pantry locations	20	20.62
More food items in convenience store	14	14.43
SNAP farmers market program	34	35.05
Subsidized CSA	18	18.56
Other (please specify)	14	14.43
Nothing	23	23.71

N = 97; Missing = 9

***In the last 12 months, have you or anyone in your household experienced any of the following?***

Issue	Freq. (yes)	Percent
Utilities shut off (e.g., electric, heat, telephone)	12	11.32
Eviction	4	4.12
Homelessness	2	2.06
None of the above	82	84.54

N = 97; Missing = 9

## V. CHRONIC CONDITIONS AND DISABILITIES

***Has a doctor, nurse, or other health professional ever told YOU that you had any of the following?***

***High Blood Pressure - Participant***

Response	Freq.	Percent
Yes	52	54.17
No	39	40.63
Don't Know/Not sure	5	5.21

N = 96; Missing = 10

***Heart Attack - Participant***

Response	Freq.	Percent
Yes	3	3.16
No	89	93.68
Don't Know/Not sure	3	3.16

N = 95; Missing = 11

***Angina - Participant***

Response	Freq.	Percent
Yes	7	7.37
No	86	90.53
Don't Know/Not sure	2	2.11

N = 95; Missing = 11

***Stroke - Participant***

Response	Freq.	Percent
Yes	9	9.57
No	82	87.23
Don't Know/Not sure	3	3.19

N = 94; Missing = 12

***Asthma - Participant***

Response	Freq.	Percent
Yes	22	23.40
No	71	75.53
Don't Know/Not sure	1	1.06

N = 94; Missing = 12



***Cancer (other than skin cancer) - Participant***

Response	Freq.	Percent
Yes	9	9.47
No	83	87.37
Don't Know/Not sure	3	3.16

N = 95; Missing = 11

***Depression - Participant***

Response	Freq.	Percent
Yes	42	44.21
No	49	51.58
Don't Know/Not sure	4	4.21

N = 95; Missing = 11

***Diabetes - Participant***

Response	Freq.	Percent
Yes	16	16.67
No	74	77.08
Don't Know/Not sure	6	6.25

N = 96; Missing = 10

***How old were you when you were told you have diabetes?***

Mean	SD	Min	Max
44.6	17.60195	10	70

Missing = 1

Among those with diabetes (N=16)

***Overweight/Obese - Participant***

Response	Freq.	Percent
Yes	49	51.58
No	44	46.32
Don't Know/Not sure	2	2.11

N = 95; Missing = 11

***Special Equipment - Participant***

Response	Freq.	Percent
Yes	22	23.16
No	69	72.63
Don't Know/Not sure	4	4.21

N = 95; Missing = 11

**Has a doctor, nurse, or other health professional ever told ANOTHER CURRENT HOUSEHOLD MEMBER that they had any of the following?**

***High Blood Pressure - Household Member***

Response	Freq.	Percent
Yes	11	17.74
No	50	80.65
Don't Know/Not sure	1	1.61

N = 62; Missing = 8

Among those with household members (N=70)

***Heart Attack - Household Member***

Response	Freq.	Percent
Yes	3	4.84
No	59	95.16
Don't Know/Not sure	0	0.00

N = 62; Missing = 8

Among those with household members (N=70)

***Angina - Household Member***

Response	Freq.	Percent
Yes	2	3.23
No	60	96.77
Don't Know/Not sure	0	0.00

N = 62; Missing = 8

Among those with household members (N=70)

***Stroke - Household Member***

Response	Freq.	Percent
Yes	2	3.23
No	60	96.77
Don't Know/Not sure	0	0.00

N = 62; Missing = 8

Among those with household members (N=70)

***Asthma - Household Member***

Response	Freq.	Percent
Yes	15	24.19
No	47	75.81
Don't Know/Not sure	0	0.00

N = 62; Missing = 8

Among those with household members (N=70)



**Were any of the household members with asthma under 18 years old when they were first told by a doctor, nurse, or other health professional that they had asthma?**

Response	Freq.	Percent
no	2	13.33
yes	13	86.67
Total	15	100.00

Missing = 0

Among participants who reported another household member having asthma (N=15)

**Cancer (other than skin cancer) – Household Member**

Response	Freq.	Percent
Yes	1	1.64
No	60	98.36
Don't Know/Not sure	0	0.00

N = 61; Missing = 9

Among those with household members (N=70)

**Depression - Household Member**

Response	Freq.	Percent
Yes	17	27.42
No	45	72.58
Don't Know/Not sure	0	0.00

N = 62; Missing = 8

Among those with household members (N=70)

**Diabetes - Household Member**

Response	Freq.	Percent
Yes	9	14.52
No	53	85.48
Don't Know/Not sure	0	0.00

N = 62; Missing = 8

Among those with household members (N=70)

**Overweight - Household Member**

Response	Freq.	Percent
Yes	17	27.42
No	45	72.58
Don't Know/Not sure	0	0.00

---

N = 62; Missing = 8  
Among those with household members (N=70)

***Special Equipment - Household Member***

---

Response	Freq.	Percent
Yes	5	8.06
No	56	90.32
Don't Know/Not sure	1	1.61

---

N = 62; Missing = 8  
Among those with household members (N=70)

## VI. HEALTH LITERACY

***How difficult is it for you to understand information that doctors, nurses, and other health professionals tell you?***

Response	Freq.	Percent
Very easy	50	52.63
Somewhat easy	28	29.47
Somewhat difficult	14	14.74
Very difficult	3	3.16
Total	95	100.00

Missing = 11

***How difficult is it for you to get medical advice or information in your preferred language?***

Response	Freq.	Percent
Very easy	77	81.05
Somewhat easy	6	6.32
Somewhat difficult	2	2.11
Very difficult	3	3.16
I don't look for health information	7	7.37
Total	95	100.00

Missing = 11

***How do you prefer to access educational health information?***

Preferred Mode of Access	Freq. (yes)	Percent
Clinic or health center	29	30.85
Urgent care center or other walk-in clinic	23	24.47
Hospital or emergency room	24	25.53
Private doctor's office	52	55.32
Pharmacist	27	28.72
Provider of alternative medicine	14	14.89
Internet (online)	40	42.55
Friends and family	21	22.34
Health department	20	21.28
House of worship	10	10.64
Library	11	11.70
Community center	17	18.09
Local school	7	7.45
Other (please specify)	5	5.32
No preference	11	11.70

N = 94; Missing = 12



## VII. ACCESS TO CARE

***What is the primary source of your health care coverage?***

Coverage Source	Freq.	Percent
A plan purchased through an employer or union	18	18.95
A plan that you or another family member buys on your own	2	2.11
Medicare	32	33.68
Medicaid or other state program	28	29.47
TRICARE (formerly CHAMPUS), VA, or Military	1	1.05
Alaska Native, Indian Health Service, Tribal Health Services	0	0.00
Some other source	8	8.42
None (no coverage)	6	6.32
<b>Total</b>	<b>95</b>	<b>100.00</b>

Missing = 11

***About how long has it been since you last had health care coverage?***

Response	Freq.	Percent
6 months or less	2	33.33
More than 6 months, but not more than 1 year ago	2	33.33
More than 1 year, but not more than 3 years ago	1	16.67
More than 3 years	1	16.67
Never	0	0.00
<b>Total</b>	<b>6</b>	<b>100.00</b>

Missing = 0

Among those who are without health insurance coverage (N=6)

***Where do you and your household members go for regular health care?  
(select all that apply)***

Source of Care	Freq. (yes)	Percent
Free or low-cost clinic or health center	15	16.30
Urgent care center or other walk-in clinic	14	15.22
Hospital emergency room	16	17.39
Health department	7	7.61
Provider of alternative medicine	6	6.52
Private doctor's office	71	77.17
Chiropractor	3	3.26
Other (please specify)	5	5.43
I don't have a regular place for medical care	4	4.35

N = 92; Missing = 14

**How many times have you been to a doctor, nurse, or other health professional in the past 12 months?**

Mean	SD	Min	Max
10.67416	18.56363	0	150

Missing = 17

**About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.**

Duration	Freq.	Percent
Within the past year (anytime less than 12 months ago)	68	74.73
Within the past 2 years (1 year but less than 2 years ago)	15	16.48
Within the past 5 years (2 years but less than 5 years ago)	3	3.30
5 or more years ago	4	4.40
Never	1	1.10
Total	91	100.00

Missing = 15

**How long has it been since you last visited a dentist or a dental clinic for any reason?**

Duration	Freq.	Percent
Within the past year (anytime less than 12 months ago)	37	41.11
Within the past 2 years (1 year but less than 2 years ago)	18	20.00
Within the past 5 years (2 years but less than 5 years ago)	11	12.22
5 or more years ago	20	22.22
Never	4	4.44
Total	90	100.00

Missing = 16

**How long has it been since you last visited a mental health provider or received mental health services from a doctor, mental health counselor, or therapist?**

Duration	Freq.	Percent
Within the past year (anytime less than 12 months ago)	30	32.97
Within the past 2 years (1 year but less than 2 years ago)	6	6.59
Within the past 5 years (2 years but less than 5 years ago)	6	6.59
5 or more years ago	6	6.59
Never	43	47.25
Total	91	100.00

Missing = 15



**How many times have you been to an emergency room in the past 12 months?**

Mean	SD	Min	Max
1.977273	6.614122	0	60

Missing = 18

**During the last year, why did you go to an emergency room? (select all that apply)**

Reason	Freq. (yes)	Percent
You had a real emergency	37	82.22
The doctor's office was closed or could not see you	8	17.78
You did not have a regular medical doctor	2	4.44
You could not afford health services somewhere else	4	8.89
You did not have health insurance	4	8.89
Other (please specify)	6	13.33

N = 45; Missing = 1

Among participants who had an emergency room visit (N=46)

**How many times have you been hospitalized in the last 12 months?**

Mean	SD	Min	Max
0.511364	1.653935	0	14

Missing = 18

## VIII. BARRIERS TO CARE

***What do you think are the three most significant barriers to accessing health care in your neighborhood?***

Issue	Freq. (yes)	Percent
Availability of providers/appointments	17	19.10
Basic needs not met (food, shelter, etc.)	17	19.10
Inability to navigate health care system	6	6.74
Inability to pay out-of-pocket expenses	42	47.19
Lack of child care	5	5.62
Lack of health insurance coverage	31	34.83
Lack of transportation	21	23.60
Lack of trust	6	6.74
Language/cultural barriers	9	10.11
Time limitations	10	11.24
Other (please specify)	3	3.37
None/no barriers	19	21.35

N = 89; Missing = 17

***Related to health and quality of life, what resources or services do you think are missing in your neighborhood?***

Issue	Freq. (yes)	Percent
Bilingual services	9	10.11
Free/low cost dental care	58	65.17
Free/low cost medical care	37	41.57
Health education/information/outreach	18	20.22
Health screenings	18	20.22
Medical specialists	15	16.85
Mental health services	20	22.47
Prescription assistance	19	21.35
Primary care providers	14	15.73
Substance abuse services	15	16.85
Transportation	24	26.97
Other (please specify)	3	3.37
None	18	20.22

N = 89; Missing = 17

***Not including over-the-counter medications, was there a time in the past 12 months when you did not take your medication as prescribed because of cost?***

Response	Freq.	Percent
Yes	26	28.57
No	58	63.74
I'm not prescribed any medications (N/A)	7	7.69
Total	91	100.00

Missing = 15

## IX. OLDER ADULTS

***Which of the following improvements to your home would be the three most important in enabling you to stay there as you age?***

	Freq. (yes)	Percent
Enabling Home Modification		
Easier physical access into or within your home	4	30.77
Bathroom modifications (grab bars, handrails, higher toilet, non-slip tiles)	5	38.46
Having a bedroom and bathroom on the ground floor	2	15.38
Technology improvements (cable TV, wireless internet, electrical lighting)	2	15.38
Installing an emergency response system that notifies others in emergency	8	61.54
Designated space for family or paid caregivers	1	7.69
Other (please specify)	1	7.69
None	3	23.08

N =13; Missing = 1

Administered only to adults 65 years of age or older

***Which of the following resources would you use if you needed information about services for older adults?***

Resource	Freq. (yes)	Percent
Local senior centers	4	30.77
AAA (Local Area Agency on Aging)	6	46.15
Family or friends	6	46.15
Local nonprofit organizations	4	30.77
AARP (American Association for Retired Persons)	5	38.46
Faith-based organizations	3	23.08
Internet (online)	4	30.77
Phone book	1	7.69
Your doctor or other health care professional	5	38.46
Local government offices (i.e., health department)	5	38.46
Library	3	23.08
Other (please specify)	2	15.38
None	1	7.69

N =13; Missing = 1

Administered only to adults 65 years of age or older