## Appendix G: 2010 Durham County Community Health Opinion Survey Results

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What one thing would make Durham or your neighborhood a healthier place to live? 539
PART 1: Quality of Life Statements

1. How do you feel about this statement, “Durham County is a good place to raise children”? Consider the quality and safety of schools and child care programs, after school programs, and places to play in this county.

   - Strongly Agree 22%
   - Strongly Disagree 2%
   - Disagree 14%
   - Agree 62%

2. How do you feel about this statement, “Durham County is a good place to grow old”? Consider our county’s elder-friendly housing, transportation to medical services, recreation, and services for the elderly.

   - Strongly Agree 27%
   - Strongly Disagree 2%
   - Disagree 13%
   - Agree 58%
3. **How do you feel about this statement, “There is plenty of economic opportunity in Durham County”?** Consider the number and quality of jobs, job training/higher education opportunities, and availability of affordable housing in Durham County.

![Pie chart showing opinions on economic opportunity]

- Strongly Agree: 12%
- Agree: 54%
- Disagree: 30%
- Strongly Disagree: 4%

4. **How do you feel about this statement, “There is plenty of help for individuals and families during times of need in Durham County”?** Consider social support in Durham County: neighbors, support groups, faith community outreach, community organizations, mental health services, and emergency monetary assistance.

![Pie chart showing opinions on social support]

- Strongly Agree: 16%
- Agree: 57%
- Disagree: 21%
- Strongly Disagree: 6%
PART 2: Community Problems and Issues

Environmental Issues

5. These next questions are about Environmental issues. Please look at this list and pick your 3 most important issues in Durham County. Remember this is your opinion and your choices will not be linked to you in any way. If you do not see an environmental issue you consider one of the most important 3, please let me know.
Community Issues

6. These next questions are about community-wide issues that have the largest impact on the overall quality of life in Durham County. Please look at this list of community issues. Keeping in mind yourself and the people in your neighborhood, pick the community issues that have the greatest effect on quality of life in Durham County. Please choose up to 3. Remember this is your opinion and your choices will not be linked to you in any way. If you do not see a community problem you consider one of the most important, please let me know.

- Gang involvement
- Homelessness
- Positive Teen Activities
- Unemployment
- Lack of/inadequate health insurance
- Dropping out of school
- Low income/poverty
- Affordability of health services
- Inadequate/unaffordable housing
- Lack of transportation options
- Racism
- Non-violent crimes
- Violent Crime
- Not enough quality child care
- Lack of culturally appropriate health services
- Lack of recreational facilities
- Availability of healthy food choices
- Domestic violence
- Child abuse
- Availability of healthy family activities
- Elder abuse
- Neglect/Abuse/Violence
- Quality of education/public education/school quality
- Other, unspecified
- Rape/Sexual assault
- Abuse of welfare, drug issue/use, pregnancy rise
- Access to good schools, community schools
- Child abuse, too (code 15)
- More exercise programs for children and adults
Risky Behaviors

7. These next questions are about risky behaviors that some individuals do that have the largest impact on the community as a whole. Please look at this list of risky behaviors. Keeping in mind yourself and the people in your neighborhood, pick the top unhealthy behaviors in Durham County. Please choose up to 3. Remember this is your opinion and your choices will not be linked to you in any way. If you do not see an unhealthy behavior that you consider one of the most important, please let me know and I will add it in.
Health Problems

8. Please look at this list of health problems. Keeping in mind yourself and the people in your neighborhood, I would like for you to pick the most important health problems. You can choose up to 3. If you do not see a health problem you consider one of the most important, please let me know.
PART 3: Personal Health

9. How would you rate your own health? Please choose only one of the following:

- Excellent: 19%
- Very Good: 32%
- Good: 31%
- Fair: 17%
- Poor: 1%

10. Where do you get most of your health-related information? Please choose only one.

- Doctor/nurse/pharmacist: 20%
- Internet: 16%
- Books/magazines/newspapers: 12%
- Friends and family: 11%
- School: 8%
- Television: 5%
- Church: 4%
- Other, unspecified: 3%
- Duke Hospital: 2%
- Health department: 1%
- Pharmacologist: 1%
- Radio: 1%
- Help lines: 1%
11. Where do you go most often when you are sick or need advice about your health?

Access to Healthcare

12. During the past 12 months, was there any time that you did not have any health insurance or coverage?
13. In the past 12 months, did you ever have a problem getting the health care you needed from any type of health care provider or facility?

Yes 13%
No 87%

14. Since you said “yes”, which of these problems did you have? You can choose as many of these as you need to. If there was a problem you had that we do not have here, please tell us and I will write it in.

- No health insurance
- Deductible/co-pay too high
- Insurance didn’t cover what was needed
- Other, Unspecified
- No transportation to get to Dr.
- Doctor not taking new patients - primary care
- H1N1 vaccine
- Long waiting period
- Misdiagnosis
- Insurance/Medicaid not accepted
- Didn’t know where to go
- Couldn’t get an appointment
- Language barrier
15. About how long has it been since you last visited a doctor or health care provider for a routine physical exam or wellness checkup? Do not include times you visited the doctor because you were sick or pregnant.

![Bar chart showing the distribution of time since last doctor visit]

16. In the past 12 months, did you have a problem filling a medically necessary prescription?

![Pie chart showing the response to the question]

Yes 12%
No 88%
17. Since you said “yes”, which of these problems did you have? You can choose as many of these as you need to. If there was a problem you had that we do not have here, please tell us and I will write it in.

[Bar chart showing the percentage of people facing various health care access issues.]

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deductible/co-pay too high</td>
<td>50%</td>
</tr>
<tr>
<td>Insurance didn’t cover what was needed</td>
<td>40%</td>
</tr>
<tr>
<td>Didn’t have insurance</td>
<td>30%</td>
</tr>
<tr>
<td>No transportation get there</td>
<td>20%</td>
</tr>
<tr>
<td>Birth control too expensive</td>
<td>10%</td>
</tr>
<tr>
<td>Denied Rx coverage - had to pay out of pocket</td>
<td>5%</td>
</tr>
<tr>
<td>Refused promised care - no insurance</td>
<td>0%</td>
</tr>
</tbody>
</table>

18. Was there a time during the past 12 months when you needed to get dental care, but could not?

[Pie chart showing the results.]

- **Yes**: 25%
- **No**: 75%
19. Since you said “yes”, why could you not get dental care? You can choose as many of these as you need to. If there was a problem you had that we do not have here, please tell us and I will write it in.

- Couldn’t afford the cost
- Didn’t have dental insurance
- Insurance didn’t cover what was needed
- No transportation get there
- Other, Unspecified
- Insurance/Medicaid not accepted

**Mental Health**

20. If you needed help, or if a friend or family member needed counseling for a mental health or a drug/alcohol abuse problem, who would you tell them to call or talk to?
21. In the past 30 days, have there been any days when feeling sad or worried kept you from going about your normal business?

- Yes: 18%
- No: 82%

22. Please answer yes or no to the following:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Percent who answered “Yes”</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel connected to family and friends</td>
<td>100%</td>
</tr>
<tr>
<td>I have a social group of friends</td>
<td>80%</td>
</tr>
<tr>
<td>I have someone in my life with whom I can share my private feelings and concerns</td>
<td>100%</td>
</tr>
<tr>
<td>I have a religious/spiritual community</td>
<td>60%</td>
</tr>
<tr>
<td>I have a social outing at least once a week</td>
<td>80%</td>
</tr>
<tr>
<td>There are people in my life that help me</td>
<td>100%</td>
</tr>
<tr>
<td>I am available to help others</td>
<td>100%</td>
</tr>
</tbody>
</table>
Exercise

23. In a typical week, how many days would you say you engage in a physical activity that lasts at least 20 – 30 minutes?

24. Where do you go to exercise or engage in physical activity? Check all that apply
25. If you said “none”, what are the reasons you do not exercise for 20-30 minutes during a normal week? You can give as many of these reasons as you need to.

I don’t have enough time
I don’t like to exercise
Physically disabled
Other reasons
My job is physical or hard labor
I’m too tired to exercise
No access to exercise facility
Costs too much to exercise
No safe place to exercise
Breathing problems
Full work & student (grad school)
Lazy
I don’t know

26. How many hours per day do you watch TV, play video games, or use the computer for recreation?
Diet

27. Thinking about breakfast, lunch, and dinner, how many times a week do you eat meals that were not prepared at home, like from restaurants, cafeterias, or fast food?

28. In the last 12 months, did you ever cut the size of your meals, skip meals, or cut back on food because there wasn’t enough money for food?

29. Not counting juice, how many days do you eat fruit in an average week?
30. How many days do you eat vegetables in an average week?

31. What do you think makes it hard for you to eat healthy? Tell me all that apply.
Smoking

32. Do you currently smoke?

- Yes: 17%
- No: 83%

33. Do you currently use chewing tobacco?

- Yes: 3%
- No: 97%

34. If yes, where would you go for help if you wanted to quit?

- Doctor: 43%
- I would just stop by myself: 16%
- Pharmacy: 8%
- Not Applicable; don’t want to quit: 2%
- Private counselor/therapist: 9%
- I don’t know: 10%
- Other, unspecified: 8%
- Quitline NC: 3%
- Duke Study: 5%
- Mom: 2%
- Home: 1%
- Church: 3%
- Health department: 2%
35. Have you ever been told by a doctor, nurse, or other health professional that you have any of the conditions I am about to read?

- Asthma
- Cancer
- Depression or anxiety disorder
- High blood pressure
- High cholesterol
- Diabetes (not during pregnancy)
- Osteoporosis
- Overweight/obesity

**Household**

36. Are you currently caring for:

- Family member with chronic illness
- Elderly or disabled parent
- Grandchild
- Disabled spouse/partner
- Foster child(ren)
- None
- Disabled child
37. Does anyone in your household, including yourself, need support to be independent in daily activities because of a:

- Physical disability
- Medical conditions
- Difficulty seeing or hearing
- Trouble reading, speaking or understanding English
- Development disability
- Mental illness or substance abuse

38. Do you have children between the ages of 9 and 19?

- Yes 22%
- No 78%
39. Do you think any of your children could use more information on any of the following risky behaviors I am about to read?

- Sexual intercourse: 35%
- Exposure to negative/risky internet content: 32%
- HIV/STDs: 31%
- Violence prevention (bullying, gang violence): 32%
- Reckless driving/speeding: 30%
- Eating disorders: 29%
- Drug/Prescription med abuse: 28%
- Alcohol: 26%
- Tobacco: 24%
- Mental health issues: 23%
- Eating habits/exercise: 17%
- No, they are getting psychological help: 5%
PART 4: Emergency Preparedness

40. In a disaster, what would you rely on the most for information?

- TV: 60%
- Radio: 50%
- Internet: 20%
- Word of Mouth: 10%
- 211: 5%
- Other, unspecified: 5%
- National Weather Service, via scanner: 3%
- Police department: 2%
- Radio (code 2), if power is off: 2%
- Cell phone: 2%
- Fire department: 2%
- Varies by disaster: 2%

41. If you couldn’t remain in your house, where would you go in a community-wide emergency?

- Relative/friend: 35%
- Don’t know: 30%
- Emergency Shelter: 20%
- School: 15%
- Church*: 10%
- Duke: 5%
- Hospitals: 5%
- Other, unspecified: 5%
- Red Cross: 5%
- Motel/hotel: 5%
- NCCU: 5%
- Camping: 5%
- Fire station: 5%
- VFW: 5%
42. If there was an emergency, do you have transportation to get to someplace safe?

- Yes: 94%
- No: 6%

43. Does your household have a family emergency plan and emergency supply kit?

- Yes, plan only: 10%
- Yes, supply kit only: 20%
- Yes both: 30%
- No: 60%
PART 5: Demographic Questions

44. How old are you? (Mark age category.)

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>5%</td>
</tr>
<tr>
<td>25-34</td>
<td>10%</td>
</tr>
<tr>
<td>35-44</td>
<td>15%</td>
</tr>
<tr>
<td>45-54</td>
<td>20%</td>
</tr>
<tr>
<td>55-64</td>
<td>25%</td>
</tr>
<tr>
<td>65-74</td>
<td>10%</td>
</tr>
<tr>
<td>75 or older</td>
<td>5%</td>
</tr>
</tbody>
</table>

45. What is your gender?

- Male 41%
- Female 59%

46. Are you Hispanic or Latino?

- Yes 6%
- No 94%
47. What is your race? Please check all that apply.

- White*
- Black or African American
- American Indian/Alaskan Native
- Other, unspecified
- Asian or Pacific Islander
- Prefer not to answer

48. What languages do you speak at home?

- English
- Spanish
- Other (see breakdown)
- Amharic
- Bengali
- Chinese
- American Sign Language
- Hindu
- Urdu

49. What is the highest level of school, college or vocational training that you have finished?

- Some high school, no diploma
- High school diploma or GED
- Associate’s Degree or Vocational Training
- Some college (no degree)
- Bachelor’s degree
- Graduate/professional degree
- Other, unspecified
- 6th grade
- None
50. What was your total household income last year, before taxes? I will read out 5 categories. Let me know which you fall into.

- Less than $14,999
- $15,000 - $24,999
- $25,000 - $34,999
- $35,000 - $49,999
- $50,000 - $74,999
- Over $75,000
- Refused to Answer

51. How many people does your income support?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

52. What is your employment status? I will read a list of choices. Let me know which ones apply to you. *(Check all that apply.)*

- Employed full-time
- Employed part-time
- Retired
- Military
- Unemployed
- Disabled
- Student
- Homemaker
- Self-employed
53. Do you have access to the Internet?

- Yes: 84%
- No: 16%

54. Which form of communication do you regularly use?

- Cell Phone: 84%
- Email: 77%
- Land line telephone: 65%
- Texting: 47%
- Facebook: 43%
- Twitter: 23%
- MySpace: 18%
- Other, unspecified: 21%
- Face to face / talking: 17%
- Instant messenger: 11%
- Internet phone: 8%
- Linked-in: 6%
- Mail: 5%
55. What one thing would make Durham County or your neighborhood a healthier place to live?

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Eating/Nutrition/Exercise</td>
<td>10%</td>
</tr>
<tr>
<td>Community Cohesion, Engagement &amp; Unity</td>
<td>9%</td>
</tr>
<tr>
<td>Healthcare: Access</td>
<td>8%</td>
</tr>
<tr>
<td>Police Presence/Reduced Crime/Neighborhood Watch/Gun Control</td>
<td>8%</td>
</tr>
<tr>
<td>Transportation Maintenance &amp; Safety: Roads, Sidewalks &amp; Streetlights</td>
<td>7%</td>
</tr>
<tr>
<td>Recreation Space/Facilities/Maintenance/Programs</td>
<td>7%</td>
</tr>
<tr>
<td>None</td>
<td>7%</td>
</tr>
<tr>
<td>Education/Schools</td>
<td>6%</td>
</tr>
<tr>
<td>Job Growth/Economy/Economic Development</td>
<td>6%</td>
</tr>
<tr>
<td>Drugs</td>
<td>6%</td>
</tr>
<tr>
<td>Social Services</td>
<td>5%</td>
</tr>
<tr>
<td>Transportation Maintenance &amp; Safety: Public Transport</td>
<td>5%</td>
</tr>
<tr>
<td>Don't Know</td>
<td>5%</td>
</tr>
<tr>
<td>Local Food Options (Community Garden, Farmers Market)</td>
<td>5%</td>
</tr>
<tr>
<td>Other</td>
<td>4%</td>
</tr>
<tr>
<td>Transportation Maintenance &amp; Safety: Bikes</td>
<td>4%</td>
</tr>
<tr>
<td>Violence/Gang Violence</td>
<td>4%</td>
</tr>
<tr>
<td>Animal Control</td>
<td>4%</td>
</tr>
<tr>
<td>Environmental Health</td>
<td>4%</td>
</tr>
<tr>
<td>Homelessness</td>
<td>4%</td>
</tr>
<tr>
<td>Public Health Communication</td>
<td>4%</td>
</tr>
<tr>
<td>Safety (General)</td>
<td>4%</td>
</tr>
<tr>
<td>Teen Programs/Outreach</td>
<td>4%</td>
</tr>
<tr>
<td>Air Quality</td>
<td>4%</td>
</tr>
<tr>
<td>Cleanliness/Waste Collection/Recycling</td>
<td>4%</td>
</tr>
<tr>
<td>Smoking/Alcohol</td>
<td>4%</td>
</tr>
<tr>
<td>Healthcare: Affordability</td>
<td>4%</td>
</tr>
<tr>
<td>Housing: Access/Maintenance/Quality/Affordability</td>
<td>3%</td>
</tr>
<tr>
<td>Political Change</td>
<td>3%</td>
</tr>
<tr>
<td>Poverty</td>
<td>3%</td>
</tr>
<tr>
<td>Prostitution</td>
<td>3%</td>
</tr>
<tr>
<td>Childcare</td>
<td>3%</td>
</tr>
<tr>
<td>Family Planning Options</td>
<td>3%</td>
</tr>
<tr>
<td>Getting Problems Resolved</td>
<td>3%</td>
</tr>
<tr>
<td>Healthcare: Education</td>
<td>1%</td>
</tr>
<tr>
<td>Healthcare: Quality</td>
<td>1%</td>
</tr>
<tr>
<td>Healthcare: Workforce</td>
<td>1%</td>
</tr>
<tr>
<td>Property Values/Taxes</td>
<td>1%</td>
</tr>
</tbody>
</table>