
*The Cecil County
Community
Health Survey
2009*



Report

May 2010

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Acknowledgement

Thank you again Cecil County!

We are grateful to all those people who have participated in this third Cecil County Community Health Survey, and to those who serve on the Cecil County Community Health Advisory Committee and on its five task forces. Your participation in this survey will help to improve the health of Cecil County residents by providing us with information to set priorities and plan programs. Without all of you, this survey and report could not have happened.

We would also like to thank Union Hospital for their contributions in making this survey possible.

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Health Officer

Table of Contents

Introduction	1
Methodology	2
Population	2
Sampling Method	2
Sample Weighting	2
Questionnaire	2
Administration Procedures	4
Survey Results	5
Section 1. Demographic Information	5
Section 2. Health Status	7
Section 3. Physical Activity	8
Section 4. Lifestyle/Diet	9
Sections 5, 6, 7. Hypertension/Cholesterol/Diabetes Awareness	11
Section 8. Colorectal Cancer Screening	12
Section 9. Prostate Cancer	14
Section 10. Women's Health	14
Section 11. Children's Health	18
Section 12. Adult Immunization	19
Section 13. HIV/AIDS	20
Section 14. Oral Health	21
Section 15. Health Care Access	23
Section 16. Safety and Emergency Preparedness	26
Section 17. Tobacco Use	29
Section 18. Alcohol Consumption/Drug Use	33
Appendices	37

Appendix A: Data Comparison (1999 vs. 2004 vs. 2009)	39
Appendix B: Cecil County Population.....	45
Appendix C: Cover Letter and Questionnaire.....	48

Introduction

The mission of the Cecil County Health Department is to improve the health of Cecil County residents in partnership with the community by providing leadership to find solutions to our health problems through assessment, policy development, and assurance of quality health services and education. The Health Department formed the Cecil County Community Health Advisory Committee and its task forces in collaboration with different county agencies, organizations, and representative citizens, to help achieve this mission.

The Cecil County Community Health Survey was repeated in spring 2009 to collect health data that will be used to develop programs that address the priority health problems identified by the county's community task forces. Periodic assessments of the health needs and problems of the community are necessary in order to effectively target educational programs and community interventions. The data collected through the survey are specific to the county and represent a large enough sample size that allows for the generalization of the results to the county population. Before the first countywide health survey in 1999, most of the survey data available for the county were based on small population samples.

The first health survey conducted in October 1999 provided data that was used to determine baseline information about the county's most pressing health problems. The community task forces used the results to review their progress and identify new health issues that were not evident or could not be measured before. In 2000, following this review process, existing task forces developed new goals and objectives, and new task forces were formed to address the new priority health problems.

The second health survey conducted in 2004 provided data that was used to gauge the health of the county five years after the baseline survey. This survey's results were used by the county task forces to develop new goals and objectives as well as measure changes in the county's health status from 1999 to 2004.

The Community Health Advisory Committee (CHAC) also used these results to develop the Cecil County Community Health Plan for 2010, which is an assessment of the county's health problems, and the identification of priorities and strategies to address these problems. Each task force developed its own goals and objectives, which were then combined to represent the goals and objectives of CHAC. The five task forces are: Accidents, Alcohol and Drugs, Cancer, Lifestyles and Nutrition, and Tobacco.

Each task force developed questions for the 2009 survey that would meet their need for information. This survey, as well as the 1999 and 2004 surveys, was administered with a paper-and-pencil questionnaire. The questions addressed issues related to demographic information, health status, health care access, household safety and injury prevention, tobacco use, alcohol consumption and drug use, and community safety concerns.

The results of the current survey will provide information on the county's health and will be used to review the progress towards achieving health objectives for 2010 and also to identify new health priorities for the next five years.

The first part of the report provides a description of the survey methodology and administration. The second part presents the results of the survey in eighteen sections which follow the format of the questionnaire. The third section of the report provides tables that compare the 2009 survey results with past surveys and with the national Healthy People 2010 targets.

Methodology

Population

The target population of the survey was all non-institutionalized adult residents that were living in the county at the time of the survey. The total adult population of the county and the population for each zip code were determined using the 2000 US Census Bureau data. The survey was administered to residents 18 years of age and over. The respondents were asked not to write their name or any identifying information on any part of the survey. A cover letter explained the strict anonymity of the information they were contributing.

Sampling Method

To ensure representation from different categories and from different zip codes of the county, a stratified cluster sampling was used. This also would ensure that there were a sufficient number of participants from each zip code. The sample size was determined in order to obtain a 95% confidence level around the measure for specific health variables. A contract was then made with a mailing service to develop a systematic random sample from a list of households within each zip code. The mailing service then mailed the questionnaire to that sample with a cover letter. Only adults 18 and over were asked to complete the questionnaire.

Sample Weighting

As in many surveys, participation in this survey varied for different subgroups of the population. For example, there were more women who participated than men, and participation varied by age and by education level.

In order to compensate for some of these biases, weighting factors were applied to the sample data in the analysis. This creates a sample that more closely resembles the actual population of the county. The weighting helps to generate approximated measures that can be generalized to the county population as if all residents of Cecil County had been surveyed. The post-stratification weighting process was based on gender, age and education. The proportions of racial groups in the survey sample were not significantly different from those of the general county population, so there was no adjustment for race in the analysis.

Questionnaire

The questions of the 2009 Cecil County Community Health Survey were based mostly on the format of the Behavioral Risk Factors Surveillance System (BRFSS) from the federal Centers for Disease Control and Prevention (CDC). Some BRFSS definitions, such as overweight, may be different from those used by other institutions, but to allow us to have comparable data to Maryland and the United States; we are using the BRFSS definitions. Additionally, some of the definitions used in this survey are different from those used in the previous surveys, so comparison of data from the three surveys have to be made with caution for some variables. The questionnaire was separated into eighteen sections and contained a total of 134 questions (see Appendix C).

Section 1 asked questions about the respondents' demographic information. These questions characterized the respondents by their zip code, gender, age, and racial category. To determine the racial category, the respondents were given the choice to select more than one option. This is consistent with federal regulations about race identification in scientific studies, which allow multiracial persons to select all racial categories that pertain to them. Section 1 also included questions about education, employment, and household income. The purpose of these questions was to match the characteristics of the sample with those of the county's population.

Section 2 asked respondents to describe their health status and their personal and family health history. This section was important in measuring how the respondents perceive their own health and to determine the impact of poor physical and mental health on their daily activities.

Section 3 asked questions about physical activity, with a particular emphasis on moderate physical activity and vigorous physical activity following CDC guidelines. The questions will help to determine whether the respondents meet the CDC guidelines for recommended physical activity. Lack of physical activity is an important determinant of chronic disease.

Section 4 asked questions about respondents' weight and servings of fruits and vegetables eaten.

Sections 5, 6 and 7 assessed high blood pressure, high blood cholesterol and diabetes prevalence. The questions will determine awareness of these risk factors and the attitude of the respondent towards their health problems.

In Sections 8, 9 and 10, respondents were asked questions about screening for colorectal cancer, prostate cancer, breast cancer and cervical cancer. The frequency of screening tests and reasons for not having the indicated tests were also assessed for different population groups.

Section 11 addressed children's health. It determined parents' attitudes towards preventive health services for their children, as well as access to the health services.

Sections 12, 13 and 14 addressed adult immunization, HIV/AIDS issues and oral health. Respondents were asked questions about flu and pneumonia shots, their knowledge and attitude on HIV prevention and access to dental care services.

Section 15 dealt with health care access and barriers that prevent residents from receiving medical and mental health services and needed prescriptions. Respondents were asked questions about access to primary care, as well as availability and duration of health care and prescription coverage. Respondents were also asked to rate, on a scale, the quality of health care resources in the county and to describe what they feel is missing in the health care continuum. These answers will help us to identify barriers to health care and preventive care.

In Section 16, respondents were asked questions about safety and emergency preparedness for themselves and their families. The section assessed household safety and injury prevention issues. The questions dealt with topics such as: smoke detectors, guns, cardio-pulmonary resuscitation (CPR) knowledge, and seatbelt, child safety seat, and helmet use by respondents and their children.

Section 17 addressed tobacco use. Respondents were asked about smoking status, number of cigarettes smoked per day, and attempts to quit smoking. There were also questions about

smokeless tobacco and cigar use. Tobacco use is related to many health problems, such as cancer, respiratory disease, and preterm/low birth weight babies.

Sections 18 related to alcohol consumption and drug use. The questions assessed drinking habits and also addressed drunk driving and use of street drugs. Alcohol and drug abuse are risk factors for accidents and many other health problems.

Administration Procedures

The questionnaire was designed to address the questions of interest to the five task forces, but to not be too long to discourage survey participation. Questions from the BRFSS have been validated, with check boxes provided for the response options. The survey was pre-tested to ensure it did not require too much time to complete and that there was a clear understanding of the questions.

As described before, the questionnaire was mailed, accompanied by a cover letter explaining the purpose, who was sponsoring it, who should complete the survey, and that it was anonymous. There was only one mailing, and no follow-up mailings, in order to ensure the anonymity of the respondents. A self-addressed, stamped envelope was included with the survey for the respondents' convenience.

Articles were published in the local paper before the questionnaire was sent out to inform the population about the survey. Other articles were also published later after the questionnaire was mailed out to remind the participants to return the completed survey by a given date. Other media were also used to inform the public and increase participation.

Survey Results

Section 1. Demographic Information

The response rate of 29.5% reflects the one time only mailing, without follow-up mailings. All of the 3,149 returned surveys had useful information, and were included in the analysis. The median age of the respondents was 56, and the age range was from 18 to 97 (only adults 18 years of age and over were asked to participate). Almost three-quarters of the respondents (73.2%) were female and 0.9% was of Hispanic origin (from any race).

Due to small proportions of race categories other than white, respondents were classified into two groups: White or Non White. Respondents were 96.2% White and 3.8% Non White. In the general population, 94.5% are White and 5.5% are Non White (according to US Census 2000). Respondents in the age group 18 to 24 represented only 1.2% of the sample and 10.3% in the general population. The proportions of respondents 45 years of age and older were significantly higher than in the general population. For example, respondents in the age group 55 to 64 represented 24.7% of survey participants but only 9.0% in the county population. To ensure all age groups reflected the distribution of the county population, there was an adjustment for age in the post-stratification weight.

There was significantly less participation from people with an educational level less than Grade 12, as compared to their proportion in the general population (5.6% in the survey sample, compared to 18.8% in the general population). There were also differences in proportions among the other education levels between the survey sample and the county population. Respondents with a college education were over-represented in the survey sample.

There was no significant difference in income level between survey participants and the general county population, and no adjustment was needed based on income.

As indicated in the sampling method section, the demographic differences between the survey sample and the general population were adjusted for, using a sample weight.

Assessing the prevalence of behavioral risk factors among certain demographic categories provides useful information for developing public health prevention programs. For example, several of the Healthy People 2010 objectives, the prevention agenda for the nation, are developed to eliminate racial health disparities. Some other objectives are related to eliminating differences in the prevalence of health risk factors by gender, age group, education, or income level of the general population.

In the survey results, a comparison of prevalence percentages based on certain demographic characteristics, such as race, sex, age group, education and income is provided when the size of the sample of respondents to a specific question allows statistical analysis.

Table 1: Sample and Population Characteristics

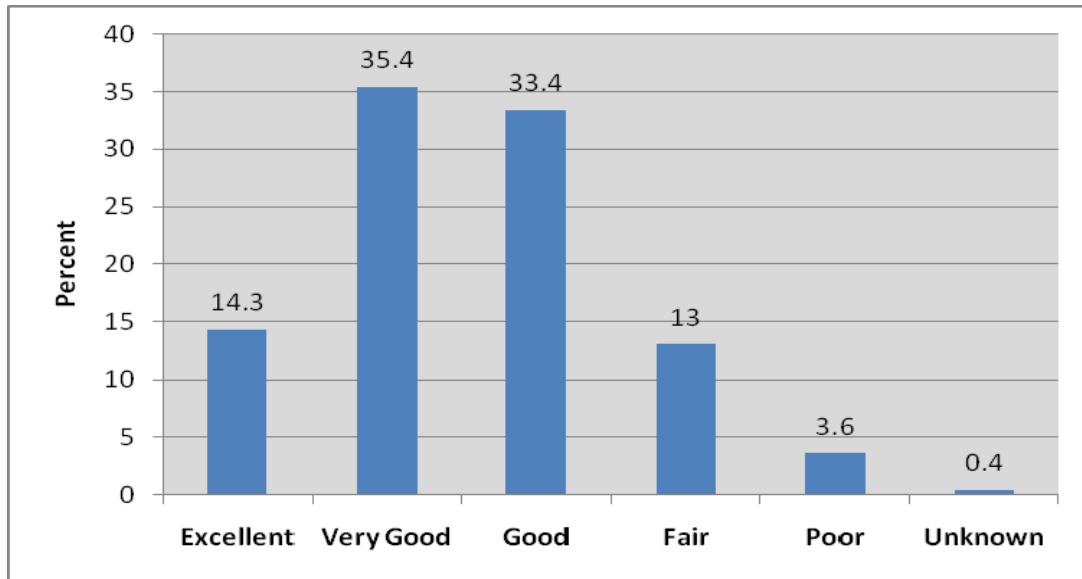
	Survey Sample		County Population (2000 US Census)	County Population (2008 US Census Est.) %
	Number	%	%	
Sex				
Male	838	26.6	49.6	49.3
Female	2286	72.6	50.4	50.7
Unknown	25	0.8	-	-
Hispanic/Non Hispanic				
Hispanic	27	0.9	1.5	2.4
Non Hispanic	3122	99.1	98.5	97.6
Unknown	0	0	-	-
Race Group				
White	3028	96.2	94.5	91.6
Non White*	121	3.8	5.5	8.4
Unknown	0	0	-	-
Age Group**				
18-24	37	1.2	10.3	N/A
25-34	232	7.4	13.9	
35-44	481	15.3	17.2	
45-54	716	22.7	14.3	
55-64	779	24.7	9.0	
65+	864	27.4	10.5	
Unknown	40	1.3	-	
Education				
Less than Grade 12	176	5.6	18.8	N/A
Grade 12 or GED	906	28.8	37.9	
College 1 year to 3 years	1095	34.8	26.9	
College 4 years or more	949	30.1	16.4	
Unknown	23	0.7	-	
Household Income				
\$15,000 or less	216	6.9	9.8	N/A
\$15,001 - \$25,000	301	9.6	10.1	
\$25,001 - \$50,000	750	23.8	29.4	
\$50,001 - \$75,000	627	19.9	24.6	
More than \$75,000	1088	34.6	26.1	
Unknown	167	5.3	-	
Employment				
Employed	1459	46.3	N/A	N/A
Self-employed	257	8.2		
Homemaker	248	7.9		
Retired	908	28.8		
Student	26	0.8		
Unable	112	3.6		
Out of work	113	3.6		
Unknown	26	0.8		
All	3149	100	100	

* Non White includes African American, Indian, Asian, Hawaiian and Pacific Islander and those who had more than one race

** Include adults 18 years of age and over

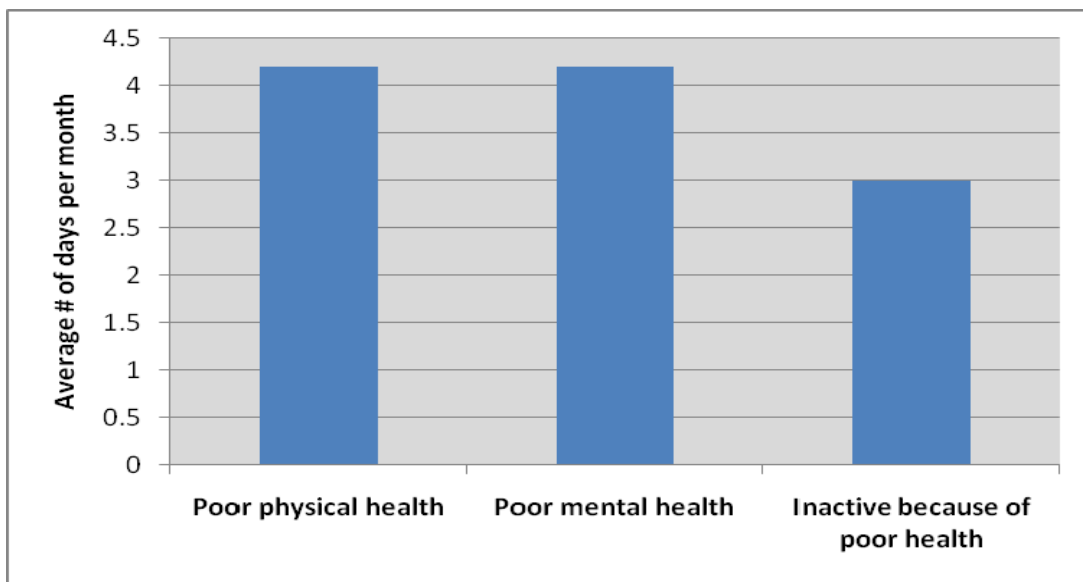
Section 2. Health Status

Figure 1: How is Your General Health? (Percent)



The self-reported general physical and mental health status of Cecil County residents is overall good. Most of the respondents (83.1%) considered their general health as “good or better” and 16.6% considered their general health as fair or poor.

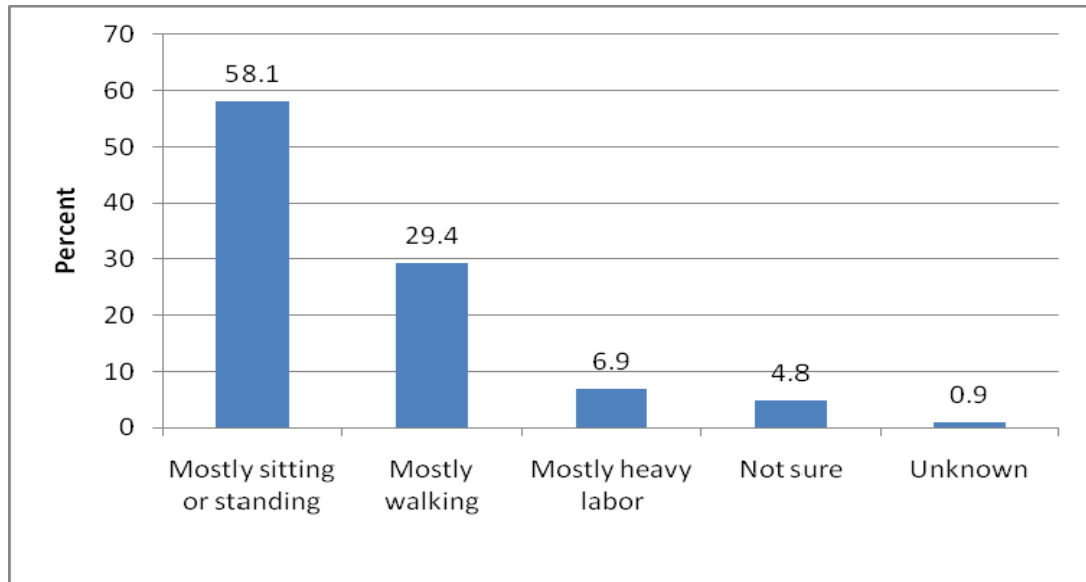
Figure 2: Average Number of Days of Poor Health in the Past Month



Respondents had on average 4.2 days of poor physical health and poor mental health in the past month. For those who could not perform their daily activities due to poor health on any day in the past month, the average was 3 days.

Section 3. Physical Activity

Figure 3: In Your Daily Living, Which of the Following Best Describes What You Do? (Percent)



Most respondents are involved in occupations where they are mostly sitting or standing (58.1%), but many are involved in an occupation where they are mostly walking (29.4%), or doing heavy labor or physically demanding work (6.9%).

Physical activity guidelines have changed from those used in the 1999 Cecil County Community Health Survey. In that survey, three categories of physical activity were considered (regular, irregular and inactive). Respondents who reported exercising for at least 20 minutes for three or more days in the week were considered to have regular physical activity. Research currently indicates that any level of physical activity provides some health benefits. Therefore, in both the 2004 and 2009 surveys, respondents who reported having any level of physical activity were considered physically active, but were further categorized as meeting moderate or vigorous physical activity definitions. Moderate and vigorous physical activity provides even more health benefits.

Respondents who reported doing 30 or more minutes per day of moderate physical activity for five or more days per week were considered to meet the moderate physical activity definition. Those who reported doing 20 or more minutes per day of vigorous physical activity for three or more days per week were considered to meet the vigorous physical activity definition.

Table 2: Moderate and Vigorous Physical Activity (Percent)

	Yes	No
Moderate Physical Activity	33.0	67.0
Vigorous Physical Activity	25.9	74.1

Based on the new physical activity guidelines, 33.0% met moderate physical activity requirements and 25.9% met vigorous physical activity requirements.

Section 4. Lifestyle/Diet

Table 3: Percent of Overweight/Obese (Percent)

	Yes	No	Unknown
Overweight (includes obese)	65.9	31.8	2.3
Obese	33.3	64.4	2.3

Body Mass Index (BMI) is used to determine overweight status. It is determined by dividing the weight in kilograms by the square of the height in meters. Respondents who have a BMI equal to or greater than 25 are considered overweight, and those with a BMI equal to or greater than 30 are considered obese. These were the guidelines used in the 2004 survey but were different from those used in the 1999 health survey. In the 1999 survey, the cut off for defining overweight was a BMI of 27.3 for women and 27.8 for men.

In this survey, 65.9% of all respondents were considered overweight (anyone with a BMI greater than 25 are included in this percentage, so this includes those participants that are obese as well). Out of all the respondents that participated in the survey, 33.3% were considered obese (anyone that had a BMI of 30 or greater). This is a 6.1% increase in overweight respondents and a 7.6% increase in obese respondents from the 2004 survey percentages. This number is concerning because this means almost 66 percent of the county is either overweight or obese.

Table 4: Overweight and Obese Status by Demographic Characteristics (Percent)

		Yes	No	Unknown
Overweight (includes obese)	White	65.8	31.9	2.3
	Non White	68.7	29.0	2.3
	Male	77.4	21.0	1.6
	Female	61.0	36.4	2.6
All		65.9	31.8	2.3
Obese	White	32.7	65.0	2.3
	Non White	47.0	50.7	2.3
	Male	34.2	64.2	1.6
	Female	32.9	64.5	2.6
All		33.3	64.4	2.3

Male respondents have a higher overweight percentage than their female counterparts. Non-White respondents have a higher overweight percentage than White respondents. Both values were significantly different.

Respondents were also asked if they were trying to lose weight. About 64% of respondents who were overweight reported that they were trying to lose weight (64.4%), compared to 32.8% of those who were not overweight. Most of the respondents who were trying to lose weight used multiple weight loss methods at the same time (42.2%), while 6.8% reported reducing fat in their diet as their only weight loss method, 8.5% used exercise only and 11.9% only reduced calories in their diet.

The majority of respondents who were overweight (60.5%) reported not being given advice to lose weight but 37.3% did receive advice to lose weight. For respondents who were obese, 43.8% did not receive advice to lose weight but the majority (54.7%) did receive such advice.

Table 5: Fruit and Vegetable Consumption (Percent)

	Male	Female	All
Less than 2 servings per day	4.2	3.3	3.6
2 to 4 servings per day	39.6	36.1	37.1
5 or more servings per day	18.3	24.7	22.8

Eating five or more fruit and vegetable servings a day is associated with better health. Almost 23 percent of respondents reported eating five or more fruit or vegetable servings a day.

Sections 5, 6, 7. Hypertension, Cholesterol Awareness, and Diabetes

Table 6: Persons Who Have High Blood Pressure, High Blood Cholesterol, or Diabetes (Percent)

		Yes	No	Unknown
High Blood Pressure	White	42.5	57.5	-
	Non White	46.7	53.3	-
	Male	50.9	49.1	-
	Female	39.1	60.9	-
	All	42.6	57.4	-
High Blood Cholesterol	White	42.6	57.4	-
	Non White	44.8	55.2	-
	Male	50.5	49.5	-
	Female	39.3	60.7	-
	All	42.7	57.4	-
Diabetes	White	12.4	86.2	1.4
	Non White	23	74.2	2.8
	Male	16.4	81.9	1.7
	Female	11.3	87.3	1.4
	All	12.8	85.7	1.5

The prevalence percentages of high blood pressure, high blood cholesterol and diabetes are 42.6%, 42.7% and 12.8% respectively. The prevalence percentages of high blood pressure, high blood cholesterol, and diabetes are significantly higher for men than women. The prevalence percentage of diabetes is significantly higher for Non-White respondents. The gender difference was not significant for diabetes. Of the respondents who reported they have been told they have high blood pressure, 81.1% are taking medicine.

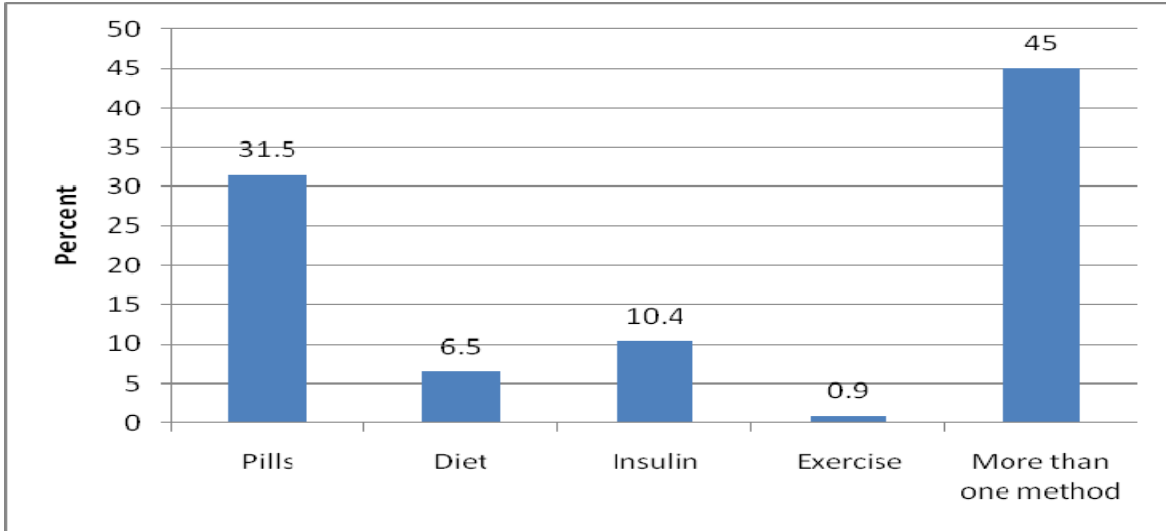
Table 7: Time Since Blood Pressure or Blood Cholesterol Was Last Checked (Percent)

Last time test was performed	Blood Pressure	Blood Cholesterol
Less than one year	91.4	59.3
Within 1 to 2 years	4.1	14.9
Within 2 to 5 years	2.1	8.9
More than 5 years ago	1.2	4.6
Never	0.4	9.9
Unknown	0.8	2.4

Respondents who never had their blood pressure checked, or who had not had it checked within the past 2 years, are considered unaware of their hypertension risk. Those who have never had their blood cholesterol checked or were last checked five or more years ago are considered unaware of their risk for having high blood cholesterol.

The majority of respondents had their blood pressure checked within the past year (91.4%). About 3.7% of the respondents either never had their blood pressure checked or had it last checked more than two years ago, and are considered at risk. About 14.5% of respondents either never had their blood cholesterol checked or had it last checked more than five years ago, and are considered at risk.

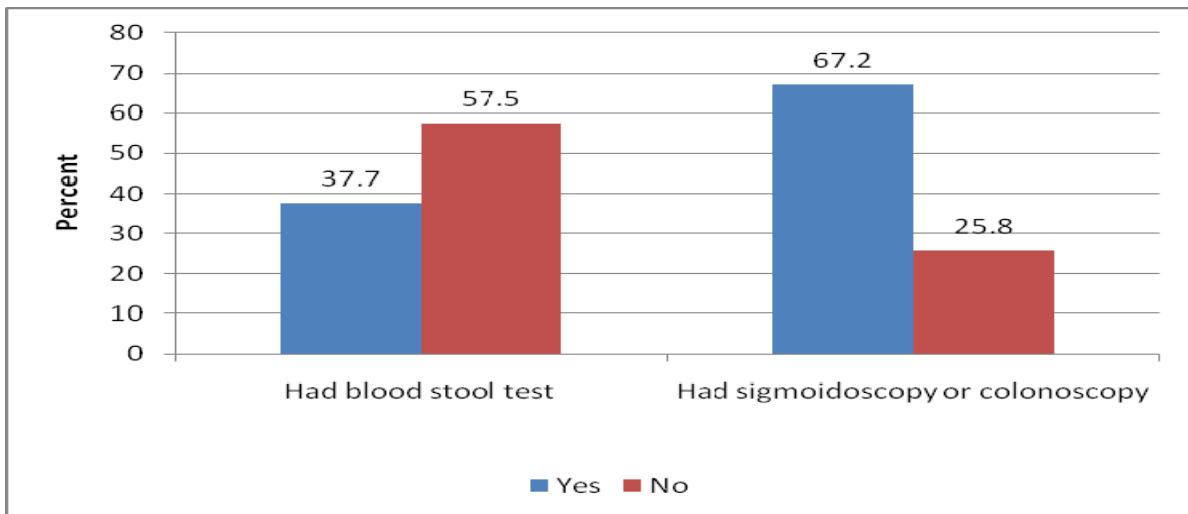
Figure 4: How is Your Diabetes Treated? (Percent)



Most respondents had their diabetes treated using a combination of different methods, and almost 32% used pills alone to treat their condition. The mean age when the diabetes was diagnosed was 33 (31 for men and 36 for women), and those who have diabetes had seen their healthcare provider for their condition on average three times in the past year with a range from 0 to 60 times.

Section 8. Colorectal Cancer Screening

Figure 5: Adults Age 50 and Over Who Had Colorectal Cancer Screening Tests (Percent)*



* Unknown or Not Sure not included

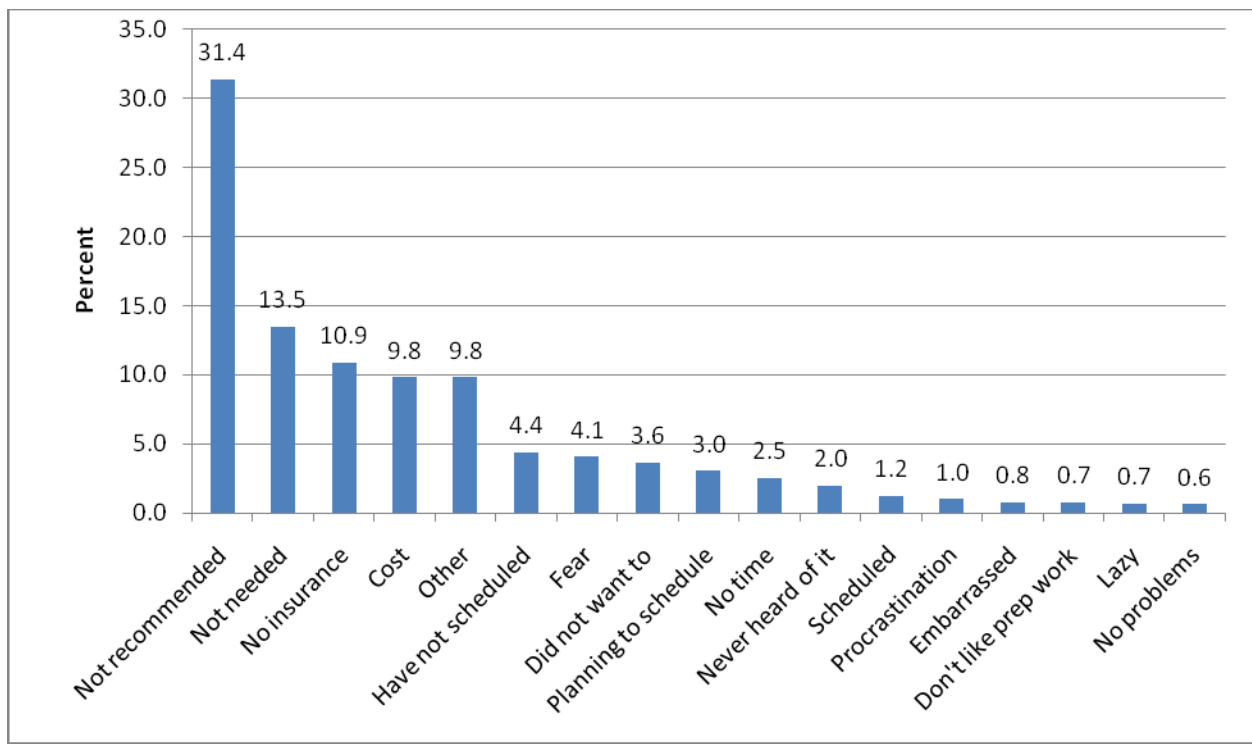
For respondents age 50 and over, 37.7% reported having a blood stool test and 67.2% reported having a colonoscopy or sigmoidoscopy. The blood stool test is a test used to determine whether the stool contains blood. It is an initial screening tool for colorectal cancer. The adult population 50 years of age and older and those at high risk for colon cancer are recommended to have a colonoscopy, an exam that helps to diagnose cancer of the colon and the rectum.

Table 8: Time Since Last Colorectal Cancer Screening Test Was Performed (Percent)

	Fecal Occult Blood Test	Sigmoidoscopy or Colonoscopy
Less than one year	21.9	20.5
Within 1 to 2 years	17.5	18.1
Within 2 to 5 years	26.2	40.0
More than 5 years ago	32.0	19
Unknown	2.5	2.5

Of those who reported having a blood stool test, or a sigmoidoscopy or colonoscopy, almost 22% of respondents age 50 and over reported having their last fecal occult blood test within the past year, and 78.6% reported having their colonoscopy or sigmoidoscopy within the past five years.

Figure 6: Most Important Reasons for Never Having Sigmoidoscopy or Colonoscopy for Respondents Age 50 and Over (Percent)



Section 9. Prostate Cancer

Table 9: Time Since Last Digital Rectal Exam Was Performed (Men 40 and Older)

	Percent
Less than one year	38.3
Within 1 to 2 years	18.3
Within 2 to 3 years	10.8
Within 3 to 5 years	6.9
More than 5 years ago	11.5
Unknown	14.4

From age 40, all men are advised to have an exam or a test for prostate cancer regularly. More than 67% of men in that age group reported having a digital rectal exam and 56.6% of them had the exam within the past two years. A higher proportion of respondents age 50 and over (72.8%) had the exam. Of all the male respondents, 6.9% reported having had prostate cancer.

Section 10. Women's Health

Table 10: Women Age 40 and Older Who Had a Mammogram (Percent)

	Yes	No	Unknown
Race group			
White	93.4	6.6	-
Non White	96.5	3.5	-
Age group			
40-49	88.4	11.7	-
50-59	95.3	4.7	-
60-64	96.0	4.0	-
65+	95.7	4.3	-
Education			
Less than Grade 12	90.2	9.8	-
Grade 12 or GED	92.9	7.1	-
College 1 to 3 years	94.8	5.2	-
College 4 years or more	95.5	4.5	-
Income			
\$15,000 or less	88.9	11.1	-
\$15,001 - \$25,000	93.3	6.7	-
\$25,001 - \$50,000	93.6	6.4	-
\$50,001 - \$75,000	93.7	6.3	-
More than \$75,000	95.2	4.8	-
All	93.5	6.5	-

Many authorities recommend a mammogram every 1 – 2 years for women age 40 and over. More than 93% in this age group had had a mammogram. Of these, 8.1% reported having only one mammogram. Women with higher educational levels and higher incomes were more likely to have a mammogram. The proportion of women who had a mammogram increased from age group 40 to 49 until the age group 60 to 64, and then dropped for women age 65 and over. There were only slight variations of the proportions by race group and were not significantly different.

Table 11: Clinical Breast Exam, Women Age 40 and Over (Percent)

		Yes	No	Unknown
Race group	White	93.7	4.1	2.3
	Non White	85.9	5.7	8.4
Age group	40-49	97.0	2.1	0.9
	50-59	95.8	3.4	0.9
	60-64	94.5	4.4	1.1
	65+	87.3	6.6	6.1
Education	Less than Grade 12	84.0	3	0.0
	Grade 12 or GED	93.2	4.9	2.0
	College 1 to 3 years	95.7	2.9	1.3
	College 4 years or more	98.0	1.8	0.2
Income	\$15,000 or less	87.8	8.1	4.0
	\$15,001 - \$25,000	84.2	7.8	8.0
	\$25,001 - \$50,000	94.7	4.2	1.2
	\$50,001 - \$75,000	97.2	2	0.8
	More than \$75,000	98.3	1.5	0.2
All		93.4	4.1	2.5

For women age 40 and over, race was also not a significant factor in having a clinical breast exam. The proportion of women who had the exam decreased after the age of 65. Women with an income of \$15,001-\$25,000 were less likely to have the exam. Among women age 40 and over, the higher the education level, the more likely they were to have the exam.

Several programs have been implemented in past years to eliminate the difference in breast cancer screening percentages along racial, income and education lines, especially for women age 40 and over.

Table 12: Time Since Last Breast Cancer Screening Test Was Performed (Percent)

	Clinical Breast Exam (Women 40 and over)	Mammogram (Women 40 and over)
Less than one year	52.0	53.8
One to 2 years	18.8	18.7
2 to 3 years	8.4	8.0
3 to 5 years	6.5	5.1
More than 5 years	8.6	6.6
Unknown	5.6	7.9

Almost 54% of all women age 40 and over had received a mammogram in the last year, and almost 73% had received a mammogram in the last two years. Income was a significant factor in having a mammogram within the past year (Figure 7). Women with an annual income of less than \$15,000 were less likely to have received a mammogram in the past year (45.4%), as compared to those with higher incomes, especially those with an annual income of more than \$75,000 (65.2%).

Figure 7: Women Age 40 and Over Who Had Their Mammogram within the Past Year by Income (Percent)

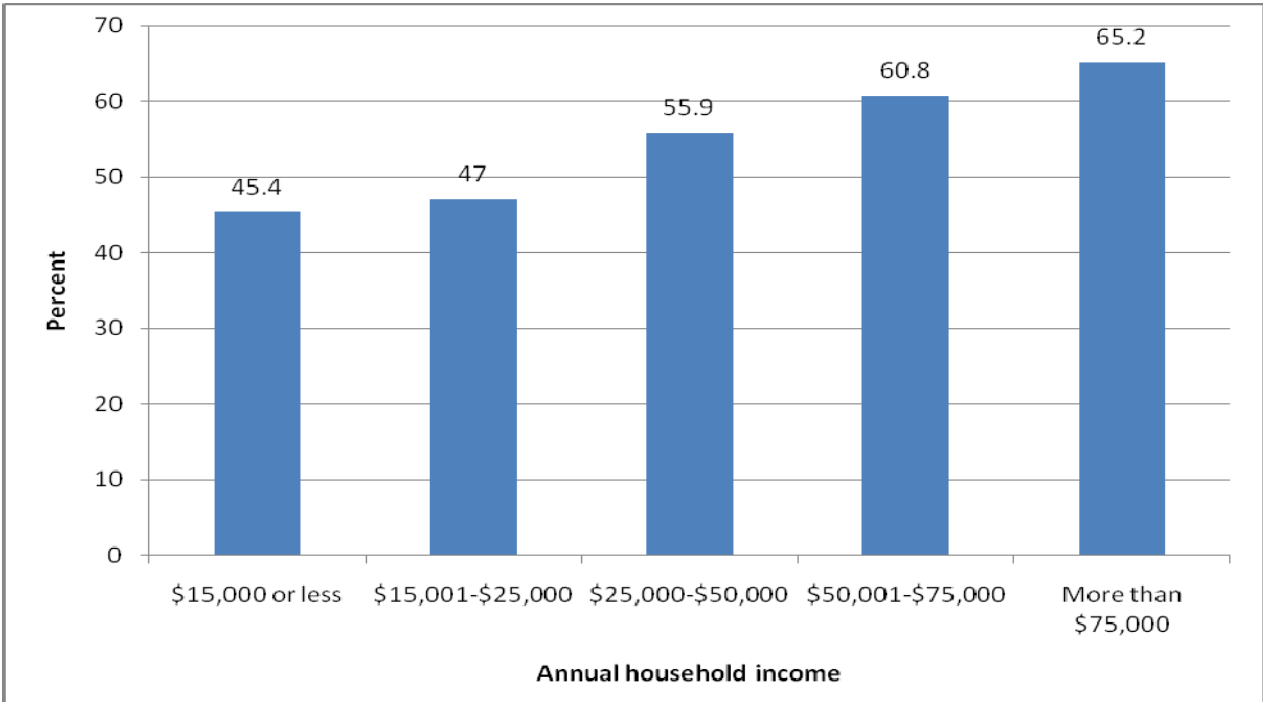


Table 13: Most Important Reason for Not Having a Mammogram for Women Age 40 and Over (Percent)

	No Mammogram in Past Year	Never Had a Mammogram
Has not been recommended	13.2	17.6
No health insurance to pay for it	7.7	6.5
Not needed/Not necessary	8.7	13.2
Cost	7.9	11.5
Other	31.9	24.6

A high proportion of women of all demographic groups had reported having a Pap test, which is a test to identify pre-cancerous or cancerous lesions of the uterine cervix (cervical cancer). Women age 18-24 and those 65+ were significantly less likely to have received a Pap test. Women with less than a Grade 12 education were significantly less likely to get a Pap test. Women with less than \$25,000 income were significantly less likely to get a Pap test.

Table 14: All Women (18 and Older) Who Had a Pap Test (Percent)

	Yes	No	Unknown
Race group White	95.5	2.7	1.8
Non White	95	5.0	0.0
Age group 18-24	90.2	9.8	0.0
25-34	97.1	1.9	1.0
35-44	97.3	1.7	1.0
45-54	97.7	1.0	1.3
55-64	97.5	1.7	0.8
65+	90.7	5.1	4.3
Education Less than Grade 12	90.2	6.3	3.5
Grade 12 or GED	95.9	1.8	2.4
College 1 year to 3 years	96.6	2.5	0.9
College 4 years or more	96.6	2.6	0.8
Income \$15,000 or less	93.3	3.9	2.8
\$15,001 - \$25,000	91.3	7.0	1.7
\$25,001 - \$50,000	97.0	1.4	1.6
\$50,001 - \$75,000	95.1	3.1	1.8
More than \$75,000	98.1	1.3	0.6
All	95.5	2.8	1.7

Section 11. Children’s Health

Table 15: Children’s Health - Children Under 18 (Percent)

	Yes	No	Don’t Know/No Response
Mother Received Prenatal Care	83.5	0.8	18.7
Health Insurance for Children	87.1	4.0	8.9
Dental Insurance for Children	78.5	12.7	8.8
Regular Dental Checkups	72.4	15.4	12.2
Up to date on Immunizations	89.3	1.3	9.5
Lead Poisoning Screening (6 or younger)	51.2	18	30.8
Lead Poisoning Test (6 or younger)	35.4	28.6	36.0

The majority of women who were the birth mother of their children (83.5%) had received prenatal care for each of their children. Most of the women also reported that their children had health insurance, dental insurance and were up to date on their immunizations. A significant number of respondents with children 6 years old or younger did not know whether their children had been screened (18.0%) or tested (28.6%) for lead poisoning.

Most parents who have children in their household (70.1%) had serious discussions with their children about at least one of the following consequences: drinking alcohol, using drugs/tobacco, getting STDs, riding in the car with someone who’s been drinking and about sexual abuse. However, 29.9% did not have a serious discussion about any of these subjects with their children. Almost 37% of parents discussed all of the consequences with their children.

About 53% of parents with teenage children (age 13 to 17) had discussed pregnancy prevention with their child; 83.3% of parents with teenage girls talked with them about pregnancy prevention, whereas only 13.7% of parents with teenage boys talked to them about pregnancy prevention. About 16% of parents had discussed abstinence, 3.1% had discussed birth control, and 35.9% had discussed both. Almost 71% of respondents reported that if they had a teenager who was sexually active, they would encourage him or her to use a condom.

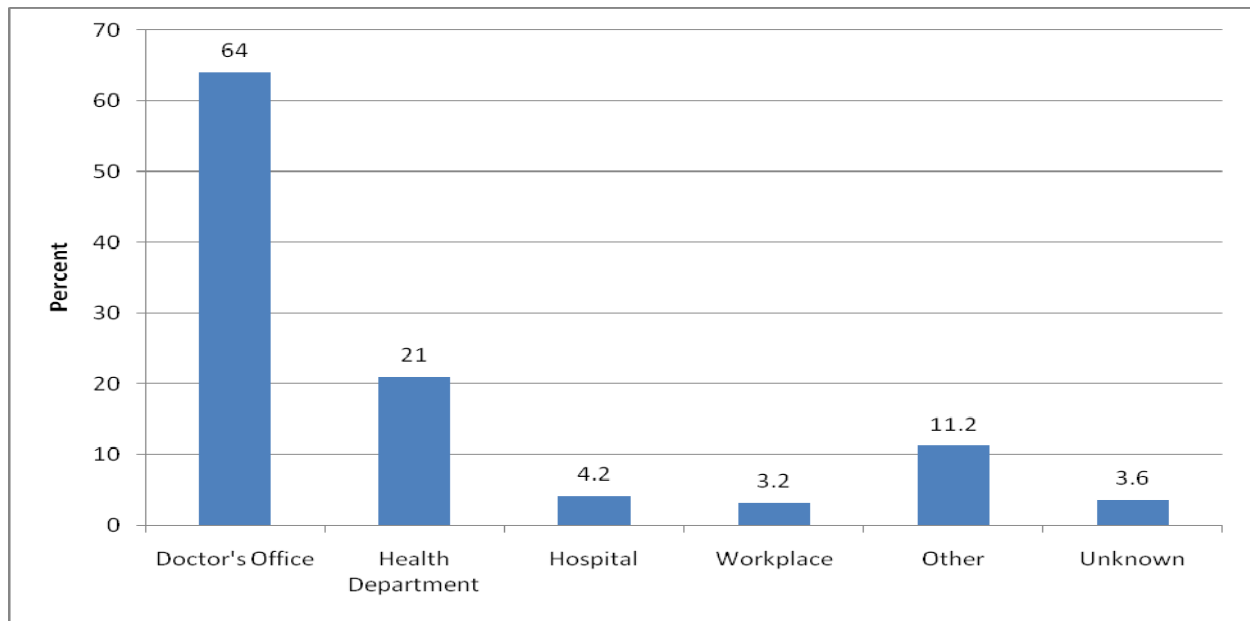
Section 12. Adult Immunization

Table 17: Adult Immunization - Age 65 and Over (Percent)

		Yes	No	Unknown
Had flu vaccine within past year	Male	75.9	23.1	1.0
	Female	75.1	23.9	1.0
	All	75.4	23.6	1.0
Had ever had pneumonia vaccine	Male	66.1	28.7	5.2
	Female	69.4	28.1	2.5
	All	68.1	28.4	3.5

About 75% of adults age 65 and over had received a flu shot in the past year, and 68.1% had ever received pneumonia vaccine. The national Healthy People 2010 objective 14-29a is to have 90% of non-institutionalized persons 65 years and over immunized against influenza every year. Objective 14-29b is to have 90% of persons of that same group to have ever received a pneumonia vaccine.

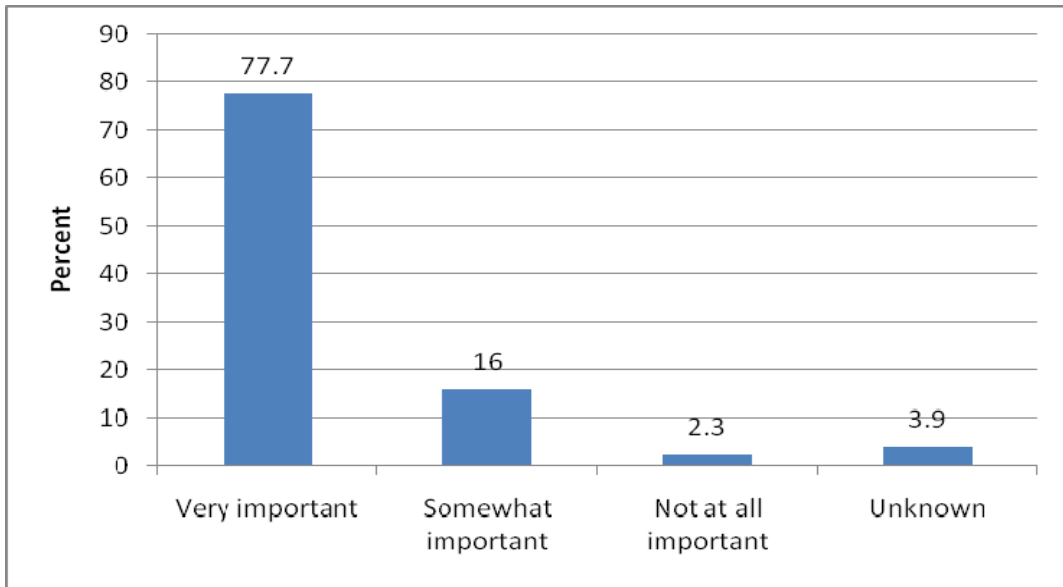
Figure 8: Where Did You Have Your Last Flu Shot? (Age 65 and Over) (Percent)



Most respondents age 65 and over reported receiving their flu shot at the doctor's office (64%), the local health department (21%) and the hospital (4.2%). For respondents of all age groups 56.1% received their flu shot at the doctor's office, 17.3% at the local health department, 19.2% at the workplace and 5.3% at the hospital.

Section 13. HIV/AIDS

Figure 9: How Important Do You Think it is for People to Know Their HIV Status by Getting Tested? (Percent)



Almost 94% of all respondents thought that it is very important or somewhat important to know their HIV status by getting tested (Figure 9), and 36.1% had been tested (Figure 10).

Figure 10: Have You Ever Had Your Blood Tested for HIV? (Percent)

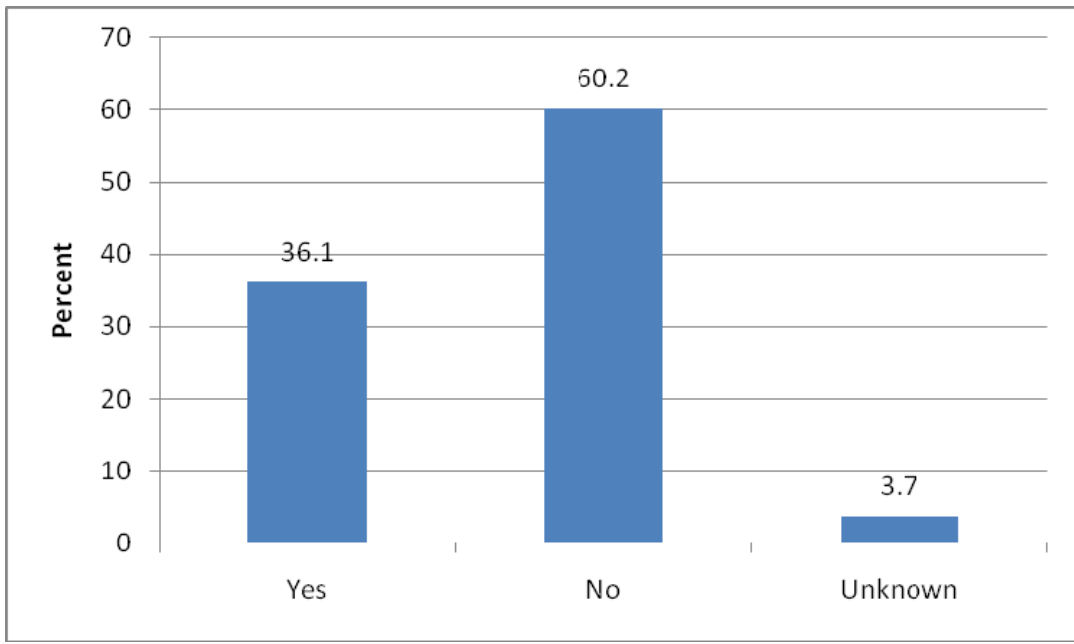


Table 18: How Effective Do You Think a Condom is for HIV Prevention? – Adults 18 to 49 Years Old (Percent)

		Very Effective	Somewhat Effective	Not at All Effective	Unknown
Gender	Male	49.6	41.2	8.2	1.0
	Female	42.1	47.6	7.9	2.4
Age group	18-24	42.1	39.0	18.9	0.0
	25-34	44.6	45.4	8.0	2.0
	35-44	46.2	45.6	5.6	2.6
	45-49	39.6	51.5	6.5	2.4
All		43.6	46.3	8.0	2.1

Ninety percent of the respondents in the age group of 18 to 49 thought that a properly used condom is very effective or somewhat effective for HIV protection. Both sex and age group showed significant differences. Males were more likely to think condoms were very effective in HIV prevention. Older respondents were also more likely to think they were effective.

Section 14. Oral Health

Table 19: Time Since Last Visit to the Dentist (Percent)

		Past Year	1 - 2 Years	2 - 5 Years	5+ years	Never	Unknown
Race group	White	63.3	11.3	10.3	12.7	0.8	1.6
	Non White	51.9	9.2	14.4	21.9	0.9	1.7
Gender	Male	63.2	11.3	10.0	13.4	0.6	1.5
	Female	62.7	11.2	10.7	13.0	0.9	1.5
Age group	18-24	55.7	29.5	9.2	0.0	2.8	2.8
	25-34	59.3	15.5	14.4	9.9	0.0	0.9
	35-44	64.7	12.6	12.6	9.9	0.0	0.2
	45-54	67.5	9.6	11.9	9.8	0.5	0.7
	55-64	69.2	8.1	7.1	13.6	0.6	1.4
	65+	55.6	9.6	9.6	20.5	1.7	3.0
Education	Less than Grade 12	36.6	6.9	15.6	33.3	3.8	3.8
	Grade 12 or GED	56.2	11.8	13.7	15.7	1.1	1.5
	College 1 to 3 years	66.2	14.4	8.9	9.2	0.1	2.1
	College 4 years or more	81.0	8.5	5.5	4.3	0.0	0.7
Income	\$15,000 or less	33.0	7.5	14.0	35.0	4.3	6.2
	\$15,001 - \$25,000	41.8	13.0	16.0	24.3	1.4	3.5
	\$25,001 - \$50,000	59.2	12.8	12.6	14.4	0.7	0.3
	\$50,001 - \$75,000	67.7	12.4	9.5	9.0	0.0	1.4
	More than \$75,000	80.1	9.8	6.2	3.6	0.0	0.3
All		62.8	11.3	10.5	13.1	0.8	1.5

About 63% of respondents had visited their dentist within the past year. Race, age, education and income were significant factors for visiting the dentist in the past year.

Figure 11: What is the Main Reason You Have Not Visited the Dentist in the Past Year? (Percent)

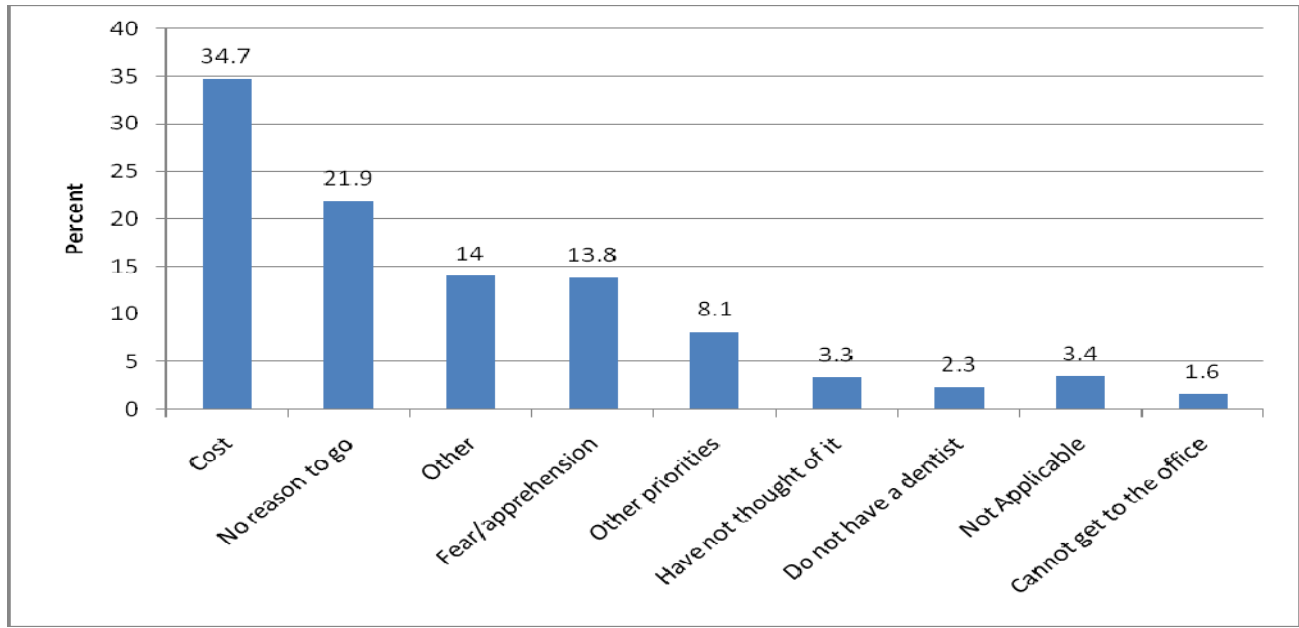


Table 20: Dental Insurance (Percent)

		Yes	No	Unknown
Race group	White	63.4	33.7	2.9
	Non White	50.1	43.4	6.5
Gender	Male	63.3	33.4	3.3
	Female	62.7	34.4	2.9
Age group	18-24	54.4	43.0	2.6
	25-34	75.4	22.1	2.5
	35-44	74.1	24.1	1.8
	45-54	70.9	26.5	2.6
	55-64	68.3	28.8	2.9
	65+	43.2	52.5	4.3
Education	Less than Grade 12	34.6	62.6	3.8
	Grade 12 or GED	59.2	37.6	3.2
	College 1 to 3 years	66.0	30.8	3.2
	College 4 years or more	78.3	19.7	2.0
Income	\$15,000 or less	26.2	69.4	4.4
	\$15,001 - \$25,000	31.5	63.6	4.9
	\$25,001 - \$50,000	57.7	38.9	3.4
	\$50,001 - \$75,000	76.2	21.6	2.2
	More than \$75,000	83.7	14.6	1.7
All	62.9	34.1	3.0	

Almost 63% of respondents had dental insurance, which significantly varied by race, age, education, and income. Non White respondents were more likely to have dental insurance and the highest proportion of respondents that had dental insurance were in the 35-44 age group. Those with higher education and income were more likely to have insurance coverage for dental care.

Section 15. Healthcare Access

Health care access was measured by asking whether the respondent had a primary care physician, how long it had been since they last visited a doctor, whether they had health coverage and their overall access to health care resources in the community. About 94% of respondents reported having a primary care doctor.

Table 21: Health Insurance Coverage (Percent)

	Yes	No	Unknown
Race group			
White	89.1	8.2	2.7
Non White	79.8	16.9	3.3
Gender			
Male	91.0	6.7	2.3
Female	87.8	9.3	2.9
Age group			
18-24	62.6	34.8	2.6
25-34	88.0	9.8	2.2
35-44	87.8	10.5	1.7
45-54	86.8	10.7	2.5
55-64	89.9	8.2	1.9
Education			
Less than Grade 12	76.9	18.7	4.4
Grade 12 or GED	88.7	8.9	2.4
College 1 to 3 years	86.8	7.9	5.3
College 4 years or more	94.5	3.6	1.9
Income			
\$15,000 or less	75.9	20.4	3.7
\$15,001 - \$25,000	75.7	20.6	3.7
\$25,001 - \$50,000	88.7	9.3	2.0
\$50,001 - \$75,000	92.2	5.2	2.6
More than \$75,000	95.5	2.1	2.4
All	88.8	8.5	2.7

Persons age 65 and over have health insurance through Medicare; 24.5% of all respondents stated that they had Medicare. About 87% of respondents age 18 to 64 had health insurance. The percentages increased with income. The percentages were also significantly different for race, gender, age and education level. Most respondents, other than those who reported having Medicare, had health insurance through their employer (39.8%), someone else's employer (17.9%), Medicaid (3.9%), the military (3.7%), or had their own health insurance (7.7%). The majority (68.5%) had their health coverage for more than five years.

For those who did not have any kind of health coverage, the main reasons were high premium (38.4%), being unemployed (22.5%), the employer does not offer it (10.1%), work part-time and not eligible (8.5%), or lost Medicaid eligibility (3.3%).

Table 22: Last Visit to the Doctor (Percent)

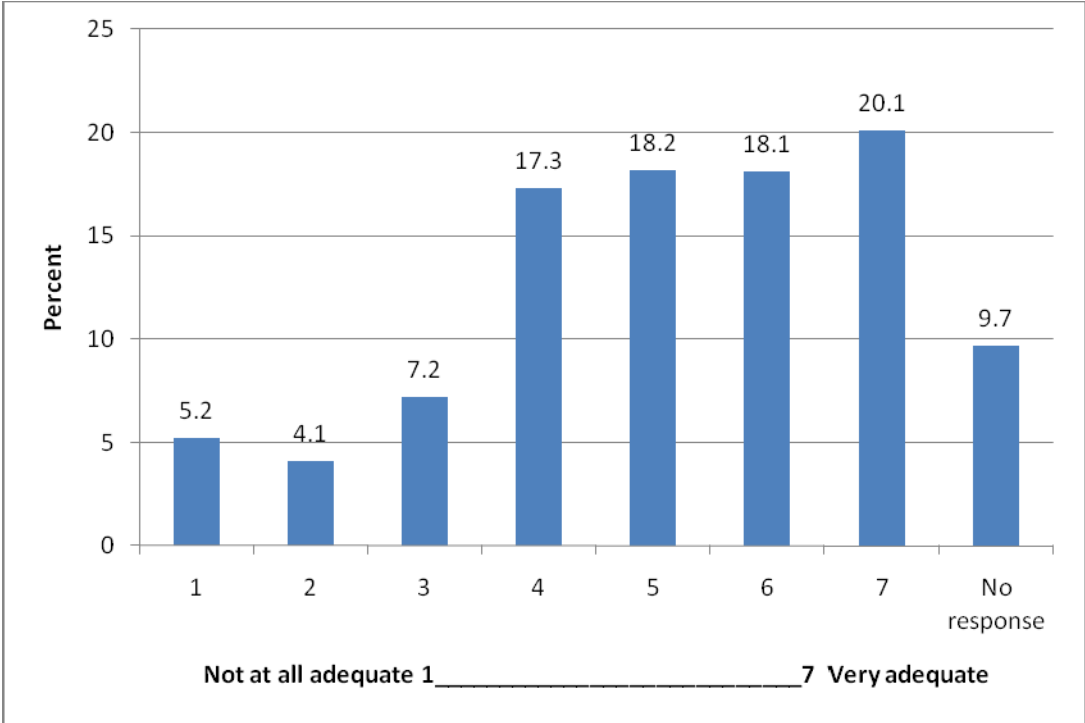
	Past Year	1 - 2 Years	2 - 5 Years	5+ years	Never
Race group White	69.8	15.1	9.0	5.0	0.4
Non White	70.6	13.9	5.2	5.6	0.8
Gender Male	71.9	14.3	7.8	4.2	0.4
Female	69.0	15.3	9.3	5.4	0.5
Age group 18-24	59.8	13.8	14.6	11.8	0.0
25-34	52.8	20.2	18.0	7.1	0.4
35-44	56.2	23.7	12.0	6.6	1.4
45-54	64.6	17.4	10.3	6.9	0.3
55-64	75.0	12.6	7.4	3.8	0.1
65+	85.6	8.5	2.9	1.8	0.3
Education Less than Grade 12	73.7	12.1	6.6	7.1	0.0
Grade 12 or GED	70.9	14.4	9.5	4.1	0.4
College 1 to 3 years	69.3	15.2	8.6	5.1	0.9
College 4 years or more	67.1	17.3	9.6	5.4	0.1
Income \$15,000 or less	75.0	9.5	6.7	6.9	0.3
\$15,001 - \$25,000	71.2	12.4	6.8	8.4	0.3
\$25,001 - \$50,000	67.9	17.2	8.7	5.1	0.6
\$50,001 - \$75,000	69.7	14.5	9.0	5.0	0.6
More than \$75,000	68.5	17.2	10.4	3.3	0.4
All	69.9	15.0	8.9	5.1	0.4

Table 23: Ability to Get Needed Health Services or Prescriptions During the Past Year (Percent)

	Needed, but could not get	Did not have a problem	Unknown
Medical care	9.5	86.9	3.6
Mental health services	5.2	89.4	5.4
Substance abuse treatment services	0.7	95.5	3.8
Prescriptions	12.7	83.9	3.4

Cost was reported by 49.4% of respondents as the main reason for not receiving needed medical care in the past year. The main reasons for not receiving needed mental health services were not having health insurance (23.4%), my deductible/co-pay is too high (11.6%), my insurance was not accepted by doctor contacted (10.5%), and too long a waiting list (10.1%). For those who did not get needed prescriptions, the main reasons reported were that they could not afford it (64.1%), or they did not have prescription coverage (40.8%).

Figure 12: To What Extent Do You Feel that There are Adequate Healthcare Resources in Your Community? (Percent)



On a scale of 1 to 7 (1 being not at all adequate and 7 being very adequate), almost three-fourths of respondents (73.7%) ranked the adequacy of healthcare resources in the community at 4 or higher, and 20.1% think that the resources are very adequate.

Section 16. Safety and Emergency Preparedness

Table 24: Have a Smoke Detector on Each Floor of the Home (Percent)

	Yes	No	Unknown
Race group			
White	93.6	5.7	0.7
Non White	89.2	8.2	2.6
Gender			
Male	92.3	6.7	0.9
Female	93.9	5.4	0.7
Age group			
18-24	88.0	12.0	0.0
25-34	93.6	5.2	1.3
35-44	94.8	5.0	0.2
45-54	93.4	5.9	0.7
55-64	94.3	5.1	0.6
65+	93.0	5.7	1.3
Education			
Less than Grade 12	91.1	7.3	1.6
Grade 12 or GED	93.1	6.4	0.5
College 1 to 3 years	93.7	5.7	0.7
College 4 years or more	94.8	4.3	0.9
Income			
\$15,000 or less	87.3	10.4	2.3
\$15,001 - \$25,000	91.5	7.3	1.2
\$25,001 - \$50,000	92.3	7.5	0.3
\$50,001 - \$75,000	96.2	3.1	0.7
More than \$75,000	95.7	3.7	0.6
All	93.4	5.8	0.8

Most respondents (93.4%) reported having a smoke detector on each floor of their home, with significant differences for all demographic characteristics. Only half (50.2%) of respondents who have smoke detectors reported testing them within the last six months, and 6.1% had never tested their smoke detectors.

Table 25: Other Safety Measures (Percent)

	Keep a gun	For those who keep a gun, keep the gun loaded	For those who keep a gun, keep firearms unlocked
Gender			
Male	51.6	29.9	30.9
Female	41.7	15.6	18.1
Age group			
18-24	47.2	17.9	6.3
25-34	47.8	21.2	18.3
35-44	46.9	18.0	17.4
45-54	47.7	19.2	23.0
55-64	43.9	21.6	25.6
65+	40.0	22.8	28.0
All	44.7	20.5	22.5

To assess firearm safety, respondents were asked whether they keep a gun in or around their home, if any of these firearms were loaded, and if any of these loaded firearms were also unlocked. Males were more likely to keep a gun than women (51.6% vs. 41.7%) and to have it loaded (29.9% vs. 15.6%). Men tend to have a higher percentage of keeping their loaded firearms in an unlocked area than women, and the difference was significant.

Table 26: Seatbelt/Safety Seat and Helmet Use (Percent)

	Always	Nearly Always	Sometimes	Seldom	Never	Unknown
Adult use of seatbelts	88.4	6.5	2.0	1.2	0.4	1.5
Children use seatbelts or safety seats	93.2	0.2	3.5	0.9	0.2	2.0
Children use bicycle helmets	33.4	15.8	13.4	7.9	19.8	9.8

Not wearing a seatbelt when driving or riding in a car is considered a risk factor for injury. Most of the respondents (88.4%) reported that they always use a seatbelt, and even more respondents (93.2%) reported that children in their household use a car safety seat or a seatbelt when riding in a car. However, only 33.4% of respondents reported that their children always wear a helmet when riding a bicycle; 19.8% reported that their children never wear a bicycle helmet. Traffic accidents are among the leading causes of death or disability.

Table 27: Have an Emergency Plan (Percent)

	Yes	No	Unknown
Fire	60.8	39.2	0.0
Weather-related	49.2	50.7	0.1
Radiological/Nuclear	17.6	82.4	0.0
Chemical/Biological	15.5	80.5	4.0

Emergency preparedness is an important element of public health. Families are advised to develop plans and be prepared in case of fire, weather or other natural or manmade disasters. To assess this preparedness, respondents were asked whether they had an emergency plan for themselves and their families. The majority (60.8%) reported having a plan in case of fire, 49.2% had a plan in case of weather-related emergency. However, only 17.6% had a plan for the more complex radiological or nuclear related emergencies, and only 15.6% had a plan for chemical or biological related emergencies.

Table 28: Know CPR; Take Precautions Against Tick Bites (Percent)

	Yes	No	Unknown
Know CPR	62.9	34.6	2.5
Take precaution against tick bite	74.1	23.3	2.6

Knowing cardiopulmonary resuscitation (CPR) is important in emergency situations. The majority (62.9%) of respondents report they know CPR. Lyme disease, a disease transmitted by tick bite, is endemic in Maryland and in counties on the Eastern Shore. Seventy-four percent of respondents reported taking precautions against tick bites when they are outdoors.

Table 29: Households Where a Member Had Been a Victim of Domestic Violence (Percent)

	Yes	No	Unknown	
Gender	Male	6.5	91.0	2.5
	Female	12.6	84.1	3.3
Age	Less than 65	13.2	84.4	2.4
	65 and older	4.5	90.9	4.6
All	10.8	86.2	3.0	

Domestic violence has been identified as a significant public health problem in our society. In this survey, 10.8% of respondents reported that either they or a member of their household had been a victim of domestic violence. This percentage was significantly different by both gender and age group.

Section 17. Tobacco Use

Table 30: Daily Cigarette Smoking (Percent)

	Yes	No	Unknown
Race group			
White	21.9	74.9	3.2
Non White	18.0	80.7	1.3
Gender			
Male	22.2	75.3	2.5
Female	21.5	75.1	3.4
Age group			
18-24	31.7	65.5	2.8
25-34	25.4	72.3	2.3
35-44	20.6	75.8	3.7
45-54	25.1	71.7	3.2
55-64	25.2	72.2	2.6
65+	14.1	82.4	3.5
Education			
Less than Grade 12	23.6	73.7	2.7
Grade 12 or GED	24.8	72.1	3.1
College 1 to 3 yrs.	23.1	73.6	3.3
College 4 year or more	14.8	82.1	3.1
Income			
Less than \$15,000	28.1	69.5	2.3
\$15,001 - \$25,000	20.7	75.8	3.5
\$25,001 - \$50,000	26.0	69.7	4.3
\$50,001 - \$75,000	23.4	74.4	2.2
More than \$75,000	16.7	80.5	2.7
All	21.7	75.1	3.2

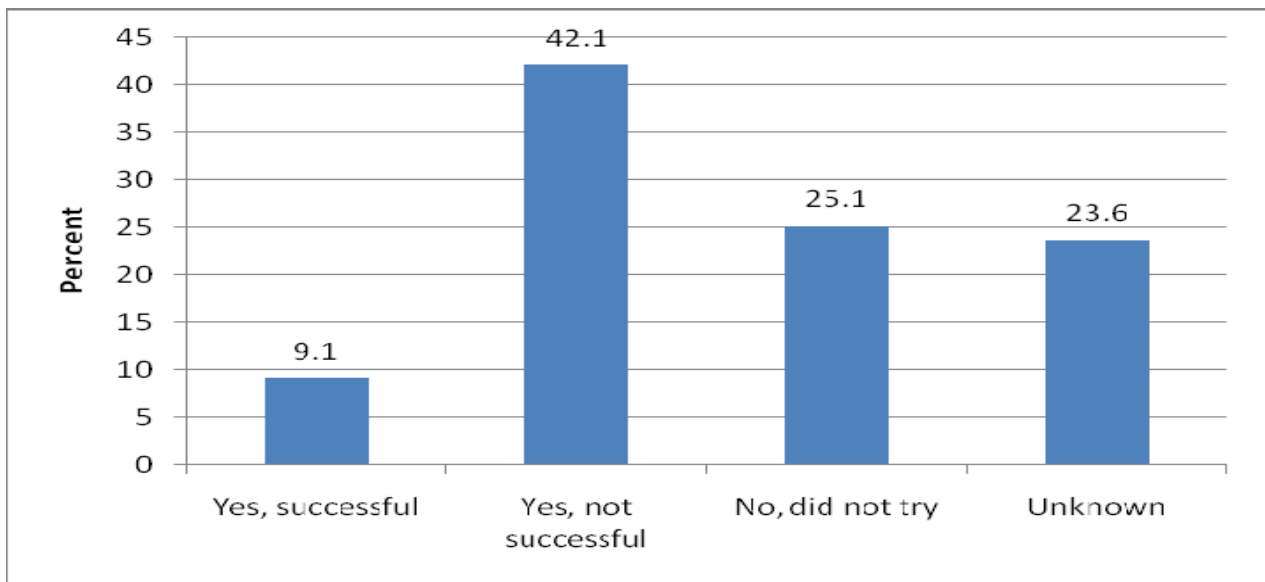
Smoking has been strongly associated with several diseases, including heart disease, lung disease and cancer. Current smokers are those who reported smoking cigarettes every day. Almost 22% of survey respondents are considered current smokers. Even though the percentages tend to vary by race group, they are not significantly different. However, smoking percentages are higher for males, for those with lower education levels, and for those with lower incomes.

Almost 2% are current users of cigars and 11.5% have smoked cigars in the past. For smokeless tobacco, 1.0% are current users and 5.2% reported ever using it (Table 31). Males have significantly higher percentages than women for both cigars and smokeless tobacco.

Table 31: Cigar and Smokeless Tobacco Use (Percent)

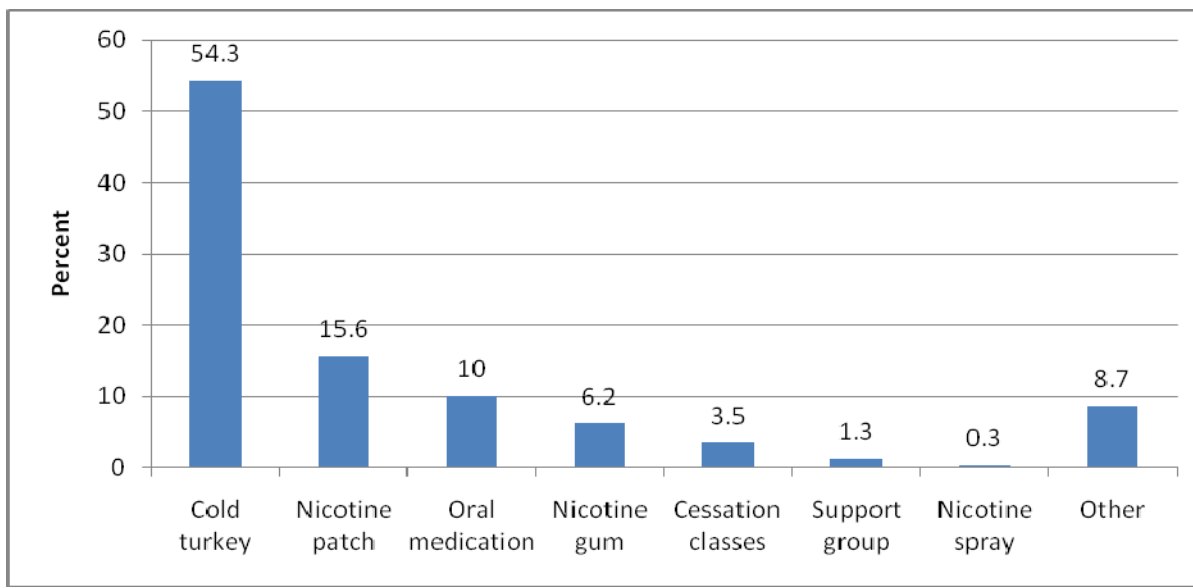
	Cigars		Smokeless tobacco	
	Current use	Ever used	Current use	Ever used
Male	5.1	29.1	2.4	12.5
Female	0.5	4.0	0.4	2.1
All	1.9	11.5	1.0	5.2

Figure 13: Current Smokers Who Tried to Quit Last Year (Percent)



Those who smoked in the past year were asked if they had tried to quit. More than nine percent had tried and were successful, 42.1% had tried but were not successful, and 25.1% did not try to quit. Research indicates that most smokers make multiple attempts to quit before achieving a successful quit.

Figure 14: Methods Used to Quit Smoking (Percent)



Most of respondents who had ever quit smoking (54.3%) had quit cold turkey. Other methods used to quit were nicotine patch (15.6%), oral medication (10.0%), nicotine gum (6.2%), support group (1.3%), and nicotine spray (0.3%). About 8.7% used other methods.

When smokers receive counseling from healthcare providers, the chances of quitting are higher. Almost 33% of current smokers reported receiving such counseling from a healthcare professional (Figure 15).

Figure 15: Current Smokers Who Have Received Advice to Quit From a Health Professional (Percent)

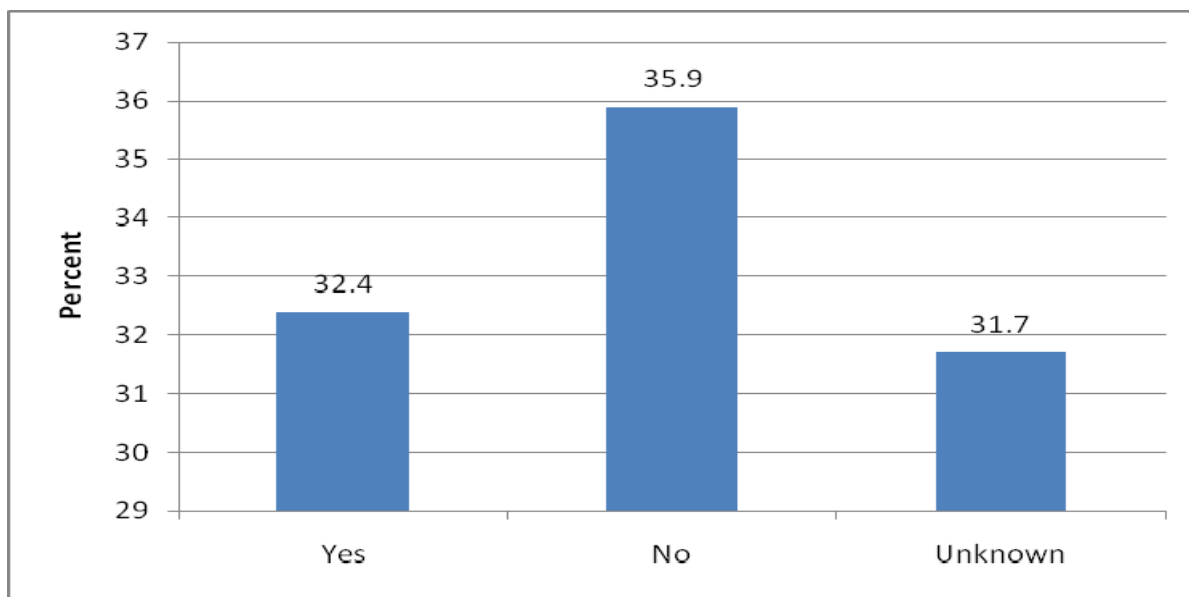
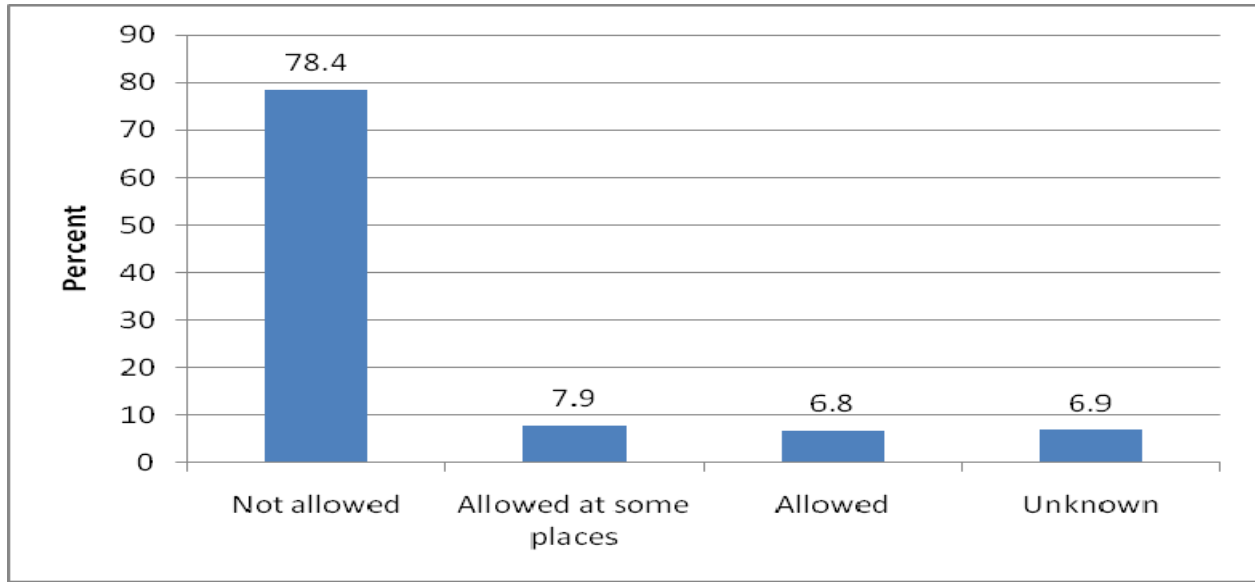
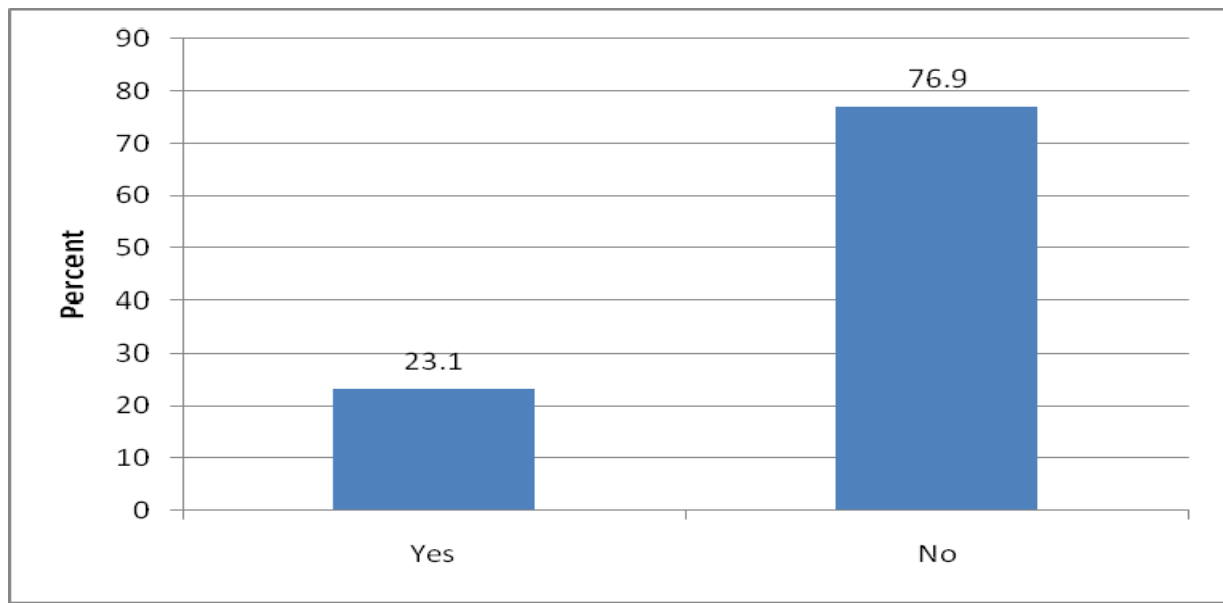


Figure 16: Which Statement Best Describes the Rules About Smoking Inside Your Home? (Percent)



Second hand smoke is an important health risk that contributes to respiratory disease in both adults and children. Respondents were asked to describe rules about smoking inside their homes. Almost 79% reported that smoking was not allowed inside their homes, 7.9% stated that smoking was allowed in some part of their home and for 6.8% allowed smoking in the home. The majority of respondents (76.9%) did not condone their own children smoking (Figure 17).

Figure 17: Do You Accept Children Smoking? (Percent)



Section 18. Alcohol Consumption/Drug Use

Table 32: Consumption of Five or More Drinks on One or More Occasions in the Past Month (Acute Alcohol Abuse) (Percent)

		One or more times	None
Gender	Male	21.4	78.6
	Female	10.1	89.9
Age	18-24	10.7	89.3
	25-34	21.1	78.9
	35-44	20.1	79.9
	45-54	18.1	81.9
	55-64	12.2	87.8
	65+	4.8	95.2
Education	Less than Grade 12	8.8	91.2
	Grade 12 or GED	10.8	89.2
	College 1 year to 3 years	16.6	83.4
	College 4 years or more	15.4	84.6
Income	Less than \$15,000	12.0	88.0
	\$15,001 - \$25,000	6.7	93.3
	\$25,001 - \$50,000	10.8	89.2
	\$50,001 - \$75,000	14.6	85.4
	More than \$75,000	19.2	80.8
All		13.5	86.5

Binge drinking is defined as consuming five or more drinks of alcoholic beverages on one occasion at least one time in the past month. In this survey, the percentage of binge drinking (13.5%) tends to be higher for males than females and for those with an education level of 1 to 3 years of college. The percentage of binge drinking did not significantly vary by age or income level.

Figure 18: Driving When Had Too Much to Drink (Drunk Driving) (Percent)

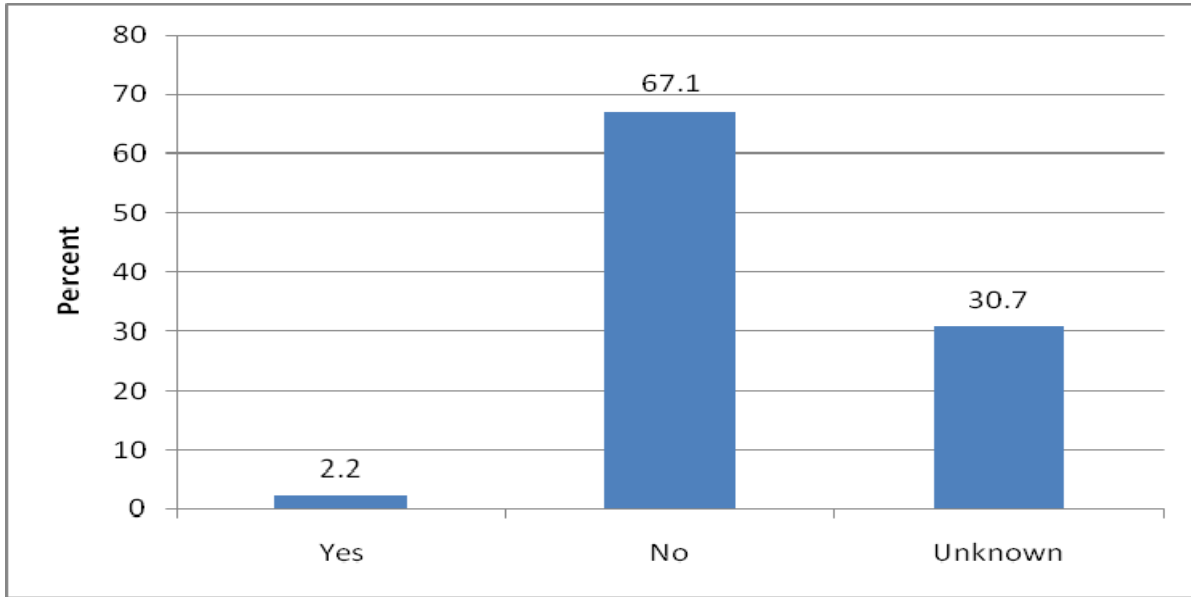


Table 33: Being a Passenger in a Vehicle Driven by Someone Who May Have Had Too Much Alcohol to Drink or Taken Drugs (Percent)

		Yes	No
Gender	Male	1.6	98.4
	Female	2.6	97.4
Age	18-24	2.5	97.5
	25-34	3.5	96.5
	35-44	4.6	95.4
	45-54	3.1	96.9
	55-64	1.4	98.6
	65+	0.7	99.3
Education	Less than Grade 12	2.2	97.8
	Grade 12 or GED	1.5	98.5
	College 1yr. to 3 yrs.	2.6	97.4
	College 4 year or more	3.2	96.8
Income	Less than \$15,000	0.7	99.3
	\$15,001 - \$25,000	1.1	98.9
	\$25,001 - \$50,000	2.6	97.4
	\$50,001 - \$75,000	2.7	97.3
	More than \$75,000	3.1	96.9
All		2.3	97.7

About 2% of respondents reported they had driven after having too much to drink or after using illicit drugs in the past month (Figure 18). Equally about 2% had been a passenger in a vehicle driven by someone who may have had too much alcohol to drink or taken drugs.

Table 34: Persons Who Have Used Street Drugs (Percent)

		Used in Past Six Months	Ever Used
Gender	Male	6.0	22.9
	Female	3.8	19.0
Age	18-24	17.3	29.1
	25-34	5.8	30.1
	35-44	3.7	31.3
	45-54	6.1	33.5
	55-64	3.8	14.8
	65+	1.4	2.3
All		4.4	20.2

Respondents were asked if they had used street drugs in the past six months or if they had ever used street drugs. More than 4% had used in the past six months and 20.2% had used in the past. There was significant variation of usage percentages by gender and age group.

Table 35: Concerned About One’s Own Children Using Alcohol/Illicit Drugs (Percent)

	Very concerned	Somewhat concerned	Not at all concerned	No Children	Unknown
Concerned about one’s own children using alcohol	28.0	17.6	13.2	34.1	7.1
Concerned about one’s own children using illicit drugs	29.6	12.9	14.7	36.1	6.7

Almost 30% of all respondents reported that they were very concerned about children using alcohol (28.0%) or illicit drugs (29.6%). However, 13.2% indicated that they were not at all concerned about children using alcohol and 14.7% that they were not at all concerned about children using illicit drugs. Illicit drug use among the general population and the youth in particular, has also been identified as a major public health problem.

Limitations

Although there was every effort to make sure that this survey data was accurately entered and analyzed, there are some limitations that were inevitable to the nature of these types of surveys. The survey data are self-reported and therefore subject to bias. For example, a question might or might not be answered depending on how important the respondent felt the question was. This non-response produces some known biases in survey-derived estimates. Certain questions inquired into activities that respondents might be reluctant to fully disclose and therefore could result in an underestimate of actual behavior. The populations of the county zip codes were disproportionate, with one zip code including more than 40% of the population, excluded from this survey were residents that were homeless, or in an institutionalized setting at the time of the survey, such as jail, the hospital or shelters, and respondents with a college education were over-represented in the survey sample.

Appendices

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Appendix A: Data Comparisons

Cecil County 1999, 2004, 2009 and Healthy People 2010

Health Status	1999 (%)	2004 (%)	2009 (%)	Healthy People 2010 Target (%)
Excellent/Very Good/Good	85.6	80.3	85.6	-
Fair/Poor	13.7	18.2	13.7	-

Lifestyle/Diet	1999 (%)	2004 (%)	2009 (%)	Healthy People 2010 Target (%)
Overweight	59.5*	59.8	65.9	-
Obese	24.0*	25.7	33.3	15
Moderate physical activity	-	45.0	33.0	30
Vigorous physical activity	-	22.9	25.9	30
Eat 5 or more servings of fruits and vegetables	12.8	19.4	22.8	-

* Calculated based on current overweight/obesity guidelines for comparison with 2004 and 2009 (overweight: BMI \geq 25; obese: BMI \geq 30)

Hypertension/Cholesterol/Diabetes	1999 (%)	2004 (%)	2009 (%)	Healthy People 2010 Target (%)
Blood pressure checked within the past 2 years	-	93.1	95.5	95
Have high blood Pressure	28.6	35.3	42.6	-
Blood cholesterol checked within the past 5 years	95.1	75.8	83.1	80
Have high blood cholesterol	31.9	35.2	42.7	-
Diabetes Prevalence	6.9	10.9	12.8	-

Colorectal Cancer/ Prostate Cancer	1999 (%)	2004 (%)	2009 (%)	Healthy People 2010 Target (%)
Ever had Fecal occult blood test (age 50 and over)	46.5	48.8	37.7	-
Had a Fecal Occult Blood Test within the last 2 years (age 50 and over)	24.2	55.1	39.4	50
Ever Had Sigmoidoscopy/ Colonoscopy (age 50 and over)	43.6	61.3	67.2	50
Ever had Digital Rectal Exam (Men age 40 and over)	70.7	66.1	74.3	-

Women's Health	1999 (%)	2004 (%)	2009 (%)	Healthy People 2010 Target (%)
Ever had a Mammogram (women age 40 and over)	85.6	89.6	93.5	-
Had Mammogram within the past 2 years (women age 40 and over)	-	71.9	72.5	70
Ever had a Clinical Breast Exam (women age 40 and over)	87.8	93.9	93.4	-
Ever had a Pap Test (women age 18 and over)	94.0	94.6	95.5	97

Children's Health	1999 (%)	2004 (%)	2009 (%)	Healthy People 2010 Target (%)
Health Insurance	92.2	93.5	87.1	-
Dental Insurance	72.5	82.3	78.5	-
Regular Dental Checkups	77.4	81.0	72.4	-
Up to date on immunizations	97.4	94.8	89.3	-
Lead poisoning screening (6 or younger)	50.5	61.6	51.2	-
Lead poisoning test (6 or younger)	35.3	55.3	35.4	-

Adult Immunization (age 65 and over)	1999 (%)	2004 (%)	2009 (%)	Healthy People 2010 Target (%)
Had flu vaccine within past year	70.4	79.3	75.4	90
Had ever had pneumonia vaccine	58.8	70.1	68.1	90

Health Care Access	1999 (%)	2004 (%)	2009 (%)	Healthy People 2010 Target (%)
Have a primary care provider	91.4	92.2	93.8	85
Have Health Insurance	89.1	87.2	88.8	100
Have Dental Insurance	57.8	62.9	62.9	-
Dental visit during the previous year	53.8	58.1	62.8	56

Household Safety/Injury Prevention	1999 (%)	2004 (%)	2009 (%)	Healthy People 2010 Target (%)
Have Smoke Detector on each floor	90.4	92.4	93.4	100
Tested smoke detector in past 6 months	40.9	63.2	50.2	-
Keep Firearms loaded and unlocked	-	19.0	22.5	16
Know CPR	55.2	59.3	62.9	-
Always use seatbelts (adults)	75.7	85.2	88.4	92
Always use seatbelts/Safety seats (children)	81.5	92.4	93.2	100
Always wear bicycle helmet (children)	28.5	29.9	33.4	-

Tobacco Use/Alcohol Consumption/Drug Use	1999 (%)	2004 (%)	2009 (%)	Healthy People 2010 Target (%)
Current cigarettes smoking	22.6	20.7	21.7	12.0
Current cigar use	4.6	3.8	1.9	1.2
Current smokeless tobacco use	1.6	2.4	1.0	0.4
Acute alcohol drinking	12.0	14.5	13.5	6.0
Drinking and driving	2.1	3.1	2.2	-
Passenger in a car driven by a drunk driver	3.1	3.2	3.2	-
Street drugs use in past 6 months	4.0	3.7	2.3	-
Ever used street drugs	20.8	19.3	20.2	-

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Appendix B: Cecil County Population

Table 1: Cecil County Population by Age Group and Race (US Census 2000)

Age Group	White	Non White		Total
		African American	Other	
Under 1 year	1,026	61	74	1,161
1-4	4,335	214	247	4,796
5-17	16,464	778	490	17,732
18-44	30,920	1,329	953	33,202
45-64	18,956	648	361	19,965
65+	8,571	331	193	9,095
Total	80,272	3,361	2,318	85,951

Source: US Census 2000

Table 2: Cecil County Population by Race and Gender (2000)

Race	Cecil County Male		Cecil County Female		Cecil County Total		Maryland (Percent)
	Number	%	Number	%	Number	%	
White	39,752	46.3	40,520	47.1	80,272	93.4	66.0%
Non White	2,842	3.3	2,837	3.3	5,679	6.6	34.0%
Total	42,594	49.6	43,357	50.4	85,951	100	100

Source: US Census 2000

Table 3: Population Projections for Cecil County

Race Group	Year 2010	Year 2015	Year 2020	Year 2025	Year 2030
White	95,010 (91.5%)	107,100 (90.9%)	117,780 (90.4%)	128,470 (90.0%)	138,840 (89.6%)
Non White	8,840 (8.5%)	10,690 (9.1%)	12,570 (9.6%)	14,320 (10.0%)	16,150 (10.4%)
Total	103,850	117,800	130,350	142,800	155,000

Source: Maryland Department of Planning, Planning Data Services, Jan 2010

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Appendix C: Cover Letter and Questionnaire



Cecil County Community Health
Advisory Committee
401 Bow Street
Elkton, MD 21921



Dear Cecil County Resident:

The Cecil County Community Health Advisory Committee, in cooperation with Union Hospital and the Cecil County Health Department, is conducting its third Community Health Survey. The information that this survey will provide will update us on the health of the residents of Cecil County. It will allow us to plan and prioritize programs and set the healthcare agenda for the next five years.

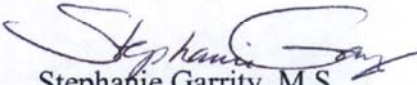
Only a small number of Cecil County residents will receive this survey. You have been randomly selected by an independent mailing service contracted by the Health Department. The information that you provide will remain anonymous. Neither Union Hospital nor the Health Department knows the names or addresses of the persons who receive this mailing.

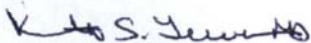
Please have an adult (age 18 or over) in the household complete the Cecil County Community Health Survey. Please do not place your name anywhere on the document. Accuracy is important. Please take as much time as needed to thoughtfully answer the questions. The information that you provide in Section 1 will help ensure that the survey reflects an accurate cross section of the population of the entire county.

A self-addressed, stamped envelope is enclosed. Please return your completed survey within 30 days of receipt. If you have any questions, please feel free to call Mary Hensley at the Health Department, 410-996-5168.

The time and effort that you put into this survey will help all of us build a healthier county. Thank you for your effort.

Sincerely,


Stephanie Garrity, M.S.
Cecil County Health Officer


Kenneth S. Lewis, M.D., J.D.
President and CEO, Union Hospital

THIS IS AN ANONYMOUS HEALTH SURVEY FOR ADULTS 18 AND OVER WHO LIVE IN CECIL COUNTY. PLEASE DO NOT PUT YOUR NAME ANYWHERE ON THIS SURVEY.

CECIL COUNTY COMMUNITY HEALTH SURVEY 2009

SECTION 1: DEMOGRAPHICS

- 1.1 What zip code do you live in? _ _ _ _ _
- 1.2 Are you...?
 Male
 Female
- 1.3 What is your age? _ _
- 1.4 Are you Hispanic or Latino?
 Yes
 No
- 1.5 Which one or more of the following would you say is your race? *(Select all that apply.)*
 American Indian or Alaska Native
 Asian
 Black or African-American
 Native Hawaiian or other Pacific Islander
 White
 Other (specify) _____
- 1.6 Are you...?
 Married
 Divorced
 Widowed
 Separated
 Never married
 A member of an unmarried couple
- 1.7 How many children less than 18 years of age live in your household? _ _
- 1.8 To your knowledge, are you now pregnant?
 Yes
 No
 Don't Know

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

- Never attended school or only attended kindergarten
- 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)

1.10 Are you currently...?

- Employed for wages
- Self-employed
- Out of work for more than 1 year
- Out of work for less than 1 year
- A Homemaker
- A Student
- Retired
- Unable to work

1.11 Is your annual household income from all sources...?

- Less than \$10,000
- \$10,001 - \$15,000
- \$15,001 - \$20,000
- \$20,001 - \$25,000
- \$25,001 - \$35,000
- \$35,001 - \$50,000
- \$50,001 - \$75,000
- Over \$75,000

SECTION 2: HEALTH STATUS

2.1 Would you say that in general your health is...?

- Excellent
- Very Good
- Good
- Fair
- Poor

2.2 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 ___
- None

2.3 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 ___

None

2.4 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 ___

None

2.5 Have you ever been told by a doctor or other health professional that you have/had any of the following? *(Select all that apply.)*

- | | | |
|---|-----------------------------------|--|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Asthma | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Cancer (<i>Type(s):</i> _____) | <input type="checkbox"/> Glaucoma | <input type="checkbox"/> Heart Disease |
| <input type="checkbox"/> Sexually Transmitted Disease
<i>(such as Chlamydia, Gonorrhea, or Syphilis)</i> | <input type="checkbox"/> Stroke | <input type="checkbox"/> None of the above |

2.6 Do any of your blood relatives (i.e. parents, grandparents, brothers, sisters or children) have a history of the following illnesses? *(Select all that apply.)*

<input type="checkbox"/> Cancer (<i>Type(s):</i> _____)	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Heart Disease
<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Glaucoma	<input type="checkbox"/> Don't Know
<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> Stroke	<input type="checkbox"/> None of the above

Section 3: Physical Activity

3.1 In your daily living, which of the following best describes what you do?

- Mostly sitting or standing
- Mostly walking
- Mostly heavy labor or physically demanding work
- Not sure

3.2 During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, aerobics, golf, gardening, or walking for exercise?

- Yes
- No *(If no, skip to Section 4.)*

3.3 If you participated in any physical activities or exercises during the past month, how many times each week and how long each time?

Times each week ___

Length each time *(Hours and minutes)* ___:___

The next questions are about the types of physical activity you engage in. We are interested in two types of physical activity: moderate physical activity and vigorous physical activity. Moderate physical activity causes small increases in a person's breathing or heart rate. Vigorous physical activity causes large increases in a person's breathing or heart rate.

3.4 In a typical week, do you engage in moderate physical activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

- Yes
- No *(If no, skip to Question 3.7)*

3.5 How many days per week do you do these moderate activities for at least 10 minutes at a time?

Days per week ___

- I do not do any moderate physical activity for at least 10 minutes at a time.
(Skip to Question 3.7)

3.6 On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Length each time *(Hours and minutes)* ___:___

3.7 In a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

- Yes
- No *(If no, skip to Section 4.)*

3.8 How many days per week do you do these vigorous activities for at least 10 minutes at a time?

Days per week ___

- Do not do any vigorous activity for at least 10 minutes at a time *(Skip to Section 4.)*

3.9 On days when you do vigorous activities at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Length each time *(Hours and minutes)* ___:___

Section 4: Lifestyle and Nutrition

4.1 About how much do you weigh without shoes?

Weight ___ ___ ___ ___ (*pounds*)

4.2 About how tall are you without shoes?

Height ___ ___ / ___ ___ (*feet/inches*)

4.3 Are you now trying to lose weight?

- Yes
- No (*If no, skip to Question 4.5*)

4.4 If yes, which are you doing to lose weight? (*Select all that apply.*)

- Exercise
- Reduce fat in diet
- Reduce calories in diet
- Nothing
- Other (please specify) _____

4.5 In the past year, have you been given advice about your weight? (By a doctor, nurse, nutritionist, weight loss program, etc.)

- Yes, lose weight
- Yes, gain weight
- Yes, maintain current weight
- No

4.6 In the past year, have you worried that food would run out before you had the money to buy more?

- Yes
- No

4.7 In the past year, have you cut the size of meals or skipped meals for financial reasons?

- Yes
- No

4.8 **ONE serving of fruit is ½ cup of fruit or 6 ounces of 100% fruit juice.** How many servings of fruit, including fruit juice, do you have...?

Daily ___ ___

Weekly ___ ___

- I never eat fruit or drink fruit juice.

4.9 **ONE serving of vegetable is a ½ cup of vegetables or 1 cup of salad greens.** How many servings of vegetables do you eat...?

Daily ___

Weekly ___

I never eat vegetables.

Section 5: Hypertension Awareness

5.1 How long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?

- Within the last six months
- Within the last year
- 1 year but less than 2 years ago
- 2 years but less than 5 years ago
- 5 or more years ago
- I have never had my blood pressure taken. *(If no, skip to Section 6.)*

5.2 Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure?

- Yes
- Yes, but only during pregnancy
- No *(If no, skip to Section 6.)*

5.3 Are you currently taking medicine for your high blood pressure?

- Yes
- No

Section 6: Cholesterol Awareness

6.1 Blood cholesterol is a fatty substance found in the blood. About how long has it been since you last had your blood cholesterol checked?

- Less than a year ago
- 1 year but less than 2 years ago
- 2 years but less than 5 years ago
- 5 or more years ago
- I have never had my blood cholesterol checked. *(If no, skip to Section 7.)*

- 6.2 Have you ever been told by a doctor or other health professional that your blood cholesterol is high?
- Yes
 - No

Section 7: Diabetes

- 7.1 Have you ever been told by a doctor that you have diabetes?

- Yes
- Yes, but only during pregnancy
- No *(If no, skip to Section 8.)*

- 7.2 How old were you when you were told you have diabetes?

Age ___

- 7.3 How is your diabetes treated? *(Select all that apply.)*

- Pills
- Insulin
- Diet
- Exercise
- My diabetes has not been treated.

- 7.4 About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

Number of times ___

- I have never seen a doctor for my diabetes.

Section 8: Colorectal Cancer Screening

- 8.1 A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

- Yes
- No *(If no, skip to question 8.3)*
- Don't Know/Not Sure

- 8.2 How long has it been since you had your last blood stool test using a home kit?
- Less than a year ago
 - 1 year but less than 2 years ago
 - 2 years but less than 5 years ago
 - 5 or more years ago
- 8.3 Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had either of these exams?
- Yes
 - No (*If no, skip to question 8.5*)
 - Don't Know/Not Sure
- 8.4 When did you have your last sigmoidoscopy or colonoscopy?
- Less than a year ago
 - 1 year but less than 2 years ago
 - 2 years but less than 5 years ago
 - 5 or more years ago
 - Don't Know/Not Sure
- 8.5 If you never had sigmoidoscopy or colonoscopy, what is the most important reason why you did not?
- Not recommended by doctor/Doctor never said it was needed
 - Not needed/Not necessary
 - Never heard of sigmoidoscopy or colonoscopy
 - Cost
 - No insurance to pay for it
 - Other _____

Section 9: Prostate Cancer

This section is for MEN ONLY. Women, please skip to Section 10.

- 9.1 A digital rectal exam is an exam in which the doctor, nurse or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
- Yes
 - No (*If no, skip to question 9.3*)

9.2 If yes, how long has it been since your last digital rectal exam?

- Less than a year ago
- 1 year but less than 2 years ago
- 2 years but less than 3 years ago
- 3 years but less than 5 years ago
- 5 or more years ago

9.3 Have you ever been told by a doctor, nurse or other health professional that you had prostate cancer?

- Yes
- No

Section 10: Women's Health

This section is for **WOMEN ONLY**. Men, please skip to section 11.

10.1 **A mammogram is an x-ray of each breast to look for breast cancer.** Have you ever had a mammogram?

- Yes
- No (*If no, skip to question 10.5*)

10.2 How long has it been since you had your last mammogram?

- Less than a year ago
- 1 year but less than 2 years ago
- 2 years but less than 3 years ago
- 3 years but less than 5 years ago
- 5 or more years ago

10.3 Was this your first mammogram?

- Yes
- No

10.4 If you have not had a mammogram in the past year, what is the most important reason why you did not?

- Not recommended by doctor
- Not needed/Not necessary
- Never heard of a mammogram
- Cost
- No insurance to pay for it
- Other _____

10.5 If you have never had a mammogram, what is the most important reason that you have not?

- Not recommended by doctor
- Not needed/Not necessary
- Never heard of a mammogram
- Cost
- No Insurance to pay for it
- Other _____

10.6 **A clinical breast exam is when a doctor, nurse or other health professional feels the breast for lumps.** Have you ever had a clinical breast exam?

- Yes
- No (*If no, skip to question 10.7*)

10.7 How long has it been since your last clinical breast exam?

- Less than a year ago
- 1 year but less than 2 years ago
- 2 years but less than 3 years ago
- 3 years but less than 5 years ago
- 5 or more years ago

10.8 **A Pap smear is a test for cancer of the cervix.** Have you ever had a Pap smear?

- Yes
- No (*If no, skip to Section 11.*)

10.9 How long has it been since you had your last Pap smear?

- Less than a year ago
- 1 year but less than 2 years ago
- 2 years but less than 3 years ago
- 3 years but less than 5 years ago
- 5 or more years ago

Section 11: Children's Health

This section is for individuals with **children under the age of 18 years**. *If you do not have children under 18, please skip to Section 12.*

11.1 What are the age, height (without shoes) and weight of your children age 2 and older but under 18?

Boys			Girls				
	<i>Age</i>	<i>Height</i>	<i>Weight</i>		<i>Age</i>	<i>Height</i>	<i>Weight</i>
	<i>(years)</i>	<i>(inches)</i>	<i>(lbs)</i>		<i>(years)</i>	<i>(inches)</i>	<i>(lbs)</i>
1				1			
2				2			
3				3			
4				4			
5				5			

11.2 If you are the child's birth mother, before each of your children were born, did you receive prenatal care?

- Yes
- No
- I am not the birth mother of my child(ren).

11.3 Does your child(ren) have regular dental check-ups?

- Yes
- No

11.4 Does your child(ren) have health insurance?

- Yes
- No

11.5 Does your child(ren) have dental insurance?

- Yes
- No

11.6 Is your child(ren) up to date on all of his/her shots?

- Yes
- No
- I do not know if my child is up to date on all of his/her shots.

- 11.7 Has your child(ren) (for children 6 and under) been screened by a questionnaire for risk of lead poisoning?
- Yes
 - No
 - I do not know if my child has been screened for risk of lead poisoning.
 - I do not have any children under 6 years of age. *(Skip to question 11.9)*
- 11.8 Have your children been tested (blood test) for lead poisoning?
- Yes
 - No
 - I do not know if my child has been tested for lead poisoning.
- 11.9 Have you had serious discussions with your children about...? *(Select all that apply.)*
- Consequences of drinking alcohol
 - Sexually transmitted diseases
 - Dangers of using street drugs
 - Risks of tobacco use (smoking or chewing)
 - Dangers of riding with someone who has been drinking
 - Sexual abuse
- 11.10 Have you had serious discussions with your children about pregnancy prevention?
- Yes
 - No *(Skip to question 11.12)*
- 11.11 What has been the content of your discussions about pregnancy prevention?
- Abstinence
 - Birth control
 - Both abstinence and birth control.
- 11.12 If you had a teenager who was sexually active, would you encourage him or her to use a condom?
- Yes
 - No
 - I would give other advice.
 - I do not know or am not sure.
 - I do not wish to answer this question.

Section 12: Adult Immunization

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

- Yes
- No *(If no, skip to question 12.3)*

12.2 Where did you get your last flu shot?

- Doctor's Office
- Health Department
- Hospital
- Nursing Home
- Workplace
- Other _____

12.3 Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.

- Yes
- No

Section 13: HIV/AIDS

13.1 How important do you think it is for people to know their HIV status by getting tested?

- Very important
- Somewhat important
- Not at all important

13.2 Some people use condoms to keep from getting infected with HIV through sexual activity. How effective do you think a properly used condom is for this purpose?

- Very effective
- Somewhat effective
- Not at all effective

13.3 Have you ever had your blood tested for HIV? Do not count tests you may have had as part of a blood donation.

- Yes
- No

Section 14: Oral Health

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

- Less than a year ago
- 1 year but less than 2 years ago
- 2 years but less than 5 years ago
- 5 or more years ago
- Never

14.2 If you have not visited the dentist in the last year, what is the main reason?

- Fear, apprehension, nervousness, pain, dislike going
- Cost
- I do not have/know a dentist.
- I am unable to get to the office clinic. (*Distance, No transportation, No appointments available*)
- I do not have a reason to go to the dentist (*No teeth, No teeth problems*)
- Other priorities
- Have not thought of it
- Not applicable
- Other _____

14.3 How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

- Less than a year ago
- 1 year but less than 2 years ago
- 2 years but less than 5 years ago
- 5 or more years ago
- Never

14.4 Do you have insurance coverage that pays for some or all of your routine dental care?

- Yes
- No

Section 15: Health Care Access

15.1 Do you have a family doctor/primary care doctor?

- Yes
- No

15.2 How long has it been since you last visited a doctor for a routine checkup?

- Less than a year ago
- 1 year but less than 2 years ago
- 2 years but less than 5 years ago
- 5 or more years ago

15.3 Do you have any kind of health coverage, including health insurance, prepaid plans such as HMOs, or governmental plans such as Medicare?

- Yes
- No (*If no, skip to question 15.6*)

15.4 What type of health care coverage do you use to pay for most of your medical care?

- Coverage through my employer
- Coverage through someone else's employer
- Coverage through self-purchased policy
- Medicare
- Medicaid or Medical Assistance
- Military or VA (Department of Veterans Affairs)
- Indian Health Service
- Other source (*Please specify: _____*)

15.5 How long have you had this health coverage?

- Less than 1 year
- 1 to 2 years
- 2 to 3 years
- 3 to 5 years
- 5 or more years

15.6 What is the main reason you don't have health coverage?

- I am unemployed.
- My employer does not offer health coverage.
- I work part-time and am not eligible for health coverage.
- I cannot afford to pay the premium.
- The insurance company refused coverage.
- I lost Medicaid or Medical Assistance eligibility.
- Other (*Please specify: _____*)
- I have health insurance.

15.7 Was there a time during the last 12 months when you needed medical care, but could not get it?

- Yes
- No (*If no, skip to question 15.10*)

15.8 What is the reason that you feel you have not been able to get the medical care you need?

(Select all that apply.)

- I have no health insurance.
- I cannot pay for health care services.
- My insurance does not cover the care I need.
- I do not have a ride.
- Local doctors won't take my insurance or Medicaid.
- The medical providers do not speak my language.
- My deductible is too high.
- Health care services are not close by.
- Health care services are not available for people with disabilities.
- I don't trust doctors.
- I can't get time off from work.
- I do not have child care.
- It takes too long to be seen by doctors.
- The doctor's offices are not open when I can get there.
- It is not a priority for me.
- Other (Please specify: _____)

15.10 In the past 12 months, was there a time when you or a member of your household needed mental health services but could not get them?

- Yes
- No (If no, skip to question 15.13)

15.11 What is the age of the person who needed mental health services? (Select all that apply.)

- 5 years old or less
- 6 years old – 11 years old
- 12 years old – 17 years old
- 18 years old – 20 years old
- 21 years old – 64 years old
- 65 years old and over

15.12 What is the main reason you or a member of your household was not able to get mental health services?

- I do not have health insurance.
- My health insurance does not cover mental health services.
- My health insurance limits for mental health services had been reached.
- The doctor or provider I contacted would not accept my insurance or Medicaid.
- My deductible/co-pay was too high.
- The waiting list was too long.
- I could not find the services needed.
- I did not have transportation.
- Other (Please specify: _____)

15.13 During the past year, have you needed any prescriptions that you did not get?

- Yes
- No (If no, skip to question 15.15)

15.14 Why were you unable to get the prescriptions you needed? (Select all that apply.)

- No insurance coverage
- Could not afford
- Had no transportation
- Other (Please specify: _____)

15.15 To what extent do you feel that there are adequate health care resources in your community?
(Please circle one number only.)

Not at all adequate

1	2	3	4	5	6	7
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 Very adequate

15.16 What health care resources do you feel are missing in Cecil County?

Section 16: Safety and Emergency Preparedness

16.1 Do you have working smoke detectors on each floor of your home?

- Yes
- No

16.2 When was the last time you or someone in your home deliberately tested all of the smoke detectors in your home, either by pressing the test buttons or holding a source of smoke near them?

- Less than a month ago
- 1 month ago but less than 6 months ago
- 6 months ago but less than 1 year ago
- One or more years ago
- I have never deliberately tested the smoke detectors in my home.
- I do not have any smoke detectors in home

16.3 Do you keep a gun in or around your home?

- Yes
- No *(If no, skip to question 16.6)*

16.4 Are any of these firearms now loaded?

- Yes
- No *(If no, skip to question 16.6)*

16.5 Are any of these loaded firearms unlocked? By unlocked we mean you do not need a key or combination to get the gun or to fire it. We do not consider a safety to be a lock.

- Yes
- No

16.6 How often do you use seatbelts when you drive or ride in a car?

- Always
- Nearly Always
- Sometimes
- Seldom
- Never

16.7 How often does the child(ren) in your household use a car safety seat or a seatbelt when they ride in a car?

- Always
- Nearly Always
- Sometimes
- Seldom
- Never
- There are no children in my household.

16.8 During the past year, how often has the child(ren) in your household worn a bicycle helmet when riding a bicycle?

- Always
- Nearly Always
- Sometimes
- Seldom
- Never
- There are no children in my household.

16.9 Have you or any member of your household been a victim of domestic violence?

- Yes
- No

16.10 Do you have an emergency plan for yourself and your family in case of the following disasters?

Type of Disaster	Yes	No
Fire	<input type="checkbox"/>	<input type="checkbox"/>
Weather-Related	<input type="checkbox"/>	<input type="checkbox"/>
Radiological/Nuclear	<input type="checkbox"/>	<input type="checkbox"/>
Chemical/Biological	<input type="checkbox"/>	<input type="checkbox"/>

16.11 Does a member of your household know CPR?

- Yes
- No

16.12 Do you take precautions against tick or other insect bites when outdoors?

- Yes
- No

Section 17: Tobacco Use

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

(NOTE: 5 packs = 100 cigarettes)

- Yes
- No *(Skip to question 17.7)*

17.2 How frequently do you now smoke cigarettes?

Times per day ___

Days per week ___

I do not smoke. *(Skip to question 17.7)*

17.3 On average, how many cigarettes do you smoke daily?

Number of cigarettes ___

17.4 If you smoked in the past year, have you tried to quit during that time?

- Yes, and I was successful
- Yes, but I started smoking again
- No
- I have not smoked in the past year. *(Skip to question 17.7)*

17.5 If you have ever quit smoking, which of the following methods did you use? *(Select all that apply.)*

- Nicotine patch
- Smoking cessation classes

- Nicotine gum
- Nicotine spray
- Oral medications
- Support group
- Cold turkey
- Other (*Please specify:* _____)

17.6 In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking?

- Yes
- No

17.7 Which statement best describes the rules about smoking inside your home?

- Smoking is not allowed anywhere inside your home.
- Smoking is allowed in some places or at some times.
- Smoking is allowed anywhere inside the home.

17.8 Do you accept your child(ren) smoking?

- Yes
- No

17.9 Do you currently use smokeless tobacco?

- Yes
- No, but I have in the past.
- No, I have never used smokeless tobacco.

17.10 Do you currently smoke cigars?

- Yes
- No, but I have in the past.
- No, I have never smoked cigars.

Section 18: Alcohol Consumption and Drug Use

In referring to the questions in Section 18, *one drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or a drink with one shot of liquor.*

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

- Yes
- No (*If no, skip to question 18.7*)
- I do not know or am not sure.

18.2 During the **past 30 days**, how many days per week or per month did you have at least one drink of any alcoholic beverage?

- Days per week ___ ___
- Days in past 30 ___ ___
- I do not know or am not sure.
- I did not drink in the past 30 days (*Skip to question 18.6*)

18.3 On the days when you drank, how many drinks did you drink on the average?

- Number of drinks ___ ___
- I do not know or am not sure.

18.4 Considering all types of alcoholic beverages, how many times during the **past 30 days** did you have **5 or more drinks if you are a man or 4 or more drinks if you are a woman** on one occasion?

- Number of times ___ ___
- I never had this many drinks on one occasion.
 - I do not know or am not sure.

18.5 During the **past 30 days**, what is the largest number of drinks you had on any occasion?

- Number of drinks ___ ___
- I do not know or am not sure.

18.6 During the **past 30 days**, how many times have you driven when you have had perhaps too much to drink or used an illicit drug?

- Number of times ___ ___
- I have never driven when I have had too much to drink or used an illicit drug.
 - I do not know or am not sure.

18.7 During the **past month** how many times have you been a passenger in a vehicle driven by someone who may have had too much alcohol to drink or used an illicit drug?

- Number of times ___ ___
- I have never been a passenger in a vehicle driven by someone who may have had too much to drink or used an illicit drug.
 - I do not know or am not sure.

18.8 How concerned are you about your child(ren) using alcohol?

- Very concerned
- Somewhat concerned
- Not at all concerned
- There are no children in my household.

18.9 Have you ever used street drugs such as heroin, cocaine, marijuana, or abused prescription drugs such as oxycontin?

- Yes
- No
- I do not know or am not sure.

18.10 In the last six months have you used street drugs such as heroin, cocaine, marijuana, or abused prescription drugs such as oxycontin?

- Yes
- No
- I do not know or am not sure.

18.11 How concerned are you about your child(ren) using illicit drugs or abusing prescription drugs?

- Very concerned
- Somewhat concerned
- Not at all concerned
- There are no children in my household.

18.12 In the past 12 months, was there a time when you needed substance abuse treatment services but could not get them?

- Yes
- No

18.13 During the past year, has the use of drugs by you (Y) or an immediate family member (F) caused any of the following problems?

	Y	F
Accidents	<input type="checkbox"/>	<input type="checkbox"/>
Apprehension of children	<input type="checkbox"/>	<input type="checkbox"/>
Criminal activity/Legal	<input type="checkbox"/>	<input type="checkbox"/>
Death of a friend or relative	<input type="checkbox"/>	<input type="checkbox"/>
Family conflict or violence	<input type="checkbox"/>	<input type="checkbox"/>
Financial	<input type="checkbox"/>	<input type="checkbox"/>
Gambling	<input type="checkbox"/>	<input type="checkbox"/>
Homelessness	<input type="checkbox"/>	<input type="checkbox"/>
Job loss	<input type="checkbox"/>	<input type="checkbox"/>
Loss of friends	<input type="checkbox"/>	<input type="checkbox"/>
Medical illness	<input type="checkbox"/>	<input type="checkbox"/>
Not enough food	<input type="checkbox"/>	<input type="checkbox"/>
Prostitution	<input type="checkbox"/>	<input type="checkbox"/>
Psychological illness (depressions, contemplating suicide)	<input type="checkbox"/>	<input type="checkbox"/>
Relationship ended/Divorce	<input type="checkbox"/>	<input type="checkbox"/>
School related problems	<input type="checkbox"/>	<input type="checkbox"/>
Other (<i>Please specify: _____</i>)	<input type="checkbox"/>	<input type="checkbox"/>

Thank you for completing the 2009 Cecil County Community Health Survey. This survey will provide us with more accurate information on Cecil County's health needs.

**The Cecil County Community Health Advisory Committee
 Union Hospital of Cecil County
 Cecil County Health Department**