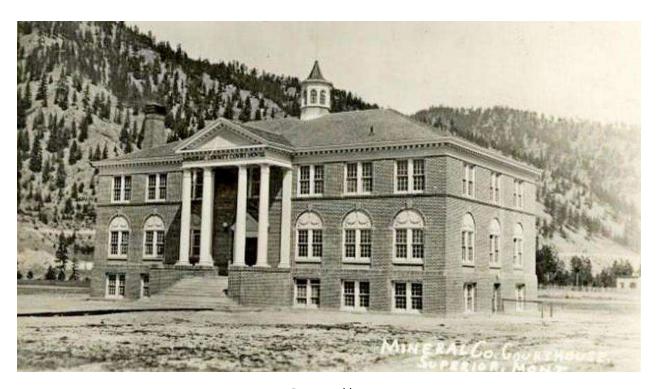
2022 Community Health Assessment Mineral County, Montana



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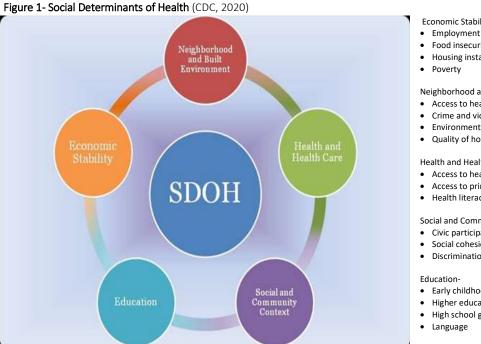
A special thanks to everyone who collaborated on this data collection and analysis effort!

Introduction

This document reflects the collaborative effort and organizational participation to seek the community's perspective on the most pertinent health needs faced by Mineral County.

The Mineral County Health Department (MCHD) worked in conjunction with the Mineral Community Hospital (MCH) and Board, Healthy Communities Coalition (HCC), Parents as Teachers Home Visiting, Zero to Five, school-based mental health, and community volunteers to complete a Community Health Assessment. This method allowed us to survey with minimal cost.

We collected data on a number of topics including safety, access to exercise, housing, nutrition, health concerns, access to health care, dental care, tobacco use, domestic violence, mental health, substance abuse, aging services, education, employment, age, and race/ethnicity. The American Public Health Association defines public health as protecting the health of people where they live, work, and play (APHA, 2019). We know there is stress and economic insecurity that happens when housing is difficult to find and afford, or how difficult it can be to seek medical care when your job doesn't offer benefits or time off to seek care. We understand the need for affordable and accessible childcare, and preschools for our children. Much of what makes us healthy or not isn't merely the absence of disease, rather it includes every part of our lives: where we work, play, eat, sleep, and live. These are called social determinants of health. The picture below (CDC, 2020) depicts the five general areas, which include economic stability, neighborhood and build environment, health and health care, social and community context, and education.



Economic Stability-

- · Food insecurity
- Housing instability

Neighborhood and Built Environment-

- Access to healthy foods
- Crime and violence
- **Environmental conditions**
- Quality of housing

Health and Health Care-

- Access to health care
- Access to primary care
- · Health literacy

Social and Community Context-

- Civic participation
- Social cohesion
- Discrimination
- · Early childhood education
- Higher education opportunity
- · High school graduation

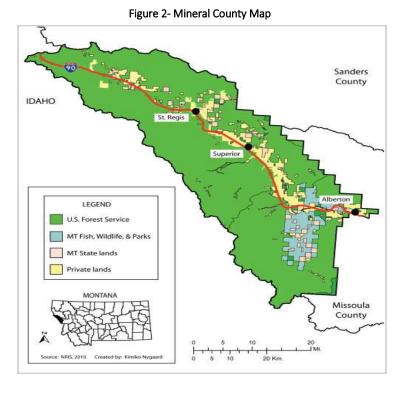
The data from this effort is used in many ways across our county, and is available for any organization to utilize. The MCHD uses this data to write our Community Health Improvement Plan (CHIP), for grant writing purposes to demonstrate areas of need, strategic planning, program development, and policy improvement.

Community Profile

Location and Geography

Mineral County covers an area of approximately 1,220 square miles in southwestern Montana. As depicted in the graphic, Mineral County is rural with most of the land being devoted to US Forest Service, MT Fish, Wildlife and Parks, and MT State Lands. We share our western boarder with Idaho and our eastern border with Sanders and Missoula counties.

*Image created by Nygaard and Bosak (2014).



Population

Our estimated population in Mineral County for 2022 is 5,058, according to the US Census (2022). The US Census estimates we have an 11.7% growth rate which is much higher than that of both Montana (3.6%) and the United States growth rate of around 0.6%. Our average median age, 52, is higher compared to Montana (40) and the United States (38), as is the proportion of people aged 65 years and older. Mineral is considered a frontier county with 3.7 people per square mile (Census, 2020). Our population has a higher prevalence of disability for those under 65 years of age, 13.4%, as compared to the 8.7% among the US as a whole. We also experience a higher poverty rate at 14.2% compared to the US- 11.6%, and our median household income of \$50,750 is lower than the average in Montana (\$60,560) and the US (\$69,021). Approximately 11% of our county are veterans. The race/ethnicity makeup of Mineral County is as follows: White (92.7%), Hispanic/Latino (23.7%), Two or more races (3.5%), American Indian/Alaska Native (2.2%), Asian (0.8%), and Black (0.6%). Listed in tables 1-2 below are Mineral County age groups and housing (US Census 2022).

Table 1: Age Groups

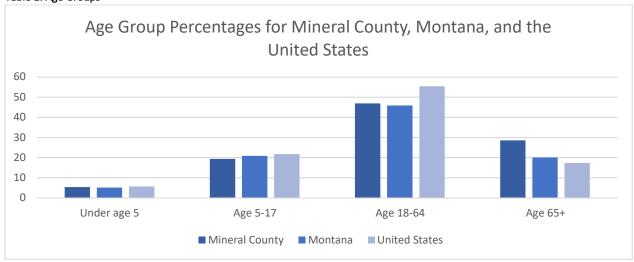


Table 2: Housing

Mineral County Housing Data			
	2018	2022	
Housing units	2502	2577	
Owner-occupied housing unit rate	70.7%	81.7%	
Median value of owner-occupied	\$159,800	\$212,000	
housing			
Median selected monthly owner			
costs	\$1244	\$1370	
With mortgage	\$364	\$364	
Without mortgage			
Median gross rent	\$564	\$687	

Methods

A mixed methods approach was utilized to survey the population in Mineral County. A survey instrument collecting both qualitative and quantitative data was created in conjunction with partners from the Mineral County Health Department, Mineral Community Hospital, and Healthy Communities Coalition. A survey was printed and mailed to all households and post office boxes within Mineral County for a total of 2965 letters. The letter mailed out contained instructions for completing either the paper form, or instructions to fill out the survey online through a link to Jotform. Participants were instructed to fill out one survey per household. A \$20 Amazon gift card was given to the first 100 respondents. Respondents were required to be at least 18 years of age.

The survey instrument was designed to capture perceptions about health care, wellness and prevention, community, health topics, and demographics (Appendix A). A total of 404 surveys were completed, 313 paper and 91 through Jotform, for a 15% response rate. Approximately 200 of the surveys were returned as "undeliverable".

Analysis

The quantitative data was analyzed using descriptive statistics, while the qualitative write-in responses were analyzed by identifying common themes.

Results

Health Care

Roughly 60% of respondents seek health care in both Mineral County and surrounding counties/states, while about 11% state they are able to get the care they need in Mineral and about 26% state they always seek care outside of Mineral County. The main reason for seeking care outside of the county was to seek specialty care (cardiology, oncology, rheumatology, surgery, orthopedics, etc.). Other reasons stated included more choices/options; dental/vision; concerns about privacy, anonymity, and confidentiality; concerns about quality of care; ease/convenience; cost of services; and insurance-related issues (lack of insurance, underinsured, or network provider not in Mineral). Similar responses were given when asked where family members seek health care and why.

About 87% of survey respondents stated they'd visited a health care provider within the previous 12 months and 66% stated they'd visited a dentist within the previous 12 months. When asked if there was a time in the previous 12 months the respondent or a household member needed to seek health care but did not go or delayed going in, 25% stated they did not go in when needed. Some of the reasons stated included cost/deductible, work/schedule conflicts, weather/road conditions, pandemic, provider availability, stubbornness, no insurance, and travel/distance.

Wellness/Prevention

When asked which preventative services the respondents and family members had received in the previous 12 months, 78% reported having blood work done, 72% had a blood pressure check, 64% had an immunization or vaccination, 32% had a mammogram, 31% had a women's annual, 19% had a colonoscopy, and 13% had a well child visit.

85% of respondents felt they were able to get the recommended 2.5 hours of physical activity per week and 91% felt they were able to eat a balanced diet most of the time.

When asked if respondents would know where to look for mental health services for themselves or family members, 50% responded they did not. Places that would be helpful to post more information mentioned were the internet/websites, social media, bulletin boards across the county, provider offices, newspaper, and through the mail. For those that did know of services, when asked how they found out about these services they mentioned word of mouth, provider referral, social media, and the newspaper as the main places.

About 53% of respondents stated they would not know where to look to find information on tobacco cessation. Similar places were mentioned as above that would be helpful to find information. For those who had seen information, they stated bulletin boards, Mineral County Health Department, providers, social media, and the newspaper.

Roughly 84% of respondents stated they always wear a seat belt when driving or riding in a vehicle, while 11% stated most of the time.

Community

45% of respondents stated they had lived in Mineral County more than 20 years, 22% have lived here between 1 and 5 years, 17% between 10 and 20 years, 13% between 5 and 10 years, and 3% had lived here less than 1 year.

When asked if respondents felt safe in Mineral County, 58% said they do, 32% stated most of the time, 7% said some of the time, and 1% said no.

When asked if there were places nearby where respondents could be physically active according to their abilities, 69% said yes, 12% stated most of the time, 12% stated some of the time, and 6% stated no.

When asked if respondents had the financial resources to meet their needs, 69% said they do, 17% stated most of the time, 7% stated some of the time, and 4% stated no.

When asked if respondents felt Mineral County was a good place to raise kids, 54% stated yes, 22% stated most of the time, 14% stated some of the time, 5% stated no, and 5% preferred not to say.

When asked if respondents felt Mineral County was a good place to grow old, 57% stated yes, 21% stated most of the time, 14% some of the time, 8% stated no, and 3% preferred not to say.

Approximately 21% of respondents are the primary caregiver of a child less than 18 years old. Of those who are caregivers to children, 61% felt Mineral County was a good place to raise children, 31% stated maybe/sometimes, and 4% said no. Some of the reasons people felt Mineral is a good place to raise kids include small community/support, schools, outdoors, good people/friendly neighbors, safe, activities, and religious opportunities. For those that felt Mineral County could be an undesirable place to raise kids, some of the responses included bullying, few activities for kids, lack of daycares, lack of job opportunities for kids, and doesn't feel safe.

When asked if respondents were aware of family support services, 45% stated they did.

When asked if respondents were 62 years of age or older, or if they cared for a senior citizen, 53% stated they were. 59% stated they thought Mineral County was a good place to grow old, 29% stated maybe/sometimes, and 5% stated no. Reasons stated for Mineral County being a good place to grow old included friends, small town values, slower pace of living, safety/low crime, outdoors/recreation, health care, community, services, etc. Reasons stated for Mineral County sometimes being a less desirable place to grow old included distance to specialists, health care, employment, and services; winter, travel, and distances; limited aging services; limited services; isolation; cost of living; and emergency response time.

Roughly 60% of respondents have a Superior zip code, 18% have a St. Regis zip code, 10% have an Alberton zip code, 3% have a DeBorgia zip code, and 2% have a Haugan zip code.

Health Topics

Alcohol and substance abuse was the number one concern for adults at 24.7%, next were chronic health issues (22.0%), then mental and behavior health at 16.1%, and the fourth health concern for adults was accidental injury (14.3%).

For children, alcohol and substance abuse was also identified as the number one health concern (21.4%) followed closely by child abuse and neglect (21.0%). The next health concerns identified were mental and behavioral health (19.2%) and bullying (16.2%).

When asked where respondents would seek information during a large-scale disaster or emergency, social media was the number one place they would look followed by text notifications, neighbors, television, news website, word of mouth, event-specific websites, radio, bulletin boards, and the newspaper.

Demographics

Almost a third of respondents reported they were between the ages of 61 and 70 years old, while 26% reported being between 71 and 80 years old, 18% reported being between 31 and 50 years old, 15% reported being between 51 and 60 years old, 7% reported being 81 years or older, and 4% reported being between 18 and 30 years old.

92% of respondents reported being Caucasian/white, 2% American Indian/Alaska Native, 2% Hispanic or Latino, 1% Asian, Native Hawaiian/Pacific Islander, or didn't know, and 4% preferred not to say.

69% of respondents were female, 28% were male, and 3% preferred not to say.

Half of the respondents live in a 2 person household, 23% live in a single person household, 10% have 4 people in their household, 9% have 3 people in their household, 3% have 5, 2% have 6, and 2% have 7 or more in their household.

References

APHA (2019). American Public Health Association's What is Public Health? www.apha.org

CDC (2019). Center for Disease Control Healthy People 2020- Social Determinants of Health. www.healthypeople.gov

Montana Disability and Health Program (2016). Data and Resources for a Whole Community Approach to Emergency Planning. http://mtdh.ruralinstitute.umt.edu

Nygaard, K. and Bosak, K. (2014). A Critical Assessment of the Mineral County Challenge: The Role and Implications of Scale in Collaborative Development. *Journal of Rural Studies*. 34:235-245.

US Census (2010). www.census.gov

US Census (2022). Quick Facts- Mineral County www.factfinder.census.gov

Appendix A- Community Health Needs Assessment

Mineral County Community Health Assessment

We appreciate you taking this survey to help us understand the needs of our community better. You can choose not to answer specific questions by choosing "prefer not to say"; however, the more informed we are, the better we can serve our community so please share what you are willing to. When you have completed this survey, you can fill in your mailing address so we can send you a \$20 gift card for your time (only one gift card per household).

To complete this survey, follow along with the prompts given for each answer chosen. This will save you time by not answering questions not ap-plicable to your answers. You must be 18 years or older to complete this survey.

Health Care

The questions in this section ask about your experiences seeking health care in Mineral County and other counties.

1. Where do you seek healthcare for yourself?	1a. If you are able to get your health care in Mineral County, which
I am able to get the health care I need in Mineral County. (please proceed to question 1a)	places do you use?
I seek health care in Mineral County and in other counties, depending on the type of doctor I need so see. (please answer 1a and 1b)	
I always seek health care outside of Mineral County. <i>(please skip to question 1b)</i>	
I do not seek health care anywhere. (please skip to question 1c)	
1b. If you seek health care outside of Mineral County, what are some of the main reasons you go elsewhere?	1c. If you don't seek health care anywhere, what are some of the main reasons why?
2. Where do family members you live with seek health care? The family members I live with are able to receive the health care they need in Mineral County. The family members I live with seek health care in Mineral County and other counties, depending on the type of doctor they	2a. If your family members you live with receive care in Mineral County, where are the places they go?
need to see. (please answer questions 2a and 2b) The family members I live with seek health care outside of Mineral County. (please skip to question 2b) The family members I live with do not seek health care anywhere	
The family members I live with do not seek health care anywhere. (please skip to question 2c)	

2b. If your family members you live with seek health care outside of Mineral County, what are some of the main reasons why? (please answer and skip to question 3)	2c. If your family members you live with don't seek health care, what are some of the main reasons why?
a title least time was visited a health care provider (in or	She had time very distant a dampiet (in an autoide of Min
3. When was the last time you visited a health care provider (in or outside of Mineral County) for a routine check-up or follow-up appointment?	4. When was the last time you visited a dentist (in or outside of Mineral County) for a routine checkup, cleaning, or follow-up appointment?
Within the last 12 months	Within the last 12 months
Between 1 and 2 years ago	Between 1 and 2 years ago
More than 2 years ago, but less than 5 years ago	More than 2 years ago, but less than 5 years ago
l've never been to a doctor	I've never been to a dentist
I don't know	I don't know
Prefer not to say	Prefer not to say
5. In the last 12 months, was there a time you or a family member of your household needed health care services but did NOT go or delayed going in? Yes (please proceed to question 5a) No (please skip to question 6)	5a. If you answered yes, what were the main reasons you or a family member did not seek health care when you felt it was needed?
Wellness/Prevention The questions in this section ask about your basic wellness activities.	
6. Have you or a household member received any of the following p	
Blood laboratory work (through employer, insurance, or health	
care provider)	Prostate (PSA)
Blood pressure check	None
Children's check up/wellness check	I don't know
Colonoscopy	Prefer not to say
Immunization/vaccination	Other
Mammogram	

7. Are you able to get the recommended 2.5 hours of physical activity each week? Yes (please proceed to question 7a) No (please answer questions 7b and 7c)	7a. If you answered yes, what are some of the activities that keep you active? (please answer and skip to question 8)
7b. If you answered no , what are some of the reasons you aren't able to get the recommended amount of exercise each week?	7c. What might help you to become more physically active?
8. Are you able to eat a balanced diet most of the time including a variety of fruits, vegetables, whole grains, fat-free or low-fat milk and milk products, and protein (seafood, lean meats and poultry, eggs, legumes, soy products, nuts, seeds). Yes (please skip to question 8b) No (please proceed to question 8a)	8a. If you aren't able to eat a variety of healthy foods most of the time, what are some of the main reasons? (please answer and skip to question 9)
8b. If you answered yes to getting a healthy variety of foods most of the time, are you able to get all the foods you need in Mineral County (shopping, ordering, growing/preserving, farmer's markets, etc.) Yes No	9. If you or a family member you live with needed mental or behavioral health services (including therapy, substance use counseling, etc.) are you aware of services that would meet your needs in Mineral County? Yes (please proceed to question 9a) No (please skip to question 9b)
9a. If you answered yes, how did you find out about these services?	9b. If you answered no, where would it be most helpful to post information about services offered in Mineral County?

10. If you or a family member living quitting tobacco use (chew, snuff, cing), would you know where to find yourself or family members? Yes (please proceed to question No (please skip to question 10b)	garettes, e-cigarette help in Mineral Cou	es, vap- tok	acco		ere have you seen inf ort services offered in estion 11)	
10b. If you answered no, where wou information about tobacco prevention in Mineral County?	•	· I	Alwa	ays at of the time netimes	eat belts when you d	lrive or ride in a
Community The questions in this section ask abo	ut your experiences	living in Mineral	Coun	ty.		
12. How long have you lived in Mine Less than a year Between 1 and 5 years Between 5 and 10 years Between 10 and 15 years 13. The following questions focus of ment with each statement.		iving in Mineral	Mor Pref	ween 15 and 20 years fe than 20 years fer not to say ty. Please choose the		eflects your agree-
ment with each statement	Yes, I agree	Most of the t	ime	Some of the time	No, I don't agree	Prefer not to say
I feel safe in my neighborhood.						
I feel safe in Mineral County.						
There are places nearby where I can be physically active according to my abilities.						
I have the financial resources to meet my basic needs						
I think Mineral County is a good place to raise children.						
I think Mineral County is a good place to grow old						

14. Are you the primary parent or caregiver of a child less than 18 years of age? Yes (please proceed to question 15) No (please skip to question 16) 15a. If you answered yes, what makes Mineral County a good place to raise kids? (please answer and skip to question 16)	15. Do you think Mineral County is a good place to raise kids? Yes (please proceed to question 15a) No (please skip to question 15b) Maybe/Sometimes (please skip to 15c) I don't know (please skip to question 16) Prefer not to say (please skip to question 16) 15b. If you answered no, what makes Mineral County an undesirable place to raise kids? (please answer and skip to question 16)
15c. If you answered maybe/sometimes, what are the reasons you think Mineral County can be both a good place and sometimes undesirable place to raise kids?	16. Are you aware of any family support services in Mineral County? Yes (please proceed to question 16a) No (please skip to question 16b)
16a. If you answered yes, which family support services are you aware of in Mineral County? (please answer and skip to question 17)	16b. If you answered no, where would it be helpful to post information about family support services offered in Mineral County?
17. Are you a senior citizen (62 years of age or older), or the primary caregiver for a senior citizen? Yes (please proceed to question 18) No (please skip to question 19)	18. Do you think Mineral County is a good place to grow old? Yes (please proceed to question 18a) No (please skip to question 18b) Maybe/Sometimes (please skip to question 18c) I don't know (please skip to question 19) Prefer not to say (please skip to question 19)

18a. If you answered yes, what makes Mineral County a good place to grow old? (please answer and skip to question 19)	18b. If you answered no, what makes Mineral County an undesirable place to grow old? (please answer and skip to question 19)
18c. If you answered maybe/sometimes, what makes Mineral	19. What is your zip code in Mineral County?
County both a good and sometimes undesirable place to grow old?	Alberton 59820
	DeBorgia 59830 St. Regis 59866
	Haugan 59842 Superior 59872
	Saltese 59867 Prefer not to say
Health Topics The questions in this section ask about the health topics that affect N	Aineral County residents the most.
20. In your opinion, what are the THREE most serious health concerthe list below?	rns for ADULT residents (over the age of 18) of Mineral County from
Accidental injury (car crashes, recreation-related injuries, work-related injuries, etc.)	Mental/behavioral health (depression, stress, etc.)
Alcohol/substance abuse (illicit drugs, legal drug overuse, tobac	High risk sexual activity (unintended pregnancy, sexually transmitted infections, etc.)
co, etc.)	Homelessness
Chronic health issues (arthritis, diabetes, cancer, chronic pain,	Overweight/obesity
heart disease, etc.) Domestic or dating violence/abuse	Don't know
Homelessness	Prefer not to say
Trometessitess	
21. In your opinion, what are the THREE most serious health concerthe list below?	ns for children (under the age of 18) living in Mineral County from
Alcohol/substance abuse (illicit drug use, legal drug overuse, tob	vacco, etc.)
Bullying (in-person or online)	
Child abuse/neglect	
High risk sexual activity (unintended pregnancy, sexually transm	itted infections, etc.)
Mental/behavioral health (depression, stress, etc.)	
Overweight/obesity	
Don't know	
Prefer not to say	

22. If a large-scale disaster or emergency happened in Mineral County, where are the top THREE places you would go to find out more			
information?			
Television	Text Notifications		
Radio	News Website		
Newspaper	Other event-specific websites		
Flyers at local stores	Neighbors		
Demographics			
	hald was leaves and		
The questions in this section ask questions about age, gender, house	noia makeup, etc.		
23. How old are you?			
18-25 years	51-60 years		
	61-70 years		
31-40 years	71-80 years		
	81-90 years		
24. What is your race/ethnicity?	<u> </u>		
Caucasian/White	Native Hawaiian/Pacific Islander		
African American/Black	Hispanic or Latino		
Asian	Don't know		
American Indian/Alaska Native	Prefer not to say		
L American mulany Alaska Native	FIEIEI HUL LU SAY		
25. How many people live where you reside, including yourself?	26. What is your gender identity?		
<u> </u>	Woman		
7	Man		
3 8+	Transgender		
4 Prefer not to say	Non-binary/Non-conforming		
5	Prefer not to say		
You have reached the end of the Community Health Survey! Thank mation. If you would like a \$20 gift card sent to your address pleas prefer not to receive a gift card you may leave the address section	e write in the address you'd like the gift card to be mailed to. If you		
Address:			
Street Address:			
Street Address Line 2:			
City:			
State/Province:			
Postal/Zip Code:			

Appendix B- Raw Data Scores

CHA 2022 Data Report

*indicates write in question

C- Where do you seek healthcare for yourself?

Jotform responses	Paper responses	Total responses
92	312	404

- 1. I am able to get the healthcare I need in Mineral County.
- 2. I seek healthcare in Mineral County and other counties, depending on type of doctor I need to see.
- 3. I always seek healthcare outside of Mineral County.
- 4. I do not seek healthcare anywhere.

Response	Jotform	Paper	Total
1	12	32	44
2	47	199	246
3	32	74	106
4	1	7	8

*D- If you are able to get your healthcare in Mineral County, which places do you use? (combination of C1 and C2 responses)

Response	Jotform	Paper	Total
Counseling	0	3	3
Dentist	2	2	4
JLMC	13	39	52
Massage	0	2	2
MCH	32	99	131
MCHC	28	142	170
MCHD	9	21	30
Mineral Pharmacy	1	9	10
Physical Therapy	4	8	12

*E- If you seek healthcare outside of Mineral County, what are the main reasons you go elsewhere? (combination of C2 and C3 responses)

Response	Jotform	Paper	Total
Concerns about privacy,	4	12	16
anonymity, confidentiality			

Cost/insurance	3	18	21
Concerns about quality of	10	32	42
care/quality of care			
Access/availability	8	8	16
More choices/options	3	18	21
outside county			
Specialists	37	145	182
Ease/convenience, work outside county	11	22	33
Surgery	1	4	5
Labs, diagnostics, facilities	4	10	14
Pediatrician	4	1	5
Previously established	10	30	40
with outside provider			
Dental	3	21	24
Vision	5	12	17
Referrals outside county	4	5	9
Prenatal	1	0	1
Veterans Affairs	0	11	11
Bad experience with providers in Mineral	0	7	7

*F- If you don't seek care anywhere, what are some of the reasons why? (C4)

Jotform- HIPAA violations and confidentiality concerns.

Paper- not sick or injured, cost of insurance, no need, mistrust of medical professionals, in good health

G- Where do family members you live with seek healthcare?

Jotform responses	Paper responses	Total responses
86	238	324

- 1. The family members I live with are able to get the healthcare I need in Mineral County.
- 2. The family members I live with seek healthcare in Mineral County and other counties, depending on type of doctor I need to see.
- 3. The family members I live with always seek healthcare outside of Mineral County.
- 4. The family members I live with do not seek healthcare anywhere.

Response	Jotform	Paper	Total
1	9	26	35
2	39	128	167

3	36	75	111
4	2	9	11

*H- If your family members you live with are able to receive care in Mineral County, where are the places they go? (combination of G1 and G2 responses)

Response	Jotform	Paper	Total
Counseling	0	1	1
Dentist	0	2	2
JLMC	14	21	35
MCH	14	53	67
MCHC	19	78	97
MCHD	5	10	15
Mineral Pharmacy	1	3	4
Physical Therapy	0	2	2

*I- If your family members you live with see healthcare outside of Mineral County, what are some of the reasons? (combination of G2 and G3)

Response	Jotform	Paper	Total
Concerns about privacy,	2	8	10
anonymity, confidentiality			
Cost/insurance	3	10	13
Concerns about quality of	5	17	22
care/quality of care			
Access/availability	3	3	6
More choices/options	6	13	19
outside county			
Specialists	32	98	130
Ease/convenience, work	5	11	16
outside county			
Surgery	1	3	4
Labs, diagnostics, facilities	2	8	10
Pediatrician	8	5	13
Previously established	13	17	30
with outside provider			
Dental	4	10	14
Vision	3	5	8
Referrals outside county	0	3	3
Tribal Health	0	1	1
Veterans Affairs	2	12	14

Bad experience with	1	4	5
providers in Mineral			

*J- If your family members you live with don't seek care anywhere, what are some of the reasons why? (G4)

Jotform- Don't like to see doctors, no specialists.

Paper- cost of insurance, too lazy to make an appointment, good health, no need, distrust in doctors

K- When was the last time you visited a healthcare provider (in or outside of Mineral County) for a routine check-up or follow-up appointment?

Jotform responses	Paper responses	Total responses
90	308	398

- 1. Within the last 12 months
- 2. Between 1 and 2 years ago
- 3. More than 2 years ago, but less than 5 years ago
- 4. I've never been to a doctor
- 5. I don't know
- 6. Prefer not to say

Response	Jotform	Paper	Total
1	77	271	348
2	7	14	21
3	3	15	18
4	0	1	1
5	3	5	8
6	0	2	2

L- When was the last time you visited a dentist (in our outside of Mineral County) for a routine checkup, cleaning, or follow-up appointment?

Jotform responses	Paper responses	Total responses
90	286	376

- 1. Within the last 12 months
- 2. Between 1 and 2 years ago
- 3. More than 2 years ago, but less than 5 years ago
- 4. I've never been to a doctor
- 5. I don't know
- 6. Prefer not to say

|--|

1	65	184	249
2	7	37	44
3	11	41	52
4	2	4	6
5	5	12	17
6	0	8	8

M- In the last 12 months, was there a time you or a family member of your household needed healthcare services but did NOT go or delayed going in?

Jotform responses	Paper responses	Total responses
74	295	369

Responses	Jotform	Paper	Totals
Yes	36	57	93
No	38	238	276

*N- If you answered yes, what were the main reasons you or a family member did not seek health care when you felt it was needed?

Responses	Jotform	Paper	Totals
Weather/road conditions	5	8	13
Pandemic	5	4	9
Lack of quality care	3	1	4
Provider availability	5	4	9
Able to get better at home	3	3	6
Stubborn/refusal to go	2	7	9
Cost/deductible	7	13	20
No insurance	2	5	7
Work/schedule conflicts	3	10	13
Billing issues	1	0	1
Too sick to get in	1	3	4
Travel/distance	2	3	5
Transportation	1	1	2
No child care	0	1	1

O- Have you or a family member received any of the following preventative health services in the last 12 months?

Jotform responses	Paper responses	Total responses
90	306	396

	Responses	Jotform	Paper	Totals
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Blood lab work	70	240	310
Blood pressure check	59	229	288
Children's check	28	24	52
up/wellness visit			
Colonoscopy	18	58	76
Immunization/vaccination	49	204	253
Mammogram	22	106	128
Women's annual visit	32	92	124
Prostate (PSA)	7	62	69
None	2	22	24
I don't know	0	1	1
Prefer not to say	0	2	2

P- Are you able to get the recommended 2.5 hours of physical activity each week?

Jotform responses	Paper responses	Total responses
89	308	397

Responses	Jotform	Paper	Totals
Yes	69	267	336
No	20	41	61

*Q- If you answered yes, what are some of the activities that keep you active?

Responses	Jotform	Paper	Totals
Outdoor Activities			
Running	5	10	15
Hiking	14	42	56
Walking	39	168	207
Biking	6	16	22
Fishing/hunting/camping	4	20	24
Sports (golf, basketball, softball)	3	7	10
Kayaking/paddling	1	4	5
Swimming	1	3	4
Winter activities (snowmobiling, sledding, Snowshoeing, skiing)	6	14	20
Horseback riding	2	2	4
Exercise			
Weights	7	14	21
Group/classes	4	5	9
Home/strength	2	11	13
Cardio equipment	6	28	34
Gym	0	3	3
Stairs	1	13	14

Yoga and stretching	2	11	13
Lifestyle			
Work	6	18	24
Snow removal	6	38	44
Gardening/yard work	7	58	65
Housework	7	42	49
Parenting	4	11	15
Firewood	6	32	38
Farm/animal care	2	27	29
Martial arts	1	1	2
Shopping	1	8	9

*R- If you answered no, what are some of the reasons you aren't able to get the recommended amount of exercise each week?

Jotform responses	Paper responses	Total responses
21	12	33

Responses	Jotform	Paper	Totals
Physical limitations	3	7	10
Lack of motivation/not a	4	7	11
priority			
Work, too busy, schedules,	10	3	13
commuting			
Health issues	3	11	14
Chronic pain	2	2	4
Age	2	4	6
Weather	1	6	7
No safe trails/roadways	2	0	2
No indoor places to	2	2	4
workout/walk			
Fear of falling	2	1	3

*S- What might help you to become more physically active?

Jotform responses	Paper responses	Total responses
21	10	31

Responses	Jotform	Paper	Totals
Access to equipment	5	5	10
indoors			
Better trails and roadways	1	1	2
Better weather	1	4	5
More time	1	1	2

Pool	1	2	3
Address health issues	1	10	11
Making it a priority	2	2	4
Accountability group	2	0	2
Childcare	0	1	1
Nothing	2	1	3

T- Are you able to eat a balanced diet most of the time including a variety of fruits, vegetables, whole grains, fat-free or low-fat milk and milk products, and protein (seafood, lean meats and poultry, eggs, legumes, soy products, nuts, seeds)?

Jotform responses	Paper responses	Total responses
89	310	399

Responses	Jotform	Paper	Totals
Yes	78	287	365
No	11	23	34

*U- If you aren't able to eat a variety of healthy foods most of the time, what are some of the main reasons?

Response	Jotform	Paper	Total
Food sensitivities/allergies	1	3	4
Cost	3	11	14
Too much effort, time	1	4	5
Variety of available foods,	4	1	5
unable to keep foods fresh			
Work on road	0	1	1
Single	0	2	2
Save good food for kids	1	0	1
Vegan	0	2	2
No desire to eat better	0	2	2

V- If you answered yes to getting a healthy variety of foods most of the time, are you able to get all the foods you need in Mineral County (shopping, ordering, growing/preserving, farmer's markets, etc.)?

Jotform responses	Paper responses	Total responses
78	224	302

Responses	Jotform	Paper	Totals
Yes	44	187	231
No	34	37	71

W- If you or a family member you live with needed mental or behavioral health services (including therapy, substance use counseling, etc.) are you aware of services that would meet your needs in Mineral County?

Jotform responses	Paper responses	Total responses
87	276	363

Responses	Jotform	Paper	Totals
Yes	46	136	182
No	41	140	181

*X- If you answered yes, how did you find out about these services?

Responses	Jotform	Paper	Totals
Social media	12	10	22
Word of mouth	20	16	36
Provider	8	18	26
Internet/website	4	10	14
Flyer	5	17	22
Professional contacts	2	6	8
Local	3	13	16
knowledge/connections			
MCHD	2	4	6
Family/friends/neighbors	3	15	18
Newspaper	1	11	12
School/parent liaison	2	3	5

*Y- If you answered no, where would it be most helpful to post information about services offered in Mineral County?

Responses	Jotform	Paper	Totals
Post office	5	18	23
Social media	20	25	45
Internet/website	14	30	44
Newspaper	6	11	17
Mail	3	16	19
MCHD	1	1	2
Schools	2	2	4
Provider offices	2	11	13
Grocery store bulletins	3	21	24
Community centers	1	5	6
Town offices	1	1	2
Television	0	1	1

Gas stations	0	2	2
Food banks	0	1	1
Churches	0	1	1
Email	0	3	3
Radio	0	1	1

Z- If you or a family member living with you wanted help with quitting tobacco use (chew, snuff, cigarettes, e-cigarettes, vaping) would you know where to find help in Mineral County for yourself or a family member?

Jotform responses	Paper responses	Total responses
86	264	350

Responses	Jotform	Paper	Totals
Yes	42	121	163
No	44	143	187

*AA- If you answered yes, where have you seen information about tobacco prevention and support services offered in Mineral County?

Responses	Jotform	Paper	Totals
MCHD	8	31	39
Social media	17	9	26
Newspaper	5	11	16
Fair	1	0	1
Internet/website	1	7	8
Schools	1	2	3
Provider offices	9	27	36
Flyers/bulletin boards	17	29	46
Word of mouth	3	5	8
HCC	2	0	2
Quit line	1	2	3
TV	0	6	6

*AB- If you answered no, where would it be most helpful to post information about tobacco prevention and support services offered in Mineral County?

Responses	Jotform	Paper	Totals
Social media	19	15	34
Internet/website	12	19	31
Newspaper	2	15	17
Mail	2	16	18
Schools	0	2	2
Provider offices	1	11	12
Flyers/bulletins	7	48	55

Gas stations, food banks, churches, bars, library	4	7	11
Email	1	0	1
Radio	1	0	1
TV	0	1	1

AC- How often do you wear seat belts when you drive or ride in a vehicle?

Jotform responses	Paper responses	Total responses
95	287	382

Responses	Jotform	Paper	Totals
Always	75	246	321
Most of the time	10	31	41
Sometimes	1	8	9
Seldom	2	2	4
Prefer not to say *only an option on jotform	2		2

AD- How long have you lived in Mineral County?

Jotform responses	Paper responses	Total responses
89	308	397

Responses	Jotform	Paper	Totals
Less than a year	6	7	13
Between 1 and 5 years	24	62	86
Between 5 and 10 years	13	37	50
Between 10 and 15 years	9	25	34
Between 15 and 20 years	8	29	37
More than 20 years	29	148	177
Prefer not to say	0	0	0

AE through AJ- The following questions focus on your experiences living in Mineral County. Please choose the answer that best reflects your agreement with each statement.

AE- I feel safe in my neighborhood.

Jotform responses	Paper responses	Total responses
89	299	388

Responses	Jotform	Paper	Totals
Yes, I agree	61	238	299
Most of the time	28	59	87
Some of the time	0	7	7
No, I don't agree	0	3	3
Prefer not to say	0	2	2

AF- I feel safe in Mineral County.

Jotform responses	Paper responses	Total responses
77	306	383

Responses	Jotform	Paper	Totals
Yes, I agree	38	185	223
Most of the time	35	88	123
Some of the time	4	24	28
No, I don't agree	0	5	5
Prefer not to say	0	4	4

AG- There are places nearby where I can be physically active according to my abilities.

Jotform responses	Paper responses	Total responses
74	303	377

Responses	Jotform	Paper	Totals
Yes, I agree	41	221	262
Most of the time	12	32	44
Some of the time	13	32	45
No, I don't agree	7	15	22
Prefer not to say	1	3	4

AH- I have the financial resources to meet my basic needs.

Jotform responses	Paper responses	Total responses
74	309	383

Responses	Jotform	Paper	Totals
Yes, I agree	48	218	266
Most of the time	13	53	66
Some of the time	11	17	28

No, I don't agree	2	13	15
Prefer not to say	0	8	8

AI- I think Mineral County is a good place to raise kids.

Jotform responses	Paper responses	Total responses
73	296	369

Responses	Jotform	Paper	Totals
Yes, I agree	32	169	201
Most of the time	21	60	81
Some of the time	12	38	50
No, I don't agree	1	16	17
Prefer not to say	7	13	20

AJ- I think Mineral County is a good place to grow old.

Jotform resp	onses	Paper responses	Total responses
74		294	368

Responses	Jotform	Paper	Totals
Yes, I agree	31	178	209
Most of the time	22	57	79
Some of the time	13	37	50
No, I don't agree	5	25	30
Prefer not to say	3	7	10

AK- Are you the primary parent or caregiver of a child less than 18 years of age?

Jotform responses	Paper responses	Total responses
89	307	396

Responses	Jotform	Paper	Totals
Yes	31	35	66
No	58	272	330

AL- If you are the primary parent or caregiver of a child less than 18 years of age, do you think Mineral County is a good place to raise kids?

Jotform responses	Paper responses	Total responses

Responses	Jotform	Paper	Totals
Yes	23	19	41
No	0	3	3
Maybe/sometimes	8	13	21
	0	1	1

*AM- If you are the primary parent or caregiver of a child less than 18 years of age, what makes Mineral County a good place to raise kids?

Jotform responses	Paper responses	Total responses
22	5	27

Responses	Jotform	Paper	Totals
Community support	3	5	8
Outdoors	4	6	10
Good people/friendly	6	1	7
neighbors			
Small community	11	12	23
Safe	6	2	8
School	7	10	17
Activities	4	4	8
Religious opportunities	0	2	2

^{*}AN- If you answered no, what makes Mineral County an undesirable place to raise kids?

*AO- If you answered maybe/sometimes, what are the reasons you think Mineral County can be both a good place and sometimes undesirable place to raise kids? (This question did not populate in jotform. Answers from the paper form were separated out into good/undesirable responses. Good responses were added in to AM and undesirable responses are found below.)

Bullying, few activities for kids, lack of daycares, more money for school programs, better sidewalks, community center for kids needed, need pool, high risk for drug exposure, lack of job opportunities for teens, not much to do, don't feel safe, low economic status, bad influences, bullying, no morals/traditions, theft, low police presence, too many bars, not friendly, no diversity, red county, no access to arts/dance.

AP- Are you aware of any family support services in Mineral County?

Jotform responses P	Paper responses	Total responses
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	88	271	359
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Responses	Jotform	Paper	Totals
Yes	40	124	164
No	48	147	195

*AQ- If you answered yes, which family support services are you aware of in Mineral County?

Responses	Jotform	Paper	Totals
School programs	8	12	18
Parent groups	3	5	8
Counseling	4	13	17
MCHD Programs	4	23	27
Parents as Teachers	15	22	37
FCC	4	6	10
WIC	4	7	11
CPS	4	4	8
Food banks	6	17	23
Churches	2	8	10
Providers	0	7	7
Alberton PTSA, Clothing	5	1	6
Co, Helping Hands, PEAK			
Activities, sports, Girl	4	2	6
Scouts			
Lions Club, We Care,	3	6	9
Helpline			
Libraries	4	4	8
Programs- Kinship	4	7	11
Navigator, prevention			
specialist, crime victim			
advocates			
Women in Timber	1	4	5
Law Enforcement	1	1	2

AR- If you answered no, where would it be helpful to post information about family services available in Mineral County?

Responses	Jotform	Paper	Totals
Social media	21	15	36
Website/Internet	15	24	39
Newspaper	5	17	22
Mail	5	16	21
Bulletin boards/flyers	9	52	61
Provider offices	1	9	10
MCHD	0	2	2

Library	0	6	6
Email	0	2	2
School	0	6	6
Pharmacy	0	5	5
TV/Radio ads	2	4	6
Courthouse	0	5	5

AS- Are you a senior citizen (62+), or the primary caregiver for a senior citizen?

Jotform responses	Paper responses	Total responses
89	304	393

Responses	Jotform	Paper	Totals
Yes	37	58	207
No	52	97	149

AT- Do you think Mineral County is a good place to grow old?

Jotform responses	Paper responses	Total responses
37	208	245

Responses	Jotform	Paper	Totals
Yes	19	127	146
No	3	10	13
Maybe/sometimes	14	57	71
Don't know	1	10	11
Prefer not to say	0	4	4

*AU- If you answered yes, what makes Mineral County a good place to grow old?

Responses	Jotform	Paper	Totals
Slow pace	0	29	29
Have everything needed	0	9	9
Friends/friendly people	5	32	37
Doctors care	0	1	1
Safety/low crime	3	13	16
Small town values	5	23	28
Outdoors/recreation	5	16	21
Highway access/travel	2	7	9
Healthcare/MCH	3	17	20
Community	3	18	21
Senior services	2	6	8
Cost of living	1	3	4

3			
Services	1	21	22

AV- If you answered no, what makes Mineral County an undesirable place to grow old?

Responses	Jotform	Paper	Totals
Distances to medical	0	2	2
services			
Little help	0	2	2
Cost of food	0	1	1
No assisted living/elderly	2	2	4
services			
Lack of transportation	0	1	1
Lack of medical	0	4	4
services/access/wait			
times			
Social isolation	1	1	2
Distance to amenities	0	2	2
Not safe	0	1	1

*AW- If you answered maybe/sometimes, what makes Mineral County both a good and sometimes undesirable place to grow old?

С	Desirable			Undesirable			
Responses	Jotform	Paper	Totals	Responses	Jotform	Paper	Totals
Healthcare close by	0	3	3	Distance to	4	9	13
				specialists,			
				healthcare,			
				employment,			
				services, pharmacy			
People/community	3	8	11	Winter	1	4	5
Outdoors	2	3	5	Travel/distance	3	4	7
Slower pace	1	8	9	Limited services	8	15	23
				(healthcare, no			
				gym/pool, shopping,			
				etc.)			
Low crime/safe	2	4	6	Limited aging services	1	16	17
Quality of life	0	1	1	Cost of living	1	3	4
Access to services	0	2	2	Isolation	0	7	7
EMS	0	1	1	No public transport	1	3	4
				Emergency response	0	3	3
				time			
				Narrow minded small	0	1	1
				town			

Jotform responses	Paper responses	Total responses
89	302	391

Responses	Jotform	Paper	Totals
Alberton	23	37	40
DeBorgia	0	12	12
Haugan	2	6	8
Saltese	0	0	0
St. Regis	17	52	69
Superior	46	191	237
Prefer not	1	4	5
to say			

AY- In your opinion, what are the three most serious health concerns for ADULT residents (over the age of 18) of Mineral County from the list below? (Maternal health not populated on paper option)

Jotform responses	Paper responses	Total responses
89	315	404

Responses	Jotform/Paper combined	Totals
Accidental injury	157	<mark>14.3%</mark>
Alcohol/substance abuse	272	<mark>24.7%</mark>
Chronic health issues	243	<mark>22.0%</mark>
Domestic/dating violence	51	5.0%
Homelessness	33	3.0%
High risk sexual activity	14	1.3%
Maternal health (only jotform)	1	0.1%
Mental/behavioral health	177	<mark>16.1%</mark>
Overweight/obesity	112	10.2%
Don't know	33	3.0%
Prefer not to say	7	0.6%

AY- In your opinion, what are the three most serious health concerns for children (under the age of 18) living in Mineral County from the list below?

Jotform responses	Paper responses	Total responses
80	307	387

Responses	Jotform/Paper	Totals
	combined	

Alcohol/substance abuse	215	<mark>21.4%</mark>
Bullying	163	<mark>16.2%</mark>
Child abuse/neglect	211	<mark>21.0%</mark>
High risk sexual activity	50	5.0%
Mental/behavioral health	193	<mark>19.2%</mark>
Overweight/obesity	80	8.0%
Don't know	83	8.3%
Prefer not to say	9	0.9%

BA- If a large-scale disaster or emergency happened in Mineral County, where are the top three places you would go to find out more information?

Jotform responses	Paper responses	Total responses
89	305	394

Responses	Jotform	Paper	Totals	Rank
Television	27	170	197	4
Radio	20	58	78	8
Newspaper	3	19	22	10
Flyers at local stores	4	60	64	9
Text notifications	34	166	200	2
News website	42	145	187	5
Other event-specific website	9	79	88	7
Neighbors	36	162	198	3
Word of mouth (only on jotform)	32		32	6
Social media (only on jotform)	58		58	1

BB- How old are you?

Jotform responses	Paper responses	Total responses
88	302	390

Responses	Jotform	Paper	Totals
18-25 years	5	3	8
26-30 years	5	3	8
31-40 years	16	19	35
41-50 years	13	23	36
51-60 years	13	45	58
61-70 years	20	95	115
71-80 years	14	87	101
81-90 years	0	27	27
90+ (not on	1	0	1
paper)			

Prefer not	1	0	1
to say (not			
on paper)			

BC- What is your race/ethnicity? (choose all that are applicable)

Jotform responses	Paper responses	Total responses
91	304	395

Responses	Jotform	Paper	Totals
Caucasian/white	82	281	363
African American/black	0	0	0
Asian	1	1	2
American Indian/Alaska Native	4	4	8
Native Hawaiian/Pacific	1	0	1
Islander			
Hispanic or Latino	3	3	6
Don't know	1	1	2
Prefer not to say	3	14	17

BD- What is your gender identity?

Jotform responses	Paper responses	Total responses
89	300	389

Responses	Jotform	Paper	Totals
Woman	67	203	270
Man	21	88	109
Transgender	0	0	0
Non-binary/Non-conforming	0	0	0
Prefer not to say	1	9	10

BE- How many people live where you reside, including yourself?

Jotform responses	Paper responses	Total responses	
90	304	394	

Responses	Jotform	Paper	Totals
1	11	80	91
2	36	161	197
3	11	26	37
4	19	20	39
5	8	5	13

6	2	7	9
7	1	0	1
8	2	1	3
9	0	4	4