

# **JUNEAU COUNTY COMMUNITY HEALTH SURVEY**

## **SUMMARY AND REPORT**

**SEPTEMBER, 2016**

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## Introduction

The Juneau County Health Department and Mile Bluff Medical Center are required to develop and implement local health plans to address health conditions impacting their communities. They work in partnership with the University of Wisconsin Extension and the Juneau County Economic Development Corporation to prioritize county health needs every three years. Community input is very important in deciding which areas should be prioritized in order to create a healthier Juneau County. The *Juneau County Community Health Survey* was designed to elicit feedback from the community to guide the next three years' planning efforts. Data collection began June 13, 2016 and concluded on August 22, 2016.

## Methods

### *Survey Design*

Survey development was a collaborative effort between Juneau County Health Department, Mile Bluff Medical Center, Juneau County Economic Development Corporation, and UW-Extension. Survey questions were gathered from similar surveys used in other counties and refined to meet the needs of Juneau County.

The final survey was an eight-page questionnaire of 40 items eliciting respondents' opinions and behaviors related to community health needs. Survey completion took about 5-10 minutes. The survey was titled *Juneau County Community Health Survey* and included Likert-type and open-ended questions regarding health and safety issues in respondents' communities. The survey concluded with various background and demographic questions.

### *Sample*

Potential participants were outreached through media outlets and at Juneau County events, (i.e. Wa Du Shuda Days, sharing suppers, WIC clinics, Mile Bluff Medical Center Clinics, employers, school districts, libraries, Strong Women Strong Bones Program, Customer Appreciation Day at Lemonweir Valley, Ho-Chunk Nation Meetings, etc.). In order to obtain statistically valid results, 584 completed surveys were needed. A total of 687 surveys were completed for analysis.

### *Distribution*

The survey was developed in two modes: paper and electronic. The electronic survey was available through Survey Monkey and open to responses for 10 weeks from June 13th, 2016 until Aug. 22, 2016.

### *Collection*

Electronic survey responses were fed directly into a data system maintained by the Juneau County Health Department. Paper surveys were returned to the Juneau County Health Department and responses were entered manually into the data system by Juneau County Health Department staff. Combined quantitative and qualitative data were exported to

statistical software for analysis. Data were analyzed for frequencies of responses and mean (average) question responses. Qualitative data were categorized for themes and reported based on five or more responses to a category.

### ***Analysis***

Survey questions were grouped into five main constructs: access to services, health and wellness, substance abuse/mental health, safety, and social determinants of health. Each construct consisted of between 2 and 9 questions. Questions under each construct are listed below.

#### **Access to Services:**

- Q1: Doctors are available, and I can make an appointment to get the care and services I need.
- Q2: Most people I know have some kind of health care coverage (private, Medicare, Medicaid or Badger Care).
- Q4: Dental care is available and affordable.
- Q7: People I know with emotional or mental health care needs can see a counselor or other mental health professional.
- Q14: People I know have access to opportunities that can improve health and fitness such as; bike trails, fitness classes, etc.
- Q17: People can afford healthy and fresh foods (apples, pears, tomatoes, lettuce, peppers, etc.) if they choose to.
- Q23: People I know have support from family, friends, and community resources (food pantry, alcoholics anonymous, churches, birthing classes, etc.).
- Q24: People over 65 years old can cope with their health concerns like arthritis, heart disease and loss of hearing and/or vision.
- Q25: People I know have access to transportation in meeting their daily needs (going to work, going to doctor appointments, grocery shopping, etc.)

#### **Health and Wellness:**

- Q3: Many people I know have chronic diseases (like heart disease, cancer, diabetes, asthma and arthritis).
- Q5: I know the importance of vaccines (like the flu shot, pneumonia shot, or childhood immunizations) and keep my family up to date on them.
- Q15: People I know exercise for 30 minutes at least 4 times per week.
- Q16: People I know eat fast food at least three times per week.
- Q19: Exposure to air and water pollution, pesticides, organic solvents, dusts and/or physical hazards, occur in the environment, the home, or the workplace in Juneau County.
- Q26: People I know are overweight or obese.

#### **Substance Abuse/Mental Health:**

- Q6: People I know can generally cope with the normal stresses of life. Few suffer from depression, anxiety or other mental health issues.
- Q10: I know people who take part in unhealthy use of alcohol and behaviors like drunk driving, drinking while pregnant, alcoholism, and underage drinking.

- Q11: I know people who take part in heavy drinking (8 drinks or more per week for women, and 15 drinks or more per week for men).
- Q12: I know people who binge drink (4 or more drinks per occasion for women, and 5 or more drinks per occasion for men).
- Q13: I know people who use things like mood-altering substances, (including marijuana, cocaine, meth, heroin and illegal use of prescription drugs).
- Q18: I know people who use tobacco (cigarettes, chewing tobacco, e-cigarettes, etc...).

**Safety:**

- Q8: Accidents (this can include falls, drownings, car crashes, childhood poisonings, etc.) are common in our community.
- Q9: People I know feel safe in their home from harm and crime in Juneau County. This includes; domestic arguments, physical or mental abuse, home break-ins, etc.

**Social Determinants of Health:**

- Q20: People I know graduate from high-school and attend college or plan to.
- Q21: People I know get jobs locally.
- Q22: People I know earn enough money to pay for housing, education, child care, food, and medical care.

All questions were on a five point scale from strongly disagree to strongly agree with an additional “don’t know” option. In addition to the above quantitative questions, participants were asked to write-in thoughts about: 1) what are things in Juneau County that help you be healthy, and 2) what are the things in Juneau County that make it harder for you to be healthy? These responses were analyzed for themes against the five constructs in order to provide additional context to the construct and determine overall importance of the construct within the community.

## Survey Results

This section includes a description of the survey item, followed by a summary of responses. The total number of valid responses (“n”) are included when applicable. Responses are reported in percentages and average (mean) responses for the question.

### *Respondent Characteristics*

A total of 687 participants responded to the survey, the majority (83%) were female. This is a significantly higher percentage than the overall population of Juneau County which is 47% female. Racial demographics for the county according to the U.S. Census Bureau is: 94% white, 0.6% Asian, 0.1% Native Hawaiian, 2.4% African American, 1.6% American Indian, and 1.2% two or more races. Three percent of the county population is Hispanic or Latino. Compared to county census data, survey responses are under representative of the African American, two or more races and Hispanic/Latino populations. The majority of respondents were employed or self-employed (78.1%) and have completed a technical college or a two year degree as their highest level of education (36.5%).

|                                      |       |
|--------------------------------------|-------|
| <i>Gender</i>                        | n=685 |
| Male                                 | 16.9  |
| Female                               | 83.1  |
| <i>Age</i>                           | n=684 |
| 17 or under                          | 0.6   |
| 18-28                                | 14.9  |
| 29-39                                | 21.1  |
| 40-50                                | 24.1  |
| 61-61                                | 23.3  |
| 62-72                                | 12.1  |
| 73+                                  | 4.0   |
| <i>Race</i>                          | n=678 |
| White                                | 96.5  |
| Asian                                | 0.1   |
| Native Hawaiian/<br>Pacific Islander | 0.3   |
| African American                     | 0.3   |
| American Indian                      | 1.6   |
| Hispanic/Latino                      | 0.4   |
| Two or more                          | 0.7   |
| <i>Adults in House</i>               | n=668 |
| 1                                    | 15.9  |
| 2-3                                  | 78.0  |
| 4-6                                  | 5.8   |
| 7+                                   | 0.3   |
| <i>Children &lt;18 in House</i>      | n=682 |
| 0                                    | 49.3  |
| 1                                    | 14.8  |
| 2-3                                  | 30.8  |
| 4-6                                  | 5.0   |
| 7+                                   | 0.1   |

|                                    |       |
|------------------------------------|-------|
| <i>Employment Status</i>           | n=683 |
| Employed/Self<br>employed          | 78.1  |
| Out of work <1 yr.                 | 2.0   |
| Out of work >1 yr.                 | 0.7   |
| Stay at home parent                | 4.8   |
| Student                            | 1.0   |
| Retired                            | 11.1  |
| Unable to work                     | 2.2   |
| <i>Level of Education</i>          | n=672 |
| Middle school                      | 0.9   |
| High school                        | 31.1  |
| Tech school/2 yr.<br>college       | 36.5  |
| 4 yr. college                      | 18.3  |
| Graduate studies                   | 13.2  |
| <i>Annual Household<br/>Income</i> | n=666 |
| <\$10,000                          | 7.2   |
| \$10,001-\$25,000                  | 13.4  |
| \$25,001-\$50,000                  | 29.1  |
| \$50,001-\$75,000                  | 24.0  |
| >\$75,001                          | 26.3  |
| <i>Closest City to Home</i>        | n=678 |
| Mauston                            | 44.2  |
| New Lisbon                         | 24.6  |
| Elroy                              | 7.8   |
| Necedah                            | 9.3   |
| Lyndon Station                     | 6.3   |
| Wonewoc                            | 7.7   |

## Quantitative Results

Survey questions were grouped into five main constructs: access to services, health and wellness, substance abuse/mental health, safety, and social determinants of health. Each construct consisted of between 2 and 9 questions. All questions were assessed on a five point Likert-scale: strongly disagree, disagree, neutral, agree and strongly agree. Answers were coded such that “desirable” responses (i.e. “I strongly agree that doctors are available within the county) were given a score of five, while the “undesirable” response (i.e. “I strongly disagree that doctors are available) were given a score of one. Mean (M) and frequency distributions were calculated for each survey item. The mean was also calculated for each grouped construct as a whole. The mean (or average) is determined by adding all the data points in a population and dividing the total by the number of points. The resulting number is known as the mean or the average.

In addition, all survey questions allowed respondents to answer “don’t know”. For the purposes of analysis of the mean, “don’t know” responses were excluded from analysis and treated as system missing. Frequency distribution charts include “don’t know” responses. These responses should be taken into consideration and can inform a need for additional services when they represent a significant portion of the overall responses to a question.

### Summary of all Survey Items

Responses within the substance abuse/mental health construct showed the lowest overall average (M=2.6) to survey questions within the construct, while questions within the access to services construct showed the highest average response to questions (M=3.5).

| <i>Construct</i>              | <i>Mean</i> |
|-------------------------------|-------------|
| Access to Services            | 3.5         |
| Social Determinants of Health | 3.2         |
| Safety                        | 3.0         |
| Health and Wellness           | 2.8         |
| Substance Abuse/Mental Health | 2.6         |

The three survey items with the highest average response scores (most agreement with the positive response) were 1) knowing the importance of vaccines, 2) having health care coverage, and 3) having access to doctors. The three survey items with the lowest average response scores (most disagreement with the positive response) were 1) people I know are obese, 2) people I know use tobacco, and 3) people I know have chronic diseases.

| <i>Survey item</i>  | <i>Construct*</i> | <i>Mean<br/>(average)</i> |
|---|-------------------|---------------------------|
| I know the importance of vaccines and keep my family up to date on them.  | HW                | 4.44                      |
| Most people I know have some kind of health care coverage.  | A                 | 4.10                      |
| Doctors are available, and I can make an appointment to get care and services I need.   | A                 | 4.08                      |
| People I know graduate from high school and attend college or plan to.  | SDOH              | 3.98                      |
| People I know have access to opportunities that can improve health and fitness such as; bike trails, fitness classes, etc.  | A                 | 3.85                      |
| People I know have support from family, friends, and community resources.   | A                 | 3.72                      |
| People I know feel safe in their homes from harm and crime in Juneau County.  | S                 | 3.38                      |
| People I know have access to transportation in meeting their daily needs.   | A                 | 3.32                      |
| People I know exercise for 30 minutes at least 4 times per week.  | HW                | 3.11                      |
| People I know with emotional or mental health care needs can see a counselor or other mental health professional.   | A                 | 3.10                      |
| People over 65 years old can cope with their health concerns like arthritis, heart disease and loss of hearing and or vision.                                       | A                 | 3.10                      |
| People can afford healthy and fresh foods if they choose to.  | A                 | 3.06                      |
| People I know can generally cope with the normal stresses of life. Few suffer from depression, anxiety or other mental health issues.                               | SAMH              | 3.05                      |
| I know people who use things like mood-altering substances.   | SAMH              | 3.01                      |
| People I know can get jobs locally.   | SDOH              | 2.99                      |
| Dental care is available and affordable.  | A                 | 2.83                      |
| People I know earn enough money to pay for housing, education, child care, food and medical care.   | SDOH              | 2.70                      |
| Accidents are common in our community.  | S                 | 2.66                      |
| Exposures to air and water pollution, pesticides, organic solvents, dusts and or physical hazards occur in the environment, the home or the workplace in Juneau Co. | HW                | 2.57                      |
| I know people who take part in heavy drinking.  | SAMH              | 2.47                      |
| I know people who binge drink.  | SAMH              | 2.47                      |
| I know people who take part in unhealthy use of alcohol and behaviors like drunk driving, drinking while pregnant, alcoholism and underage drinking.                | SAMH              | 2.46                      |

|  |      |      |
|--|------|------|
| People I know eat fast food at least three times per week. | HW   | 2.36 |
| Many people I know have chronic diseases.                  | HW   | 2.30 |
| I know people who use tobacco.                             | SAMH | 1.95 |
| People I know are overweight or obese.                     | HW   | 1.79 |

\*Constructs: A=Access to Services, HW=Health and Wellness, SAMH=Substance Abuse/Mental health, S=Safety; SDOH=Social Determinants of Health.

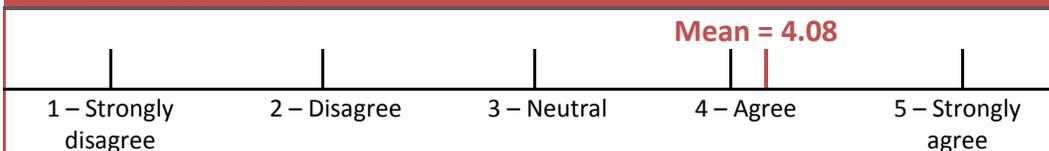
### Access to Services

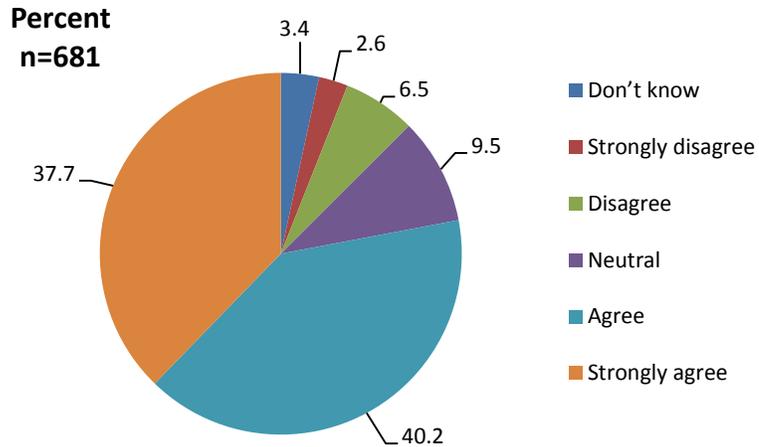
There were nine survey items related to access to services. Responses show that access to dental care is the most problematic under this construct (M=2.83). Access to some sort of health care coverage is the most positive area covered by this construct (M=4.10).

| <i>Construct question</i>   | <i>n</i> | <i>Mean (average)</i> |
|---|----------|-----------------------|
| Most people I know have some kind of health care coverage.  | 672      | 4.10                  |
| Doctors are available, and I can make an appointment to get care and services I need.   | 658      | 4.08                  |
| People I know have access to opportunities that can improve health and fitness such as; bike trails, fitness classes, etc.    | 666      | 3.85                  |
| People I know have support from family, friends, and community resources.   | 655      | 3.72                  |
| People I know have access to transportation in meeting their daily needs.   | 653      | 3.32                  |
| People I know with emotional or mental health care needs can see a counselor or other mental health professional.             | 609      | 3.10                  |
| People over 65 years old can cope with their health concerns like arthritis, heart disease and loss of hearing and or vision. | 609      | 3.10                  |
| People can afford healthy and fresh foods if they choose to.  | 671      | 3.06                  |
| Dental care is available and affordable.  | 663      | 2.83                  |

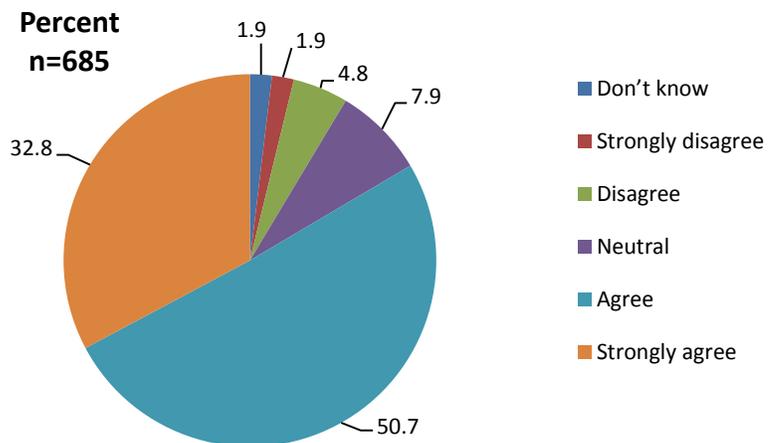
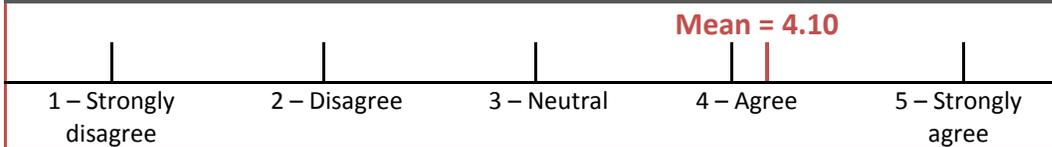
### Question Detail Summary:

**Q1. Doctors are available, and I can make an appointment to get care and services I need. n=658**

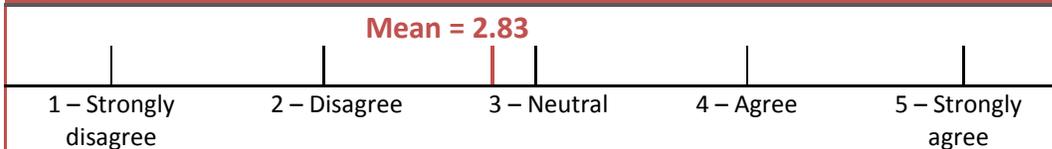


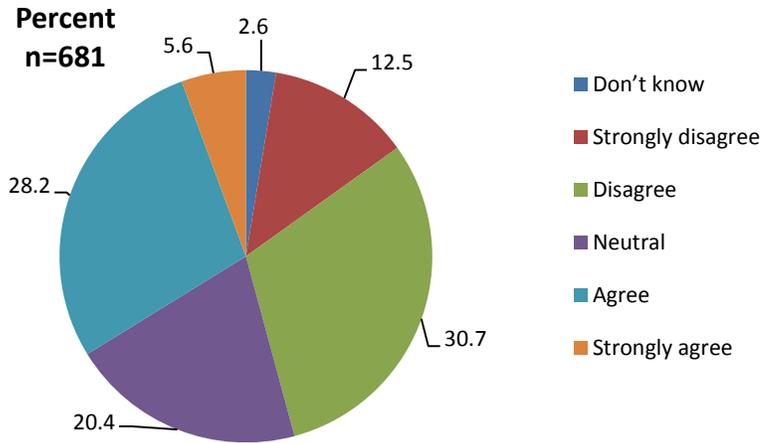


**Q2. Most people I know have some kind of health care coverage. n=672**

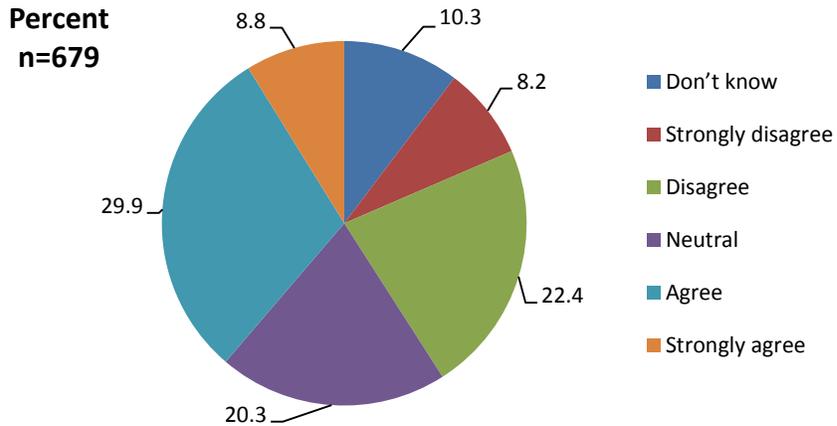
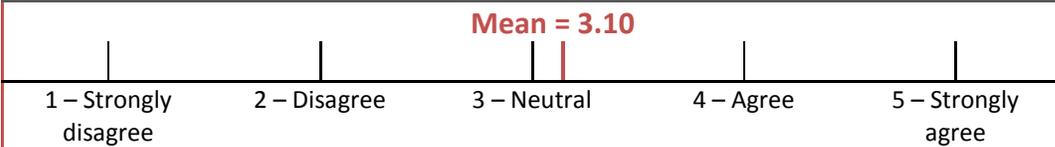


**Q4. Dental care is available and affordable. n=663**

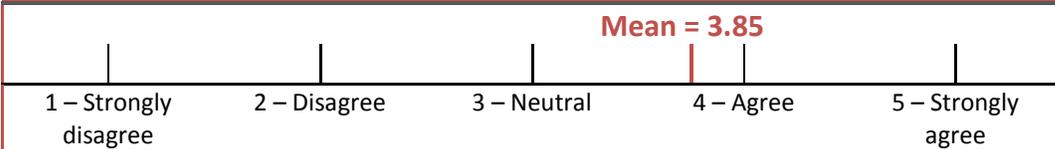


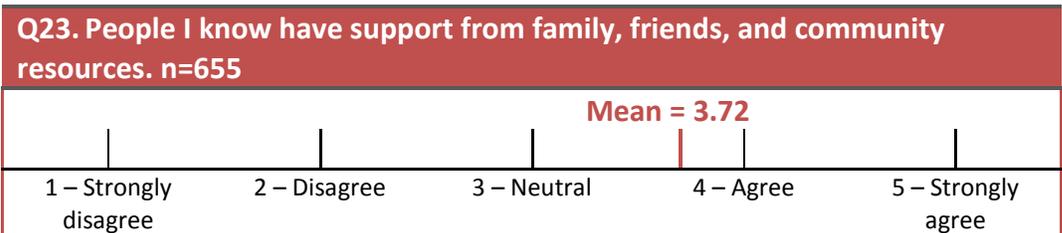
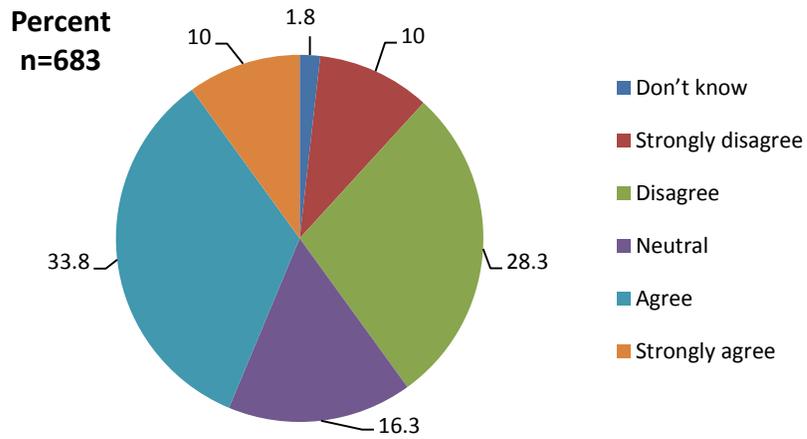
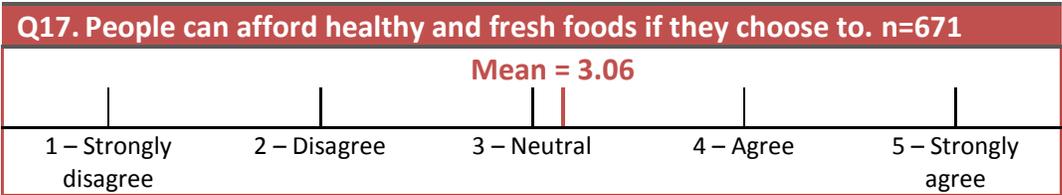
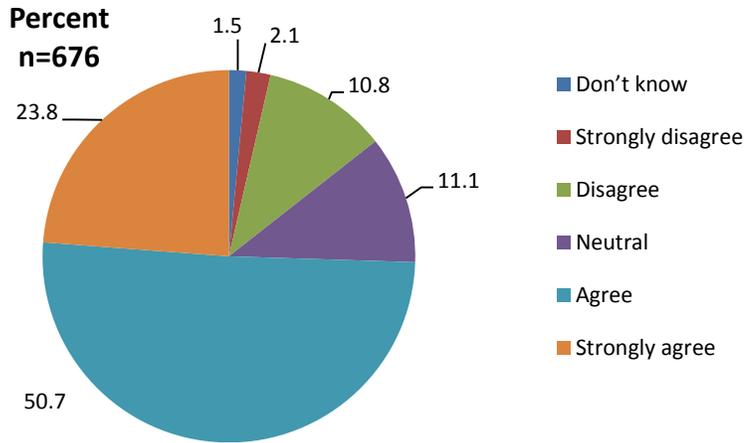


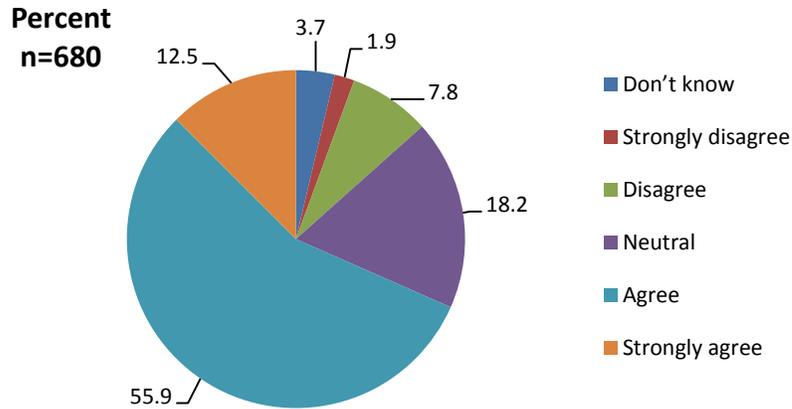
**Q7. People I know with emotional or mental health care needs can see a counselor or other mental health professional. n=609**



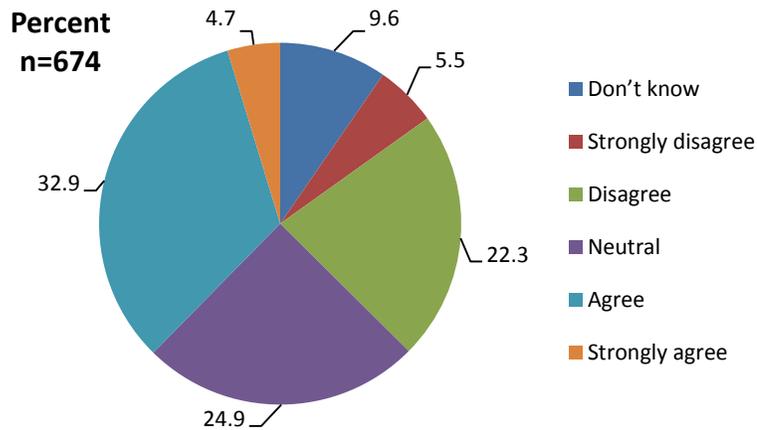
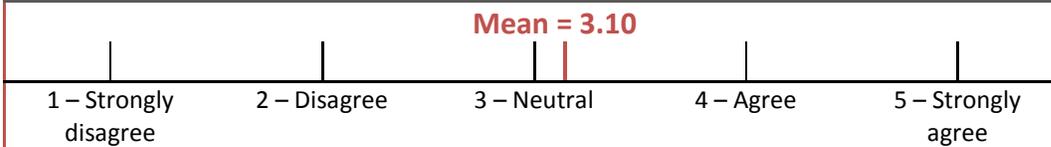
**Q14. People I know have access to opportunities that can improve health and fitness such as; bike trails, fitness classes, etc. n=666**



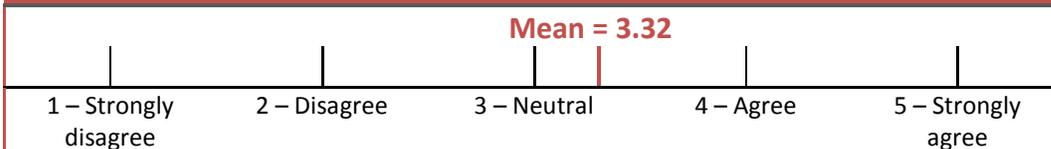


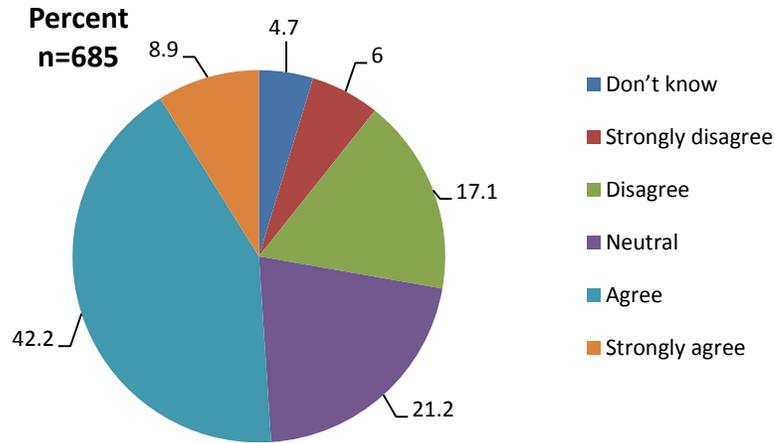


**Q24. People over 65 years old can cope with their health concerns like arthritis, heart disease and loss of hearing and or vision. n=609**



**Q25. People I know have access to transportation in meeting their daily needs. n=653**



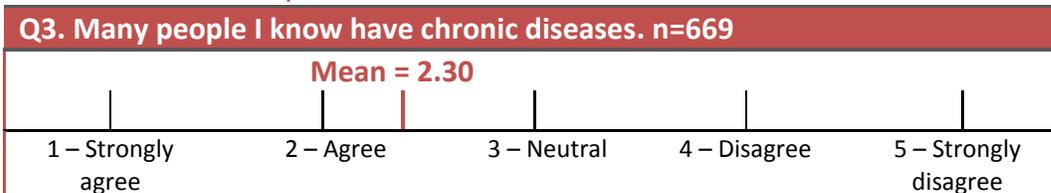


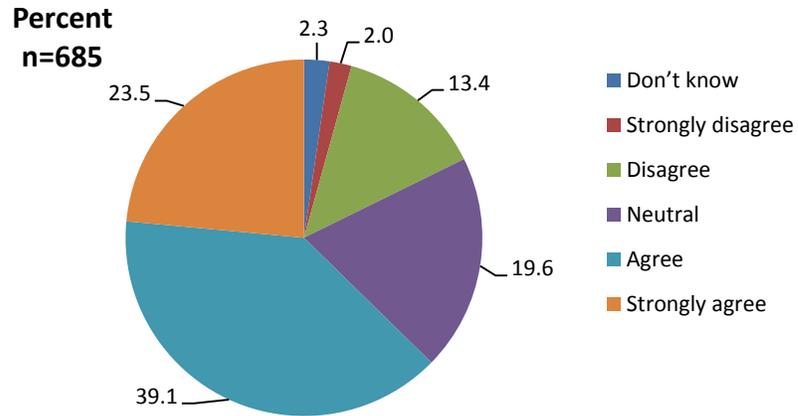
### Health and Wellness

There were six survey items related to overall health and wellness topics. Knowledge and use of vaccines is the most positive area covered by this construct – 90.2% of respondents agree/strongly agree that they know the importance of vaccines and keep their family up to date on them. Responses show that obesity is the most problematic under this construct. Seventy-eight percent of respondents agree/strongly agree with the statement, “People I know are overweight or obese”.

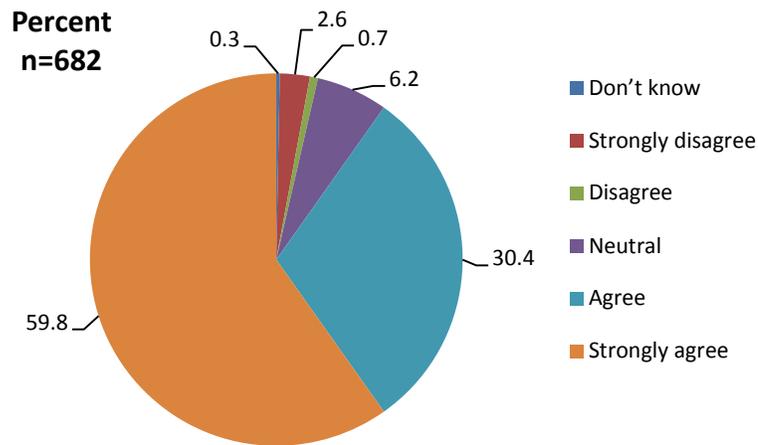
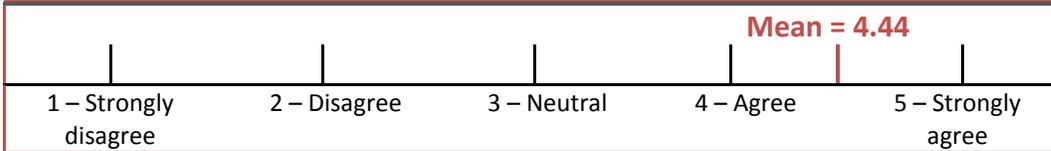
| Construct question  | n   | Mean (average) |
|---|-----|----------------|
| I know the importance of vaccines and keep my family up to date on them.  | 680 | 4.44           |
| People I know exercise for 30 minutes at least 4 times per week.  | 658 | 3.11           |
| Exposures to air and water pollution, pesticides, organic solvents, dusts and or physical hazards occur in the environment, the home or the workplace in Juneau Co. | 598 | 2.57           |
| People I know eat fast food at least three times per week.  | 640 | 2.36           |
| Many people I know have chronic diseases.   | 669 | 2.30           |
| People I know are overweight or obese.  | 571 | 1.79           |

#### Question Detail Summary:

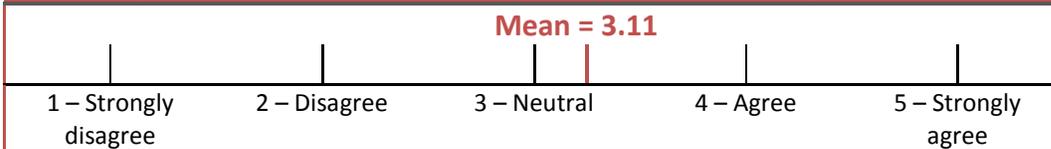


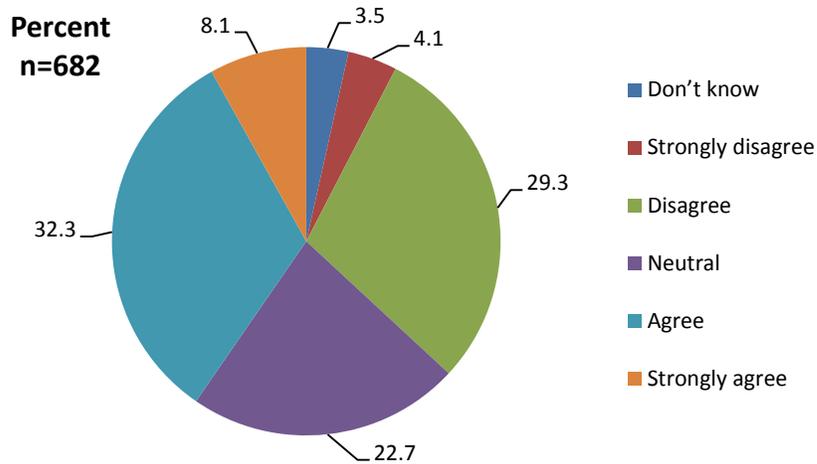


**Q5. I know the importance of vaccines and keep my family up to date on them. n=680**

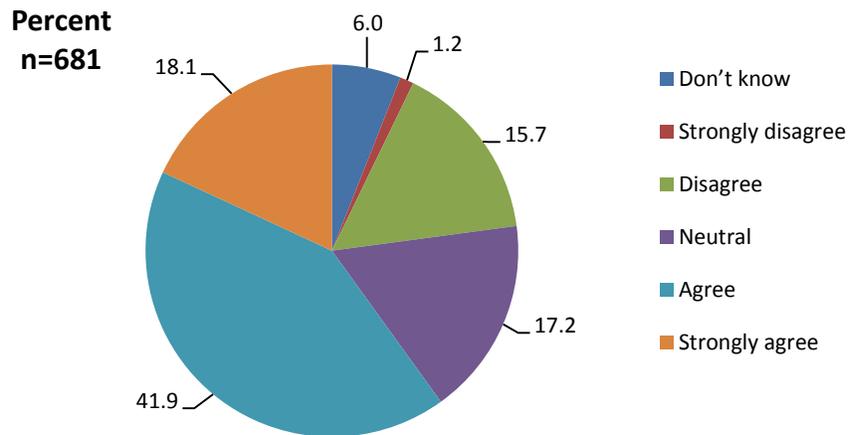
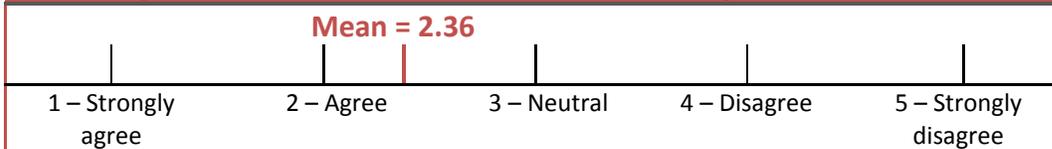


**Q15. People I know exercise for 30 minutes at least 4 times per week. n=658**

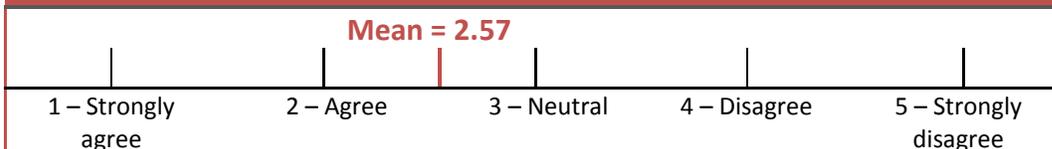


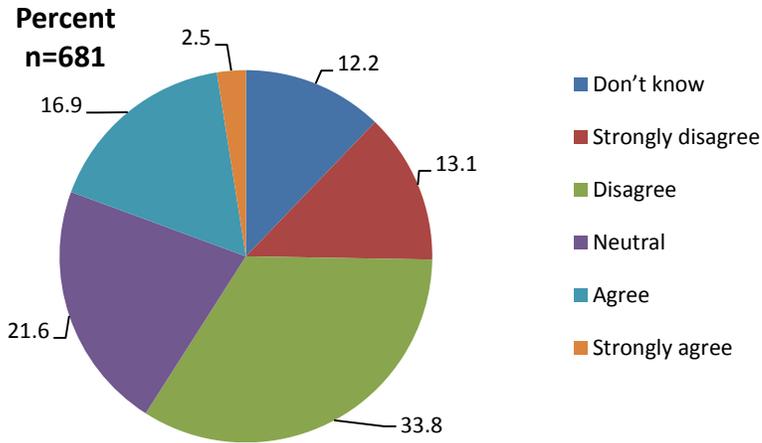


**Q16. People I know eat fast food at least three times per week. n=640**

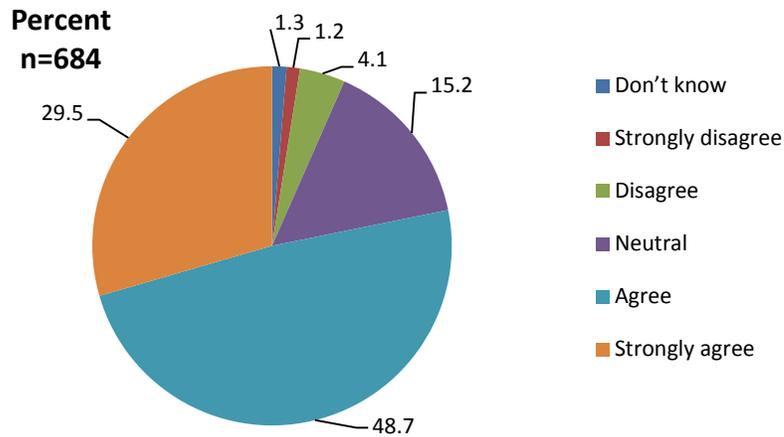
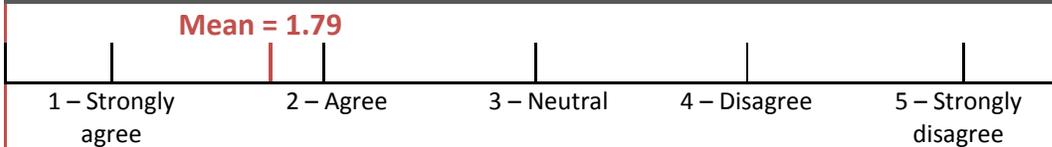


**Q19. Exposures to air and water pollution, pesticides, organic solvents, dusts and or physical hazards occur in the environment, the home or the workplace in Juneau Co. n=598**





**Q26. People I know are overweight or obese. n=571**



**Substance Use/Mental Health**

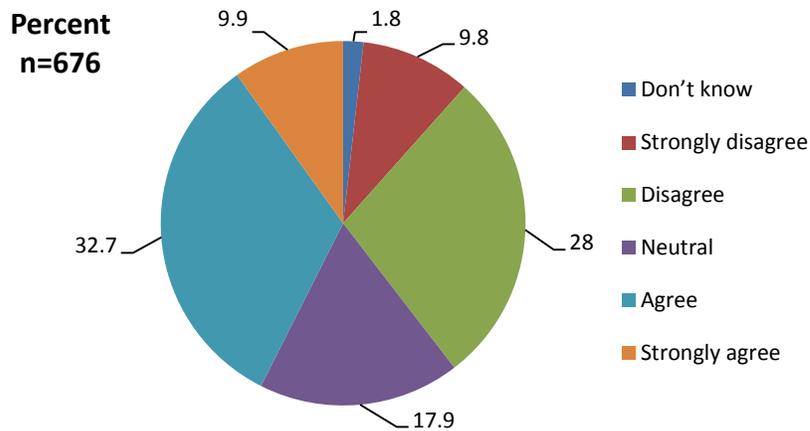
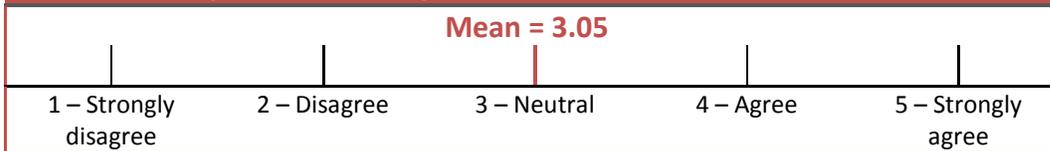
There were six survey items related to substance use/abuse and mental health. Responses show that tobacco use is the most problematic under this construct. Eighty-four percent of respondents agree/strongly agree with the statement, “I know people who use tobacco”.

Overall, this category had the lowest average score for all grouped construct questions. In addition, several questions under this construct had a large percentage of respondents answering “don’t know.” This may indicate a lack of knowledge about available services in this area. However, given the way questions were phrased, it may indicate a lack of knowledge about other people’s behaviors related to substance use and mental health needs.

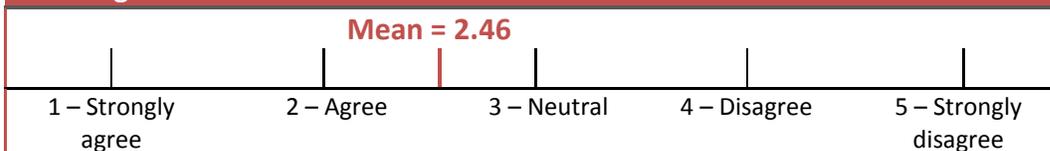
| Construct question   | n   | Mean (average) |
|--|-----|----------------|
| People I know can generally cope with the normal stresses of life. Few suffer from depression, anxiety or other mental health issues.                | 664 | 3.05           |
| I know people who use things like mood-altering substances.  | 628 | 3.01           |
| I know people who take part in heavy drinking.   | 631 | 2.47           |
| I know people who binge drink.   | 638 | 2.47           |
| I know people who take part in unhealthy use of alcohol and behaviors like drunk driving, drinking while pregnant, alcoholism and underage drinking. | 632 | 2.46           |
| I know people who use tobacco.   | 677 | 1.95           |

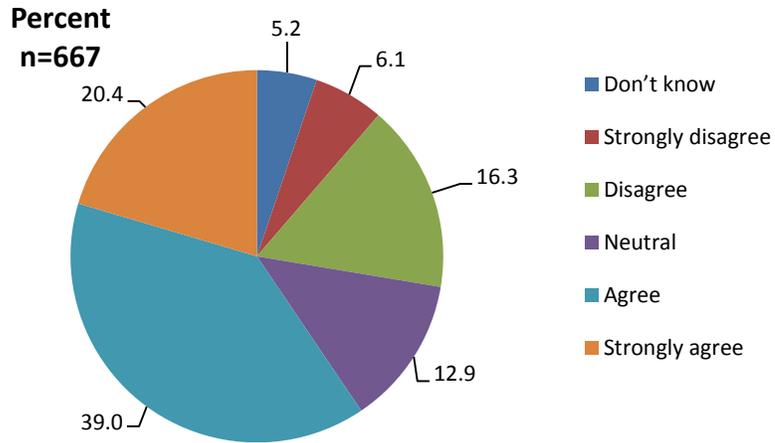
Question Detail Summary:

**Q6. People I know can generally cope with the normal stresses of life. Few suffer from depression, anxiety or other mental health issues. n=664**

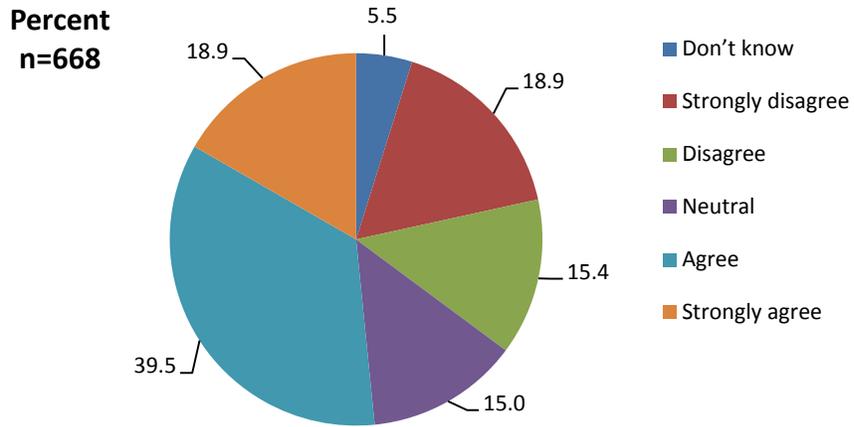
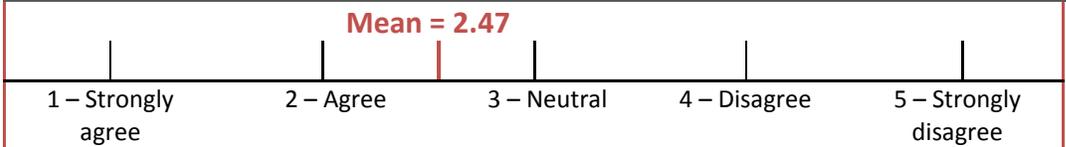


**Q10. I know people who take part in unhealthy use of alcohol and behaviors like drunk driving, drinking while pregnant, alcoholism and underage drinking. n=632**

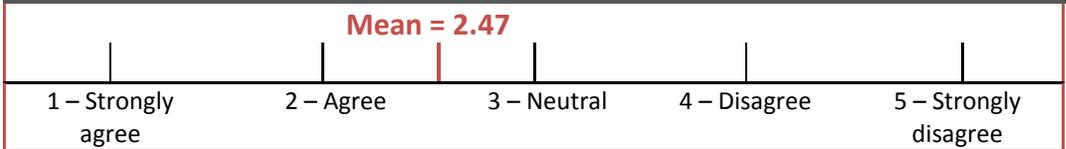


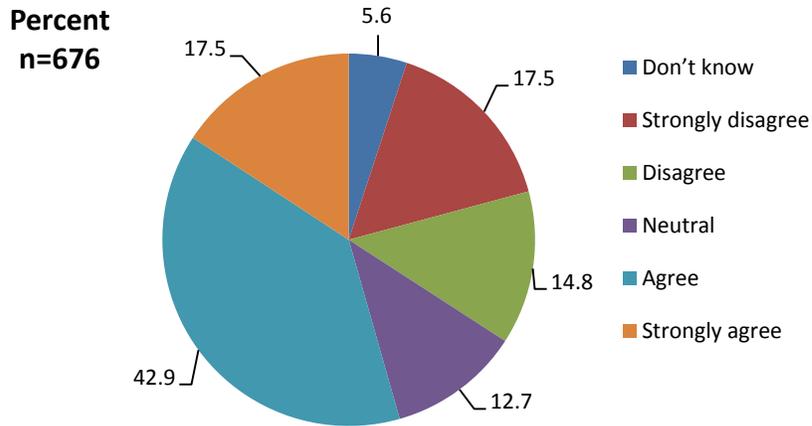


**Q11. I know people who take part in heavy drinking. n=631**

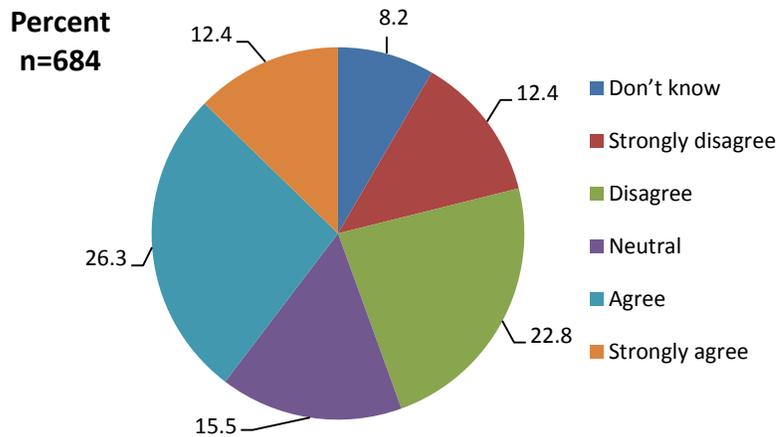
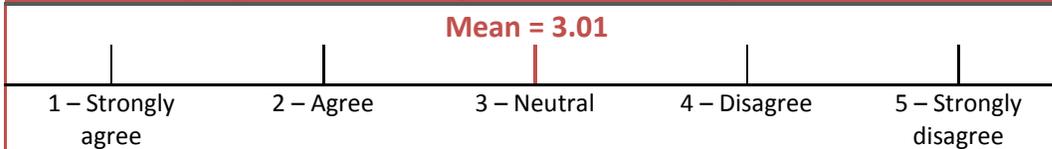


**Q12. I know people who binge drink. n=638**

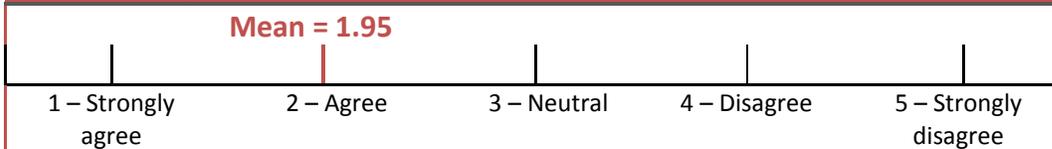


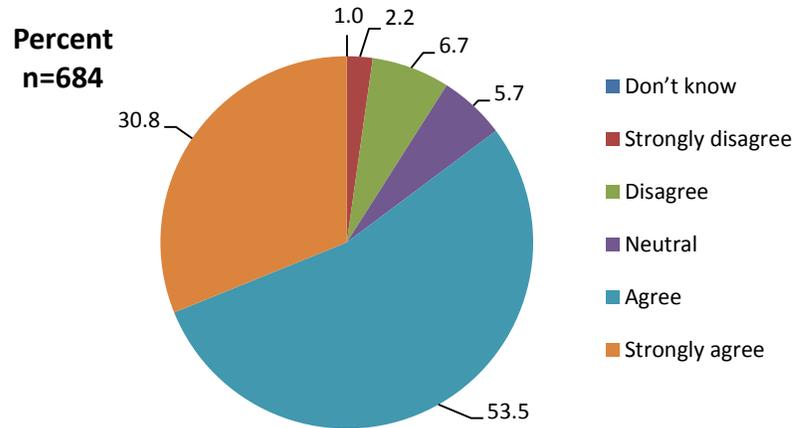


**Q13. I know people who use things like mood-altering substances. n=628**



**Q18. I know people who use tobacco. n=677**



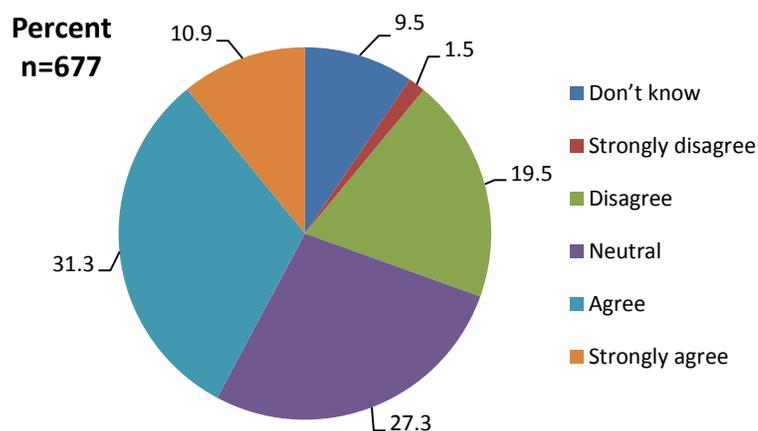
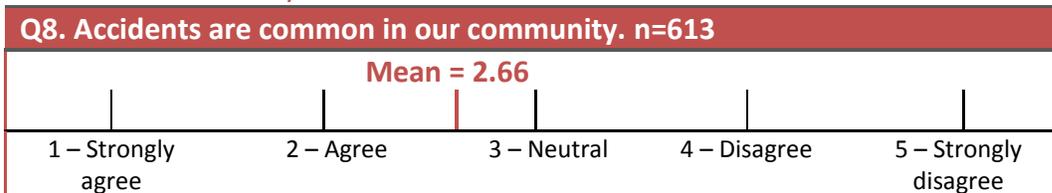


### Safety

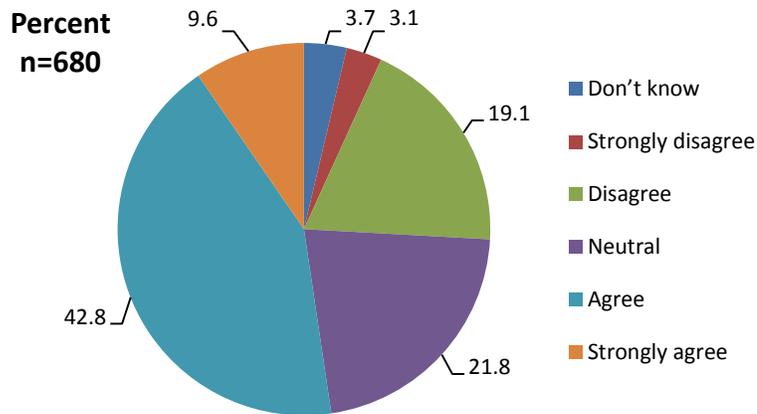
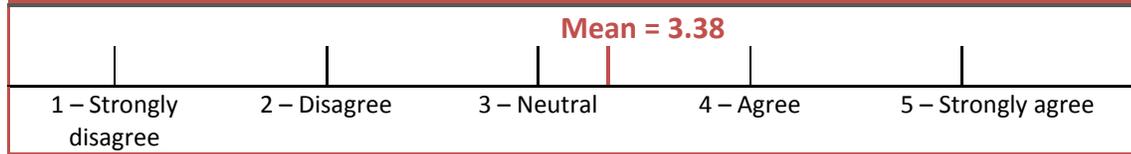
There were only two questions categorized under the safety construct. Thirty-seven percent of people asked whether accidents are common in the community answered either “don’t know” or “neutral” compared to only 11% who responded that they “strongly agree”. This may signify either a lack of concern or understanding about this issue.

| Construct question   | n   | Mean (average) |
|--|-----|----------------|
| People I know feel safe in their homes from harm and crime in Juneau County. | 655 | 3.38           |
| Accidents are common in our community.                                       | 613 | 2.66           |

### Question Detail Summary:



**Q9. People I know feel safe in their homes from harm and crime in Juneau County.  
n=655**



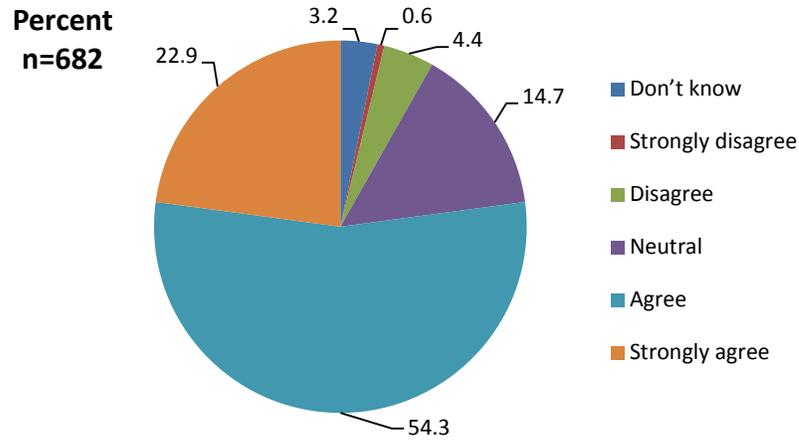
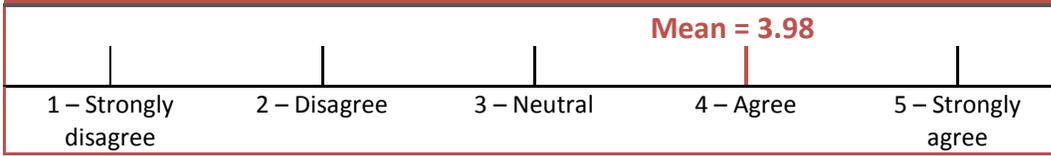
**Social Determinants of Health**

There were three survey items which relate to social determinants of health within the population. Responses show that adequate wages is the most prominent community concern under this construct. Forty-eight percent of respondents disagree/strongly disagree with the statement, “People I know earn enough money to pay for housing, education, child care, food and medical care” compared to only 30% who agree/strongly agree with the statement. Seventy-seven percent of respondents indicate that people they know graduate from high school and attend (or plan to attend) college.

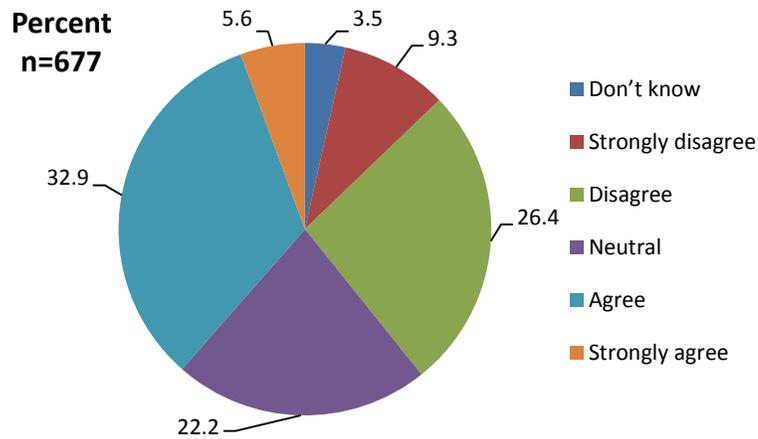
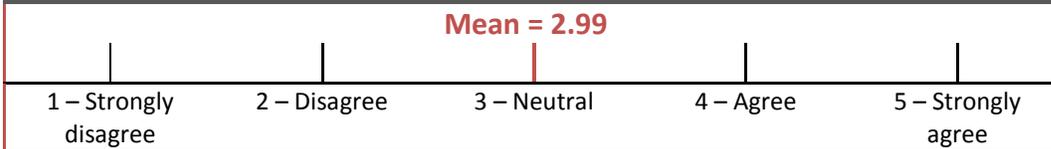
| <i>Construct question</i>   | <i>n</i> | <i>Mean (average)</i> |
|---|----------|-----------------------|
| People I know graduate from high school and attend college or plan to.                            | 660      | 3.98                  |
| People I know can get jobs locally.   | 653      | 2.99                  |
| People I know earn enough money to pay for housing, education, child care, food and medical care. | 661      | 2.70                  |

Question Detail Summary:

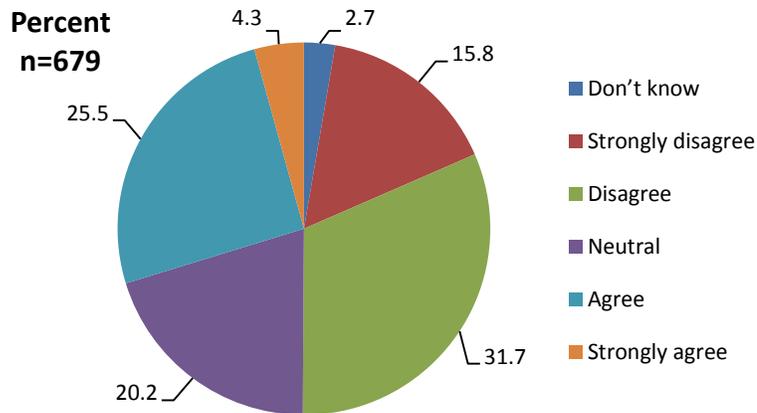
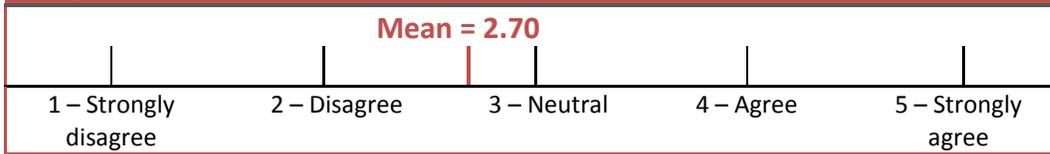
**Q20. People I know graduate from high school and attend college or plan to.**  
n=660



**21. People I know can get jobs locally.** n=653



**Q22. People I know earn enough money to pay for housing, education, child care, food and medical care. n=661**



**Qualitative Results**

The Juneau County Community Survey contained three open-ended questions. Answers to these questions were analyzed for themes and categorized according to the theme(s) of the response.

**Open-Ended Questions:**

- Q27: What are the things in Juneau County that help you be healthy?
- Q28: What are the things in Juneau County that make it harder for you to be healthy?
- Q40: Additional Comments

**Q27: What are the things in Juneau County that help you be healthy?**

While question 27 asked respondents to identify things within the county which help them be healthy, upon analysis it was clear that some respondents had misread or misinterpreted the question. Several responses to this question included the identification of things in Juneau County that were barriers to healthy living or improvements that could be made to make Juneau County healthier. Those responses were also categorized based on theme, but added to the overall analysis for question 28. Since differences in residency location (which city do you live closest to) within the county may impact responses to the question (i.e. distance to health care, access to bike trails), analysis was conducted to determine whether there were differences between respondents based on where they live in the county. There was little overall variation between locations within the county related to this question.

A total of 607 respondents answered this question. Answers of “don’t know”, “nothing” or “not applicable” were excluded when categorizing respondent answers. After categorizing responses into themes for each answer there were a total of 965 responses that were considered positive reactions to the question. Categories with less than five responses were excluded from the overall question analysis. The table below shows the top six response categories for the question. Responses within these categories represent 64% of overall total responses to the question. Reported percentages are based on the number of responses to these specific themes (n=578).

| <i>Q27. What are the things in Juneau County that help you be healthy?</i> | <i>Frequency</i> | <i>Percent</i> |
|--|------------------|----------------|
| Walking/Biking trails and paths  | 198              | 34.2           |
| Gyms   | 125              | 21.6           |
| Farmer’s Market  | 69               | 11.9           |
| Parks  | 69               | 11.9           |
| Outdoor activities   | 66               | 11.4           |
| Access to health care  | 51               | 8.8            |
| n  | 578              |                |

Sample of question responses:

*“Access to doctors, they have low cost fitness programs like water aerobics, yoga, exercise and we have gyms but they are costly.”*

*“Clean air, access to outdoor activities, access to fresh food, good medical/dental care, social activities, educational opportunities (formal and informal, such as tech classes and library programs).”*

*“Farmer markets, gardens, small amount of traffic making it safer to walk and/or bike.”*

*“Good sidewalks for walking. Health fairs.”*

*“My bicycle. I ride to and from work, three to four times a week all year long for exercise. My garden for fresh food and relaxation. My canoes for relaxation exercise and fishing in the local waters for catching food. A paved walk path all around town. Parks to play at with my son.”*

*“The amount of local produce that can be purchased and the plethora of exercise opportunities.”*

*“Walking path along the river in Mauston I use multiple times a week to walk on my lunch break. Adding sidewalks has made it safer for me to run in town where I can be away from car traffic. I love the farmers market(s). I would love to see that grow and become bigger.”*

### Q28: What are the things in Juneau County that make it harder for you to be healthy?

A total of 552 respondents answered this question. Answers of “don’t know”, “nothing”, “not applicable”, or “unsure” were excluded when categorizing respondent answers. After categorizing responses into themes for each answer there were a total of 777 responses considered valid. An additional 89 categorized responses were added based on improvement suggestion responses recorded to question 27. Categories with five or more responses were analyzed. Presented below are the top response categories. Responses in these categories represent 79% of the total question responses. Reported percentages are based on the number of responses within these specific themes (n=629).

| <i>Q28. What are the things in Juneau County that make it harder for you to be healthy?</i> | <i>Frequency</i> | <i>Percent</i> |
|---|------------------|----------------|
| Cost  | 233              | 37.0           |
| Too much fast food  | 126              | 20.0           |
| Access to services*   | 100              | 15.9           |
| Poor wages  | 32               | 5.1            |
| No healthy restaurants  | 31               | 4.9            |
| Time  | 29               | 4.6            |
| Lack of fresh food at grocery stores  | 27               | 4.3            |
| Weather   | 27               | 4.3            |
| Alcohol/drinking/drugs  | 24               | 3.8            |
| n   | 629              |                |

\*Access to services does not include the cost of services. Cost of services was treated as a separate category.

Sample of question responses:

*“Grocery store is expensive. It would be nice to have some competing grocery stores in the local area to hopefully bring the cost of healthy food down.”*

*“The cost associated with being able to obtain what you need/want to be healthy. Grocery store monopoly - no competition to help keep food prices lower.”*

*“Lack of bike paths/trails throughout the mid to northern portion of the county. I would like to see better groomed Cross Country ski trails or trails for the silent sports (skiing, snowshoeing, etc.) that don't share trails with snowmobiles. I don't think it's safe to have these types of activities shared on the same trails. I would also like to see more ice skating locations throughout the county. There are parks that allow for summer outdoor options to be active, but more focus needs to be put on ways to be able to stay active in the winter.”*

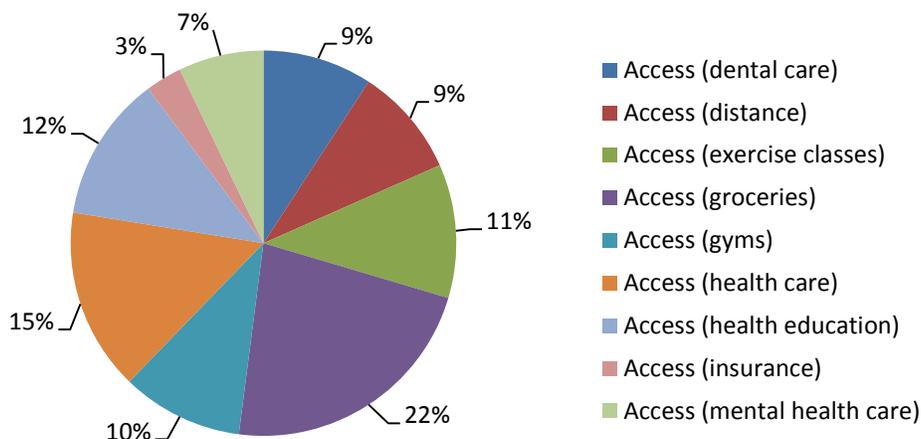
*“While we have access to local fitness centers, they tend to be on the expensive side. Would be great to encourage free or low cost fitclubs in our area.”*

*“Poor economic social status, lack of community involvement/programs for youth, teens, adults, kids. Provide more support and community sponsored events, organizations...local YMCA? Boys and Girls Clubs? Give people local incentives for gym memberships, make it easier and more affordable for people, community gym? Splash pad, community outdoor pool, etc.”*

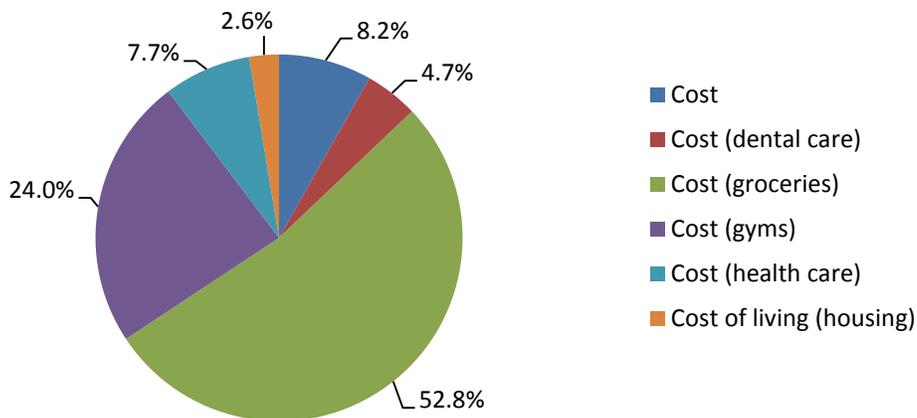
*“High deductibles make it almost impossible to buy the needed insulin and other necessary medicines. We continually go without needed medicine.”*

Themes for this question could be further broken down for each construct. Due to the large number of respondents mentioning the cost of products and services (gyms, fresh food, etc.), these responses were categorized as its own theme rather than included within the ‘access to services’ theme.

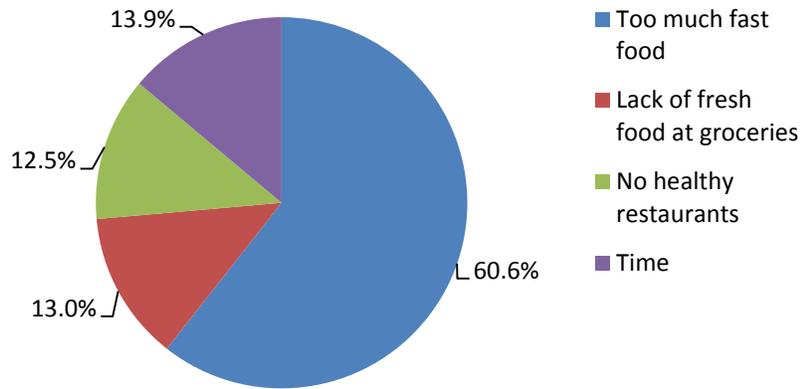
### Access to Services n=100



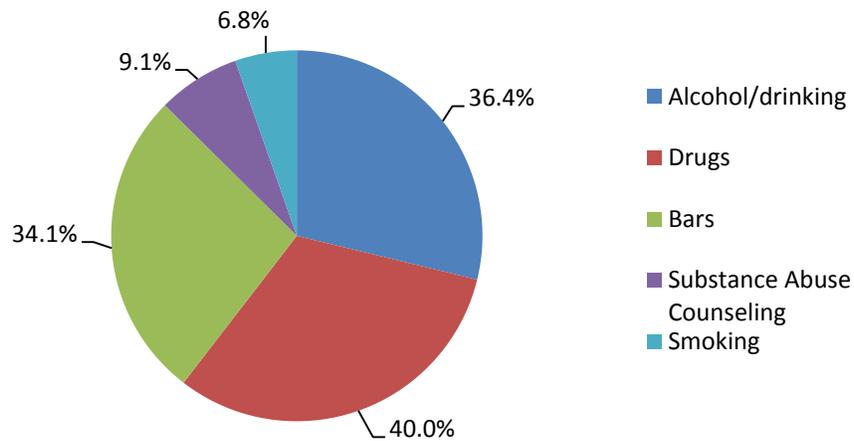
### Cost of Services n=233



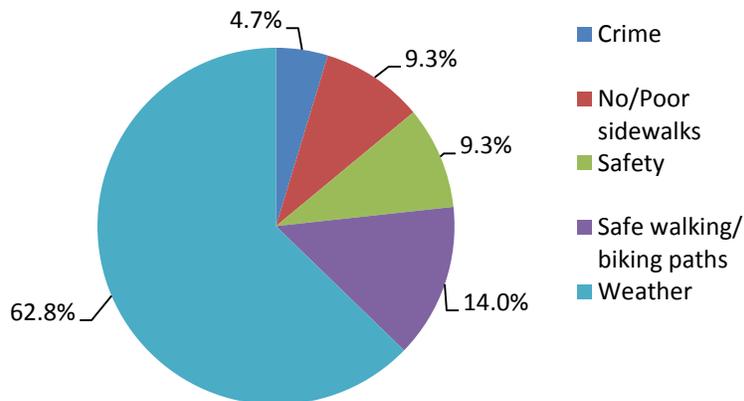
### Health and Wellness n=208



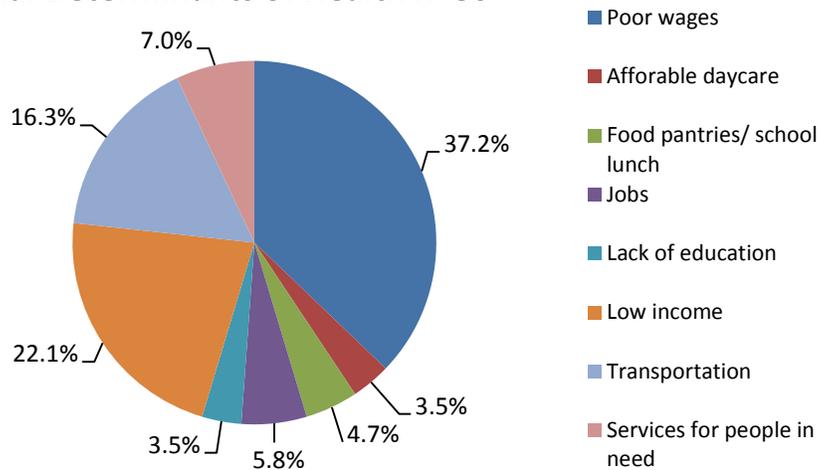
### Substance Abuse/Mental Health n=44



### Safety n=43



## Social Determinants of Health n=86



### Q40: Additional Comments

The final survey question asked respondents for any additional comments. These comments were categorized into three different response types: positive (14 responses), neutral (11 responses) and improvements (67 responses).

#### Positive:

Of the 14 “positive” responses to question 40, four mentioned that Juneau County is a great county in which to live, five said thank you, and the others mentioned counselors, Mile Bluff Medical Center, Strong Women Strong Bones and WIC as services for which they are appreciative.

Sample of category responses:

*“I believe that the overall Juneau County area is beneficial to all citizens in the area; including those who visit on a regular basis.”*

*“Thank you for doing this survey and for moving forward on making Juneau County a healthier place to live!”*

*“The community is fortunate to have a healthcare system as great as Mile Bluff. I think what will help the most is to get community members to understand the roles they play in being healthy, along with what medical providers can (and cannot) do for them.”*

*“I would love to help make Juneau County healthier! If I can help in any way, or just get together and brainstorm, I'd love to. My business is in health & fitness coaching.”*

#### Neutral:

Of the 11 “neutral” responses to question 40, six mentioned the survey design and three mentioned specific explanations for survey responses given.

Sample of category responses:

*“My personal life verses my professional life provides polar opposite answers for many of these questions.”*

*“Some questions asked about 'access' to whatever. Everyone has access as it is available.”*

*“Strange survey. Not sure how you would get accurate or useful info based on wording of questions.”*

### Improvements:

Below is a summary table of the 67 comments provided in question 40 related to improvements for helping Juneau County become healthier.

| <i>Q40. Additional Comments for Improvement</i> | <i>Frequency</i> | <i>Percent</i> |
|---|------------------|----------------|
| Access to services/support groups               | 16               | 23.9           |
| Communicate services and events                 | 11               | 16.4           |
| Assistance for poor/elderly/ill                 | 10               | 14.9           |
| Cost of programs/services                       | 9                | 13.4           |
| Healthy food options                            | 6                | 9.0            |
| Safety or improve police/EMS response           | 3                | 4.5            |
| Other   | 12               | 17.9           |
| n   | 67               |                |

Sample of category responses:

Access to services/support groups:

*“I think there are still a lot of people in Juneau County that spend half their life in bars, drinking/driving, doing drugs, etc. It would be nice to see more preventive and reactive care for these problems.”*

*“I am not as concerned about me as I am the students I teach and their families - income below poverty line, some homelessness, poor access to resources, no access to mental health services (because psychiatrists won't work with minors), etc.”*

*“I think MBMC should partner with JCAIRS to create a public health/wellness center across from the hospital (there are plans for a public community center building at the fairgrounds).”*

Communicate services and events: Responses in this category included suggestions for improving communication by using Facebook, texts, local newspapers, newsletters, and through websites.

*“Could do a better job of making community events known to everyone. Maybe a monthly newsletter in the mail.”*

*“We need better local newspapers to hear about events before they occur, not afterward.”*

Assistance for poor/elderly/ill

*“Things seem to keep getting a little better, but poverty is probably the biggest contributor to health issues and higher education access.”*

*“Juneau County needs to help more of its poor and elderly population and create more positive activities for its younger residents.”*

*“Would like to see more higher paying jobs in the area. It's almost impossible to live comfortably and eat well with a wage under \$15.00 an hour.”*

Cost of programs/services:

*“Our community has all the basic services available, however I believe many are cost prohibitive for much of the population.”*

*“Would like to know if help to afford dental services.”*

*“I feel the coverage with private insurance is very high for out of pocket expenses and prevents pts from preventative exams.”*

Healthy food options:

*“Elroy specifically could really use some help getting their community more healthy. There isn't much offered in the town as far as healthy lifestyle goes.”*

*“It would be helpful to have more farmers markets in more locations.”*

Safety or improve police/EMS response

*“911 emergency personnel takes a while to get to this end of Juneau Co.”*

Other:

*“Due to Mile Bluff not being in our insurance coverage network we go to Mayo Clinic (Monroe county) for health care.”*

*“Reliable/ affordable internet needs to be made available to rural Juneau County. Connected people participate more often.”*

## Conclusion

The Juneau County Health Department and Mile Bluff Medical Center are required to develop and implement local health plans to address health conditions impacting their communities. Community input is viewed as integral for prioritizing county health needs and creating a healthier Juneau County. The *Juneau County Community Health Survey* was designed to elicit feedback from the community to guide the next three years' planning efforts. Twenty-six survey questions were categorized into five overarching constructs consisting of: 1) access to services, 2) health and wellness, 3) substance abuse/mental health, 4) safety, and 5) social determinants of health.

While analysis of the *Community Health Survey* showed many positive aspects of Juneau County which support health, wellness, and safety, there were also some clear areas of opportunity which can improve community members' health status.

### Strengths:

Overall, survey respondents identified five factors within Juneau County which are supportive of health and wellness. The majority of these relate to access to programs and services. These strengths are supported by both responses to individual survey items as well as responses to open-ended, write-in responses. These include:

- a. **Knowledge of the importance of vaccination.** Over 90% of respondents agreed/strongly agreed with the statement, "I know the importance of vaccines and keep my family up to date on them." While this question is not directly related to access to health services, the fact that respondents show strong knowledge and use of vaccinations supports the fact that respondents also positively identify "access to health insurance" and "timely access to health care" as supportive factors within Juneau County.
- b. **Access to health insurance.** Over 83% of respondents agreed/strongly agreed with the statement, "people I know have some kind of health care coverage."
- c. **Timely access to health care.** Seventy-eight percent of respondents agreed /strongly agreed with the statement, "doctors are available, and I can make an appointment to get the care and services I need."
- d. **Education level.** Over 77% of respondents agreed/strongly agreed with the statement, "people I know graduate from high school and attend college or plan to." Education level is considered a social determinate of health. Those with lower educational achievement often experience more barriers to accessing health services. The fact that the majority of survey respondents feel that community members have a high school education or above, supports the understanding that health care is accessible in the community.
- e. **Access to health improvement opportunities.** Over 74% of respondents agreed/strongly agreed with the statement, "people I know have access to opportunities that can improve health and fitness such as; bike trails, fitness classes, etc." This is further supported by the fact that 40% of respondents agreed/strongly agreed with the statement "people I know exercise for 30 minutes at least four times per week and 30% of responses to the write-in question "What are the factors in Juneau County that help

you to be healthy” categorized access to walking/biking paths and gyms as supportive factors for being healthy.

### Opportunities:

Survey respondents identified five areas for health improvement within Juneau County. These opportunities are supported by both responses to individual survey items as well as responses to open-ended, write-in responses. These include:

- a. **Obesity/Nutrition.** The lowest desirable response to any item on the survey was to the statement, “people I know are overweight or obese.” Seventy-eight percent of respondents agreed/strongly agreed with this statement, whereas only 5.3% of respondents disagreed/strongly disagreed with the statement. While not directly addressing obesity, write-in responses indicated that fast food is too available in the community, that there is a perceived lack of healthy restaurant options, and that there is a lack of affordable fresh foods at local grocery stores.
- b. **Tobacco use.** Responses to the question “I know people who use tobacco” had the second lowest average desirable responses of any survey item. Eighty-four percent of respondents agreed/strongly agreed with this statement compared to 8.9% who disagreed/strongly disagreed.
- c. **Alcohol use.** Overall, the “substance abuse/mental health” construct of six questions had the lowest average score relative to other constructs. Within this construct there were three survey questions which directly asked about misuse/abuse of alcohol. On average, respondents agreed that people they know take part in unhealthy drinking behaviors (drunk driving, drinking while pregnant, etc.), heavy drinking, and binge drinking. In addition, comments to write-in questions mentioned alcohol, drinking, or the number of bars within the community as problematic.
- d. **Cost of programs, services and healthy foods.** While there were only a few questions on the survey which solely focused on the affordability of programs or services, a large majority of write-in responses mentioned “cost” as a barrier to accessing programs and services. In particular, respondents mentioned the cost of fresh food and the cost of gyms or exercise classes as barriers to living healthier. To improve health, respondents recommended adding more free or reduced cost options for physical fitness, such as reduced price gym memberships, and increased availability of low cost healthy foods (i.e. healthy restaurants, low cost grocery stores with fresh produce, and less unhealthy fast food).
- e. **Access to dental care.** Responses to the survey item, “dental care is available and affordable” had one of the ten lowest average scores overall. However, within the “access to services” category of questions it ranked the lowest of nine questions within the construct - only 33.2% of respondents agreed/strongly agreed with the statement. In addition, 9% of write-in responses identifying “access to services” and 4.7% of respondents identifying “cost of services” as barriers to good health mentioned access to dental care within their responses.

Finally, respondents mentioned that they would benefit from more communication about events taking place within the community. Currently, 30% of respondents reported they receive

information about community events via the internet, 26% received information from the radio, and 26% received information from the newspaper. Suggestions for improved communication came from write-in responses and included providing information to residents through Facebook, texts, a community newsletter, and website(s).

# Appendix 1: Juneau County Community Survey



## Assessing the Needs of Juneau County Residents

The Juneau County Health Department and Mile Bluff Medical Center are required to develop and implement local health plans to address health conditions impacting their communities. They are working in partnership with the University of Wisconsin Extension, and the Juneau County Economic Development Corporation to prioritize the health needs for the next three years. Community input is very important in deciding which areas we should focus on to create a healthier Juneau County! We hope you will take the time to complete this short 5-10 minute anonymous survey. We appreciate your input and ask that you refer others to this site. If you are NOT a resident of Juneau County, please do not fill out this survey.

If you have any questions about this process please contact MacKensie Pampuch at (608) 847-9373. Thank you for taking the time to improve your community!

### COMMUNITYHEALTHCONCERNS

In thinking about quality of life in Juneau County, indicate your agreement with the following statements

1. AccesstoCare:

Doctors are available, and I can make an appointment to get the care and services I need.

Strong Disagree      Disagree      Neutral      Agree      Strongly Agree      Don't Know

2. Insurance:

Most people I know have some kind of health care coverage (Private, Medicare, Medicaid or Badger Care).

Strong Disagree      Disagree      Neutral      Agree      Strongly Agree      Don't Know

3. **Chronic diseases (illness that last a long time or don't go away):**

Many people I know have chronic diseases (like heart disease, cancer, diabetes, asthma and arthritis).

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strongly Disagree     | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

4. **Oral health:**

Dental care is available and affordable.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

5. **Communicable disease (diseases spread from one person to another):**

I know the importance of vaccines (like the flu shot, pneumonia shot, or childhood immunizations) and keep my family up to date on them.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

6. **Mental health:**

People I know can generally cope with the normal stresses of life. Few suffer from depression, anxiety or other mental health issues.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

7. **Access to Mental Health Care:**

People I know with emotional or mental health care needs can see a counselor or other mental health professional.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

8. **Injury:**

Accidents (this can include falls, drownings, car crashes, childhood poisonings, etc.) are common in our community.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

9. **Violence:**

People I know feel safe in their home from harm and crime in Juneau County. This includes; domestic arguments, physical or mental abuse, home break-ins, etc.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

10. **Alcohol:**

I know people who take part in unhealthy use of alcohol and behaviors like drunk driving, drinking while pregnant, alcoholism, and underage drinking.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

11. **Alcohol:**

I know people who take part in heavy drinking (8 drinks or more per week for women, and 15 drinks or more per week for men).

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

12. **Alcohol:**

I know people who binge drink (4 or more drinks per occasion for women, or 5 or more drinks per occasion for men).

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

13. **Drugs:**

I know people who use things like mood-altering substances, (including marijuana, cocaine, meth, heroin and illegal use of prescription drugs).

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

14. **Physicalactivity:**

People I know have access to opportunities that can improve health and fitness such as; bike trails, fitness classes, etc.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

15. **Physicalactivity:**

People I know exercise for 30 minutes at least 4 times per week.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

16. **Healthyeating:**

People I know eat fast food at least three times per week.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

17. **Foodsecurity/hunger:**

People can afford healthy and fresh foods (apples, pears, tomatoes, lettuce, peppers, etc.) if they choose to.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

18. **Tobacco:**

I know people who use tobacco (cigarettes, chewing tobacco, e-cigarettes,etc...).

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

19. **Environmental&OccupationalHealth:**

Exposures to air and water pollution, pesticides, organic solvents, dusts and/or physical hazards, occur in the environment, the home or the workplace in Juneau County.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

20. **Education:**

People I know graduate from high-school and attend college or plan to.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

21. **Employment:**

People I know can get good jobs locally.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

22. **Income:**

People I know earn enough money to pay for housing, education, child care, food, and medical care.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

23. **Family and Social Support:**

People I know have support from family, friends, and community resources (food pantry, alcoholics anonymous, churches, birthing classes, etc.)

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

24. **Aging:**

People over 65 years old can cope with their health concerns like arthritis, heart disease and loss of hearing and/or vision.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

25. **Transportation:**

People I know have access to transportation in meeting their daily needs (going to work, going to doctor appointments, grocery shopping, etc).

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

26. **Obesity:**

People I know are overweight or obese.

|                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Strong Disagree       | Disagree              | Neutral               | Agree                 | Strongly Agree        | Don't Know            |
| <input type="radio"/> |

\* 27. What are things in Juneau County that help you be healthy?

\* 28. What are the things in Juneau County that make it harder for you to be healthy?

### **Demographics**

Please tell us a little about yourself. This information will help us to see how different people feel about local health issues. Please choose only one answer for each question.

29. What is your gender?

Female

Male

30. How old are you?

17 or Under

18-28

29-39

40-50

51-61

62-72

73+

31. What is your race?

White

Asian

Native Hawaiian and other Pacific Islander

African American/Black

American Indian or Alaska Native

Hispanic or Latino

Two or more races

32. How many adults live in your household?

- 1
- 2-3
- 4-6
- 7+

33. How many children 18 and under live in your household?

- 0
- 1
- 2-3
- 4-6
- 7+

34. What is your current employment status?

- Employed
- Self-employed
- Out of work less than 1 year
- Out of work 1+ years
- Homemaker or stay home parent
- Student
- Retired
- Unable to work

35. What is the highest level of education you have completed?

- Middle school
- High school
- Technical college/two year college
- 4 year college
- Graduate studies

36. Your annual household income from all sources is

- Less than \$10,000
- Between \$10,001- \$25,000
- Between \$25,001-\$50,000
- Between \$50,001 - \$75,000
- More than \$75,001

37. What is your zip code?

38. Which city do you live in or live closest to?

- Mauston
- New Lisbon
- Elroy
- Necedah
- Lyndon Station
- Wonewoc

39. How do you receive information about community events, business information, and local opportunities?

- Internet
- Radio
- Newspaper
- From a public terminal (e.g. library, cybercafe, etc.)
- From other places

40. Additional Comments:

41.

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information.**

\*This will not identify you with  
the survey.

**Email Address**

**Phone Number**