

# Community Health Needs Assessment

2016-2017

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Prepared by **Hancock Health and healthy365**

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# Letter from the Hospital

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To Our Community Members:

Hancock Regional Hospital is committed to providing high quality healthcare and exemplary customer service. Our goal with the attached Needs Assessment is to better understand the range of issues affecting community health needs. We are pleased to present this comprehensive assessment of health care needs in our community. We look forward to working with you to optimize community health and continue meeting the Hancock Regional Hospital mission as caring community partners healing, improving health and wellness, alleviating suffering, and delivering acts of kindness - one patient at a time.

The significance of better understanding our community's needs was highlighted with the Patient Protection and Affordable Care Act requirements passed in March 2010. New requirements for tax-exempt hospitals were added to the Internal Revenue Code mandating hospitals to conduct a community health needs assessment and to adopt an implementation strategy to address applicable needs detected during the assessment process.

During 2016-17, a Community Health Needs Assessment was conducted by Hancock Regional Hospital, with support of healthy365 for the residents of Hancock County in Indiana. The findings will assist Hancock Health and healthy365 in updating the implementation strategy for addressing needs and services for Hancock County.

Hancock Regional Hospital  
August 2017

# Hancock Regional Hospital

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Our goal at Hancock Health is simple: To give every person the personalized attention necessary for a happy, healthy life. Our mission, vision, and values embody this goal.

## **Our Mission**

To be a Caring Community Partner by healing, improving health and wellness, alleviating suffering, and delivering acts of kindness one patient at a time.

## **Our Vision**

To be nationally recognized for kindness in the delivery of excellent quality patient care, efficient and effective operations, the adoption of proven technologies, the creation of a positive workplace environment, and the excellence in community service.

## **Our Values**

Compassion. Respect. Integrity. Excellence. Commitment.

# Executive Summary

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Hancock Regional Hospital is an Indiana-based, full-service healthcare network serving Hancock County and the surrounding areas. The health system includes Hancock Regional Hospital, Hancock Physician Network, and more than 20 other healthcare facilities including wellness centers, women’s clinics, family practices, and the Sue Ann Wortman Cancer Center, and the newly developed Population Health team. The goal at Hancock Health is to give every person the personalized attention necessary for a happy, healthy life.

Population health is an approach to health care that aims to improve not only the health of individual patients, but of the entire community. Through population health efforts Hancock Health continues to strengthen services with focus on the Triple Aim: simultaneously improving the health of the population served, enhancing the patient experience and outcomes, and reducing the cost of care.

For many healthcare and hospital leaders, discharge signals the end of patient care. However, Hancock Health recognizes that for most patients it is just the beginning of their journey. Helping patients and their families through transition, while strengthening care and connections, shifts the focus from individual health care to optimizing the health of the community. This includes addressing the social determinants of health and promoting education and prevention strategies.

*Summary of Community Health Needs Assessment:*

**Physical Health**

- Obesity/Nutrition
- Physical activity
- Family life/Parenting

**Mental Health/Addictions**

- Treatment services
- Emotional health
- Chemical health

**Access**

- Healthy options
- Healthcare (including mental health and addictions)

## **ORGANIZATIONAL BACKGROUND**

### Hancock Regional Hospital

Located in Greenfield, Indiana, the Hospital offers a broad range of services. The hospital is committed to giving patients and the community a range of services, innovation, and medical excellence expected from a big city hospital with the comfort and convenience that comes from being close to home, family and friends. A key part of the Hospital's mission is to "never abandon a person in need of health care services in our community regardless of his or her ability to pay," and the Hospital is true to this mission. In addition to subsidizing Medicare and Medicaid reimbursements, the Hospital writes off millions of dollars each year for charity care.

### History

Hancock Regional Hospital was the dream of Mrs. Fannie Andis. Mrs. Andis lost her one and only child at birth. She always felt that if a hospital had been in Greenfield, her child would not have died. Ultimately, she began a crusade to bring a hospital to Greenfield. She donated the land to the county where the Hospital currently sits, and in 1951, Hancock Memorial Hospital was established. In 2005, the Hospital was renamed Hancock Regional Hospital.

Since then, Hancock Regional Hospital has provided Hancock County with the services of a full-service community hospital with a focus on primary care, patient comfort and convenience. Hancock Regional Hospital offers a high percentage of private rooms, and a highly skilled medical and professional nursing staff along with a state-of-the-art surgery department, 24-hour emergency services, OB services, progressive and critical care units, gero-psych unit, home healthcare, occupational health, a transitional care unit, a comprehensive oncology program including a state-of-the-art radiation oncology center, and a full complement of other inpatient and outpatient services.

In 2000, to meet the growing health and wellness needs of the community, Hancock Regional Hospital relocated its fitness facility, Lifetime Fitness, to a new and larger 33,000 square foot facility and renamed it Hancock Wellness, LLC. In 2016, a new medical fitness center opened in McCordsville, alongside the medical center as part of an integrated approach to healthcare. The goal of the medical center is to help encourage and assist individuals of all ages to work on their health and wellness, through education, therapeutic intervention, and fitness activities.

# Service Area

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Hancock Regional Hospital conducted a community health needs assessment (CHNA) in 2016-17, to help identify the major health needs within the community. The Hospital service area is comprised of the following three counties: Hancock, Henry and Rush County, Indiana. The chief objectives of the CHNA were to 1) identify significant health needs within the community in an effort to ultimately improve the health status of the area's residents and facilitate collaboration among the community, and 2) satisfy the federal guidelines within the Patient Protection and Affordable Care Act (PPACA) of 2010 as well as proposed amendments of regulations (REG-106499-12) issued April 5, 2013.

## **DEMOGRAPHICS:**

According to both the United States Census Bureau and Stats Indiana, the 2016 population data for Hancock County is 73,717 people and is ranked in size as number 22 out of 92 counties in Indiana. In 2010, the total population was 70,045, ranked 23 while the 2020 projection is 81,796 expected to rank at 18. The median age for Hancock County residents is 40.4. The largest city in Hancock County is Greenfield at 21,709 followed by McCordsville at 6,485 and Fortville at 3,998. Many of the communities are in rural areas and the county has a significant amount of farmland.

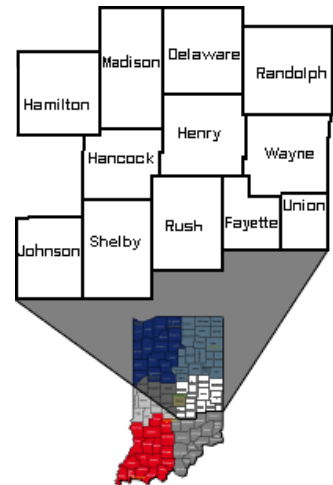
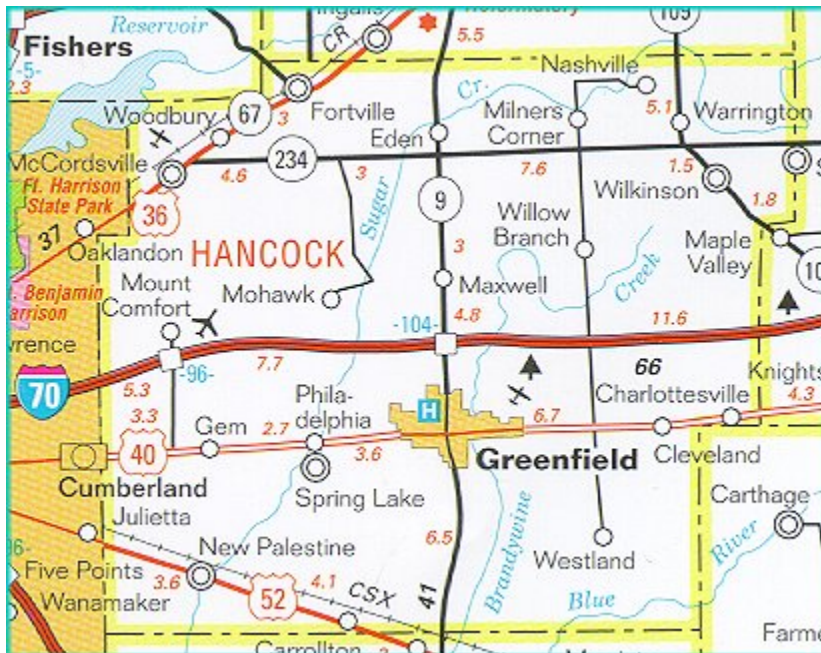
The largest Hancock County racial/ethnic groups are Caucasian (92.9) followed by African American (2.7%) and Hispanic (2.3%). In 2015, the median household income of Hancock County residents was \$66,606. However, 6.0% of Hancock County residents live in poverty.

## **OUR COMMUNITY**

Hancock Health serves communities in and around Hancock County. The health system includes Hancock Regional Hospital, Hancock Physician Network and more than 20 other healthcare facilities such as wellness centers, women's clinics, family practices and the Sue Ann Wortman Cancer Center. The main campus, Hancock Regional Hospital, is located in Greenfield and consists of 69 beds. A highly skilled medical and professional nursing staff anchors the

hospital. The hospital consists of a state-of-the-art surgery department, 24-hour emergency services, Women’s and Children’s services, progressive and critical care, a geropsychiatry unit, home healthcare, full range of rehabilitation services, transitional care unit, hospice services and a total oncology program with a cutting-edge radiation oncology center. Hancock Regional Hospital provides patients with private rooms and a full complement of inpatient and outpatient services.

According to County Health Rankings, Hancock County is ranked 7<sup>th</sup> of 92 counties in health outcomes in Indiana. The rankings in health outcomes represent how healthy counties are within the state, measuring how long people live and how healthy people feel while alive. Hancock County is ranked 6<sup>th</sup> of 92 counties in health factors. Health factors represent what influences the health of a county, including social determinants, health behaviors, clinical care, and physical environment.





# Conducting the Assessment

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## OVERVIEW

Hancock Health engaged the healthy365 team, part of the population health department, to assist in conducting a CHNA and analyzing the data for the CHNA requirements set forth in section 9007 of the Patient Protection and Affordable Care Act (PPACA) of 2010, IRS Notice 2011-52, and proposed regulations under IRC section 501(r). healthy365 consists of five teams: System of Care, Congregational Network, Healthier Choices, Workplace Wellness and Mental Fitness. These teams represent over 80 businesses, agencies, and nonprofits in the community, 16 churches, and well over 300 leaders in the community.

The mission of healthy365 is to promote health, happiness, and wholeness in Hancock County. The vision is to create healthy environments for a better quality of life. Representatives within these five teams assisted in dispersing questionnaires and encouraged feedback from their staff, clients and the community. The questionnaires were dispersed via paper copies and electronically. The questionnaire was posted as a link on various social media outlets and through partnered agencies. 1805 questionnaires were completed between the months of November 2016 and April 2017.

The assessment was developed to identify the significant health needs in the community and gaps that may exist in services provided. It was also developed to provide the community with information to assess essential healthcare, preventive care, health education, and treatment services. This endeavor represents the hospital's efforts to share information that can lead to improved healthcare and quality of care available to the community, while reinforcing and encouraging the existing infrastructure of services and providers.

## COMMUNITY HEALTH NEEDS ASSESSMENT GOALS

The assessment had several goals which included identification and documentation of:

- Community health needs
- Health services offered in the Hospital's service area
- Significant gaps in health needs and services offered
- Barriers to meeting any needs that may exist

Other goals of the assessment were:

- Strengthen relationships with local community leaders, healthcare leaders, providers, other health service organizations, and the community at large
- Provide quantitative and qualitative data to help guide future strategic planning, policy, and business and clinical programming decisions

## **PROCESS & METHODOLOGY**

Documenting the healthcare needs of a community allows healthcare organizations to design and implement cost-effective strategies that improve the health of the population served. A comprehensive data-focused assessment process can uncover key health needs and concerns related to education, prevention, detection, diagnosis, and treatment.

The Community Health Needs Assessment was distributed to a variety of community partners including Hancock Regional Hospital which distributed the survey widely among the community and groups within. healthy365 distributed the survey amongst its teams: (Healthier Choices, Workplace Wellness, Mental Fitness, System of Care and the Congregational Network). All five healthy365 teams were focus groups used to provide input and feedback on question format, content and administration process of the questionnaire. Each team then provided the questionnaire directly to their staff, clients, and members served. The questionnaire was distributed in person at local community events, offered in all physician offices at the end of each visit, available on Hancock Health patient portal, and various social media sites. After a period of six months, data collection was complete and healthy365 leadership consisting of three staff compiled information obtained.

Participants of the Community Health Needs Assessment were given a questionnaire of 19 questions. There were four demographic questions, five questions focused on physical/general health and wellbeing, and ten questions focused on mental health and substance use. Participants were asked to respond to the following question, “In your opinion, how much of a problem are each of the following health topics for your Hancock County community?” The participants were given four response options: no problem, little problem, big problem, unsure.

These health topics were as follows:

- General health behaviors
- Access to mental health services
- Barriers to mental health services
- Abuse of alcohol
- Use of tobacco products
- Use of drugs
- Access to Addictions treatment services
- Barriers to addictions services
- Personal health behaviors

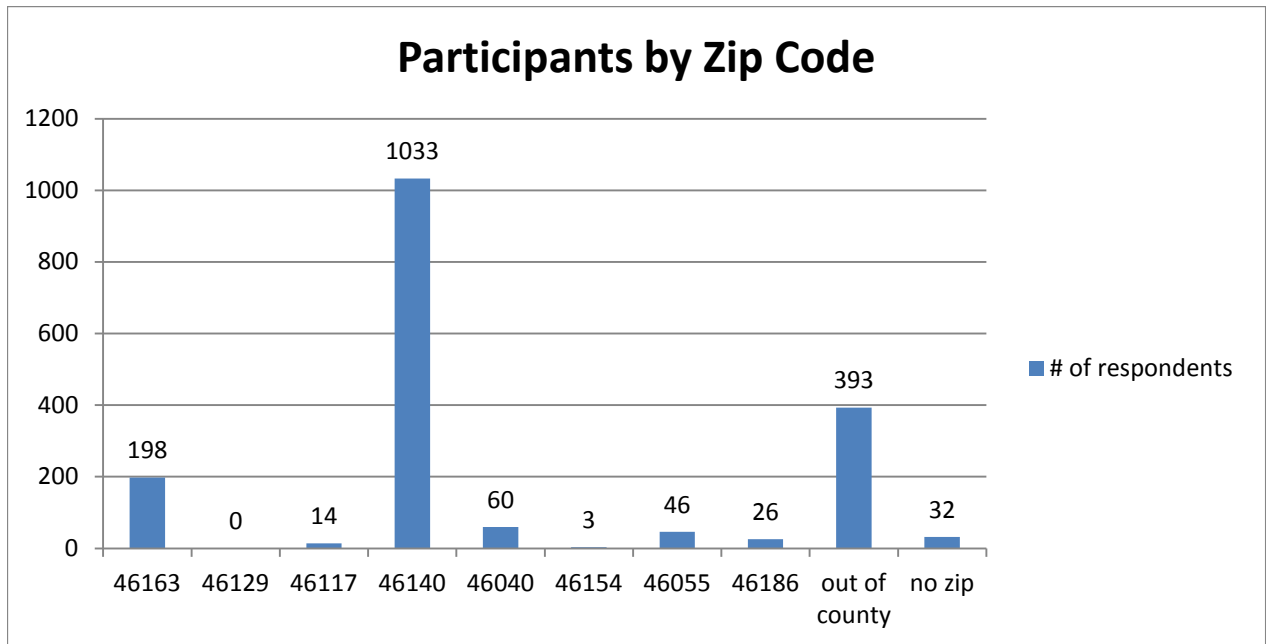
Once data had been collected and analyzed, initial meetings with hospital leadership were held to discuss key findings as well as refine and prioritize the comprehensive list of community needs, services and potential gaps.

## **PRIMARY DATA COLLECTION METHODS**

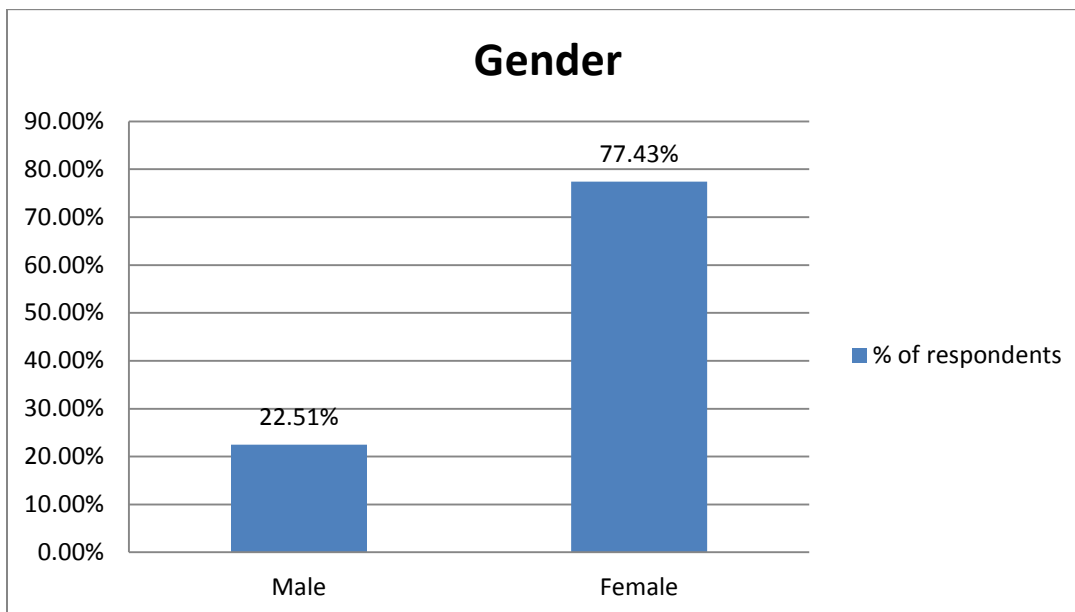
The questionnaire was available in electronic and paper format. Questionnaires were administered with support of healthy365 partners including: Hancock County Health Department, Hancock Physician Network, several social service agencies, business leaders, schools, nonprofit agencies, and civic leaders. In total, 1805 questionnaires were completed and returned to Hancock Regional Hospital's Healthy Community Manager. Disadvantaged populations were reached through direct contact with service providers from various organizations and providers throughout the community. There were no third party vendors used in this process.

In review of the data collection, a majority of participants were in the central part of the county, Greenfield, followed by out of county residents and residents living in New Palestine, Fortville then McCordsville. More than 75% of the participants were female and 97% of participants were Caucasian. The majority of the responses were from ages 25 to 74 years old.

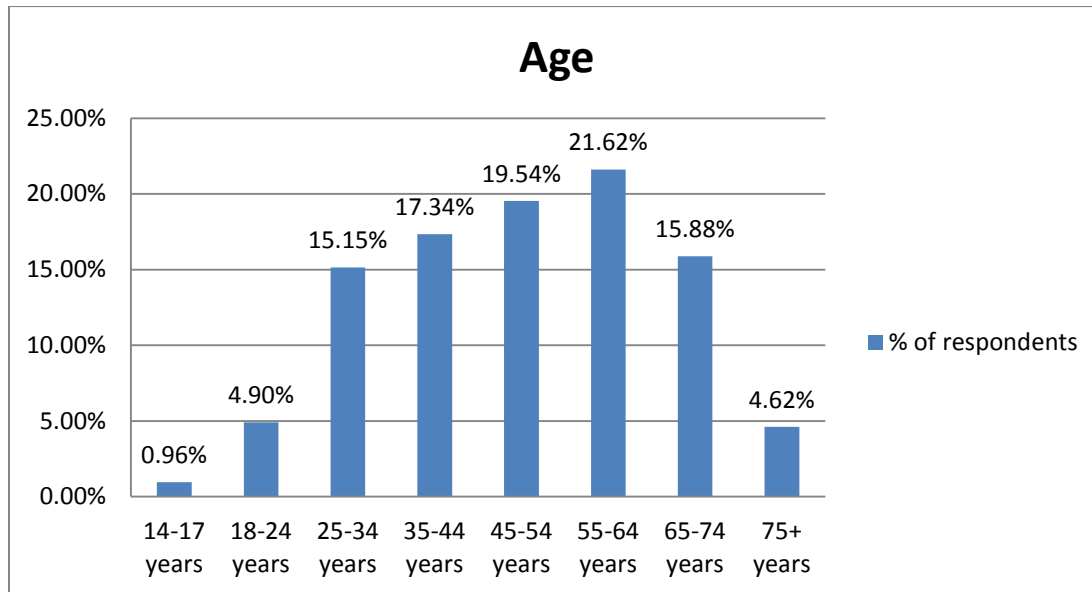
## RESPONDENTS BY GEOGRAPHIC LOCATION



## RESPONDENTS BY GENDER



## RESPONDENTS BY AGE



## PRIORITIZATION PROCESS AND CRITERIA

The questionnaire was distributed among a variety of populations and age groups. Partners of healthy365 engaged all facets of the community to ensure there was representation from all demographics and eliminating barriers to completing the questionnaire if desired. Needs were determined to be priorities by:

- The level of response citizens gave to health issues: no problem, small or big problem, or unsure
- Focus group discussion
- Weighted frequencies

# Key Findings

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## **AREAS OF CONCERN**

The CHNA data collection identified four key themes/categories of health concerns. Those four key themes and the significant findings in each area include the following:

### **Community Perception of General Health Behaviors**

- There is a perception that people have unhealthy eating habits
- Obesity is identified as a significant problem in adults
- There is a perception that people do not receive enough physical activity or exercise

### **Perception of Drug and Alcohol Use**

- Drugs perceived to be most significant problem in adults include heroin, methamphetamine, and prescription drugs
- Drugs perceived to be the most significant problem in youth include marijuana, synthetic marijuana, and heroin
- Alcohol is perceived to be a moderately significant problem for adults and youth

### **Limited Access to Mental Health and Addictions Services**

- Financial and insurance barriers are the most significant barriers to receiving services
- A significant barrier to accessing services is a lack of awareness about services available
- Stigma associated with mental health and addictions prevent individuals from seeking treatment

### **Perception of Tobacco and Nicotine Use**

- There is a perception that tobacco use in adults is a significant health problem
- There is a perception that tobacco/nicotine use in youth is a moderate problem

## **RESPONSE TO KEY FINDINGS**

Based upon the key findings and community perception of significant needs identified, it can be determined that there is need for change in the following areas:

### **Physical Health**

- Reduce unhealthy habits to decrease risks for major chronic illnesses, including heart disease and diabetes, which Indiana is currently ranked 13<sup>th</sup> and 6<sup>th</sup> respectively in the nation
- Reduce obesity causing factors via methods we have control over
- Increase the level of physical activity by incorporating wellness initiatives, expanding trails and sidewalks, and promoting education
- Increase opportunities and ease of making healthy choices regarding food, exercise, and health behaviors

### **Mental Health/ Addictions**

- Increase awareness of mental health needs and begin destigmatizing the term
- Increase number of people seeking mental health treatment by helping to remove barriers
- Increase number of people seeking addictions treatment by helping to remove barriers
- Decrease the use of tobacco, alcohol and drug use by providing prevention education for all youth

### **Access**

- Increase access to mental health and addiction services
- Limit or extinguish the use of tobacco at family oriented events
- Engage in opportunities to promote healthy eating habits
- Promote and focus on improving access/availability/affordability of fresh local fruits and vegetables
- Ensure that access to foods and services are affordable and available to all demographics

# Conclusion

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## **COMMUNITY RESOURCES IDENTIFIED**

The CHNA was conducted by healthy365 leadership and data collection was a grassroots effort by all community partners. healthy365 teams that participated include local businesses, schools, healthcare providers, mental health service providers, libraries, banks, faith-based agencies, law/justice departments, childhood intervention, developmental disability agencies, various nonprofit organizations, churches, community members and youth. Needs were discussed in focus groups and data was collected from individuals who live, work and learn in Hancock County and the Hancock Health service area.

## **KEY THEMES/AREAS OF CONCERN**

- Nutrition/Obesity
- Drug and Alcohol Use
- Access to Mental Health and Addictions Services
- Tobacco/Nicotine Use

This assessment summary is published on the website of Hancock Regional Hospital, [www.hancockregionalhospital.org](http://www.hancockregionalhospital.org).



# Attachments

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County Health Rankings: Hancock County

<http://www.countyhealthrankings.org/app/indiana/2017/overview>

Center for Disease Control and Prevention

[https://www.cdc.gov/nchs/pressroom/states/IN\\_2015.pdf](https://www.cdc.gov/nchs/pressroom/states/IN_2015.pdf)

Quick Facts U.S. Census

<https://www.census.gov/quickfacts/fact/table/hancockcountyindiana,IN/PST045216>

Stats Indiana

[http://www.stats.indiana.edu/profiles/profiles.asp?scope\\_choice=a&county\\_changer=18059](http://www.stats.indiana.edu/profiles/profiles.asp?scope_choice=a&county_changer=18059)

# Appendix A: Top Rankings

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The following represents the top three answers ranked as a “big problem” by weighted measure of the CHNA questions generated from the data collection and analysis process:

- Barriers to seeking mental health services
  - financial (54.01%)
  - insurance (47.38%)
  - unsure where to go for help (46.05%)
  
- Access to mental health services
  - crisis intervention (27.86%)
  - medication management (26.73%)
  - suicide prevention (26.40%)
  
- Barriers to addictions services
  - insurance/finances (53.43%)
  - unsure where to go for help (47.96%)
  - embarrassed or afraid to get help (47.16%)
  
- Access to addictions services
  - opioid treatment (methodone, suboxone, vivitrol) (36.41%)
  - crisis intervention/detoxification (35.98%)
  - sober living or halfway house (35.18%)
  
- General health behaviors
  - unhealthy eating habits (67.33%)
  - obesity/overweight among adults (65.18%)
  - lack of exercise (64.75%)

- Abuse of alcohol
  - youth age 20 and younger (45%)
  - adults age 21 and over (39%)
  
- Use of tobacco products in adults age 18 and over
  - tobacco products: cigarettes, cigars, pipes (52%)
  - vaping/e-cigarettes (43%)
  - smokeless tobacco/chew (38%)
  
- Use of tobacco products in youth age 17 and under
  - tobacco products: cigarettes, cigars, pipes (42%)
  - vaping/e-cigarettes (40%)
  - smokeless tobacco/chew (35%)
  
- Use of frugs in adults age 18 and over
  - heroin (57.42%)
  - methamphetamine/meth (57.01%)
  - prescription drugs (50%)
  
- Use of drugs in youth age 17 and under
  - marijuana (48%)
  - synthetic marijuana/spice/K2 (41%)
  - heroin (40%)
  
- Number of servings of fruits/vegetables consumed daily
  - 2-4 (68%)
  - 0-1 (22%)
  - 5+ (10%)

- Number of glasses of water consumed per day
  - 3-5 (41%)
  - 6-7 (21%)
  - 0-2 (20%)
  - 8+ (18%)
  
- Minutes of active living per day
  - 30 (37%)
  - 20-30 (25%)
  - 10-20 (24%)
  - 0-10 (14%)
  
- Level of community pride (ranked 0-5 with 5 being the highest)
  - 4 (32%)
  - 3 (28%)
  - 5 (24%)
  
- Level of stress (ranked 0-5 with 5 being the highest)
  - 3 (34%)
  - 2 (21%)
  - 4 (20%)
  - 5 (11%)

# Appendix B: Questionnaire Summary

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The following shows all questions provided on the questionnaire and a brief summarization of the answers.

**Question 1-4:** Demographics: Zip Code, Gender, Race/Ethnicity, Age

**Summary:** The majority of participants were in the central part of the county, Greenfield, followed by out of county residents and residents living in New Palestine and Fortville. Over 75% of the responses were female and 97% were Caucasian. The majority of the responses were from ages 25 to 74 years old.

**Question 5:** How much of a problem are general health behaviors in your community?

**Summary:** The top three general health behaviors the participants felt were the biggest problem are unhealthy eating habits, obesity among adults and lack of exercise. However, over half of the participants felt that **all** of the general health behaviors listed are a big problem.

**Question 6:** How much of a problem is access to mental health services in your community?

**Summary:** The majority of participants answered unsure to this group of questions. Approximately 25% felt that limited access to crisis intervention, medication management, suicide prevention and therapy/counseling were big problems in our community.

**Question 7:** How much of a problem are barriers to mental health services for youth and adults in your community?

**Summary:** Approximately 50% of participants felt that the top four barriers to mental health services are financial, insurance, and unsure where to go for help and embarrassed or afraid to get help.

**Question 8:** How much of a problem is abuse of alcohol in your community?

**Summary:** Nearly 45% of participants ranked alcohol use as a big problem for youth age 20 and younger and 38% ranked alcohol abuse in adults 21 and over as a big problem.

**Question 9:** How much of a problem is use of tobacco products in adults 18 and older?

**Summary:** Nearly half of the participants feel tobacco and vaping are big problems in adults.

**Question 10:** How much of a problem is use of tobacco products in youth 18 and younger?

**Summary:** Nearly half of the participants feel tobacco and vaping are a big problem in youth.

**Question 11:** How much of a problem is drug abuse for adults in your community?

**Summary:** Methamphetamine, Heroin and Prescription Drugs were ranked as the top three drugs abused by adults.

**Question 12:** How much of a problem is drug abuse for youth in your community?

**Summary:** Marijuana, Synthetic Marijuana and Heroin were ranked as the top three drugs abused by youth.

**Question 13:** How much of a problem is access to addictions treatment services in your community?

**Summary:** Approximately 33% of all participants reported access to all levels of addictions treatment services is a big problem, and about 33% were unsure.

**Question 14:** How much of a problem are barriers to addictions services for youth and adults in your community?

**Summary:** The top ranked barriers to addiction services were insurance/finances, unsure where to go for help, embarrassed or afraid to get help, and services not available or the wait is too long.

**Question 15:** How many servings of fruit/veggies do you personally consume per day?

**Summary:** Only 10% participants reported they are eating the recommended servings of fruits and veggies daily.

**Question 16:** How many glasses of water do you personally consume per day?

**Summary:** 80% of participants reported they are not getting in 8 glasses of water a day.

**Question 17:** How many minutes of active living do you get per day?

**Summary:** Only 33% of the participants reported they are getting more than 30 minutes of exercise daily.

**Question 18:** Rate your level of community pride.

**Summary:** Less than ¼ have a high level of community pride.

**Question 19:** Rate your stress level in your daily life.

**Summary:** Nearly 75% of participants rated their daily stress level at a 3 or higher on a scale of 0-5.

# Appendix C: Questionnaire




## Hancock County Community Health Needs Assessment

You are a valuable community member and your ideas will help us learn more about current health needs in Hancock County. Thank you for sharing your thoughts with us. ***Must be 14 or older to participate.***

**In your opinion, how much of a problem are each of the following health topics for your Hancock County community?**

General HEALTH BEHAVIORS	No Problem	Little Problem	Big Problem	Unsure
Obesity (Overweight) among adults				
Unhealthy eating habits				
Lack of exercise (physical activity)				
Obesity (Overweight) among children				
Parents with inadequate/poor quality parenting skills				
Adolescents becoming sexually active				
Children and adolescents unsupervised after school				
Access to the following MENTAL HEALTH services	No Problem	Little Problem	Big Problem	Unsure
Support Groups				
Suicide Prevention				
Crisis Intervention				
Medication Management				
Outpatient therapy/Counseling/Therapy				
Intensive Outpatient Therapy				
Inpatient Treatment				
Barriers to MENTAL HEALTH services for youth and/or adults	No Problem	Little Problem	Big Problem	Unsure
Unsure where to go for help or unsure what is available				
Transportation				
Child care				
Insurance				
Financial				
Medical issues				
Services not available or wait for service is too long				
Embarrassed or afraid to get help				
Abuse of ALCOHOL in the follow age groups	No Problem	Little Problem	Big Problem	Unsure
Adults <u>age 21 and over</u>				
Youth <u>age 20 and under</u>				
Use of the following TOBACCO products in adults <u>age 18 and over</u>	No Problem	Little Problem	Big Problem	Unsure
Tobacco products: Cigarettes, cigars, pipes				
Vaping/e-cigarettes				
Smokeless tobacco/chew				
Use of the following TOBACCO products in youth <u>age 17 and under</u>	No Problem	Little Problem	Big Problem	Unsure
Tobacco products: Cigarettes, cigars, pipes				
Vaping/e-cigarettes				
Smokeless tobacco/chew				
Use of the following DRUGS in adults <u>age 18 and over</u>	No Problem	Little Problem	Big Problem	Unsure
Prescription drugs				
Over the counter medication				
Marijuana				
Meth/methamphetamine				
Cocaine				
Heroin				
Synthetic marijuana/spice/K2				

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Use of the following DRUGS in youth age 17 and under	No Problem	Little Problem	Big Problem	Unsure
Prescription drugs				
Over the counter medication				
Marijuana				
Meth/methamphetamine				
Cocaine				
Heroin				
Synthetic marijuana/spice/K2				
Access to the following ADDICTIONS treatment services	No Problem	Little Problem	Big Problem	Unsure
Support Groups (Faith based, non-faith based, 12 step)				
Crisis Interventions/Detoxification				
Opioid treatment (Methadone, Suboxone, Vivitrol)				
Outpatient therapy/Counseling				
Intensive Outpatient Therapy				
Inpatient Treatment				
Sober living or halfway house				
Barriers to ADDICTIONS services for youth and/or adults	No Problem	Little Problem	Big Problem	Unsure
Unsure where to go for help or unsure what is available				
Transportation				
Child care				
Insurance/Finances				
Medical issues				
Service not available or wait for service is too long				
Embarrassed or afraid to get help				

Please select the following that best describes you

Choose the number of serving of fruit/veggies that you consume daily:

0-1                      2-4                      5+

Choose the number of glasses of water consumed per day:

0-2                      3-5                      6-7                      8+

Choose minutes of active living per day: walking, biking, exercising, etc. (both planned or moving naturally):

0-10                      10-20                      20-30                      30+

Rate your level of Community Pride:

0(none)                      1                      2                      3                      4                      5(high)

Rate your stress level in your daily life:

0(none)                      1                      2                      3                      4                      5(crisis)

Your Zip Code: \_\_\_\_\_ Gender: Female                      Male                      Other: \_\_\_\_\_

Your Race/Ethnic Background: (please circle all that apply)

African American/Black                      American Indian                      Asian/Pacific Islander  
 Caucasian/White                      Hispanic                      Other: \_\_\_\_\_

Age:

\_\_\_\_ 14-17yrs    \_\_\_\_ 18-24yrs    \_\_\_\_ 25-34yrs    \_\_\_\_ 35-44    \_\_\_\_ 45-54yrs    \_\_\_\_ 55-64yrs    \_\_\_\_ 65-74yr    \_\_\_\_ 75+yrs

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