

2005 Community Health Survey
Herkimer County, New York

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I. Methodology

Survey Methodology Herkimer County Adults

This is a telephone survey of Herkimer County adults conducted by Zogby International from December 16 through December 19, 2005. The target sample is 407 interviews with approximately 70 questions asked. Samples are randomly drawn from telephone CDs of a national listed sample. Zogby International surveys employ sampling strategies in which selection probabilities are proportional to population size within area codes and exchanges within those area codes. As many as six calls are made to reach a sampled phone number. Cooperation rates are calculated using one of AAPOR's approved methodologies¹ and are comparable to other professional public-opinion surveys conducted using similar sampling strategies.² Weighting by gender is used to adjust for non-response. The margin of error is +/- 5.0 percentage points. Margins of error are higher in sub-groups.

Zogby International's sampling and weighting procedures also have been validated through its political polling: more than 95% of the firm's polls have come within 1% of actual election-day outcomes.

¹ See COOP4 (p.38) in *Standard Definitions: Final Dispositions of Case Codes and Outcome Rates of Surveys*. The American Association for Public Opinion Research, (2000).

² *Cooperation Tracking Study: April 2003 Update*, Jane M. Sheppard and Shelly Haas. The Council for Marketing & Opinion Research (CMOR). Cincinnati, Ohio (2003).

Sample Characteristics

| Sample Characteristics | Frequency | Valid Percent* |
|---------------------------------|-----------|----------------|
| Sample size | 407 | 100 |
| North | 77 | 19 |
| Southwest | 101 | 25 |
| South-central | 127 | 31 |
| Southeast | 101 | 25 |
| 18-29 | 22 | 6 |
| 30-49 | 149 | 37 |
| 50-64 | 117 | 29 |
| 65+ | 117 | 29 |
| 18-24 | 16 | 4 |
| 25-34 | 22 | 5 |
| 35-54 | 190 | 47 |
| 55-69 | 98 | 24 |
| 70+ | 79 | 19 |
| <i>Did not answer age</i> | 2 | -- |
| Less than high school | 37 | 9 |
| High school graduate | 134 | 33 |
| Some college | 112 | 27 |
| College graduate+ | 124 | 31 |
| <i>Did not answer education</i> | -- | -- |
| # in household – 1 | 75 | 18 |
| # in household – 2 | 123 | 30 |
| # in household – 3 | 76 | 19 |
| # in household – 4 | 99 | 24 |
| # in household – 5 | 24 | 6 |
| # in household – 6 or more | 9 | 2 |
| Employed Herkimer County | 151 | 37 |
| Oneida County | 87 | 21 |
| Madison County | 4 | 1 |
| Onondaga County | 3 | 1 |
| Montgomery County | 3 | 1 |
| Albany County | 3 | 1 |
| Fulton County | 4 | 1 |
| Otsego County | 2 | 1 |
| Other county | 9 | 2 |
| Not employed | 142 | 35 |

| Sample Characteristics (continued) | Frequency | Valid Percent* |
|---|------------------|---------------------------|
| Parent of child under 17 | 204 | 50 |
| Not parent of child under 17 | 203 | 50 |
| # of children – 1 | 100 | 53 |
| # of children – 2 | 68 | 36 |
| # of children – 3 | 14 | 8 |
| # of children – 4 | 5 | 3 |
| # of children – 5 or more | 1 | 1 |
| PPO from job | 78 | 19 |
| PPO self | 13 | 3 |
| HMO from job | 72 | 18 |
| HMO self | 18 | 4 |
| Traditional from job | 72 | 18 |
| Traditional self | 20 | 5 |
| EPIC | 8 | 2 |
| Family Health Plus | 7 | 2 |
| Medicare | 44 | 11 |
| Medicaid | 22 | 5 |
| Medical Savings Account | 2 | 1 |
| None of the above | 25 | 6 |
| No insurance/not sure | 27 | 7 |
| Less than \$9,500 | 28 | 8 |
| \$9,500-\$18,999 | 43 | 12 |
| \$19,000-\$31,499 | 65 | 18 |
| \$31,500-\$43,999 | 58 | 16 |
| \$44,000-\$69,499 | 91 | 25 |
| \$69,500-\$89,499 | 35 | 10 |
| \$89,500 or more | 40 | 11 |
| <i>Did not answer income</i> | | -- |
| Male | 196 | 48 |
| Female | 211 | 52 |

* Numbers have been rounded to the nearest percent and might not total 100.

II. Summary of Survey Findings

Key Findings

Healthcare in Herkimer County is an area of significant concern. With 44% of adults reporting they are on a government-sponsored healthcare program—28% report being on Medicare, 7% receive Medicaid, and 5% receive both—healthcare and the health of the general population is a significant public sector concern within Herkimer County. This is combined with an additional 6% who report not having insurance and 7% who are unsure of their insurance status.

For three-in-five Herkimer County adults, their perception of their own health is that it is either excellent or very good. An additional one-quarter of residents believe their health to be good. However, this stands in contrast to the 16% who rate their health negatively—a phenomenon that occurs at even higher rates in the southern regions of the county. And a full one-in-five Herkimer County adults say their activities are limited by physical, mental, or emotional problems.

On a positive note, eight-out-of-nine Herkimer County adults report having a primary care physician—significant, as two-thirds of the county’s adults get their healthcare information from their family physician, and roughly half have sought out the advice of their physician on matters related to health and fitness within the past year.

In terms of hospitalization, Faxton/St. Luke’s is the clear leader in the county, with 37% of respondents indicating that either they or a member of their household received treatment there within the past two years. This is followed by St. Elizabeth’s and Little Falls Hospital, with 28% and 25%, respectively. Bassett Healthcare trails, at 20%. This is driven in large part, incidentally, by the recommendation of physicians, which even surpasses proximity to home to rank as the top reason for selecting a particular hospital.

In other health-related areas, we find that three-quarters of adults in Herkimer County have received regular dental care—that is, 74% have seen a dentist within the past year. Significantly, the bulk of that dental care is occurring within Herkimer County—three-in-five adults utilize a dentist within the county’s borders.

The bulk of county residents have also received significant health screenings within recent history. Three-quarters have had a cholesterol check within the past year, and four-in-five have done so within the past two years. Seven-in-ten women, meanwhile, have received a mammogram within the past two years, while three-quarters have received a pap smear.

Men perform a bit less favorably than women when it comes to gender specific tests. While at least seven-in-ten women received female-specific tests, just 57% of men have received a prostate-specific antigen test within the past two years, and an even lower 40% have had a colonoscopy or sigmoidoscopy within the past *three* years.

In terms of mental and emotional health and substance abuse, significant percentages of the county's adult population report problems.

One-quarter of respondents report experiencing long-term depression (as defined by being depressed the majority of days for a six-month or longer period). A full 6% say that a doctor has diagnosed them as having mental health problems, while an even higher 15% report seeking help from a healthcare professional for a mental or emotional problem. One-in-five respondents, meanwhile, report that a family member has done so. And 6% also report having experienced difficulties in family or marital life, work, or with the law due to mental or emotional health issues. Alcohol may also be a key area of concern, with one-out-of-ten respondents reporting drinking heavily either with the intention or the result being intoxication and 7% reporting experiencing legal problems arising out of substance use or abuse.

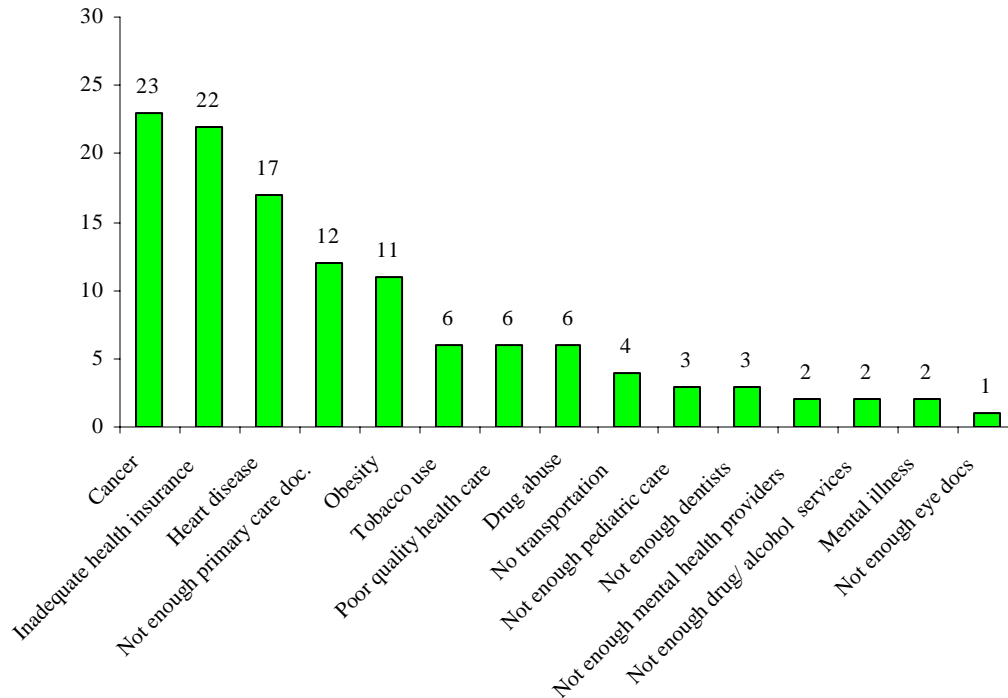
The statistics for Herkimer County's children are a bit more promising. With the majority of households with children reporting having just one child, while the vast majority (89%) report having no more than two. Within those households with children, nine-out-of-ten report their child having seen a doctor within the past year while 84% say the same about a visit to the dentist. And the majority of households report their children have received dental sealants and/or fluoride treatments.

The survey finds both cause for concern and signs of a generally healthy population, and one where children are clearly provided for at a level exceeding adults' own actions to take care of themselves. That, coupled with generally positive responses in terms of the worst poverty-related issues, suggests that the population is, overall, healthy.

IV. Narrative Analysis

1. What would you say are the three biggest healthcare problems in Herkimer County?

Figure 1. Healthcare Problems in Herkimer County



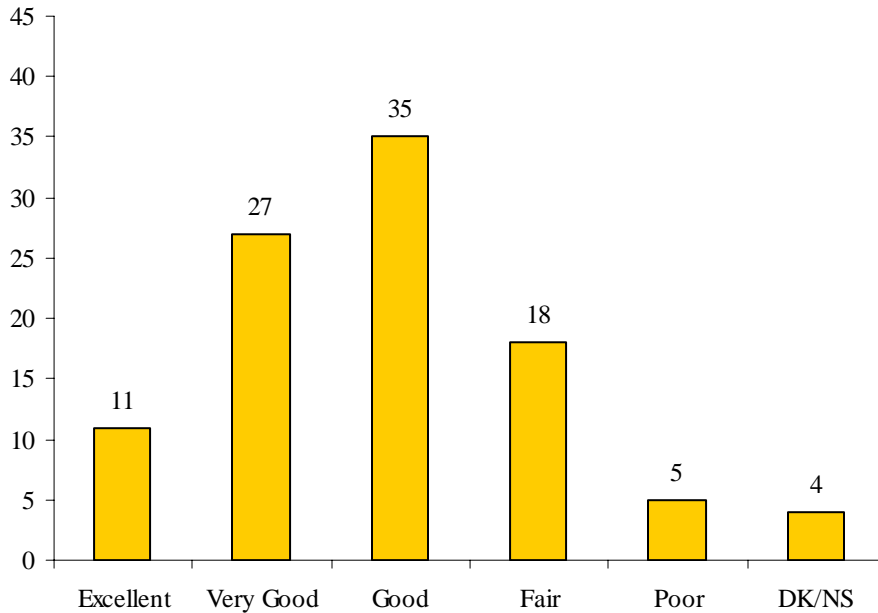
Source: 2005 HCHN Community Survey, Zogby International

***Other:** Medical care is unaffordable (41); Hospitals/clinics too far away (38); Caring for the elderly (16); Diabetes (13); Alcohol (6); There are no problems (9); Stroke (5); Asthma (4); Alzheimer's (4); Arthritis (4); High blood pressure (3); MS (3); Poor dental care for children (2); **One each:** Cold or flu; Air quality; Fuel costs; Home care; Hygiene; Knee and back problems; Leukemia; Lungs and feet problems; Malnourishment; Neglectful parents; No same day appointments; Not enough food stamps being used, lack of healthcare for senior citizens, and lack of activities for teenagers; Not enough specialty physicians, high cost of prescriptions, and lacking locations of special care centers (such as handles heart and cancer treatments); Nursing homes and preschool children their health and nutrition; People themselves; Poverty, neglect of elderly and children, lack of education; Preventative treatment; Too many people on Medicaid; Too many venereal diseases; Understaffing of healthcare employees; We do not have as many specialist as larger cities and the insurance companies do not pay very much of your bill

Cancer (23%), inadequate health insurance (22%), and heart disease (17%) are cited most often as the biggest health problems facing Herkimer County. About one in ten respondents chose obesity and not enough primary care doctors. Not offered in the choices, but also mentioned by one in ten respondents was the high cost of medical care and the distance needed to travel to reach a hospital or clinic. Just under one in four (23%) are not sure what the biggest health problem is facing Herkimer County.

3. How would you rate the overall healthcare services available to you in Herkimer County? Would you say they are...?

Figure 2. Rating Healthcare Services in Herkimer County



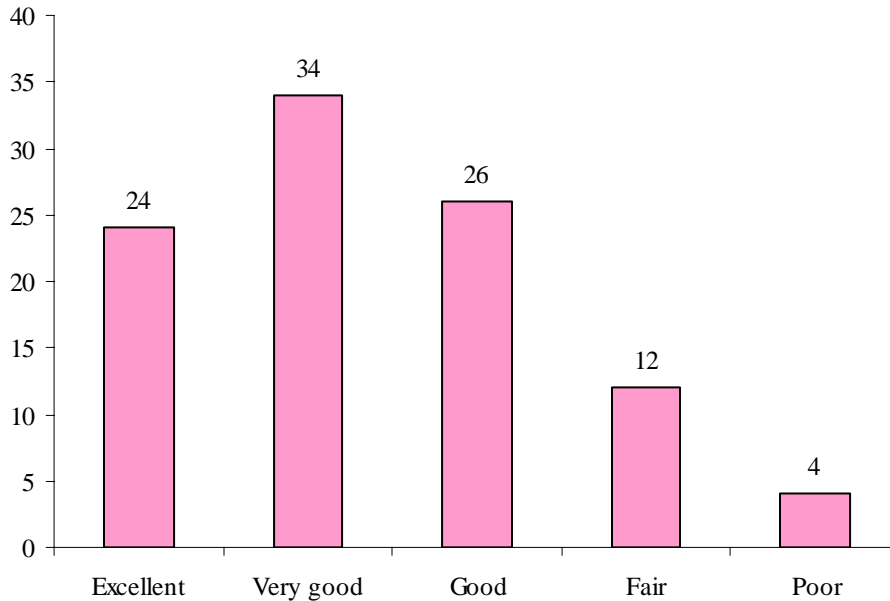
Source: 2005 HCHN Community Survey, Zogby International

More than one in three overall rate Herkimer County’s healthcare services as excellent or very good. Another one in three (35%) rate these services a good and 23% say they are fair or poor. Four percent are not sure.

Those living in the southwestern part of the county (47%) give the highest rating, while those in the southeast (25%) give the lowest. Men (43%) are more likely than women (33%) to give an excellent or fair rating.

2. *Would you say that in general your health is...?*

Figure 3. Rating Respondent's Health



Source: 2005 HCHN Community Health Survey, Zogby International.

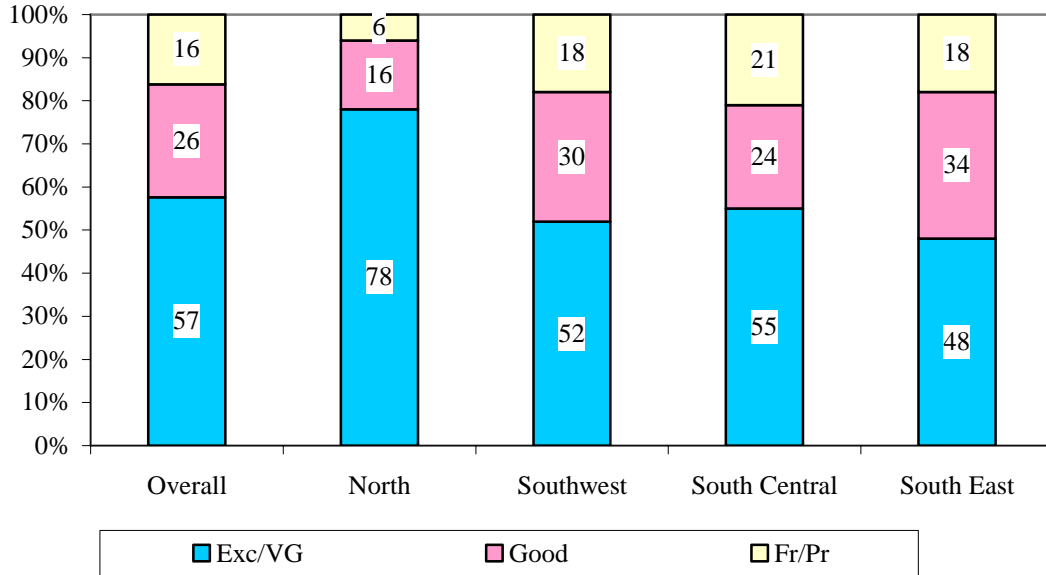
Herkimer County residents report generally good health with nearly three in five (58%) saying they have excellent or good health.

Another one in four (26%) say they are in good health and 16% rate their health as fair or poor.

Parents are much more likely than non-parents to rate their health as either excellent or very good (68% vs. 46%), but this difference may be due to older respondents who do not have children under 17 living at home and who generally have more health-related problems. Women (59%) are slightly more likely than men to report good health (55%).

Not surprisingly, those earning over \$31,500 a year are significantly more likely to report excellent or very good health than are those earning less.

Figure 4. Comparing Individual Health Ratings by Region

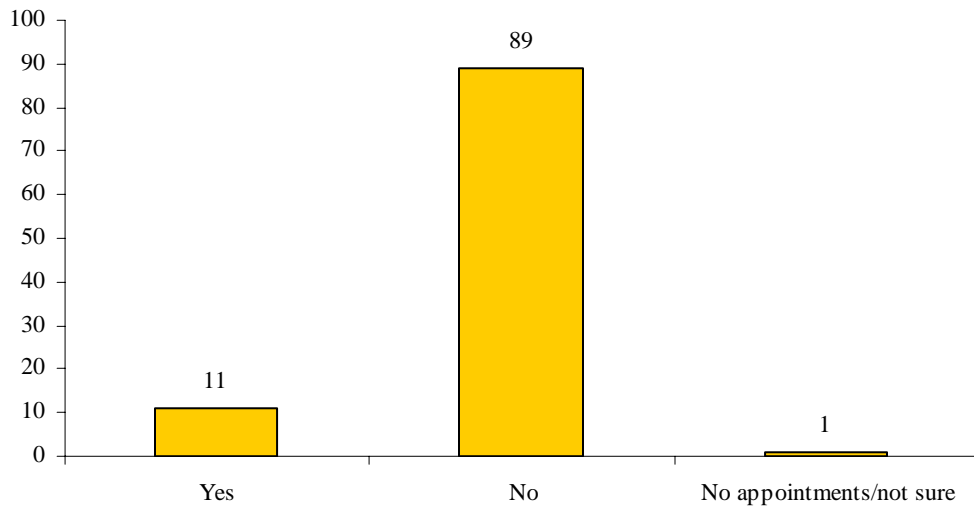


Source: 2005 HCHN Community Survey, Zogby International

Overall, 57% of Herkimer county residents rate their health as excellent or very good. Less than half of those living in the Southeastern part of the county rate their health as excellent or very good. On the other hand, nearly four in five (78%) living in the northern part of the county rate themselves as having exceptional health.

4. Was there a time in the last 12 months when a lack of transportation made it difficult for you or prevented you from seeing a doctor or making a medical appointment?

Figure 5. Did Lack of Transportation Interfere with Receiving Healthcare?

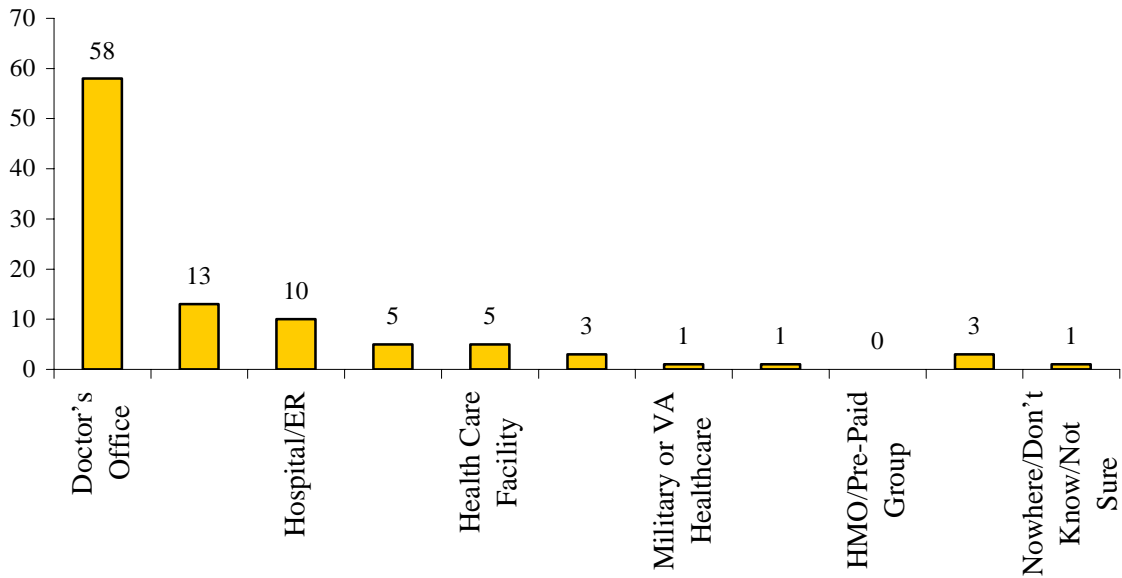


Source: 2005 HCHN Community Survey, Zogby International

Eleven percent say a lack of transportation made it difficult for them or prevented them from seeing doctor or making a medical appointment. The vast majority, however, say it did not.

5. Where do you usually go when you are sick or for healthcare advice?

Figure 6. Seeking Healthcare Advice

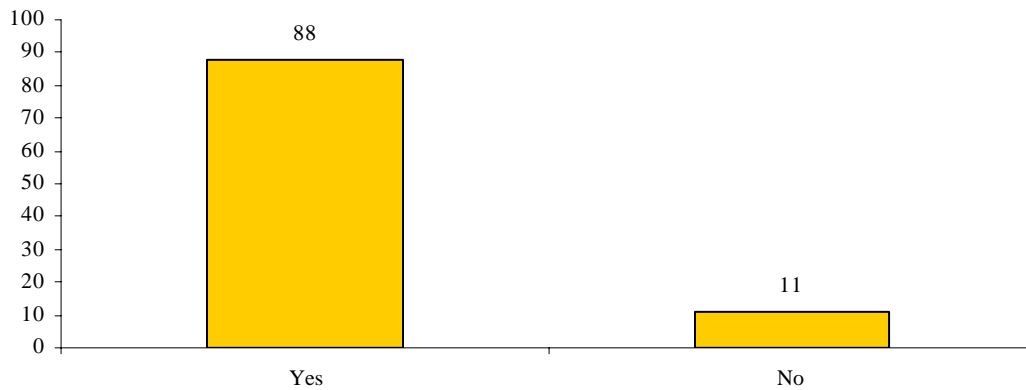


Source: 2005 HCHN Community Survey, Zogby International

More than half (58%) say they usually go to the doctor's office when they are sick or are looking for healthcare advice. Following a distant second and third are going to urgent care or a walk-in clinic (13%) and going to the hospital or emergency room (10%).

6. Do you have a Primary Care Physician?

Figure 7. Have a Primary Care Physician?



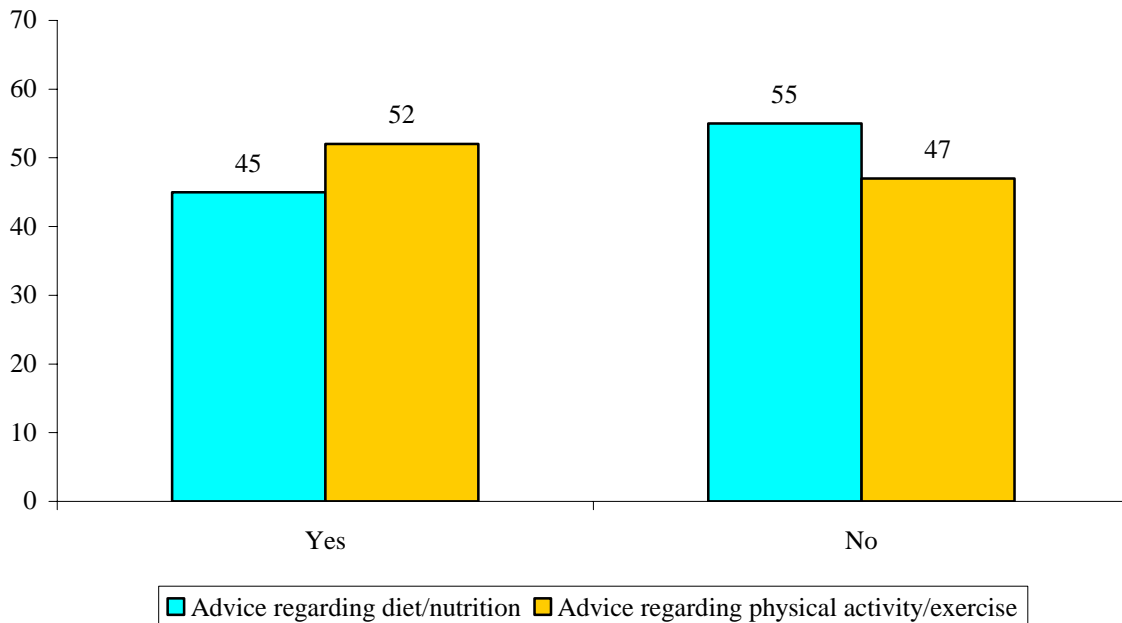
Source: 2005 HCHN Community Survey, Zogby International

By a margin of eight to one, respondents overall say they have a primary care physician compared to those who do not. The vast majority in every sub-group say they have a primary care physician. As age increases, so to does the incidence of those saying they have a such a physician – 65% of those under 30 compared to 93% of those 65 and older.

7. During the past 12 months, has a doctor or healthcare provider asked about or given you advice regarding diet & nutrition?

8. During the past 12 months, has a doctor or healthcare provider asked about or given you advice regarding physical activity or exercise?

Figure 8. Advice from Healthcare Providers



Source: 2005 HCHN Community Survey, Zogby International

Nearly half (45%) say that their doctor or other healthcare provider has asked about or given advice about diet and nutrition, while just over half (55%) say they have not.

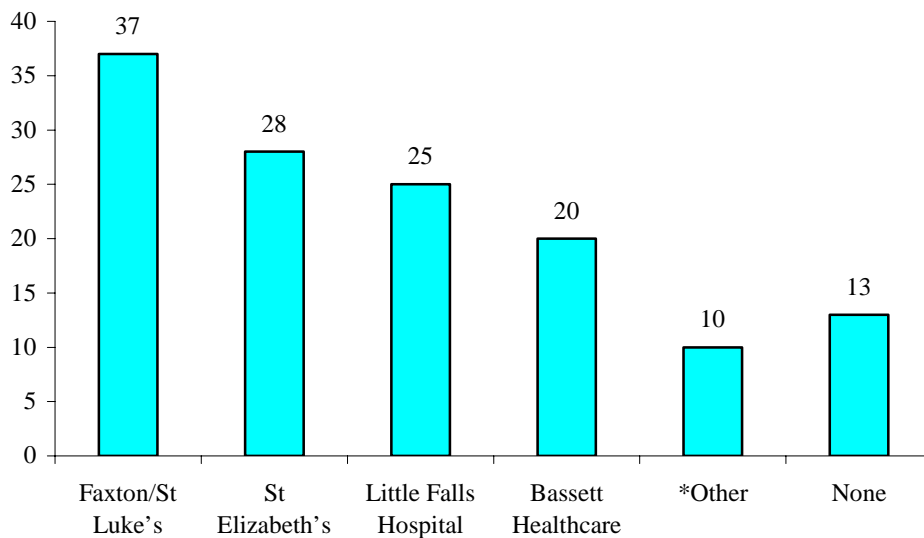
Regionally, those most likely to have had this experience are 52% of respondents living in the north of the county; least likely are those living in the southwest (40%) or south central (42%) portions of Herkimer County. Men (47%) are slightly more likely to have had this experience than are women (43%).

Again, respondents are closely divided in their experience with just over half (52%) saying they did receive advice about physical activity or exercise from a healthcare provider and 47% saying they did not.

Men were notable more likely to have received this advice than not (56% vs. 44% who have not), while women were evenly divided with 49% saying they did receive advice about exercising and 51% saying they did not. Those living in southwestern Herkimer County (58%) are the most likely to have received this sort of advice from healthcare providers, while those living in the southeast are the least likely to have gotten this advice (48%).

9. What hospital have you or anyone in your household been treated at in the last two years?

Figure 9. Hospitals Attended in Past Two Years



Source: 2005 HCHN Community Survey, Zogby International

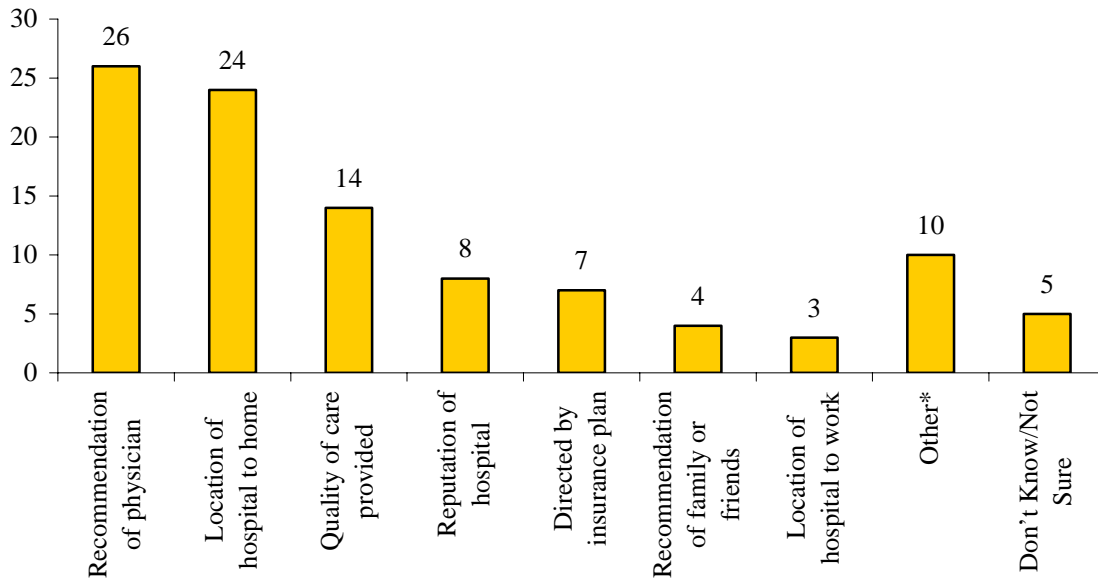
***Other:** Cooperstown (5); Rome Memorial Hospital (5); Crouse Irving (2); Slocum Dixon (2); University Hospital (2); Upstate Medical Center (2)

One each: Adirondack Medical Center; Albany Medical Center; Brigham and Women's Hospital; Glens Falls; Hamilton Hospital; Just use to the doctor's office; Little Falls Clinic; National Jewish Respiratory Hospital in Denver, CO; Newton, MA; NYU; Sloan Kettering; St. Joseph's Hospital; Strong Memorial

More than one in three residents of Herkimer County have been treated at Faxton.St. Luke's (Utica) in the past two years; more than one in four have been treated at St. Elizabeth's hospital in Utica (28%) and one in four (25%) have been treated at Little Falls Hospital. One in five (20%) have been treated at Bassett Healthcare.

10. What was the most important factor in choosing this particular hospital?

Figure 10. Reasons for Choosing Hospital



Source: 2005 HCHN Community Survey, Zogby International

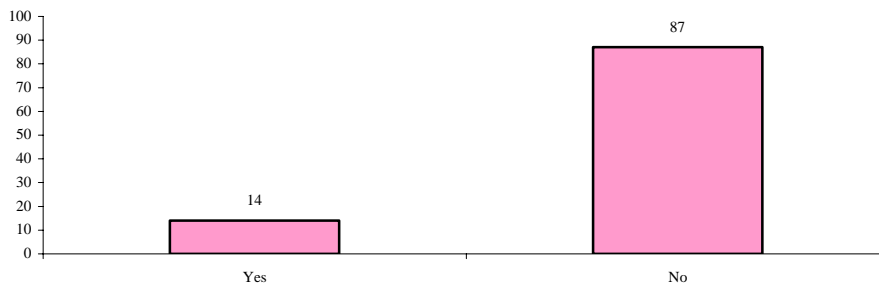
***Other:** Always have gone there (11); Only choice (10); None (17)

One each: Negative services as Little Falls Hospital so we decided to switch to St. Elizabeth's; Had to have my appendix removed; My doctor was there, but had bad service; The waiting time in the ER

About one in four say either the recommendation of a physician (26%) or the location of the hospital to their home (24%) was the most important factor in choosing the hospital for treatment within the last two years. Another 14% say the most important factor for them was the quality of the care provided.

11. Was there a time in the past five years when you had trouble finding a dentist?

Figure 11. Trouble Finding a Dentist?

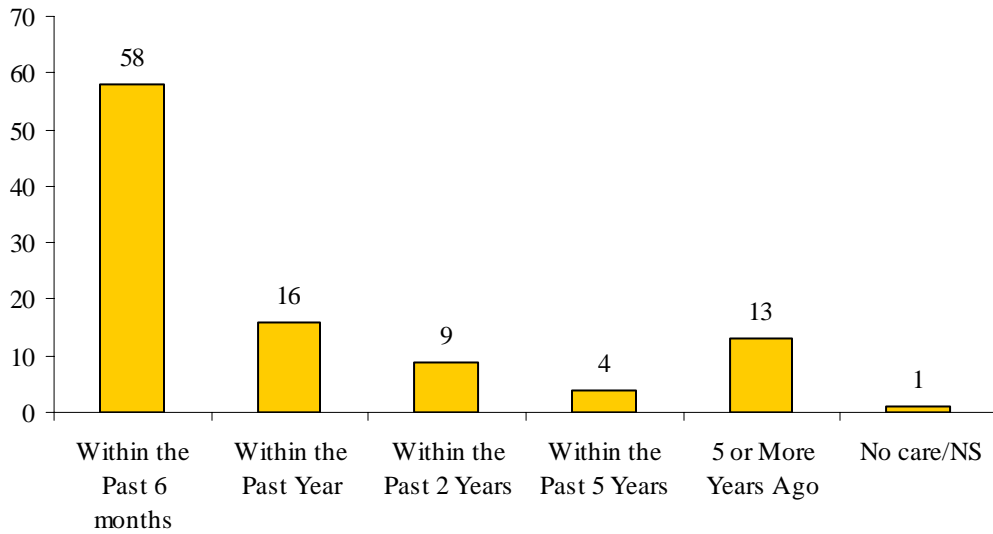


Source: 2005 HCHN Community Survey, Zogby International

The vast majority (87%) of Herkimer County residents say they have had no trouble finding a dentist in the past five years, while 14% say they have experience some difficulty.

12. About how long has it been since you received dental care?

Figure 12. Length of Time Since Last Dental Care

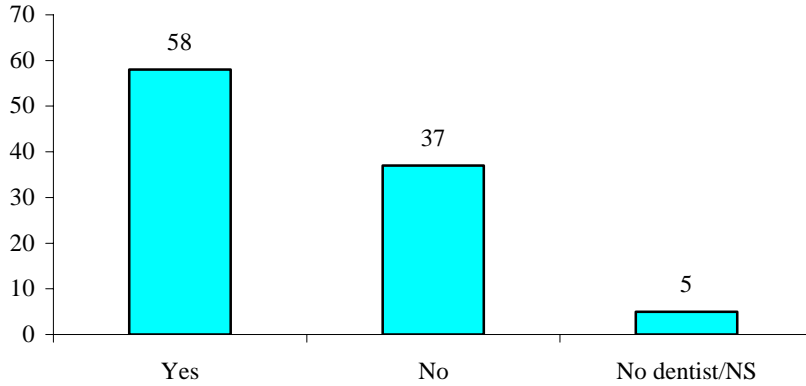


Source: 2005 HCHN Community Survey, Zogby International

Fifty-eight percent of respondents say that they have received dental care within the past six months and another 16% say it has been within the past year. Less than one in ten (9%) say they have seen a dentist within the past two years and for 4%, it has been within the last five years. About one in eight say it has been five or more years since their last dental visit.

13. Is your dentist located in Herkimer County?

Figure 13. Dentist in Herkimer County?

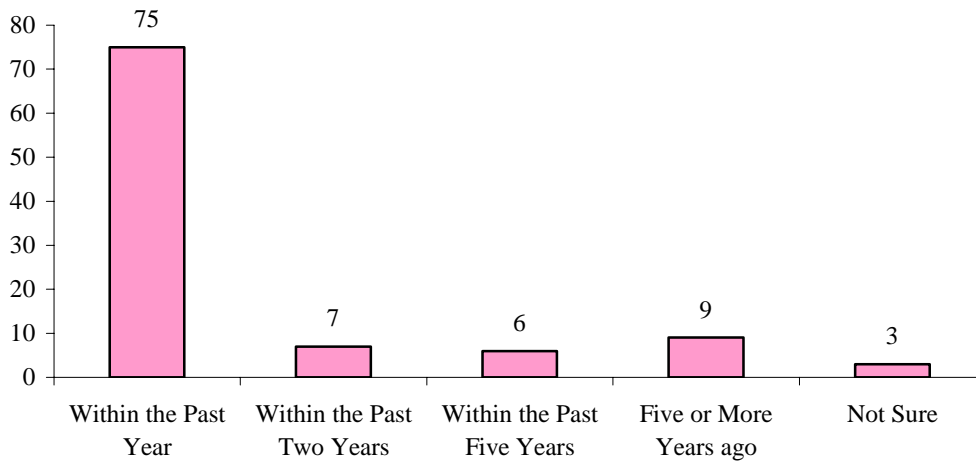


Source: 2005 HCHN Community Survey, Zogby International

The majority (58%) of residents of Herkimer County say their dentist is located within the county, while 37% use a dentist located somewhere else. Five percent have no dentist or are not sure.

14. About how long has it been since you last had your blood cholesterol checked?

Figure 14. Length of Time Since Last Cholesterol Check

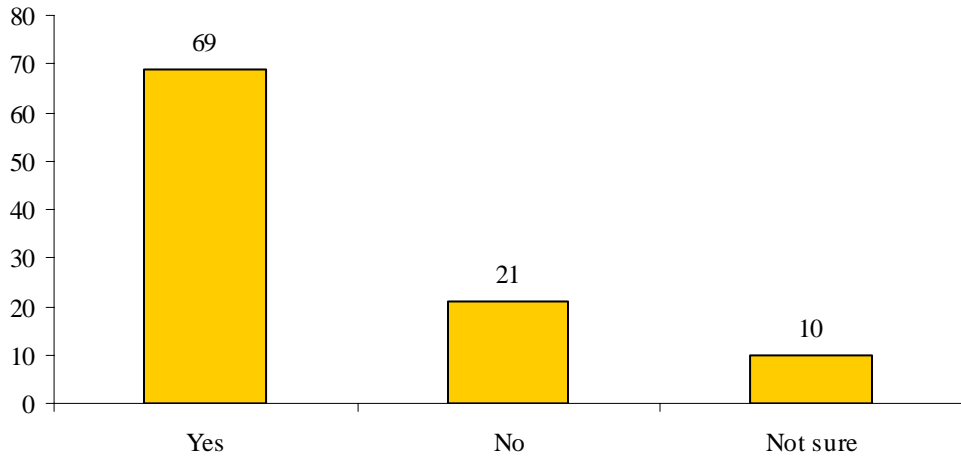


Source: 2005 HCHN Community Survey, Zogby International

Three in four (75%) respondents have had their cholesterol checked within the past year and for 9%, it is five years or more since they had it checked.

15. Do you think there is a problem in Herkimer County with drinking and driving?

Figure 15. Problem with Drinking and Driving?



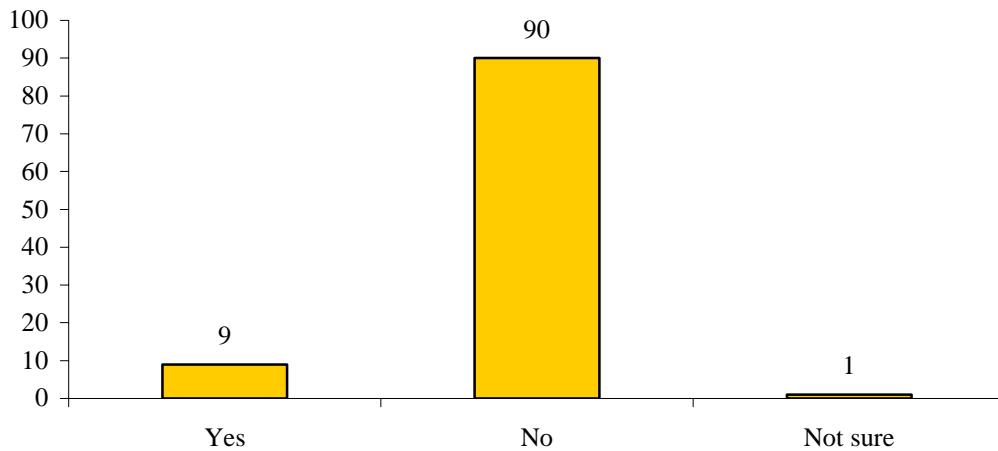
Source: 2005 HCHN Community Survey, Zogby International

By more than three to one (69% vs. 21%), respondents think there is a drinking and driving problem in the county. One in ten are not sure.

(Ask only of parents or guardians of children 17 and under living at home)

16. Are you concerned that your children may currently be abusing alcohol or drugs?

Figure 16. Concerned About Children Abusing Alcohol/Drugs?

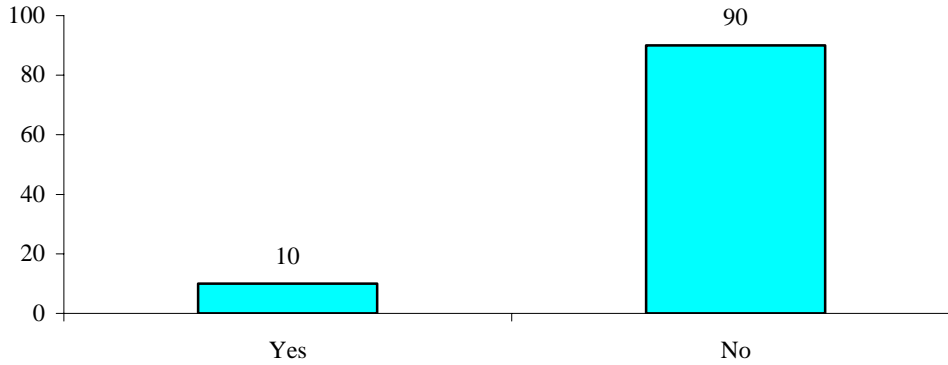


Source: 2005 HCHN Community Survey, Zogby International

The vast majority of parents (90%) have no concern that their children are abusing drugs or alcohol, while 9% are concerned. One percent are not sure.

17. During the past 30 days, have you had 4 or more drinks within a two hour period with the intent or result of becoming intoxicated?

Figure 17. Drinking to Intoxication

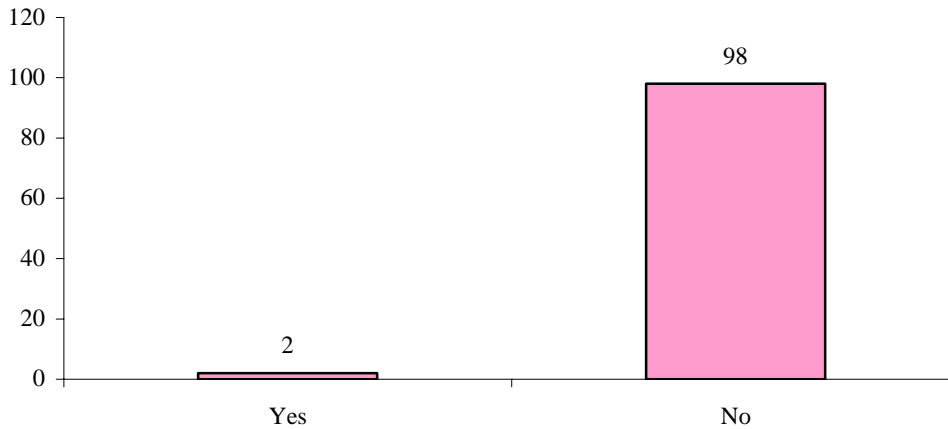


Source: 2005 HCHN Community Survey, Zogby International

By a margin of nine to one, respondents say they have not had four or more drinks within a two hour period with the intent or result of becoming intoxicated.

18. During the past 30 days, have you used an illegal drug or taken a prescription drug (for example pain killers) that was not prescribed for you with the intent or result of getting "high?"

Figure 18. Use of Illegal Drugs

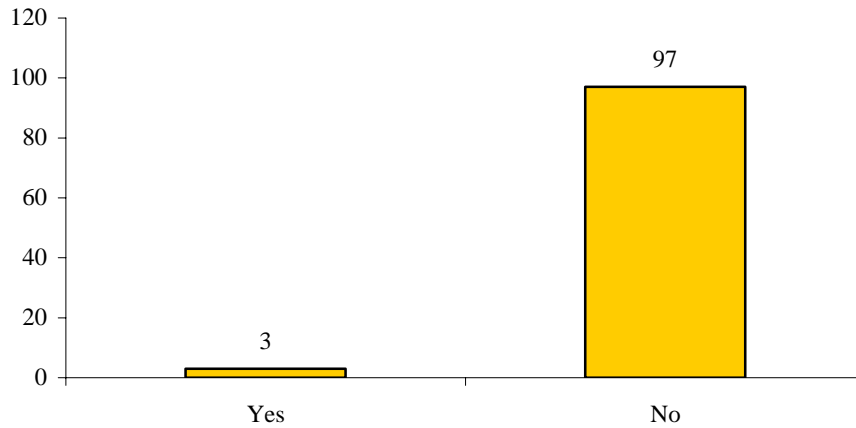


Source: 2005 HCHN Community Survey, Zogby International

Nearly all respondents (98%) say they have not used a drug, illegal or otherwise, with the intention or result of getting high; 2% have done so.

19. Have you ever sought professional help, including from your physician, for an alcohol or drug-related problem?

Figure 19. Sought Help for a Drug-Related Problem

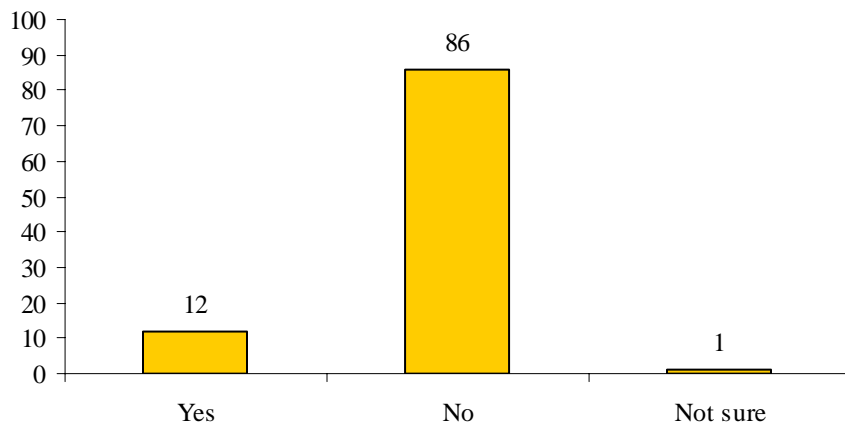


Source: 2005 HCHN Community Survey, Zogby International

Again, nearly all respondents (97%) have not sought professional help for a drug or alcohol problem.

20. Has a family member ever sought professional help, including from his or her physician, for an alcohol or drug-related problem?

Figure 20. Family Member Sought Help for an Alcohol/Drug Problem

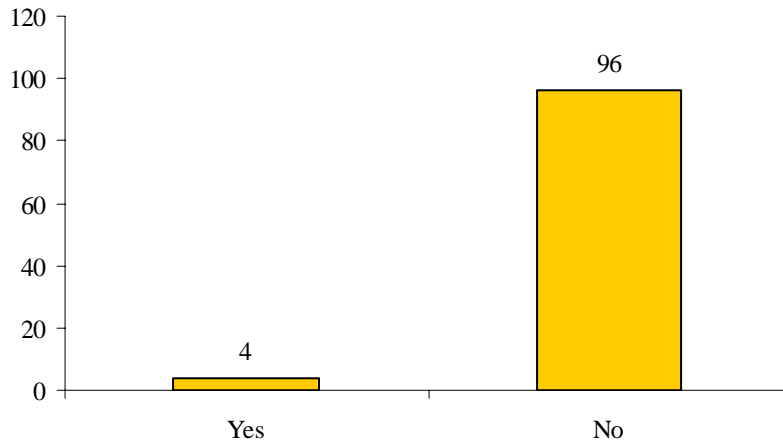


Source: 2005 HCHN Community Survey, Zogby International

On the other hand, respondents are four times as likely to say that a family member has sought help for an alcohol or drug-related problem (12% vs. 3% who have sought this help for themselves).

21. Have you ever experienced physical health problems due to alcohol or drug use?

Figure 21. Physical Problems Due to Alcohol/Drug Use

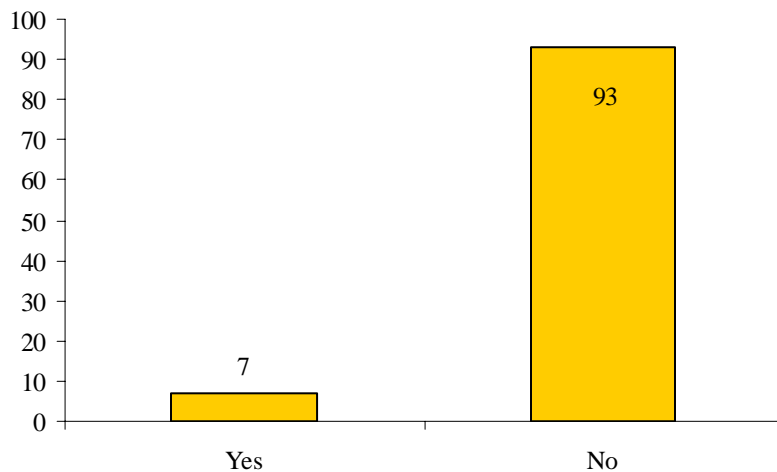


Source: 2005 HCHN Community Survey, Zogby International

And yet again, nearly all respondents (96%) say they have not experienced any physical health problems due to alcohol or drug use.

22. Have you ever experienced marital, family, legal, or employment problems due to alcohol or drug abuse?

Figure 22. Legal Problems Because of Alcohol/Drug Problem



Source: 2005 HCHN Community Survey, Zogby International

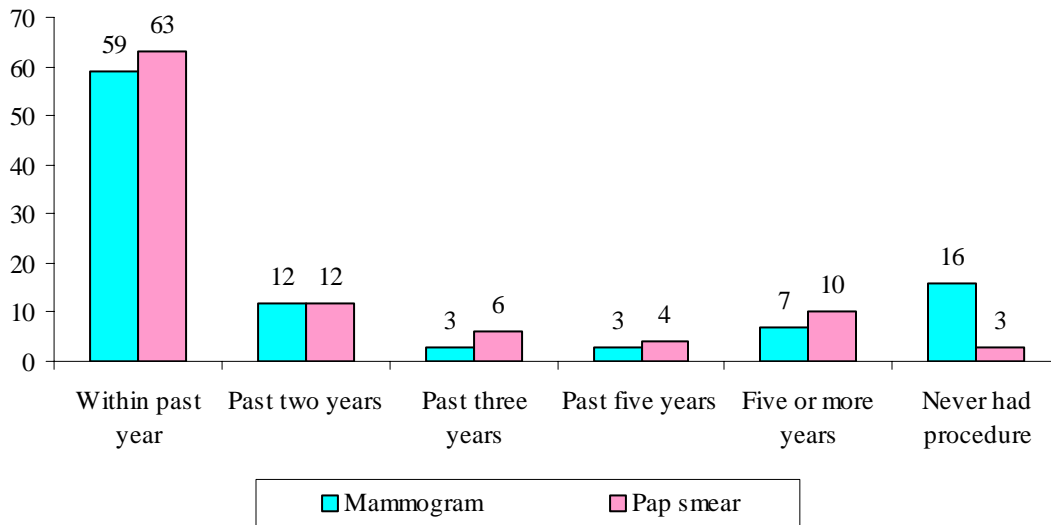
While the vast majority (93%) say they have not experienced any marital, family, legal, or employment problems due to alcohol or drug use, 7% say they have experienced such problems.

(Q23-24 asked only of women)

23. A mammogram is an x-ray of the breast to look for cancer. How long has it been since you had your last mammogram?

24. A Pap smear is a test for cancer of the cervix. How long has it been since you had your last Pap smear?

Figure 23. Length of Time Since Last Mammogram/Pap Smear



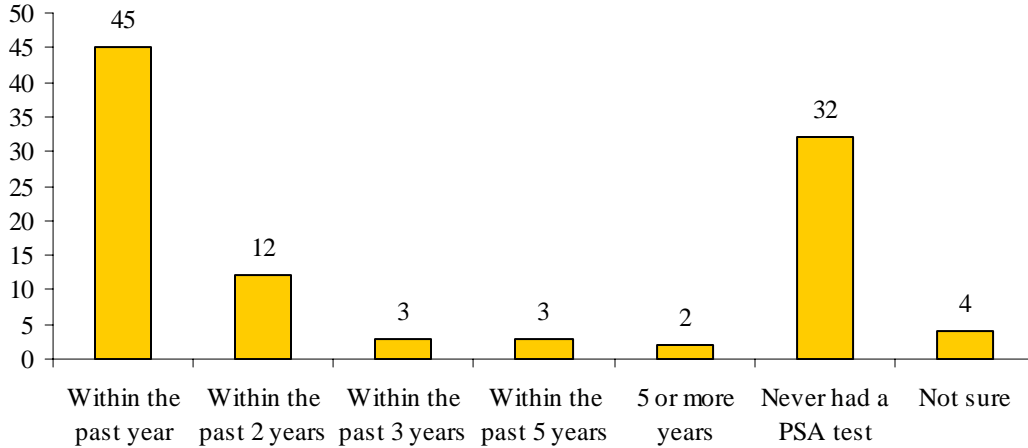
Source: 2005 HCHN Community Survey, Zogby International

Women are more likely to have had a pap smear recently (63%) than a mammogram (59%). They are also more than five times as likely to have a pap smear than to have a mammogram.

(Asked only of men)

25. A Prostate-Specific Antigen Test, also called a PSA test, is a blood test used to check men for prostate cancer. How long has it been since you had your last PSA test?

Figure 24. Length of Time Since Last PSA Test



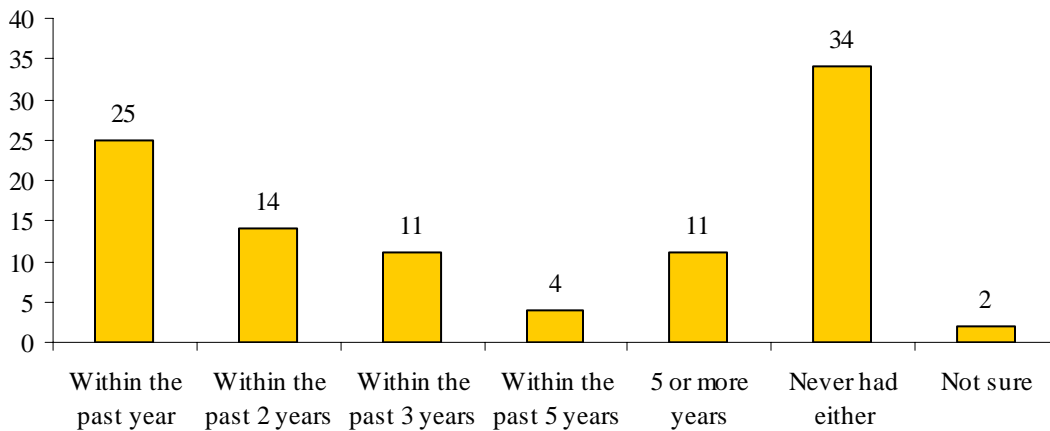
Source: 2005 HCHN Community Survey, Zogby International

Forty-five percent of men say they have had a PSA test within the past year, followed by 12% who have had the test within the past two years. One in three (32%) have never had the test.

(Q26-27 asked only of men who are 50 and older)

26. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. How long has it been since you last had a sigmoidoscopy or colonoscopy?

Figure 25. Length of Time Since Last Sigmoidoscopy/Colonoscopy Exams

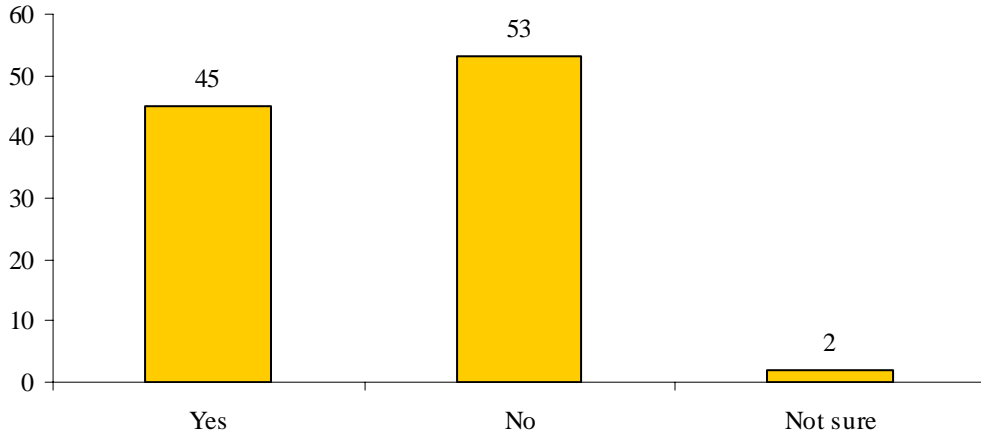


Source: 2005 HCHN Community Survey, Zogby International

One in four (25%) say they have had either one or both of the tests. Another 14% say they underwent these tests within the past two years. Eleven percent had them within the past three years. Again, one in three (34%) say they have never had either procedure.

27. A blood stool test is a test used to check for blood in your bowel movement. This kind of test may be given by a doctor or a special home kit may be used. Have you had this kind of test done in the past two years?

Figure 26. Blood Stool Test in the Past Two Years

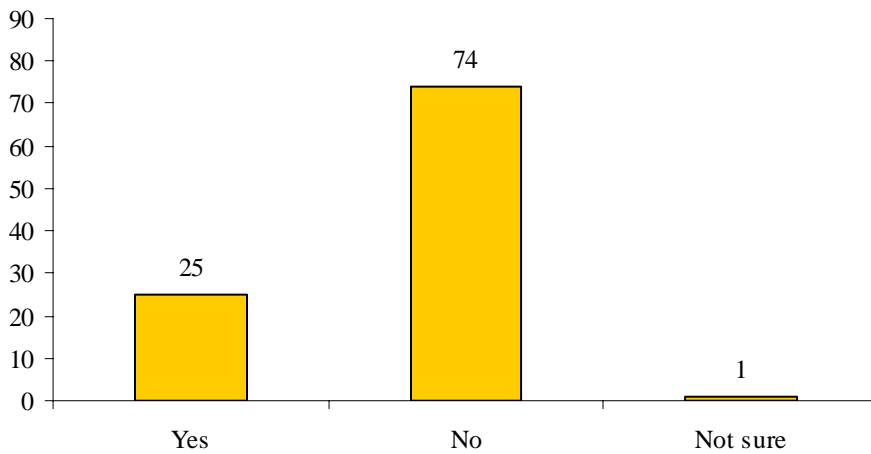


Source: 2005 HCHN Community Survey, Zogby International

Just over half (53%) say they have not had the blood stool test done within the past two years, while 45% say they have.

28. Have you had an extended period of time (6 months or more) when you felt depressed or sad most days, even if you felt okay sometimes?

Figure 27. Feeling Depressed



Source: 2005

HCHN Community Survey, Zogby International

One in four (25%) respondents say they have gone for an extended period of time feeling depressed or sad most days, while 74% say they have not. One percent are not sure.

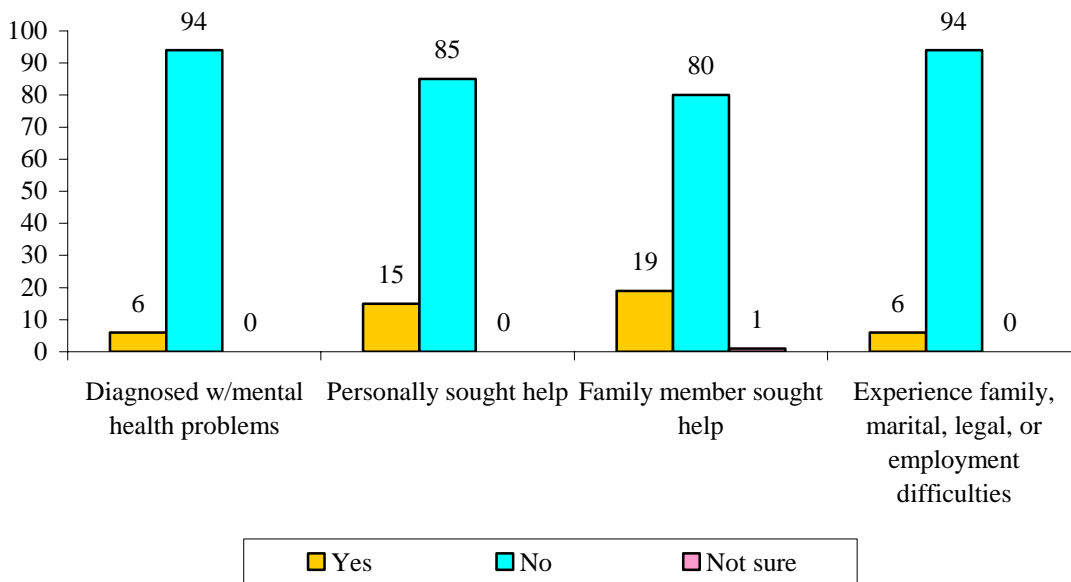
29. Has your doctor ever diagnosed you as having any mental health problems?

30. Have you ever sought help from a professional, including your physician, for a mental or emotional problem?

31. Has a family member ever sought help from a professional, including his/her physician, for a mental or emotional problem?

32. Have you ever experienced family, marital, legal or employment difficulties due to a mental or emotional problem?

Figure 28. Mental or Emotional Health Problems



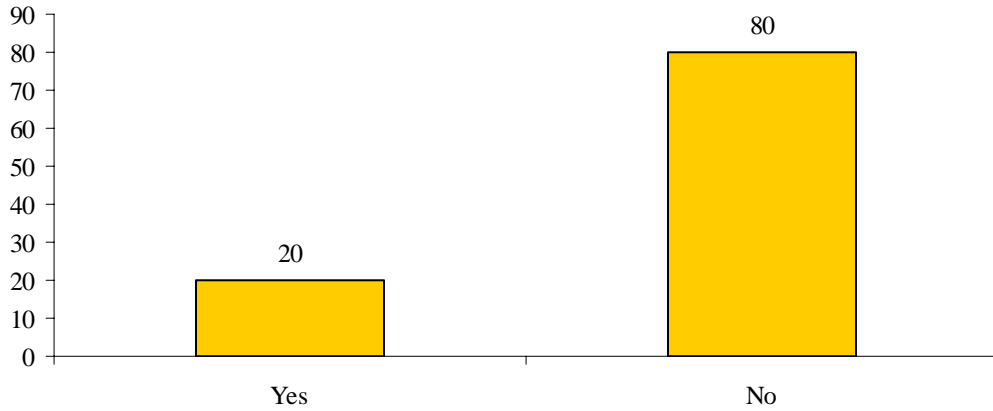
Source: 2005 HCHN Community Survey, Zogby International

The vast majority of respondents (94%) say they have never been diagnosed with mental health problems, while 6% say they have has such a diagnosis.

About one in six (15%) have sought help from a professional for a mental or emotional problem; 85% say they have not. Slightly more (19%) say a family member has sought help for such problems.

33. Are you limited in any way in any activities because of physical, mental or emotional problems?

Figure 29. Limited Activities Because of Physical/Mental/Emotional Problems

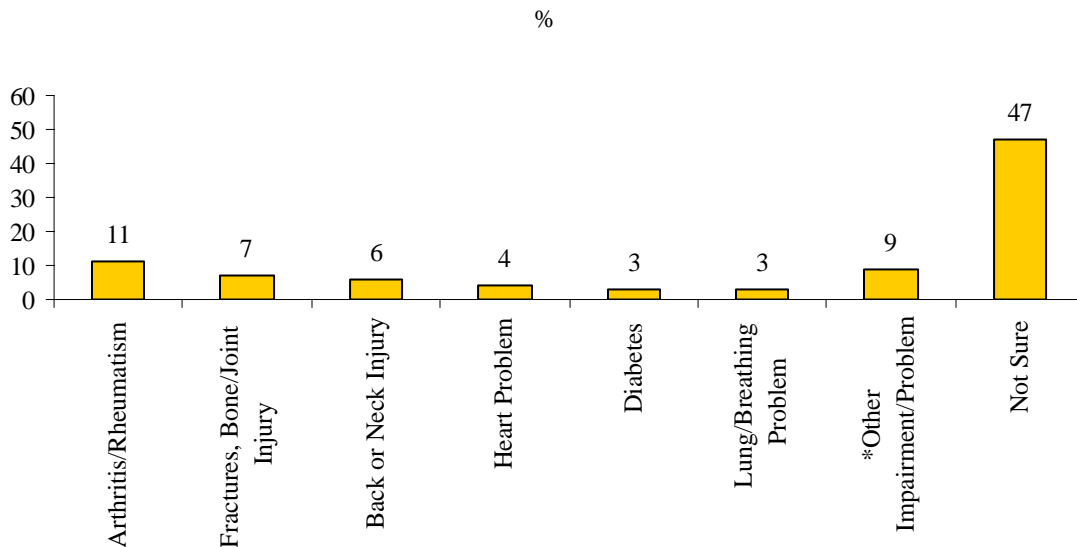


Source: 2005 HCHN Community Survey, Zogby International

One in five (20%) respondents say they are limited in activities because of physical, mental, or emotional problems, while 80% have not.

34. What is the major impairment or health problem that limits you?

Figure 30. Major Limiting Health Problem



Source: 2005 HCHN Community Survey, Zogby International

2% each: Walking Problems; Hearing Problem; Eye/Vision Problem; Weight
 1% each: Hypertension/High Blood Pressure; Depression, Anxiety, Emotional Problem

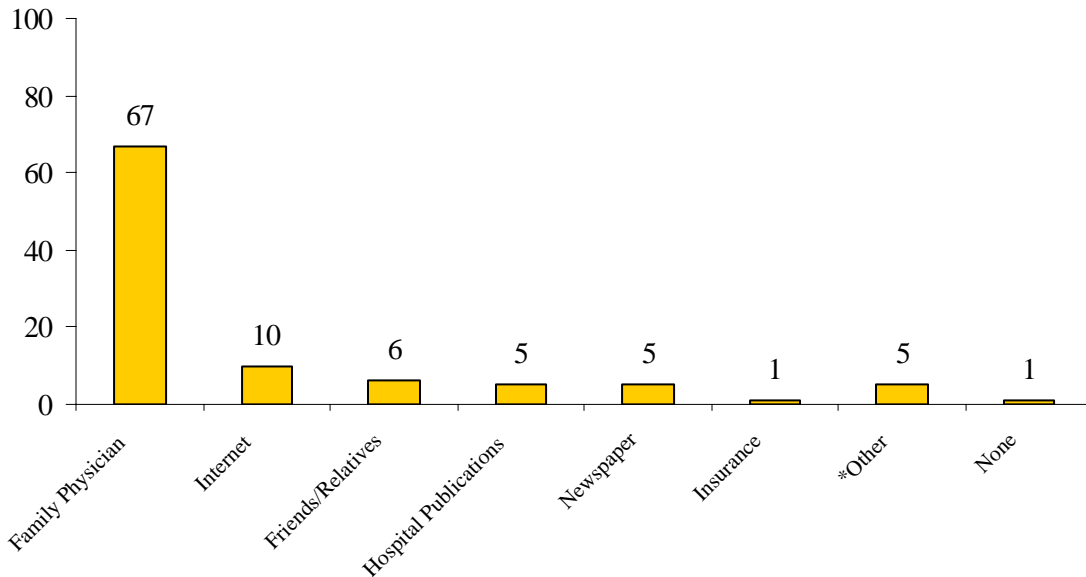
***Other:** No problems (16); Age (9); Allergies (3)

One each: Afraid of heights; Osteoporosis; Balance; Lack of transportation; Congenital birth defect; Dental problems; Hernia; High cholesterol; Hyperaldosteronism – benign adrenal tumors; Lack of exercise – laziness; Life; Lymphedema; Multiple Sclerosis

Just over one in ten (11%) say the number one problem that limits them is arthritis or rheumatism. Second with 7% are fractures or bone and joint injury, and third is back or neck injury (6%).

35. *Where do you get most of your healthcare information?*

Figure 31. Source of Healthcare Information



Source: 2005 HCHN Community Survey, Zogby International

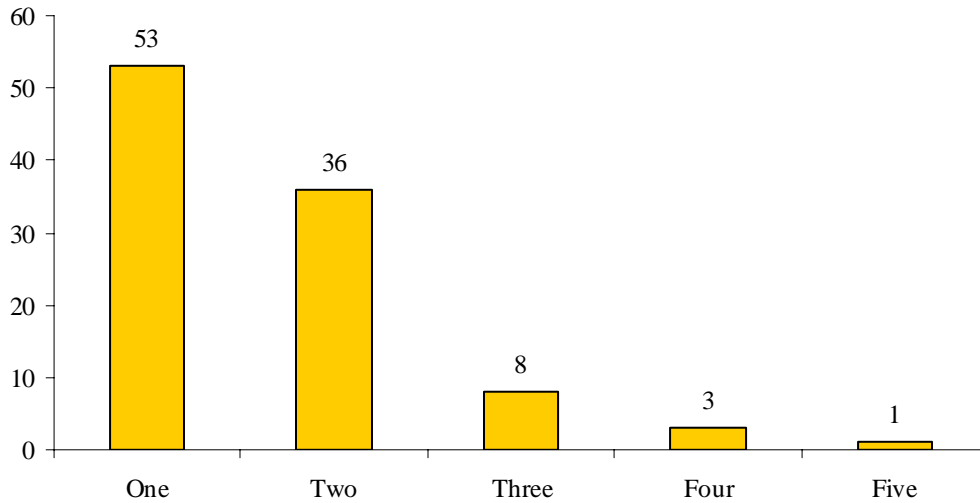
***Other:** Books/magazines (10); Drug store/pharmacist (3); TV (3); I am a health professional (3); Hospital or health service center (2)

Two in three (67%) get most of their healthcare information from their family physician, while 10% rely on the internet for information.

(Q36-40 asked only of parents)

36. How many of the people living in your household are children 18 and under?

Figure 32. How Many Children Under 18 Live in Household



Source:

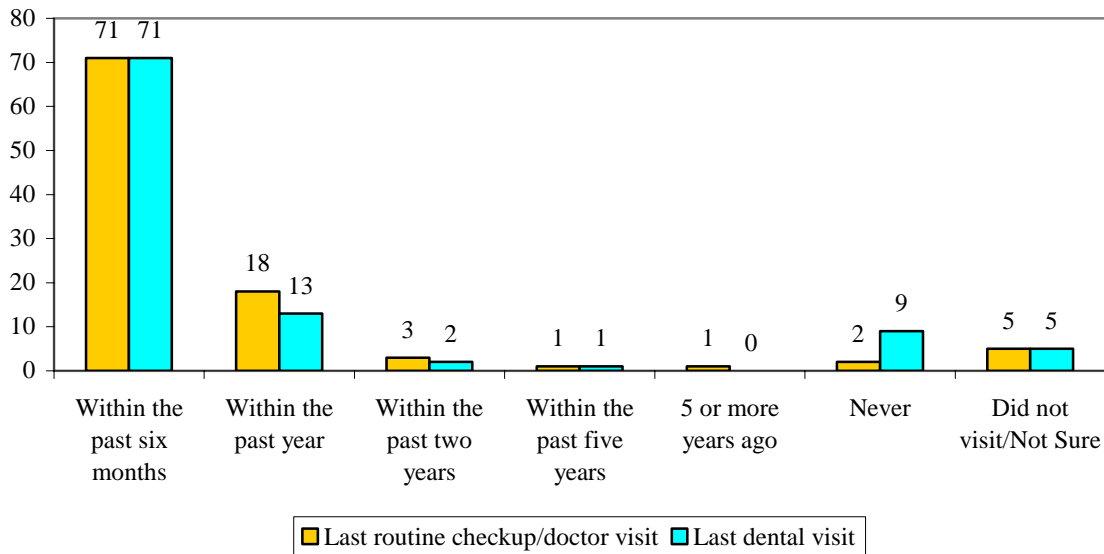
2005 HCHN Community Survey, Zogby International

More than half of households with children under 17 have just one child; one in three are households with 2 children.

37. About how long has it been since your child or one of your children visited a DOCTOR for a routine checkup or general physical exam, not counting visits for a specific injury, illness, or condition?

38. About how long has it been since your child visited a dentist or dental clinic?

Figure 33. Dental Care for Children



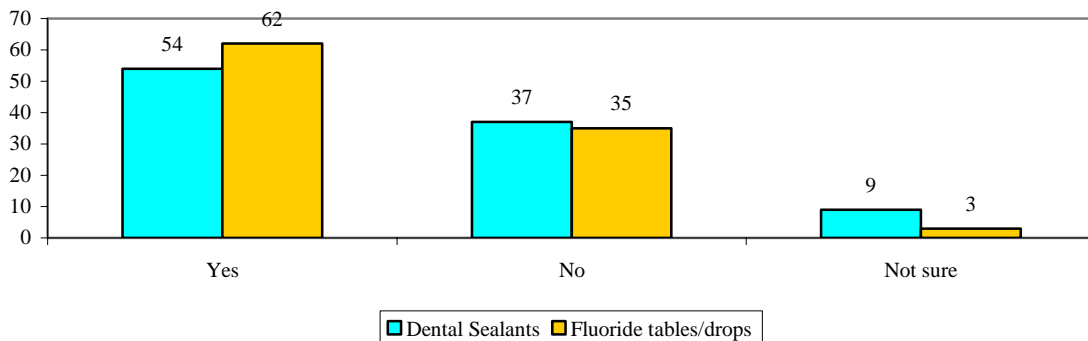
Source: 2005 HCHN Community Survey, Zogby International

Seven in ten (71%) say that their children have gone to a doctor for a routine visit within the past six months and the same amount (71%) have taken their children for a dental visit within the same time period. Just 2% of children have never had a routine doctor visit or exam and 9% have never had a dental visit.

39. Has your child or one of your children ever received Dental Sealants?

40. If your water is not fluoridated, has your child or one of your children ever received fluoride tablets or drops?

Figure 34. Children Received Fluoride Treatments



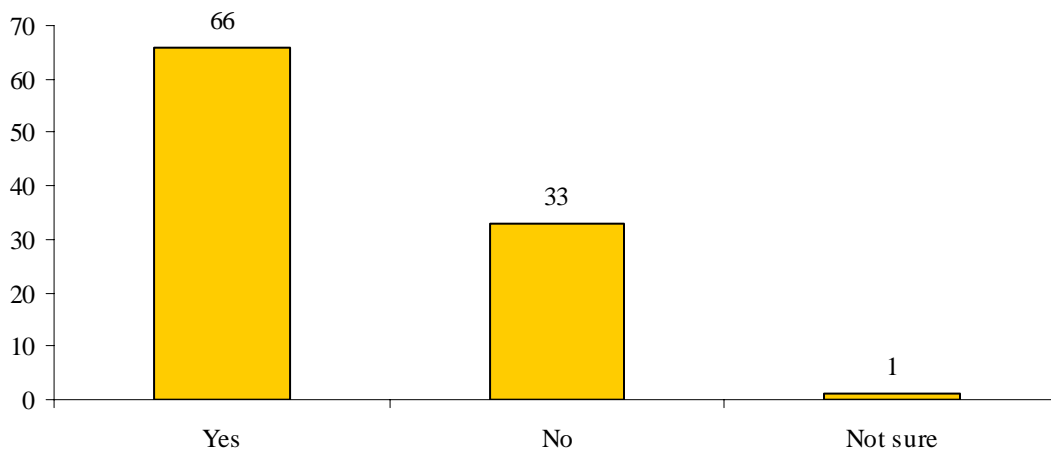
Source: 2005 HCHN Community Survey, Zogby International

More than half (54%) say their children have received dental sealants, while one in three (37%) have not; 9% are not sure.

Sixty-two percent say their children have received fluoride tablets or drops and 35% say their children have not. Three percent are not sure.

41. With all the current literature and media exposure regarding the issue of obesity in the United States, has your family increased their level of activity or started making better food choices?

Figure 35. Increased Activity/Better Food Choices



Source: 2005 HCHN Community Survey, Zogby International

By two to one (66% vs. 33%), respondents say that their family has increased their level of activity or have started making better food choices, over those who have not.

42. Could you please give me some examples of what you have done?

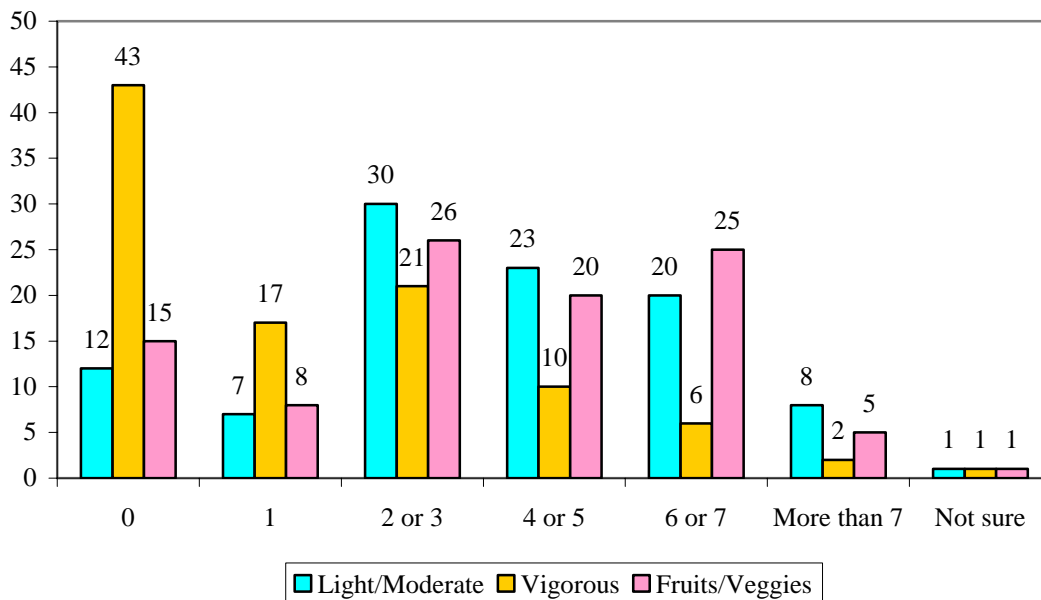
- No changes 24%
- Better food and exercise 14
- Better food choices 14
- More exercise 13
- More fruits and veggies 8
- Cut back on fat 7
- Cut sweets and sugar 5
- Cut down on junk food 4
- Became vegetarian/cut out red meat 3
- Cut down on portion size 3
- Diet program/Weight Watchers/lost weight 3
- Joined a gym 1
- Always have taken care of myself 1

43. How many times a week on average do you engage in Light to Moderate Physical Activity for at least 30 minutes?

44. How many times a week on average do you engage in Vigorous Physical Activity for at least 30 minutes?

45. How many times a week do you eat 5 or more Vegetables and/or Fruits a day?

Figure 36. How Often Exercise and Eat Fruits/Vegetables



Source: 2005 HCHN Community Survey, Zogby International

The majority (81%) of respondents engage in light to moderate physical activity for 30 minutes or more at least twice a week or more, with most (30%) saying they

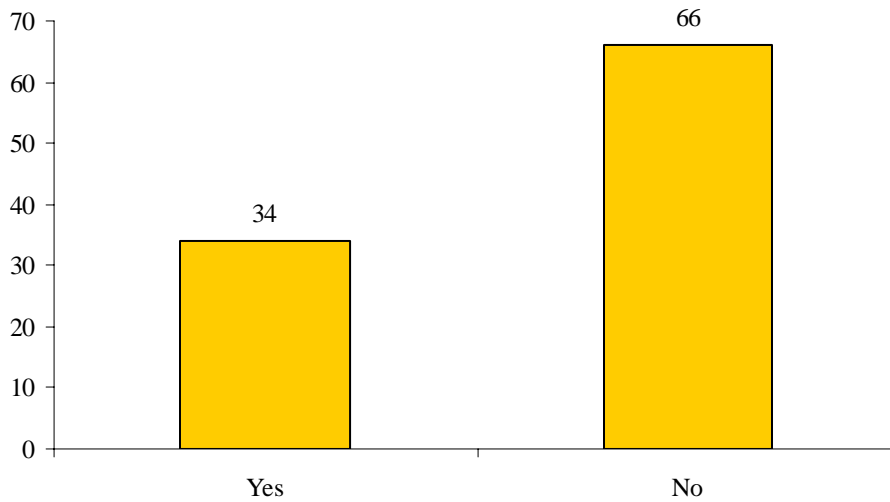
engage in this activity two or three times a week. Just 8% do this type of physical activity more than seven times a week and unfortunately, 12% say they do none.

A plurality of respondents do no vigorous physical activity, while 21% do such activity two or three times a week. Just 2% do it more than seven times a week.

When it comes to eating the recommended five or more fruits and vegetables a day, 15% say they do not eat that at any time during the week, while one in four say they eat the recommended allotment two to three times a week (26%) or six to seven times a week (25%). One in twenty (5%) eat five or more fruits and vegetables more than seven times a week.

46. Does anyone in your household use tobacco products?

Figure 37. Tobacco Use

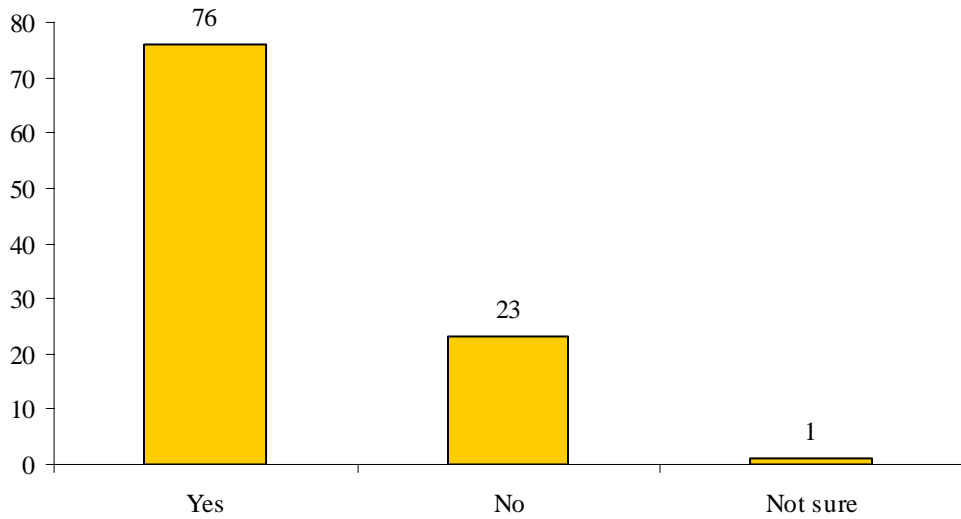


Source: 2005 HCHN Community Survey, Zogby International

Respondents are twice as likely as not (66% no vs. 34% yes) to say no one in their household uses tobacco products.

47. Do you know what a Healthcare Proxy is?

Figure 38. Knowledge of Healthcare Proxy



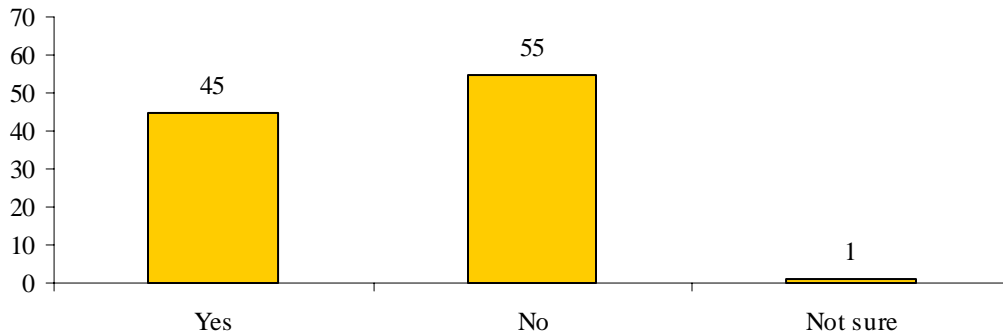
Source: 2005 HCHN Community Survey, Zogby International

Three in four (76%) say they know what a healthcare proxy is, while 23% do not. One percent are not sure.

(Asked only of those who know what a healthcare proxy is)

48. Do you have a Healthcare Proxy?

Figure 39. Have a Healthcare Proxy



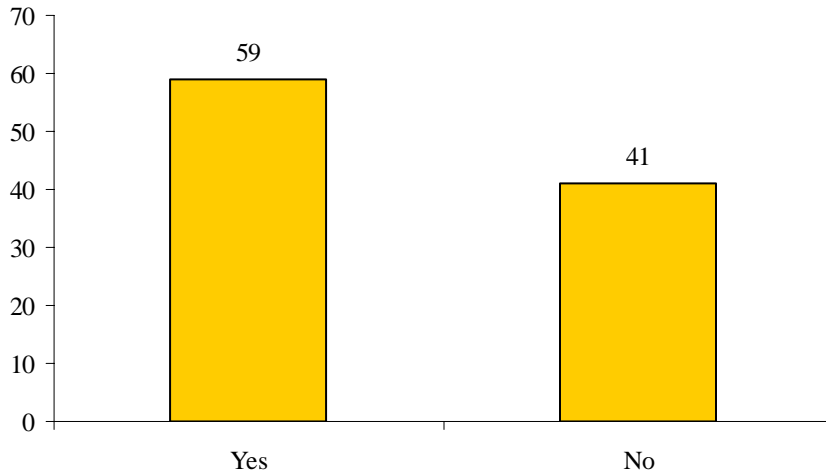
Source:

2005 HCHN Community Survey, Zogby International

Respondents are closely divided between those who do have a healthcare proxy (45%) and those who do not (55%).

49. Do you have a will?

Figure 40. Have a Will

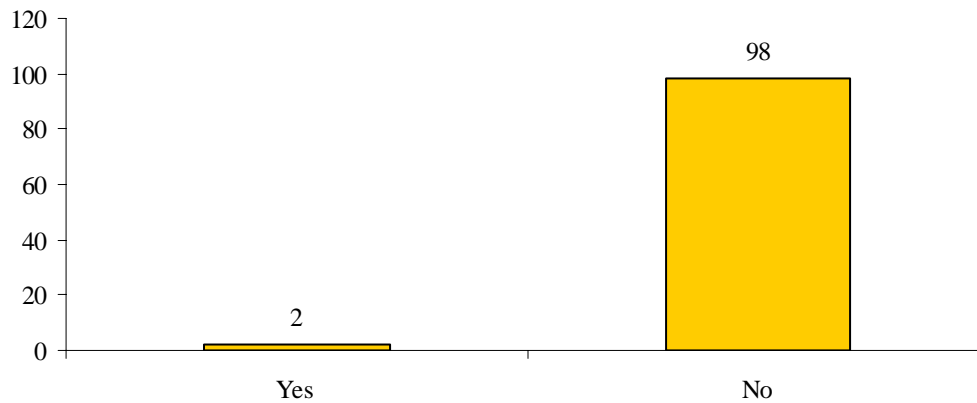


Source: 2005 HCHN Community Survey, Zogby International

The majority of respondents (59%) do have a will, but a significant number (41%) do not.

939. Have you or has anyone in your immediate family gone without food for 24 hours in the past month due to a lack of food?

Figure 41. Gone Without Food for 24 Hours



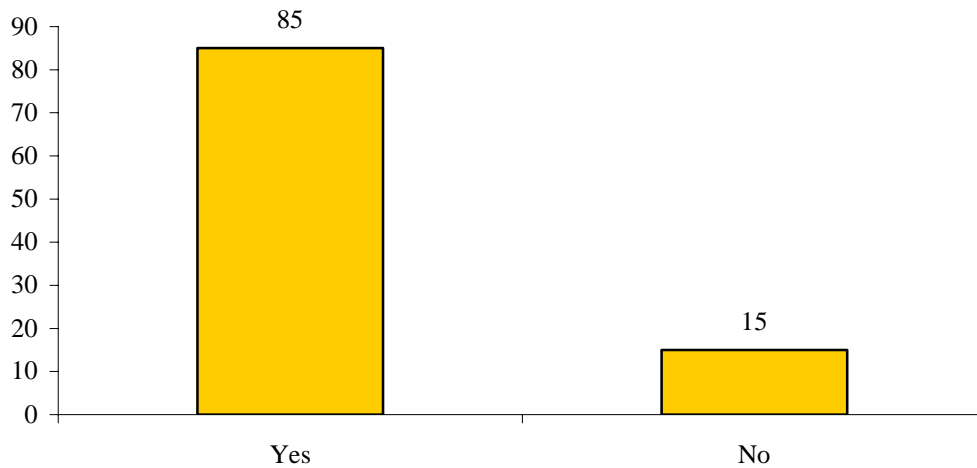
Source: 2005 HCHN Community Survey, Zogby International

Virtually no respondents (98%) have gone without food for 24 hours in the past month because they did not have enough food; 2% say they have.

(Asked only of those who say they or a member of their immediate family has gone without food for 24 hours in the past month)

50. On those days when you didn't have enough to eat, was it because you had trouble paying for groceries?

Figure 42. Difficulty Paying for Groceries

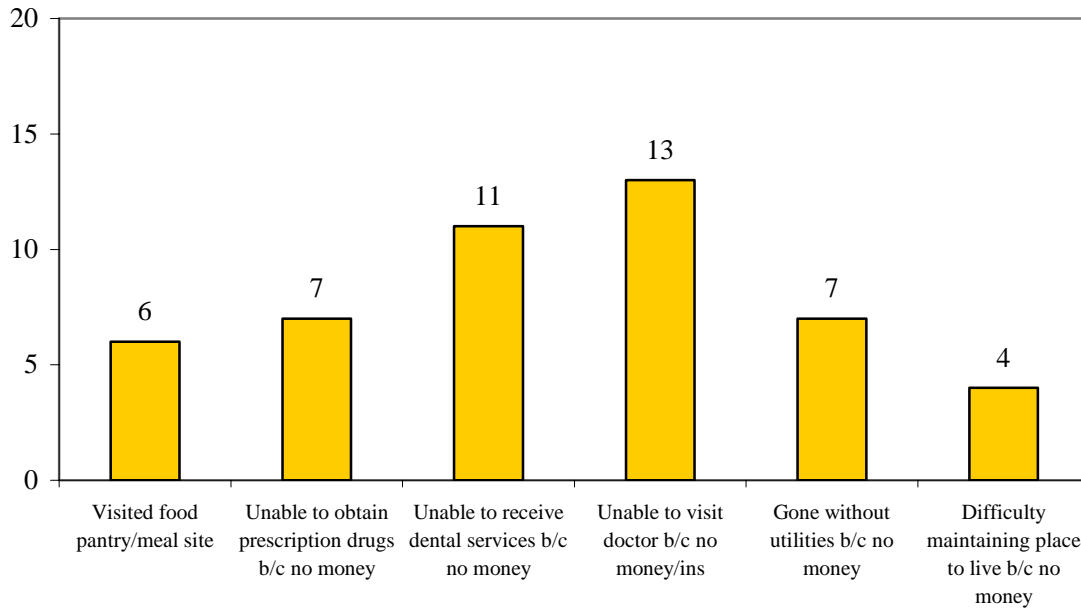


Source: 2005 HCHN Community Survey, Zogby International

The overwhelming majority of those who did go without food for 24 hours say it was because they had trouble paying for groceries (85%).

- 51. In the past year have you gone to a food pantry or meal site in Herkimer County?
- 52. Have you ever been unable to obtain or take prescription drugs as directed because you could not pay for them?
- 53. Have you ever been unable to receive dental care or services because you could not afford to pay the dentist?
- 54. Have you ever been unable to go to the doctor in a timely manner or at all because you could not pay for the visit or the health insurance to cover the visit?
- 55. Have you ever had difficulty maintaining or been without utilities (ie water, heat, electric) because you were unable to pay for it?
- 56. Have you ever had difficulty maintaining a place to live because you could not pay the rent or mortgage?

Figure 43. Cannot Pay for Necessities Because of Lack of Money (Saying “Yes”)



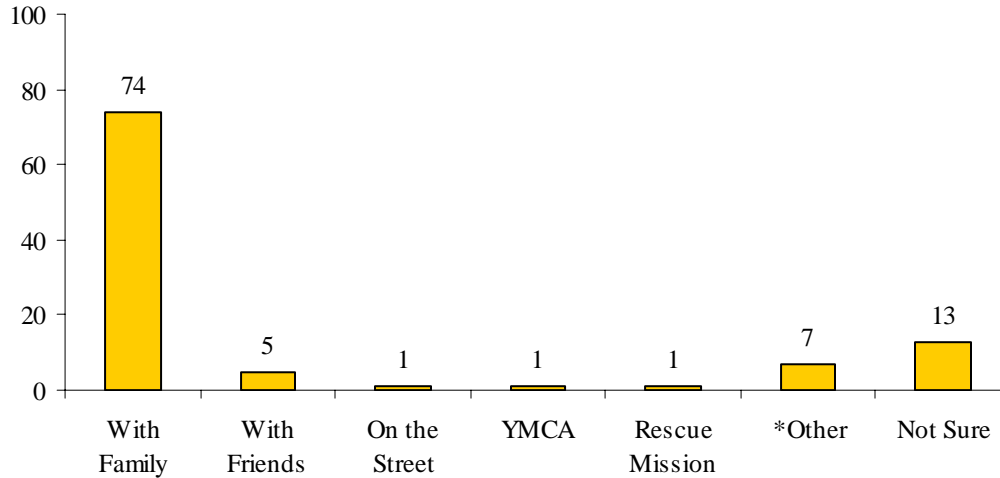
Source: 2005 HCHN Community Survey, Zogby International

The overwhelming majority of respondents (88% or more) say they have not had to go without living or medical necessities because of an inability to pay.

However, 13% could not visit a doctor because they could not afford it and 11% could not receive dental care or services for the same reason. Seven percent each say they were unable to purchase prescription drugs or have gone without utilities because they could not afford to. Six percent have visited a county food pantry or meal site and 4% have had trouble maintaining a place to live because they could not afford to pay the rent or mortgage.

57. If you were unable to pay the rent or mortgage to maintain a place to live, where would you stay?

Figure 44. Where Would You Stay?



Source: 2005 HCHN Community Survey, Zogby International

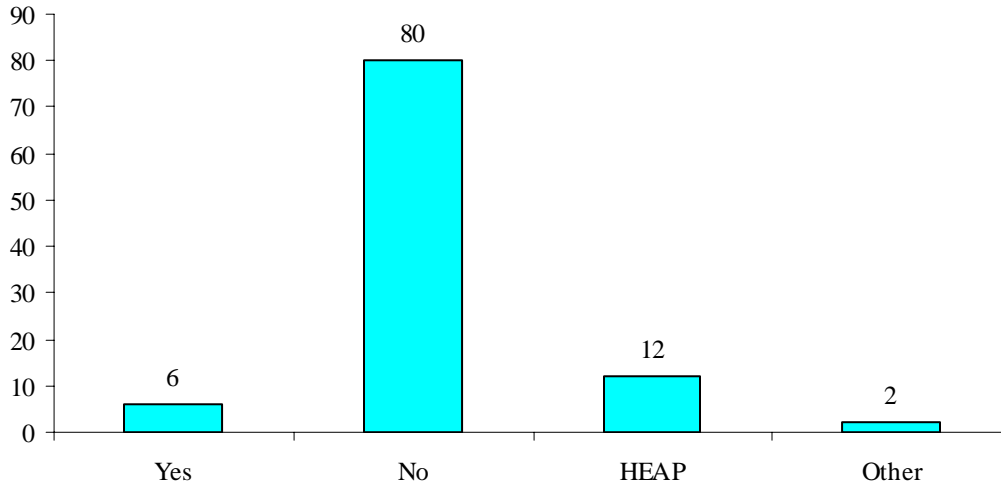
***Other:** Not going to happen (9); Vehicle (3); Subsidized housing (2)

One each: County help if needed; Dig myself a cave somewhere; I have people who come in all the time; I'd hang myself; Move down south; My pole barn; No family here so hope to stay in my home; Nursing home; I own my home; Probably the VA; Rapid Plaza (HUD); The mayor or the governor; My vacation home

Three in four (74%) say they would stay with family if they ran into difficulty paying the rent or mortgage, while 5% would stay with friends. One percent each would go to the YMCA or Rescue Mission. Another 1% would have nowhere to go and would stay on the street. Thirteen percent are not sure where they would stay.

58. Have you ever received assistance with rent or utilities, and if so what type of assistance?

Figure 45. Assistance with Utilities



Source: 2005 HCHN Community Survey, Zogby International

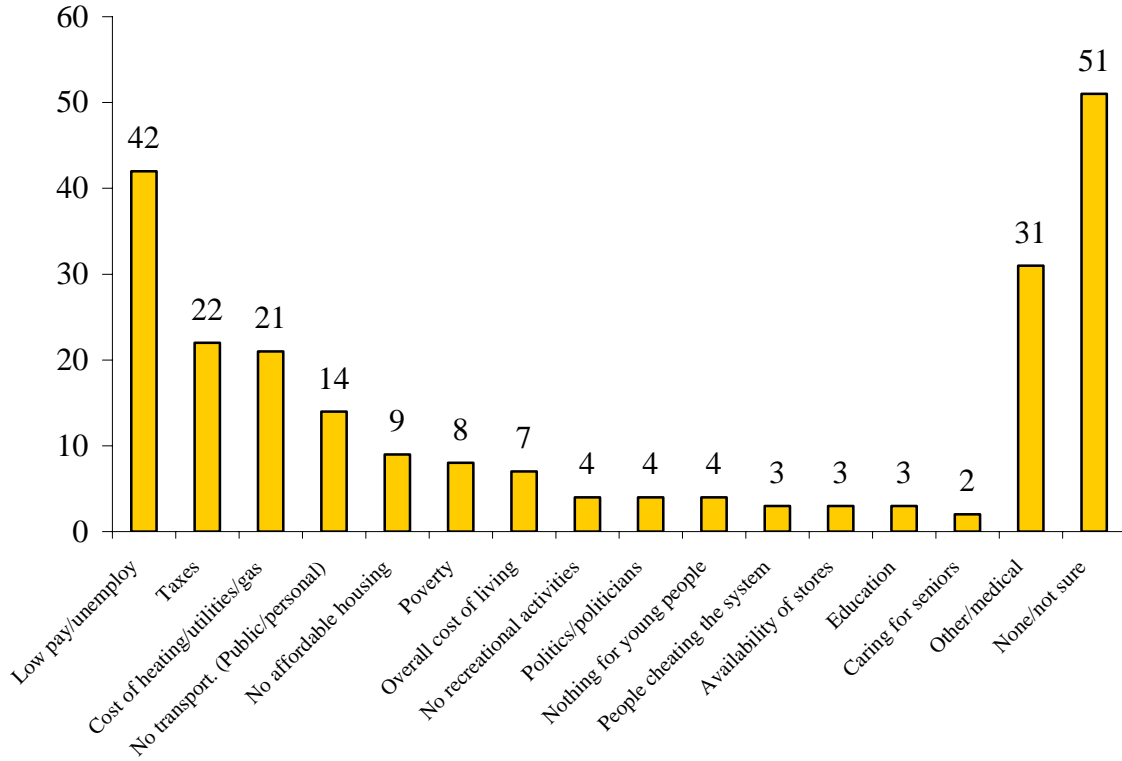
***Other:** HUD (2); Never happen (2)

One each: Food stamps; Welfare

Four in five (80%) have not received any assistance for rent or utilities. Twelve percent say they have received help from HEAP and 6% said they had received assistance, but gave no specifics. Less than point five percent received help from a friend or relative or were not sure.

59. What are the top three non-healthcare related problems facing residents of Herkimer County?

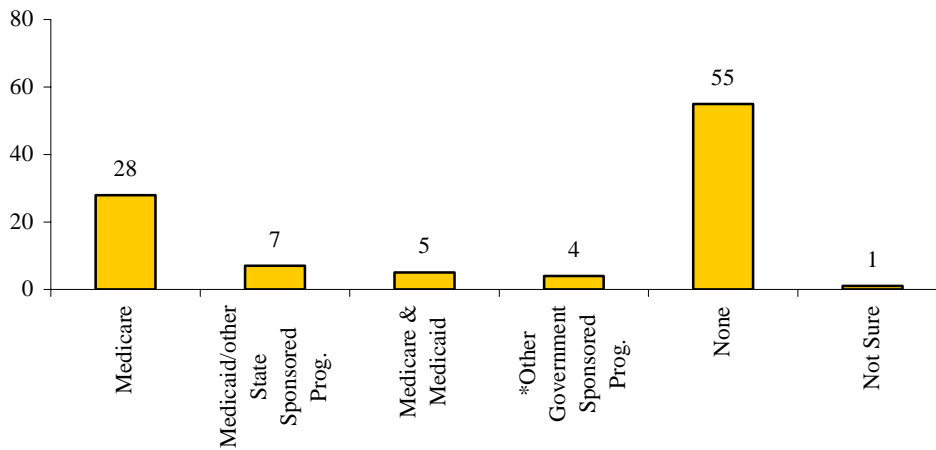
Figure 46. Top Three Non-Healthcare Related Problems



Source: 2005 HCHN Community Survey, Zogby International

60. Do you have any of the following government-assisted healthcare coverage?

Figure 47. Government-Assisted Healthcare Coverage



Source: 2005 HCHN Community Survey, Zogby International

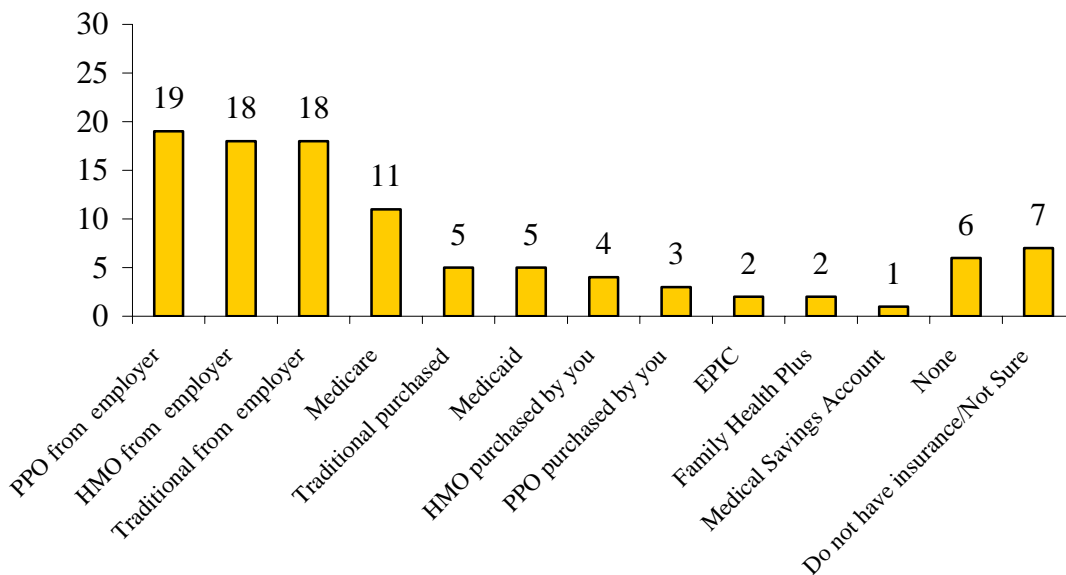
***Other:** Tri-Care (3); Child Health Plus (2)

One each: Disability (SS); Family Healthcare plus K; Healthy New York plan; HUD; United Health New York State

More than half (55%) say they have no government-sponsored programs. Just over one in four (28%) have Medicare coverage, while 7% have Medicaid or other state-sponsored program. Five percent use both Medicare and Medicaid and 4% use another government-sponsored program.

61. What type of health insurance do you have a PPO, HMO, traditional plan, self-pay etc?

Figure 48. Type of Health Insurance



Source: 2005 HCHN Community Survey, Zogby International

Respondents are closely divided between three types of health insurance they have for coverage – a PPO from an employer (19%), an HMO from an employer (18%), and a traditional plan from an employer (18%). Just over one in ten (11%) rely on Medicare and 5% each use a traditional plan purchased by themselves or Medicaid.