## Durham County 2016 Community Health Assessment Survey results

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Introduction and Methods
Survey Development
The survey development process for the 2018 Community Health Assessment (CHA) involved collaboration from multiple community organizations and community members. Prior to developing the survey, presentations were given at two Partners against Crime (PAC) meetings in Durham County to gain insight and feedback on the types of questions and information community members would be most interested in learning through the CHA process. A surveymonkey link was also sent to members of the Partnership for a Healthy Durham to find out what information was most useful in the last CHA report and what topics would be most relevant to work being done in Durham County going forward.

A large group of community organizations was also engaged through email and phone conversations regarding upcoming organizational survey needs. Feedback from the PACs, Partnership for a Healthy Durham, and community organizations informed the creation of a draft survey, which was then recirculated for feedback and comments. The following organizations were included in this process: Alliance Behavioral Healthcare, the Bicycle and Pedestrian Advisory Commission (BPAC), Duke Division of Community Health, Durham Congregations in Action, Durham Parks and Recreation, Durham's Partnership for Children, El Centro Hispano, El Futuro, Inter Denominational Ministerial Alliance of Durham and Vicinity, Inter-neighborhood Council, LGBTQ Center of Durham, Neighborhood Improvement Services, Partners against Crime, and SHIFT NC.

## Sampling Methods

The Durham County Department of Public Health collaborated with the North Carolina Institute for Public Health (NCIPH) to draw samples for the survey. A two-stage cluster sampling methodology was used, which involves randomly selecting census blocks and a set of random interview starting points within the selected census blocks. Census blocks were selected with probability proportionate to population size, giving census blocks with the highest populations a greater chance of being selected.

Two-stage cluster sampling was used to select both a full county sample, in which any census block in Durham County was eligible to be selected into the sample, and a high proportion Hispanic and Latino sample. In order to be eligible for inclusion in the Hispanic and Latino sample, at least 50\% of residents living in the census block must have been Hispanic or Latino. Data on population size and ethnicity were obtained from the 2010 Census. Thirty five census blocks and 245 households were selected to participate in the full county sample, while 20 census blocks and 210 households were selected for the high proportion Hispanic and Latino sample.

Maps for both samples are displayed below.

Full county sample


High proportion Hispanic and Latino sample


## Survey Administration

Volunteers were recruited from community organizations and universities in the Triangle to help administer the surveys for the full county and Hispanic and Latino samples. Prior to administering the surveys, two training sessions were held to prepare volunteers. The training included survey best practices, safety, cultural sensitivity, and a hands on component to familiarize the volunteers with the technology used to collect survey responses.

Seventy three volunteers assisted with the full county sample over the course of 11 survey days and 29 volunteers helped with the Hispanic and Latino sample over the course of eight days. The surveys for both samples were administered between October 6, 2016 and November 15, 2016.

Survey teams were sent out in teams of two and were instructed to begin at the randomly selected starting points. If no one answered the door or the survey was refused, volunteers were instructed to go to the next closest residence. This process continued until a survey was completed. Then, volunteers continued to the next randomly selected start point.

## Eligibility Criteria

In order to be eligible to participate in the survey, three criteria must have been met: 1) residents must have been 18 years or older; 2) residents must have lived in the selected house; and 3) residents must have been willing to take the survey.

## Data analysis and Results

Analysis was completed in SAS 9.4. Results were weighted to account for the sampling method to ensure that final results are generalizable to the sample population. The CDC CASPER methodology was used to calculate sample weights. The methodology incorporates the total number of households in the sampling frame, the number of households in the census block, and the number of interviews collected in each census block. Weights were also used to calculate standard error for each proportion.

Confidence intervals are calculated using the standard errors and should be used when interpreting the data. Confidence intervals represent intervals that contain the true value in $95 \%$ of repeated samples.

There are 200 completed surveys included in the full county sample and 158 completed surveys in the Hispanic and Latino sample. The response rates rate were $54.1 \%$ and $68.7 \%$ in the full county and Hispanic and Latino samples, respectively.

Since the Hispanic and Latino sample was selected among neighborhoods with at least 50\% or more Hispanic and Latino residents, the results can only be extrapolated to Hispanics and Latinos living in neighborhoods with high proportions of Hispanics and Latinos. The results cannot be generalized to all Hispanics and Latinos living in Durham County.

Demographic characteristics of survey respondents, full county sample

|  | Durham County estimate | Full County sample <br> (95\% Confidence Interval) |
| :--- | :--- | :--- |
| Median age | 34.4 | 42 |
| Sex |  |  |
| Female | $52.0 \%$ | $57.0 \%(49.7,64.4)$ |
| Male | $48.0 \%$ | $41.4 \%(34.1,48.7)$ |
| Self-identify/ Other | -- | $0.4 \%(0,1.2)$ |
| Transgender | -- | $0.6 \%(0,1.7)$ |
| Race |  |  |
| American Indian or Alaska Native | $0.4 \%$ | $3.3 \%(0.8,5.9)$ |
| Asian | $4.6 \%$ | $5.0 \%(2.1,8.0)$ |
| Black or African American | $37.4 \%$ | $39.2 \%(32.1,46.4)$ |


| Native Hawaiian or Pacific Islander | .04\% | 1.0\% (0, 2.5) |
| :---: | :---: | :---: |
| White | 51.3\% | 47.4\% (39.8, 55.0) |
| Other | 5.9\% | 7.4\% (1.7, 13.4) |
| Ethnicity |  |  |
| Hispanic or Latino | 13.4\% | 8.7\% (4.7, 12.7) |
| Not Hispanic or Latino | 86.6\% | 89.9\% (85.6, 94.1) |
| Education |  |  |
| Less than $9^{\text {th }}$ grade | 6.0\% | 1.9\% (0, 3.7) |
| $9-12^{\text {th }}$ grade | 6.5\% | 3.7\% (1.1, 6.2) |
| High school graduate | 17.4\% | 18.9\% (13.4, 24.5) |
| Some college (no degree) | 18.1\% | 18.5\% (13.0, 24.0) |
| Associate's degree | 6.1\% | 5.5\% (2.4, 8.7) |
| Bachelor's degree | 24.5\% | 25.5\% (18.2, 32.8) |
| Graduate or professional degree | 21.3\% | 24.9\% (18.5, 31.3) |
| Employment status |  |  |
| Disabled | 8.2\% | 6.9\% (3.4, 10.4) |
| Employed full-time | 64.6\% | 39.8\% (32.2, 47.4) |
| Employed part-time | 17.0\% | 7.0\% (3.6, 10.4) |
| Homemaker | -- | 3.1\% (0.8, 5.3) |
| Military | -- | 0.0\% |
| Retired | -- | 20.8\% (14.7, 26.8) |
| Self-employed | -- | 9.9\% (5.6, 14.3) |
| Student | -- | 8.8\% (4.9, 12.7) |
| Unemployed | 6.8\% | 9.9\% (5.9, 14.0) |


|  |  | Hispanic Latino sample <br> (95\% Confidence Interval) |
| :--- | :--- | :--- |
| Median age | 26.6 | 37 |
| Sex |  |  |
| Female | $45.7 \%$ | $70.2 \%(61.4,78.9)$ |
| Male | $54.3 \%$ | $27.8 \%(19.3,36.4)$ |
| Self-identify/ Other | -- | $0.0 \%$ |
| Transgender | -- | $0.9 \%(0,2.6)$ |
| Education | $44.6 \%$ | $47.8 \%(37.2,58.5)$ |
| Less than 9 |  |  |
| 9-12 ${ }^{\text {th }}$ grade | $11.4 \%$ | $18.1 \%(11.0,25.3)$ |
| High school graduate | $14.7 \%$ | $20.2 \%(9.3,31.1)$ |
| Some college (no degree) | $11.3 \%$ | $6.0 \%(2.3,9.7)$ |
| Associate's degree | $5.0 \%$ | $1.3 \%(0,3.1)$ |
| Bachelor's degree | $7.9 \%$ | $1.3 \%(0,3.1)$ |
| Graduate or professional degree | $5.1 \%$ | $0.2 \%(0,0.5)$ |
| Employment status |  | $1.5 \%(0,3.6)$ |
| Disabled | $4.7 \%$ | $29.9 \%(20.9,38.8)$ |
| Employed full-time | $58.7 \%$ | $15.8 \%(9.1,22.5)$ |
| Employed part-time | $18.7 \%$ | $40.3 \%(29.9,50.6)$ |
| Homemaker | -- | $0 \%$ |
| Military | -- | $0.4 \%(0,1.1)$ |
| Retired | -- | $3.4 \%(0.3,6.5)$ |
| Self-employed | -- | $2.4 \%(0.1,4.7)$ |
| Student | -- | $13.2 \%(2.4,24.0)$ |
| Unemployed | $4.5 \%$ |  |
| Durham County |  |  |
| Heath |  |  |

## Note: asterisks denote common responses grouped together from the "other" free text category.

1. Does your family have a basic 3-day emergency supply kit and plan? Emergency kits often include water, non-perishable food, prescriptions, first aid supplies, flashlight and batteries, non-electric can opener, blankets, etc. (Choose one.)

Full County sample:


Hispanic and Latino sample:

2. What would be your top three sources of information in a major disaster or emergency in Durham County? (Choose three.)

Full County sample:


Hispanic and Latino sample:

3. If you couldn't remain in your home, where would you go in a community-wide emergency? (Choose one.)

Full County sample:


Hispanic and Latino sample:

4. What would be the main reason you might not evacuate or leave your home if asked to do so? (Choose one.)

Full County sample:


Hispanic and Latino sample:

5. Where or from whom do you get most of your health-related information? (Choose three.)

Full County sample:


Hispanic and Latino sample:

6. Do you think that the Durham County Department of Public Health is a trusted source of health information?

Full County sample:


Hispanic and Latino sample:

7. Would you say that, in general, your health is excellent, very good, good, fair or poor? Please consider both your physical and mental health. (Choose one.)

Full County sample


Hispanic and Latino sample

8. How often do you get the social and emotional support you need? Would you say... (Choose one.)

Full County sample


Hispanic and Latino sample

9. Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?

Full county sample


Hispanic and Latino sample

10. What are the primary causes of stress that you experience? (Choose all that apply.)

Full County sample


Hispanic and Latino sample

11. During the past 30 days, have you felt emotionally upset, for example angry, sad, or frustrated as a result of how you were treated based on your race? (Choose one.)

Full County sample


Hispanic and Latino sample

12. Within the past 12 months, when seeking health care, do you feel your experiences were worse than, the same as, or better than people of other races? (Choose one.)

Full County sample


Hispanic and Latino sample

13. During a typical week, do you engage in vigorous-intensity sports, fitness, or recreational activities that last at least 10 minutes at a time? In general, if you're doing vigorous-intensity activity it is difficult to talk. (Choose one.)

Full County sample


Hispanic and Latino sample

14. In a typical week, how much time do you spend doing vigorous-intensity activities?

Please see CDC calculated variable below question 16, which includes data from question 14 and 16 to assess the percent of residents who meet the CDC recommendation for physical activity in a week.
15. During a typical week, do you engage in moderate physical activity that lasts at least 10 minutes at a time? This might include brisk walking or gardening for example. (Choose one.)

Full County sample


Hispanic and Latino sample

16. In a typical week, how much time do you spend doing moderate-intensity activities?

Please see CDC calculated variable below, which includes data from question 14 and 15 to assess the percent of residents who meet the CDC recommendation for physical activity in a week.

CDC Calculated Variable (using data from questions 14 and 16)

Full County sample


Hispanic and Latino sample


Note: CDC recommendation for aerobic activity is 2.5 hours of moderate-intensity activity or 1 hour and 15 minutes of vigorous-intensity aerobic activity per week.
17. Whether you currently walk or not, would any of the following make you want to walk more? (Read choices. Check all that apply.)

Full County sample


Hispanic and Latino sample

18. How often do you ride a bike, not including an exercise bike? (Choose one.)

Full County sample


Hispanic and Latino sample

19. Whether you currently bike or not, what would make you want to bike more? (Choose all that apply.)

Full County sample


Hispanic and Latino sample

20. Where do you go to exercise or engage in physical activity?

Full County sample


Hispanic and Latino sample

21. If you said "I don't exercise", what are the reasons you don't exercise during a normal week? (Check all that apply.)

Full County sample ( $n=14$ )


Hispanic and Latino sample ( $n=21$ )

22. Most of us don't eat healthy all the time. When you aren't eating a healthy diet, what do you think makes it hard for you to eat healthy? (Check all that apply.)

## Full County sample



Hispanic and Latino sample

23. Thinking about breakfast, lunch, and dinner, how many times in a typical week do you eat meals that are not prepared at home, like from restaurants, cafeterias, or fast food? (Choose one.)

Full County sample


Hispanic and Latino sample

24. In the last 12 months, did you ever cut the size of your meals or skip meals because there wasn't enough money for food? (Choose one.)

Full County sample


Hispanic and Latino sample

25. In the past 30 days, have you:
a. Smoked a cigarette

## Full County sample

Hispanic and Latino sample

b. Used e-cigarettes or vaping products that contain nicotine

Full County sample


Hispanic and Latino sample

c. Used chewing tobacco snuff or snus

Full County sample


Hispanic and Latino sample

26. If you use tobacco products, what would you do if you wanted to quit? (Check all that apply.)

Full County sample


Hispanic and Latino sample

27. Are you aware that Durham has a Smoking Rule that does not allow smoking or use of ecigarettes and vaping products in outdoor public spaces such as parks, county and city government properties, certain sidewalks and bus stops?

Full County sample


Hispanic and Latino sample

28. Have you ever been exposed to secondhand smoke in Durham County in the past year at any of the following: (Choose all that apply.)

Full county sample


Hispanic and Latino sample

29. Do you have one person you think of as a personal doctor or health care provider?

Full County sample


Hispanic and Latino sample

30. During the past 12 months, was there any time that you did not have any health insurance or coverage? (Choose one.)

Full County sample


Hispanic and Latino sample

31. Since you said "yes", what prevented you from having health insurance or coverage? (Choose all that apply.)

Full County sample ( $n=38$ )


Hispanic and Latino sample ( $\mathrm{n}=111$ )

32. In the past 12 months, did you have a problem getting the health care you needed for you personally or for someone in your household from any type of health care provider, hospital, dentist, pharmacy, or other facility?

Full County sample


Hispanic and Latino sample

33. Since you said "yes", what type of provider did you or people in your household have trouble getting health care from? (Choose all that apply.)

Full County sample ( $\mathrm{n}=30$ )


Hispanic and Latino sample ( $\mathrm{n}=33$ )

34. What was the problem that prevented you or people in your household from getting the necessary health care? (Check all that apply.)

Full County sample ( $n=30$ )


Hispanic and Latino sample ( $\mathrm{n}=33$ )

35. In the past 12 months, did you or someone in your family seek care at the emergency department or ER for non-emergencies because of any of the following reasons? (Choose all that apply.)

Full County sample


Hispanic and Latino sample

36. If you or a friend or family member needed counseling for a mental health or a drug/alcohol abuse problem, who would you tell them to call or talk to? (Choose all that apply.)

Full County sample


Hispanic and Latino sample

37. In a typical week, what mode of transportation do you use the most? (Choose one.)

Full County sample


Hispanic and Latino sample

38. Have you or someone in your household ever experienced eviction or displacement in Durham County? (Choose one.)

Full County sample


Hispanic and Latino sample

39. Are you currently the primary caregiver for a child age 8 years or younger?

Full County sample


Hispanic and Latino sample

40. In the past week, how many days have you or someone in your family read to your child or children? (Choose one.)

Full County sample ( $\mathrm{n}=48$ )


Hispanic and Latino sample ( $\mathrm{n}=107$ )

41. Keeping in mind yourself and the people in your neighborhood, tell me the three community issues that have the greatest effect on quality of life in Durham County. (Choose three.)

Full County sample


Hispanic and Latino sample

42. Keeping in mind yourself and the people in your neighborhood, tell me the three most important health problems, that is, diseases or conditions, in Durham County. (Choose three.)

## Full County sample



Hispanic and Latino sample

43. Which three services need the most improvement in your neighborhood or community? (Choose three.)

Full County sample


Hispanic and Latino sample

44. Are there services and supports needed in Durham County to help improve the quality of life for adults ages 60 and older? (Choose one.)

Full County sample


Hispanic and Latino sample

45. Since you said "yes", what services are needed? (Check all that apply.)

Full County sample ( $\mathrm{n}=110$ )


Hispanic and Latino sample ( $\mathrm{n}=44$ )

46. What one thing would make Durham County or your neighborhood a better place to live? (Open ended.) Note: Responses below have been grouped into themes.

## Full County sample



Hispanic and Latino sample


Note: demographic data presented in tables in the beginning of the document are not shown below.

1. Does anyone in your household identify as gay, lesbian, or bisexual? (Choose one.)

Full County sample


Hispanic and Latino sample


## 2. What languages do you speak at home? (Check all that apply.)

Full County sample


Hispanic and Latino sample

3. Percent of respondents with an annual household income below and above the $200 \%$ poverty level.

Full County sample


Hispanic and Latino sample

4. Which forms of communication do you regularly use?

Full County sample


Hispanic and Latino sample


