The Health of Garrett County

FINDINGS FROM THE COMMUNITY HEALTH SURVEY AND FOCUS GROUPS
How the data is being used

- Questions they can answer:
  - Surveys: who, what, where, when
  - Focus groups: why and how
- The focus groups are used to explain the survey findings
Tension in the Data

- What to do with “tension” in the data
  - Tension - when the findings on a subject are at odds with one another
    - Example: Homelessness was not asked by the survey but a large minority of the groups discussed the issue
    - Example: The survey said most people think there is an adequate amount of physical activity in schools, but a few of the focus groups said there was not

- Ways to work with it for this project
  - If it’s not part of the survey and emerges in focus groups, it becomes a finding
  - If just a few times, Go with the majority
  - If split, try to tease out group differences in perception
How many did we reach?

842 people

115 people
Survey: Who did we reach

Male
162 (22%)

Female
581 (78%)

AGE

- 18 to 24: 173
- 25 to 34: 167
- 35 to 44: 140
- 45 to 54: 103
- 55 to 64: 103
- 65 to 74: 89
- 75+: 59

Total: 891
Survey: Who did we reach

- **Towns with More than 10 Respondents**
  - Oakland= 313
  - Grantsville= 67
  - McHenry= 46
  - Accident= 43
  - Swanton= 43
  - Friendsville= 29
  - Mountain Lake Park= 29
  - Deer Park= 11
Survey: Who did we reach

- Less than High School: 22%
- High School/GED: 0%
- Some college: 17%
- Bachelor’s: 21%
- Graduate or professional: 40%
Focus Groups: Who did we reach

41 (36%)

72 (64%)

Male

Female

AGE

18 to 24
25 to 34
35 to 44
45 to 54
55 to 64
65 to 74
75+

5, 4%
3, 3%
10, 9%
17, 16%
27, 25%
28, 26%
19, 17%
Focus Groups: Who did we reach

Education
- Less than High School: 36%
- High School/GED: 16%
- Some college: 28%
- Bachelor’s: 19%
- Graduate or professional: 1%

Income
- $0-$14,999: 10
- $15K-$24,999: 15
- $25K-$49,999: 20
- $50K-$74,999: 15
- $75K-$99,999: 10
- $100,000+: 5
## Personal Health: Top Areas of Concern

<table>
<thead>
<tr>
<th>Health</th>
<th>Number</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition</td>
<td>224</td>
<td>36%</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>203</td>
<td>33%</td>
</tr>
<tr>
<td>Chronic Disease</td>
<td>135</td>
<td>22%</td>
</tr>
<tr>
<td>Mental Health</td>
<td>25</td>
<td>4%</td>
</tr>
<tr>
<td>Tobacco</td>
<td>24</td>
<td>4%</td>
</tr>
<tr>
<td>Drugs and Alcohol</td>
<td>13</td>
<td>2%</td>
</tr>
</tbody>
</table>
Nutrition: Frequency of Eating Healthy

**Cook Meals**

- 0 meals: 18%
- 1 meal: 8%
- 2 meals: 10%
- 3 meals: 11%
- 4 meals: 5%
- 5 meals: 2%
- 6 meals: 2%
- 7 meals: 15%

**Follow MyPlate**

- 0 meals: 2%
- 1 meal: 5%
- 2 meals: 10%
- 3 meals: 11%
- 4 meals: 15%
- 5 meals: 31%
- 6 meals: 18%
- 7 meals: 8%
What People Say About Healthy Eating Habits

I think a lot of it is conditioning. I mean you get a kid that’s eight and you say do [you] want French fries or an apple….i don’t know many kids who will choose the healthy one

They are also coming from families that they are going to buy 2 2-liters of Sam’s pop because it is cheaper than a 5 dollar gallon of milk
Nutrition: Barriers to Healthy Eating

- No choices
- Cost
- Time
- Lack of skills
- Family won't eat
- Don't want to
- Always eat healthy

<table>
<thead>
<tr>
<th>Income Level</th>
<th>No choices</th>
<th>Cost</th>
<th>Time</th>
<th>Lack of skills</th>
<th>Family won't eat</th>
<th>Don't want to</th>
<th>Always eat healthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-$24,999</td>
<td>5</td>
<td>3</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>$25k-$34,999</td>
<td>11</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>$35k-$49,999</td>
<td>7</td>
<td>12</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>$50k-$74,999</td>
<td>14</td>
<td>21</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>$75k-$99,999k</td>
<td>15</td>
<td>15</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>$100k or more</td>
<td>12</td>
<td>12</td>
<td>3</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>
Local restaurants are not using the farm to table movement, who kind of have more creative menus, a little more adventurous, rather than normal bar foods.

I think it is just the lifestyle for a lot of people, they get the bad stuff so often, that's what they know.
Nutrition Information: Healthcare Response

36% of people say their doctors’ talk to them about nutrition

Reasons To See Doctor

- Yearly Checkup: 121
- Sickness: 69
- Chronic Disease: 13
- Surgical: 5
- Other: 5
Nutrition Information: Health Department

Only 27% say they would get nutrition information from the Health Department.

- 19%: Don't offer healthy eating resources
- 19%: Not near my home
- 24%: Hard to get to
- 8%: Staff is not friendly
- 6%: I can't make hours
- 32%: Knowledgable already
- 3%: I can do it myself
- 6%: Don't know what is offered
Only 21% say they would get nutrition information from Garrett Regional Medical Center.
Nutrition Information: Mountain Laurel

Only 12% say they would get nutrition information from Mountain Laurel
Nutrition: Schools

- 66% people that schools have healthy food options in the cafeteria
- 67% say the vending machines do not have healthy options
- Only 30% say that nutrition education is adequate
Physical Activity: Type and Frequency

<table>
<thead>
<tr>
<th>Days of Activity</th>
<th>Number</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>69</td>
<td>34%</td>
</tr>
<tr>
<td>1 day</td>
<td>33</td>
<td>16%</td>
</tr>
<tr>
<td>2 days</td>
<td>37</td>
<td>18%</td>
</tr>
<tr>
<td>3 days</td>
<td>29</td>
<td>14%</td>
</tr>
<tr>
<td>4 days</td>
<td>13</td>
<td>6%</td>
</tr>
<tr>
<td>5 days</td>
<td>13</td>
<td>6%</td>
</tr>
<tr>
<td>6 days</td>
<td>4</td>
<td>2%</td>
</tr>
<tr>
<td>Every day</td>
<td>6</td>
<td>3%</td>
</tr>
</tbody>
</table>

Top 3 Activities:
1. Hiking and walking (52%)
2. Running (8%)
3. Swimming (7%)
...people kind of hibernate from October to March

I think that things you said are not accessible in a disability way, but to a lot of the community that don't have the money. They can't go to the CARC. They can't go to the state park because it costs money...

I feel physical movement is discouraged in general. You’re in school, you’re not going to move. You are going to sit. You are not moving.
Physical Activity: Use of Resources

Ways to Increase Access

1. Lower Costs (48%)
2. Offer more locations (24%)
3. In-door activities (18%)
4. Extended hours (10%)
52% of people stated their doctor sometimes talks about physical activity with them

However, only 21% said that physical activity was “prescribed” to them
At least 70% of all people believed schools:

1. Provide a wide range of physical activity options (81%)
2. Engage students in an adequate amount of activity during PE (75%)
3. Maintain equipment at least somewhat well (82%)
4. Promote physical activity in elementary (87%), middle (72%) and high (72%) schools
## Community Health Concerns

<table>
<thead>
<tr>
<th>Health</th>
<th>Number</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drugs and alcohol</td>
<td>315</td>
<td>41%</td>
</tr>
<tr>
<td>Physical activity</td>
<td>140</td>
<td>18%</td>
</tr>
<tr>
<td>Nutrition</td>
<td>129</td>
<td>17%</td>
</tr>
<tr>
<td>Chronic Disease</td>
<td>106</td>
<td>14%</td>
</tr>
<tr>
<td>Mental Health</td>
<td>43</td>
<td>6%</td>
</tr>
<tr>
<td>Tobacco</td>
<td>33</td>
<td>4%</td>
</tr>
</tbody>
</table>
Drugs and Alcohol: Perceptions of Problem

- 94% of people felt it was at least somewhat or moderately common throughout the county.
- The top three drugs people think are being abused are:
  - Alcohol (89%)
  - Marijuana (84%)
  - Opiates (72%)

They are going to do drugs or smoke because there is not enough physical activity to give them a good diet, lack of programs, lack of social time, lack of nature time....
Drugs and Alcohol: Who is using?

- it transcends age and socioeconomic status. There’s a ton of it in the schools, but I know a lot of people that are 20 to 40 and I know a lot of older people. I don’t think with that particular drug it matters.

- “I think they believe a lot of it’s being brought here from the cities, because you’ve got the Interstate 68” - Community at large focus group

- there is just a definite increase in the behavioral issues that are coming into the building. - Schools
Drugs and alcohol: Health Care Response

58% of people think primary care doctors are somewhat to highly likely to discuss drugs and alcohol

78% of people think Garrett County Health Department is somewhat to highly likely to discuss drugs and alcohol

69% of people think Garrett Regional Medical Center is somewhat to highly likely to discuss drugs and alcohol

56% of people think Mountain Laurel is somewhat to highly likely to discuss drugs and alcohol
Well, I think part of it, from my knowledge of it, is a lot of it’s intrinsic on the person. They have to kind of hit rock bottom and make the conscious choice that they want to change rather than be mandated to change or be pressured into trying to change.- Community at large
### Drugs and Alcohol: Resource Awareness and Treatment

<table>
<thead>
<tr>
<th>Resource</th>
<th>How aware are people? (somewhat to very)</th>
<th>How Likely are people to use? (somewhat to Very)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Step Programs</td>
<td>52%</td>
<td>47%</td>
</tr>
<tr>
<td>Celebrate Recovery</td>
<td>19%</td>
<td>23%</td>
</tr>
<tr>
<td>Primary Care Doctors</td>
<td>50%</td>
<td>38%</td>
</tr>
<tr>
<td>Methadone Clinics</td>
<td>54%</td>
<td>58%</td>
</tr>
<tr>
<td>Garrett County Health Department</td>
<td>75%</td>
<td>64%</td>
</tr>
<tr>
<td>Emergency Room</td>
<td>64%</td>
<td>53%</td>
</tr>
<tr>
<td>Other Resources</td>
<td>23%</td>
<td>27%</td>
</tr>
</tbody>
</table>
“User is stigmatized, not treated as a normal patient with a chronic disease.”- Healthcare focus group

I don’t think we have -- we don’t have a -- there’s no rehab facility here...I don’t think we have a lot of psychiatrists -- we have psychologists, but not psychiatrists.
Drugs and Alcohol: Barriers

### Barriers

- **Time**: 46%
- **Access**: 22%
- **Transportation**: 12%
- **Money**: 8%
- **Don't know about**: 8%
- **Fear/shame**: 3%
- **Don't want help**: 1%
Observations from Tobacco and Mental Health

Tobacco

I think it is a right of passage for some boys

“They are sharing, maybe even smokeless tobacco and kind of just passing it around. It happens a lot on the school bus.”

Mental Health

There is never somewhere they can go immediately for an emergency situation

There are a lot of children born, though, with mental problems. You know that their parents, their families were on drugs and things, you know there’s some children who are born handicapped in that --
Observations from Chronic Disease

Chronic diseases

- Overweight: 30%
- Obese: 16%
- High blood pressure: 27%
- High cholesterol: 23%
- High blood sugar: 8%
- Diabetes: 5%

Barriers

- Not near home: 21%
- Cost: 27%
- Embarassment: 16%
- Don't have a problem: 5%
- Don't want help: 8%
- Time: 23%

At Risk vs. Diagnosed
Summary

- Nutrition
  - Number one issue for people under age 65
  - Differences exist on the barriers to eating healthy by income
  - Perception as reality= there are few, if any, affordable, healthy food options in Garrett County
  - People are not likely to see Community Healthcare organizations as a healthy eating resource
  - While the schools follow the dietary guidelines, nutrition education in schools is perceived as being inadequate
  - Within focus group with those in schools, the personnel themselves disagreed with how healthy the cafeteria options are
Physical Activity

This was the number one for seniors 65 years and older; number 2 for the rest of the population.

Those ages 65 and older report meeting the national recommendations for physical activity; most other age groups are not.

The barriers to using the local resources for physical activity were consistent, regardless of age, sex or income.

It appears that while physical activity is discussed during doctor’s visits, people are not being told or “prescribed” to exercise more.

Schools are thought to promote or at least provide adequate physical activity by the majority of participants; however a few focus groups disagreed on this point.
Drugs and Alcohol

- There is a perception of “this isn’t a problem for me and my family but others are experiencing it” - the “not in my family” syndrome

- People who selected this as their top community health concern feel it is somewhat to highly prevalent and that a variety of drugs are being abused.

- However, in focus groups, people could either describe the problem or not

- There is a perception that drugs are brought in by outsiders

- There is a prevalence of victim blaming seen in both the survey and focus group data
Nutrition Recommendations From You!

- Greater nutrition education and exposure to healthy foods in the schools
- Cooking classes to learn easy, fast healthy recipes
- Provide low-resources families and youth with more healthy food options
- Create connections between local farmers and schools to increase access to locally grown, healthy foods
Physical Activity Recommendations From You!

- YMCA or other low-cost gym facility
- ADA accessible trails for limited mobility people
- Convert unused buildings in towns to low-cost sites for community activities
Drugs and Alcohol From You!

MORE RESOURCES!

Reduce stigma around Addiction and Mental Health
System Recommendations From Me

- Create jobs and training opportunities
- Coordinated Transportation system for everyday use
- Increase mental health and addiction treatment resources
- Provide more homeless and transitional housing options
- PR campaign to educate local citizens on how their tax dollars benefit them
- Empower people from all parts of the population to participate in this process and understand the value they bring