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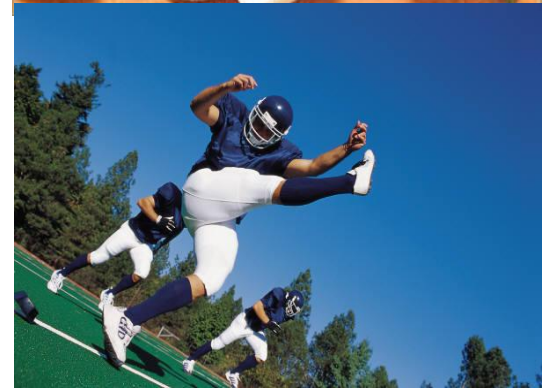
Westchester County Community Health Status & Health Care Utilization

Findings from a 2009-2010 Consumer Survey

October 2011

**Westchester County
Department of Health**

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Foreword

In 2009, the New York State Department of Health awarded \$1 million, for two years, through the Healthcare Efficiency and Affordability Law for New Yorkers (HEAL NY Phase 9) to fund a collaborative health planning initiative in the Hudson Valley Region. The focus of the regional initiative is to promote healthy communities by identifying health care needs and examining how the health care delivery system may be aligned to serve those needs. Seven county health departments from the Hudson Valley Region received this funding collaboratively: Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester, with the Rockland County Department of Health serving as the lead agency.

As part of this health planning initiative, the seven local health departments developed and distributed a survey (HEAL 9 Survey) which was designed to assess people's general health status, health behavior, knowledge of health care services and possible barriers to health care access. The survey was conducted in all participating counties with each health department administering the survey in its respective county.

Unlike the Behavioral Risk Factor Surveillance System, which is a random-digit-dialed telephone survey of adults, the HEAL survey intended to assess the health status and health care utilization of people with low socioeconomic status. Based on Westchester County demographic characteristics, the survey, available in both English and Spanish, was distributed at nearly 40 locations between June 2009 and February 2010 with assistance from local community partners including hospitals, WIC service centers, community-based organizations and faith-based agencies, the Department of Motor Vehicles, the Department of Social Services, and Westchester Community College. A web based survey, available only in English, was also used to distribute the survey. Over 2000 complete surveys were collected.

This report describes the results from Westchester County Health Department's (WCDH) HEAL 9 Survey. Since the survey was intended to include more people with low socioeconomic status, the results reflect only those from the respondents included in the survey and should not be generalized to the Westchester County population.

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Highlights

- ❖ 35% of the respondents were overweight. Another 25% of the respondents were obese. The percentage of respondents who were overweight or obese was higher among Black respondents. However, many overweight respondents did not perceive that they had weight problems.
- ❖ About 80% of the respondents were physically active at least one day per week.
- ❖ Almost 80% of the respondents stated that they frequently or always purchased fruits and vegetables. 37% of the respondents frequently or always checked sodium content when shopping for food.
- ❖ About half of the respondents ate at fast food restaurants at least once per week. 62% of the respondents observed calorie postings in restaurants. However, 43% said the knowledge of calories did not change their purchase decisions.
- ❖ About a quarter of the respondents had attended nutrition education programs, and 20% had attended weight loss programs.
- ❖ About 75% of the respondents had health care insurance. About 65% had dental care insurance. 71% had coverage for prescription drugs. 53% had coverage for mental health services. About half had cancer screening coverage.
- ❖ The majority of the respondents had the knowledge of where to obtain services in terms of chronic disease screening, nutrition education and weight loss programs, mental health services, family planning services, and STD and HIV testing.
- ❖ Most of the respondents had a physical exam (75%) and dental check-up (60%) during the past 12 months.
- ❖ 63% of the respondents had blood pressure screening and 56% had cholesterol screening during the past 12 months. About 45% of the respondents had diabetes screening and about one-third had cancer screening during the past 12 months.
- ❖ 21% of the respondents had obtained mental health services. 19% of the respondents obtained family planning services.
- ❖ About one-third of the respondents had been tested for STD and HIV. Most of those who did not have the tests stated that they were not at risk or not sexually active.
- ❖ Very few respondents sought health care services outside the county.

Demographic Characteristics of Respondents

WCDH's Heal 9 Survey was completed voluntarily by 2,017 respondents aged 18 and over, of which 641 were men and 1,355 were women. Twenty-one respondents did not indicate their sex (Table 1).

Table 1. Sample Description of HEAL NY 9 Consumer Survey

Variables	N	%	Valid %	Variables	N	%	Valid %
Total Respondents	2017	100.0	..				
Sex				Race			
Male	641	31.8	32.1	White	765	37.9	40.8
Female	1355	67.2	67.9	Black	526	26.1	28.1
Total	1996	99.0	100.0	Native American	29	1.4	1.5
No Answer	21	1.0		Asian	79	3.9	4.2
Age				Other	475	23.5	25.3
18-24	392	19.4	20.1	Total	1874	92.9	100.0
25-44	696	34.5	35.7	No Answer	143	7.1	
45-64	628	31.1	32.2	Employment Status			
65+	236	11.7	12.1	Employed, Full Time	692	34.3	34.9
Total	1952	96.8	100.0	Employed, Part Time	412	20.4	20.8
No Answer	60	3.0		Unemployed	880	43.6	44.4
Ethnicity				Total	1984	98.4	100.0
Hispanic	732	36.3	37.5	No Answer	33	1.6	
Non-Hispanic	1222	60.6	62.5	Annual Household Income			
Total	1954	96.9	100.0	< \$25,000	789	39.1	45.6
No Answer	63	3.1		\$25,000-\$49,000	337	16.7	19.5
Country of Origin				\$50,000 +	605	30.0	35.0
U.S.	1236	61.3	62.5	Total	1731	85.8	100.0
Foreign Country	742	36.8	37.5	No Answer	286	14.2	
Total	1978	98.1	100.0				
No Answer	39	1.9					

Among those who reported their ages, one-fifth of the respondents (20.1%) were between the ages of 18 and 24, 35.7% were between the ages of 25 and 44, 32.2% were between the ages 45 and 64, and 12.1% were 65 and older. Sixty respondents did not report their ages.

Of the respondents answering the question on race, 40.8% identified themselves as white, 28.1% identified themselves as black, less than 2.0% identified themselves as Native American, 4.2%

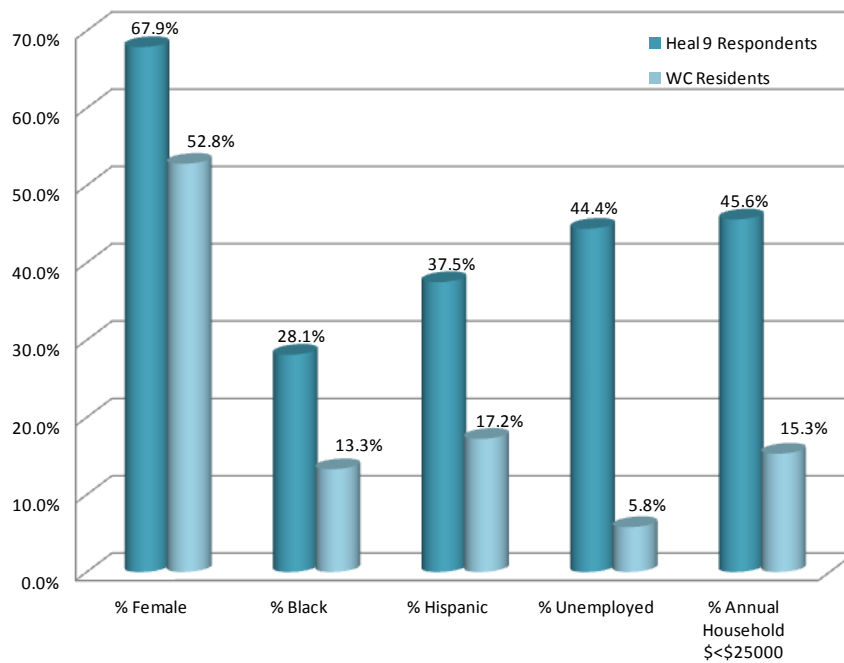
identified themselves as Asian or Pacific Islander and 25.3% identified themselves as “other.” Of those who answered the question on ethnicity, 37.5% indicated that they were Hispanic.

Of those responding to employment status, 44.4% reported they were unemployed, 34.9% reported they were employed full-time and 20.8% reported they were employed part-time.

About half of the respondents (45.6%) reported that their total household income was less than \$25,000 and about 20% reported a household income of \$25,000-\$49,999.

Compared with the overall Westchester County population¹, the Heal 9 Survey sample contains a larger proportion of females, blacks, Hispanics, unemployed and low income individuals (Figure 1).

Figure 1. Comparison of Demographic Characteristics of HEAL 9 Survey Respondents with Westchester County Residents (18 Years and Older)



¹ 2000 Census, population aged 18 and over.

General Health Status

In this section, results are provided on the respondents' health status pertaining to two prevalent diseases, diabetes mellitus and heart disease, and their follow-up treatment and care patterns. In addition to diabetes and heart disease, results are provided on the overweight and obesity rates of those surveyed along with the perceived rates of overweight and obesity. The weight status of overweight or obesity was identified according to a BMI over 25 or 30 respectively based on weight and height information self-reported in the survey.

➤ Diabetes and Heart Disease

The following questions about diabetes and heart disease are included in the survey:

Q 26. Have you been told by a health care provider that you have diabetes?

Q26a. If yes, how long has it been since you last visited a health care provider for your diabetes related-care?

Q27. Have you been told by a health care provider that you have heart disease?

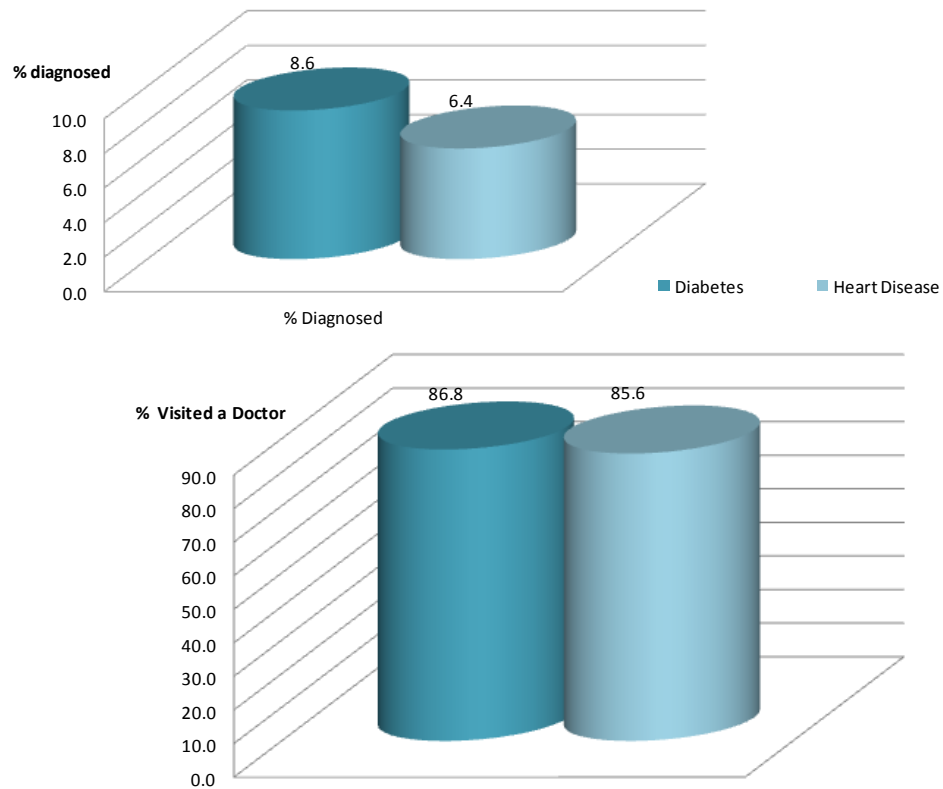
Q27a. If yes, how long has it been since you last visited a health care provider for your heart related-care?

Over 8.6% (156/1823) of the respondents stated they had been told by a health care provider that they had diabetes, and 6.4% (115/1785) stated that they had been told by a health care provider that they had heart disease (Figure 2).

Among those who were diagnosed with diabetes, 86.8% (132/152) indicated that they had visited a health care provider within the past 12 months.

Among those who were diagnosed with heart disease, 85.6% (95/111) indicated that they had visited a health care provider within the past 12 months.

Figure 2. Percent of Respondents Diagnosed with Diabetes or Heart Disease and Percent of Diabetes or Heart Disease Patients Who had Recently Visited a Doctor, HEAL 9 Survey



For the respondents who have been diagnosed with heart disease: 94.1% had their blood pressure tested in the past 12 months; 91.2% had their cholesterol tested in the past 12 months; 44.9% had received nutrition education in the past 12 months; and 33.7% had attended a weight loss program in the past 12 months.

➤ Body Mass Index and Obesity

The following questions were asked to collect information on respondents' height, weight, perception of weight and weight loss activities:

Q 10. *How tall are you without shoes?*

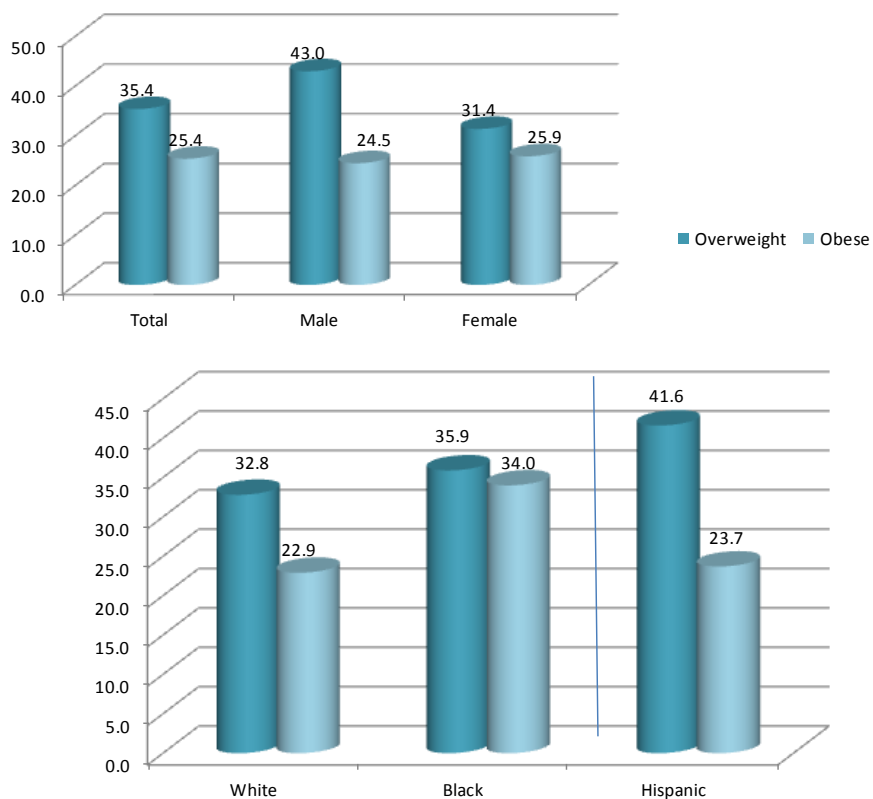
Q11. *How much do you weigh?*

Q12. *How would you describe your weight? Underweight, normal weight, overweight, or obese?*

Q25. *In the past 12 months, have you been given advice to lose weight by your health care provider?*

Body Mass Index (BMI) was calculated from the height and weight information collected on the survey. Per national standards, those with a calculated BMI under 18.5 are classified as underweight, those with a BMI between 18.5 and 24.9 are classified as normal weight, those with a BMI between 25 and 29.9 are classified as overweight and those with a BMI of 30 or more are classified as obese. Among the 1,761 respondents who reported their height and weight, about 61% were above normal weight, with 25.4% of the respondents defined as obese and 35.4% overweight (Figure 3).

Figure 3. Percent of Respondents Who Were Overweight or Obese by Sex, Race, and Ethnicity, HEAL 9 Survey



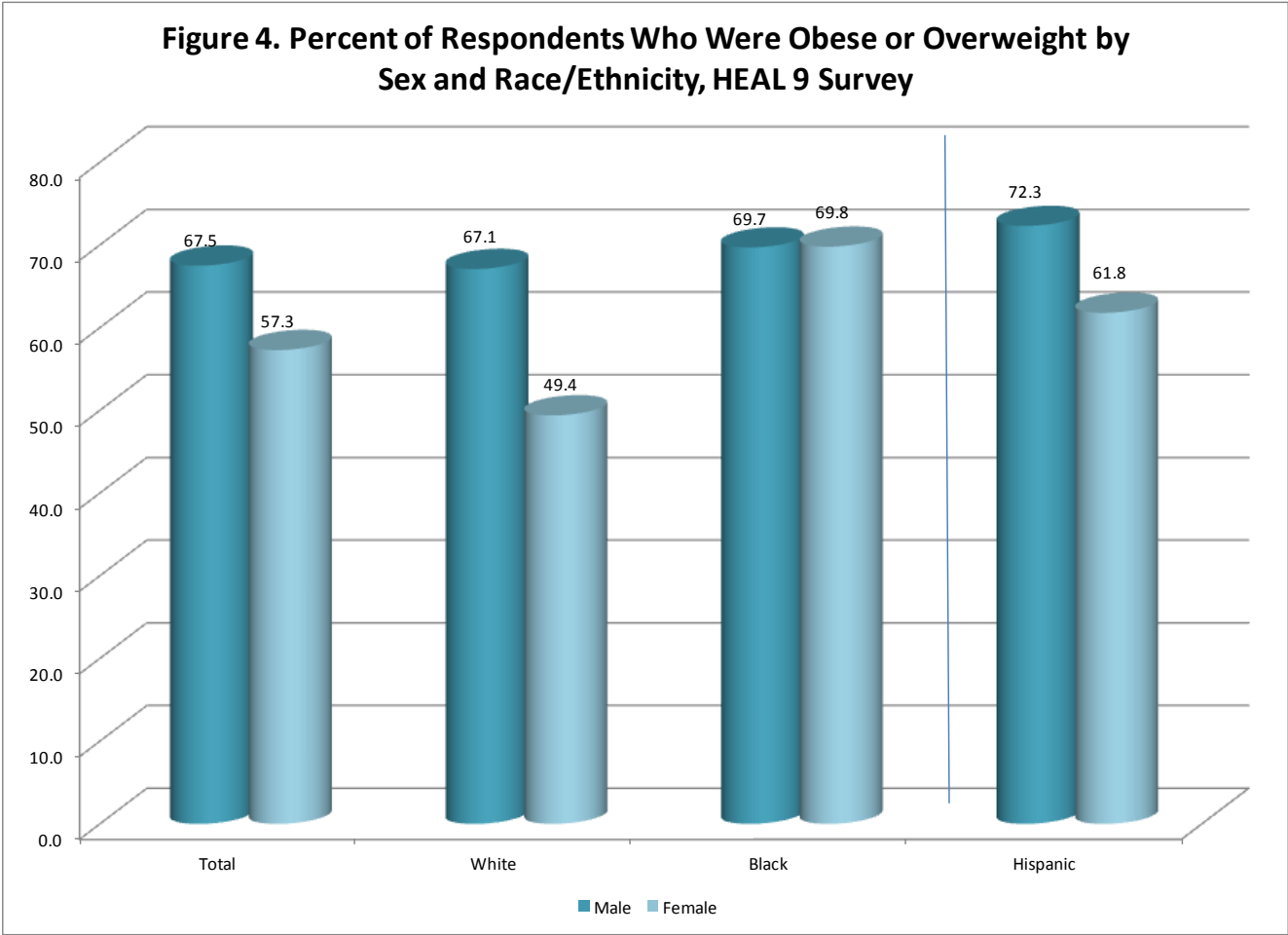
Obesity levels were similar among female and male respondents with 25.9% of females being obese and 24.5% of males being obese. However, males had a higher percentage in the combined category of overweight and obesity at 67.5% compared to females at 57.3%.

The percentage of black respondents found to be obese (34.0%) was higher than the percentage of white respondents found to be obese (22.9%). When comparing the combined category of obesity and overweight, 69.9% of black respondents were either obese or overweight, compared to 55.7% among white respondents.

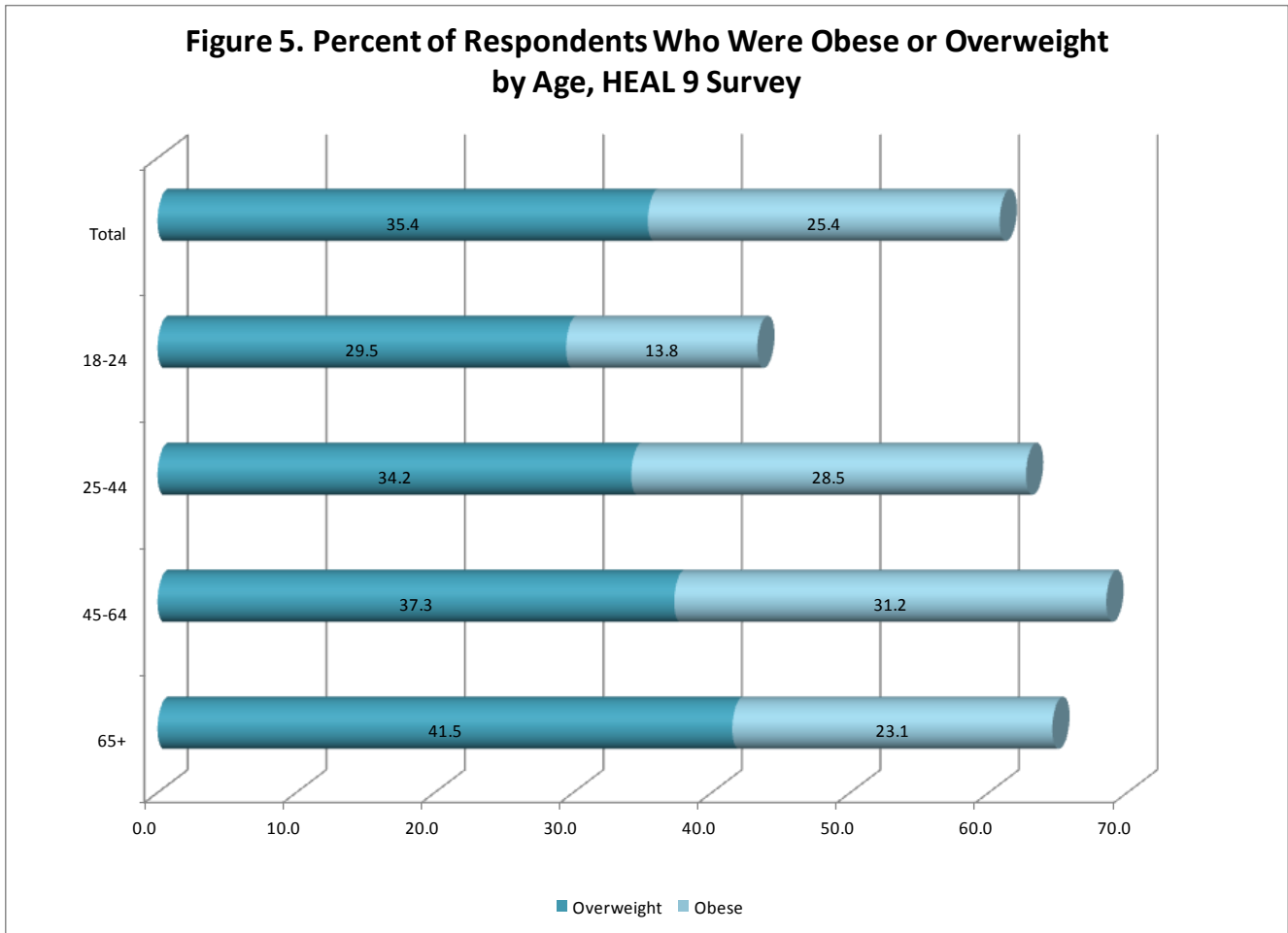
Of the respondents who indicated their ethnicity, 23.7% of the Hispanic population was obese and 41.6% were overweight; among the non-Hispanics, 26.3% were obese and 31.7% were overweight.

The proportion of white males categorized to be obese or overweight was much higher than the proportion of white females. Similarly, for respondents who identified themselves as “other”, the male rate of overweight or obesity was much higher than the female rate (Figure 4).

The higher rate of obesity or overweight among males was also exhibited for respondents who classified themselves as Hispanic.



The percentage of overweight and obese varied by age range (Figure 5).



Some respondents did not accurately perceive their weight status. For example, 37.5% of the respondents who were actually overweight or obese considered themselves not overweight. However, 7.2% of those respondents who were not overweight considered themselves overweight or obese (Table 2).

Table 2. Comparison of Self-Perceived Weight with Actual Weight, HEAL 9 Survey Respondents

Actual Weight	Self-Perceived Weight				Total N
	Not Overweight		Overweight or Obese		
	N	%	N	%	
Not Overweight	627	92.8	49	7.2	676
Overweight or Obese	395	37.5	657	62.5	1,052
Total	1,022	59.1	706	40.9	1,728

Among the respondents who were overweight or obese, 1,000 respondents (93.4%) answered the question that asked if they had received weight loss advice from a health care provider. Among them, 40.7% stated that they were given such advice, 50.7% were not given this medical advice, and the remaining 8.6% stated that they had not seen a health care provider during the past 12 months.

Health Behavior

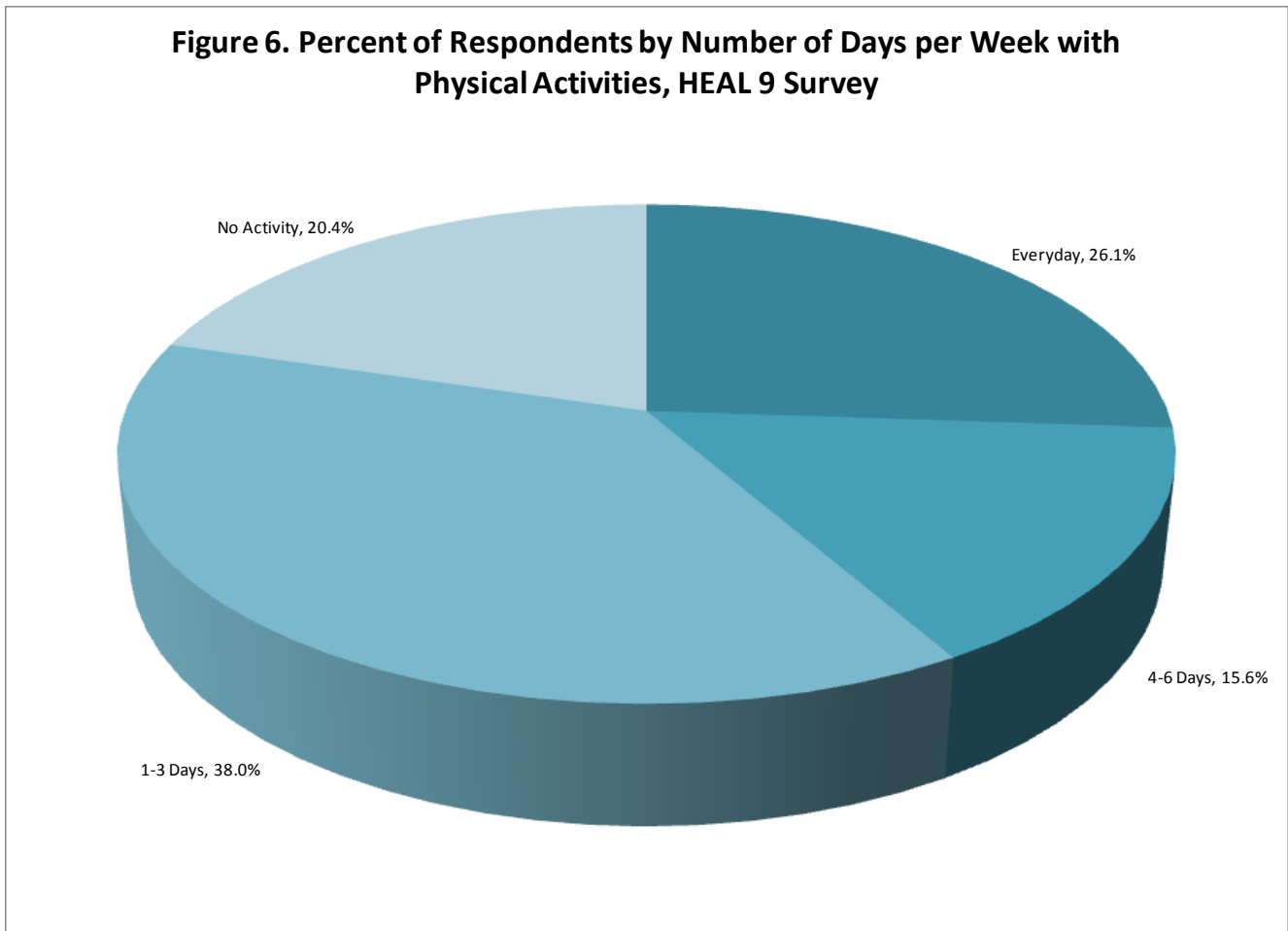
Several questions were included to assess health behaviors of those surveyed.

- Q13.** *In the past week, how many days were you physically active (such as running, calisthenics, golf, gardening, or walking for exercises)?*
- Q13a.** *If you were physically active, where were you physically active?*
- Q14.** *When grocery shopping, how often do you or does someone else in your household buy fresh fruits and/or vegetables?*
- Q14a.** *If rarely or never [buy fresh fruits and/or vegetables], what is the main reason?*
- Q15.** *When you shop, how often do you look at the sodium or salt content of items before buying?*
- Q16.** *When you shop, how likely are you to buy items that are labeled “no salt added” or “low sodium”?*
- Q17.** *In the past week, how many days did you eat at a fast food or chain restaurant?*
- Q18.** *Some places in Westchester are now required to post the number of calories in food and drinks served. Have you seen any calorie postings:*
- Q18a.** *If yes, how did the number of calories affect your purchase?*

In this section, analysis is provided on level of physical activity, healthy food consumption choices such as the frequency of purchasing fruits and vegetables, the frequency of dining at fast food restaurants, the frequency of looking for and purchasing low salt items, and the observation and any subsequent effects of the observation of calorie information on menus.

➤ Physical Activities

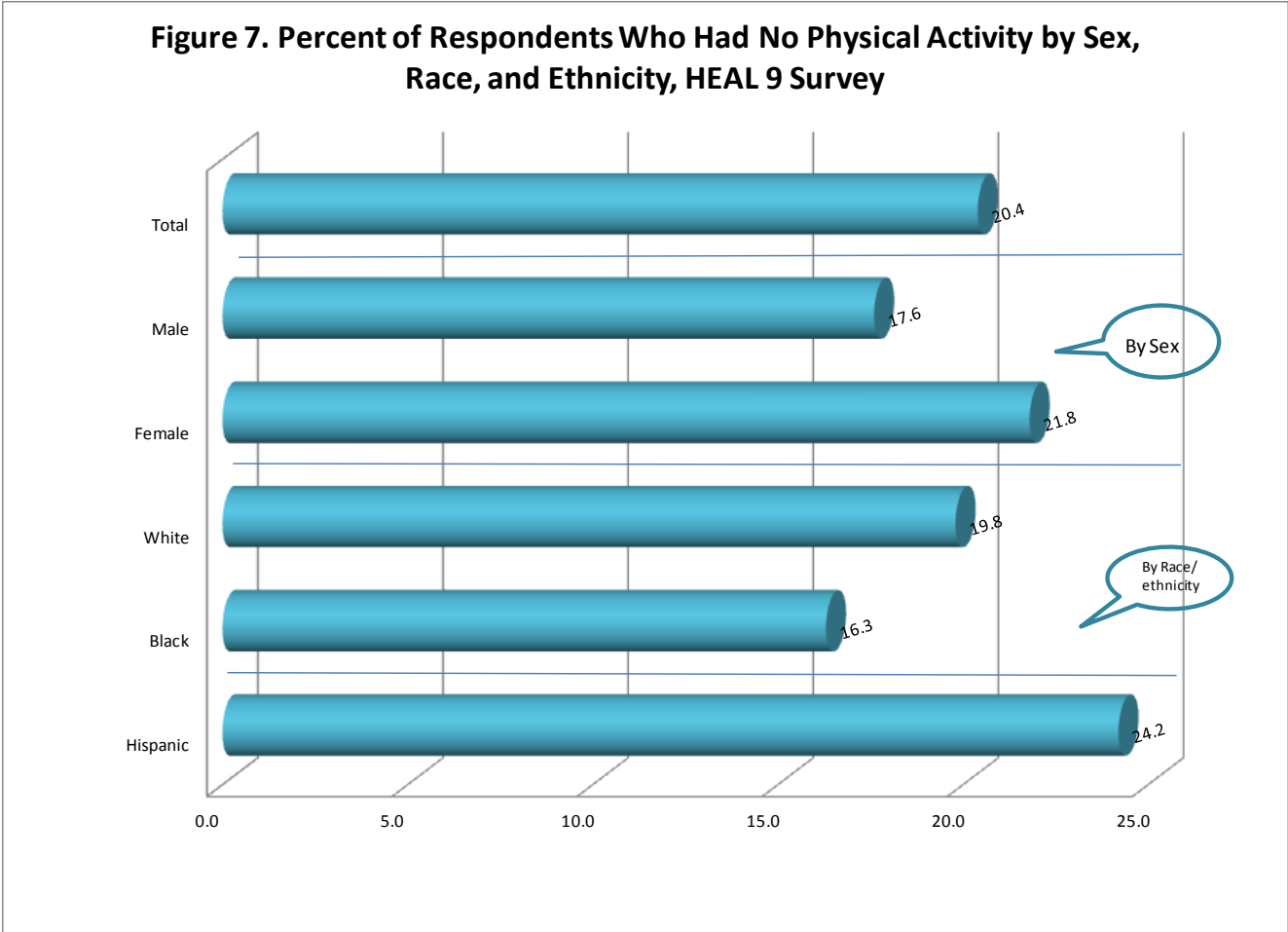
Among the 1,852 respondents who indicated their level of physical activity (92% of respondents), over a quarter (26.1%) answered that they were physically active everyday, 15.6% stated they were active in the range of four to six days a week, 38.0% were active one to three days a week, and about one-fifth of the respondents were not physically active at all (Figure 6).



Among female respondents, 21.8% stated that they had no physical activity, compared with 17.6% of male respondents (Figure 7).

White respondents in the Heal 9 Survey had a higher rate of physical inactivity than black respondents: about 20% of white respondents indicated they had no physical activity in the past week, compared to 16% of black respondents.

The rate of physical inactivity for Hispanic respondents was higher than the physical inactivity rate for non-Hispanics. In addition, female respondents reported a higher rate of inactivity than males.

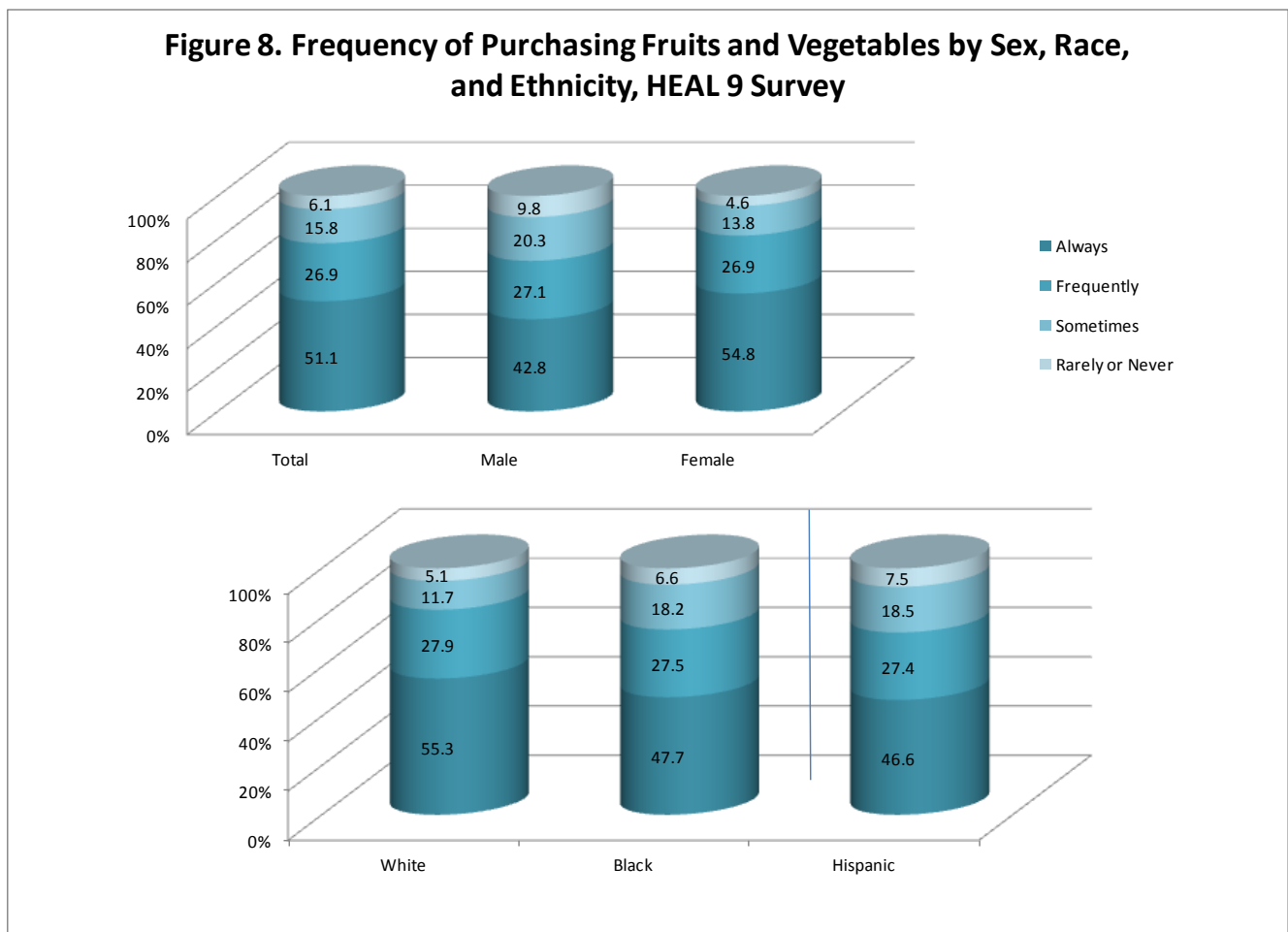


➤ Consumption of Fruits and/or Vegetables

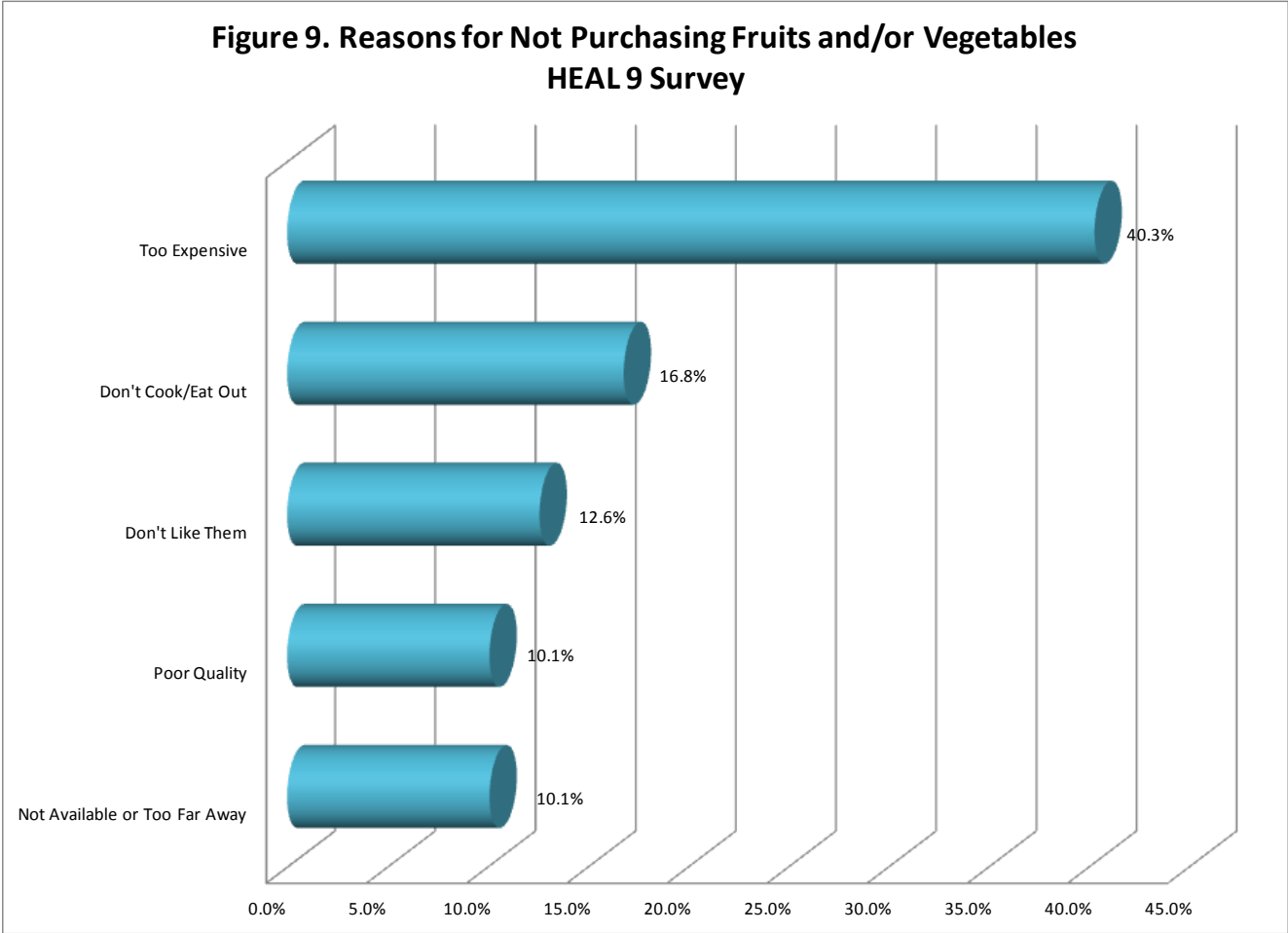
About two thousand respondents (1921 of the 2017 surveyed, or 95.2%) answered this question. Just over half (51.1%) of the respondents reported that they always purchase fruits and/or vegetables, 26.9% of the respondents stated that they frequently purchased fruits and/or vegetables, and 6.1% reported either rarely or never purchasing fruits and/or vegetables (Figure 8).

Female respondents had a higher rate than male respondents of always purchasing fruits and vegetables (54.8% vs. 42.8%).

55.3% of white respondents indicated they always purchased fruits and vegetables; compared to 47.7% and 46.6% for black and Hispanic respondents respectively.



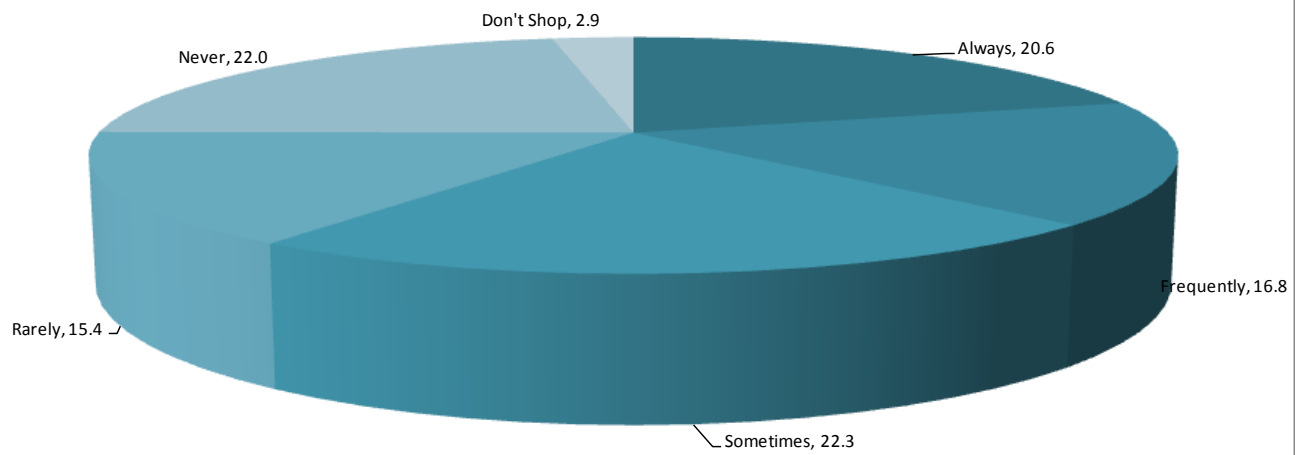
The main reasons for rarely or never purchasing fruits and/or vegetables are presented in Figure 9.



➤ Sodium Awareness

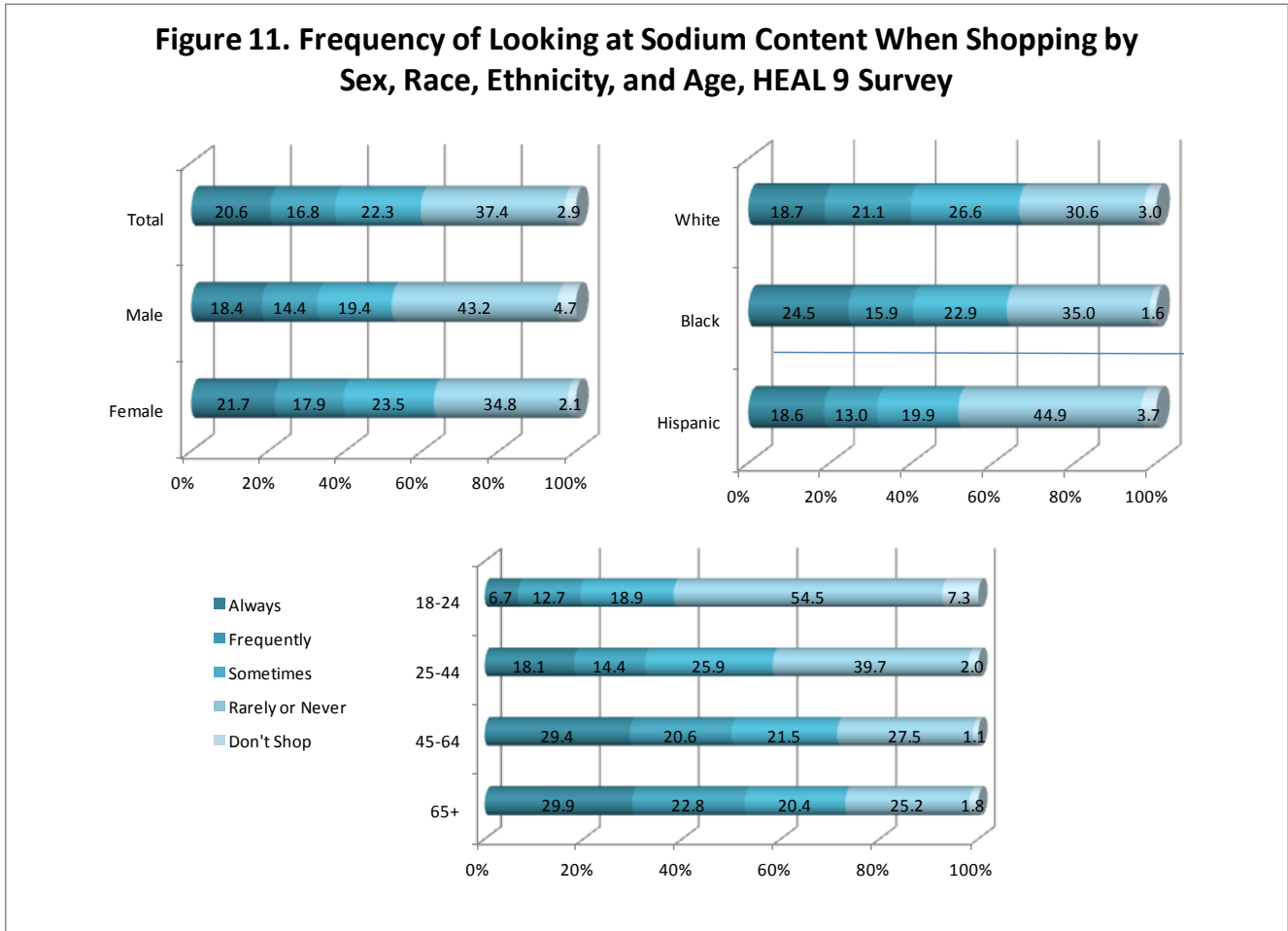
About 1,800 respondents (89.1%) answered whether they look at the sodium content when shopping. Among them, 20.6% answered always, 16.8% answered frequently, 22.3% sometimes, 15.4% rarely, 22.0% never, and 2.9% answered that they don't shop (Figure 10).

**Figure 10. Percent of Checking Sodium Content When Shopping
HEAL 9 Survey**



Female and older respondents indicated they look at the sodium or salt content when shopping more often than male and younger respondents (Figure 11).

Hispanic respondents had a high rate of rarely or never looking at the sodium content before purchasing food (44.9%). However, the age distribution of Hispanics surveyed was much younger than the non-Hispanic age distribution: 72% of Hispanic respondents were age 44 or younger; whereas 48% of non-Hispanic respondents were age 44 or younger.



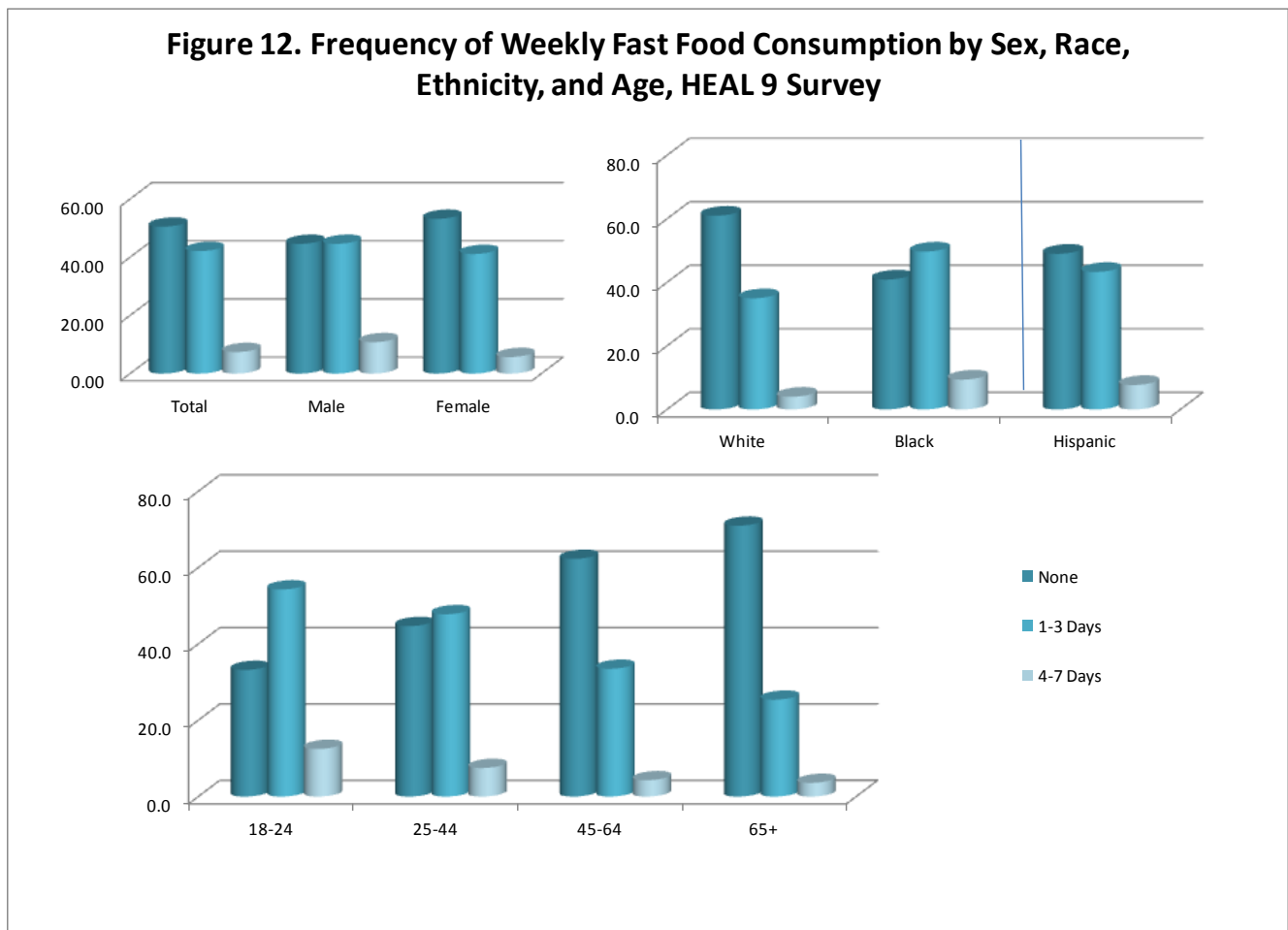
The majority of those who stated that they always look at the sodium content stated that they either always (45.2%) or frequently (31.3%) bought the no-salt added or low-sodium goods when shopping. Similarly, the majority of those who stated that they frequently look at the sodium content answered that they either always (10.8%) or frequently (49.8%) bought the no-salt added or low-sodium goods.

As expected, among those who rarely or never looked at the sodium content, most of them (58.2%) stated that they rarely or never bought the no-salt-added or low-sodium goods.

➤ Fast Food Consumption

Among the 1,796 respondents (89.0%) who indicated their frequency of visiting a fast food establishment, about half stated they ate at least once per week at a fast food restaurant and 7.4% stated that they ate 4 to 7 times per week at a fast food restaurant (Figure 12).

Male respondents reported eating at fast food establishments at a higher rate than female respondents. The rate of fast food consumption was highest for respondents in the youngest age group category and decreased with each successive age group. Black respondents reported higher rates of fast food consumption than white respondents.

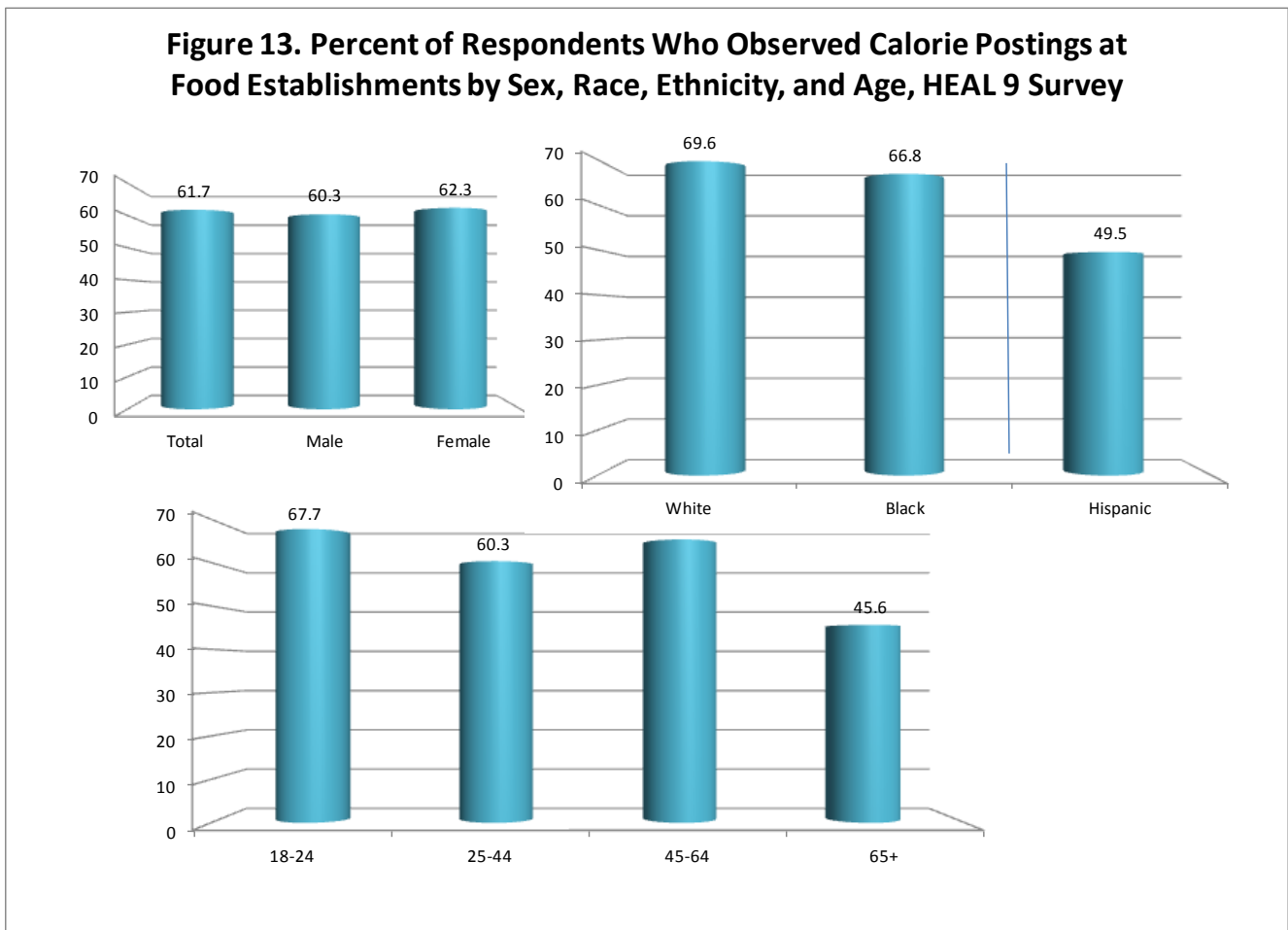


➤ Calorie Posting Observations

Over 60% of the respondents had seen calorie postings at food establishments. Among those who saw the postings, 44.4% stated that they purchased a lower calorie item after reading the calorie postings; 42.8% stated that the knowledge did not affect their purchasing decision and 8.9% stated that they ate less of the purchased item (Figure 13).

Female respondents were more likely to report that they either purchased a lower calorie item or ate less of the item purchased after seeing the calorie postings as compared to their male counterparts (60.2% vs. 42.7%).

Compared to non-Hispanic respondents, Hispanic respondents observed the new calorie postings at a lower percentage rate. Variations also existed by age with respondents aged 65 and older reporting the lowest rate of observing the new calorie postings at chain restaurants.



Medical Screening

This section presents findings on respondents who reported that they had received various medical screenings, tests, and/or services pertaining to sexually transmitted diseases (STD), Human Immunodeficiency Virus (HIV), blood pressure, cholesterol, diabetes, cancer screening, mental health, nutrition education, weight loss and family planning. Findings are based on answers to the following questions:

Q28. *During the past 12 months, have you been tested for any Sexually Transmitted Diseases?*

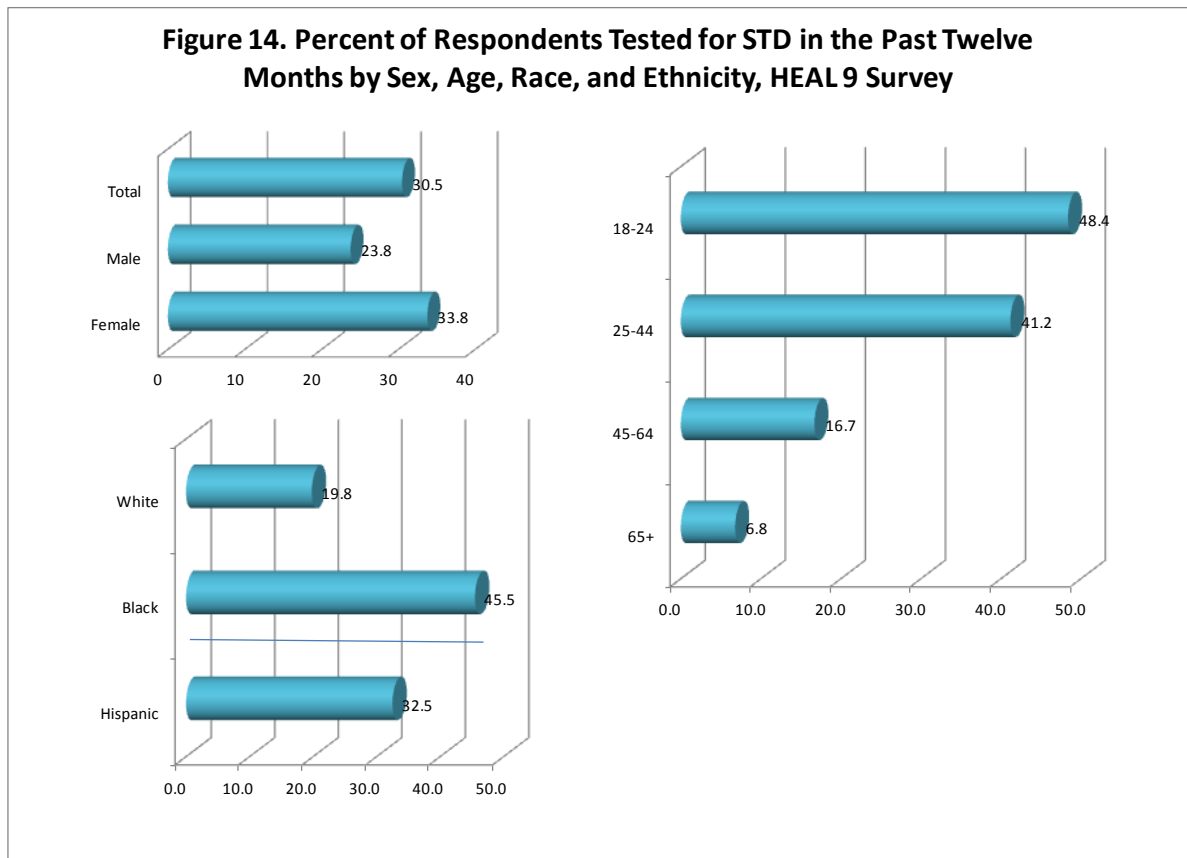
Q28a. *If yes, where did you get tested?*

Q28b. *If no, what is the main reason(s) for not getting tested?*

Q30. *In the past 12 months, did you go for: diabetes testing, blood pressure testing, cholesterol testing, cancer screening, nutrition education, weight loss programs, mental health services, family planning services, STD testing, HIV testing? (check all that apply).*

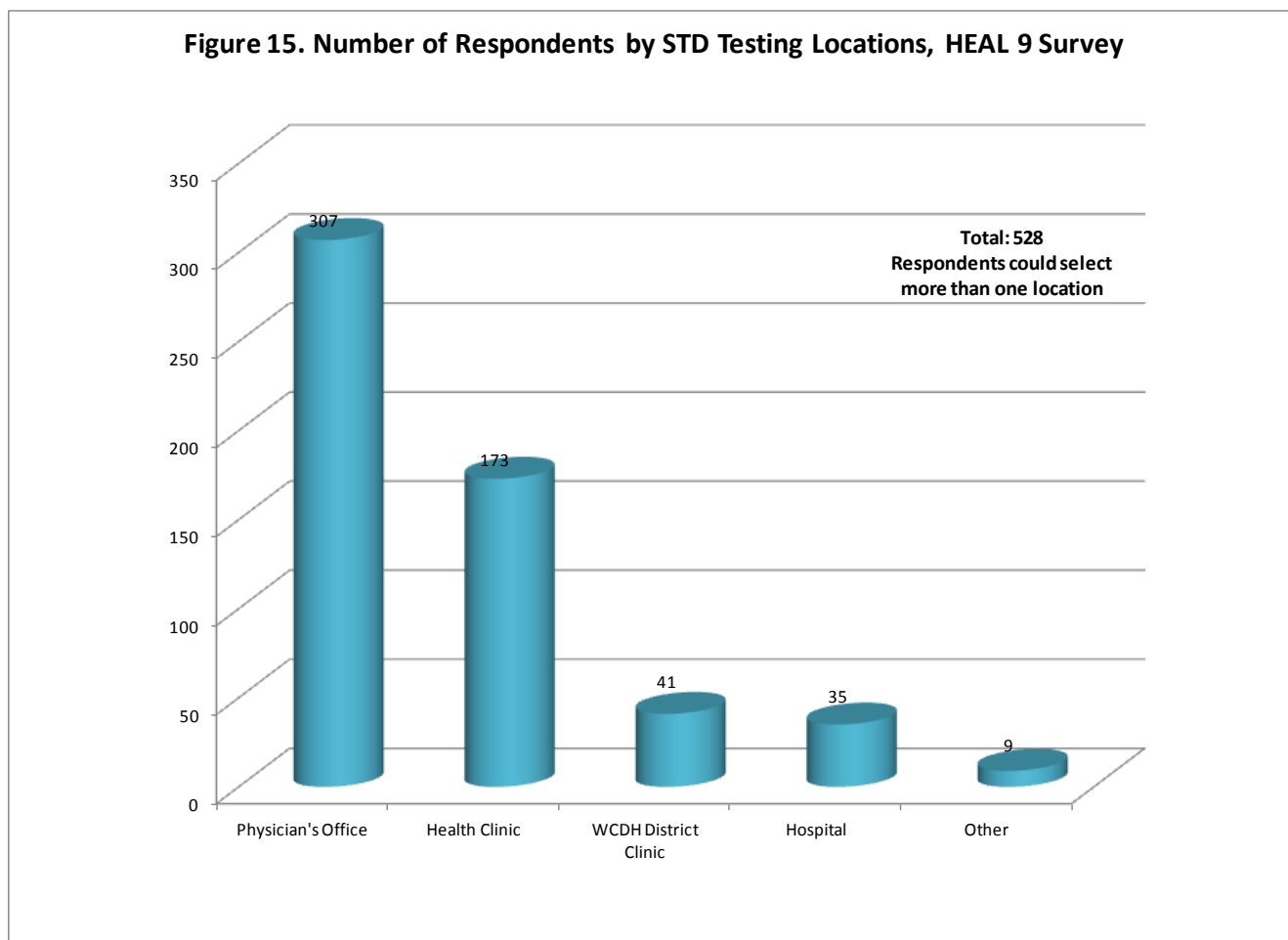
➤ STD and HIV Testing

Over 1,700 respondents (85.7%) answered the question on STD testing. Among them, 30.5% (528) reported being tested during the past 12 months, 66.9% had not been tested, and the remaining 2.6% stated they did not know (Figure 14).



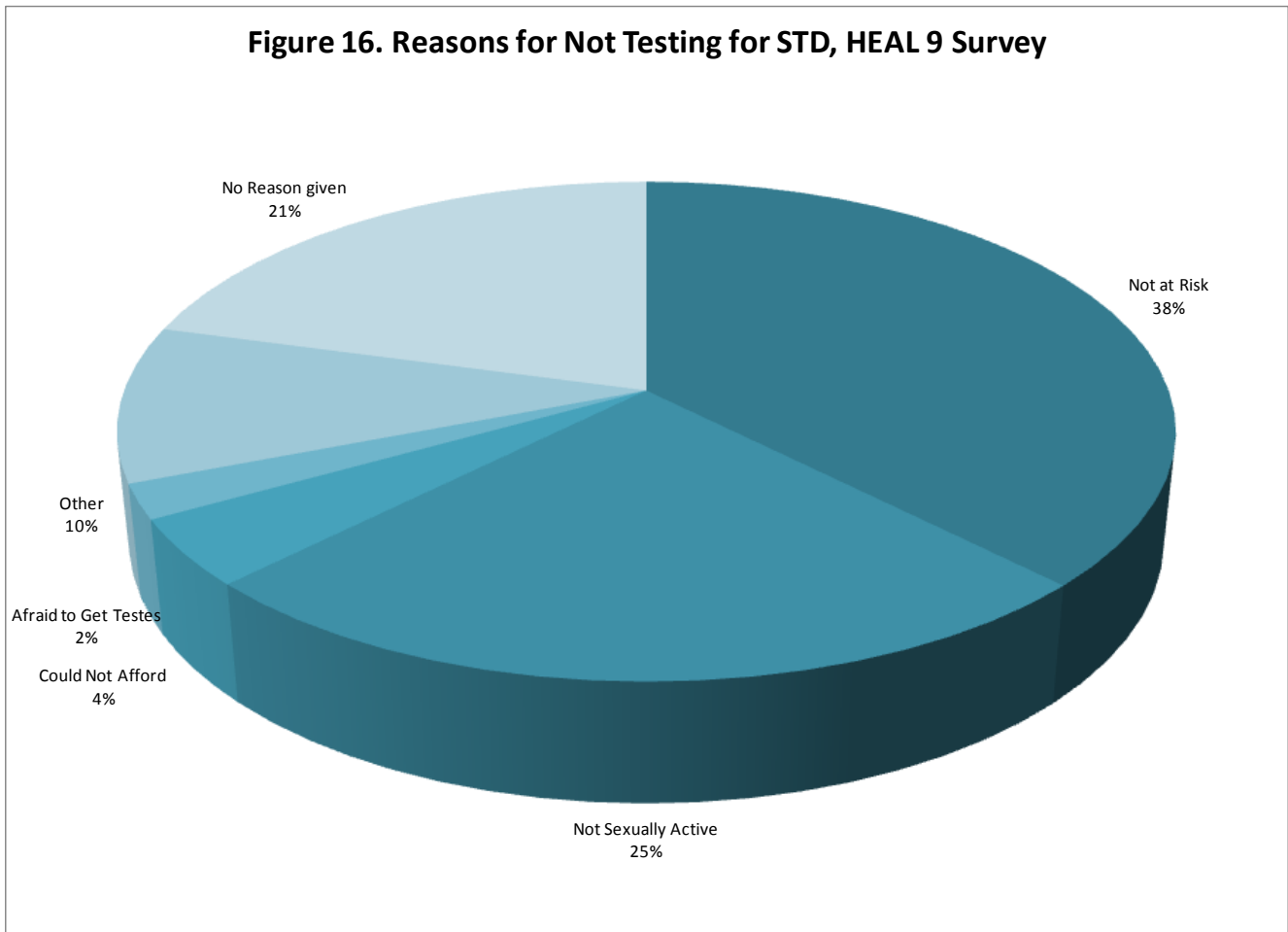
Female respondents reported a higher rate of STD testing during the past 12 months than male respondents. The rate of testing for STDs was also higher among younger respondents.

Among the 528 respondents who had received STD testing during the last 12 months, 307 (58.1%) respondents reported they had been tested in physician's offices, 173 (32.8%) respondents had been tested in health clinics, 41 (7.8%) at the County health department clinics, 35 (6.6%) in hospitals, and 9 (1.7%) at a location outside of Westchester county. The response categories were not mutually exclusive and some respondents may have indicated that they had received tests at more than one location (Figure 15).



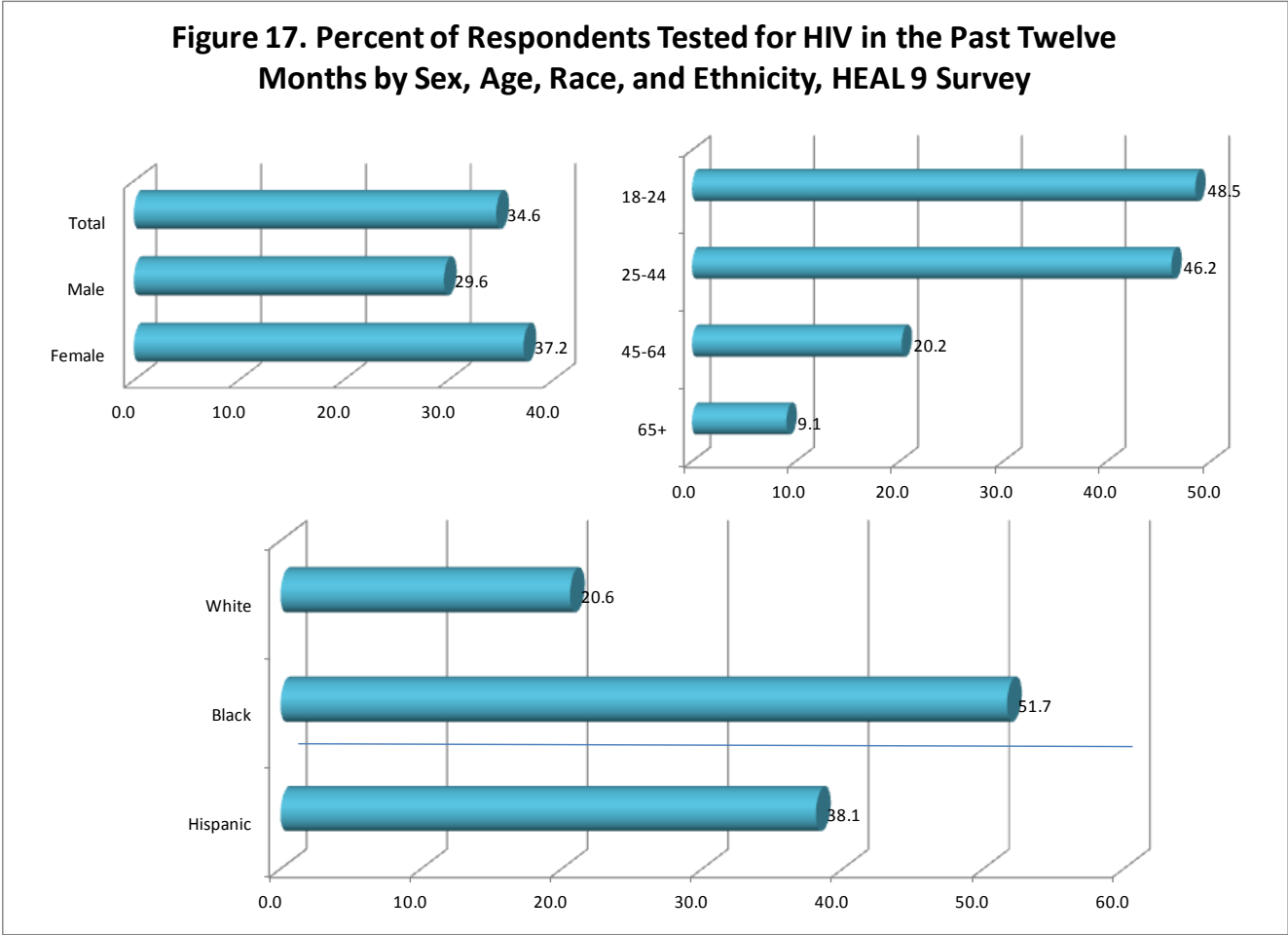
Among those who did not have an STD test during the last 12 months, the main reasons cited for not having a test were either because the respondents were not sexually active (25%), or they were not at risk (38%). The rest of the reasons cited included: could not afford (4%) and were afraid to go to get tested (2%). Additional reasons reported as “other” included no time, language barriers, too far to travel, had test before, did not know where to get test, and no medical insurance (Figure 16).

Figure 16. Reasons for Not Testing for STD, HEAL 9 Survey

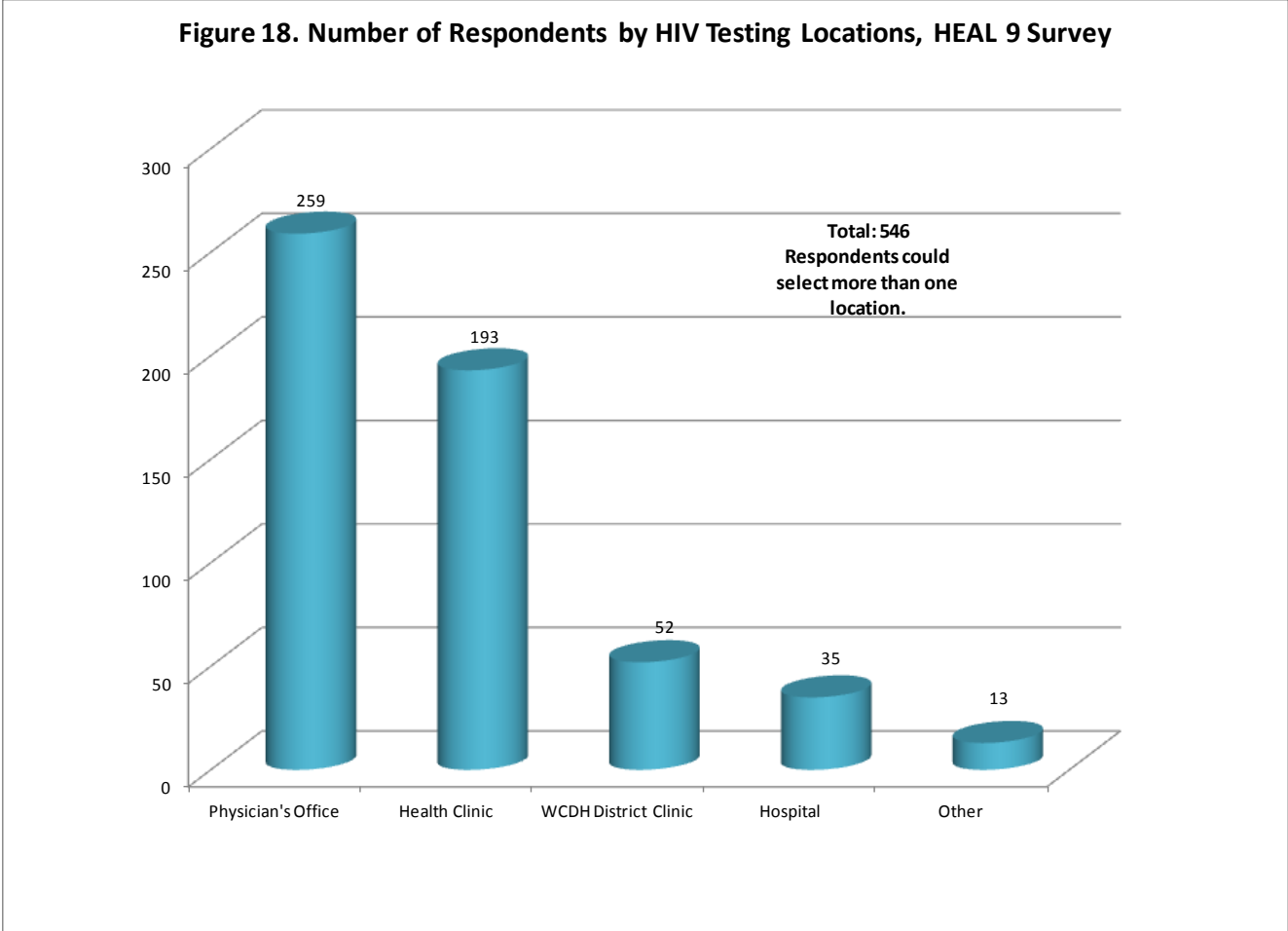


Over 1,500 respondents (78.3%) responded to the HIV test question. Among them, 546 or 34.6% reported that they had been tested for HIV during the past 12 months, 996 or 63.0% had not been tested, and the remaining 2.4% responded they did not know.

Female respondents were more likely to report that they had been tested for HIV than male respondents. Black respondents and young respondents were also more likely to report having been tested for HIV (Figure 17).

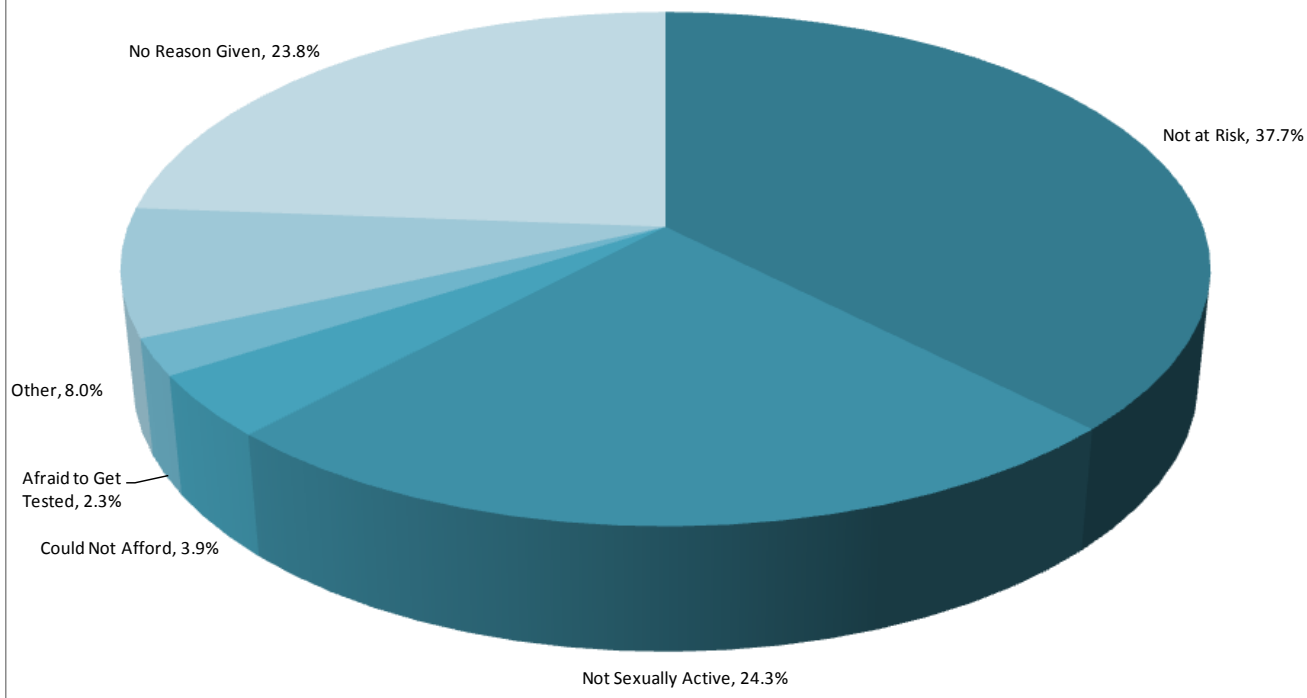


Among the 546 respondents who had been tested for HIV, 259 (47.4%) had been tested in physician's offices, 193 (35.3%) in health clinics, 62 (11.4%) at the County health department clinics, 35 (6.4%) in hospitals, and 13 (2.4%) at a location outside the County. The categories were not mutually exclusive and some respondents indicated they had received HIV testing at more than one location (Figure 18).



Among those who did not have an HIV test within the past 12 months, the main reasons cited for not having a test were either because the respondents were not sexually active (24.3%), or they were not at risk (37.7%). The rest of the reasons cited included: could not afford (3.9%), and were afraid to go to get tested (2.3%). Additional reasons given as “other” included no time, language barriers, no medical insurance, had test before and tested negative (Figure 19).

Figure 19. Reasons for Not Testing for HIV, HEAL9 Survey



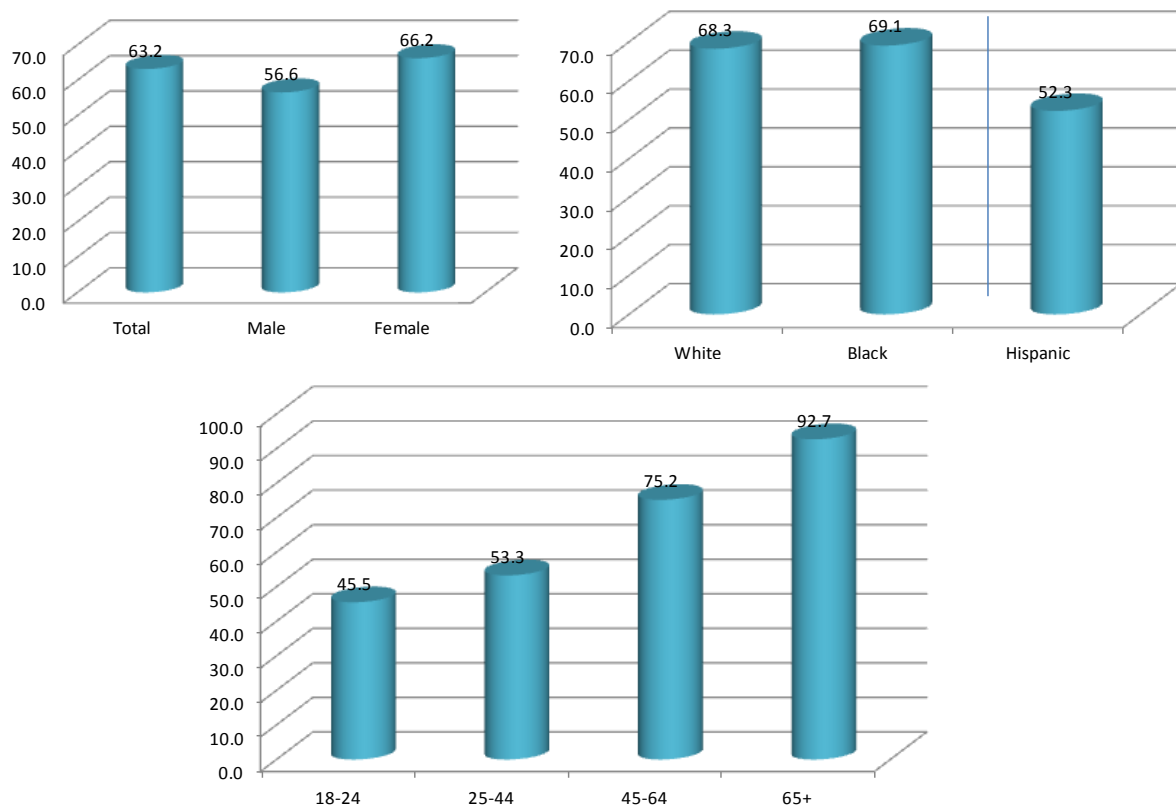
➤ Chronic Disease Screening

The respondents were asked a series of questions about screening for chronic diseases, such as testing of blood pressure, cholesterol, diabetes, and cancer screening during the past 12 months.

Among the respondents who answered the questions, 63.2% had blood pressure testing during the past 12 months. Female respondents were more likely to report that they had received blood pressure screening than male respondents. Older respondents were also more likely to report receiving blood pressure screening than younger respondents. White and black respondents reported similar rates of blood pressure screening (Figure 20).

Hispanic respondents were less likely to report receiving blood pressure screening than non-Hispanic respondents, however, the age distribution of Hispanics surveyed was much younger than the non-Hispanic age distribution. 72% of Hispanic respondents were age 44 or younger; whereas 48% of non-Hispanic respondents were age 44 or younger.

Figure 20. Percent of Respondents Who Had Blood Pressure Screening in the Past Twelve Months by Sex, Age, Race, and Ethnicity, HEAL 9 Survey



Over half of the respondents (56.4%) reported receiving cholesterol testing and about 45% of the respondents reported receiving diabetes testing during the past 12 months (Figures 21 & 22). A greater percentage of female and older respondents indicated they had these tests performed. Hispanic respondents were less likely to report having received diabetes testing than non-Hispanic respondents, and black respondents were more likely than white respondents to report being tested for diabetes.

Figure 21. Percent of Respondents Who Had Cholesterol Screening in the Past Twelve Months by Sex, Age, Race, and Ethnicity, HEAL 9 Survey

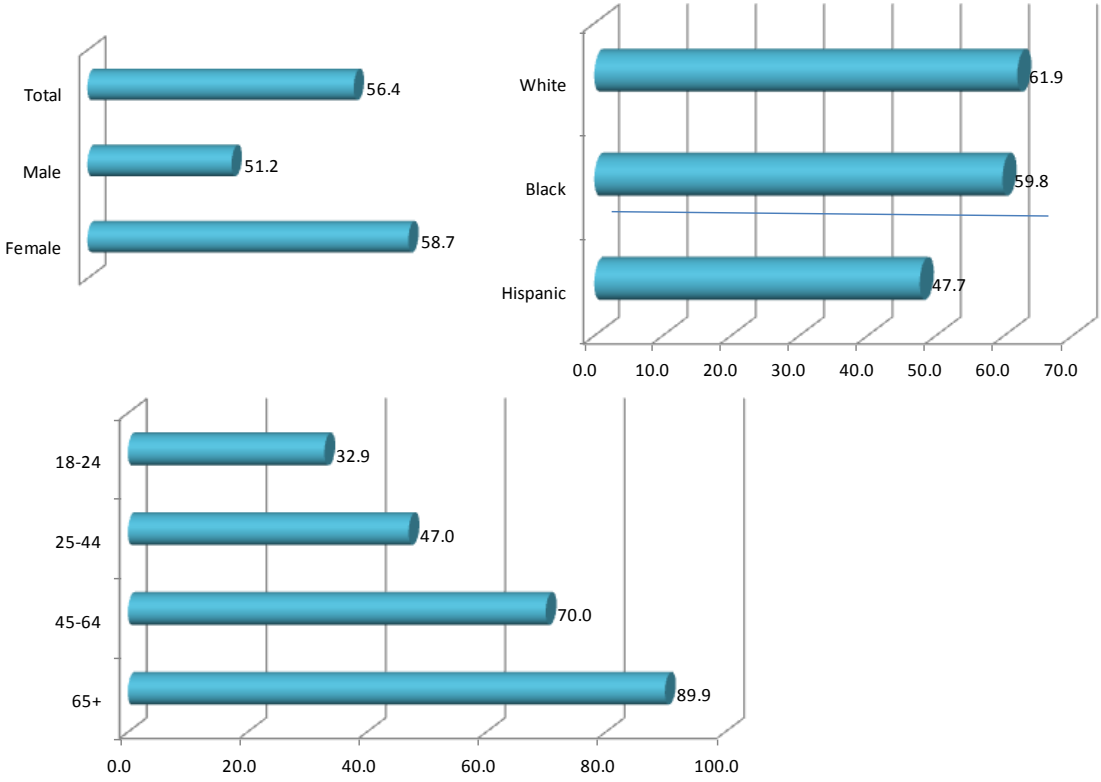
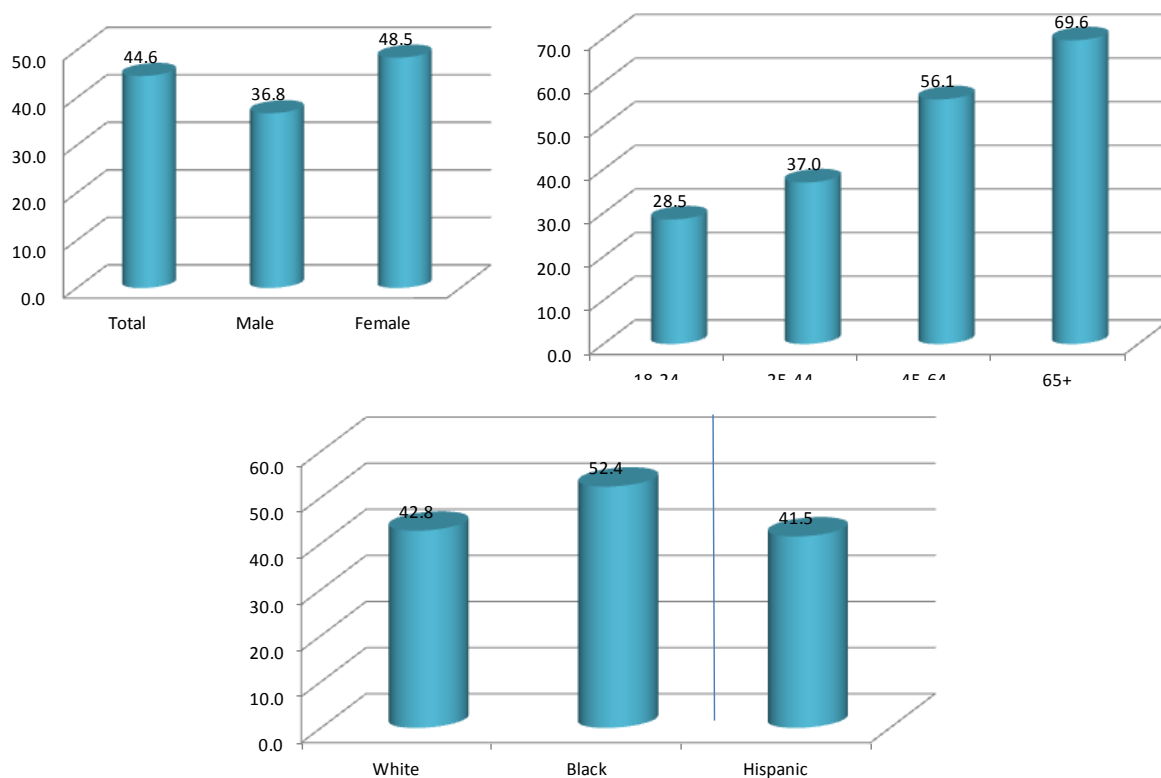
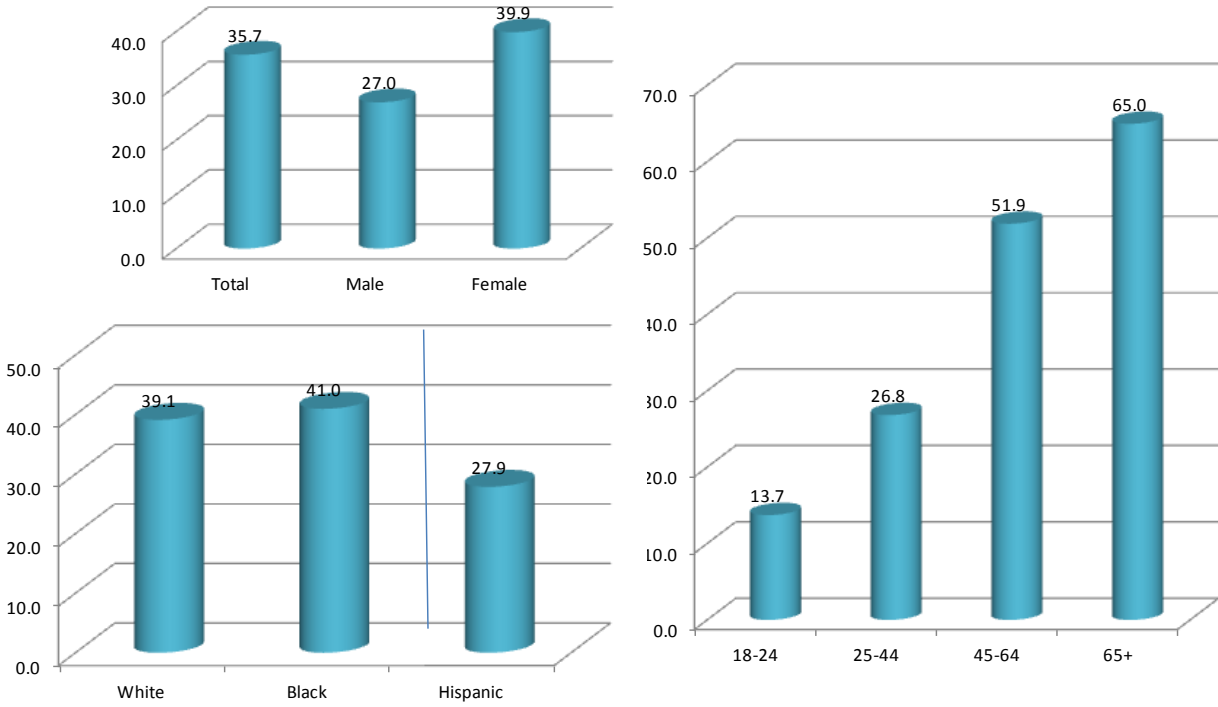


Figure 22. Percent of Respondents Who Had Diabetes Screening in the Past Twelve Months by Sex, Age, Race, and Ethnicity, HEAL 9 Survey



Over 550 respondents reported having had cancer screening during the past 12 months (35.7%). A greater percentage of female respondents reported receiving cancer screening than male respondents. The percentage of respondents screened for cancer increased by age. Among those 65 years and older, about two-thirds had been screened for cancer. Black and white respondents reported similar cancer screening rates, Hispanic respondents were less likely to report receiving cancer screening than non-Hispanic respondents (Figure 23).

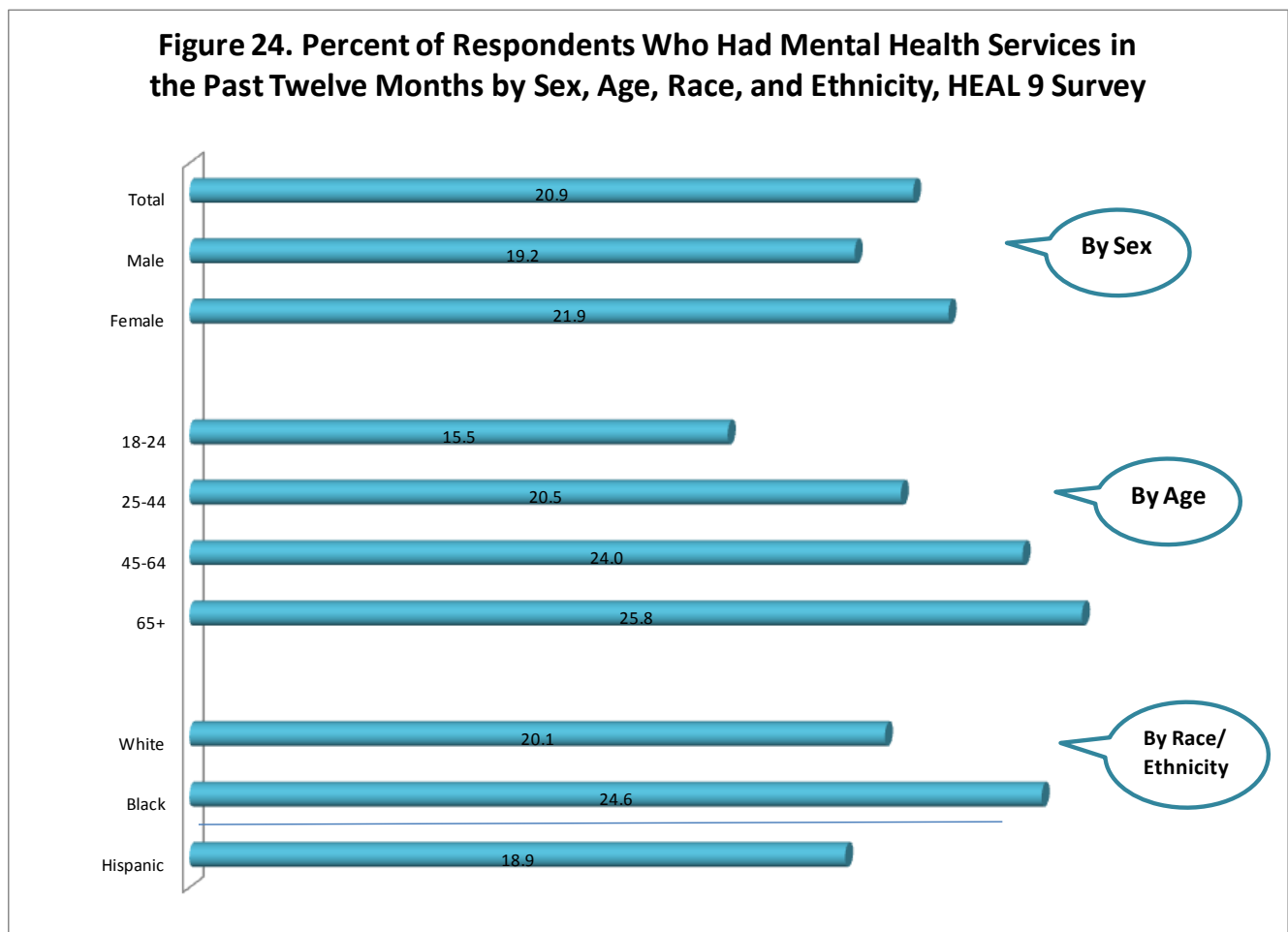
Figure 23. Percent of Respondents Who Had Cancer Screening in the Past Twelve Months by Sex, Age, Race, and Ethnicity, HEAL 9 Survey



➤ Mental Health Services

About 300 respondents (20.4%) stated they had received mental health services during the past 12 months. Compared to male respondents, female respondents were more likely to report having received mental health services. Older respondents were also more likely to report receiving mental health services (Figure 24).

Compared to white respondents, black respondents were more likely to report receiving mental health services during the past 12 months, as were, non-Hispanic respondents.



➤ Nutrition and Weight Loss Programs

About a quarter of the respondents reported that they had received nutrition education and about one-fifth of the respondents reported that they had attended weight loss programs during the past 12 months. Females were more likely than males to report receiving nutrition education or attending weight loss programs. Older respondents were also more likely to report having received these services. In addition, black respondents and non-Hispanic respondents were more likely to report having received nutrition education or having attended weight loss programs than white respondents and Hispanic respondents (Figures 25 & 26).

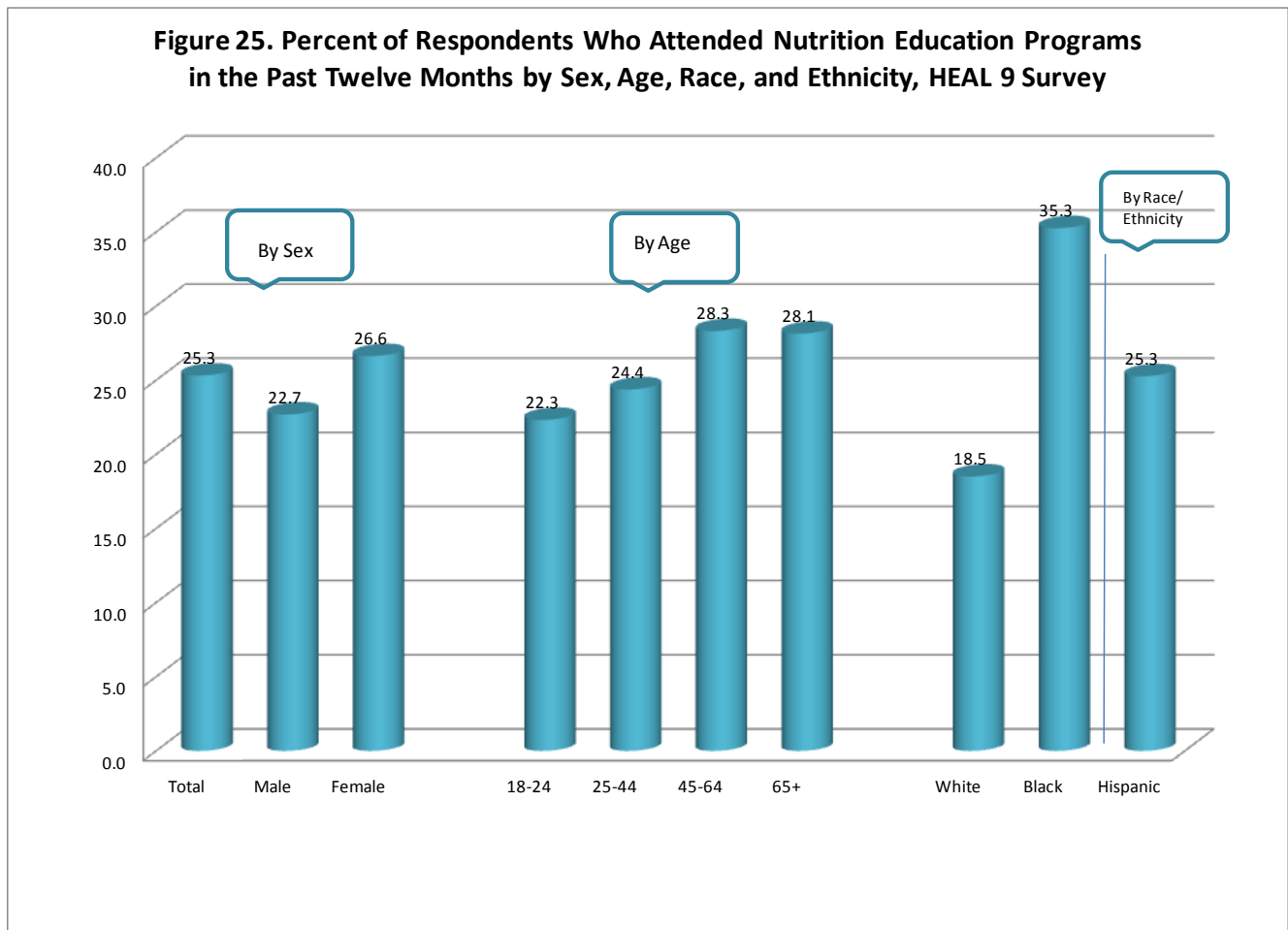
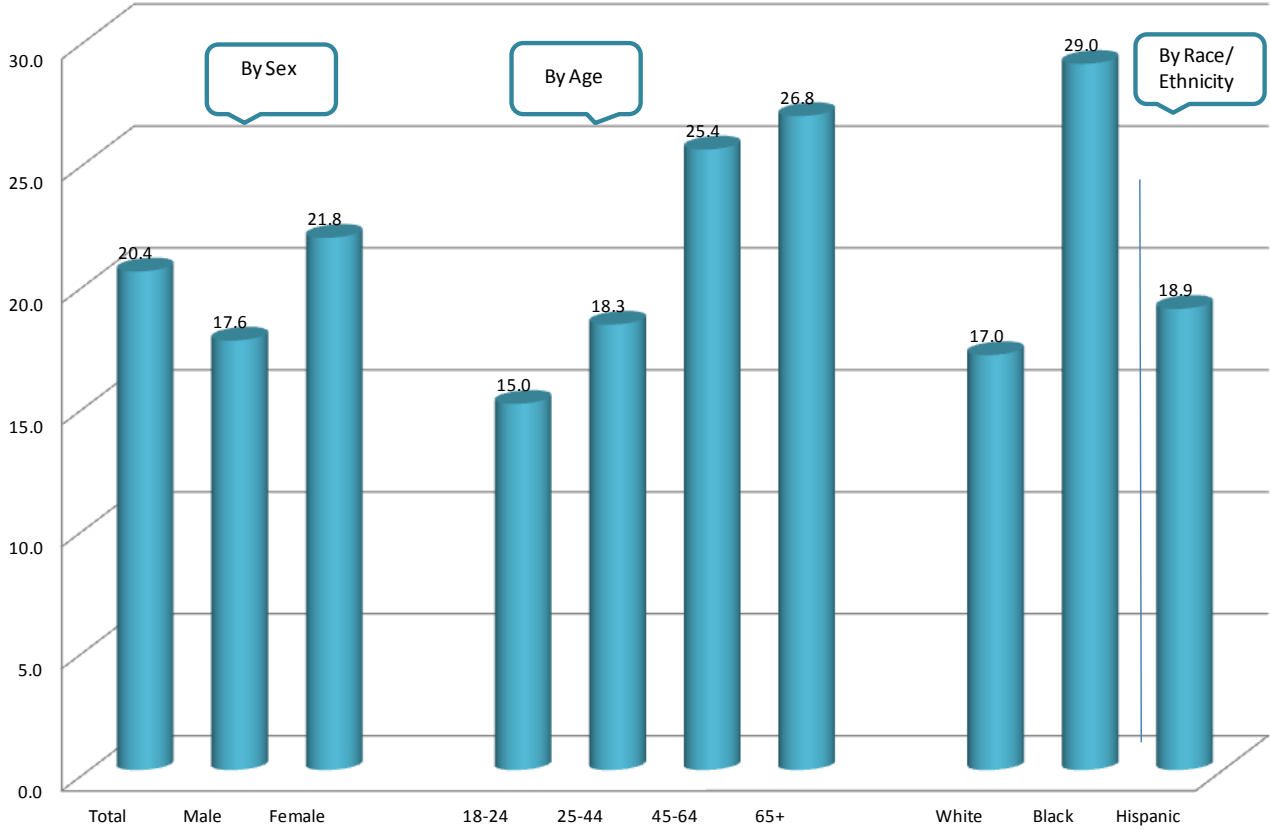


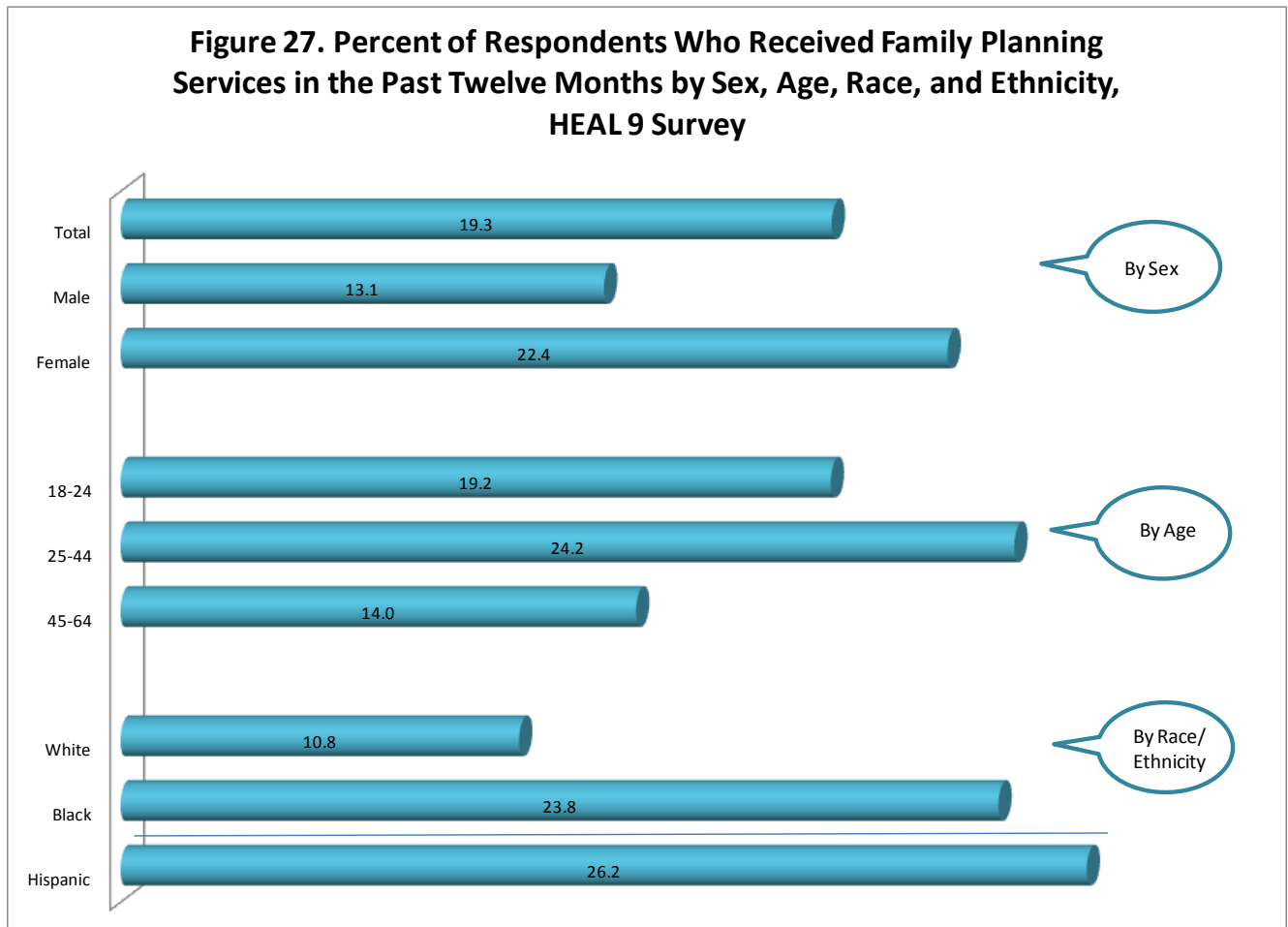
Figure 26. Percent of Respondents Who Attended Weight Loss Programs in the Past Twelve Months by Sex, Age, Race, and Ethnicity, HEAL 9 Survey



➤ Family Planning Services

About 20% of the respondents reported that they had received family planning services during the past 12 months. Females were more likely to report that they received these services than males. Respondents aged 25-44 were most likely to report having family planning services (Figure 27).

Compared to white respondents, black respondents were more likely to report having received family planning services. In addition, Hispanics were more likely to report having received family planning services than non-Hispanic respondents.



Health Insurance and Access to Health Care

This section presents information on health insurance coverage for general health care, dental care, prescriptions, mental health care, and cancer screening among the Heal 9 survey respondents. Specific reasons for not having health care insurance are presented.

In terms of access to health care, this section also includes information on the respondents' routine physical or dental examinations, reasons for not having these exams, and methods of payment for prescriptions.

In addition, analysis on seeking medical services outside of the county is presented, including type of services and reasons for obtaining such services.

Information was obtained from the following survey questions:

Q19. Do you have insurance coverage for: Health Care, Dental, Prescription Drugs, Mental Health, Cancer Screening? (Check yes, no or don't know for each).

Q19a. If no, what is the main reason you do not have coverage: Employer does not offer, employer offers but too expensive, Cannot afford to buy on my own? (Check answers for each of the five areas mentioned in Q19).

Q20. How long has it been since you last visited a doctor for a routine physical exam or check-up: In the past year, In the past 2 years, In the past 5 years, Five or more years ago, Never, Don't know. (Check one).

Q20a. If never or more than two years, what is the main reason(s) you did not have a routine physical exam or check-up? Cannot afford, Co-pay or deductible too high, Insurance does not cover, Too far to travel, Did not have transportation, Did not have the time, Cannot find a doctor who speaks my language, Health provider said it was not needed, Do not like going/Afraid to go, did not have childcare, Other (Check all that apply).

Q21. In the past 12 months, did you have a routine dental check-up?

Q21a. If no, what is the main reason(s) you did not have a routine physical exam or check-up? Cannot afford, Co-pay or deductible too high, Insurance does not cover, Too far to travel, Did not have transportation, Did not have the time, Cannot find a doctor who speaks my language, Health provider said it was not needed, Do not like going/Afraid to go, did not have childcare, Other (Check all that apply).

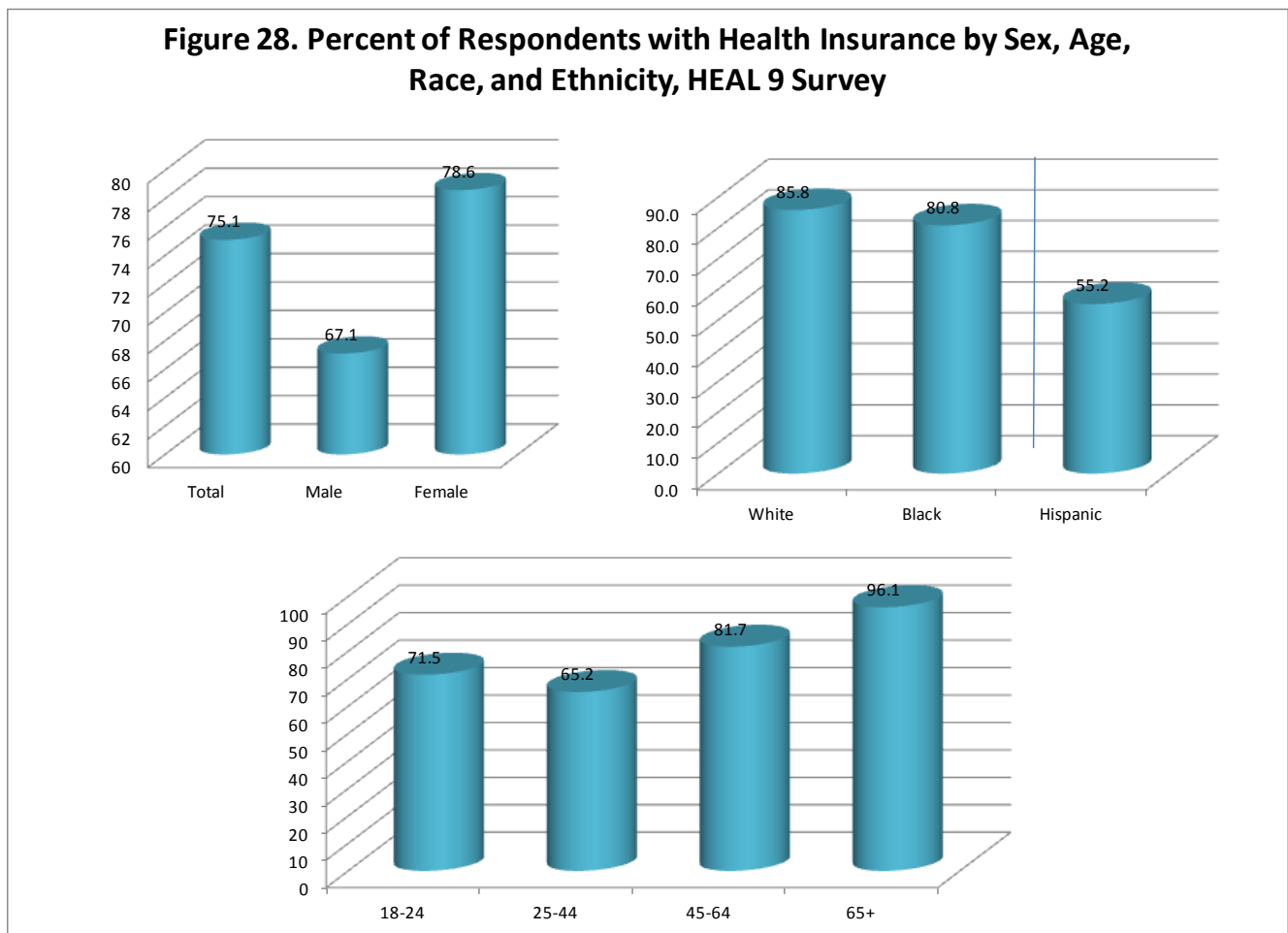
- Q22.** *In the past 12 months, how did you pay for medicine prescribed by your doctor: Did not have any prescription to fill, Insurance, Insurance plus co-pay, Out of pocket (paid on my own), Could not afford to fill the prescription (check all that apply).*
- Q24.** *In the past 12 month, have you or any member of your family, traveled outside your county to get health care services?*
- Q24a.** *What service(s) did you leave your county for: Primary care, Dental, Ob/Gyn, Family planning, Pediatric, HIV/STD, Mental health, Specialty, Hospital care, Other (Check all that apply).*
- Q24b.** *What is the main reason(s) for traveling outside of your county for the services: No provider in my county provides the service, To see a provider closer to my home/work, To get better care, Other (Check all that apply).*
- Q24c.** *Where did you go to get your health care service(s): New York City, New Jersey, Pennsylvania, Connecticut, Another county located in New York State, Other (Check all that apply).*

➤ Health Insurance

The majority of the respondents stated that they had insurance to cover health care, dental care, and prescription drugs. About half of the respondents stated that they had coverage for mental health care, and just below half had coverage for cancer screenings.

❖ Health Care Insurance

About 2,000 respondents (1925 of the 2017, 95%) indicated their status on health care insurance coverage. Among them, 75.1% had health insurance coverage, 23.0% did not have coverage and less than 2.0% did not know whether or not they had coverage). Men were less likely to report having health care insurance than women (67.1% versus 78.6%). Older respondents reported the highest percentage of coverage (Figure 28).



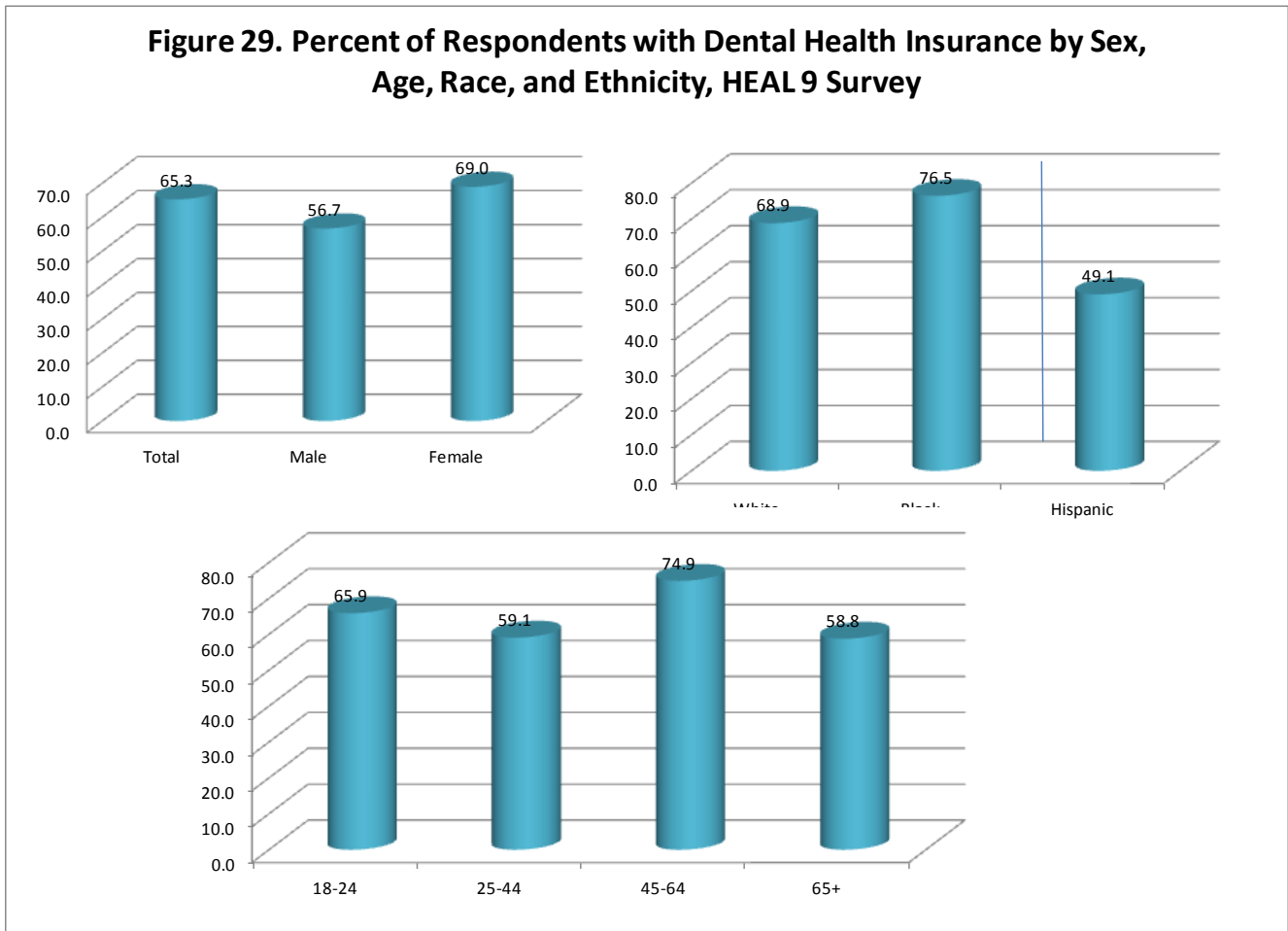
Hispanic respondents were less likely to report having health insurance coverage compared with non-Hispanics (55.2% versus 86.3%). The percentage with health insurance was lower among those who classified themselves as belonging to an “other” race (61.2%), compared to whites (85.8%) and blacks (80.8%).

Among those who reported that they did not have health care coverage, 19.7% stated that their employer did not offer it, 9.2% stated that their employer offered it but it was too expensive, and 71.1% stated they were not covered because they could not afford to purchase healthcare coverage on their own.

❖ **Dental Care Insurance**

Among the 1,793 of 2,017 (88.9%) respondents who answered the question on dental care coverage, 65.3% had dental care insurance coverage, 32.3% were not covered for dental care and 2.3% was unaware of their dental coverage status.

There was a higher percentage of dental coverage reported among female respondents than male respondents. Respondents in the age group 45-64 had the highest percentage of dental coverage compared with other age groups. Black respondents were more likely to report having dental coverage than respondents classified as white or “other”. Hispanic respondents were less likely to report having dental coverage than non-Hispanic respondents (Figure 29).

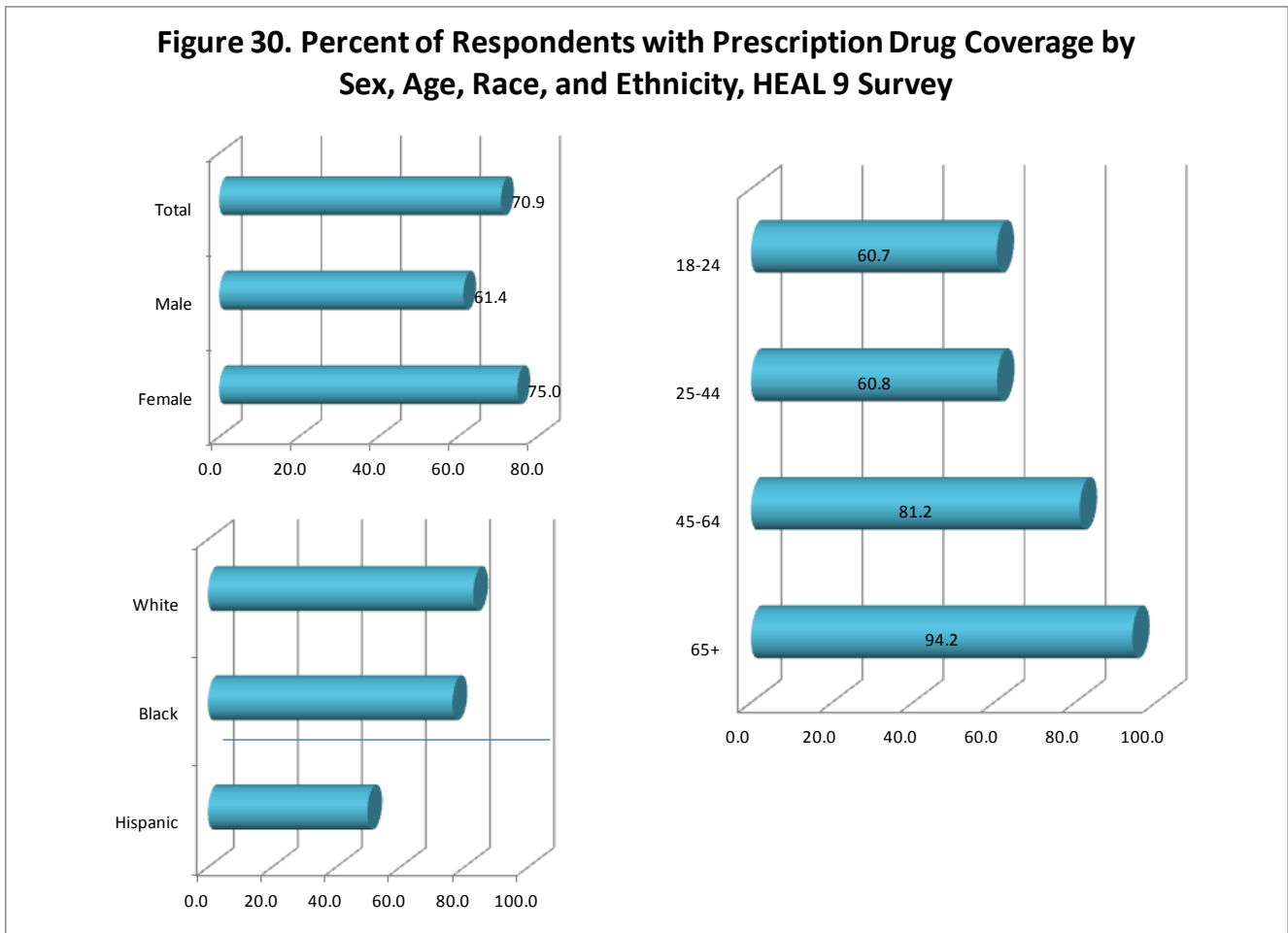


The majority of those who reported that they did not have dental care coverage stated that they could not afford to purchase it on their own (68.4%); 22.5% indicated their employer did not offer it, and 9.1% indicated their employer offered it but it was too expensive.

❖ **Prescription Drug Coverage**

In terms of insurance coverage for prescription drugs, 70.9% of the 1,798 respondents who answered the question had coverage, 25.8% did not have coverage, and 3.3% did not know their prescription drug coverage status.

Older, white and non-Hispanic respondents were more likely to report having prescription drug coverage than younger, black and Hispanic respondents respectively. Females were also more likely to report having coverage for prescription drugs than males (Figure 30).

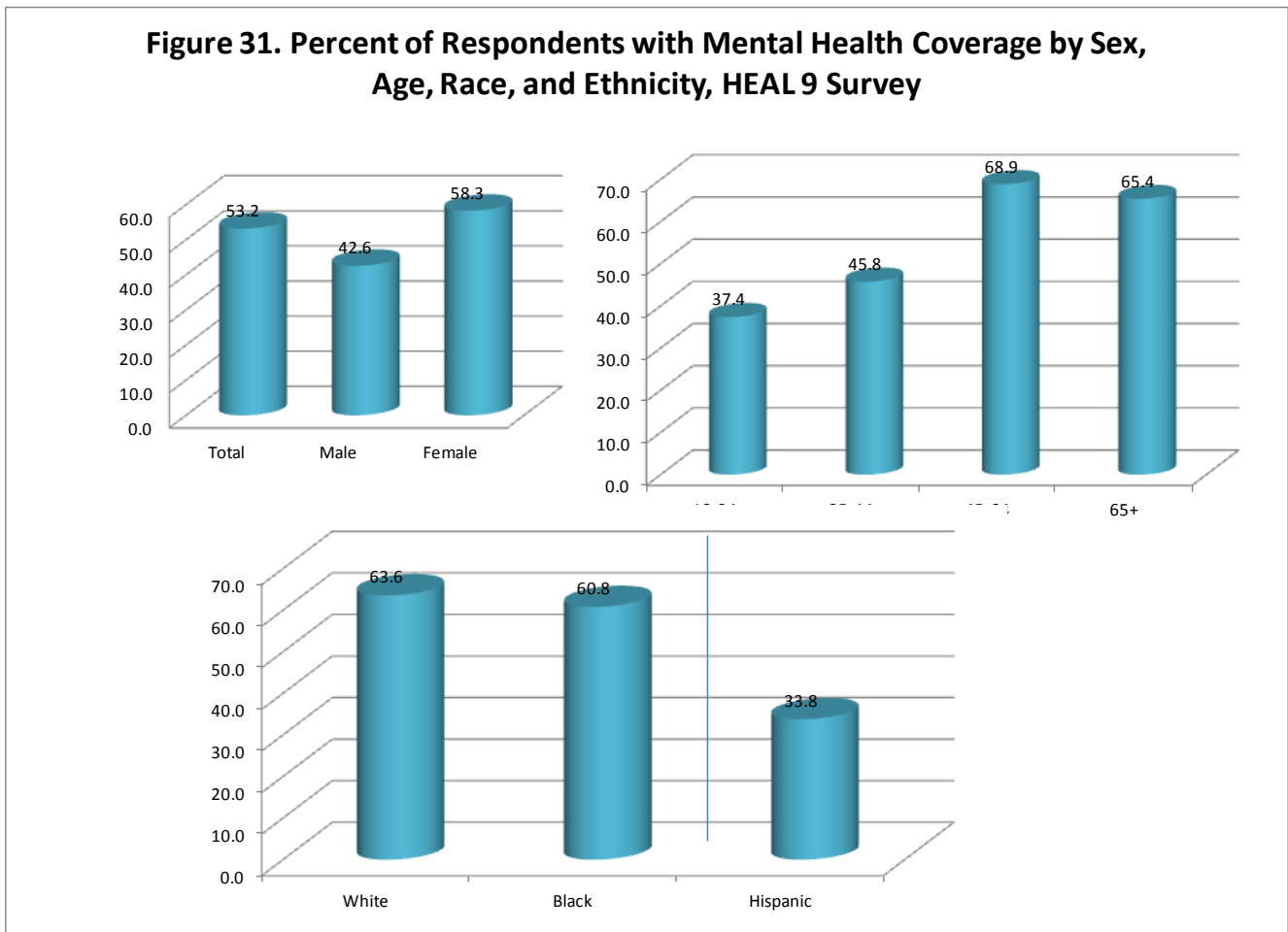


Over 70% of those without prescription drug insurance stated that it was too expensive to purchase on their own, 20.3% indicated their employer did not offer and 8.6% indicated that their employer offered it but it was too expensive for them to purchase.

❖ **Mental Health Insurance**

Over half (53.2%) of the 1,647 respondents who answered the question about mental health insurance stated that they did have insurance and 33.8% stated they had no coverage. The remaining 12.9% did not know whether or not they had mental health insurance coverage.

Female respondents were more likely to report having mental health coverage than males. Respondents younger than 45 years of age were less likely to report having mental health coverage than older respondents. Hispanic respondents were also less likely to report having mental health coverage as compared to non-Hispanic respondents (Figure 31).

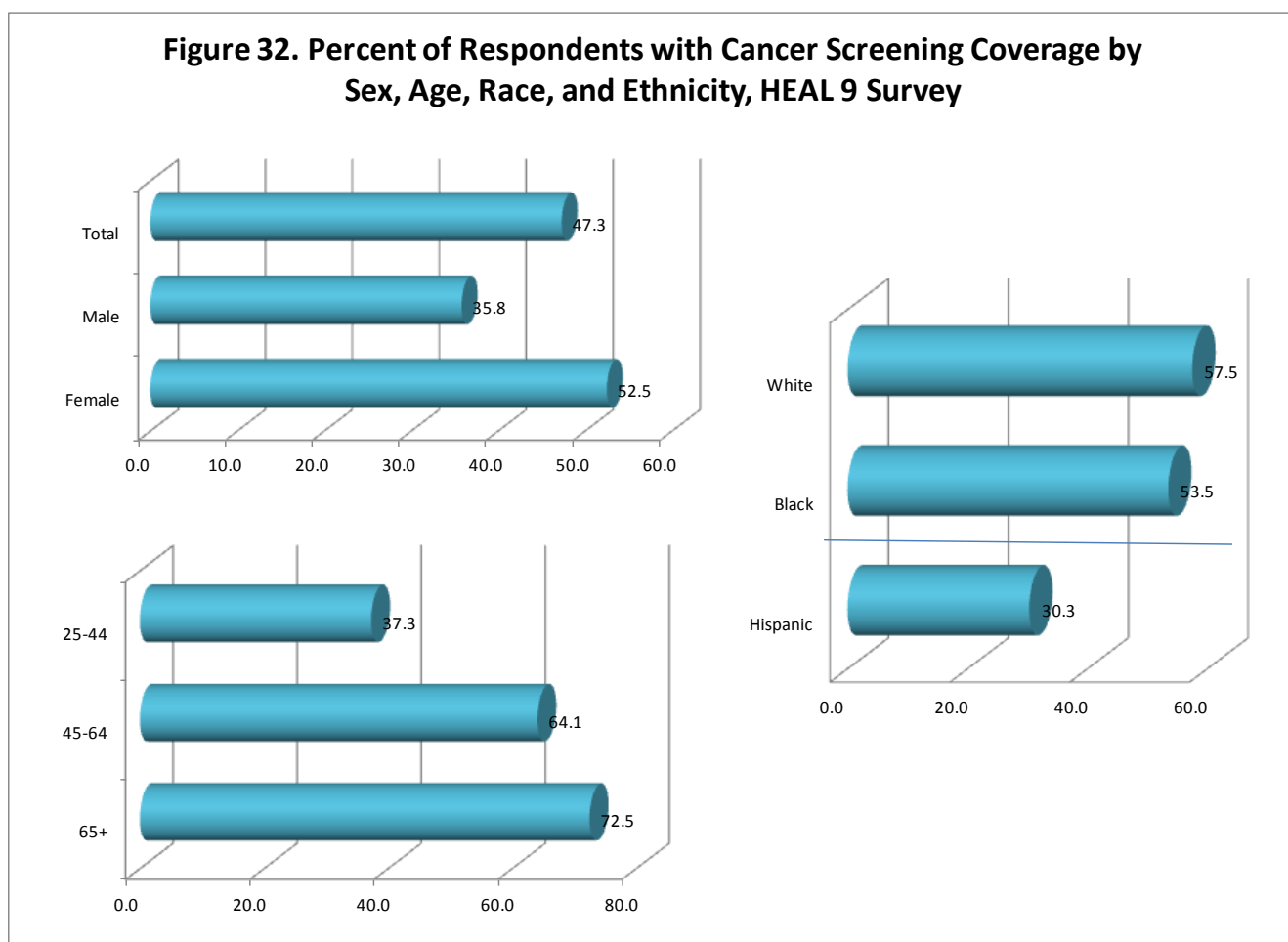


Over 70% of those who did not have mental health coverage indicated that they could not afford to buy it on their own, 21.8% stated their employer did not offer it, and 7.1% stated their employer offered it but it was too expensive.

❖ **Cancer Screening Coverage**

Among the 1627 of 2017 (80.7%) respondents who answered the question on insurance coverage for cancer screening, 47.3% indicated they had coverage and 32.7% stated they had no coverage. The remaining 20.0% did not know if they had coverage for cancer screening.

Older respondents were more likely to report having coverage for cancer screening than younger respondents. Females reported a higher percentage of coverage than males. Non-Hispanic respondents also had a higher percentage rate of coverage than Hispanic respondents. Respondents who identified themselves as “other” for the race category reported much lower rate of cancer screening coverage than white and black respondents (Figure 32).

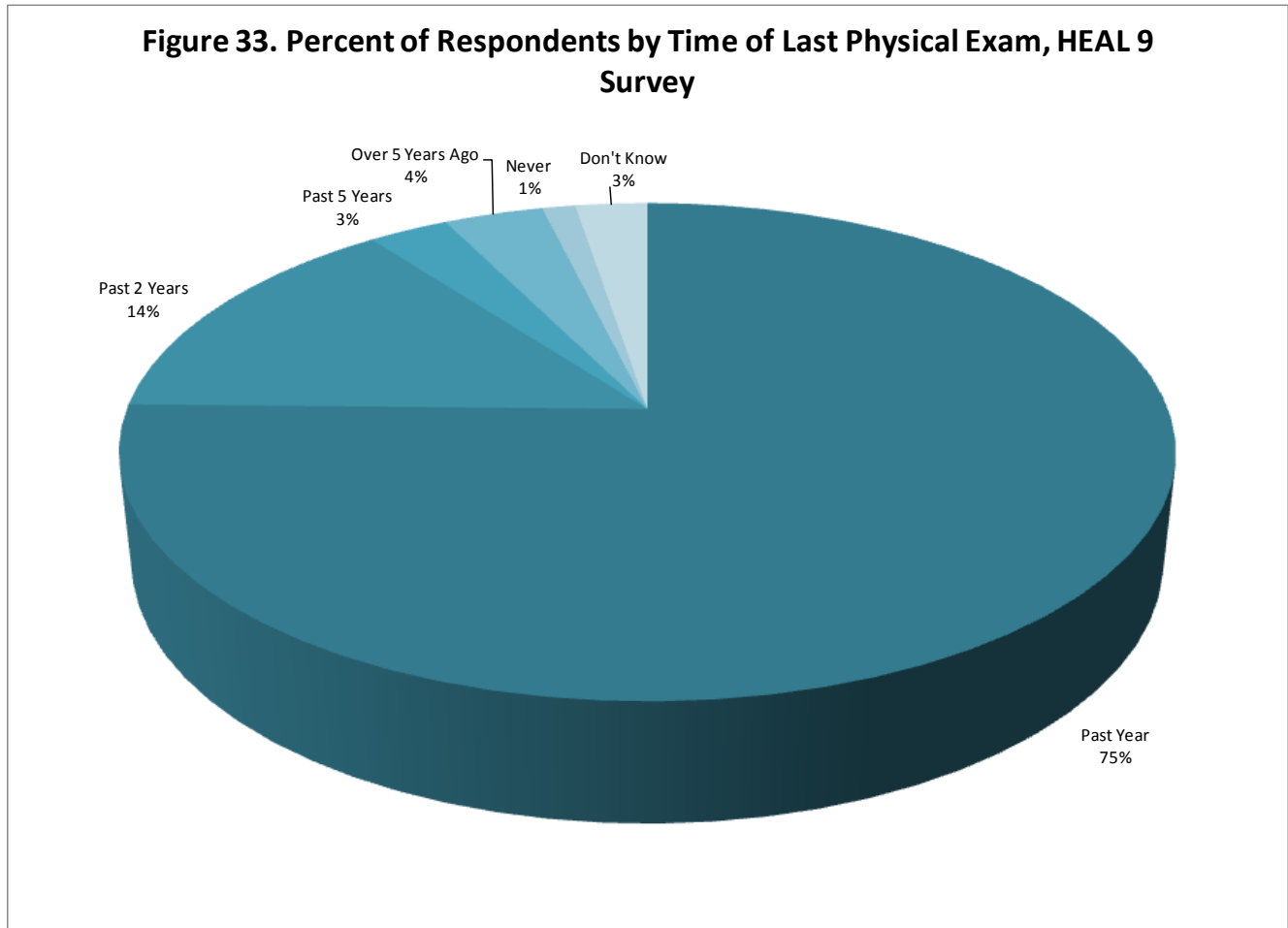


Among those surveyed who report they did not have coverage, 22.4% stated their employer did not offer it, 7.5% stated that their employer did offer the insurance but it was too expensive, and 70.2% stated they could not afford to purchase it on their own.

➤ Access to Care

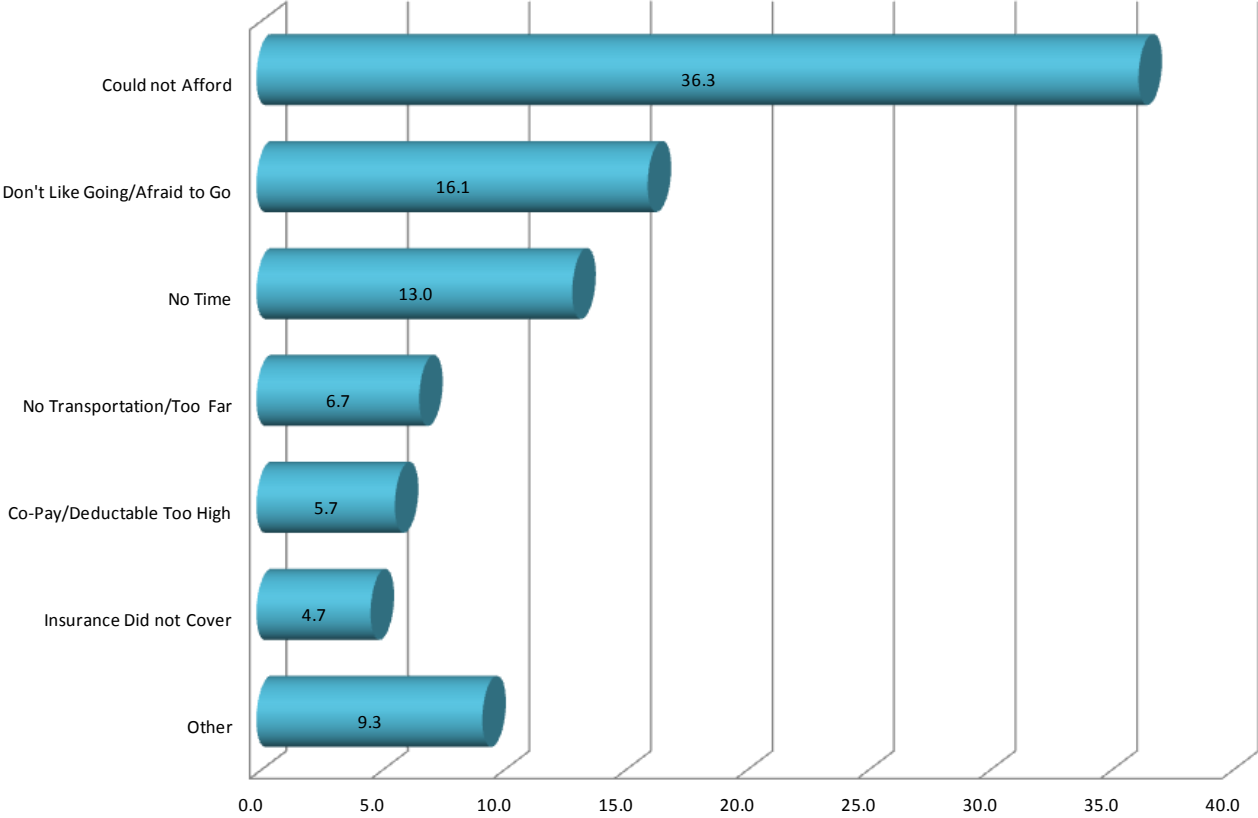
❖ Routine Physical and Dental Check-up

The majority of respondents (1412 of 1874 or 75%) had seen a physician in the past year for a routine physical exam, 14% stated they had seen a physician in the past 2 years, 3% stated they had seen their physician in the past 5 years or more, and 4% responded that they either never or did not know when was the last time they had seen a physician for a routine physician exam or check-up (Figure 33).



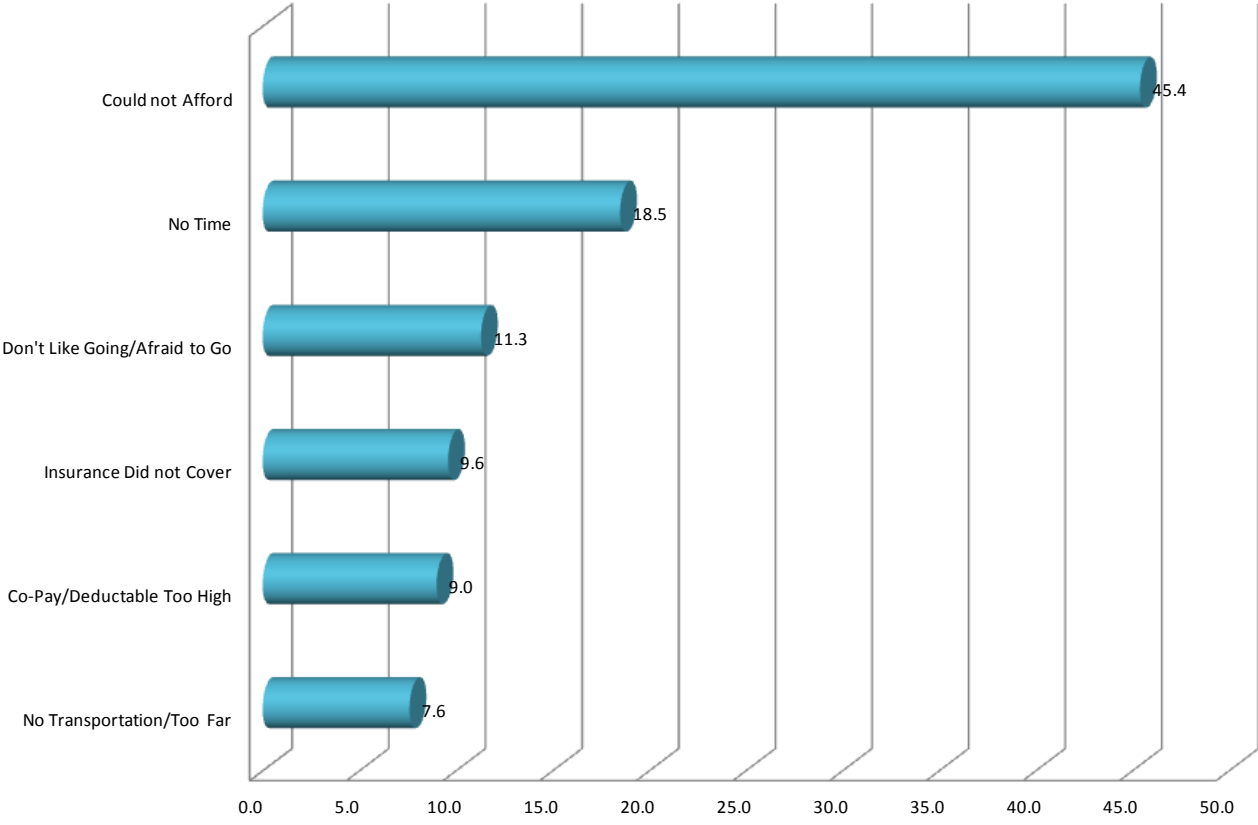
Among the 193 respondents who reported that they never had a physical exam or reported their routine exam was 2 or more years ago, the most popular reason for not going was the inability to afford the exam (36.3%). The other reasons selected for not having a recent routine physical exam included: do not like going or afraid to go, no time, too far to travel/no transportation, the deductible or co-pay was too high, insurance did not cover or no insurance, language barrier, did not have childcare (Figure 34).

Figure 34. Percent of Respondents by Reasons of Not Having Routine Physical Exam Over the Last Two Years, HEAL 9 Survey



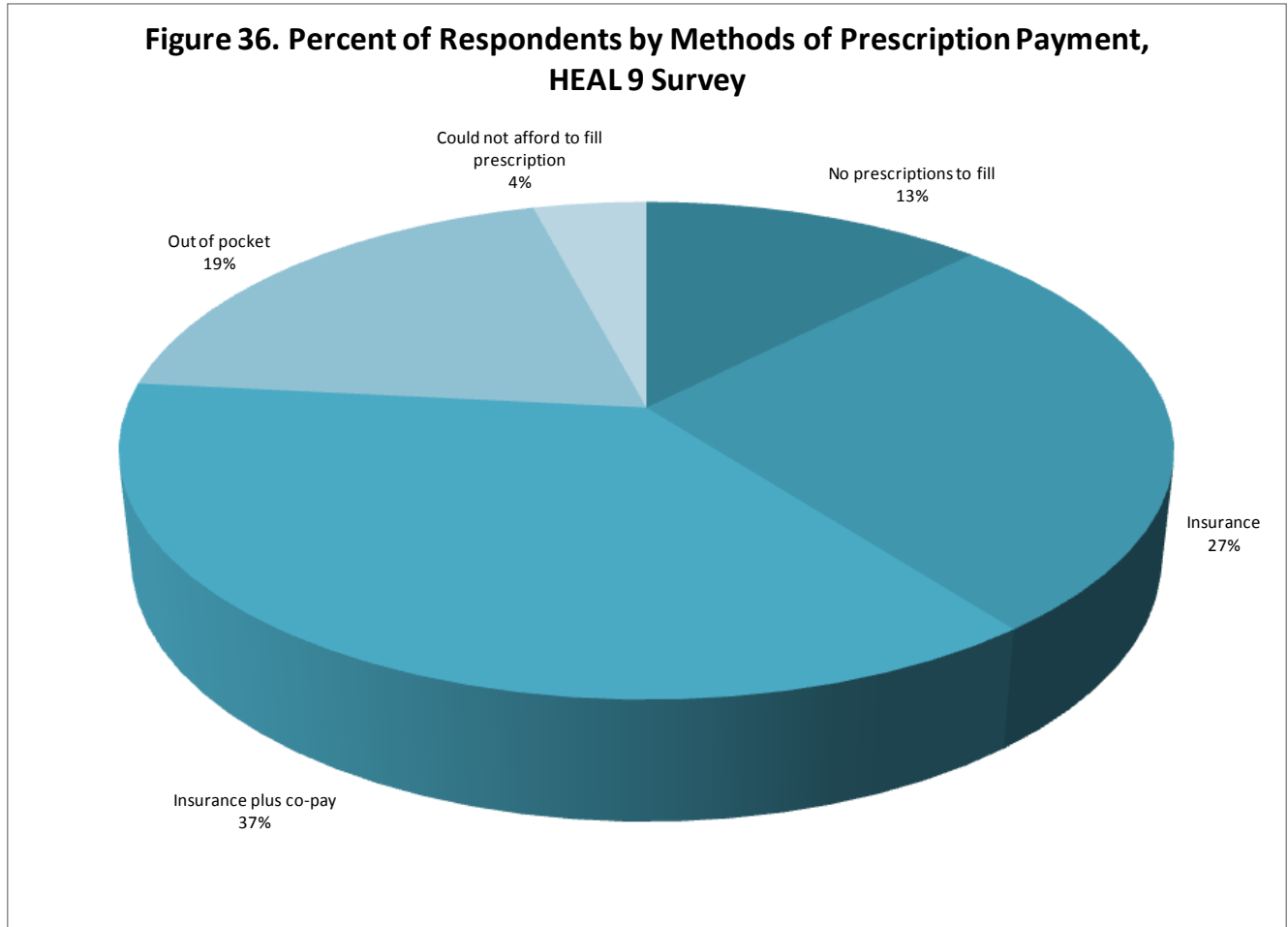
Over 60% of the respondents had a dental exam in the past 12 months. The main reason for not having a dental check-up was affordability (45.4%). Other top reasons selected for not having had a routine dental exam included no time, do not like going or afraid to go, insurance did not cover or no insurance, co-pay too expensive, no transportation/too far (Figure 35).

Figure 35. Percent of Respondents by Dental Health Check-up Status and Reasons for Not Having Check-ups, HEAL 9 Survey



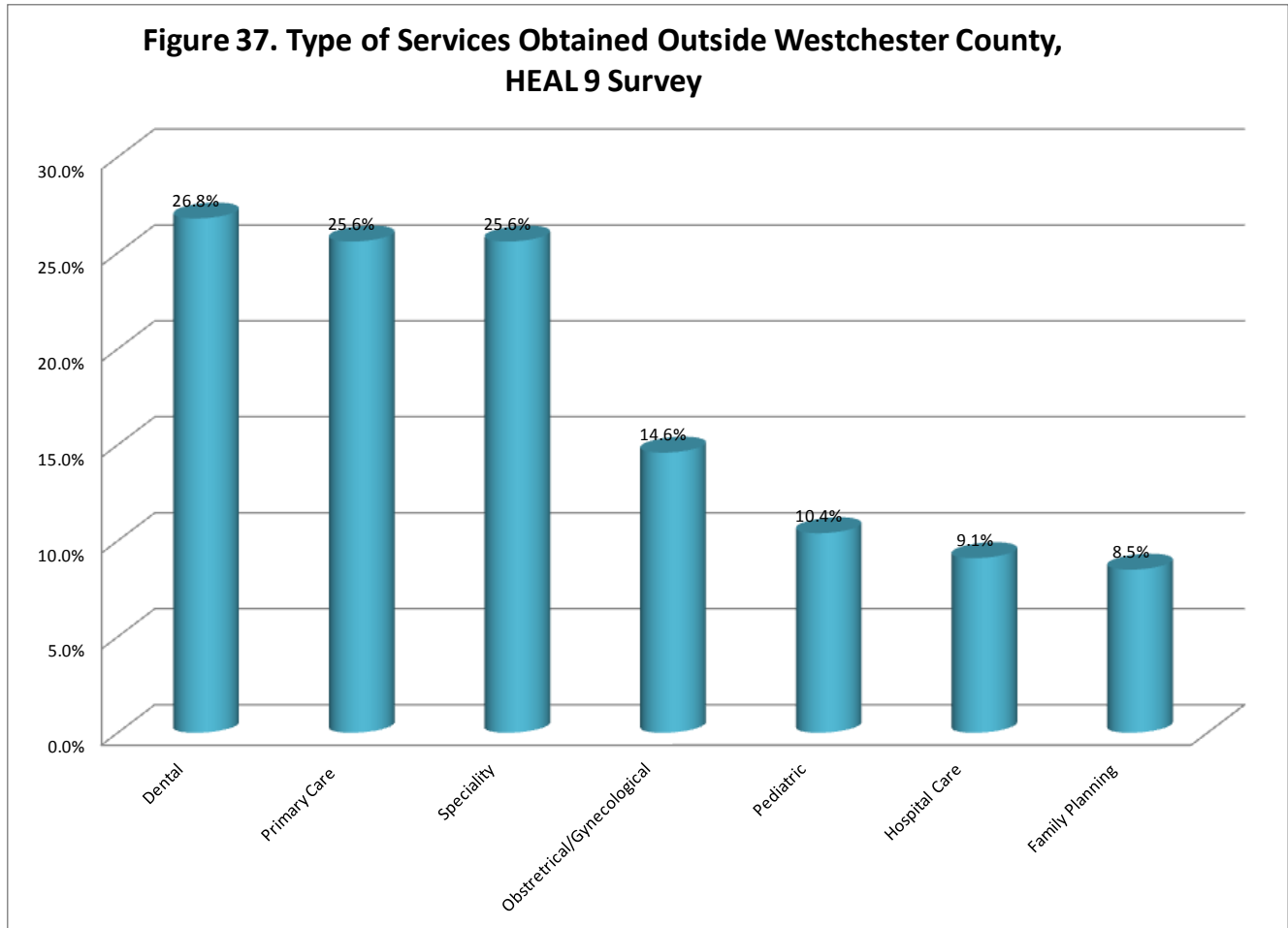
❖ Prescription

Regarding filling and paying for prescription medicine, most of the respondents had insurance to cover the full expenses or part of the expenses. Less than 5% reported that did not fill their prescriptions due to cost (Figure 36).



❖ Out-of-County Services

Only 164 respondents stated that they had traveled outside of Westchester County for health care services. The type of services these respondents obtained from outside of the county ranged from primary care services to specialty services (Figure 37).



The main reasons that the respondents chose to seek care outside their County included: to get better care (35.4%), no provider in my county provides the service (14.6%), to see a provider closer to my home/work (10.4%). In addition, about 30% stated such reasons as disease specialist, free of charge, recommendation or referral, employer provided the service, follow up from original service (29.3%).

Over half of the respondents who sought care outside the County went to New York City, 14.0% went to another county in New York State, and 7.3% went to Connecticut.

Knowledge of Available Health Care Services

The respondents were asked a series of questions about their knowledge of where to get health care services. Most of the respondents stated that they knew where to obtain health services in the county.

Q29. *Do you know where to go in the County for: Diabetes Testing, Blood Pressure Testing, Cholesterol Testing, Cancer Screening, Nutrition Education, Weight Loss Programs, Mental Health services, Family Planning Services, STD Testing, HIV Testing?*

➤ Chronic Disease Screening

Approximately 1,200 respondents (72.0%) stated they knew where to obtain blood pressure screening. Female respondents were more likely to know where to obtain the screening than males. Those aged 45-64 had the highest percentage of respondents knowing where to obtain such services (Table 3).

Table 3. Number and Percent of Respondents Who Know Where to Obtain Chronic Disease Screening Services, HEAL 9 Survey

	Blood Pressure Testing		Cholesterol Testing		Diabetes Testing		Cancer Screening	
	Number	%	Number	%	Number	%	Number	%
Total	1181	72.0	1116	68.6	1114	67.3	1002	62.7
Male	357	67.7	333	63.8	330	61.9	291	57.2
Female	816	74.0	777	71.0	779	70.1	705	65.4
18-24	231	70.4	204	62.2	193	58.5	179	54.9
25-44	395	65.3	373	62.3	374	61.3	336	56.5
45-64	414	79.9	397	78.3	405	78.0	368	73.7
65+	128	76.6	129	76.3	129	75.0	111	70.7
White	462	73.7	452	72.2	439	69.7	406	66.2
Black	347	80.1	322	75.2	329	75.3	300	71.1
Hispanic	361	62.1	340	58.9	337	57.0	291	51.7

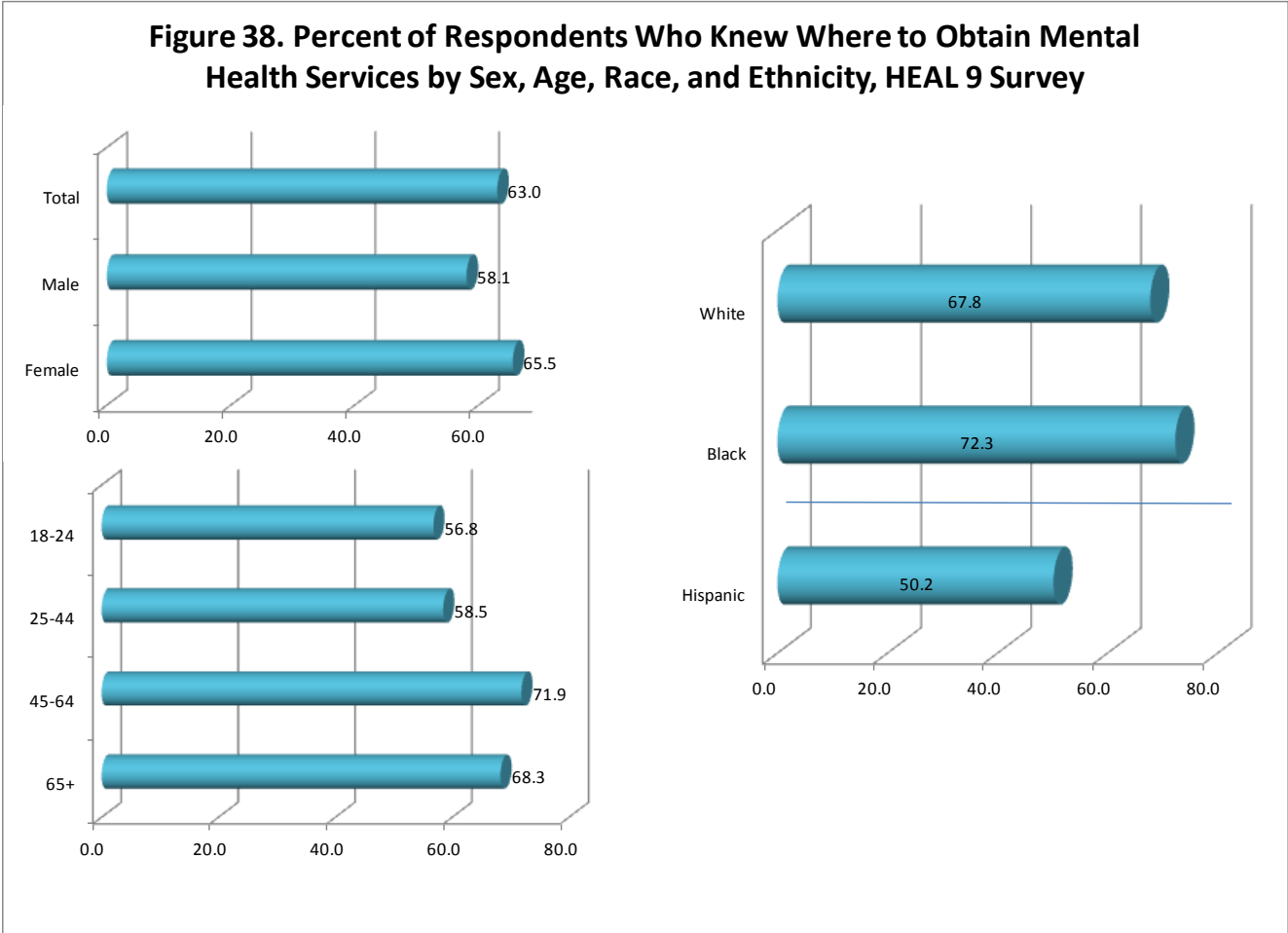
Compared to white respondents, black respondents were more likely to report knowing where to obtain blood pressure screening. Hispanic respondents were less likely to report knowing where to obtain blood pressure screening than non-Hispanics.

Close to 70% of respondents knew where to obtain cholesterol tests or diabetes tests. For both tests, females were more likely to report that they knew where to go to obtain these tests than male respondents. Compared to younger respondents, older respondents were more likely to report that they knew where to go for these services. Hispanics, compared to non-Hispanics were less likely to report that they knew where to obtain cholesterol or diabetes tests.

About 1,000 respondents (62.7%) answered that they knew where to obtain cancer screenings. Females had a higher percentage of respondents answering yes to this question. Older respondents and black respondents were more likely to report that they knew where to obtain cancer screenings as were non-Hispanic respondents.

➤ **Mental Health Services**

Approximately 1,000 respondents (63.0%) reported that they knew where to obtain mental health services. About two-thirds of the female respondents reported that they knew where to obtain these services compared to 58.1% of the male respondents. Respondents in the 45-64 age group were most likely to report that they knew where to obtain mental health services compared to other age groups: almost three-quarters had knowledge of where to obtain mental health services (Figure 38).



About three-quarters of black respondents knew where to obtain mental health services, compared to 68% of the white respondents. Only half of Hispanic respondents reported that they knew where to obtain such services.

➤ Nutrition Education and Weight Loss Programs

Approximately 1,000 respondents (over 60%) stated they knew where to go for nutrition education or weight loss programs. Female respondents had a higher percentage reporting that they knew where to obtain such services (Table 4).

Table 4. Number and Percent of Respondents Who Know Where to Obtain Nutrition Education Services or Attend Weight Loss Programs, HEAL 9 Survey

	Nutrition Education Service		Weight Loss Program	
	Number	%	Number	%
Total	987	62.5	973	61.6
Male	285	57.1	290	57.5
Female	697	65.2	678	63.6
18-24	189	58.3	189	58.3
25-44	341	57.5	326	55.0
45-64	353	71.7	355	72.2
65+	97	64.7	96	63.2
White	399	65.6	397	65.2
Black	298	71.3	295	70.4
Hispanic	287	51.6	279	49.9

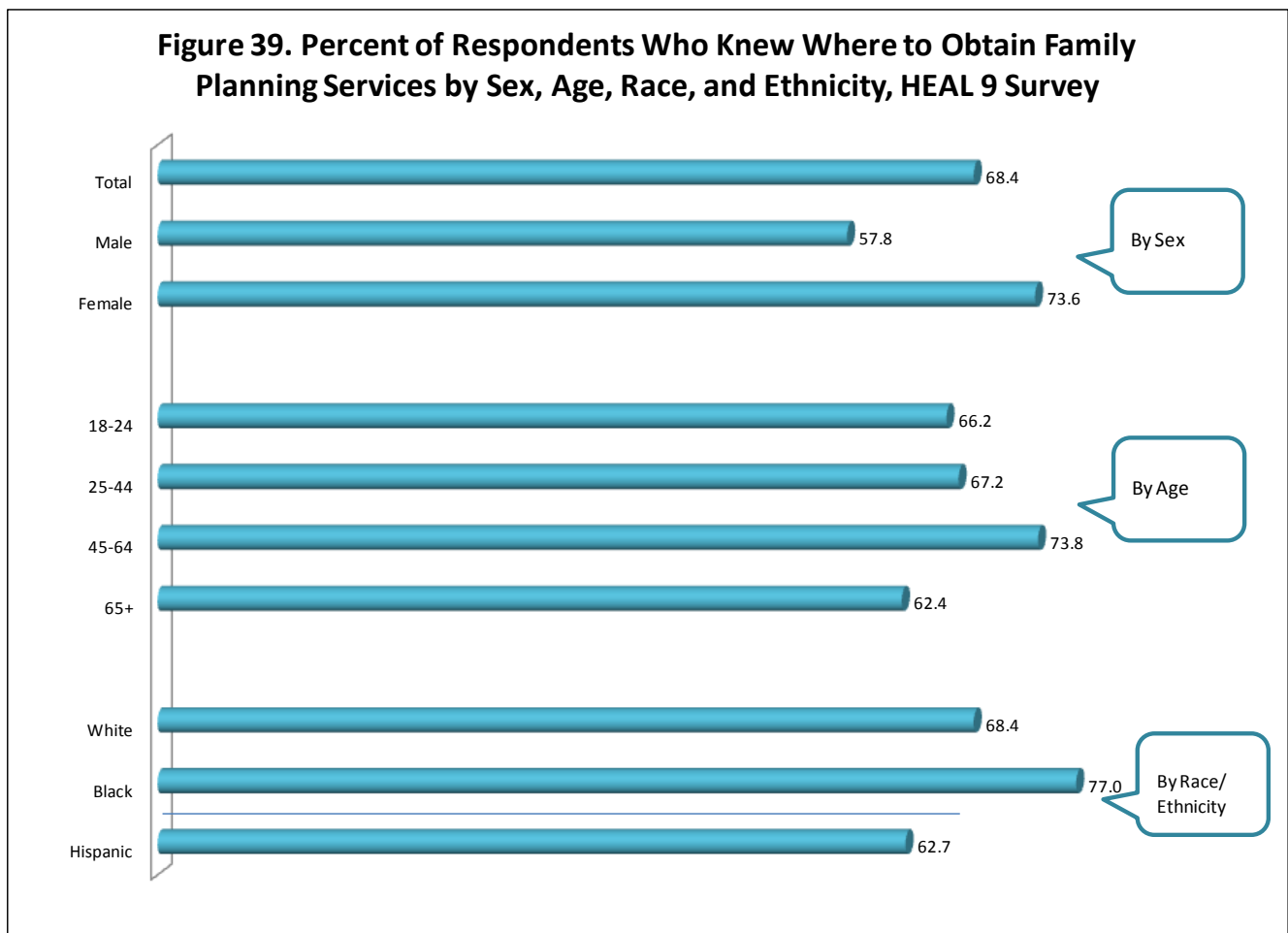
Compared to other age groups, those aged 45-64 had the highest percentage of knowing where to obtain these services. Black respondents had slightly higher percentages of stating that they knew where to obtain such services than white respondents. Hispanic respondents had the lowest percentage of respondents stating that they knew where to obtain nutrition education or weight loss programs.

➤ Family Planning Services

Approximately 1,100 respondents (68.4%) reported that they knew where to obtain family planning services.

Female respondents and respondents in the 45-64 age group were most likely to report that they knew where to obtain family planning services (Figure 39).

A higher percentage of black respondents knew where to obtain these services than white respondents. Hispanic respondents had the lowest percentage of respondents who knew where to obtain family planning services.



➤ STD and HIV Testing

When asked if they knew where in the County to obtain an STD test and/or an HIV test, 1,108 respondents (70.1%) indicated that they knew where to obtain an STD test and 1,114 respondents (70.5%) indicated that they knew where to obtain an HIV test. Females, younger respondents, black and non-Hispanic respondents had higher percentages of respondents who knew where to obtain these services (Table 5).

Table 5. Number and Percent of Respondents Who Know Where to Obtain STD or HIV Testing, HEAL 9 Survey

	STD Testing		HIV Testing	
	Number	%	Number	%
Total	1108	70.1	1114	70.5
Male	322	63.8	327	64.5
Female	783	73.5	783	73.6
18-24	249	74.6	247	74.4
25-44	403	68.1	409	69.0
45-64	361	73.1	358	72.8
65+	84	59.6	88	61.1
White	410	68.2	414	68.3
Black	346	82.0	347	82.6
Hispanic	347	61.9	345	62.1

Data Limitations

The HEAL 9 Survey collected data from a convenience sample with inherent selection biases as the survey was intended to include more people with low socioeconomic status. The demographic distribution in this sample is therefore different from Westchester County demographics assessed during the 2000 United States Census and more recent American Community Surveys. As the results reflected those from the respondents included in the survey, the rates reported throughout this document should not be inferred as the prevalence rates for the Westchester County population. Any notable differences by gender, race, ethnicity or age group revealed in this survey should be explored further using probability sampling methods.

Appendix



Robert P. Astorino
County Executive

Patsy Yang, DrPH
Acting Commissioner of Health

**WESTCHESTER COUNTY DEPARTMENT OF HEALTH SURVEY:
part of a Hudson Valley Regional Health Survey**

This survey will help us assess the County’s health habits and barriers to health care. The information will be used to explore ways for improving the health care system. The survey will take about five minutes to complete.

First, we would like to ask you some general questions that tell us a little about you.

1. What county do you live in?

- | | | |
|-----------------------------------|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Dutchess | <input type="checkbox"/> Rockland | <input type="checkbox"/> Westchester |
| <input type="checkbox"/> Orange | <input type="checkbox"/> Sullivan | <input type="checkbox"/> Other |
| <input type="checkbox"/> Putnam | <input type="checkbox"/> Ulster | <input type="checkbox"/> Don’t know |

2. What is your zip code? ____ ____ ____ ____ ____

3. What category best describes your race?

- | | |
|--|--|
| <input type="checkbox"/> White | <input type="checkbox"/> Native American |
| <input type="checkbox"/> Black or African American | <input type="checkbox"/> Other (please tell us)_____ |
| <input type="checkbox"/> Asian or Pacific Islander | |

4. Are you Hispanic/Latino?

- Yes No

5. What is your country of birth?

- United States Other (please tell us)_____

6. What is your sex?

- Male Female

7. Are you currently employed?

- Yes, full-time Yes, part-time No

8. During the past 12 months, what was your total household income before taxes?

- | | |
|--|--|
| <input type="checkbox"/> Less than \$24,999 | <input type="checkbox"/> \$75,000 - \$99,999 |
| <input type="checkbox"/> \$25,000 - \$49,999 | <input type="checkbox"/> \$100,000 or more |
| <input type="checkbox"/> \$50,000 - \$74,999 | |

9. What age do you belong to?

- | | | |
|--------------------------------|--------------------------------|---------------------------------------|
| <input type="checkbox"/> 18-24 | <input type="checkbox"/> 45-54 | <input type="checkbox"/> 75 and older |
| <input type="checkbox"/> 25-34 | <input type="checkbox"/> 55-64 | |
| <input type="checkbox"/> 35-44 | <input type="checkbox"/> 65-74 | |

Now, we would like to ask a few questions about your health and habits.

10. How tall are you without shoes?

____ Feet ____ Inches or ____ Meters ____ Centimeters

11. How much do you weigh?

____ Pounds or ____ Kilos

12. How would you describe your weight?

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> Underweight | <input type="checkbox"/> Overweight |
| <input type="checkbox"/> Normal Weight | <input type="checkbox"/> Obese |

13. In the past week, how many days were you physically active (such as running, calisthenics, golf, gardening, or walking for exercise)?

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> Everyday | <input type="checkbox"/> 1-3 days |
| <input type="checkbox"/> 4-6 days | <input type="checkbox"/> No days (<i>go to question 14</i>) |

13a. If you were physically active, where were you physically active? (check all that apply)

- | | |
|----------------------------------|---|
| <input type="checkbox"/> Home | <input type="checkbox"/> Recreation Center |
| <input type="checkbox"/> Work | <input type="checkbox"/> Park or Bike/Walking Paths |
| <input type="checkbox"/> Outside | <input type="checkbox"/> Other (please tell us) _____ |
| <input type="checkbox"/> Gym | |

14. When grocery shopping, how often do you or does someone else in your household buy fresh fruits and/or vegetables?

- | | |
|--|---------------------------------|
| <input type="checkbox"/> Always (<i>go to question 15</i>) | <input type="checkbox"/> Rarely |
| <input type="checkbox"/> Frequently (<i>go to question 15</i>) | <input type="checkbox"/> Never |
| <input type="checkbox"/> Sometimes (<i>go to question 15</i>) | |

14a. If rarely or never, what is the main reason? (check all that apply)

- Too expensive
- Not available where I shop or in my community
- Too far
- Poor quality
- I do not like fresh fruits and/or vegetables
- I do not cook or only eat out
- Other (please tell us) _____

15. When you shop, how often do you look at the sodium or salt content of items before buying?

- | | |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Always | <input type="checkbox"/> Rarely |
| <input type="checkbox"/> Frequently | <input type="checkbox"/> Never |
| <input type="checkbox"/> Sometimes | <input type="checkbox"/> I don't shop |

16. When you shop, how likely are you to buy items that are labeled “no salt added” or “low sodium”?

- | | |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Always | <input type="checkbox"/> Never |
| <input type="checkbox"/> Frequently | <input type="checkbox"/> I don't shop |
| <input type="checkbox"/> Sometimes | <input type="checkbox"/> I don't know |
| <input type="checkbox"/> Rarely | |

17. In the past week, how many days did you eat at a fast food or chain restaurant?

- | | |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Everyday | <input type="checkbox"/> 1-3 days |
| <input type="checkbox"/> 4-6 days | <input type="checkbox"/> No days |

18. Some places in Westchester are now required to post the number of calories in food and drinks served. Have you seen any calorie postings?

- | | |
|------------------------------|--|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No (<i>go to question 19</i>) |
|------------------------------|--|

18a. If yes, how did the number of calories affect your purchase?

- | | |
|--|---|
| <input type="checkbox"/> I purchased a lower calorie item(s) | <input type="checkbox"/> I ate less of the item I purchased |
| <input type="checkbox"/> It did not affect my decision | <input type="checkbox"/> Other (please tell us) _____ |

19. Do you have insurance coverage for?

	Yes	No	Don't Know
Health Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dental	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription Drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancer Screening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

19a. If no, what is the main reason you do not have coverage?

	Employer does not offer	Employer offers but too expensive	Cannot afford to buy on my own
Health Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dental	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription Drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancer Screening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20. How long has it been since you last visited a doctor for a routine physical exam or check-up?

- | | |
|---|--|
| <input type="checkbox"/> In the past year (<i>go to question 21</i>) | <input type="checkbox"/> Five or more years ago |
| <input type="checkbox"/> In the past 2 years (<i>go to question 21</i>) | <input type="checkbox"/> Never |
| <input type="checkbox"/> In the past 5 years | <input type="checkbox"/> Don't know (<i>go to question 21</i>) |

20a. If never or more than two years, what is the main reason(s) you did not have a routine physical exam or check-up? (check all that apply)

- Cannot afford
- Co-pay or deductible too high
- Insurance does not cover
- Too far to travel
- Did not have transportation
- Did not have the time
- Cannot find a doctor who speaks my language
- Health provider said it was not needed
- Do not like going / Afraid to go
- Did not have childcare
- Other (please tell us)_____

21. In the past 12 months, did you have a routine dental check-up?

- | | |
|---|-----------------------------|
| <input type="checkbox"/> Yes (<i>go to question 22</i>) | <input type="checkbox"/> No |
|---|-----------------------------|

21a. If no, what is the main reason(s) you did not have a routine dental check-up? (check all that apply)

- Cannot afford
- Co-pay or deductible too high
- Insurance does not cover
- Too far to travel
- Did not have transportation
- Did not have the time
- Cannot find a doctor who speaks my language
- Health provider said it was not needed
- Do not like going / Afraid to go
- Did not have childcare
- Other (please tell us)_____

22. In the past 12 months, how did you pay for medicine prescribed by your doctor? (Check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Did not have any prescriptions to fill | <input type="checkbox"/> Out of pocket (paid on my own) |
| <input type="checkbox"/> Insurance | <input type="checkbox"/> Could not afford to fill the prescription |
| <input type="checkbox"/> Insurance plus co-pay | |

23. Do you have a child(ren) under the age of 18 years old?

- Yes No (go to question 24)

23a. If yes, in the past 12 months, did all your children get a routine physical exam or check-up?

- Yes Only some No

23b. In the past 12 months, did all your children get a routine dental check-up?

- Yes Only some No

23c. Do all your children have health insurance coverage?

- Yes (go to Q 24) Only some No Don't know

23d. If no or don't know are you aware of no or low cost health insurance programs available for your children (e.g., Child Health Plus or Medicaid)?

- Yes No

24. In the past 12 months, have you or any member of your family, traveled outside your county to get health care services?

- Yes No (go to question 25)

24a. What service(s) did you leave your county for? (Check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Primary Care | <input type="checkbox"/> HIV/STD |
| <input type="checkbox"/> Dental | <input type="checkbox"/> Mental Health |
| <input type="checkbox"/> Ob/Gyn | <input type="checkbox"/> Specialty |
| <input type="checkbox"/> Family Planning | <input type="checkbox"/> Hospital Care |
| <input type="checkbox"/> Pediatric | <input type="checkbox"/> Other (please tell us) _____ |

24b. What is the main reason(s) for traveling outside of your county for the service? (Check all that apply)

- No provider in my county provides the service
 To see a provider closer to my home/work
 To get better care
 Other (please tell us) _____

24c. Where did you go to get your health care service(s)? (Check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> New York City | <input type="checkbox"/> Connecticut |
| <input type="checkbox"/> New Jersey | <input type="checkbox"/> Another county located in New York State |
| <input type="checkbox"/> Pennsylvania | <input type="checkbox"/> Other (please tell us) _____ |

25. In the past 12 months, have you been given advice to lose weight by your health care provider?

- Yes No
 I have not seen a health care provider in the past 12 months

26. Have you been told by a health care provider that you have diabetes?

- Yes No (*go to question 27*)

26a. If yes, how long has it been since you last visited a health care provider for your diabetes related-care?

- In the past 2 months Two or more years ago
 In the past 6 months Never
 In the past year

27. Have you been told by a health care provider that you have heart disease?

- Yes No (*go to question 28*)

27a. If yes, how long has it been since you last visited a health care provider for your heart related-care?

- In the past year Five or more years ago
 In the past 2 years Never
 In the past 5 years

28. During the past 12 months, have you been tested for any Sexually Transmitted Disease (STD)?

- | | STD | HIV |
|------------|--------------------------|--------------------------|
| Yes | <input type="checkbox"/> | <input type="checkbox"/> |
| No | <input type="checkbox"/> | <input type="checkbox"/> |
| Don't know | <input type="checkbox"/> | <input type="checkbox"/> |

28a. If yes, where did you get tested? (check all that apply)

- | | STD | HIV |
|----------------------------|--------------------------|--------------------------|
| Doctor's Office | <input type="checkbox"/> | <input type="checkbox"/> |
| Health Clinic | <input type="checkbox"/> | <input type="checkbox"/> |
| County Health Department | <input type="checkbox"/> | <input type="checkbox"/> |
| Hospital | <input type="checkbox"/> | <input type="checkbox"/> |
| Location outside my county | <input type="checkbox"/> | <input type="checkbox"/> |

28b. If no, what is the main reason(s) for not getting tested? (Check all that apply)

	STD	HIV
Not sexually active	<input type="checkbox"/>	<input type="checkbox"/>
I do not think I am at-risk	<input type="checkbox"/>	<input type="checkbox"/>
Did not have the time	<input type="checkbox"/>	<input type="checkbox"/>
Cannot afford	<input type="checkbox"/>	<input type="checkbox"/>
Cannot find a doctor who speaks my language	<input type="checkbox"/>	<input type="checkbox"/>
Too far to travel	<input type="checkbox"/>	<input type="checkbox"/>
Did not have transportation	<input type="checkbox"/>	<input type="checkbox"/>
Do not like going / Afraid to go	<input type="checkbox"/>	<input type="checkbox"/>
Did not have childcare	<input type="checkbox"/>	<input type="checkbox"/>
Other (please tell us)_____	<input type="checkbox"/>	<input type="checkbox"/>

29. Do you know where to go in the County for?

	Yes	No
Diabetes Testing	<input type="checkbox"/>	<input type="checkbox"/>
Blood Pressure Testing	<input type="checkbox"/>	<input type="checkbox"/>
Cholesterol Testing	<input type="checkbox"/>	<input type="checkbox"/>
Cancer Screening	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition Education	<input type="checkbox"/>	<input type="checkbox"/>
Weight Loss Programs	<input type="checkbox"/>	<input type="checkbox"/>
Mental Health Services	<input type="checkbox"/>	<input type="checkbox"/>
Family Planning Services	<input type="checkbox"/>	<input type="checkbox"/>
STD Testing	<input type="checkbox"/>	<input type="checkbox"/>
HIV Testing	<input type="checkbox"/>	<input type="checkbox"/>

30. In the past 12 months, did you go for?

	Yes	No
Diabetes Testing	<input type="checkbox"/>	<input type="checkbox"/>
Blood Pressure Testing	<input type="checkbox"/>	<input type="checkbox"/>
Cholesterol Testing	<input type="checkbox"/>	<input type="checkbox"/>
Cancer Screening	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition Education	<input type="checkbox"/>	<input type="checkbox"/>
Weight Loss Programs	<input type="checkbox"/>	<input type="checkbox"/>
Mental Health Services	<input type="checkbox"/>	<input type="checkbox"/>
Family Planning Services	<input type="checkbox"/>	<input type="checkbox"/>
STD Testing	<input type="checkbox"/>	<input type="checkbox"/>
HIV Testing	<input type="checkbox"/>	<input type="checkbox"/>

If you or your partner are currently pregnant or have been pregnant in the past 5 years, please answer the following questions.

31. What was the mother's age for the most recent pregnancy?

- Less than 15 years old 21-30
 16-20 More than 30 years old

31a. For the most recent pregnancy, did the mother have health insurance?

- Yes
 No
 Don't Know

31b. For the most recent pregnancy, did the mother get prenatal care?

- Yes
 No
 Don't Know

31c. For the most recent pregnancy, when did the mother have her first prenatal visit?

- 1-3 months 7-9 months
 4-6 months Did not get prenatal care

31d. Did the mother have Medicaid or PCAP health insurance during any pregnancies during the past five years?

- Yes
 No

31e. Did the mother lose Medicaid or PCAP health insurance after the birth of a baby in the past five years?

- Yes
 No

31f. If yes, did the mother reapply for Medicaid or get health insurance from another source?

- Yes
 No
 Don't know

*Thank you for completing this survey.
Your input is very much appreciated.*

Project funding received through a NYSDOH HEAL 9 grant supporting a seven county health department consortium.

9. ¿A cuál grupo de edad pertenece?

18-24

45-54

75 o mayor

25-34

55-64

35-44

65-74

Ahora, nos gustaría hacerle algunas preguntas acerca de su salud y de sus hábitos.

10. ¿Cuál es su estatura sin los zapatos?

_____ Pies

_____ Pulgadas

O

_____ Metro/s

_____ Centímetros

11. ¿Cuánto pesa?

_____ Libras

O

_____ Kilos

12. ¿Cómo describiría usted su peso?

Bajo de peso

Sobrepeso

Peso normal

Obeso

13. En la última semana, ¿Cuántos días se mantuvo físicamente activo? (Tal como: **correr, calistenia, golf, jardinería, o caminar como ejercicio**)

Todos los días

1-3 días

4-6 días

Ningún día (*pase a la pregunta número 14*)

13^a. **Si usted se mantuvo físicamente activo, ¿Dónde estuvo durante su actividad física?**

(Seleccione todas las que aplican)

Casa

Centro de recreación

Trabajo

Parque o vías para bicicletas o caminatas

Afuera

Otro (favor detallar): _____

Gimnasio

14. Cuando compra alimentos, ¿Con qué frecuencia usted o alguien de su hogar adquiere frutas y/o vegetales frescos?

Siempre (*pase a la pregunta número 15*)

Raramente

Frecuentemente (*pase a la pregunta número 15*)

Nunca

Algunas veces (*pase a la pregunta número 15*)

14^a. **Si raramente o nunca, ¿Cuál es la razón principal?** (Seleccione todas las que aplican)

Muy costoso

No está disponible donde hago la compra o en mi comunidad

Es muy lejos para llegar

Pobre calidad

No me gustan las frutas y/o vegetales frescos

Yo no cocino o solamente como afuera

Otro (favor detallar): _____

15. Cuando usted hace las compras, ¿Cuán frecuentemente verifica usted el contenido de sodio o sal en los artículos antes de comprarlos?

- | | |
|---|------------------------------------|
| <input type="checkbox"/> Siempre | <input type="checkbox"/> Raramente |
| <input type="checkbox"/> Frecuentemente | <input type="checkbox"/> Nunca |
| <input type="checkbox"/> Algunas veces | <input type="checkbox"/> No sé |

16. Cuando usted hace las compras, ¿Cuán dispuesto está usted a comprar artículos que son etiquetados como “no sal añadida” o “bajo en sodio”?

- | | |
|---|--|
| <input type="checkbox"/> Siempre | <input type="checkbox"/> Nunca |
| <input type="checkbox"/> Frecuentemente | <input type="checkbox"/> No hago las compras |
| <input type="checkbox"/> Algunas veces | <input type="checkbox"/> No sé |
| <input type="checkbox"/> Raramente | |

17. En la última semana, ¿Cuántos días comió en restaurantes de comida rápida o cadena de restaurantes?

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Todos los días | <input type="checkbox"/> 1-3 días |
| <input type="checkbox"/> 4-6 días | <input type="checkbox"/> Ningún día |

18. Algunos lugares en Westchester ahora están obligados a informarle del numero de calorías en la comida y las bebidas que sirven. ¿Ha visto información calórica?

- | | |
|-----------------------------|--|
| <input type="checkbox"/> Sí | <input type="checkbox"/> No (pase a la pregunta número 19) |
|-----------------------------|--|

18ª. Si es sí, ¿Cómo afectó el número de calorías su compra?

- Yo compré artículos de calorías bajas
- No afectó mi decisión
- Yo comí menos del artículo que compré
- Otro (Favor detallar): _____

19. ¿Tiene usted cobertura de seguro médico para lo siguiente?

- | | | | |
|-----------------------------|-----------------------------|-----------------------------|--------------------------------|
| Salud | <input type="checkbox"/> Sí | <input type="checkbox"/> No | <input type="checkbox"/> No sé |
| Dental | <input type="checkbox"/> Sí | <input type="checkbox"/> No | <input type="checkbox"/> No sé |
| Farmacia (receta prescrita) | <input type="checkbox"/> Sí | <input type="checkbox"/> No | <input type="checkbox"/> No sé |
| Salud Mental | <input type="checkbox"/> Sí | <input type="checkbox"/> No | <input type="checkbox"/> No sé |
| Exámenes de cáncer | <input type="checkbox"/> Sí | <input type="checkbox"/> No | <input type="checkbox"/> No sé |

19ª. Si es no, ¿Cuál es la razón principal por la que no tiene cobertura del seguro indicado?

	Empleador No lo Ofrece	Empleador lo Ofrece Pero es muy Caro	No lo Puedo Pagar
Salud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dental	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Farmacia (Recetas)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salud Mental	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exámenes de cáncer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20. ¿Cuánto tiempo ha pasado desde que ha visitado a un médico para una revisión física o chequeo de rutina?

- Durante el pasado año (*pase a la pregunta número 21*)
- Durante los pasados 2 años (*pase a la pregunta número 21*)
- Hace 5 años
- Hace 5 años o más
- Nunca
- No sé (*pase a la pregunta número 21*)

20^a. Si nunca o más de 2 años, ¿Cuál es la razón principal por la que no tuvo un examen físico o chequeo de rutina? (Seleccione todas las que aplican)

- No tenía para pagarlo
- Co-pago o deducible muy alto
- Mi seguro no lo cubre
- Es muy lejos para viajar
- No tuve transporte
- No tuve tiempo
- No encontré un médico que hablara mi idioma
- Un proveedor de Salud expresó que no lo necesitaba
- No me gustó la idea de ir / Tuve miedo ir
- No tuve quien me cuidara a los niños
- Otro (favor detallar): _____

21. ¿Durante los últimos 12 meses, ha recibido un examen dental de rutina?

- Sí (*pase a la pregunta número 22*)
- No

21^a. Si es no, ¿Cuál es la razón(es) principal(es) por la que no fue a recibir un chequeo dental de rutina? (Seleccione todas las que aplican)

- No tenía para pagarlo
- Co-pago o deducible muy alto
- Mi seguro no lo cubre
- es muy lejos para viajar
- No tuve transporte
- No tuve tiempo
- No encontré un médico que hablara mi idioma
- Un proveedor de Salud expresó que no lo necesitaba
- No me gustó la idea de ir / Tuve miedo ir
- No tuve quien me cuidara a los niños
- Otro (favor detallar): _____

22. Durante los últimos 12 meses, ¿Cómo ha pagado por la medicina recetada por su médico? (Seleccione todas las que aplican)

- No tuve la necesidad de llenar ninguna receta médica
- Seguro
- Seguro más co-pago
- En efectivo (dinero) de su bolsillo (pagado por mi mismo)
- No tuve el dinero para surtir la receta médica

23. ¿Tiene hijos menores de 18 años?

- Sí
- No (pase a la pregunta número 24)

23^a. Si es sí, durante los últimos 12 meses, ¿Han tenido todos sus hijos una revisión física o chequeo de rutina?

- Sí
- Solamente Algunos
- No

23^b. Durante los pasados 12 meses, ¿Han tenido todos sus hijos un examen dental de rutina?

- Sí
- Solamente Algunos
- No

23^c. ¿Tienen todos sus hijos cobertura de seguro de salud?

- Sí (pase a la pregunta número 24)
- Algunos
- No
- No sé

23^d. Si es no o no sé, ¿Está usted al tanto de los programas de seguro de salud disponibles para sus hijos gratis o de costo bajo? (Tal como: “Child Health Plus” o “Medicaid”)

- Sí
- No

24. Durante los últimos 12 meses, ¿Ha salido usted o algún miembro de su familia fuera del condado en busca de servicios de cuidado de salud?

- Sí
- No (pase a la pregunta número 25)

24^a. Si es sí, ¿Por cuál servicio salió fuera del condado? (Seleccione todos los que aplican)

- Cuidado Primario
- VIH/Enfermedades Transmitidas Sexualmente
- Dental
- Salud Mental
- Obstétrico/Ginecológico
- Especialidad
- Planificación Familiar
- Cuidado Hospitalario (Hospitalizado/a)
- Pediatría
- Otro (favor detallar): _____

24^b. ¿Cuál es la razón principal por la que salió fuera del condado por estos servicios? (Seleccione todas las que aplican)

- Ningún proveedor provee este servicio en mi condado
- El proveedor está más cerca de mi hogar / trabajo
- Para obtener mejor calidad de servicio
- Otro (Favor detallar): _____

24^c. ¿A dónde fue, fuera del condado, a obtener los servicios de cuidado de salud?

(Seleccione todas las que aplican)

- Ciudad de Nueva York Connecticut
 Nueva Jersey Otro condado localizado en el estado de NY
 Pennsylvania Otro (Favor detallar): _____

25. Durante los últimos 12 meses, ¿Su proveedor de cuidado de la salud le ha recomendado bajar de peso?

- Sí No
 No he visitado al proveedor de cuidado de la salud durante los últimos 12 meses

26. ¿Ha sido informado por un proveedor de cuidado de la salud que usted sufre de diabetes?

- Sí No (pase a la pregunta número 27)

26^a. Si es sí, ¿Hace cuánto tiempo desde que usted vio a algún proveedor de cuidado de la salud por razones relacionadas con la diabetes?

- En los últimos 2 meses Hace dos años o más
 En los últimos 6 meses Nunca
 En el último año

27. ¿Ha sido informado por un proveedor de cuidado de la salud que tiene alguna enfermedad del corazón?

- Sí No (pase a la pregunta número 28)

27^a. Si es sí, ¿Cuándo fue la última vez que usted vio a algún proveedor de cuidado de la salud por razones relacionadas a enfermedades del corazón?

- En el último año Hace 5 años o más
 En los últimos 2 años Nunca
 En los últimos 5 años

28. Durante los últimos 12 meses, ¿Ha sido examinado por alguna Enfermedad Transmitida Sexualmente (STD por sus siglas en inglés) o VIH?

	<u>STD</u>	<u>VIH</u>
Si	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>
No sé	<input type="checkbox"/>	<input type="checkbox"/>

28^a. Si es sí, ¿Dónde se hizo el examen? (Seleccione todas las que aplican)

	<u>STD</u>	<u>VIH</u>
Consultorio médico	<input type="checkbox"/>	<input type="checkbox"/>
Clínica	<input type="checkbox"/>	<input type="checkbox"/>
Departamento de Salud del Condado	<input type="checkbox"/>	<input type="checkbox"/>
Un lugar fuera de mi condado	<input type="checkbox"/>	<input type="checkbox"/>

28^b. Si es no, ¿Cuál fue la razón principal porque no se hizo el examen?

(Seleccione todas las que aplican)

	<u>STD</u>	<u>VIH</u>
No soy activo sexualmente	<input type="checkbox"/>	<input type="checkbox"/>
Pienso que no estoy en riesgo	<input type="checkbox"/>	<input type="checkbox"/>
No tuve tiempo	<input type="checkbox"/>	<input type="checkbox"/>
No tengo el dinero para pagar	<input type="checkbox"/>	<input type="checkbox"/>
No encuentro a un médico que hable mi idioma	<input type="checkbox"/>	<input type="checkbox"/>
Es muy lejos para viajar	<input type="checkbox"/>	<input type="checkbox"/>
No tuve transporte	<input type="checkbox"/>	<input type="checkbox"/>
No me gusta ir/ Tengo miedo ir	<input type="checkbox"/>	<input type="checkbox"/>
No tuve quien me cuidara a los niños	<input type="checkbox"/>	<input type="checkbox"/>
Otro (favor detallar) _____		

29. ¿Conoce usted a donde debe ir dentro del condado por los siguientes exámenes?

Exámenes de Diabetes	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Exámenes de la presión sanguínea	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Exámenes de Colesterol	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Exámenes de Cáncer	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Educación Nutricional	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Programas Para Bajar de Peso	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Salud Mental	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Servicios de Planificación Familiar	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Exámenes de VIH	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Exámenes ETS (Enfermedades Transmitidas Sexualmente)	<input type="checkbox"/> Sí	<input type="checkbox"/> No

30. En los últimos 12 meses, ¿Se ha hecho alguno de los siguientes exámenes?

Exámenes de Diabetes	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Exámenes de la presión sanguínea	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Exámenes de Colesterol	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Exámenes de Cáncer	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Educación Nutricional	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Programas Para Bajar de Peso	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Salud Mental	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Servicios de Planificación Familiar	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Exámenes de VIH	<input type="checkbox"/> Sí	<input type="checkbox"/> No
Exámenes STD (Enfermedades Transmitidas Sexualmente)	<input type="checkbox"/> Sí	<input type="checkbox"/> No

Si usted o su pareja está actualmente embarazada o ha estado embarazada en los ultimo 5 años, favor de contestar las siguientes preguntas.

31. ¿Qué edad tenía la madre durante el embarazo más reciente?

- Menos de 15 años de edad 21-30
 16-20 Más de 30 años de edad

31^a. Durante el embarazo más reciente, ¿Tuvo la madre seguro de salud?

- Sí No No sé

31^b. Durante el embarazo más reciente, ¿Tuvo la madre cuidado prenatal? (Elija solamente uno)

- Sí No No sé

31^c. Durante el embarazo más reciente, ¿Cuándo tuvo la madre la primera visita de cuidado prenatal?

- 1-3 meses 7-9 meses
 4-6 meses No obtuvo cuidado prenatal

31^d. ¿La madre tuvo la cobertura de Medicaid o del seguro de salud PCAP durante algún embarazo en los últimos cinco años?

- Sí No

31^e. ¿La madre perdió la cobertura de Medicaid o el seguro de salud PCAP luego de nacer el bebé durante algún embarazo en los últimos 5 años?

- Sí No

31^f. Sí es si, ¿La madre solicitó de nuevo por la cobertura de Medicaid o consiguió seguro de la salud de otra fuente?

- Sí No No sé

***Gracias por completar esta encuesta.
Apreciamos mucho su colaboración .***

Heal 9 Survey Questionnaire Collection Locations

Agency/Location	Surveys Collected
Website: Survey Monkey	446
All Souls Parish (Port Chester)	10
CLUSTER (Yonkers)	28
Community Action Program [CAP] (Yonkers)	97
DMV (Peekskill)	53
DMV (White Plains)	42
DMV (Yonkers)	138
DSS (Mount Vernon)	89
DSS (Peekskill)	17
DSS (Yonkers)	91
Ecumenical Food Pantry [ECU] (White Plains)	45
El Centro Hispano Inc. (White Plains)	59
Family Services of Westchester [FSW] (White Plains)	12
FORCINO (Janet from 7th floor)	1
Greenburgh Neighborhood Health Center (White Plains)	55
Larchmont Recovery Physical Therapy (Larchmont)	15
Lawrence Hospital (Bronxville)	41
LHV Perinatal Network - WMC (Valhalla)	13
MetroCard Van (New Rochelle)	6
MetroMed - John Jacoby, MD (New Rochelle)	1
Mount Vernon Neighborhood Health Center [MVHC] (Mount Vernon)	42
New Rochelle Oasis Shelter (New Rochelle)	10
Open Arms (White Plains)	14
Ossining CAP (Ossining)	21
Ossining Open Door [RCC] (Ossining)	9
Phelps Memorial Hospital Center (Sleepy Hollow)	26
Sound Shore Medical Center (New Rochelle)	46
St. Catherine Ame Zion Church (New Rochelle)	31
St. Peter's Church (Yonkers)	85
United Community Center of Westchester (New Rochelle)	27
Urban League of Westchester (White Plains)	20
Westchester Community College (Valhalla)	224
WestCOP (Elmsford)	59
WestCOP (White Plains)	10
WestCOP Employment and Training [E&T] (Yonkers)	6
White Plains District Office [WPDO] (White Plains)	16
WIC Office (Port Chester)	23
WIC Office (White Plains)	48
WIC Office (Yonkers)	41
Total	2017

