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# VALLEY COUNTY Community Health Assessment



# Acknowledgement

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The Valley County Health Department and Valley CARE Coalition thanks the following partners for their active participation in the development of this assessment. These same partners will be essential to achieve a healthier Valley County.

- DPHHS Systems Improvement Division
- City of Glasgow
- Eastern Montana Community Mental Health Center
- Frances Mahon Deaconess Hospital
- Glasgow DUI Task Force
- Glasgow Housing Authority
- Glasgow Police Department
- Glasgow Prevention Specialist
- Glasgow School District
- Hi Line Homes, Inc.
- Montana Healthcare Foundation
- Soroptimist International
- Valley County Board of Health
- Valley County Emergency Medical Services
- Valley County Food Bank
- Valley County Health Department
- Valley County Ministerial Association
- Valley County Senior Center
- Valley County Sheriff Department
- Youth Dynamics, Inc.

# Executive Summary

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A Community Health Assessment was held in Valley County on Saturday, April 23, 2016. CASPER methodology was used to gather information from 121 households in Valley County. Key findings included: 42% of the household respondents were age 60 and older. Almost 60% had lived in Valley County for 16 or more years. 68% feel safe in their home and 59% feel safe in the community. Self-reporting their health as either excellent, very good or good is 78.9% of the respondents. 50.8% report their mental health to be excellent, very good, or good.

Areas for improvement include; 2 of 10 households use some type of tobacco product. 29.8% of Valley County respondents would like to see more parks, trails or greenways, the same amount would like to see more/ better sidewalks to enhance physical activity.

Through this process the Valley County Health Department, Frances Mahon Deaconess Hospital, Eastern Montana Community Mental Health Center and Glasgow Police Department formed the Valley C.A.R.E. Coalition ((Coordination, Access, Resources and Education) to bring community partners together to leverage resources which will promote better health in Valley County.

Mission Statement: Valley CARE Coalition created full and satisfying lives by improving health and wellness for our community.

Value Statement: Align wellness efforts of community members in a meaningful way, embrace health as more than physical status and engage in evidence-based tactics.

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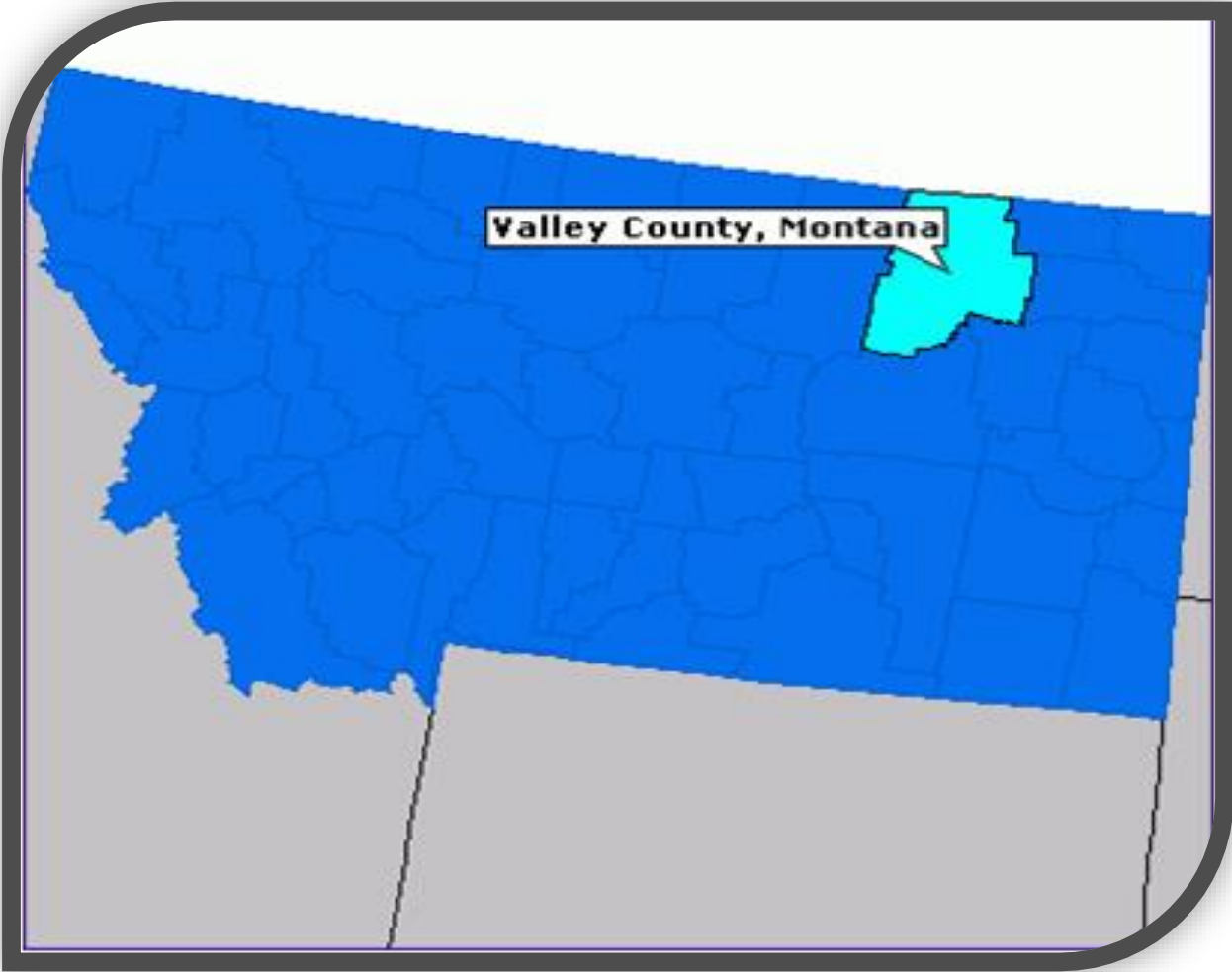
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*Secondary Data*

# Valley County

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Valley County is located in the eastern side of Montana and is a rural county with 11,576 persons (4.7 persons/square mile). Valley County Health Department (VCHD), Frances Mahon Deaconess Hospital (FMDH), and Eastern Montana Community Mental Health Center (EMCMHC) collaborated to complete the community health assessment.



# Secondary Data

The following summary report provides an overview of key secondary data to be considered in the development of the 2016 Valley County Community Health Needs Assessment survey instrument.

## United States Census Bureau Quick Facts<sup>i</sup>

The United States Census Bureau's *mission* is to serve as the leading source of quality data about the nation's people and economy. QuickFacts are summary profiles showing frequently requested data items from various Census Bureau programs.

County Demographic Information			
2010 Population	Current Population Estimates, 2014	Net Change	Population Density
7,369	7,640	3.7%	1.5

Demographic Profile: Age and Sex (July 1, 2014)		
Age	Valley County	Montana
Persons Under 5 years	5.4%	6.0%
Persons Under 18 years	22.7%	22.0%
Persons 65 years and older	20.8%	16.7%
Female Persons	49.5%	49.8%

Demographic Profile: Race/Ethnic Distribution		
Population Subgroup	Valley County	Montana
White alone	87.1%	89.4%
Black or African American alone	0.4%	0.6%
American Indian and Alaska Native alone	9.4%	6.6%
Asian alone	0.7%	0.8%
Native Hawaiian and other Pacific Islander alone	0.1%	0.1%
Two or more races	2.4%	2.6%
Hispanic or Latino	2.2%	3.5%
White alone, not Hispanic or Latino	85.4%	86.7%

Population Characteristics		
Characteristic	Valley County	Montana
High school graduate or higher, percent of persons age 25 years+, 2010-2014	91.7%	92.4%
Bachelor's degree or higher, percent of persons age 25 years+, 2010-2014	17.0%	29.1%
Veterans, 2010-2014	743	91,956
With a disability, under age of 65 years, 2010-2014	9.5%	9.0%
Persons without health insurance, under 65 years, percent	23.5%	16.9%
Median Gross Rent, 2010-2014	\$509	\$696
Households, 2010-2014	3,181	407,797
Persons per household, 2010-2014	2.32	2.40
Persons in poverty	12.4%	15.4%
Unemployment	4.2%	5.6%

## **Montana Behavioral Risk Factor Surveillance System (BRFSS)<sup>ii</sup>**

The following table includes an overview of selected findings from the 2014 Montana BRFSS survey. The survey is conducted through a collaborative effort with the Division of Behavioral Surveillance of the Centers for Disease Control and Prevention (CDC) and the Montana Department of Public Health and Human Services (DPHHS). This survey provides valuable information on health trends, chronic disease risks, and data for monitoring the effectiveness of policies, programs, and interventions. Dues to the small numbers in Montana, these indicators are reported by Health Planning Regions.

<b>Health Status Indicator</b>	<b>Eastern Montana Region</b>	<b>Montana</b>
Self-Reported "Fair" or "Poor" Health	15.7%	15.4%
Frequent Poor Physical Health	9.4%	12.5%
Frequent Poor Mental Health	10.2%	9.9%
Frequent Activity Limitation	11.3%	16.0%
<b>Health Care Indicators</b>		
No Health Care Coverage (ages 18-64)	12.1%	16.1%
Couldn't Afford to See Doctor (past 12 months)	8.6%	11.9%
No Personal Healthcare Provider	33.2%	29.1%
No Routine Checkup in the Past Year	37.9%	36.4%
No Dental Visit in the Past Year	42.6%	37.4%
<b>Clinical Preventive Practices</b>		
No Mammogram in Past 2 years (women ages 50+)	30.2%	28.0%
No Mammogram Ever	7.6%	4.8%
No Pap Test in Past 3 years (women ages 18+)	29.1%	25.4%
No Colonoscopy in Past 10 years (ages 50-75)	52.3%	41.2%
No Up-To-Date Colorectal Cancer Screening (ages 50-75)	46.9%	37.6%
<b>Health Related Risk Behaviors</b>		
No Leisure-Time Physical Activity in Past 30 Days	24.8%	19.6%
Overweight (25.0 ≤ BMI < 30.0)	41.6%	36.6%
Obese (BMI ≥ 30.0)	33.6%	26.4%
Current Smokers	22.0%	19.9%
Current Smokeless Tobacco Users	12.0%	7.6%
Does Not Always Wear Seat Belt	45.6%	27.9%
<b>Chronic Health Conditions</b>		
Ever Diagnosed with Asthma	15.6%	13.4%
Currently has Asthma	9.7%	9.6%
Ever Diagnosed with a Heart Attack	5.3%	4.2%
Ever Diagnosed with Angina or CHD	5.1%	3.6%
Ever Diagnosed with a Stroke	2.7%	2.7%
Ever Diagnosed with Diabetes	9.5%	8.8%
Ever Diagnosed with a Depressive Disorder	18.4%	20.4%
Ever Diagnosed with Kidney Disease	3.0%	2.6%



## County Health Rankings and Roadmaps<sup>iii</sup>

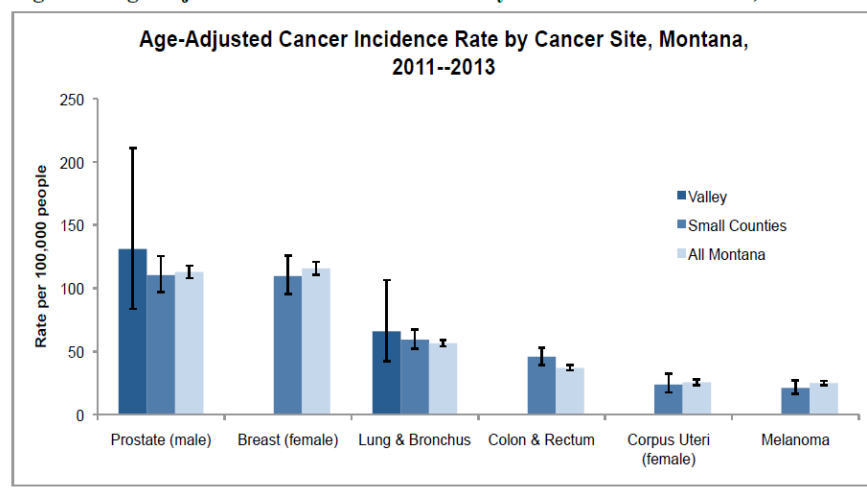
The *County Health Rankings & Roadmaps* program is a collaboration between the [Robert Wood Johnson Foundation](#) and the [University of Wisconsin Population Health Institute](#). The *County Health Rankings* measure the health of nearly all counties in the nation and rank them within states. The *Rankings* are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights. The annual *Rankings* provide a revealing snapshot of how health is influenced by where we live, learn, work and play.

Health Status Indicator	Valley County	Montana
<b>Quality of Life</b>		
Poor or fair health	17%	14%
Poor physical health days	3.0	3.5
Poor mental health days	3.2	3.3
Low Birthweight	6.0%	7.3%
<b>Health Behaviors</b>		
Adult Smoking	18%	18%
Adult Obesity	29%	24%
Physical Inactivity	30%	22%
Access to exercise opportunities	40%	72%
Excessive drinking	22%	19%
Teen births	27	35
<b>Clinical Care</b>		
Uninsured	24%	22%
Primary Care Physician	1,251:1	1,305:1
Dentists	3,815:1	1,504:1
Mental Health Providers	1,526:1	428:1
Preventable Hospital Stays	50	47
Diabetic Monitoring	82%	82%
Mammography Screening	51.3%	64.2%
<b>Social Economic Factors</b>		
Children in Poverty	19%	21%
Children in single-parent households	37%	29%
Social Associations	24.0	14.3
Injury Deaths	73	88
<b>Physical Environment</b>		
Severe Housing Problems	9%	15%
Driving Alone to Work	78%	75%
Long Commute-Driving Alone	16%	16%

## Montana County Health Profiles 2015<sup>iv</sup>

The Montana Department of Public Health and Human Services developed the County Health Profiles. The information below includes cancer data from the Montana Central Tumor Registry (MCTR). Immunization data was obtained from the Vaccines for Children (VFC) Program clinic reviews conducted every other year. The Montana Hospital Association provided access to emergency department visit and inpatient hospitalization data in the MHDDS, which is based on the 2004 Uniform Billing form, with ICD-9 CM coded primary and secondary diagnoses. The ICD9-CM codes can be found at <http://www.cms.gov/medicare-coverage-database/staticpages/icd-9-code-lookup.aspx>. Only persons hospitalized or visiting an emergency department recorded as residents of Montana during 2011–2013 were included in the analyses.

**Figure 1: Age-adjusted cancer incidence rates by cancer site — Montana, 2011–2013.**



**Table 2. Up-to-date (UTD) on childhood vaccinations for 24–35 month old children as of March 1st of the year of assessment based on imMTrax data reviewed during Vaccines for Children Program Clinic Reviews conducted every other year — Montana, 2011 and 2014.<sup>a</sup>**

Health Indicator	Valley County	Small County Data	Montana
Number assessed 2011 <sup>b</sup>	-	99	2,249
Number UTD 2011	-	35	1,305
Percent UTD 2011 <sup>c</sup>	-	35.4	58.7
Number assessed 2014 <sup>d</sup>	63	727	4,042
Number UTD 2014	48	541	2,651
Percent UTD 2014 (95% CI)	76.2 (63.8, 86.0)	74.4 (71.1, 77.6)	65.6 (64.1, 67.1)

<sup>a</sup>UTD = 4 DTaP, 3 Polio, 1 MMR, 3/4 Hib, 3 Hep B, 1 Var, 4 PCV by 24 months.

<sup>b</sup>In 2011, chart reviews occurred. Clinics with fewer 50 chart, the review included all available charts. Clinics with more than 50 charts, a sample of charts were reviewed and validated.

<sup>c</sup>Confidence interval cannot be calculated because the total number of records reviewed is unknown.

<sup>d</sup>In 2014, all immunization records were reviewed electronically in the Montana Immunization Information System (imMTrax). The precision of each estimate was quantified using 95% confidence intervals.

Data provided by the Immunization Section of the Communicable Disease Bureau.

**Table 4. Inpatient admissions for injury by type and mechanism of injury — Montana, 2011–2013.**

Health Indicator	Valley County		Small County Data		Montana
	Number	Rate per 100,000 <sup>a</sup> (95% CI)	Average Number per County	Rate per 100,000 <sup>a</sup> (95% CI)	Rate per 100,000 <sup>a</sup> (95% CI)
All Unintentional Injury	154	565.3 (470.1, 677.5)	146.6	568.4 (542.6, 595.2)	538.6 (530.6, 546.8)
Falls	97	300.1 (237.3, 379.1)	76.0	257.7 (241.8, 274.7)	268.7 (263.2, 274.3)
Struck by/against	6	‡ ‡	4.1	17.9 (13.4, 23.7)	18.0 (16.5, 19.6)
Motor Vehicle	15	‡ ‡	17.9	85.1 (74.5, 97.0)	60.6 (57.8, 63.6)
Poisoning	10	‡ ‡	8.4	36.4 (29.8, 44.3)	36.3 (34.2, 38.5)
Intentional Self-Harm	19	‡ ‡	17.8	92.8 (81.3, 105.5)	106.5 (102.6, 110.5)
Traumatic Brain Injury	18	‡ ‡	25.3	109.3 (97.6, 122.2)	91.3 (87.9, 94.8)

<sup>a</sup>Rates are age standardized to the 2000 Projected US Population using Distribution #1 as described in Klein and Schoenborn 2001 and given per 100,000 person years.

‡Does not meet standards of reliability or precision.

Inpatient admission and ED visit data provided courtesy of participating MHA members, collected through the Montana Hospital Discharge Data System (MHDDS).

**Table 6. Emergency department visits for injury by type and mechanism of injury — Montana, 2011–2013.**

Health Indicator	Valley County		Small County Data		Montana
	Number	Rate per 100,000 <sup>a</sup> (95% CI)	Average Number per County	Rate per 100,000 <sup>a</sup> (95% CI)	Rate per 100,000 <sup>a</sup> (95% CI)
All Unintentional Injury	2,023	9,529.6 (9092.6, 9984.3)	1,177.3	5,427.5 (5341.5, 5514.6)	5,901.8 (5873.1, 5930.4)
Falls	753	3,127.0 (2889.6, 3381.4)	429.3	1,809.1 (1761.4, 1857.9)	2,020.0 (2003.7, 2036.5)
Struck by/against	259	1,322.6 (1160.7, 1502.7)	159.3	789.0 (755.8, 823.5)	820.2 (809.4, 831.1)
Motor Vehicle	154	808.6 (680.6, 955.6)	90.4	441.1 (416.4, 467.1)	520.0 (511.5, 528.6)
Poisoning	23	120.6 (75.1, 186.0)	15.9	75.6 (65.7, 86.8)	95.4 (91.8, 99.1)
Intentional Self-Harm	40	215.3 (151.8, 298.6)	18.6	95.6 (84.1, 108.5)	104.5 (100.6, 108.4)
Traumatic Brain Injury	105	514.5 (415.3, 632.5)	118.0	552.6 (525.3, 581.1)	649.9 (640.5, 659.5)

<sup>a</sup>Rates are age standardized to the 2000 Projected US Population using Distribution #1 as described in Klein and Schoenborn 2001 and given per 100,000 person years.

‡Does not meet standards of reliability or precision.

Inpatient admission and ED visit data provided courtesy of participating MHA members, collected through the Montana Hospital Discharge Data System (MHDDS).

## Montana Community Health Assessments 2011<sup>v</sup>

The Office of Epidemiology and Scientific Support (OESS) maintains and distributes public health data from the following systems:

- Montana Behavioral Risk Factor Surveillance System (BRFSS),
- Montana Hospital Data Discharge System, and
- Montana Vital Statistics Analysis Unit.

These data systems contain information on a wide variety of health issues and thus support Public Health programs in Montana. OESS's main purpose is to provide the most accurate and timely data possible to the Public Health and Safety Division Programs, the Department of Public Health and Human Services, local health agencies, policy makers, and community groups.

Health Indicator	Valley County	Region 1	Montana	Data Source/Definition
<b>Maternal and Child Health</b>				
Infant mortality (death within 1st year): rate per 1000 live births	Not available	6.9 (4.9-9.6)	6.1 (5.5-6.7)	Vital Statistics (OVS) death and live birth data, 2004-2008. The number of infant (birth through 364 days of age) deaths, divided by the total number of live births, multiplied by 1,000.
Child mortality (1 through 14 years): rate per 100,000	Not available	48.2 (33.0-68.0)	18.4 (15.3-21.9)	Vital Statistics (OVS) death data, 2004-2008, and U.S. Census Population Estimates, May 2009 release. The number of deaths to children 1 through 14 years of age, divided by the estimated population of children 1 through 14 years of age, multiplied by 100,000.
Neonatal (under 28 days of age) mortality: rate per 1000 live birth	Not available	4.1 (2.6-6.3)	3.3 (2.9-3.8)	Vital Statistics (OVS) death and live birth data, 2004-2008. The number of deaths to infants under 28 days of age, divided by the total number of live births, multiplied by 1000.
<b>Mortality</b>				
<b>Median age at death (All Races)</b>	80	79	78	Vital Statistics: death certificates, Montana resident data from 2004-2008. Total includes both sexes and all races. The age for which half the deaths in a population are at a younger age and half at an older age. In a population with an even number of decedents, the median is the average of the two "middle" ages.
○ White	82	81	79	--
○ American Indian	51	55	59	--
All Cancers mortality rate per 100,000 population	238 (189.6-295.0)	257.8 (241.9-274.5)	200.9 (197.5-205.0)	Vital Statistics: death certificates, Montana resident data from 2004-2008.

Unintentional injury death rate per 100,000 population	60.2 (37.3-92.0)	77.8 (69.2-87.2)	58.8 (56.7-60.9)	Vital Statistics: death certificates, Montana resident data from 2004-2008.
Cerebrovascular Disease (including stroke) mortality rate per 100,000 population	57.3 (35.1-88.5)	59.6 (52.1-67.8)	49.7 (47.8-51.7)	Vital Statistics: death certificates, Montana resident data from 2004-2008. Includes subarachnoid, intracerebral, and intracranial hemorrhage, cerebral infarction, other strokes and certain other forms of Cerebrovascular diseases and their sequelae.
Diabetes Mellitus mortality rates	77.4 (51.1-112.6)	47.9 (41.2-55.4)	27.1 (25.7-28.6)	Vital Statistics: death certificate Montana resident data from 2004-2008.
Heart Disease mortality rate per 100,000 population	349.8 (290.5-417.6)	268.1 (251.9-285.1)	198.0 (194.6-202.0)	Vital Statistics: death certificates, Montana resident data from 2004-2008. Total includes both sexes and all races. The age for which half the deaths in a population are at a younger age and half at an older age. In a population with an even number of decedents, the median is the average of the two "middle" ages.

*Primary Data*

# Primary Data Collection

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VCHD, FMDH, EMCMHC, and the Public Health and Safety Division collaborated to complete a Community Assessment for Public Health Emergency Response (CASPER) to gather primary data for the CHA to improve the understanding of the health status of Valley County and to establish a volunteer network.

CASPER is an epidemiologic technique designed to provide household-level information and to be efficiently and rapidly deployed with minimum resources. CASPERs can be conducted to assess the effect of a disaster on a population, to determine the health status and basic needs of an affected population, to evaluate response and recovery efforts, to gain a better understanding of the community for CHAs, and to practice the CASPER technique as part of a preparedness exercise. The CASPER organization includes leadership, local coordination, logistics, data management, and field teams. Field teams consist of two persons with a target of 10–15 teams. A CASPER includes seven steps: 1) define the geographic area, 2) determine sampling method, 3) select instrument(s), 4) train field personnel, 5) conduct assessment, 6) analyze data, and 7) report results.

CASPER uses a two-stage cluster design based on the World Health Organization epidemiology technique for estimating vaccine coverage from small pox eradication. In the first stage of the sampling method, 20 clusters (i.e. census blocks) with  $\geq 7$  housing units (HUs) are selected with their probability proportional to the estimated number of HUs in each cluster. In the second stage, seven HUs are randomly selected in each of the 20 clusters by the field teams for the purpose of conducting the interviews with the goal of 140 completed interviews. Eighty percent completion rates allows population needs to be estimated from the sample and the estimates are usually within 10 percent.

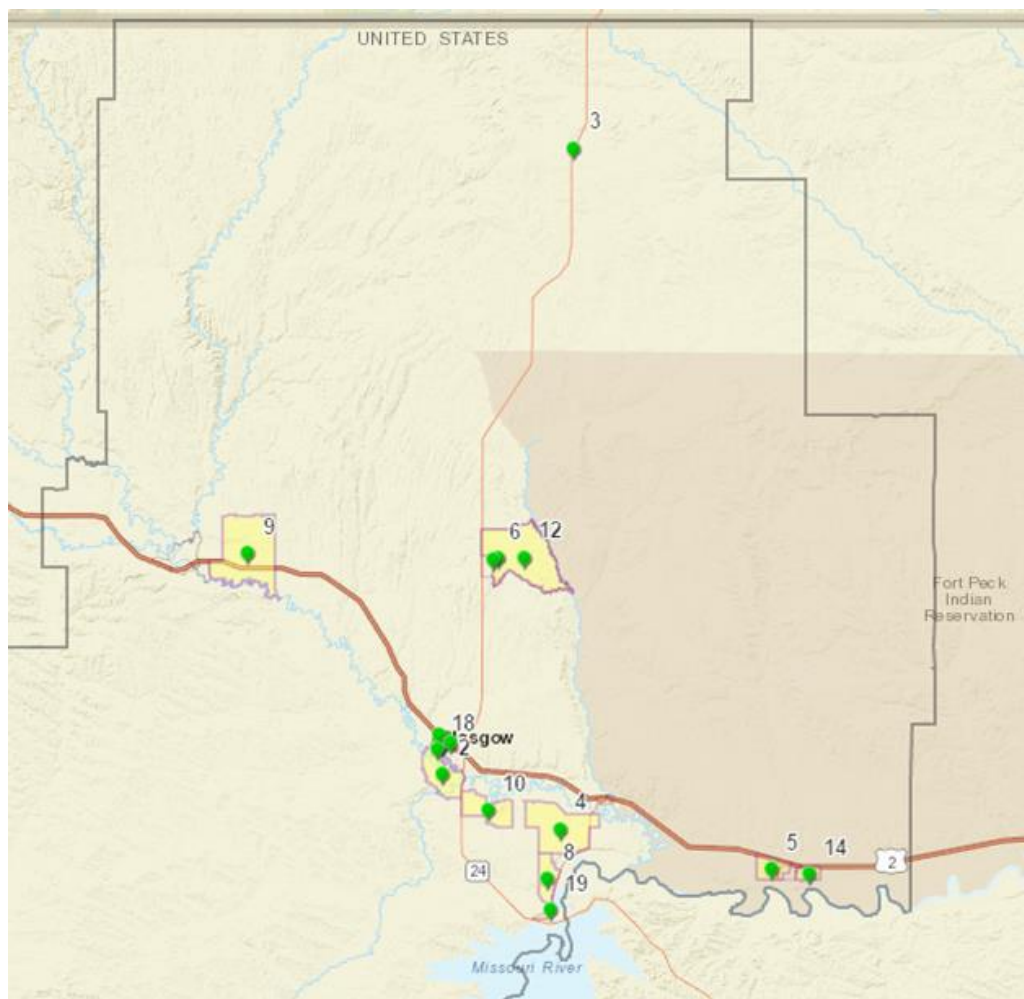
VCHD contacted the PHSD in the fall of 2015 for help conducting a CASPER in April of 2016. Formal planning for the CASPER started immediately. VCHD, FMDH, and EMCMHC worked collaboratively to develop the survey for the CASPER with community stakeholder input, find and manage volunteers, completed all logistics including data collection, and completed the media campaign to raise awareness of the event. PHSD roles were coordinating the sampling and development of cluster maps with the Montana State Library, the just-in-time training for volunteers, completion of the volunteer evaluation, data analyses, and writing of the final report.

The geographic area for the CASPER included all of Valley County, which is 5,062 square miles. The main population center is Glasgow with a population of 3,374. Valley County contains 2,256 total census blocks including 1,438 blocks with 0 HUs, 635 blocks with 1–6 HUs, and 183 blocks with  $\geq 7$  HUs for a total of 4,879 HUs. The Montana State Library logically combined census blocks taking into account boundaries, roads, rivers, and other features to create new clusters with  $\geq 7$  HUs. In the first stage sampling, 20 clusters were randomly selected with probability proportional to the number of HUs within the merged blocks. In the second stage, field teams used a standardized method for randomization to select HUs for the seven interviews.

The survey instrument was designed to capture 1) demographic information 2) physical activity and nutrition 3) mental health and substance abuse 4) access to quality health services 5) injury 6) tobacco use 7) oral health and 8) community perceptions (Appendix A). On Saturday April 23, a just-in-time

training session for 45 volunteers provided an overview of a CASPER, household selection, interview techniques, and safety. Twenty-two, two-person teams attempted to conduct seven interviews in each of the 20 clusters selected for the sample, with a goal of 140 completed interviews. Residents of households who were at least 18 years of age were considered eligible respondents. Additionally, field teams distributed information about the VCHD, FMDH, and EMC MHC. Data collection occurred on Friday April 15 and Saturday April 23. All forms used during the CASPER were from the CASPER toolkit and were modified accordingly. All volunteers completed an evaluation at the end of the exercise (Appendix B).

Epi Info 7.1.2, a free statistical software package produced by the CDC, was used for data entry and analysis. The completion rate was calculated by dividing the number of completed interviews by 140 (i.e., the goal for completed interviews in this CASPER). To account for the probability that the responding household was selected, we created sampling weights based on the total number of occupied houses according to the 2010 Census, the number of clusters selected, and the number of interviews completed in each cluster. This weight was used to calculate all weighted frequencies and percentages presented in this report.



**Map of selected clusters for the CASPER**



# Primary Data Results

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The interview teams conducted 121 interviews, yielding a completion rate of 86%. The 121 interviewed households were a sample of the 4,879 total households in Valley County. Unweighted frequencies, percentages, and projected population estimates based on weighted analyses can be found in Appendix C, Data Tables 1–17.

Seventy-six (63%) of the respondents were female and 24% were 75 years of age or older. Fifty-five (46%) of respondents were employed full-time, 28% were retired, 12% were self-employed, and 7% were employed part-time. Table 1 contains complete demographic results.

Of the interviewed households, 97.5% strongly agree or agree they feel safe in their home; 95.1% strongly agree or agree they feel safe in their community; 93.4% strongly agree or agree they have enough financial resources to meet their basic needs; 85.9% strongly agree or agree their community is a good place to raise children; 83.5% strongly agree or agree their community is a good place to grow old; 83.4% strongly agree or agree they can get the health care they need near their home; and 80.7% strongly agree or agree they can buy affordable healthy food near their home. Respondents identified access to health care and other services (57.9%), clean air/water (42.1%), and good jobs and a healthy economy (31.4%) as most important aspects to a health community.

Of the interviewed households, 78.9% rated their physical health as excellent, very good, or good; 60.5% rated their day-to-day stress level as moderate or high; 22.5% haven't visited a dentist for 3 or more years; 19.8% currently smoke, chew tobacco or use vaping products; and 90.6% rate their mental health as excellent, very good, or good. The main reasons respondents hadn't visited a dentist within the last year included don't need a dental appointment (27.8%), fear or apprehension (16.7%), could not afford (13%), and no insurance (13%). Respondents identified more parks, trails, or greenways (29.8%) and more/better sidewalks (29.8%) as improvements that would help them be more physically active. Thirty-three percent (33.9%) of interviewed persons stated the biggest barrier to being more physically active is they are too busy or don't have time. Barriers to healthy eating include hard to find healthy choices outside the home (24.8%) healthy foods cost too much (18.2%), and takes too long to prepare and shop for healthy food (15.7%).

Twenty-three percent (22.5%) of respondents were unaware of programs to help pay for health care expenses and 23.1% did not get or were delayed in health care services in the past 12 months. Reasons health care services were delayed or not received included couldn't get an appointment (46.4%), availability of services (32.1%), costs too much (25.0%), insurance didn't cover (17.9%) and too long to wait for an appointment (17.9%). Items identified that would improve access to health care include availability of walk-in clinics (52.1%), availability of visiting specialists (46.3%), and more primary care providers (33.1%). The most common preventive services used in the past year were routine health check-up with family physician (59.5%), routine blood pressure check (52.1%), and a cholesterol check (42.2%). About half (49.6%) of persons interviewed received an influenza immunization within the last year. Friends/family (69.4%), health care provider (44.6%), radio (42.2%), and word of mouth/reputation (42.2%) were identified as the main sources of health services or health-related information available in the community.

Thirty-one percent (31.1%) of respondents stated someone in their household received medical attention for an injury in the last year. The main types of injuries included slips or falls (32.4%), sport injuries (24.3%), and household (16.2%).

Respondents would refer someone needing mental health services to Eastern Montana Community Mental Health Center (46.3%); healthcare provider (28.1%), and faith-based leader (26.5%). Respondents would refer someone needing substance abuse services to Eastern Montana Community Mental Health Center (36.4%), Alcoholics Anonymous (34.7%), and healthcare providers (31.4%). However, over 20% of respondents didn't know where they would refer someone for mental health or substance abuse services.

Communication used on a daily basis included cell phones (79.4%), email (58.7%), texting (55.4%), and landline (52.1%). Slightly more than half of respondents (55/6%) stated their family had a basic emergency preparedness kit. The top three sources of information during an emergency or disaster included radio (76.0%), television (55.4%), and word of mouth (38.0%). If respondents had to leave their home during an emergency, they would go to a relative/friends (44.6%), emergency shelter (14.9%), and leave town (11.6%).

Issues perceived as big problems in Valley County included illegal drug abuse (57%), prescription drug abuse (38.3%), obesity (33.1%), and child abuse/neglect (25.6%).

### **Volunteer Evaluations**

All but three volunteers would definitely participate in a CASPER in the future. Overall, the volunteers felt their experience was good and they learned a lot in the process. Positive experiences from the CASPER included the willingness of people to participate, the number of volunteers, learning about people's perceptions about Valley County, food, training, and working in teams. Volunteers felt the survey results could drive change in their communities. Volunteers recognized surveying takes a lot of time and energy. Some volunteers felt the survey was too long, the flow of the questions could be improved, the maps were confusing and could be improved, more sharing of volunteer phone numbers was needed, and data collection should have been at a different time and/or another day.

### **Discussion**

Successful collaborations occurred between the VCHD, FMDH, EMCMHC, PHSD, and other Valley County local public health system partners. Lessons learned during the process will help refine the technique for use in Valley County and in other Montana counties. VCHD, FMDH, and EMCMHC were able to successfully find and utilize a volunteer network within the community. The post-exercise evaluations showed persons participating in the CASPER would volunteer again if needed. VCHD now has a list of volunteers that can be engaged if needed for future exercises or emergency events. These collaborations helped strengthen relationships and define roles of partners during a CASPER. Practicing the technique will be invaluable to the county and state in the event a CASPER will be needed during an emergency or disaster situation.

The CASPER met the stated purposes of improving the understanding of the health status of Valley County, developing a volunteer workforce, and completing an emergency preparedness exercise. VCHD and local public health system partners gained granular local data that can be used in addition to other

data sources to direct resources and improve services. Areas for potential public health interventions include continued efforts to decrease smoking, improve seat belt usage, increase influenza vaccine coverage, and to increase routine dental care. Improvements can be made to increase awareness of programs to help pay for health care expenses and to ensure and improve access to health care services.

Overall, results show residents feel Valley County is a good place to live, work, and retire. Valley County residents identified key issues they felt required immediate attention including increasing the availability of affordable housing and addressing illegal drug use and tobacco use. The results should be shared with local leaders, planners, and other local public health system groups to start discussions about how to address these community-wide issues.

### **Limitations**

To create sampling weights, information from the 2010 Census was used to determine the household probability of being selected. Valley County could have experienced population changes since 2010, and thus the Census data might not be representative of the current population. The discrepancy between the 2010 Census and the current status, would not, however, affect the unweighted frequencies presented in this report.

### **Lessons Learned**

- 1) CASPERs are a good method to gather local primary data for community health assessments.**  
Because of Montana's small population, granular local data can be hard to obtain. The CASPER method allows for collection of local data with population estimates. The data gained through a CASPER are invaluable to the health department and other local public health system partners for understanding the complete picture of community health.
- 2) Ensure cluster maps are adequate.**  
Some of the cluster maps, especially the rural clusters, were not adequate. With future CASPERs, ensure both a street and topographic map are in the cluster packets with arrows designating the cluster entry point and more streets are labeled. These changes will decrease frustration for volunteer teams and ensure the correct households are being interviewed.
- 3) Administer the survey at different times during the day or on multiple days.**  
As with the previous CASPER conducted in Montana, data collection dates and times are challenging. Many people were not home on a Saturday. Options to consider include two days of data collection with two sets of volunteers or to split volunteers into afternoon and evening groups. The biggest challenge of a CASPER is find the right time to ensure people are home. Multiple approaches might need to be considered on future CASPERs.
- 4) Continually improve the survey length and flow.**  
Some volunteers felt the survey was too long and the flow could be improved. As with any survey, improvements to questions can always be made to ensure the appropriate data is collected.
- 5) Regular meetings with executive planning committee**  
Conducting regular meetings with the executive planning committee helped ensure the process kept moving forward and ensured communication occurred between all entities involved in the process.

## **Recommendations**

Based on the results of the CASPER exercise, the following actions are recommended:

**1) Share the results of the survey with local public health system partners and use as part of the community health assessment.**

Information gained in the CASPER will benefit local public health system partners and should be shared. VCHD, FMDH, and EMC MHC should use the results in addition to other data sources to determine community health priorities and in the development of a community health assessment and organizational strategic plan.

**2) Continue to engage partners.**

Success of a CASPER or any community-based exercise is dependent on engagement and collaboration of partners. Partners were successfully engaged for collaboration during this project. Continued engagement of the partners will strengthen public health system and help ensure health priority areas are addressed in Valley County.

**3) Continue to recruit and use volunteers regularly.**

CASPERs can use either a volunteer or deployable workforce. Volunteers were the basis of the field teams in this exercise. Volunteers found use in this exercise and were engaged during the process. A volunteer registry should be kept and continued use of volunteers for other exercises or projects should occur. If an emergency or disaster does occur, volunteer networks will already have been established and trained.

**4) Use the results to implement public health interventions and create targeting public health messaging.**

Information gained about the population of Valley County during this exercise should be used to implement public health interventions and targeted public health messaging, to help address issues to access to health care, and to provide information about resource allocation for issues within the county.

**5) Create and maintain randomized cluster maps for each county in Montana to be ready to be used for an exercise to practice the technique or during an emergency or disaster.**

One of the time consuming portions of the CASPER was combining census blocks, randomly selecting clusters, and creating detailed maps of the selected clusters. The Montana State Library provided the cluster maps for this CASPER; as no expertise exists within PHSD to complete the cluster mapping. PHSD should develop and maintain a bank of randomly selected clusters for each county in Montana. The state then would be able to provide this expertise to the counties for an exercise or during an emergency or disaster.

# Frances Mahon Deaconess Hospital Community Needs Assessment<sup>vi</sup>

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## Frances Mahon Deaconess Hospital Community Needs Assessment

Based on results from the 2013 Frances Mahon Deaconess Hospital Community Needs Assessment the following represent some of the leading health priorities for the community.

- **Access to Healthcare Services**
  - Lack of Healthcare Coverage
  - Barriers to Accessing Healthcare
  - Access to Dental Care
- **Cancer**
  - Cancer Screenings
- **Heart Disease and Stroke**
  - Hyperlipidemia
  - Hypertension
- **Mental Health and Substance Abuse**
  - Facilities, Resources & Access
- **Tobacco**
  - Use of Tobacco Products
- **Respiratory Disease**
  - Incidence and Prevalence
- **Nutrition and Overweight**
  - Overweight/Obesity Prevalence
  - Physical Activity Levels

## *Priority Areas*

# Community Health Assessment Priority Ranking Sheet

	Heart Disease	Mental Health	Nutrition /Weight	Substance Abuse	Tobacco Abuse					
	1 - Scope	1 - Impact	2 - Scope	2 - Impact	3 - Scope	3 - Impact	4 - Scope	4 - Impact	5 - Scope	5 - Impact
1	10	10	9	10	10	10	8	7	9	9
2	5	6	6	8	5	6	6	9	6	9
3	2	8	3	7	5	5	5	6	3	6
4	7	7	7	8	9	10	8	9	7	8
5	9	5	7	5	9	5	8	5	4	8
6	8	8	6	5	8	8	8	8	9	5
7	7	7	9	8	8	9	10	10	9	10
8	7	7	6	7	6	7	9	5	5	3
9	8	8	8	6	8	8	8	7	7	8
10	6	6	9	8	8	5	10	10	10	10
11	2	2	10	8	4	4	6	4	1	3
12	5	4	5	5	6	9	6	8	9	2
13	9	6	6	6	8	10	9	9	6	6
14	10	10	10	10	10	10	10	10	10	10
<b>Total</b>	95	94	101	101	104	106	111	107	95	97
<b>Ave.</b>	6.8	6.7	7.2	7.2	7.4	7.6	7.9	7.6	6.8	6.9

**Ranking Values**

8930                      10201                      11024                      11877                      9215

**Priority Ranking**

6                      3\*                      2\*                      1\*                      5

**Hospital Survey Ranking**

1                      3                      2

# Community Health Assessment Feedback Form

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	<b>Community Resources for Health Threats</b>	<b>Willingness to Change Community Views</b>	
1	1	1	2= Very 1= Some 0= Not at All
2	1	1	
3	2	1	
4	2	1	
5	2	1	
6	1	1	
7	1	2	
8	1	1	
<b>Total</b>	<b>11</b>	<b>9</b>	
<b>Average</b>	<b>1.38</b>	<b>1.13</b>	



# Identified Priority Areas

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## 1. Physical Activity and Nutrition

- 54% of Valley County households feel they do not have the time, or are too tired, to be physically active. 30% of the respondents said they would be more physically active if there were better access to parks, trails or greenways.
- 19.2% of Valley County household feel they cannot purchase affordable, healthy, food near their home. Almost 25% of the households responding said it is hard to find healthy choices when you eat outside the home.

## 2. Mental Health

- 8% of Valley County households rate their mental health to be fair or poor. Respondents say they have an average of 3.2 poor mental health days per month. Montana's rate of suicide, 22.3% per 1,000 people nearly doubles the national rate of 12.2%.

## 3. Prevent Substance Abuse

- 77% of Valley County household's respondents listed substance abuse as either a problem, or big problem in our community
- 38% of Valley County youth under the age of 18 have used alcohol in the last 30 days
- Between 2000 and 2015, 693 deaths in Montana were attributed to prescription opioid poisoning.

# Appendix A. Survey

Date:	Cluster:	No. HHs in Cluster:	Survey No.:	Interviewer Initial:
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**Valley County Community Health Assessment**

The following questions focus on aspects of your community. Please tell us whether you "strongly agree", "agree", "disagree" or "strongly disagree" with each of the next 7 statements thinking specifically about your community as you see it. If you don't know, please respond "I don't know." Please circle the number that best represents your opinion of each statement below.

Statements	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't Know
1. I can get the health care I need near my home. Consider the cost and quality, number of options, and availability of healthcare within a reasonable distance to your home.	1	2	3	4	5
2. My community is a good place to raise children. Consider the quality and safety of schools and child care, after school care, and places to play in your neighborhood.	1	2	3	4	5
3. My community is a good place to grow old. Consider elder-friendly housing, transportation to medical services, access to shopping centers and businesses, recreation, and services for the elderly.	1	2	3	4	5
4. I feel safe in my home. Consider everything that makes you feel safe, such as neighbors, presence of law enforcement, etc. and everything that could make you feel unsafe at home, including family violence, robbery, housing conditions, etc.	1	2	3	4	5
5. I feel safe in my community. Consider how safe you feel in and around your neighborhood, schools, playgrounds, parks, businesses, and shopping centers.	1	2	3	4	5
6. I can buy affordable healthy food near my home. Consider grocery stores, supermarkets, corner stores, and farmers markets that sell fresh fruits, vegetables, lean meats, and other healthy options.	1	2	3	4	5
7. I have enough financial resources to meet my basic needs. Consider income for purchasing food, clothing, shelter, and utilities.	1	2	3	4	5

This next section of questions will focus on your health. Again, all the opinions you share with us will be completely confidential and will be reported as a group summary. You may decline to answer any question.

<p>8. Check the three items below that you believe are most important for a healthy community (Check 3 that apply)</p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> Access to health care and other services</td> <td><input type="checkbox"/> Low levels of domestic violence</td> </tr> <tr> <td><input type="checkbox"/> Affordable housing</td> <td><input type="checkbox"/> Parks and recreation</td> </tr> <tr> <td><input type="checkbox"/> Arts and cultural events</td> <td><input type="checkbox"/> Public transportation</td> </tr> <tr> <td><input type="checkbox"/> Clean air/water</td> <td><input type="checkbox"/> Religious or spiritual values</td> </tr> <tr> <td><input type="checkbox"/> Community involvement</td> <td><input type="checkbox"/> Strong family life</td> </tr> <tr> <td><input type="checkbox"/> Good jobs and a healthy economy</td> <td><input type="checkbox"/> Strong early childhood (pre-k) education system</td> </tr> <tr> <td><input type="checkbox"/> Good schools</td> <td><input type="checkbox"/> Access to adult learning opportunities</td> </tr> <tr> <td><input type="checkbox"/> Healthy behaviors and lifestyles</td> <td><input type="checkbox"/> Tolerance for diversity</td> </tr> <tr> <td><input type="checkbox"/> Healthy food choices</td> <td><input type="checkbox"/> Other _____</td> </tr> <tr> <td><input type="checkbox"/> Low crime/safe neighborhood</td> <td><input type="checkbox"/> Don't know</td> </tr> <tr> <td><input type="checkbox"/> Low death and disease rates</td> <td><input type="checkbox"/> Prefer not to say</td> </tr> </table>	<input type="checkbox"/> Access to health care and other services	<input type="checkbox"/> Low levels of domestic violence	<input type="checkbox"/> Affordable housing	<input type="checkbox"/> Parks and recreation	<input type="checkbox"/> Arts and cultural events	<input type="checkbox"/> Public transportation	<input type="checkbox"/> Clean air/water	<input type="checkbox"/> Religious or spiritual values	<input type="checkbox"/> Community involvement	<input type="checkbox"/> Strong family life	<input type="checkbox"/> Good jobs and a healthy economy	<input type="checkbox"/> Strong early childhood (pre-k) education system	<input type="checkbox"/> Good schools	<input type="checkbox"/> Access to adult learning opportunities	<input type="checkbox"/> Healthy behaviors and lifestyles	<input type="checkbox"/> Tolerance for diversity	<input type="checkbox"/> Healthy food choices	<input type="checkbox"/> Other _____	<input type="checkbox"/> Low crime/safe neighborhood	<input type="checkbox"/> Don't know	<input type="checkbox"/> Low death and disease rates	<input type="checkbox"/> Prefer not to say	<p>10. In general, would you say that your physical health is:</p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> Excellent</td> <td><input type="checkbox"/> Poor</td> </tr> <tr> <td><input type="checkbox"/> Very Good</td> <td><input type="checkbox"/> Don't know</td> </tr> <tr> <td><input type="checkbox"/> Good</td> <td><input type="checkbox"/> Prefer not to say</td> </tr> <tr> <td><input type="checkbox"/> Fair</td> <td></td> </tr> </table>	<input type="checkbox"/> Excellent	<input type="checkbox"/> Poor	<input type="checkbox"/> Very Good	<input type="checkbox"/> Don't know	<input type="checkbox"/> Good	<input type="checkbox"/> Prefer not to say	<input type="checkbox"/> Fair	
<input type="checkbox"/> Access to health care and other services	<input type="checkbox"/> Low levels of domestic violence																														
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<input type="checkbox"/> Excellent	<input type="checkbox"/> Poor																														
<input type="checkbox"/> Very Good	<input type="checkbox"/> Don't know																														
<input type="checkbox"/> Good	<input type="checkbox"/> Prefer not to say																														
<input type="checkbox"/> Fair																															
<p>9. Which form of communication do you use on a daily basis? (Check all that apply)</p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> Cell Phone</td> <td><input type="checkbox"/> Facebook</td> </tr> <tr> <td><input type="checkbox"/> Email</td> <td><input type="checkbox"/> Twitter</td> </tr> <tr> <td><input type="checkbox"/> Texting</td> <td><input type="checkbox"/> Other _____</td> </tr> <tr> <td><input type="checkbox"/> Landline</td> <td><input type="checkbox"/> Prefer not to say</td> </tr> </table>	<input type="checkbox"/> Cell Phone	<input type="checkbox"/> Facebook	<input type="checkbox"/> Email	<input type="checkbox"/> Twitter	<input type="checkbox"/> Texting	<input type="checkbox"/> Other _____	<input type="checkbox"/> Landline	<input type="checkbox"/> Prefer not to say	<p>11. How would you describe your day-to-day level of stress?</p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> High</td> <td><input type="checkbox"/> Don't know</td> </tr> <tr> <td><input type="checkbox"/> Moderate</td> <td><input type="checkbox"/> Prefer not to say</td> </tr> <tr> <td><input type="checkbox"/> Low</td> <td></td> </tr> </table>	<input type="checkbox"/> High	<input type="checkbox"/> Don't know	<input type="checkbox"/> Moderate	<input type="checkbox"/> Prefer not to say	<input type="checkbox"/> Low																	
<input type="checkbox"/> Cell Phone	<input type="checkbox"/> Facebook																														
<input type="checkbox"/> Email	<input type="checkbox"/> Twitter																														
<input type="checkbox"/> Texting	<input type="checkbox"/> Other _____																														
<input type="checkbox"/> Landline	<input type="checkbox"/> Prefer not to say																														
<input type="checkbox"/> High	<input type="checkbox"/> Don't know																														
<input type="checkbox"/> Moderate	<input type="checkbox"/> Prefer not to say																														
<input type="checkbox"/> Low																															
	<p>12. How do you learn about health-related services available in our community? (Check all that apply)</p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> Friends/Family</td> <td><input type="checkbox"/> TV</td> </tr> <tr> <td><input type="checkbox"/> Health care provider</td> <td><input type="checkbox"/> Website/internet</td> </tr> <tr> <td><input type="checkbox"/> Mailings/newsletters</td> <td><input type="checkbox"/> Word of mouth/reputation</td> </tr> <tr> <td><input type="checkbox"/> Newspaper</td> <td><input type="checkbox"/> Other _____</td> </tr> <tr> <td><input type="checkbox"/> Presentations</td> <td><input type="checkbox"/> Prefer not to say</td> </tr> <tr> <td><input type="checkbox"/> Public health</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Radio</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Social media platforms (i.e. Facebook)</td> <td></td> </tr> </table>	<input type="checkbox"/> Friends/Family	<input type="checkbox"/> TV	<input type="checkbox"/> Health care provider	<input type="checkbox"/> Website/internet	<input type="checkbox"/> Mailings/newsletters	<input type="checkbox"/> Word of mouth/reputation	<input type="checkbox"/> Newspaper	<input type="checkbox"/> Other _____	<input type="checkbox"/> Presentations	<input type="checkbox"/> Prefer not to say	<input type="checkbox"/> Public health		<input type="checkbox"/> Radio		<input type="checkbox"/> Social media platforms (i.e. Facebook)															
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<input type="checkbox"/> Public health																															
<input type="checkbox"/> Radio																															
<input type="checkbox"/> Social media platforms (i.e. Facebook)																															

Turn Page Over

<p>13. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking?</p> <p><input type="checkbox"/> Yes                      <input type="checkbox"/> Don't know  <input type="checkbox"/> No                         <input type="checkbox"/> Prefer not to say</p>	<p>19. About how long has it been since you visited a doctor for a routine checkup? (A routine check up is a general exam, not an exam for a specific injury, illness, or condition)</p> <p><input type="checkbox"/> Within the past year (anytime less than 12 months ago)    <input type="checkbox"/> 5 or more years ago  <input type="checkbox"/> Within the past 2 years (1 year but less than 2 years ago)    <input type="checkbox"/> Don't know  <input type="checkbox"/> Within the past 5 years (2 years but less than 5 years ago)    <input type="checkbox"/> Never  <input type="checkbox"/> Prefer not to say</p>
<p>14. During the past 7 days, how many days were you physically active for a total of at least 30 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)</p> <p><input type="checkbox"/> 0 days                      <input type="checkbox"/> 3–4 days                      <input type="checkbox"/> Don't know  <input type="checkbox"/> 1–2 days                    <input type="checkbox"/> 5 or more days               <input type="checkbox"/> Prefer not to say</p>	<p>20. In the past 12 months, was there a time when you or a member of your household thought you needed health care services but DID NOT get or delayed getting health services? <small>Any of these answers SKIP to Q# 22</small></p> <p><input type="checkbox"/> Yes (Go to Q# 21)    <input type="checkbox"/> No    <input type="checkbox"/> Don't know    <input type="checkbox"/> Prefer not to say</p>
<p>15. Which of the following would help you to be more physically active? (Check all that apply)</p> <p><input type="checkbox"/> More/better sidewalks or crosswalks                      <input type="checkbox"/> More sports leagues  <input type="checkbox"/> More parks, trails, or greenways                                      <input type="checkbox"/> More programs or events, like races or walking challenges  <input type="checkbox"/> Access to a gym    <input type="checkbox"/> None  <input type="checkbox"/> Stores within walking distance    <input type="checkbox"/> Other _____  <input type="checkbox"/> Increased neighborhood safety    <input type="checkbox"/> Don't know  <input type="checkbox"/> A walking or exercise group    <input type="checkbox"/> Prefer not to say</p>	<p>21. If Q# 20 YES, what were the three most important reasons why you did not receive health care services? (Check 3 that apply)</p> <p><input type="checkbox"/> Could not get an appointment    <input type="checkbox"/> Office not open when I could go  <input type="checkbox"/> Availability of services  <input type="checkbox"/> Could not get off work                      <input type="checkbox"/> Too long to wait for an appointment  <input type="checkbox"/> Do not like doctors                              <input type="checkbox"/> Too nervous/afraid  <input type="checkbox"/> Had no one to care for children              <input type="checkbox"/> Transportation problems  <input type="checkbox"/> It costs too much                                      <input type="checkbox"/> Unsure if services were available  <input type="checkbox"/> Language barrier                                      <input type="checkbox"/> Other _____  <input type="checkbox"/> My insurance did not cover                      <input type="checkbox"/> Don't know  <input type="checkbox"/> No insurance    <input type="checkbox"/> Prefer not to say  <input type="checkbox"/> Not treated with respect</p>
<p>16. Which of the following gets in the way of you being more physically active or exercising? (Check all that apply)</p> <p><input type="checkbox"/> I'm too busy or don't have time                                      <input type="checkbox"/> I don't like or want to exercise  <input type="checkbox"/> It costs too much                                      <input type="checkbox"/> I don't have friends or a group to exercise with  <input type="checkbox"/> I'm physically unable                                      <input type="checkbox"/> Other _____  <input type="checkbox"/> I'm too tired to exercise                                      <input type="checkbox"/> Nothing gets in the way  <input type="checkbox"/> I don't have access to a gym or facility                                      <input type="checkbox"/> Don't know  <input type="checkbox"/> It is not important to me                                      <input type="checkbox"/> Prefer not to say</p>	<p>22. In your opinion, what would improve our community's access to health care (Check all that apply)</p> <p><input type="checkbox"/> Availability of visiting specialists                                      <input type="checkbox"/> More primary care providers  <input type="checkbox"/> Availability of walk-in clinic                                      <input type="checkbox"/> Telemedicine (provider visit via electronic communication)  <input type="checkbox"/> Cultural sensitivity                                      <input type="checkbox"/> Transportation assistance  <input type="checkbox"/> Health education resources                                      <input type="checkbox"/> Other _____  <input type="checkbox"/> Improved quality of care                                      <input type="checkbox"/> Don't know  <input type="checkbox"/> Interpreter services                                      <input type="checkbox"/> Prefer not to say</p>
<p>17. Most of us don't eat healthy all the time. When you aren't eating a healthy diet, what do you think makes it hard for you to eat healthy? (Check all that apply)</p> <p><input type="checkbox"/> I don't know how to prepare the food we like in a healthy way                                      <input type="checkbox"/> It's hard to find healthy choices when you eat outside the home  <input type="checkbox"/> Nobody in my family would eat it                                      <input type="checkbox"/> Healthy food costs too much  <input type="checkbox"/> There aren't places in my community to buy healthy foods                                      <input type="checkbox"/> It take too much time to prepare and shop for healthy choices  <input type="checkbox"/> Healthy food doesn't taste good                                      <input type="checkbox"/> Other _____  <input type="checkbox"/> Don't know    <input type="checkbox"/> Prefer not to say</p>	<p>23. Which of the following preventative services have you used in the past year? (check all that apply)</p> <p><input type="checkbox"/> Birthday lab work (formally health fair labs)                                      <input type="checkbox"/> Prostate (PSA)  <input type="checkbox"/> Children's checkup/well baby checkup                                      <input type="checkbox"/> Routine blood pressure check  <input type="checkbox"/> Cholesterol check                                      <input type="checkbox"/> Routine health checkup with family physician  <input type="checkbox"/> Colonoscopy    <input type="checkbox"/> None  <input type="checkbox"/> Flu shot    <input type="checkbox"/> Other _____  <input type="checkbox"/> Mammography    <input type="checkbox"/> Don't know  <input type="checkbox"/> Pap smear    <input type="checkbox"/> Prefer not to say</p>
<p>18. Are you aware of programs that help people pay for health care expenses?</p> <p><input type="checkbox"/> Yes                              <input type="checkbox"/> Don't know  <input type="checkbox"/> No                                <input type="checkbox"/> Prefer not to say</p>	

<p>24. About how long has it been since you last visited a dentist for a routine checkup or cleaning? Do not include times you visited the dentist because of pain or an emergency.</p> <p><input type="checkbox"/> Less than one year (Skip to Q# 26)    <input type="checkbox"/> More than 5 years    <input type="checkbox"/> Don't know</p> <p><input type="checkbox"/> 1-2 years    <input type="checkbox"/> I have never been to the dentist for a routine checkup    <input type="checkbox"/> Prefer not to say</p> <p><input type="checkbox"/> 3-5 years</p>	<p>31. Where would you refer that person for mental health services? (check all that apply)</p> <p><input type="checkbox"/> Eastern MT Community Mental Health Center    <input type="checkbox"/> Faith-based leader (like Priest or Pastor)</p> <p><input type="checkbox"/> Private therapist or social worker    <input type="checkbox"/> Friend</p> <p><input type="checkbox"/> Healthcare Provider    <input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> Youth Dynamics Incorporated    <input type="checkbox"/> Don't know</p> <p><input type="checkbox"/> Emergency room    <input type="checkbox"/> Prefer not to say</p>
<p>25. What is the main reason you did not visit the dentist in the last year? (DO NOT ANSWER IF VISITED DENTIST LESS THAN ONE YEAR IN QUESTION 24)</p> <p><input type="checkbox"/> Fear, apprehension, nervousness, pain, dislike going    <input type="checkbox"/> Could not get an appointment</p> <p><input type="checkbox"/> Could not afford/cost/too expensive    <input type="checkbox"/> Did not have time/Didn't think about it/Low priority</p> <p><input type="checkbox"/> No insurance    <input type="checkbox"/> Other ailments prevent dental care</p> <p><input type="checkbox"/> My insurance does not cover this services    <input type="checkbox"/> Don't need it/no dental problems</p> <p><input type="checkbox"/> Do not have/know a dentist    <input type="checkbox"/> No teeth</p> <p><input type="checkbox"/> Lack transportation/too far away    <input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> Hours aren't convenient    <input type="checkbox"/> Don't know</p> <p><input type="checkbox"/> Prefer not to say</p>	<p>32. Now thinking about your MENTAL health, which includes stress, depression and problems with emotions; what would you say your mental health is general?</p> <p><input type="checkbox"/> Excellent    <input type="checkbox"/> Good    <input type="checkbox"/> Poor    <input type="checkbox"/> Prefer not to say</p> <p><input type="checkbox"/> Very Good    <input type="checkbox"/> Fair    <input type="checkbox"/> Don't know</p>
<p>26. In the past twelve months, have you or someone in your home received medical attention for an injury?</p> <p><input type="checkbox"/> Yes (Go to Q# 27)    <input type="checkbox"/> No    <input type="checkbox"/> Don't Know    <input type="checkbox"/> Prefer not to say</p> <p style="text-align: right;"><b>Any of these answers SKIP to Q# 28</b></p>	<p>33. Do you know where someone in your community who may need substance abuse services or treatment for alcohol or drug addiction could go to get them?</p> <p><input type="checkbox"/> Yes    <input type="checkbox"/> No    <input type="checkbox"/> Don't Know    <input type="checkbox"/> Prefer not to say</p>
<p>27. If question Q# 26 is Yes, what type of injury?</p> <p><input type="checkbox"/> Household    <input type="checkbox"/> Sport injuries</p> <p><input type="checkbox"/> Automobile or transportation    <input type="checkbox"/> Firearms</p> <p><input type="checkbox"/> Work related    <input type="checkbox"/> Physical altercations</p> <p><input type="checkbox"/> Farm/Agricultural    <input type="checkbox"/> Others _____</p> <p><input type="checkbox"/> Slips or fall    <input type="checkbox"/> Don't know</p> <p><input type="checkbox"/> Dangerous substances/chemicals    <input type="checkbox"/> Prefer not to say</p>	<p>34. Where would you refer that person for substance abuse services? (Check all that apply)</p> <p><input type="checkbox"/> Eastern Montana Community Mental Health Center Substance Abuse and Dependency Services    <input type="checkbox"/> Emergency room</p> <p><input type="checkbox"/> Alcoholics Anonymous    <input type="checkbox"/> Faith-based leader (like Priest or Pastor)</p> <p><input type="checkbox"/> Private therapist or social worker    <input type="checkbox"/> Friend</p> <p><input type="checkbox"/> Healthcare Provider    <input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> Don't know    <input type="checkbox"/> Prefer not to say</p>
<p>28. Do you currently use any of the following? (Check all that apply)</p> <p><input type="checkbox"/> Cigarettes    <input type="checkbox"/> Don't know</p> <p><input type="checkbox"/> Chewing tobacco, snuff, snus    <input type="checkbox"/> Prefer not to say</p> <p><input type="checkbox"/> Electronic vaping products</p>	<p>35. Does your family have a basic emergency supply kit and plan? (These kits include water, non-perishable food, necessary prescriptions, first aid supplies, flash light and batteries, blanket, etc.)</p> <p><input type="checkbox"/> Yes    <input type="checkbox"/> No    <input type="checkbox"/> Don't Know    <input type="checkbox"/> Prefer not to say</p>
<p>29. Where would you go or refer someone to quit smoking, chewing, and/or using electronic products?</p> <p><input type="checkbox"/> Montana Quitline    <input type="checkbox"/> Don't know</p> <p><input type="checkbox"/> Healthcare provider    <input type="checkbox"/> Prefer not to say</p> <p><input type="checkbox"/> Other _____</p>	<p>36. What would be your top three sources of information in a large-scale disaster or emergency? (Check 3 that apply)</p> <p><input type="checkbox"/> Television    <input type="checkbox"/> Neighbors</p> <p><input type="checkbox"/> Radio    <input type="checkbox"/> Word of mouth</p> <p><input type="checkbox"/> Newspaper    <input type="checkbox"/> Facebook</p> <p><input type="checkbox"/> Texts    <input type="checkbox"/> Twitter</p> <p><input type="checkbox"/> Television website    <input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> Newspaper website    <input type="checkbox"/> Don't know</p> <p><input type="checkbox"/> Other internet website    <input type="checkbox"/> Prefer not to say</p>
<p>30. Do you know where someone in your community who may need mental health services like counseling or treatment could go to get them?</p> <p><input type="checkbox"/> Yes    <input type="checkbox"/> No    <input type="checkbox"/> Don't Know    <input type="checkbox"/> Prefer not to say</p>	<p>37. If you could not remain in your house, where would you go in a community-wide emergency? (Choose one)</p> <p><input type="checkbox"/> Relative/Friend    <input type="checkbox"/> Church    <input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> Emergency Shelter    <input type="checkbox"/> Hospital    <input type="checkbox"/> Don't know</p> <p><input type="checkbox"/> Leave town    <input type="checkbox"/> Neighbors    <input type="checkbox"/> Prefer not to say</p> <p><input type="checkbox"/> Health Department    <input type="checkbox"/> I would not leave my house</p> <p><input type="checkbox"/> Civic Center</p> <p style="text-align: right;">Turn Page Over </p>

This next section of questions will focus on potential problems in your community. For each potential problem, please tell us if this is "not a problem," "a problem," "a big problem," or "don't know" thinking specifically about your community as you see it.

- Not a Problem** The issue is not a problem and requires no additional attention by my community.  
**A Problem** This issue is somewhat of a problem. My community needs to address this problem.  
**Big Problem** This issue is a major problem. My community needs to address this problem now.  
**Don't Know** I do not know enough information to determine whether or not this is a problem.

Issue	Not a Problem	A Problem	A Big Problem	Don't Know
Chronic Diseases	0	1	2	DK
Obesity	0	1	2	DK
Prescription Drug Abuse	0	1	2	DK
Illegal Drug Use (meth, heroin, marijuana, etc.)	0	1	2	DK
Good Prenatal Care—including access to care	0	1	2	DK
Availability of Services for individuals with physical disabilities	0	1	2	DK
Availability to Affordable Childcare or After School Care	0	1	2	DK
Availability of Affordable Housing	0	1	2	DK
Child Abuse or Neglect	0	1	2	DK
Domestic, Dating, or Sexual Violence	0	1	2	DK
Sexually Transmitted Infections including HIV/AIDS	0	1	2	DK
Other: please specify	0	1	2	DK

<b>38. What is your gender?</b> <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Other _____	<b>43. Do you have children under 18 living in your home?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to say
<b>39. What age range represents you?</b> <input type="checkbox"/> 18–19 <input type="checkbox"/> 55–59 <input type="checkbox"/> 20–24 <input type="checkbox"/> 60–64 <input type="checkbox"/> 25–34 <input type="checkbox"/> 65–74 <input type="checkbox"/> 35–44 <input type="checkbox"/> >75 <input type="checkbox"/> 45–54 <input type="checkbox"/> Prefer not to say	<b>44. What is your employment status?</b> <input type="checkbox"/> Employed full-time <input type="checkbox"/> Unemployed for less than one year <input type="checkbox"/> Employed part-time <input type="checkbox"/> Unemployed for more than one year <input type="checkbox"/> Retired <input type="checkbox"/> Don't know <input type="checkbox"/> Student <input type="checkbox"/> Other _____ <input type="checkbox"/> Armed forces/military <input type="checkbox"/> Prefer not to say <input type="checkbox"/> Self-employed <input type="checkbox"/> Stay at home parent <input type="checkbox"/> Unable to work due to illness or injury
<b>40. How would you describe your race? (Check all that apply)</b> <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> Asian <input type="checkbox"/> Don't know <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Prefer not to say <input type="checkbox"/> White or Caucasian	<b>45. How long have you lived in the area?</b> <input type="checkbox"/> 0-5 years <input type="checkbox"/> 11-15 years <input type="checkbox"/> Prefer not to say <input type="checkbox"/> 6-10 years <input type="checkbox"/> 16+ years
<b>41. Are you Hispanic? (Spanish/Hispanic/Latino)</b> <input type="checkbox"/> Yes <input type="checkbox"/> Don't know <input type="checkbox"/> No <input type="checkbox"/> Prefer not to say	<b>46. What is the highest grade or year of school you have completed?</b> <input type="checkbox"/> Never attended school or only attended kindergarten <input type="checkbox"/> College 1 year to 3 years (Some college or technical school) <input type="checkbox"/> Grades 1 through 8 (elementary) <input type="checkbox"/> College 4 years or more (College graduate) <input type="checkbox"/> Grades 9 through 11 (some high school) <input type="checkbox"/> Post Graduate <input type="checkbox"/> Grades 12 or GED (High school graduate) <input type="checkbox"/> Prefer not to say
<b>42. How many people, including yourself, live in your household?</b> <input type="checkbox"/> 1 <input type="checkbox"/> 5 <input type="checkbox"/> 2 <input type="checkbox"/> 6 <input type="checkbox"/> 3 <input type="checkbox"/> 7+ <input type="checkbox"/> 4 <input type="checkbox"/> Prefer not to say	

End of Survey.....Thank participant for his/her time!

# Appendix B. Volunteer Evaluation

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1. In your opinion, what went well? What did not go well?
  
2. To what extent do you think this assessment will be useful to your community in learning about the health of the county?
  
3. Did you think you were prepared (e.g., training, food, safety, communications, supplies) for your assignment?
  
4. Would you want to participate on a team in the future?
  
5. If we were to do this assessment again, what improvements can be made?
  
6. Did you learn anything from this experience?
  
7. Were there specific situations that you encountered that you want to tell us about relating to:
  - a. Orientation of field teams?
  
  - b. Assessment methods?
  
  - c. Questionnaire/survey?
  
  - d. Supplies and equipment?
  
  - e. Food?
  
  - f. Safety?
  
  - g. Communications?
  
  - h. Transportation?
  
8. Please provide any additional comments.

**THANK YOU FOR YOUR SERVICE TO YOUR COMMUNITY**

# References

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<sup>i</sup> <http://quickfacts.census.gov/qfd/states/30/30105.html>

<sup>ii</sup> <http://dphhs.mt.gov/publichealth/BRFSS/Annual-Reports/2014AnnualReport>

<sup>iii</sup> <http://www.countyhealthrankings.org/app/montana/2015/rankings/valley/county/outcomes/overall/snapshOt>

<sup>iv</sup> <http://dphhs.mt.gov/Portals/85/publichealth/Publications/County%20Health%20Profiles/Valley%20Community%20Health%20Profile.pdf>

<sup>v</sup> <http://dphhs.mt.gov/publichealth/Epidemiology/OESS-CHD>

<sup>vi</sup> [http://www.fmdh.org/fil\\_files/35.pdf](http://www.fmdh.org/fil_files/35.pdf)