



# Tompkins County Community Health Assessment

## COMMUNITY SURVEY DATA ANALYSIS SUMMARY REPORT

*PREPARED FOR: Tompkins County Health Department & Cayuga Medical Center  
AUGUST 15, 2019*

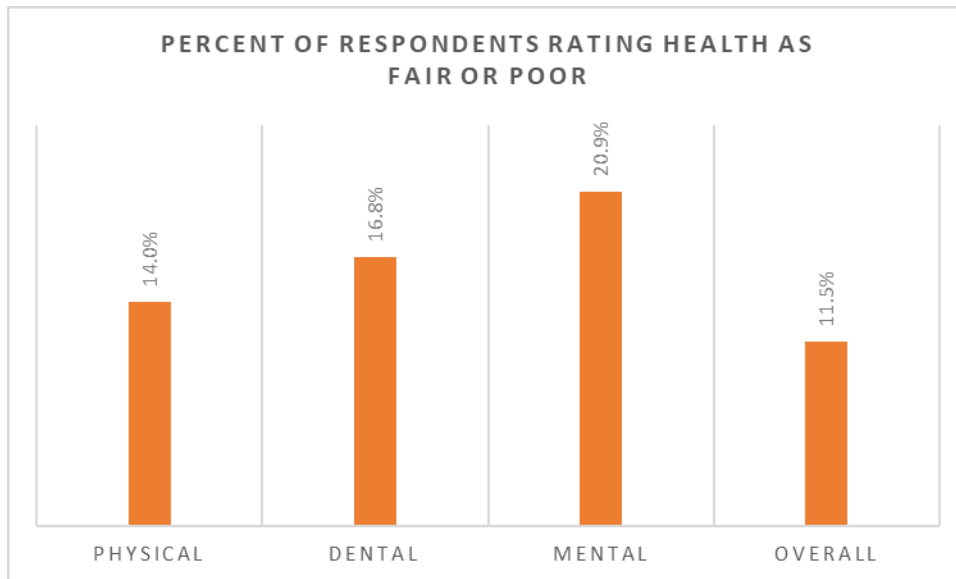
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## Perceived Health

When asked to rate their health on four dimensions (physical, dental, mental, and overall), survey respondents, on average, rated their health positively. While all four dimensions were highly correlated with each other, the mental health overall average rating at 2.59 was statistically higher than the other dimensions of health<sup>1</sup>. Over one in five respondents said their mental health was either fair or poor.

	Excellent (1)	Very good (2)	Good (3)	Fair (4)	Poor (5)	Mean
Physical	16.0%	37.5%	32.4%	11.2%	2.8%	2.47
Dental	20.8%	33.7%	28.0%	11.3%	5.5%	2.45
Mental	16.7%	32.1%	30.4%	17.7%	3.2%	2.59
Overall	13.4%	39.7%	35.4%	9.8%	1.7%	2.47



<sup>1</sup> Paired-samples t-tests, significant difference between all other & mental health: physical-mental  $t(1,124)=-3.963$ ,  $p=.000$ ; dental-mental  $t(1,124)=-3.932$ ,  $p=.000$ ; overall-mental  $t(1,124)=-5.262$ ,  $p=.000$

*Substance Use Disorders*

Thirty-four percent of survey respondents indicated that either they or a family member had ever experienced a substance use disorder. While substance use disorders cross all educational and income categories, there is some indication that experience with substance use disorders is associated with lower educational attainment and lower household income.<sup>2</sup>

<b>Self/Family Member Ever Experienced</b>	<i>Percent responding Yes</i>
	34.0%

	HS or Less	Some college/ Assoc.	Bachelor's	Grad/Prof
Yes, experience with SA	7.9%	27.1%	30.5%	34.5%
No	7.2%	16.9%	30.3%	45.5%

	< \$15K	\$15-30K	\$30-50K	\$50-75K	\$75-100K	\$100-150K	>\$150K
Yes, experience with SA	11.6%	9.8%	19.9%	18.2%	13.9%	19.1%	7.5%
No	6.3%	8.7%	15.9%	17.5%	15.0%	22.9%	13.7%

<sup>2</sup> Educational attainment-SUD, ANOVA, F(3)=3.728, p=.011; Household income-SUD, ANOVA, F(6)=2.28, p=.034

**Potential Health Disparities: Differences of Perceived Health Between Groups**

Survey results showed significant differences<sup>3</sup> in respondents’ perceived health based on employment status, race and ethnicity and disability status. Unemployed respondents, people of color, and people reporting a long-term illness or disability rated their health worse on all four dimensions. Gender differences were only found in the mental health dimension. Lower educational attainment was associated with poorer perception of health on all four dimensions as was lower household income. Perceived health was different by age only for the mental health dimension. Where respondents live in the county was related to all four dimensions of health. Groton residents, on average, reported the worst perceived physical health, dental health, and overall health while Ithaca City residents reported the worst perceived mental health.<sup>4</sup>

<b>Employment Status</b>	Employed FT or PT	Not employed	P value
Physical	2.41	2.65	.000
Dental	2.43	2.49	.008
Mental	2.58	2.61	.000
Overall	2.42	2.59	.000
<b>Race/Ethnicity</b>	Person of Color	Not a Person of Color	P value
Physical	2.73	2.41	.001
Dental	2.76	2.40	.002
Mental	2.83	2.54	.008
Overall	2.73	2.41	.001
<b>Gender<sup>5</sup></b>	Female	Male	P value
Physical	2.45	2.45	No
Dental	2.41	2.53	No
Mental	2.60	2.40	.011
Overall	2.45	2.43	No
<b>Disability<sup>6</sup></b>	Long-term Illness/Disability	No Disability	P value
Physical	3.25	2.24	.000
Dental	2.80	2.34	.000
Mental	3.07	2.44	.000
Overall	3.10	2.28	.000

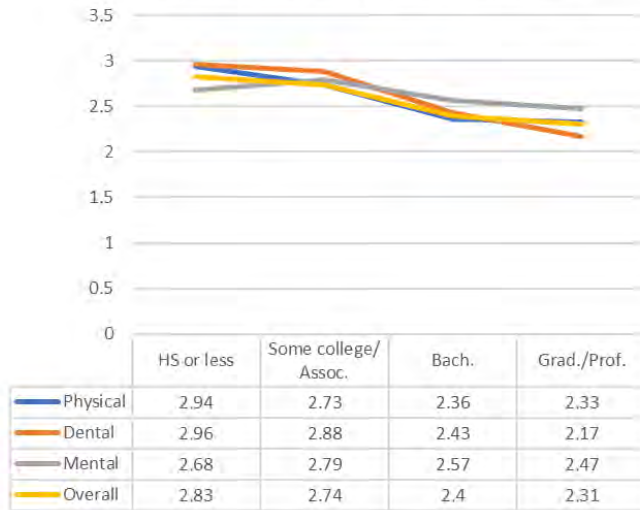
<sup>3</sup> Independent samples t-test

<sup>4</sup> ANOVA, all four dimensions were significantly different for both educational attainment and household income

<sup>5</sup> Did not include due to small #'s: Non-binary = 4 respondents; Transgender = 4 respondents; Prefer to self-describe = 4 respondents

<sup>6</sup> Includes anyone who said long-term illness or disability as a barrier to health or accessing health care.

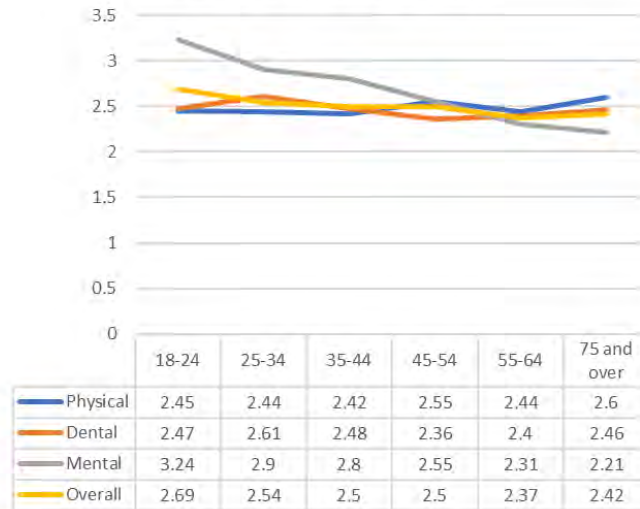
**MEAN HEALTH RATING BY EDUCATIONAL ATTAINMENT**



**MEAN HEALTH RATING BY HOUSEHOLD INCOME**



**MEAN HEALTH RATING BY AGE GROUP**



<b>Geography</b>	<b>Physical</b>	<b>Dental</b>	<b>Mental</b>	<b>Overall</b>
Caroline	2.42	2.69	2.51	2.47
Cayuga Heights	2.00	1.98	2.36	2.04
Danby	2.22	2.37	2.36	2.36
Dryden	2.52	2.45	2.51	2.46
Enfield	2.46	2.57	2.57	2.46
Groton	2.83	2.89	2.73	2.78
Ithaca City	2.53	2.43	2.76	2.51
Ithaca Town	2.48	2.41	2.65	2.49
Lansing	2.44	2.38	2.46	2.41
Newfield	2.78	2.67	2.53	2.64
Ulysses	2.29	2.42	2.43	2.35
P value	.001	.015	.050	.013

Respondents who reported low doctor use reported worse health for dental, mental and overall health, but not for physical health. Presence of children in the household and caregiving status was not associated with respondents' reported health on any of the four dimensions. Homeownership status was related to better perceptions of health while people who were homeless or lived in subsidized housing had poorer perceptions of their health. Respondents' perception of their health was related to the type of insurance they had with people with Medicaid and those without reporting the worst health on all dimensions.

<b>Access to Doctor</b>	Low Doctor Use (only when sick, never, no doctor)	Regular Doctor Use (several times/yr, once/yr)	P value
Physical	2.51	2.46	No
Dental	2.82	2.36	.000
Mental	2.80	2.54	.001
Overall	2.64	2.42	.002

	Physical	Dental	Mental	Overall
Own home	2.38	2.31	2.40	2.34
Rent home	2.62	2.74	2.40	2.34
Subsidized housing	3.20	3.10	2.80	3.00
Friend/Relative	2.77	2.76	2.88	2.79
Homeless	3.54	3.54	3.58	3.46
School dorm	2.27	2.27	3.36	2.64
P value	.000	.000	.000	.000

<b>Insurance Type</b>	Physical	Dental	Mental	Overall
Private insurance only	2.37	2.38	2.58	2.40
Medicare/(Medicare + Supplement)	2.58	2.39	2.27	2.42
Medicaid only	2.97	3.03	3.05	3.02
VA (includes VA plus Private, Medicare, & Medicaid)	2.54	2.38	2.54	2.31
Medicare + Medicaid/ Medicaid + Private	3.15	3.02	3.13	3.05
No insurance	2.80	3.33	3.43	3.00
P value	.000	.000	.000	.000

## Impact of Social Determinants of Health

### **Transportation**

7.4% of respondents said transportation was a barrier to maintaining or improving health or getting health care. People with transportation issues report significantly poorer perception of health on all four dimensions. Transportation barriers are associated with reported disability, lower educational attainment, lack of employment, and lower household income. There is no connection between lack of transportation and how frequently respondents go to the doctor.

	Transportation Barrier	No Transportation Barrier	P value
Physical	3.10	2.42	.000
Dental	3.10	2.39	.000
Mental	3.34	2.52	.000
Overall	3.17	2.41	.000

### **Child Care**

5.6% of respondents said not having child care was a barrier to maintaining or improving their health or accessing health care. Respondents who said that not having child care was a barrier were more likely to:

- Be female
- Have lower doctor use
- Not have a doctor
- Be employed

### **Food Insecurity**

10.3% of respondents reported being food insecure.<sup>7</sup> Food insecure respondents report significantly poorer perception of health on all four dimensions.

	Food Insecure	Not Food Insecure	P value
Physical	3.04	2.40	.000
Dental	3.20	2.36	.000
Mental	3.12	2.52	.000
Overall	3.09	2.39	.000

<sup>7</sup> Do not have enough food for their family sometimes, often, usually or always.

## Housing/Neighborhood

Overall, respondents ranked their neighborhood as safe and a good place to play outdoors and be active. However, type of housing is directly tied to how respondents' ratings. People living in subsidized housing were more likely to rank their neighborhood as less safe and not as good to play and be active outside. Homeowners were the most likely to report on their neighborhood positively. Positive ratings for neighborhood safety and ability to play and be active outdoors is associated with respondents' positive perception of health on all four domains.

	How is neighborhood in terms of:		
	Safety	Place to play outdoors	Walk/be active
	1=very safe, 4=not safe at all	1=great, 4=poor	1=great, 4=poor
All respondents	1.34	2.02	1.98
Own home	1.30	1.84	1.94
Rent home	1.37	2.29	2.04
Subsidized housing	2.10	2.70	2.60
Friend/Relative	1.24	1.84	1.92
Homeless	1.85	4.00	3.00
School dorm	1.18	2.64	1.64
P value	.000	.000	.002

<b>Rate Neighborhood</b>	<i>Safety</i>	<i>Play Outdoors</i>	<i>Adults to Walk/Be Physically Active</i>
Very Safe/Great	69.7%	40.2%	38.6%
Somewhat Safe/Good	27.8%	33.7%	34.4%
Not Very Safe/Fair	1.6%	14.1%	17.7%
Not at All Safe/Poor	0.8%	7.9%	9.0%
Not sure	0.1%	4.0%	0.3%



### Insurance Coverage

The bulk of respondents (72.4%) indicated that they have private insurance.

Insurance Coverage (select all)	Percent responding Yes
Private insurance only	72.4%
Medicare only	4.8%
Medicaid only	5.7%
VA only	0.4%
Medicare + Private	11.0%
Medicaid + Private	0.7%
VA + Private	0.2%
Medicare + Medicaid	2.8%
Medicare + VA	0.4%
Medicaid + VA	0.1%
Private + Medicare + VA	0.2%
No insurance	1.4%

Insurance Coverage Type (combined)	Percent
Private insurance only	72.4%
Medicare/(Medicare + Supplement)	15.8%
Medicaid only	5.7%
VA (includes VA plus Private, Medicare, & Medicaid)	1.2%
Medicare + Medicaid/Medicaid + Private	3.5%
No insurance	1.4%

Overall, type of insurance coverage did not affect respondents' reported stress for paying for care with the exception of those respondents without insurance reporting more stress in paying for medical care.

Insurance Coverage (selected only one)	1-Always, 2-Sometimes, 3-Rarely/Never Stressed paying for:				
	Medical care	Dental care	Mental health care	Substance use treatment	Rx
Private insurance only	2.41	2.23	2.41	2.73	2.59
Medicare/(Medicare + Supplement)	2.53	2.29	2.56	2.64	2.54
Medicaid only	2.26	2.25	2.30	2.68	2.41
VA (includes VA plus Private, Medicare, & Medicaid)	2.58	2.38	2.91	2.80	2.67
Medicare + Medicaid/Medicaid + Private	2.55	2.24	2.56	2.63	2.45
No insurance	1.71	2.07	2.08	2.60	2.23
ANOVA, sig. dif.	.000	No	No	No	No

People without insurance, Medicaid only, and private insurance are most likely to report low doctor use.

<b>Insurance Coverage (selected only one)</b>	Low doctor use	No doctor
Private insurance only	20.6%	1.4%
Medicare/(Medicare + Supplement)	9.2%	0.0%
Medicaid only	31.7%	6.3%
VA (includes VA plus Private, Medicare, & Medicaid)	0.0%	0.0%
Medicare + Medicaid/Medicaid + Private	2.6%	0.0%
No insurance	73.3%	33.3%

### **Barriers to Healthy Living**

#### **Stress about Paying for Care**

Respondents most frequently said paying for dental care was always stressful (18.2%) while respondents were least likely to say that paying for prescription medications and substance use treatment was always stressful.

	Percent of Respondents Selecting an Answer			Percent of total reporting N/A
	Always stressed	Sometimes stressed	Never stressed	
Medical care	10.8%	37.1%	52.1%	16.5%
Dental care	18.2%	39.7%	42.1%	16.7%
Mental health care	12.7%	31.6%	55.7%	38.4%
Substance use treatment	9.0%	10.5%	80.5%	82.9%
Rx medications	8.2%	26.7%	65.1%	23.9%

One in five (20.8%) of survey respondents said they feel always stressed paying for care of at least one of the five care areas (medical, dental, mental health, substance use, and prescriptions). Those respondents report significantly poorer health on all four dimensions.

	Stressed about Paying for Care	Not Stressed about Paying for Care	P value
Physical	2.88	2.36	.000
Dental	3.11	2.25	.000
Mental	3.04	2.45	.000
Overall	2.95	2.32	.000

### Barriers to Maintaining or Improving Health

Respondents most frequently said cost and time as barriers to maintaining and improving their health. Respondents who said “No time” as a barrier improving or maintaining their physical, mental, and overall health were more likely to be employed, have higher educational attainment, have kids, have child care issues, and have low doctor use. Insurance type was not associated with the likelihood of respondents selecting “can’t find a provider” or “wait list” as barriers.

Barriers to maintaining/improving health	Percent responding Yes			
	Physical	Dental	Mental	Overall
Long-term illness/disability	17.1%	2.6%	9.5%	6.7%
No help	3.5%	1.0%	4.5%	1.5%
No time	26.3%	7.6%	15.2%	12.9%
Can’t find provider	4.6%	7.1%	8.9%	
Wait list	4.4%	3.8%	5.5%	5.2%
Places not open	10.0%	4.9%	5.5%	7.7%
Cost	21.5%	33.0%	14.2%	19.6%
Transportation	4.9%	1.9%	2.6%	5.0%
Can’t get to parks/trails	2.3%		1.0%	
No child care	4.8%	1.5%	2.9%	1.9%
Limited mobility				1.7%
No barriers	29.2%	40.7%	41.4%	47.3%

Respondents most frequently said that not having enough time and local weather were barriers to participating in physical activity. Respondents who said “No time” were more likely to be employed, have a higher educational attainment, have children, and be female. Respondents who said “Local weather” was a barrier were more likely to be employed. And respondents who said “No barriers” were more likely to not have kids and be male.

Physical Activity Barriers	Percent responding Yes
No time	44.7%
Cost	14.3%
Transportation	3.3%
Physical limitations	16.3%
Local weather	39.0%
No child care	5.8%
No barriers	16.2%

Cost and time were the most frequently noted barriers to healthy eating. Respondents who said “Time” was a barrier to healthy eating were more likely to be employed, have higher educational attainment, have kids, and be female. Respondents who said “Cost” was a barrier were more likely to be employed, have lower educational attainment, have kids, and have lower income. Respondents who selected “No barriers” were more likely to have higher educational attainment, not have kids, be male, and have a higher income.

<b>Healthy Eating Barriers</b>	<i>Percent responding Yes</i>
Can't find foods want	4.3%
Time	25.4%
Transportation	2.4%
Cost	33.2%
No storage/cooking facilities	2.0%
Don't choose what eat	0.8%
No barriers	39.1%

The most frequently selected barriers to employment included long-term illness or disability (5.0%) and that positions do not pay enough (4.1%).

<b>Employment Barriers</b>	<i>Percent responding Yes</i>
Long-term illness/disability	5.0%
No one to help	0.8%
Don't have skills/education	1.1%
No jobs for skills	2.9%
Don't pay enough	4.1%
No child care	1.6%
Criminal charges/incarceration	0.7%
Don't know where to look	0.7%
No barriers	10.8%
Have a job	52.2%

Overall, respondents said affordable health care, affordable housing and good paying jobs were the most important factors to create a healthy community.

<b>Factors Creating a Healthy Community</b>	<i>Percent responding Yes</i>
Affordable safe housing	51.7%
Good paying jobs	36.6%
I know my neighbors	7.8%
Parks & green space	17.9%
Easy to walk and bike	13.2%
Safe neighborhoods	28.0%
Good schools	19.2%
Public transportation	13.0%
Affordable health care	53.1%
Affordable safe child care	25.4%
Arts/cultural events	4.8%
Local news/information	3.1%

Respondents most frequent said they get their health information from their doctor or medical provider followed closely by the internet. However, respondents who identified as a person of color were less likely to get their health information from a doctor (63.4%) than respondents who did not identify as a person of color (75.7%). People with low doctor use are less likely to get their health information from a doctor (45.8%) and more likely to get it from the internet (60.3%) or by word of mouth (29.4%).

<b>Where Get Health Information</b>	<i>Percent responding Yes</i>
211	0.4%
Internet	53.5%
Word of mouth	23.6%
Doctor/medical provider	64.7%
TV/radio	5.9%
Social media	7.0%
Newspaper/magazine	16.4%
Library	5.5%
Health insurance company	5.3%
Social services agency	1.0%
Workplace	7.6%
School nurse/teacher	0.9%
Head Start	0.4%
None of above	1.8%