

*2021 MCHENRY
COUNTY HEALTHY
COMMUNITY
STUDY*

March 2022

Collecting data from the community regarding their health-related risk behaviors, chronic health conditions, use of preventive services, and perceived need of services is a powerful tool for targeting and developing health programs and promotions.

Prepared For: McHenry County
Department of Health, McHenry
County Mental Health Board,
Northwestern Medicine, and
Advocate Aurora Health Care

2021 McHenry County Healthy Community Study



NORTHERN ILLINOIS UNIVERSITY

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The findings and conclusions presented in this report are those of the authors alone and do not necessarily reflect the views, opinions, or policies of the officers and/or trustees of Northern Illinois University.

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EXECUTIVE SUMMARY

A community survey was conducted September 2021 through January 2022 as part of the 2021 McHenry County Healthy Community Study. The community survey was administered to a random sample of residents of McHenry County online and by mail with telephone reminder calls to non-respondents. The questionnaire covered the topics of perceptions of McHenry County, health-related quality of life, health care access, preventative health services, physical and mental health conditions/diseases, tobacco and marijuana use, and other issues. A total of 1,200 individuals completed the survey.

OVERALL FINDINGS

STRENGTHS

- Community members indicate the low crime rate, schools, clean environment, parks and recreation areas, and police, fire, rescue, and other emergency services are strengths of McHenry County.
- Nine out of ten (89.7%) adults under the age of 65 in the region currently have health care coverage.
- The majority (93.2%) of adults have visited a health professional for any type of health care service in the past year.
- Three-fourths (75.8%) of adults have had a wellness visit(s), 71.4% have had a dental cleaning, 58.3% have had a preventative screening, and 54.0% have had a flu shot in the past year.
- Most (86.8%) adults in McHenry County have never had food not last and not had money to get more.
- Almost all (99.4%) adults in McHenry County have moved less than two times in the past year.

WEAKNESSES

- More than one-third of adults indicate mental health problems (37.8%) and alcohol and drug abuse (34.4%) are the most important health concerns in McHenry County. More than one-fifth report obesity and overweight (25.9%), aging problems (22.8%), and cardiovascular disease (21.2%) are important health concerns.
- A total of 15.0% of adults report having felt sad, blue, or depressed on 14 or more days and 22.3% indicate having felt worried, tense, or anxious on 14 or more days. More than one-fourth (29.0%) of adults have been told by a health care professional they have anxiety.

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- The adults under the age of 65 in McHenry County who are more likely to be without health care coverage include those 18-39 years of age (16.1%), those with low household incomes (35.1%), and Hispanics (44.5%).
- Nearly two-fifths (19.1%) of adults delayed needed medical care because of cost. Women (24.7%), those 18-39 years of age (32.7%), those with low household incomes (40.1%), Hispanics (45.0%), and those of other races/ethnicities (35.2%) are more likely to have delayed needed medical care because of cost.
- A total of 18.1% of adults delayed needed medical care because they could not get an appointment soon enough. The adults in McHenry County more likely to have delayed needed medical care because they could not get an appointment soon enough are those 40-64 years of age (21.9%), those with mid/high household incomes (20.4%), and those of other races/ethnicities (33.8%)
- More than one out of ten (11.7%) adults did not take medication as prescribed because of cost.
- A total of 33.8% of adults have high blood pressure and 5.6% have angina/coronary heart disease.
- Of those adults who do not have diabetes, the majority (54.8%) have not had a blood sugar test in the past three years.
- Nearly two-fifths (38.7%) of adults are obese. The adults in McHenry County more likely to be obese are those 40-64 years of age (43.8%), those with low household incomes (56.6%), Whites (38.9%), and Hispanics (45.6%).
- A total of 7.5% of adults currently use e-cigarettes or other electronic vaping products.
- More than one-tenth (15.1%) of adults have had a time when they were unable to pay the mortgage, rent, or utility bills during the past year.

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SUMMARY TABLE: COMPARISON OF FINDINGS WITH BENCHMARKS

	McHenry County	Comparison to IL	Comparison to US
Health-Related Quality of Life			
% 14+ Days of Feeling Sad, Blue, or Depressed in Past Month	15.0	Data Not Available	Less Favorable 8.4
% 14+ Days of Feeling Worried, Tense, or Anxious in Past Month	22.3	Data Not Available	Less Favorable 14.0
% Experience Serious Difficulty Hearing or Are Deaf	6.8	Similar 7.1	Similar 6.5
% Experience Serious Difficulty Seeing or Are Blind	2.7	Similar 5.3	Similar 5.1
% Experience Serious Difficulty Concentrating, Remembering or Making Decisions Due to a Physical/ Mental Condition	8.3	Similar 8.0	Similar 10.7
% Experience Serious Difficulty Walking or Climbing Stairs	8.4	More Favorable 12.5	More Favorable 12.4
% Experience Difficulty Dressing or Bathing	0.8	Similar 2.6	Similar 3.3
% Experience Difficulty Doing Errands Alone	6.0	Similar 5.9	Similar 6.6
Health Care Access			
% Without Health Care Coverage (18-64 Years of Age)	10.3	Similar 9.2	Similar 12.3
% Primary Source of Health Care Coverage is Medicaid	5.4	Data Not Available	More Favorable 12.2
% Delayed Needed Medical Care Because of Cost	19.1	Less Favorable 10.3	Less Favorable 10.6
% Delayed Needed Medical Care Because They Could Not Get an Appointment Soon Enough	18.1	Data Not Available	Less Favorable 5.6
% Have Visited a Health Professional for Any Type of Healthcare Service in Past Year	93.2	Data Not Available	More Favorable 83.7
% Did Not Take Medication as Prescribed Because of Cost	11.7	Data Not Available	Similar 9.6

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	McHenry County	Comparison to IL	Comparison to US
<u>Physical and Mental Health Conditions/Diseases</u>			
% High Blood Pressure	33.8	Similar 32.1	Similar 32.6
% Arthritis	28.0	Less Favorable 24.3	Less Favorable 24.1
% Mental Health Disorder	18.7	Data Not Available	Data Not Available
% Asthma	15.8	Less Favorable 12.2	Similar 13.8
% Diabetes	9.7	Similar 10.6	Similar 11.1
% Dental Disease	11.4	Data Not Available	Data Not Available
% Cancer	11.0	Similar 9.6	Similar 11.2
% Angina/Coronary Heart Disease	5.6	Similar 3.1	Similar 4.1
% Autoimmune Disease	11.0	Data Not Available	Data Not Available
% COPD, Emphysema, or Chronic Bronchitis	4.8	Similar 6.1	Similar 6.4
% Kidney Disease	2.4	Similar 2.5	Similar 3.0
% Heart Attack/Myocardial Infarction	4.0	Similar 3.9	Similar 4.2
% Stroke	3.0	Similar 2.7	Similar 3.1
% Sexually Transmitted Infection	4.6	Data Not Available	Data Not Available
% Have Not Had a Blood Sugar Test in Past Three Years (Non-Diabetes)	54.8	Data Not Available	Less Favorable 41.7
% Diagnosed with a Depressive Disorder	16.9	Similar 14.6	Similar 18.3
% Healthy Weight (BMI 18.5-24.9)	25.5	Less Favorable 30.9	Less Favorable 31.3
% Overweight or Obese (BMI 25.0+)	72.2	Less Favorable 68.0	Less Favorable 66.7
% Obese (BMI 30.0+)	38.7	Less Favorable 32.4	Less Favorable 31.9

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	McHenry County	Comparison to IL	Comparison to US
<u>Tobacco, E-Cigarettes, and Drug Use</u>			
% Current Smokers	15.2	Similar 12.6	Similar 14.2
% Currently Use Chewing Tobacco, Snuff, or Snus	3.3	Similar 1.8	Similar 3.3
% Currently Use E-Cigarettes/Vape	7.5	Less Favorable 3.3	Similar 5.2
% Use Marijuana in Past Month	16.0	Less Favorable 10.8	Less Favorable 10.5
<u>Caregiving</u>			
% Provided Caregiving in Past Month	15.5	Data Not Available	More Favorable 18.9
% Provided Caregiving to an Individual with a Mental Health Illness	6.0	Data Not Available	Similar 5.0
<u>Financial Stability</u>			
% Who Had a Time When Unable to Pay Mortgage, Rent, or Utility Bills During the Past Year	15.1	Data Not Available	Less Favorable 8.1
% Moved Two or More Times in Past Year	0.8	Data Not Available	More Favorable 4.1
% Who Sometimes/Often Had Food Not Last and Did Not Have Money to Get More in Past Year	13.2	Data Not Available	Similar 13.3
% Do Not Have Enough Money to Make Ends Meet	8.4	Data Not Available	Similar 8.2

Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2016, 2017, 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System.

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BACKGROUND AND PURPOSE OF STUDY

The McHenry County Department of Health and its partners, the McHenry County Mental Health Board, Northwestern Medicine, and Advocate Aurora Health Care commissioned the Northern Illinois Center for Governmental Studies to conduct the 2021 McHenry County Healthy Community Study. The study is conducted every three years. The findings are used to help understand the health trends and improve the quality of health services in McHenry County.

The 2021 McHenry County Healthy Community Study includes a community survey and focus groups. The study was conducted September 2021 through January 2022. It should be noted that this is a follow-up study to the 2020 McHenry County Healthy Community Study. The results differ from the previous results because it was undertaken at a different time and the data is reflective of circumstances and views that were obtained during the COVID-19 pandemic.

This report focuses on the results of the community survey.

COMMUNITY SURVEY

METHODOLOGY

QUESTIONNAIRE

A 9-page questionnaire was developed using questions from the Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System questionnaire. Additionally, questions were added that were specific to McHenry County. The questionnaire covered the topics of perceptions of McHenry County, health-related quality of life, health care access, preventative health services, physical and mental health conditions/diseases, tobacco and marijuana use, and other issues. A total of 49 questions were included in the questionnaire. The questionnaire was translated into Spanish (See Appendix A for the questionnaire).

SAMPLE

A random sample of 7,000 households in McHenry County was selected to receive the survey. Additionally, oversamples of 500 Blacks/African American households and 500 Hispanic households were selected. The samples were obtained from the Marketing Systems Group, a survey sampling firm. The Marketing Systems Group provided mailing addresses, email addresses, and telephone numbers (landline and cell phone numbers) for the sampled households.

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DATA COLLECTION

On September 3, 2021, an email was sent to the 8,000 households inviting them to participate in the survey. The email described the purpose of the survey, how the results will be used, the confidentiality of the responses, and the approximate time to complete the survey. The email included a unique link to the survey. Up to six reminder emails were sent to non-respondents.

The questionnaire with a self-addressed, stamped envelope for returning the completed questionnaire was mailed to those households who had not completed the online version on October 6, 2021.

Telephone reminder calls were made to non-respondents from November 29, 2021 through January 7, 2022.

The survey closed at midnight on January 24, 2022.

A total of 1,200 completed surveys were received. Most (902) individuals completed the online version of the questionnaire and 298 completed the print version of the questionnaire.

The margin of error for the survey is +/- 2.8 percentage points at the 95 percent level of confidence.

DATA ANALYSIS

The data was weighted on gender, age, race/ethnicity, educational level, and annual household income using estimates from the 2015-2019 American Community Survey. Data weighting on key demographic variables ensures that respondents to the McHenry County Healthy Community Survey are representative of the population of all adults in the county and that the findings can be generalized to the total adult population.

Chi-square tests were used to test significance between demographic groups.

The findings of the McHenry County Healthy Community Survey are compared to the Illinois and national findings from the 2016, 2017, 2018, 2019, and 2020 Behavioral Risk Factor Surveillance System.

Sources:

Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2016.

Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2017.

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Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2018.

Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2019.

Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2020.

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FINDINGS

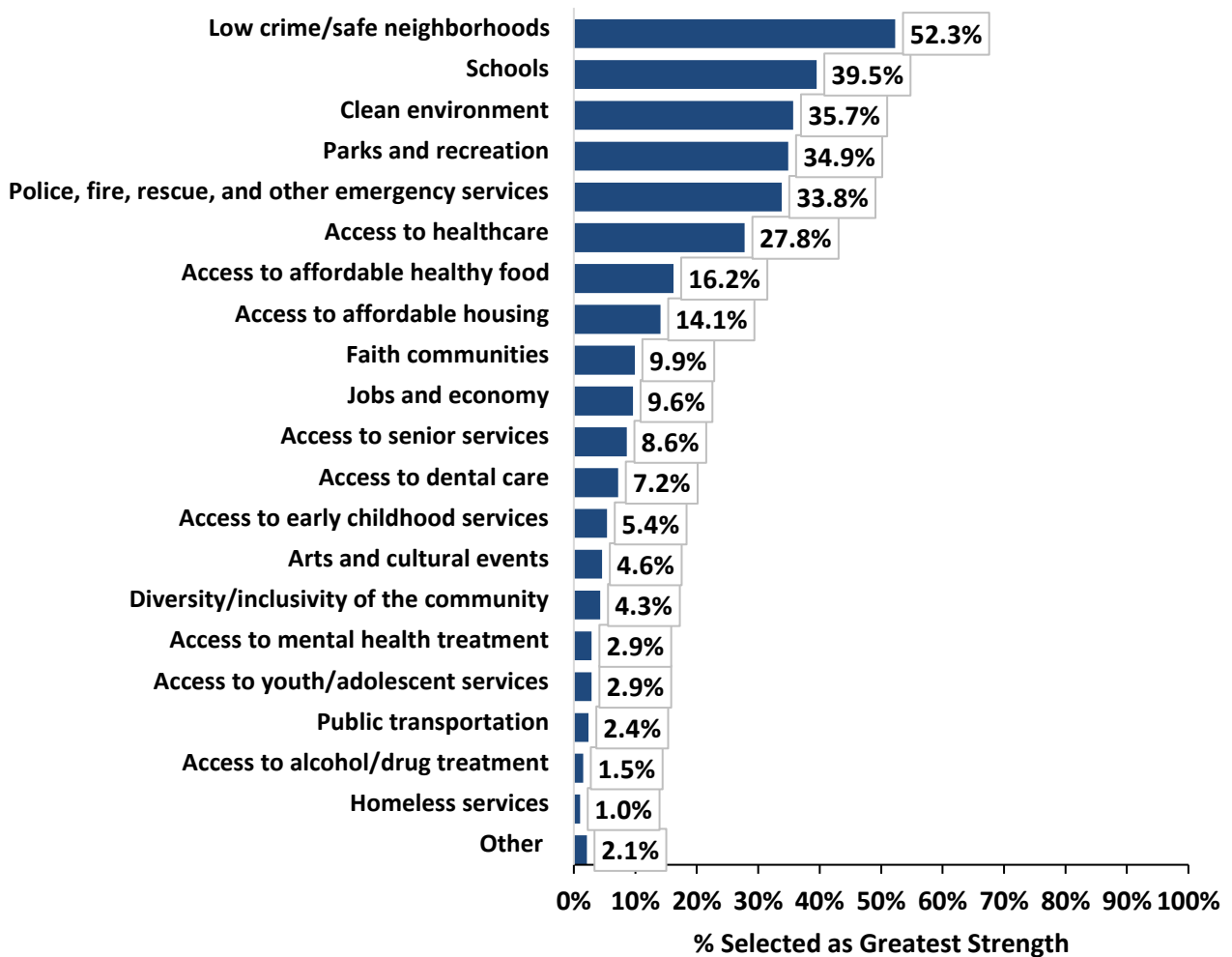
PERCEPTIONS OF MCHENRY COUNTY

STRENGTHS OF MCHENRY COUNTY

The first question of the survey asked about the greatest strengths of McHenry County. The respondents were asked to select the three greatest strengths.

More than one-half (52.3%) of adults select low crime and safe neighborhoods as one of the greatest strengths of McHenry County. More than one-third select the schools (39.5%), clean environment (35.7%), parks and recreation (34.9%), and police, fire, rescue, and other emergency services (33.8%) as a strength. More than one-fourth (27.8%) select access to healthcare as a strength (Figure 1).

Figure 1. Strengths of McHenry County



Source: 2021 McHenry County Healthy Community Survey.

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The following demographic differences are found:

- Those who live in Woodstock (29.0%), those who live in the rural west of McHenry County (34.9%), those with low household incomes (incomes below 200% of the federal poverty level) (42.6%), and Hispanics (46.4%) are **less likely** to select low crime/safe neighborhoods as a strength of McHenry County.
- Those with low household incomes (28.4%) and Hispanics (29.1%) and are **less likely** to select schools as a strength of McHenry County.
- Those who live in the southeast of McHenry County (42.3%) and those that live in the rural northeast of McHenry County (42.3%) are **more likely** to select clean environment as a strength of McHenry County. Whereas those with low household incomes (16.7%) are **less likely** to select clean environment as a strength.
- Those who live in McHenry (23.2%), those who live in the rural west of McHenry County (16.9%), Hispanics (21.9%), those of other races/ethnicities (25.4%), and those with low household incomes (15.7%) are **less likely** to select parks and recreation as a strength of McHenry County.
- Hispanics (15.9%) and those of other races/ethnicities (12.7%) are **less likely** to select police, fire, rescue, and other emergency services as a strength of McHenry County. The percentage of respondents who select police, fire, rescue, and other emergency services as a strength increases as age increases (27.5%, 18-39 years of age; 34.3%, 40-64 years of age; 43.5%, 65 years of age or greater).
- Hispanics (47.7%), those 65 years of age or greater (44.7%), and those with low household incomes (41.4%) are **more likely** to select access to healthcare as a strength of McHenry County. Those who live in the rural northeast of McHenry County (11.5%) are **less likely** to select access to healthcare as a strength.

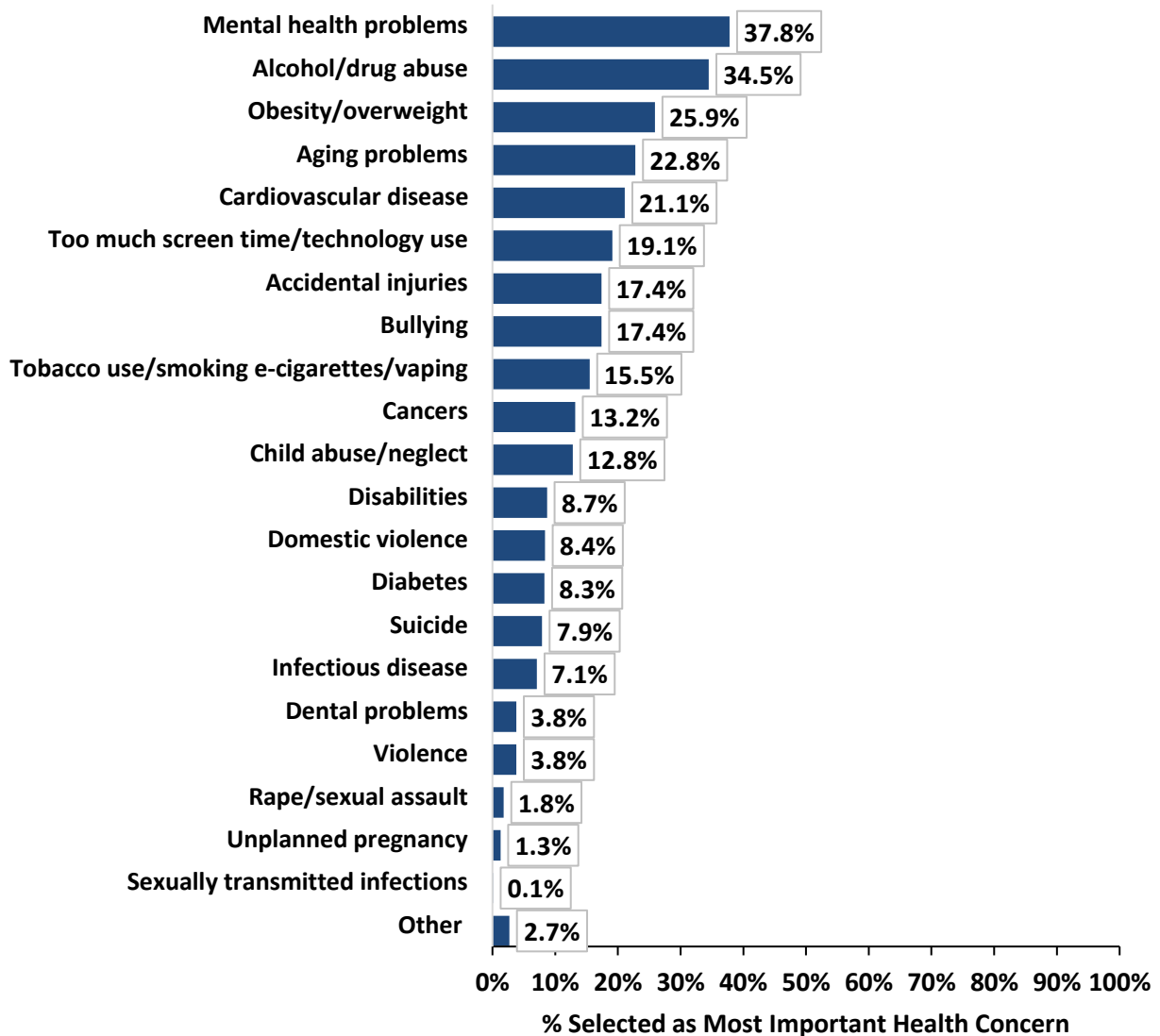
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MOST IMPORTANT HEALTH CONCERNS IN MCHENRY COUNTY

The next question was about the most important health concerns in McHenry County. Respondents were asked to select the three most important health concerns.

More than one-third of adults select mental health problems (37.8%) and alcohol and drug abuse (34.5%) as important health concerns in McHenry County. More than one-fifth select obesity and overweight (25.9%), aging problems (22.8%), and cardiovascular disease (21.1%) as important health concerns (Figure 2).

Figure 2. Health Concerns in McHenry County



Source: 2021 McHenry County Healthy Community Survey.

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The following demographic differences are found:

- Women (44.0%), those with mid/high household incomes (incomes at 200% or more of the federal poverty level) (41.9%), those who describe their neighborhood as suburban (40.6%), Whites (39.9%), and those of other races/ethnicities (38.0%) are **more likely** to select mental health problems as an important health concern in McHenry County. The percentage of adults who indicate mental health problems as an important health concern decreases as age increases (18-39 years of age, 45.2%; 40-64 years of age, 39.6%; 65 years of age or greater, 22.9%).
- The percentage of adults who select alcohol/drug abuse as an important health concern in McHenry County decreases as age increases (18-39 years of age, 53.3%; 40-64 years of age, 29.9%; 65 years of age or greater, 18.7%).
- Men (30.3%) and those with low household incomes (35.3%) are **more likely** to indicate obesity/overweight as an important health concern in McHenry County.
- The percentage of adults who indicate aging problems as an important health concern in McHenry County increases as age increases (18-39 years of age, 6.6%; 40-64 years of age, 21.3%; 65 years of age or greater, 53.0%).
- Men (26.0%), those with mid/high household incomes (22.9%), and Whites (23.4%) are **more likely** to select cardiovascular disease as an important health concern in McHenry County. The percentage of adults who indicate cardiovascular disease is an important health concern increases as age increases (18-39 years of age, 11.5%; 40-64 years of age, 22.9%; 65 years of age or greater, 32.7%).

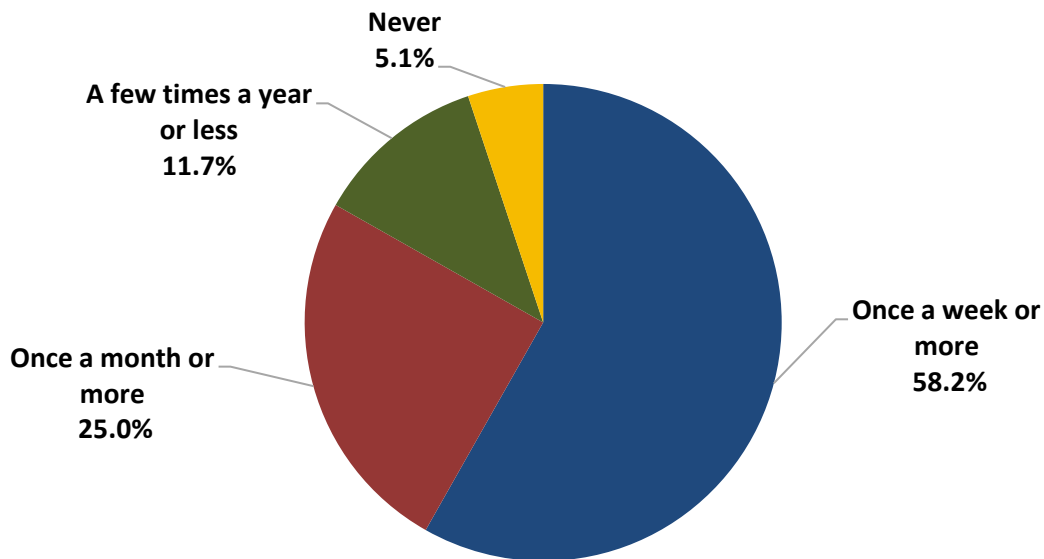
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FREQUENCY OF LEISURE ACTIVITIES

A question was asked about how often the members of their household have done six leisure activities in the community where they live in the past 12 months. If they answered a few times a year or less or never for a leisure activity, they were then asked why members of their household do not do the activity more frequently.

The majority (58.2%) of adults indicate that members of their household walk once a week or more in the community where they live (Figure 3).

Figure 3. Frequency of Walking



Source: 2021 McHenry County Healthy Community Survey.

Those with low household incomes (48.3%) and Hispanics (38.1%) are **less likely** to report that members of their household walk once a week or more in the community where they live.

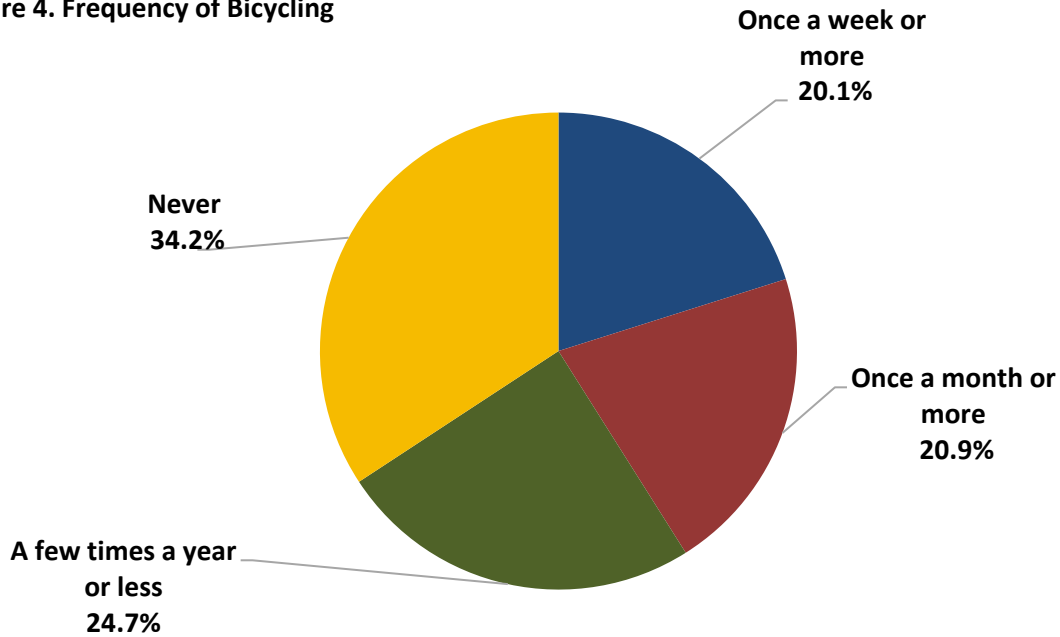
Reasons for not walking more frequently in the community where they live include lack of time (48.3%), a physical disability (23.9%), public safety concerns (23.3%), and other reasons (27.8%), including there are no sidewalks, lack of motivation, and they walk someplace else.

Those 18-39 years of age (70.9%) are **more likely** to indicate the reason for not walking more frequently is lack of time. Those 65 years of age or greater (34.9%) are **more likely** to report the reason for not walking more frequently is a physical disability.

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One-fifth (20.1%) of adults report that members of their household bike once a week or more in the community where they live, one-fifth indicate they bike once a month or more (20.9%), one-fourth stated they bike a few times a year or less (24.7%), and more than one-third (34.2%) indicate that members of their household never bike (Figure 4).

Figure 4. Frequency of Bicycling



Source: 2021 McHenry County Healthy Community Survey.

Those 65 years of age or greater (62.3%) are **more likely** to report that members of their household never bike in the community where they live.

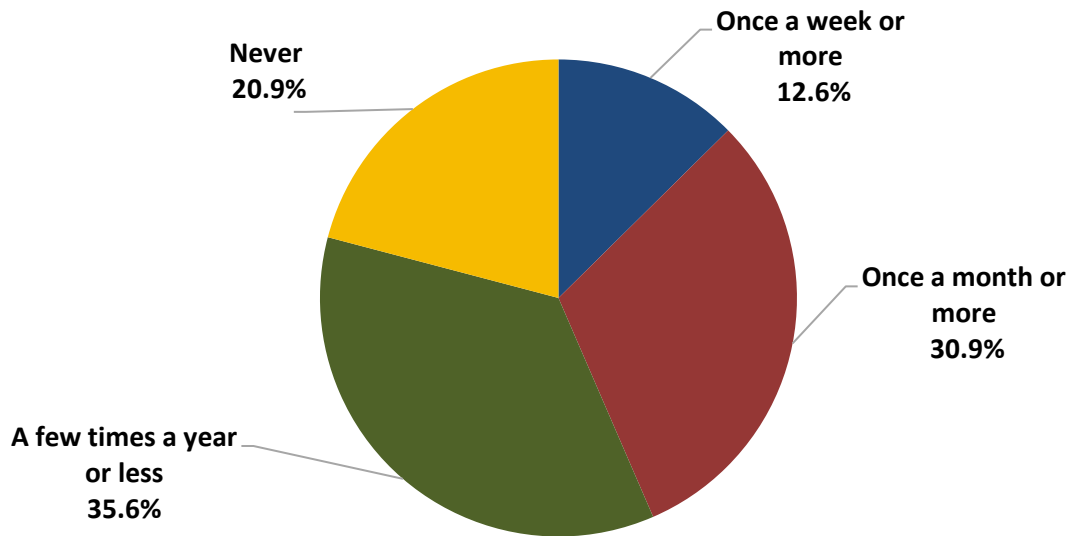
Reasons for not bicycling more frequently include lack of time (39.4%), a physical disability (15.3%), public safety concerns (12.5%), and other reasons (44.4%), including there are no bike paths, too much road traffic, they do not own a bicycle, they are too old, and they prefer walking.

Those 65 years of age or older (34.9%) are **more likely** to report the reason members of their household don't bike more frequently is due to a physical disability.

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Less than one-fifth (12.6%) of adults state that members of their household visit the McHenry County Conservation District once a week or more, approximately one-third report that members of their household visit the McHenry County Conservation District once a month or more (30.9%) or a few times a year or less (35.6%), and one-fifth (20.9%) indicate that members of their household never visit the McHenry County Conservation District (Figure 5).

Figure 5. Frequency of Visting McHenry County Conservation District



Source: 2021 McHenry County Healthy Community Survey.

Those with low household incomes (26.0%) and those 65 years of age or greater (36.3%) are **more likely** to indicate members of their household never visit the McHenry County Conservation District.

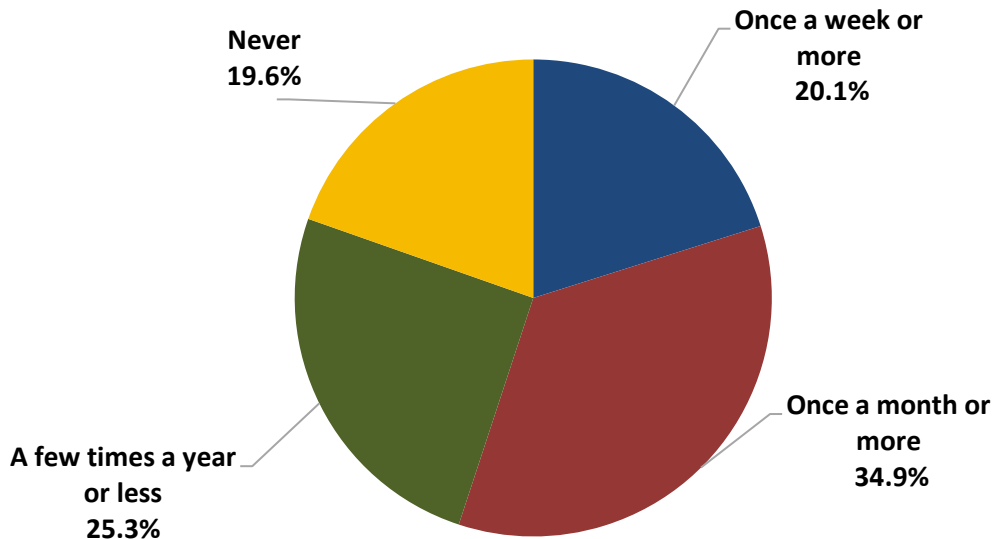
The main reason for not visiting the McHenry County Conservation District more frequently is lack of time (61.5%). A total of 11.6% say they have a physical disability, 10.1% indicate it is not available in their community, 6.4% state public safety concerns, and 18.8% provide other reasons, including they are not aware of the McHenry County Conservation District or where the sites are located, they are not interested, they are too old, they are concerned about ticks and mosquitoes, or they have other places where they can enjoy nature.

Hispanics (40.4%) and those with low household incomes (27.9%) are **more likely** to indicate the reason for not visiting the McHenry County Conservation District more frequently is it is not available in their community. Those 65 years of age or greater (31.3%) are **more likely** to state the reason for not visiting more frequently is they have a physical disability.

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One-fifth (20.1%) of adults report that members of their household visit a park or playground once a week or more in the community where they live, one-third (34.9%) state that members of their household visit a park or playground once a month or more, one-fourth (25.3%) say that members of their household visit a park or playground a few times a year or less, and one-fifth (19.6%) indicate that members of their household never visit a park or playground (Figure 6).

Figure 6. Frequency of Visiting a Park or Playground



Source: 2021 McHenry County Healthy Community Survey.

Those who describe their neighborhood as rural (26.3%) are **more likely** to indicate that members of their household never visit a park or playground.

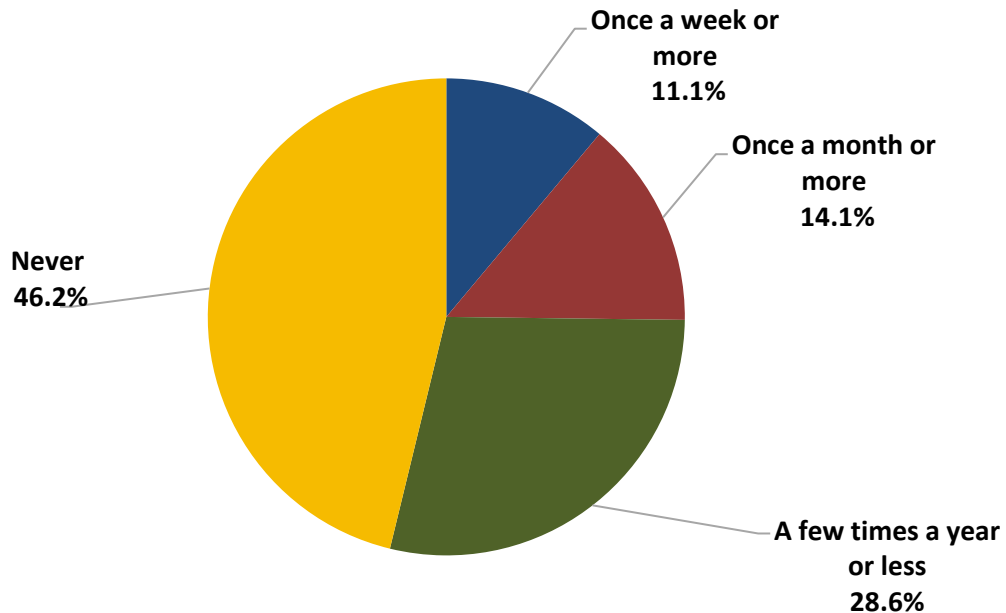
The most frequently given reason for not visiting a park or playground more frequently is lack of time (50.4%). A total of 12.2% say they have a physical disability, 5.5% indicate it is not available in their community, 4.5% state public safety concerns, and 37.2% provide other reasons, including they have no interest, they have no need, or they have no children or their children are grown.

Hispanics (72.7%) are **more likely** to indicate the reason for not visiting a park or playground more frequently is lack of time. Those 65 years of age or greater (31.1%) are **more likely** to report the reason for not visiting a park or playground more frequently is a physical disability.

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One-ninth (11.1%) of adults report that members of their household visit a recreation center once a week or more in the community where they live, one-seventh (14.1%) state that members of their household visit a recreation center once a month or more, more than one-fourth (28.6%) say members of their household visit a recreation center a few times a year or less, and more than two-fifths (46.2%) indicate that members of their household never visit a recreation center (Figure 7).

Figure 7. Frequency of Visiting a Recreation Center



Source: 2021 McHenry County Healthy Community Survey.

Hispanics (70.4%), those who live in the rural west of McHenry County (74.7%), those who live in McHenry (61.5%), , those with a low household income (62.0%), those who are 65 years of age or greater (59.8%), and those who describe their neighborhood as rural (56.3%) are **more likely** to report that members of their household never visit a recreation center.

Reasons for not visiting a recreation center more frequently include lack of time (50.9%), it is not available in their community (16.9%), a physical disability (8.5%), public safety concerns (3.6%), and other reasons (29.0%), including they are not aware there is a recreation center, they have a private health club membership, the cost is too high, they are too old, and because of COVID-19 concerns.

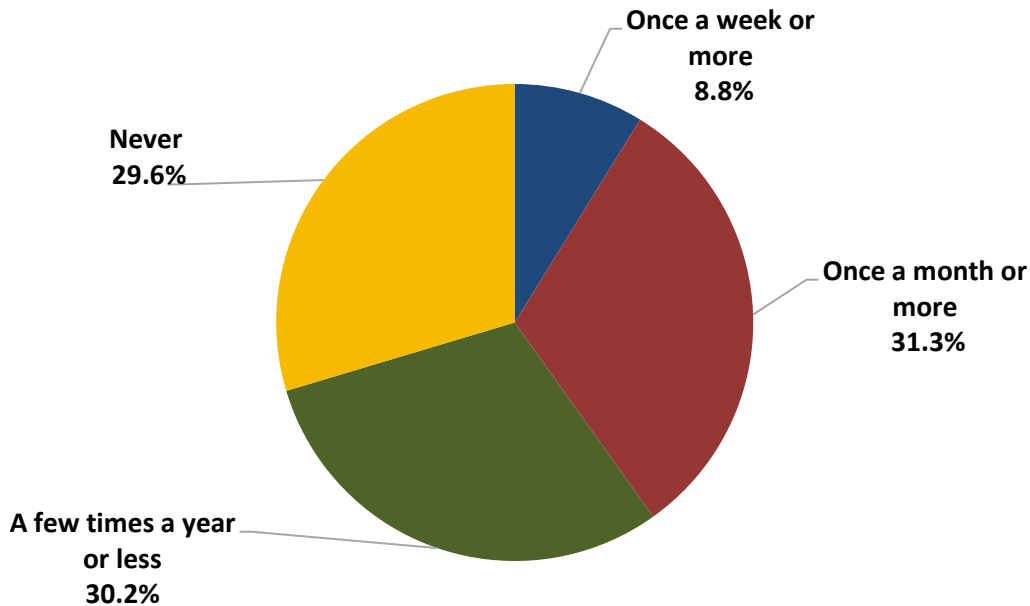
Hispanics (75.2%) are **more likely** to indicate the reason for not visiting a recreation center more frequently is lack of time. Those who live in the rural west of McHenry County (49.3%) and rural northeast of McHenry County (40.0%) are **more likely** to state the reason for not visiting a recreation center more frequently is due to it not being available in their community. Those 65

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years of age or greater (24.0%) are **more likely** to report the reason for not visiting a recreation center more frequently is a physical disability.

Less than one-tenth (8.8%) of adults report that members of their household visit a library once a week or more in the community where they live, slightly more than three out of ten (31.3%) state that members of their household visit a library once a month or more, and three out of ten indicate that members of their household visit a library a few times a year or less (30.2%) or never (29.6%) (Figure 8).

Figure 8. Frequency of Visiting a Library



Source: 2021 McHenry County Healthy Community Survey.

Those who describe their neighborhood as rural (43.8%) are **more likely** to state that members of their household never visit a library in their community.

Slightly more than two-fifths (42.9%) indicate members of their household do not visit a library more frequently because of lack of time. A total of 5.8% comment that it is not available in their community, 3.5% state that they have a physical disability, 4.9% indicate they have public safety concerns, and nearly one-half (48.8%) report other reasons, including they prefer to buy books, they download books online, they use the internet to get information, they have no need, they have no interest, and because of COVID-19.

Hispanics (69.0%) are **more likely** to indicate the reason for not visiting a library more frequently is lack of time. Those who live in the rural northeast of McHenry County (27.1%) are **more likely** to state the reason for not visiting a library more frequently is it is not available in their community.

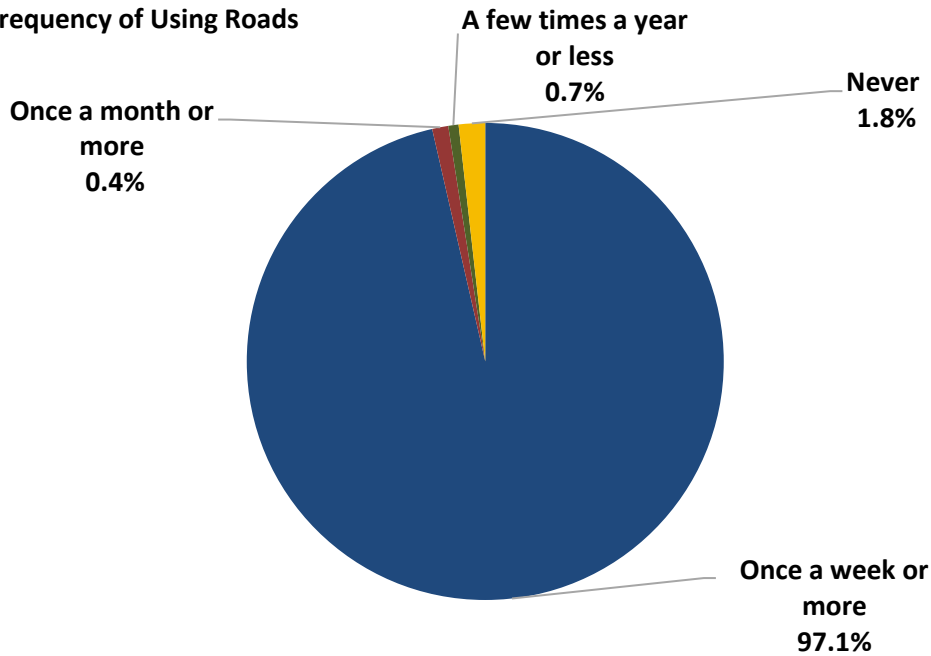
2021 McHenry County Healthy Community Study

FREQUENCY OF TRANSPORTATION USE

A question was asked about how often the members of their household used seven types of transportation in the community where they live in the past 12 months. If they answered a few times a year or less or never for a transportation type, they were then asked why members of their household do not use it more frequently.

Almost all (97.1%) adults indicate that members of their household use the roads once a week or more in the community where they live (Figure 9).

Figure 9. Frequency of Using Roads



Source: 2021 McHenry County Healthy Community Survey.

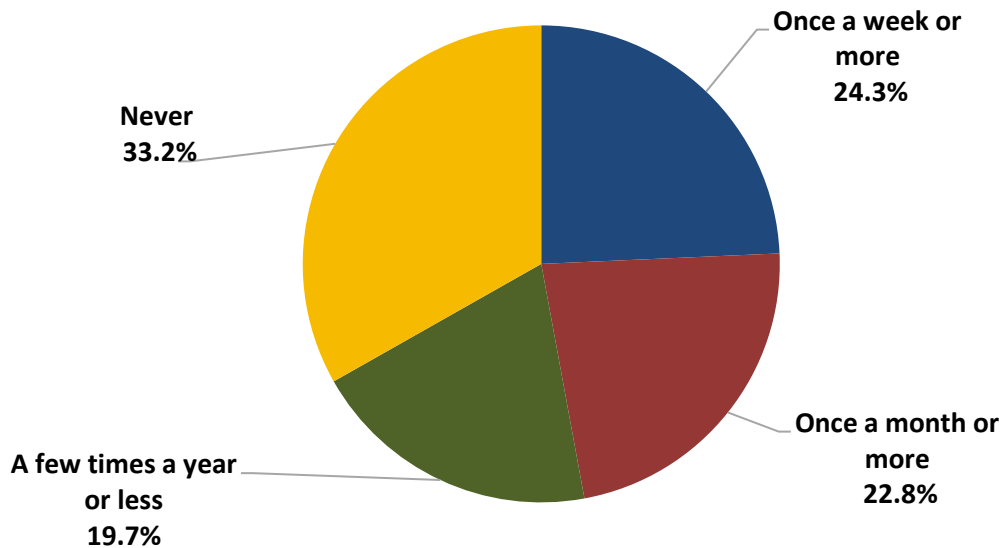
No statistically significant differences are found by gender, age, household income, race/ethnicity, location of household in McHenry County, or description of neighborhood.

The main reason given for not using the roads in the community where they live more frequently is no need (27 respondents).

2021 McHenry County Healthy Community Study

One-fourth (24.3%) of adults report that members of their household use the bike paths or walk paths once a week or more in the community where they live, more than one-fifth (22.8%) state that members of their household use the bike paths or walk paths once a month or more, one-fifth (19.7%) indicate that members of their household use the bike paths or walk paths a few times a year or less, and one-third (33.2%) say that members of their household never use the bike paths or walk paths (Figure 10).

Figure 10. Frequency of Using Bike Paths/Walk Paths



Source: 2021 McHenry County Healthy Community Survey.

Those 65 years of age or greater (55.4%), those that live in the rural west of McHenry County (54.2%), those that live in the rural northeast of McHenry County (46.8%), and those that describe their neighborhood as urban (48.4%) are **more likely** to indicate members of their household never use bike/walk paths in their community.

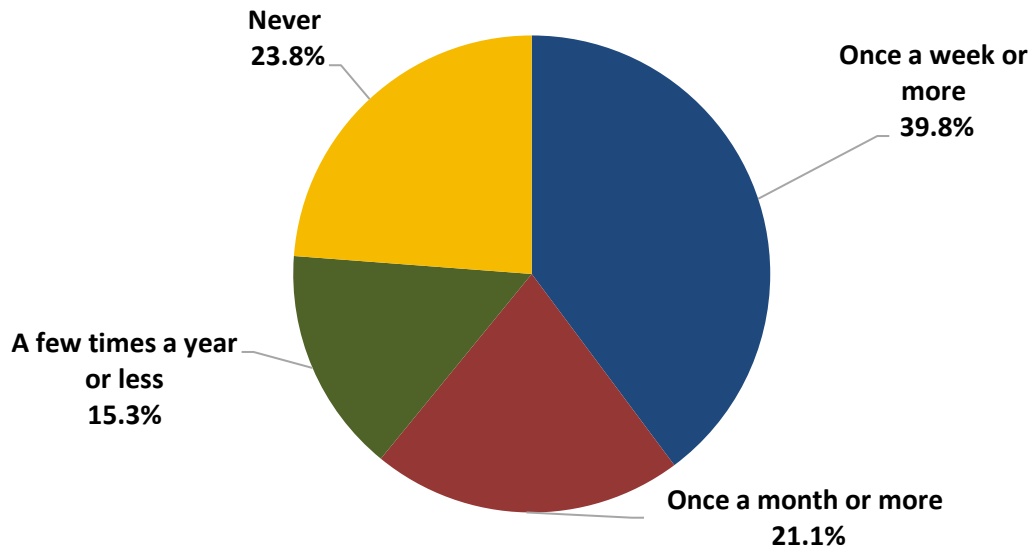
The most frequently given reason for not using the bike paths or walk paths more often is they have no need (68.5%). A total of 16.3% indicate members of their household do not use the bike paths or walk paths more often because they are not available in their community and 17.8% report other reasons, including they have a physical disability, they are too old, safety issues, they have no interest, and lack the time.

Hispanics (89.0%), those of other races/ethnicities (87.5%), and those who describe their neighborhood as suburban (71.8%) are **more likely** to indicate the reason for not using bike or walk paths more frequently is they have no need. Those who describe their neighborhood as rural (35.3%) are **more likely** to indicate the reason for not using the bike paths or walk paths more often is they are not available in their community.

2021 McHenry County Healthy Community Study

Two-fifths (39.8%) of adults indicate that members of their household use the sidewalks once a week or more in the community where they live. Approximately one-fifth (21.1%) report that members of their household use the sidewalks once a month or more and 15.3% report using the sidewalks a few times a year or less. Nearly one-fourth (23.8%) say that members of their household never use the sidewalks (Figure 11).

Figure 11. Frequency of Using Sidewalks



Source: 2021 McHenry County Healthy Community Survey.

Those who live in the rural northeast of McHenry County (53.8%), those who live in the rural west of McHenry County (34.1%), those who describe their neighborhood as rural (51.0%), and those 65 years of age or greater (42.1%) are **more likely** to report that members of their household never use the sidewalks.

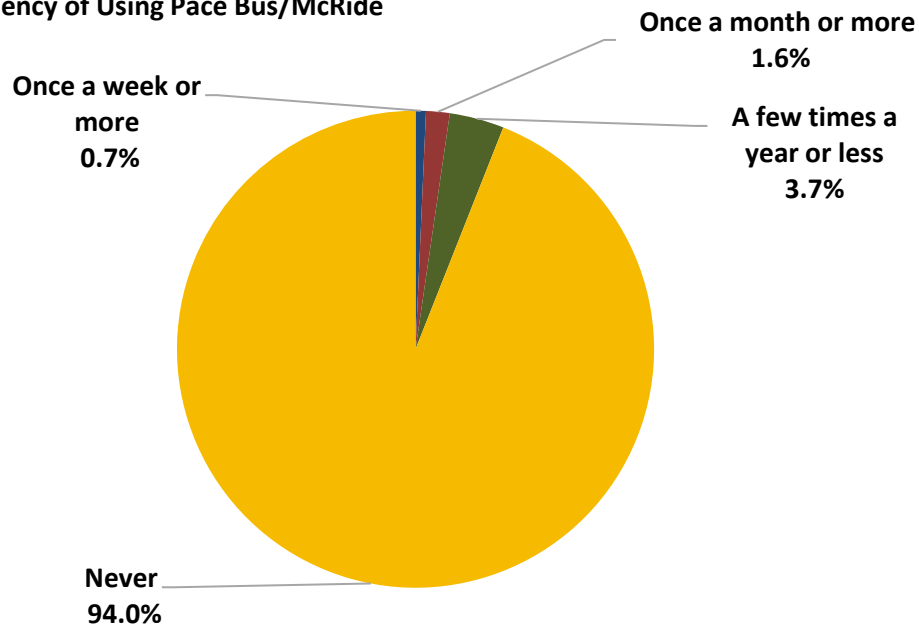
Reasons for not using the sidewalks more frequently include no need (48.7%), not available in their community (42.2%), and other reasons (14.2%), such as they have a physical disability, there is nothing in walking distance, and they drive to wherever they need to go.

Those who live in the southeast of McHenry County (62.9%) are more likely to state the reason for not using the sidewalks more often is there is no need. Those who live in McHenry (58.7%), those who live in the rural northeast of McHenry County (64.8%), and those who describe their neighborhood as rural (65.0%) are **more likely** to indicate the reason for not using the sidewalks more often is they are not available in their community.

2021 McHenry County Healthy Community Study

The majority (94.0%) of adults report that members of their household never use the Pace Bus/McRide in the community where they live (Figure 12).

Figure 12. Frequency of Using Pace Bus/McRide



Source: 2021 McHenry County Healthy Community Survey.

Those who live in McHenry (89.6%) are **less likely** to indicate that members of their household never use the Pace Bus/McRide.

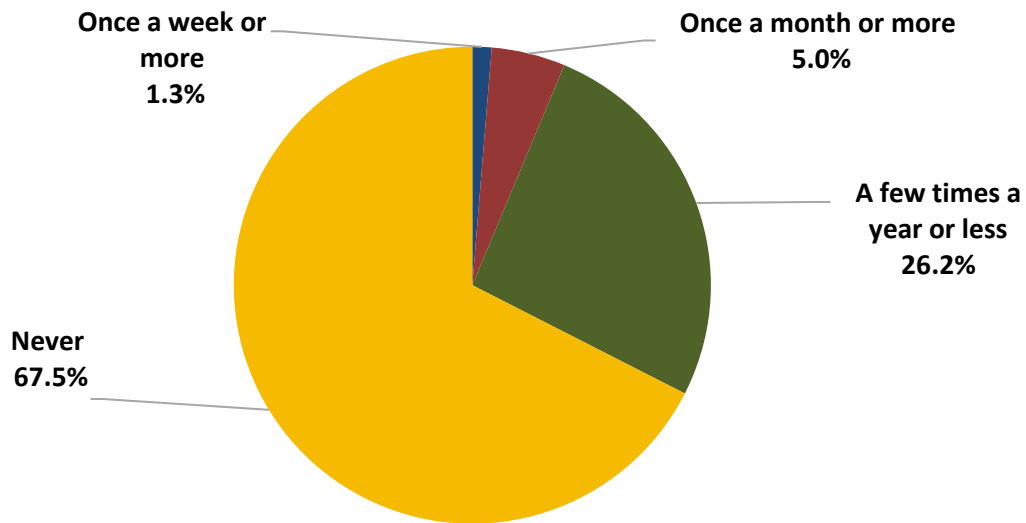
Most (86.0%) adults state members of their household do not use the Pace Bus/McRide more frequently because they have no need. A total of 8.8% say that members of their household do not use the Pace Bus/McRide more frequently because the transit schedule is not convenient, 5.7% indicate it is not available in their community, 4.3% report it is due to the cost, and 6.5% provide another reason, such as they are not aware it exists or not aware of the schedule, there is no stop close to their home, they use their own car, and because of COVID-19.

Hispanics (27.3%) and those with low household incomes (21.8%) are **more likely** to indicate the reason for not using the Pace Bus/McRide is due to the transit schedule being not convenient. Those who live in the rural west of McHenry County (12.3%) are **more likely** to state the reason for not using the Pace Bus/McRide is it is not available in their community. Hispanics (21.3%) and those with low household incomes (20.3%) are **more likely** to indicate the reason for not using the Pace/McRide is the cost.

2021 McHenry County Healthy Community Study

Most (67.5%) adults indicate that members of their household never use a taxi or ride share in the community where they live (Figure 13).

Figure 13. Frequency of Using Taxi/Ride Share



Source: 2021 McHenry County Healthy Community Survey.

Those who live in the rural west of McHenry County (90.4%) and Hispanics (77.3%) are **more likely** to indicate members of their household never use a taxi or ride share.

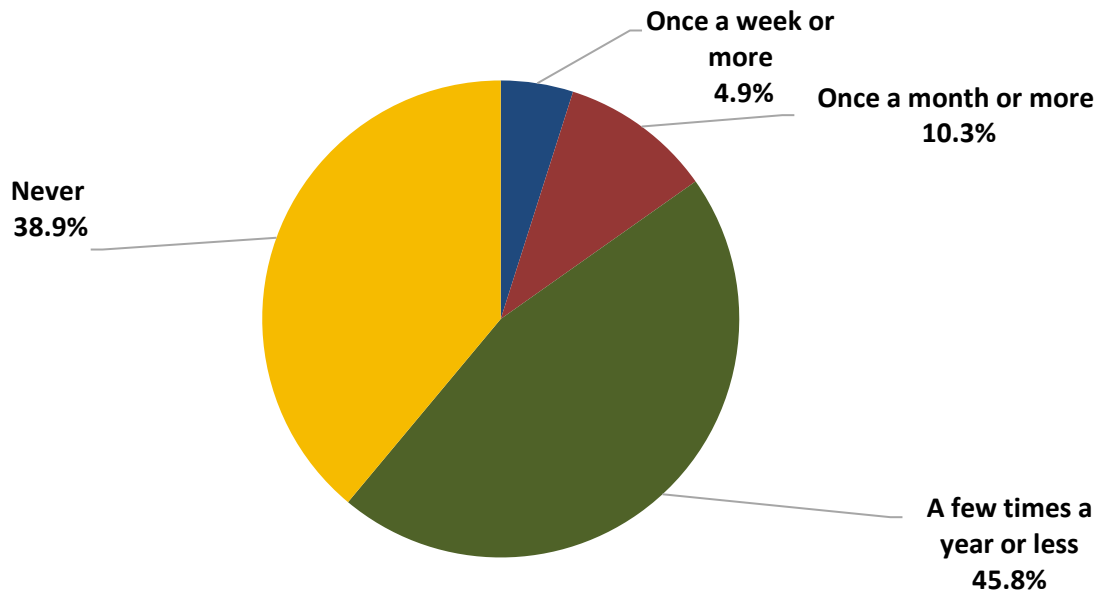
The majority (88.2%) of adults state members of their household do not use a taxi or ride share more frequently because they have no need. A total of 6.5% say that members of their household do not use a taxi or ride share more frequently because of the cost, 5.6% indicate it is not available in their community, and 6.8% provide another reason, such as they use their own car, they are concerned about safety, and because of COVID-19.

Those with low household incomes (15.6%) are **more likely** to indicate the reason for not using a taxi or ride share service for transportation more frequently is the cost.

2021 McHenry County Healthy Community Study

Less than one-tenth (4.9%) of adults report that members of their household use the Metra rail or train once a week or more, one-tenth (10.3%) indicate members of their household use the Metra rail or train once a month or more, more than two-fifths (45.8%) state members of their household use the Metra rail or train a few times a year or less, and nearly two-fifths (38.9%) say members of their household never use the Metra rail or train (Figure 14).

Figure 14. Frequency of Using Metra Rail/Train



Source: 2021 McHenry County Healthy Community Survey.

Those who live in McHenry (63.4%), those 65 years of age or greater (54.9%), and those with low household incomes (53.2%) are **more likely** to indicate that members of their household never used the Metra rail/train.

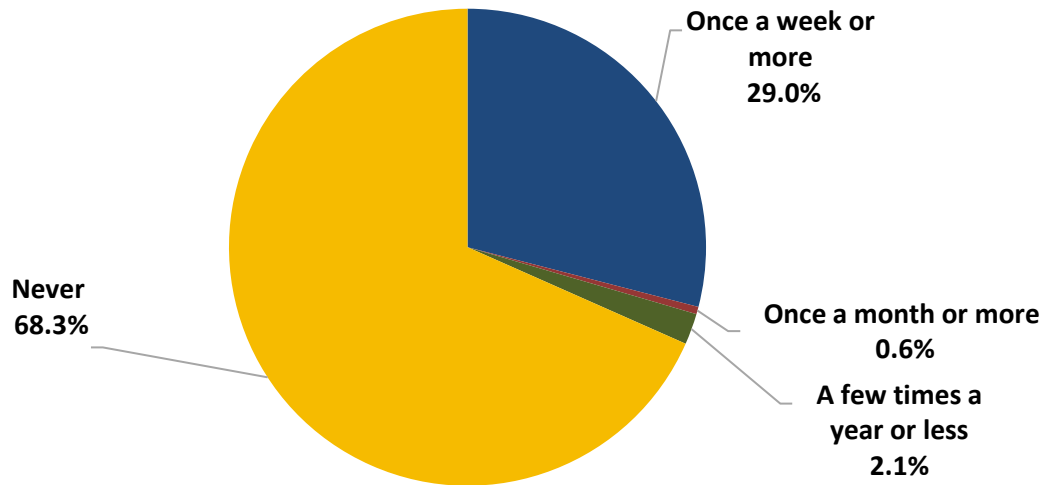
Most (82.4%) comment that members of their household do not use the Metra rail or train more frequently because they have no need. Other adults indicate that members of their household do not use the Metra rail/train more frequently because the transit schedule is not convenient (8.5%), it is not available in their community (4.2%), the cost (2.7%), or another reason (7.7%). Other reasons include they prefer to drive, they only use the Metra rail/train to travel to Chicago, and because of COVID-19.

Those who live in the rural west of McHenry County (16.9%) and those who live in the rural northeast of McHenry County (10.3%) are **more likely** to indicate the reason why members of their household don't use the Metra rail/train more frequently is it is not available in their community.

2021 McHenry County Healthy Community Study

The majority (68.3%) of adults state that members of their household never use a school bus (Figure 15).

Figure 15. Frequency of Using a School Bus



Source: 2021 McHenry County Healthy Community Survey.

Hispanics (56.3%), those who of other races/ethnicities (49.8%), and those with low household incomes (49.8%) are **more likely** to report that members of their household use a school bus once a week or more. Whereas those who live in Crystal Lake (80.9%) are **more likely** to indicate that members of their household never use a school bus.

Reasons for not using a school bus more frequently include no need (92.9%), not available in their community (1.5%), transit schedule not convenient (1.2%), cost (0.4%), and other reasons (10.1%), such as they have no children, their children are grown, their children are not of school age yet, their children drive, walk or bike to school, and because of COVID-19.

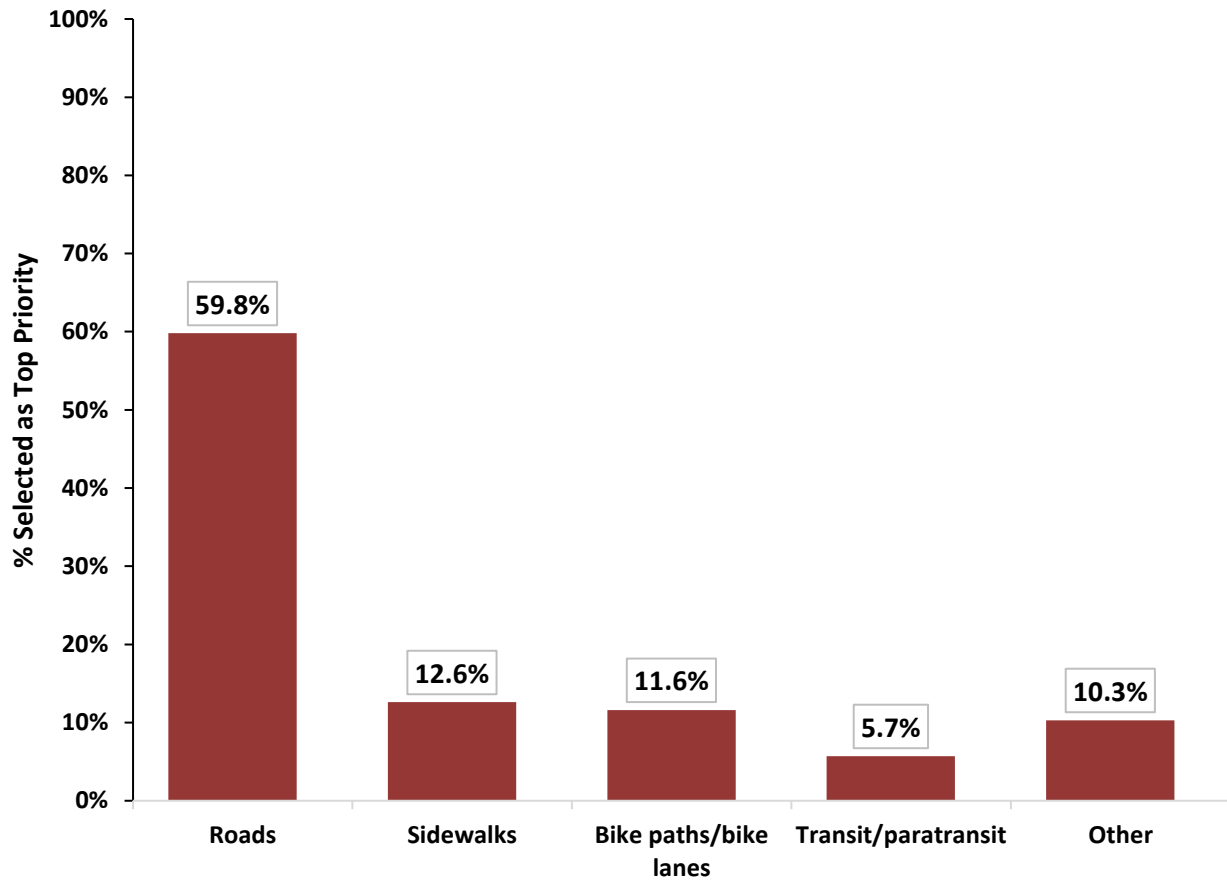
Those who live in Crystal Lake (4.5%) are more likely to indicate the reason why members of their household don't use a school bus more frequently is the transit schedule is not convenient.

2021 McHenry County Healthy Community Study

Lastly, the respondents were asked which should be the top priority in which to invest funds to improve in the next three years.

The majority (59.8%) of adults think the roads should be the top priority in which to invest funds to improve in the next three years (Figure 16). Other responses include mental health, substance abuse, and parks and recreation.

Figure 16. Top Priority in Which to Invest Funds to Improve



Source: 2021 McHenry County Healthy Community Survey.

Those who live in Woodstock (81.8%) are **more likely** to indicate roads should be the top priority in which to invest funds to improve in the next three years. Hispanics (36.2%), those of other races/ethnicities (27.8%), and those with low household incomes (31.7%) are **more likely** to select sidewalks as the top priority in which to invest funds to improve in the next three years.

2021 McHenry County Healthy Community Study

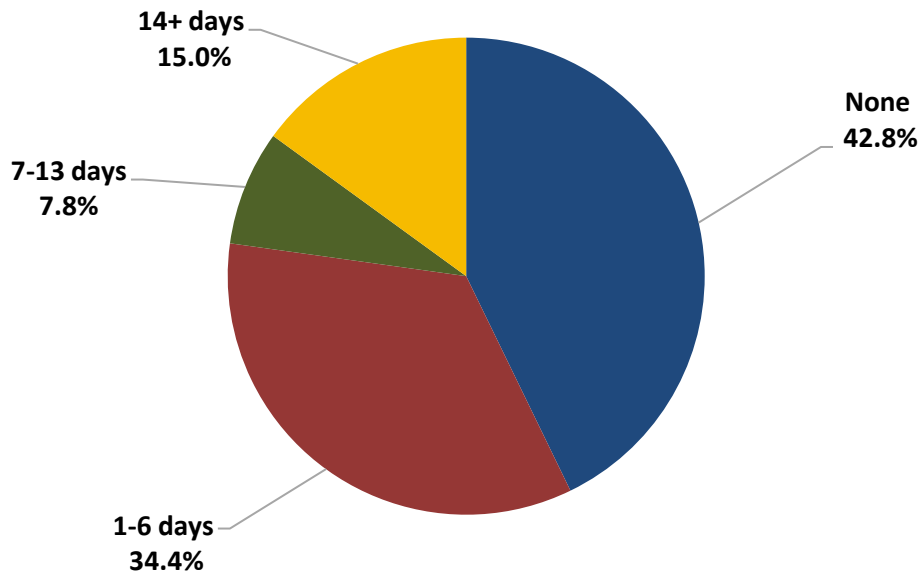
HEALTH-RELATED QUALITY OF LIFE

Several questions were asked to assess health-related quality of life.

DAYS OF FEELING SAD, BLUE, OR DEPRESSED

While more than two-fifths (42.8%) of adults did not experience any days when they felt sad, blue, or depressed in the past month, the remaining 57.2% of adults had at least one day when they felt sad, blue or depressed in the past month, including 15.0% who report having felt sad, blue, or depressed for 14 or more days (Figure 17).

Figure 17. Days of Feeling Sad, Blue, or Depressed in the Past Month

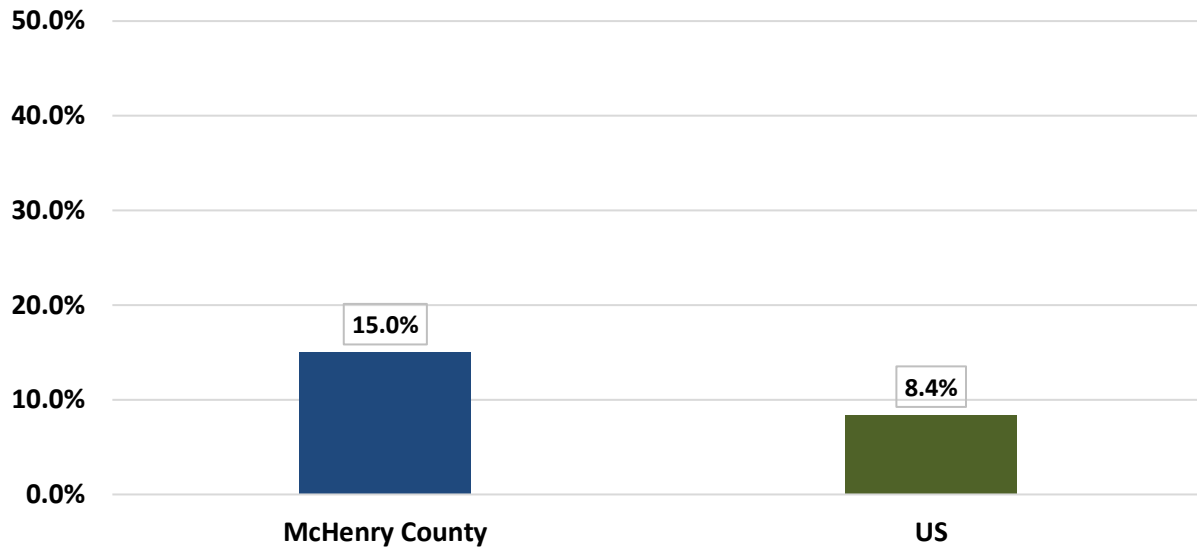


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who experienced 14 or more days when they felt sad, blue, or depressed in the past month is higher than the national finding (Figure 18). It should be noted that the national finding is from the 2016 Behavioral Risk Factor Surveillance System.

Figure 18. Experienced 14 or More Days of Feeling Sad, Blue, or Depressed in the Past Month



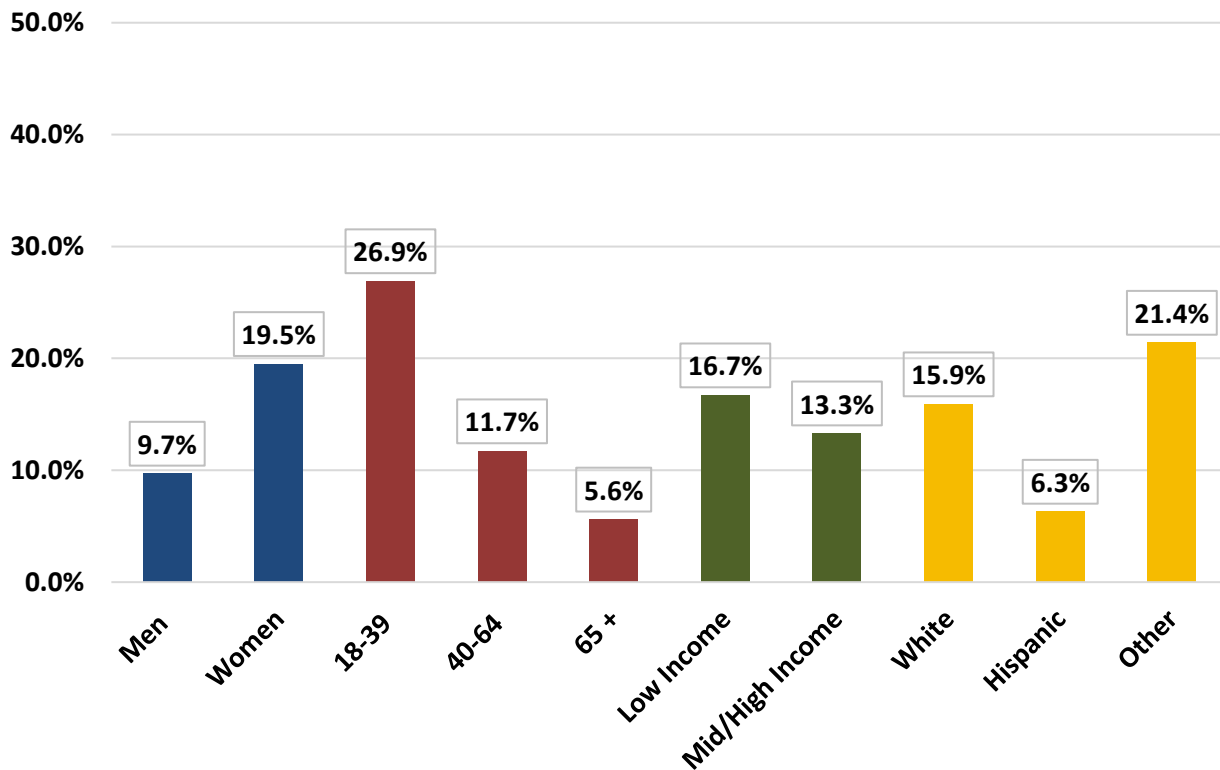
Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2016 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County **more likely** to have experienced 14 or more days when they felt, sad, blue, or depressed in the past month include:

- Women
- Those 18-39 years of age
- Those of other races/ethnicities (Figure 19)

Figure 19. Experienced 14 or More Days of Feeling Sad, Blue, or Depressed in the Past Month by Demographics



Source: 2021 McHenry County Healthy Community Survey.

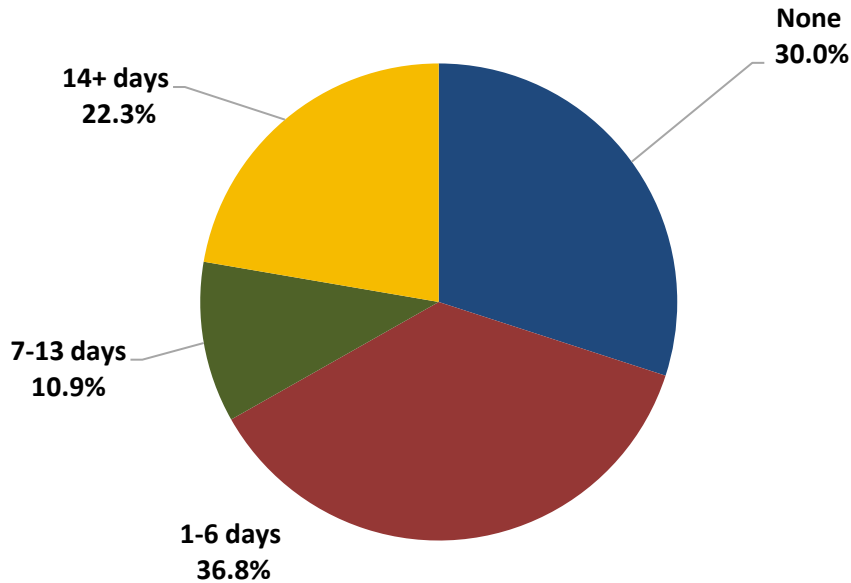
Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

DAYS OF FEELING WORRIED, TENSE, OR ANXIOUS

While three-tenth (30.0%) of adults did not experience any days when they felt worried, tense, or anxious in the past month, the remaining 70.0% of adults had at least one day when they felt worried, tense, or anxious in the past month, including 22.3% who report having felt worried, tense, or anxious on 14 or more days (Figure 20).

Figure 20. Days of Feeling Worried, Tense, or Anxious in the Past Month

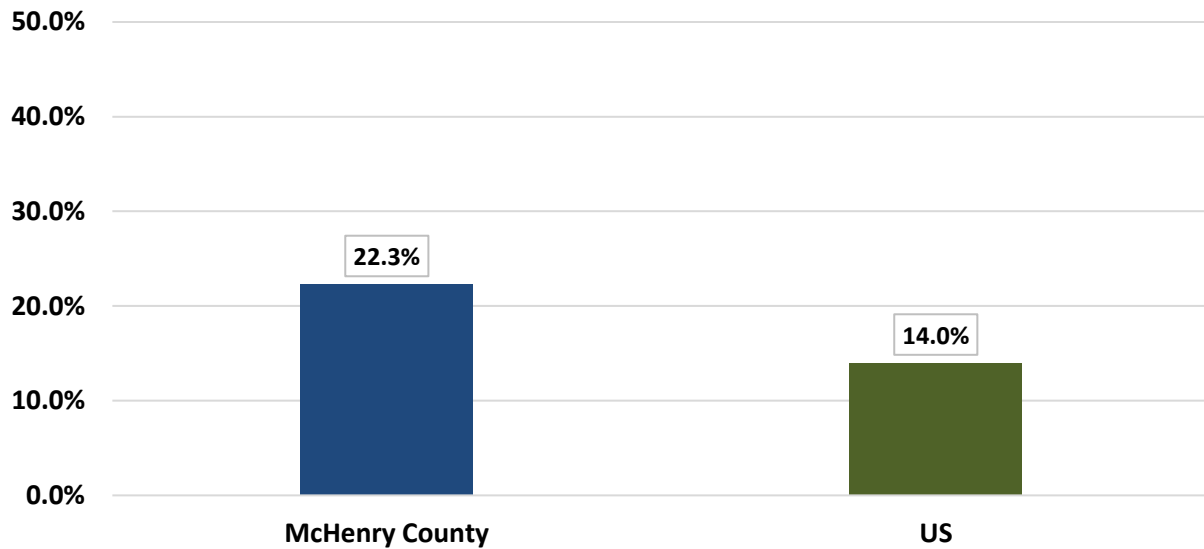


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who experienced 14 or more days when they felt worried, tense, or anxious in the past month is higher than the national finding (Figure 21). It should be noted that the national finding is from the 2016 Behavioral Risk Factor Surveillance System.

Figure 21. Experienced 14 or More Days of Feeling Worried, Tense, or Anxious in the Past Month



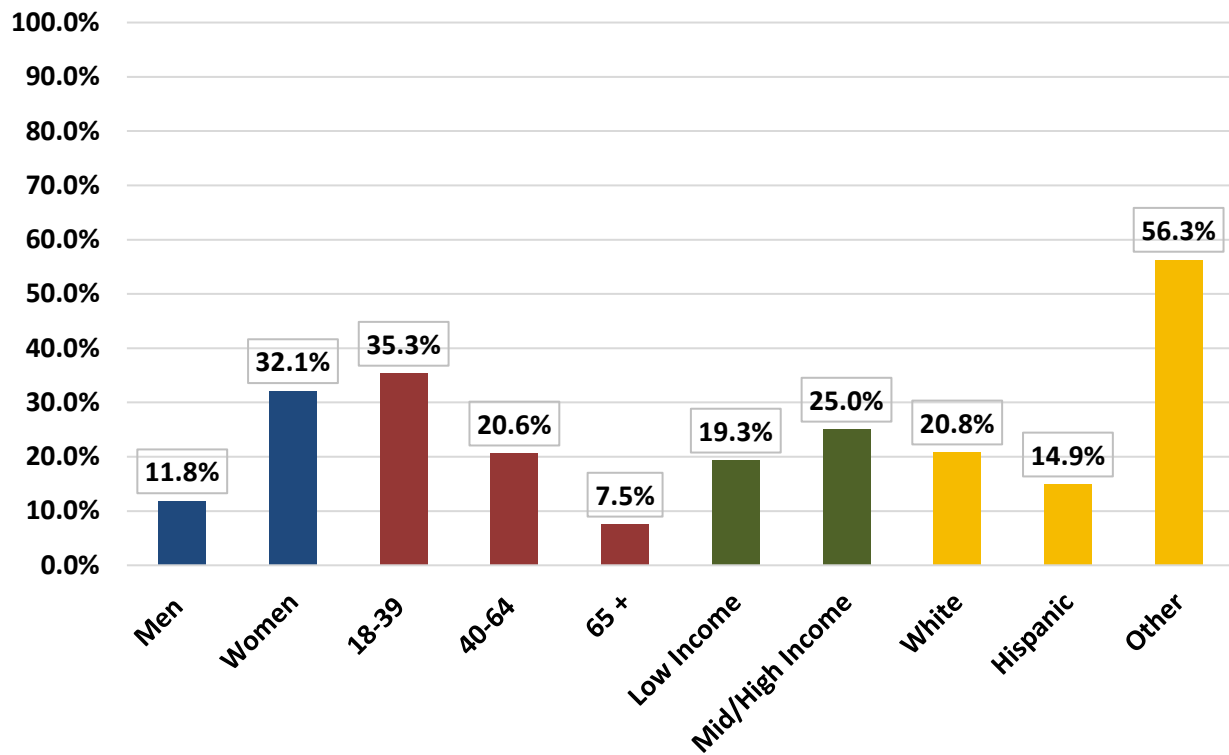
Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2016 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County **more likely** to have experienced 14 or more days when they felt worried, tense, or anxious in the past month include:

- Women
- Those 18-39 years of age
- Those of other race/ethnicities (Figure 22)

Figure 22. Experienced 14 or More Days of Feeling Worried, Tense, or Anxious in the Past Month by Demographics



Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

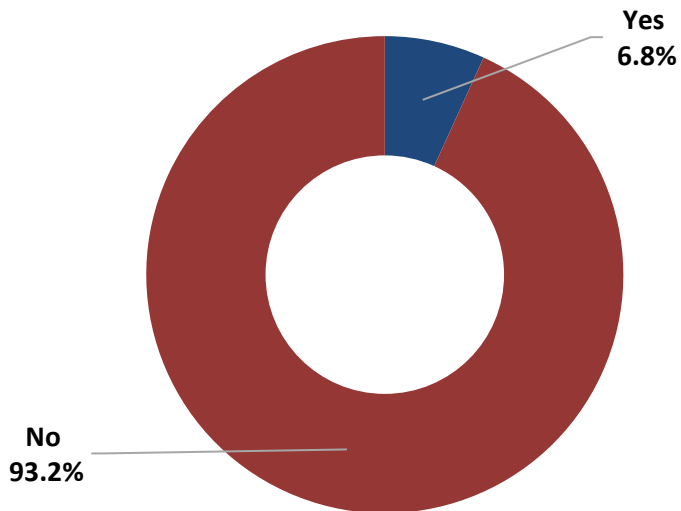
2021 McHenry County Healthy Community Study

PREVALENCE OF DISABILITIES

A question was asked to determine the percentages of adults who experience hearing, vision, cognitive, mobility, self-care, and independent living difficulties.

The majority (93.2%) of adults in McHenry County do not experience serious difficulty hearing or are deaf. A total of 6.8% of adults do experience serious difficulty hearing or are deaf (Figure 23).

Figure 23. Experience Serious Difficulty Hearing or Are Deaf

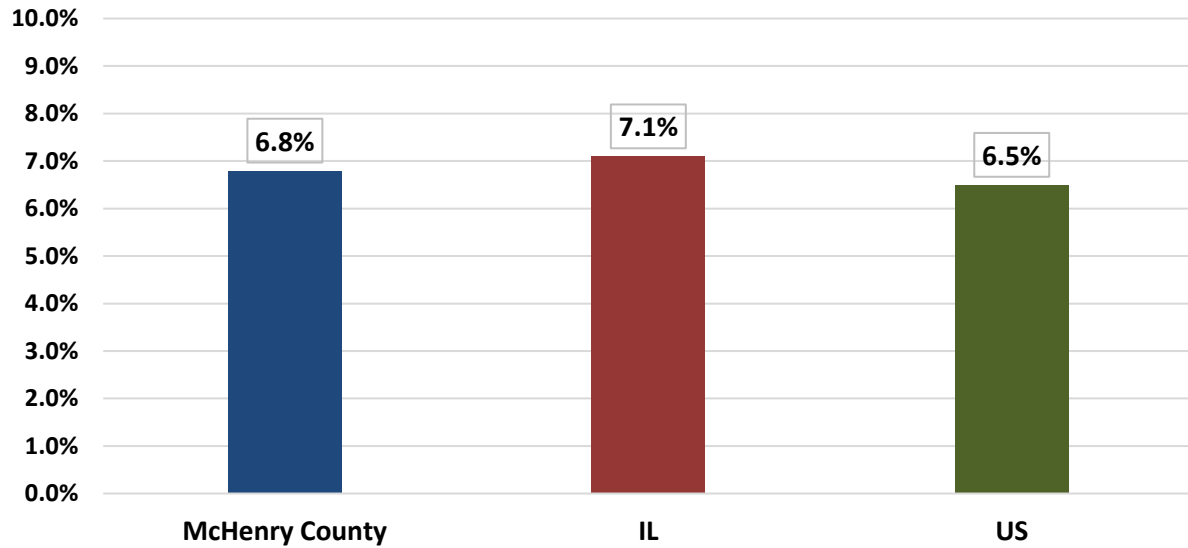


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who experience serious difficulty hearing or are deaf is similar to the Illinois and national findings (Figure 24).

Figure 24. Percentage of Adults Who Experience Serious Difficulty Hearing or Are Deaf

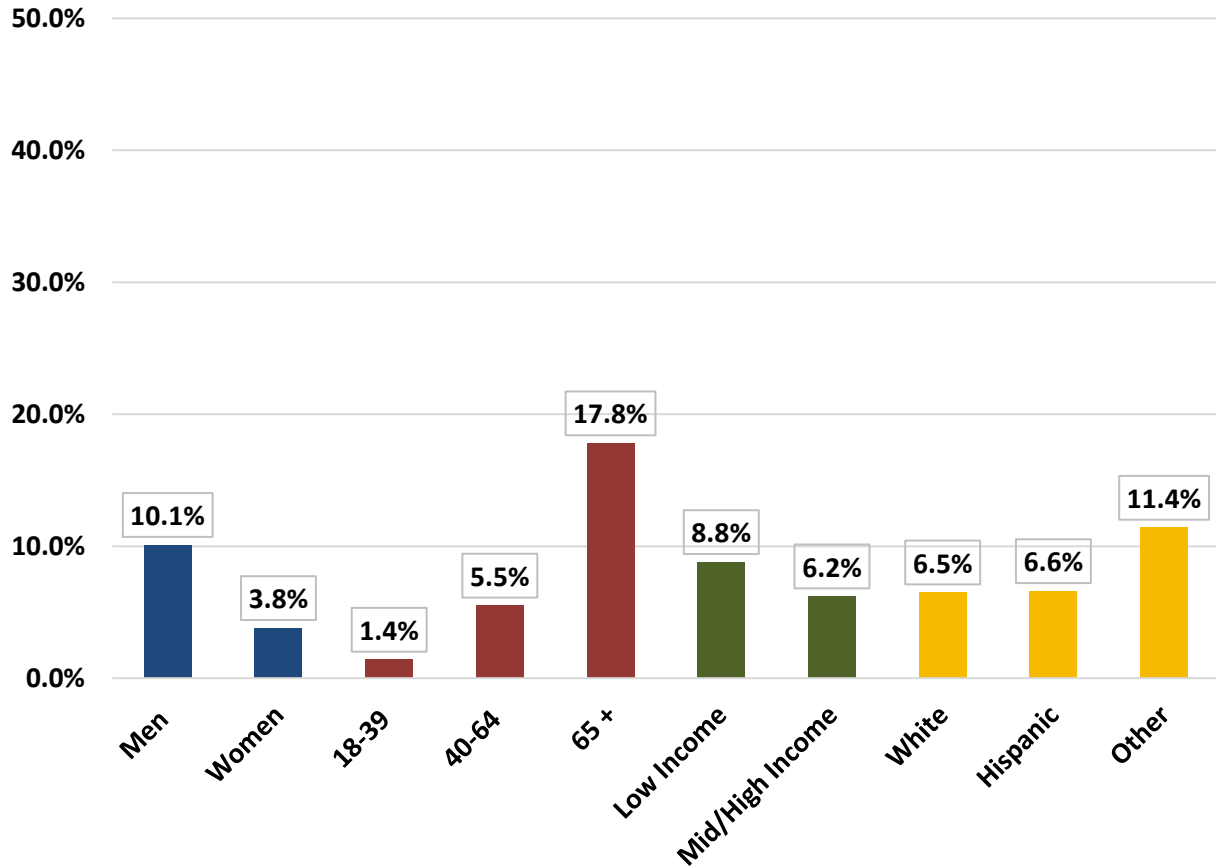


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County **more likely** to experience serious difficulty hearing or are deaf are those 65 years of age or greater (Figure 25).

Figure 25. Experience Serious Difficulty Hearing or Are Deaf by Demographics



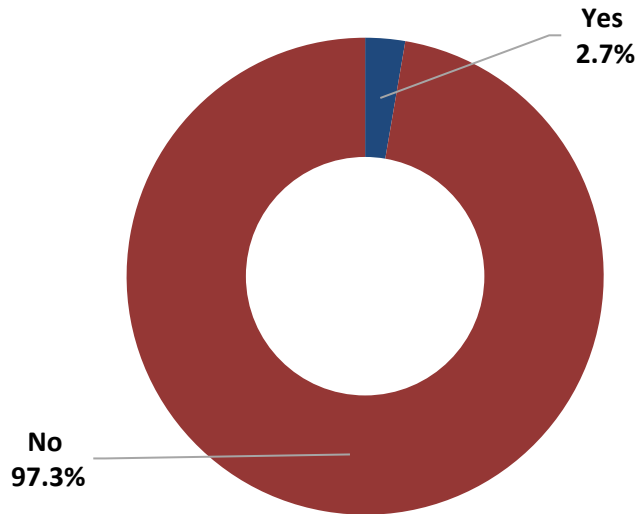
Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

Most (97.3%) adults in the region do not experience serious difficulty seeing or are blind. A total of 2.7% of adults do experience serious difficulty seeing or are blind (Figure 26).

Figure 26. Experience Serious Difficulty Seeing or Are Blind

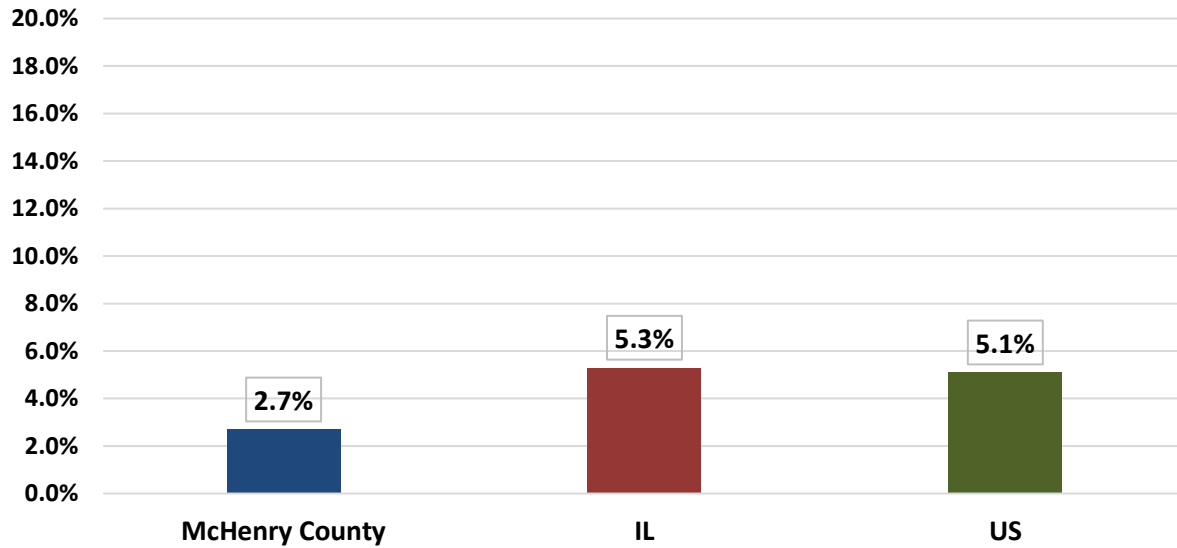


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who experience serious difficulty seeing or are blind is comparable to the Illinois and national findings (Figure 27).

Figure 27. Percentage of Adults Who Experience Serious Difficulty Seeing or Are Blind

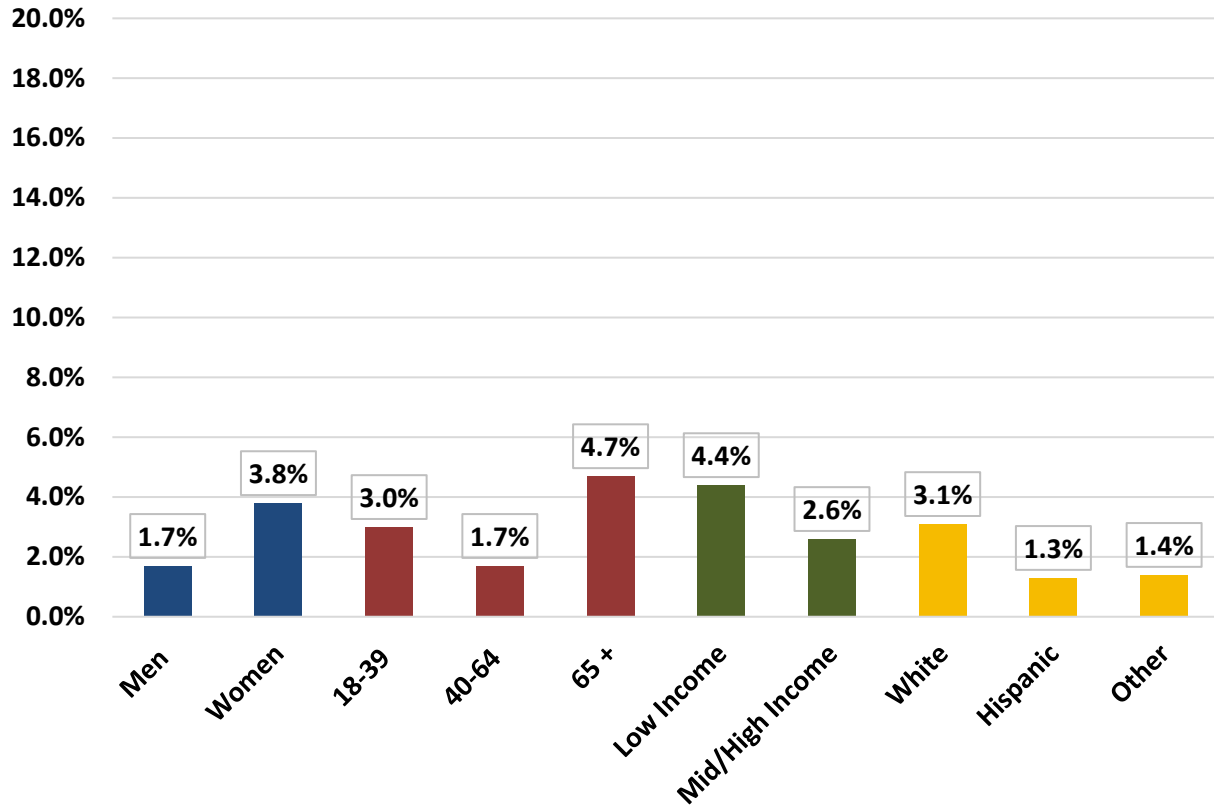


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

No statistically significant differences are found by gender, age, household income, or race/ethnicity (Figure 28).

Figure 28. Experience Serious Difficulty Seeing or Are Blind by Demographics



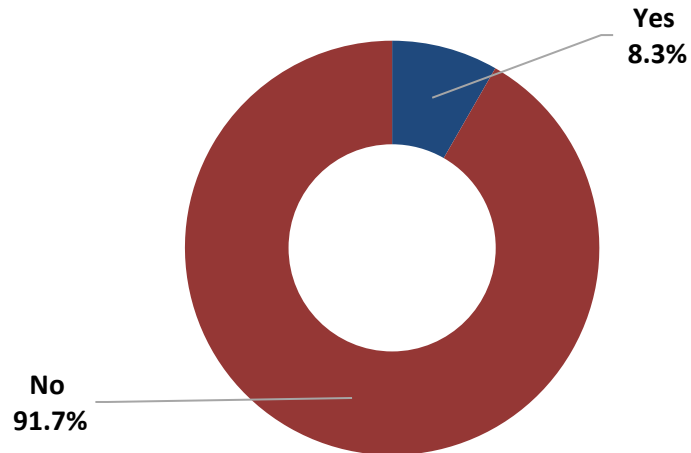
Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

The majority (91.7%) of adults in McHenry County do not experience serious difficulty concentrating, remembering or making decisions because of a physical, mental, or emotional condition. A total of 8.3% of adults do experience serious difficulty concentrating, remembering or making decisions (Figure 29).

Figure 29. Experience Serious Difficulty Concentrating, Remembering or Making Decisions Due to a Physical, Mental or Emotional Condition

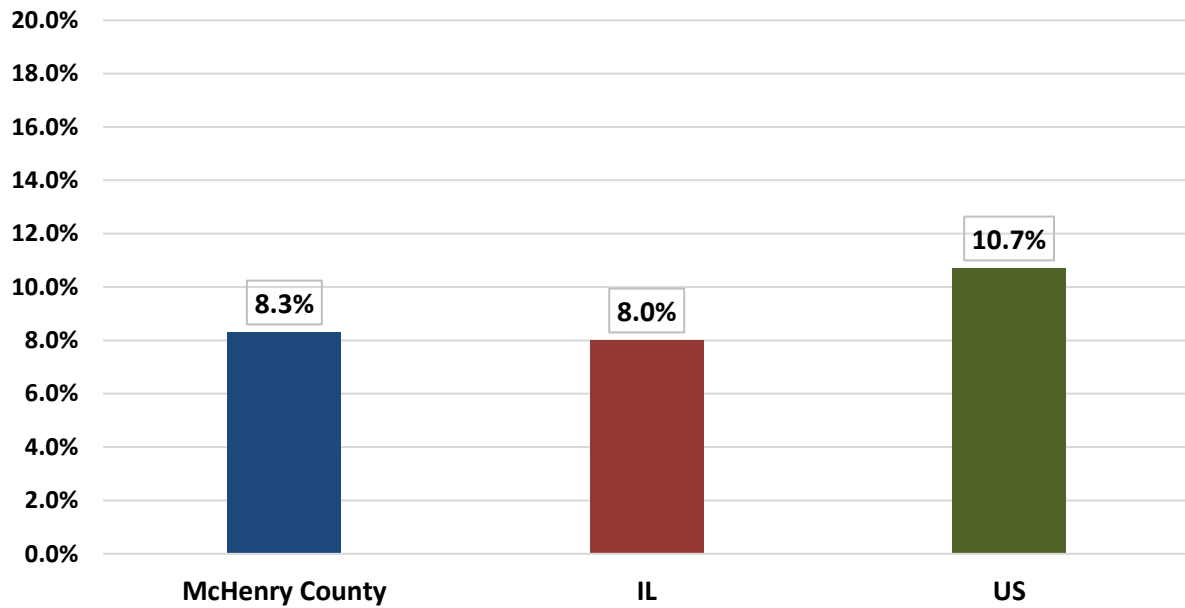


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who experience serious difficulty concentrating, remembering or making decisions due to a physical, mental, or emotional condition is similar to the Illinois and national findings (Figure 30).

Figure 30. Percentage of Adults Who Experience Serious Difficulty Concentrating, Remembering or Making Decisions Due to a Physical, Mental or Emotional Condition

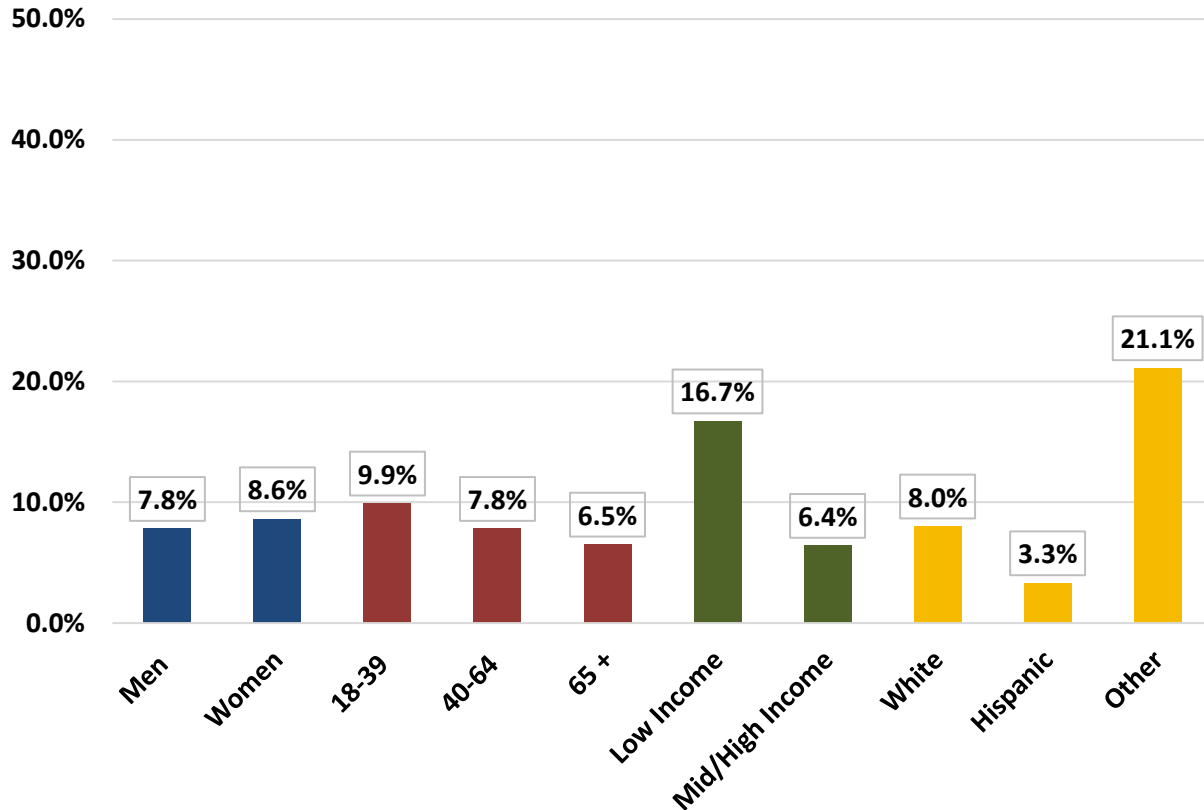


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County **more likely** to experience serious difficulty concentrating, remembering or making decisions due to a physical, mental, or emotional condition are those with low household incomes and those of other races/ethnicities (Figure 31).

Figure 31. Experience Serious Difficulty Concentrating, Remembering or Making Decisions Due to a Physical, Mental, or Emotional Condition by Demographics



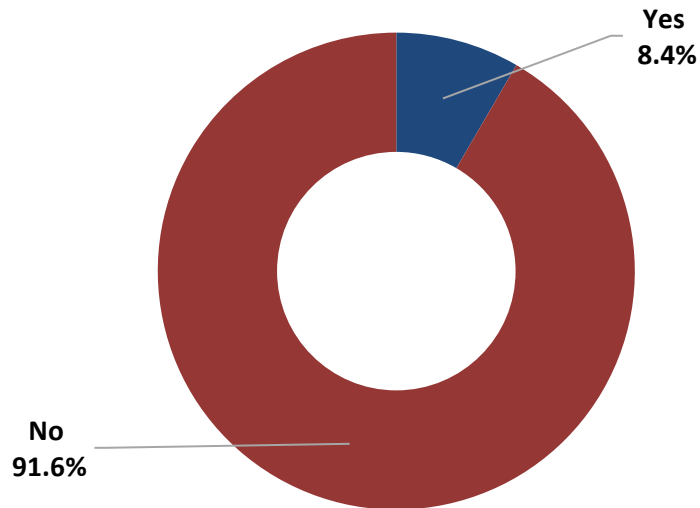
Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

A total of 91.6% of adults in McHenry County do not experience serious difficulty walking or climbing stairs, however 8.4% of adults report experiencing serious difficulty walking or climbing stairs (Figure 32).

Figure 32. Experience Serious Difficulty Walking or Climbing Stairs

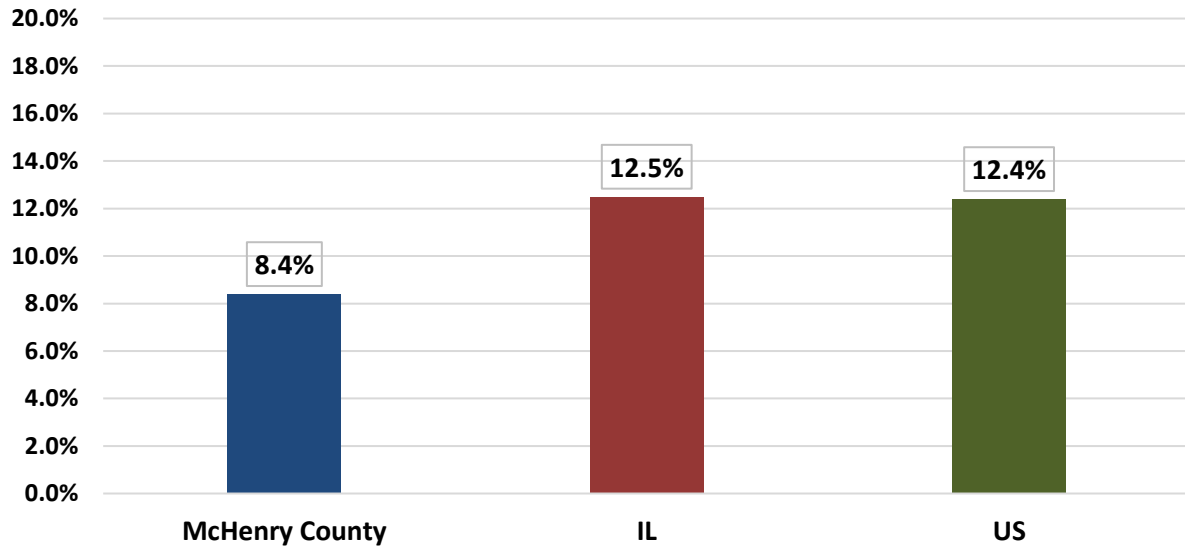


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who experience serious difficulty walking or climbing stairs is more favorable than the Illinois and national findings (Figure 33).

Figure 33. Percentage of Adults Who Experience Serious Difficulty Walking or Climbing Stairs

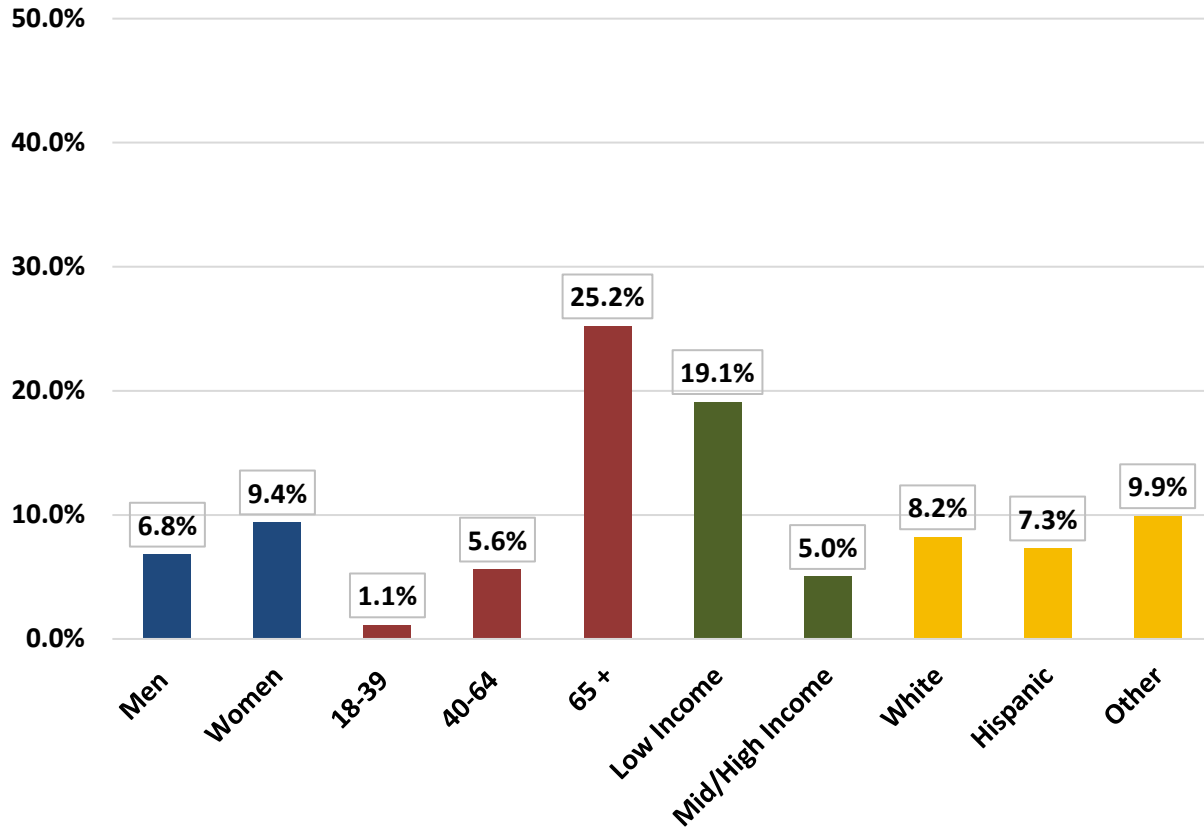


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County **more likely** to experience serious difficulty walking or climbing stairs are those 65 years of age or greater and those with low household incomes (Figure 34).

Figure 34. Experience Serious Difficulty Walking or Climbing Stairs by Demographics



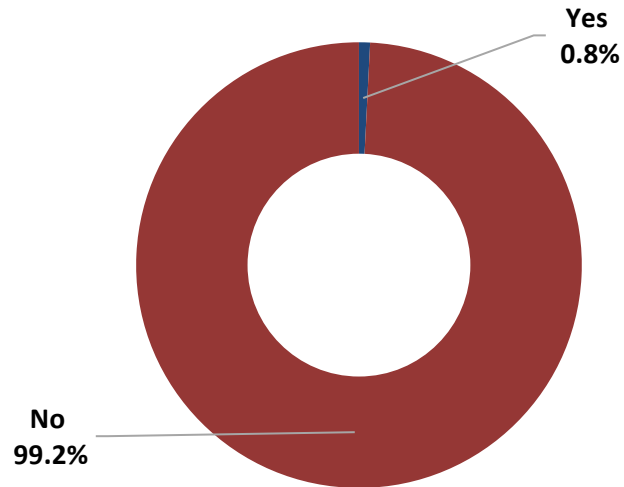
Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

Almost all (99.2%) adults in McHenry County do not experience difficulty dressing or bathing. Less than one percent (0.8%) do experience difficulty dressing or bathing (Figure 35).

Figure 35. Experience Difficulty Dressing or Bathing

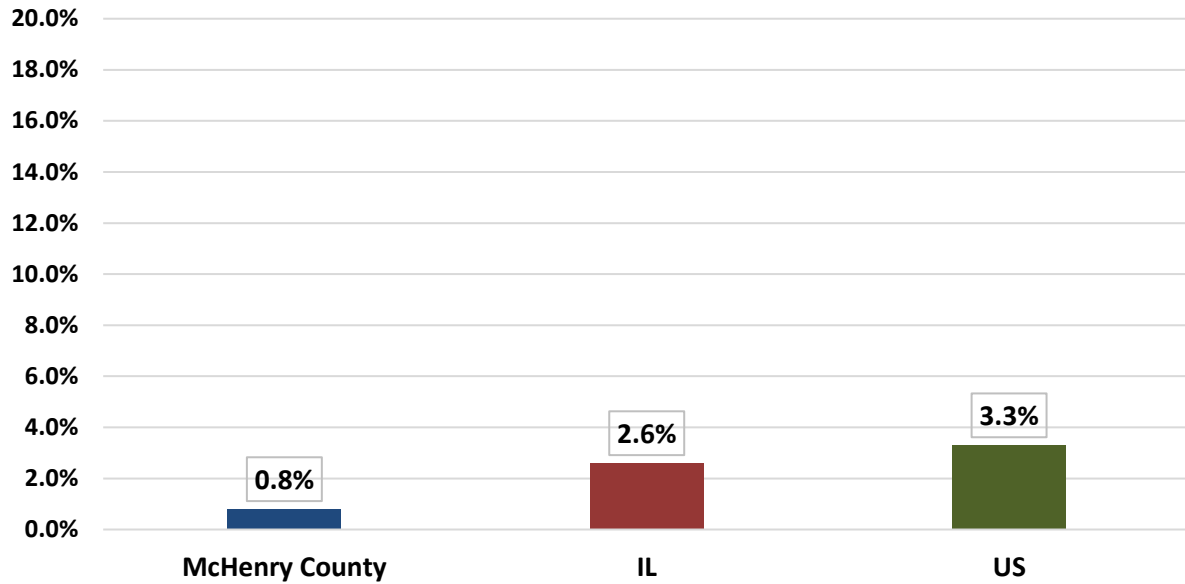


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who experience difficulty dressing or bathing is comparable to the Illinois and national findings (Figure 36).

Figure 36. Percentage of Adults Who Experience Difficulty Dressing or Bathing

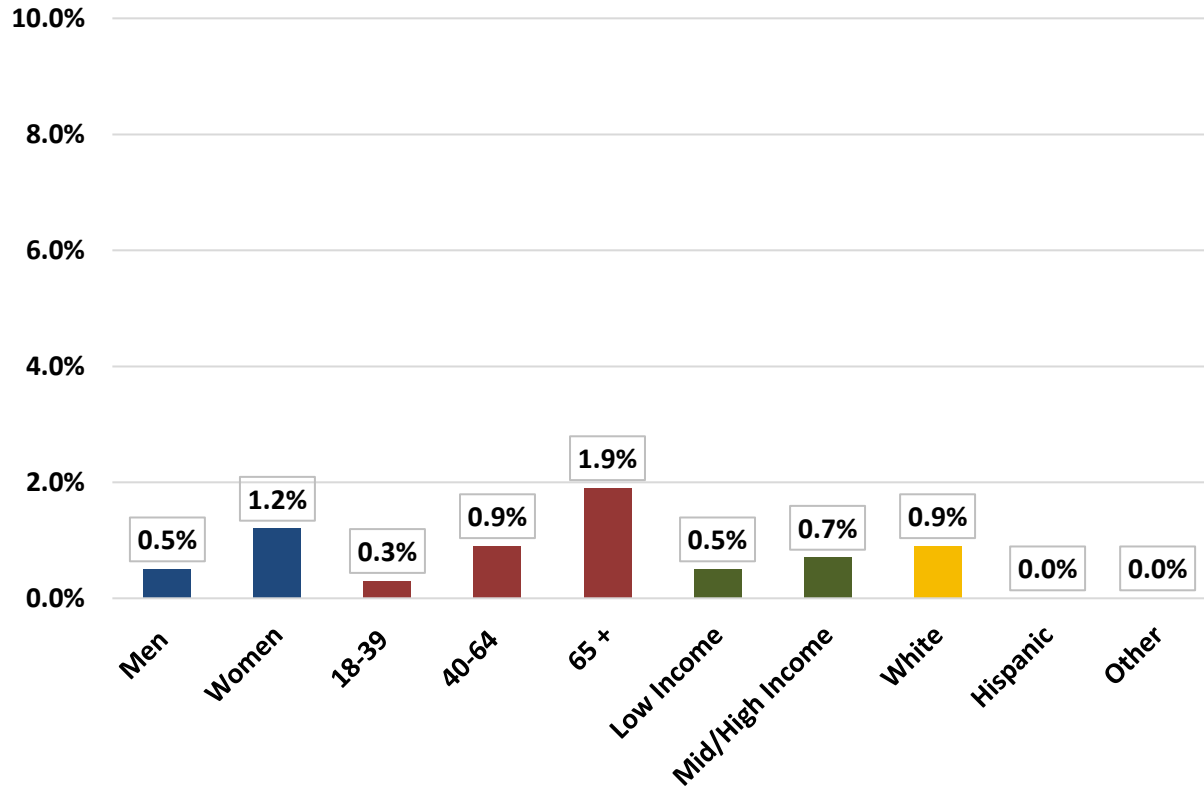


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

No statistically significant differences are found by gender, age, household income, or race/ethnicity (Figure 37).

Figure 37. Experience Difficulty Dressing or Bathing by Demographics



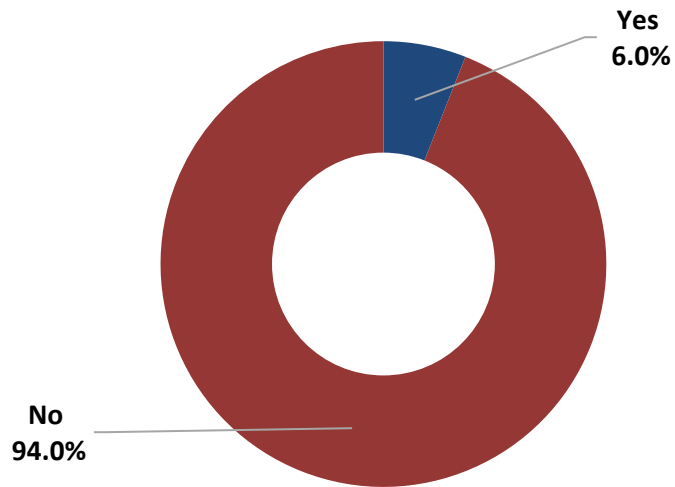
Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

A total of 94.0% of adults in McHenry County do not experience difficulty doing errands alone due to a physical, mental, or emotional condition, however 6.0% do experience difficulty doing errands alone (Figure 38).

Figure 38. Experience Difficulty Doing Errands Alone Due to a Physical, Mental, or Emotional Condition

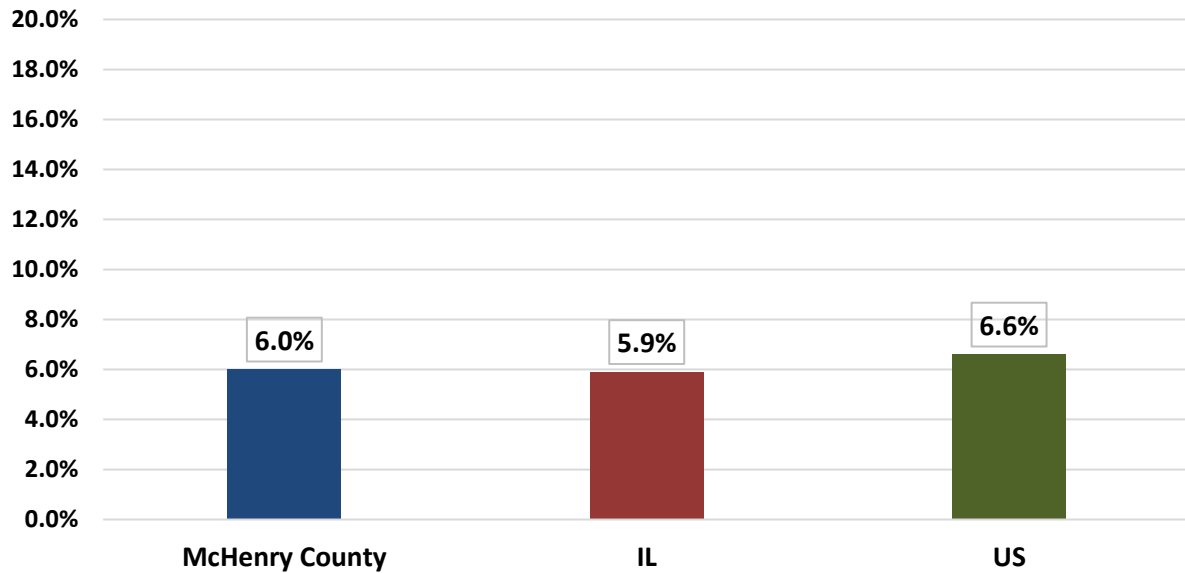


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who experience difficulty doing errands alone due to a physical, mental, or emotional condition is comparable to the Illinois and national findings (Figure 39).

Figure 39. Percentage of Adults Who Experience Difficulty Doing Errands Alone Due to a Physical, Mental, or Emotional Condition

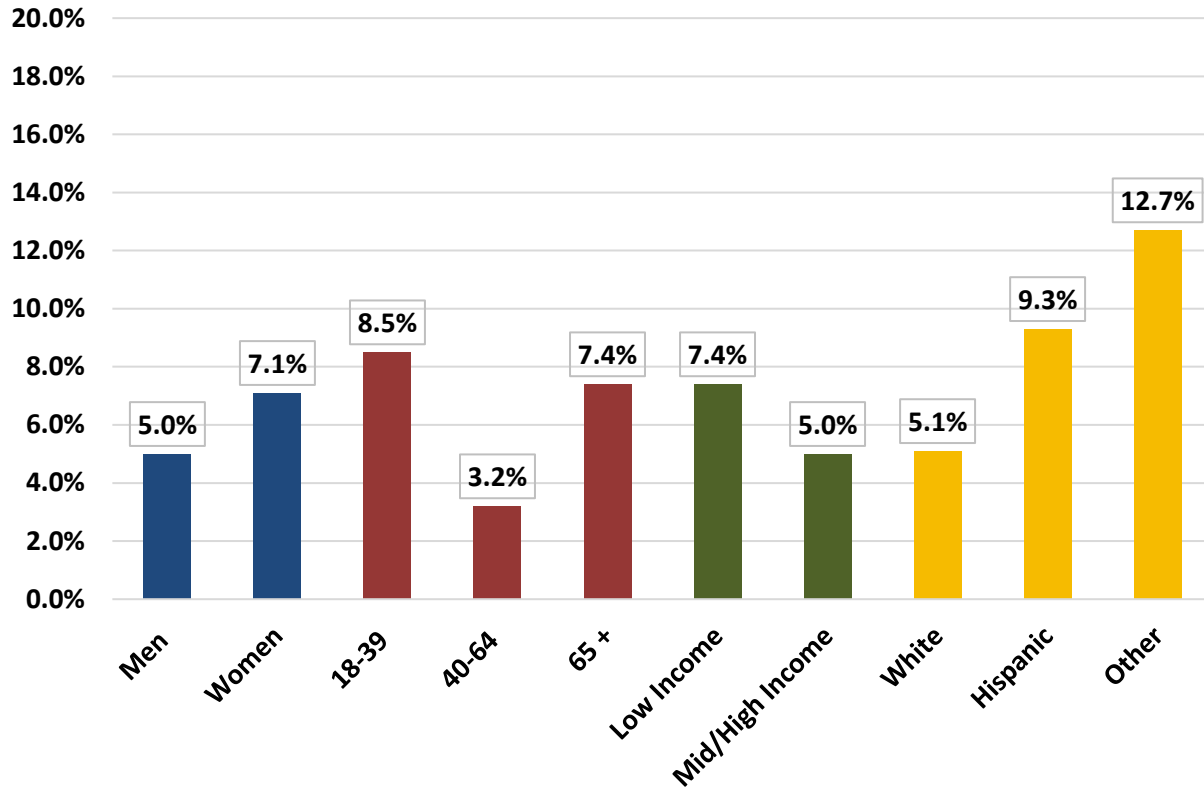


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2018 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

No statistically significant differences are found by gender, age, household income, or race/ethnicity (Figure 40).

Figure 40. Experience Difficulty Doing Errands Alone Due to a Physical, Mental, or Emotional Condition by Demographics



Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

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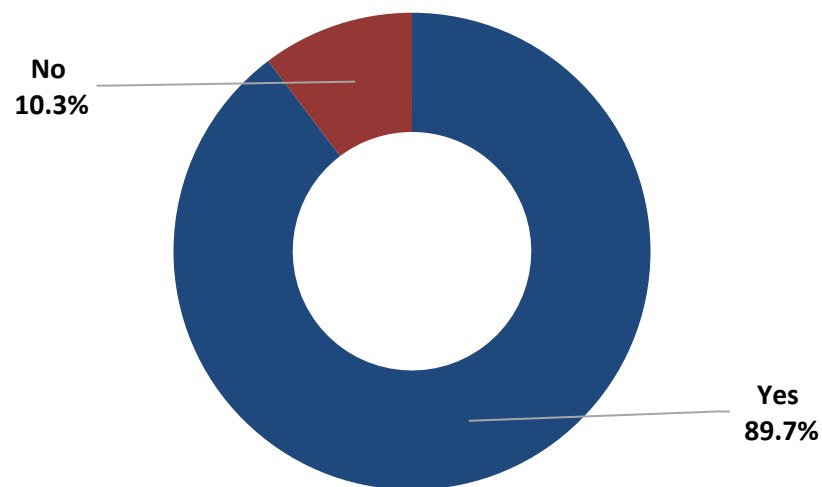
HEALTH CARE ACCESS

Next, a set of questions was asked about health care access.

HEALTH CARE COVERAGE

The majority (89.7%) of adults under the age of 65 in McHenry County currently have health care coverage. A total of 10.3% of adults under the age of 65 in McHenry County do not have health care coverage (Figure 41).

Figure 41. Currently Have Health Care Coverage (Adults 18-64 Years of Age)

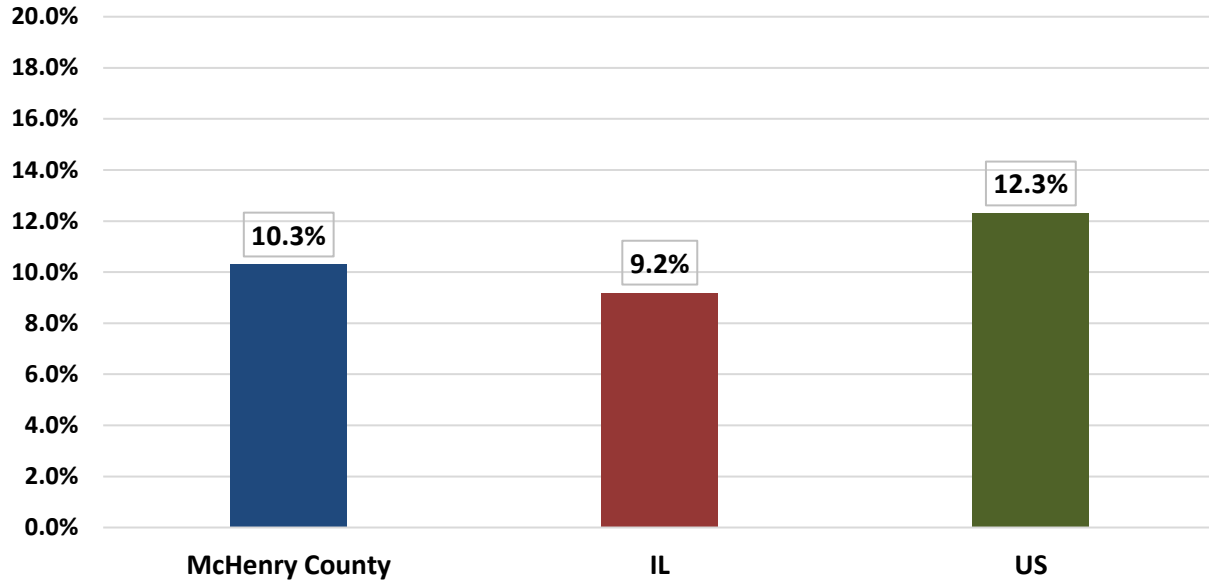


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults 18-64 years of age in McHenry County without health care coverage is similar to the Illinois and national findings (Figure 42).

Figure 42. Percentage Without Health Care Coverage (Adults 18-64 Years of Age)



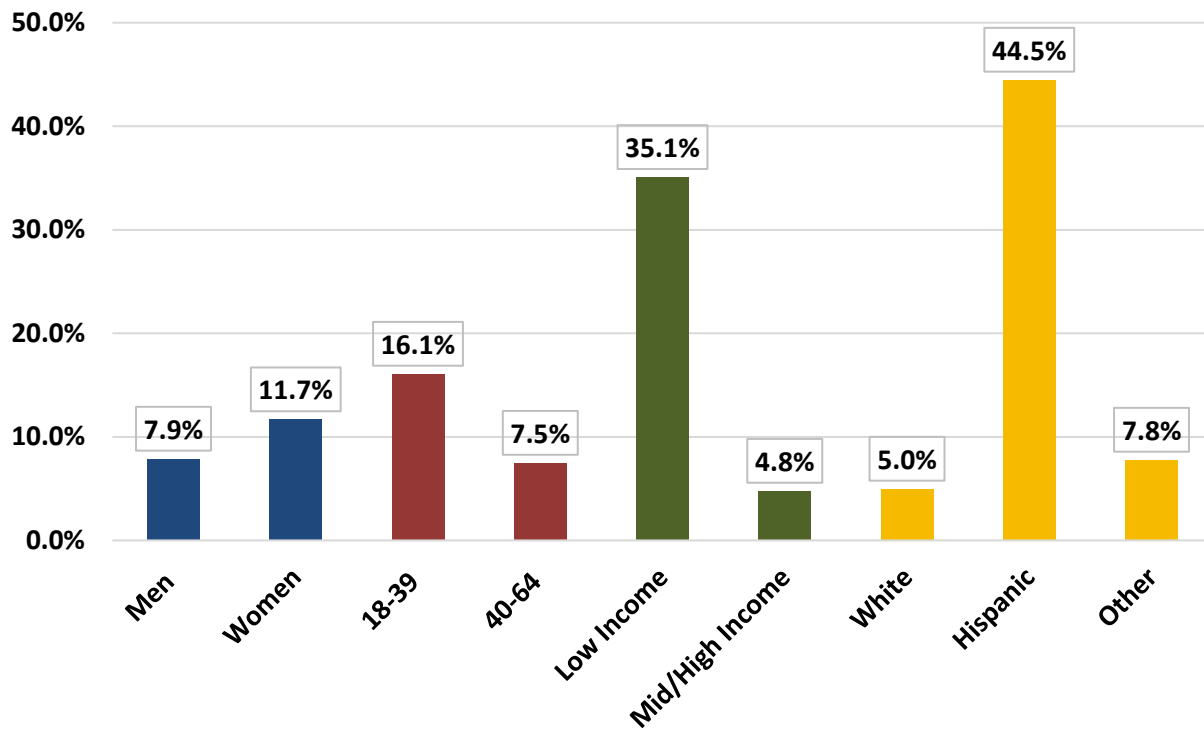
Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

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The adults under the age of 65 in McHenry County who are **more likely** to be without health care coverage include:

- Those 18-39 years of age
- Those with low household incomes
- Hispanics (Figure 43)

Figure 43. Percentage Without Health Care Coverage (Adults 18-64 Years of Age) by Demographics



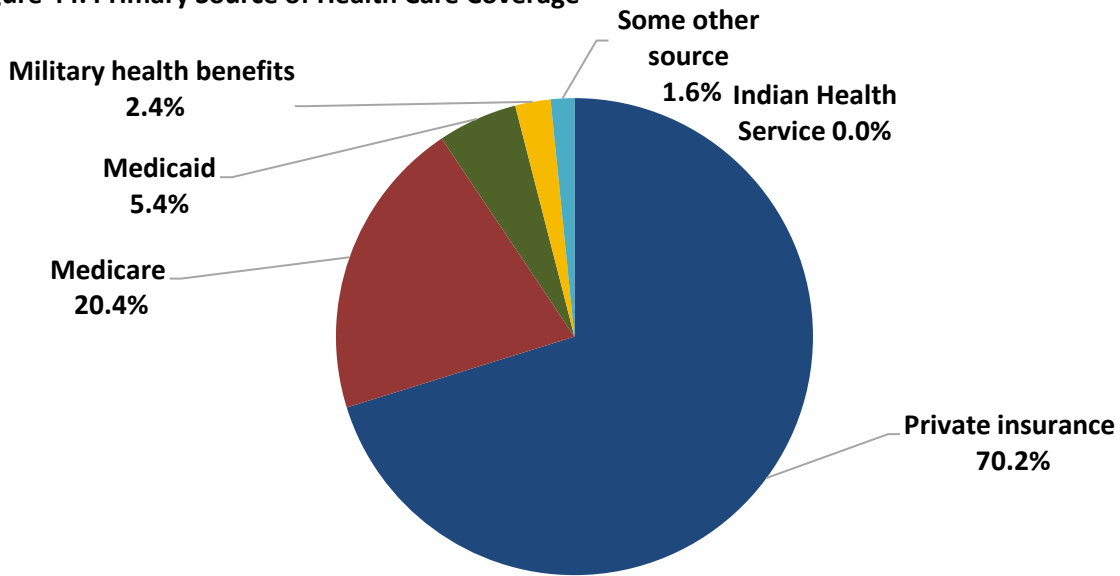
Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

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Most (70.2%) adults in McHenry County indicate their primary source of health care coverage is private insurance. The next most frequently cited primary source of health care coverage is Medicare (20.4%). Only 5.4% report their primary source of health care coverage is Medicaid (Figure 44).

Figure 44. Primary Source of Health Care Coverage



Source: 2021 McHenry County Healthy Community Survey.

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The percentage of adults in McHenry County whose primary source of health care coverage is private insurance is considerably higher than the national finding. One-fifth (20.4%) of adults in McHenry County have Medicare as their primary health care coverage; this percentage is similar to the national finding. The percentage of adults in McHenry County whose primary source of health care coverage is Medicaid is lower than the national finding (Table 1).

Table 1: Primary Source of Health Care Coverage-Comparison of McHenry County With US

	Percent	
	McHenry County	US
<u>Primary Source of Health Care Coverage</u>		
Private Insurance	70.2	57.0
Medicare	20.4	22.9
Medicaid	5.4	12.2
Military Health Benefits	2.4	3.3
Indian Health Service	0.0	0.1
Other	1.6	4.5

Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2020 Behavioral Risk Factor Surveillance System.

The adults in McHenry County **more likely** to have private insurance as their primary source of health care coverage are:

- Those under 65 years of age
- Those with mid/high household incomes
- Hispanics and those of other races/ethnicities

The adults in the region **more likely** to have Medicare as their primary source of health care coverage are:

- Those 65 years of age or greater
- Those with low household incomes
- Whites


The adults in the region **more likely** to have Medicaid as their primary source of health care coverage are:

- Those with low household incomes (Table 2)

2021 McHenry County Healthy Community Study

Table 2: Primary Source of Health Care Coverage by Demographics

	Percent									
	Men	Women	18-39	40-64	65+	Low Income	Mid/High Income	White	Hispanic	Other
<u>Primary Source of Health Care Coverage</u>										
Private Insurance	67.5	73.1	82.9	87.1	12.4	30.8	80.2	67.8	88.0	83.1
Medicare	22.4	18.4	3.2	4.7	79.9	39.1	13.2	22.0	9.3	12.3
Medicaid	4.5	6.0	12.0	3.7	2.9	24.1	2.5	5.6	2.7	4.6
Military Health Benefits	3.5	1.4	2.0	2.4	2.4	3.8	2.3	2.7	0.0	0.0
Indian Health Service	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	2.2	1.2	0.0	2.1	2.4	2.3	1.7	1.8	0.0	0.0

 More Likely to Have Type of Health Care Coverage as Primary Source

Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level;

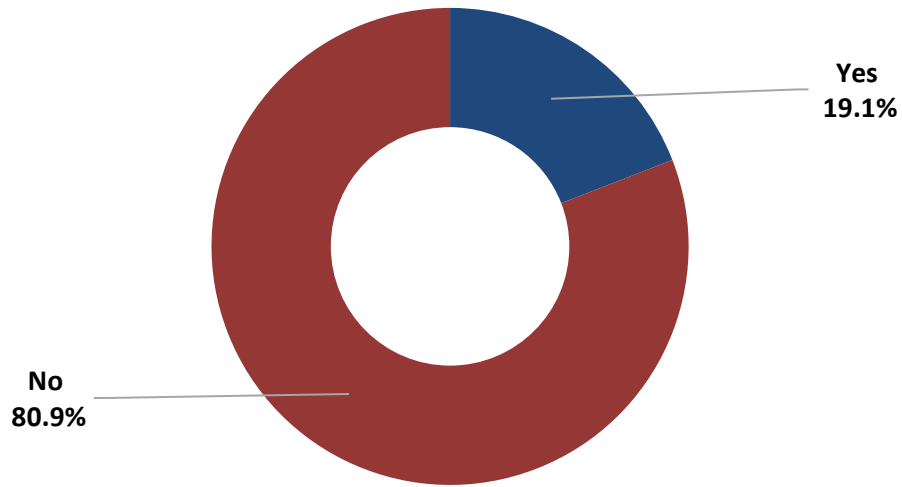
Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

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REASONS FOR DELAYING MEDICAL CARE

The majority (80.9%) of adults in McHenry County did not delay needed medical care because of cost, while 19.1% of adults in McHenry County did delay needed medical care because of cost (Figure 45).

Figure 45. Delayed Needed Medical Care Because of Cost

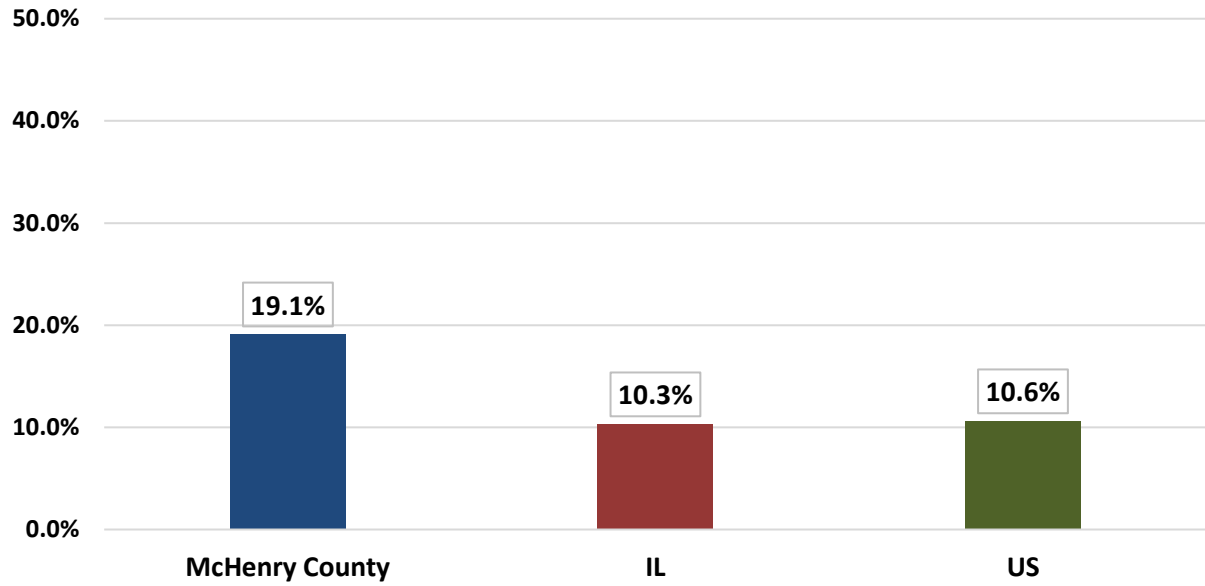


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who delayed needed medical care because of cost is less favorable than the Illinois and national findings (Figure 46).

Figure 46. Percentage Who Delayed Needed Medical Care Because of Cost



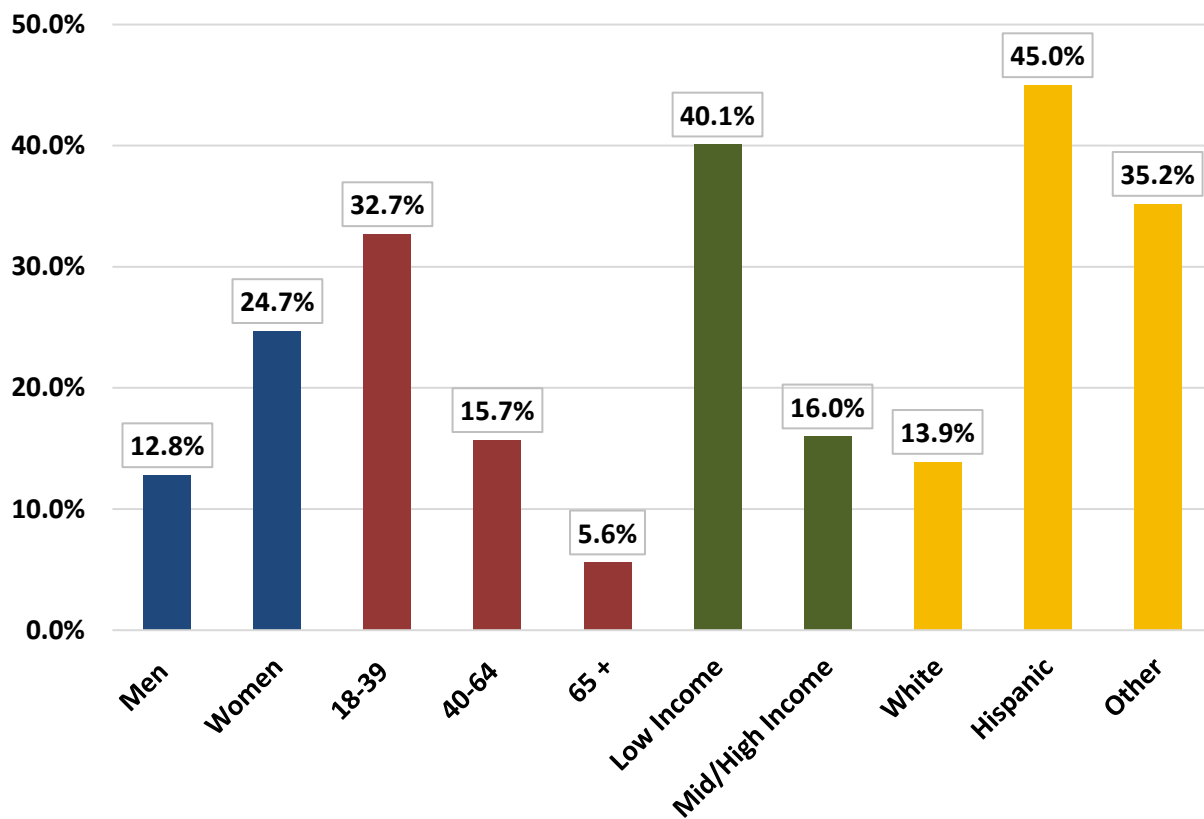
Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

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The adults in McHenry County who are **more likely** to have delayed needed medical care because of cost include:

- Women
- Those 18-39 years of age
- Those with low household incomes
- Hispanics
- Those of other races/ethnicities (Figure 47).

Figure 47. Percentage Who Have Delayed Needed Medical Care Because of Cost by Demographics



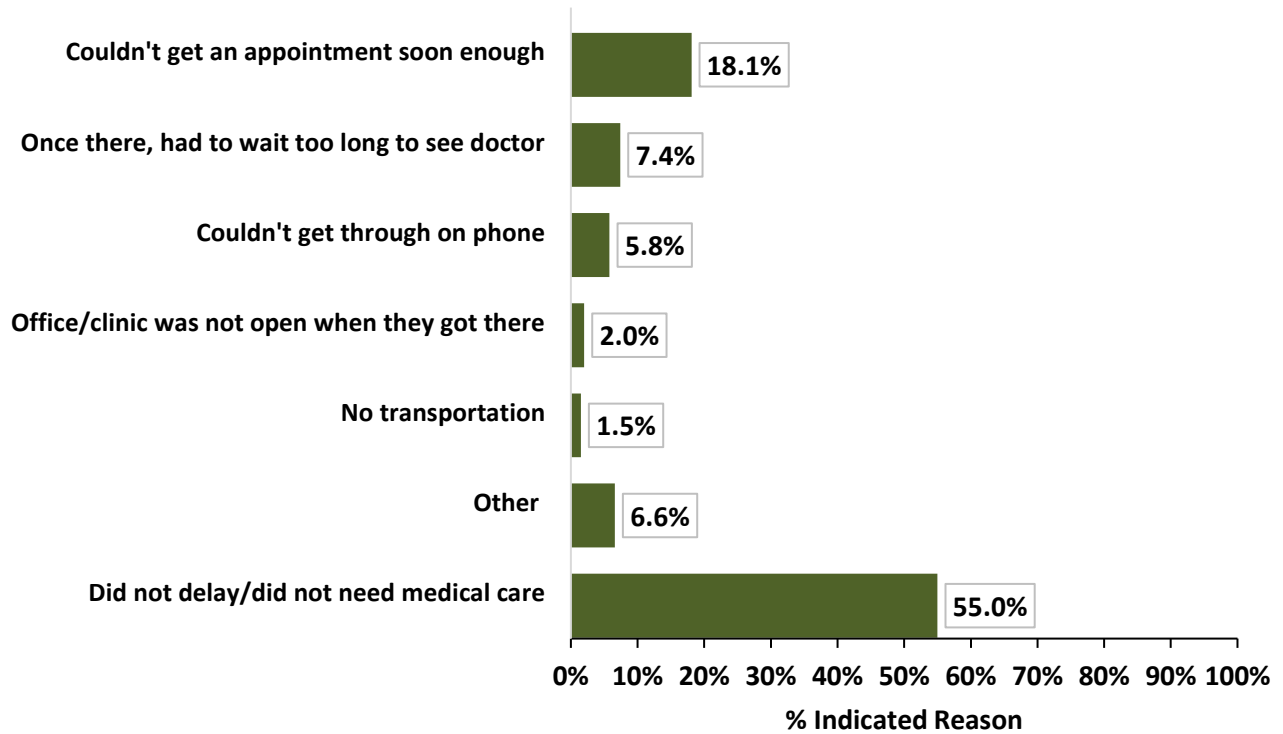
Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

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The largest percentage of adults in McHenry County report that other than cost the reason they delayed getting needed medical care in the past year was because they couldn't get an appointment soon enough (18.1%). Other responses include it is difficult to schedule an appointment because of work, they lack of the time, and because of COVID-19 (Figure 48).

Figure 48. Reasons Other Than Cost Why Delayed Getting Needed Medical Care in the Past Year



Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who state the reason they delayed getting needed medical care is because they could not get an appointment soon enough is significantly greater than the national finding. The percentages of adults in McHenry County who indicate the reason they delayed getting needed medical care is because once they were there they had to wait too long to see the doctor and they couldn't get through on the telephone are also higher than the national finding (Table 3).

Table 3: Reasons Other Than Cost Why Delayed Getting Needed Medical Care in Past Year- Comparison of McHenry County With US

	Percent	
	McHenry County	US
<u>Reason</u>		
Could Not Get an Appointment Soon Enough	18.1	5.6
Once There, Had to Wait Too Long to See Doctor	7.4	2.9
Couldn't Get Through on Telephone	5.8	1.0
Office/Clinic Was Not Open When They Got There	2.0	0.9
No Transportation	1.5	4.4
Other	6.6	4.5
Did Not Delay/Did Not Need Medical Care	55.0	80.0

Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2018 Behavioral Risk Factor Surveillance System.

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The adults in McHenry County **more likely** to indicate the reason why they delayed needed medical care in the past year was because they could not get an appointment soon enough are those 40-64 years of age, those with mid/high household incomes, and those of other races/ethnicities. Having to wait too long to see a doctor once there is cited as a reason more frequently by those 18-39 years of age, those with low household incomes, Hispanics, and those of other races/ethnicities. The office/clinic was not open when they got there and no transportation are cited as a reason more frequently by those of other races/ethnicities (Table 4).

Table 4: Reasons Other Than Cost Why Delayed Needed Medical Care in Past Year by Demographics

Reason	Percent									
	Men	Women	18-39	40-64	65+	Low Income	Mid/High Income	White	Hispanic	Other
Could Not Get an Appointment Soon Enough	16.8	19.6	13.7	21.9	11.7	13.8	20.4	18.0	11.3	33.8
Once There, Had to Wait Too Long to See Doctor	4.4	10.3	14.0	3.9	3.3	17.2	5.7	3.8	23.8	21.1
Couldn't Get Through on Telephone	4.6	7.0	6.6	6.3	2.8	3.4	6.0	5.3	5.3	12.7
Office/Clinic Was Not Open When They Got There	1.4	2.5	2.2	1.9	0.9	1.0	2.1	1.3	1.3	11.3
No Transportation	0.3	2.6	2.7	0.9	1.4	1.0	1.4	1.0	0.0	9.9
Other	6.8	6.3	3.8	8.2	6.1	7.8	6.7	6.8	2.6	12.7
Did Not Delay/Did Not Need Medical Care	60.9	49.5	57.4	50.5	68.4	46.8	55.4	58.4	42.3	43.6

 More Likely to Give Reason

Source: 2021 McHenry County Healthy Community Survey.

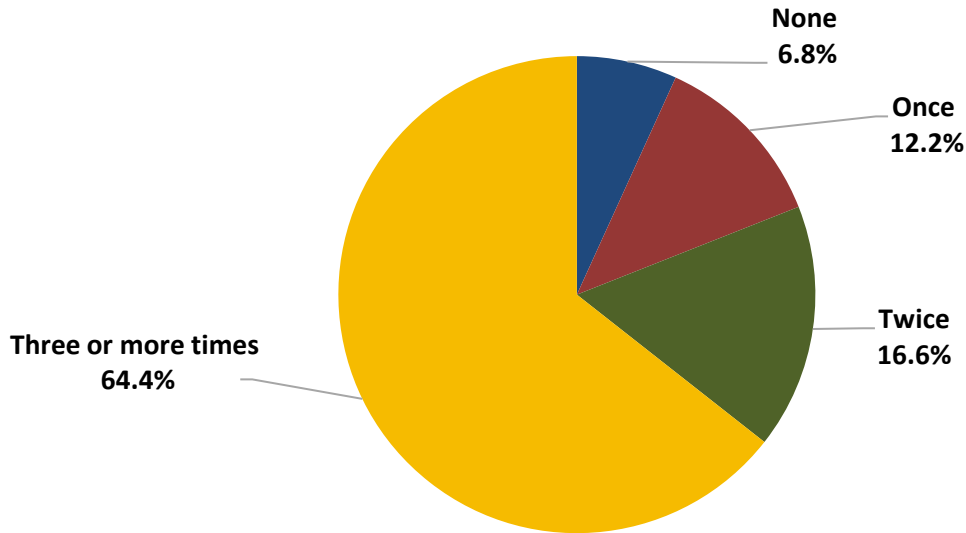
Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

TIMES VISITED A HEALTH PROFESSIONAL IN PAST YEAR

A total of 6.8% of adults in McHenry County have not visited a health professional for any type of health care service in the past year, 12.2% have visited a health professional once, 16.6% have visited a health professional twice, and 64.4% have visited a health professional three or more times (Figure 49).

Figure 49. Number of Times Visited a Health Professional in the Past Year

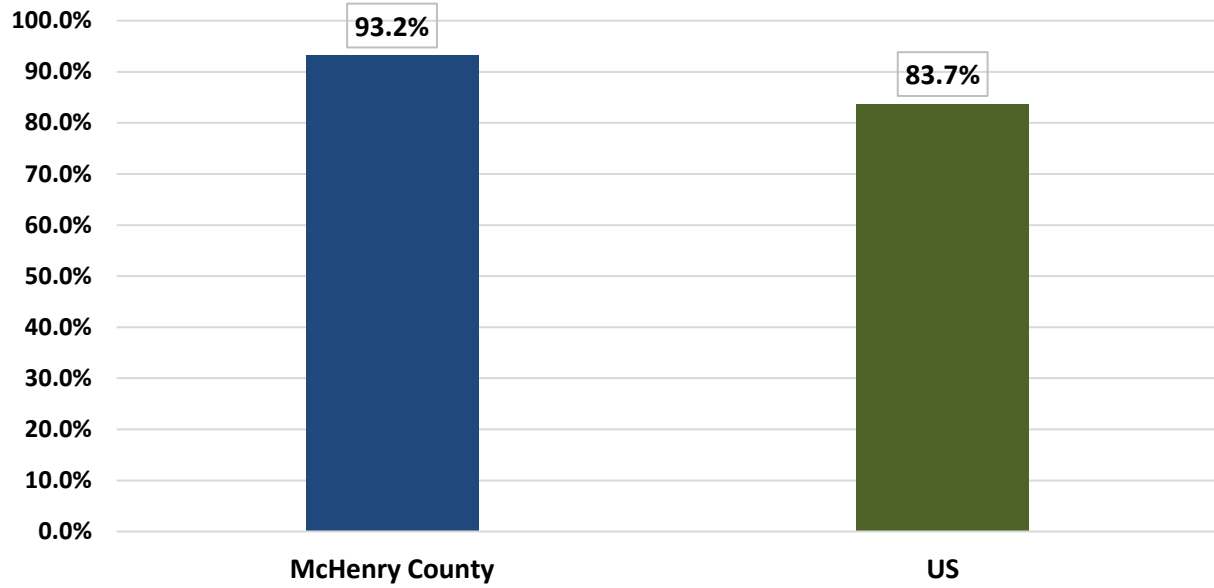


Source: 2021 McHenry County Healthy Community Survey.

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The percentage of adults in McHenry County who have visited a health professional in the past year for any type of health care service is more favorable than the national finding (Figure 50).

Figure 50. Percentage Who Have Visited a Health Professional in the Past Year

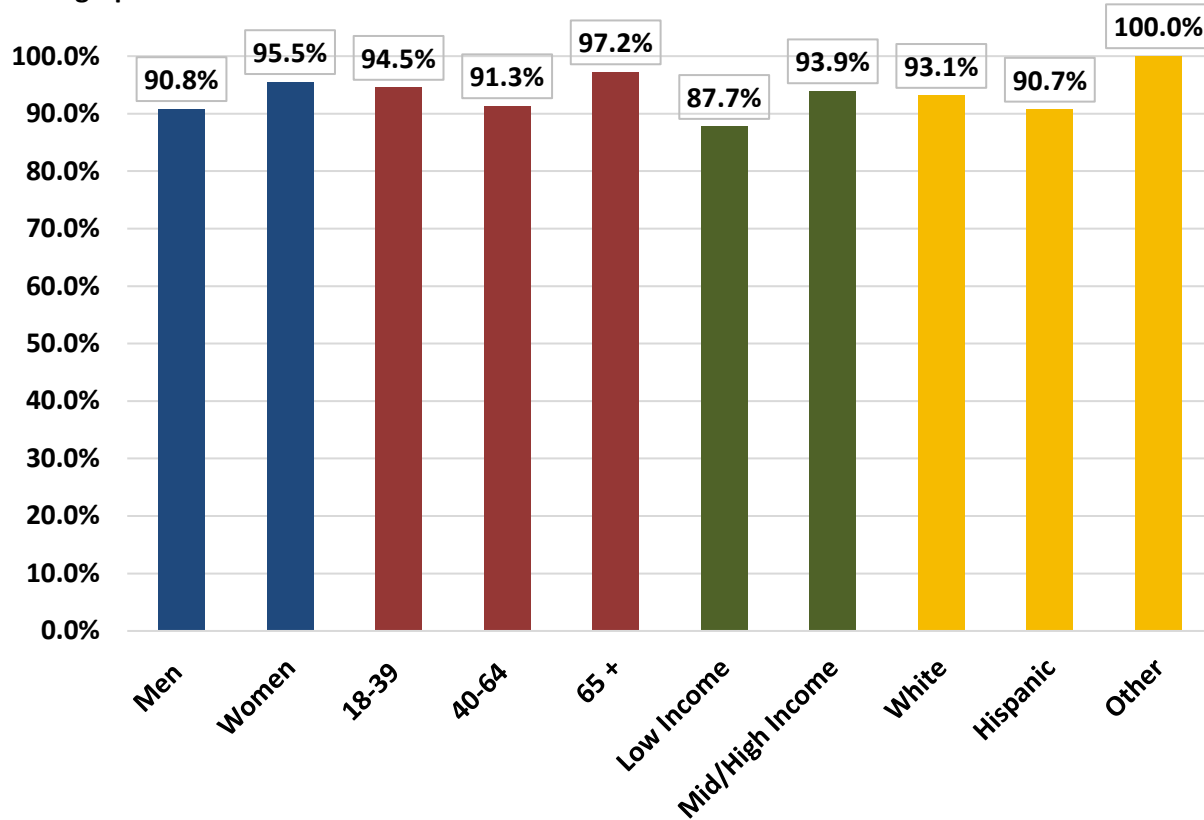


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2018 Behavioral Risk Factor Surveillance System.

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Those with low household incomes are **less likely** to have visited a health professional in the past year (Figure 51).

Figure 51. Percentage Who Visited Health Professional in the Past Year by Demographics



Source: 2021 McHenry County Healthy Community Survey.

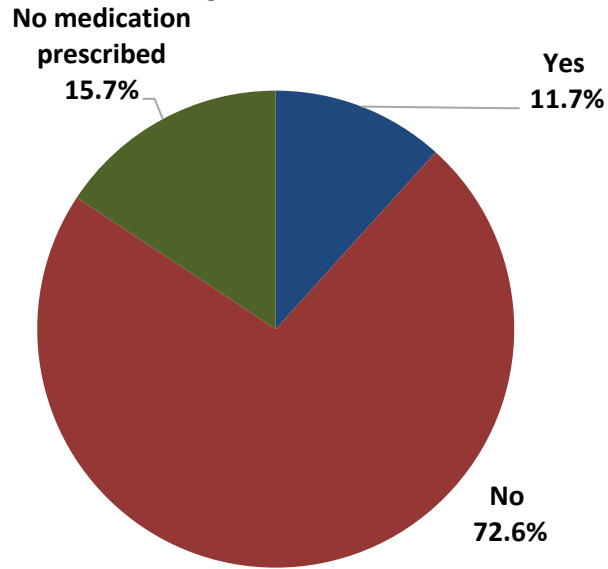
Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

PRESCRIPTION DRUGS

Among all adults in McHenry County, a total of 11.7% report that there was a time in the past year when they did not take their medication as prescribed because of cost (Figure 52).

Figure 52. Cost of Medication Affected Taking Medication as Prescribed

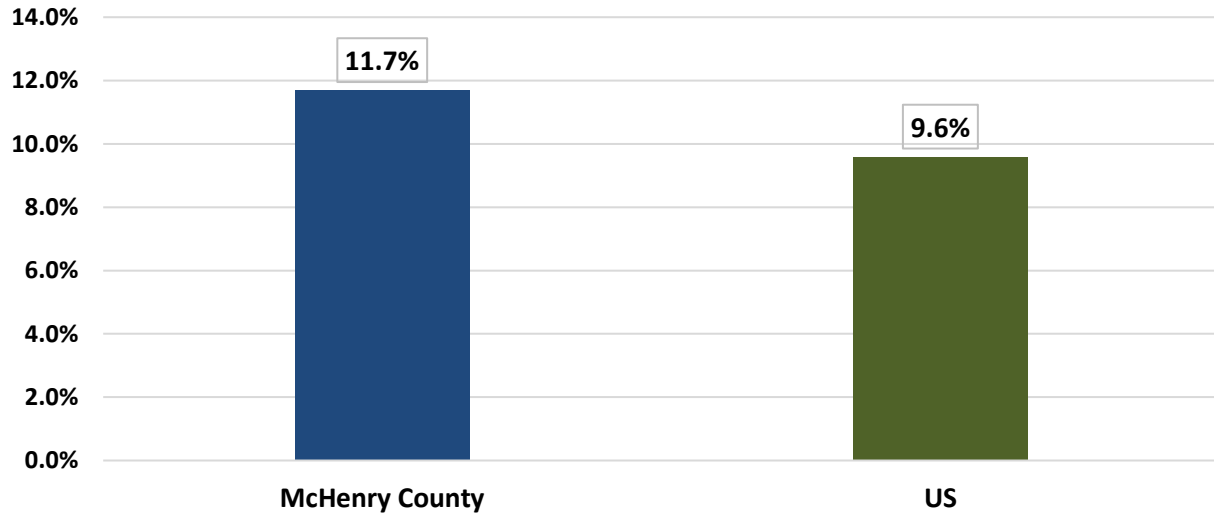


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who have not taken their medication as prescribed because of cost in the past year is similar to the national finding (Figure 53).

Figure 53. Percentage Who Did Not Take Medication as Prescribed Because of Cost

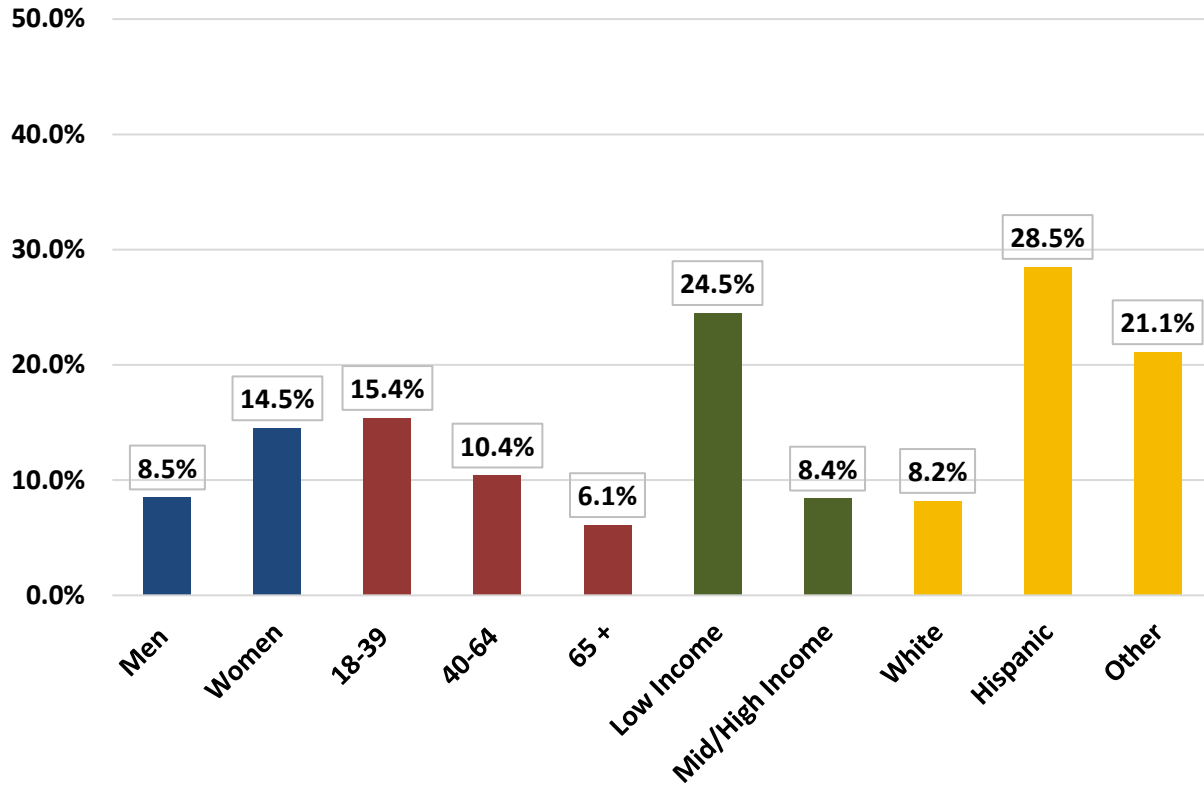


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2018 Behavioral Risk Factor Surveillance System.

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Those with low household incomes, Hispanics, and those of other races/ethnicities are **more likely** to indicate there was a time in the past year when they did not take their medication as prescribed because of cost (Figure 54).

Figure 54. Percentage Did Not Take Medication as Prescribed Because of Cost by Demographics



Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

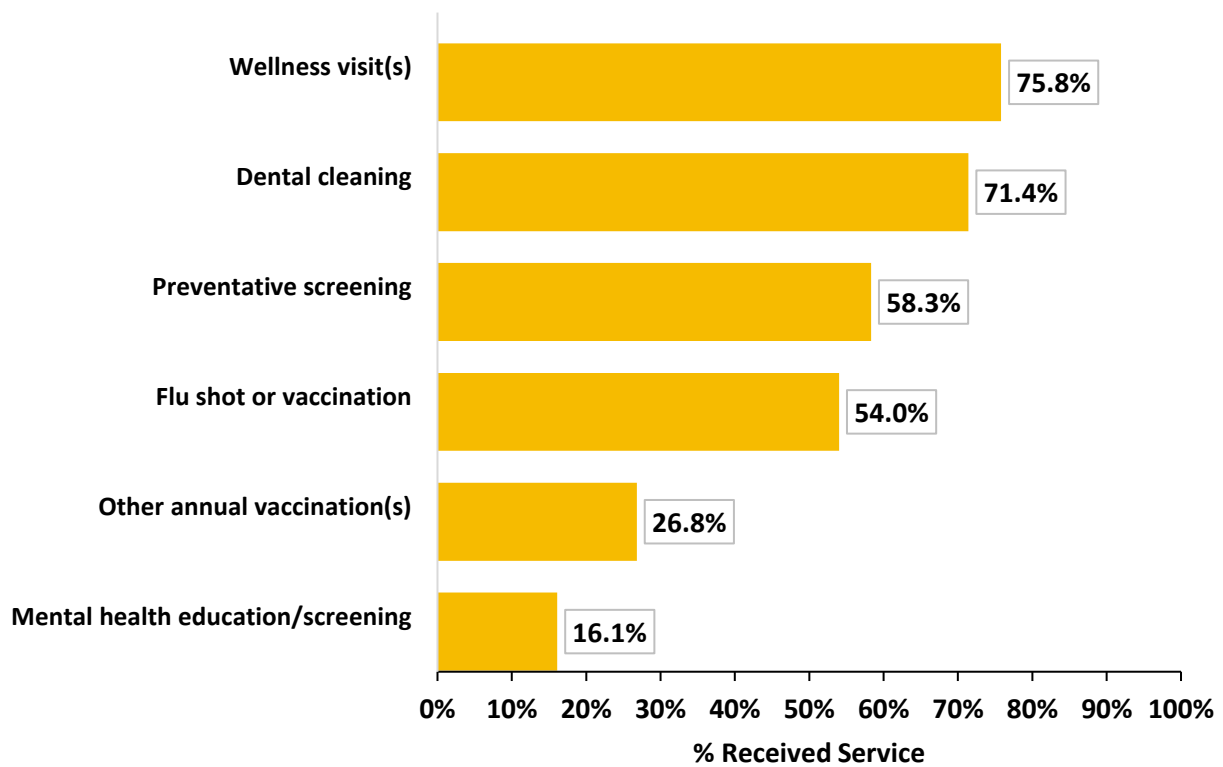
2021 McHenry County Healthy Community Study

PREVENTATIVE HEALTH SERVICES

The respondents were asked whether they have received six preventative health services in the past year.

Three-fourths (75.8%) of adults in McHenry County have had a wellness visit in the past year. Seven in ten (71.4%) adults in McHenry County have had a dental visit. More than one-half have had a preventative screening (58.3%) and a flu shot or vaccination (54.0%). A total of 26.8% of adults have had another annual vaccination, including pneumonia, shingles, tetanus, and COVID-19 and 16.1% of adults have had mental health education or a screening (Figure 55).

Figure 55. Preventative Health Services Received in the Past Year



Source: 2021 McHenry County Healthy Community Survey.

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The adults **less likely** to have had each of the preventative health services in the past year are:

Wellness Visit(s)

- Those 18-39 years of age
- Those with low household incomes
- Hispanics

Dental Cleaning

- Those 65 years of age or greater
- Those with low household incomes

Preventative Screening

- Those 18-39 years of age
- Those with low household incomes
- Hispanics

Flu Shot or Vaccination

- Those under 65 years of age
- Those with low household incomes
- Hispanics

Other Annual Vaccination(s)

- Those under 65 years of age
- Those with low household incomes
- Hispanics


Mental Health Education/Screening

- Men
- Those 65 years of age or greater (Table 5)

2021 McHenry County Healthy Community Study

Table 5: Preventative Health Services Received in the Past Year by Demographics

	Percent									
	Men	Women	18-39	40-64	65+	Low Income	Mid/High Income	White	Hispanic	Other
<u>Preventative Health Service</u>										
Wellness Visit(s)	74.9	76.5	63.8	78.8	88.3	65.3	78.0	76.4	70.7	77.5
Dental Cleaning	70.7	72.1	71.4	74.6	64.7	61.0	75.5	71.3	68.2	77.5
Preventative Screening	58.0	58.2	28.2	71.3	73.2	36.6	66.5	61.6	32.5	66.2
Flu Shot or Vaccination	57.7	50.9	42.8	53.7	76.1	36.0	56.9	56.2	37.7	64.8
Other Annual Vaccination(s)	26.7	27.2	21.5	24.1	45.5	16.4	27.9	27.4	9.5	56.7
Mental Health	9.2	22.2	19.1	17.1	9.8	13.4	15.7	16.6	11.3	20.6

 Less Likely to Have Received Preventative Health Service

Source: 2021 McHenry County Healthy Community Survey.


Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

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Those who are housing insecure are **less likely** to have had a dental cleaning, a preventative screening, and a flu shot or vaccination in the past year. Those who are food insecure are **less likely** to have had a wellness visit, a dental cleaning, a preventative screening, and a flu shot or vaccination in the past year. Those who are uninsured are **less likely** to have had a wellness visit, a preventative screening, a flu shot or vaccination, and another annual vaccination in the past year (Table 6).

Table 6: Preventative Health Services Received in the Past Year by Housing Insecurity, Food Insecurity, and Health Insurance Coverage

	Percent					
	Housing Secure	Housing Insecure	Food Secure	Food Insecure	Insured	Uninsured
<u>Preventative Health Service</u>						
Wellness Visit(s)	76.8	70.3	79.5	60.3	78.0	64.9
Dental Cleaning	73.9	58.7	77.5	51.6	72.3	64.6
Preventative Screening	62.2	45.1	61.9	42.5	64.5	15.5
Flu Shot or Vaccination	56.2	37.6	57.9	40.3	57.1	23.0
Other Annual Vaccination(s)	27.4	27.2	29.1	21.2	29.2	8.2
Mental Health Education/ Screening	15.7	15.5	14.6	19.6	15.7	15.0

 Less Likely to Have Received Preventative Health Service

Source: 2021 McHenry County Healthy Community Survey.

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Those adults who experienced 14 or more days when they felt sad, blue, or depressed in the past month (61.6%) are **less likely** than those adults who did not experience 14 days or more when they felt sad, blue, or depressed (78.9%) to have had a wellness visit in the past year. Those adults who experienced 14 or more days when they felt sad, blue, or depressed in the past month (61.1%) are **less likely** than those adults who did not experience 14 days or more when they felt sad, blue, or depressed (73.9%) to have had a dental cleaning in the past year. Those adults who experienced 14 or more days when they felt sad, blue, or depressed in the past month (42.6%) are **less likely** than those adults who did not experience 14 days or more when they felt sad, blue, or depressed (61.5%) to have had a preventative screening in the past year.

Those adults who experience serious difficulty concentrating, remembering or making decisions due to a physical, mental, or emotional condition (67.0%) are **less likely** than those adults who do not experience serious difficulty concentrating, remembering or making decisions (76.6%) to have had a wellness visit in the past year. Those adults who experience serious difficulty concentrating, remembering or making decisions due to a physical, mental, or emotional condition (59.2%) are **less likely** than those adults who do not experience serious difficulty concentrating, remembering or making decisions (72.5%) to have had a dental cleaning in the past year.

Those adults who have delayed needed medical care because of cost (61.4%) are **less likely** than those adults who have not delayed needed medical care because of cost (79.3%) to have had a wellness visit in the past year. Those adults who have delayed needed medical care because of cost (42.4%) are **less likely** than those adults who have not delayed needed medical care because of cost (62.2%) to have had a preventative screening in the past year. Those adults who have delayed needed medical care because of cost (38.1%) are **less likely** than those adults who have not delayed needed medical care because of cost (57.8%) to have had a flu shot or vaccination in the past year.

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The respondents were also asked how many people in their household other than themselves have received in the past year the six preventative health services. Those responses were combined with the respondent.

Percentages shown in Table 7 are based on the number of persons in the households, by age and for all ages combined.

Nearly seven out of ten (68.6%) individuals in the households have had a wellness visit in the past year. Individuals in the households who are 18-64 years of age are **less likely** to have had a wellness visit. Almost two-thirds (65.7%) individuals in the households have had a dental cleaning in the past year. Individuals in the households who are adults are **less likely** than individuals in the households who are children to have had a dental cleaning. More than two-fifths of individuals in the households have had a flu vaccine (42.7%) and preventative screening (45.9%). Individuals in the households who are 65 years of age or greater are **more likely** to have had a flu vaccine and preventative screening. Less than one-fourth of individuals have had another type of annual vaccination (23.6%) and mental health education or screening (12.2%). Individuals in the households who are children and individual who are 65 years of age or greater are **more likely** to have had another type of annual vaccination. Individuals in the household who are 65 years of age or greater are **less likely** to have had mental health education or a screening (Table 7).

Table 7: Preventative Health Services Received in the Past Year for All Individuals in Households by Age

	Percent			
	All Ages	0-17 Years of Age	18-64 Years of Age	65+ Years of Age
<u>Preventative Health Service</u>				
Wellness Visit(s)	68.6	83.0	61.1	81.1
Dental Cleaning	65.7	82.1	60.9	60.0
Flu Shot or Vaccine	42.7	41.7	40.3	64.3
Preventative Screening	45.9	N/A	41.7	69.0
Other Annual Vaccination(s)	23.6	34.3	18.6	37.5
Mental Health Education/Screening	12.2	16.5	12.7	7.7

Source: 2021 McHenry County Healthy Community Survey.

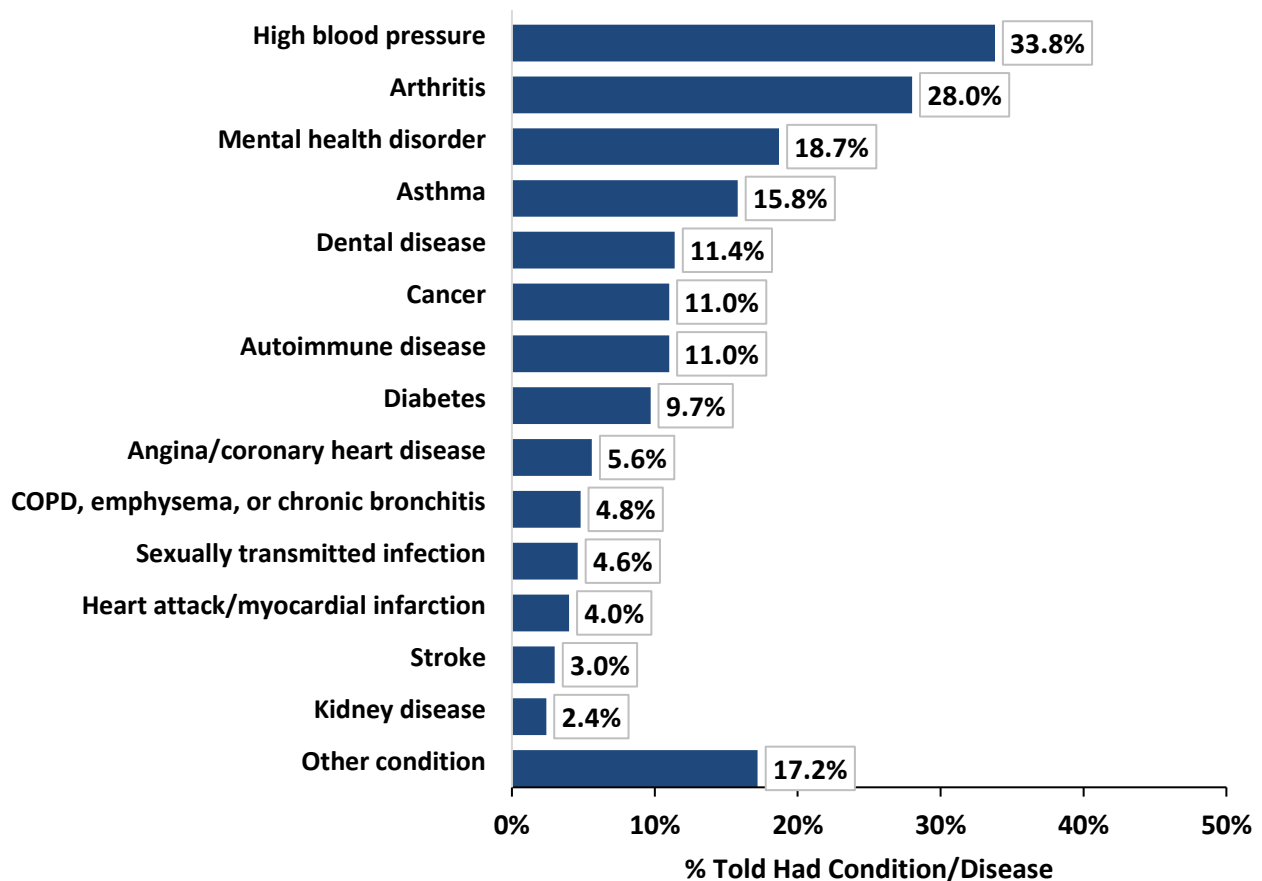
2021 McHenry County Healthy Community Study

PHYSICAL AND MENTAL HEALTH CONDITIONS/DISEASES

Next, a question was asked about whether the survey respondent had ever been told by a doctor, nurse or health professional they had any of 14 physical and mental health conditions or diseases.

One-third (33.8%) of adults in McHenry County have been told they had high blood pressure and more than one-fourth (28.0%) have been told they had arthritis. A total of 18.7% have been told they had a mental health disorder, 15.8% have been told they had asthma, 11.4% have been told they had a dental disease, 11.0% have been told they had cancer, and 11.0% have been told they had an autoimmune disease. Less than 10% have been told they had the other conditions or diseases asked about in the survey. A total of 17.2% listed other conditions including GERD, high cholesterol, allergies, sleep apnea, eczema, and thyroid disorder (Figure 56).

Figure 56. Prevalence of Physical and Mental Health Conditions/Diseases



Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentages of adults in McHenry County who have been told they had high blood pressure, cancer, diabetes, angina or coronary heart disease, COPD, emphysema, or chronic bronchitis, a heart attack or myocardial infarction, a stroke, or kidney disease is comparable to the Illinois and national findings. The percentage of adults in McHenry County who have been told they had arthritis is higher than the Illinois and national findings. The percentage of adults in McHenry County who have been told they had asthma is higher than the Illinois finding and similar to the national finding (Table 8).

Table 8: Prevalence of Physical and Mental Health Conditions/Diseases-Comparison of McHenry County with Illinois and US

	Percent		
	McHenry County	Illinois	US
<u>Physical or Mental Health Condition/ Disease</u>			
High Blood Pressure	33.8	32.1	32.6
Arthritis	28.0	24.3	24.1
Mental Health Disorder	18.7	Not Available	Not Available
Asthma	15.8	12.2	13.8
Dental disease	11.4	Not Available	Not Available
Cancer	11.0	9.6	11.2
Autoimmune Disease	11.0	Not Available	Not Available
Diabetes	9.7	10.6	11.1
Angina/Coronary Heart Disease	5.6	3.1	4.1
COPD, Emphysema, or Chronic Bronchitis	4.8	6.1	6.4
Sexually Transmitted Infection	4.6	Not Available	Not Available
Heart Attack/Myocardial Infarction	4.0	3.9	4.2
Stroke	3.0	2.7	3.1
Kidney Disease	2.4	2.5	3.0
Other	17.2	Not Available	Not Available

Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

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The adults **more likely** to have been told they had each of the physical and mental health conditions/diseases are:

High Blood Pressure

- Men
- Those 65 years of age or greater
- Whites

Arthritis

- Those 65 years of age or greater
- Whites

Mental Health Disorder

- Women
- 18-39 years of age
- Those with other races/ethnicities

Asthma

- Women
- 18-39 years of age
- Those with low household incomes
- Hispanics
- Those of other races/ethnicities

Cancer

- Those 65 years of age or greater
- Whites

Autoimmune Disease

- Women
- Those of other races/ethnicities

Diabetes

- Those 65 years of age or greater

Angina or Coronary Heart Disease

- Those 65 years of age or older

COPD, Emphysema, Chronic Bronchitis

- Those 65 years of age or greater

Heart Attack/Myocardial Infarction

- Those 65 years of age or greater
- Those with low household incomes

Stroke

- Those 65 years of age or greater


Kidney Disease

- Those 65 years of age or greater
(Table 9)

2021 McHenry County Healthy Community Study

Table 9: Prevalence of Physical and Mental Health Conditions/Diseases by Demographics

	Percent									
	Men	Women	18-39	40-64	65+	Low Income	Mid/High Income	White	Hispanic	Other
<u>Physical or Mental Health Condition/Disease</u>										
High Blood Pressure	42.4	24.9	7.1	36.3	70.6	27.9	34.8	37.2	18.5	18.3
Arthritis	26.6	29.2	4.7	29.2	64.5	26.2	26.4	31.6	5.6	21.1
Mental Health Disorder	9.5	27.1	32.9	15.3	6.1	22.8	17.8	19.3	5.6	40.0
Asthma	8.5	22.4	23.5	12.9	12.0	23.3	13.5	13.8	24.3	25.4
Diabetes	11.8	7.3	1.7	9.4	24.2	8.5	9.2	10.2	7.4	8.8
Dental Disease	9.2	13.4	10.2	9.8	16.5	6.8	11.2	12.0	0.7	18.3
Cancer	12.8	8.9	1.4	10.2	29.1	9.9	10.8	12.9	4.0	0.0
Angina/Coronary Heart Disease	7.9	3.7	0.0	4.6	19.4	6.4	4.9	6.4	0.7	1.4
Autoimmune Disease	5.7	16.4	11.8	10.2	10.9	10.6	11.6	10.3	2.7	36.6
COPD, Emphysema, or Chronic Bronchitis	4.0	5.4	1.7	2.9	16.1	5.4	4.0	5.6	2.6	0.0
Kidney Disease	2.4	2.5	0.9	1.0	9.0	3.5	1.6	3.0	0.0	0.0
Heart Attack/Myocardial Infarction	5.4	2.8	0.0	4.3	10.8	11.3	2.5	3.9	5.9	1.4
Stroke	3.1	3.0	0.0	3.1	8.4	4.0	2.5	2.9	3.9	1.4
Sexually Transmitted Infection	2.4	6.8	6.7	4.1	2.8	4.0	5.2	4.0	5.4	10.0
Other	15.0	19.1	12.3	18.7	23.6	9.7	20.2	18.3	15.2	7.0

 More Likely Told They Had Physical or Mental Health Condition/Disease

Source: 2021 McHenry County Healthy Community Survey.


Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

Those who are housing insecure are **more likely** to have been told they had asthma, dental disease, and an autoimmune disease. Those who are food insecure are **more likely** to have been told they had a mental health disorder, dental disease, and an autoimmune disease. Those who are uninsured are **more likely** to have been told they had asthma (Table 10).

Table 10: Prevalence of Physical and Mental Health Conditions/Diseases by Housing Insecurity, Food Insecurity, and Health Insurance Coverage

	Percent					
	Housing Secure	Housing Insecure	Food Secure	Food Insecure	Insured	Uninsured
<u>Physical or Mental Health Condition/Disease</u>						
High Blood Pressure	35.6	29.2	36.7	23.7	35.5	23.0
Arthritis	28.8	28.1	27.3	29.5	30.3	10.9
Mental Health Disorder	17.5	22.4	15.8	33.3	18.0	10.6
Asthma	13.5	32.2	15.8	17.8	14.2	36.0
Diabetes	10.0	9.0	9.9	9.3	10.5	4.0
Dental Disease	9.9	18.7	8.5	18.5	12.3	5.1
Cancer	10.5	12.3	11.9	8.2	11.5	3.0
Angina/ Coronary Heart Disease	5.9	4.8	6.1	3.7	6.2	2.0
Autoimmune Disease	4.0	20.6	9.0	21.6	11.0	10.1
COPD, Emphysema, or Chronic	4.8	5.9	4.6	4.8	5.3	2.0
Kidney Disease	2.6	1.8	2.5	2.3	2.6	2.0
Heart Attack/ Myocardial Infarction	4.1	4.1	3.1	7.8	3.9	7.1
Stroke	2.8	4.3	2.6	3.8	3.1	2.0
Sexually Transmitted Infection	4.2	8.4	2.3	10.6	4.8	1.0
Other	17.7	17.4	16.0	19.1	18.0	9.2

 More Likely Told They Had Physical or Mental Health Condition/Disease

Source: 2021 McHenry County Healthy Community Survey

2021 McHenry County Healthy Community Study

Those adults who experienced 14 or more days when they felt sad, blue, or depressed in the past month (47.2%) are **more likely** than those adults who did not experience 14 days or more when they felt sad, blue, or depressed (13.5%) to have been told they had a mental health disorder.

Those adults who experienced 14 or more days when they felt worried, tense, or anxious in the past month (43.9%) are **more likely** than those adults who did not experience 14 or more days when they felt worried, tense, or anxious (10.4%) to have been told they had a mental health disorder. Those adults who experienced 14 or more days when they felt worried, tense, or anxious in the past month (16.5%) are **more likely** than those adults who did not experience 14 or more days when they felt worried, tense, or anxious (9.9%) to have been told they had dental disease.

Those adults who have delayed needed medical care because of cost (18.1%) are **more likely** than those adults who have not delayed needed medical care because of cost (9.9%) to have been told they had dental disease.

Those adults who have delayed needed medical care because they could not get an appointment soon enough (38.0%) are **more likely** than those who have not delayed needed medical care because they could not get an appointment soon enough (23.0%) to have been told they had arthritis. Those adults who have delayed needed medical care because they could not get an appointment soon enough (26.0%) are **more likely** than those who have not delayed needed medical care because they could not get an appointment soon enough (15.2%) to have been told they had a mental health disorder.

Those adults who did not take medication as prescribed because of cost in the past 12 months (40.3%) are **more likely** than those who did take medication as prescribed (30.0%) to have been told they had arthritis.

Former cigarette smokers (16.5%) are **more likely** than current smokers (6.6%) or never smokers (9.4%) to have been told they had cancer.

The respondents were also asked how many people in their household other than themselves have been told by a doctor, nurse, or other health professional they had any of the 14 physical and mental health conditions or diseases. Those responses were combined with the respondent's responses.

Percentages shown in Table 11 are based on the number of persons in the households, by age and for all ages combined.

2021 McHenry County Healthy Community Study

The most prevalent physical and mental health conditions among individuals in the households are high blood pressure, arthritis, a mental health disorder, and asthma. Prevalence of high blood pressure, arthritis, diabetes, cancer, angina or coronary heart disease, COPD, emphysema, or chronic bronchitis, a heart attack or myocardial infarction, and a stroke is higher among individuals in the households who are 65 years of age or greater (Table 11).

Table 11: Prevalence of Physical and Mental Health Conditions/Diseases for All Individuals in Households by Age

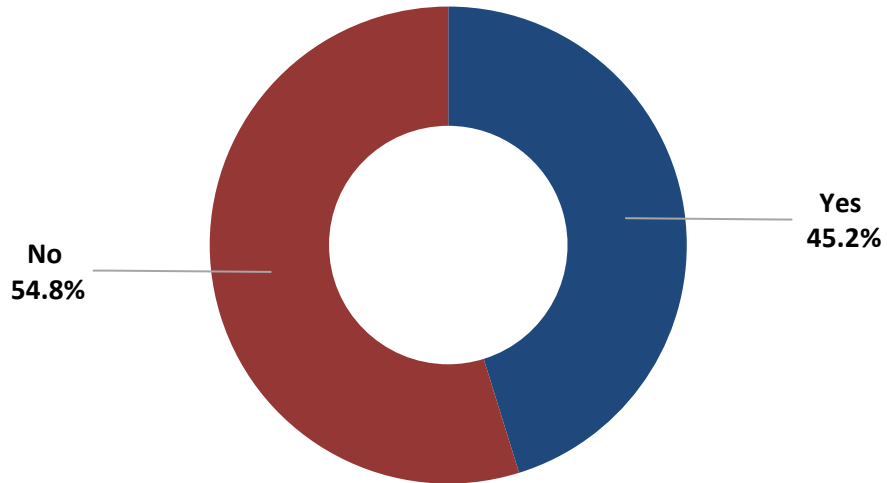
	Percent			
	All Ages	0-17 Years of Age	18-64 Years of Age	65+ Years of Age
<u>Physical or Mental Health Condition/Disease</u>				
High Blood Pressure	17.6	0.1	16.5	58.1
Arthritis	14.3	0.0	12.6	52.0
Mental Health Disorder	10.9	4.9	14.0	6.3
Asthma	9.4	6.8	10.2	10.1
Autoimmune Disease	5.9	1.0	7.5	6.7
Dental Disease	5.7	1.0	6.0	13.6
Cancer	5.5	0.0	4.9	19.7
Angina/Coronary Heart Disease	3.2	0.0	2.1	16.0
COPD, Emphysema, or Chronic Bronchitis	2.7	0.5	1.7	12.6
Diabetes	2.7	0.3	6.4	18.6
Heart Attack/Myocardial Infarction	2.6	0.0	2.1	10.6
Sexually Transmitted Infection	2.2	0.8	2.6	2.6
Stroke	1.7	0.0	1.0	9.1
Kidney Disease	1.4	0.1	0.8	7.2
Other	7.4	1.6	8.0	15.7

Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

Those adults who did not report having diabetes, were asked if they have had a test for high blood sugar or diabetes in the past three years. More than two-fifths (45.2%) of adults in McHenry County had been tested for high blood sugar and 54.8% have not been tested (Figure 57).

Figure 57. Been Tested for High Blood Sugar in Past Three Years

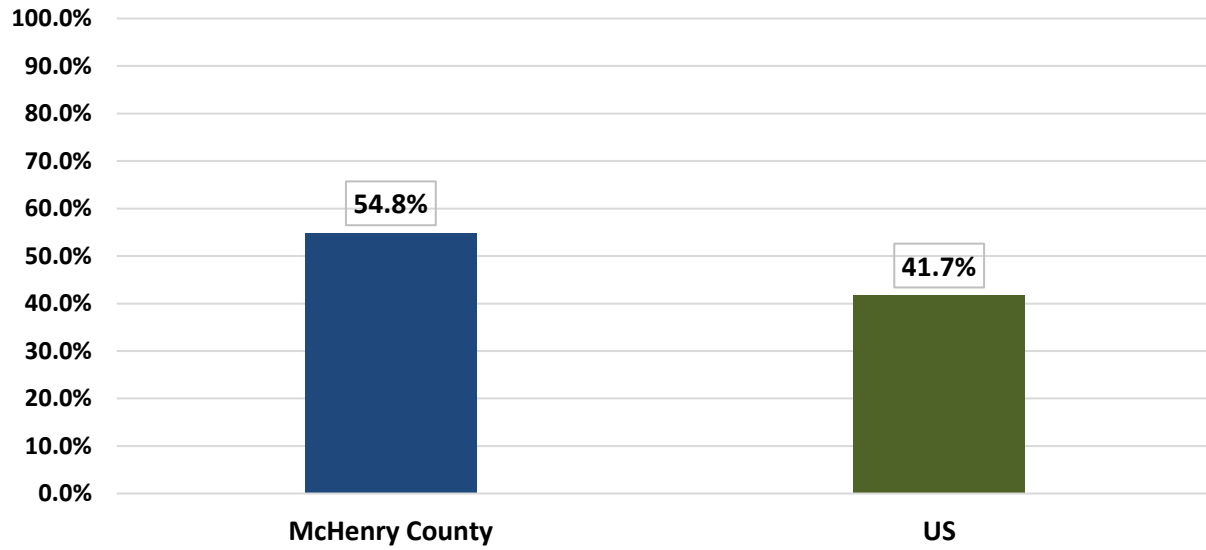


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who have not been tested for high blood sugar in the past three years is higher than the national finding (Figure 58).

Figure 58. Percentage Who Have Not Been Tested for High Blood Sugar in Past Three Years

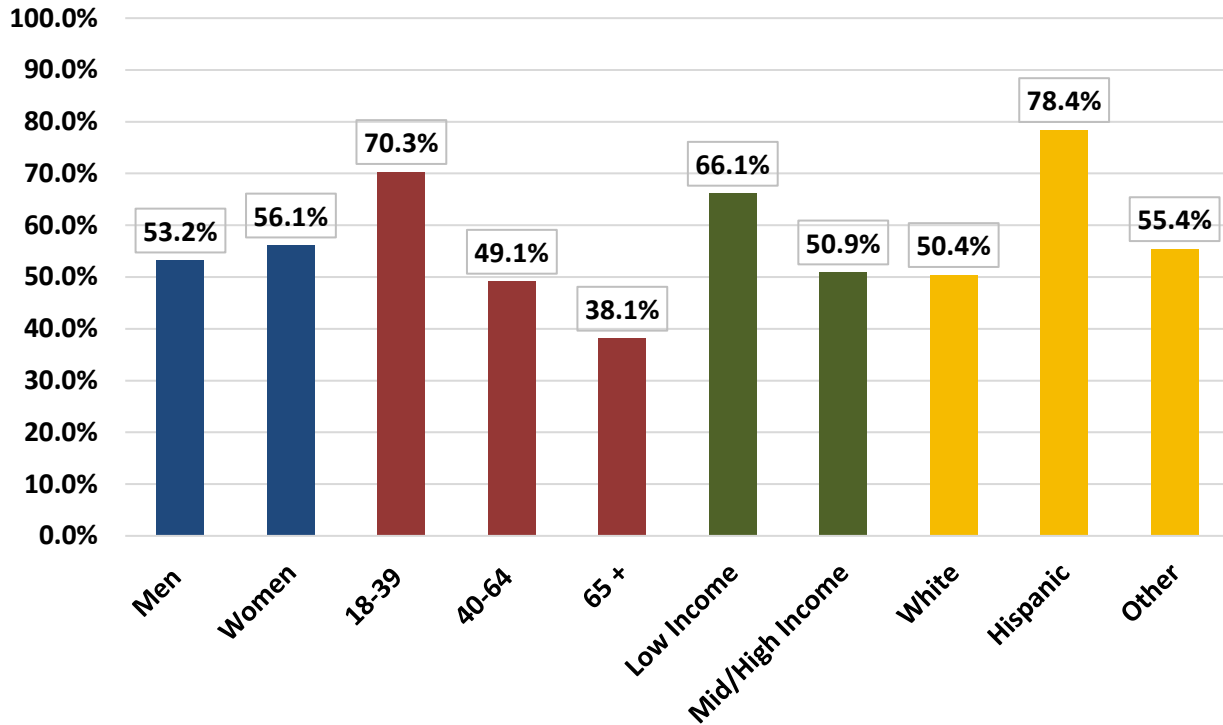


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2019 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

Those 18-39 years of age, those with low household incomes, and Hispanics are **more likely** to have not been tested for high blood sugar in the past three years (Figure 59).

Figure 59. Have Not Been Tested for High Blood Sugar in the Past Three Years by Demographics



Source: 2021 McHenry County Healthy Community Survey.

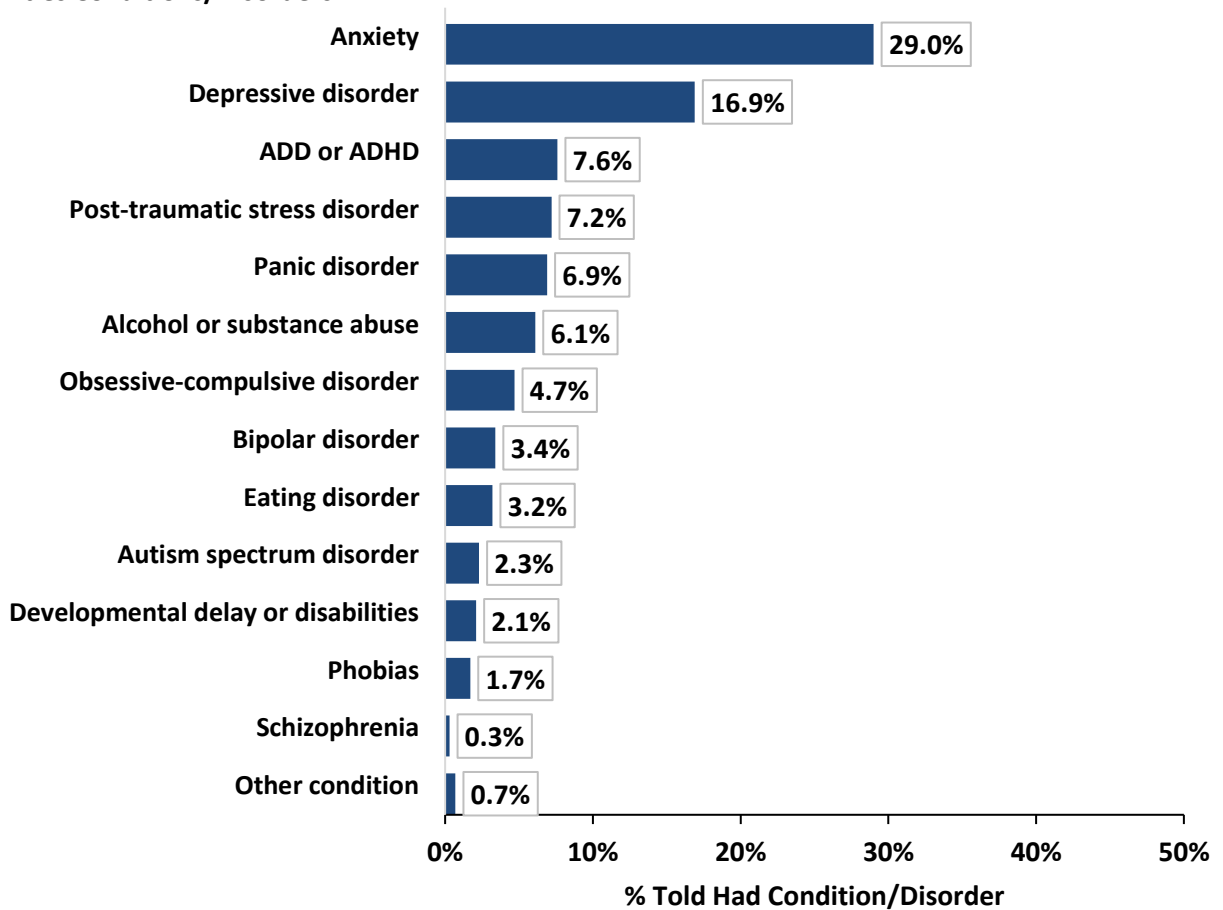
Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

A question was then asked about whether the survey respondent had ever been told by a doctor, nurse or health professional they had any of 13 mental health, substance abuse, and developmental disabilities conditions or disorders.

More than one-fourth (29.0%) of adults in McHenry County have been told they had anxiety. A total of 16.9% have been told they had depressive disorder. Less than 10% of adults in McHenry County have been told they had the other conditions or disorders asked about in the survey. A total of 0.7% listed other conditions including borderline personality disorder and premenstrual dysphoric disorder (Figure 60).

Figure 60. Prevalence of Mental Health, Substance Abuse, and Developmental Disabilities Conditions/Disorders

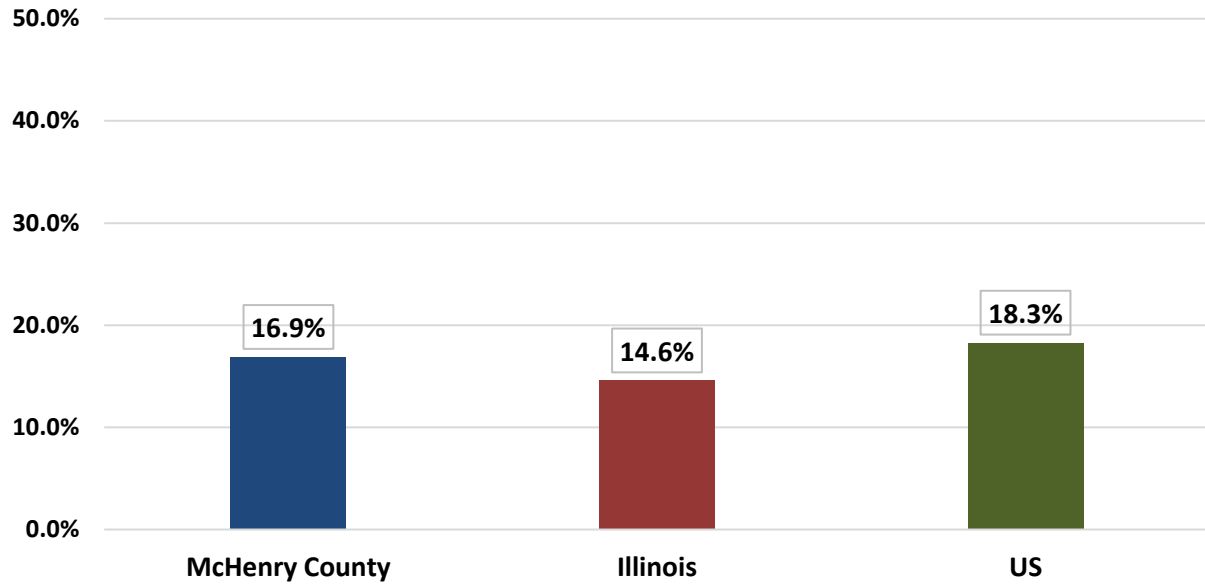


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who have been told they had a depressive disorder is comparable to the Illinois and national findings (Figure 61).

Figure 61. Percentage Who Have Been Told They Had Depressive Disorder



Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults **more likely** to have been told they had each of the mental health, substance abuse, and developmental disabilities conditions/diseases are:

Anxiety

- Women
- Those under 65 years of age
- Whites
- Those of other races/ethnicities

Depressive Disorder

- Women
- Those 18-39 years of age
- Whites
- Those of other races/ethnicities

Panic Disorder

- Women
- Those with low household incomes
- Whites

ADD or ADHD

- Those 18-39 years of age
- Those with low household incomes
- Those of other races/ethnicities

Obsessive-Compulsive Disorder

- Those 18-39 years of age
- Those of other races/ethnicities

Alcohol or Substance Abuse

- Men
- Those 18-39 years of age
- Whites

Bipolar Disorder

- Women
- Those 18-39 years of age

Eating Disorder

- Women
- Whites

Autism Spectrum Disorder

- Men
- Those 18-39 years of age
- Those with low household incomes (Table 12)

2021 McHenry County Healthy Community Study

Table 12: Prevalence of Mental Health, Substance Abuse, and Developmental Disabilities Conditions/Disorders by Demographics

Condition/Disorder	Percent									
	Men	Women	18-39	40-64	65+	Income		White	Hispanic	Other
						Low	Mid/High			
Anxiety	17.4	40.0	41.8	26.9	16.5	25.7	29.9	30.5	8.3	45.1
Depressive Disorder	7.4	25.6	25.9	15.4	8.9	14.1	17.4	18.2	3.8	22.5
Panic Disorder	2.6	10.9	8.8	7.3	3.3	11.5	6.5	7.9	2.3	1.4
ADD or ADHD	7.5	7.7	12.1	6.9	3.3	14.9	6.1	7.3	4.1	17.1
Obsessive-Compulsive Disorder	2.2	7.1	10.0	2.9	1.4	2.0	6.2	2.6	6.1	28.2
Post-Traumatic Stress Disorder	4.2	10.1	9.3	6.5	4.7	7.8	7.7	8.1	2.1	1.5
Alcohol or Substance Abuse	8.3	4.0	11.1	5.0	1.4	1.0	7.9	7.5	0.0	0.0
Developmental Delay/Disabilities	0.9	2.5	1.7	1.9	3.3	1.5	1.8	2.4	0.0	0.0
Bipolar Disorder	1.4	5.4	5.7	2.9	1.4	3.0	3.2	3.6	0.7	4.2
Eating Disorder	1.2	5.1	4.4	2.9	2.3	1.0	2.7	3.9	0.0	0.0
Phobias	1.2	2.2	0.8	2.4	0.9	1.5	2.1	1.7	0.0	2.8
Autism Spectrum Disorder	4.0	0.7	6.6	0.5	0.9	7.0	0.9	2.0	4.8	0.0
Schizophrenia	0.3	0.3	0.0	0.5	0.5	1.0	0.0	0.3	0.0	0.0
Other	0.5	0.8	0.6	0.7	0.9	0.0	0.6	0.8	0.7	0.0

○ More Likely Told They Had Mental Health, Substance Abuse, or Developmental Disabilities Condition/Disease

Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

The respondents were also asked how many people in their household other than themselves have been told by a doctor, nurse, or other health professional they had any of the 13 mental health, substance abuse, and developmental disabilities conditions or disorders. Those responses were combined with the respondent's responses.

Percentages shown in Table 13 are based on the number of persons in the households, by age and for all ages combined.

The most prevalent mental health, substance abuse, and developmental disabilities condition or disorder among individuals in the households is anxiety. The prevalence of anxiety is highest among individuals in the households who are 18-64 years of age (Table 13).

Table 13: Prevalence of Mental Health, Substance Abuse, and Developmental Disabilities Conditions/Disorders for All Individuals in Households by Age

	Percent			
	All Ages	0-17 Years of Age	18-64 Years of Age	65+ Years of Age
<u>Mental Health, Substance Abuse, or Development Disabilities Condition/Disorder</u>				
Anxiety	17.7	9.2	20.8	17.6
Depressive Disorder	8.6	3.2	10.5	9.5
ADD or ADHD	7.6	10.2	7.1	5.2
Panic Disorder	4.2	1.8	5.3	2.6
Post-Traumatic Stress Disorder	4.0	2.9	4.5	2.8
Alcohol or Substance Abuse	3.1	0.0	4.3	2.4
Obsessive-Compulsive Disorder	2.4	0.9	3.2	1.5
Bipolar Disorder	2.3	0.3	3.1	1.9
Autism Spectrum Disorder	1.7	1.9	1.7	0.9
Developmental Delay or Disabilities	1.4	4.1	2.0	2.2
Eating Disorder	1.4	0.2	1.8	1.7
Phobias	0.9	0.9	0.9	1.3
Schizophrenia	0.3	0.0	0.2	1.1
Other	0.7	0.8	0.6	1.3a

Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

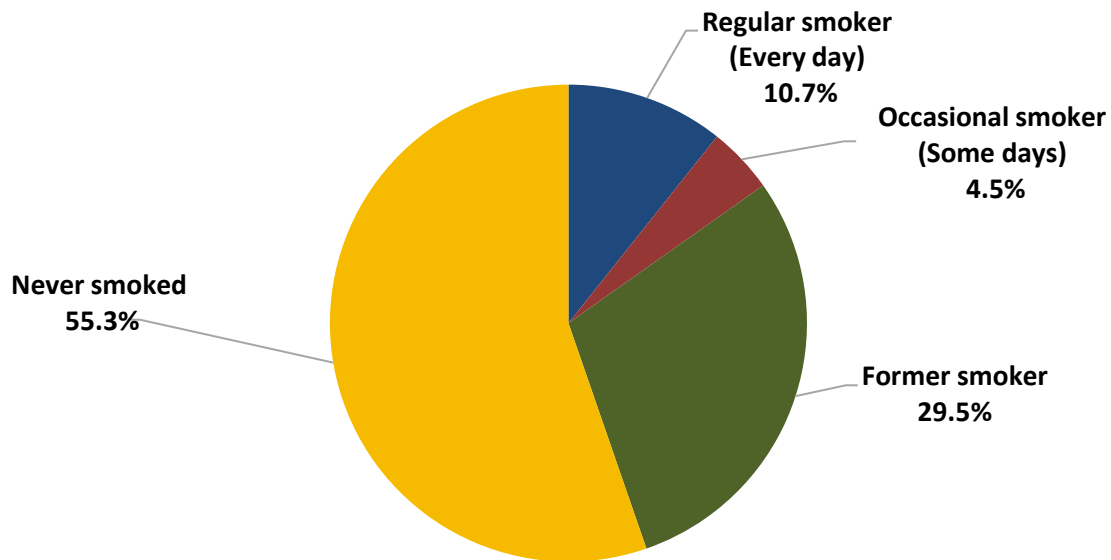
TOBACCO, E-CIGARETTE, AND DRUG USE

A series of questions was asked about tobacco, e-cigarette, and marijuana use.

PREVALENCE OF CIGARETTE SMOKING

A total of 15.2% of adults in McHenry County are current smokers, with 10.7% being regular smokers (smoke every day) and 4.5% being occasional smokers (smoke some days). Three out of ten (29.5%) adults in McHenry County are former smokers and more than half (55.3%) have never smoked (Figure 62).

Figure 62. Prevalence of Cigarette Smoking

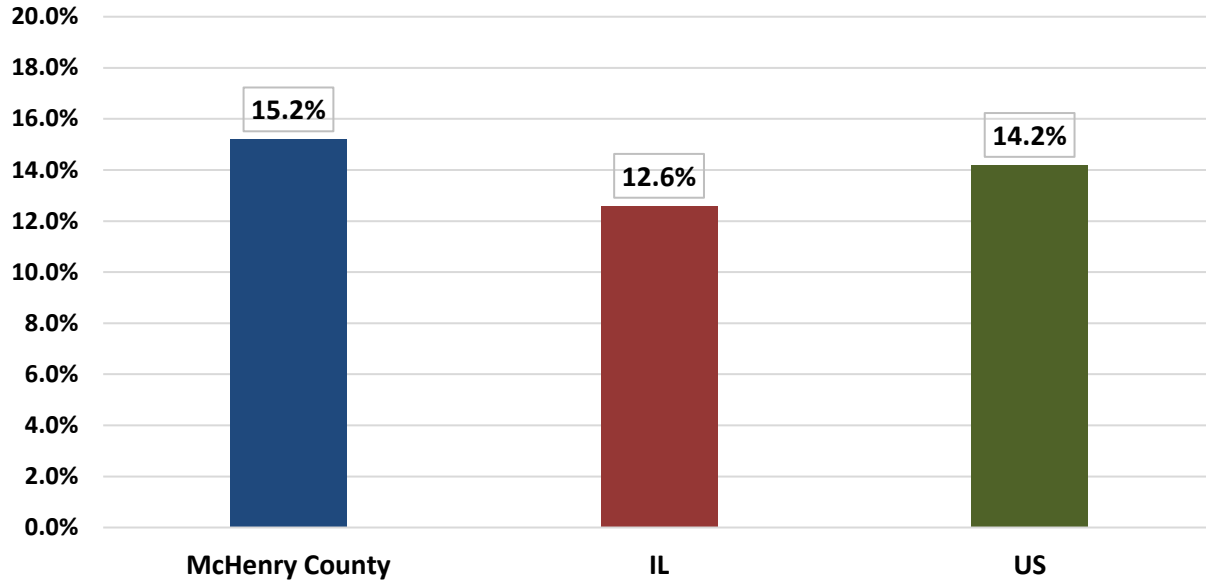


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who currently smoke cigarettes is comparable to the Illinois and national findings (Figure 63).

Figure 63. Percentage Currently Smoke Cigarettes

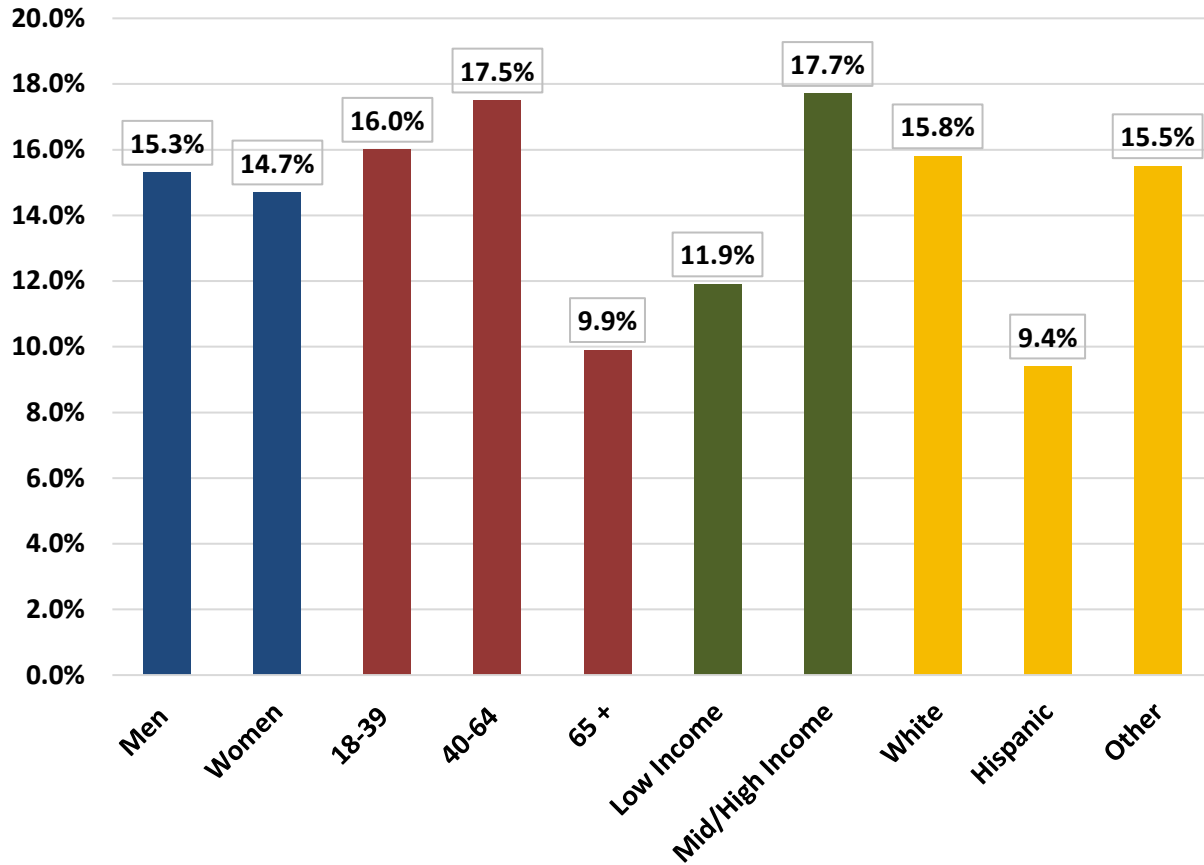


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

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The adults in McHenry County **more likely** to smoke cigarettes are those under 65 years of age, those with mid/high household incomes, Whites, and those of other races/ethnicities (Figure 64).

Figure 64. Percentage Currently Smoke Cigarettes by Demographics



Source: 2021 McHenry County Healthy Community Survey.

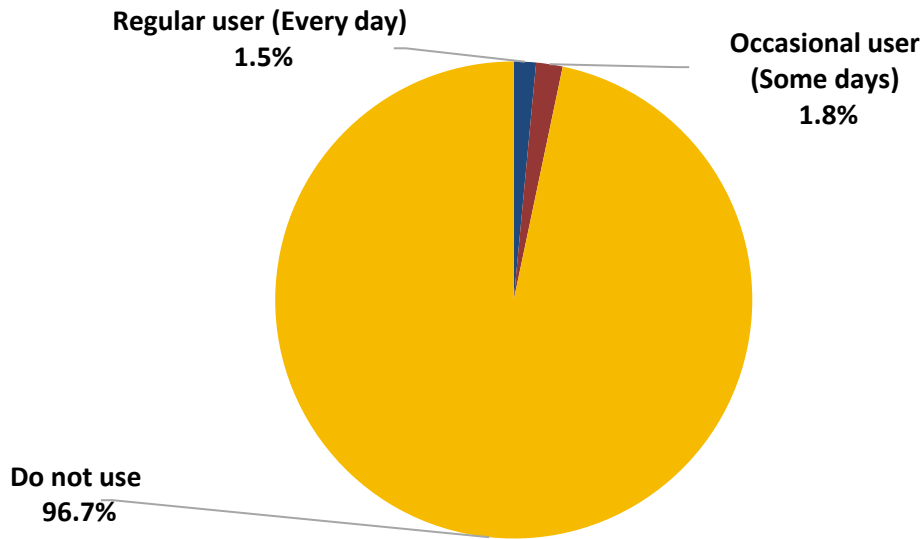
Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

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PREVALENCE OF CHEWING TOBACCO, SNUFF, OR SNUS USE

A total of 3.3% of adults in McHenry County currently use chewing tobacco, snuff, or snus, with 1.5% being regular users (use every day) and 1.8% being occasional users (use some days). Most (96.7%) adults in McHenry County do not currently use chewing tobacco, snuff, or snus (Figure 65).

Figure 65. Current Use of Chewing Tobacco, Snuff, or Snus

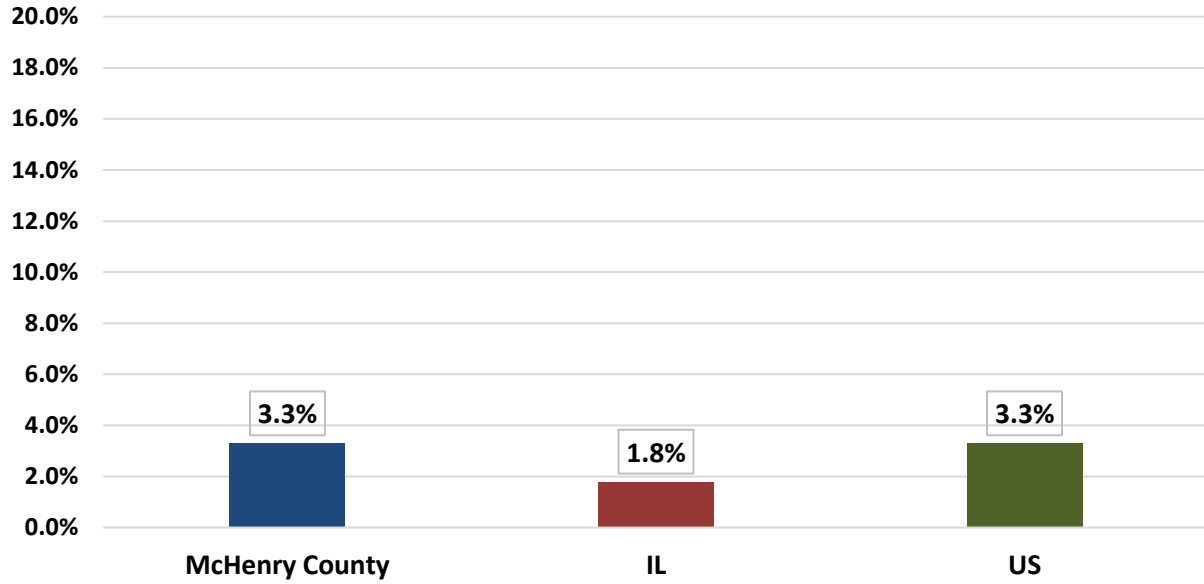


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who currently use chewing tobacco, snuff, or snus is similar to the Illinois and national findings (Figure 66).

Figure 66. Percentage Currently Use Chewing Tobacco, Snuff, or Snus

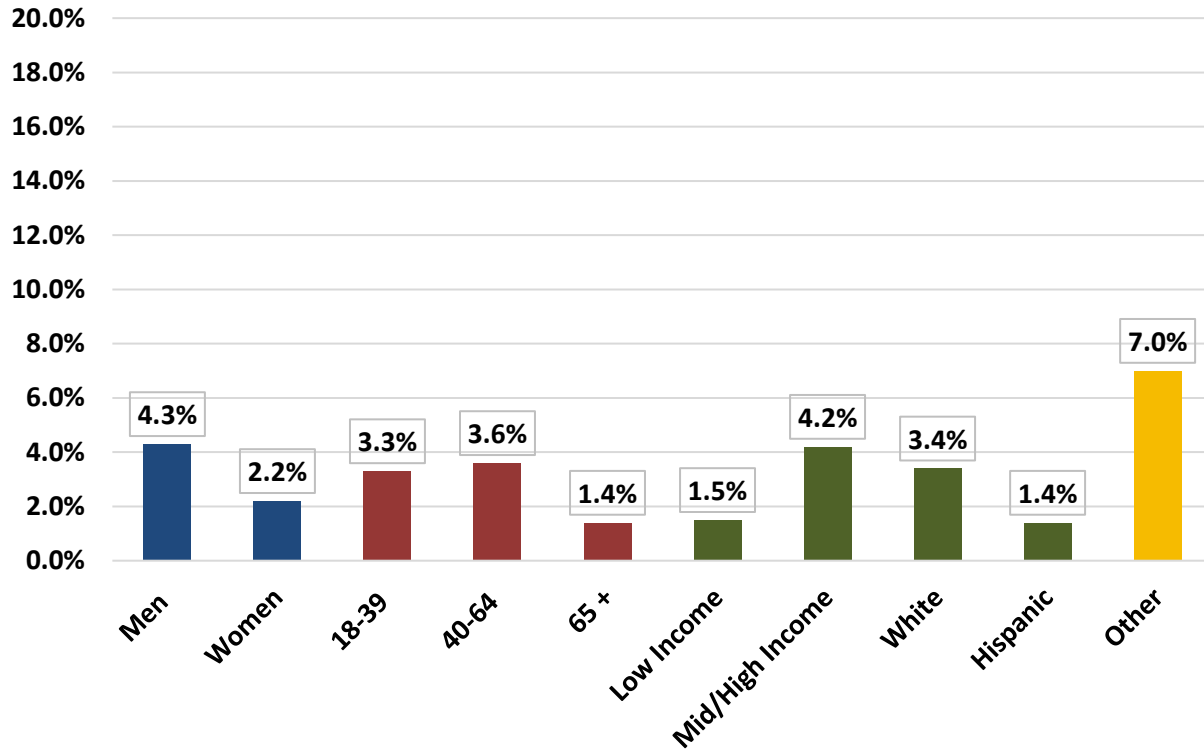


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

Those of other races/ethnicities are **more likely** to currently use chewing, tobacco, snuff, or snus (Figure 67).

Figure 67. Percentage Currently Use Chewing Tobacco, Snuff, or Snus by Demographics



Source: 2021 McHenry County Healthy Community Survey.

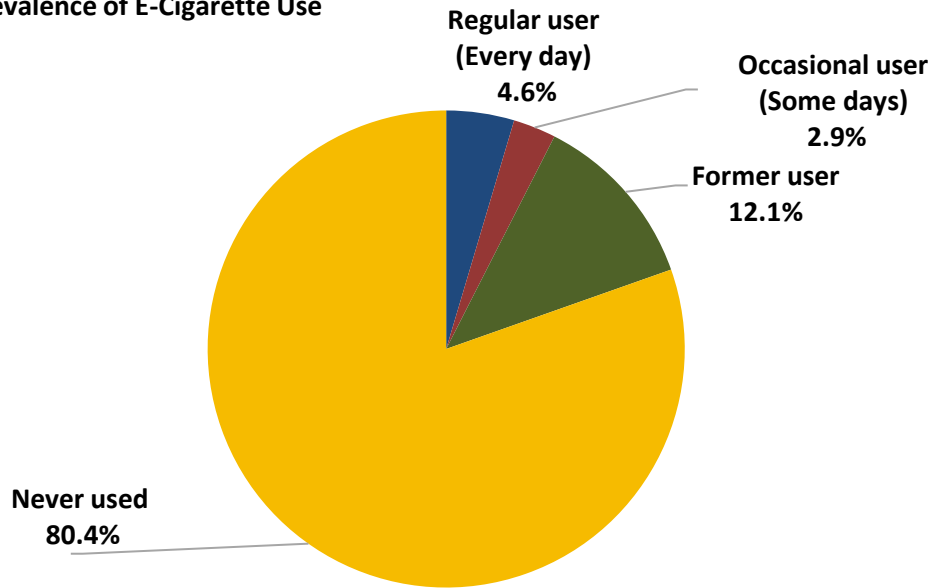
Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

PREVALENCE OF E-CIGARETTE USE

A total of 7.5% of adults in McHenry County are current e-cigarette users, with 4.6% being regular users (smoke every day) and 2.9% being occasional users (smoke some days). One-eighth (12.1%) of adults in McHenry County are former users and 80.4% have never used e-cigarettes (Figure 68).

Figure 68. Prevalence of E-Cigarette Use

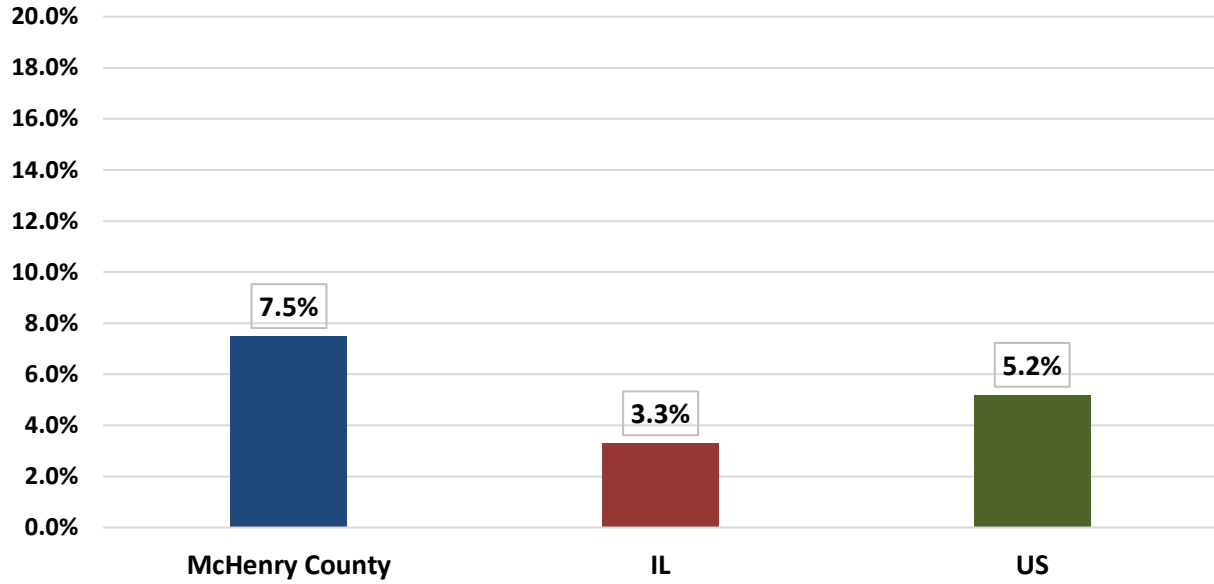


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who currently use e-cigarettes is higher than the Illinois finding and similar to the national finding (Figure 69).

Figure 69. Percentage Currently Use E- Cigarettes

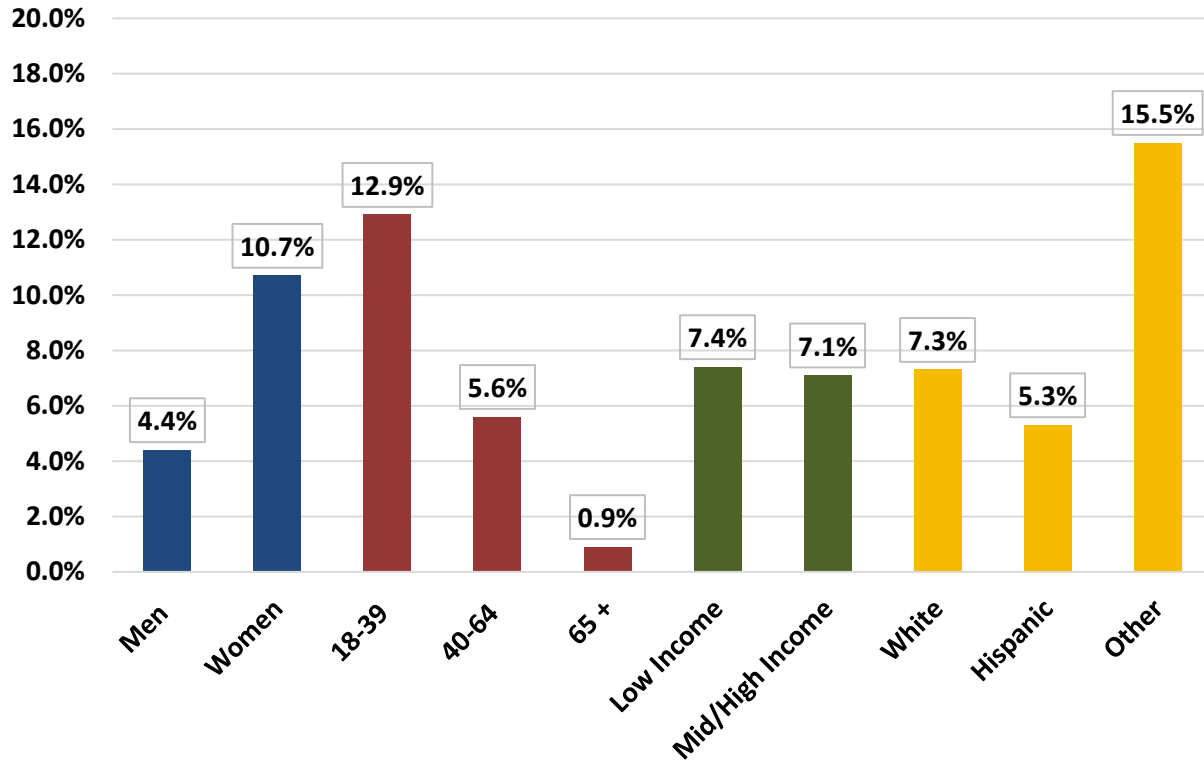


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County **more likely** to use e-cigarettes are women, those 18-39 years of age, and those of other races/ethnicities (Figure 70).

Figure 70. Percentage Currently Use E-Cigarettes by Demographics



Source: 2021 McHenry County Healthy Community Survey.

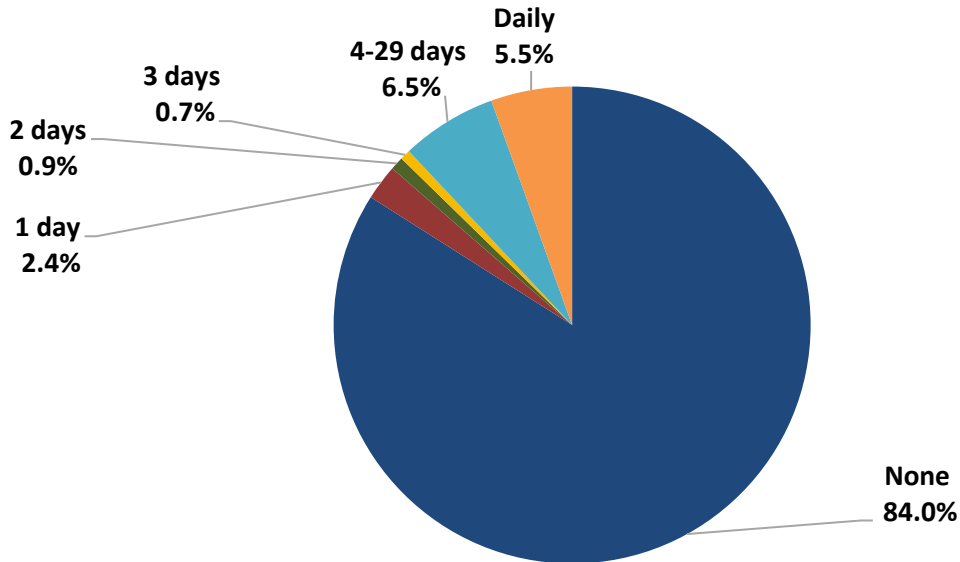
Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

PREVALENCE OF MARIJUANA USE

The majority (84.0%) of adults in McHenry County report they have not used marijuana during the past month, while 10.5% have used marijuana at least one day, with 5.5% indicating they used marijuana daily (Figure 71).

Figure 71. Number of Days of Used Marijuana in the Past Month

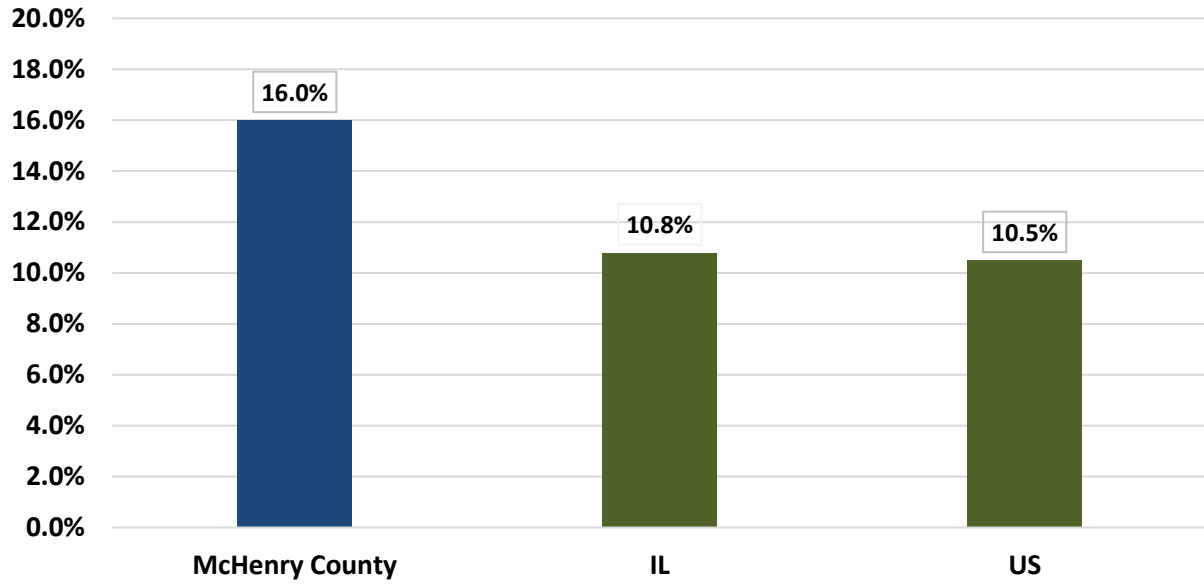


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who have used marijuana in the past month is greater than both the Illinois and national findings (Figure 72).

Figure 72. Percentage Used Marijuana in the Past Month

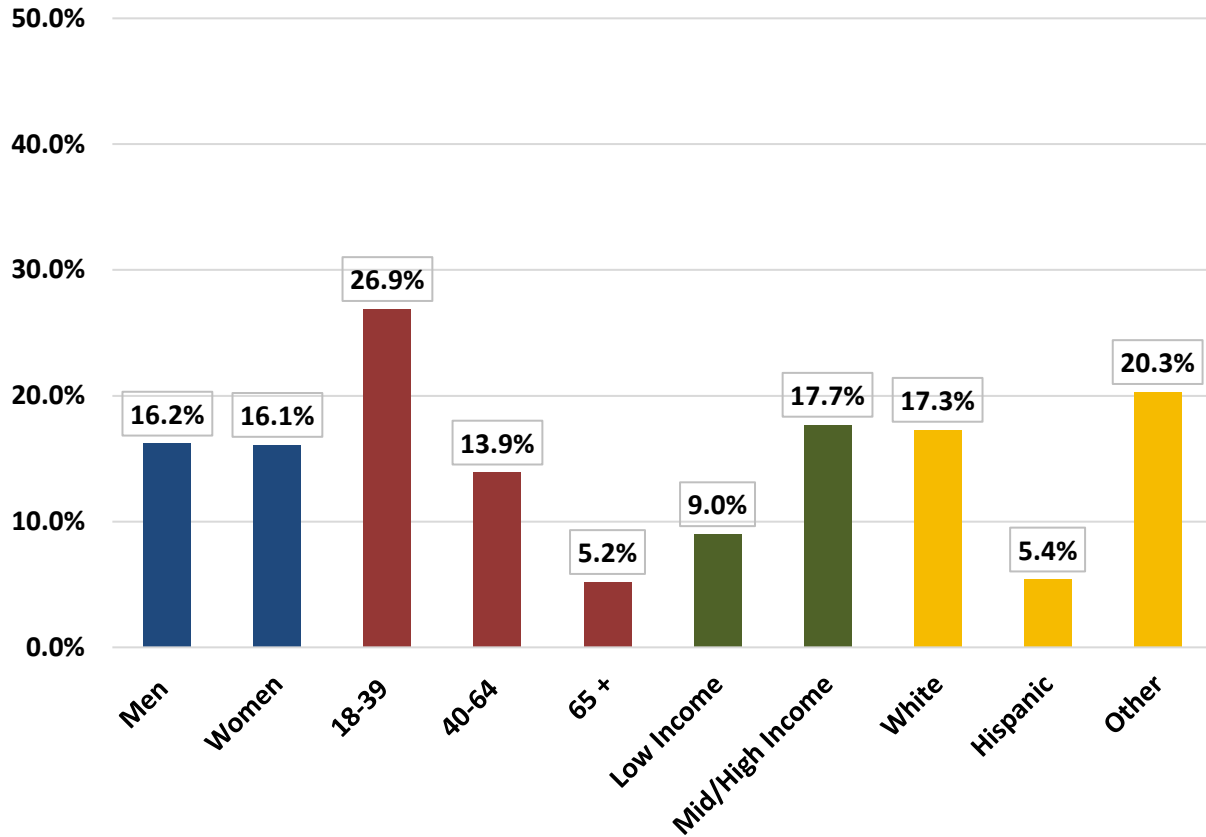


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

Those 18-39 years of age, those with mid/high household incomes, Whites, and those of other races/ethnicities are **more likely** to have used marijuana in the past month (Figure 73).

Figure 73. Percentage Used Marijuana in the Past Month by Demographics



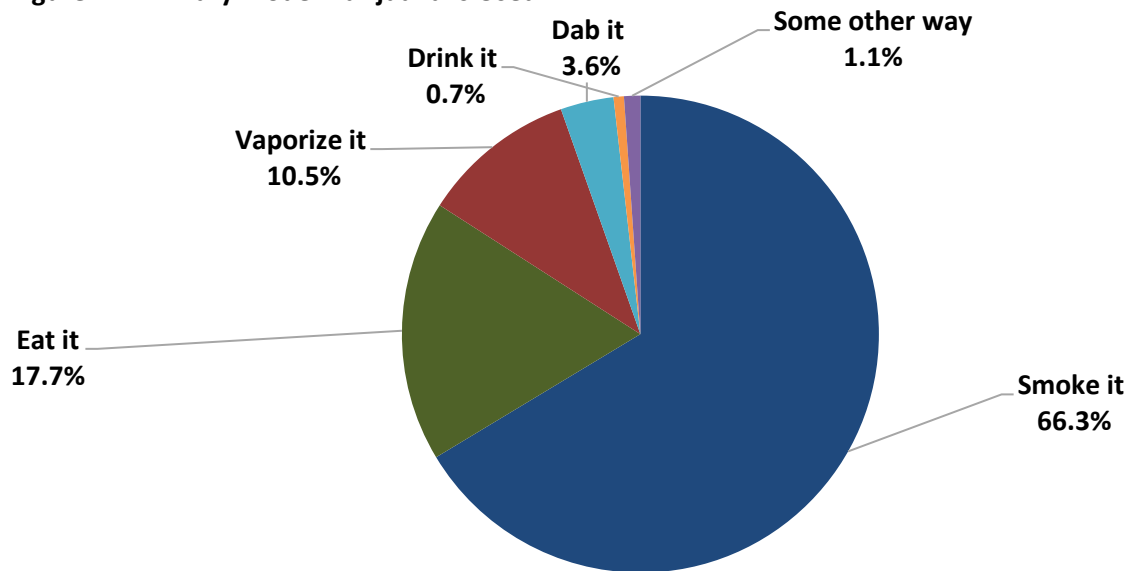
Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

Most (66.3%) adults in McHenry County who have used marijuana during the past month state that they primarily smoke it. A total of 17.7% report that they primarily eat it and 10.5% indicate that they primarily vaporize it (Figure 74).

Figure 74. Primary Mode Marijuana Is Used



Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentages of adults in McHenry County who primarily smoke marijuana is similar to the Illinois finding and lower than the national finding. The percentage of adults in McHenry County who primarily eat marijuana is similar to the Illinois finding and higher than the national finding. The percentages of adults in McHenry County who primarily vaporize marijuana is greater than the both the Illinois and national findings (Table 14).

Table 14: Primary Mode Marijuana is Used-Comparison of McHenry County With US

	Percent		
	McHenry County	Illinois	US
<u>Mode</u>			
Smoke It	66.3	65.6	73.5
Eat It	17.7	18.4	12.4
Vaporize It	10.5	7.6	7.1
Dab It	3.6	3.5	2.5
Drink It	0.7	1.2	0.9
Some Other Way	1.1	3.5	3.0


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County **more likely** to primarily smoke marijuana are men, those 18-39 years of age, those with low household incomes, Whites and Hispanics. The adults **more likely** to primarily eat marijuana are women and those of other race/ethnicities. The adults **more likely** to primarily vaporize marijuana are those 40-64 years of age and those of other races/ethnicities. Those 65 years of age or greater are more likely to primarily dab marijuana (Table 15).

Table 15: Primary Mode Marijuana is Used by Demographics

	Percent									
	Men	Women	18-39	40-64	65+	Low Income	Mid/High Income	White	Hispanic	Other
<u>Mode</u>										
Smoke It	78.7	54.2	82.7	46.3	58.3	78.9	64.1	70.5	66.7	9.1
Eat It	9.6	26.0	13.3	23.8	16.7	10.5	19.7	15.1	22.3	63.6
Vaporize It	7.4	13.5	4.1	20.0	0.0	5.3	11.3	9.6	11.1	27.3
Dab It	4.3	3.1	0.0	6.3	16.7	0.0	4.2	3.0	0.0	0.0
Drink It	0.0	1.0	0.0	7.3	0.0	0.0	0.7	0.6	0.0	0.0
Some Other Way	0.0	2.1	0.0	2.5	8.3	5.3	0.0	1.2	0.0	0.0

 More Likely to Primarily Use Mode

Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

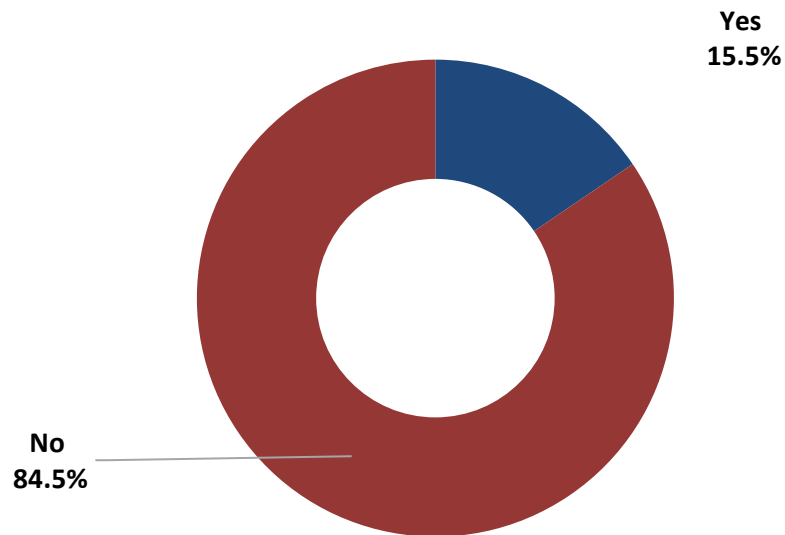
CAREGIVING

Several questions were asked about providing regular care or assistance to a friend or family member who has a health problem or disability.

PROVIDE CARE TO FRIEND OR FAMILY MEMBER WITH A HEALTH PROBLEM OR DISABILITY

A total of 15.5% of adults in McHenry County provided regular care or assistance to a friend or family member who has a health problem or disability in the past month (Figure 75).

Figure 75. Provided Caregiving in the Past Month

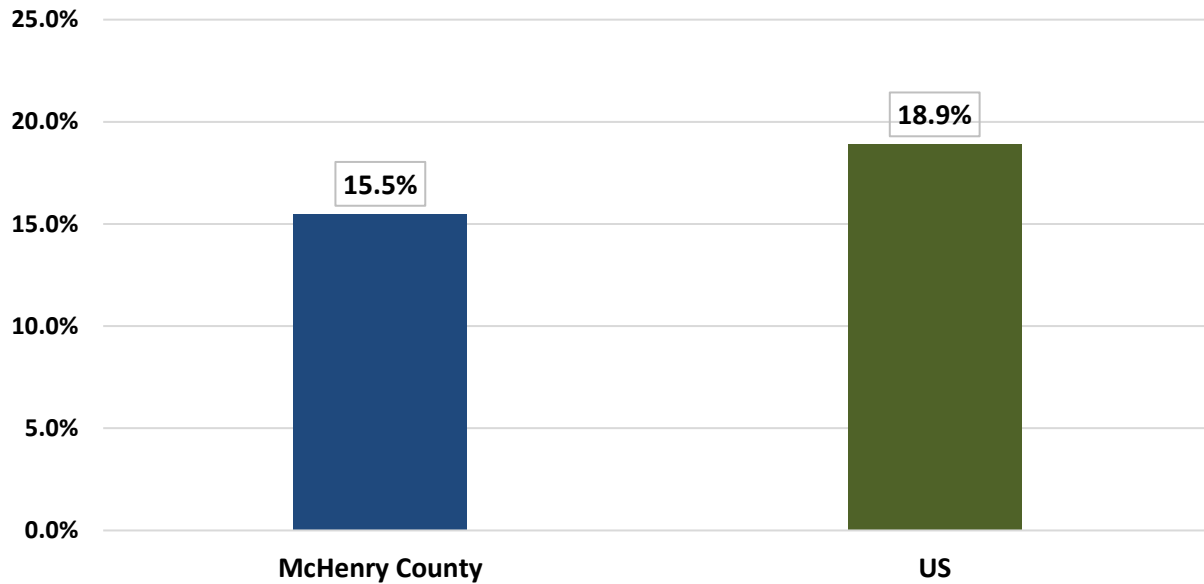


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who provided regular care or assistance to a friend or family member who has a health problem or disability in the past month is lower than the national finding (Figure 76).

Figure 76. Percentage Who Provided Caregiving in the Past Month

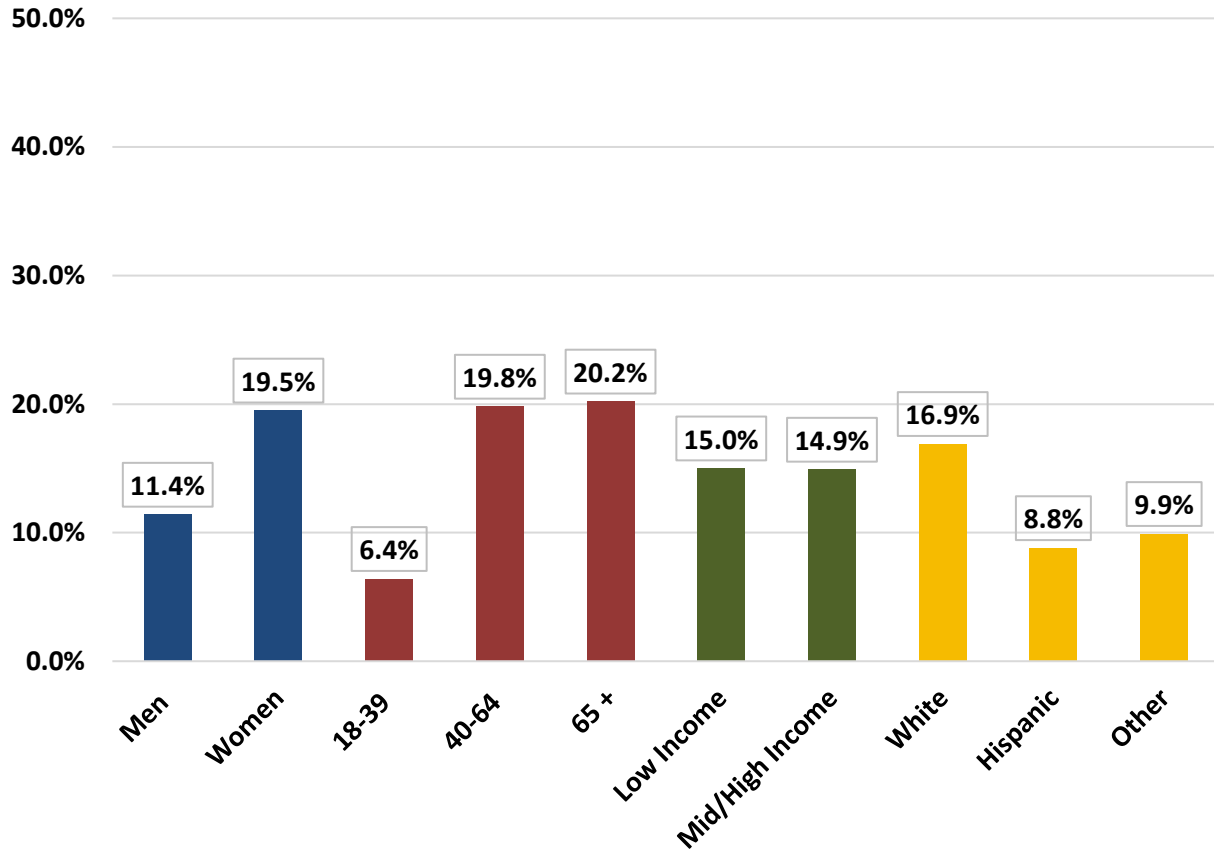


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County who are **more likely** to have provided caregiving in the past month are women, those 40 years of age or greater, and Whites (Figure 77).

Figure 77. Provided Caregiving in the Past Month by Demographics



Source: 2021 McHenry County Healthy Community Survey.

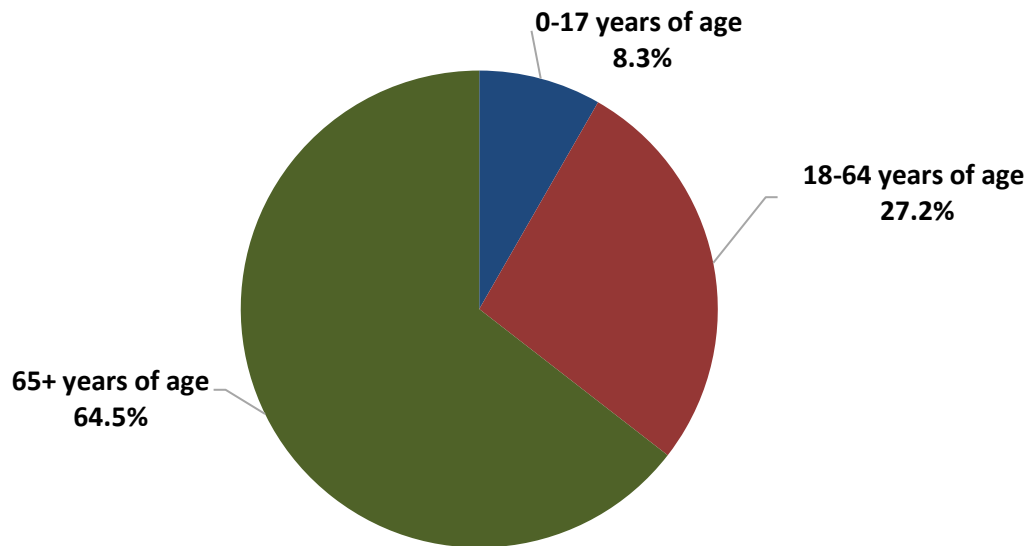
Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

AGE OF PERSON CARED FOR

Nearly two-thirds (64.5%) of adults in McHenry County who provided caregiving cared for a person who is 65 years of age or greater, more than one-fourth (27.2%) cared for a person who is 18-64 years of age, and 8.3% cared for a child (Figure 78).

Figure 78. Age of Person Cared For




Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

Women are **more likely** to have provided care for a child. Those 40-64 years of age and Hispanics are **more likely** to have provided care for someone 18-64 years of age. Those 18-39 years of age, those 65 years of age or greater, Whites, and those of other races/ethnicities are **more likely** to have provided care for someone 65 years of age or greater (Table 16).

Table 16: Age of Person Provided Care for by Demographics

	Percent									
	Men	Women	18-39	40-64	65+	Low Income	Mid/High Income	White	Hispanic	Other
<u>Age of Person Provided Care For</u>										
0-17 Years of Age	1.5	12.8	12.0	10.4	2.3	6.9	9.8	8.6	0.0	14.3
18-64 Years of Age	27.9	25.6	12.0	33.9	12.6	37.9	29.3	24.1	71.4	28.6
65+ years of Age	70.6	61.5	76.0	55.7	84.1	55.2	61.0	67.3	28.6	57.1

 More Likely to Provided Care For

Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

MAIN HEALTH PROBLEM, LONG-TERM ILLNESS, OR DISABILITY OF PERSON CARED FOR

The individuals who were cared for have a variety of health problems, long-term illnesses, or disabilities. The largest percentage of adults cared for individuals who are aged, infirmed, or frail (22.1%). A total of 35.1% provide other responses including stroke, surgery, epilepsy, Parkinson’s disease, dementia, and COVID-19 (Table 17).

Table 17: Main Health Problem, Long-Term Illness, or Disability of Person Cared For

Percent	
<u>Main Health Problem/Long-Term Illness/Disability</u>	
Old Age/Infirmary/Frailty	22.1
Cancer	7.3
Developmental Disabilities	7.2
Mental Health Illness	6.0
Arthritis/Rheumatism	5.0
Injuries, Including Broken Bones	4.4
Heart Disease/Hypertension	3.0
Other Organ Failure or Diseases	2.7
Diabetes	2.6
Chronic Respiratory Condition	2.1
Substance Abuse	1.4
Asthma	1.0
HIV	0.0
Other	35.1

Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentages of adults in McHenry County who provided care for individuals who are aged, infirm, or frail, individuals with developmental disabilities, or individuals with other problems, long-term illnesses, or disabilities are higher than the national finding. The percentages of adults in McHenry County who provided care for individuals with diabetes or heart disease/hypertension are lower than the national findings (Table18).

Table 18: Main Health Problem, Long-Term Illness, or Disability of Person Cared For- Comparison of McHenry County With US

	Percent	
	McHenry County	US
<u>Main Health Problem/Long-Term Illness/Disability</u>		
Old Age/Infirmity/Frailty	22.1	14.9
Cancer	7.3	8.0
Developmental Disabilities	7.2	4.3
Mental Health Illness	6.0	5.0
Arthritis/Rheumatism	5.0	3.4
Injuries, Including Broken Bones	4.4	5.2
Heart Disease/Hypertension	3.0	7.2
Other Organ Failure or Diseases	2.7	2.2
Diabetes	2.6	5.8
Chronic Respiratory Condition	2.1	4.3
Substance Abuse	1.4	0.2
Asthma	1.0	0.5
HIV	0.0	0.2
Other	35.1	25.2

Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2020 Behavioral Risk Factor Surveillance System.

No statistically significant differences are found by gender, age, household income or race/ethnicity.

2021 McHenry County Healthy Community Study

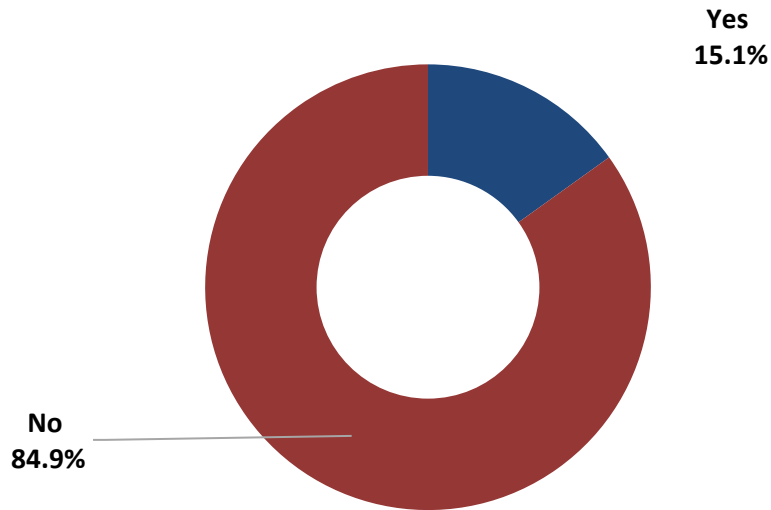
FINANCIAL STABILITY

A series of questions was asked to determine the housing and food insecurity of the respondents.

HOUSING INSECURITY

The majority (84.9%) of adults in McHenry County did not have a time when they were unable to pay their mortgage, rent, or utility bills during the past year, however 15.1% did (Figure 79).

Figure 79. Time During Past Year When Unable to Pay Mortgage, Rent, or Utility Bills

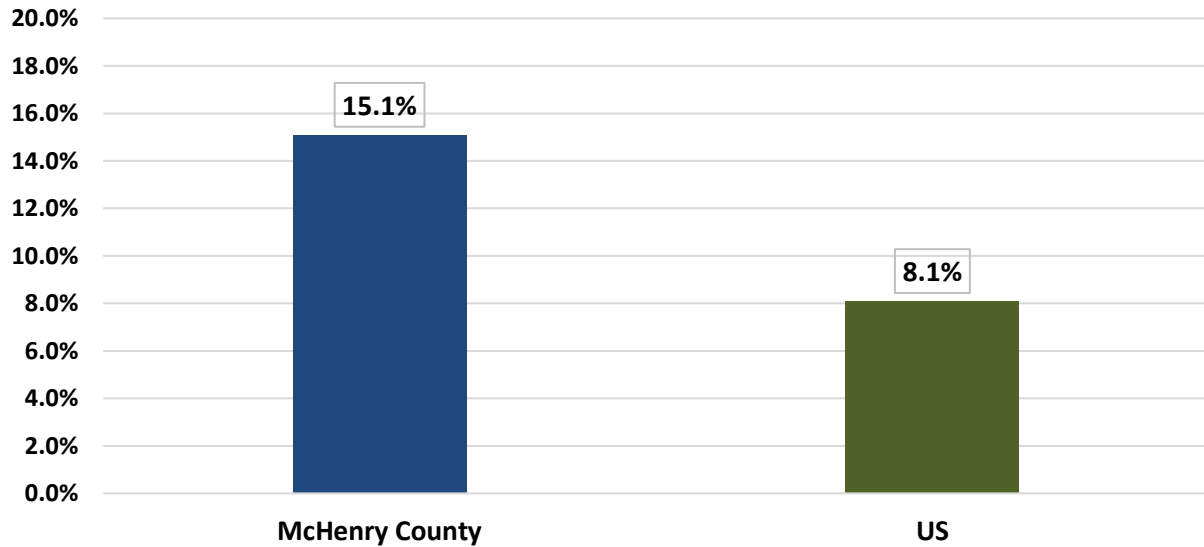


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who experienced a time during the past year when they were unable to pay their mortgage, rent, or utility bills is less favorable than the national finding (Figure 80). It should be noted that the national findings is from the 2017 Behavioral Risk Factor Surveillance System.

Figure 80. Percentage Who Had a Time During Past Year When Unable to Pay Mortgage, Rent, or Utility Bills

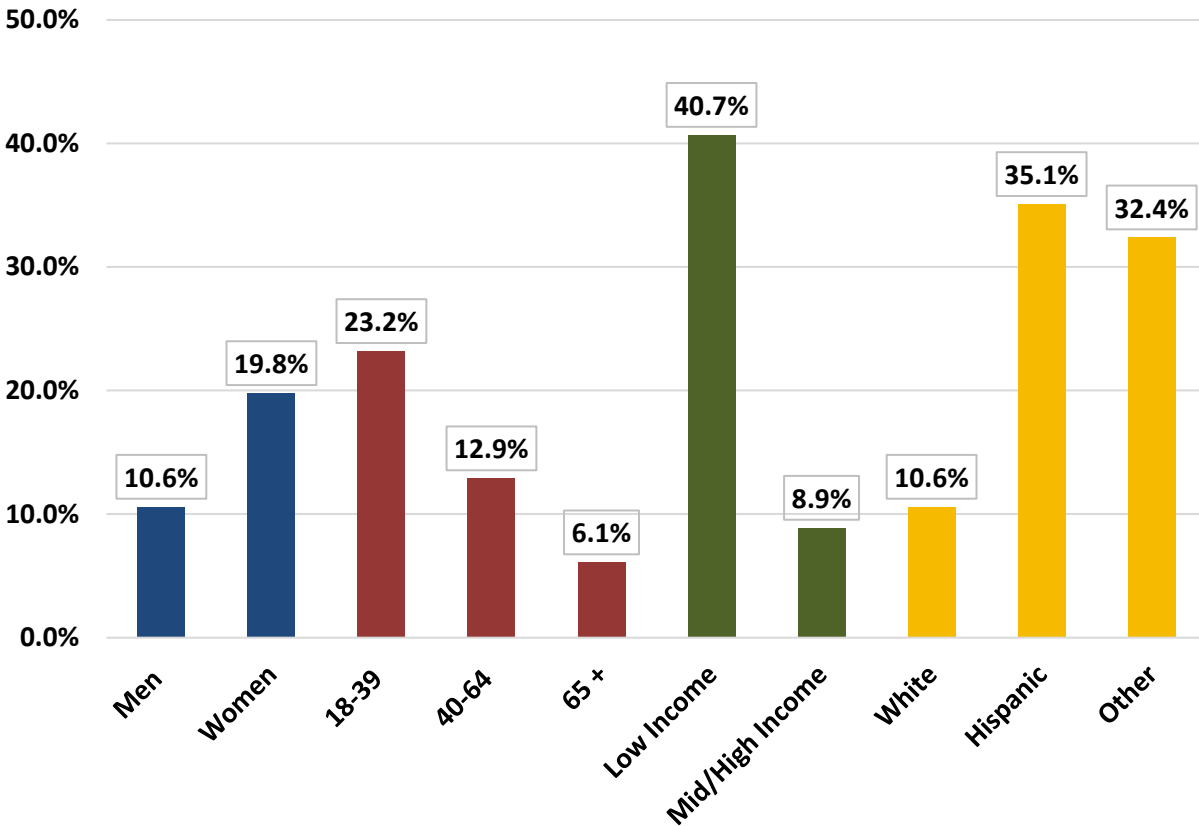


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2017 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

Women, those with low household incomes, Hispanics, and those of other races/ethnicities are **more likely** to have experienced a time during the past year when they were unable to pay their mortgage, rent, or utility bills. The percentage of adults who have experienced a time during the past year when they were unable to pay their mortgage, rent, or utility bills decreases as age increases (Figure 81).

Figure 81. Time During Past Year When Unable to Pay Mortgage, Rent, or Utility Bills by Demographics



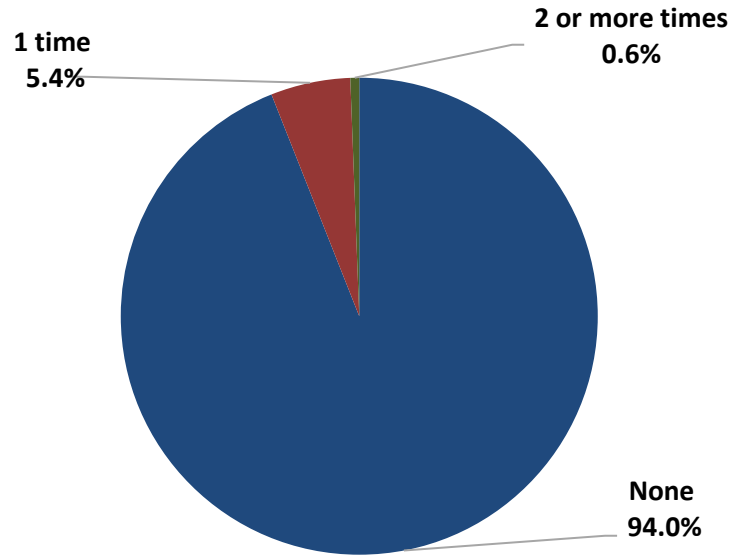
Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

Most (94.0%) adults in McHenry County have not moved from one home to another, in the last 12 months, while 5.4% have moved once, and 0.6% have moved two or more times (Figure 82).

Figure 82. Number of Times Moved in Past Year

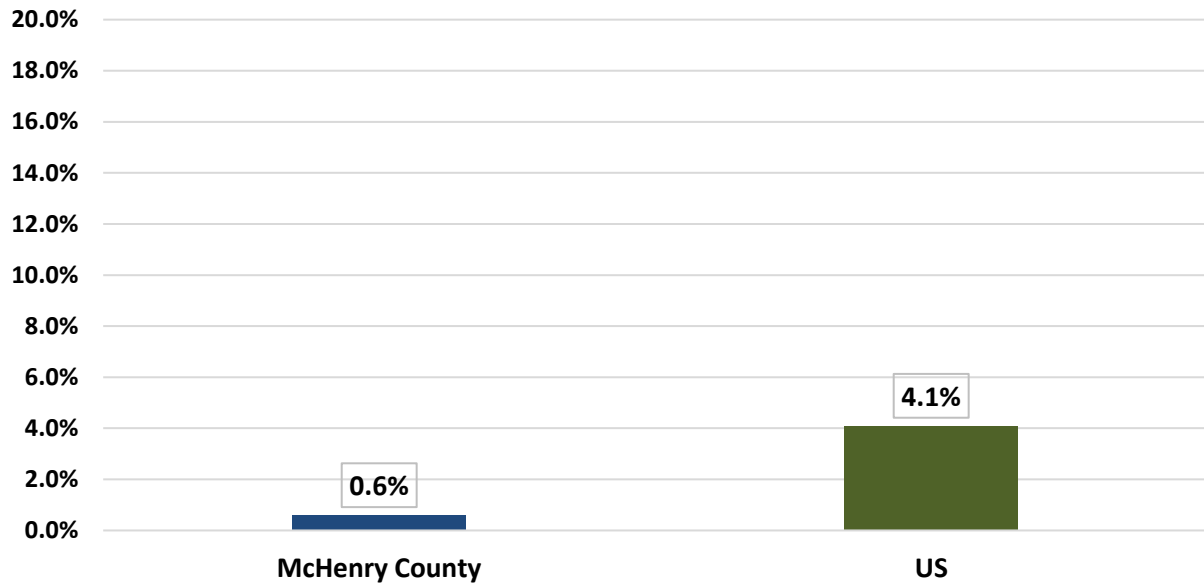


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who have moved two or more times in the last year is lower than the national finding (Figure 83). It should be noted that the national finding is from the 2017 Behavioral Risk Factor Surveillance System

Figure 83. Percentage Who Have Moved Two or More Times In the Past Year

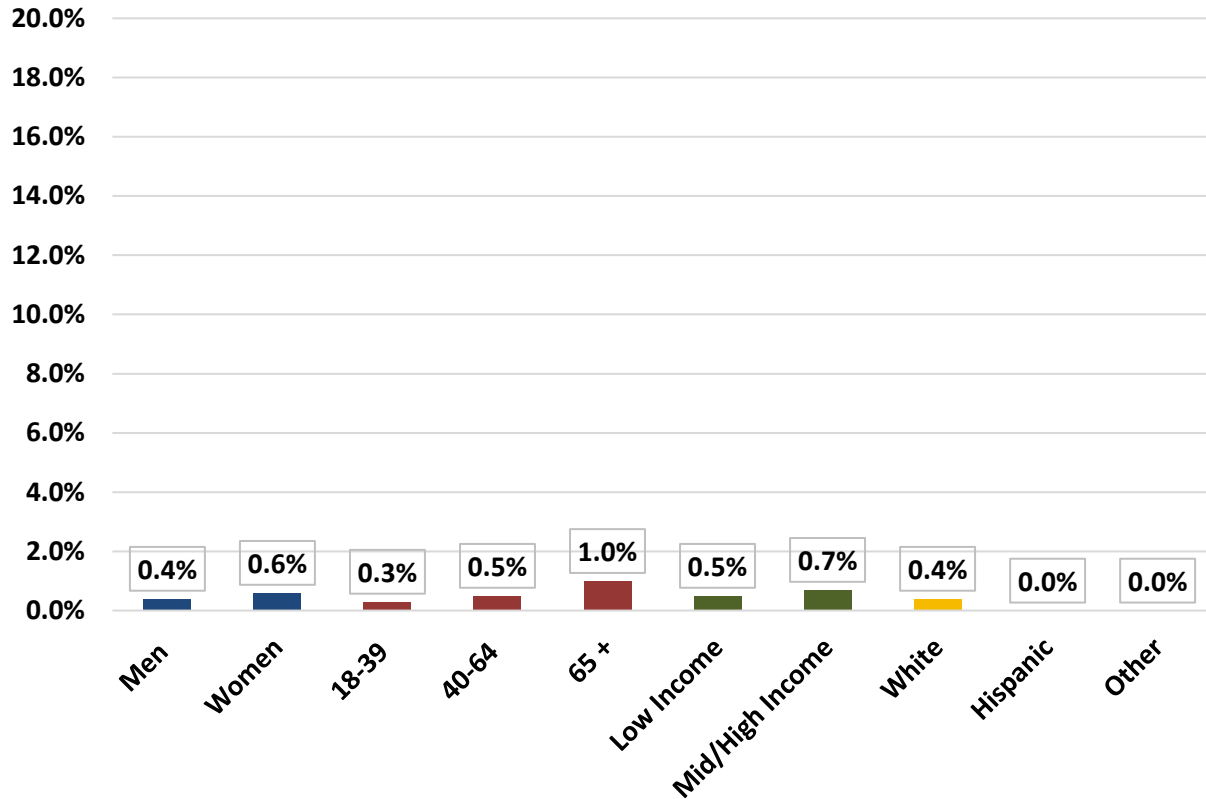


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2017 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

No statistically significant differences are found by gender, age, household income, or race/ethnicity (Figure 84).

Figure 84. Moved Two or More Times in Past Year by Demographics



Source: 2021 McHenry County Healthy Community Survey.

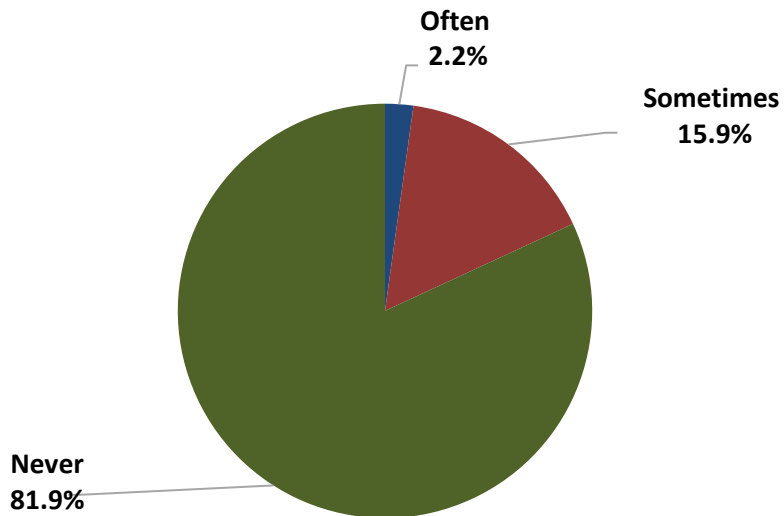
Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

FOOD INSECURITY

More than four-fifths (81.9%) of adults in McHenry County never in the last year worried their food would run out before they got money to buy more, while 18.1% sometimes or often worried, with 2.2% often worrying this would happen (Figure 85).

Figure 85. Frequency of Worrying Food Would Run Out Before Got Money to Buy More



Source: 2021 McHenry County Healthy Community Survey.

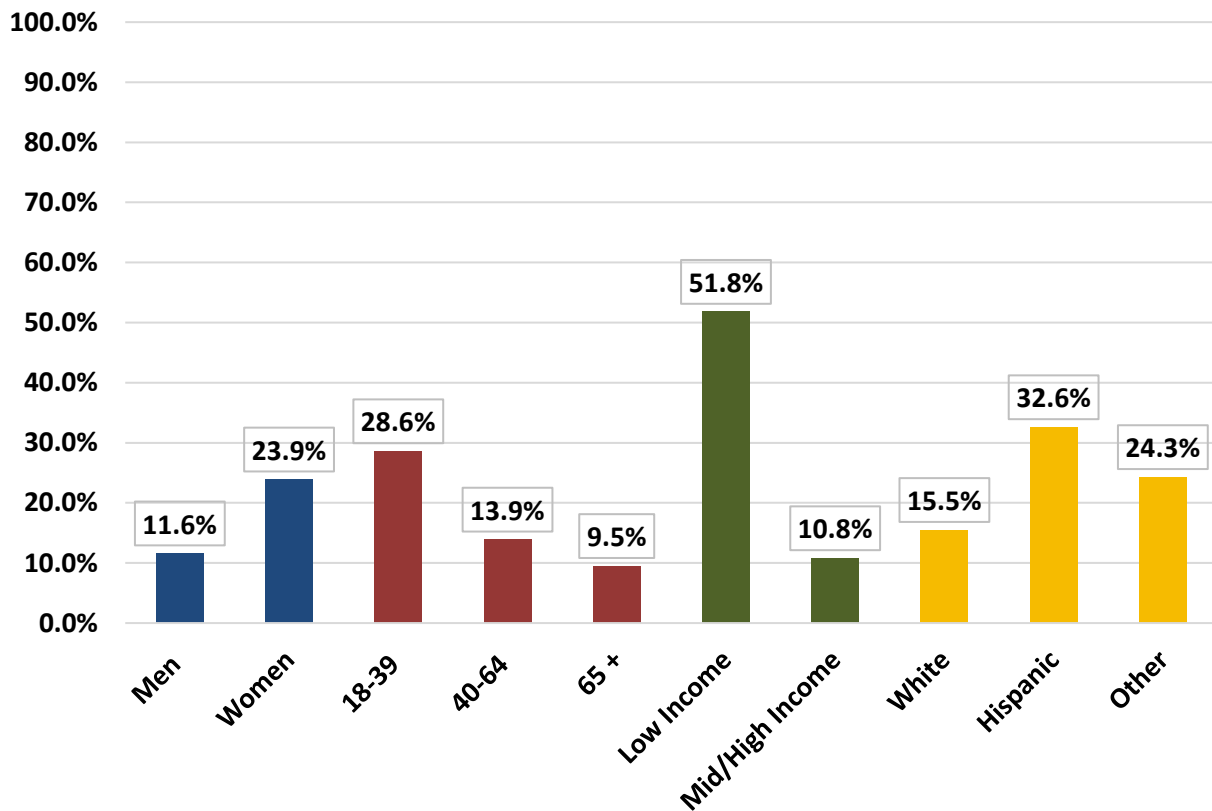
2021 McHenry County Healthy Community Study

The adults in McHenry County who are **more likely** to have worried often or sometimes that their food would run out before they got money to buy more include:

- Women
- Those 18-39 years of age
- Those with low household incomes
- Hispanics
- Those with other races/ethnicities

The percentage who has worried often or sometimes that their food would run out before they got money to buy more decreases as age increases (Figure 86).

Figure 86. Worried Often or Sometimes Food Would Run Out Before Got Money to Buy More by Demographics



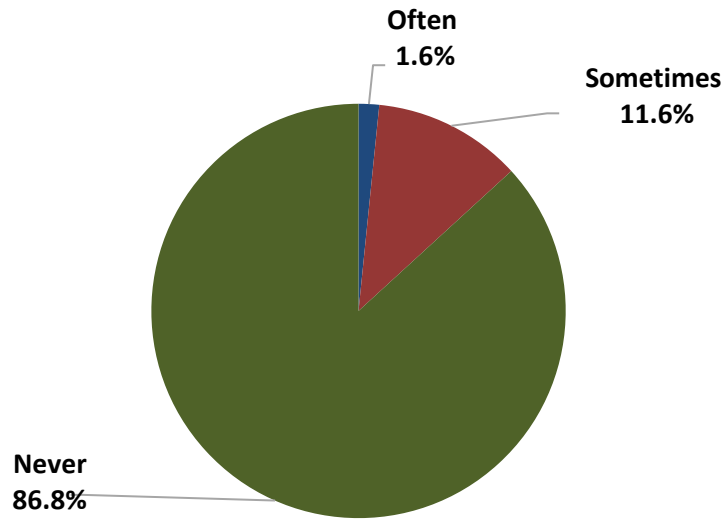
Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

More than four-fifths (86.8%) of adults in McHenry County never in the last year have had the food they bought not last and they did not have money to get more, while 13.2% sometimes or often had this happen, with 1.6% having it happen often (Figure 87).

Figure 87. Frequency of Having Food Not Last and Not Having Money to Get More

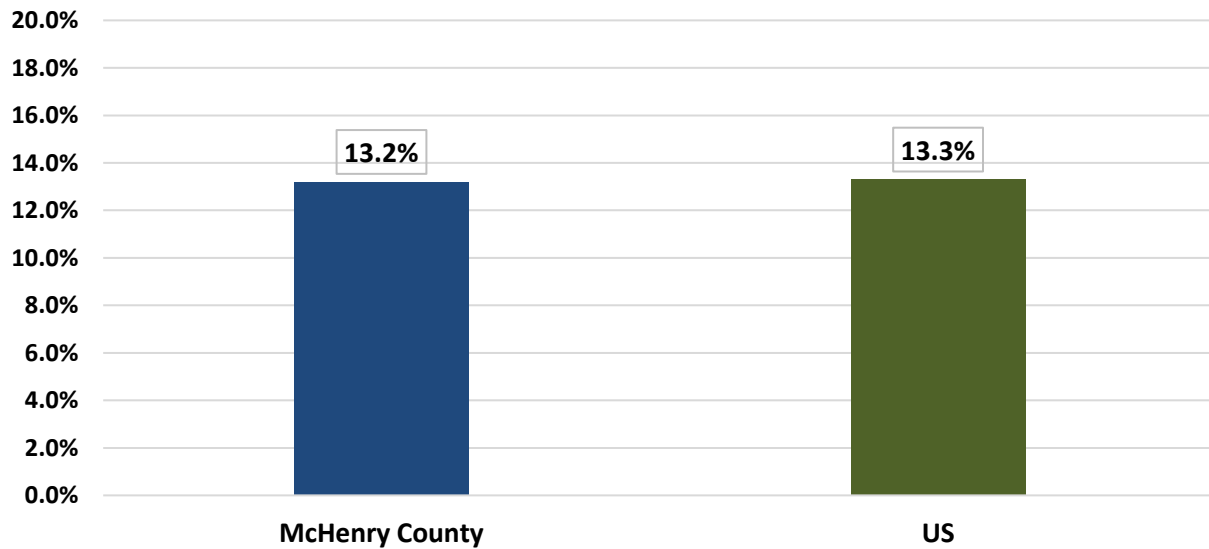


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who in the last year have sometimes or often had food they bought not last and they did not have money to get more is comparable to the national finding (Figure 88). It should be noted that the national findings is from the 2017 Behavioral Risk Factor Surveillance System.

Figure 88. Percentage Who Sometimes or Often Had Food Not Last and Did Not Have Money to Get More



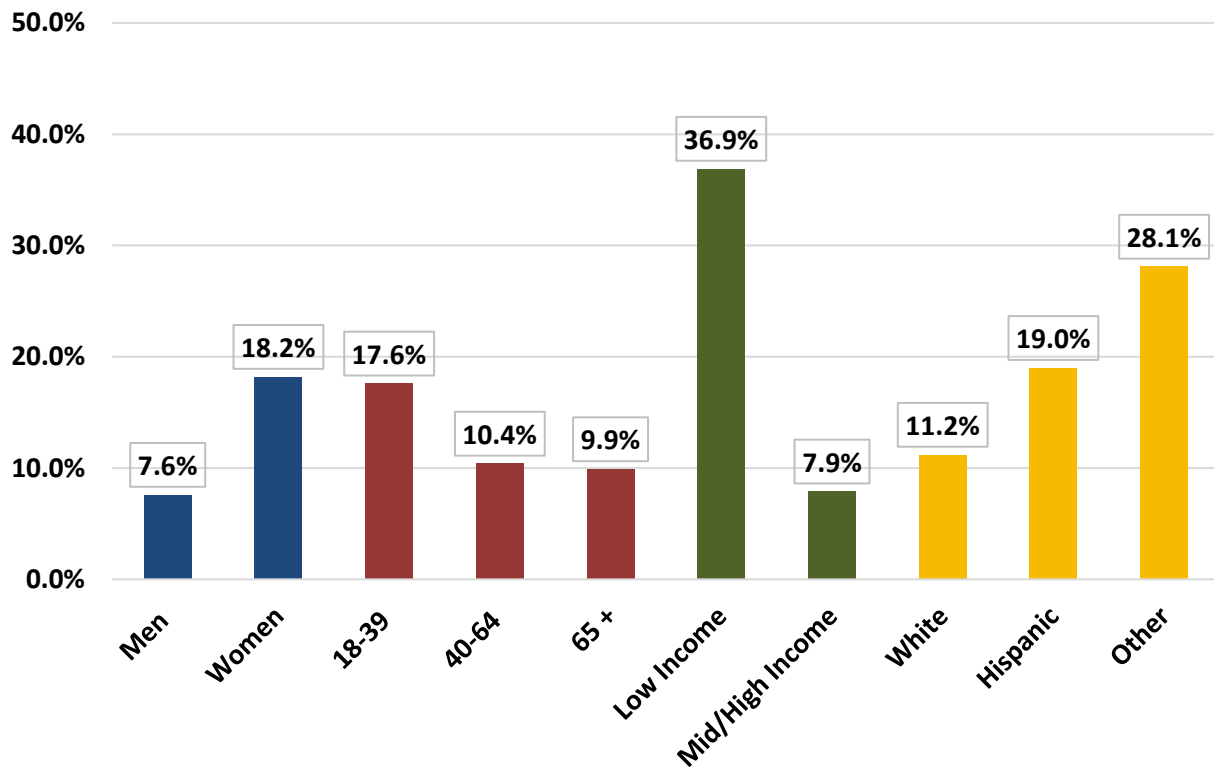
Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2017 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County who are **more likely** to have sometimes or often not had food last and did not have money to get more include:

- Women
- Those 18-39 years of age
- Those with low household incomes
- Hispanics
- Those of other races/ethnicities (Figure 89)

Figure 89. Sometimes or Often Had Food Not Last and Did Not Have Money to Get More by Demographics



Source: 2021 McHenry County Healthy Community Survey.

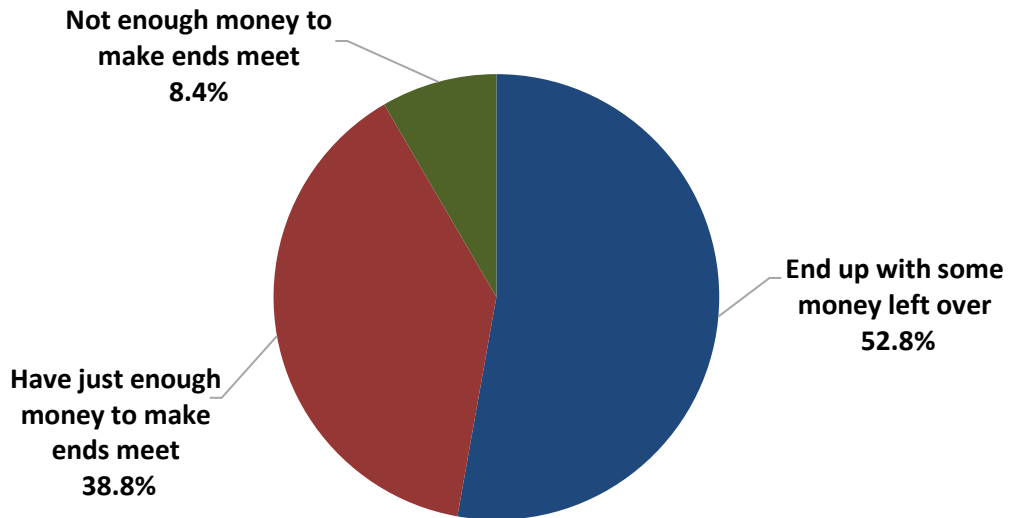
Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

FINANCES FOR THE MONTH

More than one-half (52.8%) of adults in McHenry County usually end up with some money left over at the end of the month, nearly two-fifths (38.8%) have just enough money to make ends meet, and 8.4% do not have enough money to make ends meet (Figure 90).

Figure 90. How Finances Work Out at the End of the Month

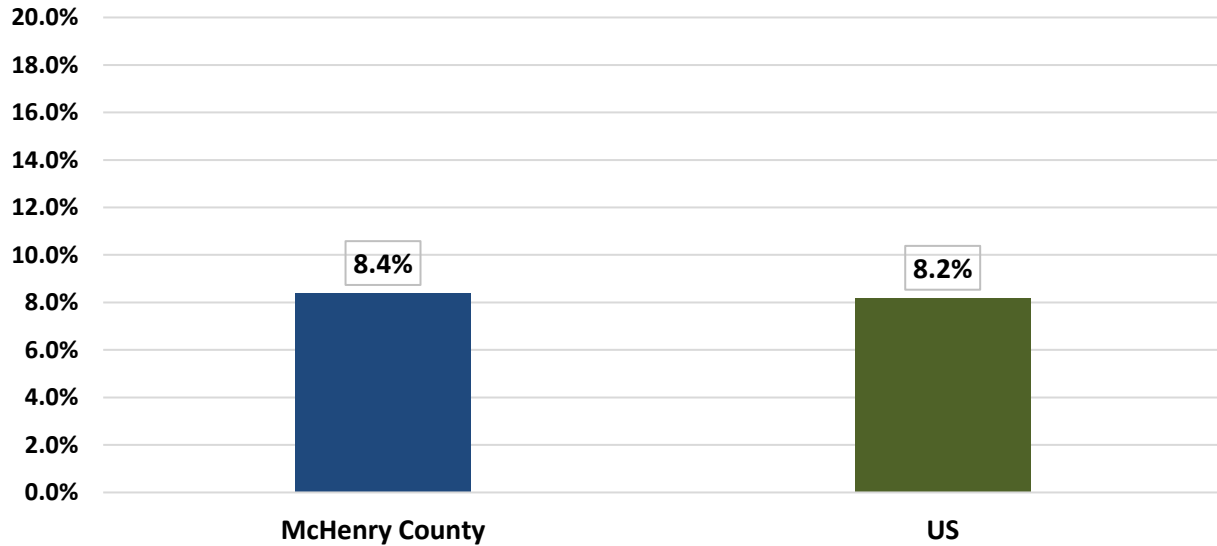


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who do not have enough money to make ends meet at the end of the month is similar to the national finding (Figure 91). It should be noted that the national finding is from the 2017 Behavioral Risk Factor Surveillance System.

Figure 91. Percentage Who Do Not Have Enough Money to Make Ends Meet at the End of the Month

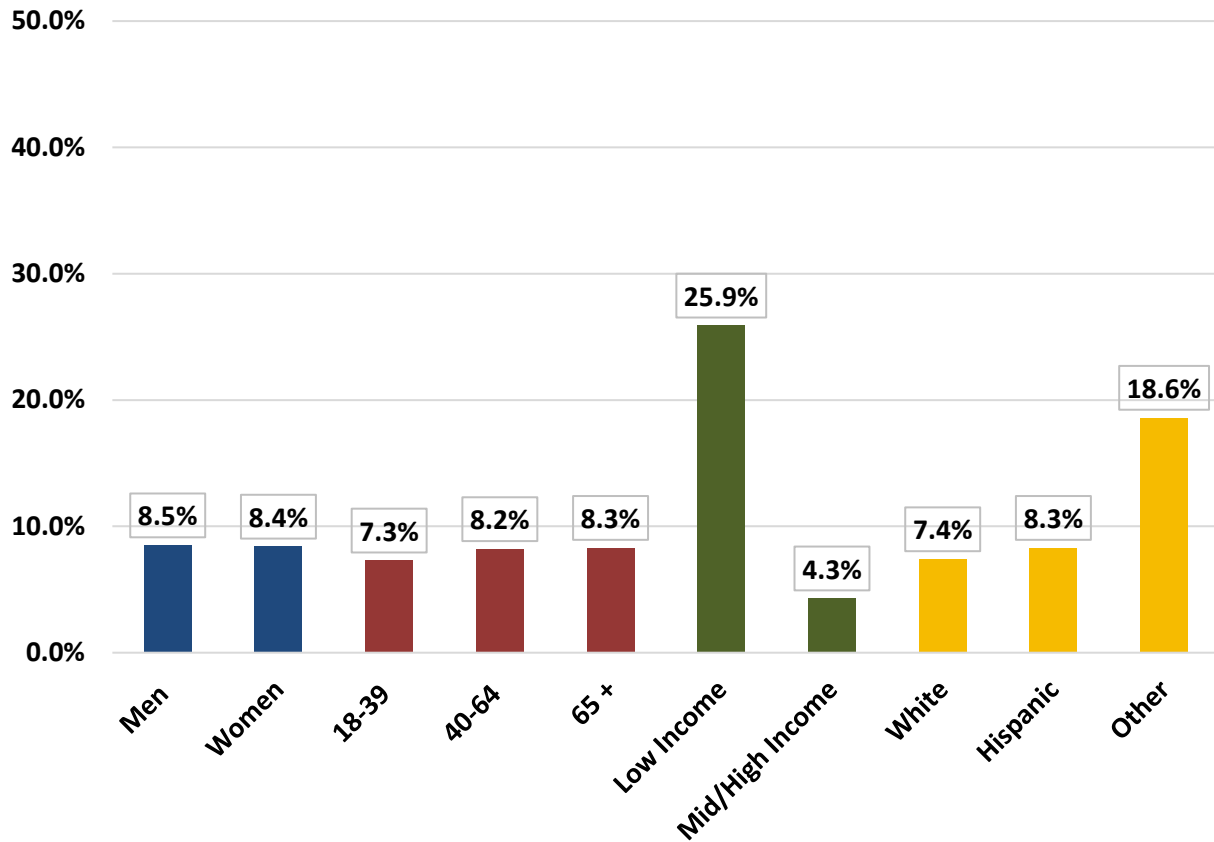


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, US data-2017 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County who are **more likely** to not have enough money to make ends meet at the end of the month are those with low household incomes and those of other races/ethnicities (Figure 92).

Figure 92. Do Not Have Enough Money to Make Ends Meet at the End of the Month by Demographics



Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

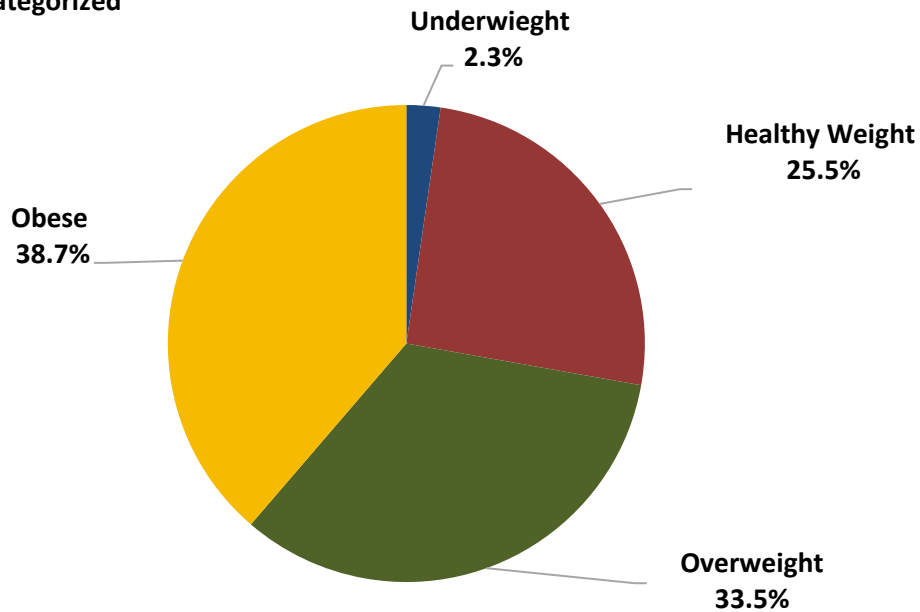
BODY MASS INDEX (BMI)

Toward the end of the survey, respondents were asked to provide their weight and height. Using this information, a Body Mass Index (BMI) was calculated for each respondent. Based on the respondent's BMI, they were categorized as underweight, healthy weight, overweight, or obese.

WEIGHT STATUS

A total of 33.5% of adults in McHenry County have a BMI between 25.0 and 29.9 which is categorized as overweight. Another 38.7% of adults in McHenry County have a BMI of 30 or higher and are categorized as obese. Therefore, seven out of ten (72.2%) adults in McHenry County are either overweight or obese. A total of 25.5% of adults have a BMI between 18.5 and 24.9 and are categorized as healthy weight and 2.3% have a BMI less than 18.5 and are categorized as underweight (Figure 93).

Figure 93. BMI Categorized

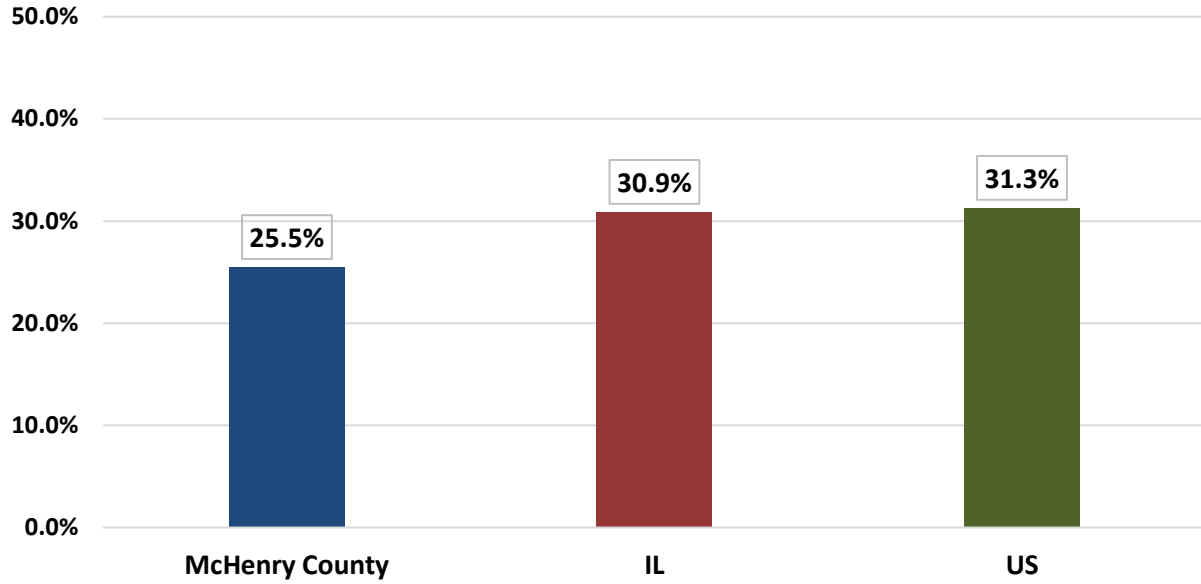


Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who are a healthy weight is less favorable than both the Illinois and national findings (Figure 94).

Figure 94. Percentage of Adults Who Are Healthy Weight (BMI 18.5-24.9)

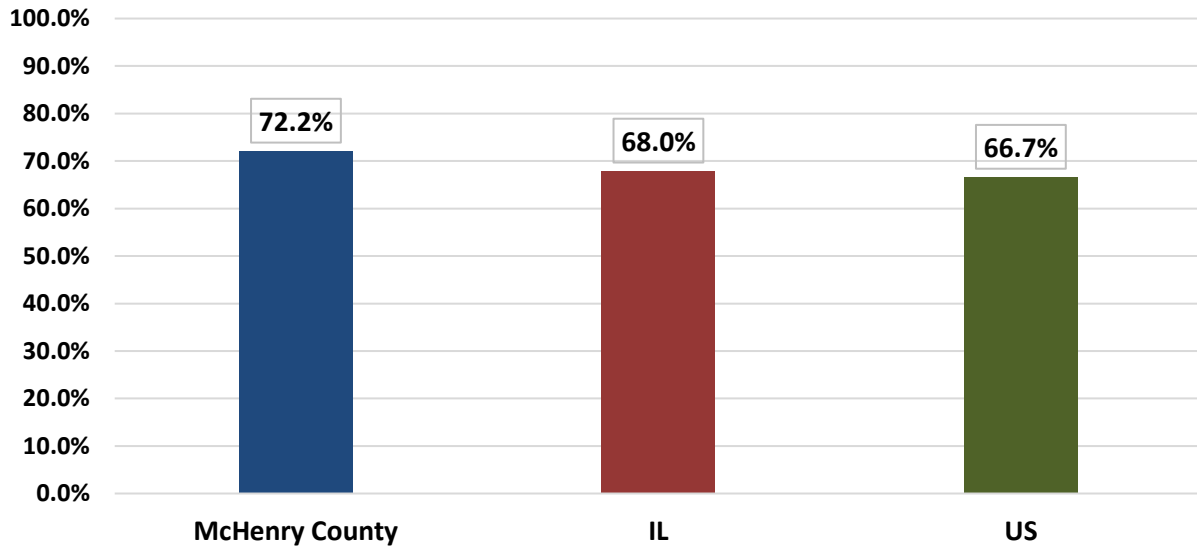


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who are overweight or obese is less favorable than both the Illinois and national findings (Figure 95).

Figure 95. Percentage of Adults Who Are Overweight or Obese (BMI 25.0 or Greater)

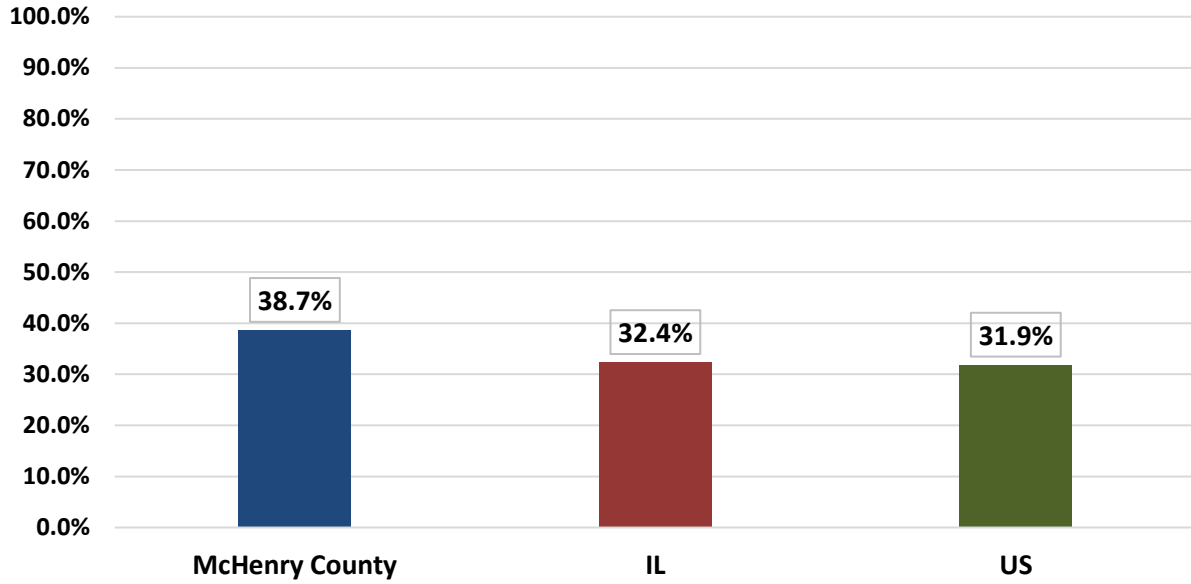


Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The percentage of adults in McHenry County who are obese is less favorable than the Illinois and national findings (Figure 96).

Figure 96. Percentage of Adults Who Are Obese (BMI 30.0 or Greater)



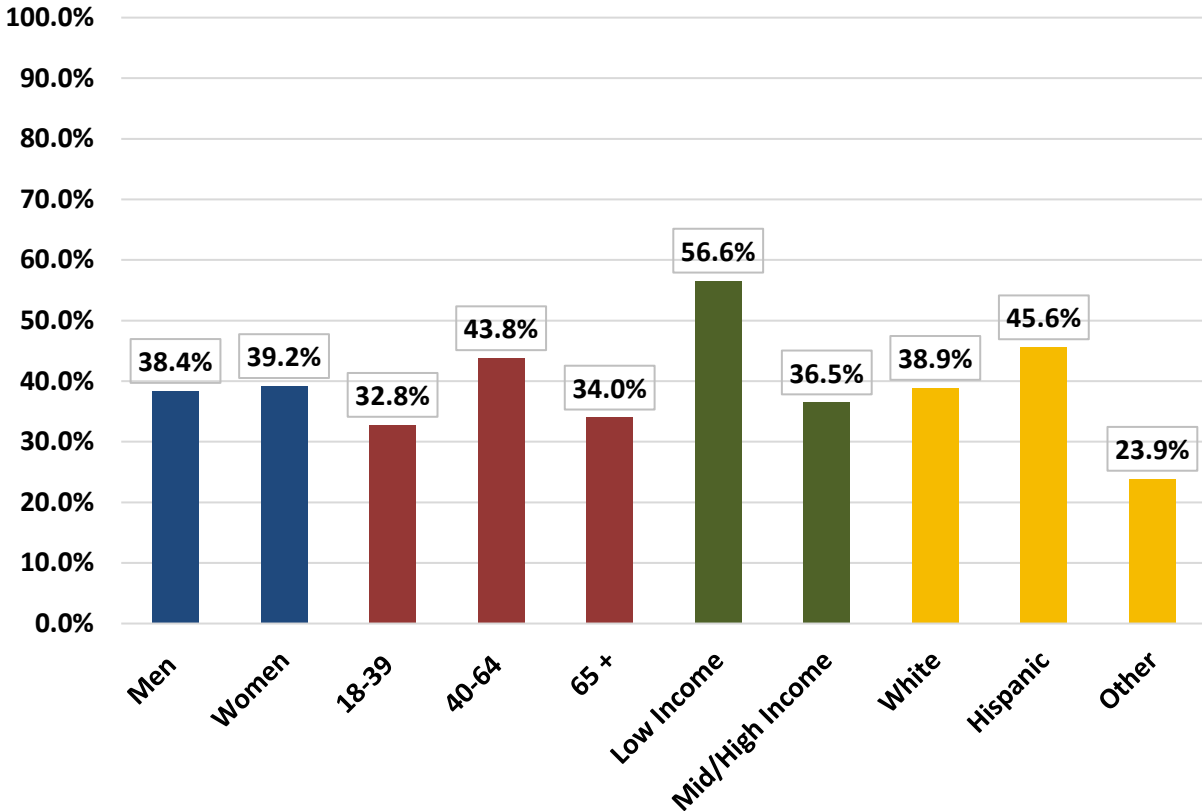
Sources: McHenry County data-2021 McHenry County Healthy Community Survey, IL and US data-2020 Behavioral Risk Factor Surveillance System.

2021 McHenry County Healthy Community Study

The adults in McHenry County **more likely** to be obese are:

- Those 40-64 years of age
- Those with low household incomes
- Whites
- Hispanics (Figure 97)

Figure 97. Adults Who Are Obese (BMI 30.0 or Greater) by Demographics



Source: 2021 McHenry County Healthy Community Survey.

Note: Low Income includes respondents with household incomes below 200% of the federal poverty level; Mid/High Income includes respondents with household incomes at 200% or more of the federal poverty level.

2021 McHenry County Healthy Community Study

DESCRIPTION OF SURVEY RESPONDENTS

Figure 19 describes the characteristics of the survey respondents.

Figure 19: Respondent Characteristics

Characteristic	Percent
<u>Gender</u>	
Male	49.1
Female	50.7
Other Gender	0.2
<u>Age</u>	
18-29	18.9
30-44	24.5
45-64	38.2
65-74	11.2
75+	7.2
<u>Race/Ethnicity</u>	
White	81.2
Black	0.6
Hispanic	12.8
American Indian or Alaska Native	0.0
Asian	3.0
Pacific Islander	0.0
Other	2.4
<u>Marital Status</u>	
Married	60.5
Divorced	8.2
Widowed	5.0
Separated	1.0
Never Married	18.4
A Member of an Unmarried Couple	6.8
<u>Educational Attainment</u>	
Never Attended School/Attended Kindergarten Only	0.2
Grade 1 through 8 (Elementary)	0.8
Grade 9 through 11 (Some High School)	6.6
Grade 12 or GED (High School Graduate)	27.1
College 1 Year to 3 Years (Some College or Technical School)	33.1
College 4 Years or More (College Graduate)	32.2

2021 McHenry County Healthy Community Study

Characteristic	Percent
<u>Employment Status</u>	
Employed for Wages	57.2
Self-employed	8.1
Out of Work for 1 Year or More	2.7
Out of Work for Less Than 1 Year	2.7
A Homemaker	4.2
A Student	4.3
Retired	17.2
Unable to Work	3.5
<u>Annual Household Income</u>	
Less Than \$25,761	11.8
\$25,761-\$34,840	5.1
\$34,841-\$43,920	2.4
\$43,921-\$53,000	6.8
\$53,001-\$62,080	4.3
\$62,081-\$71,160	7.3
\$71,161-\$80,240	3.5
\$80,241-\$89,320	4.0
\$89,321-\$93,860	4.7
\$93,861-\$98,400	4.9
\$98,401-\$149,999	22.2
\$150,000-\$199,999	11.7
\$200,000 or More	11.2
<u>Location of Residence in County</u>	
Crystal Lake	20.1
McHenry	16.2
Woodstock	11.5
Southeast	38.7
Rural West	6.9
Rural Northeast	6.6
<u>Neighborhood Description</u>	
Urban	2.5
Suburban	81.3
Rural	16.2

Source: 2021 McHenry County Healthy Community Survey.

2021 McHenry County Healthy Community Study

APPENDICES

APPENDIX A – COMMUNITY SURVEY QUESTIONNAIRE



Empowering Minds



Transforming Lives



October 2021

Dear McHenry County Resident,

We need your help!

The McHenry County Department of Health, McHenry County Mental Health Board, Northwestern Medicine, and Advocate Aurora Health Care are currently engaged in the 2021 McHenry County Healthy Community Study. The Center for Governmental Studies at Northern Illinois University has been retained to conduct the Study. The findings will be used to help understand the health trends and improve the quality of health services in the County.

Your participation will benefit you, your family, your neighbors, and the community. Your household is one of a limited number of households selected to participate, so your responses to the survey are very important to us. Responses will be confidential, and all information provided will be reported in summary form only. No information will be reported that will identify individual survey respondents.

We would appreciate your completing the survey and returning it in the enclosed postage-paid envelope by December 17, 2021. The survey should take 10-15 minutes to complete.

If you prefer you can complete the survey online at:

<https://www.research.net/r/2021mchenrycommunityhealthsurvey>

You will need the ID# at the top-right hand corner of this letter to access the survey online.

If you have any questions about the survey, please call Mindy Schneiderman, Assistant Director, Center for Governmental Studies at 1-815-753-0039.

Thank you for your participation.

2021 McHenry County Healthy Community Study

2021 MCHENRY COUNTY HEALTHY COMMUNITY SURVEY

The purpose of this survey is to collect information about the health of McHenry County residents. The findings will be used to help understand the health trends and improve the quality of health services in the County.

1. What is the zip code where you currently live?

- | | | | |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> 60010 | <input type="checkbox"/> 60034 | <input type="checkbox"/> 60097 | <input type="checkbox"/> 60180 |
| <input type="checkbox"/> 60012 | <input type="checkbox"/> 60050 | <input type="checkbox"/> 60098 | <input type="checkbox"/> Other |
| <input type="checkbox"/> 60013 | <input type="checkbox"/> 60051 | <input type="checkbox"/> 60102 | |
| <input type="checkbox"/> 60014 | <input type="checkbox"/> 60071 | <input type="checkbox"/> 60142 | |
| <input type="checkbox"/> 60021 | <input type="checkbox"/> 60072 | <input type="checkbox"/> 60152 | |
| <input type="checkbox"/> 60033 | <input type="checkbox"/> 60081 | <input type="checkbox"/> 60156 | |

**THANK YOU, BUT FOR THE PURPOSE
OF THIS SURVEY YOU MUST LIVE IN
ONE OF THE ZIP CODES LISTED.**

PERCEPTIONS OF MCHENRY COUNTY

2. What are the **three greatest** strengths of McHenry County? **PLEASE SELECT THREE.**

- | | |
|--|---|
| <input type="checkbox"/> Access to affordable, healthy food | <input type="checkbox"/> Diversity/inclusivity of the community |
| <input type="checkbox"/> Access to affordable housing | <input type="checkbox"/> Faith communities |
| <input type="checkbox"/> Access to alcohol/drug treatment | <input type="checkbox"/> Homeless services |
| <input type="checkbox"/> Access to dental care | <input type="checkbox"/> Jobs and economy |
| <input type="checkbox"/> Access to early childhood services | <input type="checkbox"/> Low crime/safe neighborhoods |
| <input type="checkbox"/> Access to healthcare | <input type="checkbox"/> Parks and recreation |
| <input type="checkbox"/> Access to mental health treatment | <input type="checkbox"/> Police, fire, rescue, and other emergency services |
| <input type="checkbox"/> Access to senior services | <input type="checkbox"/> Public transportation |
| <input type="checkbox"/> Access to youth/adolescent services | <input type="checkbox"/> Schools |
| <input type="checkbox"/> Arts and cultural events | <input type="checkbox"/> Other (PLEASE SPECIFY) _____ |
| <input type="checkbox"/> Clean environment | |

3. What are the **three most** important health concerns in McHenry County? **PLEASE SELECT THREE.**

- | | |
|---|--|
| <input type="checkbox"/> Accidental injuries (e.g., motor vehicle accidents, falls, accidental shootings) | <input type="checkbox"/> Infectious disease (e.g., flu, TB, hepatitis, measles, mumps) |
| <input type="checkbox"/> Aging problems (e.g., arthritis, hearing/vision loss) | <input type="checkbox"/> Mental health problems (e.g., depression, anxiety, stress) |
| <input type="checkbox"/> Alcohol/drug abuse | <input type="checkbox"/> Obesity/overweight |
| <input type="checkbox"/> Bullying | <input type="checkbox"/> Rape/sexual assault |
| <input type="checkbox"/> Cancers | <input type="checkbox"/> Sexually transmitted infections (e.g., STIs including HIV/AIDS, gonorrhea, syphilis, chlamydia) |
| <input type="checkbox"/> Cardiovascular disease (e.g., heart disease, stroke, high blood pressure) | <input type="checkbox"/> Suicide |
| <input type="checkbox"/> Child abuse/neglect | <input type="checkbox"/> Unplanned pregnancy |
| <input type="checkbox"/> Disabilities (e.g., physical, developmental, sensory) | <input type="checkbox"/> Violence |
| <input type="checkbox"/> Domestic violence | <input type="checkbox"/> Tobacco use/smoking e-cigarettes/vaping |
| <input type="checkbox"/> Dental problems | <input type="checkbox"/> Too much screen time/technology use |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Other (PLEASE SPECIFY) _____ |

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4A. In the past 12 months, how often have members of your household done the following leisure activities in the community where you live?

4B. If you answered a few times a year or less or never for an activity, please indicate why members of your household do not do the activity more frequently. **(CHECK ALL THAT APPLY)**

	A. Frequency						B. Why not? (CHECK ALL THAT APPLY)				
	More Than Once A Week	About Once A Week	A Few Times A Month	About Once A Month	A Few Times A Year or Less	Never	Not Available In My Community	Public Safety Concern	Physical Disability	Lack of Time	Other (PLEASE SPECIFY)
A. Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
B. Bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
C. Visited McHenry County Conservation District (e.g., forest /nature preserve)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
D. Visited a park or playground	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
E. Visited a recreation center	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
F. Visited a library	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

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5A. In the past 12 months, how often have members of your household used the following for transportation in the community where you live?

5B. If you answered a few times a year or less or never for an item, please indicate why members of your household do not use it for transportation more frequently. **(CHECK ALL THAT APPLY)**

	A. Frequency						B. Why not? (CHECK ALL THAT APPLY)				
	More Than Once A Week	About Once A Week	A Few Times A Month	About Once A Month	A Few Times A Year or Less	Never	Not Available In My Community	No Need	Transit Schedule Not Convenient	Cost	Other (PLEASE SPECIFY)
A. Road	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			_____
B. Bike paths/Walk paths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			_____
C. Sidewalks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			_____
D. Pace Bus/ McRide	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
E. Taxi/Ride share	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	_____
F. Metra Rail/ Train	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
G. School Bus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

6. Please indicate which should be the **top priority** for your local government to invest funds in to improve in the next three years?

- Roads
- Sidewalks
- Bike Paths/Bike Lanes

- Transit/Paratransit (Metra & Pace)
- Other (PLEASE SPECIFY) _____

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HEALTH-RELATED QUALITY OF LIFE

7. During the past 30 days, for about how many days have you felt sad, blue, or depressed?

_____ Number of days

- None
- Don't know/Not sure

8. During the past 30 days, for about how many days have you felt worried, tense, or anxious?

_____ Number of days

- None
- Don't know/Not sure

9. Do you have ...? **CHECK ALL THAT APPLY.**

- | | |
|---|--|
| <input type="checkbox"/> Serious difficulty hearing or are you deaf | <input type="checkbox"/> Serious difficulty walking or climbing stairs |
| <input type="checkbox"/> Serious difficulty seeing, even when wearing glasses, or are you blind | <input type="checkbox"/> Difficulty dressing or bathing |
| <input type="checkbox"/> Serious difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional condition | <input type="checkbox"/> Difficulty doing errands alone (such as visiting a doctor's office or shopping) because of a physical, mental, or emotional condition |

HEALTH CARE ACCESS

10. Do you have any kind of health care coverage, including health insurance, prepaid plans, such as HMOs, government plans such as Medicare, or Indian Health Services?

- Yes **[GO TO QUESTION 11]**
- No **[GO TO QUESTION 12]**
- Don't know/Not sure **[GO TO QUESTION 12]**

11. What is the **primary** source of your health care coverage?

- | | |
|---|---|
| <input type="checkbox"/> Private insurance (a plan purchased through an employer or union or a plan you bought by you or another family member) | <input type="checkbox"/> Indian Health Service |
| <input type="checkbox"/> Medicare | <input type="checkbox"/> Some other source (PLEASE SPECIFY)
_____ |
| <input type="checkbox"/> Medicaid | <input type="checkbox"/> Do not know/unsure what type of coverage it is |
| <input type="checkbox"/> Military health benefits (e.g., TRICARE/CHAMPUS, VA) | <input type="checkbox"/> I do not have health care coverage |

12. Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

- Yes
- No

13. Other than cost, there are many other reasons people delay getting needed medical care. Have you delayed getting needed medical care for any of the following reasons in the past 12 months?

- | | |
|--|---|
| <input type="checkbox"/> You couldn't get through on the telephone | <input type="checkbox"/> Once you got there, you had to wait too long to see the doctor |
| <input type="checkbox"/> You couldn't get an appointment soon enough | |

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- | | |
|---|--|
| <input type="checkbox"/> The clinic/doctor’s office wasn’t open when you got there
<input type="checkbox"/> You didn’t have transportation | <input type="checkbox"/> Other (PLEASE SPECIFY) _____
<input type="checkbox"/> Did not delay getting medical care/did not need medical care |
|---|--|

14. How many times have you been to a doctor, nurse, or other healthcare professional in the past 12 months?

_____ Number of times

- None
 Don’t know/Not sure

15. Not including over-the counter (OTC) medications, was there a time in the past 12 months when you did not take your medication as prescribed because of cost?

- Yes No No medication was prescribed

PREVENTIVE HEALTH SERVICES

16A. During the past 12 months, have **you** had any of the following preventive health services?

16B. How many people in your household **other than yourself**, have had the following preventive health services during the past 12 months? Please indicate the number of people in each age group that have had each preventive health service. Enter 0 if none.

	A. You			B. Other People in Household		
	Yes	No	Don’t Know / Not Sure	Age Group		
				0-17	18-64	65+
Wellness (Non-Sick) Visit(s) to Doctor (e.g., routine checkup)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Preventative Screening (e.g., cancer screening, cholesterol screening, mammogram)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A	_____	_____
Dental Cleaning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Flu Shot or Flu Vaccination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Other Annual Vaccination(s) (PLEASE SPECIFY) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Mental Health Education/Screening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____

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PHYSICAL AND MENTAL HEALTH CONDITIONS/DISEASES

17A. Has a doctor, nurse, or other health professional ever told **you** that you had any of the following?

17B. Has a doctor, nurse, or other health professional ever told anyone in your household **other than yourself**, that they had any of the following conditions/diseases? Please indicate the number of people in each age group that were told they had each condition/disease. Enter 0 if none.

	A. You			B. Other People in Household		
	Yes	No	Don't Know / Not Sure	Age Group		
				0-17	18-64	65+
Heart Attack/Myocardial Infarction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Angina/Coronary Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Stroke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Cancer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Chronic Obstructive Pulmonary Disease (COPD), emphysema, or chronic bronchitis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Autoimmune Disease (PLEASE SPECIFY) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Mental Health Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Kidney Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
IF FEMALE AND ANSWERED YES: Were you told this only during pregnancy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
IF ANSWERED NO: Were you told you have pre-diabetes or borderline diabetes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Dental Disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____

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STI (Sexually transmitted Infection) such as genital herpes, genital warts, chlamydia, syphilis, gonorrhea, AIDS, or HIV infection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Other Condition (PLEASE SPECIFY) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			

18. Have you had a test (blood draw or finger-stick) for high blood sugar, A1C, or diabetes in the past three years?

- Yes
 No
 Don't know

19A. Has a doctor, nurse, or other health professional **ever** told you that you had any of the following?

19B. Has a doctor, nurse, or other health professional ever told anyone in your household **other than yourself**, that they had any of the following disorders/conditions? Please indicate the number of people in each age group that were told they had each disorder/condition. Enter 0 if none.

	A. You			B. Other People in Household		
	Yes	No	Don't know/Not sure	Age Group		
				0-17	18-64	65+
Attention Deficit Disorder (ADD) or Attention Deficit Disorder/Hyperactivity Disorder (ADHD)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Alcohol or Substance Abuse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Eating Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Panic Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Autism Spectrum Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Bipolar Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Depressive Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Developmental Delay or Disabilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____

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Obsessive-Compulsive Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Phobias	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Post-Traumatic Stress Disorder (PTSD)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Schizophrenia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
Other Condition (PLEASE SPECIFY) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____

TOBACCO, E-CIGARETTE, AND DRUG USE

20. Have **you** smoked at least 100 cigarettes in your entire life? 100 cigarettes is equal to 5 packs. Do not include electronic cigarettes (e-cigarettes, NJOY, Bluetip), herbal cigarettes, cigars, cigarillos, little cigars, pipes, bidis, kreteks, water pipes (hookahs), or marijuana.

- Yes **[GO TO QUESTION 21]**
 No **[GO TO QUESTION 22]**

21. Do **you** now smoke cigarettes every day, some days, or not at all?

- Every day
 Not at all
 Some days
 Don't know/Not sure

22. Do you currently use chewing tobacco, snuff, or snus every day, some days or not at all?

- Every day
 Not at all
 Some days
 Don't know/Not sure

23. Have you ever used an e-cigarette or other electronic "vaping" products, even just one time, in your entire life? E-cigarettes or other electronic "vaping" products include Juul, vape pens, e-cigars, and e-hookahs, and others. Do not include the use of electronic vaping products for marijuana use.

- Yes **[GO TO QUESTION 24]**
 No **[GO TO QUESTION 25]**
 Don't know/Not sure **[GO TO QUESTION 25]**

24. Do you now use e-cigarettes or other electronic "vaping product every day, some days, or not at all?

- Every day
 Not at all
 Some days
 Don't know/Not sure

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25. During the past 30 days, on how many days did you use marijuana or hashish?

_____ Number of days **[GO TO QUESTION 26]**

- None **[GO TO QUESTION 27]**
- Don't know/Not sure **[GO TO QUESTION 27]**

26. During the past 30 days, what was the **primary** mode you used marijuana. **PLEASE SELECT ONLY ONE.**

- Smoke it, for example, in a joint, bong, pipe, or blunt
- Eat it, for example, in brownies, cakes, cookies, or candy
- Drink it, for example, in tea, cola, or alcohol
- Vaporize it, for example, in an e-cigarette-like vaporizer or another vaporizing device
- Dab it, for example, using waxes or concentrates
- Use it some other way
- Don't know/Not sure

CAREGIVING

27. During the past 30 days, did you provide regular care or assistance to a friend or family member who has a health problem or disability?

- Yes **[GO TO QUESTION 28]**
- No **[GO TO QUESTION 30]**
- Caregiving recipient died in past 30 days **[GO TO QUESTION 30]**
- Don't know/Not sure **[GO TO QUESTION 30]**

28. What is the age of the person you care for? _____

29. What is the **main** health problem, long-term illness, or disability that the person you care for has? **PLEASE SELECT ONLY ONE.**

- Arthritis/Rheumatism
- Asthma
- Cancer
- Chronic respiratory conditions such as emphysema or COPD
- Developmental disabilities such as autism, Down's Syndrome, and Spina Bifida
- Diabetes
- Heart disease, hypertension
- Human immunodeficiency virus infection (HIV)
- Mental health illness, such as anxiety, depression, or schizophrenia
- Other organ failure or diseases such as kidney or liver problems
- Substance abuse or addiction disorders
- Injuries, including broken bones
- Old age/infirmity/frailty
- Other (PLEASE SPECIFY) _____
- Don't know/Not sure

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FINANCIAL STABILITY

30. During the last 12 months, was there a time when you were not able to pay your mortgage, rent or utility bills?

- Yes No Don't know/Not sure

31. In the last 12 months, how many times have you moved from one home to another?

_____ Number of moves in last 12 months

- None (Did not move in last 12 months)
 Don't know/Not sure

32. In the last 12 months, how often for you was the following statement true. I worried whether my food would run out before I got money to buy more.

- Often true Never true
 Sometimes true Don't know/Not sure

33. In the last 12 months, how often for you was the following statement true. The food that I bought just didn't last, and I didn't have money to get more.

- Often true Never true
 Sometimes true Don't know/Not sure

34. In general, how do your finances usually work out at the end of the month?

- I usually end up with some money left over I do not have enough money to make ends meet
 I have just enough money to make ends meet Don't know/Not sure

PERSONAL AND HOUSEHOLD CHARACTERISTICS

35. Are you a ...?

- Man Transgender Other (PLEASE SPECIFY)
 Woman man/transmaculine _____
 Transgender woman/transfeminine

36. To your knowledge are you now pregnant? **ANSWER ONLY IF YOU ARE FEMALE AND UNDER THE AGE OF 50.**

- Yes No Don't know/Not sure

37. What is your age? **USE WHOLE NUMBERS ONLY.** _____ years

38. About how much do you weigh without shoes? **USE WHOLE NUMBERS ONLY.**

_____ pounds

- Don't know/Not sure

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39. About how tall are you without shoes? **USE WHOLE NUMBERS ONLY.**

_____ feet _____ inches

Don't know/Not sure

40. Are you Hispanic, Latino/a, or Spanish origin?

Yes

No

Don't know/Not sure

41. Do you consider yourself to be ...? (CHECK ALL THAT APPLY)

White

American Indian or
Alaska Native

Other (PLEASE SPECIFY)

Black or African
American

Asian

Don't know/Not sure

Pacific Islander

42. What is the primary language used at home? _____

43. Are you ...?

Married

Separated

A member of an
unmarried couple

Divorced

Never Married

Widowed

44. What is the highest grade or year of school you completed?

Never attended school or
only attended kindergarten

Grade 12 or GED (High school
graduate)

College 4 years or more
College graduate)

Grades 1 through 8
(Elementary)

College 1 year to 3 years
(Some college or technical
school)

Grades 9 through 11 (Some
high school)

45. How would you describe your neighborhood?

Urban

Suburban

Rural

46. Have you ever served in active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit? Do not include training for the Reserves or National Guard, but do include activation, for example, for the Persian Gulf War.

Yes

No

47. Are you currently ...?

Employed for
wages

Out of work for
1 year or more

A homemaker

Self-employed

Out of work for
less than 1 year

A student

Retired

Unable to work

48. Not including yourself, how many people in each of the following age groups live in your home?

Ages 0-12 _____

Ages 45-64 _____

Ages 13-17 _____

Ages 65-74 _____

Ages 18-29 _____

Ages 75+ _____

Ages 30-44 _____

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49. What is your annual household income from all sources?

- | | | |
|---|--|--|
| <input type="checkbox"/> Less than \$25,761 | <input type="checkbox"/> \$62,081-\$71,160 | <input type="checkbox"/> \$98,401-\$149,999 |
| <input type="checkbox"/> \$25,761-\$34,840 | <input type="checkbox"/> \$71,161-\$80,240 | <input type="checkbox"/> \$150,000-\$199,999 |
| <input type="checkbox"/> \$34,841-\$43,920 | <input type="checkbox"/> \$80,241-\$89,320 | <input type="checkbox"/> \$200,000 or more |
| <input type="checkbox"/> \$43,921-\$53,000 | <input type="checkbox"/> \$89,321-\$93,860 | <input type="checkbox"/> Don't know/Not sure |
| <input type="checkbox"/> \$53,001-\$62,080 | <input type="checkbox"/> \$93,861-\$98,400 | |