



Northeastern Minnesota & Northwestern Wisconsin

Regional Health Status Survey

HARD TO REACH POPULATIONS

Aitkin County

Carlton County

Itasca County

St. Louis County

Data Tables

2015

**A Collaborative Effort Among
Regional Health Organizations**

First Edition
April 2017

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To order copies:

Generations Health Care Initiatives, Inc.

130 W. Superior St.

Duluth, MN 55802

(218) 336-5701

www.ghci.us

www.BridgetoHealthSurvey.org

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HARD TO REACH POPULATIONS SURVEY DESCRIPTION

Purpose

To ensure that data on populations who are typically underrepresented in traditional surveys is obtained. These populations include, but are not limited to, those who are without a permanent address (i.e. transient or homeless), have low-literacy levels, have physical or mental health challenges, are low-income, are young adults, and/or have others barriers to responding to the survey.

Data Collection Methods

Public health departments in each of the nine 2015 Bridge to Health Survey counties were offered the option to participate in the special data collection process for hard to reach populations. Surveys were conducted in four counties: Aitkin, Carlton, Itasca, and St. Louis. A convenience sample of adults (18+ years) in hard to reach populations were surveyed from October 2015 through January 2016. The same survey instrument used in the 2015 Bridge to Health Survey was used in the hard to reach population survey. The survey was administered as either an individual in-person interview or by an onsite facilitator that was available to assist with instructions and questions. The survey process was coordinated by the public health departments in the four counties and surveys were administered by public health staff, staff at the survey locations, or nursing students from the College of St.Scholastica.

Survey Locations and Demographics

The site locations and completed survey counts by county are provided in the table below.

County	Site Name	Surveys Completed	County Total
Aitkin	Food Shelf	59	
	HRA Housing Complex	20	
	WIC	12	
	McGregor Community Meal	9	100
Carlton	Operation Community Connect	50	50
Itasca	Kiesler House	63	63
St. Louis (North)	Quad City Food Shelf	24	
	Hibbing Food Shelf	7	
St. Louis (South)	Ruby's Pantry, Copper Top	44	
	Damiano Center Soup Kitchen	16	
	Rainbow Center	13	
	Community Action Duluth	50	154
Total			367

Demographics of hard to reach populations survey participants by county are provided in the table below.

		County			
Demographics		Aitkin	Carlton	Itasca	St. Louis
Sex	Number of Responses	98	50	62	143
	Male	30.6%	14.0%	46.8%	29.4%
	Female	68.4%	86.0%	51.6%	70.6%
	Other/Transgender	1.0%	0.0%	1.6%	0.0%
Age Group	Number of Responses	91	49	57	136
	18-34	27.5%	44.9%	21.1%	48.5%
	35 to 44	14.3%	20.4%	26.3%	13.2%
	45 to 54	8.8%	16.3%	29.8%	13.2%
	55 to 64	28.6%	14.3%	21.1%	14.0%
	65 to 74	11.0%	4.1%	1.8%	7.4%
	75 and older	9.9%	0.0%	0.0%	3.7%
Education	Number of Responses	98	50	62	142
	Less than H.S.	12.2%	20.0%	9.7%	14.8%
	H.S. Graduate/GED	40.8%	30.0%	41.9%	20.4%
	Some College	22.4%	30.0%	29.0%	29.6%
	Voc./Assoc. Degree	14.3%	12.0%	14.5%	18.3%
	College Graduate	10.2%	8.0%	4.8%	16.9%
Poverty Status	Number of Responses	94	46	56	138
	200% or Less	89.4%	89.1%	91.1%	84.1%
	More than 200%	10.6%	10.9%	8.9%	15.9%

Data Analysis

The hard to reach populations survey results are provided for each question by county. As a comparison, results by county overall from the 2015 Bridge to Health Survey are also displayed for each question. The number of respondents who answered the question (Total Responses) and the percentage of respondents who answered “yes” to the question (Percent) are provided. Unlike the 2015 Bridge to Health Survey, statistical weighting and calculation of margin of error for the hard to reach populations survey was not possible due to the sampling design.

The complete versions of the regional and county 2015 Bridge to Health Survey reports are available at <http://bridgetohealthsurvey.org>.

Chapter 1

HEALTH STATUS

<p align="center">Table 1.1.A Perceived Health Status Percent Excellent Bridge to Health Survey 2015</p>					
Question:		In general, would you say that your health is: excellent, very good, good, fair, or poor? (Excellent)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	534	5.2	3.0-7.3	96	6.3
Carlton	582	11.2	6.7-15.7	48	0.0
Itasca	534	6.6	3.9-9.4	59	10.2
St. Louis County	1080	19.0	12.7-25.2	142	13.4

<p align="center">Table 1.1.B Perceived Health Status Percent Fair or Poor¹ Bridge to Health Survey 2015</p>					
Question:		In general, would you say that your health is: excellent, very good, good, fair, or poor? (Fair or poor)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	534	15.9	10.5-21.2	96	31.3
Carlton	582	12.4	7.6-17.2	48	33.3
Itasca	534	12.5	8.4-16.6	59	39.0
St. Louis County	1080	11.5	8.5-14.5	142	21.1

¹Responses of 'fair' and 'poor' were collapsed into a single category.

Chapter 2

Chronic Medical Conditions

Table 2.1.A
Chronic and Other Medical Conditions

Percent Allergies
Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Allergies)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	27.7	21.4-34.0	100	40.0
Carlton	624	30.4	22.6-38.1	50	32.0
Itasca	563	32.0	24.9-39.0	63	39.7
St. Louis County	1148	32.2	26.7-37.6	153	33.3

Table 2.1.B
Chronic and Other Medical Conditions

Percent Asthma
Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Asthma)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	8.4	5.3-11.5	100	23.0
Carlton	624	9.8	6.3-13.4	50	28.0
Itasca	563	11.0	7.1-15.0	63	19.0
St. Louis County	1148	13.4	9.7-17.1	153	20.3

Table 2.1.C
Chronic and Other Medical Conditions
 Percent Back Problems
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Back Problems)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	43.4	35.3-51.4	100	57.0
Carlton	624	38.0	30.7-45.3	50	58.0
Itasca	563	33.1	26.8-39.4	63	49.2
St. Louis County	1148	38.1	32.5-43.7	153	37.9

Table 2.1.D
Chronic and Other Medical Conditions
 Percent Cancer
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Cancer)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	10.2	7.3-13.1	100	11.0
Carlton	624	6.4	4.2-8.6	50	12.0
Itasca	563	12.2	8.6-15.8	63	11.1
St. Louis County	1148	9.0	6.1-11.9	153	11.1

Table 2.1.E
Chronic and Other Medical Conditions
 Percent Diabetes
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Diabetes)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	11.7	7.9-15.6	99	19.2
Carlton	624	8.2	4.9-11.5	49	16.3
Itasca	563	11.2	7.3-15.0	61	34.4
St. Louis County	1148	8.8	5.7-11.8	151	12.6

Table 2.1.F
Chronic and Other Medical Conditions
 Percent Pre-Diabetes
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Pre-diabetes)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	9.9	6.0-13.8	100	17.0
Carlton	624	9.8	5.6-14.0	50	22.0
Itasca	563	9.7	6.2-13.1	63	17.5
St. Louis County	1148	10.3	7.3-13.3	150	14.0

Table 2.1.G
Chronic and Other Medical Conditions
 Percent Digestive Disorders
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Digestive disorders)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	8.0	4.8-11.3	100	12.0
Carlton	624	9.2	5.5-13.0	50	8.0
Itasca	563	9.9	6.1-13.8	63	19.0
St. Louis County	1148	7.4	4.6-10.1	153	13.1

Table 2.1.H
Chronic and Other Medical Conditions
 Percent Chronic Headaches
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Chronic headaches)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	7.5	4.0-10.9	100	28.0
Carlton	624	14.7	7.1-22.2	50	26.0
Itasca	563	13.9	6.1-21.7	63	27.0
St. Louis County	1148	12.2	7.3-17.0	153	18.3

<p align="center">Table 2.1.I Chronic and Other Medical Conditions Percent Heart Trouble or Angina Bridge to Health Survey 2015</p>					
Question:		Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Heart Trouble or angina)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	11.1	7.5-14.7	100	13.0
Carlton	624	6.9	4.6-9.1	50	8.0
Itasca	563	12.4	8.7-16.2	63	17.5
St. Louis County	1148	11.9	8.4-15.5	153	11.1

<p align="center">Table 2.1.J Chronic and Other Medical Conditions Percent High Blood Pressure Bridge to Health Survey 2015</p>					
Question:		Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (High blood pressure)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	42.9	35.1-50.8	97	51.5
Carlton	624	30.4	24.0-36.7	50	24.0
Itasca	563	38.6	31.9-45.3	61	37.7
St. Louis County	1147	30.1	25.5-34.6	148	31.1

Table 2.1.K
Chronic and Other Medical Conditions
 Percent High Cholesterol
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (High cholesterol)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	37.2	30.0-44.4	100	29.0
Carlton	624	32.5	24.6-40.4	50	22.0
Itasca	563	31.5	25.1-37.9	63	30.2
St. Louis County	1148	29.7	24.9-34.4	153	17.6

Table 2.1.L
Chronic and Other Medical Conditions
 Percent Joint Problems
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Joint problems)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	38.1	30.8-45.5	100	50.0
Carlton	624	29.4	23.4-35.5	50	38.0
Itasca	563	34.6	27.8-41.3	63	47.6
St. Louis County	1148	28.3	23.9-32.6	153	30.1

Table 2.1.M
Chronic and Other Medical Conditions
 Percent Kidney or Bladder Problems
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Kidney or bladder problems)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	15.8	10.8-20.8	100	23.0
Carlton	624	13.4	6.8-20.0	50	12.0
Itasca	563	15.9	10.8-20.9	63	15.9
St. Louis County	1148	10.0	7.0-13.1	153	13.1

Table 2.1.N
Chronic and Other Medical Conditions
 Percent Chronic Lung Problems
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Chronic lung problems)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	7.1	4.4-9.8	100	18.0
Carlton	624	5.0	2.3-7.8	50	16.0
Itasca	563	8.0	4.7-11.2	63	15.9
St. Louis County	1148	6.6	3.7-9.4	153	9.2

Table 2.1.O
Chronic and Other Medical Conditions
 Percent Chronic Pain
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Chronic pain)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	20.2	14.6-25.7	100	43.0
Carlton	624	15.1	10.0-20.1	50	48.0
Itasca	563	16.1	11.2-21.1	63	47.6
St. Louis County	1148	16.4	12.6-20.2	153	24.2

Table 2.1.P
Chronic and Other Medical Conditions
 Percent Risk of Falling
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Risk of falling)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	11.0	7.3-14.6	100	23.0
Carlton	624	7.4	4.5-10.3	50	26.0
Itasca	563	9.1	5.8-12.4	63	19.0
St. Louis County	1148	8.8	5.5-12.0	153	15.7

Table 2.1.Q
Chronic and Other Medical Conditions
 Percent Sleep Related Disorders
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Sleep related disorders)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	24.2	18.2-30.1	100	41.0
Carlton	624	23.3	16.9-29.6	50	48.0
Itasca	563	29.2	21.2-37.2	63	58.7
St. Louis County	1148	21.8	17.6-26.1	153	30.1

Table 2.1.R
Chronic and Other Medical Conditions
 Percent Stroke Related Problems
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Stroke related problems)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	2.6	1.1-4.0	100	12.0
Carlton	624	1.8	0.7-2.8	50	10.0
Itasca	563	6.6	3.5-9.7	63	9.5
St. Louis County	1148	4.8	2.1-7.4	153	5.2

Chapter 3
Mental Health

<p align="center">Table 3.1.A Mental Health Conditions Percent Anxiety or Panic Attacks Bridge to Health Survey 2015</p>					
Question:		Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Anxiety or panic attacks)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	20.9	14.5-27.4	100	42.0
Carlton	624	22.1	15.9-28.3	50	60.0
Itasca	563	24.1	17.9-30.3	63	79.4
St. Louis County	1148	22.2	17.6-26.8	153	44.4

<p align="center">Table 3.1.B Mental Health Conditions Percent Depression Bridge to Health Survey 2015</p>					
Question:		Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Depression)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	22.0	15.5-28.4	100	45.0
Carlton	624	25.5	19.0-32.0	50	56.0
Itasca	563	26.8	20.3-33.2	63	82.5
St. Louis County	1148	25.8	21.0-30.5	153	44.4

Table 3.1.C
Mental Health Conditions
 Percent Other Mental Health Problems
 Bridge to Health Survey 2015

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Other mental health problems)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	5.8	1.7-9.9	100	29.0
Carlton	624	6.2	1.9-10.5	50	36.0
Itasca	563	6.5	2.6-10.4	63	61.9
St. Louis County	1148	8.1	4.8-11.5	153	24.2

Table 3.2.A
Preventive Screening: Depression and Anxiety
 Within Past Year
 Bridge to Health Survey 2015

Question: When was the last time you...had any screening for mental health issues such as depression or anxiety? (Within Past Year)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	571	24.3	17.3-31.3	99	38.4
Carlton	611	21.0	14.4-27.6	48	72.9
Itasca	545	20.4	15.4-25.5	62	82.3
St. Louis County	1127	19.6	15.5-23.7	146	45.2

Table 3.2.B
Preventive Screening: Depression and Anxiety
 Never
 Bridge to Health Survey 2015

Question: When was the last time you...had any screening for mental health issues such as depression or anxiety? (Never)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	571	63.6	55.8-71.4	99	34.3
Carlton	611	60.1	52.5-67.7	48	14.6
Itasca	545	52.6	44.6-60.6	62	8.1
St. Louis County	1127	60.9	55.7-66.2	146	26.7

Table 3.3
Poor Mental Health Days

Frequent Mental Distress (14 or more poor mental health days in past 30 days)
Bridge to Health Survey 2015

Question: Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (14 or more days)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	510	13.3	7.4-19.3	86	30.2
Carlton	574	17.3	11.0-23.6	41	53.7
Itasca	507	10.2	5.5-14.9	56	50.0
St. Louis County	1044	13.2	9.6-16.9	122	31.1

Table 3.4.A
Social and Emotional Support
 Always
 Bridge to Health Survey 2015

Question: How often do you get the social and emotional support you need? Please include support from any source. (Always)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	576	30.1	23.1-37.1	99	27.3
Carlton	609	34.3	26.2-42.4	49	24.5
Itasca	549	32.6	26.0-39.3	62	35.5
St. Louis County	1131	33.0	27.9-38.1	145	29.0

Table 3.4.B
Social and Emotional Support
 Rarely or Never¹
 Bridge to Health Survey 2015

Question: How often do you get the social and emotional support you need? Please include support from any source. (Rarely or never)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	576	15.9	10.7-21.1	99	21.2
Carlton	609	9.2	6.3-12.1	49	22.4
Itasca	549	16.7	10.8-22.6	62	8.1
St. Louis County	1131	13.1	8.8-17.3	145	18.6

¹Responses for "Rarely" and "Never" were combined

Table 3.5
Failed to Seek or Delayed Seeking Help for Mental Health Problems in Past 12 Months
 Bridge to Health Survey 2015

Question: During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about mental health problems such as stress, depression, excess worrying, troubling thoughts, or emotional problems, but did not go or delayed talking with someone?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	590	15.1	9.4-20.7	99	24.2
Carlton	614	14.2	9.3-19.2	45	44.4
Itasca	558	13.0	7.9-18.2	62	43.5
St. Louis County	1139	18.0	13.7-22.2	148	31.1

Table 3.6.A					
Suicide					
Thought About it During the Last Year					
Bridge to Health Survey 2015					
Question: Have you thought about killing yourself? (During the last year)					
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	590	6.2	2.1-10.4	98	10.2
Carlton	617	6.4	2.3-10.4	50	26.0
Itasca	563	7.8	2.4-13.1	62	25.8
St. Louis County	1144	9.1	3.9-14.3	141	9.2

Table 3.6.B					
Suicide					
Thought About it More than a Year Ago					
Bridge to Health Survey 2015					
Question: Have you thought about killing yourself? (More than a year ago)					
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	590	9.0	4.8-13.3	98	14.3
Carlton	617	10.3	5.3-15.2	50	20.0
Itasca	563	6.9	4.1-9.7	62	33.9
St. Louis County	1144	11.8	7.3-16.3	141	23.4

Chapter 4

Preventive Health Practices

Table 4.1.A
Weight Status Based on Body Mass Index (BMI)
BMI: Approximation of Body Fat Based on Weight and Height
 Not Overweight
 Bridge to Health Survey 2015

Question: How tall are you without shoes?
 Approximately how much do you weigh without shoes?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	577	32.1	22.0-42.1	94	23.4
Carlton	606	32.8	24.6-41.0	47	21.3
Itasca	551	31.0	23.4-38.6	57	17.5
St. Louis County	1121	36.0	30.3-41.7	142	29.6

Table 4.1.B
Weight Status Based on Body Mass Index (BMI)
BMI: Approximation of Body Fat Based on Weight and Height
 Overweight Or Obese
 Bridge to Health Survey 2015

Question: How tall are you without shoes?
 Approximately how much do you weigh without shoes?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	577	67.9	57.9-78.0	94	76.6
Carlton	606	67.2	59.0-75.4	47	78.7
Itasca	551	69.0	61.4-76.6	57	82.5
St. Louis County	1121	64.0	58.3-69.7	142	70.4

Table 4.1.C
Weight Status Based on Body Mass Index (BMI)
BMI: Approximation of Body Fat Based on Weight and Height
 Overweight But Not Obese
 Bridge to Health Survey 2015

Question: How tall are you without shoes?
 Approximately how much do you weigh without shoes?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	577	35.2	27.8-42.7	94	35.1
Carlton	606	39.8	32.1-47.4	47	23.4
Itasca	551	31.0	24.0-38.0	57	28.1
St. Louis County	1121	38.1	32.5-43.7	142	26.1

Table 4.1.D
Weight Status Based on Body Mass Index (BMI)
BMI: Approximation of Body Fat Based on Weight and Height
 Obese
 Bridge to Health Survey 2015

Question: How tall are you without shoes?
 Approximately how much do you weigh without shoes?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	577	32.7	25.6-39.8	94	41.5
Carlton	606	27.4	19.8-35.0	47	55.3
Itasca	551	38.0	30.5-45.5	57	54.4
St. Louis County	1121	25.9	21.5-30.3	142	44.4

Table 4.2.A
Source of Groceries: 1 Or More Times Per Week
Supermarket or Large Grocery Store
 Bridge to Health Survey 2015

Question: How often do you or others in your household buy or get food from the following places...supermarket or large grocery store?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	582	52.8	43.9-61.6	98	30.6
Carlton	616	63.1	54.9-71.3	48	50.0
Itasca	557	67.2	59.2-75.2	63	46.0
St. Louis County	1135	66.5	61.2-71.8	149	39.6

Table 4.2.B
Source of Groceries: 1 Or More Times Per Week
Small Grocery Store
 Bridge to Health Survey 2015

Question: How often do you or others in your household buy or get food from the following places...small grocery store?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	462	24.4	16.3-32.5	85	28.2
Carlton	512	17.8	11.9-23.7	40	25.0
Itasca	450	26.9	18.4-35.3	53	22.6
St. Louis County	926	25.4	19.4-31.3	119	13.4

Table 4.2.C
Source of Groceries: 1 Or More Times Per Week
Convenience Store or Gas Station
 Bridge to Health Survey 2015

Question: How often do you or others in your household buy or get food from the following places...convenience store or gas station?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	462	11.7	4.6-18.8	86	17.4
Carlton	514	24.8	16.0-33.6	40	20.0
Itasca	442	23.8	13.7-33.9	56	17.9
St. Louis County	909	17.4	11.9-22.9	124	30.6

Table 4.2.D
Source of Groceries: 1 Or More Times Per Week
Food Shelf or Pantry
 Bridge to Health Survey 2015

Question: How often do you or others in your household buy or get food from the following places...food shelf or pantry?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	450	0.0	0.0-0.1	94	3.2
Carlton	494	0.0	0.0-0.0	47	6.4
Itasca	434	0.1	0.0-0.3	58	6.9
St. Louis County	873	0.3	0.0-0.7	132	3.0

<p align="center">Table 4.2.E Source of Groceries: 1 Or More Times Per Week Some Other Place Bridge to Health Survey 2015</p>					
<p>Question: How often do you or others in your household buy or get food from the following places...some other place?</p>					
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	405	1.1	0.3-1.8	64	9.4
Carlton	449	8.8	0.2-17.4	35	8.6
Itasca	395	5.2	1.7-8.7	43	4.7
St. Louis County	827	8.9	3.3-14.4	107	13.1

<p align="center">Table 4.3.A Source of Produce During Growing Season: 1 Or More Times Per Week Farmer's Market, Fruit/Vegetable Stand Bridge to Health Survey 2015</p>					
<p>Question: During the growing season, how often do you or others in your household buy or get food from the following places...farmer's market/produce stand?</p>					
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	545	10.3	6.8-13.9	97	6.2
Carlton	593	9.8	5.2-14.4	44	2.3
Itasca	521	12.2	8.1-16.4	59	3.4
St. Louis County	1081	9.0	5.9-12.1	146	4.8

Table 4.3.B
Source of Produce During Growing Season: 1 Or More Times Per Week
Local Farm or CSA (Community Supported Agriculture)
 Bridge to Health Survey 2015

Question: During the growing season, how often do you or others in your household buy or get food from the following places...local farm or CSA?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	476	1.9	0.0-3.7	89	2.2
Carlton	526	1.9	0.5-3.3	44	2.3
Itasca	445	1.5	0.3-2.8	58	1.7
St. Louis County	963	2.6	1.3-3.8	136	1.5

Table 4.3.C
Source of Produce During Growing Season: 1 Or More Times Per Week
Food Grown at Home or in a Community Garden
 Bridge to Health Survey 2015

Question: During the growing season, how often do you or others in your household buy or get food from the following places...homegrown?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	541	42.4	33.9-51.0	94	19.1
Carlton	577	34.9	26.5-43.2	45	4.4
Itasca	509	46.5	38.4-54.6	58	8.6
St. Louis County	1042	27.8	22.8-32.7	139	12.9

Table 4.4.A
Source of Meals
Fast Food Place: 1 Or More Times Per Week
 Bridge to Health Survey 2015

Question: In an average week, how many times do you do the following...eat or order a meal from a fast food place? (1 or more times per week)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	551	37.9	29.6-46.1	96	54.2
Carlton	593	52.2	43.9-60.6	45	62.2
Itasca	539	53.0	45.3-60.7	60	50.0
St. Louis County	1091	52.6	46.9-58.3	144	56.9

Table 4.4.B
Source of Meals
Restaurant Other Than Fast Food Place: 1 Or More Times Per Week
 Bridge to Health Survey 2015

Question: In an average week, how many times do you do the following...eat a meal at a restaurant that is not a fast food place? (1 or more times per week)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	555	52.2	43.1-61.3	95	42.1
Carlton	601	60.1	51.7-68.4	45	57.8
Itasca	553	56.8	48.9-64.8	59	35.6
St. Louis County	1089	67.0	61.9-72.2	140	46.4

Table 4.4.C
Source of Meals
Home Cooked Meal: Less Than 5 Times Per Week
 Bridge to Health Survey 2015

Question: In an average week, how many times do you do the following...eat a homecooked meal? (less than 5 times per week)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	582	18.7	12.1-25.3	97	33.0
Carlton	615	18.7	13.6-23.8	48	41.7
Itasca	559	17.0	9.4-24.5	61	36.1
St. Louis County	1126	22.2	17.2-27.1	144	33.3

Table 4.5.A
Fruit and Vegetable Consumption - Number of Servings
0 Servings Yesterday
 Bridge to Health Survey 2015

Question: A serving of vegetables - not including french fries - is one cup of salad greens or a half cup of vegetables. How many servings of vegetables did you have yesterday? (0 servings)

A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut, or canned fruit. How many servings of fruit did you have yesterday? (0 servings)

A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday? (0 servings)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	581	6.4	2.9-9.8	98	10.2
Carlton	613	9.1	4.8-13.4	47	10.6
Itasca	559	10.2	4.6-15.7	59	15.3
St. Louis County	1124	7.2	3.2-11.3	144	15.3

Table 4.5.B
Fruit and Vegetable Consumption - Number of Servings
5 Or More Servings Yesterday
 Bridge to Health Survey 2015

Question: A serving of vegetables - not including french fries - is one cup of salad greens or a half cup of vegetables. How many servings of vegetables did you have yesterday? (5+ servings)

A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut, or canned fruit. How many servings of fruit did you have yesterday? (5+ servings)

A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday? (5+ servings)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	581	32.5	22.9-42.0	98	22.4
Carlton	613	29.7	23.0-36.4	47	34.0
Itasca	559	31.8	25.6-38.0	59	10.2
St. Louis County	1124	34.4	28.8-39.9	144	33.3

Table 4.6.A
Physical Activity
Any Physical Activity in Past 30 Days
 Bridge to Health Survey 2015

Question: During the past 30 days, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	582	74.8	67.4-82.2	100	59.0
Carlton	620	77.9	69.4-86.5	48	62.5
Itasca	560	78.8	71.4-86.2	62	69.4
St. Louis County	1141	84.4	81.1-87.7	147	62.6

Table 4.6.B
Physical Activity
Moderate Or Vigorous Activity 3 Or More Days Per Week
 Bridge to Health Survey 2015

Question: During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity or at least 20 minutes of vigorous physical activity? (<3 days/week)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	575	30.9	23.2-38.5	86	37.2
Carlton	608	27.5	20.9-34.2	42	33.3
Itasca	547	23.6	18.3-29.0	57	47.4
St. Louis County	1111	26.0	21.5-30.4	129	38.8

Table 4.6.C
Physical Activity
Moderate Activity 5 Or More Days Per Week
 Bridge to Health Survey 2015

Question: During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity? Moderate activities cause only light sweating and a small increase in breathing or heart rate. (5+ days/week)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	582	43.6	34.5-52.7	88	29.5
Carlton	615	33.0	25.3-40.7	43	44.2
Itasca	549	45.0	37.8-52.1	58	24.1
St. Louis County	1124	35.1	29.5-40.8	133	30.1

Table 4.6.D
Physical Activity
Vigorous Activity 3 Or More Days Per Week
 Bridge to Health Survey 2015

Question: During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity? Vigorous activities cause heavy sweating and a large increase in breathing and heart rate. (3+ days/week)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	576	31.7	21.7-41.6	87	31.0
Carlton	610	25.8	19.3-32.2	43	37.2
Itasca	554	34.4	27.6-41.2	58	29.3
St. Louis County	1117	29.9	24.2-35.5	133	24.1

Table 4.7.A
Barriers to Physical Activity: Top 5 Reasons
Lack of Self-Discipline
 Bridge to Health Survey 2015

Question: Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply. (Lack of self-discipline)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	553	28.3	20.6-35.9	96	25.0
Carlton	585	29.5	22.5-36.5	43	34.9
Itasca	538	27.6	21.0-34.2	60	33.3
St. Louis County	1097	23.7	19.7-27.7	148	29.1

Table 4.7.B
Barriers to Physical Activity: Top 5 Reasons
Program Costs/Fees
 Bridge to Health Survey 2015

Question: Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply. (Program Costs/Fees)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	539	31.1	23.6-38.6	94	55.3
Carlton	584	34.1	25.5-42.8	43	46.5
Itasca	530	25.5	18.9-32.1	59	32.2
St. Louis County	1080	20.6	16.3-25.0	148	47.3

Table 4.7.C
Barriers to Physical Activity: Top 5 Reasons
Lack of Energy
 Bridge to Health Survey 2015

Question: Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply. (Lack of energy)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	549	16.9	11.7-22.2	93	25.8
Carlton	585	21.7	14.8-28.7	43	41.9
Itasca	539	26.9	19.1-34.7	59	32.2
St. Louis County	1092	20.0	16.1-24.0	148	30.4

Table 4.7.D
Barriers to Physical Activity: Top 5 Reasons
Lack of Time
 Bridge to Health Survey 2015

Question: Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply. (Lack of time)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	558	15.5	10.3-20.7	96	17.7
Carlton	594	20.8	13.2-28.4	45	15.6
Itasca	543	17.6	11.9-23.3	60	20.0
St. Louis County	1098	19.9	15.3-24.6	149	24.2

Table 4.7.E
Barriers to Physical Activity: Top 5 Reasons
Disability or Illness
 Bridge to Health Survey 2015

Question: Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply. (Disability or illness)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	547	21.4	14.9-27.9	93	33.3
Carlton	592	14.4	9.2-19.6	42	21.4
Itasca	535	13.5	9.4-17.5	63	33.3
St. Louis County	1099	11.8	8.9-14.8	148	19.6

Chapter 5

Preventive Screenings

Table 5.1.A
Preventive Screening: Mammogram
(Females Age 40 and Older)
 Percent Never Had a Mammogram
 Bridge to Health Survey 2015

Question: When was the last time you...had a mammogram (women only)? (Never)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	342	2.4	0.5-4.3	40	2.5
Carlton	333	9.1	4.0-14.3	20	5.0
Itasca	304	4.0	0.7-7.2	18	11.1
St. Louis County	618	5.4	2.8-8.0	42	9.5

Table 5.1.B
Preventive Screening: Mammogram
(Females Age 40 and Older)
 Percent Within Past 2 Years
 Bridge to Health Survey 2015

Question: When was the last time you...had a mammogram (women only)? (Within past 2 years)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	342	83.5	78.7-88.3	40	90.0
Carlton	333	75.2	68.5-81.9	20	85.0
Itasca	304	80.9	75.5-86.3	18	77.8
St. Louis County	618	75.4	70.3-80.5	42	76.2

Table 5.2.A
Preventive Screening: Breast Self-Exam
(Females Age 18 and Older)
 Percent Never Performed Breast Self-Exam
 Bridge to Health Survey 2015

Question: When was the last time you...performed a breast self-exam (women only)?
 (Never)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	369	8.7	3.9-13.6	64	20.3
Carlton	409	12.8	5.8-19.8	40	20.0
Itasca	340	6.8	2.6-11.0	29	20.7
St. Louis County	756	12.9	8.8-16.9	97	18.6

Table 5.2.B
Preventive Screening: Breast Self-Exam
(Females Age 18 and Older)
 Percent Performed Breast Self-Exam Within the Past Year
 Bridge to Health Survey 2015

Question: When was the last time you...performed a breast self-exam (women only)?
 (Within the past year)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	369	74.8	67.8-81.7	64	70.3
Carlton	409	72.6	64.7-80.5	40	65.0
Itasca	340	77.5	71.2-83.8	29	55.2
St. Louis County	756	71.7	66.5-76.8	97	62.9

<p align="center">Table 5.3.A Preventive Screening: Pap Smear (Females Age 18 and Older) Percent Never Had a Pap Smear Bridge to Health Survey 2015</p>					
Question:		When was the last time you...had a Pap smear (women only)? (Never)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	359	2.0	0.3-3.6	64	7.8
Carlton	403	4.2	0.0-10.4	41	2.4
Itasca	332	1.1	0.0-2.1	30	3.3
St. Louis County	734	4.4	2.1-6.7	97	7.2

<p align="center">Table 5.3.B Preventive Screening: Pap Smear (Females Age 18 and Older) Percent Had Pap Smear Within the Past 2 Years Bridge to Health Survey 2015</p>					
Question:		When was the last time you...had a Pap smear (women only)? (Within the past 2 years)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	359	51.9	44.3-59.5	64	65.6
Carlton	403	61.0	53.4-68.6	41	85.4
Itasca	331	65.3	58.8-71.8	30	80.0
St. Louis County	734	62.0	56.7-67.4	97	72.2

Table 5.4.A
Preventive Screening: Prostate Exam
(Males Age 50 and Older)
 Percent Never Had a Prostate Exam
 Bridge to Health Survey 2015

Question: When was the last time you...had a prostate exam (men only)? (Never)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	185	26.6	13.3-39.9	17	29.4
Carlton	157	27.5	14.0-41.1	2	50.0
Itasca	177	14.8	5.1-24.5	13	38.5
St. Louis County	296	11.7	6.1-17.3	16	6.3

Table 5.4.B
Preventive Screening: Prostate Exam
(Males Age 50 and Older)
 Percent Prostate Exam Within Past Year
 Bridge to Health Survey 2015

Question: When was the last time you...had a prostate exam (men only)? (Within past year)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	185	32.2	23.0-41.4	17	29.4
Carlton	157	38.9	26.6-51.1	2	0.0
Itasca	177	60.9	49.4-72.3	13	23.1
St. Louis County	296	54.8	45.8-63.9	16	50.0

Table 5.5.A
Preventive Screening: Colon Cancer
(Males and Females Age 50 and Older)
 Percent Never Had Colon Cancer Screening
 Bridge to Health Survey 2015

Question: When was the last time you...had any screening for colon cancer (such as fecal occult blood test, colonoscopy, barium enema, proctoscopic exam or sigmoidoscopy)? (Never)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	502	22.3	14.6-30.0	48	16.7
Carlton	434	21.5	14.1-28.9	13	30.8
Itasca	441	16.0	10.3-21.7	24	29.2
St. Louis County	812	14.4	10.9-17.9	45	24.4

Table 5.5.B
Preventive Screening: Colon Cancer
(Males and Females Age 50 and Older)
 Percent Colon Cancer Screening Within Past 5 Years
 Bridge to Health Survey 2015

Question: When was the last time you...had any screening for colon cancer (such as fecal occult blood test, colonoscopy, barium enema, proctoscopic exam or sigmoidoscopy)? (Within past 5 years)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	502	65.9	58.6-73.2	48	75.0
Carlton	434	62.6	54.7-70.6	13	69.2
Itasca	441	70.4	63.8-77.0	24	66.7
St. Louis County	812	69.9	64.7-75.0	45	71.1

Table 5.6.A
Preventive Screening: Blood Pressure
Percent Blood Pressure Checked 5 or More Years Ago or Never
Bridge to Health Survey 2015

Question: When was the last time you...had your blood pressure checked? (5 or more years ago or never)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	585	0.8	0-2.2	100	1.0
Carlton	622	3.3	0.7-6.0	50	0.0
Itasca	558	1.3	0.1-2.6	62	3.2
St. Louis County	1148	2.1	0.7-3.5	148	5.4

Table 5.6.B
Preventive Screening: Blood Pressure
Percent Blood Pressure Checked Within the Past Year
Bridge to Health Survey 2015

Question: When was the last time you...had your blood pressure checked? (Within the past year)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	585	90.1	83.7-96.5	100	94.0
Carlton	622	91.4	87.5-95.2	50	94.0
Itasca	558	89.5	84.3-94.7	62	96.8
St. Louis County	1148	89.4	86.5-92.4	148	85.8

<p align="center">Table 5.7.A Preventive Screening: Cholesterol Percent Never Had Blood Cholesterol Checked Bridge to Health Survey 2015</p>					
<p>Question: When was the last time you...had your blood cholesterol checked? (Never)</p>					
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	579	4.8	1.3-8.3	99	5.1
Carlton	618	12.7	5.3-20.0	48	8.3
Itasca	554	10.9	3.3-18.6	61	11.5
St. Louis County	1141	12.3	6.8-17.7	147	18.4

<p align="center">Table 5.7.B Preventive Screening: Cholesterol Percent Blood Cholesterol Checked Within Past 2 Years Bridge to Health Survey 2015</p>					
<p>Question: When was the last time you...had your blood cholesterol checked? (Never)</p>					
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	579	87.7	82.9-92.5	99	83.8
Carlton	618	73.1	65.0-81.2	48	85.4
Itasca	554	80.5	72.7-88.3	61	82.0
St. Louis County	1141	75.0	69.3-80.7	147	72.1

Chapter 6

Tobacco Use

<p align="center">Table 6.1.A Cigarette Smoking Status Percent Current Smoker Bridge to Health Survey 2015</p>					
Question:		Have you smoked at least 100 cigarettes in your entire life? Do you now smoke cigarettes every day, some days or not at all?			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	583	19.4	12.6-26.2	97	41.2
Carlton	616	21.6	14.0-29.2	48	58.3
Itasca	553	25.5	17.0-33.9	62	51.6
St. Louis County	1136	16.2	11.7-20.6	147	38.1

<p align="center">Table 6.1.B Cigarette Smoking Status Percent Former Smoker Bridge to Health Survey 2015</p>					
Question:		Have you smoked at least 100 cigarettes in your entire life? Do you now smoke cigarettes every day, some days or not at all?			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	583	33.5	26.5-40.6	97	16.5
Carlton	616	29.4	22.6-36.3	48	8.3
Itasca	553	26.0	20.6-31.3	62	16.1
St. Louis County	1136	34.5	28.9-40.1	147	17.0

Table 6.1.C Cigarette Smoking Status Percent Never Smoked Bridge to Health Survey 2015					
Question:		Have you smoked at least 100 cigarettes in your entire life? Do you now smoke cigarettes every day, some days or not at all?			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	583	47.0	38.1-56.0	97	42.3
Carlton	616	49.0	40.9-57.1	48	33.3
Itasca	553	48.6	40.8-56.3	62	32.3
St. Louis County	1136	49.3	43.7-55.0	147	44.9

Table 6.2.A Cigarette Smoking: Current Smokers Bridge to Health Survey 2015					
Question:		Is your usual cigarette brand menthol or non-menthol? (Menthol)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	72	14.2	0.4-27.9	40	22.5
Carlton	85	36.2	12.8-59.6	26	26.9
Itasca	81	5.8	0.0-12.9	32	15.6
St. Louis County	149	17.7	8.2-27.3	56	53.6

Table 6.2.B Cigarette Smoking: Current Smokers Bridge to Health Survey 2015					
Question:		During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	70	31.2	13.1-49.3	40	57.5
Carlton	85	43.4	21.3-65.6	27	48.1
Itasca	77	51.9	30.5-73.3	31	41.9
St. Louis County	147	40.1	26.2-54.0	55	60.0

Table 6.2.C Cigarette Smoking: Current Smokers Bridge to Health Survey 2015					
Question:		Are you seriously thinking of quitting smoking? (Within 30 days)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	73	10.1	3.1-17.1	40	27.5
Carlton	85	16.7	1.0-32.3	28	21.4
Itasca	76	21.9	3.8-40.0	30	13.3
St. Louis County	142	15.7	6.8-24.6	54	27.8

Table 6.3
Smokeless Tobacco Use
Percent Use Smokeless Tobacco
 Bridge to Health Survey 2015

Question: Do you use smokeless tobacco, such as snuff or chewing tobacco?					
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	572	6.5	1.8-11.1	96	2.1
Carlton	607	5.7	0.9-10.5	50	2.0
Itasca	553	5.6	1.8-9.5	58	15.5
St. Louis County	1127	4.8	1.2-8.3	144	1.4

Table 6.4
E-Cigarette Use
Percent Ever Tried an E-Cigarette
 Bridge to Health Survey 2015

Question: Have you ever used an electronic cigarette even just one time in your entire life?					
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	583	14.7	8.7-20.7	97	45.4
Carlton	611	18.8	10.5-27.2	49	36.7
Itasca	556	21.0	12.7-29.3	60	31.7
St. Louis County	1132	15.3	10.5-20.0	145	26.2

Table 6.5.A
E-Cigarette Use: Reasons for Use
Aitkin County
 Bridge to Health Survey 2015

Question: The following is a list of common reasons that people use e-cigarettes. For each, please indicate whether or not it is a reason you use or have used e-cigarettes.

Reason	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
To quit other tobacco products	46	58.2	(33.5-82.9)	39	71.8
To cut down on other tobacco products	46	71.1	(51.8-90.4)	40	70.0
Because they are affordable	43	21.2	(0.0-46.7)	38	21.1
They are available in menthol	43	8.0	(0.0-21.0)	38	7.9
They are available in flavors other than menthol	42	5.6	(0.3-10.8)	38	18.4
They are allowed where other tobacco products are not	43	16.1	(0.0-33.7)	39	33.3
Curious about e-cigarettes	44	74.3	(55.2-93.5)	40	50.0
Think they are less harmful than other tobacco products	44	45.8	(21.6-70.0)	39	48.7

Table 6.5.B
E-Cigarette Use: Reasons for Use
Carlton County
 Bridge to Health Survey 2015

Question: The following is a list of common reasons that people use e-cigarettes. For each, please indicate whether or not it is a reason you use or have used e-cigarettes.

Reason	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
To quit other tobacco products	48	42.8	15.3-70.2	15	46.7
To cut down on other tobacco products	46	31.1	7.8-54.3	15	60.0
Because they are affordable	46	21.9	0.6-43.1	15	26.7
They are available in menthol	46	10.1	0.0-28.6	15	6.7
They are available in flavors other than menthol	46	13.8	0.0-32.6	15	33.3
They are allowed where other tobacco products are not	48	26.1	4.5-47.7	15	40.0
Curious about e-cigarettes	49	68.8	44.2-93.4	15	26.7
Think they are less harmful than other tobacco products	46	31.5	8.0-54.9	15	33.3

Table 6.5.C
E-Cigarette Use: Reasons for Use
Itasca County
 Bridge to Health Survey 2015

Question: The following is a list of common reasons that people use e-cigarettes. For each, please indicate whether or not it is a reason you use or have used e-cigarettes.

Reason	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
To quit other tobacco products	58	36.9	15.7-58.1	16	68.8
To cut down on other tobacco products	57	44.7	20.7-68.7	16	75.0
Because they are affordable	56	6.4	0.2-12.5	16	31.3
They are available in menthol	57	3.4	0.0-7.8	16	37.5
They are available in flavors other than menthol	57	5.7	0.0-11.6	16	68.8
They are allowed where other tobacco products are not	58	33.1	13.1-53.2	16	56.3
Curious about e-cigarettes	58	82.3	69.4-95.3	16	81.3
Think they are less harmful than other tobacco products	58	47.4	22.3-72.4	16	81.3

Table 6.5.D
E-Cigarette Use: Reasons for Use
St. Louis County
 Bridge to Health Survey 2015

Question: The following is a list of common reasons that people use e-cigarettes. For each, please indicate whether or not it is a reason you use or have used e-cigarettes.

Reason	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
To quit other tobacco products	96	46.3	28.3-64.3	35	48.6
To cut down on other tobacco products	94	42.4	25.2-59.6	34	52.9
Because they are affordable	89	29.5	8.7-50.3	34	38.2
They are available in menthol	92	21.3	0.4-42.1	34	14.7
They are available in flavors other than menthol	92	33.7	13.5-53.9	34	32.4
They are allowed where other tobacco products are not	92	19.9	8.1-31.6	34	32.4
Curious about e-cigarettes	95	70.6	55.9-85.2	35	62.9
Think they are less harmful than other tobacco products	93	37.3	18.0-56.7	34	44.1

Table 6.6.A
Attitude Toward Smoking (Including E-Cigarettes) by Location
Percent That Believe Smoking Should Not Be Allowed
 Apartment Buildings or Other Shared Housing
 Bridge to Health Survey 2015

Question: Please indicate your opinion of whether smoking, including the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws.) (Apartment buildings or other shared housing)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	572	59.7	51.4-68.0	94	47.9
Carlton	602	65.7	57.6-73.8	45	55.6
Itasca	550	53.5	45.6-61.5	59	47.5
St. Louis County	1107	67.0	62.1-72.0	135	57.8

Table 6.6.B
Attitude Toward Smoking (Including E-Cigarettes) by Location
Percent That Believe Smoking Should Not Be Allowed
 Home-Based Day Care
 Bridge to Health Survey 2015

Question: Please indicate your opinion of whether smoking, including the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws.) (Home-based day care)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	568	90.9	86.0-95.9	93	87.1
Carlton	607	95.2	92.3-98.1	45	88.9
Itasca	548	93.4	90.4-96.3	57	82.5
St. Louis County	1112	95.8	94.1-97.5	136	89.0

Table 6.6.C
Attitude Toward Smoking (Including E-Cigarettes) by Location
Percent That Believe Smoking Should Not Be Allowed
 Cars with Children Less Than 16 Years Old
 Bridge to Health Survey 2015

Question: Please indicate your opinion of whether smoking, including the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws.) (Cars with children less than 16 years old)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	569	86.4	80.6-92.1	93	81.7
Carlton	607	93.4	90.8-96.1	43	79.1
Itasca	541	87.8	82.4-93.3	58	84.5
St. Louis County	1109	93.2	90.9-95.6	136	83.8

Table 6.6.D
Attitude Toward Smoking (Including E-Cigarettes) by Location
Percent That Believe Smoking Should Not Be Allowed
 Hotel or Motel rooms
 Bridge to Health Survey 2015

Question: Please indicate your opinion of whether smoking, including the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws.) (Hotel or motel rooms)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	573	65.5	57.5-73.6	93	51.6
Carlton	603	68.9	60.9-76.9	45	44.4
Itasca	548	63.4	55.0-71.7	57	45.6
St. Louis County	1111	71.9	67.0-76.8	136	55.9

Table 6.6.E
Attitude Toward Smoking (Including E-Cigarettes) by Location
Percent That Believe Smoking Should Not Be Allowed
 Building Entrances
 Bridge to Health Survey 2015

Question: Please indicate your opinion of whether smoking, including the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws.) (Building entrances)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	572	75.5	67.8-83.2	92	72.8
Carlton	602	77.6	71.1-84.1	45	71.1
Itasca	547	71.1	62.6-79.5	58	55.2
St. Louis County	1114	79.6	75.2-84.1	136	72.8

Chapter 7
Alcohol Use

Table 7.1.A
Alcohol Consumption
Percent Abstained From Alcohol Use
 Bridge to Health Survey 2015

Question: During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?
 (Abstained from alcohol use)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	588	36.2	28.6-43.8	90	66.7
Carlton	615	29.2	23.1-35.3	45	68.9
Itasca	556	35.3	28.5-42.1	58	79.3
St. Louis County	1133	32.2	27.1-37.4	137	42.3

Table 7.1.B
Alcohol Consumption
Percent Heavy Drinking
 Bridge to Health Survey 2015

Question: During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

(For those who had at least one drink) One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on average?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	588	16.6	11.4-21.7	90	8.9
Carlton	615	16.0	10.3-21.6	45	11.1
Itasca	556	12.8	8.5-17.2	58	1.7
St. Louis County	1133	17.8	14.2-21.4	136	10.3

Table 7.1.C
Alcohol Consumption
Percent Binge Drinking
 Bridge to Health Survey 2015

Question: During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

(For those who had at least on drink) Considering all types of alcoholic beverages, how many times during the past 30 days did you have...4+ drinks (females) 5+ drinks (males)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	588	27.4	17.6-37.3	90	17.8
Carlton	615	23.3	17.1-29.4	45	24.4
Itasca	556	30.8	22.6-39.1	58	17.2
St. Louis County	1133	33.4	27.8-39.0	136	30.9

Table 7.2.A
Alcohol and Motorized Vehicles
Percent Drove/Rode in Car or Truck
 Bridge to Health Survey 2015

Question: In the past 12 months, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink? (Car or truck)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	588	8.5	5.1-11.8	97	14.4
Carlton	620	14.5	8.8-20.2	50	22.0
Itasca	560	14.4	7.0-21.9	61	16.4
St. Louis County	1141	12.9	8.4-17.4	141	20.6

Table 7.2.B
Alcohol and Motorized Vehicles
Percent Drove/Rode on Boat or Jet Ski
 Bridge to Health Survey 2015

Question: In the past 12 months, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink? (Boat or jet ski)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	575	1.5	0.6-2.4	94	3.2
Carlton	608	1.3	0.4-2.3	47	0.0
Itasca	554	4.7	1.8-7.5	60	3.3
St. Louis County	1121	5.5	1.5-9.5	138	0.7

Table 7.2.C
Alcohol and Motorized Vehicles
Percent Drove/Rode on Snowmobile or ATV
 Bridge to Health Survey 2015

Question: In the past 12 months, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink? (Snowmobile or ATV)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	576	2.0	0.8-3.2	94	2.1
Carlton	608	4.7	0.9-8.6	46	4.3
Itasca	552	3.3	1.0-5.6	60	1.7
St. Louis County	1119	4.6	0.5-8.7	138	0.0

Chapter 8

Health Care Access

Table 8.1.A Usual Place for Medical Care Percent With Usual Place for Medical Care Bridge to Health Survey 2015					
Question:		Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	586	94.0	89.5-98.5	80	98.8
Carlton	618	96.3	93.6-98.9	36	83.3
Itasca	558	94.0	86.7-100.0	53	90.6
St. Louis County	1140	91.2	86.6-95.8	113	86.7

Table 8.1.B Usual Place for Medical Care Percent Doctor's Office Bridge to Health Survey 2015					
Question:		Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.) (Doctor's office)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	569	76.6	66.2-86.9	80	86.3
Carlton	600	83.2	75.8-90.5	36	66.7
Itasca	543	84.8	79.5-90.0	53	67.9
St. Louis County	1089	74.4	68.5-80.3	150	60.2

Table 8.1.C Usual Place for Medical Care Percent Urgent Care Center Bridge to Health Survey 2015					
Question: Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.) (Urgent care center)					
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	569	8.2	0.0-19.2	80	1.3
Carlton	600	4.6	2.2-7.0	36	0.0
Itasca	543	0.3	0.0-0.7	53	3.8
St. Louis County	1089	13.2	7.7-18.7	150	4.4

Table 8.1.D Usual Place for Medical Care Percent Hospital or Outpatient Clinic Bridge to Health Survey 2015					
Question: Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.) (Hospital or outpatient clinic)					
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	569	6.2	3.8-8.5	80	3.8
Carlton	600	6.6	0.0-13.5	36	2.8
Itasca	543	9.0	5.0-13.1	53	11.3
St. Louis County	1089	6.7	3.6-9.7	150	3.5

Table 8.2 How Long Since Last Visit to Health Care Professional? Percent Within the Past Year Bridge to Health Survey 2015					
Question:		How long has it been since you last visited a doctor or other health care professional for any reason? (Within past year)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	89.7	83.7-95.8	99	89.9
Carlton	622	85.6	79.9-91.2	50	94.0
Itasca	563	86.8	81.3-92.3	62	93.5
St. Louis County	1151	86.4	82.8-89.9	150	86.0

Table 8.3.A Insurance Types¹ Percent Private Bridge to Health Survey 2015					
Question:		Which of the following types of health insurance do you have? (Private)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	586	59.9	52.0-67.8	99	19.2
Carlton	622	68.4	60.5-76.4	48	8.3
Itasca	560	67.1	60.1-74.0	60	11.7
St. Louis County	1143	68.5	63.2-73.8	151	23.8

¹Respondents could select more than one type of insurance

Table 8.3.B Insurance Types¹ Percent Private-No Medicare Supplement Bridge to Health Survey 2015					
Question:		Which of the following types of health insurance do you have? (Private-No Medicare Supplement)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	586	40.5	31.2-49.9	99	7.1
Carlton	622	57.8	49.8-65.7	48	6.3
Itasca	560	52.4	45.4-59.3	60	6.7
St. Louis County	1143	56.4	50.9-61.9	151	21.2

¹Respondents could select more than one type of insurance

Table 8.3.C Insurance Types¹ Percent Medicare Bridge to Health Survey 2015					
Question:		Which of the following types of health insurance do you have? (Medicare)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	588	37.5	30.3-44.7	99	35.4
Carlton	622	22.0	17.6-26.5	48	25.0
Itasca	560	26.8	22.1-31.5	60	43.3
St. Louis County	1145	23.6	19.6-27.5	151	18.5

¹Respondents could select more than one type of insurance

Table 8.3.D Insurance Types¹ Percent Medical Assistance Bridge to Health Survey 2015					
Question:		Which of the following types of health insurance do you have? (Medical Assistance)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	586	15.5	10.1-20.9	99	50.5
Carlton	622	10.6	5.8-15.3	48	45.8
Itasca	560	9.7	5.7-13.7	60	75.0
St. Louis County	1142	12.1	7.5-16.6	151	42.4

¹Respondents could select more than one type of insurance

Table 8.3.E Insurance Types¹ Percent Other Public Assistance Bridge to Health Survey 2015					
Question:		Which of the following types of health insurance do you have? (Other public assistance)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	586	18.7	13.1-24.2	99	26.3
Carlton	623	21.7	13.7-29.7	48	45.8
Itasca	560	20.1	12.7-27.5	60	16.7
St. Louis County	1142	16.5	11.6-21.3	151	26.5

¹Respondents could select more than one type of insurance

Table 8.4 Insurance Coverage Percent Currently Uninsured¹ Bridge to Health Survey 2015					
Question:		Which of the following types of health insurance do you have? (No insurance)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	586	4.9	0.5-9.3	99	5.1
Carlton	622	1.9	0.0-3.7	48	8.3
Itasca	560	2.5	0.3-4.8	60	0.0
St. Louis County	1142	3.6	1.6-5.6	151	12.6

¹Respondents categorized as "Currently Uninsured" answered "no" to having any of the listed insurance types and "yes" to "I don't have health insurance"

Table 8.5 Delayed or Failed to Seek Medical Care Percent Delayed or Failed to Seek Medical Care in Past Year Bridge to Health Survey 2015					
Question:		During the past 12 months, was there a time when you thought you needed medical care but did not get it or delayed getting it?			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	584	28.2	21.0-35.3	99	39.4
Carlton	620	26.9	20.2-33.6	49	44.9
Itasca	559	27.4	20.8-34.1	63	33.3
St. Louis County	1139	33.0	27.2-38.8	150	41.3

<p align="center">Table 8.6 Failed to Fill a Prescription Percent Failed to Fill a Prescription in Past 6 Months Bridge to Health Survey 2015</p>					
Question:		In the past 6 months which statement best describes medications prescribed for you? - I had no medications prescribed for me - I had medications prescribe for me and I filled them all - I had medications prescribed for me and I did not fill at least one			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	584	4.3	2.3-6.3	95	11.6
Carlton	617	9.6	2.2-17.0	48	12.5
Itasca	561	5.9	2.1-9.7	61	14.8
St. Louis County	1138	6.2	4.1-8.4	148	14.9

<p align="center">Table 8.7 Delayed or Failed to Seek Dental Care Percent Delayed or Failed to Seek Dental Care in Past Year Bridge to Health Survey 2015</p>					
Question:		During the past 12 months, was there a time when you thought you needed dental care but did not get it or delayed getting it?			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	586	32.5	24.9-40.2	97	41.2
Carlton	617	26.9	19.2-34.6	49	40.8
Itasca	559	24.5	18.3-30.6	62	32.3
St. Louis County	1141	27.4	22.6-32.2	153	49.0

<p align="center">Table 8.8 How Long Since Last Visit to a Dental Clinic Percent Visited Dental Clinic Within Past Year Bridge to Health Survey 2015</p>					
Question:		How long has it been since you last visited a dentist or dental clinic for any reason? (Within past year)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	588	57.8	49.5-66.1	98	51.0
Carlton	623	63.5	55.3-71.6	50	56.0
Itasca	561	65.7	58.2-73.1	63	61.9
St. Louis County	1145	68.4	63.5-73.4	150	52.7

<p align="center">Table 8.9 Advance Health Care Directive Percent With Advance Care Directive Bridge to Health Survey 2015</p>					
Question:		Have you completed an Advance Health Care Directive, Living Will or Health Care Power of Attorney?			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	591	31.8	25.5-38.2	99	22.2
Carlton	622	18.7	13.5-24.0	48	14.6
Itasca	560	24.8	19.2-30.5	62	12.9
St. Louis County	1143	23.2	19.5-26.8	151	13.9

<p align="center">Table 8.10 Provided Unpaid Care to an Adult Percent Provided Unpaid Care to an Adult Bridge to Health Survey 2015</p>					
Question:		In the past 12 months, have you provided UNPAID care to an adult relative, family member or friend aged 18 years or older to help them take care of themselves?			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	580	33.7	26.5-41.0	99	39.4
Carlton	618	37.2	29.7-44.7	49	32.7
Itasca	559	43.0	35.1-51.0	63	31.7
St. Louis County	1146	36.7	31.4-42.0	145	31.7

<p align="center">Table 8.11.A Preference to Receive Health Information From Medical Professionals Bridge to Health Survey 2015</p>					
Question:		How do you prefer to get health and wellness information? (Please check up to 3 sources.) (Medical professionals)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	594	67.1	60.2-74.0	100	55.0
Carlton	625	57.1	49.1-65.1	50	28.0
Itasca	567	55.9	48.1-63.8	63	63.5
St. Louis County	1154	57.6	52.1-63.2	154	46.1

<p align="center">Table 8.11.B Preference to Receive Health Information From Other Print Material Bridge to Health Survey 2015</p>					
Question:		How do you prefer to get health and wellness information? (Please check up to 3 sources.) (Other print material)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	594	43.1	35.0-51.2	100	45.0
Carlton	625	41.0	33.1-48.8	50	38.0
Itasca	567	38.8	31.8-45.8	63	38.1
St. Louis County	1154	37.2	32.1-42.2	154	25.3

<p align="center">Table 8.11.C Preference to Receive Health Information From Website or Internet Bridge to Health Survey 2015</p>					
Question:		How do you prefer to get health and wellness information? (Please check up to 3 sources.) (Website or internet)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	594	29.5	21.8-37.1	100	27.0
Carlton	625	32.1	24.2-39.9	50	32.0
Itasca	567	36.5	29.3-43.8	63	25.4
St. Louis County	1154	38.7	33.2-44.1	154	32.5

Table 8.11.D
Preference to Receive Health Information
From Television
 Bridge to Health Survey 2015

Question: How do you prefer to get health and wellness information? (Please check up to 3 sources.) (Television)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	594	35.3	27.9-42.6	100	37.0
Carlton	625	40.0	32.5-47.6	50	54.0
Itasca	567	31.8	25.2-38.4	63	33.3
St. Louis County	1154	36.5	31.2-41.9	154	23.4

Chapter 9

Social Determinants of Health

Table 9.1.A
Food Insecurity
Worried Food Would Run Out Often or Sometimes
 Bridge to Health Survey 2015

Question: During the past 12 months, how often did you worry that your food would run out before you had money to buy more? (Often or sometimes)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	588	24.0	16.9-31.0	99	63.6
Carlton	620	27.2	18.9-35.5	48	77.1
Itasca	564	22.7	13.9-31.5	63	50.8
St. Louis County	1142	17.1	12.9-21.4	151	64.9

Table 9.1.B
Food Insecurity
Used Food Shelf in Past Year
 Bridge to Health Survey 2015

Question: During the past 12 months, have you used a community food shelf program?

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	589	16.7	10.3-23.1	100	70.0
Carlton	620	13.6	5.9-21.3	48	70.8
Itasca	563	13.1	7.0-19.2	63	60.3
St. Louis County	1144	7.7	5.3-10.0	151	57.6

<p align="center">Table 9.2.A Access to Transportation Not Often For Work or School Bridge to Health Survey 2015</p>					
Question:		Do you have access to transportation when you need it for...(Not often for work or school)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	548	2.1	0.0-4.6	97	9.3
Carlton	586	1.1	0.0-2.5	44	25.0
Itasca	533	6.1	0.0-14.4	61	11.5
St. Louis County	1096	1.0	0.0-2.0	146	9.6

<p align="center">Table 9.2.B Access to Transportation Not Often For Medical/Health Care Appointments Bridge to Health Survey 2015</p>					
Question:		Do you have access to transportation when you need it for...(Not often for medical/health care appointments)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	585	7.3	2.1-12.5	98	11.2
Carlton	621	1.9	0.3-3.4	45	31.1
Itasca	557	8.3	0.0-16.5	62	16.1
St. Louis County	1145	2.4	0.4-4.5	149	17.4

Table 9.2.C Access to Transportation Not Often For Groceries Bridge to Health Survey 2015					
Question:		Do you have access to transportation when you need it for...(Not often for groceries)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	584	5.8	1.0-10.5	98	12.2
Carlton	621	2.5	0.7-4.3	47	27.7
Itasca	561	6.2	0.0-14.2	62	16.1
St. Louis County	1142	3.2	1.0-5.4	148	18.9

Table 9.2.D Access to Transportation Not Often For Visiting Friends or Relatives Bridge to Health Survey 2015					
Question:		Do you have access to transportation when you need it for...(Not often for visiting friends or relatives)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	579	5.9	1.9-9.8	96	21.9
Carlton	620	5.0	1.6-8.5	47	44.7
Itasca	561	7.7	0.0-15.8	62	29.0
St. Louis County	1141	4.4	2.1-6.8	148	23.0

Table 9.2.E
Access to Transportation
Not Often For Recreation Opportunities
 Bridge to Health Survey 2015

Question: Do you have access to transportation when you need it for...(Not often for recreation opportunities)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	578	7.7	3.2-12.3	97	20.6
Carlton	617	3.6	1.2-5.9	45	46.7
Itasca	556	9.6	1.4-17.8	61	32.8
St. Louis County	1138	4.9	2.4-7.3	149	17.4

Chapter 10

Emergency Preparedness

Table 10.1.A
Emergency Preparedness
Medication Supplies for 3 Days
 Bridge to Health Survey 2015

Question: There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household...(Stored enough medication for 3 days)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	583	71.0	63.1-79.0	100	71.7
Carlton	618	65.0	56.8-73.1	49	61.9
Itasca	549	74.2	67.9-80.4	62	77.8
St. Louis County	1127	67.3	61.5-73.0	146	60.8

Table 10.1.B
Emergency Preparedness
Food, Water, and Supplies for 3 Days
 Bridge to Health Survey 2015

Question: There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household...(Stored enough food, water, and supplies for 3 days)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	579	81.8	76.2-87.4	100	66.0
Carlton	617	74.6	67.8-81.4	49	63.3
Itasca	554	79.5	73.1-86.0	62	79.0
St. Louis County	1141	72.0	66.6-77.3	148	66.2

<p align="center">Table 10.1.C Emergency Preparedness Phone List Bridge to Health Survey 2015</p>					
Question:		There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household...(Made a phone list to contact family members)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	578	65.4	57.5-73.2	98	65.3
Carlton	618	60.0	52.5-67.4	49	57.1
Itasca	551	58.5	50.5-66.6	63	71.4
St. Louis County	1134	60.8	55.1-66.6	148	56.8

<p align="center">Table 10.1.D Emergency Preparedness Battery-Operated or Hand-Cranked Radio Bridge to Health Survey 2015</p>					
Question:		There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household...(Obtained a battery-operated or hand-cranked radio)			
County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	579	42.3	34.3-50.2	99	41.4
Carlton	616	32.3	24.8-39.8	49	32.7
Itasca	553	40.3	33.1-47.6	63	33.3
St. Louis County	1137	35.8	30.7-40.8	146	30.1

Table 10.1.E
Emergency Preparedness
Emergency Kit with Basic Medical Supplies
 Bridge to Health Survey 2015

Question: There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household...(Assembled an emergency kit with basic medical supplies)

County	Bridge to Health Survey Type				
	Overall County			Hard to Reach Populations	
	Total Responses	Percent	95% CI	Total Responses	Percent
Aitkin	580	47.3	38.4-56.2	100	49.0
Carlton	615	46.6	38.3-54.9	48	43.8
Itasca	550	53.1	45.3-60.9	63	41.3
St. Louis County	1137	47.3	41.8-52.9	147	38.1

Table 10.2
Emergency Preparedness - Electricity
Electricity-Dependent Medical Needs
 Bridge to Health Survey 2015

Question: (1) Is anyone in your household dependent on having electricity at home for medical needs?
 (2) If yes, have you made a plan for what to do in the event of a power outage?

County	Bridge to Health Survey Type					
	Overall County			Hard to Reach Populations		
	Total Responses	Percent	95% CI	Total Responses	Percent	
Aitkin	(1)	579	12.2	7.0-17.5	99	15.2
	(2)	62	37.9	18.7-57.2	13	53.8
Carlton	(1)	619	6.2	2.3-10.0	48	12.5
	(2)	49	25.5	4.2-46.8	6	33.3
Itasca	(1)	554	9.5	4.3-14.6	61	18.0
	(2)	47	55.6	24.3-87.0	10	60.0
St. Louis County	(1)	1144	7.9	5.2-10.6	145	9.0
	(2)	82	48.8	30.4-67.2	12	50.0

Chapter 11

Military Service Member Health

Table 11.1
Military Service Personnel
Family Members Served in Active Duty Military
 Bridge to Health Survey 2015

Question: Have you ever served on active duty in the United States Armed Forces, Reserves or National Guard?
 Have any of the following family members served duty in the United States Armed Forces, Reserves or National Guard (for more than initial/basic training)? (Please check all that apply.)

County/Family Member	Bridge to Health Survey Type					
	Overall County			Hard to Reach Populations		
	Total Responses	Percent	95% CI	Total Responses	Percent	
Aitkin	Self	581	14.7	9.8-19.7	100	10.0
	Spouse/fiancé/domestic partner	594	15.0	11.2-18.8	100	7.0
	Sibling	594	16.1	11.3-20.9	100	19.0
	Parent	594	33.7	24.1-43.2	100	20.0
	Child	594	10.6	7.5-13.8	100	10.0
	None	594	41.4	33.2-49.6	100	59.0
Carlton	Self	612	12.8	8.1-17.5	46	4.3
	Spouse/fiancé/domestic partner	625	14.5	10.2-18.9	50	2.0
	Sibling	625	17.4	11.8-23.0	50	8.0
	Parent	625	18.3	12.7-23.8	50	20.0
	Child	625	8.2	4.0-12.4	50	6.0
	None	625	55.7	48.0-63.4	50	64.0
Itasca	Self	559	10.3	5.9-14.7	60	8.3
	Spouse/fiancé/domestic partner	567	12.1	9.2-15.1	63	4.8
	Sibling	567	19.2	11.3-27.0	63	3.2
	Parent	567	25.7	17.9-33.4	63	17.5
	Child	567	9.0	5.0-13.1	63	4.8
	None	567	49.5	41.8-57.1	63	69.8
St. Louis County	Self	1134	10.9	7.9-14.0	143	7.0
	Spouse/fiancé/domestic partner	1154	12.4	9.6-15.2	154	11.0
	Sibling	1154	16.7	12.2-21.2	154	8.4
	Parent	1154	24.4	20.3-28.5	154	16.9
	Child	1154	5.8	4.2-7.3	154	7.1
	None	1154	47.3	41.7-52.9	154	58.4

APPENDIX

Survey Instrument



2015

Bridge to Health Survey

GENERAL HEALTH AND HEALTH CARE

1. In general, would you say that your health is:

- Excellent
 Very good
 Good
 Fair
 Poor

2. Have you **ever** been told by a physician, nurse or health professional that you have or had any of the following health conditions?
(Please check Yes or No for each.)

	No	Yes	Yes, but only during pregnancy
a. High blood pressure or hypertension	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Pre-diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Allergies (not including allergies to medication)	<input type="checkbox"/>	<input type="checkbox"/>	
e. Back problems	<input type="checkbox"/>	<input type="checkbox"/>	
f. Cancer	<input type="checkbox"/>	<input type="checkbox"/>	
g. Chronic lung disease (including chronic bronchitis or emphysema)	<input type="checkbox"/>	<input type="checkbox"/>	
h. Chronic digestive disease (such as ulcers, colitis, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	
i. Chronic headaches	<input type="checkbox"/>	<input type="checkbox"/>	
j. Chronic pain	<input type="checkbox"/>	<input type="checkbox"/>	
k. Heart trouble or angina	<input type="checkbox"/>	<input type="checkbox"/>	
l. Stroke related health problems	<input type="checkbox"/>	<input type="checkbox"/>	
m. High cholesterol or triglycerides	<input type="checkbox"/>	<input type="checkbox"/>	
n. Joint problems (such as arthritis, rheumatism or gout)	<input type="checkbox"/>	<input type="checkbox"/>	
o. Risk of falling	<input type="checkbox"/>	<input type="checkbox"/>	
p. Kidney or bladder problems (including prostate problems)	<input type="checkbox"/>	<input type="checkbox"/>	
q. Depression	<input type="checkbox"/>	<input type="checkbox"/>	
r. Anxiety or panic attacks	<input type="checkbox"/>	<input type="checkbox"/>	
s. Other mental health problems	<input type="checkbox"/>	<input type="checkbox"/>	
t. Asthma	<input type="checkbox"/>	<input type="checkbox"/>	
u. Sleep related disorders (such as insomnia, restless leg syndrome or sleep apnea)	<input type="checkbox"/>	<input type="checkbox"/>	
v. Other (please specify): 	<input type="checkbox"/>	<input type="checkbox"/>	

3. Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the **past 30 days** was your mental health not good?

Number of days

4. **Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.)**

- | | |
|---|---|
| <input type="checkbox"/> A doctor's office | <input type="checkbox"/> An emergency room |
| <input type="checkbox"/> A hospital outpatient clinic | <input type="checkbox"/> Schedule an e-visit |
| <input type="checkbox"/> Public health | <input type="checkbox"/> Call a Nurseline |
| <input type="checkbox"/> A chiropractor's office | <input type="checkbox"/> Some other place (Specify): <input type="text"/> |
| <input type="checkbox"/> Some other health center | <input type="checkbox"/> No usual place |
| <input type="checkbox"/> An urgent care center | |

5. **How long has it been since you last visited a doctor or other health care professional for any reason?**

- Within the past year
- Within the past 2 years
- Within the past 5 years
- 5 or more years ago
- Never

6. **During the past 12 months, was there a time when you thought you needed medical care but did not get it or delayed getting it?**

- Yes No ➔ IF NO, GO TO QUESTION 8

7. **Why did you not get or delay getting the medical care you thought you needed? (Please check all that apply.)**

- | | |
|--|--|
| <input type="checkbox"/> The care I needed cost too much | <input type="checkbox"/> I could not get an appointment |
| <input type="checkbox"/> My co-pay was too expensive | <input type="checkbox"/> I did not think it was serious enough |
| <input type="checkbox"/> My deductible was too expensive | <input type="checkbox"/> I had transportation problems |
| <input type="checkbox"/> My insurance did not cover it | <input type="checkbox"/> I did not know where to go |
| <input type="checkbox"/> I did not have insurance | <input type="checkbox"/> Other reason: <input type="text"/> |
| <input type="checkbox"/> I was too nervous or afraid | |

8. **During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about mental health problems such as stress, depression, excess worrying, troubling thoughts, or emotional problems, but did not go or delayed talking with someone?**

- Yes No ➔ IF NO, GO TO QUESTION 10

9. **Why did you not get or delay getting the mental health care you thought you needed? (Please check all that apply.)**

- | | |
|--|--|
| <input type="checkbox"/> The care I needed cost too much | <input type="checkbox"/> I could not get an appointment |
| <input type="checkbox"/> My co-pay was too expensive | <input type="checkbox"/> I did not think it was serious enough |
| <input type="checkbox"/> My deductible was too expensive | <input type="checkbox"/> I had transportation problems |
| <input type="checkbox"/> My insurance did not cover it | <input type="checkbox"/> I did not know where to go |
| <input type="checkbox"/> I did not have insurance | <input type="checkbox"/> Other reason: <input type="text"/> |
| <input type="checkbox"/> I was too nervous or afraid | |

10. **How long has it been since you last visited a dentist or a dental clinic for any reason?**

- | | |
|--|--|
| <input type="checkbox"/> Within the past year | <input type="checkbox"/> 5 or more years ago |
| <input type="checkbox"/> Within the past 2 years | <input type="checkbox"/> Never |
| <input type="checkbox"/> Within the past 5 years | |

11. During the **past 12 months**, was there a time when you thought you needed **dental care** but did not get it or delayed getting it?

- Yes No ➔ IF NO, GO TO QUESTION 13

12. Why did you not get or delay getting the **dental care** you thought you needed? (Please check all that apply.)

- | | |
|--|---|
| <input type="checkbox"/> The care I needed cost too much | <input type="checkbox"/> I could not get an appointment |
| <input type="checkbox"/> My co-pay was too expensive | <input type="checkbox"/> I did not think it was serious enough |
| <input type="checkbox"/> My deductible was too expensive | <input type="checkbox"/> I had transportation problems |
| <input type="checkbox"/> My insurance did not cover it | <input type="checkbox"/> I did not know where to go |
| <input type="checkbox"/> The dentist would not accept my insurance | <input type="checkbox"/> I had used up my dental benefit |
| <input type="checkbox"/> I did not have insurance | <input type="checkbox"/> Other reason: <input style="width: 200px; height: 20px;" type="text"/> |
| <input type="checkbox"/> I was too nervous or afraid | |

13. In the **past 6 months** which statement best describes the medications prescribed for you?

- I had no medications prescribed for me ➔ GO TO QUESTION 15
 I had medications prescribed for me and I filled them all ➔ GO TO QUESTION 15
 I had medications prescribed for me and I did not fill at least one of them

14. Why did you not fill at least one prescription? (Please check all that apply.)

- | | |
|--|---|
| <input type="checkbox"/> The medication I needed cost too much | <input type="checkbox"/> I do not like taking medications |
| <input type="checkbox"/> My co-pay was too expensive | <input type="checkbox"/> I did not like the side effects |
| <input type="checkbox"/> My deductible was too expensive | <input type="checkbox"/> I had transportation problems |
| <input type="checkbox"/> My insurance did not cover it | <input type="checkbox"/> Pharmacy services are not available in my community |
| <input type="checkbox"/> I did not have insurance | <input type="checkbox"/> Other reason: <input style="width: 200px; height: 20px;" type="text"/> |

15. Which of the following types of health insurance do you have?

(Please check Yes or No for each.)

	Yes	No
a. Health insurance or coverage through your employer or your spouse/partner, parent, or someone else's employer	<input type="checkbox"/>	<input type="checkbox"/>
b. Health insurance or coverage bought directly by yourself or your family	<input type="checkbox"/>	<input type="checkbox"/>
c. Indian or Tribal Health Service	<input type="checkbox"/>	<input type="checkbox"/>
d. Medicare or Medicare Supplement (such as Part D)	<input type="checkbox"/>	<input type="checkbox"/>
e. Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)	<input type="checkbox"/>	<input type="checkbox"/>
f. MinnesotaCare	<input type="checkbox"/>	<input type="checkbox"/>
g. BadgerCare	<input type="checkbox"/>	<input type="checkbox"/>
h. CHAMPUS, TRICARE, or Veterans' benefits	<input type="checkbox"/>	<input type="checkbox"/>
i. Other health insurance or coverage (please specify): <input style="width: 250px; height: 20px;" type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. I don't have health insurance	<input type="checkbox"/>	<input type="checkbox"/>

16. For the **past 12 months**, would you say you were:

- Insured for the entire year
 Insured for part of the year, and uninsured for part of the year
 Uninsured for the entire year

17. Have you completed an Advance Health Care Directive, Living Will or Health Care Power of Attorney?

- Yes No Don't know

HEALTH HABITS

18. A serving of vegetables – not including french fries - is one cup of salad greens or a half cup of vegetables. How many servings of vegetables did you have yesterday?

servings

19. A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut, or canned fruit. How many servings of fruit did you have yesterday?

servings

20. A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday?

servings

21. How often do you or others in your household buy or get food from the following places?	Never or less than 1 time per month	About 1 time per month	About 2 or 3 times per month	About 1 time per week	2 or more times per week
a. Supermarket or large grocery store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Small grocery store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Convenience store or gas station	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Food shelf or food pantry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Some other place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

22. During the <u>growing season</u>, how often do you or others in your household buy or get food from the following places?	Never or less than 1 time per month	About 1 time per month	About 2 or 3 times per month	About 1 time per week	2 or more times per week
a. Farmer’s market, fruit/vegetable stand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Local farm or CSA (community supported agriculture)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Food grown at home or in a community garden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

23. In an average week, <u>how many times</u> do you do the following?	0	1-2	3-4	5-6	7 or more
a. Eat or order a meal from a <u>fast food</u> place (McDonald’s, KFC, Taco Bell, pizza places, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Eat a meal at a <u>restaurant</u> that is <u>not</u> a fast food place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Eat a <u>home cooked</u> meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

24. During the past 12 months, how often did you worry that your food would run out before you had money to buy more? Would you say:

Often Sometimes Rarely Never

25. During the past 12 months, have you used a community food shelf program?

Yes No

26. Do you have access to transportation when you need it for...

	Always	Most of the time	Only sometimes	Hardly ever	I don't do this
a. going to work or school?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. going to medical or other health care appointments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. getting groceries?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. going to see friends or relatives?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. going to recreational opportunities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

27. During the **past 30 days**, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening or walking for exercise?

Yes No

28. During an **average week**, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity? *Moderate activities cause only light sweating and a small increase in breathing or heart rate.*

days

29. During an **average week**, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity? *Vigorous activities cause heavy sweating and a large increase in breathing and heart rate.*

days

30. How much of a problem are the following factors for **you** in terms of preventing you from being more physically active? Check all that apply

	Not a problem	A small problem	A big problem
a. Lack of time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Lack of programs, leaders, or facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. No one to exercise with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. The cost of fitness programs, gym memberships, or admission fees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Public facilities (schools, sports fields, etc.) are not open or available at the times I want to use them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Long-term illness, injury, or disability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Distance I have to travel to a place where I can be physically active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. No safe place to exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Lack of self-discipline or willpower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Lack of energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Not having sidewalks or walking paths/trails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Poor maintenance of sidewalks or walking paths/trails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m. Sidewalks/paths/trails are icy or not shoveled	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n. Other reasons (please specify): <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

31. When was the last time you...	Within the past year	Within the past 2 years	Within the past 5 years	Five or more years ago	Never
a. had your blood pressure checked?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. had your blood cholesterol checked?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. had any screening for colon cancer (such as fecal occult blood test, colonoscopy, barium enema, proctoscopic exam or sigmoidoscopy)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. had a mammogram (women only)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. had a Pap smear (women only)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. performed a breast self-exam (women only)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. had a prostate exam (men only)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. had any screening for mental health issues such as depression or anxiety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

32. How often do you get the social and emotional support you need? (Please include support from any source.)

- Always Usually Sometimes Rarely Never

33. There are many things that people might do to prepare for a serious emergency.

Have you or anyone else in your household...

	Yes	No	N/A
a. stored enough <u>medications</u> to meet your household needs for at least three days?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. stored enough <u>food, water, and supplies</u> to meet your household needs for at least three days?	<input type="checkbox"/>	<input type="checkbox"/>	
c. made a phone list for contacting your family members?	<input type="checkbox"/>	<input type="checkbox"/>	
d. obtained a working battery-operated or hand-cranked radio?	<input type="checkbox"/>	<input type="checkbox"/>	
e. assembled an emergency kit with basic medical supplies?	<input type="checkbox"/>	<input type="checkbox"/>	

34. Is anyone in your household dependent on having electricity at home for medical needs?

- Yes No ➔ IF NO, GO TO QUESTION 36

35. If yes, have you made a plan for what to do in the event of a power outage?

- Yes No

36. Have you smoked at least 100 cigarettes in your entire life? (100 cigarettes = 5 packs)

- Yes No ➔ IF NO, GO TO QUESTION 42

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

- Every day
 Some days
 Not at all ➔ IF NOT AT ALL, GO TO QUESTION 42

38. Is your usual cigarette brand menthol or non-menthol?

- Menthol
- Non-menthol
- No usual brand

39. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?

- Yes
- No ➔ IF NO, GO TO QUESTION 41

40. If yes, how many times in the past 12 months did you try to quit smoking?

Number of times

41. Are you seriously thinking of quitting smoking? Would you say:

- Yes, within the next 30 days
- Yes, within the next 6 months
- Yes, more than 6 months from now
- No, not thinking of quitting

42. Have you ever used an electronic cigarette even just one time in your entire life?

- Yes
- No ➔ GO TO QUESTION 45

43. During the past 30 days, on how many days did you use e-cigarettes?

Number of days

44. The following is a list of common reasons that people use e-cigarettes. For each, please indicate whether or not it is a reason you use or have used e-cigarettes.

	Yes	No
a. To quit other tobacco products	<input type="checkbox"/>	<input type="checkbox"/>
b. To cut down on other tobacco products	<input type="checkbox"/>	<input type="checkbox"/>
c. Because they are affordable	<input type="checkbox"/>	<input type="checkbox"/>
d. Because they come in menthol flavor	<input type="checkbox"/>	<input type="checkbox"/>
e. Because they come in flavors other than menthol	<input type="checkbox"/>	<input type="checkbox"/>
f. Because they are allowed in places where other tobacco products are not allowed	<input type="checkbox"/>	<input type="checkbox"/>
g. Because you were curious about e-cigarettes	<input type="checkbox"/>	<input type="checkbox"/>
h. Because you think they might be less harmful than other tobacco products	<input type="checkbox"/>	<input type="checkbox"/>
i. For some other reason	<input type="checkbox"/>	<input type="checkbox"/>

45. Do you use smokeless tobacco, such as snuff or chewing tobacco?

- No, I never have ➔ GO TO QUESTION 47
- I used to but I have quit
- Yes

46. How many times in the past 30 days did you use smokeless tobacco?

- Every day
- Several times per week
- Once per week
- Less than once per week
- Not at all

47. Please indicate your opinion of whether smoking, **including** the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws).

	Allowed in all areas or at all times	Allowed in some areas or at some times	Not allowed
a. Apartment buildings or other shared housing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Home-based daycare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. In cars when children under 16 are present	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Hotel/motel rooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Entrances to buildings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

48. During the **past 30 days**, on **how many days** did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

Days during the past 30 days → IF 0 DAYS, GO TO QUESTION 51

49. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine or a drink with one shot of liquor. During the **past 30 days**, on the days when you drank, about **how many drinks** did you drink on the average?

Number of drinks

50. Considering all types of alcoholic beverages, how many times during the **past 30 days** did you have...

FOR FEMALES: 4 or more drinks on an occasion Number of times

FOR MALES: 5 or more drinks on an occasion Number of times

51. In the **past 12 months**, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink?

	Yes	No
a. Car or truck	<input type="checkbox"/>	<input type="checkbox"/>
b. Boat or Jet Ski	<input type="checkbox"/>	<input type="checkbox"/>
c. Snowmobile or ATV	<input type="checkbox"/>	<input type="checkbox"/>

52. How do you prefer to get health and wellness information? (Please check UP TO 3 sources.)

- a. E-mail alert or e-newsletter
- b. Newspaper
- c. Brochure, newsletter, magazine or other print material
- d. Text message
- e. Social media such as Facebook or Twitter
- f. Websites or internet
- g. Television
- h. Radio
- i. Medical professionals
- j. Family or friends
- k. Health fairs or other health-related community events
- l. Other:

53. Have you ever thought about killing yourself?

- No
- Yes, during the last year
- Yes, more than a year ago

ABOUT YOU

54. Are you a permanent resident of this area or a seasonal resident?

- Permanent resident
- Seasonal resident

55. Are you:

- Male Female Other/transgender

56. In what year were you born?

57. Including yourself, how many adults and how many children live in your household?

Number of adults aged 18 or older (including yourself):

Number of children under 5 years old:

Number of children 5-17 years old:

58. What is the highest level of education you have completed? (Please check only ONE answer.)

- 8th grade or less
- Some high school
- High school graduate or GED
- Some college/vocational/technical/trade school
- Graduate of a vocational/technical/trade school
- Associate's degree (2-year degree)
- Bachelor's degree (4-year degree)
- Post graduate or professional degree

59. Are you currently...? (Please check all that apply.)

- | | |
|---|---|
| <input type="checkbox"/> Employed fulltime | <input type="checkbox"/> Employed part time |
| <input type="checkbox"/> Self-employed or farmer | <input type="checkbox"/> Unemployed or out of work |
| <input type="checkbox"/> A homemaker or stay-at-home parent | <input type="checkbox"/> A student |
| <input type="checkbox"/> Retired | <input type="checkbox"/> Unable to work because of a disability |

60. Are you of Hispanic or Latino origin?

- Yes No

61. Which of the following best describe you? (Please check all that apply.)

- American Indian or Alaska Native
 Asian or Pacific Islander
 Black or African American
 White
 Other race:

62. In the past 12 months, have you provided UNPAID care to an adult relative, family member or friend aged 18 years or older to help them take care of themselves? Unpaid care may include help with personal needs or household chores. It might be managing a person's finances, arranging for outside services, or visiting regularly to see how they are doing. This person need not live with you.

- Yes No

63. Have any of the following family members served duty in the United States Armed Forces, Reserves or National Guard (for more than initial/basic training)? (Please check all that apply.)

- Your spouse/fiancé/domestic partner
 Your sibling(s)
 Your parent(s)
 Your child(ren)
 None of the above has served on active duty for more than initial/basic training

64. Have you ever served on active duty in the United States Armed Forces, Reserves or National Guard?

- No, I have never served OR I only took initial/basic training ➔ GO TO QUESTION 66
 Yes, I have served on active duty

65. Please indicate the health care services you used in the last 12 months. (Check all that apply.)

- I received services at the VA
 I received non-VA services that were paid for by the VA
 I received non-VA services that were NOT paid for by the VA
 I did not receive any health care services

66. How tall are you without shoes? feet inches

67. Approximately how much do you weigh without shoes?

Pounds

68. What was your household's total income from all earners and all sources in 2014?

- | | |
|--|---|
| <input type="checkbox"/> \$23,000 or less | <input type="checkbox"/> \$56,001 - \$64,000 |
| <input type="checkbox"/> \$23,001 - \$31,500 | <input type="checkbox"/> \$64,001 - \$72,000 |
| <input type="checkbox"/> \$31,501 - \$39,500 | <input type="checkbox"/> \$72,001 - \$80,000 |
| <input type="checkbox"/> \$39,501 - \$48,000 | <input type="checkbox"/> \$80,001 - \$100,000 |
| <input type="checkbox"/> \$48,001 - \$56,000 | <input type="checkbox"/> More than \$100,000 |

69. Tell us 3 things that could be done to make your community a healthier place.

70. Please share any other information about your health or health needs that you would like us to know about.

Thank you for participating in this survey!