

JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS PARTICIPATION SUMMARY

The Jefferson County Community Health Survey was administered to gather insight from residents on Jefferson County's most substantial challenges, current health behaviors and outcomes, and ways to improve health and well-being in Jefferson County. The survey was made available online on Tuesday April 9, 2019 and was closed on Tuesday June 18, 2019. The online survey was distributed widely via email (approximately 1,000 addresses), Facebook, Instagram, and the Jefferson County Public Health's website. Also, paper surveys were made available at the following locations: Jefferson County Library, Jefferson County Jail, Jefferson County Public Health clinic, Discovery Behavioral Healthcare, the Behavioral Health and Drug Therapeutic Court, food banks at Quilcene, Brinnon, Port and Townsend, community centers in Chimacum, Brinnon, Quilcene, and Coyle, a community forum in Port Townsend and South County, clinics with WIC programs, some schools, and Port Ludlow. Information from this survey will inform the next Jefferson County Community Health Improvement Plan (CHIP).

RESIDENTS AWARENESS OF THE JEFFERSON COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP) PROCESS:

	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS
I'm involved	64	6%
I know a little	188	17%
I've heard of it	264	25%
Not at all	560	52%
Total	1076	100%

JEFFERSON ZIP CODES:

		NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS	JEFFERSON POPULATION*	SURVEY COMPARED TO JEFFERSON POPULATION
Port Townsend	98368	638	57.6%	51.8%	8.4%
Jefferson tri-area	98358	23	2.1%	3.3%	-1.1%
Jefferson tri-area	98339	81	7.3%	11.9%	-3.6%
Jefferson tri-area	98325	67	6.1%	5.5%	-0.1%
Jefferson tri-area	98365	51	4.6%	16.0%	-10.7%
Jefferson South	98376	154	13.9%	7.0%	7.2%
Jefferson South	98320	93	8.4%	4.4%	4.2%
Total		1107	100%		

*Source: 2018 WA State Department of Health, Community Health Assessment Tool

LENGTH OF RESIDENCE:

	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS
Less than 1 year	15	1.4%
1 to 5 years	88	8.0%
6 to 10 years	57	5.2%
10 or more years	943	85.3%
Other	n<10	n<10
Total	1105	n/a

FINAL SURVEY TOTAL FOR ANALYSIS: 1107

**JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
DEMOGRAPHICS**

GENDER:				
	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS	JEFFERSON POPULATION*	SURVEY COMPARED TO JEFFERSON
Female	757	68.8%	50.2%	18.5%
Male	302	27.4%	49.8%	-22.3%
Gender queer, non-binary, transgender, or other	17	1.5%	n/a	n/a
Choose not to disclose	25	2.3%	n/a	n/a
Total	1101	100%		

*Source: 2018 WA State Office of Financial Management

RACE/ETHNICITY:		
	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS
American Indian or Alaskan Native	43	4.0%
Asian	15	1.4%
Black	n<10	n<10
Hispanic	19	1.8%
Native Hawaiian or Pacific Islander	n<10	n<10
White	970	91.2%
Total reporting at least 1	1064	n/a

RACE/ETHNICITY WITH MULTIRACIAL AS A CATEGORY:				
	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS	JEFFERSON POPULATION*	SURVEY COMPARED TO JEFFERSON
American Indian or Alaskan Native	14	1.4%	2.2%	-0.8%
Asian	n<10	n<10	1.8%	n/a
Black	n<10	n<10	0.9%	n/a
Hispanic	19	1.9%	3.4%	-1.5%
Native Hawaiian or Pacific Islander	n<10	n<10	0.2%	n/a
White	932	91.8%	88.1%	3.7%
Multiracial	34	3.3%	3.3%	0.0%
Total	1015	n/a	100%	

*Source: 2018 WA State Office of Financial Management

AGE GROUP:				
	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS	JEFFERSON POPULATION*	SURVEY COMPARED TO JEFFERSON
18 or under	n<10	n<10	13.4%	n/a
19 to 29	94	8.6%	7.8%	0.7%
30 to 39	155	14.1%	7.9%	6.2%
40 to 49	177	16.1%	9.3%	6.8%
50 to 59	198	18.0%	14.2%	3.8%
60 to 69	264	24.0%	22.5%	1.5%
70 or above	203	18.5%	24.8%	-6.3%
Total	1098	n/a	100%	

*Source: 2018 WA State Office of Financial Management

**JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
DEMOGRAPHICS**

HIGHEST LEVEL OF EDUCATION:				
	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS	JEFFERSON POPULATION (AGE 25+)*	SURVEY COMPARED TO JEFFERSON POPULATION
Less than 12th Grade	29	2.7%	4.6%	-1.9%
High school graduate/GED	160	14.7%	19.2%	-4.5%
Some college/AA degree	295	27.0%	31.0%	-4.0%
College degree or higher	607	55.6%	45.2%	10.4%
Total	1091	100%	100%	

*Source: 2017 American Community Survey, 1-Year Estimate

AVERAGE ANNUAL HOUSEHOLD INCOME:				
	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS	JEFFERSON POPULATION*	SURVEY COMPARED TO JEFFERSON
Less than \$25,000	271	25.7%	22.9%	2.9%
\$25,000-\$50,000	246	23.4%	24.9%	-1.5%
\$50,000-\$75,000	183	17.4%	18.8%	-1.4%
\$75,000-\$100,000	154	14.6%	11.5%	3.1%
More than \$100,000	199	18.9%	21.9%	-3.0%
Total	1053	100%	100%	

*Source: 2017 American Community Survey, 5-Year Estimate

HOUSING SITUATION:		
	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS
Single family home or condominium	928	86.3%
Apartment	60	5.6%
Shelter, temporary housing, or unhoused	28	2.6%
Other	59	5.5%
Total	1075	100.0%

CHILDREN IN THE HOUSEHOLD:				
	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS	JEFFERSON POPULATION*	SURVEY COMPARED TO JEFFERSON
Yes	344	34.6%	15.9%	18.7%
No	651	65.4%	84.1%	-18.7%
Total	995	100%	100%	

*Source: 2017 American Community Survey, 5-Year Estimate

NUMBER OF PEOPLE IN THE HOUSEHOLD:				
	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS	JEFFERSON POPULATION*	SURVEY COMPARED TO JEFFERSON
1	210	19.2%	29.0%	-9.8%
2	489	44.7%	50.4%	-5.7%
3	171	15.6%	10.4%	5.2%
4	137	12.5%	6.4%	6.1%
5	56	5.1%	2.0%	3.2%
6 or more	32	2.9%	1.8%	1.1%
Total	1095	100%	100%	
Average	2.54		2.14	0.4
Median	2.0			

*Source: 2017 American Community Survey, 5-Year Estimate

**JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
BIGGEST CHALLENGES AND DESIRED CHANGES**

RANKED BIGGEST CHALLENGES FOR TEENS:				
	JEFFERSON COUNTY	PORT TOWNSEND	TRI-AREA	JEFFERSON SOUTH
1	Substance use	Substance use	Substance use	Substance use
2	Unhealthy or unstable home life	Unhealthy or unstable home life	Unhealthy or unstable home life	Unhealthy or unstable home life
3	Abuse or misuse of technology (texting, internet, games, etc.)	Maintaining emotional health	Lack of involved, supportive, positive role models	Abuse or misuse of technology (texting, internet, games, etc.)
4	Maintaining emotional health	Abuse or misuse of technology (texting, internet, games, etc.)	Abuse or misuse of technology (texting, internet, games, etc.)	Lack of involved, supportive, positive role models
5	Lack of involved, supportive, positive role models	Lack of afterschool or extracurricular activities	Bullying	Lack of afterschool or extracurricular activities
6	Lack of afterschool or extracurricular activities	Bullying	Maintaining emotional health	Maintaining emotional health
7	Bullying	Lack of involved, supportive, positive role models	Lack of afterschool or extracurricular activities	Bullying
8	Access to physical and mental health providers	Access to physical and mental health providers	Lack of quality education	Lack of transportation
9	Suicidal thoughts or attempts	Suicidal thoughts or attempts	Access to physical and mental health providers	Access to physical and mental health providers
10	Lack of quality education	Pressure to succeed	Suicidal thoughts or attempts	Maintaining physical health
11	Pressure to succeed	Lack of quality education	Pressure to succeed	Suicidal thoughts or attempts
12	Maintaining physical health	Maintaining physical health	Maintaining physical health	Lack of quality education
13	Lack of transportation	Lack of transportation	Staying in school	Pressure to succeed
14	Staying in school	Staying in school	Lack of transportation	Staying in school

RANKED BIGGEST CHALLENGES FOR SENIORS (AGE 65+):				
	JEFFERSON COUNTY	PORT TOWNSEND	TRI-AREA	JEFFERSON SOUTH
1	Living on a fixed income	Living on a fixed income	Living on a fixed income	Living on a fixed income
2	Social isolation or being lonely	Social isolation/being lonely	Social isolation/being lonely	Social isolation/being lonely
3	Cost of needed assistance/care	Cost of needed assistance/care	Cost of needed assistance/care	Cost of needed assistance/care
4	Housing	Housing	Housing	Transportation
5	Managing health problems	Managing health problems	Managing health problems	Managing health problems
6	Transportation	Support to age in place	Transportation	Housing
7	Support to age in place	Transportation	Getting good health care	Lack of recreational or social activities
8	Getting good health care	Getting good health care	Lack of recreational or social activities	Getting good health care
9	Lack of recreational or social activities	Lack of recreational or social activities	Support to age in place	Support to age in place
10	Safety outside the home	Safety outside the home	Safety outside the home	Safety outside the home

**JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
BIGGEST CHALLENGES AND DESIRED CHANGES**

TOP FIVE BIGGEST DAY-TO-DAY CHALLENGES FOR INDIVIDUALS OR THEIR FAMILY:

	JEFFERSON COUNTY	PORT TOWNSEND	TRI-AREA	JEFFERSON SOUTH
1	Stress	Stress	Stress	Income
2	Income	Income	Income	Stress
3	Physical activity	Physical activity	Physical activity	Health problems
4	Health problems	Health problems	Health problems	Physical activity
5	Housing	Housing	Housing	Health care

TOP FIVE THINGS INDIVIDUALS WOULD LIKE TO SEE CHANGE TO IMPROVE HEALTH AND WELL-BEING IN JEFFERSON COUNTY:

	JEFFERSON COUNTY	PORT TOWNSEND	TRI-AREA	JEFFERSON SOUTH
1	More affordable housing	More affordable housing	More affordable housing	More/better jobs
2	More/better jobs	More/better jobs	More/better jobs	More affordable housing
3	Better access to mental health care	Better access to mental health care	Less substance use/abuse	Less substance use/abuse
4	Less substance use/abuse	More help for residents dealing with stress, mental health,	Less poverty	Better access to dental care
5	Less poverty	Less substance use/abuse	Better access to mental health care	Less poverty

SUMMARY OF BIGGEST CHALLENGES AND DESIRED CHANGES:

For Jefferson county overall, respondents reported that some of the top biggest challenges for teens in the community are substance abuse (12.5%), unhealthy or unstable home life (10.9%), abuse or misuse of technology regarding texting, internet, games, etc. (10.0%), maintaining emotional health (9.6%), and lack of involved, supportive, positive role models (8.6%). Port Townsend, Tri-area, and Jefferson South reported similarly that the biggest challenges for teens are substance abuse (12.4%, 11.8%, and 13.3% respectively) and unhealthy or unstable home life (10.5%, 11.4%, and 11.4% respectively). For seniors in the community (age 65+), Jefferson county respondents reported that living on a fixed income (17.2%), social isolation or being lonely (15.2%), cost of needed assistance or care (13.7%), housing (10.5%), and managing health problems (9.6%) are the biggest challenges. These top challenges were reported for Port Townsend and Jefferson Tri-area as well. Jefferson South mentioned similar top challenges in addition to transportation.

Individuals and/or their families in Port Townsend, Tri-area, and Jefferson County overall reported that the five biggest day-to-day challenges are stress (15.2%, 13.5%, and 14.2% respectively), income (10.9%, 11.8%, and 11.5% respectively), physical activity (7.7%, 7.9%, and 7.7%, respectively), health problems (7.3%, 7.0%, and 7.3% respectively), and housing (5.8%, 6.5%, and 5.5% respectively). Specifically, for Jefferson South, income (12.5%), stress (12.4%), health problems (7.8%), physical activity (7.4%), and health care (7.3%) were the reported five biggest day-to-day challenges. Regarding health improvement and well-being, Jefferson County respondents overall reported that more affordable housing (13.2%), more and/or better jobs (10.8%), better access to mental health care (8.4%), less substance use and/or abuse (8.3%), and less poverty (7.3%) would improve health and well-being in the county.

**JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
POVERTY**

WITHIN THE PAST 12 MONTHS, NOT ENOUGH MONEY TO PAY FOR THE FOLLOWING ESSENTIALS:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Not applicable, we had enough money	708	46.2%	437	50.4%	140	46.2%	131	36.1%
Food	168	11.0%	77	8.9%	40	13.2%	51	14.0%
Housing	146	9.5%	77	8.9%	38	12.5%	31	8.5%
Health care	232	15.1%	135	15.6%	31	10.2%	66	18.2%
Medicine	133	8.7%	64	7.4%	25	8.3%	44	12.1%
Clothing	146	9.5%	77	8.9%	29	9.6%	40	11.0%
Total	1533	100%	867	100%	303	100%	363	100%

AMOUNT OF MONTHS INDIVIDUALS DID NOT HAVE ENOUGH MONEY TO PAY FOR ESSENTIALS:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
The whole year	81	22.4%	38	19.7%	16	21.9%	27	26.5%
Most of the year	91	25.2%	52	26.9%	15	20.5%	24	23.5%
Half the year	43	11.9%	28	14.5%	n<10	n<10	n<10	n<10
A few months	133	36.8%	63	32.6%	30	41.1%	40	39.2%
0 months	13	3.6%	n<10	n<10	n<10	n<10	n<10	n<10
Total	361	100%	193	n/a	73	n/a	102	n/a

SUMMARY OF POVERTY:

A little over half of Jefferson County respondents reported within the past 12 months they or their family did not have enough money for either health care, food, housing, clothing, or medicine; in Port Townsend about 5 in 10 respondents, Tri-area almost 5 in 9 respondents, and highest in Jefferson South about 6 in 11 respondents. Most Jefferson County respondents reported not having enough money to pay for the essentials for a few months. Another 1 in 4 reported not having enough money for most of the year and 22% for the whole year.

**JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
SUBSTANCE USE AND MENTAL HEALTH**

IN THE PAST YEAR, FIVE OR MORE ALCOHOL DRINKS ON ONE OCCASION:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Never or rarely	952	88.1%	554	88.1%	193	88.5%	205	88.0%
Sometimes, often or always	128	11.9%	75	11.9%	25	11.5%	28	12.0%
Total	1080	100%	629	100%	218	100%	233	100%

IN THE PAST YEAR, CIGARETTE USE:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Never or rarely	935	86.9%	565	90.4%	178	82.0%	192	82.1%
Sometimes, often or always	141	13.1%	60	9.6%	39	18.0%	42	17.9%
Total	1076	100%	625	100%	217	100%	234	100%

IN THE PAST YEAR, ELECTRONIC CIGARETTES/VAPE USE:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Never or rarely	1020	96.0%	602	96.6%	202	94.4%	216	95.6%
Sometimes, often or always	43	4.0%	21	3.4%	12	5.6%	10	4.4%
Total	1063	100%	623	100%	214	100%	226	100%

IN THE PAST YEAR, PRESCRIPTION PAIN KILLERS OR OPIOID USE:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Never or rarely	1003	94.0%	598	95.7%	199	92.6%	206	90.7%
Sometimes, often or always	64	6.0%	27	4.3%	16	7.4%	21	9.3%
Total	1067	100%	625	100%	215	100%	227	100%

IN THE PAST YEAR, MARIJUANA USE:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Never or rarely	873	81.2%	523	83.4%	179	82.9%	171	73.7%
Sometimes, often or always	202	18.8%	104	16.6%	37	17.1%	61	26.3%
Total	1075	100%	627	100%	216	100%	232	100%

IN THE PAST YEAR, ILLEGAL DRUG (METH, CRACK, HEROIN) USE:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Never or rarely	1038	97.1%	615	98.2%	202	93.1%	221	n/a
Sometimes, often or always	31	2.9%	11	1.8%	15	6.9%	n<10	n<10
Total	1069	100%	626	100%	217	100%	n/a	n/a

IN THE PAST YEAR, USED PRESCRIPTION MEDICATIONS THAT WEREN'T PRESCRIBED TO THEM OR TOOK MORE THAN PRESCRIBED:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Never or rarely	1051	98.8%	620	n/a	212	n/a	219	n/a
Sometimes, often or always	13	1.2%	n<10	n<10	n<10	n<10	n<10	n<10
Total	1064	100%	n/a	n/a	n/a	n/a	n/a	n/a

**JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
SUBSTANCE USE AND MENTAL HEALTH**

IN THE PAST YEAR, STRUGGLED WITH SUBSTANCE ABUSE AND/OR MENTAL ILLNESS ISSUES (PERSONALLY OR KNOW SOMEONE):

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Never or rarely	737	67.4%	429	67.8%	136	61.3%	172	72.3%
Sometimes, often or always	356	32.6%	204	32.2%	86	38.7%	66	27.7%
Total	1093	100%	633	100%	222	100%	238	100%

IN THE PAST YEAR, INVOLVEMENT WITH AN EMERGENCY ROOM OR LAW ENFORCEMENT BECAUSE OF SUBSTANCE ABUSE AND/OR MENTAL ILLNESS ISSUES (PERSONALLY OR KNOW SOMEONE):

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Never or rarely	1011	91.9%	586	92.1%	201	90.5%	224	92.6%
Sometimes, often or always	89	8.1%	50	7.9%	21	9.5%	18	7.4%
Total	1100	100%	636	100%	222	100%	242	100%

LEVEL OF STRESS ON MOST DAYS:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Not at all stressed	135	12.3%	70	11.0%	26	11.7%	39	16.2%
Somewhat	682	62.0%	400	62.8%	138	62.2%	144	59.8%
Very	232	21.1%	142	22.3%	46	20.7%	44	18.3%
Extremely	51	4.6%	25	3.9%	12	5.4%	14	5.8%
Total	1100	100%	637	100%	222	100%	241	100%

LEVEL OF SUPPORT IN NETWORK OF FRIENDS AND/OR FAMILY:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Extremely	352	31.9%	201	31.6%	81	36.5%	70	28.7%
Very	481	43.6%	295	46.4%	81	36.5%	105	43.0%
Somewhat	239	21.7%	130	20.4%	52	23.4%	57	23.4%
Not supportive or do not have a network of friends or family	30	2.7%	10	1.6%	n<10	n<10	12	4.9%
Total	1102	100%	636	100%	222	n/a	244	100%

SUMMARY OF SUBSTANCE USE AND MENTAL HEALTH:

Although in the past year most Jefferson County residents rarely or never used substances, the most commonly used substances were marijuana (18%), cigarettes (13.1%), and alcohol through binge drinking (11.9%). Port Townsend, Tri-area, and Jefferson South had similar reporting of respondents drinking five or more alcoholic drinks on one occasion (11.9%, 11.5%, and 12.0% respectively), and electronic cigarette or vape use (3.4%, 5.6%, and 4.4% respectively). More respondents in Tri-area and Jefferson South reported cigarette use compared to Port Townsend respondents (18.0%, 17.9%, 9.6% respectively), and more prescription pain killers or opioid use (7.4%, 9.3%, and 4.3% respectively). Jefferson South respondents reported more marijuana use compared to Tri-area and Port Townsend respondents (26.3%, 17.1%, and 16.6% respectively). A larger proportion of Tri-area respondents reported illegal drug use like meth, crack, or heroin compared to respondents in Port Townsend (6.9% and 1.8% respectively); there were too few respondents for Jefferson South to compare.

Regarding substance abuse and mental health, almost 1 in 3 of Jefferson County respondents reported that they personally or knew someone who struggled with substance abuse and/or mental health issues in the past year (32.6%). Tri-area respondents had the highest report of individuals who personally struggled or knew someone who struggled with substance abuse and/or mental illness, followed by Port Townsend, and Jefferson South respondents (38.7%, 32.2%, and 27.7% respectively).

JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS

SUBSTANCE USE AND MENTAL HEALTH

SUMMARY OF SUBSTANCE USE AND MENTAL HEALTH (CONTINUED):

Port Townsend, Tri-area, and Jefferson South had a similar proportion of respondent's reporting that they personally or knew someone who was involved with the emergency room or law enforcement due to substance abuse and/or mental health illness (7.9%, 9.5%, and 7.4% respectively). Concerning stress levels, a little over 3 in 5 Jefferson County respondents reported being somewhat or very stressed. Jefferson South respondents had the highest report of not being stressed at all, followed by Tri-area and Port Townsend (16.2%, 11.7%, and 11.0% respectively). Jefferson South respondents also had the highest report of being extremely stressed, followed by Tri-area and Port Townsend (5.8%, 5.4%, and 3.9% respectively). Overall regarding having a supportive network, many Jefferson County respondents reported having an extremely supportive (31.9%) or very supportive (43.6%) network of friends and/or family. A54

**JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
PHYSICAL ACTIVITY AND HEALTHY EATING**

WHERE INDIVIDUALS OR THEIR FAMILIES GET GO FOR PHYSICAL ACTIVITY IN THE COMMUNITY:								
	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
At home, inside	496	12.8%	290	12.3%	101	13.2%	105	14.0%
At home, outside	809	20.9%	441	18.7%	164	21.4%	204	27.2%
Trails or paths	854	22.1%	540	22.9%	158	20.6%	156	20.8%
Roads	358	9.2%	218	9.3%	62	8.1%	78	10.4%
Public parks/playgrounds	589	15.2%	366	15.5%	136	17.8%	87	11.6%
A paid gym or class membership	199	5.1%	159	6.8%	30	3.9%	10	1.3%
Free community group or church activities	103	2.7%	51	2.2%	28	3.7%	24	3%
Physical activity break/fitness room at work	40	1.0%	29	1.2%	n<10	n<10	n<10	n<10
Schools: playgrounds, courts, gyms	247	6.4%	163	6.9%	42	5.5%	42	5.6%
Other	176	4.5%	98	4.2%	38	5.0%	40	5.3%
Total	3871	100%	2355	100%	766	n/a	750	n/a

WHAT WOULD HELP INDIVIDUALS OR THEIR FAMILIES BE MORE PHYSICALLY ACTIVE:								
	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
More affordable classes/activities	345	15.0%	226	16.8%	66	13.4%	53	11.6%
More time	341	14.9%	221	16.4%	77	15.7%	43	9.5%
More places where I can be active near my home	303	13.2%	137	10.2%	81	16.5%	85	18.7%
A workplace that supports activity	128	5.6%	86	6.4%	26	5.3%	16	3.5%
Information about activities or ways to be active that are free	298	13.0%	168	12.5%	70	14.3%	60	13.2%
Better transportation to organized activities	114	5.0%	70	5.2%	20	4.1%	24	5.3%
Indoor options when the weather is bad	381	16.6%	226	16.8%	79	16.1%	76	16.7%
Nothing, I/we are satisfied with our activity level	215	9.4%	106	7.9%	44	9.0%	65	14.3%
Other	170	7.4%	109	8.1%	28	5.7%	33	7.3%
Total	2295	100%	1349	100%	491	100%	455	100%

WHAT WOULD MAKE IT SAFER OR EASIER FOR INDIVIDUALS TO WALK, BIKE, PLAY OR BE ACTIVE IN THEIR NEIGHBORHOOD:								
	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Sidewalks	501	21.5%	322	22.8%	106	21.6%	73	17.3%
Speed bumps or other ways to slow traffic	120	5.2%	58	4.1%	25	5.1%	37	8.7%
Crosswalks	166	7.1%	100	7.1%	34	6.9%	32	7.6%
Shoulders along roadways	546	23.5%	328	23.2%	119	24.2%	99	23.4%
Designated bike lanes	399	17.1%	272	19.2%	83	16.9%	44	10.4%
Lighting	268	11.5%	165	11.7%	58	11.8%	45	10.6%
Law enforcement presence	105	4.5%	42	3.0%	23	4.7%	40	9.5%
Neighborhood watch group	63	2.7%	28	2.0%	16	3.3%	19	4.5%
Other	159	6.8%	98	6.9%	27	5.5%	34	8.0%
Total	2327	100%	1413	100%	491	100%	423	100%

**JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
PHYSICAL ACTIVITY AND HEALTHY EATING**

AVERAGE DAILY FRUIT AND VEGETABLE SERVINGS:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Less than 5 average daily servings	840	78.6%	468	74.6%	168	79.2%	204	88.7%
5 or more average daily servings	229	21.4%	159	25.4%	44	20.8%	26	11.3%
Total	1069	100%	627	100%	212	100%	230	100%

WHAT WOULD MAKE IT EASIER FOR INDIVIDUALS TO ACCESS HEALTHY FOOD:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
More affordable	500	35.9%	279	36.5%	118	41.4%	103	30.2%
More stores near my home	152	10.9%	39	5.1%	31	10.9%	82	24.0%
More healthy options in the stores that are already near my home	165	11.9%	75	9.8%	40	14.0%	50	14.7%
Nothing, I'm satisfied with my daily fruit and vegetable servings	476	34.2%	317	41.4%	74	26.0%	85	24.9%
Other	98	7.0%	55	7.2%	22	7.7%	21	6.2%
Total	1391	100%	765	100%	285	100%	341	100%

SUMMARY OF PHYSICAL ACTIVITY AND HEALTHY EATING:

Jefferson County respondents reported they get their exercise mostly at home (34%), trails or paths (22%), and at public parks or playgrounds (15%). Respondents from Port Townsend, Tri-area, and Jefferson South reported similarly that more indoor options when the weather is bad would help them or their family be more physically active (16.8%, 16.1%, and 16.7% respectively). Other top responses were more places closer to respondents' homes to be active, more affordable classes or activities, and more time. Overall respondents reported that shoulders along roadways (23%), sidewalks (22%), designated bike lanes (17%), and lighting (12%) would make it safer or easier to walk, bike, play or be active in their neighborhood.

Regarding healthy eating, a little over 1 in 5 Jefferson County respondents reported their daily average fruit and vegetable intake was five or more servings. Jefferson South respondents reported less that their daily fruit and vegetable servings was five or more (about 1 in 9) compared to Port Townsend (about 1 in 4) and Tri-area respondents (about 1 in 5). Respondents from Port Townsend, Tri-area, and Jefferson South reported that affordability would make healthy food more accessible. Port Townsend and Tri-area respondents also reported that more healthy options in their stores would make healthy food more accessible, while Jefferson South respondents reported more stores near their homes in general. However, overall about 1 in 3 Jefferson County respondents reported that they are satisfied with their daily fruit and vegetable intake.

**JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
HEALTH CARE ACCESS**

PRIMARY HEALTH INSURANCE:			
	NUMBER OF RESPONDENTS	% OF TOTAL RESPONDENTS	
Uninsured	49	4.5%	
Private (Blue Cross, Aetna, Sound	519	47.9%	
Medicaid	135	12.5%	
Medicare	284	26.2%	
Dual Medicaid/Medicare	37	3.4%	
Indian Health Service	n<10	n<10	
Tricare	Suppressed	Suppressed	
Other	45	4.2%	
Total	1084	n/a	

LIKELIHOOD OF GOING TO A DOCTOR FOR A CHECK-UP IN THE NEXT YEAR:								
	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
I will definitely go	583	54.1%	349	56.1%	114	53.0%	120	50.0%
I will probably go	260	24.1%	149	24.0%	56	26.0%	55	22.9%
I might go	171	15.9%	97	15.6%	25	11.6%	49	20.4%
I never go for a check-up	63	5.8%	27	4.3%	20	9.3%	16	6.7%
Total	1077	100%	622	100%	215	100%	240	100%

BARRIERS TO GOING TO A DOCTOR FOR A CHECK-UP IN THE NEXT YEAR:								
	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Nothing would prevent me	494	29.8%	279	29.2%	103	30.4%	112	30.9%
Too busy	205	12.4%	122	12.8%	47	13.9%	36	9.9%
No insurance	86	5.2%	46	4.8%	20	5.9%	20	5.5%
Change or loss of insurance	107	6.5%	61	6.4%	22	6.5%	24	6.6%
Don't have a provider	82	5.0%	50	5.2%	15	4.4%	17	4.7%
Don't like my provider	62	3.7%	35	3.7%	11	3.2%	16	4.4%
No transportation	37	2.2%	13	1.4%	n<10	n<10	15	4.1%
Nervous or scared to go	55	3.3%	33	3.5%	14	4.1%	n<10	n<10
Too expensive	139	8.4%	79	8.3%	30	8.8%	30	8.3%
Don't need it, feel healthy	145	8.8%	87	9.1%	27	8.0%	31	8.6%
Deductible/Co-pay too expensive	110	6.6%	68	7.1%	17	5.0%	25	6.9%
Other	134	8.1%	82	8.6%	24	7.1%	28	7.7%
Total	1656	100%	955	100%	339	n/a	362	n/a

AWARENESS OF HOSPITAL-RELATED FINANCIAL AID PROGRAMS OFFERED LOCALLY:								
	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Did not know about it	498	39.8%	259	35.3%	105	41.2%	134	51.1%
clinic/hospital staff	223	17.8%	143	19.5%	43	16.9%	37	14.1%
website	34	2.7%	20	2.7%	10	3.9%	4	1.5%
poster notice in clinic/hospital	104	8.3%	69	9.4%	19	7.5%	16	6.1%
newspaper	36	2.9%	24	3.3%	6	2.4%	6	2.3%
doctor/nurse/other provider	66	5.3%	37	5.0%	13	5.1%	16	6.1%
financial aid office	133	10.6%	76	10.4%	27	10.6%	30	11.5%
Other	157	12.5%	106	14.4%	32	12.5%	19	7.3%
Total	1251	100%	734	100%	255	100%	262	100%

JEFFERSON COUNTY 2019 COMMUNITY HEALTH SURVEY RESULTS
HEALTH CARE ACCESS

LIKELIHOOD OF GOING TO A DENTIST FOR A CHECK-UP/CLEANING IN THE NEXT YEAR:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
I will definitely go	645	59.8%	408	64.7%	134	62.6%	103	44.0%
I will probably go	176	16.3%	100	15.8%	34	15.9%	42	17.9%
I might go	162	15.0%	92	14.6%	24	11.2%	46	19.7%
I never go for a check-up/cleaning	96	8.9%	31	4.9%	22	10.3%	43	18.4%
Total	1079	100%	631	100%	214	100%	234	100%

BARRIERS TO GOING TO A DENTIST FOR A CHECK-UP/CLEANING IN THE NEXT YEAR:

	JEFFERSON COUNTY		PORT TOWNSEND		TRI-AREA		JEFFERSON SOUTH	
	#	%	#	%	#	%	#	%
Nothing would prevent me	501	31.2%	302	33.3%	111	33.7%	88	23.8%
Too busy	110	6.8%	69	7.6%	24	7.3%	17	4.6%
No insurance	229	14.3%	125	13.8%	41	12.5%	63	17.0%
Change or loss of insurance	91	5.7%	48	5.3%	21	6.4%	22	5.9%
Don't have a provider	109	6.8%	52	5.7%	21	6.4%	36	9.7%
Don't like my provider	24	1.5%	10	1.1%	n<10	n<10	n<10	n<10
No transportation	42	2.6%	15	1.7%	11	3.3%	16	4.3%
Nervous or scared to go	88	5.5%	44	4.9%	22	6.7%	22	5.9%
Too expensive	292	18.2%	172	19.0%	54	16.4%	66	17.8%
Don't need it, feel healthy	26	1.6%	18	2.0%	n<10	n<10	n<10	n<10
Other	94	5.9%	52	5.7%	13	4.0%	29	7.8%
Total	1606	100%	907	100%	329	n/a	370	n/a

SUMMARY HEALTH CARE ACCESS:

Most Jefferson County respondents reported that they have health insurance (94.1%) and definitely or probably will go to a doctor or a dentist for a check-up or dental cleaning (78.3% and 76.1% respectively) in the next year. About 1 in 15 respondents reported that they never go to a doctor for a check-up, and almost 1 in 11 reported they never go to a dentist for a check-up or cleaning. Respondents in the Tri-area and Jefferson South reported more that they never go to a doctor for a check-up compared to Port Townsend respondents (9.3%, 6.7%, and 4.3% respectively). A sizeable amount of Jefferson South respondents reported never going to a dentist for a check-up or cleaning compared to Tri-area and Port Townsend respondents. (18.4%, 10.3%, and 4.9% respectively).

About 3 in 10 Jefferson County respondents reported that nothing would prevent them from visiting a doctor for a check-up (29.8%). However, some reported barriers to visiting a doctor were due to respondents being too busy (12.4%), services being too expensive (8.4%), and respondents feeling it was unnecessary because they felt healthy (8.8%). Regarding awareness of local hospital-related financial aid programs offered, a sizable number of respondents in Port Townsend, Tri-area, and Jefferson South reported they did not know about available programs (35.3%, 41.2%, and 51.1% respectively). However, Jefferson County respondents that did know about available programs find out about them mainly through clinical or hospital staff (17.8%), the financial aid office (10.6%), or through other means (12.5%).

About 3 in 10 Jefferson County respondents reported that nothing would prevent them from visiting a dentist for a check-up or dental cleaning (31.2%). However, some barriers reported were that services were too expensive (18.2%) or they did not have insurance (14.3%). Jefferson South respondents reported more that having no insurance was a barrier for visiting a dentist compared to Tri-area and Port Townsend (17.0%, 12.5%, and 13.8% respectively).