

# Placer County Community Themes and Strengths Assessment



Prepared by:  
Placer County  
Public Health Division



## Table of Contents

<b>Background</b> .....	1
<b>Introduction: What is a Community Themes and Strengths Assessment?</b> .....	1
<b>Methodology</b> .....	1
<b>Data Limitations</b> .....	2
<b>Findings</b> .....	2
Demographics .....	2
Education, Income, and Household Information .....	4
Personal Health .....	6
Public Health Concerns .....	6
Overall Community Health .....	8
<b>Key Informant Survey</b> .....	10
<b>Conclusion</b> .....	10
<b>Appendices</b> .....	12
<b>Appendix A: Placer County Press Release</b> .....	12
<b>Appendix B: Placer County English Survey</b> .....	13
<b>Appendix C: Placer County Spanish Survey</b> .....	17
<b>Appendix D: Placer County Key Informant Survey</b> .....	21

## **Background**

From May 2016-October 2016, the Placer County Public Health Division, through the Be Well Placer initiative, surveyed people who live, work, learn, or play in Placer County to obtain more information about health and quality of life issues in the community. Be Well Placer is a community-driven strategic planning process for improving community health that uses the Mobilizing for Action through Planning and Partnerships (MAPP) framework. MAPP is not an agency-focused assessment process; rather it is a six-phase interactive process that can improve the efficiency, effectiveness, and performance of local public health systems. In accordance with this framework, Be Well Placer will incorporate the findings from the Community Themes and Strengths Assessment (CTSA) with the three remaining assessments to identify strategic issues and formulate goals and strategies to address them.

### **Introduction: What is a Community Themes and Strengths Assessment (CTSA)?**

The purpose of the CTSA is to receive insight from the community about important community health and quality of life issues. The CTSA also explores the community's opinion towards community assets, community concerns, and their perceptions about the health factors and health outcomes of Placer County. The results will help guide the "Identify Strategic Issues" phase of the MAPP process.

### **Methodology**

Multiple surveys were distributed to complete the CTSA for Placer County. Using surveys from other local counties as examples, the CTSA survey was drafted by the Be Well Placer Core Team (internal public health staff) and presented to the Be Well Placer committee. Committee members had two opportunities to provide feedback on the survey, once during a Be Well Placer meeting and then one final time via email. Once the survey was finalized, Be Well Placer committee members were asked to distribute the electronic version of the survey to all partner organizations and individuals in Placer County. They were also encouraged to share the survey link via their professional and/or personal social media sites. The Core Team distributed the survey in a variety of manners, including but not limited to the Placer County E-News, Placer Collaborative Network email list serve, Campaign for Community Wellness email list serve,

Placer Network of Care website, Placer County website, Placer County social media sites (Facebook and Twitter), and a local press release.

The Spanish translation of the same survey was administered via paper survey by the Latino Leadership Council. From May 2016 to October 2016, a total of 1,145 respondents completed either the English-version or Spanish-version CTSA survey. Statistical analyses of the survey are on pages 2 to 10 of this report.

Additionally, a qualitative key informant survey to assess health and quality of life in Placer County was administered to senior adults at a health and wellness fair in September 2016. Content analysis for the key informant survey is on page 10 of the report. Respondents for any of the surveys had to either live, work, learn, or play in Placer County in order to be eligible to participate.

### **Data Limitations**

One limitation of the CTSA is that the primary opportunity to participate in the CTSA survey was electronically. While this does allow for a broad participation it may not include those who do not have access to the internet, or those who are not on the particular email distribution lists that were selected. Additionally, the Spanish CTSA surveys and the key informant surveys were collected using convenience sampling. Another limitation is that some participants selected more than three answer choices for questions 3, 4, 5, 6, 7, and 8 in the CTSA survey. If this occurred, each response provided was entered.

### **Findings**

Placer County Public Health and the Be Well Placer Committee acknowledge these findings do not reflect the performance or capacity of any single agency or organization.

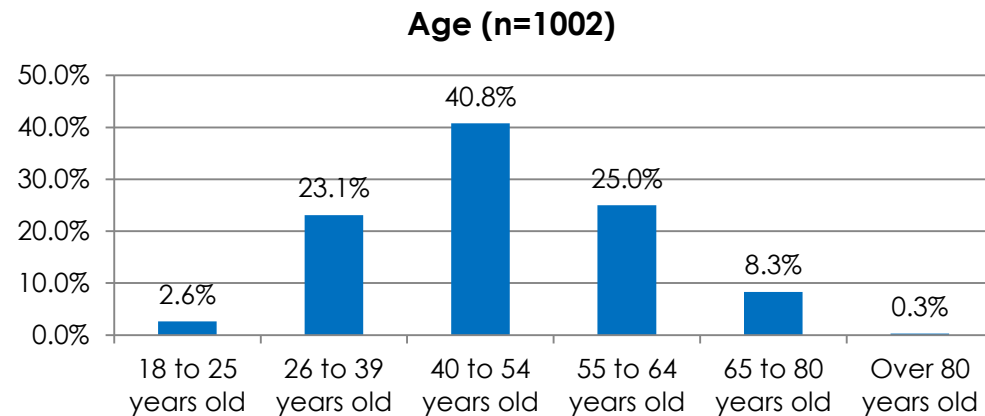
*Note:* Throughout this assessment, 'n' refers to the number of individuals who responded to a particular CTSA question. All percentages were rounded to the tenth decimal place.

### **Demographics**

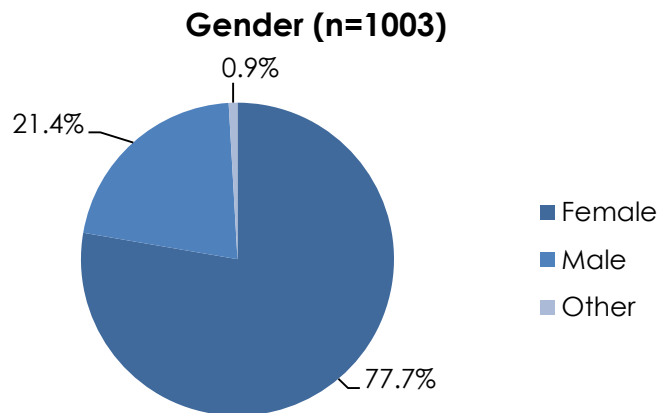
*Race and ethnicity (n=1002).* Approximately 80.4% of respondents self-identified as White/Caucasian, 11.0% self-identified as Hispanic/Latino, and 2.5% self-identified as Asian. Additional respondents self-identified as Black/African American, Native American, Pacific Islander, and Other.

Race and Ethnicity	Count	Percentage
Asian	25	2.5%
Black/African American	16	1.6%
Hispanic/Latino	110	11.0%
Native American	9	0.9%
Pacific Islander	8	0.8%
White/Caucasian	806	80.4%
Other	28	2.8%

Age (n=1002). Over 40% of respondents were between 40 years old to 54 years old. A total of 25.0% of survey respondents were 55 years old to 64 years old, followed by 23.1% of respondents who were 26 years old to 39 years old.



Gender (n=1003). Almost 78.0% of those surveyed self-identified as female. A total of 21.4% of respondents self-identified as male, and 0.9% self-identified as other.

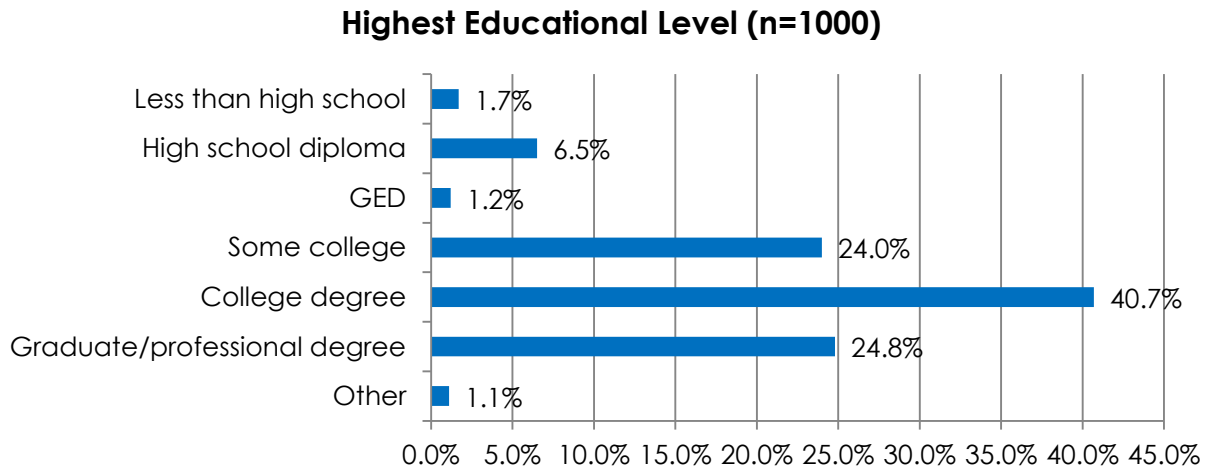


*Language spoken at home (n=1003).* The CTSA survey shows that 94.4% of respondents speak English at home, 8.7% of respondents speak Spanish at home, and less than 0.5% of respondents speak Russian at home. Nearly 2.0% of survey respondents speak other languages at home, which include but aren't limited to: American Sign Language, Farsi, French, Hindi, Japanese, and Tagalog.

Language	Count	Percentage
English	947	94.4%
Spanish	87	8.7%
Russian	3	0.3%
Other	16	1.6%

### Education, Income, and Household Information

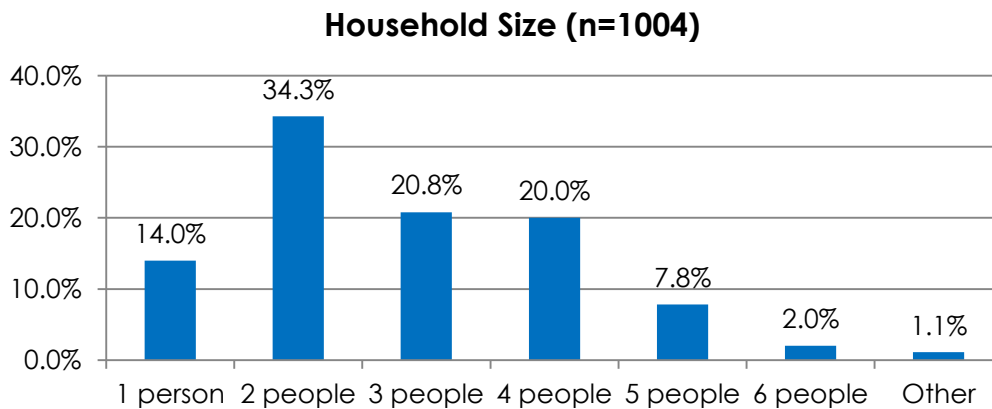
*Highest educational level (n=1000).* Of the CTSA respondents who reported their highest educational level, 40.7% obtained a college degree, and 24.8% finished a graduate or professional degree. Approximately 24.0% of respondents completed some college, and 6.5% acquired their high school diploma.



*Household income (n=999).* Exactly 24.3% of survey respondents have an annual household income that ranges from \$100,000 to \$149,000; subsequently 18.1% of respondents have an annual household income range of \$50,000-\$74,999. Note that almost 6.0% of respondents have an annual household income of less than \$25,000.

Household Income	Count	Percentage
Less than \$10,000	21	2.1%
\$10,000 to \$14,999	16	1.6%
\$15,000 to \$24,999	20	2.0%
\$25,000 to \$34,999	46	4.6%
\$35,000 to \$49,999	103	10.3%
\$50,000 to \$74,999	181	18.1%
\$75,000 to \$99,999	175	17.5%
\$100,000 to \$149,000	243	24.3%
\$150,000 to \$199,999	104	10.4%
\$200,000 or more	50	5.0%
Don't know	40	4.0%

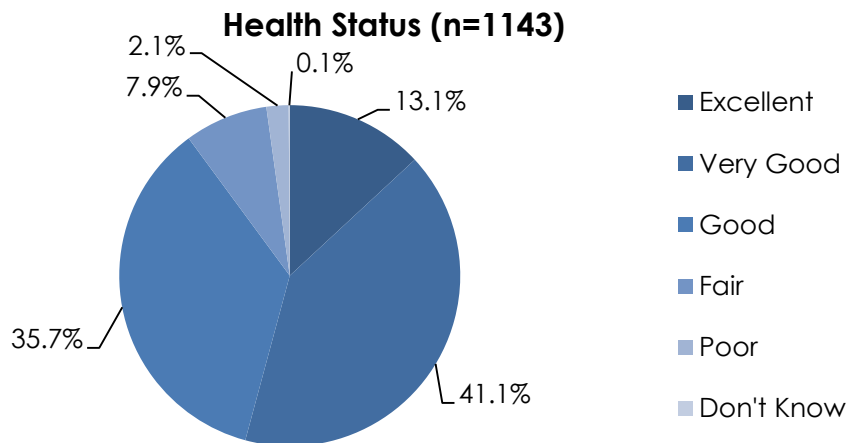
*Household size (n=1004).* Over 48.0% of CTSA respondents have a household size of 1-2 people. About 41.0% of respondents have a household size of 3-4 people, and 9.7% have 5-6 people residing in their household. The mode household size is 7 people for those who selected “other.”



*Household location (n=1141).* Respondents were allowed to participate in the CTSA if they lived, worked, learned, or played in Placer County. Of those who provided an accurate household zip code, 83.3% reside in Placer County, 6.7% reside in Sacramento County, and 6.2% reside in Nevada County. Additional respondents reside in Amador County, Contra Costa County, El Dorado County, Mendocino County, Solano County, Sutter County, and Yuba County. Residents from Nevada and Oregon also participated in the survey.

## Personal Health

*Personal health status (n=1143).* Over one-half of respondents (54.2%) labeled their personal health status as “excellent” or “very good.” A total of 35.7% of respondents disclosed their health status as “good” while 10% stated their health status was either “fair” or “poor.”



## Public Health Concerns

Respondents of the CTSA answered the following questions about various public health concerns in Placer County:

- “What do you think are the three biggest health problems in your area?”
- “What do you think are three ‘risky’ behaviors that most negatively affect health in your community?”
- “What do you think are the three biggest social and economic problems that affect health in your community?”
- “What do you think are the three biggest environmental issues in your community?”
- “Do any of the following make it hard for you to access health care services?”

The top three responses for each question will be interpreted.

*Perceived Health Issues (n=1094).* Over half of the respondents (51.4%) believe that mental health issues, such as depression, are the biggest health problems in Placer County. Furthermore, 43.1% of respondents state that obesity and alcoholism (27.0%) are additional top health issues in the area.



*Perceived Health Behaviors (n=1076).* When asked about risky behaviors that most negatively affect health in the community, CTSA respondents selected drug abuse (44.3%), driving while drunk and/or on drugs (38.2%), and poor eating habits (37.4%).

*Perceived Social and Economic Circumstances (n=1046).* A total of 48.1% of respondents state the lack of affordable housing is the biggest social and economic circumstance that affects health in the community. Next, homelessness (44.4%) and not enough local jobs (27.8%) are social and economic circumstances that affect health in Placer County.

*Perceived Environmental Concerns (n=1017).* Almost 45.0% of respondents indicated that speeding and traffic is the biggest environmental issue in the community, followed by air pollution (37.6%), and not having enough sidewalks or bike paths (35.8%).

*Perceived Healthcare Barriers (n=1010).* The majority of respondents (68.7%) do not have difficulty accessing health care services. However, for those who did express difficulty accessing health care services, 11.7% attributed the difficulty to high co-pays and deductibles, 10.4% stated the difficulty is due to the lack of doctors in Placer County, and 10.3% expressed that the wait time to see the doctor is too long.

<b>Public Health Concern</b>	<b>Top Three Responses</b>	<b>Count</b>	<b>Percentage</b>
Health issues	Mental health	562	51.4%
	Obesity	471	43.1%
	Alcoholism	295	27.0%
Health behaviors	Drug abuse	477	44.3%
	Driving while drunk and/or on drugs	411	38.2%
	Poor eating habits	402	37.4%
Social and economic circumstances	Lack of affordable housing	503	48.1%
	Homelessness	464	44.4%
	Not enough local jobs	291	27.8%
Environmental concerns	Speeding and traffic	455	44.7%
	Air pollution	382	37.6%

	Not enough sidewalks or bike paths	364	35.8%
Healthcare barriers*	High co-pays and deductibles	118	11.7%
	Lack of doctors	105	10.4%
	Wait time to see the doctor is too long	104	10.3%

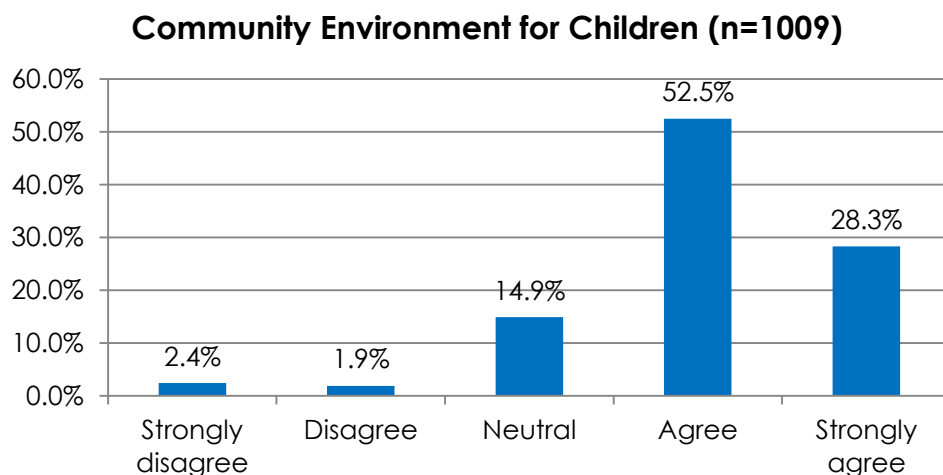
\*Note: Most respondents for this question (n=694, 68.7%) do not have difficulty accessing health care services.

### Overall Community Health

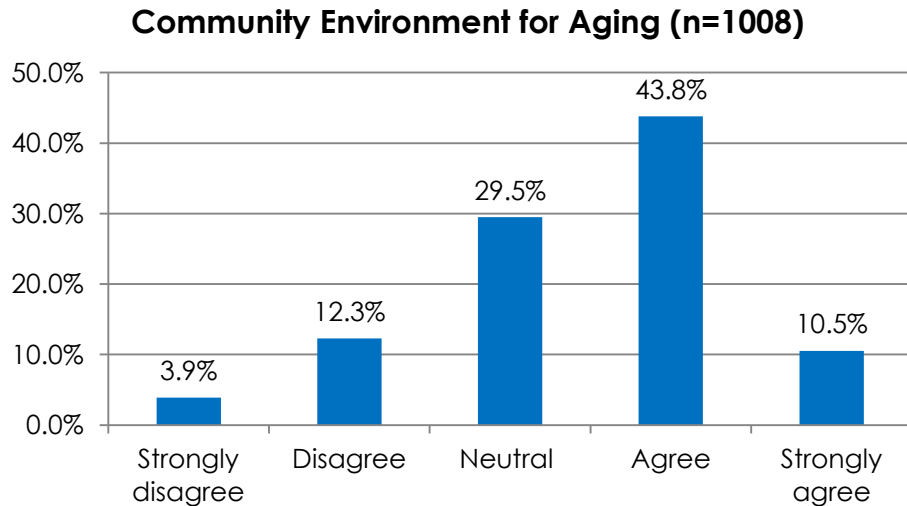
*Healthy, Thriving Community (n=1016).* Respondents were asked to select the most important factors of a healthy, thriving community. The top three factors were job opportunities (36.3%), low crime and safe neighborhoods (35.0%), and affordable housing (32.9%).

Community Factors	Count	Percentages
Job opportunities	369	36.3%
Low crime and safe neighborhoods	356	35.0%
Affordable housing	334	32.9%

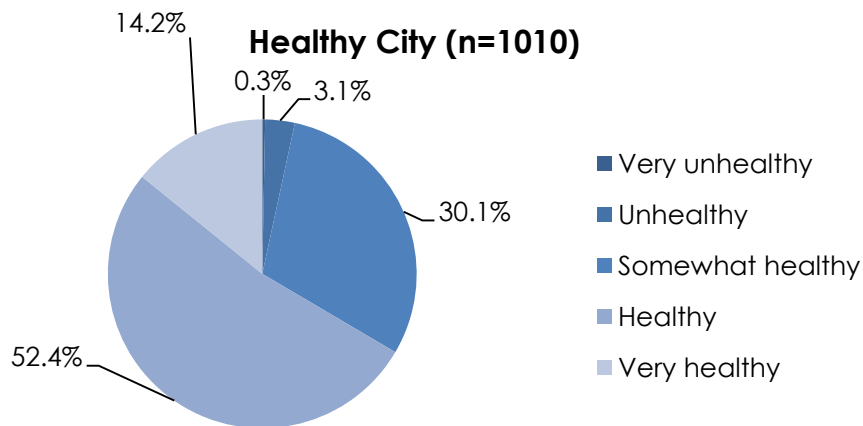
*Community Environment for Children (n=1009).* When asked to agree or disagree with the statement that the community is a good place to raise children, 80.9% of respondents either agreed or strongly agreed.



*Community Environment for Aging (n=1008)*. A total of 54.4% of respondents either agree or strongly agree with the statement that Placer County is a good place to age (with consideration to elder-friendly housing, transportation to medical services and shopping, elder day care, social support, etc.)

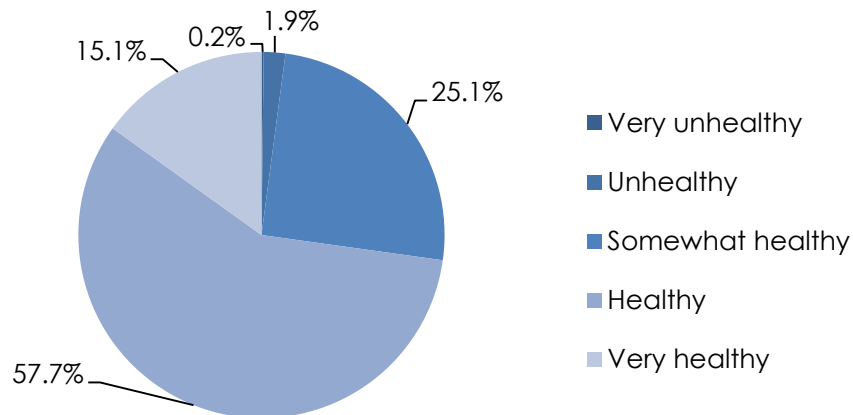


*Healthy City (n=1010)*. The survey shows that 52.4% of respondents rate their city as a healthy place to live. About one-third of participants rate their city as a somewhat healthy place to live (30.1%).



*Healthy County (n=1006)*. Placer County is a healthy place to live, according to 57.7% of survey respondents. A total of 25.1% of respondents rate the county as a somewhat healthy place to live, followed by 15.1% of respondents who believe the county is a very healthy place to live. Just over 2% of respondents rate Placer County as either an unhealthy or very unhealthy place to live.

### Healthy County (n=1006)



### Key Informant Survey

As previously mentioned, 19 qualitative surveys were obtained at the Sierra College Health and Wellness Fair to assess the health and quality of life in Placer County. Survey participants were attendees of the health fair who were senior adults.

When asked about what comes to mind when picturing a healthy community, participants mentioned safety, green space, recreational activities, and community support. The participants were most proud of the residents in Placer County and the low crime rates in the county. However, the participants believe that Placer County can improve their efforts on homelessness, community access to illegal substances, transportation, and the lack of access to affordable foods.

Looking to the future, the participants would support care for children and seniors as an action, policy, or funding priority followed by tobacco laws, community support for healthier foods, and transportation. Finally, the initiatives that the participants would like to be involved in include environmental issues, multi-unit housing regulations prohibiting tobacco, volunteerism, and volunteer opportunities for college students and children.

### Conclusion

Data from the CTSA survey and the Key Informant Survey indicate the health factors and health outcomes that respondents believe are fundamental for a healthy community. As a result, this objective summary report and the reports

from the three accompanying MAPP assessments will be used to inform strategic plans in Placer County. It is recommended that community members continue to be identified as active partners and important collaborators as the strategic plans are created and implemented throughout the county.

## Appendices

### Appendix A: Placer County Press Release



#### PRESS RELEASE

---

#### **Placer County Health Survey seeks to gather community members' input on health**

As part of a community-driven health improvement initiative, Placer County Public Health is conducting a survey to better understand the health issues that are important to our community members. We want to hear the concerns of the people who live, work, learn, and play in Placer County so we can work together to build an even healthier environment.

The survey can be found at <http://svy.mk/1SyMi5l> or on the [Be Well Placer - Community Dashboard](#). It takes approximately 5 minutes to complete and will provide invaluable feedback for this health improvement initiative.

"This is a great way for people in Placer County to let us know what is important to them when it comes to the health and quality of life of our community," said Dr. Robert Oldham, Placer County Health Officer.

The survey addresses topics such as quality of life, health care, children, elderly, economic opportunity, safety, social support, stress, chronic health issues, and risky behaviors. The information gathered from the survey will be an integral part of a comprehensive community health assessment and improvement plan that is currently underway.

For more information, please contact (530) 889-7152 or [shagen@placer.ca.gov](mailto:shagen@placer.ca.gov).



## Appendix B: Placer County English Survey

**Be Well Placer** is a community-driven health improvement initiative which seeks to answer two key questions about Placer County:

- ✓ What health issues are important to our community?
- ✓ How is quality of life perceived in our community?

By collecting community thoughts, opinions and concerns, this information will show us the perception of health issues as seen through the eyes of people who live, work, and play in Placer County.

**We ask that you take just a few minutes to answer the following questions. This survey is anonymous and the information gathered will be used to develop community health improvements.**

1. What is your home zip code?: \_\_\_\_\_

2. Would you say your health in general is excellent, very good, good, fair, or poor? **Choose 1.**

- Excellent     Very Good     Good     Fair     Poor     Don't Know

3. What do you think are the **three biggest health problems in your area?** **Choose 3:**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Health problems with aging (like arthritis) | <input type="checkbox"/> Motor vehicle injuries (including pedestrian and bicycle accidents) | <input type="checkbox"/> Stroke                 |
| <input type="checkbox"/> Cancer                                      | <input type="checkbox"/> Poor birth outcomes (e.g., baby underweight)                        | <input type="checkbox"/> Teen pregnancy         |
| <input type="checkbox"/> Dental problems                             | <input type="checkbox"/> Breathing problems/asthma   | <input type="checkbox"/> Suicide                |
| <input type="checkbox"/> Heart disease                               | <input type="checkbox"/> Sexually transmitted disease  | <input type="checkbox"/> Alcoholism             |
| <input type="checkbox"/> Infectious diseases (e.g., hepatitis or TB) | <input type="checkbox"/> Youth violence  | <input type="checkbox"/> Diabetes               |
| <input type="checkbox"/> Mental health issues (e.g., depression)     | <input type="checkbox"/> Domestic violence   | <input type="checkbox"/> Child abuse or neglect |
|  |  | <input type="checkbox"/> Obesity                |
|  |  | <input type="checkbox"/> Tobacco Use            |
|  |  | <input type="checkbox"/> Racism                 |
|  |  | <input type="checkbox"/> Other: _____           |

4. What do you think are **three “risky” behaviors that most negatively affect health in your community?** **Choose 3:**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Alcohol abuse                | <input type="checkbox"/> Not getting “shots” (vaccines) to prevent disease | <input type="checkbox"/> Not getting regular checkups by the doctor |
| <input type="checkbox"/> Drug abuse                   | <input type="checkbox"/> Smoking/tobacco use                               | <input type="checkbox"/> Life stress                                |
| <input type="checkbox"/> Driving while drunk/on drugs | <input type="checkbox"/> Unsafe sex  | <input type="checkbox"/> Teenage sex                                |
| <input type="checkbox"/> Lack of exercise             | <input type="checkbox"/> Using weapons/guns                                | <input type="checkbox"/> Talk/texting and driving                   |
| <input type="checkbox"/> Poor eating habits           |  | <input type="checkbox"/> Racism                                     |
|   |  | <input type="checkbox"/> Other: _____                               |

5. What do you think are the **three biggest social and economic problems that affect health in your community?** **Choose 3:**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Not enough local jobs      | <input type="checkbox"/> Bullying                                    | <input type="checkbox"/> Fear of crime                |
| <input type="checkbox"/> Poverty                    | <input type="checkbox"/> Not enough education/high school drop-outs  | <input type="checkbox"/> Not enough healthy food      |
| <input type="checkbox"/> Overcrowded housing        | <input type="checkbox"/> Racism and discrimination                   | <input type="checkbox"/> Can't pay for transportation |
| <input type="checkbox"/> Lack of affordable housing | <input type="checkbox"/> No health insurance                         | <input type="checkbox"/> No police and firefighters   |
| <input type="checkbox"/> Homelessness               | <input type="checkbox"/> Not enough interesting activities for youth | <input type="checkbox"/> Other: _____                 |
| <input type="checkbox"/> Social isolation           |  |   |

6. What do you think are the **three biggest environmental issues in your community?** **Choose 3:**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Air pollution                            | <input type="checkbox"/> Not enough sidewalks or bike paths             | <input type="checkbox"/> Not enough places nearby to buy healthy and affordable foods |
| <input type="checkbox"/> Pesticide use                            | <input type="checkbox"/> Trash on streets/sidewalks                     | <input type="checkbox"/> Lack of public transportation                                |
| <input type="checkbox"/> Poor housing conditions                  | <input type="checkbox"/> Flooding problems                              | <input type="checkbox"/> Speeding/Traffic   |
| <input type="checkbox"/> Home is too far from shops, work, school | <input type="checkbox"/> Unsafe drinking water                          | <input type="checkbox"/> Other _____  |
| <input type="checkbox"/> Too many hot days                        | <input type="checkbox"/> Not enough safe places to be physically active |   |
| <input type="checkbox"/> Cigarette smoke                          |   |   |

7. What do you think are the **three most important factors of a healthy, thriving community?** **Choose 3:**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Safe place to raise kids     | <input type="checkbox"/> Community involvement           | <input type="checkbox"/> Community well-informed of health issues             |
| <input type="checkbox"/> Job opportunities            | <input type="checkbox"/> Parks and recreation facilities | <input type="checkbox"/> Support agencies (faith-based, support groups, etc.) |
| <input type="checkbox"/> Access to healthcare         | <input type="checkbox"/> Green/open spaces               | <input type="checkbox"/> Access to childcare                                  |
| <input type="checkbox"/> Good schools                 | <input type="checkbox"/> Time for family                 | <input type="checkbox"/> Other _____  |
| <input type="checkbox"/> Low crime/safe neighborhoods | <input type="checkbox"/> Elderly care                    |   |
| <input type="checkbox"/> Access to healthy food       | <input type="checkbox"/> Air quality                     |   |
| <input type="checkbox"/> Affordable housing           | <input type="checkbox"/> Tolerance for diversity         |   |

8. Do any of the following make it **hard for you to access health care services?** If so, **choose up to 3 options below.** If you do not have difficulty accessing health care services, select "I do not have difficulty accessing health care services."

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> No health insurance                           | <input type="checkbox"/> High co-pays and deductibles                             | <input type="checkbox"/> Covered California/ Obama Care is too hard to get/use |
| <input type="checkbox"/> Medi-Cal is too hard to get                   | <input type="checkbox"/> Can't get time off work                                  | <input type="checkbox"/> Covered California/ Obama Care is too expensive       |
| <input type="checkbox"/> Medi-Cal is too hard to use                   | <input type="checkbox"/> I don't understand how to access the health care system. | <input type="checkbox"/> No transportation                                     |
| <input type="checkbox"/> No health care available at night or weekends | <input type="checkbox"/> Can't afford medicine                                    |  |



- Not enough doctors here
- Doctors and staff don't speak my language
- I do not have difficulty accessing health care services
- Waiting time to see the doctor is too long
- Other: \_\_\_\_\_

9. I feel this community is a good place to raise children.

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

10. I find this community to be a good place to grow old (considering elder-friendly housing, transportation to medical services, shopping; elder day care, social support for the elderly living alone, meals on wheels, etc.).

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

11. How would you rate your **city** as a healthy place to live?

- Very Unhealthy
- Unhealthy
- Somewhat Healthy
- Healthy
- Very Healthy

12. How would you rate **Placer County** as a healthy place to live?

- Very Unhealthy
- Unhealthy
- Somewhat Healthy
- Healthy
- Very Healthy

**Please answer the following questions about yourself so we can see how different types of people feel about these local health issues.**

13. What is your age group?

- Under 18 years
- 18 to 25 years
- 26 to 39 years
- 40 to 54 years
- 55 to 64 years
- 65 to 80 years
- Over 80 years

14. What language(s) do you speak at home?

- English
- Spanish
- Russian
- Other: \_\_\_\_\_

15. What race do you most identify with?

- Black/African American
- White/Caucasian
- Pacific Islander
- Native American
- Other: \_\_\_\_\_
- Asian
- Hispanic/Latino

16. Please indicate your gender:

- Female
- Male
- Other: \_\_\_\_\_

17. What is your annual household income?

- Less than \$10,000
- \$10,000 to \$14,999
- \$15,000 to \$24,999
- \$25,000 to \$34,999
- \$35,000 to \$49,999
- \$50,000 to \$74,999
- \$75,000 to \$99,999
- \$100,000 to \$149,000
- \$150,000 to \$199,999

- \$200,000 or more                       Don't know

18. How many people live in your household?

- 1                       3                       5                       Other\_\_\_\_\_
- 2                       4                       6

19. What is your highest educational level?

- Less than high school                       Some college                       Other: \_\_\_\_\_
- High school diploma                       College degree
- GED                       Graduate/professional degree

## Appendix C: Placer County Spanish Survey

El programa de **Be Well Placer** es una iniciativa comunitaria para mejorar la salud, y busca respuestas para dos preguntas principales sobre El Condado de Placer:

- ✓ ¿Cuáles problemas de salud son importantes en nuestra comunidad?
- ✓ ¿Cómo se percibe la calidad de vida en nuestra comunidad?

Consiguiendo los pensamientos, opiniones y preocupaciones de personas que viven, trabajan y juegan en El Condado de Placer nos dará una percepción en cómo ven ustedes los problemas de salud en su comunidad.

**Pedimos que tome unos minutos para contestar la siguientes preguntas. La encuesta es anónima y la información que nos da es para desarrollar y mejorar la salud de la comunidad.**

20. ¿Cuál es su código postal? : \_\_\_\_\_

21. ¿En general, diría que su salud esta excelente, muy bien, bien, más o menos, o mal? **Elija 1.**

- Excelente     Muy Bien     Bien     Mas o Menos     Mal     No se

22. ¿Cuáles tres problemas de salud en su región piensa usted que son los más grandes? **Elija 3:**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Problemas de salud con edad (Ej. Artritis)               | <input type="checkbox"/> Accidentes de Automóvil (incluyendo peatones o ciclistas) | <input type="checkbox"/> Embarazo de Adolescentes   |
| <input type="checkbox"/> Cáncer   | <input type="checkbox"/> Problemas de Nacimiento (Ej. Bajo de peso)                | <input type="checkbox"/> Suicidio                   |
| <input type="checkbox"/> Problemas Dentales                                       | <input type="checkbox"/> Problemas de Respiración/Asma                             | <input type="checkbox"/> Alcoholismo                |
| <input type="checkbox"/> Enfermedad del Corazón                                   | <input type="checkbox"/> Enfermedades Transmitidas Sexualmente                     | <input type="checkbox"/> Diabetes                   |
| <input type="checkbox"/> Enfermedad de Infecciones (Ej. Hepatitis o Tuberculosis) | <input type="checkbox"/> Violencia de Adolescentes                                 | <input type="checkbox"/> Abuso/Negligencia de Niños |
| <input type="checkbox"/> Problemas Mentales (Ej. Depresión)                       | <input type="checkbox"/> Violencia Domestica                                       | <input type="checkbox"/> Obesidad                   |
|   | <input type="checkbox"/> Derrame Cerebral  | <input type="checkbox"/> Uso de Tabaco              |
|   |  | <input type="checkbox"/> Racismo                    |
|   |  | <input type="checkbox"/> Otro: _____                |

23. ¿Cuáles tres comportamientos “arriesgados” piensa usted que afecta más negativamente la salud en su comunidad? **Elija 3:**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Abuso de Alcohol                                   | <input type="checkbox"/> Falta de vacunas para prevenir enfermedades     | <input type="checkbox"/> Estrés                                |
| <input type="checkbox"/> Abuso de Drogas                                    | <input type="checkbox"/> Uso de tabaco o El Fumar                        | <input type="checkbox"/> Sexo de Adolescentes                  |
| <input type="checkbox"/> Manejando bajo las influencia del Alcohol o Drogas | <input type="checkbox"/> Sexo sin protección                             | <input type="checkbox"/> Uso de Teléfono/Texto Mientras Maneja |
| <input type="checkbox"/> Falta de Ejercicio                                 | <input type="checkbox"/> Uso de armas o armas de fuego                   | <input type="checkbox"/> Racismo                               |
| <input type="checkbox"/> Mal Hábitos de Alimentación                        | <input type="checkbox"/> No ver al doctor regularmente para sus chequeos | <input type="checkbox"/> Otro: _____                           |

24. ¿Cuáles tres problemas económicos o sociales piensa usted que afecta más la salud en su comunidad?

**Elija 3:**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> No hay trabajos locales        | <input type="checkbox"/> Falta de educación/Abandono de la secundaria            | <input type="checkbox"/> No tener dinero para transportación |
| <input type="checkbox"/> Pobreza                        | <input type="checkbox"/> Racismo y discriminación                                | <input type="checkbox"/> Falta de policía y bomberos         |
| <input type="checkbox"/> Muchos habitantes en su casa   | <input type="checkbox"/> Falta de seguro medico                                  | <input type="checkbox"/> Otro: _____                         |
| <input type="checkbox"/> Falta de alojamiento económico | <input type="checkbox"/> Falta de actividades interesantes para los adolescentes |  |
| <input type="checkbox"/> La falta de vivienda           | <input type="checkbox"/> Miedo de crimen   |  |
| <input type="checkbox"/> Aislamiento Social             | <input type="checkbox"/> Falta de comida saludable                               |  |
| <input type="checkbox"/> Acosos, “Bullying”             |  |  |

25. ¿Cuáles son los tres peores problemas ambientales que ay en su comunidad? **Elija 3:**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> La Contaminación del aire                            | <input type="checkbox"/> Basura en las calles y acera  | <input type="checkbox"/> Falta de transporte público |
| <input type="checkbox"/> Uso de Pesticida                                     | <input type="checkbox"/> Problemas de inundaciones   | <input type="checkbox"/> Exceso de velocidad/Trafico |
| <input type="checkbox"/> Malas condiciones de vivienda                        | <input type="checkbox"/> Falta de agua potable   | <input type="checkbox"/> Otro: _____                 |
| <input type="checkbox"/> La casa queda lejos de la escuela, trabajo y tiendas | <input type="checkbox"/> Falta de locales seguros para actividades físicas                       |  |
| <input type="checkbox"/> Muchos días calientes                                | <input type="checkbox"/> Falta de lugares locales para comprar comida saludable y económicamente |  |
| <input type="checkbox"/> Humo de cigarrillo                                   |  |  |
| <input type="checkbox"/> Falta de caminos para peatones y bicicletas          |  |  |

26. ¿Cuáles tres factores piensa usted que son los más importantes para una comunidad próspera y saludable?

**Elija 3:**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Un lugar seguro para criar niños | <input type="checkbox"/> Participación de la comunidad         | <input type="checkbox"/> Tolerancia para diversidad                                    |
| <input type="checkbox"/> Oportunidades de trabajo         | <input type="checkbox"/> Instalaciones de parques y recreación | <input type="checkbox"/> Que la comunidad este bien informada sobre problemas de salud |
| <input type="checkbox"/> Acceso a cuidado medico          | <input type="checkbox"/> Espacios grandes y verdes             | <input type="checkbox"/> Agencias de apoyo (grupos de apoyo, basadas en fe, etc.)      |
| <input type="checkbox"/> Buenas escuelas                  | <input type="checkbox"/> Tiempo con la familia                 | <input type="checkbox"/> Acceso a cuidado de niños                                     |
| <input type="checkbox"/> Bajo crimen/Vecindades seguras   | <input type="checkbox"/> Cuidado para ancianos                 | <input type="checkbox"/> Otro: _____   |
| <input type="checkbox"/> Acceso a comida saludable        | <input type="checkbox"/> Calidad de aire                       |  |
| <input type="checkbox"/> Alojamiento económico            |  |  |

27. Si algunas respuestas son razones por cual se le hace difícil obtener acceso a cuidado médico, **elija no más de 3**. Si no tiene dificultad en obtener cuidado médico, **marque** “No tengo dificultad de obtener servicios médicos”

- Falta de seguro medico

- Es difícil obtener el Medi-Cal
- Es difícil usar el Medi-Cal
- Falta de cuidado médico en las noches o fin de semanas
- Alto co-pagos o deducibles
- El no poder salir del trabajo
- No sé cómo obtener acceso al sistema de seguro médico.
- No puedo pagar para medicamentos
- Es difícil obtener o usar Covered California/Obama Care
- Covered California/Obama Care es muy caro
- Falta de transportación
- Falta de doctores en la región
- La espera para ver un doctor es muy larga
- Los doctores y el personal no hablan mi idioma
- Otro: \_\_\_\_\_
- No tengo dificultad de obtener servicios médico

28. Siento que esta comunidad es un lugar bueno para criar niños.

- Fuertemente desacuerdo
- Desacuerdo
- De acuerdo
- Fuertemente de acuerdo
- Neutral

29. Pienso que esta comunidad es un buen lugar para jubilarse (considerando vivienda para ancianos, transportación a servicios médicos, ir de compras; cuidado de día para ancianos, apoyo social para ancianos que viven solos, entrega de comidas, etc.).

- Fuertemente desacuerdo
- Desacuerdo
- De acuerdo
- Fuertemente de acuerdo
- Neutral

30. ¿Cómo evaluaría su ciudad como un lugar sano para vivir?

- Nada de sano
- No muy sano
- Algo Sano
- Sano
- Muy Sano

31. ¿Cómo evaluaría **El Condado de Placer** como un lugar sano para vivir?

- Nada de sano
- No muy sano
- Algo Sano
- Sano
- Muy Sano

**Por favor conteste las próximas preguntas relacionadas a usted para nosotros poder ver la diferencia entre la gente en cómo responden acerca de estos problemas de salud locales.**

32. ¿Cuál es su grupo de edad?

- Menos de 18 años
- 18 to 25 años
- 26 to 39 años
- 40 to 54 años
- 55 to 64 años
- 65 to 80 años
- Más de 80 años

33. ¿Cuál idioma habla usted en casa?

- Inglés
- Español
- Ruso
- Otro: \_\_\_\_\_

34. ¿Con cuál raza se identifica más usted?

- Negro/Africano
- Americano
- Asiático
- Blanco/Caucásico
- Islas del Pacifico
- Hispano/Latino
- Nativo Americano
- Otro: \_\_\_\_\_

35. Por favor indique su género:

- Femenina       Otro: \_\_\_\_\_  
 Masculino

36. ¿Cuál es el ingreso anual de su hogar?

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Menos de \$10,000   | <input type="checkbox"/> \$35,000 - \$49,999   | <input type="checkbox"/> \$150,000 - \$199,999 |
| <input type="checkbox"/> \$10,000 - \$14,999 | <input type="checkbox"/> \$50,000 - \$74,999   | <input type="checkbox"/> \$200,000 o Mas       |
| <input type="checkbox"/> \$15,000 - \$24,999 | <input type="checkbox"/> \$75,000 - \$99,999   | <input type="checkbox"/> No se                 |
| <input type="checkbox"/> \$25,000 - \$34,999 | <input type="checkbox"/> \$100,000 - \$149,000 |  |

37. ¿Cuánta gente vive en su casa con usted?

- 1       3       5       Otro: \_\_\_\_\_  
 2       4       6

38. ¿Cuál es el nivel más alto de su educación?

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Menos que la secundaria  | <input type="checkbox"/> Educación equivalente a un diploma | <input type="checkbox"/> Título universitario              |
| <input type="checkbox"/> Diploma de la secundaria | <input type="checkbox"/> Algo de colegio                    | <input type="checkbox"/> Posgrado/Licenciatura Profesional |
|   |   | <input type="checkbox"/> Otro: _____                       |

Appendix D: Placer County Key Informant Survey



# Be Well Placer

## Health & Quality of Life Discussion

**01** When you picture a healthy community, what comes to mind?

---

---

---

**02** What makes you most proud of our community?

---

---

---

**03** What are 2-3 health & quality of life issues we can improve upon?

---

---

---

**04** What action/policy/funding priorities would you support to build a healthier community?

---

---

---

**05** What initiative would excite you enough to become involved?

---

---

---

