

Healthy Carolinians of Macon County

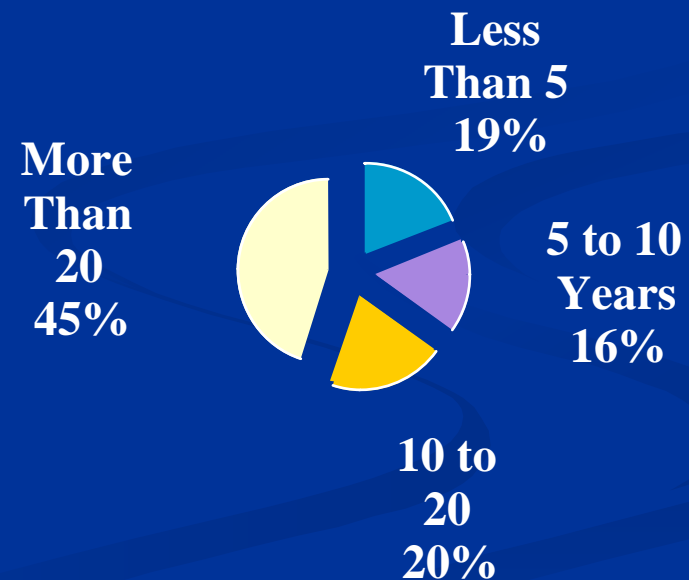
Summary of Telephone Survey
Results

Conducted November-December
2006

Who Participated In This Study?

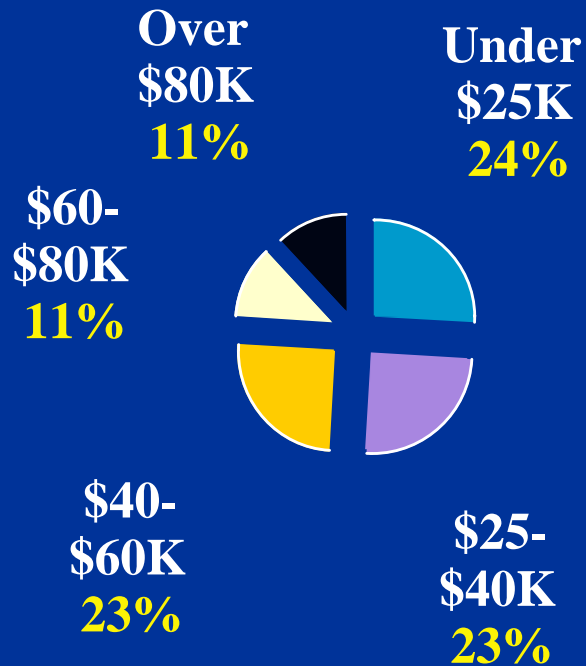
- 460 Total Adults
- 71% Women
- 65% from Franklin
- 10% from Highlands
- 25% from rural areas
 - 3% from Nantahala
- 44% Employed
- 66% Married

Length Of Residency

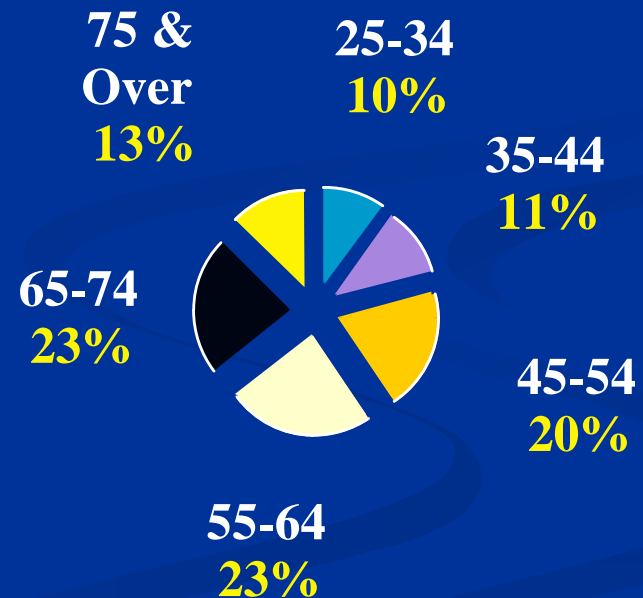


Profile Of Participants

Income



Age



Health Insurance Profile

- 36% have insurance through employer
- 10% buy commercial coverage themselves
- 31% have Medicare
- 4% have Medicaid
- 4% have other government coverage
- 17% are uninsured

State of Health

Excellent/ Very Good	Good	Fair Or Poor
51%	28%	20%
Southeast Average		
60%	26%	15%

Health Compared To 12 Months Ago

	Macon	SE Average
Better	14%	17%
Worse	10%	3.5%
Same	76%	70.5%

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Those making less than \$25,000 are ten times more likely to self-assess health as worse than those making \$80,000 or more.

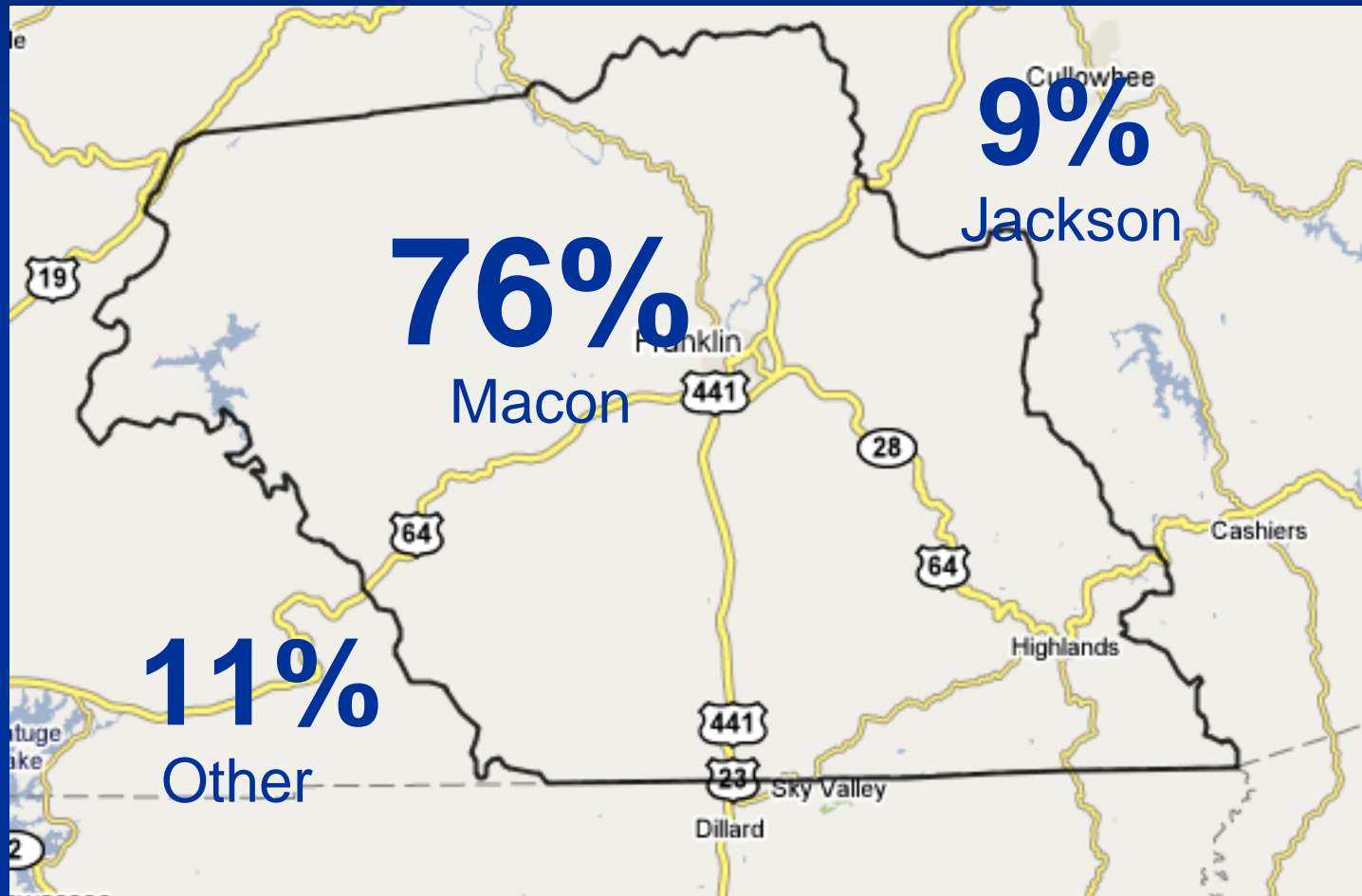
Access To A Doctor Somewhere Not A BIG Problem

- Over 90% say they have seen a doctor in past year.
- Only 3.5% have not seen a doctor in over 5 years; income doesn't seem a large variable.
- 76% see a doctor in Macon County; 9% see a doctor in Jackson County.

But Resources Are A Factor

- 9% say they have delayed medical care because they could not afford it, compared to about 8% nationally.
- 16% of those without insurance have not seen a doctor in five years or more.
- Another 9% have not seen a doctor in past 2 to 5 years.

Where Residents Access Physicians



Medical Access Factors

- 86% report they go to a doctor's office for medical care.
- 5% go to a clinic or health department.
- Only 1% report emergency room as their usual source of medical care.
- 9% report they have delayed care because they could not get a appointment soon enough.

Getting Access To Dental Care Is More Difficult

- 72% report they have seen a dentist in the past year.
- But 11% have not seen a dentist in the past 5 years or longer.
- 25% of those earning less than \$25,000 have not seen a dentist in past 5 years or longer.
- 41% went outside the county to see a dentist in the past 2 years, two-thirds *way outside*.
- 14% reported not getting dental care needed in past year because they could not afford it.

During the past 12 months . . .

- 9% have delayed medical care
- 10% have delayed getting prescriptions
- 14% have delayed dental care
- 10% have delayed eye glasses
- 3% have delayed mental health care

. . . because they could not afford it.

Children Have Access To Care

88% saw a doctor or health professional in the past 6 months.

96% saw one within the past year.

9% report their children are not covered by any type of health insurance.

93% report their regular source of care is a pediatrician's office

No one in the study reported delaying medical care for their children because they could not afford it.

Access To Dental Care May Also Tougher For Kids

- While 67% have seen a dentist in the past six months and . . .
- 76% have seen one in the past year . . .
- 20% have not seen a dentist in at least two years and . . .
- 17% have not seen a dentist at all.*
- 8.5% delayed dental care because they could not afford it.

*Note that 5% of Macon children are under age 5

Among parents during the past 12 months . . .

- 3% have delayed getting prescriptions
- 8% have delayed dental care
- 3% have delayed eye glasses
- 2% have delayed mental health care or counseling

. . . for their children because they could not afford it.

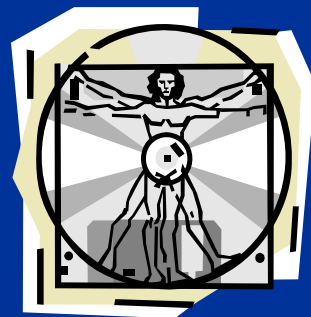
Computing Macon County's Body Mass Index

Less Than 2% Are Underweight

35% Are In Normal Range

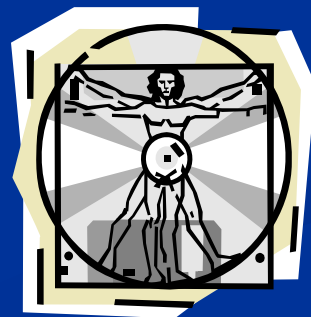
34% Are Overweight

27% Are Obese



Computing Macon County's Body Mass Index

**An added concern is
that obesity rates
are highest among
23-34 age range.**



Do You Know What Your Cholesterol Number Is?

	Overall	No Insurance	Obese	Smoker
Less Than 200	35%	17%	33%	25%
200 to 275	16%	12%	15%	5%
More Than 275	2%	1%	1%	2%
Don't Know	47%	70%	51%	69%

Hypertension

- 41% have hypertension; 53% of those over age 65
- 60% of obese have hypertension
- 84% overall take medication, 16% do not
- 56% of those without insurance do not take medication

Diabetes

- 14% overall report they have diabetes
- 25% of obese report diabetes
- 48% of those with diabetes do not measure blood sugar daily
- 26% do not do anything to control their diabetes
- Treatment is lowest among uninsured, but numbers are small.

Level of Fitness

Excellent	Somewhat Fit	Somewhat Unfit	Poor
18%	53%	18%	11%
Among Those Earning Less Than \$25,000			
10%	43%	20%	27%

Describe Your Exercise

At Least 3 Times A Week	Less Than 3 Times A Week	Occasional Exercise	Rarely Or Not At All
47%	11%	19%	23%
Among Those Earning Less Than \$25,000			
40%	11%	17%	32%

This is a very different profile to NHIS, where 67% say they never exercise.

Women's Health Issues

- 96% know how to perform a breast exam
- 60% report they regularly perform exam
- 98% have had a pap smear
- But 49% have not had one in past year
- 74% of low income and 59% of those without insurance have not had a pap smear in past year.

Women's Health Issues

- 85% have had a mammogram sometime
- But 46% of women 35 to 44 have not
- AND . . .
- 53% of those 45 to 54,
- 70% of those without insurance,
- And 51% of obese women have not had a mammogram in the past year.

Women Over 50

- 72% have had a bone density scan
- But only 32% of those without insurance have had one
- 59% have had a colonoscopy

Men Over 50

- 85% have had a PSA test for prostate cancer; 92% of those over 75 have
- 83% have had a colonoscopy
- Experience with both are cut about in half with low income and lack of insurance, but frequency is small.

Mental Health Issues

17% in the study say they have had **difficulty accessing mental health** or substance abuse services.

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When asked why, **53% cited lack of local treatment options.**

Smoking Through The Ages

Do You Smoke Cigarettes?	25-34	35-44	45-54	55-64	65-74	75+
Yes	30%	29%	30%	16%	9%	3%

32.7% of high school students reported smoking within past 30 days in YRBSS

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26% of **those at the lowest income levels** have tried to quit.

Other Tobacco Products

6% report using other tobacco products on a regular basis. Use is greatest among those over age 75.

Alcohol Use

Consumed More Than 5 In A Day?	All	25-34	35-44	45-54	55-64	65-74	75+
Yes	10%	20%	14%	11%	4%	2%	5%

NHIS national average for adults consuming more than 5 drinks in a single day is 21%.

Education and income are usually indicators of higher alcohol use, and this is somewhat true in Macon County.

Concerns About Violence

- Less than 2% report being a victim of a violent act.
- 36% of violent acts were at home, but 40% were in the community.
- Do you worry about violence . . .
 - At home (5%)
 - At work (4%)
 - At school (13%)
 - In your neighborhood (9%)
 - In the community/shopping (12%)

5% of those in the study say they are *aware of gang activity* in their neighborhoods. More of them are younger, live in Franklin, live in middle to upper income households, and have children under age 18.

Among Parents Of School Age Children, Those Who . . .

- Feel their children are safe when they go to school . . . 91%
- Feel their children are safe when they go out to play . . . 91%
- Say their child has been hit or abused by a bully . . . 16%
- Worry their children are using drugs . . . 11%
- Worry their children are using tobacco . . . 6%

71% of parents say that they have **discussed** their views about alcohol and drugs with their children.

59% of parents report they **have discussed** what they expect when it comes to **sex**. Among **Franklin High** parents the number is **92%**.

Support For Sex Education

- 79% of parents say they would support “sex education” in Macon County schools
- 88% would support teaching of sex education that promotes abstinence.
- 75% believe sex education should start in middle school; 16% say by 5th grade.

Quality of Life

Most in Macon County (90%) feel quality of life is **good or excellent**. One in 10 feel quality of life is fair or poor.

Those with **low income** are twice more likely to say quality of life is **fair or poor**.

Community Connections

- 39% say they have served as volunteer in a non-church setting in the past year.
- 69% have donated money to a non-church organization.
- 56% report attending church at least once a week; 33% say seldom or never.
- 76% reported voting in November, 2006
- 84% read a local newspaper regularly
- 96% feel they have adequate transportation

Even **95%** of those over age **75** and **93%** of those earning less than **\$25,000** feel they can **get to the places they want** to go.

Healthy Attitudes

Community Attitudes	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
Macon County is a diverse community that is accepting of all persons.	33%	52%	10%	5%
Our county leaders are working to make our community a better place.	21%	62%	12%	5%
Attitudes Toward Schools	Excellent	Somewhat Good	Somewhat Bad	Poor
What kind of job are the schools doing to prepare our children for the future?	20%	69%	5%	6%
Among those with children at home	21%	68%	5%	6%
Attitudes Toward Work	Very Confident	Somewhat Confident	Somewhat Unconfid't	Very Unconfid't
How confident are you that your job is secure, at least for the next year?	79%	18%	3%	1%

Whistle While You Work

44% of those surveyed work outside the home. **93% of them report they are happy** in their jobs.

Air & Water Quality

Community Attitudes	Very Clean	Somewhat Clean	Somewhat Polluted	Very Polluted
Would you say the air quality in Macon County is . . .	41%	42%	16%	1%
Highlands Only Responses	36%	46%	19%	--
Young Adults Only	39%	52%	9%	--
Would you say the water quality in Macon County is . . .	43%	46%	10%	1%
Highlands Only Responses	21%	68%	5%	6%
Young Adults Only	24%	63%	11%	2%

Feelings Of Depression & Anxiety

Within the past 30 days have you ...	All Of The Time	Most Of The Time	Some Of The Time	A Little Of The Time	Never
Felt so down in the dumps nothing could cheer you up?	2%	2%	10%	18%	69%
NHIS Results		3.1%	8.3%		
Felt nervous?	2%	2%	14%	20%	62%
NHIS Results		4.2%	11.4%		
Felt hopeless?	1%	1%	6%	5%	88%
NHIS Results		2.0%	4.0%		
Felt worthless?	--	1%	4%	4%	91%
NHIS Results		1.7%	3.2%		

Impact Of Income On Depression & Anxiety

Within the past 30 days have you . . . Low Income Responses	All OfThe Time	Most Of The Time	Some Of The Time	A Little Of The Time	Never
Felt so down in the dumps nothing could cheer you up?	5%	5%	21%	23%	47%
NHIS Results		7.7%	15.2%		
Felt nervous?	5%	6%	24%	16%	50%
NHIS Results		9.1%	15.2%		
Felt hopeless?	3%	3%	16%	8%	71%
NHIS Results		5.6%	8.0%		
Felt worthless?	1%	4%	11%	6%	78%
NHIS Results		4.4%	7.0%		