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**Appendix 3**

**Community Themes and Strengths  
Assessment**

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# News Release

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**For Immediate Release**  
Tuesday August 11<sup>th</sup>, 2015

**Contact:**  
Maria Peinado,  
Public Health Information Officer  
Imperial County Public Health Department  
[mariapeinado@co.imperial.ca.us](mailto:mariapeinado@co.imperial.ca.us)

## **County Residents are Encouraged to Complete the Imperial County Community Survey**

*The local survey covers topics such as community health issues and quality of life in Imperial County.*

**[El Centro], CA** – Local community agencies and healthcare providers are urging Imperial County residents to complete the Imperial County Community Survey this month. The results of the survey will assist in identifying concerns that can be addressed through community action and is completely voluntary and confidential. The survey will take about twelve to fifteen minutes to complete and is part of an overall Community Health Assessment (CHA). The results will eventually be used to design a long-term Community Health Improvement Plan. The Steering committee that is administering the survey includes representatives from Imperial County Children & Families First Commission, the Imperial County Public Health Department, Clinicas De Salud Del Pueblo Inc., California Health & Wellness and San Diego State University, Nursing Program, Imperial Valley Campus.

“Community residents are highly encouraged to participate in the local assessment by completing the community survey this month. The results will be very useful in making sure that community leaders and advocates have the data they need to more effectively advocate for health programs, services, policies and funding for community improvement,” stated Dr. Afshan N. Baig, Medical Director, Clinicas de Salud del Pueblo, Inc. The more individuals who complete the survey, the better and more useful the results for long-term planning. The survey is available online in both English and Spanish. In addition, local agencies are making paper copies available to their patrons at their locations.

Currently, the local agencies that have a drop-box available for their patrons include the following:

- Imperial County Children & Families First Commission
- Cancer Resource Center of the Desert

-- *more* --

- Area Agency on Aging
- Imperial County Veterans Services
- Clínicas De Salud Del Pueblo, Inc.
- SURE Helpline
- Molina Healthcare
- California Health & Wellness
- Pioneers Memorial Healthcare District

The survey is available to the general public at the Imperial County Public Health Department at 935 Broadway in El Centro during normal business hours. It is also available at the four Imperial County Library Branch locations during normal business hours in Calipatria (105. S. Lake Ave.), Heber (1078 Dogwood Rd.), Holtville (101 E. 6<sup>th</sup> St.) and Salton City (1209 Van Buren Road, Suite #2.)

The survey is available online via survey monkey on the following link:

<https://www.surveymonkey.com/r/ImperialCountyCommunitySurvey>. Individuals who prefer to complete it in Spanish can do so by going to the following link:

<https://www.surveymonkey.com/r/EncuestaComunitariaImp>

The last day to complete and submit a survey is Friday August 28<sup>th</sup>, 2015. The results of the survey will be included in a health improvement document that will be made widely available to the community by the end of the year. Any questions or concerns regarding the Imperial County Community Survey should be addressed to Amy Binggeli-Vallarta, DrPH RD, Planning and Evaluation Specialist, at 442-265-1335 or email at [amybinggeli@co.imperial.ca.us](mailto:amybinggeli@co.imperial.ca.us) or Dr. Kathleen Lang, Executive Director, California Health & Wellness at 760-679-5406 or email at [KLang@cahealthwellness.com](mailto:KLang@cahealthwellness.com)

**###**

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Today's Date: \_\_\_\_\_ 2015  
(month) (day)

## Imperial County Community Survey Instrument

Please take a moment to complete the survey. The purpose of the survey is to obtain your input about the community health problems/issues and quality of life in Imperial County. The results of the survey will assist in identifying the most pressing concerns that can be addressed through community action.

Please complete the survey only once. The survey is voluntary. All information will be kept confidential. The survey will take approximately 12-15 minutes to complete. Please answer the following questions below as they relate to Imperial County.

If you have any questions regarding the survey, please call or email:

Dr. Amy Binggeli-Vallarta

Imperial County Public Health Department

[amybinggeli@co.imperial.ca.us](mailto:amybinggeli@co.imperial.ca.us) or 1-442-265-1335

<b>Office Use Only:</b>	
<b>Site Code:</b>	<b>Survey Distribution Code</b>
<input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>

**1. How would you rate Imperial County as a Healthy Community? (Check the best answer)**

- <sub>1</sub> Poor     
 <sub>2</sub> Fair     
 <sub>3</sub> Good     
 <sub>4</sub> Very Good     
 <sub>5</sub> Excellent

**2. Are you satisfied with the following in Imperial County?**

	No	Yes	No Opinion
Quality of life <sub>1</sub>			
Health care system <sub>2</sub>			
Access to immunizations <sub>3</sub>			
Parks/sport facilities/recreational facilities <sub>4</sub>			
Adult caregiver support ( In-home support, respite care, day-out) <sub>5</sub>			
Community programs/activities for teens <sub>6</sub>			
Before and after school programs <sub>7</sub>			
Child/day care centers/services <sub>8</sub>			
Employment opportunities <sub>9</sub>			
Emergency services <sub>10</sub>			
Community food assistance (food bank, food pantries, etc) <sub>11</sub>			
Mental health services <sub>12</sub>			
Senior services (congregate meals, home delivered meals, elder care) <sub>13</sub>			
Public transportation system <sub>14</sub>			
Local school system (K-12) <sub>15</sub>			
College/higher education system <sub>16</sub>			

**3. In your opinion, what are the top 5 most important health risks in Imperial County? (Check only 5)**

- |  |  |
|--|--|
| <input type="checkbox"/> <sub>1</sub> Non-use of seatbelts   | <input type="checkbox"/> <sub>20</sub> Non-use of child seats        |
| <input type="checkbox"/> <sub>2</sub> Unsafe roads   | <input type="checkbox"/> <sub>21</sub> Motor vehicle injuries        |
| <input type="checkbox"/> <sub>3</sub> All terrain vehicle injuries   | <input type="checkbox"/> <sub>22</sub> Firearm-related injuries      |
| <input type="checkbox"/> <sub>4</sub> Prescription drug abuse  | <input type="checkbox"/> <sub>23</sub> Air quality                   |
| <input type="checkbox"/> <sub>5</sub> Alcohol use (adults)   | <input type="checkbox"/> <sub>24</sub> Alcohol use (youth)           |
| <input type="checkbox"/> <sub>6</sub> Tobacco use (adults)   | <input type="checkbox"/> <sub>25</sub> Tobacco use (youth)           |
| <input type="checkbox"/> <sub>7</sub> Second hand smoke  | <input type="checkbox"/> <sub>26</sub> Drug use (adults)             |
| <input type="checkbox"/> <sub>8</sub> Drug use (youth)   | <input type="checkbox"/> <sub>27</sub> Overweight/obesity (adults)   |
| <input type="checkbox"/> <sub>9</sub> Overweight/obesity (children)  | <input type="checkbox"/> <sub>28</sub> Diabetes                      |
| <input type="checkbox"/> <sub>10</sub> Inactive lifestyle  | <input type="checkbox"/> <sub>29</sub> Heart disease/stroke          |
| <input type="checkbox"/> <sub>11</sub> Poor nutrition  | <input type="checkbox"/> <sub>30</sub> Hunger                        |
| <input type="checkbox"/> <sub>12</sub> Homelessness  | <input type="checkbox"/> <sub>31</sub> Aging                         |
| <input type="checkbox"/> <sub>13</sub> Domestic violence   | <input type="checkbox"/> <sub>32</sub> Teen pregnancy                |
| <input type="checkbox"/> <sub>14</sub> Infectious diseases   | <input type="checkbox"/> <sub>33</sub> Sexually transmitted diseases |
| <input type="checkbox"/> <sub>15</sub> HIV/AIDS  | <input type="checkbox"/> <sub>34</sub> School violence               |
| <input type="checkbox"/> <sub>16</sub> Bullying  | <input type="checkbox"/> <sub>35</sub> Suicide (adults)              |
| <input type="checkbox"/> <sub>17</sub> Suicide (youth)   | <input type="checkbox"/> <sub>36</sub> Child abuse/neglect           |
| <input type="checkbox"/> <sub>18</sub> Cancer  | <input type="checkbox"/> <sub>37</sub> Lack of bikeable areas        |
| <input type="checkbox"/> <sub>19</sub> Unhealthy home environment (damp, mold, Cockroaches, poor ventilation, unsafe, etc) | <input type="checkbox"/> <sub>38</sub> Other _____                   |

**4. Do you believe Imperial County is prepared for a disaster (natural or manmade)?**

*(Check the best answer)*

- <sub>1</sub> No                      <sub>2</sub> Yes                      <sub>3</sub> No opinion

**5. Do you have a Family Disaster Plan? (Check the best answer)**

- <sub>1</sub> No                      <sub>2</sub> Yes

**6. Based on the community where you live, do you agree with the following statements?**

	No	Yes	No Opinion
My community is a good place to raise children <sub>1</sub>			
My community is a good place to retire <sub>2</sub>			
My community is a safe place to live <sub>3</sub>			
I feel we can make the community a better place to live <sub>4</sub>			
There are adequate services for children <sub>5</sub>			
There are adequate support services for caregivers of the elderly <sub>6</sub>			
There are adequate support services for caregivers of the disabled <sub>7</sub>			

**7. In the last 12 months, have you visited a health care provider for a checkup?**

- <sub>1</sub> No                      <sub>2</sub> Yes

If yes, where did you receive your last check up? *(Check the best answer)*

- <sub>1</sub> Imperial County                      <sub>2</sub> Out of County

**8. Have you or anyone in your household ever had any of the following? (Check all that apply)**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> <sub>1</sub> Cancer              | <input type="checkbox"/> <sub>10</sub> Arthritis              | <input type="checkbox"/> <sub>19</sub> Diabetes                           |
| <input type="checkbox"/> <sub>2</sub> Cholesterol         | <input type="checkbox"/> <sub>11</sub> High blood pressure    | <input type="checkbox"/> <sub>20</sub> Heart disease                      |
| <input type="checkbox"/> <sub>3</sub> Stroke              | <input type="checkbox"/> <sub>12</sub> Asthma                 | <input type="checkbox"/> <sub>21</sub> Poor nutrition                     |
| <input type="checkbox"/> <sub>4</sub> Obesity             | <input type="checkbox"/> <sub>13</sub> Lack of exercise       | <input type="checkbox"/> <sub>22</sub> Dental problems                    |
| <input type="checkbox"/> <sub>5</sub> Tobacco use         | <input type="checkbox"/> <sub>14</sub> Disability             | <input type="checkbox"/> <sub>23</sub> Infectious disease (Hepatitis, TB) |
| <input type="checkbox"/> <sub>6</sub> Stress/depression   | <input type="checkbox"/> <sub>15</sub> Rape/sexual assault    | <input type="checkbox"/> <sub>34</sub> Sexually transmitted disease       |
| <input type="checkbox"/> <sub>7</sub> Drug/alcohol abuse  | <input type="checkbox"/> <sub>16</sub> Liver problems         | <input type="checkbox"/> <sub>25</sub> Suicide/suicidal thoughts          |
| <input type="checkbox"/> <sub>8</sub> Alzheimer’s disease | <input type="checkbox"/> <sub>17</sub> Domestic violence      | <input type="checkbox"/> <sub>26</sub> Mental health issue                |
| <input type="checkbox"/> <sub>9</sub> Teenage pregnancy   | <input type="checkbox"/> <sub>18</sub> Motor vehicle accident | <input type="checkbox"/> <sub>27</sub> All terrain vehicle injury         |
|   |   | <input type="checkbox"/> <sub>28</sub> Other _____                        |

**9. Where do you most often go when you and/or your family get sick? (Check your top three)**

- |   |  |
|---|--|
| <input type="checkbox"/> <sub>1</sub> Doctor’s Office in Imperial County            | <input type="checkbox"/> <sub>7</sub> Doctor’s Office/Medical Services in Mexico       |
| <input type="checkbox"/> <sub>2</sub> Doctor’s Office/Medical Services in San Diego | <input type="checkbox"/> <sub>8</sub> Hospital/Emergency Department in Imperial County |
| <input type="checkbox"/> <sub>3</sub> Hospital/Emergency Department in Mexico       | <input type="checkbox"/> <sub>9</sub> Pharmacy in Mexico                               |
| <input type="checkbox"/> <sub>4</sub> Pharmacy in Imperial County                   | <input type="checkbox"/> <sub>10</sub> Community Health Clinic                         |
| <input type="checkbox"/> <sub>5</sub> After-Hours Clinic/Urgent Care Center         | <input type="checkbox"/> <sub>11</sub> Promotora/Community Health Worker               |
| <input type="checkbox"/> <sub>6</sub> Family member(s) for home/cultural remedies   | <input type="checkbox"/> <sub>12</sub> Other _____                                     |

**10. Do you have health insurance? (Check the best answer)**

- <sub>1</sub> No *(If no, skip to question 12)*                      <sub>2</sub> Yes

**11. How do you currently pay for your health care? (Check all that apply)**

- |   |   |
|---|---|
| <input type="checkbox"/> <sub>1</sub> Pay cash                    | <input type="checkbox"/> <sub>5</sub> Veterans Administration                               |
| <input type="checkbox"/> <sub>2</sub> Indian Health Care Services | <input type="checkbox"/> <sub>6</sub> Managed Care (California Health and Wellness, Molina) |
| <input type="checkbox"/> <sub>3</sub> Private Health Insurance    | <input type="checkbox"/> <sub>7</sub> Medi-Cal  |
| <input type="checkbox"/> <sub>4</sub> Medicare                    | <input type="checkbox"/> <sub>8</sub> Other _____   |

**12. How satisfied are you with the opportunities to be physically active and live a healthy lifestyle in your community? (Circle the best answer)**

- |                  |             |         |           |                |
|------------------|-------------|---------|-----------|----------------|
| Very Unsatisfied | Unsatisfied | Neutral | Satisfied | Very Satisfied |
| 1                | 2           | 3       | 4         | 5              |

**13. What prevents you and/or your family from being physically active? (Check your top three reasons)**

- |   |   |
|---|---|
| <input type="checkbox"/> <sub>1</sub> Nothing, I am/my family is physically active  | <input type="checkbox"/> <sub>9</sub> No time   |
| <input type="checkbox"/> <sub>2</sub> Distance to the gym   | <input type="checkbox"/> <sub>10</sub> Cost of a gym membership   |
| <input type="checkbox"/> <sub>3</sub> No place to be physically active  | <input type="checkbox"/> <sub>11</sub> No childcare   |
| <input type="checkbox"/> <sub>4</sub> No transportation   | <input type="checkbox"/> <sub>12</sub> No physical activity programs in my neighborhood                             |
| <input type="checkbox"/> <sub>5</sub> Not important to me   | <input type="checkbox"/> <sub>13</sub> No access to parks, fields or open areas                                     |
| <input type="checkbox"/> <sub>6</sub> Safety issues in our neighborhood   | <input type="checkbox"/> <sub>14</sub> Cannot afford to pay for physical activity/sports programs for my child(ren) |
| <input type="checkbox"/> <sub>7</sub> Existing physical activities are not available at a date/time that is convenient for me | <input type="checkbox"/> <sub>15</sub> No place to safely ride bikes  |
| <input type="checkbox"/> <sub>8</sub> Weather   | <input type="checkbox"/> <sub>16</sub> Other _____  |

**14. Where do you MOST often go for food/groceries? (Check your top three)**

- |  |  |
|--|--|
| <input type="checkbox"/> <sub>1</sub> Dollar/.99 cent store                                | <input type="checkbox"/> <sub>8</sub> Grocery store/supermarket                                    |
| <input type="checkbox"/> <sub>2</sub> Wholesale store (Costco, Smart N Final)              | <input type="checkbox"/> <sub>9</sub> Gas station store  |
| <input type="checkbox"/> <sub>3</sub> Corner market/convenience store in your neighborhood | <input type="checkbox"/> <sub>10</sub> Liquor store  |
| <input type="checkbox"/> <sub>4</sub> Church/food pantry                                   | <input type="checkbox"/> <sub>11</sub> Local food distribution days                                |
| <input type="checkbox"/> <sub>5</sub> Local food bank                                      | <input type="checkbox"/> <sub>12</sub> Ethnic stores   |
| <input type="checkbox"/> <sub>6</sub> Fast Food Restaurant                                 | <input type="checkbox"/> <sub>13</sub> Sometimes, I can't buy groceries because I run out of money |
| <input type="checkbox"/> <sub>7</sub> Shop outside of county (Mexico, Yuma)                |  |

**15. What are the 3 things that would most improve your life? (Check your top three)**

- |  |   |
|--|---|
| <input type="checkbox"/> <sub>1</sub> Health care  | <input type="checkbox"/> <sub>7</sub> Low crime/safe neighborhoods      |
| <input type="checkbox"/> <sub>2</sub> Neighborhood sidewalks and/or street lights  | <input type="checkbox"/> <sub>8</sub> More jobs                         |
| <input type="checkbox"/> <sub>3</sub> Support system/having someone to talk to   | <input type="checkbox"/> <sub>9</sub> Educational opportunities         |
| <input type="checkbox"/> <sub>4</sub> Job training opportunities   | <input type="checkbox"/> <sub>10</sub> Access to healthier food choices |
| <input type="checkbox"/> <sub>5</sub> Engage in more physical activity   |   |
| <input type="checkbox"/> <sub>6</sub> Learn how to make healthier food choices (nutrition information/nutrition education) |   |





Fecha: \_\_\_\_\_ 2015  
(Mes) (Día)

## Encuesta Comunitaria del Condado Imperial

Por favor, tome un momento para completar esta encuesta. El propósito de esta encuesta es obtener su opinión acerca de los problemas/temas de salud de la comunidad y de la calidad de vida en el Condado Imperial. Los resultados de la encuesta ayudaran a identificar las preocupaciones más urgentes que pueden ser abordadas a través de la acción comunitaria.

Por favor, conteste la encuesta solo una vez. La encuesta es voluntaria. Toda la información se mantendrá de manera confidencial. La encuesta tomara aproximadamente 12 a 15 minutos para contestarla. Por favor, responda las siguientes preguntas en relación con el Condado Imperial.

Si tiene preguntas referentes a esta encuesta, favor de comunicarse con:

Janette Angulo

1-442-265-1336

<b>Office Use Only:</b>	
<b>Site Code:</b>	<b>Survey Distribution Code</b>
<input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>

**1. ¿Cómo calificaría la salud de la comunidad en el Condado Imperial? (Marque la mejor respuesta)**

- <sub>1</sub> Mala      <sub>2</sub> Regular      <sub>3</sub> Buena      <sub>4</sub> Muy Buena      <sub>5</sub> Excelente

**2. ¿Está usted satisfecho con lo siguiente en el Condado Imperial?**

	No	Sí	Sin opinión
Calidad de vida <sub>1</sub>			
Sistema de salud <sub>2</sub>			
Acceso a vacunas <sub>3</sub>			
Parques/Centros para deportes/Centros de recreación <sub>4</sub>			
Apoyo para una persona que cuida a un adulto mayor (ayuda en el hogar, relevo del cuidado, día de descanso) <sub>5</sub>			
Programas comunitarios/actividades para adolescentes <sub>6</sub>			
Programas extracurriculares antes y después de la escuela <sub>7</sub>			
Servicios/Centros de guardería <sub>8</sub>			
Oportunidades de empleo <sub>9</sub>			
Servicios de emergencia <sub>10</sub>			
Apoyo para obtención de alimentos en la comunidad (Banco de comida, despensas de alimentos, etc.) <sub>11</sub>			
Servicio para la salud mental <sub>12</sub>			
Servicios para el adulto mayor (comidas en centros de atención o grupos, comidas a domicilio, cuidado de ancianos) <sub>13</sub>			
Sistema de transporte público <sub>14</sub>			
Sistema escolar local (K-12) <sub>15</sub>			
Sistema universitario/Educación Superior <sub>16</sub>			

**3. En su opinión, cuales son los 5 factores de riesgo para la salud más importantes en el Condado Imperial?**

(Marque solo 5)

- |  |   |
|--|---|
| <input type="checkbox"/> <sub>1</sub> No usar cinturón de seguridad  | <input type="checkbox"/> <sub>20</sub> No usar asientos de seguridad para niños |
| <input type="checkbox"/> <sub>2</sub> Caminos inseguros  | <input type="checkbox"/> <sub>21</sub> Lesiones por vehículos                   |
| <input type="checkbox"/> <sub>3</sub> Lesiones por vehículos todo terreno  | <input type="checkbox"/> <sub>22</sub> Lesiones por arma de fuego               |
| <input type="checkbox"/> <sub>4</sub> Abuso de drogas de prescripción  | <input type="checkbox"/> <sub>23</sub> Calidad del aire                         |
| <input type="checkbox"/> <sub>5</sub> Uso de alcohol (adultos)   | <input type="checkbox"/> <sub>24</sub> Uso de alcohol (jóvenes)                 |
| <input type="checkbox"/> <sub>6</sub> Uso de tabaco (adultos)  | <input type="checkbox"/> <sub>25</sub> Uso de tabaco (jóvenes)                  |
| <input type="checkbox"/> <sub>7</sub> Humo de segunda mano   | <input type="checkbox"/> <sub>26</sub> Uso de drogas (adultos)                  |
| <input type="checkbox"/> <sub>8</sub> Uso de drogas (jóvenes)  | <input type="checkbox"/> <sub>27</sub> Sobrepeso/obesidad (adultos)             |
| <input type="checkbox"/> <sub>9</sub> Sobrepeso/obesidad (niños)   | <input type="checkbox"/> <sub>28</sub> Diabetes                                 |
| <input type="checkbox"/> <sub>10</sub> Estilo de vida sedentario   | <input type="checkbox"/> <sub>29</sub> Enfermedad del corazón/embolia           |
| <input type="checkbox"/> <sub>11</sub> Nutrición deficiente  | <input type="checkbox"/> <sub>30</sub> Hambre                                   |
| <input type="checkbox"/> <sub>12</sub> Indigente (persona sin hogar)   | <input type="checkbox"/> <sub>31</sub> Envejecimiento                           |
| <input type="checkbox"/> <sub>13</sub> Violencia en el hogar   | <input type="checkbox"/> <sub>32</sub> Embarazo en la adolescencia              |
| <input type="checkbox"/> <sub>14</sub> Enfermedades Infecciosas  | <input type="checkbox"/> <sub>33</sub> Enfermedades de Transmisión Sexual       |
| <input type="checkbox"/> <sub>15</sub> VIH/SIDA  | <input type="checkbox"/> <sub>34</sub> Violencia Escolar                        |
| <input type="checkbox"/> <sub>16</sub> Intimidación (Bullying)   | <input type="checkbox"/> <sub>35</sub> Suicidio (adultos)                       |
| <input type="checkbox"/> <sub>17</sub> Suicidio (jóvenes)  | <input type="checkbox"/> <sub>36</sub> Abuso/negligencia niños                  |
| <input type="checkbox"/> <sub>18</sub> Cáncer  | <input type="checkbox"/> <sub>37</sub> Falta de áreas para andar en bicicleta   |
| <input type="checkbox"/> <sub>19</sub> Ambiente no saludable en casa (Humedad, moho, cucarachas, ventilación inadecuada, inseguro, etc.) | <input type="checkbox"/> <sub>38</sub> Otro _____                               |

4. ¿Cree usted que el Condado Imperial está preparado para un desastre (natural o causado por el ser humano)? (Marque la mejor respuesta)

- <sub>1</sub> No                      <sub>2</sub> Sí                      <sub>3</sub> Sin opinión

5. ¿Tiene usted un plan familiar de desastre? (Marque la mejor respuesta)

- <sub>1</sub> No                      <sub>2</sub> Sí

6. Referente a la comunidad donde vive, está usted de acuerdo con las siguientes afirmaciones?

	No	Sí	Sin opinión
Mi comunidad es un buen lugar para criar niños <sub>1</sub>			
Esta comunidad es un buen lugar para jubilarse <sub>2</sub>			
Esta comunidad es un lugar seguro para vivir <sub>3</sub>			
Yo siento que nosotros podemos hacer de esta comunidad un lugar mejor para vivir <sub>4</sub>			
Hay servicios adecuados para los niños <sub>5</sub>			
Existen servicios adecuados para el apoyo a personas que cuidan a adultos mayores <sub>6</sub>			
Existen servicios adecuados para el apoyo a personas que cuidan a personas con discapacidad <sub>7</sub>			

7. ¿En los últimos 12 meses, ha visitado a algún proveedor del cuidado de la salud para realizarse un examen médico?

- <sub>1</sub> No                      <sub>2</sub> Sí

Si su respuesta fue Sí, donde se realizó su último examen médico? (Marque la mejor respuesta)

- <sub>1</sub> Condado Imperial                      <sub>2</sub> Fuera del Condado Imperial

8. ¿Ha tenido alguna vez usted o alguien en su hogar alguno de los siguientes? (Marque todas las que apliquen)

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> <sub>1</sub> Cáncer                      | <input type="checkbox"/> <sub>10</sub> Artritis                  | <input type="checkbox"/> <sub>19</sub> Diabetes                                 |
| <input type="checkbox"/> <sub>2</sub> Colesterol                  | <input type="checkbox"/> <sub>11</sub> Presión arterial alta     | <input type="checkbox"/> <sub>20</sub> Enfermedad del corazón                   |
| <input type="checkbox"/> <sub>3</sub> Embolia                     | <input type="checkbox"/> <sub>12</sub> Asma                      | <input type="checkbox"/> <sub>21</sub> Nutrición deficiente                     |
| <input type="checkbox"/> <sub>4</sub> Obesidad                    | <input type="checkbox"/> <sub>13</sub> Falta de ejercicio        | <input type="checkbox"/> <sub>22</sub> Problemas dentales                       |
| <input type="checkbox"/> <sub>5</sub> Uso de tabaco               | <input type="checkbox"/> <sub>14</sub> Discapacidad              | <input type="checkbox"/> <sub>23</sub> Enfermedades infecciosas (Hepatitis, TB) |
| <input type="checkbox"/> <sub>6</sub> Estrés/Depresión            | <input type="checkbox"/> <sub>15</sub> Violación/Asalto Sexual   | <input type="checkbox"/> <sub>34</sub> Enfermedad de Transmisión Sexual         |
| <input type="checkbox"/> <sub>7</sub> Abuso de drogas/Alcohol     | <input type="checkbox"/> <sub>16</sub> Problemas del hígado      | <input type="checkbox"/> <sub>25</sub> Suicidio/pensamientos suicidas           |
| <input type="checkbox"/> <sub>8</sub> Enfermedad de Alzheimer     | <input type="checkbox"/> <sub>17</sub> Violencia Domestica       | <input type="checkbox"/> <sub>26</sub> Problemas mentales                       |
| <input type="checkbox"/> <sub>9</sub> Embarazo en la adolescencia | <input type="checkbox"/> <sub>18</sub> Accidente Automovilístico | <input type="checkbox"/> <sub>27</sub> Lesiones en vehículo todo terreno        |
|   |  | <input type="checkbox"/> <sub>28</sub> Otro _____                               |

9. ¿A dónde va más a menudo cuando usted y/o su familia se enferma? (Marque sus tres primeras opciones)

- |   |  |
|---|--|
| <input type="checkbox"/> <sub>1</sub> Consultorio médico en el Condado Imperial                               | <input type="checkbox"/> <sub>7</sub> Consultorio/Servicios Médicos en México          |
| <input type="checkbox"/> <sub>2</sub> Consultorio/Servicios Médicos en San Diego                              | <input type="checkbox"/> <sub>8</sub> Hospital/Sala de Emergencia del Condado Imperial |
| <input type="checkbox"/> <sub>3</sub> Hospital/Sala de Emergencia en México                                   | <input type="checkbox"/> <sub>9</sub> Farmacia en México                               |
| <input type="checkbox"/> <sub>4</sub> Farmacia en el Condado Imperial   | <input type="checkbox"/> <sub>10</sub> Clínica de Salud Comunitaria                    |
| <input type="checkbox"/> <sub>5</sub> Clínica Vespertina/Atención de Urgencia                                 | <input type="checkbox"/> <sub>11</sub> Promotora/Trabajador de Salud Comunitario       |
| <input type="checkbox"/> <sub>6</sub> Con algún(os) miembro(s) de la familia para remedios caseros/culturales | <input type="checkbox"/> <sub>12</sub> Otro _____                                      |

10. ¿Tiene Seguro Médico? (Marque la mejor respuesta)

- <sub>1</sub> No (Si su respuesta es No, vaya a la pregunta 12)                      <sub>2</sub> Sí

**11. ¿Actualmente como paga usted por su atención médica? (Marque todas las que apliquen)**

- |   |   |
|---|---|
| <input type="checkbox"/> 1 Efectivo                   | <input type="checkbox"/> 5 Administración de Veteranos  |
| <input type="checkbox"/> 2 Servicio de Salud Indígena | <input type="checkbox"/> 6 Plan de servicios médicos administrados (California Health & Wellness, Molina) |
| <input type="checkbox"/> 3 Seguro Médico Privado      | <input type="checkbox"/> 7 Medi-Cal   |
| <input type="checkbox"/> 4 Medicare                   | <input type="checkbox"/> 8 Otro _____   |

**12. ¿Qué tan satisfecho está usted con las oportunidades que tiene para ser activo y vivir una vida saludable en el Condado Imperial?(Marque la mejor respuesta)**

Muy Insatisfecho	Insatisfecho	Neutral	Satisfecho	Muy Satisfecho
1	2	3	4	5

**13. Que le impide a usted y/o a su familia para ser físicamente activos? (Por favor marque sus tres principales razones)**

- |  |   |
|--|---|
| <input type="checkbox"/> 1 Nada, yo soy/mi familia somos físicamente activos   | <input type="checkbox"/> 9 No tengo tiempo  |
| <input type="checkbox"/> 2 Distancia al gimnasio   | <input type="checkbox"/> 10 Costo de la membrecía al gimnasio                     |
| <input type="checkbox"/> 3 No hay lugar para ser físicamente activo  | <input type="checkbox"/> 11 No hay guardería                                      |
| <input type="checkbox"/> 4 No hay transporte   | <input type="checkbox"/> 12 No hay programas de actividad física en mi vecindario |
| <input type="checkbox"/> 5 No me es importante   | <input type="checkbox"/> 13 No hay acceso a parques/campos o áreas abiertas       |
| <input type="checkbox"/> 6 Problemas de seguridad en mi vecindario   | <input type="checkbox"/> 14 No puedo pagar programas de niño(s)                   |
| <input type="checkbox"/> 7 Las actividades físicas existentes no están disponibles para mí el día y la hora que es conveniente para mí | <input type="checkbox"/> 15 No hay lugar seguro para pasear en bicicleta          |
| <input type="checkbox"/> 8 Clima   | <input type="checkbox"/> 16 Otro _____  |

**14. ¿Dónde vas MAS comúnmente a comprar comida/mandado? (Marque los tres principales)**

- |   |   |
|---|---|
| <input type="checkbox"/> 1 Tienda del Dólar/99-¢                                  | <input type="checkbox"/> 8 Mercado/Supermercado                                       |
| <input type="checkbox"/> 2 Tienda de venta al mayoreo (Costco, Smart N Final)     | <input type="checkbox"/> 9 Tienda de autoservicio                                     |
| <input type="checkbox"/> 3 Tienda pequeña/tienda de conveniencia de su vecindario | <input type="checkbox"/> 10 Licorería   |
| <input type="checkbox"/> 4 Iglesia/Dispensa de comida                             | <input type="checkbox"/> 11 Distribución local de comida                              |
| <input type="checkbox"/> 5 Banco de alimentos                                     | <input type="checkbox"/> 12 Tiendas Étnicas   |
| <input type="checkbox"/> 6 Restaurantes de comida rápida                          | <input type="checkbox"/> 13 En ocasiones no puedo comprar porque no alcanza el dinero |
| <input type="checkbox"/> 7 Compro fuera del Condado Imperial (México, Yuma)       |   |

**15. ¿Cuáles son las tres cosas que podrían mejorar su vida? (Marque sus tres principales)**

- |  |  |
|--|--|
| <input type="checkbox"/> 1 Servicios de salud  | <input type="checkbox"/> 7 Crimen bajo/vecindarios seguros                   |
| <input type="checkbox"/> 2 Banquetas y/o alumbrado de calles   | <input type="checkbox"/> 8 Mas trabajos                                      |
| <input type="checkbox"/> 3 Sistema de apoyo/tener alguien con quien platicar   | <input type="checkbox"/> 9 Oportunidades educacionales                       |
| <input type="checkbox"/> 4 Oportunidades de capacitación para trabajo  | <input type="checkbox"/> 10 Acceso a opciones más saludables de alimentación |
| <input type="checkbox"/> 5 Participar en actividades físicas   |  |
| <input type="checkbox"/> 6 Aprender cómo elegir opciones más saludables de alimentos (información/educación nutricional) |  |

**16. ¿Utiliza usted el transporte público?**

\_1 No \_2 Sí (Si contesto Si, vaya a la pregunta 18)

**17. Si su respuesta fue No, porque no utiliza el transporte público? (Marque todos los que aplique)**

- \_1 Tengo otro medio de transporte \_4 Tarda demasiado  
\_2 No hay servicio a donde tengo que ir \_5 No funciona con mi horario  
\_3 No está disponible en mi área \_6 No me siento seguro  
\_7 A veces, me quedo sin dinero

**Por favor comparta un poco más sobre usted seleccionando la mejor de las siguientes respuestas:**

**18. Tiempo de residencia en el Condado de Imperial:** \_1 1 año o menos \_2 2-5 años \_3 6-10 años  
\_4 11-20 años \_5 21 años o mas

**19. Género:** \_1 Masculino \_2 Femenino

**20. Edad:** \_1 18 o menos \_2 19-25 \_3 26-39 \_4 40-54 \_5 55-64 \_6 65 o mas

**21. Estado civil:** \_1 Soltero/nunca casado \_2 Casado \_3 Separado \_4 Divorciado \_5 Viudo

**22. Vivienda:** \_1 Casa propia \_2 Rento casa \_3 Hospedo con familia/amigos \_4 Indigente/no tengo hogar

**23. Servicio militar:** ¿Es usted un veterano de las Fuerzas Armadas de Estados Unidos o miembro activo de las Fuerzas Armadas de Estados Unidos, Reserva Militar o Guardia Nacional? \_1 No \_2 Sí

**24. Su estado actual de empleo:** \_1 Desempleado \_2 Empleado \_3 Jubilado

**25. Código postal donde usted actualmente reside:** \_\_\_\_\_

**26. Ingreso: ¿Cuál de las siguientes opciones mejor describe el ingreso total de su familia actualmente?:**

- \_1 Menos de \$10,000 \_2 \$10,000 - \$14,999 \_3 \$15,000 - \$24,999 \_4 \$25,000 - 34,999  
\_5 \$35,000 - \$49,999 \_6 \$50,000 - \$74,999 \_7 \$75,000 - \$99,999 \_8 \$100,000 - \$149,999  
\_9 \$150,000 - \$199,999 \_10 \$200,000 o más

**27. ¿Cuántos adultos viven con usted, incluyéndose?:** \_1 1-2 adultos \_2 3-4 adultos \_3 5 o más adultos

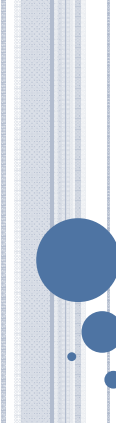
**28. ¿Cuántos niños de 17 años o menor viven con usted?** \_1 0 niños \_2 1-2 niños \_3 3-4 niños \_4 5 o mas

**29. Grupo étnico con que más se identificas:**

- \_1 Blanco-No Hispano \_4 Afro-Americano/Negro  
\_2 Nativo Americano/Nativo de Alaska \_5 Hispano/Latino  
\_2 Nativo de Hawaii/otra isla del Pacifico \_6 Asiático  
\_7 Raza multiple \_\_\_\_\_

**30. Educación:**

- \_1 Menos de preparatoria \_2 Preparatoria/preparatoria abierta \_3 Algo de estudios universitarios  
\_4 Título Universitario o Posgrado



**IMPERIAL COUNTY COMMUNITY SURVEY  
FACILITATIVE TRAINING**

Imperial County Public Health Department  
Amy Binggeli-Vallarta DrPH, RD  
July, 21 2015

**IMPERIAL COUNTY COMMUNITY SURVEY**

**Intent**

- Provide lead persons with direction, support and best practices during the distribution and collection of the *Imperial County Community Survey*.
- Allow for survey distribution, completion and collection consistency both within and across agencies and agency sites.

**Background**

- Encourage and allow for community member input as part of a local Community Health Assessment and Health Improvement Planning process.
- Questions focus around a) care access and utilization, b) health issues, c) local service satisfaction, d) perceived health risks, and e) community needs and areas of improvement.

**IMPERIAL COUNTY COMMUNITY SURVEY:  
AVAILABILITY AND DISTRIBUTION METHODS**

- Three different mechanisms:
  - Electronic link
  - Self-administered using a drop box
  - Facilitated process

*Reminder: This survey should only be completed one time by any community member and should only be completed by individuals that are 18 years of age or older*

**IMPERIAL COUNTY COMMUNITY SURVEY**

Facilitated process:

- Data (survey) collection is July 20<sup>th</sup>- August 28<sup>th</sup>, 2015.
- Persons interested in completing and returning the survey should be reminded that the survey is designed for them to fill out.
- Persons completing the survey should be instructed that the completed survey needs to be placed in the manila envelope.
- Individual's name should not be on the completed survey.

**IMPERIAL COUNTY COMMUNITY SURVEY**

**Materials production, survey administration and pick-up**

- A steering committee member will deliver survey packets (packets of 50 in English and 50 in Spanish) to the agency's lead person (unless a different amount is requested).
- Survey packets will be specific to that agency with agency code information on the instrument.
- Additional copies of survey instruments can be made by the agency if needed, but copies should not be shared with any other agency or agency site.

**IMPERIAL COUNTY COMMUNITY SURVEY**

**Materials production, survey administration and pick-up**

- The facilitated process: if there is a group of individuals and the trained lead person is disseminating and collecting completed surveys from a group of individuals at the same time.
- As individuals complete their survey, they should be instructed to place their completed survey in the manila envelope, and not give it to the lead person or anyone else to place it in the manila envelope.

**IMPERIAL COUNTY COMMUNITY SURVEY**

**Partner Agency: Roles and Responsibilities**

- o Identify lead person
  - Responsible for being familiar with the overall purpose of the survey, questions, administration and collection methodology.
  - Notify steering committee member for additional packets, completed packets, etc.

**Lead Person: Roles and Responsibilities**

- o Assist in the completion of survey (if needed).
- o Only "read each question" and/or mark the appropriate response [response provided by the individual].
- o Read the questions in the order in which they are on the survey
- o Re-read the question,
  - But the lead person should not a) provide any additional clarification to the question, b) provide their own opinion of what they think the question is asking, and/or c) lead the individual to any particular answer using word emphasis, tone inflection, etc.

**IMPERIAL COUNTY COMMUNITY SURVEY**

**Steering committee member(s): Roles and responsibilities**

- o Ensure surveys, manila envelopes and writing instruments are assembled, delivered, and collected in a timely manner.
- o Conduct a weekly "drop by" (in person or by phone) to participating agencies to check the survey status.
- o Monitor all materials (survey documents, drop boxes, writing utensils).
- o Responsible for picking up **all materials** including completed and blank English and Spanish survey instruments, and the corresponding filled and sealed manila envelopes.
- o Completed surveys should remain in their respective envelope at all times (and be sealed following the completion of the event/activity).

**IMPERIAL COUNTY COMMUNITY SURVEY: CODING**

city agency      Self administered or facilitative

**IMPERIAL COUNTY COMMUNITY SURVEY**

**Important points to keep in mind:**

- o Survey completion is voluntary and information is confidential.
- o Individuals are not to be forced, bribed, coerced or persuaded in any manner to complete the survey.
- o Individuals who start, but decide not to answer any or all questions on the survey, should be reminded that the completion is voluntary and they are still welcome to put the partially completed survey in the manila envelope.

**IMPERIAL COUNTY COMMUNITY SURVEY**

**Important points to keep in mind:**

- o Completed surveys need to be placed in the designated manila envelope, and not given to anyone to review, make changes, etc.
- o Individuals completing the survey should not put their name on the survey.
- o Individuals completing the survey should live in Imperial County.
- o The survey should be completed only once.
- o The survey should take approximately 12-15 minutes to complete.

**SURVEY QUESTIONS**

Any questions regarding the self administered or facilitative process, survey instrument process, dissemination/collection methods or drop-box instructions, please call or email:

Dr. Amy Binggeli-Vallarta  
 Imperial County Public Health Department  
[amybinggeli@co.imperial.ca.us](mailto:amybinggeli@co.imperial.ca.us) or 1-442-265-1335

## Community Survey Findings and Forum – Highlights

The Imperial County Community Survey was available for completion from July 23- August 28<sup>th</sup>, 2015. The instrument was available in English and Spanish. The survey instrument could be accessed both electronically (SurveyMonkey) and as a hard copy (at 14 different agencies; 28 sites). A total of 2,306 surveys were completed (1,398 through electronically, and 908 hard copies). The information below highlights the survey findings.

### **Healthy Community Rating:**

- Fair to Good - 65%
- Poor - 26%
- Very Good - 6%

### **Top eight most important health risks:**

Overweight/obesity (child) - 43%	Overweight/obesity (adult) – 36%
Air Quality – 37%	Drug use (youth) – 34%
Drug use (adult) – 27%	Diabetes – 27%
Poor nutrition – 22%	Inactive lifestyle – 22%
Teen pregnancy – 22%	Homelessness – 20%

### **Community and neighborhoods: Do you agree with the following statements (based on where you live)...**

- My community is a good place to raise children – 68%
- My community is a safe place to live – 73%
- I feel we can make the community a better place to live – 90%

### **Health Issues: Have you or anyone in your household ever had the following...**

High blood pressure – 52%	Stress and/or depression – 43%
Diabetes – 42%	Obesity – 37%
Lack of exercise – 39%	Asthma – 32%
Cholesterol – 38%	Arthritis, Cancer, and Dental Problems - 28% (each)
Tobacco Use – 21%	Mental Health Issues – 16%



**Most common places to seek care:**

Doctor's office in Imperial County – 61%      Hospital/ED in Imperial County – 29%  
Doctor's office in Mexico – 25%

**Health care and Insurance status:**

Health insurance – 90% have insurance

**Food and Grocery Purchasing: Where do you most often shop for food and groceries....**

Grocery store/supermarket – 83%      Wholesale (Costco, Smart N Final, etc) – 61%  
Dollar store and/or 99 cent store – 41%      Corner market/convenience store – 24%  
Fast food restaurants – 21%      Run out of money – 8%

**Self Improvement: Top three things that would most improve your life....**

More jobs – 44%      Engage in more physical activity – 40%  
Health Care – 36%      Access to healthier foods choices – 28%  
Educational opportunities – 27%      Learn how to make healthier food choices – 27%  
Job training opportunities – 25%

**Forum Highlights:**

**Effective and Coordinated Information Sharing (across communities and cities):**

Information sharing and ways to improve information sharing across communities/cities was a topic that was discussed at length. It was determined that the sharing of information within a single community/neighborhood/city was effective and timely, however, the sharing across communities is not; specifically when it comes to sharing information about upcoming events and/or activities. Concerns were expressed about not finding out about upcoming events until after they had occurred. Suggestions to remedy this included, publishing more information in the local newspaper, using social media (FaceBook, twitter, etc.), development of a specific Imperial County Events webpage, and determination of ways in which local agencies can work together to educate and inform individuals on how to access information regarding local community events.

***Healthy Eating:***

Access to healthy foods, community gardens, and farmer's markets (that have produce available) was also discussed. Having healthy foods (fruits and vegetables) available and affordable to community members was a topic that resonated with community forum members. Suggested solutions included increasing community gardens in local neighborhoods, as well as having more fruits and vegetables available at farmer's markets. Another solution that was discussed was making increasing the acceptance of EBT cards for the purchase of fresh fruits and vegetables at farmers markets.

***Health Care:***

Access to care was another issue that resonated during the community forum. The discussion centered around reasons for choosing to use the Emergency Department instead of a primary care provider when needed to access care. The main response reasons were a) difficulty getting an appointment with a primary care doctor in a timely manner, and b) wait time (in the provider's office) on the day of the appointment.

# **Imperial County Community Health Assessment & Community Health Improvement Plan**

## **Community Survey Findings**

September 2016

Dr. Amy Binggeli-Vallarta

## Introduction: Imperial County Community Survey

The community health assessment component of the CHA/CHIP process included four assessments:

- ✓ *Community Themes and Strengths Assessment (CTSA)* – soliciting perceptions about quality of community life and issues affecting the community, both positive and negative;
- ✓ *Local Public Health System Assessment (LPHSA)* – works to answer the questions, “What are the components, activities, capacities of our local public health system?” and “How are the Essential Services being provided to our community?”;
- ✓ *Community Health Status Assessment* – in depth review of current health indicators and community demographics; identification of data trends impacting health status and a comparison of current indicator levels with national benchmarks (i.e., HP2010 and HP2020); and
- ✓ *Forces of Change Assessment* – both current and future forces that may affect the ability to improve health status.

### Community Themes and Strengths Assessment

The Community Themes and Strength Assessment captured opinions and perceptions from the community members, using two means of data collection. The primary means identified by the Stakeholder group to collect community input was the Imperial County Community Survey (Community Survey) and the other means was through a Community Forum event (discussed elsewhere). The goal of the Community Survey was to maximize broad input from community members, and to use the Community Survey findings to inform and be used as a platform in the development of the Community Forum Event.

**Community Survey:** The Community Survey methodology was shaped in such a way to try and maximize community input from all areas of the County. Specifically, multiple mechanisms were used to encourage participation by utilizing existing networks across the community and local public health system. For example, the Community Survey was available in both English and Spanish and available to complete using from one of the following; a) Survey Monkey link, b) self-administered drop-boxes, and c) facilitated processes.

This assessment tried to answer the following questions:

1. What is important to our community?
2. How is quality of life perceived in our community?
3. What are the most important health-related issues for the community?
4. What assets do we have that can be used to improve community health?
5. What would most improve the quality of life for the entire community?

A multifaceted approach was used to try and maximize input for the Community Survey. Once the English Language Survey was developed, piloted, refined, and finalized, it was translated into Spanish. The same evaluative process occurred for the Spanish Language Survey, it was developed, piloted and refined before finalizing. As mentioned above, the Community Survey was available electronically through a Survey Monkey link, as well as, paper copies. The paper copies were made available through the community in a self-administered process (drop box process), or a facilitated (group) process. Prior to any distribution, agency representatives who were interested in making the survey available were required to attend a survey-administration training session. This session included, a) Survey administration intent, b) Survey instrument review, c) data collection timeframe, d) who can participate, e) survey and drop box production, processes, f) materials distribution and pickup, g) partner agency and lead agency roles and responsibilities, and h)) survey instrument coding.

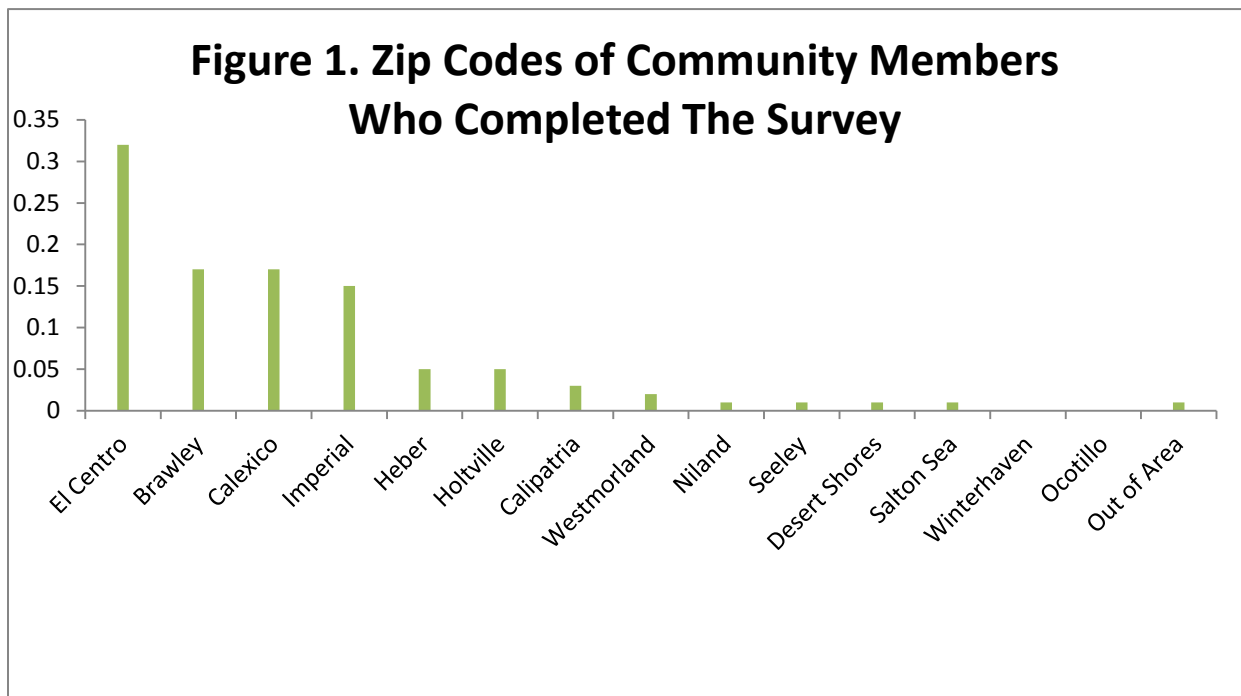
In total, 2,334 people responded to the survey between July 23<sup>rd</sup> 2015, and August 12<sup>th</sup> 2015. Responses represent both electronic and self- administered completion. Of the 2,334 completed surveys, 82% were completed in English and 18% were completed in Spanish. For the self- administered component, drop boxes were in place throughout the community, totaling 14 agencies (28 sites).

Additionally, the electronic link to the Survey was shared with local public health partner agencies and others, and was posted on partner agency websites for Individuals to access and complete with ease. The Community Survey was also promoted as part of an Imperial County news release in August 2015.

<b>Imperial County Community Survey</b>	<b>sample</b>
<b>Electronic Responses (Survey Monkey)</b>	<b>1,398</b>
<b>Self Administered</b>	<b>936</b>
<b>Total Collected</b>	<b>2,334</b>

It is important to note that the purpose of the data collection was to maximize opportunities for the community to provide input into the process, and for the findings to provide a snapshot of, and draw attention to, the broad areas of health-related issues and concerns, community assets and needs, and quality of life improvement opportunities. This process was not intended to be used to measure trends or to collect a representative sample, rather to provide a starting point for the other assessments. Additionally, the findings that are highlighted in this document are based on the number persons who answered that specific survey question. Please keep in mind that some of the surveys that were completed and returned, various questions may have been left unanswered.

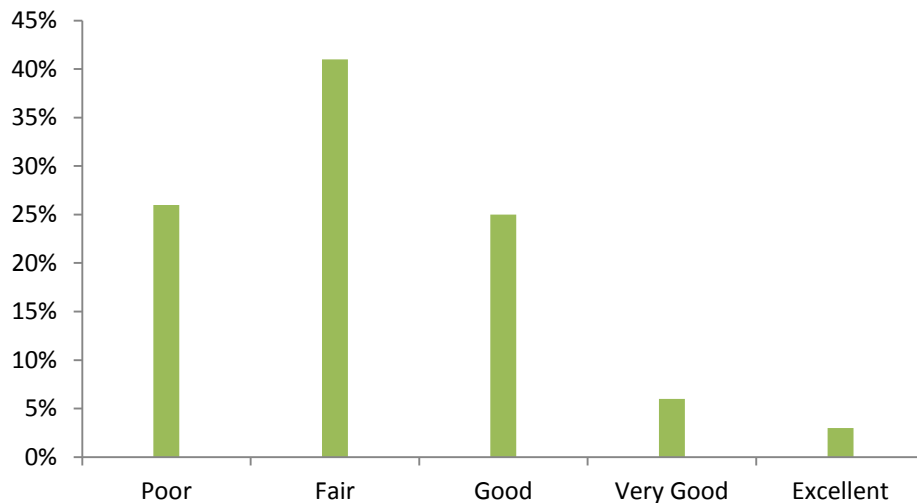
**Community Survey Highlights and Findings:** In summary, close to three quarters (70%) of community respondents were women. By race/ethnicity, 72% were Hispanic, 20% were White/non-Hispanic, and 5% identified as multiple race. By age, the group with the highest representation was aged 40 years and older, with 50% participation by this age group, where the two age groups with the most participation included, 26-39 year olds, with 29% participation and 19-25 year olds, with 17% participation, respectively. Over half (56%) of the respondents reported that they have been an Imperial County resident for 21 years or more. Over half (61%) are employed and about 40% have an annual income of \$50,000 or more. Lastly, less than half (41%) of respondents reported a college degree or higher. Regarding housing and marital status, close to half (46%) of the respondents own their own home, and the remaining respondents either rent or stay with family or friends, 33% and 21%, respectively. Community members from a variety of local areas completed the Community Survey, however, El Centro, Brawley, Calexico and Imperial were the top four areas (Figure 1).



Major findings include concerns with certain health problems (overweight, obesity, and drug use among children and adults, air quality, diabetes, poor nutrition, inactive lifestyle, teen pregnancy), health issues in the home (stress and/or depression, chronic diseases, asthma, tobacco use and arthritis, cancer and dental problems), and the lack of social services in the community. Community assets include opportunities to improve local communities and an overall sense that their communities are good places to live. Further details on individual questions are noted below. Lastly, close to three quarters of the community respondents do not believe Imperial County is prepared for a natural or manmade disaster.

Imperial County as a Healthy Community: One of the initial questions in the Community Survey was, ***How would you rate Imperial County as a Healthy Community?*** Of the community members who responded, close to half (41%) indicated that they would rate Imperial County as a fair, and less than 10% indicated that they would rate it as excellent. One quarter of the community members responded with a “poor” rating. Please see below for additional information (Figure 2).

**Figure 2. Imperial County as a Healthy Community**



Satisfaction of Social and Community Services: One of the survey questions in the Community Survey, asked about satisfaction with various social and community services. Community members were able to respond with either a yes, no, or no opinion. Among the social and community services that were included in the Community Survey, community members indicated more satisfaction with access to immunizations, emergency services, local k-12 school system, and community food assistance. The other social and community services topics, such as the local health care system, sports and parks and recreation, community programs and activity for teens, employment opportunities seemed less satisfied (Figure 3). Other social and community services that were identified by community members as being less satisfied with include mental health, senior services, adult care giver support services, and day care center/services.

*Figure 3. Social and Community Services Satisfaction.*

	Yes	No	No opinion
<b>Access to Immunizations</b>	<b>76%</b>	<b>14%</b>	<b>11%</b>
<b>Local K-12 School System</b>	<b>60%</b>	<b>27%</b>	<b>14%</b>
<b>Community Food Assistance</b>	<b>52%</b>	<b>29%</b>	<b>20%</b>
<b>Local Health Care System</b>	<b>38%</b>	<b>53%</b>	<b>9%</b>
<b>Parks, Recreation, and Sports Facilities</b>	<b>57%</b>	<b>38%</b>	<b>6%</b>
<b>Before and After School Programs</b>	<b>40%</b>	<b>41%</b>	<b>20%</b>
<b>Senior Services</b>	<b>37%</b>	<b>34%</b>	<b>24%</b>
<b>Community Programs and Activities for Teens</b>	<b>27%</b>	<b>58%</b>	<b>15%</b>
<b>Employment Opportunities</b>	<b>17%</b>	<b>76%</b>	<b>7%</b>



Community members were also asked to respond to a question regarding what they believed to be the most important health risks in Imperial County. Community Respondents were able to select from a list of 36 risk topics, with the direction to select the top five most important ones. Other health risks that were selected by community respondents [but not included in the figure below] were topics such as, domestic violence, unsafe roads, child abuse and neglect, and unhealthy home environment (Figure 4).

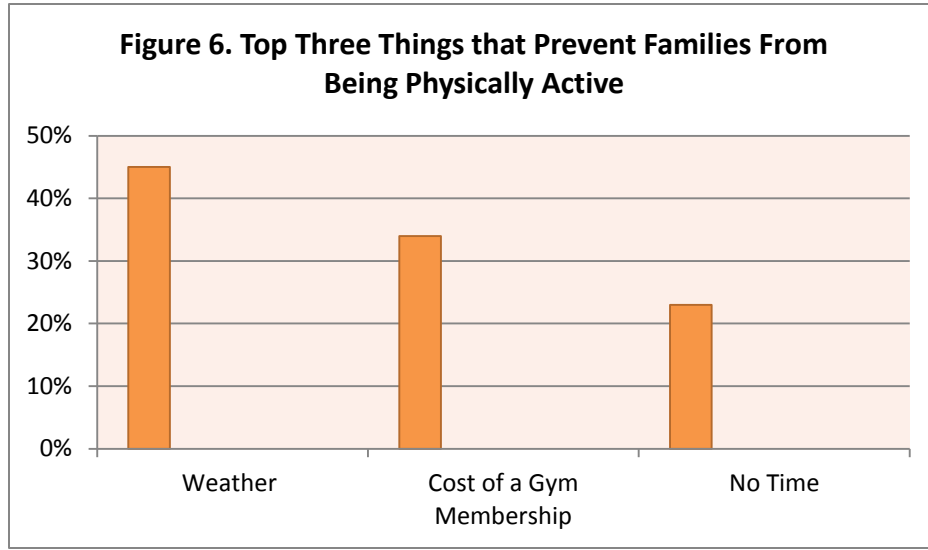
*Figure 4. Most Important Health Risks in Imperial County.*

<b>Overweight/Obesity in Children</b>	<b>44%</b>
<b>Overweight/Obesity in Adults</b>	<b>36%</b>
<b>Air Quality</b>	<b>37%</b>
<b>Diabetes</b>	<b>27%</b>
<b>Cancer</b>	<b>23%</b>
<b>Drug Use among adults</b>	<b>27%</b>
<b>Drug Use among youth</b>	<b>35%</b>
<b>Prescription Drug Abuse</b>	<b>12%</b>
<b>Poor Nutrition</b>	<b>23%</b>
<b>Inactive Lifestyle</b>	<b>22%</b>
<b>Teen Pregnancy</b>	<b>21%</b>
<b>Homelessness</b>	<b>20%</b>
<b>Bullying</b>	<b>15%</b>

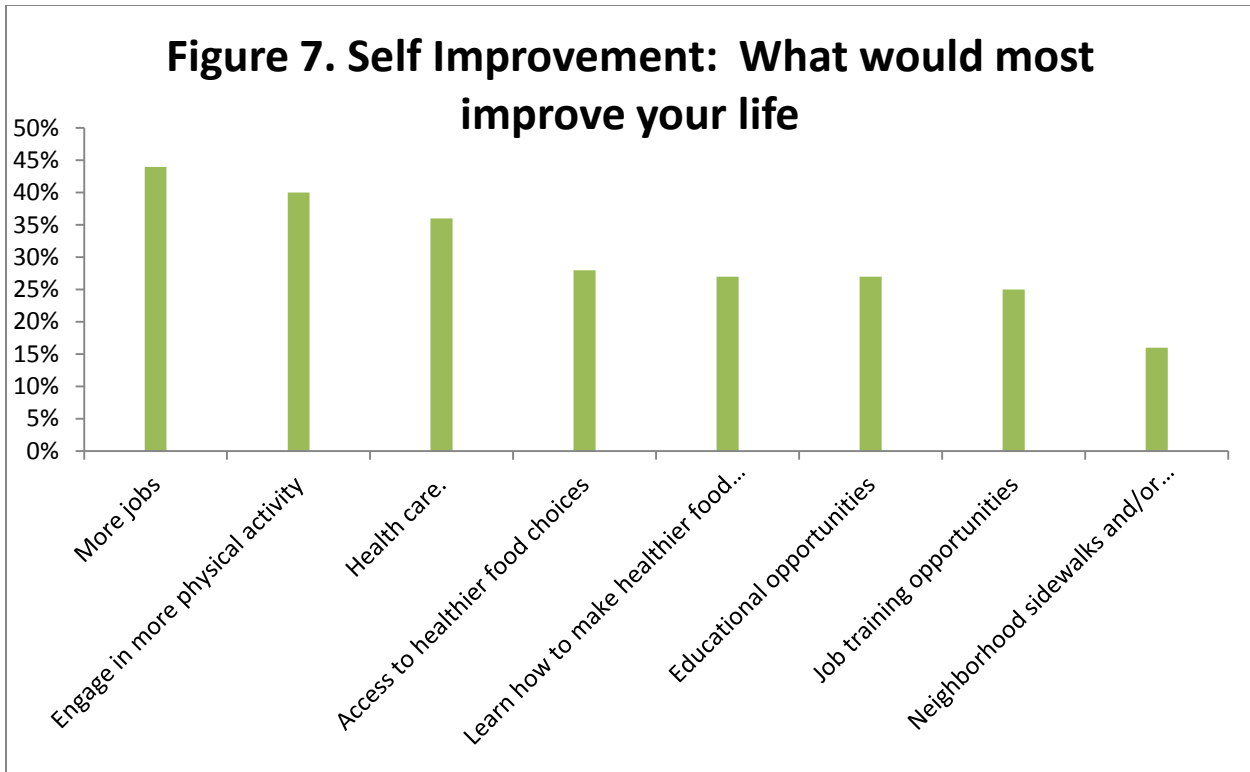
Community and Neighborhood Assets: One of the survey questions in the Community Survey asked community members to respond to the question “Do you agree with the following statements...,” community respondents indicated that a) they can make the community a better place to live, b) a safer place to live, and c) that it is a good place to raise children. However, those who responded **did not** agree that services for children and caregivers of the elderly and disabled are adequate (Figure 5).

<b>Figure 5. Community and Neighborhood Assets.</b>			
	<b>Yes</b>	<b>No</b>	<b>No opinion</b>
<b>I feel we can make the community a better place to live</b>	<b>89%</b>	<b>6%</b>	<b>5%</b>
<b>My community is a safe place to live</b>	<b>73%</b>	<b>17%</b>	<b>9%</b>
<b>My community is a good place to raise children</b>	<b>69%</b>	<b>21%</b>	<b>11%</b>
<b>Adequate services for children</b>	<b>33%</b>	<b>50%</b>	<b>17%</b>
<b>caregivers of elderly</b>	<b>48%</b>	<b>27%</b>	<b>25%</b>
<b>caregivers of disabled</b>	<b>48%</b>	<b>25%</b>	<b>28%</b>

Satisfaction for Physical Activity Opportunities in Neighborhoods and Physical Activity Barriers: Two questions that focused physical activity were included in the Community Survey. The first question asked, about satisfaction of current physical activity opportunities in the neighborhood, and the second asked about those things that might prevent physical activity. Additional barriers [in addition to those highlighted in Figure #) that were identified by community members included, no physical activity programs in my neighborhood, no place to be physically active, and no place to safely ride bikes, 15%, 14%, and 11% respectively (Figure 6).



Access to Food: Community members were asked where they MOST often go for food and groceries. The responses for this question included locations such as liquor stores, local food distributions days, churches and food pantries, grocery stores, wholesale stores, and others. Those that responded, indicated that grocery stores/supermarkets and wholesale stores (e.g., Costco, Smart N Final) were the top 2 places that community respondents indicated that they purchase groceries from, 83%, and 60%, respectively. The Dollar Store/99 cent store was the third location that was most accessed, where close to half (41%) of the community respondents indicated they go for groceries and food. In addition to the top 3 places, there were two other places that community respondents indicated they shop for food and groceries, namely at the corner markets/convenience stores, and fast food restaurants, at 23% and 20%, respectively. Just under 10% of those who responded, indicated that sometimes they can't buy groceries because they run out of money.



Self Improvement: More jobs, engaging in more physical activity and health care were the top three things that community members indicated would most improve their life. The other things that they identified are highlighted above (Figure 7).

*For additional information or questions about the information presented in this document please contact:*

*Amy Binggeli-Vallarta DrPH, RD*

*1-442-265-1335*

*amybinggeli@co.imperial.ca.us*

# Improving Our Community's Health: Be Part of the Change!

## A Community Health Forum

This forum is an opportunity for community members to identify strategies and priorities in developing a local health improvement plan.

**Wednesday, September 23,  
2015**

**Conrad Harrison Youth Center**  
750 Park Avenue  
El Centro, CA 92243

**Registration & Lunch (provided):**  
11:30am-12:00pm

**Forum:**  
12:00pm-12:45pm

**Questions and Answers:**  
12:45pm-1:15pm



### Topics of Discussion

- Increasing access/availability to fresh fruits and vegetables and physical activity locally
- Local health issues and Community Health Survey findings
- Strategies to improve our community's health

Hosted by the Community Health Improvement Partnership, Imperial County Childhood Obesity Prevention Alliance, and Nutrition Education and Obesity Prevention Project

For more information, contact Dr. Amy Binggeli-Vallarta at [amybinggeli@co.imperial.ca.us](mailto:amybinggeli@co.imperial.ca.us) or (442) 265-1335.



# Mejorando la Salud de Nuestra Comunidad ¡Se parte del reto!

## Foro de Salud Comunitaria

Organizado por la Asociación para el Mejoramiento de la Salud Comunitaria, la Alianza para la Prevención de la Obesidad Infantil en el Condado de Imperial y el Proyecto de Educación Nutricional y Prevención de Obesidad

Este foro es una oportunidad para los miembros de la comunidad de identificar estrategias y prioridades para el desarrollo de un plan para mejorar la salud de nuestra comunidad.

**Miércoles, 23 de Septiembre,  
2015**

**Conrad Harrison Youth Center**  
750 Park Avenue  
El Centro, CA 92243

**Registro y Almuerzo  
(proporcionado):**  
11:30am-12:00pm

**Foro:**  
12:00pm-12:45pm

**Preguntas y Respuestas**  
12:45pm-1:15pm



### Temas de Discusión

- Incrementando el acceso/disponibilidad de frutas frescas y vegetales y actividades físicas en la localidad
- Problemas de salud local y hallazgos de la encuesta de salud comunitaria
- Estrategias para mejorar la salud de nuestra comunidad

Para mas información por favor contactar a  
Dr. Amy Binggeli-Vallarta a [amybinggeli@co.imperial.ca.us](mailto:amybinggeli@co.imperial.ca.us) o (442) 265-1335







**CHAMPIONS  
for CHANGE™**

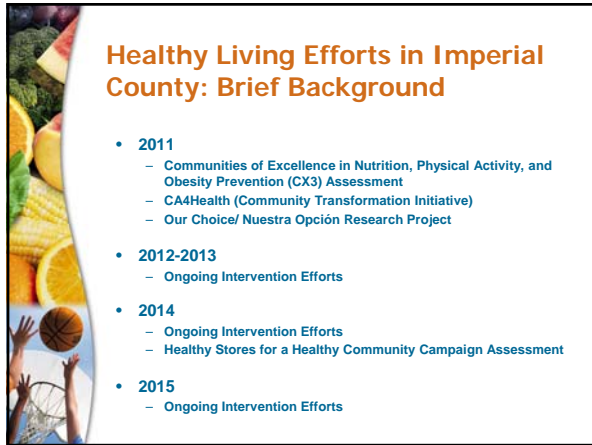
**Transitioning into a Healthier  
Community: A Snapshot of Targeted  
Local Efforts**

Angela Ramirez, MBA  
Health Promotion Manager  
Imperial County Public Health Department  
September 23, 2015



**Presentation Overview**

- Healthy Living Efforts in Imperial County: Brief Background
- Current Healthy Living Programs & Projects
- Local Leadership Groups & Partners
- Next Steps



**Healthy Living Efforts in Imperial  
County: Brief Background**

- 2011
  - Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention (CX3) Assessment
  - CA4Health (Community Transformation Initiative)
  - Our Choice/ Nuestra Opción Research Project
- 2012-2013
  - Ongoing Intervention Efforts
- 2014
  - Ongoing Intervention Efforts
  - Healthy Stores for a Healthy Community Campaign Assessment
- 2015
  - Ongoing Intervention Efforts



**Current Healthy Eating- and/or  
Active Living Programs & Projects**

- Supplemental Nutrition Assistance Program – Education (SNAP-Ed) – 5 local agencies
- United States Customs & Border Protection – Border Community Liaison Program
- Imperial County Public Health Department - First Five: Healthy Children, Healthy Lives Program



**Local Leadership Groups &  
Partners**

**GROUPS**

- Childhood Obesity Prevention Alliance (COPA)
  - Workgroups:
    - Leadership
    - County Nutrition Action Plan
    - ReThink Your Drink
    - Safe Routes to School
    - Early Care and Education and School Wellness
- Our Choice/ Nuestra Opción Advisory Group



**Local Leadership Groups &  
Partners**

**PARTNERS**

- Local hospitals, community clinics, health department, college/universities, schools, child care centers, transportation agency, city and county departments, law enforcement, food bank, Indian Tribe, and other public and private agencies






## Major Milestones

- **Delivery of interventions focused on:**
  - Consumption and access to healthy foods and beverages
  - Increased physical activity access
  - Systems and environmental change
    - Passage of healthy food and/or beverage standards
    - Increased access to healthy foods and beverages
    - Safe Routes to School resolutions
  - Food security



## Next Steps

- **Development of an Imperial County Regional Safe Routes to School Master Plan**
- **CX3 Reassessment**
- **Conducting a Community Health Forum**




## Thank you!

If you have any questions or for more information, please contact Angela Ramirez at (442) 265-1336 or [angelaramirez@co.imperial.ca.us](mailto:angelaramirez@co.imperial.ca.us)

## Community Survey Information: Initial Findings

Amy Binggeli-Vallarta DrPH, RD

Community Forum September 23, 2015



## Imperial County community survey: Status

- Timeframe for completing the survey July 23 - August 28<sup>th</sup>, 2015
- Drop-boxes and packets were delivered to 14 agencies (22 sites)
- 2306 surveys have been completed
  - Electronic link:
    - 1398 English/Spanish language surveys
  - Hard copies (drop-boxes and packets):
    - 908 English/Spanish language surveys

## Who completed the surveys: Highlights

<b>Length of residence in Imperial County:</b> 1-5 years - 12% 6-10 years - 11% 11-20 years - 21% 21 years or more - 56%	<b>Age:</b> 19-39 years of age - 46% 40-64 years of age - 42% 65 and over - 8%
<b>Gender:</b> 64% female  <b>Employment:</b> 63% employed	<b>Housing:</b> Own home - 46% Rent home - 32% Stay with family/friends - 20%
<b>Income:</b> Less than \$10,000 - 15% \$10,000-\$24,999 - 21% \$25,000-\$49,999 - 23% \$50,000-\$99,999 - 25% \$100,000 or more - 16%	<b>Race/Ethnicity:</b> Hispanic/Latino - 72% White/non-Hispanic - 20% African American/Black - 2% Asian - 1%

## Imperial County community survey: Topics

- Care access and utilization
- Health issues and local health risks
- Local service satisfaction
- Community needs and areas of improvement
- Demographic information

## Imperial County: Healthy community rating

Healthy Community Rating	
Fair to Good	65%
Poor	26%
Very Good	6%

## Level of satisfaction with the following... in Imperial County

	No	Yes
Immunizations	14%	76%
Local school system	27%	59%
Emergency services	34%	56%
Community food assistance	29%	51%
Health care system	54%	38%
Parks and sports/recreation facilities	57%	37%
Community programs and activities for teens	58%	27%
Employment opportunities	76%	17%

### Most important health risks: The top eight

Overweight/obesity (child)	43%
Overweight/obesity (adult)	36%
Air quality	37%
Drug use (youth)	34%
Drug use (adult)	27%
Diabetes	27%
Poor nutrition	22%
Inactive lifestyle	22%
Teen pregnancy	22%
Homelessness	20%

### Community and neighborhoods: Do you agree with the following statements (based on where you live)....

	No	Yes	No Opinion
My community is a good place to raise children	21%	68%	11%
My community is a safe place to live	17%	73%	9%
I feel we can make the community a better place to live	5%	90%	5%
College/higher education system	46%	44%	9%
Adequate services for caregivers (elderly and disabled)	48%	24%	25%

### Health issues: Have you or anyone in your household ever had the following...

	Yes
High blood pressure	52%
Stress and/or Depression	43%
Diabetes	42%
Obesity	37%
Lack of Exercise	39%
Asthma	32%
Cholesterol	38%
Arthritis, Cancer and Dental Problems	28%
Tobacco Use	21%
Mental Health Issues	16%

### Most common places to seek care when you and/or your family get sick

- 61% Doctor's office in Imperial County
- 29% Hospital/emergency department in Imperial County
- 25% Doctor's office in Mexico

#### Pharmacies

- 19% Local pharmacy
- 16% Pharmacy in Mexico

### Health care: Insurance status and common payment methods

#### Health insurance status:

- 90% have health insurance

#### Payment methods

- 43% Private health insurance
- 33% Medi-Cal and managed care
- 16% Cash
- 12% Medicare

### Food and grocery purchasing: Where do you most often shop for food and groceries.....

- ❖ 83% Grocery store/supermarket
- ❖ 61% Wholesale
- ❖ 41% Dollar store and/or 99 cent store
- ❖ 24% Corner market/convenience store
- ❖ 21% Fast food restaurants
- ❖ 8% Run out of money

### Physical activity and healthy lifestyle opportunities: Satisfaction and barriers

Degree of satisfaction in your community

- > 40% Unsatisfied
- > 23% Satisfied

What prevents you from physical activity

- > 45% weather
- > 34% cost of gym membership
- > 22% no time

21% nothing, my family is physically active

### Self improvement: Top three things that would most improve your life.....

- > 44% More jobs
- > 40% Engage in more physical activity
- > 36% Health care
- > 28% Access to healthier food choices
- > 27% Learn how to make healthier food choices
- > 27% Educational opportunities
- > 25% Job training opportunities

> 16% Neighborhood sidewalks and/or street lights

### Summary and next steps

- Major themes from survey information
- Discuss steps to increase access to fruits and vegetables and physical activity options
- Discuss steps that could be taken to improve the community's health
- Identify the top health priorities

## COMMUNITY HEALTH ASSESSMENT and IMPROVEMENT PLANNING PROJECT: Key Health Priority Selection

Paula Kriner, MPH  
Imperial County Public Health Department  
Community Forum • September 23, 2015

## OVERVIEW

- ▶ What is the process for selecting health priorities?
  - Stakeholder group made of representatives from many local organizations and agencies reviewed health issues to determine top priorities

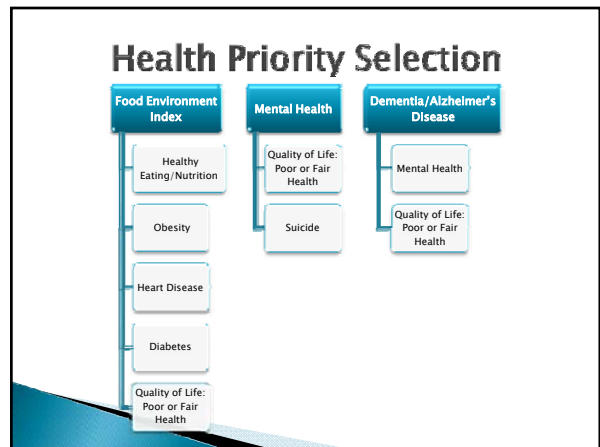
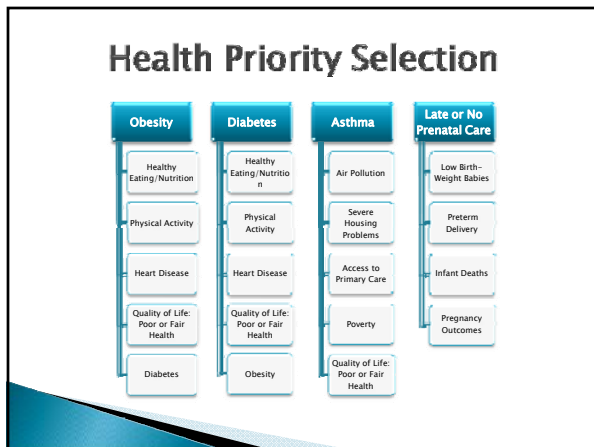
## Health Priority Selection

### Factors to Consider in Selecting Health Priorities

- ▶ Does this health problem affect a large number of people?
- ▶ Does it have serious consequences?
- ▶ Will addressing this health issue lead to improvement in other health problems?
- ▶ Does this facilitate the community working together on improving health?

## Top 7 Health Priorities

- ▶ Obesity
- ▶ Food Environment Index
- ▶ Late or No Prenatal Care
- ▶ Asthma
- ▶ Diabetes
- ▶ Poor Mental Health Days
- ▶ Dementia/Alzheimer's Disease



### Top 7 Health Priorities

- ▶ **OBESITY**
  - *Why it's important:* Increases the risk of heart disease, type 2 diabetes, cancer, hypertension, stroke, sleep apnea, and respiratory problems
- ▶ **FOOD ENVIRONMENT INDEX**

Includes access to healthy foods and food insecurity

  - *Why it's important:* Residing in a food desert is related to high rate of overweight, obesity, and premature death

### Top 7 Health Priorities

- ▶ **Late or No Prenatal Care**
  - *Why it's important:* Receiving timely prenatal care is associated with better pregnancy outcomes, reducing risk for preterm delivery and low birth-weight babies, and mother & child illness and death
- ▶ **Asthma**
  - *Why it's important:* People who have cost barriers to receiving medical care are less likely to have well-controlled asthma than those who don't report cost barriers

### Top 7 Health Priorities

- ▶ **Diabetes**
  - *Why it's important:* Lowers life expectancy up to 15 years, increases risk of heart disease, and is leading cause of kidney failure, lower limb amputations, and adult-onset blindness
- ▶ **Poor Mental Health Days**
  - *Why it's important:* Overall health depends on physical and mental health. Populations that report more unhealthy days have higher unemployment, poverty, percentage of adults who did not complete high school, mortality rates, and disability

### Top 7 Health Priorities

- ▶ **Dementia/Alzheimer's Disease**
  - *Why it's important:* Dementia is one of the major causes of disability and dependency among older people worldwide. Dementia has physical, psychological, social and economical impact on caregivers, families and society. Alzheimer's disease is one of most common forms of dementia.

**Thank you!**

**Questions?**