2019 Community Health Assessment

Mineral County, Montana

Prepared by:

Amy Lommen, MPH, MS, CHES
Mineral County Health Department
alommen@co.mineral.mt.us
(406) 207-4020

Table of Contents

Introduction

This document is a reflection of the collaborative effort and organizational participation to seek the community's perspective on the most pertinent health needs faced by Mineral County. Conducting a county-wide needs assessment is a hefty task, but there are many unseen benefits reaped from the effort. Partnerships are formed through the volunteer effort, and its truly fun to get out in the county and talk to our community members about what their experiences are. It gives us a solid knowledge base and partnerships to move forward with implementing our Community Health Improvement Plan.

The Mineral County Health Department (MCHD) worked in conjunction with the Mineral Community Hospital (MCH) and Board, Healthy Communities Coalition (HCC), Parents as Teachers Home Visiting, Zero to Five, school-based mental health, and community volunteers to complete a Community Assessment for Public Health Emergency Response (CASPER). This method allowed us to survey with minimal cost.

We collected data on a number of topics including safety, access to exercise, housing, nutrition, health concerns, access to health care, dental care, tobacco use, domestic violence, mental health, substance abuse, aging services, education, employment, age, and race/ethnicity. So what do housing and unemployment have to do with health? The American Public Health Association defines public health as protecting the health of people where they live, work, and play (APHA, 2019). We know there is stress and economic insecurity that can happen when housing is difficult to find and afford, or how difficult it can be to seek medical care when your job doesn't offer benefits or time off to seek care. We understand the need for affordable and accessible childcare, and preschools for our children. Much of what makes us healthy or not isn't merely the absence of disease, rather it includes every part of our lives: where we work, play, eat, sleep, and live. These are called social determinants of health. The picture below (CDC, 2020) depicts the five general areas, which include economic stability, neighborhood and build environment, health and health care, social and community context, and education.

Figure 1- Social Determinants of Health (CDC, 2020)

Economic Stability-
- Employment
- Food insecurity
- Housing instability
- Poverty
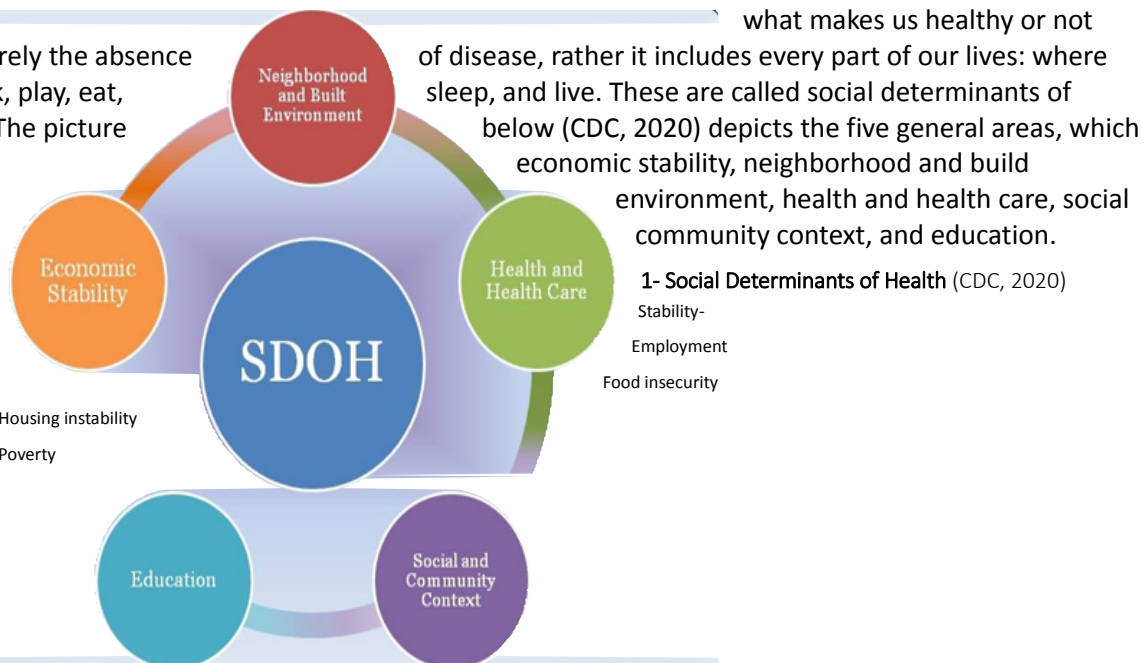
Neighborhood and Built Environment-

- Access to healthy foods
- Crime and violence
- Environmental conditions
- Quality of housing

Health and Health Care-

- Access to health care
- Access to primary care
- Health literacy

Social and Community Context-

- Civic participation
- Social cohesion
- Discrimination

Education-

- Early childhood education
- Higher education opportunity
- High school graduation
- Language

The data from this effort is used in many ways across our county, and is available for any organization to utilize. The MCHD uses this data to write our Community Health Improvement Plan (CHIP), for grant writing purposes to demonstrate areas of need, strategic planning, program development, and policy improvement.

Community Profile

Location and Geography

Mineral County covers an area of approximately 1,220 square in southwestern Montana. As depicted in the graphic, Mineral County is rural with most of the being devoted to US Forest Service, MT Fish, Wildlife and Parks, and MT State Lands. We our western boarder with Idaho our eastern border with Sanders Missoula counties.

miles

land

share
and
and

Figure 2- Mineral County Map

LEGEND

U.S. Forest Service

MT Fish, Wildlife, & Parks

MT State lands
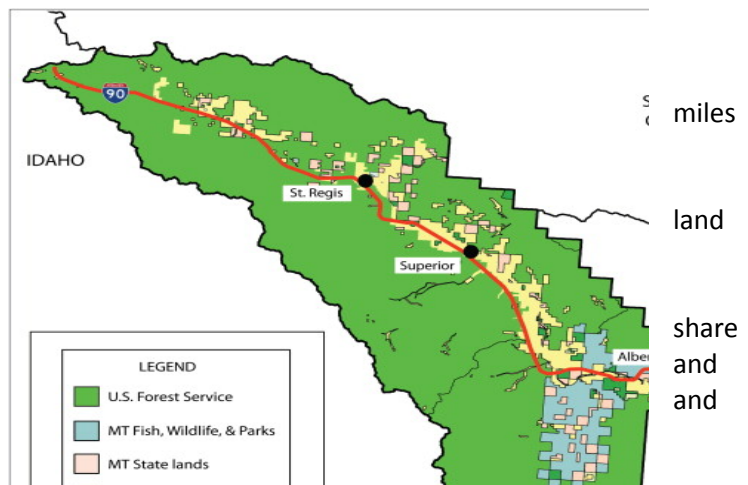
*Image created by Nygaard and Bosak (2014).

Population

Our estimated population in Mineral County for 2018 is 4,316, according to the US Census (2018). The US Census estimates we have a 2.1% growth rate which is under that of both Montana and the United States growth rate of around 6%. Our average median age, 53, is much higher compared to Montana and the United States, 38.5, as is the proportion of people aged 65 years and older. Mineral is considered a frontier county with 3.5 people per square mile. Our population has a higher prevalence of disability for those under 65 years of age, 12.7%, as compared to the 8.7% among the US as a whole. We also experience a higher poverty rate at 14.5% compared to the US- 12.3%, and our median household income of $40,117 is much lower than found in Montana ($53,386) and the US ($57,652). According to the MT Department of Labor and Industry, Mineral County experiences a much higher unemployment rate (10.5%) in comparison to MT (5.1% unadjusted) and US (4.9%). Approximately 12% of our county are veterans. The race/ethnicity makeup of Mineral County is as follows: White (94.1%), Hispanic/Latino (2.9%), Two or more races (2.7%), American Indian/Alaska Native (2%), Asian (2%), and Black (.5%). Listed in tables 1-4 below are Mineral County age groups, housing, educational attainment, and functional needs (US Census 2010, 2018).

Table 1: Age Groups

Table 2: Housing

Mineral County Housing Data	
Housing units	2502
Owner-occupied housing unit rate	70.7%
Median value of owner-occupied housing	$159,800
Median selected monthly owner costs	
With mortgage	$1244
Without mortgage	$364
Median gross rent	$564

Table 3: Educational Attainment

Educational Attainment Percentages for Mineral County, Montana, and the United States

Legend: Mineral County, Montana, United States
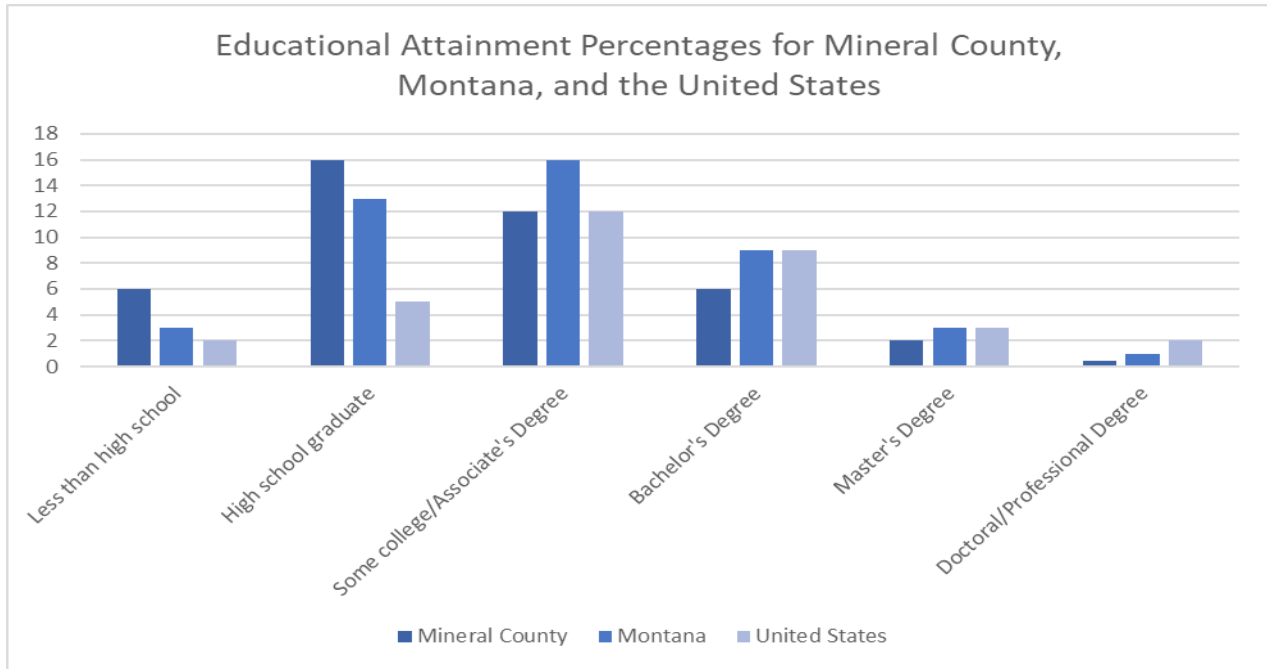
Table 4: Functional Needs, Montana Disability and Health Program (2016)

Functional Need	% of Mineral County Population
Communication	
Serious hearing difficulty/deaf (all ages)	8%
Serious vision difficulty/blind (all ages)	5%
Cognitive difficulty (over 5 years)	8%
Speak English "Less than very well"	0.1%
Transportation	
Zero care households	0.4%
Social Economic	
Population receiving SSI	4%
Average monthly Medicaid enrollment	15%
SNAP recipients	6%
Estimated WIC eligible	68.4%
Households below poverty	9%
Percent uninsured	16%
Percent population on Medicaid	15%
Mobility	

Serious difficulty walking or climbing stairs	13%
Daily Living Activity and Participation	
Independent living difficulty (over 14 years)	8%
Self-care difficulty (over 5 years)	4%
PAS Recipients	0.1%
Medicaid Mental Health recipients	3%
Women, Children, and Seniors	Number in Population
Live births	46
Children enrolled in Special Services	96
Youth served by Children's Mental Health Medicaid Services	147
Householders (65+) living alone	284

Methods

CASPER is an epidemiologic technique designed to provide household-level information. The organization of CASPER includes leadership, local coordination, logistics, data management, and field teams. CASPER uses a two-stage cluster design based on the World Health Organization epidemiology technique for estimating vaccine coverage from small pox eradication. In the first stage of the sampling method, 20 clusters (i.e. census blocks) with ≥7 housing units (HUs) are selected with their probability proportional to the estimated number of HUs in each cluster. In the second stage, seven HUs are randomly selected in each of the 20 clusters by the field teams for the purpose of conducting the interviews with the goal of 140 completed interviews. Eighty percent (80%) completion rates allows population needs to be estimated from the sample and the estimates are usually within 10 percent. MCHD applied for and received a grant from the Public Health Systems Improvement (PHSI) office for help conducting a CASPER in Spring 2019. MCHD developed the survey, along with input from MCH and community stakeholders. MCHD located and managed volunteers, completed all logistics including data collection, and completed the media campaign to raise awareness of the event. MCHD provided a place to meet and food for the volunteers. PHSI coordinated the sampling and development of cluster maps with the Montana State Library, the just-in-time training for volunteers, completion of the volunteer evaluation, data analyses, and graphics.

The geographic area for the CASPER included all of Mineral County, which is 1,223 square miles. The main population center is Superior with a population of 812. Mineral County contains 1,573 total census blocks including 1,208 blocks with 0 HUs, 264 blocks with 1–6 HUs, and 101 blocks with ≥7 HUs for a total of 2,446 HUs. The Montana State Library logically combined census blocks taking into account boundaries, roads, rivers, and other features to create new clusters with ≥7 HUs. In the first stage sampling, 20 clusters were randomly selected with probability proportional to the number of HUs within

the merged blocks. In the second stage, field teams used a standardized method for randomization to select HUs for the seven interviews.

The survey instrument was designed to capture 1) demographic information 2) physical activity and nutrition 3) mental health and substance abuse 4) access to quality health servicers 5) injury 6) tobacco use 7) oral health and 8) community perceptions (Appendix A). On April 11, 2019, a just-in-time training session for 12 volunteers provided an overview of a CASPER, household selection, interview techniques, and safety. Six, two-person teams attempted to conduct seven interviews in each of the 20 clusters selected for the sample, with a goal of 140 completed interviews. Residents of households who were at least 18 years of age were considered eligible respondents. Additionally, field teams distributed information about the MCHD, MCH, Parents as Teachers Home Visiting, and Mineral County Crime Victim Advocates. In addition, gas gift cards for $10 were given to participants. Data collection occurred on Thursday April 11, Friday April 12, and Saturday April 13. A total of 130 surveys were completed in the 20 clusters for a 93% response rate.

Analysis
Epi Info 7.1.2, a free statistical software package produced by the CDC, was used for data entry and analysis. The completion rate was calculated by dividing the number of completed interviews by 130. To account for the probability that the responding household was selected, we created sampling weights based on the total number of occupied houses according to the 2010 Census, the number of clusters selected, and the number of interviews completed in each cluster. This weight was used to calculate all weighted frequencies and percentages presented in this report.

Results

Community
The majority of respondents (88%) feel safe in their homes and communities. About 40% felt they couldn't get the health care they needed in Mineral County, 38% felt they could, and 20% didn't know. Most also felt they could access places near their home for physical fitness according to their abilities; however, 6% said they did not have such access. Eighty-four percent felt they have enough financial resources to meet their basic needs, and 12% said they did not. Sixty nine percent of participants felt Mineral County is a good place to raise children, 13% said they didn't know, and 9% said it was not. When asked what could be available, or improved upon, to make Mineral County a better place to raise children, responses were (could choose more than one) 54% more activities for teens, 52% improved summer activities, more things for children to do with free time, 39% more clubs/activities for children to participate in, 24% more childcare, 23% more parental resources for help raising children, 19% early childhood education/services, 17% after school care, 15% didn't know, and 13% before school care. Sixty three percent stated Mineral County was a good place to grow old, 19% said they didn't know, and 17% said it was not. When asked what would help make our community be a better place to grow old (could choose more than one), 47% stated transportation services, 43% expanded medical services, 35% more social options, 25% expanded senior center, 23% home meals, 19% ability to exercise, 15% didn't know, and 3% preferred not to say. The three most important items for a healthy community chosen were good jobs and a healthy economy, access to health care, and affordable housing. Closely following the top three were good schools, clean air/water, and a strong family life.

Health

The top three most serious health concerns for the participants taking the survey were alcohol/substance abuse, mental health issues, and unemployment. Child abuse/neglect and access to health care ranked highly as well. Accessible parks, trails, or greenways, accessible sidewalks, and access to a gym were the top three chosen that would improve physical activity. About a third of participants stated nothing got in the way of them being more physically active, while a quarter said they were too busy or didn't have time, and a fifth said they didn't have access to a gym or facility. When asked what makes it difficult to eat healthy, 32% said health foods cost too much, 31% said there aren't places in their community to buy healthy food, and 23% said its hard to find healthy choices when they eat outside of the home.

A quarter of survey respondents use tobacco, and three quarters do not. Of those that do, the majority (87%) use tobacco every day. Ten percent of those who use tobacco stated they didn't know where they would go for help quitting tobacco, 6% Montana Quit Line, 3% health care provider, and 2% health department. Alcohol/narcotics anonymous, Choices for Change, and Partnership Health Services were the top three places listed to refer someone for substance abuse services/treatment. A third stated they didn't know where to refer someone for mental health services, 30% Choices for Change, and 30% Partnership Health Center. Fifty seven percent felt domestic violence was an issue in our community, 34% didn't know, and 9% said it was not. Holding abusers accountable, safe housing, advocates to assist, education for family/friends, and treatment for abusers were ways participants felt Mineral County can help those dealing with domestic violence. Forty one percent would refer someone experiencing domestic violence to the local helpline, 25% didn't know, 20% faith leader, 20% mental health provider, 19% medical provider, 12% YMCA in Missoula, and 9% to a friend.

Heath Care

Most (80%) respondents stated they had been to a medical provider within the past year, 10% between 1 and 2 years ago, and 5% said more than 2 but less than 5. When asked about utilizing preventative health services within the past year, 50% of participants had routine blood pressure, 47% flu shot, 36% cholesterol check, 27% mammography, 18% pap smear, 18% health fair labs, 17% children's check-ups, 13% colonoscopy, 12% hadn't sought preventative services, and 5% prostate. Roughly one third of participants stated they or a household member did not get (or delayed getting) health services in the past year, and roughly two thirds stated they did seek care within the past year when they needed it. Reasons given for not seeking care were that it costs too much, no insurance, and availability of services. Almost half of participants stated they had been to the dentist within the past year. For those that did not visit the dentist within the past year, cost, no insurance, dislike going, and distance were the reasons given. Forty two percent of participants stated more primary care providers would improve Mineral County access to health care, 35% said availability of visiting specialists, 32% availability of walk-in clinics, 23% transportation services, 22% improved quality of care, and 15% telemedicine. When asked with services the participant would use if they knew it was available in Mineral County, 40% stated dentist, 33% chiropractor, 18% didn't know, 18% general surgery, 18% acupuncturist, 16% chronic pain specialist, 15% colonoscopy, 13% pediatric services, 12% OB/GYN, and 8% diabetes nurse educator. Seventy nine percent always use their seatbelt, 17% nearly always, 3% sometimes, and 1% never.

Health Information

The top three sources of information during an emergency were cited as television (58%), social media (40%), and tied for third were radio, word of mouth, texting, and neighbors (33%). Family/friends, word of mouth, and health care provider were the top three ways respondents find out about health services or health-related information in Mineral County. The top three most interesting educational classes/programs were health and wellness, fitness, and first aid/CPR.

Demographics

Twenty three percent of respondents live in a 1 person household, 45% in a 2 person household, 9% 3 person, 9% 4 person, 9% 5 person, 3% 6 person, and 2% have eight people in their household. Sixty five percent were women and 35% were men. Three percent were between the ages of 18 and 25, 11% 26-35, 14% 36-45, 14% 46-55, 28% 56-65, 18% 66-75, and 11% were 75+. The majority of respondents were white (96%), 2% Asian, 2% American Indian or Alaska Native, and 1% preferred not to say. Forty percent were employed full-time, 9% part-time, 34% retired, 1% student, 0% armed forces/Military, 5% self-employed, 4% stay-at-home parent, 3% unable to work due to injury or illness, 2% unemployed for less than a year, 2% unemployed for more than a year, and 2% preferred not to say. Twenty six percent have lived in Mineral County less than 5 years, 9% 5-10 years, 9% 10-15 years, 16% 15-20 years, and 40% more than twenty years. When asked what the highest grade level or year of school completed was, 1% stated some grade school, 5% some high school, 27% high school or equivalency, 34% some college or technical school, and 33% college graduate.

Summary

The top five most serious health concerns are alcohol and substance abuse, unemployment, mental health, access to health care, and child abuse and neglect. The most important parts of a healthy community were good jobs and a healthy economy, affordable housing, access to health care and other services, good schools, and clean air/water. These all intertwine and are addressed at a deeper level of health; the social determinants of health. Our physical and social environments have a huge impact on how well we function.

References

APHA (2019). American Public Health Association's What is Public Health? www.apha.org

CDC (2019). Center for Disease Control Healthy People 2020- Social Determinants of Health. www.healthypeople.gov

Montana Disability and Health Program (2016). Data and Resources for a Whole Community Approach to Emergency Planning. http://mtdh.ruralinstitute.umt.edu

Nygaard, K. and Bosak, K. (2014). A Critical Assessment of the Mineral County Challenge: The Role and Implications of Scale in Collaborative Development. *Journal of Rural Studies*. 34:235-245.

US Census (2010). www.census.gov

US Census (2018). Quick Facts- Mineral County www.factfinder.census.gov

Appendix A- Community Health Needs Assessment

Appendix B- Raw CASPER Data Scores

Table 1. Community

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI

I can get the health care I need in Mineral County.					
Agree	48	37.5	863	37.4	35.4,39.4
Don't know	26	20.3	446	56.7	17.7,21.0
Disagree	51	39.8	948	41.1	39.1,43.1
Not applicable	3	2.3	52	2.3	1.7,3.0
I feel safe in my home.					
Agree	117	90.0	2078	88.6	87.3,89.9
Don't know	8	6.2	143	6.1	5.2,7.2
Disagree	5	3.9	123	5.3	4.4,6.3
Not applicable	0	0	0	0	0,0
I feel safe in my community					
Agree	117	90.7	2037	87.7	86.2,89.0
Don't know	6	4.7	111	4.8	4.0,5.7
Disagree	6	4.7	176	7.6	6.6,8.8
Not applicable	0	0	0	0	0,0
There are places near my home where I am able to be physically active according to my abilities					
Agree	116	89.2	2055	87.7	86.3,89.0
Don't know	5	3.9	93	4.0	3.2,4.9
Disagree	8	6.2	178	7.6	6.6,8.8
Not applicable	1	0.8	17	0.8	0.5,1.2
I have enough financial resources to meet my basic needs.					
Agree	108	83.7	1909	82.1	80.5,83.7
Don't know	4	3.1	76	3.3	2.6,4.1
Disagree	16	12.4	319	13.7	12.4,15.2
Not applicable	1	0.8	20	0.9	0.6,1.4
My community is a good place to raise children					
Agree	89	68.5	1530	65.3	63.3,67.2
Don't know	17	13.1	349	14.9	13.5,16.4
Disagree	12	9.2	249	10.6	9.4,12.0
Not applicable	12	9.2	215	9.2	8.1,10.5
My community is a good place to grow old.					
Agree	82	63.1	1456	62.1	60.1,64.1
Don't know	25	19.2	465	19.8	18.3,21.5
Disagree	23	17.7	423	18.0	16.5,19.7
Not applicable	0	0	0	0	0,0

Table 2. What do you think would make our community a better place to grow old?

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI

	Frequency	% Households	Projected Households	Projected %	95% CI
Transportation assistance	62	47.7	1057	45.1	43.1,47.1
Expanded medical services	56	43.1	1027	43.8	41.8,45.9
More social options	45	34.6	797	34.0	32.1,36.0
Expanded senior center	33	25.4	568	24.2	22.5,26.0
Home meals	30	23.1	520	22.2	20.5,24.0
Ability to exercise	24	18.5	140	17.5	16.0,19.1
Don't know	19	14.6	347	14.8	13.4,16.3
Prefer not to say	4	3.1	70	3.0	2.4,3.8

Table 3. What do you think needs to be available, or improved upon to make it a better place to raise children?

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI
More activities for teens	70	53.9	1235	52.7	50.6,54.7
Improved summer activities	67	51.5	1223	52.2	50.2,54.2
More things for children to do with free time	56	43.1	1052	44.9	42.8,46.9
More clubs/activities for children to participate in	50	38.5	906	38.7	36.7,40.7
More childcare	31	23.9	536	22.9	21.2,24.6
More parental resources for help raising children	30	23.1	523	22.3	20.6,24.0
Early childhood education/services	24	18.5	416	17.7	16.2,19.4
After school care	22	16.9	389	16.6	15.1,18.1
Don't know	19	14.6	349	14.9	13.5,16.4
Before school care	17	13.1	295	12.6	11.3,14.0
Prefer not to say	0	0	0	0	0,0

Table 4. Three most important items for a healthy community

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI
Good jobs and healthy economy	71	54.6	1329	56.7	54.7,58.7
Access to health care	58	44.6	1014	43.3	41.2,45.3

Affordable housing	56	43.1	1033	44.1	42.0,46.1
Good schools	44	33.9	845	36.0	34.1,38.0
Clean air/water	33	25.4	535	22.8	21.1,24.6
Strong family life	31	23.9	571	24.4	22.6,26.2
Low crime/safe neighborhood	30	23.1	531	22.7	21.0,24.4
Strong early childhood resources	18	13.9	316	13.5	12.1,14.9
Healthy food options	17	13.1	295	12.6	11.3,14.0
Community involvement	16	12.3	289	12.3	11.0,13.7
Religious or spiritual values	13	10.0	228	9.7	8.6,11.0
Tolerance for diversity	13	10.0	214	9.1	8.0,10.4
Parks and recreation	11	8.5	177	7.5	6.5,8.7
Access to adult learning opportunities	11	8.5	198	8.5	7.4,9.7
Public transportation	9	6.9	152	6.5	5.5,7.6
Low levels of domestic violence	7	5.4	175	7.5	6.4,8.6
Arts and cultural events	7	5.4	125	5.3	4.5,6.4
Low death and disease rates	4	3.1	73	3.1	2.5,3.9
Don't know	1	0.8	17	0.8	0.5,1.2
Prefer not to say	0	0	0	0	0,0

Table 5. Three most serious health concerns in our community

	Frequency (n=xxx)	% Households	Projected Households	Projected %	95% CI
Alcohol/substance abuse	106	81.5	1934	82.5	80.9,84.0
Mental health issues	34	26.2	637	27.2	25.4,29.0

Unemployment	31	23.9	639	27.3	25.5,29.1
Child abuse/neglect	30	23.1	505	21.5	19.9,23.3
Access to healthcare	28	21.5	562	24.0	22.3,25.8
Overweight/Obesity	27	20.8	475	20.3	18.7,22.0
Domestic violence	20	15.4	389	16.6	15.1,18.2
Tobacco	15	11.5	263	11.2	10.0,12.6
Access to dental care	15	11.5	255	10.9	9.7,12.2
Cancer	14	10.8	250	10.7	9.5,12.0
Access to places for exercise	11	8.5	199	8.5	7.4,9.7
Diabetes	10	7.7	175	7.5	6.4,8.6
Chronic pain	9	6.9	136	5.8	4.9,6.8
Don't know	6	4.6	106	4.5	3.7,5.5
Motor vehicle crashes	5	3.9	90	3.9	3.1,4.7
Maternal and child health	4	3.1	57	2.4	1.9,3.2
Heart disease	3	2.3	52	2.2	1.7,2.9
Recreational related injuries	3	2.3	55	2.4	1.8,3.1
Dating violence/abuse	2	1.5	38	1.6	1.2,2.2
Work related accidents or injuries	1	0.8	20	0.9	0.6,1.4
Stroke	1	0.8	17	0.8	0.5,1.2
Prefer not to say	1	0.8	17	0.8	0.5,1.2

Table 6. Physical Activity and Healthy Eating

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI
Which of the following would help you be more physically active?					

Accessible parks, trails, or greenways	46	35.4	828	35.3	33.4,37.3
Accessible sidewalks or crosswalks	43	33.1	736	31.4	29.5,33.3
Access to a gym	36	27.7	632	27.0	25.2,28.8
Walking or exercise group	35	26.9	594	25.4	23.6,27.2
Recreational sports leagues	26	20.0	472	20.1	18.6,21.8
More programs or events	26	20.0	445	19.0	17.4,20.7
Don't know	18	13.9	320	13.7	12.3,15.4
None	14	10.8	301	12.8	11.5,14.3
Stores within walking distance	11	8.5	185	7.9	6.8,9.1
Increased neighborhood safety	9	6.9	205	8.7	7.6,10.0
Prefer not to say	0	0	0	0	0,0
Which of the following gets in the way of you being more physically active or exercising?					
Nothing gets in the way	47	36.2	848	36.2	34.3,38.2
Im too busy or don't have time	33	25.4	543	23.2	21.5,25.0
I don't have access to a gym or facility	25	19.2	439	18.7	17.2,20.4
Im too tired	20	15.4	342	14.6	13.2,16.1
I don't have friends or a group to exercise with	18	13.9	310	13.2	11.9,14.7
Im physically unable	15	11.5	306	13.1	11.8,14.5
I don't like to exercise	10	7.7	178	7.6	6.6,8.7
It costs too much	9	6.9	196	8.4	7.3,9.6
Don't know	7	5.4	125	5.3	4.5,6.4
Prefer not to say	5	3.9	90	3.9	3.1,4.7
Its not important to me	1	0.8	17	0.8	0.5,1.2
What makes it hard to eat healthy?					
Health foods costs too much	41	31.5	741	31.6	29.7,33.5
There aren't places in my community to buy healthy food	40	30.8	658	28.1	26.3,29.9
Its hard to find healthy choices when you eat outside the home	29	22.3	587	25.1	23.3,26.9
Nobody in my family would eat it	10	7.7	227	9.7	8.5,11.0
It takes too much time to prepare and shop for healthy food	24	18.5	454	19.4	17.8,21.0
Don't know	13	10.0	234	10.0	8.8,11.3
Prefer not to say	5	3.9	87	3.7	3.0,4.6

	Frequency	% Households	Projected Household s	Projected %	95% CI
I don't know how to prepare the food we like	3	2.3	47	2.0	1.5,2.7

Table 7. Health care services

	Frequency (n=130)	% Households	Projected Household s	Projected %	95% CI
How long has it been since you last visited a medical provider?					
Within the past year	103	79.8	1849	79.5	77.8,81.1
Between 1-2 years ago	13	10.1	239	10.3	9.1,11.6
More than 2 years ago but less than 5	6	4.7	111	4.8	3.9,5.7
5 or more years ago	2	1.6	38	1.6	1.2,2.3
Never	4	3.1	73	3.1	2.5,3.9
Don't know	1	0.8	17	0.8	0.5,1.2
Prefer not to say	0	0	0	0	0,0
Which of the following preventive health services have you used in the past year					
Routine blood pressure	64	49.2	1198	51.0	49.1,53.2
Flu shot	61	46.9	1143	48.8	46.7,50.8
Cholesterol check	47	36.2	902	38.5	36.5,40.5
Mammography	35	26.9	600	25.6	23.8,27.4
Pap smear	23	17.7	395	16.9	15.4,18.5
Health fair labs	23	17.7	405	17.3	15.8,18.9
Children's checkup	22	16.9	372	15.9	14.5,17.5
Colonoscopy	17	13.1	336	14.3	13.0,15.8
None	16	12.3	289	12.3	11.0,13.7
Prostate	6	4.6	149	6.3	5.4,7.4
Don't know	2	1.5	35	1.5	1.1,2.1
Prefer not to say	1	0.8	17	0.8	0.5,1.2
Are you aware of programs that help people pay for health care expenses?					
Yes	73	57.5	1309	57.1	55.1,59.2
No	35	27.6	641	28.0	26.2,29.9
Don't know	18	14.2	324	14.1	12.8,15.6
Prefer not to say	1	0.8	17	0.8	.05,1.2

Table 8. Access to Health Care

	Frequency	% Households	Projected	Projected %	95% CI

			Households		
In the past 12 months, was there a time when you or a member of your household thought you needed health care services but did not get or delayed getting health services? (n=130)					
Yes	35	27.8	622	27.4	25.6,29.3
No	85	67.5	1539	67.7	65.8,69.7
Prefer not to say	2	1.6	35	1.5	1.1,2.2
Don't know	4	3.2	76	3.3	2.7,4.2
What were the most important reasons you did not receive health care services? (n=xxx)					
It costs too much	15	11.5	-	-	-
No insurance	12	9.2	-	-	-
Availability of services	8	6.2	-	-	-
Insurance wouldn't cover it	7	5.4	-	-	-
Too long to wait for an appointment	5	3.9	-	-	-
Do not like health care providers in this area	4	3.1	-	-	-
No treated with respect	3	2.3	-	-	-
Could not get off work	2	1.5	-	-	-
Office not open when I could go	2	1.5	-	-	-
Could not get an appointment	2	1.5	-	-	-
Too nervous or afraid	2	1.5	-	-	-
Don't know	2	1.5	-	-	-
Prefer not to say	1	0.8	-	-	-
Language barrier	0	0	-	-	-
Had no one to care for the children	0	0	-	-	-

Table 9. Dental Care

	Frequency (n=xxx)	% Households	Projected Households	Projected %	95% CI
About how long has it been since you last visited a dentist for any reason?					
Within the past year	62	48.1	1133	48.7	46.7,50.8
Within the past 2 years	26	20.2	469	20.2	18.6,21.9
2 or more years ago	31	24.0	547	23.5	21.8,25.3
Don't know	6	4.7	108	4.6	3.8,5.6
Never	3	2.3	52	2.3	1.7,3.0
Prefer not to say	1	0.8	14	0.8	0.5,1.2
What was the main reason you did not visit the dentist in the last year?					
Could not afford/cost/too expensive	15	11.5	-	-	-
No insurance	12	9.2	-	-	-
Dislike going	7	5.4	-	-	-
Dentist too far away	7	5.4	-	-	-
Didn't think about it/low priority	6	4.6	-	-	-
Do not have/know a dentist	6	4.6	-	-	-
Don't need it/no dental problems	6	4.6	-	-	-
Fear, apprehension, nervousness, pain	5	3.9	-	-	-
Did not have time	4	3.1	-	-	-
No teeth	2	1.5	-	-	-
Other ailments prevent dental care	1	0.8	-	-	-
Lack of transportation	1	0.8	-	-	-
Hours aren't convenient	1	0.8	-	-	-
Don't know	1	0.8	-	-	-
Prefer not to say	1	0.8	-	-	-
Could not get an appointment	0	0	-	-	-

Table 10. Access to Care

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI
In your opinion, what would improve Mineral County's access to health care?					
More primary care providers	54	41.5	927	39.6	37.6,41.6
Availability of visiting specialists	45	34.6	895	38.2	36.2,40.2
Availability of walk-in clinic	41	31.5	765	32.7	30.8,34.6
Transportation assistance	30	23.1	510	21.8	20.1,23.5
Improved quality of care	29	22.3	549	23.4	21.8,25.2
Don't know	21	16.2	382	16.3	14.8,17.9
Telemedicine	20	15.4	321	13.7	12.3,15.2
Health education resources	13	10.0	215	9.2	8.0,10.4
Prefer not to say	1	0.8	17	0.8	0.5,1.2
What services would you use if you knew they were available in Mineral County?					
Dentist	52	40.0	950	40.5	38.6,42.6
Chiropractor	43	33.1	798	34.1	32.1,36.0
Don't know	24	18.5	469	20.3	18.4,21.7
General surgery	23	17.7	408	17.4	15.9,19.0
Acupuncturist	23	17.7	388	16.5	15.1,18.1
Chronic pain specialist	21	16.2	360	15.4	13.9,16.9
Colonoscopy	19	14.6	327	14.0	12.6,15.5
Psychiatric services	17	13.1	287	12.3	11.0,13.7
OB/GYN	15	11.5	230	9.8	8.7,11.1
Diabetes Nurse Educator	10	7.7	172	7.4	6.4,8.5
Prefer not to say	5	3.9	79	3.4	2.7,4.2

Table 11. How often do you use your seat belts when you drive or ride in a car?

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI
Always	101	78.9	1770	76.6	74.9,78.3
Nearly always	22	17.2	446	19.3	17.7,21.0
Sometimes	4	3.1	76	3.3	2.6,4.1
Seldom	0	0	0	0	0,0
Never	1	0.8	17	0.8	0.5,1.2
Never ride or drive in a car	0	0	0	0	0,0
Don't know	0	0	0	0	0,0
Prefer not to say	0	0	0	0	0,0

Table 12. Tobacco Use

	Frequency (n=xxx)	% Households	Projected Households	Projected %	95% CI
Do you use tobacco?					
Yes	33	26.0	581	25.4	23.6,27.3
No	94	74.0	1707	74.6	72.7,76.4
Prefer not to say	0	0	0	0	0,0
How often do you use tobacco?					
Every day	27	87.1	-	-	-
Few times a week	2	6.5	-	-	-
Few times a month	0	0	-	-	-
Only from time to time	2	6.5	-	-	-
Don't know	0	0	-	-	-
Prefer not to say	0	0	-	-	-
Where would you go for help if you wanted to quit tobacco?					
Don't know	13	10.0	-	-	-
Montana Quitline	8	6.2	-	-	-
Health care provider	4	3.1	-	-	-
Health department	2	1.5	-	-	-
Prefer not to say	2	1.5	-	-	-

Table 13. Domestic Violence

	Frequency (n=)	% Households	Projected Households	Projected %	95% CI
Do you feel domestic violence is an issue in our community?					
Yes	72	56.7	1325	57.9	55.8,59.9
No	11	8.7	193	8.4	7.3,9.7
Don't know	43	33.9	753	32.9	31.0,34.9
Prefer not to say	1	0.8	17	0.8	0.5,1.2
What do you feel can be done in Mineral County to help those dealing with domestic violence?					
Holding abusers accountable	46	35.4	-	-	-
Safe housing	34	26.2	-	-	-
Advocates to assist	34	26.2	-	-	-
Education for family / friends	33	25.4	-	-	-
Treatment for abusers	31	23.9	-	-	-
Help with finances	23	17.7	-	-	-
Don't know	6	4.6	-	-	-
Prefer not to say	2	1.5	-	-	-
Where would you refer someone for domestic violence?					
Helpline locally	54	41.5	999	42.6	40.6,44.6

	Frequency	%	Projected	%	CI
Don't know	33	25.4	606	25.9	24.1,27.7
Faith leader	26	20.0	442	18.8	17.3,20.5
Mental Health Provider	26	20.0	485	20.7	19.1,22.4
Medical provider	25	19.2	421	18.0	16.5,19.6
YWCA in Missoula	15	11.5	252	10.8	9.6,12.1
Friend	12	9.2	218	9.3	8.2,10.6

Table 14. Referral for Mental Health and Substance Abuse

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI
Where would you refer someone for mental health services in Mineral County?					
Don't know	44	33.9	837	35.7	33.8,37.7
Choices for Change Counseling	39	30.0	689	29.4	27.6,31.3
Partnership Health Center	39	30.0	662	28.3	26.4,30.1
Doctor/PA	28	21.5	474	20.2	18.6,21.9
Faith-based leader	22	16.9	388	16.6	15.1,18.2
Emergency room	12	9.2	205	8.8	7.7,10.0
Friend	5	3.9	96	4.1	3.4,5.0
Prefer not to say	3	2.3	52	2.2	1.7,2.9
Where would you refer someone for substance abuse services/treatment for alcohol or drug addiction in Mineral County?					
Alcohol / Narcotics Anonymous	47	36.2	821	35.1	33.1,37.0
Choices for Change Counseling	45	34.6	796	34.0	32.1,36.0
Partnership Health Center	32	24.6	539	23.0	21.3,24.8
Don't know	30	23.1	586	25.0	23.3,26.8
Doctor/PA	22	16.9	380	16.2	14.8,17.8
Faith-based leader	21	16.2	373	15.9	14.5,17.5
Emergency room	10	7.7	161	6.9	5.9,8.0
Friend	7	5.4	123	5.3	4.4,6.3
Prefer not to say	0	0	0	0	0,0

Table 15. Health Information

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI
What would be your top three sources of information in a large scale disaster or emergency in Mineral County?					
Television	75	57.7	1383	59.0	57.0,61.0
Social media	52	40.0	894	38.1	36.2,40.1
Radio	43	33.1	729	31.1	29.2,33.0
Word of mouth	43	33.1	759	32.4	30.5,34.3
Texting	43	33.1	813	34.7	32.8,36.7
Neighbors	43	33.1	799	34.1	32.2,36.1
News website	38	29.2	677	28.9	27.1,30.8
Other website	14	10.8	297	12.7	11.4,14.1
Newspaper	12	9.2	207	8.9	7.8,10.1
Don't know	4	3.1	65	2.8	2.2,3.5
Prefer not to say	0	0	0	0	0,0
How do you learn about health services or health-related information in Mineral County?					
Friends/family	81	62.3	1445	61.6	59.6,63.6
Word of mouth	66	50.8	1146	48.9	46.9,50.9
Health care provider	37	28.5	640	27.3	25.5,29.2
Mailings/newsletters	36	27.7	587	25.1	23.3,26.9
Social media	33	25.4	554	23.7	22.0,25.4
Website/internet	20	15.4	345	14.7	13.3,16.2
Television	18	13.9	376	16.0	14.6,17.6
Newspaper	16	12.3	294	12.6	11.3,14.0
Public health	16	12.3	286	12.2	10.9,13.6
Radio	8	6.2	138	5.9	5.0,6.9
Don't know	7	5.4	114	4.9	4.1,5.8
Presentations	4	3.1	62	2.6	2.0,3.4
Prefer not to say	1	0.8	17	0.8	0.5,1.2

Table 16. Educational Programs and Aging Services

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI
What educational classes/programs would you be most interested in?					
Health and wellness	40	30.8	683	29.1	27.3,31.0
Fitness	37	28.5	619	26.4	24.7,28.3
First aid/CPR	33	25.4	565	24.1	22.4,25.9
Weight loss	27	20.8	501	21.4	19.8,23.1
Nutrition	23	17.7	378	16.1	14.7,17.7
Mental Health	22	16.9	356	15.2	13.8,16.7
Don't know	22	16.9	382	16.3	14.9,17.9
Alzheimer's	21	16.2	376	16.1	14.6,17.6
Health insurance/ACA	21	16.2	373	15.9	14.5,17.5
Support group	16	12.3	340	14.5	13.1,16.0
Diabetes	15	11.5	268	11.4	10.2,12.8
Grief counseling	14	10.8	229	9.8	8.6,11.1
Early childhood development	13	10.0	212	9.0	7.9,10.3
Alcohol/substance abuse	13	10.0	223	9.5	8.4,10.8
Heart disease	13	10.0	280	11.9	10.7,13.3
Domestic violence	12	9.2	207	8.9	7.8,10.1
Parenting	12	9.2	177	7.6	6.6,8.7
Cancer	11	8.5	207	8.8	7.7,10.1
Smoking cessation	6	4.6	81	3.4	2.8,4.3
Prefer not to say	4	3.1	70	3.0	2.4,3.8
Lung-related conditions	2	1.5	35	1.5	1.1,2.1
Which of the following aging services are you aware of in Mineral County?					
Don't know	58	44.6	986	42.1	40.1,44.1
LEIAP	46	35.4	837	35.7	33.8,37.7
Hospice care	45	34.6	835	35.6	33.7,37.6
Help with obtaining food	34	26.2	643	27.4	25.7,29.3
Assistance with Medicare/Medicaid	33	25.4	603	25.7	24.0,27.6
Respite care	20	15.4	386	16.5	15.0,18.0
Area 6 Agency on Aging	10	7.7	175	7.5	6.5,8.6
Prefer not to say	0	0	0	0	00,0

Table 17. Demographics

	Frequency (n=130)	% Households	Projected Households	Projected %	95% CI
How many people, including yourself, live in your household?					
1	30	23.3	542	23.3	21.6,25.1
2	58	45.0	1014	43.6	41.6,45.7
3	12	9.3	199	8.6	7.5,9.8
4	11	8.5	179	7.7	6.7,8.9
5	12	9.3	281	12.1	10.8,13.5
6	4	3.1	76	3.3	2.6,4.1
7	0	0	0	0	0,0
8	2	1.6	35	1.5	1.1,2.1
Prefer not to say	0	0	0	0	0,0
What gender do you identify with?					
Male	44	34.7	823	35.9	34.0,37.9
Female	83	65.4	1468	64.1	62.1,66.0
Prefer not to say	0	0	0	0	0,0
What age range represents you?					
18-20	1	0.8	20	0.9	0.6,1.4
21-25	3	2.4	55	2.4	1.9,3.2
26-30	2	1.6	35	1.5	1.1,2.2
31-35	12	9.5	238	10.5	9.3,11.8
36-40	12	9.5	240	10.6	9.4,11.9
41-45	6	4.8	100	4.4	3.6,5.3
46-50	10	7.9	159	7.0	6.0,8.1
51-55	7	5.6	120	5.3	4.4,6.3
56-60	18	14.3	324	14.3	12.9,15.8
61-65	17	13.5	304	13.4	12.0,14.9
66-70	15	11.9	261	11.5	10.2,12.9
71-75	8	6.4	143	6.3	5.3,7.4
76+	14	11.1	256	11.3	10.0,12.7
Prefer not to say	1	0.8	17	0.8	0.5,1.3
How do you describe your race or ethnicity?					
Black or African American	0	0	0	0	0,0
Asian	2	1.6	30	1.3	0.9,1.9
American Indian or	2	1.6	35	1.5	1.1,2.1

Alaskan Native					
White or Caucasian	122	96.1	2209	96.4	95.6,97.1
Native Hawaiian or Pacific Islander	0	0	0	0	0,0
Hispanic or Latino	0	0	0	0	0,0
Don't know	0	0	0	0	0,0
Prefer not to say	1	0.8	17	0.8	0.5,1.2

What is your employment status?

Employed full-time	50	39.1	947	41.1	39.1,43.1
Employed part-time	12	9.4	202	8.7	7.6,10.0
Retired	44	34.4	785	34.1	32.1,36.0
Student	1	0.8	17	0.8	0.5,1.2
Armed forces/military	0	0	0	0	0,0
Self-employed	6	4.7	111	4.8	4.0,5.8
Stay at home parent	5	3.9	71	3.1	2.4,3.9
Unable to work due to illness or injury	4	3.1	62	2.7	2.1,3.5
Unemployed for less than one year	2	1.6	38	1.6	1.2,2.3
Unemployed for more than one year	9	1.6	38	1.6	1.2,2.3
Don't know	0	0	0	0	0,0
Prefer not to say	2	1.6	35	1.5	1.1,2.1

How long have you lived in Mineral County?

0 to 5 years	33	25.6	639	27.5	25.7,29.3
5 to <10 years	12	9.3	210	9.0	7.9,10.3
10 to 15 years	12	9.3	202	8.7	7.6,9.9
15 to 20 years	20	15.5	334	14.4	13.0,15.9
20+ years	51	39.5	924	39.7	37.7,41.7
Prefer not to say	1	0.8	17	0.8	0.5,1.2

What is your zip code?

Alberton	20	15.8	309	13.4	12.1,14.9
Deborgia	10	7.9	184	8.0	7.0,9.2
Haugan	5	3.9	99	4.3	3.5,5.2
Saltese	5	3.9	87	3.8	3.1,4.7
St. Regis	25	19.7	490	21.3	19.7,23.0
Superior	62	48.8	1130	49.2	47.1,51.2
Prefer not to say	0	0	0	0	0,0

What is the highest grade level or year of school you completed?

Never attended school	0	0	0	0	0,0
Some grade school	1	0.8	20	0.9	0.6,1.4
Some high school	6	4.7	154	6.6	5.7,7.7
High school or GED	35	27.1	682	29.3	27.5,31.2
Some college or technical school	44	34.1	747	32.1	30.2,34.0

College graduate	42	32.6	706	30.3	28.5,32.3
Prefer not to say	1	0.8	14	0.8	0.5,1.2