



Public Health
Prevent. Promote. Protect.

2010 Community Health Assessment

Champaign Health District

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Prevent. Promote. Protect.

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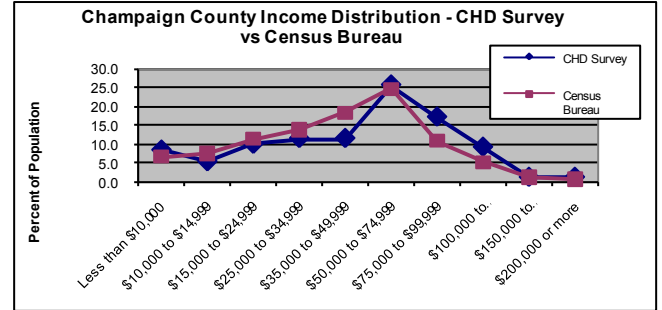
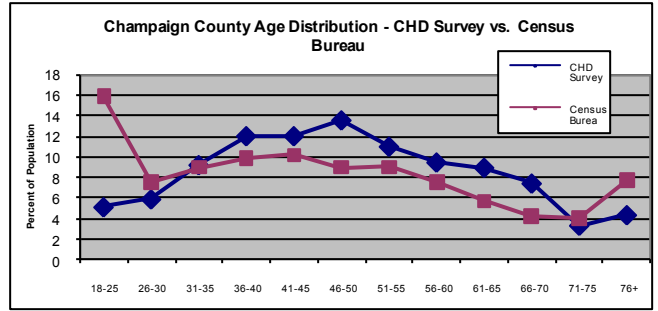
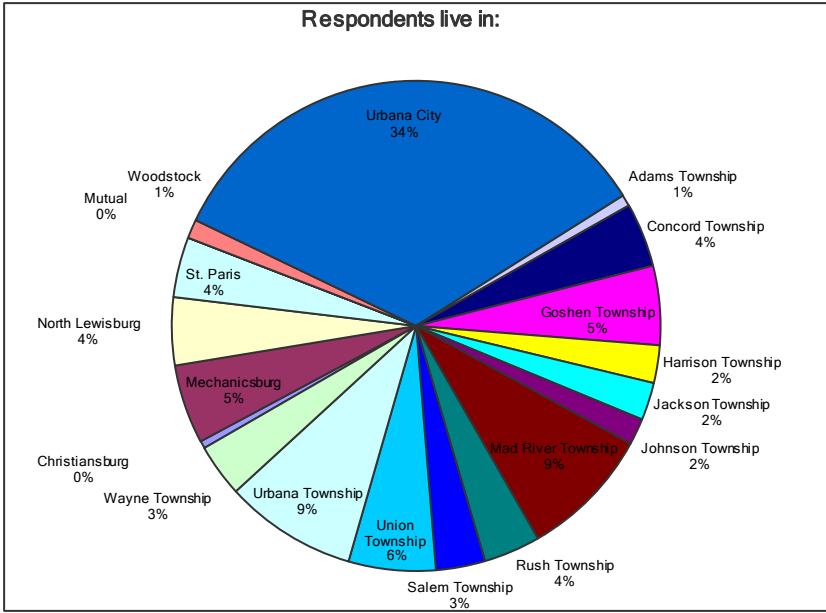
Community Health Assessment — A Core Function of Your Public Health District

A Community Health Assessment is an attempt to efficiently measure indicators of a community's health and well-being. To accomplish this, a survey was developed by the Champaign Health District and distributed to any willing participants (who were Champaign County residents) at the Champaign County Fair, at local libraries and government agencies, and online. Results are anonymous, but procedures were used to ensure individuals could not submit their answers more than once. Many of the questions included were featured on other local community health assessments conducted around the country. This document highlights the results of the Champaign Health

District's 2010 Community Health Assessment.

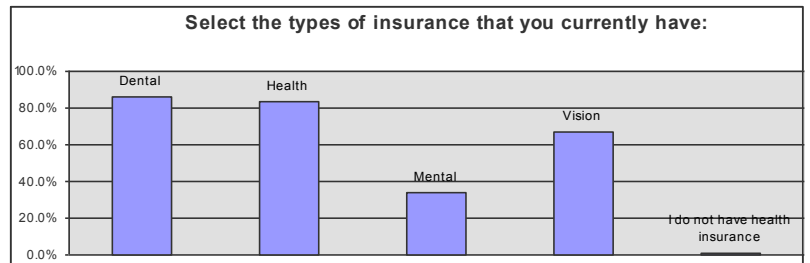
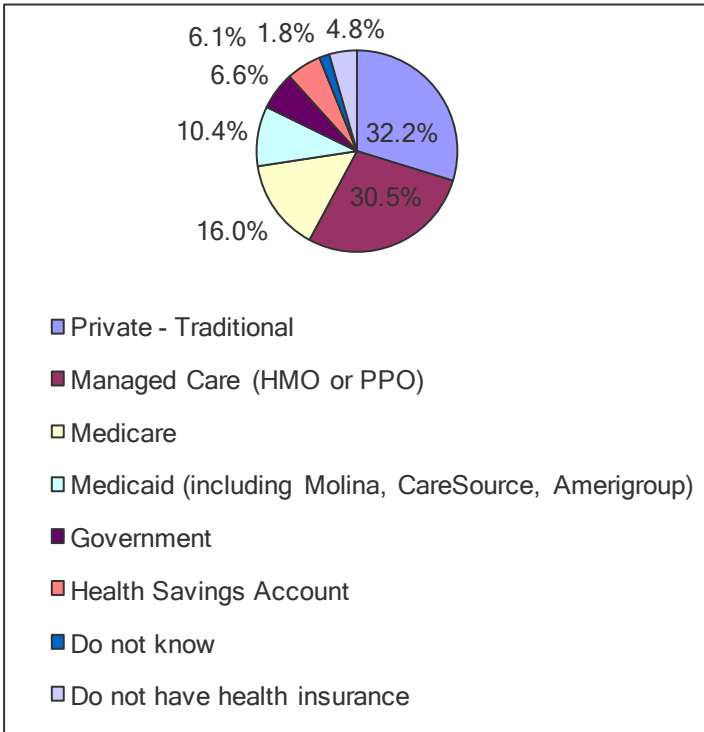
Beginning in August, 402 Champaign County residents participated in the Community Health Assessment survey responding to questions about their individual health, the health of their family, and the health of the community. The demographic and socioeconomic characteristics of the respondents closely mimic the same characteristics of the county as identified by the US Census Bureau. These similar characteristics and the number of random sample respondents lend credibility to the results of the assessment being a suitable representation of Champaign County residents as a whole.

Demographic and Socioeconomic Characteristics



Household Insurance Status

Select your current type of health insurance:

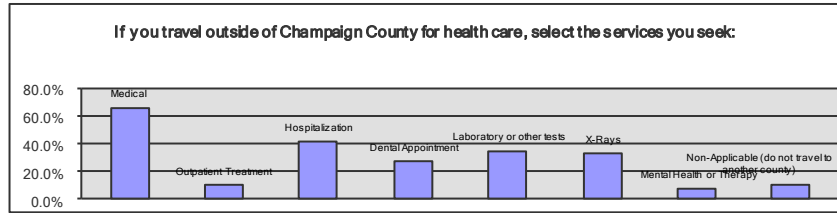


How would you describe your own health?

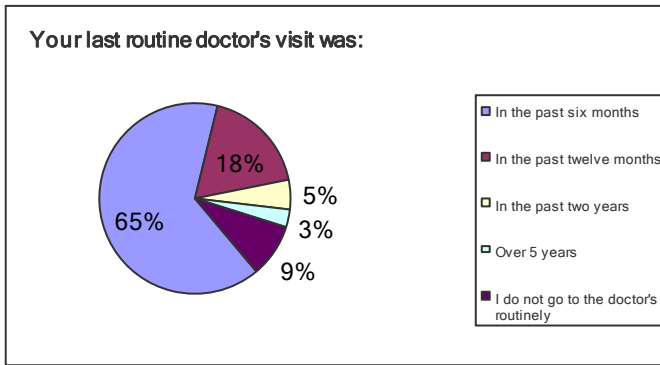
Answer Options	Response Percent
Poor	5.8%
Good	63.7%
Excellent	30.5%

You are able to visit the doctor when needed:

Answer Options	Response Percent
Never	1.8%
Sometimes	19.8%
Always	78.5%



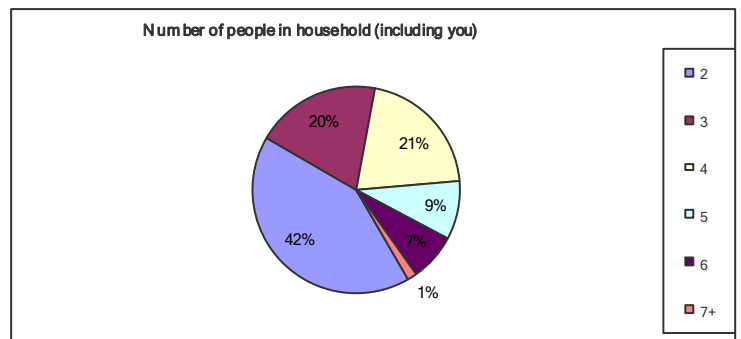
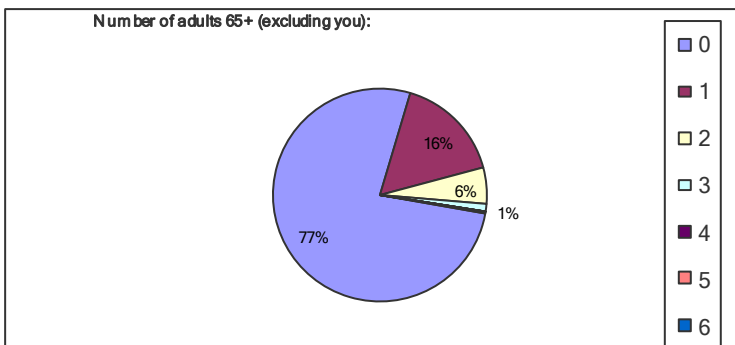
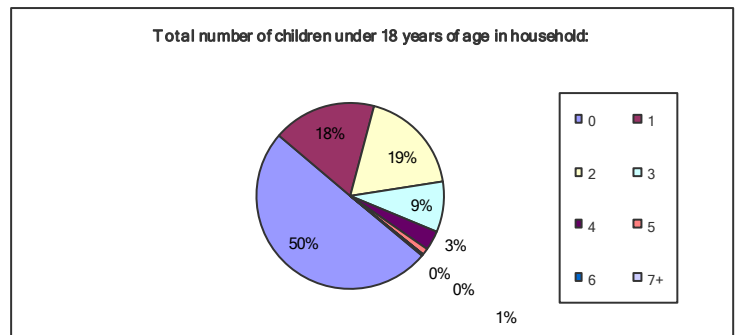
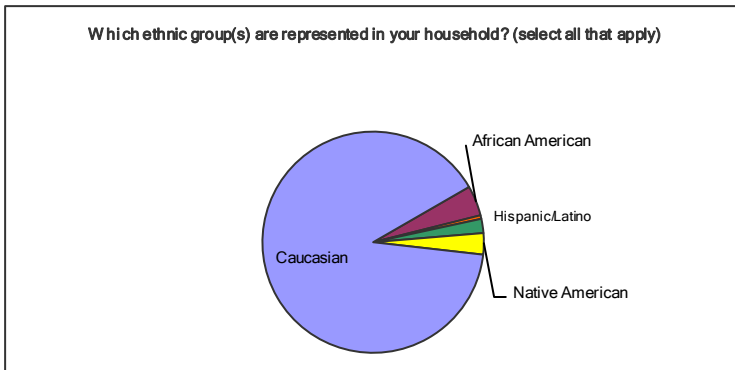
My family and I receive these recommended screenings:



Answer Options	Response Percent
Blood Pressure Check	79.60%
Blood Sugar Check	47.70%
Bone Density Test	19.30%
Cardiovascular (Heart) Screening	17.20%
Cholesterol Screening	49.60%
Colon/Rectal Exam	17.40%
Dental Cleaning/ X-Rays	62.70%
Flu Shot	53.10%
Glaucoma Test	27.10%

Answer Options	Response Percent
Hearing Screening	7.50%
Mammogram	37.00%
Pap Smear	45.30%
Prostate Cancer Digital Screening	2.90%
Prostate Cancer PSA Screening	6.70%
Sexually Transmitted Disease Screening	4.60%
Skin Cancer Screening	10.70%
Vision Screening	50.40%
answered question	251

Family Composition



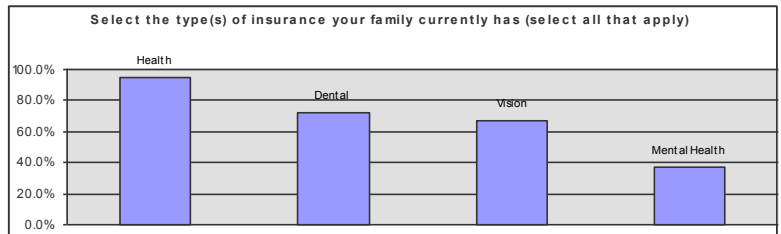
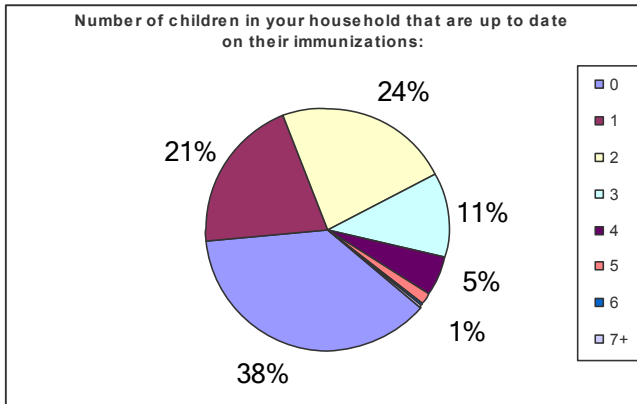
Unhealthy / Risky Behaviors

In the past 30 days, you rode with a driver who had been drinking:
 Yes = 7.0%

In the past 30 days, you have driven after you drank one or more alcoholic beverages:
 Yes = 11.0%

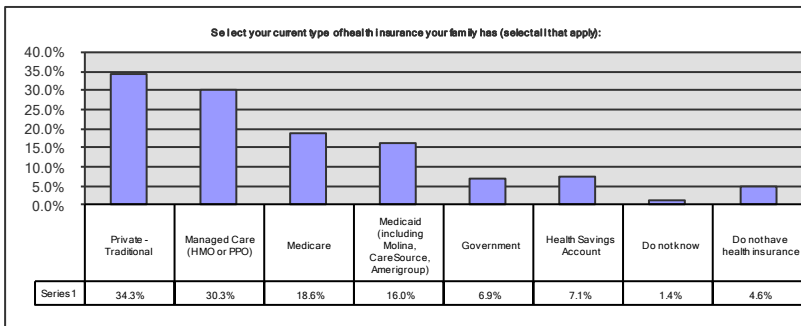
Answer Options	Always	Sometimes	Never	Non-Applicable	Answer Options	Always	Sometimes	Never	Non-Applicable
You wear a seatbelt	81.7%	14.6%	2.3%	1.5%					
You wear a helmet when riding a bicycle, roller blading, or skateboarding	16.8%	6.5%	19.6%	57.1%	You apply sunscreen before planned time outdoors	20.8%	58.1%	19.0%	2.0%
You wear a helmet when riding a motorcycle, ATV, or motor scooter	16.1%	9.5%	6.3%	68.0%	You get a flu shot each year	44.2%	20.7%	32.3%	2.8%
You drive the posted speed limit	45.5%	51.5%	1.3%	1.8%	You practice safe sex (condom or other barrier method)	31.8%	6.9%	19.8%	41.5%
You eat at least 5 servings of fruits and vegetables per day	16.2%	69.9%	13.4%	0.5%	You spend money on gambling more than once per month	3.0%	12.1%	73.5%	11.4%
You eat fast food more than once per week	15.3%	56.6%	26.8%	1.3%	You volunteer in your community	25.5%	54.5%	15.9%	4.0%
You exercise at a moderate pace for at least 30 minutes per day 3-5 days per week	20.2%	54.5%	24.0%	1.3%	You get enough sleep each night (7-9 hours)	23.1%	64.3%	11.8%	0.8%
You consume more than 3 alcoholic drinks per day (female) or 5 drinks (male)	3.0%	11.8%	75.1%	10.1%	You feel stressed out	18.8%	75.9%	5.0%	0.3%
You smoke cigarettes	13.4%	7.3%	69.6%	9.6%	You feel happy about your life	47.0%	50.0%	2.2%	0.7%
You are exposed to second hand smoke	12.8%	29.9%	50.6%	6.6%	You worry about losing your job	9.4%	38.6%	32.0%	20.1%
You use illegal drugs (marijuana, cocaine, methamphetamine, etc.)	1.0%	4.1%	85.3%	9.6%	You feel safe in your community	55.0%	43.2%	1.5%	0.3%
You perform self-exams for cancer (breast or testicular)	28.2%	51.4%	17.4%	3.0%					
You wash your hands with soap and water after using the restroom	89.1%	10.1%	0.5%	0.3%					
You wash your hands with soap and water before preparing and eating meals	87.4%	11.6%	0.8%	0.3%					

Champaign County Households



Children in your household get a flu shot or flu mist each year:
 Yes = 39%

Your family is able to visit the doctor when needed:



Answer Options	Response Percent
Never	1.4%
Sometimes	17.8%
Always	83.3%
answered question	225

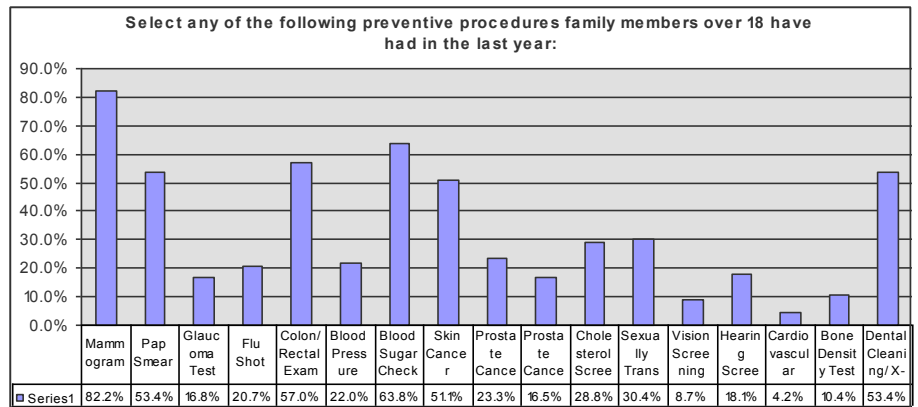
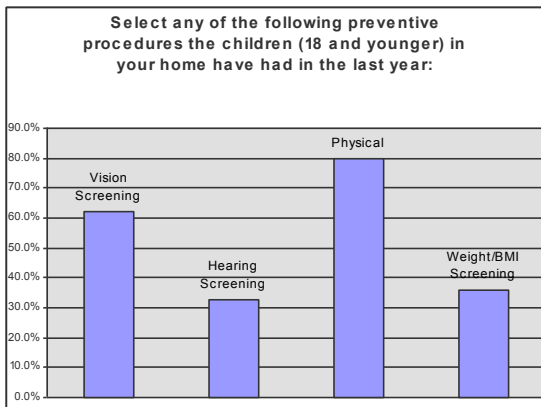
Household Healthcare Utilization

Does anyone in your household live with the following chronic illnesses (select all that apply):

	Always	Sometimes	Never	Non-Applicable
None	33.2%	27.9%	20.4%	18.5%
Diabetes	52.3%	39.5%	1.2%	7.0%
Cancer	65.8%	31.6%	0.0%	2.6%
Heart Disease	47.2%	45.3%	3.8%	3.8%
Lung Disease/Asthma	48.4%	24.2%	12.9%	14.5%
HIV/AIDS	66.7%	0.0%	16.7%	16.7%
Alcohol or drug dependency	31.3%	56.3%	0.0%	12.5%
Mental Health Disease	37.5%	35.0%	5.0%	22.5%
High blood pressure	48.0%	51.4%	0.0%	0.6%
Hepatitis	50.0%	37.5%	0.0%	12.5%
Arthritis	68.5%	29.7%	0.0%	1.8%
Hearing/Vision loss	45.2%	44.4%	2.2%	8.1%

If your family travels outside of Champaign County for healthcare, select the services you seek:

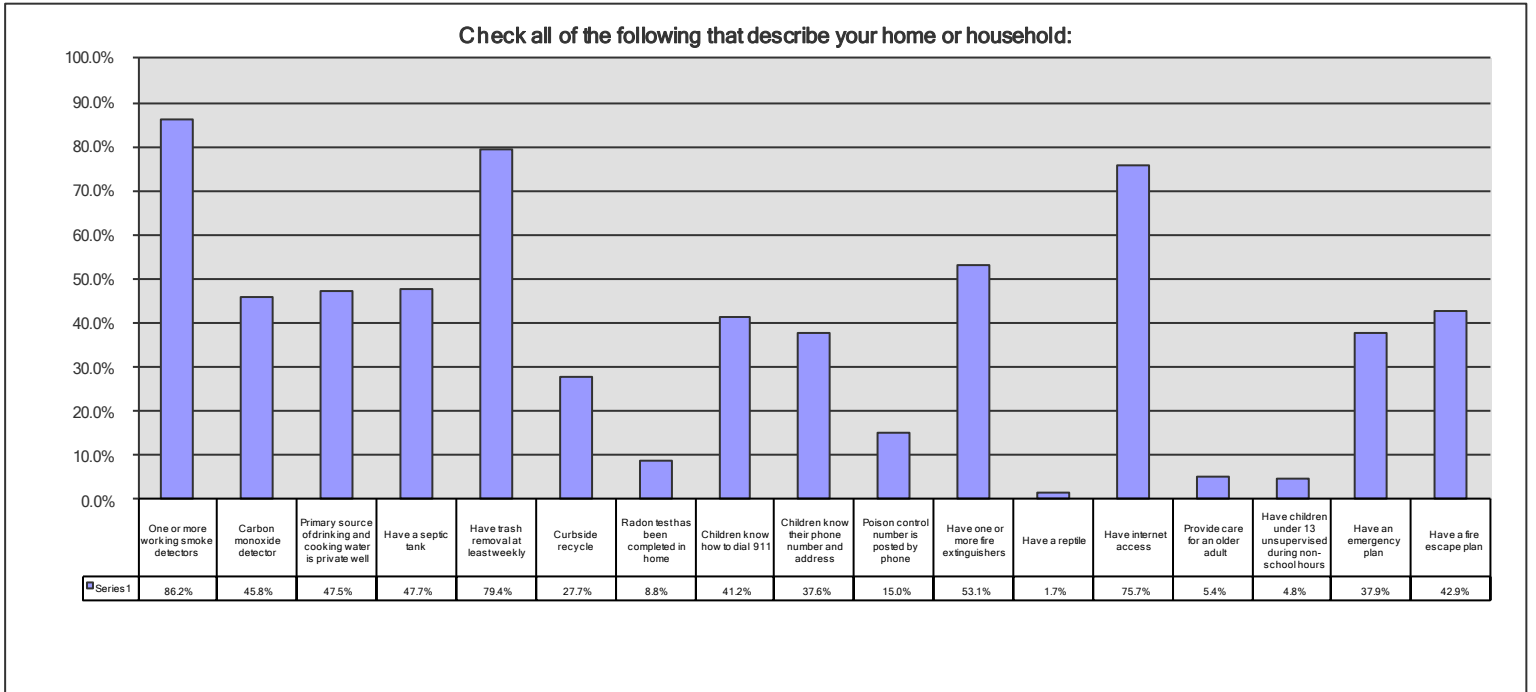
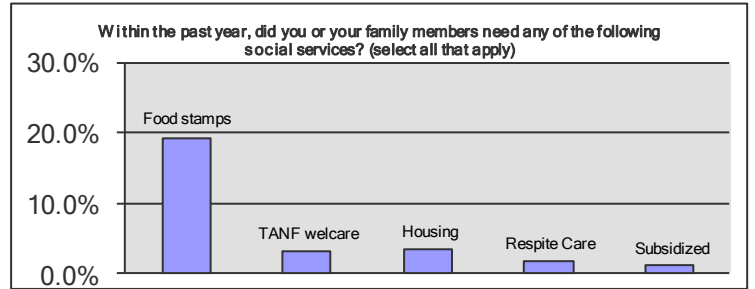
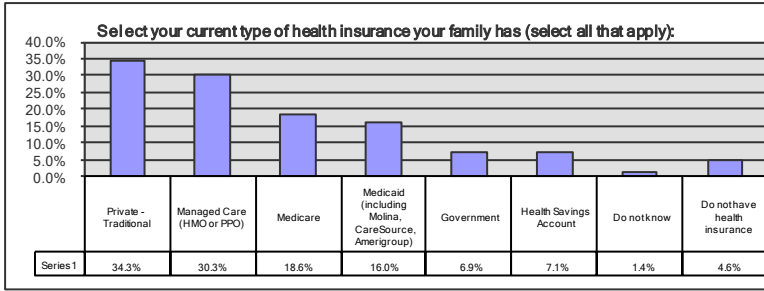
Answer Options	Response Percent
Medical	68.8%
Outpatient Treatment	35.0%
Hospitalization	39.2%
Dental Appointment	33.1%
Laboratory or other tests	33.8%
X-Rays	32.3%
Mental Health or Therapy	10.3%
Non-Applicable	11.8%



Household Unhealthy/ Risky Behaviors

Answer Choice	Always	Sometimes	Never	Non-Applicable	Answer Choice	Always	Sometimes	Never	Non-Applicable
Family members wear a seatbelt	82.6%	12.3%	0.3%	0.5%	Adult family members consume more than 3 alcoholic drinks per day (female) or 5 drinks (male)	2.7%	17.0%	70.0%	10.3%
Family members use car seats/booster seats as required by law	46.0%	2.5%	0.3%	8.1%	Children in household drink soda or sugar sweetened drinks	4.0%	44.0%	16.8%	35.2%
Family members wear a helmet when riding a bicycle, roller blading, or skateboarding	27.6%	13.4%	6.0%	4.8%	Adult family members smoke cigarettes	18.0%	9.2%	63.3%	9.5%
Family members wear a helmet when riding a motorcycle, ATV, or motor scooter	17.7%	5.7%	1.2%	9.6%	Family members exposed to second hand smoke	10.5%	24.9%	58.7%	6.0%
Family members drive the posted speed limit	42.0%	33.8%	0.1%	0.8%	Adult family members provide alcohol to persons under the age of 21	0.6%	1.5%	87.1%	10.9%
Family members eat at least 5 servings of fruits and vegetables per day	14.5%	40.4%	3.2%	0.2%	Members of family/ household become angry resulting in physical fights or abusive language	0.9%	11.2%	79.5%	8.5%
Family members sit down to a meal together	43.9%	31.7%	1.6%	0.5%	Family members wash your hands with soap and water after using the restroom	76.7%	20.8%	0.9%	1.5%
Family members eat fast food more than once per week	13.6%	34.4%	6.1%	0.6%	Family members wash your hands with soap and water before preparing and eating meals	76.3%	21.9%	0.6%	1.2%
Children in household are limited to 2 hours of television, computer or video games per day	9.1%	18.7%	4.3%	5.9%	Family members apply sunscreen before planned time outdoors	23.7%	62.6%	12.0%	1.8%
Adult members exercise at a moderate pace for at least 30 minutes per day 3-5 days per week	12.0%	33.6%	6.4%	0.8%	Illegal drugs are in the home	0.3%	0.9%	89.9%	9.0%
Children in household participate in at least one hour of physical activity per day	32.1%	16.2%	0.6%	6.3%	Gambling causes problems in your home	0.6%	1.8%	84.1%	13.5%

Service Utilization



Quality of Life in Champaign County

Quality of Life in Champaign County

In the following list, what do you think are the three most important factors for a "healthy community"?

Good place to raise children	40.6%
Low level of child abuse	7.8%
Ability to get health care	31.6%
Clean environment	31.6%
Arts and cultural events	5.7%
Good jobs and healthy economy	54.5%
Low adult death and disease rates	2.9%
Religious or spiritual values	24.6%
Low crime/safe neighborhoods	38.5%
Good schools	52.5%
Parks and recreation	12.3%
Affordable housing	12.7%
Excellent race relations	3.3%
Healthy behaviors and lifestyles	30.7%
Low infant deaths	2.9%
Community involvement	6.6%
Safe housing	10.2%
Safe food	11.1%

In the following list, what do you think are the three most important risky behaviors in Champaign County?

Alcohol abuse	54.4%
Illegal drug abuse	69.6%
Lack of physical activity	30.0%
Teen pregnancy	23.6%
Under age drinking	44.7%
Poor eating habits	27.8%
Not getting "shots" to prevent disease	5.1%
Unsafe sex	25.7%
Tobacco use	24.5%

In the following list, what do you think are the three most important health problems in Champaign County?

Motor vehicle crashes	14.4%
Rape/Sexual assault	3.8%
Mental Health issues	28.0%
Homicide	0.4%
Child abuse/neglect	26.7%
Suicide	7.6%
Teenage pregnancy	21.2%
Domestic violence	20.3%
Gun related injuries	0.8%
Hunger	10.2%
Sexually Transmitted Diseases	3.4%
Infectious Diseases	1.7%
Poor diet/inactivity	36.0%
Alcohol abuse	21.2%
Drug abuse	50.8%
Lack of access to health care	19.9%
Chronic diseases (cancer, heart, lungs, high blood pressure)	18.6%
Aging problems (arthritis, hearing/vision loss, etc.)	8.1%
Tobacco use	17.8%
Homelessness	4.7%

In the following list, what do you think are the three most serious safety problems for Champaign County?

Unsafe driving	74.0%
Racism and intolerance	10.2%
Unsafe housing	25.1%
Access to guns by children	14.9%
Manufacture of methamphetamines	34.5%
Growing marijuana	28.5%
School violence	17.0%
Domestic violence	75.7%
Gang related violence	3.8%