

In partnership with the Onslow County Health Department and Onslow Memorial Hospital

2016

Onslow County
Community Health
Needs
Assessment

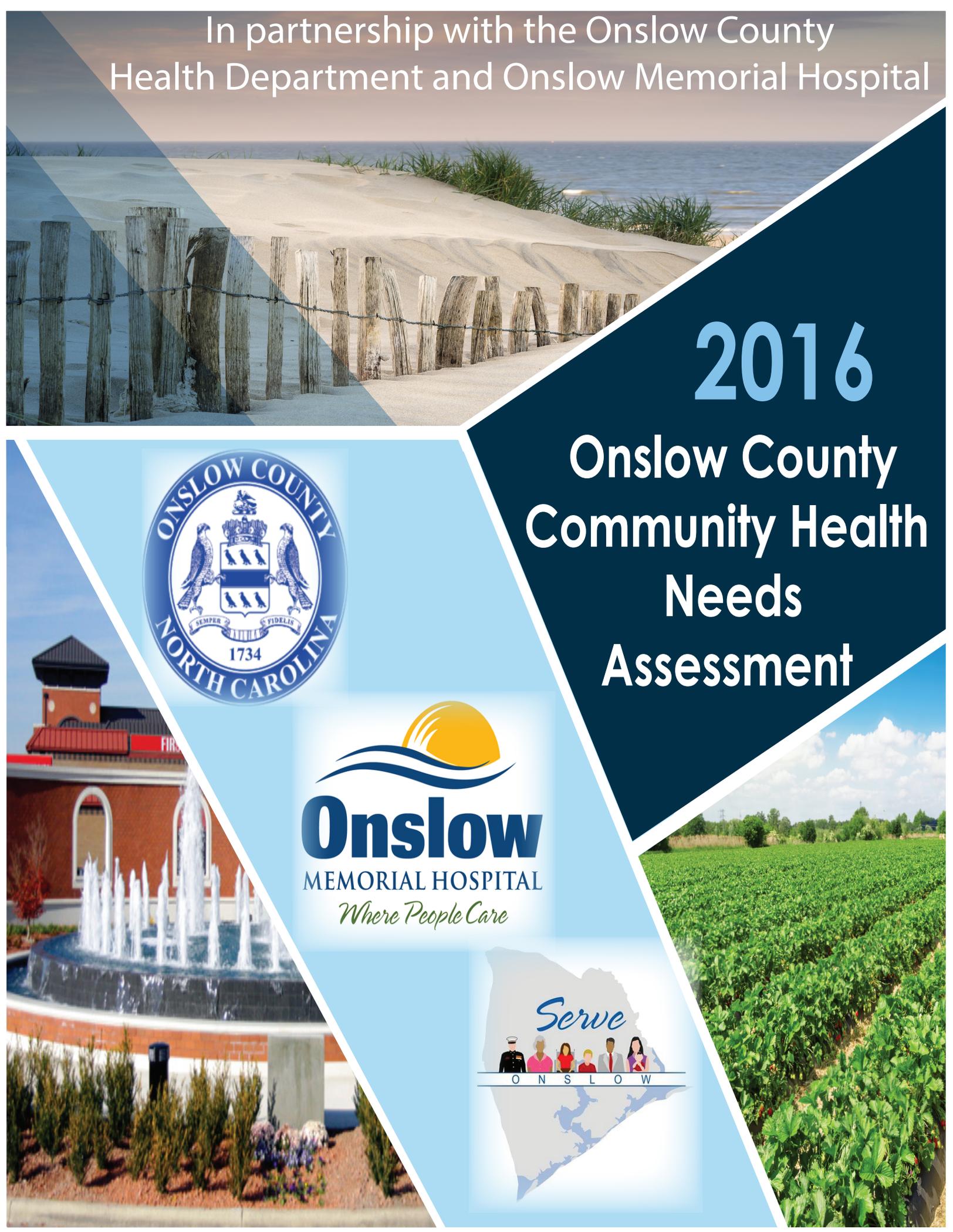


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Comparison of Survey and Population Demographics

	Survey Population	Onslow County Overall
Gender	60.7% female	45.7% female
Age 65 years and older	19%*	8.9%
African American	17.5%	16%
White	72.8%	76.3%
Hispanic	7.6%	12.3%

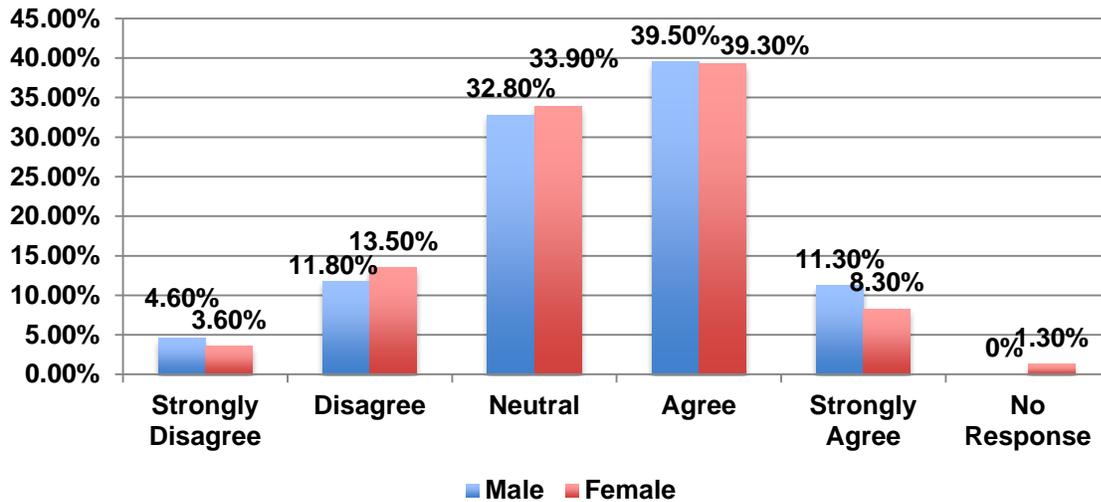
*Survey responses are for 60 years of age and older.

Section 1 – Quality of Life

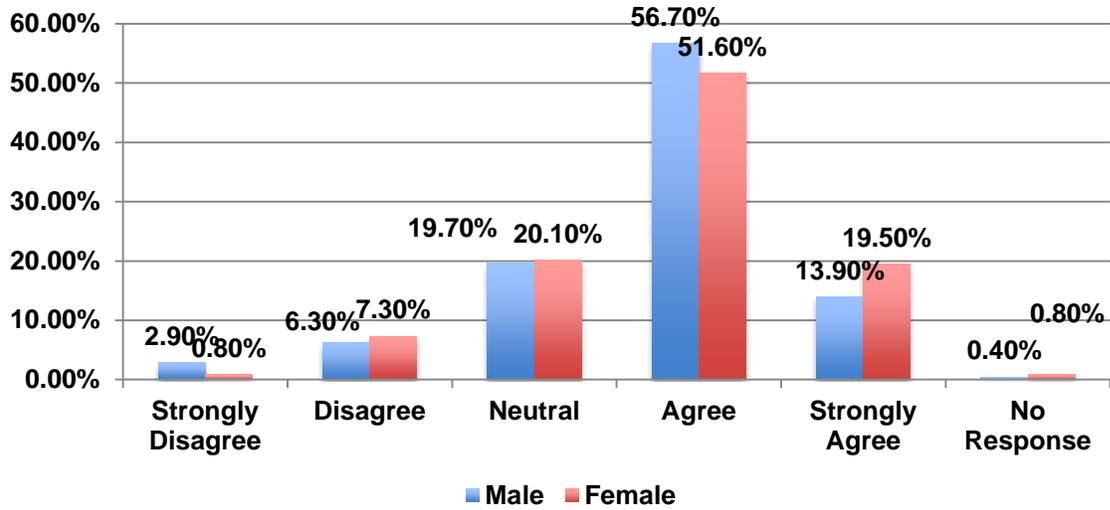
1.1 How do you feel about this statement:

Question:	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean (SD)
“There is good healthcare in Onslow County”	26 (4.1%)	80 (12.6%)	212 (33.5%)	249 (39.3%)	60 (9.5%)	3.38 (0.97)
“Onslow County is a good place to raise children”	11 (1.7%)	43 (6.8%)	124 (19.6%)	341 (53.9)	109 (17.2%)	3.79 (0.87)
“Onslow County is a good place to grow old”	18 (2.8%)	55 (8.7%)	132 (20.9%)	295 (46.6%)	127 (20.1%)	3.73 (0.98)

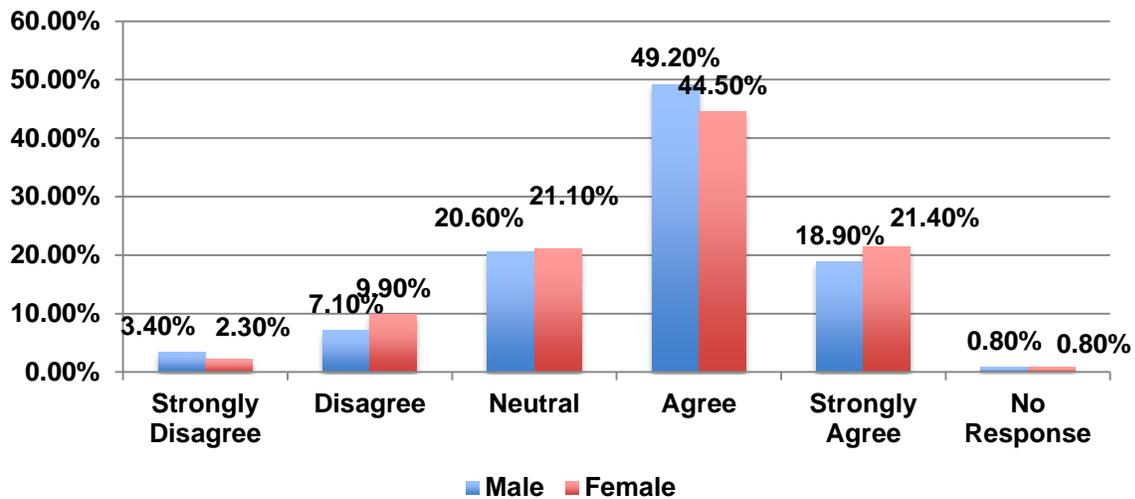
“There is good healthcare in Onslow County”



“Onslow County is a good place to raise children”



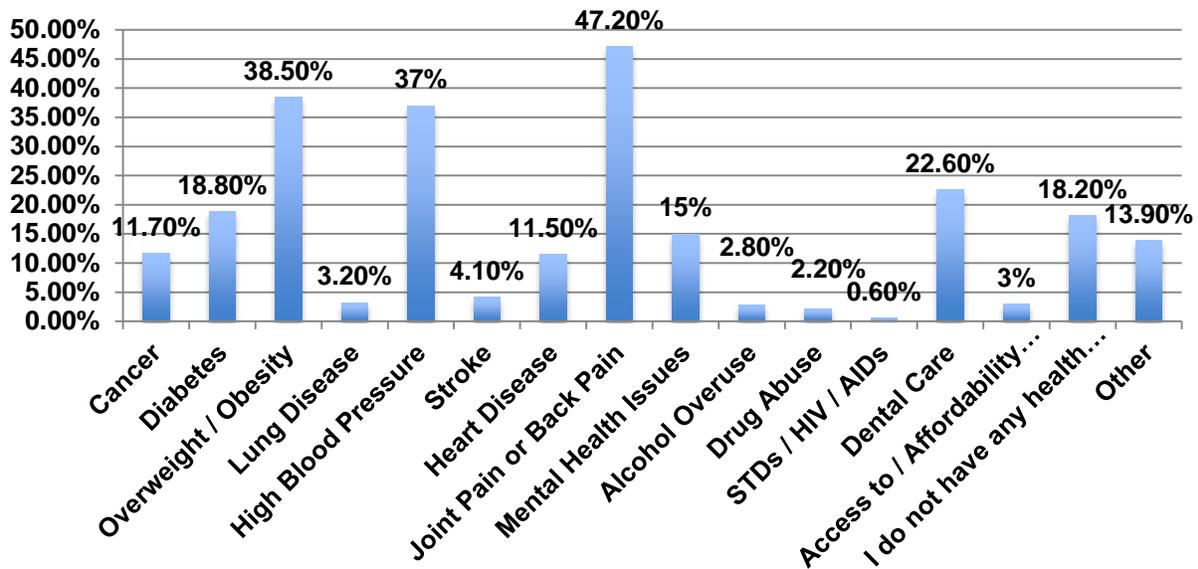
“Onslow County is a good place to grow old”



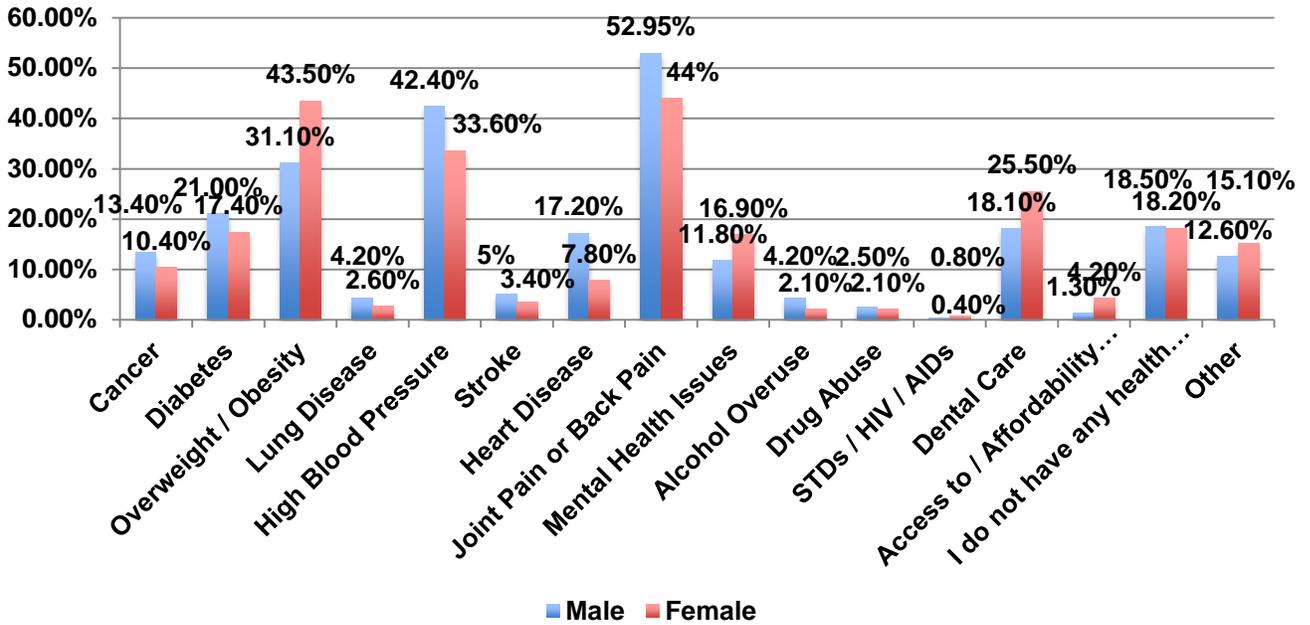
1.2 Please check the top five health challenges you face:

Health Challenge	Number of Respondents	Percent of Respondents
Cancer	74	11.7%
Diabetes	119	18.8%
Overweight / Obesity	244	38.5%
Lung Disease	20	3.2%
High Blood Pressure	234	37%
Stroke	26	4.1%
Heart Disease	73	11.5%
Joint Pain or Back Pain	299	47.2%
Mental Health Issues	95	15%
Alcohol Overuse	18	2.8%
Drug Abuse	14	2.2%
STDs / HIV / AIDs	4	0.6%
Dental Care	143	22.6%
Access to / Affordability of Birth Control	19	3%
I do not have any health challenges	115	18.2%
Other	88	13.9%

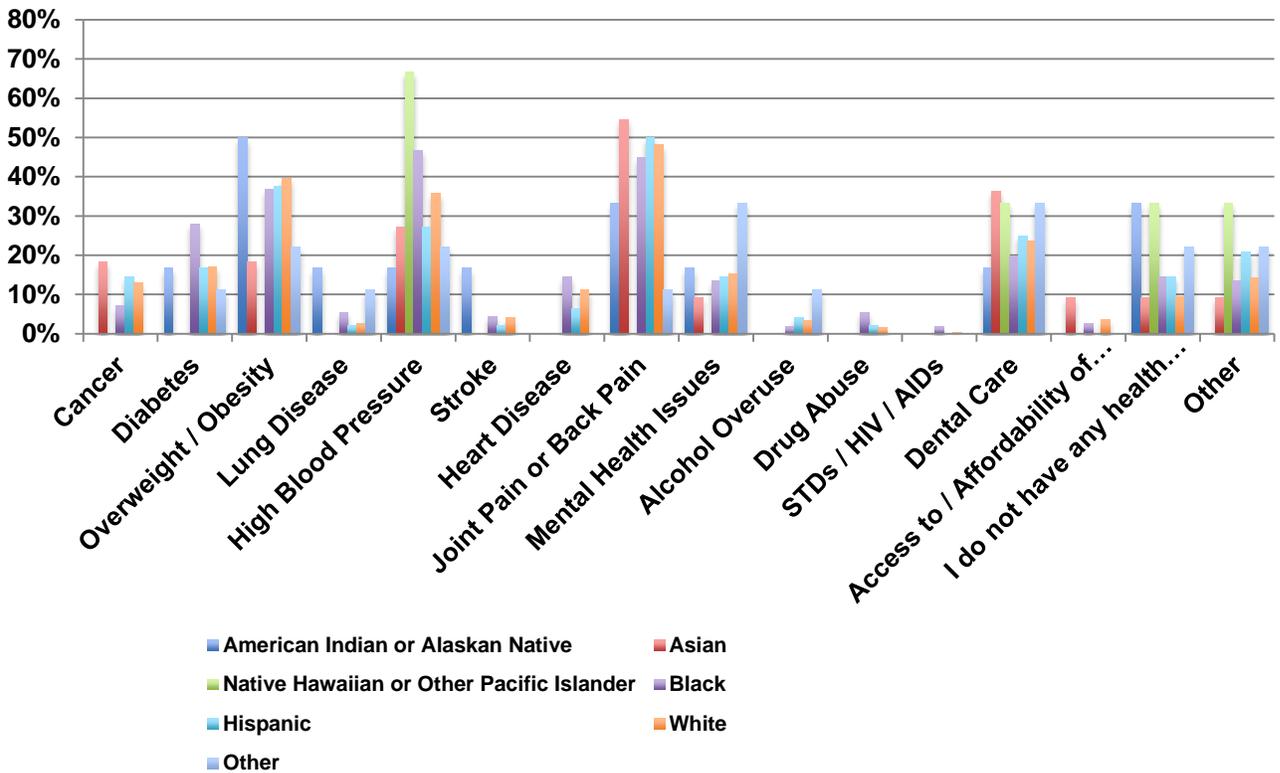
Top 5 Health Challenges



Top 5 Health Challenges By Gender

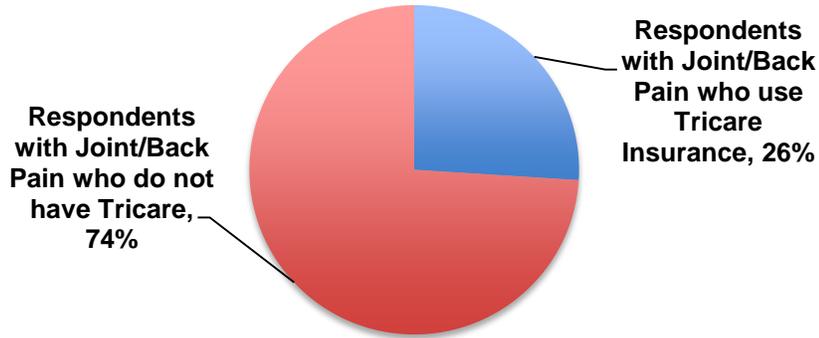


Top 5 Health Challenges By Race/Ethnicity

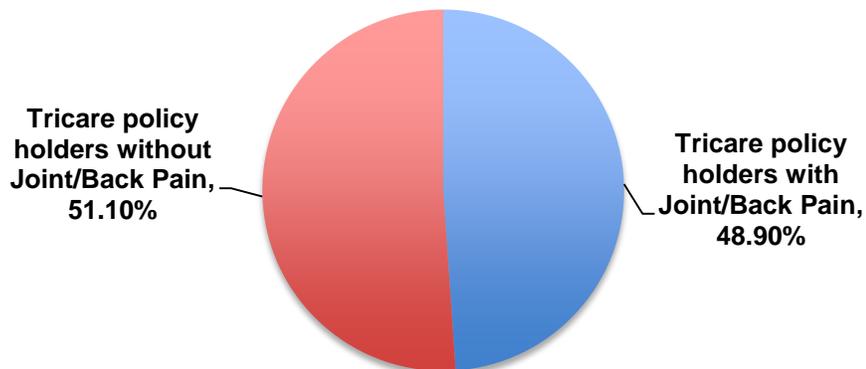


Percent of Respondents with Joint/Back Pain as a Function of Military Status

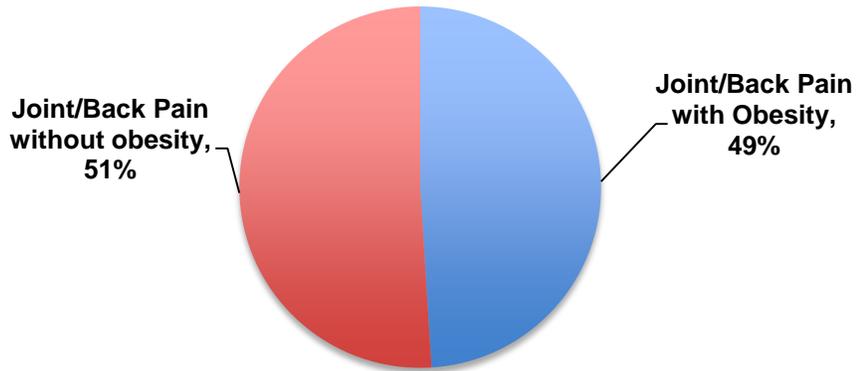
(identified through participation in Tricare insurance)



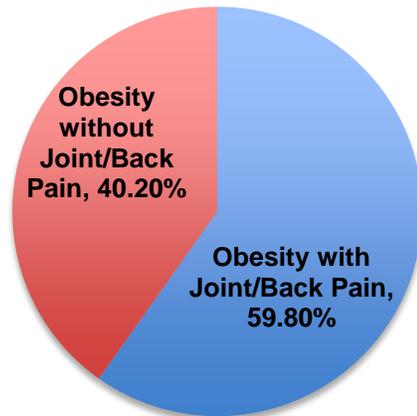
Percent of Respondents with Tricare (i.e., Military) as a Function of Joint/Back Pain Status



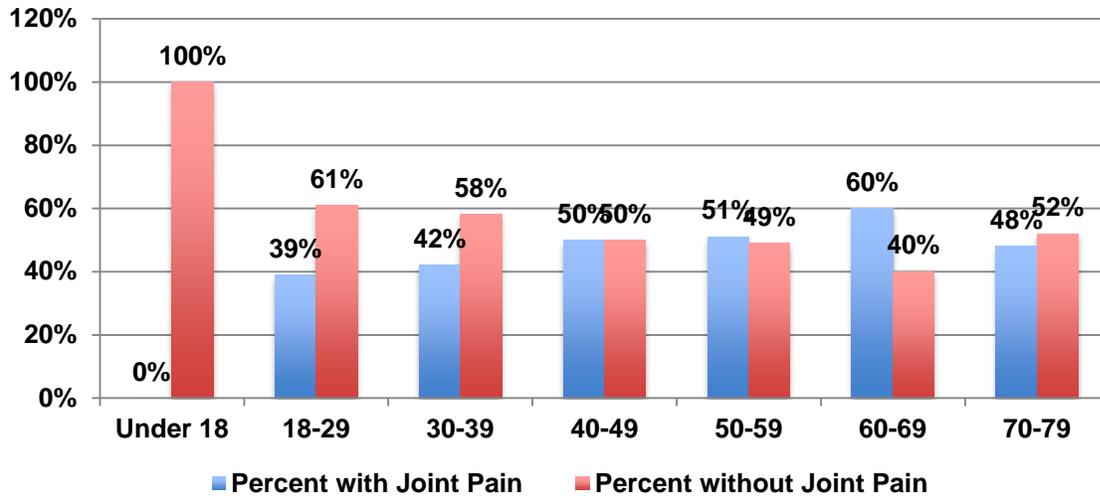
Percent of Respondents with Joint/Back Pain as a Function of Obesity Status



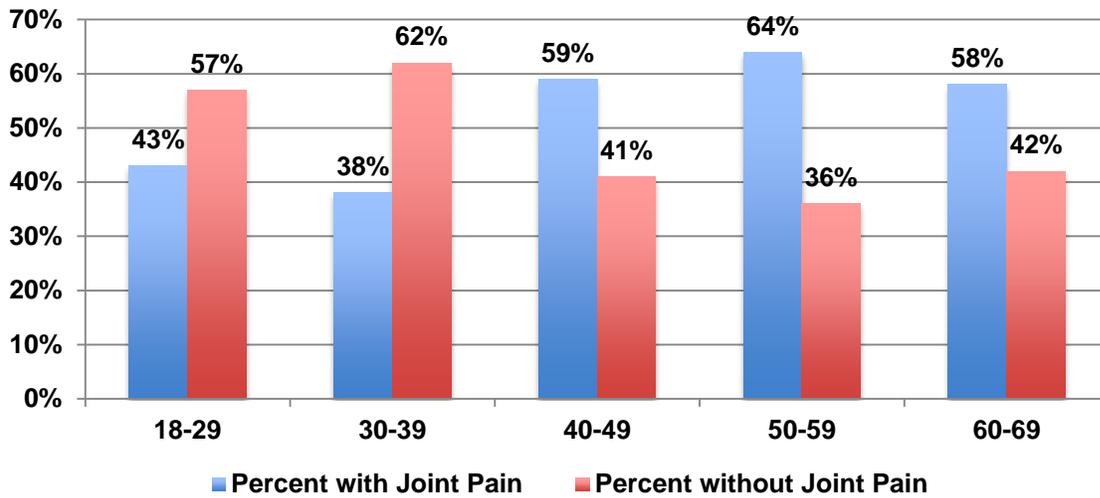
Percent of Respondents with Obesity as a Function of Joint/Back Pain Status



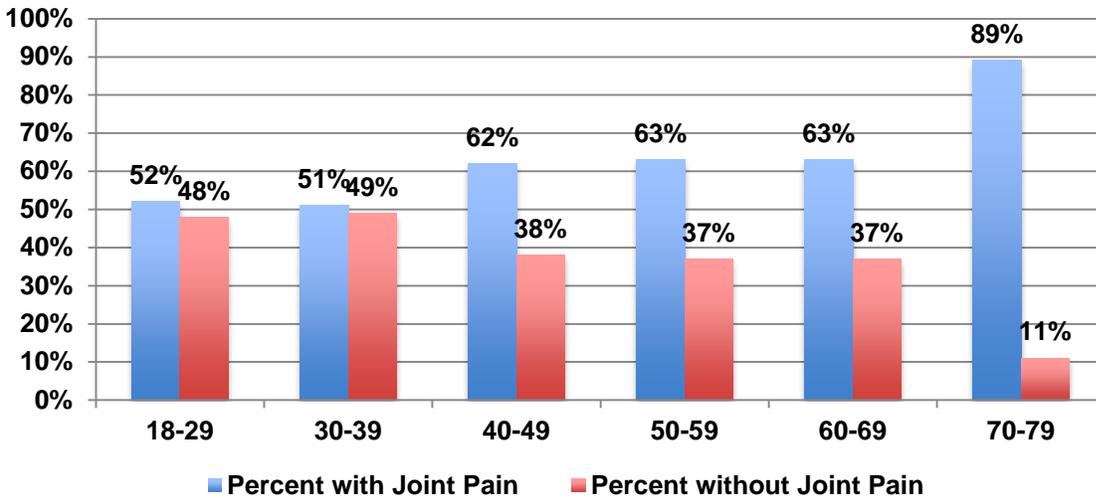
Joint/Back Pain Endorsement by Age Group



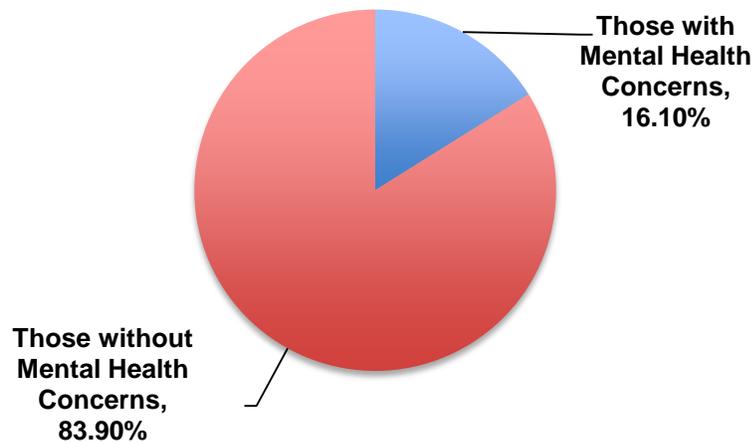
Tricare Policyholders as a Function of Joint/Back Pain Endorsement and Age



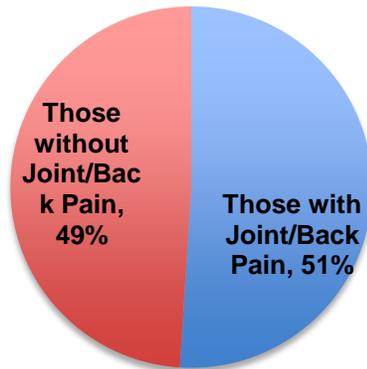
Obese Respondents as a Function of Joint/Back Pain and Age



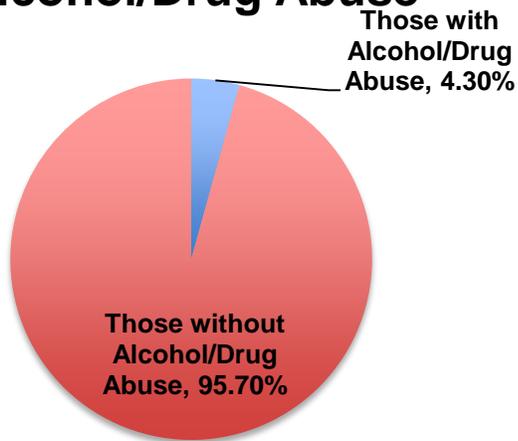
Percent of Respondents with Joint/Back Pain as a Function of Mental Health Concern



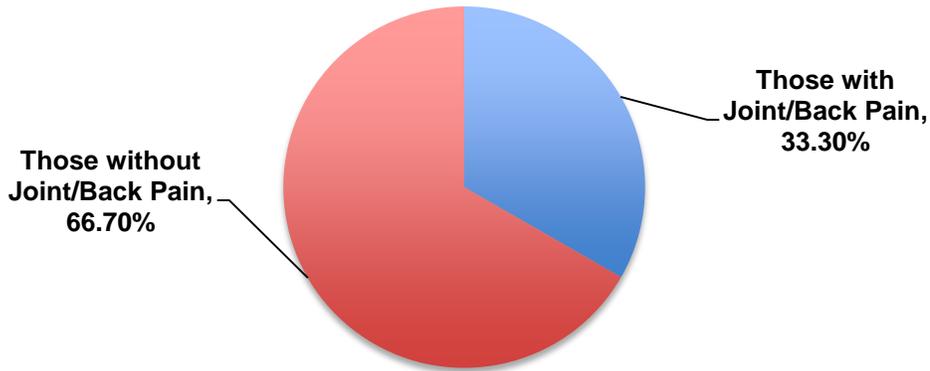
Percent of Respondents with Mental Health Issues as a Function of Joint/Back Pain Endorsement



Percent of Respondents with Joint/Back Pain as a Function of Alcohol/Drug Abuse

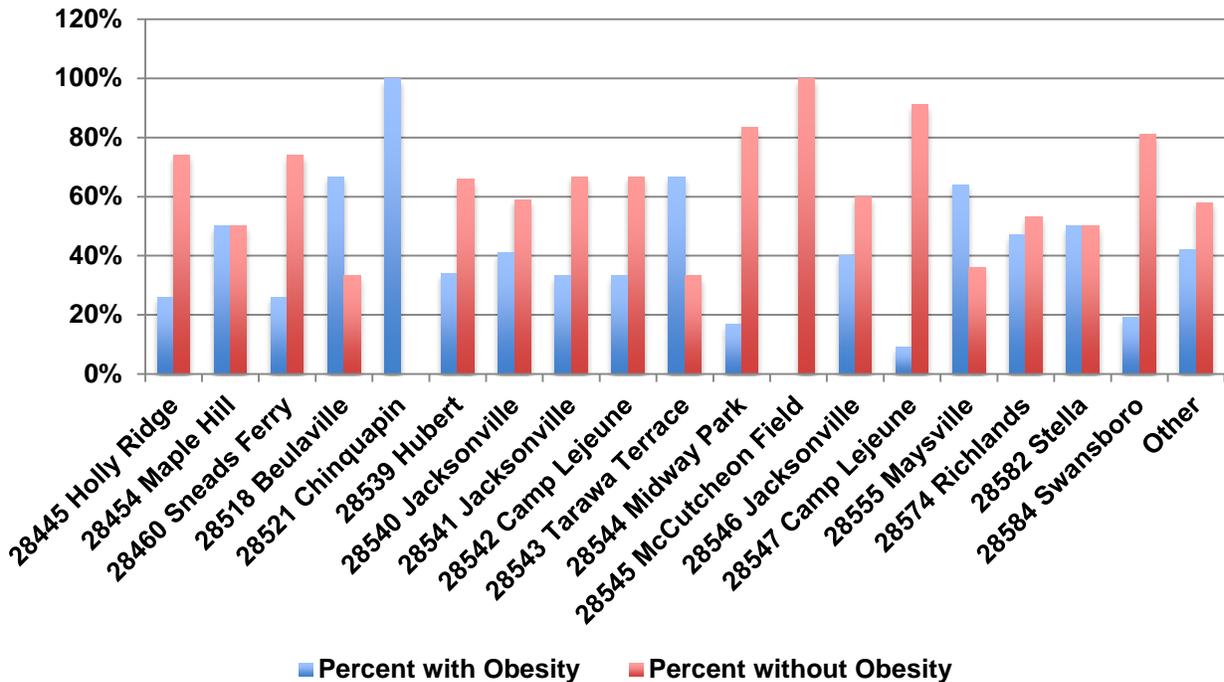


Percent of Respondents with Alcohol/Drug Abuse as a Function of Joint/Back Pain

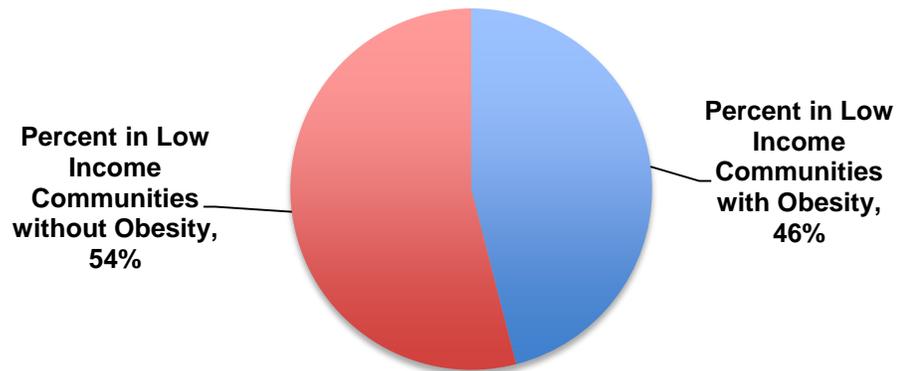


1.4 Obesity within Rural Areas or Low Income Communities:

Percentage of Obese by Zip Code



Percentage of People Who Live in Low Income Communities with/without Obesity

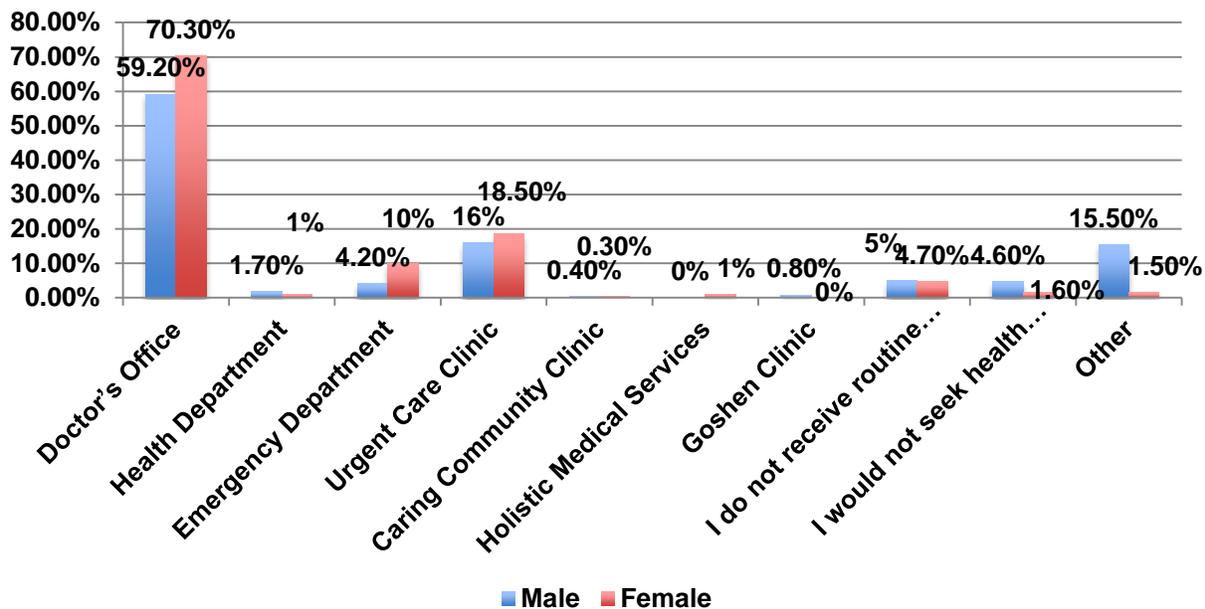


Section 2 – Access to Care

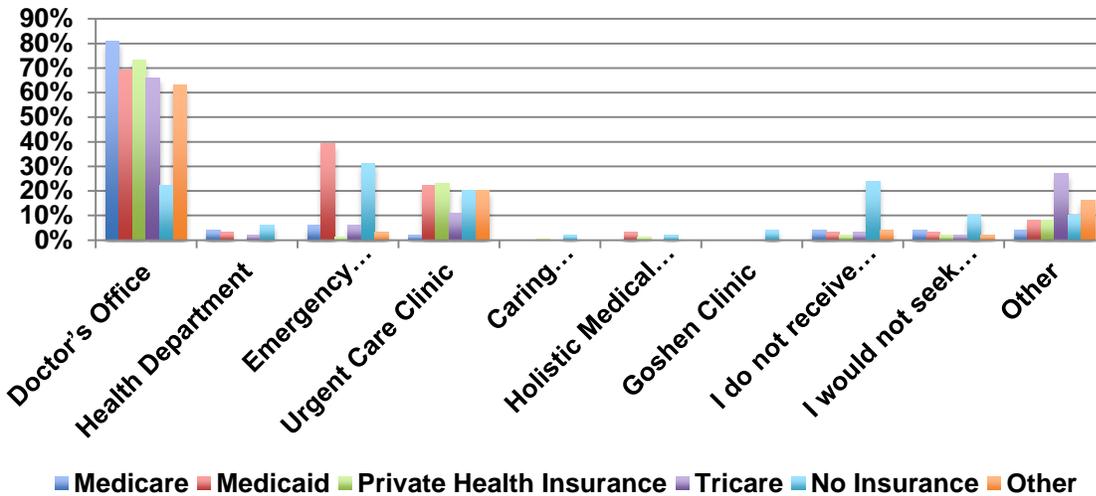
2.1 Where do you go most often when you are sick?

Health Care Provider	Number of Respondents	Percent of Respondents
Doctor's Office	415	65.6%
Health Department	9	1.4%
Emergency Department	50	7.9%
Urgent Care Clinic	110	17.4%
Caring Community Clinic	2	0.3%
Holistic Medical Services	4	0.6%
Goshen Clinic	2	0.3%
I do not receive routine health care	32	5.1%
I would not seek health care	17	2.7%
Other	83	13.1%

Most Frequent Healthcare Provider by Gender



Most Frequent Healthcare Provider by Insurance



2.2 Where would you go for emergency medical services if you were able to take yourself?

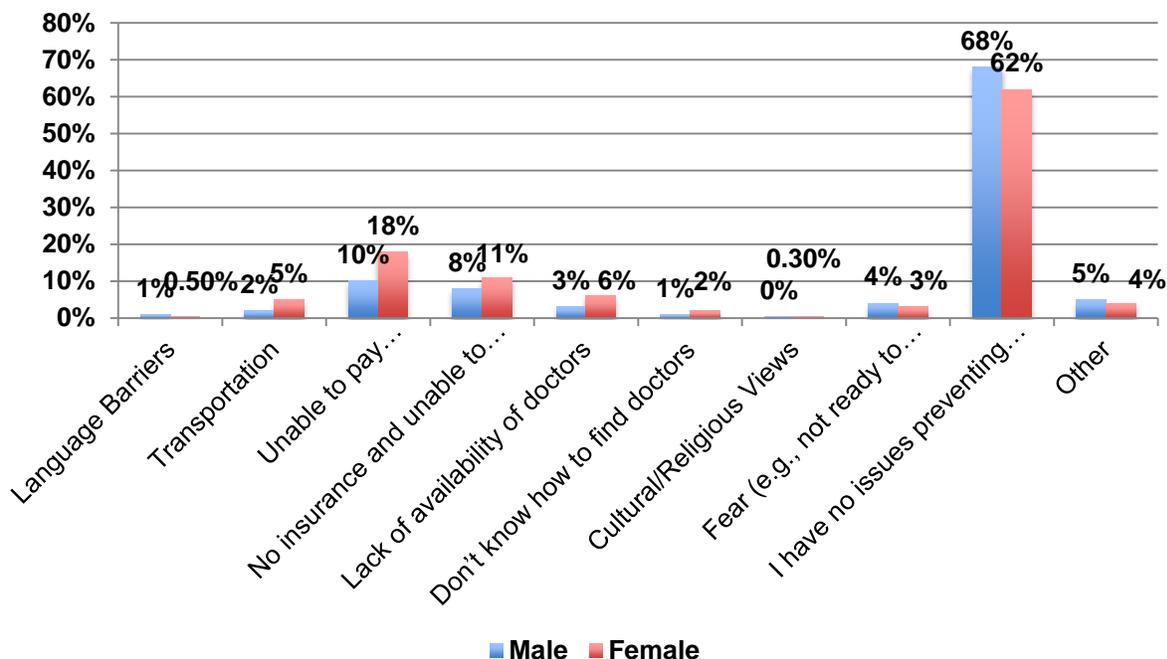
Health Care Provider	Number of Respondents	Percent of Respondents
Doctor's Office	140	22.1%
Health Department	5	0.8%
Emergency Department	335	52.9%
Urgent Care Clinic	175	27.6%
Caring Community Clinic	5	0.8%
Holistic Medical Services	3	0.5%
Goshen Clinic	1	0.2%
I would not seek health care	9	1.4%
Other	78	12.3%

2.3 Are there any issues that prevent you from accessing care?

Barriers to Access	Number of Respondents	Percent of Respondents
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Language Barriers	5	0.8%
Transportation	25	3.9%
Unable to pay copays/deductibles	93	14.7%
No insurance and unable to pay for the care	62	9.8%
Lack of availability of doctors	31	4.9%
Don't know how to find doctors	9	1.4%
Cultural/Religious Views	2	0.3%
Fear (e.g., not ready to face/discuss health problem)	23	3.6%
I have no issues preventing me from accessing care	407	64.3%
Other	27	4.3%

Barriers to Access by Gender



2.4 In the past 12 months, did you have trouble getting a timely appointment?		
Health Care Provider	Number of Respondents	Percent of Respondents
Dentist	38	6%
General Practitioner / Primary Care Doctor	49	7.7%
Eye Care / Optometrist / Ophthalmologist	24	3.8%
Pharmacy / Prescriptions	9	1.4%
Pediatrician	8	1.3%

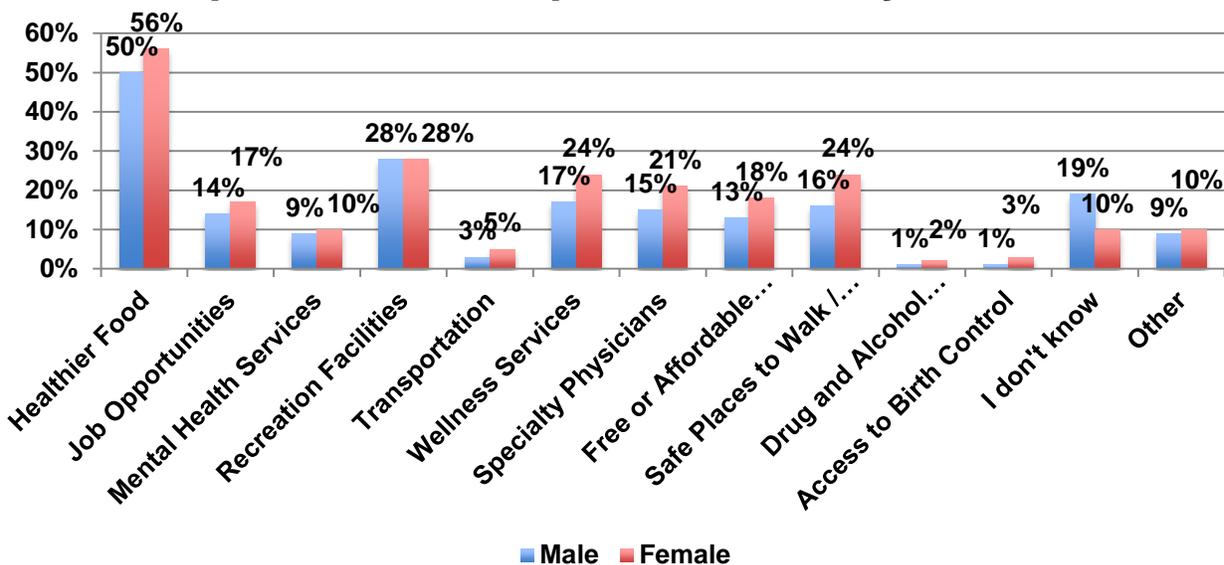
OB / GYN	25	3.9%
Health Department	5	0.8%
Hospital	17	2.7%
Urgent Care Center	16	2.5%
Medical Clinic	12	1.9%
Specialist	51	8.1%
I have never had a problem	409	64.6%
Other	30	4.7%

Section 3 – Health Knowledge / Services for Family

3.1 What are the top three areas needed to improve your health?		
Areas for Improving Health	Number of Respondents	Percent of Respondents
Healthier Food	340	53.7%
Job Opportunities	98	15.5%
Mental Health Services	61	9.6%
Recreation Facilities	175	27.6%
Transportation	27	4.3%
Wellness Services	137	21.6%
Specialty Physicians	122	19.3%

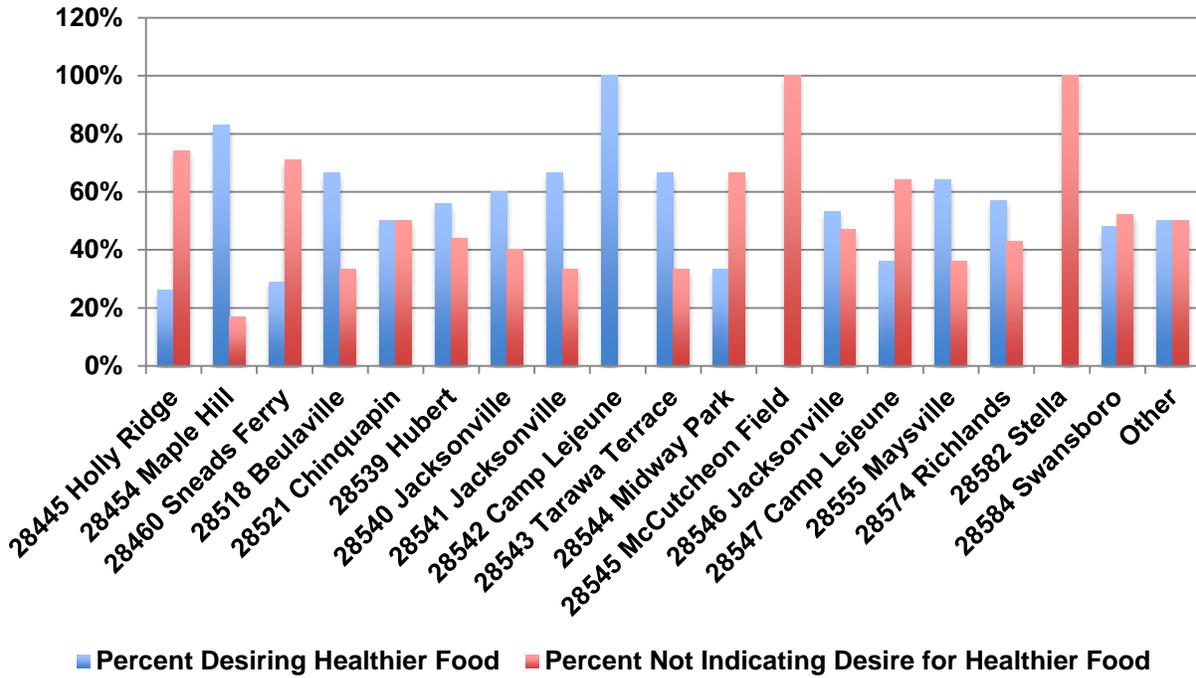
Free or Affordable Health Screenings	101	16%
Safe Places to Walk / Play	133	21%
Drug and Alcohol Abuse Rehabilitation Services	10	1.6%
Access to Birth Control	13	2.1%
I don't know	84	13.3%
Other	60	9.5%

Top 3 Areas to Improve Health by Gender

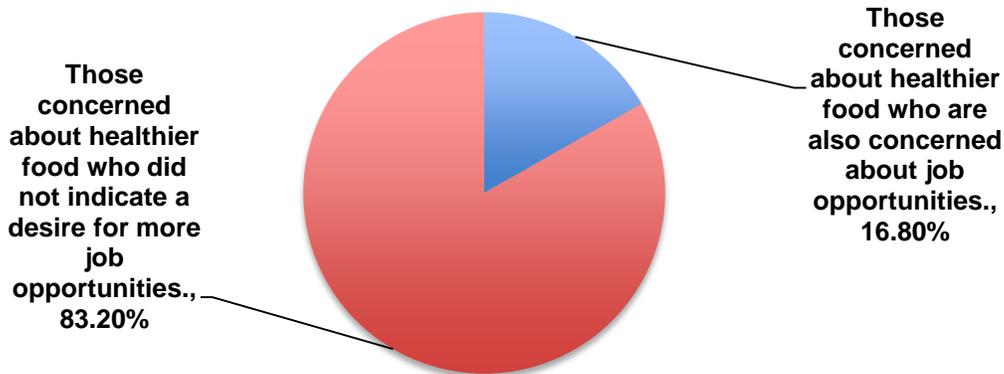


3.2 Analysis of Concerns for Healthier Food:

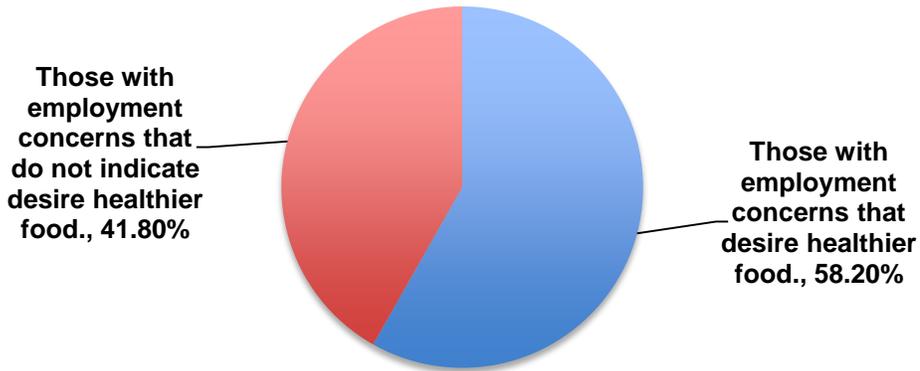
Concern for Healthier Food by Zip Code



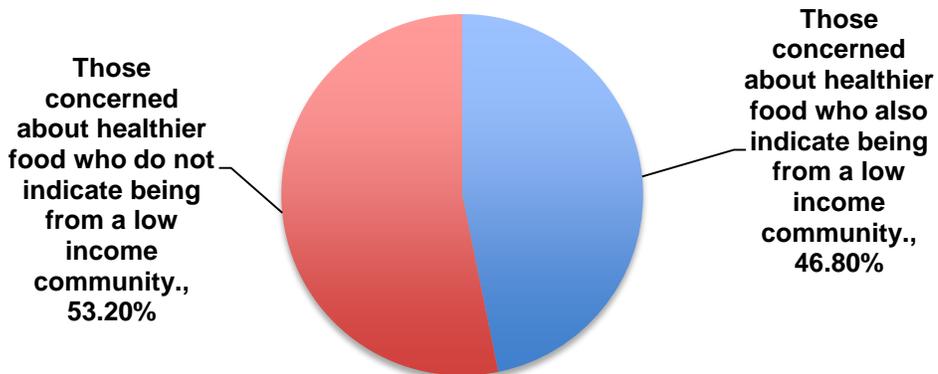
Percent of Respondents Concerned about Healthy Food as a Function of Employment Concerns



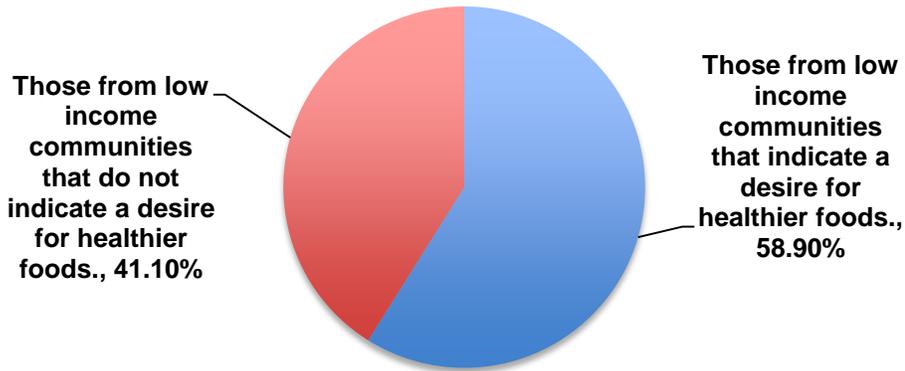
Percent of Respondents with Employment Concerns as a Function of Healthy Food Concerns



Percent of Respondents Concerned about Healthier Food as a Function of Low Income

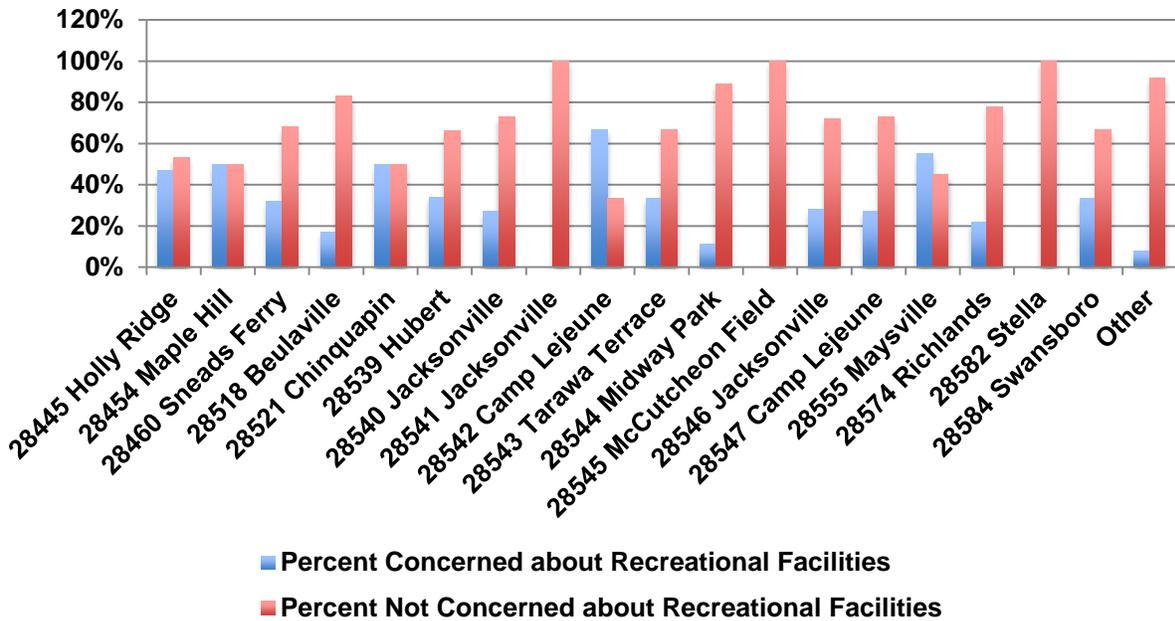


Percent of Respondents from Low Income Communities that Indicate a Desire for Healthier Foods

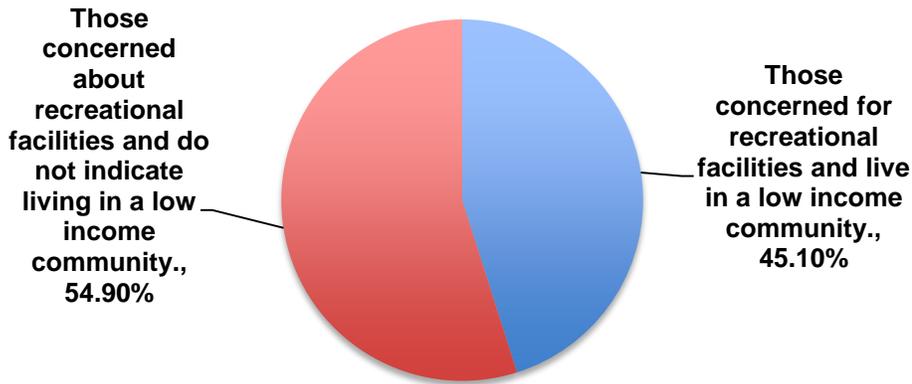


3.3 Analysis of Concerns for Recreational Facilities:

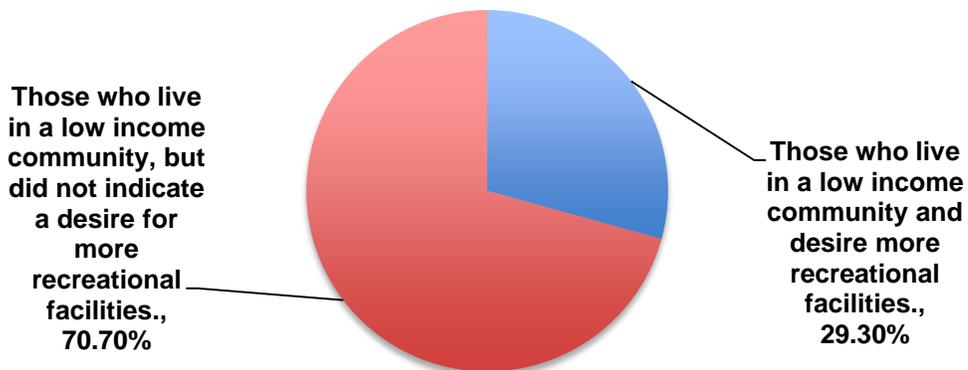
Concern for Recreational Facilities By Zip Code



Percent of Respondents Concerned about Recreational Facilities as a Function of Low Income Community



Percent of Respondents Who Live in Low Income Community as a Function of Concerns for Recreational Facilities



3.4 What types of health screenings and/or services are needed to keep you and your family healthy?

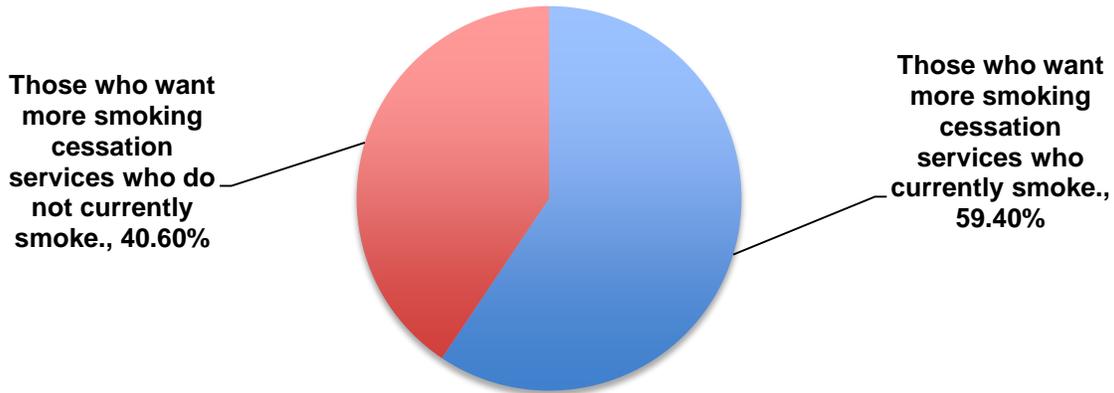
Type of Screening / Service	Number of Respondents	Percent of Respondents
Blood Pressure	281	44.4%
Cancer	153	24.2%
Cholesterol	212	33.5%
Dental Screenings	241	38.1%
Diabetes	149	23.5%
Disease Outbreak Prevention	21	3.3%
Drug Abuse	13	2.1%
Alcohol Abuse	15	2.4%
Eating Disorders	29	4.6%
Emergency Preparedness	66	10.4%
Exercise / Physical Activity	257	40.6%
Fall Prevention for the Elderly	24	3.8%
Heart Disease	85	13.4%
HIV / AIDS & STDs	11	1.7%
Routine Well Checkups	260	41.1%
Memory Loss	53	8.4%
Mental Health	98	15.5%
Nutrition	177	28%
Prenatal Care	13	2.1%
Stop Smoking	64	10.1%
Suicide Prevention	20	3.2%
Vaccination/ Immunizations	111	17.5%
Weight-Loss Help	162	25.6%
Other	17	2.7%

3.5 What health issues do you need to know more about?		
Health Issue	Number of Respondents	Percent of Respondents
Blood Pressure	141	22.3%
Cancer	102	16.1%
Cholesterol	116	18.3%
Dental Screenings	73	11.5%

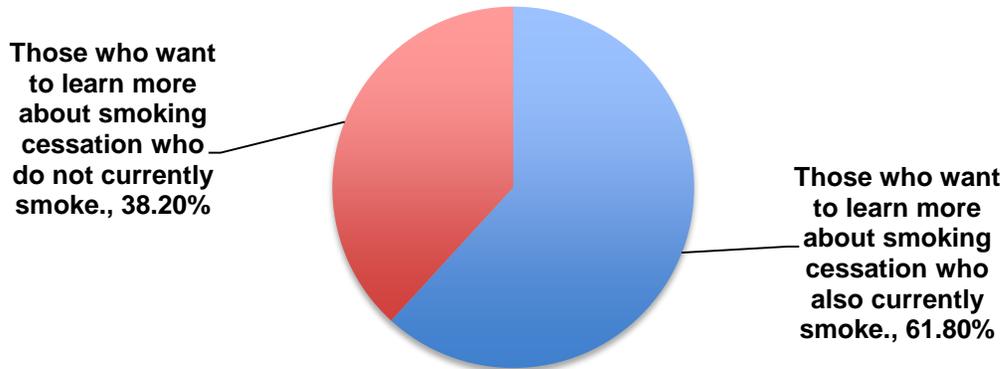
Diabetes	113	17.9%
Disease Outbreak Prevention	30	4.7%
Drug Abuse	10	1.6%
Alcohol Abuse	9	1.4%
Eating Disorders	29	4.6%
Emergency Preparedness	72	11.4%
Exercise / Physical Activity	145	22.9%
Fall Prevention for the Elderly	37	5.8%
Heart Disease	83	13.1%
HIV / AIDS & STDs	9	1.4%
Routine Well Checkups	97	15.3%
Mental Health	77	12.2%
Nutrition	163	25.8%
Prenatal Care	11	1.7%
Stop Smoking	55	8.7%
Suicide Prevention	23	3.6%
Vaccination/ Immunizations	47	7.4%
Other	42	6.6%

3.6 Smoking Cessation by Smoking Status:

Percent of Respondents Who Want Increased Smoking Cessation Services By Smoking Status



Percent of Respondents Who Want to Learn More about Smoking Cessation By Smoking Status



3.7 If you have a child under 18 living in your home, which of the following health topics do you think your child/children need(s) more information about?		
Health Topic	Number of Respondents	Percent of Respondents
Dental Care	106	16.7%
Nutrition	154	24.3%

Eating Disorders	32	5.1%
Asthma Management	27	4.3%
Diabetes Management	19	3%
Tobacco	42	6.6%
STDs	49	7.7%
Sexual Activity	87	13.7%
Alcohol	48	7.6%
Bullying	117	18.5%
Drug Abuse	70	11.1%
Reckless Driving (Speeding, Texting, Drunk Driving)	86	13.6%
Mental Health	44	7.0%
Suicide Prevention	53	8.4%
Not Applicable	282	44.5%
Other	17	2.7%

3.8 Where do you get most of your health information?		
Information Source	Number of Respondents	Percent of Respondents
Doctor/ Health Care Provider/ Nurse	483	76.3%
Facebook or Twitter	40	6.3%
Other Social Media	33	5.2%
Family or Friends	153	24.2%
Health Department	70	11.1%
Hospital	80	12.6%
Internet	368	58.1%

Library	29	4.6%
Newspaper / Magazines	81	12.8%
Radio	14	2.2%
Church Group	20	3.2%
School or College	36	5.7%
TV	101	16%
Work Site	55	8.7%
O'Healthy Website	12	1.9%
Pharmacist	107	16.9%
Helpline	13	2.1%
Other	27	4.3%

Section 4 – Community Needs

4.1 What are the top five service needs for improvement in your neighborhood or community?		
Service Needs	Number of Respondents	Percent of Respondents
Animal Control	95	15%
Child Care Options	108	17.1%
Elder Care Options	117	18.5%
Services for Disabled People	99	15.6%
More Affordable Health Services	194	30.6%
Healthy Food Choices	207	32.7%
More Affordable / Better Housing	128	20.2%
Number of Health Care Providers	111	17.5%

Culturally Appropriate Health Services	24	3.8%
Better / More Recreational Facilities	241	38.1%
Healthy Family Activities	182	28.8%
Positive Teen Activities	200	31.6%
Transportation Options	97	15.3%
Employment Opportunities	184	29.1%
Higher Paying Jobs	255	40.3%
Counseling / Mental Health / Support Groups	101	16%
Road Maintenance / Road Safety	158	25%
None	34	5.4%
Other	22	3.5%

4.2 Which five issues most affect the quality of life in your community?		
Community Issues	Number of Respondents	Percent of Respondents
Pollution (Air, Water, Land)	72	11.4%
Dropping Out of School	70	11.1%
Low Income / Poverty	270	42.7%
Homelessness	104	16.4%
Cost / Coverage of Health Insurance	241	38.1%
Behavioral / Mental Health	163	25.8%
Discrimination / Racism	58	9.2%
Lack of Community Support	117	18.5%
Neglect and Abuse – Elder	33	5.2%
Neglect and Abuse -- Child	89	14.1%
Neglect and Abuse -- Domestic	79	12.5%
Violent Crime (Murder, Assault)	53	8.4%
Alcohol Abuse	96	15.2%
Drug Abuse	148	23.4%
Theft	124	19.6%

Rape / Sexual Assault	20	3.2%
Employment Opportunities	235	37.1%
None of these	97	15.3%
Other	28	4.4%

Section 5 – Health Behaviors

5.1 Please check all statements below that apply to you.		
Statement	Number of Respondents	Percent of Respondents
I exercise at least three times per week.	324	51.2%
I eat at least five servings of fruits and vegetables each day.	185	29.2%
I use sunscreen or protective clothing for planned time in the sun.	311	49.1%
I receive a flu shot each year.	347	54.8%
I have access to a wellness program through my employer.	280	44.2%
None of the above apply to me.	55	8.7%

5.2 Please check all statements below that apply to you.		
Statement	Number of Respondents	Percent of Respondents
I smoke cigarettes / I chew tobacco.	94	14.8%
I eat fast food more than once a week.	238	37.6%
I use illegal drugs.	5	0.8%
I abuse or overuse prescription drugs.	1	0.2%

I have taken prescription drugs not prescribed to me.	14	2.2%
I have more than four alcoholic drinks (if female) or five (if male) per day.	79	12.5%
I am exposed to second hand smoke.	64	10.1%
I use e-cigarettes.	27	4.3%
I fall more than once a week.	8	1.3%
I spend two or more hours a day watching TV, playing video games, or using a smart phone.	336	53.1%
None of the above apply to me.	151	23.9%

5.3 If you do not exercise for at least 30 minutes during the week, what are the reasons?

Reasons for Not Exercising	Number of Respondents	Percent of Respondents
My job is physical or hard labor.	53	8.4%
Exercise is not important to me.	11	1.7%
I don't like to exercise.	75	11.8%
I don't have enough time to exercise.	121	19.1%
I would need child care and I don't have it.	28	4.4%
I don't know how to find exercise partners.	29	4.6%
It costs too much to exercise.	34	5.4%
I don't have access to a facility that has the things I need.	45	7.1%
I'm too tired to exercise.	140	22.1%
I'm physically disabled.	42	6.6%
There is no safe place to exercise.	16	2.5%
I do exercise at least 30 minutes a week.	293	46.3%
Other	27	4.3%

5.4 If you do not eat five servings of fruits and vegetables each day, what are the reasons?

Reasons for Not Eating Fruits/Veggies	Number of Respondents	Percent of Respondents
I cannot find fruits and vegetables at the store near my home.	5	0.8%
I do not have transportation to a place that sells fruits and vegetables.	6	0.9%
Fruits and vegetables cost too much money.	160	25.3%
I do not like to eat fruits and vegetables.	64	10.1%

I do not know how to prepare / cook fruits and vegetables to eat.	34	5.4%
I do eat five servings of fruits and vegetables each day.	187	29.5%
Other	149	23.5%

5.5 Which of the following preventive services have you had in the past 12 months?		
Preventive Services	Number of Respondents	Percent of Respondents
Mammogram	174	27.5%
Pap Smear	181	28.6%
Prostate Cancer Screening	50	7.9%
Flu Shot	305	48.2%
Colon / Rectal Exam	88	13.9%
Blood Pressure Check	437	69%
Blood Sugar Check	274	43.3%
Skin Cancer Screening	92	14.5%
Cholesterol Screening	297	46.9%
Vision Screening	303	47.9%
Hearing Screening	83	13.1%
Heart Screening	105	16.6%
Bone Density Test	33	5.2%
Dental Cleaning / X-rays	330	52.1%
Physical Exam	316	49.9%
None of the Above	43	6.8%

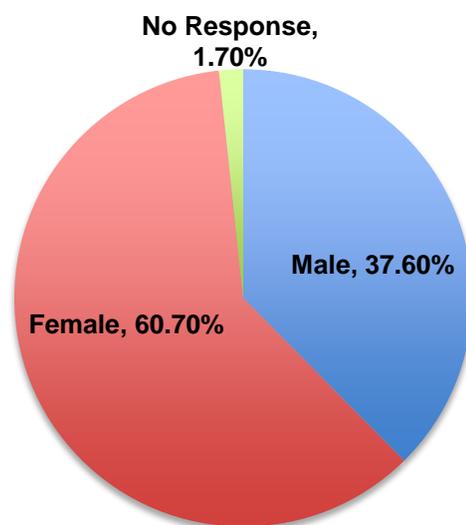
5.6 If you are a woman who has been pregnant in the last three years, please check any issues during or after pregnancy?		
Health Issue	Number of Respondents	Percent of Respondents
Gestational Diabetes	10	1.6%
High Blood Pressure	11	1.7%
Jaundice	4	0.6%
Stillborn / Stillbirth	3	0.5%
Miscarriage	8	1.3%

Intrauterine Growth Restrictions	4	0.6%
Neonatal Abstinence Syndrome	1	0.2%
Post Partum Depression	14	2.2%
Preterm Birth	8	1.3%
Breastfeeding Issues	12	1.9%
Not Applicable	436	68.9%
Other	6	0.9%

Section 6 – Demographics

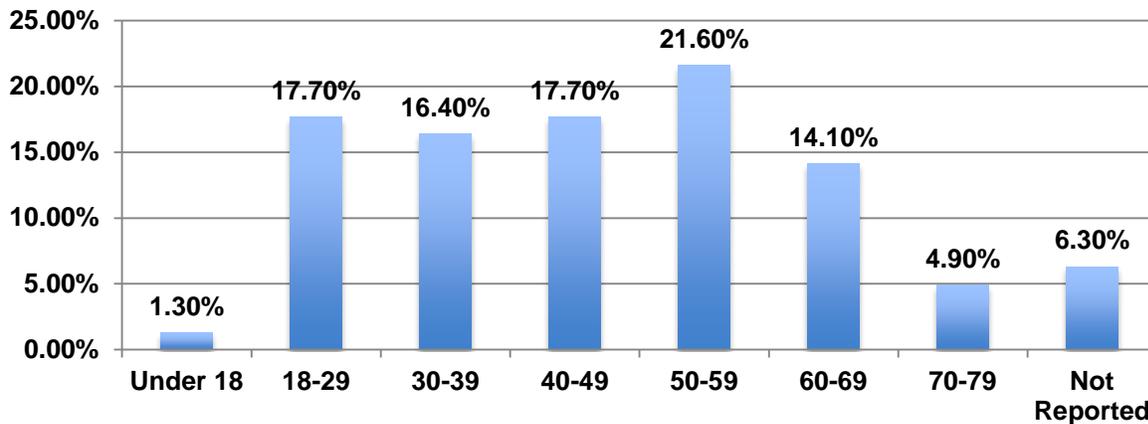
6.1 What is your gender?		
Gender	Number of Respondents	Percent of Respondents
Females	384	60.7%
Male	238	37.6%

Gender of Respondents

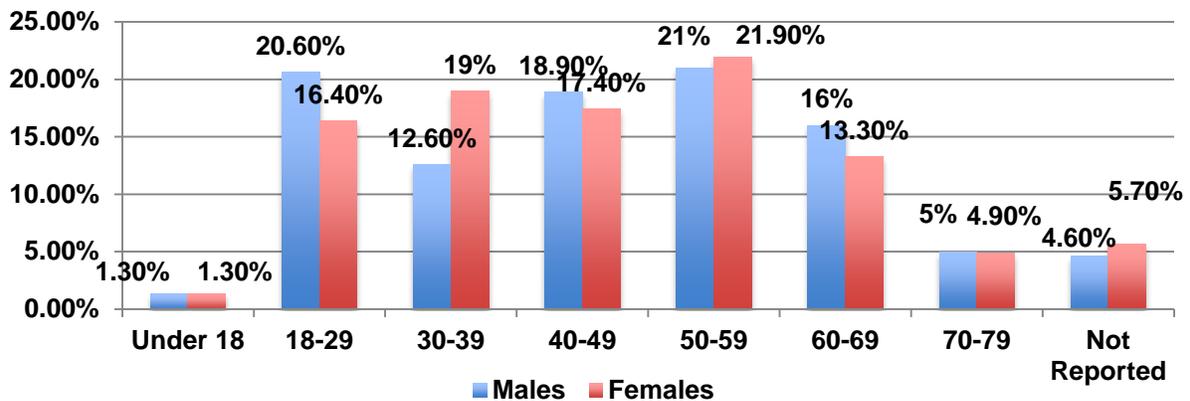


6.2 Which category below includes your age?		
Age Category	Number of Respondents	Percent of Respondents
Under 18	8	1.3%
18-29	112	17.7%
30-39	104	16.4%
40-49	112	17.7%
50-59	137	21.6%
60-69	89	14.1%
70-79	31	4.9%
Not Reported	40	6.3%

Age of Respondents



Age by Gender

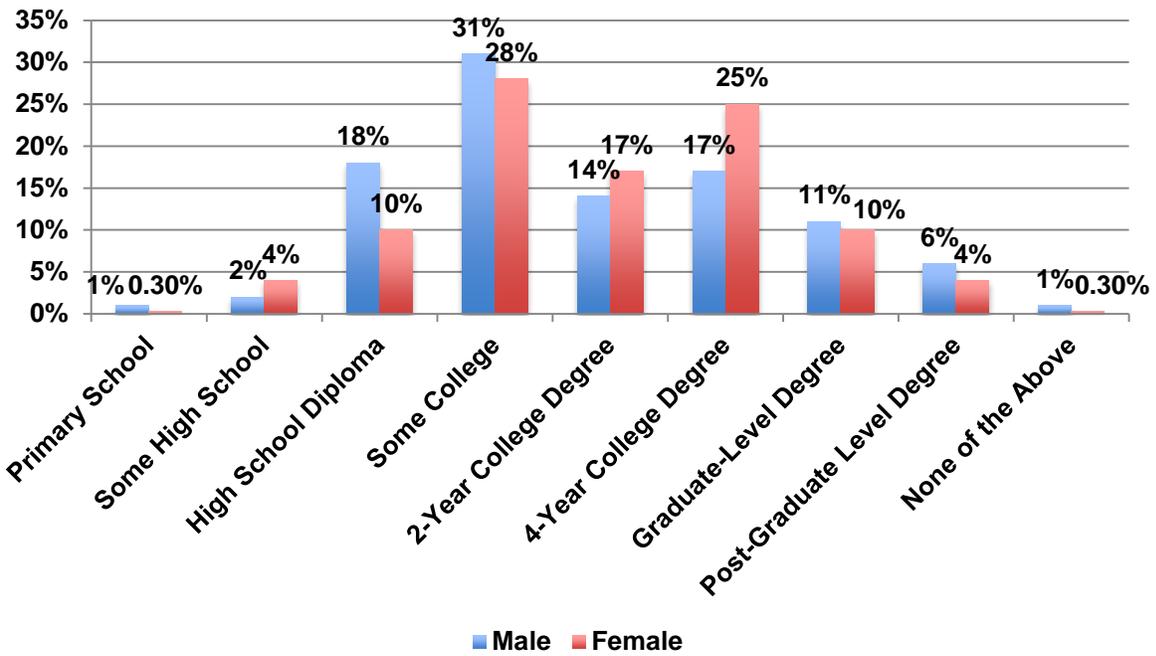


6.3 In what ZIP code is your home located?		
ZIP Code	Number of Respondents	Percent of Respondents
28445 Holly Ridge	19	3%
28454 Maple Hill	6	0.9%
28460 Sneads Ferry	38	6%
28518 Beulaville	6	0.9%
28521 Chinquapin	2	0.3%
28539 Hubert	32	5.1%
28540 Jacksonville	198	31.3%
28541 Jacksonville	3	0.5%
28542 Camp Lejeune	3	0.5%
28543 Tarawa Terrace	3	0.5%
28544 Midway Park	18	2.8%
28545 McCutcheon Field	1	0.2%
28546 Jacksonville	159	25.1%
28547 Camp Lejeune	11	1.7%
28555 Maysville	11	1.7%
28574 Richlands	58	9.2%
28582 Stella	2	0.3%
28584 Swansboro	21	3.3%
Other	12	1.9%

6.4 What is the highest level of school that you have completed?

Education	Number of Respondents	Percent of Respondents
Primary School	3	0.5%
Some High School	19	3%
High School Diploma (or GED)	82	13%
Some College	182	28.8%
2-Year College Degree	103	16.3%
4-Year College Degree	139	22%
Graduate-Level Degree	64	10.1%
Post-Graduate Level Degree	30	4.7%
None of the Above	3	0.5%

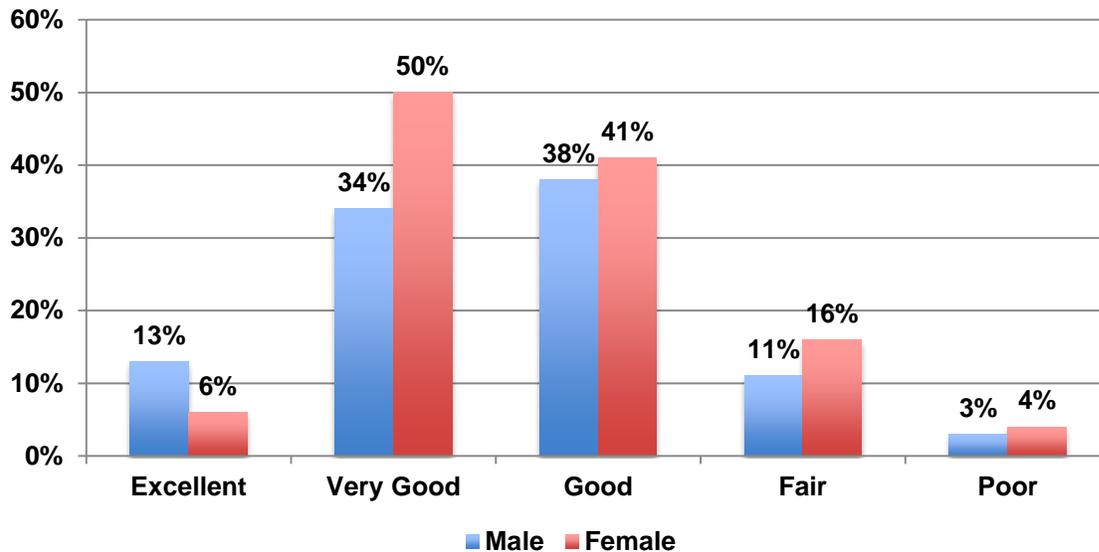
Respondent Education by Gender



6.5 In general, how would you rate your overall health?					
Excellent	Very Good	Good	Fair	Poor	Mean (SD)

56 (8.8%)	199 (31.4%)	254 (40.1%)	88 (13.9%)	22 (3.5%)	2.71 (0.94)
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Overall Health Ratings by Gender



6.6 What health insurance do you have?

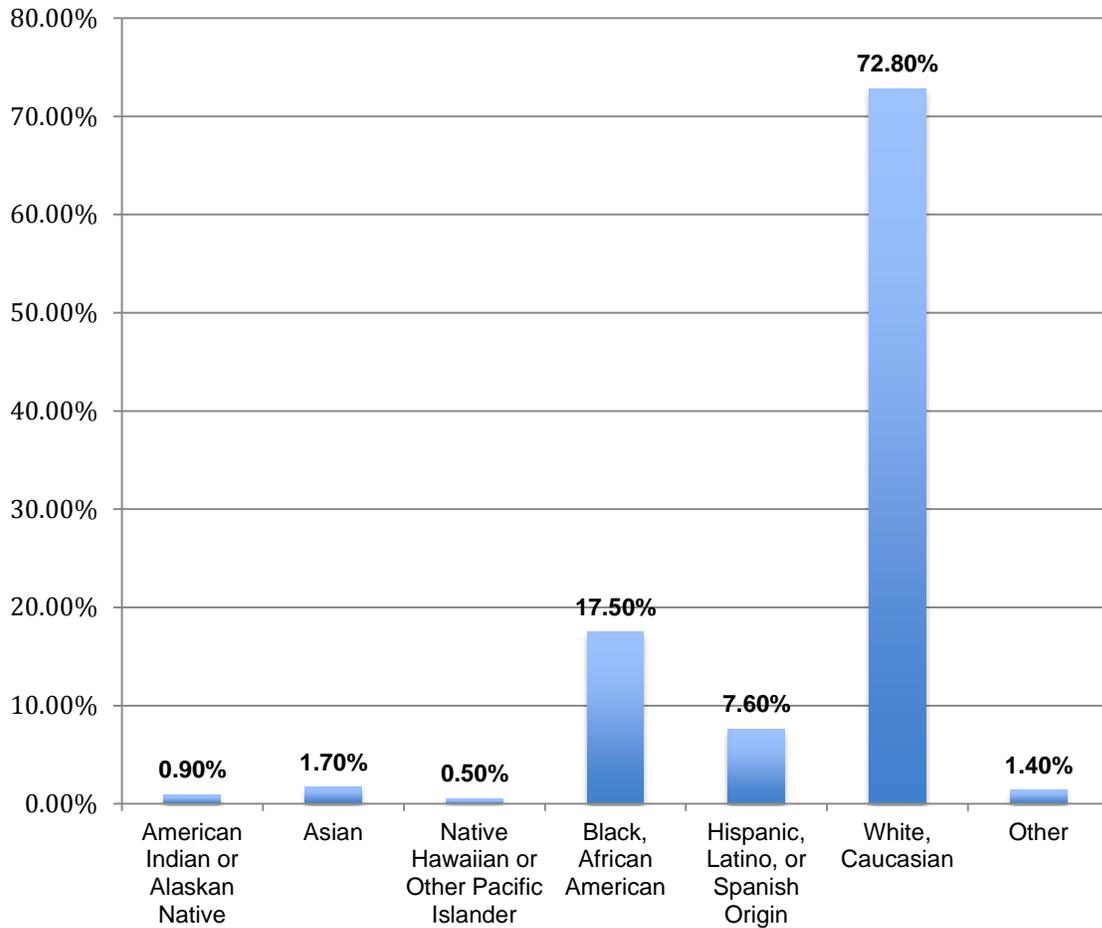
Type of Insurance	Number of Respondents	Percent of Respondents
Medicare	52	8.2%
Medicaid	36	5.7%
Private Health Insurance	241	38.1%
Tricare	139	22%
I do not have health insurance	51	8.1%
Other	96	15.2%

6.7 Which race/ethnicity best describes you?

Race/Ethnicity	Number of Respondents	Percent of Respondents
American Indian or Alaskan Native	6	0.9%
Asian	11	1.7%
Native Hawaiian or Other Pacific Islander	3	0.5%
Black, African American	111	17.5%

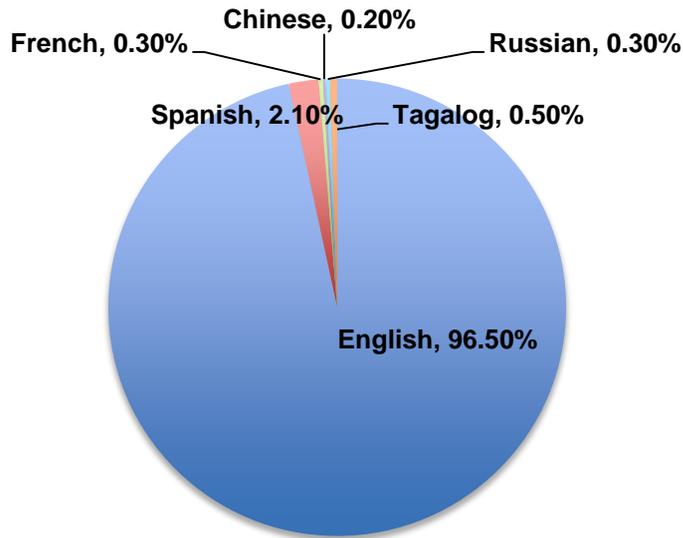
Hispanic, Latino, or Spanish Origin	48	7.6%
White, Caucasian	461	72.8%
Other	9	1.4%

Ethnicity of Respondents



6.8 What language do you mainly speak at home?		
Language	Number of Respondents	Percent of Respondents
English	611	96.5%
Spanish	13	2.1%
French	2	0.3%
Chinese	1	0.2%
Russian	2	0.3%
Tagalog	3	0.5%

Language Spoken at Home



Appendices

7.1 Where do you go most often when you are sick? "Other"

Other (please specify)

	Frequency	Percent	Valid Percent	Cumulative Percent
	550	86.9	86.9	86.9
Valid Ban aid station	1	.2	.2	87.0
BAS	6	.9	.9	88.0
Base	1	.2	.2	88.2
Base Hospital	2	.3	.3	88.5

Camp lejeune	1	.2	.2	88.6
Camp Lejeune	1	.2	.2	88.8
Camp Lejeune Naval Hospital	1	.2	.2	88.9
Chiropractor	1	.2	.2	89.1
County Clinic	1	.2	.2	89.3
COUNTY CLINIC	1	.2	.2	89.4
County Clinic (QuickerCare)	1	.2	.2	89.6
Cvs	1	.2	.2	89.7
duke university	1	.2	.2	89.9
Eastcoast Medical Hampstead N.C.	1	.2	.2	90.0
ECIM IN POLLOCKSVILLE, NC	1	.2	.2	90.2
ECIM Pollocksville	1	.2	.2	90.4
goshen clinic treaton nc	1	.2	.2	90.5
Greenville ECU Physicians Hospital	1	.2	.2	90.7
Immediate Care Family Practice med-first	1	.2	.2	91.0
Jacksonville children specially	1	.2	.2	91.2
JCMC	1	.2	.2	91.3
Lenior memorial Hospital	1	.2	.2	91.5
MCB	1	.2	.2	91.6
Medical clinic	1	.2	.2	91.8
my provider at naval hospital	1	.2	.2	91.9
N/a	1	.2	.2	92.1
naval hospital	1	.2	.2	92.3
Naval hospital	5	.8	.8	93.0
Naval Hospital	5	.8	.8	93.8
Naval hospital camp lejeune	1	.2	.2	94.0
Naval Hospital Camp Lejeune	2	.3	.3	94.3
Naval Hospital Camp Lejeune Family Practice Clinic	1	.2	.2	94.5

Naval Hospital CL	1	.2	.2	94.6
Naval Hospital Clinic	1	.2	.2	94.8
nhcl	1	.2	.2	94.9
NHCL	2	.3	.3	95.3
None just don't go	1	.2	.2	95.4
Not sick much	1	.2	.2	95.6
Omh	1	.2	.2	95.7
onslow co free clinic	1	.2	.2	95.9
Onslow County Employee Healthcare Clinic	1	.2	.2	96.1
Onslow County Provider QuickER Care	1	.2	.2	96.2
OUICK ER	1	.2	.2	96.4
PCM Naval Hospital	1	.2	.2	96.5
primary care doctor	1	.2	.2	96.7
Primary care physician	1	.2	.2	96.8
Quick Clinic	1	.2	.2	97.0
quick er	1	.2	.2	97.2
Quick ER clinic	1	.2	.2	97.3
Quick ER Clinic	1	.2	.2	97.5
QUICK ER CLINIC	1	.2	.2	97.6
Quickcare	1	.2	.2	97.8
Quicker care	1	.2	.2	97.9
quickercare	1	.2	.2	98.1
QUICKERCARE CLINIC	1	.2	.2	98.3
USN Hosp	1	.2	.2	98.4
VA	6	.9	.9	99.4
VA Medical	1	.2	.2	99.5
Veteran Affairs	1	.2	.2	99.7
We are retired military and use the Naval Hospital	1	.2	.2	99.8
Wilmington Health care	1	.2	.2	100.0
Total	633	100.0	100.0	

7.2 If you do not eat five servings of fruits and vegetables each day, what are the reasons? "Other"

Other (please specify)

	Frequency	Percent	Valid Percent	Cumulative Percent
	484	76.5	76.5	76.5
at least 2-3 per day	1	.2	.2	76.6
Bad eating habits	1	.2	.2	76.8
because I eat a lot of junk	1	.2	.2	76.9
busy	1	.2	.2	77.1
But I try to eat as much as I can	1	.2	.2	77.3
by choice	1	.2	.2	77.4
Valid By choice I eat 3 fruit and veg - too many carbs.	1	.2	.2	77.6
can't afford	1	.2	.2	77.7
Can't afford	1	.2	.2	77.9
cant afford to buy	1	.2	.2	78.0
continuously to eat five services a day				
Convenience takes too long to prepare	1	.2	.2	78.2
Convenience.	1	.2	.2	78.4

Diabetes prevents me from eating most fruits--too much sugar in them.	1	.2	.2	78.5
Do not have the time to shop or prepare fruits/veggies as part of my diet	1	.2	.2	78.7
Do not put forth the effort.	1	.2	.2	78.8
Don't care too	1	.2	.2	79.0
Don't have a good reason. Probably usually eat 3 servings.	1	.2	.2	79.1
Don't think about it	1	.2	.2	79.3
Don't think they are necessary	1	.2	.2	79.5
dont cook all the time	1	.2	.2	79.6
DONT TAKE TIME OUT TO EAT ALOT	1	.2	.2	79.8
Eat about 3 a day	1	.2	.2	79.9
eat veggies and fruits most of the time	1	.2	.2	80.1
ERRATIC SCHEDULE	1	.2	.2	80.3
Five servings is too much.	1	.2	.2	80.4
forget to include in meals	1	.2	.2	80.6
Forgetfulness	1	.2	.2	80.7
fresh food goes bad quickly	1	.2	.2	80.9
fruits and vegetables don't keep long enough.	1	.2	.2	81.0
Fruits usually good bad too quick	1	.2	.2	81.2
Had bariatric surgery and have difficulty eating this much	1	.2	.2	81.4
I am not hurgrary enought to eat that mush everyday	1	.2	.2	81.5
I average 3-4 fruits and vegetables a day.	1	.2	.2	81.7
I cannot afford them. I am on a fixed income.	1	.2	.2	81.8

I do consume fruits and vegetables but not five servings each day.	1	.2	.2	82.0
I do eat 3-4 servings of fruit/veges, limit carbs & sugar intake, & very good with portion control with all meals.	1	.2	.2	82.1
I do eat 4 servings a day	1	.2	.2	82.3
I do eat 5 servings in day, but inconsistently.	1	.2	.2	82.5
I DO EAT FRUITS AND VEGATABLES BUT, JUST NOT ALL THE TIME, I EAT THEM IN SPELLS	1	.2	.2	82.6
i do eat fruits and vegetables	1	.2	.2	82.8
I do eat fruits and vegetables but not 5 servings a day	1	.2	.2	82.9
I do eat fruits and vegetables just not everyday	1	.2	.2	83.1
I do eat fruits and vegetables, however just not five servings.	1	.2	.2	83.3
I do eat fruits and veggies but that many per day	1	.2	.2	83.4
I do eat not often	1	.2	.2	83.6
I do eat them	1	.2	.2	83.7
I do not eat 5 servings, but I do eat them.	1	.2	.2	83.9
i do not eat fast enough to keep them from spoiling	1	.2	.2	84.0
I do not eat five times a day.	1	.2	.2	84.2
i don't eat a lot	1	.2	.2	84.4
I DON'T EAT FIVE SERVINGS OF ANYTHING A DAY	1	.2	.2	84.5
I don't eat five times a day	1	.2	.2	84.7
I don't eat much	1	.2	.2	84.8

I don't feel like it	1	.2	.2	85.0
I don't like most vegetables	1	.2	.2	85.2
I don't take the time to plan my meals and so don't work them in.	1	.2	.2	85.3
I dont have the Time	1	.2	.2	85.5
i eat 2-3 servings of fruit and vegetables per day	1	.2	.2	85.6
i eat 3 servings per day	1	.2	.2	85.8
I EAT 3 VEG. A DAY	1	.2	.2	85.9
I eat 3-4	1	.2	.2	86.1
I eat 3-4 per day	1	.2	.2	86.3
I eat 3-4 servings	1	.2	.2	86.4
I eat 3-4 servings per day	1	.2	.2	86.6
I eat about 3 servings a day. Lack of preperation.	1	.2	.2	86.7
I eat about 3 servings. 5 is to much for me.	1	.2	.2	86.9
I eat an apple almost every day	1	.2	.2	87.0
I eat fruit and vegetables but not five servings a day	1	.2	.2	87.2
I eat fruit and veggies every day just not five helpings.	1	.2	.2	87.4
I eat fruits & veggies every day, just probably not 5 servings	1	.2	.2	87.5
I eat fruits and vegetables but less than five servings.	1	.2	.2	87.7
I eat fruits and vegetables but less then 5/day	1	.2	.2	87.8
I eat fruits and vegetables but not five servings a day	1	.2	.2	88.0
i eat fruits and vegetables just not five times a day	1	.2	.2	88.2
I eat fruits and vegetables sometimes	1	.2	.2	88.3
I eat fruits and veggies just not every day	1	.2	.2	88.5

I eat more servings of veggies than fruit but not 5	1	.2	.2	88.6
I eat the amount prescribed by my physician, however due to physical metabolic issues resulting from previous stomach surgery, five servings would exceed my capacity.	1	.2	.2	88.8
I eat them just not 5 servings a day	1	.2	.2	88.9
i eat them just not that many servings	1	.2	.2	89.1
I eat too much fast food	1	.2	.2	89.3
I eat two to three fruits/veggies a day	1	.2	.2	89.4
I eat what I want	1	.2	.2	89.6
I EAT WHAT WIFE COOKS	1	.2	.2	89.7
I follow a high protein, low calorie diet	1	.2	.2	89.9
I forget	1	.2	.2	90.0
I forget to eat oftentimes and am busy between my children, schools, transportation, and working to provide greater community engagement through a YMCA facility drives me away from my home and the fridge.	1	.2	.2	90.2
I just don't	1	.2	.2	90.4
I just don't eat that many fruits and vegs	1	.2	.2	90.5
I just need to make better choices	1	.2	.2	90.7
I love them, they just don't make it into my diet.	1	.2	.2	90.8
I make poor food choices	1	.2	.2	91.0
I need to eat more fruits and vegetables.	1	.2	.2	91.2

I never count how much fruits and vegetables I eat daily.	1	.2	.2	91.3
I simply do not eat well balanced meals :(1	.2	.2	91.5
I try .	1	.2	.2	91.6
I try to eat 5 f @v a day but often fall short.	1	.2	.2	91.8
I try to eat at least three per day	1	.2	.2	91.9
I try to eat fruits and vegetables when I can, but I cannot afford to buy them for myself, but my children eat them daily.	1	.2	.2	92.1
I was not brought up in a family that ate that way, I eat too much fast food where side choices are limited	1	.2	.2	92.3
I watch vegetables with my niece so now every time I have fruits they need to sing and dance so to keep sane I don't buy them	1	.2	.2	92.4
it just hasn't been a big deal to me, sometimes I do and sometimes I don't	1	.2	.2	92.6
it varies	1	.2	.2	92.7
junk foodie	1	.2	.2	92.9
just do not think to do this	1	.2	.2	93.0
Just don't consume that many...probably closer to 3 or 4	1	.2	.2	93.2
Just don't do it everyday!	1	.2	.2	93.4
just don't have in fridge	1	.2	.2	93.5
Just don't think about it	1	.2	.2	93.7
Just lazy	1	.2	.2	93.8
lack of planning on my part	1	.2	.2	94.0
lack of prep	1	.2	.2	94.2
lack of time	1	.2	.2	94.3

Lack of time to obtain and prepare	1	.2	.2	94.5
Laziness, other snacks available	1	.2	.2	94.6
maybe 3 times a day	1	.2	.2	94.8
Meat lover	1	.2	.2	94.9
money	1	.2	.2	95.1
Money Issue Budget SSDI	1	.2	.2	95.3
N/A	1	.2	.2	95.4
need to eat more fruits and vegetables	1	.2	.2	95.6
Need to work them into diet	1	.2	.2	95.7
no excuse	1	.2	.2	95.9
no particular reason, sometimes I do, sometimes I don't	1	.2	.2	96.1
no reason	1	.2	.2	96.2
None	1	.2	.2	96.4
none apply	1	.2	.2	96.5
not each day (once a day)	1	.2	.2	96.7
Not enough time to eat	1	.2	.2	96.8
not enough variety	1	.2	.2	97.0
not something I crave.	1	.2	.2	97.2
When I am hungry at work. fast food is more convenient, so I will either not eat or eat junk food				
not that important in light of proper macro nutrient distribution, vegetables have negligible calories and therefore are not a part of meeting my daily caloric needs	1	.2	.2	97.3
or come pretty close if I don't manage every day	1	.2	.2	97.5

Parents decide the meals and they usually don't prepare well balanced meals because they do not know how	1	.2	.2	97.6
Poor food choices on my part.	1	.2	.2	97.8
sometimes I do, sometimes I do not	1	.2	.2	97.9
Sometimes I just don't think about it	1	.2	.2	98.1
sometimes just too lazy to prep for the day	1	.2	.2	98.3
Sometimes less	1	.2	.2	98.4
sometimes more, sometimes less	1	.2	.2	98.6
Terrible habits	1	.2	.2	98.7
Thats a lot of fruits and vegetables	1	.2	.2	98.9
The go bad quickly	1	.2	.2	99.1
Time to plan a meal including these items.	1	.2	.2	99.2
Time to prepare them.	1	.2	.2	99.4
too many calories	1	.2	.2	99.5
Too much to eat	1	.2	.2	99.7
UNABLE TO AFFORD THEM	1	.2	.2	99.8
We buy them and they often go bad before we eat them	1	.2	.2	100.0
Total	633	100.0	100.0	

7.3 What health insurance do you have?

Other (please specify)

	Frequency	Percent	Valid Percent	Cumulative Percent
	537	84.8	84.8	84.8
Valid 3 insurances - medicare, BCBS federal, tricare	1	.2	.2	85.0
a Humana Medicare Advantage Plan	1	.2	.2	85.2
BC	1	.2	.2	85.3
BC/BS	1	.2	.2	85.5
BC/BS COUNTY PLAN	1	.2	.2	85.6
bcbs	2	.3	.3	85.9
Bcbs	1	.2	.2	86.1
BCBS	17	2.7	2.7	88.8
BCBS - NC	1	.2	.2	88.9
BCBS through employer	1	.2	.2	89.1

BCBS thru county employment	1	.2	.2	89.3
BCBS-County	1	.2	.2	89.4
Bcbs, tricare, private	1	.2	.2	89.6
Bcbsnc	1	.2	.2	89.7
BCBSNC	7	1.1	1.1	90.8
Blu Cross Blue Shield	1	.2	.2	91.0
blue cross	1	.2	.2	91.2
Blue Cross	1	.2	.2	91.3
Blue Cross & Blue Shield	1	.2	.2	91.5
Blue cross and blue shield	1	.2	.2	91.6
Blue Cross and Blue Shield NC PPO	1	.2	.2	91.8
Blue Cross and VA	1	.2	.2	91.9
Blue Cross Blue Sheild	1	.2	.2	92.1
blue cross blue shield	2	.3	.3	92.4
Blue cross blue shield	1	.2	.2	92.6
Blue Cross Blue Shield	5	.8	.8	93.4
Blue Cross Blue Shield State Employee	1	.2	.2	93.5
blue cross blue shield through work	1	.2	.2	93.7
Blue cross Blue Shield	1	.2	.2	93.8
Blue Cross Clue Shield	1	.2	.2	94.0
blue cross, blue shield	1	.2	.2	94.2
blue cross,blue shield	1	.2	.2	94.3
Bluecross	1	.2	.2	94.5
BSBS	1	.2	.2	94.6
COUNTY BLUE CROSS	1	.2	.2	94.8
Employee program	1	.2	.2	94.9
family planning medicaid only	1	.2	.2	95.1
from my job	1	.2	.2	95.3
health care through my employment	1	.2	.2	95.4
Humana Part D	1	.2	.2	95.6
I have tricare and United healthcare	1	.2	.2	95.7
Mail handlers	1	.2	.2	95.9
Medicare + BCBS	1	.2	.2	96.1

medicare and medicaid	1	.2	.2	96.2
Medicare and private health insurance	1	.2	.2	96.4
Medicare and private insurance	1	.2	.2	96.5
Medicare and tricare	1	.2	.2	96.7
Medicare, private health, Tricare	1	.2	.2	96.8
Military provider	1	.2	.2	97.0
NC BC/BS	1	.2	.2	97.2
obamacare-healthcare.gov	1	.2	.2	97.3
Onslow County BCBS	1	.2	.2	97.5
Optima	1	.2	.2	97.6
private and Tricare	1	.2	.2	97.8
Private Health Insurance - BCBS & Tricare	1	.2	.2	97.9
Private insurance and Tricare	1	.2	.2	98.1
Private, medicare	1	.2	.2	98.3
Retirees State employees	1	.2	.2	98.4
state health plan Humana Medicare Advantage	1	.2	.2	98.6
THRU THE SHERIFFS OFFICE	1	.2	.2	98.7
Trans-american	1	.2	.2	98.9
TRI-CARE, MEDI-CARE AND BCBS	1	.2	.2	99.1
Tricare / BCBS	1	.2	.2	99.2
Tricare Retired	1	.2	.2	99.4
United Health Care and Tricare for Life	1	.2	.2	99.5
VA	3	.5	.5	100.0
Total	633	100.0	100.0	