

# Bay County Health



## *Findings from a survey among 500 adults*

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[LakeResearch.com](http://LakeResearch.com)

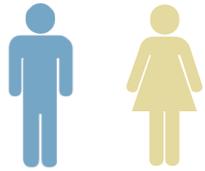
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# Methodology of Survey

- Lake Research Partners designed and administered this survey that was conducted by telephone using professional interviewers.
  - This survey reached a total of 500 adults in Bay County, Michigan. The survey was conducted June 23<sup>rd</sup>-28<sup>th</sup>, 2016. The margin of error for this survey is +/-4.4% and higher among subgroups.
- Telephone numbers for the sample were generated from a file of adults in Bay County and geographically stratified. The data were weighted slightly by gender, region, age, race, and party identification.
- In interpreting survey results, all sample surveys are subject to possible sampling error – that is, the results of a survey may differ from those that would be obtained if the entire population were interviewed. The size of the sampling error depends upon both the total number of respondents in the survey and the percentage distribution of responses to a particular question. For example, if a response to a given question which all respondents answered was 50%, we could be 95% confident that the true percentage would fall within plus or minus 4.4% of this percentage, or between 45.6% and 54.4%. Of course, the sampling error is greater for subgroups.

# Demographic Breakdown

## GENDER



**49%**   **51%**

## AGE

Under 30	—	<b>13%</b>
30-39	—	<b>19%</b>
40-49	—	<b>17%</b>
50-64	—	<b>27%</b>
65+	—	<b>24%</b>

## EDUCATION

High School Graduate	—	<b>28%</b>
Some College	—	<b>25%</b>
College Graduate	—	<b>27%</b>
Post Graduate	—	<b>9%</b>

## RACE

White	<b>92%</b>
Black	<b>2%</b>
Latino	<b>3%</b>
Other/Refused	<b>2%</b>

## REGION

East Bay City	—	<b>26%</b>
West Bay City	—	<b>38%</b>
Rest of County	—	<b>36%</b>



# Key Findings – Physical Health

## Adults:

- 16% of Bay County adults say they have no current health needs. Of those who identify ways to improve their health, nutrition and weight management is the top priority.
- A majority of adult residents have had preventive blood pressure screenings (75%), routine physical exams (73%), dental checkups (72%), and cholesterol screenings (64%) in the past 12 months.

## Children:

- Most children are receiving regular check-ups and pediatrician visits, but 15% are not. Finding a doctor is the most common barrier.
- Preventative dental care is lacking. One in three Bay County parents has a child who has not seen a dentist in the past 12 months. Nearly half of these parents did not feel that their child needed to see a dentist.

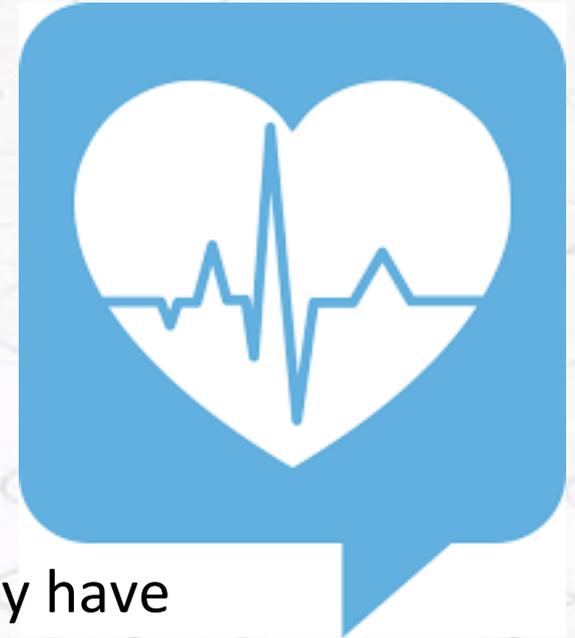
# Key Findings – Adult Mental Health

- More than one in five Bay County adults experience mental health issues of some level. 10% have experienced poor mental health for six or more days in the past month. However, mental health conditions and emotional problems are rarely limiting.
  - Women, especially women who are younger, unmarried, or with children, are most likely to experience poor mental health.
  - 39% of Bay County residents have had anxiety in the past month, while 28% experienced depressed thoughts.
- 11% of Bay County residents are receiving mental health treatment of some kind. But not all residents with mental health needs are being treated.
  - Of the Bay County adults who experienced poor mental health for at least one day in the past month, only 16% are receiving treatment.
  - Despite reporting lower levels of mental health, women with children do not seek treatment at a higher rate.

# Key Findings – Health Insurance & Programs

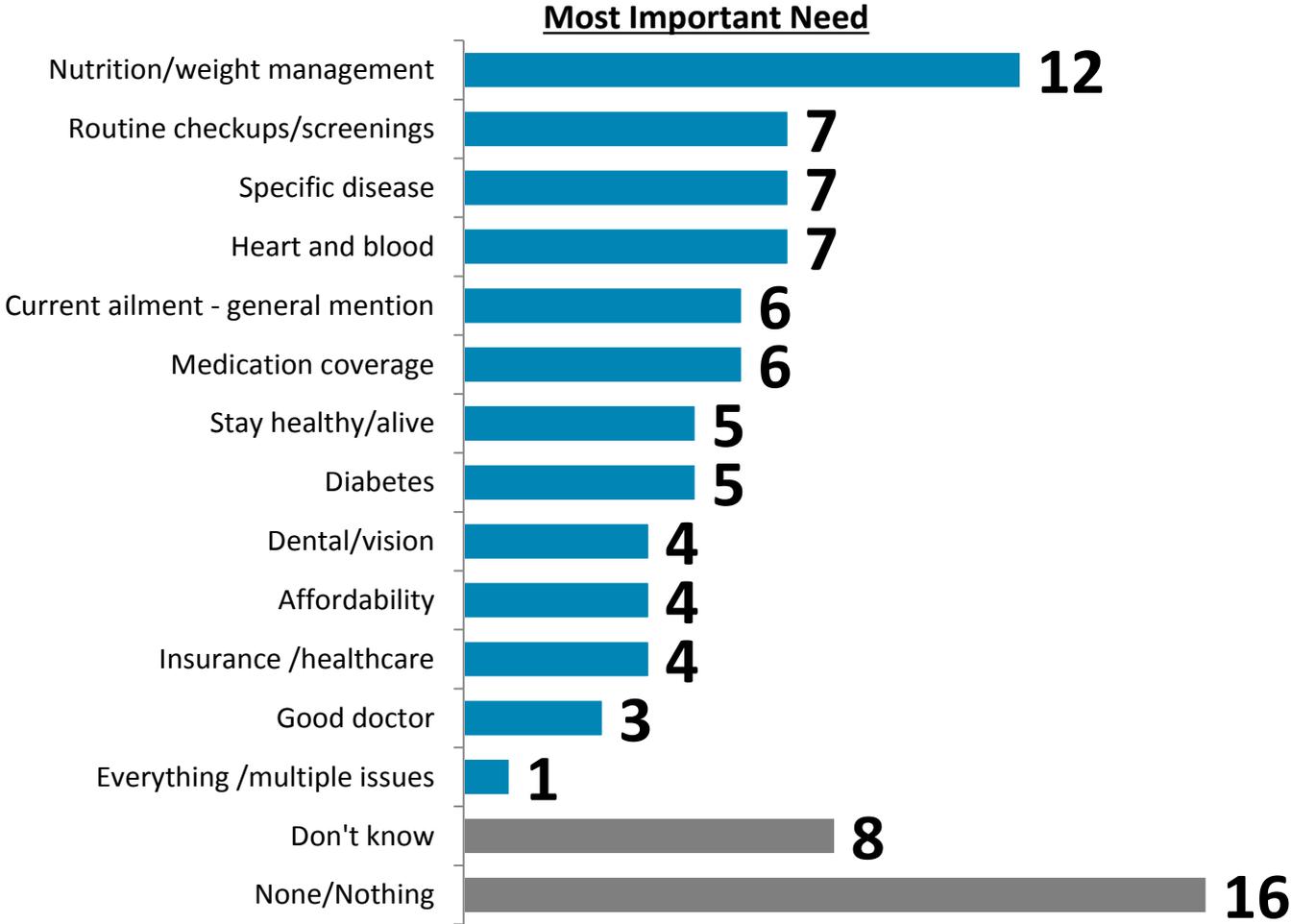
- The majority of Bay County residents (53%) have insurance through their employer or their spouse's employer. A large number are insured through Medicare (26%) or Medicaid (14%).
- While the vast majority of residents have health insurance, 5% do not. Most of the uninsured have been without health insurance for more than one year.
  - The percentage of residents who are uninsured could be higher since those without insurance may be reluctant to report it.
  - Cost is the most common barrier to being insured.
- Bay County parents have children enrolled in a variety of programs, including private insurance (35%), Medicaid (11%), MICHild (8%).

# Physical Health of Bay County Adults



16% of adults in Bay County report they have no have no health issues currently. The biggest concerns are nutrition and weight management.

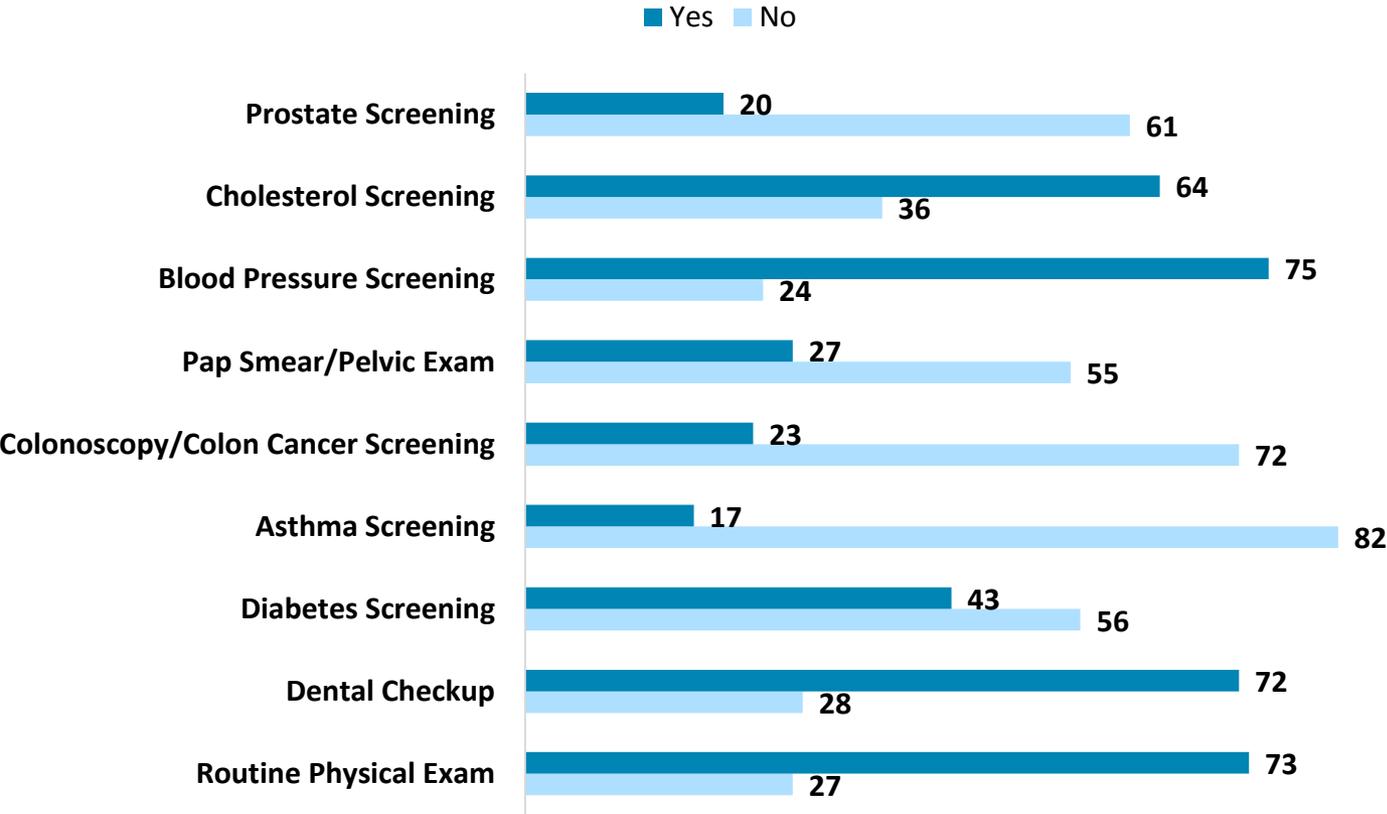
Sixteen percent of Bay County residents identify no health care concerns. Other residents report a variety of needs, with nutrition and weight management topping the list.



Q14: When you think of your health, what would you saw is your most important health care need?

Residents are most likely to have had preventive blood pressure screenings, dental checkups, and routine physical exams.

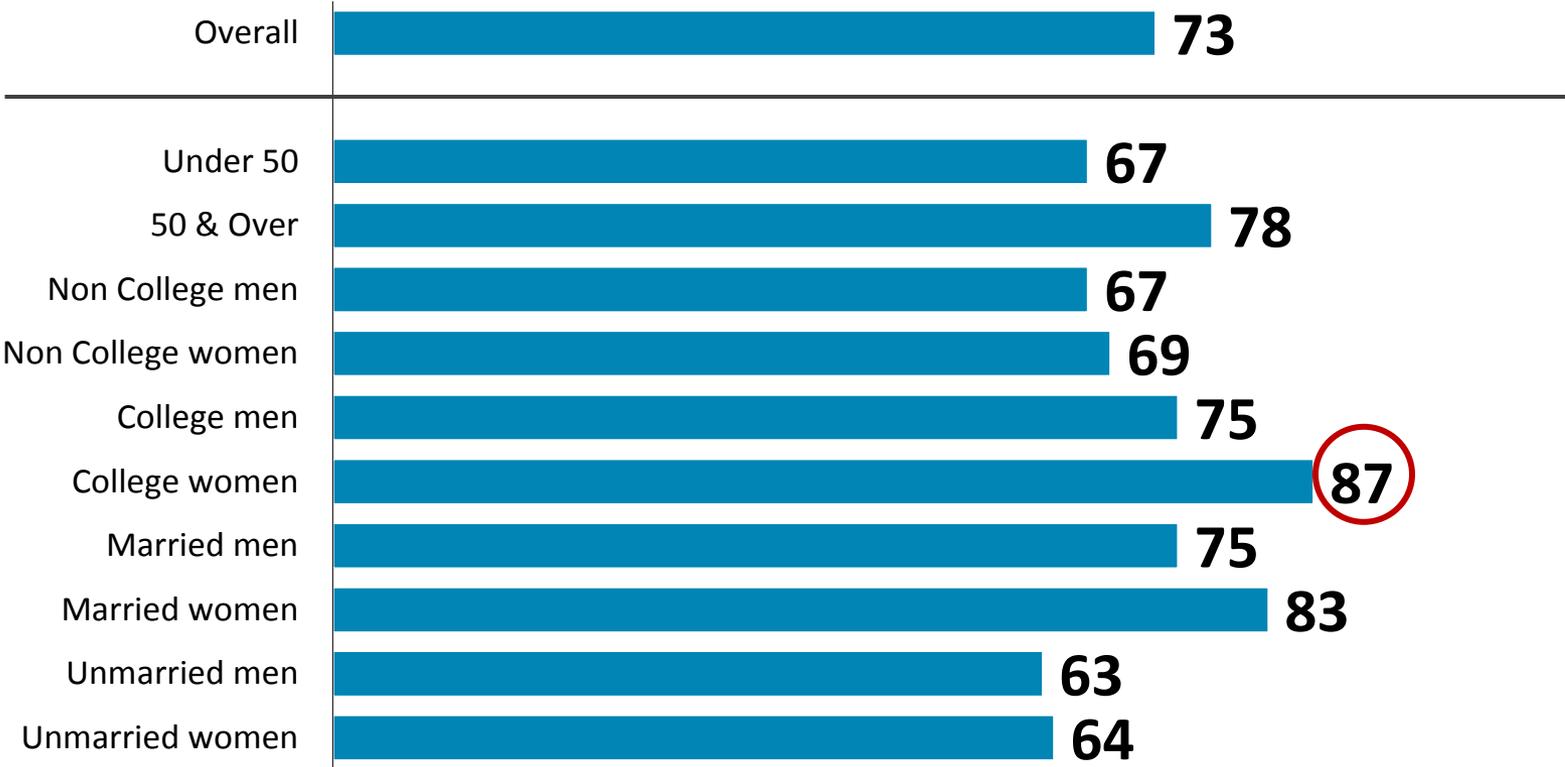
### Had Preventive Screenings in Last 12 Months



Q12: In the past 12 months, have you had any of the following preventive screenings?

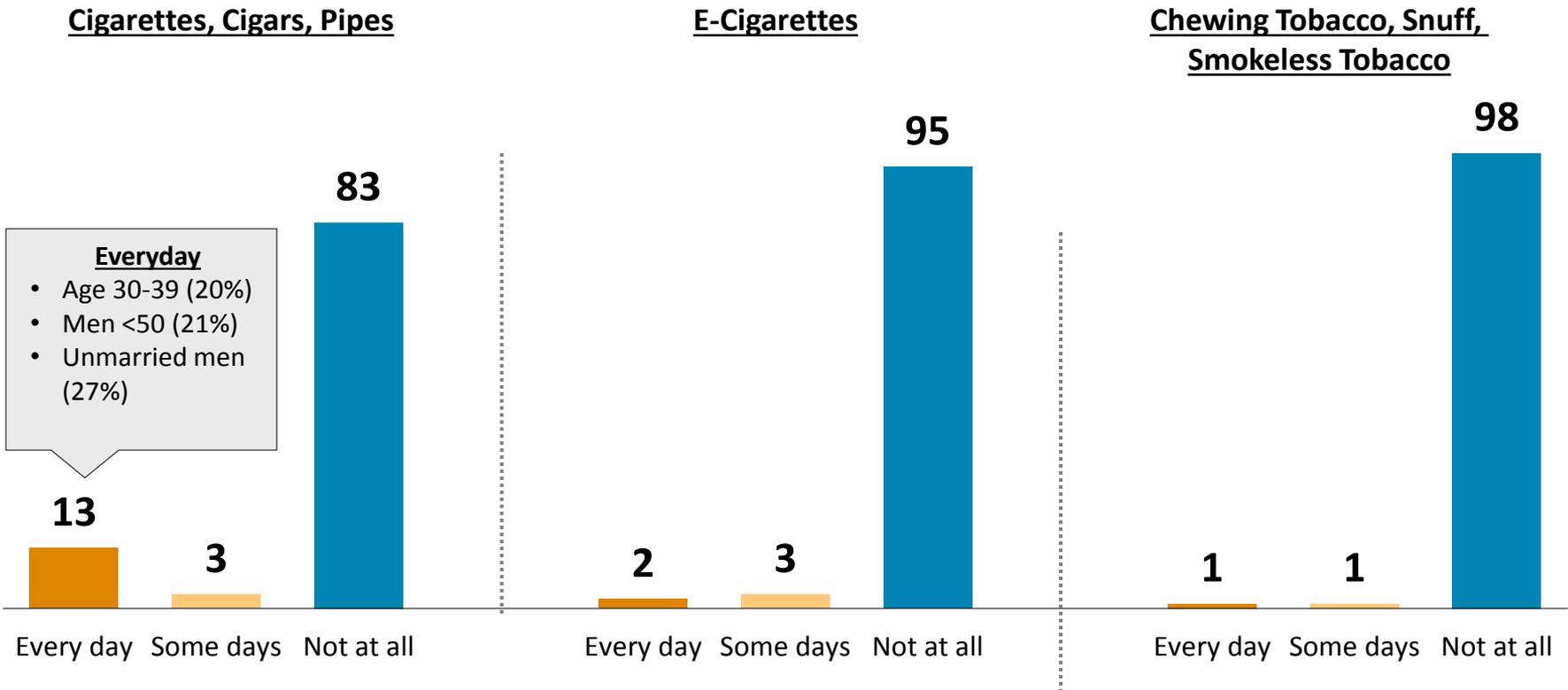
A large majority of residents, as well as majorities of all subgroups, report having had a routine physical exam in the last 12 months. College-educated women are most likely to have had a physical.

**Had Routine Physical Exam in Last 12 Months**



Q12: In the past 12 months, which of the following preventive services have you had?

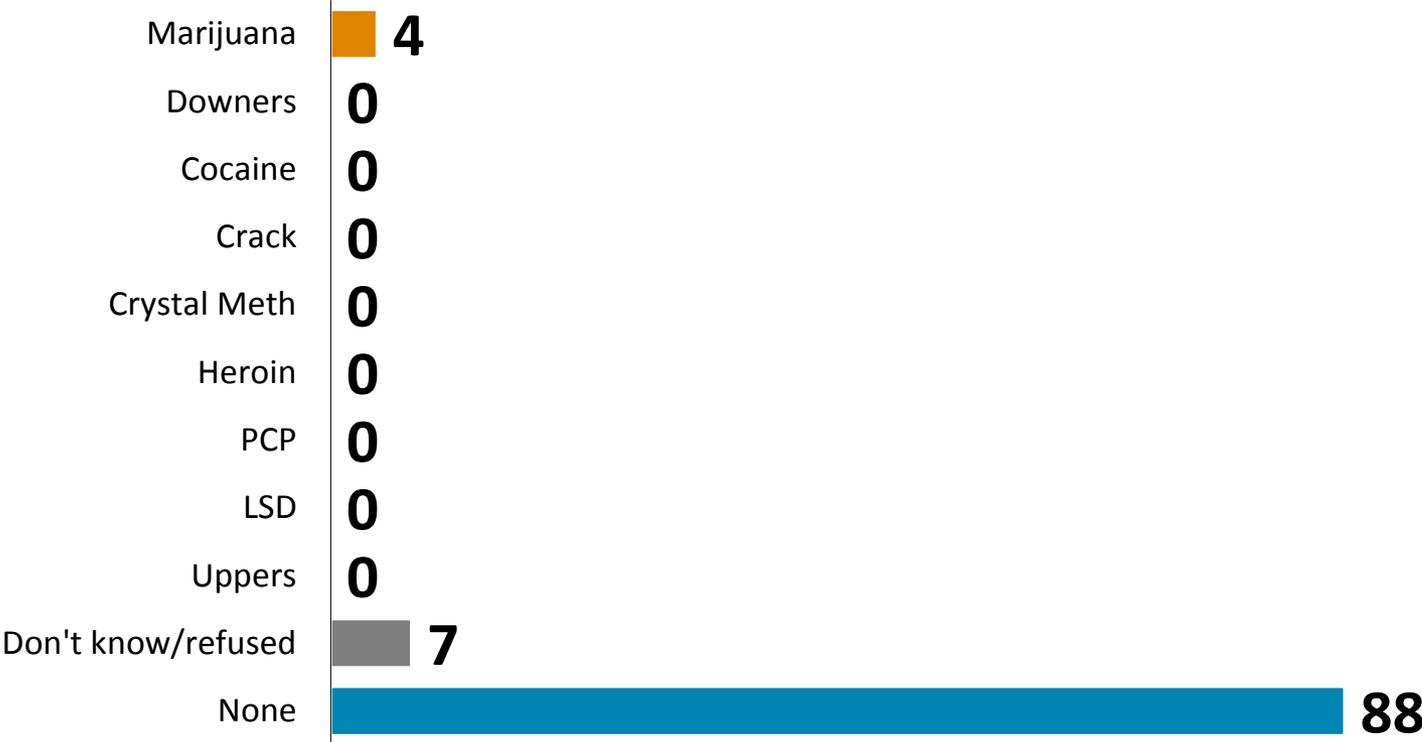
Sixteen percent of residents report using cigarettes, cigars, and/or pipes. Unmarried men, men below age 50, and adults between the ages of 30-39 are most likely to use cigarettes, cigars, and/or pipes every day. Very few residents use e-cigarettes or smokeless tobacco.



Q36: Which of the following tobacco products do you currently use every day, some days, or not at all?

Only 4% of residents report using drugs in the past year, possibly due to the sensitive nature of the topic. Marijuana is the only drug mentioned.

**Drugs Used in Past Year**



Q40: In the past 12 months, have you used any of the following drugs?

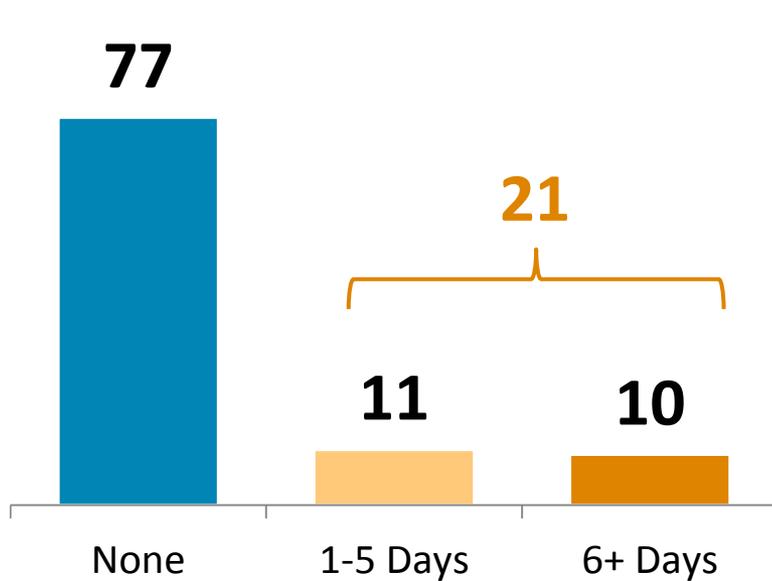


## Mental Health of Bay County Adults

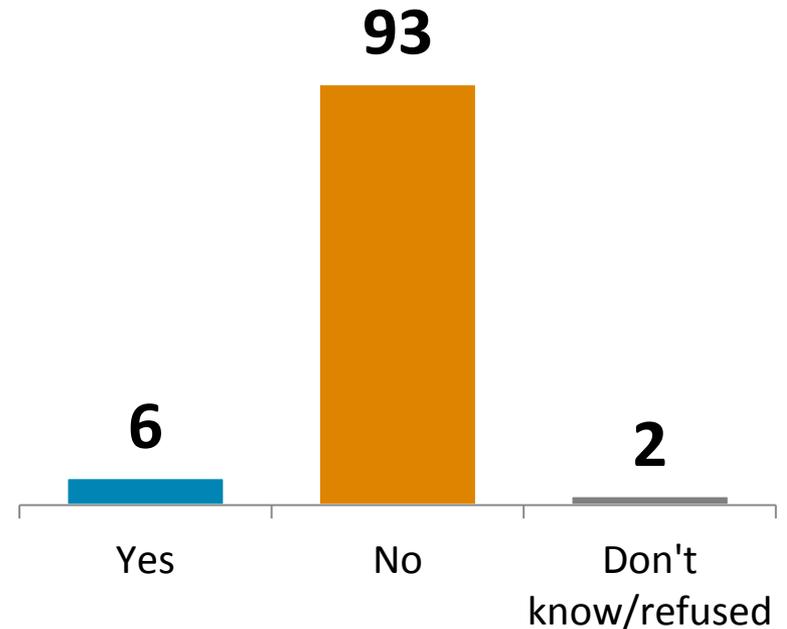
One in five residents report that their mental health has not been good at least one day in the past month, including 10% who indicate issues for six or more days.

21% of residents say their mental health has not been good for at least one of the past 30 days, including 10% who have experienced issues for six or more days. However, mental health conditions and emotional problems are rarely limiting.

Days Mental Health Was Not Good in Past 30 Days



Limitations from Mental or Emotional Problems

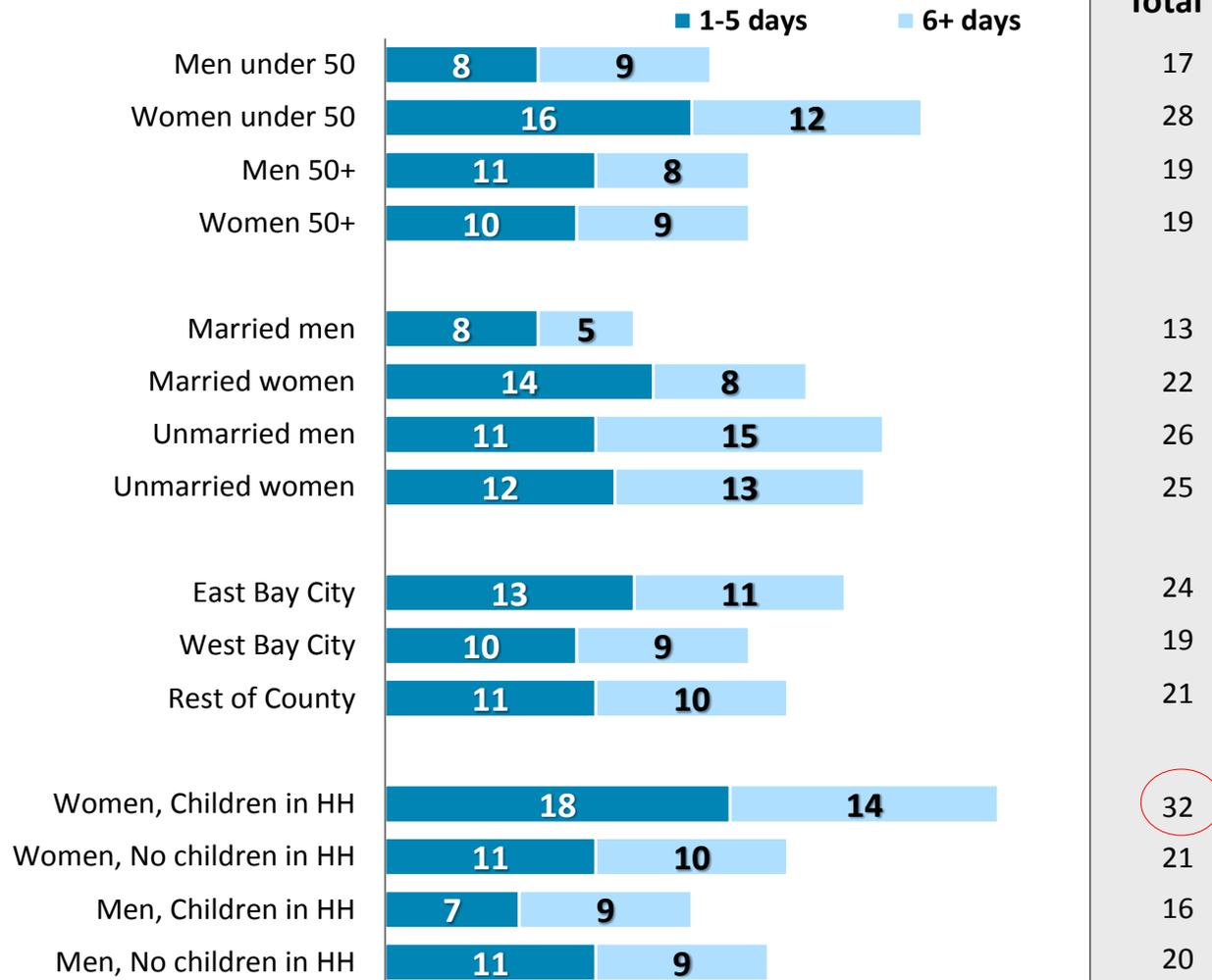


Q31: Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Q35: Are you limited in any activities because of mental or emotional problems, such as depression?

Women are most likely to report poor mental health – especially women with children.

### Days with Poor Mental Health

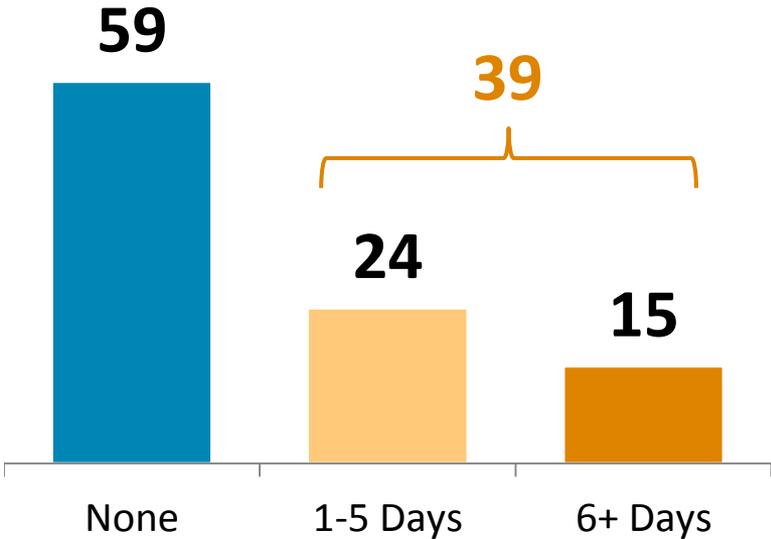
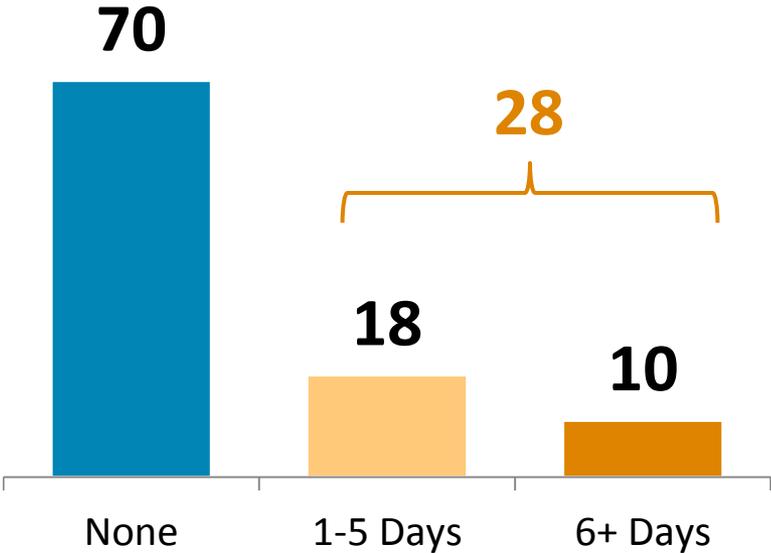


Q31: Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

# Anxiety is more prevalent than depression for Bay County residents.

Sad, Blue, or Depressed

Worried, Tense, or Anxious

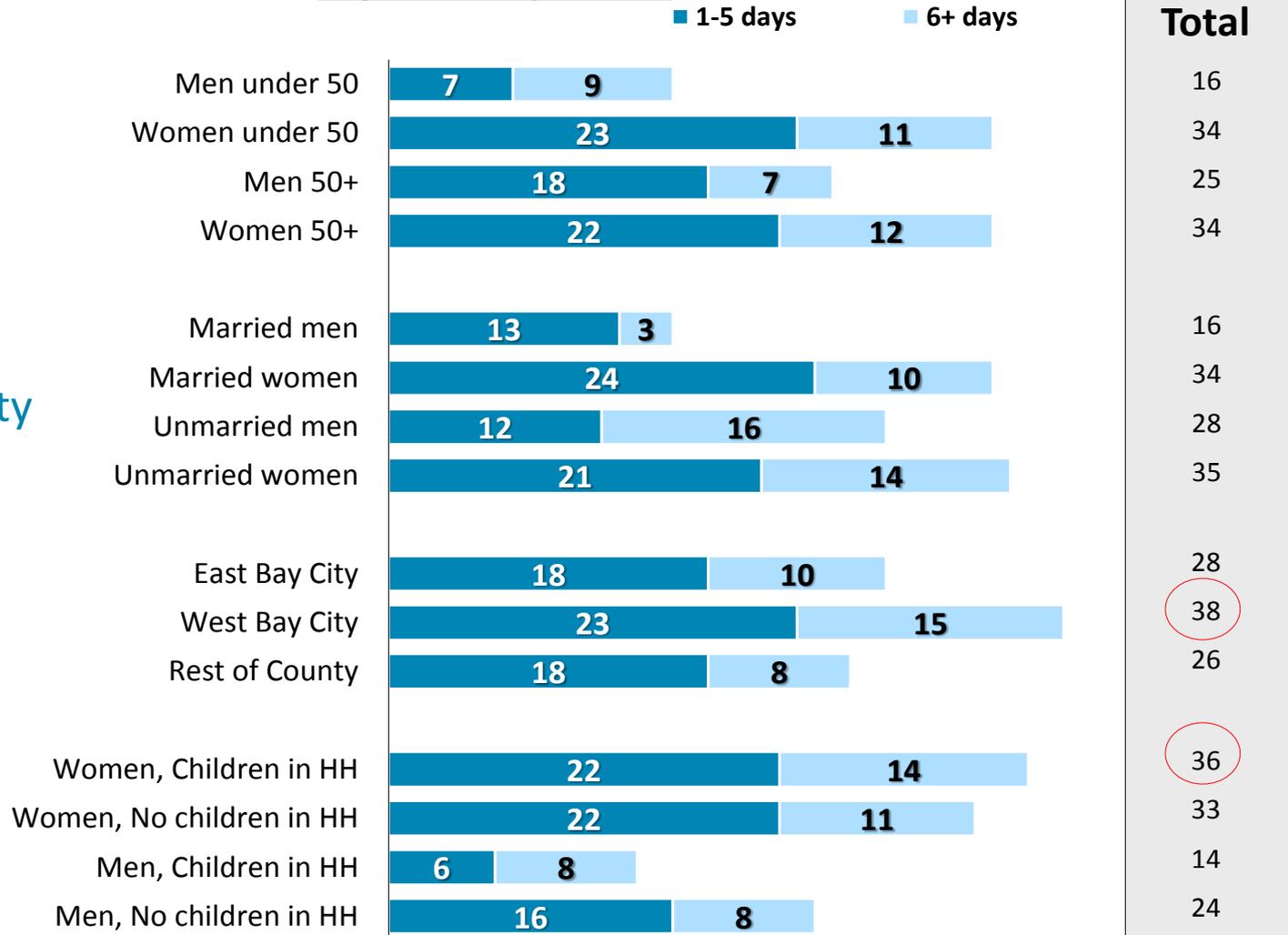


Q32: During the past 30 days, for about how many days have you felt sad, blue, or depressed?

Q33: During the past 30 days, for about how many days have you felt worried, tense, or anxious?

Women and residents of West Bay City are most likely to experience depression.

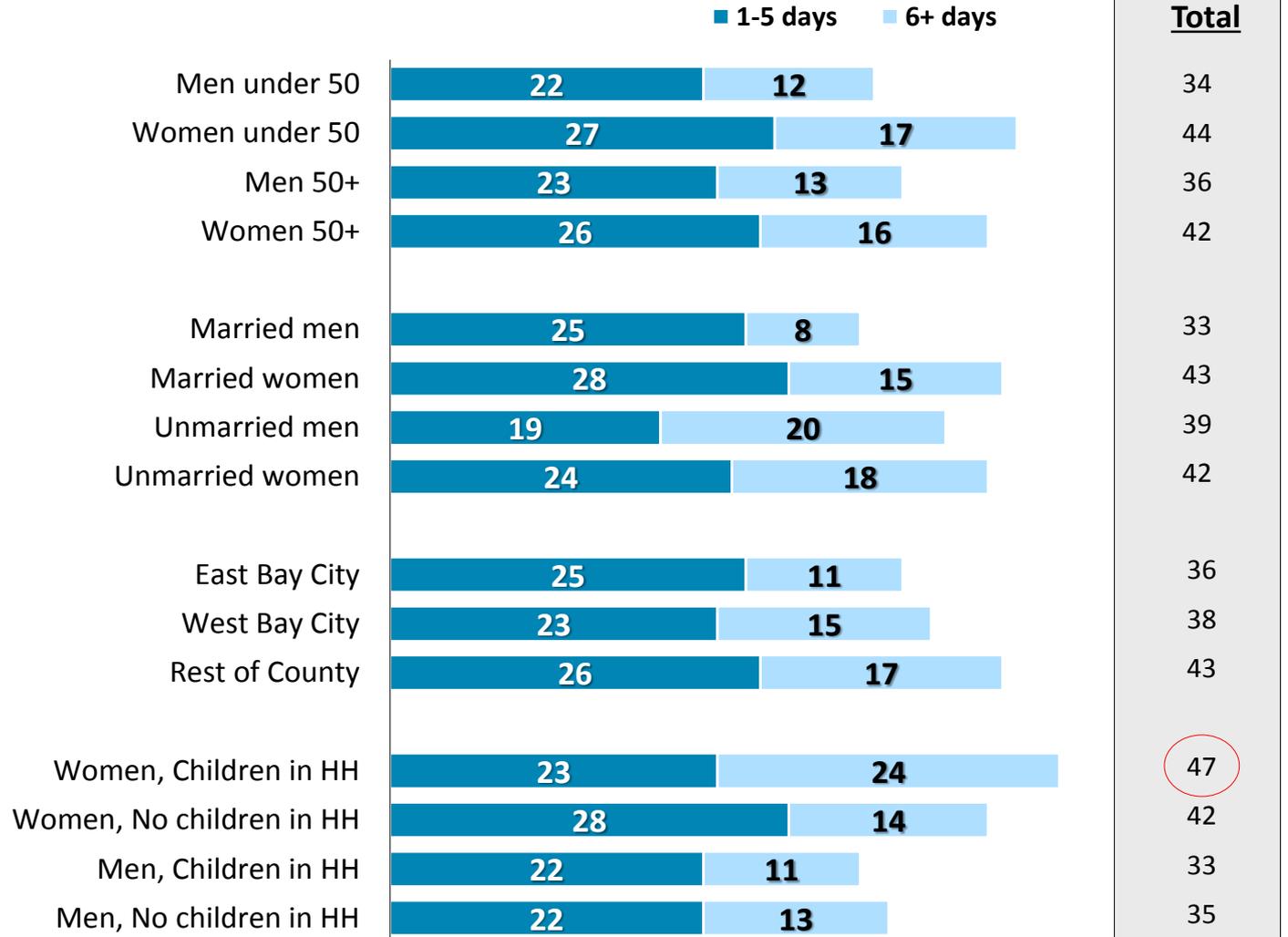
### Days with Depression



Q32: During the past 30 days, for about how many days have you felt sad, blue, or depressed?

Women with children are most likely to report feelings of anxiety, as are young and unmarried women.

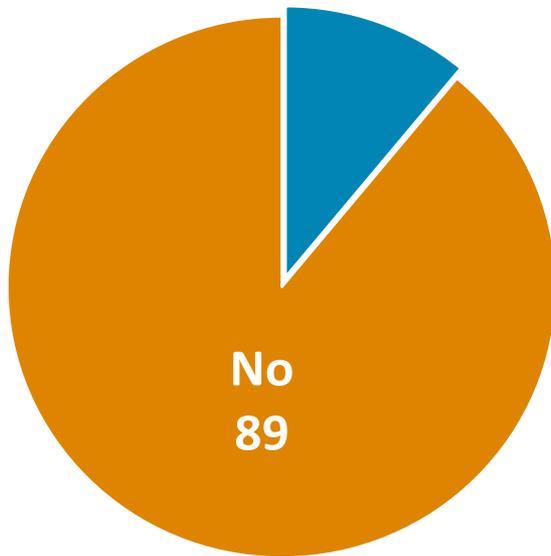
### Days with Anxiety



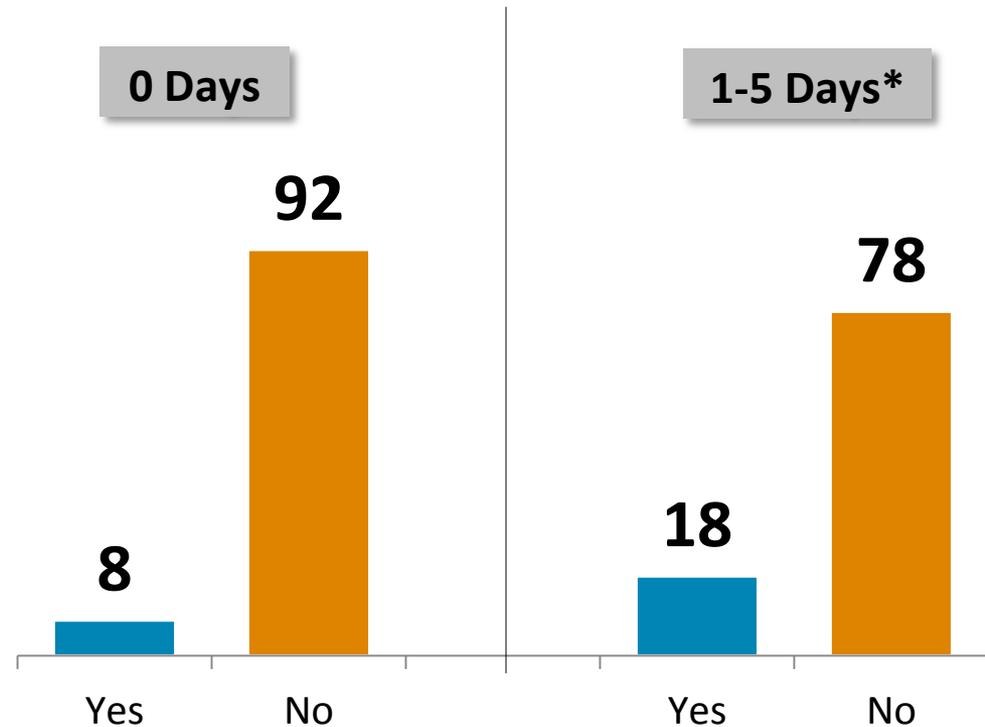
Q33: During the past 30 days, for about how many days have you felt worried, tense, or anxious?

11% of all residents are receiving mental health treatment. Of the residents experiencing 1 to 5 days with poor mental health, only 18% are receiving treatment.

Receiving Mental Health Treatment



Receiving Treatment by Days with Poor Mental Health



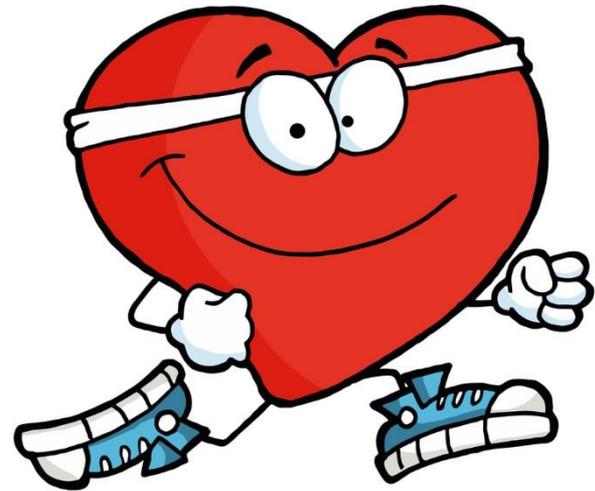
\*n=56

Q34: Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?

Women with children are highly likely to have poor mental health, but are not more likely to seek out help.

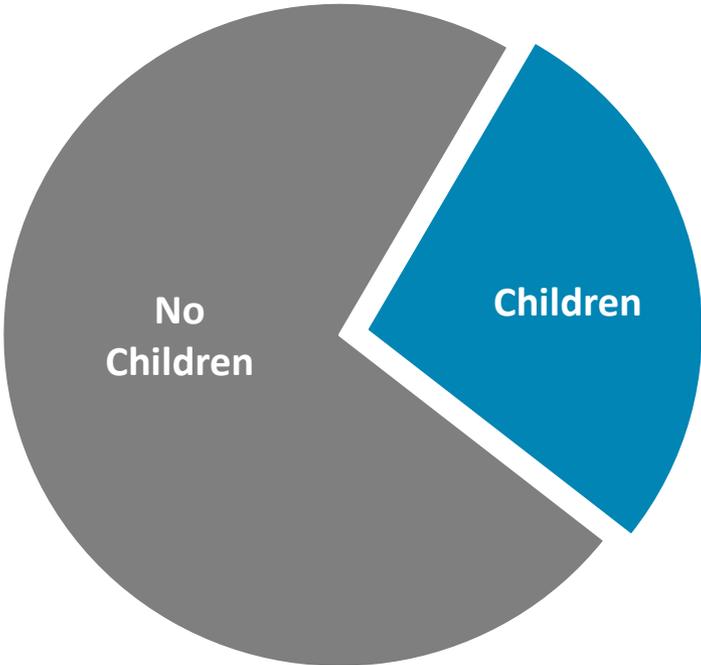
Demo	Mental Health Poor At Least 1 Day	Getting Treatment	Difference
<b>Total</b>	21	16	5
<b>Men &lt;50</b>	17	11	6
<b>Women &lt;50</b>	28	19	9
<b>Men 50+</b>	19	13	6
<b>Women 50+</b>	19	21	2
<b>Married Men</b>	13	5	8
<b>Married Women</b>	22	18	4
<b>Unmarried Men</b>	26	23	3
<b>Unmarried Women</b>	25	22	3
<b>East Bay City</b>	24	18	6
<b>West Bay City</b>	19	17	2
<b>Rest of County</b>	21	13	8
<b>Women With Children &lt;18</b>	32	20	12
<b>Women Without Children &lt;18</b>	21	20	1
<b>Men With Children &lt;18</b>	16	7	9
<b>Men Without Children &lt;18</b>	20	14	6

## Health Services for Children

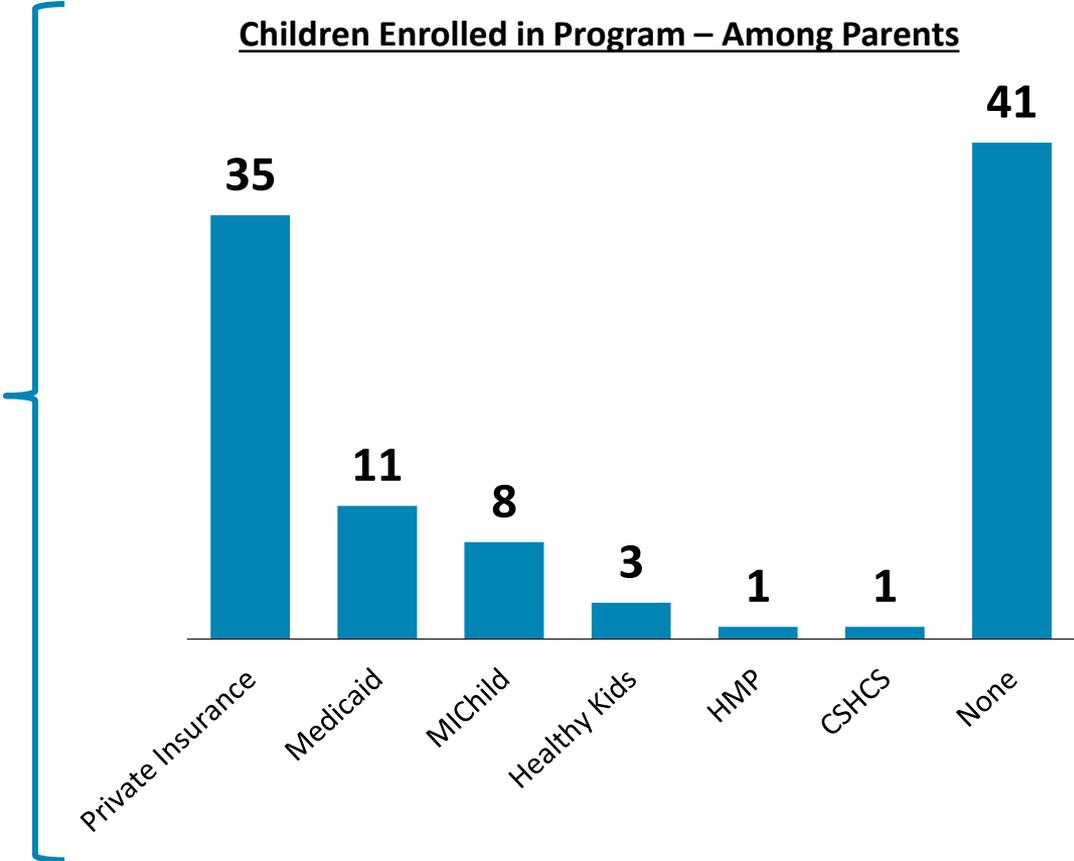


About one quarter of Bay County residents are currently raising children. While most children have been the doctor in the past year, approximately one in four is not getting the dental care he or she needs.

Of the 27% of residents who have children under 18 years old, 35% enroll their children in some form of private insurance. 11% of parents report that their children are enrolled in Medicaid.



**Children Enrolled in Program – Among Parents**

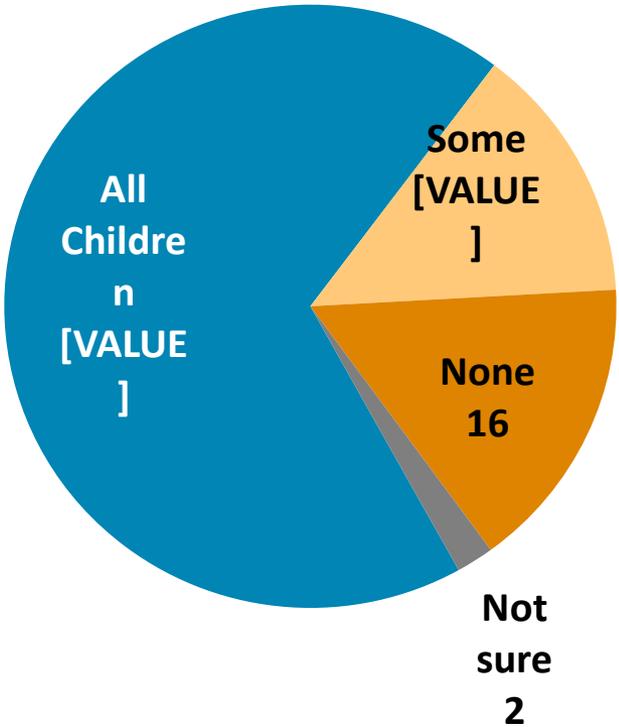


Q11: Do you have any children under the age of 18?

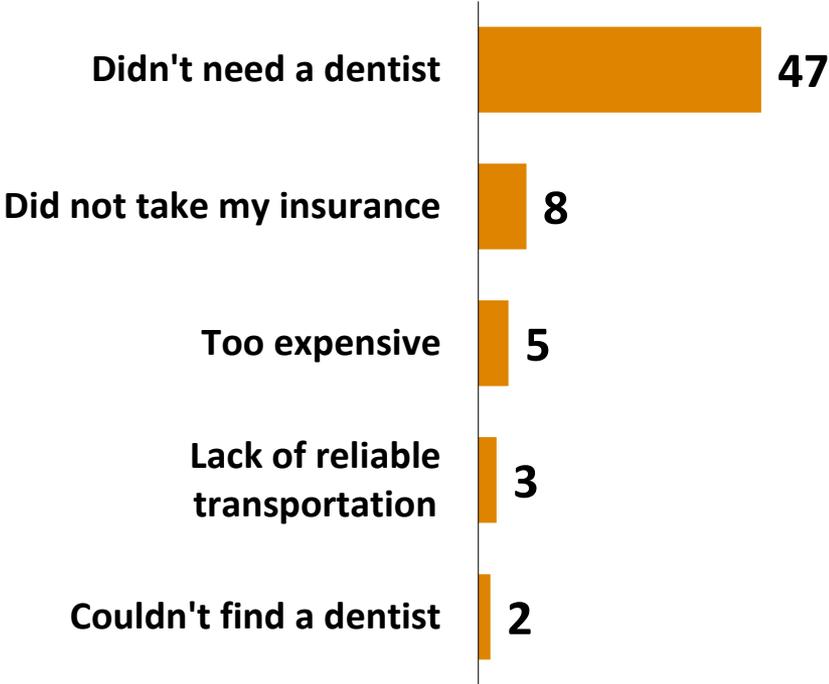
Q25: Is your child or are any of your children enrolled in any of the following programs, MiChild [MAI-child], Healthy Kids, Medicaid, Healthy Michigan Plan, private insurance, or Children's Special Health Care Services?

Almost one in three parents have a child who has not been to the dentist in the past 12 months.

**How many of your children have seen a dentist in the past 12 months?**



**What was the reason(s) your children did not see a dentist?\***



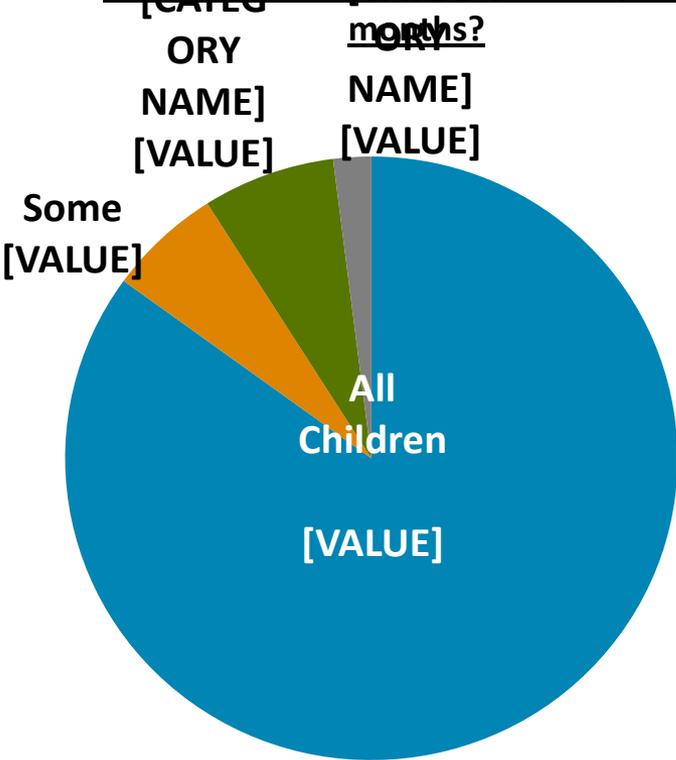
\*n=40

Q27: How many of your children have seen a dentist in the past 12 months?

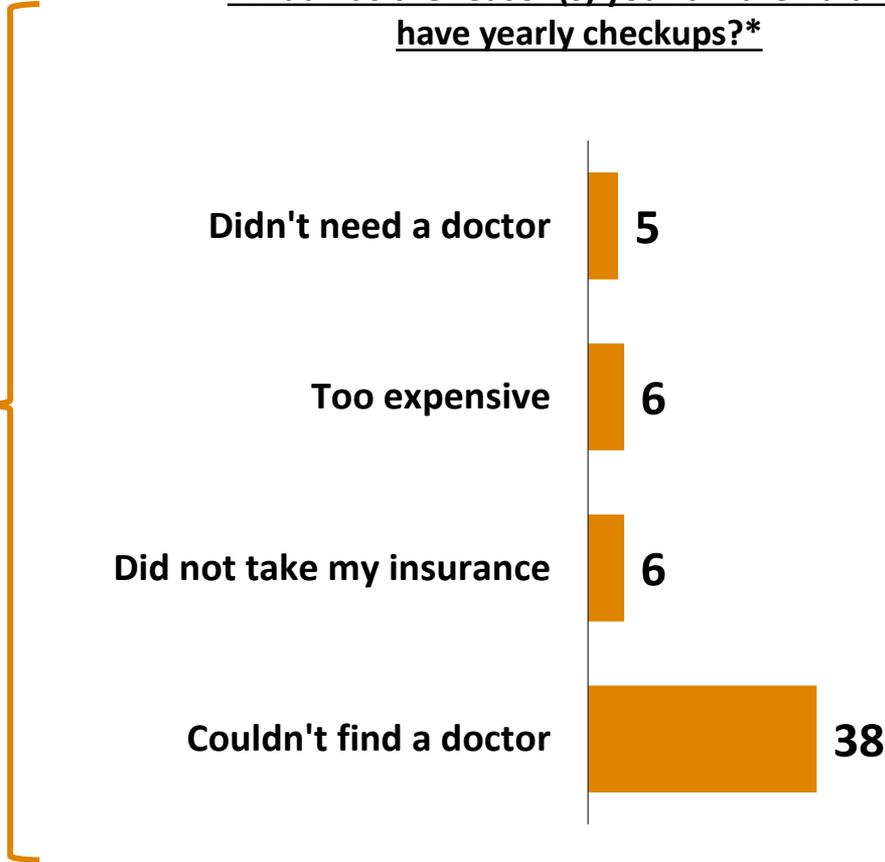
Q28: What was the reason(s) your children did not see a dentist?

The vast majority of children have had a doctor check-up in the past 12 months.

How many of your children have seen a doctor for annual check-up in the past 12 months?



What was the reason(s) your children did not have yearly checkups?\*



\*n=18

Q23. How many of your children have seen a doctor for an annual check-up in the past 12 months?

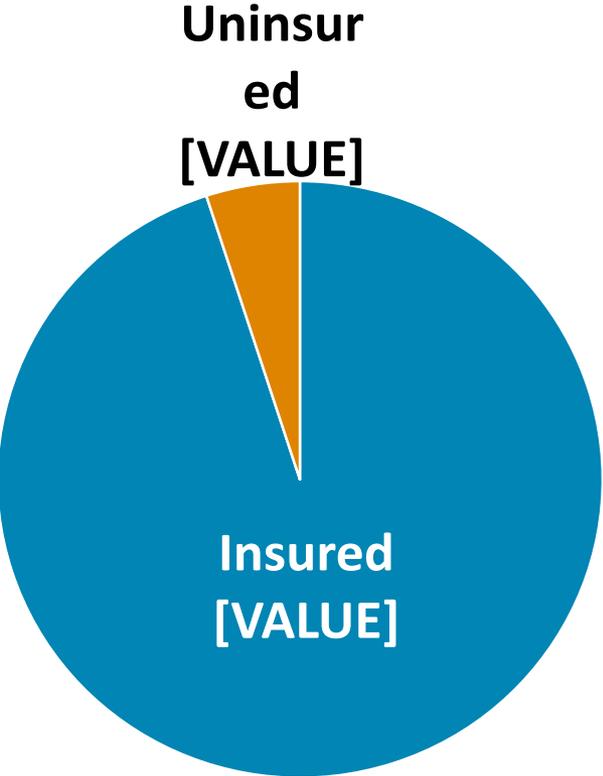
Q26: What was the reason(s) your children do not have yearly check-ups by their doctor?



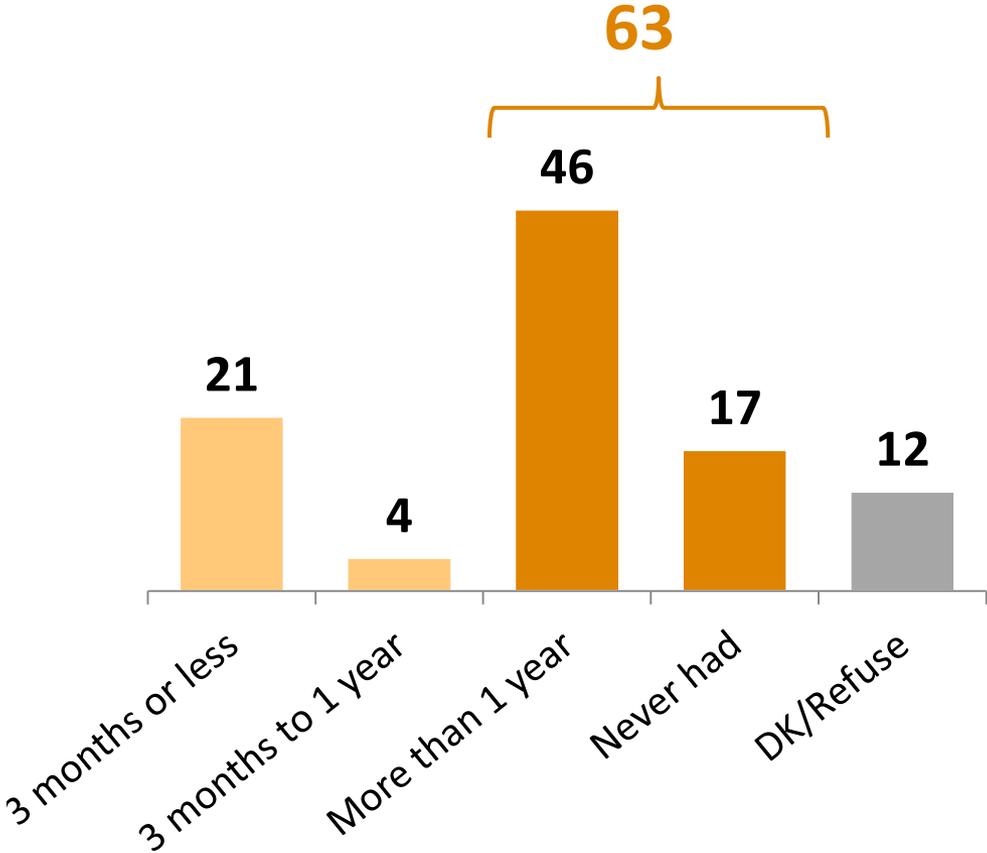
## Health Insurance

85% of Bay County residents have health insurance. Of the 5% of residents currently without health insurance, 63% have been uninsured for over one year.

Most Bay County residents have insurance of some kind. Of the 5% of residents currently without health insurance, 63% have been uninsured for over one year.



How long have you been uninsured?



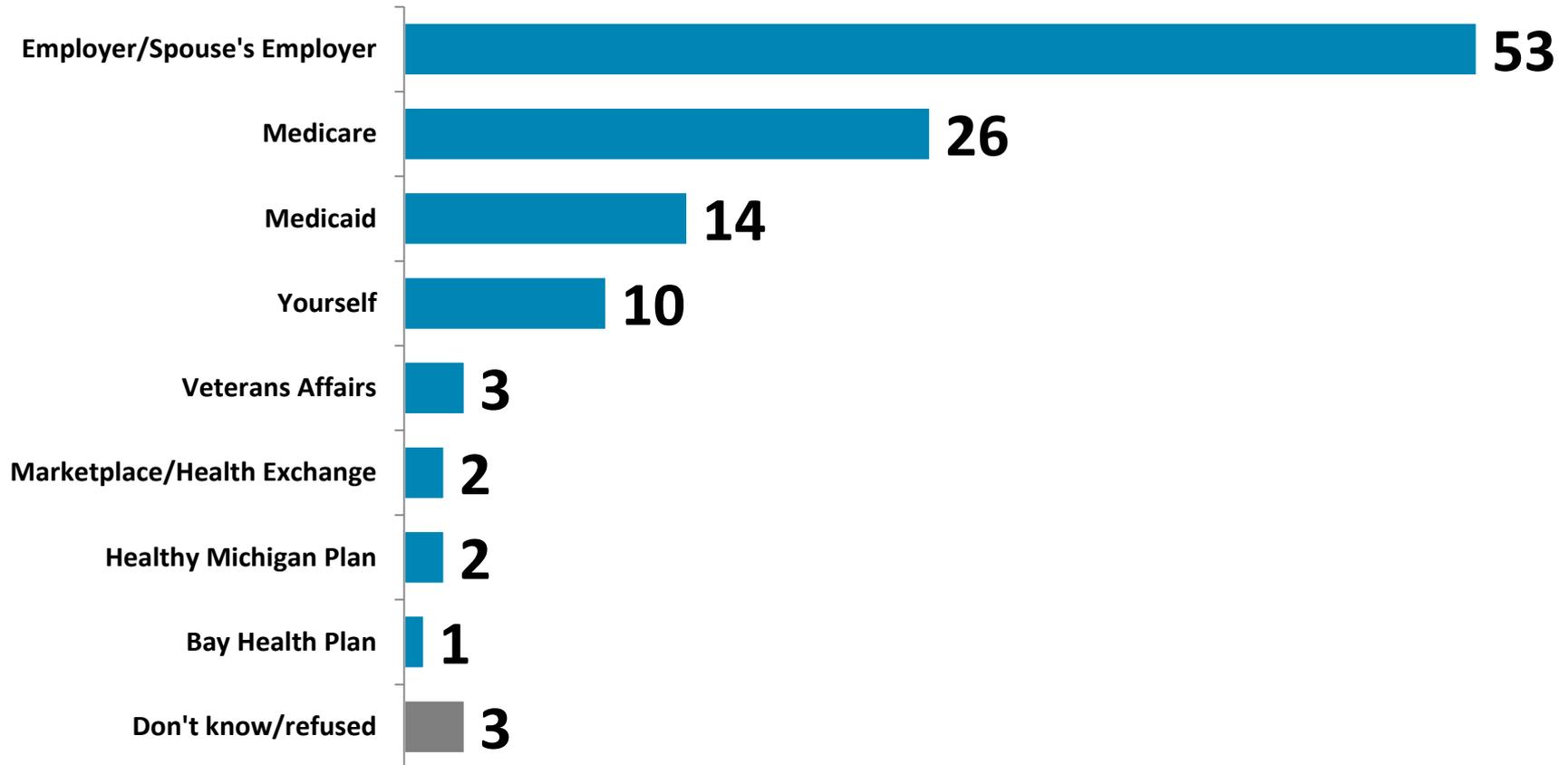
Q15: Do you currently have health insurance?

Q16: How long have you been uninsured?

\*n=25

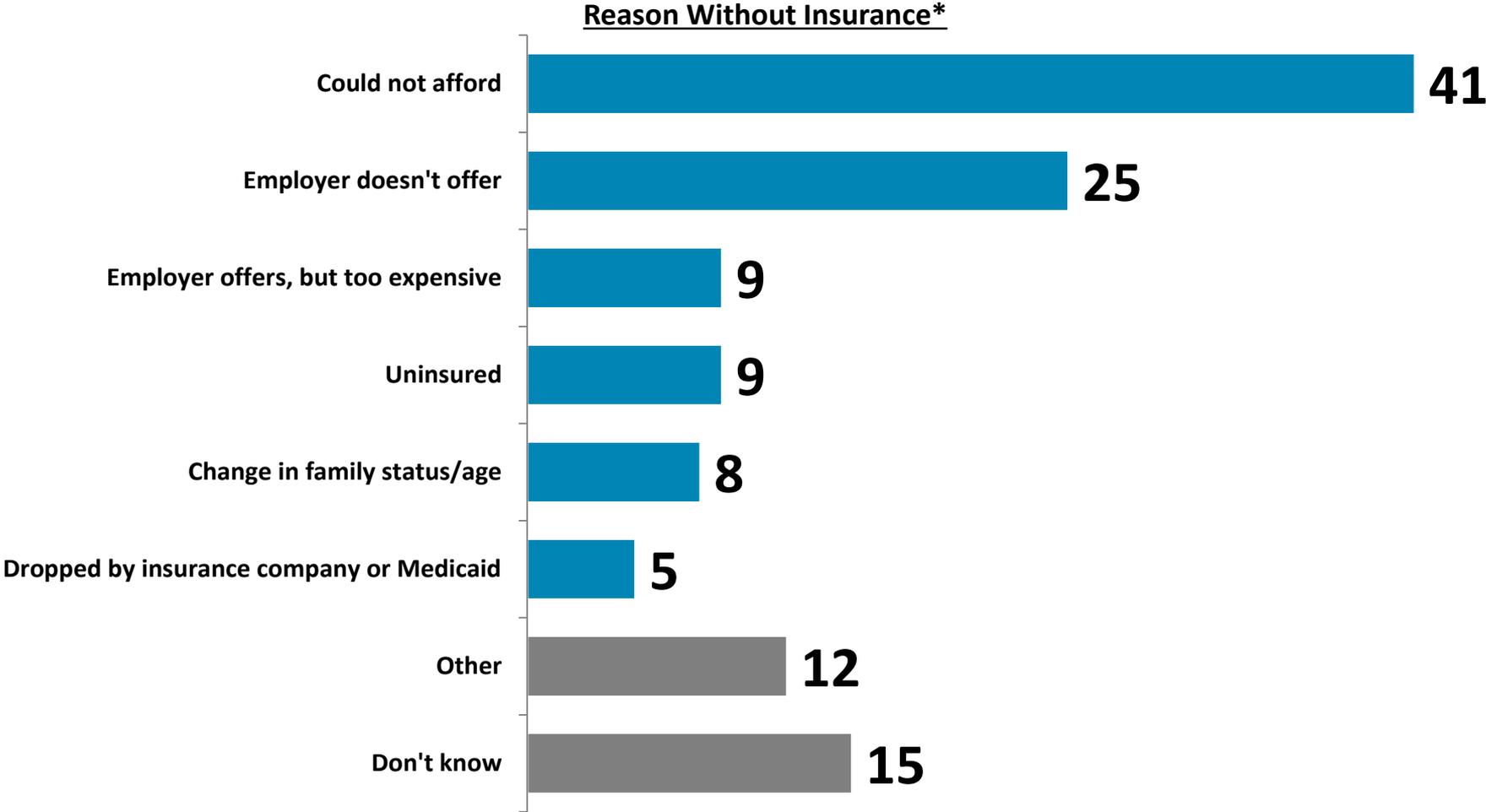
The majority of residents have insurance through their employer or their spouse's employer. A large number are insured through Medicare or Medicaid.

Source of Insurance



Q18: Where do you receive your health insurance coverage from? Are you covered through your employer, through a private plan you pay for yourself, Medicaid, Medicare, the Bay Health Plan, Veterans Affairs or V.A., the Healthy Michigan Plan or through the Marketplace/Health Exchange?

Costly premiums, copays, and out of pocket costs are the main reason Bay County residents are uninsured.



\*n=25

Q17: Which of the following reasons led to you not having health insurance?

# LRP

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Strategy · Precision · Impact



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