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COMMUNITY RESEARCH INSTITUTE TEAM

Melyssa Tsai, MPH
Research Manager
tsaim@gvsu.edu

Chyna Grove
Research Coordinator
grovech@gvsu.edu

Jodi Peterson, PhD
Director
peterjod@gvsu.edu

Taylor Bowe
Research Assistant

Lisa Venema
Project Coordinator
venemal@gvsu.edu

Amber Darsch
Graphic Designer

Laura Quist, MSW
Research Coordinator
quistla@gvsu.edu

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## Research Questions

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OVERVIEW

Study Rationale

This report summarizes data and research for a community based project called the LoWellness Health Initiative. Funded by Lowell Community Wellness with a grant from the Lowell Area Community Fund, this initiative is the first of its kind in the state of Michigan to seek an understanding of how to create a culture of wellness on a community level. The survey was designed to capture information on health status of those who live and/or work in Lowell, as well as identify barriers to good health. The information found in this report can be used to identify data driven programs to improve the health and well-being of Lowell residents.

Research Questions

This project aims to answer the following research questions:

1) What is the current health status of Lowell residents?
2) What is the nature and extent of Lowell residents’ unmet health needs?
3) What are current barriers to accessing health resources?

A secondary aim was to understand residents’ perspectives about the following questions:

1) If you could change one thing about your physical or emotional health, what would it be?
2) What is the biggest challenge to being as healthy as you want?
3) What other health or health care issues do you or your family face?
4) What other facilities, services, or recreational opportunities would you like to see in Lowell?

Methods

Data Collection

Data was collected using a convenience sampling method, e.g., surveys were collected at community events in collaboration with community organizations. In this way, the aim was to obtain an accurate representation of the people living and/or working in the Lowell Area School District (LASD) based on geographic location, age, income, and gender. Estimates of the percentage of people living in the townships and cities located in the LASD were generated using a map provided by the LASD and data retrieved from the U.S. Census (between the years of 2000-2010).

Representativeness is a measure of how well a survey sample population reflects the actual population. Overall, the survey sample was an appropriately representative picture of the actual population of the LASD. While particularly accurate in reflecting geographic area, the sample showed a slightly higher income level, slightly more residents age 63 and older, and slightly more females than the actual population. However, these results can help inform the Lowell community in terms of exploring programming and resource opportunities.

The survey was designed by the Community Research Institute (CRI) at the Johnson Center for Philanthropy at Grand Valley State University (GVSU), in collaboration with the LoWellness Advisory Board. The survey was administered in both paper and web-based form. Data collection began on February 17, 2015 with the release of the adult survey via an online platform. The Lowell Community Expo on March 28, 2015 served as the kick-off event for in-person surveying, where participants could either fill out the paper version or could take it online on tablets. Student volunteers from the Master in Public Health program at GVSU administered both paper and online versions of the surveys at the event. Through the spring, summer, and fall months, paper surveys continued to be collected at various community events by GVSU students and community volunteers, coordinated by the LoWellness Program Director. Participants at some community events were provided small incentives or were entered into a drawing for prizes (e.g. giftcards, a FitBit). The provision of incentives is a common practice in community surveying to appropriately compensate survey takers for their time and participation, as well as to promote the awareness of the survey and the overall aims of the project. Data collection concluded on November 19, 2015.
Survey Versions

The first version of the online survey was used from February 17 – March 10, 2015. A few minor changes were made to the wording and response options for Questions 1 and 2 to capture and discern those who work in the Lowell area. On March 13, 2015, additional minor revisions were made to the online version of the survey. Paper surveys also captured these revisions. Due to the multiple versions of the survey, data were matched for these questions for analysis. The final version of the survey is provided in Appendix A.

Data Analysis

Survey data were analyzed using qualitative and quantitative methodologies. Quantitative analysis was conducted using statistical software packages SAS and SPSS for the close-ended survey questions. Qualitative analysis was conducted using NVivo 10, a qualitative analysis software package. Question 60–Question 64 were open questions for which participants were invited to write in their answer. Responses could be as succinct or detailed as participants’ wanted. Each response was analyzed for content and collected with other like responses into broad themes or categories in order to gather information about the experiences, feelings, and needs participants shared regarding their health and wellbeing. These broad themes were then further analyzed for more detail to capture more specific content.
The following results are formatted per the administered survey. Questions capturing demographic information (Questions 1-6 and Question 15) are presented first, followed by results for each question presented in the survey section as it appears on the survey instrument. For a complete version of the survey questions in order, see Appendix A.

**Demographics**

Surveys were collected from over 2,000 people. Due to invalid or missing information on some of the surveys, the maximum number of usable surveys was 1,894. Of those 1,894 usable surveys, a maximum of 1,591 people were residents of the Lowell area or people who worked in the Lowell area. The Lowell area is defined as those living within the boundaries of the LASD (This map can be found on the State of Michigan website: [http://www.michigan.gov/documents/CGI_SD04_P_Lowell_Area_Schools_104307_7.pdf](http://www.michigan.gov/documents/CGI_SD04_P_Lowell_Area_Schools_104307_7.pdf)).

**Questions 1-6 and 15** in the survey were designed to capture demographic information. Survey participants who answered “None of the above” to **Question 1**, “Do you live in the Lowell Area School District?” were excluded for this analysis.

**Location**

Approximately 80% of the actual LASD population reside in the City of Lowell, Lowell Township, and Vergennes Township. In the LoWellness survey, 76.1% of participants reported that they live and/or work in these three areas.

**Age by Group**

- **18-30 Years**: 14.7%
- **31-45 Years**: 34.4%
- **46-65 Years**: 34.8%
- **Greater Than 65 Years**: 16.1%
**SURVEY RESULTS**

### Demographics

#### Income
- Less than $10,000: 6.9%
- $10,000-$20,000: 9.1%
- $20,000-$35,000: 12.5%
- $35,000-$50,000: 12.5%
- $50,000-$75,000: 20.1%
- Greater than $75,000: 38.9%

#### Education
- Graduate School or Advanced Degree: 17.0%
- College 4 Years or More: 27.8%
- College 1 Year to 3 Years: 29.8%
- Grade 12 or GED: 19.6%
- Grade 9 through 11: 5.4%
- Grade 1 through 8: 0.4%

#### Gender
- Female: 68.4%
- Male: 31.4%
- Transgender, Other: 0.2%
Living Arrangements

This section of the survey was designed to capture information about participant’s living arrangements. A majority of those who live and work in Lowell are homeowners (73.9%). No participants indicated that they consider themselves to be without a home. The amount of adults living in each participant’s home ranged from zero other adults to eight. The most common answer for this question was two adults age 18 and over living in the home. The amount of children under the age of 18 living in each participant’s home also ranged from zero to eight. The most common answer for this question was zero children living in the home.

Question 7: Thinking of the place where you live now, do you... (n=1578)

![Graph showing living arrangements](image)

Question 8: Including yourself, how many adults 18 years and older live with you? (n=1486)

This question was an open response question, allowing each participant to write in their answer.

![Bar chart showing number of adults living with participants](image)

Question 9: How many children or other dependents under 18 live with you? (n=1485)

This question was an open response question, allowing each participant to write in their answer.

![Bar chart showing number of children living with participants](image)
**Transportation/Car Issues**

**Question 10** was included to understand the extent of participants’ troubles with transportation. An overall majority (64.8%) of participants answered that they never have issues with transportation or car trouble. This question is explored further in the **Research Questions** section beginning on page 21.

**Question 10**: How often is transportation or car trouble a problem when trying to go to work or other places? (n=1567)

![Bar chart showing transportation/car issues](image)

**Housing Finances**

**Questions 11** and 12 were included to understand the extent of financial problems related to housing. Though 93.1% (n=1527) of participants indicated they did not have their utilities shut off in the last year for non-payment, the 6.9% represents 117 participants who did experience a utility shut off within the last year. Almost every participant who answered this **Question 12** indicated that they had not been evicted or foreclosed upon (98.5%). The 1.5% who did answer "Yes" represents 37 participants who were evicted or foreclosed upon in the last year.

**Question 11**: Have you had any utilities shut off in the last year for non-payment? (n=1580)

![Yes 6.9%](image)

**Question 12**: Have you been evicted or faced foreclosure for non-payment in the last year? (n=1574)

![Yes 1.5%](image)
Employment

This section was designed to gather demographic information about participants’ employment and income situations. Overall, 67.7% of participants indicated that they have at least part time employment. Of the 925 participants who answered this Question 16, over half indicated that they did not worry about meeting their basic needs (54.7%). Those that expressed that they do worry about meeting their basic needs, “Healthcare or Medications” (27.8%), “Car Expenses” (26.6%), and “Rent or Mortgage” (21.2%) were the top concerns, followed closely by “Utilities” (20.9%).

Question 13: What is your employment status? (n=1569)

Employment

- Employed Part-Time: 19.5%
- Employed Full-Time: 48.2%
- Retired: 18.2%
- Not Currently Working: 10.4%
- Not Currently Working Due to Disability: 3.7%

Question 14: Are you currently looking for employment? (n=1568)

Yes 14.6%

Question 15: Do you worry about meeting any of the following basic needs? (n=925)

- Clothing: 8.8%
- Food: 17.7%
- Utilities: 20.9%
- Rent or Mortgages: 21.2%
- Car Expenses: 26.6%
- Healthcare or Medications: 27.8%

Internet

Questions 17 and 18 was included to assess participant’s access and use of the internet and email. 16.5% of participants indicated that do not have access to the internet in their homes. 14.5% of participants indicated that they do not use an email address.

Question 17: Do you have access to the internet where you live? (n=1572)

- Yes: 83.5%
- No: 16.5%

Question 18: Do you use an email address? (n=1566)

- Yes: 85.5%
- No: 14.5%
Health Care Access

This section was designed to better understand participant’s access to healthcare. Close to 10% of participants indicated that they were not currently covered by any kind of health insurance. Over 77.5% of those covered by insurance held policies through their employer. Approximately equal groups of participants indicated coverage by Medicare (7.3%), self-paid insurance (7.3%), or Medicaid (7.2%). 6.7% of participants indicated that they do not have a primary care physician, or visit a particular doctor or health center for their health care. 11.6% or participants indicated that they or someone in their family was not able to receive necessary medical care in the last year. 11.9% of participants indicated that they or someone in their family was unable to receive necessary prescriptions in the last year. Close to 15% of participants indicated that they or someone in their family were unable to receive necessary dental care in the last year. While a notable majority of participants answered that they have received a routine check-up in at least the last two years (78.9%), 3.8% of participants had never been to see a doctor for a check-up. 5.3% of participants had never been to see a dentist or a specialist. The most popular sources of medical or health information were “Doctor or nurse or counselor” (89.3%), “The internet or search engine” (54.3%), and “Family and friends” (36.4%).

This questions are explored further in the Research Questions section beginning on page 21.

Question 19: In the past 12 months, was there ever a time when you did not have any health insurance? (n=1528)

- Yes: 15.6%
- No: 9.6%

Question 20: Do you currently have health insurance? (n=1545)

Participants who answered “Yes” to Question 20 were asked to indicate which type insurance they are currently covered by.

- Health Insurance through Employer: 77.5%
- Medicaid: 7.2%
- Medicare or Medicare Supplement: 7.3%
- Healthy Michigan Plan: 0.6%
- Affordable Care Act, ACA, iCare, or Obama Care: 1.7%
- Self-paid Health Insurance: 7.3%
- Veteran’s Administration, TRICARE: 0.9%
- Other: 3.8%
SURVEY RESULTS

Health Care Access

Question 21: Is there a particular doctor’s office (primary care doctor), health center, or doctor you usually go to when you are sick or need advice about health care? (n=1561)

- Yes 93.3%

Question 22, 23, and 24: In the last 12 months, were you or anyone in your family unable to get:

- Medical care, like doctor’s appointments, tests or treatments they or a doctor believed were necessary? (n=1553)
  - Yes 11.6%

- Prescription medicines they or a doctor believed were necessary? (n=1545)
  - Yes 11.9%

- Dental care, tests or treatments they or a doctor believed necessary? (n=1534)
  - Yes 14.8%

Question 25: About how long has it been since you last visited a doctor for a routine check-up? (n=1557)

- Within the Past Year 68.0%
- Within the Past 2 Years 14.9%
- Within the Past 5 Years 6.4%
- 5 or More Years Ago 6.9%
- I Have Never Had a Routine Check-up 3.8%

Question 26: How long has it been since you last visited a dentist or a dental clinic for any reason? (n=1441)

- Within the Past Year 76.7%
- Within the Past 2 Years 4.8%
- Within the Past 5 Years 4.3%
- 5 or More Years Ago 8.9%
- I Have Never Visited a Dentist or Dental Clinic 7.7%
SURVEY RESULTS

Health Care Access (continued)

Question 27: Where do you get your health information? (n=1254)

Body Mass Index

This section was designed to determine participants’ Body Mass Index (BMI). A question to determine how many participants had tried to lose weight was also included. Questions 28, 29, and 31 were used to calculate participants BMI following the formula recommended by the Center for Disease Control and Prevention (CDC)¹:

\[
\text{BMI} = \frac{\text{weight (lb)}}{\text{height (in)}^2} \times 703
\]

Each participant’s BMI was then placed into categories: Underweight, Normal Weight, Overweight, and Obese.

Almost no participant’s fell into the “Underweight” category (1.1%). Approximately one third of participants fell into each of the remaining categories. Approximately 12 women reported being pregnant. Those women who indicated in Question 31 that they were pregnant were excluded from the BMI calculation according to recommendations by the CDC¹.

Question 28: Approximately how many pounds do you weigh without shoes?
Question 29: Approximately how tall are you in feet and inches, without shoes?
Question 31: Please only answer this question if you are a women. Are you currently pregnant?

Further analysis of BMI and weight loss can be found in the Research Questions section beginning on page 21.

1. This formula can be found on the Center for Disease Control website: http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html
SURVEY RESULTS

Health Conditions

These questions were included to assess participants’ understanding of their overall health as well as to measure the prevalence of different physical health conditions in the Lowell area. An overall majority of participants rated their health as “Good” or “Very Good” (72%), with 14% rating their health “Excellent”. Question 32 was included to discover how many participants received their annual flu vaccination. Over 55% of participants indicated that they had not received the vaccine. The most prevalent diagnoses indicated by participants were “High blood pressure or hypertension” (25.7%), “High cholesterol” (21.3%), “Arthritis” (16.1%) and “Asthma” (14.5%). 39.0% of participants indicated that they had none of these conditions. 84.4% of participants answered that they do not have any kind of disability or challenge. For those who indicated a disability or challenge, “Medical” (8.1%) and “Hearing” (6.9%) were the two most prevalent challenges. A large majority (90.3%) of participants indicated that they do not have any difficulty with the listed activities. For those who indicated having difficulty, “Walking” (7.2%) was the most prevalent.

Question 32: During the past 12 months, have you ever had either a flu shot or flu vaccine that was sprayed in your nose (called FluMist)? (n=1526)

No: 55.8%

Question 33: How would you describe your health? n=(1552)

Excellent: 14.0%
Very Good: 33.3%
Good: 33.7%
Fair: 12.4%
Poor: 1.5%

Question 34: Has a doctor, nurse, or health care professional ever told you that you had any of or should take medication for any of the following? n=(1426)

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma</td>
<td>14.5%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>16.1%</td>
</tr>
<tr>
<td>Cancer (besides Skin Cancer)</td>
<td>9.0%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>5.8%</td>
</tr>
<tr>
<td>High blood pressure (hypertension)</td>
<td>25.7%</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>21.3%</td>
</tr>
<tr>
<td>Pre-Diabetes/Borderline Diabetes</td>
<td>6.3%</td>
</tr>
<tr>
<td>Skin Cancer</td>
<td>3.0%</td>
</tr>
<tr>
<td>Other</td>
<td>8.8%</td>
</tr>
<tr>
<td>None</td>
<td>39.9%</td>
</tr>
</tbody>
</table>

Conditions with less than 5.0%

- Alzheimer’s/Dimentia: 0.1%
- Angina/Coronary Artery Disease: 1.6%
- Chronic pain: 4.3%
- COPD/Emphysema: 2.0%
- Heart Attack/Myocardial Infarction: 2.5%
- Parkinson’s: 0.0%
- Sexually Transmitted Infection (STI): 3.5%
- Stroke: 1.7%
**Health Conditions (continued)**

**Question 35: Do you have any of the following disabilities or challenges? (n=1524)**
This question was a multiple selection question for which participants were asked to check all answers that applied.

- Visual: 2.0%
- Medical: 8.1%
- Mobility: 4.1%
- Hearing: 6.9%

**Question 36: Do you have difficulty with any of the following? (n=1167)**
This question was a multiple selection question for which participants were asked to check all answers that applied.

- Bathing/showering: 2.2%
- Dressing: 1.4%
- Eating/preparing meals: 2.6%
- Getting in/out of bed/chairs: 2.0%
- Walking: 7.2%
- Using the toilet: 0.9%

**Seatbelt Safety**
This item was included to understand participants' use of seatbelts. A majority of participants answered that they always wear a seatbelt with riding in or driving a car (88.9%). However, this means that more than 11.1%, or approximately 173 people, reported that they did not wear their seatbelts all the time.

**Question 37: How often do you use seatbelts when you drive or ride in the car? (n=1555)**

- Always: 88.9%
- Nearly Always: 8.5%
- Sometimes: 1.4%
- Seldom: 0.7%
- Never: 0.1%
Mental Health

This section was included to assess the Lowell residents’ understanding of their mental health as well as to understand participant’s feelings about mental health services. While 62.5% of participants indicated that they have never been told by a health professional that they have a mental health condition, the two most prevalent conditions indicated by those who identified a condition were depression (27.3%) and anxiety (22.1%). Both conditions were at least 15% higher than any other identified condition; the next highest percentage for mental health condition was ADHD at 5.3%. When asked if they or a family member could benefit from counseling, 55.9% of participants answered that they could. Though suicide attempts were less than 1%, almost 3% of participants indicated that they had contemplated taking their own lives in the last year.

**Question 38: Have you ever been told by a doctor or other health professional that you have any of the following? (n=1475)**

- Depression: 27.3%
- Anxiety: 22.1%
- ADHD: 5.3%
- PTSD: 2.8%
- Bi-Polar Disorder: 2.8%
- Substance Abuse Disorder: 1.9%
- Autism: 0.4%
- Schizophrenia: 0.1%

**Question 39: Have you ever felt you or someone in your family could benefit from counseling or help with your emotional problems? (n=1552)**

Yes 55.9%

**Question 40: Have you seriously contemplated attempting suicide or ending your own life in past 12 months? (n=1560)**

Yes 2.9%

**Question 41: Have you attempted suicide or attempted to end your own life in the past 12 months? (n=1549)**

Yes 0.6%
SURVEY RESULTS

Screening

This section of questions was designed to understand participants’ preventative health behaviors. Overall, 32.3% of women had never received a preventative breast exam. However, when split by the recommended age of 40 years or over for annual screenings, this percentage drops dramatically to 6.7%. Over 80% of women age 40 years or older had a mammogram within the last two years. 5.3% of overall participants reported having never had a pap smear test. This number dropped to 2.9% when taking in to account the recommended age earliest age of 21 as well as excluding women who had a hysterectomy. 81% of participants in the recommended age group had received a pap smear test within the last two years.

51% of men who answered Question 44 indicated that they had never received a prostate exam. When split by the recommended age of 50 years, this percentage drops to 2.9%. Within the age group of 50 years or above, almost 70% had received a prostate exam within the previous 2 years.

58.1% of overall participants indicated that they had never received colorectal cancer screening tests. When split by the CDC recommended age of 50 years, inclusive of all genders, the percentage drops to 14.5%. Within the recommended age group, there is a fairly even spread across the categories for time the tests were received (“Within the last year”, “Within the past 2 years”, “Within the past 5 years”, “5 or more years ago” and “I have never had these screenings”). This may be due in part to the recommendation of receiving these tests every 10 years rather than annually.

Question 42: How long has it been since you had your last mammogram? (n=684)

This question was asked only for women. Results shown below reflect CDC recommended age group.

Question 43: How long has it been since you had your last pap test? (n=818)

This question was asked only for women. Results shown below reflect CDC recommended age group.

Question 44: How long has it been since your last digital prostate exam? (n=166)

This question was asked only of men. Results shown below reflect CDC recommended age group.

Question 45: How long has it been since you had a test for colorectal cancer? (n=587)

Results shown below reflect CDC recommended age group.

---

4. CDC recommendation: http://www.cdc.gov/cancer/colorectal/basic_info/screening/guidelines.htm
Health Literacy

This section covers participants' sources for and understanding of health information. 39.6% of participants indicated that they were "Extremely confident" in filling out medical forms, and 25.2% indicated that their level of comfort is "Quite a bit". 61.5% of participants indicated that they almost always understand explanations given by health professionals. In general, participants seemed to be less comfortable in their understanding of the language in health insurance policies than they were with understanding explanations from health professionals. Excluding those who indicated that they did not have health insurance, most participants indicated that they were only "Somewhat" comfortable understanding health insurance policies (32.5%). Less than half of participants answered "Quite a bit" or "Extremely confident".

**Question 46:** How comfortable are you in filling out medical forms? (n=1240)

**Question 47:** How often do doctors or other health professionals explain things in a way that is easy to understand? (n=1201)

**Question 48:** How comfortable are you in understanding language in health insurance policies? (n=1494)
Alcohol and Drug Use

This section was included to understand participants’ relationships with alcohol and other substances. Questions 49-49c were designed to understand unhealthy drinking habits as informed by guidelines from the National Institute of Alcohol Abuse and Alcoholism¹. Question 49a asked participants to answer what the largest number of drinks they had consumed in one day over the previous month. For this report, a binge drinking session qualified as 5 or more drinks in one day for men, or 4 or more drinks in one day for women. 33.7% of participants had a binge drinking session in the previous month. Questions 49b and 49c were used to calculate if a participant qualified as a heavy drinker. Question 49b asked participants to identify how many days a week they have a drink. Question 49c asked participants to identify how many drinks they have in one session. Question 49b was multiplied by Question 49c to estimate how many drinks participants have per week. For men, 12 or more drinks per week qualified as heavy drinking. For women, 8 or more drinks qualified as heavy drinking. Overall, 13.2% of participants qualified as a heavy drinker.

Though 92.5% of participants indicated that they had never taken a prescription drug that was not prescribed to them, 1.7% answered that they had done so 40 or more times in the last year. 90.0% of participants indicated that they had not taken any of the substances listed in question 51 in the last year. The most prevalent drug indicated was marijuana (9.9%).

Tobacco

This section was designed to capture information about participants’ tobacco use. 40.8% of participants indicated that they have been a smoker at some point in their life. Of those who indicated that they have been a smoker at some point, 39.3% of participants said they currently smoke. Of those who indicated that they are currently smokers, 66.8% said that they smoke every day. 65.8% of current smokers said they tried to quit at least once in the last year. 18.1% of participants said they had tried an electronic cigarette. Of those, 52.7% answered that they smoke and electronic cigarette at least some days. Just 2.1% of participants indicated that they currently use chewing tobacco. 58.0% of participants were aware of smoking cessation programs in the community.

Question 52: Have you ever been a smoker? (n=1562)

Question 52a: (If yes) Do you currently smoke cigarettes every day, some days, or not at all? (n=522)

Question 52b: (If yes) During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking? (n=222)

Question 53: Have you ever tried an electronic cigarette or E-cig? (n=1533)

Question 54: Do you currently use chewing tobacco or snuff or dip, such as Grizzley, Skoal, or Copenhagen? n=(1532)

Question 54: Do you currently use electronic cigarettes or E-Cigs? (n=283)

Question 55: Are you aware of any local programs or services that are available to help you quit smoking such as telephone quit lines, local health clinic services, or cessation classes? n=(1449)

Yes 40.8%

Not at All 60.7%

Some Days 13.0%

Every Day 26.2%

Yes 65.8%

Not at All 97.8%

Some Days 1.2%

Every Day 0.9%

Not at All 60.7%

Yes 18.1%

Yes 52.7%

Yes 58.0%
SURVEY RESULTS

HIV Testing
This question was included to discover how many participants have been tested for HIV. Participants were reminded that their answers are confidential and that they would not be asked to disclose any test results. 62.8% of participants had not been tested.

Question 56: Have you EVER been tested for HIV? (n=1511)

Community
These questions were included to help understand a basic level of community impact of local publications and programs. A majority of participants answered that they read the Lowell Ledger (62.5%) and/or the Lowell Buyer’s Guide (64.8%). Close to half of participants answered that local health-related programs met their needs “Somewhat well”. 22.7% felt their needs were “Very well” met by local programs.

Question 57: Do you read Lowell Ledger? (n=1543)

Question 58: Do you read Lowell Buyer’s Guide? (n=1544)

Question 59: How well do local health-related programs and services meet your needs? (n=1463)
SURVEY RESULTS

Qualitative

This qualitative section was included to capture participants’ feelings and wants about their own health and what kinds of programming or facilities they would like to see in Lowell. Responses to Question 60 overwhelmingly demonstrated that physical health was of more concern to participants than emotional health. 79.0% of responses indicated a change to physical health. A closer look at the physical health responses shows that weight loss (48.0%), exercise and/or fitness (23.0%) and eliminating a chronic illness or condition (9.0%) were the changes most participants would make. For those who responded with mental health changes, anxiety and stress (43.0%) was the most frequent change desired, followed closely by a desire for generally better mental health (41.0%). The top challenges identified responses were time (27.0%), eating healthy (18.0%), and weight (11.0%). The top categories of other health or health care issues faced were specific diagnosis or conditions (65.0%) and insurance concerns or healthcare costs (15.0%). The diagnoses or conditions most commonly identified were mental health diagnoses (25.0%) and cancer (15.0%).

Question 60: If you could change one thing about your physical or emotional health, what would it be? (1158 responses)

Physical Health (915 responses)

- Lose weight: 48.0%
- Exercise more or be more fit: 23.0%
- Eliminate chronic illness or condition(s): 9.0%
- Specific body parts: 4.0%
- More sleep or energy: 4.0%
- Eating habits or Nutrition: 4.0%
- Quitting smoking or substances: 3.0%
- Other: 3.0%
- Age: 2.0%

Mental Health (185 responses)

- General anxiety or stress: 41.0%
- Depression: 16.0%
- Other: 43.0%
Qualitative (continued)

Question 61: What is the biggest challenge to being as healthy as you want? (1218 responses)

One barrier that participants identified when answering the question “What is the biggest challenge to being as healthy as you want?” was time. 29% of participants wrote that time was their biggest challenge.

Question 62: What other health or health care issues do you or your family face? (558 responses)
Qualitative (continued)

Question 63: What other facilities, services, or recreational opportunities would you like to see in Lowell?
(1234 responses)

Examples of responses marked “Other”
- “A town food plot”
- “More parking and affordable rent”
- “School open to walk in the winter”

Examples of responses for “Outdoor recreation”
- “More connectivity with trails within Lowell, Vergennes Township, and to other locations such as Ada, Forest Hills, and Greenville.”
- “Outdoor pickleball, disc golf course.”
- “Would like to see more activities available on the river. It’s growing, but there is room for more.”

Examples of responses for “Community activities”
- “Something for seniors to stay active, public trips.”
- “More family friendly cheap things or free to do.”
- “Outdoor/indoor adult sports league (Basketball, ultimate frisbee, soccer, etc.”

Surveys done by CCRM, Inc.
What is the current health status of Lowell residents?

A major research question guiding this investigation was an assessment of the overall health of Lowell residents. This analysis was divided into four topics: overall health rating, physical health, mental health, and tobacco use.

**Overall health rating “Fair” or “Poor”**

The self-reported health status of “poor” or “fair” can be predicted with a fair amount of certainty by Body Mass Index (BMI), level of education, whether or not the participant drinks, and whether or not the participant smokes, where smoking and high BMI have a negative impact and drinking and higher levels of education have a positive impact.

Specifically, participants with a high school degree or lower were 4.2 times as likely to report their health as fair or poor, participants who smoke were 2.2 times as likely, and participants who do not drink were 2.1 times as likely. For every increase of 1 in BMI, the odds of a participant reporting “fair” or “poor” health increased by 1.1. Participants who smoke, have a maximum education level of a high school degree, who do not drink, and who have a large BMI were the most likely to report a poor or fair health status.

**Physical Health**

About 62% of survey participants indicated having been diagnosed with a physical condition. The five most reported conditions included asthma (14.5%), hypertension (25.7%), high cholesterol (22.3%), arthritis (16.1%), and diabetes (9.0%). The percentage of diabetes for Lowell found in this evaluation was under the percentage found in state data (10.4%), and was equal to data from Kent County. It was slightly less than the national percentage. Though 84.4% of participants indicated they had no disability, the three most prevalent disabilities indicated were medical (8.1%), hearing (6.9%), and mobility (4.1%).

<table>
<thead>
<tr>
<th>Diabetes</th>
<th>Top Three Disabilities</th>
<th>Top Three Difficulties</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.1%</td>
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<td>2.2%</td>
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<td>6.9%</td>
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<tr>
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<td>9.9%</td>
<td>10.4%</td>
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</tr>
<tr>
<td>9.9%</td>
<td>3%</td>
<td>11%</td>
</tr>
</tbody>
</table>

RESEARCH QUESTIONS

Mental Health

Approximately 39% of survey participants indicated they have been diagnosed with a mental health condition. The three most reported conditions included depression (27.3%), anxiety (22.1%), and ADHD (5.3%). Of the participants who indicated having at least one mental health condition, 72.0% also have at least one physical health condition. Compared to participants who do not have a mental health condition, participants who do were about twice as likely to have a physical health condition.

Of the participants who indicated having at least one physical health condition, 43.0% also have at least one mental health condition. Compared to participants who do not have a physical health condition, participants who do were about twice as likely to have a mental health condition.

Tobacco Use

Of the participants who indicated that they currently smoke, 39.2% indicated that they smoke at least “Some days”. Participants of the Lowell survey showed a smoking rate 18% higher than that of Michigan as a whole. Smoking status was measured using different metrics than was used on the Michigan Behavioral Risk Factor Survey (2014), which may account for some of the differences.

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* Calculated as at least one major depressive episode in the previous 12 months
What is the nature and extent of Lowell residents’ unmet health needs?

Through this analysis, two major unmet health needs were identified: weight management and mental health. In addition to these needs, survey participants were asked to identify which programs or facilities they felt were lacking in the Lowell area.

Weight Management

Weight management presented as an unmet health need through several of the survey questions. One of the more telling items was the Body Mass Index, or BMI. BMI was calculated using Questions 28, 29 and 31 (see “Survey results” page 10). When categorized according to CDC standards, just over two thirds of all participants fell into the “overweight” and “obese” categories. Three demographic characteristics showed statistically significant variation between groups: Income, Education level, Renter Status. Income level showed an inverse relationship with the “overweight” and “obese” BMI categories—participants with lower incomes showed a higher percentage in the “overweight” and “obese” categories. Education level also showed an inverse relationship with “overweight” and “obese” categories—participants with lower incomes showed higher percentages in these BMI categories. Participants who indicated that they rent their home showed higher percentages in the “overweight” and “obese” categories than those who indicated that they own their home.

Overall BMI

"Obese" and “Overweight” by Income

"Obese" and “Overweight” by Education

"Obese" and “Overweight” by Renter Status
**Weight Management (continued)**

Gender, race, family size, and living in the city of Lowell, Lowell Township, or Vergennes Township showed no significant variation in BMI categories between groups. There was not sufficient evidence of a correlation between BMI and age. However, there was significant difference in the likelihood of being overweight or obese for age groups 18-30 and 65 and older. Participants aged 65+ were 1.6 times as likely to be overweight or obese as participants aged 18-30. No other age group comparisons revealed any differences.

**Question 30** asked participants “Have you tried to lose weight in the last year?”. 60.7% of all participants indicated that they had tried to lose weight in the last year. The two highest income categories (“$50k to less than $75k” and “$75k+”) had the highest percentages of participants who had tried to lose weight (65.9% and 69.9%, respectively). Each age income group had above 50%, with the exception of the “>$10k” category which had the lowest percentage (36.6%). The “46-65” age group had the highest percentage of participants who had made an attempt at weight loss (68.6%). Like the income groups, each age group had at least 50%, excepting the “18-30” age group (49.5%). A higher percentage of females (66.0%) than males (49.9%) said they tried to lose weight in the last year.

Additionally, 47.8% of participants identified “losing weight” as their most important physical health change they would make. “Weight” was also 11.1% of responses for the “Biggest challenge to being as healthy as you want.”
RESEARCH QUESTIONS

Mental Health

Depression was inversely related to income. The >$10k category showed 60.0% of participants with depression and while $75k+ showed 18.0% of depression. Income was directly related to lowest four categories of income, meaning that higher income showed more anxiety up to $49,999. The two highest income categories ($50k-$74,999 and $75k+) showed the lowest percentages of anxiety.

Age was inversely related to both depression and anxiety, with the 18-30 age group showing 38.9% with depression and 32.6% with anxiety. The 65+ age group showed 18.0% with depression and 14.9% with anxiety. Females had a higher percentage than males of both depression (29.8%) and anxiety (26.5%).

Depression

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<tr>
<td>$10,000-$19,999</td>
<td>31.0%</td>
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<td>$50,000-$74,999</td>
<td>21.1%</td>
</tr>
<tr>
<td>$75,000 or More</td>
<td>16.6%</td>
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<table>
<thead>
<tr>
<th>Age</th>
<th>Depression</th>
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</thead>
<tbody>
<tr>
<td>18-30 Years</td>
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</tr>
<tr>
<td>31-45 Years</td>
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</tr>
<tr>
<td>46-65 Years</td>
<td>23.4%</td>
</tr>
<tr>
<td>65+ Years</td>
<td>18.0%</td>
</tr>
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</table>

Anxiety

<table>
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<tr>
<td>$25,000-$49,999</td>
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<td>$50,000-$74,999</td>
<td>3.9%</td>
</tr>
<tr>
<td>$75,000 or More</td>
<td>3.0%</td>
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<table>
<thead>
<tr>
<th>Age</th>
<th>Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-30 Years</td>
<td>32.6%</td>
</tr>
<tr>
<td>31-45 Years</td>
<td>27.8%</td>
</tr>
<tr>
<td>46-65 Years</td>
<td>14.5%</td>
</tr>
<tr>
<td>65+ Years</td>
<td>14.9%</td>
</tr>
</tbody>
</table>
RESEARCH QUESTIONS

Mental Health

ADHD was concentrated in income groups below $50K, with the highest percentage in the “$35k through less than $50K” category showing the highest percentage (10.0%). Younger age groups had higher percentages of ADHD, with 18-30 showing the highest (9.0%). The 65+ age group showed less than 2% with ADHD. Gender was approximately equal, with females showing a slightly higher percentage (5.6%) than males (4.7%).

55.6% of all participants indicated that they felt someone in their family could benefit from counseling. The two lowest income groups showed the highest percentages, while the two highest income groups had the lowest. However, no income group showed less than 50%. Age had an inverse relationship with this question, with 72.1% of 18-30 year olds and only 32.5% of 65+ year olds saying they felt counseling would be beneficial for someone in their family.

Nearly 3% of participants indicated having contemplated ending their life at some point in the past year. Of these participants, about 77% have been diagnosed with depression and 67% have been diagnosed with anxiety. The age of these participants ranges from 16 to 81 with an average in the early 30s. By age category, 8.6% of adults aged 18 -30 seriously thought about suicide, 2.3% of adults aged 30- 45, 1.5% of adults aged 45 to 65, and 1.3% of adults aged 65+.

ADHD

Income

Age

Gender

Counseling

Overall

Income

Age
RESEARCH QUESTIONS

Programs or Facilities

Overall, over 70% of participants said they felt their needs were at least “somewhat well” met by local health programming. Slightly lower percentages of participants in the lower three income categories (equating to participants with less than $35k) said their needs were at least “somewhat well” met by programming; however, percentages were over 60% in all three categories. Higher percentages of the top two income groups indicated that their needs were “very well” served than other income groups. The $20k through less than $35k income group had the highest percentage of participants indicating that their needs were “not at all” met by local programming (16.2%). The 65+ age group had a higher percentage of participants who indicated that their needs were “not at all” met by programming (13.9%), but the highest percentage of those who indicated their needs were “very well” met (36.6%). A slightly lower percentage of females than males said that their needs were “very well” met, but a higher percentage of females indicated their needs were met “somewhat well” (51.4%) than males (45.9%). The “somewhat well” category had the highest percentages across all income, age, and gender groups, with the exception of the 65+ age group, which had equal percentages of participants indicating “somewhat well” (36.6%) and “very well” (36.6%).

Health Programs

- Very well
- Somewhat well
- Not very well
- Not at all

Overall

Gender

Income

Age

Dorothy A. Johnson Center for Philanthropy at Grand Valley State University | 2016 ©
Programs or Facilities (continued)

The most frequent singular response to the question “What other facilities, services, or recreational opportunities would you like to see in Lowell?” was “A swimming pool”, which comprised 34.0% of responses alone. The “Recreational opportunities or areas” category was broken down into subcategories; The two top subcategories were “Outdoor recreational areas and opportunities” (39.0%) and “Improved indoor recreation facility” (39.0%).

Facilities, Services, or Recreational Opportunities

What are current barriers to accessing health resources?

This analysis identified six barriers to accessing health resources for Lowell residents: Transportation Issues, Housing, Internet Access, Lack of Health Insurance, Health Literacy, and Time.

Transportation Issues

The overall majority of participants (64.8%) said that they never have issues with transportation. 6.5% of all participants said they have trouble with transportation at least weekly. The “never” category was directly related to income, with lower income groups showing lower percentages of participants. 28.9% of the “$>10” income group said they never had issues with transportation, while 77.2% of the “$75k+” income group indicated that they never had transportation issues. The “never” category was also directly related to age; the higher the age group, the higher the percentage of participants within that age category who said they never have issues with transportation. 10.3% of participants in the “$>10k” income group said they have transportation issues daily. Age was also directly related to the “never” category. However, a higher percentage of 31-45 year olds indicated that they have daily issues with transportation (3.6%) than any other age group.
**RESEARCH QUESTIONS**

**Housing**

Overall, only 1.5% of participants had been evicted or foreclosed upon in the last year. 6.9% of participants had utilities shut off for non-payment in the last year. Income was inversely related to evictions and foreclosures; lower incomes showed higher percentages of foreclosures and evictions. Utility shut offs were also inversely related to income, with only 0.5% of those in the $75k+ indicating that they had a utility shut off, while 32.0% of the >$10k income category indicated they had a shut off. Age was similarly related to utility shut offs, with only 0.8% of participants 65 years or older reported having a utility turned off, and 18.7% of 18-30 year olds reporting a utility shut off. Though very low percentages of participants in each age group indicated an eviction or foreclosure in the last year, no participants 65 or older had either, while the lower two age categories both showed 2.1% having been evicted or foreclosed upon in the last year.

---

**Eviction**

<table>
<thead>
<tr>
<th>Income</th>
<th>Less than $9,999</th>
<th>$10,000-$19,999</th>
<th>$20,000-$34,999</th>
<th>$35,000-$49,999</th>
<th>$50,000-$74,999</th>
<th>$75,000 or More</th>
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<td>5.0%</td>
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<td>2.7%</td>
<td>1.6%</td>
<td>1.0%</td>
<td>0.5%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>18-30 Years</th>
<th>31-45 Years</th>
<th>46-65 Years</th>
<th>65+ Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1%</td>
<td>2.1%</td>
<td>1.3%</td>
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**Shut offs**

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<th>Income</th>
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<th>$10,000-$19,999</th>
<th>$20,000-$34,999</th>
<th>$35,000-$49,999</th>
<th>$50,000-$74,999</th>
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<table>
<thead>
<tr>
<th>Age</th>
<th>18-30 Years</th>
<th>31-45 Years</th>
<th>46-65 Years</th>
<th>65+ Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.7%</td>
<td>8.1%</td>
<td>3.2%</td>
<td>0.8%</td>
<td></td>
</tr>
</tbody>
</table>
**RESEARCH QUESTIONS**

*Internet Access*

Overall, 16.5% of participants reporting not having home access to the internet. 14.5% of participants reporting not using an email address. Lack of internet access is inversely related to income. Over 66% of those in the lowest income group do not have access to the internet at home, while only 2.6% of those in the highest income group reported having no home access. The youngest and oldest age groups had the highest percentages of participants indicating that they have no home access (34.6% and 23.0%, respectively).

This pattern is repeated for email address use: lower incomes show higher percentages of people who do not use an email address; the youngest and oldest age groups showed the highest percentages of participants reporting they do not use an email address (24.9% and 34.4%, respectively).

---

**Lack of home internet access**

<table>
<thead>
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<td>32.0%</td>
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<tr>
<td>$10,000-$19,999</td>
<td>26.1%</td>
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**Age**

<table>
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</tr>
<tr>
<td>65+</td>
<td>23.0%</td>
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**Do not use an email address**

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**Age**

<table>
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<tr>
<th>Age Group</th>
<th>Percentage</th>
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<tbody>
<tr>
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<tr>
<td>31-45</td>
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<tr>
<td>46-65</td>
<td>8.6%</td>
</tr>
<tr>
<td>65+</td>
<td>34.3%</td>
</tr>
</tbody>
</table>
Lack of Health Insurance Coverage

9.4% of all participants indicated that they did not have any kind of health insurance. This percentage is lower than statewide (12.7%) and national (16.3%) statistics. Lack of health insurance is inversely related to income; Higher income groups have lower percentages of people reporting that they do not have health insurance. Almost 50% of participants in the lowest income group reported being without health insurance, while only 1.5% of participants with incomes of $75k or more lack health insurance.


Health Literacy

41.1% of participants who had insurance felt “extremely” or “quite a bit” confident in their understanding of insurance forms. Both income and educational level are inversely related to insurance form understanding. Lower income groups had higher percentages of participants who said that they were “not at all” or “a little” confident in their understanding of insurance forms. Lower levels of education also had higher percentages of participants who indicated that were “not at all” or “a little” confident in understanding. 18-30 year olds had a much higher percentage of participants who answered “not at all” or “a little” (36.5%) than all other age groups. However, participants age 65 or higher had the smallest percentage of participants who indicated that they felt “extremely” confident. The “somewhat” and “quite a bit” categories had fairly even percentages across the age groups with each group falling within 5% of each other. When split by insurance type, the highest percentages of participants across insurance types fell under “somewhat” confident, with the exception of Medicaid recipients. Medicaid recipients had a fairly even spread across the understanding categories, with slight polarization at the extremes: Medicaid recipients had the highest percentage of those who felt “not at all” confident as well as “extremely confident” in their understanding of insurance forms.

Insurance paperwork

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<th>Somewhat</th>
<th>A little</th>
<th>Never</th>
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<td>$10,000-$19,999</td>
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Education Level

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<th>Somewhat</th>
<th>A little</th>
<th>Never</th>
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<td>16.4%</td>
<td>10.9%</td>
<td>14.0%</td>
<td>4.7%</td>
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<tr>
<td>12th grade or GED</td>
<td>26.5%</td>
<td>34.7%</td>
<td>23.4%</td>
<td>16.7%</td>
<td>4.7%</td>
</tr>
<tr>
<td>College 1 year to 3 years or more</td>
<td>35.3%</td>
<td>32.7%</td>
<td>25.8%</td>
<td>32.6%</td>
<td>36.6%</td>
</tr>
<tr>
<td>College 4 years or more or advanced degree</td>
<td>5.5%</td>
<td>8.8%</td>
<td>16.0%</td>
<td>20.6%</td>
<td>8.9%</td>
</tr>
<tr>
<td>Graduate school or advanced degree</td>
<td>1.5%</td>
<td>8.8%</td>
<td>20.1%</td>
<td>14.0%</td>
<td>20.6%</td>
</tr>
</tbody>
</table>
71.5% of overall survey participants felt that they “almost always” or “always” understand explanations from doctors. The lowest income group had the highest percentages of participants who responded that they “never” (13.0%) and “almost never” (23.4%) understand doctors’ explanations. In general, participants in higher income groups reported understanding doctor’s explanations more often than those in lower income groups. With the exception of the lowest income group, every other income group had the highest percentage of participants who reported “almost always” understanding explanations. Participants who had at least some college reported understanding doctor’s explanations more often than those with a high school diploma, GED, or less education. Each level of education had the highest within group percentage in the “almost always” category, with the exception of the participants who had less than a high school diploma or GED. This education group had 29.0% in both the “sometimes” and “almost never” categories. The 18-30 age group had the highest percentage in both the “never” and “always” categories. All age groups had the highest within group percentage in the “almost always” category.

Doctor Explanations

Overall

Almost Always 50.4%
Almost never 6.0%
Sometimes 20.5%
Not at all 21.1%
Never 2.1%
Always 21.1%
**RESEARCH QUESTIONS**

**Health Literacy**

Doctor explanations

**Income**

- **Less than $9999**: 13.0% Always, 32.5% Almost always, 23.4% Sometimes, 10.8% Almost never, 17.8% Never
- **$10,000-$19,999**: 10.4% Always, 20.8% Almost always, 11.9% Sometimes, 10.8% Almost never, 13.3% Never
- **$20,000-$29,999**: 15.7% Always, 41.2% Almost always, 21.4% Sometimes, 11.3% Almost never, 8.7% Never
- **$30,000-$44,999**: 20.2% Always, 44.6% Almost always, 17.3% Sometimes, 8.7% Almost never, 1.3% Never
- **$50,000-$74,999**: 20.0% Always, 52.7% Almost always, 19.4% Sometimes, 1.3% Almost never, 1.3% Never
- **$75,000 or more**: 25.2% Always, 54.8% Almost always, 17.8% Sometimes, 1.2% Almost never, 0% Never

**Educational Level**

- **>12th grade**: 10.1% Always, 20.3% Almost always, 29.0% Sometimes, 3.0% Almost never, 1.6% Never
- **12th grade or GED**: 19.0% Always, 41.5% Almost always, 24.9% Sometimes, 5.0% Almost never, 4.2% Never
- **College 1 year to 3 years**: 21.0% Always, 55.0% Almost always, 19.8% Sometimes, 3.7% Almost never, 0.9% Never
- **College 4 years or more**: 24.1% Always, 56.6% Almost always, 17.5% Sometimes, 0.9% Almost never, 1.6% Never
- **Graduate school or advanced degree**: 23.8% Always, 55.0% Almost always, 16.4% Sometimes, 1.2% Almost never, 1.2% Never

**Age**

- **18-30**: 15.8% Always, 36.7% Almost always, 29.4% Sometimes, 12.4% Almost never, 5.6% Never
- **31-45**: 20.7% Always, 51.4% Almost always, 23.0% Sometimes, 3.1% Almost never, 1.7% Never
- **45-65**: 20.7% Always, 54.9% Almost always, 18.5% Sometimes, 4.8% Almost never, 1.2% Never
- **65+**: 25.8% Always, 53.4% Almost always, 11.8% Sometimes, 0.9% Almost never, 8.1% Never
ACKNOWLEDGMENTS

This project was made possible with the help of the Low Wellness Advisory Board:

Core Members
- Barb Hoogenboom, Board Member - Lowell Community Wellness
- Jodie Seese, Director - LoWellness Health Initiative
- Dawn Broene, Executive Director - Flat River Outreach Ministries
- Nate Fowler, Principal - Bushnell Elementary
- Melyssa Tsai O’brien, Research Manager - Community Research Institute

Community Stakeholders
- Melissa Athmann, Clinical Director - Four Health Family Resource Center
- Mindy Grant, Director of Nutrition - Lowell Area Schools
- Brad Brillhart, Pastor - First United Methodist of Lowell
- Roger LaWarre, Community Advocate - Schneider Manor
- Kelli Powell, Chief Financial Officer - Enwork
- Rose Hollinshead, Owner - Your Gift House
- Betty Morlock, City of Lowell Clerk - Retired
- Laura Gossiaux, Registered Nurse - MI Department Public Health
- Deb Schultz, Alto Branch - Kent District Library

Regional Resource Partners
- Ranelle Brew, Department Chair - GVSU Public Health
- Bob Van Eck, Clinical Quality Improvement - Priority Health
- Pam Ries, Chief Human Resources Officer - Spectrum Health
- Tex Bryant, Research Consultant - Kent Intermediate Schools
- Raymond Higbea, Assistant Professor - GVSU Public, Nonprofit & Health Administration
- Lara Jaskiewicz, Assistant Professor - GVSU Public, Nonprofit & Health Administration
- Jackie DeBruler, Director of Wellness - Meijer Corporation

Contributing Partners
- Patricia Murray, Program Manager - Flat River Outreach Ministries
- Karen Hanson, Graduate Student - GVSU Public Health
- Laura Garrison, Lowell Resident - Ridgeline Construction
- Chelsea Mahoney, Graduate Student - GVSU Public Health
- Tory Parsons, Counselor - Lowell High School
- Amy Pallo, Principal - Lowell High School
- Gretchen Bellema, Volunteer - National Kidney Foundation
- Linda Douglas, Member - Riverside Fellowship 7th Day Adventist
- Dan Vander Meulen, Principal - Lowell Middle School
- Alaina O’Mara, Graduate Student - GVSU Public Health
- Dakota McCall, Youth Presentative – Community Events Assistant
This is a survey about health and wellness. It is designed to identify what services and programs you would like to see in the Lowell area. It is also intended to identify barriers to good health. You need to be 18 years or older to take the survey. **This survey is voluntary and anonymous, so it does not ask for your name, address, email or phone number. All the survey information is kept confidential. If you feel uncomfortable answering any question, you may skip that question.** If you have any questions about the survey, please contact Melyssa Tsai at 616-331-9030, or tsaim@gvsu.edu, at the Community Research Institute at Grand Valley State University.

This survey should take about 15 minutes. Your opinion is very important to us!

**Demographics**

1. Do you live in the Lowell Area School district?
   - Yes → **Skip to 2**
   - No, I do not live in the Lowell Area School district, but I **work in the Lowell area.** → **Skip to 2**
   - None of the above. → **Go to 1a**

   1a. If you do not live or work in the Lowell area, what is your reason for coming to Lowell?

   *(Check all that apply)*
   - Volunteering
   - Shopping
   - Dining
   - Entertainment
   - Visiting relatives
   - Visiting friends
   - Attending a festival or other event; please specify: ______________________________
   - Other: __________________________________________________________________
APPENDIX A: SURVEY

2. Where do you live?
   - Ada Township
   - Boston Township
   - Bowne Township
   - Campbell Township
   - Cannon Township
   - Cascade Township
   - City of Lowell
   - Grattan Township
   - Keene Township
   - Lowell Township
   - Vergennes Township
   - Other: _____________________________________________

3. Which of the following race categories best describes you? (Check all that apply)
   - White or Caucasian
   - Black or African American
   - Hispanic or Latino
   - American Indian or Native American
   - Asian
   - Pacific Islander
   - Other: _____________________________________________

4. How old are you? ______________________

5. What gender do you identify with?
   - Male
   - Female
   - Transgender
   - Other: _____________________________________________

6. What is the highest grade level or year of school you have completed?
   - Grades 1 through 8 (Elementary)
   - Grades 9 through 11 (Some high school)
   - Grade 12 or GED (High school graduate)
   - College 1 year to 3 years (Some college or technical school)
   - College 4 years or more (College graduate)
   - Graduate school or advanced degree

Living Arrangements

7. Thinking of the place where you live now, do you
   - Rent
   - Own
   - Live with family/friends
   - Consider yourself homeless
   - Other: _____________________________________________

8. Including yourself, how many adults 18 years and older live with you?______________
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many children or other dependents under age 18 live with you?</td>
<td>________________</td>
</tr>
<tr>
<td><strong>Transportation/Car Issues</strong></td>
<td></td>
</tr>
<tr>
<td>How often is transportation or car trouble a problem when trying to</td>
<td>Daily, Weekly, Monthly, Less than once per month, Never</td>
</tr>
<tr>
<td>go to work or other places?</td>
<td></td>
</tr>
<tr>
<td><strong>Housing Finances</strong></td>
<td></td>
</tr>
<tr>
<td>Have you had any utilities shut off in the last year for non-payment?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>Have you been evicted or faced foreclosure for non-payment in the</td>
<td>Yes, No</td>
</tr>
<tr>
<td>last year?</td>
<td></td>
</tr>
<tr>
<td><strong>Employment</strong></td>
<td></td>
</tr>
<tr>
<td>What is your employment status?</td>
<td>Employed part time, Employed full time, Retired, Not currently working</td>
</tr>
<tr>
<td>due to disability, Not currently working</td>
<td></td>
</tr>
<tr>
<td>Are you currently looking for employment?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>What is your annual household income from all sources?</td>
<td>Less than $9,999, $10,000- 19,999, $20,000 - 34,999, $35,000 - 49,999,</td>
</tr>
<tr>
<td></td>
<td>$50,000 - 74,999, $75,000 or more</td>
</tr>
</tbody>
</table>
APPENDIX A: SURVEY

16. Do you worry about meeting any of the following basic needs? (Check all that apply)
   - Clothing
   - Food
   - Utilities (gas, water, electric)
   - Rent or Mortgage
   - Car Expenses (gas, repairs, insurance, maintenance)
   - Healthcare or Medications
   - I do not worry about meeting these basic needs

17. Do you have access to the Internet where you live?
   - Yes
   - No

18. Do you use an email address?
   - Yes
   - No

19. In the past 12 months was there ever a time when you did not have any health insurance?
   - Yes
   - No

20. Do you currently have health insurance coverage?
   - Yes
   - No → Skip to 21

20a. (If yes) Which of the following best describes the health care coverage you have?
   - Health insurance through an employer
   - Medicaid
   - Medicare or Medicare supplement
   - Healthy Michigan Plan
   - Affordable Care Act, ACA, MiCare, or Obama Care
   - Self-paid health insurance (I pay the premiums myself)
   - Veteran’s Administration, TRICARE
   - Indian Health Service, Tribal Health Services
   - Other: _________________________________

21. Is there a particular doctor’s office (primary care doctor), health center, or doctor you usually go to when you are sick or need advice about health care?
   - Yes
   - No

22. In the last 12 months, were you or anyone in your family unable to get medical care, like doctor’s appointments, tests or treatments they or a doctor believed were necessary?
   - Yes
   - No
APPENDIX A: SURVEY

23. In the last 12 months, were you or anyone in your family unable to get prescription medicines they or a doctor believed were necessary?
   ○ Yes
   ○ No

24. In the last 12 months, were you or anyone in your family unable to get dental care, tests or treatments they or a doctor believed necessary?
   ○ Yes
   ○ No

25. About how long has it been since you last visited a doctor for a routine check-up? A routine checkup is a general exam, not an exam for a specific injury, illness, or condition.
   ○ Within the past year (anytime less than 12 months ago)
   ○ Within the past 2 years (1 year but less than 2 years ago)
   ○ Within the past 5 years (2 years but less than 5 years ago)
   ○ 5 or more years ago
   ○ I have never had a routine check-up

26. How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists such as orthodontists.
   ○ Within the past year (anytime less than 12 months ago)
   ○ Within the past 2 years (1 year but less than 2 years ago)
   ○ Within the past 5 years (2 years but less than 5 years ago)
   ○ 5 or more years ago
   ○ I have never visited a dentist or a dental clinic

27. Where do you get health information? (Check all that apply)
   ○ Doctor or nurse or counselor
   ○ Social media (twitter, Facebook)
   ○ The internet or search engine such as Google
   ○ Church
   ○ Family and friends
   ○ School
   ○ The Lowell Ledger
   ○ Other newspaper or magazine
   ○ Community service organization
   ○ Other: _________________________________

Weight

28. Approximately how many pounds do you weigh without shoes? _________

29. Approximately how tall are you in feet and inches without shoes? _____feet;____ inches
APPENDIX A: SURVEY

30. Have you tried to lose weight within the last 12 months?
   ○ Yes
   ○ No

Pregnancy

31. Please only answer this question if you are a woman. Are you currently pregnant?
   ○ Yes
   ○ No

Vaccines

32. During the past 12 months, have you ever had either a flu shot or flu vaccine that was sprayed in your nose (called FluMist)? A flu shot is usually given in the fall and protects against the flu for the flu season.
   ○ Yes
   ○ No

Health Conditions

33. How would you describe your health?
   ○ Excellent
   ○ Very Good
   ○ Good
   ○ Fair
   ○ Poor

34. Has a doctor, nurse or other health professional EVER told you that you had any of the following or should take medication for them? (Check all that apply).
   ○ Asthma
   ○ Alzheimer’s or dementia
   ○ Arthritis
   ○ Heart attack or myocardial infarction
   ○ Angina or coronary artery disease
   ○ Stroke
   ○ Prediabetes or borderline diabetes
   ○ Diabetes
   ○ Skin cancer
   ○ Cancer besides skin cancer
   ○ Chronic obstructive pulmonary disease or COPD or emphysema
   ○ Chronic pain such as gout, lupus, or fibromyalgia
   ○ Parkinson’s disease
   ○ High blood pressure or hypertension
   ○ High cholesterol
   ○ Sexually transmitted infection such as HPV, Herpes, Chlamydia, Gonorrhea, etc.
   ○ None
   ○ Other:_______________________________________________________________
APPENDIX A: SURVEY

35. Do you have any of the following disabilities or challenges? (Check all that apply).
   - Mobility (use walker, crutches, wheelchair)
   - Medical (chronic condition or injury)
   - Visual (Blind or low vision)
   - Hearing (deaf or hard of hearing)
   - I do not have a disability

36. Do you have difficulty with any of the following? (Check all that apply).
   - Bathing or showering
   - Dressing
   - Eating or preparing meals
   - Getting in or out of bed or chairs
   - Walking
   - Using the toilet
   - I do not have difficulties due to health or physical problems

   Safety

37. How often do you use seatbelts when you drive or ride in the car?
   - Always
   - Nearly always
   - Sometimes
   - Seldom
   - Never

   Mental Health

38. Have you ever been told by a doctor or other health professional that you have any of the following? (Check all that apply).
   - Depression
   - Anxiety
   - Autism
   - Attention deficit hyperactivity disorder (ADHD)
   - Substance abuse disorder (alcohol or drug addiction)
   - Schizophrenia
   - Post traumatic stress disorder (PTSD)
   - Bi-polar disorder
   - None

39. Have you ever felt you or someone in your family could benefit from counseling or help with your emotional problems?
   - Yes
   - No

40. Have you seriously contemplated attempting suicide or ending your own life in the past 12 months?
   - Yes
   - No
35. Do you have any of the following disabilities or challenges? (Check all that apply).
   - Mobility (use walker, crutches, wheelchair)
   - Medical (chronic condition or injury)
   - Visual (Blind or low vision)
   - Hearing (deaf or hard of hearing)
   - I do not have a disability

36. Do you have difficulty with any of the following? (Check all that apply).
   - Bathing or showering
   - Dressing
   - Eating or preparing meals
   - Getting in or out of bed or chairs
   - Walking
   - Using the toilet
   - I do not have difficulties due to health or physical problems

**Safety**

37. How often do you use seatbelts when you drive or ride in the car?
   - Always
   - Nearly always
   - Sometimes
   - Seldom
   - Never

**Mental Health**

38. Have you ever been told by a doctor or other health professional that you have any of the following? (Check all that apply).
   - Depression
   - Anxiety
   - Autism
   - Attention deficit hyperactivity disorder (ADHD)
   - Substance abuse disorder (alcohol or drug addiction)
   - Schizophrenia
   - Post traumatic stress disorder (PTSD)
   - Bi-polar disorder
   - None

39. Have you ever felt you or someone in your family could benefit from counseling or help with your emotional problems?
   - Yes
   - No

40. Have you seriously contemplated attempting suicide or ending your own life in the past 12 months?
   - Yes
   - No
APPENDIX A: SURVEY

41. Have you attempted suicide or attempted to end your own life in the past 12 months?
   O Yes
   O No

Screening

42. Please only answer this question if you are a woman. A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since you had your last mammogram?
   O Within the past year (anytime less than 12 months ago)
   O Within the past 2 years (1 year but less than 2 years ago)
   O Within the past 5 years (2 years but less than 5 years ago)
   O 5 or more years ago
   O I have never had a mammogram

43. Please only answer this question if you are a woman. A pap test is a test for cervical cancer. How long has it been since you had your last pap test?
   O Within the past year (anytime less than 12 months ago)
   O Within the past 2 years (1 year but less than 2 years ago)
   O Within the past 5 years (2 years but less than 5 years ago)
   O 5 or more years ago
   O I have had a hysterectomy
   O I have never had a pap test

44. Please only answer this question if you are a man. A digital prostate exam is an exam used to check men for prostate cancer. How long has it been since your last digital prostate exam?
   O Within the past year (anytime less than 12 months ago)
   O Within the past 2 years (1 year but less than 2 years ago)
   O Within the past 5 years (2 years but less than 5 years ago)
   O 5 or more years ago
   O I have never had a prostate exam

45. Tests to screen for colorectal cancer include a blood stool test, a colonoscopy, and a sigmoidoscopy. How long has it been since you had one of these screening tests for colorectal cancer?
   O Within the past year (anytime less than 12 months ago)
   O Within the past 2 years (1 year but less than 2 years ago)
   O Within the past 5 years (2 years but less than 5 years ago)
   O 5 or more years ago
   O I have never had these tests

Health Literacy

46. How comfortable are you in filling out medical forms?
   O Not at all
   O A little
   O Somewhat
   O Quite a bit
   O Extremely confident
47. How often do doctors or other health professionals explain things in a way that is easy to understand?
   ○ Never
   ○ Almost never
   ○ Sometimes
   ○ Almost always
   ○ Always

48. How comfortable are you in understanding language in health insurance policies?
   ○ Not at all
   ○ A little
   ○ Somewhat
   ○ Quite a bit
   ○ Extremely confident
   ○ I do not have insurance

Alcohol and Drug Use

49. Do you ever drink beer, wine, liquor, or other alcoholic beverages?
   ○ Yes
   ○ No ➔ Skip to 50

49a. (If yes) In the past month, what is the largest number of drinks that you had on 1 day? _________

49b. (If yes) On average, how many days a week do you have an alcoholic drink? __________________

49c. (If yes) On average, when you drink, how many drinks do you have? ______________________

50. In the past year, how many times have you taken a prescription drug (such as OxyContin, Valium, Ativan, Vicodin, Codeine, Adderall, Morphine, Ritalin, or Xanax) that was not prescribed to you?
   ○ 0 times
   ○ 1-2 times
   ○ 3-9 times
   ○ 10-19 times
   ○ 20-39 times
   ○ 40 or more times

51. In the past year, which of the following substances have you used at least once (Check all that apply)
   ○ Marijuana or pot
   ○ Ecstasy or MDMA
   ○ Heroin, smack, junk, China white
   ○ Cocaine, powder, crack, freebase
   ○ Meth, speed, crystal, crank, ice
   ○ LSD, angel dust, acid, PCP, mescaline, mushrooms
   ○ None
**APPENDIX A: SURVEY**

### Tobacco

52. Have you ever been a smoker?
   - Yes
   - No → **Skip to 53**

52a. (If yes) Do you currently smoke cigarettes every day, some days, or not at all?
   - Every day
   - Some days
   - Not at all → **Skip to 53**

52b. (If yes) During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?
   - Yes
   - No

53. Have you ever tried an electronic cigarette or E-cig?
   - Yes
   - No → **Skip to 54**

53a. Do you currently use electronic cigarettes or E-cigs?
   - Every day
   - Some days
   - Not at all

54. Do you currently use chewing tobacco or snuf or dip, such as Grizzley, Skoal, or Copenhagen?
   - Every day
   - Some days
   - Not at all

55. Are you aware of any local programs or services that are available to help you quit smoking such as telephone quit lines, local health clinic services, or cessation classes?
   - Yes
   - No

### HIV Testing

56. Please remember that your answers are confidential. Although we will ask about testing, we will not ask you about the results of any tests you may have had. HIV is the virus that causes AIDS. Have you EVER been tested for HIV?
   - Yes
   - No
APPENDIX A: SURVEY

Community

57. Do you read the Lowell Ledger?
   O Yes
   O No

58. Do you read the Lowell Buyer’s Guide?
   O Yes
   O No

59. How well do local health-related programs and services meet your needs?
   O Very well
   O Somewhat well
   O Not very well
   O Not at all

60. If you could change one thing about your physical or emotional health, what would it be?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

61. What is the biggest challenge to being as healthy as you want?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

62. What other health or health care issues do you or your family face?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

63. What other facilities, services, or recreational opportunities would you like to see in Lowell?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Thank you for participating! The results of this survey will be made public in the spring of 2016.