2022 Diley Ridge Medical Center Community Health Needs Assessment: An Overview of Health
Fairfield County Community Health Needs Survey Results

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Primary qualitative data was collected from Fairfield County adult residents between February 14, 2022 – March 7, 2022, to gather their thoughts of their community and the health needs of Fairfield County residents. Posters in the lobby and waiting rooms of Diley Ridge Medical Center invited adult patients residing in Fairfield County to take part in the survey by scanning a QR code. The same invitation was extended Fairfield County adult residents on Diley Ridge's website, Facebook page, as well as emails to patients and colleagues.

Some unedited excerpts of these survey results can be found in the *2022 Diley Ridge Medical Center Community Health Needs Assessment: An Overview of Health* located online at www.dileyridgemedicalcenter.com and www.mountcarmelhealth.com.

Some responses have overlapping themes. The full survey and all unedited results are what comprises this report.

<u>Acknowledgements</u>

Thank you for taking the time to respond to this survey.
When responding to these questions, think of Fairfield County in its entirety.
For this survey, adults are individuals aged 18 years and up. Children are individuals aged one year to 17 years. Newborns are individuals under one year.

Please feel free to elaborate on your responses when prompted.
There are no correct answers.
All responses are anonymous.

n = number of Fairfield County adult residents responding to the question.

General Information and Thoughts

Do you live in Fairfield County? (n=99)
97 Yes   2 No

What is your Fairfield County zip code? (n=97)

2 43046 - Millersport	2 43102 - Amanda	5 43105 - Baltimore	0 43107 - Hide A Way Hills	4 43110 – Canal Winchester	6 43112 - Carroll
19 43130 – Lancaster	3 43136 - Lithopolis	54 43147 - Pickerington	1 43148 – Pleasantville	0 43150 - Rushville	0 43154 – Stoutsville
0 43155 – Sugar Grove	0 43157 - Thurston	0 43163 – West Rushville	1 Other 43068 - Reynoldsburg		

What is your age group? (n=97)

1 18 - 24	1 25 - 34	7 35 - 44	13 45 - 54	20 55 - 64	55 65 & over

What do you like most about your neighborhood or the area you live in? (n=90)
Safety (n = 9)
- Safe, Close to home for work, good schools, community support, multiple medical facilities available.
- Safe. Wide street. Friendly people.
- Low crime, most people are friendly
- Safe and friendly
- walkability and safety
- My neighborhood is quiet and safe.
- Peaceful area
- Safe neighborhood. Quiet street.
- People watch out for each other.
- safe neighborhood

Accessibility/ Proximity (n = 32)
- Easy access to Rising Park and Mount Pleasant, many historic homes, walking distance to downtown.
- Quiet. Nice neighbors. Convenience of nearby health facilities, grocery stores and shopping.

- I have access to a lake
- Country quiet, yet still close to shopping & dining
- Neighbors that we know but lots of open areas around us. Easy access to main roads and amenities like medical, food etc.
- Close to downtown with the smaller community feel
- Being within the country setting but having access to nearly everything.
- Easy accessibility to stores, restaurants, hospital, and gym, etc.
- It's close to the highway, twenty-some minutes to Columbus, and not too close to other people, without being isolated
- I like to have everything I need close
- Availability of groceries, Healthcare, shopping
- Neighbors, convenience to freeways, hospitals, restaurants, and parks
- Shopping and hospital convenience
- Parks and medical facilities are close by with options. Some of the best schools in the state.
- Close to everything
- Grocery stores, eating places, and hardware are near
- Convenient to stores, restaurants, Blacklick Park.
- The convenience of living near Columbus without the busyness of other suburbs.
- The diversity and proximity to all of the schools when my kids were growing up.
- Convenience
- It is convenient to a lot of things.
- The amenities it offers.
- Easy access to stores
- Easy access to everything, groceries, take our, etc.
- Close to a lot of things - nice and big neighborhood
- close to the freeway
- Close to activities... restaurants, school, Columbus access.
- Convenient to most everything.
- It is just outside the city limits but still close to businesses and schools. Neighbors take care of home repairs and yard maintenance.
- friendly. close to schools and shopping but still suburbs
- Fairly quiet. Resources readily available, i.e., groceries, health care, recreation, security
- Feeling of safety. Proximity to grocery, health care and essential needs

Quietness (n = 20)
- Very peaceful
- quiet area
- Quiet, peaceful
- It's quiet and friendly.
- Quiet
- Quiet and in a somewhat rural setting.
- How quiet it is
- Quiet area, good caring people. Feels like a safe place.
- The neighborhood is quiet and mature. The City is growing and takes care of its citizens.

- Quiet and friendly
- Peaceful and quiet. Very little crime. Good neighbors
- Space to breathe
- Quiet, friendly clean
- Quiet conservative town
- Quiet
- It's quiet
- quiet, friendly
- it's quiet and have a nice, wooded area nearby
- It's quiet and rural

Friends/Family/People (n = 10)
- Community, knowing neighbors
- The people
- It's diverse in ages, ethnicity, and people help one another.
- privacy and good neighbors
- Caring neighbors
- Neighbors we know from 20+ yrs
- Clean, stable, good neighbors
- I know folks
- I like how close the neighbors are to each other and how much they support each other
- Good neighbors, quiet, no developments. Feel safe.

Rural/Small Town Setting (n = 12)
- rural
- Spacious acreage, country living.
- Its country, relaxing.
- Rural yet close to everything one needs to live. Good living conditions with low crime.
- Country setting, quiet, and safe
- Was still country at one time.
- small town feel
- Small town feel close to big city
- Was still country at one time.
- Small town feel with lots of amenities.
- Small town feel, but close proximity to Columbus
- its small

Misc. (n = 7)
- Great Community feels like home
- I like that Lancaster has multiple places to show, I like my subdivision and our property taxes are high.
- We built our house here. Houses are well kept.
- live in a condo last 20 years here in Pickerington with folks are age and my husband and we keep active
- Everything
- I have lived in Fairfield Co. for 54 years. Love it. Raised my 2 boys here.
- Don't have an answer

What does a healthy community look like to you? (n=87)

Safety (n =13)
- Safe, opportunities for recreation, healthy food options
- Safe environment and quick access to medical care
- One with little crime and a mixed people.
- Safe, friendly, clean.
- No crime, excellent schools, health services, parks, open outdoor areas, greenspace, sports facilities pool and therapeutic yoga and exercise programs.
- Safe neighborhoods, accessibility to grocery stores, medical facilities, recreational space educational opportunities
- Safe streets and neighborhoods. Good places to eat and shop.
- Freedom over fear
- low crime, clean streets police present
- No crime. Good neighbors. More parks with walking paths. No HOA!
- High employment rates, low crime, good school district, thriving businesses
- low crime, access to health care and education
- Little crime, quick and easy access to grocery/drug stores, doctors, and parks.

Healthcare Services (n = 23)
- Easy access to a Hospital that provides good quality of care and provides friendly professional customer service. Also, provides a variety services.
- Full health services within the community or within reasonable distance for those with transportation issues. Services that are available locally that are covered by employers who are outside of the county. Having services and providers who specialize in diverse populations. Providing facilities for healthy living such as gyms and/or educational facilities for a more mature population, but who are not of retirement age. Our local gyms cater to a younger population or to families, which makes it frustrating or impossible for middle aged, working adults to comfortably use these facilities in the times available to them.
- Healthcare access for folks of all ages, a variety of mental health facilities, large hospital system that can accommodate people being admitted to the hospital and not have to be transferred to Columbus d/t lack of access to specific providers- orthopedics, trauma, Neurosurgery, complex cardiovascular care.
- Easy access to quality healthcare; and intelligent population when it comes to vaccines and public health
- Having access to healthcare, not just for urgency/emergencies, but specialists and family medicine.
- Access to excellent health care, education to community about healthy lifestyle
- It's a community with people who have easy access to work, church, parks, shopping, and the arts. It's also a community where neighbors care about and help each other in any way possible.
- Easy access to healthcare

- Quick access to all health care including vision, dental, gastro, Neuro, heart, etc.
- Resources close. Food, medical, faith, recreation, feeling safe
- Sufficient Healthcare providers, labs, urgent care, hospital, healthy food choices
- Excellent and convenient health care options
- Adequate pharmacy, doctors, ER, hospital, recreation
- Having medical care for everyone. Having adequate food, toiletries, and cleaning supplies for everyone.
- Vaccinated. Ready access to quality healthcare for all. Insured and uninsured.
- having a med center with an optomologist as well as doctors
- Quality care with quality outcomes
- Facilities close by to serve the community
- Everyone of every age has access to comprehensive, competent medical care at a fair cost. One does not have to travel to reach specialized care except in rare circumstances. Adequate number of Doctors and facilities.
- Places for activities indoors and outdoors, health facilities that are close to me. Glad to see Ohio Health hospital coming to Pickerington. Traveling to Grant or Riverside is not always easy or practical.
- Convenient healthcare facilities
- easy access to quality healthcare with choices
- Good Doctors and Hospitals

COVID Related (n = 5)
- Social distancing, masks.
- everyone wearing a mask
- Everyone has been vaccinated against covid and wear masks when out in public.
- Vaccinated
- not covid.

Friends/Family/People (n = 20)
- Low crime, assistance for the underserved, community participation in health-related issue, community support for those in need from children through geriatrics, variety of activities, outdoor, exercise, healthy food choices
- it looks like people supporting other people, a clean environment etc.
- People who are caring for the community they live in- proud of their family and town, participate in activities to take care of and promote that community including benevolence and outreach to others.
- Clean neighborhoods, friendly, happy people
- One where people can get together and participate in events and activities
- One where neighbors help each other. Where emergency services are available.
- A community, with less stress, where everyone looks out for the other.
- Where people are taking care of themselves and their neighbors. A community where people are active in all ways - taking advantage of outdoor activities, doing community service etc.
- friendly people outside exercising, keeping their yards neat
- Neat, clean, quiet, and friendly.

- People able to pay bills, keep property neat and clean, businesses that thrive, good education, health services.
- Clean and friendly - where neighbors look out for their neighbors
- Good neighbors
- supporting one another in all things- mind, body, soul
- quiet and respectful people socializing when appropriate but also allowing one their personal space and privacy
- Respectful people, kind, aware of surroundings and others. People that respect your space when out and about, especially during these Covid times.
- Knowing there is help when you need it.
- One with different types of people. Both in ages as well as diversity.
- Diverse, friendly, and walkable.
- Neighbors being good people

Exercise (n = 16)
- Maintaining neighborhood beauty inspires the community to live healthier lives through exercise, safety, and social events.
- Children playing. People walking-- some with pets. people taking care of property
- Opportunity for physical activity, health fairs.
- Active people walking, running, or biking
- People out walking, kids on bikes
- active residents
- Healthy, walking adults
- Mixed use with care for all age groups. Access to good health care and plenty of green space/parks for exercise. Sidewalks and trails.
- Convenient access to walking/running /biking trails
- Lots of walking paths, good restaurants, community programs and health initiatives
- Outdoor recreation opportunities, an indoor pool, a recreation center where people can do physical activity as well as social interaction.
- Access to outdoor activities and state of the art medical care
- walking & biking paths, hiking & biking clubs, healthy restaurants, low noise & fume emissions
- Sidewalks to walk, parks, community fitness center
- people out walking or running.
- A community centered around healthy food and exercise

Misc. (n = 10)
- clean
- see above
- No homeless sleeping in public areas, no litter in parking lots, and no vacant houses.
- All ages
- Very good
- fair. Mostly middle age and younger
- Jobs good law enforcement fire protection well-functioning government
- Don't know.
- country

- Not Pickerington

What do you think are the most important health issues facing adults in your community? (n = 91)
Drugs/Alcohol (n = 7)
- Primarily illegal drug use, tobacco usage, and alcohol abuse. Secondly obesity, diabetes, and heart health.
- Smoking, overweight
- Drug and alcohol, lack of mental health resources
- Smoking
- 1. Substance abuse 2. Overweight and obesity 3. Mental health
- drug addiction is an epidemic right now, staying active
- Young adults - drugs, older adults' access to athletic facilities for healthy lifestyle.

Chronic Disease/Poor Nutrition (n = 28)
- Obesity, drug/alcohol addiction, stress, chronic health conditions
- not a lot of healthy food options not enough parks
- Obesity
- Good eating habit
- lack of exercise.
- Heart
- Fast Food. High Sugar
- Diabetes, obesity
- People need to be active at all ages and eat a healthy diet that prevents excessive weight gain. Too much weight gain leads to countless health issues.
- Obesity, cost of drugs, smoking, vaccine non-compliance
- I don't really know. But I see a number of quite obese people in my practice
- Obesity
- heart attack, strokes, emergency accidents, diabetes
- Obesity
- Lack of exercise options, cheap food is unhealthy, good food is expensive
- Obesity
- Cardiovascular disease, diabetes, and obesity
- Cancer and diabetes
- Obesity, ignorance (lack of education)
- Overweight
- age, obesity
- Cancer
- Weight. Lack of exercise. Isolation due to Covid.
- Weight
- cancer
- obesity and lack of exercise
- poor diet

Accessibility/Cost of Care (n = 14)
- Accessibility to care, transportation to care and cost of care

- ED/Preventive care services that are easy accessibility especially for handicap people. Offer community days like free blood pressure checks, cholesterol testing, dietary tips etc..
- Access to multiple medicine disciplinaries as well as involvement within the community
- Pcp office is no longer as Accessible to sick patients anymore. We used to go see our Dr when we were sick. Now Mount Carmel PCP's only want you in the office for well checks. If we are sick and need to be seen, you have to get a COVID test first. This is hurting the elderly in our community!
- Affordable and accessible care
- Cost of healthcare, Access to general care is good, but as population has greatly increased, a hospital serving the area like in Grove City would be good, Drug abuse
- Having affordable insurance to be able to go to Doctors.
- eye care and eye surgeons near by
- the need for more health providers. Aging
- Geriatric care. Adequate accessible facilities
- Prescription costs. Health care availability. More doctors and nurses
- close medical care
- Access and cost to maintain easy ways to stay active
- Close and convenient full-service hospitals.

COVID (n = 17)
- Covid, heart disease, obesity
- Covid
- The pandemic...
- COVID and all of its variants. People who refuse to get the shots to help prevent the spread of the virus. I understand there are some that can't or won't due to valid reasons but there should be more that are vaccinated. Also, the ones who refuse to wear a mask when they have not been vaccinated just because they feel their rights are being infringed upon
- Covid
- Insurance. Covid adequate food, housing, e monetary relief when needed.
- Covid at this time
- COVID
- covid, old age-related issues
- Covid.
- Right now, I think it is still COVID. People refusing to wear masks when things are still dangerous.
- Covid, falling and prescription prices
- Covid
- COVID
- people worry too much about covid. Use so common sense!
- covid. Raspatory diseases
- covid, vaccine mandates, lack of health insurance, high cost of medical care and prescriptions

Care for Elderly (n = 13)
- Age related issues

- Not much for older people. Wish there was a senior center, would like to do stretching and balance exercises.
- Aging and being independent, health care support for the elderly and the very young.
- do not know that many people here. But I think heart disease and cancer are on everyone's mind. Worrying about old age and having affordable housing for the elderly.
- More home health easily available to seniors
- Affordable senior care facilities.
- Four young families, the good or bad choices that make about their health. For Seniors, the ability to remain healthy.Falls, dementia, and fixed income.
- Being considerate of others. We're old, we have health issues. We appreciate not being uncomfortable in the grocery or public from others not social distancing.
- Lack of activities for seniors to meet people
- aging
- Aging issues are important to me and my friends. How to deal with issues due to aging and having close reliable medical facilities.
- old age -diabetes etc.

Misc. (n = 12)
- Mental health
- insufficient outdoor space for safe running/biking/walking
- I think many people do not think they're unhealthy because they're not sick. Increasing the importance of seeing a doctor for a yearly physical regardless of how healthy someone feels
- mental issues AND anxiety due to stupid shutdowns and mandates and loss of jobs if you don't do what the "government" tells you to do. And the medical community is playing along with the "government".
- Staying healthy
- Being able to live on your own.
- Not sure
- We don't have a community center.
- That's really hard to answer. Everyone has their own problems.
- Rising inflation costs, gas prices, housing market, drug abuse, covid
- Staying busy.
- Nothing comes to mind

Ranking Statements and Providing Comments

Please rank the 11 statements below (Strongly Agree, Agree, Neutral, Disagree, or Strongly Disagree).

Depending on your response, another question will populate, giving you the opportunity to elaborate on your opinion.

The adults in Fairfield County have little to no physical health issues (such as Alzheimer's disease, COPD, diabetes, heart disease, stroke, etc.). (n = 94)
<u>2</u> Strongly Agree   <u>2</u> Agree   <u>13</u> Neutral   <u>44</u> Disagree   <u>30</u> Strongly Disagree

What physical health issues do you notice in adults in your community issues (such as Alzheimer's disease, COPD, diabetes, heart disease, stroke, etc.)? (n = 74)
<u>Chronic Conditions</u> (n = 46)
- diabetes, heart disease, stroke
- Diabetes, heart disease, sports injuries, need for physical therapy
- Alzheimer's, COPD, Diabetes, heart disease, cancer, obesity, and dementia.
- Hypertension, Diabetes, Obesity
- Uncontrolled diabetes and HTN that leads to complications such as heart attacks and strokes.
- Arthritis
- Diabetes, High blood pressure, high cholesterol, depression, Anxiety
- Diabetes, dementia, heart disease
- Diabetes, hypertension
- Heart disease, Diabetes, COPD, Stroke
- Diabetes and heart problems
- Heart disease
- Diabetes and heart issues
- Alzheimer's, heart
- Heart disease, stroke
- Heart, diabetes, stroke, heart disease, cancer
- COPD, diabetes
- Alzheimer's disease, COPD, diabetes, heart disease, stroke, HIV
- Heart disease and stroke. I believe from lack of PCP care.
- Alzheimer's disease, COPD, diabetes
- Heart disease
- "diabetes
- heart disease
- COPD"
- Dementia, heart disease, cancer.
- diabetes, heart disease
- Diabetes, heart disease, stroke.
- Cancer
- Diabetes
- heart and cancer
- alzheimer's/diabetes.hear disease
- Cancer

- Heart disease, obesity, and diabetes
- diabetes and heart disease
- Heart disease, Alzheimer's, stroke, ALS, Arthritis, MS, Diabetes, Cancer...
- heart disease
- Alzheimers, heart disease
- heart disease
- Cancer
- diabetes
- cancer
- heart disease, stroke
- Diabetes
- Heart disease is prominent in all communities; number one killer in the US!
- diabetes
- Breast cancer, prostate cancer and issues, bone density and causes, kidney issues to name just a few

All of the Above (n = 19)
- All of the above
- all the above
- All of the above
- All of the above.
- All of the above
- all of the above
- all of the above
- All of the above!
- All of the above.
- All the above
- All
- All the above
- All of the above
- "All of the above"
- All
- All these issue can be seen in every community. As the community ages, there are more instances of heart disease and stroke.
- All of these things are prevalent. I have neighbors on my street who deal with diabetes and heart disease and know of others throughout the community that are suffering from these health issues.
- All of the above and the heart, stroke issues are getting worse due to vaccine adverse reactions
- All of these, but especially diabetes, heart disease, and stroke. The other two may be more hidden as suffers are often homebound.

Other (n = 9)
- "Most young adults have the normal Colds and Flu problems
- Seniors usually have more health problems because of there age."
- Nothing personally, but basing my answer on the average health of rural Americans
- Mobility issues/orthopedic, heart, cancer,

- Haven't been here long enough to be able to answer. Based on the amount of smokers I see, I would guess smoking-related illnesses.
- What I notice is all of them except COPD but I am sure it is here.
- Diabetes, heart disease, mobility issues
- Diabetes, heart disease, copd, obesity, tobacco use, drug addiction
- Those conditions lack visual signs so how could I notice them.

Obesity (n = 3)
- Obesity
- Obesity
- Obesity and the problems that go with it.

Unknown (n = 2)
- not known
- ?

The residents of Fairfield County are able to get affordable, nutritious foods with no problems. (n =)

<u>4</u> Strongly Agree   <u>35</u> Agree   <u>31</u> Neutral   <u>19</u> Disagree   <u>3</u> Strongly Disagree

What nutritional issues do you notice in your community? (n = 21)
Cost/Access (n = 8)
- Organic foods are expensive and have a limited stock. The Lancaster Meijer is continually out of the organic milk I need to buy, so I am regularly going to the Canal Winchester Meijer instead. Dining options are mostly fast food/hamburger venues, and other options that have healthier food options are expensive.
- Yes, the price hikes of food at this time for families with incomes is hard but families that use food stamps can barely afford to get quality food for themselves or their children
- Lack of access within the community as well as those families lacking financial support
- Rising food costs for people on fixed incomes.
- Based on information from the Pickerington food pantry, many families live in poverty and need their service
- Healthy nutritional food is expensive
- Economic issues and rural grocery
- deserts
- Costs

Fast Food (n = 4)
- Too much reliance on fast foods. Lack of fresh fruits and vegetables that are affordable for all.
- Lots of fast food, but fewer high quality dining out choices. The grocery stores do stock lots of nutritious varieties, but I'd like to see more locally grown. Nutrition education is lacking.
- Too much fast food, rising price of groceries
- Access to cheap and unhealthy food

Lack of Good Food (n = 5)
- Due to Covid-19 low stock in grocery stores
- Shortage of groceries, higher prices of food.

14

- Healthy restaurants
- Only 1 farmer's market, Limited healthy food restaurant options
- Lack of fresh food choices are fast food restaurants

Misc. (4)

- The food bank has a large volume of clientele, reported to be 20 % seniors.
- I am in my sixties, and we have taken care of my mother and my father-in-law. They lived with us at different times. Fairfield County needs the senior benefits that other counties such as Franklin has. Dealing with the meals on wheels program here is very difficult.
- No knowledge of this.
- When I needed 211 good assistance, meat was no good to consume, can food was generic and awful and when I called and asked for help, I was treated poorly.

The residents in Fairfield County have access to safe places where they can enjoy physical activities. (n = 90)

7 Strongly Agree   41 Agree   26 Neutral   11 Disagree   5 Strongly Disagree

What are the physical activity issues in your community? (n = 16)

Lack of Facilities (n = 3)

- It would be nice to have an exercise facility near Diley Ridge just as FMC has with the YMCA in Lancaster. The cost of gaining access to that is fiscally irresponsible for some within the community.
- No facilities
- There isn't anything inside for walking, swimming, etc.

Cost (n = 4)

- I'd like to see an affordable gym/workout space for the community
- There are plenty of gyms, but few places for free. Winter is especially difficult for seniors to exercise indoors, even just to walk, unless they have a programs like Silver Sneakers.
- The Senior is way too expensive and there is nothing else to do.
- Senior center in Pickerington is excellent, but health clubs are still high priced for seniors.

No Sidewalks/Trails (n = 4)

- no sidewalks, no bike trails
- Walking and hiking areas are in high crime and drug activity areas not well lit. No easy to get to or not accessible. No POOL large enough to serve the community. No free aquatic or
- We need more safe sidewalks and bike paths that connect to the excellent Metroparks system
- having safe walking trails through every subdivision

No Such Places (n = 4)

- There really are not any
- There aren't any. I called Groveport Rec and Canal, they do exercise and jazzercize, but I am interested in stretching and improving on the mobility I still have. Jazzercize is too strenuous with asthma and a bad back.
- There are none
- where are these places?

Misc. (n = 1)
- My mother had dementia and attended the day program at Wesley Ridge. Wonderful program, but hard to get any help. We needed help to take care of my father-in-law and had a horrendous time dealing with Home Helpers in Lancaster through meals on wheels. No one showed up to help when promised, prices went up routinely, office workers were less than helpful,

There are little to no alcohol or drug issues in Fairfield County. (n = 90)
2 Strongly Agree 3 Agree 13 Neutral 33 Disagree 39 Strongly Disagree

What alcohol or drug use issues do you notice in your community? (n = 62)
Accessibility/Use by Youth (n = 9)
- Wide variety of access to all illegal drugs, increased number of stay at home alcoholism noted through pandemic
- Drug issues in the schools
- More and more drug issues and sales. Drugs in schools.
- Vaping and drugs in high schools
- opiates are everywhere especially in the schools
- Increased drug and alcohol abuse among our young adults
- Teenage drug problem.... number of kids selling and using.   Sad Pickerington is nationally known for drug problem.
- Drugs in schools
- Teenage drinking, smoking pot, prescription drug abuse

Opiates/Weed/Substances (n = 18)
- weed and opioid
- Drinking, pot
- Illegal drugs and misuse of prescription medications
- Opioid addiction
- Marijuana is prevalent with many school aged kids
- Opioid addiction. Pain pill addiction.
- IV drug use is high
- Opioid, And Meth epidemic is out of control
- Mostly drug use of opioids.
- Crack, cocaine, pot.
- heroin
- drugs and alcohol
- Narcotics and alcohol
- opiate, meth, alcohol
- Illegal drugs continue to be a plague on our community. Many people are overmedicated with legal drugs or pain killers.
- Alcohol and drugs are used by teens and adults
- drug issue are all over the county with alcohol to a lesser degree.

Heard From Media (n = 10)
- I haven't witnessed anything. However, I am not naive enough to think there aren't any.
- I have heard Lancaster has quite a lot of drugs problems, tragically
- I don't see much, but I am aware it is here.
- What is reported in the local news.

16

- See issues on TV, news
- mostly what I read about or hear about.
- Drugs are everywhere—vaping is trend
- Mostly hearsay. I have participated in public group calls where this was discussed.
- The book Dreamland chronicled the drug scene, even mentioning Pickerington. Nightly news has same stories today.
- The nation is in the midst of an opioid epidemic; it's a problem in every community!
- Reading reports from sheriff department, I suspect alcohol and drug issues are a problem with crime, impaired driving

Experiences In the Neighborhood/Town (n = 6)
- Random. We had two young drug involved people in our neighborhood which brought in ethnic crime and shooting. Once gone, it was gone. Kudos told enforcement.
- Little seems to be done about the drug houses in town. There are two in my neighborhood alone within viewing distance of my porch. My particular neighborhood is in a severe decline due to drugs and crime (my property has been broken into multiple and vandalized multiple times). It is not at all uncommon for me to have to clean up beer bottles from the street, sidewalk, or what is tossed onto my porch. This was an expensive neighborhood when I bought my house there over 20 years ago.
- I live near many bars which are crowded every night and drinkers driving after drinking all evening. Also, narcotics abuse is common. I used to work at Fairfield Medical and saw the effects there daily.
- Drug house in my neighborhood. Alcohol cans and bottles being tossed in yards when driving
- Drug use. You see people walking who are high on drugs
- bottles and beer cans discarded where they don't belong, reckless driving, etc.

Death/Crime (n = 9)
- Drug abuse....and fatalities
- Increase in petty crimes d/t drug and alcohol use is on the rise since people can't hold jobs d/r lack of community resources for mental health and substance abuse.
- deaths from accidental &/or intentional overdose
- crowded bars up & down 256 leading to alcohol dependance, Thefts for drug use
- Violence related to drug use.
- Significant issues untreated youth and young adult. Limited access to quality treatment programs and counselors. Problem is severe know of many families struggling to find help.
- Increase in crime and thefts. Car break-ins and garage thefts for quick cash. A problem in our community. Need a program that has a social impact like a catering or restaurant business that specifically hires people in recovery. Or a program like "clean turn" in Columbus. Therapeutic art program and art gallery. Many other options exist outside Fairfield.

- Overdoses
- Like every community, there is a large alcohol and drug problem. The crime increases we have experienced are usually associated with drug use.
- murder at 256 and Meadows Blvd

Misc. (n = 10)
- Homelessness
- both
- Drugs are big
- all of the mental health/addiction signs
- Same as everywhere
- all the homeless people
- not sure
- How does anyone know the extent of drug and alcohol abuse? It is hidden in rural areas and more noticeable in populated areas.
- None
- It is everywhere.

There are no mental health issues among Fairfield County Residents. (n = 90)
2 Strongly Agree   1 Agree   23 Neutral   36 Disagree   28 Strongly Disagree

What mental health issues do you notice among adults in your community? (n = 55)
Depression/Anxiety (n = 25)
- Depression, suicide ideations, aggression, domestic violence tendencies
- depression
- Depression and anger issues.
- Depression, Anxiety
- Depression, seasonal affective disorder, anxiety, bipolar disorder
- Stress related mental health issues...depression and increased anxiety.
- It's really not my place to say, but I think many of us are struggling with anxiety and depression right now
- Same as everywhere. Depression mostly.
- Depression
- I've heard about & have neighbors who have committed suicide, teens struggling with depression
- anxiety disorders, dementia, depression, paranoia, schizophrenia, eating disorders
- A lot of depression especially with youth.
- Substance abuse, depression, anxiety, and suicidal thoughts.
- Depression....anxiety......anger.
- Depression
- depression
- anxiety, Depression, bipolar.
- Depression. Addiction and really angry people. Drive down 256 Riad rage and rude no civility. Very "entitled" attitude. Youth without access to affordable healthy after school options.
- This is also a nationwide health problem, and it touches us as well. Depression especially given the pandemic is very prominent.
- Increased anxiety and depression

18

- Anxiety, depression
- Depression and anxiety
- anxiety, depression, ADD/ADHD, gender & racial bias
- Depression
- depression, anxiety

Lack of Help (n = 3)
- Lack of availability of all types of mental illness professionals and facilities!
- Do you have limited resources here in Fairfield County for mental health facilities and community outreach programs
- Lack of affordable access to doctors and services. Lack of understanding of mental health issues and treatment.

Anger/Recklessness (n = 3)
- None directly but people seem to be short and aggressive which tells me there have to be issues especially during covid. Children have to be affected,
- Some reckless driving, arguing
- It's not "visible" but it would be a strong misconception to say it isn't here. My neighbor verbally threatens adults over walking on city sidewalk…issues…

Isolation (n = 3)
- Haven't had lots of contact with new folks/ old friends due to covid in last 2 years. For some it is a combination of health issues affecting their way of life and covid issues aggravating that.
- Isolation
- Loneness

"It's Everywhere" (n = 8)
- there are in every community and Covid has increased the problem.
- Mental health issues are everywhere. Breakdown in family and poverty are contributors.
- Average like any community
- once again, mental health issues are everywhere, especially with the opioid epidemic and the covid pandemic,
- Mental health issues are everywhere. Some mild and some severe. Look at the domestic abuse stats, suicides, etc.
- Every community has people with mental issues. Most get help through the system (State)
- Not sure, but every community needs more mental health care. This is something that continues to grow.
- Every community has adults and children that struggle with mental health issues. There is a huge shortage of care available.

Crime/Substance Abuse (n = 4)
- Homeless, robberies to get drugs
- drug and alcohol
- Murder
- drug addiction/depression

Not Sure/Aware (n = 3)
- Don't notice any but am sure there are many.
- None that I'm aware of in Pickerington but I know there are issues w/in Fairfield County as a whole.

- don't know

Misc. (n = 6)
- ?
- Especially needed as evidenced by the pandemic
- Na
- Liberalism
- no answer.
- FEAR

Pregnant mothers in Fairfield County are healthy. (n = 88)

<u>1</u> Strongly Agree   <u>18</u> Agree   <u>63</u> Neutral   <u>6</u> Disagree   <u>0</u> Strongly Disagree

What health issues do you notice among pregnant mothers in your community? (n = 5)
<u>Lack of Access</u> (n = 3)
- Lack of prenatal care, increase of infant mortality
- Lack of access for some
- Women with limited or no health coverage for pre-natal care due to lack of work options and or drug addiction. Poor choices in partners and unstable unhealthy relationships. Increase in young women with no housing options.

<u>High Cost</u> (n = 1)
- Many do not seek proper Healthcare during their pregnancies due to high cost.

<u>Bad Diet</u> (n = 1)
- poor nutrition

Newborns in Fairfield County are healthy. (n = 84)

<u>1</u> Strongly Agree   <u>29</u> Agree   <u>53</u> Neutral   <u>1</u> Disagree   <u>0</u> Strongly Disagree

What health issues do you notice among newborns in your community?
There were no comments about the health issues among newborns in Fairfield County.

The children in Fairfield County are healthy. (n = 81)

<u>0</u> Strongly Agree   <u>31</u> Agree   <u>38</u> Neutral   <u>10</u> Disagree   <u>2</u> Strongly Disagree

What health issues do you notice among children in your community? (n = 12)
<u>Overweight/Obesity</u> (n = 9)
- Obesity, sedentary lifestyle, expensive to join recreational activities in area
- Obesity is the primary concern followed closely by tobacco usage amongst teens.
- Early onset of childhood obesity
- Obesity
- Obesity and lack of exercise
- Overweight, drug use, anxiety
- overweight
- Not active. Parents don't have time to take to park. Kids can't ride bike to school or community bc no connected sidewalks
- Not enough outside neighbor activity.

Mental Health (n = 3)
- Mental health, dietary, immunization access
- Depression and lack of physical activity
- FEAR

Children in Fairfield County have no mental health issues. (n = 78)
0 Strongly Agree   0 Agree   33 Neutral   31 Disagree   14 Strongly Disagree

What mental health issues do you notice among children in your community? (n = 42)
Depression (n = 15)
- Depression, suicidal tendencies,
- depression and suicidal ideation
- depression and anxiety
- There are very limited resources for teens and tweens for mental health thus creating a higher risk for suicide among us population
- Depression and anxiety as a result of separation from fellow children due to covid 19 restrictions.
- Depression, body image, add, bi-polar
- Depression, anxiety, and Anger issues
- Substance abuse, depression, and anxiety.
- Loneness. Lots of parents that don't pay attention to their children anymore.
- Loneliness
- Suicide, depression, anxiety. Some mild but also some severe
- Same as adults obesity depression anxiety and poor self-management.
- Depression, eating disorders
- Depression and anxiety
- Depression and Anxiety.

ADHD/Behavioral Issues (n = 3)
- adhd
- ADHD
- I used to work in an elementary school where there were so many issues in these young children. From dealing with grief to the beginning signs of eating disorders. Not to mention the behavior problems. These problems only increase into the older grades when they are not addressed.

Stress (n = 2)
- Anger management, dealing w/ stress and or being bullied, self-harm
- Stress

Anxiety (n = 7)
- Anxiety, depression
- anxiety disorders, eating disorders
- anxiety, drug use
- They are afraid of everything. Anxiety issues
- Anxiety and depression
- Anxiety
- Anxiety, depression,

Repercussions of COVID (n = 6)
- Given the pandemic and studies showing strong correlation between the two, it is definitely a noticeable increase even among kindergarten-12th

- Covid, masking and remote learning
- None directly but Covid and school situations have to be affecting them.
- no specific issues, just that mental health is a huge issue nationwide and the pandemic, masking and remote learning intensify it!
- Out of touch during covid

Result of Poor Parenting (n = 3)
- Broken families and the ripple effects of those broken families.
- Again, young adults having issues with drug and alcohol addiction having children. These children are suffering from multiple health issues through the lack of parenting the are getting from their parents.
- parents with drug and alcohol issue

Misc. (n = 6)
- School issues
- We need to offer more access to mental health help for all.
- Same as adults
- emotional disabilities classes
- Seems like a lot more of my friends' kids are in counseling or taking medications
- Autistic

Education has little to no effect on mental health, nutrition, drugs and alcohol misuse, and overall health. (n = 78)
2 Strongly Agree   3 Agree   7 Neutral   34 Disagree   32 Strongly Disagree

How do you think education affect the topics of mental health, nutrition, drugs and alcohol misuse, and overall health? (n = 60)
Education is Important/Needed (n = 38)
- Greatly it can't be expressed enough in the schools.
- Education is huge with regard to these topics - basic knowledge of the risks, how to identify issues, where to seek assistance and care, and understanding about preventive measures and wellness.
- Knowledge opens doors
- Education, Learning is everything
- Empowering a person with the right information allows them to choose the best for themselves especially with the amount of disinformation
- I think it is very important
- It can affect all of the above in either a negative or positive way depending on what is taught in our classrooms.
- Knowing more about how to take care of your mental health, such as ways to curb downward spirals and cope with issues, as well as how to recognize mild-to-dangerous depression in others and help them, are all things that it helps to learn - and of course, knowledge about nutrition and substance abuse are going to be key to avoiding going down bad paths
- Keeps people informed on these topics so they can better understand these issues
- Maybe helps them understand what the problem is and to ask for help.

- Knowledge is power. Able to get a job more easily. So, people can see self-worth. Do not get as despondent.
- By showing the negative effects of drug & alcohol abuse and the benefits of exercise and a balanced diet.
- It provides answers, options and in some cases solutions.
- Schools/education provide youngsters with things to do, motivation, friends.
- I am a retired teacher and saw first-hand how education and teachers could influence all of these issues. Not 100%, but significantly.
- Knowledge
- Programs that teach healthy lifestyle have good outcomes with rewards incentives, peer support and teach sustaining healthy lifestyle choices.
- Education makes it more likely for a person to seek help
- Educated persons can handle the affects better.
- Removes stigma for treatment and discussion
- Education is key in all of these areas!
- helpful unless the child witnesses addiction in the home
- Reaching young people with destructive health habits is an important step in breaking destructive cycles within families and community.
- Strongly
- Education is the key to everything!
- bro how does it not. kids pressured to do their absolute best get punished when they aren't perfect, unrealistic expectations of the staff and students
- We need to talk about these things from an early age and not be afraid of the term mental health.
- By educating people of the dangers.
- Knowledge is power. Education relates to optimism and self-esteem and self-worth
- Knowledge gives you the tools you need to make decisions.
- Mandatory education curriculum should include mental health issues & teach coping skills
- It improves health literacy, lifestyle choices, and attributes to increased wellness screenings. Higher education leads to better job employment, higher pay, and improved quality of life overall.
- Yes, the more we know the healthier we will be.
- strongly
- Education is a building block to prevention. Drug programs in schools have proven successful. It's important to have conversations early and encourage open communication.
- helpful
- Education is very important along with helpful resources for people
- Knowledge is awareness and power

Needs Improvement (n = 10)
- General overview of causes, interventions and places for help are not widely advertise due to causing a community stigma, more information should be shared to help those in need. Community awareness is not for front. Community acceptance of "personal issues" are not supported.

- I see little education being provided, yet I continue to see more and more of the listed health issues on the rise. Many residents demonstrate a proper knowledge of health care issues on a non-educated to minimal educated level. I sadly hear too many references of "they said on Fox news."
- Limited resources in schools for children in middle school and high school Especially because there is a higher rate of bullying
- Health and wellness are not being taught.... nor is "say no to drugs" like it had been just a couple of years ago.
- it helps a lot to have knowledge. it is not discussed at the schools. everyone is self-medicating
- lack of instruction and advertising and intervention
- Could improve
- Lack of in schools
- Should be discussed in schools since kids spend a lot of time there. Parents are often blind to these issues when it concerns their own.
- Schools should be able to pick up signs that children or their families are experiencing issues

<u>Increase Awareness</u> (n = 7)
- The more education and exposure to information (and not internet BS) the more likely I find people able to make smart health decisions. Education to me does not just mean academic education but awareness from proper vetted sources.
- It helps people understand that they are not the only one and that this hope and ways to manage their health
- It makes people aware.
- Awareness!
- Helps people realize that they can seek therapy, counseling, and/or medication to live with their issue and have better health.
- Schools can educate in health classes
- It makes them aware of any good or bad information, so that they can make a good decision.

<u>Not Helpful</u> (n = 1)
- Little to none

<u>Misc.</u> (n = 4)
- Masks and fear of Covid have caused increased Anxiety. Online learning lasted too long and contributed to the mental health issues
- I think the educators are too involved with the virus to work with any other issues.
- How do you know if you're not taught?
- It warns about the effects of drugs and alcohol misuse. I don't think education helps with nutrition or mental health issues

The impact COVID-19 has had on Fairfield County is minimal. (n = 77)

<u>1</u> Strongly Agree　　　<u>3</u> Agree　　　<u>13</u> Neutral　　　<u>27</u> Disagree　　　<u>33</u> Strongly Disagree

How has COVID-19 affected your community? (n = 56)

Death/Sickness (n = 7)
- Several deaths
- Loss of jobs, death, lingering illness
- Loss, lack of social events, sporting activities/extracurriculars aren't the same.
- BIG TIME........clients have died.... lost many clinical hours due to Covid-19 or the quarantines
- It has heavily affected my community. Several people right in my neighborhood ended up getting COVID.
- Numerous people have had the virus causing disruption in education and society and overall well-being of the community
- The numbers of cases and number of deaths is alarming. We pick up groceries ordered from the grocery and don't go anywhere. The few places, ups store, etc. we always wear a mask where MOST people do not.

Mental Health Problems (n = 9)
- More mental health issues in all ages
- People have suffered a loss of communication skills, feelings of isolation, feelings of hopelessness with regard to problems they may have.
- Stress
- it has made it more depressed
- Depression, narcissism
- There has been an increase of mental health issues due to people being isolated and unable to have that one on one communication. There has been an increase of drug and alcohol abuse, again through isolation people were unable to go to counseling and/or the isolation increased their drug/alcohol usage.
- Isolation/depression, long haul effects of the illness, anxiety
- Anxiety, kids having to do zoom classes
- depression, division

Isolation (n = 10)
- Socialization issues; people have become somewhat introverted
- Some of the had a hard time without their friends.
- Isolation, fear of spreading the virus
- school remote learning, work from home, necessary workers in service industry poorly paid & respected ambiguity from government re: wearing masks, those who say they have religious or medical conditions & unable to wear masks & the non vaxers should use delivery of groceries, food, etc. instead of exposing workers, elderly, those immuno compromised
- Covid has made us withdraw from society/interaction with other people. We've become hermits.
- More isolation and more economic issues for businesses
- Lack of social activities, hate the mask which affects doing social activities.
- Isolation of people. Lack of vaccinations
- Less opportunities to mingle, join activities, travel safely
- Causing folks to stay home, minimal interaction with others, remote work, remote learning, - people need interactions with other for mental health. The vaccine mandate has taken rights away from freedom of choice.

Hurt Children/School Closing (n = 4)
- PCP offices have changed. Patients are not free to be seen and patient care has declined. The online learning and Masks have hurt children.
- Kids have been harmed by wearing masks and not being in school. Businesses closing. Unable to get help for businesses because of fear or the government paying them to stay home.
- Disruption in children's education, increased domestic violence, increase in stress of adults unemployed or working from home trying to continue normal demands of parenting with demands from employers. Fear of sickness that could cause debilitation or death
- Schools have closed in the past, businesses have difficulty keeping staffed, some people have become very ill, and others have died.

Job Loss/Financial Issues (n = 10)
- Caused all kinds of strife. More disagreements. Financial issues as people's jobs were affected
- no one is working. Not no one is hiring but people are not working. There are so many able bodied people choosing not to work but to live off the government. It raises depression and is not a good example to the younger generation
- Lost work, business closing, increased financial problems. And of course the deaths and long covid health issues
- No one works people are eating more, depression, people do not follow any protocols or immunizations not fully vaccinated. Shocked how many people continued lifestyle during peak periods. No concern for people with underlying conditions. Ex. Fully vaccinated grandson (14) exposed to covid 5 xs after Christmas break and returning to school with kids who were not vaccinated gathered. People who had it and did not disclose because they needed to work believe number of cases were under reported because health dept was overwhelmed. No access to test kits anywhere. Locked down in our home for 3 yrs.
- little amount of workers/businesses closed
- answers previously given plus the closing of businesses
- Businesses struggle to serve…lack of workers
- I was off work. I know several people that were too.
- All communities are affected by covid due to masking, vaccines, and acuity of illness. The economy in all areas has suffered some loss due to closures and staffing shortages.
- Businesses have had so many miss work because of COVID. The hospitals have had many cases. People don't want to wear masks in public

Division/Non-Compliance (n = 8)
- There are still people that refuse to get vaccinated, therefore, the virus is still among us.
- Tenseness among people AND BEING GUARDED.
- Look at the numbers and the polarization.
- It has affected every community. I don't always feel that people respect those around them, I.e., ensuring safe physical space. They can often be in their own world and just basically get too close.

- As it has everywhere, although I would say many in this county do not take it seriously, which makes its impact less on those who do not get very sick or die...
- The pandemic has become political and as soon as that happened, we had no chance of working together to get through it. Facts were not given relayed consistently and there wasn't enough pushback against the massive amounts of misinformation being spread throughout the community
- Divided by science
- There is strong non-compliance with masking and social distancing recommendations. From what I hear in comments around town is that the majority of the community is against the vaccine.

Misc. (n = 8)
- yes
- increase in drug
- people are affected.
- yes
- We have the same restrictions as everyone else.
- The lack of accurate information and early treatment has very negatively affected the community. The fact that fear has caused adults to go to "pharmacies" for their jabs and their doctors would not have recommended them to do so. Awful, just awful
- In every way possible
- The same as other communities

Ranking Health Issues

Please rank the health issues listed, putting the most important closest to the top of the list, and the least important closer to the bottom of the list.

Thinking of all Fairfield County residents, rank these health issues from the most important to the least important.
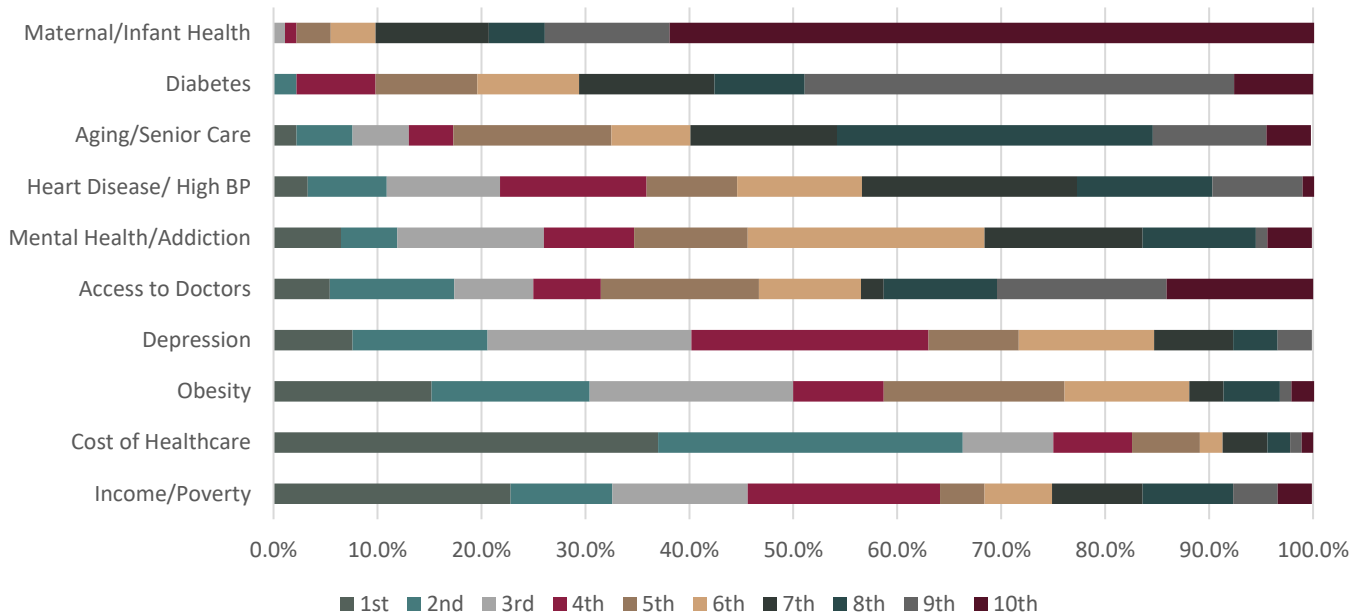
Rank	Health Issues
	Income/Poverty
	Cost of health care/health insurance
	Obesity/poor diet/lack of exercise
	Depression/mental health
	Access to doctors/quality health care
	Mental health/addiction/substance abuse
	Heart disease/high blood pressure/high cholesterol
	Aging/senior care
	Diabetes
	Maternal and infant health

See table and chart below for survey results in ranking health issues.

Percent of Votes for Placement of Importance

Health Needs	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Income/Poverty	22.8%	9.8%	13.0%	18.5%	4.3%	6.5%	8.7%	8.7%	4.3%	3.3%
Cost of Healthcare	37.0%	29.3%	8.7%	7.6%	6.5%	2.2%	4.3%	2.2%	1.1%	1.1%
Obesity	15.2%	15.2%	19.6%	8.7%	17.4%	12.0%	3.3%	5.4%	1.1%	2.2%
Depression	7.6%	13.0%	19.6%	22.8%	8.7%	13.0%	7.6%	4.3%	3.3%	0.0%
Access to Doctors	5.4%	12.0%	7.6%	6.5%	15.2%	9.8%	2.2%	10.9%	16.3%	14.1%
Mental Health/Addiction	6.5%	5.4%	14.1%	8.7%	10.9%	22.8%	15.2%	10.9%	1.1%	4.3%
Heart Disease/ High BP	3.3%	7.6%	10.9%	14.1%	8.7%	12.0%	20.7%	13.0%	8.7%	1.1%
Aging/Senior Care	2.2%	5.4%	5.4%	4.3%	15.2%	7.6%	14.1%	30.4%	10.9%	4.3%
Diabetes	0.0%	2.2%	0.0%	7.6%	9.8%	9.8%	13.0%	8.7%	41.3%	7.6%
Maternal/Infant Health	0.0%	0.0%	1.1%	1.1%	3.3%	4.3%	10.9%	5.4%	12.0%	62.0%

% of Votes for Placment of Importance

Legend: 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th

Were there any health issues not listed in the previous question you would like to add?
(n = 51)

Senior Assistance (n = 3)
- Lack of cost-effective assistance for seniors.
- Glad senior support was included
- Physical exercise for seniors

Cancer (n = 2)
- Cancer
- Cancer

Behavioral Problems (n = 2)
- smoking cessation/tobacco addiction
- crime, physical safety, violence

Specialized Care (n = 4)
- Physical therapy-lots of sports injury
- urgent care offices
- eye specialists needed close to home----cataract surgery
- Vision and hearing need to be highlighted   also.

None (n = 35)
- NO
- Na
- None
- No
- no
- No
- No
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- no
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- No
- no
- No
- no
- No
- think of any.
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- No
- No
- no
- no
- No
- No
- no
- I cannot

Relationships (n = 1)
- Family and interpersonal relationships community building

Misc. (n = 2)
- I cannot answer questions for all of Fairfield County. I'm only familiar with the area in which I live, which might not reflect the health of others. I think this survey assumes we are familiar with county statistics about health, income, accessibility.
- PCP's need to see patients in office for care and stop requesting patients to always use Telehealth when sick.