

Appendix C: 2019 Union County Community Health Survey Response Analysis Report



Union County Community Health Survey Response Analysis

**2019 Adult, Senior and Teen Community
Health Surveys**

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Introduction

The Community Health Survey is distributed as part of the Community Health Assessment process required of health departments in North Carolina and as part of the Community Health Needs Assessment process required of hospitals. In Union County, this process is a collaboration between Union County Human Services, NovantHealth and AtriumHealth.

Survey Distribution

The three survey instruments used in the Community Health Assessment process were built in Survey Monkey and distributed electronically throughout the Union County community following the convenience sampling model. Links to the survey were posted on the Union County Government and Human Services websites. Town and county officials, healthcare partners, and other community stakeholders shared links to the survey via email. Paper copies of the survey were available at the Union County Government Center, Union County Human Services, libraries, non-profit organizations, churches, and hospitals. Paper copies were collected by Human Services staff and entered manually into Survey Monkey. The surveys were distributed in May and June of 2019.

Methodology

A total of 4,343 surveys were collected via Survey Monkey and analyzed by the Consultant.

- 2,408 Adult surveys, including 15 in Spanish
- 1,086 Senior surveys, including 16 in Spanish
- 849 Teen surveys, not including 1 in Spanish which was completed by an adult

In order to ease the analysis process, the Spanish language surveys that were completed online were entered manually into the English version of the appropriate survey.

Each of the three surveys were filtered within the Survey Monkey Analysis feature and exported via Excel files for use by the Consultant. All the data examined in the preparation of this report is compiled in three Data Workbooks, each of which contains both the overall responses for all questions as well as the responses for all of the stratified groups discussed in this report. The [Union County 2019 Adult Survey Workbook](#), [Union County 2019 Senior Survey Workbook](#), [Union County 2019 Teen Survey Workbook](#) are all available to the appropriate parties at Novant Health and Union County Health Department.

Across the three surveys, there were almost 1,300 responses to the final open-ended question of the surveys (Q56. Is there anything that could be done to improve the health of adults in Union County?

Please explain). It was beyond the scope of this project to complete the qualitative analysis of so many responses. They are all included in their entirety, sorted by question and alphabetically, in the three Appendices attached to this report. [Appendix 1](#) includes all the open-ended responses from the Teen Survey, [Appendix 2](#) includes such responses from the Adult Survey and [Appendix 3](#) includes all open-ended responses from the Senior Survey.

Stratified data is presented for some questions and falls within three categories: demographic groups (gender, race, education, and income), zip code groups, and town/municipality groups. In order to protect the identity of survey respondents, it is standard practice to suppress data that includes a small number of responses. Thus, if there were fewer than 50 respondents within a group (e.g. a specific race or zip code) they are not included in the data presented in this report.

Data Limitations

The data detailed in this report describes only the responses of the individuals who participated in the survey collection process. It does not reflect the views of the entire population of Union County.

The table below compares the demographic representation of the three survey samples to the appropriate population data for Union County as a whole. Compared to their proportion in the total population of Union County, according to 2017 estimates from the American Community Survey/US Census Bureau:

- The Teen Survey under-represents Black/African American and Hispanic/Latino residents. It adequately represents males and females.
- The Adult Survey under-represents males, Hispanic/Latino residents, and the less well-educated. It over-represents females, Black/African American respondents, and those with a bachelor's degree or higher.
- The Senior Survey under-represents males, white residents, and the less well-educated. It over-represents females, Black/African American respondents, and those with a bachelor's degree or higher.
- While it is difficult to find comparable economic data, in the experience of the Consultant, community health surveys tend to under-represent those in lower-income brackets.

	Adult Survey	Total Population (2017)	Senior Survey	Population Over 60 (2017)	Teen Survey	Population Under 18 (2017)
Male	23.3%	49.3%	38.5%	45.6%	46.8%	51.3%
Female	76.3%	50.7%	60.5%	54.4%	51.5%	48.7%
White	74.9%	81.5%	79.0%	86.6%	77.4%	78.5%
Black	15.9%	11.5%	16.4%	10.0%	7.0%	11.6%
Hispanic	5.5%	10.9%	1.9%	3.3%	8.8%	15.7%
HS or less	13.5%	25.3%	21.3%	33.5%	n/a	n/a
Some college or associate's degree	17.0%	30.5%	34.3%	29.5%	n/a	n/a
BA or higher	53.2%	34.0%	43.2%	24.3%	n/a	n/a
Veteran	5.3%	7.6%	21.1%	18.0%	n/a	n/a

While the questions included in the survey are presumably well-tested and reliable, there is always a risk that individuals completing the survey (particularly teenagers) will not self-report their behavior honestly.

Format

The analysis provided in this report is not intended to be an exhaustive discussion of all nuances of the significant collection of data provided by the three survey samples. It is a summary with some additional details and highlights provided.

This report presents in tables the response frequencies to all questions in each of the three surveys, with a basic narrative summary of the results below each table. Some data is also illustrated via charts. Select questions, as identified by the Consultant and where response rates allowed, are further explored via the presentation of stratified data in tables or charts. Stratified data is also summarized briefly in narrative form.

Open-Ended Responses are handled according to the following protocol: If there were fewer than 30 responses in an open-ended text response category (e.g. Other, please specify:), they are briefly summarized below the data table presenting the responses for the question. If there were more than 30 responses, they are available in their entirety in the Appendices of this report.

All charts are pasted into the document as image files and are thus easily copied, pasted and resized in other reports or documentation as needed by the end users.

To help delineate the different surveys should portions of the report be excerpted for other uses, [charts and tables pertaining to the Adult Survey are turquoise](#), [charts and tables for the Senior Survey are dark blue](#), and [charts and tables for the Teen Survey are aqua](#).

The large tables presenting stratified data numerically are also copied and pasted as image files, because they are large and unwieldy to resize. The **highest percentage in each COLUMN is highlighted in bold text** in order to demonstrate how the top ranked choices varied in their importance (frequency) among the stratified groups. The **highest percentage across each ROW is highlighted in YELLOW** and the **lowest percentage across each ROW is highlighted in GREEN** in order to show the range of how the stratified groups felt about all answer choices.

Pie charts are also subtly different among the three surveys, though green shades always indicate Yes and red shades always indicate No.

Suggestions for the Future

What follows are suggestions, albeit unsolicited, from the Consultant for future iterations of the survey process.

- Make the age question a multiple-choice response question, where respondents can choose from a selection of age ranges (15-19, 20-24, 25-29, etc.). That will simplify the analysis and allow for age-based stratifications within the surveys (for instance, looking at what proportion of females over age 40 reported getting mammograms). It would also allow you to add a step in Survey Monkey where respondents who are not in the age group that should be taking in the survey (e.g. a 15 year old trying to take the Adult Survey), are bumped out of the survey and re-directed to the appropriate one for their age group.
- Given that many of the questions are aimed at the individual respondent and their personal concerns, shift the health insurance coverage question to be about the individual and not about the household. The wording of the question (and the fact that participants can only choose one answer) makes it a little problematic to understand what's going on.
- Make some select questions required: personal health concerns/mental health concerns/unhealthy behaviors, etc. They were more likely to be skipped than other questions and they're not particularly invasive questions. Questions like the hazardous driving one or the substance use one also had high skip rates, but they are also more invasive and probably shouldn't be required.
- Make sure it's very clear in the wording of the question when questions are about the individual and when they are about the broader community.
- Consider adding a height and weight question so that BMIs can be calculated. Note that you have to be careful about how you format the open-ended response box so that the answers are

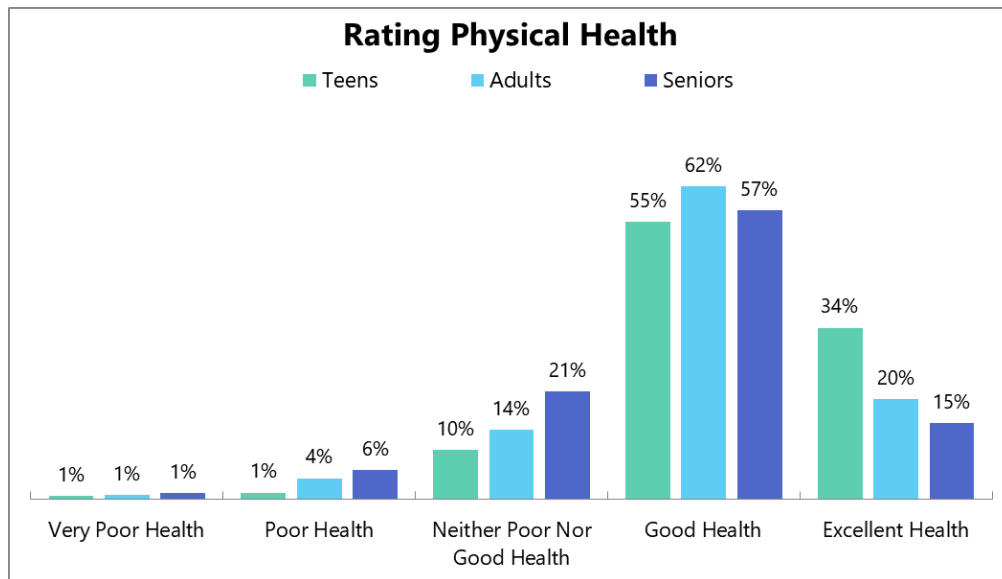
all input as feet and inches, or you will get responses like 5.4 or five feet four inches, or typos. For it to be used to calculate a BMI, one field needs to be feet and another needs to be inches. I'm not sure now helpful it is to know how people view their own weight if there's no understanding of what their actual weight is.

- In the question asking Adults to report substance use, consider changing the alcohol option to measure excessive or binge drinking. Alcohol use by adults is not necessarily a risky behavior; in fact, consumers are often told that a glass of wine is beneficial.
- Consider clarifying whether the question about screen time includes work-related activities. The YRBS asks about non-school screen use not general screen use.
- Strive for consistency in answer choices where possible, to assure comparability across surveys. For instance, None was an answer choice for the preventive health services question on the Senior Survey and the Teen Survey but it was not an option on the Adult Survey. And None was an answer option on the screen time question on the Senior Survey but not the Adult Survey or the Teen Survey. These differences might have been simple oversights rather than intentional decisions.

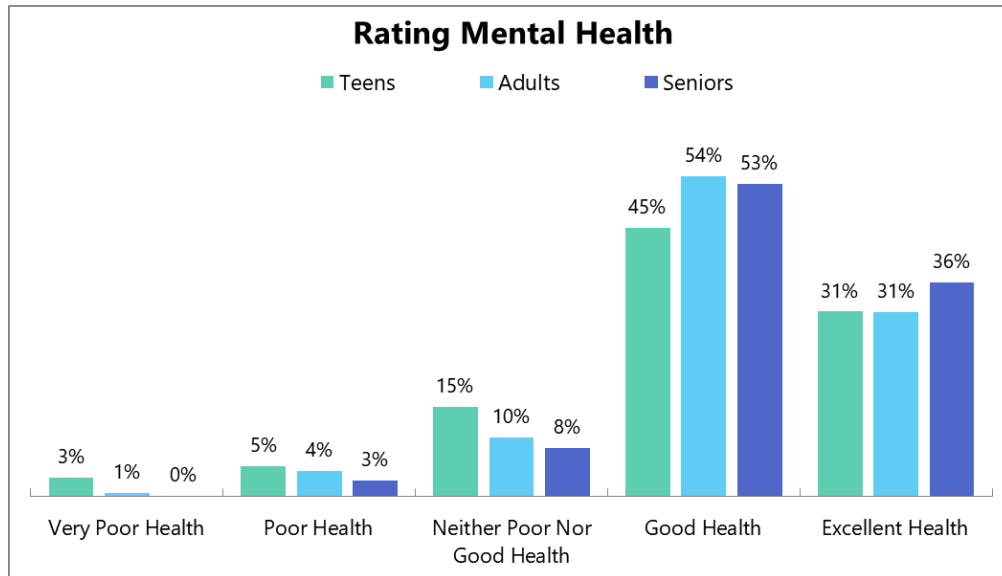
Response Comparisons

(Note that not all survey questions were comparable across the three survey instruments. Only questions that were asked in the same way with the same answer choices are compared here.)

Rating Personal Health

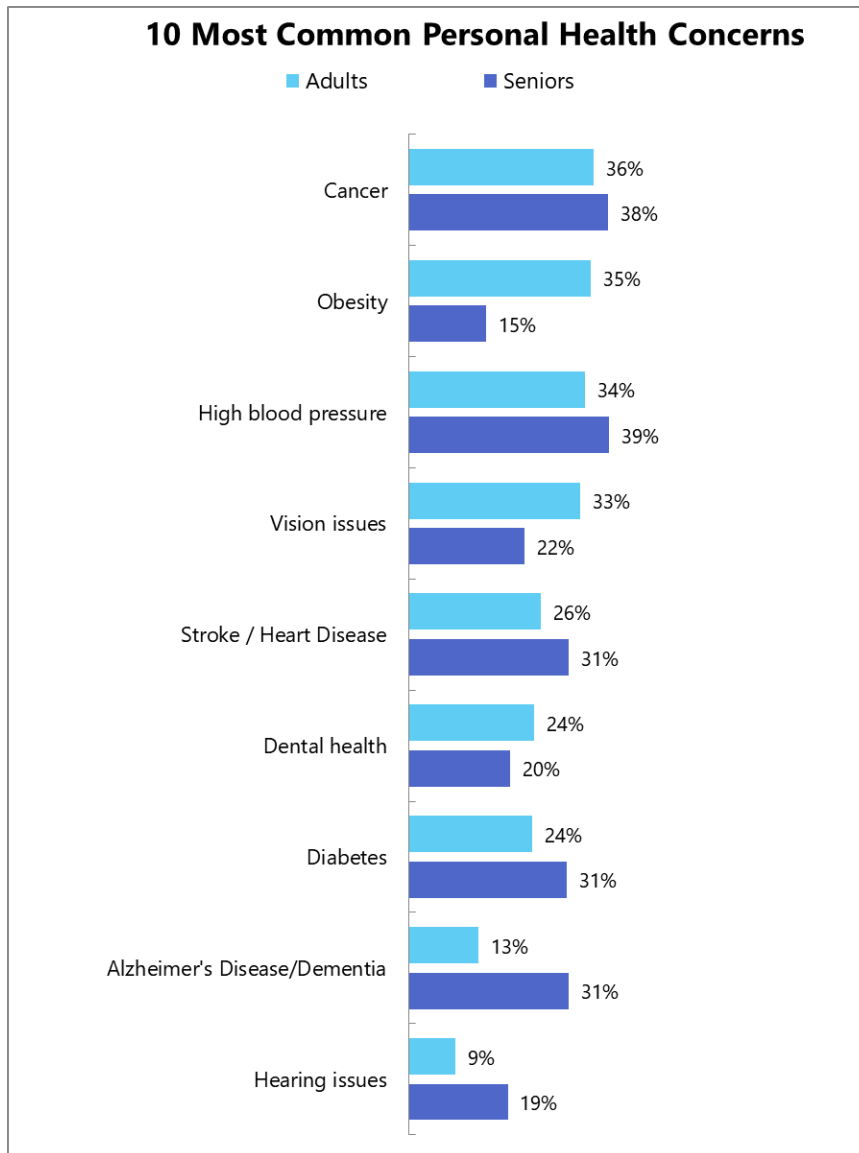


- More than 70% of Union County respondents across all three surveys rated their physical health as good or excellent.
- Teens were more likely than adults or seniors to rate their physical health as excellent.
- Seniors were more likely than teens or adults to rate their physical health as poor.
- A higher proportion of seniors felt their physical health was neither good nor bad compared to adults or teens.

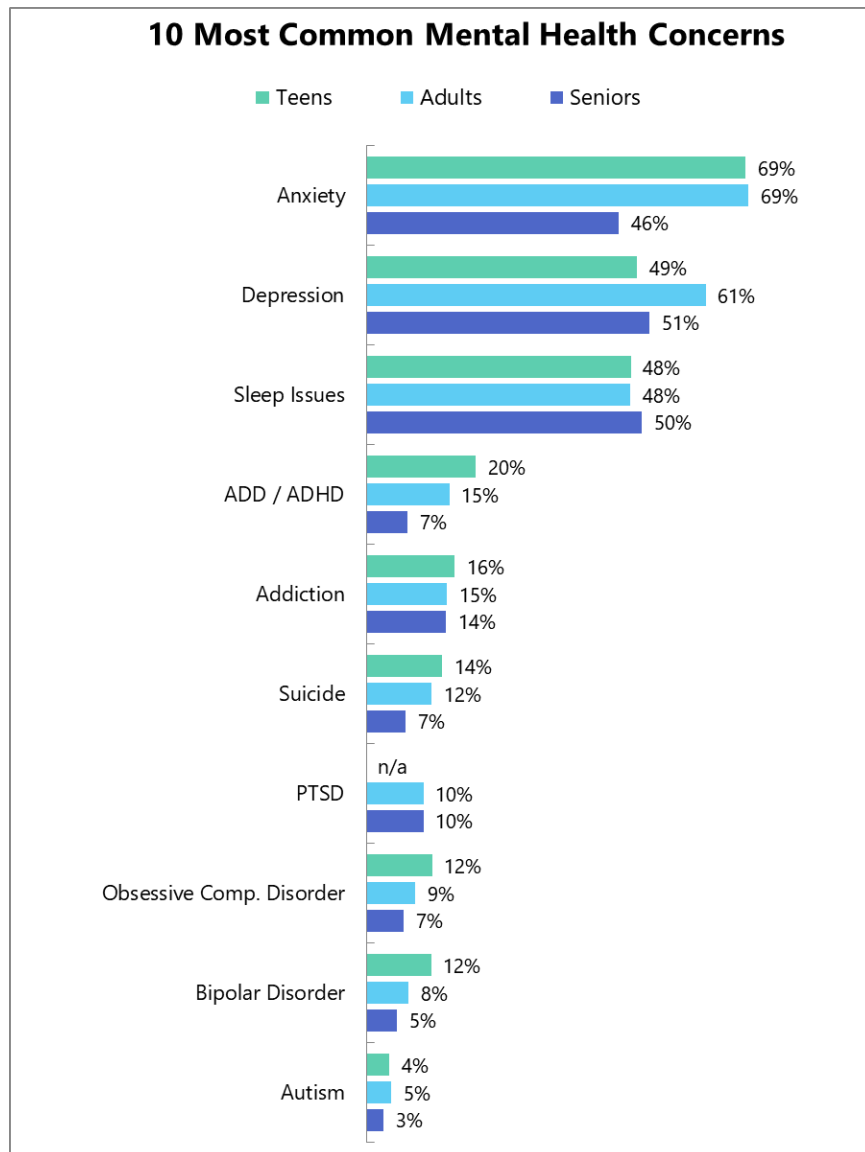


- More than 75% of respondents across all three surveys rated their mental health as good or excellent.
- A higher proportion of seniors, compared to teens and adults, rated their mental health as excellent.
- Teens were more likely than adults or seniors to rate their mental health as poor or very poor.
- Teens were also more likely to rate their mental health as neither good nor bad compared to adults or seniors.

Personal Health Concerns

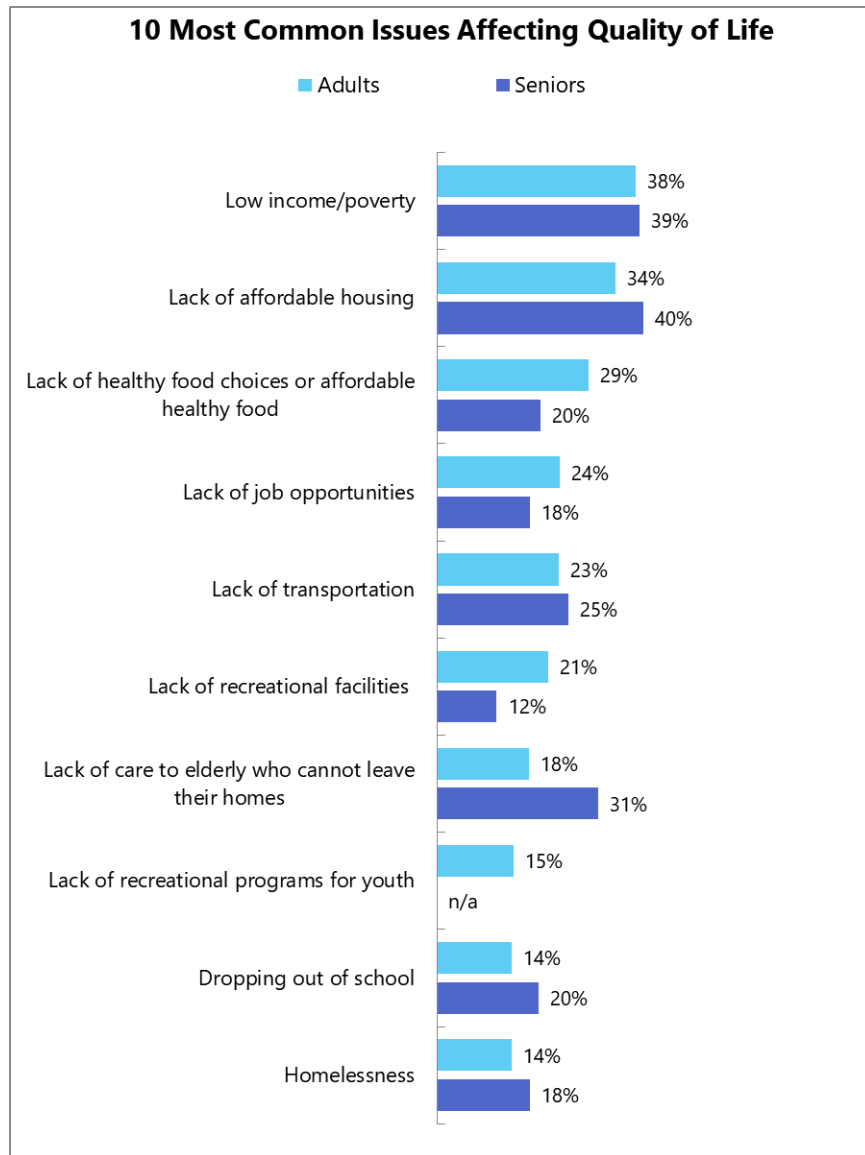


- Cancer was the leading personal health concern among adults and it was the second most common health concern among seniors.
- High blood pressure was the leading personal health concern among seniors and it ranked third among adult respondents.
- Adults were more likely than seniors to be concerned about obesity, vision issues, and dental health.
- Seniors were more likely than adults to be concerned about stroke/heart disease, diabetes, Alzheimer's disease and hearing issues.



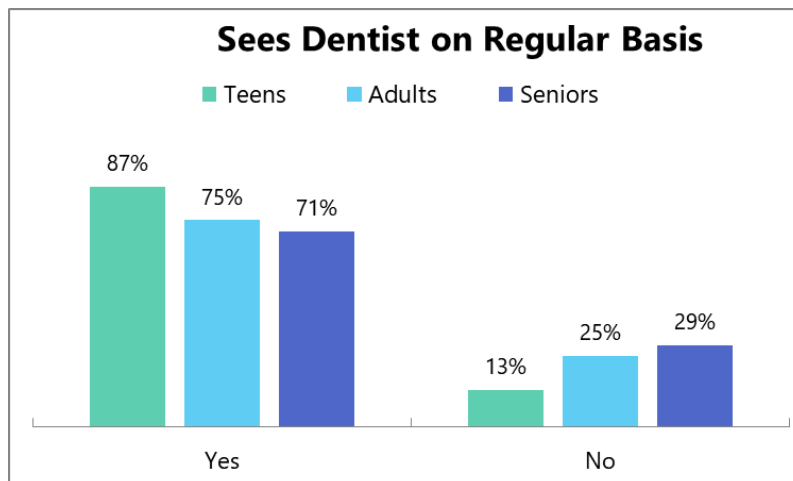
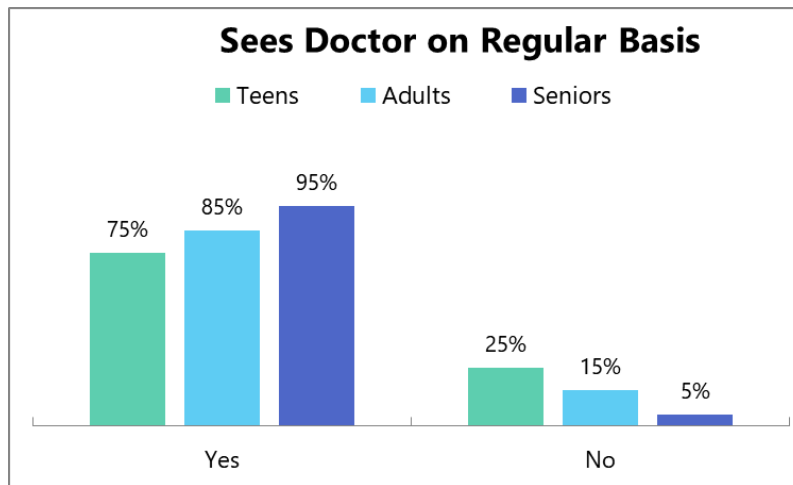
- Anxiety was the leading mental health concern among teens and adults; it was less of a concern among seniors.
- Seniors were more likely to be concerned about depression compared to teens or adults.
- Sleep issues were of similar concern across all three survey samples, as was addiction.
- Teens were more likely to express concern about ADD/ADHD, suicide, OCD, and bipolar disorder compared to adults or seniors.

Quality of Life Issues

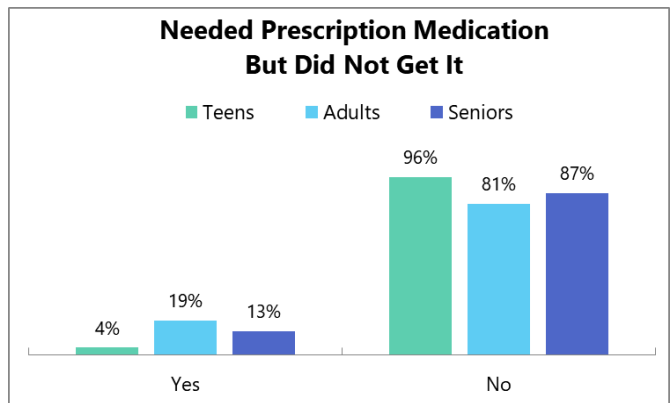
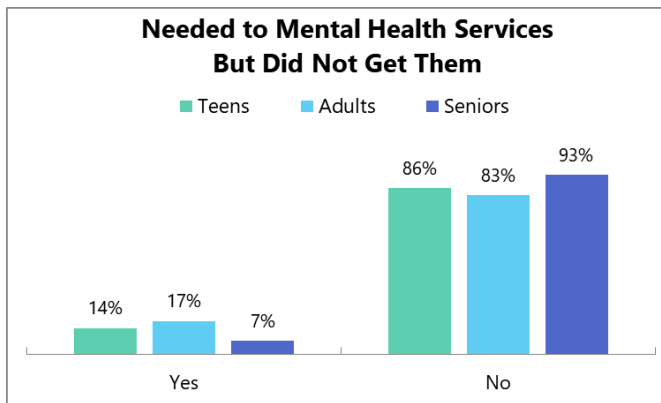
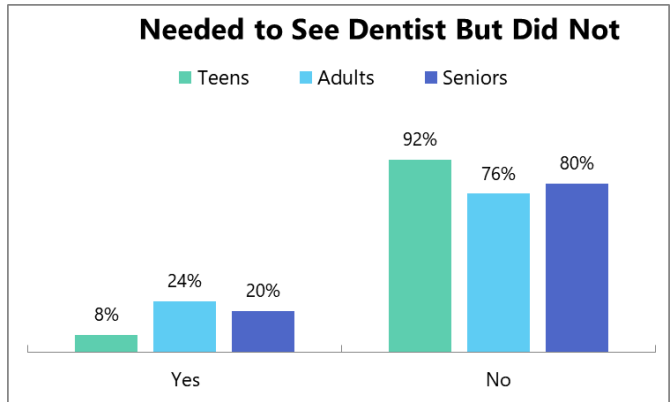
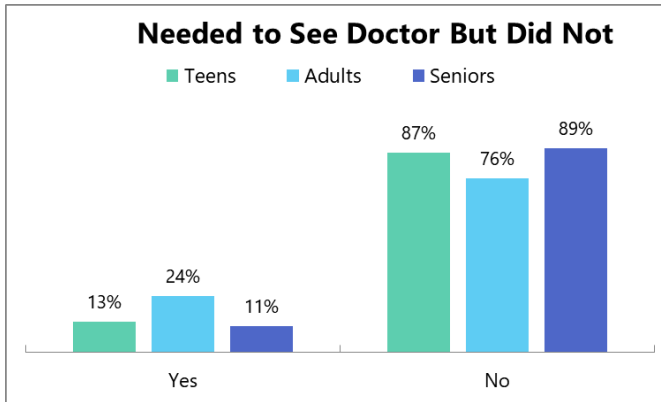


- Similar proportions of adults and seniors identified low/income poverty as the issue most affecting quality of life in Union County.
- Lack of affordable housing was seen as more critical among seniors than among adults.
- Adults were more likely than seniors to feel that lack of affordable, healthy food choices was an important quality of life issue impacting Union County.
- Adults were more likely to identify a lack of recreation facilities and seniors were more likely to see a need for care for the elderly who cannot leave their homes.

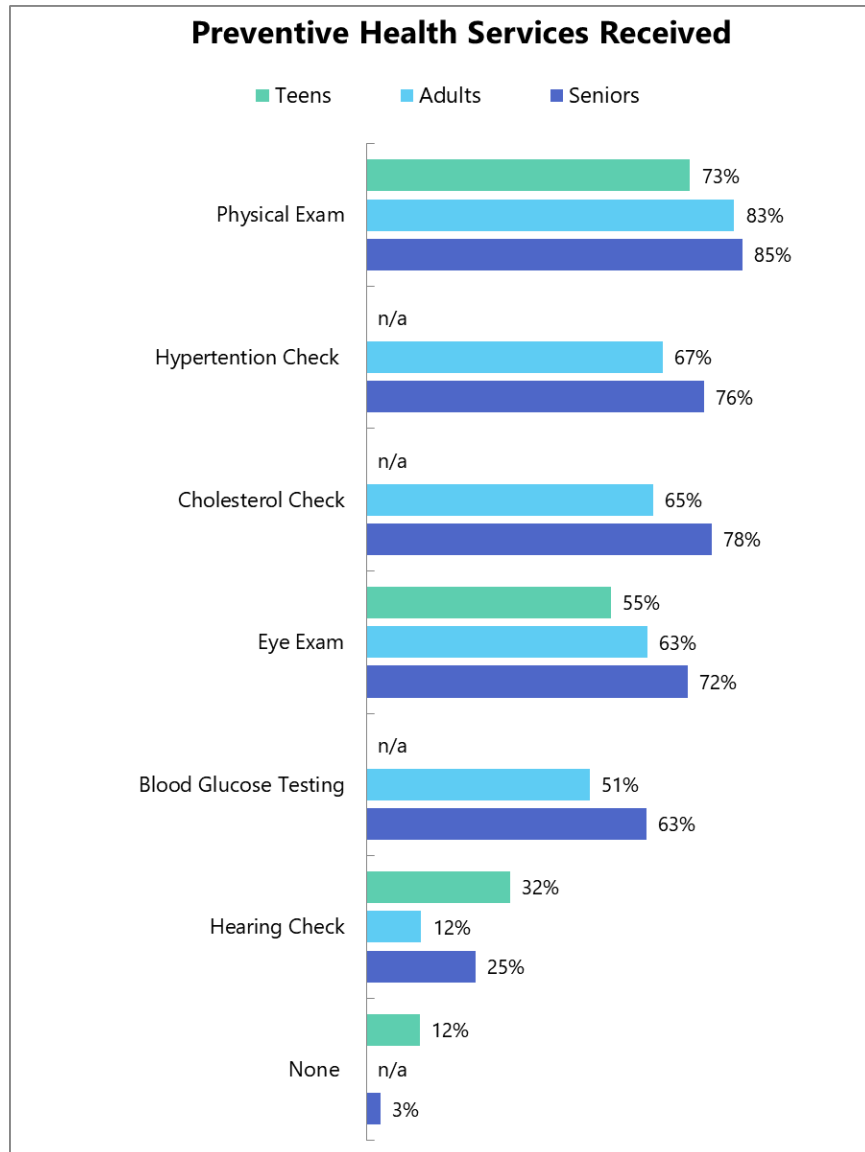
Access to Care



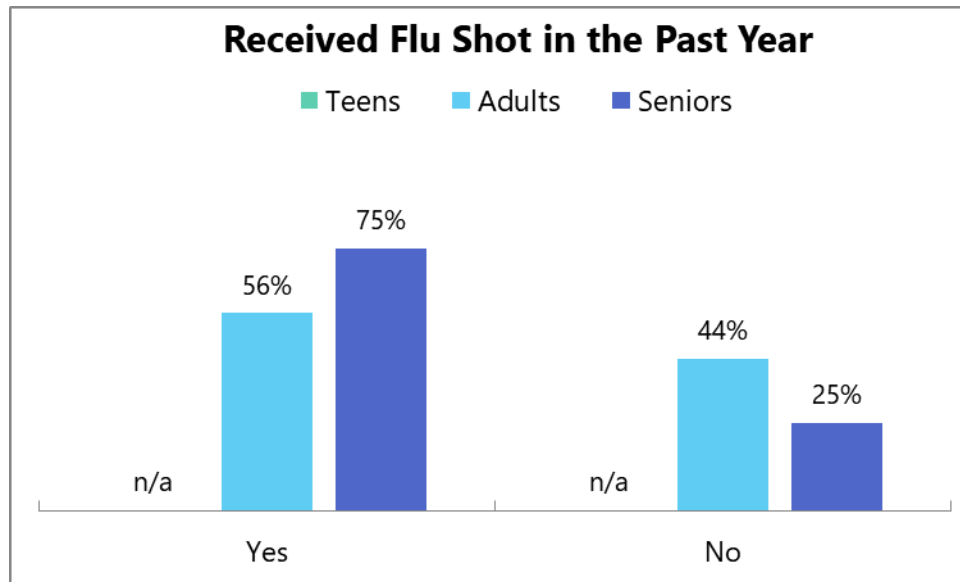
- Seniors were more likely than adults or teens to have a medical home (a doctor they see on a regular basis) and teens were more likely to have a dental home (a dentist they see on a regular basis) than adults or seniors.
- 25% of teen respondents and 15% of adult respondents did not have a medical home.
- 25% of adult respondents and 29% of senior respondents did not have a dental home.



- Across all three surveys, the majority of respondents received health care services when they needed them.
- Compared to teens and seniors, adult respondents seem to fare worse when it comes to getting needed health care services. Adults were more likely to report a time when they needed health care – a doctor, a dentist, mental health services, or prescription medication – but did not get it.
- Compared to teens, seniors were more likely to report a time when they needed to see a dentist but did not.
- Seniors were also more likely than teens to report a time when they needed prescription medication but did not get it.
- Compared to seniors, a higher proportion of teens reported a time when they needed mental health services but did not get them.

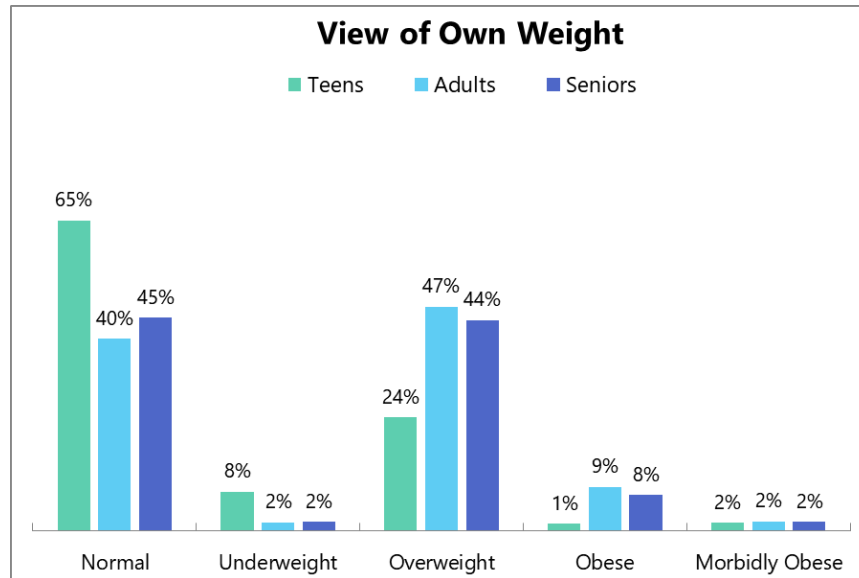


- More than 70% of respondents across all three surveys reported having a physical exam in the past year, the most commonly reported preventive health service received.
- A smaller proportion of teens reported having had a physical in the past year compared to adults and seniors.
- Seniors were more likely than adults to have had a hypertension check, a cholesterol check, and blood glucose testing.
- Teen respondents were more likely than seniors or adults to report having had their hearing checked in the past year.
- Compared to senior respondents, a higher proportion of teens did not receive any preventive health services in the past year.

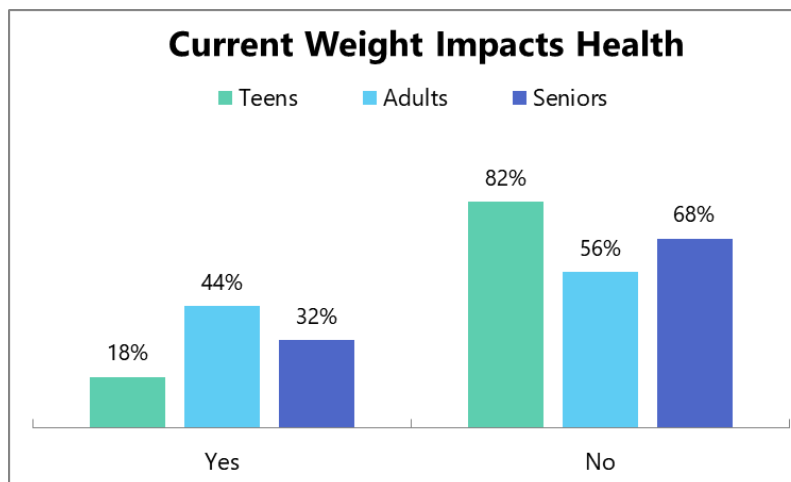


- Seniors were more likely than adults to report receiving a flu shot in the past year.
- 44% of adult respondents did not get a flu vaccine in the past year.
- This question was not asked on the Teen Survey.

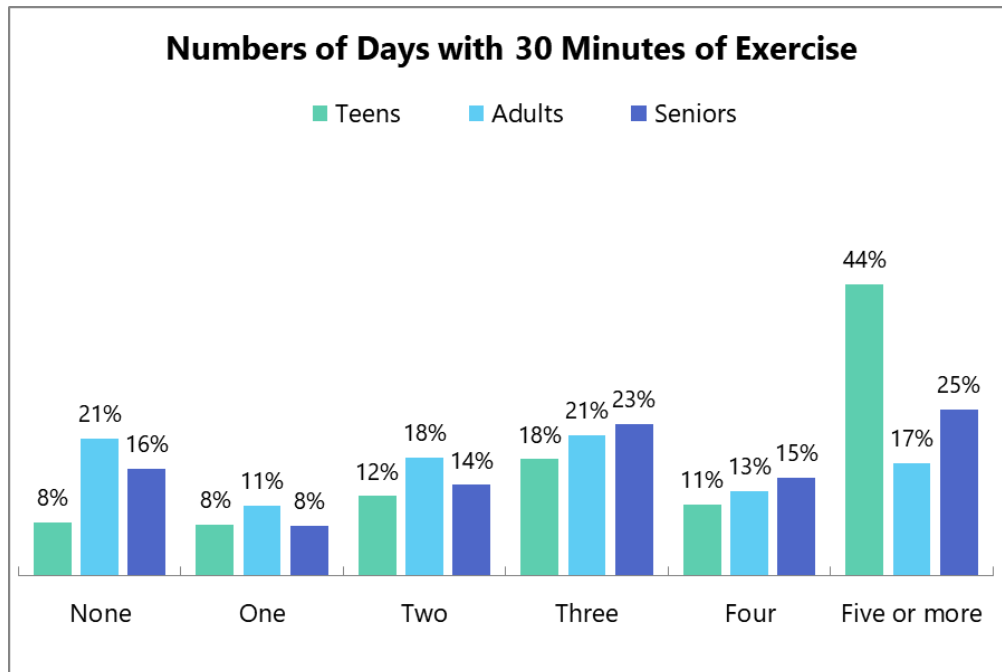
Weight, Physical Activity and Nutrition



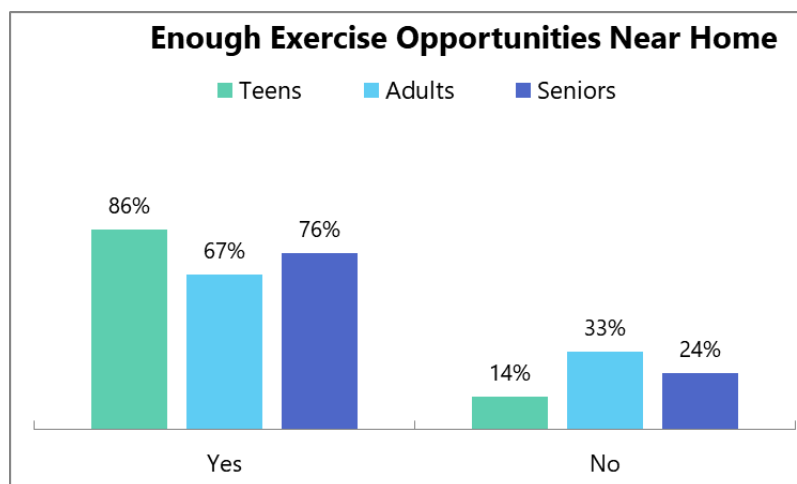
- A higher proportion of teen respondents viewed their weight as normal or underweight compared to adults and seniors.
- Adults and seniors were more likely than teens to view their weight as overweight or obese.



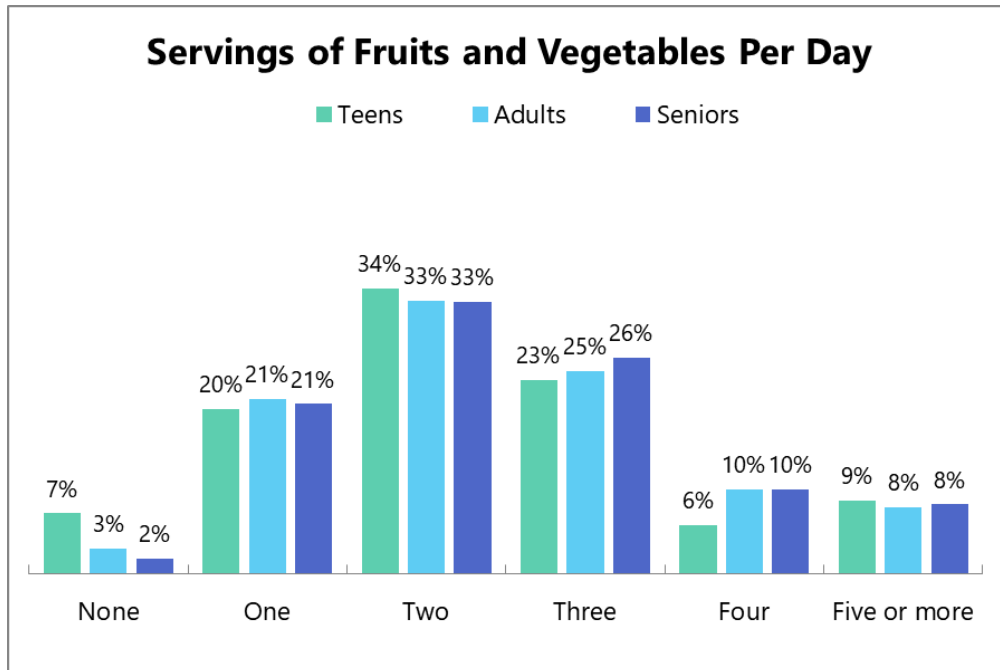
- Compared to teens and seniors, a higher proportion of adult respondents felt that their current weight impacted their health.
- Teens were more likely than seniors or adults to feel that their health did not impact their health.



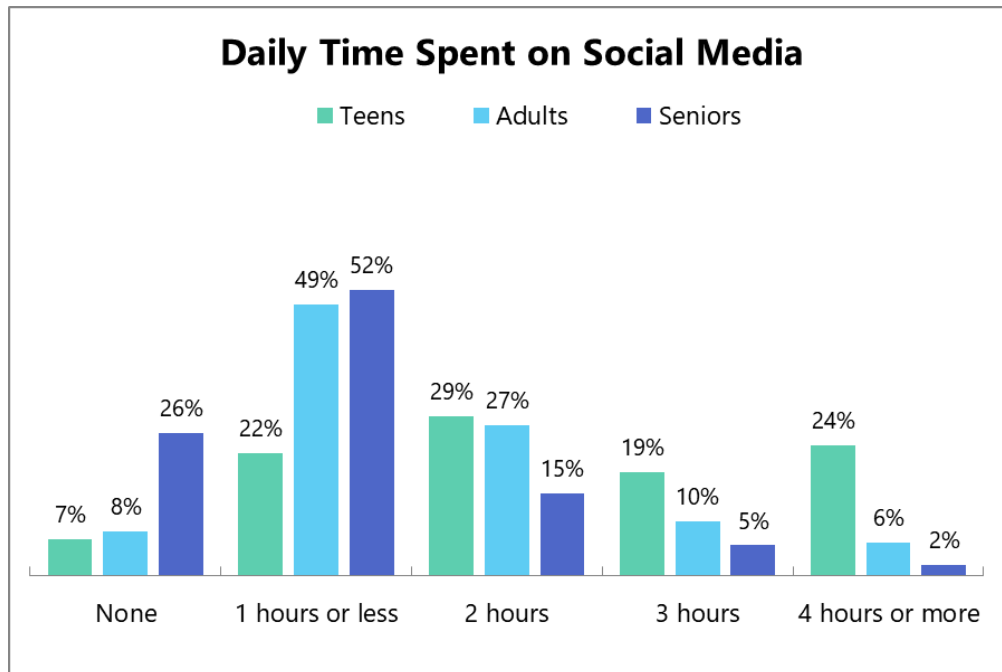
- Teen respondents were much more likely than adult or senior respondents to get the recommended amount of physical activity (30 minutes or more, 5 days a week).
- Seniors were more likely than adults to exercise on five or more days a week.
- Compared to seniors and teens, a higher proportion of adults reported getting no physical activity lasting at least 30 minutes. Adults were also more likely than teens and seniors to exercise on one or two days a week.



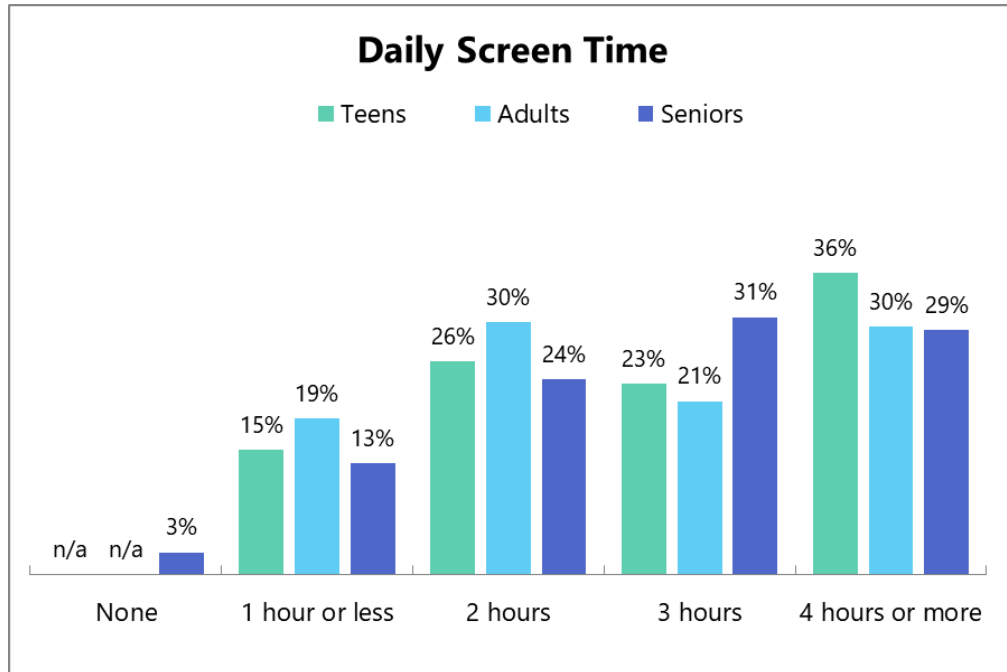
- Adults were more likely than seniors or teens to feel that there were not enough opportunities for exercise near their home.



- Reported produce-eating habits appear to be quite similar across all three surveys.
- Less than 10% of respondents across all three survey samples reported eating the daily recommended 5 or more servings of fruits and vegetables.
- Teen respondents were more likely than adult and senior respondents to report eating no fruits and vegetables.
- The majority of teen, adult, and senior respondents eat between one and three servings of fruits and vegetables per day.

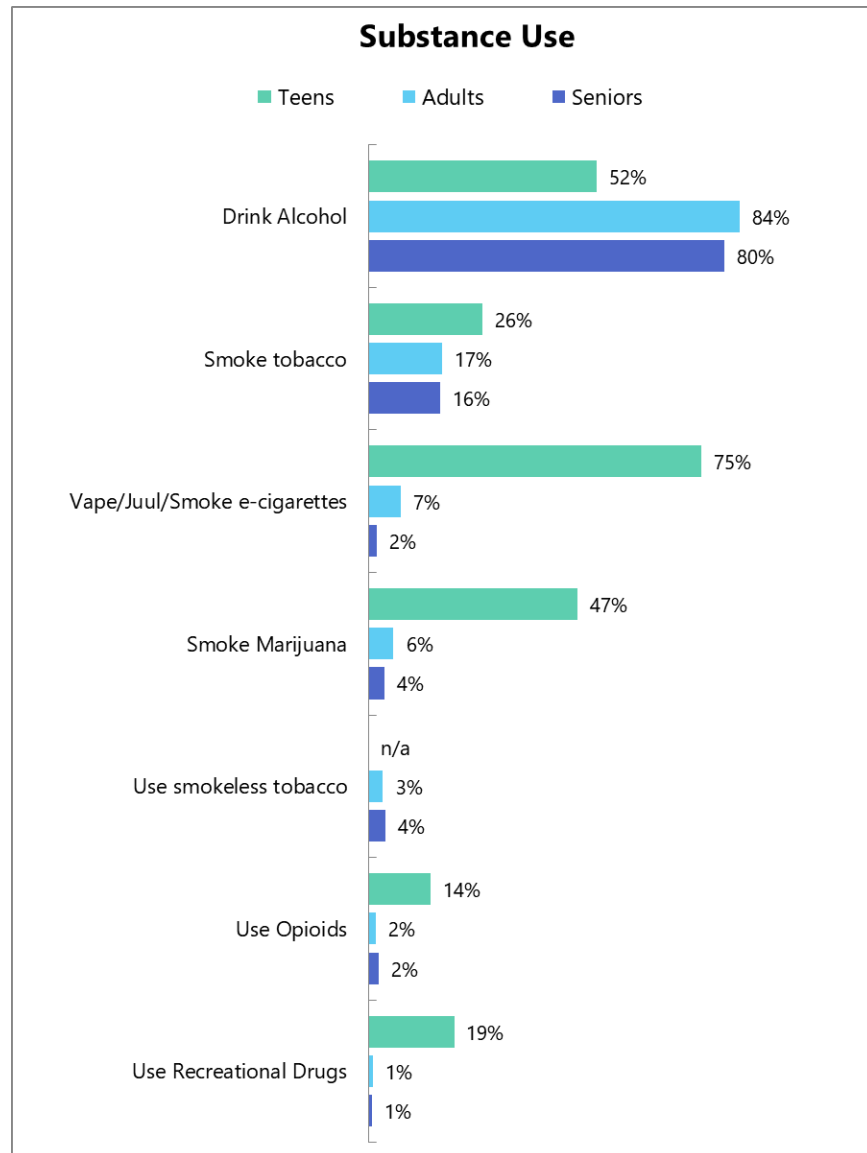


- Teens were more likely than adults or seniors to spend more time each day on social media.
- A higher proportion of seniors spend no time on social media compared to teens and adults.
- Approximately half of adult and senior respondents spend 1 hour or less on social media per day.

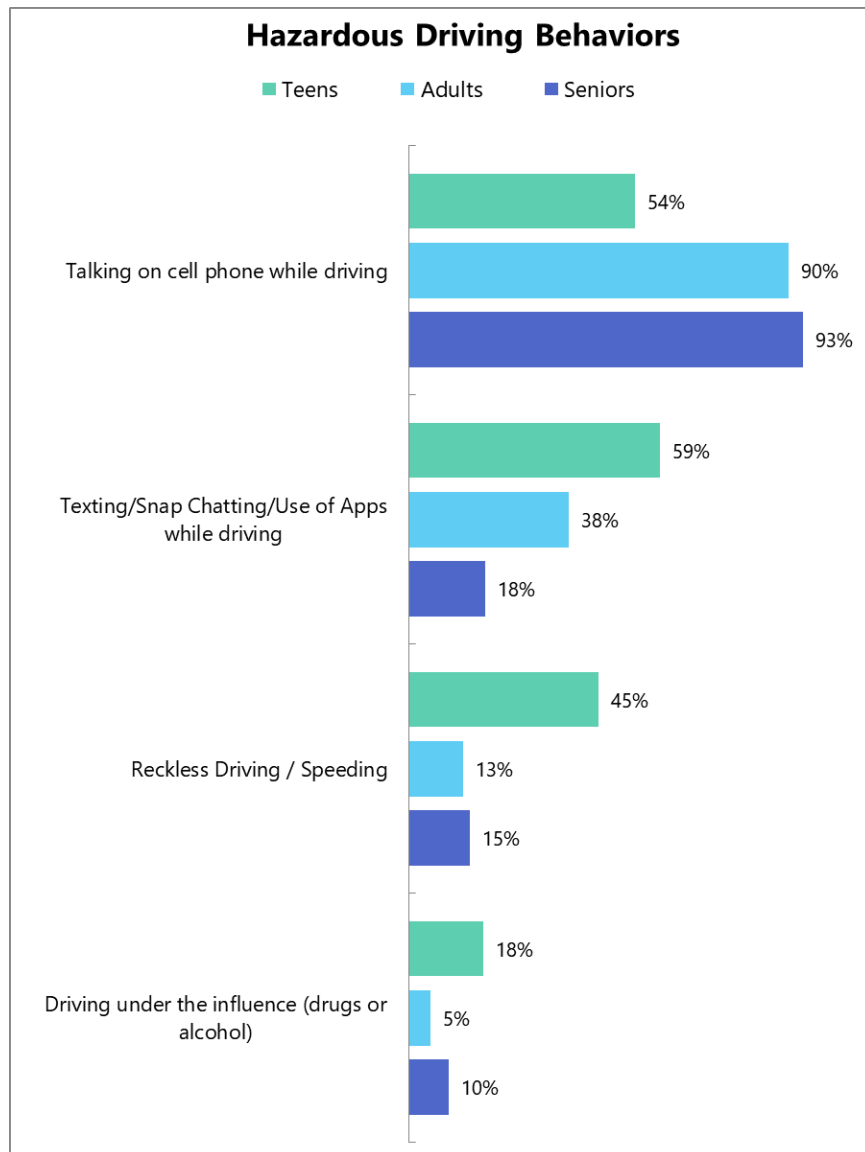


- More than half of respondents across all three surveys reported 3 or more hours per day of screen time.
- Teens were more likely than adults and seniors to report 4 hours or more of daily screen time.
- Adult respondents were more likely than teen and senior respondents to report 1 hours or less or 2 hours of daily screen time.

Risk Behaviors



- Note that this question had a high skip rate across all three surveys and so represents only a limited segment of the survey respondents.
- Alcohol was the most common substance used by adults and seniors; vapor product use was the most common substance used by teens.
- Teens were more likely to report using most substances compared to adults and seniors.
- More than 16% of adult and senior respondents reported smoking tobacco.



- Note that this question also had a high skip rate across all three surveys and so represents a limited segment of the survey respondents.
- At least 90% of adult and senior respondents reported talking on the cell phone while driving.
- Teen respondents were more likely to report texting/Snap Chatting/Use of apps while driving compared to adults and seniors.
- Teens were also more likely to report reckless driving/speeding and driving under the influence of drugs or alcohol.
- A higher proportion of seniors reported driving under the influence of drugs or alcohol compared to adults

2019 Teen Survey Response Analysis

(Note that questions may be discussed in a different order than they appeared on the survey in order to provide clarity and structure)

Demographic Questions

Q1. What is your Zip Code?

Zip Code of Residence	%	#
28110 (Monroe, Unionville)	65.6%	549
28079 (Indian Trail, Lake Park)	11.5%	96
28103 (Marshville)	8.5%	71
28104 (Matthews, Stallings, Weddington, Wesley Chapel)	6.0%	50
28173 (Waxhaw, Marvin)	3.6%	30
28112 (Monroe)	2.0%	17
28174 (Wingate)	1.8%	15
28113 (unrecognized by USPS)	0.7%	6
28105 (Matthews)	0.2%	2
28227 (Charlotte, Mint Hill)	0.1%	1
28108 (Mineral Springs)	0.0%	0
28111 (Monroe)	0.0%	0
Total		837
Unanswered		12

- More than two-thirds of the Teen Survey respondents lived in the 28110 zip code, which includes Monroe and Unionville.
- The next most common zip code among the survey sample was the 28079 zip code.
- Moving forward in this report, data for some questions is presented specific to the following four zip codes: 28110, 28079, 28103, and 28104. There were too few respondents (less than 50) in other zip codes to present stratified data.

Q2. In which Union County Town or Municipality do you reside?

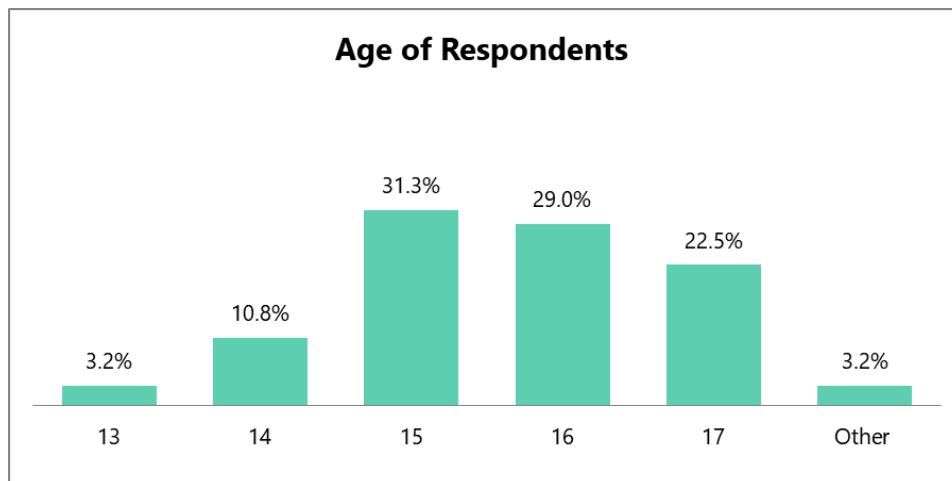
Township of Residence	%	#
Monroe	39.7%	335
Unionville	19.0%	160
Indian Trail	9.7%	82
Marshville	6.4%	54
New Salem	5.6%	47
Matthews	5.1%	43
Fairview	4.9%	41
Waxhaw	2.7%	23
Wingate	1.8%	15
Stallings	1.1%	9
Hemby Bridge	0.8%	7
Marvin	0.8%	7
Unincorporated Union County	0.8%	7
Weddington	0.5%	4
Wesley Chapel	0.4%	3
Out of County	0.4%	3
Goose Creek	0.2%	2
Altan	0.1%	1
Lake Park	0.1%	1
Mineral Springs	0.0%	0
Total		844
Unanswered		5

- Approximately 40% of the Teen Survey respondents were from the town of Monroe.
- 19% were from Unionville, the second most commonly reported town of residence.
- Moving forward in this report, data for some questions is presented specific to the following four towns: Monroe, Unionville, Indian Trail and Marshville. There were too few respondents (less than 50) in other towns to present stratified data.

Q3. What is your Age?

Age	%	#
13	3.2%	27
14	10.8%	91
15	31.3%	263
16	29.0%	244
17	22.5%	189
Other	3.2%	27
Total		841
Unanswered		8

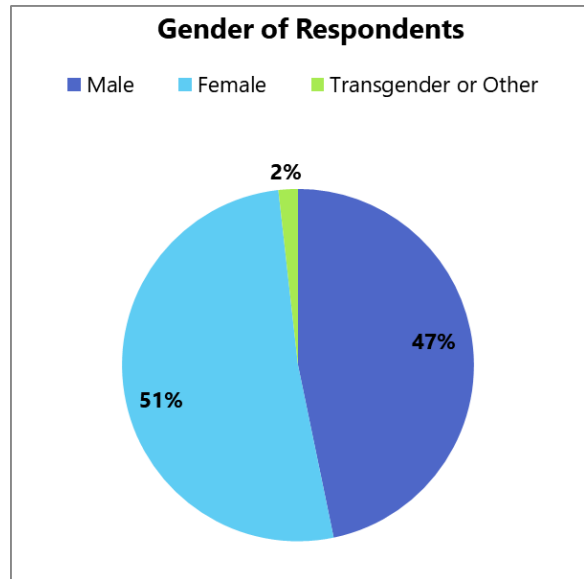
Other ages includes typos and those aged 17 and older



- This was structured as an open-ended question on the survey (respondents entered a number). Age groups presented were calculated by the Consultant.
- Note that some respondents who should have taken the Adult Survey are included in this Teen Survey sample.
- 15 year olds comprise the largest segment of the Teen Survey sample (31%), with 16 year olds accounting for the next largest group (29%).

Q4. What is your Gender?

Gender	%	#
Male	46.8%	395
Female	51.5%	435
Transgender or Other	1.8%	15
Total		845
Unanswered		4



- Males comprise approximately 47% of the Teen Survey respondents and females accounted for 51% of the respondents.
- Approximately 2% of the Teen Survey respondents identified as Transgender or Other.
- This is a much more gender-balanced survey sample compared to either the Adult or Senior Surveys.

Q5. Using the categories below, what do you consider yourself?

Race/Ethnicity	%	#
White / Caucasian/ European American	77.4%	653
Hispanic / Latino	8.8%	74
Black / African American	7.0%	59
Asian	1.9%	16
American Indian / Alaska Native	1.7%	14
Arab American / Middle Eastern	0.5%	4
Eastern European / Russian /Post Soviet States	0.5%	4
Native Hawaiian / Pacific Islander	0.2%	2
Other (please specify)	2.1%	18
Total		844
Unanswered		5
<i>Other write-in responses included: bi/multi-racial (16)</i>		

- More than three-quarters of the Teen Survey respondents were White/Caucasian/European American.
- Hispanic/Latino respondents comprise approximately 9% of the respondents.
- 7% of the respondents were Black/African American.
- Moving forward in this report, data for some questions is presented specific to the following three races: White, Hispanic/Latino, and Black/African American. There were too few respondents (less than 50) in other towns to present stratified data.

Q6. What type of health insurance do people in your home have?

Health Insurance Coverage	%	#
Do Not Know	54.6%	456
Private Insurance	25.0%	209
Medicaid	14.4%	120
Government Insurance (ACA)	4.0%	33
No Insurance	2.0%	17
Total		835
Unanswered		14

- More than half of the Teen Survey respondents did not know what kind of health insurance people in their home had.
- Private Insurance was the most common type of insurance reported (25%).
- Approximately 14% of respondents reported getting health insurance through Medicaid.

Personal Health Questions

Q7. Overall, how would you rate your physical health?

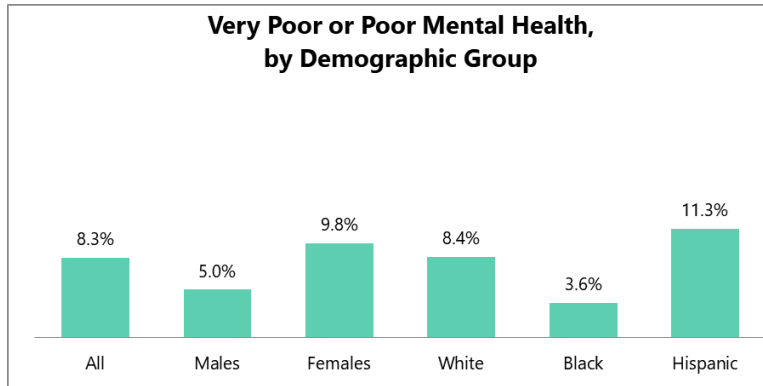
Rating Physical Health	%	#
Very Poor Health	0.7%	6
Poor Health	1.3%	11
Neither Poor Nor Good Health	9.7%	81
Good Health	54.6%	456
Excellent Health	33.7%	282
Total		836
Unanswered		13

- Most teen respondents (88%) rated their physical health as good or excellent.
- 10% thought their physical health was neither good or bad.
- 2% of respondents rated their physical health as poor or very poor.

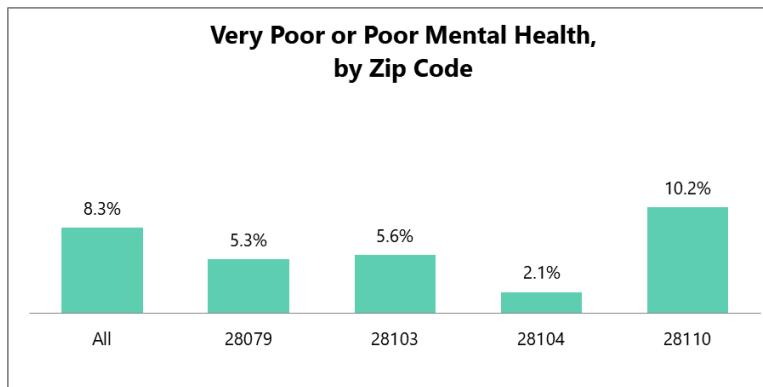
Q8. Overall, how would you rate your mental health?

Rating Mental Health	%	#
Very Poor Health	3.1%	26
Poor Health	5.2%	43
Neither Poor Nor Good Health	15.1%	126
Good Health	45.4%	378
Excellent Health	31.2%	260
Total		833
Unanswered		16

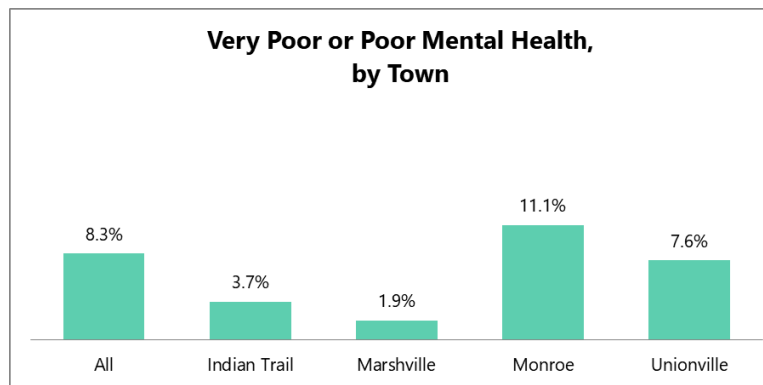
- Approximately 77% of respondents rated their mental health as good or excellent.
- 15% felt ambivalent about their mental health.
- 8% rated their mental health as poor or very poor.



- Hispanic/Latino respondents were more likely than other demographic groups to report poor or very poor mental health.



- Residents from the 28110 zip code were more likely than residents from other zip codes to rate their mental health as poor or very poor.



- Respondents from Monroe were more likely to report poor or very poor mental health compared to respondents from other towns.

Q9. Listed below are health concerns. Please check three that MOST concern you regarding your own health.

Personal Health Concerns	%	#
Allergies	60.8%	340
Sports Injuries	41.7%	233
Obesity / Overweight	23.4%	131
Asthma	22.5%	126
Eating Disorders	11.5%	64
Chronic Diseases (heart disease, diabetes, high blood pressure)	11.1%	62
Poor dental health	10.6%	59
Cancer	10.4%	58
Teen Pregnancy	7.5%	42
STDs	4.7%	26
HIV / AIDS	3.0%	17
Other (please specify)		45
Total		559
Unanswered		290

- Allergies were the most frequently identified health concern among Teen Survey respondents, with nearly 61% selecting it from the list of concerns.
- Sports injuries ranked second, as selected by 42% of respondents.
- Obesity/Overweight was the third most commonly reported health concern (23%), followed by Asthma (22%).
- Note that 34% of the survey sample did not answer this question.

Personal Health Concerns, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	Hispanic
Allergies	60.8%	58.4%	64.4%	61.7%	61.8%	51.3%
Sports Injuries	41.7%	46.8%	38.3%	45.1%	32.4%	23.1%
Obesity / Overweight	23.4%	18.0%	26.8%	23.6%	23.5%	23.1%
Asthma	22.5%	20.4%	23.1%	20.4%	35.3%	30.8%
Eating Disorders	11.5%	5.2%	16.3%	11.1%	5.9%	18.0%
Chronic Diseases	11.1%	8.4%	12.9%	11.3%	2.9%	7.7%
Poor dental health	10.6%	12.4%	7.8%	10.0%	11.8%	7.7%
Cancer	10.4%	10.4%	9.5%	10.4%	2.9%	15.4%
Teen Pregnancy	7.5%	6.0%	7.5%	6.1%	5.9%	15.4%
STDs	4.7%	6.0%	2.4%	4.1%	2.9%	5.1%
HIV / AIDS	3.0%	4.4%	1.4%	1.6%	8.8%	10.3%

- Allergies ranked as the leading personal health concern among all demographic groups presented.
- Sports injuries ranked second among males, females, and white respondents.
- Asthma ranked second among Black/African American and Hispanic/Latino teens.

Personal Health Concerns, by Zip Code (sorted by All order)	All	28079	28103	28104	28110
Allergies	60.8%	66.2%	68.2%	56.3%	59.4%
Sports Injuries	41.7%	44.6%	38.6%	46.9%	40.6%
Obesity / Overweight	23.4%	23.0%	29.6%	21.9%	21.7%
Asthma	22.5%	23.0%	25.0%	15.6%	23.2%
Eating Disorders	11.5%	10.8%	9.1%	9.4%	10.7%
Chronic Diseases	11.1%	17.6%	9.1%	12.5%	9.3%
Poor dental health	10.6%	13.5%	11.4%	15.6%	9.3%
Cancer	10.4%	10.8%	13.6%	18.8%	9.0%
Teen Pregnancy	7.5%	2.7%	6.8%	6.3%	9.0%
STDs	4.7%	6.8%	4.6%	9.4%	4.4%
HIV / AIDS	3.0%	5.4%	4.6%	0.0%	2.9%

- Allergies were the most frequently identified health concern among teens in all zip codes presented, followed by sports injuries.

Personal Health Concerns, by Town (sorted by All order)	All	Indian Trail	Marshville	Monroe	Unionville
Allergies	60.8%	60.3%	70.0%	61.0%	58.8%
Sports Injuries	41.7%	39.7%	30.0%	35.6%	48.0%
Obesity / Overweight	23.4%	27.6%	33.3%	22.9%	16.7%
Asthma	22.5%	25.9%	26.7%	22.4%	22.6%
Eating Disorders	11.5%	10.3%	6.7%	11.7%	9.8%
Chronic Diseases	11.1%	13.8%	10.0%	8.3%	11.8%
Poor dental health	10.6%	17.2%	10.0%	12.2%	3.9%
Cancer	10.4%	5.2%	13.3%	8.8%	7.8%
Teen Pregnancy	7.5%	3.5%	6.7%	9.8%	3.9%
STDs	4.7%	8.6%	3.3%	4.9%	1.0%
HIV / AIDS	3.0%	6.9%	3.3%	4.9%	0.0%

- Allergies were the leading personal health concern among teen respondents in all towns presented.
- Sports injuries ranked second among respondents from three of the four towns presented.
- Obesity/Overweight ranking second among respondents from Marshville.

Q10. Listed below are mental health concerns. Please check three that MOST concern you.

Personal Mental Health Concerns	%	#
Anxiety	68.5%	370
Depression	48.9%	264
Sleep Issues	47.8%	258
ADD/ADHD	19.8%	107
Addiction	15.9%	86
Suicide	13.7%	74
Obsessive Compulsive Disorder	11.9%	64
Bipolar Disorder	11.7%	63
Opioid or Drug Addiction	4.8%	26
Autism	4.1%	22
Schizophrenia	3.7%	20
Intellectual Developmental Disability	1.9%	10
Total		540
Unanswered		309

- Anxiety was the most frequently identified personal mental health concern among respondents, with approximately 69% selecting it.
- Depression was the second most common mental health concern (50%), followed by Sleep Issues (48%).
- Attention Deficit Disorder / Attention Deficit Hyperactivity Disorder was identified as a pressing mental health concern by approximately 20% of respondents.
- Note that 36% of the survey sample did not answer this question.

Personal Mental Health Concerns, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	Hispanic
Anxiety	68.5%	52.3%	80.1%	71.1%	45.7%	66.7%
Depression	48.9%	45.4%	50.8%	46.6%	57.1%	54.8%
Sleep Issues	47.8%	47.7%	48.9%	47.5%	37.1%	57.1%
ADD/ADHD	19.8%	27.8%	14.0%	21.7%	14.3%	11.9%
Addiction	15.9%	21.3%	10.8%	15.1%	2.9%	23.8%
Suicide	13.7%	13.0%	12.7%	12.7%	22.9%	14.3%
Obsessive Compulsive Disorder	11.9%	10.2%	12.7%	12.7%	0.0%	4.8%
Bipolar Disorder	11.7%	9.7%	12.7%	11.1%	17.1%	16.7%
Opioid or Drug Addiction	4.8%	5.6%	3.3%	4.2%	5.7%	2.4%
Autism	4.1%	5.6%	2.3%	4.0%	5.7%	0.0%
Schizophrenia	3.7%	2.3%	3.3%	2.6%	8.6%	2.4%
Intellectual Developmental Disability	1.9%	1.9%	1.0%	0.7%	8.6%	4.8%

- Anxiety was the leading personal mental health concern among males, females, white and Hispanic/Latino respondents.
- Depression was the leading personal mental health concern among Black/African American respondents.

Personal Mental Health Concerns, by Zip Code (sorted by All order)	All	28079	28103	28104	28110
Anxiety	68.5%	64.3%	65.0%	63.3%	68.2%
Depression	48.9%	42.9%	45.0%	46.7%	49.1%
Sleep Issues	47.8%	57.1%	60.0%	43.3%	45.2%
ADD/ADHD	19.8%	24.3%	27.5%	16.7%	19.9%
Addiction	15.9%	14.3%	17.5%	6.7%	17.3%
Suicide	13.7%	10.0%	12.5%	10.0%	14.3%
Obsessive Compulsive Disorder	11.9%	14.3%	10.0%	20.0%	11.3%
Bipolar Disorder	11.7%	12.9%	22.5%	0.0%	11.6%
Opioid or Drug Addiction	4.8%	7.1%	5.0%	0.0%	5.4%
Autism	4.1%	5.7%	7.5%	6.7%	3.0%
Schizophrenia	3.7%	1.4%	5.0%	6.7%	3.3%
Intellectual Developmental Disability	1.9%	1.4%	5.0%	3.3%	1.5%

- Anxiety was the leading personal mental health concern among respondents from all zip codes presented.
- Depression ranked second among residents from the 28104 and 2811 zip codes.
- Sleep Issues ranked second among respondents from the 28079 and 28103 zip codes.

Personal Mental Health Concerns, by Town (sorted by All order)	All	Indian Trail	Marshville	Monroe	Unionville
Anxiety	68.5%	64.3%	72.4%	66.0%	71.4%
Depression	48.9%	44.6%	48.3%	53.6%	37.4%
Sleep Issues	47.8%	60.7%	55.2%	45.5%	44.0%
ADD/ADHD	19.8%	25.0%	20.7%	20.6%	23.1%
Addiction	15.9%	14.3%	17.2%	18.2%	16.5%
Suicide	13.7%	8.9%	10.3%	19.1%	6.6%
Obsessive Compulsive Disorder	11.9%	17.9%	6.9%	8.1%	13.2%
Bipolar Disorder	11.7%	10.7%	20.7%	12.9%	11.0%
Opioid or Drug Addiction	4.8%	3.6%	0.0%	6.7%	1.1%
Autism	4.1%	7.1%	3.5%	3.4%	1.1%
Schizophrenia	3.7%	1.8%	6.9%	5.3%	1.1%
Intellectual Developmental Disability	1.9%	1.8%	3.5%	1.9%	1.1%

- Anxiety was the leading mental health concern among respondents from all of the towns presented.
- Depression ranked second among respondents from Monroe.
- Sleep Issues ranked second among those from Indian Trail, Marshville and Unionville.

Q11. Listed below are safety concerns. Please check three that MOST concern you.

Personal Safety Concerns	%	#
School Violence	46.6%	220
Bullying	44.1%	208
Internet Safety	30.9%	146
Sexual Assault / Rape / Date Violence	29.7%	140
Suicide	24.2%	114
Drug Abuse / Overdosing	21.8%	103
Drowning	16.5%	78
Self-Injury / Cutting	16.3%	77
Alcohol Abuse	15.0%	71
Gang Violence / Intimidation	14.4%	68
Domestic Violence (Violence at home)	11.2%	53
Other safety concern, please list:		29
Total		472
Unanswered		377

- School violence was the most frequently identified personal safety concern among respondents, as selected by nearly 47% of Teen Survey participants.
- 44% of the respondents identified bullying as the most concerning of the safety issues listed, ranking it second.
- Approximately 31% of respondents selected internet safety as the most important personal safety issue.
- Sexual assault/rape/dating violence ranked fourth, as identified by 30% of respondents.
- Note that 44% of the survey sample did not answer this question.

Personal Safety Concerns, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	Hispanic
School Violence	46.6%	46.1%	47.2%	45.6%	51.6%	44.4%
Bullying	44.1%	41.7%	47.2%	41.8%	58.1%	41.7%
Internet Safety	30.9%	30.4%	32.5%	32.5%	32.3%	16.7%
Sexual Assault / Rape / Date Violence	29.7%	19.6%	36.1%	30.3%	9.7%	33.3%
Suicide	24.2%	23.0%	23.4%	24.3%	29.0%	22.2%
Drug Abuse / Overdosing	21.8%	22.1%	20.6%	21.9%	19.4%	27.8%
Drowning	16.5%	21.1%	11.1%	15.3%	12.9%	19.4%
Self-Injury / Cutting	16.3%	12.8%	16.3%	14.5%	22.6%	19.4%
Alcohol Abuse	15.0%	14.7%	14.3%	15.3%	9.7%	13.9%
Gang Violence / Intimidation	14.4%	20.6%	8.3%	13.9%	16.1%	11.1%
Domestic Violence (Violence at home)	11.2%	9.3%	11.9%	10.7%	12.9%	16.7%

- School violence was the leading personal safety concern among males, white, and Hispanic/Latino respondents. It tied with bullying for first place among females.
- Bullying was the leading personal safety concern among Black/African American respondents.

Personal Safety Concerns, by Zip Code (sorted by All order)	All	28079	28103	28104	28110
School Violence	46.6%	45.5%	40.6%	33.3%	46.0%
Bullying	44.1%	43.9%	37.5%	33.3%	44.3%
Internet Safety	30.9%	31.8%	43.8%	29.2%	27.5%
Sexual Assault / Rape / Date Violence	29.7%	27.3%	34.4%	33.3%	31.7%
Suicide	24.2%	21.2%	34.4%	29.2%	23.7%
Drug Abuse / Overdosing	21.8%	24.2%	28.1%	37.5%	20.9%
Drowning	16.5%	22.7%	28.1%	8.3%	17.1%
Self-Injury / Cutting	16.3%	16.7%	25.0%	16.7%	15.3%
Alcohol Abuse	15.0%	18.2%	21.9%	16.7%	14.3%
Gang Violence / Intimidation	14.4%	18.2%	6.3%	12.5%	14.3%
Domestic Violence (Violence at home)	11.2%	7.6%	6.3%	8.3%	12.9%

- School violence was the most commonly chosen personal safety concern among residents of the 28079 and 28110 zip codes.
- Internet safety was the leading personal safety concern among respondents from the 28103 zip code.
- Drug abuse/overdosing was the leading personal safety concern among respondents from the 28104 zip code.

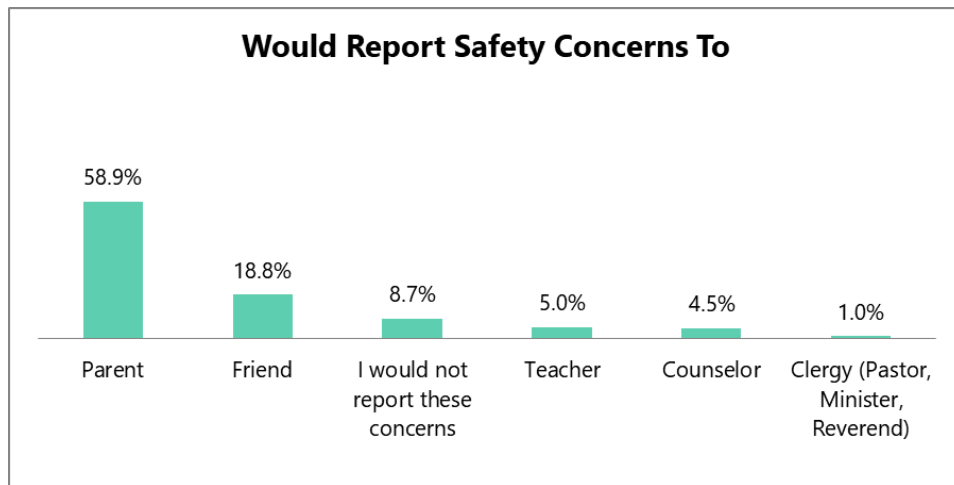
Personal Safety Concerns, by Town (sorted by All order)	All	Indian Trail	Marshville	Monroe	Unionville
School Violence	46.6%	41.8%	54.2%	43.9%	54.4%
Bullying	44.1%	54.6%	41.7%	41.7%	44.1%
Internet Safety	30.9%	40.0%	50.0%	22.8%	36.8%
Sexual Assault / Rape / Date Violence	29.7%	21.8%	25.0%	33.9%	25.0%
Suicide	24.2%	18.2%	20.8%	28.9%	17.7%
Drug Abuse / Overdosing	21.8%	16.4%	20.8%	25.6%	14.7%
Drowning	16.5%	23.6%	25.0%	12.2%	25.0%
Self-Injury / Cutting	16.3%	16.4%	16.7%	19.4%	5.9%
Alcohol Abuse	15.0%	10.9%	16.7%	17.2%	13.2%
Gang Violence / Intimidation	14.4%	18.2%	4.2%	16.7%	11.8%
Domestic Violence (Violence at home)	11.2%	10.9%	4.2%	18.3%	8.8%

- School violence was the most common personal safety concern among respondents from Marshville, Monroe, and Unionville.
- Bullying was the leading safety concern among respondents from Indian Trail.

Q12. If you have any safety concerns, who would you most likely report them to:

Would Report Safety Concern To	%	#
Parent	58.9%	460
Friend	18.8%	147
I would not report these concerns	8.7%	68
Teacher	5.0%	39
Counselor	4.5%	35
Clergy (Pastor, Minister, Reverend)	1.0%	8
Other (please specify)	3.1%	24
Total		781
Unanswered		68

Other write-in responses included: police (6), relative (2), some combination of the above (4), no one (2), and other less numerous responses



- Nearly 60% of respondents would tell a parent if they had any safety concerns and 19% would tell a friend.
- Approximately 9% would not report their safety concerns to anyone.

Community Health Questions

Q14. Listed below are behaviors that keep people from being healthy. Please check the three that you feel keep teens in Union County from being healthy.

Most Critical Unhealthy Behaviors	%	#
Drug Use	55.9%	386
Alcohol Use	45.9%	317
Tobacco Use	45.9%	317
Lack of Exercise	38.0%	262
Poor Eating Habits	35.9%	248
Marijuana	32.2%	222
Unsafe Sex / Unprotected Sex	31.7%	219
Bullying	27.5%	190
Unsafe Living Conditions / Instability at Home	17.5%	121
Internet Safety	14.1%	97
Youth Violence	12.5%	86
Not Going to the Doctor	11.0%	76
Other behaviors, please list:		13
Total		690
Unanswered		159
<i>Other write-in responses included: vaping (4), none (5) and other less numerous responses</i>		

- Drug use was the most frequently identified unhealthy behavior impacting teens in Union County, with 56% of respondents selecting it from the list.
- Alcohol use and tobacco use ranked second, as identified by 46% of respondents.
- Lack of exercise (38%) and poor eating habits (36%) ranked fourth and fifth.

Most Critical Unhealthy Behaviors, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	Hispanic
Drug Use	55.9%	54.8%	57.0%	56.2%	40.0%	63.3%
Alcohol Use	45.9%	43.2%	48.3%	47.4%	35.6%	50.0%
Tobacco Use	45.9%	50.3%	42.2%	47.0%	24.4%	53.3%
Lack of Exercise	38.0%	39.5%	36.4%	38.1%	35.6%	23.3%
Poor Eating Habits	35.9%	31.6%	38.5%	35.5%	42.2%	33.3%
Marijuana	32.2%	32.0%	31.4%	31.3%	40.0%	30.0%
Unsafe Sex / Unprotected Sex	31.7%	25.9%	34.8%	32.1%	28.9%	31.7%
Bullying	27.5%	26.2%	28.2%	26.7%	53.3%	18.3%
Unsafe Living Conditions / Instability at Home	17.5%	17.0%	16.9%	16.8%	20.0%	18.3%
Internet Safety	14.1%	13.3%	14.3%	14.4%	4.4%	16.7%
Youth Violence	12.5%	12.6%	11.6%	12.5%	8.9%	13.3%
Not Going to the Doctor	11.0%	11.6%	9.2%	10.8%	6.7%	10.0%

- Drug use was most common unhealthy behavior identified by males, females, white, and Hispanic/Latino respondents.
- Bullying was the most commonly chosen unhealthy behavior among Black/African American respondents (which aligns with their responses to the question about personal safety concerns).

Most Critical Unhealthy Behaviors, by Zip Code (sorted by All order)	All	28079	28103	28104	28110
Drug Use	55.9%	50.6%	59.7%	60.0%	56.4%
Alcohol Use	45.9%	40.5%	47.4%	57.5%	46.4%
Tobacco Use	45.9%	44.3%	52.6%	37.5%	48.6%
Lack of Exercise	38.0%	39.2%	26.3%	22.5%	40.0%
Poor Eating Habits	35.9%	45.6%	31.6%	22.5%	35.5%
Marijuana	32.2%	22.8%	47.4%	27.5%	31.8%
Unsafe Sex / Unprotected Sex	31.7%	30.4%	40.4%	15.0%	33.9%
Bullying	27.5%	25.3%	33.3%	30.0%	24.6%
Unsafe Living Conditions / Instability at Home	17.5%	13.9%	17.5%	7.5%	19.8%
Internet Safety	14.1%	17.7%	15.8%	7.5%	12.7%
Youth Violence	12.5%	2.5%	15.8%	15.0%	13.6%
Not Going to the Doctor	11.0%	7.6%	17.5%	5.0%	11.6%

- Drug use was the most commonly selected unhealthy behavior among respondents from all four zip codes presented.
- Alcohol use ranked second among respondents from the 28104 zip code.
- Tobacco use ranked second among residents from the 28103 and 28110 zip codes.
- Poor eating habits ranked second among respondents from 28079.

Most Critical Unhealthy Behaviors, by Town (sorted by All order)	All	Indian Trail	Marshville	Monroe	Unionville
Drug Use	55.9%	47.7%	60.0%	59.6%	51.1%
Alcohol Use	45.9%	32.3%	48.9%	44.2%	48.1%
Tobacco Use	45.9%	43.1%	46.7%	48.5%	50.4%
Lack of Exercise	38.0%	38.5%	24.4%	36.5%	47.4%
Poor Eating Habits	35.9%	40.0%	26.7%	33.5%	42.1%
Marijuana	32.2%	23.1%	42.2%	33.9%	27.1%
Unsafe Sex / Unprotected Sex	31.7%	27.7%	40.0%	36.5%	29.3%
Bullying	27.5%	29.2%	28.9%	25.0%	24.1%
Unsafe Living Conditions / Instability at Home	17.5%	13.9%	15.6%	22.7%	17.3%
Internet Safety	14.1%	16.9%	15.6%	11.9%	15.0%
Youth Violence	12.5%	1.5%	15.6%	16.2%	12.0%
Not Going to the Doctor	11.0%	6.2%	17.8%	13.1%	10.5%

- Drug use was the most commonly selected unhealthy behavior among respondents from all four towns presented.
- Tobacco use ranked second among respondents from Indian Trail, Monroe, and Unionville.
- Alcohol use ranked second among respondents from Marshville.

Access to Care Questions

Q19. Do you have a medical home (doctor you see on a regular basis)?

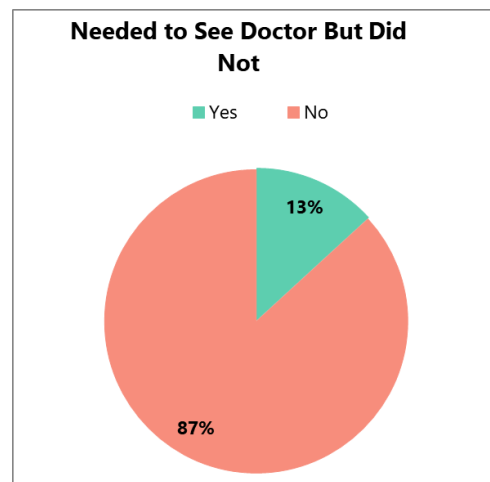
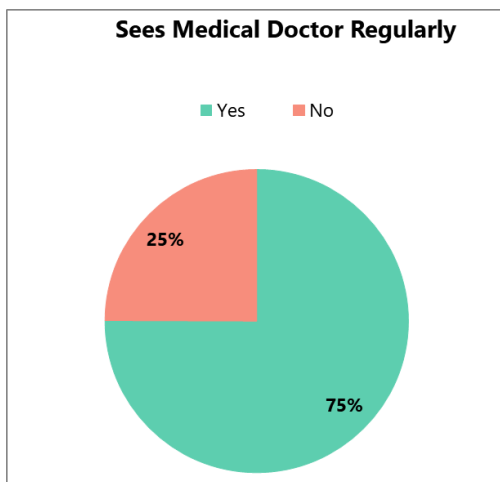
Sees Medical Doctor on Regular Basis	%	#
Yes	75.1%	611
No	24.9%	203
Total		814
Unanswered		35

- 75% of respondents reported seeing a medical doctor on a regular basis.
- 25% of respondents reported lacking a medical home.

Q20. Was there a time that you needed to see a doctor during the last 12 months but did not?

Needed to See Doctor but Did Not	%	#
Yes	13.2%	107
No	86.8%	704
Total		811
Unanswered		38

- 13% of respondents reported a time in the past year when they needed to see a doctor but did not.



Q21. If yes, what was the main reason(s) that you did not see a doctor? (Check ALL that apply)

Main Reasons for not going to Doctor (multiple answers allowed)	%	#
I was afraid / I don't like to go to the doctor	39.8%	41
Office was not open when I could get there	21.4%	22
Did not know who to call or where to go	19.4%	20
I had no transportation	18.5%	19
No insurance	15.5%	16
Did not have the money to go	14.6%	15
Other reason:		41
Total		103
Unanswered		746
<i>See the appendix for Other write-in responses</i>		

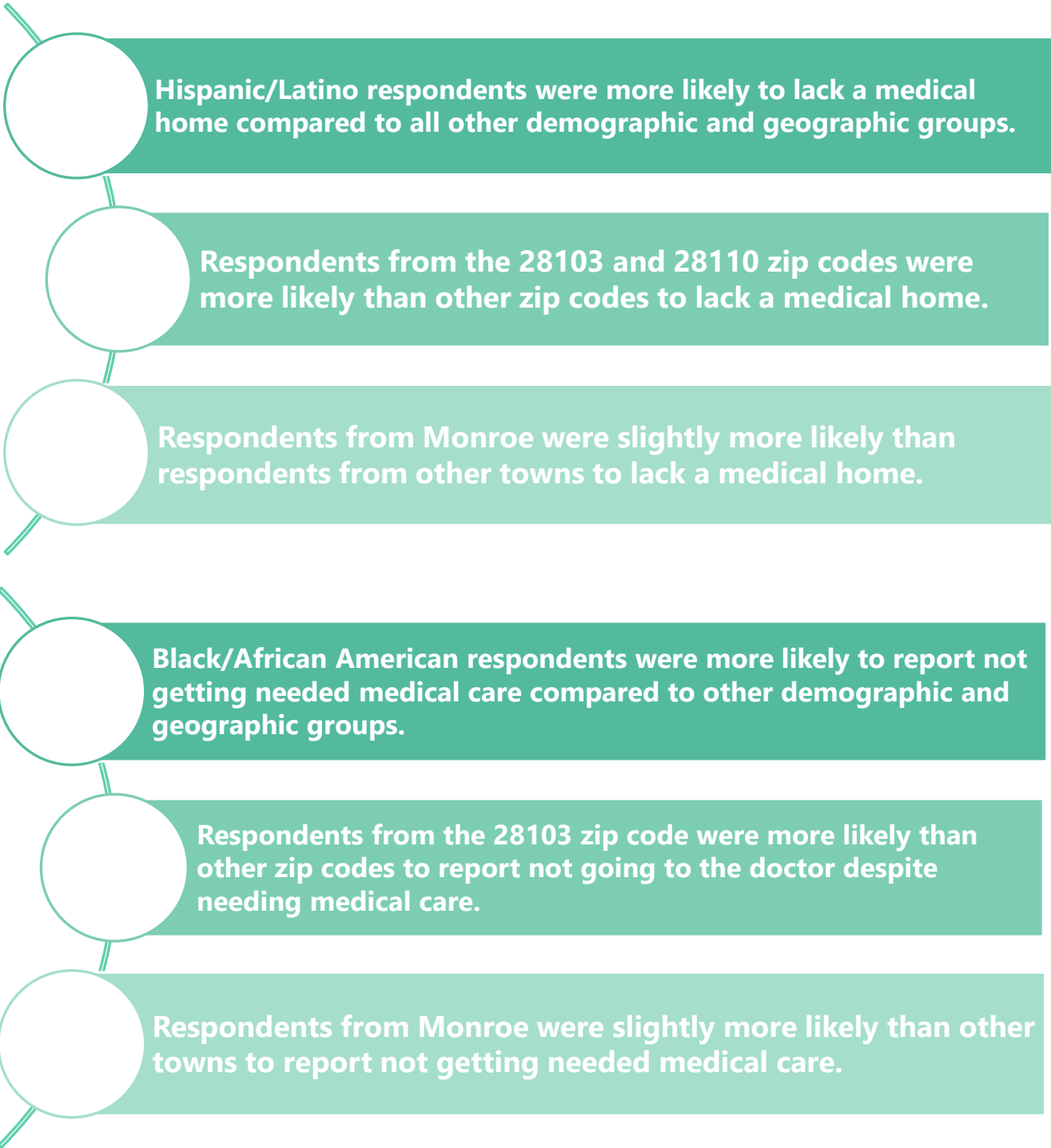
- Among those who needed to see a doctor but did not, the most common reason for not see a doctor was “I was afraid/I don’t like to go to the doctor”.
- 21% of respondents cited office hours as the barrier to accessing needed medical care.

Q27. Where do you go MOST OFTEN when you are sick and need medical care? Choose ONLY one.

Primary Source of Medical Care When Sick	%	#
Doctor's office in Union County	44.7%	329
Doctor's office outside Union County	29.4%	216
Urgent Care Facility in Union County	14.4%	106
Minute Clinic in Union County	7.1%	52
Atrium Health Care Union Emergency Room (formerly CMC)	3.7%	27
Emergency Department outside Union County	0.8%	6
Other:		35
Total		736
Unanswered		113
<i>See the appendix for Other write-in responses</i>		

- 74% of respondents seek care from a doctor’s office when they are sick: 45% from a provider in Union County and 29% from a provider outside the county.

At Risk Population: Teens Lacking Access to Medical Care



Hispanic/Latino respondents were more likely to lack a medical home compared to all other demographic and geographic groups.

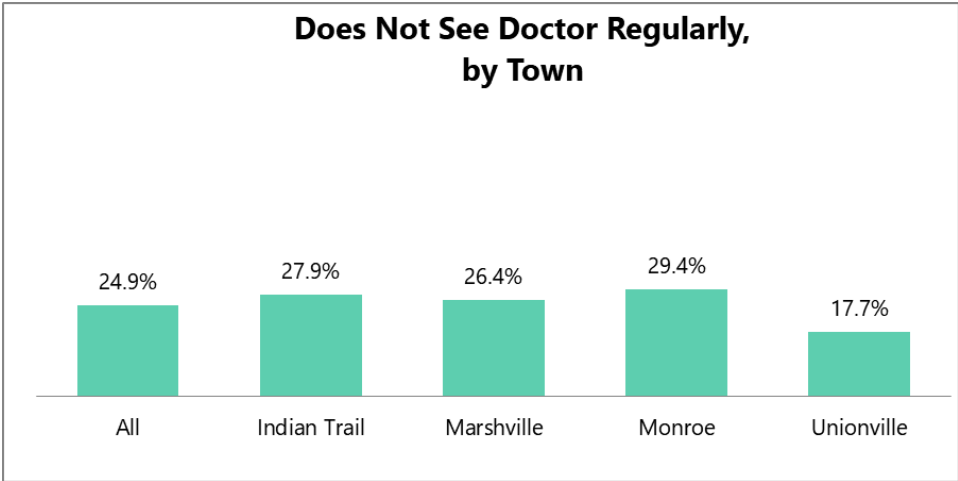
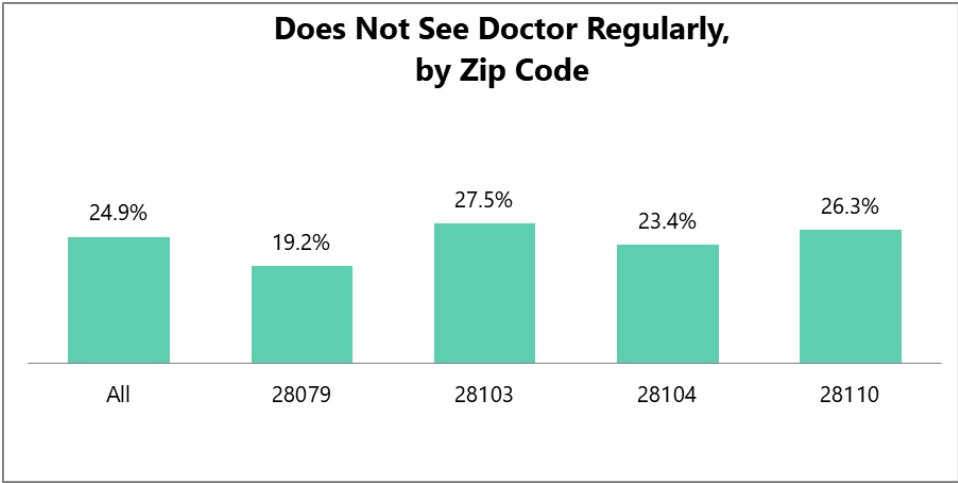
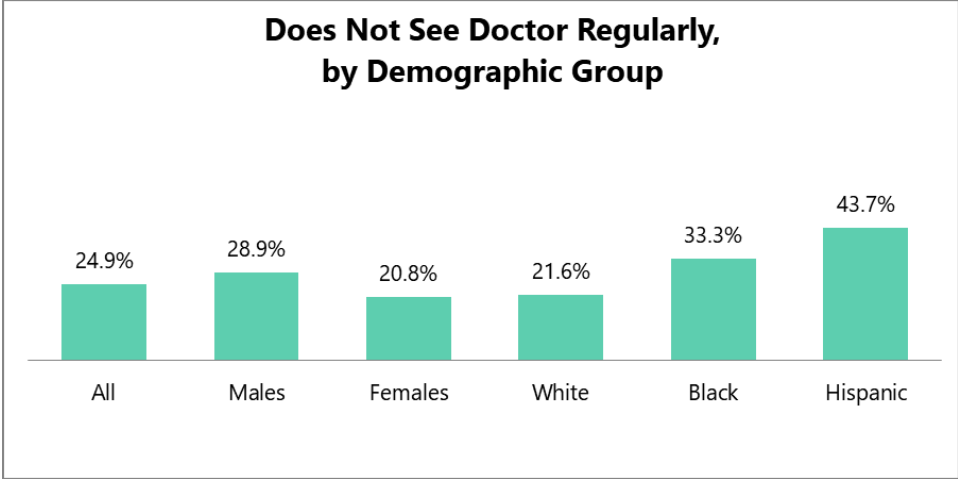
Respondents from the 28103 and 28110 zip codes were more likely than other zip codes to lack a medical home.

Respondents from Monroe were slightly more likely than respondents from other towns to lack a medical home.

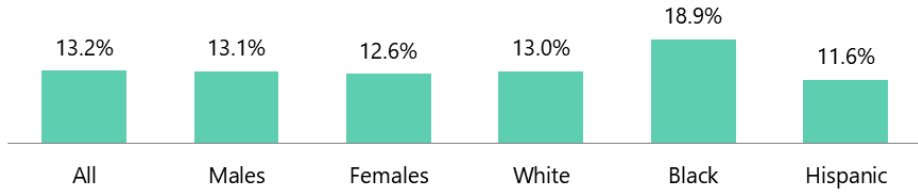
Black/African American respondents were more likely to report not getting needed medical care compared to other demographic and geographic groups.

Respondents from the 28103 zip code were more likely than other zip codes to report not going to the doctor despite needing medical care.

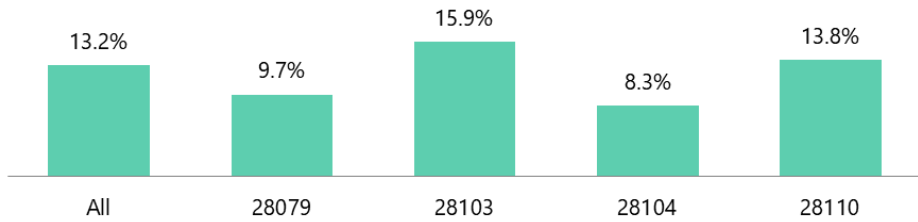
Respondents from Monroe were slightly more likely than other towns to report not getting needed medical care.



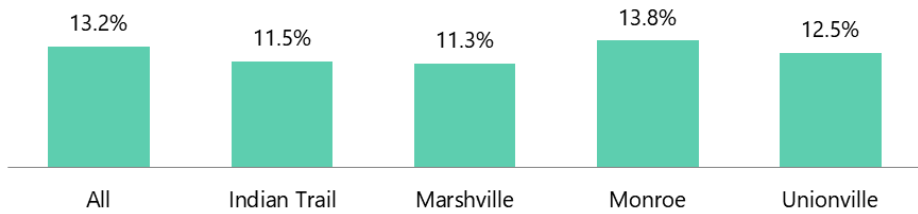
**Needed to See Doctor but Did Not,
by Demographic Group**



**Needed to See Doctor but Did Not,
by Zip Code**



**Needed to See Doctor but Did Not,
by Town**



Q24. Do you see a dentist on a regular basis?

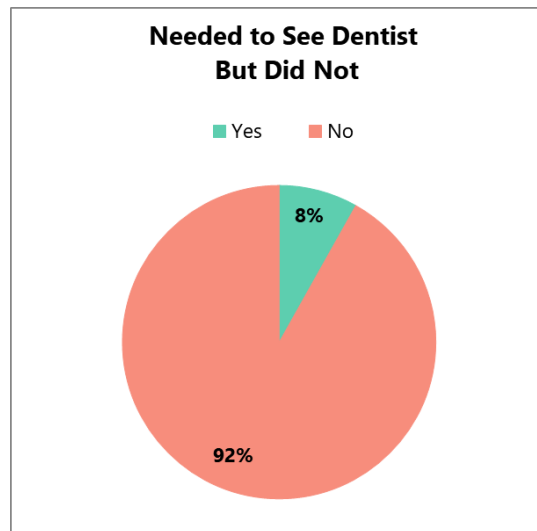
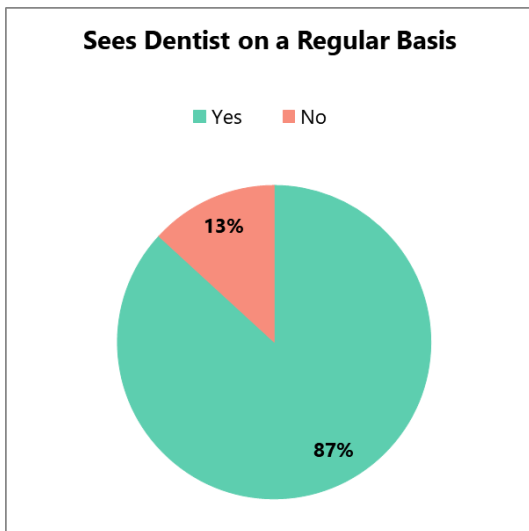
Sees Dentist on a Regular Basis	%	#
Yes	86.8%	698
No	13.2%	106
Total		804
Unanswered		45

- 87% of respondents reported seeing a dentist on a regular basis.
- 13% reported that they did not see a dentist on a regular basis.

Q25. Was there a time during the last 12 months when you needed to see a dentist but did not?

Needed to See Dentist but Did Not	%	#
Yes	8.1%	64
No	91.9%	722
Total		786
Unanswered		63

- 8% of respondents reported a time in the last year when they needed to see a dentist but did not.



Q26. If yes, what was the main reason that you did not see a dentist?

Main Reasons for not going to Dentist (multiple answers allowed)	%	#
I was afraid / I don't like to go to the dentist	29.7%	22
Did not have the money to go	24.3%	18
I had no transportation	24.3%	18
Office was not open when I could get there	20.3%	15
No insurance	17.6%	13
Did not know who to call or where to go	16.2%	12
Other reason:		25
Total		74
Unanswered		775
<i>Other write-in responses included: none/not applicable (10), scheduling issues (6) among other less common responses</i>		

- Among the teenagers who needed dental care but did not see a dentist, the most common reason was fear/not liking to go to the dentist (30%), followed by lack of money (24%) or lack transportation (24%).

At Risk Population: Teens Lacking Access to Dental Care



Black/African American respondents were more likely to lack a dental home compared to all other demographic and geographic groups.

Respondents from the 28103 and 28110 zip codes were more likely than other zip codes to lack a dental home.

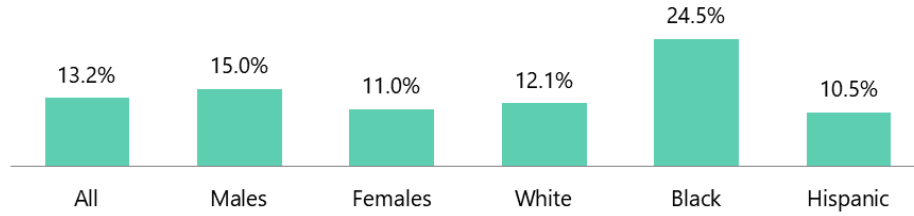
Respondents from Monroe were slightly more likely than respondents from other towns to lack a dental home.

Black/African American respondents were more likely to report not getting needed dental care compared to other demographic and geographic groups.

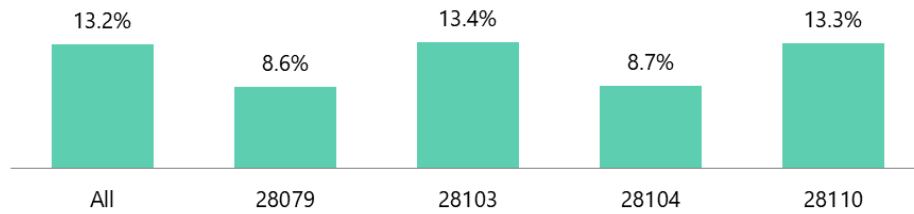
Respondents from the 28103 zip code were more likely than other zip codes to report not going to the dentist despite needing dental care.

Respondents from Indian Trail and Marshville were slightly more likely than other towns to report not getting needed dental care.

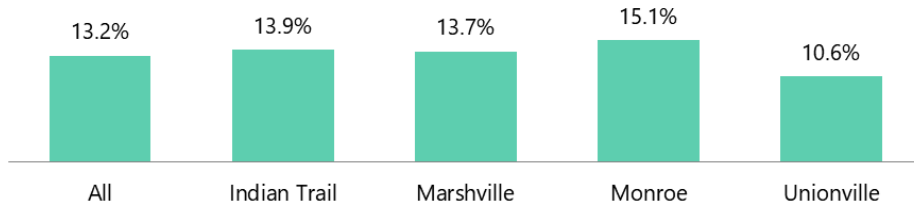
Does Not See Dentist Regularly, by Demographic Group



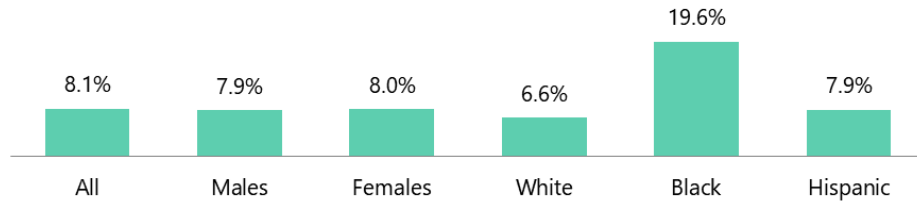
Does Not See Dentist Regularly, by Zip Code



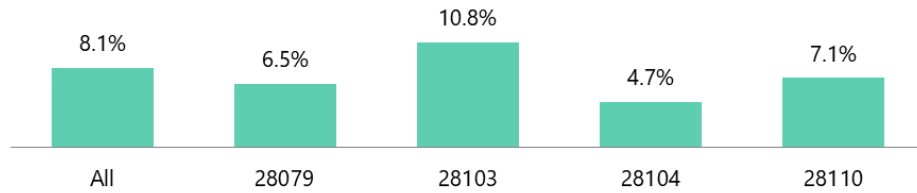
Does Not See Dentist Regularly, by Town



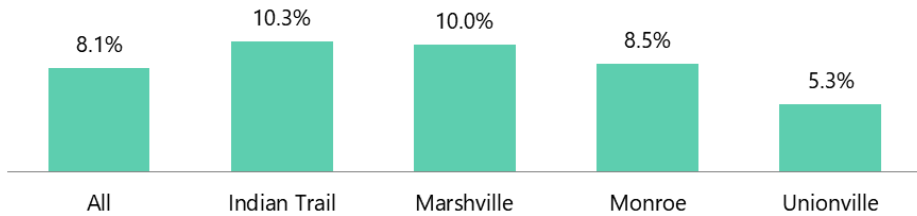
Needed to See Dentist but Did Not, by Demographic Group



Needed to See Dentist but Did Not, by Zip Code

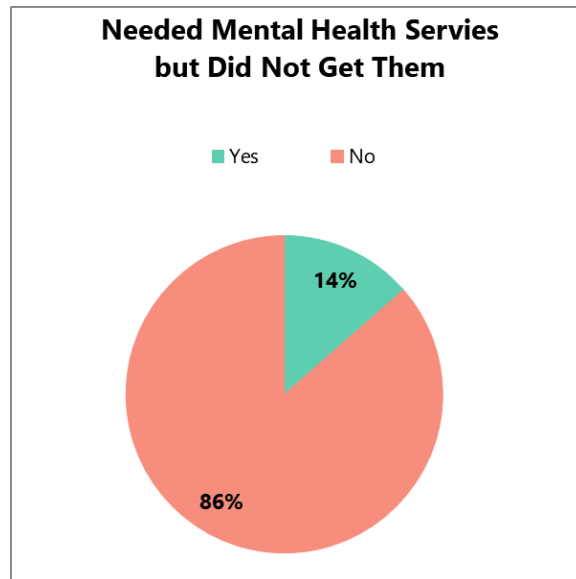


Needed to See Dentist but Did Not, by Town



Q22. Have you ever felt that you needed mental health services and did not get them?

Needed Mental Health Services and Did Not Get Them	%	#
Yes	13.6%	108
No	86.5%	689
Total		797
Unanswered		52



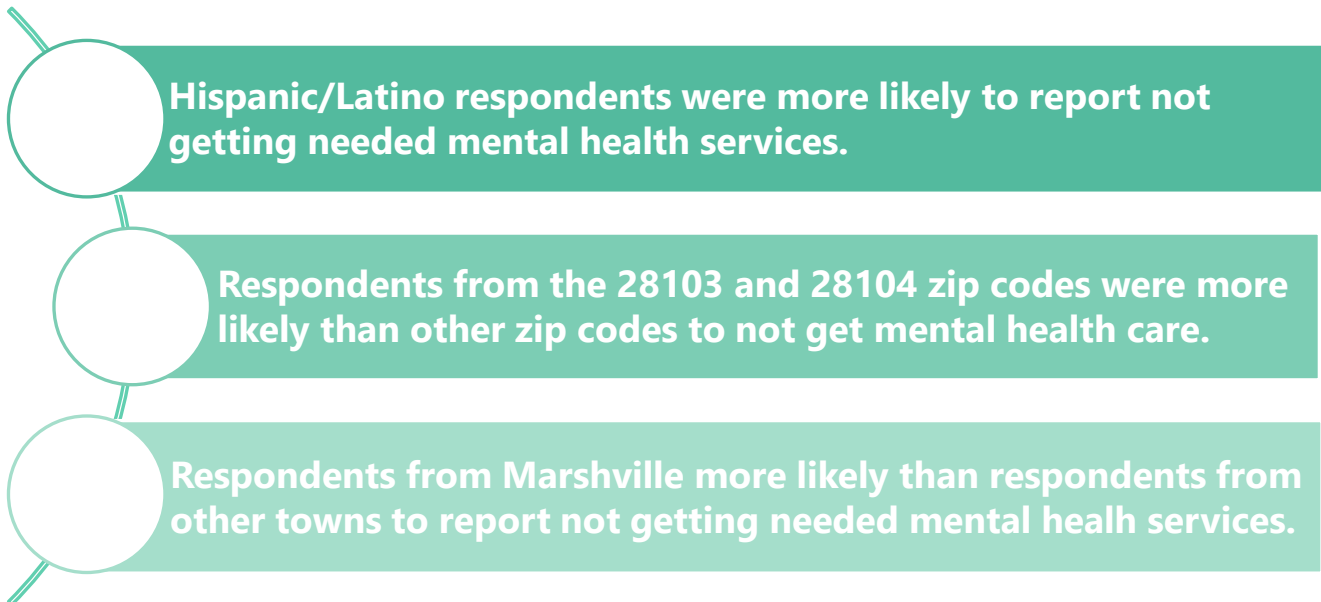
- Approximately 14% of respondents reported a time when they needed mental health services and did not get them.

Q23. If yes, why did you not go for mental health services? (Check ALL that apply)

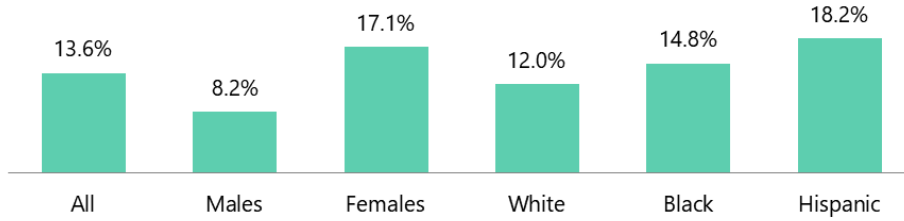
Main Reasons for Not Getting Mental Health Services (multiple answers allowed)	%	#
Embarrassed	51.8%	71
I was afraid / I don't like to go to the doctor	37.2%	51
Did not know who to call or where to go	23.4%	32
Did not have the money to go	17.5%	24
I do not trust doctors	15.3%	21
I had no transportation	11.7%	16
No insurance	9.5%	13
Office was not open when I could get there	8.8%	12
Insurance does not pay for mental health services	7.3%	10
Language Barrier	5.1%	7
Total		137
Unanswered		712

- Among those who did not get needed mental health care, the most common reason was embarrassment (52%) followed by fear/not liking to go to the doctor (37%).
- 23% reported not knowing where to go or who to call.

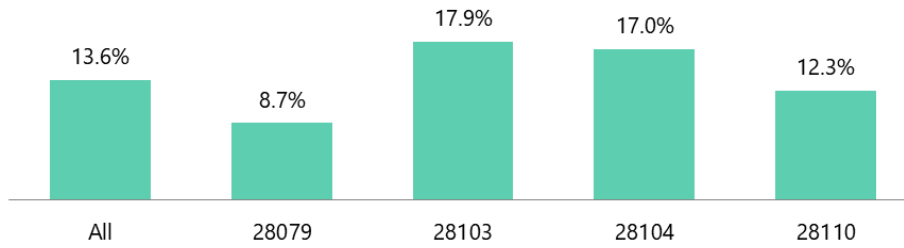
At Risk Population: Teens Lacking Access to Mental Health Services



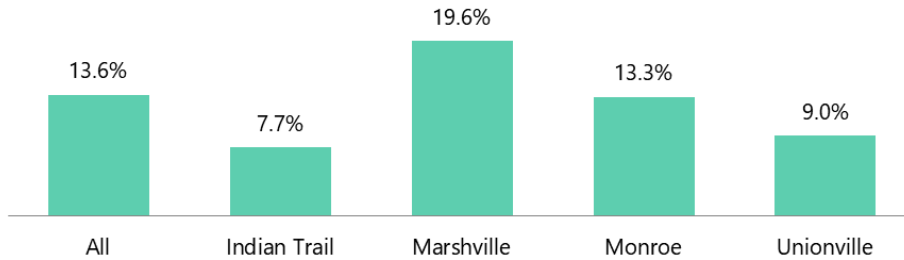
Needed Mental Health Services but Did Not Get Them, by Demographic Group



Needed Mental Health Services but Did Not Get Them, by Zip Code

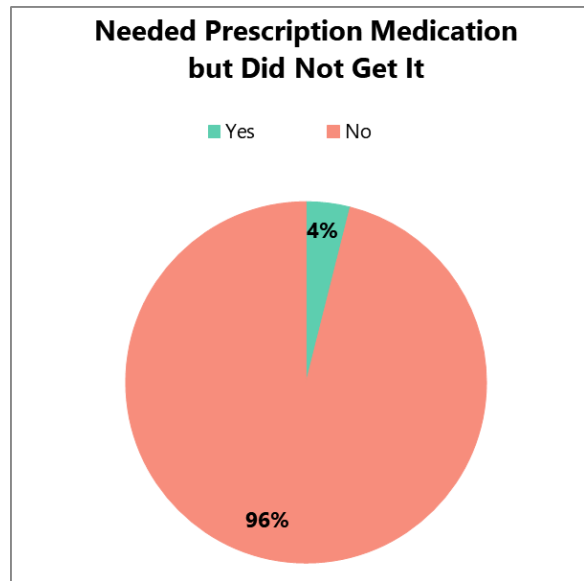


Needed Mental Health Services but Did Not Get Them, by Town



Q28. Have you needed a prescription medication and did not get it?

Needed Prescription Medication and Did Not Get It	%	#
Yes	3.9%	31
No	96.1%	758
Total		789
Unanswered		60



- The vast majority of respondents (96%) did not encounter a problem getting a necessary prescription medication.
- 4% of respondents reported a time when they needed a prescription medication and did not get it.
- Too few teen respondents reported problems accessing needed prescriptions to further stratify,

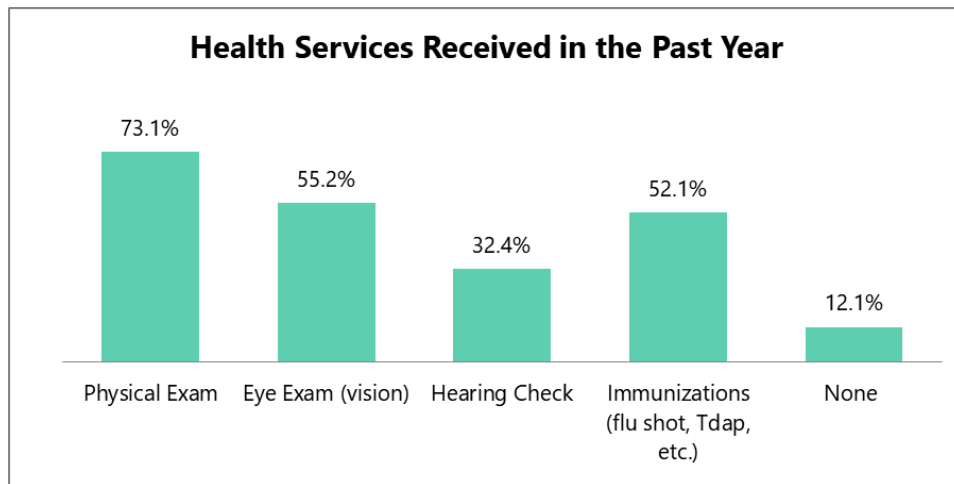
Q29. If yes, why did you not get your medicine?

Main Reasons for not getting Prescription Medication (multiple answers allowed)	%	#
Pay other bills (food, gas, utilities)	34.8%	16
Insurance would not cover the medication	34.8%	16
Did not have the money	30.4%	14
No transportation to Pharmacy	28.3%	13
Other (please specify)		16
Total		46
Unanswered		803
<i>Other write-in responses included: non/not applicable (13) among other less common responses</i>		

- Among those who reported an issue getting prescription medication, the most frequent barriers cited were “pay other bills” and insurance not covering the medication, both selected by 35% of respondents.

Q30. Check ALL preventative health services you had during the past 12 months:

Preventive Health Services Received in the Past Year	%	#
Physical Exam	73.1%	548
Eye Exam (vision)	55.2%	414
Immunizations (flu shot, Tdap, etc.)	52.1%	391
Hearing Check	32.4%	243
None	12.1%	91
Total		750
Unanswered		99



- 73% of teenaged respondents reported having had a physical exam in the past year.
- 55% reported receiving an eye exam in the past year and 32% had their hearing checked.
- 52% reported receiving immunizations in the past year.
- 12% of respondents reported receiving no preventative health services in the past year.

Preventive Health Services Received, by Demographic Group	All	Males	Females	White	Black	Hispanic
Physical Exam	73.1%	70.6%	76.1%	73.1%	68.8%	77.8%
Eye Exam (vision)	55.2%	49.9%	59.5%	53.4%	56.3%	57.4%
Hearing Check	32.4%	30.0%	34.3%	31.8%	31.3%	33.3%
Immunizations (flu shot, Tdap, etc.)	52.1%	45.4%	58.0%	53.4%	37.5%	44.4%
None	12.1%	14.4%	9.5%	11.5%	18.8%	11.1%

- Generally, females were more likely than other demographic groups to have received preventive health services in the past year.
- A physical exam was the most commonly reported preventive health service received across all demographic groups presented.
- Hispanic/Latino respondents were most likely to report having had a physical exam and Black/African American respondents were least likely to report a physical exam in the past 12 months.
- Females were more likely to report eye exams and hearing checks while males were the least likely to report receiving such services.
- Females were more likely to have received immunizations while Black/African American respondents were least likely to have received any immunizations in the past year.
- Black/African American respondents were more likely to have received no preventive health services and female respondents were the least likely to report no preventive health care.

Preventive Health Services Received, by Zip Code	All	28079	28103	28104	28110
Physical Exam	73.1%	70.0%	71.4%	78.6%	72.0%
Eye Exam (vision)	55.2%	64.4%	52.4%	57.1%	54.6%
Hearing Check	32.4%	34.4%	31.8%	33.3%	32.2%
Immunizations (flu shot, Tdap, etc.)	52.1%	61.1%	49.2%	66.7%	50.4%
None	12.1%	13.3%	19.1%	7.1%	11.5%

- Respondents from the 28103 zip code were more likely to report receiving no preventive health services and they were less likely than respondents from other zip codes to report receiving eye exams, hearing checks, and immunizations.

Preventive Health Services Received, by Town	All	Indian Trail	Marshville	Monroe	Unionville
Physical Exam	73.1%	70.7%	72.0%	71.7%	71.5%
Eye Exam (vision)	55.2%	61.3%	52.0%	54.1%	53.5%
Hearing Check	32.4%	36.0%	30.0%	30.4%	33.3%
Immunizations (flu shot, Tdap, etc.)	52.1%	48.0%	50.0%	51.9%	47.9%
None	12.1%	18.7%	16.0%	11.7%	11.1%

- Curiously, respondents from Indian Trail were both more likely to receive eye exams and hearing checks and more likely to report having received no preventive health services.

Q31. If you did not receive any preventative services, please indicate why. Check ALL that apply.

Main Reasons for Not Getting Preventive Health Services (multiple answers allowed)	%	#
I only see a doctor for an urgent medical problem	51.8%	58
Do not feel prevention services are necessary	30.4%	34
No money	13.4%	15
I do not have a medical doctor	11.6%	13
No insurance coverage	9.8%	11
Total		112
Unanswered		737

- Among those who reported not receiving any preventive health services, only seeing a doctor for an urgent medical problem was the primary reason (52%).
- 30% of respondents reported feeling that prevention services are not necessary.
- Approximately 12% reported the lack of a medical home as the main reason for not receiving preventive health services.

Q32. How do you normally get to your healthcare appointments?

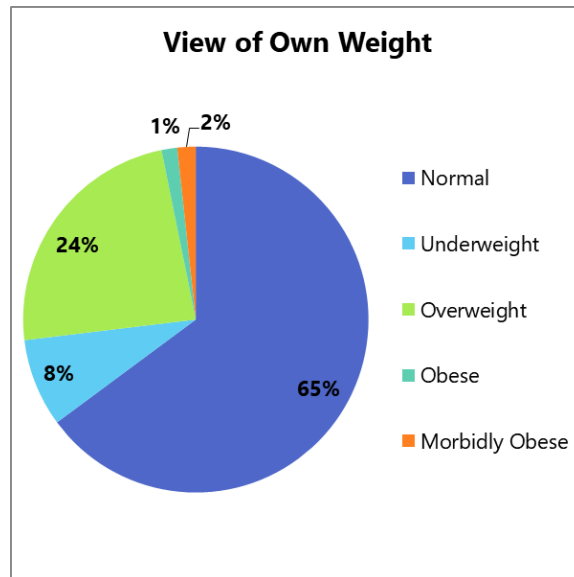
How Transported to Medical Appointments	%	#
Family Member / Friend	81.2%	635
Drive myself – Personal car	16.5%	129
Union County Public Transportation	0.6%	5
Taxi / Uber / LYFT	0.6%	5
Do not have transportation, so don't go	0.5%	4
Bicycle	0.4%	3
Walk	0.1%	1
Total		782
Unanswered		67

- 81% of respondents reported relying on family and friends to provide transportation to healthcare appointments.
- Approximately 16% of teen respondents drive themselves in their own car.

Weight, Physical Activity and Nutrition Questions

Q17. How do you view your weight?

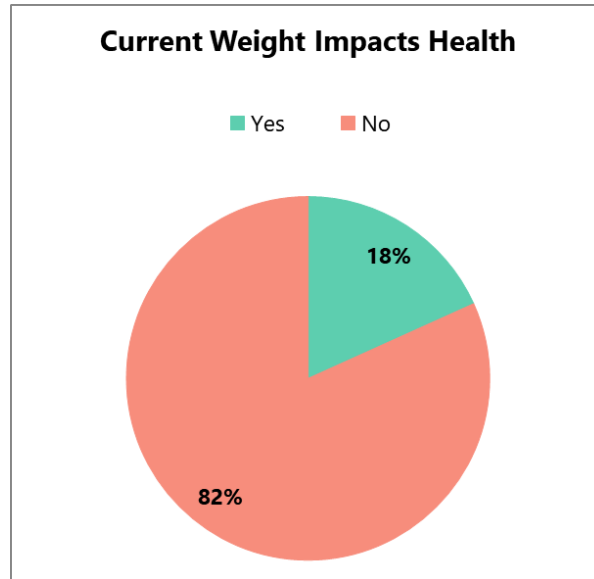
View of Own Weight	%	#
Normal	64.9%	528
Underweight	8.2%	67
Overweight	23.7%	193
Obese	1.5%	12
Morbidly Obese	1.7%	14
Total		814
Unanswered		35



- 65% of respondents viewed their weight as normal.
- 24% viewed themselves as overweight.
- 3% viewed their weight as obese or morbidly obese.

Q18. Do you feel your current weight is impacting your health status?

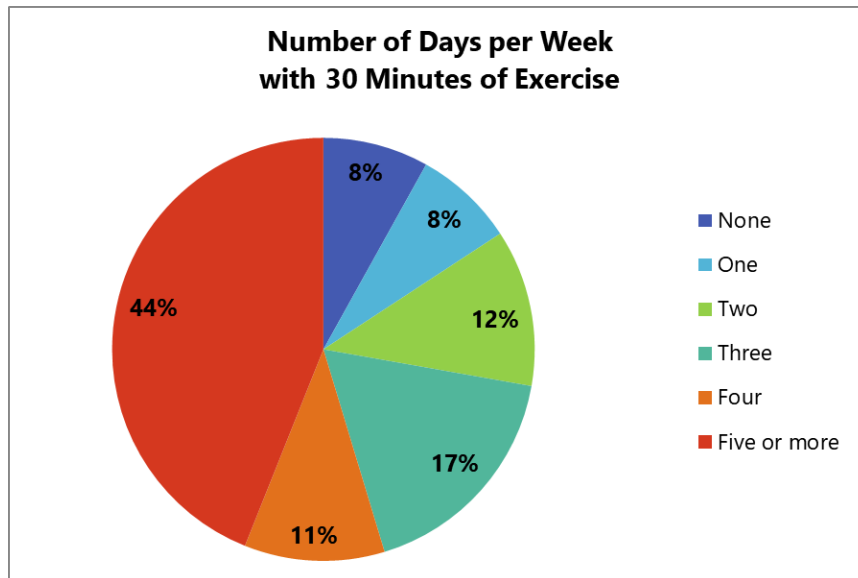
Does Current Weight Impact Health	%	#
Yes	18.3%	149
No	81.7%	667
Total		816
Unanswered		33



- While most respondents (82%) felt that their weight does not impact their health, 18% of respondents do feel that their weight impacts their health status.

Q33. How many days a week do you normally get 30 minutes of exercise?

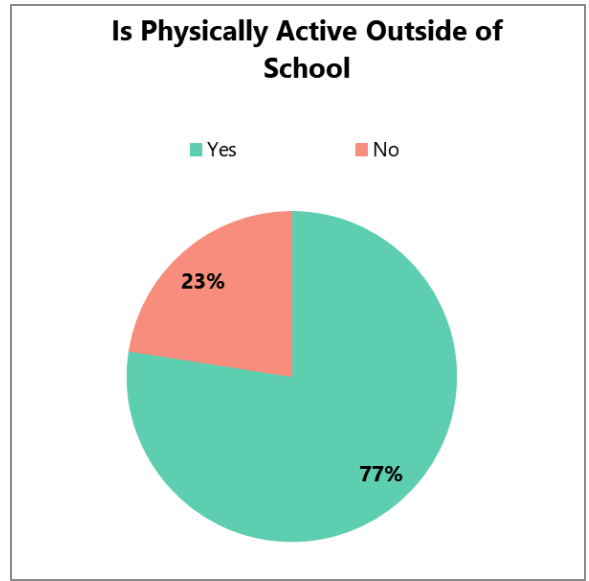
Number of Days a Week They Get 30 Minutes of Exercise	%	#
None	8.1%	64
One	7.7%	61
Two	12.0%	95
Three	17.6%	139
Four	10.7%	85
Five or more	43.9%	348
Total		792
Unanswered		57



- 44% of respondents reported getting the recommended amount of physical activity (at least 30 minutes a day, 5 days a week).
- 8% reported getting no physical activity.

Q34. Outside of exercising at school, are you physically active?

Physically Active Outside of School	%	#
Yes	77.5%	612
No	22.5%	178
Total		790
Unanswered		59

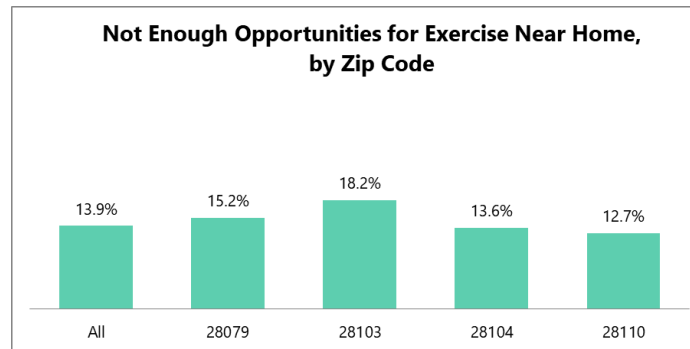


- More than three-quarters of respondents report being physically active outside of exercising at school.
- 23% indicated that they were not physically active outside of school-based exercise.

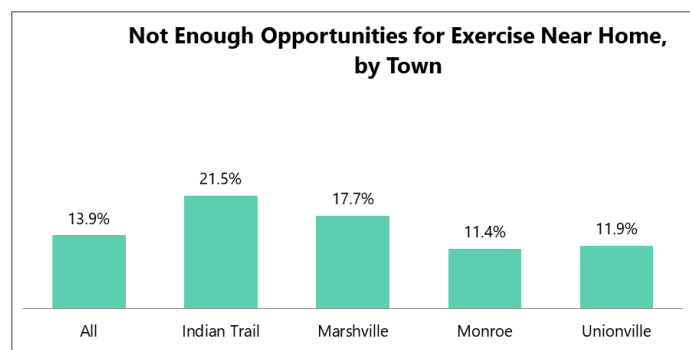
Q35. Are there enough opportunities for physical activity near your home?

Enough Opportunities for Physical Fitness Near Home	%	#
Yes	86.1%	681
No	13.9%	110
Total		791
Unanswered		58

- 86% of respondents feel that there are enough opportunities for physical fitness near their home.
- 14% do not feel that there are enough such opportunities near their home.



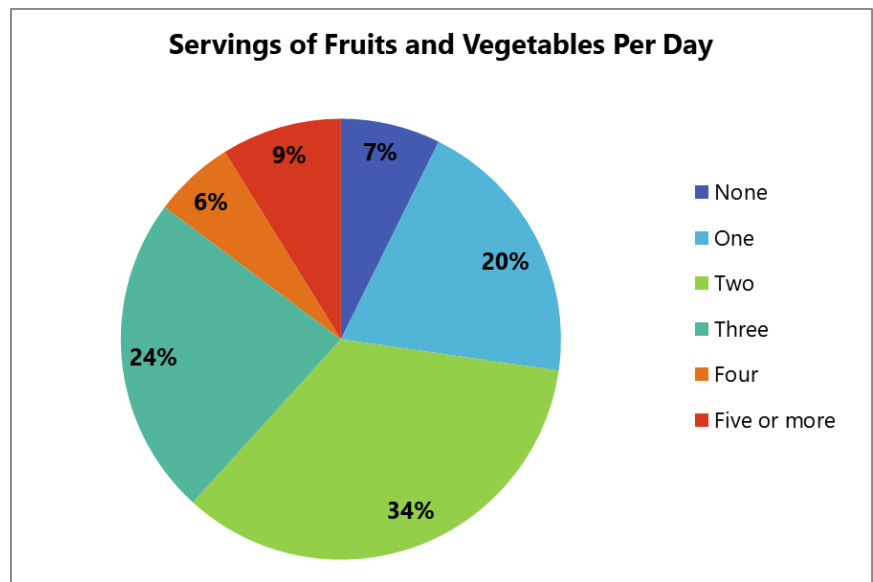
- Respondents from the 28103 zip code were more likely to report a lack of opportunities for physical exercise near their home.



- Respondents from Indian Trail were more likely to feel that there were not enough exercise opportunities near their home.

Q36. How many servings of fruits and vegetables do you normally eat per day?

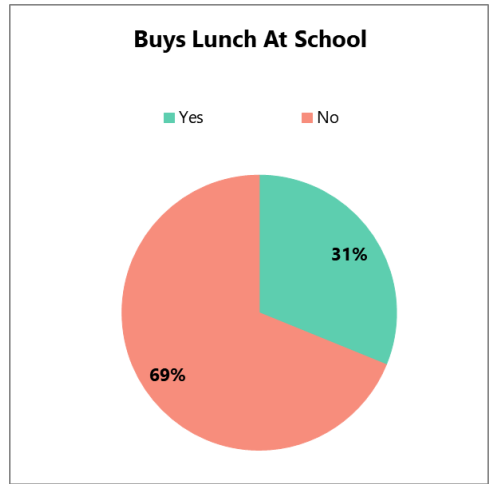
Servings of Fruits and Vegetables Per Day	%	#
None	7.3%	58
One	20.0%	158
Two	34.5%	273
Three	23.5%	186
Four	5.9%	47
Five or more	8.8%	70
Total		792
Unanswered		57



- Approximately 9% of respondents get the recommended 5 or more servings of fruits and vegetables per day.
- 7% of respondents do not eat any fruits or vegetables.
- 84% of respondents reported eating between 1 and 4 servings of fruits and vegetables per day.

Q37. Do you buy your lunch at school?

Buys Lunch At School	%	#
Yes	31.2%	247
No	68.9%	546
Total		793
Unanswered		56



- 31% of respondents reported buying lunch at school.

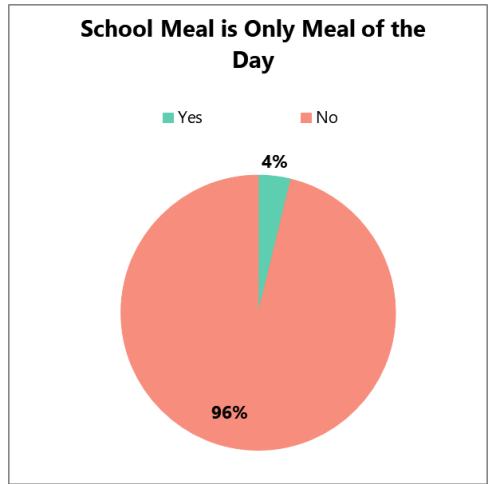
Q38. If yes, what do you eat most often?

Eats Most Often At School (multiple answers allowed)	%	#
School Lunch (meal of the day)	59.2%	171
Al La Carte Menu (French fries, pizza, chicken sandwich, etc.)	38.8%	112
Snack Food (ice cream, cookies, chips)	19.4%	56
Total		289
Unanswered		560

- Among those who buy lunch at school, 59% eat the school lunch/meal of the day and 39% choose items from the a la carte menu.

Q39. Is this your ONLY meal of the day?

School Meal is the Only Meal of the Day	%	#
Yes	3.8%	29
No	96.2%	730
Total		759
Unanswered		90



- Less than 4% of the respondents indicated that school lunch is their only meal of the day.

Q40. If you do not buy your lunch, why do you not buy lunch?

Reasons to Not Buy School Lunch	%	#
Bring my lunch from home	80.0%	449
Do not like food choices	25.0%	140
Don't eat lunch	8.4%	47
No money	5.5%	31
Other reason:		35
Total		561
Unanswered		288

See the appendix for Other write-in responses

- Among those who do not buy lunch at school, 80% of them reported bringing lunch from home.
- 25% indicated that they do not buy lunch from school because they do not like the food choices.

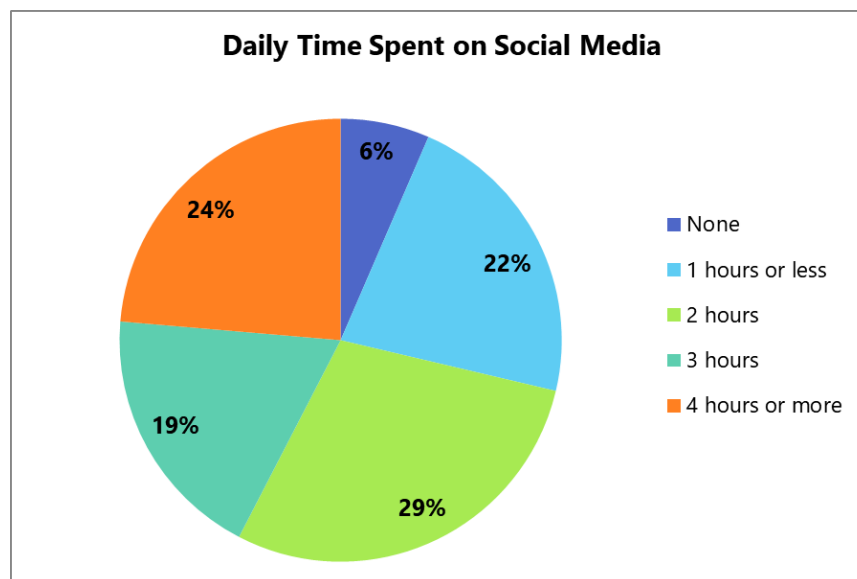
Q41. Where do the majority of your meals outside of school come from?

Source of Majority of Meals	%	#
Home prepared / cooked meals	76.6%	582
Prepared Foods from Grocery Store Deli	9.3%	71
Fast Food Restaurant	8.2%	62
Frozen Food / Microwave Meals	4.2%	32
Dine-in Restaurant	1.7%	13
Other (please specify)		13
Total		760
Unanswered		89
<i>Other write-in responses included: a combination of the above (5), specific restaurants (2), none (2) among other less common responses</i>		

- More than three-quarters of the respondents reported that the majority of their meals (outside of school) are home prepared/home cooked.
- 10% of respondents get most of their meals from restaurants (fast food or dine in).

Q15. Approximately how much time do you spend daily on social media? (i.e. Instagram, Twitter, Snap Chatting, Texting)

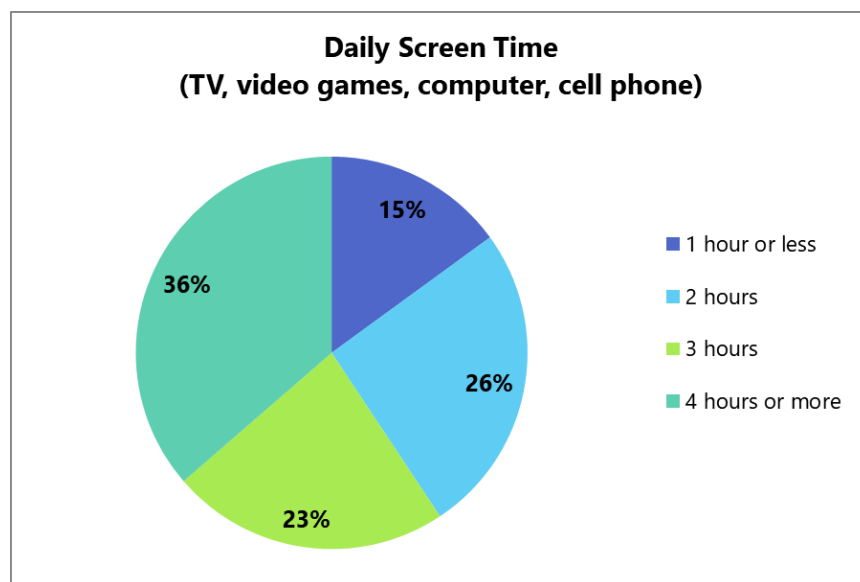
Time Spent on Social Media	%	#
None	6.5%	53
1 hours or less	22.2%	181
2 hours	28.9%	236
3 hours	18.8%	153
4 hours or more	23.7%	193
Total		816
Unanswered		33



- 42% of respondents reported spending 3 hours or more a day on social media.
- Nearly 29% of respondents reported spending no time or 1 hour or less per day on social media.

Q16. How much screen time do you spend daily? (TV, video games, computer, cell phone)

Daily Screen Time	%	#
1 hour or less	15.0%	122
2 hours	25.7%	209
3 hours	23.0%	187
4 hours or more	36.4%	296
Total		814
Unanswered		35



- 59% of respondents reported 3 or more hours of daily screen time.
- 15% spend 1 hour or less per day interacting with a screen.

Q42. After school gets out each day, or during the summer how do you spend your time? Check ALL that apply:

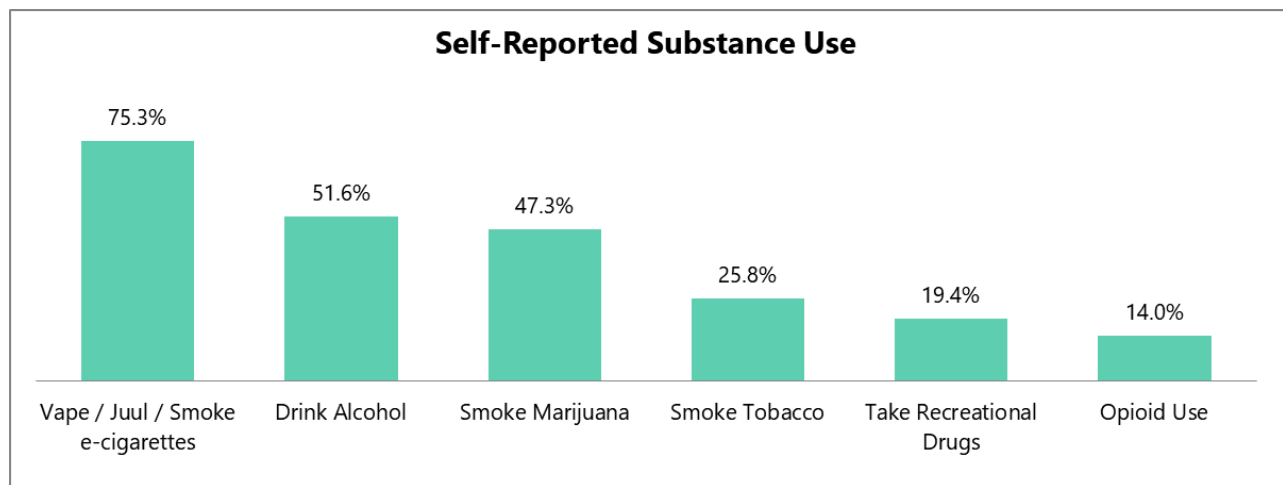
After School and Summer Time Plans (multiple answers allowed)	%	#
Hanging out with friends	75.5%	593
Hobbies	57.8%	454
Home alone, or with siblings	52.5%	412
Working	45.9%	360
Playing sports for recreation	36.1%	283
Video games	34.8%	273
Playing sports competitively	33.1%	260
Doing homework	26.1%	205
Partying (drinking / recreational drugs)	5.6%	44
Total		785
Unanswered		64

- Three-quarters of respondents indicated that they spend time outside of school, in the afternoons and summertime, hanging out with friends.
- 58% of respondents reported having hobbies to keep them busy.
- Approximately 52% of them report being home alone with siblings after school and over the summer.
- 46% of respondents work after school and during the summer.

Risk Behaviors

Q43. Please check if you do the following:

Self-Reported Substance Use	%	#
Vape / Juul / Smoke e-cigarettes	75.3%	70
Drink Alcohol	51.6%	48
Smoke Marijuana	47.3%	44
Smoke Tobacco	25.8%	24
Take Recreational Drugs	19.4%	18
Opioid Use	14.0%	13
Total		93
Unanswered		756



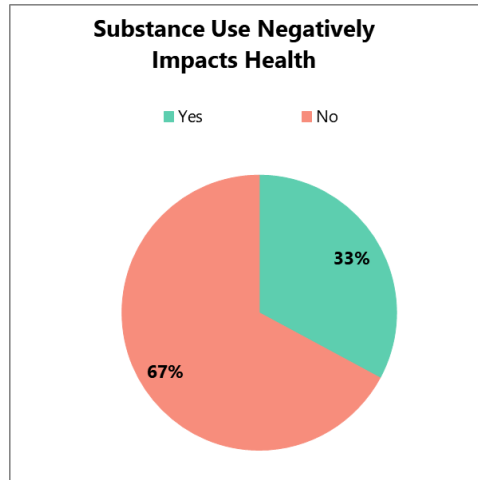
- Note that 70% of respondents did not answer this question.
- E-cigarette use was the most commonly reported behavior, with 75% of respondents (of the admittedly small sample) indicating that they use vapor products.
- 52% of respondents reported drinking alcohol.
- 47% reported smoking marijuana, a higher proportion than reported smoking cigarettes (26%).
- 19% reported recreational use of drugs and 14% reported using opioids (it is unknown whether the individual was using opioids prescribed to them by a medical provider).

Self-Reported Substance Use	All	Males	Females	White	Black	Hispanic
Vape / Juul / Smoke e-cigarettes	75.3%	73.3%	75.0%	80.7%	44.4%	50.0%
Drink Alcohol	51.6%	51.1%	47.5%	51.6%	33.3%	62.5%
Smoke Marijuana	47.3%	46.7%	42.5%	53.2%	22.2%	37.5%
Smoke Tobacco	25.8%	33.3%	10.0%	30.7%	0.0%	0.0%
Take Recreational Drugs	19.4%	15.6%	15.0%	17.7%	22.2%	0.0%
Opioid Use	14.0%	13.3%	5.0%	9.7%	22.2%	0.0%

- E-cigarette use was the most commonly reported substance used among males, females, white and Black/African American respondents
- Alcohol use the most commonly reported substance used among Hispanic/Latino respondents.
- White respondents were more likely to report smoking e-cigarettes and Black/African American respondents were least likely to use vapor products.
- White respondents were more likely to report smoking marijuana and Black/African American respondents were least likely to report marijuana use.
- Male respondents were more likely to smoke tobacco compared to other groups.
- Recreational drug use and opioid use were more common among Black/African American respondents and least likely among Hispanic/Latino respondents.

Q44. If you checked any of the above, do you believe this impacts your health?

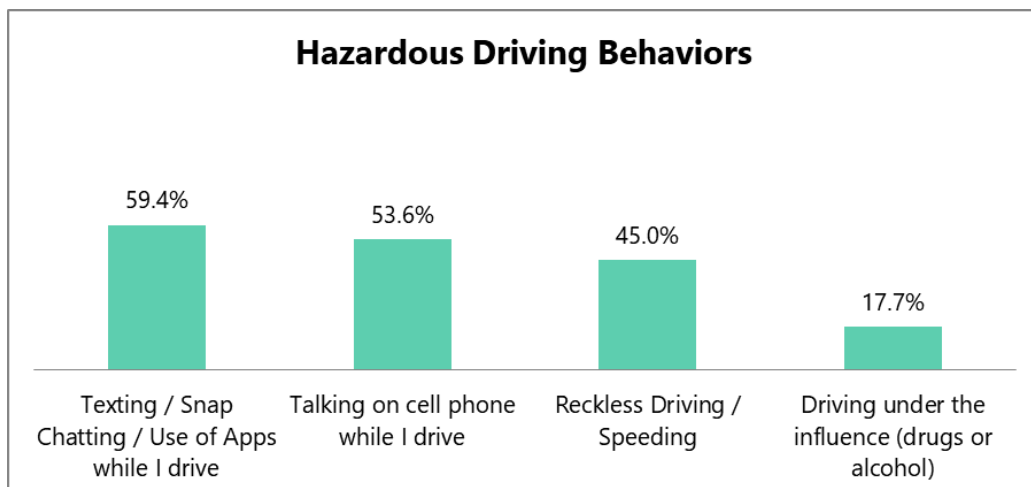
Do Any of the Above Impact Your Health Negatively?	%	#
Yes	32.9%	68
No	67.2%	139
Total		207
Unanswered		642



- Note that more respondents answered this follow up question (n=207) than answered the question about substance use (n=93).
- 33% of respondents do feel that their reported substance use negatively impacts their health.
- 67% of respondents do not feel that use of things like tobacco, e-cigarettes, or drugs negatively impacts their health.

Q13. Listed below are safety hazards related to driving. Please check ALL that apply to you.

Self-Reported Hazardous Driving Behaviors	%	#
Texting / Snap Chatting / Use of Apps while I drive	59.4%	215
Talking on cell phone while I drive	53.6%	194
Reckless Driving / Speeding	45.0%	163
Driving under the influence (drugs or alcohol)	17.7%	64
Total		362
Unanswered		487



- Note that 57% of the survey sample did not answer this question. .
- More than half of the respondents reported texting/Snap Chatting/Use of Apps and talking on the cell phone while driving.
- 45% of respondent reported driving recklessly or speeding.
- Approximately 18% of respondents reported driving under the influence of drugs or alcohol.

2019 Adult Survey Response Analysis

(Note that questions may be presented in a different order than they appeared on the survey in order to provide clarity and structure)

Demographic Questions

Q1. What is your Zip Code?

Zip Code of Residence	%	#
28110 (Monroe, Unionville)	24.6%	587
28173 (Waxhaw, Marvin)	23.5%	560
28079 (Indian Trail, Lake Park)	16.4%	391
28112 (Monroe)	13.6%	325
28104 (Matthews, Stallings, Weddington, Wesley Chapel)	10.6%	253
28103 (Marshville)	5.3%	125
28174 (Wingate)	4.2%	99
28105 (Matthews)	0.8%	20
28108 (Mineral Springs)	0.3%	8
28111 (Monroe)	0.3%	8
28113 (unrecognized by USPS)	0.1%	3
28227 (Charlotte, Mint Hill)	0.1%	3
Total		2,382
Unanswered		26

Towns included in the zip codes are according to the USPS.

- Nearly a quarter of adult survey respondents resided in the 28110 (Monroe) zip code, the most common zip code among this survey sample.
- Approximately 24% of respondents lived in the 28173 zip code, which includes Waxhaw and Marvin.
- Just over 16% of respondents lived in the 28079 (Indian Trail, Lake Park) zip code.
- Moving forward in this report, data for some questions is presented specific to the following seven zip codes: 28110, 28173, 28079, 28112, 28104, 28103, and 28174. There were too few respondents (less than 50) in other zip codes to present stratified data.

Q2. In which Union County town or municipality do you reside?

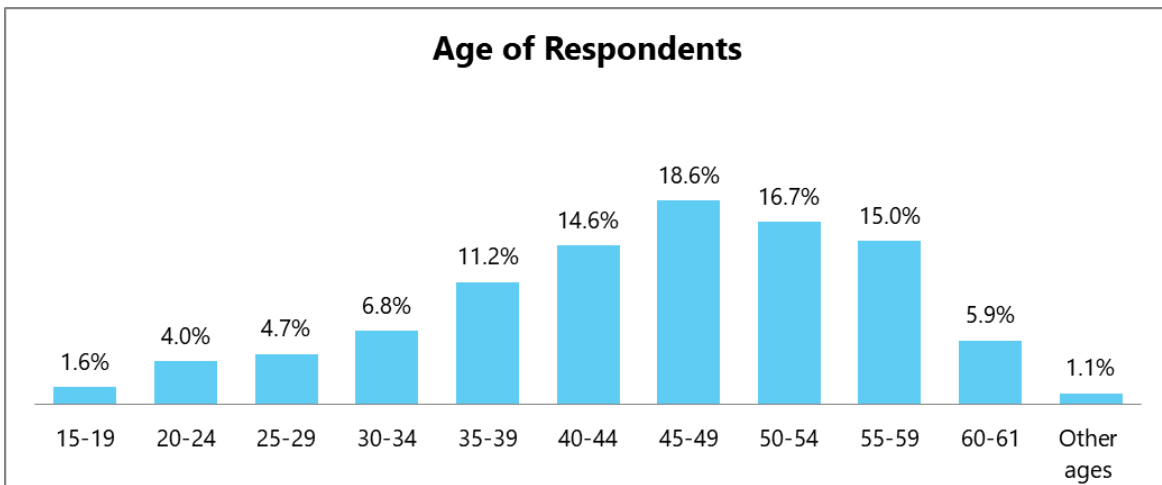
Town/Municipality of Residence	%	#
Monroe	24.7%	591
Waxhaw	16.2%	387
Indian Trail	14.2%	340
Unionville	5.7%	136
Unincorporated Area	4.9%	117
Marshville	4.3%	102
Wingate	3.9%	94
Stallings	3.8%	90
Matthews	3.3%	79
Weddington	3.1%	75
Wesley Chapel	3.0%	72
Marvin	2.7%	64
Fairview	1.8%	43
Lake Park	1.7%	40
New Salem	1.6%	38
Mineral Springs	1.4%	34
Altan	1.3%	31
Out of County	1.3%	31
Hemby Bridge	1.2%	29
Goose Creek	0.0%	1
Total		2,394
Unanswered		14

- Approximately a quarter of Adult Survey respondents lived in Monroe, the most common residence among this survey sample.
- Just over 16% of respondents lived in Waxhaw.
- Around 14% of respondents lived in Indian Trail.
- Moving forward in this report, data for some questions is presented specific to the following twelve towns: Monroe, Waxhaw, Indian Trail, Unionville, Unincorporated, Marshville, Wingate, Stallings, Matthews, Weddington, Wesley Chapel and Marvin. There were too few respondents (less than 50) in other towns to present stratified data.

Q3. What is your Age?

Age	%	#
15-19	1.6%	39
20-24	4.0%	94
25-29	4.7%	110
30-34	6.8%	160
35-39	11.2%	265
40-44	14.6%	344
45-49	18.6%	440
50-54	16.7%	394
55-59	15.0%	354
60-61	5.9%	139
Other ages	1.1%	25
Total		2,364
Unanswered		44

Other ages includes typos and those aged 62 and older



- This was structured as an open-ended question on the survey (respondents entered a number). Age groups presented here are based on age groups used by the Census Bureau and totals were calculated by the Consultant.
- Note that some respondents who should have taken the Teen Survey or the Senior Survey are included in this Adult Survey sample.
- Middle aged participants (aged 45-61) represent more than half of the Adult Survey respondent pool (56.2%).

Q4. What is your Gender?

Gender	%	#
Male	23.3%	556
Female	76.3%	1,819
Transgender or Other	0.4%	10
Total		2,385
Unanswered		23

- Females comprised more than three-quarters of the respondents to the Adult Survey. [This is typical of the community health surveys analyzed by the Consultant in the past few years; they have all skewed significantly female.]
- Moving forward in this report, data for some questions is presented specific to males and females.

Q5. Using the categories below, what do you consider yourself?

Race/Ethnicity	%	#
White / Caucasian / European American	74.9%	1,791
Black/African American	15.9%	380
Hispanic / Latino	5.5%	131
Asian	1.8%	42
Other	1.1%	27
American Indian / Alaska Native	0.4%	9
Arab American / Middle Eastern	0.3%	7
Eastern European / Russian / Post Soviet States	0.2%	4
Native Hawaiian / Pacific Islander	0.0%	0
Total		2,391
Unanswered		17

Other write-in responses included: bi/multi-racial (15) among other less numerous write-ins

- Three-quarters of the Adult Survey respondents were White/Caucasian/European American.
- Approximately 16% of the respondents were Black/African American.
- Hispanic/Latino respondents comprised 5.5% of the respondents.
- Moving forward in this report, data for some questions is presented specific to the following three race/ethnicities: White, Black/African American, and Hispanic/Latino. There were too few respondents (less than 50) in other racial/ethnic groups to present stratified data.

Q6. What is your highest level of education?

Educational Attainment	%	#
Less than 9 th grade	0.7%	16
9-12 grade, no diploma	2.3%	55
High School graduate	10.5%	249
Associate’s Degree or Vocational Training	17.0%	405
Some college	15.2%	362
Bachelor’s degree	31.7%	756
Graduate or professional degree	21.5%	513
Other	1.1%	27
Total		2,383
Unanswered		25
<i>Other write-in responses included: various diplomas (6), doctorate (2) among other less numerous write-ins</i>		

- Respondents with a high school education or less comprise 13.5% of the survey sample.
- More than half of respondents (53.2%) had a bachelor’s degree or higher.
- 17% of respondents had an Associate’s Degree or vocational training and another 15% had attended college but not graduated.
- Moving forward in this report, data for some questions is presented specific to those with a high school education or less and those with a bachelor’s degree or higher.

Q7. Are you a veteran or have you served in the military?

Current or Former Veterans	%	#
Yes	5.3%	125
No	94.8%	2,257
Total		2,382
Unanswered		26

- Approximately 5% of survey respondents indicated that they were a military veteran.

Q8. What type of health insurance do people in your home have?

Health Insurance Coverage	%	#
Private Insurance	78.6%	1,864
Medicaid	6.3%	149
No Insurance	6.0%	142
Government Insurance (Affordable Healthcare Act)	4.3%	101
Medicare	2.7%	63
Military / VA	2.3%	54
Total		2,373
Unanswered		35

- More than three quarters of adult respondents reported that the people in their home had private health insurance.
- 6% of the respondents indicated that the people in their home did not have any health insurance coverage.

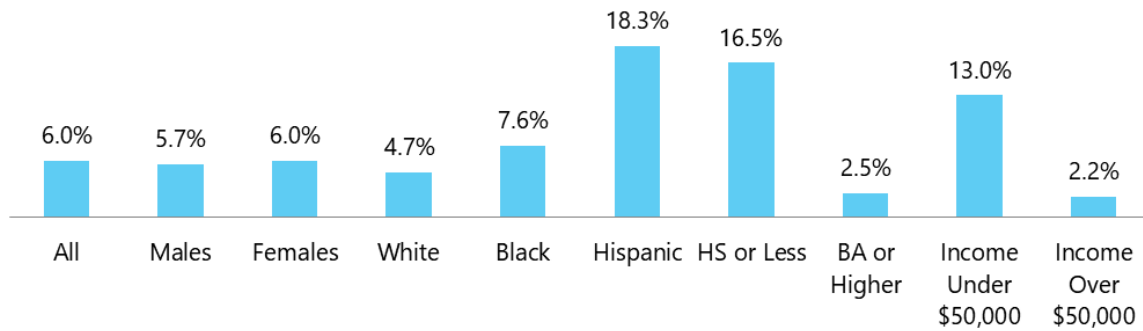
At Risk Population: Uninsured Adults

Hispanic/Latino respondents, respondents with a high school education or less, and respondents with an income under \$50,000 were more likely to report not having health insurance compared to all other demographic and geographic groups.

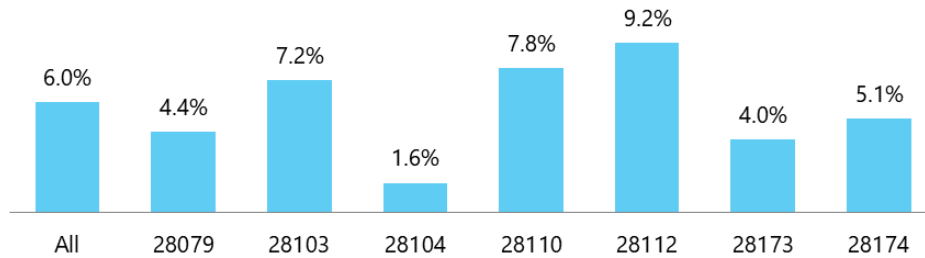
Respondents from the 28112, 28110, and 28103 zip codes were more likely than other zip codes to lack health insurance.

Respondents from Monroe and Matthews were more likely than respondents from other towns to lack health insurance.

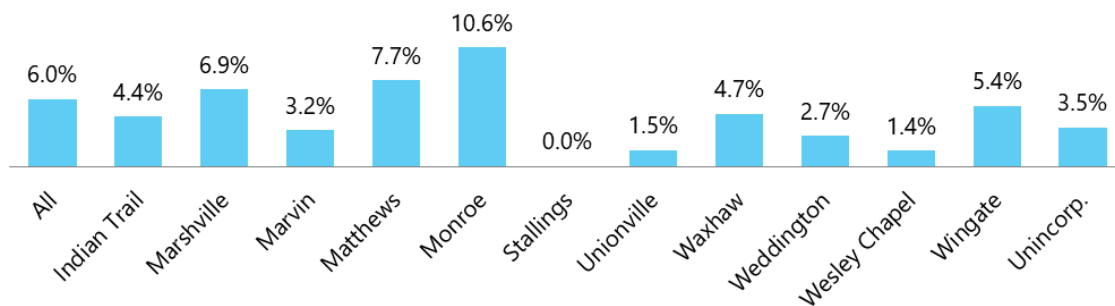
Respondents With No Health Insurance, by Demographic Group



Respondents With No Health Insurance, by Zip Code



Respondents With No Health Insurance, by Town



Q9. What most closely describes your income level?

Income	%	#
Less than \$10,000	6.1%	145
\$10,000 to \$14,999	2.6%	62
\$15,000 to \$24,999	3.9%	92
\$25,000 to \$34,999	7.5%	179
\$35,000 to \$49,999	11.7%	280
\$50,000 to \$74,999	19.1%	456
\$75,000 to \$99,999	11.9%	284
\$100,000 or more	27.7%	660
Choose not to answer	9.5%	226
Total		2,384
Unanswered		24

- Nearly 13% of respondents reported an income of less than \$25,000.
- 19% reported an income of \$25,000 to \$50,000.
- Approximately 40% of respondents reported an income of \$75,000 or more.
- Moving forward in this report, data for some questions is presented specific to those with a reported income below \$50,000 and those with an income over \$50,000.

Q10. Do you feel your income or economic situation is negatively impacting your ability to access medical care or services?

Income Negatively Impacts Access to Medical Care	%	#
Yes	27.5%	647
No	72.5%	1,706
Total		2,353
Unanswered		55

- Approximately 15% of respondents reported feeling that their economic situation negatively impacted their ability to access medical care or services.

Personal Health Questions

Q11. Overall, how would you rate your physical health?

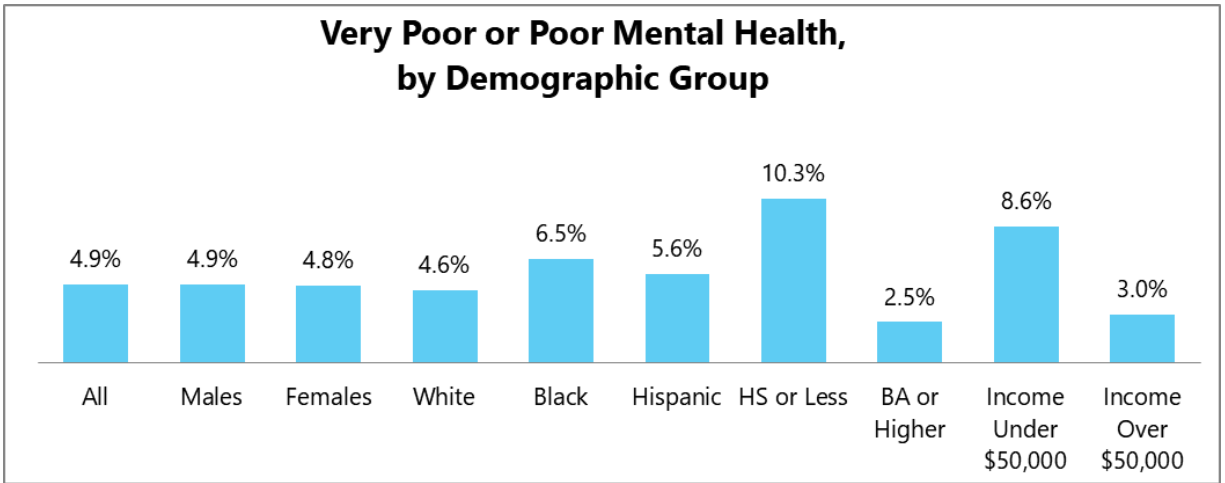
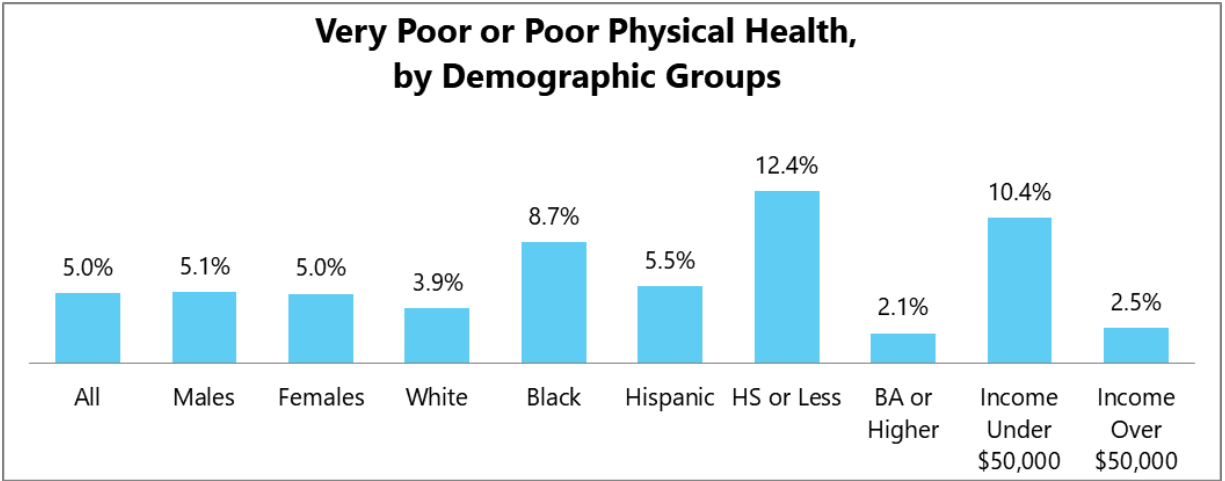
Rating Physical Health	%	#
Very Poor Health	0.9%	21
Poor Health	4.1%	98
Neither Poor Nor Good Health	13.7%	325
Good Health	61.6%	1,462
Excellent Health	19.8%	469
Total		2,375
Unanswered		33

- 81% of respondents rated their physical health as good or excellent.
- 5% of respondents rated their personal health as poor or very poor.
- Approximately 14% felt ambivalent about their physical health.

Q12. Overall, how would you rate your mental health?

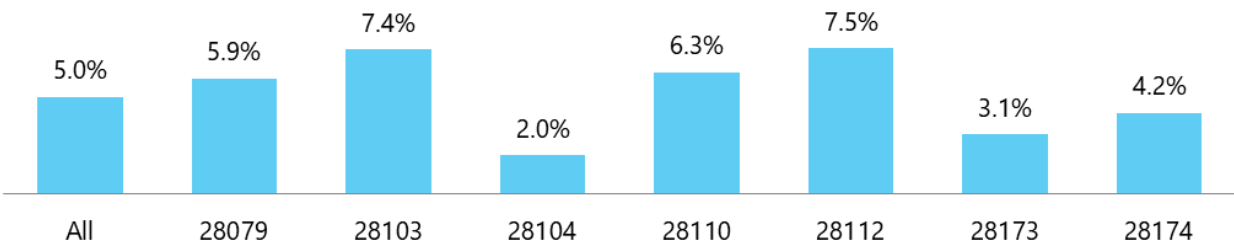
Rating Mental Health	%	#
Very Poor Health	0.6%	15
Poor Health	4.3%	102
Neither Poor Nor Good Health	9.9%	236
Good Health	54.1%	1285
Excellent Health	31.1%	739
Total		2,377
Unanswered		31

- 85.2% of respondents rated their mental health as good or excellent
- 5% of respondents rated their mental health as poor or very poor.
- 10% of respondent felt their mental health was neither good nor bad.

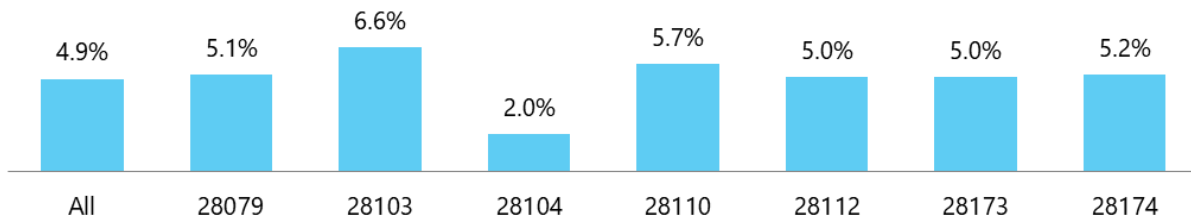


- Respondents with a high school education or less were more likely than any other demographic groups to rate their physical and mental health as poor or very poor.
- Respondents with an income under \$50,000 and Black/African-American participants were also more likely than many other groups to report poor or very poor physical and mental health.
- A lower proportion of respondents with a bachelor’s degree or higher reported poor or very poor physical or mental health, compared to other groups.

Very Poor or Poor Physical Health, by Zip Code

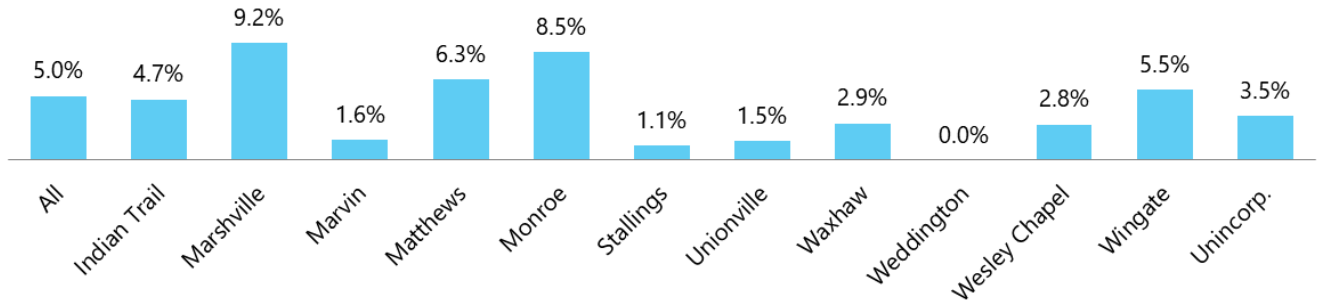


Very Poor or Poor Mental Health, by Zip Code

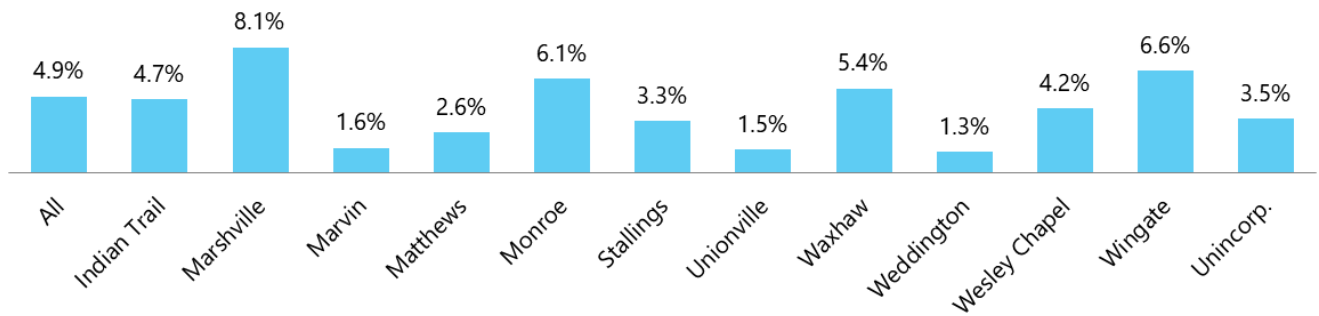


- Residents of the 28102 and 28103 zip codes were more likely to report poor or very poor physical health.
- Respondents from the 28103 zip code were more likely than respondents other zip codes to report poor or very poor physical health.

Very Poor or Poor Physical Health, by Town



Very Poor or Poor Mental Health, by Town



- A higher proportion of respondents from Marshville reported poor or very poor physical and mental health compared to all other towns.

Q13. Listed below are health concerns. Please check three that MOST concern you regarding your own health.

Personal Health Concerns	%	#
Cancer	35.6%	729
Obesity	35.1%	719
High blood pressure	34.0%	696
Vision issues	33.1%	678
Stroke/Heart Disease	25.6%	523
Dental health	24.3%	497
Diabetes	23.8%	488
Alzheimer's Disease/Dementia	13.4%	275
Caregiver Stress	10.2%	209
Hearing issues	9.1%	186
Respiratory Illness / COPD	6.1%	124
Influenza/Pneumonia	3.9%	80
Alcohol Abuse/Use	3.1%	63
Kidney Disease	2.7%	56
Unplanned Pregnancy	2.3%	46
Drug Abuse/Overdose	1.3%	26
Other (please specify)		250
Total		2,047
Unanswered		361
<i>See the appendix for Other write-in responses</i>		

- Cancer was the most commonly identified health concern among the Adult Survey respondents, though it wasn't chosen by a majority of respondents.
- Obesity was the second most commonly identified health concern among the respondents.
- High blood pressure ranked as the third most concerning health issues faced by respondents, followed by vision issues.
- Stroke/Heart Disease, Dental health, and Diabetes were the next most common health concerns identified.
- Note that approximately 15% of the sample did not answer this question.

Personal Health Concerns, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	Hispanic	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Cancer	35.6%	37.6%	35.1%	39.6%	21.1%	30.6%	27.2%	39.4%	27.1%	39.9%
Obesity	35.1%	27.0%	38.0%	35.5%	37.4%	21.3%	30.5%	35.1%	34.0%	36.9%
High blood pressure	34.0%	46.1%	30.2%	30.7%	50.6%	28.7%	44.9%	30.9%	37.1%	32.2%
Vision issues	33.1%	28.0%	34.6%	30.9%	37.1%	48.2%	41.2%	29.3%	41.1%	28.7%
Stroke / Heart Disease	25.6%	35.5%	22.8%	28.1%	16.4%	15.7%	22.1%	27.8%	20.6%	28.2%
Dental health	24.3%	21.6%	25.0%	23.5%	25.8%	28.7%	33.8%	20.4%	34.0%	19.5%
Diabetes	23.8%	24.7%	23.4%	20.3%	34.9%	35.2%	30.9%	22.1%	29.8%	20.5%
Alzheimer's Disease/Dementia	13.4%	14.5%	13.0%	16.0%	3.8%	8.3%	10.3%	16.2%	7.8%	15.7%
Caregiver Stress	10.2%	3.7%	12.0%	11.3%	7.6%	7.4%	5.5%	11.7%	9.3%	9.9%
Hearing issues	9.1%	14.1%	7.5%	9.9%	6.9%	3.7%	15.8%	7.9%	11.3%	8.4%
Respiratory Illness / COPD	6.1%	7.3%	5.7%	6.2%	6.0%	5.6%	8.1%	5.2%	7.4%	5.4%
Influenza / Pneumonia	3.9%	3.5%	4.0%	4.4%	1.9%	3.7%	2.2%	5.0%	2.2%	4.5%
Alcohol Abuse / Use	3.1%	5.0%	2.5%	3.0%	3.5%	3.7%	5.2%	2.9%	3.1%	3.3%
Kidney Disease	2.7%	2.7%	2.7%	2.3%	3.5%	3.7%	3.3%	2.5%	3.0%	2.5%
Unplanned Pregnancy	2.3%	0.8%	2.7%	2.4%	0.9%	3.7%	2.9%	1.9%	3.9%	1.7%
Drug Abuse/Overdose	1.3%	1.9%	1.0%	0.8%	3.1%	1.9%	4.0%	0.6%	2.0%	0.9%

- Cancer was the most commonly identified health concern among white respondents, those with a bachelor's degree or higher, and those with an income over \$50,000.
- Obesity was the most common health concern among females.
- High blood pressure was the most common health concern among males, Black/African Americans, and those with a high school education or less.
- "Vision issues" was the most common health concern among Hispanic/Latino respondents and those with an income under \$50,000.

Personal Health Concerns, by Zip Code (sorted by All order)	All	28079	28103	28104	28110	28112	28173	28174
Cancer	35.6%	37.7%	32.1%	35.1%	32.5%	32.0%	44.2%	21.8%
Obesity	35.1%	35.9%	41.1%	30.6%	36.8%	39.4%	31.1%	37.9%
High blood pressure	34.0%	32.0%	39.3%	31.5%	36.4%	36.8%	28.8%	54.0%
Vision issues	33.1%	33.2%	40.2%	32.9%	33.7%	37.2%	27.3%	40.2%
Stroke / Heart Disease	25.6%	24.3%	20.5%	22.1%	24.7%	21.9%	33.1%	23.0%
Dental health	24.3%	22.8%	23.2%	22.5%	24.9%	33.1%	20.2%	23.0%
Diabetes	23.8%	21.0%	25.0%	20.7%	25.5%	31.2%	18.5%	40.2%
Alzheimer's Disease/Dementia	13.4%	10.5%	13.4%	21.6%	12.3%	8.9%	18.0%	3.5%
Caregiver Stress	10.2%	12.0%	8.0%	9.0%	11.3%	7.8%	11.2%	5.8%
Hearing issues	9.1%	6.9%	8.9%	9.0%	8.9%	11.2%	8.2%	16.1%
Respiratory Illness / COPD	6.1%	3.6%	7.1%	6.8%	5.9%	8.9%	6.2%	5.8%
Influenza / Pneumonia	3.9%	4.2%	1.8%	7.7%	3.0%	3.7%	4.5%	0.0%
Alcohol Abuse / Use	3.1%	2.4%	0.9%	2.7%	5.1%	2.2%	2.8%	2.3%
Kidney Disease	2.7%	2.4%	2.7%	2.3%	2.4%	3.7%	3.0%	2.3%
Unplanned Pregnancy	2.3%	2.4%	2.7%	1.4%	2.0%	3.7%	1.9%	1.2%
Drug Abuse/Overdose	1.3%	0.9%	2.7%	0.5%	1.8%	1.1%	0.9%	2.3%

- Cancer was the most commonly selected health concern among residents of the 28079, 28104, and 28173 zip codes.
- Obesity was the most frequently identified concern among those in the 28103, 28110, and 28112 zip codes.

- High blood pressure was the most commonly chosen health concern in the 28174 zip code.

Personal Health Concerns, by Town (sorted by All order)	All	Indian Trail	Marshville	Marvin	Matthews	Monroe	Stallings	Unionville	Waxhaw	Weddington	Wesley Chapel	Wingate	Unincorp.
Cancer	35.6%	37.0%	29.4%	50.9%	34.7%	26.1%	33.3%	42.9%	42.7%	40.3%	39.7%	21.7%	43.1%
Obesity	35.1%	37.0%	38.0%	29.8%	26.4%	37.7%	35.9%	33.6%	30.2%	27.4%	30.2%	39.8%	32.4%
High blood pressure	34.0%	28.4%	41.3%	17.5%	26.4%	38.5%	41.0%	36.1%	31.5%	24.2%	33.3%	55.4%	29.4%
Vision issues	33.1%	34.3%	42.4%	33.3%	41.7%	37.3%	26.9%	24.4%	26.2%	30.7%	27.0%	39.8%	30.4%
Stroke / Heart Disease	25.6%	23.9%	15.2%	35.1%	19.4%	19.7%	24.4%	31.9%	31.8%	21.0%	28.6%	25.3%	33.3%
Dental health	24.3%	21.8%	26.1%	14.0%	30.6%	32.3%	23.1%	16.0%	23.1%	12.9%	22.2%	20.5%	19.6%
Diabetes	23.8%	20.4%	22.8%	10.5%	16.7%	28.2%	29.5%	28.6%	16.8%	19.4%	27.0%	37.4%	24.5%
Alzheimer's Disease/Dementia	13.4%	10.7%	8.7%	12.3%	13.9%	8.3%	20.5%	19.3%	18.7%	29.0%	12.7%	4.8%	19.6%
Caregiver Stress	10.2%	15.6%	12.0%	12.3%	9.7%	7.9%	10.3%	13.5%	11.5%	6.5%	9.5%	6.0%	9.8%
Hearing issues	9.1%	6.9%	7.6%	8.8%	13.9%	11.2%	9.0%	8.4%	8.4%	8.1%	3.2%	14.5%	9.8%
Respiratory Illness / COPD	6.1%	3.8%	6.5%	3.5%	2.8%	7.7%	5.1%	5.0%	6.9%	9.7%	0.0%	6.0%	13.7%
Influenza / Pneumonia	3.9%	3.5%	2.2%	8.8%	4.2%	2.1%	9.0%	7.6%	5.0%	8.1%	3.2%	0.0%	2.9%
Alcohol Abuse / Use	3.1%	3.8%	2.2%	3.5%	5.6%	4.6%	2.6%	1.7%	2.5%	0.0%	1.6%	2.4%	1.0%
Kidney Disease	2.7%	2.1%	3.3%	1.8%	4.2%	3.3%	1.3%	4.2%	3.4%	1.6%	0.0%	2.4%	2.0%
Unplanned Pregnancy	2.3%	1.0%	2.2%	1.8%	2.8%	3.5%	1.3%	1.7%	1.6%	1.6%	1.6%	1.2%	2.0%
Drug Abuse/Overdose	1.3%	0.7%	5.4%	0.0%	0.0%	2.3%	1.3%	0.0%	0.9%	0.0%	0.0%	1.2%	0.0%

- Cancer was the most frequently chosen health concern among residents of Indian Trail, Marvin, Unionville, Waxhaw, Weddington, Wesley Chapel and Unincorporated areas of the county.
- Obesity was the most common health concern in Indian Trail (tied with cancer).
- High blood pressure was the most frequently identified health concern in Monroe, Stallings and Wingate.
- Vision issues were most common in Marshville and Matthews.

Q14. Listed below are mental health concerns. Please check three that MOST concern you.

Personal Mental Health Concerns	%	#
Anxiety	69.0%	1,257
Depression	61.3%	1,116
Sleep Issues	47.7%	869
ADD / ADHD	15.0%	273
Addiction	14.6%	265
Suicide	11.8%	215
PTSD	10.3%	188
Obsessive Comp. Disorder	8.7%	159
Bipolar Disorder	7.6%	138
Autism	4.5%	82
Intellectual Developmental Disability	3.1%	57
Schizophrenia	2.3%	42
Other safety concern (please specify)		105
Total		1,821
Unanswered		587
<i>See the appendix for Other write-in responses</i>		

- Anxiety (69%) was the most common mental health concern among Adult Survey participants, followed by Depression (61%).
- Sleep Issues ranked third, as chosen by 48% of respondents.
- Note that 24% of the survey sample did not answer this question.

Personal Mental Health Concerns, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	Hispanic	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Anxiety	69.0%	58.3%	72.4%	72.2%	56.0%	60.0%	63.0%	70.3%	71.5%	68.2%
Depression	61.3%	58.3%	62.2%	61.5%	62.1%	63.2%	62.6%	62.5%	64.3%	60.6%
Sleep Issues	47.7%	50.0%	47.0%	47.5%	47.3%	46.3%	49.4%	46.0%	47.7%	47.1%
ADD / ADHD	15.0%	16.7%	14.7%	15.5%	11.9%	15.8%	11.9%	14.5%	13.5%	16.2%
Addiction	14.6%	18.1%	13.4%	14.5%	14.4%	11.6%	15.3%	15.5%	13.1%	15.5%
Suicide	11.8%	13.0%	11.0%	11.9%	11.5%	14.7%	12.8%	11.7%	11.4%	12.2%
PTSD	10.3%	14.7%	9.0%	10.9%	9.5%	8.4%	13.2%	8.9%	12.4%	9.7%
Obsessive Compulsive Disorder	8.7%	12.5%	7.6%	9.1%	4.9%	9.5%	12.8%	7.8%	9.6%	8.5%
Bipolar Disorder	7.6%	6.6%	7.9%	6.2%	16.5%	10.5%	14.5%	5.7%	10.5%	6.1%
Autism	4.5%	5.9%	4.1%	4.4%	4.9%	5.3%	4.3%	4.7%	3.2%	4.6%
Intellectual Developmental Disability	3.1%	2.9%	3.2%	2.8%	3.7%	4.2%	6.0%	2.0%	2.8%	3.1%
Schizophrenia	2.3%	2.9%	2.1%	1.8%	4.9%	3.2%	5.1%	2.3%	2.3%	2.2%

- Anxiety was the most common mental health concern among males, females, and white respondents, as well as those at both educational and income levels.
- Depression was the most common mental health concern among Black/African American and Hispanic/Latino respondents.

Personal Mental Health Concerns, by Zip Code (sorted by All order)	All	28079	28103	28104	28110	28112	28173	28174
Anxiety	69.0%	69.6%	68.0%	69.5%	66.6%	68.6%	72.6%	64.8%
Depression	61.3%	63.4%	61.9%	58.8%	62.8%	62.3%	59.8%	60.6%
Sleep Issues	47.7%	47.4%	45.4%	47.1%	47.5%	48.3%	47.3%	50.7%
ADD / ADHD	15.0%	13.7%	14.4%	16.6%	15.9%	14.4%	15.4%	8.5%
Addiction	14.6%	14.1%	12.4%	12.8%	15.3%	16.1%	15.1%	15.5%
Suicide	11.8%	12.8%	18.6%	9.6%	12.8%	11.9%	11.4%	7.0%
PTSD	10.3%	7.5%	13.4%	11.2%	12.8%	12.3%	7.8%	11.3%
Obsessive Compulsive Disorder	8.7%	6.2%	12.4%	9.6%	9.6%	8.5%	7.6%	16.9%
Bipolar Disorder	7.6%	6.9%	10.3%	8.0%	9.9%	6.4%	5.2%	9.9%
Autism	4.5%	4.9%	5.2%	3.7%	3.8%	3.0%	6.2%	4.2%
Intellectual Developmental Disability	3.1%	1.6%	5.2%	3.7%	2.5%	2.5%	3.6%	4.2%
Schizophrenia	2.3%	2.0%	2.1%	1.6%	2.2%	4.2%	2.1%	2.8%

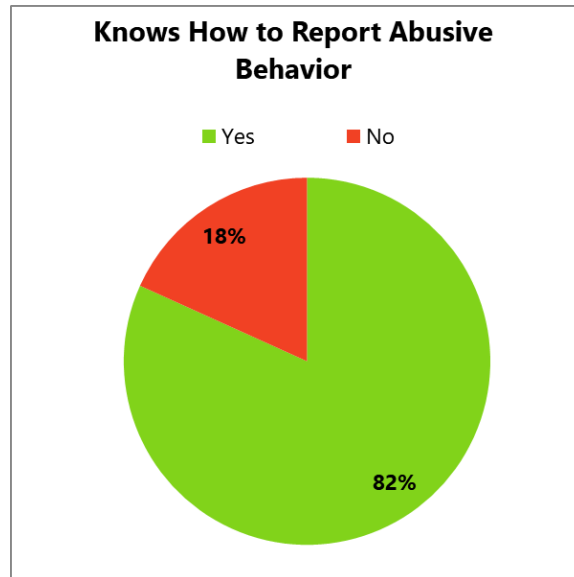
- Anxiety was the most common mental health concern among all zip codes presented.

Personal Mental Health Concerns, by Town (sorted by All order)	All	Indian Trail	Marshville	Marvin	Matthews	Monroe	Stallings	Unionville	Waxhaw	Weddington	Wesley Chapel	Wingate	Unincorp.
Anxiety	69.0%	71.9%	66.7%	74.5%	80.0%	63.9%	64.3%	65.4%	71.7%	66.7%	70.9%	61.8%	68.8%
Depression	61.3%	61.4%	60.3%	53.2%	60.0%	64.1%	61.4%	53.3%	61.8%	58.8%	63.6%	58.8%	64.6%
Sleep Issues	47.7%	46.8%	47.4%	61.7%	41.7%	52.7%	42.9%	35.5%	44.7%	41.2%	54.6%	52.9%	45.8%
ADD / ADHD	15.0%	16.1%	9.0%	12.8%	15.0%	13.1%	12.9%	21.5%	17.1%	15.7%	9.1%	11.8%	15.6%
Addiction	14.6%	12.0%	16.7%	12.8%	10.0%	14.0%	21.4%	24.3%	15.7%	11.8%	16.4%	13.2%	13.5%
Suicide	11.8%	11.2%	23.1%	4.3%	15.0%	11.2%	11.4%	15.0%	12.0%	5.9%	9.1%	5.9%	12.5%
PTSD	10.3%	8.6%	12.8%	6.4%	11.7%	11.7%	5.7%	12.2%	8.9%	11.8%	5.5%	10.3%	13.5%
Obsessive Compulsive Disorder	8.7%	8.2%	15.4%	12.8%	11.7%	8.4%	10.0%	10.3%	6.1%	3.9%	3.6%	19.1%	9.4%
Bipolar Disorder	7.6%	7.5%	10.3%	4.3%	10.0%	10.5%	7.1%	4.7%	6.1%	7.8%	0.0%	10.3%	4.2%
Autism	4.5%	4.9%	5.1%	6.4%	0.0%	2.8%	8.6%	4.7%	6.1%	5.9%	7.3%	4.4%	4.2%
Intellectual Developmental Disability	3.1%	1.9%	5.1%	4.3%	3.3%	3.3%	5.7%	0.9%	2.7%	2.0%	7.3%	4.4%	4.2%
Schizophrenia	2.3%	1.5%	2.6%	2.1%	1.7%	3.7%	2.9%	2.8%	1.7%	2.0%	0.0%	2.9%	0.0%

- Anxiety was the most common mental health concern among all towns except Monroe, where Depression was the most commonly chosen concern.

Q16. If you were in an abusive situation / relationship, would you know who to call, or how to report it?

Knows How to Report Abusive Behavior	%	#
Yes	81.8%	1,904
No	18.3%	425
Total		2,329
Unanswered		79



- The majority of respondents (approximately 82%) know who to call and how to report abusive behavior.
- 18% of respondents did not know how to report an abusive situation.

Community Health Questions

Q15. Listed below are behaviors that can cause poor health outcomes. Please check up to three most critical behaviors you feel keep people in Union County from being healthy.

Most Critical Unhealthy Behaviors	%	#
Lack of Exercise	52.5%	1,189
Poor Eating Habits	52.1%	1,181
Prescription or Illicit Drug Use	36.0%	815
Stress	35.9%	814
Alcohol Use	27.9%	633
Tobacco Use	21.1%	479
Not Getting Doctor Check Ups	19.9%	450
Instability at Home	16.1%	364
Reckless / Unsafe Driving	12.0%	272
Domestic Violence	10.0%	226
Unsafe Sex / Unprotected Sex	7.9%	179
Unsafe Living Conditions	6.5%	147
Caregiver Stress	4.6%	105
Other behaviors (please specify)		43
Total		2,266
Unanswered		142
<i>See the appendix for Other write-in responses</i>		

- Lack of Exercise and Poor Eating Habits were the mostly commonly identified unhealthy behaviors among Adult Survey respondents, with both selected by around 52% of participants.
- Drug use (illicit or prescription) and Stress ranked third and fourth, with 36% of respondents identifying them as critically important unhealthy behaviors in Union County.

Most Critical Unhealthy Behaviors, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	Hispanic	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Lack of Exercise	52.5%	58.0%	51.0%	54.0%	48.1%	40.0%	38.2%	57.8%	45.8%	56.7%
Poor Eating Habits	52.1%	55.1%	51.3%	54.2%	45.7%	42.5%	35.8%	58.2%	47.7%	55.2%
Prescription or Illicit Drug Use	36.0%	31.6%	37.4%	39.2%	24.2%	30.8%	34.8%	35.4%	35.1%	36.9%
Stress	35.9%	32.4%	37.1%	35.4%	38.9%	33.3%	39.3%	33.6%	33.3%	35.4%
Alcohol Use	27.9%	34.9%	25.8%	26.4%	35.4%	30.8%	39.9%	24.3%	32.9%	25.9%
Tobacco Use	21.1%	28.5%	19.1%	21.7%	18.9%	21.7%	23.9%	19.8%	21.9%	20.9%
Not Getting Doctor Check Ups	19.9%	15.0%	21.2%	16.0%	32.5%	35.0%	25.3%	16.9%	25.9%	16.4%
Instability at Home	16.1%	14.1%	16.5%	16.4%	14.8%	17.5%	12.6%	16.8%	15.9%	16.3%
Reckless / Unsafe Driving	12.0%	12.3%	12.0%	13.4%	6.2%	5.8%	10.6%	13.0%	8.8%	13.3%
Domestic Violence	10.0%	9.3%	10.1%	8.6%	15.3%	10.0%	20.1%	6.9%	14.2%	7.6%
Unsafe Sex / Unprotected Sex	7.9%	5.6%	8.3%	6.2%	16.8%	7.5%	16.4%	5.3%	11.5%	5.8%
Unsafe Living Conditions	6.5%	4.2%	7.1%	4.8%	13.3%	10.0%	9.2%	5.1%	10.7%	4.5%
Caregiver Stress	4.6%	1.7%	5.5%	4.6%	5.6%	3.3%	2.7%	4.7%	4.8%	4.6%

- Lack of Exercise was the most commonly chosen unhealthy behavior among males, Black/African American respondents, and those with an income over \$50,000.
- Poor Eating Habits was selected more commonly among females, white, and Hispanic/Latino respondents, as well as those with a bachelor's degree or higher, and those with incomes under \$50,000.
- The most commonly chosen unhealthy behavior among those with a high school education or less was Alcohol Use.

Most Critical Unhealthy Behaviors, by Zip Code (sorted by All order)	All	28079	28103	28104	28110	28112	28173	28174
Lack of Exercise	52.5%	54.9%	47.0%	57.3%	47.9%	52.5%	57.1%	38.0%
Poor Eating Habits	52.1%	58.4%	43.6%	59.8%	48.6%	51.9%	51.7%	40.2%
Prescription or Illicit Drug Use	36.0%	36.0%	44.4%	32.0%	40.9%	39.1%	30.5%	32.6%
Stress	35.9%	36.5%	35.9%	37.8%	33.8%	28.6%	42.0%	31.5%
Alcohol Use	27.9%	25.1%	37.6%	20.8%	31.5%	31.7%	24.1%	38.0%
Tobacco Use	21.1%	24.6%	23.1%	22.0%	21.2%	21.6%	16.8%	25.0%
Not Getting Doctor Check Ups	19.9%	18.4%	25.6%	19.1%	18.5%	20.9%	18.1%	28.3%
Instability at Home	16.1%	15.1%	13.7%	17.0%	17.3%	15.2%	16.0%	18.5%
Reckless / Unsafe Driving	12.0%	14.6%	10.3%	16.6%	9.4%	7.7%	15.7%	3.3%
Domestic Violence	10.0%	8.1%	15.4%	7.1%	11.0%	13.8%	6.5%	17.4%
Unsafe Sex / Unprotected Sex	7.9%	6.8%	12.8%	4.6%	8.5%	11.1%	5.9%	9.8%
Unsafe Living Conditions	6.5%	3.8%	4.3%	5.4%	7.3%	10.1%	3.8%	16.3%
Caregiver Stress	4.6%	4.9%	6.0%	4.6%	4.5%	3.0%	4.8%	3.3%

- Lack of Exercise was the most frequently identified unhealthy behavior impacting Union County among respondents from the 28103, 28112, and 28173 zip codes.
- Poor Eating Habits was more frequently chosen among respondents from the 28079, 2810, 28110 and 28174 zip codes.

Most Critical Unhealthy Behaviors, by Town (sorted by All order)	All	Indian Trail	Marshville	Marvin	Matthews	Monroe	Stallings	Unionville	Waxhaw	Weddington	Wesley Chapel	Wingate	Unincorp.
Lack of Exercise	52.5%	55.0%	43.6%	59.7%	52.1%	51.3%	64.7%	41.2%	56.4%	53.5%	51.4%	37.9%	59.1%
Poor Eating Habits	52.1%	57.8%	42.6%	40.4%	50.7%	48.0%	65.9%	51.2%	51.5%	46.5%	67.1%	41.4%	62.7%
Prescription or Illicit Drug Use	36.0%	36.3%	39.4%	36.8%	35.6%	36.9%	30.6%	48.9%	30.4%	29.6%	30.0%	33.3%	40.9%
Stress	35.9%	33.1%	30.9%	40.4%	35.6%	33.8%	44.7%	30.5%	43.0%	33.8%	32.9%	34.5%	32.7%
Alcohol Use	27.9%	26.9%	38.3%	38.6%	24.7%	32.7%	16.5%	29.8%	23.6%	19.7%	24.3%	34.5%	21.8%
Tobacco Use	21.1%	22.5%	26.6%	21.1%	27.4%	20.7%	20.0%	22.1%	16.7%	19.7%	22.9%	21.8%	18.2%
Not Getting Doctor Check Ups	19.9%	17.8%	29.8%	10.5%	21.9%	23.2%	23.5%	13.7%	19.7%	15.5%	14.3%	28.7%	9.1%
Instability at Home	16.1%	14.7%	11.7%	12.3%	24.7%	14.6%	15.3%	19.9%	16.7%	18.3%	15.7%	19.5%	14.6%
Reckless / Unsafe Driving	12.0%	12.8%	7.5%	15.8%	12.3%	7.4%	15.3%	12.2%	16.4%	22.5%	14.3%	2.3%	14.6%
Domestic Violence	10.0%	9.1%	17.0%	1.8%	15.1%	12.4%	5.9%	11.5%	7.1%	5.6%	8.6%	17.2%	7.3%
Unsafe Sex / Unprotected Sex	7.9%	6.9%	16.0%	5.3%	9.6%	11.5%	2.4%	6.1%	5.2%	4.2%	4.3%	10.3%	4.6%
Unsafe Living Conditions	6.5%	4.1%	6.4%	3.5%	12.3%	9.7%	4.7%	5.3%	4.4%	1.4%	1.4%	14.9%	6.4%
Caregiver Stress	4.6%	5.6%	7.5%	1.8%	6.9%	4.5%	3.5%	3.8%	5.2%	7.0%	4.3%	3.5%	2.7%

- Lack of Exercise was the most commonly identified unhealthy behavior among residents of Marshville, Marvin, Matthews, Monroe, Waxhaw, and Weddington.
- Poor Eating Habits was chosen more frequently among residents of Indian Trail, Stallings, Unionville, Wesley Chapel, Wingate and Unincorporated areas of the county.

Q17. In your opinion, which THREE issues or services most affects the quality of life in Union?

Services and Issues Affecting Quality of Life	%	#
Low income/poverty	38.2%	867
Lack of affordable housing	34.3%	780
Lack of healthy food choices or affordable healthy food	29.1%	661
Lack of job opportunities	23.6%	537
Lack of transportation	23.4%	531
Lack of recreational facilities	21.4%	485
Lack of care to elderly who cannot leave their homes	17.7%	402
Lack of recreational programs for youth	14.7%	334
Dropping out of school	14.4%	328
Homelessness	14.4%	326
Unemployment	10.8%	245
Lack of child care	10.3%	233
Lack of educational opportunities	9.5%	216
Hunger	8.7%	198
Poor housing conditions	7.6%	172
Other (please specify)	7.4%	169
Lack of literacy/Not be able to read	7.1%	162
Pollution (of air, water, land)	5.9%	133
Total		2272
Unanswered		136
<i>See the appendix for Other write-in responses</i>		

- Low income/poverty was the most frequently selected issue affecting quality of life in Union County, followed by lack of affordable housing, although neither was identified by a majority of respondents.
- The lack of healthy and affordable food choices ranked third among respondents, as chosen by 29% of them.
- Lack of job opportunities and Lack of transportation ranked fourth and fifth among respondents, each garnering around 23% of responses.

Quality of Life Issues, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	Hispanic	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Low income/poverty	38.2%	36.0%	38.8%	37.8%	42.7%	37.2%	36.9%	37.0%	44.8%	36.2%
Lack of affordable housing	34.3%	26.8%	36.7%	32.1%	47.2%	33.1%	38.3%	31.7%	39.5%	31.9%
Lack of healthy/affordable food choices	29.1%	28.5%	28.8%	31.1%	19.5%	28.9%	20.1%	32.1%	27.4%	30.3%
Lack of job opportunities	23.6%	19.7%	24.5%	20.7%	36.7%	23.1%	26.2%	22.9%	27.5%	20.4%
Lack of transportation	23.4%	22.8%	23.5%	22.4%	23.7%	31.4%	15.8%	28.2%	19.1%	25.6%
Lack of recreational facilities	21.4%	24.9%	20.2%	23.1%	13.6%	10.7%	12.8%	24.7%	15.4%	24.4%
Lack of care for homebound elderly	17.7%	18.2%	17.7%	20.7%	6.8%	14.1%	17.8%	15.5%	13.9%	19.7%
Lack of youth recreational programs	14.7%	12.3%	15.6%	14.1%	17.8%	16.5%	11.7%	14.1%	12.4%	15.8%
Dropping out of school	14.4%	19.2%	13.0%	12.7%	21.5%	20.7%	26.2%	11.8%	18.8%	12.2%
Homelessness	14.4%	11.5%	15.1%	11.5%	26.8%	17.4%	29.5%	8.5%	24.2%	9.1%
Unemployment	10.8%	11.5%	10.6%	9.1%	17.2%	12.4%	16.4%	8.8%	13.4%	8.6%
Lack of child care	10.3%	8.1%	10.9%	10.4%	11.0%	6.6%	9.1%	10.8%	9.2%	11.3%
Lack of educational opportunities	9.5%	11.7%	8.8%	8.3%	10.7%	17.4%	11.4%	9.3%	10.3%	9.1%
Hunger	8.7%	7.3%	9.1%	8.3%	10.7%	9.9%	15.1%	7.3%	11.4%	7.1%
Poor housing conditions	7.6%	9.8%	6.7%	6.2%	11.9%	12.4%	12.8%	6.8%	10.0%	6.7%
Other (please specify)	7.4%	9.4%	6.8%	8.1%	3.4%	6.6%	4.0%	8.6%	5.3%	8.5%
Lack of literacy/Not be able to read	7.1%	9.6%	6.3%	7.3%	5.4%	10.7%	6.7%	7.8%	5.6%	7.8%
Pollution (of air, water, land)	5.9%	6.5%	5.6%	6.5%	2.0%	2.5%	3.7%	7.2%	4.3%	6.5%

- Low income and poverty was the most common quality of life issue among most demographic groups.
- Lack of affordable housing was the most frequently issue among Black/African American respondents and those with a high school education or less.

Quality of Life Issues, by Zip Code (sorted by All order)	All	28079	28103	28104	28110	28112	28173	28174
Low income/poverty	38.2%	38.5%	53.9%	35.8%	41.7%	42.7%	25.5%	52.1%
Lack of affordable housing	34.3%	33.1%	34.2%	30.8%	35.7%	31.3%	37.4%	33.3%
Lack of healthy/affordable food choices	29.1%	36.9%	20.5%	34.6%	28.4%	29.3%	25.3%	26.0%
Lack of job opportunities	23.6%	26.3%	22.2%	22.5%	24.1%	24.1%	21.3%	22.9%
Lack of transportation	23.4%	27.1%	18.8%	30.4%	20.5%	21.5%	25.7%	8.3%
Lack of recreational facilities	21.4%	19.8%	23.9%	26.3%	15.6%	18.6%	29.4%	11.5%
Lack of care for homebound elderly	17.7%	14.9%	21.4%	18.8%	17.8%	22.8%	17.5%	12.5%
Lack of recreational programs for youth	14.7%	11.9%	17.1%	13.8%	13.6%	12.1%	21.1%	10.4%
Dropping out of school	14.4%	13.8%	18.0%	10.0%	15.1%	17.6%	11.9%	22.9%
Homelessness	14.4%	8.1%	17.1%	6.3%	19.8%	25.1%	6.3%	29.2%
Unemployment	10.8%	9.5%	14.5%	8.3%	14.2%	10.8%	6.5%	18.8%
Lack of child care	10.3%	10.6%	13.7%	12.1%	9.3%	7.5%	11.1%	12.5%
Lack of educational opportunities	9.5%	8.9%	11.1%	7.1%	9.0%	11.4%	10.6%	7.3%
Hunger	8.7%	7.9%	12.8%	7.5%	9.3%	10.1%	6.7%	11.5%
Poor housing conditions	7.6%	5.7%	7.7%	5.0%	8.4%	9.8%	5.0%	12.5%
Lack of literacy/Not be able to read	7.1%	5.4%	15.4%	6.3%	7.7%	7.2%	6.9%	4.2%
Pollution (of air, water, land)	5.9%	7.3%	6.0%	10.4%	4.7%	2.3%	7.1%	2.1%

- Low income/poverty was the most commonly chosen issue affecting quality of life in Union County is almost all of the zip codes presented.
- Lack of affordable housing was the primary issue identified in the 28173 zip code.

Quality of Life Issues, by Town (sorted by All order)	All	Indian Trail	Marshville	Marvin	Matthews	Monroe	Stallings	Unionville	Waxhaw	Weddington	Wesley Chapel	Wingate	Unincorp.
Low income/poverty	38.2%	39.7%	52.6%	16.7%	51.3%	42.4%	42.5%	38.0%	26.9%	15.9%	27.1%	50.6%	36.3%
Lack of affordable housing	34.3%	32.8%	39.0%	33.3%	36.8%	37.4%	26.4%	25.6%	37.4%	36.2%	35.7%	36.3%	30.1%
Lack of healthy/affordable food choices	29.1%	38.1%	21.1%	25.9%	29.0%	27.2%	40.2%	27.9%	25.6%	24.6%	28.6%	26.4%	23.9%
Lack of job opportunities	23.6%	22.8%	27.4%	35.2%	29.0%	26.3%	20.7%	22.5%	20.9%	20.3%	24.3%	23.1%	15.9%
Lack of transportation	23.4%	26.9%	16.8%	18.5%	27.6%	22.4%	28.7%	16.3%	26.1%	39.1%	24.3%	8.8%	27.4%
Lack of recreational facilities	21.4%	17.5%	22.1%	35.2%	21.1%	15.3%	23.0%	21.7%	29.7%	27.5%	32.9%	11.0%	26.6%
Lack of care for homebound elderly	17.7%	15.9%	16.8%	14.8%	14.5%	17.8%	20.7%	19.4%	16.8%	20.3%	14.3%	13.2%	23.0%
Lack of recreational programs for youth	14.7%	11.3%	20.0%	25.9%	9.2%	13.4%	14.9%	13.2%	21.7%	13.0%	22.9%	9.9%	17.7%
Dropping out of school	14.4%	13.1%	22.1%	14.8%	15.8%	16.9%	6.9%	20.2%	11.5%	13.0%	8.6%	22.0%	7.1%
Homelessness	14.4%	7.5%	20.0%	3.7%	10.5%	25.1%	4.6%	18.6%	7.1%	5.8%	5.7%	30.8%	9.7%
Unemployment	10.8%	8.4%	12.6%	1.9%	9.2%	14.4%	6.9%	14.0%	7.4%	10.1%	7.1%	18.7%	10.6%
Lack of child care	10.3%	10.0%	10.5%	1.9%	19.7%	9.1%	11.5%	7.8%	11.8%	7.3%	14.3%	12.1%	6.2%
Lack of educational opportunities	9.5%	8.1%	9.5%	18.5%	10.5%	11.4%	6.9%	10.1%	9.9%	8.7%	7.1%	6.6%	6.2%
Hunger	8.7%	8.1%	11.6%	3.7%	10.5%	11.4%	9.2%	6.2%	6.9%	5.8%	4.3%	12.1%	8.0%
Poor housing conditions	7.6%	7.2%	8.4%	0.0%	10.5%	10.3%	1.2%	7.8%	5.0%	4.4%	5.7%	13.2%	8.0%
Other (please specify)	7.4%	7.2%	3.2%	11.1%	9.2%	4.6%	9.2%	7.0%	8.0%	13.0%	14.3%	5.5%	10.6%
Lack of literacy/Not be able to read	7.1%	5.6%	15.8%	7.4%	10.5%	6.9%	5.8%	9.3%	6.3%	4.4%	4.3%	4.4%	10.6%
Pollution (of air, water, land)	5.9%	8.1%	7.4%	9.3%	7.9%	1.8%	12.6%	4.7%	7.1%	10.1%	7.1%	1.1%	7.1%

- Low income and poverty was the most frequently chosen quality of life issue among residents of many towns in Union County.
- Lack of job opportunities and lack of recreational facilities were the most commonly identified issues among respondents from Marvin.
- Lack of affordable housing was the most common issue among respondents from Waxhaw and Wesley Chapel.
- Lack of transportation was more commonly chosen by residents of Weddington.

Access to Care Questions

Q20. Do you have a medical doctor you see on a regular basis?

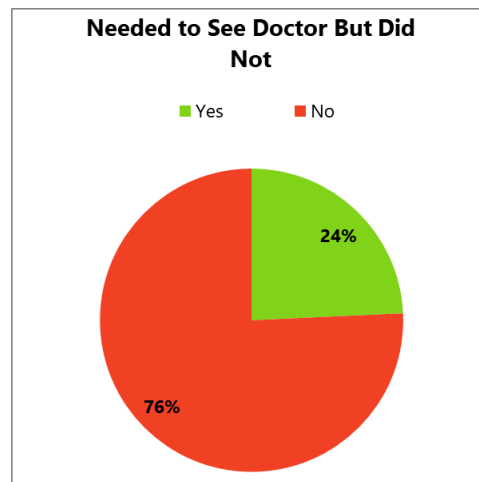
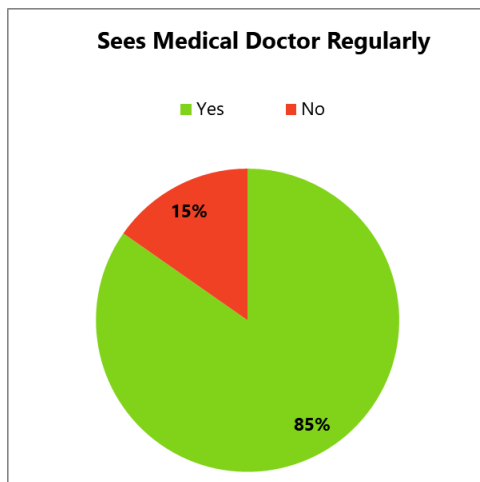
Sees Medical Doctor on Regular Basis	%	#
Yes	84.7%	2,022
No	15.3%	365
Total		2,387
Unanswered		21

- Approximately 85% of respondents see a medical doctor on a regular basis and 15% do not.

Q21. Was there a time that you needed to see a doctor during the last 12 months but did not?

Needed to See Doctor but Did Not	%	#
Yes	24.3%	579
No	75.7%	1,807
Total		2,386
Unanswered		22

- Just over 24% of respondents had a time in the past year when they needed to see a doctor but did not.



Q22. If yes, what was the main reason(s) you did not see a doctor?

Main Reasons for Not Going to Doctor (multiple answers allowed)	%	#
Did not have the money to go	47.6%	303
No insurance	23.6%	150
Office was not open when I could get there	11.0%	70
I was afraid / I don't like to go to the doctor	8.8%	56
I do not trust doctors	4.9%	31
I had no transportation	3.9%	25
Did not know who to call or where to go	2.5%	16
Language Barrier	0.5%	3
Other reason:		162
Total		636
Unanswered		1,772
<i>See the appendix for Other write-in responses</i>		

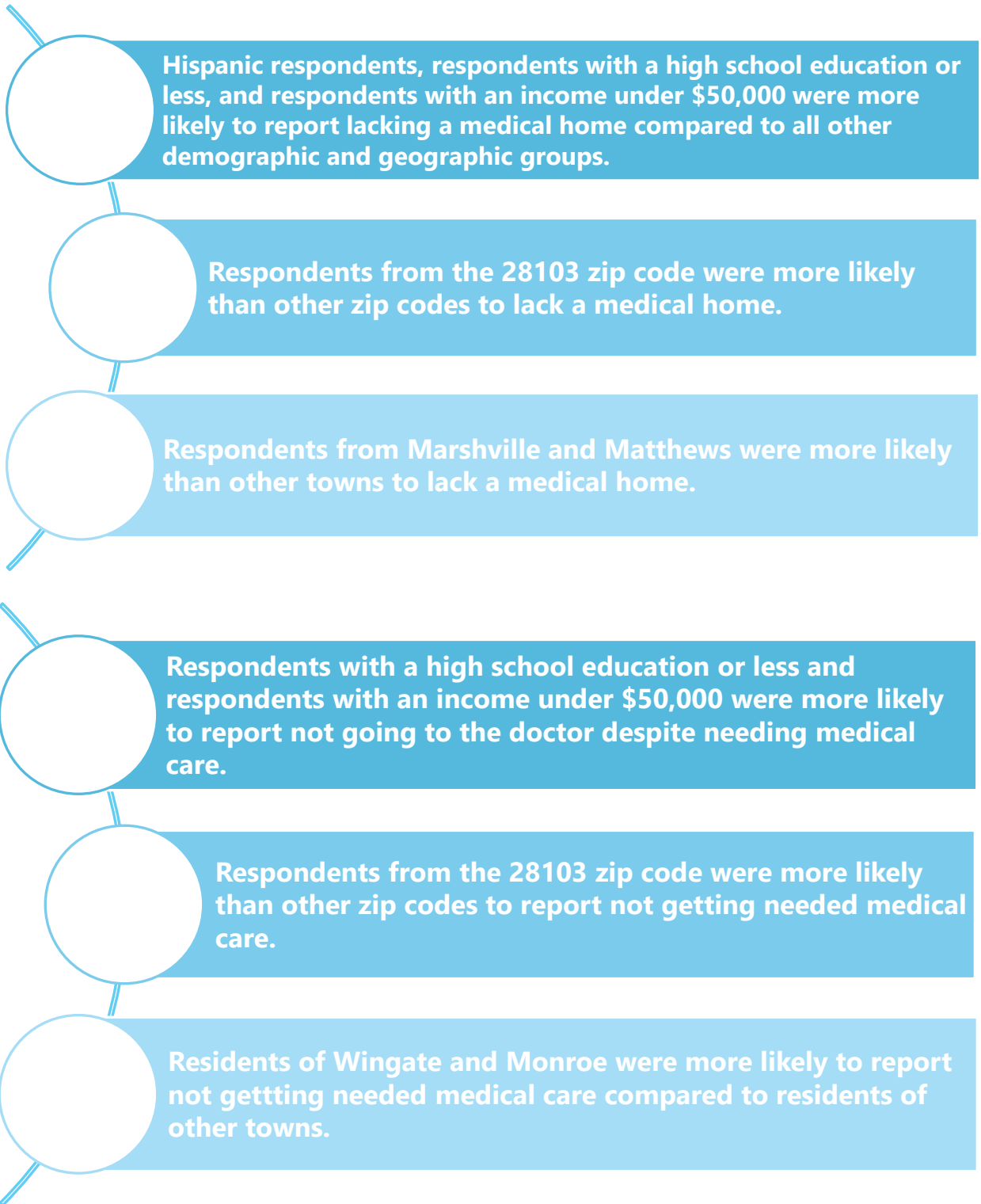
- The most common reason to not see a doctor when needed was lack of money (48%) followed by lack of insurance (24%).
- Note that 57 more respondents answered this question than answered the preceding question.

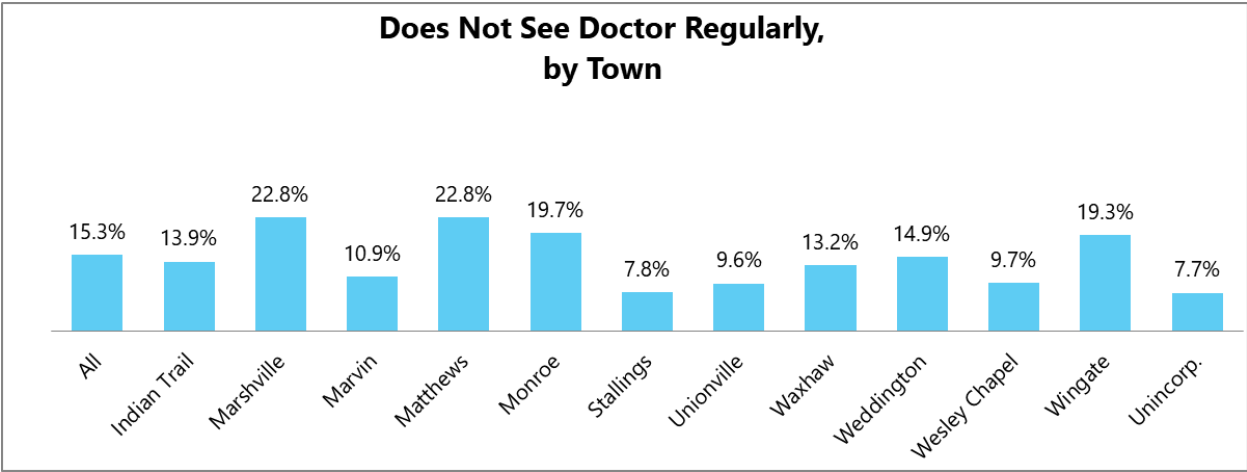
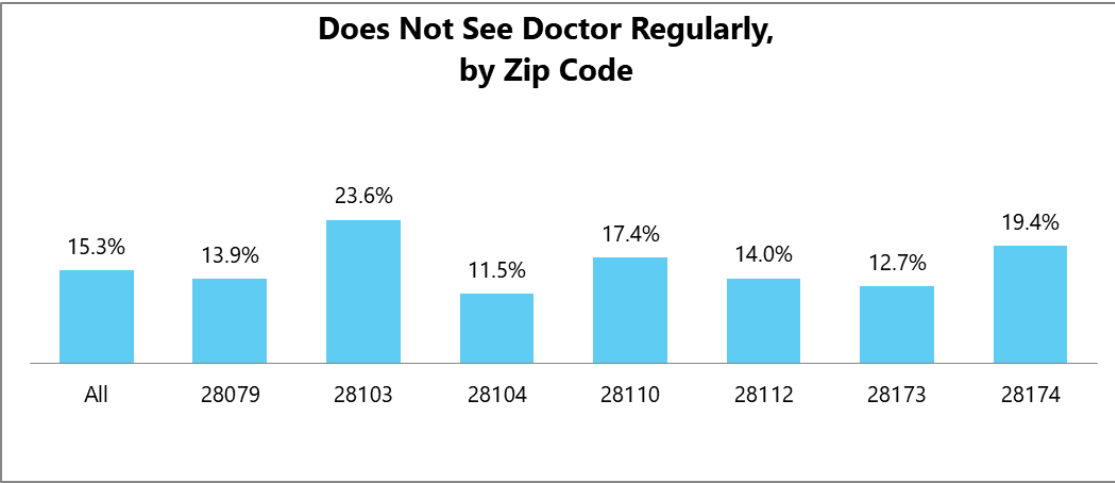
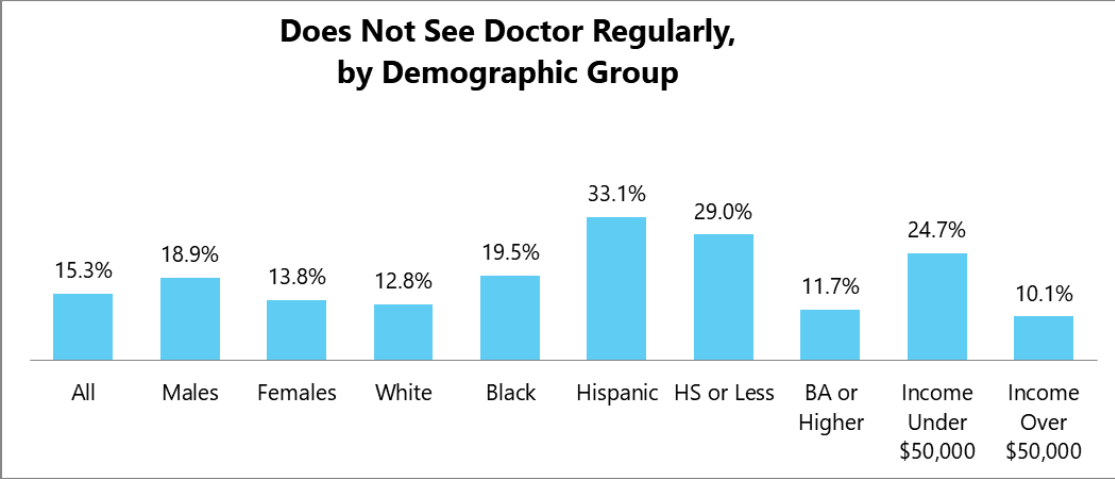
Q26. Where do you go MOST OFTEN when you are sick and need medical care? Choose ONLY one.

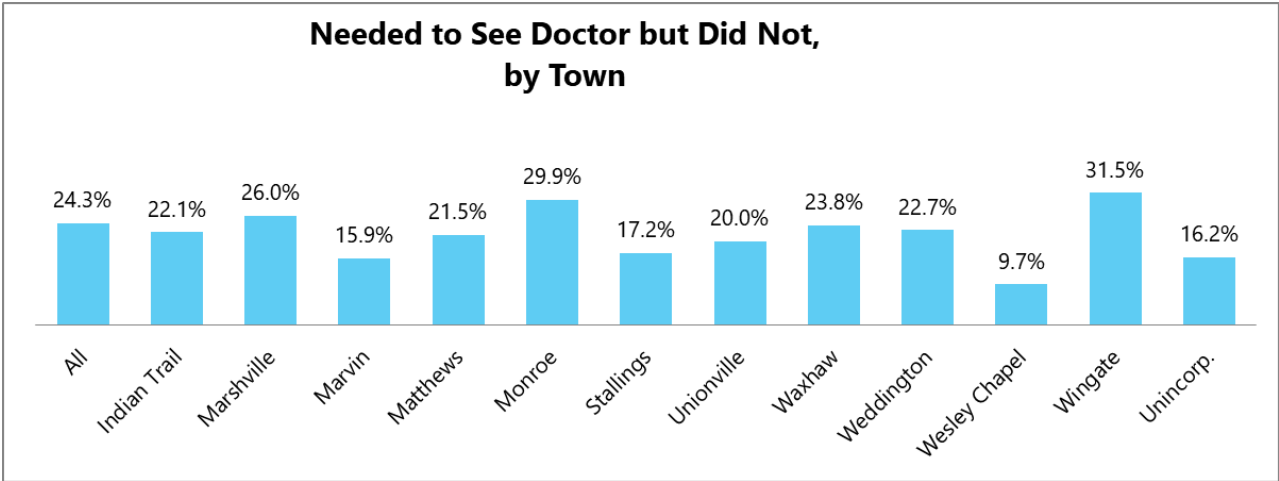
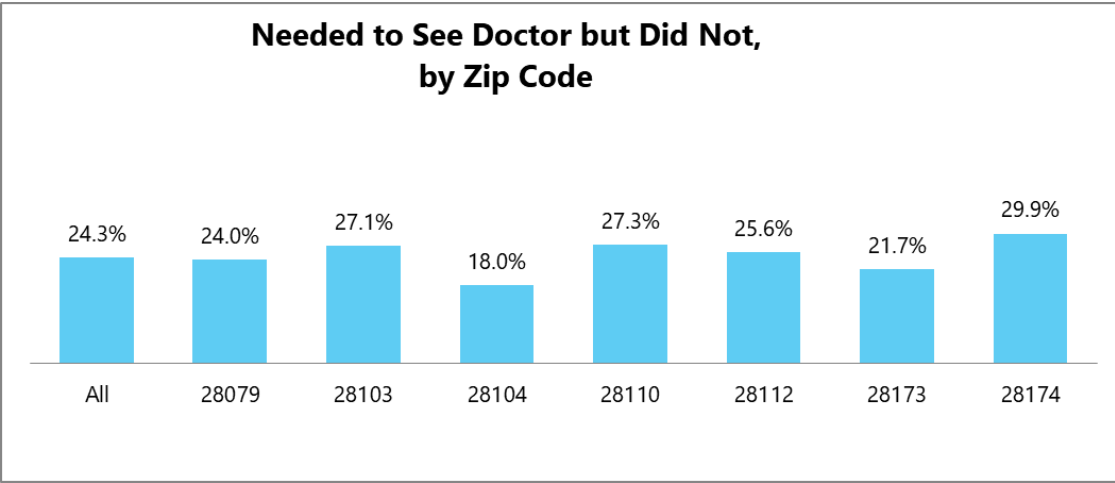
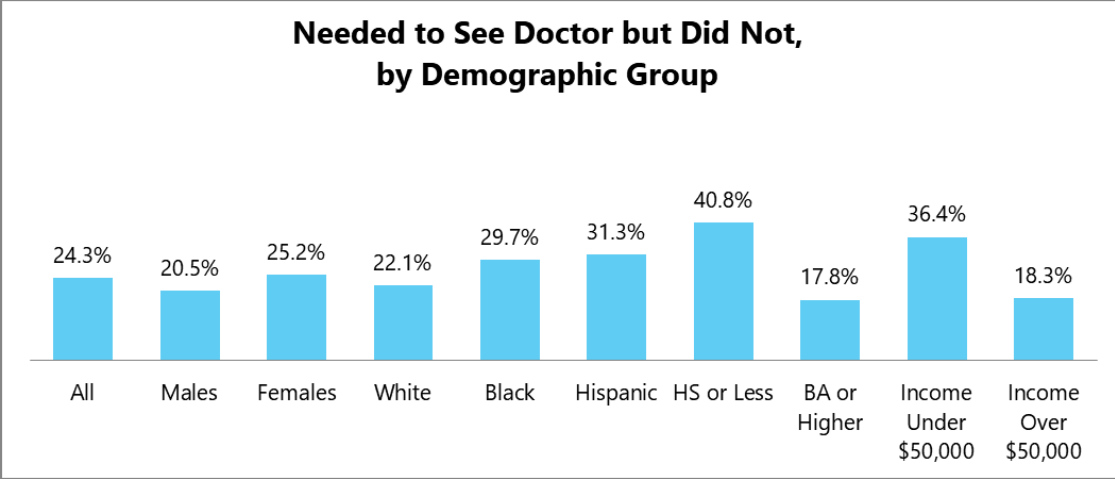
Primary Source of Medical Care When Sick	%	#
Doctor's office in Union County	49.2%	1,167
Doctor's office outside Union County	27.4%	650
Urgent Care Facility in Union County	7.1%	169
Minute Clinic in Union County	4.5%	107
Do not see a doctor – Use Naturopathic Remedies	3.1%	73
AtriumHealth Care Union Emergency Room (formerly CMC)	3.0%	70
Emergency Department outside Union County	1.1%	26
Other:		109
Total		2,371
Unanswered		37
<i>See the appendix for Other write-in responses</i>		

- More than 75% of respondents reported that they see a doctor for medical care when they are sick, with 49% seeing a doctor in Union County and 27% seeing a doctor outside Union County.

At Risk Population: Adults Lacking Access to Medical Care







Q23. Do you see a dentist on a regular basis?

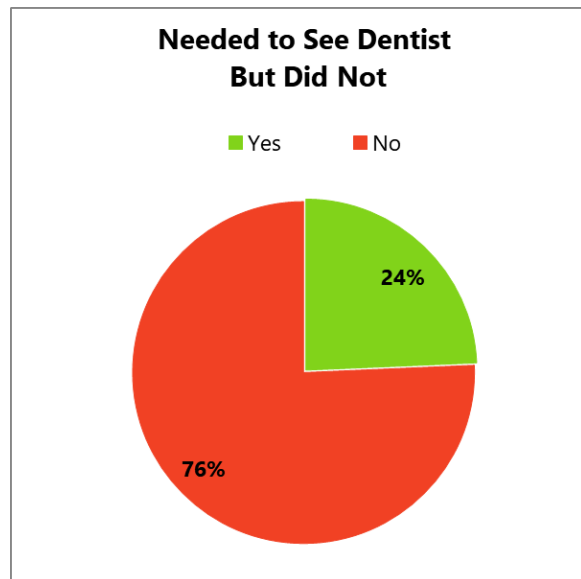
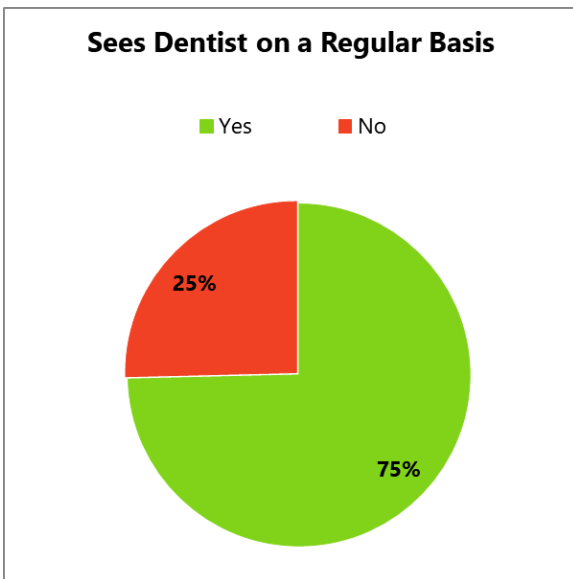
Sees Dentist on a Regular Basis	%	#
Yes	74.6%	1,782
No	25.4%	606
Total		2,388
Unanswered		20

- 75% of respondents see a dentist on a regular basis and 25% do not.

Q24. Was there a time during the last 12 months when you needed to see a dentist but did not?

Needed to See Dentist but Did Not	%	#
Yes	24.3%	577
No	75.7%	1,796
Total		2,373
Unanswered		35

- 24% of respondents reported a time in the past year when they needed to see a dentist but did not.



Q25. If yes, what was the main reason you did not see a dentist?


Main Reasons for Not Going to Dentist (multiple answers allowed)	%	#
Did not have the money to go	57.0%	330
No insurance	36.6%	212
I was afraid / I don't like to go to the dentist	19.2%	111
Office was not open when I could get there	8.1%	47
I do not trust dentists	4.3%	25
I had no transportation	4.0%	23
Did not know who to call or where to go	3.3%	19
Language Barrier	0.2%	1
Other reason:		94
Total		579
Unanswered		1,829
<i>See the appendix for Other write-in responses</i>		

- Among those who needed to see a dentist but did not, the most common reason was not having the money (57%) followed by lack of insurance (37%).
- Fear/not liking to go to the dentist was a barrier for 19% of respondents.

At Risk Population: Adults Lacking Access to Dental Care




Respondents with a high school education or less, and respondents with an income under \$50,000 were more likely to report lacking a dental home compared to all other demographic and geographic groups.



Respondents from the 28174 zip code were more likely than other zip codes to lack a dental home.




Respondents from Marshville, Wingate, and Monroe were more likely than other towns to lack a dental home.



Those with a high school education or less, respondents earning under \$50,000, and Black/African American respondents were more likely to report not going to the dentist despite needing care.

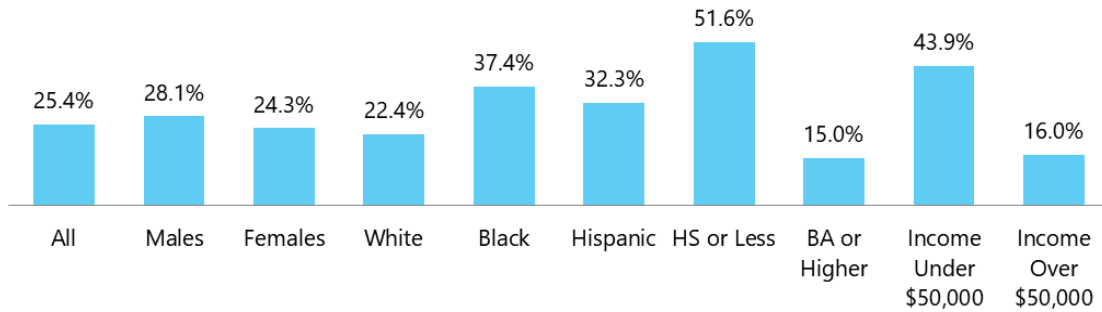


Respondents from the 28174 zip code were more likely than other zip codes to report not getting needed dental care.

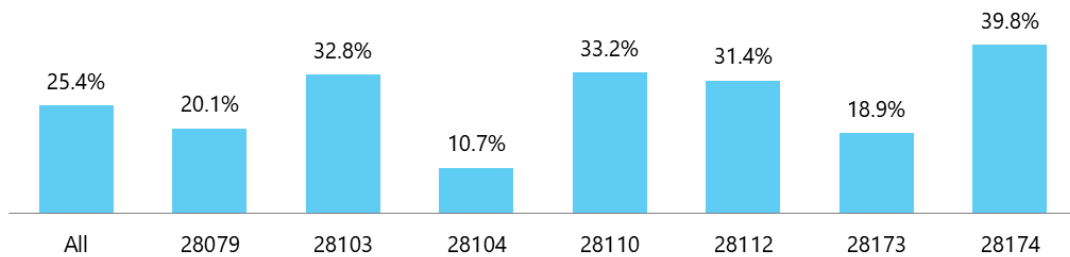


Residents of Wingate and Monroe were more likely to report not getting needed dental care compared to residents of other towns.

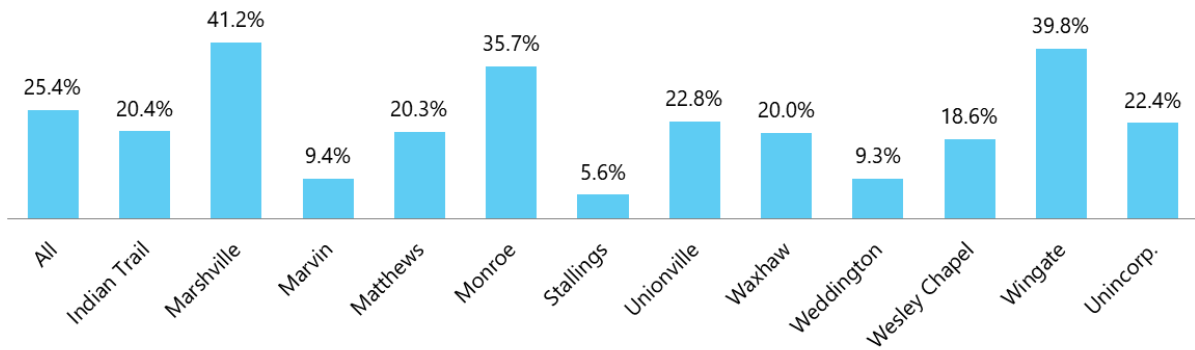
Does Not See Dentist Regularly, by Demographic Group



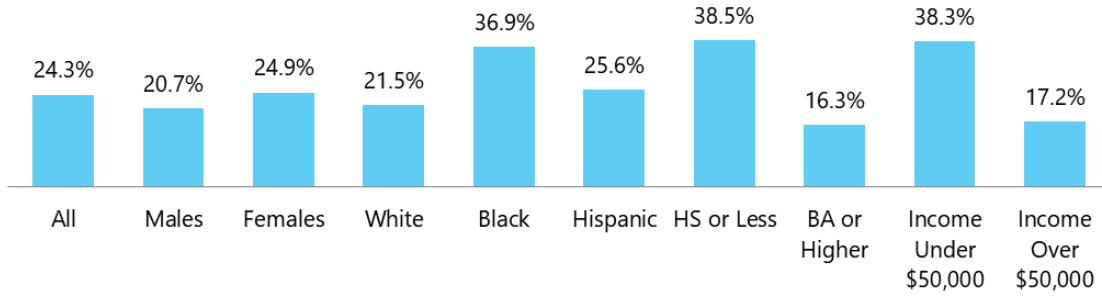
Does Not See Dentist Regularly, by Zip Code



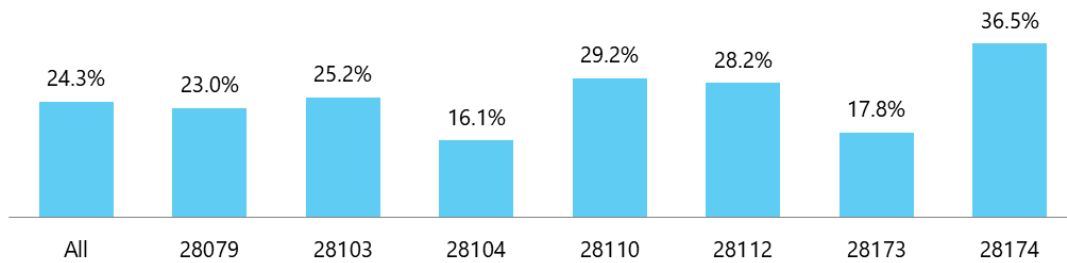
Does Not See Dentist Regularly, by Town



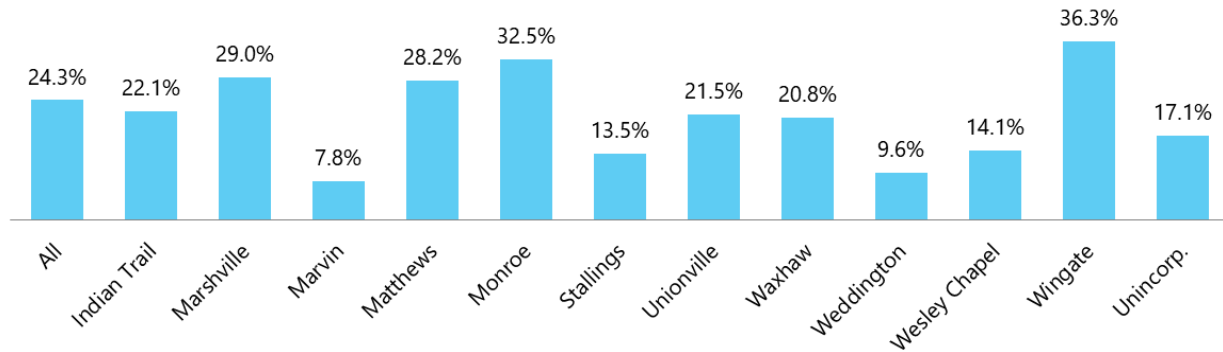
**Needed to See Dentist but Did Not,
by Demographic Group**



**Needed to See Dentist but Did Not,
by Zip Code**

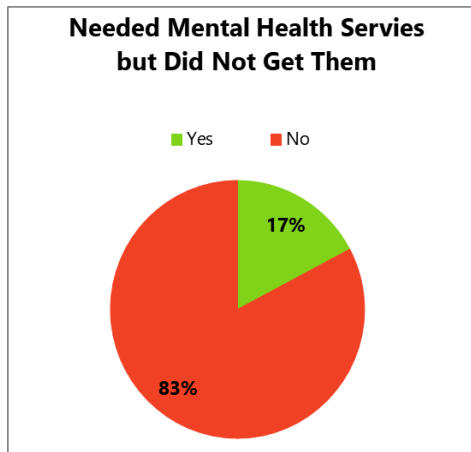


**Needed to See Dentist but Did Not,
by Town**



Q27. Have you ever felt that you needed mental health services and did not get them?

Needed Mental Health Services and Did Not Get Them	%	#
Yes	17.3%	410
No	82.7%	1,965
Total		2,375
Unanswered		33



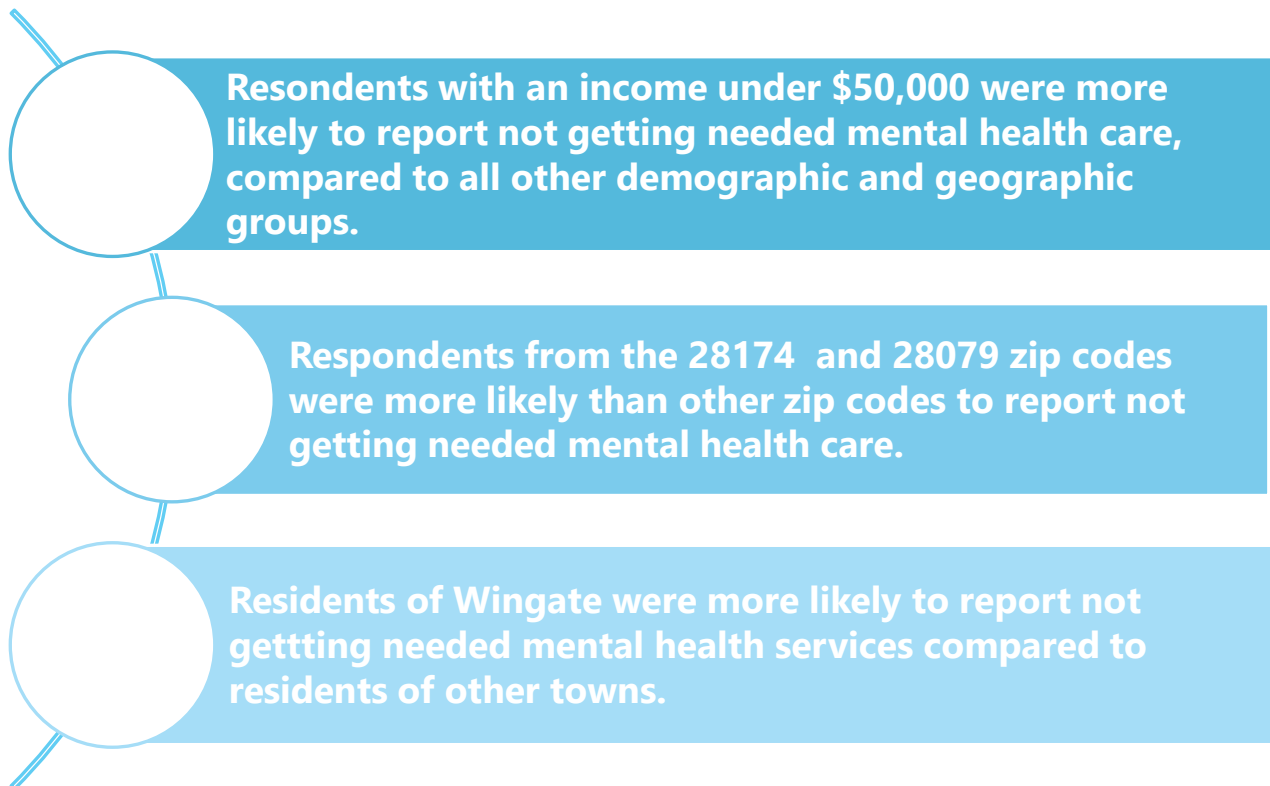
- Approximately 17% of respondents reported needing mental health services and not getting them.

Q28. If yes, why did you not go for mental health services? Check ALL that apply:

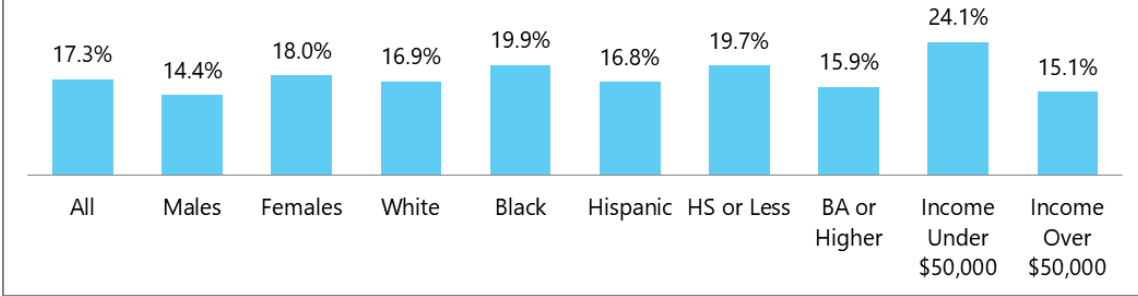
Main Reasons for not getting Prescription Medication (multiple answers allowed)	%	#
Did not have the money to go	39.2%	167
Embarrassed	32.2%	137
Did not know who to call or where to go	28.6%	122
Insurance does not pay for mental health services	20.2%	86
No insurance	15.5%	66
I was afraid / I don't like to go to the doctor	11.0%	47
I do not trust doctors	6.8%	29
Office was not open when I could get there	6.1%	26
I had no transportation	2.6%	11
Language Barrier	0.7%	3
Total		426
Unanswered		1,982

- Among those who needed mental health services and did not get them, the most common reason was not having the money to go (38%), followed by embarrassment (32%).
- Nearly 29% did not know who to call or where to go.

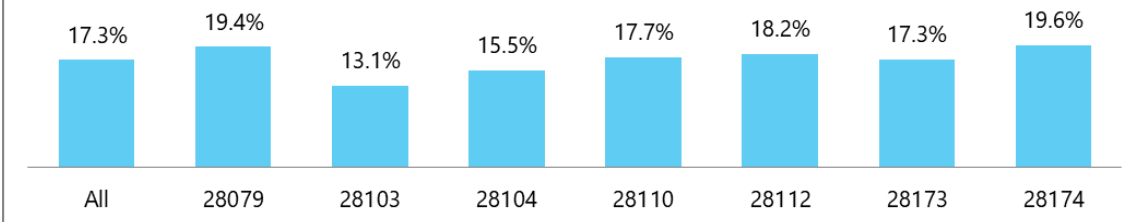
At Risk Population: Adults Lacking Access to Mental Health Services



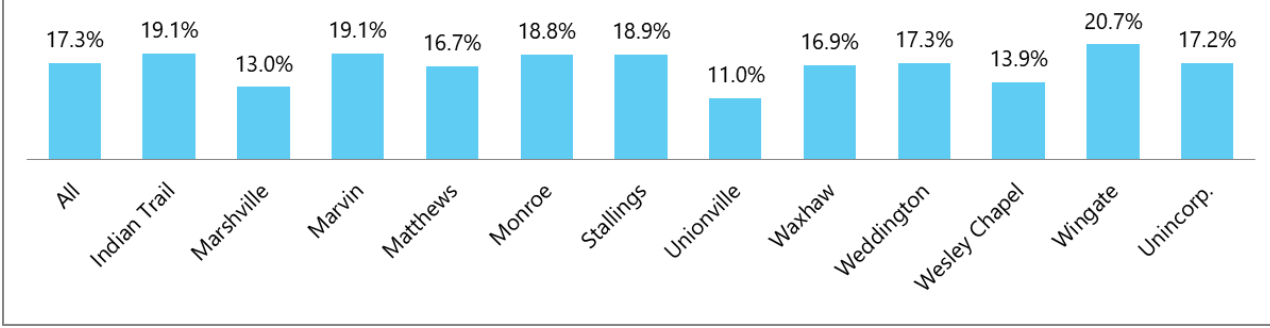
Needed Mental Health Services but Did Not Get Them, by Demographic Group



Needed Mental Health Services but Did Not Get Them, by Zip Code

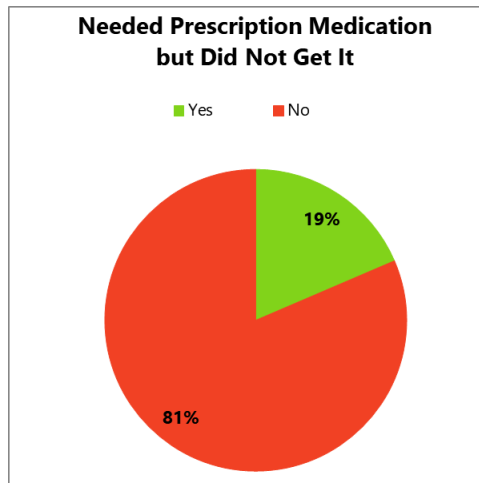


Needed Mental Health Services but Did Not Get Them, by Town



Q29. Have you needed a prescription medication and did not get it?

Needed Prescription Medication and Did Not Get It	%	#
Yes	18.6%	440
No	81.5%	1,932
Total		2,372
Unanswered		36



- Nearly 19% of respondents reported a time when they needed prescription medication and did not get it.

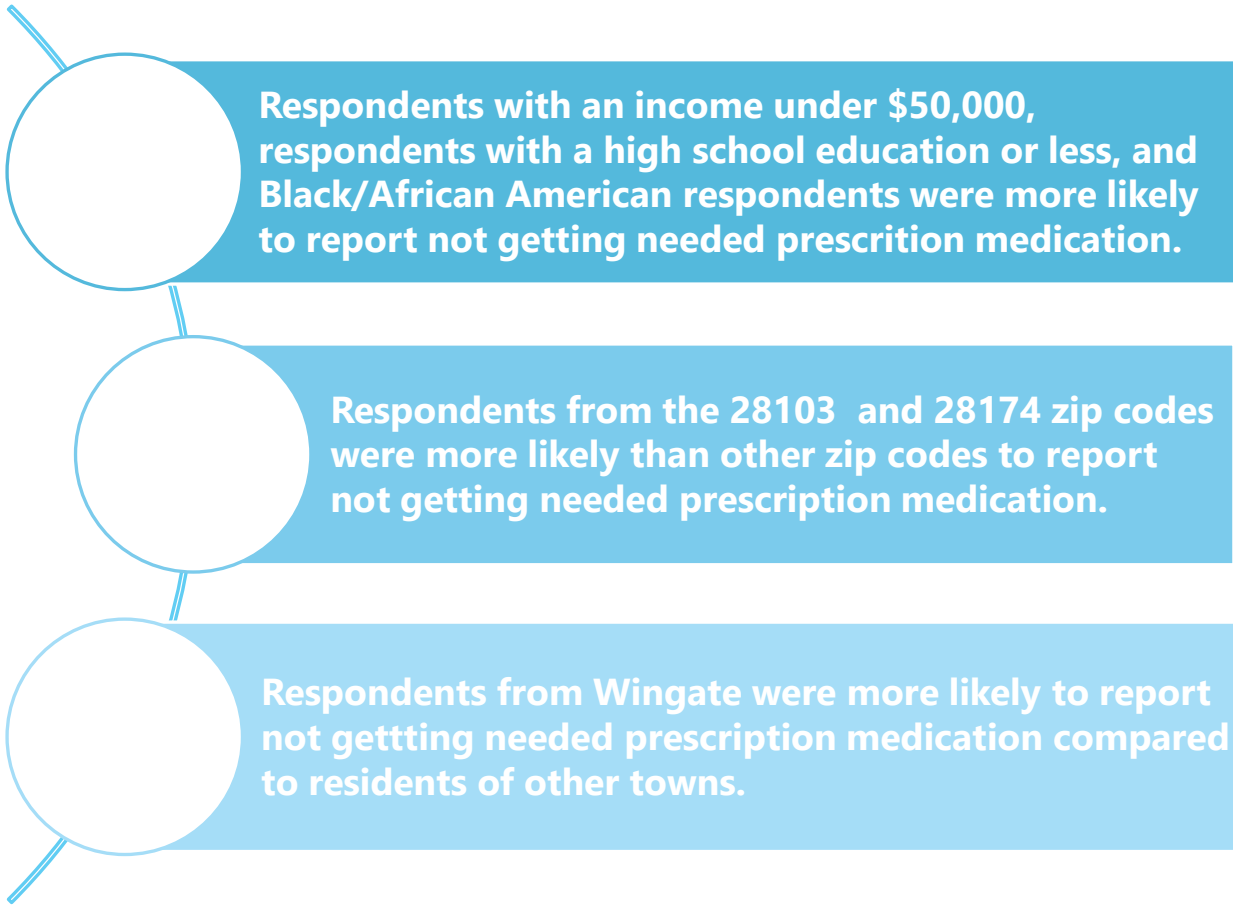
Q30. If yes, why did you not get your medicine?

Main Reasons for not getting Prescription Medication (multiple answers allowed)	%	#
Did not have the money	53.9%	252
Insurance would not cover the medication	33.3%	156
No insurance	22.4%	105
I had to pay other bills (food, gas, utilities)	20.3%	95
Do not use medications (prefer alternative medicines / naturopathic)	6.0%	28
No transportation to Pharmacy	1.7%	8
Other (please specify)	11.1%	52
Total		468
Unanswered		1,940

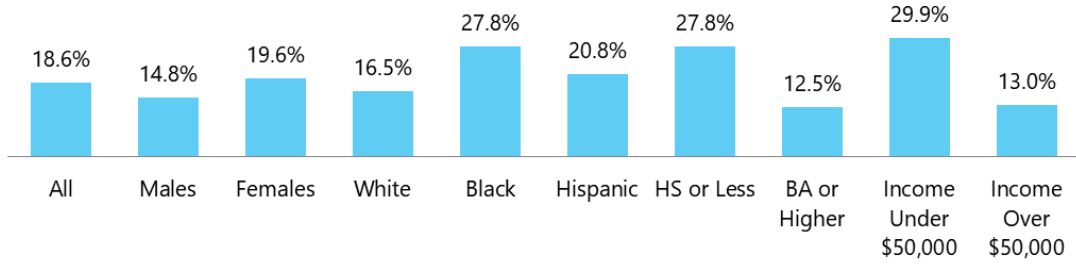
See the appendix for Other write-in responses

- Among those who needed and did not get prescription medication, the most common reason was not having the money (54%) followed by insurance not covering the medication (33%).

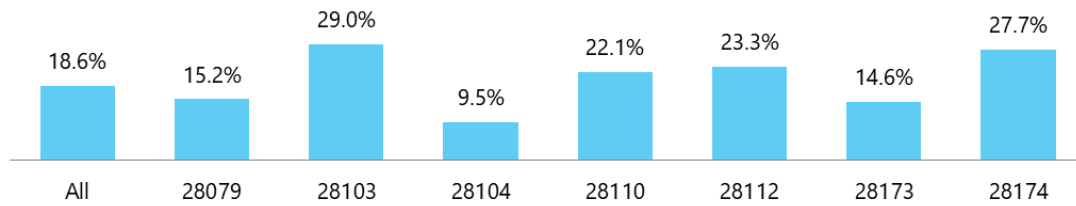
At Risk Population: Adults Lacking Access to Medications



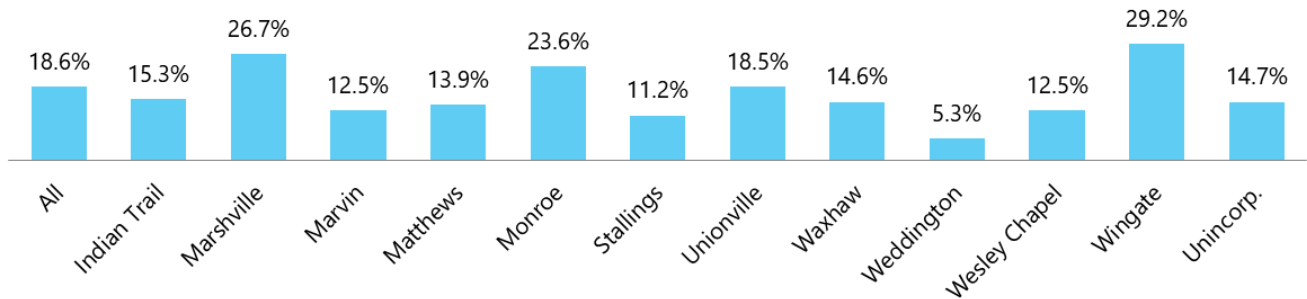
Needed Prescription Medication but Did Not Get It, by Demographic Group



Needed Prescription Medication but Did Not Get It, by Zip Code

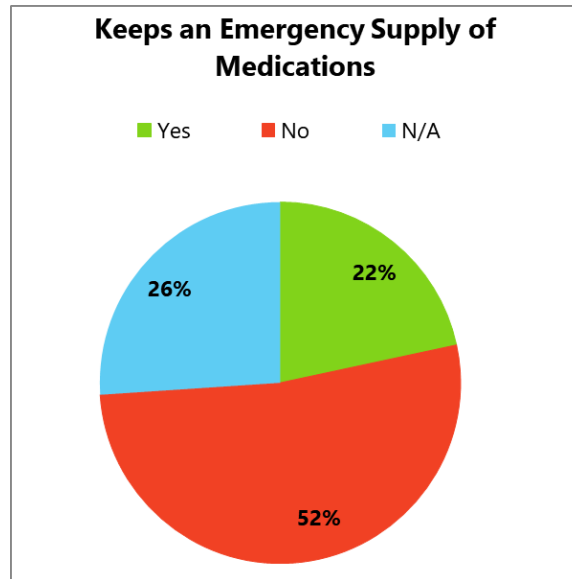


Needed Prescription Medication but Did Not Get It by Town



Q31. Do you keep an emergency supply of your medications?

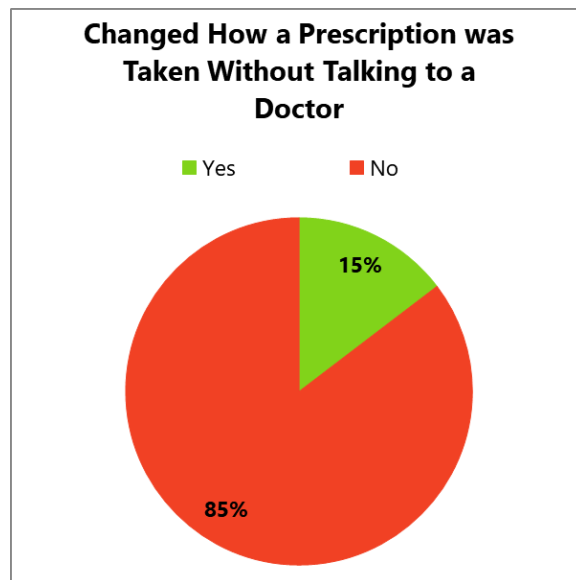
Keeps an Emergency Supply of Medications	%	#
Yes	21.6%	513
No	52.3%	1,240
N/A	26.1%	618
Total		2,371
Unanswered		37



- 22% of respondents reported keeping an emergency supply of their medications.
- If the question is recalculated to remove those who indicated that the question was not applicable to them (presumably meaning that they don't take medications), 29.3% of those who take medications keep an emergency supply of them and 70.7% do not.

Q32. Have you changed the way you take your prescription medications without talking to a doctor?

Changed the Way a Prescription is Taken Without Talking to a Doctor	%	#
Yes	14.7%	342
No	85.4%	1,992
Total		2,334
Unanswered		74



- 15% of respondents indicated that they have at some point changed the way they took a prescription medication without talking to a doctor.

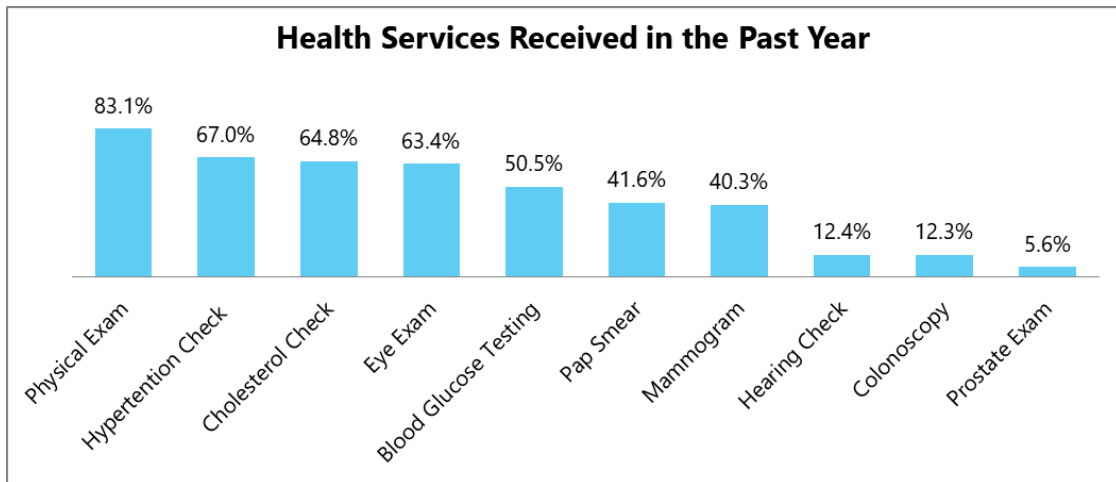
Q33. If Yes, check all the reasons you changed the way you take your medicine:

Main Reasons for Changing the Way a Medicine is Taken (multiple answers allowed)	%	#
Did not like the way the medicine made me feel	45.0%	161
Save money	38.6%	138
Cut daily dosage to make prescription last longer	24.9%	89
Did not think the medicine was working	23.5%	84
Took medicine every other day to make prescription last longer	17.0%	61
Shared prescription with someone else	3.1%	11
Did not understand how to take it	2.0%	7
Total		358
Unanswered		2,050

- The most commonly reported reason for changing the way a prescription medication is taken was not liking the way the medicine made them feel (45%), followed by saving money (39%).
- Among those who reported changing the way they took a prescription medication, 42% changed their dosage (either cutting the daily dosage or taking it every other day) in order to make the prescription last longer.

Q34. Check ALL preventative health services you had during the past 12 months:

Preventive Health Services Received in the Past Year	%	#
Physical Exam	83.1%	1,819
Hypertension Check	67.0%	1,467
Cholesterol Check	64.8%	1,419
Eye Exam	63.4%	1,389
Blood Glucose Testing	50.5%	1,106
Pap Smear	41.6%	912
Mammogram	40.3%	882
Hearing Check	12.4%	271
Colonoscopy	12.3%	269
Prostate Exam	5.6%	123
Total		2,190
Unanswered		218



- 83% of respondents reported receiving a physical exam in the past year, the most common type of preventive care reported.
- The second most common preventive health services reported was a hypertension (blood pressure) check (67%), followed by a cholesterol check (65%).

Preventive Health Services Received, by Demographic Group	All	Males	Females	White	Black	Hispanic	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Physical Exam	83.1%	87.1%	82.1%	84.2%	78.3%	79.3%	74.1%	85.1%	76.2%	85.4%
Hypertension Check	67.0%	73.6%	65.1%	69.7%	65.0%	46.9%	60.1%	68.6%	58.7%	72.2%
Cholesterol Check	64.8%	73.0%	62.6%	67.3%	56.8%	57.7%	51.3%	68.9%	52.0%	71.3%
Eye Exam	63.4%	63.2%	63.4%	65.8%	56.5%	49.6%	49.4%	65.5%	51.7%	68.2%
Blood Glucose Testing	50.5%	53.4%	49.7%	51.4%	47.7%	43.2%	43.4%	53.4%	41.1%	55.4%
Pap Smear	41.6%	0.4%	53.8%	42.5%	41.4%	38.7%	28.9%	44.2%	42.5%	41.2%
Mammogram	40.3%	0.6%	52.1%	41.7%	40.2%	27.0%	27.0%	42.0%	31.2%	43.2%
Hearing Check	12.4%	22.5%	9.4%	11.4%	17.5%	9.9%	16.4%	12.3%	12.3%	12.8%
Colonoscopy	12.3%	13.5%	11.9%	12.0%	15.4%	9.9%	13.3%	11.9%	11.8%	12.0%
Prostate Exam	5.6%	23.9%	0.4%	5.4%	5.4%	6.3%	4.6%	6.2%	2.2%	7.3%

- In general terms, males and those with an income over \$50,000 are more likely to report receiving preventive health services, while respondents with a high school education or less and Hispanic/Latino respondents seem less likely to report receiving preventive health services.
- Males were more likely than other groups to have had a physical exam in the past year while those with a high school education or less were the least likely to have had a physical exam.
- Males were also more likely than other groups to have had hypertension checks; Hispanic/Latino respondents were the least likely to have had their blood pressure checked.
- Males were more likely to have had a cholesterol check and those with a high school education or less were the least likely.
- Respondents with an income over \$50,000 were more likely to have had an eye exam in the past year; those with a high school education or less were the least likely to have had an eye exam.
- Respondents with an income over \$50,000 were also more likely to have had a blood glucose testing in the past year; those with an income under \$50,000 were the least likely to have had this test.
- Naturally, females were the most likely to have both mammograms and Pap smears and males were most likely to have had prostate exams.
 - Respondents a bachelor's degree or higher were more likely to have had a Pap smear while those with a high school education or less were the least likely.
 - Respondents with an income over \$50,000 were more likely to have had a mammogram and Hispanic/Latinos and respondents with a high school education or less were least likely to have had one in the past year.
 - Respondents with an income over \$50,000 were more likely to have had a prostate exam, while those in the lower income bracket were less likely to have received a prostate exam.
- Male respondents were the most likely to have had a hearing check, while females were the least likely.
- Black/African American respondents were the most likely to have had a colonoscopy while Hispanic/Latino respondents were the least likely.

Preventive Health Services Received, by Zip Code	All	28079	28103	28104	28110	28112	28173	28174
Physical Exam	83.1%	85.5%	77.6%	88.0%	83.1%	81.3%	83.3%	73.9%
Hypertention Check	67.0%	65.6%	68.2%	73.9%	68.4%	64.9%	65.8%	68.2%
Cholesterol Check	64.8%	65.3%	61.7%	75.5%	62.6%	59.4%	66.2%	68.2%
Eye Exam	63.4%	64.5%	56.1%	65.2%	62.4%	60.1%	68.4%	51.1%
Blood Glucose Testing	50.5%	52.2%	45.8%	58.5%	49.1%	46.9%	49.5%	60.2%
Pap Smear	41.6%	40.7%	38.3%	46.5%	42.1%	37.9%	42.5%	43.2%
Mammogram	40.3%	39.1%	48.6%	44.0%	38.7%	37.5%	44.3%	28.4%
Hearing Check	12.4%	11.8%	10.3%	10.0%	12.8%	13.5%	12.0%	15.9%
Colonoscopy	12.3%	10.7%	13.1%	18.7%	12.4%	12.2%	10.3%	6.8%
Prostate Exam	5.6%	5.7%	3.7%	7.1%	5.8%	4.5%	5.8%	2.3%

- Generally speaking, respondents from the 28104 zip code were more likely to report receiving preventive health services in the past year, while residents of the 28174 and 28112 zip codes were less likely to report receiving preventive health care services.

Preventive Health Services Received, by Town	All	Indian Trail	Marshville	Marvin	Matthews	Monroe	Stallings	Unionville	Waxhaw	Weddington	Wesley Chapel	Wingate	Unincorp.
Physical Exam	83.1%	85.2%	79.8%	84.1%	87.1%	82.0%	83.3%	83.9%	82.4%	90.3%	84.5%	73.8%	80.7%
Hypertention Check	67.0%	65.0%	64.0%	60.3%	62.9%	63.5%	71.1%	76.2%	65.6%	68.1%	77.5%	66.7%	71.6%
Cholesterol Check	64.8%	65.6%	59.6%	66.7%	64.3%	58.3%	71.1%	65.4%	66.2%	75.0%	76.1%	63.1%	71.6%
Eye Exam	63.4%	63.3%	52.8%	69.8%	62.9%	58.3%	63.3%	73.9%	66.5%	63.9%	70.4%	51.2%	76.2%
Blood Glucose Testing	50.5%	51.5%	46.1%	42.9%	47.1%	45.7%	55.6%	51.5%	49.4%	62.5%	66.2%	57.1%	56.0%
Pap Smear	41.6%	38.3%	38.2%	57.1%	57.1%	39.2%	46.7%	47.7%	39.8%	36.1%	50.7%	42.9%	34.9%
Mammogram	40.3%	39.6%	44.9%	57.1%	45.7%	35.6%	34.4%	40.8%	40.9%	44.4%	62.0%	28.6%	43.1%
Hearing Check	12.4%	11.9%	13.5%	14.3%	10.0%	14.3%	7.8%	13.1%	11.4%	11.1%	7.0%	15.5%	12.8%
Colonoscopy	12.3%	11.6%	14.6%	11.1%	15.7%	12.1%	14.4%	12.3%	8.5%	18.1%	21.1%	6.0%	16.5%
Prostate Exam	5.6%	5.8%	4.5%	9.5%	4.3%	5.5%	7.8%	6.9%	5.1%	8.3%	1.4%	1.2%	8.3%

- Generally, respondents from Wesley Chapel seem more likely to report having received preventive health services in the past year, while residents of Wingate were less likely to reported receiving preventive health care.

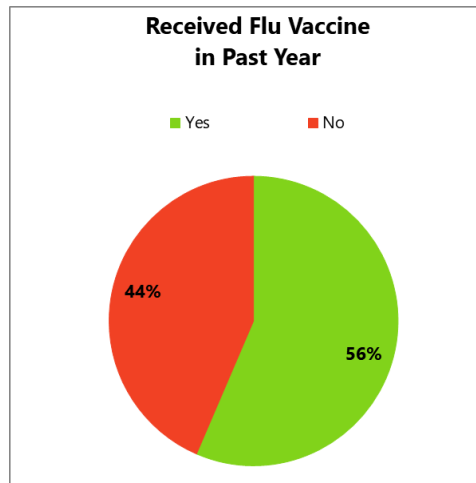
Q35. If you did not receive any preventative services, please indicate why. Check ALL that apply.

Main Reasons for Not Getting Preventive Health Services (multiple answers allowed)	%	#
No money	35.6%	141
Only see a doctor for an urgent medical problem	31.1%	123
No insurance	28.3%	112
No time to go to a doctor	21.7%	86
No insurance coverage for prevention services	16.7%	66
I do not have a medical doctor	11.1%	44
Do not feel prevention services are necessary	10.1%	40
Use alternative medicine (naturopathic, holistic, etc.)	9.6%	38
Total		396
Unanswered		2,012

- The most common reason for not getting preventive health services was lack of money (36%) followed by the choice to only see a doctor for an urgent medical problem (31%).
- 28% of respondents indicated that lack of insurance was the main reason they did not get preventive health services.

Q36. Did you receive a flu vaccine within the past year?

Received Flu Vaccine in Past Year	%	#
Yes	56.5%	1,325
No	43.5%	1,022
Total		2,347
Unanswered		61



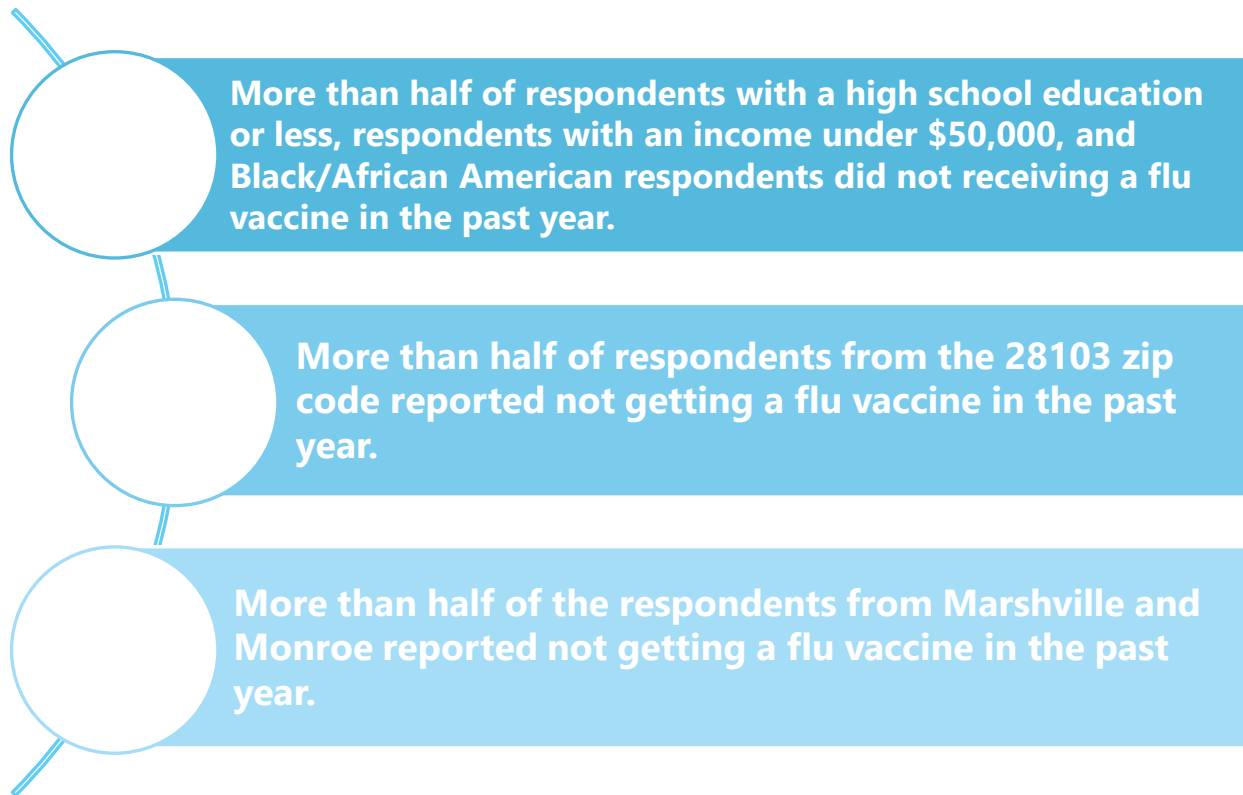
- Approximately 56% of respondents received a flu vaccine within the past year; 44% did not receive a flu vaccine.

Q37. If you did not receive a flu vaccine, please indicate why. Check ALL that apply.

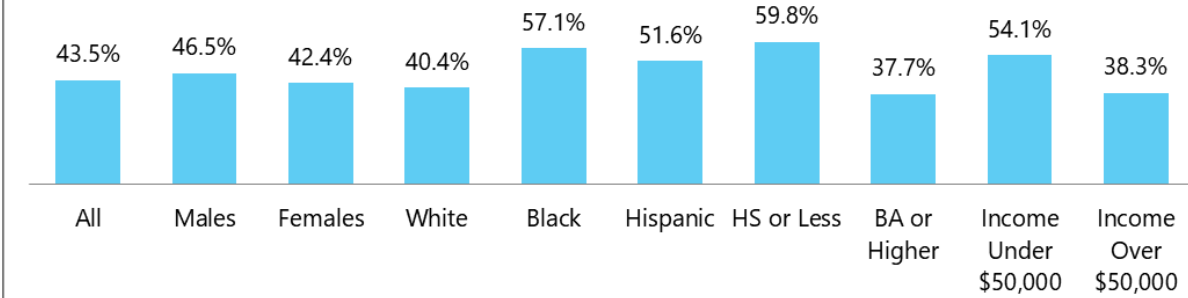
Main Reasons for Not Getting the Flu Vaccine (multiple answers allowed)	%	#
I do not believe that the flu vaccine is effective	46.2%	451
Generally healthy, so I do not feel that I need the flu vaccine	39.3%	384
Concerned that I would get the flu from the vaccine	17.1%	167
Concerned that I would have a serious reaction to the flu vaccine	14.7%	143
Could not afford the flu vaccine	4.4%	43
I have a chronic medical condition(s) and am afraid the flu vaccine will make me sick	3.3%	32
Religious objection to vaccines	2.9%	28
Not sure where to get the flu vaccine or lack of transportation	1.4%	14
Other (please specify)	13.2%	129
Total		976
Unanswered		1,432

- The most commonly reported reason to not get a flu vaccine was the belief that it was not effective (46%) followed by feeling generally healthy enough that the flu vaccine wasn't necessary (39%).
- 17% of respondents were concerned that they could get the flu from the vaccine; another 15% were concerned they would have a serious reaction to the vaccine.

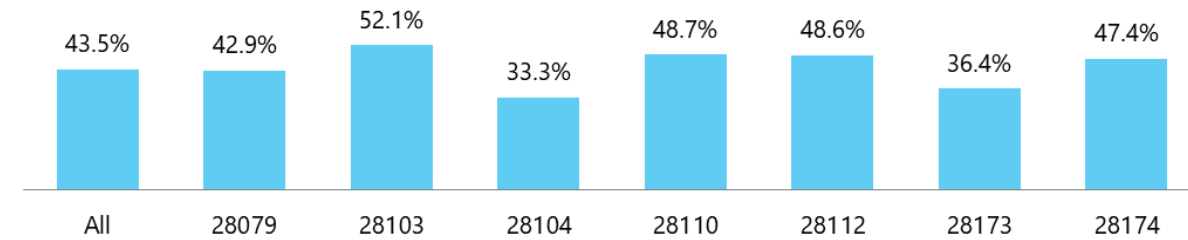
At Risk Population: Adults Unvaccinated Against Influenza



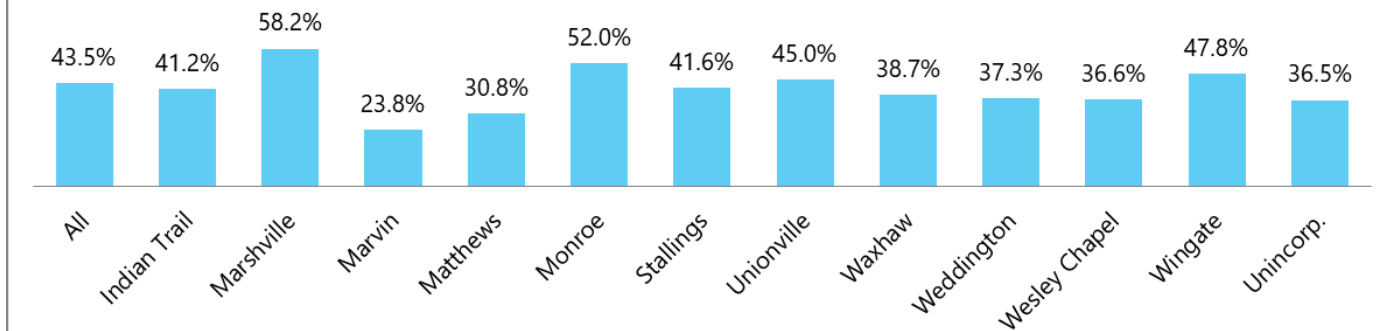
Did Not Receive the Flu Vaccine in the Past Year, by Demographic Group



Did Not Receive the Flu Vaccine in the Past Year, by Zip Code



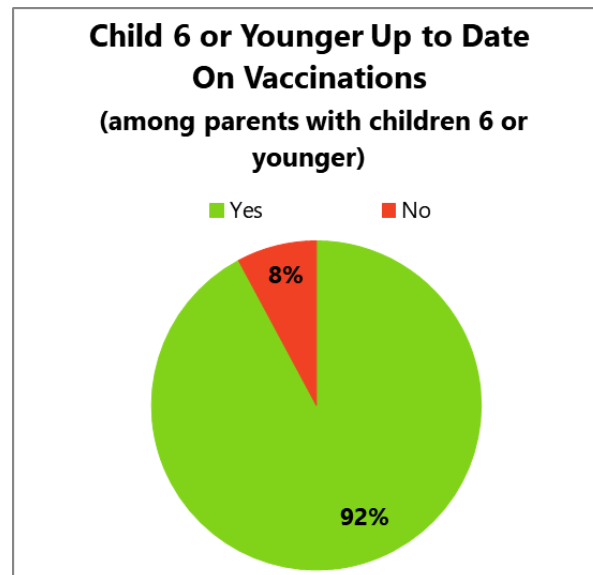
Did Not Receive the Flu Vaccine in the Past Year, by Town



Q38. If you have a child or children age 6 or younger, is your child up to date on recommended immunizations?

Child aged 6 or younger is up to date on vaccinations	%	#
Yes	24.4%	541
No	2.1%	46
I do not have a child age 6 or younger	73.6%	1,632
Total		2,219
Unanswered		189

Child Vaccinated Among Parents With Children Aged 6 or younger	%	#
Yes	92.2%	541
No	7.8%	46
Total		587



- 24% of respondents indicated that their children age 6 or younger was up to date on the recommended schedule of immunizations.
- When the results are recalculated to remove respondents who indicated that they did not have a child in the appropriate age range, 92% of parents with children aged 6 or younger indicated that their child was up to date on the recommended immunizations.

Q39. If you answered NO to the above question, please indicate why. Check ALL that apply.

Main Reasons Child Not Up To Date On Vaccinations (multiple answers allowed)	%	#
I do not want my child to have multiple shots in one doctor's office visit	27.3%	15
I am concerned that my child will have a serious reaction to the vaccine(s)/vaccines are unsafe	27.3%	15
Religious objection to vaccines	18.2%	10
I am concerned that there is a link between vaccines and autism	16.4%	9
I believe that my child's immune system will be stronger if they contract a preventable disease	16.4%	9
I do not believe that vaccines are necessary because the diseases are not serious or are uncommon	10.9%	6
My child does not have a primary doctor	7.3%	4
No money for vaccines and/or my child is uninsured	5.5%	3
My child is not in daycare, so he/she is not exposed to diseases	5.5%	3
I desire more information from my child's doctor	3.6%	2
Other (please specify)	38.2%	21
Total		55
Unanswered		2,353
<i>Other write-in responses included: not applicable/don't have children (12), children older but vaccinated (2), among others</i>		

- The main reasons for a child being non-compliant with the recommended immunization schedule were: not wanting the child to have multiple shots in one visit (27%) and concern about reactions or a belief that vaccinations are unsafe (27%).
- Religious objections to vaccines were identified by 18% of respondents.
- 16% of the (admittedly limited) pool of respondents believed that there is a link between vaccines and autism or that a child's immune system would be stronger if they contracted a preventable disease.

Q40. How do you normally get to your healthcare appointments?

How Transported to Medical Appointments	%	#
Drive Myself – Personal Car	95.5%	2,242
Family Member / Friend	2.9%	67
Union County Public Transportation	0.7%	16
Do not have transportation, so don't go to healthcare provider	0.4%	9
Taxi / Uber / LYFT	0.3%	8
Walk	0.3%	6
Bicycle	0.0%	0
Total		2,348
Unanswered		60

- The vast majority of respondents drive themselves in their own care to health care appointments.
- A small proportion reported relying on family and friends for transportation to appointments.

Q41. Where do you get most of your health information? Check ONLY one.

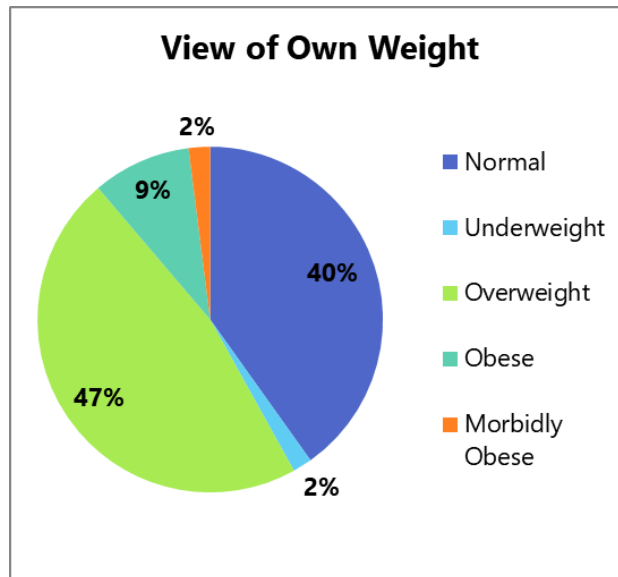
Main Source of Health Information	%	#
My Doctor	66.5%	1,522
Internet	27.7%	634
Family / Friends	3.7%	85
Pharmacist	1.4%	32
TV	0.7%	17
Other (please specify)	2.7%	62
Total		2,290
Unanswered		118
<i>See the appendix for Other write-in responses</i>		

- Nearly two-thirds of respondents get most of their health information from their doctor.
- The second most common source of health information was the internet (28%).

Weight, Physical Activity, and Nutrition Questions

Q18. How do you view your weight?

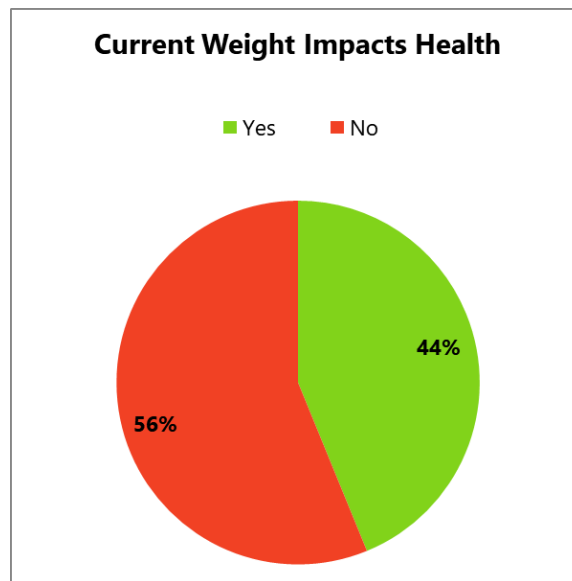
View of Own Weight	%	#
Normal	40.1%	957
Underweight	1.8%	43
Overweight	46.8%	1,117
Obese	9.2%	220
Morbidly Obese	2.0%	48
Total		2,385
Unanswered		23



- 40% of respondents view their own weight as normal.
- Nearly 47% view themselves as overweight.
- Approximately 11% view their weight as obese or morbidly obese.

Q19. Do you feel your current weight is impacting your health status?

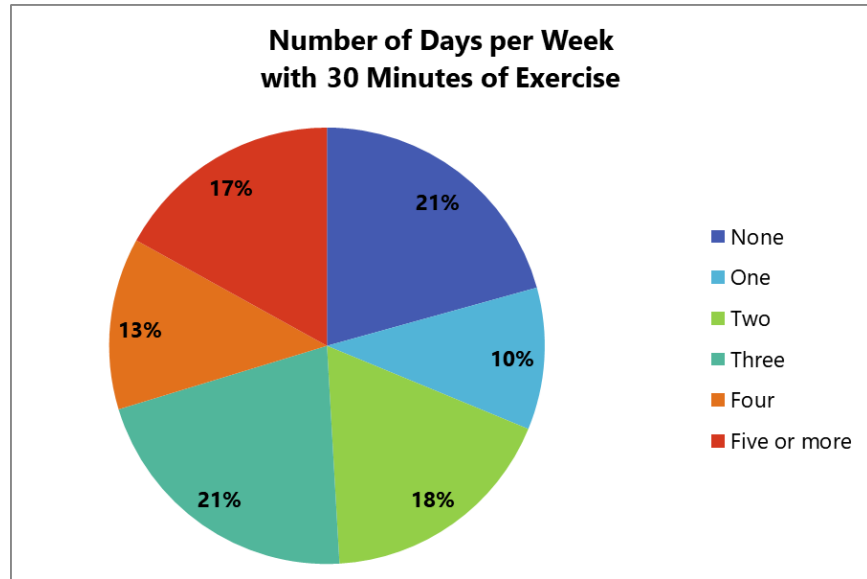
Current Weight Impacts Health	%	#
Yes	43.8%	1,040
No	56.2%	1,334
Total		2,374
Unanswered		34



- Approximately 44% of respondents feel that their weight negatively impacts their health.
- More than half of respondents (56%) do not feel that their weight negatively impacts their health.

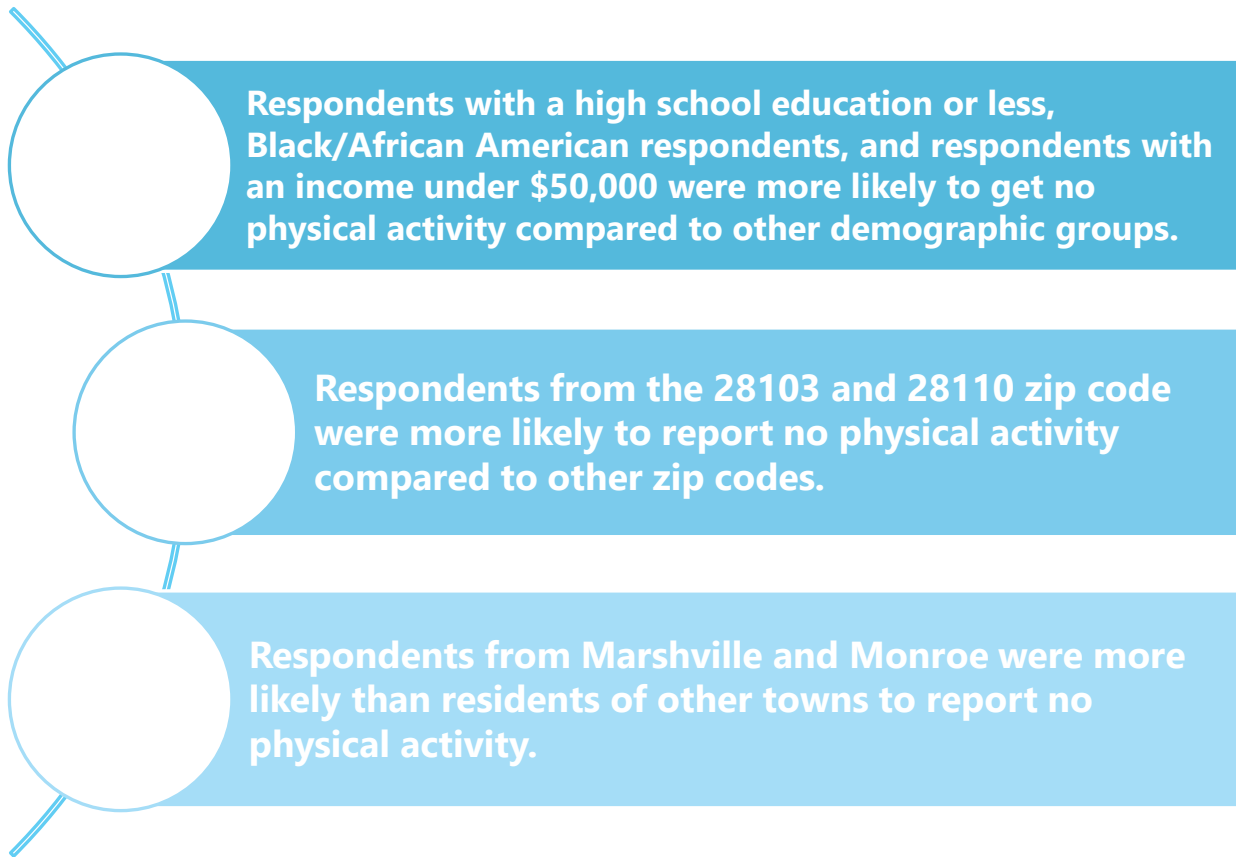
Q42. How many days a week do you normally get 30 minutes of exercise for fitness?

Number of Days a Week They Get 30 Minutes of Exercise	%	#
None	20.7%	488
One	10.5%	248
Two	17.9%	421
Three	21.2%	500
Four	12.7%	300
Five or more	17.0%	400
Total		2,357
Unanswered		51

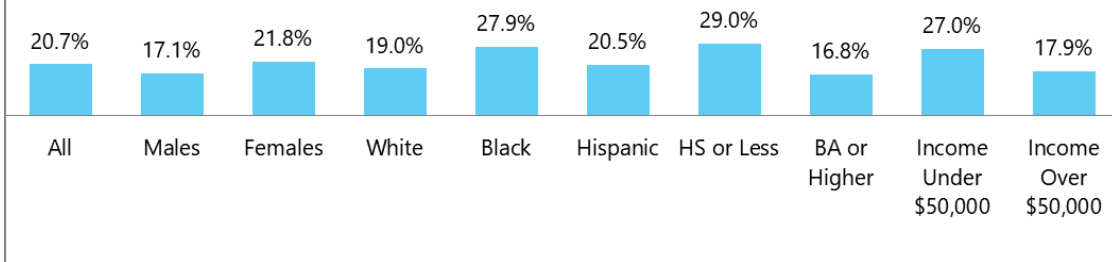


- 17% of respondents get the recommended amount of exercise in a week (at least 30 minutes a day, 5 days a week).
- 21% of respondents reported getting no physical exercise lasting at least 30 minutes.

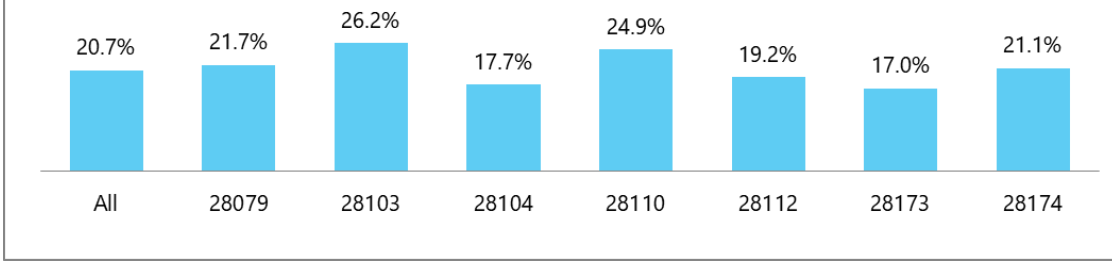
At Risk Population: Adults Who Don't Get Any Physical Activity



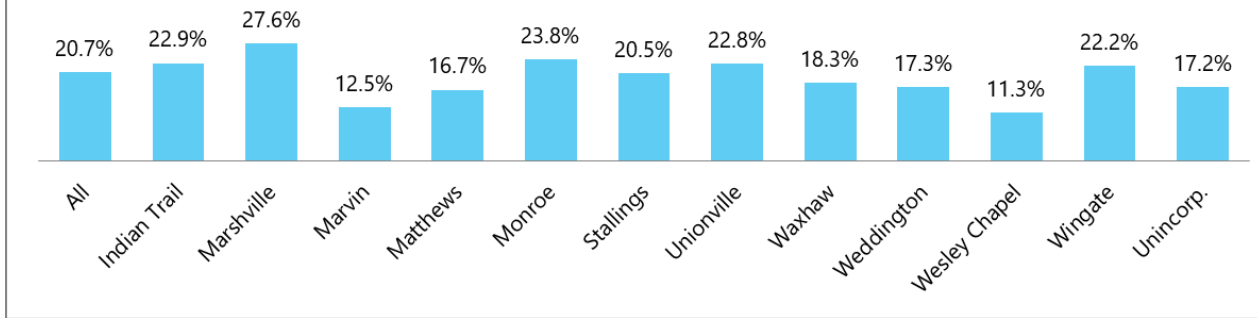
No Physical Activity Lasting 30 Minutes in the Past Week, by Demographic Group



No Physical Activity Lasting 30 Minutes in the Past Week, by Zip Code

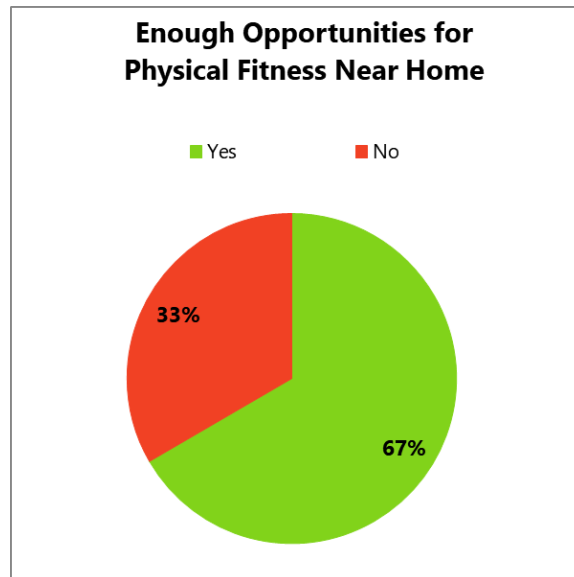


No Physical Activity Lasting 30 Minutes in the Past Week, by Town

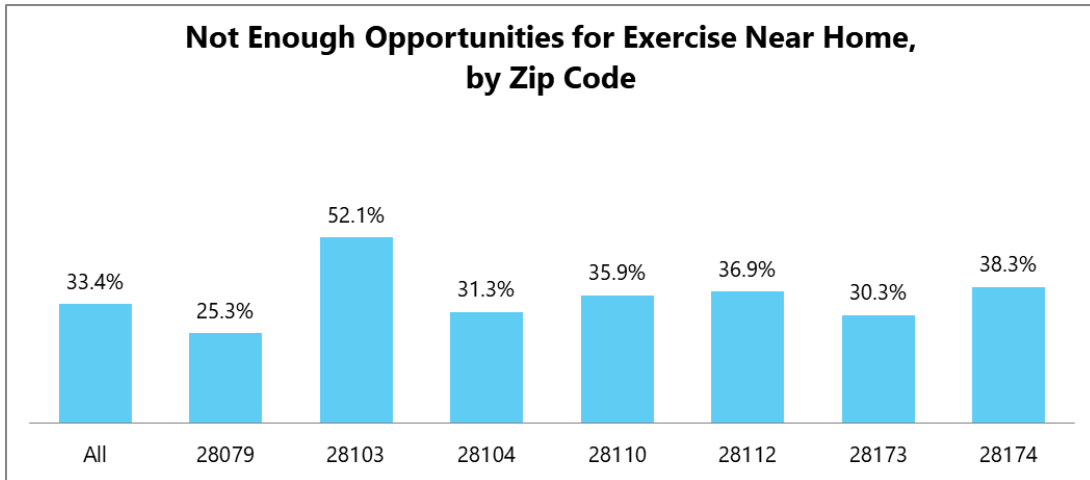


Q43. Are there enough opportunities for physical activity near your home?

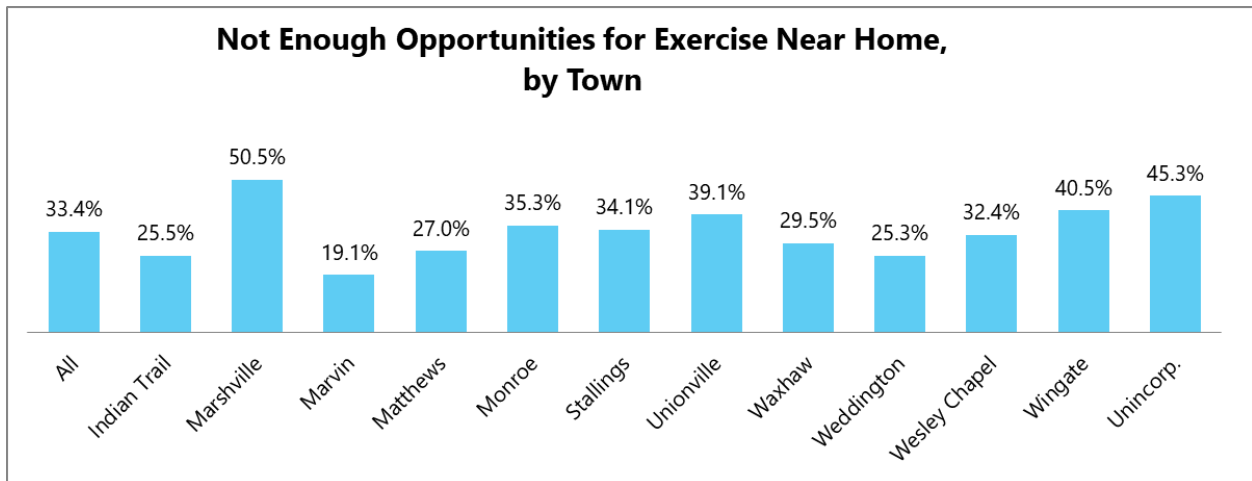
Enough Opportunities for Physical Fitness Near Home	%	#
Yes	66.6%	1,549
No	33.4%	776
Total		2,325
Unanswered		83



- One-third of the respondents felt that there were not enough opportunities for exercise near their home.



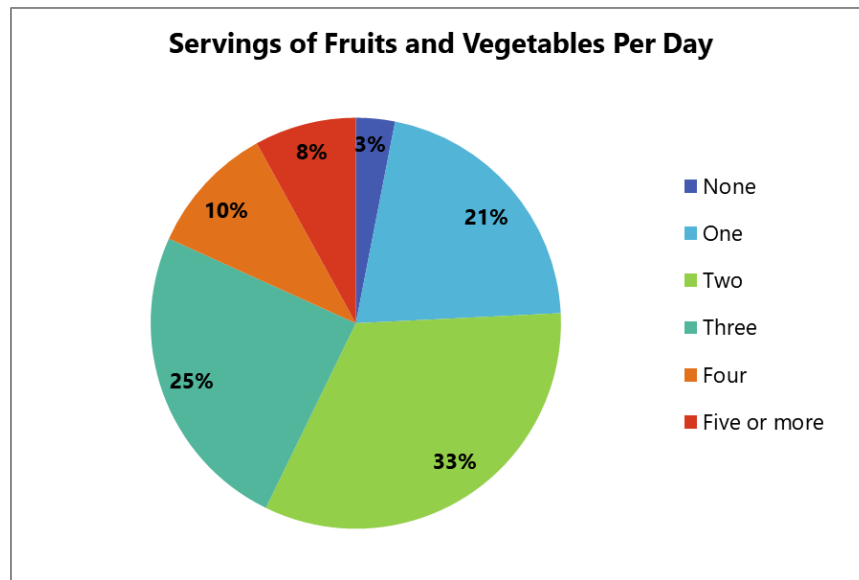
- More than 50% of respondents from the 28103 zip code felt there are not enough exercise opportunities near their home, a higher proportion compared to other zip codes. Residents of 28174 were the next most likely to indicate a lack of exercise opportunities.



- More than 50% of respondents from Marshville felt there are not enough opportunities for physical fitness near their homes, a higher proportion compared to other towns. Residents of unincorporated areas of the county were the next most likely group to report a lack of convenient opportunities for physical fitness.

Q44. How many servings of fruits and vegetables do you normally eat per day?

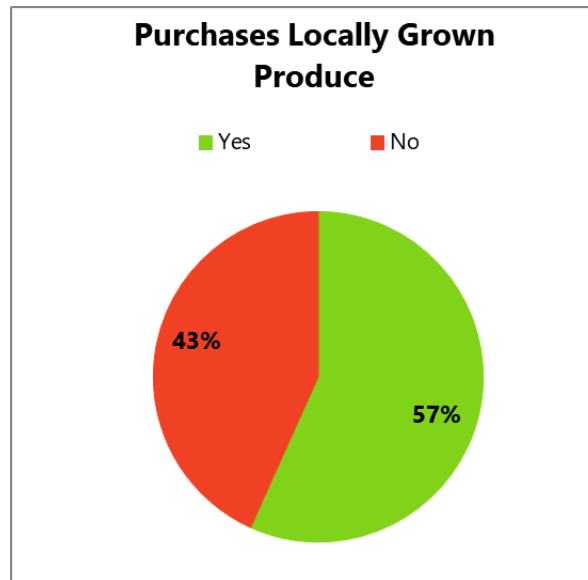
Servings of Fruits and Vegetables Per Day	%	#
None	3.1%	72
One	21.2%	496
Two	33.0%	774
Three	24.5%	575
Four	10.2%	240
Five or more	8.0%	188
Total		2,345
Unanswered		63



- 8% of survey respondents get the USDA recommended 5 or more servings of fruits and vegetables a day.
- A small proportion of respondents (3%) reported eating no fruits or vegetables.
- 89% of respondents reported eating between 1 and 4 servings of fruits and vegetables per day.

Q45. Do you purchase locally grown fruits / vegetables at retail markets, farm stands or Farmers Markets?

Purchases Local Produce	%	#
Yes	56.7%	1,328
No	43.3%	1,013
Total		2,341
Unanswered		67



- Approximately 57% of respondents purchase locally grown produce at grocery stores or other venues.

Q46. Where do the majority of your meals come from?

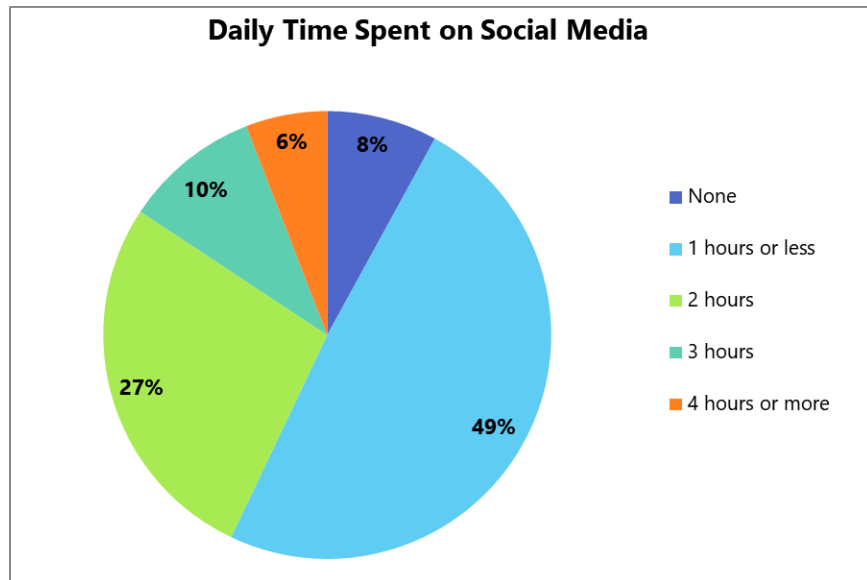
Source of Majority of Meals	%	#
Home prepared/cooked meals	80.1%	1,868
Fast Food Restaurant	8.2%	192
Dine-in Restaurant	5.2%	121
Prepared Foods from Grocery Store Deli	3.5%	81
Frozen Food/Microwave Meals	2.8%	65
Garden	0.3%	6
Other (please specify)		33
Total		2,333
Unanswered		75

See the appendix for Other write-in responses

- 80% of respondents eat home prepared/cooked meals, the most common source of meals among the survey sample.
- 13% of respondents get most of their meals from restaurants (fast food or dine-in).

Q50. Approximately how much time do you spend daily on social media? (Facebook, Instant Messaging, Snap Chatting, Texting)

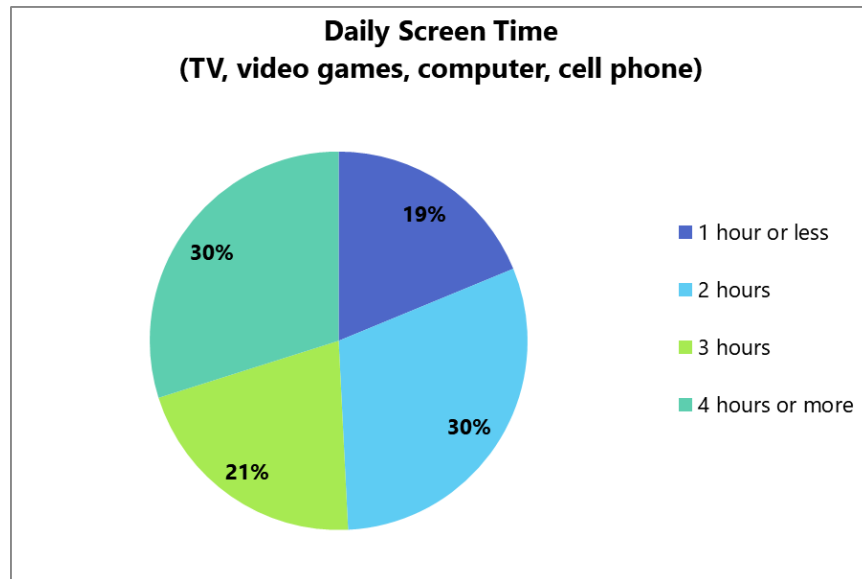
Time Spent on Social Media	%	#
None	8.0%	187
1 hours or less	49.1%	1,150
2 hours	27.2%	638
3 hours	9.8%	230
4 hours or more	5.9%	138
Total		2,343
Unanswered		65



- Approximately 16% of respondents spend 3 or more hours per day on social media.
- 57% of respondents spend 1 hours or less or no time on social media.

Q51. How much screen time do you spend daily? (TV, video games, computer, cell phone)

Daily Screen Time (TV, video games, computer, cell phone)	%	#
1 hour or less	18.8%	439
2 hours	30.4%	711
3 hours	20.9%	489
4 hours or more	29.9%	698
Total		2,337
Unanswered		71

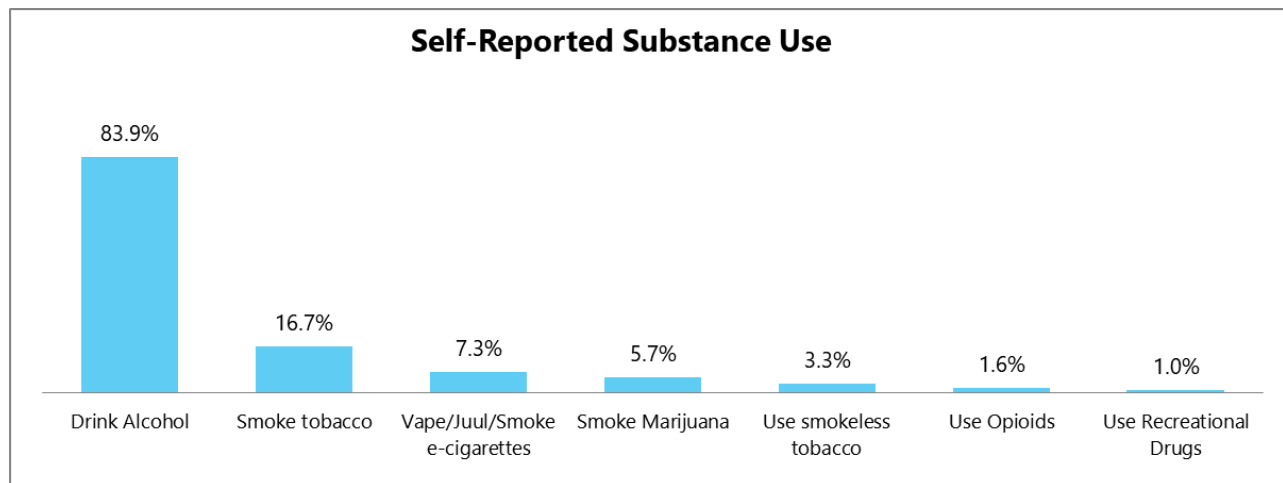


- Approximately 19% of respondents reported an hour or less of daily screen time.
- 51% of respondents spend 3 or more hours of their day interacting with a screen.

Risk Behaviors

Q47. Please check if you do any of the following:

Self-Reported Substance Use	%	#
Drink Alcohol	83.9%	946
Smoke tobacco	16.7%	188
Vape/Juul/Smoke e-cigarettes	7.3%	82
Smoke Marijuana	5.7%	64
Use smokeless tobacco	3.3%	37
Use Opioids	1.6%	18
Use Recreational Drugs	1.0%	11
Total		1,127
Unanswered		1,281



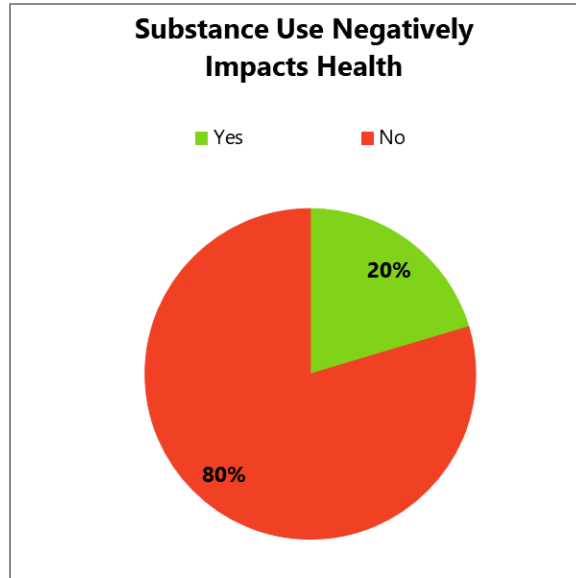
- Note that 53% of the survey sample did not answer this question.
- The most commonly reported substance used by respondents was alcohol (84%).
- Approximately 27% of respondents reported using a tobacco product of some sort: 17% smoked tobacco, 7% reported using e-cigarettes, and 3% used smokeless tobacco.
- 8% of respondents used drugs of some sort: 5.7% smoked marijuana, 1.6% used opioids (it is unknown whether the individual was using opioids prescribed to them by a medical provider), and 1% used recreational drugs.

Self-Reported Substance Use	All	Males	Females	White	Black	Hispanic	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Drink Alcohol	83.9%	80.3%	85.2%	88.0%	63.8%	67.4%	51.2%	94.4%	70.3%	89.6%
Smoke tobacco	16.7%	17.4%	16.1%	12.8%	37.8%	28.6%	43.1%	7.6%	30.0%	11.5%
Vape/Juul/Smoke e-cigarettes	7.3%	7.4%	7.3%	7.3%	4.7%	14.3%	20.3%	2.8%	12.6%	5.1%
Smoke Marijuana	5.7%	7.7%	4.7%	4.6%	11.0%	10.2%	16.3%	2.5%	10.6%	3.8%
Use smokeless tobacco	3.3%	9.4%	0.9%	3.2%	3.9%	4.1%	9.8%	1.4%	2.7%	3.3%
Use Opioids	1.6%	1.9%	1.4%	1.4%	0.8%	4.1%	2.4%	0.9%	2.1%	1.5%
Use Recreational Drugs	1.0%	1.3%	0.6%	0.6%	3.2%	2.0%	4.1%	0.3%	2.4%	0.4%

- Alcohol consumption was the most common substance used across all demographic groups.
- In most instances, respondents with a high school education or less were more likely to report substance use while individuals with a bachelor’s degree or higher were less likely to report using the substances listed. Alcohol use was a notable exception, with nearly 95% of respondents with a BA or higher reporting drinking alcohol and just over 50% of those with a high school education of less consuming alcohol.
- Black/African American respondents were more likely to smoke tobacco compared to other groups.
- Among the groups presented, female respondents were the least likely to report smokeless tobacco use.
- Hispanic/Latino respondents were more likely to report opioid use compared to other groups and Black /African American respondents were less likely to report using opioids.

Q48. If you checked any of the above, do you feel this impacts your health negatively?

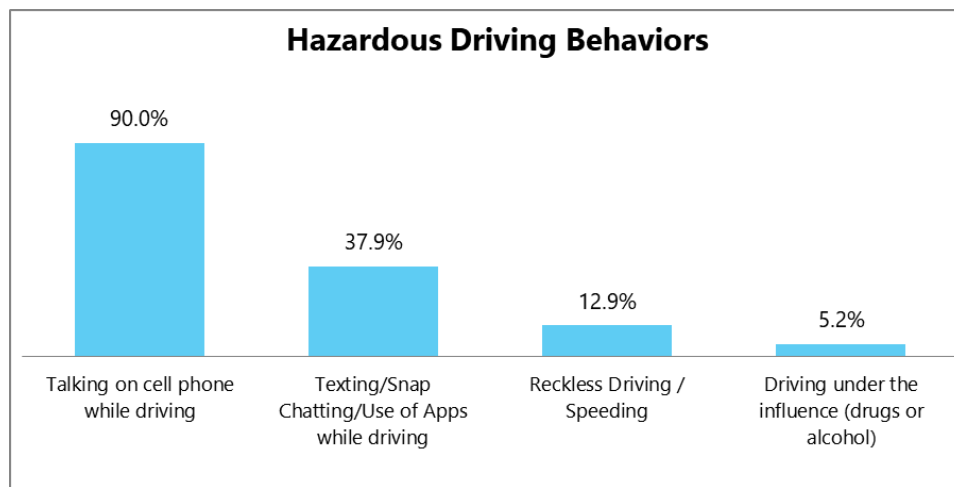
Do Any of the Above Impact Your Health Negatively?	%	#
Yes	20.4%	238
No	79.6%	930
Total		1,168
Unanswered		1,240



- Approximately 80% of respondents reporting substance use do not feel that it negatively impacts their health.
- 20% of respondents do feel that their substance use negatively affects their health.

Q49. Listed below are safety hazards related to driving. Please check ALL that apply to you.

Self-Reported Hazardous Driving Behaviors	%	#
Talking on cell phone while driving	90.0%	1,253
Texting/Snap Chatting/Use of Apps while driving	37.9%	528
Reckless Driving / Speeding	12.9%	180
Driving under the influence (drugs or alcohol)	5.2%	72
Total		1,393
Unanswered		1,015



- Note that 42% of the survey sample did not answer this question.
- The most commonly reported hazardous driving behavior was talking on a cell phone while driving, which 90% of respondents reported doing.
- Using a cell phone for other purposes (texting, social medial, other apps) was the second most common hazardous driving behavior (38%).

Self-Reported Hazardous Driving Behaviors, by Demographic Group	All	Males	Females	White	Black	Hispanic	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Talking on cell phone while I drive	90.0%	86.4%	91.2%	91.2%	88.1%	81.4%	89.5%	90.0%	84.9%	91.4%
Texting/Snap Chatting/Use of Apps while driving	37.9%	42.4%	36.3%	35.8%	42.9%	57.6%	41.9%	37.8%	45.8%	35.9%
Reckless Driving / Speeding	12.9%	16.0%	12.1%	11.2%	18.1%	17.0%	29.0%	10.8%	18.1%	10.7%
Driving under the influence (drugs or alcohol)	5.2%	6.5%	4.6%	2.9%	12.9%	13.6%	19.4%	3.0%	9.4%	3.1%

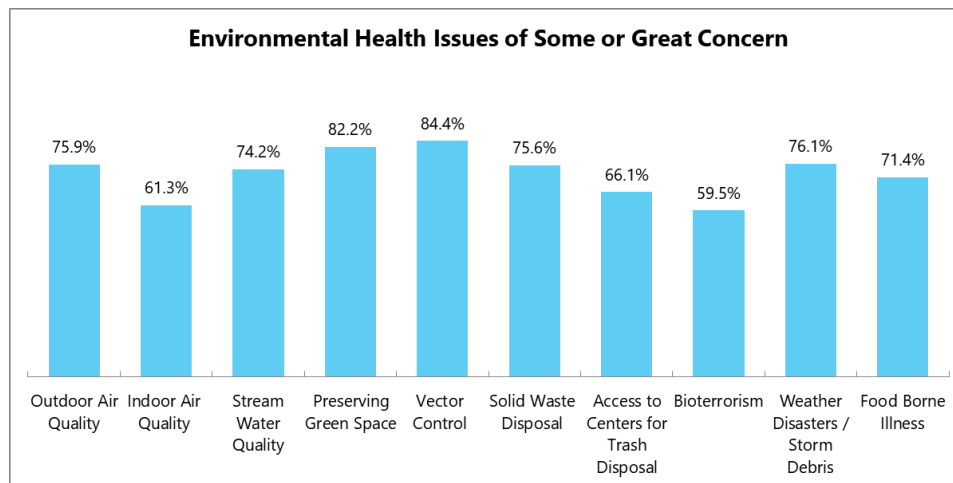
- Respondents with an income over \$50,000 were more likely to report talking on a cell phone while driving and Hispanic/Latino respondents were the least likely to report such behavior.
- Hispanic/Latino respondents were more likely to report texting/other cell phone uses while driving and white respondents were the least likely to report doing so.

- Respondents with a high school education of less were more likely to report reckless driving/speeding and driving under the influence. Respondents with income over \$50,000 were less likely to report speeding and white respondents were the least likely to report driving under the influence of drugs or alcohol.

Environmental Health Questions

Q52. Environmental Health (Check one answer per row)

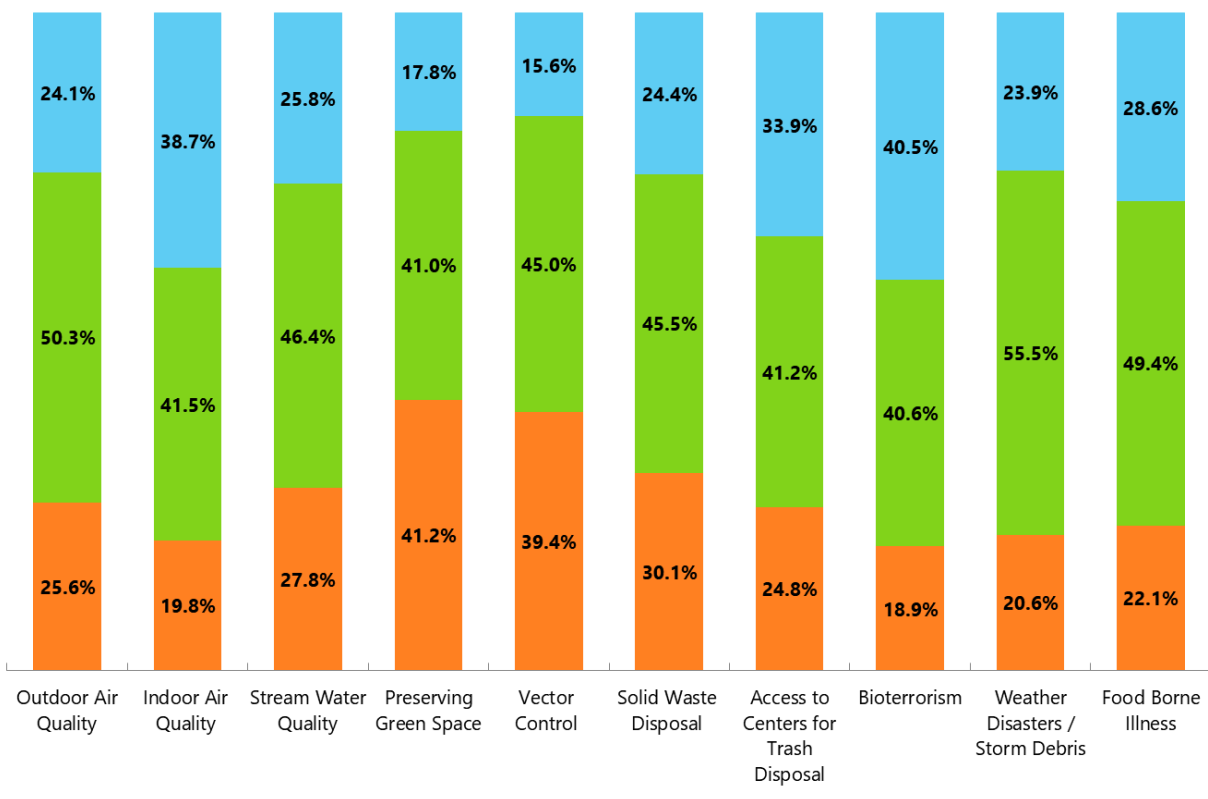
Environmental Health Concerns	Great Concern		Some Concern		No Concern		Total
	%	#	%	#	%	#	
Outdoor Air Quality	25.6%	593	50.3%	1,163	24.1%	558	2,314
Indoor Air Quality	19.8%	454	41.5%	954	38.7%	889	2,297
Stream Water Quality	27.8%	636	46.4%	1,061	25.8%	591	2,288
Preserving Green Space	41.2%	942	41.0%	937	17.8%	406	2,285
Vector Control	39.4%	901	45.0%	1,030	15.6%	357	2,288
Solid Waste Disposal	30.1%	692	45.5%	1,046	24.4%	561	2,299
Access to Centers for Trash Disposal	24.8%	570	41.2%	946	33.9%	779	2,295
Bioterrorism	18.9%	431	40.6%	926	40.5%	923	2,280
Weather Disasters / Storm Debris	20.6%	472	55.5%	1,269	23.9%	546	2,287
Food Borne Illness	22.1%	505	49.4%	1,129	28.6%	653	2,287
Unanswered							76



- Vector (Mosquito) Control and the preservation of green spaces were the most common environmental health issues of at least some concern to respondents, as identified by more than 80% of respondents.
- Approximately 75% of respondents also had at least concern about outdoor air quality, storm water quality, solid waste disposal, and weather disasters/storm debris.

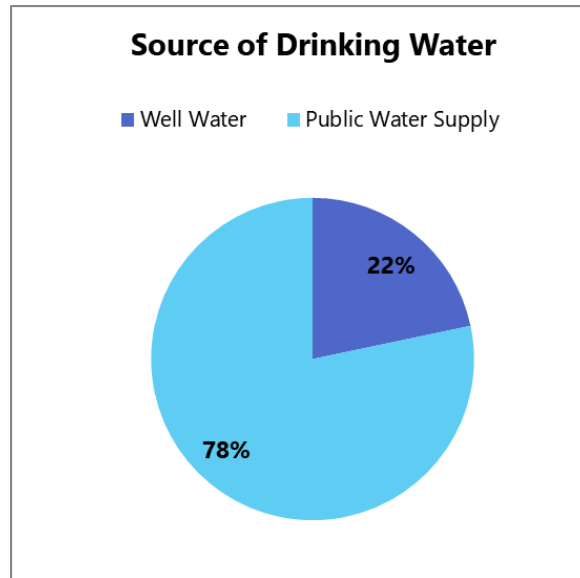
Environmental Health Issues

■ Great Concern
 ■ Some Concern
 ■ No Concern



Q53. What type of drinking water do you have?

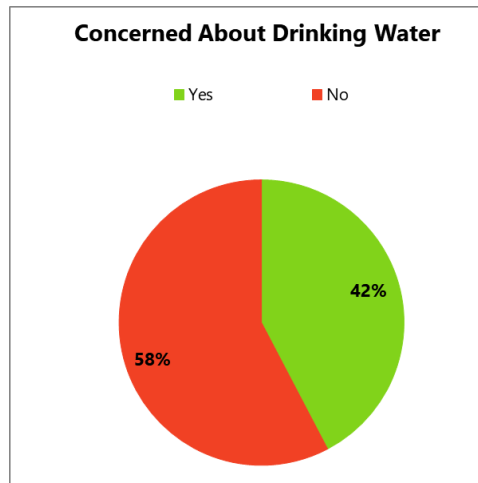
Source of Drinking Water	%	#
Well Water	21.8%	510
Public Water Supply	78.6%	1,840
Total		2,340
Unanswered		68



- Approximately 79% of respondents get their drinking water from the public water supply.
- 22% of respondents rely on well water for their drinking water.

Q54. Are you concerned about your drinking water?

Concerned About Drinking Water	%	#
Yes	42.3%	991
No	57.7%	1,351
Total		2,342
Unanswered		66



- 42% of respondents were concerned about their drinking water; nearly 60% were not.

Q55. If yes, what is your primary concern?

Primary Concern about Drinking Water (multiple answers allowed)	%	#
Afraid of what is in the water	73.2%	706
Taste	38.8%	374
Smell	24.8%	239
Other (please specify)		110
Total		965
Unanswered		1,443
<i>See the appendix for Other write-in responses</i>		

- Among respondents with a concern about their drinking water, 73% were afraid of what might be in the water.
- 39% were concerned about the taste of the water and 25% were concerned about the smell of the water.

2019 Senior Survey Response Analysis

(Note that questions may be discussed in a different order than they appeared on the survey in order to provide clarity and structure)

Demographic Questions

Q1. What is your Zip Code?

Zip Code of Residence	%	#
28173 (Waxhaw, Marvin)	22.4%	240
28110 (Monroe, Unionville)	20.7%	222
28112 (Monroe)	16.9%	181
28079 (Indian Trail, Lake Park)	16.2%	174
28104 (Matthews, Stallings, Weddington, Wesley Chapel)	13.1%	140
28103 (Marshville)	4.2%	45
28174 (Wingate)	4.0%	43
28105 (Matthews)	0.8%	9
28113 (unrecognized by USPS)	0.8%	8
28108 (Mineral Springs)	0.5%	5
28111 (Monroe)	0.5%	5
28227 (Charlotte, Mint Hill)	0.1%	1
Total		1,073
Unanswered		13

Towns included in the zip codes are according to the USPS.

- Approximately 22% of Senior Survey respondents were from the 28173 zip code, which includes Waxhaw and Marvin, the most common zip code among this survey sample.
- 21% of respondents were from the 28110 (Monroe/Unionville) zip code.
- 17% of respondents were from the 28112 (Monroe) zip code and another 16% were from the 28079 (Indian Trail/Lake Park) zip code.
- Moving forward in this report, data for some questions is presented specific to the following five zip codes: 28173, 28110, 28112, 28079, and 28104. There were too few respondents (less than 50) in other zip codes to present stratified data.

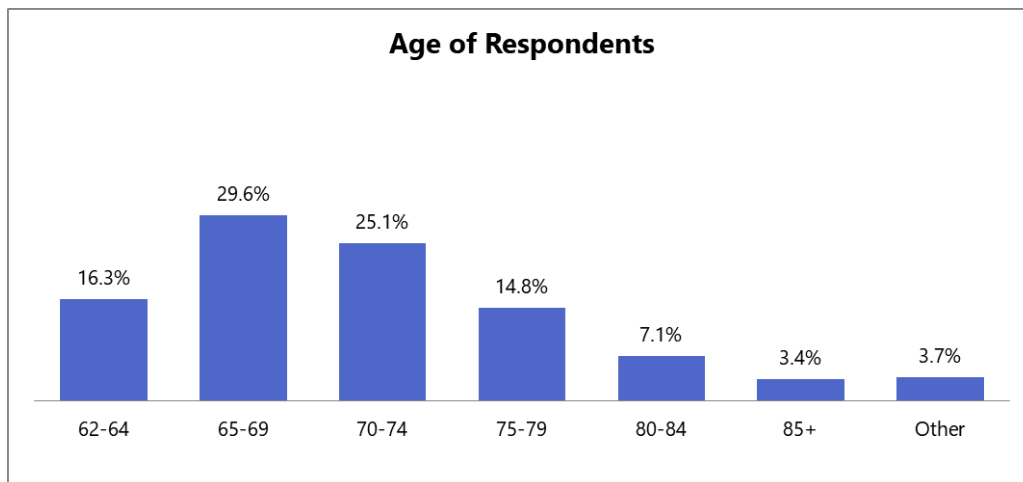
Q2. In which Union County town or municipality do you reside?

Township of Residence	%	#
Monroe	28.0%	302
Waxhaw	15.3%	165
Indian Trail	13.4%	145
Unincorporated Areas of Union County	7.4%	80
Stallings	5.7%	61
Weddington	4.4%	48
Wingate	3.8%	41
Wesley Chapel	3.5%	38
Marshville	3.4%	37
Unionville	2.6%	28
Lake Park	2.2%	24
Matthews	2.2%	24
Marvin	1.7%	18
Fairview	1.5%	16
Mineral Springs	1.5%	16
Hemby Bridge	1.3%	14
Altan	1.2%	13
New Salem	0.5%	5
Goose Creek	0.3%	3
Out of County	0.2%	2
Total		1,080
Unanswered		6

- The most common town or municipality of residence among the Senior Survey respondents was Monroe (28%), followed by Waxhaw (15%) and Indian Trail (13%).
- Moving forward in this report, data for some questions is presented specific to the following five towns: Monroe, Waxhaw, Indian Trail, Unincorporated areas of the county, and Stallings. There were too few respondents (less than 50) in other zip codes to present stratified data.

Q3. What is your Age?

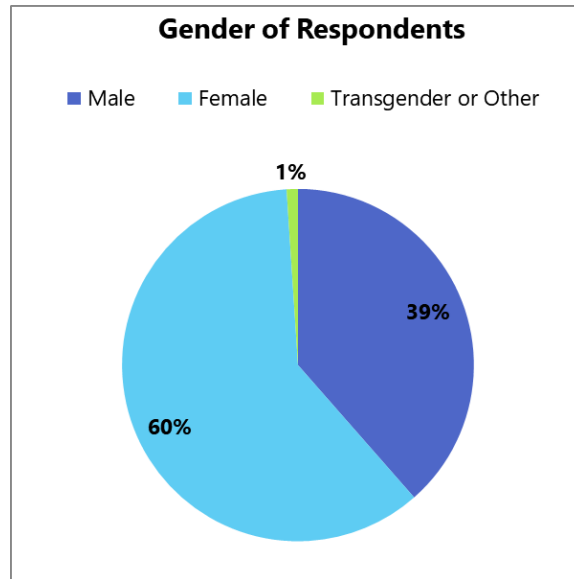
Age	%	#
62-64	16.3%	171
65-69	29.6%	311
70-74	25.1%	264
75-79	14.8%	156
80-84	7.1%	75
85+	3.4%	36
Other	3.7%	39
Total		1,052
Unanswered		34
<i>Other ages includes typos and those younger than 62</i>		



- This was structured as an open-ended question on the survey (respondents entered a number). Age groups presented here are based on age groups used by the Census Bureau and totals were calculated by the Consultant.
- Note that some respondents who should have taken the Adult Survey are included in this Senior Survey sample.
- 80% of the Senior Survey respondents were over the age of 65.
- Respondents aged 65-69 comprise the largest group in the survey sample (30%), followed by those aged 70-74 (25%).

Q4. What is your Gender?

Gender	%	#
Male	38.5%	411
Female	60.5%	645
Transgender or Other	1.0%	11
Total		1,067
Unanswered		19



- 60% of the respondents to the Senior Survey were female and 39% were male.
- Males are better represented among the Senior Survey sample compared to the Adult Survey sample.
- Moving forward in this report, data for some questions is presented specific to males and females.

Q5. Using the categories below, what do you consider yourself?

Race/Ethnicity	%	#
White / Caucasian / European American	79.0%	850
Black / African American	16.4%	176
Hispanic / Latino	1.9%	20
Asian	1.0%	11
American Indian / Alaska Native	0.6%	6
Arab American / Middle Eastern	0.2%	2
Eastern European / Russian / Post Soviet States	0.2%	2
Other (please specify)	0.8%	9
Total		1,076
Unanswered		10
<i>Other write-in responses included: bi/multi-racial (3) among other less numerous write-ins</i>		

- White/Caucasian/European American respondents comprise the largest segment of the Senior Survey sample (79%).
- Black/African Americans comprise 16% of the survey sample and Hispanic/Latino respondents comprise less than 2%.
- Moving forward in this report, data for some questions is presented specific to White and Black/African American respondents.

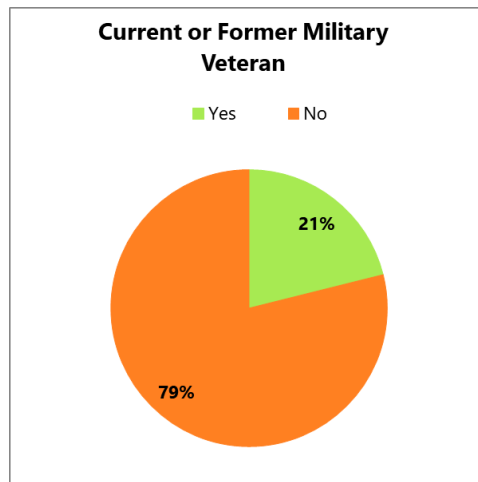
Q6. What is your highest level of education?

Educational Attainment	%	#
Less than 9 th grade	1.9%	20
9-12 grade, no diploma	3.2%	34
High School graduate	16.2%	174
Associate's Degree or Vocational Training	13.7%	147
Some college	20.7%	222
Bachelor's degree	24.6%	264
Graduate or professional degree	18.6%	199
Other	1.1%	12
Total		1,072
Unanswered		14
<i>Other write-in responses included: various diplomas and certificates, multiple masters degrees, PhD</i>		

- Respondents with a high school education or less comprise 21.3% of the survey sample.
- 43.2% of respondents had a bachelor's degree or higher.
- Approximately 14% of respondents had an Associate's Degree or vocational training and another 21% had attended college but not graduated.
- Moving forward in this report, data for some questions is presented specific to respondents with a high school education or less and those with a bachelor's degree or higher.

Q7. Are you a veteran or have you served in the military?

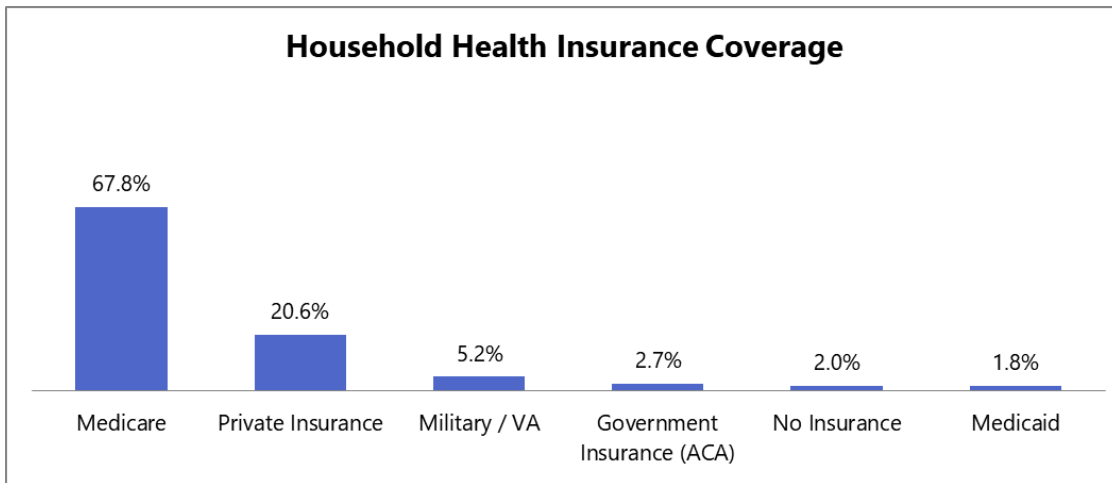
Current or Former Veterans	%	#
Yes	21.1%	224
No	78.9%	837
Total		1,061
Unanswered		25



- 21% of Senior Survey respondents were military veterans.

Q8. What type of health insurance do people in your home have?

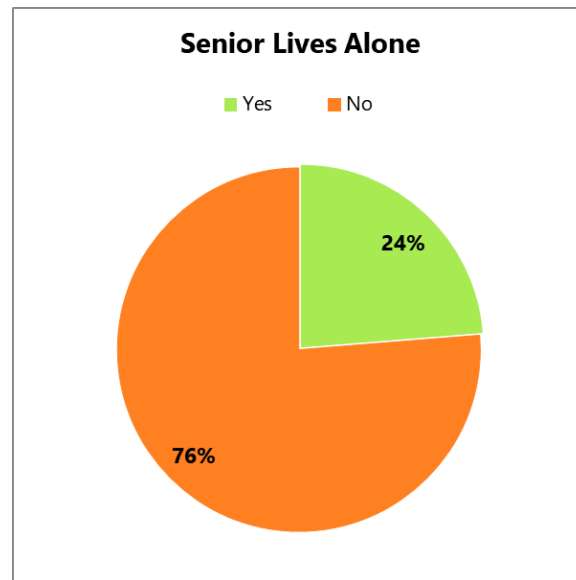
Health Insurance Coverage	%	#
Medicare	67.8%	729
Private Insurance	20.6%	222
Military / VA	5.2%	56
Government Insurance (ACA)	2.7%	29
No Insurance	2.0%	21
Medicaid	1.8%	19
Total		1,076
Unanswered		10



- As would be expected among the age group given this particular survey, a majority of respondents (68%) received health insurance coverage through Medicare.
- 21% of respondents had private health insurance coverage.
- Very few respondents (2%) were uninsured.

Q9. Do you live alone?

Senior Lives Alone	%	#
Yes	23.7%	253
No	76.3%	813
Total		1,066
Unanswered		20



- 24% of the respondents reported living alone.
- More than three-quarters of the respondents did not live alone.

Q10. If no, you do not live alone, who do you live with?

Senior Lives With	%	#
Spouse	78.5%	631
Family	16.5%	133
Friend	2.0%	16
Other	3.0%	24
Total		804
Unanswered		282
<i>Other write-in responses included: various family groups (13), significant other (3), shelter, senior center</i>		

- Among the respondents who did not live alone, more than three-quarters (78%) lived with a spouse.
- Nearly 17% of respondents lived with family members.

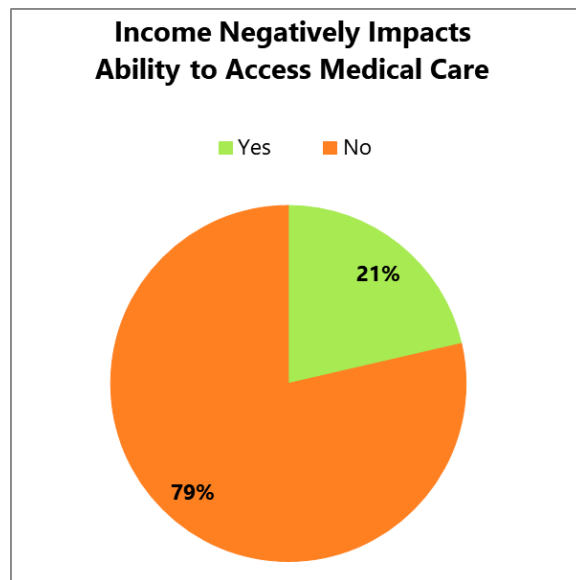
Q11. What most closely describes your income level?

Income	%	#
Less than \$10,000	4.9%	52
\$10,000 to \$14,999	6.3%	67
\$15,000 to \$24,999	9.5%	100
\$25,000 to \$34,999	10.0%	106
\$35,000 to \$49,999	13.8%	146
\$50,000 to \$74,999	16.7%	177
\$75,000 to \$99,999	11.3%	119
\$100,000 or more	13.6%	144
Choose not to answer	13.9%	147
Total		1,058
Unanswered		28

- 21% of the Senior Survey respondents reported an income of less than \$25,000.
- 24% of respondents reported an income between \$25,000 and \$50,000.
- 25% of respondents have an income greater than \$75,000.
- Moving forward in this report, data for some questions is presented specific to those with a reported income below \$50,000 and those with an income over \$50,000

Q12. Do you feel your income or economic situation is negatively impacting your ability to access medical care or services?

Income Negatively Impacts Access to Care/Services	%	#
Yes	21.4%	224
No	78.6%	823
Total		1,047
Unanswered		39



- 21% of respondents feel that their income or economic situation negatively impacts their ability to access medical care.
- Nearly 79% of respondents do not feel their income negatively impacts their access to medical services.

Personal Health Questions

Q13. Overall, how would you rate your physical health?

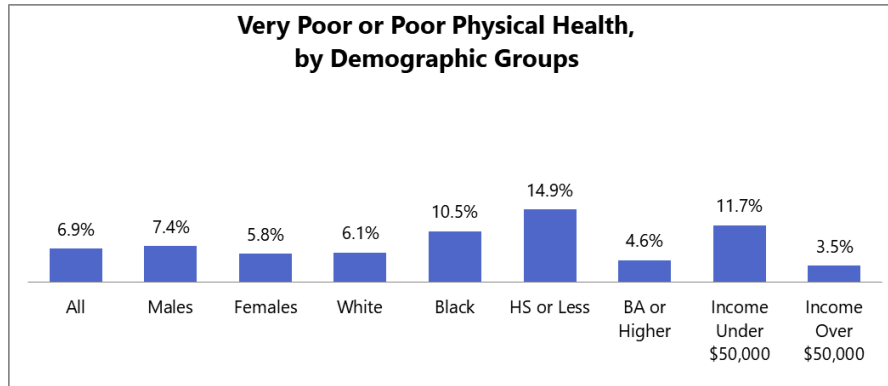
Rating Physical Health	%	#
Very Poor Health	1.2%	13
Poor Health	5.7%	61
Neither Poor Nor Good Health	21.2%	226
Good Health	56.9%	607
Excellent Health	15.0%	160
Total		1,067
Unanswered		19

- 7% of respondents rated their own physical health as very poor or poor.
- 72% rated their physical health as good or excellent.
- 21% felt their physical health was neither good nor bad.

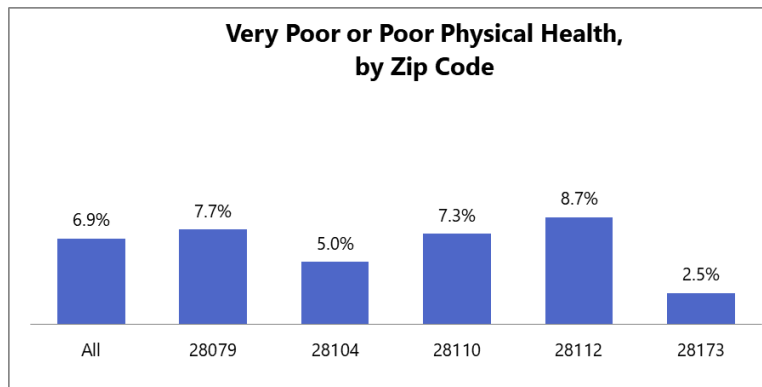
Q14. Overall, how would you rate your mental health?

Rating Mental Health	%	#
Very Poor Health	0.1%	1
Poor Health	2.7%	29
Neither Poor Nor Good Health	8.2%	87
Good Health	52.8%	560
Excellent Health	36.2%	384
Total		1,061
Unanswered		25

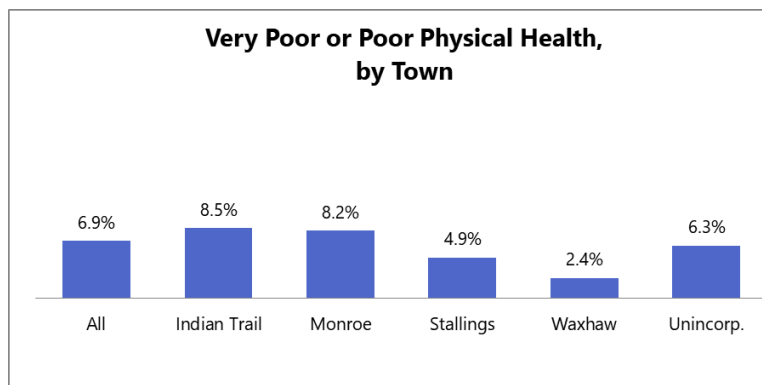
- Approximately 3% of respondents rated their own mental health as poor or very poor.
- 89% of respondents rated their mental health as good or excellent.
- 8% of respondents were ambivalent about their mental health.
- There were not enough respondents reporting poor or very poor mental health to further stratify.



- Respondents with a high school education or less and those with an income under \$50,000 were more likely to report poor or very poor physical health



- Residents of the 28112 zip code were more likely to report poor or very poor physical health compared to other zip codes.



- A higher proportion of respondents from Indian Trail and Monroe reported poor or very poor physical health compared to respondents from other towns.

Q15. Listed below are health concerns. Please check three that concern you MOST.

Personal Health Concerns	%	#
High blood pressure	38.7%	404
Cancer	38.5%	402
Alzheimer’s Disease / Dementia	30.8%	322
Stroke/ Heart Disease	30.8%	322
Diabetes	30.5%	319
Vision Issues	22.4%	234
Dental Health	19.6%	205
Hearing Issues	19.1%	200
Obesity	15.0%	157
Falling	12.8%	134
Respiratory Illness / COPD	8.2%	86
Kidney Disease	5.1%	53
Influenza/ Pneumonia	2.9%	30
Drug Abuse/Overdose	1.3%	14
Alcohol Abuse/Use	0.7%	7
Other (please specify)	8.3%	87
Total		1,045
Unanswered		41
<i>See the appendix for Other write-in responses</i>		

- High blood pressure was the most commonly identified personal health concern among the Senior Survey respondents, though it was not selected by a majority of them.
- Cancer was the second most frequently identified health concern, also selected by nearly 39% of respondents.
- Alzheimer’s Disease/Dementia and Stroke/Heart Disease, followed very closely by Diabetes, were all selected by approximately 13% of respondents.

Personal Health Concerns, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
High blood pressure	38.7%	36.7%	39.1%	32.5%	66.3%	52.7%	33.7%	42.7%	34.8%
Cancer	38.5%	43.0%	35.7%	40.4%	30.8%	33.9%	39.0%	32.2%	43.6%
Alzheimer's Disease / Dementia	30.8%	28.1%	33.0%	33.7%	20.4%	22.8%	33.5%	23.9%	36.7%
Stroke/ Heart Disease	30.8%	34.4%	28.3%	34.0%	17.4%	29.5%	32.6%	26.3%	37.7%
Diabetes	30.5%	32.2%	29.1%	28.1%	42.4%	34.4%	27.8%	34.6%	26.1%
Vision Issues	22.4%	20.8%	22.8%	22.1%	23.8%	26.3%	18.7%	23.0%	19.2%
Dental Health	19.6%	16.2%	21.4%	18.9%	21.5%	24.6%	14.8%	26.7%	13.5%
Hearing Issues	19.1%	25.1%	15.3%	20.3%	12.8%	19.2%	17.5%	21.2%	16.1%
Obesity	15.0%	10.4%	18.2%	15.7%	13.4%	12.5%	16.4%	14.9%	18.5%
Falling	12.8%	9.9%	14.5%	14.1%	7.6%	18.3%	13.9%	16.9%	8.8%
Respiratory Illness / COPD	8.2%	6.8%	8.8%	8.3%	8.7%	11.2%	4.6%	11.4%	5.7%
Kidney Disease	5.1%	6.6%	4.0%	4.7%	7.6%	7.6%	4.3%	5.0%	5.0%
Influenza/ Pneumonia	2.9%	2.5%	2.6%	3.2%	1.2%	2.7%	3.9%	2.8%	3.8%
Drug Abuse/Overdose	1.3%	0.8%	1.5%	1.1%	1.7%	0.9%	2.3%	1.1%	1.7%
Alcohol Abuse/Use	0.7%	1.3%	0.3%	0.6%	0.6%	0.9%	0.9%	0.2%	1.2%

- High blood pressure was the most frequently chosen personal health concern among female respondents, Black/African American respondents, those with a high school education or less and those with an income under \$50,000.
- Cancer was the leading concern among males, white respondents, respondents with a bachelor's degree or higher and those with an income over \$50,000.

Personal Health Concerns, by Zip Code (sorted by All order)	All	28079	28104	28110	28112	28173
High blood pressure	38.7%	35.7%	28.7%	39.3%	47.4%	32.3%
Cancer	38.5%	36.3%	45.7%	38.9%	33.1%	38.7%
Alzheimer's Disease / Dementia	30.8%	34.5%	34.1%	29.9%	28.0%	33.2%
Stroke/ Heart Disease	30.8%	31.0%	34.9%	30.8%	32.6%	30.6%
Diabetes	30.5%	31.0%	24.8%	34.6%	33.1%	26.0%
Vision Issues	22.4%	21.4%	22.5%	21.3%	22.9%	25.1%
Dental Health	19.6%	14.9%	17.8%	22.3%	25.1%	18.3%
Hearing Issues	19.1%	16.7%	18.6%	16.1%	19.4%	20.9%
Obesity	15.0%	17.9%	10.9%	12.8%	17.7%	17.5%
Falling	12.8%	17.9%	10.1%	11.4%	13.1%	9.4%
Respiratory Illness / COPD	8.2%	6.0%	10.1%	8.1%	10.9%	4.7%
Kidney Disease	5.1%	4.8%	3.9%	4.7%	8.0%	3.0%
Influenza/ Pneumonia	2.9%	3.0%	4.7%	2.8%	1.7%	3.4%
Drug Abuse/Overdose	1.3%	1.2%	3.1%	0.5%	2.3%	0.9%
Alcohol Abuse/Use	0.7%	0.6%	0.0%	1.0%	0.6%	1.3%

- High blood pressure was the leading personal health concern among respondents from the 28110 and 28112 zip codes.
- Cancer was the most commonly identified health concern among those from the 28079, 28104 and 28173 zip codes.

Personal Health Concerns, by Town (sorted by All order)	All	Indian Trail	Monroe	Stallings	Waxhaw	Unincorp.
High blood pressure	38.7%	35.7%	47.4%	26.3%	35.0%	32.1%
Cancer	38.5%	30.7%	38.4%	43.9%	36.2%	33.3%
Alzheimer's Disease / Dementia	30.8%	27.9%	27.7%	26.3%	30.1%	32.1%
Stroke/ Heart Disease	30.8%	33.6%	28.0%	31.6%	27.6%	34.6%
Diabetes	30.5%	30.0%	34.3%	22.8%	26.4%	30.8%
Vision Issues	22.4%	27.1%	22.2%	29.8%	29.5%	12.8%
Dental Health	19.6%	24.3%	22.5%	19.3%	20.9%	12.8%
Hearing Issues	19.1%	17.1%	19.4%	28.1%	23.3%	15.4%
Obesity	15.0%	17.9%	13.5%	8.8%	17.8%	18.0%
Falling	12.8%	15.7%	13.8%	12.3%	11.0%	14.1%
Respiratory Illness / COPD	8.2%	6.4%	9.7%	15.8%	6.1%	3.9%
Kidney Disease	5.1%	3.6%	6.2%	5.3%	3.7%	7.7%
Influenza/ Pneumonia	2.9%	3.6%	1.7%	7.0%	3.1%	2.6%
Drug Abuse/Overdose	1.3%	1.4%	1.0%	3.5%	0.6%	1.3%
Alcohol Abuse/Use	0.7%	0.0%	0.7%	0.0%	1.8%	1.3%

- High blood pressure was the leading personal health concern among respondents living in Indian Trail and Monroe.
- Respondents of Stallings and Waxhaw were more likely to select cancer as the most concerning personal health issue.
- Stroke/Heart Disease was the most commonly identified personal health concern among respondents from unincorporated areas of Union County.

Q16. Listed below are mental health concerns. Please check three that concern you MOST.

Personal Mental Health Concerns	%	#
Depression	51.1%	432
Sleep Issues	49.7%	420
Anxiety	45.6%	385
Caregiver Stress	19.6%	166
Addiction	14.3%	121
PTSD	10.3%	87
ADD/ADHD	7.3%	62
Suicide	7.1%	60
Obsessive Compulsive Disorder	6.8%	57
Bipolar Disorder	5.4%	46
Intellectual Developmental Disability	5.0%	42
Autism	3.1%	26
Schizophrenia	1.5%	13
Other mental health concern (please specify)	9.5%	80
Total		845
Unanswered		241
<i>See the appendix for Other write-in responses</i>		

- Depression was the most commonly selected personal mental health concern among respondents to the Senior Survey, with just over 51% choosing it from the list.
- Sleep issues ranked second, as identified by 50% of respondents.
- Anxiety was the next most frequently chosen mental health concern among respondents (47%).
- Caregiver stress was identified as a mental health concern by approximately 20% of respondents, ranking it fourth among the options.
- Note that 22% of the survey sample did not answer this question.

Personal Mental Health Concerns, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Depression	51.1%	46.4%	53.4%	50.4%	55.0%	52.4%	48.4%	55.2%	49.4%
Sleep Issues	49.7%	52.3%	48.6%	51.0%	45.8%	56.7%	47.3%	53.3%	45.3%
Anxiety	45.6%	36.5%	51.2%	47.0%	41.7%	43.9%	44.6%	45.1%	44.4%
Caregiver Stress	19.6%	16.8%	21.8%	19.8%	20.0%	9.8%	22.0%	17.6%	21.0%
Addiction	14.3%	13.7%	14.6%	12.8%	20.0%	15.2%	16.1%	13.2%	18.2%
PTSD	10.3%	15.3%	7.4%	10.3%	10.0%	11.6%	8.6%	10.2%	11.2%
ADD/ADHD	7.3%	6.9%	7.8%	8.0%	3.3%	5.5%	8.1%	6.3%	8.4%
Suicide	7.1%	6.2%	7.4%	6.3%	8.3%	7.9%	8.3%	7.1%	7.3%
Obsessive Compulsive Disorder	6.8%	6.5%	7.2%	6.8%	5.0%	6.1%	7.8%	7.1%	6.4%
Bipolar Disorder	5.4%	4.7%	5.2%	5.5%	4.2%	9.2%	4.3%	5.5%	5.6%
Intellectual Developmental Disability	5.0%	6.5%	4.0%	4.7%	5.8%	6.1%	5.9%	6.0%	3.6%
Autism	3.1%	2.5%	3.4%	2.5%	5.8%	4.9%	3.0%	4.7%	2.2%
Schizophrenia	1.5%	0.6%	2.0%	0.9%	5.8%	1.2%	1.6%	1.1%	2.2%

- Depression was the most common mental health concern among females, Black/African American respondents, those with a bachelor’s degree or higher, and respondents at both income levels presented.
- Sleep issues were the leading mental health concern among males, white respondents, those with a high school education or less.

Personal Mental Health Concerns, by Zip Code (sorted by All order)	All	28079	28104	28110	28112	28173
Depression	51.1%	50.4%	45.1%	53.3%	63.6%	44.3%
Sleep Issues	49.7%	54.0%	52.2%	52.7%	47.9%	44.3%
Anxiety	45.6%	47.5%	41.6%	50.9%	46.4%	42.7%
Caregiver Stress	19.6%	19.4%	19.5%	20.4%	17.9%	22.9%
Addiction	14.3%	13.0%	15.0%	18.0%	15.7%	11.5%
PTSD	10.3%	7.9%	12.4%	10.8%	7.9%	9.9%
ADD/ADHD	7.3%	6.5%	11.5%	7.8%	5.0%	7.3%
Suicide	7.1%	3.6%	7.1%	10.2%	5.0%	6.8%
Obsessive Compulsive Disorder	6.8%	3.6%	8.0%	9.0%	4.3%	9.4%
Bipolar Disorder	5.4%	5.8%	2.7%	7.2%	5.7%	5.2%
Intellectual Developmental Disability	5.0%	9.4%	4.4%	5.4%	4.3%	2.6%
Autism	3.1%	2.9%	0.9%	3.0%	6.4%	2.1%
Schizophrenia	1.5%	1.4%	0.9%	1.8%	1.4%	2.1%

- Depression was the leading mental health concern among respondents from the 28110 and 28112 zip codes.
- Sleep issues were the leading concern among residents of the 28079 and 28104 zip codes.
- Both issues tied as the most pressing concern among respondents from the 28173 zip code.

Personal Mental Health Concerns, by Town (sorted by All order)	All	Indian Trail	Monroe	Stallings	Waxhaw	Unincorp.
Depression	51.1%	52.2%	58.9%	51.0%	46.4%	47.4%
Sleep Issues	49.7%	60.0%	50.7%	52.9%	44.3%	50.9%
Anxiety	45.6%	47.0%	49.8%	45.1%	44.3%	35.1%
Caregiver Stress	19.6%	20.9%	16.0%	21.6%	20.7%	24.6%
Addiction	14.3%	13.0%	16.0%	13.7%	7.1%	21.1%
PTSD	10.3%	9.6%	8.7%	11.8%	10.7%	10.5%
ADD/ADHD	7.3%	5.2%	6.1%	15.7%	7.1%	7.0%
Suicide	7.1%	2.6%	5.6%	5.9%	5.0%	7.0%
Obsessive Compulsive Disorder	6.8%	4.4%	6.9%	9.8%	8.6%	10.5%
Bipolar Disorder	5.4%	6.1%	6.1%	3.9%	6.4%	1.8%
Intellectual Developmental Disability	5.0%	9.6%	5.2%	5.9%	2.9%	1.8%
Autism	3.1%	1.7%	4.3%	2.0%	1.4%	3.5%
Schizophrenia	1.5%	0.9%	2.2%	2.0%	1.4%	1.8%

- Depression was the most concerning mental health issue among respondents from Monroe and Waxhaw.
- Sleep issues were more concerning among respondents from Indian Trail, Stallings, and Unincorporated areas of the county.

Q18. Listed below are safety concerns that can impact your health. Please check three that concern you.

Safety Concerns	%	#
Falling	69.3%	502
Memory Problems / Confusion	69.1%	500
Unable to Manage / Understand Medications	22.7%	164
Instability at Home	16.2%	117
Elder Abuse	13.7%	99
Neglect	13.3%	96
Unsafe Living Conditions	13.1%	95
Not Enough Food	10.6%	77
Other safety concerns (please specify)		85
Total		724
Unanswered		362
<i>See the appendix for Other write-in responses</i>		

- Falling was the most frequently selected safety concern impacting Senior Survey respondents, followed very closely by Memory Problems/Confusion. Both were selected by approximately 63% of respondents.
- Being unable to manage or understand medications ranked as the third most concerning safety issue among Senior Survey participants, as identified by 23% of them.
- Note that a third of the survey sample (33%) did not answer this question.

Safety Concerns, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Falling	69.3%	69.4%	69.0%	73.4%	52.5%	69.0%	71.5%	72.4%	65.5%
Memory Problems / Confusion	69.1%	71.6%	68.5%	70.6%	66.1%	57.6%	72.4%	62.1%	75.2%
Unable to Manage / Understand Medications	22.7%	20.5%	23.8%	23.1%	23.7%	22.8%	23.7%	19.4%	25.5%
Instability at Home	16.2%	14.9%	16.9%	14.7%	22.9%	16.5%	15.1%	16.4%	17.2%
Elder Abuse	13.7%	11.6%	15.1%	12.1%	18.6%	13.9%	16.0%	11.5%	15.9%
Neglect	13.3%	16.8%	11.3%	12.6%	15.3%	14.6%	12.5%	12.7%	13.8%
Unsafe Living Conditions	13.1%	11.9%	13.2%	10.0%	26.3%	17.7%	12.2%	15.8%	10.7%
Not Enough Food	10.6%	11.9%	9.0%	9.1%	16.1%	15.2%	8.0%	13.9%	8.6%

- Falling was the most commonly cited safety concern among females, white respondents, those with a high school education or less, and those earning an income under \$50,000.
- Memory problems and confusion were the leading safety concerns among males, Black/African American respondents, those with a bachelor's degree or higher, and respondents with incomes over \$50,000.

Safety Concerns, by Zip Code (sorted by All order)	All	28079	28104	28110	28112	28173
Falling	69.3%	73.0%	67.5%	67.9%	67.2%	69.7%
Memory Problems / Confusion	69.1%	67.2%	73.8%	71.7%	68.1%	75.0%
Unable to Manage / Understand Medications	22.7%	25.4%	22.5%	18.2%	26.7%	25.0%
Instability at Home	16.2%	17.2%	16.3%	13.8%	16.4%	13.2%
Elder Abuse	13.7%	7.4%	15.0%	18.9%	12.9%	13.8%
Neglect	13.3%	10.7%	12.5%	17.0%	14.7%	11.2%
Unsafe Living Conditions	13.1%	9.8%	11.3%	14.5%	15.5%	12.5%
Not Enough Food	10.6%	6.6%	10.0%	13.2%	7.8%	9.2%

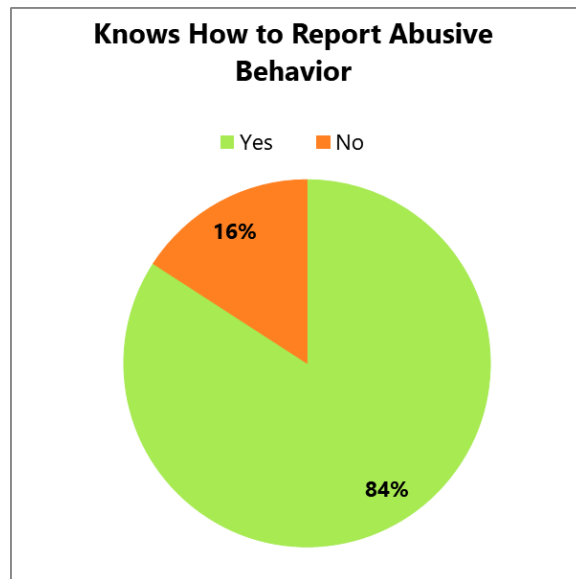
- Falling was the leading safety concern among residents of the 28079 zip code and memory problems/confusion was more frequently chosen by residents of all other zip codes.

Safety Concerns, by Town (sorted by All order)	All	Indian Trail	Monroe	Stallings	Waxhaw	Unincorp.
Falling	69.3%	77.0%	67.8%	63.9%	69.6%	69.4%
Memory Problems / Confusion	69.1%	70.0%	68.8%	77.8%	73.9%	65.3%
Unable to Manage / Understand Medications	22.7%	26.0%	19.5%	25.0%	24.4%	26.5%
Instability at Home	16.2%	13.0%	17.1%	16.7%	9.6%	12.2%
Elder Abuse	13.7%	11.0%	15.1%	11.1%	13.0%	8.2%
Neglect	13.3%	12.0%	13.2%	13.9%	10.4%	12.2%
Unsafe Living Conditions	13.1%	8.0%	15.1%	11.1%	9.6%	22.5%
Not Enough Food	10.6%	7.0%	9.8%	16.7%	9.6%	14.3%

- Falling was the most frequently selected personal safety concern among residents of Indian Trail and unincorporated areas of Union County.
- Memory problems/confusion was the leading safety concern among respondents from Monroe, Stallings, and Waxhaw.

Q19. If you were in an abusive situation / relationship, would you know who to call, or how to report it?

Knows How to Report Abusive Behavior	%	#
Yes	84.1%	848
No	15.9%	160
Total		1,008
Unanswered		78



- 84% of respondents know how to call and how to report abusive behavior and 16% do not know how to report an abusive situation.

Community Health Questions

Q17. Listed below are behaviors that can cause poor health outcomes. Please check up to three behaviors you feel keep people in Union County from being healthy.

Most Critical Unhealthy Behaviors	%	#
Poor Eating Habits	56.1%	547
Lack of Exercise	55.4%	541
Prescription or Illicit Drug Use	41.9%	409
Tobacco Use	38.9%	380
Alcohol Abuse	37.3%	364
Not Getting Doctor Check Ups	24.3%	237
Reckless / Unsafe Driving	14.7%	143
Domestic Violence	12.8%	125
Unsafe Sex	4.9%	48
Other behaviors (please specify)		24
Total		976
Unanswered		110
<i>Other write-in responses included: Don't know (5), none (4), high cost of healthcare (4), among other less common responses</i>		

- Poor eating habits, followed by lack of exercise, were the most frequently identified unhealthy behaviors impacting the health of Union County residents, with both selected by more than 55% of the respondents.
- Use of prescription or illicit drug ranked third, as identified by 42% of respondents.
- Tobacco Use (39%) and Alcohol Use (37%) ranked as the fourth and fifth most common health behaviors that keep Union County people from being healthy.

Most Critical Unhealthy Behaviors, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Poor Eating Habits	56.1%	55.5%	57.6%	57.1%	52.7%	50.0%	60.7%	51.4%	59.8%
Lack of Exercise	55.4%	54.7%	56.5%	56.1%	51.3%	48.5%	60.0%	50.0%	62.5%
Prescription or Illicit Drug Use	41.9%	42.9%	39.8%	43.4%	35.3%	33.5%	43.1%	40.0%	44.4%
Tobacco Use	38.9%	42.9%	35.7%	40.9%	26.0%	42.5%	39.6%	37.1%	39.5%
Alcohol Abuse	37.3%	39.2%	35.5%	36.8%	39.3%	44.5%	34.0%	38.3%	35.8%
Not Getting Doctor Check Ups	24.3%	21.1%	26.1%	20.6%	40.0%	31.5%	20.6%	29.4%	19.1%
Reckless / Unsafe Driving	14.7%	13.6%	15.1%	16.1%	6.0%	9.0%	15.7%	12.0%	15.0%
Domestic Violence	12.8%	9.1%	14.6%	12.2%	14.7%	18.0%	10.5%	16.0%	9.6%
Unsafe Sex	4.9%	4.5%	4.7%	3.1%	10.7%	8.0%	3.5%	7.2%	2.7%

- Poor eating habits was the most commonly identified unhealthy behavior among all demographic groups except respondents with an income over \$50,000, who selected lack of exercise as the most impactful unhealthy behavior.

Most Critical Unhealthy Behaviors, by Zip Code (sorted by All order)	All	28079	28104	28110	28112	28173
Poor Eating Habits	56.1%	53.2%	61.5%	54.0%	60.9%	57.1%
Lack of Exercise	55.4%	57.6%	64.8%	53.5%	51.6%	58.9%
Prescription or Illicit Drug Use	41.9%	40.5%	36.1%	48.0%	36.7%	43.4%
Tobacco Use	38.9%	44.9%	45.1%	40.6%	36.0%	35.6%
Alcohol Abuse	37.3%	37.3%	27.1%	36.6%	36.0%	39.3%
Not Getting Doctor Check Ups	24.3%	19.6%	23.8%	26.2%	28.0%	21.0%
Reckless / Unsafe Driving	14.7%	17.1%	13.1%	17.8%	8.1%	18.7%
Domestic Violence	12.8%	11.4%	8.2%	16.3%	11.2%	11.9%
Unsafe Sex	4.9%	3.2%	3.3%	2.5%	8.1%	4.1%

- Poor eating habits ranked as the leading unhealthy behavior among residents of the 28110 and 28112 zip codes, while respondents from 28079, 28104 and 28173 chose lack of exercise more frequently.

Most Critical Unhealthy Behaviors, by Town (sorted by All order)	All	Indian Trail	Monroe	Stallings	Waxhaw	Unincorp.
Poor Eating Habits	56.1%	53.4%	55.6%	63.5%	57.7%	54.3%
Lack of Exercise	55.4%	60.9%	47.0%	67.3%	61.5%	58.6%
Prescription or Illicit Drug Use	41.9%	40.6%	45.6%	32.7%	42.3%	48.6%
Tobacco Use	38.9%	42.1%	36.3%	38.5%	34.0%	44.3%
Alcohol Abuse	37.3%	35.3%	37.4%	32.7%	39.1%	31.4%
Not Getting Doctor Check Ups	24.3%	23.3%	28.5%	25.0%	25.0%	14.3%
Reckless / Unsafe Driving	14.7%	21.8%	12.6%	15.4%	18.0%	17.1%
Domestic Violence	12.8%	15.0%	15.2%	13.5%	9.6%	10.0%
Unsafe Sex	4.9%	4.5%	5.6%	3.9%	4.5%	5.7%

- Lack of exercise ranked as the most impactful unhealthy behavior among respondents from all towns presented, except in Monroe, where poor eating habits ranked first.

Q20. In your opinion, which THREE issues or services most affects the quality of life in Union County?

Services and Issues Affecting Quality of Life	%	#
Lack of affordable housing	39.7%	393
Low income/poverty	39.0%	386
Lack of care to elderly who cannot leave their homes	31.0%	307
Lack of transportation	25.4%	251
Lack of healthy food choices or affordable healthy food	20.0%	198
Dropping out of school	19.6%	194
Homelessness	17.9%	177
Lack of job opportunities	17.9%	177
Lack of recreational facilities	11.5%	114
Unemployment	9.6%	95
Pollution (of air, water, land)	9.4%	93
Poor housing conditions	8.9%	88
Hunger	8.6%	85
Lack of literacy/not be able to read	8.0%	79
Lack of child care	6.4%	63
Lack of educational opportunities	3.4%	34
Other (please specify)	6.8%	67
Total		990
Unanswered		96
<i>See the appendix for Other write-in responses</i>		

- Lack of affordable housing was the most frequently selected issue affecting quality of life in Union County, followed closely by Low income/poverty, both chosen by at least 39% of respondents.
- 31% of respondent chose lack of care the homebound elderly as the issue most affecting quality of life.
- A quarter of respondents identified lack of transportation as the issue most affecting life in Union County.
- The fifth most commonly selected quality of life issue was a lack of healthy and affordable food choices, as identified by 20% of respondents.

Quality of Life Issues, by Demographic Group (sorted by All order)	All	Males	Females	White	Black	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Lack of affordable housing	39.7%	34.4%	43.1%	37.8%	51.9%	34.2%	40.9%	42.2%	38.6%
Low income/poverty	39.0%	39.5%	39.2%	40.1%	36.1%	43.2%	38.1%	41.3%	39.1%
Lack of care homebound elderly	31.0%	26.9%	33.6%	32.5%	25.3%	30.2%	27.7%	29.2%	32.3%
Lack of transportation	25.4%	20.0%	29.1%	24.3%	28.5%	17.6%	30.5%	22.5%	29.6%
Lack of healthy/affordable food choices	20.0%	17.1%	22.0%	21.3%	10.8%	23.6%	16.6%	20.2%	19.1%
Dropping out of school	19.6%	23.5%	17.2%	19.7%	20.3%	20.1%	19.4%	20.0%	19.1%
Homelessness	17.9%	16.0%	18.9%	15.9%	28.5%	25.6%	15.7%	22.5%	13.0%
Lack of job opportunities	17.9%	16.3%	19.1%	16.0%	25.3%	17.6%	15.9%	18.8%	16.6%
Lack of recreational facilities	11.5%	13.6%	10.4%	12.3%	7.6%	7.5%	14.1%	8.8%	13.2%
Unemployment	9.6%	11.5%	8.7%	9.2%	10.8%	10.6%	8.3%	12.1%	7.3%
Pollution (of air, water, land)	9.4%	11.2%	8.2%	9.9%	4.4%	10.6%	9.0%	6.3%	10.3%
Poor housing conditions	8.9%	9.6%	8.0%	7.8%	15.8%	13.6%	8.3%	10.2%	8.3%
Hunger	8.6%	7.2%	9.2%	8.3%	9.5%	12.1%	9.2%	10.2%	7.3%
Lack of literacy/not be able to read	8.0%	9.9%	6.5%	8.7%	5.7%	8.5%	7.2%	7.9%	7.1%
Lack of child care	6.4%	9.3%	4.4%	6.7%	4.4%	4.0%	7.2%	6.3%	6.9%
Lack of educational opportunities	3.4%	4.8%	2.2%	2.8%	5.1%	3.5%	3.9%	3.3%	4.2%

- Lack of affordable housing was the leading quality of life issue among females, Black/African American respondents, respondents with a bachelor's degree or higher, and those earning less than \$50,000.
- Low income/poverty was the most commonly cited issue among males, white respondents, respondents with a high school education of less, and those with an income over \$50,000.

Quality of Life Issues, by Zip Code (sorted by All order)	All	28079	28104	28110	28112	28173
Lack of affordable housing	39.7%	42.3%	44.4%	36.9%	36.4%	42.5%
Low income/poverty	39.0%	41.7%	40.9%	41.3%	44.4%	28.3%
Lack of care homebound elderly	31.0%	27.6%	31.3%	34.0%	26.5%	33.6%
Lack of transportation	25.4%	23.9%	31.3%	22.8%	25.9%	27.9%
Lack of healthy/affordable food choices	20.0%	20.9%	23.5%	21.8%	16.7%	15.5%
Dropping out of school	19.6%	21.5%	18.3%	14.6%	24.1%	19.0%
Homelessness	17.9%	15.3%	7.0%	21.8%	27.8%	12.8%
Lack of job opportunities	17.9%	15.3%	15.7%	22.3%	21.0%	16.8%
Lack of recreational facilities	11.5%	5.5%	10.4%	12.1%	11.7%	17.3%
Unemployment	9.6%	11.7%	10.4%	6.8%	11.1%	9.3%
Pollution (of air, water, land)	9.4%	12.9%	8.7%	6.8%	6.2%	9.3%
Poor housing conditions	8.9%	8.6%	7.0%	11.2%	12.4%	5.8%
Hunger	8.6%	9.2%	8.7%	9.2%	6.8%	6.6%
Lack of literacy/not be able to read	8.0%	9.2%	4.4%	7.8%	11.1%	9.3%
Lack of child care	6.4%	3.7%	13.0%	6.8%	6.2%	5.3%
Lack of educational opportunities	3.4%	2.5%	5.2%	3.9%	5.6%	2.2%

- Lack of affordable housing was the primary quality of life issue identified by residents of the 28079, 28104, and 28173 zip codes.
- Respondents from 28110 and 28112 identified low income/poverty more frequently.

Quality of Life Issues, by Town (sorted by All order)	All	Indian Trail	Monroe	Stallings	Waxhaw	Unincorp.
Lack of affordable housing	39.7%	43.1%	40.2%	42.3%	43.3%	46.0%
Low income/poverty	39.0%	44.5%	44.9%	40.4%	28.7%	36.5%
Lack of care homebound elderly	31.0%	28.5%	25.2%	30.8%	36.9%	29.7%
Lack of transportation	25.4%	21.9%	22.6%	26.9%	28.7%	24.3%
Lack of healthy/affordable food choices	20.0%	20.4%	18.6%	30.8%	16.6%	18.9%
Dropping out of school	19.6%	20.4%	19.0%	21.2%	14.0%	24.3%
Homelessness	17.9%	16.8%	29.2%	11.5%	15.3%	12.2%
Lack of job opportunities	17.9%	20.4%	23.0%	13.5%	18.5%	9.5%
Lack of recreational facilities	11.5%	5.1%	10.2%	5.8%	14.7%	17.6%
Unemployment	9.6%	8.8%	9.9%	9.6%	10.8%	2.7%
Pollution (of air, water, land)	9.4%	11.7%	6.9%	7.7%	8.3%	13.5%
Poor housing conditions	8.9%	10.2%	12.0%	7.7%	7.0%	4.1%
Hunger	8.6%	9.5%	8.8%	5.8%	7.6%	8.1%
Lack of literacy/not be able to read	8.0%	9.5%	9.9%	5.8%	7.0%	9.5%
Lack of child care	6.4%	3.7%	5.1%	15.4%	5.7%	12.2%
Lack of educational opportunities	3.4%	2.9%	4.7%	7.7%	2.6%	1.4%

- Lack of affordable housing was chosen as the most impactful issue affecting quality of life in Union County by respondents from Stallings, Waxhaw and unincorporated areas of the county.
- Low income/poverty was more frequently identified among respondents from Indian Trail and Monroe.

Access to Care Questions

Q23. Do you have a medical doctor you see on a regular basis?

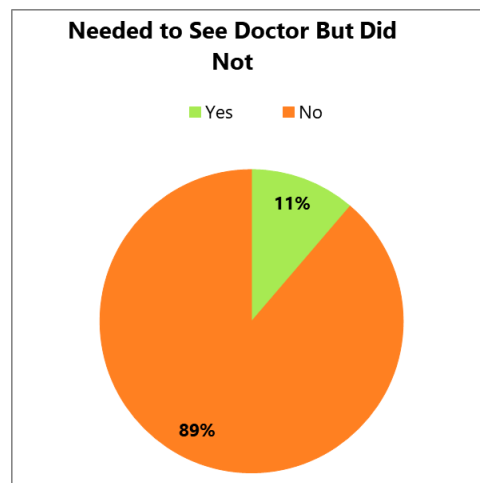
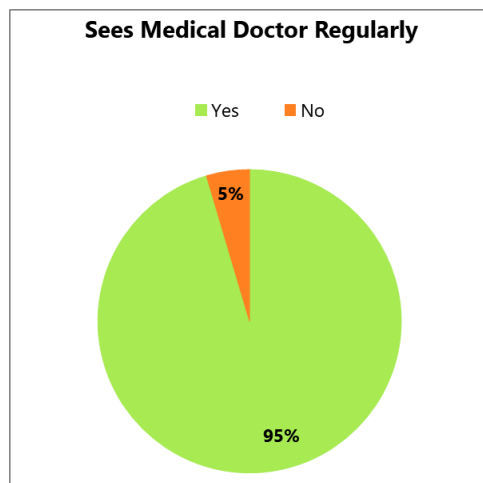
Sees Medical Doctor on Regular Basis	%	#
Yes	95.4%	1,018
No	4.6%	49
Total		1,067
Unanswered		19

- The vast majority of respondents (more than 95%) have a medical home.
- Approximately 5% of respondent do not have a medical doctor they see on a regular basis.

Q24. Was there a time that you needed to see a doctor during the last 12 months but did not?

Needed to See Doctor but Did Not	%	#
Yes	11.3%	120
No	88.7%	946
Total		1,066
Unanswered		20

- 11% of respondents reported a time in the past year when they needed to see a doctor but did not.



Q25. If yes, what was the main reason you did not see a doctor?

Main Reasons for not going to Doctor (multiple answers allowed)	%	#
Did not have the money to go	50.5%	47
I was afraid / I don't like to go to the doctor	21.5%	20
No insurance	20.4%	19
I had no transportation	16.1%	15
Did not know who to call or where to go	9.7%	9
Office was not open when I could get there	7.5%	7
I do not trust doctors	6.5%	6
Language Barrier	5.4%	5
Other reason:		31
Total		93
Unanswered		993
<i>See the appendix for Other write-in responses</i>		

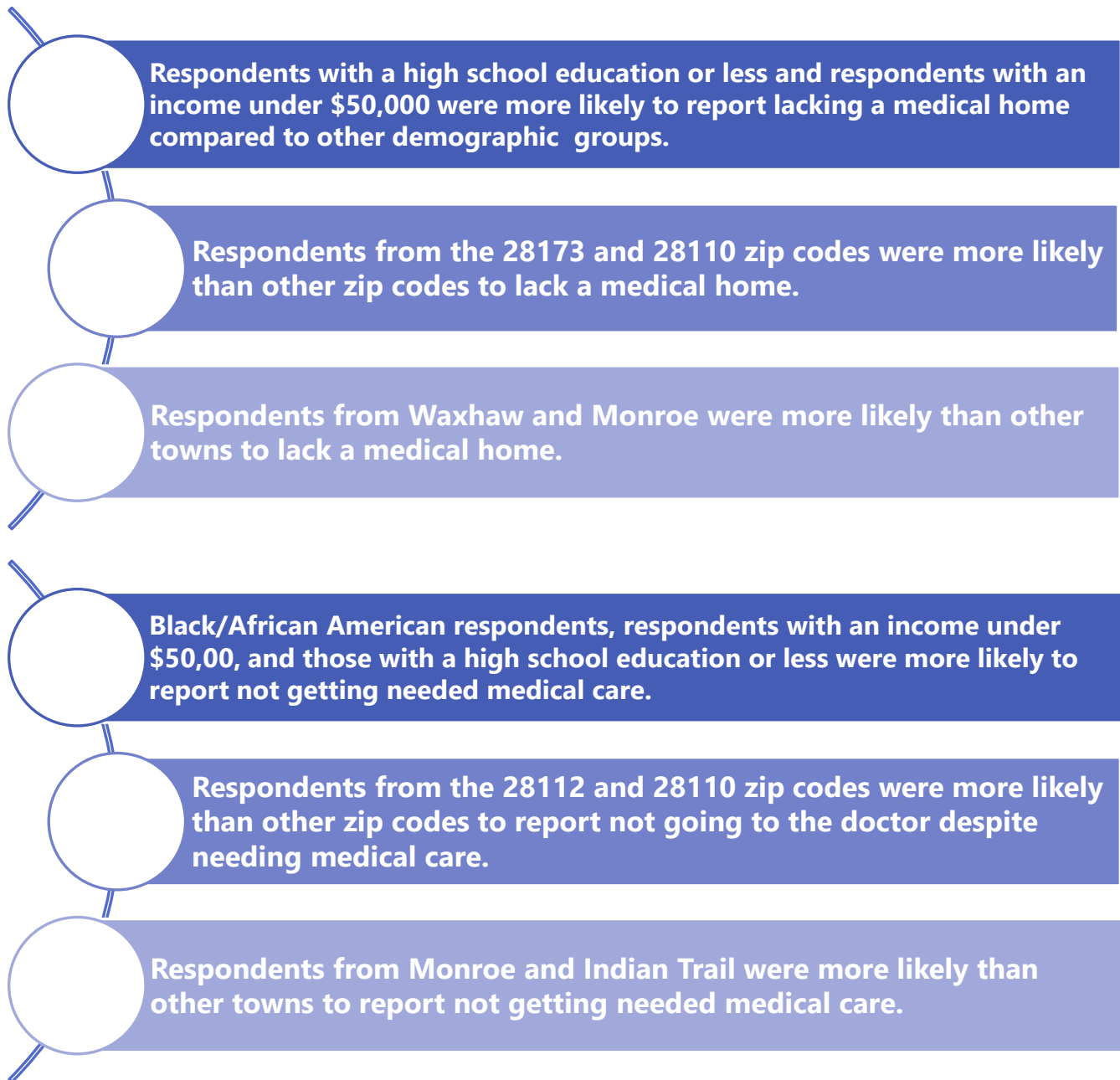
- The most common barrier to receiving medical care was not having the money to go (50%); 20% of respondents cited lack of health insurance as the primary reason for not going to the doctor.
- 22% of respondents reported that fear/not liking to go to the doctor was the reason they didn't get needed medical care.

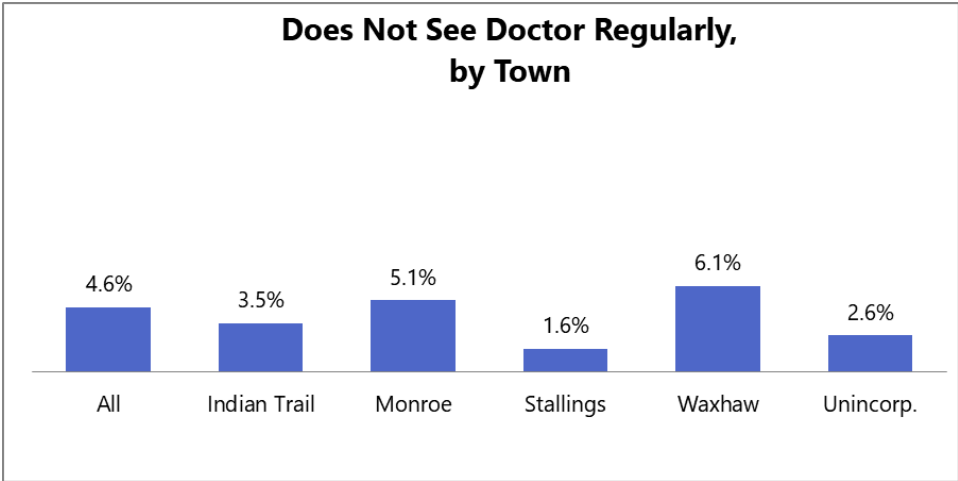
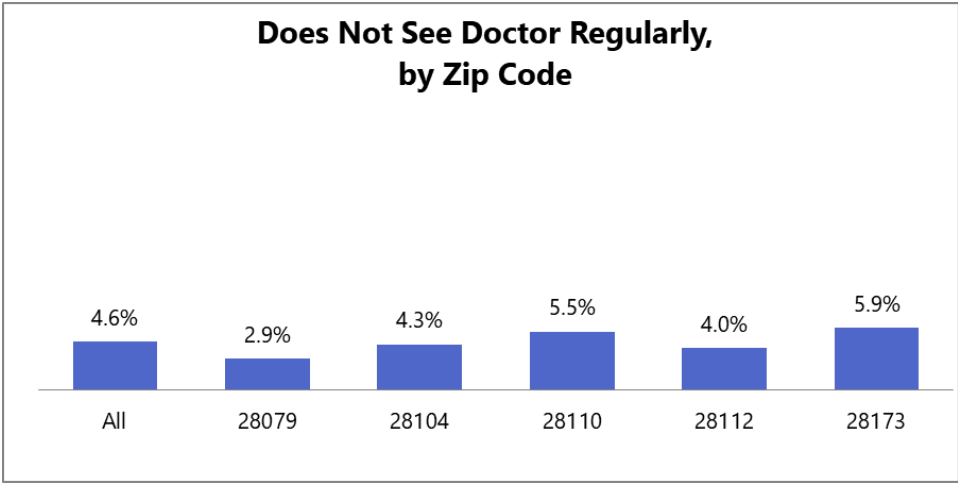
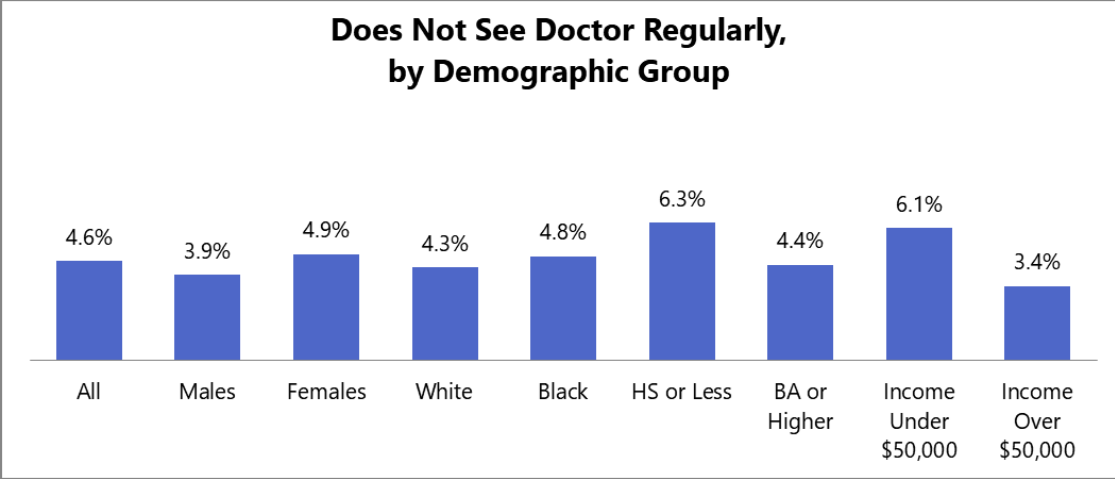
Q29. Where do you go when you are sick and need medical care? Choose ONLY one.

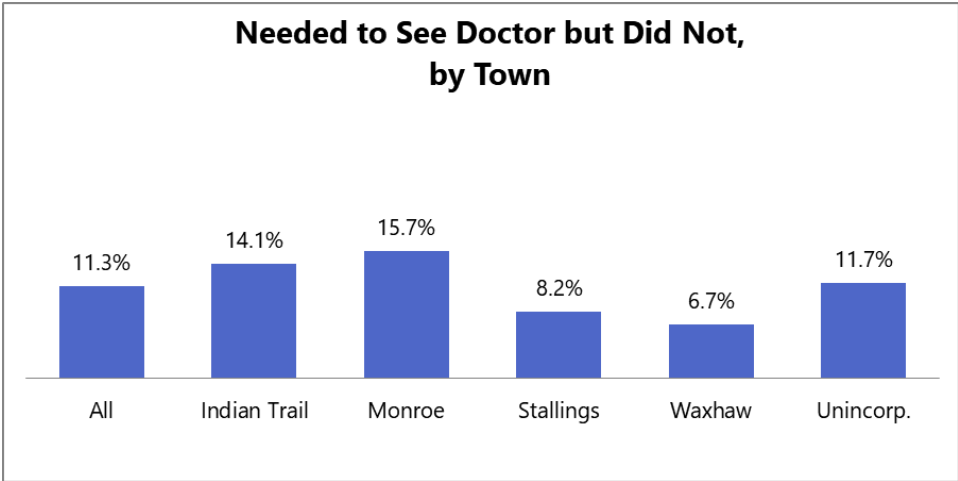
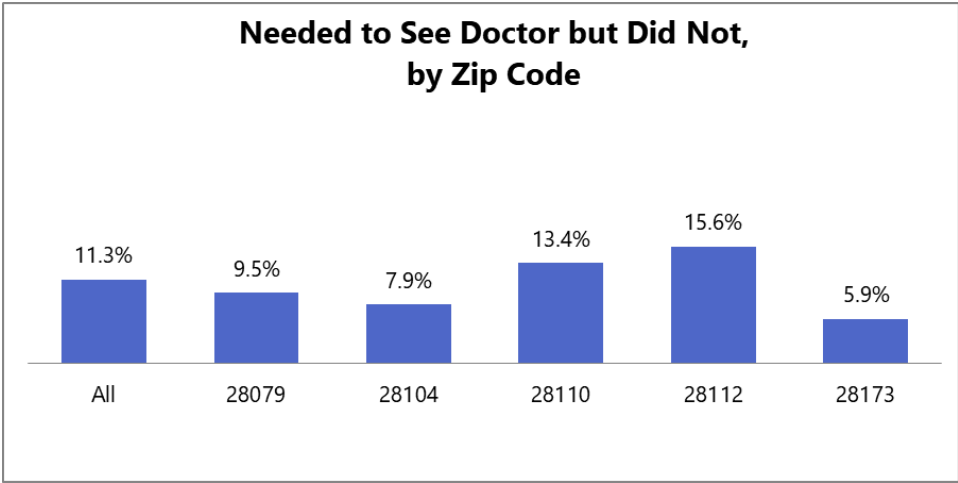
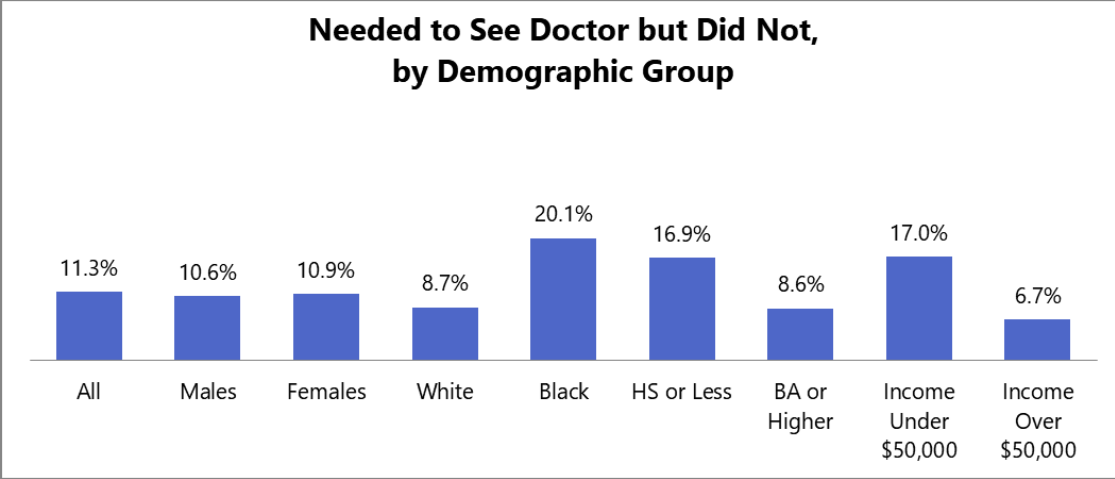
Primary Source of Medical Care When Sick	%	#
Doctor's office in Union County	59.5%	603
Doctor's office outside Union County	31.9%	323
Urgent Care Facility in Union County	3.4%	34
Atrium Health Care Union Emergency Room (formerly CMC)	3.1%	31
Minute Clinic in Union County	1.6%	16
Emergency Department outside Union County	0.7%	7
Other:		47
Total		1,014
Unanswered		72
<i>See the appendix for Other write-in responses</i>		

- 91% of respondents seek care from a doctor when they are sick, with around 60% seeing a doctor in Union County and 32% seeing a doctor outside of Union County.

At Risk Population: Seniors Lacking Access to Medical Care







Q26. Do you see a dentist on a regular basis?

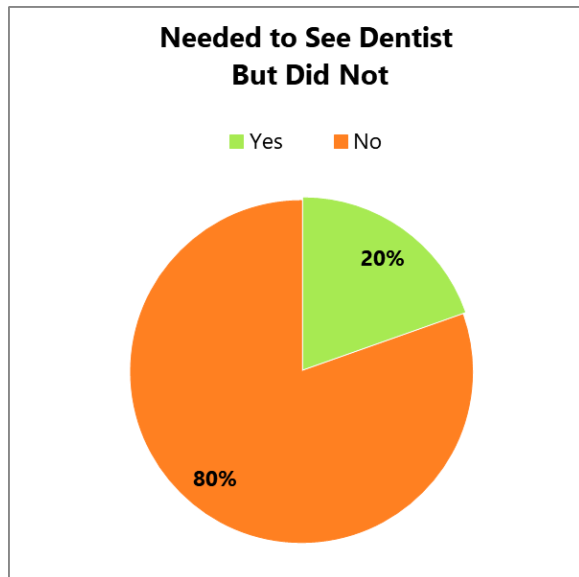
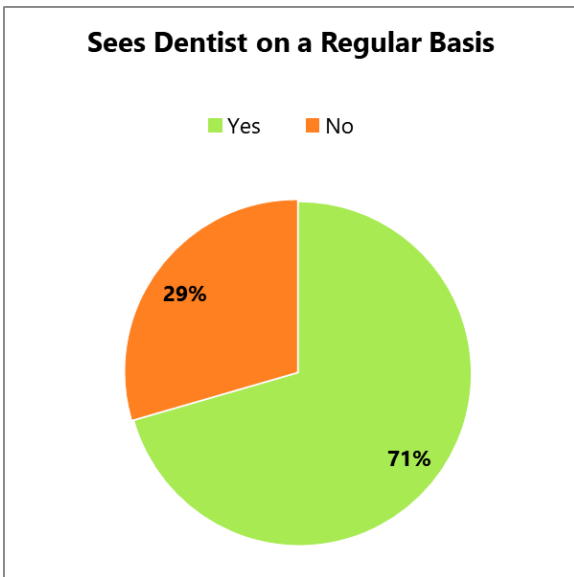
Sees Dentist on a Regular Basis	%	#
Yes	70.5%	753
No	29.5%	315
Total		1,068
Unanswered		18

- Just over 70% of respondents reported seeing a dentist on a regular basis.
- Approximately 30% of respondents did not have a dental home.

Q27. Was there a time during the last 12 months when you needed to see a dentist but did not?

Needed to See Dentist but Did Not	%	#
Yes	19.6%	206
No	80.4%	845
Total		1,051
Unanswered		35

- 20% of respondents reported a time in the past year when they needed to see a dentist but did not.



Q28. If yes, what was the main reason you did not see a dentist?

Main Reasons for not going to Dentist (multiple answers allowed)	%	#
Did not have the money to go	59.0%	128
No insurance	50.2%	109
I was afraid / I don't like to go to the dentist	12.4%	27
Did not know who to call or where to go	4.6%	10
I do not trust dentists	4.2%	9
I had no transportation	3.2%	7
Office was not open when I could get there	2.8%	6
Language Barrier	0.5%	1
Other reason:		34
Total		217
Unanswered		869
<i>See the appendix for Other write-in responses</i>		

- Among respondents who did not see a dentist, the main reason was not having the money (59%) followed by lack of insurance (50%).
- Fear/dislike of going to the dentist was cited as a barrier to dental care by 12% of respondents.

At Risk Population: Seniors Lacking Access to Dental Care



Black/African American respondents and respondents with a high school education or less were more likely to lack a dental home compared to all other demographic and geographic groups.

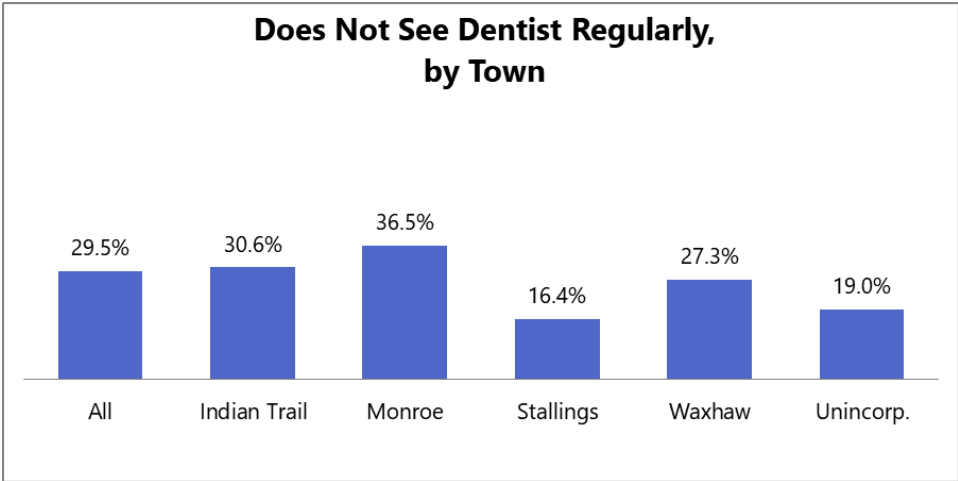
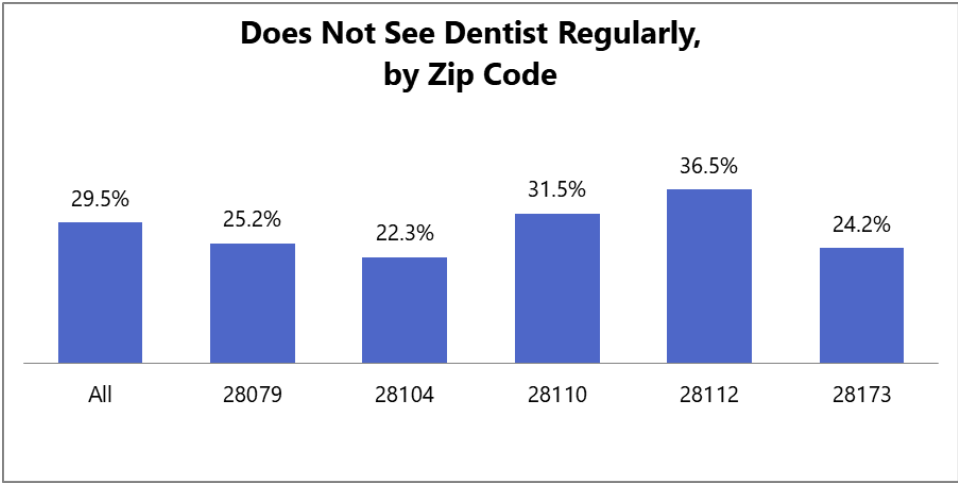
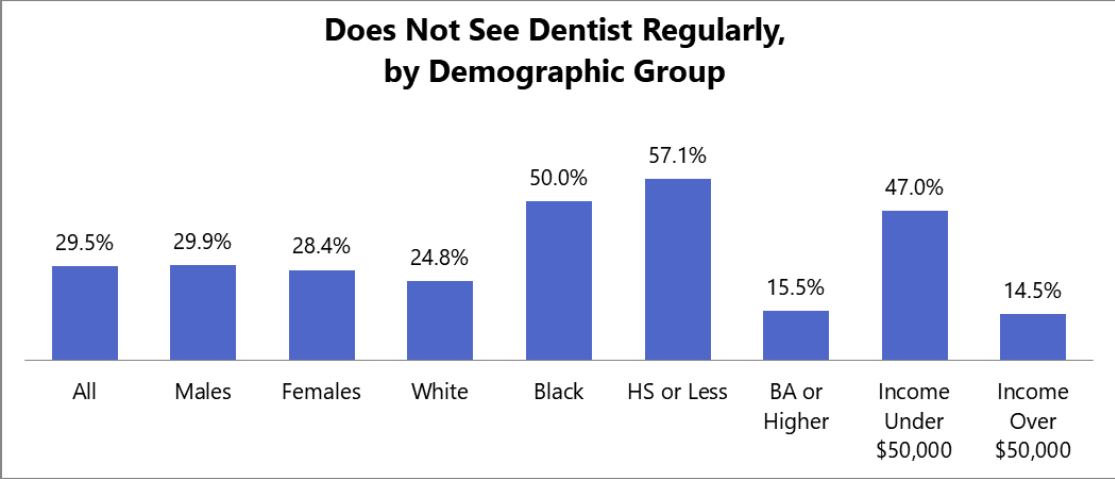
Respondents from the 28112 and 28110 zip codes were more likely than other zip codes to lack a dental home.

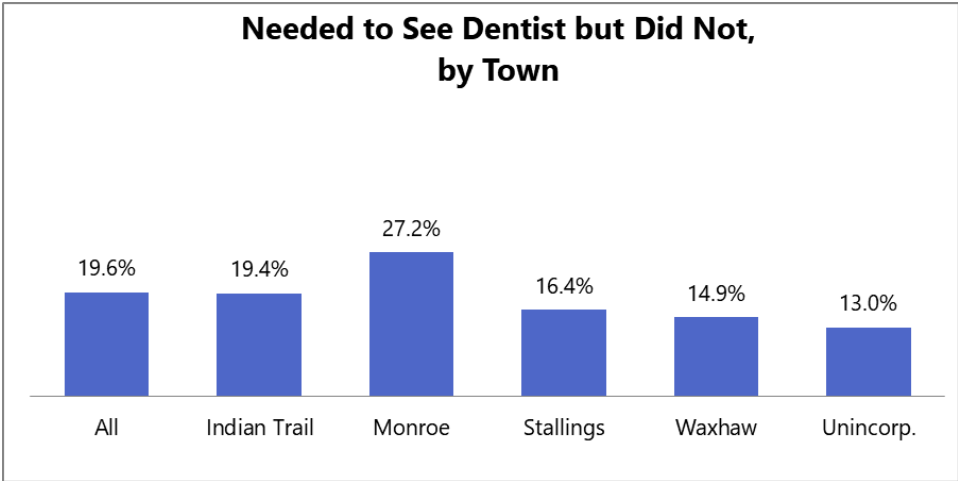
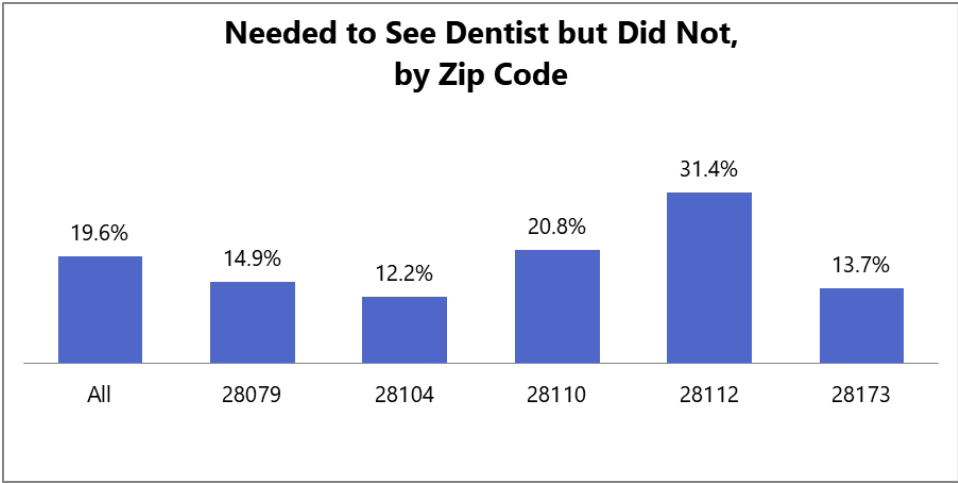
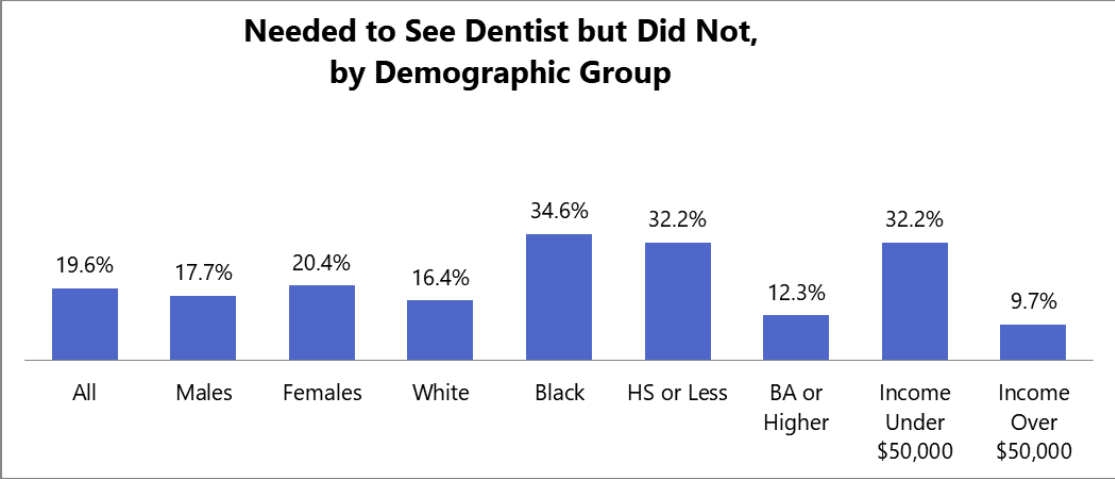
Respondents from Monroe were more likely than respondents from other towns to lack a dental home.

Black/African American respondents, those with a high school education of less, and respondents with an income under \$50,00 were more likely to report not getting needed dental care.

Respondents from the 28112 zip code were more likely than other zip codes to report not going to the dentist despite needing dental care.

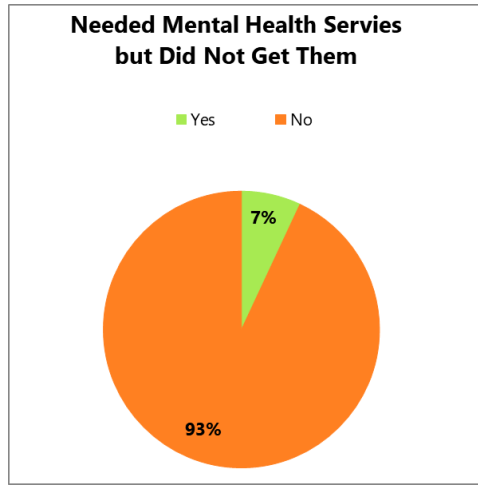
Respondents from Monroe were more likely than other towns to report not getting needed dental care.





Q30. Have you ever felt that you needed mental health services and did not get them?

Needed Mental Health Services and Did Not Get Them	%	#
Yes	7.0%	74
No	93.0%	988
Total		1,062
Unanswered		24



- 7% of respondents indicated that there was a time in the past year when they needed mental health services and did not get them.

Q31. If yes, why did you not go for mental health services? Check ALL that apply:

Main Reasons for not getting Mental Health Services (multiple answers allowed)	%	#
Did not have the money to go	42.9%	33
Did not know who to call or where to go	37.7%	29
No insurance	31.2%	24
Embarrassed	28.6%	22
I do not trust doctors	11.7%	9
I was afraid / I don't like to go to the doctor	7.8%	6
Office was not open when I could get there	6.5%	5
I had no transportation	3.9%	3
Language Barrier	3.9%	3
Total		77
Unanswered		1,009

- Among the respondents who did not get needed mental health services, the primary barrier was lack of money (43%) followed by not knowing where to go or who to call (38%), followed by lack of insurance (38%),
- 31% cited lack of insurance as the primary deterrent and approximately 29% indicated that embarrassment prevented them from seeking needed mental health care.

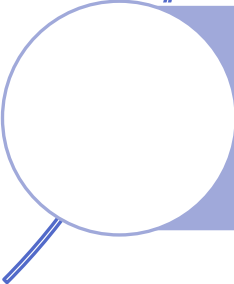
At Risk Population: Seniors Lacking Access to Mental Health Services



Black/African American respondents were more likely to report not getting needed mental health care compared to all other demographic or geographic groups.

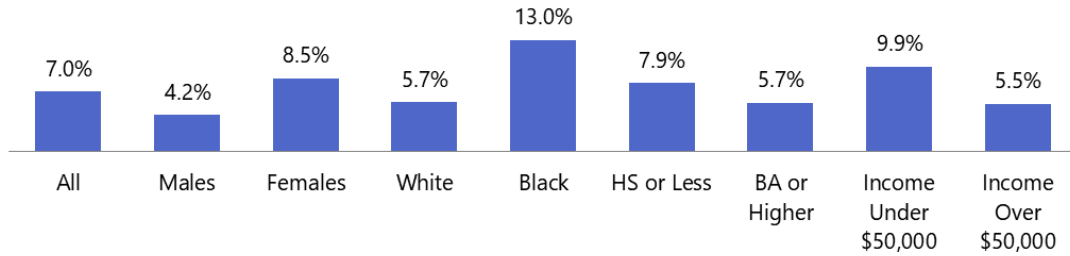


Respondents from the 28112 zip code were more likely than other zip codes to report not getting needed mental health services.

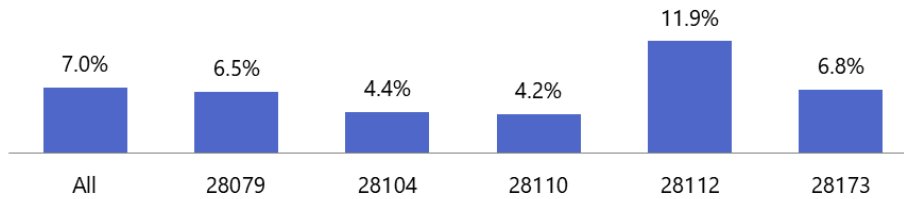


Respondents from Monroe and Waxhaw were more likely than other towns to report not getting needed mental health care.

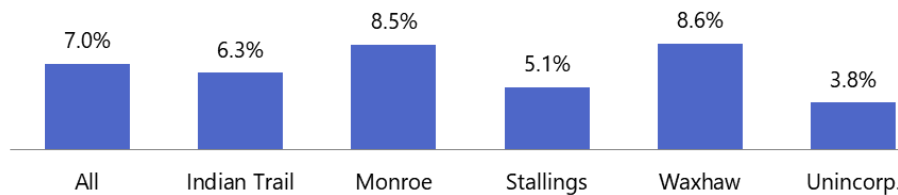
Needed Mental Health Services but Did Not Get Them, by Demographic Group



Needed Mental Health Services but Did Not Get Them, by Zip Code

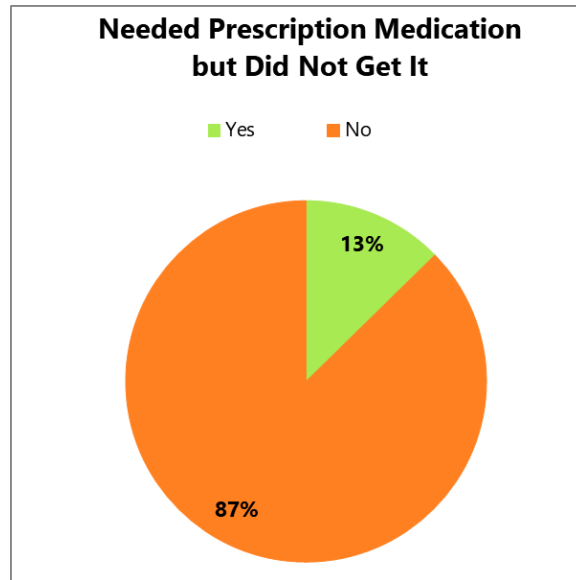


Needed Mental Health Services but Did Not Get Them, by Town



Q32. Have you needed a prescription medication and did not get it?

Needed Prescription Medication and Did Not Get It	%	#
Yes	12.7%	134
No	87.3%	924
Total		1,058
Unanswered		28



- Approximately 13% of respondents reported a time when they needed a prescription medication and did not get it.

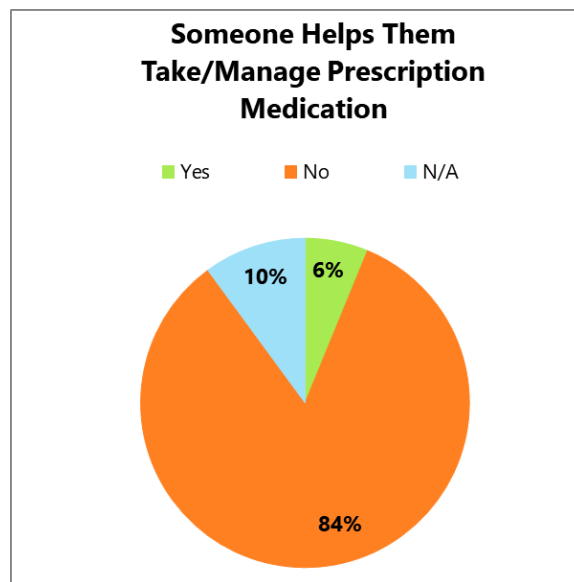
Q33. If yes, why did you not get your medicine?

Main Reasons for not getting Prescription Medication (multiple answers allowed)	%	#
Did not have the money	58.3%	77
Insurance would not cover the medication	46.2%	61
I had to pay other bills (food, gas, utilities)	18.9%	25
No insurance	15.9%	21
Do not use medications (prefer alternative medicines / naturopathic)	3.8%	5
No transportation to Pharmacy	2.3%	3
Other (please specify)		12
Total		132
Unanswered		954
<i>Other write-in responses included: too expensive (7), none or not applicable (3), already had some, generic unavailable</i>		

- Not having the money was the primary reason for not getting a needed prescription medication (58%), followed by insurance not covering the medication (46%).

Q34. Does anyone help you take or manage your medications?

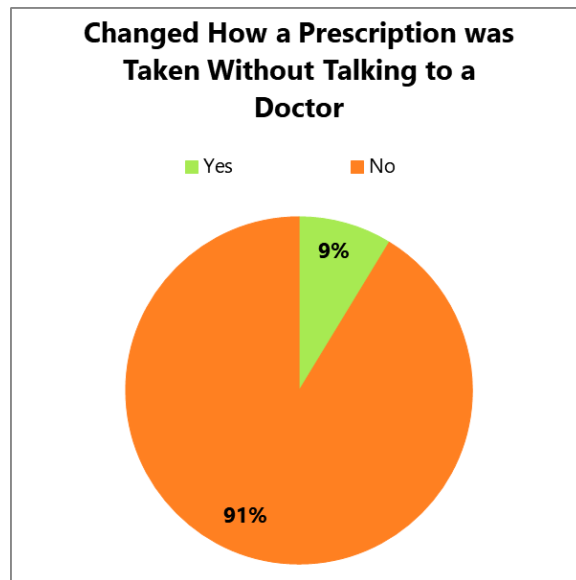
Someone helps them take or manage prescription medication	%	#
Yes	6.2%	66
No	83.7%	889
N/A	10.1%	107
Total		1,062
Unanswered		24



- 6% of respondents reported that someone helps them take or manage their prescription medication.

Q35. Have you changed the way you take your prescription medications without talking to a doctor?

Changed the Way a Prescription is Taken Without Talking to a Doctor	%	#
Yes	8.7%	92
No	91.3%	964
Total		1,056
Unanswered		30



- Nearly 9% of respondents indicated that they have changed the way a prescription was taken without consulting a doctor.

Q36. If Yes, check all the reasons you changed the way you take your medicine:

Main Reasons for Changing the Way a Medicine is Taken (multiple answers allowed)	%	#
Did not like the way the medicine made me feel	53.1%	60
Did not think the medicine was working	31.9%	36
Save money	31.0%	35
Cut daily dosage to make prescription last longer	26.6%	30
Took medicine every other day to make prescription last longer	16.8%	19
Shared prescription with someone else	3.5%	4
Did not understand how to take medicine	3.5%	4
Total		113
Unanswered		973

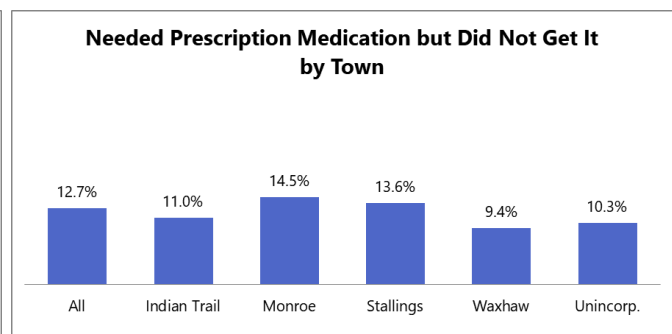
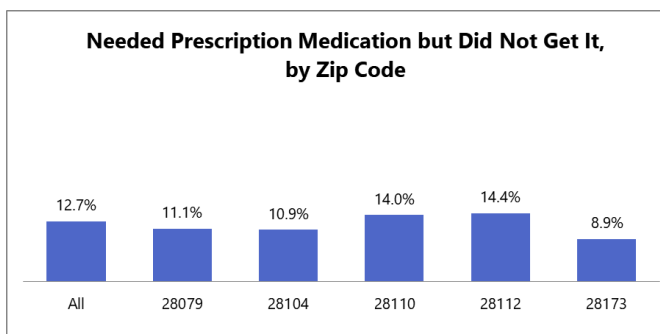
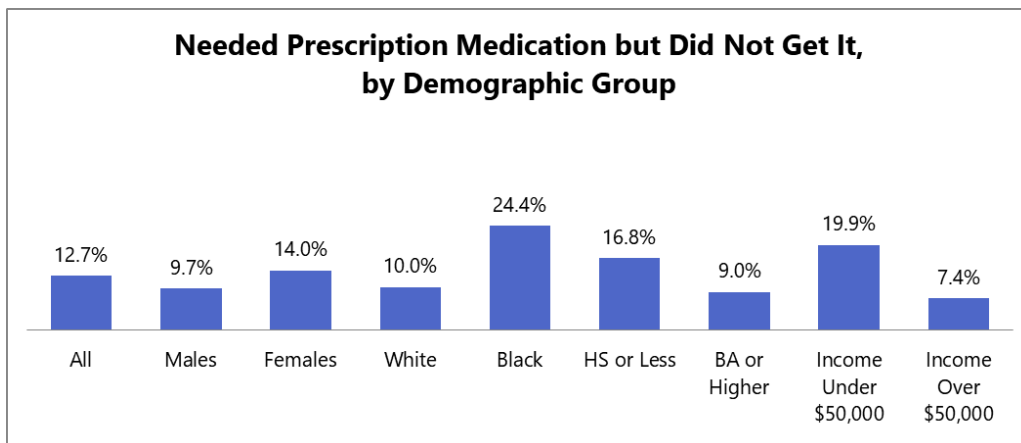
- The main reason cited for changing the way a prescription was taken “Did not like the way the medicine made me feel” (53%).
- 43% of respondents reported changing their dosage to make the medication last longer (either cutting daily dosage or taking the medication every other day).

At Risk Population: Seniors Lacking Access to Medications

Black/African American respondents were more likely to report not getting needed prescription medication compared to all other demographic or geographic groups.

Respondents from the 28112 and 28110 zip codes were more likely than other zip codes to report not getting needed prescription medication.

Respondents from Monroe and Stallings were more likely than other towns to report not getting needed prescription medication.



Q37. Do you receive any home health services in your home?

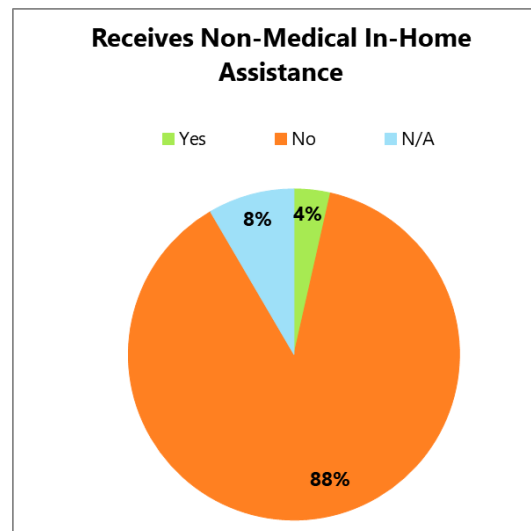
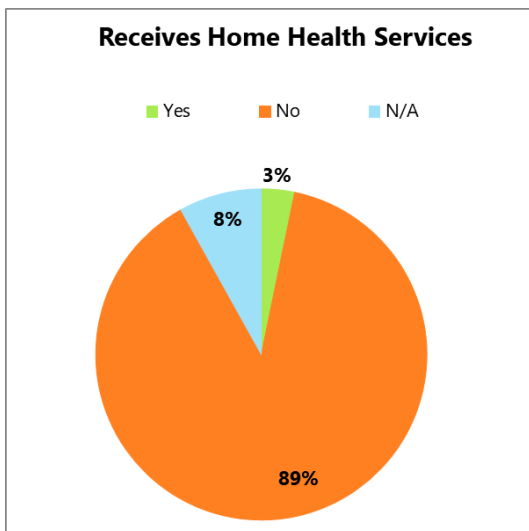
Receives Home Health Services	%	#
Yes	3.2%	34
No	88.7%	932
NA	8.1%	85
Total		1,051
Unanswered		35

- A small proportion of respondents to the Senior Survey (3%) reported receiving home health services.

Q38. Do you receive any non-medical in home assistance?

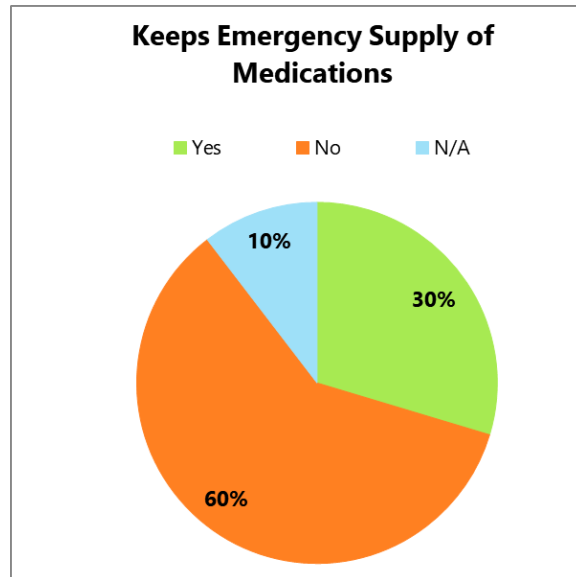
Receives Non-Medical In-Home Assistance	%	#
Yes	3.5%	37
No	88.0%	919
NA	8.4%	88
Total		1,044
Unanswered		42

- A small proportion of respondents (3.5%) utilize non-medical in-home assistance.



Q39. Do you keep an emergency supply of your medications?

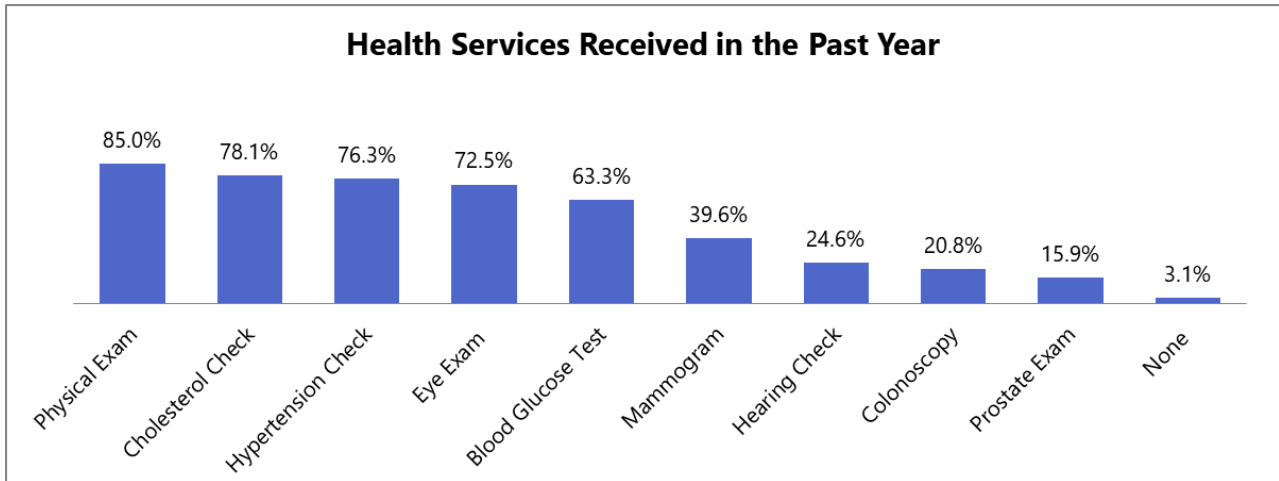
Keeps Emergency Supply of Medications	%	#
Yes	29.6%	310
No	59.9%	627
NA	10.4%	109
Total		1,046
Unanswered		40



- Approximately 30% of respondents indicated that they keep an emergency supply of their medications.
- If the question is recalculated to remove those who indicated that the question was not applicable to them (presumably meaning that they don't take medications), 33% of those who take medications keep an emergency supply of them and 67% do not.

Q40. Check ALL preventative health services you had during the past 12 months:

Preventive Health Services Received in the Past Year	%	#
Physical Exam	85.0%	898
Cholesterol Check	78.1%	825
Hypertension Check	76.3%	806
Eye Exam	72.5%	766
Blood Glucose Test	63.3%	669
Mammogram	39.6%	418
Hearing Check	24.6%	260
Colonoscopy	20.8%	220
Prostate Exam	15.9%	168
None	3.1%	33
Total		1,057
Unanswered		29



- The most commonly reported preventive health service received in the past year was a physical exam (85%).
- More than three quarters of respondents indicated that they had a cholesterol check (78%) or a hypertension check (76%), the next most commonly reported preventive health services received.

Preventive Health Services Received, by Demographic Group	All	Males	Females	White	Black	HS or Less	BA or Higher	Income Under \$50,000	Income Over \$50,000
Physical Exam	85.0%	86.9%	84.3%	86.2%	81.8%	76.1%	88.0%	79.5%	89.4%
Cholesterol Check	78.1%	80.2%	76.8%	79.6%	70.3%	71.4%	80.4%	73.6%	82.8%
Hypertension Check	76.3%	77.2%	76.2%	77.9%	72.7%	70.9%	78.0%	75.1%	78.6%
Eye Exam	72.5%	72.0%	73.1%	74.6%	64.9%	65.3%	77.3%	64.3%	77.9%
Blood Glucose Test	63.3%	67.1%	61.3%	65.2%	53.9%	51.2%	67.3%	59.0%	69.0%
Mammogram	39.6%	1.0%	64.8%	40.1%	41.8%	33.8%	40.4%	36.6%	40.7%
Hearing Check	24.6%	32.2%	18.7%	24.3%	27.9%	24.9%	25.3%	23.8%	25.8%
Colonoscopy	20.8%	21.5%	20.5%	20.3%	22.4%	18.8%	22.3%	16.5%	26.0%
Prostate Exam	15.9%	40.6%	0.2%	16.4%	12.7%	13.2%	17.3%	11.0%	20.5%
None	3.1%	2.7%	3.4%	3.0%	2.4%	4.7%	2.6%	4.9%	2.1%

- In general terms, respondents with an income over \$50,000 are more likely to report receiving preventive health services, while respondents with a high school education or less and those with an income under \$50,000 seem less likely to report receiving preventive health services.
- Respondents in the higher income bracket were more likely than other groups to have had a physical exam in the past year while those with a high school education or less were the least likely to have had a physical exam.
- Respondents with an income over \$50,000 were also more likely to have had a cholesterol check and Black/African American respondents were the least likely.
- Respondents with an income over \$50,000 were also more likely than other groups to have had hypertension checks; respondents with a high school education or less were the least likely to have had their blood pressure checked.
- Respondents with an income over \$50,000 were more likely to have had an eye exam in the past year; those with income under \$50,000 or less were the least likely to have had an eye exam.
- Respondents with an income over \$50,000 were also more likely to have had a blood glucose testing in the past year; those with a high school education or less were the least likely to have had this test.
- Naturally, females were the most likely to have had mammograms and males were most likely to have had prostate exams.
 - Respondents with an income over \$50,000 were more likely to have had a mammogram and respondents with a high school education or less were least likely to have had one in the past year.
 - Respondents in the higher income group were more likely to have had a prostate exam, while those in the lower income group were less likely.
- Male respondents were the most likely to have had a hearing check, while females were the least likely.
- Respondents in the higher income bracket were most likely to have had a colonoscopy while those in the lower income bracket were the least likely.

Preventive Health Services Received, by Zip Code	All	28079	28104	28110	28112	28173
Physical Exam	85.0%	88.2%	89.1%	83.6%	77.4%	88.6%
Cholesterol Check	78.1%	83.5%	79.7%	77.1%	80.2%	76.4%
Hypertension Check	76.3%	80.6%	73.2%	76.2%	78.0%	77.2%
Eye Exam	72.5%	74.1%	73.2%	63.6%	70.6%	80.2%
Blood Glucose Test	63.3%	69.4%	60.1%	61.2%	67.2%	63.3%
Mammogram	39.6%	40.6%	39.1%	45.8%	40.7%	38.8%
Hearing Check	24.6%	22.4%	24.6%	21.5%	25.4%	27.4%
Colonoscopy	20.8%	17.1%	20.3%	20.1%	22.0%	22.4%
Prostate Exam	15.9%	15.3%	16.7%	14.5%	11.3%	20.7%
None	3.1%	2.9%	2.9%	4.2%	0.6%	3.4%

- Generally speaking, respondents from the 28173 and 28079 zip codes appear slightly more likely to receive preventive health services.
- A physical exam was the most commonly reported preventive health service received in all zip codes except 28112, where cholesterol checks were reported more frequently.

Preventive Health Services Received, by Town	All	Indian Trail	Monroe	Stallings	Waxhaw	Unincorp.
Physical Exam	85.0%	86.8%	80.4%	93.3%	87.7%	89.9%
Cholesterol Check	78.1%	84.0%	77.0%	81.7%	74.9%	74.7%
Hypertension Check	76.3%	83.3%	75.6%	81.7%	74.2%	79.8%
Eye Exam	72.5%	69.4%	66.7%	73.3%	76.1%	81.0%
Blood Glucose Test	63.3%	69.4%	62.2%	56.7%	63.2%	65.8%
Mammogram	39.6%	41.7%	44.0%	40.0%	39.9%	29.1%
Hearing Check	24.6%	27.1%	24.7%	31.7%	26.4%	30.4%
Colonoscopy	20.8%	17.4%	22.3%	18.3%	17.8%	22.8%
Prostate Exam	15.9%	13.2%	10.3%	23.3%	17.2%	25.3%
None	3.1%	4.2%	2.4%	3.3%	3.1%	2.5%

- In general terms, Indian Trail respondents appear more likely to report preventive health services, while respondents from Monroe are less likely to report receiving preventive health care.
- A physical exam was the most commonly reported preventive health service received in all towns.

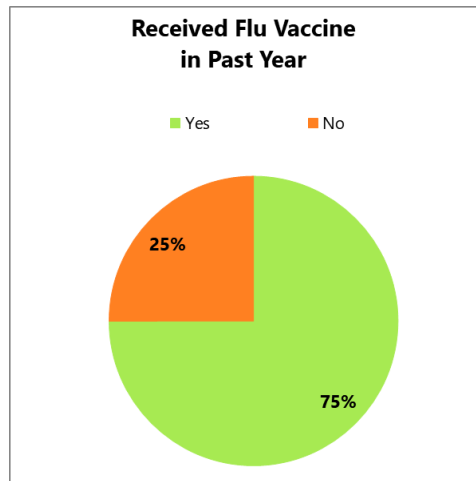
Q41. If you did not receive any preventative services, please indicate why. Check ALL that apply.

Main Reasons for Not Getting Preventive Health Services (multiple answers allowed)	%	#
I only see a doctor for an urgent medical problem	47.1%	40
No money	27.1%	23
No insurance coverage for prevention services	25.9%	22
Do not feel prevention services are necessary	22.4%	19
I do not have a medical doctor	8.2%	7
Total		85
Unanswered		1,001

- Note that twice as many respondents answered this question (n=85) than indicated that they did not receive preventive health services (n=33).
- The primary reason for not getting preventive health care was that respondents only see a doctor for urgent medical problems (47%).
- Lack of money was a barrier to preventive health care for 27% of respondents and lack of insurance was a barrier for 26% (of the admittedly small pool of respondents).

Q42. Did you receive a flu vaccine within the past year?

Received Flu Vaccine in Past Year	%	#
Yes	75.0%	782
No	25.0%	261
Total		1,043
Unanswered		43



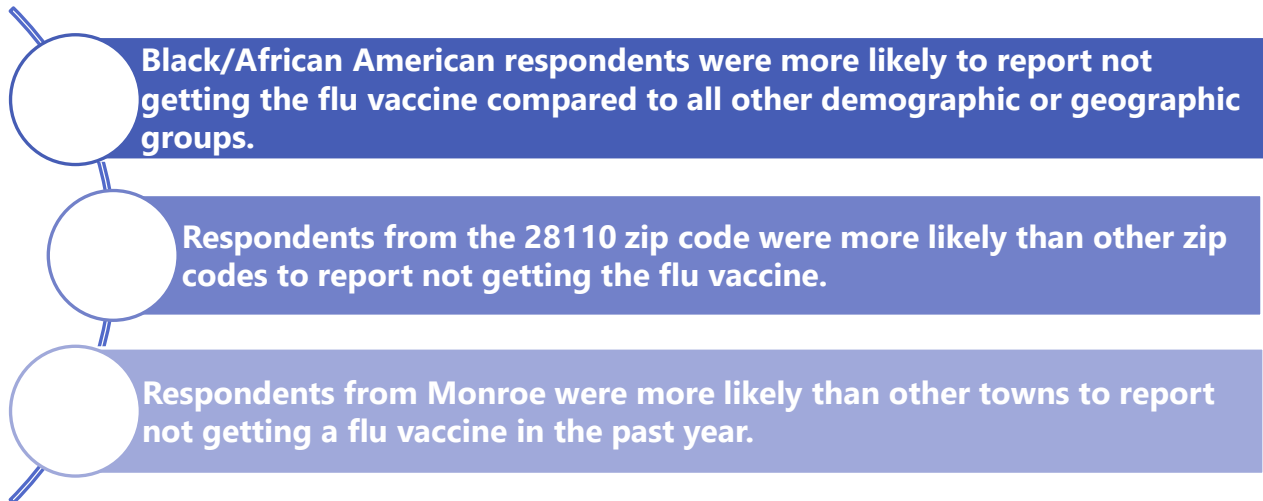
- Three-quarters of the respondents had received the flu vaccine in the past year; a quarter of respondents had not received the vaccine.

Q43. If you did not receive a flu vaccine, please indicate why. Check ALL that apply.

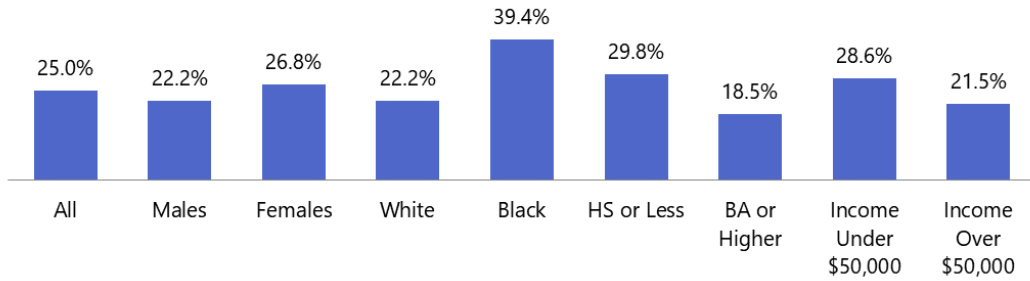
Main Reasons for Not Getting the Flu Vaccine (multiple answers allowed)	%	#
Generally healthy, so I do not feel that I need the flu vaccine	35.4%	91
I do not believe that the flu vaccine is effective	35.4%	91
Concerned that I would get the flu from the vaccine	20.6%	53
Concerned that I would have a serious reaction to the flu vaccine	17.1%	44
I have a chronic medical condition(s) and am afraid the flu vaccine will make me sick	5.8%	15
Could not afford the flu vaccine	3.5%	9
Religious objection to vaccines	1.6%	4
Not sure where to get the flu vaccine or lack of transportation	1.2%	3
Other (please specify)	19.1%	49
Total		257
Unanswered		829
<i>See the appendix for Other write-in responses</i>		

- The primary reasons cited for not getting the flu vaccine were a “Generally healthy, so I do not feel that I need the flu vaccine” and a belief that the vaccine was not effective, both identified by 35% of the respondents.
- 21% of respondents reported concern that they would get the flu from the vaccine.

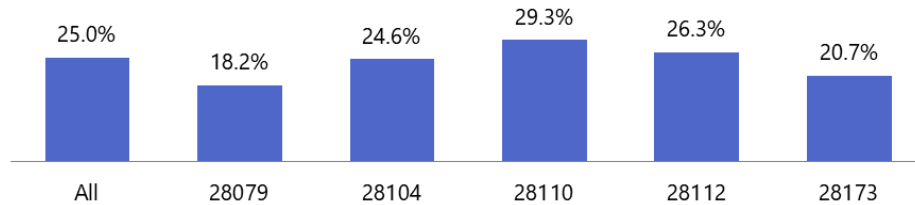
At Risk Population: Seniors Unvaccinated Against Influenza



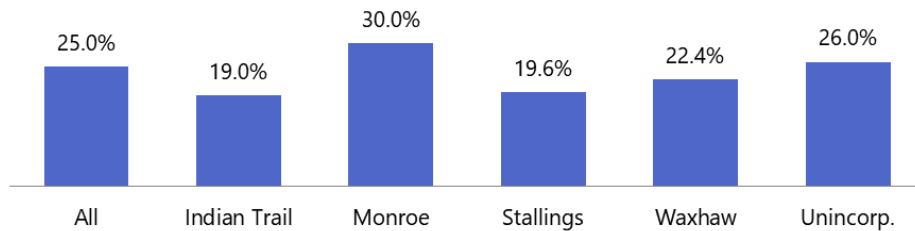
**Did Not Receive the Flu Vaccine in the Past Year,
by Demographic Group**



**Did Not Receive the Flu Vaccine in the Past Year,
by Zip Code**



**Did Not Receive the Flu Vaccine in the Past Year,
by Town**



Q44. If you have a child or children age 6 or younger, is your child up to date on recommended immunizations?

Child aged 6 or younger is to date on vaccinations	%	#
Yes	1.9%	16
No	3.2%	28
I do not have a child age 6 or younger	94.9%	819
Total		863
Unanswered		223

- The vast majority of Senior Survey respondents (95%) did not have a child aged 6 or younger.

Q45. If you answered NO to the above question, please indicate why. Check ALL that apply.

Main Reasons Child Not Up To Date On Vaccinations (multiple answers allowed)	%	#
My child does not have a primary doctor	28.6%	4
My child is not in daycare, so he/she is not exposed to diseases	14.3%	2
I believe that my child's immune system will be stronger if they contract a preventable disease	14.3%	2
I desire more information from my child's doctor	7.1%	1
No money for vaccines and/or my child is uninsured	7.1%	1
I do not want my child to have multiple shots in one doctor's office visit	7.1%	1
I am concerned that my child will have a serious reaction to the vaccine(s)/vaccines are unsafe	7.1%	1
I do not believe that vaccines are necessary because the diseases are not serious or are uncommon	0.0%	0
I am concerned that there is a link between vaccines and autism	0.0%	0
Religious objection to vaccines	0.0%	0
Other (please specify)	50.0%	7
Total		14
Unanswered		1,072
<i>Other write-in responses included: don't have children or children are grown (6)</i>		

- Among this admittedly small sample, a child lacking a primary care doctor was the primary reason for them being non-compliant with the recommended immunization schedule.

Q46. How do you normally get to your healthcare appointments?

How Transported to Medical Appointments	%	#
Drive Myself - Personal Car	90.7%	956
Family Member / Friend	6.6%	70
Union County Public Transportation	2.1%	22
Taxi / Uber / LYFT	0.2%	2
Walk	0.2%	2
Bicycle	0.1%	1
Do not have transportation, so don't go to healthcare provider	0.1%	1
Total		1,054
Unanswered		32

- Most respondents (91%) drive themselves in their personal car to medical appointments.
- Approximately 7% rely on friends and family for transportation to medical appointments.

Q47. Where do you get most of your health information? Check ONLY one.

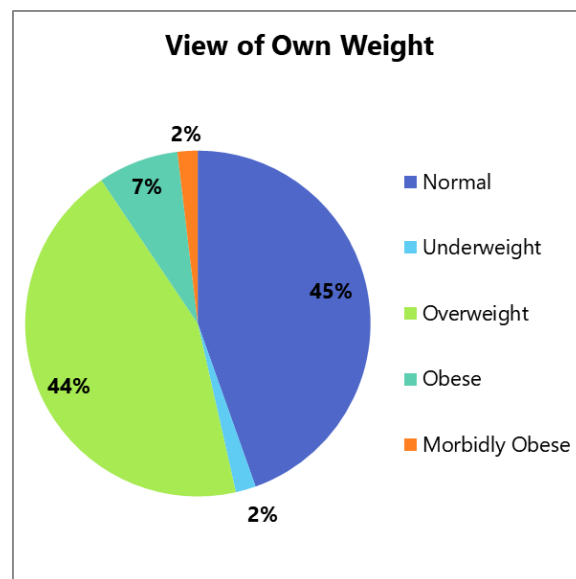
Main Source of Health Information	%	#
My Doctor	82.7%	850
Internet	13.0%	134
Family / Friends	1.8%	18
Pharmacist	1.6%	16
TV	1.0%	10
Other (please specify)		28
Total		1,028
Unanswered		58
<i>Other write-in responses included: research via books or publications or websites (19), self or family member in medical field (9)</i>		

- 83% of respondents indicated that their primary source for health information was their doctor.
- 13% reported utilizing the internet as their main source of health information.

Weight, Physical Activity, and Nutrition Questions

Q21. How do you view your weight?

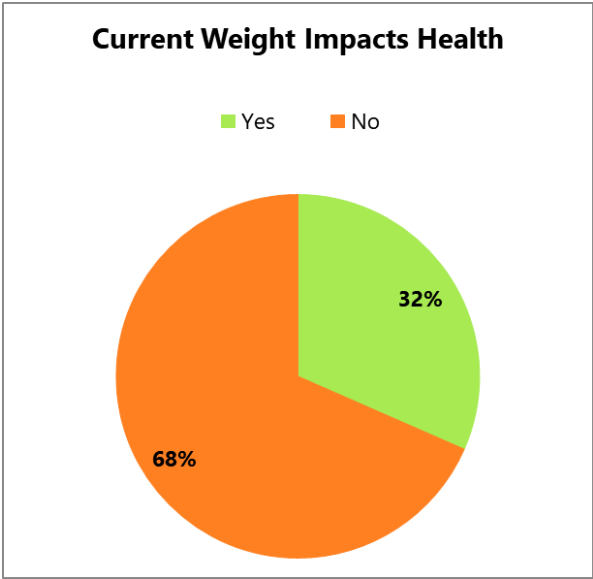
View of Own Weight	%	#
Normal	44.6%	472
Underweight	1.9%	20
Overweight	44.1%	467
Obese	7.6%	80
Morbidly Obese	1.9%	20
Total		1,059
Unanswered		27



- Approximately 45% of respondents view their weight as normal.
- 44% view themselves as overweight.
- Nearly 10% of respondents view their weight as obese or morbidly obese.

Q22. Do you feel your current weight is impacting your health status?

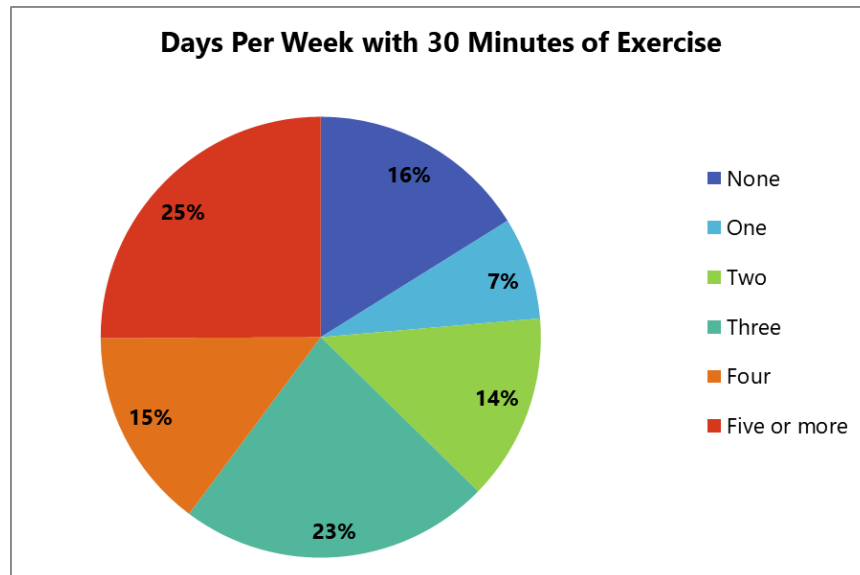
Does Current Weight Impact Health	%	#
Yes	31.6%	335
No	68.4%	726
Total		1,061
Unanswered		25



- Approximately 32% of respondents feel that their current weight impacts their health status.
- 68% do not feel that their weight impacts their health.

Q48. How many days a week do you normally get 30 minutes of exercise?

Number of Days a Week They Get 30 Minutes of Exercise	%	#
None	16.1%	170
One	7.5%	79
Two	13.7%	144
Three	22.9%	241
Four	14.7%	155
Five or more	25.1%	264
Total		1,053
Unanswered		33



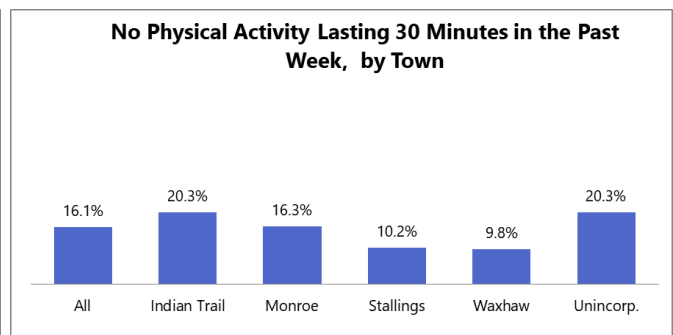
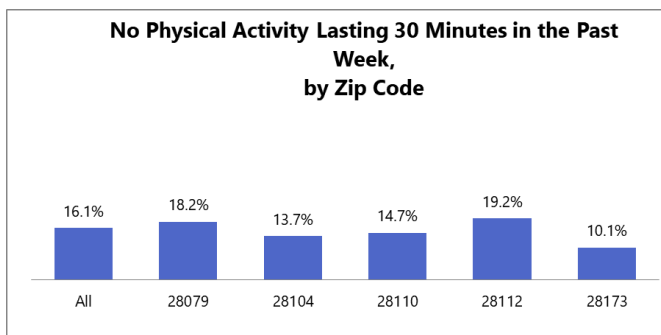
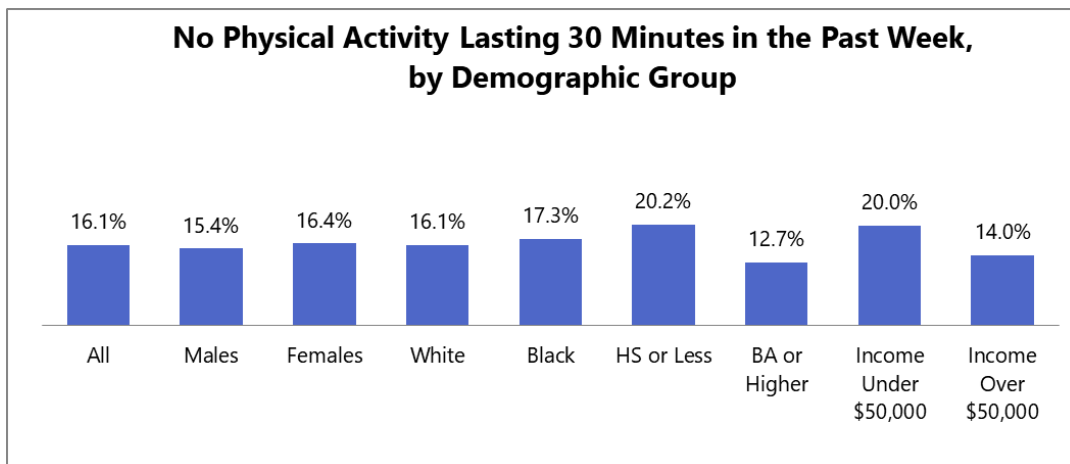
- 25% of respondents get the recommended amount of physical activity (30 minutes a day, 5 days a week).
- 16% of respondents reported getting no physical activity lasting at least 30 minutes.

At Risk Population: Seniors Who Don't Get Any Physical Activity

Respondents with a high school education or less and those with an income under \$50,000 were more likely to report no physical activity.

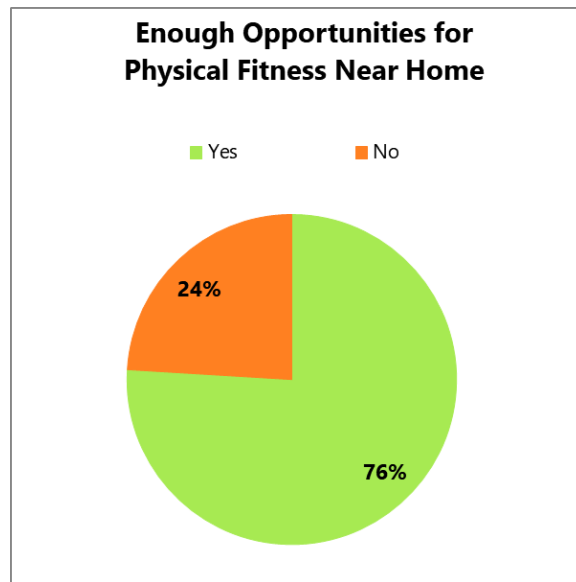
Respondents from the 28112 zip code were more likely than other zip codes to report getting no physical activity.

Respondents from Indian Trail and unincorporated areas of the county were more likely than other towns to report no physical activity.

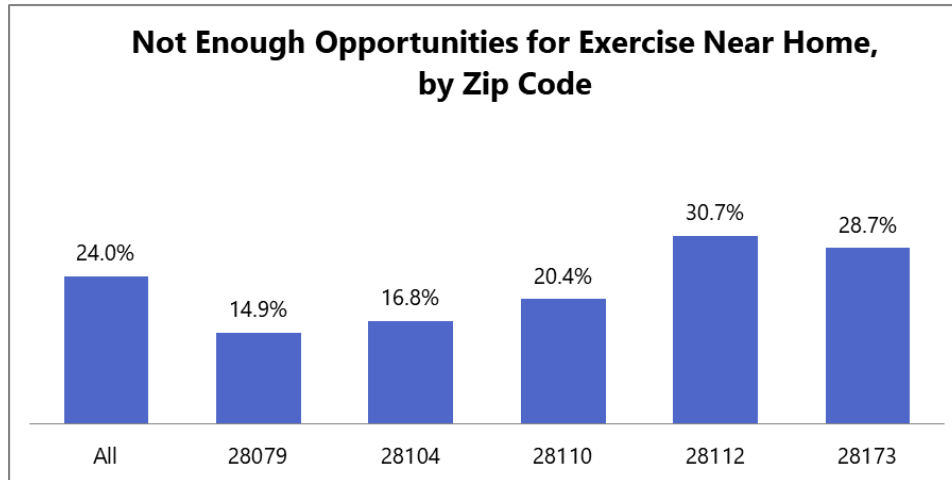


Q49. Are there enough opportunities for physical activity near your home?

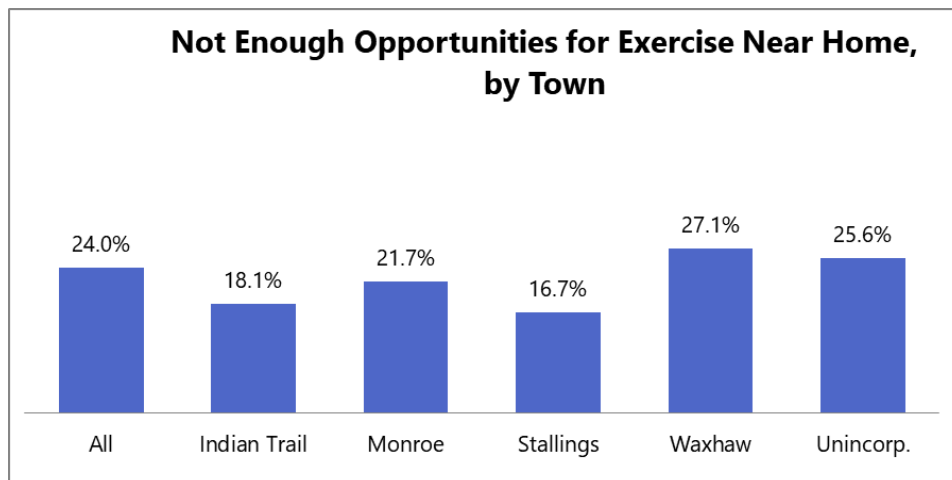
Enough Opportunities for Physical Fitness Near Home	%	#
Yes	76.0%	793
No	24.0%	251
Total		1,044
Unanswered		42



- More than three-quarters of respondents feel that there are enough opportunities for physical fitness near their home.
- 24% of respondents do not feel there are enough such opportunities.



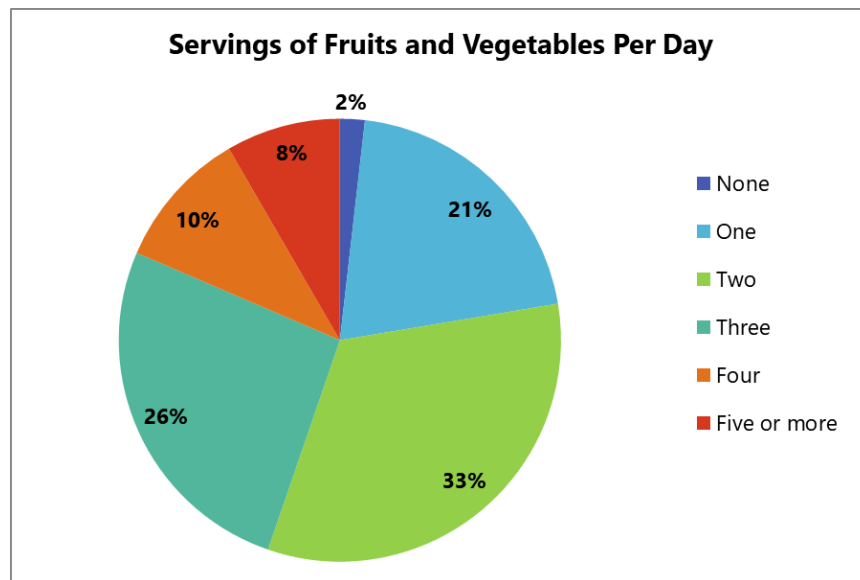
- Respondents from the 28112 and 28173 zip codes were more likely to report a lack of physical fitness opportunities near their home compared to respondents from other zip codes.



- Compared to other towns, a higher proportion of respondents from Waxhaw and unincorporated areas of Union County felt there were not enough opportunities for exercise near their home.

Q50. How many servings of fruits and vegetables do you normally eat per day?

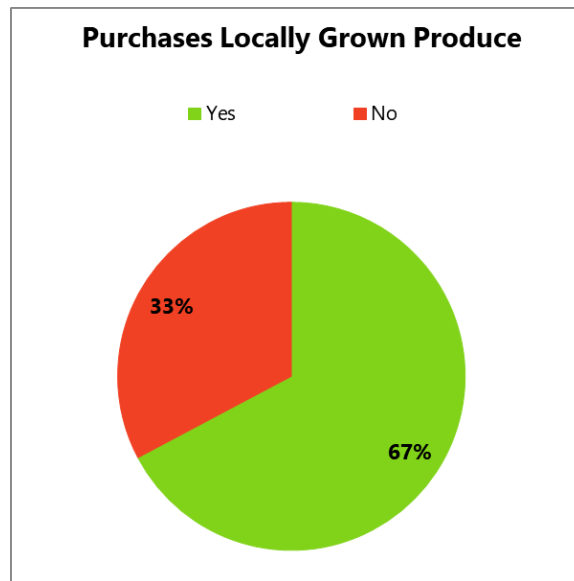
Servings of Fruits and Vegetables Per Day	%	#
None	1.8%	19
One	20.6%	216
Two	32.9%	346
Three	26.2%	275
Four	10.2%	107
Five or more	8.4%	88
Total		1,051
Unanswered		35



- 8% of respondents eat the recommended 5 servings of fruits and vegetables per day.
- A small proportion of respondents eat no fruits or vegetables.
- Approximately 90% of respondents eat between 1 and 4 servings of fruits and vegetables per day.

Q51. Do you purchase locally grown fruits / vegetables at retail markets, farm stands or Farmers Markets?

Purchases Local Produce	%	#
Yes	67.3%	696
No	32.8%	339
Total		1,035
Unanswered		51



- More than two-thirds of respondents reported purchasing locally grown produce.

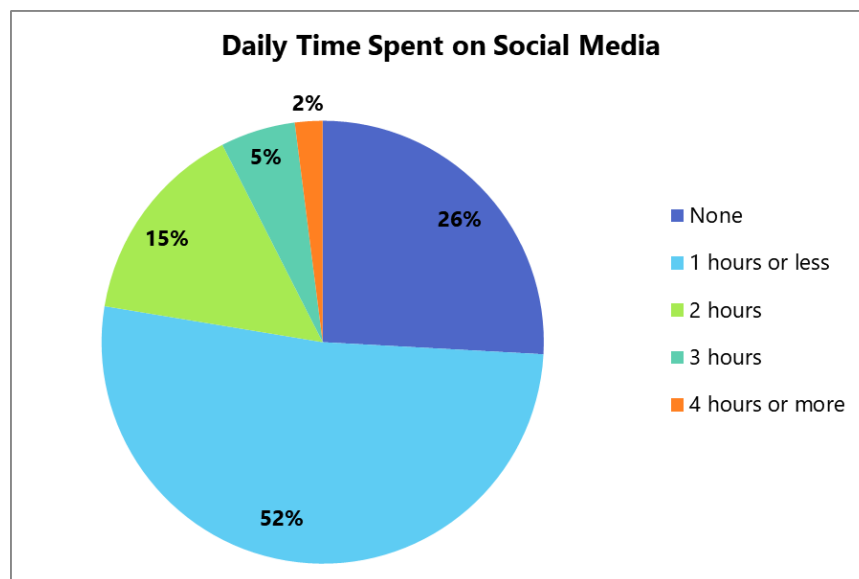
Q52. Where do the majority of your meals come from?

Source of Majority of Meals	%	#
Home prepared / cooked meals	89.3%	934
Dine-in Restaurant	9.6%	100
Frozen Food / Microwave Meals	7.2%	75
Fast Food Restaurant	6.1%	64
Prepared Foods from Grocery Store Deli	5.1%	53
Senior Nutrition Site	4.1%	43
Garden (home grown / home canned)	2.6%	27
Meals on Wheels	1.4%	15
Other (please specify)		9
Total		1,046
Unanswered		40
<i>Other write-in responses included: combination of the above (3), food pantry, food stamps/charity, shelter, what we can find</i>		

- 89% of respondents eat primarily home prepared or cooked meals.
- Approximately 16% of respondents reported eating the majority of their meals at restaurants (dine-in or fast food).

Q56. Approximately how much time do you spend daily on social media? (Facebook, Instant Messaging, Snap Chatting, Texting)

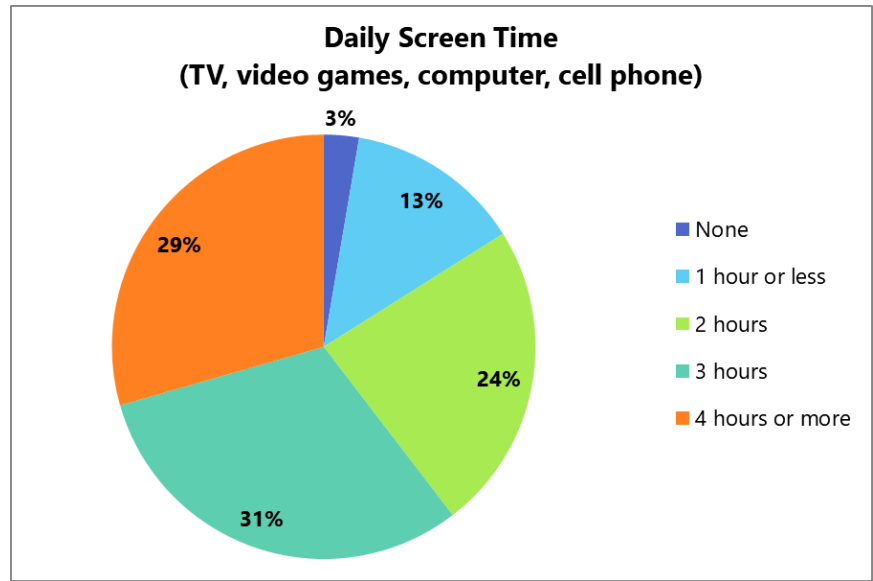
Time Spent on Social Media	%	#
None	25.9%	269
1 hours or less	51.7%	538
2 hours	14.9%	155
3 hours	5.5%	57
4 hours or more	2.0%	21
Total		1,040
Unanswered		46



- More than three-quarters of respondents spend less than an hour or no time on social media per day.
- Less than 8% of respondents spend 3 or more hours a day on social media.

Q57. How much screen time do you spend daily? (TV, video games, computer, cell phone)

Daily Screen Time (TV, video games, computer, cell phone)	%	#
None	2.7%	28
1 hour or less	13.4%	140
2 hours	23.5%	246
3 hours	31.0%	324
4 hours or more	29.5%	308
Total		1,046
Unanswered		40

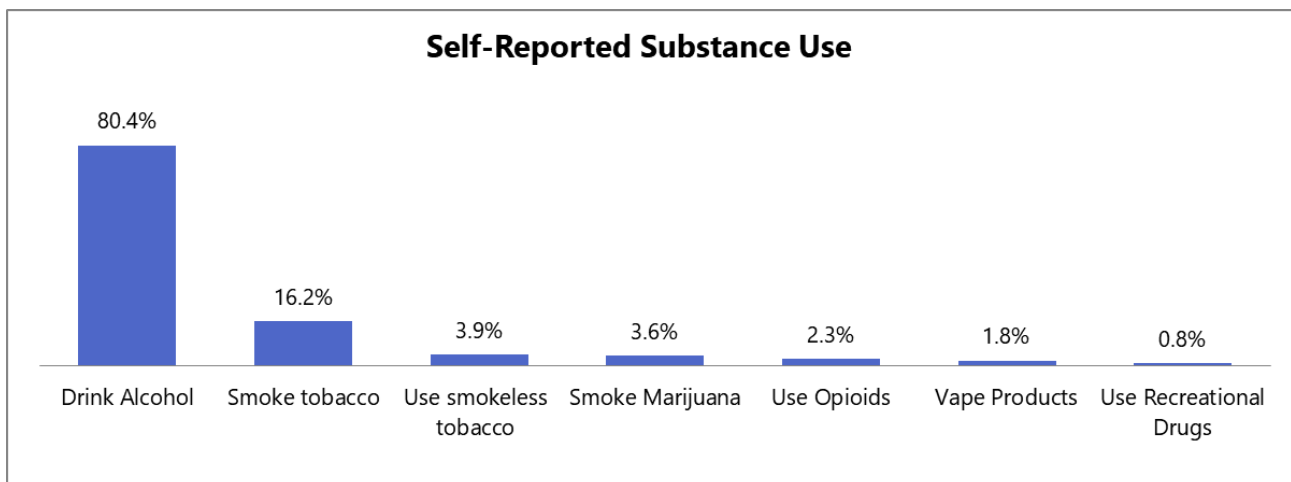


- 16% of respondents either spend 1 hour or less or no time daily with a screen (including TV, computer and cell phone use).
- 60% of respondents reported 3 hours or more per day of screen time.

Risk Behaviors

Q53. Please check if you do any of the following:

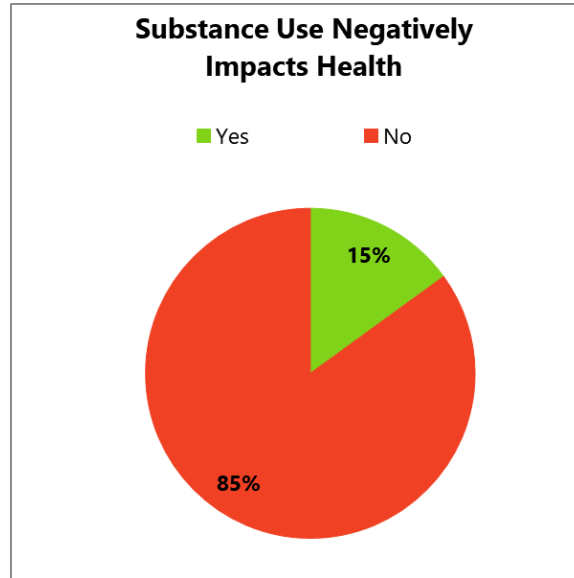
Self-Reported Substance Use	%	#
Drink Alcohol	80.4%	312
Smoke tobacco	16.2%	63
Use smokeless tobacco	3.9%	15
Smoke Marijuana	3.6%	14
Use Opioids	2.3%	9
Vape Products	1.8%	7
Use Recreational Drugs	0.8%	3
Total		388
Unanswered		698



- Note that 64% of the survey sample did not answer this question.
- The most commonly reported substance used by respondents was alcohol (80%).
- Approximately 22% of respondents reported a tobacco product of some sort: 16% smoked tobacco, 4% used smokeless tobacco and 2% reported using e-cigarettes.
- Nearly 7% of respondents used drugs of some sort: 3.6% smoked marijuana, 2.3% used opioids (it is unknown whether the individual was using opioids prescribed to them by a medical provider), and 0.8% used recreational drugs.

Q54. If you checked any of the above, do you feel it impacts your health negatively?

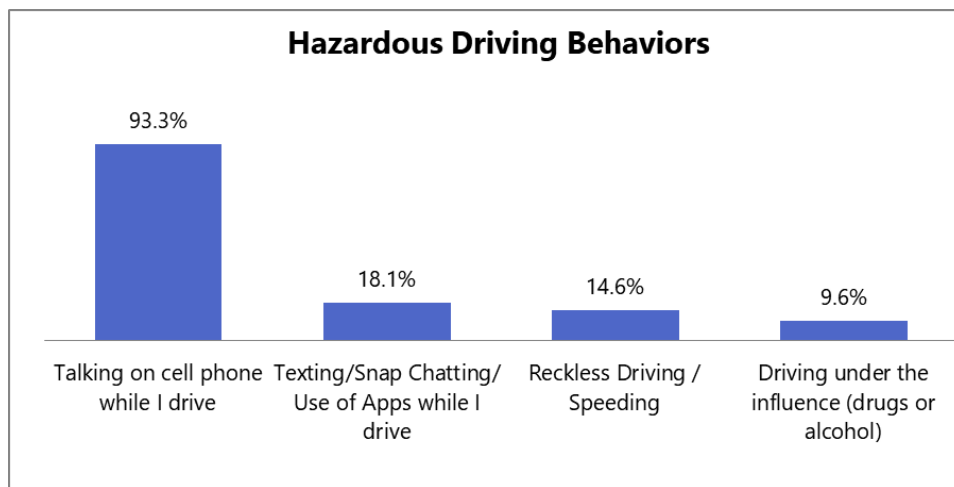
Do Any of the Above Impact Your Health Negatively?	%	#
Yes	15.0%	59
No	85.0%	334
Total		393
Unanswered		693



- The majority of respondents (85%) reporting substance use of some sort feel that it does not negatively impact their health.
- 15% of respondents reporting substance use think that it does negatively impact their health.

Q55. Listed below are safety hazards related to driving. Please check ALL that apply to you.

Self-Reported Hazardous Driving Behaviors	%	#
Talking on cell phone while I drive	93.3%	320
Texting/Snap Chatting/ Use of Apps while I drive	18.1%	62
Reckless Driving / Speeding	14.6%	50
Driving under the influence (drugs or alcohol)	9.6%	33
Total		343
Unanswered		743

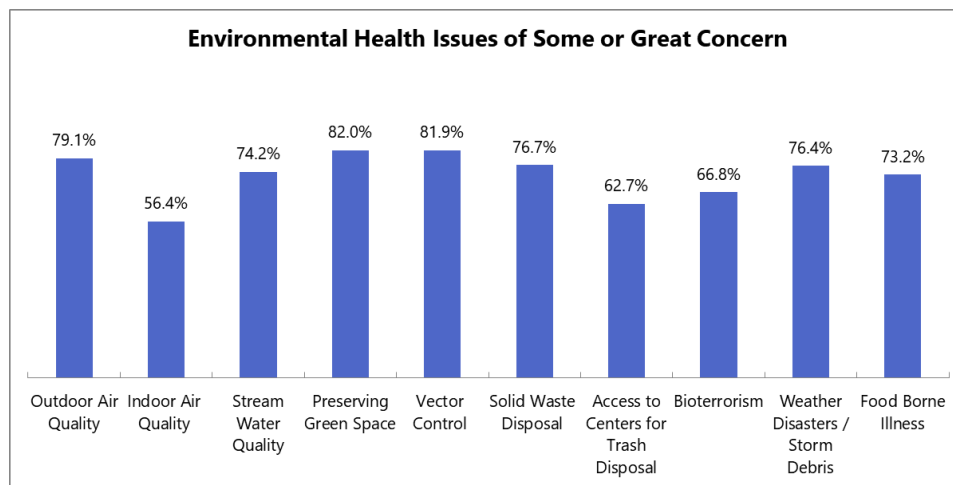


- Note that 68% of the survey sample did not answer this question.
- Talking on a cell phone while driving was the most commonly reported hazardous driving behavior (93%).
- Use of a cell phone for other activities (texting, social media, other apps) was the second most common hazardous driving behavior (18%).

Environmental Health Questions

Q58. Environmental Health (Check one answer per row)

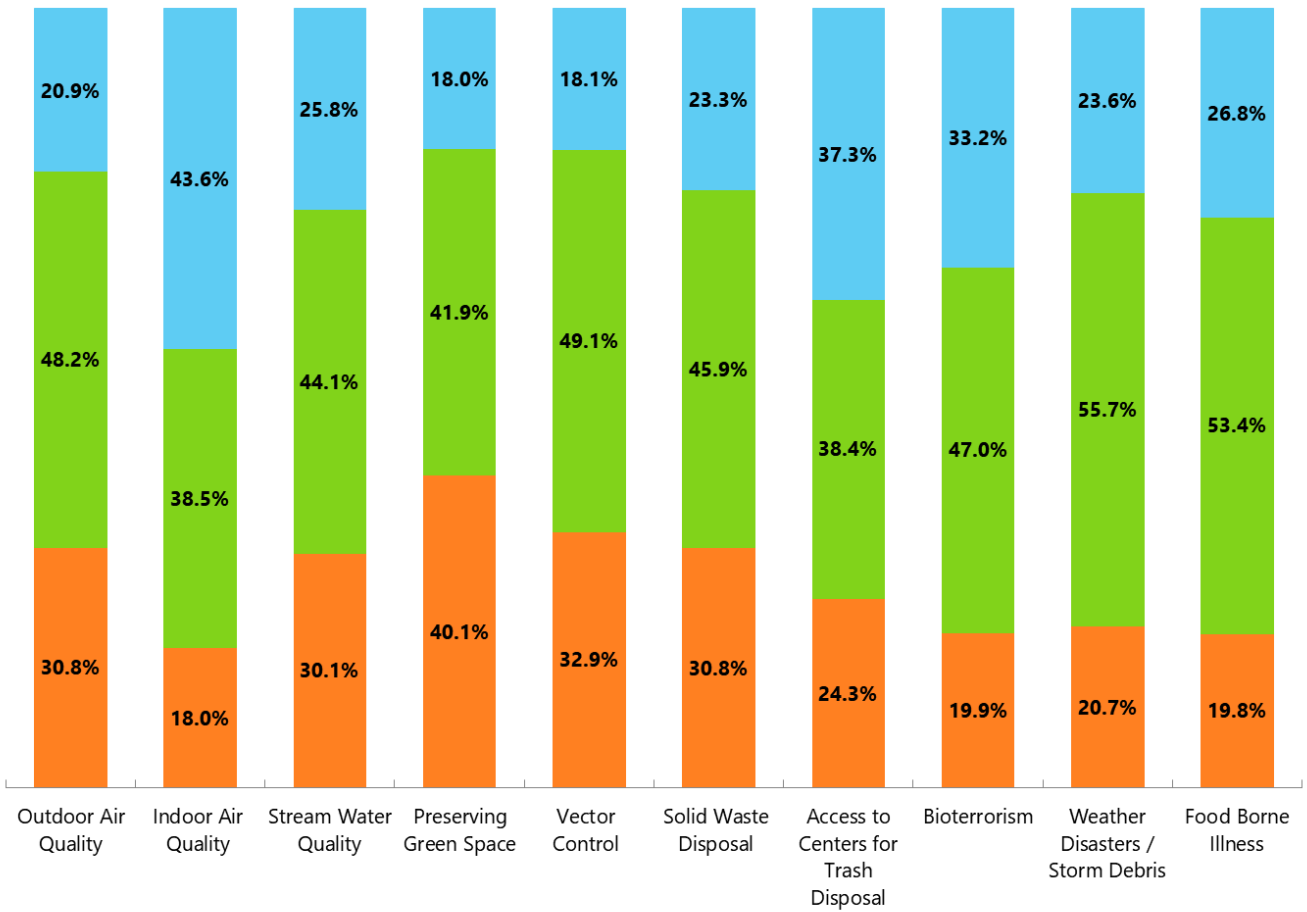
Environmental Health Concerns	Great Concern		Some Concern		No Concern		Total
	%	#	%	#	%	#	
Outdoor Air Quality	30.8%	314	48.2%	491	20.9%	213	1,018
Indoor Air Quality	18.0%	178	38.5%	381	43.6%	432	991
Stream Water Quality	30.1%	295	44.1%	432	25.8%	253	980
Preserving Green Space	40.1%	393	41.9%	410	18.0%	176	979
Vector Control	32.9%	324	49.1%	484	18.1%	178	986
Solid Waste Disposal	30.8%	303	45.9%	452	23.3%	229	984
Access to Centers for Trash Disposal	24.3%	239	38.4%	378	37.3%	367	984
Bioterrorism	19.9%	189	47.0%	446	33.2%	315	950
Weather Disasters / Storm Debris	20.7%	202	55.7%	544	23.6%	231	977
Food Borne Illness	19.8%	190	53.4%	513	26.8%	257	960
Total							1,035
Unanswered							51



- The preservation of green spaces and vector (mosquito) control and were the most common environmental health issues of at least some concern to respondents, as identified by more than 80% of respondents.
- Approximately 75% of respondents also had at least concern about outdoor air quality, solid waste disposal, and weather disasters/storm debris.

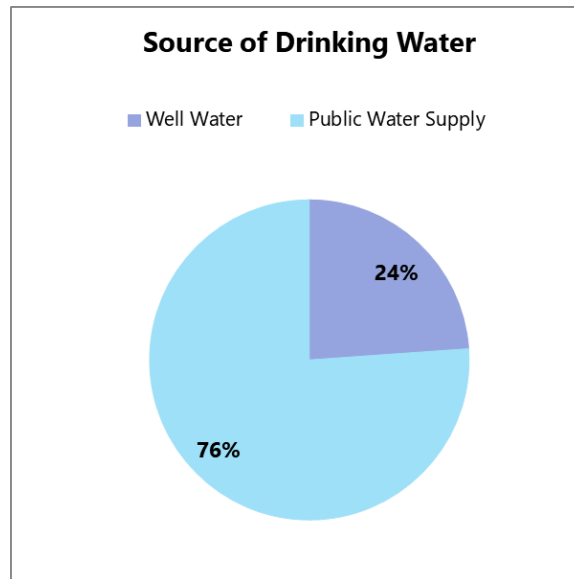
Environmental Health Issues

■ Great Concern
 ■ Some Concern
 ■ No Concern



Q59. What type of drinking water do you have?

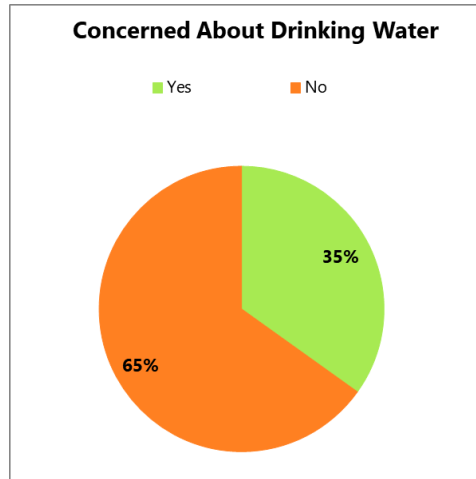
Source of Drinking Water	%	#
Well Water	24.0%	252
Public Water Supply	76.5%	803
Total		1,050
Unanswered		36



- More than three-quarters of respondents get their drinking water from the public water supply.
- 24% of respondents rely on well water for their drinking water.

Q60. Are you concerned about your drinking water?

Concerned About Drinking Water	%	#
Yes	34.9%	364
No	65.1%	680
Total		1,044
Unanswered		42



- 35% of respondents reported concerns about their drinking water.

Q61. If Yes, what is your primary concern?

Primary Concern about Drinking Water (multiple answers allowed)	%	#
Afraid of what is in the water	77.7%	268
Taste / Smell	34.8%	120
Other (please specify)		60
Total		345
Unanswered		741
<i>See the appendix for Other write-in responses</i>		

- Among respondents with concerns about their drinking water, more than three-quarters were afraid of what was in the water.
- 35% had concerns about the taste or smell of the water.

Appendices: Open-Ended Responses

Appendix 1: 2019 Teen Survey

Appendix 2: 2019 Adult Survey

Appendix 3: 2019 Senior Survey

Appendix 1: Open-Ended Responses

2019 Teen Survey

Personal Health Concerns (sorted alphabetically)

Other (please specify)

ADHD

ADHD/Anxiety

Anemia

anorexia

Autism/ADHD/Depression

Back pain, heart failure

blood pressure, iron levels, migraines/ low lying cerebellum

Broken left arm 3 times had pin surgery once before

CMT

Common viruses/bacterial infections- flu, bronchitis, etc.

deformed lung

dont have one

good

hard beating heart

Hearing

High cholesterol and triglycerides

i dont know what your asking

I have no physical health concerns.

IDK

joints

Kidney Stones

kidney stones

Migraines

None

None

none

none

none

none

None

None

none

none

none

None

none

none

not really

nothing

Nun

parkansons

Procrastination

Runny nose, being tired, in the school,
mornings

Scoliosis, Winged Scapula

shin problems

Where They Go for Care When Sick (sorted alphabetically)

Other (please specify):

africa

Caramel family physician

dont know

Dont normally go

Family doctor in Stanley Co.

Home

hospital

i don't

i dont know

I don't know

I don't know

i just stay home and get over it

I stay home

I STAY HOME unless its serious

idk the doctors

I'm not completely sure really

I'm not really sure, I just go to a doctor.

matthews

Matthews Children's Clinic

medical care outside of Union County

mint hill office

Minute Clinic in Mint Hill

My bed or the couch

my doctors office

My House

My Mom

novant health

novant health

Novant Health in Matthews

novant health in matthews

Parent

stay home

The Dr. Office near target in monroe

Urgent Care Mecklenberg County

Weddington Doctor's Office

Other Reasons They Don't Buy School Lunch (sorted alphabetically)

Other (please specify):

and the food is nasty

don't like school lunch it's nasty

Free Lunch

Home schooled

Homeschool

Homeschooled

Homeschooled

i get it for free

I get lunch occasionally but not often from school

I just eat my own snacks

its disgusting

its nasty ASF

It's trash food, literally some of the food is hard as a rock

My friends give me food

na

no

none

none

none

Poor quality

Retired, eat at home

school food is like so gross

school food is mad trash bro

school food is trash

School food sucks

school food sucks

School lunches are too pricey we

the food in the cafeteria is gross

The food is crap, thanks Michelle Obama

The food is nasty and they have a lot of the same stuff.

The is not enough time to get through the long lines and still have time to eat and socialize

the lunch at this school is gross

The lunch here is disgusting

The school food is more unhealthy than fast food. and taste absolutely horrible

the school lunch taste like crap with a hint of cardboard

What Can Be Done to Improve Health of Adults in Union County

Adults think its ok to drink

All the kids in my classes are addicted to nicotine. There are no recreational sports at school, everything is highly competitive and requires a large time commitment which prevents me from joining them, and getting the physical exercise I need. Most teens are smart enough to plan ahead and not drink and drive, but they do drive if they are high.

be mindful of them, in general, we are almost adults or are adults and which to be treated as you expect to be treated we put up with the rules for the sake that's easier than arguing we will soon be in your position and we will do things that will benefit this world

Counselors give little to no support when students have any mental issues or regards, it makes it extremely hard for students to feel like they have a place to go with issues. Which is a reason why kids are always depressed.

Counselors need to be better trained to handle mental health concerns with teens, lots of kids make themselves sick over how much concern they have for their grades, school is too stressful and mentally tolling for lots of students.

disregard females acquire currency

don't overdose homies

drugs and tobacco use in high school is very high and an issue

Everyone has sex and i think its nasty hhacw

Everyone is depressed

Exercise

gigg

i didn't have any in the first place

I do not use substances but I see it abused by many teens

i don't care about other peoples health

I DONT DU DRUGZ

i don't have anything

I feel like the people teaching our kids should actually be educated themselves

I feel like we should crack down on how many people vape in Union County because you could be peer pressured into doing it.

I have no concerns so far.

I think for each human in the world, they should let their voice be heard and have a sense in mind for people if they need to smoke they'll smoke, I feel that if there is a problem, people need to leave the person to help themselves and let them get help if they want it.

I think people need to be more mindful of their health and take better care of themselves.

I think that highschool is the hardest time of a teens life. We are stressed about school our grades. Trying to figure out our future. Also pressured into a lot of things such as sex, drugs, drinking, vaping, smoking. Highschool is hard and I don't think that Piedmont makes it any easier. Some teachers are rude, grade too hard, and there's not anyone to talk to if you need anything.

I think that peer pressure is part of the reason why some teens have mental issues which can also impact physical health. Other than that I have no concerns for teen health in Union County.

I think that teens do the bad stuff like vape and do drugs and alcohol because they were made to think it is cool and they want to be rebels or they want to fit in.

I think the usage of social media has become an issue. Teens are staring at their phones for way too long taking away time from their families, being outside, homework, etc.

I would walk more places if we had safer roads and sidewalks

If there isn't enough resources for teenagers to have experienced the loss of a parent or something medically as ADHD and autism. I feel there needs to be more help in Union County with children who have mental disabilities because of physicians/doctors making the children wait so long before they get help between appointments. I feel there needs to be more resources in schools for children like this also because Union County is growing, and Union County as a whole isn't wanting to slow down the growth of Union County is making our school suffer from this. And the only people who are suffering from this issue is our children.

"it's their choice it doesn't bother me cause I'm not dumb enough to do that stuff I have no reason to try it so why do it when it could affect me in the long run

"

Just minding mine

just need to get outside and off the internet more, more person to person connections, and less fast food and more exercise, not just physical health but it makes you just feel better mentally as well.

Kids and people do things that are not good and have bad influences but they don't realize how bad and there's not much anyone can do to fix it.

Kids my age need to hear presentations on suicide prevention, opioids, and sex. Why are these topics so taboo around here? It is all around us and can happen to anyone.

Kids shouldn't be required to share with the county is our business

lots of people smoke weed and vape

mental health

Mental Health

mental health in school

Mental Health, not motivated

Most are lying in the test trust me. If they said the truth most would put an addict to most drugs (mostly juuls) and only some in gangs members. Some have horrible homes, lives and need help. Homework is given like and long term protects as if we don't have lives outside of school and even if its not it takes too long. Most people in this school also have horrible sleep that does affect them from homework and not being able to sleep because of their phones. If it shows this already then ignore this because i don't trust people my age.

Ms Hyatt the physiscal science teacher is making students very stressed

my concerns are people getting bullied

n/a

nah

nah

nah

nein

No

No

no

No

no

no
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no

no

no :D

No I am fine.

No I do not.

no i don't have anything about that

No pool that is cheap or free

"No

"

"No"

No, But thanks for asking

No, not really.

No.

no.

No.

No.

No.

No.

No.

none

none

nooo

Nope

Nope

nope

nope

nope

nope

nope

nope

Nope

nope

Nope

"NOPE BECAUSE I DO NOT CARE THANKS FOR YOUR NCERNS BUH BYE_ JACOB "

nope.

Nope.

not enough exercising required and too much vaping in schools

Not myself, but maybe for other people.

not really

not really

Not that I know of.

Nothing comes to mind

Ones that need help don't seem to have a close enough watch on them.

Parents not raisin em right

Partying and drugs are way too common and alarming amongst teens in Union County.

people need to start taking their health more seriously. our bodies need to be treated with respect and that way we don't have long term health issues.

People need to stop vaping and get suspended because you need to learn at school instead of getting suspended

people worry too much about what people are putting in their bodies when there is real life situations going on that nobody ever seems to care about and that is why the school system is screwed up

Probably

Reports of drug use

Schools are too focused on academics they do not help with other needs. They punish for everything but don't help me build the skills or find other solutions.

Stress from school or home

Suicide, depression, and mental health needs to be looked at more often, but it's very hard to do nowadays since theres half of the teenage population that thinks these mental issues are trends on social media, and that they are very light anf fragile things to mess around with when they're not.

Teens are not suicidal because of social media, they are for a multitude of reasons, including being force-fed this idea that all of their mental health issues are all of their fault and no one else is at fault or contributed to the fact that they want to literally take their OWN LIFE.

"That they might not be as safe from stuff like suicide or bullying."

"The fertilizer gets in the air and eats at our brains. Help us please."

the food is buns

The only concern that I have for the teens of Union County is bullying. I have seen a large increase in bullying since I entered high school, and have been a victim myself. This is a huge problem that negatively affects the mental and physical health of many teenagers, and it needs to be dealt with.

The public needs to stop normalizing pot because my peers think it is perfectly safe since it is being legalized in some places. Parents are even talking about it now like it is not a big deal. I am glad my family knows better, but it feels like we are alone.

The social media sites are setting a bad example for the students everywhere. Students will see the pictures and videos of people doing drugs and drinking and students think that doing these things is okay. There are so many bad role models in the world and some that are close to people which students don't need.

The water seems contaminated...

their food is buns.

There aren't enough people who care about us anymore. I feel sometimes like I'm the only one that even attempts to care about the people who are in bad situations, like the people with abusive parents. And it sucks

There is no focus on real health, only on sick care, with a heavy focus on pharmaceuticals. No appropriate lifestyle approaches or holistic care approaches for health.

There not motivated to improve themselves and there lives

They don't take their health seriously.

they fat

They need to stop smoking and if they dont then they might die

They should be more physically fit

They vape...like a lot

this is really stupid like no one cares

"This stupid omegalul ^.^poggers"

Too many do drugs and bad stuff

"TOOOO MUCH FORTNITE KILL ALL 7 YEAR OLDS THAT PLAY FORTNITE "

um i think i should keep on excrescence

Um? No not really though

Union County Teens are exposed to bullying, drugs, alcohol, and abuse as early as elementary school. Intervention and mentorships need to start occurring!

vape

VAPES

vapes should be allowed yall dont understand that it calms us down and makes us focus

Vapes will kill us all

Vapes, weed, and sometimes alcohol are very big problems among students, but that is my only concerns, oh, and there are many people with depressive disorders in the school that do not get the help they need.

Vaping along with all other drugs is stupid and unnecessary, kids are making dumb life choices - Jaydon Denmark

Vaping and drug use is probably the worst epidemic in Union County effecting teens. I am enrolled in a public high school and I feel like I cannot go into a safe learning environment when students are using illegal drugs and vapes (IN CLASS)

we abuse nicotine

We are all getting addicted to these stupid things. Myself included. I'm trying to stop this. I have friends that are helping me with this. I wish that all teens and children didn't and won't start these stupid things that I started. It's not cool. It's just hurting your body.

We are dumb.

We are just dumb teens but hopefully we will all grow up one day.

We good, living our lives the best we can

WE LIT!!!!

We need more mental health services

weed, because so many teens do this and i believe it hurts your health

Were all fucked honestly

why do so many kids vape smoke and drink

Yea they don't get very good mental help

yea vaping and drug use of kids outside of school

yeet

Yeet

yes

Yes

Yes drug and vaping

Yes these teachers are making me depressed

Yes this teachers are making me depressed

Yes! Drugs, driving while on cells, violence, alcohol, bullying

Yes, vaping in the many of the bathrooms is setting the precedent that doing drugs in the bathroom will get them killed like Elvis.

Yes. Most teens feel as if they are invincible or can't be harmed. So they decide to be reckless with their health.

Yes. They care too much about social media. Also if someone keeps messaging them that they don't know they will message back and then they get upset that the person keeps messaging them even though they encouraged it instead of blocking that person.

Appendix 2: Open-Ended Responses

2019 Adult Survey

Personal Health Concerns (sorted alphabetically)

Other (please specify)

Abdominal surgeries- about to have #5

access to affordable dental and vision insurance

ADD, severe anxiety, bleeding from rectum, severe stomach pain

Allergies

Allergies

Allergies

Allergies but none really concern me

Allergies, back issues that affect sleep patterns

Allergy

Anemia

Any

arthritic issues/joint replacements

Arthritis

Arthritis

Arthritis

Arthritis

Arthritis

Arthritis

Arthritis

Arthritis

Arthritis

Arthritis

arthritis

Arthritis

Arthritis

arthritis and other physically limiting ailments

Arthritis, autoimmune

asthma

Asthma

Asthma

Asthma

Auto Immune Diseases

Auto Immune Disorder

Autoimmune

Autoimmune

Autoimmune

Autoimmune Disease

Autoimmune disease

autoimmune disease

autoimmune disease

Autoimmune disease

Autoimmune disease; this, cancer, and diabetes are represented in family history.

autoimmune diseases

Autoimmune Diseases

Autoimmune diseases

Autoimmune Disorder	Chronic pain
autoimmune disorders	Chronic pain
auto-immune issues, GI, women's health	Chronic stomach issues.
Back & knees	crohns disease
Back Issues	Degenerative bone disorder
Back pain	Depression
back pains.	Digestion slow and uncomfortable
Balance	digestive problems
being healthy	disabled from Chiari's Malformation (brain stem damage)
Better Physical/nutritional health, alternative medicine	dont
Bipolar/ mental	EDS
Blood clots	emergency needs
cardiovascular	Epilepsy
Cardiovascular disease	Fibromyalgia
Caregiver for dependent with mental health issues	Fibromyalgia
Celiac Disease	FIBROMYALGIA
Cerebral Palsy, Chronic Fatigue Syndr./Fibromyalgia Syndr., Neurally Mediated Hypotension, Raynaud's disease, Irritable Bowel Syndr., migraines, Vestibular vertigo	Fibromyalgia
Cholesterol	Fibromyalgia
Cholesterol	fibromyalgia and lupus
Chronic back pain	Fibromyalgia
Chronic illness, Lyme	Flexible
Chronic Pain	Gastrointestinal issues
	General stress
	Genetic mutation and all that is included with that

GI issues	Infertility
Hashimotos	Inflammatory Bowel Disease
headaches/migraines	insomnia
Heart disease	Joint issues/ arthritis
Heart Disease	joint pain issues
Heart disease, arthritis	Joint pain, back pain and musculoskeletal pain. Rhinitis.
Heart issues	Joint pain/inflammation
Hidradenitis	Joint, autoimmune
high cholesterol	Keeping good health
High Cholesterol	Liver issues
High cholesterol	Lower back
High cholesterol	Lupus
High cholesterol	Lupus
High cholesterol, chronic pain	Menopause
High cholestorol	Mental Health
High cholestrol	Mental health
High Triglycerides	Mental health
Hyperthyroidism	Mental health
hypothyroidism	Mental health
I am not obese yet but I weigh to much	Mental health
I do not have these but are concerned about them	mental health
I don't have these.....just wouldn't want to.	Mental health
i have none of these issues	Mental health
I keep myself healthy but know I have heredity risks	Mental illness
	migraines

migranes	none
MS	None
MS	None
MS	none
Myasthenia Gravis (MG)	None
N/A	None
N/A	None
N/A	none
na	none
Neck/spine/orthopedic	none
Neurological disorders	None
No concerns	none
no concerns	none
None	none
None	NONE
None	None
None	None of the above
None	None of the above
None	None of the above
none	none of the above
none	None of these concern me
none	Nope! I don't eat any animal products and I suggest you all do the same
None	not currently concerned about anything
None	Only one is slightly concerning
none	Orthopedic issues

osteoporosis	Sinus infections/ allergies
Osteoporosis, elevated cholesterol	skin
Osteoporosis/chronic pain	skin cancer
Pancreatitis	skin conditions
PCOS	Skin issues
PCOS, IBS, Fibromyalgia	Special dietary restrictions, can't access an epi pen
pelvic prolapse	Spinal
Pituitary adenomas, high cortisol, high prolactin, low Vit D	Spinal problems and surgery
Plantar Fasciitis (Foot pain and problems)	Spinal Stenosis and chronic pain
Pre-diabetic	Street mental health
Preventative health	Stress from work
preventative health	Stress related cortisol elevation
Prostate (PSA levels)	Stress, Mental Health
PSORATIC ARTHRITIS	Systemic diffuse scleroderma
Psoriasis	That's it
Pulmonary hypertension	Thyroid
RA	thyroid
Rare disease - Dermatomyositis	Thyroid (autoimmune)
Rheumatoid Arthritis	Thyroid disease
rheumaty issues	THYROID DISEASE
Seizures/ Thyroid	thyroid disease
Several physical injuries from playing football	Thyroid disease
Severe allergies	thyroid disease
Severe anxiety	thyroid disease
	thyroid disorder

Thyroid Issues

Thyroid issues

thyroid, and cholesterol

Thyroid/ PCOS

Trauma

Vascular Issues, Osteo Arthritis, Bone Spurs,
digestive issues

Veins in legs

wears glasses

weight

weight management, orthopedic concerns

Womanly issues

Personal Mental Health Concerns
(sorted alphabetically)

Other (please specify):

ADHD

Affordable care for elderly

Alcoholism

Anorexia

Any

as the parent of a recovering addict, our county does not have enough access to treatment or meetings, especially in rural Union County

Back pain issue

Borderline personality disorder

caregiver stress

Chronic illness

Cigarette addiction

Cognitive issues resulting from multiple strokes

currently stable medication

Dealing with people who think Ignorance is the new norm.

Have no other concerns

Health anxiety

I worry about those addicted....

irresponsible drivers/distracted/driving high rates of speed

Memory

mental health does not concern me at this point in my life

migraines

More concerned about my kids with intellectual developmental disability, depression and ocd

My mental retarded child

N/A

N/A

N/a

N/A

N/A

N/A

n/a

n/a

na

na

No concerns

no concerns at this time

No side walks, limited access to safe trails, accessibility of walking, bicycling, etc. pathways

None

NONE

None

None

None

None	none
None	None
None	none
None	none
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None	none
None	none
none	none
none	NONE
None	None
none	None
none	None
None	none concern me, but perhaps other people
None	None of the above
None	None of these concern me
None	None really of concern
None	Nonen
None	Not for myself, but for citizens of Union County
None	Only 2 are slightly concerning
None	Oppositional defiance disorder

Panic

PPD

Stress

Stress

stress

Stress

Stress

Stress

trump is a mental health concern

vascular dementia

Violence

Was beaten by ex husband/ raped my kids.

Lost my kids because of DSS I was a victim

not a bad mother

Why is this a safety concern

Yeah due to the evil in this world and what
we do to the most vulnerable

Most Critical Unhealthy Behaviors (sorted alphabetically)

Other (please specify):

All of the above

Burning their garbage causes illness for all of us!

Chemicals contaminating water from farming

chemicals in our foods/drinks

Do not know county-wide behaviors

Doctors not invested in patients health outcome such as ordering correct tests

Don't know

Drug/Abuse/ Overdosing and Suicide

DSS is bad

Economic difficulties, apathy

Finances

Having enough money to make my home safe

Homelessness

I am not sure the cause.

i don't know

I'm unsure. I've only lived in Union County for 2 months.

Just moved here

Lack of access to much needed providers. Focus in healthcare is on sickcare not healthy lifestyles.

Lack of healthy organic food resources

Literacy; Education; Mental Health

Mental Health

Mental health

Mental health

N/A

n/a

na

no insurance or means to pay for healthcare

no insurance/expensive insurance

None

None

none

None

none

Over prescribed medicines.

People rely way too much on medication and not treating the cause

People working threw jobs to get by and not sleeping.

Poverty and no affordable insurance

Restuarants need to cut portion sizes and price in half. They should also sell better tasting FREE water that people would want to drink, so we won't have to buy tea, coffee, softdrinks, etc.

Stress, unsafe driving

Tobacco is more addictive than drugs & alcohol, but they are a set of "substance abuse" that I'd lump as #1 problem, then stress, then lack of exercise

unknown

Vaccination with toxic ingredients, overuse of prescription medicines and processed foods

Services and Issues Affecting Quality of Life (sorted alphabetically)

Other (please specify):

"affordable" education opportunities

Abundance of people unwilling to work

affordable & quality care for elderly...assisted living nursing home

Affordable medical care

all the above

anti-vaccine

Bad law-no police protection/ bad judges

building too much without proper infrastructure. Everyone in waxhaw spends the majority of their life in traffic because providence rd has not been built to sustain the amount of traffic caused by retail and apartment building. And its only getting worse.

Chemical spray on fields

Crime

Crime

Dementia / Alzhiemers

Do not know county-wide situation.

Don't know.

Drug Abuse

Drug Abuse; Lack of treatment options for opiate addiction

Drug dealers

drug sales, opioid epidemic, violence in our community.

Drug use

drug/gang violence

Drugs

Drugs and easy availability of them

Drugs!

elderly programs and affordable housingoptions for elderly

elected officials nonresponse to community

Farm chemicals

Fhuig

government corruption

Having to drive so much reduces exercise opportunity and free time

healthcare

Huge influx of illegal immigrants are draining our system

I am not sure the answer.

i don't know

I have no idea

I have no idea

I'm unsure. I've only lived in Union County for 2 months.

Income disparity

INFRASTRUCTURE

Lack of a tight-knit community/"village" mentality of people helping neighbors

Lack of access to birth control	Lack of infrastructure to support growth (ie., traffic)
Lack of access to mental health services	Lack of libraries/library collections/resources to get health information
Lack of accessibility and resources for those with disabilities	lack of MH/SU/IDD Services
Lack of activities to do and not a welcoming environment if you aren't from here	Lack of Morals concerning Police/Criminals, punishment for wrong
lack of addiction services	lack of more or proper walkability
Lack of affordable child care	Lack of opportunities for employment in fields like media, etc.
lack of affordable child care	Lack of psychiatric and drug abuse programs
lack of affordable child care for working mothers	Lack of Public Water
lack of better road	Lack of recreational programs for adults
Lack of bike trails and impatience of drivers	Lack of resources and services for those with disabilities
Lack of community sidewalks surrounding city	Lack of safe and adequate roads, lack of sidewalks
Lack of concern over keeping a job.	lack of senior center for county
Lack of covered psychiatric care for my kids.	lack of services and support for special needs and their caregivers
Lack of mental health providers with evening or weekend hours	Lack of sidewalks and lighting
Lack of cultural activities/live music	Lack of supervision of youth/absent parents
Lack of cultural and artistic opportunities/entertainment - live music, breweries	Lack of teen activities
Lack of downtown activites	lack of transportation for work for those without a car
lack of education	Lack of volunteer opportunities for single adults
Lack of education about basics: Money Management, cooking, hygiene, safety	Lack of walkability
Lack of faith in God	lack of walkability-no sidewalks
Lack of family	

Laziness and bad choices	No higher end healthy grocery or restaurant options
Laziness/lack of knowledge on healthy habits	No inexpensive programs for children and teens
Leak of mental health for child	No mail box any where close to Wesley Chapel
limited resources to address mental health	No problems with any of the aabove in my view.
litter and even bulk trash along roads	none
Mary Shkut	None
Mental health	none
Mental health of adolescents	None of the above
Mental Health Services for ALL	Not a lack of educational opportunities, but a lack of knowing their available.
More opportunity and activities (arcades, etc) reasonable	not lack of recreational activities, but lack of publicity of non sports recreation activities. I usually find out after the fact.
More/Better Programs for High Schoolers	Not sure
Natural spaces are being impinged upon by over-development. Nature has been proven to improve health and well being.	Not sure
need constructive places for teens/young adults to "hang-out"	Not sure. New resident
Need more police officers	Our society today thinks everyone owes them so they don't want to work for what they want. I grew up poor and never expected handouts. Also people know how to work the system and get around loopholes to get what they want. Those loopholes cost taxpayers a lot of money. It really hurts those who need it the most. To sum it up, those that are Truly in need, all of the above could apply. I believe Choices make UC what it is.
NEED MORE TECHNICAL SCHOOLS FOR ALL CHILDREN WITHOUT HAVING TO QUALIFIED WITH BUSING TRANSPORTATION.	Over building
no access to medical insurance	Over crowding and traffic
No access to mental health	
no aquatic therapy approved by medicaid locally	
NO HELP FROM SOCIAL SERVICES IF YOU DONT HAVE KIDS	

over population

Over population/Road conditions

Over priced electric company

Overcrowded schools, too many apartments/homes being built, and increasingly bad traffic due to overdevelopment.

overcrowding of schools, No programs to assist the elderly or their care givers or to locate the care for the elderly(medical assistance, homes to be updated/ re-paired for elderly, transport for the elderly)

Overdevelopment of land

People not speaking English

Personal choices

Personnal accountablity, Drive, Motivation.

Poor infrastructure - Uncontrolled growth - Unbelievable traffic

poor moral choices

Poor public school curriculum

poor road conditions and old infrastructure

Poor roads and way too much building making it stressful to continue to live here

Power Lines

race / lack of diversity

Racial intolerance, prejudice that closes job opportunities for minorities

religious dogmatism

Resources available for proper treatment of illness, very limited Novant specialist in the area

Roads need to be built to handle the growth and to prevent accidents

Services for people on the Autism Spectrum

Specifically programs for middle & high school youth

Substance Abuse

Taxes too high

Teenagers with ease of access to illegal substances

The grocery stores are gross in Monroe!

The shitty traffic conditions

there are recreational programs but too expensive.

There needs to quit being restrictions on homes. People should be able to build smaller/tiny homes where ever they want.

This question will have different answers as if you are talking about downtown monore, they have different needs than those in waxhaw. Working in EMS for the county, you can't really determine what is needed as a county.

to expound on the recreational facilities, there are facilities on the other side of Indian Trail, but we need facilities on this side.

too congested; too many developments without proper roadways/traffic flow; over populated

TOO MANY HOUSES BEING BUILT!!!
Overcrowding!!

too much growth, destroying our way of life, liberals moving into area

Too much new development and keeping up the infrastructure of roads, parks, and services

Traffic

Traffic

Traffic

Traffic

Traffic

Traffic

Traffic

Traffic #1

Traffic is awful, make roads wider, like John St./Monroe Rd.

TRAFFIC! Severe lack of Safe WIDE roads that people don't run off if you sneeze! Stop putting more apartments and houses that roads can't handle anymore cars! Get the tractor trailers off the side roads! Deadly combination!

Traffic, infrastructure not keeping up with growth, out of control growth

Train to uptown would improve my life

Trash pick-up is expensive

travel times due to traffic problems

trump voters affect the quality of life

Unhealthy home environments

unknown

Urgent Care Novant Health

Violence / drug abuse in the schools

Main Reasons They Did Not See a Doctor (sorted alphabetically)

Other (please specify):

Anxiety attack

Appt. time

Big expense, even with insurance

Broken toe

busy

busy

Busy schedule

busy with work

can't get off work

childcare issues

could not get off work

could not get off work to go

Could not get off work without consequences

Could not take time off of work

did not have an established relationship with Dr and did not want to start the insurance game of co-pays and pre-existing conditions.

Did not have the time

Did not have time

Did not think my regular doctor was the right person to see

Didn't have time

Didn't feel like paying for a co-pay

Didn't have the time to take off of work

Didn't want to

didn't want to miss work

Didnt want to pay co pay

Didn't want to pay for what it was

didn't want to pay the deductible

Didn't want to spend the money on something so minor

Didn't want to take the time

do not like my doctor

dont take my insurance

Dr changed medical practice

Dr seem indifferent to my health concerns - rushed me out to get to the next patient.

Even if you do have insurance, testing and procedures to diagnosis illness ,out of pocket can still be high

Even with insurance, the cost just to visit the doctor is over \$130

Every six months,my Medicaid will cancel regardless if I had an income increase or decrease

Expense of the visit

Expensive ad not sure if I get cure/remedy

forgot the appointment

Former GP didn't have appt times for known issue; went to Minute Clinic.

getting appointments in a timely & reasonable period

good not get an appointment with a good doctor

had vertigo & couldn't get driver

hard headed

Hate to take time to go.

Have employer-sponsored health insurance but extremely high deductible

have insurance but copay is \$50

have insurance that is awful from other healthcare where there is only deductible no copay. its too costly of a deductible before insurance kicks in

have to work

Haven't found a pcp

having spare time to go

High 10,000 deductible to be met before insurance covers a percentage. To expensive!! Current insurance does not cover preventative colonoscopies, mammograms, etc. This is a huge problem for early access and preventative care.

High copay

High deductible

High deductible - have not ever found a dr that listened to problems and works out of the box

High deductible plans

I didn't have time to visit

I didn't feel as if it ws severe enough

I didn't want to be weighed

I don't feel they can help within extensive and time consuming equipment and routines

I don't like my doctor

I go to a university outside of Union Co so I didn't have time/didn't know where to go

I knew it would pass, and it did

I may be sick

I only recieve family planning medicare

I saw a dr

I still owe money from previous visit

I try not to go to the doctor and use home remedies.

I was out of town and taking care of an elderly parent

I went

i work nights so it is hard to schedule appointment for when I will be awake

li couldnt get off work

I'm an ER nurse and don't go unless I know I need medication

Insurance copays are too high

insurance cost

Insurance too expensive, pay out of pocket

It didn't feel important enough

J

Just didn't go

Just didn't go	NA
Just haven't had time to make an appt	Neck injury. I was too busy. Had no time to see chiropractor.
Just moved here	
lack of time	Needed a Specialist and did not have the money to go.
Managed illness myself	New to area
Medicare does not cover dental procedures.	NJ
Money	no
My deductible on my BCBS policy is \$6500 so paying out of pocket even as I pay high monthly premiums	no available appointments
my doctor is really far from where i live and work	no available appointments-booked up
My manager goes after people who use their sick time.	No childcare
N	no insurance due to starting new job
N/A	No open availability
N/A	No opportunity to go due to caregiver obligations
N/A	No primary care doctor and out of pocket costs
N/A	No reason to go
N/A	No time to go
N/A	None
n/a	None
n/a	Not enough time
n/a	Procrastination
N/a	Schedule
Na	Specialist refused to see me
na	Tellsme the same thing over - but nothing works
Na	

the drs treat the poor very rudely and have no compassion/understanding

they cost too much. novant is especially expensive. i was just charged over \$4000 for an mri of the lumbar

They dont bill correctly, insurance doesn't matter.

They usually say they don't know what the problem is and refer me and then it's just a circle of never-ending answers.

Time

Time

time

time

Time

time lack of

Time, I work all the time and put off going

time/money saving

Times

Too busy

Too busy

too busy

Too busy at work

Too busy kids come first

Too busy with work

Too much to do at work, don't have time to go to the doctor.

took time away from my work

toughed it out

tried to wait the illness out

very high deductible that hasn't been met

viral

Waiting list was too long

Was afraid to hear bad health news from doctor

was transferring to a new job and did not have insurance at the time of the appointment

Wasn't time for my pap

work

work

work

Work getting off

work interferes with ability to go

work schedule

work schedule

Work schedule

work to much did not have time

Main Reasons They Did Not See a Dentist (sorted alphabetically)

Other (please specify):

Also, hard to take time off work

Availability of appointments

Because our county insurance covers nothing ref. orthodontics

busy

Busy Schedule

Can't manage that cost along with other medical bills this year

caregiver stress

Carrier error. Resolved after a few phone calls.

Costs even with insurance are not affordable & time

could not get off work to go

Could not get off work without consequences

could not take time off

Could not take time off of work

couldn't get the time off from work

Dental insurance is separate and I don't know where my card is

Dentures

DHS got rid of the dental program

Did not have the time and money

Did not want to spend money for cleaning. Insurance was maxed out

Didn't have a regular dentist

didn't have the time with childcare

didn't have time

Finding the time, Work is crazy busy, understaffing, training new hires

Going soon

Had a child told he had 8 cavities. I got 2nd opinion, and that dentist said that there were no cavities!

Hard to get in they are so booked

Have to travel out-of-town

Have employer-sponsored health insurance but extremely high deductible

Haven't utilized the VA, for Dental Care.

health insurance is high premium and pays out too little,

I despise needles

I do, however, believe dentistry is overpriced in the US.

I was out of town and taking care of an elderly parent

I was sick when I had the appointment scheduled and have not rescheduled.

I was too busy for my annual cleaning

I went

I worked there and was too busy to stop to be seen

Insurance dispute with facility.

insurance i have does not allow dental coverage	N/A
	n/a
insurance issue as above high deductable	n/a
job obligation	n/a
Just didn't go	Na
Kept putting it off	New to area
knew expense outweighed the immediate need	no
Lack of good dentist in the county	No childcare
lack of time	no current need
Lazy	No dental problems
Long distance - need to find closer dentist	no issues
lousy ins	No one takes my insurance
Medicaid canceled	no time
Medicare doesn't cover dental.	No time
My 5 kids + elderly mother-in-law also needed to see dentist.	No time because I don't have help with childcare
my dentist left and haven't looked for a new one	None
my doctor is really far from where i live and work	Other priorities/Lack of time
My manager goes after people who use their sick time.	pain
	Schedule
	Systemic diffuse scleroderma
MY SCHEDULE	takes time
N A	takes too long to get there, would require too much time off of work based on where I live, where the dentist is and where I work
N/A	
N/A	They're booked out 1/2 yr
N/A	Time

timing

too busy

too busy

Too far out for availability

took time away from my work, which meant
no pay

used up all my dental benefits

was transfer to a new job and didnt have
insurance for the appointment

WORK

work conflicts

work schedule

Where They Go for Care When Sick (sorted alphabetically)

Other (please specify):

Acupuncture

Amwell app or Doctor on Demand app

Atrium eVisit

Atrium Health Barnett in SC

Atrium Health Uptown Charlotte

Atrium Health Virtual Visit

Atrium in Charlotte

But I am never sick - I do have a physical once in a while but I am fit

Centro Medico Latino

Charlotte

Chiropractor

Cmc mercy

CML

Community Center

Concierge clinic

Cvs

Do not see a Doctor

doctor in meck county

Doctor in Mecklenburg County

Doctor office in meclenburg county

Doctor on Demand app

doctor outside of Union County

doctor outside of union county

Doctor's office in Charlotte

Doctor's office in Charlotte/Ballantyne

Doctor's office in Matthews

doctor's office in Matthews

Dr in Ballantyne

dr in charlotte

Dr Office in Ballantyne

Dr office in Mecklenburg County

Dr outside of Union County

Dr. Allison Novant Health Monroe, NC

Dr.office in Mecklenberg Cnty

Fhjivf

functional medicine doctor

Go to a Naturopath in Kaanapolis

Health Center at Wingate University

I don't remember the last time I was sick

I go to an Indian Land Medical Practice

I see drs in both Union and Meck County.

it would depend on the illness

JAARS clinic

Levine Cancer Institute - Atrium Health

Local clinic

Matthews Free Clinic

Medical care outside of Union County	Nurse Practitioner at work
Midland Family Medicine	Onsite Clinic through my Employer
Minute clinic	Outside of Union County due to poor care history
Minute clinic in another county	PALADINA HEALTH IN MONROE
Minute Clinic in Mint Hill Or PCP in Matthews	Paladina Health in Union county
Mostly i just don't go	Pallanai Health
my doctor is at 1401 Pineville Matthews Rd. I think that is in Mecklenburg CO	pcp
My Dr in Mecklenburg county	Primarey care Dr in Charlotte
My insurance company provides online consultations with doctors	Provider in Mecklenburg County
My insurance does not over so I don't go	see my pcp in mathews
my PCP	Self medicate
MY pcp/Urgent care in Matthews	Stay in bed take Tylenol and fluids till it passes have done urgent care but they need pmt upfront
Never have serious health concerns	Tryon Medical Partners in Ballantyne
NH Urgent Care	Urgent Care Ballantyne
None	Urgent Care Facility in Mecklenburg County
novant health	Urgent care in Charlotte
Novant Health	Urgent Care in Mecklenburg County
Novant Health	Urgent care in mecklenburg county
Novant Health Express Clinic in Mint Hill, NC (Mecklenburg County)	urgent care outside of union county
Novant Health Waverly	Urgent care outside of union county
Novant in Matthews	Urgent care outside of union county
Novant in Matthews	Urgent Care: On the Road for work
Novant Matthews	Use Functional medical naturopath

Usually I go to a local Urgent Care. Have not needed to go yet. New resident

VA

VA

VA Charlotte/Salisbury

VA clinic

VA Clinic

va doctor

VA Hospital

VA medical center

VA Salisbury

Virtual visits- cost is \$50 per visit. Health insurance plan has high deductible. Virtual visits improve access and outcomes.

Voodoo Priestess

we have to go outside of union county due to insurance is Novant Health.

Wingate University Health Center

Wingate University Health Center

Work in Stanly County

Reasons To Not Get Needed Medication (sorted alphabetically)

Other (please specify):

\$6500 deductible

2 disabled children + elderly mother-in-law also need medications.

Ashame to need mental health services

Cost of Medication was not worth the outcome

Cost too high for the benefit

couldn't afford to take the time off work to go

delayed MD response for RX refill

Denial

Did not feel RX was to my best effort

Did not go to the doctor for perscription

did not like side effects of medicine

Did not need narcotic - Used Motrin

distance to office

Doctor wouldn't prescribe

Dr is too expensive and need reoccurring bp meds

Dr. was not in the office; so I could not make an appointment for services.

epi pens are so expensive

I always get my medication.

insurance is terrible here compared to my original home state

Insurance would not approve medication

it cost a lot even with insurance

It was not a critical medicine but would have cost \$250 and since I wasn't willing to pay that for life quality, I wondered if I would have purchased RX at that price or higher if it was more critical

It was not a critical need med and more for quality of life but cost \$300 with insurance so I skipped it

It was on back order

I've always got my medicine

Just the hassle

Little coverage

My preferred medicine was way too costly. Had to settle for a cheaper one.

N A

N/A

N/A

N/A

n/a

Na

Na

Na

no

No PCP to prescribe

No refills available

Opioid ban is affecting my diet pill prescription

Over priced

Pharmacy company was 'back-ordered' on medicine. ALSO - hurricanes destroyed manufacturer of my medicine in Puerto Rico

Provider has too many restrictions and poor service causing a delay in getting my meds. Pharmacy provider not Dr

stopped taking anxiety medicine

That was for my daughter a while back - allergies/asthma

The cost of prescriptions here is exorbitantly high.

too expensive

Too expensive so asked for another option

Too expensive!!!

too expensive, even with insurance

Treated illness myself

Try to use homeopathy instead

Reasons To Not Get A Flu Vaccine (sorted alphabetically)

Other (please specify):

1st time didn't want to get the flu shot this year

Allergic to egg yolk

Allergic to it

Allergic to some ingredients

Allergic to vaccine

Allergy to ingredients in the vaccine itself

Allergy to the eggs used as flu vaccine incubation

Also, I forgot.

bad experience with one

Because of other medications that my doctor said would interact with the vaccine.

Because of what's in the vaccine other than the flu vaccine

busy

Busy and never got around to it

Can't take the flu vaccine because of me having GBS

Choose no

Choose to not get flu vaccine

Compromised immune system

DIDNT MAKE TIME

Didn't make time to do it, too busy

Didn't want it that year

Didn't want one.

Dislike chemicals in vaccines

do not believe in vaccines

Don't trust pharmaceutical companies making money off vaccines. I had many side effects from the only one I ever did. Would never recommend shot. Would recommend to eat healthy and boost immune system.

Don't know what they are really given. Don't trust

Dr's office & RA's office where both out of vaccinations

Everywhere was out of the vaccine.

Fear of needles

feeling sick at time

Forgot

forgot

Forgot to at my checkup

Forgot to get it

Forgot to get it & then it was past flu season

FORGOT TO GET ONE

Forgot too

had a bad reaction with possible nerve damage

Had already gotten flu before vaccine was available.

had reaction to shot

Have had allergic reaction to flu shot.

Have had reactions in the past

Have never had one nor have I ever had the flu

Haven't needed flue vaccine in the last 10+ years

Haven't had the flu shot in over 10 years and haven't got the flu

Honestly just forgot to get it

I am allergic to the vaccine.

I am autistic enough

I did get a shot. This webpage is not working correctly.

I do not want to get this vaccine

I feel the vaccine only covers certain strains of the virus and the virus is always changing.

I forgot

I forgot

I forgot to do so.

I forgot.

I get a reaction to the vaccine - I am more diligent minimizing the possibility of getting flu

I get sick when I get the flu shot.

I got sick the only time I had a flu shot

I got the flu

I got the flu before I could get the shot

I have a bad reaction when taking the flu shot.

I have had reactions to the shot

I have had the flu it isn't that bad

I just didn't get around to it.

I was pregnant

I will not take due to the fillers. My friends who take it get sick, I do not.

I've never had one, and never had the flu. Not a priority

If the government is pushing the vaccine on me, I will refuse. I do not trust the government.

Ineffective and not worth the risk.

it is limited to certain strains. I prefer not to expose my body to vaccination medicines when possible.

it's poison - total BS

I've never had the flu. I may change my mind about the vaccine if that changes.

I've never taken it and i've neer had the flu

Just did not get around to getting a vaccine this season

Just did not prioritize it (although I should)

just didnt

just didn't get it

Just didn't get to it. Depression and physical pain keeps me inside a lot

Just forgot.

Just never took the time to get one.

kept forgetting about it

Lack of time	Procrastination
Last flu shot made me sick	religious exemption
laziness	Scared of needles
lazy	Science indicates the flu vaccine is not safe or effective. The risk does not outweigh the benefits.
Me said not to get	Seem to have good immunity to flu without it.
Medical exemption - allergic reaction	Serious muscle weakness with flu vaccine since chemotherapy
My doctor said I didn't need one.	Severe phobia of needles
My neurologist told me not to get one with my MS.	Statistically useless
My risk is minimal.	Systemic diffuse scleroderma
N	The flu vaccine is one of the most highly reported vaccines with serious side effects
N/A	Time
n/a	Time to go
Na	To Busy
needle phobia	Too busy
Never taken it	Usually get from VA Clinic, just haven't gone yet.
Not working in medical field	vaccines are not tested for efficacy or what is in them
Our Drs office was out	was on Steroids
Out of vaccine at pharmacy	Was out of the vaccine both times I tried.
Past health issues	Was sick and couldn't receive one
Past health issues	was sick during my window to get the vaccine.
PCP was out of the vaccine and I did not make time to get it elsewhere	worry about effects of vaccines
Personal/moral objection to vaccines	
Prefer natural methods to combat the flu if I contract it.	
Previous adverse reaction	

worry about negative affects of the vaccine

Would use homeopathic remedies if I were to get the flu.

Y

Other Reasons Child Not Vaccinated (sorted alphabetically)

Other (please specify):

anti vaxers should go to school in quarantine

Child is over 6 years old

Do not have children

i answered yes - stupid survey

I don't have kids

I don't have kids

My kids are older but are all vaccinated!

My kids are vaccinated & are out of high school

N/A

n/a

NA

No child

No child

No kids

Not applicable

The risks do not outweigh the benefits. Science does not show they are safe and effective. Where there are risks, there must be a choice. It's a personal choice for each individual/family. No one should be bullied/coerced into taking vaccines.

Vaccines are unproven, unsafe, and unnecessary.

Wanted to not use bundled vaccines, in case kid has an allergic reaction to one.

You can NOT SUE the vaccine manufacturer. The National Childhood Vaccine Injury Act of 1986 -

REMOVED ALL LIABILITY from vaccine manufactures for injury or DEATH (the only pharmaceutical that you can not sue the manufacturer) - Requires all recipients of vaccines to be informed of VAERS along with vaccine administration (Vaccine Adverse Event Reporting Site – managed by the CDC) <https://www.nvic.org/injury-compensation/origihanlaw.aspx> https://en.wikipedia.org/wiki/National_Childhood_Vaccine_Injury_Act

Other Sources of Health Information (sorted alphabetically)

Other (please specify):

2 sisters are nurses

Acupuncturist

Alternative medicine provider

at my work place

At work - I work as an RN

At work; we have a PA that comes weekly

Books

books

Cannot pick just one. I do my research.

Doctor/nurse family members

Health Insurance provider

I am a Physician

I am a nurse

I am a physician

I am a physician and get info from journals

I am a registered nurse

I am a registered nurse

I have a health book at home

I read

I work as a nurse PRN currently. That is why health care coverage is so poor currently.

I work in health care

I'm a register nurse, I use research articles

Im a nurse

I'm a nurse

Im an RN

in-depth research.

Integrative health doctor from AZ.

Internet

Library books

LNP

me: I'm a nurse

medical textbooks and publications

Mother

My doctor, journals and other quality newsletters.

My educational background

My mom is a nurse

My own research

My own research. Drs do not provide health information, mostly sick care information, which is not health.

My self I'm an RN

Myself (medical assistant)

Myself. I'm a nurse.

Naturopath / my own research

ND

NP

Nursing/med journals

PA at work

Personal medical background

Personal research

Printed matter (books, magazines)

read articles on diet & western & traditional
medicine

reading

Research

Research

research

self and medical literature

Universities and scientific research at work

VA

Various verifiable research methods

wife

work

work in healthcare

work... I am a nurse

Other Sources of Meals (sorted alphabetically)

Other (please specify):

A balanced mix of home prepared and frozen

A blend of home and fast food

All of the above

All the Above

All the above

Also home cooked and prepared foods from grocery store about equally

Campus Cafeteria

catering & dine-in restaurants for work while traveling weekly

Community Shelter

Community Shelter

Equal mixture of all of the above

Even mixture of all these

Fast food and dine in

Food Banks

Half from home; half from various restaurants

Home cooked and Garden

homeless shelter

Honestly where ever i can eat at.

Mail order meal (blue apron)

Meals on Wheels

Meals on Wheels

Mix- home prepared, take out, frozen.

mix of frozen foods, home cooked, & fast foods

Need improved variety of restaurants with fresh foods like Panera bread, Mediterranean restaurants .

or home

random

Shelter

Splt evenly between home made/prepared food/fast food and restaurants

Trash

Varies

we are a vegan household

Whole Foods

Work cafeteria

Other Concerns about Water Safety (sorted alphabetically)

Other (please specify):

Accumulation of pharmaceuticals in public water systems that the water treatment process does not remove. . The high concentration of contaminants in the surface waters due to the General Assembly removing regulatory safeguards, which diminish the quality of surface waters (drinking water). Union County does not have a sufficient quantity of surface waters to provide drinking water for it's citizens.

All of the above

All of the above!!!

All of the chemicals put in the water, especially when everyone gets home from work in the evening hours.

Amount of chemicals used to treat it, so we use filters to reduce this.

Anaerobic Bacteria (has been tested before by Health Dept) and also sulfur and iron. We do not drink it.

arsenic

arsenic in the water

Bacteria and Lead

Bioterrorism

Calcium build up

Carcinogenic chemicals in water. EPA regulations haven't been updated in years

Chemicals in the water

Chemicals put in water

Chlorine odor is strong

chlorine smell

Chlorine!

Choose to use home filter

color

Concern about heavy metals and vulnerability to biological terror

Concerned contamination could occur without me knowing.

Concerned that fertilizer concentrations are too high

constant mailed notices of contaminants

County water needs to be available to all it's residents

Do not drink the tap water, purchase water from store

Don't drink the well water. Too much iron in it

Drink only bottled water because sometimes dirt comes out the faucet

Excessive use of corrosion inhibitors in our water, negatively impacts water quality in several ways.

flouridation, chlorination

Fluoride and other chemicals in the water.

Get letter frequently of high levels of contamination

Get sick when I drink it.

grit in the water

Had a water test a couple years ago and it was disgusting what was in Union County's water, purchased a whole house water filter to mitigate.

Hard water

Hardness and future contamination

Have access to county water but continue to use my well because county water tastes bad.

healthy without harmful chemicals that the govt. uses to cut corners.

heavy mineral deposits

High levels of chlorine, atrazine

high mineral and iron content

high rate of Alzheimer in union county -- could water be possible source?

horrible taste

I am more concerned about the operators of our public system. I want to make sure they are following all of the procedures at all times and that they are properly trained to handle emergencies.

I buy bottle water to drink

I buy bottled water to drink and cook with even though I'm in city limits and get regular water I'm just scared of what is in the water after being in medical field you can never be too careful

i don't drink or use for food

I filter before drinking

I filter my water just incase

I hate to buy bottles water but do worry what chemicals are in our city water.

I have a water treatment system for the well, but am concerned about pesticides in the water so filter from the tap also

I have arsenic in my water. Union County will not run a line from the main road to my home and others- homes are less than a mile from the line.

I have filtered water

I know bacteria can change periodically.

I prefer alkaline water.

I PURCHASE BOTTLED WATER

I purify my own water before I drink it

i use a whole house filtration system

Identified issues by health department

I'm concerned but, take responsibility to have the water tested. It is safe.

It has lots of "stuff (i.e. it is brown/dirt in it even with filters on home/refrig)" in it

It will run out

It's gross and dirty

It's gross, and we drink from bottled water.

Lab results of Water from County

Large content of phosphates - just found this out

leaves water stains in towlette

Loaded with chemicals.- miss my 400' well at previous home

Look

Making sure it's quality and not a lot of additives, etc.

Mineral springs fertilizer plant

minerals and over fertilizing of surrounding land.

Mold grows in sinks and toilets

Need all to be placed in county water not just new subdivisions

Our water frequently smells of harsh chemicals.

Overtime the water table has lowered and is not high as it used to be.

Pesticides, toxic chemicals, and prescription drug residues

Pink junk on spray nozzles and showerheads

Pipes within apartment

PM water smell

Red residue stains

Reeks of chlorine and sometimes brownish or cloudy.

round up and neonicotinoides (chemicals for gmo farming in our well water)

smells bad every evening, like sulfur

Smells like sewage

Smells like sulfur some days

Sometimes it smells like chlorine; other times it looks cloudy--we have a filter

sometimes smells very chlorinated. not sure treatment plants are really set to handle the growth in this county

sulfer in water

Taste and Smell

Taste is bad. I use a filter for better flavor

That it could get contaminated

The treatment method of the water was recently changed, it was terrific prior to that change. Now it has a chlorine smell and tastes funny.

The unknown

The water quality in the county is not as good as water quality in Mecklenburg County. I only drink it when it filtered.

There are always finding new checmicals in the body of streams our drinking water comes from that conventional water treatment can not remove i.e. PFAS

There's black stuff in the water

Too much iron in it

Typically use bottled water to avoid the flouride

Use bottle water

Very strong chlorine smell off and on in last year

Water is too hard for drinking

Water leaves a haze on cars after washing. We only drink the water after filtering for that reason.

We can not drink our well water due to high levels of arsenic and lead

we filter out chlorine and fluoride and other pathogens - concerned about pharmaceuticals in the water

We get mold all over our sinks and our washer from it and it has a very chemical smell to it and taste

We had so much bleach recently, we were afraid to bath our 4 year old, due to amounts. Our eyes burned and made us nauseous.

well tested positive for arsenic

Willmington, NC had issues with contamination of water (odorless and tasteless substance). Sometimes it is hard to know what is really in the water.

With the new water main we had major discoloration and smell. It seems to have gotten better but I am still wairy.

What Can Be Done to Improve Health of Adults in Union County

Affordable facilities/dependable care

Most poor health is a result of poor decision making. Poor decision making is driven by poorly managed emotions. Good health can only be obtained by teaching the citizens of Union County beginning in elementary school emotional management skills. Only then will they stop turning to drugs, alcohol, cigarettes, food, and other distractions to avoid their feelings.

1- More holistic health care options to keep us from getting sick 2- Increase the sidewalks and green space to promote exercise. 3- Replace some of the fast food options on 74 with healthier food alternatives

"1) Please initiate recycling in all apartment complexes. It isn't being practiced at Nottingham Apts where I reside. Bottles, plastics, cans, and paper should be recycled.

2) Please provide a bus system that travels down Hwy 74 and connects to other bus lines throughout Union County and into Mecklenburg County. Access is vital. "

1) Better advertising to what is available to assist those in need (ex. phone numbers for elderly assistance, encourage local churches to do "summer projects" or have flyers placed in mailboxes of elderly parishioners who may need handy work. 2) PLEASE, no more development until a plan is made to encompass the people that come in with the community. Union County is known for being a poorly planned area for the present people, yet the permits are allowed for more development. There needs to be a stop gap, where a neighborhood cannot be added without a known impact assessment. The watershed, school, fire, can the area where the neighborhood is being built, will it be impacted negatively, if so what can be done to improve to help so the neighborhood CAN be built. Yes, this will cost money for the assessment, but it also costs money later to go back and fix the problems that were not addressed. Usually, fixing the problems before they arise COSTS LESS than doing them later, when there are structures and homes, and angry people to encounter. Just a thought from someone who has watched Union County operations.

1. Public transport is needed, especially in rural areas. 2. More low-cost clinics are needed. 3. Elderly care is not ideal ... or they live alone or are in nursing homes where they are not adequately cared for. 4. Educate the community better about transmission infections (STDs).

28104 area, we need public playground equipment for this area, Dogwood is only for walking mainly

A combination of transportation and available green space.

A large portion of the population is unhealthy. People eat poorly and are overweight. Poor eating habits leads to a multitude of health related issues. More education/assistance on nutrition would be beneficial for everyone in the county.

access to affordable dental care as well as education on healthy eating and exercise

Access to affordable health care for all, including to prescription medications, dental care, and mental health care. There is only one full time psychiatrist in all of Union County.

Access to affordable organic food.

Access to better healthcare (higher quality), enforcement of traffic laws (especially aggressive driving, running red lights, signaling for turns), more parks and greenways, more libraries, bike lanes, clean up litter and fine for littering, trim trees near power lines, education funding, greater access to mental health services, greater public awareness of mental health issues and local resources, more resources for youth

Access to emergency room in union county that is part of Novant. Do not want to go to CMC in Monroe.

Access to fresh vegetables, fruits in rural areas and also areas where residents can walk to it easily. More safe walking trails throughout the county (or better advertising of the existing ones).

Access to health care. More Vocational. Rehabilitation. More unemployment services. More access to mental health care. More programs for preventing and lessening opioid addiction. More affordable housing. More resources for homeless people. More public transportation. More funding for serving people who suffer from trauma, domestic violence, sexual assault and/or child abuse.

Access to housing for the unemployed or under employed. Support for families that are working hard but still can't make ends meet.

access to parks for recreation and hiking, farmers markets that are open when people are off work

Access to wholesale house water filtration systems, personal solar panels, organic co-op gardens and seedlings for home use. Tree and environment programs for helping rebuild ecosystem. More car charging stations. Education on sustainability, eco-systems. Programs on upcycling and building communities.

Add more sidewalks throughout Marshville.

Add shoulders to all the roads to encourage walking and biking

add/repair sidewalks from neighborhoods to schools, stores, etc. so people could walk or bike places safely.

Address, interrupt, systemic racism

Adult that have children with mental illness could use more resources and support, but definitely more help for parents with children that have mental health issues. Some parents don't even realize their child have issues. We have to make changes to help these future adults and help keep other child safe.

Adults with Intellectual and Developmental disabilities need a safe/healthy place to be while primary caregivers work full time.

Advocate for insurance with copays again so going to the dr regularly (more than the preventative annual screening visits) is affordable. Also for care providers to all be more well rounded on solutions and alternatives including chiropractic care.

Affordable food for working poor

Affordable health and dental care, along with public transportation.

affordable health care

Affordable Health Care and accessibility to healthcare for people with private insurance. I work for insurance but have trouble getting appointments in a reasonable amount of time. I have to pay copays that are quite expensive when I AM working to pay for my families insurance. I never get any consideration for better healthcare when I am contributing to my own, family, and the uninsured. I am frustrated that I work for insurance but others do not and I have a hard time getting healthcare in a reasonable amount of time.

Affordable health care for all (I'm a nurse who favors a single-payer system). Too many are uninsured or underinsured.

Affordable health care for all.

"Affordable health care programs

Affordable healthy food options

*A center for teens/adults for mental health**

Affordable health care. Cost of health care is way too high. We are in debt and basically have a car payment in medical bills and we have insurance. That is absurd. Also need more communities and programs for the elderly.

Affordable health insurance

affordable healthcare and medications

Affordable healthcare for everyone!!! Men and women who don't have children as well. Even if they work or not. It's a lot of people that need healthcare but have no insurance cause that can't afford it or qualify for it. We need some kind of healthcare programs for everyone.

affordable healthy food made available.

Affordable houses, more food banks; places for the homelessness

Affordable/free gyms that offer education and exercises to people

affordable/low income clinics for us to attend. sometimes we do not get medical attention because we are unable to pay; as a result our illness becomes chronic and it could have been prevented or managed.

Air quality is always an issue, chicken houses need better filters, unfortunately that would put undue pressure on farmers. Also stagnant water nearby due to land clearing is a breeding ground for mosquitoes. Same land clearing has also forced tree debris against a local bridge with no effort at clean up.

All Adults need to take better care of themselves! They need to Eat the right foods and exercise on a regular basis and stop making excuses. If they didn't get the right education when they were growing up, they need to wake up. I'm enjoying a 2nd career after retiring from the Marine Corps and it sickens me how people just wait around for a handout. Help is for those who are physically and or mentally incapable of fending for themselves. Please, continue attempts at educating those in need.

Another source of help for those people who are not able to afford their much needed medications. People go without the meds to be able to eat and live.

Atrium should not push hospital's agenda. Need doctor's that are not employed by Atrium. Dr. pushed unnecessary test results in large debt.

Availability of less expensive food choices in areas of the county with lower income levels.

Ban vaping. Make more greenways available. Increase teacher pay.

Based on this survey, one has the impression that this is a county lacking strong public services (education, health, resources, etc.). If true, this survey's responses will be heavily skewed toward those with the means (internet, education, interest, leisure time, etc.) to complete it. Thank you for gathering what information you can and please provide the findings in a future UnionCountyNC email.

Be concerned about your health

Because I am on disability due to CNS paralysis -and am on Medicare - I have had to apply for EBT assistance for food. This year and last year, I spent TWO MONTH's worth of income to cover dental procedures which were becoming infected because I had to wait so long to pay for

them. HOWEVER, when I reported these \$2,000 procedures to EBT, they did not increase my measly \$16 a month aid. Many months, I starve to get by. I often wonder that if I were black, would I get more INSTANT aid?!?!?!?! It's not enough to be disabled and poor!?

Being a nursing student, I have realized more that a lot of adults do not understand medical terminology. Sometimes they are overwhelmed with what is going on or just do not know what things mean. Some do not have the finances to get what is needed as well. I am also concerned with people using governmental assistance that do not need it when there are people who actually do need it and can't get it. Veterans are also a concern of mine. They are a big population who needs assistance (housing and financial) but are unable for different reasons.

Being able to use SNAP at gas stations & fastfood is very unhealthy, it promotes bad eating habits and uses a lot more money than preparing food at home.

Better access to family types of services- parenting, peer support for families with autism, opportunities for middle school kids, single parent resources/assistance

Better access to services (food, temporary housing, training, medical) for the homeless and those who live in poverty. Better patrolling of the roads to prevent/curtail dangerous driving. Tax breaks for certain groups of people, like teachers, police officers, firefighters, EMS/Medic. This would allow them more financial ability to maintain or improve a healthy lifestyle.

Better access to urgent care facilities. Educational classes for people in brand new cars on how to connect their phones via Bluetooth so they don't have to hold them.

Better care by doctors

Better dental services for those without insurance or Medicaid. Better transportation options, ie bus system

Better educate citizens on healthy choices and available options nearby to increase either exercise. If there is a Farmers Market in Union County advertise it, as I am not aware of any Farmers Market outside of Charlotte.

Better education on insurance access when your job doesn't supply you with insurance

Better education regarding obesity and childhood obesity.

Better health and wellness programs for low income and poverty level adults. Also better affordable mental health counseling

Better healthcare coverage

"Better infrastructure building (Roads) that are built in relation to the massive amount of housing developments. Union County approves far too much residential building without requiring improvements to the traffic congestion they bring.

Find a way for the traffic engineers to utilize metered intersections instead of timed. It is not hard, has been around for a very long time and highly successfully applied in many other cities. There is so much frustration and anxiety that the intersections here put on people they speed more than needed and run lights as well."

Better mental health service for all

Better or improved access to transportation or transportation services would improve access to jobs, doctors, and recreational activities; exercise.

Better quality grocery stores (think Fresh Market, Whole Foods - Union County is a bit of a food desert when it comes to good groceries stores). I have seriously considered leaving the county because it seems unreasonable to have to drive to the next county for good grocery stores that offer quality produce and healthy options; The County needs healthy dining options (enough of the fast food and chain restaurants); a commitment to more open space especially greenways (including a well-thought strategy to connect into the Carolina Thread Trail network and link the network of parks within Union County, a bike lane strategy for the county.

better quality/healthier food at lower cost. More locations to be active such as parks, etc.

Better sex-education. Abstinence only education did not work at all for my high school (graduated 2011). It only meant that when kids had sex like they were going to anyway, that no one knew how to use a condom correctly and they thought withdrawal was effective. Many babies have been born from that ignorance in Union County.

"Better support group for the family and friends of adults that has mental issues that help everyone cope with any kind of health issues Mental or other ones

these groups should be anti judgemental "

Better water, more options for groceries - sprouts, trader joes, etc.

Better, more accessible healthcare services

Bicycle lanes on designated bicycle routes. The roads are too curvy and hilly (and narrow) for safe sharing of the road, especially with large groups of riders.

Bike lanes on all major roads, getting the waxhaw YMCA opened

Bike paths.

Bike trails!

Bring in more healthy restaurant options/farmers markets and cleaner water supply.

Bring more free clinics to Marshville, Wingate, and Monroe area. Provide public transportation to Marshville, Wingate, and Monroe. View the data to improve these areas that lack healthcare and transportation.

Bring Novant out to more locations in Union County, including Urgent care and ER services.

Build more parks

Building sidewalks in the areas that will allow people to walk and and bike without fear of being hit. Placing street phones for older people to have access to call in an emergency. Building more bike, walking trails in the areas that doesn't have trails. Improving water taste. Building Roads with proper design

"Cane Creek Park is wonderful, but the county needs to invest in more facilities county-wide that gets people outside.

It is in the lower corner of the county.

Everyone spends too much time on devices and not enough exercising and enjoying nature and walking."

Can't think of anything.

Cheaper access to fresh food

Cheaper insurance

Cheaper organic food so people can eat better, and less chemical, and steroid in meats and food. Not good for our body and health

Check the city water. It constantly smells like sewage

Children in the public schools are not being taught personal responsibility, but rather being taught a toxic mixture of dependency and blaming others for bad outcomes. This has serious long term impact on health. The one thing that would have the biggest impact is to teach children in public schools to take responsibility for their health and every other decision in life.

Clean up trash on streets more. Use inmates more. Thank you.

Community health centers for all communities.

Community/ Healthy Restaurants / incentives.

Complete more of the Carolina Thread Trail in Union County

Concern for elderly health in Union County. Places for them to go or a organization to go to their home to do sessions with them daily.

Concerned about our water. Ever since you guys took a sample it has smelled even more like chemicals I get pink mold and black mold all over my appliances I'm scared to be with my baby.

Concerned about the quality of some of the school districts in Union county (not all just some)

"Consistent HEALTH EDUCATION through various social media, increase the number of community health fairs (possibly 2 per month for 3 years), have the company health nurse make mandatory department education visits. I believe people want to learn but aren't aware of what to ask.

Thank you for listening."

Continue to create green space and parks and build sidewalks.

Continue to cultivate Cane Creek Park into a quality of life destination for all people to enjoy

Continue to provide free information for our community to assist with resources for them.

Continued education for people that need additional resources to improve their health and well-being.

Control growth; preserve greenspace; include public transportation. Participate/lead regional planning. Monitor water quality. Be an advocate for climate change studies/remedies

"cooking seminar for the older generations with health issues. Allowing us on the track of the elementary school for the track only. The library needs to be open past five pm. more classes for elderly/people with health issues."

"Correcting our substandard road conditions for driving safety would decrease automobile accidents in our county.

Correcting the flow of traffic would decrease stress for everyone.

Adding sidewalks to densely populated areas so people can walk instead of drive to nearby stores and restaurants. It is terrifying to see young people walking in the grass close to the busy 2 lane roads. Walking seems to be discouraged by the lack of sidewalks. "

Could start with the little kids on learning and applying things that matter in school.

Create a more sidewalks or bike lanes that would allow my family the ability to get around without using a car. Connect downtown Indian Trail to neighborhoods east on Monroe road.

Create a public access area for older citizens to encourage better physical health which, I believe, would benefit the mental health and be a role model for our younger citizens.

Create additional negatives in both perception and costs associated with tobacco and Vape use. The amount of health issues known to be caused by tobacco should be enough to minimize use, but it isn't. More outside pressure is needed to convince people that their money would be better spent elsewhere.

Create better road infrastructure in congested areas & drastically limit the building of new housing & commercial units until the infrastructure has met the current demand. It's absolutely dangerous driving in some of the towns in the county: Monroe, Indian Trail, Stallings,

Weddington, Hemby Bridge, Waxhaw, and Wesley Chapel. There is far too much traffic as well as the running of red lights and texting while driving that causes added stress & danger for drivers. Improve patrolling & response times of sheriffs & emergency personnel by increasing staff & number of hubs, especially in areas that are built-up. Each town really should have its own police department to deal with the influx of people and the issues it presents.

cuts to medicaid funding

Decrease the unemployment rate because people need jobs to excel good.

Demolish at least half of the fast food restaurants on 74 and don't allow people to buy candy, junk food and sodas on EBT.

designated bike paths, low cost group fitness classes at community centers

Disposal of household items more often; every other month at curb

do a better job of funding outdoor spaces and protecting green spaces.

Do not over build developments-I love the rural aspects of Union County

Don't know

Done make it hard for people to get help.

DSS should be improved, they are crooked shouldn't put kids into mixed race or bad homes, need to know when a person is a victim instead of a bad mother, DSS, ruined my life FUCK YOU

Easier access to affordable health care and more advertising of the information on it.

Easy to access and affordable mental health facilities

Eat healthier and disinfect most things etc.

"Eat healthier food if more accessible and less expensive.

Begin and exercise regime.

Have access to healthcare and low cost prescription access, regardless of legal status."

Eating smart, mild exercise, mental health/spirituality, proper sleep

educate more

Educate more adults. I'm from a county nearby and I've never met so many people that were so ignorant about their health as I have in union county. Too much processed food is consumed and people don't think they need to worry about their health - they have the "we gotta die of something" attitude.

Educate people about proper health & make it available & cheap.

Educate people how to properly recycle AND clean up trash along the roads and waterways. It's very sad to see so much trash.

Educate the people on how to eat healthy

EDUCATING adults in Union County is pivotal.

Education

Education

Education and creating value in self-care (e.g. lifestyle habits/choices).

Education classes on healthy food and lifestyle. We have become a sick world because we eat processed foods that most people don't realize are killing us (Garbage in, garbage out). Then we go to the doctor and they think the answer is medication. We are one of the sickest countries in the nation and no one stops to wonder why. We should be focusing on nutrition like we are focusing on the opioid crisis.

Education to take away stigma of mental health.

Education!

Education, affordable health insurance and affordable health care. More parks, walking trails especially in southern end of county.

Education, resources, awareness, accessibility for people who dont or cant get to the doctors offices low or free cost wellness events that are advertised to the entire public. le like on a billboard/flyer sent home with kids from school.

Education. Assistance for mental health costs. Healthy food options more readily available at decent price. Tax benefits for being healthy.

Eliminate toxic cleaning products from schools and child care and use plant based cleaners. These toxic cleaners are not helping our children!! Bio accumulation of toxins are doing more harm than good!

Encourage activity through events at local parks.

Encourage good diet as way to health. Stop pushing vaccines and drugs.

encourage healthy lifestyle choices

Encourage more outdoor fitness by building sidewalks throughout neighborhoods in the county.

Encourage walking/ swimming and use of public facilities

Ensure pipes are updated, clean and not contaminated us.

Equality across the county, regardless of income and races

equally with access to food- community gardens- more availability for low income housing-
Help for seniors to stay in home

Everyone do their due diligence to preserve the environmental state of the county, country and world!

exercise

Expand medicaid

Expand medicare, more access to affordable insurance affordable housing, Living wage jobs, transportation.

Facilities (indoor/outdoor) for walking, biking, playing sports. Material and/or live people to give info on eating healthy and staying healthy. Free dental, vision, diabetes, melanoma, hearing screenings.

Families need access to mental healthcare. Unfortunately, if people do not have Medicaid, or other health insurance, they do not receive healthcare for mental related issues.

Finances; Fresh food and better food choices " Healthier"

"First, Social Service workers need to step up and show compassion for anyone who walks through those doors.

Second, form partnerships with local vendors. Since UC is a small, treat it like a community by sharing and expanding resources. Show the community that you care and help them make important decisions. Fickle workers do harm to people in need of Social Services. Unfriendly fire will turn people away. It's hard enough for people to ask for assistance. Listen to them, be present and help clients feel at ease. "

Fitness center in the Marshville Area

Fix Obamacare don't destroy it.

Fix the roads not the pet projects. Stop building until you have schools and road structure to support and stop the bullshit of fleecing us at every turn. UC used to be beautiful 10 years ago but no more. It is dirty and the building looks just like Queens. It's a disgrace!

Fix the traffic congestion which is a major cause of stress and anxiety!

Food choices are limited (healthy choices) and healthcare is so expensive.

free check ups 1 time per year.

Free dental

Free Health Care

FREE HEALTHCARE please! The main reason I don't get the help I need is because almost nobody will take Medicare or Medicaid. Only the lowest quality facilities and procedures can be used for me.

"Free medical no payments"

Free medical. No bills no payments

"Free services"

Free workshops for all parents with options for birth to teens free workshops for their kids and Better public transportation from rural areas in Union County

From what I understand, quite a bit of adults in Union County are overweight or obese. Something needs to be done to combat that statistic. Doctors could more aggressively approach this with their patients, perhaps. Maybe more parks can be built that would encourage residents to be outside more. Or outdoor gardening could be encouraged in some way.

Get a mobile hospital

Get an affordable gym, like the YMCA funded and BUILT. More indoor activities for hot summer days/rainy weather.

Get government to stop making decisions for local environment

Get off drugs, take care of yourself, exercise frequently

Get rid of so many illegal immigrants who do not pay taxes, use our services without paying and take good jobs from Americans.

"Get rid of trump. Healthcare in this market is way too expensive. Some of the most expensive in the nation. Organizations like Novant are robbing us blind. They charged me \$250 for a shingles vaccine that I can get through GoodRX for \$139. RiteAid gave me my second dose with 0 copay. Novant you charge TOO MUCH

HEALTHCARE REFORM!"

Get rid of vaccine exemptions! No Question!

getting them to the doctor so they can be more healthier

give us insurance medical and alternative medicine free no pay or a cost

Go green be more organic

go to the doctor on the regular basis

Government handouts and free health services to those spending money on drugs versus priorities. Drug usage is an all time high and many of them have government assistance of some sort.

Green space and outdoor areas are not widely available. Developments are not held responsible for creating publicly-available spaces while adding people who utilize those few that exist. "Walkable neighborhoods" are not prioritized with limited focus on planning and zoning to support it.

Group discussions about what's going on? Prevention/ future past/present/future

Have credible health clinics for qualified seniors who do not have insurance nor Medicaid by which to access wellness/preventative checks.

Have healthier options for food shopping Trader Joe's. Stop with the fast food restaurants. How many more French fry serving restaurants do we need ?

Have more help to help people, mentor, more community activities, and more programs to help improve stability of work, income and finances. Better Minimum wage.

Have more programs during the day for senior citizens to keep mentally and physically active.

Have sidewalks, better lit streets and official bicycle lanes as well as more green space to enjoy the outdoors.

Having available resources for new migrants. Undocumented migrants. They have no health insurance or funds.

Health centers near Indian Trail with more family friendly options... Ex: YMCA

Health coverage being easier to access

Health fairs at actual places people go- churches, etc.... work at hospital and think there is high health illiteracy in Union County

Health food store

Health is an individual situation and decision. UC could have tons of opportunity and poor health if the individual does not take healthcare seriously. UC does plenty already.

Health of adults in Union County would greatly improve if they eat better, slept better, exercise more and stressed less. How you go about getting them to do that? I don't know. Most people are set in their ways and are lazy and take the easy way out. I say keep fighting the good fight getting the information out there but focus on the kids so they become healthy adults by making good choices.

Healthcare costs are very high if considered alongside most other costs of life (rent, student loan debt, etc)

"Healthier food options in Monroe, vegan/vegetarian stores

Help to cover fees to a gym for low income parents or stay at home moms to avoid postpartum depression

Healthier foods - no more junk fast food places - more education about the environmental and health issues animal ag is causing this planet. Look out in eastern Carolina to what the horrid pig farmers are doing! selfish and evil - people need to know the truth. Animal cruelty, health issues, world hunger, environmental destruction ALL from animal farming! research it - you will see yourself. Of course Big money in Animal Ag and big Pharma - FOLLOW THE MONEY!!!!

Healthier restaurants, there are too many McDonalds, Taco Bells, and other poor choices. There is also not enough elderly services for my parents such as taking them to their appointments, most services are out of Charlotte and it takes too long to get them there.

Healthy cooking classes for communities at the local community centers in Union County.

Housing (affordable housing)/ more job opportunity for people and criminals due too give people second chances

How bout healthcare for working people who can't afford it.

I am concerned about the lack of doctors and nurses in the area and well water living in the New Salem area. I also wish there were healthier food choices/ different restaurants or other things promoting being healthy vs. saving money and buying cheap fatty foods.

I am not sure - but this kind of survey gets people thinking and I appreciated the opportunity to evaluate my health/life choices. Thank you.

I am not sure how much the County does to support and help drug (RX/illegal) addicts but I would put my efforts there.

I am not sure, I do not live in Union County and have only worked here a short while.

I am speaking about myself but I think we have gotten lazy and do not get out and do what needs to be done to keep us healthy. The doctor says exercise increases energy but that's easier said than done. I also believe eating processed foods are unhealthy but they are cheaper than fresh foods. Money is tight so we buy cheaper. Lastly, we need food to survive and we say we don't have money but there seems to money for drugs and alcohol. We can't continue to blame others for what we put in our bodies that harm us. I believe some issues with providing for health benefits are due to money and jobs but also some don't have money or jobs because they are on drugs and alcohol. We're not teaching kids how to break cycles of the past and be healthier so I believe things will get worse. People have to be more responsible for the choices they make.

I am very fortunate to be healthy and am able to maintain a healthy lifestyle. I realize though that it is difficult for lower income families to eat healthy foods as they are more expensive. I am not sure of a solution for that.

I believe everyone should have health insurance.

"I believe that having bike paths would be very helpful. For example, there are many cyclists that use Crane Road in Northern Union County. It is quite dangerous for the cyclists and the motorists because the listed speed limit is 45 mph and the cyclists travel at about 15 mph. With a safe path, it also could encourage children to ride a bike or walk to school."

I believe the lack of public transportation is a great concern in Union County when it comes to seeking health services. The one bus that comes out here makes 1 round trip to Union County with very few places for pickup. Union County is growing exponentially putting a lot of drivers on the road to surrounding counties, particularly Mecklenburg, for health services.

I don't know why people are allowed to free burn. Some days the smoke is so bad you can't even breathe. I know lots of people on the Lake Park Facebook page say the same thing. The burning is terrible and it gets into your house and it triggers asthma and stinks.

I enjoy and I feel my group mental health therapy is god but there are times i wish I had more one on one help to help me with some of the fears and anxieties i have about me and how i am handling life situations. I still have a constant fear that i am failing in my responsibilities to see doctors, manage my mental health, manage my life and handle financial issues to get help in the areas i need help in.

I feel like our senior citizens need more housing opportunities and transportation assistance.

I feel that people need to be educated more, maybe start in the school systems with more info on gardening, cooking, canning, alternative medicines,. Maybe put home economics back in our schools and require students to do these things. Teach our kids how to balance a checkbook and prepare a budget to live on and then maybe when they reach adulthood, they may know more than our current younger generation will.

"I filled this out in its entirety, but accidentally hit ""submit"" before I wrote this answer.

I think there is a desperate need for a full fitness facility north of Monroe in Union County (pool, etc.). Like around the Stevens Mill area. I think a YMCA or such would get a ton of use in that area and would drastically improve overall fitness of residents in that section of the county. Thanks for considering this. "

I firmly believe it is not the government's responsibility to improve the health of adults. I think it is a shame we even have to take this survey. People make choices everyday...they choose their path. It's time we started taking ownership of our own lives.

I have an adult child with autism. There should be more programs to help provide jobs or activities for adults with developmental disabilities.

I haven't seen much opioid/substance use response coming from the government or other organizations in the area. I think providing the community with evidence-based interventions to prevent and address these issues is important to the health of Union County.

I teach in a low income school and see poor nutrition as one of the greatest problems. It leads to students with other problems, such as low attentiveness in school, other health problems, etc. Education about good nutrition is nice and all, but the biggest issue is that healthy food is MUCH more expensive! Why would low income families shop for healthy, organic produce and whole wheat products when they can get McDonald's burgers or a bag of Takis for under \$1 each? Until healthy food becomes less expensive than those loaded with sugar, fat, and chemicals, people will continue to have poor nutrition, which leads to nearly all other problems.

I think free indoor places to walk would be helpful. I enjoy walking as an exercise but rain, extreme hot or cold or afraid to walk alone after dark are preventatives. I do not prefer gym facilities but would like to have places to walk indoors.

I think more public recreational facilities can be established. When I lived in South Carolina, they had a rec center that was a little less than 10 dollars a month for residents within city limits and about 15 for those outside city limits but within the county. If we could have places like this spread out instead of just the overpriced Aquatics center, more people would be willing to exercise. Finding an affordable place to exercise that you feel comfortable at is just not very easy in Union County.

I think some type of healthy living incentive for County residents would be great. You could earn points for healthy lifestyle choices and use the point for discounts around the County.

"I think that drugs are a huge concern and that the law enforcement doesn't have enough control, nor the school safety officers, they know certain children doing it and can't do anything."

I think that we need paved bike paths and walking paths and more green space.

I think the schools need to hire health education teachers so that they can educate children and teens about risk-taking behaviors and health disparities. Healthy children and well-informed teens are a good place to start.

I think walking spaces and recreation areas need to be created and improved. I just see shopping centers being added on every corner and they all include several fast food restaurants that are unhealthy.

I was sent to emergency room from Minute Clinic several months ago. They order a CT scan and sent me to a surgeon who ordered an MRI. NO ONE LISTENED TO MY SYMPTOMS. ALL I NEEDED AFTER A MONTH OF ENDURING SYMPTOMS WAS LESS THAN \$3 WORTH OF ANTIBIOTICS BUT I HAD A HUGE MEDICAL BILL BECAUSE THE EMERGENCY ROOM WOULDN'T PRESCRIBE THE ANTIBIOTICS TO START WITH!!!!

I wish there were more programs to help young drivers get insurance so they could get their license.

I wish Union could have portable clinical for health screen and dental 3 times a year.

I would like to see more integrative health doctors available.

"I would love to see more community programs helping one another.

The feral cat population is a huge issue and Union county needs to take steps to TNR and promote better health care for pets especially spay and neutering. RABIES VACCINES FOR PETS. There are many people who do not vaccinate. Dogs run off leash in towns and pose dangers to drivers, as well.

There is also nowhere to really go if you want to spend time outside without driving a long ways.

There is also hardly any resources for LGBTQ people and youth outside of Charlotte/neck county.

Union county library needs more funding because they promote literacy and help people and they offer free services like Hoopla and do great community programs especially for youth. They also provide A/C during the hottest part of the days in the summer.

Marshville is almost like a good desert with only Food Lion and Walmart in Wadeboro and Wingate.

Healthcare is my main concern and people still don't have insurance.

Mental health is also a huge issue in this area and daymark tries to help the community but it is hard when they have a huge influx of patients.

Thanks for listening. "

I would say do things to take care of families, and public education is probably most important for families.

I'd like to know/see if the Union Co Health Dept offers free services, like immunizations for children and adults, as well as some healthcare needs. (Physicals, Pap smears, routine physical care, mammograms, birth control, x-rays, etc.) After initial exam, referrals to low cost healthcare.

I'm in severe poverty and have had a difficult time getting help

If all children (birth to age 17) were covered under Medicaid, regardless of income, that would help families like mine keep our kids healthy. My husband's employer insurance is based in Illinois and does not cover outside that state. We have to pay out of pocket for everything, and so we have to pick and choose what health services - and when - our kids can receive. Medicaid coverage for our kids would free up funds for healthcare coverage for US, so we can get the

basic services we need (annual flu vaccine, mental health services, respite care for elderly in-home) to live healthier lives.

If health insurance was cheaper and medical/dental services was not so expensive - adults would take better care of their medical needs. Because of my situation, I take of my children's needs first and then my own. Health insurance options are very limited in Union County when you do not qualify for medicaid.

If they are like me, it is their fault that I/we are in the condition we are in. It's not fair to blame Union County.

Improve more workshops on Health Literacy to continue educating our community of the importance of Health aspects. Implementing more educational / recreational programs for the entire family over the summer. Increase more participation on Parenting programs that can help parents have a healthy relationship with their children in order to address mental health problems in our community.

Improve roads and sidewalks to make walking a safe activity.

Improve school lunch quality. In still better health habit teaching in school.

Improve the infrastructure - Widen the roads, widen the roads, widen the roads!

Improve traffic and reduce development...all to reduce the stress of daily commuting.

improved access to mental health services

"Improved transportation and access to all medical specialist including infectious disease for HIV care , addiction medicine with improved rehab, psychiatry and psychology services , rheumatology care, geriatric specialist , neurologist for dementia care, and Bariatric medication for obesity. "

Improved transportation options, more exercise for all!! Improved nutrition choices

Improving people's driving habits and improving the roads to make it safe and reasonable for people to use transportation other than driving their car to get to work/grocery store etc.

Incentives through insurance or facilities.

Include healthier food options into the community. Also, involve the community into more outdoor activities.

Increase access to greenway paths throughout the county. Invest safe spaces for kids and families to enjoy in low income neighborhoods

Increase areas for outdoor exercise, walking trails. Pursue water safety related to arsenic in well water.

Increase awareness of the consequences of our unhealthy lifestyle choices.

"Increase diversity in government offices - may mitigate the effect of racial disparities in health

Provide training on racial bias - conscious or unconscious that continues to increase toxic stress in minority populations which leads to worse health outcomes. The fact that maternal mortality in black women with a college degree is 4 times higher than a white woman without a HS diploma is just unacceptable. The US maternal mortality worse than some third world countries because of racism. I am disheartened when I enter into most governments offices that provide services to residents of Union County, and look around and see zero diversity. At one point my family questioned moving and we ask the questions - why Union County doesn't just post a sign that states, "" jobs for whites only?"" Sad but true"

Increase minimum wage

increase opportunities for free/low cost exercise, easily accessed via sidewalks or greenway paths. Decrease the number of poor food options among low income areas, create opportunities for community gardens and local farmers markets.

Increased walkability (<https://www.walkscore.com/score/union-county-nc>). Increased safe lanes for riding bikes (all kinds). Promote designated areas for crossing roads. Launch an educational campaign for drivers to stop or slow down for the safety of passerby. Set more cameras to deter speeding. Install CCTV cameras.

Indoor exercise facilities that are inexpensive or free to community besides Carolina courts but similar with exercise equipment and pool

Indoor Track where everyone can't watch you run. I used to go to a gym, but I quit because they wanted everyone to wipe down equipment after use, but some people didn't, so I had to end up wiping down before and after. The rules need to be changed to only before, because that is for our own protection, if someone doesn't want to wipe down, then let them catch something

Information needs to be easy to access.

"Infrastructure needs serious improvement. Widen the roads, add traffic circles and traffic lights where needed. This will save many lives.

Create more recreational parks, walking/ bike trails. A decent YMCA.

Improve our water supply"

Install seat belts on school buses for children. Have air conditioning on school buses. Tell US Government to stop dumping all those chemicals, heavy metals and micro organisms from the air plains. Ask US government to stop manipulating the weather.

insurance should cover counseling; provide more recreational places; build a public pool that is open to the public on a daily rate; build more healthy restaurants in these growing areas like Wesley Chapel and Waxhaw

"Invitations to health forums and fairs.

Listening to their concerns. "

It could be beneficial to have low cost exercise classes for Union county residents. Maybe something easy enough for older adults to do. It'd be a good/healthy way for older adults to be active and socialize. I feel like adults 40+ y/o are sometimes lonely since a lot of houses out here can be far apart. Something social would be nice for that demographic

It would be great to have more walking paths like Charlotte. I would love to have a Greenway put in around the airport that connects to downtown Monroe.

"It would be nice if some research could be done into the many contaminants this area seem to have in it's well water. The levels of arsenic and lead in our well are more than three times the recommended limit for consumption. I know it's not an easy fix, but we only know it's in our well water because our house is only a few years old...those with older wells may be drinking high levels now that were completely fine when they first moved in.

Years after we moved in, a water line was ran down our road...creating an option to fix our drinking water problem...but the cost to tie on to it is far too high to justify doing so. Right now we purchase or drinking water, spending maybe \$6-8 per month on it. We were told that tying into the water line would run us anywhere from \$3000-\$6000, and then of course the monthly bill for use.

I've lived in the county my whole life...have no intentions of going anywhere! Thank you for your time! "

It would be nice if the YMCA with a pool could be built in Waxhaw.

It's improving but access to reasonably priced fresh organic fruits and veggies

It's not a county thing, it's a government problem. Healthcare is too expensive, the ER is utilized for bullshit things because the illegals and unemployed or underemployed without insurance abuse the system because they can't afford a PCP.

It's mainly up to the person his/herself. Much can be done, but the person has to take initiative and take the steps to be healthier. Take the steps, eat the correct foods, drink the water, etc. Control what you can, pray for the rest.

jobs

Just need all around improvement

"Keep preserving land for recreation. People need to be outside doing things.

Thank you!!"

Kick out all liberal crybabies to reduce my general stress level.

Lack of transportation other than car. Neighborhoods are not walkable. No easy access from sub-development to market, schools, parks, etc. Stress from long commutes and traffic. Union county is allowing too much growth with poor planning.

Legalize Marijuana

Legalize marijuana for medical and recreational use. The amount of pharmaceutical drugs needed by our community would go down and we all can use natural medication given to us by our Lord and savior. Marijuana would bring stress related illnesses to a minimum and the town of Waxhaw would get a huge revenue from it for our schools and public workers.

Less co-pays, more affordable prescriptions

Less fast food restaurants in area, more farm to table

Let adults 55 or older get Medicaid to supplement third employer insurance. I'm 60 years old and I have serious health issues. And just in three straight days I have \$209.00 in co-pays from 2 specialist and an MRI. And after all that I'm scheduled for a surgery that's going to take me out of work for 8+ weeks. Sure I have ST and LT disability plans that will pay my bills and maybe put a little food on the table. But how do I pay my co-pays and my part of the surgery bill. I'm 60 and I work 40 hours a week and take all the overtime I can just to make sure my disabled wife and I can eat and live in this dump we can't get out of because the rents are to high everywhere.

Like i said in previous question, it depends on which area of the county you are looking for as there are different concerns for different areas of teh county.

Love a free ac building for a walking track. Some times too hot out to walk or raining. Monroe has the aquatic center but memberships are high just to use walking track.

Low cost health insurance premiums

Low or no cost water exercise classes, more knowledge on services available

Lower medical cost, improve the quality of doctors at the hospital and in some doctor offices

Lower speed limits- 55 MPH on narrow country roads

Lower taxes.

Lower the price on health cost.

Make abortion legal

Make county water available to more rural areas.

Make drinking water available to EVERYONE! Make fresh foods affordable to everyone!

make health care go down. raise the limits on what people can make so maybe people that are borderline can get help with thing.

Make health care more affordable for those without insurance.

Make healthy options less expensive.

Make medications more affordable

Make medications more affordable

Make medications more affordable!

Make more parks & walking trails available so people can walk from their homes. It seems you need a car to live in Union County.

make more pedestrian friendly walkways.

Make more places walkable/bikeable so we don't have to drive everywhere. My son's elementary school is less than a mile from our house, but there is only a sidewalk partway to it, so it isn't safe to walk him to school!

"Make our community more walkable, Currently there are not sidewalks the entire way into downtown Waxhaw.

Also would love to see the Thread trail connect all the neighborhoods near Millbridge and Prescott on Waxhaw Marvin"

Make sure our water supply is clean.

Make sure that senior citizens and veterans have county offices to contact where those offices have all the most current information and services available to assist them. Even if Union County doesn't provide all services, many other organizations, especially where veterans are concerned, do have this information. Examples, Veterans Bridge Home, NC Serves, the Red Cross Coping with Deployments free online class at redcross.org/cwd.

Makes me have diarrhea if I don't filter it

Making it easier to walk to places (adding sidewalks, pedestrian crosswalks, etc) vs always having to drive. Preserving greenspace by limiting both commercial and housing development.

"Making resources available to others more known, such as distributing informational flyers out in schools, having more of a outreach on social media, working with companies such as grocery stores to let people know.

Providing care for people who cannot afford it (I know many people in Union County who don't have any health/dental insurance), because it is stopping people from getting the care that they truly need.

Educating people more! Education can help and prevent many issues. For example, it would be a great idea to require in health classes (like gym classes in high school) to certify people in CPR, or just teach them community CPR.

It would be a good idea to also add first aid kits (including tourniquets and other first aid needs) to very populated community areas. "

Many elderly individuals who are well below the poverty line are considered to have too great of an income to receive assistance.

maybe a "health" day event with some free screenings, natural ways to be healthy to stop intake of toxic chemicals in food and such. booths for testing strength, stamina, spine alignment, feet...things like that that other resources that specialize in them would be willing to participate in order to help get the word out that people don't have to suffer, there are resources, how to find them etc.

Maybe host more outdoor activities such as 5k's throughout the year.

Maybe offer more health "fairs" in more public/central places. I know they've done them at the Ag Center and SPCC but maybe pick a business, the mall, or Walmart where you can reach more people. Reach out to the youth more, maybe posters of healthy choices in the school or like food art to make it "cool". Stressing to youth about protecting themselves, making counselors more available.

Medicaid services to those that do not have children

Monroe water needs to be addressed. Several times per year, I can't even purchase drinks at restaurants in Monroe. The water tastes HORRIBLE. It is only in Monroe, because during the same periods at other cities, it is not that bad. I'm sure they are doing something terribly wrong. I also appreciate any effort for restaurants to offer healthy choices.

More access to affordable healthcare. Better job opportunities that offer insurance benefits. Low income/poverty leads to poor health. Programs for youth to keep in school. Education is the KEY to a healthy life - healthy income - to everything really!

more access to affordable healthy foods, more restaurants that serve healthy options, more parks and recreational spaces for outdoor activities and exercise

More access to affordable, healthier, and nutrient-dense food.

More access to continuum of care from primary care to urgent care and rehab facilities local vs having to drive to Mecklenburg county

More access to education regarding healthy options around the county. Greenways and bicycle paths.

MORE access to exercise and recreational facilities.

More access to exercise, lower fruits and vege's.

More access to MH services for both adults and children. Many providers do not take insurance and those that do, have a wait list. When someone has a MH concern, they should not have to wait weeks-months to see someone.

More access to public recreational areas would be good. Lack of Public Transportation in Union County is a major problem - can't get to grocery stores selling healthy food, can't get to DSS to apply for WIC/Food Stamps/Medicaid, can't get to the doctor to prevent emergency issues, etc.

More access to recreational opportunities. Help citizens have access to local produce.

more addiction and mental health services, especially for middle income people. More mental health providers

More affordable health care options and cracking down in the drug issues that plague our community.

More affordable health care, more senior programs, better drinking water, affordable medication.

More affordable health center especially for exercise and regular health.

"More affordable health options for lower income

Patients and transportation for them. Also education on basic health risk, management, and control. "

"More affordable healthy eating choices.

Education on prevention of spreading colds, viruses."

More affordable healthy food. Childcare at aquatic center that does not refuse to provide childcare services to autistic toddlers who hit other children (like even healthy toddlers are frequently known to do) because the children are not being watched well enough bc that is precisely why I don't go. And there is no other gym that provides childcare services in my area.

more affordable housing and childcare to allow money for food and medication; increased control of controlled substances and illicit drugs; greater enforcement from law on illegal drug use/abuse/distribution; more public info on alcohol health related and safety issues

More affordable housing and public transportation

More areas for fitness activities. More sidewalks.

More availability to get mental health assistance and transportation for the elderly, not just indigent but all of them

More awareness in the media and at community access points such as grocery stores and shopping areas.

More bike lanes on road, and sidewalks

More bike/hiking trails/recreational parks

More consumer driven healthcare options. More independent medical practices and free standing diagnostic and surgery centers.

More discussion about mental health issues for everyone, especially students.

More education and access for low-income/low-education people.

More education and accessibility

More education on resources for seniors as well as gyms/rec centers closer to wingate marshville without having to drive to monroe.

More education.

more exercise choices on outskirts of cities in the rural areas. more housing for homeless, lower cost healthcare for everyone. Some of us that have jobs still cannot afford the drs office visit as we only have deductibles and if there is labs and appt everything is billed separately and becomes to expensive. would be nice to just have 1 billing from dr office visit or ed visit instead of all the separate billing

More Farmers' Markets

More flexible UC Transportation scheduling for elderly and more park equipment, walking tracks or splash pads at the parks in Monroe.

more free exercise programs, The water smells and taste like dirt or all algae. Our neighbors are on section 8 housing and she is always struggling with having enough food stamps for her family. Also, she wants to work but if she works her bills go up and she cannot afford it. This is NOT how the system should work! She is being punished for trying to better herself and her family.

More free transportation services for the elderly and in home help for the elderly.

more green space, biking trails and biking lanes along roadway

More green space, parks. More affordable recreational activities for children. Need the YMCA to be built.

More green spaces and opportunities for free group exercise.

More green spaces and parks with longer walking trails and play equipment for children, and easy access. BAN use of any handheld devices while driving to cut down on SO MANY ACCIDENTS. What is wrong with this state and county that we can put a ban in place which so many other states have??? Cannot drive down the road without seeing someone literally texting while driving. You try to control my uterus, but we can't tell people to put their damn phones down for county-wide safety? Insanity.

More green spaces, Farmers markets, fresh food in food banks.

MORE GREENWAYS...PARKS, WALKING PATHS. YMCA AND OR RECREATION CENTERS ETC.

More healthcare fairs, more accessible screenings and information, less fast food establishments, proper nutritional information to encourage more fruit and vegetable intake and less meats and fats

More healthy options

More healthy places to eat in Union County. Less fried food restaurants.

MORE HELP FOR ADULTS OVER 30

More help for the homeless to get health care and prescriptions filled.

More help for those with diseases

More help with the doctor, because there are many people without health insurance.

More in home care services, transportation for adults to get to appointments, more recreational opportunities such as having a YMCA with a pool and running track.

More insurance

"More low cost clinics"

More mental health services are necessary for those who have issues and their families. To pay more attention to the parents who have children with mental illness, to listen and know they are telling the truth when their child has serious needs and makes threats to their life and the life of others. A mental health hospital is badly needed in Monroe as not everyone is willing to walk into the ER or urgent care there.

More mental health services that provide services to people who do not have insurance or the ability to pay.

More nature preservations, less construction

More needs to be done to help our seniors that live on a fixed income, a lot of them have vision and hearing problems but cannot afford to have those addressed due to their inability to afford glasses and hearing aids. It is disheartening that our county offers FREE medical care to pregnant females and children, and dental care, yet our elderly citizens are not eligible for assistance with their needs. If more time could be spent towards our aging citizens, it could promote lifestyle changes and thus less complications from chronic illnesses.

More nutrition/fitness education. More healthy, affordable food options and less fast food options. Some type of reward program for making good, healthy lifestyle choices. Offer free preventative health screenings.

More opportunities for good paying jobs in Union county, so that more people can avoid commuting to Charlotte.

More opportunities for physical fitness that do not require membership

More Opportunities to produce and purchase locally grown food in town.

More options for mental health and shouldn't need a referral

More options for working out.

More organic food options and less income disparity

More outside parks, skate park near Indian Trail, low cost organic foods, knowledge about exercising and healthy food choices to all.

more parks / green ways / disc golf courses

More parks and investment in roads/bike lanes/sidewalks.

More parks and recreation facilities for public use that are free to use. More recreational activities for youth THAT ARE AFFORDABLE.

"More parks in City of Monroe. Nice Walking trails; sidewalks.

There needs to be more assistance for seniors."

"More parks on this side of 74 (Hemby Bridge, Unionville, etc. areas) that are actually for adults and not for ball teams. I am tired of every play area around here being taken over by rec. leagues. We need areas for hiking, basketball hoops, simple playgrounds.

We also need more libraries on this side of the county. With the way 74 is now divided it is almost impossible to cross over to get to the other side during heavy traffic times. Citizens should have been consulted about the super highway design. "

"More parks, greenways, and recreational facilities

Public safety

health fairs that partner with local athletic clubs

quality food in school lunches."

More parks/ green spaces. Decrease congestion- too much driving time to exercise

More parks/greenspace

More parks/recreational areas in rural areas, free well water testing, public water supply in all areas of Union County.

More places and opportunities to safely get physical exercise. Greenway trails would be great. Currently it is deadly to walk, run or cycle in most of Union County

More programs for those that don't qualify for Medicaid.

More public education (in schools and with adults) and affordable access to healthcare/medications/healthy foods

More regulations with roads—more round about and turn lanes. The traffic and additional growth in the area makes driving very unsafe. Need more police to enforce rules with all the heavy traffic

More resources needed to address mental health needs. Availability of services to address physical and mental health when income is an issue. Transportation to appointments without limited restriction(ie.,must have Medicaid to ride buses). Someone to check in on the elderly routinely. Mandatory treatment for addictions or sanctions.

More resources to preventative alternatives. More active lifestyle for youth and parents to encourage more activity for health reasons. Less fast food options and more home cooked meals and preparation. Access to resources for people who are low income to afford a nutritious diet and meals.

more safe parks

"More services for the elderly or disabled.

Access to house accommodations and home repairs for the elderly or disabled at a discounted price.

Example: I need a ramp but can't afford one. I have fallen down my front steps too many times and sustained injuries that were bad.

Also household repairs are too expensive. Need somehow to have a clearing house of people who will help at affordable rates perhaps subsidized by the county so we can stay in our own homes

Example: Rotting floors and mold. Things not covered by insurance.

There are people who slip through the cracks when they are ""not in the system"", or not in section 8 housing etc.

People put on disability do not have enough to live on or make repairs.

It's no wonder the rates of depression and suicide are high. Stuck in the middle with no help."

More sidewalks

More sidewalks and bicycle lanes. The county as a whole lacks sidewalks outside of dense neighborhoods and access to bicycle lanes in nonexistent. Also the western part of the county continues to grow and roads continue to be impacted. I see 3-4 wrecks a week at Chestnut Lane and Matthews-Weddington road and now a 300 unit apartment complex is supposed to be built there. This only increases traffic, pollution, and further contaminates our groundwater supply.

MORE SIDEWALKS AND CROSSWALKS, SHADED PLAYGROUNDS, ENCLOSED RECREATIONAL GREEN SPACES FOR FAMILIES AND SMALL CHILDREN

more sidewalks in wesley chapel so we could walk in town

more sidewalks, clean up roadways, creeks more frequently

More sidewalks.. the roads are too narrow to walk on safely on country roads.

More stringent requirements on housing developers to incorporate sidewalks, walking/biking paths, green space and connectivity to parks. One thing that is really bad about Union county is the fact that you cannot get anywhere without driving a car. There are very few sidewalks/paths that allow people to move between their residences and services.

"More support for Caregivers of someone with Alzheimers Dementia related diseases. Eldercare Legal Guidance.

More support, push information, for those without health insurance - Dental and Vision, not just medical as dental issues/infection affect physical and mental health negatively.

PREVENTATIVE medical care for people that don't have insurance.

Reproductive health care and FREE birth control especially in light of horrific abortion bans going on around us - PREVENT unplanned pregnancy in the first place.

Our Teens need mental health support and CONFIDENTIAL services for those that were sexually assaulted/abused.

I have health insurance through my employer but so many friends, neighbors and even loved ones unfortunately do NOT have Health Insurance and can't afford the medical bills so just don't go to the doctor. Which exacerbates the issues....

They panic when hit with a \$250 bill for walking into Urgent Care, can't afford the medications without prescription coverage. These are people making over the poverty limit so do NOT qualify for any assistance They are working as well and just make enough to 'live' - we need more care for the majority of people in our county that FALL THROUGH THE CRACKS..."

More than one aquatic center. Less expensive and 24/7 access as needed.

More trails & green ways to connect less sparsely populated areas with towns in county. Improve pedestrian & cycling Lanes on rural roads so it's safer to bike from homes. Now we have to haul bikes to trails to ride coz we're not comfortable biking on roads in county or state. More recreation centers in county.

More trails and greenways! Need wider roads with shoulders. More sidewalks and walk/ride-ability through the towns/county.

More trails and youth programs (affordable, because \$200 for private soccer or baseball are not) that are not only located inside Monroe town but extend throughout the rural areas.

More transportation and more affordable housing.

More trees; Less buildings; Too much growth / Too Fast growth

More Walking and biking trails that are open to the whole town.

More walking paths and sidewalks

Most of the poverty of Union Lies in Monroe, Wingate, and Marshville areas the closer you get to Anson County or Stanley County. It appears that the healthcare systems focus more on the areas of Union County lining Matthews and Ballantyne near 485. There needs to be more healthcare focus on the Monroe, Wingate, and Marshville ends of Union County. That's where the low income and poverty areas of Union County are not Indian Trail, Stallings, Wesley Chapel, Waxhaw, and Weddington. I'm a life long resident of Union County. I know. I've heard Atrium plans to build a hospital in Stallings there's no need. The need is on the other end of Monroe or the border of Stanley County.

Much improvement has been made over the years. I wish there was more equity in opportunities within the county to improve health.

My family would be happy to help children or families in need, but we don't know where or how to do that. Having a person to talk with to support families in the community would be very helpful.

N/A

n/a

N/A

n/a

Na

na

Need a easy FRIENDLY place to see dr or ask for help with power water when really in need and not feel like you are a bum or terbal person sometimes things happen not everyone trying to get bills paid all time but things come up can't pay when do go t get help even if once a year you are looked and felt like your terbal or something.

Need health care for under insured as well as no insured - even the free clinic discriminates especially against people under 40.

Need more affordable access to dietitians. More affordable and more psychiatrist in waxhaw / uc area.

Need more health education around prescription drug misuse, safe storage and disposal of precription medications, need more permanent medication collection drop boxes, underage drinking and Ecig use

need more parks, farm stands,homeless shelters

Need more pedestrian-friendly and bicycle-friendly paths and roads.

Need more resources to help caregivers.

need reasonably cost effective exercise facility and pediatric office/family practice

Need to have programs for people to participate in that will yield real jobs from local employers .Perhaps we have this already but have not heard about it. So, this leaves me to ask the next question. How come this is not widely advertised if it does indeed exist already?

Neighborhood parks, public transportation, safe farming practices, affordable and healthy grocery stores.

New U-turn intersections on Hwy 74 are causing confusion to motorists. I have seen many near accidents at these intersections recently. It's only a matter of time before someone gets hurt. (If they haven't already.)

No

No

No

No

No

None

Not at this time

Not spend excessive amount of tax payer funds for programs of non-tax payers (new social services complex); use funds develop programs for health and wellness of Union County Citizens.

Not sure if there is a meals on wheels program in UC, but if not, that would be helpful for the elderly. More trails/greenways, YMCA, family affordable fitness with childcare and child camps/activities. Bike lanes and more sidewalks. More affordable healthier eating options and grocery options.

Not sure, feel Union County does a good job in the community.

Not that I may think of

Nothing

Nothing that I can think of at this time.

nothing that I can think of other than expanding urgent care/ER access into Union County for after hours care.

Notify public sooner when the public water supply does not meet state standards.

Nutrition and the Elderly

Obesity is rampant! Need more outdoor and indoor physical fitness centers. YMCA/YWCA!!!!!!!!!!

Offer county health fairs

Offer easier/cheaper doctor visits for elderly & citizens with no insurance. The same with prescription drugs.

offer education for health & wellness, offer more alternative options, promote a healthy lifestyle, increase the ability to obtain affordable organics & natural products, offer more classes that focus on yoga, aerobics, fitness, stress reduction & the importance of a healthy diet!!!

offer incentives for healthy lifestyle choices

Offer low-cost adult dance classes

Offer Medicaid to middle class with ongoing medical problems.

Offer more community programs to teach people about healthier eating choices, and educate people on how to live a healthier financial life by making better choices.

Offer more health insurance alternatives.

Offer more juvenile programs to help build the future.

Offer more Mental Health services at times when people can go that work.

Offer some type of affordable dental program, I have regular health insurance but can not afford dental insurance and suffer many dental issues as well as gum disease and have no option for a dentist because I can't afford a dentist and pay bills.

Offer weight loss incentives and lower cost to attend YMCA and other fitness facilities.

offering leave pick up 2x a year. they get wet and that is how mold and breathing issues start.

On the county level, I would like to see more affordable or free areas to exercise safely or a free class on weight loss and eating healthy that is offered and a convenient time for those of us that work. but most of the improvements in our health will need to be done by us taking individual responsibility for our health and making it known when our needs are not being met.

On-going campaigns to start walking clubs, more affordable access to gyms and more street lights for early morning or late night outdoors activities.

open gym out toward Marshville, more programs for children, free breakfast and lunch for school children

Other than the fact that most of us have mainly sedentary jobs, don't eat well enough, don't have the time to exercise enough and are addicted to our cell phones... we're doing alright.

Our county is setup for the efficient movement of cars, as it should be, but there are no other options should a person not want to drive. There are no sidewalks on most roads in Union County. Traffic is at a breaking point. Meck County can get a roundabout on Tilley Morris built in a month but Pleasant Plains and Potter intersection has been pending expansion for a DECADE. The infrastructure within the county has not kept up with growth. Road expansions seem to be directed to wealthy areas rather than the most needy. EVERY ROAD in Western Union county should at least have a turn lane. The traffic isn't going to go away if the road isn't expanded, there will just be more cars on an already stressed road.

Overall healthy lifestyles - parks, trails

overall I think healthcare costs are just too high. We also need more Novant Facilities in Union County so I don't have to drive to Charlotte.

Parks with walking/biking trails, educational programs. Library programs would be great too; we have not been impressed with the library here!

Partner with health clubs/rec centers to provide lower cost memberships or "free days" for those that cannot afford the regular rate so they have access to better their own health.

Pay care givers more. CNAs are among the lowest paid healthcare professionals, yet they are the ones that spend most of the time with pts. If we paid CNAs more you may would have more quality in this field. People would care if they were about to lose a well paying job for not doing their jobs.

People need to be held accountable for their own lifestyle choices. The county can't be responsible for everyone's problems.

People need to get a physical every year and try their best to eat healthy

People need to learn how much impact they can have on their personal health by the choices they are making about food, stress, sleep and exercise as well. Maybe after they have increased concern for their health, they will increase their concern for their environment and all the industrial farming related toxins they are exposed to in this county. They models we currently have are not sustainable either for health or the environment.

People need to pay more attn. Things need to be accessible

People need to take care of themselves. The government should have affordable clinics everywhere for those who can not afford insurance or are at the poverty level.

People need to take responsibility for their own health. Income is no excuse.

People need to visit older people more often

People should follow a whole food plant based diet with no added oils. This lifestyle reverses many diseases like type II diabetes and heart disease and improves health.

People without health insurance need better access to health care. The Emergency rooms in Union county are extremely busy with patients who do not have emergencies, but can't afford to get health care anywhere else. The ERs are also full of people who need mental health care and can't get this care anywhere else. This creates a huge problem because the ERs are not operating as efficiently and people with true emergencies are not getting the care they need. There are also no places for people to go with dental problems and these patients wind up in the ER too. These patients are often disappointed because the ER can't "fix" their dental problems and are referred to a dentist, which they can't afford.

Permanent Medical/dental clinics, free or reduced cost.

Physical Activities

Please continue with the community outreach. Our community lacks of health information, do more community fairs and engage the community.

PLEASE have the fire departments really crack on on the trash burning idiots that do this here. It is illegal everywhere, and I had to get the EPA involved because the firemen will NOT enforce the laws about that until many many complaints are made. Neighbors ought to get a severe fine on the SECOND act of burning their garbage!!! My neighborhood has been a complete misery because of this issue, and no one local is doing a darn thing about it.

"Please offer more parks and green spaces with hiking trails.

Elder care is critical. We need high quality retirement and nursing homes as well as elder services such as meals on wheels, day care, and transportation to medical appointments.

Our homeless population needs access to mental health services, food, and shelter."

Please stock our stores with MORE locally grown produce. Educate public on how they can grow their food also either through literature or social media. Parks with more equipment adults can use.

Pollution awareness

poverty level

Practice healthy habits, food, mental health, etc. from an early age to instill that practice in kid's lives

Preservation of greenspace; investment in infrastructure by developers, to include greenspace preservation and enhancement, medical, and educational facilities; caregiver respite program; educational opportunities for recipients of WIC and other public assistance on how to make the most of available resources (including budgeting, cooking, and parenting).

Preserve green space and trees! Especially in Waxhaw

Programs to provide free meals to school-aged children once school is out of session for the summer who receive free meals throughout the traditional calendar school year and a program to "recycle" unused food from the cafeterias to provide to communities that need meals (boxed meals from leftovers, etc.)

Promote active lifestyles, intermittent fasting, portion control. Americans are just plain lazy and fat.

promote home cooking

Promote proper sanitation. Hand washing and staying home when one has a fever or bowel issues. Sanitation and courtesy for the community. Also, due to the "shedding" of live vaccines (Flu must, MMR, Chicken Pox, DTAP, etc) so that we do not have outbreaks please pass a law that there must be a 2 week quarantine when exposed to a live virus (you do when someone has it, so when someone knowing "has" it ie injected via vaccine then they should also be

quarantined.). Recently vaccinated spread the vaccine strains. It's a shame we would all be healthier if they would quarantine recently vaccinated for 2 weeks.

Protect natural spaces and land from over- development. Since farming is a big industry in Union County, I do get concerned with pesticides and herbicides as well. In fact, I wish there was more public education regarding health implications of using products like Round Up. It's all connected. We're all in it together. What our neighbors do impacts each of us. I also wish there was more information available about the environmental impact of single-use plastics and how that impact affects us humans. There is no reason that our local grocery stores should be providing (and for free) plastic bags to pack our groceries. They end up polluting our air and water, hurting wild life and throwing natural balances out of whack. The chemicals are harmful to us and makes us more dependent on fossil fuels. We could live a lot more cleanly and healthfully. Thank you for your time and interest.

Provide a service to provide companionship/transportation for outpatient procedures like a colonoscopy. I'm single, mobile, and licensed to drive. The requirement of the medical profession for a colonoscopy is that I must have someone drive me, remain at the facility during the procedure, and drive me home. I can't Uber, taxi, or have someone drop me off and pick me up - the person who drives me must remain at the facility and drive me home. How many others are impacted by this "requirement" and therefore can't have outpatient preventive screenings?

Provide affordable dental. Most of my health issues are coming from having bad teeth. I need them pulled out and dentures but can't afford it

Provide affordable public workout activities.

"Provide easy access to free birth control for low-income men and women could be helpful.

Education to help parents understand the importance of childhood immunizations to their child and community. "

Provide free healthcare for people with no health insurance.

Provide free Public Transportation system

Provide free well water testing.

Provide greenways and parks around the neighborhoods

Provide low-income/underserved union county residents with a venue that houses multiple social need resources (e.g. DSS, Veterans' Services, Public Health/Dental, Work/Employment assistance services, etc.). This may help increase the likelihood that these residents can/will seek out appropriate assistance programs as these services are located together. Mecklenburg Co. has a great example in their Community Resource Center on Freedom Drive.

Provide more access to the eastern part of the county to balance wealth.

provide more activities for abled and disabled adults. have more transportation so people can go outside Monroe for fun things not just drs appointments. Walmart can get boring. taxis are not cheap--30 plus drs round trip to go to Indian Trail for fun can be out of reach for low income people. Homeless get treated better than people who struggle to find a reason to get up in the morning. sidewalks are horrible in Monroe--blockage of trash/trees/signs make it dangerous for wheelchair users and others.

Provide more affordable options for people that are unemployed and need healthcare/prescription coverage.

Provide more exercise facilities for the elderly at affordable cost

Provide more green spaces for activities outdoors, such as hiking trails and more parks

Provide more public trails and libraries

provide public transportation

Provide the opportunity for every home to have access to public water and sewer. This would address drinking water concerns as well as address unmaintained septic systems. Also, the county should have a minimum housing code that is adopted and enforced. I have seen farm animals with better living conditions than many adults and children in this county.

Provide UNIVERSAL HEALTH CARE to all citizens of Union County.

"Providing a community center that is affordable for family to join to exercise and provide more outdoor community programs in Indian Trail.

Something needs to be done with the way people drive in the area, there is a lot of rode rage and reckless driving daily. More traffic cops should be available and people should be held accountable for the way they drive. Maybe require classes for people that are found driving reckless. I drive from Indian Trail to Charlotte for work and I see so many near misses due to people driving without any care for the other people on the road. "

Providing more education to the public regarding health, financial workshops, how insurance works--for example how to read an EOB or understand there coverage, and also how to use different patient portals for access to records.

Public education program on the government channel. Could cover health, fire safety, and public safety information.

Public leaders show priority for active lifestyles, including increased recreational opportunities.

"Public Swimming Pool(s) with free or nominal cost of admission would improve the health of adults in Union County. Most newer subdivisions have a pool. However, many residents of Union County do not reside in planned development. The aquatic center is great but Monroe is

not convenient for everyone. Union County could supplement/support the efforts of individual towns to open public pools.

There has been a sign off Providence Road in Waxhaw indicating that a YMCA is ""coming soon."" I believe the sign has been there several years now. Is there anything Union County can do to hurry this along?

Public transportation

Public transportation and affordable housing are two issues we have discussed for years in this community. The issues continue to go unresolved.

Public transportation that would give all access to medical care

Public Transportation, more affordable housing and affordable health care.

Public transportation..a bus line would change union countys entire situation, so many people do not have reliable transportation and this effects a persons ability to work which keep familys in poverty . A bus line would fix so much.

Publicly reduced price gyms for people who need assistance, as well as college students.

Punish the criminals for the crimes they commit and stop using working class adults to pay for revenue to support local and federal government. For a safer community of happy, healthy people. Confront the "Opioid" problem. The doctors whom give out this stuff are making money and causing people to loose everything, especially there health, both mental and physical. Yes dope dealers.

Put a rail system which travels from Monroe, through Indian Trail, through Matthews, ending at Uptown, Charlotte, NC

Quit building houses in Waxhaw and clear cutting. Soon there will be no green space. Drive around Charlotte and look at all the trees. Where are ours?

quit giving away free: housing, medical care, food, food stipends, etc. There are too many welfare recipients exhausting good resorces

Raise pay or lower healthy food prices. More drug prevention, Rehab Resources, Jobs, Trade Training opportunities early for young adults.

Recommend a whole food plant based diet based on scientific evidence and not marketing and lobbying. This could stop the number one killer in the United states, which is heart disease, it can also prevent, stop and often reverse type 2 diabetes.

reduced costs of workout facilities, more affordable, open all times

Relocated from the North and not many Doctors take Emblem Health Insurance. Very disappointing

Remove bicyclists from roads

Rental homes should be inspected prior to renting for air quality, mold, sewer. Both rented homes I occupied had issues with mold in the air conditioning and ducts. And one has issues with septic system not operating properly and the landlord is throwing dirt on the leaks to cover it up. Or maybe draining to back yard on top of ground. They evict you if you complain. This is an Emergency health concern in my opinion

Residential development is absolutely out of control! It affects traffic, school capacity, environmental quality. etc. Please consider the impact on the existing community and environment to allow for responsible healthy development.

Restaurants that offer healthier alternatives. Remove the fast food restaurants - too many in union county.

Restrict the use of glyphosate and focus on healthy lifestyle living instead of sick care. Promote more holistic approach to healthcare. Also, provide more services available for those with disabilities, especially with IDD/autism. The health outcomes for those and their families are much more poorer in comparison to the general population.

Roads

Run more public water mains on the east side of the county. Public Works do not follow the direction of the County Commissioners sweeping changes in personnel and attitude needed.

Schools can better meet the needs of kids with learning disabilities, ADHD, anxiety, and depression.

Seminars on specific health issues, including Q&A with local health professional. Free blood tests, free eye/vision test.

"Shorter Survey

Public Transportation

Knowledge of health services available."

Sidewalks and greenways for exercise and safety

Sidewalks, safe walking trails, bike paths, restaurants with healthy choices not part of a chain, park located outside of downtown Monroe around the area by the Rolling Meadows Country Club area.

Some how make medical insurance affordable for everyone. Encourage people to go for physicals and preventative care. Maybe protect children and have physicals done in school. Just because people have a good job and have medical insurance does not mean they are ever

prepared for an emergency. And the costs associated with it. This is a big topic. Also there should be some room for comments with some of these questions.

"SPECIAL NOTE: This survey is extremely long."

Stop allowing developers to build new neighborhoods and high density housing. Infrastructure can't support it which negatively effects all aspects of residents' health.

Stop building. have builders pay for infrastructure and maintain greenspaces with every build . Maintain sewer and water pollution prior to and with each build . Make energy conservation solar lighting heat. Have the each of the schools plant gardens teach how to /farm feed the families the elderly the produce. (double benefits).

Stop providing them food and housing without working for it and make them get up and get out and find a job or make them do public service for the goods and services that they receive. If a person is able bodied, they should earn their keep. That is the problem with this county and country. There are too many people with an entitlement mentality. I had nothing, but have worked hard and it is not right for others to take what I have worked for when they are too sorry to be successful, because they can be. I started working at McDonalds at 16 and have worked my whole life. People have gotten too sorry/lazy to work for anything. Stop handing out freebies....

Stress is high and traffic and congestion on the roads make it worse. I work over 50 hours a week and commute around 2-3 hours a day.

Stress Relief Classes

Stronger incentives not to use tobacco or vape, i.e. increase the Union County tax on those items.

Taking time to help those that are less fortunate.

Tax incentives for certain body health standards.

Thank you

The availability of more free park areas.

The cost of health insurance is ridiculous. We are encouraged to acquire insurance but it's so unaffordable that it's almost impossible to pay for it.

the cost of health/dental services is deterring most residents. some simply cannot go to doctor/dentist due to the cost.

The Emergency Room is used for non-emergency situations. It would be nice if the non-emergencies would be categorized into one section and the emergencies get handled faster. My 84 year old mother has been to the emergency room in Monroe twice within the last few

weeks. She sat in the waiting room for two hours before being seen. This was even after the doctor's office calling to let them know she was on her way.

The lack of county water in many areas greatly impacts growth and health in this county, and there does not appear to be a push to add county drinking water in areas that have not shown as much growth, particularly the east side of Union County. Well water is not always the healthiest depending on substances in the water, and additionally (outside of health concerns) this lack of county water impacts fire and insurance services.

the only way to improve adult health is to start with their children in elementary school. if children are educated about healthy diet in a positive way, they will teach their parents and hopefully could begin to break the cycle of poor nutrition & exercise habits an improve quality of like for the next generations.

The price of health care is too much for the average Joe. It needs to be affordable for all!!

The state of our environment has enormous impact on our personal health. Union County needs to do more to keep our environment clean. We need to out more resources into recycling, decreasing air pollution, preserving green space.

The water is a huge concern!

The world today is far to stressful and so much is already placed on Union County employees asking the general public to come up with more to pile on them is wrong.

"There is a high number of people who abuse drugs in Union County, particularly, Monroe. The crime in Monroe is crazy. Moved here (out in the country, thank goodness) a year ago, but honestly, can't wait to move away from here.

Also, the roads have no shoulders. Why? People could use their blinkers while driving. That is a major safety concern and a cause of anxiety while driving. "

There is a wide variety of socioeconomic statuses across Union County. I think that the eastern portion of the county needs additional access to basic human necessities (ie. doctors appointments, workout facilities, women centers, etc.) whereas the western portion of the county typically has access to all resident needs.

"There is much stress caused by commuting to work. Put in a turning lane in Stallings at Pleasant Plains. Don't approve more construction without improving the roads to carry all those people to work. Get light rail to Charlotte to cut down on traffic.

Also if there was a chance for semi-affordable healthcare many people could and would change jobs but we are all stuck where we are because we need healthcare. If I could pay a reasonable amount for healthcare similar to what I have at work I would retire and then I wouldn't care about the roads anymore."

there is no transportation here they need to put something in place the city is growing. The roads need to be expanded and there needs to be more stores brought to the county to do basic things like shop, etc.

There is not enough activities in the County for Teens, Elderly or Adults. We need more to keep our residents engaged and teens out of trouble.

There is talk of having a YMCA in Waxhaw. That would be wonderful! The YMCA and Aquatic Center are too far away to make them convenient for use to me.

There needs to be a balance in life for parents and kids. Kids are expected to be in numerous activities so they can put this on their college applications, and parents want to keep them busy so they stay out of trouble. Kids and parents are constantly running which results in eating unhealthy meals and no time to exercise. This is contributing to the obesity issue that we have in the United States.

There needs to be a serious drive to encourage healthy eating and regular exercise. Simply walking around a local store you can see that obesity is an epidemic and needs to be talked about more than it is. It is basically normalized and that is a huge problem. Not only does it negatively affect cardiovascular health but physical as well. The human skeleton is not meant to hold so much excess weight. Severe obesity can and will immobilize you and destroy your joints. Everyone needs to eat healthy and stick to a regular exercise routine. You will be much healthier and happier.

There should be more done to protect the health of children in Union County. Kids with disabilities who aren't getting the therapies (speech, PT, OT) because insurances aren't covering what is needed so they can grow up to get the proper education needed so they can be more independent and be able to get jobs and feel that they are a part of the community.

There should be more service so they can get to them too.

Think more about widening the roads and adding turn lanes on Weddington Road (84), Old Monroe Joe, East John and Waxhaw and Indian Trail roads before the subdivisions are built because they are overwhelming our roads already and we shouldn't wait for the subdivisions to be finished and on the tax roles make the developer pay for this when they start building in Union County. Thoughts of David Pokornik

"Three things: 1) Medicare-for-all;

2) Digital inclusion efforts teaching people how to use MyChart and obtain reliable health information on-line. Tele-medicine (for example, Facetime doctor's consultation) and the bandwidth to support it would help with older adults, the homebound and those with transportation/mobility issues to get access to the care they need. But most residences in the rural part of the county can't get better than 10 MBPS, if that;

3) You ask about locally grown food, but you don't ask about affordable organic food, or affordable food raised without antibiotics and teaching providers & patients why this is important. I worry more about things like MRSA and superbugs due to overuse of antibiotics than I do 'bioterrorism'. The real bioterrorists are the big agricultural companies using increasing levels of herbicides on GMO crops, and antibiotics in the food supply creating superbugs, and selling unhealthy, highly processed foods. "

To be affordable, especially if you don't have insurance. I can't get Medicare because they say my income is too high, but I used all I got to pay bills and don't have anything left to go to a doctor

Too much fast food! Decrease speed limits!

Traffic congestion is increasing at a steady rate. It causes stress and is reducing the quality of life for residents. In the event of a real emergency that requires evacuation, there would be a real concern for this area. Not to mention the need for emergency services and the delayed arrival times. There is a massive population growth and roads are not equipped to handle the growth demand. This continued growth will cause some area residents to eventually move out to find a better living environment. This area is being sold to developers without any thought to the residents who already live here and the quality of life.

Traffic flow

TRAFFIC! It has become awful in Indian Trail. All the new turns on 74 are TERRIBLE. I cannot see how adding more red lights to 74 will increase traffic flow. And now I have to turn right and then left to go across the Blvd. Tell me how that saves me time! I wish the residents had a chance to vote on this construction and road changes.....

Transportation for elderly is concerning. I work as a triage nurse and very often when pts call in and need to be seen, getting to the office is a problem. No friends, family, church members, or don't qualify for transportation assistance with DSS. (DSS requires 3 day notice for appts - pts often need to be seen same day) Cost is another factor for people of all ages that hinder pts from coming in when needed to be seen. We need more options for free transportation on demand for office visits, or offer affordable in home care solutions.

Transportation is a big deal. Need options and make it affordable. They need to be able to go to the doctor and appointments.

transportation, free medical care, housing (safe & liveable), programs to maintain self-sufficiency.

"Trash on sides of roads needs picked up.

Roads needing repaving especially around the new Monroe Bypass.

Affordable elder housing.

More sidewalks.

Create continuous greenways.

New slower speed limits around dense populations or intersections.

"True Greenways and more hiking trails in Monroe would be wonderful. Our town is adorable and beautiful but it seems like the only way to get out into nature is drive 20 + minutes to get there. Stress is proven to decrease when people can get away from the day to day and enjoy some time outside. I know we have the diverse biology we just have to find a way to utilize it"

Union County has provided excellent parks and recreation areas for exercise. I would say the first improvement would be to have more communication about mental health services that are available.

Union county needs more parks and green space

Union County needs to add more sidewalks to the areas surrounding down town and the hospital. A lot of residents are within walking distance of services, but the roads are too dangerous to walk. Also, people are trying to be health conscious, yet are walking or biking on busy roads that are unsafe for foot traffic.

Union County should look to ensure the quality of drinking water within our county.

Union County should promote physical fitness by creating accessible fitness tracks, trails, stations, centers in the rural areas of Union County and target the 40+ demographic and subsidize the 55+ and older age groups with incentives to get/stay fit. Nothing fancy, but if you look at the Monroe Aquatics Center and build some of these near the rural schools where the campus property could incorporate outdoor fitness in addition then it would be promoting and providing our citizens a much needed resource. It's sad the Monroe Mall and Aquatic Center are located in the city. (in my opinion). It may reduce the need for so many fire and EMS calls for service.

Union county should strive to keep air and water as clean as possible. Try to educate people on how lawn treatment and herbicides pollute our drinking water and reduce biodiversity and poses a threat to us. Educate people on keeping their storm water drains clean.

Union County's main problem is that it is being overdeveloped with no plans for building new schools. The schools are overcrowded and it's affecting the quality of education. In addition, traffic is getting incredibly bad, affecting our daily lives in a very big way.

Universal health insurance, improved access to psychiatric care and access to drug addiction programs

We are providing services (WIC, food stamps, Medicaid) to illegal immigrants and we have US veterans who are hungry/homeless. How is this acceptable?

we do not have greenways or parks where people can walk safely in Union County. The closest are Matthews and off of Rea Rd

We need AED's in more public spaces, especially ALL of the baseball and football fields.

We need more greenways or places to walk.

We need more medical offices.

We need more parks for walking our dogs and having fun. Public pools that dont require you to be a part of the neighborhood and have a key card.

We need more parks with walking/biking trails that is safe for females and children.

"We need more parks, greenways, and sidewalks connecting all of the different areas of Union COunty, instead of more and more roads and housing developments. It's embarrassing to have to drive into the city or even Matthews where there is even more congestion, just to be able to use areas without cars and trucks polluting the area.

Parks and greenways are good for the community."

We need more public pools and plays area in the Monroe area.

We need more sidewalks, more areas of community activity. Our city does not have a greenway that connects different areas and where individuals and families can spend positive outdoor time. Our community is too car-centric.

We need resources for specialty services such as endocrinology, gastro, dermatology, hospice or palliative care, mental health. We have limited facilities in Union County. Novant needs to add these services to this county.

We need universal health insurance for everyone. More access to healthy food, more education about diseases, exercise etc.

We need walking trails and bike lanes around us. Bikers are always riding and we done even have shoulders for them to get over in! Very dangerous. And I'd love to be able to bike and walk around our town.

While Indian Trail has a great parks and recreation department, Union County is severely lacking in this area. Additionally, the road designs are not only unfriendly to bicyclists, but quite dangerous. If there were ways to bike or walk to nearby parks I think physical and mental health would be improved.

Wish it was easier to find local resources for people in need of help of different things. Such as help with utilities, or fixing a vehicle, what ever they may need. Even the little things like help around the house inside or out. People with disabilities struggle even with the little things. I

have a hard time a lot, but since my truck broke down and I have had to use Union County Transportation. I have met people that have it worse than me.

With rising tax base and diminishing open space in the region near Stallings/Weddington/Indian Trail the county could plan to purchase land for parks and general open space. They improve the value of homes and make the community desirable. There is no turning back once the land is sold to development. There is a lack of public parks in this region and Union county should not see Cane Creek as the only park. It really needs to improve.

With the growth in Waxhaw I believe that a better Police presence is really needed on our roads. Also a stronger and better enforced law on texting and driving is especially needed!

Workout groups (FREE) for people who can't afford memberships and recreational centers/gyms include healthy eating classes and community gardens.

Would be nice to have a novant hospital in Union county

Would love to have a Whole Foods locally

Yes- be more proactive and be responsible

Yes better water, cleaner air, and better roads and road signage

Yes make Medicaid more available to certain conditions and or health conditions Such as dental (x-ray exams surgery) eye exams & prescriptions (bifocal or trifocals transitional)

yes more walking trails,parks, bike paths and sidewalks for people to get to where they need to go safely.

"Yes

Lowering the ridiculous taxes in this county would greatly reduce everyone's stress. Using taxes to fix the poor road conditions would also greatly reduce everyone's stress levels. Union County needs to stop wasting so many tax dollars on ridiculous projects. Again lowering everyone's stress levels. "

Yes, expand Medicaid so that all citizens have access to medical care. If that cannot be done, more free and sliding fee scale doctors and DENTISTS should be in the area so that our citizens can receive the care they need. Also, we need a dedicated transportation system to get our citizens to and from so that one they can possibly get jobs that will offer health care or they can go directly to the doctor when needed.

Yes, Get information out about housing codes. There are so many slum lords that just rent crap holes to people that cannot afford anyplace else to live. So, they say nothing for fear of being homeless. Also, what about all of the seniors that have no family and need food or help with daily issues. WE NEED MORE PEOPLE AWARE of Habitat for Humanity and get the drug dealers and prostitutes out of the public housing apartments. WE NEED Code enforcement officers to

check properties and inform poor people of their rights to a safe place to live. NOT just pay rent each month because that is all they can afford. There are trailers on Rogers road that should have already been condemned.

Yes, I am constantly getting letters saying that the quality of our water is not suitable for the elderly, infants, or the immunocompromised... Why do I have to pay for water that I can't use in the first place. Sure, I can use it for a shower... but I still have to go buy bottled water for drinking. Is the County going to refund that to me out of my bill? I don't think so.

Yes, more education to everyone about their healthcare. Focusing on prevention and being proactive and not reactive.

yes, more gyms are needed, less fast food and more healthy food options

"yes, more parks, more green ways to encourage walking, biking.

better grocery stores (trader Joes, whole foods, earth fare etc.)

better choice of restaurants (stop the all you can eat buffets)"

Yes. We desperately need more parks and open space for people to use. Union County has been growing at an extremely fast rate during the last 20 years. I think more regional parks in the northern, central and eastern part of the county are needed to serve the needs of the residents. The programming opportunities for youth and adults would be a great asset to the county. I also think there needs to be more attention paid to local farmers markets and healthy eating opportunities. Community gardens would not be a bad idea either. Thank you for the opportunity to voice my concerns.

Yes. Educate people on how to follow the posted speed limit and stop causing stress by driving under it.

Yes. They need more outpatient rehabilitation centers with therapist that specialize. An example would be pelvic floor.

YMCA, YMCA, YMCA more sidewalks connecting to downtown , more parks and bike trails, more organized activities for enjoyment --- the club sports and competitive sports or out of hand and political.. and parents act terrible.. kids that want to play for fun have no option.. How about a better library system in Waxhaw and one that offers many more programs. Social activities for the elderly expanded to other areas beyond Monroe. (Waxhaw)

You are not going to stop progress and everyone has a choice in being as healthy as they can be.

Appendix 3: Open-Ended Responses

2019 Senior Survey

Who the Senior Lives With (sorted alphabetically)

Other (please specify)

1- son

At the shelter

Brother

Common-law husband

Daughter

Daughter

Girlfriend

God and myself

grandson

Grandsons live with me

life partner

No ans

No one

Ok

parents

significant other and 2 dogs

significant other for 22 years

son and grandson

spouse and mother

Spouse and Son both handicapped

Spouse, son & grandson

Sr. Center

Wife, divorced daughter, and 3 grand children

Wifee, daughter, and 3 granddaughters

Personal Health Concerns (sorted alphabetically)

Other (please specify)

Agent Orange

all of the above

ALS

arthritic conditions

arthritis

Arthritis

Arthritis

Arthritis

Arthritis

arthritis

Arthritis

Arthritis

Arthritis

Arthritis and Bursitis pain

arthritis back area

Arthritis, aging

arthritis/muscular skeletal

Asthma

Auto immune disease

back issues

back pain

Back problems

bladder cancer

Blood disorders

Broken knees, legs, rip rotator cuff, serious 2-arthritis- can't work not on disability

CAD

cholesterol

Chronic back pain

Chronic back problems, bad knee

Constipation/diet

Depression

Digestive issues

do not have

Eczema, arthritis

feet and legs

For me or the community?

heart

Herniated Disc

High Cholesterol

High Cholesterol

I do not worry about my health. I try to follow my Dr, advice.

I have kidney disease, it affects all of the endocrine systems

IBS Severe	None are of personal concerns affecting me.
Immunity problems due to effects of chemo	Not especially concerned
In general or personally?	NOTHING
in general, the implications of getting old	nutrition
Inflammatory Bowel Disease	orthopedic, knees
Insomnia	Osteoporosis
Intestinal	Osteoporsis
Joint and Bone issues	Pain in ankles, joint pain
knee pain	parkansons
lupus	Parkinson's disease
Memory confusion	Physical fitness
mental health of children age 0-5, alcohol and drug abuse, lack of gun control, hate groups	Poorly worded question. Are you asking about mental health conerns for myself? If so, I don't have any.
Mitral Valve Prolapse	pre diabetic
Mobility or joint issues	recurring kidney stones
No Lymphedema Physician in Union County NC why not ?	Rheumatoid arthritis, Fibromyalgia
No major health concerns. I do have osteoporosis.	scleroderma
None	skin disease
None	The horror of abortions
none	Thrombocytopenia
None	Thyroid
None	unable to pay my premiums
None	Urinary Issues
None	Urinary/ Prostate

**Personal Mental Health Concerns
(sorted alphabetically)**

Other (please specify):

(Angry) can't get proper health/military. SSI thinks we were overpaid 10,000 dollars we don't they take my wife's money

altzheimers

Alzheimer's

Alzheimers/Dementia

Alzheimer's/Dimensia

CHRONIC BACK PAIN

cognitive alertness

dementia

Dementia

Dementia

Diabetis

do not have

Essential Tremors

eventual possible isolation in the future

Fear

For me or the community?

Forgetfulness

Forgetfulness

Geriatric (old age)

I do not have mental health concerns

I have non of these issues

In general or personally?

Lack of faith in the love and power, justice & mercy, of God

lack of parenting classes, low paying jobs for parents, mental health of parents effect on children, drug and alcohol abuse

lack of social connection

Liberalism

Loneliness

loneliness

Memory

My mental health is excellent due to my reliance on my Lord Jesus Christ

n /a

na

No concerns

No concerns at this time.

No mental health concerns.

No other concerns

non of these for me, but in general addiction, Depression, Suicide

None

none

None

None

None

None

none	none of the above
None	None of these are of concern to me
None	None of these MH concerns affect me, but in our society, community and world in general this is a concern because any of us knows someone affected or could be exposed to family members or neighbors who have these MH issues/disease
None	
None	
none	Not especially concerned
None	NOTHING
None	only have one !
None	Poorly worded question. Are you asking about mental health concerns for myself? If so, I don't have any.
none	
None	Son's BPD
None	stres from housing issues
None	stress
None	The stress of being late because there are NOT 2 but 15-20 bicyclist clogging up the roadways
None	
none	We have no mental health concerns
None	
none	
none	
none	
None	
None	
None are of personal concerns affecting me.	
None of the above	

Most Critical Unhealthy Behaviors (sorted alphabetically)

Other (please specify):

Bipolar depression

Cost of medical care even with health insurance

Don't know, newer resident

Don't knowe

Getting proper sleep

Government interference

I can't speak to Union city people.

I guess ..,

Isolation

lack of adequate healthcare

lack of knowledge ! Poor followup !

Leaf and trash burning

No dental, can't afford good food, VA, legs broken how can I exercise???, hernia, ripped rotator cuff

No insurance or money to pay for health care.

None

None

None

none

not been able to afford medical attention

Part time resident. Do not know

poor jobs, poor education, lack of parenting support, lack of career consulting

Proliferation of unregulated weapons

Transportation

unknown we are new to Union County 7 NC

Safety Concerns (sorted alphabetically)

Other (please specify):

15-20 Bicyclist making people late for work or missing appointments

Ability to keep driving

Aging joints

arthritis

Being taken advantage of.

Cannot afford bills, fall from broken legs

Communicable disease on rise so is illegal aliens.

Coping with husband's dementia/bipolar

emergency call alerts on-person

Exercise injuries.

I don't feel like I have any safety concerns that impact my health

I don't have any safety concerns

I feel my house is safe.

I have no risk factors for any of the above, incl falls

I have NO safety concerns!!

In general or personally?

Increased frequency of violence, property damage

insufficient transportation

insurance stability

lack of healthcare coverage for disabled

Lack of integrity and compassion

length of time for emergency help to respond, limited # of emergency response folks, many are volunteers but not as trained as professionals

Living alone

loneliness

N/A

N/A

N/A

N/A

na

next door neighbors animal hoarding

No concerns

no concerns at this time.

No other

None

None

None

None

None

None

None	none of the above
None	none of the above
none	none of these
None	none that concern me at this time
None	Not especially concerned
None	Not getting proper or correct food
None	Not handicap accessible
None	NOTHING
NONE	organizing order at home, in a timely manner
None	
None	Paying for meds and copays
None	physically disabled
none	
None	pollution
none	PROBLEMS WALKING
none	Reckless drivers
none	Same q...
None	Speeding
none apply	These are not currently a problem
None apply to me	traffic
none concerns me	traffic - distracted drivers
none now	trouble dealing with clutter
None of the above	unsafe driving
none of the above	vision issues
none of the above	

Services and Issues Most Affecting Quality of Life (sorted alphabetically)

Other (please specify):

?

Addiction

Affordable housing for middle class elder senior citizens who can no longer maintain their homes in the eastern part of the county.

clear cutting woodland

Commercial air traffic pattern flying at low altitude directly over my development

discrimination

Do not know

Dog parks nearby would be nice with benches.

Don't know

don't know

Drug addiction

Education programs that brainwash our children into believing immoral behavior and rebellion against parents is ok. Without the Lord Jesus none of your bandaids is going to fix anything. Throwing the Lord out of everything was the most foolish path to follow. He made us, He knows us and what we need. No governmental program has a remedy for our evil sin nature.

Equal job opportunity

Excessive residential development

High cost of medical treatment

High property taxes for people moving to fixed income at retirement

high taxes

Horrible traffic and design of roads

Illegal immigrants

Illegals in country

illegals who cannot speak or write the English language

I'm not sure about Union County. I worked in Charlotte. For Charlotte I would choose lack of affordable housing, low income/ poverty and lack of healthy food choices.

Inadequate roads for increased (ing) population and lack of Real competition for Spectrum

influx of people moving to the area

Irresponsibility

Lack in pride in county especially litter problem

Lack of adequate mental health/addiction resources

Lack of affordable health care

Lack of affordable healthcare.

Lack of conviction for distinct female and male gender identity

Lack of employment opportunity for the untrained

Lack of healthcare for people who can't afford insurance but don't qualify for help.

Lack of medical care due to income or availability

lack of mental health treatment options especially for addiction

lack of parenting support sessions

lack of public transportation

Law enforcement not taking care of crime, out of control violence, especially for the elderly

Lazy people wanting the government to take care of them

limited options to enforce common sense to minors, teachers who cannot properly discipline their classes due to rules or possible legal repercussions

LITTER

maybe a 2nd large park like Cane Creek

No opinion

None

None

none of these where I live

Not enough sidewalks in proper areas

not really sure as I am self employed

Not sure!

NOTHING

OVER GROWTH

Part time resident. I am just guessing

Pass

Poor road conditions and lack thereof!

Poor work ethic in those entering the workforce

public transportation

racism in the workforce

Same old, same old when it comes to county gov't

Substance Abuse

taking responsibility for yourself, sacrificing in the short term for long term benefits

Too many not willing to work...think owed a living

too much traffic

Traffic and over building

Transportation for the elderly to shop/go to the movies/medical appointments etc. for those who do not drive would really help.

treating effect and not the cause

uncertain

unknown

unknown we are new to Union County & NC

Main Reasons They Did Not See a Doctor (sorted alphabetically)

Other (please specify):

Cannot help my conditions

Could not get down the road because of 15-20 bicyclist clogging up the road. There should be a limit for untagged and unlicensed objects on the state and county roads. If they were teenagers they would have been disbanded along time ago.

Could Not Get Off Work without a hardship.

Could only get an appointment two weeks out with my physician.

Didn't want to miss work

didn't bother

Didn't make it a priority

Hard to get appointment when needed

Health care costs are outrageous

high premiumns

I can only afford one Medicare co-pay a month.

In my opinion my condition was not serious enough to see a MD.

just didn't go

N/A

N/A

n/a

Nearest location on my insurance is in Fort Mill,sc

No gas 100 miles away

None

None

none

procrastinating

Rather wait and see if problem resolves itself.

SURGERY REQUIRED BUT AFRAID OF SURGERIES

Taking care of mother

They push vaccines

Took too long to make a VA appointment

VA was unable to give me a timely appointment

Waited for issue to get better

Was caring for my terminally ill aunt at the time and could not leave her.

Work schedule

Main Reasons They Did Not See a Dentist (sorted alphabetically)

Other (please specify):

Could not get to the appointment because of bicyclist

Could not leave work.

Dental care is very expensive. People that don't live on welfare cannot afford some things even with insurance

Dentures

dentures

dentures

dentures

did not keep appointment due to other pending emergency

did not think he would help

Estimate seems expensive

Have dentures and do not need a dentist on a regular basis.

HAVE RECEDING GUM - BONE LOSS

High cost of dental care

I go on a regular schedule

I have draining gums and pull my own teeth. Cannot afford and VA insurance doesn't do dental

Insurance wouldn't cover visit

location of dentist

Medicare does not cover ANY dental.

Medicare doesn't pay for dental

N/A

n/a

No gas

None

None

none

procrastinating

Sometimes I do not trust them (Avecos no confio en ellos)

The Dental Dept. at Monroe in Union County is not advertised enough for the elderly.

time constrained by work

To ill to see dentist

VA

very expensive

Was tied up with parents due to their medical issues

Wasn't sure costly dental work was necessary

**Where They Go for Care When Sick
(sorted alphabetically)**

Other (please specify):

Char Dr

Clinic at work

CMC-Charlotte

Depends on Severity

Depends on time of day and urgency

Doctor in Matthews

doctors office in Mecklenburg County

Doctor's Office in Mecklenburg County

Dr office in Charlotte

Dr. in Weddington

Has not occurred yet.

Heart Issues

I go to the clinic that was approved for me

I have used the Artium Health ER at Waxhaw. Grateful it is close to my home..

I rarely ever get sick

Matthews Free Medical Clinic

Mecklenburg County Physician

Medical clinic

my pcp is in Mecklenburg county

Never sick

new to area unsure

None

None

Novant- Matthews

Novant Urgent Care Mecklenburg County

Nvant Health Care outside Union County

or go to Matthews in Mecklenburg county

organic doctor

Primary care in Charlotte

Tryon Medical Partners

VA

VA

VA

VA

VA

VA

VA

VA

VA

VA

VA

VA Charlotte

VA Hospital

VA Hospital

VA Medical Center in Mecklenburg and Rowan Counties

VA_

Would probably go to Matthews
Presbyterian

Reasons To Not Get A Flu Vaccine (sorted alphabetically)

Other (please specify):

Allergic to vaccine

Allergic to eggs - Dr. advised against taking it

Allergic to it

ALLERGIC TO THE PRESERVATIVES IN IT

Bad reactions to the vaccines

didn't feel the need to take it

Doctor advised shortage of medication, more for elderly.

Doctor's office did not have any

don't choose to

Don't trust

Don't want one

don't want one

Egg allergy

Feel it is toxic

Force to receive vaccinations and I do not want them.

forgot

generally opposed to vaccines/drugs

Had it

have allergy to one of the vaccines in the flu vaccine

Have cancer

Have had serious reaction. Advised not to have. I wear a mask during flu season on planes and at public gathering places. Have not gotten flu in many years.

Have never taken a flu shot

How do I know the vaccine will inoculate the strain I get?

I am not trusting

I believe that the vaccine hurts your immune system

I chose not to

I do not want to take it.

I forgot to.

I got a shot

I had gotten the flu shot several years ago and got very sick from it, so I have never gotten the flu shot again.

I have had Guillaine-Barre Syndrome.

I have had severe reactions to the flu vaccine every time I got one

I just choose not to get the flu shot.

It made me sick

Just didnt

Just didn't get around to it

Just never got one - I did last year and plan to next year

Lazy

NA

Never get the flu, so why spoil a good thing?

no reason at all

Procrastination

reaction to vaccine

Received it once and became very sick

Severely Allergic to Eggs

They make me very sick (a reaction)

use other alternatives

with so many types of flu its a crap shoot on companies picking the correct one each year

Yuh yuh

Other Concerns about Water Safety (sorted alphabetically)

Other (please specify):

Afraid of the farm chemicals that may be getting into wells from all the huge farm fields around us

All of the above

All the above

Animals

Arsenic is known to be in Union Co Water

Bottled water is delivered

Chemical treatment... we filter our water for drinking

Chloramines - per UCPW, it causes some gaskets to disintegrate; what does it do to us?. And the water stains

Chlorine levels

cloudy

color turbidity

Concern about pollution entering the aquifer, and loss of trees to capture water. Also concerned about preserving working farmland for food production especially for the next generation.

EPA testing showed our wells have 6 times higher the safe arsenic level

Flouride

Fluoride, remove it.

For years I have chosen to drink bottled mineral water delivered in 5 gallon jugs.

Getting Kidney stones

Hard water lots of minerals

I buy bottled water

I have a KAGEN water system installed

I prefer drinking distilled water or water which has been treated with activated charcoal, reverse osmosis and UVC for purification. UVC and

I rely on water supply is checked periodically.

I use reverse osmosis to further filter my water

I'm concerned in that I want it to be as pure as possible!

In my neighborhood people with dogs do not pick up their waste

Intelligent use of adequate supply

it is leaving a black residue in my toilets

It's Marshville - A patchwork system

Just want to be sure it remains safe

lack of proper testing and required treatment

Little transparency regarding water quality findings in Union County; infrequent reports of water sampling

Mercury, copper

Monroe water does taste bad. I double filter it. I don't think it's unhealthy just bad tasting. I like it when it switches to chlorine once a year.

No fear, but want to make sure its ok

none

Not filtered

Our water is yellow!!!!

per the water reports

Pollution of aquifers by agribusiness activities

quality of water is poor...I purchase my drinking water

required testing/treatment isn't being performed

Rust

See Wingate's water quality report.

Strong chlorine smell. Had it tested and was advised not to drink it, and use bottle water.

Tar

that with all housing it will go DRY

Too acidic

Unknown factors

Use water purification

Usually drink bottled water everywhere, not just in Union County

Verify that it is same annually

Water have been tested have a list of unhealthy things in it such as arsenic, etc.

We do not drink tap water. Taste and smells bad.

We drink bottle water, not from the well

We have it tested but still concerned a out contamination

We purchase bottled water for drinking. Use water supply for laundry, bathing, dishes.

We use awhile house wTer filtration system

With growth in area, I worry about availability

Wood ducks frequently do not hatch or are deformed. This has changed from approximately five years ago when they all hatched normally.

You can see the impurities in it / clogs filters

What Can Be Done to Improve Health of Adults in Union County

\$

"(1) Most of us seniors are on Medicare. Dental problems are not covered by Medicare. The Union County Dental Department in Monroe should be available to all seniors on all week days. A sliding fee scale could be applied. Other states have this. Why not NC ?

(2) Many of us seniors do not drive. The Union County transportation should be available to us to go to the movies/shopping etc. Not just doctors' appointments. Again a reasonable fee could be applied. Again other states have this. Why not NC ?."

?

??

"1. Access to a western Union County large, indoor pool-in a YMCA, community center, school or college for-water aerobics exercise, cost, if not free, to be subsidized by county senior services program, a sharply reduced membership fee or other cost control.

2. Expanded, full color, engaging monthly Union County senior bulletin (not the blue and black no pics thing) that actually contains useful healthy living tips, meal/recipe suggestions with protein, fat and calorie count, park and trail maps, articles on how to make homes safer, links to recommended articles."

"1. Meetings/Forums

2. Better communication from government/elected officials"

A lot of seniors choose between food and medicine, so increasing the amount of food stamps as well as increased utility assistance due to high light bills. Some seniors do not use much air/heat due to the high cost of utilities.

Able to get more vegetables and fruits.

Abundant Walking "trails"

Access to affordable exercise programs, healthy lifestyle programs.

Access to affordable health care

Access to medical care on a regular basis and transportation available to those who need it.

Access to public transportation, more affordable physical exercise options, more cultural events, better farmers market vendors

Access to walking/ bike path

Accessible county transportation available to everyone for doctor appointments, food shopping, etc. There also is a lack of senior housing for those who do not need to be in a nursing home, such as senior living communities for 55 and over

activities where seniors can exercise together....

Advertise recycling of electronics and paint.

Affordability

"affordability

accessibility"

Affordable

Affordable healthcare

Affordable health care. The cost of health care has become my greatest fear in aging. It is also ridiculous that we fight for abortion rights but once a child is born we totally ignore their health needs for growth and productivity throughout life.

affordable home healthcare.

Affordable medicines, Affordable housing

Affordable senior living

Afordable housing

all directions from doctors should be put in writing so that they can refer back to the directions and not depend on their memory. Encourage people to bring someone along to doctor appointments.

All of Union County needs to stop yard waste burning. All three of my neighbors (back and both sides) regularly burn leaves, branches, etc. and the air quality suffers greatly with small particle pollution and smoke. Weddington is one of the only Union County cities that does not have a ban in place. This is a small step that would have great benefit for all. We all breath the same air.

As a part-time resident, I am not sure, but believe that services like food delivery from supermarkets and social worker visits to check safety would be helpful for people who do not need in-home care. In Japan they have enlisted postal workers to do this for the elderly, a quite interesting idea. Maybe low-cost ride services, to preserve independence.

as noted transportation and increased provision of prevention of falls and mental and medication safety

As someone with some training in testing and test construction, I suggest you start with a better constructed questionnaire. This forced choice scale may get you some misleading or incomplete important information!

availability of free or reduced cost preventive tests such as colonoscopies or mammograms. I have fairly good (not cheap) health insurance but it covers no preventive screenings so I do not have them even though they are recommended because of the cost. Paying for the health insurance eats into my income too much to have extra left over for other health costs.

Availability of public transportation.

Availability of recreational opportunities in southern, rural part of county. There are no parks, trails, greenways south of US74 except in municipal areas or at Cane Creek Park. There are no activities for Seniors except in municipalities.

Be sure individuals recognize that their health is their responsibility and that the choices they make have tremendous consequences on the quality of their lives.

"Because of its huge growth in population, I think you're doing a good job, under the circumstances.

I really can't complain. Thank you."

Being concern of other adult health concern

Better access to walking trails, senior "buddies" to talk to, Senior Centers to access activities.

Better advertising of health and recreational opportunities, activities, facilities, clubs, organizations, support groups.

Better distribution of what services are available.

Better doctors who would listen to our needs. More social places for seniors to meet others. Care for widows and their daily needs.

Better education on the negative effects of eating meat, fish, cheese (all dairy) and oils. There are plenty of books no one knows about from the library such as: Prevent and Reverse Heart Disease; Eat to Live; How Not to Die. etc

Better explain the services available.

Better health care and providers, transportation

Better healthcare, more access to better transportation, access to more amenities.

Better housing conditions. Somehow reaching out to all seniors to ascertain if they are being neglected or receiving public or private services that are not working as well as they could for them.

Better mass transportation. Lower taxes

Better medical and safety

Better park district organized activity for seniors

Better roads and improving traffic issues. Very frustrating to travel from Stallings especially during morning and evening business traffic, plus school traffic. No thought has been given to locations of schools and their traffic issues. Developers/money are driving bad decisions - not rational thinking!!!!

Better Training for ParaMedics and EMT operators, They need to listen to family when treating a patient in their home. My husband and I had a very bad experience in 2014

"better transportation than Union cty transpotation which stinks"

Better transportation to health care and healthy activities for those who can't drive themselves.

Bicycle paths. Injured myself on the dip at the edge of a paved road.

bike lanes for bikes and walking

Bike paths on roads. Recreational facilities including gym and swimming.

Broader access to care...more affordable retirement homes/care centers.

Build a barrier next to sidewalks on busy roads for safety.

Build more affordable housing for seniors and disabled citizens.

Bulld YMCA soon

"Bus service for the lake park area.

Supervised trips to various locations(casinos,parks and events)"

by working with all doctors in area, identify seniors who are not able to care for themselves without help and check their housing conditions for animals they can no longer care for (filth around their house/outside that causes health hazards. Be able to remove the animals they can no longer care for

Change the rules of Part D Medicare drug benefits. Get rid of donut hole and negotiate lower prices on all diabetic drugs.

cheaper insurance

"Cheaper rents

Cheaper foods

More transportation"

Check your local politicians, stay apprised of their policies and voting record.

classes on nutrition showing people how to make healthy food choices on a small budget

Clean up the illicit drug problems, control the out of control crime!

Closer access to mental health other than one on Hwy 74. Need MD in area that specializes in mental disorders of elderly such as depression and dementia with treatment appropriate for that age bracket.

"Come by to see them more

Be honest

Listen to them"

"Community groups or individuals willing to check on their neighbors for assistance with food, sickness. offer transportation if you know they don't have access."

Continue health screenings and information- council on aging

Continued education if needed

COST!!!

Create a senior community center for daily activities.

Create a social connection to other people. Loneliness is hard on people who can't get out of the house due to illness or another disability.

Cut out property tax after age 70

"Develop YMCA close to Cumberthson Shopping Center

Install a traffic light at the intersection of Bonds Grove Church and Providence.

To avoid accidents clear the roads from growing branches of trees blocking the complete view (example the exit to the LEFT Barrington Development and Bonds Grove Church). "

Do a periodic check on the seniors through their doctor or family members via phone and prior arranged home visit.

Do home check on those living alone

Doctors who are more conscientious with regard to senior health conditions and concerns.
More transportation available for seniors who live alone or are not able to drive themselves.
Not only is physical health important for seniors, mental and emotional health is also important.
Seniors need more facilities where they can be together and participate in activities. We pay taxes, just like families with children, yet we do not use the resources of the school system.
There are not enough senior citizen centers in Union County.

Don't know

Don't know!

Drinking and smoking

Easier access to meals, more help with chores/repairs in home, doing more wellness checks on elderly. Need names of reliable repairmen who don't overcharge just because they can. I have help, but is expensive. Many cannot afford help, so homes deteriorate, as does their health.

Easily accessible information on activities for seniors, ie where to go for whatever concerns we may have.

Easily accessible Public Transportation, Affordable In home care, Affordable Medications

Educating them when younger on causes of illness

Education

"Education - general and health specific Clean up and protect water sources Enforce air quality regulations

Upgrade and enforce air and water quality specifications"

Education for them and family to know resources available.

Education of importance of being in control of your own health.

Education on the nutritional benefits of eating healthy. More home cooked meals that includes fresh or frozen vegetables and less meat with meals.

Education regarding exercise and healthy food

"Education

Tech knowledge

Education courses for caregivers (professional and volunteers)"

Educational and personal accountability.

Efforts to break the stagnation of habit and isolation in small groups /neighborhoods. Elders do not avail themselves of new and exciting ventures easily . They need to be pulled out of their small worlds by persistent invitations.

Either some kind of travel service from Waxhaw (or other Union County towns) to the Ellen Fitzgerald senior center in Monroe, which appears to be the only one in the county, or other senior centers in Waxhaw and the other smaller towns would be great for our mental and physical health. I walk every single day, but have no access to any other kind of exercise, like a treadmill for colder months and rainy days. Senior centers can be set up for very little money in existing vacant spaces. The county has to CARE about it's senior population to do that, however. Waxhaw appears to be developing rapidly only for the wealthy and young working people. There are few, if any, affordable safe housing opportunities for anyone with an income under \$50,000 yearly, which applies especially to seniors. The lowest rent in Waxhaw that I've seen is well over \$1000 a month, which is more than my SS income. Just my observations. I can work around any governmental neglect, but others my age cannot, and my age group is becoming larger every year as people continue to live longer.

Elderly assistance

Eliminate property taxes so we have more money for necessities.

Encourage more participation at Senior Center

Encourage Pro life attitudes, Reverence, Loyalty, Courage, Honesty, and especially Faith in God and appreciation for the gift of each moment, each day.

"Ensure that seniors:

1. Have access to affordable health care
2. Get help in managing their medication.
3. Affordable heating and Cooling. "

Establish a way to check on home bound seniors on a regular basis.

Everything

Expand access to primary care, education about dangers of untreated hypertension and diabetes.

Expensive to eat healthy.

Figure out a way for seniors to buy food in smaller amounts as we don't always feed many people at every meal. I live alone, cook for one, and don't need those big sizes of everything, plus they are heavy to lift. Publicize any stores or resources that understand that we need less. Even a loaf of bread may get moldy before I can toast, sandwich, or crouton all of it.

Fix the damn roads so the fillings can stay in our mouth

fixed route transportation would be a huge blessing! Example: a little bus that made the rounds of the City of Monroe, stop at the grocery store, hospital, near doctors' offices, city/county government offices, maybe even the mall. It could be done maybe every hour without too much effort. I've done the entire round on my bicycle in an hour. Maybe contract with the Charlotte bus system.

For many folks, having a safe place to live, food to eat, medication when they need it and the ability to get around are critical.

Free clinics for minor treatment

Free eyecare, Free dental care.

"Free gym memberships

Places for seniors to get together with each other."

Free health screenings - mental and physical - better public transportation -

free health screenings physical and mental

Free insurance

Free medical

Free medical Free medicine

Free public wi-fi county-wide

Free rides on UC Public Transportation; Free meds; No decrease in SS benefits

Free senior support gatherings for fellowship and educational services.

Free services

Fund Union County Council on Aging

Get people to exercise and loose weight.

Getting around

Getting them involved in more activity to keep them mobile and alert, not just sitting and lying around doing nothing

Give them more options of senior activities in the Marshville area. The Marshville leaders (Manager, Mayor and Town Council) don't care about the senior population.

Giving seniors more information about social security, medical help, retirement, etc.

giving them that are eligible. More food stamps and more housing for the elderly.

good questions. More help for the ones that really need it.

"Government programs from Federal, to state, down to local, are overwhelmingly difficult to apply for, understand, and get help with. Seniors often go without rather than deal with the bureaucracy.

I do applaud the county's efforts in getting to new DSS office open and running smoothly. It's a vast improvement."

Greater availability of assistance with housekeeping and meals

Greater outreach and access to programs designed specifically for Seniors.

Greatly expand and simplify access to services like transportation and home assistance including light housekeeping and regular wellness checks by a trained RN. Making it possible for a senior to stay at home is a great economic benefit to the whole community. ."

Have access to public transportation i.e. Taxis, buses, etc

Have long term home health care insurance paid through medicare and blue cross/blueshield. I had to cash out a life insurance policy to pay for this needed service

Have some lawyer with power to help and listen to us who are being robbed. Have SSI workers treat us like people and not as problems, law enforcement needs to handle thieves or trouble people fighting seniors. They are chicken to take action or man up... My son and I were beaten by 2 car loads of blacks. Not a racial thing. I will FIGHT!!! or even kill again when there is no LAW!!!

Havin Senior practices , senior places for exercise , yoga , crafting such as a Senior Center with different possibilities.

"Having proper food able to see a doctor wh en they need to

Not worrying about abuse. Being able to get transportation

To doctors. They do not need to have a waiting time of hours causing them to miss there appt."

health care centers near by

Health classes, cooking classes, how to get fresh fruits and veggies info.

Health Education

Help control obesity, provide transportation for those in need, provide food for the needy, general health education ...

I am not aware of any online connection for seniors. An easy to access database of services would be beneficial.

I am retiring from public education and have not really looked into activities for seniors but that might become a concern. My pop lives in Southport/Oak Island and that area is heavily into senior activities.

I believe that a life well lived speaks for itself. As one ages, it is clearly defining in terms of previous life choices. So I say put the money towards educating the youth so they are informed about living a well lived life. Also, I believe more funding and help should be available to persons with mental illness. I would like to see more talk therapy to help people find new ways to direct their lives and less medications prescribed for people with mental disabilities.

I believe the health of seniors in Union County could be improved by providing free access to exercise classes of different types so as something to interest a wide variety of people. Health information could be shared at the same time. Outside interaction would help with depression in our seniors which is a huge problem. We need a community center with more to offer all our residence.

I believe Union County provides a lot of things for seniors including transportation.

I can't imagine. You provide so many services now. Families need to step up and not expect someone else to provide those services. (because they pay their taxes.)

"I definitely feel the elderly need more resources. I am currently caring for my mother with dementia, but there is very little assistance, transportation with someone with dementia to/from doctors, grocery, etc. Although she doesn't qualify for free lunches, it would be nice if that were offered, as she doesn't cook, but could have a home cooked meal delivered a couple of times a week, even if she had to pay something towards it."

I do research on legislative issues; contact Senators regularly; looking forward to having a District 9 Rep. in Congress in the fall...going without for months is the fault of our legislature and the system; using tax dollars for law firms to fight what judges have said is 'gerrymandering'...denying voting opportunities is wrong! Federal administration wants to get rid of low income Seniors using SNAP-EBT, prescription help, and Medical Transportation in Union County can't keep up with growing numbers of people who need transportation for medical and food shopping, etc.

I don't believe the answer is a governmental one, but a blend of many things.

I know Monroe has a senior center but it would be nice if it was better advertised. More outreach would be nice.

I live in Indian Trail and would like to take water aerobics classes, but no pool available that provides them unless I go to Monroe or Matthews.

I live off my social security check, I can not afford to have my vision or hearing tests, I have heard some states offer help to seniors for these services, but NC doesn't. I would like to see more help for the elderly like myself be offered. I once applied for food stamps and they awarded my 15 dollars a month, this was an insult to me as my SS check is 1,000 a month, by the time I pay taxes, utilities, medications, there is very little left to buy groceries, I see others that are able to work get all the help from you they want, this is so frustrating.

I prepare my own meals, but if I needed "meals on wheels" I don't know if Gluten-free is available - I have Celiac disease and need to be gluten-free.

I think encouraging other family members to take an active role in monitoring parents and other senior family members for signs and symptoms of decreasing ability to care for themselves and taking an active role in helping parents/other seniors to get the help they need.

I think obesity is the greatest health crisis in Union County, or any other county in the US. I think it would be helpful if people could be educated to realize that what they think is an acceptable weight is massively over-inflated. You're fat, people! And it's killing you!

I think Union County is doing an all right job.

I wish the Eastern side of UC had easier access to a recreation center/swimming pool.

I wish there were more help for women who have Drug abuse problems. There are places for men, but none for women in Union County. There is a great need for this.

I would like to see the free screening clinic (blood sugar, cholesterol and blood pressure) done in more areas, such as Waxhaw.

I would suggest offering opportunities for workshops for seniors.

I'm not sure.

I'm not that knowledgeable about what Union County currently offers. Am hopeful, seniors have access to doctors, rides for that as well as grocery shopping. Need senior centers where people can meet others and stay active. Get healthy meals, have phones for emergencies, help with heat, water & a/c bills. Don't want to hear of the elderly living alone and no one pays attention to them.

I'm paying huge cost for health insurance - retired but not on medicare yet. I know others around my age who are just taking their chances. Understand because of high cost. With high deductibles i have medical bills myself that I have to make payments on. Unpaid medical bills from emergency and hospital services are a problem that affects us all thru our taxes. People who can't afford dentists, doctor visits and even eye care end up using emergency services at a higher cost than preventative care would be.

Improve roads adding street lights. Crack down on aggressive drivers. Have healthier food choices for fast foods.

"Improve the grief counseling program.

Free produce for Seniors.

A homeless shelter for senior women (or all homeless women!)

Improve walkability of roads and streets - install bike/pedestrian lanes separate from auto traffic.

"Improved education

Improved diet

Improved exercise"

In general, the emotional and physical health of all citizens could be improved if litter could be discouraged and eventually eliminated. For me it is depressing and sometimes disgusting when I see some of the "garbage" that is thrown out on our streets and highways. The sense of community pride is negatively impacted as well.

Increase food stamps work all your life to be thrown crumbs. Already embarrassed that we have to ask for assistance.

Individuals must assumed greater responsibilities for their own weight control. You don't see a lot of old and obese people and there's a reason for that. County governments could offer public clinics/focus discussions perhaps at libraries to encourage seniors to take a greater interest in their own health.

Indoor exercise facilities (pool, cushioned track, etc.)

It is hard to get help for the elderly unless they are close to death then Hospice comes in. I know because I have had trouble getting help for my mother who lives with me. She is 90 and bedridden. There are places you can hire people but they charge so much and you have to have them a minimum number of hours. I have used one group before and the caregiver stole from my mother. That is why she now lives with me.

"Join walking club. Don't feel safe walking alone, because of loose dogs. Drink more water.

Joining a Gym(MONROE Aquatic Club) & schedule 3/4 times a week in the morning helps quite bit. "

Keep the bicyclists off the road.

Keep them active...exercise, walking, etc. more in home checks from county, for those that are home bound.

keeping mentally & physically active throughout your life

Less costly Dr. visits; specialists located in Union County instead of having to go more to Charlotte

Less texting drivers

Lessen traffic to reduce driving stress

Local senior activity centers.

lose weight and exercise

low cost activities (exercise,recreational)

Low cost dental care. Senior home care.

Low cost exercise programs available for seniors.

Lower cost for nursing homes and assisted living facilities.

lower prescription drug prices, raise availability of transportation for physician's appointments, etc.

lower prices on fresh foods .prices are high for a fixed income

Main concern in bad teeth. Implants are too expensive.

Make home health care more available and less expensive. Provide transportation for non-driving seniors.

Make low cost healthcare more available.

Make medications affordable

Make senior transportation more available to those not on social services. Better available recreation facilities for seniors and handicapped.

Make Social Security help on Medical Insurance

"Make sure they have a specific doctor & health insurance"

Make the Ellen Fitzgerald Senior Center free to senior citizens who are considered residents of Indian Trail, but have a Monroe mailing address on the NC driver's license. Thank you!

Make use of the parks and Aquatic Centers and the YMCA's, get more exercise. Eat in more and less fast food.

making sure they can afford & have meds; can get to MD (doctor); have caregiver, if needed; someone is aware if they fall; hae enough food; can afford housing and utilities.

Making sure they eat properly home cooked food--plenty off fruits and vegetables---seeing doctor regularly.

Many seniors have trouble paying for health care needs that are not usually covered by Medicare such as hearing aids, glasses, dental care, some vaccines and medications

Maybe more senior programs

MEDICAL

PRESCRIPTION DRUGS

EXERCISE FACILITY

Medicare don't pay enough and Part D don't then leave a fee for senior to pay. Already have high doctor & hospital bill can't pay.

medications cost

money management info, home help for remodel or upgrading,

Monitor seniors with health problems

More access to accurate and reliable information and actions the elderly should take.

"More access to affordable care and transportation to and from medical visits."

More accessible programs such as health, get togethers and close to each town. Especially in Waxhaw. And doesn't cost "an arm and leg". Most everything is in Charlotte or Monroe.

more accessible public transportation for those no longer able to drive, more affordable housing, more places available for recreation and exercise

MORE ACTIVITIES FOR SENIORS

More activity, Better Housing, Home improvement for elderly more for disabled.

More adult day care centers

more affordable costs all across the board for health care needs

More affordable dental and more food affordable. a lot cannot afford groceries.

More affordable housing

More affordable insurance, better transportation and affordable housing

More affordable property tax levies for seniors on fixed incomes

More affordable public transportation and parks.

More and more convenient park and rec locations.

More areas to walk with friends.

More attention to the infrastructure needs.

"More benefits available to seniors

Better transportation"

More bicycle lanes and greenspace trails. County roads have become too crowded to ride on safely, which greatly restricts an excellent form of physical exercise.

"More daycare facilities for seniors.

and awareness programs."

More doctors who accept Medicare assignment.

More Drs. that understand senior health problems.

More enforcement of existing traffic regulations-too many unsafe and aggressive drivers on our streets & highways.

More events where general screening is done but including eye and hearing like the annual event at the ag center. More coordination between Wingate health sciences school with local events to screen seniors unable to afford. Have access to low cost medicines, this is a major issue.

More exercise programs

more exercize programs

more food services and free exercise

More handicap parking nearer to the door. Have affordable help with yard work,painting and taking general care of the home.I can no longer climb up a ladder and have to disabled sons in my home that can't help out with daily chores. I too am disabled.

More health screenings and follow ups with free clinics for seniors

More in- home care available for the aging if needed.

More in-depth information about what is available for Seniors and their families; services available for caregivers in respite. Printed schedule of available programs that is easy to access.

More information available to senior about what is available to assist seniors with exercise, transportation, and health care.

More information concerning seniors and their health concerns.

More information on available resources

More jobs that we can do with pay, More exercise group wise.

More monitoring of seniors..,not enough low cost care and genuine care for their daily needs

"More opportunities for seniors to have indoor, climate controlled places to walk...no animals and @ no cost

Places like CURVES that do not cost \$40+ per month for seniors and/or ways to have Silver Sneakers at no cost

More opportunities for things to do during the day, not starting at dinner time or in the evening. More places for seniors to meet and thus, mental stimulation, companionship, interests.

More organic foods available at affordable prices.

More outreach with focus on community for seniors. Active Senior Center with aquatics, exercise area, walking trails, seminars geared toward seniors and their unique needs.

More outreach, more multigenerational programs to serve all residents, health & wellness seminars

More people learn to drive safely!

More people that you can trust

More places for seniors to get exercise

"More public awareness forums

More areas to walk safely

Better night lighting"

More qualified home care to support/relieve caregivers. Too expensive for normal families.

More safe, shaded walking trails with benches.

more seminars during evening hours. not everyone who can benefit from a financial planning, social security planning, diabetes information, training or seminar can go when the majority of them are offered during the day. Not everyone is retired. I have missed many a seminar because I work during the day, but the info may have been healthy/ Perhaps these could be done in the form of recorded or as a webinar so others can view them after hours or later that week. More

activities to get seniors moving would be great ... i.e. square dancing or other dancing lessons, bowling teams, etc. Many events that may be offered are not promoted properly and many folks are unable to attend because they did not know about them.

More senior activities

More Senior Centers. More affordable health centers. Social outlets-sewing, knitting, etc.

more senior citizen public activities

More services and assistance.

More services for Seniors. More specialists for Seniors

more sidewalks

More social and physical opportunities for seniors. There is the Ellen Fitzgerald Senior Center but it is a City of Monroe facility, NOT a county facility. People outside of Monroe city limits must pay for these services.

more social outdoor activities

More support when accessing the VA.

More transportation

More transportation is needed.

More walking trails

most of it is up to the person themselves

Most programs seem to punish you for having worked to have land and a home. Most of the programs seem to be set up for those that put forth little effort or are here illegally. I do understand being poor is hard to get out of

Most seniors do not use the internet to get information, you must find an alternative to get the word out.

My part of Union County needs congregate meals to be restored AND home delivered meals to be begun.

N/A

Na

NA

Need activities that involve women

New library in western Union Co. NO MORE Study's! BUILD IT

No

No clue!

none

None

none at this time

Not sure at the moment.

Not sure, I'm pretty happy with everything at this point.

Not sure.

Not well enough informed about that subject to give an opinion.

Nothing

Nutrition\dayly care

nutritious food more affordable

"Offer free clinics for Medical

Educate where to go for mental health issues in Union Co."

Offer low cost exercise programs

offer low cost mental health. therapy sessions that are convenient for seniors. Lack of good psych. hospital; using one in charlotte.

Offer more exercise opportunities

Offer more fun activities at parks and libraries such as shag or line dance lessons, canoeing/kayaking, things that are not normally considered exercise but keep the body active and interacting with others so they don't feel so isolated. For that matter more parks just to get out and walk around, to enjoy the outdoors.

"offer services: recreational,educational and informative"

Open green space community parks with trails within the park's confined area. The trail system is not conducive for seniors. They need to have a safe place to go for daily exercise that is easily accessible in and out quickly, rather than possibly be miles away in the woods on a trail when an emergency occurs.

Opportunities for socializing together

Opportunities for younger/ healthier people to support struggling individuals in a continuing relationship.

Parks- exercise groups for seniors and activities. Nauates, ludicios and recreational.

Pave roads.

Pick up leaves/tree debris

Places to meet, things to do

Plan for financial security in retirement. Stay active.

Possibly a survey each quarter to inquire about overall health.

Possibly more parish nurses available to do periodic screenings and welfare checks.

Program to help pay for prescriptions if not eligible for Medicaid.

Provide affordable housing that is monitored to make sure the properties are well maintained and safe from people that loiter or hang out on the property. This leads to stress in vulnerable senior citizens. Stress contributes to both poor mental and physical health.

Provide clubs for entertainment, such as walking clubs, chess clubs, speakers on neuroscience and other science topics, gardening club, bird watchers club, walking trails, neighborhood clubs.

Provide free, universal health care for all like every other industrialized nation in the world does. A study found that expanding medicare for all would save 2 trillion dollars over a 10 year period. It would cut out the unnecessary health insurance companies. Adopt the treatment system developed in Germany for treating prostate cancer. It is simple, 90% effective and has been rejected in America in favor of the \$50,000+ surgical procedure for the 167,000 Americans who are diagnosed with prostate cancer annually..

Provide Home Health Care attendants that can assist a disabled senior maintain a clean home, do laundry, shop for needed groceries, and cook/prepare meals that can later be microwaved to eat.

Provide needed transportation to all who need it; access to affordable and great quality health insurance.

Provide partners for transportation to cataract surgery and colonoscopies.

Provide seniors ages 62 and over with free memberships to the Aquatics Center and other fitness centers / gyms.

Public bus system; more transportation options; wait it too long for rides to and from appointments!

Public facilities for exercise, swimming pool, walking trails and bicycle trails. Need a park on Mill Grove Road.

Public transportation

Public transportation

Public transportation

Public transportation would be a good service for seniors and all

"Public Transportation

Affordable Housing"

Public transportation.

Public transportation; i.e. bus service to eliminate need to drive on busy roads.

Publish in a newspaper what activities or services are available. For people such as myself, new to the area, it is hard to find information that would benefit Seniors.

"Question number 8 only allows for one selection.

Many seniors buy private insurance to cover medicare shortcomings and catastrophic costs.

You would likely find that instructive."

Recreation center with lazy river for exercise for seniors

Recreation opportunities and care for those not capable of caring for themselves.

Regular check-up with doctor

Ridiculous cost of prescription meds! I have taken to getting my most expensive prescription drugs from overseas sources. Generics that are in the average of a third cheaper.

Right now we have private ins. but when my husband retires in a few months we will go on Medicare & have already set up the sup.& drug coverage BUT it will not cover some of the diabetes meds I am on so I am concerned about changing meds & maybe losing ground on the improvements I have made in my BG #s esp. Most of my heart, etc. meds are now generic & I am doing well on them after having a stroke in 2006 due to a hole in the back wall of my heart that had never been found until then & caused it by shredding off clots. Because we own land we don't qualify for any help with them & now I have drug card from the companies that let me get discounts or free meds BUT when I go on Medicare all of that stops & I KNOW I won;t be

able to afford the diabetes meds that work so well for me after years of struggling to find the just right combination. . I am concerned about that but will just have to do the best I can.

Run city water through the country

seminars for seniors, and provide transportation to seminar

Senior adoptions. This would be when a church/volunteer organization would be made aware of seniors who need assistance in their area and they could adopt them and see that their needs are met. Union County could do that easily!

Senior Center closer to Stallings, indoor pool closer to Stallings, low cost for both.

Senior exercise activities...senior outings would give an opportunity to reduce loneliness.

Senior Exercise programs conveniently located. I know the senior center in Monroe has an excellent program, but driving so far is too difficult .

Senior friendly walking trails; tracks outside

Senior health fairs and efforts with faith community

Senior services and publicity about them

Senior sites have more programs and information.

Services that are available throughout the entire county and that are not centrally located, such as day center for the elderly and treatment centers. Combine health and medical facilities in one location and having not to go from location to location regarding referrals. Time is of the essence.

Social and physical activities.

Someplace we could get access to information, activities relating to seniors in the County. A County site just for seniors, were you could get safe reliable resources.

Stop charging for transportation. And visit senior citizen much more.

Swim availability (pool)

Take better care of environment

Taking time to treat them with love and kindness and not to be abused. Also qauality time.
Church

Teach about vitamins, minerals, and weight control.

The eastern end of the county needs leaders that care about it's senior population. There needs to be a senior advocate in the Marshville area to push for better senior services.

The monroe aquatic center could be expanded, but it is a very good facility. Perhaps more local/neighborhood programming to encourage seniors to be active and to provide health information. More convenient public transportation for those who do not drive. More health tests to be able to be done in union county. For example, breast MRI, so we don't have to go to Charlotte.

"The nutritious lunch is not giving sugar-free options for those who can't have sugar.

We get sugared juices; sugared fruits-canned; sugared cakes and cookies."

There are many health fairs and things to do, but they are always in Monroe or the Ag Center, which is almost an hour drive from where I live. It would be good to have these opportunities closer. More stop lights at intersections. Dangerous to try to turn left at many busy intersections, and even at the Food Lion shopping center in Waxhaw or out of the post office. Many many accidents there. More police presence to stop angry drivers who weave in and out of traffic. Roads are getting busier and scarier.

"There are not many senior centers with stimulating and fun activities, being isolated and having to drive distances does not allow me to participate in many offerings. The senior center in Monroe is nice but most things occur before 12 and I am not interested in. Writing, acting and many other classes that allow for socializing are needed. Also it seems sort frustrating that the city of Monroe has events that do not take into consideration that some seniors might use a cane or walker and need to park very near the activity, for instance the music venues on Thursdays."

There is nothing specific although affordable care will be an issue for me in a few years. I have no family in the area and live alone.

There isn't anything that comes to mind at this time.

There needs to be an economical way of checking in on the elderly that live alone, especially those without relatives nearby.

This county doesn't provide the help that people from 65 and over need.

Those age 50-64 are at highest risk because they do not have access to Medicare. The 50s are when health problems tend to spring up. Actually, we need government healthcare for all citizens.

To be able to get Medicaid on low income

To be checked on and help with work on house when not able to do.

Traffic stress, too many new development for infrastructure

transportation for elderly to get too exercise, lunch meals and medical appointments.

"transportation probably the single most important.

In home support services for disabled, poor and elderly would be next."

transportation they never called me for a pick up been two years. I want to go shopping and poor transportation for seniors here in Monroe.

Transportation to Appointments. Senior Centers for Memory Care . Retirement Villages that are progressive as the person ages and needs more nursing care and move into more skilled area. People to hire who really care about the elderly and not just a pay check.

Transportation, low-income senior housing, affordable exercise facilities.

transportation, meals on wheels, elderly lunch programs

Unfortunately, good senior health improvement should begin starting at age 40; with diet and exercise; making healthy choices; no smoking; no "recreational" drugs ever; limit alcohol to minimum and regular medical check ups.

Union County covers a large area and lacks public transportation. This, in turn, leaves seniors who no longer drive, unable to easily get to places like the one senior center in Monroe.

Union County needs livable affordable housing for seniors. Seniors should be able to have access to fresh fruits and vegetables daily instead of having to pick between paying the rent and eating.

Universal Health Care

Used automobile tires have been discarded on Cane Creek Road near the pipe that crosses under the road. They are disintegrating. The pollution from these tires is washing into the stream that goes into Cane Creek Lake. These need to be removed.

Walking trails and bicycle trails. Public facilities for exercise, swimming pool. park near home on Mill Grove Road.

Walking trails through green spaces is the most important improvement needed in Union County for seniors and families. These trails should also be dog and bike friendly, and should connect cities. My biggest concern though is the lack of mental health in Union County. 60% of inmates are dealing with mental health issues. 60% non-incarcerated folks also mental health issues. Start with parenting classes of 0-4 year olds, for all parents. Give parents tax credits for taking the parenting classes. Union county will save money and lives in the long run. Give our youth career guidance and support. Union county can do much better with teacher salary. Provide a good sense of community and support and reward diversity. Get on board with the rest of the educated world with gun control. More children age 0-4 are killed with gun accidents than police officers. Stop honoring people killed by doing their jobs, and provide services that improve life for all so crime is not necessary. Eliminate drug trafficking by pulling over speeding cars on traffic highways, this is a no brainer. Term limit for all government

officials, fire government contractors that don't do their jobs irregardless of who they know in important positions. Union county is growing, but not for the better. Now is the time to change the direction for the better. Thank you for this survey.

We could use a number of senior community centers that would provide community connections.

We have a aging population not only here in Union County but in our nation. Health care cost is a major issue.

We need really safe housing for seniors. Disabled

"We need the following: Lymphedema Dr. Specialist and Geriatric Dr. or Geriatrician who see patients over 60, and Geriatrician Psych Dr. and Infectious Disease Specialist - help (shingles, viruses, fungi, pneumococcal pneumonia) . My last suggestion : more YMCA's with senior programs !

Ok you have great feedback , so I would like to see your followup some day ! We in Union County need more ""High Emotional Intelligence "" by key player in Union CountyNC and it's not about which party you are for ! Health Care is NEED FOR "" ALL"" ! Blood is all red ! !"

We should have some form of social programs for the adult population of Union County. Something to encourage individuals to leave the house and get involved in activities with others, as well as focusing in learning and creating things, a focus, to look forward to every new day.

"Where needed, buddies to check on them particularly if alone. Help to set up food where needed.

Opportunities to get together and socialize."

Written or internet site to answer questions or direct them. A 311 for seniors that are worried about something. volunteers to do some things like change outdoor lightbulbs.

Appendix D: Focus Group Session Responses Updated



Focus Group Session Responses

List of Focus Groups

- UCPS SHAC Group- School Nurses; Karla Ennis and Lindsey Fronk; 5/15
- Union Academy; Shawn Spohn and Rachel Horne; 5/17
- HCCGB Advisory Committee- Lindsey Fronk and Morganne Guinther; 5/21
- African American Church Leaders- Morganne Guinther and Stephanie Starr; 5/28
- Marshville Food and Nutrition Site- Lindsey Fronk and Morganne Guinther; 5/29
- Latino Coalition/ Hispanic Faith Community- Rita Dominguez and Liz Trevino; 5/30
- Union County Human Services - Monroe Food and Nutrition Site; - Stephanie Starr and Shawn Spohn; 6/4
- Health Equity Collaborative; Karla Ennis, Stephanie Starr, and Morganne Guinther; 6/5
- Union County Human Services Board of Directors- Shawn Spohn and Morganne Guinther; 6/10
- Faith Communities/Health Ministries- Shawn Spohn and Morganne Guinther; 6/11
- Latino Focus Group- Rita Dominguez; 6/12
- At Risk Youth- Karla Ennis, Kelly Page, and India Little; 6/19
- SafeKids of Union County Board of Directors; 6/21
- 4H Boys and Girls Club- Morganne Guinther and Stephanie Starr; 6/26

Summary of Answers

1. When you hear the words “healthy community,” what comes to mind?

When asked what represented a healthy community, respondents stated that a healthy community has residents who function well. These residents live safe, long, happy, and healthy lives free of sickness. The community should be clean and quiet. Residents should have a healthy balance between home and work and should have access to basic necessities such as food, clean water, medications, and electricity. Residents should also have access to affordable health insurance and to quality health care. Ensuring affordable health insurance is especially key for seniors, who are often living on fixed incomes. Community members should be supportive of those with mental health problems and seek to gain more understanding rather than stigmatize people. Finally, residents of a healthy community have opportunities for fitness and medical care. Providers of medical care should take time to listen to and educate their patients. These providers should also be driven by helping people rather than driven by financial concerns.

Respondents also stated that a healthy community should be proactive to find and meet the needs of members of the community, especially members who are typically “forgotten”. Respondents identified many barriers that members of the Union County Community are facing. One barrier is cultural issues and language barriers. For example, members of the Latino community often state that they lack trust of doctors, police, and other members of authority within the community due in part to language barriers. One individual even discussed how their dad was charged for an interpreter at a doctor’s appointment. Many residents also have a lack of access to affordable and accessible healthy food, especially in rural parts of the county where individuals must drive miles to reach a grocery store. While public transportation is available to grocery stores, riders have a maximum amount of grocery bags they can bring back with them. Taxi service is also very expensive. Another concern is that some residents (especially those in rural parts of the county) are unable to access county water at their homes. Finally, lack of affordable housing in Union County (especially for seniors) was a concern for many respondents. One individual suggested that Habitat for Humanity should build more houses in Union County.

Respondents also mentioned barriers to healthcare in Union County and how ensuring access to healthcare is essential to have a healthy community. One concern that was discussed in multiple focus groups is the high cost of

healthcare. Specific concerns that were stated are the costs for diabetic patients, the costs of medications, and the costs of appointment copayments. One individual mentioned that a family member refused to seek out healthcare because they believed they would not be treated because they owed money. Another concern was the lack of reliable public transportation to medical facilities. This transportation is especially needed for senior citizens. Focus group participants stated that transportation should be improved by adding more buses and drivers, and creating systems similar to CATS, the trolley system, and the light rail which are in Mecklenburg County. In addition, sidewalks are not available for those who want to walk to their appointments. Respondents also noted a lack of good doctors in Union County. The barriers to receiving health care were noted to be especially high in rural Union County because there are limited health care facilities as well as high transportation costs. Other sectors of the population which were stated to have high barriers to care were African Americans, Latinos, the elderly, and the uninsured.

Respondents discussed specific needs which must be met for Union County to be a healthy community that is “thriving and not just surviving”. First, there is a need for more outdoor places for people to bike and walk, such as community gardens, sidewalks and park spaces. Additionally, concerns were raised over safety in some outdoor parts of the county (rundown places in Monroe) versus other parts of the county (Wesley Chapel). Respondents also discussed a need for safe indoor places for teenagers and adults to go such as public libraries. Respondents discussed the need for good jobs and a good education system. Respondents also stated that there should be more health fairs to help keep Union County healthy. One specific educational need discussed was the need to learn about environmental health and ensuring homes remain safe and healthy. Finally, individuals expressed concern over the consistency of the availability of government programs. They discussed how grants are often given for a program for only a year or two, but then the grant money is used up and the families that are involved can no longer receive assistance.

2. What options/resources/services does Union County have adequate for residents to live health active lifestyles?

Respondents mentioned multiple resources that Union County residents use to live healthy and active lifestyles. One resource discussed in multiple focus groups was the Monroe Aquatic Center. The Monroe Aquatic Center does a good job of advertising their facility using mail advertisements and word of mouth. However, some individuals discussed how the Aquatic Center costs too much for some people to afford. Respondents also discussed how community centers, such as the J. Ray Shute Center, provide good opportunities but that these opportunities need to be spread throughout Union County and they need to be more affordable. Another positive resource in the community is Planet Fitness, which offers free workout opportunities for all teens during the summer. Another opportunity which the community has, but which is not well advertised, is the NC Cooperative Extension. Respondents also discussed how there is lack of awareness of resources such as crisis assistance, the community shelter, public transportation, the local health department, and free clinics. They also discussed how these programs are not universally available. Respondents also mentioned multiple outdoor areas that contribute to healthy and active lifestyles such as the new park in Wingate, Cane Creek, and the Parks and Rec departments of Monroe, Indian Trail, Stallings, and Waxhaw. Finally, respondents mentioned the benefits of programs such as the nutrition sites in Monroe and Marshville, the Council on Aging, Common Heart, Heart for Monroe, and Chalk it up for Love.

Just as respondents mentioned many positive community resources in Union County, they also mentioned many needs. One need is the need for more senior centers in Union County. Respondents discussed how senior centers are very beneficial because they provide opportunities for exercise, activities, and socializing. However, there is currently only one senior center in the county (Ellen Fitzgerald Senior Center) and many residents must travel outside of Union County to go to the Levine Senior Center in Matthews. One respondent discussed how parks and rec needs to offer more summer programs. Multiple respondents discussed their desire for Union County to have a YMCA. Respondents also discussed a need for a recreation building close to Marshville, because the closest recreation building is currently in Monroe. Finally, respondents discussed a need for additional adult day care programs. Currently, Union County only has one adult day care (New Testament Adult Day Care).

Respondents also discussed ways to improve current Union County resources. First, the county needs to improve the cleanliness and health ratings of local restaurants, especially in Monroe. Respondents discussed how they often drive through Monroe to get food from other areas because of concerns over food cleanliness and the possibility of illness. Respondents also discussed the need to expand access to healthy foods, such as fresh produce at the farmers market and flea market. Currently, the farmer's market is only open on Saturdays, which is not convenient for everyone. Respondents stated that farmer's market hours should be expanded. Additionally, people need to be made aware about the farmer's market's affordability. Respondents discussed how it seems like the only people who currently use the farmer's market are Hispanic individuals and older people. Finally, respondents discussed the need to decrease construction and preserve green spaces. Respondents discussed how the community should renovate older buildings rather than cut down trees, especially when the community is building grocery stores and other buildings in areas which already have access to similar opportunities.

Finally, respondents talked about whether community resources are available equally based on factors such as age, income, or geographical location. The consensus to this question was that resources are not equitably distributed. One individual talked about the "Piedmont Wedge", which they defined as the economic division line within Union County. This individual stated that everything from the airport to the west is thriving and has upward mobility, while everything to the east of the airport is stagnant. This individual believes this wedge exists because while the western part of Union County is a "gateway" community to Charlotte, the eastern part of the county is *not* a gateway. The wedge within Union County contributes to differences in lifestyle, differences in job availability (as well as salary amount), differences in economic growth, and differences in available resources. An additional concern related to this wedge is that because western Union County is developing so rapidly, individuals within western Union County (as well as Union County leadership) remain largely unaware of the stagnant growth in eastern Union County. This disconnect contributes to further inequity because certain underserved populations are "excluded" from the table where resource allocation decisions are made. As a result, money, grants, and other resources tend to be funneled away from those who need these resources most.

3. What things concern you the most about living in Union County?

Respondents discussed multiple concerns they have about living in Union County. Multiple people discussed the need to improve Union County's transportation system, which was described as "minimal at best". One individual even discussed how there is currently no bus stop outside the human services building. There is currently a perception that Union County's transportation system is meant more for the elderly. Additionally, public transportation is hard to use because individuals must meet qualifications, individuals must plan for transportation (and thus can't use it for same-day emergencies), and individuals must often spend long periods of time riding a large bus route. Respondents also expressed a need to increase other aspects of infrastructure throughout Union County. The need for more bike lanes, more fire hydrants, more parks and recreational facilities, improved healthcare and education systems, and affordable housing (especially for widow, seniors and single individuals) were all discussed. Additionally, respondents discussed the need to repair existing roads and sidewalks and to decrease traffic.

Another concern which was discussed is the economic disparities which exist within Union County. A variety of populations were addressed by respondents. Some respondents discussed the need to help the homeless population, which is growing throughout Union County. Individuals discussed how many homeless individuals have needed to buy food stamps from other people. Additionally, while the county is building a new facility for homeless people, respondents believe more actions should be taken to help such as providing them job training. Another disparity which occurs is lack of literacy among certain members of the population.

Respondents also discussed the economic disparities faced by low income individuals. One individual stated that "when prices increase wages stay the same or when wages increase hours decrease". Other individuals discussed how minimum wage jobs do not provide enough money to live on. While programs do exist to help low-income individuals, one Monroe church was forced to shut down a car care program for low income mothers because people were taking advantage of the program's generosity. Other individuals discussed how high property taxes had put them (or people they know) at risk of losing their homes. They discussed how this problem is especially prevalent in the senior population and how seniors should thus be exempt from paying property taxes. Finally, respondents discussed problems associated with not having health insurance. Individuals without insurance (or even those with

certain types of insurance) often have difficulty seeing a doctor or a specialist. Therefore, many individuals end up going to the emergency room because they “have never been turned away by the hospital”.

Just as individuals noted economic disparities on an individual level, they also noted disparities on a community level. Respondents discussed how there are increasing resource disparities when comparing some parts of Union County to other parts of Union County. For example, individuals in some parts of Union County are forced to use well water because no public water service is available at their home. In addition, some parts of Union County do not have easy accessibility to grocery stores or to restaurants which are not fast food restaurants. Specifically, individuals discussed how restaurants which are not fast food do not tend to do well in the towns of Monroe and Wingate. Another individual discussed how many grocery stores are moving out of the Monroe area towards Mecklenburg County. Finally, other individuals discussed how educational opportunities are limited based on the amount of resources available at a given school. One specific example which was discussed is how schools with a population of mainly dual income homes have a much higher capacity to volunteer with students than a school with mainly single parent households. This division based on household type also decreases student opportunities to participate in programs that develop their character, such as Girl Scouts and Boy Scouts, sports programs, and youth activities at churches.

Finally, individuals discussed concerns with health and the healthcare system. Respondents discussed the need for more free health clinics. Respondents also discussed a need for more resources and clinics to address mental health issues, such as Alzheimer’s and Dementia. Multiple people expressed concern that chemicals in the air or food are contributing to high Alzheimer’s rates in Union County. Individuals also discussed the need to address obesity by improving access to healthy food and educating people living healthy and active lifestyles. Most respondents believed that Union County’s healthcare system is improving, mainly because of the presence of two large competing healthcare systems. However, there is a perception that healthcare quality is better in Mecklenburg County. Specifically, individuals discussed how many physicians are coming to Union County, but that they don’t always stay for long, which disrupts continuity of care. They also discussed how physicians need to look like the patients they are serving. Finally, individuals discussed a need to improve nursing homes by increasing nursing home regulations and by increasing the amount of regular inspections.

4. Access to health care is often a need expressed by community members. What is your perception, is there sufficient access to care in Union County?

Access to health care means a lot of different things to people. Some individuals see access to care as how close care is to one's home or work. Other people see access to care as the type of doctors which are available, how quickly care is available and the number of "hoops you have to jump through". Within Union County there are both positive aspects of healthcare access and aspects of healthcare access which need improvement.

Within Union County there are multiple organizations which assist people in accessing healthcare. For example, HealthQuest helps provide medications to individuals who meet their guidelines for need. However, individuals often do not know about community resources. Additionally, these organizations are often not well integrated, which leads to duplication of services. In addition to the availability of various assistance programs, another positive aspect of healthcare within Union County is the relatively centralized location of Union County hospitals. Individuals also discussed how access to organizations that provide "typical care" (such as urgent care centers, OB/GYN offices, allergists and orthodontic offices) are increasing within Union County.

While Union County's increasing access to some types of care is beneficial, some individuals noted that this increasing access is because people are sicker than they were in the past. This is concerning because other individuals, including a local pediatrician, mentioned a lack of access to specialty care (such as infectious disease specialists or fetal medicine specialists) within Union County. One teenage respondent discussed how their mother had to travel approximately ninety minutes to see a migraine specialist. Another individual discussed how some people are willing to travel all the way to Duke University to see a specialist. The need to travel outside of the county for care is troubling because this traveling is almost impossible for individuals without both a car and flexible work hours. In addition, individuals who are uninsured (or underinsured) may also struggle to access needed healthcare, supplies, or medications. Respondents discussed particular difficulty with accessing affordable dental care and vision care. Respondents from multiple focus groups stated that having access to Medicaid or other state insurance does not insure that people will have access to needed healthcare. One individual discussed how kids eligible for Medicaid often fail to apply or to reapply if their benefits expire. Another individual noted that even

individuals with private insurance struggle to access certain types of care due to costs of care and restrictions by their insurance company. In addition, respondents noted that patients in certain parts of Union County have a lot fewer healthcare organizations, which negatively impacts their access to care regardless of insurance status. For example, one individual discussed the health disparity between Monroe (which has a lot of healthcare places) and Marshville (which has not very many healthcare places). Focus group respondents also noted a wide variety of other health disparities.

Individuals in almost every focus group discussed how there is a polarization of access to healthcare within Union County. Some individuals attributed this polarization to lack of health insurance, while others attribute this polarization to lack of education about healthcare. One individual stated that the “privileged” are educated about their healthcare options while the “less privileged” often do not know where to go for care or what services are available. One problem that respondents associated with this lack of education is the fact that many people will go to the emergency room for simple conditions. Another problem associated with lack of health literacy is misinformation about the types of services provided by health insurance programs. For example, one person stated that many seniors assume that Medicare pays for long term care, which is generally not the case. These problems indicate a need to educate all Union County residents about topics such as Medicare and Medicaid, knowing when to seek emergency services, and accessing other types of healthcare.

Another health disparity noted within focus group conversations relates to families living in poverty. One individual discussed how poor families sometimes choose not to access care because they have a sense that they are not a “part of the system” and that healthcare is designed for the middle class. The individual further explained that when you are living in an environment that is survival based it is not conducive to an achievement-based lifestyle (such as achieving better health). In addition, an individual stated that most low-income individuals are required to take time off their jobs to access health care, which causes them to lose income. Taking time off work for healthcare is therefore difficult, especially since many poor individuals are already required to work long hours or multiple jobs to make ends meet.

Another population which respondents said face health disparities is the Hispanic population, especially individuals who are immigrants or who are undocumented. In fact, one individual stated that most undocumented

residents (almost 30,000 individuals) within Union County live in Monroe. Many Hispanic individuals do not speak English (or in some cases, do not even know how to read), which is a large barrier to accessing care. Many Hispanic individuals also do not have reliable access to a car or to public transportation, which makes it difficult for them to attend healthcare appointments. In addition, one teenager discussed how many people within the Hispanic community use home remedies before they seek traditional medical care. Additionally, many Hispanic individuals do not have health insurance. This lack of insurance is of particular concern for undocumented individuals because there is only one organization in the community (Community Care Clinic) which is willing to treat undocumented individuals, with the exception of the emergency room.

Just as focus group respondents discussed multiple concerns for healthcare access, they also discussed ways to improve access. One individual discussed how they use the internet to try to “self-diagnose” before they go to the doctor. This helps individuals when deciding whether they need to go to urgent care or the emergency room. Another respondent discussed the long wait times at both emergency rooms and urgent care facilities “unless you are dying”. They also stated that Monroe and Matthews generally have the longest wait times. Another individual discussed how the urgent care across from the hospital in Monroe makes people with Medicare or with no insurance wait for a long period, which creates the perception that people have to “pay to play”. This individual stated that access would therefore be improved if people who arrive at urgent care facilities first are also treated first. Just as individuals were concerned with improving access to emergency/ urgent care they were also concerned with improving primary care. One individual commented that community clinics are a good resource because they operate on a sliding scale, however, they do not currently have the capacity to meet the needs of the Union County community. Other individuals discussed the importance of connecting patients with a primary care provider. Additionally, health care providers need to be cognizant of the negative feelings many people have when they make an appointment to see a doctor but end up seeing a nurse practitioner or physician assistant when they arrive. School nurses and students also expressed the need to expand the role of school nurses so they can do more than just take a student’s temperature or give them a Band-Aid. This change is crucial because many children do not have insurance and thus rely on their school nurse for healthcare.

5. We've talked about a number of barriers to a "healthy community" and/or why community members have trouble accessing care. What do you suggest would be the best way to eliminate these barriers? In other words, what can be done to create better access to health services and for people to be healthier?

When asked this question, multiple respondents focused on improving social determinants of health. Some of the specific concerns respondents discussed include the need to improve access to healthy foods, to improve the public transportation system (including the addition of bike lanes and bike share programs), to improve opportunities for affordable housing, and to improve access to good jobs. Respondents also discussed a need to create new resources such as community centers, parks and trails, and sidewalks. Respondents discussed the need to ensure that economic development occurs throughout the whole community, not just certain parts. Specifically, individuals discussed examples of how disparities in economic development currently exist in Union County. One example discussed is how some parts of the county do not have access to county water. Another example is how resources exist for seniors to get meals delivered or have help taking care of their homes, but that these resources are not equally available to all. A final example which was discussed is how education and activities for youth differ throughout the county based on available resources. While respondents were concerned about social determinants of health and health disparities, they also discussed opportunities to improve the healthcare within Union County.

Respondents discussed a need to improve access to preventative healthcare services (such as mammograms), primary care services, and mental and behavioral health services within Union county. Respondents suggested that adding urgent care centers, especially in underserved or rural areas, would help improve this access. Respondents also discussed how improving transportation services within the county would help improve access to healthcare services, especially for individuals with disabilities. Respondents also discussed the need to ensure that all people have health insurance. Respondents from multiple focus groups discussed the importance of having "Universal healthcare" or "Medicare for all". Respondents also discussed the need to improve collaboration between both healthcare systems and other community partners.

Focus group participants discussed how health care systems and other community partners tend to compete rather than collaborate with each other.

Respondents discussed how this lack of collaboration causes waste and duplication of services. Focus group participants suggested that increasing collaboration would help improve the “bang for your buck” received by creating community resources. Efforts to increase collaboration are currently being implemented in some parts of the community. For example, Wingate University recently began a partnership with the health department and other community care providers to discuss how to “bridge the gap” of needs of people in the community. Wingate also offers many community programs, such as a recent suicide prevention program. However, for collaboration efforts (such as the ones at Wingate University) to be successful, Union County must also improve its communication about available resources.

One problem that focus group respondents associated with lack of communication is that community members are often unaware of the resources which are available to them (from local organizations and from county, state, and federal governments). According to focus group participants, there are some community organizations and programs which do a very good job at outreach. These channels should be utilized for further outreach. Participants discussed how Union County Public Schools does a very good job of reaching families with school aged children and how various faith organizations (such as the Baptists) also do a good job reaching their members. In fact, one individual suggested implementing a “health ambassador” at each church who would inform church members about health resources in the community. Some resources, such as the Cabarrus Health Alliance and Atrium’s Community Resource Hub (or “Aunt Bertha”) allow members to enter their zip code and be matched to the resources they need. While these resources are valuable it is important to consider factor such as the “digital divide” which makes some populations more difficult to reach. Therefore, the community should develop multiple ways to disseminate information, such as placing a “master calendar” on the Union County Government website and on social media, creating a government access TV channel and a “Telemundo Local”, improving the Union County newspapers (which one participant described as “shoddy” and “biased”), posting billboards in every community, and creating a network of engaged individuals who can spread information throughout their individual communities using word of mouth. Respondents also discussed the importance of ensuring all information is delivered in multiple languages and is cognitively understandable (especially when discussing complex issues).

6. Think back over the topics we've discussed. Are there any resources or activities you would like to see in Union County that are not here now? Probe: Do you have any suggestions of programs/services that may be important to develop to help the overall health of the community?

A major challenge that multiple people discussed which needs to be addressed is obesity. According to one pediatrician, obesity (and related problems such as diabetes) is the second largest problem she sees among her patients. The pediatrician attributed this problem to lack of exercise (and opportunities for exercise) and lack of healthy food in people's diets. Respondents made multiple suggestions to help increase exercise including creating an affordable or free gym, creating a YMCA, and offering a service where trainers can teach you how to work out. Some individuals also discussed creating larger protected parks and increasing the safety of walking areas so single women and seniors feel more comfortable exercising outside. The main problem discussed relating to food was low accessibility to healthy foods. Some people mentioned how many areas of the county only had easy access to fast food restaurants. Other people discussed how the poor and homeless have difficulty paying for healthy food. One individual even mentioned how children sometimes only have access to meals when they are at school. Some suggestions which were made to help improve low income individual's access to healthy food were to create a food kitchen and to offer meal vouchers for restaurants.

Addressing mental health is another huge concern which was mentioned by focus group respondents. In fact, one pediatrician mentioned that around 20% of their daily visits revolved around mental and behavioral health issues such as anxiety, depression, self-harming activities, and ADHD. Teenage respondents also discussed the stress associated with school (which they stated was a cause for dropping out of school), technology addictions, drug use and weapons in schools, gangs, and bullying. Mental health problems such as Alzheimer's, dementia, suicide, and substance abuse disorders were also discussed as common among the adult population. Despite the great need to address mental health problems, there is currently limited attention or resources given to target these concerns. In fact, one individual mentioned that people with mental health problems are often not taken seriously, but instead told to "get over it". Individuals who do choose to seek professional help for their mental health problem must often deal with long wait times or the inability to see a stable physician. One individual mentioned that there is

currently no way to treat substance abuse in Union County except in residential substance abuse facilities or by “detoxing” individuals and sending them back into the community. One individual mentioned that many people are being overmedicated. Other individuals mentioned the need to make Narcan more available. While the mental health system ultimately needs money in order to fund mental health programs and hire new mental health professionals, focus group respondents also discussed some other ways to improve mental health. Students recommended offering pet therapy and hiring mental health therapists to serve at schools. They also mentioned creating an anonymous text line for people to reach out about mental health. Another individual mentioned the need to improve access to bilingual providers of mental health. Overall, the consensus among most focus group participants was that mental health within Union County is underfunded and often lacks continuity of care.

Individuals also mentioned some other needs for Union County to address. Some individuals mentioned a need for more affordable community programs, such as reading programs, cultural arts programs, and couponing programs. Multiple individuals mentioned the need to offer free or sliding scale medical clinics to treat simple issues. This would help keep many uninsured (and even insured) individuals out of the emergency room. Other individuals mentioned the need to improve transportation in Union County. A few different individuals discussed the need to create resource centers for kids because they currently have “nowhere to go and nothing to do”. Individuals also discussed the need for youth mentoring programs. One individual specifically discussed how many of the programs that currently exist for children are only available for those under 18, which excludes high school students who are 19 or 20. One individual discussed the idea of creating a program similar to Village Heartbeat, which is a faith-based program that is operated by the Mecklenburg County Health Department to address health disparities in minority communities. Finally, individuals mentioned the need to create a Social Security office in Union County. These individuals elaborated on this need by discussing how Union County is the eighth largest County in the state, how Union County used to have someone addressing this issue who worked in the basement of the courthouse, and how Union County residents must now drive all the way to Mecklenburg or Stanly County for Social Security appointments.

7. Of all the issues we have talked about today, what are the most important issues for your community to address?

Focus group participants discussed a wide variety of issues to address. Some individuals focused on specific health concerns such as diabetes, high blood pressure, infant mortality, and mental health concerns (such as problems brought about by childhood trauma). Many people discussed the need to educate people on things such as exercise, healthy diet, and disease management. Other individuals focused on making healthcare more accessible and affordable to help decrease disparities. Individuals suggested creating mobile physician offices, improving the transportation system for medical appointments, controlling the price of prescription drugs, and standardizing the costs of medical care across different organizations. Other people discussed creating programs to help the uninsured and underinsured. One specific program idea which was discussed is the need to provide more in-home care for the elderly. Focus group participants also noted that it is crucial to get underserved individuals involved in decision making to ensure that any new programs to improve healthcare are accessible to those who need help the most. The county also needs to improve their outreach to inform residents about resources which are available.

Focus group participants also discussed a variety of concerns about where they live within the county. One concern discussed by focus group participants is the need for affordable and appropriately sized housing, especially for the elderly (who are often on a fixed income) and for single individuals. Individuals discussed their concerns about being priced out of their home and possibly becoming homeless. Individuals discussed the need for property tax relief, such as an ad-valorem tax, which keeps the value of a home steady after owners reach a certain age. Another concern addressed by focus group participants is that not all individuals in the county have access to county water. Likewise, many individuals were concerned with their access to grocery stores and healthy foods near their home. Some individuals talked about the farmer's market and how even if they can get transportation to the farmer's market, they may not be able to redeem food vouchers because they are only good at certain times and with certain vendors. Other individuals talked about the drug problems which exist within certain parts of Union County and that "if you look for it [the drug problem] you will see it". Teenagers and a group of school nurses addressed a variety of concerns related to drugs in school, such as the use of vaping, juuls, smoking (tobacco

and marijuana), opioids, cocaine, alcohol, and prescription medications such as Xanax. The most prominent drug used by students differs based upon the school and is perceived to be worse in public schools than in private schools or charter schools. Similarly, just as specific types of drug problems are perceived to differ throughout the school system, the quality of education is also perceived to be different based on school location and available resources. Many schools are also overcrowded. Focus group participants discussed the importance of improving the *whole* education system, not just certain schools. One specific improvement mentioned is the need to increase teacher pay in order to attract high quality teachers. Individuals also discussed improving the quality of school food and starting community gardens at schools.

Finally, another concern addressed by multiple focus group respondents is the lack of upward mobility within Union County. One individual discussed an assessment their organization completes every six months. This assessment has 10 indicators on a scale of 1 to 5, each of which assess how well Union County is “getting ahead”. Of the ten indicators, there are three indicators which have never scored above 1.5 out of 5. One concern related to upward mobility is job opportunity. Individuals discussed how there needs to be more “basic jobs” for those with less education. They also discussed, however, that these jobs need to provide a livable wage, which is significantly more than minimum wage. Individuals also discussed how there are not enough full-time jobs available because companies tend to only offer part time jobs to avoid paying benefits. The final concern individuals discussed relating to jobs is that most of the best paying jobs require driving outside of the city or outside of Union County, which can be difficult for some people due to a lack of transportation. Another way to improve Union County’s upward mobility is to provide support for single parents by improving the affordability of childcare, which can in turn give them more work opportunities. Other individuals discussed the need to provide parenting classes and educational resources to help families and single parents deal with stress and successfully raise their children. Finally, the last topic individuals discussed related to upward mobility is the need to educate people about how to vote.

8. Taking all of what we have discussed today, what are some of the strengths/resources your community has to build upon to have a “healthy community”?

Respondents discussed a variety of strengths which the county can use as opportunities for growth and improvement. One strength which was discussed multiple times is the fact that Union is a caring community where people are friendly and motivated to help others and be generous. Focus group participants discussed how there are a lot of people who volunteer with local non-profit organizations. However, some residents expressed concern that Union County has been rather fragmented and that people on one side of the county do not know the needs of people on the other side of the county. This is an opportunity for improvement because many people would likely be willing to help meet needs. However, community members cannot help if they do not know what needs exist.

Another strength which was discussed is the good public-school system within Union County. These good schools cause a lot of people to move to Union County. However, concerns were raised that many schools within “poor” parts of the County are lagging behind schools in “rich” parts of the county. Concerned were also raised over the curriculum and how schools need to teach life skills. Respondents also discussed the benefits provided by Wingate University, such as the variety of healthcare programs which both drive people to move to Union County and help create partnerships to help the community.

One strength which was discussed is Union County’s strong faith community. According to participants, a variety of local churches are involved in their communities and will help fill needs if they see them. One church offers a free pharmaceutical day. There are a variety of churches which host food banks or offer free meals for community members. One church sent out a wish list to purchase items for individuals who are home bound. One church even has BINGO every Friday. These churches provide a lot of community resources, as well as opportunities to share information.

Many people discussed concerns over lack of information about what resources are available. Focus group participants discussed the possibility of sharing these resources at churches, clubs, and the Monroe Aquatic Center. Respondents also discussed the importance of discussing community resources with middle age individuals who are looking after both their elderly parents and their children. Focus group participants also discussed how many insurance companies are starting to hire social workers to inform beneficiaries

of community resources, but that the community itself still needs to remain involved in the sharing of information.

Participants in the focus group also discussed a wide variety of other community resources which are beneficial, such as the Department of Health and Human Services, Parks and Rec, and the library. Individuals also discussed some community resources that could be improved. For example, individuals discussed how having transportation is good, but that it is some difficult to obtain and that there can be long wait lists. Individuals also discussed how the homeless shelter expansion is good, but that it still may not be enough of an expansion. One individual discussed the community box program, which sends poor individuals a box of food once a month. However, this program excludes people over a certain salary cap, which this individual believes should be raised. Another individual discussed how the VA is the best organization for healthcare, but that Union County veterans do not have easy access to most VA locations. One individual also mentioned the Atrium Community Paramedic Program, which they perceived as a very positive program that is helping to educate the community and decrease anxiety. Finally, multiple individuals mentioned the need to create and utilize mobile clinics to help underserved parts of Union County.

9. Is there anything else that we have not asked about or anything that you would like to add?

Individuals first discussed the need to address poverty. One individual stated that approximately 90% of Title 1 schools that offer free and reduced lunch for most of their students are in the Monroe area. Focus group respondents discussed how those in leadership, such as the county commissioners need to understand and empathize with the experiences of those in poverty. One suggestion to help with this is to have county leaders participate in a poverty simulation.

A second concern that focus group members discussed is the need to ensure that infrastructure improvements keep up with population growth within Union County. One individual discussed a study which found that in five years there will be 45 thousand more people in eastern Union County because of the new bypass which was recently opened. When planning infrastructure growth, it is important that there is a balance of resources such as roads, schools, healthcare facilities, stores, and affordable housing. Those involved in planning infrastructure also need to remember the importance of installing sidewalks, bike lanes, crosswalks, and similar measures to increase walkability. As the community grows and resources are redistributed it is important to contact government officials and senators to help “personify” different populations and their unique needs.

Another concern discussed by focus group participants is the need to increase the number of foster families and to improve foster care within Union County. One individual discussed how Union County is one of the fastest growing counties in the state but that there currently only 50 foster homes. This individual discussed how they are always trying to bring in additional foster families, but that they struggle with community outreach, especially in the towns of Wingate and Marshville. Focus group respondents also discussed the need to provide children (both those who are in foster care and those who are not) access to pre-k programs and early intervention programs. Respondents stated how it is important to “spend money on the front end to prevent problems (such as crime, unemployment, and dropping out of high school) on the back end”.

Community members also mentioned other concerns to address within Union County. One individual mentioned the need for state and local leaders to take advantage of federal resources which they are not

currently using. Another individual mentioned the need to increase community awareness about recycling programs. Another individual mentioned the need to provide more resources to help the Indian population adopt to the culture in Union County. Multiple individuals discussed the need to ensure professionals stay in Union County to help create stability. People also discussed the need to decrease crimes in the community, such as violence, theft, shoplifting, and phone scams. Decreasing crime is especially important for children, because they often have difficulty accessing healthcare if their parents are incarcerated. One suggestion to increase community safety is to hire more police and firemen. Individuals also discussed addressing various health problems in the community such as cancer, high blood pressure, Alzheimer's, diabetes, autism, developmental disabilities, asthma, and heart disease.

Finally, community members discussed a need to create more opportunities for community members to voice their opinions, just like the Community Health Needs Assessment has done. It is important to ensure, however, that *all* people have opportunities to voice their opinions. For example, one individual discussed their concern that most elderly individuals would not complete a survey unless there was someone there to help them with it. Additionally, other community members may be less accessible due to factors such as poverty and lack of transportation. Ultimately, focus group participants discussed how we should be cautious about labeling people or things as "healthy" or "unhealthy". Instead, they focused on the importance of teaching people to be self-aware about the needs of their own minds and bodies so they can make their own judgements about what is good or bad for them.

Frequency of Discussion About Each Topic

Topic	Number of Focus Groups Discussed	Total Times Discussed
Improve Public transportation	13	64
Mental / behavioral health issues	12	37
Accessibility of healthcare	13	33
Increase knowledge of available resources	13	33
Improve affordability/ accessibility of healthy foods	12	22
Affordability of healthcare/ health insurance	10	22
Need more green spaces (community gardens, parks, trails, etc.)	10	19
Drug/ alcohol use/abuse	8	18
Need more health fairs/classes/ education about health/ healthcare	8	16
Imbalance of resources throughout the county	6	16
Improve schools	9	15
Lack of specialists in Union County	8	15
Need affordable gyms/ places to work out/YMCA	8	15
Affordable housing	7	15
Addressing hunger, food banks	10	14
Healthcare options for those that can't afford it/ are uninsured or underinsured	7	14
Crimes- Violence, theft, phone scams	7	13
Access for Hispanic population (especially immigrants and undocumented individuals)	6	12
Need more/better job opportunities	5	11
Use faith community as an opportunity for improvement/ dissemination of information	4	11
Need more sidewalks (also repairs)	7	10
Improper diet, need education	6	10
Homeless	8	9
Information needs to be in multiple languages	5	9
Need more volunteerism	7	7
Increasing safety of outdoor spaces	5	7
Need mobile health clinics	4	7
Price/ accessibility of prescription drugs	3	7
Improper use of emergency room	5	6
Need "livable wages" (above minimum wage)	4	6
Diabetes	4	6
Need recreation building/ community center	4	6
Listen to and address the voice of the "forgotten" when allocating resources	3	6
Alzheimer's and Dementia resources	3	6

Safety of water	3	6
Gangd	2	6
Need integration/ collaboration between health care organizations and other community organizations	1	6
Infrastructure keeping up with growth	4	5
Population density/ growth	3	5
Obesity	2	5
Need public water for all	2	5
Clean community	2	5
Quality of healthcare/ doctors	4	4
Traffic	4	4
Need bike lanes and bike share programs	4	4
Need affordable childcare	3	4
Poverty	3	4
Need more senior centers	3	4
Increase access to preventative services	3	4
High blood pressure	2	4
Increase accessibility to/ knowledge of farmer's market	2	4
Need to improve school nurses and add them to every school	2	4
Healthcare for low income families	2	4
Personal responsibility for health	2	4
Affordable medication	2	4
Resources/activities for youth	2	4
Drug use in school	2	4
Need affordable dental care	1	4
Education about life skills (ex: money management)	1	4
Foster care program	3	3
Not accepting certain types of insurance (especially government insurance)	2	3
Need for more doctors	2	3
Improve communication of healthcare professionals	2	3
Need community clinics (sliding scale based on income or free)	2	3
ADHD	2	3
Lack of job flexibility	2	3
Need urgent care center in rural areas	2	3
Classes/ education for parents	2	3
Resources for those with disabilities	2	3
Universal health insurance	2	3
Need mentoring programs	2	3
Need to build trust with community members	1	3
Stopping opioid epidemic	1	3
Property tax relief for seniors	2	2
Need more adult day cares	2	2

Ensuring enough help for elderly	2	2
Heart Disease	2	2
Help people learn to read	2	2
Need more community gardens	2	2
Ensuring people have primary care providers	2	2
Air quality	2	2
Fighting in schools	2	2
Infant mortality	2	2
Need more community programs (esp. in summer)	2	2
Depression	2	2
Overuse of medications	2	2
Access for African American population	1	2
Physicians should look like and empathize with those they serve	1	2
Need to increase restaurant cleanliness	1	1
Less construction	1	1
Need pet care (checkups and vaccinations)	1	1
Long waits for urgent care/ emergency room	1	1
Pet therapy at schools	1	1
Social media stress	1	1
Cyberbullying	1	1
More opportunities to voice opinions about community	1	1
Renovate old buildings	1	1
Need Social Security office in Union County	1	1
Need more home health/ home care options	1	1
Cancer	1	1
Address childhood trauma	1	1
More education about voting process	1	1
Quality of nursing home care	1	1
Income caps for resources (e.g., community boxes) should be increased	1	1
Need food kitchen	1	1
Need awareness about recycling	1	1
Should have meal vouchers for poor for restaurants	1	1
Dropping out of school	1	1
HIV/ AIDS resources	1	1
Keeping people from leaving the community after short period of time (disrupts continuity of care)	1	1
Consistency of program availability	1	1
Incarceration of parents	1	1
Affordable vision care	1	1
Need to instruct kids on meeting their healthcare needs (ex: Asthma inhalers)	1	1
Many people lack health insurance	1	1

Put nurse in social work clinics	1	1
Resources for Indian population	1	1
Earlier screenings for autism	1	1
Healthy work-life balance	1	1
Road repairs	1	1
Need free interpreters for healthcare services (Title XI)	1	1
Need comprehensive services at health department	1	1
Need mammogram services	1	1
Postpartum depression	1	1
Need lifestyle classes	1	1
Affordable/ free clothing	1	1
Quiet community	1	1
Address lack of literacy	1	1
Access to schools and community resources for immigrants	1	1
Bullying	1	1
Tutoring availability	1	1
Fear of healthcare system	1	1
Need more medication regulation	1	1
More police enforcement (esp. in schools)	1	1
More focus groups	1	1
Self-harming behaviors	1	1
More fire hydrants	1	1
Need housing communities for senior adults	1	1
Mental health in schools	1	1
Technology addiction (video games, tv, etc.)	1	1
Need more police and firemen	1	1
Decreasing discrimination	1	1
Weapons in schools	1	1
Need grants for individuals who can't afford things (such as healthcare)	1	1
Need better teachers	1	1
Increase teacher pay/benefits	1	1
Increase awareness of 4H	1	1
Less fast food	1	1
Improve quality of school food	1	1
Community gardens at schools	1	1
Cleanliness of schools	1	1