



**North Jersey Health Collaborative**

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health matters

# **Community Voice Survey**

Union County

September 2018

Prepared for the North Jersey Health Collaborative by Atlantic Health System

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## **Members of the North Jersey Health Collaborative Data Committee:**

Catherine Connelly, North Jersey Health Collaborative

Don Dykstra, Atlantic Health System

Shanice Johnson, Morris County Office of Health Management

William Kernan, William Paterson University

Lisa Lieberman, Montclair State University

Annie McNair, Union County Office of Health Management

Leslie Franks McRae, North Hudson Community Action Center

Jodi Miciak, United Way of Northern New Jersey

Sarah Perramant, Warren County Health Department

Rajika Reed, St. Luke's University Health Network

Laura Richter, Warren County Department of Human Services

Arlene Stoller, Morris County Office of Health Management

John Volturo, Atlantic Health System

Leigh Ann Von Hagen, Rutgers University/Voorhees Transportation

Trevor Weigle, Mt. Olive Township Health Department

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Data analysis was conducted by Karen Shiu-Yee, MPH, Research Associate, Atlantic Health System.

Questions regarding this report and survey should be direct to Catherine Connelly, NJHC Executive Director, at [Catherine.Connelly@njhealthmatters.org](mailto:Catherine.Connelly@njhealthmatters.org).

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## EXECUTIVE SUMMARY

The North Jersey Health Collaborative (NJHC) is an independent 501(c)(3) organization with more than 100 partner organizations working together across sectors to improve the health of communities in Morris, Passaic, Sussex, Union, and Warren counties. In 2018, the Collaborative conducted its first *Community Voice Survey* to identify concerns related to health and well-being that are most important to the people who live and work in the communities it serves. A total of 3,793 individuals from all five counties participated.

The *Community Voice Survey* was an anonymous survey that was either completed online or in hard copy. After data were collected, initial survey findings were compiled and presented to NJHC county partners in each of the counties. In July 2018, the data were presented at the Union County Committee Meeting.

Between January and May, 2018, a total of 258 individuals living in Union County completed the *Community Voice Survey*. Most (76%) of the survey respondents are female, more than half (51%) are between 45 and 64 years-old, and 52% identify as non-Hispanic White. More than half (64%) of the survey respondents have at least a Bachelor's degree and 34% consider their household finances to be "very stable" (i.e., they can handle all bills and unexpected expenses or emergencies).

The following are most-often identified by survey respondents in Union County as issues the NJHC should focus on to improve health and well-being in their communities:

1. Housing
2. Mental health care
3. Employment
4. Health insurance
5. Community safety

It is important to note that, although the *Community Voice Survey* was designed to reflect a wide range of voices from each of the communities, the data collected are not a statistical representation of Union County's population. In addition, while the data provide meaningful information about many community members' thoughts and attitudes, they must be viewed within the context of other statistically representative data about the county's health needs and conditions.



# INTRODUCTION & BACKGROUND

## About NJHC

Established in November 2013, the North Jersey Health Collaborative (NJHC) is an independent, self-governed 501(c)(3) organization with a diverse set of partners representing healthcare, public health, social services, education, and other community-based organizations.

Working together across sectors, the NJHC and its partners seek to establish a more coordinated collective approach to community health improvement. Core functions of the NJHC include: a shared process of community health needs assessment and health improvement planning to target factors that drive poor health, and facilitating the development of collaborative strategies and action plans designed to create communities where opportunities for health and well-being are available for all people.

## About Union County

In 2018, Union County has a population of 559,707 residents. The median age in the county is 39 years-old. Twenty-three percent of the population is under the age of 18 and 16% of the population is age 65 or older. Approximately 39% of residents in Union County identify as White or Caucasian, 32% identify as Hispanic or Latino, 21% identify as Black or African American, and 6% identify as Asian. The median household income in Union County in 2018 is \$76,739 with 8% of families living at or below the federal poverty line.

For more complete information about Union County, visit [www.njhealthmatters.org](http://www.njhealthmatters.org).

## Purpose of the *Community Voice Survey*

The *Community Voice Survey* was designed based on requests from NJHC partners who wanted more direct input from people who live and work in our communities in the shared community health needs assessment process. Engaging community members in this process will enable NJHC partners to obtain valuable insights about individuals' and



communities' health and well-being that might otherwise be overlooked. Furthermore, allowing community members to share their perspective on their health and the health of their neighborhoods help NJHC partners gain a better understanding of the strengths and needs of our communities, as well as the facilitators and barriers to health and well-being. Results from the *Community Voice Survey* will support the NJHC and its partners to develop and implement more effective strategies to address issues that really matter to the communities' health and well-being.

The *Community Voice Survey* is a part of a larger shared community health needs assessment. Results from this survey only represent the views of individuals who chose to share their voices and are not representative of all individuals living in each county. Results from the survey will be used in combination with other data sources, along with information from the NJHC's community health improvement initiatives, to inform the modification of current efforts and the development of future strategies and actions.

## Data Collection Process

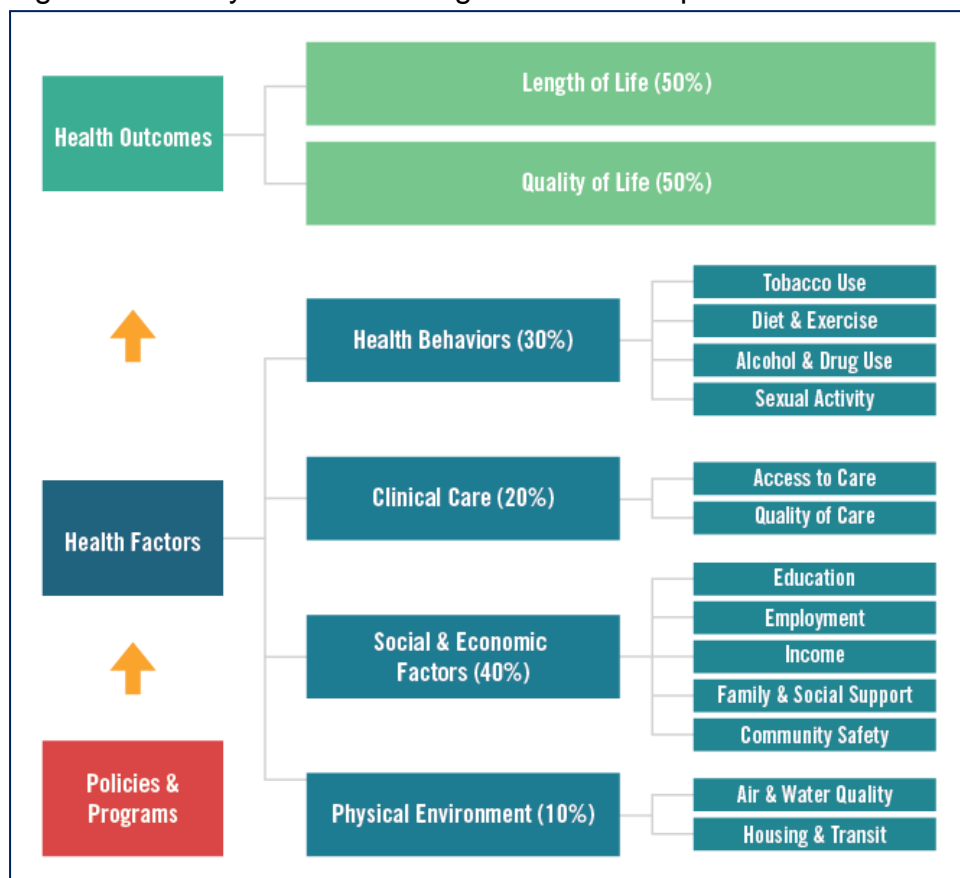
The *Community Voice Survey* was developed by the NJHC Data Committee based on the County Health Rankings and Roadmaps Model (**Figure 1**), which shows the wide range of factors that influence how long and how well individuals live. The main objective of the *Community Voice Survey* was to capture whether or not community members across the five counties served by the NJHC and its partners feel that these elements essential for health are available in their communities.

In addition to questions about their demographics (e.g., age, gender, race/ethnicity), respondents who completed the *Community Voice Survey* were also asked to respond “true” or “false” to questions that measure the four factors that influence health and well-being: physical environment, social and economic factors, clinical care, and health behaviors. The survey collected both quantitative and qualitative data where the qualitative responses provide additional context and nuanced understanding for the quantitative information.

The survey instrument was piloted in Vauxhall (Union County) in the fall of 2017. This was followed by a focus group discussion where respondents provided feedback about the survey process and the survey instrument itself. Comments were shared with the NJHC Data Committee and used to make revisions and modifications to the survey instrument.



Figure 1. County Health Rankings and Roadmaps Model



Source: University of Wisconsin Population Health Institute

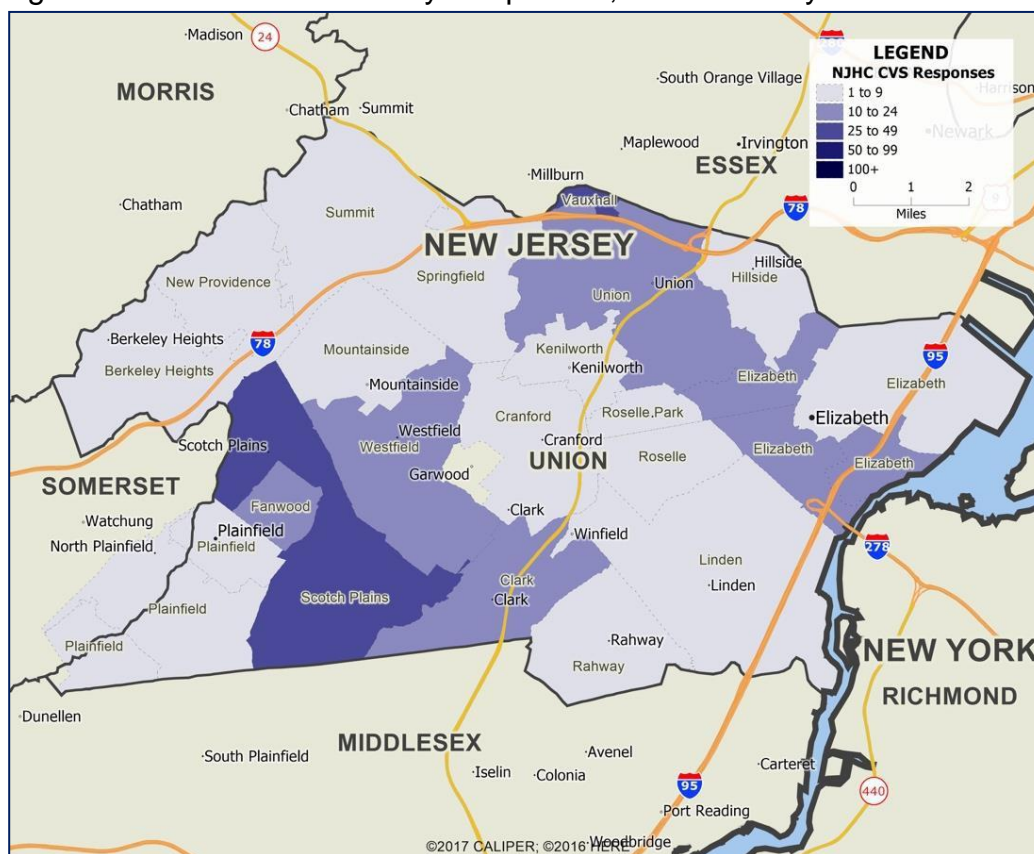
The data collection approach of the *Community Voice Survey* was designed to give voice to all members of the communities. To assure the survey would be able to reach as many community members as possible, especially those who are often not heard, particular attention was given to gathering input from specific populations. Sampling targets were identified based on gender, age, race and ethnicity, and for specific communities with higher socioeconomic needs, in order to capture a diverse range of perspectives.

The *Community Voice Survey* was available in English, Spanish, Arabic, and French Creole and it was distributed both online and on paper throughout the five counties by the NJHC and more than 50 public health and community-based organizations. The Collaborative and these organizational partners promoted the survey on their websites, on social media, and at community events.

# MAIN FINDINGS IN UNION COUNTY

A total of 258 individuals living in Union County completed the *Community Voice Survey*. **Figure 2** shows the distribution of survey responses by municipalities in the county. Respondents are mostly female (76%), 45 to 64 years-old (51%), and identify as non-Hispanic White (52%). More than one-third (36%) of the respondents have a graduate or professional degree. Thirty-four percent of respondents described their household finances as “very stable,” meaning that they are able to afford all bills and unexpected expenses. Nearly all (95%) respondents said they are covered by health insurance and 29% said they are providing unpaid care to a family member or a friend who is disabled, has a chronic illness, or has issues with aging. When asked to rate their overall well-being between 0 and 10, respondents gave an average score of 7.5 (range = 1-10).

Figure 2. Distribution of Survey Responses, Union County





It is important to keep in mind that the data described above, and throughout the rest of this report, reflect only the views of individuals who participated in the *Community Voice Survey* and that these results are not representative of Union County as a whole. Furthermore, respondents were not required to answer every question. As such, percentages presented in this report are calculated based on the number of responses to each question and not the number of individuals who completed the survey.

## Key Health Factors

The *Community Voice Survey* asked respondents to state whether they felt **42 measures about health and well-being are “true” or “false” about their communities and themselves**. These measures can be categorized into the four health factors in the County Health Rankings and Roadmaps Model: physical environment, social and economic factors, clinical care, and health behaviors. For more information on the four health factors, see **Figure 1** or visit [www.countyhealthrankings.org](http://www.countyhealthrankings.org).

**Responses to the health and well-being measures are provided first for all responses collected in Union County. This is followed by comparisons between all responses and responses from specific sub-populations for which sampling targets were met.** In Union County, comparisons in responses are made for one age group (45-64). In addition to comparing survey responses to specific sub-populations, overall county data are also compared against data from municipalities within the county that collected at least 50 responses. In Union County, these municipalities are Elizabeth and Union Township.

**For comparisons, data are highlighted in red if at least 5% fewer respondents in the comparison group selected “true” on a health and well-being measure than all respondents in the county. Conversely, data are highlight in green if at least 5% more respondents in the comparison group selected “true” on a health and well-being measure than all respondents in the county.**



## Physical Environment

Physical environment describes the human-made space in which people live, learn, work, and play. In Union County, respondents generally agree that there are public places in their communities where people can go to exercise or meet others. Contrastingly, respondents overall are not satisfied with the conditions of the roads in their communities and they do not think that there is enough affordable, safe, and well-kept housing available in their neighborhoods. **Table 1** shows the percentage of respondents in Union County who responded “true” to each of the nine measures about physical environment.

Table 1. Physical Environment

Measures	% True
There are parks, playgrounds, and other places where people can get exercise safely for free or at a good price	89%
There are public places where neighbors can get together; like open spaces, a public library, or a community center	86%
Air is clean and breathable	85%
There is good access to transportation; people can get to work, school, businesses, healthcare facilities, and place of worship easily and safely	80%
People can buy healthy food at a good price	79%
People can walk around the neighborhood and cross streets safely	76%
There are public places people can walk or bike to safely	69%
Roads are safe and well-maintained	61%
There is enough affordable housing, and it is safe and well-kept	47%



**Comparisons by Respondents' Age Group.** In general, there are no differences between the perspectives of all respondents living in Union County and respondents who are between 45 and 64 years-old about the physical environment of their communities, except that fewer respondents in the 45 to 64 years-old age group feel that they are able to walk around their neighborhoods safely. **Table 2** presents the comparisons of responses to each of the nine measures about physical environment from respondents ages 45-64 against all respondents in Union County.

Table 2. Physical Environment – Comparisons by Respondents' Age Group

Measures	% True	
	All	45-64
There are parks, playgrounds, and other places where people can get exercise safely for free or at a good price	89%	89%
There are public places where neighbors can get together; like open spaces, a public library, or a community center	86%	89%
Air is clean and breathable	85%	84%
There is good access to transportation; people can get to work, school, businesses, healthcare facilities, and place of worship easily and safely	80%	79%
People can buy healthy food at a good price	79%	79%
People can walk around the neighborhood and cross streets safely	76%	<b>70%</b>
There are public places people can walk or bike to safely	69%	68%
Roads are safe and well-maintained	61%	63%
There is enough affordable housing, and it is safe and well-kept	47%	48%

**Comparisons by County Municipalities.** Two municipalities in Union County collected at least 50 responses to the *Community Voice Survey*; they are Elizabeth and Union Township. In general, respondents living in both Elizabeth and Union Township are less satisfied with their physical environment than all respondents across Union County. However, more respondents in Union Township than in Elizabeth and in the county overall agree that the air quality in their communities is high and that people can walk around their communities safely. **Table 3** presents the comparisons of responses to each of the nine measures about physical environment from respondents living in Elizabeth and Union Township against all respondents living in Union County.

Table 3. Physical Environment – Comparison by County Municipalities

Measures	% True		
	All	Elizabeth	Union Twp.
There are parks, playgrounds, and other places where people can get exercise safely for free or at a good price	89%	77%	80%
There are public places where neighbors can get together; like open spaces, a public library, or a community center	86%	82%	76%
Air is clean and breathable	85%	68%	90%
There is good access to transportation; people can get to work, school, businesses, healthcare facilities, and place of worship easily and safely	80%	83%	84%
People can buy healthy food at a good price	79%	58%	80%
People can walk around the neighborhood and cross streets safely	76%	62%	82%
There are public places people can walk or bike to safely	69%	65%	63%
Roads are safe and well-maintained	61%	56%	52%
There is enough affordable housing, and it is safe and well-kept	47%	34%	41%

## Social & Economic Factors

Social and economic factors refer to items such as education, employment, income, family and social support, and community safety. While almost all respondents living in Union County agree that there are opportunities for people to get a good education, they do not think that there are enough jobs available for people in their communities. **Table 4** shows the percentage of respondents who responded “true” to each of the 11 measures about social and economic factors in their communities.

Table 4. Social and Economic Factors

Measures	% True
There are opportunities for people to get good education	87%
People feel proud to live here	80%
People feel safe from crime and violence	76%
People look out for each other and take care of one another	70%
Neighbors know one another	68%
People know where to get help in times of crisis or emergency	63%
People make enough money to afford basic needs, like food, housing, and transportation	63%
If there is a problem, community members can get it solved	62%
People know where to go if they have a problem or need assistance on a regular basis	59%
People have access to safe, high-quality childcare at a good price	57%
There are enough jobs and most people who want a job can get one	54%

**Comparisons by Respondents' Age Group.** More respondents who are between the ages of 45 and 64 years-old than all respondents living in Union County think that people in their communities make enough money to afford basic needs and that people within their communities are able to solve problems when they arise. **Table 5** presents the comparisons of responses to each of the 11 measures about social and economic factors from respondents ages 45-64 against all respondents in Union County.

Table 5. Social and Economic Factors – Comparisons by Respondents' Age Group

Measures	% True	
	All	45-64
There are opportunities for people to get good education	87%	86%
People feel proud to live here	80%	84%
People feel safe from crime and violence	76%	77%
People look out for each other and take care of one another	70%	73%
Neighbors know one another	68%	69%
People know where to get help in times of crisis or emergency	63%	67%
People make enough money to afford basic needs, like food, housing, and transportation	63%	68%
If there is a problem, community members can get it solved	62%	68%
People know where to go if they have a problem or need assistance on a regular basis	59%	59%
People have access to safe, high-quality childcare at a good price	57%	58%
There are enough jobs and most people who want a job can get one	54%	58%



**Comparisons by County Municipalities.** Respondents living in Elizabeth feel they are more challenged in all social and economic measures in comparison to all respondents living in Union County. This is especially the case for community safety where less than 40% responded people in their neighborhood feel safe from crime and violence. Respondents from Union Township are more satisfied on some social and economic measures and less satisfied on others. Notably, while more respondents living in Union Township than all respondents living in Union County feel proud to live in their communities, less respondents in this municipality than overall feel that people in their neighborhoods make enough money to afford basic necessities like housing, food, and transportation. **Table 6** presents the comparisons of responses to each of the 11 measures about social and economic factors from respondents living in Elizabeth and Union Township against all respondents living in Union County.

Table 6. Social and Economic Factors – Comparison by County Municipalities

Measures	% True		
	All	Elizabeth	Union Twp.
There are opportunities for people to get good education	87%	<b>79%</b>	86%
People feel proud to live here	80%	<b>56%</b>	<b>92%</b>
People feel safe from crime and violence	76%	<b>39%</b>	<b>82%</b>
People look out for each other and take care of one another	70%	<b>49%</b>	<b>76%</b>
Neighbors know one another	68%	<b>52%</b>	<b>73%</b>
People know where to get help in times of crisis or emergency	63%	<b>53%</b>	<b>58%</b>
People make enough money to afford basic needs, like food, housing, and transportation	63%	<b>36%</b>	<b>50%</b>
If there is a problem, community members can get it solved	62%	<b>41%</b>	<b>57%</b>
People know where to go if they have a problem or need assistance on a regular basis	59%	<b>45%</b>	57%
People have access to safe, high-quality childcare at a good price	57%	<b>39%</b>	54%
There are enough jobs and most people who want a job can get one	54%	<b>37%</b>	52%

## Clinical Care

Clinical care refers to issues such as health insurance, access to healthcare, and the affordability and quality of health services and providers. Most Union County respondents agree that they are able to find healthcare that is appropriate for their cultures and that they are able to find healthcare services that are nearby in their neighborhoods. However, respondents are less satisfied with people in their neighborhood’s ability to have affordable health insurance and to have access to good quality substance use disorder care. **Table 7** shows the percentage of respondents who responded “true” to each of the nine measures about clinical care in their communities.

Table 7. Clinical Care

Measures	% True
People can get health information in a language they understand and healthcare decisions fit with the culture of the person getting the care	85%
There are places close-by where people can get healthcare	84%
Most people have a doctor they consider to be their personal doctor	81%
The healthcare that people receive is of good quality	80%
People have access to good quality emergency care	67%
People have access to good quality dental care at a reasonable price	60%
People have access to good quality mental health care	53%
People can get health insurance that is affordable and covers care they need	51%
People have access to good quality care for substance use disorders	49%



**Comparisons by Respondents' Age Group.** Fewer respondents in the 45 to 64 years-old age group than all respondents living in Union County feel they are able to get health insurance that is affordable and covers the care they need and fewer respondents in this age group also feel they have access to good quality substance use disorder care. **Table 8** presents the comparisons of responses to each of the nine measures about clinical care from respondents ages 45-64 against all respondents in Union County.

Table 8. Clinical Care – Comparisons by Respondents' Age Group

Measures	% True	
	All	45-64
People can get health information in a language they understand and healthcare decisions fit with the culture of the person getting the care	85%	86%
There are places close-by where people can get healthcare	84%	86%
Most people have a doctor they consider to be their personal doctor	81%	81%
The healthcare that people receive is of good quality	80%	82%
People have access to good quality emergency care	67%	65%
People have access to good quality dental care at a reasonable price	60%	61%
People have access to good quality mental health care	53%	52%
People can get health insurance that is affordable and covers care they need	51%	<b>44%</b>
People have access to good quality care for substance use disorders	49%	<b>42%</b>



**Comparisons by County Municipalities.** Respondents living in Elizabeth are more challenged in almost all clinical care measures than all respondents living in Union County; this is especially the case in terms of respondents' perspectives on people's access to good-quality healthcare services and providers. Contrastingly, respondents living in Union Township are less challenged in almost all clinical care measures than all respondents living in Union County. **Table 9** presents the comparisons of responses to each of the nine measures about clinical care from respondents living in Elizabeth and Union Township against all respondents living in Union County.

Table 9. Clinical Care – Comparisons by County Municipalities

Measures	% True		
	All	Elizabeth	Union Twp.
People can get health information in a language they understand and healthcare decisions fit with the culture of the person getting the care	85%	<b>75%</b>	83%
There are places close-by where people can get healthcare	84%	80%	80%
Most people have a doctor they consider to be their personal doctor	81%	<b>63%</b>	<b>88%</b>
The healthcare that people receive is of good quality	80%	<b>58%</b>	81%
People have access to good quality emergency care	67%	<b>52%</b>	<b>72%</b>
People have access to good quality dental care at a reasonable price	60%	<b>47%</b>	56%
People have access to good quality mental health care	53%	<b>44%</b>	<b>58%</b>
People can get health insurance that is affordable and covers care they need	51%	<b>46%</b>	<b>66%</b>
People have access to good quality care for substance use disorders	49%	<b>36%</b>	<b>78%</b>



## Health Behaviors

Health behaviors are activities or personal attributes that can either enhance or damage a person’s physical or mental health. Almost all respondents in Union County say they do not take more medications than told by their doctors and they are able to take care of themselves on most days. Far fewer respondents feel they get enough sleep or physical activity. **Table 10** shows the percentage of respondents who responded “true” to each of the 13 measures about their own health behaviors.

Table 10. Health Behaviors

Measures	% True
I do not take more medication than what my doctor tells me, or use medication that was not prescribed to me	98%
Most days, I’m able to take care of myself	98%
If I engage in sexual activities, I do it safely	97%
I do not use drugs to excess; my drug use does not cause problems in my life	96%
I do not drink to excess; my alcohol use does not cause problems in my life	95%
I do not use cigarettes, vaporizers, or smokeless tobacco	91%
I eat healthy foods most days	87%
I am able to manage my stress most days	85%
I know where to find information on substance use prevention for myself or someone I know	75%
I know how to find substance use treatment for myself or a loved one	73%
I am aware of places to properly dispose of unwanted prescription medications	70%
I get enough sleep and feel well-rested most days	66%
I get enough exercise and lead an active lifestyle	65%



**Comparisons by Respondents' Age Group.** There are no noticeable differences between respondents ages 45 to 64 years-old than all respondents in Union County in terms of their health behaviors. **Table 11** presents the comparisons of responses to each of the 13 measures about health behaviors from respondents ages 45-64 against all respondents in Union County.

Table 11. Health Behaviors – Comparisons by Respondents' Age Group

Measures	% True	
	All	45-64
I do not take more medication than what my doctor tells me, or use medication that was not prescribed to me	98%	97%
Most days, I'm able to take care of myself	98%	98%
If I engage in sexual activities, I do it safely	97%	99%
I do not use drugs to excess; my drug use does not cause problems in my life	96%	96%
I do not drink to excess; my alcohol use does not cause problems in my life	95%	95%
I do not use cigarettes, vaporizers, or smokeless tobacco	91%	91%
I eat healthy foods most days	87%	87%
I am able to manage my stress most days	85%	86%
I know where to find information on substance use prevention for myself or someone I know	75%	74%
I know how to find substance use treatment for myself or a loved one	73%	73%
I am aware of places to properly dispose of unwanted prescription medications	70%	70%
I get enough sleep and feel well-rested most days	66%	68%
I get enough exercise and lead an active lifestyle	65%	61%

**Comparisons by County Municipalities.** There are a few differences in health behaviors between respondents in Elizabeth and all respondents in Union County. Namely, fewer respondents from Elizabeth agree that they eat healthy, that they get enough exercise, and that they are aware of places to dispose of unwanted prescription medications. Responses from Union Township about health behaviors are more positive than those from all respondents in Union County. Particularly, more respondents living in Union Township feel they get enough sleep and exercise. **Table 12** presents the comparisons of responses to each of the 13 measures about health behaviors from respondents living in Elizabeth and Union Township against all respondents living in Union County.

Table 12. Health Behaviors – Comparisons by County Municipalities

Measures	% True		
	All	Elizabeth	Union Twp.
I do not take more medication than what my doctor tells me, or use medication that was not prescribed to me	98%	98%	98%
Most days, I'm able to take care of myself	98%	98%	98%
If I engage in sexual activities, I do it safely	97%	96%	95%
I do not use drugs to excess; my drug use does not cause problems in my life	96%	94%	94%
I do not drink to excess; my alcohol use does not cause problems in my life	95%	91%	94%
I do not use cigarettes, vaporizers, or smokeless tobacco	91%	88%	89%
I eat healthy foods most days	87%	<b>79%</b>	<b>94%</b>
I am able to manage my stress most days	85%	85%	<b>91%</b>
I know where to find information on substance use prevention for myself or someone I know	75%	73%	<b>80%</b>
I know how to find substance use treatment for myself or a loved one	73%	70%	<b>80%</b>
I am aware of places to properly dispose of unwanted prescription medications	70%	<b>61%</b>	<b>60%</b>
I get enough sleep and feel well-rested most days	66%	67%	<b>76%</b>
I get enough exercise and lead an active lifestyle	65%	<b>53%</b>	<b>76%</b>

## Most Commonly Identified Health Issues

In addition to asking survey respondents whether they felt the health and well-being measures are “true” or “false,” the *Community Voice Survey* also asked them to select up to five of the 42 measures as priority issues that the NJHC and its partners should focus on to improve the health and well-being of their communities. In Union County, the five most frequently selected issues are:

1. Housing (20%)
2. Mental health care (18%)
3. Employment (13%)
4. Health insurance (13%)
5. Community safety (12%)

When asked if they think the health issues they selected may be a bigger problem for some individuals than others, the same percentage (37%) of survey respondents think that the health issues affect everyone in their communities about the same and that the issues may affected seniors and single-parents more.



# CONCLUSION

The *Community Voice Survey* is a part of a larger shared community health needs assessment and it was designed to capture the input of people who live and work in communities across Morris, Passaic, Sussex, Union, and Warren counties about their perspectives on the health and well-being of their communities and of themselves. Results presented in this report reflect the views of the 258 individuals living in Union County who completed the survey and is therefore not representative of all individuals living in the county.

Respondents to the *Community Voice Survey* identified their concerns about the conditions of the environments in which they live, work, and play. Some of the top issues identified by Union County survey respondents include:

- Availability of affordable housing that is safe and well-kept,
- Availability of jobs for people who want jobs,
- Access to affordable health insurance that covers the care that people need,
- Having safe and well-maintained roads and ensuring the safety of pedestrians,
- Access to safe and high-quality childcare at good prices, and
- Access to high-quality mental health and substance use care that is affordable.

Responses collected from specific sub-populations found that respondents living in Elizabeth are more challenged in many of the measures that affect health and well-being in comparison to the overall responses collected from all respondents in Union County.

Survey responses, when combined with other data sources, will inform the North Jersey Health Collaborative and its partners to develop and implement more effective strategies on issues that really matter to community members' health and well-being.

# APPENDIX

## *Community Voice Survey* Questionnaire





## North Jersey Health Collaborative



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## Community Voice Initiative

### Introduction

We're reaching out to you because you are connected with **[organization name]**. [Organization name] is a partner of the North Jersey Health Collaborative, a group of more than 150 organizations working together to create healthy communities and healthy people [[www.njhealthmatters.org](http://www.njhealthmatters.org)]. Every three years, we try to figure out what topics we should focus on to improve health in northern New Jersey.

To make sure we choose the things that really matter, we need to hear from people who live and work in our communities. This is your chance to tell us what you think we should focus on. This should take about 12 minutes and you can skip any questions you do not want to answer. **Your answers are completely confidential** (they won't be shared with your name) and **whether or not you want to share your voice is up to you**. If you would like to get a copy of the results, be involved in future conversations, or enter for a **chance to win \$100**, you can add your contact information at the end.

I understand and I am ready to share my voice

I do not want to participate

### About You

This section asks questions about you and where you live. We are asking for this information to make sure that we talk to a wide variety of people (of different ages, ethnicities, etc.). It will not be used to identify you.

#### 1) Where do you live?

County Name: \_\_\_\_\_

Town/Municipality Name: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Neighborhood Name (if applicable): \_\_\_\_\_

#### 2) How old are you?

- |                                |                                |                                |                                      |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------------|
| <input type="checkbox"/> 18-19 | <input type="checkbox"/> 35-39 | <input type="checkbox"/> 55-59 | <input type="checkbox"/> 75-79       |
| <input type="checkbox"/> 20-24 | <input type="checkbox"/> 40-44 | <input type="checkbox"/> 60-64 | <input type="checkbox"/> 80-84       |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> 45-49 | <input type="checkbox"/> 65-69 | <input type="checkbox"/> 85 or older |
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> 50-54 | <input type="checkbox"/> 70-74 |                                      |

#### 3) What is your gender identity?

- Male       Female       You do not have an option that applies to me  
(please specify) \_\_\_\_\_

**4) Are you of Hispanic, Latino, or Spanish origin?**

- Yes       No

**5) What is your race? How would you describe yourself? [Please check all that apply]**

- White                                       Black, African American                       American Indian/Alaskan Native  
 Asian     Native Hawaiian, Pacific Islander  
 You do not have an option that applies to me (please specify) \_\_\_\_\_

**6) What is the highest level of education that you have finished?**

- Less than 9<sup>th</sup> grade                                       9<sup>th</sup>-12<sup>th</sup> grade, no diploma  
 High school graduate (GED or equivalent)       Associate’s degree / Vocational training  
 Some college, no degree                                       Bachelor’s degree  
 Graduate or professional degree                       Other (please specify) \_\_\_\_\_

**7) Which of the following describes your household financial situation?**

- Struggling hard (behind on most bills, hard to put food on the table)  
 Barely getting by (make late payments on some bills, but have food & housing)  
 Getting by (can pay for necessities, as long as nothing goes wrong)  
 Somewhat stable (can handle most bills and some unexpected expenses or emergencies)  
 Very stable (can afford all bills and unexpected expenses or emergencies)

**8) Do you currently have health insurance?**

- Yes       No

**9) Do you provide unpaid assistance to a family member or friend who has physical, developmental or psychiatric disabilities, chronic illness, or issues of aging?**

- Yes       No

**Physical Environment**

Next, we want to know about some of the things in your neighborhood that can influence your health, from the air you breathe, to the roads and sidewalks you walk on every day. This is called the **physical environment**. Take a look at the list below and mark if the statement is true or false for your neighborhood. If you don’t know, leave it blank.

**In my neighborhood...**

Air is clean and breathable [ <b>Air Quality</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
There are parks, playgrounds and other places where people can get exercise safely for free or at a good price [ <b>Exercise opportunities</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False

People can buy healthy food at a good price [ <b>Food Access</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
There is enough affordable housing and it is safe and well-kept [ <b>Housing</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
There are public places where neighbors can get together, like open spaces, a public library or a community center [ <b>Meeting Places</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
Roads are safe and well-maintained [ <b>Roads</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People can walk around the neighborhood and cross streets safely [ <b>Pedestrian Safety</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
There are public places people can walk or bike to safely (they don't need a car) [ <b>Active Transportation</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
There is a good access to transportation –people can get to work, school, businesses, healthcare facilities and places of worship easily and safely [ <b>Vehicle/Transit Access</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False

### Social and Economic Factors

Now, tell us about some issues related to people in your neighborhood—how they get along with one another and their ability to get an education and make a living. These are called **social and economic factors**. Take a look at the list below and mark if the statement is true or false for your neighborhood.

If you don't know, leave it blank.

### In my neighborhood...

People feel safe from crime and violence [ <b>Community Safety</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
There are opportunities for people to get a good education [ <b>Education</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
Neighbors know one another [ <b>Social Connection</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
There are enough jobs and most people who want a job can get one [ <b>Employment</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People make enough money to afford basic needs, like food, housing, and transportation [ <b>Income</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People look out for each other and take care of one another [ <b>Social Support</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People have access to safe, high-quality child care at a good price [ <b>Child Care</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People know where to go if they have a problem or need assistance on a regular basis [ <b>Access to Resources</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People know where to get help in times of crisis or emergency [ <b>Community Readiness</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People feel proud to live here [ <b>Community Pride</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
If there is a problem, community members can get it solved [ <b>Community Influence</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False

## Clinical Care

Next, tell us a bit about healthcare in your neighborhood, including emergency treatment, doctor's appointments, specialty care, tests and procedures. This is called **clinical care**. Take a look at the list below and mark if the statement is true or false for your neighborhood. If you don't know, leave it blank.

### In my neighborhood...

People can get health information in a language they understand and healthcare decisions fit with the culture of the person getting the care [ <b>Culturally-Relevant Care</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People can get health insurance that is affordable and covers the care that they need [ <b>Health Insurance</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
There are places close-by where people can get healthcare [ <b>Local Care Options</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
Most people have a doctor they consider to be their personal doctor, who they can go to get healthy and stay healthy through regular check-ups [ <b>Primary Care</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
The healthcare that people receive is of good quality [ <b>Quality of Care</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People have access to good quality dental care at a reasonable price [ <b>Dental Care</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People have access to good quality care for substance use disorders (or substance use) that is close by and available at a reasonable price [ <b>Drug/Alcohol Treatment</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People have access to good quality emergency care that is close by and available at a reasonable price [ <b>Emergency Care</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
People have access to good quality mental health care that is close by and available at a reasonable price [ <b>Mental Health Care</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False

## Health Behaviors

We've asked you to talk about your neighborhood. Now, we would like to know about your own health behaviors. **Health behaviors** are the decisions and actions that you make that can influence your health for better or worse. Take a look at the list below and mark if the statement is true or false for you personally. If you don't know, leave it blank.

### For me personally...

I do not use alcohol to excess; my use of alcohol does not cause any problems in my life [ <b>Alcohol Use</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
I do not use drugs to excess; my use of drugs does not cause any problems in my life [ <b>Drug Use</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
I eat healthy foods most days [ <b>Nutrition</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False
I get enough exercise and lead an active lifestyle [ <b>Physical Activity</b> ]	<input type="checkbox"/> True	<input type="checkbox"/> False

If I engage in sexual activity, I do it safely (take measures to protect myself and others from disease) [ <b>Sexual Activity</b> ]	↓ True	↓ False
I get enough sleep and feel well-rested most days [ <b>Sleep</b> ]	↓ True	↓ False
I am able to manage my stress most days [ <b>Stress</b> ]	↓ True	↓ False
I do not use cigarettes, vaporizers (e-cigs), or smokeless tobacco (like chew or dip) [ <b>Tobacco/Nicotine Use</b> ]	↓ True	↓ False
If I need information on substance use prevention for myself or someone I know, I know where to find it [ <b>Substance Use Prevention</b> ]	↓ True	↓ False
Most days, I'm able to take care of myself [ <b>Self Care</b> ]	↓ True	↓ False
If I need substance use treatment for myself or a loved one, I know how to find it [ <b>Substance Use Treatment</b> ]	↓ True	↓ False
I do not take more medication than what my doctor tells me to take, or use medication that was not prescribed to me [ <b>Prescription Drug Misuse</b> ]	↓ True	↓ False
I am aware of locations to properly dispose of unused/unwanted prescription medication [ <b>Medication Disposal</b> ]	↓ True	↓ False

### Your well-being

Imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder (10) represents the best possible life for you. The bottom of the ladder (0) represents the worst possible life for you. On which step of the ladder would you say you stand at this time?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

### Which topics should we work on?

Think about your answers to the previous sections. Of all the topics listed, which do you think should be our main focus when trying to improve the health of your neighborhood? [Circle up to THREE]

- |  |  |  |
|--|--|--|
| <input type="radio"/> Air Quality            | <input type="radio"/> Social Support           | <input type="radio"/> Mental Health Care       |
| <input type="radio"/> Exercise Opportunities | <input type="radio"/> Child Care               | <input type="radio"/> Alcohol Use              |
| <input type="radio"/> Food Access            | <input type="radio"/> Access to Resources      | <input type="radio"/> Drug Use                 |
| <input type="radio"/> Housing                | <input type="radio"/> Community Readiness      | <input type="radio"/> Nutrition                |
| <input type="radio"/> Meeting Places         | <input type="radio"/> Community Pride          | <input type="radio"/> Physical Activity        |
| <input type="radio"/> Roads                  | <input type="radio"/> Community Influence      | <input type="radio"/> Sexual Activity          |
| <input type="radio"/> Pedestrian Safety      | <input type="radio"/> Culturally-Relevant Care | <input type="radio"/> Sleep                    |
| <input type="radio"/> Active Transportation  | <input type="radio"/> Health Insurance         | <input type="radio"/> Stress                   |
| <input type="radio"/> Vehicle/Transit Access | <input type="radio"/> Local Care Options       | <input type="radio"/> Tobacco/Nicotine Use     |
| <input type="radio"/> Community Safety       | <input type="radio"/> Primary Care             | <input type="radio"/> Substance Use Prevention |
| <input type="radio"/> Education              | <input type="radio"/> Quality of Care          | <input type="radio"/> Self Care                |

- Social Connection
- Employment
- Income
- Dental Care
- Drug/Alcohol Treatment
- Emergency Care
- Substance Use Treatment
- Prescription Drug Misuse
- Medication Disposal

10) Why you think these issues should be our focus when trying to improve the health of your neighborhood? (Write below)

11) Are these issues a bigger problem for some people in your neighborhood compared to others? (For example, a topic may be a bigger problem for single parents, women, or new immigrants)

- No, these issues affect everyone about the same
- Yes, one or more of these issues are a bigger problem for people who are... (write below and explain)

I don't know

13) Is there anything else you want to tell us about your community (good or bad)?

**Optional: Join Us to Make a Difference**

We are looking for people to help us *make a difference* on these topics and we would like to hear more from you about what you think we need to do to improve health in your neighborhood. If you would be willing for us to contact you for more information or if you would like a **chance to win \$100 or a signed Jets football**, please enter your contact information below:

First name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Select the type of follow-up you would like [select all that apply]:

- I would like to see a summary of what other people had to say
- I would like to be entered into a drawing for a \$100 grand prize or signed Jets football
- I would like to join the North Jersey Health Collaborative to help make a difference on these topics

**Thank you for your participation!**

*If you need help or resources in your community, dial 2-1-1 or visit <http://www.njhealthmatters.org/nj211>*