

**Results of Lahey Health Community Health Needs Assessment Survey: Hamilton
October, 2012**

Table 1: Number of respondents and response rates by town. Also, reporting average age, gender and household income based on *weighted* data.

	Hamilton	Low Income	Overall
Number of respondents to survey	275	249	1,179
Response rate	47%	--	49%
Average age	50 yrs.	51 yrs.	51 yrs.
% female	52%	54%	53%
Household income			
% <\$50,000	22%	97%	33%
% \$50,000-124,999	34%	3%	42%
% \$125,000 or more	44%	--	25%

Table 2: Demographics of the North Shore/Cape Ann community health survey sample (N=1,179) compared to data for MA and Essex County. Reporting *weighted* survey data.

Demographics	Hamilton (N=275)	Low Income (N=249)	Overall (N=1,179)	Benchmark Data		Source of Benchmark Data
				Essex County	State of MA	
Gender –female (A2)	52%	54%	53%	52%	52%	2010 Decennial Census
Median Age (A1)	48 yrs.	50 yrs.	50 yrs.	40 yrs.	39 yrs.	2006-2010 ACS (for total population, not just 18+ years)
65 years or older	18%	28%	21%	14%	14%	2010 Decennial Census
Minority (non-White race and/or Hispanic ethnicity) (A5)	10%	11%	6%	24%	24%	2010 Decennial Census
Non English Speaking (A7)	4%	4%	1%	23%	21%	2006-2010 American Community Survey (ACS)
Married (A8)	76%	36%	59%	50%	48%	2006-2010 ACS (population 15 years and older)
Less than high school/GED education (A9)	1%	9%	3%	12%	11%	2006-2010 ACS
Households with children <18 (A11)	50%	39%	34%	34%	32%	2006-2010 ACS
<i>Among non-retirees ...</i> Unemployed (A10)	2%	6%	5%	7%	7%	Dec. 2011 Massachusetts Department of Unemployment Assistance

Table 3: Health care access and utilization of primary care, dental care, prescription drugs, specialty care, and hospital: North Shore/Cape Ann community health sample (N=1,179) compared for MA and Essex County. Reporting *weighted* survey data.

Area	Description	Hamilton (N=275)	Low Income (N=249)	Overall (N=1,179)	Benchmark Data		Benchmark Data Source
					County Rate	State Rate	
General Access	Received all needed health services in past 12 mos. (B18)	82%	76%	82%			
	Didn't receive all needed services	4%	9%	7%			
	Did not need care	15%	15%	12%			
Primary Care	Regular PCP or personal doctor (B6)	95%	89%	96%	92%	91%	2010 Massachusetts Behavioral Risk Factor Surveillance System (BRFSS)
	Routine check-up in the past 12 months – Adults (B10)	70%	71%	75%	81%	80%	2010 MA BRFSS
	Distance traveled for Primary Care Services (B11) Less than 20 miles						
	Adults 18-64 currently insured (B3)	94%	96%	92%	95%	96%	2010 MA BRFSS
	Any time in the past 12 months that respondent did not have any health insurance (B1)	97%	94%	95%			
Dental Care	Dental insurance (B23)	68%	42%	60%			
	Dental care in last 12 mos. (B24)	79%	55%	73%	82%	81%	2010 MA BRFSS
Prescriptions	Prescription coverage (B5)	95%	96%	95%			
	Couldn't get prescription in past 12 mos. because of cost (B22)	6%	23%	12%			
Specialty Care	Special care utilization in the past 12 mos. (B13)	53%	56%	56%			
	Distance traveled for Specialty Care Services (B15) Less than 20 miles	84%	76%	75%			
Hospital Care	Overnight hospital stay in the past 12 mos. (B16)	8%	16%	11%			
	ER Utilization in the past 12 mos. (B12)	15%	32%	25%			

Table 4: Preventive care: North Shore/Cape Ann community health survey sample (N=1,179) compared to Essex County and MA rates. Reporting weighted survey data.

Preventive Care	Hamilton (N=275)	Low Income (N=249)	Overall (N=1,179)	Benchmark Data		Benchmark Data Source
				County Rate	State Rate	
Among women ≥40 years... Ever had mammogram (D28)	99%	98%	97%			2010 MA BRFSS
Mammogram in past 2 years (D29)	86%	74%	82%	84%	80%	
Among men ≥40 years... Ever had PSA (D33)	66%	65%	66%			2010 MA BRFSS
PSA in past 2 years (D34)	51%	53%	54%	54%	49%	
Among men and women ≥50 years... Ever had sigmoidoscopy/ colonoscopy (D26)	81%	66%	77%	74%	73%	2010 MA BRFSS
Among women ≥18 years... Ever had Pap test (D31)	93%	97%	96%			2010 MA BRFSS
Pap in past 3 years (D32)	86%	83%	87%	88%	87%	

Table 5: Chronic Disease: North Shore/Cape Ann community health survey sample (N=1,179) compared to Essex County and MA rates. Reporting weighted survey data.

Chronic Disease	Hamilton (N=275)	Low Income (N=249)	Overall (N=1,179)	Benchmark Data		Benchmark Data Source
				County Rate	State Rate	
Ever told had diabetes – adult (D1)	7%	7%	7%	8%	7%	2010 MA BRFSS
Ever told asthma – adult (D8)	13%	13%	13%	15%	15%	2010 MA BRFSS
Among those with asthma... ER in past 12 months for asthma (D10)	3%	10%	6%			
Ever told had hypertension (D11)	19%	30%	27%	24%	26%	2009 MA BRFSS
Among those with hypertension... Taking Rx for Hypertension (D12)	93%	91%	86%	83%	79%	2009 MA BRFSS
Ever had cholesterol checked (D13)	90%	86%	91%	81%	84%	2009 MA BRFSS
Among those with cholesterol ever checked... Ever told had High Cholesterol (D14)	29%	35%	35%	40%	35%	2009 MA BRFSS
Among those with cholesterol ever checked and ever told high... Taking Rx to lower cholesterol (D15)	58%	65%	67%			
Ever told had cancer (D22)	11%	15%	13%			
Ever told had angina or coronary heart disease (D18)	5%	9%	5%	5%	4%	2010 MA BRFSS

Table 6: Health behavior data: North Shore/Cape Ann community health survey sample (N=1,179) compared to Essex County and MA rates. Reporting *weighted* survey data.

Behavior	Description	Hamilton (N=275)	Low Income (N=249)	Overall (N=1,179)	Benchmark Data		Benchmark Data Source
					County Rate	State Rate	
Weight	% Overweight (BMI) (C1/C2)	36%	33%	36%	35%	34%	2010 MA BRFSS
	% Obese (BMI) (C1/C2)	13%	27%	20%	23%	22%	2010 MA BRFSS
	Overweight or Obese (C1/C2)	49%	60%	56%	58%	56%	2010 MA BRFSS
Exercise	Met physical activity guidelines (C3-C8)	34%	32%	38%	48%	47%	2009 MA BRFSS
	Participated in any physical activities or exercises, other than regular job, in past month (C9)	83%	66%	81%	78%	79%	2010 MA BRFSS
Nutrition	5 or more fruits and vegetables per day (excluding fruit juices)	64%	59%	62%	18%	17%	2011 MA BRFSS
	No regular soda or sweetened fruit days on an average day (C15)	79%	65%	77%			
Tobacco	Former smoker (C116)	25%	28%	32%			
	Never smoker (C16)	70%	53%	57%			
	Current Smoker (C17)	5%	19%	11%	12%	14%	2010 MA BRFSS
	Among current smokers... Consider quitting smoking in next 6 mos (C19)	66%	74%	72%			
Alcohol	Excessive drinker (C16)	28%	23%	31%			
	Heavy drinker (C17-20)	9%	10%	12%	6%	6%	2010 MA BRFSS
	Binge drinker (C17-20)	25%	21%	27%	16%	17%	2010 MA BRFSS
Drugs	Marijuana in past 12 mos. (C26)	6%	16%	13%			
	Cocaine in past 12 mos. (C27)	3%	2%	1%			
	Heroin in past 12 mos. (C28)	0%	1%	<1%			
	Legal drugs used on own in past 12 mos. (C30)	10%	16%	9%			
Injury Prevention	Drove within 2 hours of drinking or using illegal drugs in past month (C31)	32%	17%	28%			
	In car with driver DUI (C32)	28%	15%	24%			
	Adult seat belt use – always (C33)	90%	70%	81%	76%	78%	2010 MA BRFSS

Comment [K1]: The huge discrepancy between benchmarks and survey data may be due to differences in question format.

Table 7: Self-reported health status (physical and mental): North Shore/Cape Ann community health survey sample (N=1,179) compared to Essex County and MA rates. Reporting *weighted* survey data.

General Health Status	Hamilton (N=275)	Low Income (N=249)	Overall (N=1,179)	Benchmark Data		Benchmark Data Source
				County Rate	State Rate	
% reporting fair/poor health (E1)	5%	24%	9%	14%	12%	2010 MA BRFSS
Average days in poor physical health in past 30 days (E4)	2	6	3	3	3	2010 MA BRFSS
% people with ≥ 15 days in poor physical health (34)	6%	17%	7%	8%	8%	2010 MA BRFSS
Average days in poor mental health in 30 days (E5)	2	6	3	3	3	2010 MA BRFSS
% people with ≥ 15 days in poor mental health (E5)	5%	18%	9%	10%	9%	2010 MA BRFSS
% people with ≥ 15 days sad or blue (E6)	5%	18%	8%			
% people with ≥ 15 days tense or anxious (E7)	7%	26%	12%			
% people with ≥ 15 days felt healthy/full of energy (E9)	68%	46%	64%			
% limited in any way in any activities by physical, mental or emotional problems (E2)	18%	40%	21%	19%	18%	2010 MA BRFSS

Table 8: Ranking of ten most important factors to a healthy community: North Shore/Cape Ann community health survey sample (N=1,179). Reporting *weighted* survey data.

Most important factors to a healthy community (H1)	Hamilton (N=275)	Low Income (N=249)	Overall (N=1,179)
Low crime/safe neighborhoods	Rank #2	Rank #1	Rank #1
Good place to raise children	1	2	2
Access to health care	5	3	3
Clean environment	4	5	4
Good schools	3	4	5
Good jobs/healthy economy	7	8	6
Healthy behaviors/lifestyles	6	7	7
Strong family life	8	6	8
Good place to grow old		10	9
Parks/recreation areas	10		10
Affordable housing		9	
Community organizations	9		

Table 9: Ranking of ten most significant health problems in the community: North Shore/Cape Ann community health survey sample (N=1,179). Reporting *weighted* survey data.

Most significant health concerns (H2)	Hamilton (N=275)	Low Income (N=249)	Overall (N=1,179)
Substance abuse issues	Rank #3	Rank #1	Rank #1
Obesity/overweight	1	2	2
Cancer	2	4	3
Mental health issues	4	3	4
Lack of exercise	5	10	5
Tobacco use	7	8	6
Heart disease/heart attacks	6	7	7
Lack of access to health care		5	8
Diabetes	9	9	9
Poor nutrition			10
Domestic violence		6	
Teenage pregnancy			
Accidental injuries			
Motor vehicle accidents	8		
Autism	10		

Table 10: Ranking of ten behaviors/lifestyle issues putting community's health at risk: North Shore/Cape Ann community health survey sample (N=1,179). Reporting *weighted* survey data.

Behavior/lifestyle issues that are putting community's health at risk (H3)	Hamilton (N=275)	Low Income (N=249)	Overall (N=1,179)
Poor eating habits/nutrition	Rank #2	Rank #2	Rank #1
Illegal drug use/substance abuse	9	1	2
Lack of physical activity/exercise	1	6	3
Risky driving	3	4	4
Drinking and driving	4	3	5
Youth illegal drug use/substance abuse	8	5	6
Adult alcohol abuse	7	7	7
Underage drinking	5	9	8
Adult tobacco use	10	10	9
Depression	6	8	10
Not going to the doctor for yearly check ups			
Bullying in schools			

ADDITIONAL Table: Gambling: North Shore/Cape Ann community health survey sample (N=1,179). Reporting weighted survey data.

Gambling	Hamilton (N=275)	Low Income (N=249)	Overall (N=1,179)
Gambled in the past 12 months (C34)	14%	16%	16%
<i>Among those that gambled in past year:</i> Restless/irritable/anxious when trying to cut down on gambling (C35)	0%	2%	2%
<i>Among those that gambled in past year:</i> Tried to keep family/friends from knowing how much gambled (C36)	11%	10%	3%
<i>Among those that gambled in past year:</i> Had to get help from family/friends/welfare due to financial trouble from gambling (C37)	0%	2%	<1%