CROSS RIDGE
COMMUNITY HOSPITAL

A Subsidiary of St. Bernards Healthcare

Community Health Needs Assessment

September 2013

Contents

Introduction

About the Hospital

CrossRidge Community Hospital (the Hospital) is a not-for-profit organization located in Wynne, Arkansas. It has served the people of Wynne and the surrounding communities since 1952, and has been a wholly-owned subsidiary of St. Bernards HealthCare, Inc. (SBHC) since 1999. The Hospital provides a wide range of services, including a 24-hour emergency department.

The Hospital is dedicated to teamwork and community involvement, sponsoring health fairs, support groups, and other activities that make a positive difference in the health and safety of the community it serves. CrossRidge Community Hospital is proud to provide excellent patient care, up-to-date technology, and a friendly, pleasant atmosphere to the community it serves.

About Community Health Needs Assessments

The purpose of community health needs assessments is to identify and understand the unique health needs of the community served by the individual hospitals and to document compliance with new federal regulations pursuant to the *Affordable Care Act*.

The Hospital engaged **BKD, LLP** to assist in conducting a formal community health needs assessment. **BKD, LLP** is one of the largest CPA and advisory firms in the United States, with approximately 2,100 partners and employees in 32 offices. BKD serves more than 900 hospitals and health care systems across the county. The community health needs assessment was conducted from August 2012 through June 2013.

Based on current literature and other guidance from the U.S Treasury Department and the IRS, the following steps were conducted as part of the Hospital's community health needs assessment:

- The "community" served by the Hospital was defined by utilizing inpatient and outpatient data regarding patient origin. This process is further described in the section entitled Community Served by the Hospital.

- Population demographics and socioeconomic characteristics of the community were gathered and reported utilizing various third parties. The timing of release of such publically available information is not consistent among the various sources, so not all data tables refer to the same year. The health status of the community was then reviewed. Information on the leading causes of death and morbidity information was analyzed in conjunction with health outcomes and factors reported for the community by CountyHealthrankings.org. Health factors with significant opportunity for improvement were noted in the section entitles Health Status of the Community.

- Community input was provided through key informant interviews and a widely-distributed community health input questionnaire. The community health input questionnaire was completed by 208 individuals and the key informant interviews were conducted with 7 stakeholders. Results and findings are described in the Key Informant and Community Health Input Questionnaire sections of this report.

- Information gathered in the above steps was analyzed and reviewed to identify health issues of uninsured persons, low-income persons and the community as a whole. Health needs were ranked utilizing a weighting method that considers 1) the importance of the problem to the community, 2) the size of the problem, 3) the seriousness of the problem, 4) the impact of the problem on vulnerable populations and 5) the prevalence of common themes.

   Health needs were then prioritized taking into account the perceived degree of influence the Hospital has to impact the need and the health needs impact on overall health for the community.

Community Served by the Hospital

The Hospital is located in Wynne, Arkansas, in Cross County. Wynne is approximately one hour south of Jonesboro, Arkansas, and one hour west of Memphis, Tennessee, the closest metropolitan areas. Wynne is approximately 15 miles from the nearest interstate highway.

Because the Hospital is located in a rural area, and because detailed zip code analysis of the Hospital's discharges indicated that approximately 82% of the Hospital's inpatients came from zip codes located within Cross County, for the purposes of this needs assessment, the community served by the Hospital has been determined to be Cross County. The following map shows the location of the Hospital within the community.
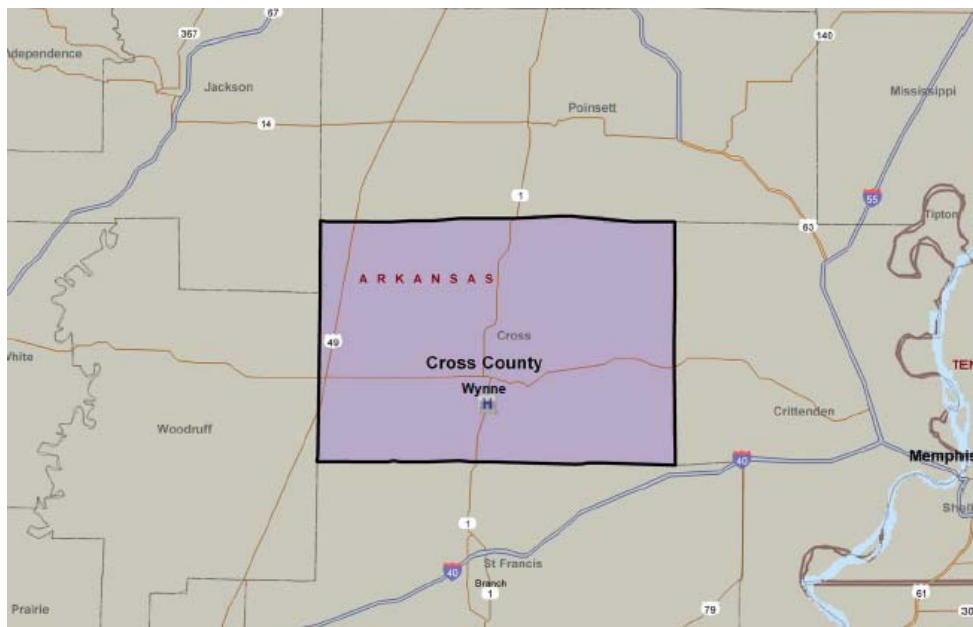
About the Community

The Hospital utilized several forms of research in compiling this assessment and better understanding the health needs of the community. Publicly available data, a community input questionnaire, and interviews with key informants were all used to ensure that the needs assessment is broad enough to view the community's health issues in the appropriate context yet focused enough to convey a thorough understanding of how the Hospital can address the advantages and problems the community faces.

Demographic and Economic Characteristics

In developing this needs assessment, the Hospital analyzed publicly available data from organizations such as The Nielsen Company, the FDIC, the U.S. Census Bureau, the Arkansas Department of Health, and Countyhealthrankings.org. This data was used to gain an understanding of the community's demographics and economic situation. It was particularly useful for looking at the community relative to the state of Arkansas and the United States as a whole.

Conducting the research for this needs assessment resulted in analyzing a large amount of quantitative and qualitative data about the Community and its health needs. To enhance readability and to facilitate a focus on the most pressing health issues, only those findings that are most relevant to understanding the health needs of the Community are presented in the body of this report. More detailed information, including numerical tables and comparative figures, can be found in at Appendix A.

Demographically, Cross County is similar to many other areas of Arkansas. Its 2013 population is estimated to be approximately 18,000. Approximately 20% of the population of Cross County is African-American. The ratio of females to males in Cross County is approximately 52:48.

An Aging Population

An analysis of Cross County's demographics revealed a major trend that will have a significant effect on the community's health needs over the next several years: the population is getting steadily older. Overall, the number of people living in Cross County is expected to decrease slightly over the next five years, with every age group shrinking except for the one that generally needs the most medical attention—those aged sixty-five and over. The following chart shows the predicted change in Cross County's demographics.

**CrossRidge Community Hospital
Population Change by Age, 2013 - 2018**
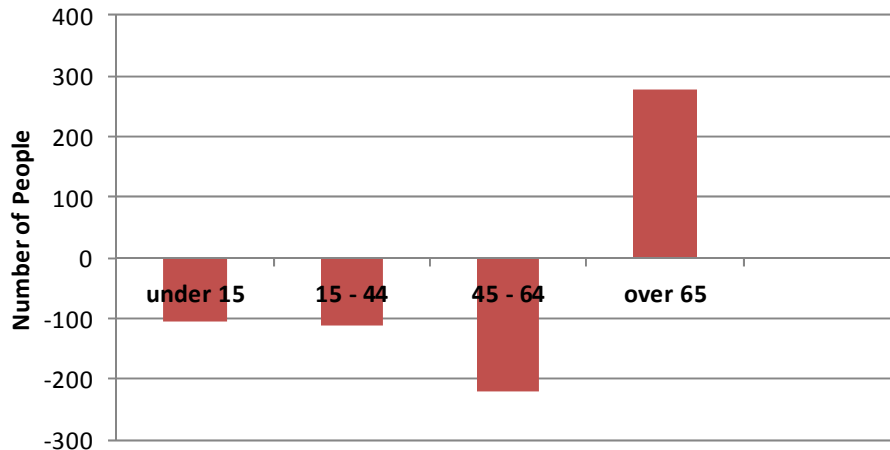
The health implications of this demographic shift are difficult to overstate. As people get older, they tend to require more medical services, so the Hospital is preparing for a greater volume of patients. Also, the fact that the other age groups are shrinking means that there will be fewer young people to take care of their older relatives. The Hospital is taking steps to ensure that the health needs of its senior citizens are not being neglected.

Tough Economic Times

As shown in the charts below, the median household income in Cross County is well below that of the state of Arkansas and the United States, with nearly half of the county's population making less than $35,000 per year.

CrossRidge Community Hospital

Median Household Income, 2013 (estimated

CrossRidge Community Hospital

Household Income, 2013 (estimated

■ Less than $35,000
■ $35,000 - $49,999
■ $50,000 - $74,999
■ $75,000 or more
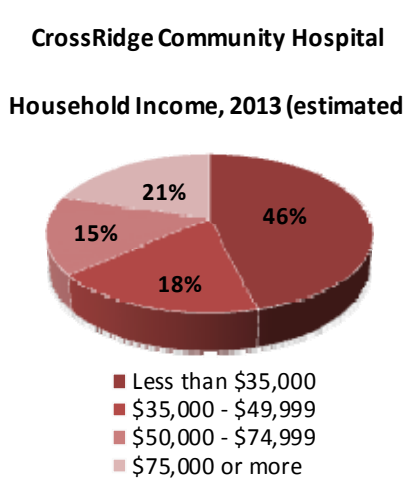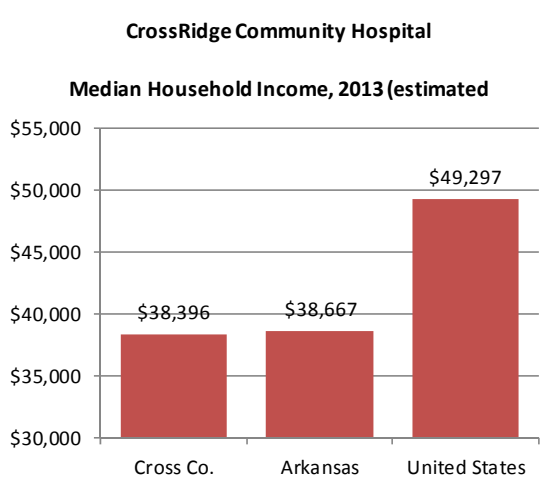
In addition to the above statistics, it is important to note that as of 2011, approximately 28% of Cross County's children lived below the federal poverty line, compared to 23% in the United States. Cross County historically has higher unemployment rates than either Arkansas or the United States. As shown below, Cross County was less affected by the 2008 financial crisis than the country as a whole, although they did experience an increase in unemployment. Rates have remained fairly steady since 2009, and as of 2012, Cross County's unemployment is only slightly higher than Arkansas and the United States.

CrossRidge Community Hospital

Unemployment Rates, 2007-201

Source: FDIC
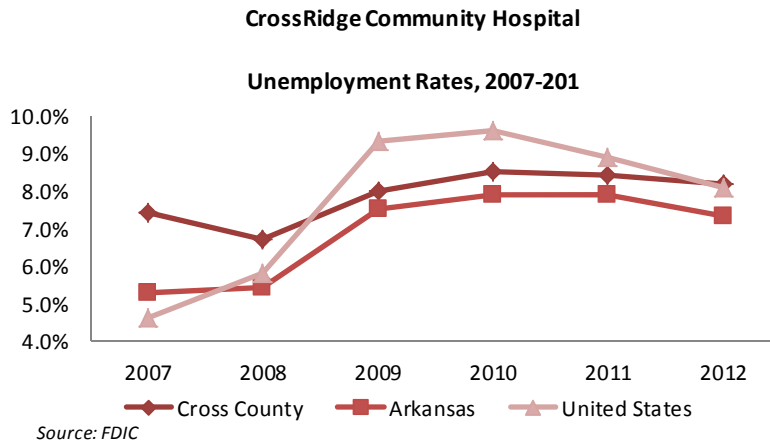
	2007	2008	2009	2010	2011	2012
Cross County	7.4%	6.7%	8.0%	8.5%	8.4%	8.2%
Arkansas	5.3%	5.4%	7.5%	7.9%	7.9%	7.3%
United States	4.6%	5.8%	9.3%	9.6%	8.9%	8.1%

The relatively low degree of wealth in Cross County brings with it numerous health challenges. Poverty forces people to make choices about their spending in which there is no ideal result. Faced with the choice between keeping food on the table or going in for an annual check-up, most people will understandably choose the former. This means that for many people, health problems go untreated until they become an emergency, which is a bad situation for the patient and the health care provider.

Another issue that must be considered is that poverty often prevents people from making the choices that can prevent health problems from arising in the first place. Unhealthy processed food is often cheaper and easier to find than fresh, wholesome produce, and the expense of exercise equipment and gym memberships put them beyond the reach of many people. Economically disadvantaged people also tend to be less educated about health matters than wealthier people. All these issues combined create a challenging situation for the Hospital to address the health needs of the poorer residents of the community.

Community Input Questionnaire

The Hospital circulated community health input questionnaires in order to gather broad community input regarding health issues. The input process was launched on March 29, 2013, and was closed on May 23, 2013.

The community health questionnaire was intended to gather information regarding the overall health of the community. The results are intended to provide information on different health and community factors. Requested community input included demographic and socioeconomic characteristics, behavioral risk factors, health conditions and access to health resources.

A web-based tool, Survey Monkey, was utilized to conduct the community input process. Paper questionnaires, which were identical to the electronic questionnaire, were also distributed to populations who may not have access to the internet or are more likely to complete a paper questionnaire. Electronic and paper questionnaires were circulated to the residents of the Community.

The instrument used for this input process was based largely on the Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS), as well as various other public health surveys and customized questions. The final instrument was developed by Hospital representatives in conjunction with BKD. A compilation of the detailed survey results is included in at Appendix B.

The community health questionnaire process was not a scientific survey, as the characteristics of the respondents may not be representative of the Community as a whole. However, the information obtained from the questionnaires was useful in determining the Community's perception of the Hospital and identifying issues that might go unnoted in public health data.

Excerpts from the community questionnaires follow:

- *What do citizens say about the health of their community?*

    The five most important "health problems":

    1. Cancer
    2. Obesity
    3. Drug abuse
    4. Heart disease and stroke
    5. High blood pressure

The three most prevalent "risky behaviors":

1. Drug abuse
2. Alcohol abuse
3. Poor eating habits

The five most important factors for a "healthy community":

1. Health care (affordable, available)
2. Emergency response services
3. Good schools
4. Healthy food sources (affordable, available)
5. Clean and safe environment

Key Informant Interviews

Interviewing key informants is a technique employed to assess public perceptions of the county's health status and unmet needs. These interviews are intended to ascertain opinions among individuals likely to be knowledgeable about the community and influential over the opinions of others about health concerns in the community.

Interviews with 7 key informants were conducted in March through June 2013. Informants were determined based on their specialized knowledge or expertise in public health or their involvement with underserved and minority populations.

All interviews were conducted by Hospital personnel using a standard questionnaire. A copy of the interview instrument is included in at Appendix C. A summary of their opinions is reported without judging the truthfulness or accuracy of their remarks. Community leaders provided comments on the following issues:

-   Health and quality of life for residents of the Community

-   Barriers to improving health and quality of life for residents of the Community

-   Opinions regarding the important health issues that affect Community residents and the types of services that are important for addressing these issues

-   Delineation of the most important health care issues or services discussed and actions necessary for addressing those issues

Interview data was initially recorded in narrative form. Interviewees were assured that personal identifiers such as name or organizational affiliations would not be connected in any way to the information presented in this report. Therefore, information included in the report may have been altered slightly to preserve confidentiality.

This technique does not provide a quantitative analysis of the leaders' opinions, but reveals some of the factors affecting the views and sentiments about overall health and quality of life within the Community.

Key findings from the interviews were:

- Obesity, high blood pressure and tobacco use are among the most critical health issues faced by the Community.

- Many people in the Community are not aware of health issues; more education is essential to improving health.

- There are not enough resources for public health available in the Community. Residents would benefit from a wellness center with exercise and health education facilities.

- Recent loss of factory jobs in the Community has led to more uninsured residents who struggle to pay for health care.

Vulnerable Populations

Analysis of the publically available data, community input questionnaire results, and key informant interviews indicated several vulnerable populations in the Community. The Hospital will specifically consider the needs of these groups when developing its implementation strategy. Vulnerable populations identified include the following:

- Low-income or uninsured residents
- The elderly

These groups suffer from many of the same health problems as the general population; however, they tend to also suffer with issues such as lack of transportation, economic hardship, and lack of family support that exacerbate existing health needs.

Health Status of the Community

This section of the assessment reviews the health status of Cross County residents, with comparisons to the state of Arkansas. This in-depth assessment of the mortality and morbidity data, health outcomes, health factors and mental health indicators of the county residents that make up the community will enable the Hospital to identify significant issues related to the health status of its residents.

Good health can be defined as a state of physical, mental and social well-being, rather than the absence of disease or infirmity. According to *Healthy People 2020*, the national health objectives released by the U.S. Department of Health and Human Services, individual health is closely linked to community health.

Community health, which includes both the physical and social environment in which individuals live, work and play, is profoundly affected by the collective behaviors, attitudes and beliefs of everyone who lives in the community. Healthy people are among a community's most essential resources.

Numerous factors have a significant impact on an individual's health status: lifestyle and behavior, human biology, environmental and socioeconomic conditions, as well as access to adequate and appropriate health care and medical services.

Studies by the American Society of Internal Medicine conclude that up to 70% of an individual's health status is directly attributable to personal lifestyle decisions and attitudes. Persons who do not smoke, who drink in moderation (if at all), use automobile seat belts (car seats for infants and small children), maintain a nutritious low-fat, high-fiber diet, reduce excess stress in daily living and exercise regularly have a significantly greater potential of avoiding debilitating diseases, infirmities and premature death.

The interrelationship among lifestyle/behavior, personal health attitudes and poor health status is gaining recognition and acceptance by both the general public and health care providers.

Some examples of lifestyle/behavior and related health care problems include the following:

Lifestyle	Impact on Health
Smoking	Lung cancer
	Cardiovascular disease
	Emphysema
	Chronic bronchitis
Alcohol/drug abuse	Cirrhosis of liver
	Motor vehicle crashes
	Unintentional injuries
	Malnutrition
	Suicide
	Homicide
	Mental illness
Poor nutrition	Obesity
	Digestive disease
	Depression
Lack of exercise	Cardiovascular disease
	Depression
Overstressed	Mental illness
	Alcohol/drug abuse
	Cardiovascular disease

Health problems should be examined in terms of morbidity as well as mortality. Morbidity is defined as the incidence of illness or injury and mortality is defined as the incidence of death. Due to limited morbidity data, this health status report relies heavily on statistics for leading causes of death in Cross County and the state of Arkansas. Such information provides useful indicators of health status trends and permits an assessment of the impact of changes in health services on a resident population during an established period of time. Community attention and health care resources may then be directed to those areas of greatest impact and concern.

Leading Causes of Death

The following table reflects the leading causes of death for Cross County residents and compares the rates, per 100,000 population, to the state of Arkansas.

CrossRidge Community Hospital
Selected Causes of Resident Deaths: Rate per 100,000 Population (2011)

	Cross Co. Rate	Arkansas Rate	Percent Difference
Total Deaths, All Causes	1,136.04	994.87	12.4%
Heart Disease	247.46	230.12	7.0%
Cancer	236.21	209.02	11.5%
Cerebrovascular Diseases	**67.49**	**53.00**	**21.5%**
Pneumonia and Influenza	**56.24**	**23.01**	**59.1%**
Unintentional Injuries	39.37	44.35	-12.6%
Diabetes	33.74	29.27	13.2%
Bronchitis, Emphysema, and Asthma	**16.87**	**6.26**	**62.9%**

Source: Arkansas Department of Health

This table indicates that Cross County's mortality rate is higher than the state average for several leading causes of death. Causes where Cross County's rate exceeds the state's rate by more than 20% are highlighted in red.

Health Outcomes and Factors

An analysis of various health outcomes and factors for a particular community can, if improved, help make that community a healthier place to live, learn, work and play. A better understanding of the factors that affect the health of the community will assist with how to improve the community's habits, culture and environment. This portion of the community health needs assessment utilizes information from County Health Rankings, a key component of the Mobilizing Action Toward Community Health (MATCH) project, a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

The County Health Rankings model is grounded in the belief that programs and policies implemented at the local, state and federal levels have an impact on the variety of factors that, in turn, determine the health outcomes for communities across the nation. The model provides a ranking method that ranks all 50 states and the counties within each state, based on the measurement of two types of health outcomes for each county: how long people live (mortality) and how healthy people feel (morbidity). These outcomes are the result of a collection of health factors and are influenced by programs and policies at the local, state and federal levels.

Counties in each of the 50 states are ranked according to summaries of a variety of health measures. Those having high ranks, *e.g.* 1 or 2, are considered to be the "healthiest." Counties are ranked relative to the health of other counties in the same state on the following summary measures:

- Health Outcomes—rankings are based on an equal weighting of one length of life (mortality) measure and four quality of life (morbidity) measures.

- Health Factors—rankings are based on weighted scores of four types of factors:

  o Health behaviors (six measures)

  o Clinical care (five measures)

  o Social and economic (six measures)

  o Physical environment (two measures)

A more detailed discussion about the ranking system, data sources and measures, data quality and calculating scores and ranks can be found at the website for County Health Rankings (www.countyhealthrankings.org).

As part of the analysis of the needs assessment for the Community, its relative health status will be compared to the state of Arkansas as well as to a national benchmark. A better understanding of the factors that affect the health of the Community will assist with how to improve the Community's habits, culture and environment.

The following table summarizes the 2012 health outcomes and factors for Cross County. Measures underperforming the state average are presented in red.

CrossRidge Community Hospital
Cross County Health Rankings - Health Outcomes (2012)

	Cross County	National Benchmark	AR	Rank (of 75)
Mortality				49
Premature death - Years of potential life lost before age 75 per 100,000 population (age-adjusted)	**10,713**	5,317	9,290	
Morbidity				60
Poor or fair health - Percent of adults reporting fair or poor heatlh (age-adjusted)	**24%**	10%	19%	
Poor physical health days - Average number of physically unhealthy days reported in past 30 days (age-adjusted)	3.8	2.6	4.1	
Poor mental health days - Average number of mentally unhealthy days reported in past 30 days (age-adjusted)	**5.0**	2.3	3.9	
Low birthweight - Percent of live births with low birthweight (<2500 grams)	**12%**	6%	9%	
Health Behaviors				65
Adult smoking - Percent of adults that report smoking at least 100 cigarettes and that they currently smoke	**28%**	13%	23%	
Adult obesity - Percent of adults that report a BMI >= 30	**34%**	25%	32%	
Excessive drinking - Percent of adults that report excessive drinking in the past 30 days	11%	7%	13%	
Motor vehicle crash death rate - Motor vehicle deaths per 100K population	**30**	10	23	
Sexually transmitted infections - Chlamydia rate per 100K population	**778**	92	529	
Teen birth rate - Per 1,000 female population, ages 15-19	**64**	21	59	

Crossridge Community Hospital
Cross County Health Rankings - Health Outcomes (2012)

	Cross County	National Benchmark	AR	Rank (of 75)
Clinical Care				49
Uninsured adults - Percent of population under age 65 without health insurance	20%	11%	21%	
Primary care physicians - Ratio of population to primary care physicians	2,229:1	1.067:1	1,613:1	
Preventable hospital stays - Hospitalization rate for ambulatory-care sensitive conditions per 1,000 Medicare enrollees	95	47	79	
Diabetic screening - Percent of diabetic Medicare enrollees that receive HbA1c screening	74%	90%	82%	
Mammography screening - Percent of female Medicare enrollees that receive mammorgraphy screening	49%	73%	61%	
Social & Economic Factors				47
High school graduation - Percent of ninth grade cohort that graduates in 4 years	82%	N/A	81%	
Some college - Percent of adults aged 25-44 years with some post-secondary education	36%	70%	53%	
Children in poverty - Percent of children under age 18 in poverty	28%	14%	28%	
Inadequate social support - Percent of adults without social/emotional support	23%	14%	21%	
Children in single-parent households - Percent of children that live in household headed by single parent	32%	20%	36%	
Violent crime rate	499	66	508	
Physical Environment				18
Limited access to healthy foods - Healthy food outlets include grocery stores and produce stands/farmers' markets	8%	1%	8%	
Access to recreational facilities - Rate of recreational facilities per 100,000 population	17	16	8	

Source: Countyhealthrankings.org

Note: Metrics are subject to a 95% confidence interval.

Based on this data, it is apparent that Cross County has many opportunities for improvement. The areas where Cross County falls in the lower 50th percentile in the state of Arkansas are as follows:

- Mortality (ranked 49th out of 75)

- Morbidity (ranked 60th out of 75)

- Health Behaviors (ranked 65th out of 75)

- Clinical Care (ranked 49th out of 75)

- Social and Economic Factors (ranked 47th out of 75)

This information shows that there are many opportunities for the Hospital to take positive steps toward improving the community's health.

Health Care Resources

The availability of health resources is a critical component to the health of a community's residents and a measure of the soundness of the area's health care delivery system. An adequate number of health care facilities and health care providers is vital for sustaining a community's health status. Fewer health care facilities and health care providers can impact the timely delivery of services. A limited supply of health resources, especially providers, results in the limited capacity of the health care delivery system to absorb charity and indigent care as there are fewer providers upon which to distribute the burden of indigent care. This section will address the availability of health care resources to the residents of Cross County.

Acute Care Hospitals

The Hospital is the primary health care provider for Cross County, receiving 30% of admissions for Cross County residents. However, while critical access hospitals such as the Hospital provide essential health care services for a variety of conditions, they are not designed or intended to handle every circumstance that may arise. In order to allow the Hospital to focus on providing care for common conditions, it is important that there are acute care hospitals nearby to handle cases involving longer inpatient stays or more complicated medical problems. Cross County residents mainly utilize acute care hospitals located in Memphis Tennessee, and Jonesboro, Arkansas, including St. Bernards Medical Center, a sister organization to the Hospital. Both cities are about one hour's drive from Cross County. Approximately 45% of Cross County resident discharges are from acute care hospitals located in Jonesboro or Memphis.

Other Healthcare Resources

Besides the Hospital, Cross County residents benefit from many other healthcare resources:

ARCare Clinics – Cross County has four family practice clinics associated with ARCare. These clinics help to ensure that Cross County residents are able to access affordable healthcare, regardless of their financial situation.

Area Nursing Homes – There are two nursing homes in Cross County with a total of 237 beds. They provide residential, medical and rehabilitative services to the elderly and disabled in the community.

Cross County Health Unit – The Cross County Health Unit exists to promote and protect the public's health. The local health units provide services including WIC, family planning, prenatal care, immunizations, communicable disease follow-up, sexually transmitted disease and HIV testing, tuberculosis testing and treatment, breast care and cervical cytology follow-up, environmental services, home health and personal care services.

Identification and Prioritization of Health Needs

Based on a review of the data gathered during this assessment, including leading causes of death, rankings of health outcomes and factors as well as surveys and interviews, numerous health needs were identified. These needs were prioritized and evaluated to determine which were significant to the Community. The criteria included the numbers of persons affected, the seriousness of the issue, whether the health need particularly affected persons living in poverty or members of an underserved population, and availability of community resources to address the need.

As a result, the following list of significant needs was identified:

1. Pneumonia and influenza
2. Diabetes
3. Bronchitis, emphysema, and asthma
4. Drug and alcohol abuse
5. Lack of health awareness and screening
6. Poor eating and exercise habits

Other identified needs include:

- Uninsured adults
- Primary care physicians
- Cancer
- Mental health
- Children in poverty
- Teen birth rate
- Preventable hospital stays
- Low birth weight
- Inadequate social support
- Cerebrovascular diseases
- Sexually transmitted infections
- Motor vehicle crash deaths
- Unintentional injuries

APPENDICES

APPENDIX A

DETAILED COMMUNITY DEMOGRAPHIC INFORMATION

Pop-Facts: Demographic Trend 2013
Cross AR

Description	2013 Estimate	%	2018 Projection	%
Population by Age	17,669		17,512	
Age 0 - 4	1,137	6.43%	1,166	6.66%
Age 5 - 9	1,125	6.37%	1,109	6.33%
Age 10 - 14	1,215	6.88%	1,098	6.27%
Age 15 - 17	846	4.79%	774	4.42%
Age 18 - 20	616	3.49%	593	3.39%
Age 21 - 24	912	5.16%	1,010	5.77%
Age 25 - 34	1,919	10.86%	1,982	11.32%
Age 35 - 44	2,167	12.26%	1,990	11.36%
Age 45 - 54	2,501	14.15%	2,225	12.71%
Age 55 - 64	2,285	12.93%	2,341	13.37%
Age 65 - 74	1,699	9.62%	1,864	10.64%
Age 75 - 84	860	4.87%	958	5.47%
Age 85 and over	387	2.19%	402	2.30%
Age 16 and over	13,904	78.69%	13,875	79.23%
Age 18 and over	13,346	75.53%	13,365	76.32%
Age 21 and over	12,730	72.05%	12,772	72.93%
Age 65 and over	2,946	16.67%	3,224	18.41%
Median Age	39.9		40.1	
Average Age	39.70		40.20	
Population by Sex	17,669		17,512	
Male	8,531	48.28%	8,465	48.34%
Female	9,138	51.72%	9,047	51.66%
Male/Female Ratio	0.93		0.94	

Source: The Nielsen Company

Pop-Facts: Demographic Trend 2013
Cross AR

Description	2013 Estimate	%	2018 Projection	%
Pop. by Single Race Class. and Hispanic or Latino				
Hispanic or Latino:	287		316	
White Alone	164	57.14%	180	56.96%
Black or African American Alone	6	2.09%	7	2.22%
American Indian and Alaska Native Alone	1	0.35%	1	0.32%
Asian Alone	0	0.00%	0	0.00%
Native Hawaiian and Other Pacific Islander Alone	0	0.00%	0	0.00%
Some Other Race Alone	86	29.97%	95	30.06%
Two or More Races	30	10.45%	33	10.44%
Not Hispanic or Latino:	17,382		17,196	
White Alone	13,230	76.11%	13,220	76.88%
Black or African American Alone	3,835	22.06%	3,627	21.09%
American Indian and Alaska Native Alone	49	0.28%	52	0.30%
Asian Alone	90	0.52%	100	0.58%
Native Hawaiian and Other Pacific Islander Alone	4	0.02%	3	0.02%
Some Other Race Alone	4	0.02%	4	0.02%
Two or More Races	170	0.98%	190	1.10%
Households by Age of Householder	6,964		6,946	
Householder Under 25 Years	270	3.88%	270	3.89%
Householder 25 to 34 Years	852	12.23%	876	12.61%
Householder 35 to 44 Years	1,104	15.85%	1,010	14.54%
Householder 45 to 54 Years	1,400	20.10%	1,240	17.85%
Householder 55 to 64 Years	1,362	19.56%	1,391	20.03%
Householder 65 to 74 Years	1,112	15.97%	1,218	17.54%
Householder 75 to 84 Years	601	8.63%	668	9.62%
Householder 85 Years and over	263	3.78%	273	3.93%
Median Age of Householder	54.0		55.6	

Source: The Nielsen Company

Pop-Facts: Demographic Trend 2013
Cross AR

Description	2013 Estimate	%	2018 Projection	%
Households by Household Income	6,964		6,946	
Income Less than $15,000	1,412	20.28%	1,284	18.49%
Income $15,000 - $24,999	949	13.63%	962	13.85%
Income $25,000 - $34,999	831	11.93%	750	10.80%
Income $35,000 - $49,999	1,281	18.39%	1,224	17.62%
Income $50,000 - $74,999	1,067	15.32%	1,125	16.20%
Income $75,000 - $99,999	690	9.91%	692	9.96%
Income $100,000 - $124,999	318	4.57%	392	5.64%
Income $125,000 - $149,999	192	2.76%	219	3.15%
Income $150,000 - $199,999	181	2.60%	209	3.01%
Income $200,000 - $249,999	21	0.30%	60	0.86%
Income $250,000 - $499,999	18	0.26%	23	0.33%
Income $500,000 or more	4	0.06%	6	0.09%
Average Household Income	$49,233		$53,255	
Median Household Income	$38,396		$40,846	
2013 Median HH Inc. by Single Race Class				
White Alone	41,586		43,471	
Black or African American Alone	26,182		27,698	
American Indian and Alaska Native Alone	28,333		30,417	
Asian Alone	40,000		38,214	
Native Hawaiian and Other Pacific Islander Alone	42,500		42,500	
Some Other Race Alone	85,938		90,625	
Two or More Races	14,999		14,999	
Hispanic or Latino	77,976		80,625	
Not Hispanic or Latino	38,234		40,617	

Source: The Nielsen Company

APPENDIX B

COMMUNITY INPUT QUESTIONNAIRE

Q1 What is your age?

Answered: 208   Skipped: 0
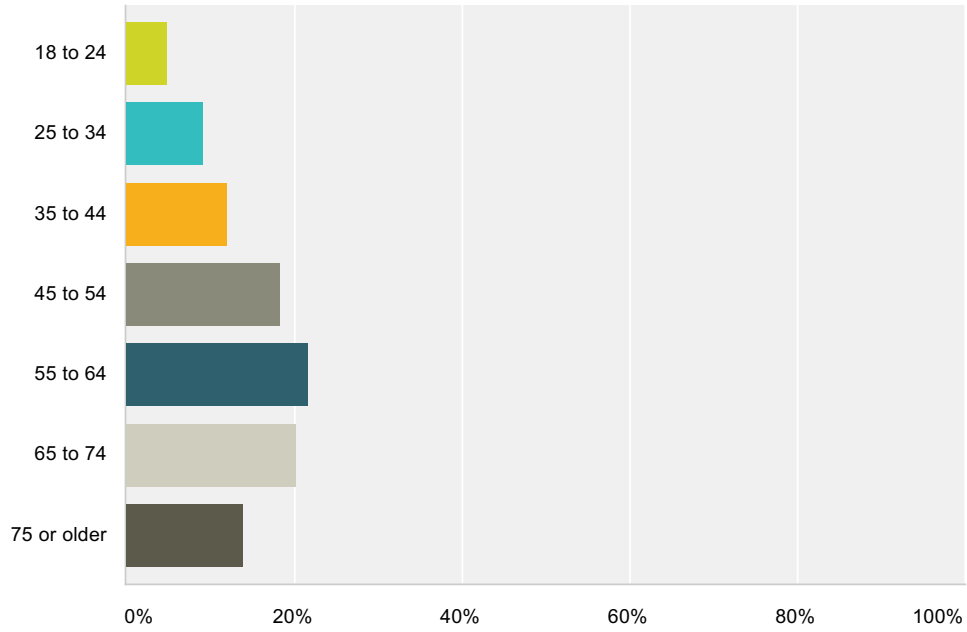
Answer Choices	Responses	
18 to 24	**4.81%**	10
25 to 34	**9.13%**	19
35 to 44	**12.02%**	25
45 to 54	**18.27%**	38
55 to 64	**21.63%**	45
65 to 74	**20.19%**	42
75 or older	**13.94%**	29
Total		208

Q2 What is your gender?

Answered: 208   Skipped: 0
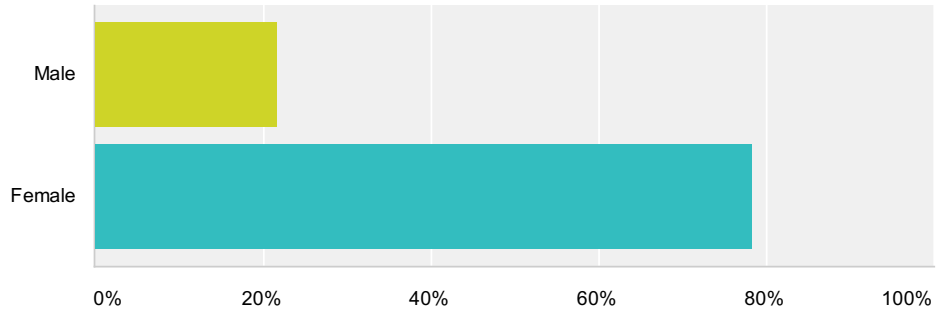
Answer Choices	Responses	
Male	**21.63%**	45
Female	**78.37%**	163
Total		208

Q3 What is your height in feet and inches? (Remove shoes before measuring.)

Answered: 204   Skipped: 4
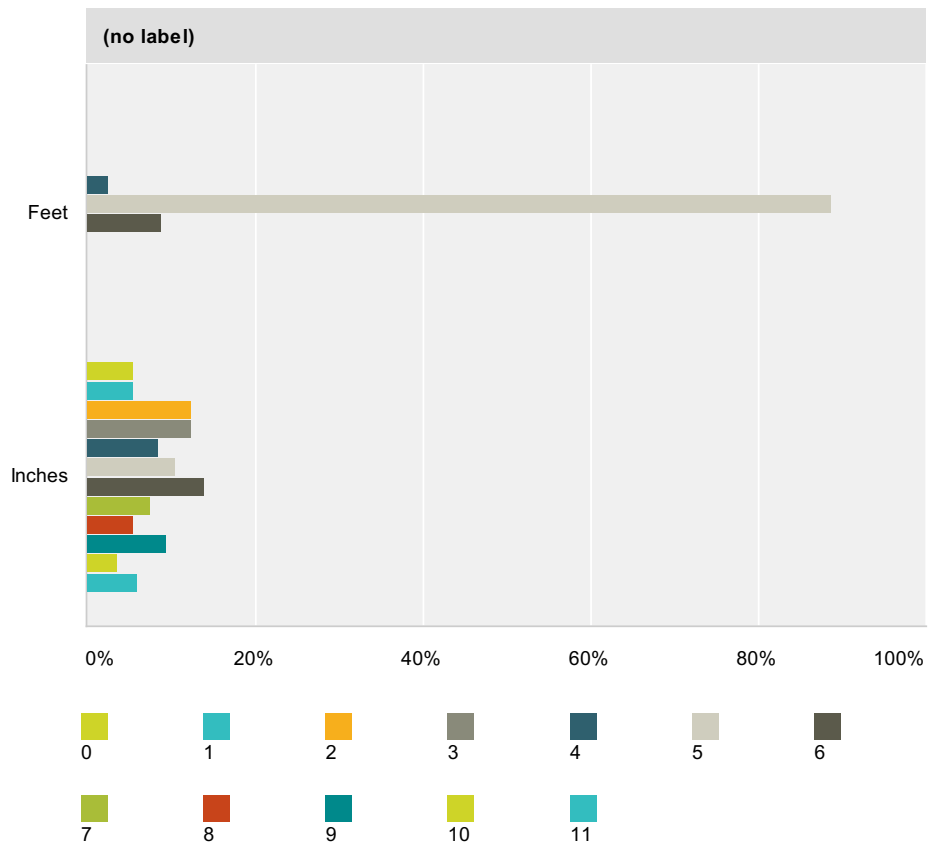
(no label)

| (no label)	0	1	2	3	4	5	6	7	8	9	10	11	Total
Feet	0% 0	0% 0	0% 0	0% 0	2.45% 5	88.73% 181	8.82% 18	0% 0	0% 0	0% 0	0% 0	0% 0	204
Inches	5.45% 11	5.45% 11	12.38% 25	12.38% 25	8.42% 17	10.40% 21	13.86% 28	7.43% 15	5.45% 11	9.41% 19	3.47% 7	5.94% 12	202

Q4 What is your current weight in pounds?

Answered: 199   Skipped: 9
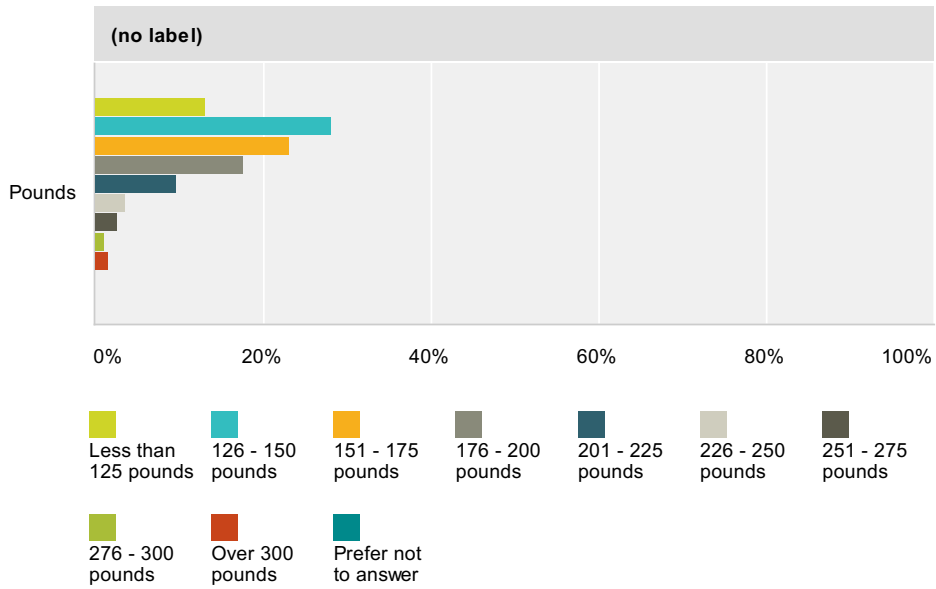
(no label)											
	Less than 125 pounds	**126 undefined 150 pounds**	**151 undefined 175 pounds**	**176 undefined 200 pounds**	**201 undefined 225 pounds**	**226 undefined 250 pounds**	**251 undefined 275 pounds**	**276 undefined 300 pounds**	**Over 300 pounds**	**Prefer not to answer**	Total
Pounds	**13.07%** 26	**28.14%** 56	**23.12%** 46	**17.59%** 35	**9.55%** 19	**3.52%** 7	**2.51%** 5	**1.01%** 2	**1.51%** 3	**0%** 0	199

Q5 What is your ethnic origin?

Answered: 207 Skipped: 1
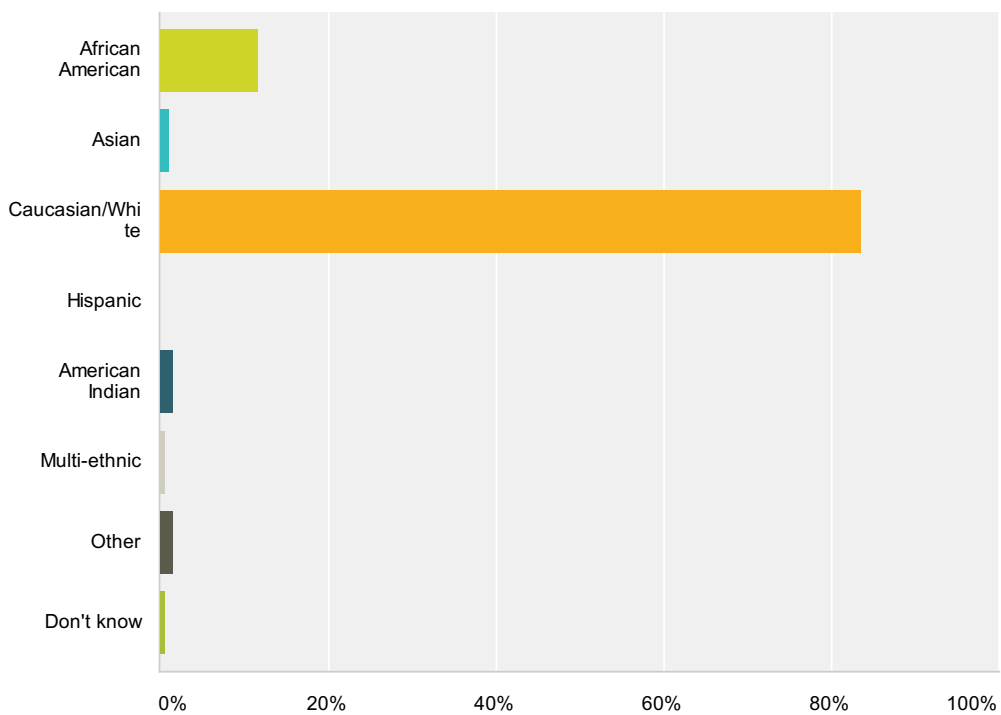
Answer Choices	Responses	
African American	**11.59%**	24
Asian	**0.97%**	2
Caucasian/White	**83.57%**	173
Hispanic	**0%**	0
American Indian	**1.45%**	3
Multi-ethnic	**0.48%**	1
Other	**1.45%**	3
Don't know	**0.48%**	1
Total		207

Q6 What is the highest level of school you have completed or the highest degree you have received?

Answered: 208   Skipped: 0
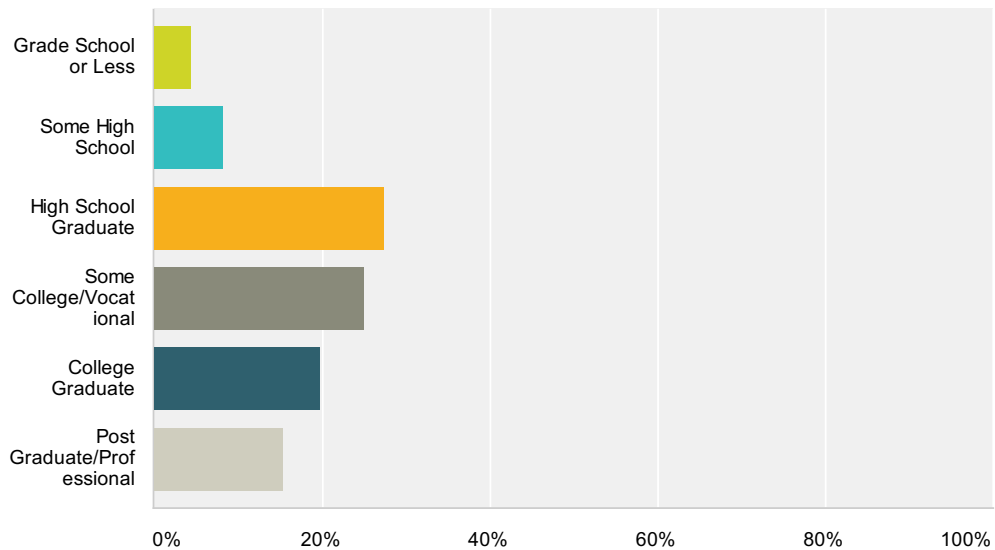
Answer Choices	Responses	
Grade School or Less	**4.33%**	9
Some High School	**8.17%**	17
High School Graduate	**27.40%**	57
Some College/Vocational	**25%**	52
College Graduate	**19.71%**	41
Post Graduate/Professional	**15.38%**	32
Total		208

Q7 What was your most recent blood pressure?

Answered: 207   Skipped: 1
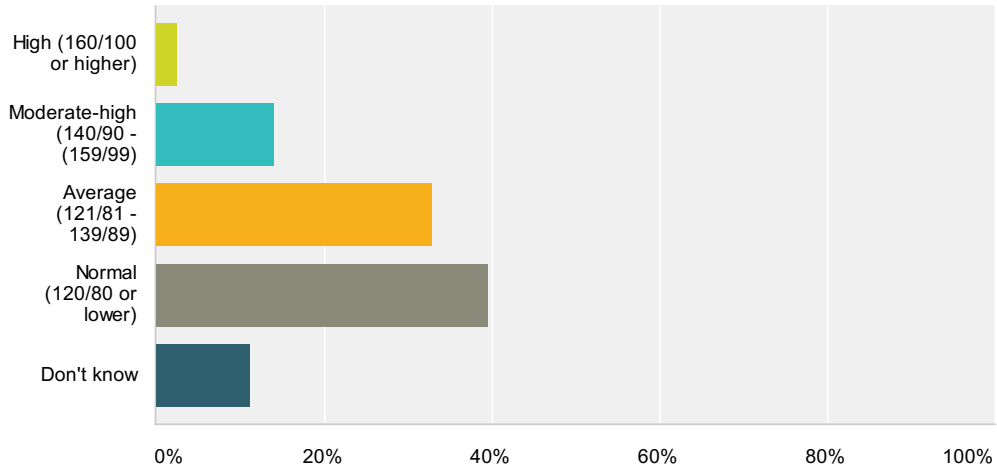
Answer Choices	Responses	
High (160/100 or higher)	**2.42%**	5
Moderate-high (140/90 - (159/99)	**14.01%**	29
Average (121/81 - 139/89)	**32.85%**	68
Normal (120/80 or lower)	**39.61%**	82
Don't know	**11.11%**	23
Total		207

Q8 What was you most recent total cholesterol level?

Answered: 205   Skipped: 3
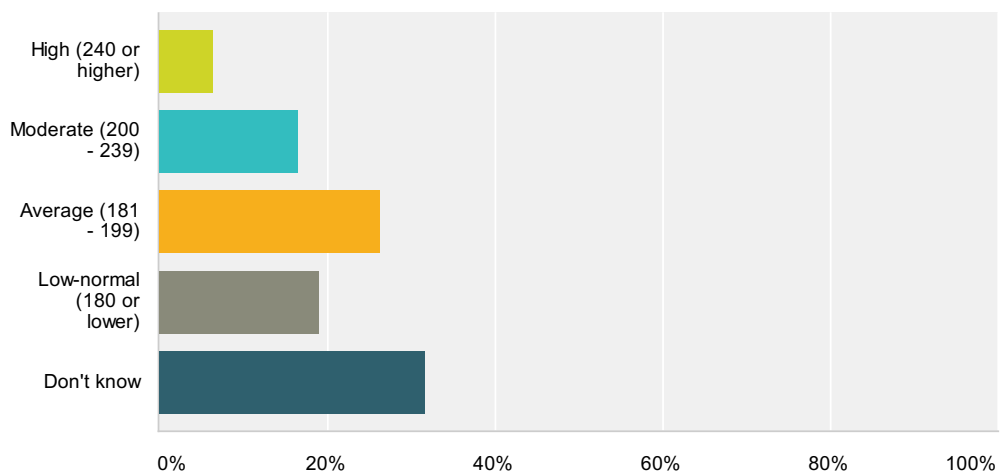
Answer Choices	Responses	
High (240 or higher)	6.34%	13
Moderate (200 - 239)	16.59%	34
Average (181 - 199)	26.34%	54
Low-normal (180 or lower)	19.02%	39
Don't know	31.71%	65
Total		205

Q9 Do you know your LDL and HDL cholesterol values?

Answered: 201   Skipped: 7
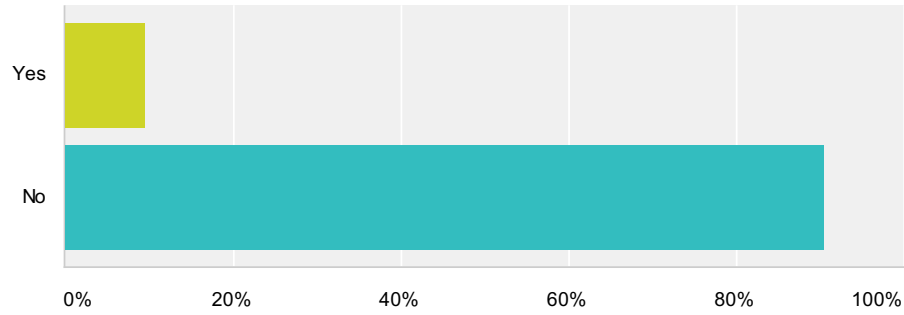
Answer Choices	Responses	
Yes	**9.45%**	19
No	**90.55%**	182
Total		201

#	Other (please enter cholesterol values)	Date
1	LDL 96, HDL 73	5/20/2013 2:59 PM
2	LDL 83, HDL 37	5/17/2013 4:12 PM
3	LDL 91, HDL 48	5/17/2013 4:00 PM
4	LDL 140, HDL 220	5/17/2013 3:54 PM
5	LDL 91.0, HDL 52.5	5/17/2013 2:38 PM
6	LDL 33, HDL 104	4/25/2013 4:43 PM
7	LDL 105.2, HDL 44.2	4/25/2013 4:14 PM
8	LDL 156, HDL 55	4/25/2013 3:13 PM
9	LDL 106, HDL 53	4/24/2013 2:24 PM
10	LDL 86, HDL 59	4/24/2013 10:47 AM
11	LDL 42, HDL 37	4/22/2013 2:39 PM
12	LDL 90, HDL 36	4/22/2013 2:33 PM
13	LDL 106, HDL 91	4/22/2013 2:18 PM
14	LDL 90, HDL 66	4/22/2013 2:06 PM
15	LDL 81, HDL 60	4/22/2013 10:59 AM
16	LDL 101.2, HDL 52.6	4/8/2013 2:32 PM
17	LDL 110, HDL 38	4/8/2013 2:24 PM
18	LDL 104.8, HDL 65.2	4/3/2013 3:02 PM
19	LDL 93, HDL 49	4/3/2013 2:44 PM

Q10 Do you know your glucose value?

Answered: 205   Skipped: 3
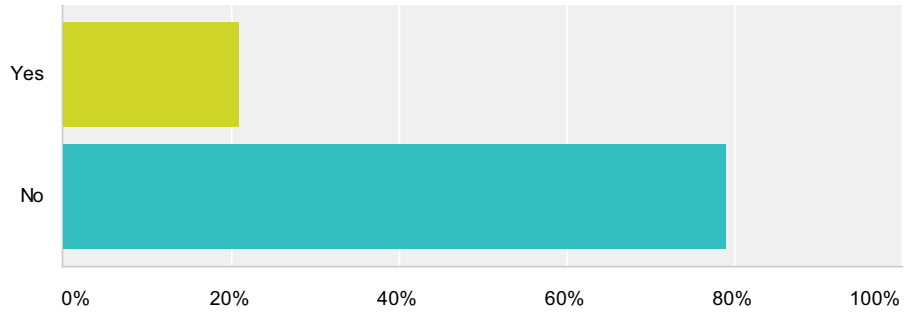
Answer Choices	Responses	
Yes	**20.98%**	43
No	**79.02%**	162
Total		205

#	Other (please enter your glucose value)	Date
1	101	5/20/2013 3:39 PM
2	90	5/20/2013 2:59 PM
3	116	5/20/2013 1:19 PM
4	80	5/20/2013 12:56 PM
5	110	5/17/2013 4:12 PM
6	91	5/17/2013 4:00 PM
7	128	5/17/2013 2:59 PM
8	118	5/17/2013 2:38 PM
9	210	5/16/2013 4:26 PM
10	91	5/15/2013 4:16 PM
11	96	5/15/2013 4:01 PM
12	175	5/13/2013 4:27 PM
13	6.9	5/10/2013 4:22 PM
14	100	4/30/2013 4:10 PM
15	163	4/25/2013 4:14 PM
16	90	4/25/2013 3:58 PM
17	95	4/25/2013 3:13 PM
18	114	4/25/2013 2:22 PM
19	225	4/25/2013 1:40 PM
20	100	4/24/2013 2:24 PM
21	191	4/24/2013 2:02 PM
22	160	4/24/2013 1:47 PM
23	100	4/24/2013 1:13 PM

#	Other (please enter your glucose value)	Date
24	101	4/24/2013 10:47 AM
25	110	4/23/2013 3:46 PM
26	101	4/22/2013 2:45 PM
27	91	4/22/2013 2:39 PM
28	107	4/22/2013 2:33 PM
29	92	4/22/2013 2:18 PM
30	91	4/22/2013 2:09 PM
31	98	4/22/2013 2:06 PM
32	79	4/22/2013 11:05 AM
33	78	4/22/2013 10:59 AM
34	103	4/9/2013 3:16 PM
35	8.2	4/9/2013 2:06 PM
36	87	4/8/2013 5:25 PM
37	93	4/8/2013 4:51 PM
38	120	4/8/2013 3:01 PM
39	90	4/8/2013 2:32 PM
40	93	4/8/2013 2:24 PM
41	240	4/3/2013 3:26 PM
42	87	4/3/2013 2:44 PM
43	98	4/2/2013 2:42 PM

#	Other (please enter your glucose value)	Date

Q11 Do you currently take any of the following medications?

Answered: 208   Skipped: 0
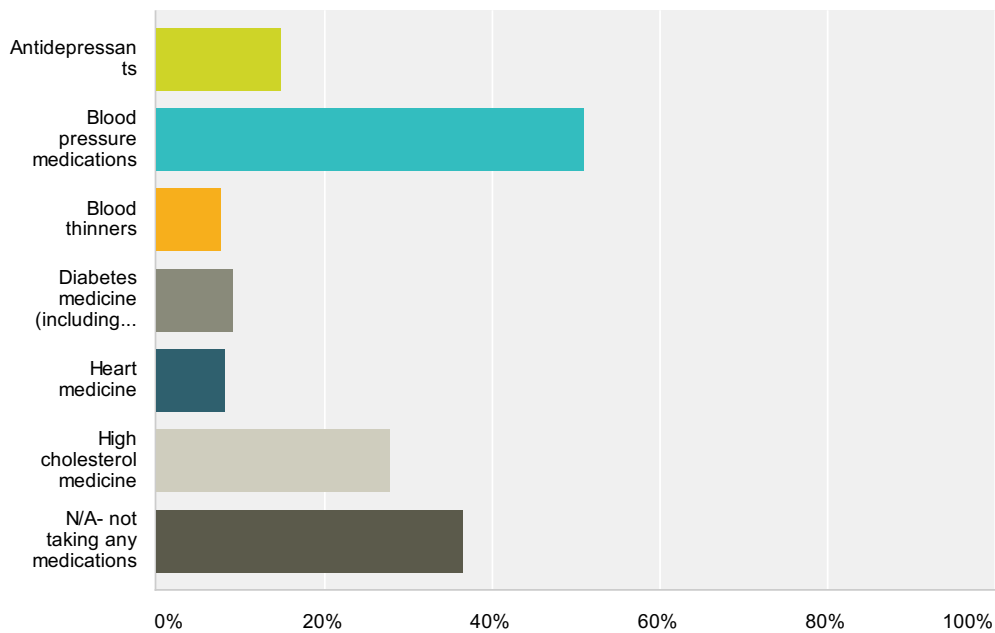
Answer Choices	Responses	
Antidepressants	**14.90%**	31
Blood pressure medications	**50.96%**	106
Blood thinners	**7.69%**	16
Diabetes medicine (including insulin)	**9.13%**	19
Heart medicine	**8.17%**	17
High cholesterol medicine	**27.88%**	58
N/A- not taking any medications	**36.54%**	76
Total Respondents: 208		

Q12 Has your doctor ever diagnosed you with any of the following?

Answered: 208   Skipped: 0

Crossridge 2013 Community Health Needs Assessment
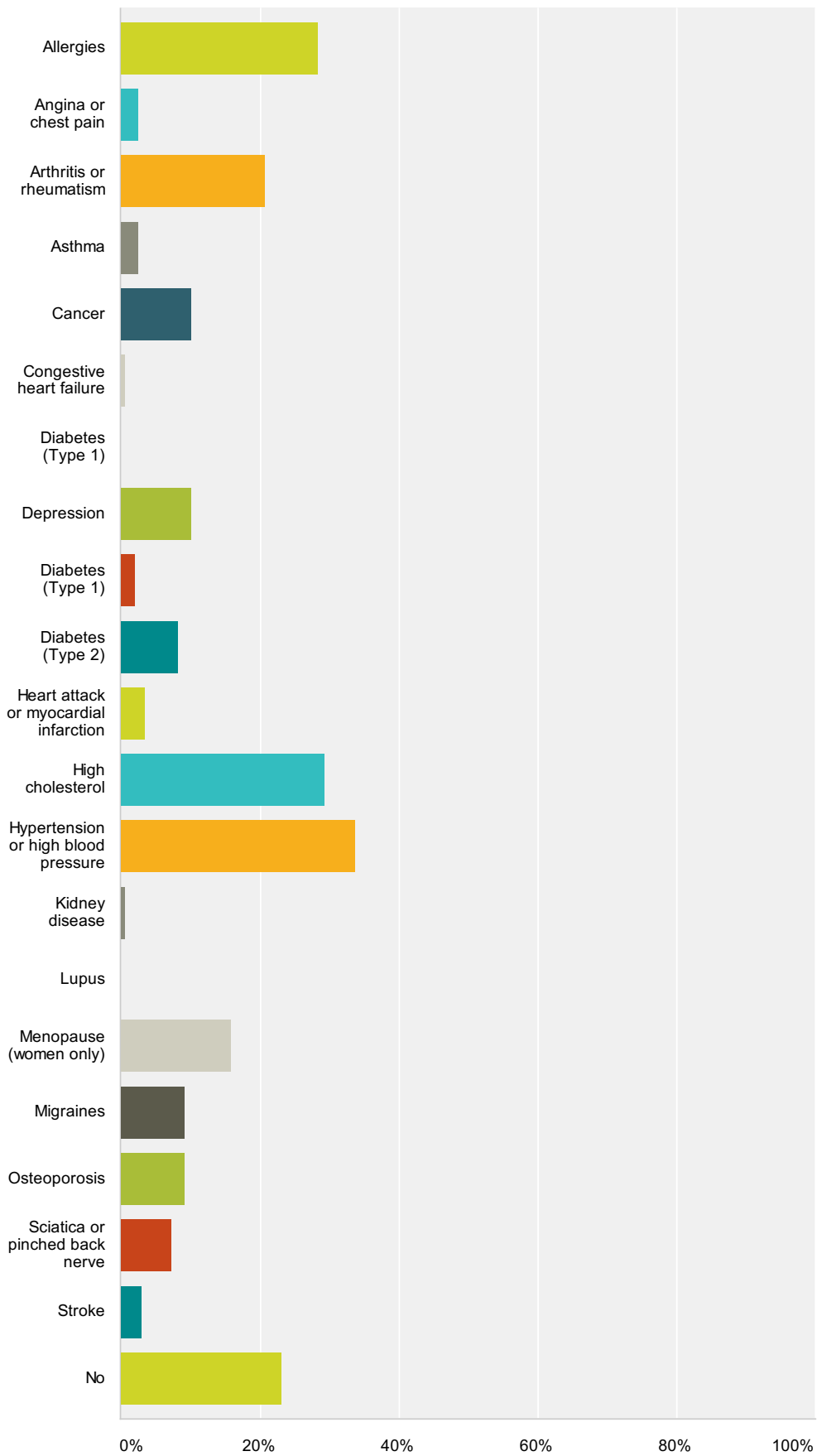
Answer Choices	Responses	
Allergies	**28.37%**	59
Total Respondents: 208		

Angina or chest pain	**2.40%**	5
Arthritis or rheumatism	**20.67%**	43
Asthma	**2.40%**	5
Cancer	**10.10%**	21
Congestive heart failure	**0.48%**	1
Diabetes (Type 1)	**0%**	0
Depression	**10.10%**	21
Diabetes (Type 1)	**1.92%**	4
Diabetes (Type 2)	**8.17%**	17
Heart attack or myocardial infarction	**3.37%**	7
High cholesterol	**29.33%**	61
Hypertension or high blood pressure	**33.65%**	70
Kidney disease	**0.48%**	1
Lupus	**0%**	0
Menopause (women only)	**15.87%**	33
Migraines	**9.13%**	19
Osteoporosis	**9.13%**	19
Sciatica or pinched back nerve	**7.21%**	15
Stroke	**2.88%**	6
No	**23.08%**	48
Total Respondents: 208		

Q13 Do you currently have any of the following?

Answered: 205   Skipped: 3
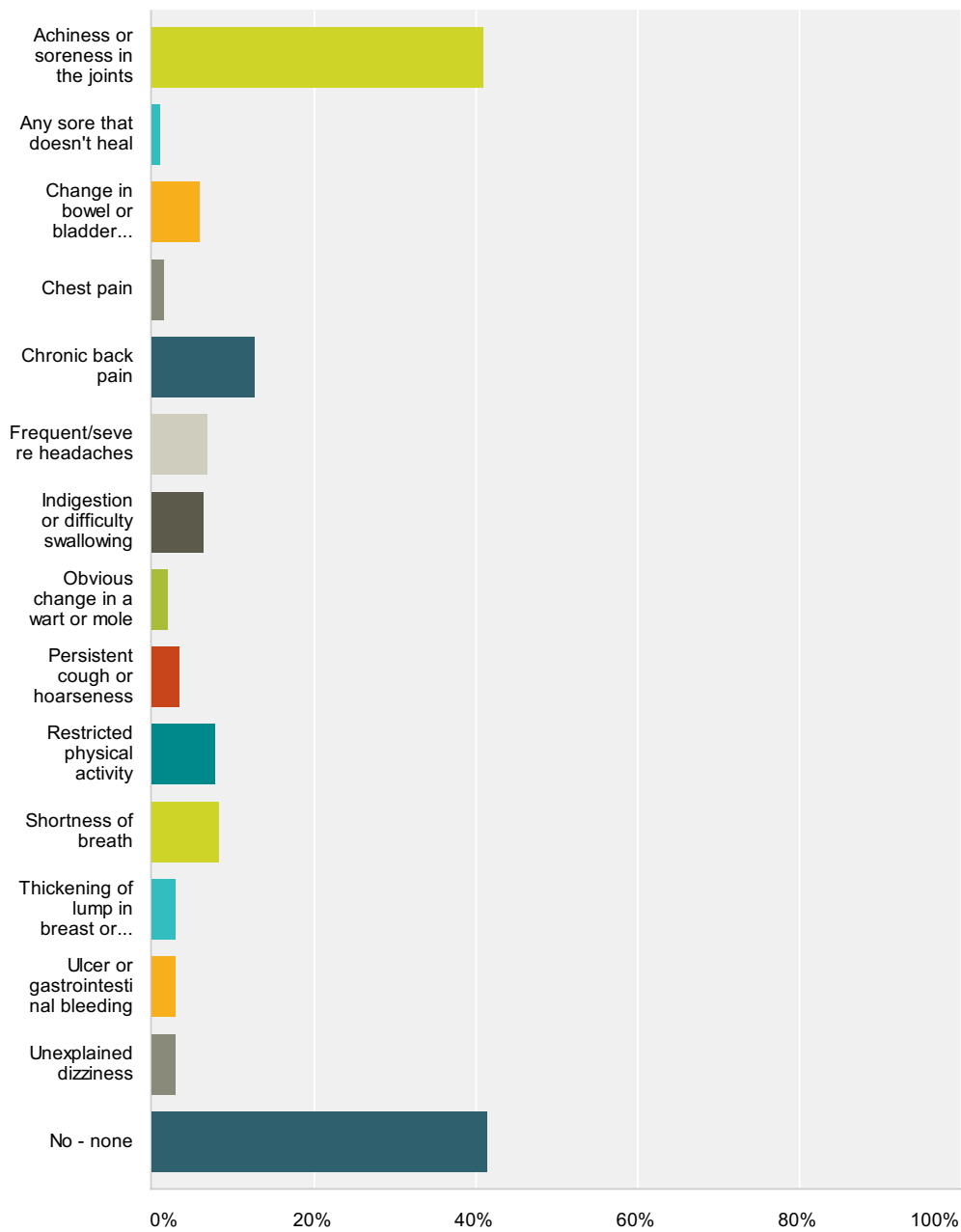
Answer Choices	Responses	
Achiness or soreness in the joints	**40.98%**	84
Any sore that doesn't heal	**0.98%**	2
Change in bowel or bladder habits	**5.85%**	12
Chest pain	**1.46%**	3
Chronic back pain	**12.68%**	26
Frequent/severe headaches	**6.83%**	14
Indigestion or difficulty swallowing	**6.34%**	13
Obvious change in a wart or mole	**1.95%**	4
Total Respondents: 205		

Persistent cough or hoarseness	**3.41%**	7
Restricted physical activity	**7.80%**	16
Shortness of breath	**8.29%**	17
Thickening of lump in breast or elsewhere	**2.93%**	6
Ulcer or gastrointestinal bleeding	**2.93%**	6
Unexplained dizziness	**2.93%**	6
No - none	**41.46%**	85
Total Respondents: 205		

Q14 Has a biological parent, brother, sister or child had any of the following?

Answered: 206   Skipped: 2
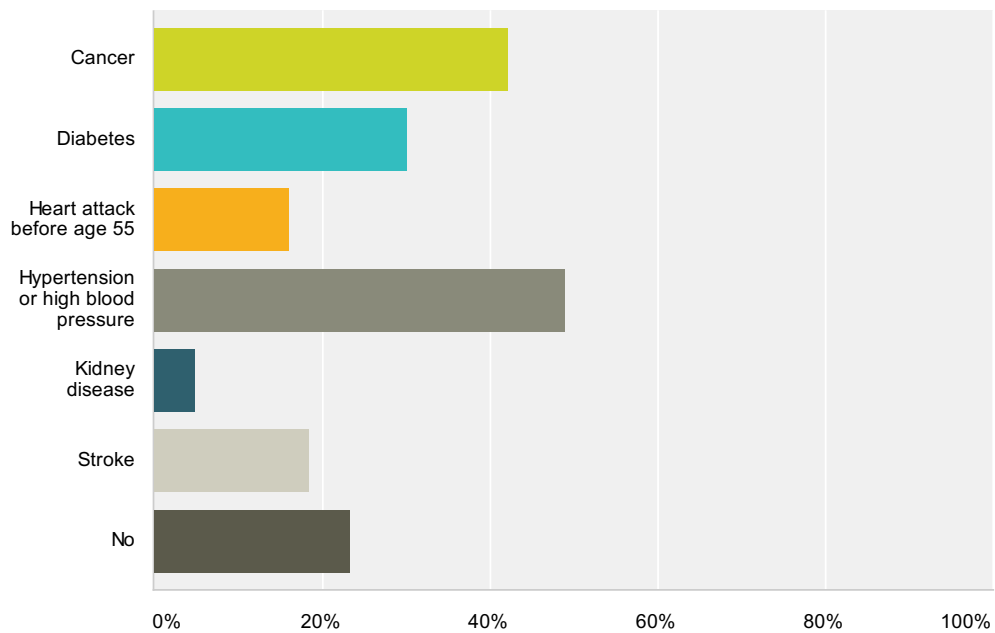
Answer Choices	Responses	
Cancer	**42.23%**	87
Diabetes	**30.10%**	62
Heart attack before age 55	**16.02%**	33
Hypertension or high blood pressure	**49.03%**	101
Kidney disease	**4.85%**	10
Stroke	**18.45%**	38
No	**23.30%**	48
Total Respondents: 206		

Q15 How would you describe your overall health?

Answered: 206 Skipped: 2
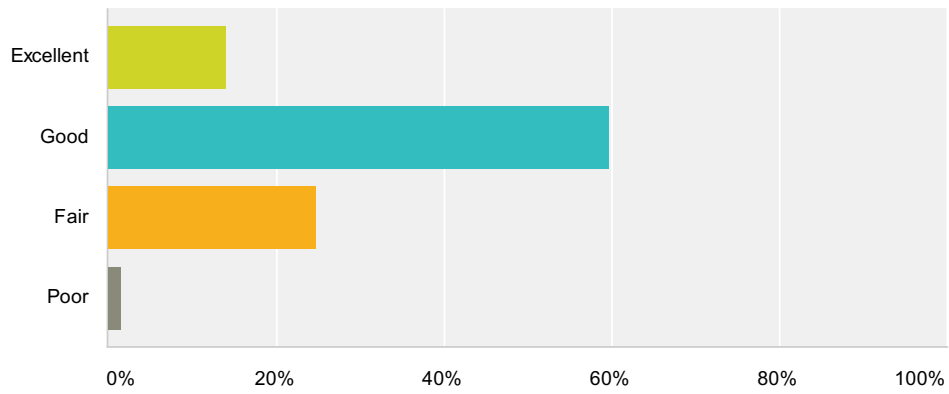
Answer Choices	Responses	
Excellent	**14.08%**	29
Good	**59.71%**	123
Fair	**24.76%**	51
Poor	**1.46%**	3
Total		206

Q16 How strongly do you agree or disagree with the following statements?

Answered: 191   Skipped: 17
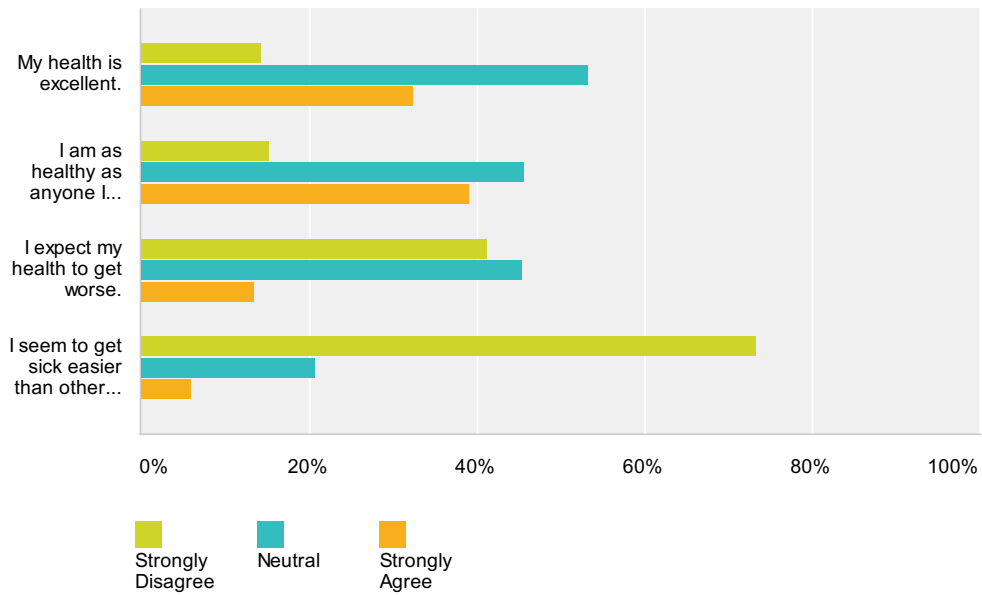
	Strongly Disagree	Neutral	Strongly Agree	Total
My health is excellent.	**14.29%** 26	**53.30%** 97	**32.42%** 59	182
I am as healthy as anyone I know.	**15.22%** 28	**45.65%** 84	**39.13%** 72	184
I expect my health to get worse.	**41.28%** 71	**45.35%** 78	**13.37%** 23	172
I seem to get sick easier than other people.	**73.37%** 124	**20.71%** 35	**5.92%** 10	169

# Q17 When were your most recent health exams/tests?
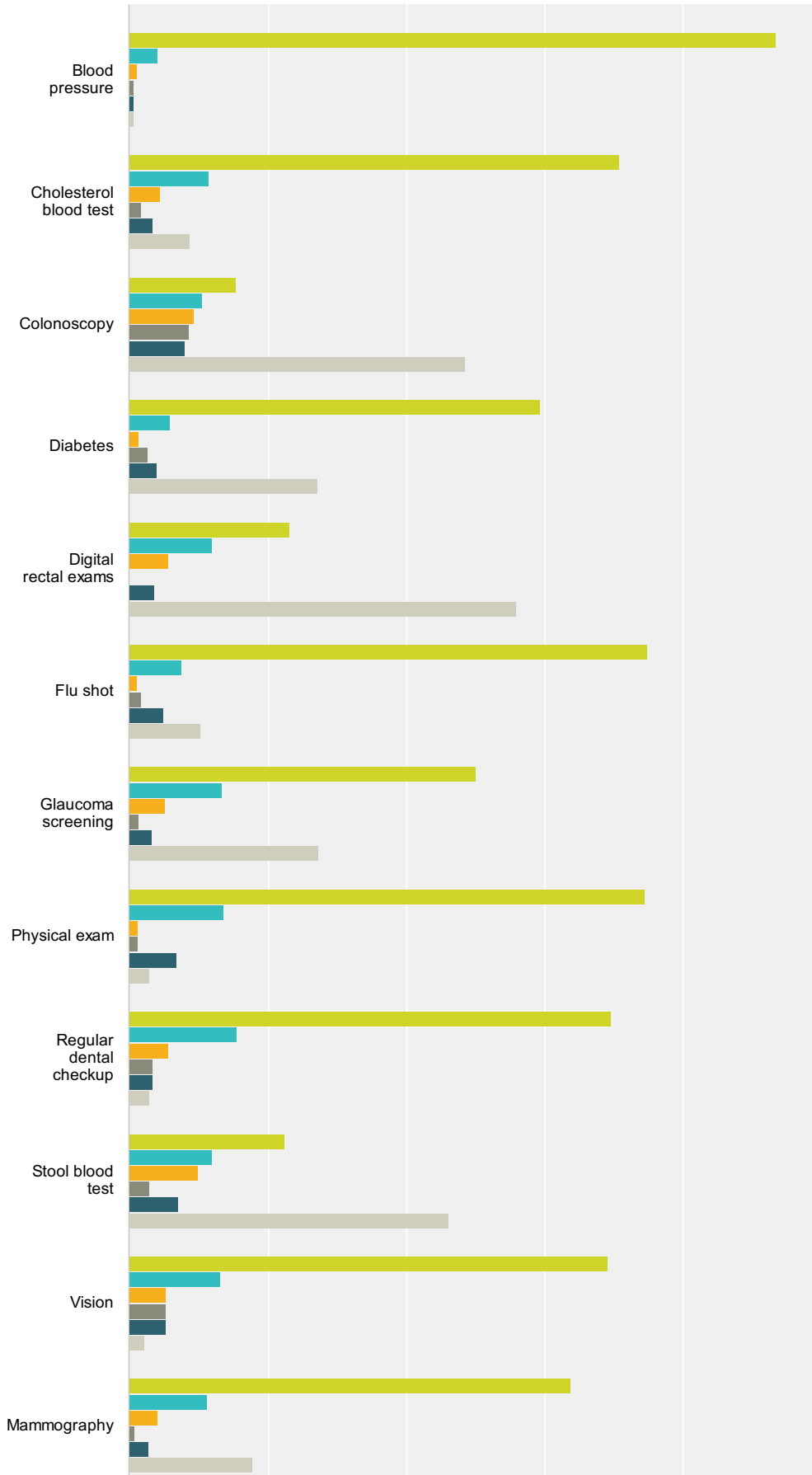
Crossridge 2013 Community Health Needs Assessment
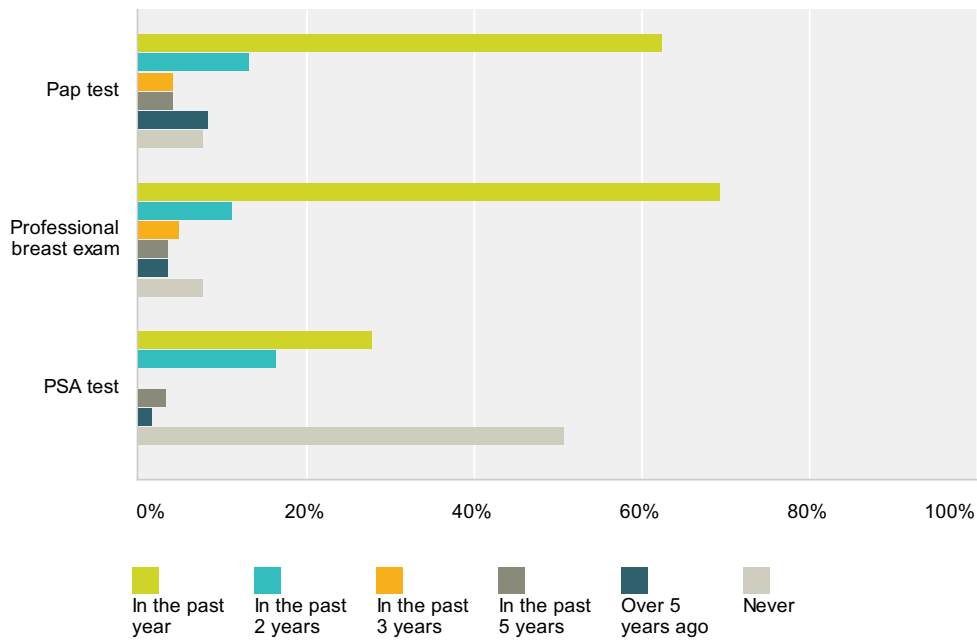
	In the past year	In the past 2 years	In the past 3 years	In the past 5 years	Over 5 years ago	Never	Total
Blood pressure	**93.50%** 187	**4%** 8	**1%** 2	**0.50%** 1	**0.50%** 1	**0.50%** 1	200
Cholesterol blood test	**70.81%** 131	**11.35%** 21	**4.32%** 8	**1.62%** 3	**3.24%** 6	**8.65%** 16	185
Colonoscopy	**15.34%** 25	**10.43%** 17	**9.20%** 15	**8.59%** 14	**7.98%** 13	**48.47%** 79	163
Diabetes	**59.35%** 92	**5.81%** 9	**1.29%** 2	**2.58%** 4	**3.87%** 6	**27.10%** 42	155
Digital rectal exams	**23.08%** 33	**11.89%** 17	**5.59%** 8	**0%** 0	**3.50%** 5	**55.94%** 80	143
Flu shot	**74.87%** 140	**7.49%** 14	**1.07%** 2	**1.60%** 3	**4.81%** 9	**10.16%** 19	187
Glaucoma screening	**50%** 79	**13.29%** 21	**5.06%** 8	**1.27%** 2	**3.16%** 5	**27.22%** 43	158
Physical exam	**74.58%** 132	**13.56%** 24	**1.13%** 2	**1.13%** 2	**6.78%** 12	**2.82%** 5	177
Regular dental checkup	**69.61%** 126	**15.47%** 28	**5.52%** 10	**3.31%** 6	**3.31%** 6	**2.76%** 5	181
Stool blood test	**22.38%** 32	**11.89%** 17	**9.79%** 14	**2.80%** 4	**6.99%** 10	**46.15%** 66	143
Vision	**69.11%** 132	**13.09%** 25	**5.24%** 10	**5.24%** 10	**5.24%** 10	**2.09%** 4	191
Mammography	**63.82%** 97	**11.18%** 17	**3.95%** 6	**0.66%** 1	**2.63%** 4	**17.76%** 27	152
Pap test	**62.50%** 90	**13.19%** 19	**4.17%** 6	**4.17%** 6	**8.33%** 12	**7.64%** 11	144
Professional breast exam	**69.44%** 100	**11.11%** 16	**4.86%** 7	**3.47%** 5	**3.47%** 5	**7.64%** 11	144
PSA test	**27.87%** 17	**16.39%** 10	**0%** 0	**3.28%** 2	**1.64%** 1	**50.82%** 31	61

Q18 Do you conduct a monthly testicular self exam?

Answered: 207   Skipped: 1
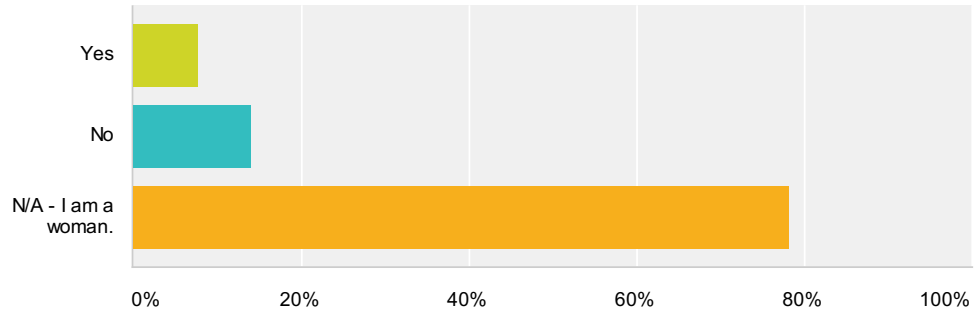
Answer Choices	Responses	
Yes	**7.73%**	16
No	**14.01%**	29
N/A - I am a woman.	**78.26%**	162
Total		207

Q19 Have you ever had a prostate exam?

Answered: 208   Skipped: 0
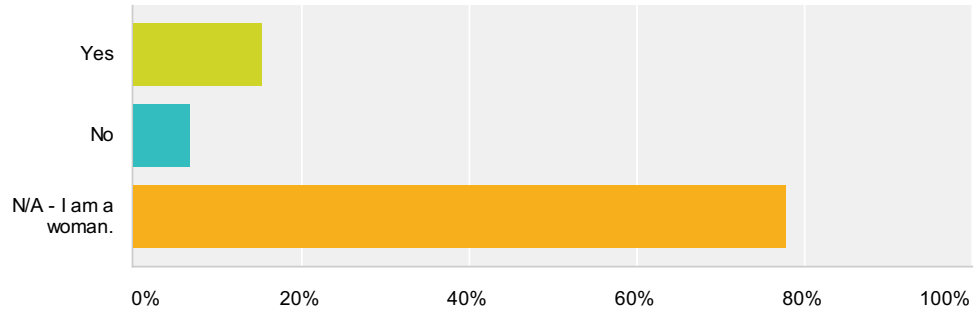
Answer Choices	Responses	
Yes	**15.38%**	32
No	**6.73%**	14
N/A - I am a woman.	77.88%	162
Total		208

Q20 How many women (excluding yourself) in your biological family (mother, sisters, grandmothers, or aunts) have had breast cancer?
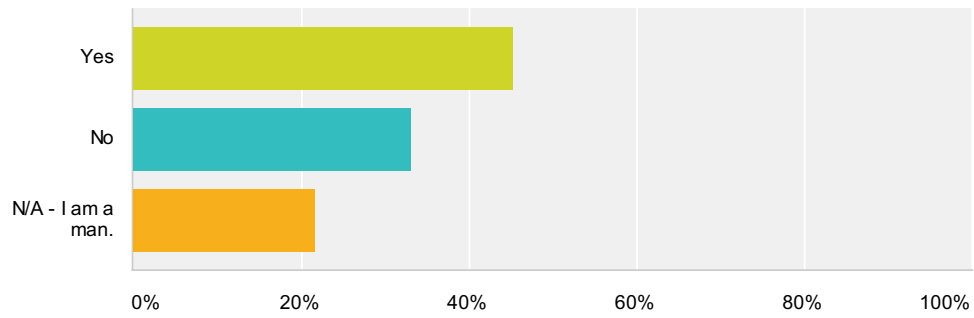
Answered: 204 Skipped: 4
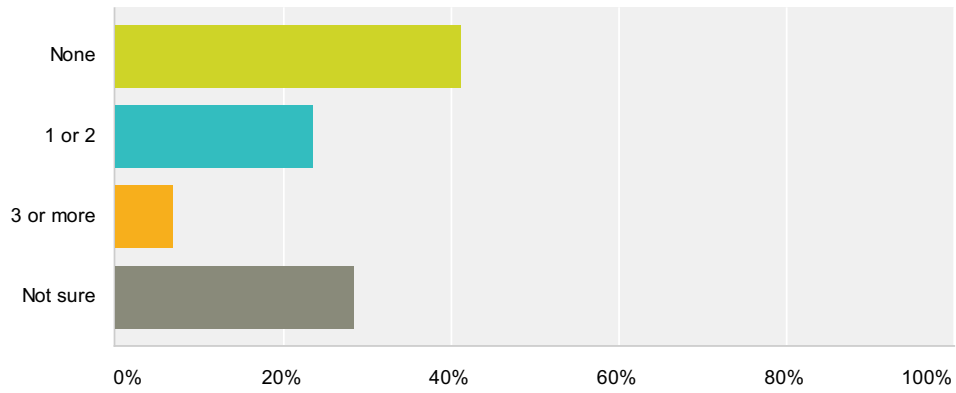
Answer Choices	Responses	
None	**41.18%**	84
1 or 2	**23.53%**	48
3 or more	**6.86%**	14
Not sure	**28.43%**	58
Total		204

Q21 Do you conduct a monthly breast exam?

Answered: 199   Skipped: 9

Answer Choices	Responses	
Yes	**45.23%**	90
No	**33.17%**	66
N/A - I am a man.	**21.61%**	43
Total		199

Q22 Have you ever had gestational diabetes?

Answered: 192   Skipped: 16
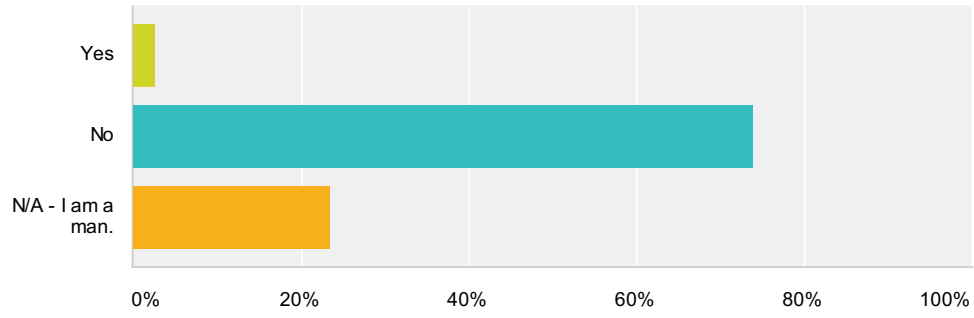
Answer Choices	Responses	
Yes	**2.60%**	5
No	**73.96%**	142
N/A - I am a man.	**23.44%**	45
Total		192

Q23 Are you or your spouse currently pregnant?

Answered: 194   Skipped: 14
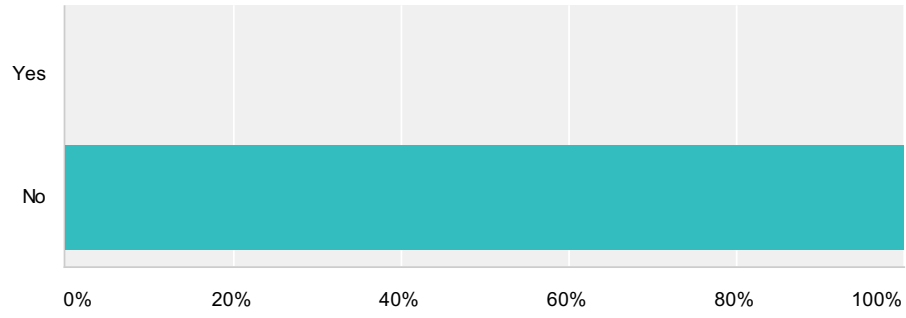
Answer Choices	Responses	
Yes	**0%**	0
No	**100%**	194
Total		194

Q24 Are you or your spouse planning on becoming pregnant in the next year?

Answered: 199   Skipped: 9
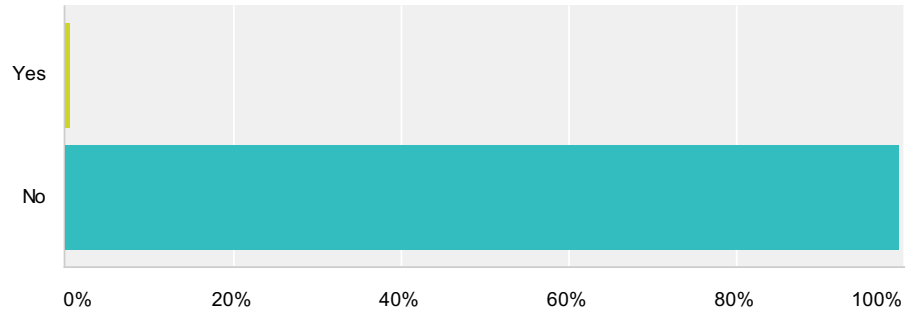
Answer Choices	Responses	
Yes	**0.50%**	1
No	**99.50%**	198
Total		199

Q25 If yes to either, are you or your spouse under the supervision of a physician, midwife, or health care provider?

Answered: 7   Skipped: 201
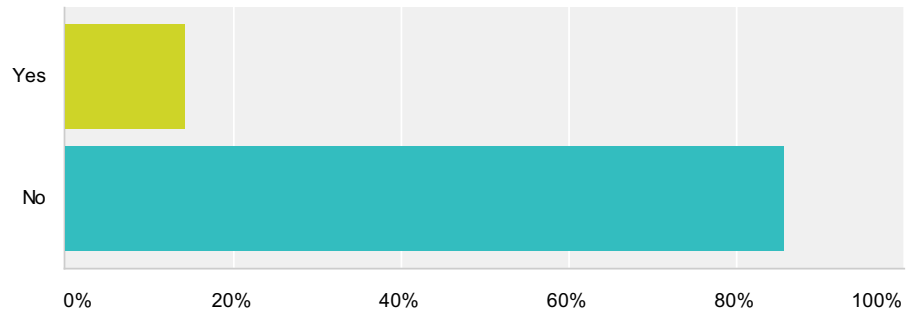
Answer Choices	Responses	
Yes	**14.29%**	1
No	**85.71%**	6
Total		7

Q26 In the past year, how many days per week did you participate in...
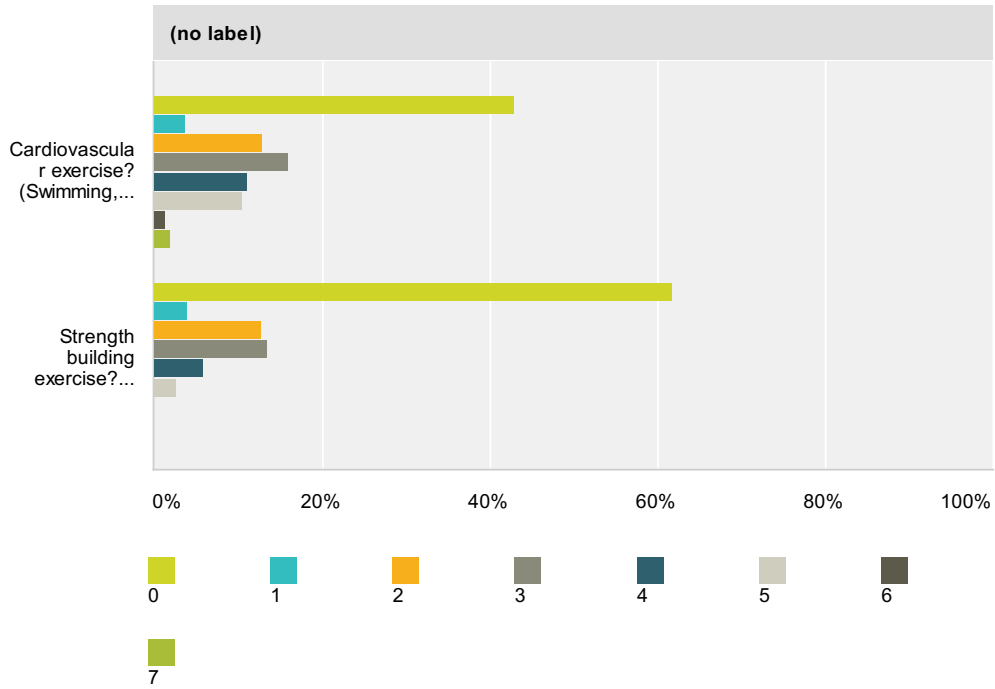
(no label)									
	0	**1**	**2**	**3**	**4**	**5**	**6**	**7**	Total
Cardiovascular exercise? (Swimming, walking, jogging or cycling)	42.94% 70	3.68% 6	12.88% 21	15.95% 26	11.04% 18	10.43% 17	1.23% 2	1.84% 3	163
Strength building exercise? (Weightlifting, push-ups, or sit-ups)	61.78% 97	3.82% 6	12.74% 20	13.38% 21	5.73% 9	2.55% 4	0% 0	0% 0	157

Q27 The nearest park or location for you to exercise is within how many minutes from your home?

Answered: 187   Skipped: 21
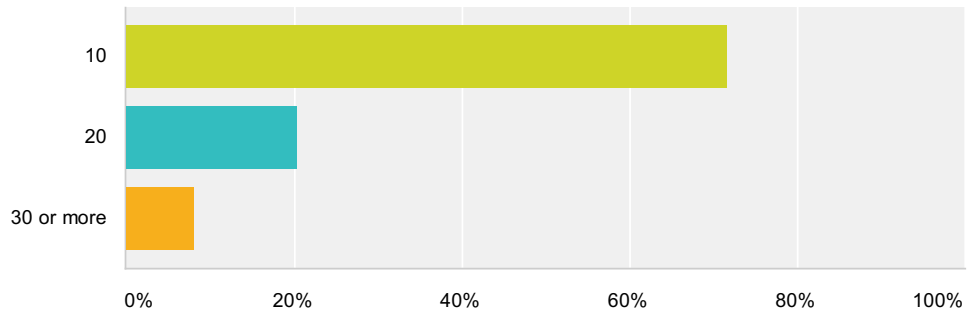
Answer Choices	Responses	
10	**71.66%**	134
20	**20.32%**	38
30 or more	**8.02%**	15
Total		187

Q28 How many servings of fruit and/or vegetables do you eat per day?

Answered: 196   Skipped: 12

(no label)

Fruits/Vegeta
bles consumed
daily

0%   20%   40%   60%   80%   100%

0   1   2   3   4   5   6
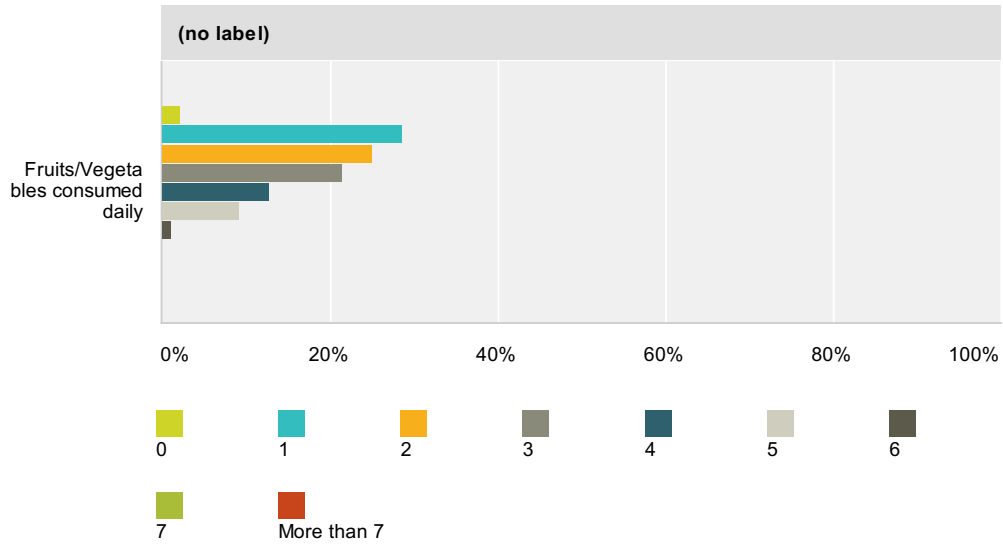
7   More than 7

(no label)										
	0	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**More than 7**	Total
Fruits/Vegetables consumed daily	2.04% 4	28.57% 56	25% 49	21.43% 42	12.76% 25	9.18% 18	1.02% 2	0% 0	0% 0	196

Q29 How many servings of high fiber food do you eat everyday, such as whole grain bread, cereal, fresh fruits or vegetables?

Answered: 197   Skipped: 11
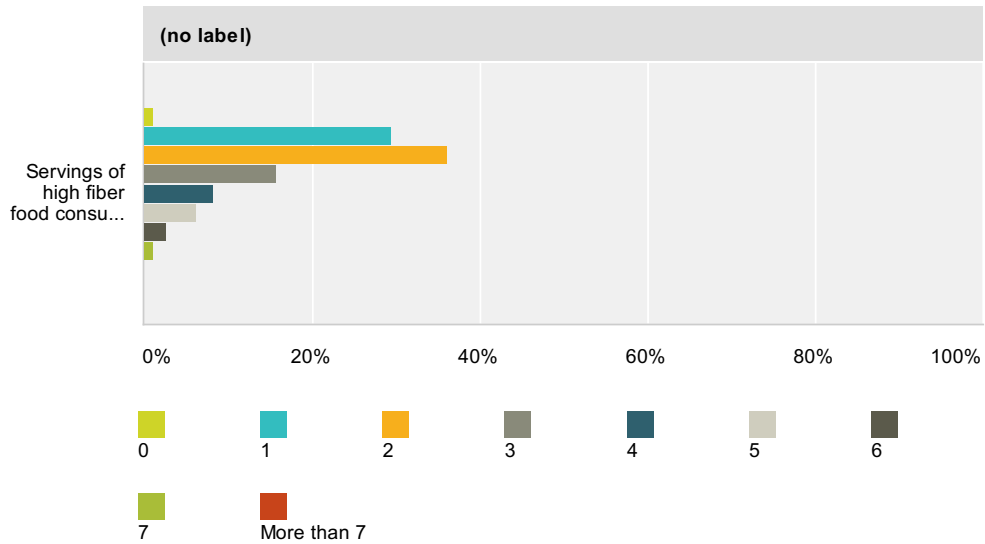
(no label)										
	0	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**More than 7**	Total
Servings of high fiber food consumed daily	**1.02%** 2	**29.44%** 58	**36.04%** 71	**15.74%** 31	**8.12%** 16	**6.09%** 12	**2.54%** 5	**1.02%** 2	**0%** 0	197

Q30 On average, how many servings of high fat food do you eat per day? (whole mik, butter, cheese, fried food, etc.)

Answered: 195 Skipped: 13

(no label)

Servings of hIgh fat food consumed p...

0%   20%   40%   60%   80%   100%

■ 0	■ 1	■ 2	■ 3	■ 4	■ 5	■ 6	
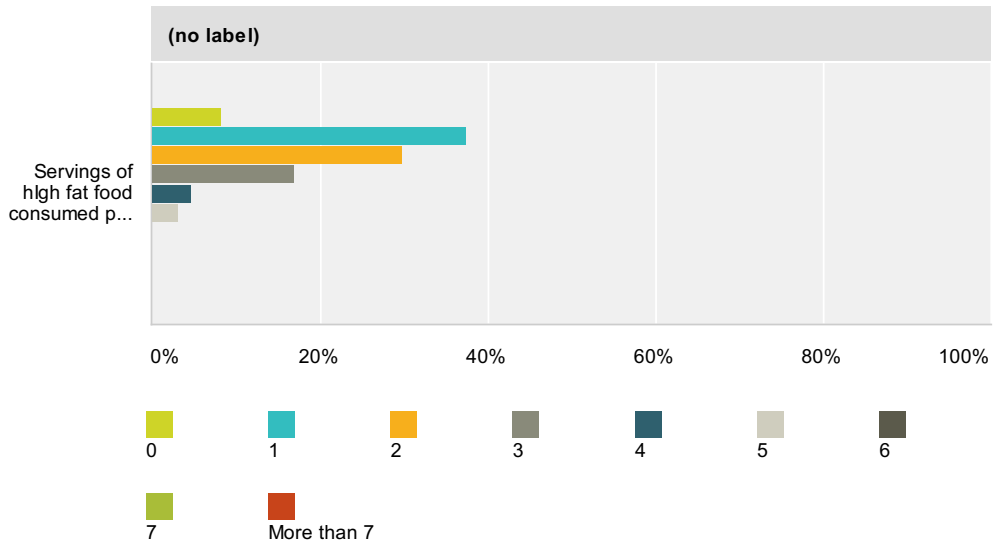
■ 7	■ More than 7

(no label)										
	0	1	2	3	4	5	6	7	More than 7	Total
Servings of hIgh fat food consumed per day	**8.21%** 16	**37.44%** 73	**29.74%** 58	**16.92%** 33	**4.62%** 9	**3.08%** 6	**0%** 0	**0%** 0	**0%** 0	195

Q31 How many servings of dairy products do you eat per day? (milk, cheese, etc.)

Answered: 197   Skipped: 11

(no label)

Servings of dairy products...

0%   20%   40%   60%   80%   100%

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- More than 7
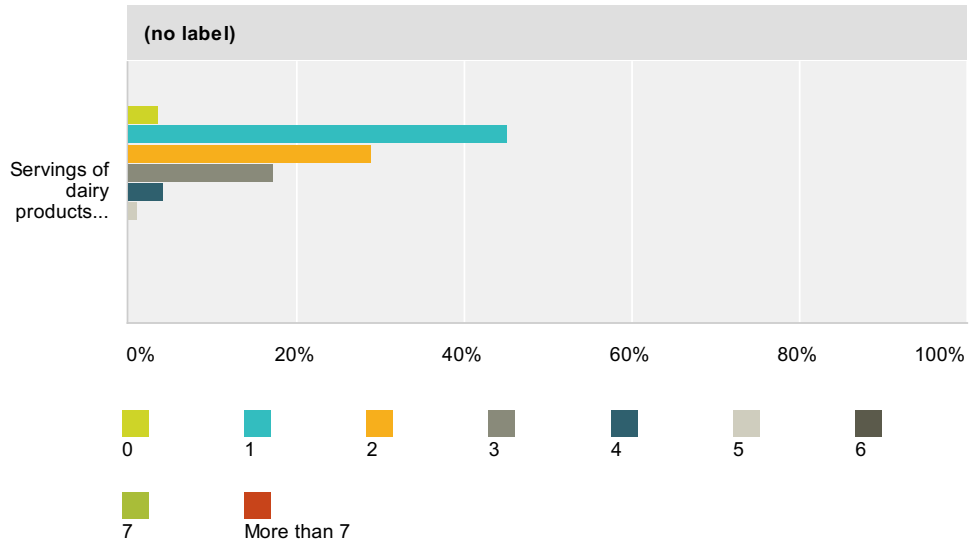
(no label)

	0	1	2	3	4	5	6	7	More than 7	Total
Servings of dairy products consumed per day	**3.55%** 7	**45.18%** 89	**28.93%** 57	**17.26%** 34	**4.06%** 8	**1.02%** 2	**0%** 0	**0%** 0	**0%** 0	197

Q32 Which of the following best describes your tobacco habits?

Answered: 197   Skipped: 11
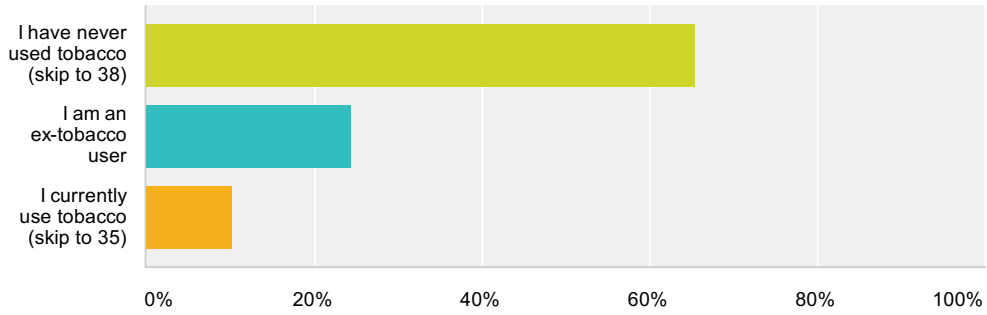
Answer Choices	Responses	
I have never used tobacco (skip to 38)	**65.48%**	129
I am an ex-tobacco user	**24.37%**	48
I currently use tobacco (skip to 35)	**10.15%**	20
Total		197

Q33 How long have you been tobacco free?

Answered: 48 Skipped: 160
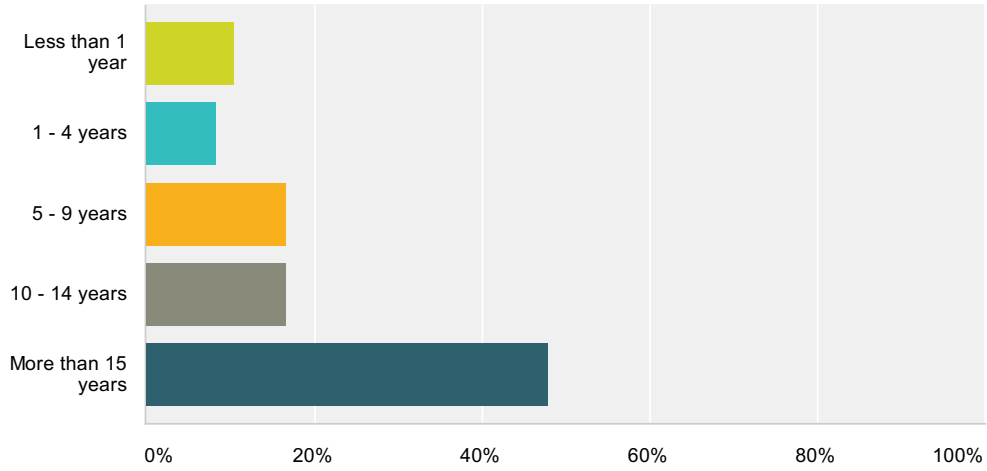
Answer Choices	Responses	
Less than 1 year	10.42%	5
1 - 4 years	8.33%	4
5 - 9 years	16.67%	8
10 - 14 years	16.67%	8
More than 15 years	47.92%	23
Total		48

Q34 In an average day, how many times do you:

Answered: 35   Skipped: 173
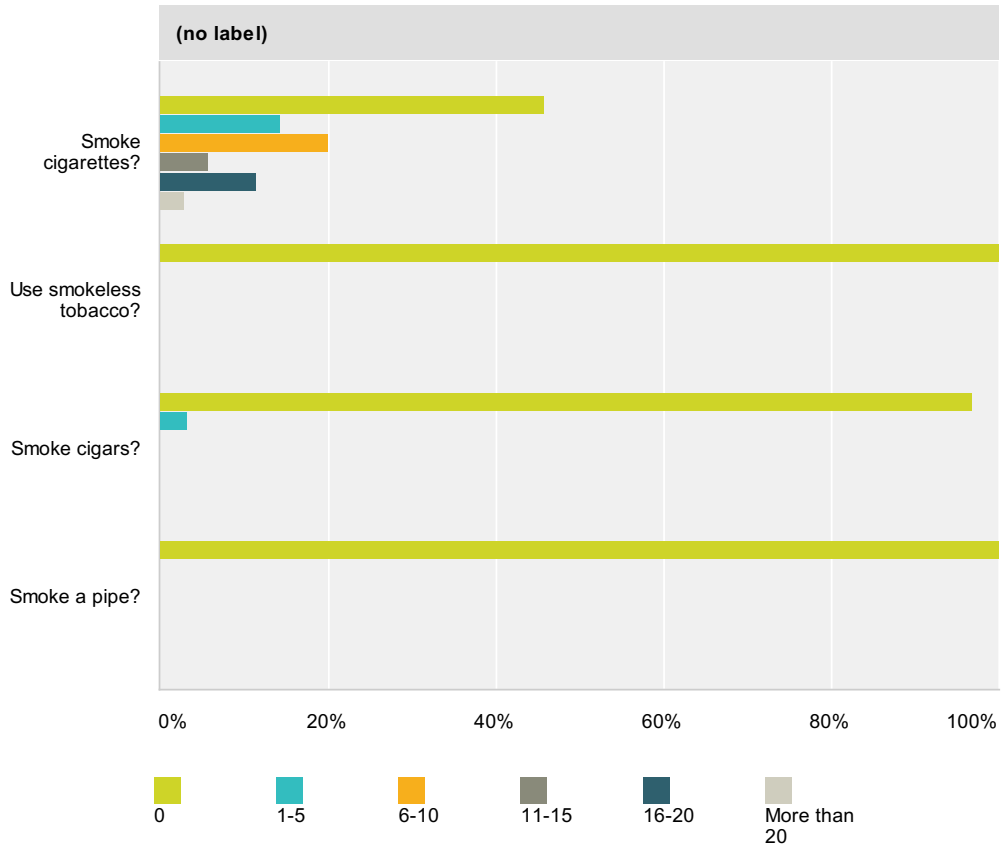
(no label)							
	0	**1undefined5**	**6undefined10**	**11undefined15**	**16undefined20**	**More than 20**	Total
Smoke cigarettes?	**45.71%** 16	**14.29%** 5	**20%** 7	**5.71%** 2	**11.43%** 4	**2.86%** 1	35
Use smokeless tobacco?	**100%** 32	**0%** 0	**0%** 0	**0%** 0	**0%** 0	**0%** 0	32
Smoke cigars?	**96.88%** 31	**3.13%** 1	**0%** 0	**0%** 0	**0%** 0	**0%** 0	32
Smoke a pipe?	**100%** 32	**0%** 0	**0%** 0	**0%** 0	**0%** 0	**0%** 0	32

Q35 Have you ever attempted to quit smoking?

Answered: 34   Skipped: 174
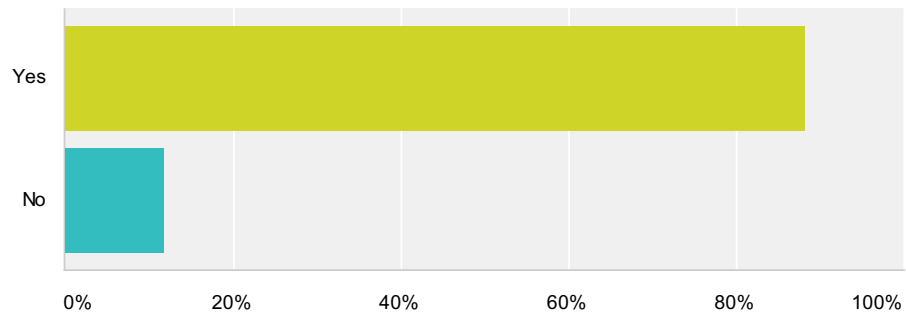
Answer Choices	Responses	
Yes	**88.24%**	30
No	**11.76%**	4
Total		34

Q36 What is the main reason that has kept you from quitting?

Answered: 24   Skipped: 184
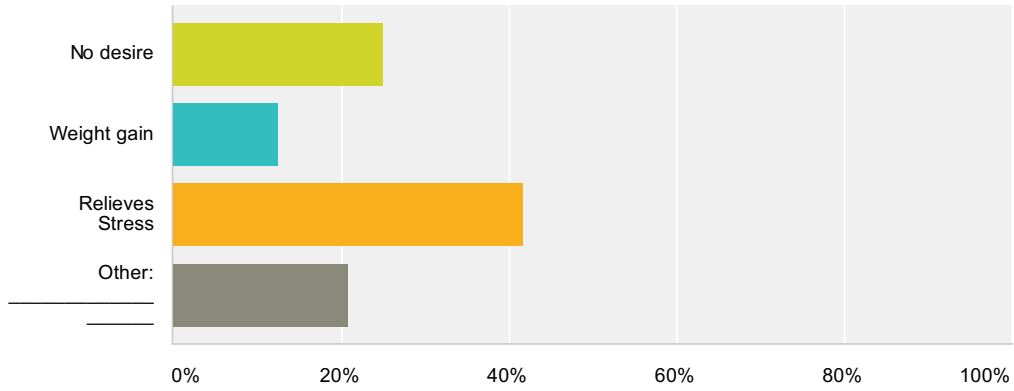
Answer Choices	Responses	
No desire	**25%**	6
Weight gain	**12.50%**	3
Relieves Stress	**41.67%**	10
Other: _____	**20.83%**	5
Total		24

Q37 In an average week, how many alcoholic drinks do you usually consume? (Zero, if you do not drink alcohol.)

Answered: 197   Skipped: 11

(no label)

Alcoholic drinks consumed p...

0%   20%   40%   60%   80%   100%
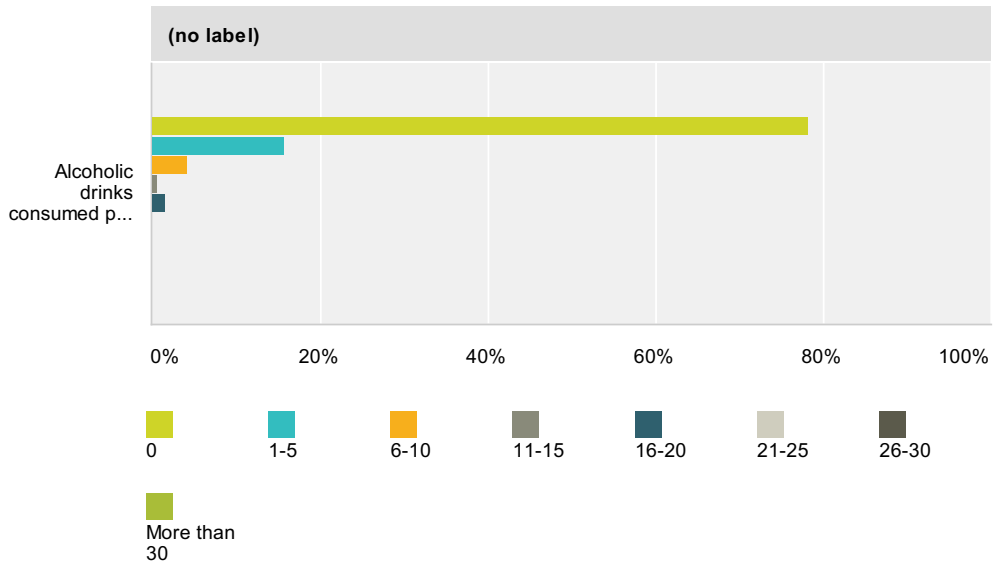
■ 0   ■ 1-5   ■ 6-10   ■ 11-15   ■ 16-20   ■ 21-25   ■ 26-30

■ More than 30

(no label)									
	0	1undefined5	6undefined10	11undefined15	16undefined20	21undefined25	26undefined30	More than 30	Total
Alcoholic drinks consumed per week	**78.17%** 154	**15.74%** 31	**4.06%** 8	**0.51%** 1	**1.52%** 3	**0%** 0	**0%** 0	**0%** 0	197

Q38 Have you had 5 or more alcoholic drinks in a single setting in the last 6 months?

Answered: 191   Skipped: 17
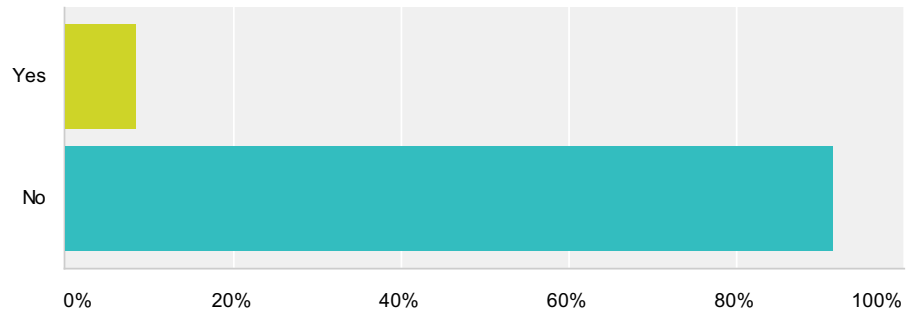
Answer Choices	Responses	
Yes	**8.38%**	16
No	**91.62%**	175
Total		191

Q39 How many times in the last 6 months did you drive when you had too much to drink or ride with someone who had too much alcohol to drink?

Answered: 187   Skipped: 21
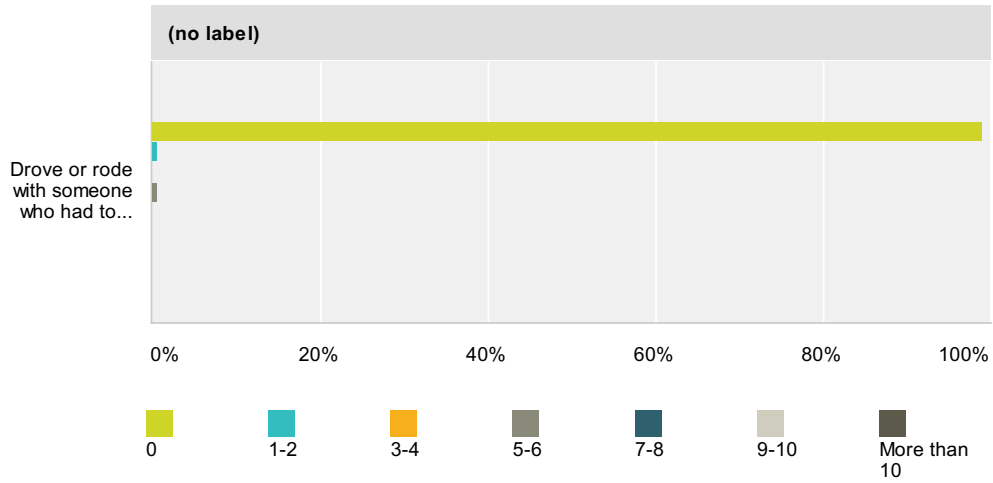
(no label)

Drove or rode with someone who had to...

0%   20%   40%   60%   80%   100%

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

(no label)								
	0	**1undefined2**	**3undefined4**	**5undefined6**	**7undefined8**	**9undefined10**	**More than 10**	Total
Drove or rode with someone who had too much to drink	98.93% 185	0.53% 1	0% 0	0.53% 1	0% 0	0% 0	0% 0	187

Q40 How often do you buckle your seat belt when driving or riding in a motor vehicle?

Answered: 205   Skipped: 3
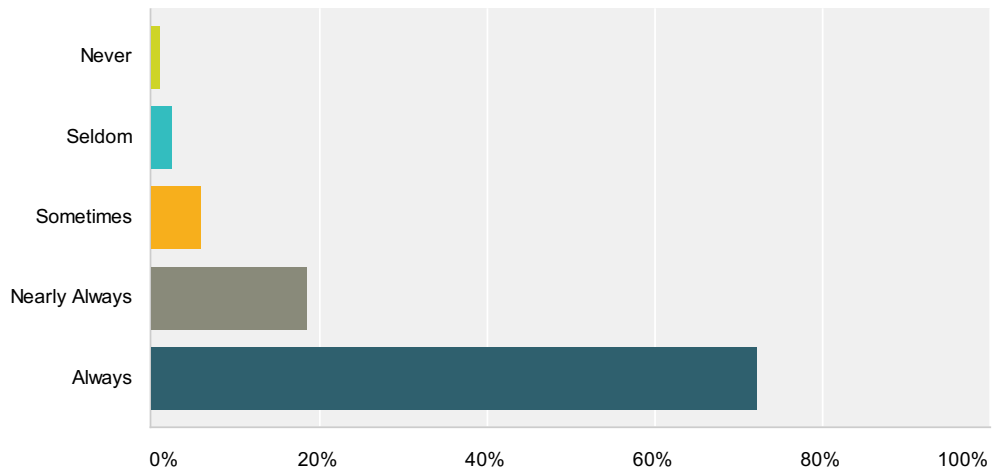
Answer Choices	Responses	
Never	**0.98%**	2
Seldom	**2.44%**	5
Sometimes	**5.85%**	12
Nearly Always	**18.54%**	38
Always	**72.20%**	148
Total		205

Q41 On the average, how close to the speed limit do you usually drive?

Answered: 189   Skipped: 19
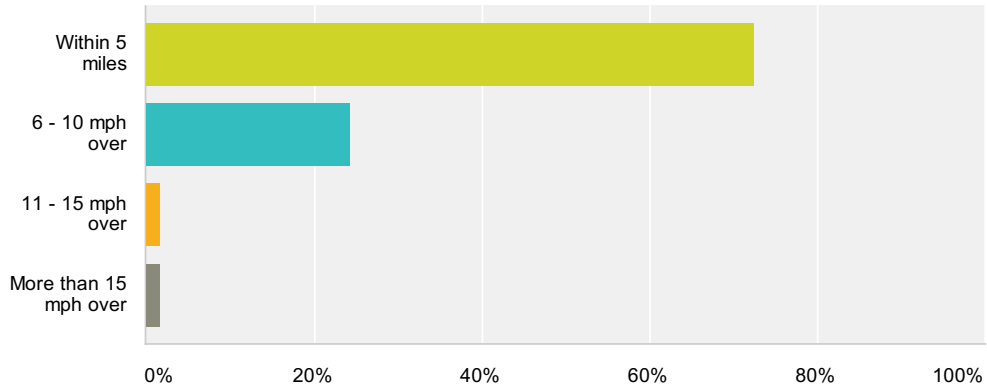
Answer Choices	Responses	
Within 5 miles	**72.49%**	137
6 - 10 mph over	**24.34%**	46
11 - 15 mph over	**1.59%**	3
More than 15 mph over	**1.59%**	3
Total		189

Q42 When lifting objects, even when they are not heavy, do you lift them properly?

Answered: 198 Skipped: 10
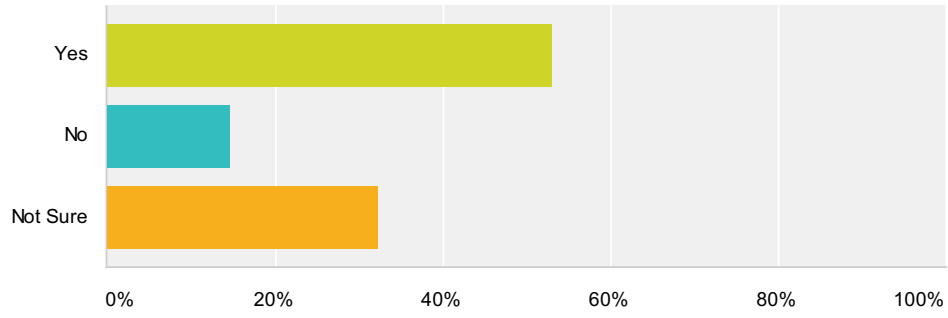
Answer Choices	Responses	
Yes	**53.03%**	105
No	**14.65%**	29
Not Sure	**32.32%**	64
Total		198

Q43 In the last year, have you felt a persistent numbness or tingling in your hands and/or fingers?

Answered: 197   Skipped: 11
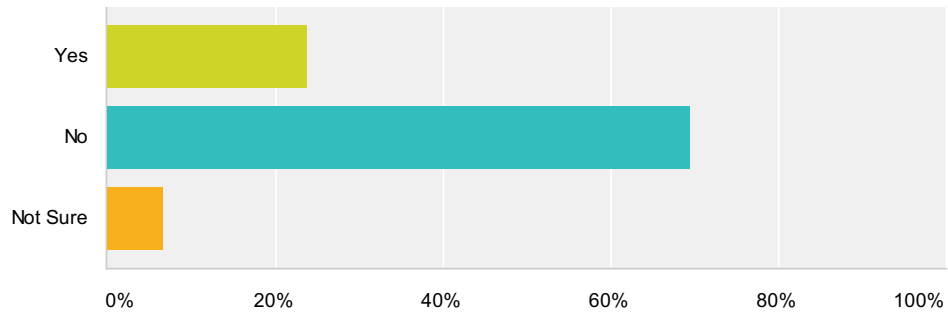
Answer Choices	Responses	
Yes	**23.86%**	47
No	**69.54%**	137
Not Sure	**6.60%**	13
Total		197

Q44 How often do your activities with your hands involve gripping or pinching movements?

Answered: 199   Skipped: 9
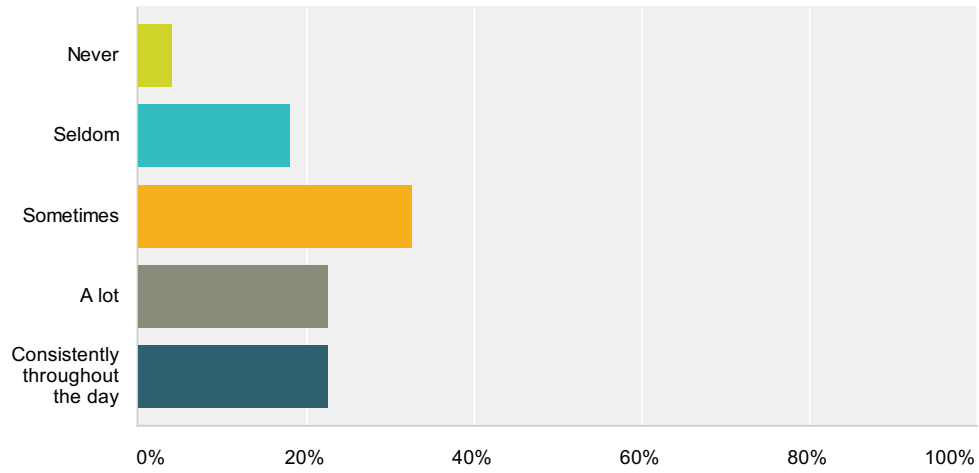
Answer Choices	Responses	
Never	4.02%	8
Seldom	18.09%	36
Sometimes	32.66%	65
A lot	22.61%	45
Consistently throughout the day	22.61%	45
Total		199

Q45 Do you have significant contact with any of the following?

Answered: 199 Skipped: 9
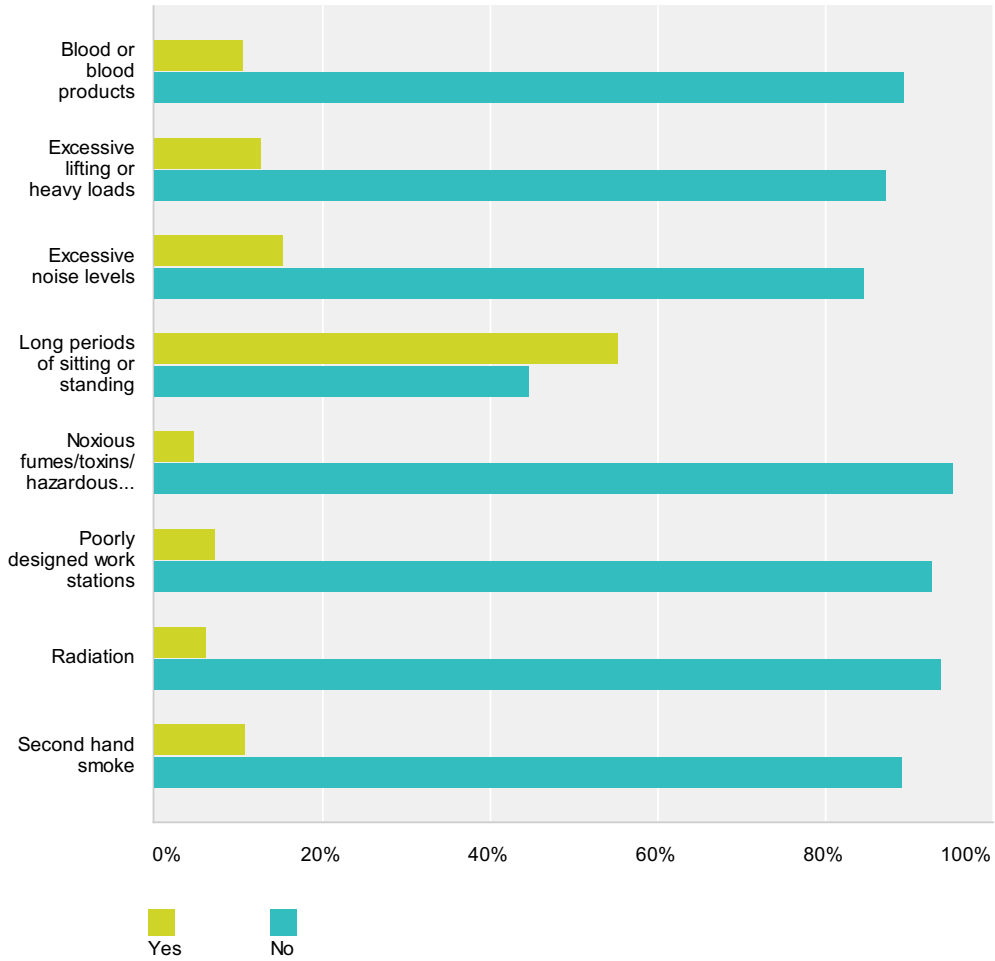
	Yes	No	Total
Blood or blood products	**10.61%** 21	**89.39%** 177	198
Excessive lifting or heavy loads	**12.76%** 25	**87.24%** 171	196
Excessive noise levels	**15.38%** 30	**84.62%** 165	195
Long periods of sitting or standing	**55.33%** 109	**44.67%** 88	197
Noxious fumes/toxins/hazardous chemicals	**4.66%** 9	**95.34%** 184	193
Poorly designed work stations	**7.22%** 14	**92.78%** 180	194
Radiation	**6.15%** 12	**93.85%** 183	195
Second hand smoke	**10.77%** 21	**89.23%** 174	195

Q46 In the past year, have your experienced any of the following symptoms intensely for 2 weeks or more?

Answered: 198   Skipped: 10
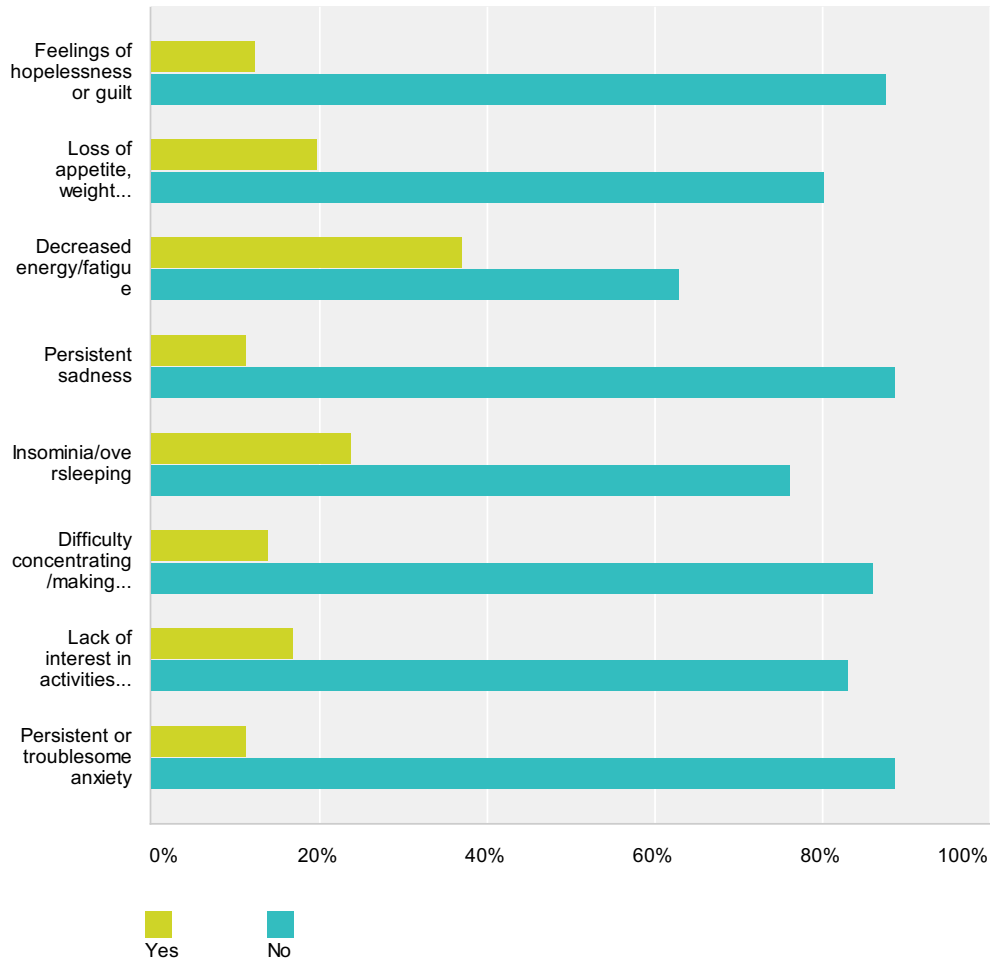
	Yes	No	Total
Feelings of hopelessness or guilt	**12.31%** 24	**87.69%** 171	195
Loss of appetite, weight gain/loss	**19.80%** 39	**80.20%** 158	197
Decreased energy/fatigue	**37.06%** 73	**62.94%** 124	197
Persistent sadness	**11.28%** 22	**88.72%** 173	195
Insominia/oversleeping	**23.86%** 47	**76.14%** 150	197
Difficulty concentrating/making decisions	**13.85%** 27	**86.15%** 168	195
Lack of interest in activities that you once enjoyed	**16.92%** 33	**83.08%** 162	195
Persistent or troublesome anxiety	**11.28%** 22	**88.72%** 173	195

Q47 In the past year, have you experienced problems with any of the following:

Answered: 200   Skipped: 8
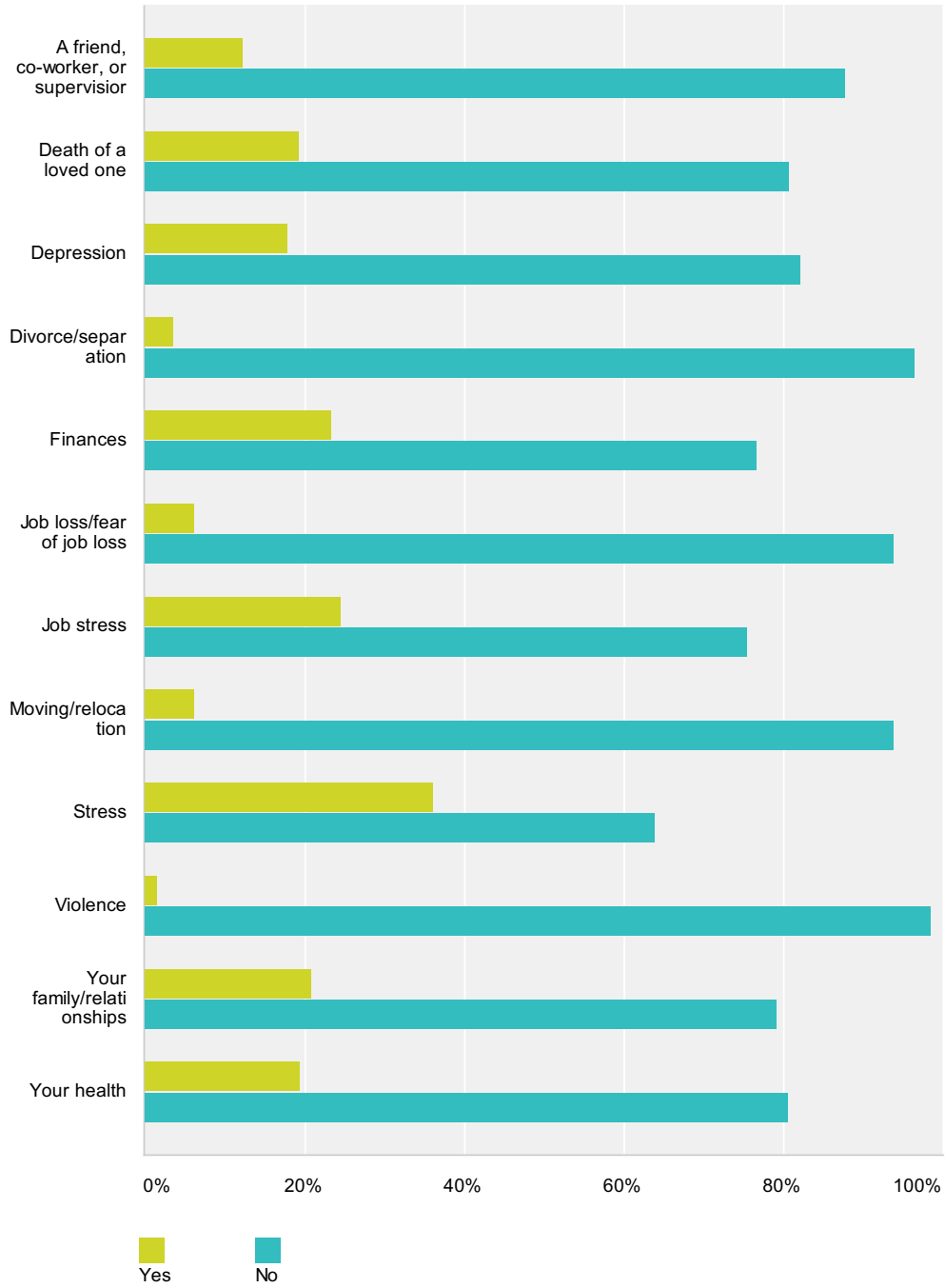
	Yes	No	Total
A friend, co-worker, or supervisior	12.24% 24	87.76% 172	196
Death of a loved one	19.29% 38	80.71% 159	197
Depression	17.86% 35	82.14% 161	196
Divorce/separation	3.57% 7	96.43% 189	196

Finances	**23.35%** 46	**76.65%** 151	197
Job loss/fear of job loss	**6.15%** 12	**93.85%** 183	195
Job stress	**24.48%** 47	**75.52%** 145	192
Moving/relocation	**6.15%** 12	**93.85%** 183	195
Stress	**36.04%** 71	**63.96%** 126	197
Violence	**1.52%** 3	**98.48%** 194	197
Your family/relationships	**20.81%** 41	**79.19%** 156	197
Your health	**19.39%** 38	**80.61%** 158	196

Q48 How strongly do you agree or disagree with following statements? (One answer per row please)

Answered: 199   Skipped: 9
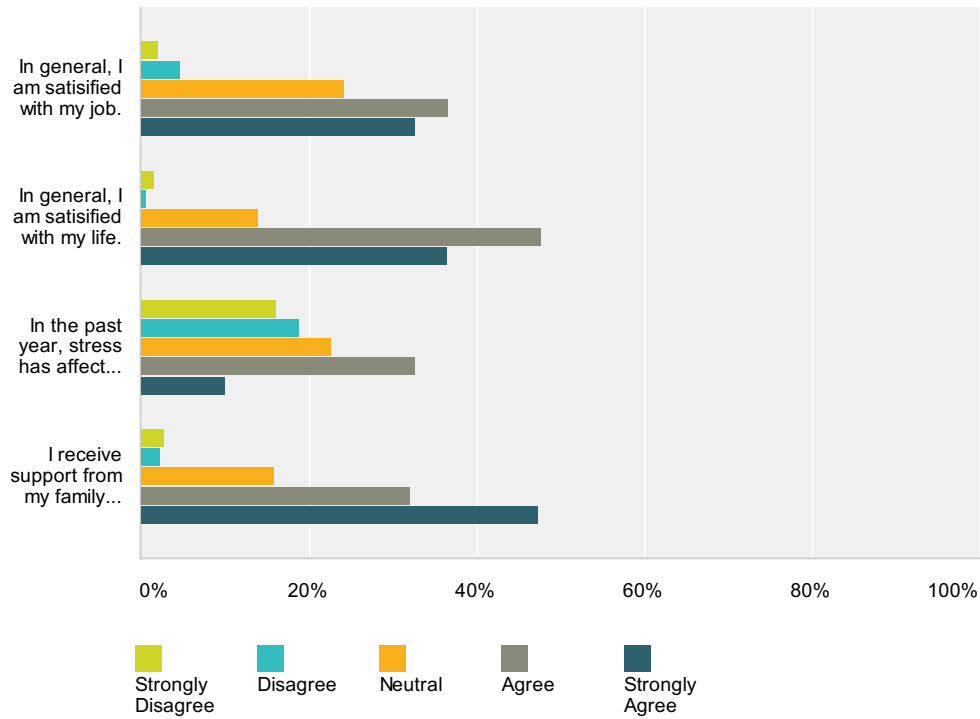
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
In general, I am satisified with my job.	1.96% 3	4.58% 7	24.18% 37	36.60% 56	32.68% 50	153
In general, I am satisified with my life.	1.54% 3	0.51% 1	13.85% 27	47.69% 93	36.41% 71	195
In the past year, stress has affected my life.	16.02% 29	18.78% 34	22.65% 41	32.60% 59	9.94% 18	181
I receive support from my family and/or friends.	2.72% 5	2.17% 4	15.76% 29	32.07% 59	47.28% 87	184

Q49 How often do you use stress reducing techniques (such as exercise, mediation, prayer, journaling, etc)

Answered: 194   Skipped: 14
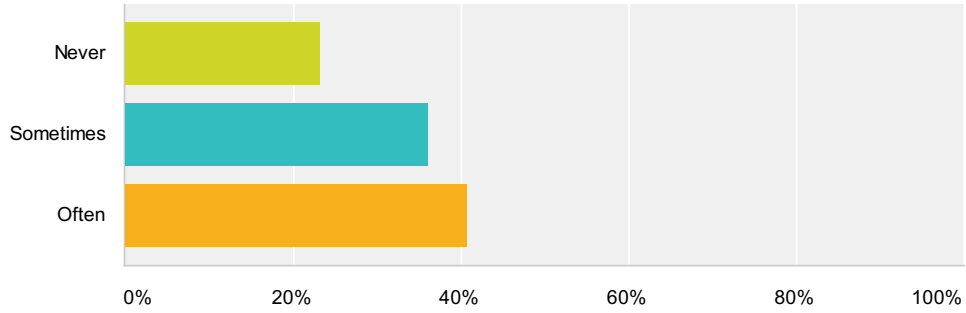
Answer Choices	Responses	
Never	**23.20%**	45
Sometimes	**36.08%**	70
Often	**40.72%**	79
Total		194

Q50 How strongly do you agree or disagree with the following statements? (One answer per row please)

Answered: 186   Skipped: 22
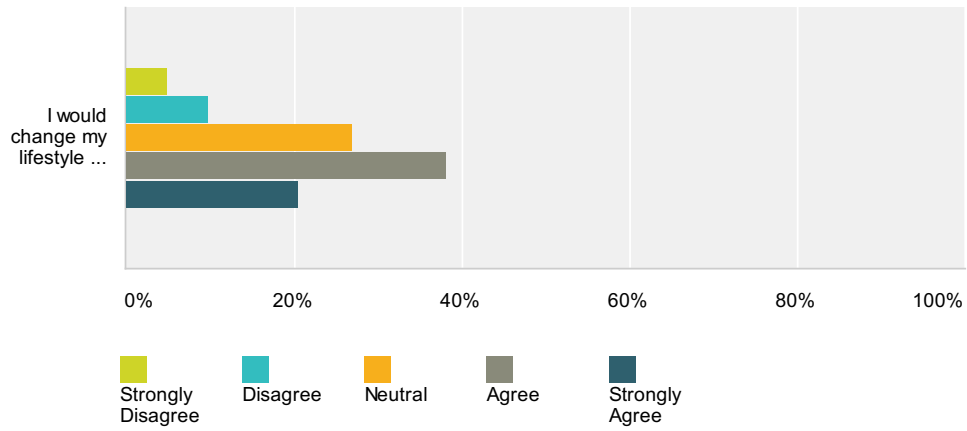
	Strongly Disagree	**Disagree**	**Neutral**	**Agree**	**Strongly Agree**	Total
I would change my lifestyle and behaviors if the quality of my life would improve.	**4.84%** 9	**9.68%** 18	**26.88%** 50	**38.17%** 71	**20.43%** 38	186

Q51 Which answer best describes how you feel about the following statements? (One answer per row please)

Answered: 194   Skipped: 14

Legend:
- I have no need to
- I have no plan to
- I plan to in the next 6 months
- I plan to in a month
- I have been less than 6 months
- I have been more than 6 months

	I have no need to	I have no plan to	I plan to in the next 6 months	I plan to in a month	I have been less than 6 months	I have been more than 6 months	Total
Increase	11.05%	18.78%	14.92%	25.97%	14.92%	14.36%	

|							
Increase cardiovascular activity	**11.05%** 20	**18.78%** 34	**14.92%** 27	**25.97%** 47	**14.92%** 27	**14.36%** 26	181
Increase fruit and vegetable intake	**7.45%** 14	**15.43%** 29	**17.55%** 33	**26.60%** 50	**13.83%** 26	**19.15%** 36	188
Increase strength building exercises	**7.43%** 13	**24%** 42	**20%** 35	**26.29%** 46	**10.86%** 19	**11.43%** 20	175
Improve stress management	**15.73%** 28	**23.03%** 41	**17.98%** 32	**20.22%** 36	**9.55%** 17	**13.48%** 24	178
Lose weight	**15.25%** 27	**15.25%** 27	**15.25%** 27	**26.55%** 47	**14.12%** 25	**13.56%** 24	177
Reduce fat intake	**16.48%** 29	**18.18%** 32	**12.50%** 22	**25%** 44	**13.64%** 24	**14.20%** 25	176
Reduce alcohol intake	**70.91%** 117	**12.12%** 20	**2.42%** 4	**3.03%** 5	**4.85%** 8	**6.67%** 11	165
Stop tobacco use	**76.79%** 129	**8.33%** 14	**1.79%** 3	**5.95%** 10	**0.60%** 1	**6.55%** 11	168

Q52 In the past year, how many times have you....

Answered: 196   Skipped: 12
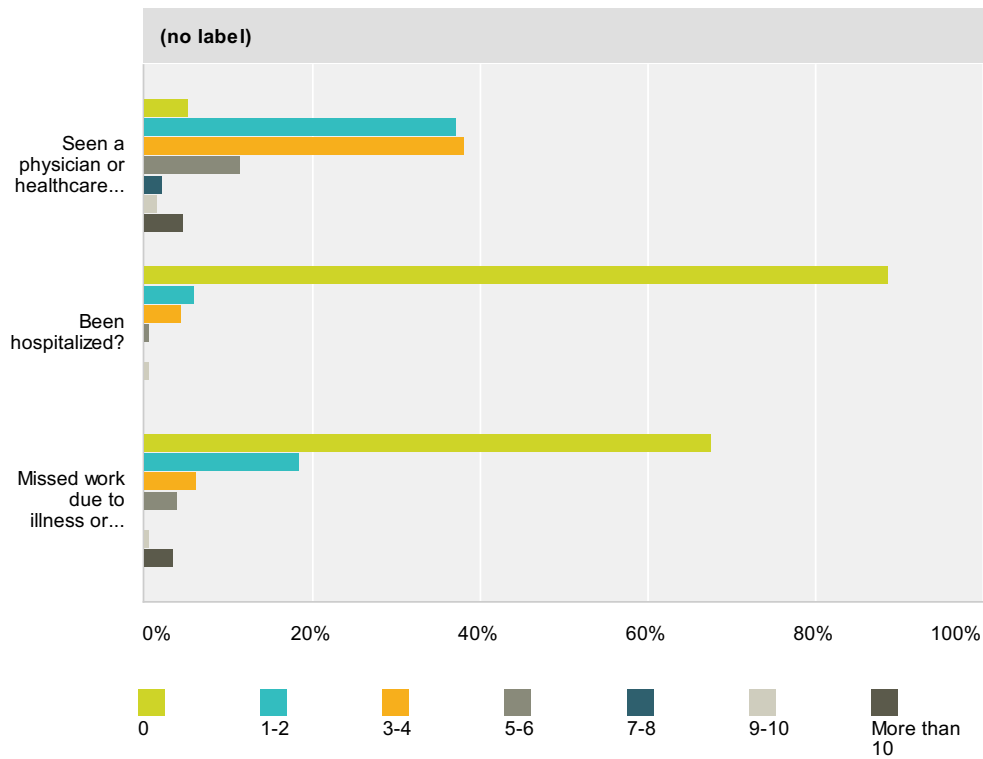
(no label)							
	0	**1undefined2**	**3undefined4**	**5undefined6**	**7undefined8**	**9undefined10**	**More than 10**	Total
Seen a physician or healthcare provider?	**5.15%** 10	**37.11%** 72	**38.14%** 74	**11.34%** 22	**2.06%** 4	**1.55%** 3	**4.64%** 9	194
Been hospitalized?	**88.71%** 165	**5.91%** 11	**4.30%** 8	**0.54%** 1	**0%** 0	**0.54%** 1	**0%** 0	186
Missed work due to illness or injury?	**67.60%** 121	**18.44%** 33	**6.15%** 11	**3.91%** 7	**0%** 0	**0.56%** 1	**3.35%** 6	179

Q53 Do you have a medical condition that will require use of the healthcare system in the next year?

Answered: 181   Skipped: 27
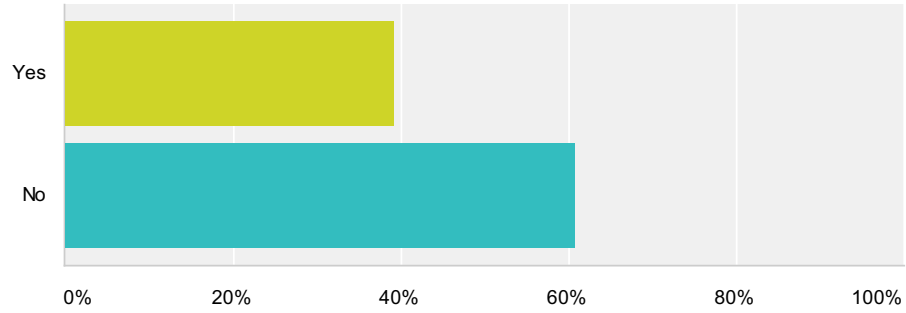
Answer Choices	Responses	
Yes	**39.23%**	71
No	**60.77%**	110
Total		181

Q54 What is the best way for you to receive health information?

Answered: 185   Skipped: 23
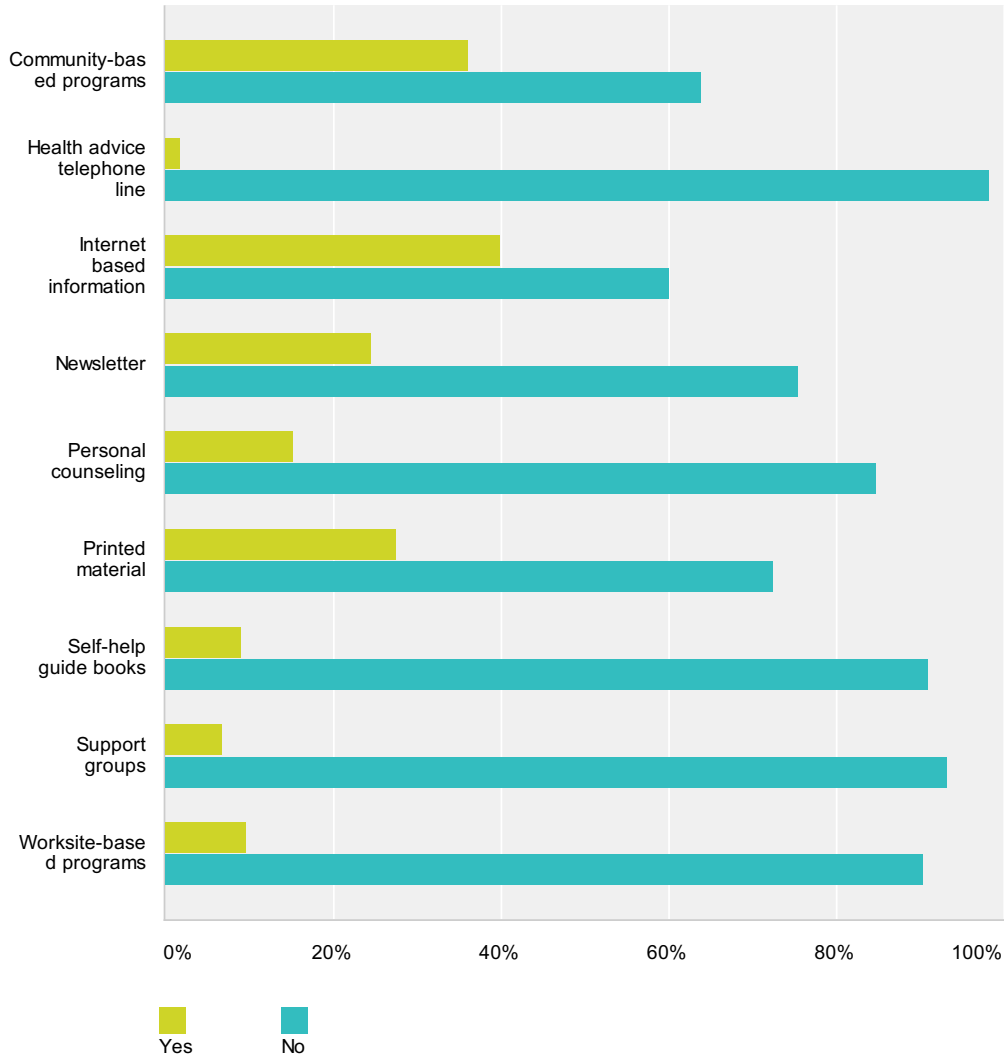
	Yes	No	Total
Community-based programs	36.11% 65	63.89% 115	180
Health advice telephone line	1.71% 3	98.29% 172	175
Internet based information	39.89% 71	60.11% 107	178
Newsletter	24.58% 44	75.42% 135	179
Personal counseling	15.25% 27	84.75% 150	177
Printed material	27.53% 49	72.47% 129	178
Self-help guide books	9.04% 16	90.96% 161	177
Support groups	6.74% 12	93.26% 166	178
Worksite-based programs	9.60% 17	90.40% 160	177

Q55 Please rank the following on a 1 - 10 scale: 1 = Strongly want to know more about. 10 = Strongly do NOT want to know more about.

Answered: 176   Skipped: 32

	Average Rating
Cancer	4.38
Cholesterol	4.09
Diabetes	4.83
Diet, Exercise and Nutrition	3.05
Finding a Doctor	7.67
Heart Disease	4.70
Proper Use of Medications	5.62
Quitting Smoking	8.12
Sleep Disorders	5.46
Other	4.60
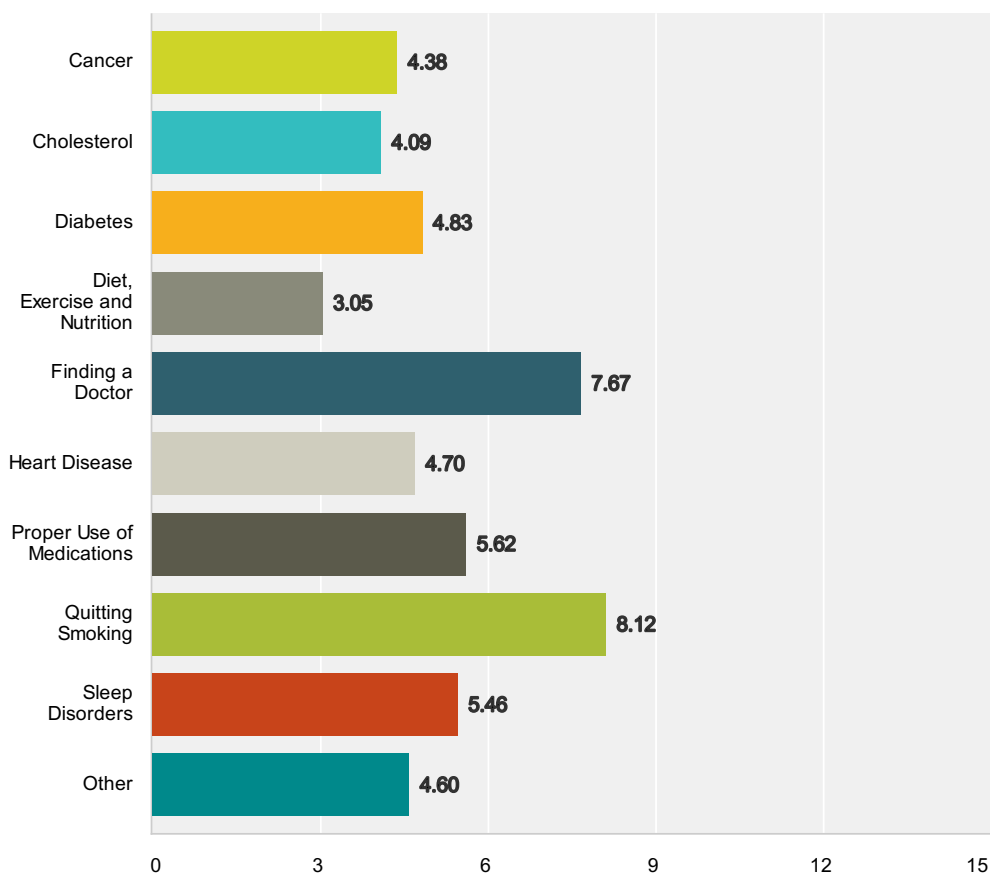
	Strongly want to know more about 1	2	3	4	5	6	7	8	9	Strongly do not want to know more about 10	Total	Average Rating
Cancer	34.25% 50	4.79% 7	4.79% 7	4.11% 6	23.97% 35	3.42% 5	4.79% 7	4.11% 6	0.68% 1	15.07% 22	146	4.38
Cholesterol	40% 60	2.67% 4	8.67% 13	4% 6	16% 24	6% 9	3.33% 5	5.33% 8	0% 0	14.00% 21	150	4.09
Diabetes	32.64% 47	3.47% 5	6.25% 9	3.47% 5	18.06% 26	5.56% 8	2.78% 4	4.17% 6	1.39% 2	22.22% 32	144	4.83
Diet, Exercise and Nutrition	57.89% 88	7.89% 12	3.95% 6	3.29% 5	9.87% 15	1.32% 2	0.66% 1	3.29% 5	0.66% 1	11.18% 17	152	3.05
Finding a Doctor	13.08% 17	1.54% 2	2.31% 3	0.77% 1	8.46% 11	0.77% 1	4.62% 6	9.23% 12	4.62% 6	54.62% 71	130	7.67
Heart Disease	31.43% 44	2.14% 3	7.86% 11	3.57% 5	25% 35	2.86% 4	2.14% 3	5% 7	0.71% 1	19.29% 27	140	4.70

Proper Use of Medications	**26.09%** 36	**5.80%** 8	**5.07%** 7	**3.62%** 5	**13.04%** 18	**2.17%** 3	**4.35%** 6	**5.07%** 7	**2.90%** 4	**31.88%** 44	138	5.62
Quitting Smoking	**15.20%** 19	**0.80%** 1	**1.60%** 2	**0%** 0	**3.20%** 4	**0.80%** 1	**2.40%** 3	**1.60%** 2	**4%** 5	**70.40%** 88	125	8.12
Sleep Disorders	**34.06%** 47	**5.80%** 8	**3.62%** 5	**2.17%** 3	**7.97%** 11	**2.90%** 4	**1.45%** 2	**2.17%** 3	**2.17%** 3	**37.68%** 52	138	5.46
Other	**60%** 6	**0%** 0	**0%** 0	**0%** 0	**0%** 0	**0%** 0	**0%** 0	**0%** 0	**0%** 0	**40%** 4	10	4.60

#	Other (please specify)	Date
1	Women's Health	4/25/2013 3:40 PM
2	Snoring	4/23/2013 3:54 PM
3	Osteoporosis, side affects of decreased hormone levels	4/22/2013 2:18 PM
4	reduce stress	4/8/2013 3:16 PM
5	Hypertension, hot flashes, depression, chronic fatigue	4/8/2013 3:01 PM

Q56 Please check the box below of any support groups that you might be interested in:

Answered: 104   Skipped: 104
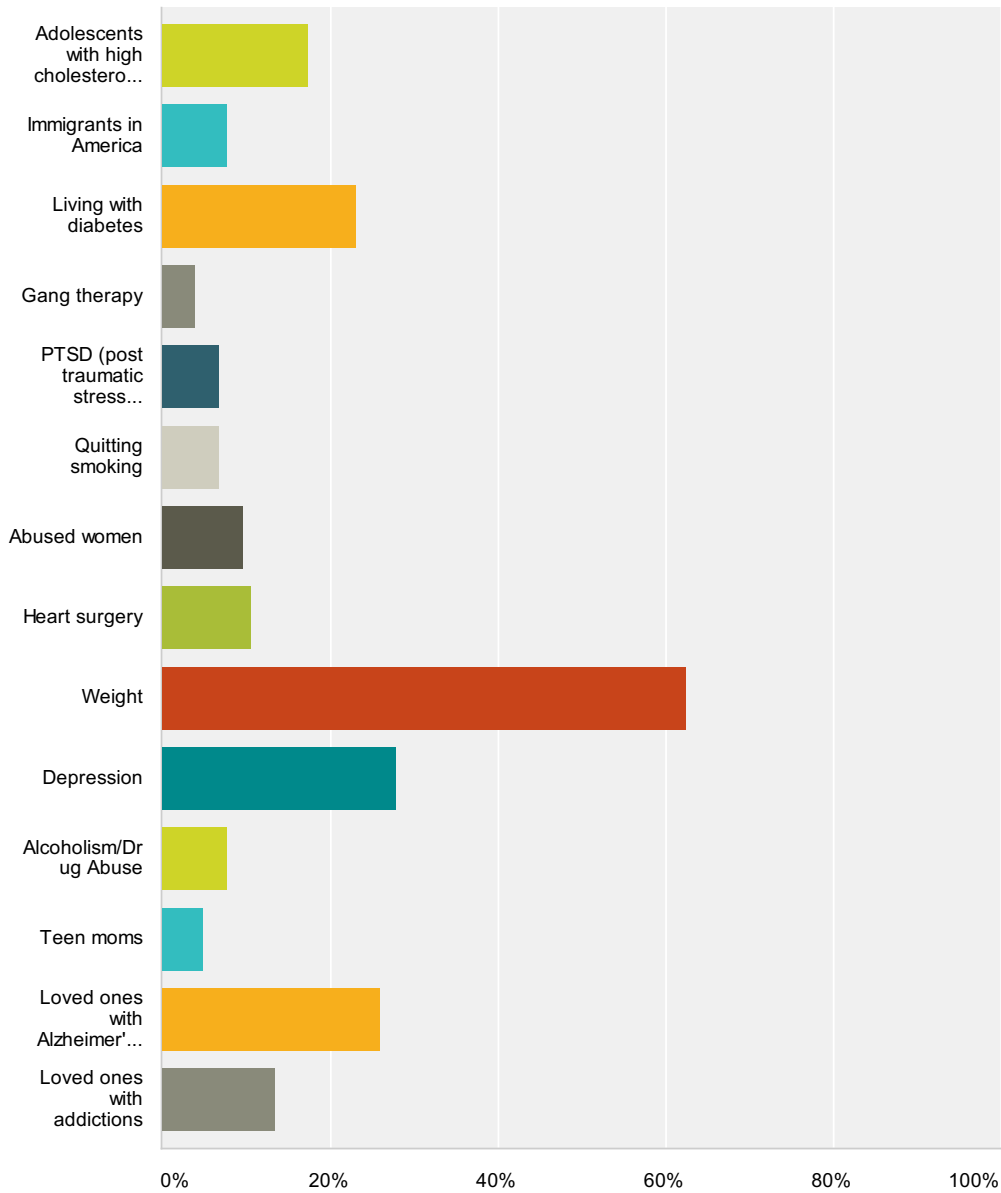
Answer Choices	Responses	
Adolescents with high cholesterol and high blood pressure	**17.31%**	18
Immigrants in America	**7.69%**	8
Living with diabetes	**23.08%**	24
Gang therapy	**3.85%**	4
PTSD (post traumatic stress disorder)	**6.73%**	7
Quitting smoking	**6.73%**	7
Abused women	**9.62%**	10
Heart surgery	**10.58%**	11
Total Respondents: 104		

Weight	**62.50%**	65
Depression	**27.88%**	29
Alcoholism/Drug Abuse	**7.69%**	8
Teen moms	**4.81%**	5
Loved ones with Alzheimer's/Dementia	**25.96%**	27
Loved ones with addictions	**13.46%**	14
Total Respondents: 104		

#	Other (please specify)	Date
1	Cancer	5/14/2013 2:20 PM
2	Parkinsons	4/30/2013 3:45 PM
3	stress	4/26/2013 4:29 PM
4	Wellness Counseling	4/25/2013 4:43 PM

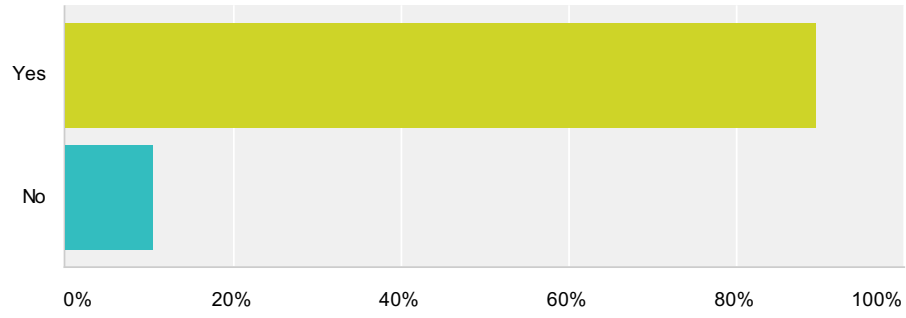## Q57 The nearest healthcare clinic is within how many minutes of your home?

Answered: 200   Skipped: 8
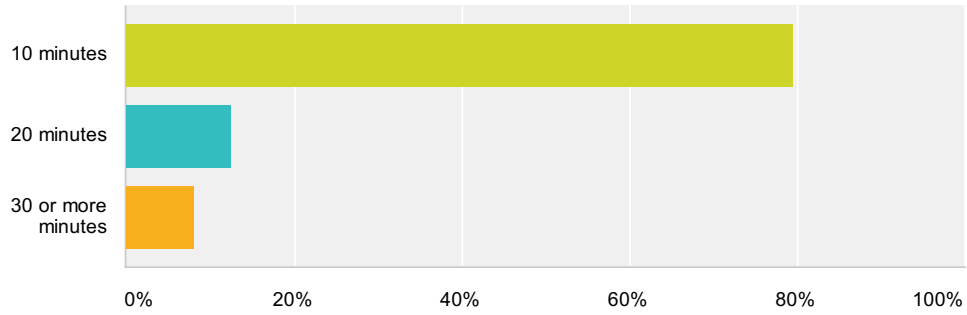
Answer Choices	Responses	
10 minutes	**79.50%**	159
20 minutes	**12.50%**	25
30 or more minutes	**8%**	16
Total		200

Q58 Do you currently have insurance, Medicare, or Medicaid?

Answered: 202   Skipped: 6

Answer Choices	Responses	
Yes	**89.60%**	181
No	**10.40%**	21
Total		202

Q59 How many times in the past year have you read a self-care book?

Answered: 176   Skipped: 32
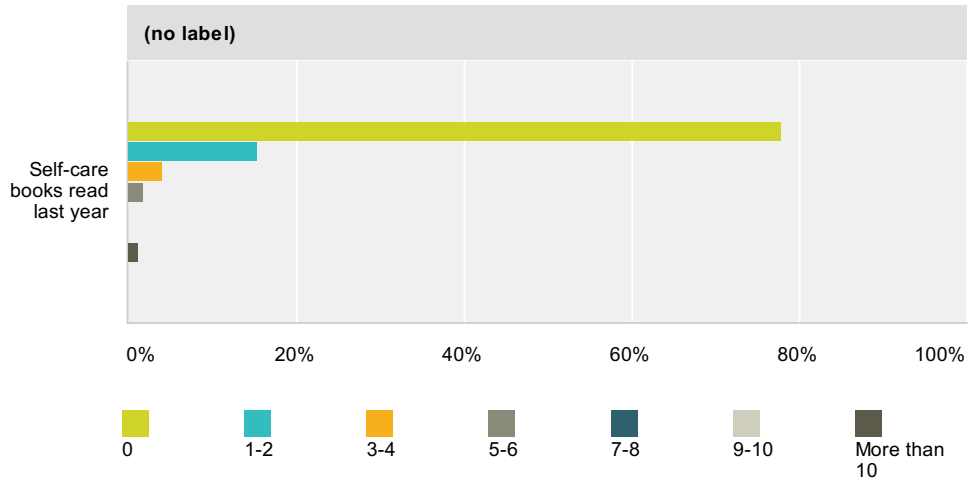
(no label)							
	0	**1undefined2**	**3undefined4**	**5undefined6**	**7undefined8**	**9undefined10**	**More than 10**	Total
Self-care books read last year	**77.84%** 137	**15.34%** 27	**3.98%** 7	**1.70%** 3	**0%** 0	**0%** 0	**1.14%** 2	176

Q60 In the following list, please check five responses that correspond to what you think are the FIVE MOST IMPORTANT FACTORS for a healthy community. PICK FIVE ONLY PLEASE.

Answered: 174   Skipped: 34

Crossridge 2013 Community Health Needs Assessment
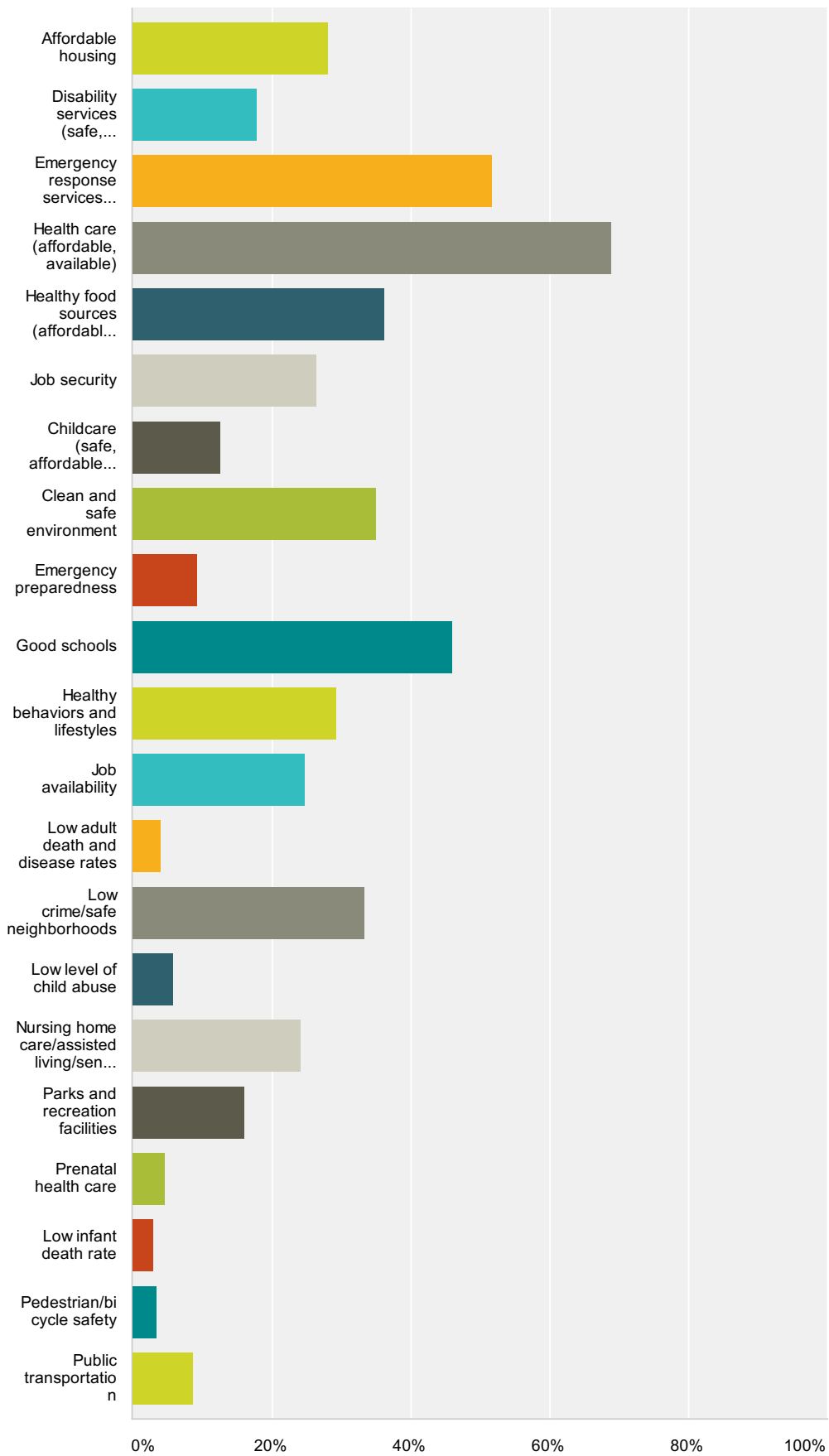
Answer Choices	Responses	
Affordable housing	**28.16%**	49
Total Respondents: 174		

Disability services (safe, affordable, available)	**17.82%**	31
Emergency response services (ambulance, fire, police)	**51.72%**	90
Health care (affordable, available)	**68.97%**	120
Healthy food sources (affordable, accessible)	**36.21%**	63
Job security	**26.44%**	46
Childcare (safe, affordable, available)	**12.64%**	22
Clean and safe environment	**35.06%**	61
Emergency preparedness	**9.20%**	16
Good schools	**45.98%**	80
Healthy behaviors and lifestyles	**29.31%**	51
Job availability	**24.71%**	43
Low adult death and disease rates	**4.02%**	7
Low crime/safe neighborhoods	**33.33%**	58
Low level of child abuse	**5.75%**	10
Nursing home care/assisted living/senior housing (safe, affordable, available)	**24.14%**	42
Parks and recreation facilities	**16.09%**	28
Prenatal health care	**4.60%**	8
Low infant death rate	**2.87%**	5
Pedestrian/bicycle safety	**3.45%**	6
Public transportation	**8.62%**	15
Total Respondents: 174		

| #	Other (please specify)	Date
1	Info about healthy living in schools & good nutritious school food	4/8/2013 2:40 PM
2	more services for people with problems such as depression, anxiety, nervous breakdowns, etc.	4/3/2013 9:43 AM
3	affordable insurance for low income	4/2/2013 2:55 PM

Q61 In the following list, please check what you think are the FIVE MOST IMPORTANT HEALTH PROBLEMS in our community. (Those problems which have the greatest impact on overall Community health). CHECK FIVE ONLY PLEASE.

Answered: 176   Skipped: 32
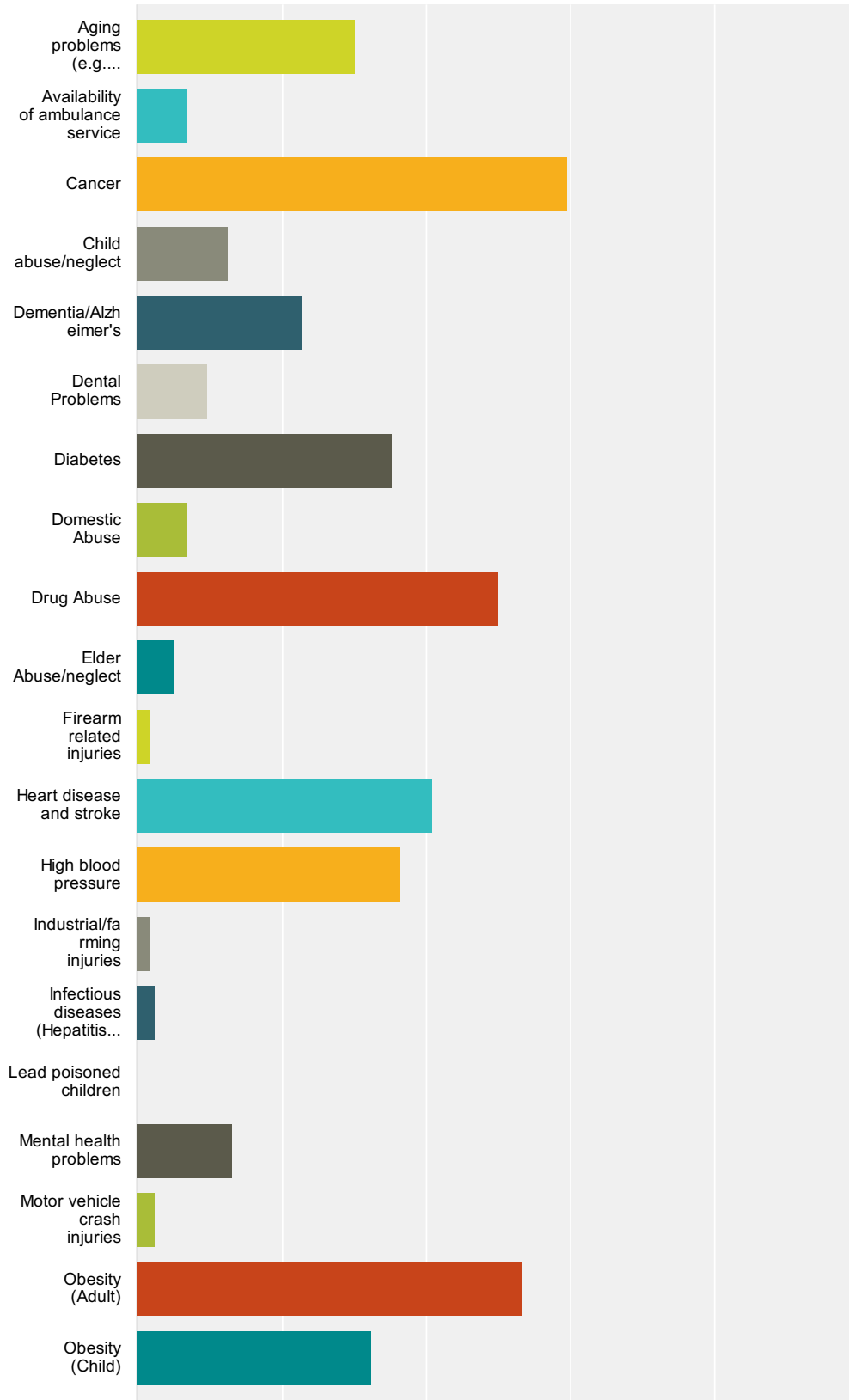
Crossridge 2013 Community Health Needs Assessment
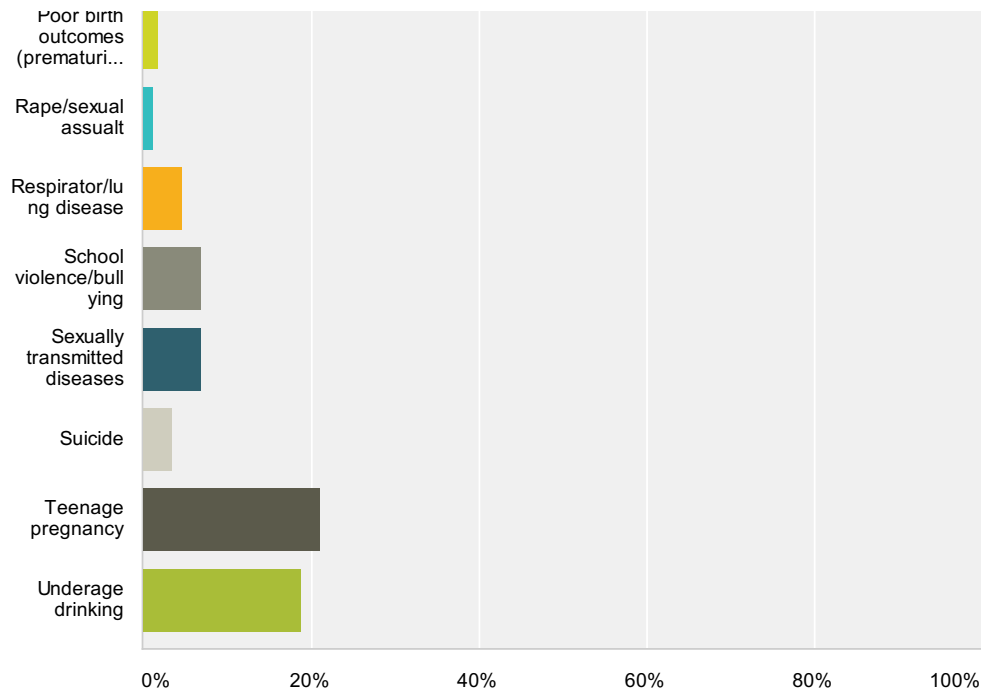
Answer Choices	Responses	
Aging problems (e.g. arthritis, hearing/vision loss, etc.)	30.11%	53
Availability of ambulance service	6.82%	12
Cancer	59.66%	105
Child abuse/neglect	12.50%	22
Dementia/Alzheimer's	22.73%	40
Dental Problems	9.66%	17
Diabetes	35.23%	62
Domestic Abuse	6.82%	12
Drug Abuse	50%	88
Elder Abuse/neglect	5.11%	9
Firearm related injuries	1.70%	3
Heart disease and stroke	40.91%	72
High blood pressure	36.36%	64
Industrial/farming injuries	1.70%	3
Infectious diseases (Hepatitis, TB, etc.)	2.27%	4
Lead poisoned children	0%	0
Mental health problems	13.07%	23
Motor vehicle crash injuries	2.27%	4
Obesity (Adult)	53.41%	94
Obesity (Child)	32.39%	57
Poor birth outcomes (prematurity, low birth weight, defects, etc.)	1.70%	3
Rape/sexual assualt	1.14%	2
Respirator/lung disease	4.55%	8
School violence/bullying	6.82%	12
Sexually transmitted diseases	6.82%	12
Total Respondents: 176		

Suicide	**3.41%**	6
Teenage pregnancy	**21.02%**	37
Underage drinking	**18.75%**	33
Total Respondents: 176		

#	Other (please specify)	Date
	There are no responses.	

Q62 In the following list, please check what you think are the THREE MOST IMPORTANT RISKY BEHAVIORS in our community. CHECK ONLY THREE (3) PLEASE:

Answered: 172   Skipped: 36
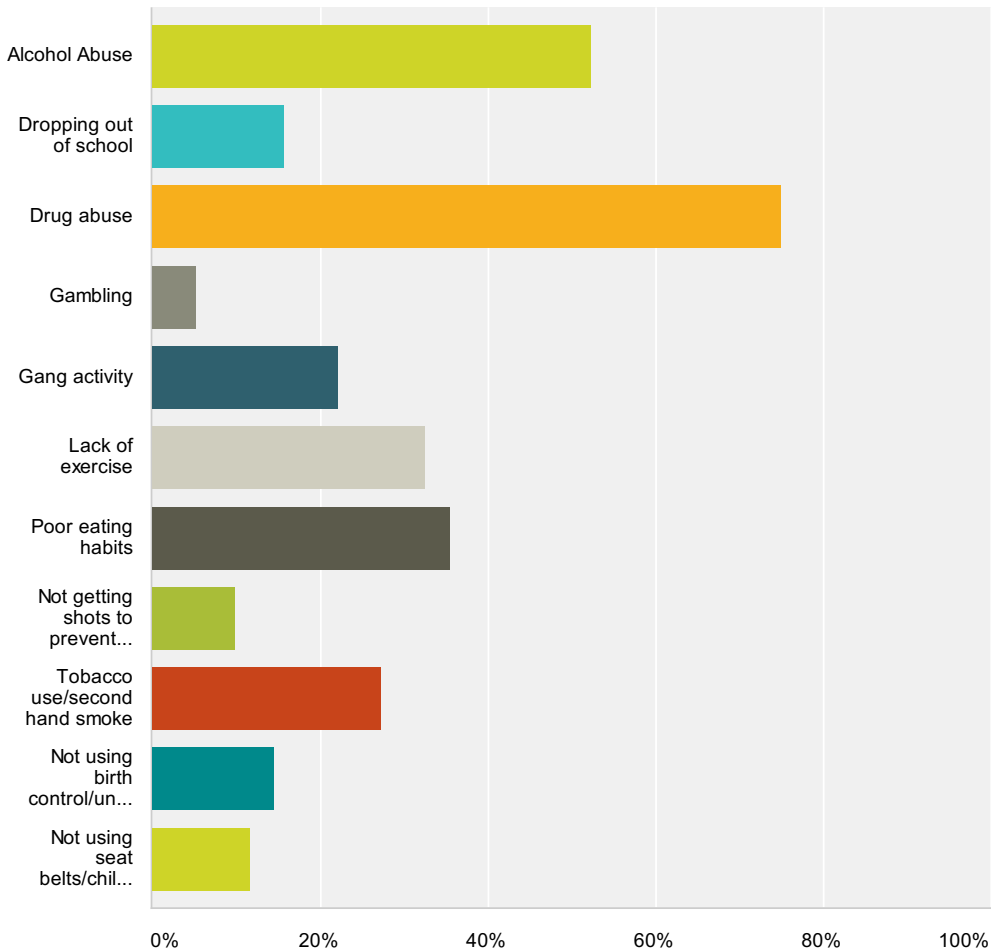
Answer Choices	Responses	
Alcohol Abuse	**52.33%**	90
Dropping out of school	**15.70%**	27
Drug abuse	**75%**	129
Gambling	**5.23%**	9
Gang activity	**22.09%**	38
Lack of exercise	**32.56%**	56
Poor eating habits	**35.47%**	61
Not getting shots to prevent disease	**9.88%**	17
Tobacco use/second hand smoke	**27.33%**	47
Not using birth control/unsafe sexual practices	**14.53%**	25
Not using seat belts/child safety seats/helments	**11.63%**	20

Total Respondents: 172

#	Other (please specify)	Date
	There are no responses.	

Q63 What county do you currently live in?

Answered: 206   Skipped: 2
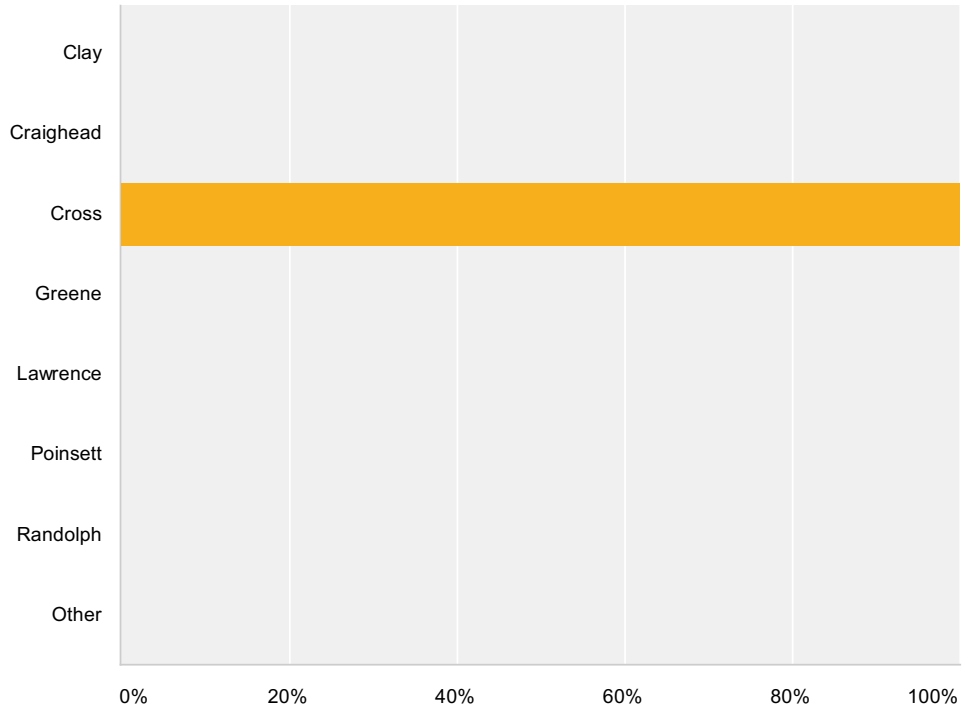
Answer Choices	Responses	
Clay	**0%**	0
Craighead	**0%**	0
Cross	**100%**	206
Greene	**0%**	0
Lawrence	**0%**	0
Poinsett	**0%**	0
Randolph	**0%**	0
Other	**0%**	0
Total		206

APPENDIX C

KEY INFORMANT INTERVIEW FORM

KEY INFORMANT INTERVIEW

<u>**Name of Hospital**</u>

Interviewer's Initials: _____

Date: _____ Start Time: _____ End Time: _____

Name: _____ Title: _____

Agency/Organization: _____

# of years living in _____ County: _____ # of years in current position: _____

E-mail address: _____

<u>**Introduction**</u>: Good morning/afternoon. My name is **[interviewer's name]**. Thank you for taking time out of your busy day to speak with me. I'll try to keep our time to approximately 40 minutes, but we may find that we run over – up to 50 minutes total - once we get into the interview. **(Check to see if this is okay).**

[Name of Organization] is gathering local data as part of developing a plan to improve health and quality of life in _____County. Community input is essential to this process. A combination of surveys and key informant interviews are being used to engage community members. You have been selected for a key informant interview because of your knowledge, insight, and familiarity with the community. The themes that emerge from these interviews will be summarized and made available to the public; however, individual interviews will be kept strictly confidential.

To get us started, can you tell me briefly about the work that you and your organization do in the community?

Thank you. Next I'll be asking you a series of questions about health and quality of life in _____ _____County. As you consider these questions, keep in mind the broad definition of health adopted by the World Health Organization: 'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,' while sharing the local perspectives you have from your current position and from experiences in this community.

Questions:

1. In general, how would you rate health and quality of life in _____County?

2. In your opinion, has health and quality of life in _____County improved, stayed the same, or declined over the past few years?

3. Why do you think it has (based on answer from previous question: improved, declined, or stayed the same)?

4. What other factors have contributed to the (based on answer to question 2: improvement, decline **or** to health and quality of life staying the same)?

5. Are there people or groups of people in _____ County whose health or qualityof life may not be as good as others?

a. Who are these persons or groups (whose health or quality of life is not as good as others)?

b. Why do you think their health/quality of life is not as good as others?

6. What barriers, if any, exist to improving health and quality of life in ____
_____County?

7. In your opinion, what are the most critical health and quality of life issues in _____
_____County?

8. What needs to be done to address these issues?

9. In your opinion, what else will improve health and quality of life in _____County?

10. Is there someone whom you would recommend as a "key informant" for this assessment?

Close: Thanks so much for sharing your concerns and perspectives on these issues. The information you have provided will contribute to develop a better understanding about factors impacting health and quality of life in _____ County. Before we conclude the interview,

Is there anything you would like to add?

As a reminder, summary results will be made available by the **[Name of organization]** and used to develop a community-wide health improvement plan. Should you have any questions, please feel free to contact _____ at **[Name of organization]**. Here is his/her contact information. Thanks once more for your time. It's been a pleasure to meet you.

APPENDIX D

ACKNOWLEDGEMENTS

Acknowledgements

Hospital management was the convening body for this project. Many other individuals including key informants and community-based organizations contributed to this community health needs assessment.

Key Informants

Thank you to the following individuals who participated in our key informant interview process:

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Bob Stacy, Mayor, City of Wynne
Linda Banton, Director of Marketing, Cross County Bank
George Anne Draper, President, CrossRidge Community Hospital Auxiliary
Kitty D. Bingham, Administrator, Cross County Health Unit
LuAnne D. Dugan, Nutrition and Wellness Educator, Wynne Public Schools

APPENDIX E

SOURCES

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