

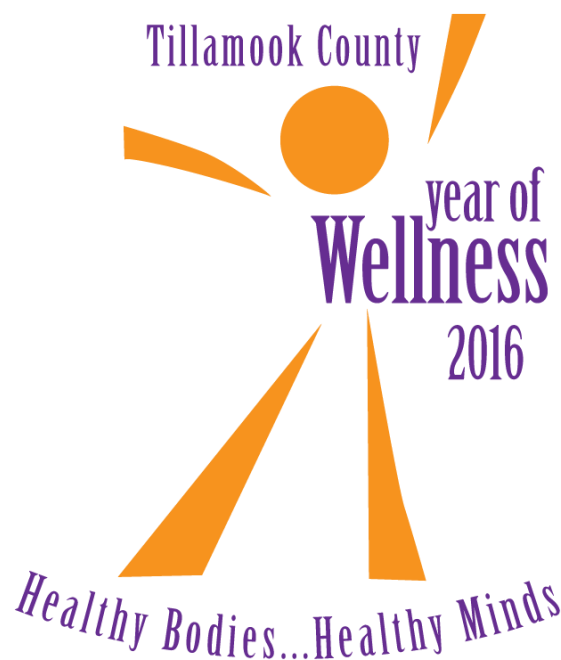
Tillamook County Year of Wellness Community Survey Results

The purpose of this survey was to get feedback from Tillamook County residents about the health goals that are important to them and the challenges they face in trying to engage in healthy behaviors in their daily lives.

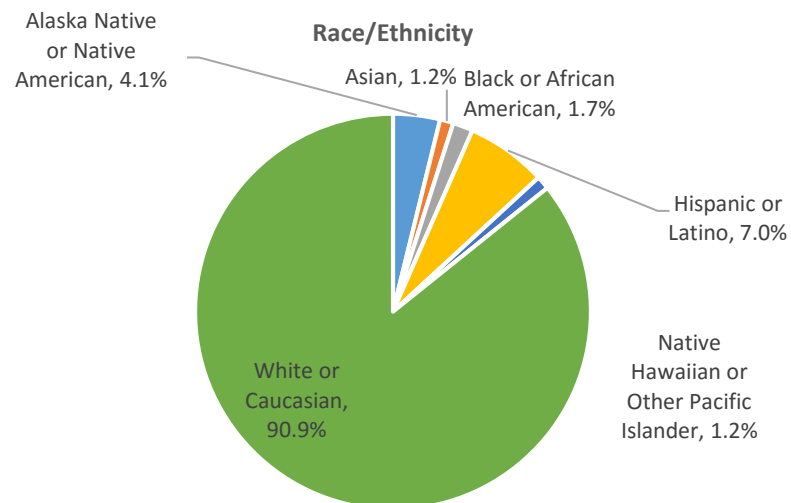
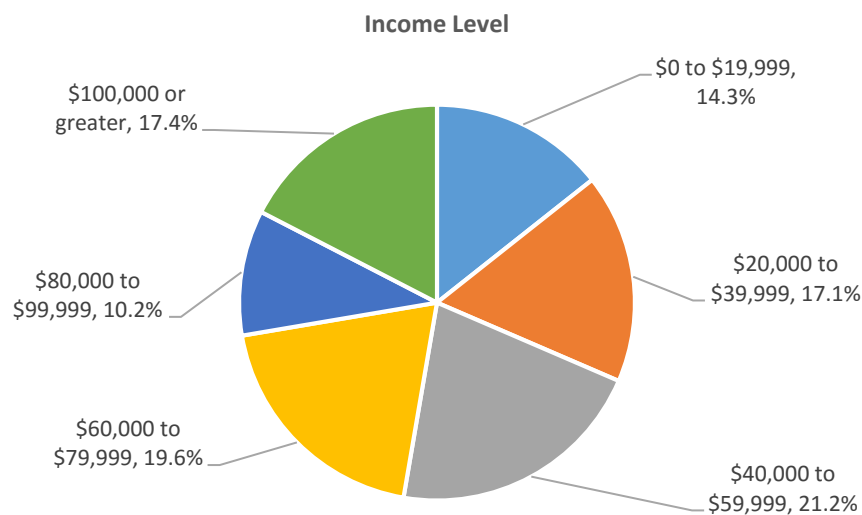
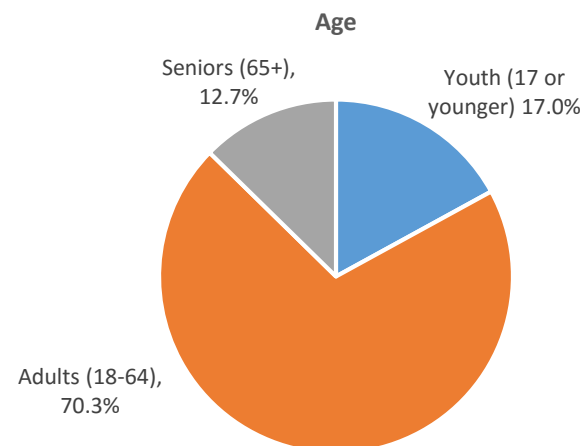
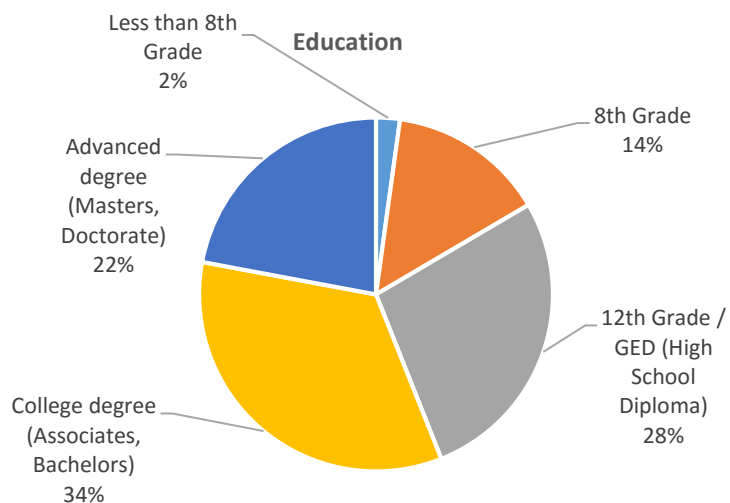
The Year of Wellness Community Survey was conducted between August and October, 2016. The survey included options to complete it in English and Spanish. Before the survey was distributed, questions were pilot-tested among ten volunteers to test the feasibility and understandability of questions.

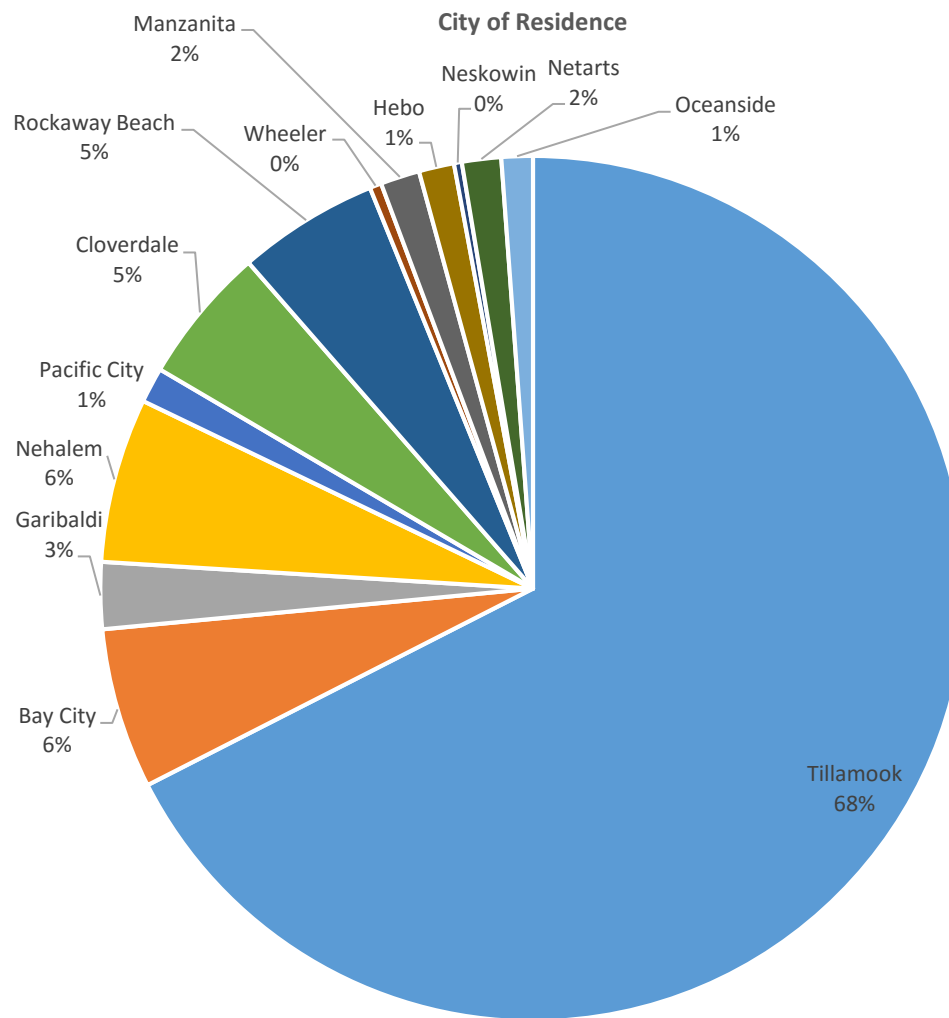
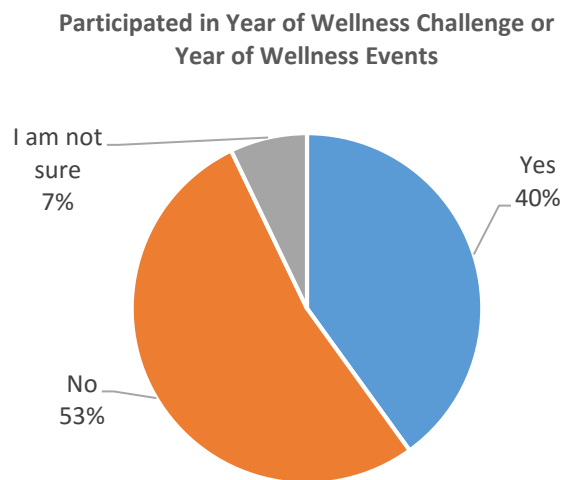
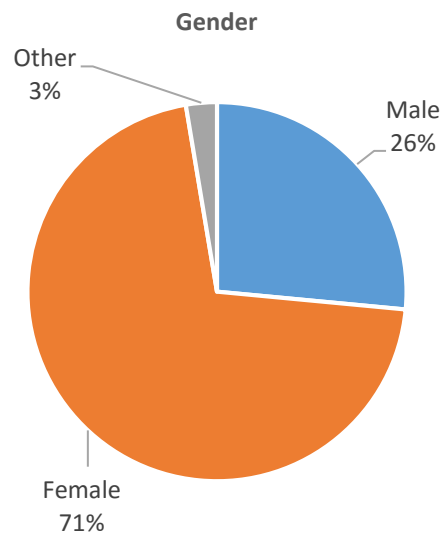
The survey was initially launched at the Tillamook County Fair in August. Year of Wellness staff and volunteers collected data from attendees at the Year of Wellness booth. Subsequently, the survey was distributed through print and online media, and by partner organizations to their employees and clients. Participation in the survey was incentivized by entrance into prize drawings.

Of 854 total participants, 689 completed the questions. This document contains a summary of the responses from those 689 participants.



Demographics of Survey Respondents





Have you heard of the Year of Wellness?

All Respondents (Answered question: 689)

	Response Percent	Response Count
Yes	76.2%	547
No	14.8%	106
<i>I am not sure</i>	5.0%	36

By Age Group (Answered question: 688)

	Adults 18-64 (n=482)	Seniors 65 or older (n=87)	Youth 17 or younger (n=119)
Yes	85.5%	93.0%	46.2%
No	11.0%	5.8%	40.3%
<i>I am not sure</i>	3.5%	2.3%	13.4%

By Race/Ethnicity (Answered question: 688)

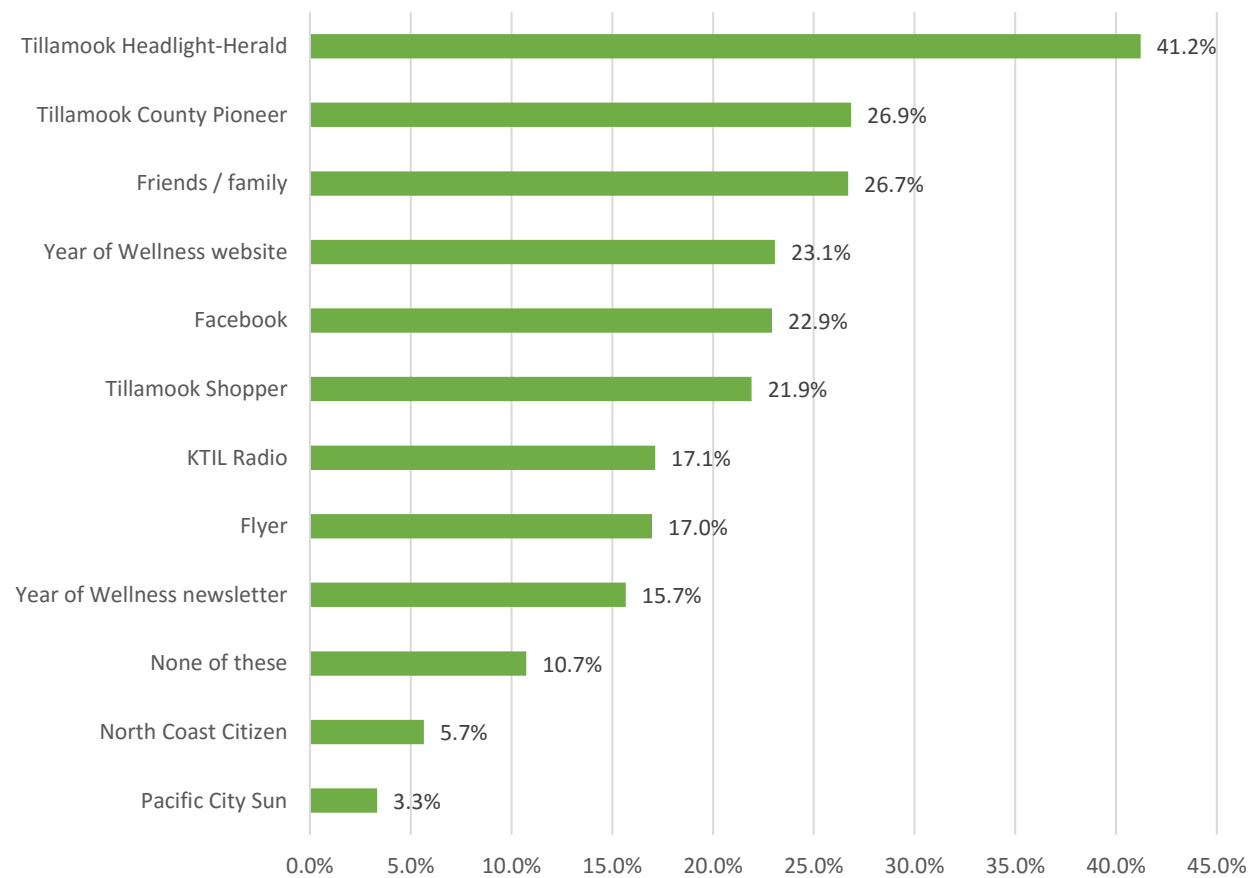
	Alaska Native/ Native American (n=13)	Asian (n=1)	Black (n=6)	Hispanic/Latino (n=41)	White (n=604)	More than one (n=23)
Yes	76.9%	100.0%	100.0%	92.7%	77.8%	87.0%
No	15.4%	0.0%	0.0%	2.4%	16.9%	4.3%
<i>I am not sure</i>	7.7%	0.0%	0.0%	4.9%	5.3%	8.7%

By Household Income (Answered question: 689)

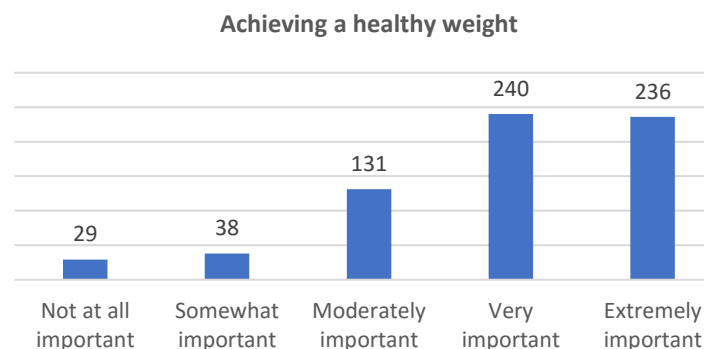
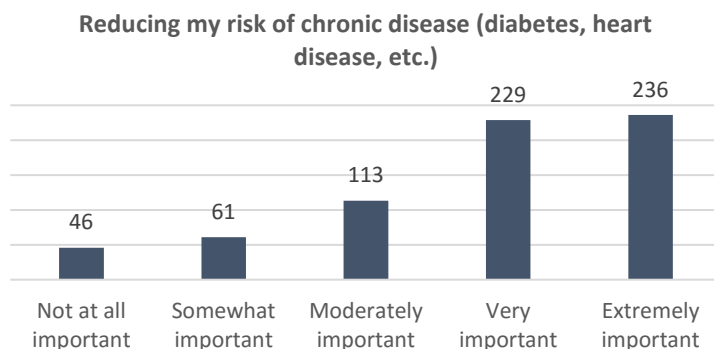
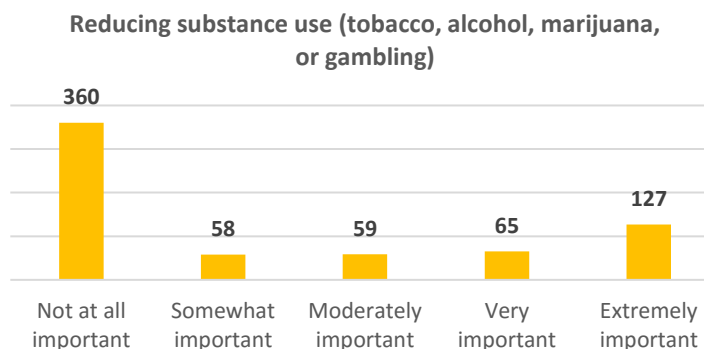
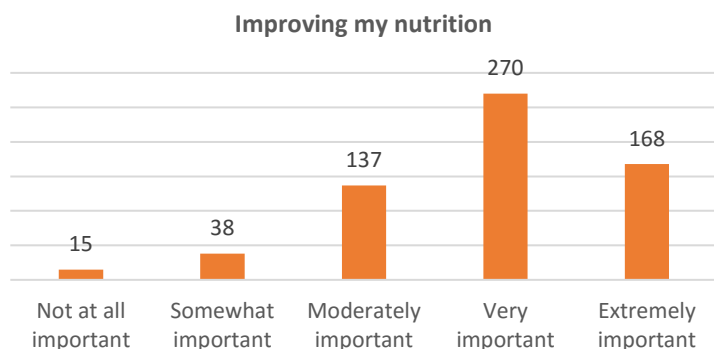
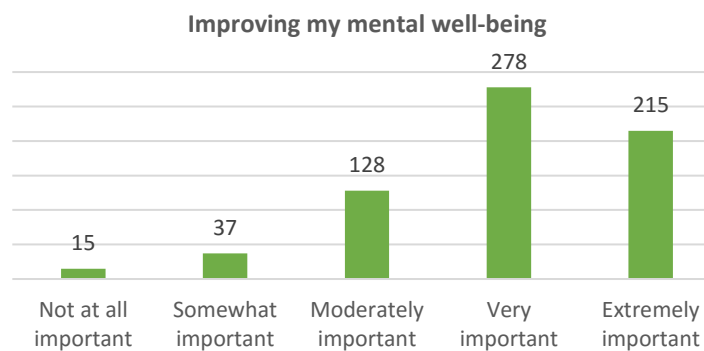
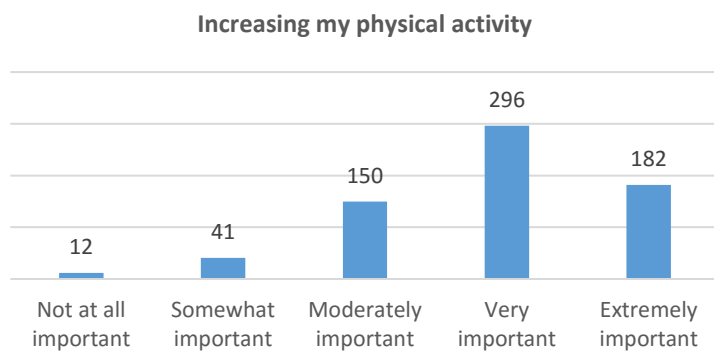
	\$0-\$19,999 (n=99)	\$20,000-\$39,999 (n=121)	\$40,000-\$59,999 (n=146)	\$60,000-\$79,999 (n=134)	\$80,000-\$99,999 (n=70)	\$100,000+ (n=119)
Yes	63.6%	69.4%	82.9%	89.6%	85.7%	83.2%
No	27.3%	22.3%	14.4%	9.0%	10.0%	10.1%
<i>I am not sure</i>	9.1%	8.3%	2.7%	1.5%	4.3%	6.7%

The 547 respondents who indicated they had heard of the Year of Wellness were asked:

Where have you seen or heard about the Year of Wellness?

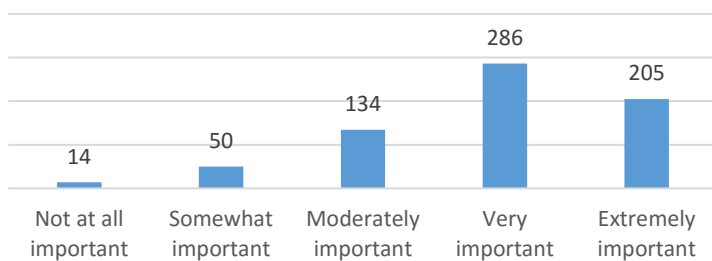


How important are these goals to you?

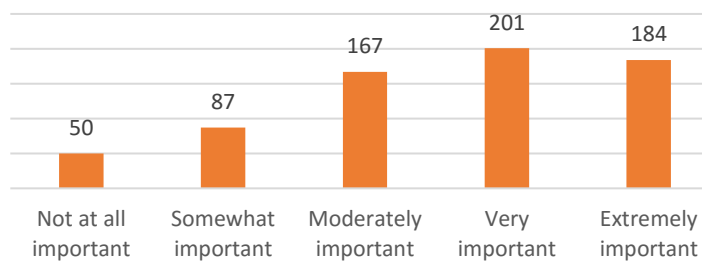


Thinking about the goal of supporting mental well-being, how important are these to you?

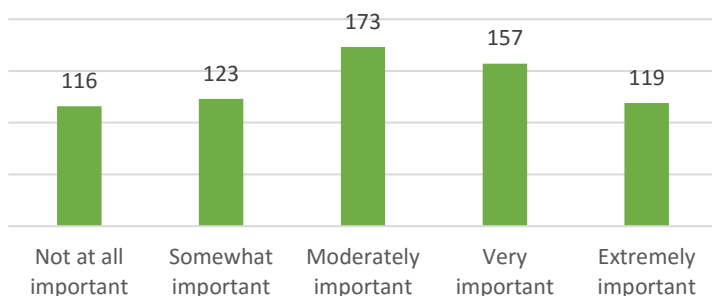
Caring for my mental well-being (taking time for myself, participating in stress-reducing activities)



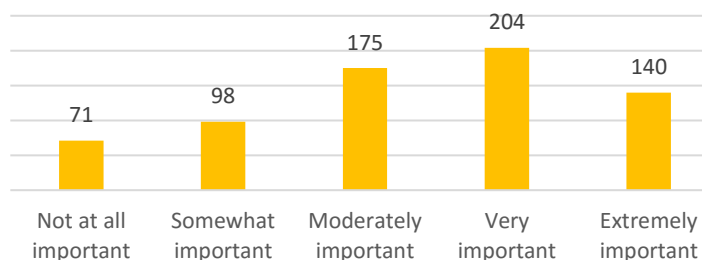
Increasing awareness of common mental health issues (depression, anxiety, suicide, addiction)



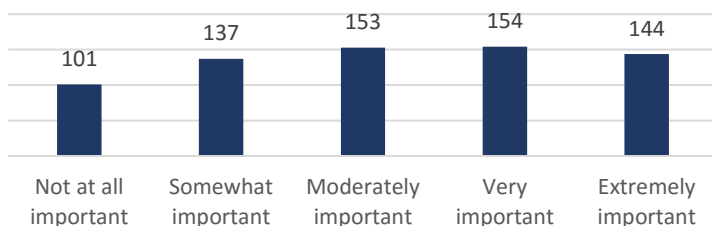
Learning about pain management strategies



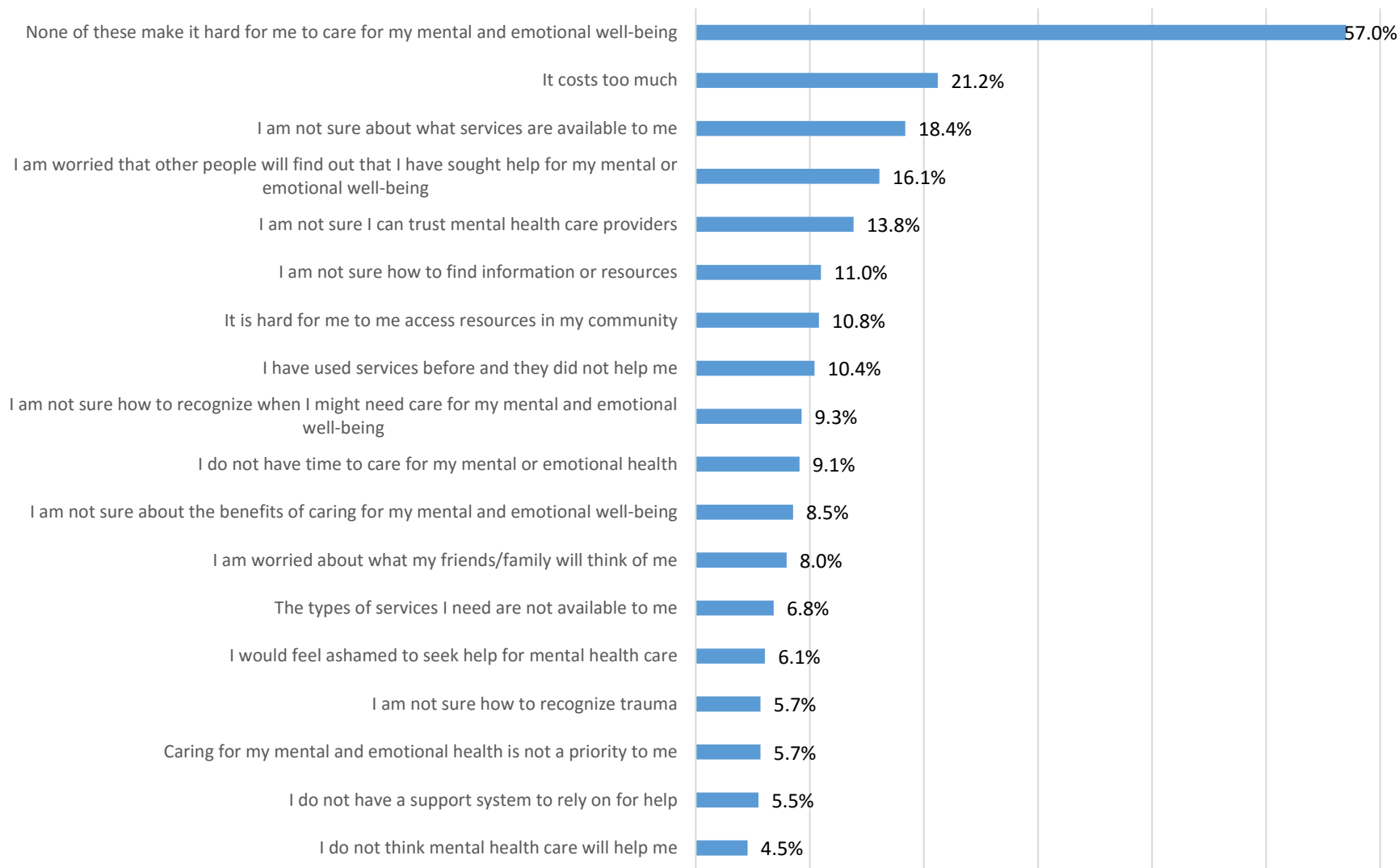
Increasing opportunities to learn how to manage my thinking, communication, and relationships



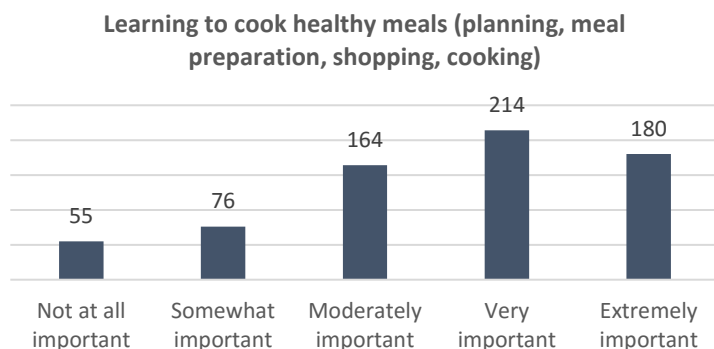
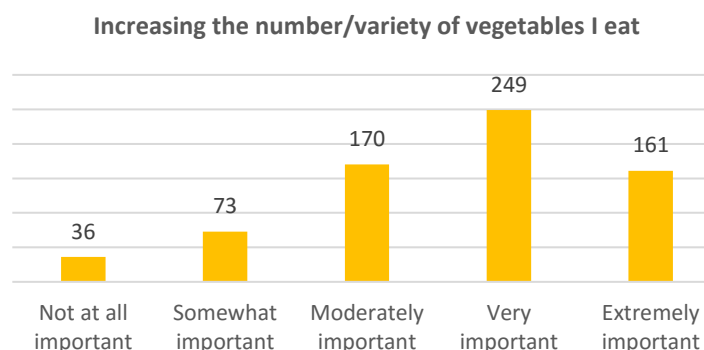
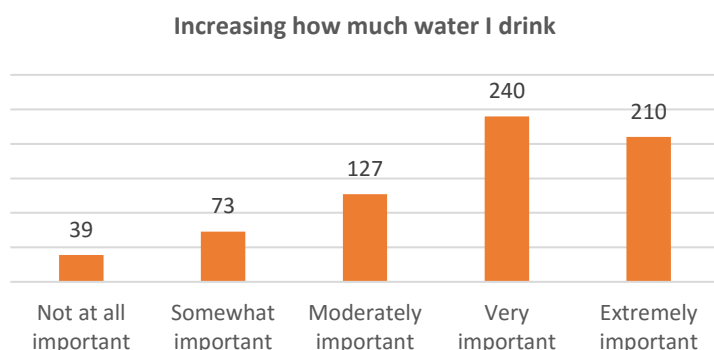
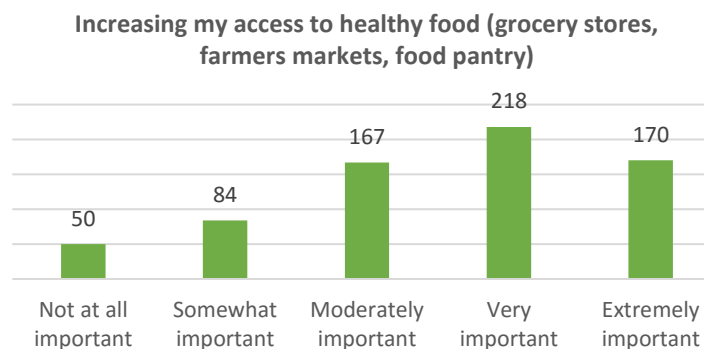
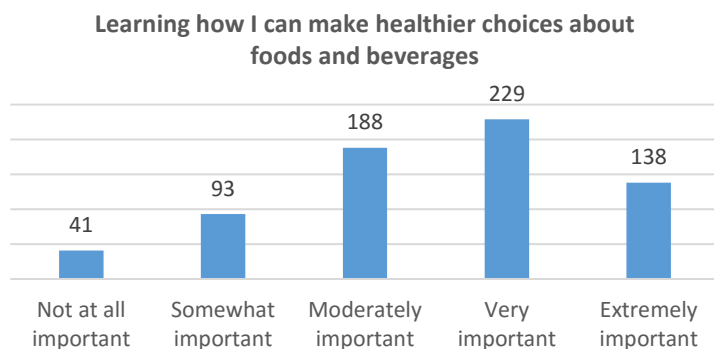
Understanding how to cope with trauma (grief, death, sexual assault, domestic violence, PTSD, childhood trauma)



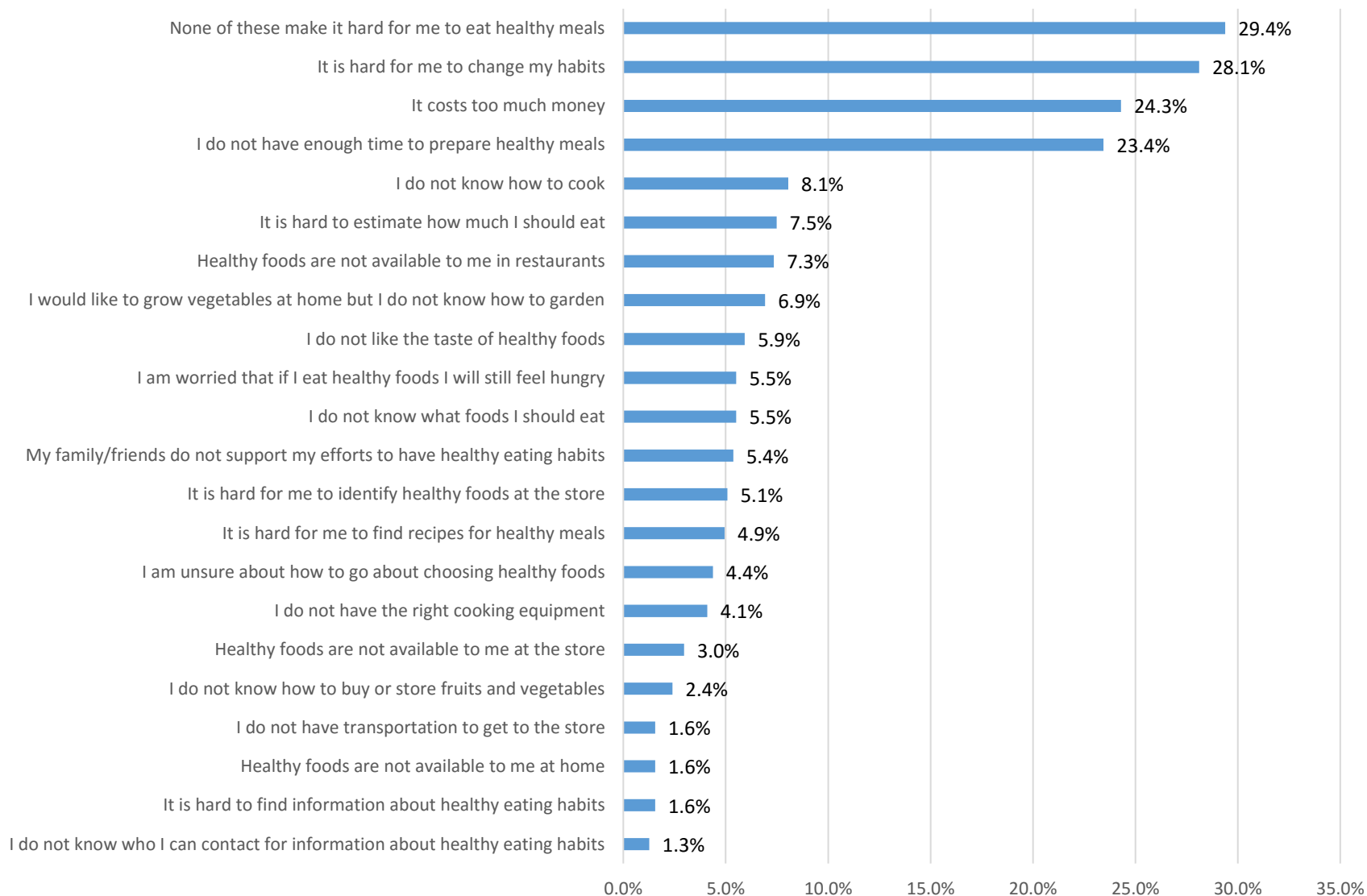
Which of these things can make it hard for you to care for your mental and emotional well-being?



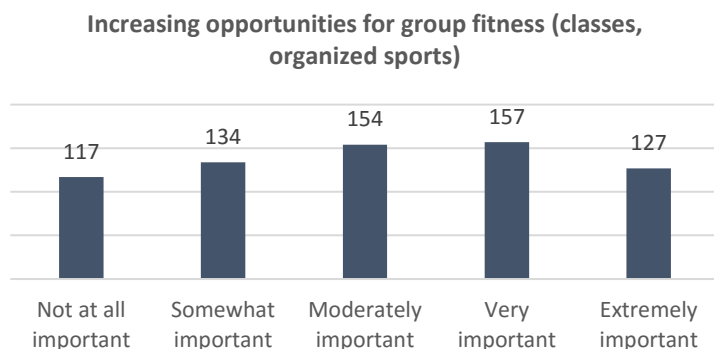
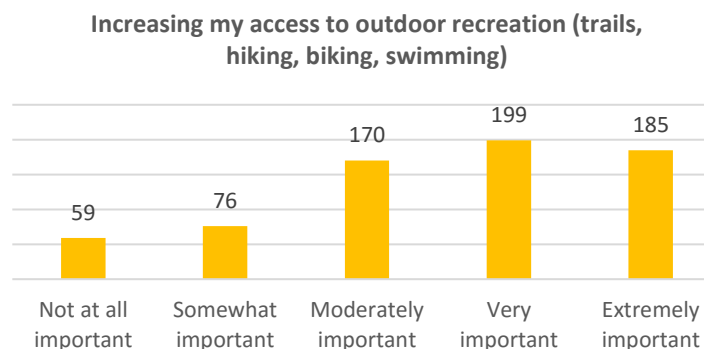
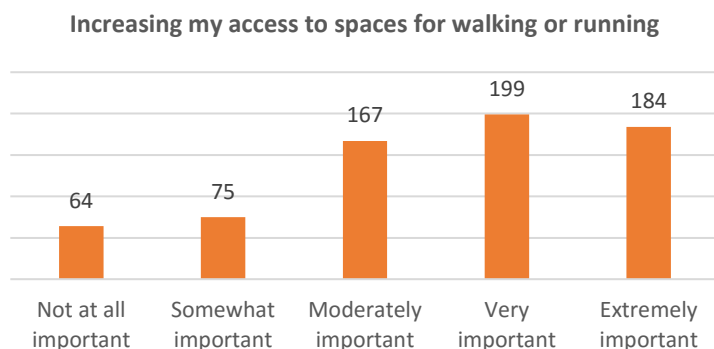
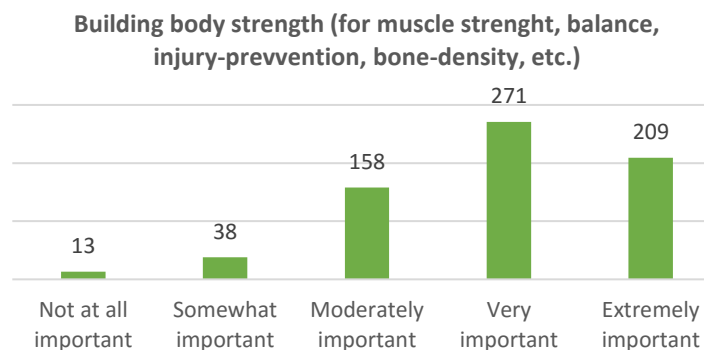
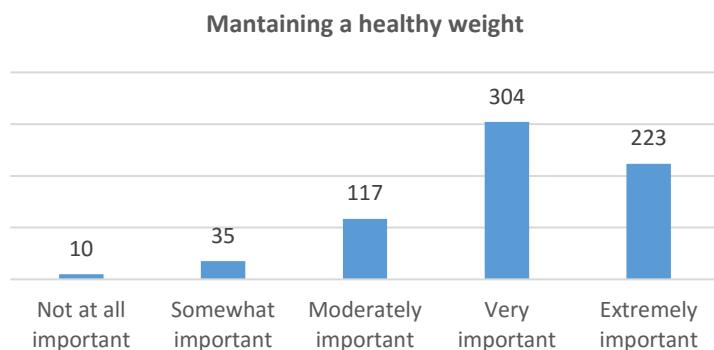
Thinking about the goal of improving nutrition, how important are these to you:



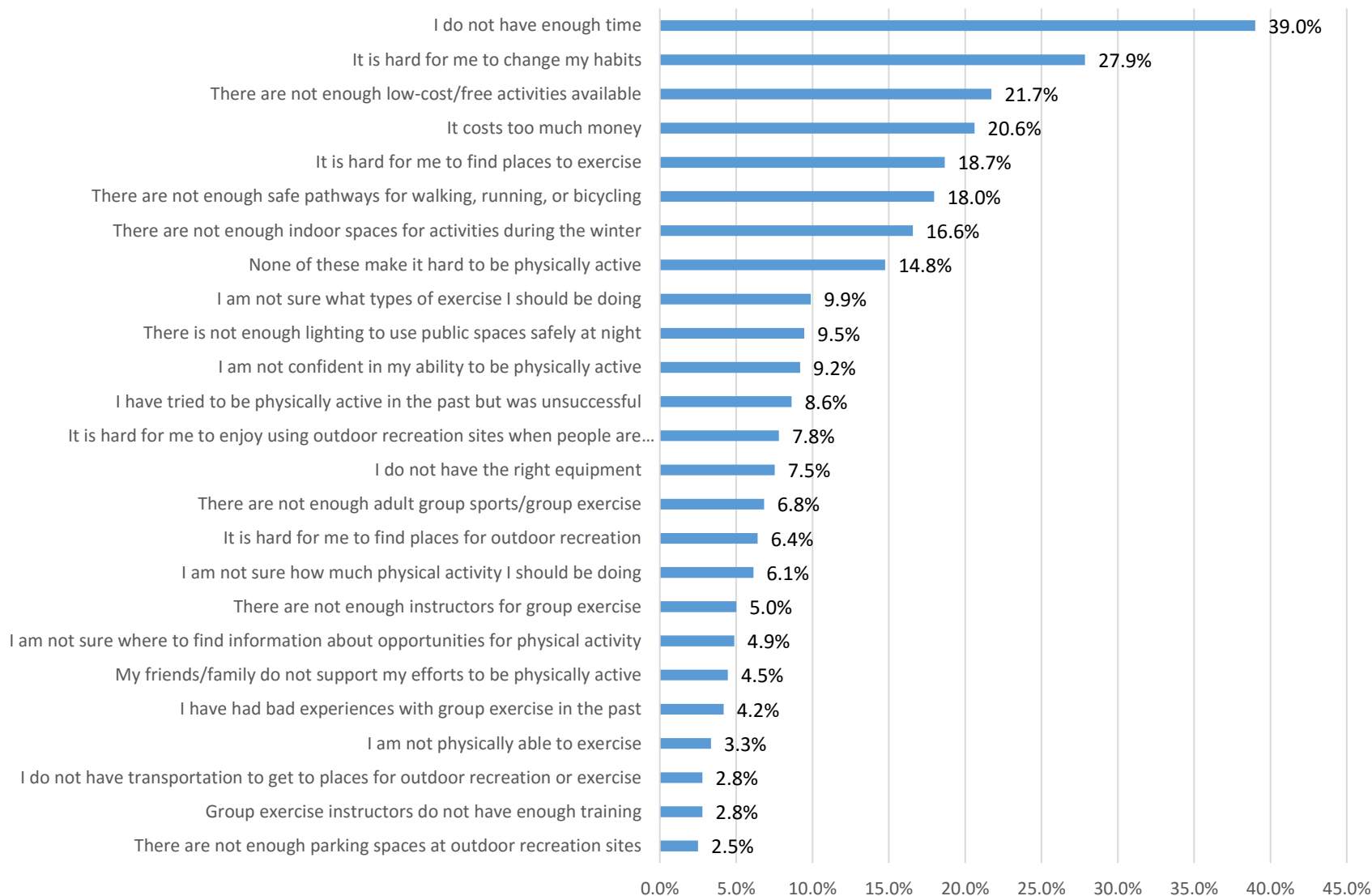
Which of these things can make it hard for you to eat healthy meals?



Thinking about the goal of increasing physical activity, how important are these to you?

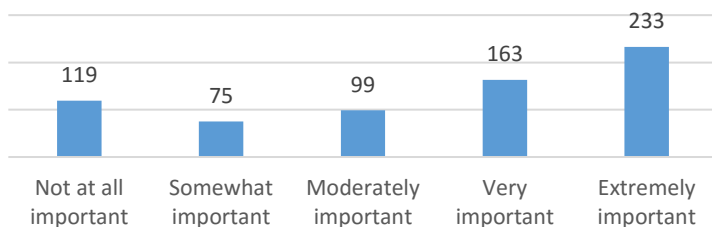


Which of these things make it hard for you to be physically active?

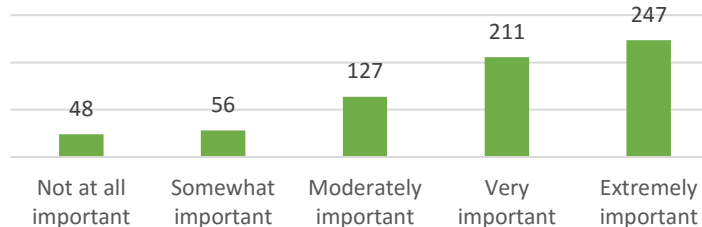


Thinking about the goal of improving public spaces, how important are these to you?

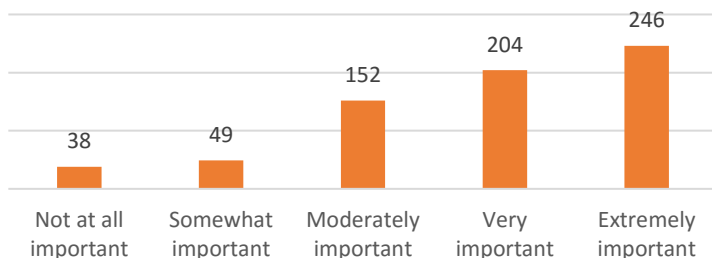
Increasing access to tobacco-free, e-cigarette-free public places



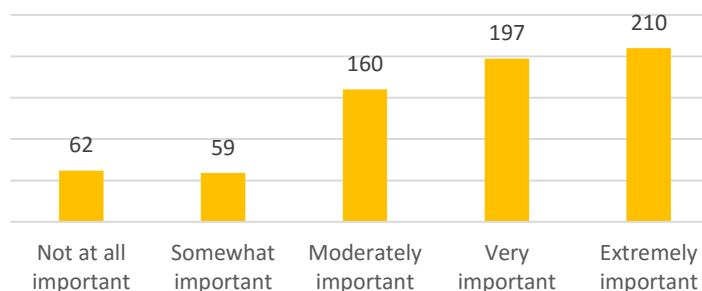
Increasing availability of family-friendly activities and events



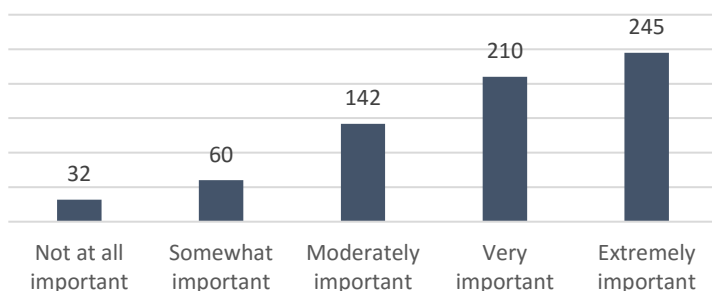
Improving safety of public spaces (lighting, signage, law enforcement)



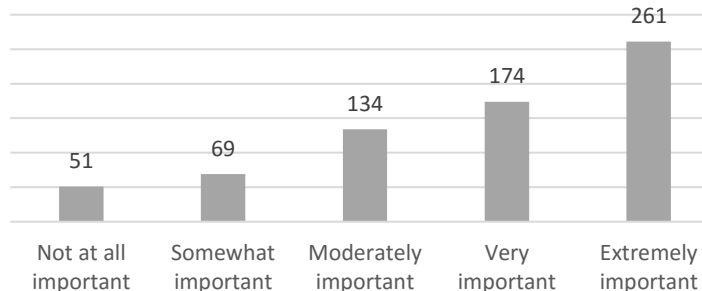
Improving wheel-chair access



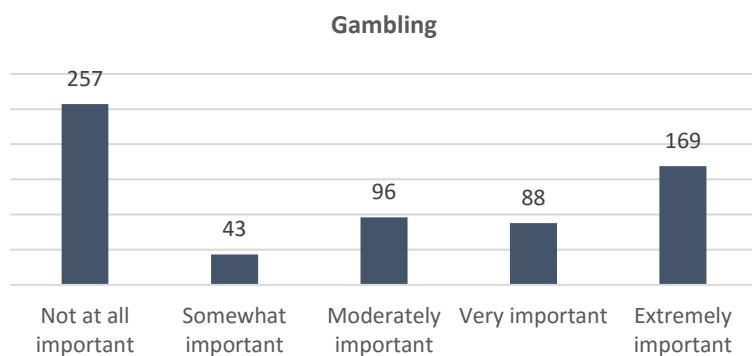
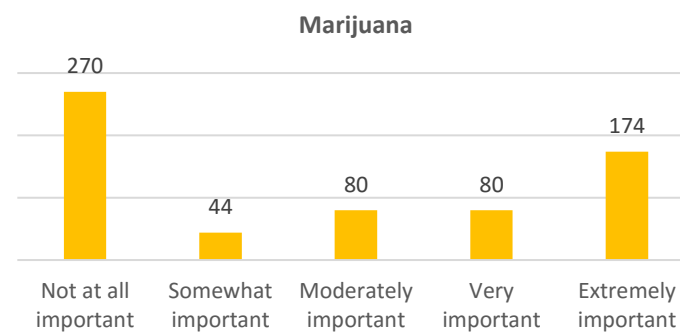
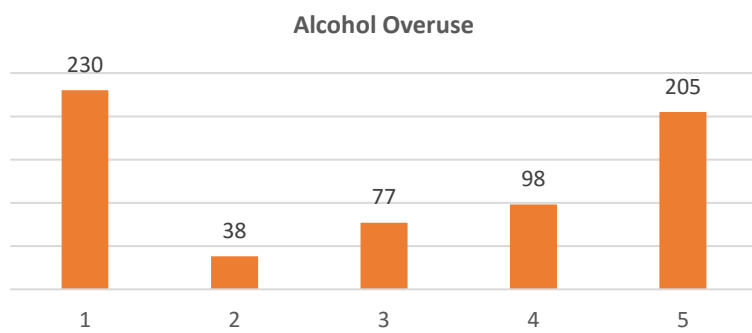
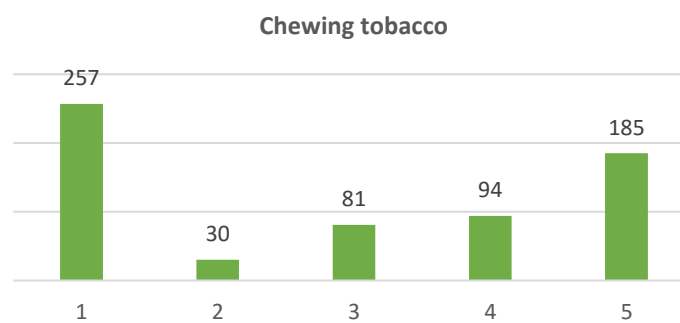
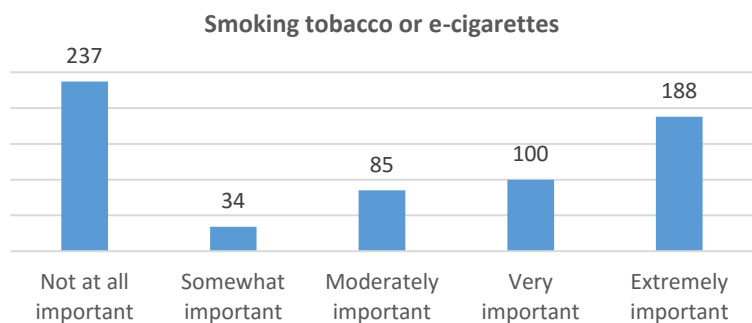
Increasing safety for pedestrians (sidewalks)



Increasing safety for bicyclists (bike lanes)

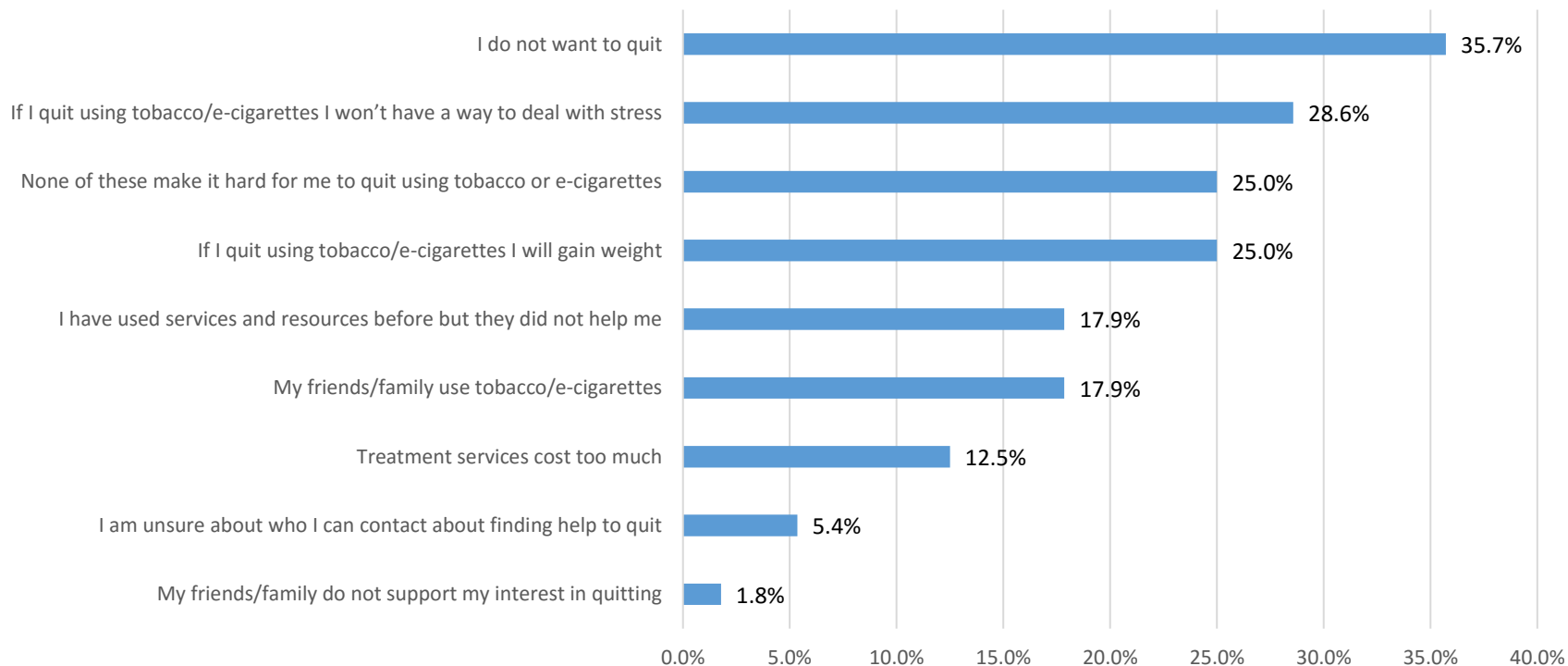


Thinking about the goal of reducing substance use, how important is it to you to have community strategies to reduce:



56 Respondents (9.6%) reported using tobacco or e-cigarettes and responded to the following question:

Which of these things make it hard for you to quit using tobacco or e-cigarettes?



How do you usually receive information about health and wellness?

