

Garrett County Community Survey

Q2 Thank you for agreeing to participate in this survey. The goal of the survey is to understand more about your health behaviors and ways the community can help you become healthier. The questions below will ask about physical activity, nutrition/eating habits, tobacco use, drug and alcohol use, mental health and chronic disease. Please answer as honestly as possible so that we can better understand what programs or services might be useful to you. The whole survey will take about 15 to 20 minutes to complete.

Q3 Would you say that in general your health is:

- Excellent (1)
- Very Good (2)
- Good (3)
- Fair (4)
- Poor (5)

Q4 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

- Less than 1 Day (1)
- 1-5 days (2)
- 6-10 days (3)
- 11-15 days (4)
- 16-20 days (5)
- 21-25 days (6)
- 26-30 days (7)

Q6 Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?

- Less than 1 Day (1)
- 1-5 days (2)
- 6-10 days (3)
- 11-15 days (4)
- 16-20 days (5)
- 21-25 days (6)
- 26-30 days (7)

Q7 During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work or recreation?

- Less than 1 Day (1)
- 1-5 days (2)
- 6-10 days (3)
- 11-15 days (4)
- 16-20 days (5)
- 21-25 days (6)
- 26-30 days (7)

Q12 In your opinion, what is the air quality of Garrett County?

- Excellent (1)
- Very Good (2)
- Good (3)
- Fair (4)
- Poor (5)

Q8 In which of these categories would you place yourself?

- I am not interested in pursuing a healthy lifestyle (1)
- I have been thinking about changing some of my health behaviors (2)
- I am planning on making a healthy behavior change in the next 30 days (3)
- I have made some healthy behavior changes but still have trouble following through (4)
- I have had a healthy lifestyle for years (5)

Q9 Of these, what is your number 1 health concern for you and your family?

- Physical Activity or lack of physical activity (1)
- Healthy Eating (2)
- Drug and alcohol use/abuse (3)
- Tobacco (smoke and smokeless) (4)
- Mental Health (5)
- Chronic Disease (diabetes, heart disease, etc) (6)

If Healthy Eating Is Selected, Then Skip To Nutrition and Healthy Eating If Physical Activity or lack o... Is Selected, Then Skip To Physical Activity If Drug and alcohol use/abuse Is Selected, Then Skip To Alcohol and Drug Use If Tobacco (smoke and smokeless) Is Selected, Then Skip To Tobacco If Mental Health Is Selected, Then Skip To Mental Health If Chronic Disease (diabetes, ... Is Selected, Then Skip To Chronic Disease

Q10 Physical Activity

Q11 Thank you for your response. We would like to know more about your physical activity to figure out what programs and services are needed. Please answer the questions below about your current physical activity.

Q13 On average, how many days each week do you engage in moderate (fast walking, strength training) to vigorous activity (jogging, tennis)?

- 1 day (1)
- 2 days (2)
- 3 days (3)
- 4 days (4)
- 5 days (5)
- 6 days (6)
- 7 days (7)
- I do not engage in moderate to vigorous activity. (8)

Q14 How likely are you to engage in physical activity with another person or persons?

- Never (1)
- Occasionally (2)
- Very Often (3)
- Always (4)

Q15 What is your favorite way to be physically active?

Q16 Think back to the last time you wanted to engage in this activity but were unable to. What was the main reason why?

- No one to go with (1)
- Cost (2)
- Time (3)
- I can't do their hours (4)
- People are not friendly (5)
- Hard to get to/use (distance, bad roads, etc) (6)
- Weather (7)
- Other (8) _____

Q17 There are many organizations and resources in Garrett County to help people become physically active. We would like to understand a little more about why people use one organization over others that might be available.

Q18 Could you tell us how often you use each type of community organization or resource?

| | Never (1) | Less than Once a Month (2) | Once a Month (3) | 2-3 Times a Month (4) | Once a Week (5) | 2-3 Times a Week (6) | Daily (7) |
|--|-----------------------|----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Parks (examples: Broadford Park, Deep Creek Lake State Park, Swallow Falls State Park) (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Recreation and Leisure Activities (examples: picnicking, hiking, etc) (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Facilities (examples: Senior Centers, Community Aquatic Recreation Complex, Wisp) (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q19 What is one thing these organizations and resources could do to help you use them more?

- Lower costs (1)
- Have extended or longer hours (2)
- Offer in-door winter activities (3)
- Offer activities in more locations (4)

Q21 Health is impacted not only by what we do in our home but by what happens in the workplace. Please think about where you work to answer the following questions.

Q22 Are you currently employed?

Yes (1)

No (2)

If No Is Selected, Then Skip To One common method for getting informa...

Q24 How much does your work-site promote healthy behaviors?

Never (1)

Rarely (2)

Sometimes (3)

Most of the Time (4)

Always (5)

Q25 On a scale of 1 to 10, with 1 b

eing not stressful to 10 being very stressful, how stressful is your job?

1 (1)

2 (2)

3 (3)

4 (4)

5 (5)

6 (6)

7 (7)

8 (8)

9 (9)

10 (10)

Q26 How many days of sick or personal leave does your job offer a year?

1-5 days (1)

6-10 days (2)

11-15 days (3)

16-20 days (4)

More than 20 days (5)

I do not qualify for leave (6)

My work does not offer leave (7)

Q28 One common method for getting information on becoming more physically active is from your doctor. Please tell us a little about how and when your doctor discusses physical activity.

Q29 When thinking about your most recent doctor's visit, what was the reason for the visit?

- Yearly or physical checkup (1)
- Sick or testing for an illness (2)
- Chronic disease management (3)
- Other (4) _____

Q30 At the visit, did your doctor talk about physical activity with you?

- Yes (1)
- No (2)

Q31 Thinking about the past year, how often did your doctor discuss physical activity with you?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Quite Often (4)
- Very Often (5)

Q32 Has your doctor ever "prescribed" physical activity to you?

- Yes (1)
- No (2)

Q33 During childhood, schools help shape not only our knowledge but our health as well. This ranges from the amount of recess children have to what is in the cafeteria vending machines. We are interested in understanding how schools influence health.

Q34 To the best of your knowledge, do elementary schools have recess?

- Yes (1)
- No (2)

Q35 In your opinion, do Garret County schools provide a wide range of clubs and sports for students to be physically active?

- Yes (1)
- No (2)

Q36 In your opinion, are students engaged in adequate physical activity during physical education class?

- Yes (1)
- No (2)

Q37 How available/maintained is the physical activity equipment in the schools?

- Not at all (1)
- A little (2)
- Somewhat (3)
- Very (4)

Q277 In general, how much do the elementary schools promote physical activity?

- None (1)
- Little (2)
- Some (3)
- A Lot (4)

Q278 In general, how much do the middle schools promote physical activity?

- None (1)
- Little (2)
- Some (3)
- A Lot (4)

Q38 In general, how much do the high schools promote physical activity?

- None (1)
- Little (2)
- Some (3)
- A Lot (4)

If None Is Selected, Then Skip To Community Health If Little Is Selected, Then Skip To Community Health If Some Is Selected, Then Skip To Community Health If A Lot Is Selected, Then Skip To Community Health

Q40 Nutrition and Healthy Eating

Q41 Thank you for your response. We would like to know more about your eating habits to figure out what programs and services are needed.

Q44



Q45 This is a picture of MyPlate. This is used to show people what makes up a healthy meal. How many times in the past week did your dinner plate or main meal look like this?

- 0 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)

Q47 On average, how many times a week do you and your family have dinner together?

- 0 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)

Q48 On average, how many times a week do you cook dinner?

- 0 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)

Q46 On average, how many glasses of water do you drink a day? (1 glass=8oz)

- 0 (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 or more (8)

Q49 If you and your family do not cook dinner, what is your most likely source of food?

- Fast food (1)
- Restaurants (2)
- Frozen meals (3)
- Leftovers (4)
- Other (5) _____

Q50 There are many organizations and resources in Garrett County to help people eat healthier. We would like to understand a little more about why people use one organization over others that might be available.

Q52 How likely are you to use these resources to help you eat more nutritionally?

| | Not at all (1) | A little (2) | Somewhat (3) | Very (4) |
|---------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| WIC (Women, Infants and Children) (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| University of Maryland Extension (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hospital-based wellness programs (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Food Stamps (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Senior Center programs (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| House of Hope (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Laurel Food Bank (7) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q53 If you don't use these resources, what is the main reason?

- I did not know they existed (1)
- They are too far from my home (2)
- I do not qualify for the service (3)
- They do not offer the services I want (4)
- I do not need help (5)
- Other (6) _____

Q54 Where do you go to get or buy healthy food? Check all that apply.

- Farmer's Markets (1)
- Grocery Stores (2)
- Specialty food stores (3)
- Restaurants (4)
- Personal Garden (5)
- Directly from farms/farmers (roadside stand, Amish farms, etc) (6)

Q55 What is the main reason why you don't eat healthy?

- There are no healthy choices near my home (1)
- The food is too expensive (2)
- I don't have the time (3)
- I don't know how to cook healthy meals (4)
- My family won't eat the food (5)
- I don't want to cook healthy food (6)
- I always eat healthy (7)
- Other (8) _____

Q56 Health is impacted not only by what we do in our home but by what happens in the workplace. Please think about where you work to answer the following questions.

Q57 Are you currently employed?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To Some common methods for getting infor...

Q58 How much does your work site promote healthy behaviors?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q59 On a scale on 1 to 10, with 1 being not stressful and 10 being very stressful, how stressful is your job?

- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q60 How much sick leave or personal leave does your job offer?

- 0-5 days (1)
- 6-10 days (2)
- 11-15 days (3)
- 16-20 days (4)
- More than 20 days (5)
- I do not qualify for leave (6)
- My work does not have sick/personal leave (7)

Q62 Some common methods for getting information on becoming healthy is to go to your doctor, the Garrett County Health Department, Garrett Regional Medical Center or Mountain Laurel. We would like to understand a little bit more about these sources.

Q65 When thinking about your most recent doctor's visit, what was the reason for the visit?

- Yearly or physical checkup (1)
- Sick or testing for an illness (2)
- Chronic disease management (3)
- Other (4) _____

Q66 At the visit, did your doctor discuss nutrition or healthy eating with you?

- Yes (1)
- No (2)

Q68 Thinking about the past year, how often did your doctor discuss nutrition or healthy eating with you?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Quite Often (4)
- Very Often (5)

Q71 When looking for community resources to help you eat healthy, how likely are you to use Garrett County Health Department?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q72 If you are not likely to use the Garrett County Health Department, what is the main reason why?

- They do not offer or have resources on healthy eating (1)
- The Garrett County Health Department is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q73 When looking for community resources to help you eat healthy, how likely are you to use the Garrett Regional Medical Center?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q74 If you are not likely to use the Garrett Regional Medical Center, what is the main reason why?

- They do not offer or have resources on healthy eating (1)
- The Garrett Regional Medical Center is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q75 When looking for community resources to help you eat healthy, how likely are you to use Mountain Laurel?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q76 If you are not likely to use Mountain Laurel, what is the main reason why?

- They do not offer or have resources on healthy eating (1)
- Mountain Laurel is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q77 During our childhood, schools help shape not only our knowledge but our health as well. This ranges from the amount of recess children have to what is in the vending machines. We are interested in understanding how schools influence nutrition or healthy eating.

Q78 To the best of your knowledge, do the schools offer healthy food options in the cafeteria?

- Yes (1)
- No (2)

Q79 To the best of your knowledge, do the schools have healthy options in the school vending machines?

- Yes (1)
- No (2)

Q80 In your opinion, does the school system provide adequate nutrition education?

- Never (1)
- Occasionally (2)
- Very Often (3)
- Always (4)

If Never Is Selected, Then Skip To Community Health If Occasionally Is Selected, Then Skip To Community Health If Very Often Is Selected, Then Skip To Community Health If Always Is Selected, Then Skip To Community Health

Q109 Alcohol and Drug Use

Q110 Thank you for your response. We would like to know more about your alcohol and drug use to figure out what programs and services are needed.

Q111 Do you drink?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To Do you use drugs?

Q112 Think back over the last two weeks. How many times have you had five or more drinks at a sitting? (1 drink=12 oz beer, 4.5 oz of wine or 1.5 oz of liquor)

- None (1)
- 1 time (2)
- 2 times (3)
- 3-5 times (4)
- 6-9 times (5)
- 10 or more times (6)

Q113 Do you use drugs?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To Have any of your family members been ...

Q114 Within the last year about how often have you used...

| | Not at all (1) | Once a year (2) | 6 times a year (3) | One a month (4) | Twice a month (5) | Once a week (6) | 3 times a week (7) | 5 times a week (8) | Every day (9) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Marijuana (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cocaine (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Amphetamines (diet pills, speed) (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sedatives (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hallucinogens (PCP, LSD) (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Inhalants (glue, solvents, gas) (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Designer drugs (Ecstasy, MDMA) (7) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Steroids (8) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other illegal drugs (9) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q115 Have you used drugs outside what is prescribed by your doctor?

- Yes (1)
- No (2)

Q117 Within the last year about how often have you used prescription drugs like

| | Not at all (1) | Once a year (2) | 6 times a year (3) | One a month (4) | Twice a month (5) | Once a week (6) | 3 times a week (7) | 5 times a week (8) | Every day (9) |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Opiates (hydrocodone, oxycodone, vicodin) (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Benzodiazepines (Xanax, Zoloft) (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q118 How likely are you to engage in drug or alcohol use with your friends?

- Not At All (5)
- A little (6)
- Somewhat (7)
- Very (4)

Q119 Have you ever sought treatment for drug or alcohol abuse?

- Yes (1)
- No (2)

Q120 Have any of your family members been treated for drug or alcohol abuse?

- Yes (1)
- No (2)

Answer If Do you drink? Yes Is Selected Or Yes Is Selected Or Have any of your family members been treated for drug or alcohol abuse? Yes Is Selected

Q121 There are organizations and resources in Garrett County to help people treat drug and alcohol abuse. We would like to understand a little more about why people use one organization over others that might be available.

Answer If Yes Is Selected Or Do you drink? Yes Is Selected Or Have any of your family members been treated for drug or alcohol abuse? Yes Is Selected

Q122 Have you or your family used any of these resources to treat or recover from drug or alcohol abuse?

| | Yes (1) | No (2) |
|--|-----------------------|-----------------------|
| 12 Step Programs (AA, NA, Celebrate recovery (1) | <input type="radio"/> | <input type="radio"/> |
| Primary care physician (2) | <input type="radio"/> | <input type="radio"/> |
| Methadone clinics (3) | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (4) | <input type="radio"/> | <input type="radio"/> |
| Emergency Room (5) | <input type="radio"/> | <input type="radio"/> |
| Other (6) | <input type="radio"/> | <input type="radio"/> |

Answer If Do you drink? Yes Is Selected Or Yes Is Selected Or Have any of your family members been treated for drug or alcohol abuse? Yes Is Selected

Q123 How likely would you or your family be to use the following drug or alcohol abuse treatment or recovery options?

| | Not at all (1) | A little (2) | Somewhat (3) | Very (4) |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 12 Step Programs (AA, NA, Celebrate recovery (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Primary care physician (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Methadone clinics (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Emergency Room (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Answer If Do you drink? Yes Is Selected Or Yes Is Selected Or Have any of your family members been treated for drug or alcohol abuse? Yes Is Selected

Q124 What is the main barrier to using these resources?

- They are not near my home (1)
- I don't have the money to cover it (2)
- I don't want other people to find out (3)
- I don't believe I have a problem (4)
- I don't want to seek treatment (5)
- Other (6) _____

Q126 Health is impacted not only by what we do in our home but by what happens in the workplace. Please think about where you work to answer the following questions.

Q127 Are you currently employed?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To Some common methods for getting infor...

Q128 How much does your work site promote healthy behaviors?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q129 On a scale on 1 to 10, with 1 being not stressful and 10 being very stressful, how stressful is your job?

- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q130 How much sick leave or personal leave does your job offer?

- 0-5 days (1)
- 6-10 days (2)
- 11-15 days (3)
- 16-20 days (4)
- More than 20 days (5)
- I do not qualify for leave (6)
- My work does not have sick/personal leave (7)

Q131 Some common methods for getting information on becoming healthy is to go to your doctor, the Garrett County Health Department, Garrett Regional Medical Center or Mountain Laurel. We would like to understand a little bit more about these sources.

Q132 When thinking about your most recent doctor's visit, what was the reason for the visit?

- Yearly or physical checkup (1)
- Sick or testing for an illness (2)
- Chronic disease management (3)
- Other (4) _____

Q133 At the visit, did your doctor discuss drug or alcohol use with you?

- Yes (1)
- No (2)

Q134 Thinking about the past year, how often did your doctor discuss drug or alcohol use with you?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Quite Often (4)
- Very Often (5)

Q135 When looking for community resources to help address drug or alcohol use, how likely are you to use Garrett County Health Department?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q136 If you are not likely to use the Garrett County Health Department, what is the main reason why?

- They do not offer or have resources on drug or alcohol use treatment (1)
- The Garrett County Health Department is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q137 When looking for community resources to help address drug or alcohol use, how likely are you to use the Garrett Regional Medical Center?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q138 If you are not likely to use the Garrett Regional Medical Center, what is the main reason why?

- They do not offer or have resources on drug or alcohol use treatment (1)
- The Garrett Regional Medical Center is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q139 When looking for community resources to help address drug or alcohol use, how likely are you to use Mountain Laurel?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q140 If you are not likely to use Mountain Laurel, what is the main reason why?

- They do not offer or have resources on drug or alcohol treatment (1)
- Mountain Laurel is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q141 During our childhood, schools help shape not only our knowledge but our health as well. This ranges from the amount of recess children have to what is in the cafeteria vending machines. We are interested in understanding how schools influence health.

Q142 To the best of your knowledge, do the elementary schools teach about drug and alcohol use/abuse?

- yes (1)
- No (2)

Q144 To the best of your knowledge, do the middle schools teach about drug and alcohol use/abuse?

- yes (1)
- No (2)

Q145 To the best of your knowledge, do the high schools teach about drug and alcohol use/abuse?

- yes (1)
- No (2)

Q143 In our opinion, how effective is the drug and alcohol education?

- Not at all (1)
- A little (2)
- Somewhat (3)
- Very (4)

If Not at all Is Selected, Then Skip To Community Health If A little Is Selected, Then Skip To Community Health If Somewhat Is Selected, Then Skip To Community Health If Very Is Selected, Then Skip To Community Health

Q147 Tobacco

Q148 Thank you for your response. We would like to know more about how you use tobacco products to figure out what programs and services are needed.

Q149 Do you use tobacco products?

- Yes (9)
- No (10)

If Yes Is Selected, Then Skip To Do any of your family members use tob...

Q150 Which of these do you currently use? Check all that apply.

- Cigarettes/cigars (1)
- Chew/snus/snuff (2)
- Vaping (3)
- E-cigarettes (4)

Answer If Which of these do you currently use? Check all that apply. Cigarettes/cigars Is Selected

Q151 How many cigarettes/cigars/pipes do you smoke a day?

- 1-5 (1)
- 6-10 (2)
- 11-15 (3)
- 16-20 (4)
- 1-2 packs a day (5)
- 2-3 packs a day (6)
- 3 or more packs a day (7)

Answer If Which of these do you currently use? Check all that apply. Chew/snus/snuff Is Selected

Q152 How often do you use smokeless tobacco a day?

- Less than half a can/pouch (1)
- Half a can or pouch (2)
- Half to a whole can or pouch (3)
- 1-2 cans or pouches (4)
- 2-3 cans or pouches (5)
- More than 3 cans or pouches (6)

Answer If Which of these do you currently use? Check all that apply. Vaping Is Selected Or
Which of these do you currently use? Check all that apply. E-cigarettes Is Selected

Q153 How often do you vape or use an e-cigarette a day?

- 1-5 times a day (1)
- 6-10 times a day (2)
- 11-15 times a day (3)
- 16-20 times a day (4)
- 21 or more times a day (5)

Q154 Please rank the following in how healthy you think each is. 1 is for the most healthy and 4 is the least healthy

- _____ E-cigarettes (1)
- _____ Cigarettes/cigars/pipes (2)
- _____ Vaping (3)
- _____ Chew/snuff (4)

Q155 Have you ever tried to quit smoking?

- Yes (9)
- No (10)

Answer If Have you ever tried to quit smoking? Yes Is Selected

Q156 Were you successful?

- Yes (9)
- No (10)

Q157 Do any of your family members use tobacco products?

- Yes (9)
- No (10)

Q158 Have any of your family members successfully quit tobacco?

- Yes (9)
- No (10)

Q159 There are organizations and resources in Garrett County to help people quit tobacco. We would like to understand a little more about why people use one organization over others that might be available.

Q160 How likely are you to use these resources to find out about tobacco treatment options?

| | Not at all (1) | a Little (2) | Somewhat (3) | Very (4) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Garrett County Health Department (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Primary Care Physician (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Local pharmacies (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Health insurance (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mediation or faith counseling (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q162 What is the main barrier to using these resources?

- They are not near my home (1)
- I don't have the money to cover it (2)
- I don't want other people to find out (3)
- I don't believe I have a problem (4)
- I don't want to seek treatment (5)
- Other (6) _____

Q163 Health is impacted not only by what we do in our home but by what happens in the workplace. Please think about where you work to answer the following questions.

Q164 Are you currently employed?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To Some common methods for getting infor...

Q165 How much does your work site promote healthy behaviors?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q168 Does your work have a tobacco policy?

- Yes (9)
- No (10)

Answer If Does your work have a tobacco policy? Yes Is Selected

Q169 To what extent does your work enforce the tobacco policy?

- Never (11)
- Rarely (12)
- Sometimes (13)
- Often (14)
- All of the Time (15)

Q166 On a scale on 1 to 10, with 1 being not stressful and 10 being very stressful, how stressful is your job?

- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q167 How much sick leave or personal leave does your job offer?

- 0-5 days (1)
- 6-10 days (2)
- 11-15 days (3)
- 16-20 days (4)
- More than 20 days (5)
- I do not qualify for leave (6)
- My work does not have sick/personal leave (7)

Q170 Some common methods for getting information on becoming healthy is to go to your doctor, the Garrett County Health Department, Garrett Regional Medical Center or Mountain Laurel. We would like to understand a little bit more about these sources.

Q171 When thinking about your most recent doctor's visit, what was the reason for the visit?

- Yearly or physical checkup (1)
- Sick or testing for an illness (2)
- Chronic disease management (3)
- Other (4) _____

Q172 At the visit, did your doctor discuss tobacco use with you?

- Yes (1)
- No (2)

Q173 Thinking about the past year, how often did your doctor discuss tobacco use with you?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Quite Often (4)
- Very Often (5)

Q174 When looking for community resources to help address tobacco use, how likely are you to use Garrett County Health Department?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q175 If you are not likely to use the Garrett County Health Department, what is the main reason why?

- They do not offer or have resources on quitting tobacco (1)
- The Garrett County Health Department is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q176 When looking for community resources to help address tobacco use, how likely are you to use the Garrett Regional Medical Center?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q177 If you are not likely to use the Garrett Regional Medical Center, what is the main reason why?

- They do not offer or have resources on quitting tobacco (1)
- The Garrett Regional Medical Center is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q178 When looking for community resources to help address tobacco use, how likely are you to use Mountain Laurel?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q179 If you are not likely to use Mountain Laurel, what is the main reason why?

- They do not offer or have resources on quitting tobacco (1)
- Mountain Laurel is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q180 During our childhood, schools help shape not only our knowledge but our health as well. This ranges from the amount of recess children have to what is in the cafeteria vending machines. We are interested in understanding how schools influence health.

Q181 To the best of your knowledge, do the schools teach about the harm of tobacco use?

- Yes (9)
- No (10)

Q182 To the best of your knowledge, do the schools provide tobacco cessation or refer students to tobacco cessation services?

- Yes (9)
- No (10)

If Yes Is Selected, Then Skip To Community Health If No Is Selected, Then Skip To Community Health

Q183 Mental Health

Q184 Thank you for your response. We would like to know more about your mental health to figure out what programs and services are needed.

Q185 During the past 30 days, for about how many days have you felt sad, blue or depressed?

- Less than 1 day (1)
- Between 1 and 5 days (2)
- Between 6 and 10 days (3)
- Between 11 and 15 days (4)
- Between 16 and 20 days (5)
- Between 21 and 25 days (6)
- Between 26 and 30 days (7)

Q186 During the past 30 days, for about how many days have you felt worried, tense or anxious?

- Less than 1 day (1)
- Between 1 and 5 days (2)
- Between 6 and 10 days (3)
- Between 11 and 15 days (4)
- Between 16 and 20 days (5)
- Between 21 and 25 days (6)
- Between 26 and 30 days (7)

Q187 How often do you get the social and emotional support you need?

- Always (1)
- Usually (2)
- Sometimes (3)
- Rarely (4)
- Never (5)

Q188 Are you now or have you ever been a victim of abuse?

- Yes (9)
- No (10)

Q189 Which of these have you been a victim of? Check all that apply.

- Physical abuse (1)
- Verbal abuse (2)
- Sexual abuse (3)
- Financial abuse (4)
- Emotional/physiological abuse (5)
- Spiritual abuse (6)

Q190 There are organizations and resources in Garrett County to help people treat mental illness. We would like to understand a little more about why people use one organization over others that might be available.

Q191 How likely are you to use these resources to get mental health treatment?

| | Not at all (1) | A little (2) | Somewhat (3) | Very (4) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Garrett Regional Medical Center (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Primary care physician (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Haven (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Laurel (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q192 How likely are you to use these resources to get help fighting abuse?

| | Not at all (1) | A little (2) | Somewhat (3) | Very (4) |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| The Dove Center (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Faith-based support (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Peer/family support (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Police (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q193 What is the main barrier to using these resources?

- They are not near my home (1)
- I don't have the money to cover it (2)
- I don't want other people to find out (3)
- I don't believe I have a problem (4)
- I don't want to seek treatment (5)
- Other (6) _____

Q194 Health is impacted not only by what we do in our home but by what happens in the workplace. Please think about where you work to answer the following questions.

Q195 Are you currently employed?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To Some common methods for getting infor...

Q196 How much does your work site promote healthy behaviors?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q197 On a scale on 1 to 10, with 1 being not stressful and 10 being very stressful, how stressful is your job?

- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q198 How much sick leave or personal leave does your job offer?

- 0-5 days (1)
- 6-10 days (2)
- 11-15 days (3)
- 16-20 days (4)
- More than 20 days (5)
- I do not qualify for leave (6)
- My work does not have sick/personal leave (7)

Q200 Some common methods for getting information on becoming healthy is to go to your doctor, the Garrett County Health Department, Garrett Regional Medical Center or Mountain Laurel. We would like to understand a little bit more about these sources.

Q201 When thinking about your most recent doctor's visit, what was the reason for the visit?

- Yearly or physical checkup (1)
- Sick or testing for an illness (2)
- Chronic disease management (3)
- Other (4) _____

Q202 At the visit, did your doctor discuss mental health or domestic abuse with you?

- Yes (1)
- No (2)

Q203 Thinking about the past year, how often did your doctor discuss mental health or domestic abuse with you?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Quite Often (4)
- Very Often (5)

Q204 When looking for community resources to help address mental health or domestic abuse, how likely are you to use Garrett County Health Department?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q205 If you are not likely to use the Garrett County Health Department, what is the main reason why?

- They do not offer or have resources on mental health or domestic abuse (1)
- The Garrett County Health Department is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q206 When looking for community resources to help address mental health or domestic abuse, how likely are you to use the Garrett Regional Medical Center?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q207 If you are not likely to use the Garrett Regional Medical Center, what is the main reason why?

- They do not offer or have resources on mental health or domestic abuse (1)
- The Garrett Regional Medical Center is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q208 When looking for community resources to help address mental health or domestic abuse, how likely are you to use Mountain Laurel?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q209 If you are not likely to use Mountain Laurel, what is the main reason why?

- They do not offer or have resources on mental health or domestic abuse (1)
- Mountain Laurel is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q210 During our childhood, schools help shape not only our knowledge but our health as well. This ranges from the amount of recess children have to what is in the cafeteria vending machines. We are interested in understanding how schools influence health.

Q211 To the best of your knowledge, do the schools teach about the importance of mental health?

- Yes (9)
- No (10)

Q212 To the best of your knowledge, do the schools have an anti-bullying program or policy?

- Yes (9)
- No (10)

Q214 To the best of your knowledge, do the schools have a dedicated counselor on site?

- Yes (9)
- No (10)

If Yes Is Selected, Then Skip To Community Health If No Is Selected, Then Skip To Community Health

Q215 Chronic Disease

Q217 Thank you for your response. We would like to know more about your health to figure out what programs and services are needed.

Q218 Have you ever been told you are at risk of developing one of the following conditions? Check all that apply.

- Overweight (1)
- Obesity (2)
- High blood pressure (3)
- High cholesterol (4)
- High blood sugar (5)
- Borderline diabetic (6)
- Diabetic (7)

Q219 Have you ever been diagnosed as having one of the following conditions? Check all that apply.

- Overweight (1)
- Obesity (2)
- High blood pressure (3)
- High cholesterol (4)
- High blood sugar (5)
- Borderline diabetic (6)
- Diabetic (7)
- I have never been diagnosed with any of these conditions (8)

Q220 As a result of these conditions, have you been told that you are at risk for:

- Heart attack (1)
- Stroke (2)

Q221 Do any of your family members have these conditions? Check all that apply.

- Overweight (1)
- Obesity (2)
- High blood pressure (3)
- High cholesterol (4)
- High blood sugar (5)
- Borderline diabetic (6)
- Diabetic (7)

Q222 There are many organizations and resources in Garrett County to help people become healthy. We would like to understand a little more about why people use one organization over others that might be available.

Q223 How likely are you to use these resources to get chronic disease treatment?

| | Not at all (1) | A little (2) | Somewhat (3) | Very (4) |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| Weight loss programs (Jenny Craig, Weight Watchers, etc) (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Living Well / Chronic Disease Self-Management Program (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Health insurance resources (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Diabetes Support groups (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Home health aides (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Faith-based programs (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Senior Center Programs (7) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Peer support groups (8) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other (9) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q224 What is the main barrier to using these resources?

- They are not near my home (1)
- I don't have the money to cover it (2)
- I don't want other people to find out (3)
- I don't believe I have a problem (4)
- I don't want to seek treatment (5)
- Other (6) _____

Q225 Health is impacted not only by what we do in our home but by what happens in the workplace. Please think about where you work to answer the following questions.

Q226 Are you currently employed?

Yes (1)

No (2)

If No Is Selected, Then Skip To Some common methods for getting infor...

Q227 How much does your work site promote healthy behaviors?

Never (1)

Rarely (2)

Sometimes (3)

Most of the Time (4)

Always (5)

Q228 On a scale on 1 to 10, with 1 being not stressful and 10 being very stressful, how stressful is your job?

1 (1)

2 (2)

3 (3)

4 (4)

5 (5)

6 (6)

7 (7)

8 (8)

9 (9)

10 (10)

Q229 How much sick leave or personal leave does your job offer?

0-5 days (1)

6-10 days (2)

11-15 days (3)

16-20 days (4)

More than 20 days (5)

I do not qualify for leave (6)

My work does not have sick/personal leave (7)

Q230 Some common methods for getting information on becoming healthy is to go to your doctor, the Garrett County Health Department, Garrett Regional Medical Center or Mountain Laurel. We would like to understand a little bit more about these sources.

Q231 When thinking about your most recent doctor's visit, what was the reason for the visit?

- Yearly or physical checkup (1)
- Sick or testing for an illness (2)
- Chronic disease management (3)
- Other (4) _____

Q232 At the visit, did your doctor discuss chronic disease with you?

- Yes (1)
- No (2)

Q233 Thinking about the past year, how often did your doctor discuss chronic disease with you?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Quite Often (4)
- Very Often (5)

Q234 When looking for community resources to help address chronic disease, how likely are you to use Garrett County Health Department?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q235 If you are not likely to use the Garrett County Health Department, what is the main reason why?

- They do not offer or have resources on chronic disease (1)
- The Garrett County Health Department is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q236 When looking for community resources to help address chronic disease, how likely are you to use the Garrett Regional Medical Center?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q237 If you are not likely to use the Garrett Regional Medical Center, what is the main reason why?

- They do not offer or have resources on chronic disease (1)
- The Garrett Regional Medical Center is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q238 When looking for community resources to help address chronic disease, how likely are you to use Mountain Laurel?

- Never (1)
- Rarely (2)
- Sometimes (3)
- Most of the Time (4)
- Always (5)

Q239 If you are not likely to use Mountain Laurel, what is the main reason why?

- They do not offer or have resources on chronic disease (1)
- Mountain Laurel is not near my home (2)
- The office is hard to get to (3)
- I cannot make their hours (4)
- The staff is not friendly (5)
- Other (6) _____

Q240 During our childhood, schools help shape not only our knowledge but our health as well. This ranges from the amount of recess children have to what is in the cafeteria vending machines. We are interested in understanding how schools influence health.

Q241 To the best of your knowledge, do schools raise awareness among students of the signs and symptoms of heart attack and stroke?

- Yes (9)
- No (10)

Q242 To the best of your knowledge, do schools accommodate students with special health care needs?

- Yes (9)
- No (10)

If Yes Is Selected, Then Skip To Community Health If No Is Selected, Then Skip To Community Health

Q81 Community Health

Q82 Thank you for answering the questions about you and your family's number 1 health concern. Now, we would like to ask a few questions about the community's health. Could you please tell us what your number 1 health concern for your community is?

- Physical activity or lack of physical activity (1)
- Healthy eating habits (2)
- Drug and alcohol use (3)
- Tobacco use (both smokeless and cigarettes) (4)
- Mental Health (5)
- Chronic Disease (diabetes, heart disease, etc.) (6)

If Drug and alcohol use Is Selected, Then Skip To Community Drug and Alcohol Use If Physical activity or lack o... Is Selected, Then Skip To Community Physical Activity If Healthy eating habits Is Selected, Then Skip To Community Healthy Eating Habits and N... If Tobacco use (both smokeless... Is Selected, Then Skip To Community Tobacco Use If Mental Health Is Selected, Then Skip To Community Mental Health If Chronic Disease (diabetes, ... Is Selected, Then Skip To Community Chronic Disease

Q243 Community Physical Activity

Q244 On a scale from 1 to 10, with 1 being not physically active at all and 10 being always physically active, how active are people in your community?

- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q247 Think back to the last time you wanted to engage in this activity but were unable to. What was the main reason why?

- No one to go with (1)
- Cost (2)
- Time (3)
- I can't do their hours (4)
- People are not friendly (5)
- Hard to get to/use (distance, bad roads, etc) (6)
- Weather (7)
- Other (8) _____

Q246 Are public recreation facilities accessible for all residents, regardless of ability?

- Yes (1)
- No (2)

Q250 How often do you think people talk with their doctor about physical activity?

- Not at all (1)
- A little (2)
- Somewhat (3)
- Very (4)

Q248 To the best of your knowledge, do Garrett County schools provide a wide range of clubs and sports for students to be physically active?

- Yes (1)
- No (2)

Q249 In general, how much do the schools promote physical activity?

- Not at all (1)
- A little (2)
- Somewhat (3)
- Very (4)

Q251 How available/maintained is the physical activity equipment in the schools?

- Not at all (1)
- A little (2)
- Somewhat (3)
- Very (4)

If Not at all Is Selected, Then Skip To Please Tell Us a Little About Yourself If A little Is Selected, Then Skip To Please Tell Us a Little About Yourself If Somewhat Is Selected, Then Skip To Please Tell Us a Little About Yourself If Very Is Selected, Then Skip To Please Tell Us a Little About Yourself

Q252 Community Healthy Eating Habits and Nutrition

Q254 On a scale from 1 to 10, with 1 not eating healthy at all and 10 being eating healthy, how healthy are the eating habits of people in your community?

- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q255 In your opinion, how likely are Garrett County residents to use the following resources to eat more healthy?

| | Not at all (1) | A little (2) | Somewhat (3) | Very (4) |
|---------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| WIC (Women, Infants and Children) (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| University of Maryland Extension (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hospital-based wellness programs (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Food Stamps (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Senior Center programs (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| House of Hope (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Laurel Food Bank (7) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q256 What is the main reason why Garrett County residents don't eat healthy?

- There are no healthy choices near their homes (1)
- The food is too expensive (2)
- They don't have the time (3)
- They don't know how to cook healthy meals (4)
- Their family won't eat the food (5)
- They don't want to cook healthy food (6)
- They always eat healthy (7)
- Other (8) _____

Q257 To what extent does the community encourage grocery stores and restaurants to provide healthy food options?

- Never (9)
- Rarely (10)
- Sometimes (11)
- Most of the Time (12)
- Always (13)

Q258 How often do you think the following health care resources talk with patients about healthy eating?

| | Never (9) | Rarely (10) | Sometimes (11) | Most of the Time (12) | Always (13) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Primary Care physician (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett Regional Medical Center (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Laurel (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q259 To the best of your knowledge, do the schools offer healthy food options in the cafeteria?

- Yes (9)
- No (10)

Q260 In your option, does the school system provide adequate nutrition education?

- Not at all (1)
- A little (2)
- Somewhat (3)
- Very (4)

If Not at all Is Selected, Then Skip To Please Tell Us a Little About Yourself If A little Is Selected, Then Skip To Please Tell Us a Little About Yourself If Somewhat Is Selected, Then Skip To Please Tell Us a Little About Yourself If Very Is Selected, Then Skip To Please Tell Us a Little About Yourself

Q84 Community Drug and Alcohol Use

Q85 In your opinion, how common is drug and alcohol abuse in Garrett County? 1= not at all common and 10= very common

- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q86 Which of these drugs do you know are being abused in Garrett County? Check all that apply.

- Alcohol (1)
- Marijuana (pot, hash, hash oil) (2)
- Cocaine (crack, rock, freebase) (3)
- Amphetamines (diet pills, speed) (4)
- Sedatives (downers, ludes) (5)
- Hallucinogens (LSD,PCP) (6)
- Opiates (heroin, smack, horse) (7)
- Inhalants (glue, solvents, gas) (8)
- Design drugs (Ecstasy, MDMA) (9)
- Steroids (10)
- Other illegal drugs (11)
- Don't know (12)

Q91 How often do you think the following talk with patients about drug or alcohol abuse?

| | None (1) | Little (2) | Some (3) | A Lot (4) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Family or Primary Care Doctor (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett Regional Medical Center (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Laurel (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q87 How aware do you think people are of the following resources to help treat or recover from drug or alcohol abuse?

| | Not at all Aware (1) | Slightly Aware (2) | Somewhat Aware (3) | Very Aware (4) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 12 Step Programs (AA, NA) (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Celebrate Recovery (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Primary Care Physicians (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Methadone clinics (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Emergency Room (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other (7) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q89 How often do you think people use the following resources to help treat or recover from drug or alcohol abuse?

| | Not at all (1) | A little (2) | Sometimes (3) | Very (4) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 12 Step Programs (AA, NA) (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Celebrate Recovery (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Primary Care Physicians (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Methadone clinics (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Emergency Room (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other (7) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q262 What is the main barrier to using these resources?

- They are not easy to get to (1)
- Lack of transportation (2)
- People do not know they exist (3)
- Lack of Time (4)
- Cost/Money (5)
- Fear or shame (6)
- People do not want help (7)

Q261 To the best of your knowledge, do the elementary schools teach about drug and alcohol abuse?

- Yes (1)
- No (2)

Q263 To the best of your knowledge, do the middle schools teach about drug and alcohol abuse?

- Yes (1)
- No (2)

Q264 To the best of your knowledge, do the high schools teach about drug and alcohol abuse?

- Yes (1)
- No (2)

Q265 In your opinion, how effective is the drug and alcohol abuse education?

- Not at all (1)
- A little (2)
- Somewhat (3)
- Very (4)

If Not at all Is Selected, Then Skip To Please Tell Us a Little About Yourself If A little Is Selected, Then Skip To Please Tell Us a Little About Yourself If Somewhat Is Selected, Then Skip To Please Tell Us a Little About Yourself If Very Is Selected, Then Skip To Please Tell Us a Little About Yourself

Q267 Community Tobacco Use

Q268 In your opinion, with 1 being not at all and 10 being very, how common is tobacco use in Garrett County?

- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q270 How often do you think the following talk with patients about tobacco use?

| | None (1) | Little (2) | Some (3) | A Lot (4) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Family or Primary Care Doctor (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett Regional Medical Center (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Laurel (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q271 How often do you think people use the following resources to quit using tobacco?

| | None (1) | Little (2) | Some (3) | A Lot (4) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Primary Care physician (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett Regional Medical Center (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Laurel (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q90 What is the main barrier to using these resources?

- They are not easy to get to (1)
- Lack of transportation (2)
- People do not know they exist (3)
- Lack of Time (4)
- Cost/Money (5)
- Fear or shame (6)
- People do not want help (7)

Q273 To the best of your knowledge, do the schools teach about the harm of tobacco use?

- Yes (1)
- No (2)

Q274 To the best of your knowledge, do the schools provide tobacco cessation or refer students to tobacco cessation services?

- Yes (1)
- No (2)

If Yes Is Selected, Then Skip To Please Tell Us a Little About Yourself If No Is Selected, Then Skip To Please Tell Us a Little About Yourself

Q275 Community Mental Health

Q277 In your opinion, with 1 being not at all and 10 being very, how common are mental health conditions in Garrett County?

- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q279 How likely are Garrett County residents to use these resources to get mental health treatment?

| | None (1) | A little (2) | Somewhat (3) | Very (4) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Family or Primary Care Doctor (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett Regional Medical Center (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Laurel (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Haven (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q259 How often do you think the following health care resources talk with patients about mental health?

| | None (1) | A little (2) | Sometimes (3) | A lot (4) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Primary Care physician (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett Regional Medical Center (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Laurel (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q263 What is the main barrier to using these resources?

- They are not easy to get to (1)
- Lack of transportation (2)
- People do not know they exist (3)
- Lack of Time (4)
- Cost/Money (5)
- Fear or shame (6)
- People do not want help (7)

Q280 In your opinion, how common are the following forms of domestic violence?

| | None (1) | A little (2) | Somewhat (3) | Very (4) |
|-----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Physical abuse (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Verbal abuse (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sexual abuse (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Financial Abuse (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Emotional/psychological abuse (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Spiritual abuse (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q257 How likely are Garrett County residents to use these resources to get help to stop domestic violence?

| | Not at all (1) | A little (2) | Somewhat (3) | Very (4) |
|---------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| The Dove Center (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Faith-based support (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Peer/family support (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Police (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q272 What is the main barrier to using these resources?

- They are not easy to get to (1)
- Lack of transportation (2)
- People do not know they exist (3)
- Lack of Time (4)
- Cost/Money (5)
- Fear or shame (6)
- People do not want help (7)

Q260 To the best of your knowledge, do the schools teach about the importance of mental health?

- Yes (9)
- No (10)

Q261 To the best of your knowledge, do the schools have an anti-bullying program or policy?

- Yes (9)
- No (10)

Q262 To the best of your knowledge, do the schools have a dedicated counselor on site?

Yes (9)

No (10)

If Yes Is Selected, Then Skip To Please Tell Us a Little About Yourself If No Is Selected, Then Skip To Please Tell Us a Little About Yourself

Q264 Community Chronic Disease

Q265 In your opinion, how common are the following chronic diseases in Garrett County?

| | Not at all (1) | A little (2) | Somewhat (3) | Very (4) |
|-------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Overweight/obesity (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Heart Disease (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| High Blood pressure (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Diabetes (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| COPD (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cancer (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q266 In your opinion, how likely are people to use these resources to get chronic disease treatment?

| | Not at all (1) | A little (2) | Somewhat (3) | Very (4) |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| Weight loss programs (Jenny Craig, Weight Watchers, etc) (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Living Well / Chronic Disease Self Management Program (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Health insurance resources (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Diabetes Support groups (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Home health aides (5) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Faith-based programs (6) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Senior Center Programs (7) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Peer support groups (8) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other (9) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q268 What is the main barrier to using these resources?

- They are not easy to get to (1)
- Lack of transportation (2)
- People do not know they exist (3)
- Lack of Time (4)
- Cost/Money (5)
- Fear or shame (6)
- People do not want help (7)

Q269 How often do you think the following health care resources talk with patients about chronic disease?

| | None (1) | A little (2) | Sometimes (3) | A lot (4) |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Primary Care physician (1) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett County Health Department (2) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Garrett Regional Medical Center (3) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mountain Laurel (4) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q270 To the best of your knowledge, do the schools address chronic disease?

- Yes (9)
- No (10)

Q271 To the best of your knowledge, do the schools accommodate students with special health care needs?

- Yes (9)
- No (10)

If Yes Is Selected, Then Skip To Please Tell Us a Little About Yourself

Q92 Please Tell Us a Little About Yourself

Q93 Thank you for completing the survey. We would like to ask a few questions to help understand who is answering the survey.

Q94 What is your sex?

- Male (1)
- Female (2)
- Other (3)

Q95 What is your age?

- 18 to 24 (1)
- 25 to 34 (2)
- 35 to 44 (3)
- 45 to 54 (4)
- 55 to 64 (5)
- 65 to 74 (6)
- 75 or older (7)

Q96 What is the race you most identify with?

- Asian/Pacific Islander (1)
- Black/African American (2)
- Hispanic or Latino (3)
- Native American or American Indian (4)
- White/Non-Hispanic (5)
- Other (6)

Q99 What town do you live in?

Q97 What is your household income from all sources?

- \$0 - \$24,999 (1)
- \$25,000 - \$34,999 (2)
- \$35,000 - \$49,999 (3)
- \$50,000 - \$74,999 (4)
- \$75,000 - \$99,999 (5)
- \$100,000 or more (6)

Q98 What is your highest level of completed education?

- Less than high school (1)
- High School Diploma/GED (2)
- Some college or associate degree (3)
- Bachelor's degree (4)
- Graduate or professional degree (5)

Q272 What is your marital status?

- Married (1)
- Single (2)
- Separated/divorce (3)
- Cohabiting (4)
- Widowed (5)

Q274 Do you have any children?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To Do you work more than one job?

Q275 How many children do you have?

Answer If Do you any of your children have a serious medical issue? Yes Is Selected

Q276 Do you any of your children have a serious medical issue?

- Yes (9)
- No (10)

Q100 Do you work more than one job?

- Yes (1)
- No (2)

Q101 What industry do you primarily work?

- Retail/Sale (1)
- Service/Hospitality (2)
- Education (3)
- Public Service (4)
- Government (5)
- Non-profit (6)
- Skilled labor (plumber, electrician, etc) (7)
- General labor (8)
- Medical (9)
- Veterinary (10)
- Construction (11)
- Law/legal (12)
- Banking (13)
- Manufacturing (14)
- Marketing (15)
- Media (16)
- Other (17)

Q102 Do you use tobacco?

- Yes (1)
- No (2)

Q103 Do you use well water as your primary source for drinking water?

- Yes (1)
- No (2)

Answer If Do you have a well? Yes Is Selected

Q104 Have you tested the water quality in the past five years?

- Yes (1)
- No (2)

Q105 Would you like to be entered into the drawing for a \$100 gift card?

- Yes (1)
- No (2)

If No Is Selected, Then Skip To Thank you for your participation!

Q277 The following information will only be used to enter you into the gift card drawing.

Q106 What is your name?

Q107 What is your mailing address?

Q108 Thank you for your participation!

Q279 Interested in what Garrett County has to offer? [Click here to find out!](#)

Adapted Survey Resources:

- CHANGE Tool
- BRFSS
- YRBS
- CDC Community Health Quality of Life Index
- Census Bureau
- Feedback and input from Garrett County Health Planning Council