



North Jersey Health Collaborative

health matters

Community Voice Survey

Warren County

September 2018

Prepared for the North Jersey Health Collaborative by Atlantic Health System

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EXECUTIVE SUMMARY

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

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

Between January and May, 2018, 604 individuals living in Warren County completed the *Community Voice Survey*. Most (73%) of the survey respondents are female, 42% are between 45 and 64 years-old, and 83% identify as non-Hispanic White. Nearly half (47%) of the survey respondents have at least a Bachelor's degree and 35% consider their household finances to be somewhat stable (i.e., they can handle most bills and some unexpected expenses or emergencies).

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

- 1. Mental health care**
- 2. Employment**
- 3. Transit access**
- 4. Housing**
- 5. Health insurance**

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



INTRODUCTION & BACKGROUND

About NJHC

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

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

About Warren County

With a population of approximately 106,798 persons and an area of 357 square miles, the population density is markedly lower (304.5 persons/sq. mile) than the overall state population density (1,195.5 persons/sq. miles). The county’s three small cities include Phillipsburg (pop. 14,459), Hackettstown (pop. 9,554), and Washington Borough (pop. 6,450). The rest of Warren County’s citizens live in suburban and rural communities. 20.2% of the county population is under age 18, and 17.6% are over age 65.

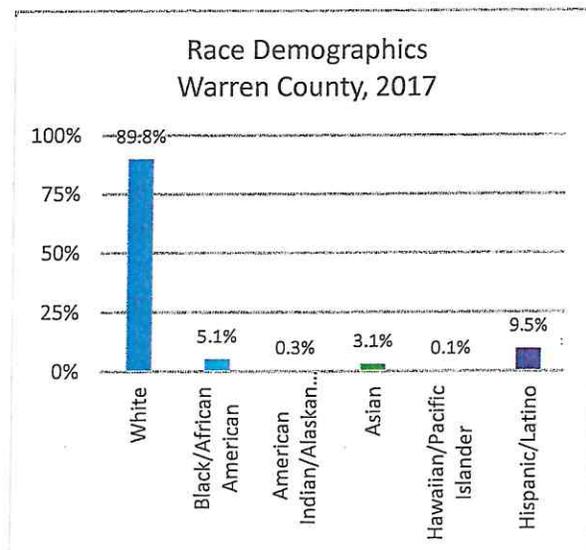


Figure 1

While most Warren County residents are white (see Figure 1), the minority populations continue to grow. For example, the Hispanic/Latino community has more than doubled, from 3.7% in 2000 to 9.5% in 2017. Roughly 12% of Warren County households speak a language other than English at home and 9.7% of residents were born outside of the United States.

The median household income in Warren County (\$72,999) is slightly lower than the New Jersey median household income (\$73,702). There are also greater portions of individuals living below

the poverty level in Phillipsburg (19.6%) and Hackettstown (13%) compared to both the state overall (10.9%) and Warren County (7.9%) and a greater proportion of families living below the poverty line in Washington Borough (9.3% vs. 8.1% in NJ and 5.7% in Warren County). 32% of Warren County households meet the United Way ALICE (Asset limited, income constrained, employed) criteria.

Of residents under the age of 65, 8% are uninsured, although with the introduction of the Affordable Care Act (ACA), New Jersey expanded its public medical assistance program NJ FamilyCare (which includes Medicaid) and has seen an increase in enrollment state-wide. Finally, approximately 90% of Warren County residents over 25 have at least a high school diploma, with 30% of residents have a bachelor's degree or higher. In the state overall, only 88% of the population over 25 have a high school diploma.

For more complete information about Warren County, visit www.njhealthmatters.org and the US Census Bureau, 2012-2016 American Community Survey 5-Year Estimates at <https://factfinder.census.gov/>.

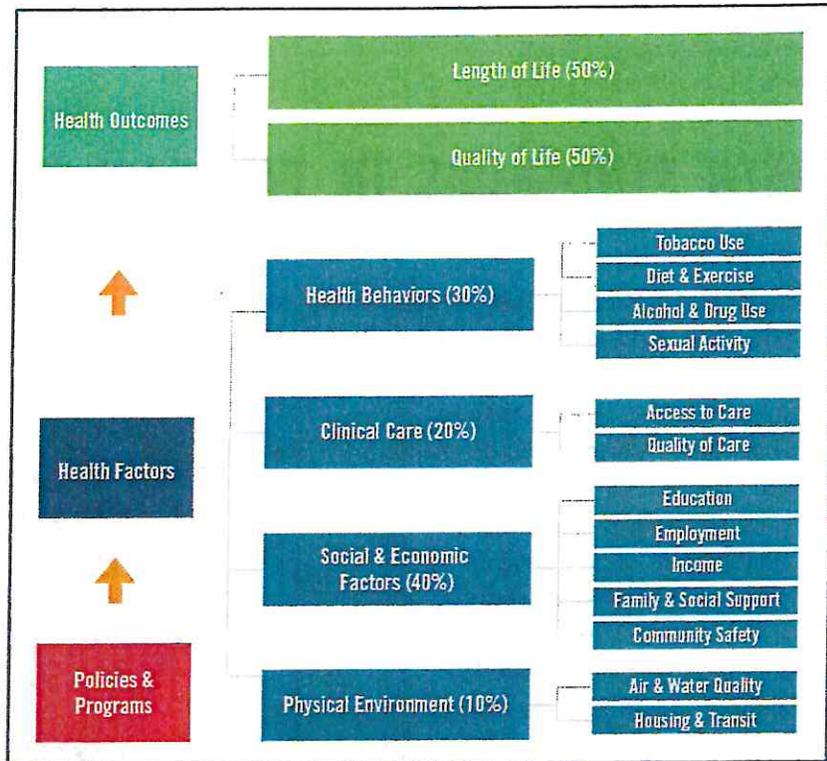
Purpose of the *Community Voice Survey*

The *Community Voice Survey* was designed based on requests from NJHC partners who wanted more direct input from people who live and work in our communities in the shared community health needs assessment. Engaging community members in this process enabled NJHC partners to obtain valuable insights about individuals' and communities' health and well-being that might otherwise be overlooked. Furthermore, allowing community members to share their perspective on their health and the health of their neighborhoods helped NJHC partners gain a better understanding of the strengths and needs of our communities, as well as the facilitators and barriers to health and well-being. Results from the *Community Voice Survey* will help the NJHC and its partners to develop and implement more effective strategies on issues that really matter to the communities' health and well-being.

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

Data Collection Process

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



In addition to questions about their demographics *Figure 2: County Health Rankings Roadmaps and Model (University of Wisconsin Population Health Institute)*

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

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

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

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

MAIN FINDINGS IN WARREN COUNTY

A total of 604 individuals living in Warren County completed the *Community Voice Survey*. **Figure 3** shows the distribution of survey responses by municipalities in the county. Respondents are mostly female (73%)*, 45-64 years-old (42%)*, and identify as non-Hispanic white (83%). A quarter (25%) of respondents have a Bachelor's degree, with an additional 22% having a graduate or professional degree.

Most respondents described their household finances as being "somewhat stable" (35%), meaning that they are either able to handle most bills as well as some unexpected expenses. Nearly all respondents (94%) say they are covered by health insurance and 19% said they are providing unpaid care to a family member or friend who is disabled, has a chronic illness, or has issues with aging. When asked to rate their overall well-being between 0 and 10, respondents gave an average score of 7.4 (range = 0-10).

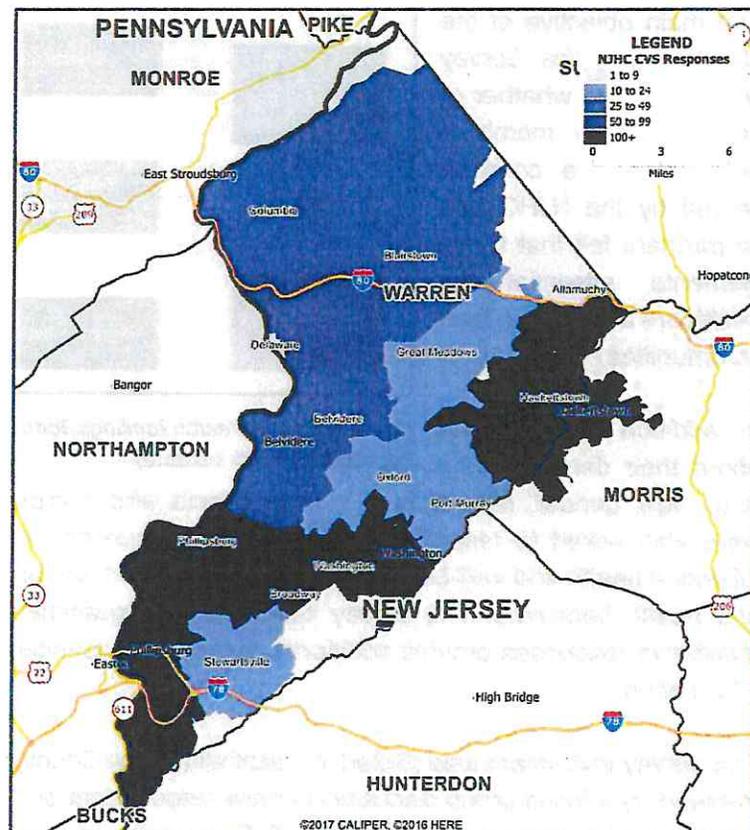


Figure 3: Distribution of Survey Responses - Warren County

It is important to keep in mind that the data described above, and throughout the rest of this report, reflect only the views of individuals who participated in the *Community Voice Survey* and that these results are not representative of Warren County as a whole. *51% of county residents are female and approximately 23% fall between the ages of 45-64.

Key Health Factors

The *Community Voice Survey* asked respondents to state whether they felt 42 measures about health and well-being are “true” or “false” about their communities and themselves. These measures can be categorized into the four health factors in the County Health Rankings and Roadmap Model: physical environment, social and economic factors, clinical care, and health behaviors. For more information on the health factors, see **Figure 2** or visit www.countyhealthrankings.org.

Responses to the key health measures are provided first for all responses collected in Warren County. This is followed by comparisons between all responses and responses from specific sub-populations for which sampling targets were set (e.g., gender, age, race/ethnicity, low-income communities). Comparisons are only provided when a sampling target was met. In Warren County, comparisons in responses are made for three age groups (18-44, 45-64, and 65-74) and one low-income community (zip code 08865). In addition to comparing survey responses to specific sub-populations, overall county data are also compared against data from municipalities within the county that collected at least 50 responses. In Warren County, these municipalities are: Blairstown Township, Hackettstown, Washington Borough, and Washington Township.

Data are highlighted in **red** if at least 5% fewer respondents in the comparison selected “true” to each measure than all responses from the county. Data are highlighted in **green** if at least 5% more respondents in the comparison group selected “true” to each measure than all responses from the county.

Physical Environment

Physical environment describes the human-made space in which people live, learn, work, and play. **Table 1** shows the percentage of respondents who responded “true” to each of the 9 measures about physical environment.

Table 1. Physical Environment

Measures	% True
Air is clean and breathable	95%
There are parks, playgrounds, and other places where people can get exercise safely for free or at a good price	88%
There are public places where neighbors can get together; like open spaces, a public library, or a community center	84%
People can walk around the neighborhood and cross streets safely	80%
People can buy healthy food at a good price	76%
Roads are safe and well-maintained	71%

There is enough affordable housing, and it is safe and well-kept	61%
There are public places people can walk or bike to safely	56%
There is good access to transportation; people can get to work, school, businesses, healthcare facilities, and place of worship easily and safely	47%

Comparisons by Respondents' Age Group

Table 2 presents the comparisons of responses to each of the nine measures about physical environment from respondents ages 18-44, 45-64, and 65-74 against all respondents in Warren County.

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

Measures	% True			
	All	18-44	45-64	65-74
Air is clean and breathable	95%	95%	93%	93%
There are parks, playgrounds, and other places where people can get exercise safely for free or at a good price	88%	89%	86%	88%
There are public places where neighbors can get together; like open spaces, a public library, or a community center	84%	83%	83%	88%
People can walk around the neighborhood and cross streets safely	80%	81%	77%	82%
People can buy healthy food at a good price	76%	76%	73%	83%
Roads are safe and well-maintained	71%	66%	73%	71%
There is enough affordable housing, and it is safe and well-kept	61%	65%	54%	61%
There are public places people can walk or bike to safely	56%	61%	53%	49%
There is good access to transportation; people can get to work, school, businesses, healthcare facilities, and place of worship easily and safely	47%	58%	38%	38%

Comparison by Municipalities

Table 3 presents the comparisons of responses to each of the 9 measures about physical environment from respondents living in Blairstown Township, Hackettstown, Phillipsburg, Washington Borough, and Washington Township against all respondents in Warren County.

Table 3. Physical Environment – Comparisons by Municipalities

Measures	% True					
	All	Blairstown	Hackettstown	Phillipsburg	Wash. Boro	Wash. Twp
Air is clean and breathable	95%	93%	97%	85%	92%	100%
There are parks, playgrounds, and other places where people can get exercise safely for free or at a good price	88%	93%	87%	90%	86%	86%
There are public places where neighbors can get together; like open spaces, a public library, or a community center	84%	95%	86%	87%	80%	77%
People can walk around the neighborhood and cross streets safely	80%	79%	74%	81%	45%	70%
People can buy healthy food at a good price	76%	77%	85%	64%	75%	85%
Roads are safe and well-maintained	71%	75%	74%	63%	45%	70%
There is enough affordable housing, and it is safe and well-kept	61%	55%	69%	62%	53%	59%
There are public places people can walk or bike to safely	56%	53%	61%	68%	60%	59%
There is good access to transportation; people can get to work, school, businesses, healthcare facilities, and place of worship easily and safely	47%	37%	55%	73%	50%	48%

Social & Economic Factors

Social and economic factors refer to items such as education, employment, income, family and social support, and community safety. **Table 4** shows the percentage of respondents who responded “true” to each of the 11 measures about social and economic factors in their communities.

Table 4. Social and Economic Factors

Measures	% True
There are opportunities for people to get good education	92%
People feel safe from crime and violence	87%
People feel proud to live here	81%
People look out for each other and take care of one another	76%
Neighbors know one another	75%
People know where to get help in times of crisis or emergency	75%
If there is a problem, community members can get it solved	68%
People know where to go if they have a problem or need assistance on a regular basis	66%
People make enough money to afford basic needs, like food, housing, and transportation	63%
People have access to safe, high-quality child care at a good price	62%
There are enough jobs and most people who want a job can get one	50%

Comparisons by Respondents' Age Group

Table 5 presents the comparisons of responses to each of the 11 measures about social and economic factors from respondents ages 18-44, 45-64, and 65-74 against all respondents in Warren County.

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

Measures	% True			
	All	18-44	45-64	65-74
There are opportunities for people to get good education	92%	93%	90%	90%
People feel safe from crime and violence	87%	87%	84%	92%
People feel proud to live here	81%	77%	82%	88%
People look out for each other and take care of one another	76%	75%	76%	75%
Neighbors know one another	75%	79%	74%	71%
People know where to get help in times of crisis or emergency	75%	81%	69%	68%
If there is a problem, community members can get it solved	68%	73%	65%	60%
People know where to go if they have a problem or need assistance on a regular basis	66%	74%	62%	53%
People make enough money to afford basic needs, like food, housing, and transportation	63%	68%	60%	53%
People have access to safe, high-quality child care at a good price	62%	69%	57%	51%
There are enough jobs and most people who want a job can get one	50%	56%	47%	45%

Comparisons by Municipalities

Table 6 presents the comparisons of responses to each of the 11 measures about social and economic factors from respondents living in Blairstown Township, Hackettstown, Phillipsburg, Washington Borough, and Washington Township against all respondents in Warren County.

Table 6. Social and Economic Factors – Comparisons by Municipalities

Measures	% True					
	All	Blairstown	Hackettstown	Phillipsburg	Wash. Boro	Wash. Twp
There are opportunities for people to get good education	92%	97%	97%	91%	87%	90%
People feel safe from crime and violence	87%	94%	88%	71%	71%	90%
People feel proud to live here	81%	93%	85%	66%	57%	72%
People look out for each other and take care of one another	76%	85%	73%	71%	74%	68%
Neighbors know one another	75%	70%	75%	73%	69%	75%
People know where to get help in times of crisis or emergency	75%	72%	79%	73%	74%	81%
If there is a problem, community members can get it solved	68%	65%	70%	73%	67%	66%
People know where to go if they have a problem or need assistance on a regular basis	66%	67%	72%	74%	50%	66%
People make enough money to afford basic needs, like food, housing, and transportation	63%	76%	73%	42%	49%	59%
People have access to safe, high-quality child care at a good price	62%	60%	66%	64%	64%	68%
There are enough jobs and most people who want a job can get one	50%	50%	58%	48%	46%	56%

Clinical Care

Clinical care refers to issues such as health insurance access to healthcare, and the affordability and quality of health services and providers. **Table 7** shows the percentage of respondents who responded “true” to each of the 9 measures about clinical care in their communities.

Table 7. Clinical Care

Measures	% True
Most people have a doctor they consider to be their personal doctor	90%
The healthcare that people receive is of good quality	85%
People can get health information in a language they understand and healthcare decisions fit with the culture of the person getting the care	83%
There are places close-by where people can get healthcare	78%
People have access to good quality emergency care	78%
People have access to good quality dental care at a reasonable price	63%
People have access to good quality care for substance use disorders	57%
People have access to good quality mental health care	54%
People can get health insurance that is affordable and covers care they need	53%

Comparisons by Respondents’ Age Group

Table 8 presents the comparisons of responses to each of the 9 measures about clinical care from respondents ages 18-44, 45-64, and 65-74 against all respondents in Warren County.

Table 8. Clinical Care – Comparisons by Respondents’ Age Groups

Measures	% True			
	All	18-44	45-64	65-74
Most people have a doctor they consider to be their personal doctor	90%	89%	90%	89%
The healthcare that people receive is of good quality	85%	85%	83%	89%
People can get health information in a language they understand and healthcare decisions fit with the culture of the person getting the care	83%	84%	81%	88%
There are places close-by where people can get healthcare	78%	78%	79%	76%

People have access to good quality emergency care	78%	79%	76%	76%
People have access to good quality dental care at a reasonable price	63%	68%	62%	50%
People have access to good quality care for substance use disorders	57%	63%	53%	44%
People have access to good quality mental health care	54%	57%	51%	48%
People can get health insurance that is affordable and covers care they need	53%	45%	30%	65%

Comparisons by Municipalities

Table 9 presents the comparisons of responses to each of the 9 measures about clinical care from respondents living in Blairstown Township, Hackettstown, Phillipsburg, Washington Borough, and Washington Township against all respondents in Warren County.

Table 9. Clinical Care – Comparisons by Municipalities

Measures	% True					
	All	Blairstown	Hackettstown	Phillipsburg	Wash. Boro	Wash. Twp
Most people have a doctor they consider to be their personal doctor	90%	97%	91%	86%	84%	89%
The healthcare that people receive is of good quality	85%	92%	91%	83%	78%	86%
People can get health information in a language they understand and healthcare decisions fit with the culture of the person getting the care	83%	83%	88%	88%	79%	74%
There are places close-by where people can get healthcare	78%	79%	89%	83%	80%	76%
People have access to good quality emergency care	78%	66%	88%	79%	74%	68%
People have access to good quality dental care at a reasonable price	63%	69%	66%	55%	59%	58%
People have access to good quality care for substance use disorders	57%	41%	63%	68%	65%	56%
People have access to good quality mental health care	54%	42%	62%	67%	65%	53%
People can get health insurance that is affordable and covers care they need	53%	39%	57%	58%	53%	53%

Health Behaviors

Health behaviors are activities or personal attributes that can either enhance or damage a person's physical or mental health. **Table 10** shows the percentage of respondents who responded "true" to each of the 13 measures about their own health behaviors.

Table 10. Health Behaviors

Measures	% True
I do not take more medication than what my doctor tells me, or use medication that was not prescribed to me	98%
Most days, I'm able to take care of myself	98%
I do not use drugs to excess; my drug use does not cause problems in my life	97%
I do not drink to excess; my alcohol use does not cause problems in my life	96%
If I engage in sexual activities, I do it safely	94%
I do not use cigarettes, vaporizers, or smokeless tobacco	87%
I eat healthy foods most days	86%
I am able to manage my stress most days	84%
I know where to find information on substance use prevention for myself or someone I know	81%
I know how to find substance use treatment for myself or a loved one	80%
I am aware of places to properly dispose of unwanted prescription medications	80%
I get enough sleep and feel well-rested most days	68%
I get enough exercise and lead an active lifestyle	68%

Comparisons by Respondents' Age Group

Table 11 presents the comparisons of responses to each of the 13 measures about health behaviors from respondents ages 18-44, 45-64, and 65-74 against all respondents in Warren County.

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

Measures	% True			
	All	18-44	45-64	65-74
I do not take more medication than what my doctor tells me, or use medication that was not prescribed to me	98%	98%	98%	100%
Most days, I'm able to take care of myself	98%	97%	99%	100%
I do not use drugs to excess; my drug use does not cause problems in my life	97%	97%	97%	100%
I do not drink to excess; my alcohol use does not cause problems in my life	96%	96%	96%	98%
If I engage in sexual activities, I do it safely	94%	98%	91%	89%
I do not use cigarettes, vaporizers, or smokeless tobacco	87%	85%	85%	93%
I eat healthy foods most days	86%	81%	88%	89%
I am able to manage my stress most days	84%	77%	86%	95%
I know where to find information on substance use prevention for myself or someone I know	81%	84%	80%	70%
I know how to find substance use treatment for myself or a loved one	80%	82%	80%	72%
I am aware of places to properly dispose of unwanted prescription medications	80%	71%	83%	80%
I get enough sleep and feel well-rested most days	68%	60%	67%	87%
I get enough exercise and lead an active lifestyle	68%	72%	64%	68%

Comparisons by Municipalities

Table 12 presents the comparisons of responses to each of the 13 measures about health behaviors from respondents living in Blairstown Township, Hackettstown, Phillipsburg, Washington Borough, and Washington Township against all respondents in Warren County.

Table 12. Clinical Care – Comparisons by Municipalities

Measures	% True					
	All	Blairstown	Hackettstown	Phillipsburg	Wash. Boro	Wash. Twp
I do not take more medication than what my doctor tells me, or use medication that was not prescribed to me	98%	100%	99%	99%	94%	95%
Most days, I'm able to take care of myself	98%	99%	99%	100%	96%	97%
I do not use drugs to excess; my drug use does not cause problems in my life	97%	100%	96%	96%	93%	95%
I do not drink to excess; my alcohol use does not cause problems in my life	96%	97%	96%	96%	91%	94%
If I engage in sexual activities, I do it safely	94%	93%	93%	96%	91%	92%
I do not use cigarettes, vaporizers, or smokeless tobacco	87%	89%	87%	81%	85%	86%
I eat healthy foods most days	86%	93%	85%	84%	73%	86%
I am able to manage my stress most days	84%	92%	86%	82%	79%	83%
I know where to find information on substance use prevention for myself or someone I know	81%	76%	81%	87%	76%	84%
I know how to find substance use treatment for myself or a loved one	80%	74%	81%	89%	79%	85%
I am aware of places to properly dispose of unwanted prescription medications	80%	75%	88%	84%	74%	78%
I get enough sleep and feel well-rested most days	68%	77%	74%	69%	49%	63%
I get enough exercise and lead an active lifestyle	68%	77%	69%	56%	65%	70%

Most Commonly Identified Health Issues

In addition to asking survey respondents on whether they felt the key health measures are “true” or “false,” the *Community Voice Survey* also asked them to select up to 5 of the 42 measures as priority issues that the NJHC and its partners should focus on to improve the health and well-being of their communities. In Warren County, the 5 most frequently selected issues are:

1. **Mental health care (20%)**
2. **Employment (16%)**
3. **Transit access (15%)**
4. **Housing (13%)**
5. **Health insurance (13%)**

Approximately 2 in 5 (39%) respondents think that health issues are bigger problems for certain individuals, such as seniors, low-income individuals/families, and people with disabilities.

CONCLUSION

The *Community Voice Survey* is a part of a larger shared community health needs assessment that was designed to capture the input of people who live and work in communities across Morris, Passaic, Sussex, Union, and Warren counties about their perspectives on their health and well-being. Results presented in this report reflect the views of the 604 individuals living in Warren County who completed the survey and is therefore not representative of all individuals living in the county.

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

- Having access to quality care for substance use disorders
- Having access to good quality mental health care
- Having access to transportation so people get to work, school, businesses, healthcare facilities, and places of worship easily and safely
- The availability of housing that is safe and well-kept
- Having access to health insurance that is affordable and covers the healthcare that people need
- Having places where people can buy healthy foods at a good price

Overall, only 47% of Warren County respondents reported that there is good access to transportation; this drops to 38% among respondents aged 45-74, and 37% for respondents from Blairstown, specifically. Nearly all respondents feel that the air is clean and breathable (95%), that parks and public gathering spaces are available (88%), and that they can walk around their neighborhoods (84%). Respondents from Phillipsburg were less likely to report that people in their community could buy healthy food at a good price. In the comments section of the survey, both residents of Phillipsburg and Belvidere specifically noted the lack of grocery store access to be a community problem.

"...unless you have a car, there is no way to get there."
 -Hardwick resident

"Phillipsburg is in need of a grocery store in town. Since Alhart's has closed it has caused a hardship for residents who don't drive who were able to walk to it for groceries around their work schedule. It has also made it more difficult for residents who are homebound due to age or illness to have family members make quick stops for needed items."
 -Phillipsburg resident

"...lack of affordable housing... it makes addressing anything else a bit easier when you have a stable place to live."
 -Oxford resident

Only 61% of survey respondents overall believe that there is enough affordable housing that is safe and well kept. Residents of Blairstown and Washington Boro are less likely to agree (55% and 53% respectively), as well as residents aged 45-64 (54%). Survey respondents

generally agree that there are good opportunities for education (92%) and that people feel safe from crime and violence (87%).

Less than two-thirds of survey respondents overall believed that community members have good access to dental (63%), substance use disorder (57%), or mental health (54%) care; these numbers drop even lower among respondents aged 65-74, and among residents of Blairstown. Less than a third (30%) of respondents aged 45-64 believe that people can get health insurance that

"The people experiencing mental health and/or substance abuse issues in [their] family are keenly aware of the lack of treatment, while those not directly affected are oblivious and even hostile to treatment... It divides the community."
 -Allamuchy resident

is affordable and covers care if they need it. Respondents generally (90%), however, believe that most people have a doctor that they consider to be their family doctor. In the write-in portion of the survey, people particularly noted that access to affordable dental care was a serious issue.



Interestingly, while Warren County respondents did not think that community members had good access to care for substance use disorders, 81% agreed that they knew where to find substance use prevention information and treatment for themselves or others.

Survey takers also noted that seniors, those with disabilities, and those who do not speak English are disproportionately affected by community health issues.

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



North Jersey Health Collaborative



health matters

Community Voice Initiative

Introduction

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

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

- I understand and I am ready to share my voice
- I do not want to participate

About You

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

1) Where do you live?

County Name: _____

Town/Municipality Name: _____

Zip Code: _____

Neighborhood Name (if applicable): _____

2) How old are you?

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

3) What is your gender identity?

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

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

- Yes No

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

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

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

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

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

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

8) Do you currently have health insurance?

- Yes No

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

- Yes No

Physical Environment

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

In my neighborhood...

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

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

Social and Economic Factors

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

If you don't know, leave it blank.

In my neighborhood...

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

Clinical Care

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

In my neighborhood...

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

Health Behaviors

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

For me personally...

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

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

Your well-being

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

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

Which topics should we work on?

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

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

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

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

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

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

I don't know

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

Optional: Join Us to Make a Difference

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

First name: _____

E-mail address: _____

Phone Number: _____

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

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

Thank you for your participation!

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



HOW YOU FEELING WARREN COUNTY?
2018 COMMUNITY VOICE SURVEY

Who Did We Hear From in Warren County?

Of the 604 people who shared their thoughts...

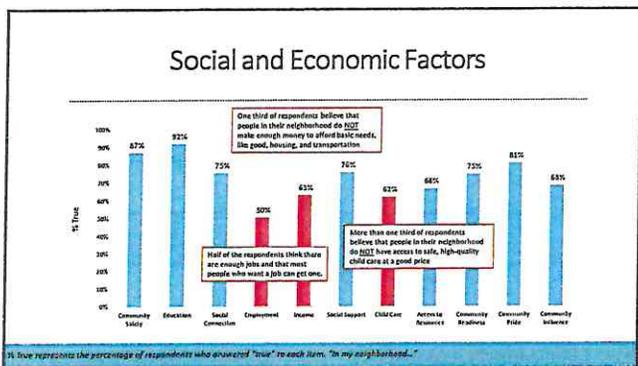
- 42% are between the ages of 45 to 64
- 73% are women
- 90% identify as non-Hispanic White
- 71% have completed at least some college-level education
- 35% feel they are somewhat stable in their household finances (i.e., they can handle most bills and some unexpected expenses or emergencies)
- 94% currently have health insurance
- 19% provide unpaid assistance to a family member or friend*

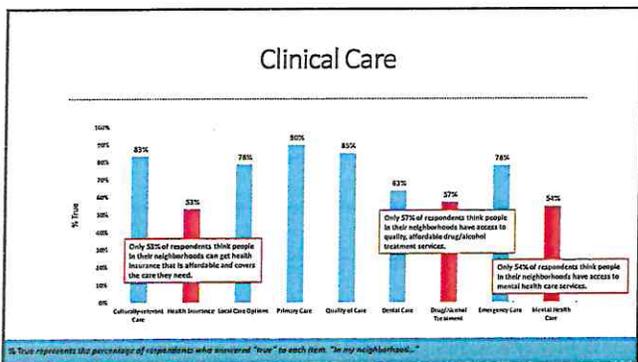
Who Did We Hear From in Warren County?

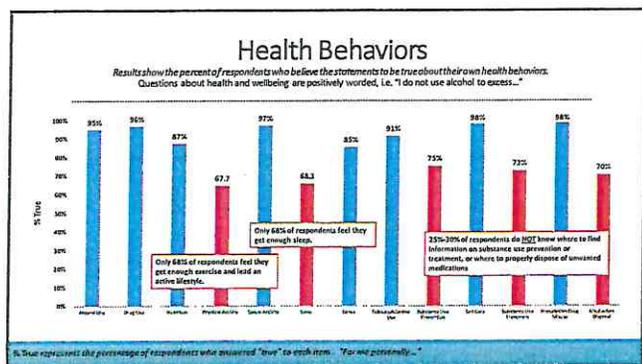
Respondents live across 25 municipalities*, the top 5 are...

- Hackettstown Town (07840)
- Phillipsburg Town (08865)
- Washington Township (07831 and 07882)
- Washington Borough (07882)
- Blairstown Township (07825 and 07832)

* Census-designated places (e.g., Columbia) are listed as their corresponding municipalities (e.g., Franklin Township) in the survey.







What Worries Warren?

The top 5 areas respondents think should be the focus when trying to improve the health and wellbeing of their neighborhoods are:

- Mental health care (48.5%)
- Employment (37.6%)
- Vehicle/transit access (34.5%)
- Housing (31.4%)
- Health insurance (30.9%)

Warren County Community Health Improvement Coalition

*Over 40 public, private and non-profit community partners
working together to improve health in Warren County!*





CHRONIC DISEASE

Strategy	Lead	Partners
<ul style="list-style-type: none"> Increase engagement in Warren County through physician outreach to educate patients on a wellness program. Create a cancer support program. Increase community partners engagement. 	<ul style="list-style-type: none"> NORWESCAP 	<ul style="list-style-type: none"> Atlantic Health Systems St. Luke's Cancer Hope Network Norwesco/NICEED Warren County Health Department American Cancer Society Rutgers Cooperative Extension Xwonyan Professionals

MENTAL HEALTH

Strategies	Lead	Partners
<ul style="list-style-type: none"> Continue the Stigma-Free County Task Force. Lead a county-wide stigma-free conference. Create an education campaign about personal violence and suicide prevention to educate healthcare providers. Promote stress reduction through meditation, yoga, writing and forest bathing. Create a loop of local services for the Warren County Prosecutor's Office waiting room. Promote outreach to the Gay Lesbian Support Network for LGBT mental health support. 	<ul style="list-style-type: none"> Warren County Department of Human Services County Stigma-Free Task Force DASACC Land Conservation Group Warren County Drug Court Probation Office Warren County Community College Centenary College 	<ul style="list-style-type: none"> Mental Health Board FSO NAAM Atlantic Health DASACC Warren County Community College Substance Use Navigators Faith-Based Community Family Guidance Center-Prevention Connections St. Luke's Xwonyan Professionals

SUBSTANCE USE

Strategies	Leads	Partners
<ul style="list-style-type: none"> Host community forums and workshops. Host teen nights and teen leadership summits. Establish early, consistent prevention programs and stigma-free communities. Translate current materials in Spanish and other applicable languages. 	<ul style="list-style-type: none"> Warren County Department of Human Services Warren County Department of Human Services Family Guidance Center-Prevention Connections FSO 	<ul style="list-style-type: none"> Firth Youth Center Traditions Family Success Center Substance Use Navigators Care Plus Family Guidance Center Warren County Community College Municipal Alliances Warren County Department of Human Services Professional Advisory Committee on Alcohol and Drug Abuse Habitat for Humanity Family Support Organization

SAFE COMMUNITIES

Strategies	Lead	Partners
<ul style="list-style-type: none"> Continue to implement media literacy campaign. Implement Healthy Masculinity programming in Warren County schools. 	<ul style="list-style-type: none"> DASACC 	<ul style="list-style-type: none"> Public Schools Colleges Hospitals Warren County Health Department Warren County Department of Human Services Law Enforcement
<ul style="list-style-type: none"> Implement Safer Warren County campaign. 		

PHYSICAL ACTIVITY & NUTRITION

Strategy	Lead	Partners
<ul style="list-style-type: none"> Use existing social media applications to track physical activity and nutrition, as well as to motivate users. 	<ul style="list-style-type: none"> Warren County Health Department 	<ul style="list-style-type: none"> Nonwescap SNAP-ED Rutgers Cooperative Extension
<ul style="list-style-type: none"> Promote a workplace wellness program across the county. 	<ul style="list-style-type: none"> Rutgers Cooperative Extension 	<ul style="list-style-type: none"> County Government Nonwescap
<ul style="list-style-type: none"> Promote SNAP-ED policy, systems and environmental changes approaches. 	<ul style="list-style-type: none"> Zufall, SNAP-ED 	<ul style="list-style-type: none"> Warren County Schools Rutgers Cooperative Extension
<ul style="list-style-type: none"> Promote recreational, outdoor activities. Promote teaching children how to ride bikes, encourage walking/biking to school, injury prevention, and "walk to school days". 	<ul style="list-style-type: none"> Warren County Health Department TransOptions 	<ul style="list-style-type: none"> Warren County Division on Aging Schools Police Departments Bike Shops Division of Aging and Disability Warren County Health Department
<ul style="list-style-type: none"> Promote faith-based initiative. 	<ul style="list-style-type: none"> Zufall, SNAP-ED 	<ul style="list-style-type: none"> Warren County Health Department One Voice
<ul style="list-style-type: none"> Work with faith-based organizations to implement a food pantry program with an education component. 	<ul style="list-style-type: none"> Rutgers Cooperative Extension Zufall, SNAP-ED 	<ul style="list-style-type: none"> Atlantic Health Systems Sussex/Warren Chronic Disease Coalition Local Foodshed Alliance NONWESCAP

TRANSPORTATION

Strategy	Lead	Partners
<ul style="list-style-type: none"> Promote "brand training" to teach residents about how to use the public transportation system. 	<ul style="list-style-type: none"> Warren County Department of Transportation 	<ul style="list-style-type: none"> Easton Coach Company TransOptions Social Workers
<ul style="list-style-type: none"> Provide provider education to be able to better service patients. 	<ul style="list-style-type: none"> Atlantic Health Carelinks 	<ul style="list-style-type: none"> Warren County Department of Transportation TransOptions Social Workers St. Luke's Atlantic Health Warren County Division on Aging
<ul style="list-style-type: none"> Promote education and outreach about services provided. 	<ul style="list-style-type: none"> TransOptions- 	<ul style="list-style-type: none"> Healthcare Providers Easton Coach Company
<ul style="list-style-type: none"> Assess alternative modes of transportation e.g. Lyft and Uber. 	<ul style="list-style-type: none"> TransOptions Warren County Department of Transportation 	<ul style="list-style-type: none"> Easton Coach Company Atlantic Health Systems St. Luke's Zufall

ACCESS TO CARE

Strategies	Leads	Partners
<ul style="list-style-type: none"> Mobilize partners to provide and update existing organization information on 2-1-1. 	<ul style="list-style-type: none"> NORWESCAP 	<ul style="list-style-type: none"> Warren County Health Department Warren County Department of Human Services
<ul style="list-style-type: none"> Market 2-1-1 services to Warren County residents. 	<ul style="list-style-type: none"> NORWESCAP 	<ul style="list-style-type: none"> Zufall Norwescap North Jersey Health Collaborative Warren County Division on Aging
<ul style="list-style-type: none"> Explore existing platform for interactive internet communication system for Warren County providers including healthcare, county agencies, and other service providers, for networking event notice, support, and grant funding opportunities, to enhance comprehensive services and care. 	<ul style="list-style-type: none"> Atlantic Health System Community Carelinks New Jersey Health Collaborative 	<ul style="list-style-type: none"> Atlantic Health Central Intake PSO

ECONOMIC STABILITY

Strategies	Potential Leads	Partners
<ul style="list-style-type: none"> Promote central intake county-wide. 	<ul style="list-style-type: none"> NORWESCAP 	<ul style="list-style-type: none"> Norwescap Nonprofit Small Business Office
<ul style="list-style-type: none"> Encourage small business and entrepreneurship 	<ul style="list-style-type: none"> Warren County Community College 	<ul style="list-style-type: none"> Warren County Community College OSASCC Warren County Health Department Project Self-Sufficiency
<ul style="list-style-type: none"> Promoting information related to childcare affordability and access. 	<ul style="list-style-type: none"> NORWESCAP CRFS 	
<ul style="list-style-type: none"> Promote existing job-related resources. 	<ul style="list-style-type: none"> Warren County Community College 	



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