

2022

COMMUNITY

Health Assessment Survey



Southern
Shore
Results
Summary



Eastern
Health

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INTRODUCTION

Community Health Assessments (CHAs) are one of many tools that aim to engage community members in health-care service planning through collecting, analyzing, and presenting information to assist in understanding and improving the health of a population. CHAs are conducted using a population health approach, which focuses heavily on the social determinants of health. The CHA process involves gathering data from a variety of sources that provide information about health-care service delivery within a region, as well as the health status and health-related needs of a population.

Eastern Health followed provincial direction as outlined in the draft *Community Health Assessment Guidelines* in the development of this CHA. The draft guidelines were developed as a partnered approach among the four Regional Health Authorities (RHAs), the Newfoundland and Labrador Centre for Health Information (NLCHI), and the Department of Health and Community Services (HCS) in an effort to standardize the CHA process.

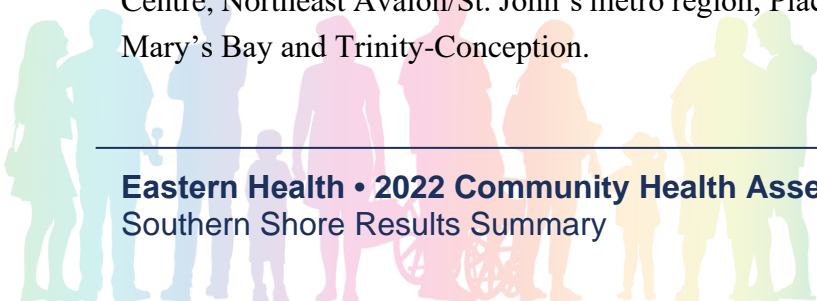
Eastern Health partnered with the Newfoundland and Labrador Statistics Agency (NLSA) during the administration of the 2022 CHA survey.

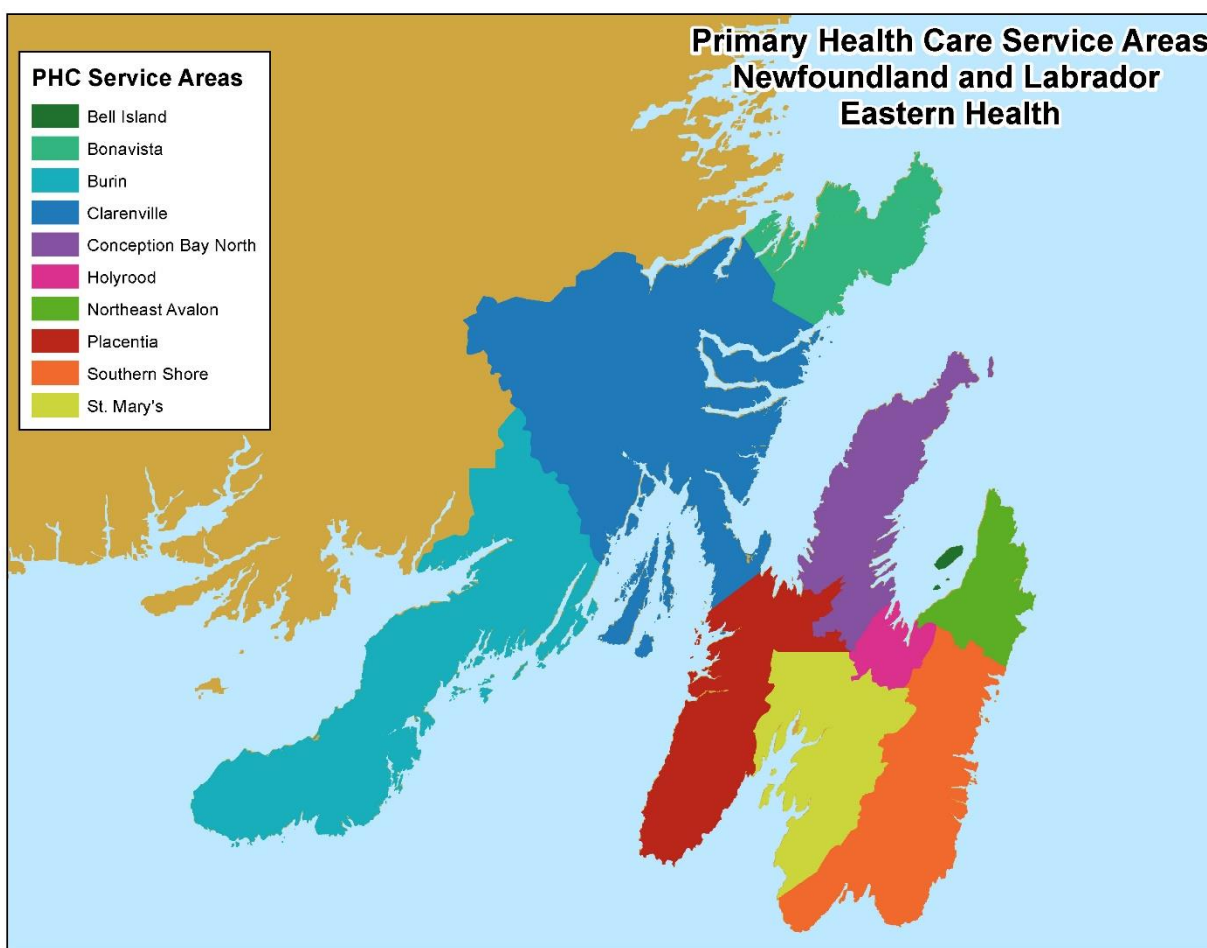
METHODOLOGY

The Eastern Health CHA survey was used to collect quantitative and qualitative data from residents of the region about where they find health-related information, where they go for care, satisfaction with health care services, community concerns, satisfaction with health and wellness resources, and health behaviors.

The CHA survey was administered between July and December 2022 to 13,830 selected individuals, age 18 and over, who resided in the Eastern region. Survey samples were calculated using a stratified random sampling method based on the populations within each of Eastern Health's ten Primary Health Care (PHC) areas. A minimum number of individuals from each PHC service area was sampled in order to obtain a confidence level of $95\% \pm 7\%$.

The ten PHC service areas are defined based on geographic proximity and service delivery. Areas include Bell Island, Bonavista Peninsula, Burin Peninsula, Clarenville and area, Conception Bay Centre, Northeast Avalon/St. John's metro region, Placentia area-Cape Shore, Southern Shore, St. Mary's Bay and Trinity-Conception.





Letters with the web address to access the survey, and a survey code, were distributed via mail to those selected to complete the survey. Recipients of the letter were asked to complete the survey within two weeks. The NLSA also completed telephone reminder calls, during which offers were made to email the survey link or mail out a paper copy of the survey with a return envelope.

The following results section highlights the main themes and areas of interest for Southern Shore as identified by the CHA survey. To view full detailed CHA results tables, refer to Appendix A. A copy of the CHA survey can be found in Appendix B.



RESULTS


Demographics

A total of 228 surveys were completed for the Southern Shore. Since 1,412 were randomly selected to complete the survey, this represents a response rate of 16.1%.

The number of respondents required to obtain a confidence level of 95% ± 7% was 191, which means the response goal for the Southern Shore was met.

The following is a profile of survey respondents from the Southern Shore:

- The majority lived in their community for more than 20 years (65.4%; n=149)
- Most respondents reported their highest level of education completed as completed a technical, vocational or community college program (33.8%; n=77)
- Most respondents were retired from paid work (37.7%; n=86) and employed full time (35.5%; n=81)
- Most respondents were between 55-64 (31.6%; n=72) and 65-74 (29.8%; n=68) years of age



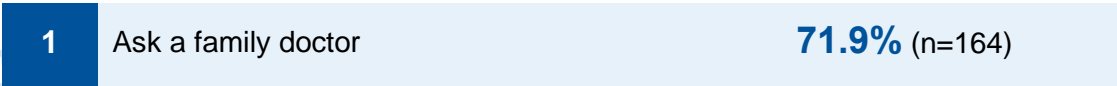
228
Respondents

Primary Care Provider



The following section addresses access to a primary care provider (i.e., family doctor, nurse practitioner) and satisfaction with the quality of services received.

According to the survey results, the most commonly reported way to find health-related information is to:



2	Search the internet (e.g., WebMD, Google search)	48.2% (n=110)
3	Ask a pharmacist	47.4% (n=108)

The last time respondents needed care for a minor health problem (e.g., fever or unexplained rash), the most went to:

1	Family doctor/nurse practitioner	65.8% (n=150)
2	Walk-in clinic	7.5% (n=17)

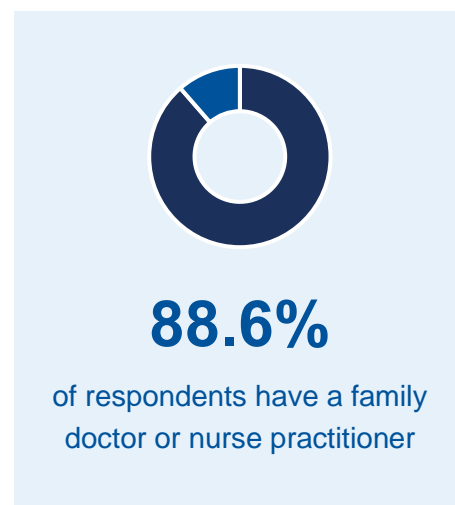
*12.7% (n=29) chose not to seek treatment

When asked how long it took to receive treatment for their last minor health problem, 34.2% (n=66) reported that they received treatment the same day, while 11.9% (n=23) reported that they received treatment the next day. Additionally, 49.2% (n=95) reported that it took two days or more to receive treatment, and 4.7% (n=9) reported that they never received treatment or left before receiving treatment.

Respondents were asked if they currently have a family/primary care doctor or nurse practitioner and their level of satisfaction with their provider.

Results indicate that 88.6% (n=202) have a family doctor or nurse practitioner. Of this 88.6%:

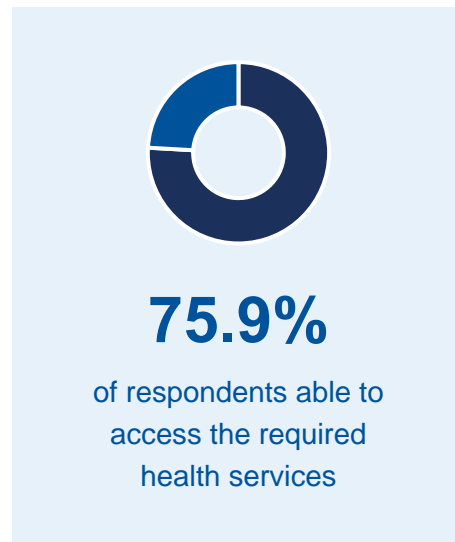
- 87.6% (n=177) reported being satisfied or very satisfied with their family/primary care doctor or nurse practitioner.
- 5.0% (n=10) reported being dissatisfied or very dissatisfied with their family/primary care doctor or nurse practitioner, indicating that the wait list for an appointment is too long (n=8).





The health care system provides a full continuum of health and community services, including public health, long-term care, acute (hospital) care, and private health care providers (e.g., pharmacy, private specialist clinics, vision/dental clinics). Survey respondents were asked about access to the health-care system and satisfaction with the quality of services received.

When asked about accessing health care services within the last 12 months, the majority of participants (75.9%; n=173) indicated they were able to access the required health services, while 24.1% (n=55) of respondents indicated that there were health services that they required and were unable to access.



The following are the top three reasons respondents were unable to access a required health service:

1	Wait time for service was too long	70.9% (n=39)
2	Unable to get a referral	16.4% (n=9)

According to survey results, the majority of respondents (69.3%; n=158) were satisfied or very satisfied with the health care services they have used in the past 12 months, while 11.4% (n=26) of respondents were dissatisfied or very dissatisfied. The respondents who indicated they were dissatisfied or very dissatisfied with the health care services they used in the past 12 months, were asked to indicate the reasons why they were dissatisfied. The top reason provided was the waitlist for an appointment was too long (n=15).



Community Health and Wellness



Survey respondents were asked about the health and wellness of their community as well as their satisfaction with the resources and services available within their community. Respondents were provided a list of various areas/issues and were asked to indicate which ones they were most concerned about in their community. The list provided to respondents was slightly modified in 2022 based on experience with the 2019 survey and input from stakeholders. The most commonly selected areas/issues were:

1	Cost of living	69.3% (n=158)
2	Emergency services	53.9% (n=123)
3	Road quality	43.4% (n=99)
4	Mental health of community residents	39.9% (n=91)
5	Distracted driving of any vehicle	39.0% (n=89)

Of the issues/areas that respondents selected, they were then asked to rank their top three areas/issues they are **most** concerned about. The top five ranked answers were:

1	Cost of living	54.4% (n=110)
2	Emergency services	44.6% (n=90)
3	Chronic diseases	21.3% (n=43)
4	Mental health of community residents	16.3% (n=33)
5	Addictions and substance abuse	15.8% (n=32)

There are many different groups and resources that aim to improve the health and wellness of a community. These include Eastern Health private health clinics (e.g., pharmacy, private specialist clinics, vision/dental clinics), churches, schools, town councils, resource centres, community advisory committees, recreation spaces/gyms, libraries, and other community groups (e.g., service clubs, coalitions, social and recreational groups.)

Respondents were asked to rate their level of satisfaction with the resources available to help deal with the health and wellness challenges in their communities. Most respondents (39.0%; n=89) were satisfied or very satisfied with the resources available, while 36.4% (n=83) were neither satisfied nor dissatisfied, and 24.6% (n=56) were dissatisfied or very dissatisfied. Respondents who indicated they were either dissatisfied or very dissatisfied were asked to explain which aspects of the health and wellness resources they are dissatisfied with. The following were the most common responses:

1	Community resources/supports are not available	75.0% (n=42)
2	Community resources/supports are not effective	25.0% (n=14)

Health Status (Self-Reported)



The following section describes the health of the population who completed the survey. Most respondents reported that their physical health was good (34.6%; n=79) or very good (34.2%; n=78). Most respondents reported that their mental health was very good (40.8%; n=93) or good (27.2%; n=62).

Survey respondents were asked what they would like to do to improve their physical and/or mental health and what was making it difficult to make the changes they identified. The top three things individuals would like to do to improve their physical and/or mental health were:

1	Eat healthier/eat more fruits and vegetables	61.0% (n=139)
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2	Start/increase exercise, sports or physical activity	52.2% (n=119)
3	Reduce stress	40.4% (n=92)

While 33.2% (n=70) of respondents indicated that there was nothing in particular making it difficult to make these changes, the following were the top three barriers identified by respondents:

1	Not enough time available	25.6% (n=54)
2	Cost is too high	25.6% (n=54)
3	Community resources/supports are not available	25.1% (n=53)

Health Care Planning



As we transition to one provincial health authority, information gathered from Eastern Health’s CHA survey is one tool that will inform the development of the Provincial strategic plan.

In the 2019 survey, respondents were asked to indicate which values they think Eastern Health should adopt. As a result of responses to that survey, as well as consultation with Eastern Health staff, executive and Board of Trustees, the values were changed to add accountability, caring, and collaboration (replacing fairness, connectedness, and integrity). For the 2022 survey, respondents were provided with Eastern Health’s new list (accountability, caring, collaboration, excellence, and respect) and asked to what extent Eastern Health is living up to them. Most respondents (35.5%; n=81) disagreed or strongly disagreed, 34.6% (n=79) neither agreed nor disagreed, while 29.8% (n=68) either agreed or strongly agreed.



Respondents were asked to report the one priority area that Eastern Health should focus on to improve the care and services delivered. The top responses were:

1	Primary Health Care	72.4% (n=165)
2	Emergency Services	68.4% (n=156)
3	Mental Health and Addictions	61.8% (n=141)
4	Specialists	50.4% (n=115)
5	Recruitment/retention of staff	43.4% (n=99)
6	Appointments (scheduling, notifications)	41.2% (n=94)

Concluding Remarks

To conclude the survey, respondents were asked if there was anything else they would like to add. The majority of respondents provided no additional comments. For those who did, the most common response was the need more doctors/nurses/healthcare professionals/increased availability/access to healthcare (12.3%; n=28).

CONCLUSION

The 2022 Community Health Assessment Survey results will support health care planning for the provincial health authority, as well as planning in the Eastern zones. The information obtained provides valuable insight into the communities within the region with regard to health care and community concerns, as well as things that are working well or could be improved.

In terms of survey administration, Eastern Health’s partnership with NLSA allowed for a random sampling methodology. Although this method took more time and garnered fewer respondents in comparison to the 2019 survey, it was successful in improving the representativeness of the sample, especially regarding gender and education level. However, comparing both sampling methods illustrated that there is more work to be done to improve response rates for young adults



APPENDIX A: SURVEY RESULTS

EASTERN HEALTH Community Health Assessment 2022 Results For Southern Shore

SECTION A - PRIMARY CARE PROVIDER

A1. If you needed to find health-related information for yourself or someone else today, how would you get that information? (Select all that apply.)

	Total	
	N	%
Ask a family doctor	164	71.9%
Ask a nurse practitioner	51	22.4%
Ask a pharmacist	108	47.4%
Ask a community or public health nurse	50	21.9%
Call/visit a hospital/clinic	49	21.5%
Search the internet (e.g., WebMD, Google search)	110	48.2%
Search the Eastern Health website	29	12.7%
Search social media (e.g., Facebook, Twitter)	7	3.1%
Use 811 HealthLine	74	32.5%
Contact a not-for-profit agency (e.g., Cancer Society, Mental Health Association) or a community group, church group or library	3	1.3%
Ask a friend or family member	63	27.6%
Ask another health professional (please specify):	8	3.5%

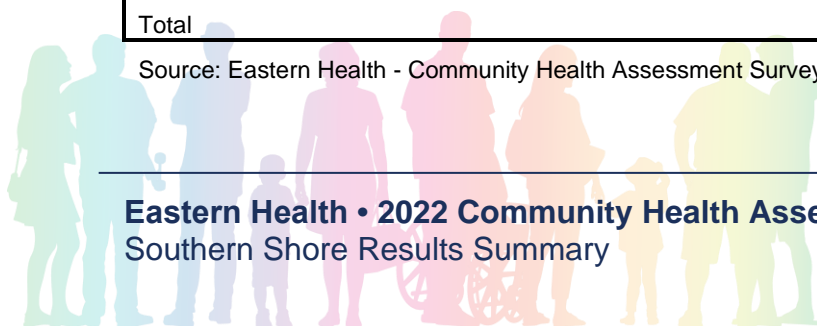
Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses. Compiled by the NLSA on 1/9/2023

Asked to all respondents

A10. If you needed to find health-related information for yourself or someone else today, how would you get that information? (Other-Coded)

	Count	%
Registered Nurse/Licensed Practical Nurse/Other Nurse – unspecified	5	62.5%
Other health professional (e.g., physiotherapist, dentist, etc.)	3	37.5%
Total	8	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023



Subset: respondents who chose "ask another health professional (please specify)" in A1.

**A2. The last time you needed care for a minor health problem (e.g., fever or unexplained rash), where did you go?
(Select one response only.)**

	Count	%
Family doctor/nurse practitioner	150	65.8%
Private-pay physician or nurse practitioner	2	.9%
Walk-in clinic	17	7.5%
Collaborative team clinic	2	.9%
Hospital emergency department	2	.9%
811 HealthLine	5	2.2%
Pharmacist	10	4.4%
I do not have a place to get care for a minor health problem	6	2.6%
I chose not to seek treatment	29	12.7%
Other (please specify):	5	2.2%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

**A20. The last time you needed care for a minor health problem (e.g., fever or unexplained rash), where did you go?
(Other-Coded)**

	Count	%
Searched the Internet (e.g., Google, WebMD)	3	60.0%
Self-treatment (using over-the-counter medications - e.g., Tylenol)	1	20.0%
Other	1	20.0%
Total	5	100.0%

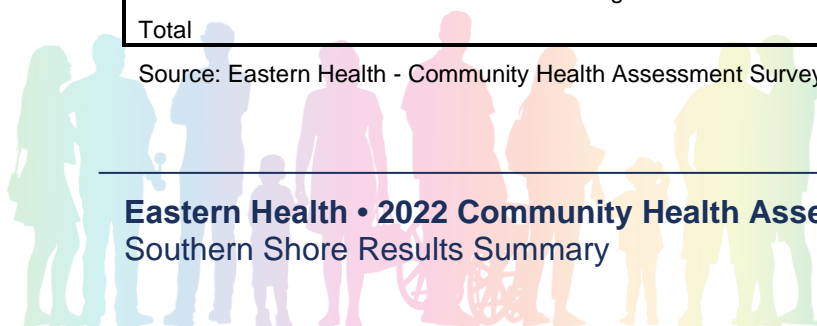
Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Subset: respondents who chose "Other (please specify)" in A2.

**A3. The last time you needed care for a minor health problem (e.g., fever or unexplained rash), how long did it take
you to receive treatment? (Select one response only.)**

	Count	%
Received treatment the same day	66	34.2%
Received treatment the next day	23	11.9%
Took two days or more to receive treatment	95	49.2%
Never received treatment/left before receiving treatment	9	4.7%
Total	193	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023



Subset: excludes respondents who chose "I do not have a place to get care for a minor health problem" or "I chose not to seek treatment" in A2.

A4. Do you currently have a regular family doctor or nurse practitioner?

	Count	%
Yes	202	88.6%
No	26	11.4%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

A5. Overall, how satisfied are you with the services provided by your family doctor/nurse practitioner?

	Count	%
Very satisfied	98	48.5%
Satisfied	79	39.1%
Neither satisfied nor dissatisfied	15	7.4%
Dissatisfied	7	3.5%
Very dissatisfied	3	1.5%
Total	202	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Subset: respondents who chose "Yes" in A4.

A6. Why are you dissatisfied with the services provided by your family doctor/nurse practitioner? (Select all that apply.)

	Total	
	N	%
Unable to easily contact the clinic/office	3	30.0%
Offered virtual visit when an in-person visit is preferred	2	20.0%
Wait list for an appointment is too long	8	80.0%
Wait time in the clinic/office or window for virtual care visit is too long	4	40.0%
Too far to travel	3	30.0%
Equipment quality is poor	1	10.0%
You do not have trust and confidence in your health-care provider(s)	3	30.0%
Health-care appointment(s) are rushed or limited to one issue per visit	2	20.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses. Compiled by the NLSA on 1/9/2023

Subset: respondents who chose "Dissatisfied" or "Very dissatisfied" in A5.



SECTION B - HEALTH CARE

B1. Sometimes we require health-care services but are unable to access them. Have you required any health-care service that you were unable to access during the past 12 months?

	Count	%
Yes	55	24.1%
No	173	75.9%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

B2. Why were you unable to access services that you required during the past 12 months? (Select all that apply.)

	Total	
	N	%
Wait time for service was too long	39	70.9%
Cost of service was too high	1	1.8%
Transportation issues	1	1.8%
Too far to travel	4	7.3%
Unable to leave the house due to health problems	2	3.6%
Unable to access the services during scheduled time/hours of service	5	9.1%
Unable to get a referral	9	16.4%
Unable to contact the service	5	9.1%
Communication barrier	2	3.6%
Did not know the service was available at the time	2	3.6%
Service not available	6	10.9%
Other (please specify):	5	9.1%

Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses. Compiled by the NLSA on 1/9/2023

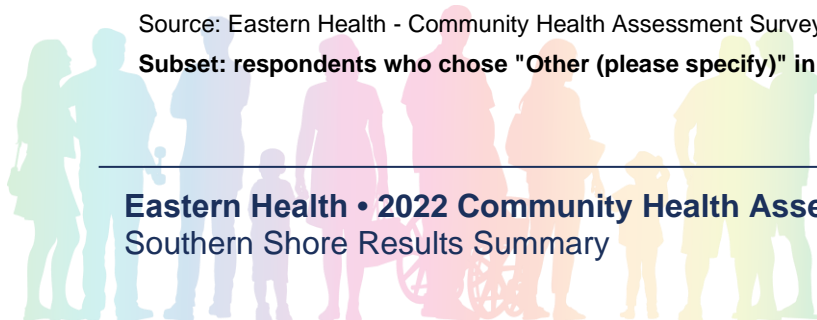
Subset: respondents who chose "Yes" in B1.

B2O. Why were you unable to access services that you required during the past 12 months? (Other-Coded)

	Count	%
Appointments were cancelled or postponed/waiting for it to be rescheduled	2	40.0%
Other	3	60.0%
Total	5	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Subset: respondents who chose "Other (please specify)" in B2.



B3. Overall, how satisfied were you with the health-care services that you did use during the past 12 months?

	Count	%
Very satisfied	57	25.0%
Satisfied	101	44.3%
Neither satisfied nor dissatisfied	27	11.8%
Dissatisfied	18	7.9%
Very dissatisfied	8	3.5%
I have not used any health-care services in the past 12 months	17	7.5%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

B4. Why were you dissatisfied with the health-care services that you did use during the past 12 months? (Select all that apply.)

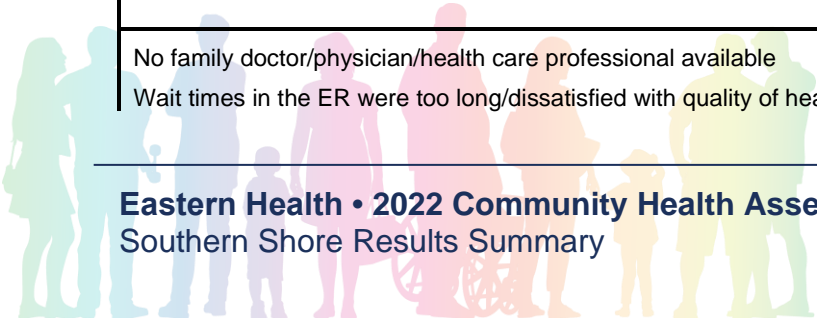
	Total	
	N	%
Unable to easily reach the clinic/office	6	23.1%
Offered virtual visit when an in-person visit was preferred	4	15.4%
Wait list for an appointment was too long	15	57.7%
Wait time in the clinic/office or window for virtual care visit was too long	5	19.2%
Too far to travel	6	23.1%
Equipment quality was poor	1	3.8%
Health-care provider(s) did not give you a chance to ask questions	2	7.7%
You did not have trust and confidence in your health-care provider(s)	4	15.4%
Health-care provider(s) did not treat you with respect	1	3.8%
Health-care provider(s) did not explain things in a way that was easy to understand	1	3.8%
Health-care provider(s) did not involve you in decisions about your care	1	3.8%
Health-care appointment(s) were rushed or limited to one issue per visit	2	7.7%
Other (please specify):	4	15.4%

Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses. Compiled by the NLSA on 1/9/2023

Subset: respondents who chose "Dissatisfied" or "Very dissatisfied" in B3.

B4O. Why were you dissatisfied with the health-care services that you did use during the past 12 months? (Other-Coded)

	Count	%
No family doctor/physician/health care professional available	1	25.0%
Wait times in the ER were too long/dissatisfied with quality of health care in ER	2	50.0%



Other	1	25.0%
Total	4	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Subset: respondents who chose "Other (please specify)" in B4.

SECTION C - COMMUNITY HEALTH & WELLNESS

C1. Please select the areas/issues that you are concerned about in your community. (Select all that apply.)

	Total	
	N	%
Addictions and substance abuse (e.g., alcohol and/or drug misuse and abuse, gambling)	82	36.0%
Bullying	45	19.7%
Childcare (including affordability, lack of accessibility)	46	20.2%
Chronic diseases (e.g., prevalence of diabetes, high blood pressure, cancer, etc.)	85	37.3%
Crime and violence	50	21.9%
Cost of living	158	69.3%
Clean water supply	27	11.8%
Distracted driving of any vehicle (e.g., texting or talking on cell phone while driving car, motorcycle, ATV, snowmobile, etc.)	89	39.0%
Drug/alcohol impaired driving of any vehicle (e.g., car, motorcycle, ATV, snowmobile, etc.)	85	37.3%
Education system	31	13.6%
Emergency services	123	53.9%
Environmental issues (e.g., contaminants in the air, water and soil)	22	9.6%
Food security (access to sufficient, affordable, nutritious food)	60	26.3%
Homelessness (including couch surfing)	17	7.5%
Housing conditions	13	5.7%
Low literacy levels	9	3.9%
Mental health of community residents	91	39.9%
Outmigration	26	11.4%
Physical health of community residents	53	23.2%
Poverty	31	13.6%
Public transportation (including affordability, lack of accessibility)	41	18.0%
Recreation programs/spaces	35	15.4%
Resources for people with disabilities (e.g., accessible buildings)	34	14.9%
Road quality	99	43.4%
Seniors' resources/programs	56	24.6%
Sexual health (including unplanned pregnancy, Sexually Transmitted Infections)	14	6.1%
Social isolation and lack of community involvement	30	13.2%
Suicide	33	14.5%
Tobacco use/smoking/vaping	40	17.5%



Unemployment	45	19.7%
Violence in the home (e.g., child abuse/neglect, domestic)	13	5.7%
Working conditions (e.g., risks for injury on the job)	7	3.1%
I am not concerned about the health and wellness of my community	26	11.4%
Other (please specify):	6	2.6%

Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses.
Compiled by the NLSA on 1/12/2023

Asked to all respondents

C10. Please select the areas/issues that you are concerned about in your community. (Other-Coded)

	Count	%
Shortage of doctors/physicians/specialists,etc/difficulty in accessing health care	5	83.3%
Other health care (e.g., drug coverage, access to dental care, fertility options, etc.)	1	16.7%
Total	6	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/12/2023

Subset: respondents who chose "Other (please specify)" in C1.

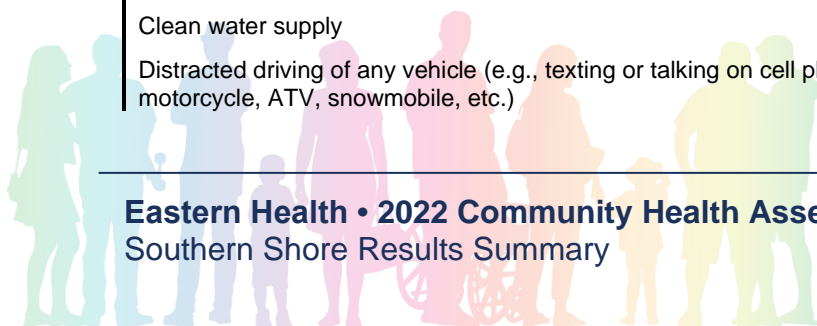
Number of responses selected in C1 (Categorized)

	Count	%
0 (Chose "I am not concerned about the health and wellness of my community" in C1)	26	11.4%
1	13	5.7%
2	12	5.3%
3 or more	177	77.6%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/12/2023

C2. Of the issues selected in the previous question, please rank the 3 that you are most concerned about. (1st Choice)

	Count	%
Addictions and substance abuse (e.g., alcohol and/or drug misuse and abuse, gambling)	19	9.4%
Bullying	7	3.5%
Childcare (including affordability, lack of accessibility)	11	5.4%
Chronic diseases (e.g., prevalence of diabetes, high blood pressure, cancer, etc.)	18	8.9%
Crime and violence	10	5.0%
Cost of living	53	26.2%
Clean water supply	4	2.0%
Distracted driving of any vehicle (e.g., texting or talking on cell phone while driving car, motorcycle, ATV, snowmobile, etc.)	5	2.5%



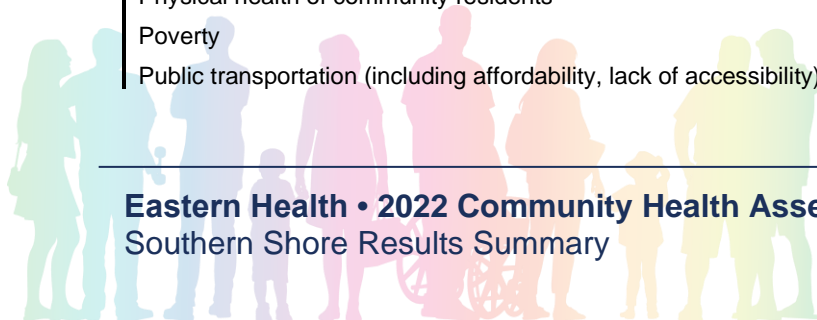
Drug/alcohol impaired driving of any vehicle (e.g., car, motorcycle, ATV, snowmobile, etc.)	4	2.0%
Emergency services	41	20.3%
Food security (access to sufficient, affordable, nutritious food)	4	2.0%
Housing conditions	1	.5%
Mental health of community residents	8	4.0%
Physical health of community residents	3	1.5%
Poverty	1	.5%
Resources for people with disabilities (e.g., accessible buildings)	1	.5%
Road quality	1	.5%
Seniors' resources/programs	5	2.5%
Unemployment	2	1.0%
Shortage of doctors/physicians/specialists,etc/difficulty in accessing health care	3	1.5%
Other health care (e.g., drug coverage, access to dental care, fertility options, etc.)	1	.5%
Total	202	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/12/2023

Subset: respondents who chose one or more area/issue in C1.

C2. Of the issues selected in the previous question, please rank the 3 that you are most concerned about. (2nd Choice)

	Count	%
Addictions and substance abuse (e.g., alcohol and/or drug misuse and abuse, gambling)	5	2.6%
Bullying	5	2.6%
Childcare (including affordability, lack of accessibility)	3	1.6%
Chronic diseases (e.g., prevalence of diabetes, high blood pressure, cancer, etc.)	18	9.5%
Crime and violence	6	3.2%
Cost of living	34	18.0%
Clean water supply	3	1.6%
Distracted driving of any vehicle (e.g., texting or talking on cell phone while driving car, motorcycle, ATV, snowmobile, etc.)	9	4.8%
Drug/alcohol impaired driving of any vehicle (e.g., car, motorcycle, ATV, snowmobile, etc.)	12	6.3%
Education system	2	1.1%
Emergency services	33	17.5%
Environmental issues (e.g., contaminants in the air, water and soil)	1	.5%
Food security (access to sufficient, affordable, nutritious food)	8	4.2%
Homelessness (including couch surfing)	1	.5%
Housing conditions	1	.5%
Mental health of community residents	11	5.8%
Outmigration	1	.5%
Physical health of community residents	4	2.1%
Poverty	5	2.6%
Public transportation (including affordability, lack of accessibility)	5	2.6%



Resources for people with disabilities (e.g., accessible buildings)	1	.5%
Road quality	12	6.3%
Seniors' resources/programs	4	2.1%
Suicide	2	1.1%
Unemployment	1	.5%
Shortage of doctors/physicians/specialists,etc/difficulty in accessing health care	2	1.1%
Total	189	100.0%

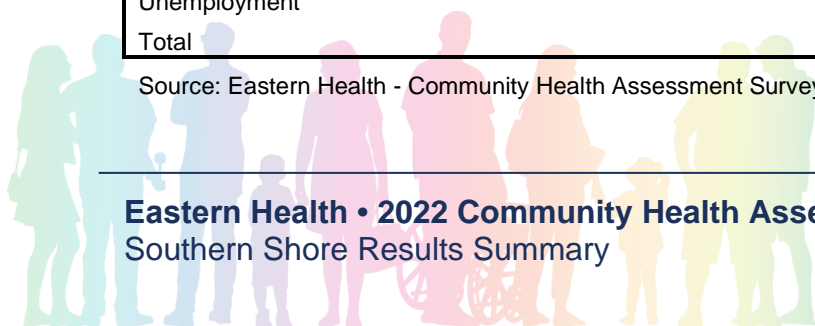
Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/12/2023

Subset: respondents who chose two or more areas/issues in C1.

C2. Of the issues selected in the previous question, please rank the 3 that you are most concerned about. (3rd Choice)

	Count	%
Addictions and substance abuse (e.g., alcohol and/or drug misuse and abuse, gambling)	8	4.5%
Bullying	6	3.4%
Childcare (including affordability, lack of accessibility)	4	2.3%
Chronic diseases (e.g., prevalence of diabetes, high blood pressure, cancer, etc.)	7	4.0%
Crime and violence	4	2.3%
Cost of living	23	13.0%
Clean water supply	3	1.7%
Distracted driving of any vehicle (e.g., texting or talking on cell phone while driving car, motorcycle, ATV, snowmobile, etc.)	8	4.5%
Drug/alcohol impaired driving of any vehicle (e.g., car, motorcycle, ATV, snowmobile, etc.)	12	6.8%
Education system	8	4.5%
Emergency services	16	9.0%
Environmental issues (e.g., contaminants in the air, water and soil)	3	1.7%
Food security (access to sufficient, affordable, nutritious food)	5	2.8%
Mental health of community residents	14	7.9%
Outmigration	6	3.4%
Physical health of community residents	7	4.0%
Poverty	4	2.3%
Public transportation (including affordability, lack of accessibility)	4	2.3%
Recreation programs/spaces	3	1.7%
Resources for people with disabilities (e.g., accessible buildings)	2	1.1%
Road quality	13	7.3%
Seniors' resources/programs	7	4.0%
Suicide	4	2.3%
Tobacco use/smoking/vaping	4	2.3%
Unemployment	2	1.1%
Total	177	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/12/2023



Subset: respondents who chose three or more areas/issues in C1.

C2. Total Number of Mentions in Top 3

	Total	
	N	%
Addictions and substance abuse (e.g., alcohol and/or drug misuse and abuse, gambling)	32	15.8%
Bullying	18	8.9%
Childcare (including affordability, lack of accessibility)	18	8.9%
Chronic diseases (e.g., prevalence of diabetes, high blood pressure, cancer, etc.)	43	21.3%
Crime and violence	20	9.9%
Cost of living	110	54.5%
Clean water supply	10	5.0%
Distracted driving of any vehicle (e.g., texting or talking on cell phone while driving car, motorcycle, ATV, snowmobile, etc.)	22	10.9%
Drug/alcohol impaired driving of any vehicle (e.g., car, motorcycle, ATV, snowmobile, etc.)	28	13.9%
Education system	10	5.0%
Emergency services	90	44.6%
Environmental issues (e.g., contaminants in the air, water and soil)	4	2.0%
Food security (access to sufficient, affordable, nutritious food)	17	8.4%
Homelessness (including couch surfing)	1	.5%
Housing conditions	2	1.0%
Mental health of community residents	33	16.3%
Outmigration	7	3.5%
Physical health of community residents	14	6.9%
Poverty	10	5.0%
Public transportation (including affordability, lack of accessibility)	9	4.5%
Recreation programs/spaces	3	1.5%
Resources for people with disabilities (e.g., accessible buildings)	4	2.0%
Road quality	26	12.9%
Seniors' resources/programs	16	7.9%
Suicide	6	3.0%
Tobacco use/smoking/vaping	4	2.0%
Unemployment	5	2.5%
Shortage of doctors/physicians/specialists,etc/difficulty in accessing health care	5	2.5%
Other health care (e.g., drug coverage, access to dental care, fertility options, etc.)	1	.5%

Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses.
Compiled by the NLSA on 1/12/2023

Total number of times each area/issue appeared in the top 3



C3. Overall, how satisfied are you with the resources available to help deal with the health and wellness challenges in your community?

	Count	%
Very satisfied	9	3.9%
Satisfied	80	35.1%
Neither satisfied nor dissatisfied	83	36.4%
Dissatisfied	45	19.7%
Very dissatisfied	11	4.8%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

C4. Why are you dissatisfied with the resources available? (Select all that apply.)

	Total	
	N	%
Community resources/supports are not available	42	75.0%
Community resources/supports are not effective	14	25.0%
Hours of service(s) are inconvenient	6	10.7%
Cost is too high	7	12.5%
Other (please specify):	7	12.5%

Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses. Compiled by the NLSA on 1/9/2023

Subset: respondents who chose "Dissatisfied" or "Very dissatisfied" in C3.

C4O. Why are you dissatisfied with the resources available? (Other-Coded)

	Count	%
Not enough resources/supports available	1	14.3%
Waitlists/wait times are too long (e.g., to get an appointment, to see a doctor/health care professional, etc.)	3	42.9%
Too far to travel to access resources/supports/lack of transportation options	2	28.6%
Other	1	14.3%
Total	7	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Subset: respondents who chose "Other (please specify)" in C4.

SECTION D - HEALTH STATUS



D1. In general, would you say your physical health is...?

	Count	%
Excellent	16	7.0%
Very good	78	34.2%
Good	79	34.6%
Fair	42	18.4%
Poor	13	5.7%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

D2. In general, would you say your mental health is...?

	Count	%
Excellent	30	13.2%
Very good	93	40.8%
Good	62	27.2%
Fair	29	12.7%
Poor	13	5.7%
No response	1	.4%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

D3. What would you like to do to improve your personal physical or mental health? (Select all that apply.)

	Total	
	N	%
Start/increase exercise, sports or physical activity	119	52.2%
Eat healthier/eat more fruits and vegetables	139	61.0%
Drink less alcohol	27	11.8%
Reduce smoking (not including cannabis)	24	10.5%
Reduce vaping (not including cannabis)	3	1.3%
Reduce cannabis use (in any form)	2	.9%
Reduce prescription drug misuse	1	.4%
Gamble less	2	.9%
Reduce stress	92	40.4%
Enhance self-care	70	30.7%
Reduce screen time (computer, Smartphone, TV)	24	10.5%
Get the flu shot	41	18.0%



Seek physical or mental health treatment	22	9.6%
Get more sleep	87	38.2%
Connect more with family, friends or community	58	25.4%
There is nothing I would like to do	17	7.5%
Other (please specify):	8	3.5%
No response	1	.4%

Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses. Compiled by the NLSA on 1/9/2023

Asked to all respondents

D30. What would you like to do to improve your personal physical or mental health? (Other-Coded)

	Count	%
Access to a doctor/physician/specialist/make health care more accessible/cheaper, etc.	2	25.0%
Less wait times for appointments/tests/procedures/surgeries, etc.	1	12.5%
Obtain financial assistance (e.g., increase minimum wage, income support, etc.) due to rising cost of living	2	25.0%
Other	1	12.5%
Nothing/not much can be done (due to health issues, lack of family/community support, etc.)	2	25.0%
Total	8	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Subset: respondents who chose "Other (please specify)" in D3.

D4. What is making it difficult for you to make the changes you identified in the previous question? (Select all that apply.)

	Total	
	N	%
Community resources/supports are not available	53	25.1%
Community resources/supports are not effective	10	4.7%
Not enough time available	54	25.6%
Medical condition/injury	35	16.6%
Lack of childcare	7	3.3%
Cost is too high	54	25.6%
Other (please specify):	14	6.6%
Nothing in particular	70	33.2%
No response	3	1.4%

Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses. Compiled by the NLSA on 1/9/2023

Subset: excludes respondents who chose "There is nothing I would like to do" in D3.



D40. What is making it difficult for you to make the changes you identified in the previous question? (Other-Coded)

	Count	%
Lack of motivation/self-discipline	1	7.1%
Family/work responsibilities/poor work-life balance	4	28.6%
No doctor/physician/health care professional available/lack of accessibility to health care	1	7.1%
Not sure what to do/not knowing what is available	1	7.1%
Wait times/wait lists for appointments/referrals/procedures etc. are too long	3	21.4%
Poor health (physical, mental), other underlying issues	2	14.3%
Other	2	14.3%
Total	14	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Subset: respondents who chose "Other (please specify)" in D4.

SECTION E - HEALTH CARE PLANNING

E1. In your opinion, what priority area(s) should Eastern Health focus on to improve the care and services we deliver? (Select all that apply.)

	Total	
	N	%
Mental Health and Addictions	141	61.8%
Primary Health Care	165	72.4%
Emergency services	156	68.4%
Specialists	115	50.4%
Senior's care/Home and Community Supports	90	39.5%
Appointments (scheduling, notifications)	94	41.2%
Hours of service	48	21.1%
Services outside the hospital (urgent/non-emergent care)	80	35.1%
Remote Patient Monitoring	26	11.4%
Virtual care	34	14.9%
Physical activity and healthy eating	60	26.3%
Increase vaccinations (including flu shot)	17	7.5%
Smoking cessation	18	7.9%
Chronic disease prevention	36	15.8%
Patient safety	19	8.3%
Patient and community engagement	27	11.8%
Facility cleanliness/maintenance	20	8.8%
Reduce waste (financial and environmental)	35	15.4%
Recruitment/retention of staff	99	43.4%



Employee psychological health and safety	52	22.8%
Other (please specify):	2	.9%

Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses.
Compiled by the NLSA on 1/9/2023

Asked to all respondents

E10. In your opinion, what priority area(s) should Eastern Health focus on to improve the care and services we deliver? (Other-Coded)

	Count	%
Find more efficiencies within the health care system (with respect to staffing levels, organization, costs, etc.)	1	50.0%
Other	1	50.0%
Total	2	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Subset: respondents who chose "Other (please specify)" in E1.

E2. Please indicate your level of agreement with the following statement: Eastern Health is living up to its core values.

	Count	%
Strongly Agree	9	3.9%
Agree	59	25.9%
Neither Agree nor Disagree	79	34.6%
Disagree	59	25.9%
Strongly Disagree	22	9.6%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

E3. Is there anything else that you would like to add about the health of the population and the health care services provided in the Eastern Health region? (Coded)

	Count	%
Need more doctors/nurses/health care professionals/increased availability/access to health care	28	12.3%
Reduce wait lists/wait times for appointments/tests/procedures/referrals, etc.	15	6.6%
Better working conditions for doctors/nurses/health care professionals (e.g., more time off, less overtime, etc.)	1	.4%
Patients need more respect/compassion, better treatment/communication from doctors/nurses etc.	2	.9%
More resources/supports available for seniors (e.g., access to home care, more personal care homes, etc.)	3	1.3%



Find more efficiencies in the health care system (with respect to cost, resources, management, etc.)	5	2.2%
More awareness/education/collaboration with people/businesses (e.g., promoting active living, eating healthier, etc)	2	.9%
Dissatisfied with health care system (e.g., system is in crisis/seems to be getting worse, etc.)	1	.4%
No comments	171	75.0%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

SECTION F - DEMOGRAPHICS

F1. How long have you lived in your current community?

	Count	%
Less than 2 years	11	4.8%
2 - 5 years	19	8.3%
6 - 10 years	21	9.2%
11 - 20 years	28	12.3%
More than 20 years	149	65.4%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

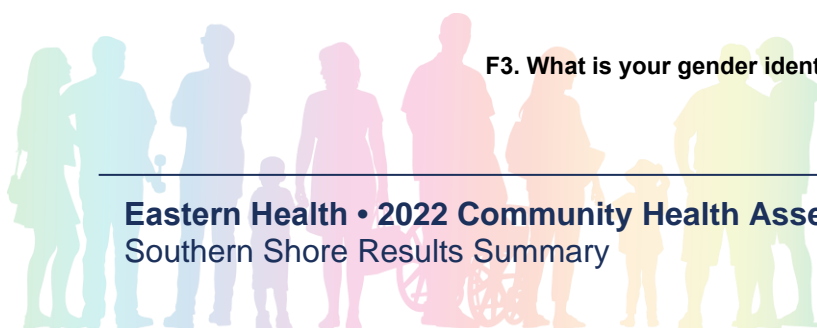
F2. Please indicate your age.

	Count	%
18 - 24	2	.9%
25 - 34	14	6.1%
35 - 44	33	14.5%
45 - 54	21	9.2%
55 - 64	72	31.6%
65 - 74	68	29.8%
75 - 84	17	7.5%
No response	1	.4%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

F3. What is your gender identity? (Select all that apply.)



	Total	
	N	%
Man	87	38.2%
Woman	140	61.4%
No response	1	.4%

Source: Eastern Health - Community Health Assessment Survey 2022. Totals may exceed 100% due to multiple responses.
Compiled by the NLSA on 1/9/2023

Asked to all respondents

F4. What is the highest level of education you have completed? (Select one response only.)

	Count	%
Some secondary school or high school	28	12.3%
Completed secondary school or high school	49	21.5%
Started university or college education but did not complete it	20	8.8%
Completed a technical, vocational or community college program	77	33.8%
Completed a bachelor's degree	24	10.5%
Completed a graduate or professional degree	29	12.7%
No response	1	.4%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents

F5. Which of the following describes your employment status? (Select one response only.)

	Count	%
Employed full time (including self-employed or on a work training program)	81	35.5%
Employed part time (including self-employed or on a work training program)	10	4.4%
Seasonal worker	19	8.3%
Commuting/rotational worker	6	2.6%
Student	2	.9%
Unemployed and looking for work	4	1.8%
Unemployed and not looking for work	4	1.8%
Unable to work due to a long-term sickness or disability	12	5.3%
Looking after my home/family	4	1.8%
Retired from paid work	86	37.7%
Total	228	100.0%

Source: Eastern Health - Community Health Assessment Survey 2022. Compiled by NLSA on 1/9/2023

Asked to all respondents



APPENDIX B: EASTERN HEALTH COMMUNITY HEALTH ASSESSMENT SURVEY



EASTERN HEALTH COMMUNITY HEALTH ASSESSMENT 2022

PURPOSE

Eastern Health, in partnership with the Newfoundland and Labrador Statistics Agency (NLSA), is doing a survey to help us understand the community health needs in the Eastern Health region.

CONFIDENTIALITY

The information is being collected and protected under the authority of the [Access to Information and Protection of Privacy Act 2015](#) (ATIPPA, 2015) of the Province of Newfoundland and Labrador. Information collected will be shared with Eastern Health for the purposes of assessing specific community health needs. Please be assured that your answers will be kept strictly confidential, and any results published from this survey will be reported collectively. No identifying information will be published. The survey will take approximately 15 minutes to complete.

If you have any questions concerning privacy or confidentiality, have difficulty accessing or completing the survey, or would like to be sent an electronic link or paper copy, you can contact the Newfoundland and Labrador Statistics Agency by email at NLSASurveys@gov.nl.ca or by telephone, toll-free, at 1-888-461-5244. Please note that if you call the toll-free number, you will be asked to leave a message. Representatives from Eastern Health are also available to answer any other questions you may have about the survey:

- Email: planning@easternhealth.ca
- Phone: toll free at 1-833-960-4570

INSTRUCTIONS

For the purposes of navigating through the survey, the arrow pointing to the right will take you forward to the survey's next page, and the arrow pointing to the left will return you to the survey's previous page.

While completing the survey, you may exit at any time by closing your internet browser. When you are ready to resume, simply use the link and Survey Access Code provided to again access the survey. Your previous responses will be saved, and you will resume where you left off. However, once the final question has been answered and the

responses submitted, the survey will no longer be accessible. If this occurs, and you would like to change one or more of your responses, please contact the NLSA at NLSASurveys@gov.nl.ca.

[Please proceed to the next page to begin the survey.]

SECTION A – PRIMARY CARE PROVIDER

AR1. The following questions ask about your access to a primary care provider (family doctor, nurse practitioner) and your satisfaction with the quality of services received. This section applies to both virtual and in-person care.
[Please proceed to the next page.]

A1. If you needed to find health-related information for yourself or someone else today, how would you get that information? (Select all that apply)

- 1 Ask a family doctor
- 2 Ask a nurse practitioner
- 3 Ask a pharmacist
- 4 Ask a community or public health nurse
- 5 Call/visit a hospital/clinic
- 6 Search the internet (e.g., WebMD, Google search)
- 7 Search the Eastern Health website
- 8 Search social media (e.g., Facebook, Twitter)
- 9 Use 811 HealthLine
- 10 Contact a not-for-profit agency (e.g., Cancer Society, Mental Health Association) or a community group, church group, or library
- 11 Ask a friend or family member
- 12 Ask another health professional (please specify): _____

A2. The last time you needed care for a minor health problem (e.g., fever or unexplained rash), where did you go? (Select one response only)

- 1 Family doctor/nurse practitioner
- 2 Private-pay physician or nurse practitioner

- 3 Walk-in clinic**
- 4 Collaborative team clinic**
- 5 Hospital emergency department**
- 6 811 HealthLine**
- 7 Pharmacist**
- 8 I do not have a place to get care for a minor health problem [Go to A4]**
- 9 I chose not to seek treatment [Go to A4]**
- 97 Other (please specify): _____**

A3. The last time you needed care for a minor health problem (e.g., fever or unexplained rash), how long did it take you to receive treatment? (Select one response only)

- 1 Received treatment the same day**
- 2 Received treatment the next day**
- 3 Took two days or more to receive treatment**
- 4 Never received treatment/left before receiving treatment**

A4. Do you currently have a regular family doctor or nurse practitioner?

- 1 Yes**
- 2 No [Go to BR1]**

A5. Overall, how satisfied are you with the services provided by your family doctor/nurse practitioner?

- 1 Very satisfied [Go to BR1]**
- 2 Satisfied [Go to BR1]**
- 3 Neither satisfied nor dissatisfied [Go to BR1]**
- 4 Dissatisfied**
- 5 Very dissatisfied**

A6. Why are you dissatisfied with the services provided by your family doctor/nurse practitioner? (Select all that apply)



- 1 Unable to easily contact the clinic/office
- 2 Offered virtual visit when an in-person visit is preferred
- 3 Wait list for an appointment is too long
- 4 Wait time in the clinic/office or window for virtual care visit is too long
- 5 Too far to travel
- 6 Hours of service are inconvenient
- 7 Communication barrier
- 8 Equipment quality is poor

A6. (cont.)

- 9 Health care provider(s) do not give you a chance to ask questions
- 10 You do not have trust and confidence in your health care provider(s)
- 11 Health care provider(s) do not treat you with respect
- 12 Health care provider(s) do not explain things in a way that is easy to understand
- 13 Health care provider(s) do not involve you in decisions about your care
- 14 Health care appointment(s) are rushed or limited to one issue per visit
- 97 Other (please specify): _____

SECTION B – HEALTHCARE

BR1. The health care system provides a full continuum of health and community services, including public health, long-term care, acute (hospital) care, and private health care providers (e.g. pharmacy, private specialist clinics, vision/dental clinics). The following questions ask about your access to the health-care system and your satisfaction with the quality of services received (please DO NOT include Family Doctor/Nurse Practitioner services, as these were indicated previously). *[Please proceed to the next page.]*

B1. Sometimes we require health-care services but are unable to access them. Have you required any health-care service that you were unable to access during the past 12 months?

- 1 Yes**
- 2 No [Go to B3]**

B2. Why were you unable to access services that you required during the past 12 months? (Select all that apply)

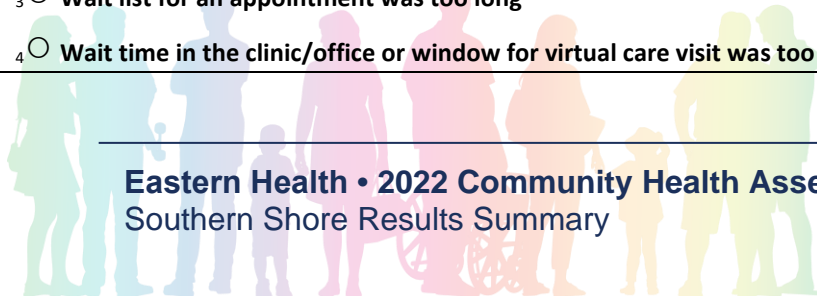
- | | |
|---|--|
| <input type="radio"/> 1 Wait time for service was too long | <input type="radio"/> 7 Unable to get a referral |
| <input type="radio"/> 2 Cost of service was too high | <input type="radio"/> 8 Unable to contact the service |
| <input type="radio"/> 3 Transportation issues | <input type="radio"/> 9 Communication barrier |
| <input type="radio"/> 4 Too far to travel | <input type="radio"/> 10 Did not know the service was available at the time |
| <input type="radio"/> 5 Unable to leave the house due to health problems | <input type="radio"/> 11 Service not available |
| <input type="radio"/> 6 Unable to access the services during scheduled time/hours of service | <input type="radio"/> 97 Other (please specify): _____ |

B3. Overall, how satisfied were you with the health-care services that you did use during the past 12 months?

- 1 Very satisfied [Go to CR1]**
- 2 Satisfied [Go to CR1]**
- 3 Neither satisfied nor dissatisfied [Go to CR1]**
- 4 Dissatisfied**
- 5 Very dissatisfied**
- 6 I have not used any health-care services in the past 12 months [Go to CR1]**

B4. Why were you dissatisfied with the health-care services that you did use during the past 12 months? (Select all that apply)

- 1 Unable to easily reach the clinic/office**
- 2 Offered virtual visit when an in-person visit was preferred**
- 3 Wait list for an appointment was too long**
- 4 Wait time in the clinic/office or window for virtual care visit was too long**



- 5 Too far to travel
- 6 Hours of service were inconvenient
- 7 Cost of service was too high
- 8 Communication barrier
- 9 Equipment quality was poor
- 10 Health-care provider(s) did not give you a chance to ask questions
- 11 You did not have trust and confidence in your health-care provider(s)
- 12 Health-care provider(s) did not treat you with respect
- 13 Health-care provider(s) did not explain things in a way that was easy to understand
- 14 Health-care provider(s) did not involve you in decisions about your care
- 15 Health care appointment(s) were rushed or limited to one issue per visit
- 97 Other (please specify): _____

SECTION C – COMMUNITY HEALTH AND WELLNESS

CR1. The following questions ask about the health and wellness of your community, as well as your satisfaction with the resources and services available within your community. *[Please proceed to the next page.]*

C1. Please select the areas/issues that you are concerned about in your community. (Select all that apply)

- 1 Addictions and substance use (e.g., alcohol and/or drug misuse and abuse, gambling)
- 2 Bullying
- 3 Childcare (including affordability, lack of accessibility)
- 4 Chronic diseases (e.g., prevalence of diabetes, high blood pressure, cancer, etc.)
- 5 Crime and violence
- 6 Cost of living



- 7 Clean water supply
- 8 Distracted driving of any vehicle (e.g. texting or talking on cell phone while driving car, motorcycle, ATV, snowmobile, etc.)
- 9 Drug/alcohol impaired driving of any vehicle (e.g. car, motorcycle, ATV, snowmobile, etc.)
- 10 Education system
- 11 Emergency services
- 12 Environmental issues (e.g., contaminants in the air, water and soil)
- 13 Food security (access to sufficient, affordable, nutritious food)
- 14 Homelessness (including couch surfing)
- 15 Housing conditions
- 16 Low literacy levels
- 17 Mental health of community residents
- 18 Outmigration
- 19 Physical health of community residents
- 20 Poverty
- 21 Public transportation (including affordability, lack of accessibility)
- 22 Recreation programs/spaces
- 23 Resources for people with disabilities (e.g., accessible buildings)
- 24 Road quality
- 25 Seniors' resources/programs
- 26 Sexual health (including unplanned pregnancy, Sexually Transmitted Infections)

C1. (cont.)

- 27 Social isolation and lack of community involvement
- 28 Suicide
- 29 Tobacco use/smoking/vaping
- 30 Unemployment
- 31 Violence in the home (e.g., child abuse/neglect, domestic)
- 32 Working conditions (e.g., risks for injury on the job)
- 97 Other (please specify): _____



33 I am not concerned about the health and wellness of my community [Exclusive Response] [Go to C3]

[Programming note: if the respondent only chooses one option in C1, they will skip to C3]

C2A. (If number of options chosen in C1 \geq 3) Of the issues selected in the previous question, please rank the 3 that you are most concerned about.

One at a time, click and drag an issue from the left column and drop it in the empty box on the right until the box contains the 3 issues you are most concerned about. Next, arrange the 3 issues in the box on the right in order so that the issue you are most concerned about is first, the one of next concern is second and the one of least concern is third.

C2B. (If number of options chosen in C1=2) Next, we want you to please rank the 2 issues from the previous question that you are most concerned about.

One at a time, click and drag an issue from the left column and drop it in the empty box on the right until the box contains the 2 issues you are most concerned about. Next, arrange the 2 issues in the box on the right in order so that the issue you are most concerned about is first and the one of lesser concern is second.

- 1 Addictions and substance use (e.g., alcohol and/or drug misuse and abuse, gambling)
- 2 Bullying
- 3 Childcare (including affordability, lack of accessibility)
- 4 Chronic diseases (e.g., prevalence of diabetes, high blood pressure, cancer, etc.)
- 5 Crime and violence
- 6 Cost of living
- 7 Clean water supply
- 8 Distracted driving of any vehicle (e.g. texting or talking on cell phone while driving car, motorcycle, ATV, snowmobile, etc.)
- 9 Drug/alcohol impaired driving of any vehicle (e.g. car, motorcycle, ATV, snowmobile, etc.)
- 10 Education system

C2A/C2B. (cont.)

- 11 Emergency services
- 12 Environmental issues (e.g., contaminants in the air, water and soil)
- 13 Food security (access to sufficient, affordable, nutritious food)
- 14 Homelessness (including couch surfing)

- 15 Housing conditions
- 16 Low literacy levels
- 17 Mental health of community residents
- 18 Outmigration
- 19 Physical health of community residents
- 20 Poverty
- 21 Public transportation (including affordability, lack of accessibility)
- 22 Recreation programs/spaces
- 23 Resources for people with disabilities (e.g., accessible buildings)
- 24 Road quality
- 25 Seniors' resources/programs
- 26 Sexual health (including unplanned pregnancy, Sexually Transmitted Infections)
- 27 Social isolation and lack of community involvement
- 28 Suicide
- 29 Tobacco use/smoking/vaping
- 30 Unemployment
- 31 Violence in the home (e.g., child abuse/neglect, domestic)
- 32 Working conditions (e.g., risks for injury on the job)
- 97 Other (please specify): _____

C3. There are many different groups and resources that aim to improve the health and wellness of a community. These include Eastern Health/Regional Health Authority, private health clinics (e.g., pharmacy, private specialist clinics, vision/dental clinics), churches, schools, town councils, resource centres, community advisory committees, recreation spaces/gyms, and other community groups (service clubs, coalitions, social and recreational groups).

Overall, how satisfied are you with the resources available to help deal with the health and wellness challenges in your community?

- 1 Very satisfied [Go to DR1]
- 2 Satisfied [Go to DR1]
- 3 Neither satisfied nor dissatisfied [Go to DR1]



- 4 Dissatisfied
- 5 Very dissatisfied

C4. Why are you dissatisfied with the resources available? (Select all that apply)

- 1 Community resources/supports are not available
- 2 Community resources/supports are not effective
- 3 Hours of service(s) are inconvenient
- 4 Cost is too high
- 7 Other (please specify): _____

SECTION D – HEALTH STATUS

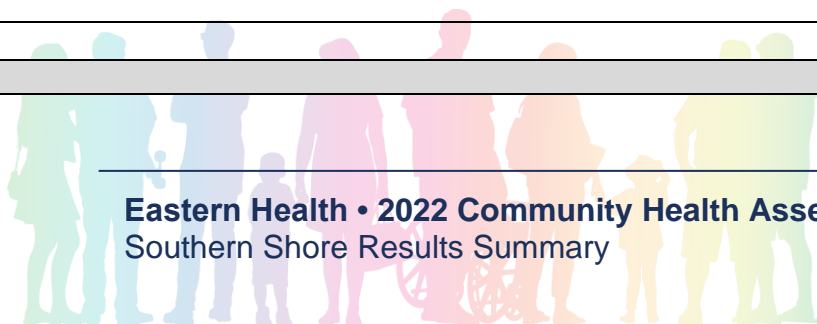
DR1. This section will help us describe the **health of the population who completed the survey.**
[Please proceed to the next page.] [Programming note: non-response will be allowed for questions in this section.]

D1. In general, would you say your physical health is...?

- 1 Excellent
- 2 Very good
- 3 Good
- 4 Fair
- 5 Poor

D2. In general, would you say your mental health is...?

- | | |
|-----------------------------------|------------------------------|
| <input type="radio"/> 1 Excellent | <input type="radio"/> 4 Fair |
| <input type="radio"/> 2 Very good | <input type="radio"/> 5 Poor |
| <input type="radio"/> 3 Good | |



D3. What would you like to do to improve your personal physical or mental health? (Select all that apply)

- 1 Start/increase exercise, sports or physical activity
- 2 Eat healthier/eat more fruits and vegetables
- 3 Drink less alcohol
- 4 Reduce smoking (not including cannabis)
- 5 Reduce vaping (not including cannabis)
- 6 Reduce cannabis use (in any form)
- 7 Reduce illicit drug use
- 8 Reduce prescription drug misuse
- 9 Gamble less
- 10 Reduce stress
- 11 Enhance self-care
- 12 Reduce screen time (computer, Smartphone, TV)
- 13 Get the flu shot
- 14 Seek physical or mental health treatment
- 15 Get more sleep
- 16 Connect more with family, friends or community
- 97 Other (please specify): _____
- 17 There is nothing I would like to do [Exclusive Response] [Go to E1]

D4. What is making it difficult for you to make the changes you identified in the previous question? (Select all that apply)

- 1 Community resources/supports are not available
- 2 Community resources/supports are not effective
- 3 Not enough time available
- 4 Medical condition/injury
- 5 Lack of childcare
- 6 Cost is too high
- 7 Other (please specify): _____
- 8 Nothing in particular [Exclusive Response]

SECTION E – HEALTH CARE PLANNING

E1. From our last series of consultations to develop priorities for the organization, the following came through as areas that Eastern Health should focus on to improve health care and service delivery.

In your opinion, what priority area(s) should Eastern Health focus on to improve the care and services we deliver? (Select all that apply).

- | | |
|--|---|
| <input type="radio"/> 1 Mental Health and Addictions | <input type="radio"/> 11 Physical activity and healthy eating |
| <input type="radio"/> 2 Primary Health Care | <input type="radio"/> 12 Increase vaccinations (including flu shot) |
| <input type="radio"/> 3 Emergency services | <input type="radio"/> 13 Smoking cessation |
| <input type="radio"/> 4 Specialists | <input type="radio"/> 14 Chronic disease prevention |
| <input type="radio"/> 5 Senior's care/Home and Community Supports | <input type="radio"/> 15 Patient safety |
| <input type="radio"/> 6 Appointments (scheduling, notifications) | <input type="radio"/> 16 Patient and community engagement |
| <input type="radio"/> 7 Hours of service | <input type="radio"/> 17 Facility cleanliness/maintenance |
| <input type="radio"/> 8 Services outside the hospital (urgent/non-emergent care) | <input type="radio"/> 18 Reduce waste (financial and environmental) |
| <input type="radio"/> 9 Remote Patient Monitoring | <input type="radio"/> 19 Recruitment/retention of staff |
| <input type="radio"/> 10 Virtual care | <input type="radio"/> 20 Employee psychological health and safety |
| | <input type="radio"/> 97 Other (please specify): _____ |

E2. Eastern Health's core values identify what we stand for and guide the behavior of all individuals (physicians, employees & volunteers) in the organization as we provide services and interact with others.

Our current values are accountability, caring, collaboration, excellence and respect.

Please indicate your level of agreement with the following statement: *Eastern Health is living up to its core values.*

- 1 Strongly Agree
- 2 Agree
- 3 Neither Agree Nor Disagree
- 4 Disagree
- 5 Strongly Disagree



E3. Is there anything else that you would like to add about the health of the population and the health care services provided in the Eastern Health region?

Yes (enter comments): _____

No

SECTION F – DEMOGRAPHICS

FR1. This section will help us **describe the population who completed the survey**. Questions are being asked for research and statistical purposes only. Please be assured that your answers will be kept strictly confidential.
[Please proceed to the next page.] [Programming note: non-response will be allowed for questions in this section.]

F1. How long have you lived in your current community?

Less than 2 years

11 - 20 years

2 - 5 years

More than 20 years

6 - 10 years

F2. Please indicate your age.

18-24

55-64

25-34

65-74

35-44

75-84

45-54

85+

F3. What is your gender identity? (Select all that apply)

- 1 Man
- 2 Woman
- 3 Transgender
- 4 Two Spirit
- 5 Non-Binary
- 6 Agender
- 7 Genderqueer
- 8 Genderfluid
- 9 Gender nonconforming
- 97 Other identity (please specify): _____

F4. What is the highest level of education you have completed? (Select one response only)

- 1 Some secondary school or high school
- 2 Completed secondary school or high school
- 3 Started university or college education but did not complete it
- 4 Completed a technical, vocational or community college program
- 5 Completed a bachelor's degree
- 6 Completed a graduate or professional degree

F5. Which of the following describes your employment status? (Select one response only)

- 1 Employed full time (including self-employed or on a work training program)
- 2 Employed part time (including self-employed or on a work training program)
- 3 Seasonal worker
- 4 Commuting/rotational worker
- 5 Student
- 6 Unemployed and looking for work
- 7 Unemployed and not looking for work
- 8 Unable to work due to a long-term sickness or disability
- 9 Looking after my home/family
- 10 Retired from paid work

SECTION G – RESPONDENT FEEDBACK

G1. Do you have any further comments related to this survey or its content?



¹ Yes (enter comments): _____

² No

Please proceed to the next page to submit your responses and exit the survey.

Thank you for participating.

We appreciate the time you took to complete this survey.

The results will be available on the Eastern Health website in the fall of 2022.

[Respondents will be re-directed to: <https://easternhealth.nl.ca/>]





easternhealth.ca

