



**North Jersey Health Collaborative**

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health matters

# **Community Voice Survey**

Passaic 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 Passaic County Community Health Coalition meeting.

Between January and May, 2018, a total of 612 individuals living in Passaic County completed the *Community Voice Survey*. Most (78%) of the survey respondents are female, 49% are 44 years-old or younger, and 71% identify as non-Hispanic White. More than half (54%) of the survey respondents have at least a Bachelor's degree and 36% 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 Passaic County as issues the NJHC should focus on to improve health and well-being in their communities:

1. Roads
2. Pedestrian safety
3. Mental health care
4. Health insurance
5. Housing

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 Passaic 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 Passaic County

In 2018, Passaic County has a population of 508,543 residents. The median age in the county is 37 years-old. Twenty-four percent of the population is under the age of 18 and 16% of the population is age 65 or older. Approximately 40% of residents in Passaic County identify as White or Caucasian, 42% identify as Hispanic or Latino, 10% identify as Black or African American, and 6% identify as Asian. The median household income in Passaic County in 2018 is \$62,168 with 14% of families living at or below the federal poverty line.

For more complete information about Passaic County, visit [www.njhealthmatters.org](http://www.njhealthmatters.org).

## 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 process. Engaging community members enable



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 help 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 support the NJHC and its partners to develop and implement more effective strategies to address 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

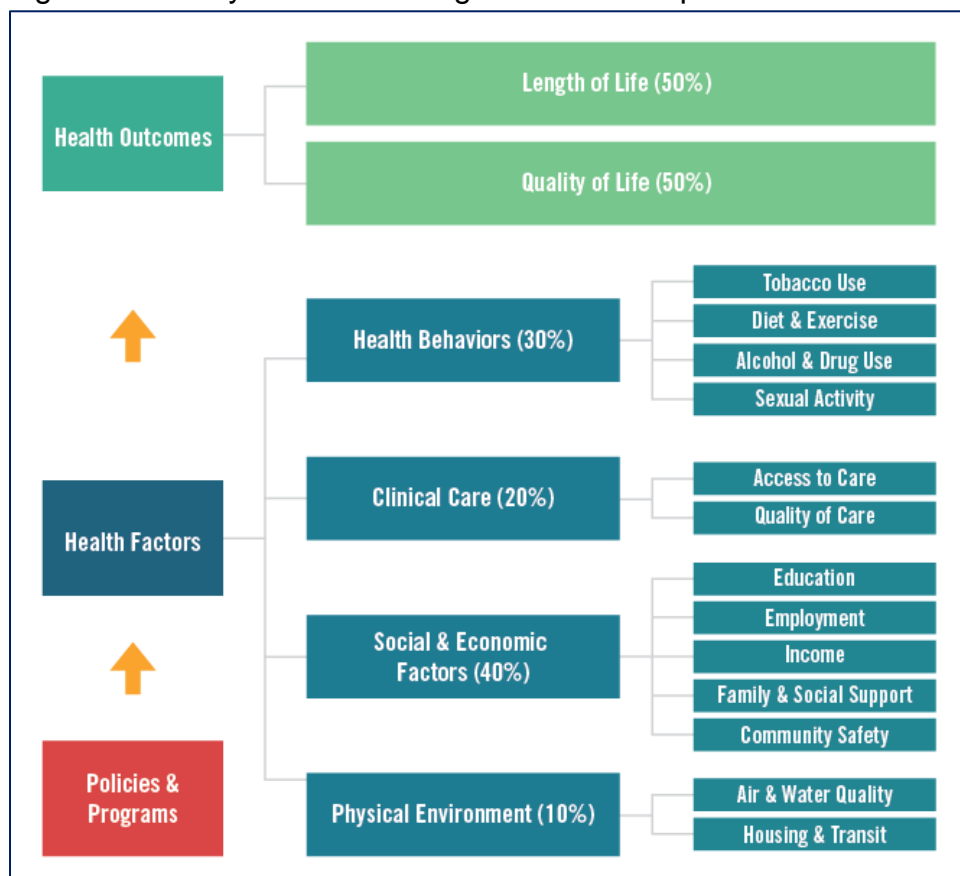
The *Community Voice Survey* was developed by the NJHC Data Committee based on the County Health Rankings and Roadmaps Model (**Figure 1**), which shows the wide range of factors that influence how long and how well individuals live. The main objective of the *Community Voice Survey* was to capture whether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

In addition to questions about their demographics (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.



Figure 1. County Health Rankings and Roadmaps Model



Source: University of Wisconsin Population Health Institute

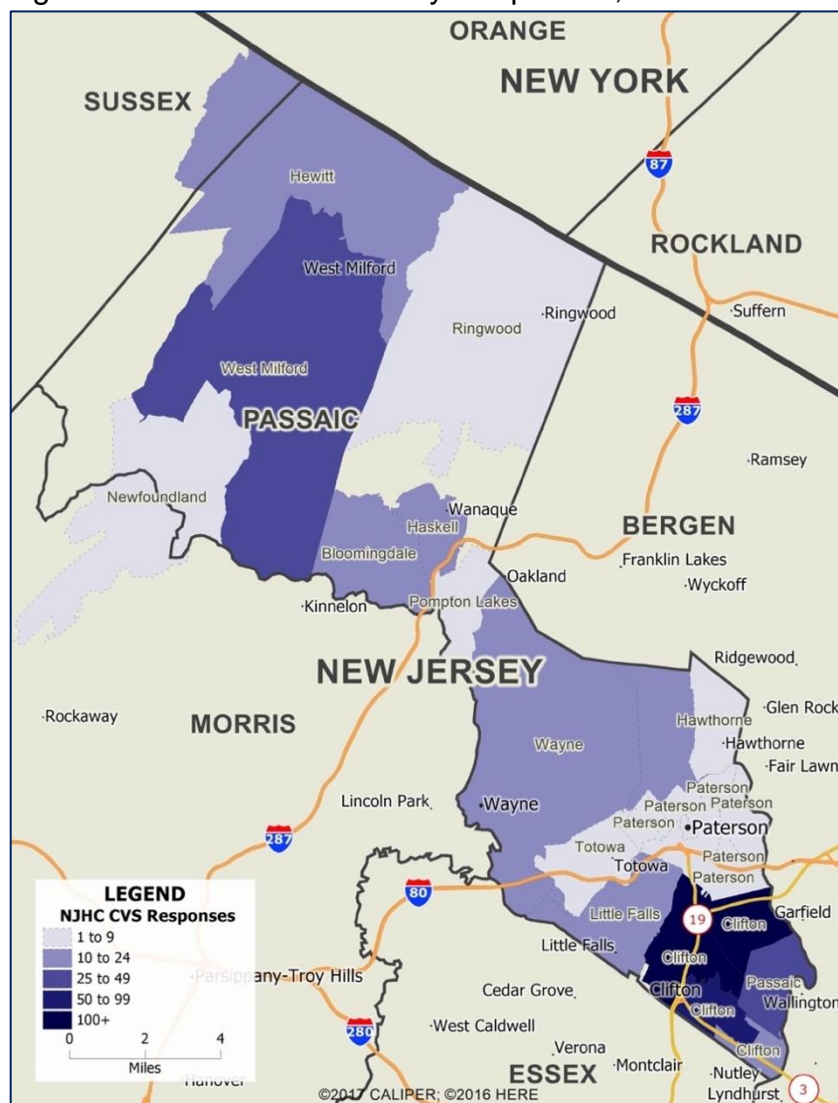
The data collection approach of the *Community Voice Survey* was designed to give voice to all members of the communities. To assure the survey would be able to reach as many community members as possible, especially those who are often not heard, particular attention was given to gathering input from specific populations. Sampling targets were established based on gender, age, race and ethnicity, and for specific communities with higher socioeconomic needs in order to capture a diverse range of perspectives. For more information about communities in Passaic County with higher socioeconomic needs, see the SocioNeeds index at [www.njhealthmatters.org](http://www.njhealthmatters.org).

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 PASSAIC COUNTY

A total of 612 individuals living in Passaic County completed the *Community Voice Survey*. **Figure 2** shows the distribution of survey responses by municipalities in the county. Respondents are mostly female (78%), younger than 44 years-old (49%), and identify as non-Hispanic White (71%). Nearly one-third (28%) of respondents have a Bachelor’s degree. More than one-third (36%) of respondents described their household

Figure 2. Distribution of Survey Responses, Passaic County





finances as being either “somewhat stable,” meaning that they are able to handle most bills as well as some unexpected expenses. Nearly all (92%) respondents said they are covered by health insurance and 21% said they are providing unpaid care to a family member or a 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 7.2 (range = 1-10).

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 Passaic County as a whole. Furthermore, respondents were not required to answer every question. As such, percentages presented in this report are calculated based on the number of responses to each question and not the number of individuals who completed the survey.

## 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 Roadmaps Model: physical environment, social and economic factors, clinical care, and health behaviors. For more information on the four health factors, see **Figure 1** or visit [www.countyhealthrankings.org](http://www.countyhealthrankings.org).

**Responses to the health and well-being measures are provided first for all responses collected in Passaic County. This is followed by comparisons between all responses and responses from specific sub-populations for which sampling targets were met.** In Passaic County, comparisons in responses are made for three age groups (18-44, 45-64, and 65-74) and one community with higher socio-economic needs (Clifton, only zip code 07011). 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 Passaic County, this municipality is Clifton (includes zip codes 07011, 07012, 07013, 07014, 07015, 07043).

**For comparisons, data are highlighted in red if at least 5% fewer respondents in the comparison group selected “true” on a health and well-being measure than all respondents in the county. Conversely, data are highlighted in green if at least 5% more respondents in the comparison group selected “true” on a health and well-being measure than all respondents in the county.**



## Physical Environment

Physical environment describes the human-made space in which people live, learn, work, and play. In Passaic County, respondents generally agree that there are public places in their communities where people can go to exercise or get together with others. However, respondents did not agree that the roads in their neighborhoods are safe and well-maintained or that there is enough housing that is affordable, safe, and well-kept. **Table 1** shows the percentage of respondents who responded “true” to each of the nine measures about physical environment.

Table 1. Physical Environment

| Measures  | % True |
|---|--------|
| Air is clean and breathable   | 86%    |
| There are parks, playgrounds, and other places where people can get exercise safely for free or at a good price                                   | 85%    |
| There are public places where neighbors can get together; like open spaces, a public library, or a community center                               | 85%    |
| There is good access to transportation; people can get to work, school, businesses, healthcare facilities, and place of worship easily and safely | 77%    |
| People can buy healthy food at a good price   | 72%    |
| People can walk around the neighborhood and cross streets safely  | 68%    |
| There are public places people can walk or bike to safely   | 64%    |
| Roads are safe and well-maintained  | 57%    |
| There is enough affordable housing, and it is safe and well-kept  | 52%    |

**Comparisons by Respondents’ Age Group.** Overall, respondents who are 18 to 44 years-old are less satisfied with aspects of the physical environments of their communities than all respondents in Passaic County. Specifically, respondents in this age group do not think that people in their neighborhoods are able to buy healthy foods at good prices. Contrastingly, respondents who are 65 to 74 years-old are more satisfied with the physical environments of their communities. More respondents in this age group than in Passaic County think that there is enough affordable, safe, and well-maintained housing in their neighborhoods. **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 Passaic County.



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

| Measures  | % True |       |       |       |
|---|--------|-------|-------|-------|
|   | All    | 18-44 | 45-64 | 65-74 |
| Air is clean and breathable   | 86%    | 88%   | 85%   | 92%   |
| There are parks, playgrounds, and other places where people can get exercise safely for free or at a good price                                   | 85%    | 81%   | 87%   | 94%   |
| There are public places where neighbors can get together; like open spaces, a public library, or a community center                               | 85%    | 82%   | 86%   | 90%   |
| There is good access to transportation; people can get to work, school, businesses, healthcare facilities, and place of worship easily and safely | 77%    | 77%   | 75%   | 79%   |
| People can buy healthy food at a good price   | 72%    | 64%   | 77%   | 87%   |
| People can walk around the neighborhood and cross streets safely  | 68%    | 68%   | 65%   | 72%   |
| There are public places people can walk or bike to safely   | 64%    | 63%   | 62%   | 67%   |
| Roads are safe and well-maintained  | 57%    | 52%   | 64%   | 58%   |
| There is enough affordable housing, and it is safe and well-kept  | 52%    | 44%   | 57%   | 64%   |

**Comparisons by County Municipalities and Zip Code.** One municipality and one zip code in Passaic County collected enough responses to reach the survey sampling target; Clifton (includes 07011, 07012, 07013, 07014, 07015, 07043) and zip code 07011 on its own. In terms of physical environment, more respondents living in Clifton than in the county overall think they have good access to transportation and that there are public places where people can get to by walking or biking. However, fewer respondents in Clifton than in Passaic County agree that roads in their communities are well-maintained. Zip code 07011, a community identified as having higher socio-economic needs, is also included for comparison. Access to healthy food and affordable and safe housing are identified as more of a challenge for this community. **Table 3** presents the comparisons of responses to each of the nine measures about physical environment from respondents living in Clifton and specifically 07011 against all respondents living in Passaic County.

Table 3. Physical Environment – Comparison by County Municipalities &amp; Zip Code

| Measures  | % True |         |       |
|---|--------|---------|-------|
|   | All    | Clifton | 07011 |
| Air is clean and breathable   | 86%    | 84%     | 77%   |
| There are parks, playgrounds, and other places where people can get exercise safely for free or at a good price                                   | 85%    | 88%     | 82%   |
| There are public places where neighbors can get together; like open spaces, a public library, or a community center                               | 85%    | 85%     | 91%   |
| There is good access to transportation; people can get to work, school, businesses, healthcare facilities, and place of worship easily and safely | 77%    | 87%     | 86%   |
| People can buy healthy food at a good price   | 72%    | 72%     | 60%   |
| People can walk around the neighborhood and cross streets safely  | 68%    | 68%     | 65%   |
| There are public places people can walk or bike to safely   | 64%    | 69%     | 69%   |
| Roads are safe and well-maintained  | 57%    | 50%     | 53%   |
| There is enough affordable housing, and it is safe and well-kept  | 52%    | 55%     | 47%   |

## Social & Economic Factors

Social and economic factors refer to items such as education, employment, income, family and social support, and community safety. Many respondents in Passaic County think that there are opportunities for people to get a good education. They also think that people are safe from crime and violence in their communities and they are proud to live where they do. **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                               | 85%    |
| People feel proud to live here   | 72%    |
| People feel safe from crime and violence   | 70%    |
| People know where to get help in times of crisis or emergency                          | 66%    |
| People look out for each other and take care of one another                            | 65%    |
| Neighbors know one another   | 64%    |
| People make enough money to afford basic needs, like food, housing, and transportation | 62%    |
| People know where to go if they have a problem or need assistance on a regular basis   | 59%    |
| If there is a problem, community members can get it solved                             | 57%    |
| There are enough jobs and most people who want a job can get one                       | 54%    |
| People have access to safe, high-quality childcare at a good price                     | 53%    |

**Comparisons by Respondents' Age Group.** Compared to responses collected throughout Passaic County, responses from people ages 18 to 44 are less positive while responses from people ages 65 to 74 are more positive. Overall, respondents 18 to 44 years-old have less community pride, they do not think people make sufficient income to afford basic necessities, and they do not think people can access childcare that is affordable, safe, and high-quality. In contrast, respondents 65 to 74 years-old have more community pride, they have a greater sense of community safety, and more of them think that community members can solve problems that arise. **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 Passaic 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                               | 85%    | 79%   | 88%   | 95%   |
| People feel proud to live here   | 72%    | 67%   | 75%   | 83%   |
| People feel safe from crime and violence   | 70%    | 68%   | 72%   | 75%   |
| People know where to get help in times of crisis or emergency                          | 66%    | 63%   | 67%   | 67%   |
| People look out for each other and take care of one another                            | 65%    | 62%   | 67%   | 67%   |
| Neighbors know one another   | 64%    | 61%   | 67%   | 68%   |
| People make enough money to afford basic needs, like food, housing, and transportation | 62%    | 55%   | 65%   | 74%   |
| People know where to go if they have a problem or need assistance on a regular basis   | 59%    | 57%   | 59%   | 70%   |
| If there is a problem, community members can get it solved                             | 57%    | 52%   | 56%   | 79%   |
| There are enough jobs and most people who want a job can get one                       | 54%    | 55%   | 54%   | 54%   |
| People have access to safe, high-quality childcare at a good price                     | 53%    | 48%   | 57%   | 62%   |

**Comparisons by County Municipalities & Zip Code.** There are no noticeable differences in feelings about social and economic factors between respondents who live in Clifton overall than all respondents from across Passaic County. However, respondents living in zip code 07011 are more challenged across all measures of social and economic factors than all respondents living in Passaic County. **Table 6** presents the comparisons of responses to each of the 11 measures about social and economic factors from Clifton and specifically zip code 07011 against all responses from Passaic County.

Table 6. Social and Economic Factors – Comparisons by County Municipalities &amp; Zip Code

| Measures   | % True |         |            |
|--|--------|---------|------------|
|  | All    | Clifton | 07011      |
| There are opportunities for people to get good education                               | 85%    | 84%     | <b>80%</b> |
| People feel proud to live here   | 72%    | 69%     | <b>64%</b> |
| People feel safe from crime and violence   | 70%    | 66%     | <b>48%</b> |
| People know where to get help in times of crisis or emergency                          | 66%    | 65%     | <b>58%</b> |
| People look out for each other and take care of one another                            | 65%    | 62%     | <b>43%</b> |
| Neighbors know one another   | 64%    | 61%     | <b>53%</b> |
| People make enough money to afford basic needs, like food, housing, and transportation | 62%    | 66%     | <b>51%</b> |
| People know where to go if they have a problem or need assistance on a regular basis   | 59%    | 55%     | <b>51%</b> |
| If there is a problem, community members can get it solved                             | 57%    | 54%     | <b>46%</b> |
| There are enough jobs and most people who want a job can get one                       | 54%    | 56%     | <b>45%</b> |
| People have access to safe, high-quality childcare at a good price                     | 53%    | 55%     | <b>47%</b> |

## Clinical Care

Clinical care refers to issues such as health insurance, access to healthcare, and the affordability and quality of health services and providers. Most respondents in Passaic County agree that most people in their communities have a primary care physician and that they are able to find healthcare services that are appropriate for their cultures. On the other hand, respondents are less in agreement that people in their communities are able to have affordable health insurance and to have good quality mental health care. **Table 7** shows the percentage of respondents who responded “true” to each of the nine 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  | 84%    |
| People can get health information in a language they understand and healthcare decisions fit with the culture of the person getting the care | 82%    |
| The healthcare that people receive is of good quality  | 81%    |
| There are places close-by where people can get healthcare  | 78%    |
| People have access to good quality emergency care  | 71%    |
| People have access to good quality dental care at a reasonable price   | 58%    |
| People have access to good quality care for substance use disorders  | 54%    |
| People have access to good quality mental health care  | 49%    |
| People can get health insurance that is affordable and covers care they need   | 45%    |

**Comparisons by Respondents' Age Group.** In general, respondents in the 65 to 74 years-old age group are more satisfied with clinical care in their communities than all respondents in Passaic County. In terms of ability to get affordable health insurance, respondents who are 18 to 44 years-old and 65 to 74 years-old are more satisfied than respondents in the county while respondents who are 45-64 years-old are less satisfied. **Table 8** presents the comparisons of responses to each of the nine measures about clinical care from respondents ages 18-44, 45-64, and 65-74 against all respondents in Passaic 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  | 84%    | 82%   | 83%   | 92%   |
| People can get health information in a language they understand and healthcare decisions fit with the culture of the person getting the care | 82%    | 80%   | 82%   | 85%   |
| The healthcare that people receive is of good quality  | 81%    | 77%   | 82%   | 92%   |
| There are places close-by where people can get healthcare  | 78%    | 75%   | 77%   | 87%   |
| People have access to good quality emergency care  | 71%    | 69%   | 70%   | 79%   |
| People have access to good quality dental care at a reasonable price   | 58%    | 57%   | 55%   | 58%   |
| People have access to good quality care for substance use disorders  | 54%    | 51%   | 55%   | 64%   |
| People have access to good quality mental health care  | 49%    | 48%   | 45%   | 58%   |
| People can get health insurance that is affordable and covers care they need   | 45%    | 53%   | 34%   | 42%   |

**Comparisons by County Municipalities & Zip Code.** There are no noticeable differences in feelings about clinical care between respondents who live in Clifton than all respondents from across Passaic County. However, less respondents living in zip code 07011 than across Passaic County think people in their communities have a personal doctor, but more respondents in this area feel that people in their community have access to good quality emergency care and mental health care. **Table 9** presents the comparisons of responses to each of the nine measures about clinical care from respondents living in Clifton and specifically zip code 07011 against all respondents living in Passaic County.

Table 9. Clinical Care – Comparisons by County Municipalities &amp; Zip Code

| Measures   | % True |         |            |
|--|--------|---------|------------|
|  | All    | Clifton | 07011      |
| Most people have a doctor they consider to be their personal doctor  | 84%    | 83%     | <b>78%</b> |
| People can get health information in a language they understand and healthcare decisions fit with the culture of the person getting the care | 82%    | 84%     | 84%        |
| The healthcare that people receive is of good quality  | 81%    | 82%     | 85%        |
| There are places close-by where people can get healthcare  | 78%    | 76%     | 75%        |
| People have access to good quality emergency care  | 71%    | 74%     | <b>80%</b> |
| People have access to good quality dental care at a reasonable price   | 58%    | 62%     | 55%        |
| People have access to good quality care for substance use disorders  | 54%    | 54%     | 52%        |
| People have access to good quality mental health care  | 49%    | 51%     | <b>57%</b> |
| People can get health insurance that is affordable and covers care they need   | 45%    | 42%     | 47%        |

## Health Behaviors

Health behaviors are activities or personal attributes that can either enhance or damage a person's physical or mental health. Almost all respondents in Passaic County say they do not take more medications than told by their doctors and they are able to take care of themselves on most days. Far fewer respondents feel they get enough sleep or get enough physical activity. **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 |
|---|--------|
| Most days, I'm able to take care of myself  | 98%    |
| I do not take more medication than what my doctor tells me, or use medication that was not prescribed to me | 98%    |
| I do not use drugs to excess; my drug use does not cause problems in my life                                | 96%    |
| 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  | 95%    |
| I do not use cigarettes, vaporizers, or smokeless tobacco   | 89%    |
| I am able to manage my stress most days   | 85%    |
| I eat healthy foods most days   | 85%    |
| I am aware of places to properly dispose of unwanted prescription medications                               | 72%    |
| I know how to find substance use treatment for myself or a loved one  | 71%    |
| I know where to find information on substance use prevention for myself or someone I know                   | 71%    |
| I get enough sleep and feel well-rested most days   | 63%    |
| I get enough exercise and lead an active lifestyle  | 59%    |

**Comparisons by Respondents' Age Group.** Respondents who are between 65 and 74 years-old have the greatest differences in perspectives about their behaviors from all respondents from throughout Passaic County. The most noticeable is that fewer respondents in this age group say they engage in sexual activities safely and that they know where to find substance use treatment for themselves or a loved one. On the other hand, respondents in this age group are better able to manage their stress, eat healthy, get enough sleep, and to live an active lifestyle. **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 Passaic County.

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

| Measures  | % True |       |       |       |
|---|--------|-------|-------|-------|
|   | All    | 18-44 | 45-64 | 65-74 |
| Most days, I'm able to take care of myself  | 98%    | 98%   | 99%   | 100%  |
| I do not take more medication than what my doctor tells me, or use medication that was not prescribed to me | 98%    | 98%   | 99%   | 100%  |
| I do not use drugs to excess; my drug use does not cause problems in my life                                | 96%    | 95%   | 97%   | 96%   |
| I do not drink to excess; my alcohol use does not cause problems in my life                                 | 96%    | 94%   | 97%   | 96%   |
| If I engage in sexual activities, I do it safely  | 95%    | 96%   | 98%   | 90%   |
| I do not use cigarettes, vaporizers, or smokeless tobacco   | 89%    | 88%   | 89%   | 92%   |
| I am able to manage my stress most days   | 85%    | 84%   | 82%   | 98%   |
| I eat healthy foods most days   | 85%    | 84%   | 83%   | 95%   |
| I am aware of places to properly dispose of unwanted prescription medications                               | 72%    | 63%   | 78%   | 89%   |
| I know how to find substance use treatment for myself or a loved one  | 71%    | 70%   | 73%   | 63%   |
| I know where to find information on substance use prevention for myself or someone I know                   | 71%    | 68%   | 73%   | 74%   |
| I get enough sleep and feel well-rested most days   | 63%    | 60%   | 65%   | 68%   |
| I get enough exercise and lead an active lifestyle  | 59%    | 57%   | 60%   | 65%   |

**Comparisons by County Municipalities & Zip Code.** The only marked difference in perspectives about health behaviors between respondents from Clifton and all respondents in Passaic County is that respondents living in Clifton are less aware of places where they can go to properly dispose of prescription medications they no longer want. Respondents who live in zip code 07011 are also less able to eat healthy and to get enough sleep, and less aware of how to find substance use prevention information and/or treatment for themselves or a loved one. **Table 12** presents the comparisons of responses to each of the 13 measures about health behaviors from respondents living in Clifton and specifically zip code 07011 against all respondents living in Passaic County.

Table 12. Health Behaviors – Comparisons by County Municipalities &amp; Zip Code

| Measures  | % True |            |            |
|---|--------|------------|------------|
|   | All    | Clifton    | 07011      |
| Most days, I'm able to take care of myself  | 98%    | 99%        | 98%        |
| I do not take more medication than what my doctor tells me, or use medication that was not prescribed to me | 98%    | 98%        | 95%        |
| I do not use drugs to excess; my drug use does not cause problems in my life                                | 96%    | 98%        | 99%        |
| I do not drink to excess; my alcohol use does not cause problems in my life                                 | 96%    | 98%        | 98%        |
| If I engage in sexual activities, I do it safely  | 95%    | 96%        | 96%        |
| I do not use cigarettes, vaporizers, or smokeless tobacco   | 89%    | 89%        | 88%        |
| I am able to manage my stress most days   | 85%    | 85%        | 86%        |
| I eat healthy foods most days   | 85%    | 85%        | <b>78%</b> |
| I am aware of places to properly dispose of unwanted prescription medications                               | 72%    | <b>66%</b> | <b>60%</b> |
| I know how to find substance use treatment for myself or a loved one  | 71%    | 67%        | <b>55%</b> |
| I know where to find information on substance use prevention for myself or someone I know                   | 71%    | 68%        | <b>56%</b> |
| I get enough sleep and feel well-rested most days   | 63%    | 65%        | <b>57%</b> |
| I get enough exercise and lead an active lifestyle  | 59%    | 61%        | 61%        |

## Most Commonly Identified Health Issues

In addition to asking survey respondents whether they felt the health and well-being measures are “true” or “false,” the *Community Voice Survey* also asked them to select up to five 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 Passaic County, the five most frequently selected issues are:

1. Roads (19%)
2. Pedestrian safety (15%)
3. Mental health care (14%)
4. Health insurance (13%)
5. Community safety and Housing (tied with 13% each)

When asked if they think the health issues they selected may be a bigger problem for some individuals than others, 45% of respondents think that the health issues affect everyone in their communities about the same and 33% think that these issues may affect seniors, immigrants, individuals and families with low-incomes, and single-parent families more.



## CONCLUSION

The *Community Voice Survey* is a part of a larger shared community health needs assessment and it 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 612 individuals living in Passaic 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 Passaic County survey respondents include:

- Availability of affordable housing that is safe and well-kept,
- Availability of jobs for people who want jobs,
- Access to affordable health insurance that covers the care that people need,
- Having safe and well-maintained roads and ensuring the safety of pedestrians,
- Access to safe and high-quality childcare at good prices, and
- Access to high-quality mental health care that is affordable.

Responses collected from specific population groups found that younger (18-44 years-old) respondents are less satisfied about the availability of affordable housing, people's ability to meet basic needs, and accessibility of affordable childcare than older (65-74 years-old) respondents and all Passaic County respondents. And in the zip code 07011 area within Clifton, respondents are more challenged in all measures of social and economic factors than all respondents in Passaic County.

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.



# APPENDIX

## *Community Voice Survey Questionnaire*





## 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](http://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?

- 18-19       35-39       55-59       75-79
- 20-24       40-44       60-64       80-84
- 25-29       45-49       65-69       85 or older
- 30-34       50-54       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 9<sup>th</sup> grade                                       9<sup>th</sup>-12<sup>th</sup> 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 [ <b>Food Access</b> ]  | <input type="checkbox"/> True | <input type="checkbox"/> False |
| There is enough affordable housing and it is safe and well-kept [ <b>Housing</b> ]  | <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 [ <b>Meeting Places</b> ]  | <input type="checkbox"/> True | <input type="checkbox"/> False |
| Roads are safe and well-maintained [ <b>Roads</b> ]   | <input type="checkbox"/> True | <input type="checkbox"/> False |
| People can walk around the neighborhood and cross streets safely [ <b>Pedestrian Safety</b> ]   | <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) [ <b>Active Transportation</b> ]  | <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 [ <b>Vehicle/Transit Access</b> ] | <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 [ <b>Community Safety</b> ]  | <input type="checkbox"/> True | <input type="checkbox"/> False |
| There are opportunities for people to get a good education [ <b>Education</b> ]                                     | <input type="checkbox"/> True | <input type="checkbox"/> False |
| Neighbors know one another [ <b>Social Connection</b> ]   | <input type="checkbox"/> True | <input type="checkbox"/> False |
| There are enough jobs and most people who want a job can get one [ <b>Employment</b> ]                              | <input type="checkbox"/> True | <input type="checkbox"/> False |
| People make enough money to afford basic needs, like food, housing, and transportation [ <b>Income</b> ]            | <input type="checkbox"/> True | <input type="checkbox"/> False |
| People look out for each other and take care of one another [ <b>Social Support</b> ]                               | <input type="checkbox"/> True | <input type="checkbox"/> False |
| People have access to safe, high-quality child care at a good price [ <b>Child Care</b> ]                           | <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 [ <b>Access to Resources</b> ] | <input type="checkbox"/> True | <input type="checkbox"/> False |
| People know where to get help in times of crisis or emergency [ <b>Community Readiness</b> ]                        | <input type="checkbox"/> True | <input type="checkbox"/> False |
| People feel proud to live here [ <b>Community Pride</b> ]   | <input type="checkbox"/> True | <input type="checkbox"/> False |
| If there is a problem, community members can get it solved [ <b>Community Influence</b> ]                           | <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 [ <b>Culturally-Relevant Care</b> ] | <input type="checkbox"/> True | <input type="checkbox"/> False |
| People can get health insurance that is affordable and covers the care that they need [ <b>Health Insurance</b> ]  | <input type="checkbox"/> True | <input type="checkbox"/> False |
| There are places close-by where people can get healthcare [ <b>Local Care Options</b> ]  | <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 [ <b>Primary Care</b> ]           | <input type="checkbox"/> True | <input type="checkbox"/> False |
| The healthcare that people receive is of good quality [ <b>Quality of Care</b> ]   | <input type="checkbox"/> True | <input type="checkbox"/> False |
| People have access to good quality dental care at a reasonable price [ <b>Dental Care</b> ]  | <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 [ <b>Drug/Alcohol Treatment</b> ]    | <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 [ <b>Emergency Care</b> ]   | <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 [ <b>Mental Health Care</b> ]   | <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 [ <b>Alcohol Use</b> ] | <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 [ <b>Drug Use</b> ]        | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I eat healthy foods most days [ <b>Nutrition</b> ]  | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I get enough exercise and lead an active lifestyle [ <b>Physical Activity</b> ]                                 | <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) [ <b>Sexual Activity</b> ]                     | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I get enough sleep and feel well-rested most days [ <b>Sleep</b> ]  | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I am able to manage my stress most days [ <b>Stress</b> ]   | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I do not use cigarettes, vaporizers (e-cigs), or smokeless tobacco (like chew or dip) [ <b>Tobacco/Nicotine Use</b> ]                                   | <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 [ <b>Substance Use Prevention</b> ]             | <input type="checkbox"/> True | <input type="checkbox"/> False |
| Most days, I'm able to take care of myself [ <b>Self Care</b> ]   | <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 [ <b>Substance Use Treatment</b> ]                                   | <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 [ <b>Prescription Drug Misuse</b> ] | <input type="checkbox"/> True | <input type="checkbox"/> False |
| I am aware of locations to properly dispose of unused/unwanted prescription medication [ <b>Medication Disposal</b> ]                                   | <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
- Employment
- Income
- Dental Care
- Drug/Alcohol Treatment
- Emergency Care
- Substance Use Treatment
- Prescription Drug Misuse
- 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>*