

Agenda
Health & Human Services Committee
West Olive Administration Building – Board Room and YouTube
12220 Fillmore Street, West Olive, Michigan 49460 Wednesday,
November 10, 2021
9:00 AM

Public Comment:

Consent Items:

1. Approval of the Agenda
2. Approval of the Proposed Minutes from the [October 13, 2021](#) Health and Human Services Committee meeting

Action Items: None

Discussion Items:

1. [Migrant Health Survey and the Ottawa County Department of Public Health Cross County Collaboration Grant](#); Heather Alberda, Health Educator for Ottawa County Department of Public Health
2. Healthy Ottawa Plan; Patrick Cisler, Executive Director of Community SPOKE & Lakeshore Nonprofit Alliance
3. Department Updates

Adjournment

Comments on the day's business are to be limited to three (3) minutes.

HEALTH & HUMAN SERVICES COMMITTEE

Proposed Minutes

DATE: October 13, 2021

TIME: 9:00 a.m.

PLACE: Fillmore Street Complex

PRESENT: Allen Dannenberg, James Holtvluwer, Kyle Terpstra, and Randy Meppelink (4)

ABSENT: Joseph Baumann (1)

STAFF & GUESTS: John Shay, County Administrator; Rachel Sanchez, Chief Deputy; Glorie Orozco, Clerk/Register Supervisor; Lynne Doyle, Community Mental Health Director; Lisa Stefanovsky, Health Officer; Paula Bomhof, Public; Emily Underhill, Public; Zoom attendants: Patrick Cisler, Human Services Coordinating Council Executive Director; Jen Brozowski, Community Action Agency Program Director; Kendra Spanjer, DHS Director; Gwen Unzicker, Medical Director; Sandra Lake, Community Health Manager

SUBJECT: CONSENT ITEMS

HHS 21-024 Motion: To approve the agenda of today.
Moved by: Meppelink

UNANIMOUS

HHS 21-025 Motion: To approve the minutes from the September 8, 2021 meeting as presented.
Moved by: Holtvluwer

UNANIMOUS

SUBJECT: ACTION ITEMS

None

SUBJECT: DISCUSSION ITEMS

1. Maternal Infant Health Program Update-Sandra Lake gave an update on the program using the power point slides included in the packet. She gave a brief overview of the program. She then talked about staffing updates, technology updates, and state initiatives. She ended with going over some program data and their goals for 2022.
2. Vaccine Passports-Mr. Meppelink explained the reasoning behind his request to discuss this item today. He would like to see the Board draft and pass a Resolution opposing a vaccine passport. He had a sample from Oceana County. There was discussion on it and if it violates the Boards policy on resolutions. John recommended having corporate counsel look into it.
3. Department Updates

- a. Public Health Department-Lisa Stefanovsky updated that Environmental Health's onsite programs have seen significant increases in many areas. She said that vaccinations rates for children have been down overall and they are monitoring this. They are seeing an uptick in vaccine waiver appointments. She then talked about how they are back in the schools in full force doing hearing and vision testing, as well as dental services. Finally, they are working with Bethany Christian Services and other organizations on the afghan refugees coming to West Michigan. Gwen Unzicker was also on the line to answer any questions the commissioners may have had.
- b. Community Mental Health-Lynne Doyle said that their numbers are the highest she has ever seen them, and many requests are services for kids. They are also dealing with reduced staffing challenges, like everyone across the state. They are working on recruiting and retaining staff. They are also very busy implementing their over \$8 million in grant programs. She is planning to ask for some additional positions at the finance meeting next week. She then reminded the committee about the 2 CMH bills that are out there right now and her concerns about them.

Mr. Terpstra left at 10:01 a.m.

- c. Community Action Agency-Jen Brozowski updated that they have a water assistance program starting on November 1. This will help cover past due water payments. They were awarded \$500,000 in the grant. She said that they have spent half (\$50,000) of the eviction eversion grant. And finally, they will also be posting for a current vacant position.
- d. Human Services Coordinating Council- Patrick Cisler said that they have wrapped up a lot of their direct human service responses to Covid. They are looking at long term human services need for Ottawa County. He is also helping with the efforts for the afghan refugees.
- e. Department of Human Services – Kendra Spanjer updated that they are working in collaboration with Ottawa Area ISD for an early education initiative. They have hired for this role. She also talked about some other initiatives they are working on. She then gave food assistance updates. And finally, she said they have received 4 applications for the afghan refugees.

The meeting adjourned at 10:13 a.m.

2021 Ottawa County Migrant Farmworker Survey

S1. What is your age? (n=319)

18-24 – **24.1%**
25-34 – **27.9%**
35-44 – **20.1%**
45-54 – **13.1%**
55-64 – **11.9%**
65+ – **2.8%**
MEAN – **36.5**

S2. Are you male or female? (n=316)

1 Male – **47.5%**
2 Female – **52.5%**

S3. Do you currently live in Ottawa County? (n=319)

1 Yes – **100.0%**
2 No – **0.0%**

S4. Do you live in Ottawa County year-round or seasonally? (n=313)

1 Year-round – **28.1%**
2 Seasonally – **71.9%**

S5a. (IF S4=1) How many years have you lived in Ottawa County? (n=87)

Less than 1 year – **1.1%**
1 to 2 years – **11.5%**
3 to 5 years – **19.5%**
6 to 10 years – **25.3%**
11 to 20 years – **23.0%**
More than 20 years – **19.5%**

S5b. (IF S4=2) How many years have you been coming to Ottawa County? (n=215)

Less than 1 year – **6.0%**
1 to 2 years – **27.4%**
3 to 5 years – **25.6%**
6 to 10 years – **16.3%**
11 to 20 years – **18.6%**
More than 20 years – **6.0%**

S6. How many members of your household, including yourself, are 18 years of age or older? (n=311)

1 adult – **11.3%**
2 adults – **33.1%**
3 adults – **21.5%**
4 adults – **19.3%**
5 adults – **5.1%**
More than 5 adults – **9.6%**

S7. What is the zip code where you live in Ottawa County? (n=302)

49401 – Allendale – **0.7%**
49403 – Conklin – **3.3%**
49404 – Coopersville – **0.7%**
49409 – Ferrysburg – **0.0%**
49417 - Grand Haven – **20.2%**
49423 - Holland (southside) – **8.9%**
49424 - Holland (northside) – **13.9%**
49426 – Hudsonville – **0.0%**
49427 – Jamestown – **0.0%**
49428 – Jenison – **0.0%**
49430 – Lamont – **0.0%**
49434 – Macatawa – **0.0%**
49435 – Marne – **0.0%**
49448 – Nunica – **3.6%**
49456 - Spring Lake – **0.0%**
49460 - West Olive – **40.4%**
49464 – Zeeland – **7.9%**
88 Other (please specify): -- **0.3%**

Section 1: Health Status/Healthy Days — Health-Related Quality of Life

1.1 To begin, would you say that in general your health is...(n=313)

1 Excellent – **24.0%**
2 Very good – **24.3%**
3 Good – **39.9%**
4 Fair – **10.5%**
5 Poor – **1.3%**

1.2 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good? (n=304)

None – **70.7%**
1 to 13 days – **25.3%**
14 or more days – **3.9%**
MEAN = **1.9**

1.3 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (n=306)

None – **76.8%**
1 to 13 days – **19.3%**
14 or more days – **3.9%**
MEAN = **1.8**

1.4 During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as housework, self-care, care-giving, working, volunteer work, attending school, studies, or recreation? (n=117)

None – **54.7%**
1 to 13 days – **39.3%**
14 or more days – **6.0%**
MEAN = **2.8**

Section 2: Health Care Access

2.1 Do you have any kind of health insurance, such as Blue Cross, Priority Health, Medicare, or Medicaid? (n=305)

- 1 Yes – **31.1%**
- 2 No – **68.9%**

2.2 (IF 2.1=2) What are the reasons that you do not have health insurance? (**Select all that apply**). (n=156)

- 1 Don't know where to go to get/apply for health insurance – **35.3%**
- 2 Fear of immigration law enforcement – **23.1%**
- 3 Language barrier (lack of Spanish-speaking staff to assist) – **11.5%**
- 4 Lack of transportation – **7.1%**
- 5 Employer doesn't offer health insurance – **21.2%**
- 6 Cost – out of pocket expenses, such as co-pays, spend-downs – **19.2%**
- 7 Don't qualify for Medicaid – **5.8%**
- 8 Other – **9.0%**

2.3 (IF 2.1=1) What is the primary source of your health insurance? (n=83)

- 1 A plan purchased through an employer or union (includes plans purchased through another person's employer) – **38.6%**
- 2 A plan that you or another family member buys on your own – **2.4%**
- 3 Medicare – health coverage for people age 65 or older and/or for certain disabled people – **6.0%**
- 4 Medicaid – health coverage for people with low incomes – **47.0%**
- 5 Other state program such as the Healthy Michigan Plan – **1.2%**
- 6 TRICARE (formerly CHAMPUS), VA, or Military – **0.0%**
- 7 Alaska Native, Indian Health Service, Tribal Health Services – **0.0%**
- 8 Some other source (specify): **4.8%**

2.4 Do you have one person you think of as your personal doctor or health care provider? (n=291)

- 1 Yes, only one – **22.0%**
- 2 Yes, more than one – **4.1%**
- 3 No – **73.9%**

2.5 Was there a time in the past 12 months when you needed to see a doctor but could not because of cost? (n=301)

- 1 Yes – **23.3%**
- 2 No – **76.7%**

2.6 Have you had to delay medical care that you needed for any reason in the past 12 months? (n=301)

- 1 Yes – **29.6%**
- 2 No – **70.4%**

2.7 (IF 2.6=1) What were some of the reasons you delayed getting needed medical care in the past 12 months? (Select all that apply). (n=86)

- 1 You couldn't get through on the telephone – **14.0%**
- 2 You couldn't get an appointment soon enough – **24.4%**
- 3 Once you got there, you had to wait too long to see the doctor – **2.3%**
- 4 The clinic/office wasn't open when you got there – **7.0%**
- 5 You didn't have transportation – **36.0%**
- 6 The clinic/office would not accept your insurance – **1.2%**
- 7 Cost - of health care services in general – **23.3%**
- 8 Cost - You couldn't afford the co-pay or deductible required by your insurance – **8.1%**
- 9 Cost – You couldn't afford prescriptions – **7.0%**
- 10 You couldn't understand your doctor – **5.8%**
- 11 Because of the coronavirus/COVID-19 related (e.g., wait times were too long, clinics closed or had limited accessibility, couldn't access the Internet or use technology because of heavy traffic, etc.) – **15.1%**
- 12 Your workplace does not allow you to leave for medical care – **0.0%**
- 13 Your children have been getting medical care instead of you – **1.2%**
- 14 Lack of childcare or someone to watch your children – **3.5%**
- 15 Inconvenient office hours/not open when you could go – **4.7%**
- 88 Other – **9.3%**

2.8 About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition. (n=280)

- 1 Never/Haven't had a physical exam – **13.6%**
- 2 Within the past year (anytime less than 12 months ago) – **38.6%**
- 3 Within the past 2 years (1 year but less than 2 years ago) – **23.2%**
- 4 Within the past 5 years (2 years but less than 5 years ago) – **10.0%**
- 5 5 or more years ago – **14.6%**

2.9 How many times have you been to an Urgent Care Center or the Emergency Room (Emergency Department) in the past 12 months? An Urgent Care Center is a place where people can go who need medical care but don't need to visit an Emergency Room. For example, most doctors' offices are not open in the evening or weekends, so if someone needs to see a doctor at these times, but the situation does not require the use of an Emergency Room, they could visit an Urgent Care Center.” (n=308)

- None – **82.5%**
- 1 time – **10.7%**
- 2 or more time – **6.8%**

Section 3: Chronic Health Conditions

3.1 Has a doctor, nurse, or other health professional EVER told you that you had asthma? (n=312)

- 1 Yes – **6.7%**
- 2 No – **93.3%**

3.2 (IF 3.1=1) Do you still have asthma? (n=17) – 3.8% currently have asthma

- 1 Yes – **70.6%**
- 2 No – **29.4%**

3.3 Has a doctor, nurse, or other health professional EVER told you that you had diabetes? (**n=314**)

- 1 Yes – **10.8%**
- 2 No – **89.2%**

3.4 (IF 3.3= 1 AND FEMALE) Was this only during pregnancy? (**n=22**)

- 1 Yes – **13.6%**
- 2 No – **86.4%**

3.5 Has a doctor, nurse, or other health professional EVER told you that you had pre-diabetes or borderline diabetes? (**n=306**)

- 1 Yes – **14.1%**
- 2 No – **85.9%**

3.6 (IF 3.5=1) What steps are you taking, if any, to prevent your prediabetes from developing into diabetes? (**Select all that apply**) (**n=21**)

- 0 Nothing/I'm not doing anything – **19.0%**
- 1 Increasing my physical activity – **52.4%**
- 2 Losing weight/lowering BMI – **47.6%**
- 3 Eating healthier/changed my diet – **47.6%**
- 4 Using medication (e.g., Metformin) – **9.5%**
- 5 Lowering my A1C – **0.0%**
- 6 Having, or had, surgery (gastric bypass) – **9.5%**
- 7 Managing stress better – **14.3%**
- 8 Became involved with support group(s) – **4.8%**

3.6 Has a doctor, nurse, or other health professional EVER told you that you have COPD (chronic obstructive pulmonary disease, emphysema, or chronic bronchitis)? (**n=311**)

- 1 Yes – **0.6%**
- 2 No – **99.4%**

3.7 Has a doctor, nurse, or other health professional EVER told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia? (**n=311**)

- 1 Yes – **4.8%**
- 2 No – **95.2%**

3.8 Has a doctor or other healthcare provider EVER told you that you have an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder)? (**n=310**)

- 1 Yes – **7.7%**
- 2 No – **92.3%**

3.9 Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)? (n=310)

- 1 Yes – **9.0%**
- 2 No – **91.0%**

3.10 (IF 3.9-1 AND FEMALE) Was this following the birth of a child or related to pregnancy? (n=22)

- 1 Yes – **18.2%**
- 2 No – **81.8%**

3.11 Do you suffer from any type of chronic pain; that is, pain that occurs constantly or flares up frequently? (n=306)

- 1 Yes – **11.4%**
- 2 No – **88.6%**

3.12 (IF 3.11=1) Do you feel your pain is well managed? (n=34)

- 1 Yes – **38.2%**
- 2 No – **61.8%**

3.13 (If 3.11=1) What are some of the **barriers** to treating your pain? (n=31)

- 1 Too costly/can't afford – **12.9%**
- 2 Not enough programs/services – **0.0%**
- 3 Existing programs/services inadequate – **3.2%**
- 4 Do not have health insurance – **41.9%**
- 5 Insurance doesn't cover treatment – **3.2%**
- 6 Transportation issues – **35.5%**
- 7 Too hard to remember/forget easily – **0.0%**
- 8 Don't trust health care providers – **0.0%**
- 9 Current provider not helpful – **3.2%**
- 10 Too many chronic issues to manage – **6.5%**
- 11 Chronic conditions make it tough to be mobile – **3.2%**
- 12 Don't ask for treatment of my pain – **25.8%**
- 13 There are **no** barriers – **16.1%**
- 88 Other (specify): -- **9.7%**

3.14 Do you have any other health problems that we haven't mentioned? If yes, what are they? Please be as detailed as possible. (Open-ended)

- High blood pressure (6)
- Cholesterol (3)
- Back problems/pain (2)
- Diabetes (2)
- Pregnant (2)
- Allergies
- Carpal tunnel
- Dental problems
- Diagnosed with bipolar
- Headache and foot pain
- Gastritis
- Heart condition

- Hernia
- I think I might have diabetes but I haven't had the chance or know where to go.
- Mono
- Poor circulation
- Psoriasis
- Rash when out in the sun
- Recent surgery prevents me from doing some things
- Sinusitis
- Spontaneous head and stomach pain
- Vitiligo
- Wrist pain

Section 4: Health Literacy

4.1 How often do you find it difficult learning about your health condition because it is difficult to understand written information? Would you say...(n=283)

- 1 Always – **16.6%**
- 2 Often – **12.0%**
- 3 Sometimes – **27.9%**
- 4 Rarely – **14.8%**
- 5 Never – **28.6%**

4.2 (IF 4.1=1-3) Do you have difficulty understanding written information because it is not in Spanish? (n=154)

- 1 Yes – **76.6%**
- 2 No – **23.4%**

4.3 How often do you have difficulty understanding written or verbal information your health care provider (doctor, nurse, nurse practitioner) gives you? (n=293)

- 1 Always – **20.1%**
- 2 Often – **14.3%**
- 3 Sometimes – **24.9%**
- 4 Rarely – **13.3%**
- 5 Never – **27.3%**

4.4 (IF 4.3=1-3) Do you have difficulty understanding written or verbal information from your health care provider because the information is not in Spanish? (n=164)

- 1 Yes – **79.9%**
- 2 No – **20.1%**

Section 5: Tobacco Use and Vaping

5.1 Have you smoked at least 100 **cigarettes** (e.g., 5 packs) in your entire life? Do not include electronic cigarettes, herbal cigarettes, cigars, or marijuana. (n=308)

- 1 Yes – **16.2%**
- 2 No – **51.9%**
- 3 Never smoked at all – **31.8%**

5.2 (IF 5.1=1 OR 2) Do you now smoke cigarettes every day, some days, or not at all? (n=208)

- 1 Everyday – **6.3%**
- 2 Some days – **15.4%**
- 3 Not at all – **78.4%**

Current Smoker – 11.7%

Former Smoker – 4.5%

Non-Smoker – 83.8%

5.3 Do you now use e-cigarettes or other electronic “vaping” products every day, some days, or not at all? (n=302)

- 1 Every day – **0.7%**
- 2 Some days – **2.0%**
- 3 Not at all – **97.3%**

Section 6: Social Support

6.1 How many people could you count on to come help you if you called for practical help, like someone to pick up groceries, talk to about a problem, or provide you or a household member with care? (n=291)

- 0 None – **29.9%**
- 1 One – **19.6%**
- 2 Two – **26.5%**
- 3 Three – **9.6%**
- 4 Four or more – **14.4%**

6.2 Think about people you rely on for help and support. How common is it for you to reach outside this circle of people (e.g., to people you are unfamiliar with or who are not immediate friends or family) to give or receive practical help or social and emotional support? Help and support may include informal social and emotional support, help with errands, tasks, or chores, and information for problem solving. (n=274)

- 1 Very uncommon – **50.4%**
- 2 Somewhat uncommon – **17.9%**
- 3 Somewhat common – **21.5%**
- 4 Very common – **10.2%**

Section 7: Demographics

7.1 Are you Hispanic, Latino/a, or Spanish origin? (n=314)

- 1 Yes – **96.2%**
- 2 No – **3.8%**

7.1a (IF 7.1=1) Which of these groups **best represents** your ethnicity? (**Select all that apply**) (n=298)

- 1 Mexican, Mexican American, or Chicano/a – **84.2%**
- 2 Puerto Rican – **0.3%**

- 3 Cuban – **0.3%**
- 4 Dominican – **0.7%**
- 5 Guatemalan – **12.4%**
- 5 Another Hispanic or Latino/a or Spanish origin (specify): -- **4.4%**

7.3 What is your marital status? (n=310)

- 1 Married – **53.5%**
- 2 Divorced – **4.8%**
- 3 Widowed – **2.6%**
- 4 Separated – **3.2%**
- 5 Never married – **24.5%**
- 6 A member of an unmarried couple – **11.3%**

7.4 How many children less than 18 years of age live in your household? (n=310)

- None – **31.6%**
- 1 child – **22.3%**
- 2 children – **24.5%**
- 3 children – **10.3%**
- 4 children – **8.7%**
- 5 children – **2.3%**
- More than 5 children – **0.3%**

7.5 What is the highest grade or year of school you completed? (n=305)

- 1 Never attended school or only attended kindergarten – **6.9%**
- 2 Grades 1 through 8 (Elementary) – **33.8%**
- 3 Grades 9 through 11 (Some high school) – **27.5%**
- 4 Grade 12 or GED (High school graduate) – **19.3%**
- 5 College 1 year to 3 years (Some college or technical school) – **7.2%**
- 6 College 4 years or more (College graduate) – **5.2%**

7.6 Are you currently employed in Ottawa County full-time or part-time? (n=278)

- 1 Full-time, 40 hours or more per week – **81.7%**
- 2 Part-time, less than 40 hours per week – **10.8%**
- 3 Unemployed/homemaker/retired – **7.6%**

7.7 Are you considered to be a H2A worker? (n=262)

- 1 Yes – **23.7%**
- 2 No – **76.3%**

7.8 Keeping in mind that your answers are completely confidential, is your annual household income from all sources: (n=260)

- 1 Less than \$10,000 – **30.4%**
- 2 \$10,000 to less than \$15,000 – **25.0%**
- 3 \$15,000 to less than \$20,000 – **16.2%**
- 4 \$20,000 to less than \$25,000 – **16.2%**
- 5 \$25,000 to less than \$35,000 – **6.2%**
- 6 \$35,000 to less than \$50,000 – **3.5%**
- 7 \$50,000 to less than \$75,000 – **2.3%**
- 8 \$75,000 or more – **0.4%**

7.9 Where are you living now? (n=303)

- 1 Farm labor camp – **69.3%**
- 2 Apartment (not at labor camp) – **6.9%**
- 3 Condominium (not at labor camp) – **0.7%**
- 4 House (not at labor camp) – **10.9%**
- 5 Trailer (not at labor camp) – **11.2%**
- 6 Other (specify): -- **1.0%**

7.10 About how much do you weigh without shoes?

7.11 About how tall are you without shoes?

BMI (n=287)

Obese – 40.8%

Overweight – 33.1%

Healthy Weight – 25.8%

Underweight – 0.3%

Section 8: Weight Control

8.1 Are you currently trying to lose weight or keep from gaining more weight? (n=295)

- 1 Yes – **39.0%**
- 2 No – **61.0%**

8.2 How would you describe your weight? (n=289)

1. Very underweight – **1.7%**
2. Slightly underweight – **5.5%**
3. About the right weight – **47.1%**
4. Slightly overweight – **35.3%**
5. Very overweight – **10.4%**

Section 9: Fruits and Vegetables

These next questions are about the fruits and vegetables **you** ate or drank in the past 30 days. Please think about all forms of fruits and vegetables including cooked or raw, fresh, frozen or canned. Please think about all meals, snacks, and food consumed at home and away from home. You will be asked how often **you** ate or drank each one: for example, once a day, twice a week, three times a month, whatever is easiest for you to answer.

9.1 During the past month, how many **servings** per day, week or month did you eat fruit or drink 100% PURE fruit juices? Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice. A serving of fruit equals approximately ½ cup. (n=286)

- Less than 1 serving per day – **26.9%**
- 1 to <2 servings per day – **25.8%**
- 2 to <3 servings per day – **29.0%**
- 3 or more servings per day – **18.2%**

9.2 During the past month, how many **servings** per day, week, or month did you eat vegetables for example broccoli, sweet potatoes, carrots, tomatoes, V-8 juice, corn, cooked or fresh leafy greens including romaine, chard, collard greens or spinach? A serving of vegetables equals approximately ½ cup. (n=287)

- Less than 1 serving per day – **34.2%**
- 1 to <2 servings per day – **27.3%**
- 2 to <3 servings per day – **23.4%**
- 3 or more servings per day – **15.0%**

9.3 What, if anything, prevents you from eating fruits and vegetables on a regular basis? (**Select all that apply**) (n=278)

- 1 Nothing/I do eat fruits and vegetables on a regular basis – **61.9%**
- 2 They are too expensive/cost – **19.1%**
- 3 The quality is poor where I shop – **1.4%**
- 4 They are not available where I shop – **2.9%**
- 5 They are not always available at food pantries – **2.5%**
- 6 I don't know how to prepare fruits and vegetables – **2.2%**
- 7 I don't like/like to eat fruits and vegetables – **9.4%**
- 8 Other (specify): -- **5.0%**

Section 10: Food Access and Sufficiency

The next section is about food eaten in your household within the last 12 months.

10.1 Which of the following statements best describes the food eaten in your household within the last 12 months? Would you say that...(n=292)

- 1 You always have enough to eat – **86.6%**
- 2 Sometimes you don't have enough to eat, or – **12.3%**
- 3 You often don't have enough to eat – **1.0%**

10.2 In the past 12 months, did you or others in your household ever cut the size of your meals or skip meals because there wasn't enough money for food? (n=299)

- 1 Yes – **19.7%**
- 2 No – **80.3%**

10.3 Do you ever use a food pantry to meet your food needs? (n=293)

- 1 Yes – **53.6%**
- 2 No – **46.4%**

10.4 (IF 10.3=2) Why don't you ever use a food pantry? (Select all that apply) (n=101)

- 1 Don't need it/don't need food assistance – **51.5%**
- 2 Don't want to use the food pantry – **2.0%**
- 3 Don't have transportation to the food pantry – **7.9%**
- 4 Not aware of the food pantry/didn't know one existed – **24.8%**
- 5 Pantry hours (days/times) are not convenient – **11.9%**
- 6 Pantry location is not convenient – **5.0%**
- 7 Pantry doesn't have the types of food I eat/like – **5.9%**
- 8 Other (specify): -- **2.0%**

Section 12: Cancer Screening

The next three questions are about cancer screening.

12.1 (FEMALES ONLY) A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since you had your last mammogram? (n=150)

- 1 Never/Haven't had one – **48.0%**
- 2 Within the past year (anytime less than 12 months ago) – **18.0%**
- 3 Within the past 2 years (1 year but less than 2 years ago) – **11.3%**
- 4 Within the past 3 years (2 years but less than 3 years ago) – **8.0%**
- 5 Within the past 5 years (3 years but less than 5 years ago) – **6.0%**
- 6 5 or more years ago – **8.7%**

12.2 (FEMALES ONLY) A Pap test is a test for cancer of the cervix. How long has it been since you had your last Pap test? (n=151)

- 1 Never/Haven't had one – **21.2%**
- 2 Within the past year (anytime less than 12 months ago) – **27.8%**
- 3 Within the past 2 years (1 year but less than 2 years ago) – **20.5%**
- 4 Within the past 3 years (2 years but less than 3 years ago) – **11.9%**
- 5 Within the past 5 years (3 years but less than 5 years ago) – **7.9%**
- 6 5 or more years ago – **10.6%**

12.3 (AGE 50 AND OLDER) Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy? (n=59)

- 1 Never/Haven't had one – **59.3%**
- 2 Within the past year (anytime less than 12 months ago) – **11.9%**
- 3 Within the past 2 years (1 year but less than 2 years ago) – **11.9%**
- 4 Within the past 3 years (2 years but less than 3 years ago) – **5.1%**
- 5 Within the past 5 years (3 years but less than 5 years ago) – **6.8%**
- 6 Within the past 10 years (5 years but less than 10 years ago) – **0.0%**

7 10 or more years ago – **5.1%**

Section 13: Immunization

13.1 Now I will ask you questions about the seasonal flu. During the past 12 months, have you had either a flu vaccine that was sprayed in your nose or a flu shot injected into your arm? (**n=302**)

- 1 Yes – **32.1%**
- 2 No – **67.9%**

13.2 Have you received a vaccination for the coronavirus (COVID-19)? (**n=307**)

- 1 Yes – **64.8%**
- 2 No – **35.2%**

13.3 (IF 13.2=2) How likely are you to get vaccinated for the coronavirus (COVID-19)? Would you say... (**n=98**)

- 1 Not at all likely – **22.4%**
- 2 Not very likely – **23.5%**
- 3 Somewhat likely – **30.6%**
- 4 Very likely, or – **16.3%**
- 5 Extremely likely – **7.1%**

13.4 Do you know where to access services for birth control or STD (sexually transmitted diseases) testing in Ottawa County if your or someone you knew needed these services? (**n=257**)

- 1 Yes – **32.3%**
- 2 No – **67.7%**

Section 14: Alcohol Consumption

14.1 During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor? (**n=295**)

- None – **73.2%**
 - 1 to 2 days per month – **4.5%**
 - 3 to 5 days per month – **9.2%**
 - 6 to 10 days per month – **6.1%**
 - More than 10 days per month – **7.1%**
- MEAN = 2.1 days in past month**

14.2 (IF 14.1>0) One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

- 1 drink – **20.3%**

2 drinks – **23.3%**
3 drinks – **26.1%**
4 to 5 drinks – **21.7%**
More than 5 drinks – **8.6%**
MEAN = 3.1 drinks

Drinking Status: (n=291)

Non-drinker – **74.2%**
Light to moderate drinker – **20.3%**
Heavy drinker – **5.5%**

14.31 (IF FEMALE) Considering all types of alcoholic beverages, how many times during the past 30 days did you have 4 drinks or more drinks on an occasion?

14.32 (IF MALE) Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 drinks or more drinks on an occasion?

TOTAL Binge Drinker (**n=292**) = **17.5%**
Male Binge Drinker = **28.8%**
Female Binge Drinker = **8.1%**

Section 15: Mental Illness and Stigma

15.1 Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional condition? (**n=296**)

- 1 Yes – **10.5%**
- 2 No – **89.5%**

These next two questions ask about peoples' attitudes toward mental illness and its treatment. The answers to these questions will be used by health planners to help understand public attitudes about mental illness and its treatment and to help guide health education programs.

15.2 What is your level of agreement with the following statement? "Treatment can help people with mental illness lead normal lives." Do you – **agree** slightly or strongly, or **disagree** slightly or strongly? (**n=240**)

- 1 Agree strongly – **49.6%**
- 2 Agree slightly – **35.4%**
- 3 Neither agree nor disagree – **11.7%**
- 4 Disagree slightly – **2.9%**
- 5 Disagree strongly – **0.4%**

15.3 What is your level of agreement with the following statement? "People are generally caring and sympathetic to people with mental illness." Do you – **agree** slightly or strongly, or **disagree** slightly or strongly? (**n=239**)

- 1 Agree strongly – **33.1%**
- 2 Agree slightly – **28.9%**
- 3 Neither agree nor disagree – **16.7%**
- 4 Disagree slightly – **13.8%**
- 3 Disagree strongly – **7.5%**

Section 16: Oral Health

16.1 How long has it been since you had your teeth cleaned by a dentist or dental hygienist? (n=285)

- 1 Within the past year (anytime less than 12 months ago) – **35.1%**
- 2 Within the past 2 years (1 year but less than 2 years ago) – **16.8%**
- 3 Within the past 5 years (2 years but less than 5 years ago) – **11.2%**
- 4 5 or more years ago – **20.0%**
- 97 Never – **16.8%**

16.2 In the past 12 months, have you had problems getting needed dental care? (n=288)

- 1 Yes – **30.6%**
- 2 No – **69.4%**

16.3 (IF 16.2=1) Please provide the reason(s) for the difficulty in getting dental care. (**Select all that apply**) (n=87)

- 1 Dentist or dental hygienist not available – **29.9%**
- 2 Lack of insurance – **56.3%**
- 3 Dental care provider would not accept your insurance – **1.1%**
- 4 Insurance would not approve/pay for care – **3.4%**
- 5 Cannot afford co-pay or deductible – **2.3%**
- 6 Lack of transportation – **16.1%**
- 7 Language barriers – **31.0%**
- 8 Cannot afford to pay for dental care – **18.4%**
- 9 Cannot understand my dentist – **4.6%**
- 10 Your workplace does not allow you to leave for dental care – **0.0%**
- 11 Don't know where to go for care – **4.6%**
- 88 Other (specify): -- **3.4%**

Section 17: Hypertension and Cholesterol Awareness

17.1 Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure, otherwise known as hypertension? (n=300)

- 1 Yes – **15.7%**
- 2 No – **84.3%**

17.2 (IF 17.1=1 AND FEMALE) Was this when you were pregnant? (n=33)

- 1 Yes – **9.1%**
- 2 No – **90.9%**

17.3 (IF 17.1=1) Are you currently taking prescription medicine for your high blood pressure? (n=45)

- 1 Yes – **51.1%**
- 2 No – **48.9%**

17.4 (IF 17.1=2) Have you ever been told by a doctor, nurse, or other health professional that you have pre-hypertension, or borderline hypertension? (n=230)

- 1 Yes – **1.7%**
- 2 No – **98.3%**

17.5 Blood cholesterol is a fatty substance found in the blood. About how long has it been since you last had your blood cholesterol checked? (n=235)

- 1 Never/Haven't had one – **47.2%**
- 2 Within the past year (anytime less than 12 months ago) – **25.1%**
- 3 Within the past 2 years (1 year but less than 2 years ago) – **9.4%**
- 4 Within the past 3 years (2 years but less than 3 years ago) – **3.8%**
- 5 Within the past 4 years (3 years but less than 4 years ago) – **1.3%**
- 6 Within the past 5 years (4 years but less than 5 years ago) – **3.8%**
- 7 5 or more years ago – **9.4%**

17.6 (IF 17.5=2-7) Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high? (n=115)

- 1 Yes – **23.5%**
- 2 No – **76.5%**

17.7 (IF 17.6=1) Are you currently taking any medicine prescribed by your doctor or other health professional for your blood cholesterol? (n=27)

- 1 Yes – **40.7%**
- 2 No – **59.3%**

Section 18: Community Connectedness and Inclusion

18.1 What is your level of agreement with the following statements? "Ottawa County is inclusive, or welcoming, of all people." Would you say you....? (n=262)

- 1 Agree strongly – **48.9%**
- 2 Agree slightly – **28.6%**
- 3 Neither agree nor disagree – **13.0%**
- 4 Disagree slightly – **8.0%**
- 5 Disagree strongly – **1.5%**

18.2 "I feel included, or welcomed, in Ottawa County." Do you....? (n=288)

- 1 Agree strongly – **48.3%**
- 2 Agree slightly – **28.1%**
- 3 Neither agree nor disagree – **13.5%**

- 4 Disagree slightly – **8.3%**
- 5 Disagree strongly – **1.7%**

18.3 “I feel respected, or valued, in Ottawa County.” Do you....? (n=287)

- 1 Agree strongly – **46.0%**
- 2 Agree slightly -- **34.8%**
- 3 Neither agree nor disagree – **12.5%**
- 4 Disagree slightly – **4.5%**
- 5 Disagree strongly – **2.1%**

18.4 “I feel **connected** to Ottawa County.” Do you....? (n=285)

- 1 Agree strongly – **43.9%**
- 2 Agree slightly – **21.8%**
- 3 Neither agree nor disagree – **14.0%**
- 4 Disagree slightly – **11.9%**
- 5 Disagree strongly – **8.4%**

18.5 (IF 18.4 > 1) What would make you feel more connected to Ottawa County? Please be as detailed as possible. (Open-ended)

18.6 Do you find it hard to deal with daily situations, such as running errands and shopping, because you have difficulty speaking English? (n=296)

- 1 Yes – **47.0%**
- 2 No – **53.0%**

18.7 Have you been discriminated against here in Ottawa County? (n=289)

- 1 Yes – **11.1%**
- 2 No – **88.9%**

18.8 (IF 18.7=1) From where did you experience discrimination? (**Check all that apply**) (n=30)

- 1 Co-workers – **26.7%**
- 2 School – **30.0%**
- 3 Police – **13.3%**
- 4 Banks – **13.3%**
- 5 Employers – **36.7%**
- 6 Landlords – **3.3%**
- 7 Neighbors – **20.0%**
- 8 Stores – **50.0%**
- 9 Other (specify): -- **10.0%**

Section 19: Use of Pesticides

19.1 Do you know if pesticides are used where you work? By pesticides we mean chemicals used to kill bugs or weeds to stop plant diseases. (n=247)

- 1 Yes – **64.4%**
- 2 No – **35.6%**

19.2 (IF 19.1=1) Have you ever had burning eyes, cough, nausea, or skin rash after being in contact with pesticides? (n=156)

- 1 Yes – **14.1%**
- 2 No – **85.9%**

Section 20: Coronavirus (COVID-19) Pandemic

Finally, because we are living in a very unique and different time, we have a few questions regarding the coronavirus, or COVID-19, pandemic.

20.1 Which of the following measures, if any, are you taking in response to the coronavirus (COVID-19)? (Select all that apply) (n=293)

- 1 Wear a face mask – **87.7%**
- 2 Wash and sanitize hands – **67.2%**
- 3 Keep 6 feet distance from those outside my household – **43.7%**
- 4 Avoid public or crowded places – **44.7%**
- 5 Cancel or postpone pleasure, social, or recreational activities – **22.2%**
- 6 Avoid some or all restaurants – **27.3%**
- 7 Don't go to church – **14.0%**
- 8 I don't take any measures – **3.8%**

20.2 I want to ask you how your life has changed during the coronavirus (COVID-19) pandemic. How would you compare your life overall now with how your life was before the coronavirus pandemic started? Would you say that overall, your life now is better, worse, or about the same as it was before the coronavirus pandemic began? (n=235)

- 1 Better – **14.5%**
- 2 About the same – **48.9%**
- 3 Worse – **36.6%**
- 77 Don't know/Not sure

20.3 Why do you say that? Please be as detailed as possible. (Open-end)

20.4 Are there any issues that you feel are important to mention that we haven't discussed so far? If so, what are these issues. Please be as detailed as possible. (Open-end)

Those are all of my questions. Everyone's answers will be combined to give us information about the health practices of people in this county. Would you like to have the telephone number at the Ottawa County Department of Public Health to get more information about this survey?

If yes: It is 616-393-5799.

Thank you very much for your time and cooperation.



Local Health Department Collaboration

October 26, 2021



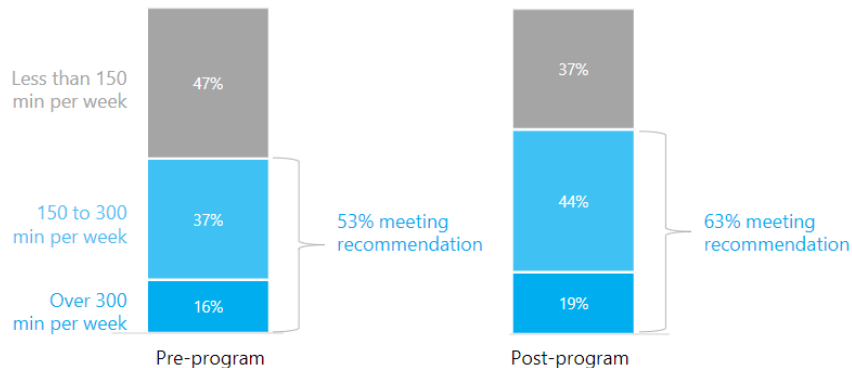
Ottawa County

Step It Up Fitness Challenge

The 2021 Spring Step It Up! Fitness Challenge & Adventure Series kicked off on May 10. The free, 8-week program offers group walks, an adventure series, weekly strength training, healthy eating and mental health tips, and provides accountability with physical activity goal setting and reporting. Through these program offerings, the goal is to get community members active, visiting new parks, exercising outdoors more frequently, and improving their overall health.

Participant Outcomes – Physical Activity & Strength Training

National health guidelines recommend that adults get at least 150 minutes (2.5 hours) to 300 minutes (5 hours) of physical activity per week. Before starting the Step It Up! program, 53% of participants reported meeting this recommendation. At the end of the program, 63% of participants reported meeting this recommendation.



Program Highlights

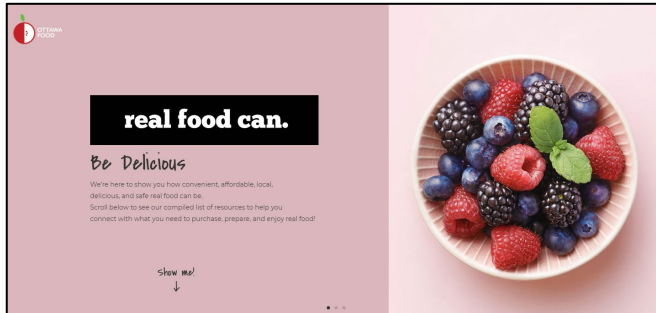
- Both program goals for the year were achieved:

	Goal	Actual
Number of program enrollees	1,000	1,062
% of participants reporting that their health improved as a result of participating in the program	60%	65%

- 60% of participants whose physical health and 74% whose mental health worsened during COVID-19 reported an improvement after completing the program.
- 56% of participants reported exercising outdoors more frequently and 55% reported being more comfortable exercising outdoors as a result of the program.

*"I appreciate the step it up program because it offers me an opportunity to achieve something. It's an incentive to get outside and walk, to track steps, set goals, and continue my health journey."
- Step It Up Participant*

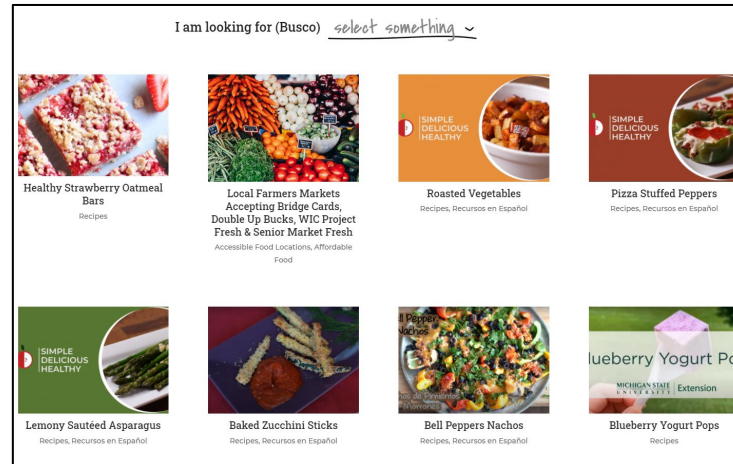
Food Resource Guide



<https://realfoodcan.org/>

Ottawa and Allegan counties promoted this resource while also handing out recipe cards that were created. The cards are available in multiple languages.

Food Resource guides (not pictured) for Ottawa and Allegan counties were printed in both English and Spanish while also located on the counties' websites.



real food can.

MAKE IT YOURSELF!
Roasted Root Vegetables



INGREDIENTS

2 sweet potatoes, peeled and diced
3 carrots (or parsnips), peeled and diced
1 rutabaga (or celery root), peeled and diced
1/4 cup balsamic vinegar (optional)
2 tablespoons pure maple syrup (optional)
2 tablespoons olive oil
1/2 teaspoon salt
Freshly ground black pepper, to taste

Recipe courtesy of **Chef Jen**

Makes 6 Servings

1. Preheat the oven to 425°F. Line a large baking sheet with foil and place diced veggies on top in a single layer.
2. Drizzle the veggies with balsamic vinegar (if using), maple syrup (if using) and olive oil and season with salt and freshly ground black pepper. Toss gently until all the veggies are well coated.
3. Roast for 20 minutes, toss the veggies with a spatula, then roast for 15 minutes longer, or until the veggies are nicely caramelized.

FOR MORE RECIPES & RESOURCES, VISIT
RealFoodCan.org.



Equity Training

Understanding Systemic Racism: A Framework for Positive Action with *Dr. Steve L. Robbins*



Virtual Workshop on Zoom*
August 16th & 17th 10:00am-12:00pm
*This is a 2-day workshop. Please plan to attend both days.

To effectively address systemic racism, one must first fully understand the issue. Using interactive exercises, insightful videos, and informed dialogue; this workshop engages multiple types of learners and helps participants reach a deeper understanding of the how, what and why of systemic racism.

Register at www.eventbrite.com

miOttawa Department of
Public Health

In addition to Ottawa County Department of Public Health, attendees from other health departments joined in: Monroe, Leelanau, Kent, Ionia, Jackson, Allegan and Oakland.

Of **147 attendees** as a result of the training...

- **90.57%** of participants agreed or strongly agreed they had a deeper understanding of what systemic racism is.
- **91.76%** of participants agreed or strongly agreed they gained awareness of the racist policies, systems, and structures that were created to favor some people over others.
- **88.24%** of participants agreed or strongly agreed they gained an understanding of what the environments, social, and economic conditions are that impact health.
- **89.41%** of participants agreed or strongly agreed they see how their work has a role in assuring a culturally sensitive and diverse public health workforce.

"I will be more curious in my conversations. I will remind myself to say, "I'm curious, tell me more". I want to also reflect more with my home visitors on the different journey's that we walk, and the journey's the families they serve (parallel process)."

- Training Participant

"Dr. Robbins was an amazing presenter! It was engaging and informative. I really liked the visual whiteboard classroom style. I appreciated him leading the discussions and sharing the video clips. I learned also about the participants through the break out rooms. Highly recommend keeping that component. I think having set questions/reflections, asking participants ahead of time, in the large group would speed up the group dialogue. I appreciated Dr. Robbins sharing his personal story and the "why" of how he does this work. I feel so grateful that OC brought this amazing speaker through this workshop." – Training Participant

Sacredness of Trauma Webinar

The goal of this webinar was to equip faith leaders of congregations to better understand the impact of trauma and empower them to love others.

Participants learned about trauma, intergenerational trauma, and the impact of trauma, how congregations can help healing, and the contagion of trauma. This webinar used current research and offered practical tools.

May 18/20th 2021

- 42 attendees
- Allegan, Ottawa, and Muskegon Counties participated
- Collaboration of 8 community partners

“This training with Elizabeth is AWESOME! It has helped me personally, professionally, and as a faith leader. She helps us understand how our approach can promote healing and resiliency. I recommend for all people of faith!” -- Pastor Andre Williams Jr.



THE SACREDNESS OF TRAUMA

How do we best connect with someone who has experienced trauma? Faith communities of all sorts wrestle with this—and The Sacredness of Trauma helps equip faith leaders of congregations to better understand the impact of trauma and empower them to love others.

- Covers "What is trauma?" and "Intergenerational trauma" followed by "The Impact of Trauma," "How the Holy Helps Us Heal," and "The Contagion of Trauma."
- Uses most current research and knowledge about traumatic events and their impact.
- For any faith community that uses a scripture.
- Offers practical tools for day to day use.

TUESDAY MAY 18TH & THURSDAY MAY 20TH 9AM-1PM

Register for the **FREE** online Zoom training [HERE](#)

Spots are limited to 50 participants

For Faith Leaders in Ottawa, Allegan, and Muskegon Counties

Questions? Contact Heather Alberda at 616.393.5774 or halberda@miottawa.org

This training is sponsored by:



ACES & Resilience Seminar

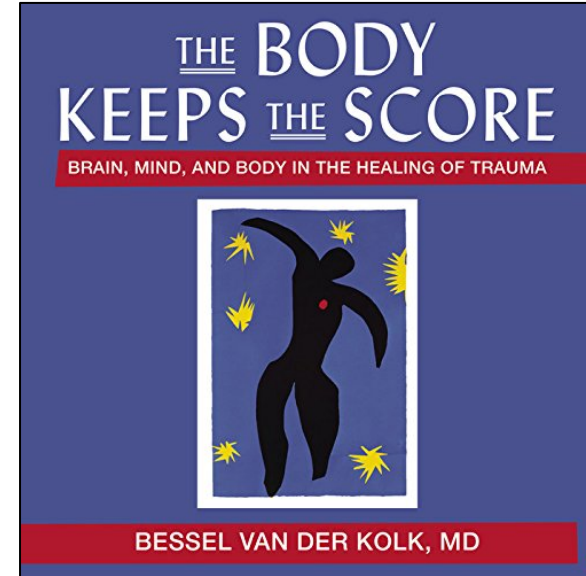
Presented by Community Mental Health of Ottawa County Thrive Ottawa, and OC Health Department.

Our earliest childhood experiences have a big impact on shaping who we are today. Dr. Donna Lowry (Ready for School) & Dr. Ann Heerde (CMH OC) discuss Adverse Childhood Experiences and identify strategies for building resilience.

The webinar training took place
September 10th.

- Free social work CEUs were provided.
- 113 participants
- Ottawa, Allegan and Muskegon Counties participated

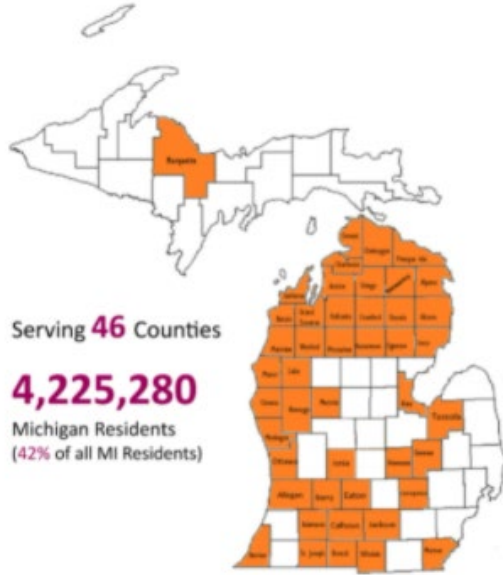
"That was a wonderful seminar!"
"I love how this presentation was structured with the science followed by the applied behavior change science."
"Thank you Ann and Donna- this was fabulous for me and also gave me tools to help me with clients!"
"Thanks for life changing thoughts and opportunities"



Participants received a free copy of the book "The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma"
By Dr. Bessel Van Der Kolk

Wear One

Wear One Counties



MI counties map 08/14/2020 01

Condom distribution utilizing community partners to increase availability and access to FREE condoms.

- Allegan County Community Partners: 37
 - Condoms by mail 450
- Ottawa County Community Partners: 57
 - Condoms by mail 3070
- Estimated number distributed 45000(OC)/25000(AC)
- 46 counties in Michigan are now participating





*mi*Ottawa Department of
Public Health

QUESTIONS?