Selected Findings from the Rural Health Information Survey

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The Rural Health Information Survey (RHIS)

Purpose:
– To identify issues impacting health & access to health care in Del Norte, Humboldt, Trinity & Mendocino Counties.
– To provide Information for planning & policy development

• Conducted in Summer/ Fall 2006 by CCRP
• 4 page written survey
• Quantitative and Qualitative Questions
### Response Rates & Sample Sizes by County

<table>
<thead>
<tr>
<th>County</th>
<th>Rural Health Information Survey (RHIS)</th>
<th>California Health Interview Survey (CHIS)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Response Rate</td>
<td>Sample Size</td>
</tr>
<tr>
<td>Del Norte</td>
<td>12.1%</td>
<td>421</td>
</tr>
<tr>
<td>Humboldt</td>
<td>12.3%</td>
<td>880</td>
</tr>
<tr>
<td>Trinity</td>
<td>14.9%</td>
<td>940</td>
</tr>
<tr>
<td>Mendocino</td>
<td>11.2%</td>
<td>705</td>
</tr>
<tr>
<td>More than 1 of the above</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>12.7%</td>
<td>2950</td>
</tr>
</tbody>
</table>

*CHIS combines the counties of Del Norte, Trinity, Siskiyou, Lassen, Modoc, Plumas and Sierra*
<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>RHIS Frequency</th>
<th>RHIS % of Sample</th>
<th>U.S. Census, 2000 % of total population Redwood Coast Region</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>2459</td>
<td>84.2</td>
<td>82.9*</td>
</tr>
<tr>
<td>Native American</td>
<td>148</td>
<td>5.1</td>
<td>5.4*</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>34</td>
<td>1.2</td>
<td>10.6</td>
</tr>
<tr>
<td>Black/African American</td>
<td>7</td>
<td>0.2</td>
<td>1.1*</td>
</tr>
<tr>
<td>Asian</td>
<td>13</td>
<td>0.4</td>
<td>1.5*</td>
</tr>
<tr>
<td>Multiracial</td>
<td>173</td>
<td>5.9</td>
<td>4.2</td>
</tr>
<tr>
<td>Other</td>
<td>87</td>
<td>3.0</td>
<td>4.8</td>
</tr>
<tr>
<td>Total</td>
<td>2921</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

* 1 Race Alone
## Federal Poverty Level of Respondents

<table>
<thead>
<tr>
<th>Federal Poverty Level</th>
<th>RHIS Frequency</th>
<th>RHIS % of Sample</th>
<th>U.S. Census, 2000 % of total population Redwood Coast Region</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤99%</td>
<td>416</td>
<td>16.2</td>
<td>18.3</td>
</tr>
<tr>
<td>100%-199%</td>
<td>645</td>
<td>25.2</td>
<td>NA</td>
</tr>
<tr>
<td>200%-299%</td>
<td>491</td>
<td>19.2</td>
<td>NA</td>
</tr>
<tr>
<td>≥300%</td>
<td>1009</td>
<td>39.4</td>
<td>NA</td>
</tr>
<tr>
<td>Total</td>
<td>2561</td>
<td>100.0</td>
<td>NA</td>
</tr>
</tbody>
</table>

Poverty Thresholds obtained from U.S. Census Bureau, “Poverty Thresholds 2006”
http://www.census.gov/hhes/www/poverty/threshld/thresh06.html
Access to Health Care

Within the past 12 months, were you able to get the healthcare (including mental healthcare) you needed? If no, please explain why.
Unable to Get Needed Health Care by Federal Poverty Level
\((n = 2,205)\)
Unable to Get Needed Health Care by Federal Poverty Level

\(n = 2,205\)

**#1 Reason:**
- No Insurance
- Cost
- Lack of Health Care Providers
Within the past 12 months, were you able to get the healthcare (including mental healthcare) you needed?
If no, please explain why.

“No doctors available who take Medi-Cal.” Del Norte County Resident, ≤99% FPL

“Cannot afford the high cost- make borderline amount so not qualified for Medi-Cal without lien on my house.” Trinity County Resident, ≤99% FPL

“Insurance is $5,000 deductible, so I basically have it for emergency, critical issues.” Mendocino County Resident, 100-199% FPL

“Refused annual mammogram because local hospital no longer accepts my insurance.” Humboldt County Resident, ≥300%FPL
CCRP Rural Health Information Survey: Percent of Respondents Without Adequate Health Care Access¹, 2006

Study Methods: The Rural Health Information Survey (RHIS) was conducted by the California Center for Rural Policy in the fall of 2006. A total of 23,606 surveys were mailed to a random sample of post office box holders in the four counties of Del Norte, Humboldt, Trinity and Mendocino. The total number of returned surveys was 3,003 for an overall response rate of 12.7%.

Percent of Respondents Without Adequate Health Care Access, 2006

- 30 - 40
- 25 - 29
- 20 - 24
- 15 - 19
- 10 - 14
- 0 - 9
- Low sample size²

Public Lands
- National Forests, National & State Parks

¹ Data derived from RHIS survey question (4): Within the past 12 mo. were you able to get the health care (incl. mental health care) you needed?
² Percentages are shown for survey respondents of each sampled post office.
³ Post offices with less than 20 survey responses were not included in analysis due to statistical instability.
⁴ Facilities shown are those classified as either 'General Acute Care Hospital' or 'Free or Community Clinics' in OSHPD's database.

Data Sources: ESR, OSHPD, U.S. Postal Service; CCRP Rural Health Information Survey 2006
http://www.humboldt.edu/~ccrp
Health Insurance and Use of the Emergency Department

What types of health insurance do you have?

During the past 12 months did you visit a hospital emergency room for your own health?
## No Health Insurance by County (age 18-64)

<table>
<thead>
<tr>
<th>County</th>
<th>RHIS, 2006 No Insurance % (95% CI)</th>
<th>CHIS, 2007 No Insurance % (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Del Norte</td>
<td>15.0 (11-19)</td>
<td>22.8 (14.2-31.3)*</td>
</tr>
<tr>
<td>Humboldt</td>
<td>25.3 (22.1-28.6)</td>
<td>15.3 (9.0-21.7)</td>
</tr>
<tr>
<td>Trinity</td>
<td>17.1 (14.2-20.0)</td>
<td>22.8 (14.2-31.3)*</td>
</tr>
<tr>
<td>Mendocino</td>
<td>23.0 (19.5-26.5)</td>
<td>19.4 (10.2-28.6)</td>
</tr>
<tr>
<td>Total</td>
<td>21.0 (19.3-22.7)</td>
<td>19.2 (14.4-24.0)</td>
</tr>
</tbody>
</table>

*CHIS combines the counties of Del Norte, Trinity, Siskiyou, Lassen, Modoc, Plumas and Sierra*
No Health Insurance by Poverty Level (age 18-64) ($n = 1,951$)

<table>
<thead>
<tr>
<th>Federal Poverty Level of Respondent</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤99%</td>
<td>30.9%</td>
</tr>
<tr>
<td>100%-199%</td>
<td>37.6%</td>
</tr>
<tr>
<td>200%-299%</td>
<td>19.7%</td>
</tr>
<tr>
<td>≥300%</td>
<td>6.6%</td>
</tr>
</tbody>
</table>
CCRPRural Health Information Survey:
Percent of Respondents Without Health Insurance; 2006

Study Methods: The Rural Health Information Survey (RHIS) was conducted by the California Center for Rural Policy in the fall of 2006. A total of 23,606 surveys were mailed to a random sample of post office box holders in the four counties of Del Norte, Humboldt, Trinity and Mendocino. The total number of returned surveys was 3,003 for an overall response rate of 12.7%.

Total Population
Below Poverty Level
Percent by Census Tract

- 29 - 44
- 23 - 28
- 17 - 22
- 14 - 16
- 9 - 13
- 5 - 8

Data Source: U.S. Census Bureau 2000

Percent of Respondents
Without Health Insurance

- 30 - 45
- 25 - 29
- 20 - 24
- 15 - 19
- 10 - 14
- 5 - 9

Low Sample Size

1 Data derived from RHIS survey question (6):
What types of health insurance do you have?
Percentages are shown for survey respondents of each sampled post office.

2 Post offices with less than 20 survey responses were not included in analysis due to statistical instability.

http://www.humboldt.edu/ccrp
Visited the ER in the Past Year for Health Care by Insurance Status ($n = 2,427$)

- No Insurance: 12.4%
- Medi-Cal: 44.9%
- Private: 20.4%
Routine Check-up and Screening for Cancer

How long has it been since you last visited a doctor or healthcare provider for a routine check-up?

To the best of your knowledge when did you have the following?
- Mammogram (women only)
- Pap Smear (women only)
- Colonoscopy or Sigmoidoscopy
- Fecal Blood Test
Routine Check-up in Past 4 years by Insurance Status ($n = 2,189$)

- No Insurance: 58.4%
- Medi-Cal: 89.5%
- Private: 91.6%
Mammogram in Past 2 years by Insurance Status (women age 40-64) (n = 999)

- No Insurance: 37.6%
- Medi-Cal: 61.2%
- Private: 77.8%
Pap Test in Past 5 Years by Insurance Status (women age 18-64) \( (n = 1,263) \)

- No Insurance: 70.8%
- Medi-Cal: 88.0%
- Private: 91.5%
Recommended Colorectal Cancer Screening* by Insurance Status (age 50-64) (n = 1,091)

*Colonoscopy/Sigmoidoscopy in past 10 years and/or Fecal Occult Blood Test in past year
Food Security

“In the last 12 months were you or people living in your household ever hungry because you couldn’t afford enough food?”
Respondents with Very Low Food Security

\( n = 2,537 \)

Federal Poverty Level of Respondent

- \( \leq 99\% \) 29.2%
- 100%-199% 10.6%
- 200%-299% 3.9%
- \( \geq 300\% \) 1.1%
Very Low Food Security by Households with Children Under 18 \((n = 2,902)\)

- **Children in Household**: 11.9%
- **No Children in Household**: 7.4%

CCRП Rural Health Information Survey:
Percent of Respondents With Very Low Food Security¹, 2006

Study Methods: The Rural Health Information Survey (RHIS) was conducted by the California Center for Rural Policy in the fall of 2006. A total of 23,606 surveys were mailed to a random sample of post office box holders in the four counties of Del Norte, Humboldt, Trinity and Mendocino. The total number of returned surveys was 3,003 for an overall response rate of 12.7%.

Percent of Respondents With Very Low Food Security

1. Low sample size²

- 16 - 25
- 11 - 15
- 9 - 10
- 6 - 8
- 3 - 5
- 2

Total Population Below Poverty Level
Percent by Census Tract

- 29 - 44
- 23 - 28
- 17 - 22
- 14 - 16
- 9 - 13
- 5 - 8

Data Source: U.S. Census Bureau 2000.

¹ Data derived from RHIS survey question (31): In the last 12 mo., were you or people living in your household ever hungry because you couldn’t afford enough food? Percentages are shown for survey respondents of each sampled post office.

² Post offices with less than 20 survey responses were not included in analysis due to statistical instability.
Transportation as a Problem Meeting Health Needs by Federal Poverty Level (n = 2,541)

- ≤ 99%: 38.3%
- 100%-199%: 21.6%
- 200%-299%: 12.9%
- ≥ 300%: 7.3%
Transportation

Is transportation a problem in meeting the health needs of you or your family?
Study Methods: The Rural Health Information Survey (RHIS) was conducted by the California Center for Rural Policy in the fall of 2005. A total of 23,968 surveys were mailed to a random sample of post office box holders in the four counties of Del Norte, Humboldt, Trinity and Mendocino. The total number of returned surveys was 3,003 for an overall response rate of 12.7%.

Percent of Respondents With Transportation Impacting Health Needs

- 35 - 45
- 30 - 34
- 25 - 29
- 20 - 24
- 10 - 19
- 6 - 9
- Low sample size

Public Lands
- National Forests, National & State Parks

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1 Data derived from RHIS survey question (49): Is transportation a problem in meeting the health needs of you or your family? Percentages are shown for survey respondents of each sampled post office.

2 Post offices with less than 20 survey responses were not included in analysis due to statistical instability.


http://www.humboldt.edu/ccrp
Phones, Computers & Internet Access

In your home do you have:
A Phone?
A Computer?
Internet Access?
No Phone, Computer, Internet Access in the Home by Federal Poverty Level

- No Phone
- No Computer
- No Internet

<table>
<thead>
<tr>
<th>Poverty Level</th>
<th>No Phone</th>
<th>No Computer</th>
<th>No Internet</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤ 99%</td>
<td></td>
<td>50%</td>
<td>10%</td>
</tr>
<tr>
<td>100%-199%</td>
<td>10%</td>
<td>30%</td>
<td>20%</td>
</tr>
<tr>
<td>200%-299%</td>
<td>5%</td>
<td>20%</td>
<td>15%</td>
</tr>
<tr>
<td>≥ 300%</td>
<td>10%</td>
<td>10%</td>
<td>15%</td>
</tr>
</tbody>
</table>

California Center for Rural Policy
Study Methods: The Rural Health Information Survey (RHIS) was conducted by the California Center for Rural Policy in the fall of 2006. A total of 23,006 surveys were mailed to a random sample of post office box holders in the four counties of Del Norte, Humboldt, Trinity and Mendocino. The total number of returned surveys was 3,003 for an overall response rate of 12.7%.

Percent of Respondents Without In-Home Internet Access, 2006

1 Data derived from RHIS question (37): In your home, do you have Internet access? Percentages are shown for survey respondents of each sampled post office.
2 Post offices with less than 20 survey responses were not included in analysis due to statistical instability.

Public Lands
- National Forests, National & State Parks

http://www.humboldt.edu/ccrp
Next Steps

- Continue dissemination of results (reports, briefs, meetings)
- Policy recommendations
- Repeat survey over time to measure trends (resource dependent)
Questions
This research was funded by a grant from
The California Endowment