Eureka: Humboldt Senior Resource Center Pantry

Results from surveys taken at every food pantry in Humboldt County, California in the fall of 2014.
Prepared for Food for People and St. Joseph Health — Humboldt County

By: California Center for Rural Policy, Humboldt State University
Author: Larissa Wilcox, MS
<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ethnicity/Race (n = 32)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>5</td>
<td>15.6%</td>
</tr>
<tr>
<td>Non-Hispanic/Latino</td>
<td>27</td>
<td>84.4%</td>
</tr>
<tr>
<td><strong>Race (n = 34)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Indian or Alaskan Native</td>
<td>3</td>
<td>8.8%</td>
</tr>
<tr>
<td>Asian</td>
<td>2</td>
<td>5.9%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>2</td>
<td>5.9%</td>
</tr>
<tr>
<td>White</td>
<td>22</td>
<td>64.7%</td>
</tr>
<tr>
<td>American Indian or Alaskan Native &amp; White</td>
<td>1</td>
<td>2.9%</td>
</tr>
<tr>
<td>Decline to state</td>
<td>4</td>
<td>11.8%</td>
</tr>
<tr>
<td><strong>Gender (n = 34)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>14</td>
<td>41.2%</td>
</tr>
<tr>
<td>Male</td>
<td>20</td>
<td>58.8%</td>
</tr>
<tr>
<td><strong>Age (n = 34)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26-34 years</td>
<td>5</td>
<td>14.7%</td>
</tr>
<tr>
<td>35-45 years</td>
<td>3</td>
<td>8.8%</td>
</tr>
<tr>
<td>46-54 years</td>
<td>6</td>
<td>17.6%</td>
</tr>
<tr>
<td>55-64 years</td>
<td>9</td>
<td>26.5%</td>
</tr>
<tr>
<td>65 years or older</td>
<td>11</td>
<td>32.4%</td>
</tr>
</tbody>
</table>
(Q1) What is your gender?

<table>
<thead>
<tr>
<th>Gender</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>20</td>
<td>58.8%</td>
</tr>
<tr>
<td>Female</td>
<td>14</td>
<td>41.2%</td>
</tr>
<tr>
<td>Total</td>
<td>34</td>
<td></td>
</tr>
</tbody>
</table>

Figure 1. Gender (N = 34):

(Q2) Are you Hispanic or Latino?

<table>
<thead>
<tr>
<th>Hispanic/Latino</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>5</td>
<td>15.6%</td>
</tr>
<tr>
<td>No</td>
<td>27</td>
<td>84.4%</td>
</tr>
<tr>
<td>Total</td>
<td>32</td>
<td></td>
</tr>
</tbody>
</table>

Figure 2. Hispanic/Latino (N = 32):
(Q3) What is your race? (check all that apply):

<table>
<thead>
<tr>
<th>Race</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Indian or Alaskan Native</td>
<td>3</td>
<td>8.8%</td>
</tr>
<tr>
<td>Asian</td>
<td>2</td>
<td>5.9%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>2</td>
<td>5.9%</td>
</tr>
<tr>
<td>White</td>
<td>22</td>
<td>64.7%</td>
</tr>
<tr>
<td>American Indian/Alaskan Native &amp; White</td>
<td>1</td>
<td>2.9%</td>
</tr>
<tr>
<td>Decline to State</td>
<td>4</td>
<td>11.8%</td>
</tr>
<tr>
<td>Total</td>
<td>34</td>
<td>100%</td>
</tr>
</tbody>
</table>

Figure 3. Race (N = 34):

(Q4) What is your age?

<table>
<thead>
<tr>
<th>Age</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>26-34</td>
<td>5</td>
<td>14.7%</td>
</tr>
<tr>
<td>35-45</td>
<td>3</td>
<td>8.8%</td>
</tr>
<tr>
<td>46-54</td>
<td>6</td>
<td>17.6%</td>
</tr>
<tr>
<td>55-64</td>
<td>9</td>
<td>26.5%</td>
</tr>
<tr>
<td>65+</td>
<td>11</td>
<td>32.4%</td>
</tr>
<tr>
<td>Total</td>
<td>34</td>
<td>100%</td>
</tr>
</tbody>
</table>

Figure 4. Age (N = 34):
(Q5) What is the highest level of education that you have completed?

<table>
<thead>
<tr>
<th>Education</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>High school degree or Some high school</td>
<td>18</td>
<td>54.5%</td>
</tr>
<tr>
<td>College degree or Some college</td>
<td>12</td>
<td>36.4%</td>
</tr>
<tr>
<td>Graduate degree or Post graduate training</td>
<td>3</td>
<td>9.1%</td>
</tr>
<tr>
<td>Total</td>
<td>33</td>
<td></td>
</tr>
</tbody>
</table>

(Q7) Do you currently receive CalFresh (food stamps) each month?

<table>
<thead>
<tr>
<th>Receive CalFresh</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>12</td>
<td>35.3%</td>
</tr>
<tr>
<td>No</td>
<td>22</td>
<td>64.7%</td>
</tr>
<tr>
<td>Total</td>
<td>34</td>
<td></td>
</tr>
</tbody>
</table>
(Q8) If not, have you applied for CalFresh (food stamps) in the past year?

<table>
<thead>
<tr>
<th>Applied for CalFresh</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>8</td>
<td>28.6%</td>
</tr>
<tr>
<td>No</td>
<td>20</td>
<td>71.4%</td>
</tr>
<tr>
<td>Total</td>
<td>28</td>
<td></td>
</tr>
</tbody>
</table>

(Q9) If you have not applied, please explain why (check all that apply):

<table>
<thead>
<tr>
<th>Why not applied for CalFresh</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>On SSI</td>
<td>12</td>
</tr>
<tr>
<td>Income too high</td>
<td>3</td>
</tr>
<tr>
<td>Need more help or information</td>
<td>3</td>
</tr>
<tr>
<td>Applied but don’t qualify</td>
<td>3</td>
</tr>
<tr>
<td>Planning on doing it soon</td>
<td>2</td>
</tr>
<tr>
<td>Don’t want to apply</td>
<td>1</td>
</tr>
</tbody>
</table>
CalFresh Eligibility

<table>
<thead>
<tr>
<th>CalFresh Eligibility</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Receives CalFresh</td>
<td>12</td>
<td>34.3%</td>
</tr>
<tr>
<td>Not Eligible</td>
<td>13</td>
<td>37.1%</td>
</tr>
<tr>
<td>Possibly Eligible</td>
<td>10</td>
<td>28.6%</td>
</tr>
<tr>
<td>Total</td>
<td>35</td>
<td></td>
</tr>
</tbody>
</table>

(Q10) How would you describe your ability to work? (check all that apply):

<table>
<thead>
<tr>
<th>Ability to work</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Able to work</td>
<td>13</td>
<td>44.8%</td>
</tr>
<tr>
<td>Not able to work</td>
<td>9</td>
<td>31.0%</td>
</tr>
<tr>
<td>Retired</td>
<td>7</td>
<td>24.1%</td>
</tr>
<tr>
<td>Total</td>
<td>29</td>
<td></td>
</tr>
</tbody>
</table>
(Q11) Does anyone in your household have a job?

<table>
<thead>
<tr>
<th>Job in household</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>8</td>
<td>25.0%</td>
</tr>
<tr>
<td>No</td>
<td>24</td>
<td>75.0%</td>
</tr>
<tr>
<td>Total</td>
<td>32</td>
<td></td>
</tr>
</tbody>
</table>

(Q12) Do you currently have a job or jobs?

<table>
<thead>
<tr>
<th>Current job</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>4</td>
<td>11.4%</td>
</tr>
<tr>
<td>No</td>
<td>31</td>
<td>88.6%</td>
</tr>
<tr>
<td>Total</td>
<td>35</td>
<td></td>
</tr>
</tbody>
</table>
(Q13) Which of the following describes your job or jobs? (check all that apply):

<table>
<thead>
<tr>
<th>Type of job</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full-time</td>
<td>1</td>
<td>8.3%</td>
</tr>
<tr>
<td>Part-time</td>
<td>4</td>
<td>33.3%</td>
</tr>
<tr>
<td>Occasional</td>
<td>3</td>
<td>25.0%</td>
</tr>
<tr>
<td>Temporary</td>
<td>4</td>
<td>33.3%</td>
</tr>
<tr>
<td>Total</td>
<td>12</td>
<td>100%</td>
</tr>
</tbody>
</table>

(Q14) How likely would you say it is that you will become unemployed in the next 12 months?

<table>
<thead>
<tr>
<th>Job security</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very likely</td>
<td>10</td>
<td>66.7%</td>
</tr>
<tr>
<td>Somewhat likely</td>
<td>2</td>
<td>13.3%</td>
</tr>
<tr>
<td>Not very likely</td>
<td>1</td>
<td>6.7%</td>
</tr>
<tr>
<td>Not likely at all</td>
<td>2</td>
<td>13.3%</td>
</tr>
<tr>
<td>Total</td>
<td>15</td>
<td>100%</td>
</tr>
</tbody>
</table>
(Q15) Do you have diabetes?

<table>
<thead>
<tr>
<th>Diabetes</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>7</td>
<td>21.2%</td>
</tr>
<tr>
<td>No</td>
<td>25</td>
<td>75.8%</td>
</tr>
<tr>
<td>Don’t know</td>
<td>1</td>
<td>3.0%</td>
</tr>
<tr>
<td>Total</td>
<td>33</td>
<td></td>
</tr>
</tbody>
</table>

(Q16) Does anyone in your household have diabetes?

<table>
<thead>
<tr>
<th>Diabetes in household</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>8</td>
<td>25.0%</td>
</tr>
<tr>
<td>No</td>
<td>22</td>
<td>68.8%</td>
</tr>
<tr>
<td>Don’t know</td>
<td>2</td>
<td>6.3%</td>
</tr>
<tr>
<td>Total</td>
<td>32</td>
<td></td>
</tr>
</tbody>
</table>
(Q18) I receive food from the pantry, how often?

<table>
<thead>
<tr>
<th>Attend pantry how often</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once a week</td>
<td>4</td>
<td>12.1%</td>
</tr>
<tr>
<td>Once a month</td>
<td>19</td>
<td>57.6%</td>
</tr>
<tr>
<td>3-5 times a year</td>
<td>3</td>
<td>9.1%</td>
</tr>
<tr>
<td>6+ times a year</td>
<td>3</td>
<td>9.1%</td>
</tr>
<tr>
<td>Once a year</td>
<td>4</td>
<td>12.1%</td>
</tr>
<tr>
<td>Total</td>
<td>33</td>
<td></td>
</tr>
</tbody>
</table>

Figure 17. Attend Pantry (N = 33):

(Q19) I am happy with the amount of food receive from the pantry:

<table>
<thead>
<tr>
<th>Happy with amount of food</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>9</td>
<td>28.1%</td>
</tr>
<tr>
<td>Agree</td>
<td>15</td>
<td>46.9%</td>
</tr>
<tr>
<td>Neither agree nor Disagree</td>
<td>3</td>
<td>9.4%</td>
</tr>
<tr>
<td>Disagree</td>
<td>2</td>
<td>6.3%</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>1</td>
<td>3.1%</td>
</tr>
<tr>
<td>Not sure/ Don’t know</td>
<td>2</td>
<td>6.3%</td>
</tr>
<tr>
<td>Total</td>
<td>32</td>
<td></td>
</tr>
</tbody>
</table>

Figure 18. Happy with amount of food (N = 32):
(Q20) I am happy with the quality of food receive from the pantry:

Figure 19. Happy with quality of food (N = 30):

<table>
<thead>
<tr>
<th>Happy with quality of food</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Agree</td>
<td>11</td>
<td>36.7%</td>
</tr>
<tr>
<td>Agree</td>
<td>11</td>
<td>36.7%</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>2</td>
<td>6.7%</td>
</tr>
<tr>
<td>Disagree</td>
<td>2</td>
<td>6.7%</td>
</tr>
<tr>
<td>Not sure/ Don’t know</td>
<td>4</td>
<td>13.3%</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

(Q21) I can choose healthy food at the pantry:

Figure 20. Healthy food from the pantry (N = 31):

<table>
<thead>
<tr>
<th>Healthy food from the pantry</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>9</td>
<td>29.0%</td>
</tr>
<tr>
<td>Agree</td>
<td>13</td>
<td>41.9%</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>5</td>
<td>16.1%</td>
</tr>
<tr>
<td>Not sure/Don’t know</td>
<td>4</td>
<td>12.9%</td>
</tr>
<tr>
<td>Total</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>
(Q22) The food I receive from the pantry meets my dietary needs:

<table>
<thead>
<tr>
<th>Food meets dietary needs</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>8</td>
<td>25.8%</td>
</tr>
<tr>
<td>Agree</td>
<td>12</td>
<td>38.7%</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>6</td>
<td>19.4%</td>
</tr>
<tr>
<td>Disagree</td>
<td>1</td>
<td>3.2%</td>
</tr>
<tr>
<td>Not sure/Don’t know</td>
<td>4</td>
<td>12.9%</td>
</tr>
<tr>
<td>Total</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

(Q23) I am able to access the food pantry as much as I need to:

<table>
<thead>
<tr>
<th>Pantry access</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>8</td>
<td>25.0%</td>
</tr>
<tr>
<td>Agree</td>
<td>8</td>
<td>25.0%</td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>6</td>
<td>18.8%</td>
</tr>
<tr>
<td>Disagree</td>
<td>1</td>
<td>3.1%</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>2</td>
<td>6.3%</td>
</tr>
<tr>
<td>Not sure/ Don’t know</td>
<td>7</td>
<td>21.9%</td>
</tr>
<tr>
<td>Total</td>
<td>32</td>
<td></td>
</tr>
</tbody>
</table>
(Q24) If you are not able to access the food pantry as much as you need to, what are the challenges that prevent you? (check all that apply):

**Figure 23. Barriers to pantry access (N = 20):**

<table>
<thead>
<tr>
<th>Barriers to pantry access</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
<td>4</td>
<td>20.0%</td>
</tr>
<tr>
<td>Transportation</td>
<td>5</td>
<td>25.0%</td>
</tr>
<tr>
<td>Can’t get there during hours of operation</td>
<td>6</td>
<td>30.0%</td>
</tr>
<tr>
<td>Not open often enough</td>
<td>5</td>
<td>25.0%</td>
</tr>
<tr>
<td>Total</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>
(Q25) I would like information on the following to be available at the pantry (check all that apply):

**Figure 24. Information on these topics**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supplemental security income (SSI)</td>
<td>7</td>
</tr>
<tr>
<td>Community events</td>
<td>6</td>
</tr>
<tr>
<td>Family/community resource center</td>
<td>5</td>
</tr>
<tr>
<td>Community gardens</td>
<td>5</td>
</tr>
<tr>
<td>Transportation</td>
<td>5</td>
</tr>
<tr>
<td>Help finding a job</td>
<td>5</td>
</tr>
<tr>
<td>CalFresh</td>
<td>4</td>
</tr>
<tr>
<td>Housing</td>
<td>4</td>
</tr>
<tr>
<td>Financial services</td>
<td>3</td>
</tr>
<tr>
<td>Dental care</td>
<td>3</td>
</tr>
<tr>
<td>How to grow food</td>
<td>3</td>
</tr>
<tr>
<td>Health insurance</td>
<td>2</td>
</tr>
<tr>
<td>Childcare</td>
<td>2</td>
</tr>
<tr>
<td>Social security disability (SSD)</td>
<td>2</td>
</tr>
<tr>
<td>Treatment for alcohol and other drugs</td>
<td>2</td>
</tr>
<tr>
<td>Women, infants, &amp; children (WIC)</td>
<td>1</td>
</tr>
<tr>
<td>Mental health services</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>61</td>
</tr>
</tbody>
</table>
(Q26) What other services or activities would help you or your family?

<table>
<thead>
<tr>
<th>Information</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transportation</td>
<td>1</td>
</tr>
<tr>
<td>Employment</td>
<td>1</td>
</tr>
<tr>
<td>Dental/Health</td>
<td>1</td>
</tr>
<tr>
<td>Community</td>
<td>1</td>
</tr>
<tr>
<td>Other</td>
<td>1</td>
</tr>
</tbody>
</table>

**Other**

Methadone program
(Q27) Please list up to three kinds of food you would like to see more of at the pantry:

<table>
<thead>
<tr>
<th>Desired Foods</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Produce</td>
<td>9</td>
</tr>
<tr>
<td>Dairy</td>
<td>9</td>
</tr>
<tr>
<td>Canned/Prepared Food</td>
<td>6</td>
</tr>
<tr>
<td>Vegetarian/Specialty Options</td>
<td>5</td>
</tr>
<tr>
<td>Meat/Beans/Protein</td>
<td>3</td>
</tr>
<tr>
<td>Other</td>
<td>3</td>
</tr>
<tr>
<td>Sweets</td>
<td>2</td>
</tr>
<tr>
<td>Juice</td>
<td>1</td>
</tr>
<tr>
<td>Fish</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>39</strong></td>
</tr>
</tbody>
</table>
(Q32) The months when money is tight, I sometimes have to choose between food and ...? (check all that apply):

<table>
<thead>
<tr>
<th>Service</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rent</td>
<td>8</td>
</tr>
<tr>
<td>Phone</td>
<td>7</td>
</tr>
<tr>
<td>Medications</td>
<td>6</td>
</tr>
<tr>
<td>Utilities</td>
<td>4</td>
</tr>
<tr>
<td>Transportation</td>
<td>4</td>
</tr>
<tr>
<td>Health care</td>
<td>1</td>
</tr>
<tr>
<td>Dental care</td>
<td>1</td>
</tr>
</tbody>
</table>
(Q33-45) Food Security:

<table>
<thead>
<tr>
<th>Food security</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>High food security</td>
<td>10</td>
<td>28.6%</td>
</tr>
<tr>
<td>Marginal food security</td>
<td>4</td>
<td>11.4%</td>
</tr>
<tr>
<td>Low food security</td>
<td>5</td>
<td>14.3%</td>
</tr>
<tr>
<td>Very low food security</td>
<td>16</td>
<td>45.7%</td>
</tr>
<tr>
<td>Total</td>
<td>35</td>
<td></td>
</tr>
</tbody>
</table>

(Q46) How much of the time during the last 30 days have you felt sad?

<table>
<thead>
<tr>
<th>Sad</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>All of the time</td>
<td>3</td>
<td>11.5%</td>
</tr>
<tr>
<td>Most of the time</td>
<td>6</td>
<td>23.1%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>15</td>
<td>57.7%</td>
</tr>
<tr>
<td>Not at all</td>
<td>2</td>
<td>7.7%</td>
</tr>
<tr>
<td>Total</td>
<td>26</td>
<td></td>
</tr>
</tbody>
</table>
(Q47) In general, how happy have you been within the last 30 days?

Figure 30. Happy in last 30 days (N = 25):

<table>
<thead>
<tr>
<th>Happy</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always happy</td>
<td>2</td>
<td>8.0%</td>
</tr>
<tr>
<td>Almost always happy</td>
<td>6</td>
<td>24.0%</td>
</tr>
<tr>
<td>Sometimes happy</td>
<td>10</td>
<td>40.0%</td>
</tr>
<tr>
<td>Rarely happy</td>
<td>4</td>
<td>16.0%</td>
</tr>
<tr>
<td>Not at all happy</td>
<td>3</td>
<td>12.0%</td>
</tr>
<tr>
<td>Total</td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>

(Q48) How much of the time during the past 30 days has your sleep been restless?

Figure 31. Restless sleep (N = 27):

<table>
<thead>
<tr>
<th>Restless sleep</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always restless</td>
<td>4</td>
<td>14.8%</td>
</tr>
<tr>
<td>Almost always restless</td>
<td>5</td>
<td>18.5%</td>
</tr>
<tr>
<td>Sometimes restless</td>
<td>11</td>
<td>40.7%</td>
</tr>
<tr>
<td>Rarely restless</td>
<td>3</td>
<td>11.1%</td>
</tr>
<tr>
<td>Never restless</td>
<td>4</td>
<td>14.8%</td>
</tr>
<tr>
<td>Total</td>
<td>27</td>
<td></td>
</tr>
</tbody>
</table>
(Q49) Do you agree with the following statement: “There are people in my life who really care about me”?

![Figure 32. People care about me (N = 25):](image)

<table>
<thead>
<tr>
<th>People care</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agree</td>
<td>19</td>
<td>76.0%</td>
</tr>
<tr>
<td>Disagree</td>
<td>1</td>
<td>4.0%</td>
</tr>
<tr>
<td>Don’t know</td>
<td>5</td>
<td>20.0%</td>
</tr>
<tr>
<td>Total</td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>

(Q50) In general, has your local area become a better or worse place to live in the past year?

![Figure 33. Local area better or worse (N = 26):](image)

<table>
<thead>
<tr>
<th>Better or Worse</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better</td>
<td>7</td>
<td>26.9%</td>
</tr>
<tr>
<td>Worse</td>
<td>8</td>
<td>30.8%</td>
</tr>
<tr>
<td>Same</td>
<td>11</td>
<td>42.3%</td>
</tr>
<tr>
<td>Total</td>
<td>26</td>
<td></td>
</tr>
</tbody>
</table>
(Q51) Is the following statement true: “In my local area, children and older people feel free to move about safely”:

<table>
<thead>
<tr>
<th>Safe area</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>14</td>
<td>63.6%</td>
</tr>
<tr>
<td>No</td>
<td>8</td>
<td>36.4%</td>
</tr>
<tr>
<td>Total</td>
<td>22</td>
<td></td>
</tr>
</tbody>
</table>

(Q52) To what extent do you feel that people in your local area help one another?

<table>
<thead>
<tr>
<th>Local help</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always</td>
<td>4</td>
<td>16.7%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>17</td>
<td>70.8%</td>
</tr>
<tr>
<td>Rarely</td>
<td>2</td>
<td>8.3%</td>
</tr>
<tr>
<td>Don’t know</td>
<td>1</td>
<td>4.2%</td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td></td>
</tr>
</tbody>
</table>
(Q53) In the past 12 months, have you been a victim of a crime?

<table>
<thead>
<tr>
<th>Victim</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>9</td>
<td>37.5%</td>
</tr>
<tr>
<td>No</td>
<td>15</td>
<td>62.5%</td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td></td>
</tr>
</tbody>
</table>

![Figure 36. Victim of a crime (N = 24):](image)

(Q54) Do you or anyone in your house smoke? (check all that apply):

<table>
<thead>
<tr>
<th>Smoke</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>You</td>
<td>7</td>
<td>29.2%</td>
</tr>
<tr>
<td>Member of your household</td>
<td>2</td>
<td>8.3%</td>
</tr>
<tr>
<td>You &amp; Member of your household</td>
<td>1</td>
<td>4.2%</td>
</tr>
<tr>
<td>No one</td>
<td>14</td>
<td>58.3%</td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td></td>
</tr>
</tbody>
</table>

![Figure 37. Smoke (N = 24):](image)
(Q55) When was the last time you or someone in your household visited a doctor?

<table>
<thead>
<tr>
<th>Doctor</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last 30 days – 3 months</td>
<td>7</td>
<td>30.4%</td>
</tr>
<tr>
<td>Last 3 – 6 months</td>
<td>3</td>
<td>13.0%</td>
</tr>
<tr>
<td>Last 6 months – 1 year</td>
<td>7</td>
<td>30.4%</td>
</tr>
<tr>
<td>More than a year</td>
<td>6</td>
<td>26.1%</td>
</tr>
<tr>
<td>Total</td>
<td>23</td>
<td></td>
</tr>
</tbody>
</table>

Figure 38. Timing of last Dr. visit (N = 23):

(Q56) When was the last time you or someone in your household visited a dentist?

<table>
<thead>
<tr>
<th>Dentist</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last 30 days – 3 months</td>
<td>4</td>
<td>14.8%</td>
</tr>
<tr>
<td>Last 3 – 6 months</td>
<td>4</td>
<td>14.8%</td>
</tr>
<tr>
<td>Last 6 months – 1 year</td>
<td>5</td>
<td>18.5%</td>
</tr>
<tr>
<td>More than a year</td>
<td>14</td>
<td>51.9%</td>
</tr>
<tr>
<td>Total</td>
<td>27</td>
<td></td>
</tr>
</tbody>
</table>

Figure 39. Timing of last dentist visit (N = 27)
(Q57) When was the last time you or someone in your household visited the emergency room?

**Figure 40. Timing of last emergency room visit (N = 27):**

<table>
<thead>
<tr>
<th>Emergency room</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last 30 days – 3 months</td>
<td>8</td>
<td>29.6%</td>
</tr>
<tr>
<td>Last 3 – 6 months</td>
<td>7</td>
<td>25.9%</td>
</tr>
<tr>
<td>Last 6 months – 1 year</td>
<td>5</td>
<td>18.5%</td>
</tr>
<tr>
<td>More than a year</td>
<td>7</td>
<td>25.9%</td>
</tr>
<tr>
<td>Total</td>
<td>27</td>
<td></td>
</tr>
</tbody>
</table>

(Q58a) Do you have dependable transportation to the pantry?

**Figure 41. Do you have dependable transportation to the pantry? (N = 29):**

<table>
<thead>
<tr>
<th>Pantry</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always</td>
<td>12</td>
<td>41.4%</td>
</tr>
<tr>
<td>Most of the time</td>
<td>6</td>
<td>20.7%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>4</td>
<td>13.8%</td>
</tr>
<tr>
<td>Rarely</td>
<td>7</td>
<td>24.1%</td>
</tr>
<tr>
<td>Total</td>
<td>29</td>
<td></td>
</tr>
</tbody>
</table>
(Q58b) Do you have dependable transportation to health care services?

**Figure 42. Transportation to health care services (N = 25):**

<table>
<thead>
<tr>
<th>Health Care</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always</td>
<td>9</td>
<td>36.0%</td>
</tr>
<tr>
<td>Most of the time</td>
<td>7</td>
<td>28.0%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>4</td>
<td>16.0%</td>
</tr>
<tr>
<td>Rarely</td>
<td>5</td>
<td>20.0%</td>
</tr>
<tr>
<td>Total</td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>

(Q58c) Do you have dependable transportation to the grocery store?

**Figure 43. Transportation to the grocery store (N = 27):**

<table>
<thead>
<tr>
<th>Grocery Store</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always</td>
<td>10</td>
<td>37.0%</td>
</tr>
<tr>
<td>Most of the time</td>
<td>7</td>
<td>25.9%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>3</td>
<td>11.1%</td>
</tr>
<tr>
<td>Rarely</td>
<td>7</td>
<td>25.9%</td>
</tr>
<tr>
<td>Total</td>
<td>27</td>
<td></td>
</tr>
</tbody>
</table>
(Q58d) Do you have dependable transportation to social services?

Figure 44. Do you have dependable transportation to social services? (N = 25):

<table>
<thead>
<tr>
<th>Social Services</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always</td>
<td>9</td>
<td>36.0%</td>
</tr>
<tr>
<td>Most of the time</td>
<td>5</td>
<td>20.0%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>5</td>
<td>20.0%</td>
</tr>
<tr>
<td>Rarely</td>
<td>6</td>
<td>24.0%</td>
</tr>
<tr>
<td>Total</td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>

(Q58e) Do you have dependable transportation to where you want to go, when you want to go?

Figure 45. Transportation to where you want to go, when you want to go? (N = 24):

<table>
<thead>
<tr>
<th>Where you want to go</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always</td>
<td>6</td>
<td>25.0%</td>
</tr>
<tr>
<td>Most of the time</td>
<td>7</td>
<td>29.2%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>5</td>
<td>20.8%</td>
</tr>
<tr>
<td>Rarely</td>
<td>6</td>
<td>25.0%</td>
</tr>
<tr>
<td>Total</td>
<td>24</td>
<td></td>
</tr>
</tbody>
</table>