



UNIVERSITY OF ILLINOIS
COLLEGE OF MEDICINE
ROCKFORD



2022 Healthier Barrington Study

Community Resident Survey Results Focus Group Results

Department of Family and Community Medicine
Division of Health Research and Evaluation

Manorama Mocherla Khare, PhD, MS

*Research Associate Professor, Director, Division of
Health Research and Evaluation*

Christine Dannhausen-Brun, MPH

Senior Research Specialist

Cara Allen, PhD

Senior Research Specialist

Tasneem Fatima, MPH

Research Associate

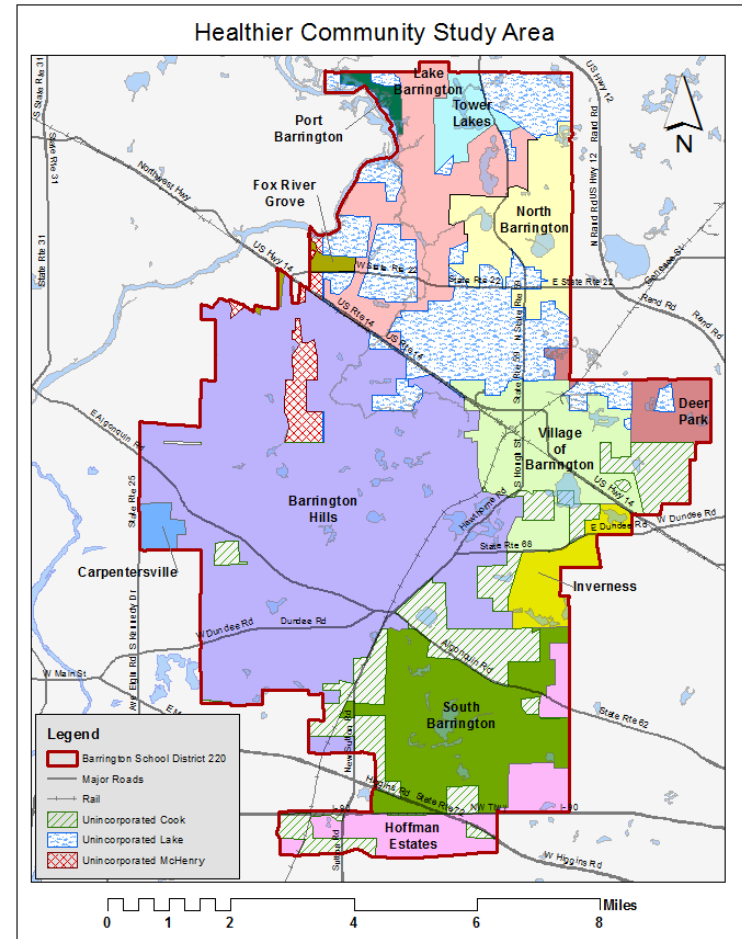
Mason Hoffman

Undergraduate Student Intern



Today's Presentation

- Project Overview
- Community Resident Survey
- Focus Groups
- Not for Profit Survey





2022 Healthier Barrington Study

PROJECT OVERVIEW



- Ninth iteration of study
 - First implemented in 1996, periodically thereafter

- Study Goals
 - To understand the overall health of residents in the Barrington area, including physical, mental and behavioral health
 - To identify community values, priorities and perceptions
 - To identify gaps and unmet needs
 - To identify economic conditions
 - To understand environmental concerns of community members
 - To understand the impact of COVID-19 on the health of Barrington area residents

Methodology

Community Resident Survey

- Dual method web/paper
- English & Spanish
- Convenience sample of Barrington area community residents
- 12 sections, average time to complete survey - 28 minutes
- Respondents represent individuals, NOT individual households
- Survey live from Jan 25 – April 1
- Incentives

Focus Groups

- Questions informed by Healthier Barrington Coalition
- 2 Community resident focus groups - 1 English, 1 Spanish
- 1 Business leader focus group (NEW this year)
- Conducted in April
- Incentives

Not for Profit Survey

- NEW this year



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COMMUNITY SURVEY RESULTS



Survey Response

- 659 surveys analyzed
 - 903 individuals accessed survey; 229 did not answer any questions
 - 15 were determined to be spam
 - May have more than one respondent per household
 - 651 surveys completed via web, 8 on paper

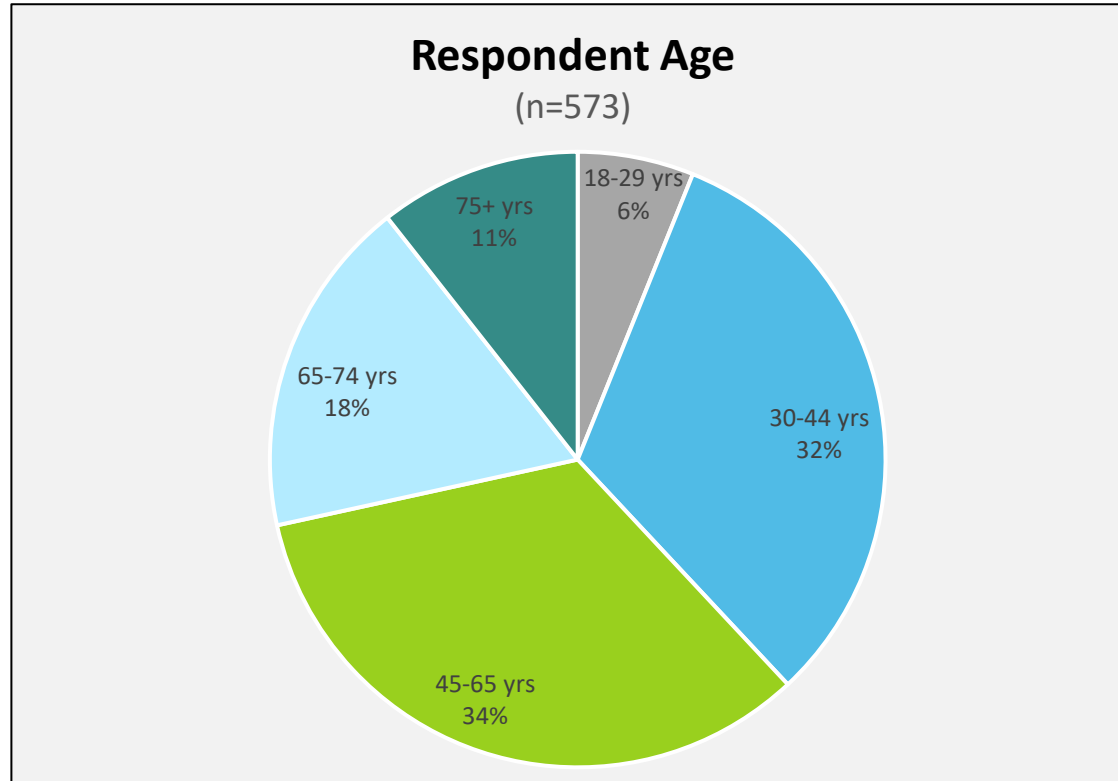


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RESPONDENT CHARACTERISTICS



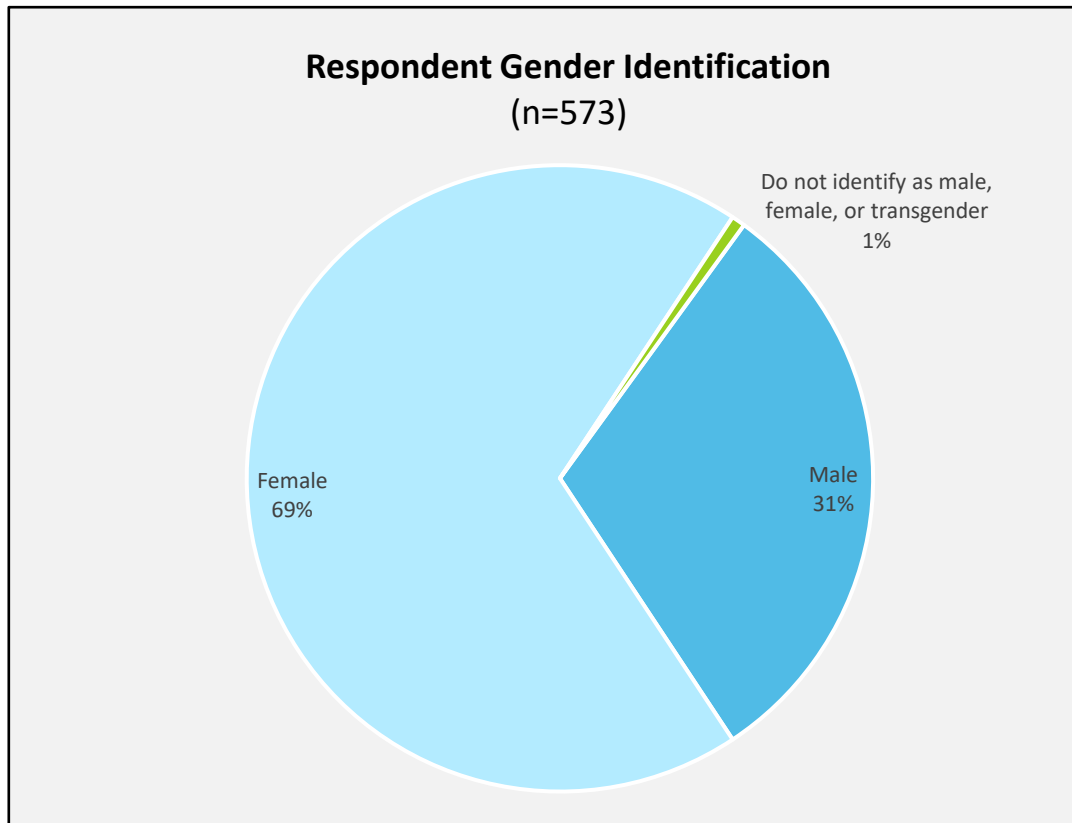
Age of Respondents



63% of respondents are 45 years or older



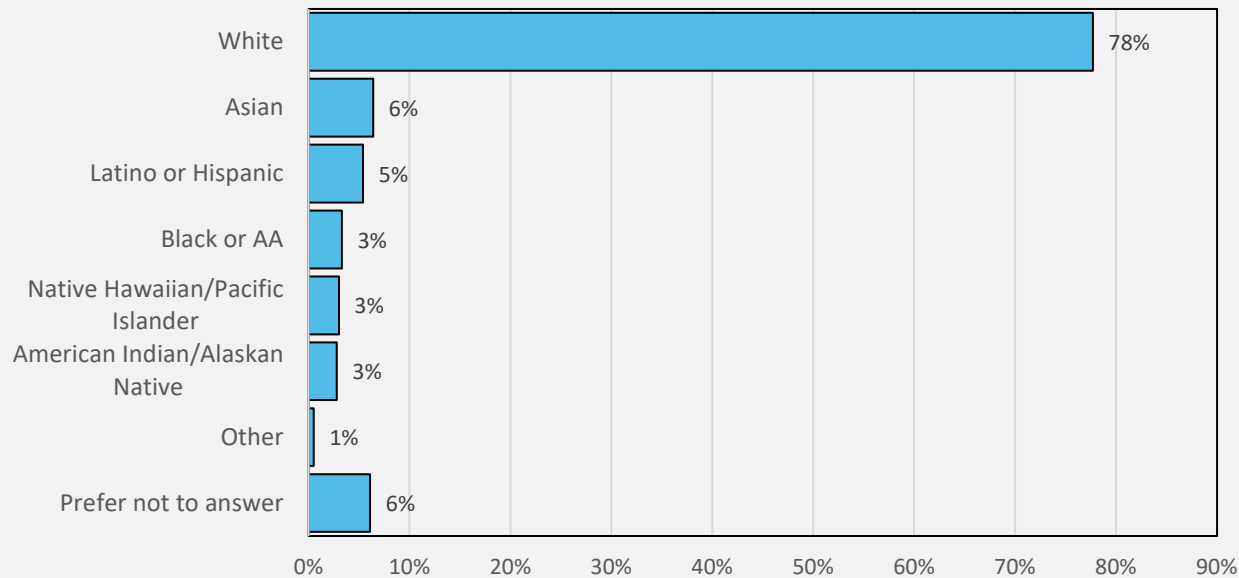
Respondent Gender





Race/Ethnicity of Respondents

Table 1: Respondent Response by Racial and/or Ethnic Category
(n=574)



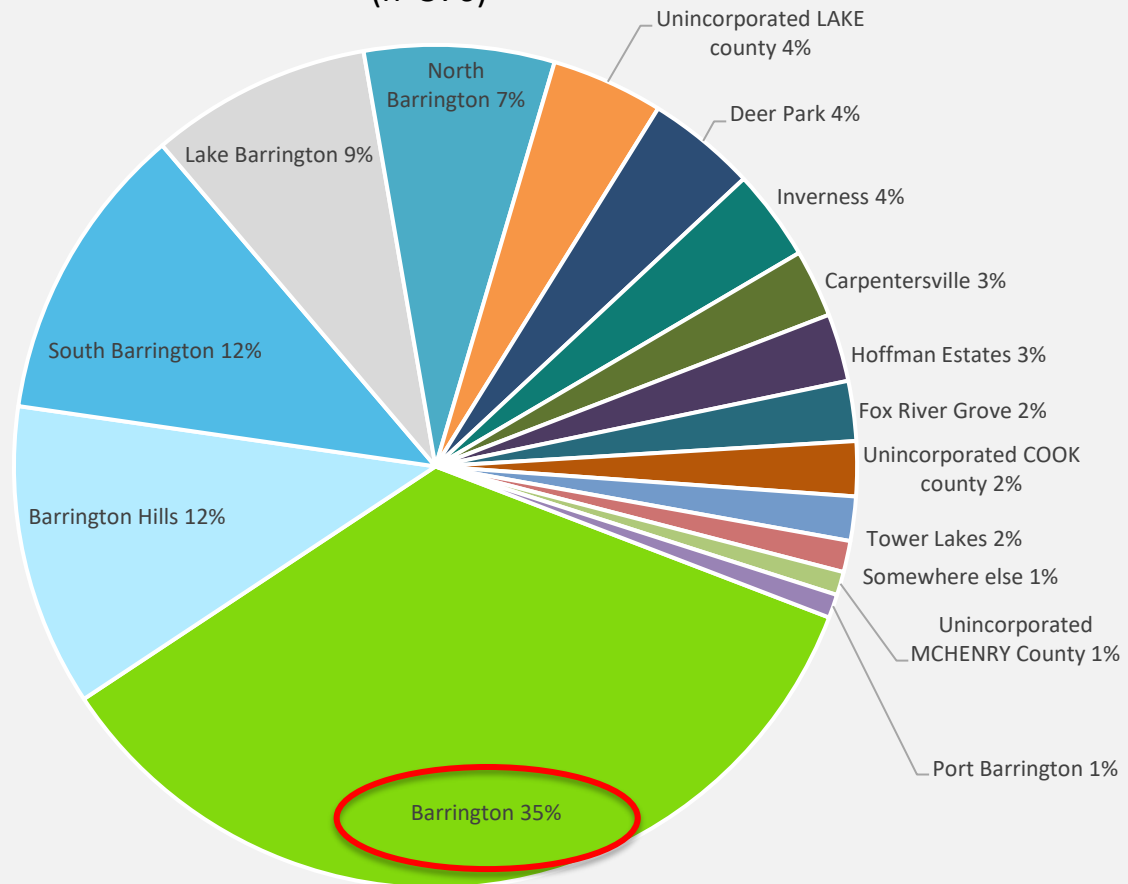
Above categories are not mutually exclusive

- 3% of respondents chose 2 categories
- 1% of respondents chose 3 categories



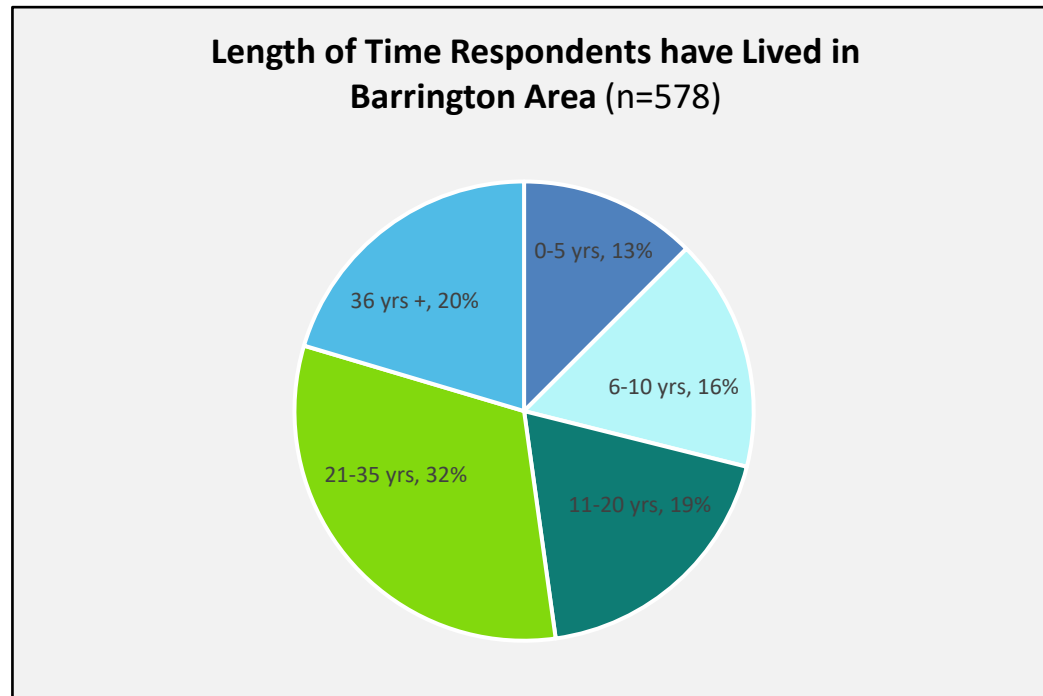
Respondent's Location of Residence

Chart 3: Respondents Location
(n=576)





Length of Time Respondent Has Lived in Barrington Area



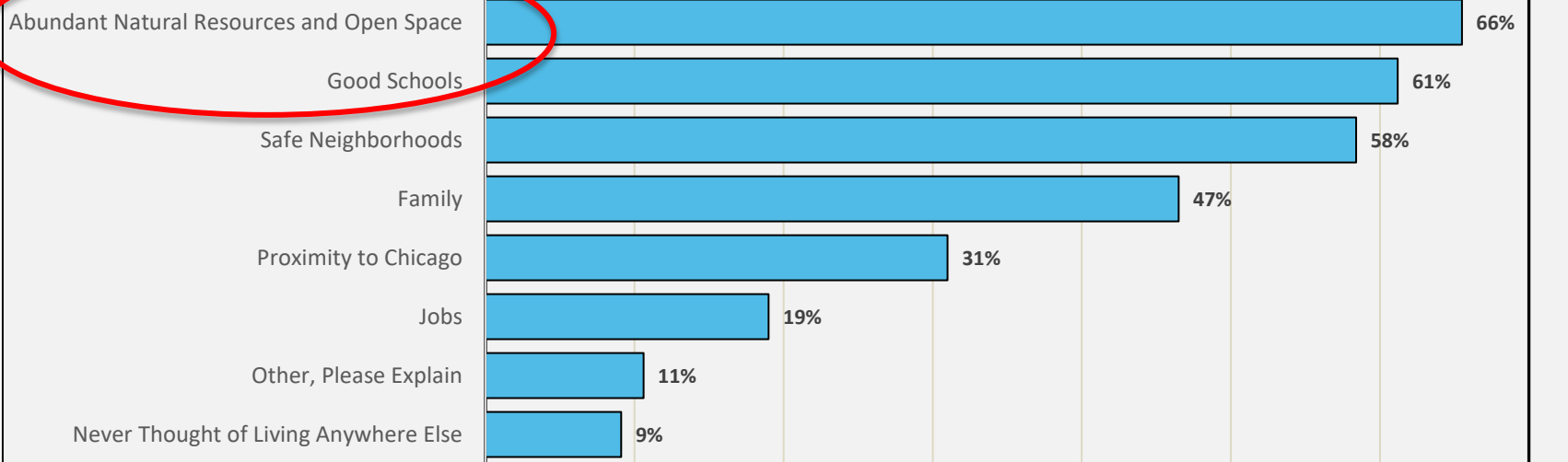
52% - lived in the Barrington Area for 20 or more years

19% - lived in the Barrington Area for 11-20 years



Reason for Living in Barrington Area

Why Respondents Choose To Live in Barrington Area (n=658)

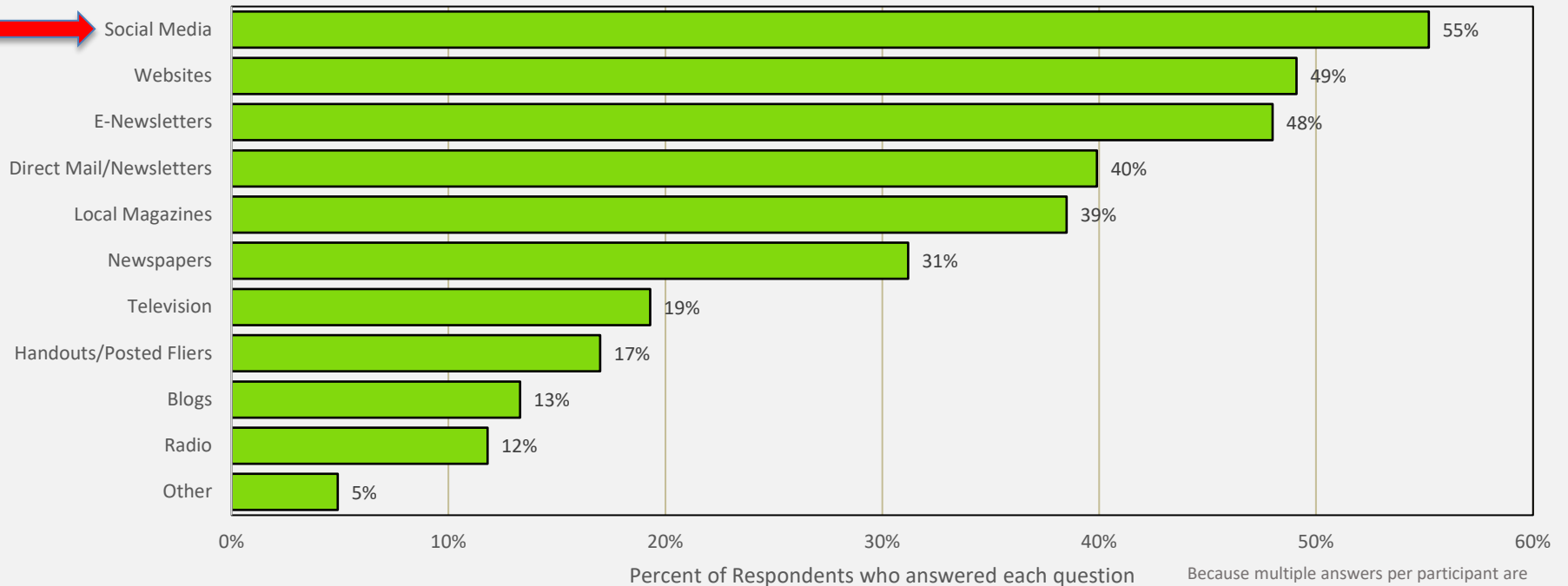


Because multiple answers per participant are possible, percentages may exceed 100%.
Missing Response # = 1

Percent of respondents who answered each question



Sources for Local Information
(n=654)





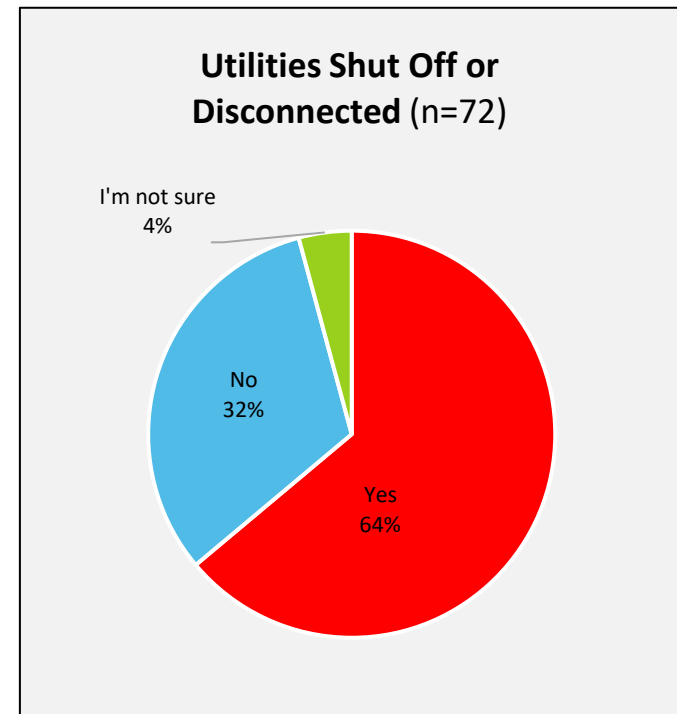
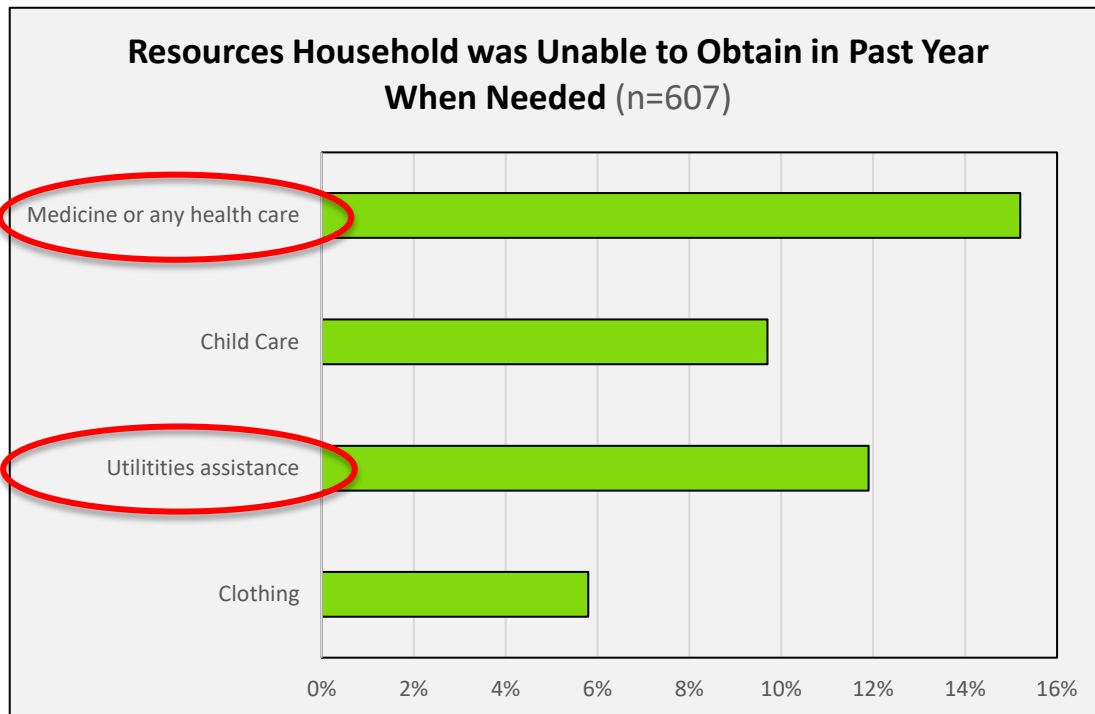
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HOUSEHOLD FINANCES



Household Finances

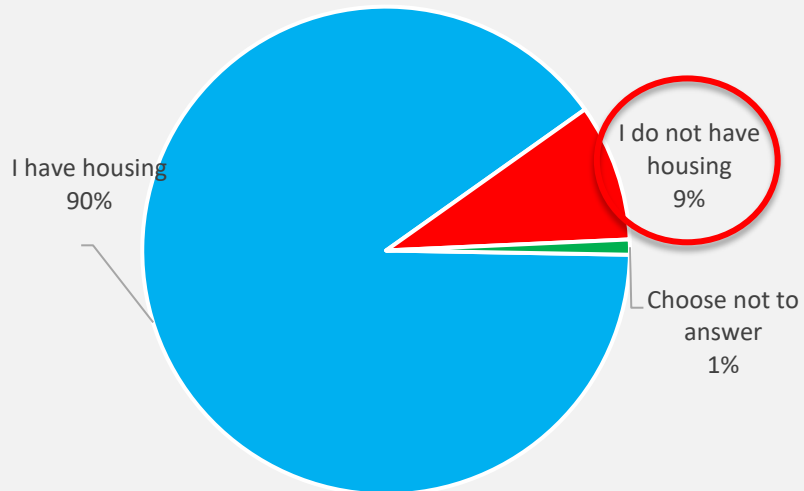
- 18% (n=609) of households had difficulty paying **housing** expenses
 - In 2017, 13% (n=381) had difficulty
- 19% (n=607) of households had difficulty paying **other** expenses besides housing
 - In 2017, 17% (n=376) had difficulty



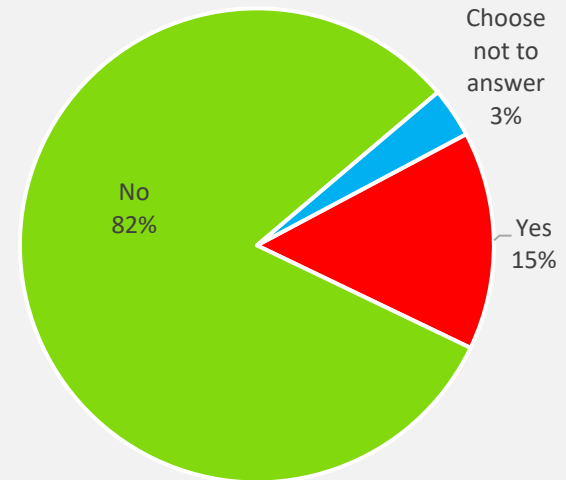


Housing at Time of Survey

Housing Situation (n=624)

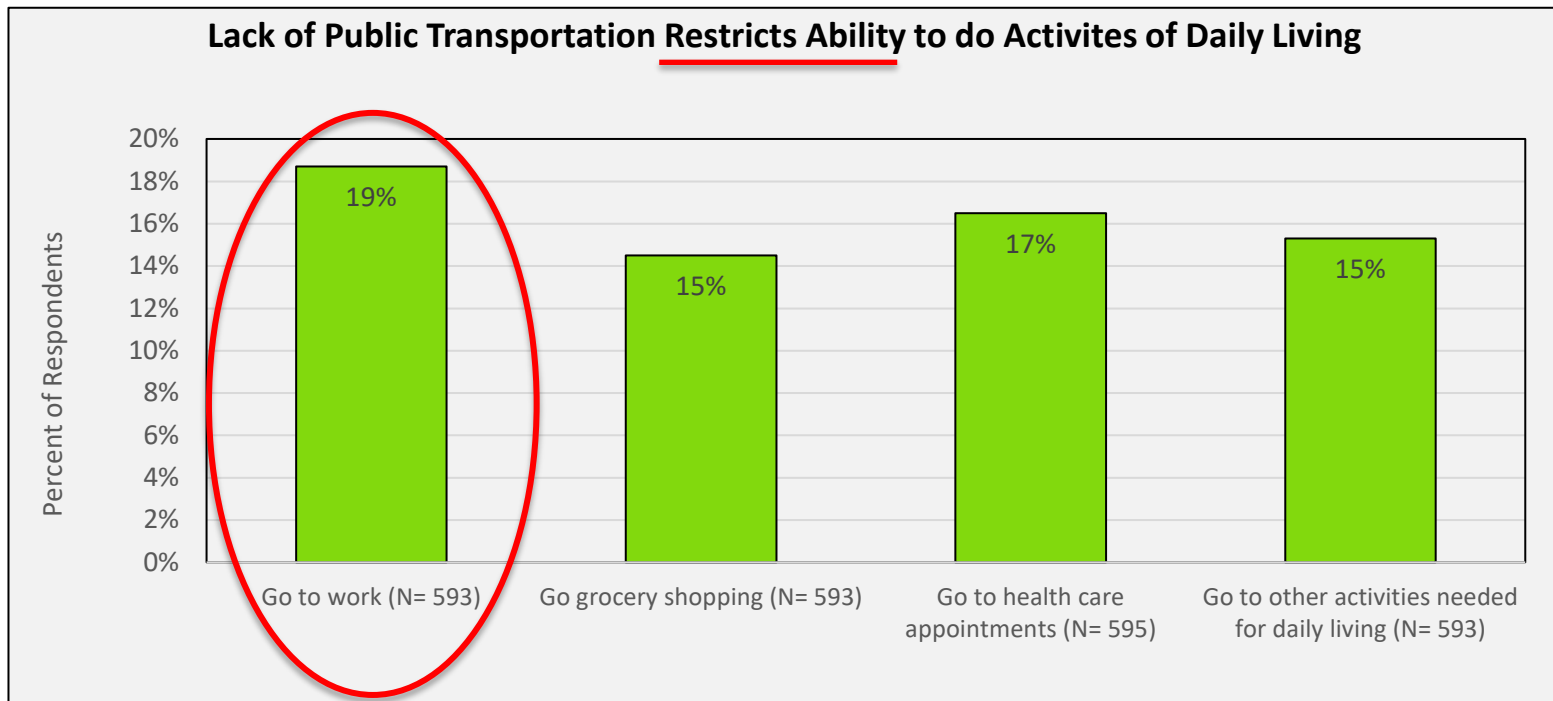


Worried about Losing Your Housing (n=617)





Lack of Public Transportation Restricts Daily Living Activities



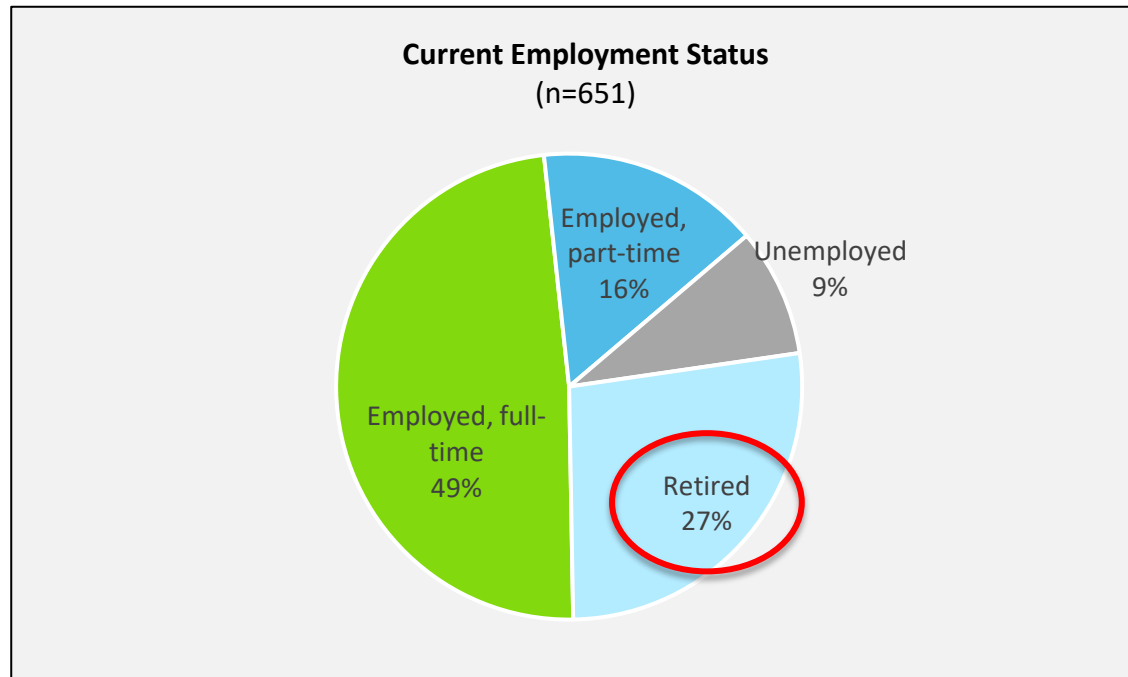


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EMPLOYMENT



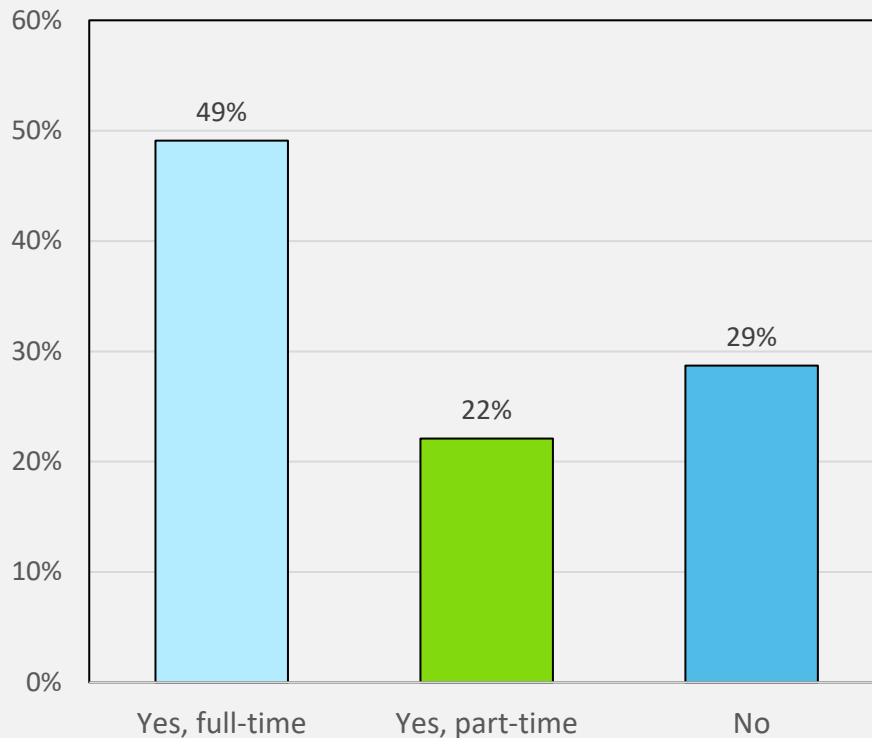
Current Employment Status



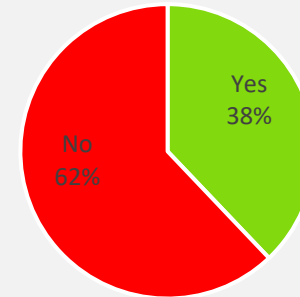


Impact of COVID-19 on Place of Employment

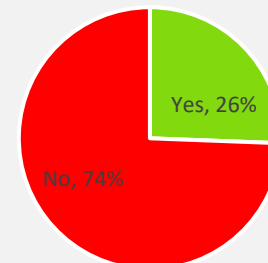
Working from Home
(n=407)



**Worked from Home Before
COVID-19 (n=290)**

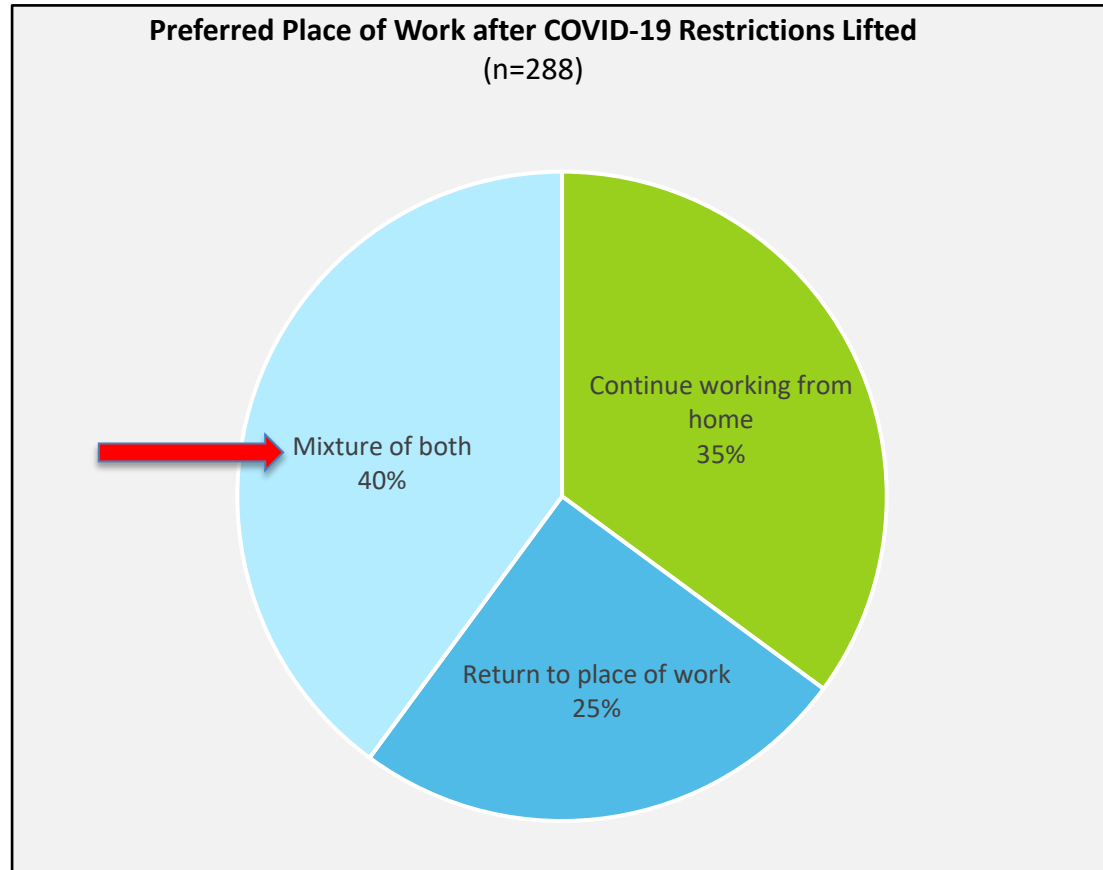


**If Not Working from Home,
Can Work Be Done From
Home (n=117)**





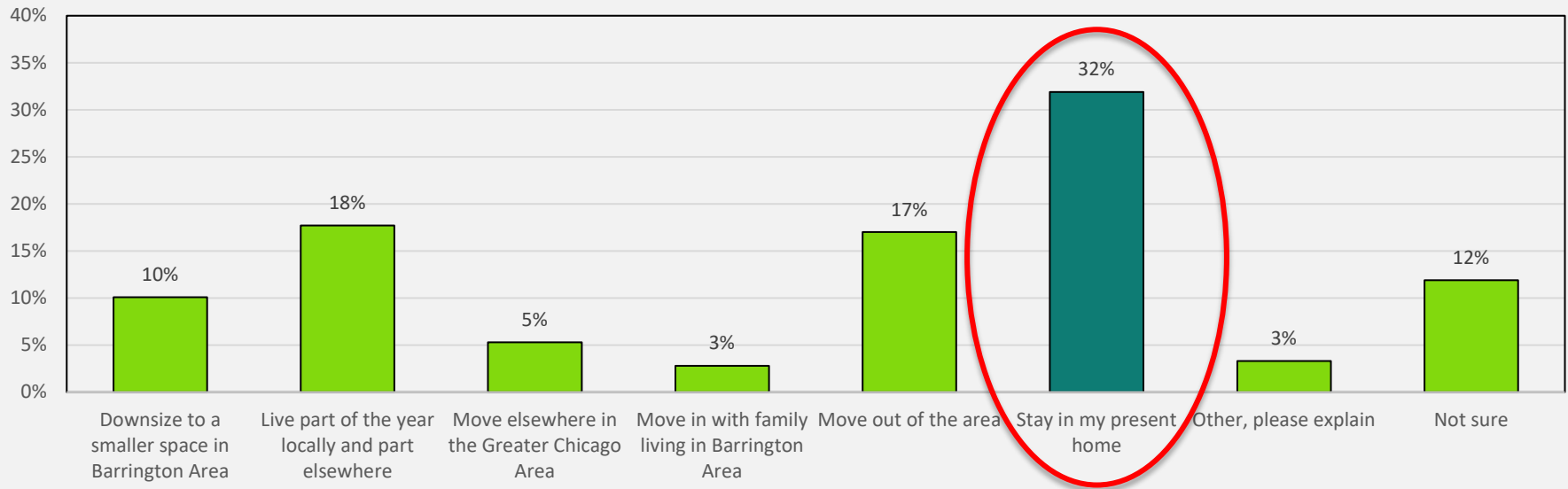
Impact of COVID-19 on Preferred Work Place





Expected Living Arrangement in Retirement

Expected (or Current) Living Arrangement in Retirement (n=395)





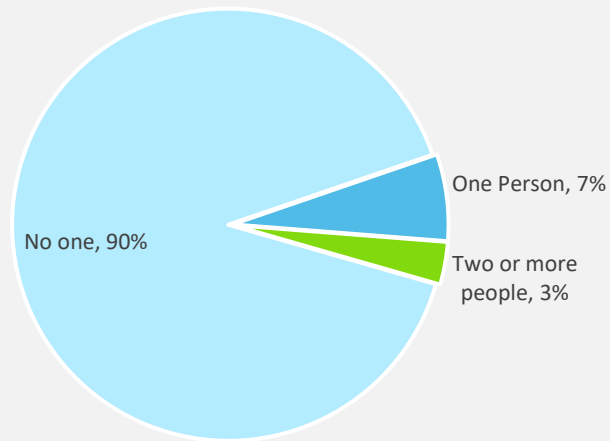
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HEALTH CARE



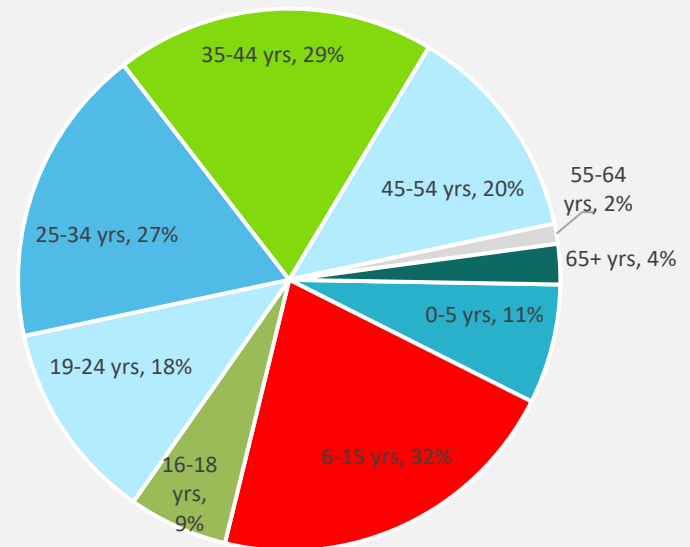
Number & Ages of Household Members NOT covered by Medical Insurance

**Number of Members of Household NOT
Covered by Medical Insurance (n=618)**



In 2017, one person was 2.9% and two or more was 1.1%.

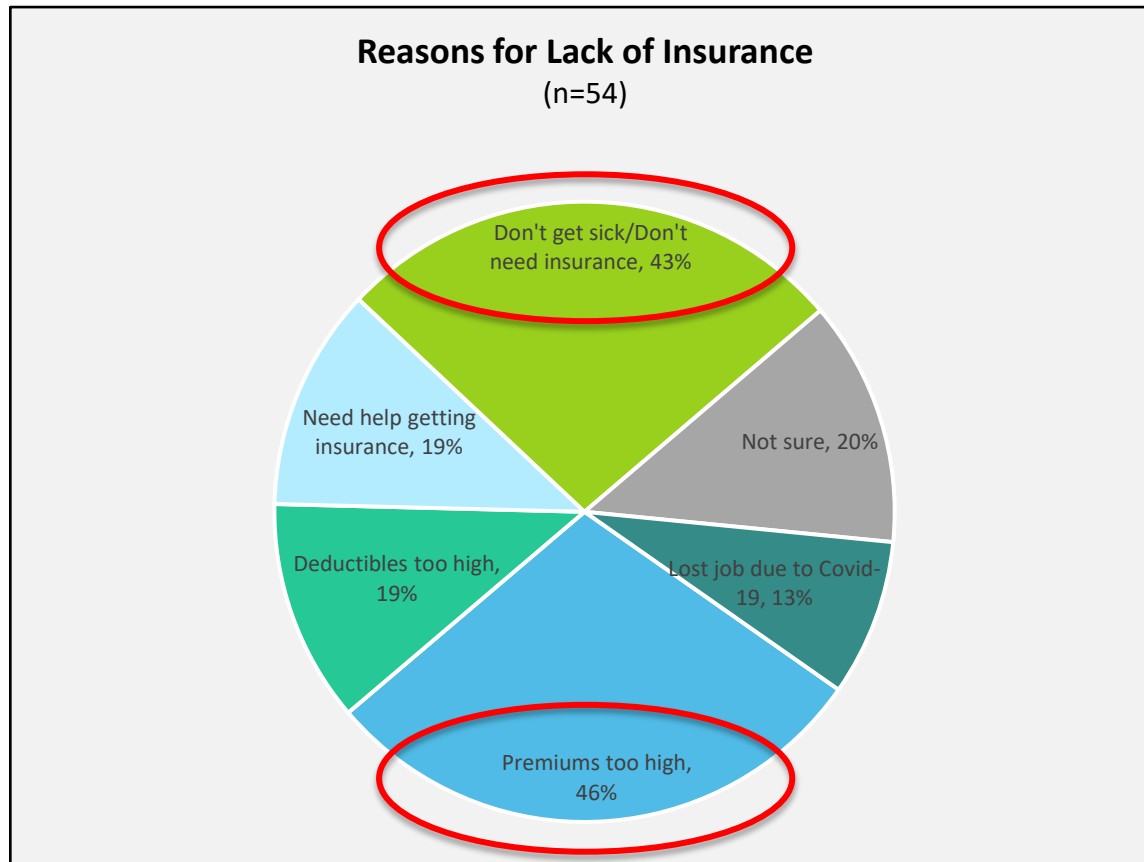
**Ages of Household Members NOT
Covered by Medical Insurance (n=56)**



1/3 of those not covered by medical insurance are school age children



Reasons for Lack of Insurance

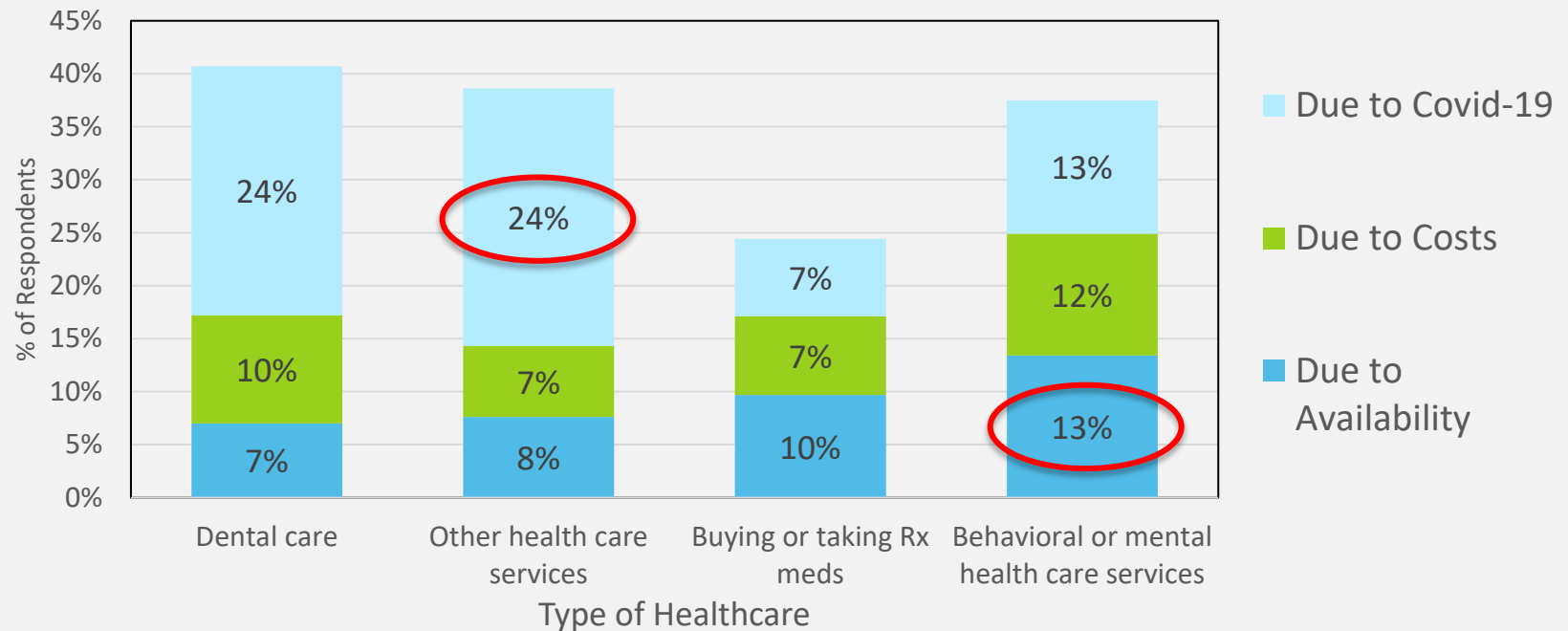




Delays in Accessing Health Care in Past Year

Delayed health care in the past year

n=659





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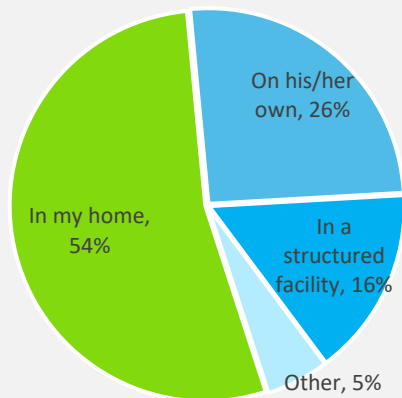
CAREGIVER NEEDS



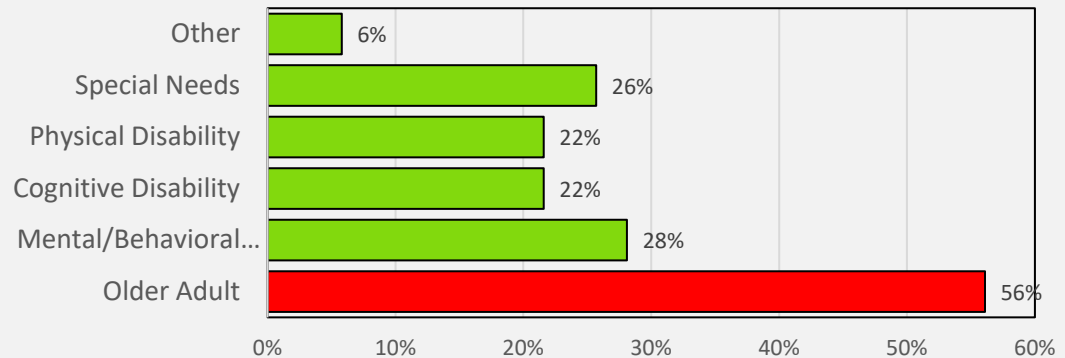
Individuals with Special Needs

- 29% of 613 respondents are caregivers for someone with special needs, an increase from 20% in 2017

Living Location of Family Member with Special Needs (n=172)



Reasons for Needing Caregiver (n=171)



*Because multiple answers per participant are possible, Percent of Responses percentages may exceed 100%

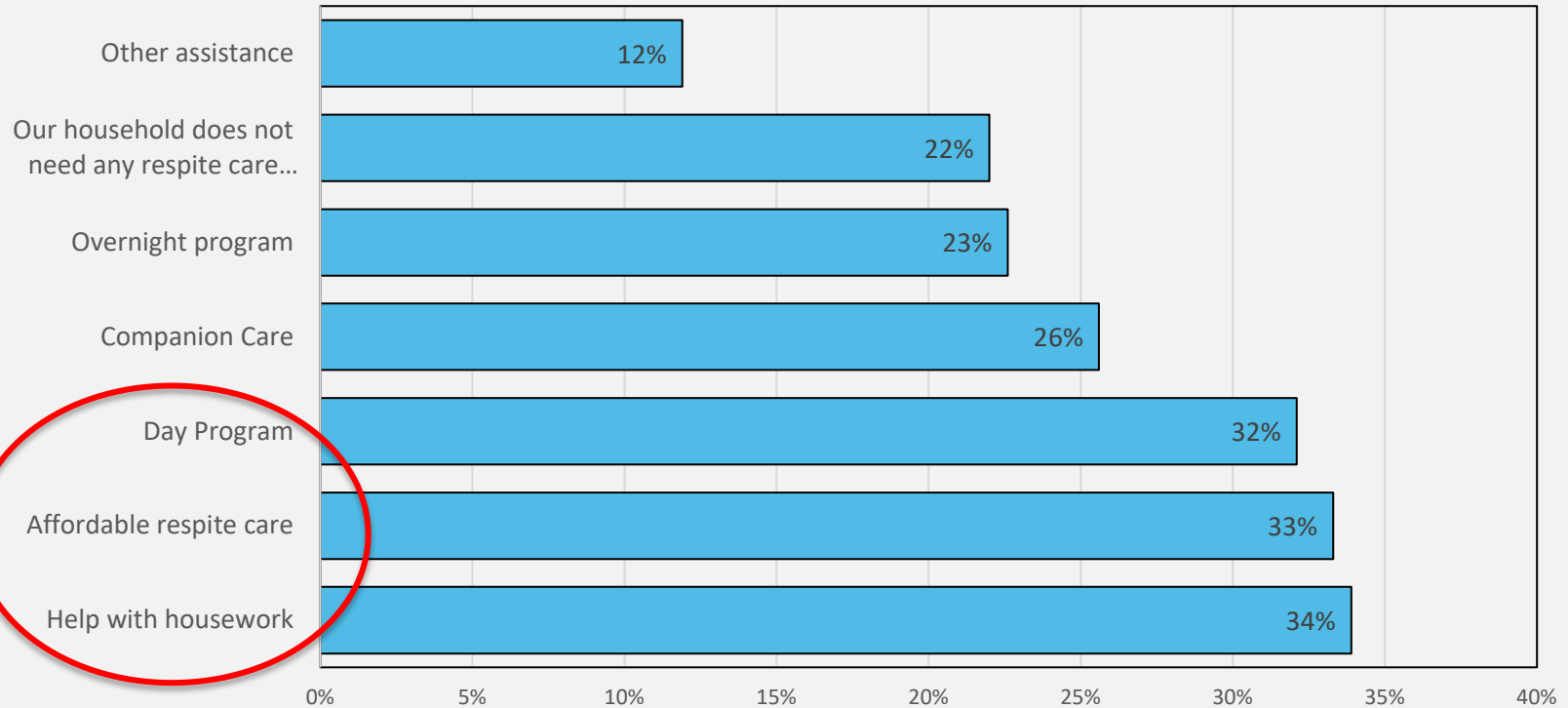
- In 2017, “older adult” was also the top reason for needing a caregiver and the same proportion at 56%.



Respite Care Needed

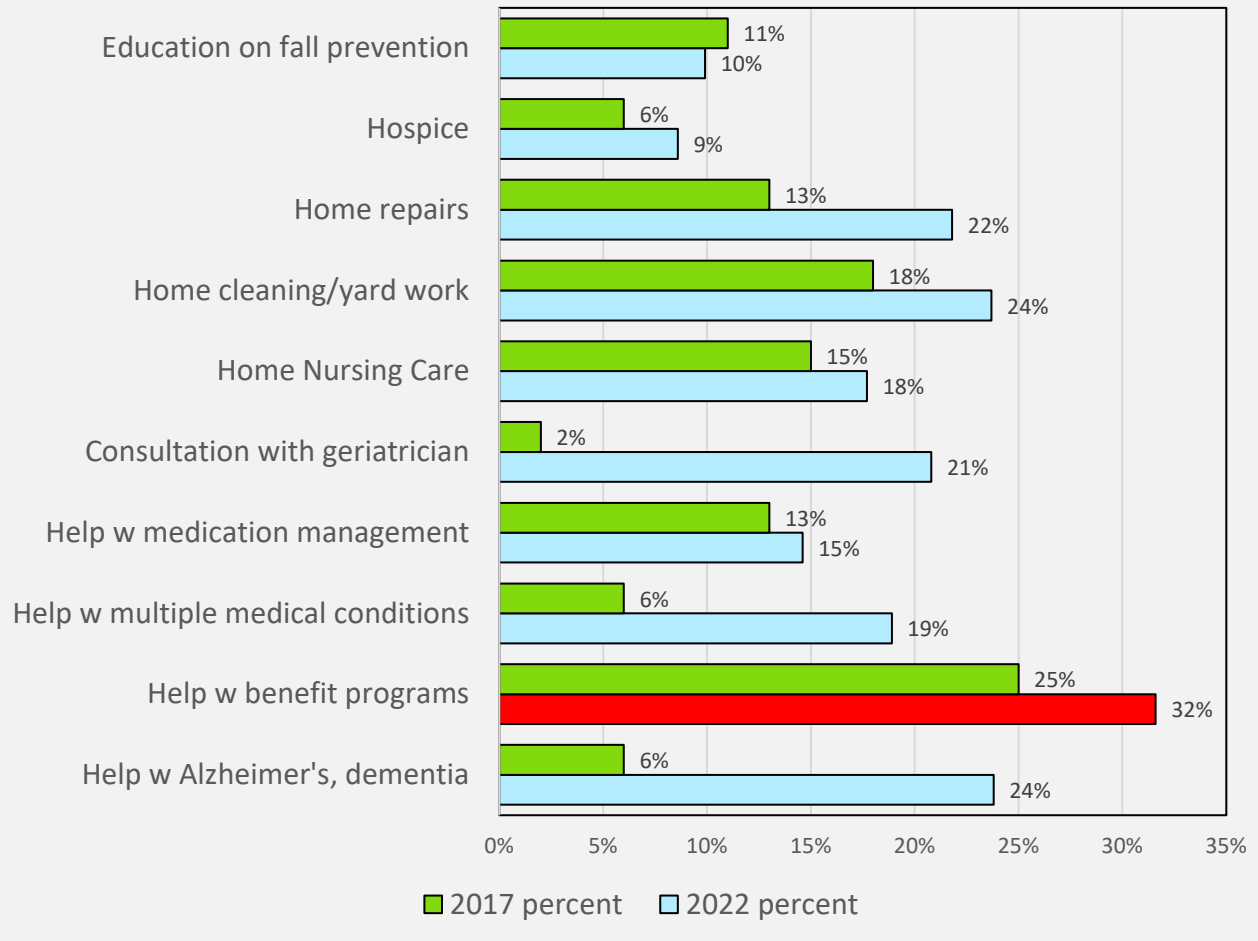
Which types of respite care would your household benefit from?

(n=168)



Services Needed by Respondent or Individuals > 65 years old

Services which Respondent or Close Family Member (> 65 years old) Would Benefit From (n=583)



Because multiple answers per participant are possible, percentages may exceed 100%



Reliable Assistance Needs

Type of Reliable Assistance Needed for Respondent or Someone in Home? (n=575)



Because multiple answers per participant are possible, percentages may exceed 100%



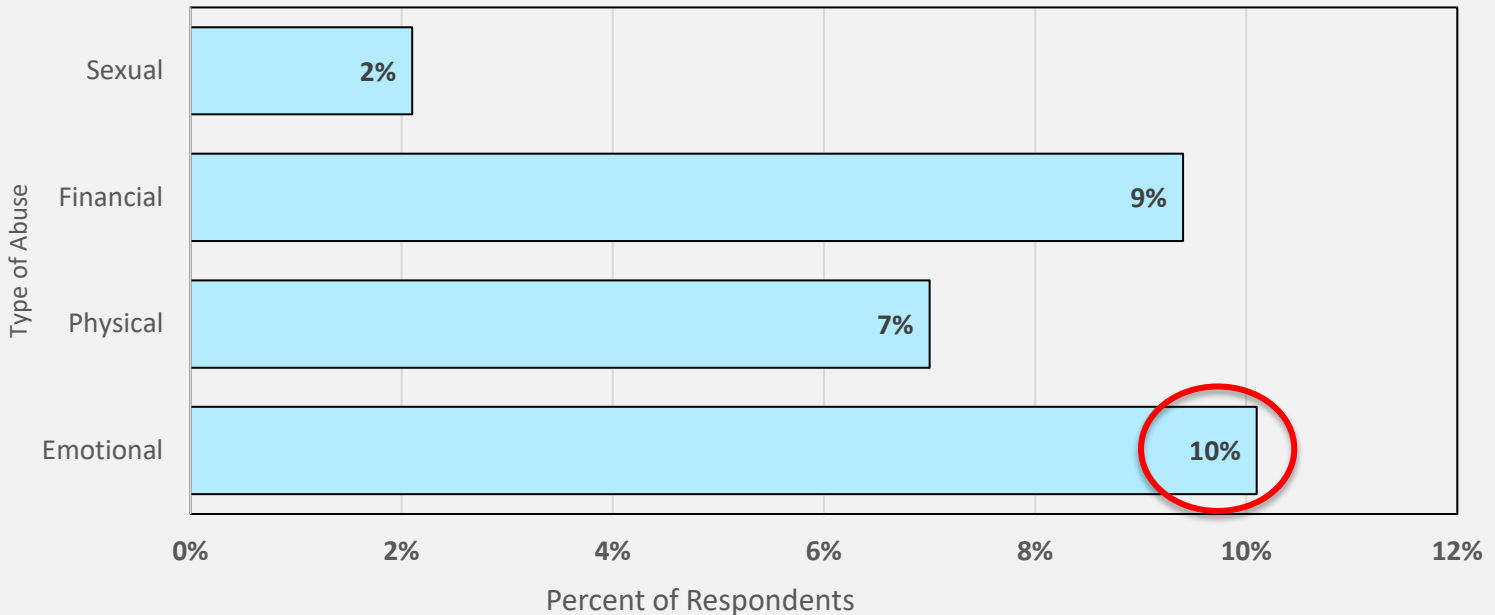
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BEHAVIORAL & MENTAL HEALTH



Abuse Situations Experienced by a Household Member in the Past Year

Type of Abuse Experienced by Household Member in Past Year (n=572)

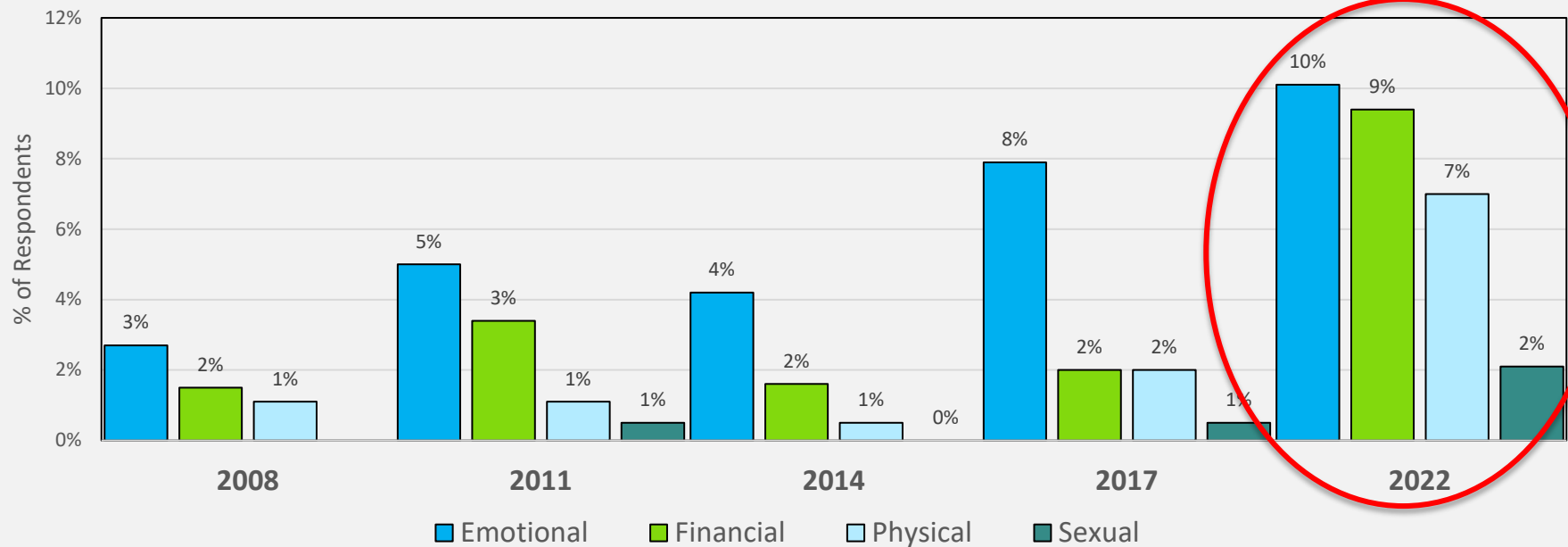




Change Over Time of Situations Anyone in Household Experienced in Last Year

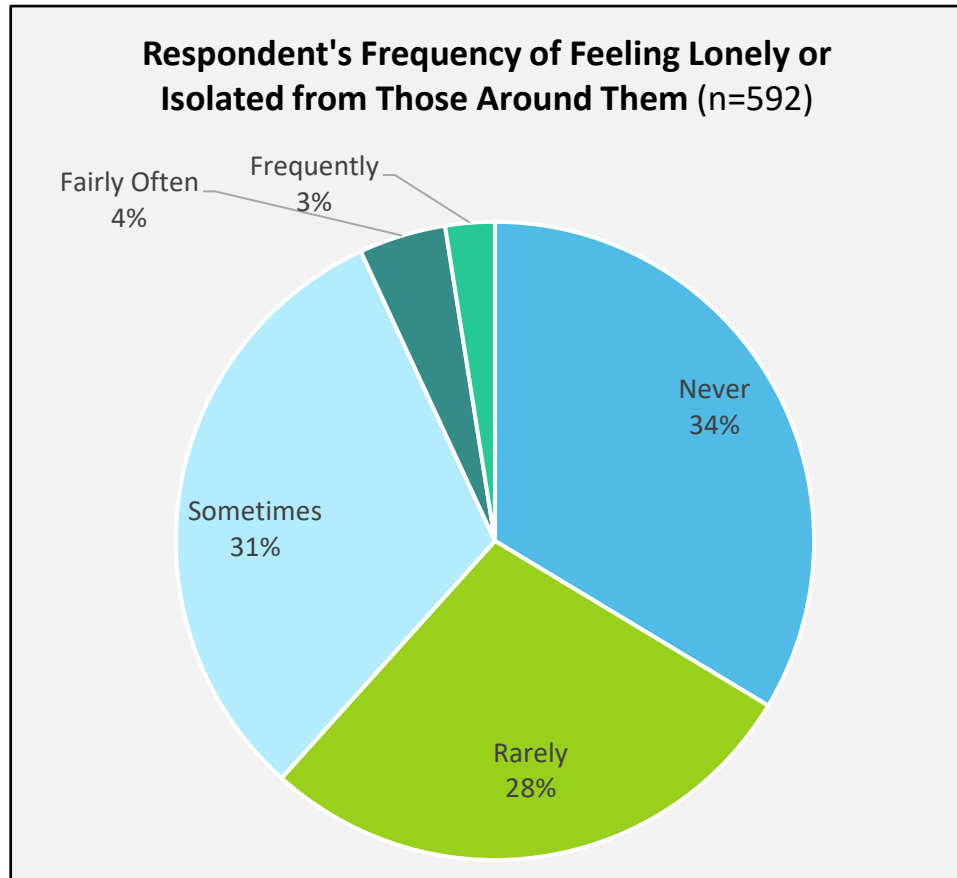
Household Member Abuse Over Time 2008-2022

(n=572)





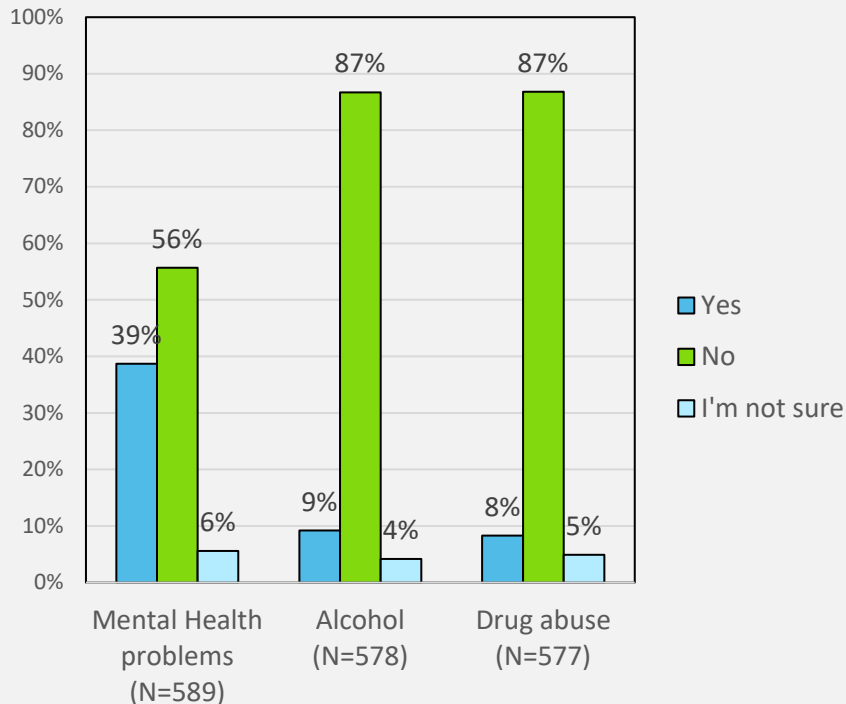
Loneliness & Isolation



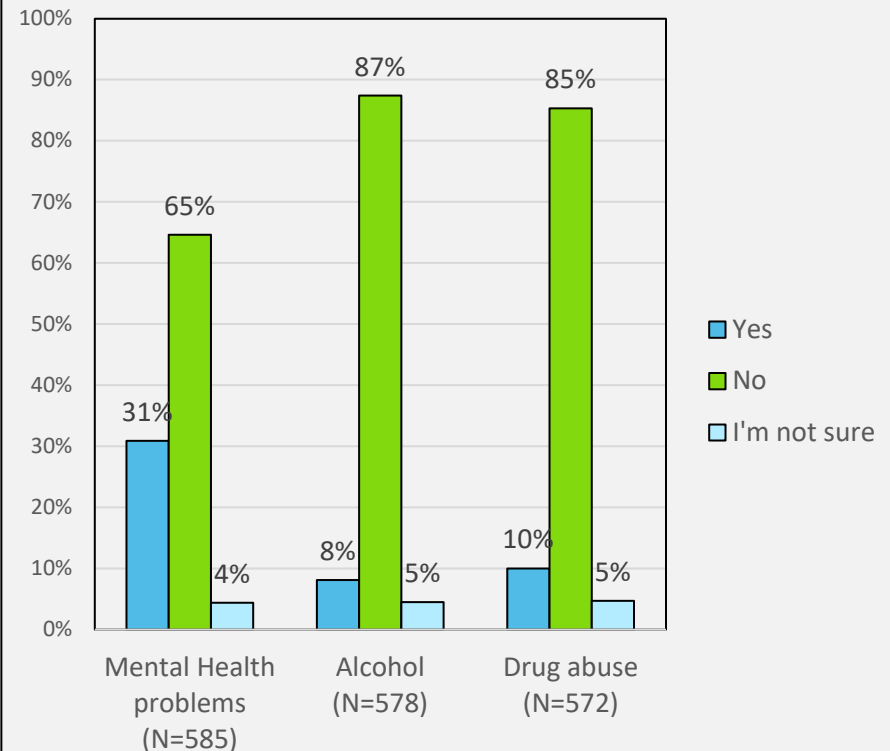


Thinking about seeking help vs Seeking Help for Problem Areas

In Past Year Respondent or Household Member **Thought about** Seeking Professional help for:



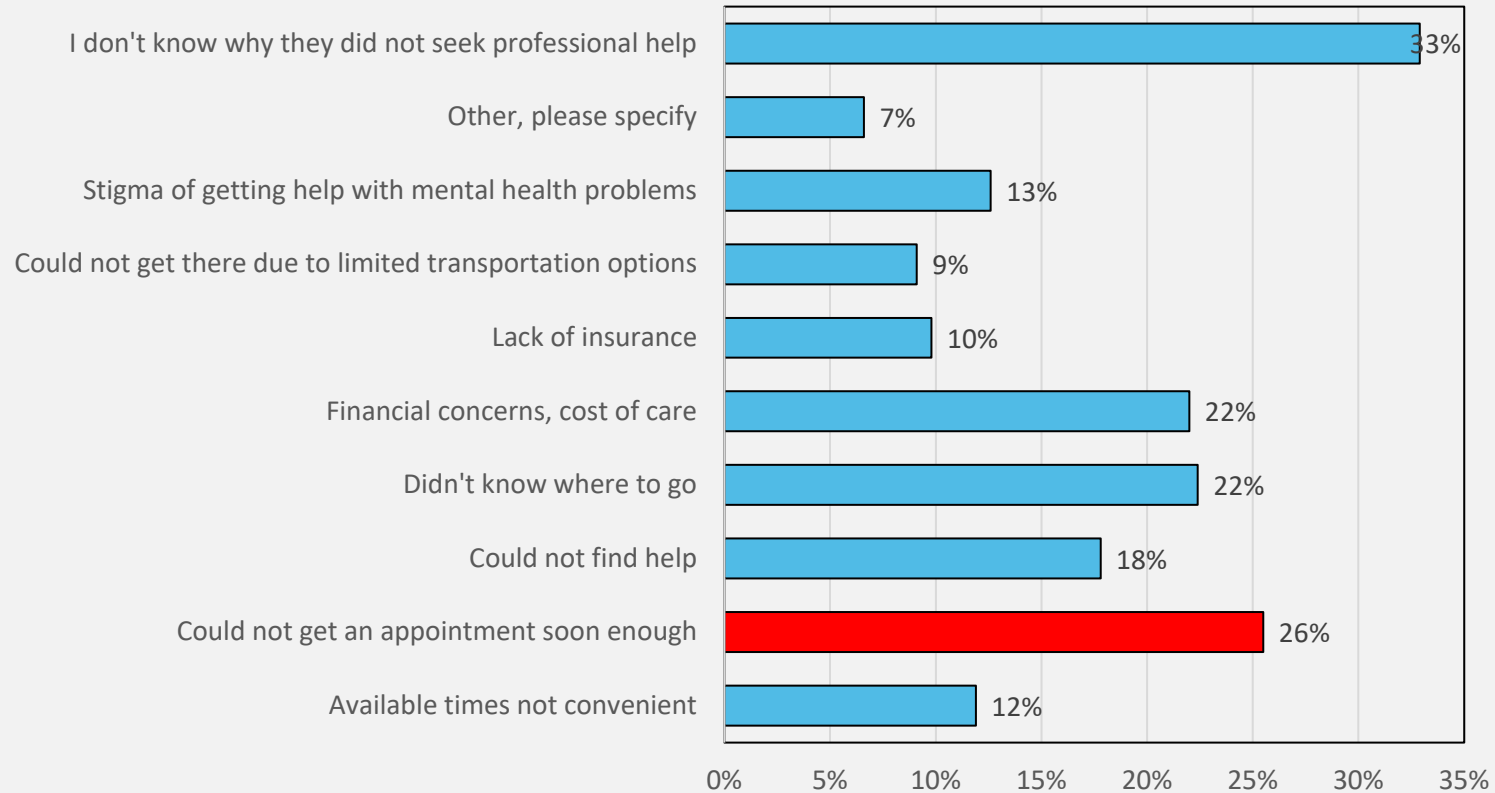
In Past Year Respondent or Household Member **Sought** Professional help for:





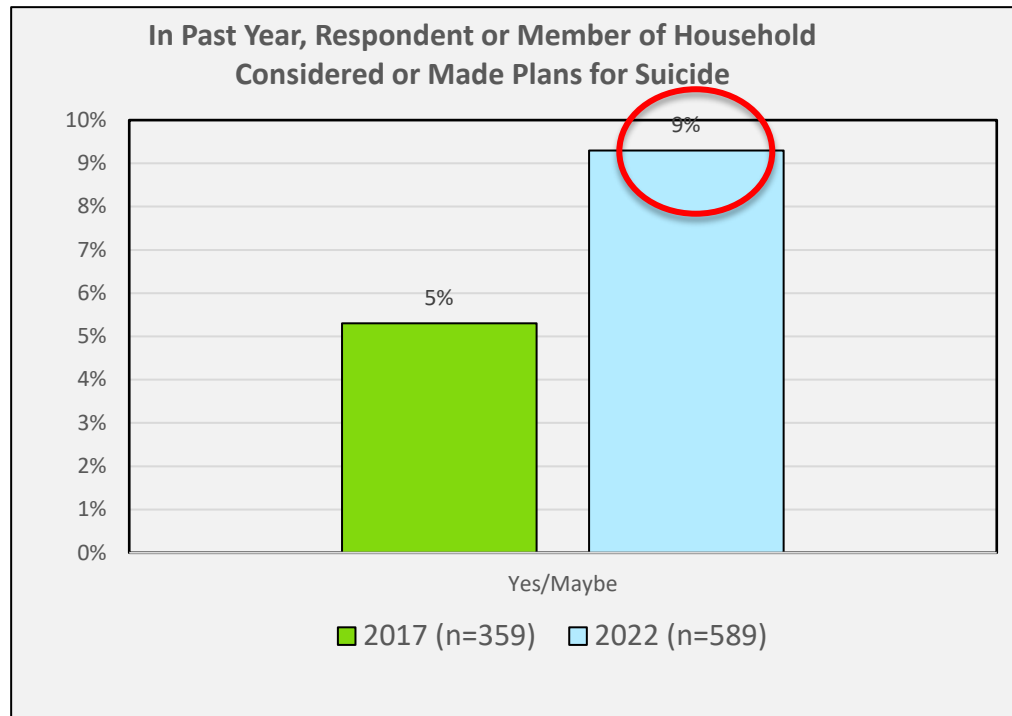
Reasons for Not Seeking Professional Help

Reasons Why Person Needing Health Services Did Not Seek It
(n=286)





Suicide Considered

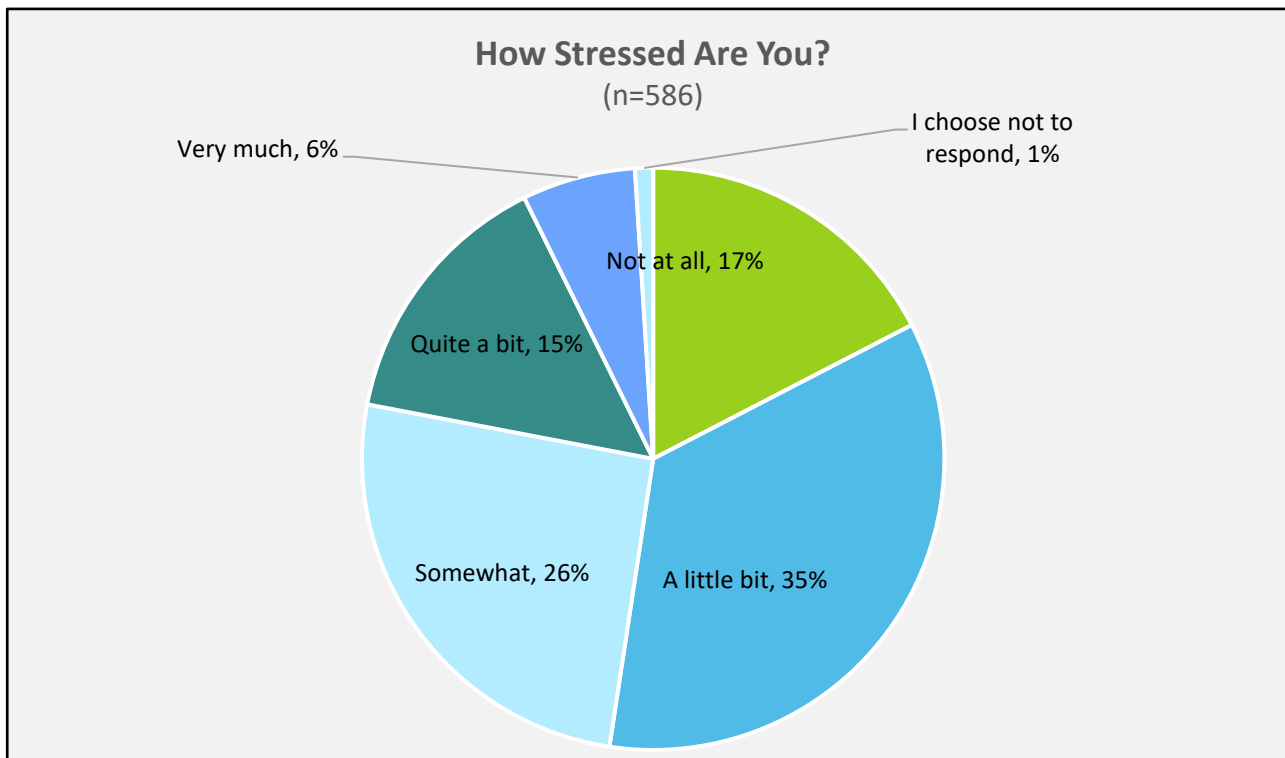


Most Frequent Indicated Age of Individuals Who Considered Suicide n=65

- 55% of those who considered suicide were between 30-44 years old in 2022, up from 40% in 2017



Stress



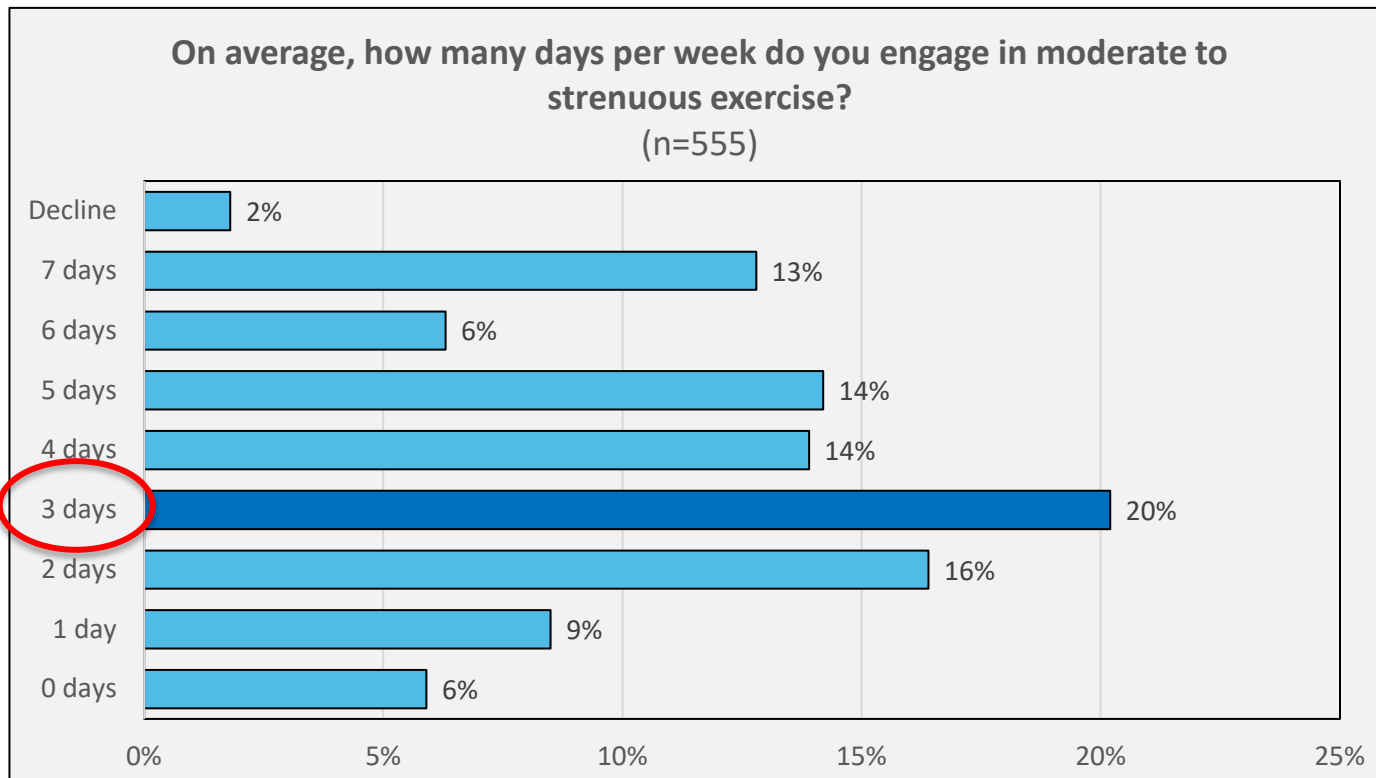


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HEALTH BEHAVIORS

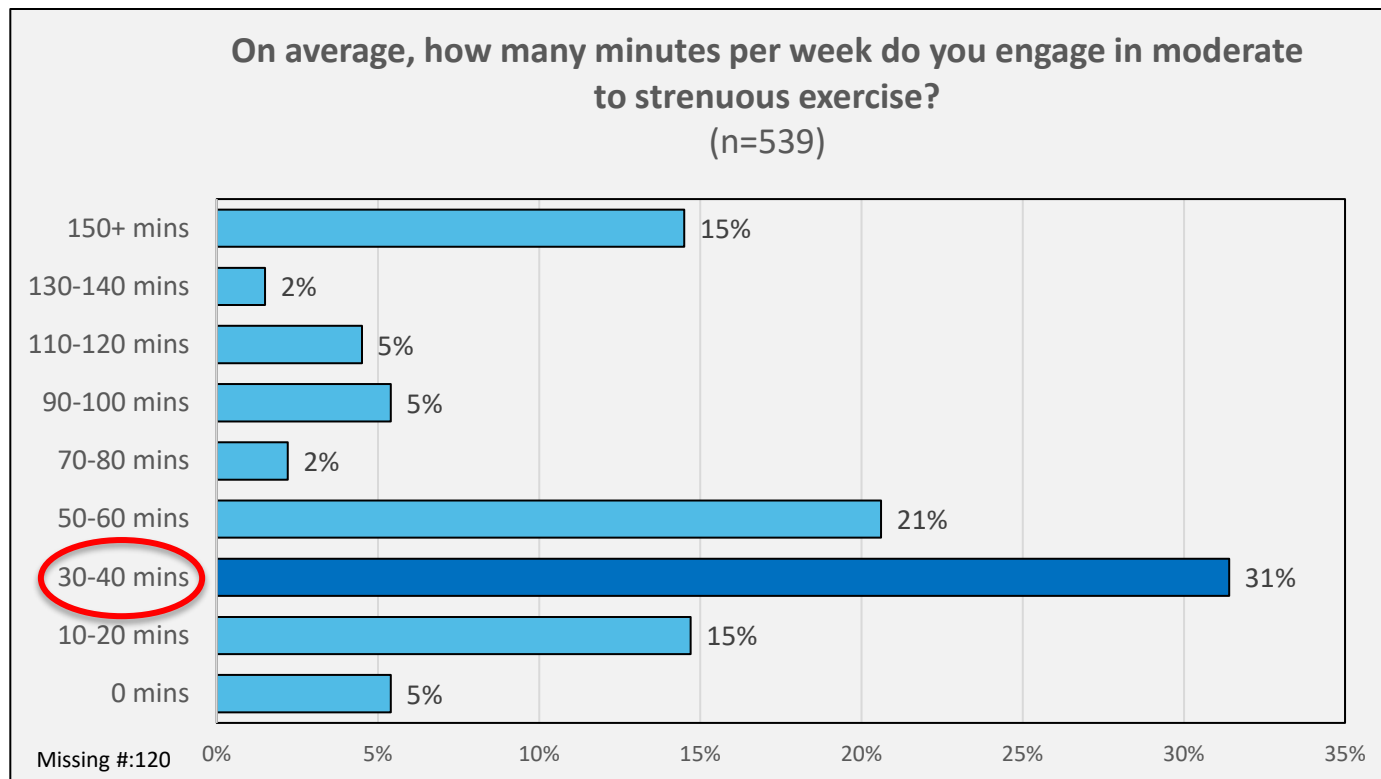


Days/week engaged in Moderate to Strenuous Exercise (like a brisk walk)



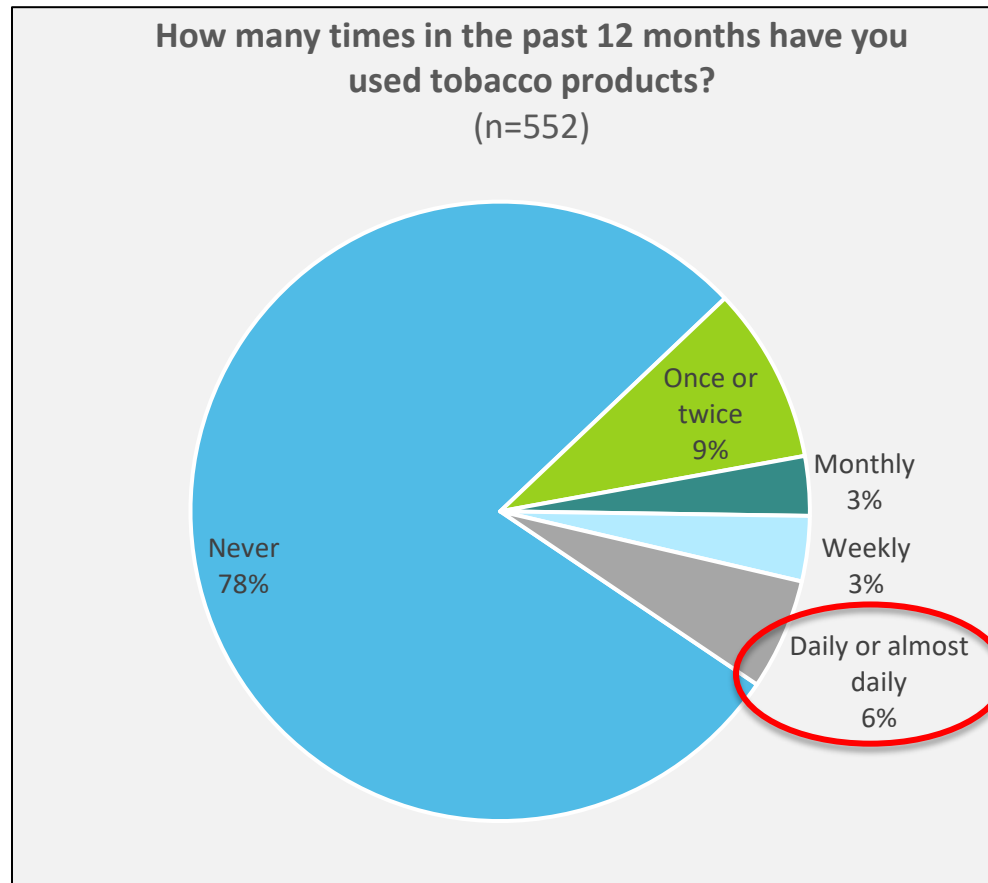


Social Determinants of Health: Minutes of Physical Activity



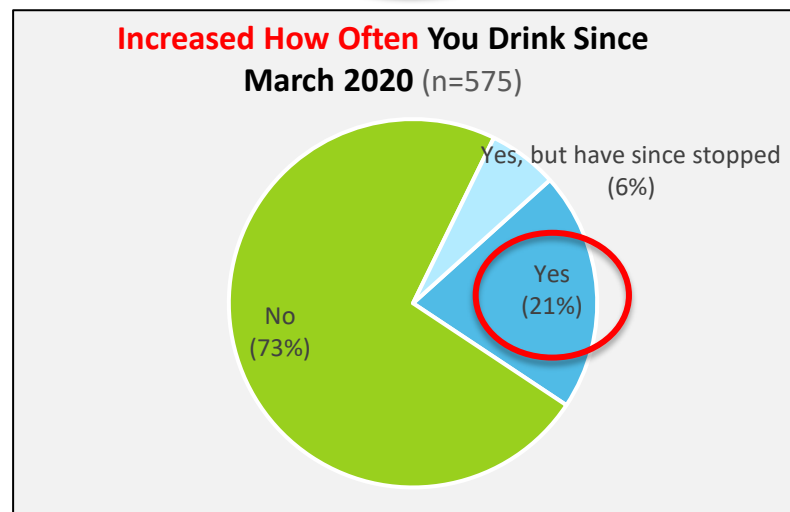


Social Determinants of Health: Tobacco Use in Previous 12 Months





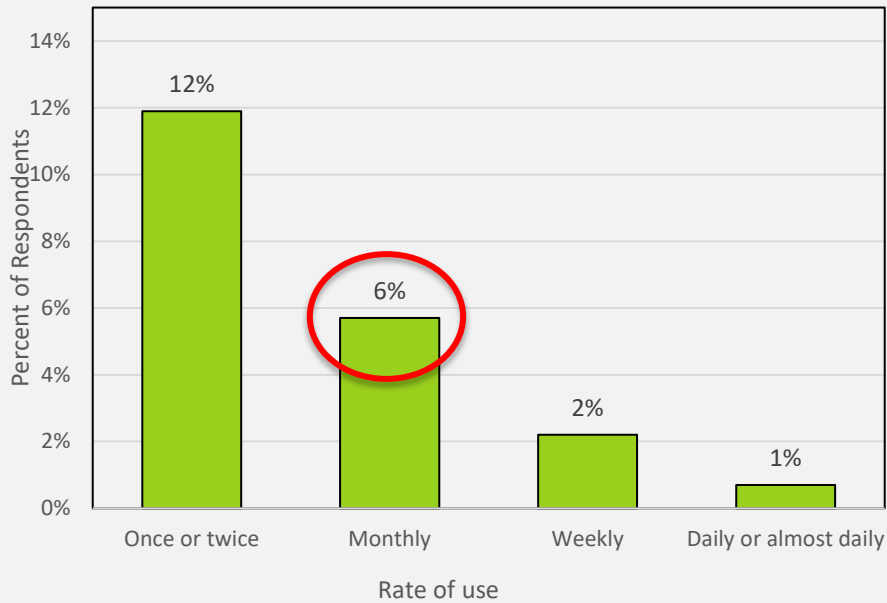
Alcohol use



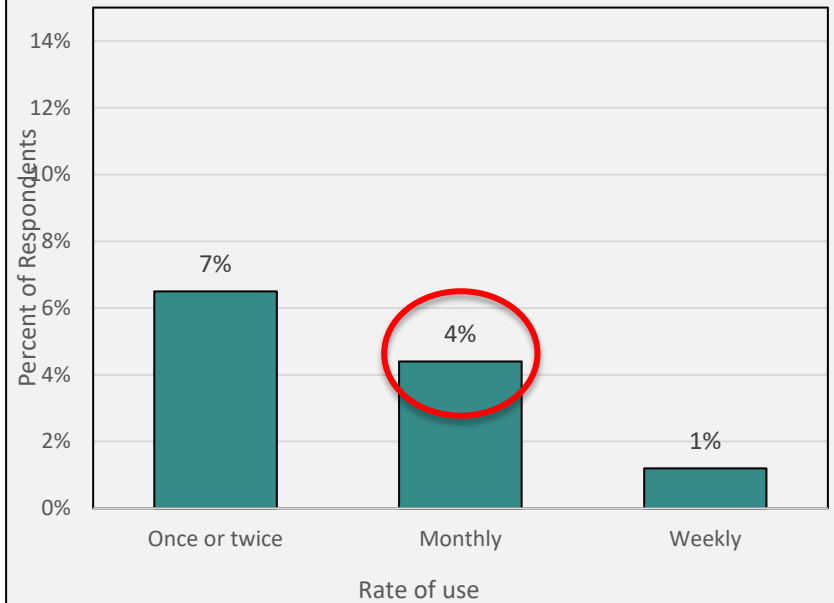


Social Determinants of Health: Prescription & Illegal Drug Use

Used Prescription Drugs for Non-Medical Reasons in Past Year (n=548)

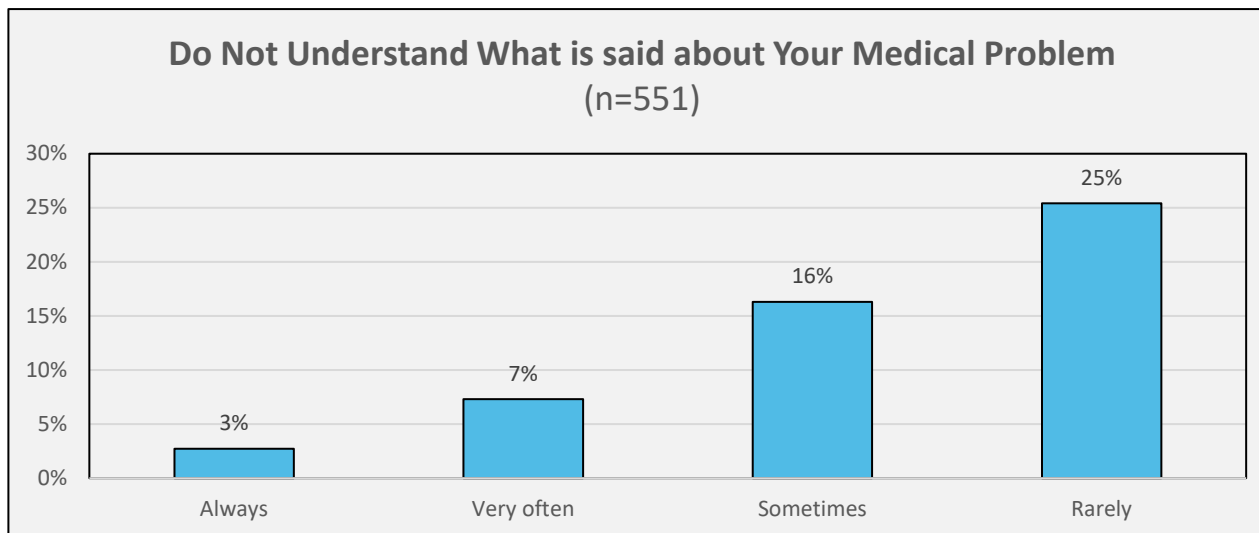
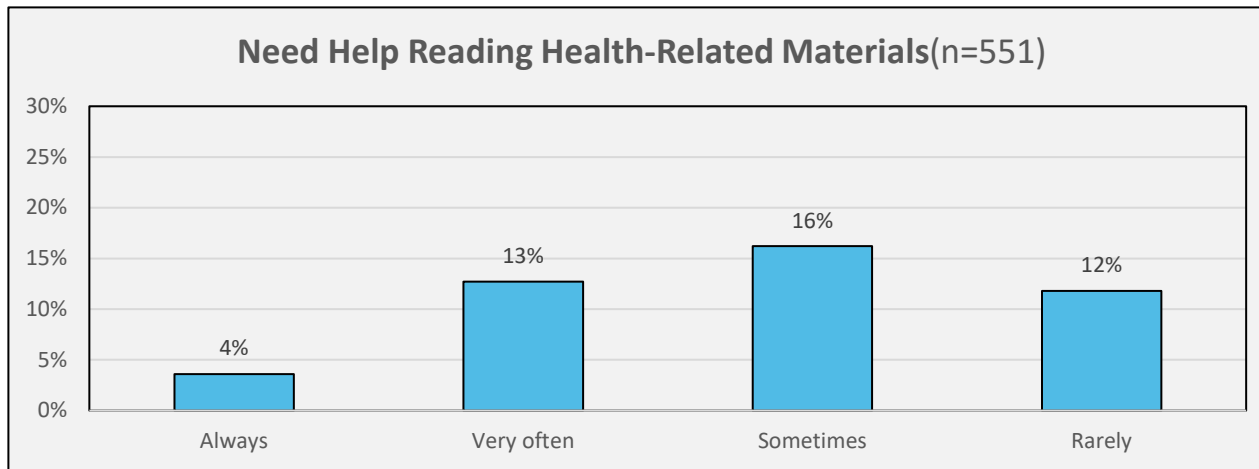


Used Illegal Drugs in Past Year (n=571)





Health Literacy Issues





2022 Healthier Barrington Study

YOUTH

42% of respondents have someone younger than 18 in their household

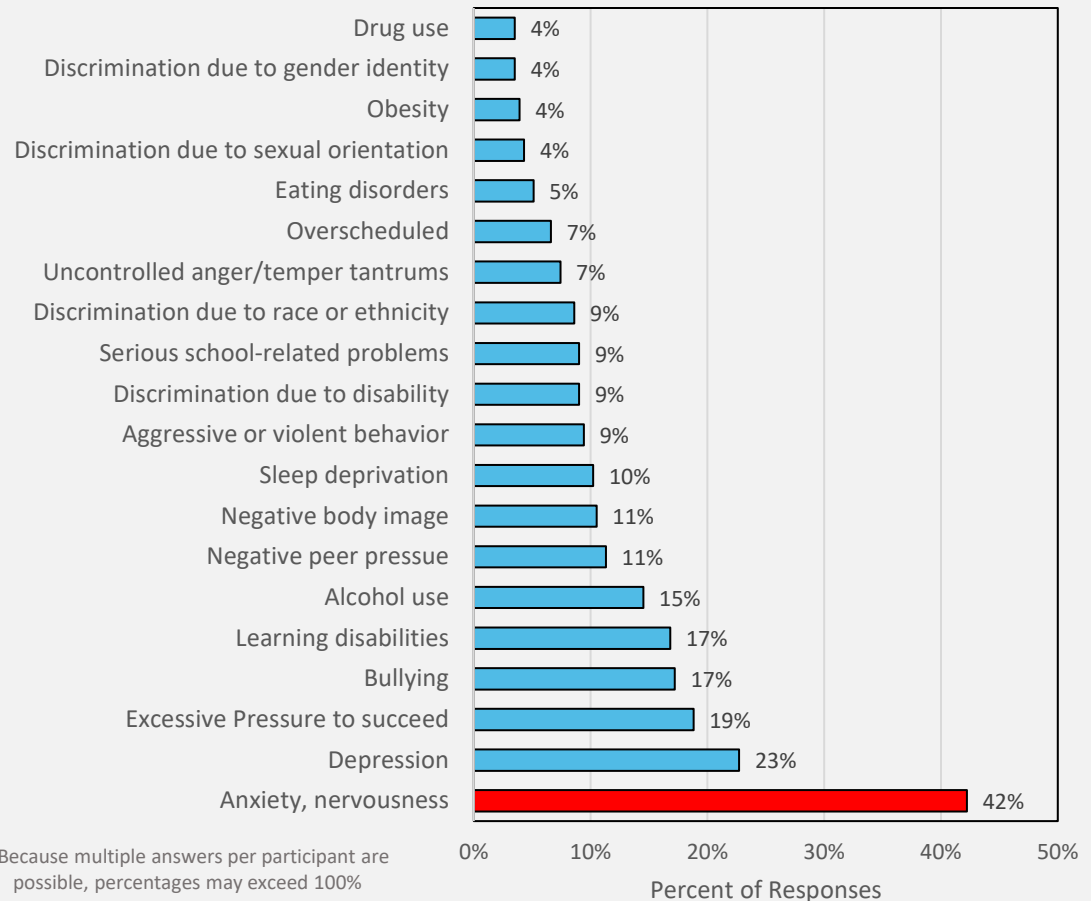
Top Issues for Youth - 2022

- Anxiety
- Depression
- Pressure to succeed
- Bullying
- Learning disabilities

Top Issues for Youth - 2017

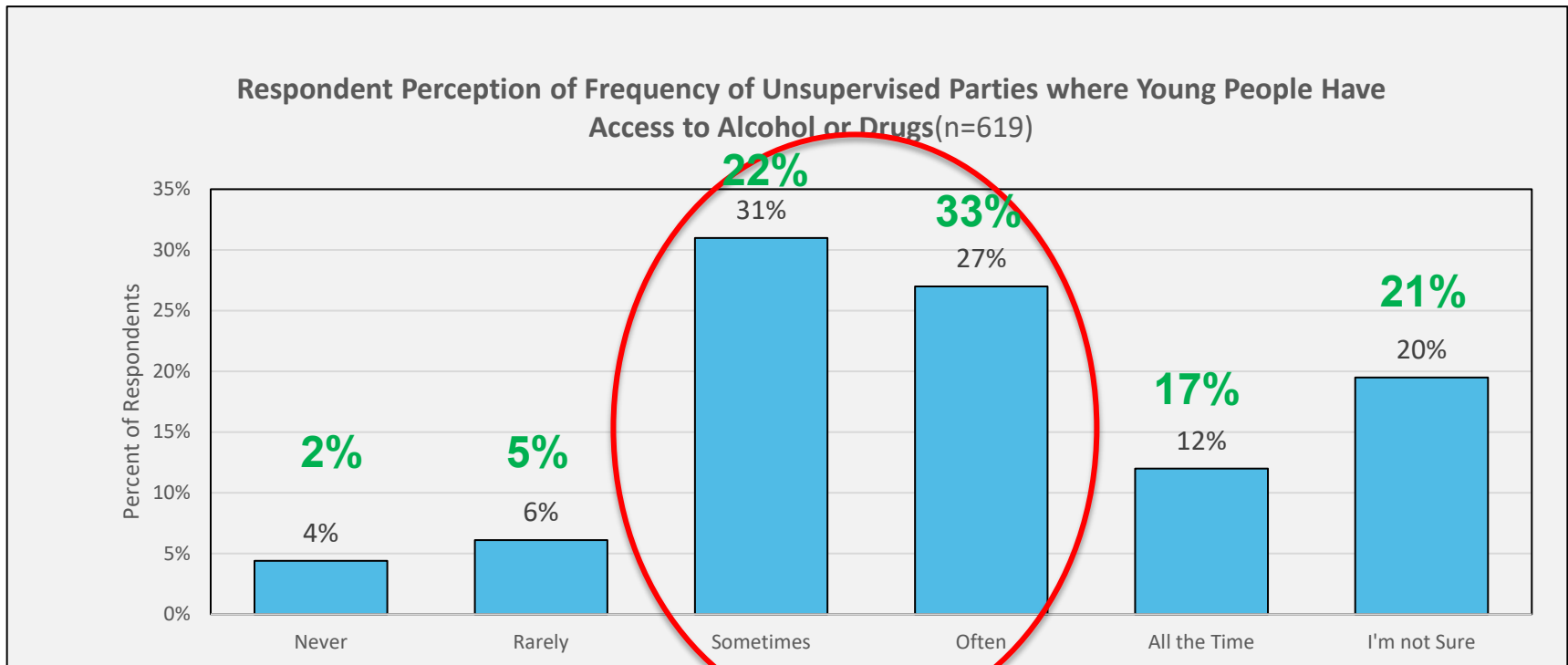
- Anxiety
- Pressure to succeed
- Overscheduled
- ADD/ADHD
- Bullying

Issues Identified by Respondent for Household Members under 18 Years Old (n=256)





2017 Percents



82% of respondents think parents should be held accountable for underage alcohol consumption on their property

90% of respondents thought parents should be held accountable in 2017



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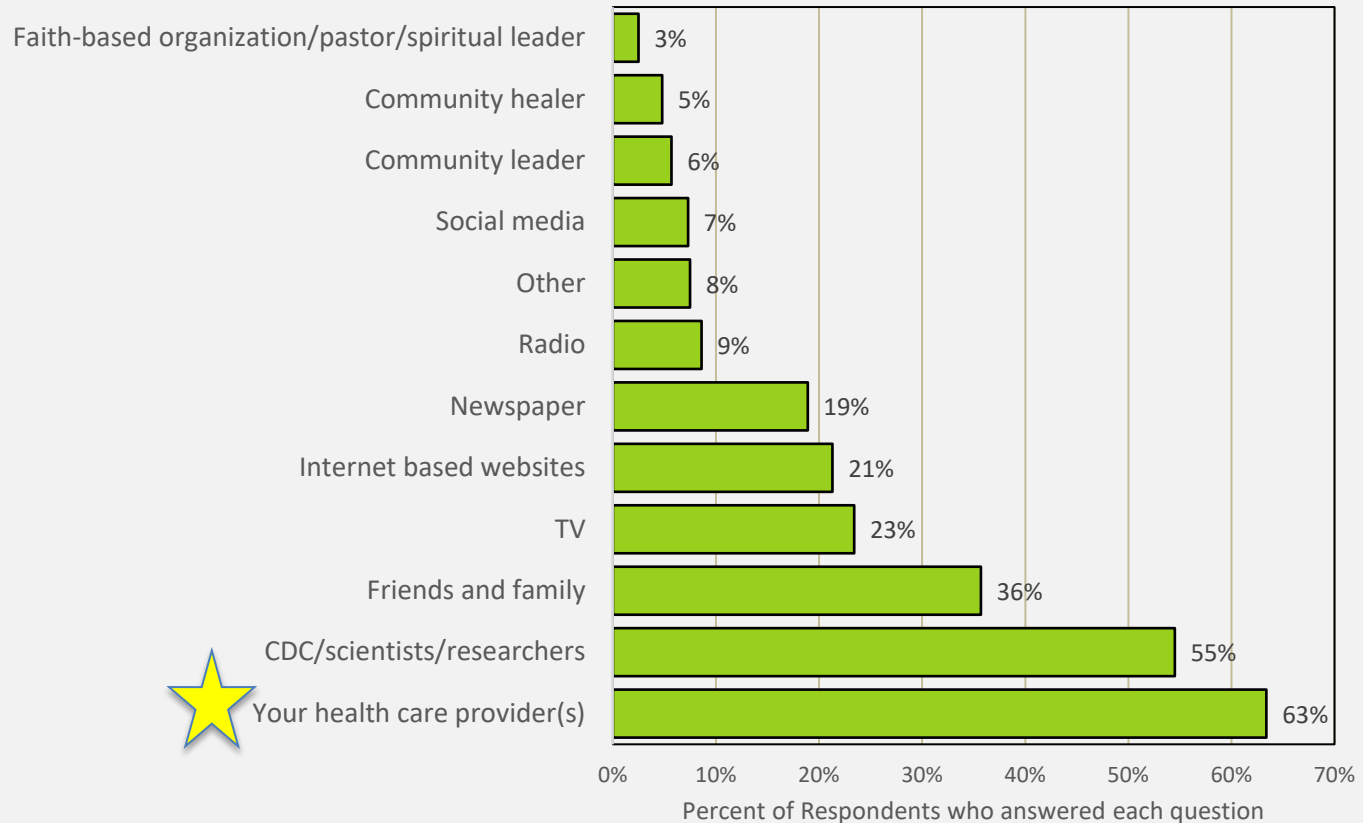
Impacts of COVID-19



Trusted Sources for COVID-19 Information

Trusted Sources for COVID-19 Guidelines and Information

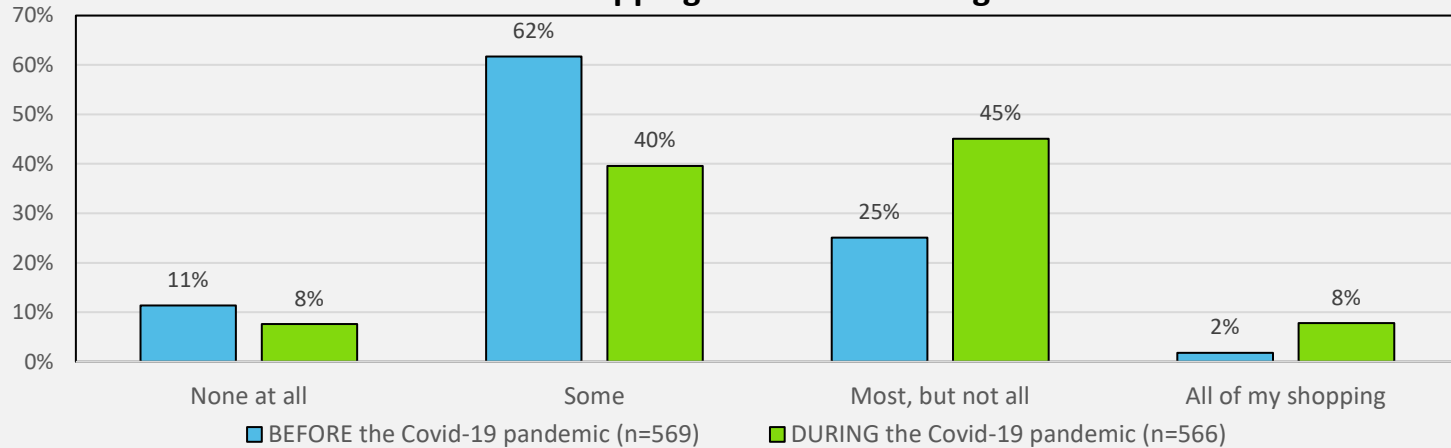
(n=560)



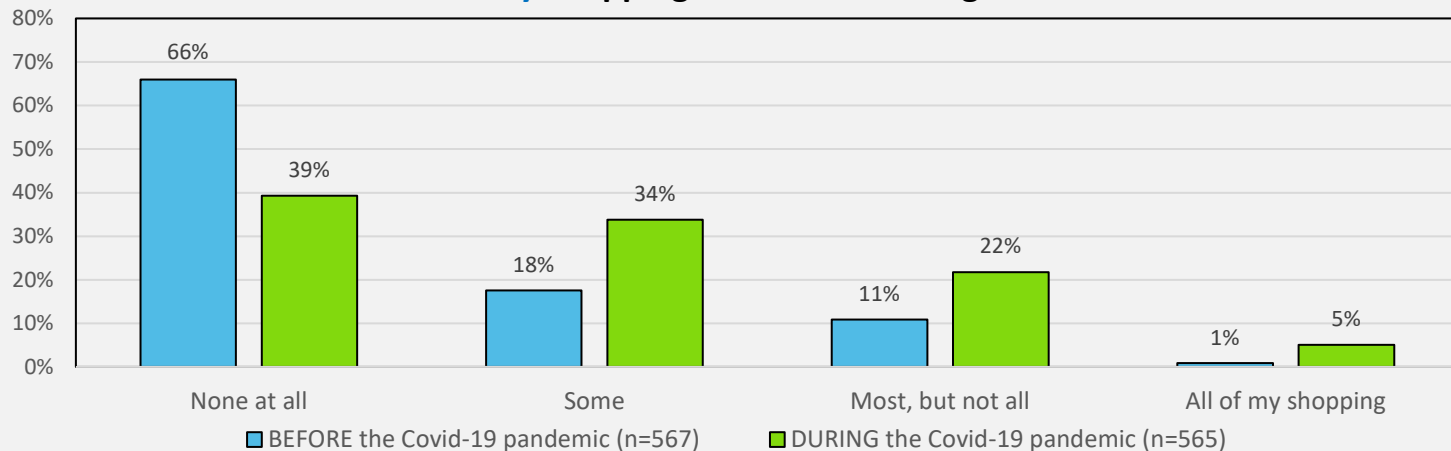


Shopping and COVID-19

General Online Shopping Before and During COVID-19



Online Grocery Shopping Before and During COVID-19





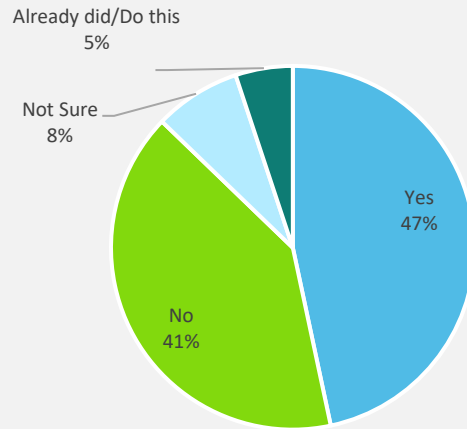
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ENVIRONMENT

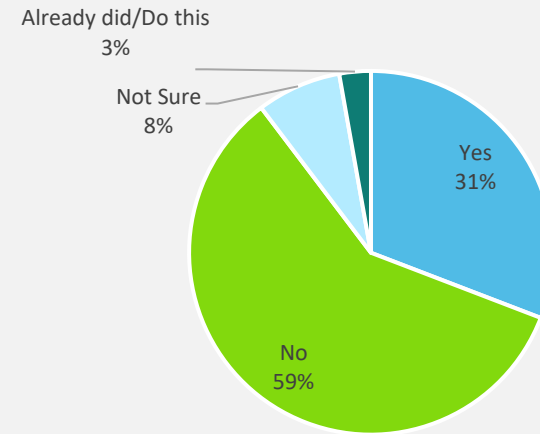


Environment and Conservation: Electric Vehicles & Solar Panels

Considered purchasing an electric vehicle (n=574)



Considered Adding Solar Panels to Your Home (n=571)

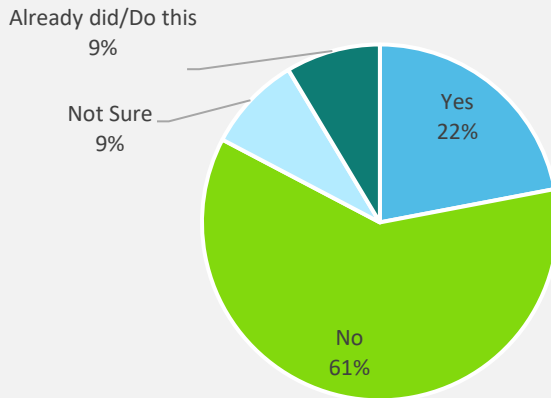


Survey was conducted before passage of the federal Inflation Reduction Act

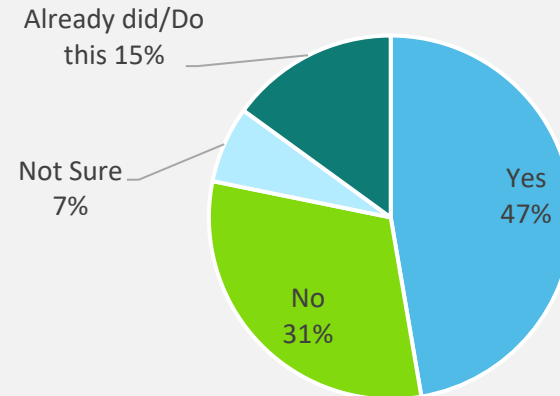


Environment and Conservation: Rain Barrels & Energy Use

Considered Adding Rain Barrels to Property? (n=572)



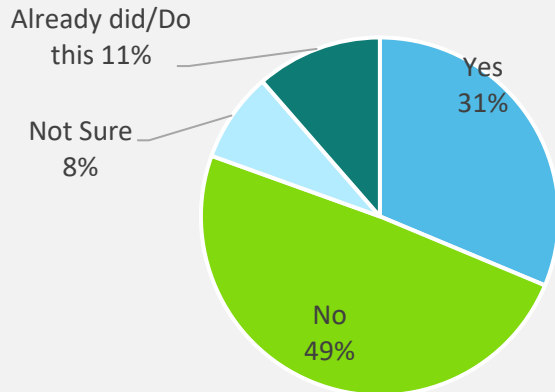
Changed Electrical Systems to Conserve Energy (n=573)



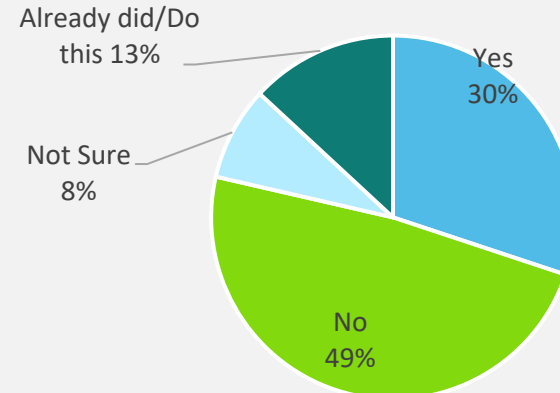


Environment and Conservation: Landscape Changes & Composting

Changed Landscaping to Help the Environment (n=571)



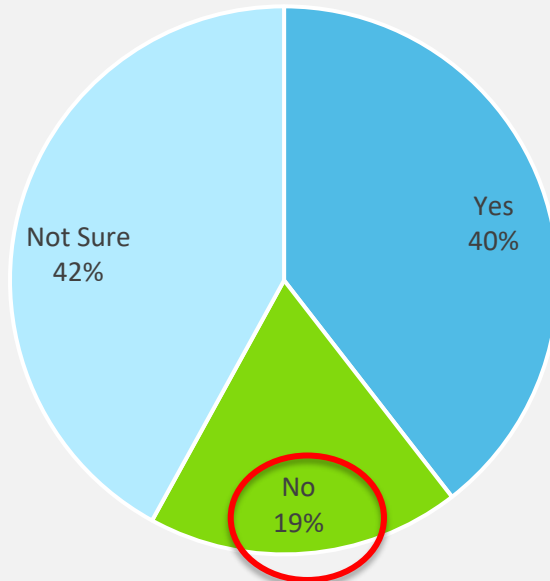
Considered Composting Food Waste (n=565)



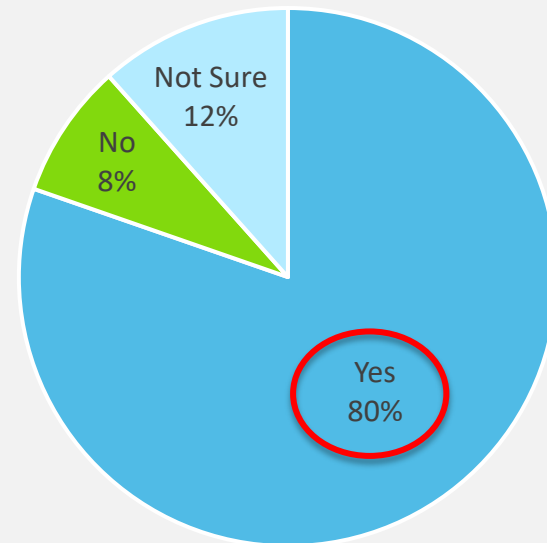


Local Government Preparation: Severe Weather Events, Protecting Open Spaces

Is Local Government Doing Enough to Prepare
for Severe Weather Events (n=572)



Should Local Government Protect Natural
Open Areas (n=570)



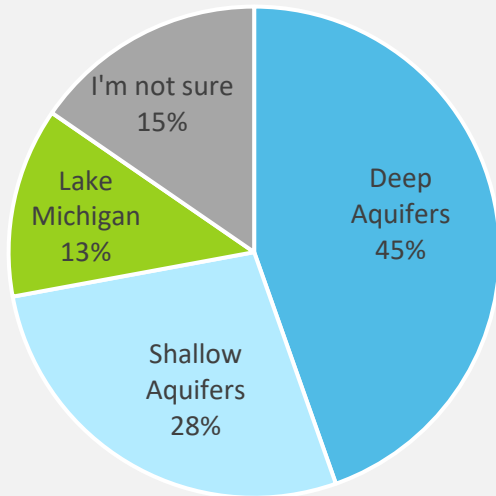
Top three themes that emerged from 82 written responses on what local government needs to do to better prepare for severe weather

- Improved communication/education (26%; n=21)
- Improve plowing/snow removal (15%; n=12)
- Improve infrastructure (13%; n=11)

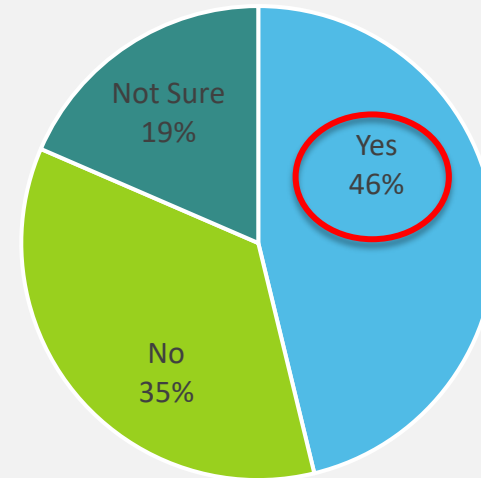


Water Knowledge

Where Respondents Believe Local Water Comes From (n=560)



Concerned for Barrington Area Clean Water Supply (n=561)



In 2017, 47% stated deep aquifers, 38% shallow aquifers and 15% Lake Michigan as their source of water.

In 2017, 55% of respondents were concerned whether there was enough clean water to supply residents' needs in the future.



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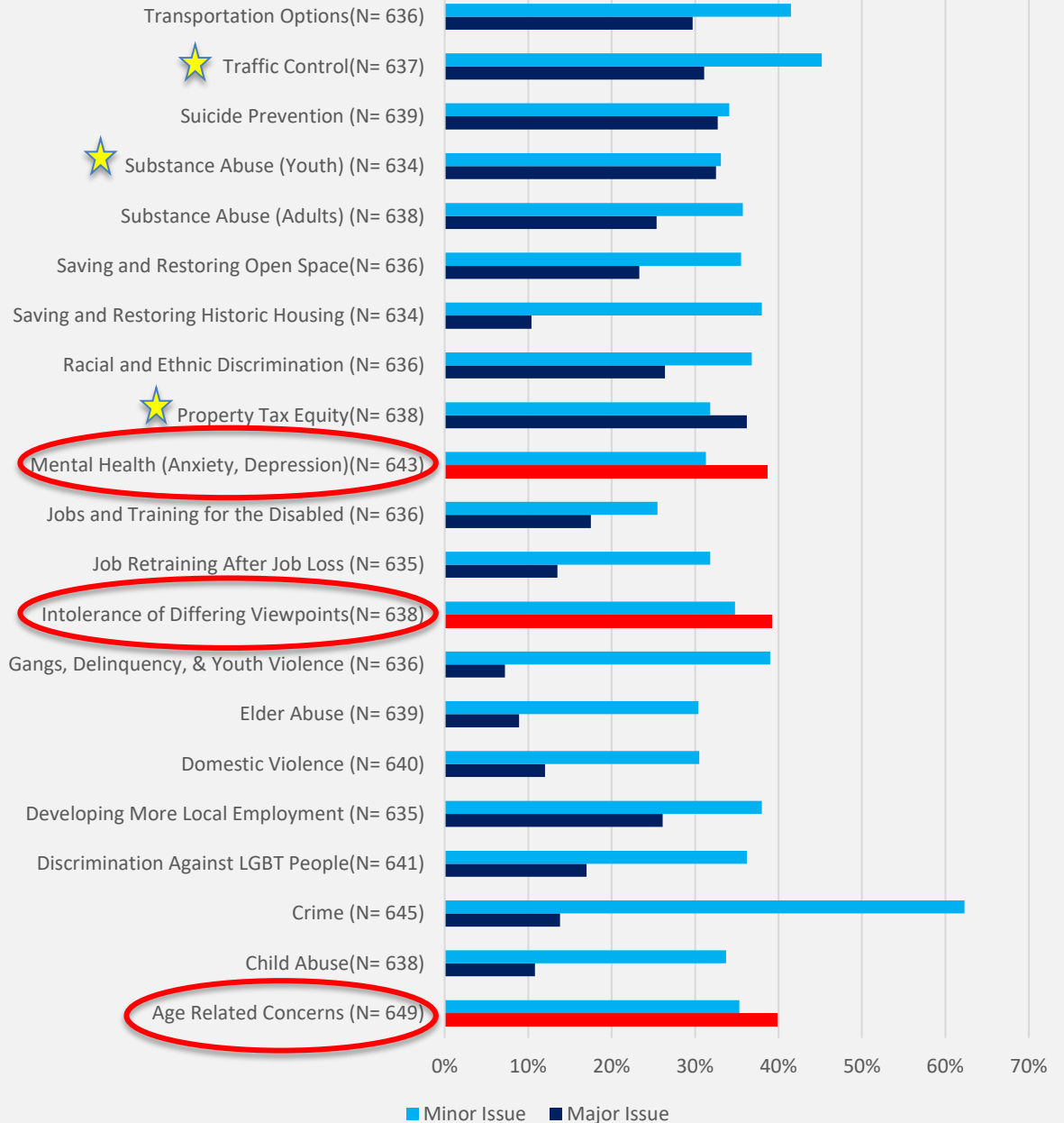
Issues in BARRINGTON area



Perspectives on Issues in the Barrington Area

Top issues in 2017
denoted by ★

Respondent Perspective on Issues in Barrington Area





Major Issues by Barrington sub-areas

Top 5 Major Issues by Area

Village of Barrington

- Aging-related concerns
- Intolerance of differing viewpoints
- Mental health
- Traffic control
- Suicide prevention

Barrington Area North

- Aging-related concerns
- Intolerance of differing viewpoints
- Mental health
- Traffic control
- Suicide prevention

Barrington Area South

- Intolerance of differing viewpoints
- Mental health
- Property tax equity
- Aging-related concerns
- Racial & ethnic discrimination



Top 5 Major Issues by Age Category

18-44 years

- Intolerance of differing viewpoints
- Mental health
- Aging-related concerns
- Suicide prevention
- Substance abuse (youth, including alcohol)

45-64 years

- Intolerance of differing viewpoints
- Mental Health
- Aging-related concerns
- Property tax equity
- Suicide prevention

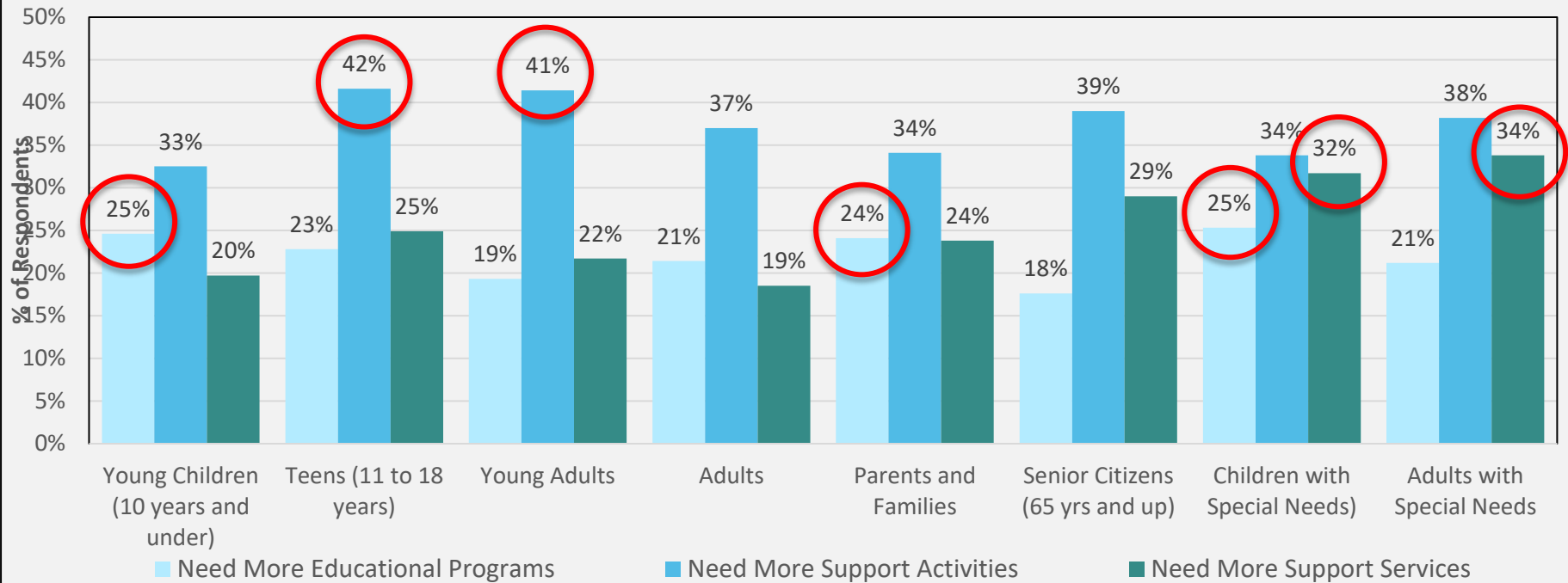
65+ years

- Aging-related concerns
- Property tax equity
- Mental health
- Transportation options
- Traffic control



Adequacy of Support Services

Support Services, Activities, and Educational Programs Needed in the Barrington Area
by Age/Category (n=659)



Because multiple answers per participant are possible, percentages



2022 Healthier Barrington Study FOCUS GROUPS



Focus Group: Methods

- **Developed a semi-structured focus group guide**
- **Focus groups conducted by trained focus group moderators**
- **3 focus groups**
 - 2 community resident groups (1 in English, 1 in Spanish)
 - 1 business leader group
- **Recruitment was done through local agencies of Healthier Barrington Coalition**
- **Consent obtained from participants before each focus group**
- **Discussion was recorded and transcribed**



Community Resident Focus Group: Question Themes

- Significant health issues
- Health issues for youth
- Health issues for elderly
- Impact of COVID
- Where they go for information
- What resources do they feel are needed
- What do they worry about most for the future



Community Resident Focus Groups: Issues Raised

- Anxiety, mental health issues
- Isolation
- Effect on youth, lack of activities
- Importance of physical and mental health
- Importance of social connections
- How children had to learn when schools were virtual
- Differences in opinions – political and not political
- Desire for information to be easily accessible and credible, but each group needs it in different ways

“But people don’t have an attitude of acceptance. And that is also a significant mental health problem...those things that you do in your life that people don’t accept of you. And that has a mental health impact.” -EFG



Community Resident Focus Groups: Differences in Issues Mentioned

English

- Appreciated telehealth
- Discussed delaying appointments and health care
- Appreciate all the green space
- Get information from physicians, hospital, community newsletters
- Good educational opportunities
- Community strengths – Smart Farm, garden plots, park districts, pool, ball fields

“I think that basically in the Latino community, families. I mean, the unity that Latino families have is very important because speaking in general about the health pandemic, that's our strength because we come together as a family to celebrate birthdays, to support each other when one of our family members is sick. Not only economically, but emotionally as well. So, the family is that strength. Obviously, I can't generalize because it's possible that not everyone has that opportunity, but it's like that strength that maintains that unity and that could possibly be what keeps us strong in all of the aspects of our lives.” - SFG

Spanish

- Felt telehealth not the same as in-person
- Frustrated that couldn't get appointments quickly
- See green space in their community, but nothing to do there
- Improve nutrition and healthy food access, groceries and at school
- Youth access to drugs
- Get information from Google, Facebook, YouTube
- Community strengths – family, God & church, Latino community, mental health support groups, Giving Day of clothes, jackets, food, boots



Community Resident Focus Groups: Differences in Perspectives on COVID

English

- Choppy and chaotic at first
- Pharmacies and national effort made things smoother once vaccine came out
- Shocked that the hospital was completely full at times, didn't know this when it was happening
- Feel fortunate to have access to testing, vaccines, care

"I had no idea because we just weren't that close to it, that there were times in January, I guess it was, or maybe it was December, where there were really no beds available in Good Shepherd. So, I was shocked by that...But it's just kinda hard to imagine that we didn't have anything – any resources. So, it just really shocked me. And that a lot of seniors were not getting care and having to put off procedures and things because of that." -EFG

Spanish

- Seemed a bit fast to develop vaccine so quickly
- Lack of credibility in vaccine stopped things from going well
- Misinformation from some doctors created panic and chaos
- Made us question vaccine
- Lack of availability of masks
- Fear and anxiety of health problems, especially lungs, after having COVID

"... the vaccine came out, but for some of us, it seemed that it was very fast to have come up with a vaccine. It could be that the lack of credibility in the vaccine could be that it stopped things some as well." - SFG



Spanish Resident Focus Groups: Resources Needed

- Low-cost recreation services
- More information in Spanish language
- More culturally-accessible, free health care information and information on health insurance, health resources and other payment options for care
- More support paying for specialty health care because hired in jobs that are part-time or no insurance
- More indoor activities, especially in winter for kids
- More developed parks (Carpentersville), walking paths
- More motivation and education on need for physical activities, involve schools in effort and include families
- Bike trails for children, ability to rent bikes
- Better publicizing of culturally accessible ways on recreation activities
- Bullying in schools and racism in general and effect on physical, emotional and psychological health

"...we're missing bike trails for children, because sometimes it's very hard to go out and know that the cars pass quickly and it's scary. We need more bike trails to be able to go out with kids. Like in Chicago. In Chicago they have bikes and you can even rent a bike. Sometimes we don't have the access or money to buy a bike and they can do the same thing that they do around here in Chicago to be able to rent bikes and go out with the kids."



Business Leader Focus Group: Question Themes

- Business leaders' perspectives on the overall health of the Barrington area business community,
- Significant issues affecting the Barrington area business community,
- Resources and strategies that have helped businesses cope with and survive the COVID-19 pandemic,
- Resources that are still needed,
- The greatest challenges and barriers to success for Barrington area businesses today.



Business Leader Focus Groups: Significant Issues Impacting Local Businesses During COVID-19

- The ability to pivot, be adaptable and flexible
- Staffing
- Costs
- Supply chain issues
- Safety
- Personal connections

"...we've all had to adapt digitally some way, whether it's selling your services online, or providing a vessel for your clients to do business online, even like this, being able to meet via Zoom."



Business Leader Focus Groups: Future Needs

Going forward, businesses are concerned with the following issues

- Finding staff, unemployment
- Inflation - rising prices from wages to supplies
- Making sure that everyone feels safe
- Mental health and personal connections
- Maintaining the same level of customer service

“...if we're not treating our customers better than we did yesterday, we're going to fall behind. And so you got to do all that and at the same time, provide exceptional customer service.”

“...the big challenge is making sure in my role, making sure everybody feels safe, making sure everybody feels heard, making sure that we can continue to be flexible in the months and years going forward because I think that is our one advantage to retaining staff.”



2022 Healthier Barrington Study

NON-PROFIT SURVEY



Non-profit Survey

Purpose:

- Understand the impacts of the COVID-19 pandemic on local non-profit organizations and gain information on non-profit organizations' projections for 2022 impacts and needs.

Data collection:

- Online survey
- Surveys completed from Jan. 2022 – Feb. 2022
- 46 non-profits responded
 - Full survey completion for 50% of respondents



Survey Highlights

Counties served

- Cook (94.1%)
- Lake (91.2%)
- McHenry (79.4%)
- Kane (64.7%)
- others (23.5%)

Top service areas

- Human Services (41.3%)
- Health & Health Care (26.1%)
- Education (26.1%)



Survey Highlights

- COVID-19 had a **high level of impact** on **53.6%** of Barrington area non-profits in 2021 and the pandemic continues to have a high level of impact on **50%** of the organizations.
- Non-profits reported an increase in demand for services since the beginning of the COVID-19 pandemic.
 - Increased demand expected to continue into 2022.
- Impacts experienced by non-profits during COVID-19
 - cancellation of programs and services
 - increased and sustained staff and volunteer absences
 - disruption of services to clients and communities
 - budgetary implications related to strains on the economy



Survey Highlights

- Most impacted revenue streams during COVID-19
 - special event revenue
 - fees for service/earned revenue
 - revenue from corporate grants/sponsorships
 - individual giving
- Revenue is not expected to be strongly impacted in 2022
- Top three needs among Non-profits
 - Funding
 - Staffing
 - COVID-19 Information/Guidance



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Questions?

