A dark teal silhouette of Washington County with a white, torn-paper-style border on its right side.

Impacts of COVID-19 on Adult Health and Well-being in Washington County

COVID-19 Impact Survey Overview

- Conducted in April-June 2022
- **Purpose:** To learn about the impact of the COVID-19 pandemic on physical and mental wellbeing of Washington County residents.
- Results used to identify health concerns of adults in Washington County.
- Adult Health Survey is conducted every 4-6 years. The last iteration was in 2019, just before the pandemic happened.

Equity in Health

- Health equity refers to everyone having a fair and just opportunity to be as healthy as possible.
- The COVID-19 Impact Survey results may highlight health disparities in Washington County, which exist due to long-standing inequities, such as systemic oppression, racism, poverty, and power imbalances.
- Washington County Public Health and Environment recognizes these disparities, as well as their root causes, and works to address them through its work.

Survey Topics

Overall health	Access to health care	Health behaviors	How you feel	About your community	Food & housing since onset of COVID-19 pandemic
<ul style="list-style-type: none"> • Chronic conditions • Physical health since onset of COVID-19 pandemic 	<ul style="list-style-type: none"> • Health insurance coverage • Needed medical care since onset of COVID-19 pandemic • Needed mental health care since onset of COVID-19 pandemic 	<ul style="list-style-type: none"> • Changes in substance use since onset of COVID-19 pandemic • Level of concern about increase in substance use • Reasons for increase in substance use 	<ul style="list-style-type: none"> • Depression • Anxiety • Psychological stress • Mental health since onset of COVID-19 pandemic 	<ul style="list-style-type: none"> • Community involvement • Social support • Feelings of isolation • Level of communication with others since onset of COVID-19 pandemic • Racial discrimination 	<ul style="list-style-type: none"> • Access to public benefits • Food insecurity • Housing insecurity and homelessness • Transportation • Financial situation

Considerations and Limitations

Non-response bias

- Occurs when subject refuses to take part in a survey or drops out before completing

Association vs causation

- Association display general relationship between 2 variables being related but not necessarily one causes change to the other

Trending over time

- For methodological differences, the survey results are difficult to trend over time

Recall bias

- Participant unable to remember specifics, cannot be corrected after the survey has been submitted

Random sample

- Low response from age group 18-24 years old, people of color and low-income residents despite using oversampling technique to maximize response.

Convenience sample

- Not able to weight
- Difficult to repeat
- Planning follow-up interventions

Methodology – Random Sample

- Population-based random mailed sample with a web option
 - Every Washington County resident has an equal chance of being selected to complete the survey
 - Results are weighted and representative of the Washington County population
- Sample of **2,500** people were invited to take the survey

562

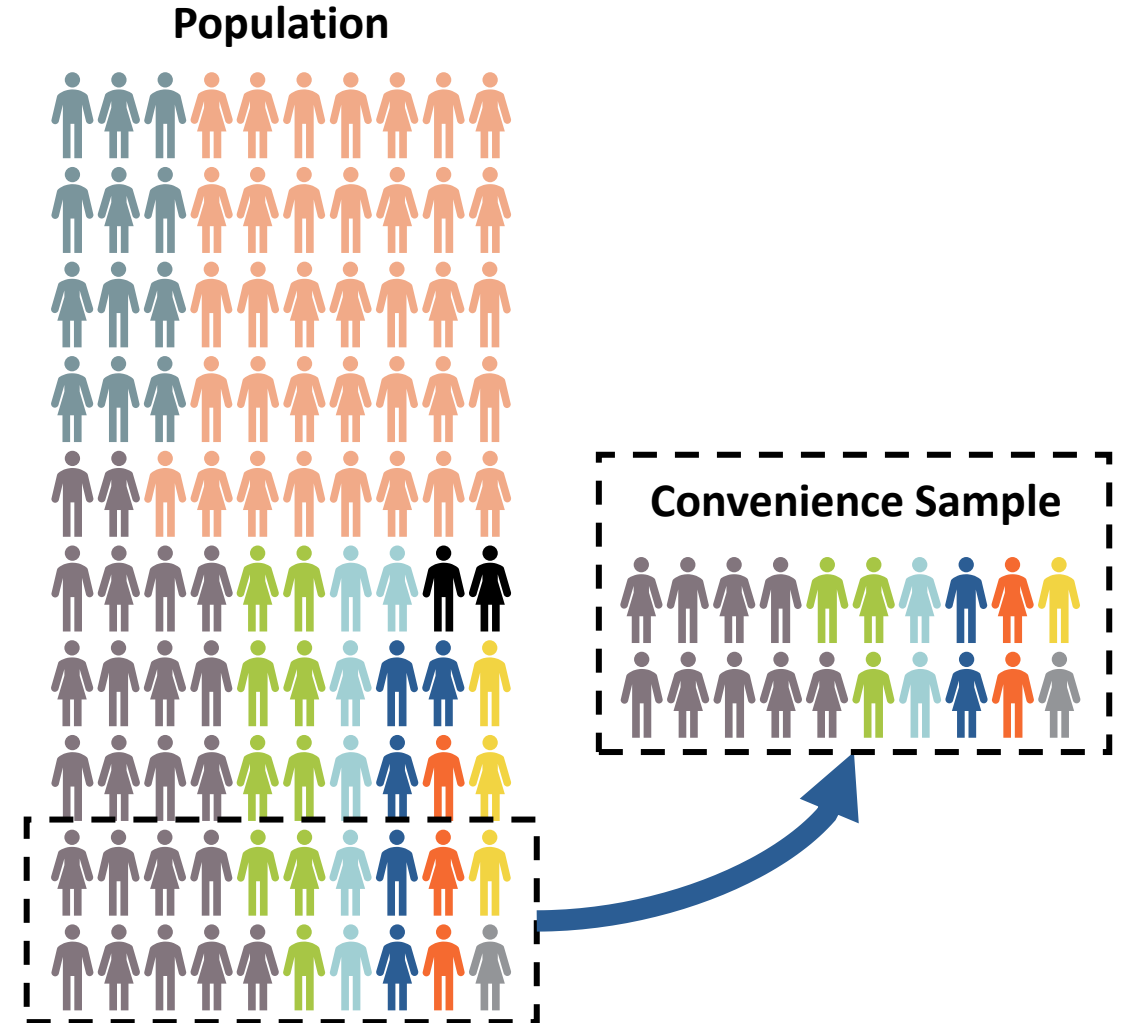
Washington County residents
completed the survey

23.2%

Response rate

Methodology – Convenience Sample

- Historically, random sample has drawn responses from healthier population
 - Low-income residents, people of color are under-represented in the responses
- Focuses on understanding local health differences
- Increased engagement with residents that experience disparities
- Non-probabilistic sampling method to collect responses from Washington County residents who typically do not respond to random sample surveys
- Mailed or hand-delivered to housing units, tabling events, case managers working with clients



Methodology

COVID-19 Impact Survey 2022

Dear Washington County Resident,

The Washington County Department of Public Health & Environment would like to learn about the impact that the COVID-19 pandemic has had on physical and mental wellbeing.

An anonymous short survey is being done with a very small number of selected participants. Participation is voluntary.

The survey asks about your health, access to health care, health behaviors, mental health, your community, and financial situation. The survey will take about 15 minutes to complete and can be completed in one of these two ways:

- Go online and fill out the survey:
Website: www.wilderresearch.org/go/washingtoncounty2022
- Fill out the paper survey provided to you.

Your responses will help identify the health concerns of adults in Washington County. If you have questions about the survey, you can contact Wilder Research at 651-280-2712.

Thank you for taking the time to participate in this important project.

Your health matters. Your answers matter.

Sincerely,

David Brummel
Director, Washington County Public Health and Environment

Koi ua ghov kev sointsuam no hauv lub computer tau – muaj rau ghov website ces ntawv ghov password ua nrog tsab ntawv no. Hu rau koom hauv Wilder Research yog koi xav tau kev pab – pab muaj neeg hais lus. Hmoob, 651-280-2971.

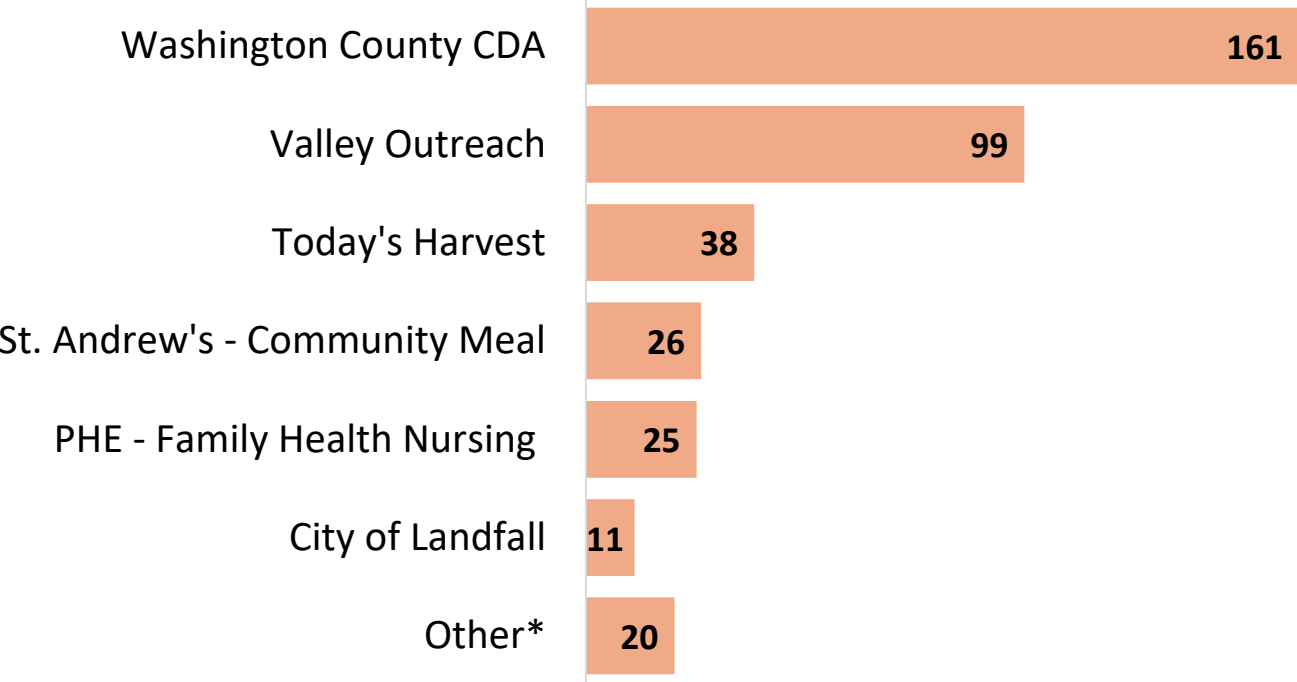
Daraasadaan waad uga jawaabi kartaa afsoomaali – adigoo aadaya shababada computerka, kadibna isticmaal nubarka passwordka. Soo wac o la xiriir Wilder Research hadaad u baahanthay caayinaad dheeraad ah waanu ku hadalnoo somaliga, 651-280-2972.

Usted puede completar la encuesta en español – vaya al sitio Web e ingrese su clave. Llame a Wilder Research si necesita ayuda – hablamos español, 651-280-2973.

Spanish	1 Random	25 Convenience
Somali	0 Random	1 Convenience
Hmong	0 Random	0 Convenience

Methodology – Convenience Sample

Number of paper survey responses by location

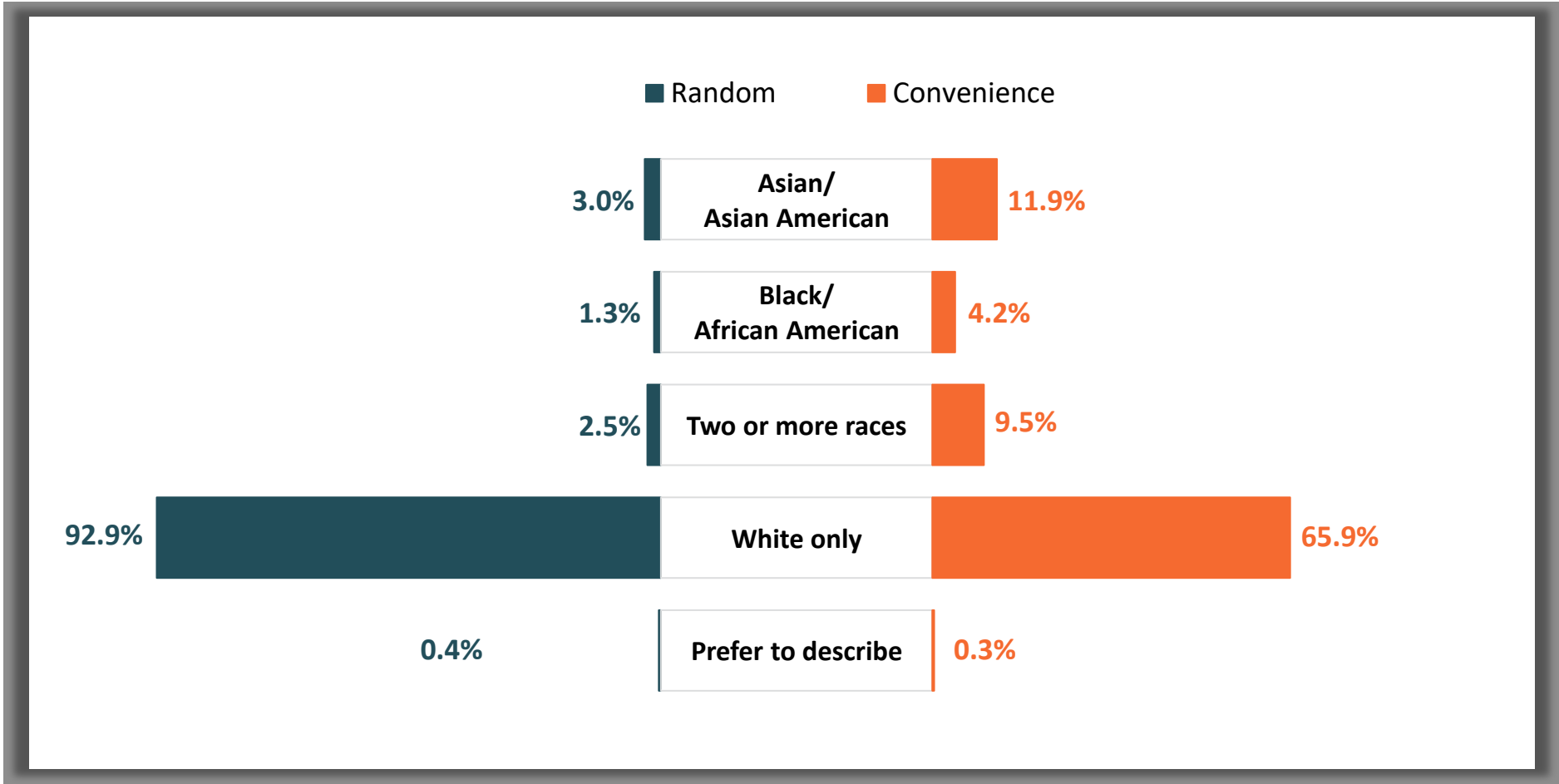


*Locations that had 10 or fewer responses

420
Washington County residents
completed the survey

Who We Reached

Race & Ethnicity of Respondents

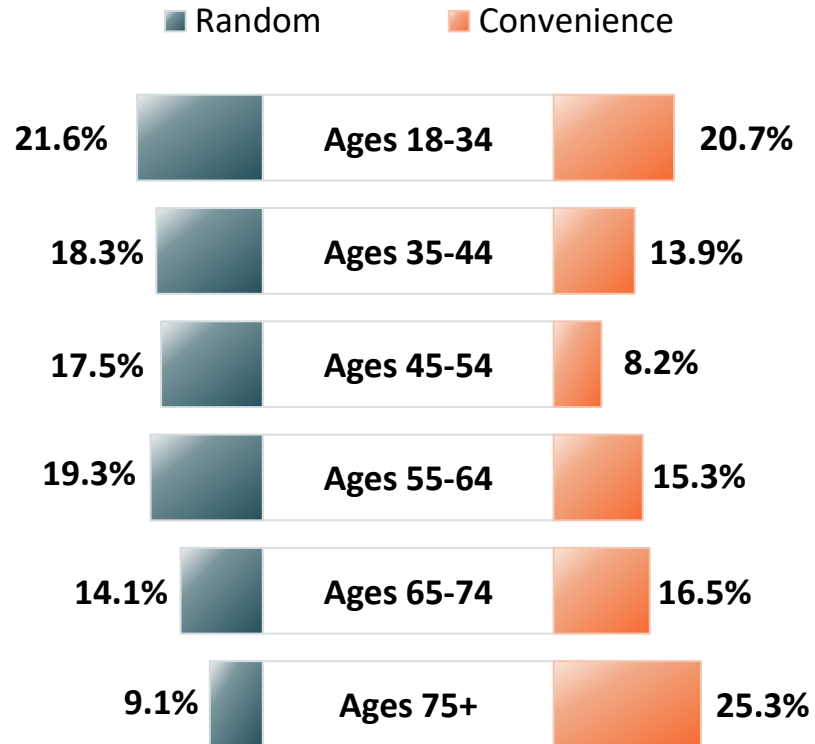


Hispanic or Latino/a

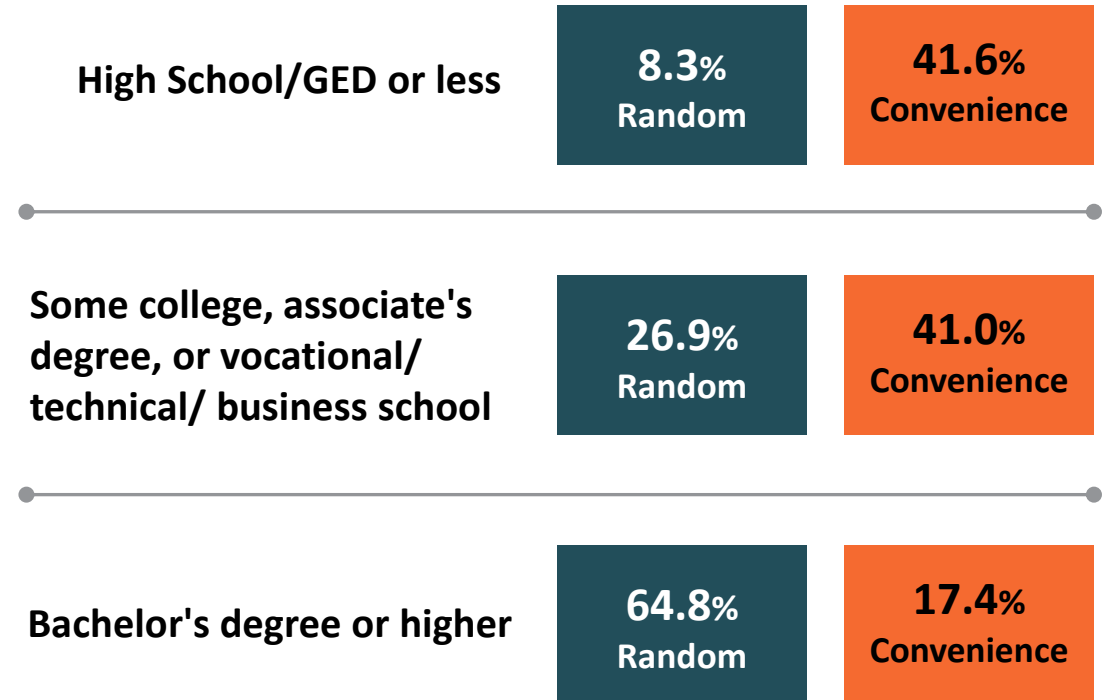
1.7%
Random

8.2%
Convenience

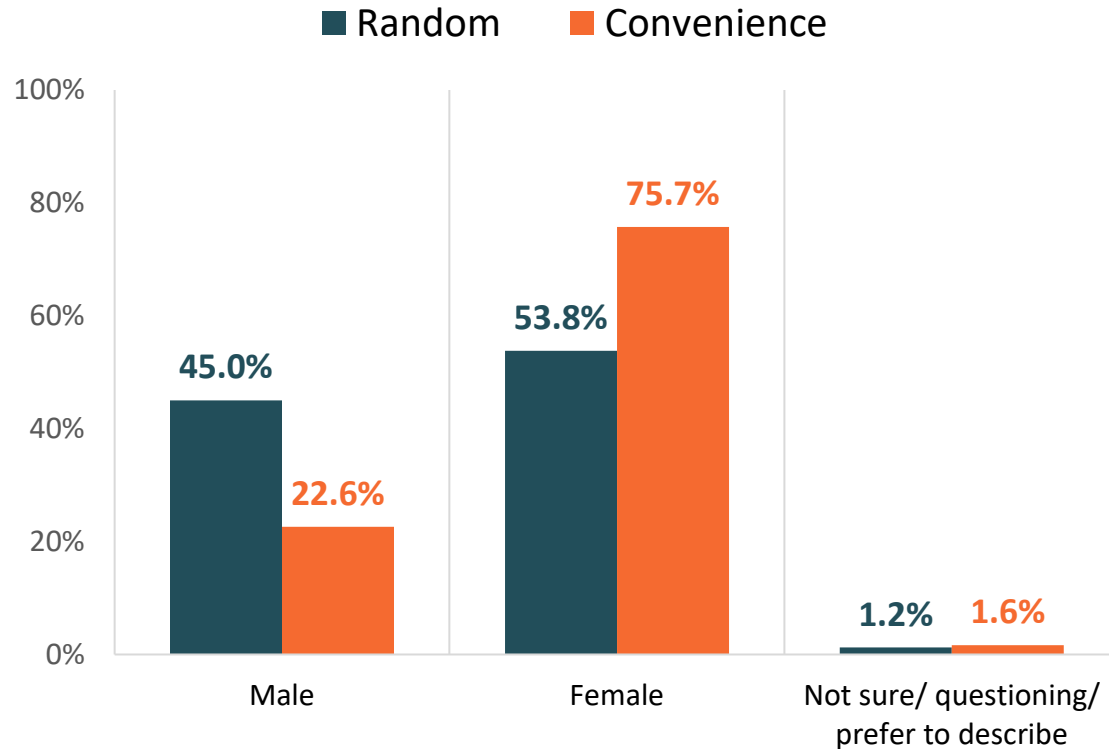
Age Groups



Education Attainment



Gender of Respondents



Survey respondents not born in the United States

5.9%
of Washington County residents were not born in the United States
Random

24.5%
of Washington County residents were not born in the United States
Convenience

Frontline Worker Status During the Pandemic



41.2%

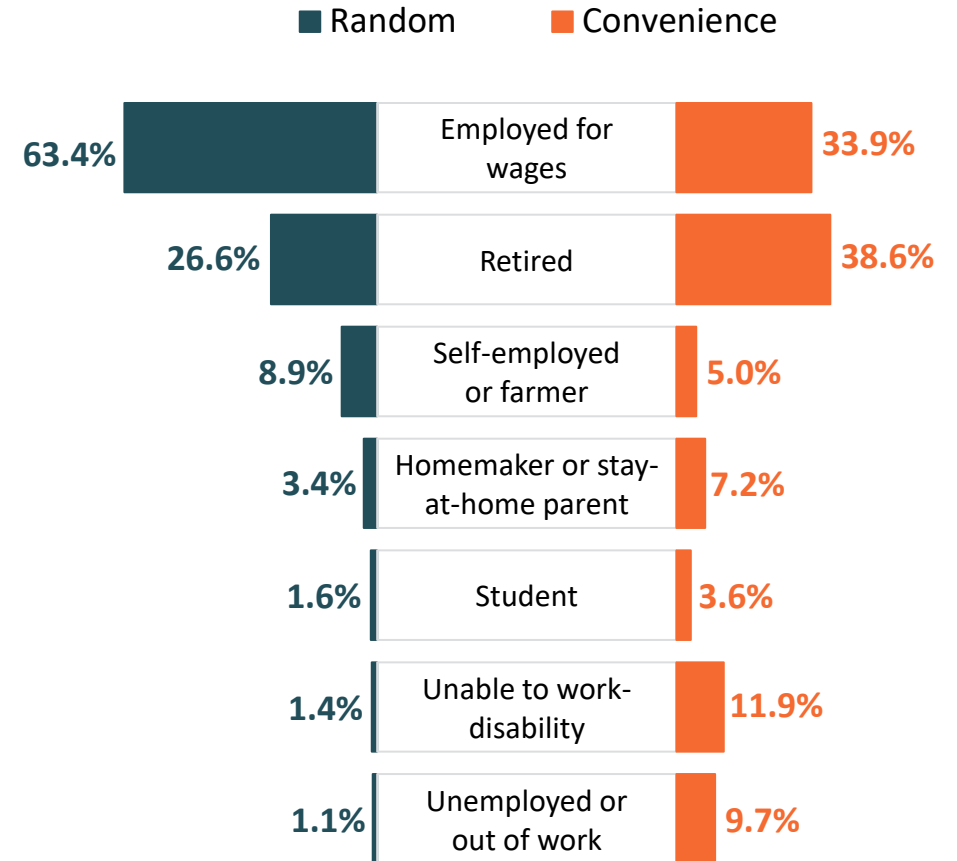
of the random sample respondents were frontline workers during the pandemic



29.5%

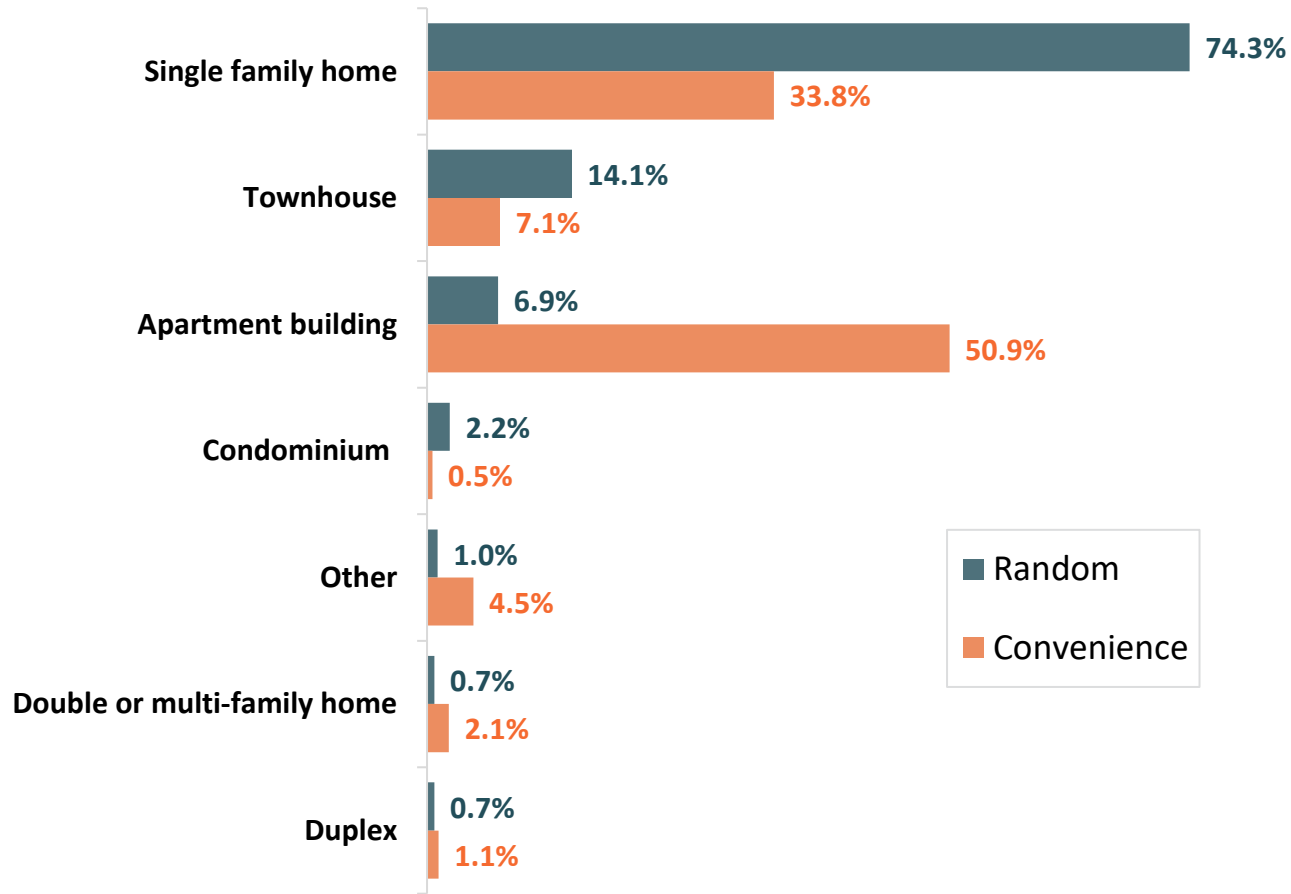
of the convenience sample respondents were frontline workers during the pandemic

Current Employment Status

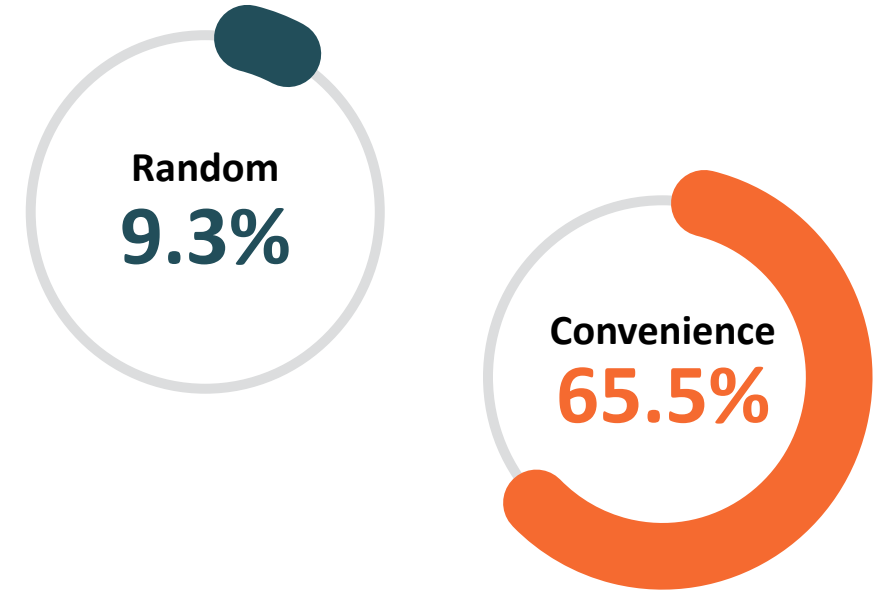




Type of Housing



Households Below 200% FPL



How are we doing?

Washington County has a higher **median household income** than the state:

- State: \$77,706
- Washington County: \$102,258

Source: American Community Survey, 2017-2021

Cost of living is also higher than the state:

- State: \$69,912
- Washington County: \$79,505

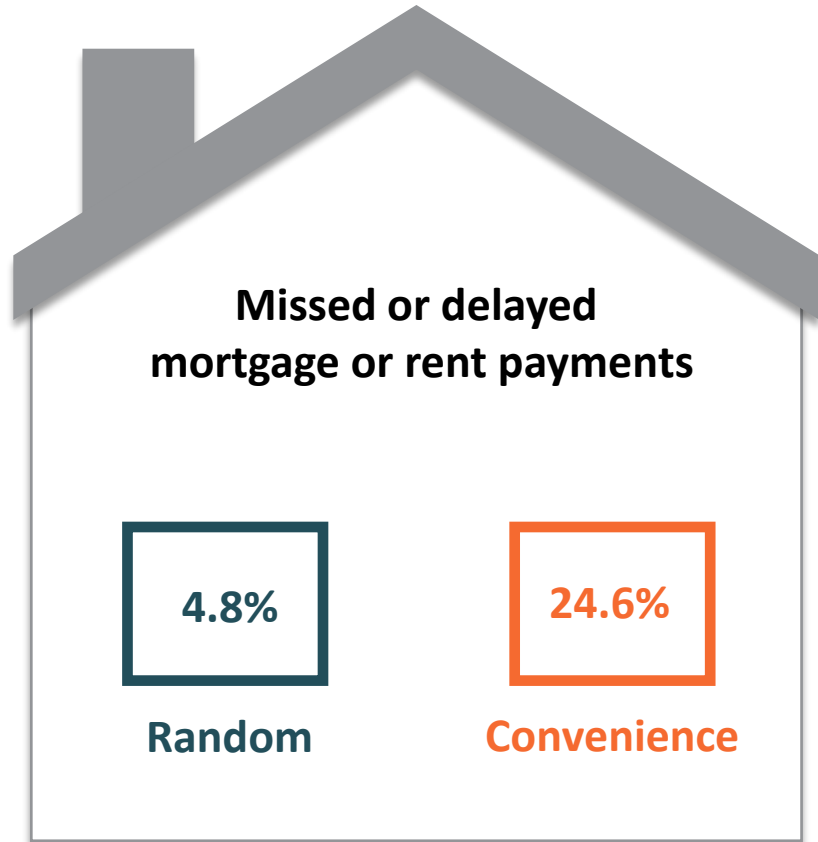
Annually for a family of 2 adults and 1 child – Source: MN DEED

Washington County is the **4th healthiest county** in the state

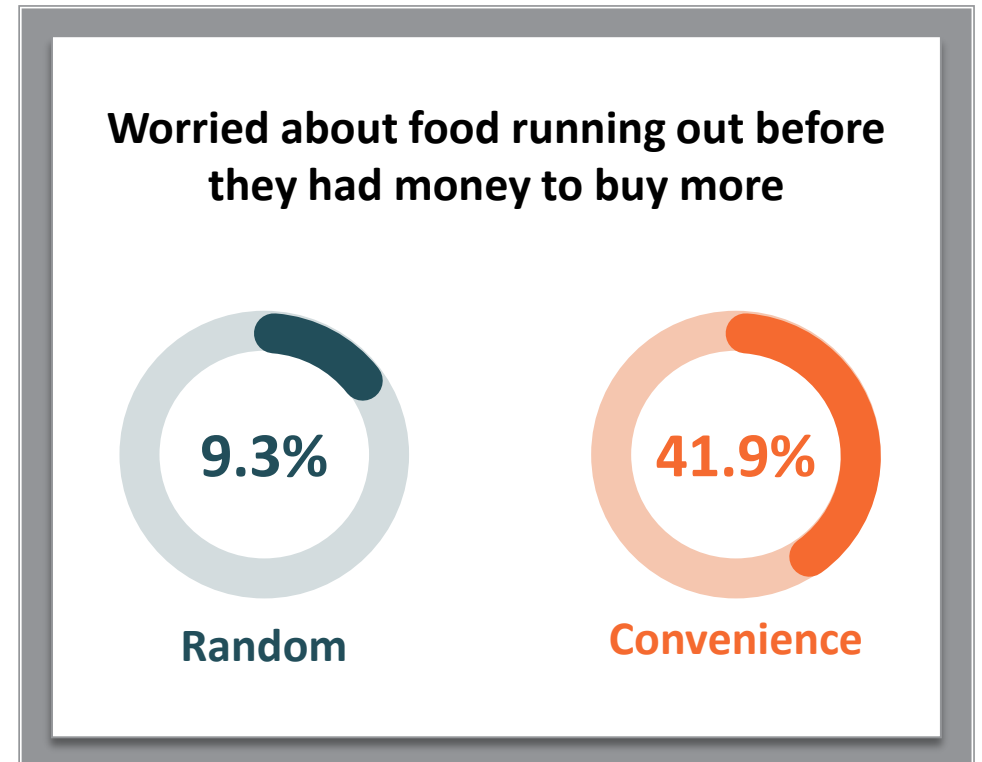
Source: County Health Rankings and Roadmaps, 2023- Robert Wood Johnson Foundation

Economic Characteristics

Housing Insecurity



Food Insecurity



Access to Transportation

How often did lack of transportation keep you from getting places where you needed to go, such as jobs, medical appointments, or shopping?

Random

1.5%

of residents responded that a lack of transportation **sometimes or often** kept them from getting places they needed to go



Convenience

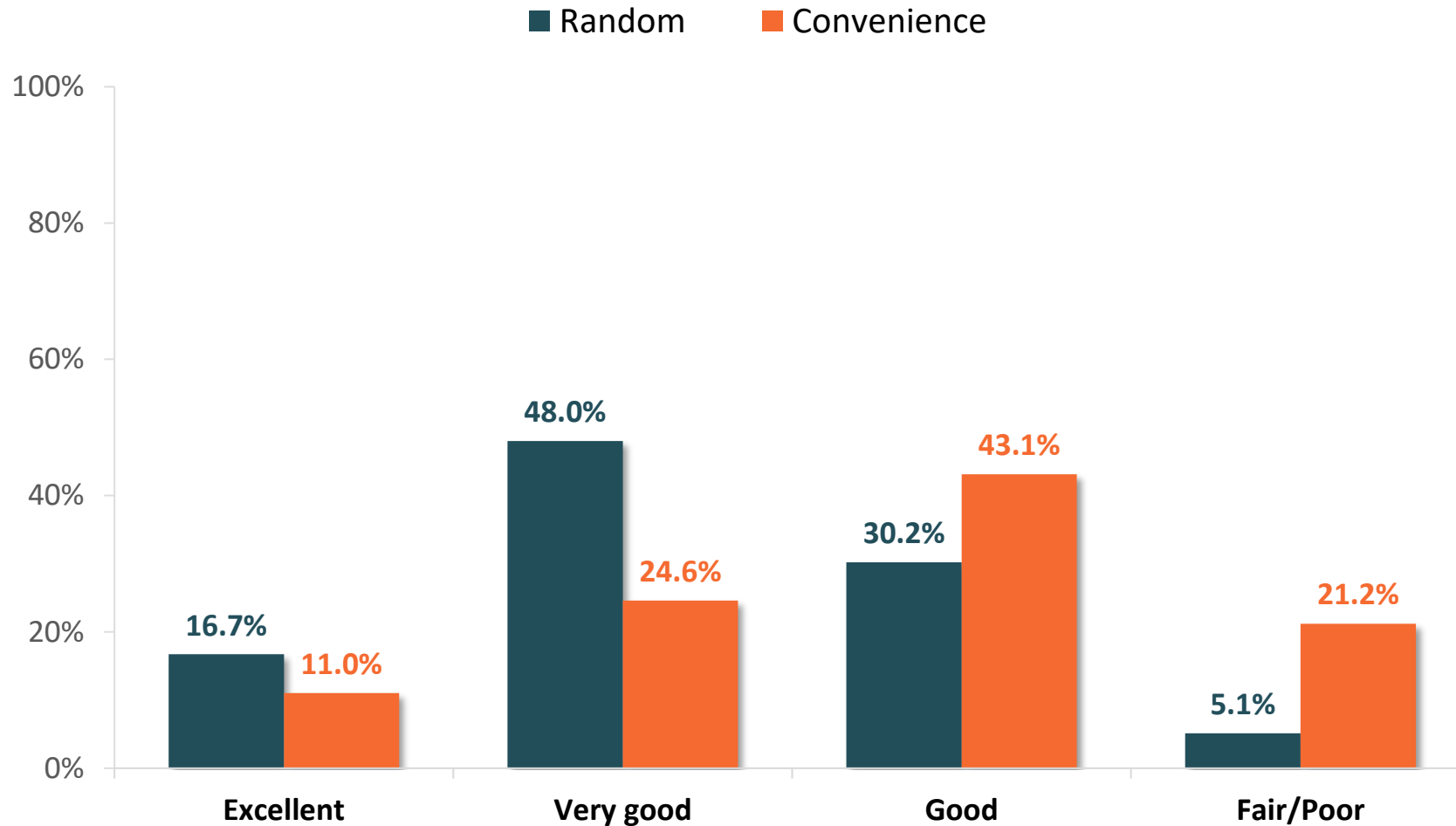
24.0%

of residents responded that a lack of transportation **sometimes or often** kept them from getting places they needed to go

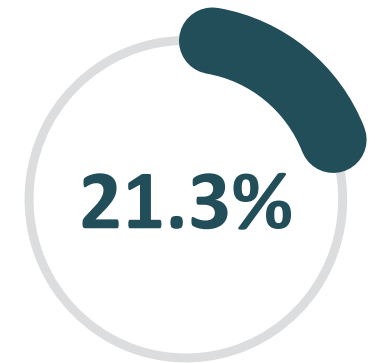


Overall Health

In general, would you say your health is . . .

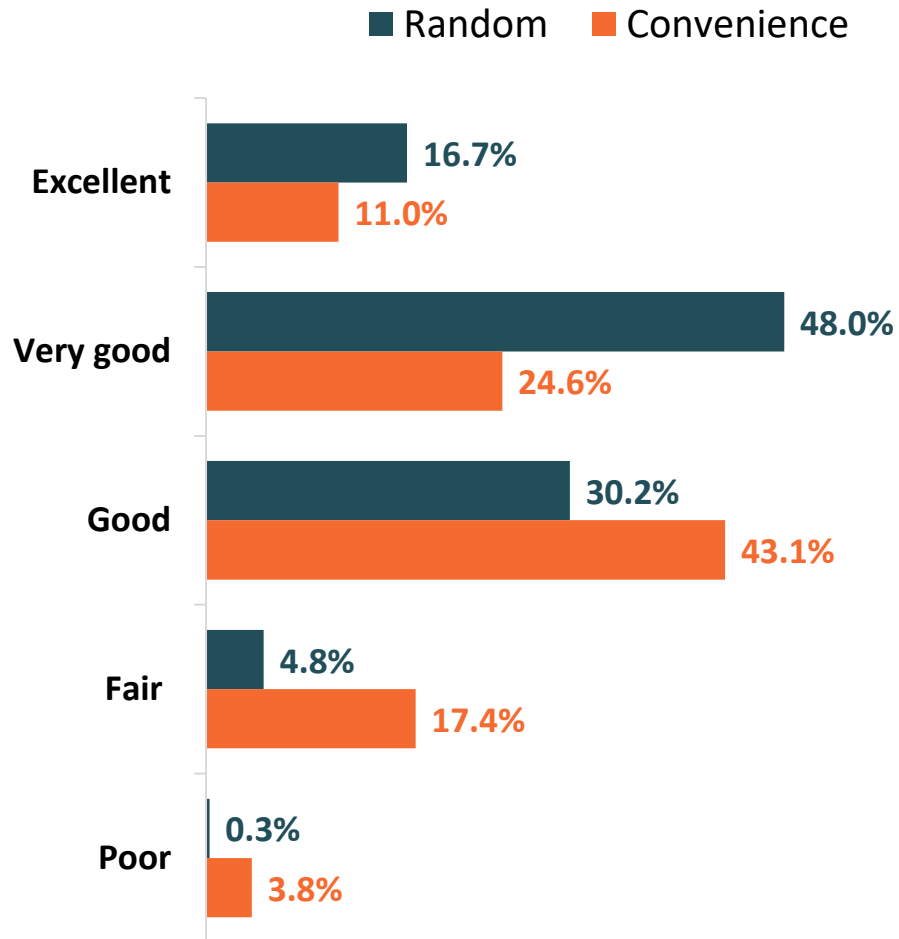


Random sample respondents living below 200% FPL who said their health is Fair or Poor

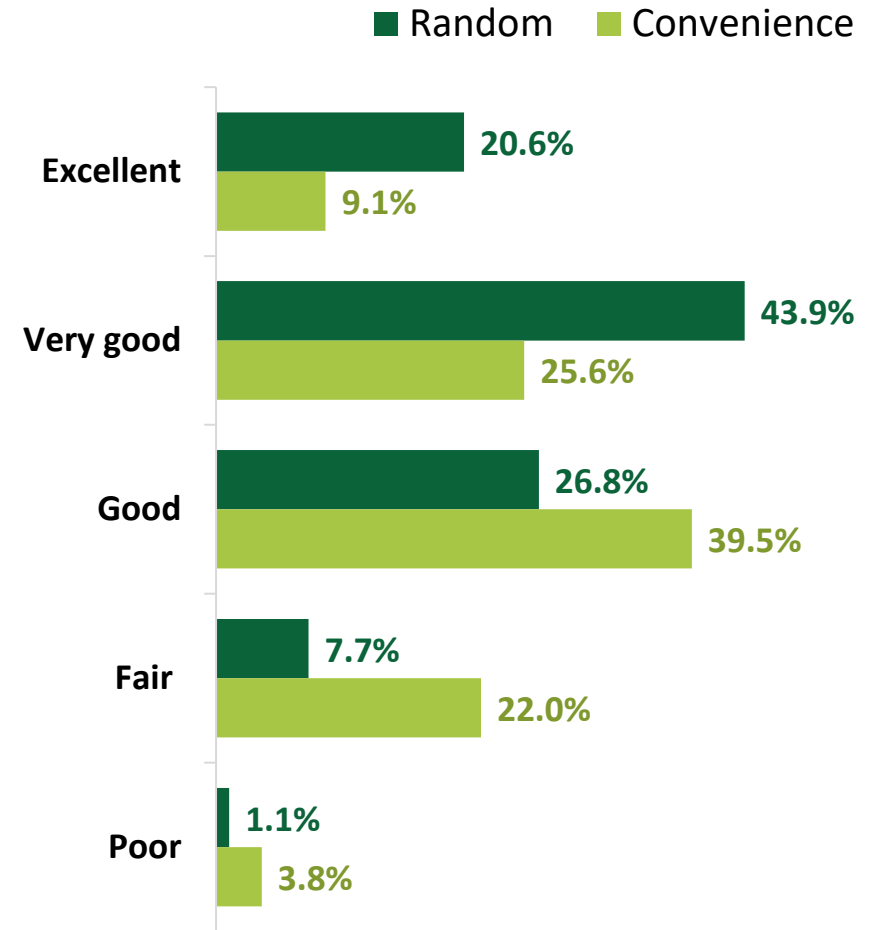


In general, would you say your health is . . .

2022 COVID Impact Survey



2019 Adult Health Survey



Chronic Conditions

Chronic Condition	Random	Convenience
Anxiety	30.1%	35.5%
High cholesterol	29.3%	32.4%
High blood pressure / hypertension	27.0%	37.0%
Depression	25.0%	36.2%
Respiratory allergies	17.2%	18.5%
Asthma	11.7%	16.5%
Diabetes	10.0%	19.0%
Pre-diabetes	9.8%	17.3%
Cancer	9.3%	15.7%
Other mental health issues	9.0%	19.2%
Chronic lung disease	4.6%	11.2%
Angina or coronary heart disease	4.3%	10.2%
Stroke	4.1%	7.1%

Top Chronic Conditions by Poverty Status

Random sample respondents
living below 200% FPL

44.6%
Depression

43.3%
Anxiety

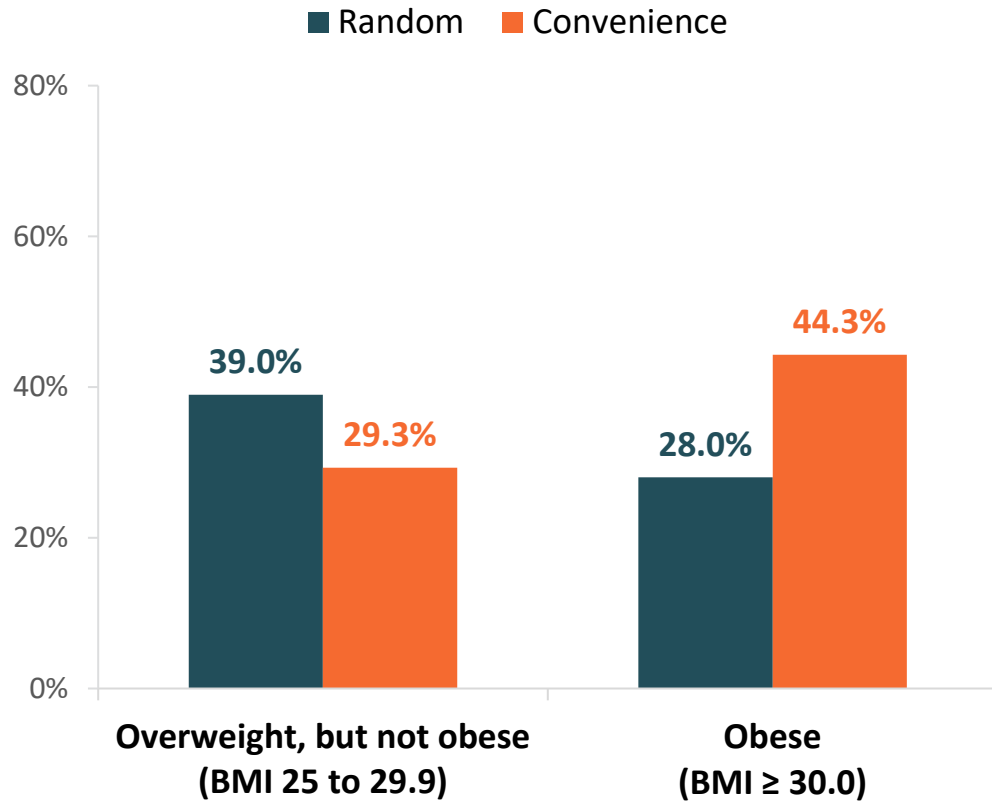
39.5%
High Cholesterol

19.1%
Other mental
health issues

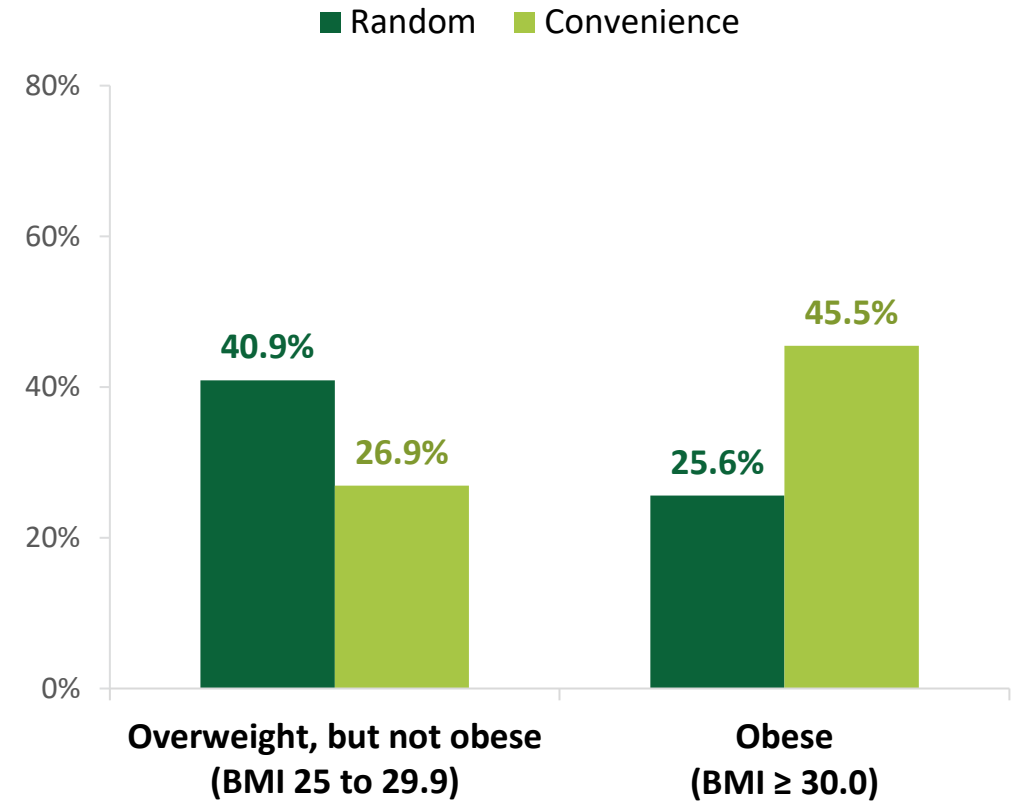
3 of the 4 top chronic conditions are
mental health conditions, for those
living below 200% of the FPL

Weight Status

2022 COVID Impact Survey



2019 Adult Health Survey



Weight Status by Race

Random

Overweight, but not obese

(BMI 25 to 29.9)

25.5%

People of Color

40.4%

White Only

Obese

(BMI \geq 30.0)

44.2%

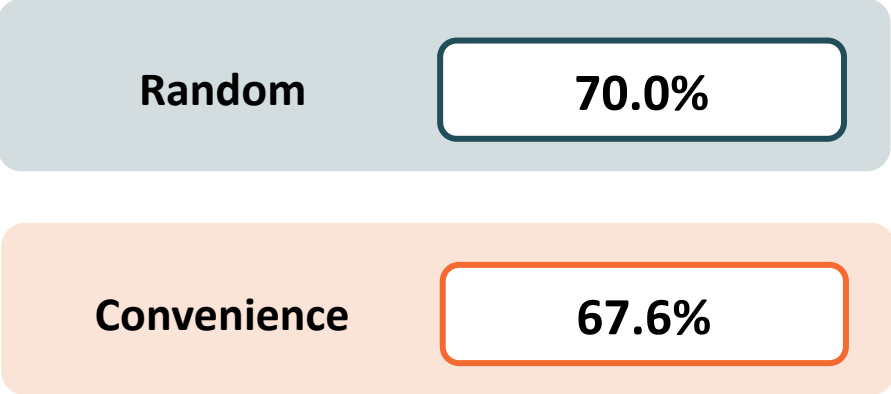
People of Color

26.4%

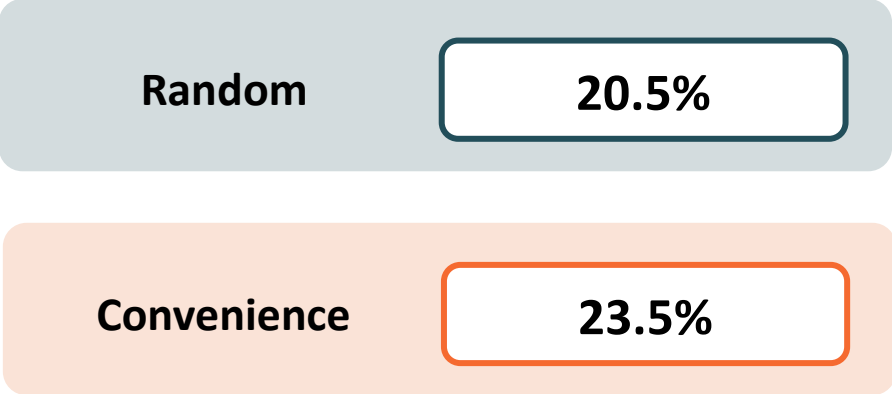
White Only

Physical Health

The majority of residents, reported that their physical health has **remained the same** since the onset of the pandemic.

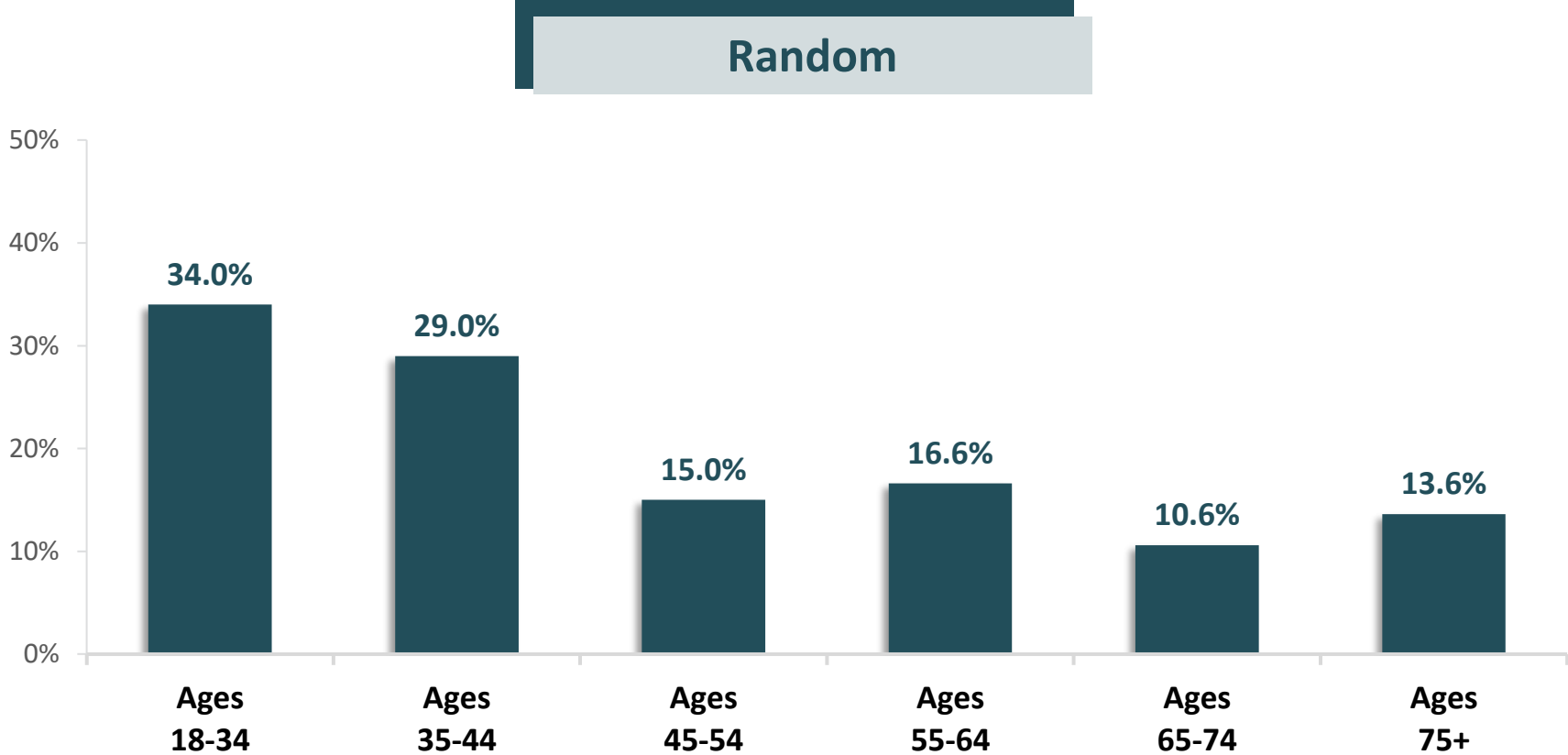


Residents who reported that their physical health had **worsened** since the onset of the pandemic.



Physical Health by Age

Residents who reported that their physical health had **worsened** since the onset of the pandemic.



Access to Health Care

Not Covered by Health Insurance



2022 COVID Impact Survey

1.5% Of the **random sample** respondents

15.1% Of the **convenience sample** respondents

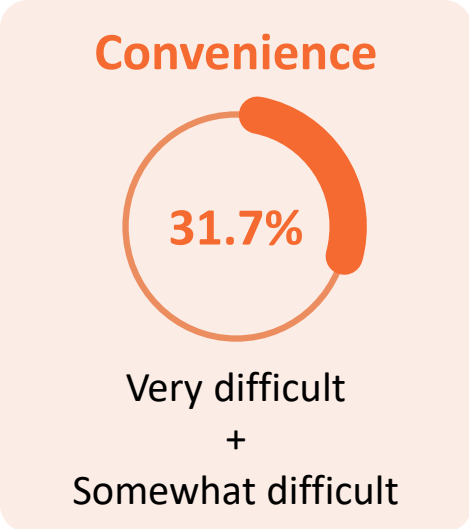
2019 Adult Health Survey

1.7% Of the **random sample** respondents

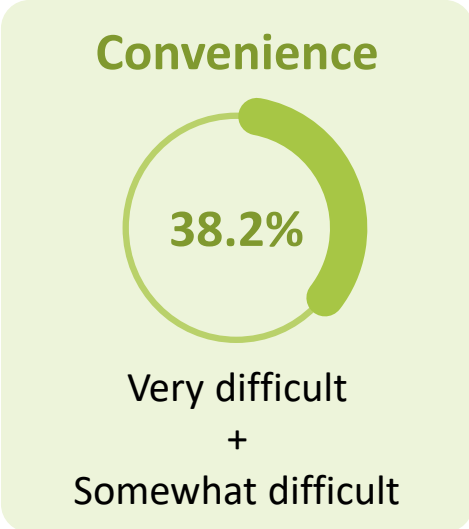
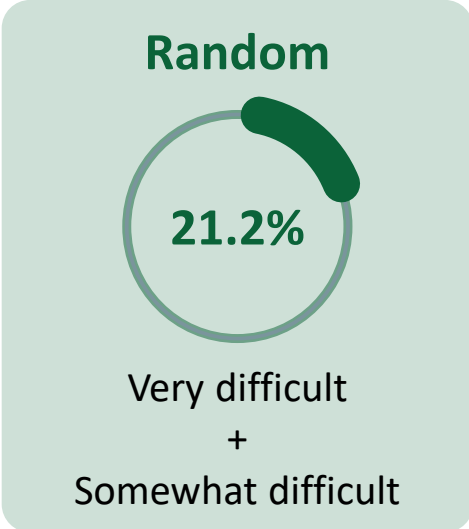
8.1% Of the **convenience sample** respondents

Difficulty Paying for Health Insurance

2022 COVID Impact Survey



2019 Adult Health Survey

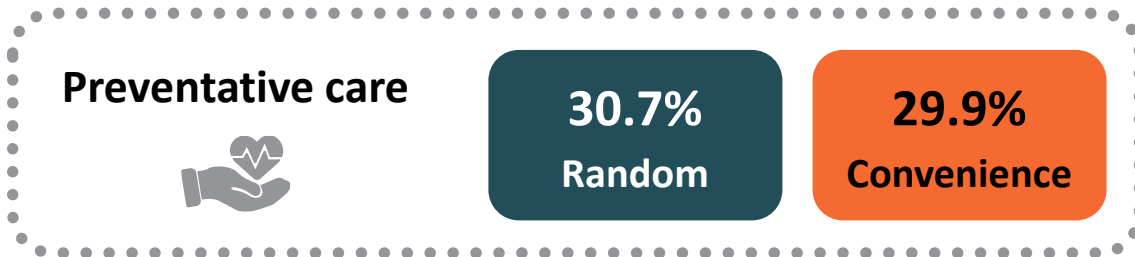
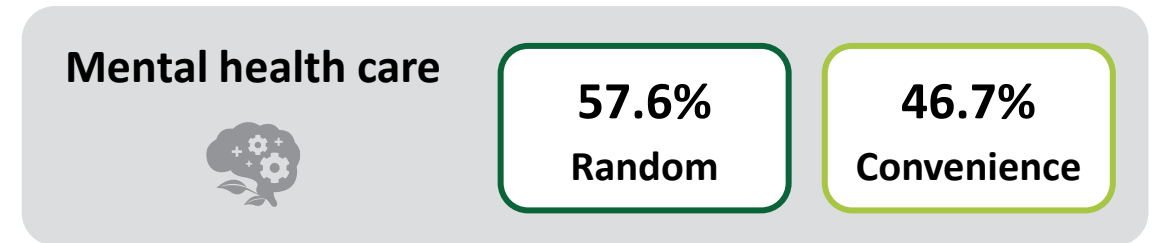
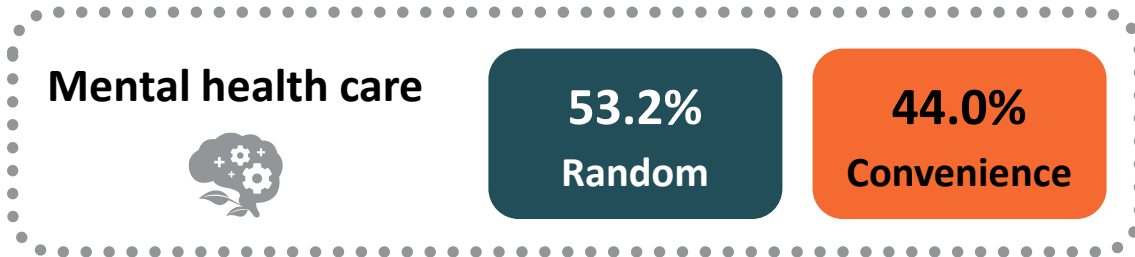
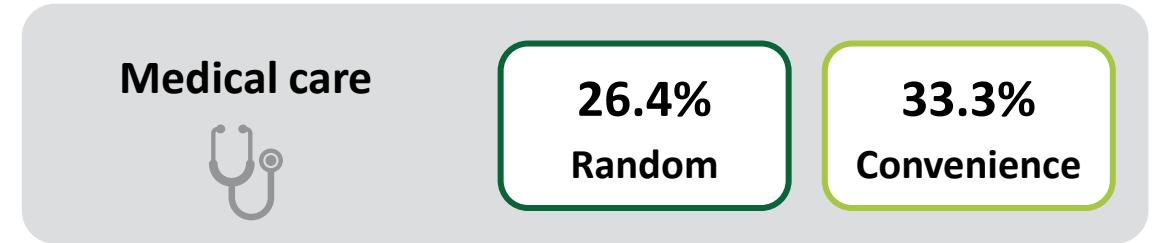
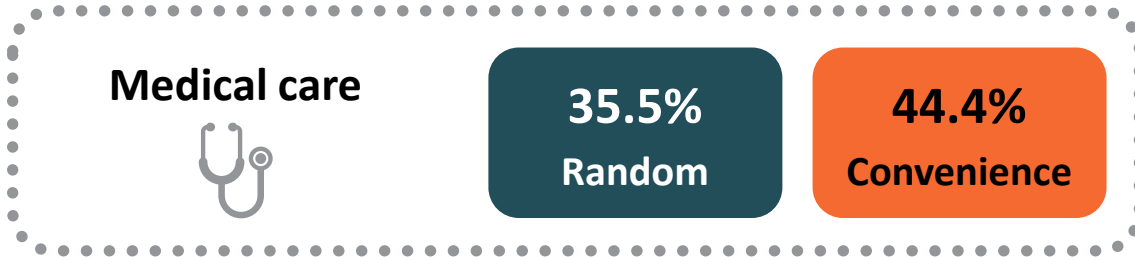


Respondents **living below 200% FPL** who found it **very difficult or somewhat difficult** to pay for health insurance.

Delayed care since pandemic onset*

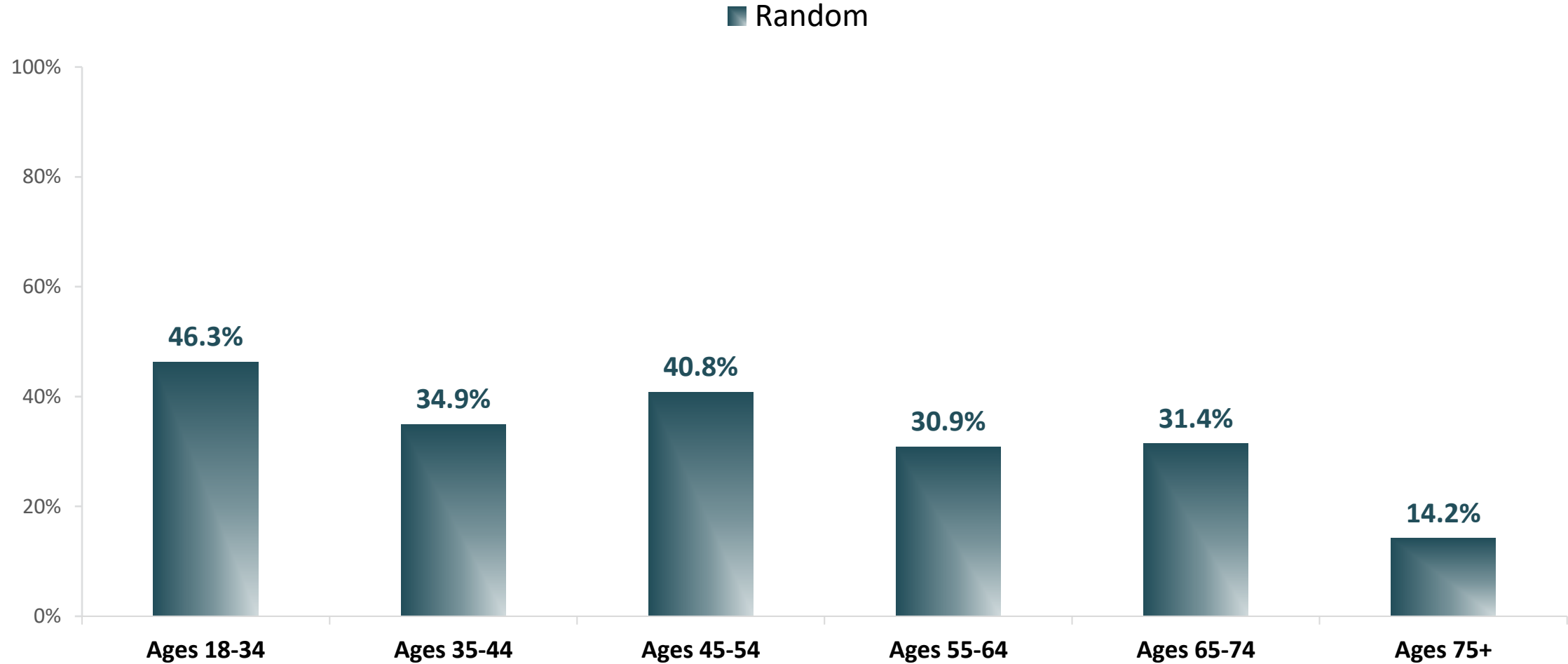
2022 COVID Impact Survey

2019 Adult Health Survey

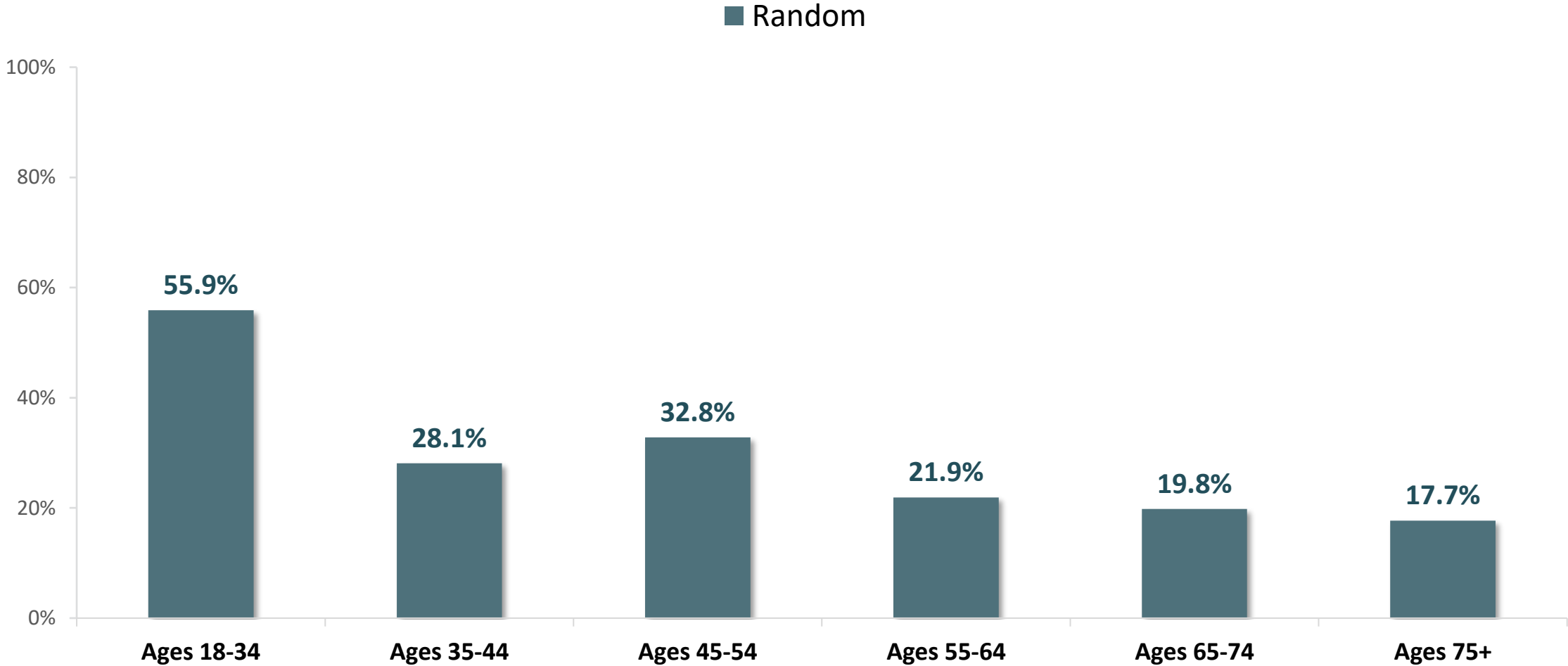


*Among those that felt there was a time when they needed the care.

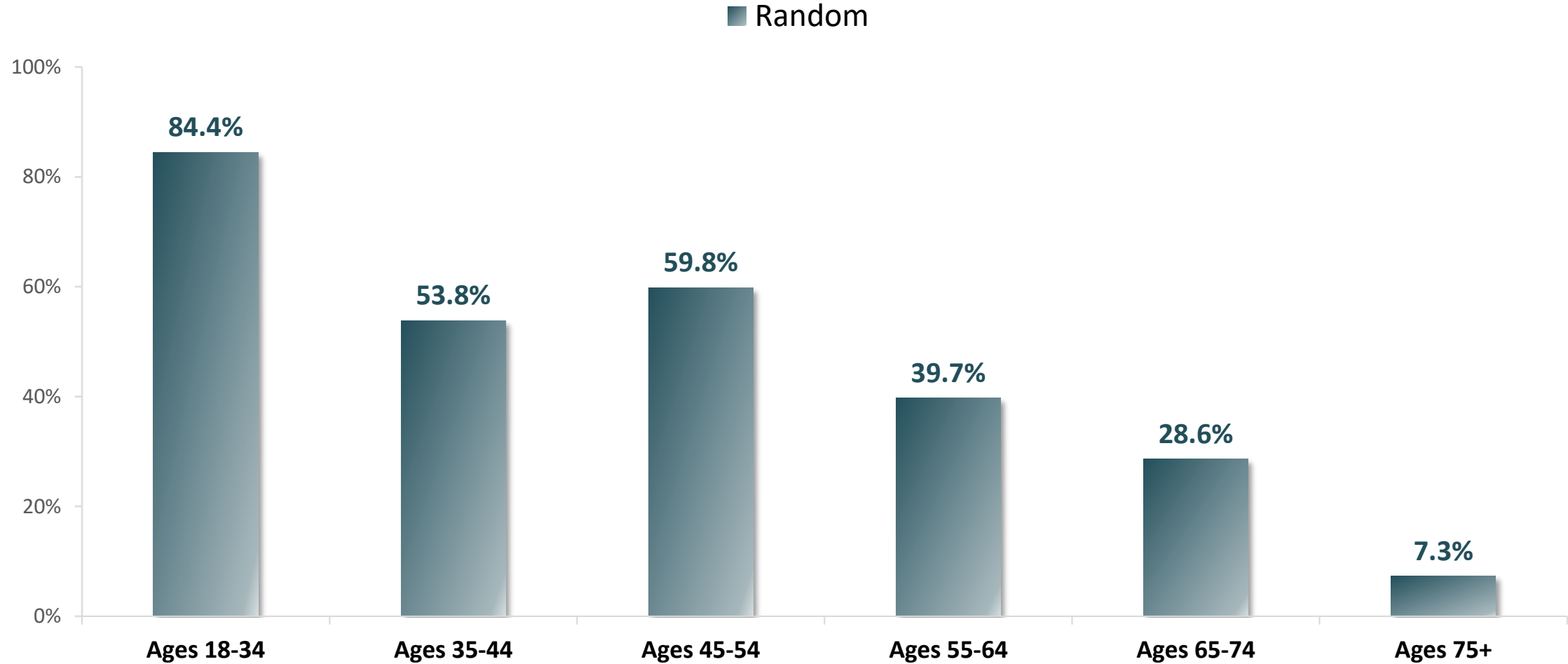
Delayed Medical Care by Age



Delayed Preventative Care by Age



Delayed Mental Health Care by Age



Delayed Care

Those **ages 18-34**
were more likely to
delay care across all
three types of care.



46.3% Medical Care



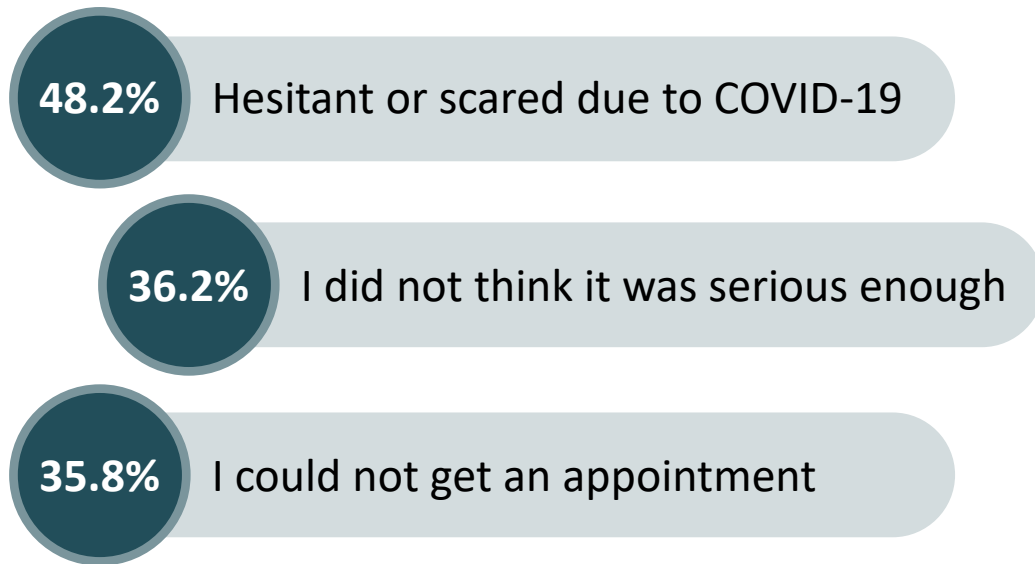
55.9% Preventative Care



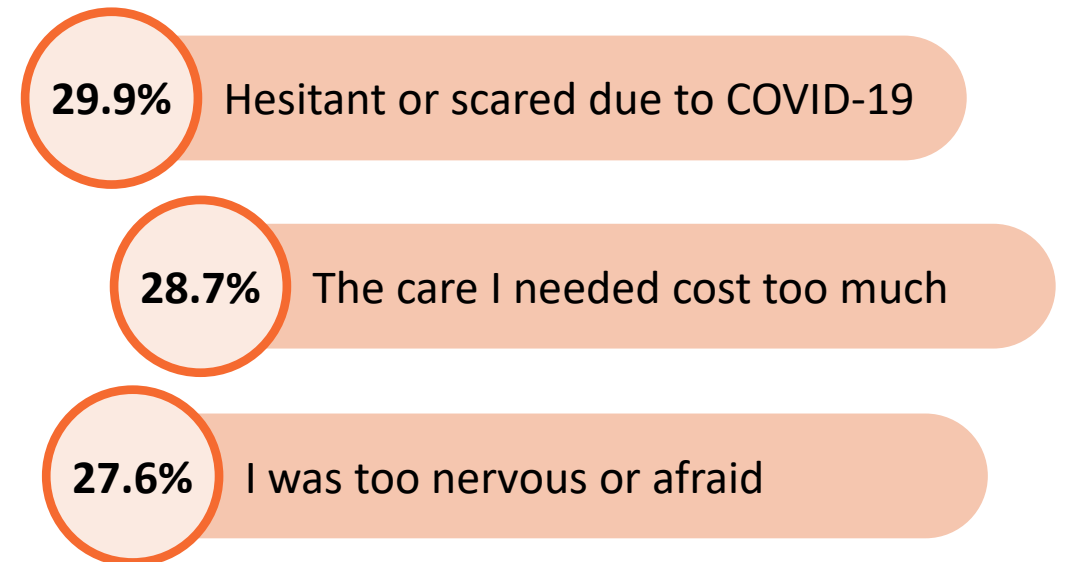
84.4% Mental Health Care

Top reasons for not getting or delaying Medical Care

Random



Convenience



Top reasons for not getting or delaying Preventative Care

Random

48.8% Hesitant or scared due to COVID-19

35.9% I did not think it was serious enough

30.4% I could not get an appointment

Convenience

36.8% Hesitant or scared due to COVID-19

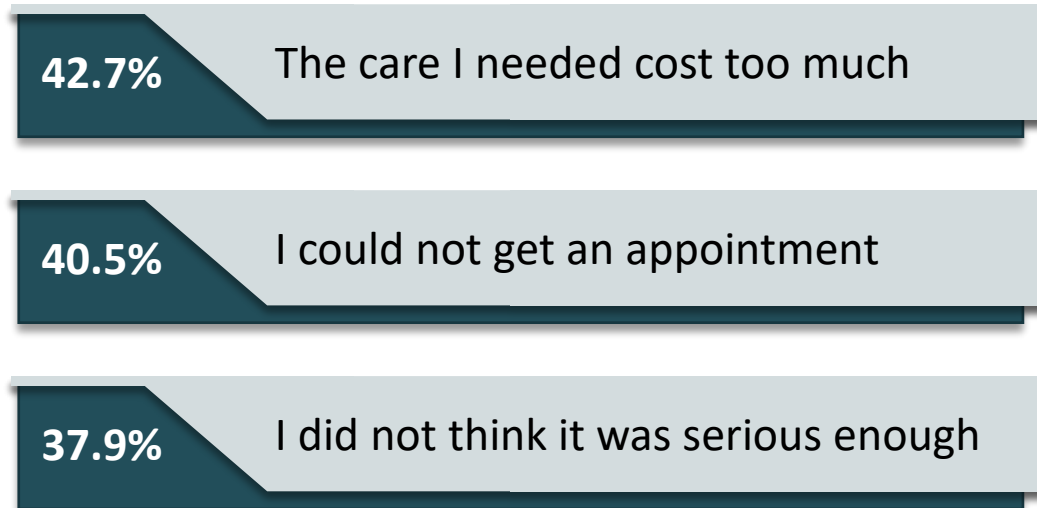
26.3% I was in isolation/quarantine due to COVID-19

26.3% I had transportation problems

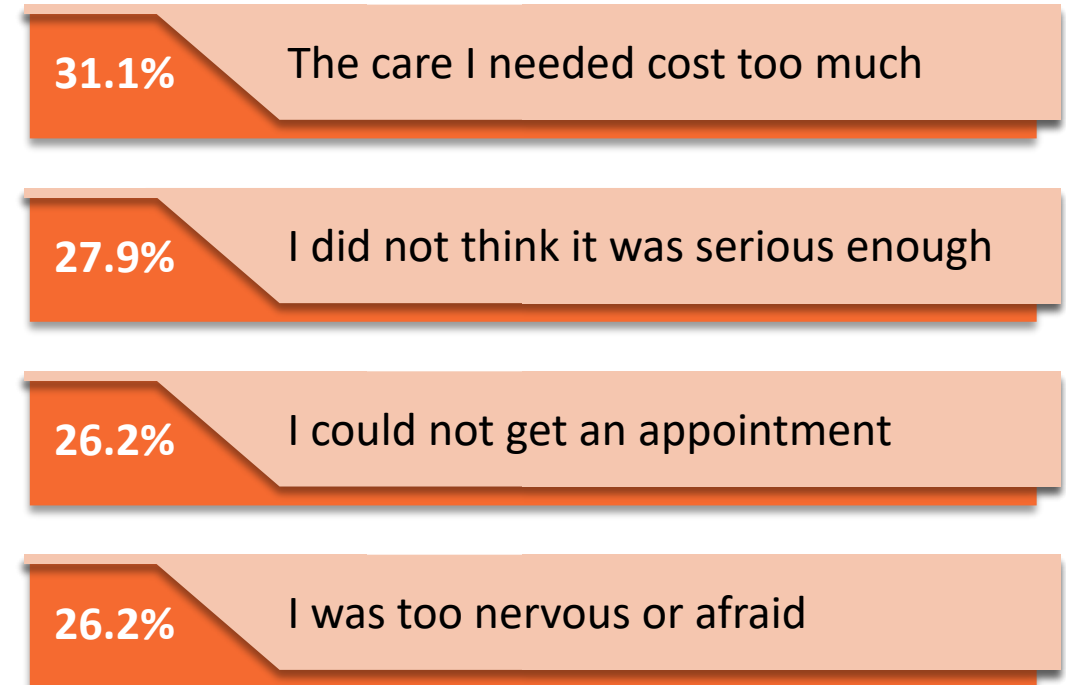
Top reasons for not getting or delaying Mental Health Care



Random



Convenience

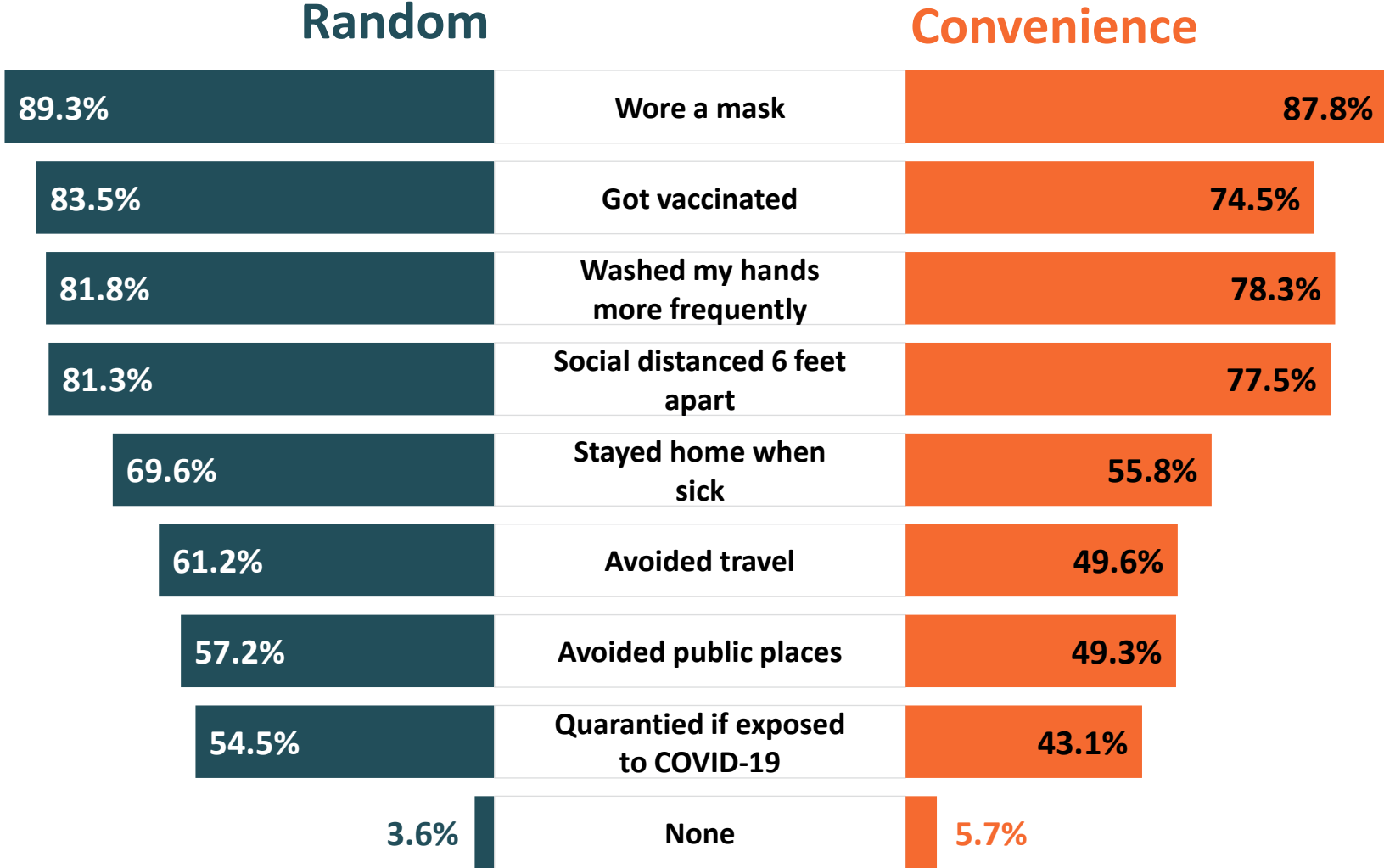


Top reasons for not getting or delaying care

- **Hesitant or scared due to COVID-19** was the top reason for delaying Preventative Care and Medical Care for both the Random Sample and Convenience Sample
- **I could not get an appointment** and **I did not think it was serious enough** was amongst the top 3 reasons for delaying all types of care for the Random Sample

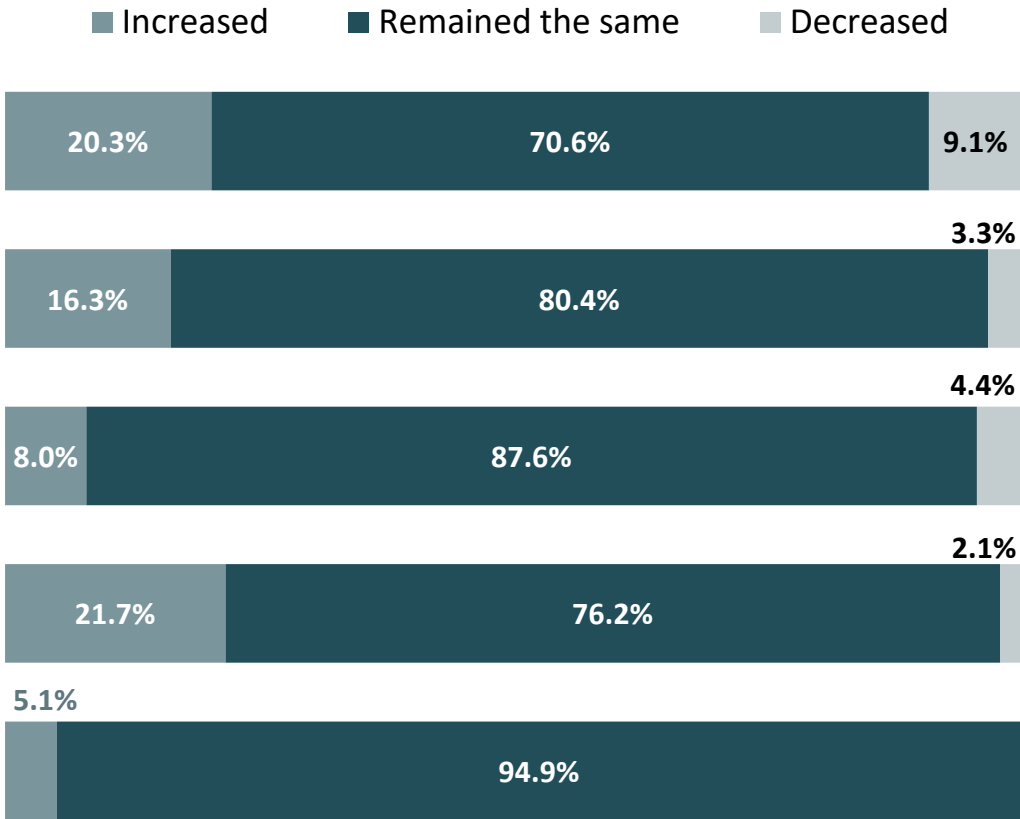
Health Behaviors

Health behaviors adopted since the start of the pandemic as a result of a message received

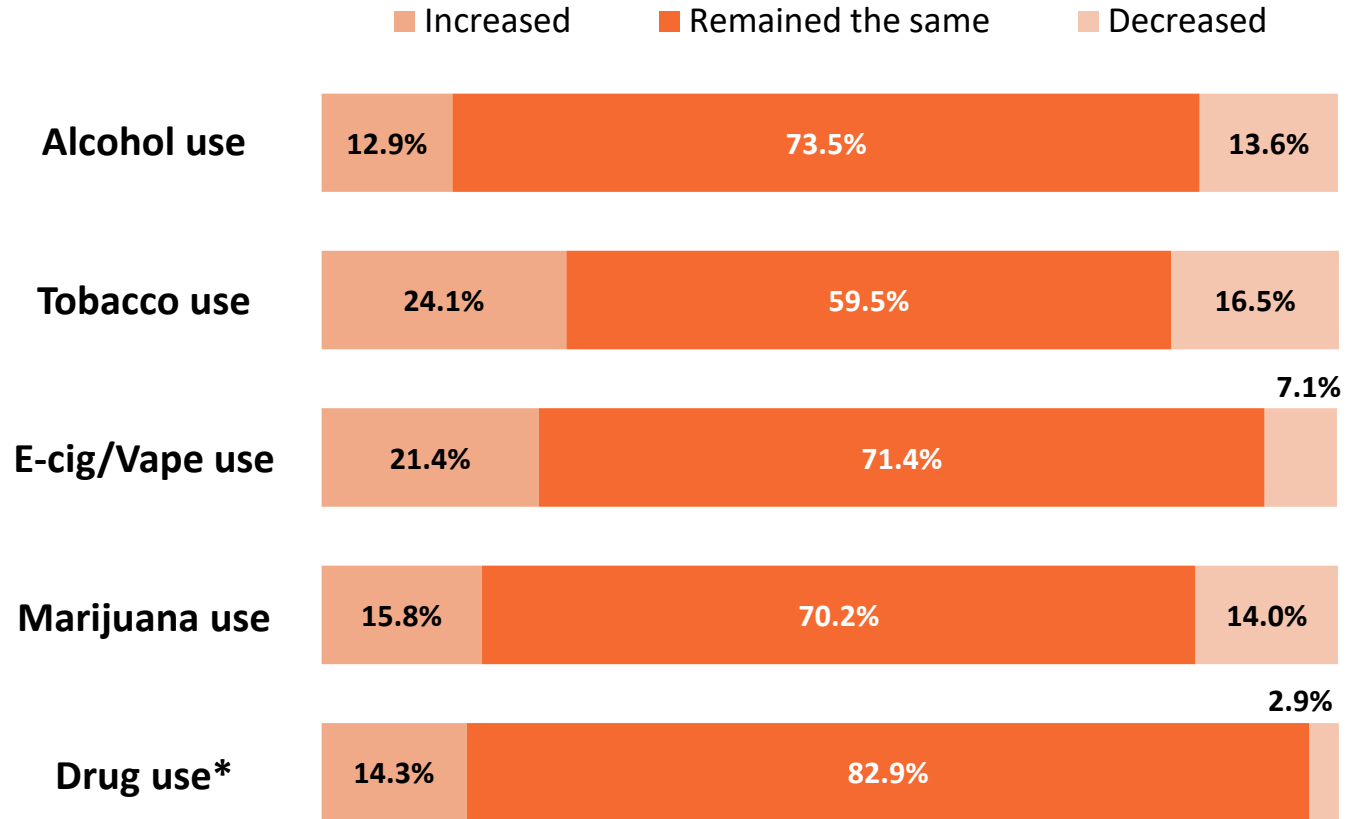


Substance use since the start of the pandemic

Random



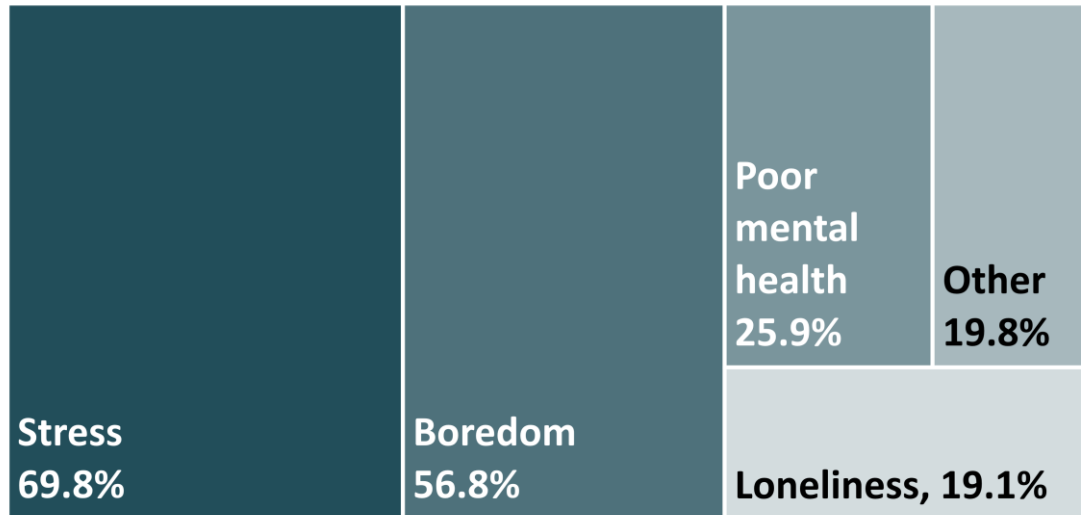
Convenience



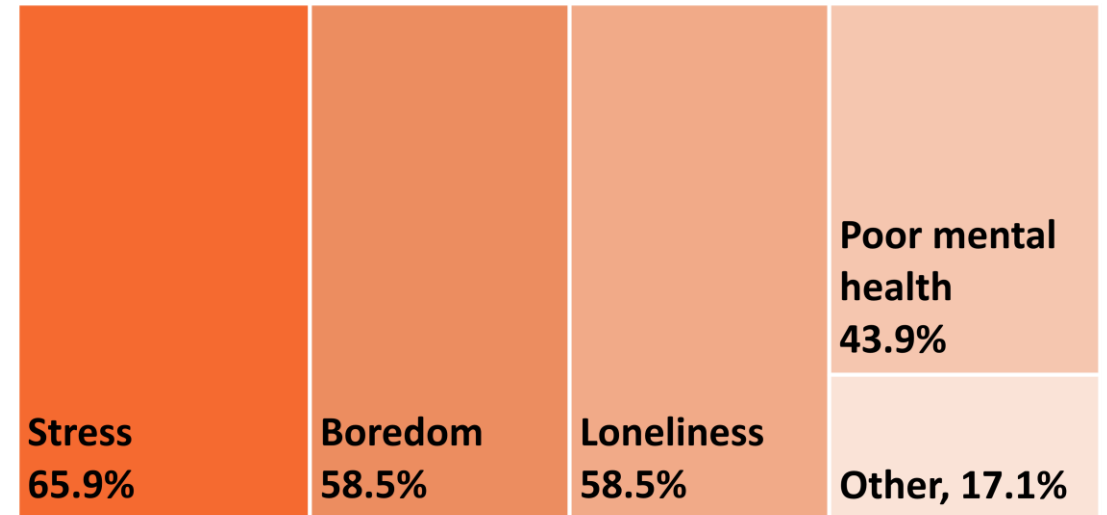
*Drug use may include opioids, stimulants, hallucinogens, inhalants, or any other substance for non-medical purposes

Contributors to increase in substance use

Random

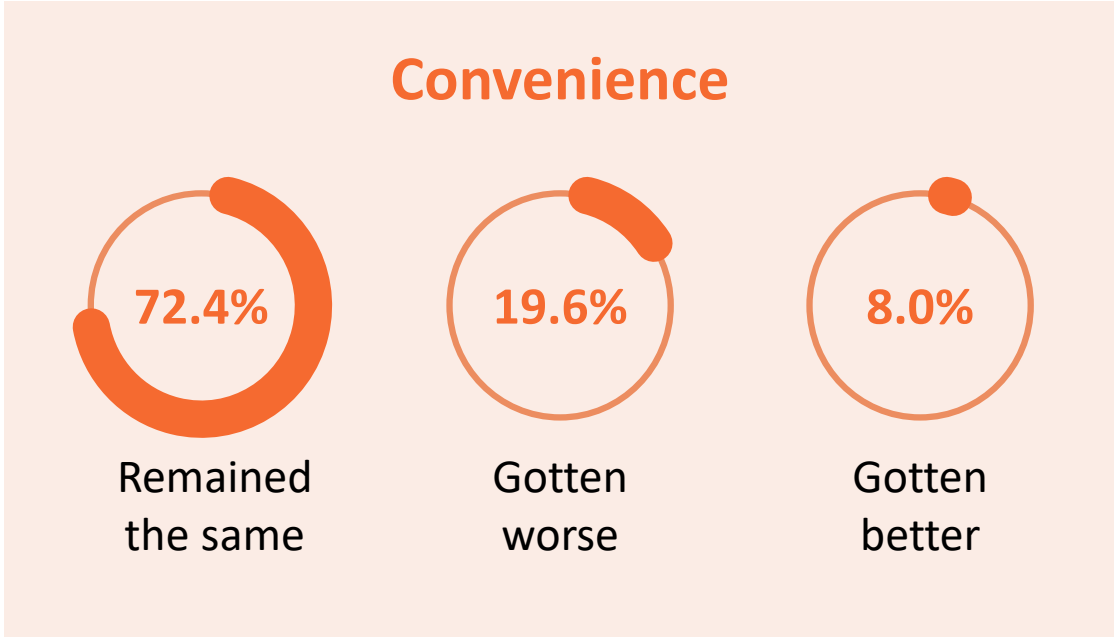
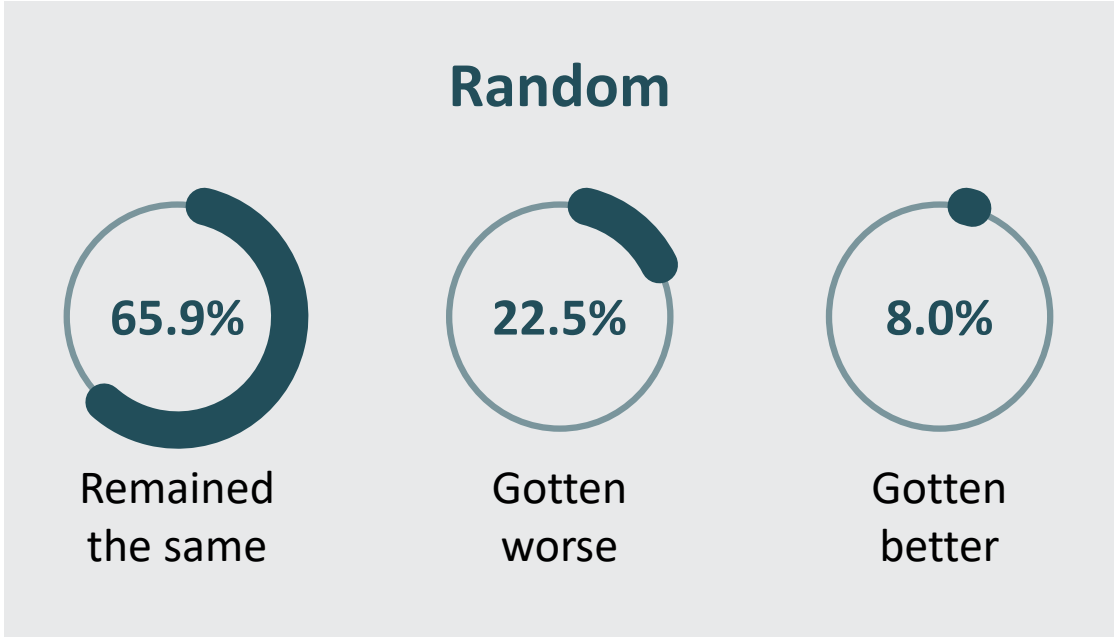


Convenience



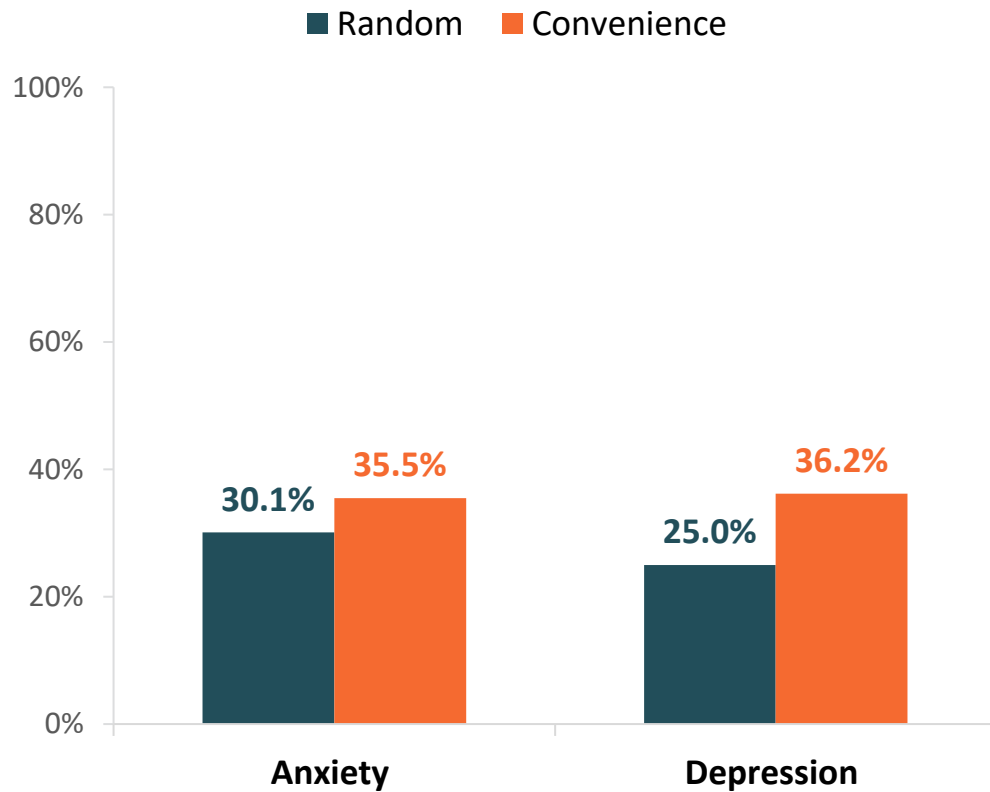
How You Feel

Mental Health since onset of COVID-19 pandemic

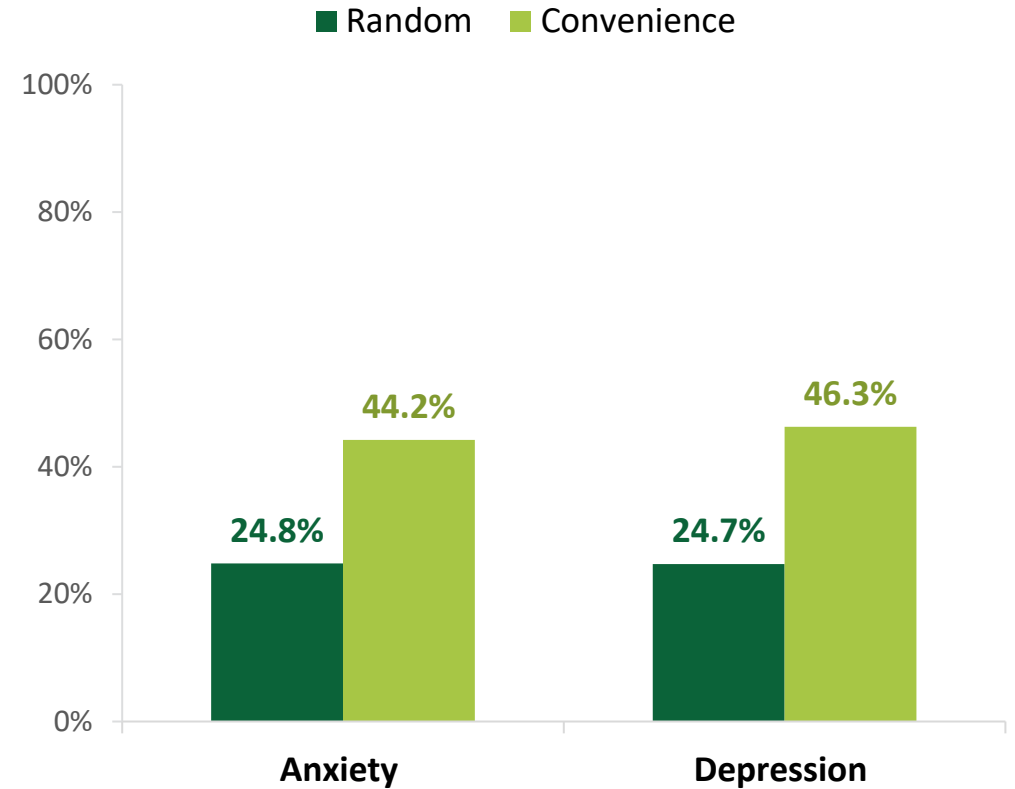


Anxiety & Depression Diagnosis

2022 COVID Impact Survey

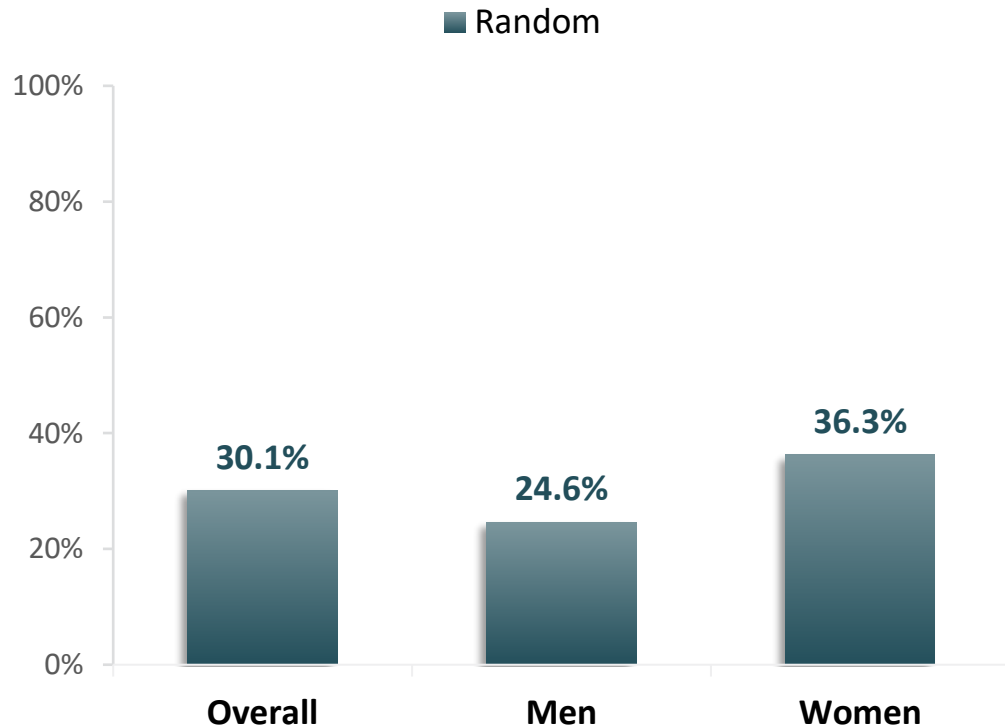


2019 Adult Health Survey

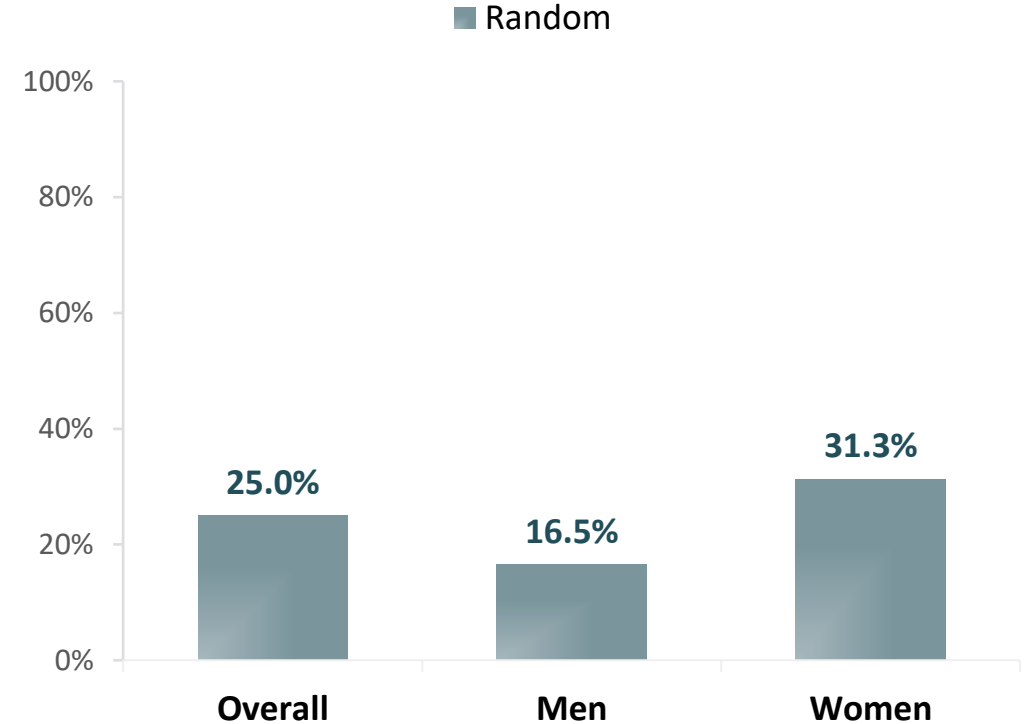


Anxiety & Depression Overall and by Gender

Anxiety



Depression



Serious Psychological Distress during the pandemic

2022 COVID Impact Survey

Random

3.7%

Convenience

14.0%

Measured by a score of 13 or greater on the Kessler 6 (K6) nonspecific distress scale, asking the following:

- About how often did you feel so sad that nothing could cheer you up?
- About how often did you feel nervous?
- About how often did you feel so restless or fidgety that you could not sit still?
- About how often did you feel hopeless?
- About how often did you feel that everything was an effort?
- About how often did you feel worthless?
- About how often did you feel this kind of stress (tense, restless, nervous, or anxious, or is unable to sleep at night for troubled mind)?

2019 Adult Health Survey

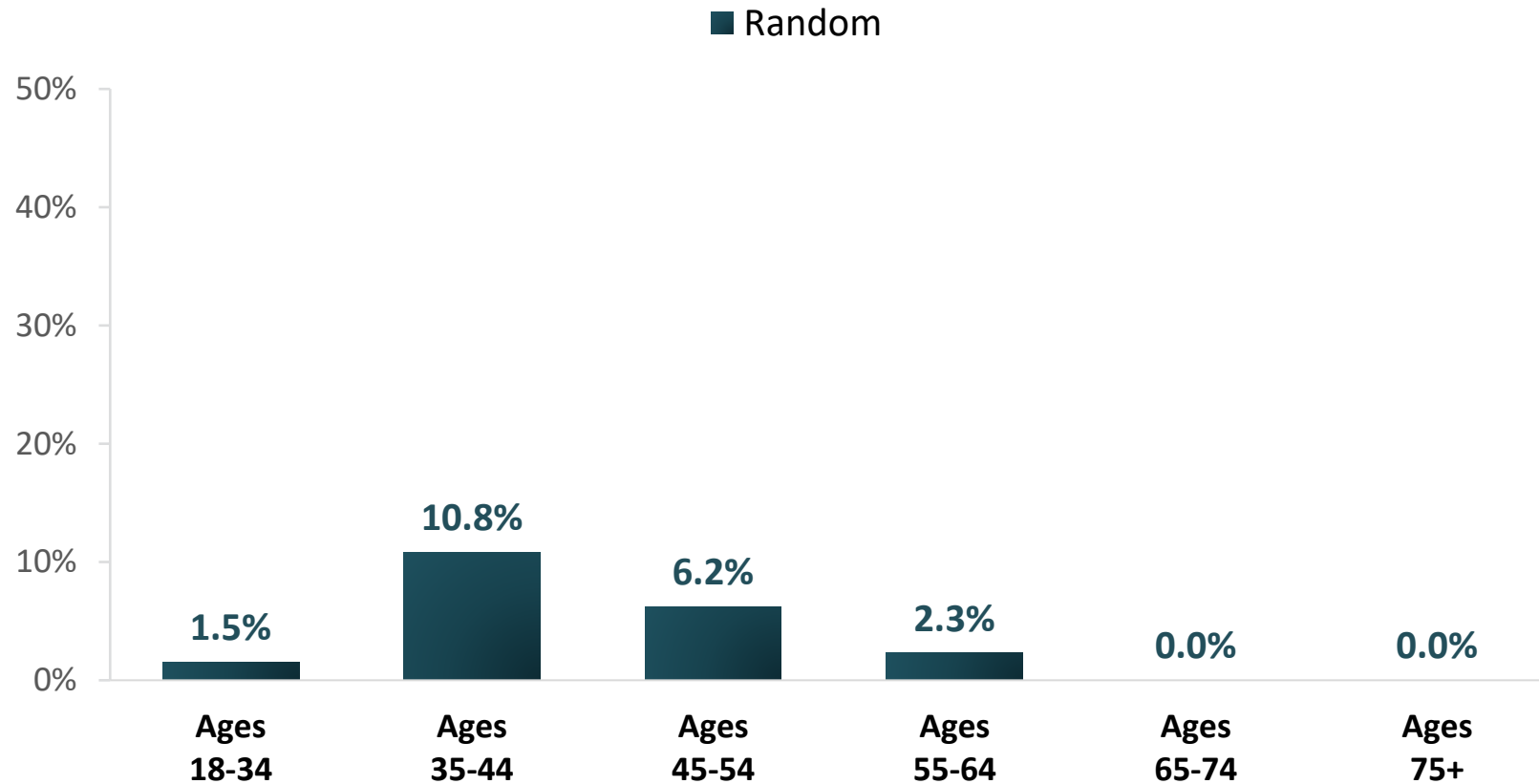
3.6%

Random

12.9%

Convenience

Serious Psychological Distress by Age



The highest rates of serious psychological distress are among middle-aged residents (age 35-44) at 11%

About Your Community

Residents who are involved less often than yearly or never with school, community, or neighborhood activities.



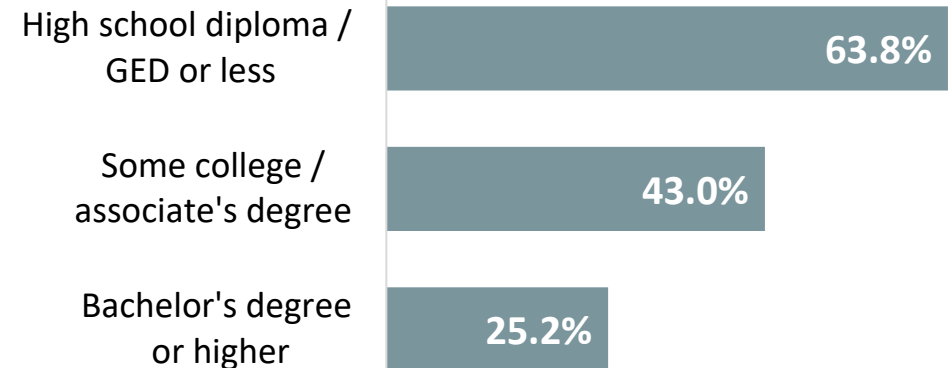
Residents who are involved less often than yearly or never with school, community, or neighborhood activities.

Random

75.0% of residents living below 200% FPL are involved less often than yearly or never with school, community, or neighborhood activities.

Random

The lower the education level, the less involved residents tend to be with school, community or neighborhood activities.



Residents who said they always or usually get the social and emotional support they need

2022 COVID Impact Survey

70.0%
Random

54.6%
Convenience

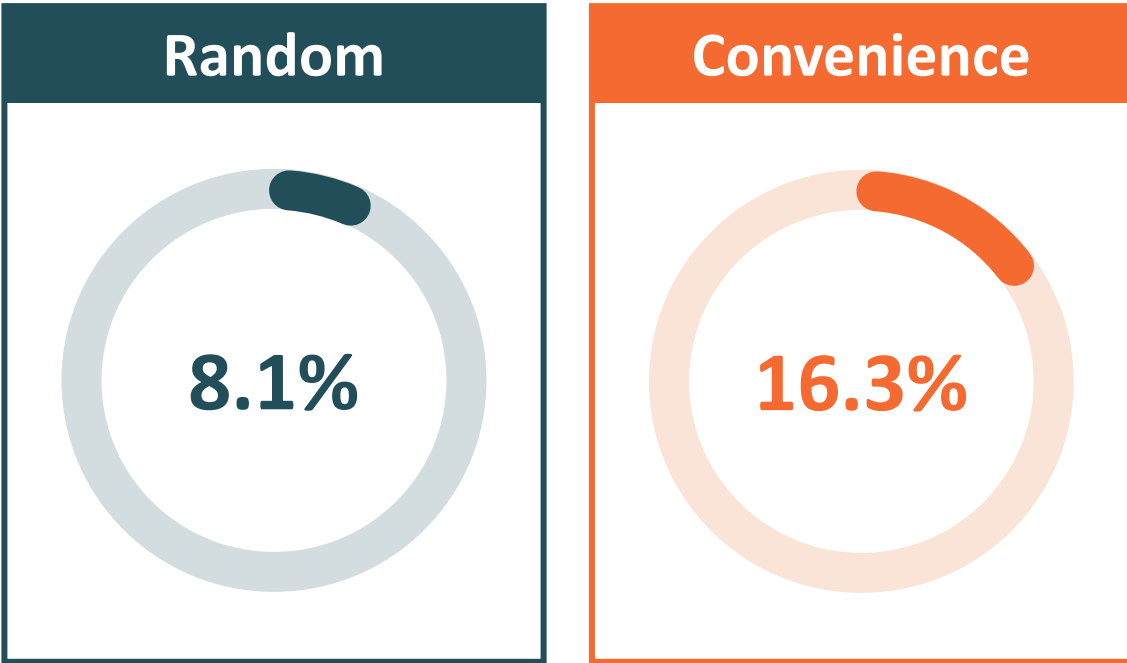
2019 Adult Health Survey

77.6%
Random

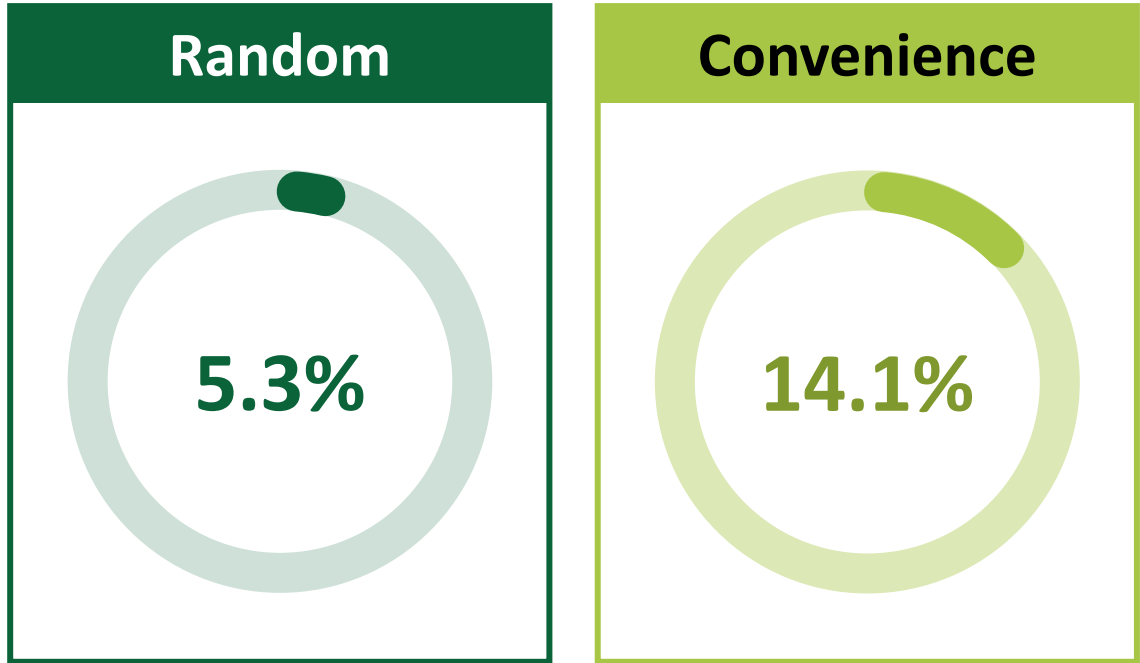
57.7%
Convenience

Residents who said they always or usually feel isolated from others

2022 COVID Impact Survey



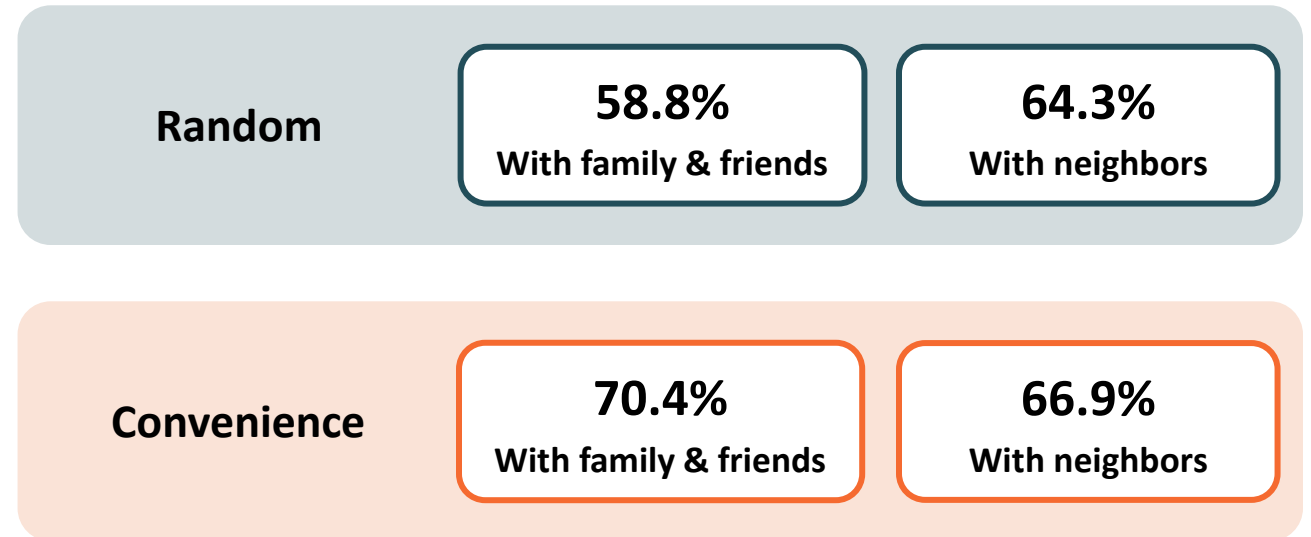
2019 Adult Health Survey



Changes in communication during the pandemic



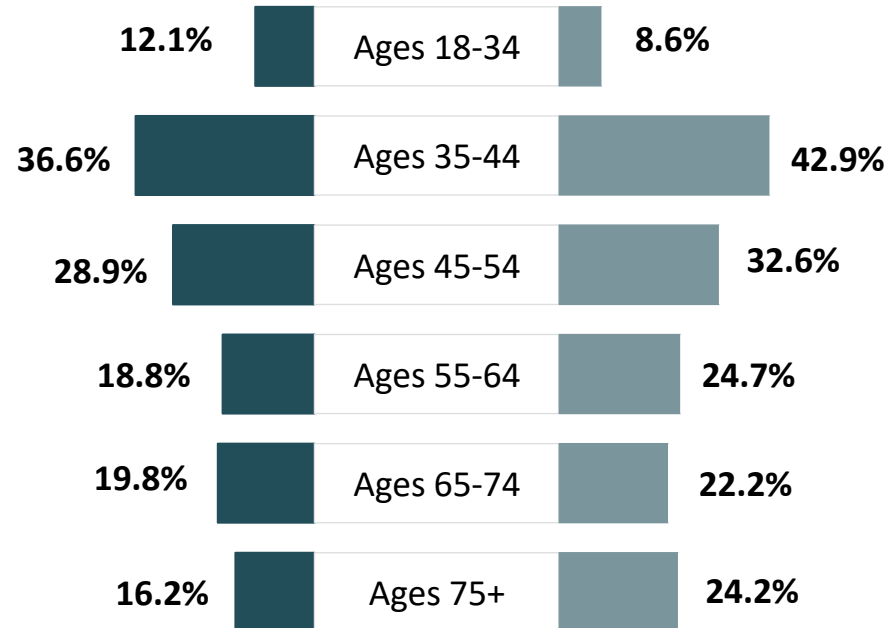
For the majority of residents, communication with family, friends, and neighbors **stayed the same** during the pandemic.



Decreased communication with others by Age

Random

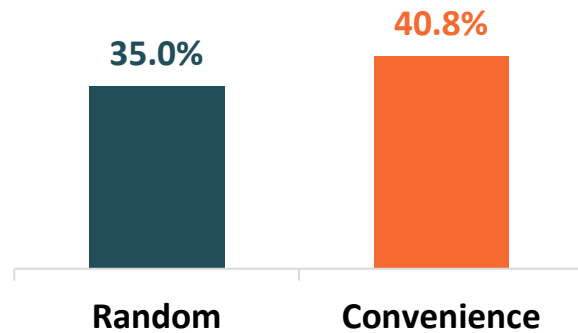
■ With family & friends ■ With neighbors



Social Experience

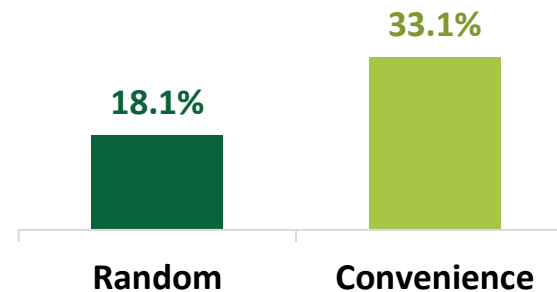
2022 COVID Impact Survey

Have been in a situation where they felt unaccepted, unvalued, or unwelcome **at least once**

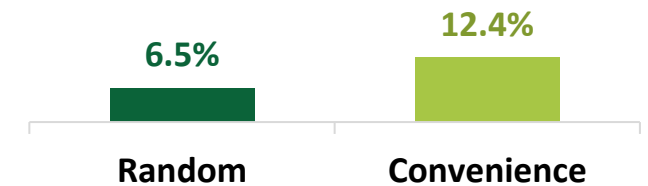


2019 Adult Health Survey

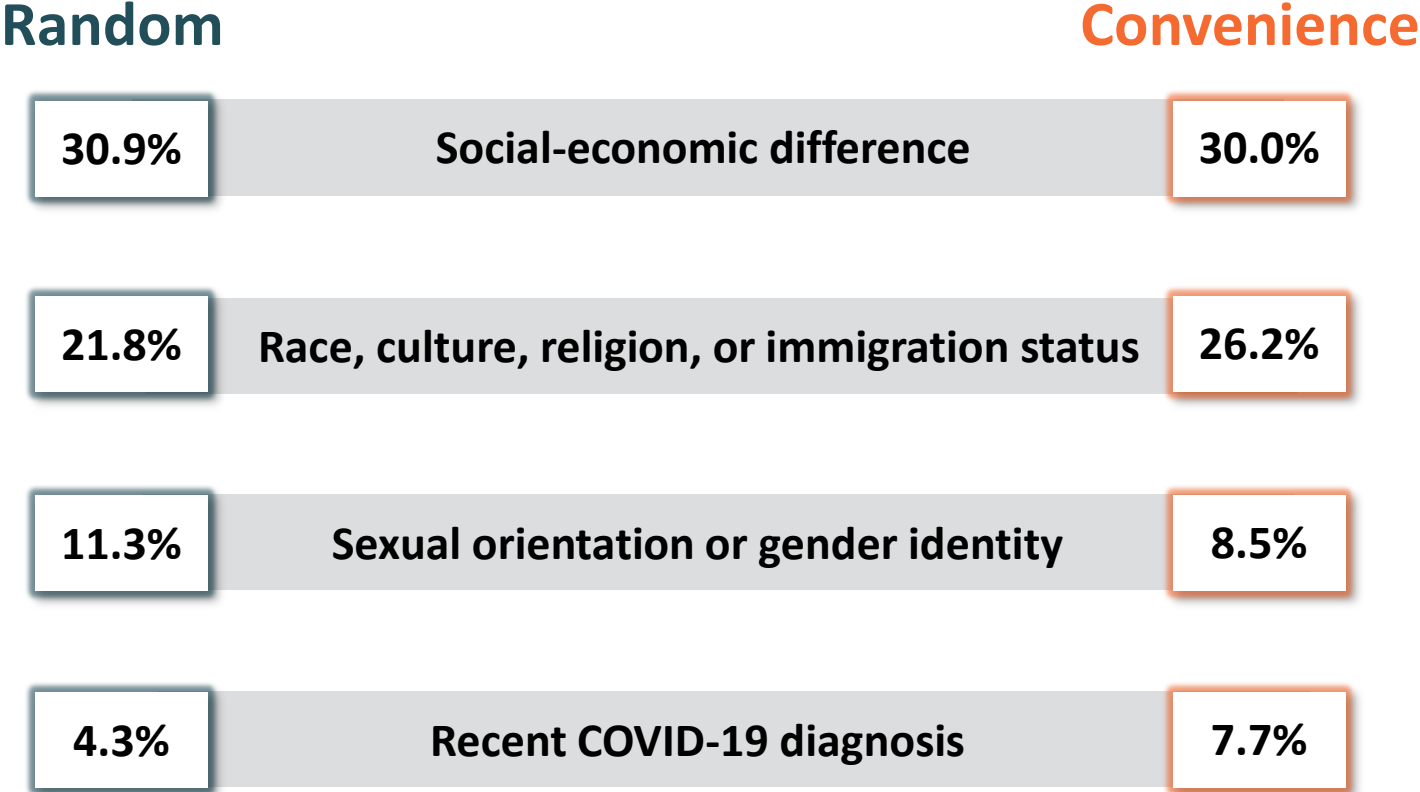
Have been in a situation where they felt unaccepted because of their **race, culture, religion, or immigration status at least once**



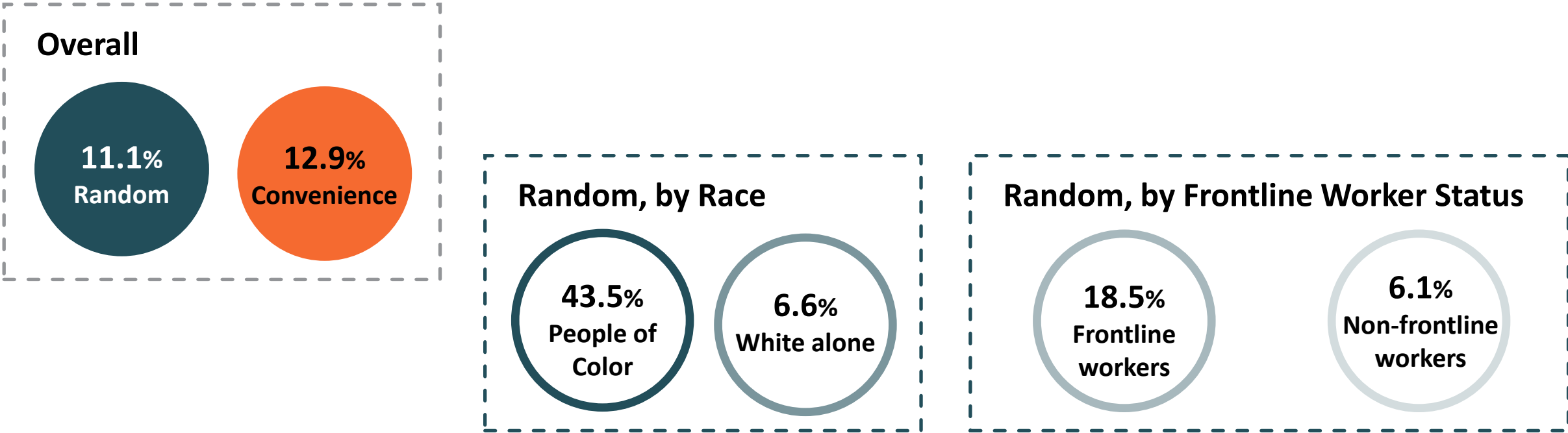
Have been in a situation where they felt unaccepted because of their **sexual orientation or gender identity at least once**



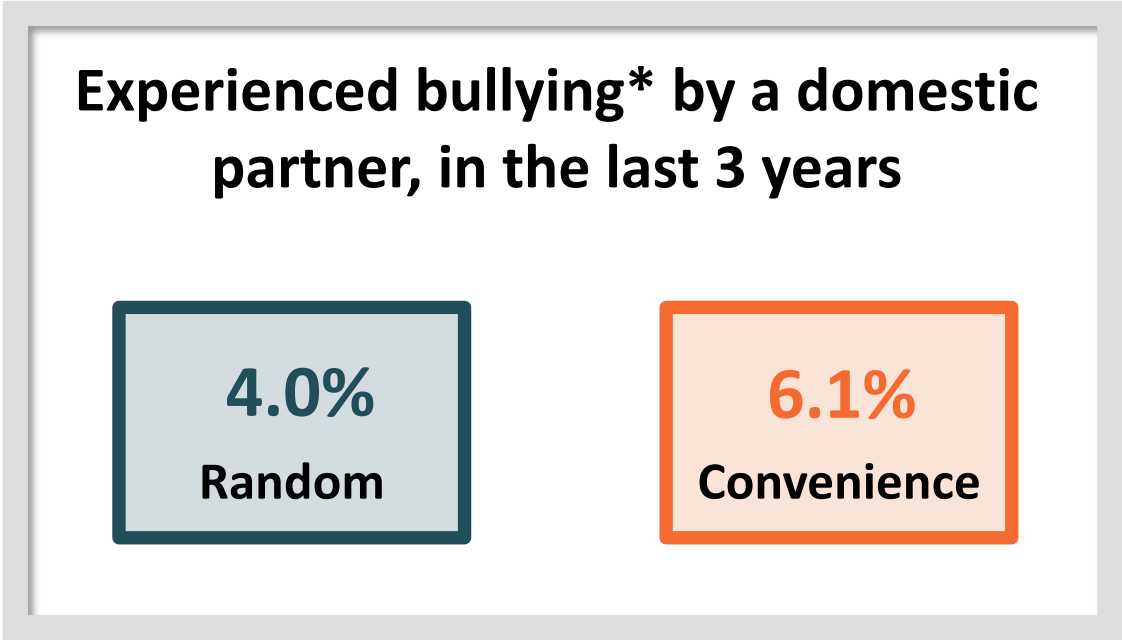
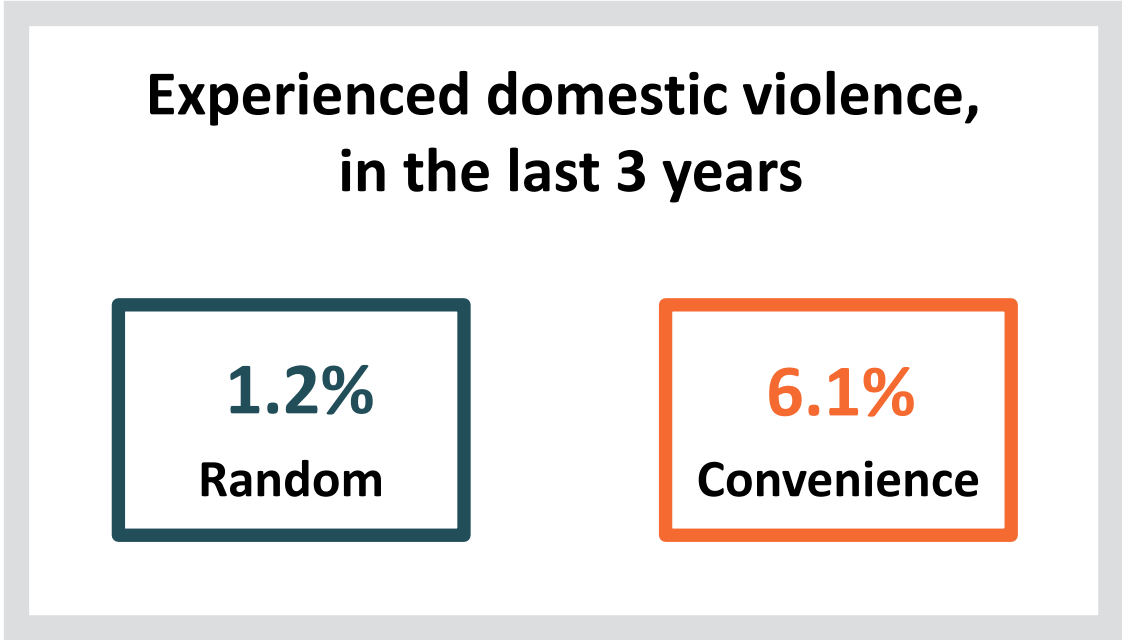
Reasons for feeling unaccepted, unvalued, or unwelcome



Experienced or witnessed an increase in discriminatory or hostile behavior due to one's race/ethnicity



Domestic Violence and Bullying



**Bullying includes things such as monitoring their cell phone, called or texted a lot to ask where they were, stopped them from doing things with friends, been angry if they were talking to someone else, or prevented them from going to school or work)*

Economic Factors

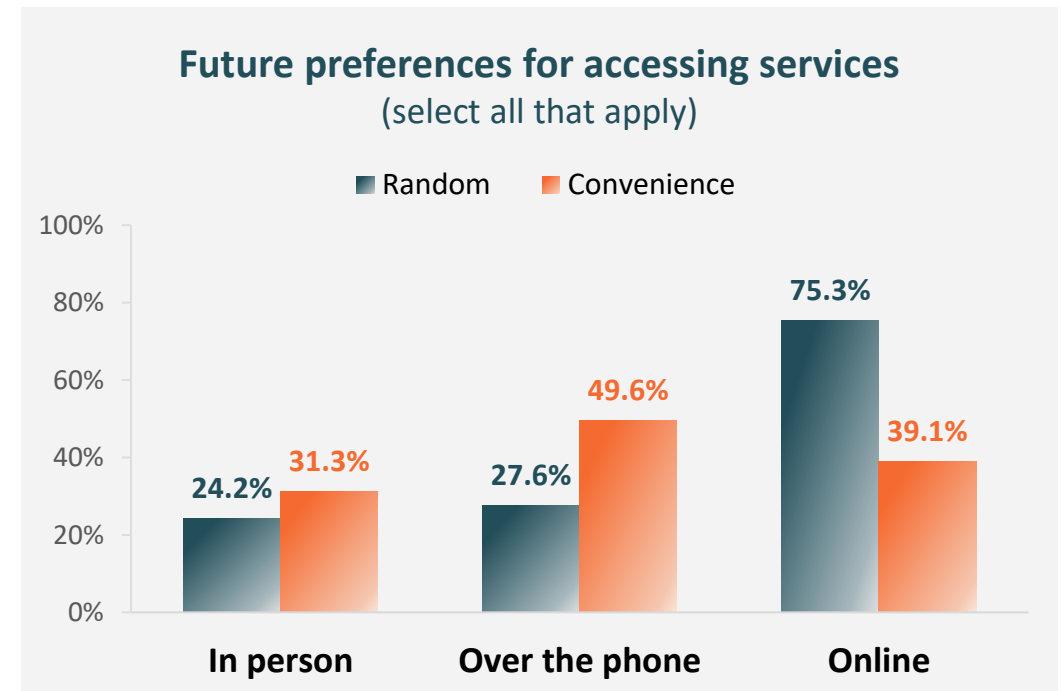
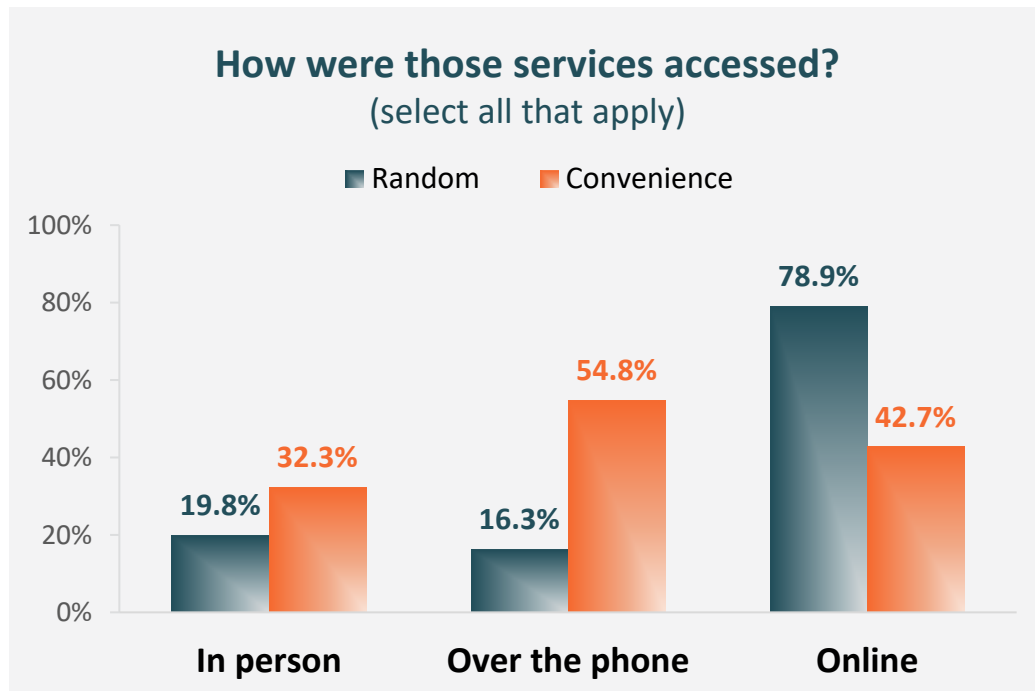
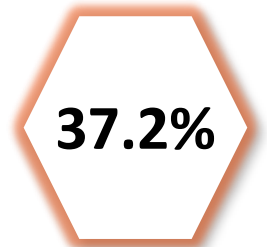
Access to Public Benefits

Random

Convenience

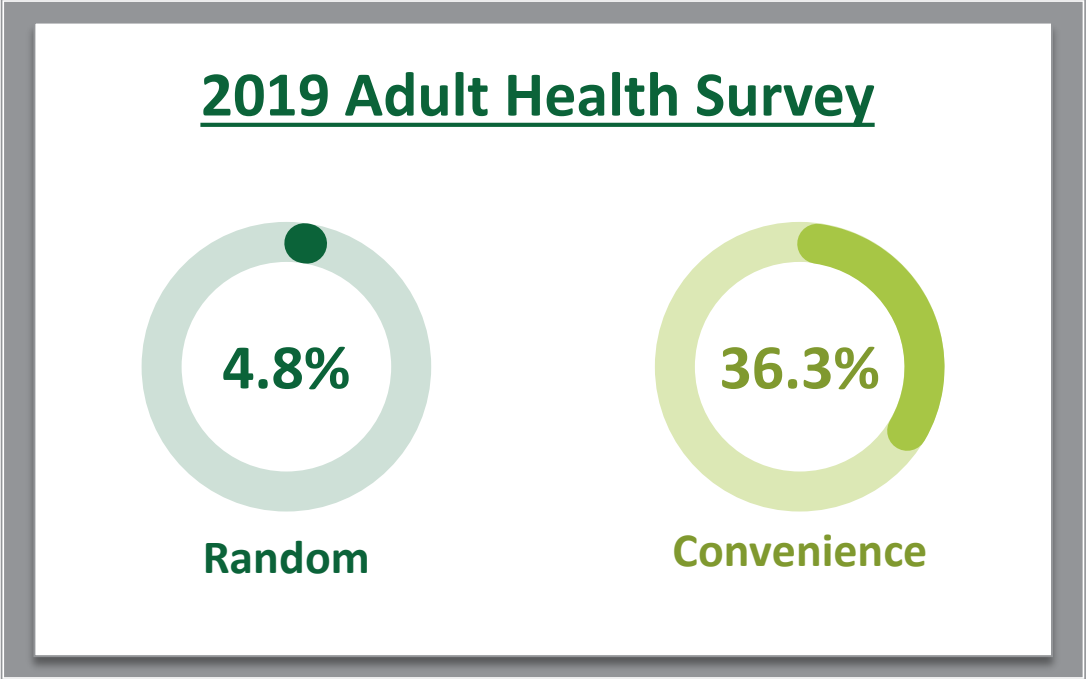
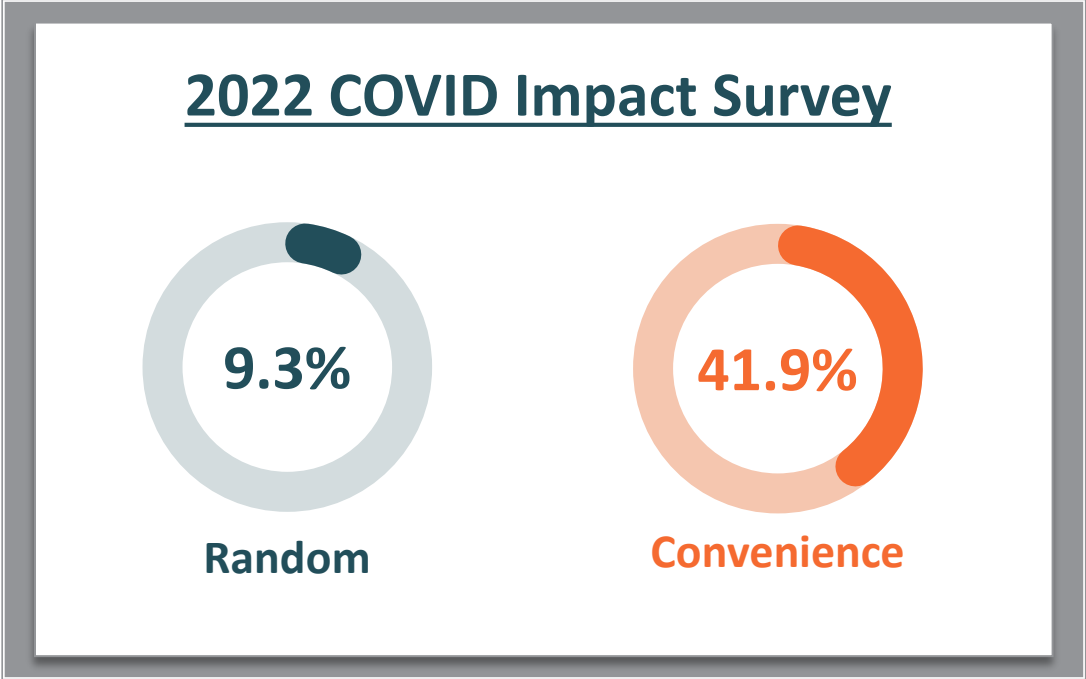


Percent of residents that said they or someone in their household received housing assistance, food assistance, cash assistance, or Medical Assistance benefits since the onset of the COVID-19 pandemic.



Food Insecurity

Residents that “sometimes” or “often” worried that food would run out before they had money to buy more.

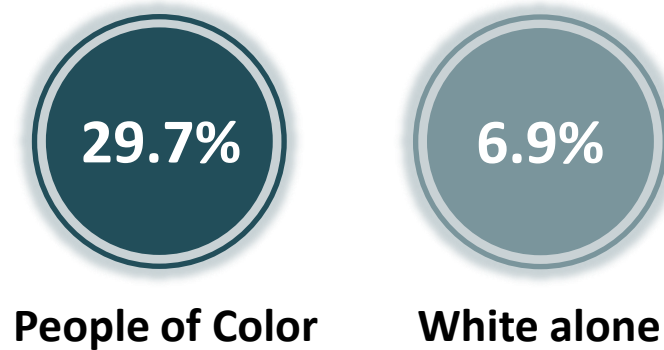


Food Insecurity

Residents that “sometimes” or “often” worried that food would run out before they had money to buy more.

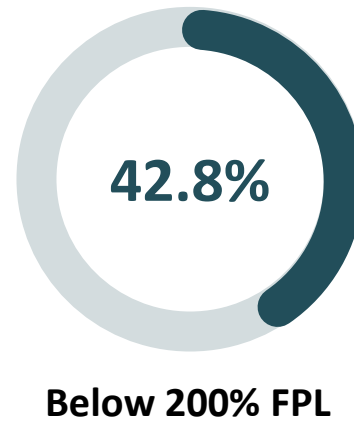
By Race

Random



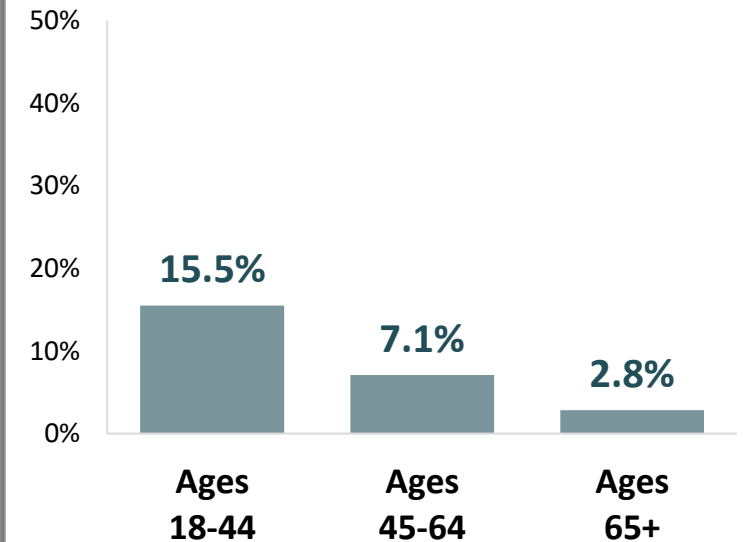
By Poverty Status

Random



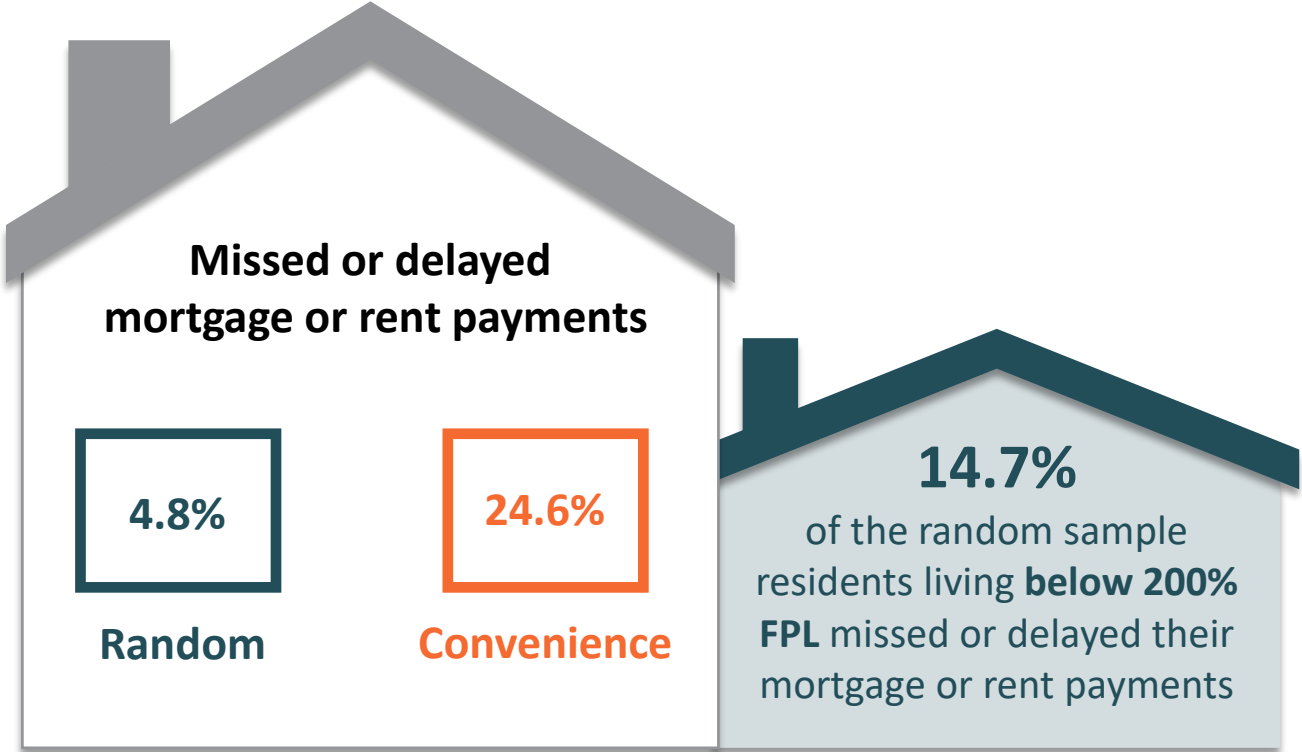
By Age

Random

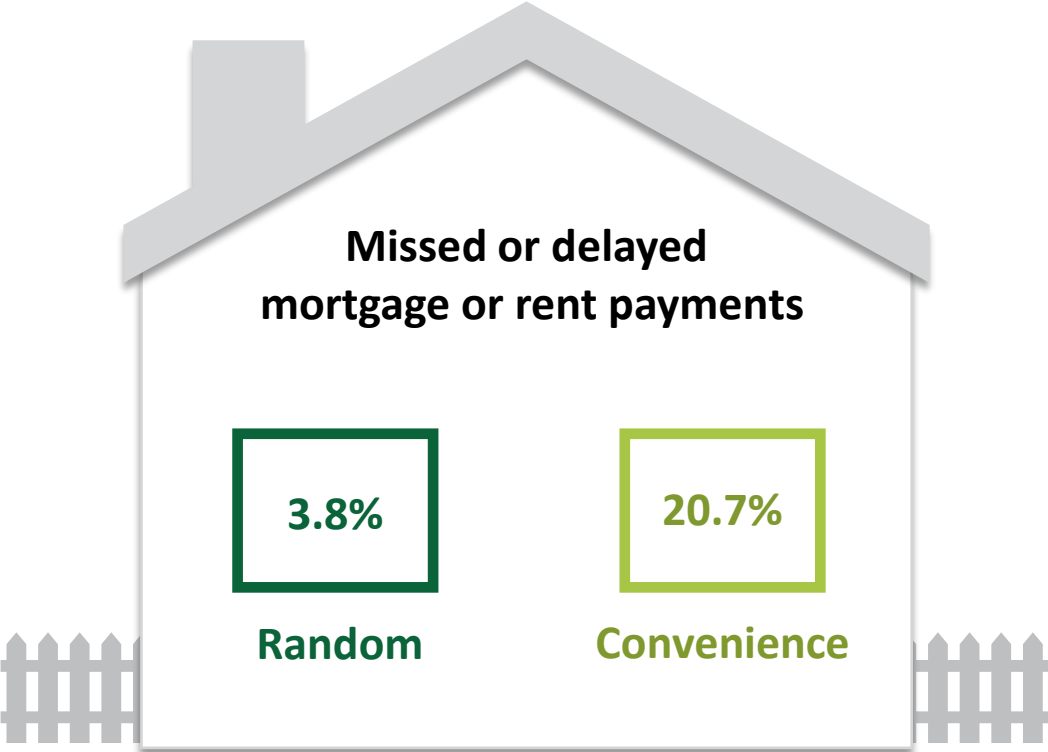


Housing Insecurity

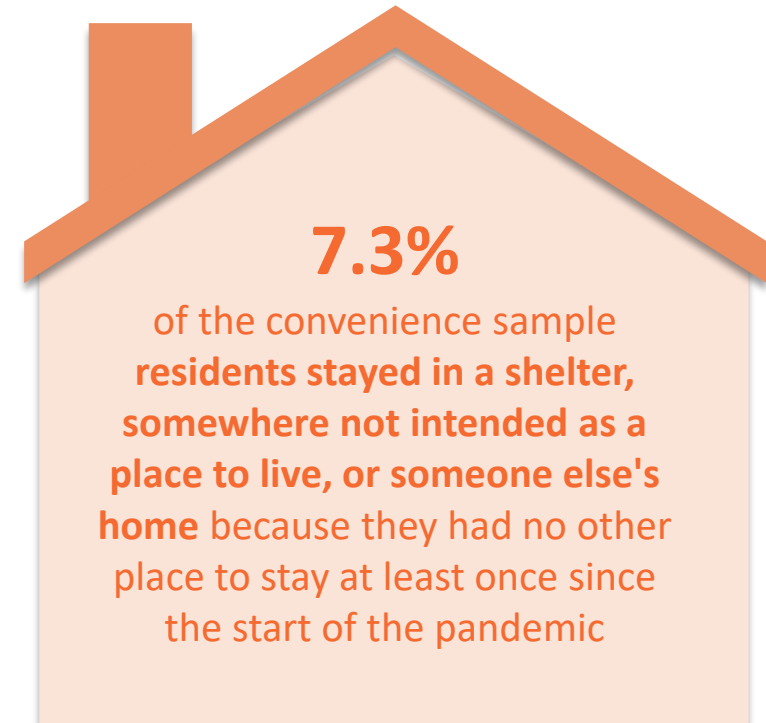
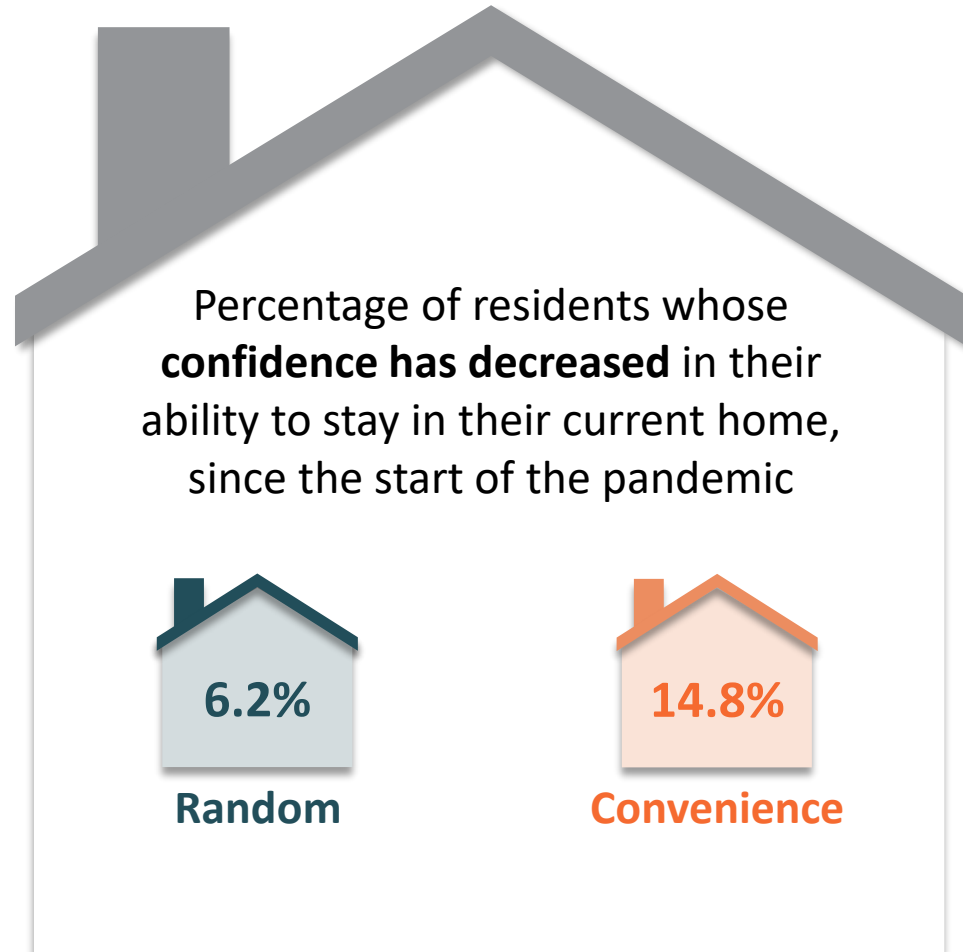
2022 COVID Impact Survey



2019 Adult Health Survey



Housing Insecurity



Access to Transportation

How often did lack of transportation keep you from getting places where you needed to go, such as jobs, medical appointments, or shopping?

2022 COVID Impact Survey

Random

1.5%

of residents responded that a lack of transportation **sometimes or often** kept them from getting places they needed to go



Convenience

24.0%

of residents responded that a lack of transportation **sometimes or often** kept them from getting places they needed to go



2019 Adult Health Survey

Random

3.3%

of residents responded that a lack of transportation **sometimes or often** kept them from getting places they needed to go



Convenience

20.0%

of residents responded that a lack of transportation **sometimes or often** kept them from getting places they needed to go

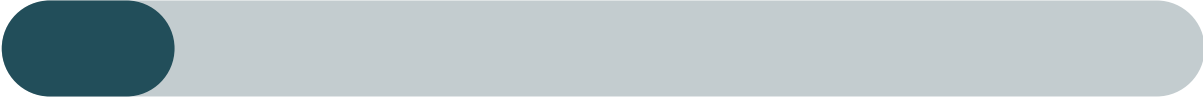


Financial Situation

Percentage of residents who reported **worsening** financial situation during the pandemic

Random

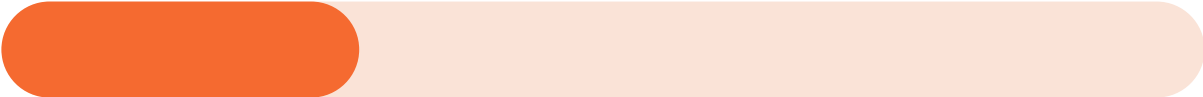
13.8%



29.4% of the random sample residents living **below 200% FPL** reported their financial situation has worsened.

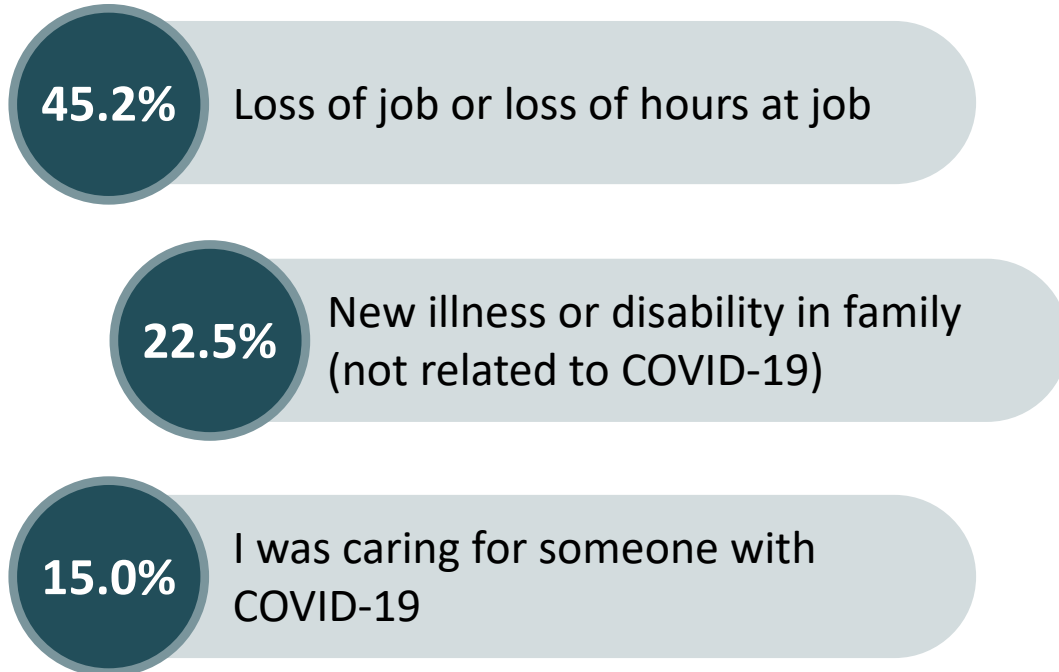
Convenience

28.9%

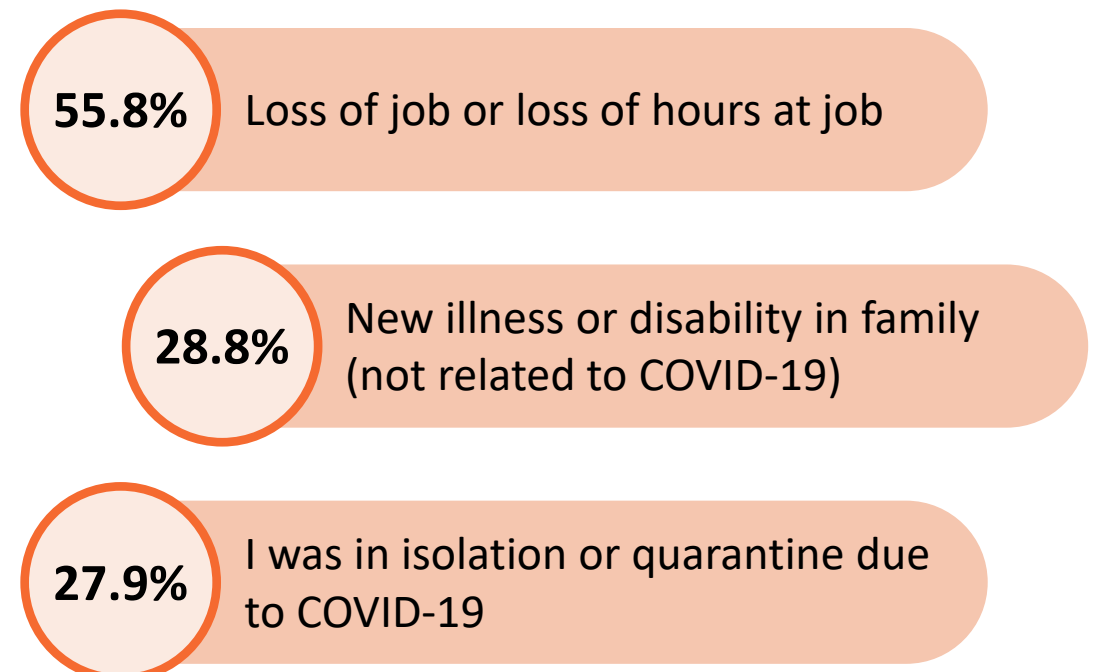


Top 3 major life events that have contributed to a **worse financial situation** since the onset of the pandemic

Random



Convenience



Top 3 Financial worries or stressors during the pandemic

Random



32.5% Credit Cards



31.4% Rent or Mortgage



28.3% Groceries

Convenience



53.1% Rent or Mortgage



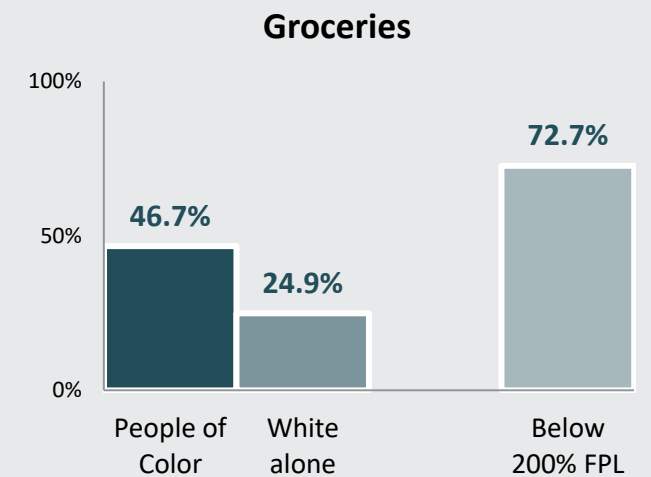
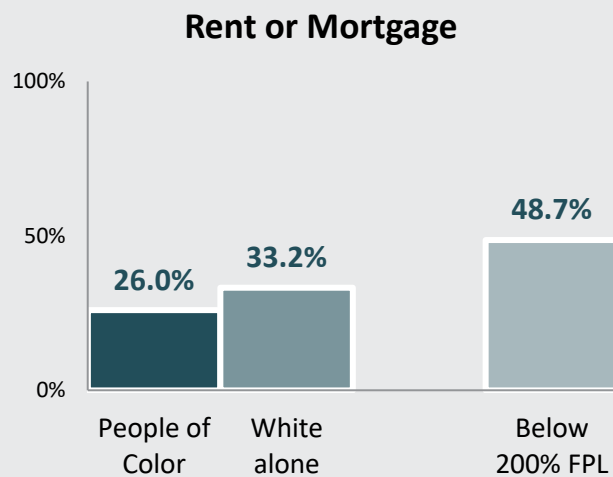
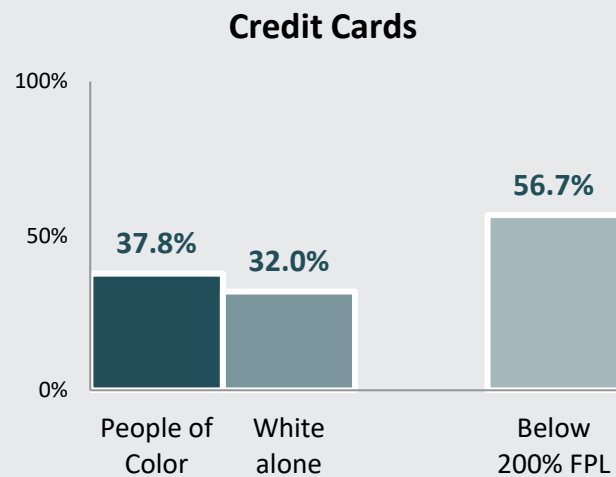
52.7% Groceries



42.1% Utilities

Top 3 Financial worries or stressors during the pandemic by Race & Poverty Status

Random



For more information or a
presentation please contact:

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651-430-6655

Thank you!