Conducted in cooperation with Iowa State University Extension Community and Economic Development, the Institute for Design Research and Outreach (IDRO), the Center for Survey Statistics and Methodology (CSSM) and the Iowa State University Department of Kinseology.
In 2009-2010 the Story County Community Coalition (SCCC) started an assessment of health and community needs among residents of Story County, Iowa. The Coalition is comprised of representatives from a variety of non-profit human services agencies in the county, including the United Way of Story County, Mary Greeley Medical Center, Homeward, Youth and Shelter Services, Mid-Iowa Community Action, Lutheran Services in Iowa, Story County Community Services, Story County Decategorization, Story County Empowerment, and Iowa State University. County-wide assessments of health and social service needs are required to be conducted every five years. The assessment planned by the SCCC was comprised of several components, including a general population survey, focus groups targeting specific population groups, and an online survey.

Iowa State University representatives involved in this research effort include Christopher J. Seeger, Associate Professor of Landscape Architecture and Extension Specialist with Extension to Communities & Economic Development; Greg Welk, Associate Professor of Kinesiology and Director of the Nutrition & Wellness Research Center; Nora Ladjahasan, Assistant Scientist with the Institute for Design Research & Outreach; Janice Larson, Survey Director with the Center for Survey Statistics & Methodology (CSSM); Jane Goeken, Communities & Economic Development Extension Specialist and Mary Huddleston, Community Outreach Coordinator at the Nutrition & Wellness Research Center.

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This report describes the methodology and procedures used for the general population survey as well as the final case dispositions and survey response. The report also includes summaries of the focus group meetings and a list of opportunities for improvement and maintenance. The report is accompanied by a CD that contains the online and random sample survey SPSS data files, codebooks and frequencies (Excel file). The CD also includes a PowerPoint file that contains key points from the survey as well as the original report Adobe InDesign report file and accompanying graphics.

The survey results contained in this report are formatted in such a way that the information is categorized using the same format as the random sample survey. Selected results for each individual question have been placed on single or double sided pages. These pages contain bullet points of the findings and graphs or tables to allow easy dissemination of the information to a broad audience. If more detailed information is needed, more information can be found in the weighted frequency file on the CD.

**General Findings**

Story County has declined slightly in their rating of their overall health status between 2005 and 2010. While participants reported a 9% increase in efforts to loose weight, the County has seen an 18% increase in self-reported BMI over 25 since 2005. This level is 2% lower than the national level and 6% lower than the state level.

In addition to increases in BMI, Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010. Cancer and chronic lung disease however have decreased. As in 2005, cholesterol continues to be the highest diagnosed medical condition.

Regarding access to health care, a higher percentage of residents living outside of Ames and low income residents are more likely to leave the county for their health care needs. Cost (including prescription drugs) and difficulty in getting appointments were identified as the primary barriers to health care and are significantly higher than in 2005.

Insurance coverage in Story county remains high with 93% of residents reporting some sort of health care coverage versus 90% at the state level and 85% at the national level.

Participants indicated a desire to have an increase in the the number and type of youth (pre K - teens) services and programs offered in the county. Examples included summer art programs and dance club-type hangouts.

The consumption of fruit or fruit juice servings between 2005 and 2010 has decreased by 8%.

The number of individuals in Story County who have tried to quit smoking has increased by by 5% and the percent of individuals smoking between ages 18-39 and 40-64 years old decreased 5.6% and 4.8% respectfully.

Individuals in Ames reported a high rate of binge drinking has increased by 15% since 2005. The highest percentage of binge drinking is among those in the 18-39 year old age bracket.
Expanded Findings
The following pages contain the major findings from the survey, focus group and community meeting. These findings are grouped by survey area. More detailed information for each item is found later in the report. Key areas for improvement, maintenance and sustainability can be found in the next section of this report.

Key *Survey, **Focus Group, ***Community Meeting

Your Current Health
• Story County has declined slightly in their rating of their overall health status between 2005 and 2010.*

• 94% of Story County residents rate their overall health status as good or excellent which is higher than 89% of residents at the State level and 86% at the National level.*

• The age group 18-39 reported the most days when their physical health was good and 65+ reported the most days when physical health was not good.*

• The number of Story County residents that reported 3+ days of poor mental health has increase from 13% in 2005 to 31% in 2010.*

• [Need to] attend to depression and psychiatric care needs in the community.***

• Individuals in Story County have increased their efforts in losing weight by 9%.*

• In Story County, females report about a 7% increase in BMI and males about 5% increase.*

• Story County has increased 18% in self-reported BMI over 25 since 2005; however, the level reported by residents is 2% lower than the national level and 6% lower than the state level.*

• Residents aged 40-64 reported the lowest percentage of respondents at the normal BMI and reported 68% had a BMI over 25.*

• Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*

• Story County has seen a decrease in cancer and chronic lung disease.*

• Cholesterol continues to be the highest diagnosed medical condition.*

• Between 2005 and 2010 there has been an 11.5% increase of males and about a 2% decrease of females being diagnosed with high blood pressure.*

• Story County is 4% lower than the State and National levels on residents diagnosed with high blood pressure.*

• There has been an increase of 8.7% of individuals 18-39 years of age and an increase of 1.7% of 40-64 years old being diagnosed with high blood pressure while those 65+ have decreased by a little under 1%.*

• Since 2005, there has been a slight decrease in the number of residents being diagnosed with high cholesterol and Story County is 10% lower than the state average.*

• 21.9 % of all residents that live outside of Ames have been diagnosed with Arthritis.*
Your Access to Health Care

- Female residents reporting that they had a mammogram in the last 2 years has decreased in Story County by about 9% between 2005 and 2010.*
- Higher percentage of residents living outside of Ames travel outside of the County for their health care.*
- Low income residents are more likely to leave the county for their health care needs.*
- Of respondents that say they leave Story County for their health care needs reported that it was because of personal preferences.*
- There has been a 5% increase in the difficulty making an appointment to see a doctor between 2005 and 2010.*
- Expand the free medical service facility in Ames in order to eliminate long waiting times.**
- Connect primary care with mental health care.***
- Cost (including prescription drugs) and difficulty in getting appointments were main barriers to health care and are significantly higher than 2005 data.*
- Since 2005, residents report that transportation has improved and is not as large of a barriers to access to health care as it had been in the past.*
- Individuals need help tracking down denials from service providers in order to qualify for other assistance.**

Insurance Coverage

- Story County reports 93% of residents with some sort of health care coverage versus 90% at the state level and 85% at the national level.*
- Between 2005 and 2010 individuals using employer based, other private has increased 25% and 10%, respectively.*
- Government programs such as Medicare, Medicaid, IowaCare, etc. have decreased 13% and COBRA insurance has decreased dramatically by 15%.*
- Those reporting that they had no means of insurance coverage has increased 5% since 2005.*
- Residents reporting that they had dental coverage in Story County has increased by 33% from 2005 to 2010.*
- Story County has a high rate of dental insurance in those 18-64, but a less than 50% of those 65+ have dental insurance.*
- Individuals ages 18-39 have reported that they have dental coverage has increased by 40.5% and individuals 40-64 year olds by 51% while those 65+ have decreased by 20%.*
**Child/Dependent Health Care**
- The highest percentage of kids in Story County are ages 6-13.*
- 99% of children reported having seen a doctor within the past 2 years for a routine checkup.*
- Create more programs for middle school aged youth (other than Boys and Girls Club).**
- Create programs for 3-6 year olds and their parents, a place for children under 2 a place to play, an indoor pool, and an indoor winter playground.**
- Offer classes for young children and/or parents after 6 or 6:30 p.m.**
- Offer art or music classes for children, more summer programs for school-aged youth.**
- Create transition experience for youth starting preschool/kindergarten.**
- Provide hang out places for teens, like a dance club.**
- Increase accessibility to information about available services/programs.**
- Increase awareness about sliding fees available at some daycares.**
- Creating a safe learning environment for students.***
- Provide safe environments for kids who want to just “hang out” together.***
- Create activities that build leadership, character, and moral development.***
- Educate parents about what is going on in schools and the community as well as how they can get involved with their child.***

**Your Lifestyle: Nutrition**
- Story County reported decreased consumption of fruit or fruit juice servings between 2005 and 2010 by 8%.*
- 61% of respondents reported that they had 2-4 servings of fruit/fruit juice the previous day.*
- 15% of respondents reported that they had 3+ servings of vegetables the previous day.*
- No reason stood out above the rest as the main factor that prevented a respondent from eating properly.
- Consider changing the limits on how often pantries can be used by an individual or family.**
- Allow individuals to take leftovers home from congregate meal sites in order to get full use out of that program.**
- Increase awareness about assistance available to senior individuals in their homes.**
- Increase awareness about assistance available to residents in their homes.**
- Increase access to farmers markets and healthy foods.***
Your Lifestyle: Exercise
• Of those who said they had exercised in the past week, only 67% actually met the recommended amount of minutes.*
• Of those that said they had exercised in the past week, only 38% exercised the recommended amount of at least 3 days.*

Your Lifestyle: Tobacco Use
• 45% of surveyed smokers said that they had tried to quit smoking.*
• Overall there was a 5% increase of individuals in Story County who tried to quit smoking.*
• From 2005 to 2010 18-39 year old current smokers dropped from 17.6% to 12%.*
• 40-64 years old current smokers dropped from 15.8% to 11%.*
• 65+ year old current smokers increased by 0.9%*
• Of those that smoke cigarettes, Men and those in the age range of 40-64 reported smoking the most cigarettes per day on average*

Your Lifestyle: Alcohol Use
• Individuals age 40-64 and 65+ increased binge drinking by 4%.*
• Overall Individuals in Ames increased binge drinking by 15% since 2005.*
• The highest percentage of binge drinking is among those in the 18-39 year old age bracket.*
• Males report 8% higher than women on binge drinking.*
• Individuals outside of Ames decreased binge drinking slightly by about 1%.*
• More men than women reported that they had sought help for alcohol abuse.*
Community Environment
• Residents report that crime is getting slightly worse in their neighborhood.*
• All communities rated their social environments from ‘average’ to ‘good’.*
• Increase availability of affordable transportation.**
• Improve availability and condition of affordable housing.**
• Increase availability of subsidized housing that allows children.**
• Add additional bus services to West Ames and East 13th Street.**
• Provide transportation to Nevada in order to take care of county or court business.**
• Add additional bus services to Dayton Avenue.**
• Determine demographics (age, gender, income) related to tolerance.***
• Improve upon access to transportation.***
• Increase access to trails.***
• Increase awareness of programs and services that are offered.***
• Address the low-income housing need.***

Demographic Information
• There was a 3% increase in responses from residents in the 18-39 age category from 2005 to 2010.*
• There was a 4% increase in responses from residents in the 65+ age category from 2005 to 2010.*
• There was a 7% decrease in responses from residents in the 40-64 age category.*
• There was a nearly equal response rate from men and women.*
• Almost 99% of the respondent had at least a High School diploma/GED certificate.*
• More than half of respondents from Story County has at least some college or technical training.*

Additional Items:
• Provide vision and eyeglasses clinics, bus passes, part-time jobs for people on disability benefits, physical therapy services, and moving resources.**
• Provide emergency gasoline and auto assistance.**
• Provide recycling options for wheelchairs and other assistive devices.**
• Increase efforts to handle youth differently by parents and teachers are needed.**
• Create more programs like Shoes That Fit**
• Generate more focus groups in various environments.***
• Determine who did not take the survey.***
• Increase access to behavioral health services in Story County***
• Provide youth/young adult services***

Story County Health and Human Services Assessment 2010
OPPORTUNITIES
Areas for Improvement

Review of the survey results, focus group responses and community/stakeholder meeting comments identified several potential areas that could be improved.

- Story County has declined slightly in their rating of their overall health status between 2005 and 2010.*
- The number of Story County residents that reported 3+ days of poor mental health has increase from 13% in 2005 to 31% in 2010.*
- Story County has a 18% increase in self-reported BMI over 25 since 2005; however, the level reported by residents is 2% lower than the national level and 6% lower than the state level.*
- Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*
- There has been an increase of 8.7% of individuals 18-39 years of age and an increase of 1.7% of 40-64 years old being diagnosed with high blood pressure while those 65+ have decreased by a little under 1%.*
- Female residents reporting that they had a mammogram in the last 2 years has decreased in Story County by about 9% between 2005 and 2010.*
- Low income residents are more likely to leave the county for their health care needs.*
- Cost (including prescription drugs) and difficulty in getting appointments were main barriers to health care and are significantly higher than 2005 data.*
- Those reporting that they had no means of insurance coverage has increased 5% since 2005.*
- Story County reported decreased consumption of fruit or fruit juice servings between 2005 and 2010 by 8%.*
- Of those who said they had exercised in the past week, only 67% actually met the recommended amount of minutes.*
- Individuals age 40-64 and 65+ increased binge drinking by 4%.*
- The highest percentage of binge drinking is among those in the 18-39 year old age bracket. *
- Residents report that crime is getting slightly worse in their neighborhood.*
- Expand the free medical service facility in Ames in order to eliminate long waiting times.**
- Provide transportation to Nevada in order to take care of county or court business.**

Key
*Survey, **Focus Group, ***Community Meeting
Areas for Continued Maintenance and Sustainability

Review of the survey results, focus group responses and community/stakeholder meeting comments identified several potential areas that should continue to be maintained.

- Individuals ages 18-39 have reported that they have dental coverage has increased by 40.5% and individuals 40-64 year olds by 51%.*
- 99% of children reported having seen a doctor within the past 2 years for a routine checkup.*
- 45% of surveyed smokers said that they had tried to quit smoking.*
- From 2005 to 2010 18-39 year old current smokers dropped from 17.6% to 12%.*
- Individuals in Story County have increased their efforts in losing weight by 9%.*
- Continue to increase access to trails.***

Key
*Survey, **Focus Group, ***Community Meeting
Focus Groups
Methodology

Four focus group sessions were conducted to reflect differences in opinion among four groups: low income residents, young families, senior citizens, and youth. The 1st three focus groups were held in Ames, Iowa while the senior citizen focus group was held in Huxley, Iowa. Low-income resident and young families focus groups were held in May, 2010 while the other two focus groups were held in September, 2010. Focus group dates were dictated by the availability of the participants. Participants were recruited by members of the steering committee through flyers, word of mouth and website announcements. Logistics regarding the focus group were arranged by the steering committee while the focus group session was facilitated by an ISU Community Economic Development field specialist. Each session lasted for 1 to 1 ½ hours.

Discussion topics were different from each group depending on their respective community health needs. Each focus group session was audio taped. It was conducted based on ISU’s Institutional Review Board (IRB) procedure. Informed consent document was given out by the ISU researcher and was explained by the facilitators. Each of the participants was asked to sign the informed consent document before the discussion started. Likewise, youth were also asked to bring the signed parental consent and was also asked to sign the assent form.

As a sign of appreciation for joining the focus group sessions, participants were given incentives. Each family was given two $5 Healthy Food Voucher which the committee purchased from Good Neighbor. Youth participants were given a $10 gift card from Target. The families with children were given an extra $10 to offset childcare expenses.

The audio tapes were transcribed and report was prepared by the group facilitator. A total of 28 participated in the focus group (14 for the low income group, 5 for families with children, 5 youth and 4 senior citizens).
1) This is a list of services available to Story County residents. Did you know about all the services on this list? Do you use any of these services? Are there other services that you have used that are not listed? Of the services you know about or have used, do they provide what you need? Are you better off in some way from use of the services? Did the services help you? Are the services effective?
   • MICA, Bethesda and Good Neighbor food pantries and Food at First are used by participants, who expressed concern about limits on how often pantries can be used by an individual or family. Participants also have used WIC, Iowa CARES, Goodwill, DHS, emergency shelter, Heartland shuttle, food stamps, Beyond Welfare, a Richmond Center outreach program, a dental clinic, Manpower and The Rose. MICA’s “Living with AIDS’ program was termed “a godsend” by one participant, while frustration was expressed about long waits at the free medical clinic and the difficulties in tracking down denials from service providers in order to qualify for other assistance.

2) Are you able to use these services easily? Can you get to the locations? Can you get there within the office hours/times offered?
   • Participants said it is difficult to talk to anyone when dealing with service providers; when voicemail messages are left, calls are often not returned. Much frustration was expressed about the need to obtain denials from two different providers in order to be eligible for services since this process wastes individuals’ scarce transportation resources. Participants were also unhappy with the condition and availability of affordable housing options.

3) Regarding services which you do not use, can you tell me why you do not use them? Is there anything that keeps you from using a particular service? Any that you find hard to access? Any which you tried to use and had a bad experience?
   • Some services are not used because of restrictive eligibility requirements, “red tape,” and rudeness of staff, and because the services themselves are not available, according to participants. Section 8 housing assistance has had waiting lists for years, and some subsidized housing does not allow children.

4) Are there other services that you wish were available? What would they be? Where and how would they be offered so you would find them useful?
   • Needed services, as identified by participants, include gasoline assistance for emergency situations; vision and eyeglass clinic; emergency health care that doesn’t involve going to Iowa City or having to pay doctor’s bill first; bus passes; bus service to West Ames and to 13th Street; part-time jobs for people on disability benefits; resource for middle school kids besides Boys and Girls Club; physical therapy services; and moving resources for people who have to move.
5) **Are you aware of assistance that is available to you in your homes? Are you aware that funds are available if you can’t afford assistance?**

   - Participants said they were not aware of much assistance available to individuals in their homes, aside from MICA’s weatherization program, which has a long waiting period; and SSI.

6) **In what ways is transportation a barrier in your ability to conduct your everyday life (getting to work, childcare, job, etc.)? What would help alleviate this barrier?**

   - Bus passes and Cy-Ride expansion to serve the Ball Plastics and Barilla plants and 13th street were advocated to facilitate employment opportunities, as well as the addition of north-south bus routes. Emergency auto care was also identified as a need.

7) **Do you have any other comments or observations?**

   - Frustration was expressed at the transportation problems caused by the need to go to Nevada to get a protective order or to take care of county or court business. Pre-packaging food pantry items was termed wasteful since some people are allergic to and/or will not use certain items. Several participants stated they need jobs. Cuts at DHS have meant poorer service for clients.
Young Families Focus Group Summary

Monday, May 24, 2010
Ames, Iowa

1) This is a list of services available to Story County residents. Did you know about all the services on this list? Do you use any of these services? Are there other services that you have used that are not listed?
   • Participants indicated use and familiarity with many services targeted at young families (ACPC Center, Comfort and Love, People Place, Birthright, WIC, Young Mothers Center of ISS), as well as with resources and programs available to the general population (MICA Food Pantry, Manpower, Homeward, Iowa Department of Human Services, Goodwill, and Salvation Army).

2) Of the services you know about or have used, do they provide what you need? Are you better off in some way from use of the services? Did the services help you? Are the services effective?
   • Participants praised the effectiveness of services they had used, with Homeward and WIC in particular cited frequently.

3) Are you able to use these services easily? Can you get to the locations? Can you get there within the office hours/times offered?
   • Availability and accessibility of services was termed good, with the exception of Stork Nest which has a waiting list; and infant daycare, which is difficult to find.

4) Regarding services which you do not use, can you tell me why you do not use them? Is there anything that keeps you from using a particular service? Any that you find hard to access? Any which you tried to use and had a bad experience?
   • No bad experiences with services were shared by participants. Recommendations from friends or other young families were critical in deciding to try a new service or program.

5) Are there other services that you wish were available? What would they be? Where and how would they be offered so you would find them useful?
   • Interest was expressed in services/programs for 3- to 6-year-olds and their parents; a place for children under two years of age to play; an indoor winter playground, childcare provided by Ames Parks and Recreation during parents’ workouts; an indoor pool; and more easily accessible information about available services/programs.

6) Are you aware of assistance that is available to you in your homes?
   • Participants had limited knowledge of assistance available to residents in their homes, aside from Alliance Energy services and garbage pick-up.

7) Are you aware that funds are available if you can’t afford assistance?
   • Knowledge limited to sliding fees available at some daycare providers.
8) In what ways is transportation a barrier in your ability to conduct your everyday life (getting to work, childcare, job, etc.)?
   • Lack of availability of bus service to workplace out by Dayton Avenue was cited. Bike trail improvement praised, but participants still consider it dangerous to take kids through town on bicycles.

9) What would help alleviate this barrier?
   • Last summer’s free Cy-Ride service cited.

10) Do you have any other comments or observations?
    • Interest was expressed in art or music classes being offered by the City of Ames for children; programming for school-age kids in the summer; classes for young children and/or parents that are offered after 6 or 6:30 p.m., and more options for parents of infants to ask questions of Homeward staff in the first year of the child’s life. In addition, concerns were expressed about inadequate supervision of children at school before school starts; and transition issues for children starting preschool/kindergarten.
Youth Focus Group Summary

Thursday, Sept. 23, 2010
Lutheran Services of Iowa; Ames, IA

1) What types of resources and opportunities are available for teens in your community? Are you involved in any of them?
   • The mall, pool, Boys and Girls Club, sporting events, church youth groups, city recreation classes/programs, and the library were cited by participants.

2) Are there recreational activities available in community? What are they?
   • While recreational activities are available through City Hall, the cost prohibits many teens from participating. Golfing, disc golfing, the pool and weightlifting at school were also mentioned.

3) Are there jobs available for teens in your community? Who are the employers that hire teens?
   • No one thought it would be difficult for a teen to find a part-time work if the teen wanted it, with fast food restaurants, grocery stores, and seed corn companies (summer) named as employers of teens.

   If you needed clothes for your new job and you didn’t have the money where would you go?
   • Participants suggested YSS, borrowing clothes from friends, and getting assistance from churches.

4) Where do you connect with other teens? How do you connect with other teens?
   • School, sports practices and events, pool, mall, camps, school clubs, house parties and the library are places where teens connect with other teens. A girls group offered through YSS was also mentioned. Boys and Girls Club is considered a place for “little kids,” not teens. Teens make arrangements to get together via Facebook and texting, but then get together in person.

5) Of the types of services/resources for teens we have discussed are they easy to use? Can you get to them?
   • The services/resources discussed are easy to use – except for teens who cannot afford a bus pass or daily bus fare; the $1 open gym fee; or other costs of services.

6) Think about the types of services for teens that we have talked about, what other services do you wish were available? What would they look like? Where and how would they be offered so that you could find them useful?
   • Participants want a place for kids to hang out, like a teen dance club that Waukee has; and more options that don’t cost money. More community festivals (such as car or art shows) are also desired, as well as opportunities for poorer people such as Shoes That Fit (where people donate clothing and shoes to help needy people).
7) Do you feel safe in your neighborhood? School? Community? Can you talk about it?
   • Yes.

8) In what ways is transportation a barrier in your ability to conduct your everyday life (getting to work, childcare, job, etc.)? What would help alleviate this barrier?
   • Transportation was not considered a barrier by participants, who cited the availability of bus service, bicycles, carpools, and friends with licenses (if a teen is not old enough to drive yet).

9) Do you have any other comments or observations?
   • The need for a place for teens to get together was cited again.
Senior Citizens Focus Group Summary

Thursday, Sept. 23, 2010
Huxley, Iowa

1) This is a list of services available to Story County residents. Did you know about all the services on this list? Do you use any of these services? Are there other services that you have used that are not listed?
   • Participants indicated they use and are familiar with services targeted to older residents (foot care clinic, Meals on Wheels, Meadows Apartments, The Rose) and with services available to the general population (Maxwell food pantry, Harmony Closet, Huxley food and clothes pantries, Homeward, first responders, utility assistance through Heartland, SHARE at Maxwell).

2) Of the services you know about or have used, do they provide what you need? Are you better off in some way from use of the services? Did the services help you? Are the services effective?
   • Home Health/Homemakers services were considered very helpful by those who used them after surgeries or during illnesses. Availability of Meals on Wheels was also termed very important in enabling people to stay in their homes.

3) Are you able to use these services easily? Can you get to the locations? Can you get there within the office hours/times offered?
   • Pride and income qualifications were cited for keeping people from using some services. Heartland bus service was praised.

4) Regarding services which you do not use, can you tell me why you do not use them? Is there anything that keeps you from using a particular service? Any that you find hard to access? Any which you tried to use and had a bad experience?
   • Participants say some services not used if other options still available (i.e. a friend providing transportation, still able to prepare own meals, etc.) Restrictions on diners taking leftovers home from congregate meal sites has lessened the usefulness of that program.

5) Are there other services that you wish were available? What would they be? Where and how would they be offered so you would find them useful?
   • Need was expressed for recycling options for wheelchairs and other assistive devices after the previous user dies or no longer needs the equipment. Expansion of the free medical service in Ames was also suggested to eliminate long waiting times.

6) Are you aware of assistance that is available to you in your homes? Are you aware that funds are available if you can’t afford assistance?
   • RSVP phone check-in for individuals living alone was mentioned, as well as RSVP assistance with carpentry and repairs, and with winterization for low-income residents.
7) In what ways is transportation a barrier in your ability to conduct your everyday life (getting to work, childcare, job, etc.)? What would help alleviate this barrier?
   • None currently consider transportation a barrier, although at least one no longer drives and one only drives in her small community. Bus service was viewed as a last resort if a friend was not available to provide transportation.

8) Do you have any other comments or observations?
   • Parents and teachers need to be able to handle youth differently.
ONLINE SURVEY
Methodology

To get more representation from residents of Story County, online survey was conducted using SurveyMonkey. This 30 minute online survey was sent out in March, 2010 and was open for four months. Invitation to the survey was published through ISU’s Campus Community Partnership for Health (CCPH). Flyer was used to advertise the survey to schools and faith-based organizations in Story County.

Several questions were exactly the same as the mail survey, i.e. child dependent health care, alcohol use, nutrition, insurance and community environment. However, several open-ended questions were asked, i.e. conditions of the community, barriers for having a better life, family challenges, and barriers to a more physically active lifestyle.

In order to determine if the respondent have been randomly selected for the mail survey, question on whether they fill out the mail survey was asked. Only 2 respondents did both the mail and online surveys. Eighty people attempted to do the survey but only 60 residents completed the survey. Ninety-one percent of the respondents had Bachelors degree and higher, and 73% were from Ames.
Random Sample Survey
Methodology

This following describes the methodology and procedures used for the general population survey as well as the final case dispositions and survey response.

Sample.
The sample for the Story County Health and Human Services Assessment general population survey was purchased in February 2010 from Survey Sampling International, a sampling vendor frequently used by CSSM. The sample was address-based and consisted of 2499 names and addresses of Story County households selected proportionately by Zip Code from Survey Sampling’s address-based frame of 22,774 Story County households. Table 1 below shows the number and percentage of addresses in the sample for each Zip Code in Story County.

<table>
<thead>
<tr>
<th>Zip Code</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>50010 Ames</td>
<td>930</td>
<td>37.2</td>
</tr>
<tr>
<td>50014 Ames</td>
<td>597</td>
<td>23.9</td>
</tr>
<tr>
<td>50046 Cambridge</td>
<td>48</td>
<td>1.9</td>
</tr>
<tr>
<td>50055 Collins</td>
<td>29</td>
<td>1.2</td>
</tr>
<tr>
<td>50056 Colo</td>
<td>53</td>
<td>2.1</td>
</tr>
<tr>
<td>50105 Gilbert</td>
<td>33</td>
<td>1.3</td>
</tr>
<tr>
<td>50124 Huxley</td>
<td>107</td>
<td>4.3</td>
</tr>
<tr>
<td>50134 Kelley</td>
<td>21</td>
<td>0.8</td>
</tr>
<tr>
<td>50154 McCallsburg</td>
<td>16</td>
<td>0.6</td>
</tr>
<tr>
<td>50156 Madrid</td>
<td>1</td>
<td>0.0</td>
</tr>
<tr>
<td>50161 Maxwell</td>
<td>52</td>
<td>2.1</td>
</tr>
<tr>
<td>50201 Nevada</td>
<td>295</td>
<td>11.8</td>
</tr>
<tr>
<td>50206 New Providence</td>
<td>1</td>
<td>0.0</td>
</tr>
<tr>
<td>50236 Roland</td>
<td>64</td>
<td>2.6</td>
</tr>
<tr>
<td>50239 Saint Anthony</td>
<td>1</td>
<td>0.0</td>
</tr>
<tr>
<td>50244 Slater</td>
<td>62</td>
<td>2.5</td>
</tr>
<tr>
<td>50247 State Center</td>
<td>1</td>
<td>0.0</td>
</tr>
<tr>
<td>50248 Story City</td>
<td>155</td>
<td>6.2</td>
</tr>
<tr>
<td>50278 Zearing</td>
<td>33</td>
<td>1.3</td>
</tr>
<tr>
<td>TOTAL SAMPLE</td>
<td>2499</td>
<td>100%</td>
</tr>
</tbody>
</table>

There were four cases in the sample that were unexpected. One case in each of Madrid, New Providence, Saint Anthony, and State Center were included in the sample although those communities are not located in Story County. However, rural address boundaries do not always follow county lines, and a small number of residences with those town addresses are actually located within Story County. Actual eligibility for these addresses was difficult to determine. As a result, the four cases were kept in the sample and contacted in the same manner as all other cases. It was anticipated that eligibility could be clarified by the respondents.
The mail survey cover letter instructed the adult who will have the next birthday to complete the questionnaire. This yields an approximately random sample of adults within each household.

**Procedures.**

The survey used for the study was developed by SCCC representatives through an iterative process under the guidance of Ladjahasan and Larson from ISU. Each participating agency had opportunity to contribute and provide feedback during the survey development process. Some questions were drawn directly from previous assessments and some were obtained from other sources. The final survey consisted of a 16-page booklet with approximately 165 questions. CSSM staff drafted a cover letter and reminder letter to explain the study to sampled respondents. Ladjahasan submitted the project for review by the ISU Institutional Review Board, and approval was received on February 4, 2010. Subsequent changes to the project materials required a modification, which was approved on March 12, 2010.

Surveys and other project materials were printed and data collection was implemented by CSSM staff. Packets containing a cover letter, survey, and postage-paid pre-addressed return envelope were prepared and mailed to the entire sample of 2499, with some mailed on March 29 and the balance on April 1, 2010. The letter and survey cover requested that the household adult with the next birthday should complete the survey. Approximately 124 of the packets were returned by the US Post Office as undeliverable and those addresses were removed from the contact list. A reminder postcard was sent to 1618 non-responders on April 12, and a second survey packet mailing was sent to 1362 non-responders on April 27.

Throughout the data collection period, CSSM staff monitored and recorded the receipt of completed surveys and checked the addresses of “undeliverable” surveys to see if any corrected addresses were available. The survey’s cover letter encouraged people to call CSSM’s toll-free telephone if they had questions about the survey. About 25 to 30 calls were received as people called to ask questions about the survey or to refuse participation.

During the week of May 10, CSSM telephone interviewers called 553 non-responders who had telephone numbers listed in the sample and who lived in communities with less than 50% response to encourage them to complete and return the survey. Messages were left on answering machines as appropriate. The phone calls were made to non-responders in Ames, Cambridge, Collins, Colo, Gilbert, Maxwell, Nevada, Roland, Slater, and Zearing. Calls were not made to Huxley, Kelley, McCallsburg, or Story City because their response rates were already over 50%. Of the people who were called, there were 67 who refused to complete the survey and 39 who requested another copy of the survey. A third survey packet was sent to those 39 people on May 14. Of those 39 people, 17 returned a completed survey, one returned a blank survey, and 21 returned nothing. In total, approximately 94 completed surveys were received after the reminder telephone calls were made, however it is difficult to determine whether or not their return was actually due to the reminder calls.

A total of 1292 completed surveys were received. The first completed surveys were received on March 31 and the last straggler was received on July 28. Completed surveys were edited and coded by CSSM staff. Coded surveys were key entered using a double entry verification system, and the resulting data set was checked for errors and cleaned. An Excel file with raw data, a code book, and a file with frequency response tables were delivered to Seeger and Ladjahasan on August 16, 2010.
Response.
Survey response is shown in the table below by sampled community and in total. There were 11 cases classified as not eligible based on information received either by phone or by mail. These cases included eight addresses that were nursing homes, one address outside of Story County, and two duplicate listings. There were 124 cases returned by the US Post Office as undeliverable which were classified as Unlocated. Refusals were received either by telephone or mail from 97 people. There was no response from 982 households.

A total of 1292 completed surveys were received. The Case ID was removed from 7 of the completed surveys, so their sampled community is unknown. Response rates are calculated as a ratio of completed surveys to eligible sample. Response rates varied by community. Excluding the four communities with only one address in the sample, response rates ranged from 39.4% in Zearing to 66.7% in Kelley. Ames addresses comprised 61.1% of the total sample, but completed surveys from Ames comprised 51.7% of the total completed surveys. The overall response rate for the project was 51.9%.

For the survey, reported sample percentages are statistically valid within ± 2.7% at the 95% confidence level. This means that if 54% of the respondents answer a specific question affirmatively, the true percentage in the overall population has a 95% chance to be between 51.3% and 56.7%.

<table>
<thead>
<tr>
<th>Table 2. Number of sampled cases, number of cases by outcome disposition, and response rate, by community.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Sample</td>
</tr>
<tr>
<td>-----------------</td>
</tr>
<tr>
<td>Ames</td>
</tr>
<tr>
<td>Cambridge</td>
</tr>
<tr>
<td>Collins</td>
</tr>
<tr>
<td>Colo</td>
</tr>
<tr>
<td>Gilbert</td>
</tr>
<tr>
<td>Huxley</td>
</tr>
<tr>
<td>Kelley</td>
</tr>
<tr>
<td>Madrid</td>
</tr>
<tr>
<td>Maxwell</td>
</tr>
<tr>
<td>McCallensburg</td>
</tr>
<tr>
<td>Nevada</td>
</tr>
<tr>
<td>New Providence</td>
</tr>
<tr>
<td>Roland</td>
</tr>
<tr>
<td>Saint Anthony</td>
</tr>
<tr>
<td>Slater</td>
</tr>
<tr>
<td>State Center</td>
</tr>
<tr>
<td>Story City</td>
</tr>
<tr>
<td>Zearing</td>
</tr>
<tr>
<td>[ID REMOVED]</td>
</tr>
<tr>
<td>TOTAL</td>
</tr>
</tbody>
</table>
Weighting

Unweighted analyses suggested the responding sample was disproportionately composed of older adults relative to the general population in Story County without zip code 50011. To address this issue, weights were constructed that controlled for estimated population counts in Story County for adult men and women in the age categories of 18-24, 25-44, 45-64, and 65 years of age or older. These eight categories are called post-strata.

To calculate weights, each respondent needs to be classified into an age x gender post-stratum. However, age was missing for 81 respondents, and gender was missing for 12 respondents (1 respondent was missing both). An imputation procedure was developed to fill in missing gender and age category values. The procedure was developed using other variables in the survey that were related to age or gender. To identify appropriate variables, analyses of variables that were correlated with age and gender were performed using data from respondents who provided complete age and gender data.

Age categories were imputed before imputing gender values. Rules that involved the best predictors of age category were applied first, followed by rules based on variables that were not as tightly associated with age category. The conditions that were believed to be the most predictive included:

1. Respondent was a student (SC18) — age category 18-24
2. All persons in household are 65 or older, or respondent lived in Story Co or current community at least 65 years — age category 65+
3. No adults 65 or older in household and lived in Story Co or current community at least 45 years — age category 45-64

These rules provided age category values for 33 of the 82 missing values. The remaining missing age categories were imputed using rules that were generated from empirical relationships between conditions and age categories from the complete data. Imputation rules were created that randomly assigned respondents to age categories within various conditions. The variables used to create those conditions were:

1. number of chronic health conditions (more was correlated with older adults)
2. renting or living with friends (correlated with younger adults)
3. the absence or presence of children in the household
4. the absence or presence of adults at least 65 years of age

By taking into account these variables, we retained an approximate correlation structure similar to the complete data.

Gender was imputed next. Fewer variables were available to impute gender. We used the following rules to assign gender for 3 respondents:

1. Had a mammogram — female (2 cases)
2. Had a prostate exam — male (0 cases)
3. Had osteoporosis (and not already assigned via rule 1 or 2) — female (1 case)

There were no other variables that provided good predictors, and so we randomly assigned male and female genders within age category, with approximately half female and half male per category.
Weights were calculated for a two-stage sample with post-stratification. The two-stage sample consisted of first selection a household (indexed by \( k \)), then selecting an adult (indexed by \( j \)). Post-strata are the age and gender categories (indexed by \( h \)). To describe the weight calculations, we define the following variables:

- \( M_{hk} \) = number of adults in household \( k \) in post-stratum \( h \)
- \( n_h \) = number of respondents in post-stratum \( h \)
- \( n \) = number of respondents (sum of \( n_h \))
- \( N \) = number of addresses in frame
- \( M_h \) = number of adults in post-stratum \( h \) (from Census estimates)

The number of adults for each post-stratum (\( M_h \)) was obtained from the Census Bureau’s most recent (2009) population estimates for Story County. Because addresses from the 50011 zip code (ISU residential housing) were not sampled for the survey, we subtracted the estimated population counts for Census tracts that overlapped with the 50011 zip code from the estimated Story County population sizes to calculate control totals.

The selection probability for the respondent in household \( k \) in post-stratum \( h \) is \( \pi_{hk} = n / (NM_{hk}) \), which leads to an initial weight of \( w_{(0\_hk)} = \pi_{hk}^{-1} \). To calculate the initial weight, each respondent needed a value for the number of adults in the household (\( M_{hk} \)). If the number of adults in the household was missing, we set \( M_{hk} = 1 \) to be conservative in the weighting procedure.

The post-stratified weight adjusts the weights to reflect the total number of adults in each age x gender category \( h \) (\( M_h \) = the Census estimates for the number of adults in post-stratum \( h \)). The post-stratum weights for the respondent in household \( k \) in post-stratum \( h \) is

\[
 w_{(ps\_hk)} = M / \hat{M}_h \cdot w_{(0\_hk)},
\]

where \( \hat{M}_h = \sum_k w_{(0\_hk)} \) is the estimated number of adults in post-stratum \( h \) using the initial weights.

As the final step of weight calculation, the post-stratified weights were rounded using a cumulate-and-round procedure that ensures the sum of the weights within a post-stratum is equal to the Census estimate for that post-stratum.
The following list is a compilation of recommended resources that should be consulted for detailed information not included in this survey.

<table>
<thead>
<tr>
<th>Name</th>
<th>Scope/Age Surveyed</th>
<th>Brief Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BRFSS-Behavioral Risk Factors Surveillance System</strong>&lt;br&gt;<a href="http://www.cdc.gov/brfss/technical_infodata/surveydata.htm">http://www.cdc.gov/brfss/technical_infodata/surveydata.htm</a></td>
<td>State-based 18 years and older</td>
<td>The BRFSS is a state-based system of health surveys that generate information about health risk behaviors, clinical preventive practices, and health care access and use primarily related to chronic diseases and injury.</td>
</tr>
<tr>
<td><strong>YRBS-Youth Risk Behavior Surveillance System</strong>&lt;br&gt;<a href="http://www.cdc.gov/HealthyYouth/yrbs/">http://www.cdc.gov/HealthyYouth/yrbs/</a></td>
<td>National Grades 9-12</td>
<td>The Youth Risk Behavior Surveillance System (YRBSS) monitors priority health-risk behaviors and the prevalence of obesity and asthma among youth and young adults.</td>
</tr>
<tr>
<td><strong>County Health Rankings</strong>&lt;br&gt;<a href="http://www.countyhealthrankings.org/">http://www.countyhealthrankings.org/</a></td>
<td>National All</td>
<td>County Health Rankings ranks county by health for all 50 states</td>
</tr>
<tr>
<td><strong>Census</strong>&lt;br&gt;<a href="http://2010.census.gov/2010census/">http://2010.census.gov/2010census/</a></td>
<td>National; State by State; City All</td>
<td>Population census</td>
</tr>
<tr>
<td><strong>Robert Wood Johnson Foundation</strong>&lt;br&gt;<a href="http://www.rwjf.org/">http://www.rwjf.org/</a></td>
<td>National All</td>
<td>Improve health care as well as the health of Americans</td>
</tr>
<tr>
<td><strong>America's Health Rankings</strong>&lt;br&gt;<a href="http://www.americashealthrankings.org/">http://www.americashealthrankings.org/</a></td>
<td>National; State by State All</td>
<td>Ranks states on healthiness by four groups: behaviors, community and environment, public and health policies, and clinical care</td>
</tr>
<tr>
<td><strong>Healthy People 2010</strong>&lt;br&gt;<a href="http://www.healthypeople.gov/2010/">http://www.healthypeople.gov/2010/</a></td>
<td>National All</td>
<td>Provides science-based objectives for promoting health and preventing disease</td>
</tr>
<tr>
<td><strong>Demographic and Health Surveys-Measure DHS</strong>&lt;br&gt;<a href="http://www.measuredhs.com/">http://www.measuredhs.com/</a></td>
<td>Global All</td>
<td>Provides a resource for health surveying, data analysis and specialized studies</td>
</tr>
<tr>
<td><strong>Aurora Health Care</strong>&lt;br&gt;<a href="http://www.aurorahealthcare.org/">http://www.aurorahealthcare.org/</a></td>
<td>Milwaukee, Wisconsin &amp; Northern Illinois Adults</td>
<td>Gather data on lifestyle, household and behavior habits as well as prevalence of risk factors and existing disease conditions and compare to state and national data.</td>
</tr>
<tr>
<td><strong>CDC Wonder</strong>&lt;br&gt;<a href="http://wonder.cdc.gov/wonder/sci_data/surveys/surveys.asp">http://wonder.cdc.gov/wonder/sci_data/surveys/surveys.asp</a></td>
<td>National All</td>
<td>More surveys i.e. National Hospital Discharge Survey, National Nursing Home Survey, etc.</td>
</tr>
</tbody>
</table>
HOUSEHOLD
### Residence

*In what community do you reside? (Circle ONE) (A community includes the city and the surrounding area outside the city limits.)*

<table>
<thead>
<tr>
<th>Community</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ames</td>
<td>68.7%</td>
</tr>
<tr>
<td>Outside Ames</td>
<td>31.3%</td>
</tr>
<tr>
<td>Outside of Ames</td>
<td></td>
</tr>
<tr>
<td>Nevada</td>
<td>9.5%</td>
</tr>
<tr>
<td>Story City</td>
<td>6.5%</td>
</tr>
<tr>
<td>Huxley</td>
<td>3.6%</td>
</tr>
<tr>
<td>Roland</td>
<td>2.4%</td>
</tr>
<tr>
<td>Maxwell</td>
<td>1.8%</td>
</tr>
<tr>
<td>Slater</td>
<td>1.7%</td>
</tr>
<tr>
<td>Cambridge</td>
<td>1.3%</td>
</tr>
<tr>
<td>Colo</td>
<td>1.2%</td>
</tr>
<tr>
<td>Gilbert</td>
<td>0.8%</td>
</tr>
<tr>
<td>Kelley</td>
<td>0.7%</td>
</tr>
<tr>
<td>Zearing</td>
<td>0.7%</td>
</tr>
<tr>
<td>Collins</td>
<td>0.5%</td>
</tr>
<tr>
<td>Mc Callsburg</td>
<td>0.5%</td>
</tr>
</tbody>
</table>
Living Arrangements

How many years have you lived in _____?

<table>
<thead>
<tr>
<th>Community</th>
<th>Maximum</th>
<th>Minimum</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Story County</td>
<td>96</td>
<td>0</td>
<td>16.21</td>
</tr>
</tbody>
</table>

Do you own or rent your home?

<table>
<thead>
<tr>
<th>Ownership</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Own a house/townhouse/condominium (includes owning a mobile home but renting the lot)</td>
<td>65.8%</td>
</tr>
<tr>
<td>Rent a house</td>
<td>18.3%</td>
</tr>
<tr>
<td>Rent an apartment</td>
<td>16.9%</td>
</tr>
<tr>
<td>Other, not specified</td>
<td>0.1%</td>
</tr>
<tr>
<td>housing provided by job</td>
<td>0.1%</td>
</tr>
<tr>
<td>assisted living</td>
<td>0.1%</td>
</tr>
<tr>
<td>Own a house/townhouse/condominium (includes owning a mobile home but renting the lot)</td>
<td>0.7%</td>
</tr>
</tbody>
</table>

How many people currently live in your household?

<table>
<thead>
<tr>
<th>Calculation</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average</td>
<td>2.7</td>
</tr>
<tr>
<td>Minimum</td>
<td>1</td>
</tr>
<tr>
<td>Maximum</td>
<td>8</td>
</tr>
</tbody>
</table>

What are your current living arrangements?

<table>
<thead>
<tr>
<th>Living Arrangement</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Live alone</td>
<td>18.5%</td>
</tr>
<tr>
<td>Live with immediate family (spouse and children)</td>
<td>54.7%</td>
</tr>
<tr>
<td>Live with parents or other relatives</td>
<td>6.1%</td>
</tr>
<tr>
<td>Live with friends/unrelated adults</td>
<td>21.2%</td>
</tr>
<tr>
<td>Have other living arrangements</td>
<td>0.4%</td>
</tr>
</tbody>
</table>
Overall Health Status

Please rate your overall health status:
1 = Poor  2 = Fair  3 = Good  4 = Very Good  5 = Excellent

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting
- Story County has declined slightly in their rating of their overall health status between 2005 and 2010.*
- 94% of Story County residents rate their overall health status as good or excellent which is higher than 89% of residents at the State level and 86% at the National level.*

Health Status: National Data
Good To Excellent

<table>
<thead>
<tr>
<th></th>
<th>2005</th>
<th>2009</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Story County</td>
<td>94.0%</td>
<td>88.0%</td>
<td>88.6%</td>
</tr>
<tr>
<td>State of Iowa</td>
<td>85.0%</td>
<td>85.9%</td>
<td>85.9%</td>
</tr>
<tr>
<td>Nation</td>
<td>85.0%</td>
<td>85.9%</td>
<td>85.9%</td>
</tr>
</tbody>
</table>
**Health Status: By Gender**

- **Female**
  - Poor: 0.3%
  - Fair: 4.4%
  - Good: 18.3%
  - Very good: 38.4%
  - Excellent: 38.6%

- **Male**
  - Poor: 1.1%
  - Fair: 6.6%
  - Good: 19.9%
  - Very good: 33.5%
  - Excellent: 38.9%

**Health Status: By Age**

- **18-39**
  - Poor: 1.9%
  - Fair: 7.7%
  - Good: 22.4%
  - Very good: 38.0%
  - Excellent: 37.6%

- **40-64**
  - Poor: 1.3%
  - Fair: 6.0%
  - Good: 18.2%
  - Very good: 39.4%
  - Excellent: 32.5%

- **65+**
  - Poor: 3.2%
  - Fair: 13.2%
  - Good: 9.8%
  - Very good: 32.5%
  - Excellent: 42.5%
In terms of physical health, which includes physical illness and injury, how many days during the past 30 days was your health not good?

______ days.

**Highlighted Key Findings** — *Survey, **Focus Group, ***Community Meeting

- The age group 18-39 reported the most days when their physical health was good and 65+ reported the most days when physical health was not good.*
Story County

- 0 days: 65.6%
- 1-2 days: 20.0%
- 3+ days: 14.5%

Ames

- 0 days: 68.0%
- 1-2 days: 19.3%
- 3+ days: 12.7%

Outside Ames

- 0 days: 60.2%
- 1-2 days: 21.4%
- 3+ days: 18.3%
In terms of mental health, which includes anxiety, stress, depression and emotional problems, how many days during the past 30 days was your health not good?

_____ days

**Highlighted- Key Findings** — Survey, Focus Group, Community Meeting
- The number of Story County residents that reported 3+ days of poor mental health has increased from 13% in 2005 to 31% in 2010.*
- [Need to] attend to depression and psychiatric care needs in the community.***
Story County

- 0 days: 31.4%
- 1-2 days: 6.3%
- 3+ days: 6.3%

Ames

- 0 days: 56.3%
- 1-2 days: 6.9%
- 3+ days: 36.8%

Outside Ames

- 0 days: 75.4%
- 1-2 days: 4.9%
- 3+ days: 19.6%
Attempted Weight Loss

Within the past year, have you tried to lose weight?

1 = Yes
2 = No

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting

- Individuals in Story County have increased their efforts at losing weight by 9%.*

Attempted Weight Loss: By Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-39</td>
<td>31.9%</td>
<td>60.9%</td>
</tr>
<tr>
<td>40-64</td>
<td>32.0%</td>
<td>68.0%</td>
</tr>
<tr>
<td>65+</td>
<td>48.5%</td>
<td>51.5%</td>
</tr>
</tbody>
</table>

Attempted Weight Loss: By Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>44.9%</td>
<td>55.1%</td>
</tr>
<tr>
<td>Male</td>
<td>31.9%</td>
<td>68.1%</td>
</tr>
</tbody>
</table>
Arthritis

Have you ever been diagnosed with any of the following medical conditions: arthritis?

1 = Yes
2 = No

**Highlighted- Key Findings** — *Survey, **Focus Group, ***Community Meeting*

- Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*
- 21.9 % of all residents that live outside of Ames have been diagnosed with Arthritis.*

**Arthritis: By Age**

**Arthritis: By Gender**

**Arthritis**

- National: 26.0%
- Iowa: 25.3%
- Story County (2005): 13.3%
- Story County: 14.7%
- Outside Ames: 21.9%
- Ames: 11.5%
Asthma

Have you ever been diagnosed with any of the following medical conditions: asthma?
1 = Yes
2 = No

Highlighted - Key Findings — *Survey, **Focus Group, ***Community Meeting
- Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*
Cancer (Not Including Skin Cancer)

Have you ever been diagnosed with any of the following medical conditions: cancer (not including skin cancer)?

1 = Yes
2 = No

Highlighted - Key Findings — *Survey, **Focus Group, ***Community Meeting

- Story County has seen a decrease in cancer and chronic lung disease.*

Cancer: By Age

Cancer: By Gender

Cancer (Excluding Skin)
**Chronic Heart Disease**

*Have you ever been diagnosed with any of the following medical conditions: chronic heart disease?*

1 = Yes  
2 = No

**Highlighted Key Findings** — *Survey, **Focus Group, ***Community Meeting*

- Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*

### Chronic Heart Disease: By Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-39</td>
<td>0.0%</td>
</tr>
<tr>
<td>40-64</td>
<td>4.5%</td>
</tr>
<tr>
<td>65+</td>
<td>16.3%</td>
</tr>
</tbody>
</table>

### Chronic Heart Disease: By Gender

- Female: 3.9%  
- Male: 4.1%

### Chronic Heart Disease:

- National: 3.8%  
- Iowa: 4.2%  
- Story County (2005): 3.4%  
- Story County: 4.1%  
- Outside Ames: 6.4%  
- Ames: 3.0%
Diabetes (Not During Pregnancy)

Have you ever been diagnosed with any of the following medical conditions: diabetes (not during pregnancy)?

1 = Yes
2 = No

Highlighted: Key Findings — *Survey, **Focus Group, ***Community Meeting
- Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*
**Chronic Low Back Pain**

*Have you ever been diagnosed with any of the following medical conditions: chronic low back pain?*

1 = Yes  
2 = No

**Highlighted - Key Findings** — *Survey, **Focus Group, ***Community Meeting*

- Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*

### Chronic Lower Back Pain: By Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-39</td>
<td>15.0%</td>
</tr>
<tr>
<td>40-64</td>
<td>15.0%</td>
</tr>
<tr>
<td>65+</td>
<td>17.9%</td>
</tr>
</tbody>
</table>

### Chronic Lower Back Pain: By Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>13.5%</td>
</tr>
<tr>
<td>Male</td>
<td>17.5%</td>
</tr>
</tbody>
</table>
Have you ever been diagnosed with any of the following medical conditions: clinical depression?

1 = Yes
2 = No

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting

- Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*
Osteoporosis

Have you ever been diagnosed with any of the following medical conditions: osteoporosis?

1 = Yes
2 = No

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting

- Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*
Skin Cancer

Have you ever been diagnosed with any of the following medical conditions: skin cancer?

1 = Yes
2 = No

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting

• Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*
• Story County has seen a decrease in cancer and chronic lung disease.*

Skin Cancer: By Age

Skin Cancer: By Gender
Stroke

Have you ever been diagnosed with any of the following medical conditions: stroke?

1 = Yes
2 = No

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting

- Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*
High Blood Pressure

Have you ever been diagnosed with any of the following medical conditions: high blood pressure?

1 = Yes  
2 = No

Highlighted - Key Findings — *Survey, **Focus Group, ***Community Meeting

- Story County has seen an increase in arthritis, asthma, chronic heart disease, diabetes, chronic low back pain, clinical depression, osteoporosis, stroke, and high blood pressure between 2005 and 2010.*
- Between 2005 and 2010 there has been an 11.5% increase of males and about a 2% decrease of females being diagnosed with high blood pressure.*
- Story County is 4% lower than the State and National levels on residents diagnosed with high blood pressure.*
- There has been an increase of 8.7% of individuals 18-39 years of age and an increase of 1.7% of 40-64 years old being diagnosed with high blood pressure while those 65+ have decreased by a little under 1%.*
High Blood Pressure

If Yes: Are you currently taking medication for this?

1 = Yes
2 = No

High Blood Pressure Taking Medication

Outside Ames: 91.1%
Ames: 69.0%
Story County: 79.2%

High Blood Pressure Taking Medication: By Age

18-39: 53.5%
40-64: 84.5%
65+: 94.1%

High Blood Pressure Taking Medication: By Gender

Female: 85.6%
Male: 73.7%
**High Cholesterol**

*Have you ever been diagnosed with any of the following medical conditions: high cholesterol?*

1 = Yes  
2 = No

*If Yes: Are you currently taking medication for this?*

1 = Yes  
2 = No

**Highlighted Key Findings** — *Survey, **Focus Group, ***Community Meeting*

- Since 2005, there has been a slight decrease in the number of residents being diagnosed with high cholesterol and Story County is 10% lower than the state average.*
- Cholesterol continues to be the highest diagnosed medical condition.*

---

**High Cholesterol: By Age**

- 18-39: 13.0%  
- 40-64: 38.2%  
- 65+: 55.3%

**High Cholesterol Taking Medication: By Gender**

- Female: 68.2%  
- Male: 51.7%
High Cholesterol Taking Medication

- Outside Ames: 74.4%
- Ames: 50.4%
- Story County: 58.4%

High Cholesterol: By Gender

- Female: 23.2%
- Male: 31.9%

High Cholesterol Taking Medication: By Age

- 18-39: 11.8%
- 40-64: 65.3%
- 65+: 85.1%
**Time Since Last Doctor Visit**

*How long has it been since you last visited a doctor for a routine check-up (a general exam, not for a specific problem)?*

Doctor/physician assistant/nurse practitioner or other medical professional

- 1 = Within the past year
- 2 = From 1 to 2 years
- 3 = From 2 to 5 years
- 4 = More than 5 years
- 5 = Never had a routine check-up

---

**Last Visit to Doctor: By Gender**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Within the past year</th>
<th>From 1 to 2 years</th>
<th>From 2 to 5 years</th>
<th>More than 5 years</th>
<th>Never had routine check-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>77.2%</td>
<td>12.4%</td>
<td>6.0%</td>
<td>0.4%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Female</td>
<td>66.1%</td>
<td>13.0%</td>
<td>9.5%</td>
<td>9.1%</td>
<td>2.2%</td>
</tr>
</tbody>
</table>

**Last Visit to Doctor: By Age**

<table>
<thead>
<tr>
<th>Age</th>
<th>Within the past year</th>
<th>From 1 to 2 years</th>
<th>From 2 to 5 years</th>
<th>More than 5 years</th>
<th>Never had routine check-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-39</td>
<td>64.0%</td>
<td>15.2%</td>
<td>9.4%</td>
<td>9.7%</td>
<td>1.8%</td>
</tr>
<tr>
<td>40-64</td>
<td>75.8%</td>
<td>12.2%</td>
<td>7.6%</td>
<td>3.8%</td>
<td>0.6%</td>
</tr>
<tr>
<td>65+</td>
<td>87.8%</td>
<td>5.9%</td>
<td>3.1%</td>
<td>2.2%</td>
<td>1.0%</td>
</tr>
</tbody>
</table>
Time Since Last Dentist Visit

**How long has it been since you last visited a dentist for a routine check-up (a general exam, not for a specific problem)?**

Dentist

1 = Within the past year
2 = From 1 to 2 years
3 = From 2 to 5 years
4 = More than 5 years
5 = Never had a routine check-up

**Last Visit to Dentist: By Gender**

**Last Visit to Dentist: By Age**
**Story County**

- Within the past year: 71.9%
- From 1 to 2 years: 11.6%
- From 2 to 5 years: 9.1%
- 5+ years: 6.6%
- Never had routine check up: 0.9%

**Ames**

- Within the past year: 72.8%
- From 1 to 2 years: 10.3%
- From 2 to 5 years: 9.6%
- 5+ years: 6.5%
- Never had routine check up: 0.8%

**Outside Ames**

- Within the past year: 69.5%
- From 1 to 2 years: 14.4%
- From 2 to 5 years: 6.9%
- 5+ years: 8.2%
- Never had routine check up: 1.0%
Mammogram During the Past Two Years

Have you had any of the following health screening tests during the past two years: mammogram (women only)?

1 = Yes  
2 = No  
3 = Does not apply

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting

• Female residents reporting that they had a mammogram in the last 2 years has decreased in Story County by about 9% between 2005 and 2010.*
Prostate Screening During the Past Two Years

Have you had any of the following health screening tests during the past two years: prostate (men only)?

1 = Yes  
2 = No  
3 = Does not apply

Prostate

Outside Ames

Prostate: By Age

18-39  40-64  65+

14.6%  51.6%  70.3%
Have you had any of the following health screening tests during the past two years: digital rectal exam?

1 = Yes
2 = No
3 = Does not apply

Digital Rectal: By Age

Digital Rectal: By Gender

Digital Rectal
Colonoscopy Exam During the Past Two Years

Have you had any of the following health screening tests during the past two years: colonoscopy exam?

1 = Yes
2 = No
3 = Does not apply

Colonoscopy: By Age

Colonoscopy: By Gender
Traveling for Health Care

During the past 12 months, have you ever traveled outside of Story County to obtain health care?

1 = Yes  
2 = No

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting

• Higher percentage of residents living outside of Ames travel outside of the County for their health care.*
• Low income residents are more likely to leave the county for their health care needs.*

By Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-39</td>
<td>23.9%</td>
</tr>
<tr>
<td>40-64</td>
<td>22.8%</td>
</tr>
<tr>
<td>65+</td>
<td>24.7%</td>
</tr>
</tbody>
</table>

By Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>29.5%</td>
</tr>
<tr>
<td>Male</td>
<td>17.9%</td>
</tr>
</tbody>
</table>

By Location

<table>
<thead>
<tr>
<th>Location</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outside Ames</td>
<td>31.6%</td>
</tr>
<tr>
<td>Ames</td>
<td>19.9%</td>
</tr>
<tr>
<td>Story County</td>
<td>23.7%</td>
</tr>
</tbody>
</table>
By Income Level

- **$200,000 or more**: 18.5%
- **$150,000-$199,999**: 24.7%
- **$125,000-$149,999**: 11.5%
- **$100,000-$124,000**: 22.8%
- **$75,000-$99,999**: 17.7%
- **$50,000-$74,000**: 20.9%
- **$25,000-$49,000**: 25.1%
- **Under $25,000**: 28.1%
Reasons for Traveling for Health Care

IF YES: Why did you travel outside of Story County for your health care? (Circle all that apply)

1 = Personal preference
2 = Referred by local medical practitioner
3 = Lack of available care in Story County
4 = To obtain a second opinion
5 = Other:

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting

- Of respondents that say they leave Story County for their health care needs reported that it was because of personal preferences.*

By Location

<table>
<thead>
<tr>
<th>Reason</th>
<th>Outside Ames</th>
<th>Ames</th>
<th>Story County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obtain 2nd opinion</td>
<td>4.1%</td>
<td>6.2%</td>
<td>5.3%</td>
</tr>
<tr>
<td>Lack of available care</td>
<td>17.1%</td>
<td>11.8%</td>
<td>13.9%</td>
</tr>
<tr>
<td>Referred by local medical practitioner</td>
<td>27.7%</td>
<td>13.3%</td>
<td>19.1%</td>
</tr>
<tr>
<td>Personal preference</td>
<td>61.8%</td>
<td>65.2%</td>
<td>64.0%</td>
</tr>
</tbody>
</table>
By Gender

![Gender Bar Chart]

By Age

![Age Bar Chart]
Difficulty Finding a Doctor

The statements in the table below relate to your access to health care in Story County during the past 12 months. Please indicate the extent to which you disagree or agree with these statements by circling one response for each question.

You needed medical care but had difficulty finding a doctor.

1 = Strongly disagree
2 = Disagree
3 = Unsure
4 = Agree
5 = Strongly agree

By Income

- Strongly disagree
- Disagree
- Unsure
- Agree
- Strongly agree

[Bar chart showing the by-income distribution of responses for difficulty finding a doctor.]
Difficulty Accessing Mental Care

The statements in the table below relate to your access to health care in Story County during the past 12 months. Please indicate the extent to which you disagree or agree with these statements by circling one response for each question.

You needed mental health care but had difficulty accessing it.
1 = Strongly disagree  
2 = Disagree  
3 = Unsure  
4 = Agree  
5 = Strongly agree

By Income

Strongly disagree | Disagree | Unsure | Agree | Strongly agree
Difficulty Getting an Appointment

The statements in the table below relate to your access to health care in Story County during the past 12 months. Please indicate the extent to which you disagree or agree with these statements by circling one response for each question.

You had difficulty getting an appointment to see a doctor.
- 1 = Strongly disagree
- 2 = Disagree
- 3 = Unsure
- 4 = Agree
- 5 = Strongly agree

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting

- There has been a 5% increase in the difficulty of making an appointment to see a doctor between 2005 and 2010.*
- Cost (including prescription drugs) and difficulty in getting appointments were main barriers to health care and are significantly higher than 2005 data.*
- Expand the free medical service facility in Ames in order to eliminate long waiting times.**
- Connect primary care with mental health.***

By Income

Strongly disagree  Disagree  Unsure  Agree  Strongly agree

<table>
<thead>
<tr>
<th>Income</th>
<th>0.0%</th>
<th>10.0%</th>
<th>20.0%</th>
<th>30.0%</th>
<th>40.0%</th>
<th>50.0%</th>
<th>60.0%</th>
<th>70.0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under $25K</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$25K-$49K</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$50K-$74K</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$75K-$99,999</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$100K-$124K</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$125K-$149,999</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$150K-$199,999</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$200K+</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Story County

- Strongly disagree: 3.6%
- Disagree: 10.4%
- Unsure: 1.3%
- Agree: 4.0%
- Strongly agree: 52.9%

Ames

- Strongly disagree: 4.0%
- Disagree: 31.5%
- Unsure: 11.0%
- Agree: 1.3%
- Strongly agree: 52.2%

Outside Ames

- Strongly disagree: 2.7%
- Disagree: 8.7%
- Unsure: 1.3%
- Agree: 32.8%
- Strongly agree: 54.5%
Could Not Afford to See a Doctor

The statements in the table below relate to your access to health care in Story County during the past 12 months. Please indicate the extent to which you disagree or agree with these statements by circling one response for each question.

You needed to see a doctor but could not because of the cost.

1 = Strongly disagree
2 = Disagree
3 = Unsure
4 = Agree
5 = Strongly agree

By Income

- Strongly disagree
- Disagree
- Unsure
- Agree
- Strongly agree

[Graph showing the distribution of responses by income level]
Could Not Afford Prescription Medicine

The statements in the table below relate to your access to health care in Story County during the past 12 months. Please indicate the extent to which you disagree or agree with these statements by circling one response for each question.

You needed a prescription medicine but did not get it because you could not afford it.

1 = Strongly disagree
2 = Disagree
3 = Unsure
4 = Agree
5 = Strongly agree

Highlighted - Key Findings — *Survey, **Focus Group, ***Community Meeting

- Cost (including prescription drugs) and difficulty in getting appointments were main barriers to health care and are significantly higher than 2005 data.*

By Income

![Bar chart showing the distribution of responses by income level, with categories from Under $25K to $200K+ and response options from Strongly disagree to Strongly agree.](image-url)
Story County

Strongly disagree
Disagree
Unsure
Agree
Strongly agree

Ames

Outside Ames
Lack of Transportation

The statements in the table below relate to your access to health care in Story County during the past 12 months. Please indicate the extent to which you disagree or agree with these statements by circling one response for each question.

Lack of transportation made it difficult or prevented you from seeing a doctor.

1 = Strongly disagree
2 = Disagree
3 = Unsure
4 = Agree
5 = Strongly agree

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting

- Since 2005, residents report that transportation has improved and is not as large of a barrier to access to health care as it had been in the past.*
Story County

69.2%
23.1%
5.5%
1.1%
1.1%
Strongly disagree
Disagree
Unsure
Agree
Strongly agree

Ames

71.1%
21.1%
7.0%
0.4%
0.4%
Strongly disagree
Disagree
Unsure
Agree
Strongly agree

Outside Ames

64.9%
27.4%
2.2%
2.9%
2.6%
Strongly disagree
Disagree
Unsure
Agree
Strongly agree
All Difficulties or Delays in Receiving Health Care

The statements in the table below relate to your access to health care in Story County during the past 12 months. Please indicate the extent to which you disagree or agree with these statements by circling one response for each question.

You experienced difficulties or delays in receiving needed health care for ANY reason.

1 = Strongly disagree
2 = Disagree
3 = Unsure
4 = Agree
5 = Strongly agree

By Income

- Strongly disagree
- Disagree
- Unsure
- Agree
- Strongly agree
Insurance Coverage
Type of Health Insurance

What type of health insurance coverage do you have? (Choose all that apply)

1 = No health insurance
2 = Insurance through employer (through your job or the job of a family member)
3 = Private health insurance
4 = Government program (Medicare, Medicaid, IowaCare, etc.)
5 = Other:

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting

• Story County reports 93% of residents with some sort of health care coverage versus 90% at the state level and 85% at the national level.*
• Between 2005 and 2010 individuals using employer based and private has increased 25% and 10%, respectively.*
• Government programs such as Medicare, Medicaid, IowaCare, etc. have decreased 13% and COBRA insurance has decreased dramatically by 15%.*
• Address issues with access to healthcare for the uninsured***

Insurance Coverage: By Age

No Health Insurance

With Insurance

18-39 years old
40-64 years old
65+ years old
Does your health insurance cover the following?

Mental health treatment

1 = Yes  
2 = No  
3 = Don’t know

**Highlighted- Key Findings** — *Survey, **Focus Group, **Community Meeting

- Those reporting that they had no means of insurance coverage has increased 5% since 2005.*

**Mental Health Treatment**

By Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-39 years old</td>
<td>65.3%</td>
</tr>
<tr>
<td>40-64 years old</td>
<td>70.4%</td>
</tr>
<tr>
<td>65+ years</td>
<td>47.4%</td>
</tr>
</tbody>
</table>

By Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>61.7%</td>
</tr>
<tr>
<td>Male</td>
<td>61.6%</td>
</tr>
</tbody>
</table>
Coverage for Substance Abuse Treatment

Does your health insurance cover the following?

Substance abuse treatment

1 = Yes
2 = No
3 = Don’t know

By Gender

By Age

Substance Abuse Treatment

Story County

Ames

Outside Ames
Coverage for Physical, Occupational and Speech Therapy

*Does your health insurance cover the following?*

Physical therapy, occupational therapy, speech therapy

1 = Yes  
2 = No  
3 = Don’t know

**By Gender**

- Female: 76.9%  
- Male: 80.5%

**By Age**

- 18-39 years old: 65.6%  
- 40-64 years old: 83.8%  
- 65+ years: 79.2%

**Physical, Occupational or Speech Therapy**

- Story County: 65.9%  
- Ames: 78.6%  
- Outside Ames: 78.5%
**Coverage for Prescription Drugs**

*Does your health insurance cover the following?*

Prescription drugs

1 = Yes  
2 = No  
3 = Don’t know

---

**By Age**

- 18-39 years old: 97.1%
- 40-64 years old: 96.2%
- 65+ years: 90.1%

---

**By Gender**

- Female: 95.3%
- Male: 93.4%

---

**Prescription Drugs**

- Story County: 96.6%
- Ames: 93.9%
- Outside Ames: 94.9%
Coverage for Dental Care

Does your health insurance cover the following?

Dental care
1 = Yes
2 = No
3 = Don’t know

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting

- Residents reporting that they had dental coverage in Story County has increased by 33% from 2005 to 2010.*
- Individuals ages 18-39 reporting that they have dental coverage has increased by 40.5% and individuals 40-64 year olds by 51% while those 65+ have decreased by 20%.*

By Age

- 18-39 years old: 74.5%
- 40-64 years old: 76.9%
- 65+ years: 40.7%

By Gender

- Female: 66.0%
- Male: 62.7%

Dental Care

- Story County: 67.3%
- Ames: 66.2%
- Outside Ames: 60.7%
CHILD/DEPENDENT HEALTH
Children in Household

*Please record the number of children living in your household for each of the following age categories:*

- _____ Less than 1 year
- _____ 1 to 2 years
- _____ 3 to 5 years
- _____ 6 to 13 years
- _____ 14 to 17 years

**Highlighted - Key Findings** — *Survey, **Focus Group, ***Community Meeting*

- The highest percentage of kids in Story County are ages 6-13.*

<table>
<thead>
<tr>
<th>Age</th>
<th>%</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 year</td>
<td>15.7</td>
<td>1 – 2</td>
</tr>
<tr>
<td>1 to 2 years</td>
<td>28.8</td>
<td>1 – 2</td>
</tr>
<tr>
<td>3 to 5 years</td>
<td>26.8</td>
<td>1 – 2</td>
</tr>
<tr>
<td>6 to 13 years</td>
<td>56.3</td>
<td>1 – 4</td>
</tr>
<tr>
<td>14 to 17 years</td>
<td>25.9</td>
<td>1 – 3</td>
</tr>
</tbody>
</table>
Time Since Last Doctor Visit for Children

*How long has it been, on average, since your child/children last visited a doctor for a routine check-up (a general exam, not for a specific problem)?*

a. Doctor/physician assistant/nurse practitioner or other medical professional

<table>
<thead>
<tr>
<th>Last visited</th>
<th>Doctor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within the past year</td>
<td>92.8</td>
</tr>
<tr>
<td>1 to 2 years</td>
<td>6.6</td>
</tr>
<tr>
<td>2 to 5 years</td>
<td>0.5</td>
</tr>
<tr>
<td>More than 5 years</td>
<td>0.2</td>
</tr>
<tr>
<td>Never had a routine check-up</td>
<td>–</td>
</tr>
</tbody>
</table>

**Highlighted - Key Findings** — *Survey, **Focus Group, ***Community Meeting*

- 99% of children reported having seen a doctor within the past 2 years for a routine checkup.*
Time Since Last Dentist Visit for Children

How long has it been, on average, since your child/children last visited a dentist for a routine check-up (a general exam, not for a specific problem)?

a. Dentist
1 = Within the past year
2 = From 1 to 2 years
3 = From 2 to 5 years
4 = More than 5 years
5 = Never had a routine check-up

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting

• Over 25% of children have never had a routine checkup, however some of the responses may include children younger than the age when checkups typically begin.*

<table>
<thead>
<tr>
<th>Last visited</th>
<th>Dentist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within the past year</td>
<td>71.1</td>
</tr>
<tr>
<td>1 to 2 years</td>
<td>2.1</td>
</tr>
<tr>
<td>2 to 5 years</td>
<td>0.4</td>
</tr>
<tr>
<td>More than 5 years</td>
<td>–</td>
</tr>
<tr>
<td>Never had a routine check-up</td>
<td>26.4</td>
</tr>
</tbody>
</table>
Health Insurance Coverage for Children

Are all children under 18 living in your household covered by some type of health insurance?

1 = Yes
2 = No

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting

- The percent of children covered by health insurance living outside of Ames is 3.6% less than those in Ames.*
Children Diagnosis

*Has a doctor or other health professional ever told you that any of the children in your household had asthma?*

1 = Yes  
2 = No

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma</td>
<td>12.3%</td>
</tr>
<tr>
<td>Type 2 diabetes</td>
<td>–</td>
</tr>
<tr>
<td>Overweight</td>
<td>2.6%</td>
</tr>
</tbody>
</table>
Children’s Access to Medical/Dental Care

Was there a time in the past 12 months when you needed medical care for your child/children but could not get it?

1 = Yes
2 = No

<table>
<thead>
<tr>
<th>Service</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical care</td>
<td>1.8</td>
</tr>
<tr>
<td>Dental care</td>
<td>2.9</td>
</tr>
</tbody>
</table>
Barriers to Children’s Health Care

If you answered “yes” to either of the previous two questions, what are the main reasons you could not get medical/dental care for your child/children? (Circle all that apply)

1 = High cost
2 = Distance
3 = Office wasn’t open when I could get there
4 = Too long a wait for an appointment
5 = No transportation
6 = No access for persons with disabilities
7 = Communication problem/language

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Cost</td>
<td>64.6%</td>
</tr>
<tr>
<td>Too long a wait for an appointment</td>
<td>30.6%</td>
</tr>
<tr>
<td>Office wasn’t open when I could get there</td>
<td>14.5%</td>
</tr>
<tr>
<td>Distance</td>
<td>4.8%</td>
</tr>
</tbody>
</table>
**Child Care**

*Which of the following services does your family currently use for your children?*

- Child care
  - 1 = Use
  - 2 = Do not use

---

**Child Care by Location**

- Story County: 27.0%
- Ames: 26.5%
- Outside Ames: 28.0%

---

**Child Care by Age**

- 18-39: 49.3%
- 40-64: 10.2%

---

**Child Care by Gender**

- Female: 29.1%
- Male: 25.2%
Preschool

Which of the following services does your family currently use for your children?

Preschool
1 = Use
2 = Do not use

Preschool by Age

Preschool by Location

Preschool by Gender
**Before/After-school Program**

*Which of the following services does your family currently use for your children?*

Before/after-school program
1 = Use
2 = Do not use

---

**Before/Afterschool Program by Age**

- **18-39**: 6.2%
- **40-64**: 6.9%
- **65+**: 25.0%

---

**Before/Afterschool Program by Location**

- **Story County**: 7.4%
- **Ames**: 9.2%
- **Outside Ames**: 4.9%

---

**Before/Afterschool Program by Gender**

- **Female**: 7.1%
- **Male**: 7.9%
Which of the following services does your family currently use for your children?

Child care assistance through DHS
1 = Use
2 = Do not use
Which of the following services does your family currently use for your children?

Child health specialty clinics
1 = Use
2 = Do not use

Specialty Clinics by Location

Specialty Clinics by Age

Specialty Clinics by Gender
Dental Care Clinics

Which of the following services does your family currently use for your children?

Dental care clinics
1 = Use
2 = Do not use

Dental Care Clinics by Gender

Dental Care Clinics by Location

Dental Care Clinics by Age
Family Support/Home Visitation Services

*Which of the following services does your family currently use for your children?*

- Family support/home visitation services
  - 1 = Use
  - 2 = Do not use

---

**Family Support or Home Visitation Services by Gender**

- Female: 1.6%
- Male: 1.2%

---

**Family Support or Home Visitation Services by Location**

- Story County: 1.7%
- Ames: 1.5%
- Outside Ames: 2.1%

---

**Family Support or Home Visitation Services by Age**

- 18-39: 1.4%
- 40-64: 1.6%
- 65+: 6.3%
Hawk-I (Child Health Insurance)

Which of the following services does your family currently use for your children?

Hawk-I (child health insurance)
1 = Use
2 = Do not use

Hawk-I by Gender

Hawk-I by Location

Hawk-I by Age
Early ACCESS

Which of the following services does your family currently use for your children?

Early ACCESS
1 = Use
2 = Do not use

Early ACCESS by Gender

Early ACCESS by Location

Early ACCESS by Age
Medicaid/Title XIX

Which of the following services does your family currently use for your children?

Medicaid/Title XIX
1 = Use
2 = Do not use

**Medicaid/Title XIX by Gender**

- Female: 16.5%
- Male: 7.9%

**Medicaid/Title XIX by Location**

- Story County: 12.6%
- Ames: 13.6%
- Outside Ames: 11.2%

**Medicaid/Title XIX by Age**

- 18-39: 16.4%
- 40-64: 9.0%
- 65+: 18.8%
How would you rate the availability of prenatal care in Story County?

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know
Availability of Child Care

How would you rate the availability of child care in Story County?

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

by Age

by Gender
Story County

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Story County</th>
<th>Ames</th>
<th>Outside Ames</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prenatal Care</td>
<td>4.12</td>
<td>4.15</td>
<td>4.06</td>
</tr>
<tr>
<td>Child Care</td>
<td>3.59</td>
<td>3.56</td>
<td>3.64</td>
</tr>
<tr>
<td>Preschool</td>
<td>3.81</td>
<td>3.88</td>
<td>3.71</td>
</tr>
<tr>
<td>Afterschool Programs</td>
<td>3.48</td>
<td>3.48</td>
<td>3.49</td>
</tr>
<tr>
<td>Family Support/Visitation</td>
<td>3.37</td>
<td>3.37</td>
<td>3.36</td>
</tr>
<tr>
<td>Home Education</td>
<td>3.33</td>
<td>3.32</td>
<td>3.36</td>
</tr>
</tbody>
</table>
Availability of Preschool

How would you rate the availability of preschool in Story County?

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

by Age

by Gender
How would you rate the availability of after-school programs in Story County?

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

by Age

by Gender
Availability of Family Support/Home Visitation Services

How would you rate the availability of family support/home visitation services in Story County?

Family support/home visitation services
1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

by Age

by Gender

Story County Health and Human Services Assessment 2010
How would you rate the availability of parenting education in Story County?

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

by Age
- 18-39
- 40-64
- 65+

by Gender
- Female
- Male

[Bar charts showing ratings by age and gender for different programs and services, including Parenting Education.]
**Servings of Fruit or Fruit Juices**

**How many servings of fruit/fruit juices did you eat/drink yesterday? (Circle one)**

0 1 2 3 4 or more servings

**Highlighted- Key Findings** — *Survey, **Focus Group, ***Community Meeting*

- Story County reported decreased consumption of fruit or fruit juice servings between 2005 and 2010 by 8%.*
- 61% of respondents reported that they had 2-4 servings of fruit/fruit juice the previous day.*

### Servings of Fruit by Age

<table>
<thead>
<tr>
<th>Age</th>
<th>No servings</th>
<th>One serving</th>
<th>Two servings</th>
<th>Three servings</th>
<th>Four servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>65+</td>
<td>6.3%</td>
<td>10.9%</td>
<td>24.1%</td>
<td>35.1%</td>
<td>19.2%</td>
</tr>
<tr>
<td>40-64</td>
<td>14.4%</td>
<td>31.5%</td>
<td>31.5%</td>
<td>17.0%</td>
<td>6.7%</td>
</tr>
<tr>
<td>18-39</td>
<td>30.8%</td>
<td>30.4%</td>
<td>30.8%</td>
<td>17.0%</td>
<td>7.3%</td>
</tr>
</tbody>
</table>

### Three or more servings of fruit a day

<table>
<thead>
<tr>
<th>Location</th>
<th>2010</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outside Ames</td>
<td>25.2%</td>
<td>35.0%</td>
</tr>
<tr>
<td>Ames</td>
<td>20.6%</td>
<td>31.0%</td>
</tr>
<tr>
<td>Story County</td>
<td>28.1%</td>
<td>36.0%</td>
</tr>
</tbody>
</table>
**Servings of Fruit by Gender**

![Pie chart showing servings of fruit by gender with percentages for no servings, one serving, two servings, three servings, and four servings for both males and females.]

**Servings of Fruit by Ames**

- No servings: 37.3%
- One serving: 25.2%
- Two servings: 20.3%
- Three servings: 7.8%
- Four servings: 9.4%

**Servings of Fruit by outside Ames**

- No servings: 30.6%
- One serving: 15.8%
- Two servings: 13.3%
- Three servings: 4.8%
- Four servings: 35.6%

**Servings of Fruit by Story County**

- No servings: 18.6%
- One serving: 34.6%
- Two servings: 11.0%
- Three servings: 6.6%
- Four servings: 29.2%
Servings of Dark Green or Orange Vegetables

How many servings of dark green or orange vegetables (e.g. carrots, spinach, broccoli, or sweet potatoes) did you eat/drink yesterday? (Circle one response for each)

0 1 2 3 4 or more servings

Servings of Dark Green/Orange Vegetables by Age

Servings of Dark Green/Orange Vegetables by Gender
Servings of Dark Green/Orange Vegetables by Story County

- No servings: 5.3%
- One serving: 20.1%
- Two servings: 29.3%
- Three servings: 29.5%
- Four servings: 35.5%

Servings of Dark Green/Orange Vegetables by Outside Ames

- No servings: 7.7%
- One serving: 24.9%
- Two servings: 34.3%
- Three servings: 29.7%
- Four servings: 6.4%

Servings of Dark Green/Orange Vegetables by Ames

- No servings: 10.9%
- One serving: 36.3%
- Two servings: 29.3%
- Three servings: 6.4%
- Four servings: 17.1%
Servings of Other Vegetables

How many servings of other vegetables (e.g. potatoes, corn, onion, peas) did you eat/drink yesterday? (Circle one response for each)

0 1 2 3 4 or more servings

Servings of Other Vegetables by Age

Servings of Other Vegetables by Gender

Story County Health and Human Services Assessment 2010
Servings of Other Vegetables by Story County

- No servings: 29.6%
- One serving: 46.2%
- Two servings: 6.5%
- Three servings: 15.1%
- Four servings: 2.6%

Servings of Other Vegetables by Ames

- No servings: 27.7%
- One serving: 46.7%
- Two servings: 16.1%
- Three servings: 6.5%
- Four servings: 3.0%

Servings of Other Vegetables by Outside Ames

- No servings: 32.5%
- One serving: 45.5%
- Two servings: 13.6%
- Three servings: 6.5%
- Four servings: 1.9%
Water Consumption

How many glasses (8-oz) of water do you drink daily?

Glasses of water per day by age

Glasses of water per day by gender

Glasses of water per day by location
In a typical week, how often do you eat out?

Eating out by location

Eating out by gender

Eating out by age
Sources for Fresh Produce

*Where do you typically buy or obtain your fresh produce? (Circle all that apply)*

1 = Grocery store
2 = Organic grocery store
3 = Farmers market
4 = Local food pantry
5 = Grow my own
6 = Other:

---

**Where produce is obtained by location**

- **Other**: 1.3% Outside Ames, 17.0% Ames, 22.7% Story County
- **Grow my own**: 0.6% Outside Ames, 17.0% Ames, 22.7% Story County
- **Local food pantry**: 1.4% Outside Ames, 19.2% Ames, 21.1% Story County
- **Farmers market**: 18.0% Outside Ames, 23.0% Ames, 21.1% Story County
- **Organic grocery store**: 3.5% Outside Ames, 13.2% Ames, 9.7% Story County
- **Grocery store**: 99.0% Outside Ames, 98.3% Ames, 98.6% Story County
**Time as a Barrier to Eating Properly**

*How much do the following factors prevent you from eating properly? (Circle one response for each)*

- Time
  - 1 = Not at all
  - 2 = A little
  - 3 = Some
  - 4 = Quite a bit
  - 5 = Very much

**Highlighted Key Findings** — *Survey, **Focus Group, ***Community Meeting*

- No reason stood out above the rest as the main factor that prevented a respondent from eating properly.

**Food factors by location**

<table>
<thead>
<tr>
<th>Category</th>
<th>Outside Ames</th>
<th>Ames</th>
<th>Story County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preference</td>
<td>2.23</td>
<td>2.13</td>
<td>2.17</td>
</tr>
<tr>
<td>Convenience</td>
<td>2.50</td>
<td>2.45</td>
<td>2.47</td>
</tr>
<tr>
<td>Access to good food</td>
<td>1.66</td>
<td>1.56</td>
<td>1.60</td>
</tr>
<tr>
<td>Cost</td>
<td>2.09</td>
<td>1.86</td>
<td>1.95</td>
</tr>
<tr>
<td>Time</td>
<td>2.45</td>
<td>2.43</td>
<td>2.44</td>
</tr>
</tbody>
</table>
Cost as a Barrier to Eating Properly

How much do the following factors prevent you from eating properly? (Circle one response for each)

Cost
1 = Not at all
2 = A little
3 = Some
4 = Quite a bit
5 = Very much

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting

• No reason stood out above the rest as the main factor that prevented a respondent from eating properly.*

Food factors by location

Preference
Convenience
Access to good food
Cost
Time

Outside Ames  Ames  Story County
Access to Good Food as a Barrier to Eating Properly

How much do the following factors prevent you from eating properly? (Circle one response for each)

Access to Good Food
1 = Not at all
2 = A little
3 = Some
4 = Quite a bit
5 = Very much

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting

- No reason stood out above the rest as the main factor that prevented a respondent from eating properly.*
Food factors by gender

- Preference
- Convenience
- Access to good food
- Cost
- Time

Food factors by age

- Preference
- Convenience
- Access to good food
- Cost
- Time

Legend:
- Male
- Female

Legend:
- 65+
- 40-64
- 18-39
Convenience as a Barrier to Eating Properly

*How much do the following factors prevent you from eating properly? (Circle one response for each)*

Convenience
1 = Not at all
2 = A little
3 = Some
4 = Quite a bit
5 = Very much

*Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting*

- No reason stood out above the rest as the main factor that prevented a respondent from eating properly.*
Preference as a Barrier to Eating Properly

How much do the following factors prevent you from eating properly? (Circle one response for each)

- Preference
  - 1 = Not at all
  - 2 = A little
  - 3 = Some
  - 4 = Quite a bit
  - 5 = Very much

Highlighted - Key Findings — *Survey, **Focus Group, ***Community Meeting

- No reason stood out above the rest as the main factor that prevented a respondent from eating properly.*

Food factors by location

- Preference
  - Outside Ames: 2.23
  - Ames: 2.13
  - Story County: 2.17

- Convenience
  - Outside Ames: 2.50
  - Ames: 2.45
  - Story County: 2.47

- Access to good food
  - Outside Ames: 1.66
  - Ames: 1.56
  - Story County: 1.60

- Cost
  - Outside Ames: 2.09
  - Ames: 1.86
  - Story County: 1.95

- Time
  - Outside Ames: 2.45
  - Ames: 2.43
  - Story County: 2.44
Food factors by gender

- Preference
- Convenience
- Access to good food
- Cost
- Time

Food factors by age

- Preference
- Convenience
- Access to good food
- Cost
- Time

Gender: Male
Female

Age groups: 65+, 40-64, 18-39
Usage of Programs Such as Meals on Wheels

**Have you ever used any of the following community resources for food?**

Home delivered meals (such as Meals on Wheels)
1 = Yes
2 = No

**Use of community resources by location**

- **Home delivered meals**
  - Story County: 2.7%
  - Ames: 2.1%
  - Outside Ames: 3.7%

- **Congregate meals (elderly)**
  - Story County: 2.5%
  - Ames: 1.5%
  - Outside Ames: 4.1%

- **Local food pantry**
  - Story County: 4.8%
  - Ames: 1.6%
  - Outside Ames: 5.2%

- **Food pantry in another community**
  - Story County: 1.5%
  - Ames: 4.0%
  - Outside Ames: 1.7%

- **Community meals offered by churches or civic groups**
  - Story County: 7.0%
  - Ames: 5.7%
  - Outside Ames: 8.9%
Use of community resources by gender

- Home delivered meals: 3.6% Female, 1.7% Male
- Congregate meals (elderly): 3.3% Female, 1.5% Male
- Local food pantry: 6.5% Female, 3.1% Male
- Food pantry in another community: 2.3% Female, 0.7% Male
- Community meals offered by churches or civic groups: 7.3% Female, 6.8% Male

Use of community resources by age

- Home delivered meals: 0.4% Female 18-39, 0.5% Male 18-39, 0.3% Female 40-64, 0.3% Male 40-64, 4.9% Female 65+, 5.7% Male 65+
- Congregate meals (elderly): 7.1% Female 18-39, 7.1% Male 18-39, 4.9% Female 40-64, 4.9% Male 40-64, 2.2% Female 65+, 2.2% Male 65+
- Local food pantry: 4.9% Female 18-39, 3.6% Male 18-39, 1.6% Female 40-64, 1.6% Male 40-64, 1.0% Female 65+, 1.0% Male 65+
- Food pantry in another community: 2.2% Female 18-39, 1.6% Male 18-39, 1.0% Female 40-64, 1.0% Male 40-64, 0.7% Female 65+, 1.0% Male 65+
- Community meals offered by churches or civic groups: 6.8% Female 18-39, 6.0% Male 18-39, 6.0% Female 40-64, 4.9% Male 40-64, 9.8% Female 65+, 6.0% Male 65+
Usage of Congregate Meals (Elderly)

Have you ever used any of the following community resources for food?

Congregate meals (elderly)
1 = Yes
2 = No

Use of community resources by location
Use of community resources by gender

Use of community resources by age
Usage of Local Food Pantry

Have you ever used any of the following community resources for food?

- Local food pantry
  - 1 = Yes
  - 2 = No

Use of community resources by location

- Home delivered meals: 2.7%
- Congregate meals (elderly): 2.1%
- Local food pantry: 4.1%
- Food pantry in another community: 4.8%
- Community meals offered by churches or civic groups: 5.2%

Legend:
- Story County
- Ames
- Outside Ames
Usage of Other Food Pantries

Have you ever used any of the following community resources for food?

- Food pantry in another community
  - 1 = Yes
  - 2 = No

Use of community resources by location

<table>
<thead>
<tr>
<th>Resource</th>
<th>Story County</th>
<th>Ames</th>
<th>Outside Ames</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home delivered meals</td>
<td>2.7%</td>
<td>3.7%</td>
<td></td>
</tr>
<tr>
<td>Congregate meals (elderly)</td>
<td>2.5%</td>
<td>1.5%</td>
<td></td>
</tr>
<tr>
<td>Local food pantry</td>
<td>4.8%</td>
<td>5.2%</td>
<td>4.1%</td>
</tr>
<tr>
<td>Food pantry in another community</td>
<td>1.5%</td>
<td>1.4%</td>
<td>1.7%</td>
</tr>
<tr>
<td>Community meals offered by churches or civic groups</td>
<td>7.0%</td>
<td>5.7%</td>
<td></td>
</tr>
</tbody>
</table>
Use of community resources by gender

Use of community resources by age

Story County Health and Human Services Assessment 2010
Usage of Community Meals

Have you ever used any of the following community resources for food?

Community meals offered by churches or civic groups
1 = Yes
2 = No

Use of community resources by location

- Home delivered meals
- Congregate meals (elderly)
- Local food pantry
- Food pantry in another community
- Community meals offered by churches or civic groups

Legend:
- Story County
- Ames
- Outside Ames
Frequency of Hunger Because of Inability to Afford Food

*IF YES* [to “In the past 12 months, have you ever been hungry because you could not afford to buy food?”]: How often has this happened?

1 = Once a week  
2 = Twice a week  
3 = Three or more times a week

**How often by age**

**How often by income**
Hunger Because of Inability to Afford Food

In the past 12 months, have you ever been hungry because you could not afford to buy food?

1 = Yes
2 = No

Could not afford to buy food by gender

Could not afford to buy food by location

Could not afford to buy food by age
Could not afford to buy food by income

- Under $25,000: 11.8%
- $25,000-$49,999: 1.7%
- $50,000-$74,999: 1.6%
- $75,000-$99,999: 0.5%

How often by gender

- Once a week:
  - Female: 68.4%
  - Male: 90.0%
- Twice a week:
  - Female: 21.1%
  - Male: 10.5%
- Three or more times a week:
  - Female: 10.0%
  - Male: 10.0%
**Children Hungry Because of Inability to Afford Food**

*Do children within your household ever go hungry because you cannot afford to buy food?*

1 = Yes
2 = No
3 = No children in my household

### Children go hungry by gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>1.1%</td>
</tr>
<tr>
<td>Male</td>
<td>0.6%</td>
</tr>
</tbody>
</table>

### Children go hungry by income

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under $25,000</td>
<td>6.3%</td>
</tr>
<tr>
<td>$25,000-$49,999</td>
<td>2.6%</td>
</tr>
</tbody>
</table>

### Children go hungry by location

<table>
<thead>
<tr>
<th>Location</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Story County</td>
<td>0.8%</td>
</tr>
<tr>
<td>Ames</td>
<td>0.5%</td>
</tr>
<tr>
<td>Outside Ames</td>
<td>1.4%</td>
</tr>
</tbody>
</table>
Exercise
Participation in Physical Activities

*During the past month did you participate in any physical activities or exercises, such as running, calisthenics, golf, gardening, or walking for exercise? (Do not include exercise you get at your job.)*

1 = Yes  
2 = No

### By Gender

![Gender Participation Chart]

### By Age

18-39 years old  
40-64 years old  
65+ years

![Age Participation Chart]
Story County

- Yes: 90.7%
- No: 9.3%

Ames

- Yes: 92.7%
- No: 7.3%

Outside Ames

- Yes: 86.2%
- No: 13.8%
When you are at work, which of the following best describes what you do?

1 = Mostly sitting
2 = Mostly standing
3 = Mostly walking
4 = Mostly heavy labor or physically demanding work
5 = NOT EMPLOYED

### Story County

- Mostly sitting: 49.2%
- Mostly standing: 22.1%
- Mostly walking: 17.7%
- Mostly heavy labor or physical demanding work: 11.0%

### Ames

- Mostly sitting: 92.7%
- Mostly standing: 7.3%

### Outside Ames

- Mostly standing: 43.0%
- Mostly walking: 27.1%
- Mostly heavy labor or physical demanding work: 20.0%
Amount of Physical Activity

The following questions ask about your participation in moderate and vigorous physical activity when you are not working. Moderate activities are those that cause small increases in breathing or heart rate, such as brisk walking, bicycling, vacuuming, gardening, etc.

In a typical week, how often do you do moderate activities (outside of work) for at least 10 minutes at a time?

______ Number of days per week  ______ Number of minutes per day

Vigorous activities are activities that cause large increases in breathing or heart rate, such as running, aerobics, heavy yard work, etc. Vigorous activities generally last for at least 10 minutes at a time.

In a typical week, how often do you do vigorous activities (outside of work) for at least 10 minutes at a time?

______ Number of days per week  ______ Number of minutes per day

Highlighted - Key Findings — *Survey, **Focus Group, ***Community Meeting

• Of those who said they had exercised in the past week, only 67% actually met the recommended amount of minutes.*

• Of those that said they had exercised in the past week, only 38% exercised the recommended amount of at least 3 days.*

By Age

<table>
<thead>
<tr>
<th>Age</th>
<th>18-39 years old</th>
<th>40-64 years old</th>
<th>65+ years</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Days</td>
<td>10.4%</td>
<td>15.4%</td>
<td>35.4%</td>
</tr>
<tr>
<td>1 Day</td>
<td>28.8%</td>
<td>33.8%</td>
<td>32.9%</td>
</tr>
<tr>
<td>2 Days</td>
<td>41.2%</td>
<td>34.7%</td>
<td>31.0%</td>
</tr>
<tr>
<td>3+ Days</td>
<td>10.4%</td>
<td>16.9%</td>
<td>32.9%</td>
</tr>
</tbody>
</table>
Sleep/Stress
Amount of Sleep

**How many hours of sleep do you usually get at night?**

1 = 3 or fewer hours  
2 = 4 to 6 hours  
3 = 7 to 9 hours  
4 = 10 or more hours

### By Gender

<table>
<thead>
<tr>
<th>Amount of Sleep</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 or fewer hours</td>
<td>1.3%</td>
<td>0.7%</td>
</tr>
<tr>
<td>4 to 6 hours</td>
<td>28.4%</td>
<td>31.1%</td>
</tr>
<tr>
<td>7 to 9 hours</td>
<td>69.6%</td>
<td>66.8%</td>
</tr>
<tr>
<td>10 or more hours</td>
<td>0.6%</td>
<td>1.4%</td>
</tr>
</tbody>
</table>

### By Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>18-39 years old</th>
<th>40-64 years old</th>
<th>65+ years</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 or fewer hours</td>
<td>0.7%</td>
<td>24.0%</td>
<td>33.0%</td>
</tr>
<tr>
<td>4 to 6 hours</td>
<td>29.3%</td>
<td>74.2%</td>
<td>55.1%</td>
</tr>
<tr>
<td>7 to 9 hours</td>
<td>68.6%</td>
<td>20.0%</td>
<td>11.9%</td>
</tr>
<tr>
<td>10 or more hours</td>
<td>1.1%</td>
<td>0.7%</td>
<td>1.2%</td>
</tr>
</tbody>
</table>
How would you rank your stress level?

1 = No stress
2 = Low stress
3 = Manageable amount of stress
4 = High stress
5 = Unmanageable amount of stress

### Story County

- No Stress: 56.1%
- Low Stress: 15.8%
- Manageable amount of stress: 24.3%
- High stress: 0.6%
- Unmanageable amount of stress: 3.2%

### Outside Ames

- No Stress: 55.4%
- Low Stress: 26.7%
- Manageable amount of stress: 14.4%
- High stress: 2.7%
- Unmanageable amount of stress: 0.8%

### Ames

- No Stress: 56.4%
- Low Stress: 23.1%
- Manageable amount of stress: 16.6%
- High stress: 3.4%
- Unmanageable amount of stress: 0.5%
Restedness

Do you feel rested most days?

1 = Yes
2 = No

By Location

- Outside Ames: 68.4%
- Ames: 70.8%
- Story County: 69.7%

By Gender

- Female: 68.3%
- Male: 71.8%

By Age

- 18-39 years old: 66.7%
- 40-64 years old: 66.5%
- 65+ years: 76.1%
Tobacco Use
Use of Cigars or Pipes

Do you smoke cigars or a pipe on a daily basis?

1 = Yes
2 = No

Location

Outside Ames: 3.5%
Ames: 2.3%
Story County: 2.7%

Gender

Female: 2.4%
Male: 3.2%

Age

18-39 years old: 1.5%
40-64 years old: 3.4%
65+ years: 2.6%
Use of Smokeless Tobacco

Do you use smokeless tobacco (chewing tobacco or snuff) on a daily basis?

1 = Yes
2 = No

Location

- Outside Ames: 2.9%
- Ames: 1.3%
- Story County: 1.9%

By Age

- 18-39 years old: 3.0%
- 40-64 years old: 1.4%
- 65+ years: 1.9%

Gender

- Female: 0.1%
- Male: 3.9%
Use of Cigarettes

Do you smoke cigarettes?
1 = Yes
2 = No

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting
• From 2005 to 2010 18-39 year old current smokers dropped from 17.6% to 12%
• 40-64 years old current smokers dropped from 15.8% to 11%
• 65+ year old current smokers increased by 0.9%*

Smoke Cigarettes: By Location

State of Iowa
Nation
Story County
Outside
Ames

<table>
<thead>
<tr>
<th>Location</th>
<th>2009</th>
<th>2010</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>State of Iowa</td>
<td>17.20%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nation</td>
<td>17.90%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Story County</td>
<td>11.0%</td>
<td>15.7%</td>
<td></td>
</tr>
<tr>
<td>Outside</td>
<td>13.9%</td>
<td>18.9%</td>
<td></td>
</tr>
<tr>
<td>Ames</td>
<td>7.1%</td>
<td>14.2%</td>
<td></td>
</tr>
</tbody>
</table>
Smoke Cigarettes: By Gender

- Female
- Male

Smoke Cigarettes: By Age

- 18-39 years old
- 40-64 years old
- 65+ years
Level of Cigarette Use

**IF YES** [to “Do you smoke cigarettes?”]:  Approximately how many cigarettes do you smoke per day?

**Highlighted-Key Findings** — *Survey, **Focus Group, ***Community Meeting

- Of those that smoke cigarettes, men and those in the age range of 40-64 reported smoking the most cigarettes per day on average.*

![Average Number of Cigarettes Daily](image1)

**Average Number of Cigarettes Daily**

- Outside Ames: 13.00
- Ames: 12.80
- Story County: 13.03

![Average Number of Cigarettes Daily](image2)

**Average Number of Cigarettes Daily**

- Female: 11.81
- Male: 14.80
- 18-39 years old: 9.80
- 40-64 years old: 15.15
- 65+ years: 11.79
Level of Cigarette Use

**IF YES** [to “Do you smoke cigarettes?”]: During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

1 = Yes
2 = No

**Highlighted- Key Findings** — *Survey, **Focus Group, ***Community Meeting
- 45% of surveyed smokers said that they had tried to quit smoking.*
Alcohol Use
Frequency of Drinking Alcoholic Beverages

For these questions, a “drink” is defined as one 12 oz can or bottle of beer, one 5 oz glass of wine, or one 1.5 oz shot of liquor.

During the past month, on how many days did you have at least one drink of any alcoholic beverage?

Average Daily Alcoholic Beverage Consumption: By Location

Average Daily Alcoholic Beverage Consumption
For these questions, a “drink” is defined as one 12 oz can or bottle of beer, one 5 oz glass of wine, or one 1.5 oz shot of liquor.

Considering all types of alcohol beverages, how many TIMES during the past month did you have 5 or more drinks on one occasion?

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting
• Individuals age 40-64 and 65+ increased binge drinking by 4%.*
• Overall Individuals in Ames increased binge drinking by 15% since 2005.*
• The highest percentage of binge drinking is among those in the 18-39 year old age bracket.*
• Males report 8% higher than women on binge drinking.*
• Individuals outside of Ames decreased binge drinking slightly by about 1%.*
Adequacy of Mental Illness Resources in Story County

How adequate are the resources available for those who need treatment for mental illness in Story County?

1 = Very adequate
2 = Adequate
3 = Uncertain
4 = Inadequate
5 = Very inadequate

Gender

<table>
<thead>
<tr>
<th>Very adequate</th>
<th>Adequate</th>
<th>Uncertain</th>
<th>Inadequate</th>
<th>Very inadequate</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.9%</td>
<td>6.9%</td>
<td>14.2%</td>
<td>16.0%</td>
<td>67.7%</td>
</tr>
<tr>
<td>0.0%</td>
<td>5.5%</td>
<td>8.5%</td>
<td>3.7%</td>
<td>1.8%</td>
</tr>
</tbody>
</table>

Age

<table>
<thead>
<tr>
<th>Very adequate</th>
<th>Adequate</th>
<th>Uncertain</th>
<th>Inadequate</th>
<th>Very inadequate</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.4%</td>
<td>6.3%</td>
<td>7.0%</td>
<td>7.0%</td>
<td>64.7%</td>
</tr>
<tr>
<td>0.0%</td>
<td>15.6%</td>
<td>9.1%</td>
<td>5.1%</td>
<td>1.9%</td>
</tr>
</tbody>
</table>

Story County Health and Human Services Assessment 2010
Story County Health and Human Services Assessment 2010

**Story County**

- Very adequate: 68.6%
- Adequate: 15.0%
- Uncertain: 6.3%
- Inadequate: 7.2%
- Very inadequate: 2.9%

**Ames**

- Very adequate: 64.9%
- Adequate: 16.8%
- Uncertain: 8.3%
- Inadequate: 2.6%
- Very inadequate: 7.4%

**Outside Ames**

- Very adequate: 74.4%
- Adequate: 12.3%
- Uncertain: 5.3%
- Inadequate: 4.6%
- Very inadequate: 3.3%
Seeking Professional Help for an Alcohol Problem

Have you ever sought professional help for an alcohol problem?

1 = Yes
2 = No
3 = I don’t need it (I have never had an alcohol problem.)

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting
- More men than women reported that they had sought help for alcohol abuse.*

**Location**

- Outside Ames: 2.1%
- Ames: 2.5%
- Story County: 2.3%

**Age**

- 18-39 years old: 0.8%
- 40-64 years old: 3.6%
- 65+ years: 1.4%

**Gender**

- Female: 1.5%
- Male: 3.3%
Drug Use
Prescription Drug Abuse

*During the past 30 days, have you used a prescription drug that was not prescribed for you?*

1 = Yes  
2 = No

### By Location

- **Outside Ames**: 1.1%  
- **Ames**: 4.1%  
- **Story County**: 3.1%

### Gender

- **Female**: 0.9%  
- **Male**: 5.3%

### Age

- **18-39 years old**: 4.7%  
- **40-64 years old**: 1.1%  
- **65+ years**: 1.5%
Use of Illegal Drugs

During the past 30 days, have you used an illegal drug?

1 = Yes
2 = No

Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>2.0%</td>
</tr>
<tr>
<td>Male</td>
<td>5.7%</td>
</tr>
</tbody>
</table>

Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-39 years old</td>
<td>6.4%</td>
</tr>
<tr>
<td>40-64 years old</td>
<td>1.2%</td>
</tr>
<tr>
<td>65+ years</td>
<td>0.7%</td>
</tr>
</tbody>
</table>

Location

- Outside Ames: 1.5%
- Ames: 5.0%
- Story County: 3.9%
Use of Marijuana

**Have you ever used marijuana?**

1 = Yes, within the past year
2 = Yes, within the past two years
3 = Yes, more than two years ago
4 = No, never

### Story County

- Yes, within the past year: 65.5%
- Yes, within the past two years: 9.5%
- Yes, more than two years ago: 23.6%
- No, never: 1.4%

### Outside Ames

- Yes, within the past year: 18.8%
- Yes, within the past two years: 2.7%
- Yes, more than two years ago: 1.3%

### Ames

- Yes, within the past year: 60.2%
- Yes, within the past two years: 12.6%
- Yes, more than two years ago: 25.7%
- No, never: 1.5%
Use of Illegal Drugs such as Methamphetamine or Cocaine

Have you ever used illegal drugs such as methamphetamine or cocaine?

1 = Yes, within the past year
2 = Yes, within the past two years
3 = Yes, more than two years ago
4 = No, never

Story County

- Yes, within the past year: 2.6%
- Yes, within the past two years: 0.1%
- Yes, more than two years ago: 6.4%
- No, never: 90.9%

Ames

- Yes, within the past year: 3.7%
- Yes, within the past two years: 0.1%
- Yes, more than two years ago: 6.9%
- No, never: 89.3%

Outside Ames

- Yes, within the past year: 0.2%
- Yes, within the past two years: 5.1%
- Yes, more than two years ago: 94.7%
Have you ever sought professional help for a drug-related problem (other than alcohol)?

1 = Yes
2 = No
3 = I don’t need it (I have never had a drug-related problem.)

Age

- 18-39 years old
- 40-64 years old
- 65+ years

- Yes:
  - 18-39: 0.0%
  - 40-64: 1.0%
  - 65+: 0.0%

- No:
  - 18-39: 37.2%
  - 40-64: 44.3%
  - 65+: 50.0%

- I don’t need it:
  - 18-39: 62.8%
  - 40-64: 55.7%
Adequacy of Story County’s Resources for Drug Abuse

*Does Story County have adequate resources available for those who want to quit drug use?*

1 = Yes  
2 = No  
3 = Don’t know

**Story County**

- Yes: 86.6%  
- No: 11.0%  
- Don’t Know: 2.4%

**Ames**

- Yes: 84.6%  
- No: 2.2%  
- Don’t Know: 13.2%

**Outside Ames**

- Yes: 90.8%  
- No: 6.2%  
- Don’t Know: 3.0%
**Age**

- 18-39 years old
- 40-64 years old
- 65+ years

**Gender**

- Female
- Male
Perception of Crime

*Within the past two years, do you think that the problem of crime in your neighborhood has been: (Choose one answer)*

1 = Getting much worse  
2 = Getting a little worse  
3 = Staying about the same  
4 = Getting a little better  
5 = Getting much better  
6 = Don’t know/not sure

*Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting*

- Residents report that crime is getting slightly worse in their neighborhood.*

**By Location**

- **Outside Ames**
- **Ames**
- **Story County**

---

- Don’t know/not sure: 6.0% 22.3% 23.7%
- Getting much better: 1.4% 0.3% 0.7%
- Getting a little better: 0.8% 0.5% 0.6%
- Staying about the same: 57.3% 42.1% 46.7%
- Getting a little worse: 11.2% 27.3% 22.3%
- Getting much worse: 1.9% 7.8% 6.0%
By Gender

<table>
<thead>
<tr>
<th>Condition</th>
<th>Female (%)</th>
<th>Male (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting much worse</td>
<td>7.6%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Getting a little worse</td>
<td>23.6%</td>
<td>21.0%</td>
</tr>
<tr>
<td>Staying about the same</td>
<td>55.1%</td>
<td></td>
</tr>
<tr>
<td>Getting a little better</td>
<td>38.3%</td>
<td></td>
</tr>
<tr>
<td>Getting much better</td>
<td>32.6%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Don’t know/not sure</td>
<td>0.7%</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

Mean Value: By Gender

- Story County: 2.58
- Ames: 2.47
- Outside Ames: 2.84

Mean Value: By Location

- Story County: 2.58
- Ames: 2.47
- Outside Ames: 2.84

Mean Value: By Gender

- Female: 2.54
- Male: 2.61
Overall, how would you rate the social environment in your community, meaning the friendliness of its people, the way people respect and help one another, and the willingness of people to work for the good of the community?

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting

• All communities rated their social environments from ‘average’ to ‘good’.

By Location
By Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>1 = Poor</th>
<th>2 = Fair</th>
<th>3 = Good</th>
<th>4 = Very Good</th>
<th>5 = Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>2.7%</td>
<td>17.7%</td>
<td>42.8%</td>
<td>37.7%</td>
<td>27.3%</td>
</tr>
<tr>
<td>Male</td>
<td>1.6%</td>
<td>9.6%</td>
<td>15.4%</td>
<td>35.7%</td>
<td>9.5%</td>
</tr>
</tbody>
</table>

Mean Value: By Location

<table>
<thead>
<tr>
<th>Location</th>
<th>Mean Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Story County</td>
<td>3.39</td>
</tr>
<tr>
<td>Ames</td>
<td>3.40</td>
</tr>
<tr>
<td>Outside Ames</td>
<td>3.35</td>
</tr>
</tbody>
</table>

Mean Value: By Gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Mean Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>2.94</td>
</tr>
<tr>
<td>Male</td>
<td>3.12</td>
</tr>
</tbody>
</table>
Opportunities in the Community

Do you think a person in your community from the same background as yours has many more, somewhat more, the same amount of, somewhat fewer, or far fewer opportunities now than in the past? (Choose one answer)

1 = Many more
2 = Somewhat more
3 = The same amount
4 = Somewhat fewer
5 = Far fewer

By Location

- Outside Ames
- Ames
- Story County

<table>
<thead>
<tr>
<th>Category</th>
<th>Outside Ames</th>
<th>Ames</th>
<th>Story County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Many more</td>
<td>3.3%</td>
<td>3.1%</td>
<td>3.3%</td>
</tr>
<tr>
<td>Somewhat more</td>
<td>21.2%</td>
<td>22.3%</td>
<td>22.2%</td>
</tr>
<tr>
<td>The same amount</td>
<td>50.5%</td>
<td>51.0%</td>
<td>49.3%</td>
</tr>
<tr>
<td>Somewhat fewer</td>
<td>19.3%</td>
<td>18.0%</td>
<td>22.2%</td>
</tr>
<tr>
<td>Far fewer</td>
<td>5.8%</td>
<td>5.5%</td>
<td>6.1%</td>
</tr>
</tbody>
</table>
By Gender

Mean Value: By Gender

Mean Value: By Location
Tolerance for Different Races and Cultures

How would you rate the tolerance in your community for the groups described below?

For people of different races or cultural backgrounds

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent

By Location

<table>
<thead>
<tr>
<th></th>
<th>Outside Ames</th>
<th>Ames</th>
<th>Story County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>12.2%</td>
<td>15.1%</td>
<td>14.2%</td>
</tr>
<tr>
<td>Very good</td>
<td>18.4%</td>
<td>31.1%</td>
<td>27.2%</td>
</tr>
<tr>
<td>Good</td>
<td>41.0%</td>
<td>31.0%</td>
<td>34.1%</td>
</tr>
<tr>
<td>Fair</td>
<td>21.1%</td>
<td>17.2%</td>
<td>18.4%</td>
</tr>
<tr>
<td>Poor</td>
<td>7.3%</td>
<td>5.6%</td>
<td>6.1%</td>
</tr>
</tbody>
</table>
By Gender

Mean Value: By Location

Mean Value: By Gender
Tolerance for Different Viewpoints and Lifestyles

How would you rate the tolerance in your community for the groups described below?

For people with different viewpoints or lifestyles

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent

By Location

- Excellent: 11.5% Outside Ames, 14.1% Ames, 13.2% Story County
- Very good: 14.7% Outside Ames, 29.4% Ames, 24.8% Story County
- Good: 24.1% Outside Ames, 31.4% Ames, 34.9% Story County
- Fair: 24.1% Outside Ames, 23.7% Ames, 23.7% Story County
- Poor: 1.4% Outside Ames, 7.6% Ames, 3.4% Story County
By Gender

- Female
- Male

Mean Value: By Gender

Mean Value: By Location
Recreation/Parks: Parks and Playgrounds

Please rate each of the following characteristics of your community by circling one number per item.

Recreation/Parks: Quality of parks and playgrounds in your community

- 1 = Poor
- 2 = Fair
- 3 = Good
- 4 = Very good
- 5 = Excellent
- 9 = Don’t know

By Location

Outside Ames | Ames | Story County
--- | --- | ---
Excellent | 13.9% | 32.4% | 26.5%
Very good | 35.8% | 38.5% | 37.6%
Good | 35.7% | 29.5% | 26.5%
Fair | 2.1% | 5.7% | 13.5%
Poor | 1.1% | 0.5% | 0.7%

0.0% | 5.0% | 10.0% | 15.0% | 20.0% | 25.0% | 30.0% | 35.0% | 40.0%
Recreation/Parks: Recreational Programs

Please rate each of the following characteristics of your community by circling one number per item.

Recreation/Parks: Quality of recreational programs in your community

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

By Location

- **Excellent**
  - Outside Ames: 18.9%
  - Ames: 24.7%
  - Story County: 22.9%

- **Very good**
  - Outside Ames: 23.8%
  - Ames: 45.9%
  - Story County: 39.0%

- **Good**
  - Outside Ames: 35.3%
  - Ames: 23.9%
  - Story County: 27.4%

- **Fair**
  - Outside Ames: 14.8%
  - Ames: 7.7%
  - Story County: 7.1%

- **Poor**
  - Outside Ames: 1.0%
  - Ames: 3.0%
  - Story County:
Recreation/Parks: Trails

Please rate each of the following characteristics of your community by circling one number per item.

Recreation/Parks: Quality of biking/walking trails in your community

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

By Location

- Excellent: 20.6% (Outside Ames), 29.3% (Ames), 26.6% (Story County)
- Very good: 22.4% (Outside Ames), 31.2% (Ames), 40.1% (Story County)
- Good: 11.4% (Outside Ames), 22.4% (Ames), 25.1% (Story County)
- Fair: 6.7% (Outside Ames), 8.2% (Ames), 8.2% (Story County)
- Poor: 1.5% (Outside Ames), 3.7% (Ames), 8.6% (Story County)
By Gender

Female  Male

Mean Value: By Gender

Female  Male

3.55  3.94

Mean Value: By Location

Story County  Ames  Outside Ames

3.52  3.58  3.40
Safety: Crime Control Efforts

Please rate each of the following characteristics of your community by circling one number per item.

Crime control efforts in your neighborhood
1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don't know

By Location

- Excellent: Outside Ames: 19.1%, Ames: 24.5%, Story County: 22.7%
- Very good: Outside Ames: 24.6%, Ames: 27.4%, Story County: 26.5%
- Good: Outside Ames: 33.1%, Ames: 38.1%, Story County: 33.1%
- Fair: Outside Ames: 13.3%, Ames: 16.4%, Story County: 15.4%
- Poor: Outside Ames: 4.9%, Ames: 1.0%, Story County: 2.3%
Story County Health and Human Services Assessment 2010

By Gender

Mean Value: By Gender

Mean Value: By Location
Please rate each of the following characteristics of your community by circling one number per item.

Safety walking in your neighborhood during the day.
1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don't know

By Location

<table>
<thead>
<tr>
<th>Location</th>
<th>Excellent</th>
<th>Very good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outside Ames</td>
<td>45.6%</td>
<td>30.7%</td>
<td>21.2%</td>
<td>1.3%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Ames</td>
<td>56.2%</td>
<td>34.6%</td>
<td>12.2%</td>
<td>1.1%</td>
<td>0.1%</td>
</tr>
<tr>
<td>Story County</td>
<td>52.8%</td>
<td>33.5%</td>
<td>8.1%</td>
<td>1.0%</td>
<td>0.1%</td>
</tr>
</tbody>
</table>
Safety: Walking at Night

Please rate each of the following characteristics of your community by circling one number per item.

Safety walking in your neighborhood at night
1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

By Location

- Outside Ames
- Ames
- Story County

- Excellent
  - 30.8% Outside Ames
  - 24.3% Ames
  - 26.3% Story County

- Very good
  - 33.7% Outside Ames
  - 40.9% Ames
  - 38.6% Story County

- Good
  - 25.3% Outside Ames
  - 25.5% Ames
  - 25.6% Story County

- Fair
  - 3.9% Outside Ames
  - 7.2% Ames
  - 6.2% Story County

- Poor
  - 2.0% Outside Ames
  - 6.3% Ames
  - 3.3% Story County
Safety: Parks and Recreational Areas

Please rate each of the following characteristics of your community by circling one number per item.

Safety: Safety in parks or recreational areas
1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

By Location

- Excellent: 31.6% Outside Ames, 19.5% Ames, 23.4% Story County
- Very good: 31.9% Outside Ames, 50.1% Ames, 44.2% Story County
- Good: 30.1% Outside Ames, 24.5% Ames, 26.4% Story County
- Fair: 5.7% Outside Ames, 5.0% Ames, 5.2% Story County
- Poor: 0.8% Outside Ames, 0.9% Ames, 0.9% Story County
By Gender

- Female
- Male

Mean Value: By Gender

- Female: 3.73
- Male: 3.97

Mean Value: By Location

- Story County: 3.84
- Ames: 3.82
- Outside Ames: 3.88
Housing: Availability of Affordable Housing

Please rate each of the following characteristics of your community by circling one number per item.

Housing: Availability of affordable housing
1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don't know

By Location

<table>
<thead>
<tr>
<th></th>
<th>Outside Ames</th>
<th>Ames</th>
<th>Story County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>5.1%</td>
<td>4.6%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Very good</td>
<td>29.5%</td>
<td>19.4%</td>
<td>22.4%</td>
</tr>
<tr>
<td>Good</td>
<td>38.5%</td>
<td>38.9%</td>
<td>38.7%</td>
</tr>
<tr>
<td>Fair</td>
<td>26.6%</td>
<td>30.4%</td>
<td>29.5%</td>
</tr>
<tr>
<td>Poor</td>
<td>7.4%</td>
<td>6.6%</td>
<td>9.1%</td>
</tr>
</tbody>
</table>
By Gender

Mean Value: By Gender

Mean Value: By Location
Housing: Condition of the homes in your neighborhood

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

By Location

Outside Ames | Ames | Story County

Excellent: 11.6% | 23.7% | 19.9%
Very good: 36.9% | 29.9% | 32.1%
Good: 36.0% | 34.6% | 35.2%
Fair: 13.7% | 6.4% | 8.6%
Poor: 1.8% | 5.3% | 4.2%
Housing: Homeless Programs/Shelters

Please rate each of the following characteristics of your community by circling one number per item.

Housing: Programs/shelters for homeless in your community

1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

By Location

Outside Ames | Ames | Story County

Excellent
3.0% | 3.6% | 3.4%

Very good
3.7% | 13.4% | 10.8%

Good
24.1% | 41.1% | 36.3%

Fair
24.9% | 18.5% | 20.2%

Poor
23.5% | 29.3% | 44.3%
Transportation: Quality of Public Transportation

Please rate each of the following characteristics of your community by circling one number per item.

Transportation: Quality of public transportation in your community
1 = Poor
2 = Fair
3 = Good
4 = Very good
5 = Excellent
9 = Don’t know

By Location

- Excellent: Outside Ames (2.6%), Ames (53.2%), Story County (42.6%)
- Very good: Outside Ames (3.8%), Ames (26.2%), Story County (21.5%)
- Good: Outside Ames (15.2%), Ames (13.7%), Story County (14.1%)
- Fair: Outside Ames (19.3%), Ames (6.2%), Story County (4.1%)
- Poor: Outside Ames (41.6%), Ames (15.6%), Story County (59.0%)
By Gender

Female  Male

Poor  14.4%  16.7%
Fair  7.2%  5.3%
Good  13.1%  15.0%
Very good  21.3%  21.6%
Excellent  44.1%  41.4%

Mean Value: By Gender

Female  3.74  Male  3.66

Mean Value: By Location

Story County  3.69  Ames  4.22  Outside Ames  1.72
Transportation: Access to Public Transportation

Please rate each of the following characteristics of your community by circling one number per item.

Transportation: Your access to public transportation

1 = Poor  4 = Very good
2 = Fair   5 = Excellent
3 = Good   9 = Don’t know

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting

- Increase availability of affordable transportation.**
- Provide transportation to Nevada in order to take care of county or court business.**

By Location

- Outside Ames
- Ames
- Story County
Volunteerism

In the past year, have you volunteered for any charitable cause, organization or event?

1 = Yes
2 = No

Volunteered In Past Year

Outside Ames
58.5%
66.5%

Ames

Story County
61.0%

By Gender

Female
61.4%

Male
60.7%
During the past 12 months have you used public transportation to get to work?

1 = Yes
2 = No

Public Transportation to Work

By Gender
During the past 12 months have you used public transportation to go shopping?

1 = Yes
2 = No

Public Transportation to Shopping

By Gender

Story County Health and Human Services Assessment 2010

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Public Transportation to Work

During the past 12 months have you ever walked or biked to work?

1 = Yes
2 = No

By Gender

Female: 17.6%
Male: 20.9%
During the past 12 months have you ever walked or biked to go shopping in town?

1 = Yes
2 = No

**Public Transportation to Shopping**

- Outside Ames: 1.0%
- Ames: 18.1%
- Story County: 12.8%

**By Gender**

- Female: 7.0%
- Male: 18.5%
In the past five years have you been a victim of a violent crime in your community?

1 = Yes
2 = No

**Victim of Violent Crime**

- Outside Ames: 1.5%
- Ames: 0.7%
- Story County: 0.1%

**By Gender**

- Female: 1.0%
- Male: 0.9%
**Other Crimes**

**In the past five years have you been a victim of a theft or other non-violent crime?**

1 = Yes  
2 = No

**Victim of Theft or Non-Violent Crime**

- **Outside Ames**: 16.5%
- **Ames**: 20.0%
- **Story County**: 18.9%

**By Gender**

- **Female**: 17.9%
- **Male**: 19.9%
In the past five years, have you been the victim of domestic violence?

1 = Yes
2 = No

**Victim of Domestic Violence**

- Outside Ames: 1.8%
- Ames: 0.6%
- Story County: 0.1%

**By Gender**

- Female: 1.7%
- Male: 0.2%
Emergency Plan for Fire

Do you or your family have an emergency plan in the event of a fire?

1 = Yes
2 = No

Have an Emergency Plan for Fire

- Outside Ames: 72.4%
- Ames: 44.5%
- Story County: 53.2%

By Gender

- Female: 55.7%
- Male: 50.7%
Do you or your family have an emergency plan in case of a natural disaster (flood/tornado)?

1 = Yes
2 = No

Have an Emergency Plan for Natural Disaster

- Outside Ames: 66.6%
- Ames: 48.5%
- Story County: 54.0%

By Gender

- Female: 53.7%
- Male: 54.2%
Demographic Information
Gender

Your gender:
1 = Female
2 = Male

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting
• There was a nearly equal response rate from men and women.*
Story County

- Female: 49.5%
- Male: 50.5%

Ames

- Female: 52.6%
- Male: 47.4%

Outside Ames

- Female: 45.9%
- Male: 54.1%
Age

Your age:

Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting

- There was a 3% increase in responses from residents in the 18-39 age category from 2005 to 2010.*
- There was a 4% increase in responses from residents in the 65+ age category from 2005 to 2010.*
- There was a 7% decrease in responses from residents in the 40-64 age category.*

### Story County

![Bar chart showing age distribution in Story County and Story County (2005)]

### By Gender

![Bar chart showing gender distribution by age group]
Story County

- 18-39 years old: 52.9%
- 40-64 years old: 29.8%
- 65+ years: 17.3%

Ames

- 18-39 years old: 59.0%
- 40-64 years old: 25.6%
- 65+ years: 15.4%

Outside Ames

- 18-39 years old: 45.9%
- 40-64 years old: 54.1%
Your race:

1 = White/Caucasian
2 = Black or African-American
3 = Asian or Pacific Islander
4 = American Indian/Alaskan Native
5 = Other:
**Marital Status**

**Your marital status:**

1 = Single, never married  
2 = Married or living as married  
3 = Divorced or separated  
4 = Widowed

---

**Marital Status: By Age**

- **18-39 years old**
  - Single, never married: 57.2%
  - Married or living as married: 73.3%
  - Divorced or separated: 37.8%
  - Widowed: 8.4%

- **40-64 years old**
  - Single, never married: 8.8%
  - Married or living as married: 52.4%
  - Divorced or separated: 4.7%
  - Widowed: 15.3%

- **65+ years**
  - Single, never married: 13.9%
  - Married or living as married: 13.3%
  - Divorced or separated: 3.0%
  - Widowed: 25.5%

---

**Marital Status: By Gender**

- **Female**
  - Single, never married: 31.2%
  - Married or living as married: 47.2%
  - Divorced or separated: 4.6%
  - Widowed: 7.7%

- **Male**
  - Single, never married: 39.2%
  - Married or living as married: 54.3%
  - Divorced or separated: 4.6%
  - Widowed: 1.9%
Education Level

*Highest level of education completed:*

1 = Less than high school     4 = Bachelor’s degree
2 = High school diploma or GED certificate 5 = Graduate or professional degree
3 = Some college or technical school

*Highlighted Key Findings — *Survey, **Focus Group, ***Community Meeting*
- Almost 99% of the respondents had at least a High School diploma/GED certificate.*
- More than half of respondents from Story County have at least some college or technical training.*

**Story County**

- Less than high school: 35.0%
- High school diploma or GED certificate: 17.9%
- Some college or technical school: 14.9%
- Bachelor’s degree: 30.9%
- Graduate or professional degree: 1.3%

**Ames**

- Less than high school: 40.0%
- High school diploma or GED certificate: 21.3%
- Some college or technical school: 13.4%
- Bachelor’s degree: 25.1%

**Outside Ames**

- Less than high school: 43.9%
- High school diploma or GED certificate: 9.9%
- Some college or technical school: 4.0%
- Bachelor’s degree: 18.4%
Education: By Age

- Less than high school: 1.4% (18-39), 0.5% (40-64), 2.9% (65+)
- High school diploma or GED certificate: 15.5% (18-39), 9.1% (40-64), 25.0% (65+)
- Some college or technical school: 32.5% (18-39), 31.8% (40-64), 22.8% (65+)
- Bachelor’s degree: 39.4% (18-39), 32.0% (40-64), 24.4% (65+)
- Graduate or professional degree: 26.7% (18-39), 24.8% (40-64), 11.2% (65+)

Education: By Gender

- Less than high school: 1.4% (Female), 2.0% (Male)
- High school diploma or GED certificate: 14.9% (Female), 14.9% (Male)
- Some college or technical school: 30.7% (Female), 31.0% (Male)
- Bachelor’s degree: 35.7% (Female), 34.3% (Male)
- Graduate or professional degree: 16.7% (Female), 19.1% (Male)
Income Level: Location

Your annual household income:

1 = Under $25,000  
2 = $25,000 – $49,999  
3 = $50,000 – $74,999  
4 = $75,000 – $99,999  
5 = $100,000 – $124,999  
6 = $125,000 – $149,999  
7 = $150,000 – $199,999  
8 = $200,000 or more

Story County

- Under $25K: 2.1%
- $25K – $49,999: 16.8%
- $50K – $74,999: 31.2%
- $75K – $99,999: 18.6%
- $100K – $124,999: 15.1%
- $125K – $149,999: 7.9%
- $150K – $199,999: 5.6%
- $200K or more: 2.7%

Ames

- Under $25K: 2.5%
- $25K – $49,999: 37.4%
- $50K – $74,999: 12.6%
- $75K – $99,999: 13.9%
- $100K – $124,999: 7.6%
- $125K – $149,999: 7.2%
- $150K – $199,999: 15.9%
- $200K or more: 3.0%

Outside Ames

- Under $25K: 0.8%
- $25K – $49,999: 18.8%
- $50K – $74,999: 21.1%
- $75K – $99,999: 17.0%
- $100K – $124,999: 8.7%
- $125K – $149,999: 2.2%
- $150K – $199,999: 1.9%
Annual Income: By Location

- Under $25K: 37.4%
- $25K – $49,999: 31.2%
- $50K – $74,999: 18.6%
- $75K – $99,999: 15.1%
- $100K – $124,999: 13.9%
- $125K – $149,999: 12.6%
- $150K – $199,999: 10.0%
- $200K or more: 5.0%
Annual Income: By Gender

- Under $25K: Male 31.0%, Female 31.2%
- $25K – $49,999: Male 13.8%, Female 23.7%
- $50K – $74,999: Male 13.2%, Female 17.2%
- $75K – $99,999: Male 14.4%, Female 19.1%
- $100K – $124,999: Male 6.1%, Female 9.6%
- $125K – $149,999: Male 2.8%, Female 8.2%
- $150K – $199,999: Male 2.8%, Female 2.7%
- $200K or more: Male 1.7%, Female 2.4%
Your employment status:

1 = Employed full time
2 = Employed part time
3 = Unemployed, looking for work
4 = Unemployed, not looking for work (retired, on disability, caring for home and family, etc.)

Story County

Employed full time: 52.5%
Employed part time: 26.4%
Unemployed, looking for work: 18.6%
Unemployed, not looking for work: 2.5%

Outside Ames

Employed full time: 59.8%
Employed part time: 26.2%
Unemployed, looking for work: 12.2%
Unemployed, not looking for work: 1.8%

Ames

Employed full time: 49.1%
Employed part time: 32.9%
Unemployed, looking for work: 15.2%
Unemployed, not looking for work: 2.9%
Employment Status: By Age

Employment Status: By Gender
**Student Status**

*Your student status:*

1 = Not a student  
2 = Full-time student  
3 = Part-time student

---

### Story County

- Not a student: 74.0%  
- Full-time student: 22.7%  
- Part-time student: 3.3%

### Ames

- Not a student: 68.1%  
- Full-time student: 29.3%  
- Part-time student: 2.7%

### Outside Ames

- Not a student: 88.1%  
- Full-time student: 7.0%  
- Part-time student: 4.9%
Body Mass Index

Your weight: ______ pounds
Your height: _______ inches

Highlighted- Key Findings — *Survey, **Focus Group, ***Community Meeting

• In Story County, females report about a 7% increase in BMI and males about 5% increase.*
• Story County has a 18% increase in self-reported BMI over 25 since 2005; however, the level reported by residents is 2% lower than the national level and 6% lower than the state level.*
• Residents aged 40-64 reported the lowest percentage of respondents at the normal BMI and reported 68% had a BMI over 25.*
BMI: By Age

BMI: By Gender

% of Residents with BMI over 25
## Language Spoken

**What is the primary language spoken in your home?**

1 = English  
2 = Spanish  
3 = Other (please specify):

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White/Caucasian</td>
<td>93.2%</td>
</tr>
<tr>
<td>Black/African–American</td>
<td>0.7%</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>4.4%</td>
</tr>
<tr>
<td>Other</td>
<td>1.8%</td>
</tr>
</tbody>
</table>

**Language Spoken at home**

<table>
<thead>
<tr>
<th></th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>97.3%</td>
</tr>
<tr>
<td>Spanish</td>
<td>0.7%</td>
</tr>
<tr>
<td>Other (Chinese, Taiwanese, Hebrew, Korean, Thai, French, Gujarati, Greek, Farsi, Tagalog, Arabic, Indonesian, etc.)</td>
<td>1.7%</td>
</tr>
</tbody>
</table>

**Speak two languages**

<table>
<thead>
<tr>
<th></th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>50–50 (Korean &amp; English, Spanish &amp; English, Chinese &amp; English)</td>
<td>0.3%</td>
</tr>
</tbody>
</table>
Computer at Home

Do you currently have a working computer in your household?

1 = Yes
2 = No

Working Computer: By Location

-Story County: 90.2%
- Ames: 95.5%
- Outside Ames: 78.3%

By Gender

- Female: 89.2%
- Male: 91.2%

By Age

- 18-39 years old: 92.9%
- 40-64 years old: 92.9%
- 65+ years: 74.7%
Internet Access

Do you currently have access to the Internet for personal use, either at home, work, or school?

1 = Yes
2 = No

Access to Internet: By Location

By Age

By Gender
Have you ever served in the U.S. military?

1 = Yes
2 = No

Served in the Military

By Gender

By Age
Current Military Status

**IF YES [to “Have you ever served in the U.S. military?”]: Which of the following best describes your service in the United States military?**

1 = Currently on active duty  
2 = Currently in National Guard or Reserve unit  
3 = Retired from military service  
4 = Discharged from military service

**By Gender**

- **Female**
  - Currently on active duty: 6.1%
  - Currently in National Guard or Reserve unit: 3.5%
  - Retired from military service: 6.1%
  - Discharged from military service: 27.4%

- **Male**
  - Currently on active duty: 0.0%
  - Currently in National Guard or Reserve unit: 9.8%
  - Retired from military service: 9.8%
  - Discharged from military service: 86.6%

**By Age**

- **18-39 years old**
  - Currently on active duty: 5.3%
  - Currently in National Guard or Reserve unit: 71.5%
  - Retired from military service: 9.3%
  - Discharged from military service: 90.7%

- **40-64 years old**
  - Currently on active duty: 0.0%
  - Currently in National Guard or Reserve unit: 0.0%
  - Retired from military service: 14.2%
  - Discharged from military service: 25.0%

- **65+ years**
  - Currently on active duty: 0.0%
  - Currently in National Guard or Reserve unit: 0.0%
  - Retired from military service: 9.3%
  - Discharged from military service: 90.7%
### Story County

- **Currently on active duty:** 0.8%
- **Currently in National Guard or Reserve unit:** 10.9%
- **Retired from military service:** 9.8%
- **Discharged from military service:** 78.6%

### Ames

- **Currently on active duty:** 1.3%
- **Currently in National Guard or Reserve unit:** 5.1%
- **Retired from military service:** 12.1%
- **Discharged from military service:** 81.5%

### Outside Ames

- **Currently on active duty:** 19.1%
- **Currently in National Guard or Reserve unit:** 6.5%
- **Discharged from military service:** 74.5%
Use of Veteran's Affairs (VA) Hospitals and Clinics

IF YES [to “Have you ever served in the U.S. military?”]: In the last 12 months, how much of your health care have you received from a VA hospital or clinic?

1 = All care through VA
2 = Some care through VA
3 = No care received through VA
4 = Don’t know

By Age

By Gender
### Story County

- **All care through VA**: 92.3%
- **Some care through VA**: 0.3%
- **No care received through VA**: 6.5%
- **Don’t know**: 1.0%

### Ames

- **All care through VA**: 93.4%
- **Some care through VA**: 0.2%
- **No care received through VA**: 5.4%
- **Don’t know**: 1.0%

### Outside Ames

- **All care through VA**: 74.5%
- **Some care through VA**: 19.1%
- **No care received through VA**: 6.5%
Story County Community Coalition

in cooperation with

Iowa State University Extension Community and Economic Development Institute for Design Research and Outreach (IDRO)
Center for Survey Statistics and Methodology (CSSM)
Iowa State University Department of Kinseology