# BRIDGE to Health Survey

# 2020

## St. Louis County

### Northeastern Minnesota & Northwestern Wisconsin

## Regional Adult Health Status Survey

**A Collaborative Effort Among**

**Community Organizations**

May 2021

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# Forward and Acknowledgements

The *Bridge to Health Survey* has been a trusted source of population-based health status information that numerous organizations and local coalitions have used to improve the health of people throughout the Northeast Minnesota and Northwest Wisconsin region. This is our sixth survey which has been conducted every five years since 1995.

As in the past, the survey process has been a collaborative effort. This year, 65 sponsoring organizations were involved, representing public health, hospitals, clinics, health systems, health plans, non-profit organizations, government agencies, and higher education (a complete listing is included in Appendix A).

A project of this magnitude involves many key people. We wish to acknowledge the work of those working directly on the survey research team:

- Michael D. Finch, Ph.D. Principal of Finch & King and Adjunct Associate Professor, University of Minnesota, Carlson School of Management. Mike served as research consultant and facilitator of the Bridge to Health collaborative process, roles which he has had for each of the past six surveys.
- Ann Kinney, Ph.D., Senior Research Scientist with the Minnesota Department of Health Center for Health Statistics. Ann has served as a research consultant, co-facilitator of the Bridge to Health Data Team, and data manager and analyst, roles which she has had for each of the past six surveys.
- Sonia Kjos, M.S., Ph.D., Information Manager, Generations Health Care Initiatives. Sonia provided research expertise, data graphics, and served as primary author of the Bridge to Health Data Summary Reports.
- Amanda J. Petersen, M.P.P. and the team at Wilder Research, who developed the survey methodology and managed the data collection process (a complete listing is included in Appendix B).

In addition, we thank those who served on the Bridge to Health Steering Committee, Data Team, Communications Team, and those who authored introductory sections in this report (a listing is included in Appendix B). These individuals provided invaluable assistance with development of the survey instrument, provided input on the survey process, informed regional residents that the survey was taking place, and planned the conference where findings were released.

Of course, this survey would not be possible without financial sponsors. We thank Generations Health Care Initiatives, Inc. for coordinating the entire survey process, as well as providing financial support. St. Luke's/St. Luke's Foundation and Essentia Health provided major funding for the *Survey*. We wish to thank the many other organizations listed on the following page that are financial sponsors.

We are grateful for the collaborative spirit among health-related organizations in this region that support the *Bridge to Health Survey*. We are confident that these organizations, together with local coalitions will use the survey information to effect change so that all people in our region have the opportunity to attain their highest potential for health and well-being.

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# Financial Sponsors

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*Itasca County Public Health & Human Services*
*Lake County Health & Human Services*
*Lake Superior Community Health Center*
*Miller-Dwan Foundation*
*Scenic Rivers Health Services*
*Wilderness Health*

**CONTRIBUTORS**
Below $1,000

*Aitkin County Health & Human Services*
*Arc Northland*

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# ST. LOUIS COUNTY SUMMARY

This summary report contains results from the *2020 Bridge to Health Survey* specific to St. Louis County. The demographic characteristics of the St. Louis County sample are shown in Tables A.1-5. For a summary of regional level data with additional charts and graphs, please refer to the *2020 Bridge to Health Survey Regional Summary* document.

Due to the smaller sample sizes on which the St. Louis County level analyses are based, this county summary report includes 95% confidence intervals (CI) for the results. These confidence intervals are calculated taking into account the complex sampling design of the survey. Confidence interval ranges appear to the right of each result within the tables.

The interpretation of a 95% confidence interval is that there is a 95% probability that the true percentage for the population falls within the range of the confidence interval. In general, the smaller the sample size, the wider the confidence interval, which means the less precise the result. Because county level analyses are based on much smaller sample sizes, county level results are less precise than regional level results. When the level of analysis is the entire region, the 95% CI is approximately +/- 2.6% for responses overall. For St. Louis County, the 95% CI is approximately +/- 4.5% for responses overall. Thus, while results for the county and the Bridge to Health region may at times be similar, the county level results have considerably less precision due to smaller sample sizes. The 95% CI for subsets of responses (e.g., by sex, age, education, or poverty level) may be greater than for responses overall at both the region and county levels, due to smaller sample sizes. Data by subset is frequently suppressed in the county reports due to the small number of responses at the subset level.

# INTRODUCTION

The *2020 Bridge to Health Survey* marks the sixth time this survey has been conducted in the Northeastern Minnesota/Douglas County, Wisconsin region. It was first conducted in 1995 and has been completed every five years, in 2000, 2005, 2010, 2015, and 2020.

The primary purpose of the *2020 Bridge to Health Survey* is to provide information that will 1) foster a greater understanding of the health of the region's adult population and 2) motivate organizations and community groups to address pressing health issues and improve the area's health status.

The major impetus for conducting the survey is the lack of local information on key health indicators. State and national health survey data often is not representative of local areas, especially rural areas. This northern region is more sparsely populated, demographically older, and has a lower median household income than Minnesota or Wisconsin overall. The sample size of statewide surveys is too small to allow for county or community level analysis. The *Bridge to Health Survey* seeks to fill that gap in local data to provide a more complete picture of the region's current health status.

Similar to the past surveys, the *2020 Bridge to Health Survey* was designed to gather population-based health status data on adult residents on a variety of key health issues:

- Prevalence of medical and mental health conditions
- Health-related behavior (obesity, diet, exercise, tobacco and alcohol use)
- Preventive health screenings
- Access to physical and mental health care and dental care
- Social determinants of health

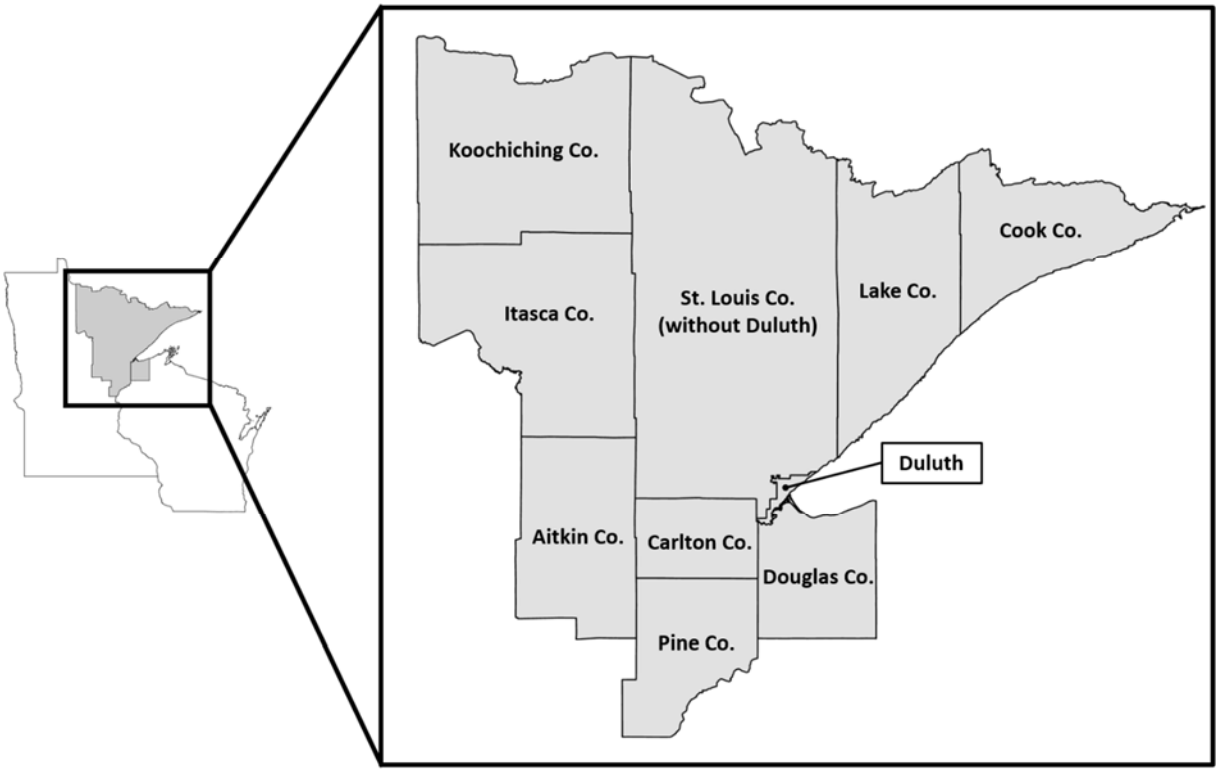
Each time the *Bridge to Health Survey* has been conducted, a standard set of questions has been included, which allows for trend analysis across survey years. Many questions are the same as used in state and national surveys or programs (e.g., CDC Behavioral Risk Factor Surveillance System, Minnesota Statewide Health Improvement Partnership for local surveys) to allow for comparison to state and national data. New questions are also added to each survey and some questions eliminated to align with the current data needs of community partners.

The *2020 Bridge to Health Survey* faced unique challenges due to the ongoing COVID-19 pandemic. In the spring of 2020, the collaborating organizations were tasked with the difficult decision of fielding the survey as planned or postponing. Although early in the pandemic, it was clear by then that the nation and world were facing a public health threat of unprecedented magnitude. It was decided to continue as planned, acknowledging that survey responses would be influenced by the current pandemic environment but also that delaying would not likely ameliorate the effect of such a profound event. The focus of the 2020 survey remained fixed on assessment of the general health status of adults in our region. To gauge to a limited extent

the impact of the pandemic on respondents and to allow for correlation with health status responses, several questions directly addressing COVID-19 were included in the 2020 survey.

## Geographic Area

The geographic area for the *2020 Bridge to Health Survey* includes eight Northeastern Minnesota counties and Douglas County, Wisconsin (see map below). The total population is estimated at 397,336; adult population age 18 and older is estimated at 319,626 (2019 American Community Survey 5-Year Estimates, U.S. Census). St. Louis County was divided into two sampling areas: the city of Duluth, and St. Louis County without the city of the Duluth. Two additional areas within St. Louis County were oversampled: the Hillside and Lincoln Park neighborhoods of Duluth.




## Collaboration Among Health Organizations

A unique feature of the *Bridge to Health Survey* has been the support of nearly all of the health-related organizations located in the region. The *2020 Bridge to Health Survey* was no exception. These organizations represent public health, hospitals, clinics, health systems, health plans, non-profit organizations, government agencies, foundations, and higher education. A complete list of supporting sponsors is included in Appendix A.

Area organizations contributed to the *2020 Bridge to Health Survey* in many ways. Several organizations had staff actively involved in various committees overseeing the survey process (Appendix B). Twenty-four organizations made financial contributions to the project. A list of all financial sponsors is provided on page ii.

**Utilization of Bridge to Health Data**

The *Bridge to Health Survey* data is in the public domain. Data reports by all sampling strata and public use data files are available through Generations Health Care Initiatives, Inc. (https://ghci.us/). All data reports from the current and past surveys are available for free digital download at https://bridgetohealthsurvey.org/.

In past years, the survey data have been primarily used for:

- Developing programs and services to address identified health issues
- Program evaluation, such as developing baseline data in order to measure changes in health status over time
- Collaborating with other health organizations and community coalitions to address health issues that one organization cannot effectively do alone
- Using the data to advocate for policy, systems, and environmental change
- Leveraging local, state, and national funding for programs
- Community health needs assessment requirements for public health departments and non-profit hospitals

# METHODOLOGY AND DEMOGRAPHICS

The *2020 Bridge to Health Survey* data were collected between August 28 and October 23, 2020 through the use of a mailed survey administered by Wilder Research. In August, a press release was sent to the regional media to notify the general public about the survey and of the possibility of being contacted as a respondent. In addition, survey sponsors designed content for local outreach efforts (e.g., flyers for virtual and printed use, articles in local newsletters, and radio and television interviews), informing their communities of the importance of the project. Furthermore, robust promotion was conducted through online ads focused on the Hillside and Lincoln Park neighborhoods of Duluth, and through *Bridge to Health Survey* and sponsor organizations' social media.

## Sample Design

The 2020 survey is the sixth time the *Bridge to Health Survey* has been conducted. All six *Bridge to Health* surveys (1995, 2000, 2005, 2010, 2015, and 2020) were designed with three goals in mind:

1) To provide data specific to the nine county region as a whole with sufficient sample size to detect small differences over time;
2) To allow for comparison of urban and rural respondents; and
3) To provide county level data with a sufficient level of statistical precision.

A disproportionate stratified sampling method has been employed in all six administrations of the Bridge to Health Survey. For the 2020 survey, 12 geographic areas were sampled. The geographic areas sampled were: Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, St. Louis and Pine counties in Minnesota and Douglas County in Wisconsin. St. Louis County was split into two strata: the city of Duluth and the remainder of the county. Additionally, two areas within the city of Duluth were oversampled: the Hillside and Lincoln Park neighborhoods.

A two-stage sampling strategy was used to obtain a statistically representative sample of adults for each of the geographic areas. For the first stage of sampling, a random sample of 2,250 residential addresses in each sampling area was purchased from a national sampling vendor (Marketing Systems Group of Horsham, PA). Address-based sampling was used so that all households would have an equal chance of being sampled for the survey, regardless of their phone status (cell-only, multiple lines, etc.). Marketing Systems Group (MSG) obtained the list of addresses from the U.S. Postal Service.

For the second stage of sampling, the "most recent birthday" method of within-household respondent selection was used to identify one adult from each sampled household to complete the survey.

## Data Collection

Wilder Research used a "modified Dillman" method of survey mailing[1], as follows: An initial survey packet that included a cover letter, the survey instrument, and a postage-paid return envelope was mailed between August 28 and September 3, 2020, to 27,000 sampled households. A $2 bill was included in the first mailed survey packet as a small token of appreciation for taking the survey. No other incentives were given for taking the survey. Approximately two weeks after the first survey packets were mailed (September 11 and 12), a postcard was sent to all sampled households, reminding those who had not yet returned a survey to do so, and thanking those who had already responded. Ten days after the reminder postcards were mailed (September 21 and 22), another full survey packet was sent to all households that still had not returned the survey. The remaining completed surveys were received over the next eight weeks, with the final date for the receipt of surveys being October 23, 2020.

## Survey Response

Completed surveys were received from 7,590 adult residents of the 12 geographic areas; the overall response rate was 29.9 percent. The 95% confidence interval for the regional level data is approximately ±2.6%, which is calculated taking into account the complex sampling design of the survey. The number of surveys received from each geographic area is provided in the table below.

| Geographic Area (Strata) | | Surveys Received |
|---|---|---|
| **Aitkin County** | | 640 |
| **Carlton County** | | 703 |
| **Cook County** | | 736 |
| **Douglas County** | | 603 |
| **City of Duluth** | | |
| Hillside neighborhood | 417 | 1,567 |
| Lincoln Park neighborhood | 474 | |
| Balance of Duluth | 676 | |
| **Itasca County** | | 681 |
| **Koochiching County** | | 698 |
| **Lake County** | | 731 |
| **Pine County** | | 580 |
| **St. Louis County (without Duluth)** | | 651 |
| **Total** | | 7,590 |

## Statistical Weighting of Data

Statistical weighting of the *Bridge to Health Survey* data is necessary due to the design of the sample. The weights account for differences in household size, differences in the size of the population in each of the geographic areas, and differences in response rates between men and women and people of different ages and education level.

A multi-step procedure was used to calculate the weights. The first step involved weighting the data by the inverse of the selection probability within the household (i.e., the number of adults aged 18 and older living in the household).

In calculating weights for the *Bridge to Health Survey* region as a whole, in the next step the data were also weighted by the actual size of the adult population in each of the strata divided by the number of respondents from each stratum. This step ensures that the data from each of the 12 geographic areas counts toward the results for the region as a whole in the same proportion as the population from each geographic area counts toward the population in the *Bridge to Health Survey* region as a whole. Population data were obtained from the 2014-2018 American Community Survey 5-Year Estimates.[2] (When calculating the weights for city/county level analysis, similar procedures were used to calculate weights for the city of Duluth (since the data were collected separately for Hillside, Lincoln Park, and the remainder of the city) and for St Louis County (since the data were collected separately for Duluth and the remainder of the county).)

The next step was to adjust the data based on the American Community Survey Estimates of age, gender and education level for adults within each of the 12 geographic areas, using iterative proportional fitting, which is commonly referred to as raking.[3] This step adjusts for any under-representation or over-representation within the data set by sex, age or education level.

The last step was to divide the weights by a numeric constant to force the weighted total sample size to be equal to the total number of respondents in the sample.

Survey data for the demographic questions used in calculating the weights included some missing values. Missing values were replaced, where feasible, by logical inference. For example, a missing sex response was replaced with “female” if the respondent answered the women-only questions (e.g., regarding mammograms). A hot deck imputation procedure was used to impute the remaining missing values (in this method, the missing response is replaced with the response to that question from a “similar” respondent, based on the responses to a set of other questions from the survey).

## Changes in Survey Methodology for the 2015 Survey were Maintained in 2020

In 2015, several methodological changes occurred with the *Bridge to Health Survey* that impacted the 2015 survey results and the ability to trend the survey results over time. These changes included changing the data collection methodology from telephone to mail and

changing from simple poststratification to raking for the weighting methodology in order to add education level. These methodological changes were maintained for the 2020 survey.

Because of these changes in methodology, the survey results from 2015 forward cannot be compared "apples to apples" to survey results from previous years. The data collected in 2015 have provided a new baseline for the data collected in 2020 and subsequent years.

**Limitations of Findings**

There are several sources of bias that can affect data collected via survey, including non-response and factors related to respondents.

Non-response refers to the fact that some selected respondents did not complete and return the survey. Additionally, some respondents refused to answer specific questions on the survey. Bias can occur if those who did not respond are somehow different than those who did respond.

Other potential sources of bias relate to differences among respondents in their interpretations of questions, honesty in answering, accuracy of recall and willingness to disclose information.

**Collection of Race and Ethnicity**

We must acknowledge that race as a variable in medical research has long been a contentious issue.[4] It is now widely accepted that race is an indistinct construct that is neither standardized nor measured accurately. In 1999, the Human Genome Project emphasized race as non-biological with no basis in the human genetic code.[5]

The "racial" worldview was invented to assign some groups to perpetual low status, while others were permitted access to privilege, power, and wealth. The policies and practices stemming from this worldview succeeded all too well in constructing stark differences between so-called racial groups. Present-day inequalities between these groups are not consequences of biological inheritance but products of historical and contemporary social, economic, educational, and political circumstances.[6]

The *Bridge to Health Survey* has included race/ethnicity demographic questions in order to assess the degree to which the sample of the population is representative, and with a hope to better understand health disparities in "racialized groups". The survey results by race/ethnicity have not been shown in *Bridge to Health Survey* reports due to the small number of responses for most race/ethnicity groups other than white. These data are available for researchers interested in pursuing further analyses. Our hope is that further study will occur, carefully considering the realities of social-structural racism, and creating opportunities for improved understanding and/or intervention to advance health equity.

## Collection of Sex and Gender

For the first time on the *Bridge to Health Survey*, a third category (intersex) was offered as a response to the question "What is your sex?", and a separate question regarding gender identity (with five categories and an open text option) was added, to respect the dignity and diversity of our region's residents.

For the purposes of statistical weighting, the survey responses for sex were used, and missing values for that variable were imputed as described above. For survey respondents that selected "intersex" as the category for sex, the benefit of giving their survey responses a voice by including them was weighed against the negative consequence of having to impute male or female sex for each in order to allow statistical weighting, and thereby inclusion of their responses. The decision was made to include the responses for the three respondents that selected "intersex". We acknowledge that this is an imperfect solution. Measurement in survey research faces increasing statistical and ethical challenges as we move toward a more diverse recognition of sex and gender constructs, with no currently recognized single best solution.[7]

The survey results by gender identity have been suppressed in this report due to the small number of survey responses for most gender groups other than woman and man. These data are available for researchers interested in pursuing further analyses. As survey science evolves to fully embrace the complexities of sex and gender characteristics, our hope is that both ethical and statistical solutions for measurement will be developed and universally applied to advance health equity.

## Guide to Interpreting the Tables and Figures

Three different types of tables are included in this report:

1. The first type of table displays results for all of the response categories for a single question. In this case, the number of respondents who answered the question (n=) is listed within the table title. For an example of this type of table, see Table 1.1.
2. Many tables in this report reflect responses to multiple questions within a single table. Each column on this type of table presents the results for one question (e.g., the percentage of respondents who answered "yes" to a question). The number of respondents who answered the question (n=) in this case is listed in the column heading below the topic. Since each column represents a different question, the number of respondents answering each question may differ. For an example of this type of table, see Table 4.14.
3. The third type of table design is a combination of the first two types. Part of the table includes the results for one question with several response categories (e.g. respondents who currently smoke, who used to smoke but quit, and who never smoked). A second

part of the table includes the results for questions asked of a subset of respondents (e.g. the percentage of current smokers who have tried to quit in the past year). For an example of this type of table, see Table 6.1.

4. In the tables, results are not shown whenever there are fewer than 30 respondents in a demographic group or response subset.[8]

On all tables, responses of "Don't know" or "Refused" are not included in the calculated percentages, as these responses occur very infrequently for most questions.

Poverty status used in the tables and figures is stratified by two categories: 200% or less, More than 200%. These categories are based on the U.S. federal poverty guidelines for 2019.[9] For example, a survey respondent with household income that is equal to or less than twice the poverty guideline amount would be included in the poverty status category "200% or less". The federal poverty guidelines are used to determine financial eligibility for certain federal and state assistance programs.

Trend charts displaying results by year of survey are provided for questions that have been asked in all *Bridge to Health* surveys. Due to the change in sampling and data weighting methodology in 2015, direct comparisons cannot be made to survey results previous to 2015.

For most chapters, a figure indicating responses for selected questions by geographic area is provided. The complete survey results for each sampled area are provided in separate data books, which are available for free download at https://bridgetohealthsurvey.org.

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**Table A.1**
**Characteristics of the Sample for St. Louis County**
BRIDGE TO HEALTH SURVEY 2020

| Demographic Characteristics | | Unweighted Sample | | Weighted Sample | |
|---|---|---|---|---|---|
| | | Frequency | Percent | Frequency | Percent |
| **Overall Results** | | **2,219** | **100%** | **2,219** | **100%** |
| **Sex** | **Male** | 767 | 34.6 | 1108 | 49.9 |
| | **Female** | 1452 | 65.4 | 1111 | 50.1 |
| **Age** | **18 to 34** | 416 | 18.7 | 667 | 30.1 |
| | **35 to 44** | 237 | 10.7 | 300 | 13.5 |
| | **45 to 54** | 332 | 15.0 | 332 | 15.0 |
| | **55 to 64** | 600 | 27.0 | 418 | 18.9 |
| | **65 to 74** | 434 | 19.6 | 283 | 12.8 |
| | **75 and older** | 200 | 9.0 | 218 | 9.8 |
| **Education** | **Less than H.S.** | 54 | 2.4 | 140 | 6.3 |
| | **H.S. Graduate** | 336 | 15.1 | 602 | 27.1 |
| | **Some College** | 436 | 19.6 | 633 | 28.5 |
| | **Voc./Assoc. Degree** | 444 | 20.0 | 272 | 12.2 |
| | **College Graduate** | 949 | 42.8 | 573 | 25.8 |
| **Poverty Status*** | **200% or Less** | 656 | 32.0 | 610 | 29.8 |
| | **More than 200%** | 1391 | 68.0 | 1440 | 70.2 |

*7.8% were missing poverty status

**Table A.2**
**Characteristics of the Sample for St. Louis County**
**Gender Identity**
BRIDGE TO HEALTH SURVEY 2020

| Demographic Characteristics | Unweighted Sample n=2219 | | Weighted Sample n=2219 | |
|---|---|---|---|---|
| **Overall Results** | **Frequency** | **Percent** | **Frequency** | **Percent** |
| **Woman** | 1416 | 63.8 | 1085 | 48.9 |
| **Man** | 748 | 33.7 | 1091 | 49.2 |
| **Non-binary** | 11 | 0.5 | 15 | 0.7 |
| **Cisgender** | 61 | 2.7 | 45 | 2.0 |
| **Transgender** | 8 | 0.4 | 14 | 0.6 |
| **Other** | 9 | 0.4 | 4 | 0.2 |

Percentages do not add up to 100% because respondents could choose more than one response.

**Table A.3**
**Characteristics of the Sample for St. Louis County**
**Race/Ethnicity**
BRIDGE TO HEALTH SURVEY 2020

| Demographic Characteristics | Unweighted Sample n=2194 | | Weighted Sample n=2205 | |
|---|---|---|---|---|
| **Overall Results** | **Frequency** | **Percent** | **Frequency** | **Percent** |
| **Not Hispanic/Latinix/Latino** | 2180 | 99.4 | 2193 | 99.5 |
| **Hispanic/Latinix/Latino** | 14 | 0.6 | 11 | 0.5 |
| | | | | |
| **White** | 2102 | 95.8 | 2127 | 96.4 |
| **American Indian/Alaska Native** | 69 | 3.1 | 68 | 3.1 |
| **Black/African/African American** | 28 | 1.3 | 40 | 1.8 |
| **Asian/Asian American** | 20 | 0.9 | 15 | 0.7 |
| **Native Hawaiian/Pacific Islander** | 2 | 0.1 | 3 | 0.1 |
| **Other Race** | 44 | 2.0 | 43 | 2.0 |

Percentages do not add up to 100% because respondents could choose more than one response.

**Table A.4**
**Characteristics of the Sample for St. Louis County**
**Employment Status**
BRIDGE TO HEALTH SURVEY 2020

| Demographic Characteristics | Unweighted Sample n=2205 | | Weighted Sample n=2214 | |
|---|---|---|---|---|
| **Overall Results** | **Frequency** | **Percent** | **Frequency** | **Percent** |
| **Employed fulltime** | 670 | 30.4 | 840 | 37.9 |
| **Employed part time** | 242 | 11.0 | 245 | 11.1 |
| **Self-employed or farmer** | 124 | 5.6 | 113 | 5.1 |
| **Unemployed or out of work** | 108 | 4.9 | 111 | 5.0 |
| **Homemaker or stay-at-home parent** | 101 | 4.6 | 150 | 6.8 |
| **Student** | 48 | 2.2 | 77 | 3.5 |
| **Retired** | 938 | 42.5 | 753 | 34.0 |
| **Unable to work because of a disability** | 224 | 10.2 | 185 | 8.4 |

Percentages do not add up to 100% because respondents could choose more than one response.

**Table A.5**
**Characteristics of the Sample for St. Louis County**
**Military Service**
BRIDGE TO HEALTH SURVEY 2020

| Demographic Characteristics | Unweighted Sample n=2198 | | Weighted Sample n=2206 | |
|---|---|---|---|---|
| **Overall Results** | **Frequency** | **Percent** | **Frequency** | **Percent** |
| **Served on active duty in the United States Armed Forces, Reserves, or National Guard** | 246 | 11.2 | 279 | 12.6 |

# Results

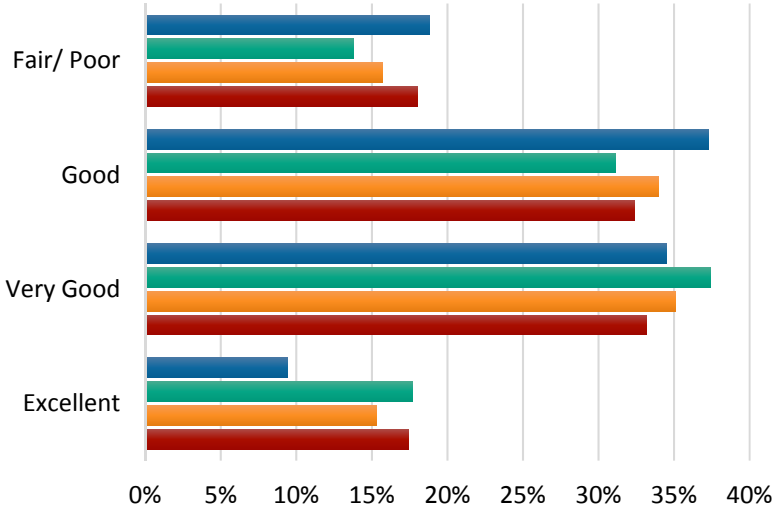
# CHAPTER 1 | Perceived Health Status

A standard measurement for evaluating the health-related quality of life of a population is how a person perceives his/her health. Questions regarding perceived health status have become an important component of public health surveillance with the data used in service planning and intervention assessment.[1] Perceived health status can vary over time and across age groups, and by socio-economic factors such as educational attainment and income status.[2]

Data on perceived health status have been collected in all *Bridge to Health Surveys*, including the 2020 survey.

## SURVEY COMPARISON

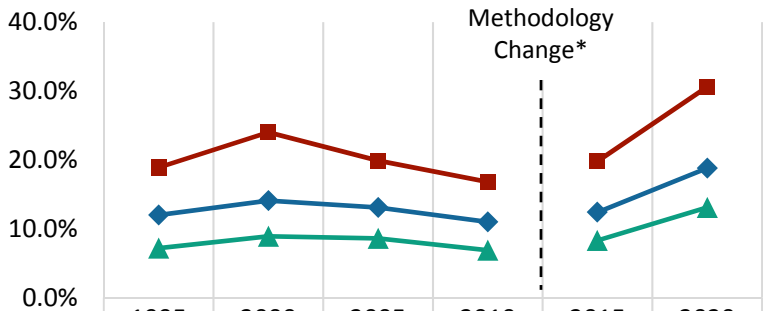
*Bridge to Health Survey* trend data and comparisons by nation, state, and region, are provided in the three figures below. The survey area ranks below the national and state levels on both ends of the perceived health spectrum (Fig. 1.1). The prevalence of individuals who report a fair or poor perceived health status has increased since the 2015 survey (Fig. 1.2). Regional differences in the 2020 survey for fair or poor perceived health status range from 10.1% in Cook County to 22.6% in Itasca County (Fig. 1.3).




| | Excellent | Very Good | Good | Fair/ Poor |
|---|---|---|---|---|
| Bridge to Health 2020 | 9.4% | 34.5% | 37.3% | 18.8% |
| Minnesota* | 17.7% | 37.4% | 31.1% | 13.8% |
| Wisconsin* | 15.3% | 35.1% | 34.0% | 15.7% |
| National* | 17.4% | 33.2% | 32.4% | 18.0% |

**FIGURE 1.1 – Prevalence of Perceived Health Status by Region, State, Nation**

**CDC Behavioral Risk Factor Surveillance System 2019*[3]




| | 1995 | 2000 | 2005 | 2010 | 2015 | 2020 |
|---|---|---|---|---|---|---|
| Overall | 12.0% | 14.1% | 13.1% | 11.0% | 12.4% | 18.8% |
| ≤200% of Poverty Level | 18.9% | 24.0% | 19.9% | 16.8% | 19.8% | 30.6% |
| >200% of Poverty Level | 7.2% | 8.9% | 8.6% | 6.9% | 8.3% | 13.1% |

**FIGURE 1.2 – Perceived Health Status: Fair or Poor by Survey Year**

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*

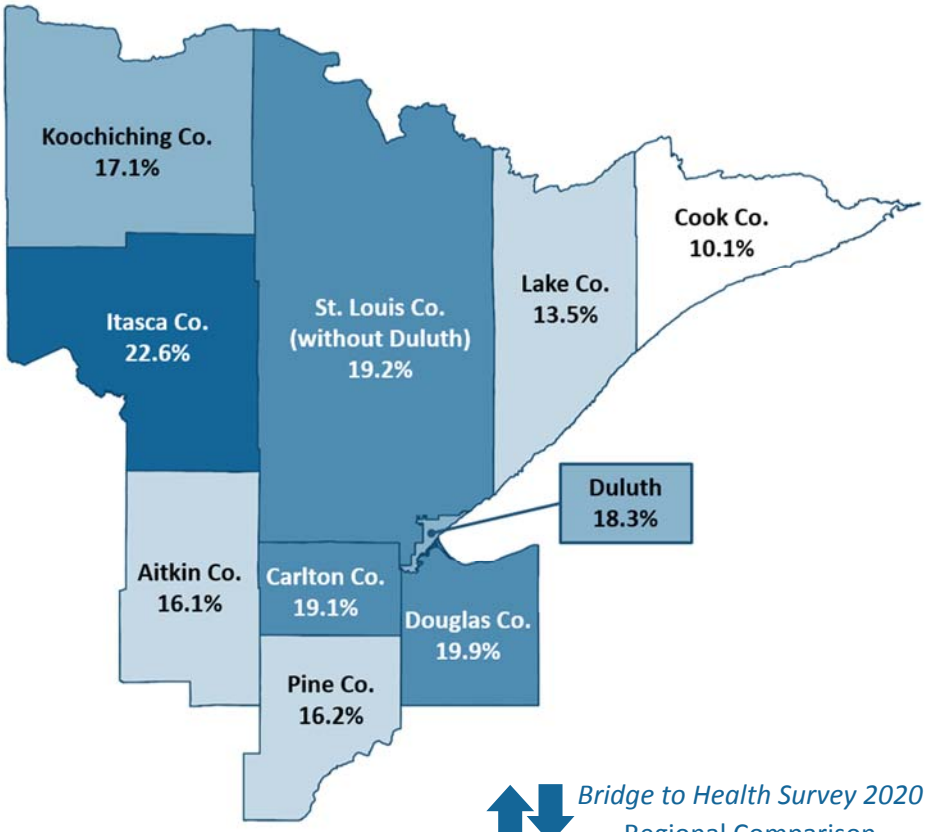



**FIGURE 1.3 – Perceived Health Status: Fair or Poor by Strata**

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**Table 1.1.A**
**Perceived Health Status: Excellent**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *In general, would you say that your health is: excellent, very good, good, fair, or poor?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7067** | | **St. Louis County n=2093** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **9.4%** | **(8.1-10.8)** | **10.4%** | **(8.1-12.6)** |
| **Sex** | **Male** | 9.3 | (7.1-11.5) | 9.7 | (6.1-13.4) |
| | **Female** | 9.6 | (8.0-11.1) | 11.0 | (8.3-13.7) |
| **Age** | **18 to 34** | 15.4 | (11.5-19.3) | 16.2 | (10.5-21.9) |
| | **35 to 44** | 12.2 | (7.7-16.6) | 14.5 | (6.5-22.4) |
| | **45 to 54** | 7.9 | (5.3-10.6) | 8.6 | (3.6-13.5) |
| | **55 to 64** | 7.4 | (5.7-9.1) | 7.0 | (4.3-9.7) |
| | **65 to 74** | 3.8 | (2.7-4.9) | 3.4 | (1.6-5.2) |
| | **75 and older** | 3.1 | (0.2-6.0) | 3.8 | (0.0-9.5) |
| **Education** | **Less than H.S.** | 6.1 | (0.0-13.0) | 11.2 | (0.0-25.9) |
| | **H.S. Graduate** | 4.1 | (2.2-6.0) | 3.3 | (0.5-6.1) |
| | **Some College** | 6.1 | (4.2-8.1) | 5.3 | (2.7-7.9) |
| | **Voc./Assoc. Degree** | 11.4 | (7.2-15.6) | 12.3 | (4.9-19.8) |
| | **College Graduate** | 19.7 | (16.5-22.8) | 21.7 | (16.7-26.7) |
| **Poverty Status** | **200% or Less** | 5.1 | (3.0-7.3) | 6.4 | (2.1-10.7) |
| | **More than 200%** | 11.7 | (9.9-13.5) | 12.0 | (9.1-14.9) |

DS: Data suppressed due to < 30 responses

**Table 1.1.B**
**Perceived Health Status: Fair/Poor***
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *In general, would you say that your health is: excellent, very good, good, fair, or poor?* |
|---|---|

| Demographic Characteristics | | Region n=7067 | | St. Louis County n=2093 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **18.8%** | **(16.3-21.2)** | **18.8%** | **(14.7-22.9)** |
| **Sex** | **Male** | 21.1 | (16.9-25.3) | 21.6 | (14.6-28.6) |
| | **Female** | 16.4 | (14.0-18.8) | 16.0 | (11.8-20.2) |
| **Age** | **18 to 34** | 16.9 | (9.6-24.3) | 17.4 | (6.4-28.4) |
| | **35 to 44** | 12.7 | (8.4-17.0) | 8.5 | (3.5-13.4) |
| | **45 to 54** | 19.3 | (14.8-23.7) | 18.8 | (11.2-26.4) |
| | **55 to 64** | 21.1 | (17.2-25.1) | 22.6 | (15.4-29.9) |
| | **65 to 74** | 18.6 | (14.9-22.4) | 16.6 | (9.8-23.4) |
| | **75 and older** | 27.2 | (21.3-33.2) | 34.0 | (23.1-45.0) |
| **Education** | **Less than H.S.** | 40.5 | (27.6-53.5) | 34.4 | (15.3-53.5) |
| | **H.S. Graduate** | 23.2 | (18.6-27.8) | 23.2 | (14.6-31.8) |
| | **Some College** | 21.9 | (16.0-27.8) | 25.2 | (15.1-35.3) |
| | **Voc./Assoc. Degree** | 13.6 | (9.6-17.7) | 16.2 | (8.8-23.7) |
| | **College Graduate** | 6.2 | (4.6-7.7) | 5.3 | (2.9-7.7) |
| **Poverty Status** | **200% or Less** | 30.6 | (26.1-35.0) | 28.0 | (21.3-34.7) |
| | **More than 200%** | 13.1 | (10.1-16.1) | 14.8 | (9.5-20.1) |

DS: Data suppressed due to < 30 responses

*Responses of 'fair' and ' poor' were collapsed into a single category.

# CHAPTER 2 | Chronic Medical Conditions

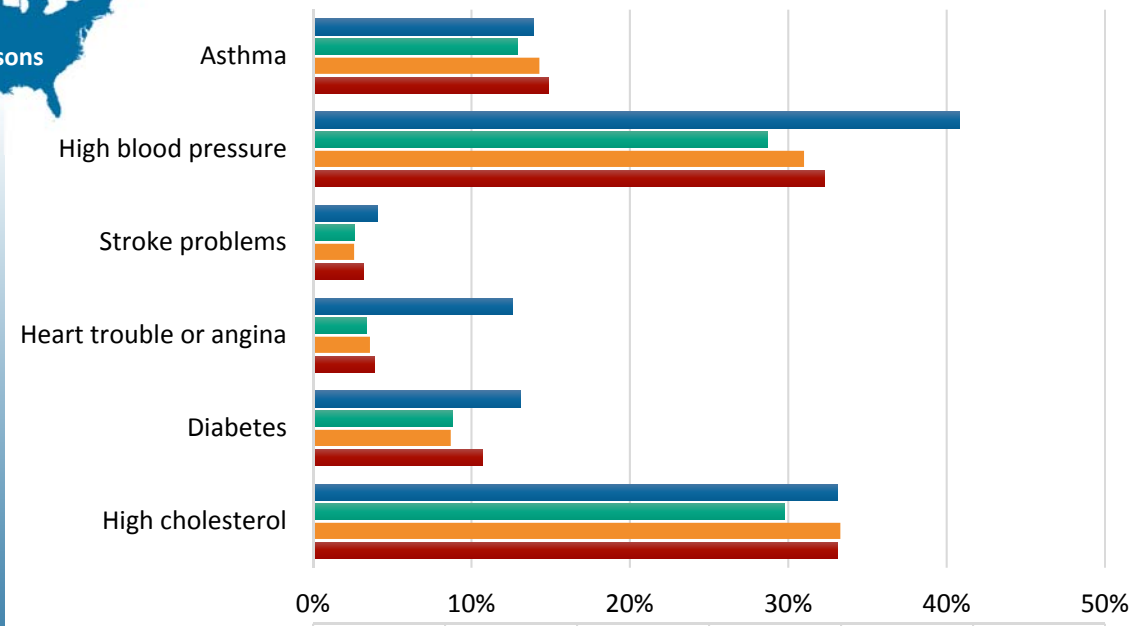
Chronic diseases and conditions are the most common causes of morbidity and mortality in the U.S., accounting for seven of the ten leading causes of death in the U.S.[1] Sixty percent of U.S. adults have a chronic disease or condition and forty percent of adults have at least two.[2] Chronic and mental health conditions account for 90% of the U.S. $3.8 trillion annual health care expenditures.[3] In Minnesota, health care spending for chronic conditions is projected to steadily rise, increasing by 25-65% from 2014 to 2023.[4]

Chronic diseases and conditions, both physical and mental, have an impact on the quality of life for individuals and their families and are among the most preventable of all health issues. The *Bridge to Health Survey* has captured data on chronic conditions in the Northland on every survey, including consistently for eleven specific conditions. New conditions added in 2020 include Alzheimer's disease or other dementias, post-traumatic stress disorder, and Hepatitis C. Conditions primarily related to mental health are described in Chapter 3.

## SURVEY COMPARISON

*Bridge to Health Survey* trend data and comparisons by nation, state, and region, are provided in the five figures below. The survey area exceeds state and national prevalence for four of the six conditions (Fig. 2.1), and does not meet the Healthy People 2030 prevalence goals for kidney disease and high blood pressure.[5] Prevalence for all conditions except stroke trended upward from the 2015 survey (Figs. 2.2-3). Across the region in 2020, high blood pressure ranged from 30.4% (Duluth) to 54.7% (Aitkin Co.), and diabetes ranged from 10.2% (Cook Co.) to 15.6% (Aitkin Co.) (Figs. 2.4-5).

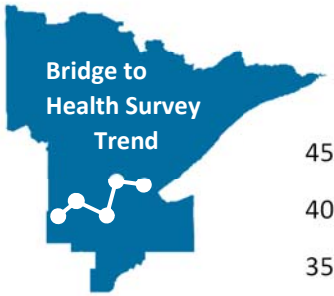
| HEALTHY PEOPLE 2030 GOALS[5] | |
|---|---|
| 12.8% | Chronic kidney disease |
| 27.7% | High blood pressure |

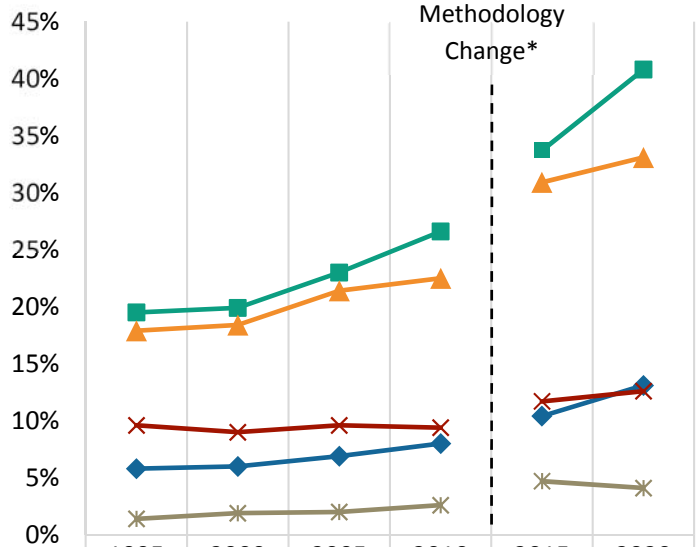



| | High cholesterol | Diabetes | Heart trouble or angina | Stroke problems | High blood pressure | Asthma |
|---|---|---|---|---|---|---|
| Bridge to Health 2020 | 33.1% | 13.1% | 12.6% | 4.1% | 40.8% | 13.9% |
| Minnesota* | 29.8% | 8.8% | 3.4% | 2.6% | 28.7% | 12.9% |
| Wisconsin* | 33.3% | 8.7% | 3.6% | 2.6% | 31.0% | 14.3% |
| National* | 33.1% | 10.7% | 3.9% | 3.2% | 32.3% | 14.9% |

**FIGURE 2.1 – Prevalence of Chronic Health Conditions by Region, State, Nation**

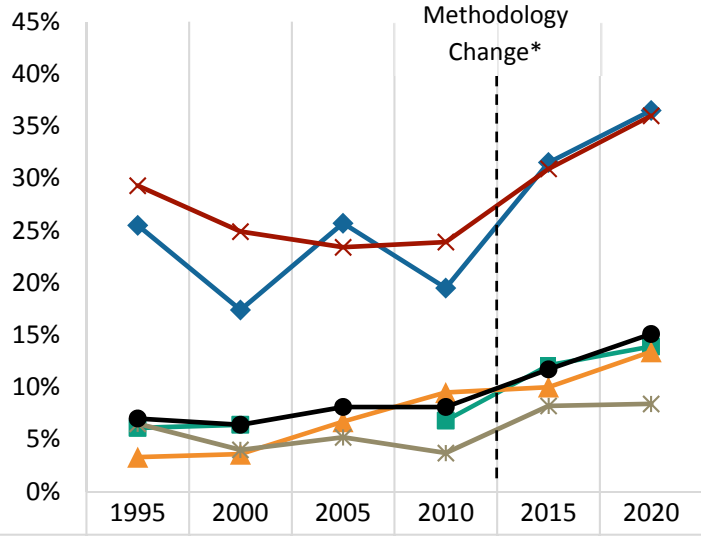
**CDC Behavioral Risk Factor Surveillance System 2019*[6]




| | 1995 | 2000 | 2005 | 2010 | 2015 | 2020 |
|---|---|---|---|---|---|---|
| Diabetes | 5.8% | 6.0% | 6.9% | 8.0% | 10.4% | 13.1% |
| Hypertension | 19.5% | 19.9% | 23.0% | 26.6% | 33.7% | 40.8% |
| High Cholesterol | 17.9% | 18.4% | 21.4% | 22.5% | 30.9% | 33.1% |
| Heart Disease | 9.6% | 9.0% | 9.6% | 9.4% | 11.7% | 12.6% |
| Stroke | 1.4% | 1.9% | 2.0% | 2.6% | 4.7% | 4.1% |

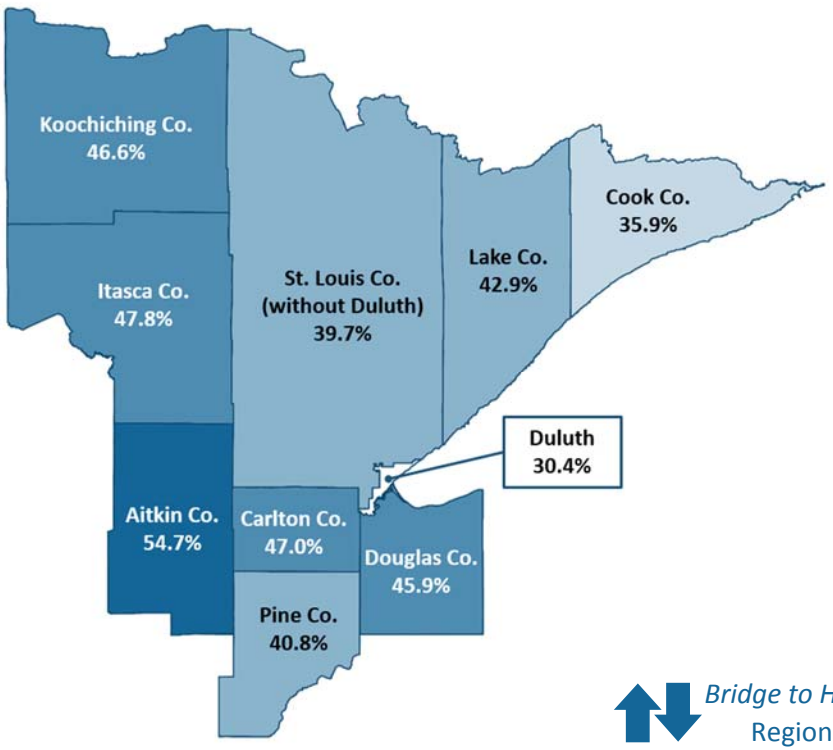
**FIGURE 2.2 – Prevalence of Chronic Conditions by Survey Year – Part 1**

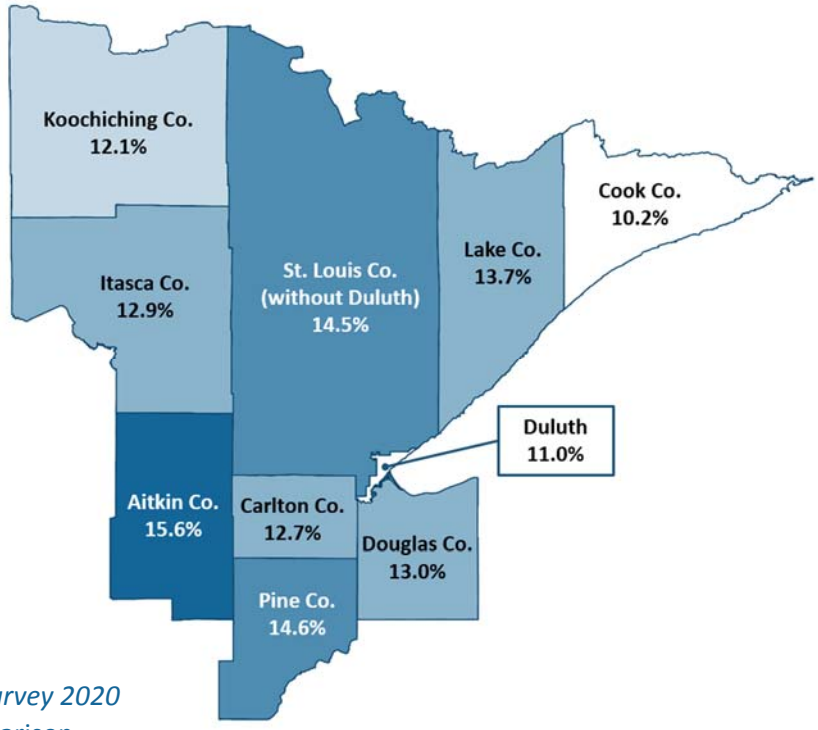



| | 1995 | 2000 | 2005 | 2010 | 2015 | 2020 |
|---|---|---|---|---|---|---|
| Allergies | 25.5% | 17.4% | 25.7% | 19.5% | 31.5% | 36.5% |
| Asthma | 6.1% | 6.4% | NOT COLLECTED | 6.8% | 12.1% | 13.9% |
| Cancer | 3.3% | 3.6% | 6.7% | 9.5% | 10.0% | 13.4% |
| Joint Problems | 29.3% | 24.9% | 23.4% | 23.9% | 30.9% | 36.0% |
| Digestive Disease | 6.5% | 4.0% | 5.2% | 3.7% | 8.2% | 8.4% |
| Kidney Disease | 7.0% | 6.4% | 8.1% | 8.1% | 11.7% | 15.1% |

**FIGURE 2.3 – Prevalence of Chronic Conditions by Survey Year– Part 2**

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*




*Bridge to Health Survey 2020*
Regional Comparison

**FIGURE 2.4 – Prevalence of High Blood Pressure by Strata**

**FIGURE 2.5 – Prevalence of Diabetes by Strata**

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5. Healthy People 2030 [online]. U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. [Accessed March 20, 2021] URL: https://health.gov/healthypeople
6. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2019. [Accessed March 10, 2021]. URL: https://www.cdc.gov/brfss/brfssprevalence/.

**Table 2.1.A**
**Chronic and Other Medical Conditions: Allergies**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **36.5%** | **(34.0-39.1)** | **38.9%** | **(34.7-43.1)** |
| **Sex** | **Male** | 32.9 | (28.6-37.2) | 36.2 | (29.0-43.5) |
| | **Female** | 40.2 | (37.5-42.9) | 41.5 | (36.8-46.1) |
| **Age** | **18 to 34** | 36.8 | (29.9-43.7) | 40.5 | (30.4-50.6) |
| | **35 to 44** | 36.6 | (29.5-43.6) | 32.8 | (21.3-44.4) |
| | **45 to 54** | 43.5 | (37.6-49.4) | 51.4 | (41.0-61.8) |
| | **55 to 64** | 35.2 | (31.3-39.1) | 39.3 | (32.2-46.4) |
| | **65 to 74** | 34.8 | (30.7-38.9) | 34.6 | (27.0-42.2) |
| | **75 and older** | 30.2 | (25.0-35.4) | 28.4 | (18.9-37.8) |
| **Education** | **Less than H.S.** | 42.0 | (29.5-54.6) | 35.5 | (15.3-55.7) |
| | **H.S. Graduate** | 36.1 | (31.2-41.0) | 39.4 | (30.3-48.6) |
| | **Some College** | 36.8 | (31.2-42.3) | 41.2 | (31.8-50.6) |
| | **Voc./Assoc. Degree** | 36.5 | (31.6-41.4) | 37.4 | (28.8-46.1) |
| | **College Graduate** | 35.2 | (31.9-38.6) | 37.4 | (32.0-42.7) |
| **Poverty Status** | **200% or Less** | 40.6 | (35.8-45.5) | 43.1 | (35.2-51.0) |
| | **More than 200%** | 35.3 | (32.2-38.4) | 38.0 | (32.6-43.4) |

DS: Data suppressed due to < 30 responses

**Table 2.1.B**
**Chronic and Other Medical Conditions: Alzheimer's Disease or Other Dementias**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **2.0%** | **(1.1-2.8)** | **1.9%** | **(0.3-3.5)** |
| **Sex** | **Male** | 1.3 | (0.7-2.0) | 0.9 | (0.0-1.8) |
| | **Female** | 2.6 | (1.0-4.2) | 3.0 | (0.0-6.0) |
| **Age** | **18 to 34** | 2.7 | (0.0-5.7) | 4.0 | (0.0-9.3) |
| | **35 to 44** | 1.5 | (0.4-2.7) | 0.5 | (0.0-1.1) |
| | **45 to 54** | 1.1 | (0.5-1.7) | 0.4 | (0.0-0.9) |
| | **55 to 64** | 1.7 | (0.8-2.5) | 0.9 | (0.0-2.0) |
| | **65 to 74** | 1.9 | (0.8-3.0) | 2.3 | (0.2-4.4) |
| | **75 and older** | 2.8 | (1.2-4.4) | 1.8 | (0.0-4.3) |
| **Education** | **Less than H.S.** | 1.5 | (0.2-2.8) | 0.0 | (0.0-0.0) |
| | **H.S. Graduate** | 2.9 | (0.3-5.5) | 4.1 | (0.0-9.8) |
| | **Some College** | 1.4 | (0.8-2.1) | 0.8 | (0.0-1.6) |
| | **Voc./Assoc. Degree** | 2.3 | (0.5-4.1) | 2.6 | (0.0-5.9) |
| | **College Graduate** | 1.4 | (0.6-2.2) | 1.3 | (0.2-2.3) |
| **Poverty Status** | **200% or Less** | 2.1 | (1.2-3.1) | 1.6 | (0.0-3.2) |
| | **More than 200%** | 1.2 | (0.8-1.6) | 0.8 | (0.3-1.4) |

DS: Data suppressed due to < 30 responses

**Table 2.1.C**
**Chronic and Other Medical Conditions: Asthma**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **13.9%** | **(12.1-15.7)** | **15.1%** | **(12.1-18.1)** |
| **Sex** | **Male** | 10.0 | (7.3-12.6) | 10.5 | (6.4-14.7) |
| | **Female** | 17.9 | (15.5-20.3) | 19.5 | (15.3-23.7) |
| **Age** | **18 to 34** | 17.1 | (12.1-22.2) | 18.2 | (11.1-25.4) |
| | **35 to 44** | 16.8 | (11.2-22.5) | 19.6 | (9.2-30.0) |
| | **45 to 54** | 12.4 | (9.2-15.7) | 9.2 | (4.2-14.3) |
| | **55 to 64** | 14.2 | (11.0-17.3) | 18.2 | (12.1-24.3) |
| | **65 to 74** | 9.1 | (7.0-11.2) | 8.8 | (5.3-12.4) |
| | **75 and older** | 10.4 | (6.8-14.1) | 11.0 | (4.4-17.7) |
| **Education** | **Less than H.S.** | 12.4 | (1.8-22.9) | 1.8 | (0.0-3.6) |
| | **H.S. Graduate** | 15.6 | (11.4-19.8) | 22.6 | (13.9-31.4) |
| | **Some College** | 13.2 | (10.4-15.9) | 12.4 | (8.1-16.6) |
| | **Voc./Assoc. Degree** | 15.7 | (11.9-19.5) | 18.2 | (11.6-24.9) |
| | **College Graduate** | 12.2 | (9.8-14.7) | 12.5 | (8.6-16.5) |
| **Poverty Status** | **200% or Less** | 18.1 | (14.4-21.9) | 20.0 | (14.1-26.0) |
| | **More than 200%** | 11.1 | (9.2-12.9) | 12.0 | (8.8-15.3) |

DS: Data suppressed due to < 30 responses

**Table 2.1.D**
**Chronic and Other Medical Conditions: Back Problems**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **38.0%** | **(35.6-40.3)** | **34.8%** | **(31.0-38.6)** |
| **Sex** | **Male** | 38.2 | (34.2-42.1) | 35.8 | (29.4-42.2) |
| | **Female** | 37.7 | (35.2-40.3) | 33.9 | (29.5-38.2) |
| **Age** | **18 to 34** | 30.2 | (24.2-36.1) | 23.3 | (16.3-30.4) |
| | **35 to 44** | 35.5 | (28.4-42.5) | 35.3 | (23.1-47.6) |
| | **45 to 54** | 37.4 | (32.1-42.8) | 34.9 | (25.4-44.5) |
| | **55 to 64** | 40.4 | (36.6-44.2) | 40.1 | (33.3-47.0) |
| | **65 to 74** | 45.1 | (40.5-49.7) | 43.9 | (35.2-52.7) |
| | **75 and older** | 47.0 | (41.3-52.8) | 44.9 | (34.1-55.7) |
| **Education** | **Less than H.S.** | 58.0 | (46.6-69.4) | 56.2 | (36.2-76.2) |
| | **H.S. Graduate** | 39.2 | (34.4-44.0) | 34.8 | (26.3-43.3) |
| | **Some College** | 37.4 | (32.6-42.2) | 34.4 | (26.8-42.0) |
| | **Voc./Assoc. Degree** | 42.3 | (37.3-47.4) | 43.2 | (34.4-52.1) |
| | **College Graduate** | 28.7 | (25.7-31.8) | 26.2 | (21.7-30.7) |
| **Poverty Status** | **200% or Less** | 47.0 | (42.2-51.8) | 43.2 | (35.5-51.0) |
| | **More than 200%** | 33.0 | (30.3-35.7) | 30.7 | (26.3-35.2) |

DS: Data suppressed due to < 30 responses

**Table 2.1.E**
**Chronic and Other Medical Conditions: Cancer**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **13.4%** | **(11.9-14.9)** | **12.4%** | **(9.9-15.0)** |
| **Sex** | **Male** | 12.4 | (10.4-14.4) | 10.9 | (7.7-14.1) |
| | **Female** | 14.4 | (12.2-16.5) | 13.9 | (10.0-17.8) |
| **Age** | **18 to 34** | 4.4 | (1.2-7.7) | 5.8 | (0.2-11.4) |
| | **35 to 44** | 6.5 | (3.5-9.4) | 6.6 | (1.5-11.7) |
| | **45 to 54** | 13.8 | (9.7-17.9) | 11.0 | (4.2-17.9) |
| | **55 to 64** | 13.6 | (11.3-15.9) | 11.6 | (7.9-15.3) |
| | **65 to 74** | 25.0 | (21.3-28.8) | 26.2 | (19.1-33.3) |
| | **75 and older** | 28.1 | (23.0-33.2) | 25.4 | (16.2-34.6) |
| **Education** | **Less than H.S.** | 16.0 | (8.7-23.3) | 14.6 | (1.5-27.7) |
| | **H.S. Graduate** | 15.9 | (12.3-19.5) | 16.3 | (9.0-23.5) |
| | **Some College** | 12.8 | (10.2-15.4) | 11.6 | (7.4-15.8) |
| | **Voc./Assoc. Degree** | 14.0 | (11.0-17.1) | 14.6 | (9.3-20.0) |
| | **College Graduate** | 9.9 | (8.4-11.4) | 8.0 | (5.9-10.1) |
| **Poverty Status** | **200% or Less** | 12.4 | (10.1-14.6) | 11.1 | (7.2-14.9) |
| | **More than 200%** | 13.2 | (11.5-14.9) | 12.1 | (9.3-15.0) |

DS: Data suppressed due to < 30 responses

**Table 2.1.F**
**Chronic and Other Medical Conditions: Diabetes**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **13.1%** | **(11.5-14.8)** | **12.9%** | **(10.1-15.8)** |
| **Sex** | **Male** | 14.2 | (11.6-16.8) | 13.6 | (9.2-18.0) |
| | **Female** | 12.0 | (9.9-14.1) | 12.3 | (8.6-16.0) |
| **Age** | **18 to 34** | 5.0 | (1.7-8.3) | 5.8 | (0.3-11.3) |
| | **35 to 44** | 9.1 | (4.8-13.3) | 4.4 | (0.9-8.0) |
| | **45 to 54** | 14.6 | (9.9-19.4) | 16.4 | (7.5-25.3) |
| | **55 to 64** | 19.3 | (15.4-23.1) | 22.1 | (15.0-29.3) |
| | **65 to 74** | 17.0 | (14.1-19.9) | 14.0 | (9.2-18.8) |
| | **75 and older** | 19.3 | (14.7-24.0) | 21.2 | (12.3-30.0) |
| **Education** | **Less than H.S.** | 18.9 | (9.4-28.4) | 20.3 | (1.5-39.0) |
| | **H.S. Graduate** | 18.7 | (14.6-22.8) | 22.1 | (14.0-30.2) |
| | **Some College** | 13.1 | (10.5-15.7) | 11.9 | (8.0-15.9) |
| | **Voc./Assoc. Degree** | 9.5 | (6.9-12.0) | 9.3 | (4.9-13.8) |
| | **College Graduate** | 6.3 | (4.8-7.7) | 5.0 | (3.0-7.1) |
| **Poverty Status** | **200% or Less** | 19.1 | (15.4-22.8) | 20.9 | (14.4-27.5) |
| | **More than 200%** | 9.6 | (8.1-11.1) | 9.0 | (6.5-11.6) |

DS: Data suppressed due to < 30 responses

**Table 2.1.G**
**Chronic and Other Medical Conditions: Pre-Diabetes**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **14.8%** | **(13.1-16.5)** | **15.1%** | **(12.1-18.0)** |
| **Sex** | **Male** | 13.4 | (11.0-15.8) | 12.6 | (8.8-16.4) |
| | **Female** | 16.2 | (13.8-18.6) | 17.5 | (13.2-21.9) |
| **Age** | **18 to 34** | 7.4 | (3.6-11.2) | 7.2 | (1.5-12.8) |
| | **35 to 44** | 15.1 | (10.0-20.2) | 14.7 | (6.4-23.0) |
| | **45 to 54** | 16.7 | (12.2-21.1) | 17.7 | (9.6-25.8) |
| | **55 to 64** | 18.7 | (15.9-21.6) | 20.3 | (15.2-25.5) |
| | **65 to 74** | 18.1 | (13.8-22.4) | 20.6 | (12.0-29.2) |
| | **75 and older** | 17.8 | (13.1-22.5) | 17.4 | (8.5-26.2) |
| **Education** | **Less than H.S.** | 14.6 | (5.4-23.9) | 20.9 | (2.3-39.5) |
| | **H.S. Graduate** | 17.8 | (13.7-21.9) | 18.6 | (10.7-26.4) |
| | **Some College** | 15.7 | (12.7-18.8) | 16.4 | (11.4-21.4) |
| | **Voc./Assoc. Degree** | 13.7 | (10.7-16.7) | 13.7 | (8.5-18.9) |
| | **College Graduate** | 10.6 | (8.8-12.4) | 9.5 | (6.9-12.2) |
| **Poverty Status** | **200% or Less** | 17.4 | (14.1-20.7) | 21.0 | (14.9-27.2) |
| | **More than 200%** | 12.9 | (11.1-14.6) | 11.4 | (8.8-14.0) |

DS: Data suppressed due to < 30 responses

**Table 2.1.H**
**Chronic and Other Medical Conditions: Chronic Digestive Disease**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **8.4%** | **(7.1-9.7)** | **7.9%** | **(5.5-10.2)** |
| **Sex** | **Male** | 6.2 | (4.5-7.9) | 5.0 | (2.1-7.9) |
| | **Female** | 10.6 | (8.6-12.6) | 10.6 | (7.0-14.3) |
| **Age** | **18 to 34** | 6.2 | (2.7-9.8) | 8.1 | (2.1-14.2) |
| | **35 to 44** | 7.6 | (4.5-10.8) | 5.9 | (1.6-10.2) |
| | **45 to 54** | 9.8 | (5.9-13.7) | 8.5 | (1.2-15.9) |
| | **55 to 64** | 8.5 | (6.6-10.4) | 8.1 | (4.9-11.4) |
| | **65 to 74** | 9.4 | (7.3-11.6) | 7.0 | (3.5-10.6) |
| | **75 and older** | 11.1 | (7.7-14.5) | 9.3 | (3.2-15.4) |
| **Education** | **Less than H.S.** | 13.4 | (4.7-22.1) | 15.8 | (0.0-33.4) |
| | **H.S. Graduate** | 8.9 | (5.8-11.9) | 8.6 | (2.2-15.1) |
| | **Some College** | 8.6 | (6.4-10.8) | 7.8 | (4.6-11.0) |
| | **Voc./Assoc. Degree** | 8.9 | (6.3-11.4) | 8.6 | (4.3-13.0) |
| | **College Graduate** | 5.8 | (4.4-7.2) | 4.9 | (2.9-7.0) |
| **Poverty Status** | **200% or Less** | 11.9 | (9.1-14.7) | 11.6 | (6.5-16.7) |
| | **More than 200%** | 6.3 | (5.1-7.4) | 5.3 | (3.4-7.1) |

DS: Data suppressed due to < 30 responses

**Table 2.1.I**
**Chronic and Other Medical Conditions: Chronic Headaches**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **11.1%** | **(9.0-13.1)** | **11.5%** | **(7.9-15.1)** |
| **Sex** | **Male** | 8.8 | (5.1-12.5) | 9.7 | (3.1-16.2) |
| | **Female** | 13.3 | (11.5-15.2) | 13.2 | (10.1-16.4) |
| **Age** | **18 to 34** | 15.1 | (8.8-21.4) | 15.5 | (5.7-25.3) |
| | **35 to 44** | 13.8 | (8.6-19.0) | 13.5 | (4.0-23.1) |
| | **45 to 54** | 12.4 | (8.2-16.5) | 13.8 | (5.9-21.6) |
| | **55 to 64** | 6.6 | (5.1-8.0) | 5.1 | (2.8-7.4) |
| | **65 to 74** | 8.2 | (5.7-10.8) | 8.7 | (4.0-13.5) |
| | **75 and older** | 7.8 | (3.9-11.7) | 9.5 | (2.0-16.9) |
| **Education** | **Less than H.S.** | 14.6 | (3.5-25.7) | 8.1 | (0.0-17.9) |
| | **H.S. Graduate** | 11.4 | (7.9-14.9) | 13.6 | (6.4-20.8) |
| | **Some College** | 11.9 | (6.7-17.2) | 13.8 | (4.2-23.3) |
| | **Voc./Assoc. Degree** | 11.0 | (8.2-13.8) | 11.4 | (6.5-16.3) |
| | **College Graduate** | 8.6 | (6.8-10.3) | 7.7 | (5.2-10.3) |
| **Poverty Status** | **200% or Less** | 14.2 | (10.8-17.6) | 14.0 | (9.4-18.7) |
| | **More than 200%** | 9.8 | (7.0-12.7) | 10.9 | (5.7-16.1) |

DS: Data suppressed due to < 30 responses

**Table 2.1.J**
**Chronic and Other Medical Conditions: Heart Trouble or Angina**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **12.6%** | **(11.2-14.0)** | **11.9%** | **(9.4-14.3)** |
| **Sex** | **Male** | 14.8 | (12.6-16.9) | 13.4 | (9.9-16.8) |
| | **Female** | 10.5 | (8.6-12.3) | 10.4 | (7.0-13.9) |
| **Age** | **18 to 34** | 4.3 | (1.1-7.5) | 5.4 | (0.0-10.8) |
| | **35 to 44** | 5.1 | (2.3-7.9) | 2.2 | (0.3-4.2) |
| | **45 to 54** | 6.4 | (4.1-8.7) | 5.5 | (1.4-9.5) |
| | **55 to 64** | 15.2 | (12.6-17.9) | 15.8 | (11.1-20.5) |
| | **65 to 74** | 24.2 | (20.6-27.9) | 21.4 | (14.8-28.0) |
| | **75 and older** | 32.2 | (26.9-37.5) | 33.8 | (23.8-43.7) |
| **Education** | **Less than H.S.** | 15.5 | (8.8-22.1) | 11.8 | (0.2-23.4) |
| | **H.S. Graduate** | 15.6 | (12.2-18.9) | 17.1 | (10.3-24.0) |
| | **Some College** | 13.5 | (10.7-16.2) | 11.8 | (7.7-15.8) |
| | **Voc./Assoc. Degree** | 11.3 | (8.3-14.2) | 12.0 | (6.7-17.4) |
| | **College Graduate** | 7.8 | (6.4-9.1) | 6.7 | (4.8-8.6) |
| **Poverty Status** | **200% or Less** | 15.2 | (12.4-17.9) | 13.9 | (9.2-18.5) |
| | **More than 200%** | 10.5 | (9.1-11.9) | 9.8 | (7.6-12.0) |

DS: Data suppressed due to < 30 responses

**Table 2.1.K**
**Chronic and Other Medical Conditions: High Blood Pressure**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **40.8%** | **(38.4-43.2)** | **35.6%** | **(31.6-39.5)** |
| **Sex** | **Male** | 43.3 | (39.3-47.3) | 35.6 | (29.3-41.9) |
| | **Female** | 38.3 | (35.6-41.0) | 35.5 | (30.7-40.3) |
| **Age** | **18 to 34** | 15.0 | (9.8-20.3) | 10.5 | (4.2-16.7) |
| | **35 to 44** | 30.2 | (23.0-37.4) | 21.8 | (10.1-33.4) |
| | **45 to 54** | 39.2 | (33.4-44.9) | 37.4 | (26.9-48.0) |
| | **55 to 64** | 51.3 | (47.4-55.2) | 46.9 | (39.8-53.9) |
| | **65 to 74** | 63.8 | (59.7-67.9) | 60.1 | (52.2-68.0) |
| | **75 and older** | 70.1 | (65.2-75.1) | 70.8 | (61.7-79.8) |
| **Education** | **Less than H.S.** | 67.6 | (57.3-77.8) | 66.4 | (48.1-84.8) |
| | **H.S. Graduate** | 50.3 | (45.2-55.4) | 47.2 | (37.8-56.5) |
| | **Some College** | 40.1 | (35.2-45.0) | 35.6 | (27.8-43.4) |
| | **Voc./Assoc. Degree** | 34.6 | (30.1-39.0) | 27.6 | (20.6-34.5) |
| | **College Graduate** | 25.0 | (22.3-27.8) | 20.6 | (16.7-24.5) |
| **Poverty Status** | **200% or Less** | 47.6 | (42.8-52.4) | 43.0 | (35.2-50.8) |
| | **More than 200%** | 35.9 | (33.2-38.7) | 30.6 | (26.2-35.1) |

DS: Data suppressed due to < 30 responses

**Table 2.1.L**
**Chronic and Other Medical Conditions: High Cholesterol**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **33.1%** | **(30.9-35.3)** | **32.8%** | **(29.0-36.6)** |
| **Sex** | **Male** | 32.0 | (28.6-35.4) | 30.7 | (24.9-36.5) |
| | **Female** | 34.2 | (31.5-36.9) | 34.9 | (30.1-39.7) |
| **Age** | **18 to 34** | 11.7 | (7.3-16.1) | 14.1 | (7.0-21.3) |
| | **35 to 44** | 22.9 | (16.8-29.1) | 23.0 | (12.6-33.4) |
| | **45 to 54** | 32.2 | (26.9-37.6) | 33.5 | (23.7-43.3) |
| | **55 to 64** | 46.4 | (42.5-50.3) | 47.1 | (40.1-54.1) |
| | **65 to 74** | 51.9 | (47.5-56.4) | 51.2 | (42.7-59.6) |
| | **75 and older** | 50.1 | (44.3-55.8) | 48.0 | (37.4-58.7) |
| **Education** | **Less than H.S.** | 32.3 | (21.7-43.0) | 30.1 | (10.6-49.6) |
| | **H.S. Graduate** | 39.5 | (34.7-44.3) | 43.7 | (34.4-52.9) |
| | **Some College** | 32.2 | (27.8-36.7) | 32.9 | (25.5-40.4) |
| | **Voc./Assoc. Degree** | 33.5 | (28.7-38.2) | 33.2 | (24.9-41.5) |
| | **College Graduate** | 25.9 | (23.1-28.7) | 22.5 | (18.5-26.5) |
| **Poverty Status** | **200% or Less** | 34.3 | (30.1-38.4) | 35.1 | (27.9-42.4) |
| | **More than 200%** | 31.3 | (28.7-33.9) | 30.2 | (25.8-34.6) |

DS: Data suppressed due to < 30 responses

**Table 2.1.M**
**Chronic and Other Medical Conditions: Hepatitis C**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **2.4%** | **(1.5-3.3)** | **2.5%** | **(0.9-4.2)** |
| **Sex** | **Male** | 2.1 | (1.2-3.0) | 1.8 | (0.5-3.1) |
| | **Female** | 2.7 | (1.2-4.3) | 3.2 | (0.2-6.2) |
| **Age** | **18 to 34** | 3.2 | (0.2-6.3) | 4.8 | (0.0-10.2) |
| | **35 to 44** | 3.1 | (1.0-5.2) | 1.5 | (0.1-3.0) |
| | **45 to 54** | 1.4 | (0.7-2.0) | 0.8 | (0.1-1.4) |
| | **55 to 64** | 2.2 | (1.1-3.3) | 2.4 | (0.4-4.5) |
| | **65 to 74** | 2.2 | (1.1-3.3) | 2.4 | (0.4-4.4) |
| | **75 and older** | 1.7 | (0.3-3.0) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 1.8 | (0.5-3.2) | 1.3 | (0.0-2.7) |
| | **H.S. Graduate** | 3.1 | (0.5-5.7) | 4.7 | (0.0-10.4) |
| | **Some College** | 2.4 | (1.2-3.6) | 1.6 | (0.3-2.9) |
| | **Voc./Assoc. Degree** | 2.5 | (0.7-4.4) | 2.7 | (0.0-6.0) |
| | **College Graduate** | 1.7 | (0.7-2.6) | 1.6 | (0.2-3.0) |
| **Poverty Status** | **200% or Less** | 3.4 | (2.1-4.8) | 3.7 | (1.6-5.8) |
| | **More than 200%** | 1.3 | (0.8-1.8) | 0.8 | (0.2-1.5) |

DS: Data suppressed due to < 30 responses

**Table 2.1.N**
**Chronic and Other Medical Conditions: Joint Problems**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **36.0%** | **(33.7-38.2)** | **32.3%** | **(28.7-36.0)** |
| **Sex** | **Male** | 32.0 | (28.5-35.5) | 25.1 | (19.9-30.3) |
| | **Female** | 40.0 | (37.3-42.7) | 39.3 | (34.6-44.0) |
| **Age** | **18 to 34** | 13.8 | (8.7-18.9) | 11.5 | (5.1-18.0) |
| | **35 to 44** | 21.9 | (16.5-27.3) | 16.7 | (9.1-24.2) |
| | **45 to 54** | 35.2 | (29.7-40.6) | 32.6 | (22.7-42.6) |
| | **55 to 64** | 48.1 | (44.2-52.0) | 46.8 | (39.7-53.8) |
| | **65 to 74** | 54.5 | (50.0-59.1) | 51.8 | (43.2-60.4) |
| | **75 and older** | 62.5 | (56.9-68.2) | 60.7 | (50.0-71.3) |
| **Education** | **Less than H.S.** | 55.4 | (43.2-67.6) | 35.8 | (17.7-54.0) |
| | **H.S. Graduate** | 43.5 | (38.6-48.4) | 45.4 | (36.1-54.6) |
| | **Some College** | 36.7 | (32.1-41.3) | 33.3 | (26.2-40.5) |
| | **Voc./Assoc. Degree** | 34.1 | (29.4-38.8) | 32.2 | (24.1-40.3) |
| | **College Graduate** | 20.6 | (18.4-22.9) | 17.7 | (14.4-20.9) |
| **Poverty Status** | **200% or Less** | 44.2 | (39.6-48.9) | 36.1 | (29.0-43.2) |
| | **More than 200%** | 30.2 | (27.7-32.8) | 28.8 | (24.6-33.1) |

DS: Data suppressed due to < 30 responses

**Table 2.1.O**
**Chronic and Other Medical Conditions: Kidney or Bladder Problems**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **15.1%** | **(13.4-16.8)** | **14.1%** | **(11.2-17.0)** |
| **Sex** | **Male** | 17.0 | (14.3-19.8) | 16.2 | (11.7-20.7) |
| | **Female** | 13.1 | (11.0-15.2) | 12.0 | (8.2-15.8) |
| **Age** | **18 to 34** | 8.1 | (4.1-12.2) | 7.4 | (1.7-13.1) |
| | **35 to 44** | 8.9 | (5.1-12.6) | 7.7 | (2.0-13.5) |
| | **45 to 54** | 10.8 | (7.2-14.5) | 11.4 | (4.4-18.3) |
| | **55 to 64** | 13.6 | (10.6-16.6) | 13.9 | (8.4-19.5) |
| | **65 to 74** | 24.2 | (19.7-28.7) | 22.3 | (13.5-31.1) |
| | **75 and older** | 37.4 | (31.8-43.0) | 35.9 | (25.6-46.2) |
| **Education** | **Less than H.S.** | 25.7 | (15.4-36.1) | 29.1 | (9.5-48.7) |
| | **H.S. Graduate** | 19.0 | (14.8-23.1) | 19.9 | (12.0-27.8) |
| | **Some College** | 13.2 | (10.6-15.7) | 10.6 | (6.9-14.3) |
| | **Voc./Assoc. Degree** | 11.2 | (8.6-13.7) | 9.8 | (5.5-14.0) |
| | **College Graduate** | 11.3 | (9.2-13.3) | 10.7 | (7.4-13.9) |
| **Poverty Status** | **200% or Less** | 19.2 | (15.7-22.7) | 17.0 | (11.3-22.6) |
| | **More than 200%** | 11.9 | (10.3-13.5) | 11.3 | (8.5-14.0) |

DS: Data suppressed due to < 30 responses

**Table 2.1.P**
**Chronic and Other Medical Conditions: Chronic Lung Disease**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **8.7%** | **(7.4-10.0)** | **7.9%** | **(5.6-10.3)** |
| **Sex** | **Male** | 7.9 | (6.1-9.6) | 7.0 | (4.1-9.9) |
| | **Female** | 9.6 | (7.5-11.6) | 8.9 | (5.2-12.6) |
| **Age** | **18 to 34** | 3.8 | (0.5-7.2) | 5.3 | (0.0-11.0) |
| | **35 to 44** | 5.2 | (2.5-8.0) | 5.1 | (0.5-9.7) |
| | **45 to 54** | 7.4 | (5.0-9.7) | 3.2 | (1.2-5.3) |
| | **55 to 64** | 11.3 | (8.5-14.2) | 12.1 | (6.7-17.5) |
| | **65 to 74** | 12.3 | (9.8-14.7) | 8.6 | (4.9-12.3) |
| | **75 and older** | 17.6 | (12.6-22.6) | 18.0 | (8.7-27.4) |
| **Education** | **Less than H.S.** | 13.9 | (7.4-20.4) | 12.2 | (0.7-23.6) |
| | **H.S. Graduate** | 11.7 | (8.2-15.1) | 13.8 | (6.5-21.1) |
| | **Some College** | 10.2 | (7.9-12.5) | 7.9 | (4.5-11.2) |
| | **Voc./Assoc. Degree** | 7.3 | (5.0-9.6) | 7.0 | (3.0-11.1) |
| | **College Graduate** | 2.4 | (1.6-3.2) | 1.7 | (0.8-2.6) |
| **Poverty Status** | **200% or Less** | 13.1 | (10.3-15.9) | 13.0 | (7.7-18.2) |
| | **More than 200%** | 5.4 | (4.4-6.5) | 4.3 | (2.7-6.0) |

DS: Data suppressed due to < 30 responses

**Table 2.1.Q**
**Chronic and Other Medical Conditions: Risk of Falling**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **13.2%** | **(11.4-15.0)** | **12.8%** | **(9.6-15.9)** |
| **Sex** | **Male** | 12.8 | (9.8-15.8) | 12.6 | (7.5-17.7) |
| | **Female** | 13.6 | (11.5-15.6) | 12.9 | (9.2-16.6) |
| **Age** | **18 to 34** | 7.1 | (1.7-12.4) | 7.8 | (0.0-15.7) |
| | **35 to 44** | 5.3 | (2.4-8.3) | 4.8 | (0.0-9.8) |
| | **45 to 54** | 9.1 | (6.4-11.8) | 7.3 | (3.1-11.5) |
| | **55 to 64** | 12.7 | (9.9-15.6) | 12.8 | (7.5-18.1) |
| | **65 to 74** | 19.8 | (15.4-24.2) | 20.7 | (12.1-29.4) |
| | **75 and older** | 36.8 | (31.2-42.4) | 36.2 | (25.7-46.6) |
| **Education** | **Less than H.S.** | 28.1 | (15.7-40.4) | 22.9 | (4.2-41.5) |
| | **H.S. Graduate** | 19.3 | (14.8-23.7) | 23.1 | (13.9-32.3) |
| | **Some College** | 12.0 | (9.6-14.4) | 11.8 | (7.9-15.6) |
| | **Voc./Assoc. Degree** | 8.6 | (6.3-10.9) | 8.9 | (4.9-12.9) |
| | **College Graduate** | 4.9 | (3.9-5.8) | 3.2 | (2.0-4.3) |
| **Poverty Status** | **200% or Less** | 21.9 | (17.5-26.2) | 23.1 | (15.5-30.7) |
| | **More than 200%** | 7.7 | (6.5-8.8) | 6.5 | (4.7-8.2) |

DS: Data suppressed due to < 30 responses

**Table 2.1.R**
**Chronic and Other Medical Conditions: Sleep-Related Disorders**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **26.1%** | **(23.8-28.3)** | **25.9%** | **(22.2-29.7)** |
| **Sex** | **Male** | 25.5 | (21.9-29.0) | 24.8 | (18.9-30.6) |
| | **Female** | 26.7 | (24.0-29.3) | 27.1 | (22.4-31.7) |
| **Age** | **18 to 34** | 20.4 | (14.4-26.4) | 22.3 | (13.4-31.3) |
| | **35 to 44** | 19.9 | (14.2-25.5) | 18.1 | (9.8-26.4) |
| | **45 to 54** | 31.2 | (26.0-36.4) | 31.1 | (21.7-40.4) |
| | **55 to 64** | 28.7 | (25.2-32.2) | 28.2 | (21.9-34.5) |
| | **65 to 74** | 30.1 | (25.4-34.7) | 31.6 | (22.6-40.5) |
| | **75 and older** | 30.0 | (24.7-35.3) | 27.8 | (18.3-37.3) |
| **Education** | **Less than H.S.** | 36.3 | (24.0-48.6) | 26.4 | (7.1-45.6) |
| | **H.S. Graduate** | 32.4 | (27.4-37.4) | 35.5 | (25.9-45.2) |
| | **Some College** | 24.0 | (20.3-27.7) | 23.6 | (17.6-29.5) |
| | **Voc./Assoc. Degree** | 28.8 | (23.9-33.7) | 34.0 | (25.2-42.8) |
| | **College Graduate** | 16.0 | (13.7-18.3) | 15.2 | (11.7-18.7) |
| **Poverty Status** | **200% or Less** | 34.1 | (29.5-38.8) | 35.1 | (27.3-42.9) |
| | **More than 200%** | 21.0 | (18.8-23.2) | 20.3 | (16.6-24.0) |

DS: Data suppressed due to < 30 responses

**Table 2.1.S**
**Chronic and Other Medical Conditions: Stroke-Related Health Problems**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **4.1%** | **(3.1-5.1)** | **3.9%** | **(2.1-5.7)** |
| **Sex** | **Male** | 3.6 | (2.7-4.5) | 2.4 | (1.2-3.7) |
| | **Female** | 4.7 | (2.9-6.4) | 5.3 | (2.1-8.6) |
| **Age** | **18 to 34** | 3.4 | (0.3-6.5) | 4.9 | (0.0-10.4) |
| | **35 to 44** | 2.4 | (1.1-3.8) | 0.7 | (0.0-1.5) |
| | **45 to 54** | 2.3 | (1.2-3.3) | 1.8 | (0.4-3.2) |
| | **55 to 64** | 4.2 | (2.9-5.6) | 3.7 | (1.4-5.9) |
| | **65 to 74** | 6.1 | (4.4-7.9) | 5.0 | (2.2-7.9) |
| | **75 and older** | 8.2 | (5.0-11.3) | 7.8 | (1.9-13.6) |
| **Education** | **Less than H.S.** | 3.8 | (0.6-6.9) | 3.4 | (0.0-9.5) |
| | **H.S. Graduate** | 5.7 | (2.9-8.4) | 6.7 | (0.8-12.7) |
| | **Some College** | 4.1 | (2.8-5.5) | 3.5 | (1.4-5.7) |
| | **Voc./Assoc. Degree** | 3.5 | (1.6-5.4) | 3.9 | (0.5-7.3) |
| | **College Graduate** | 2.6 | (1.7-3.4) | 1.7 | (0.7-2.6) |
| **Poverty Status** | **200% or Less** | 5.4 | (3.9-6.9) | 5.6 | (2.9-8.4) |
| | **More than 200%** | 3.1 | (2.4-3.9) | 2.3 | (1.2-3.5) |

DS: Data suppressed due to < 30 responses

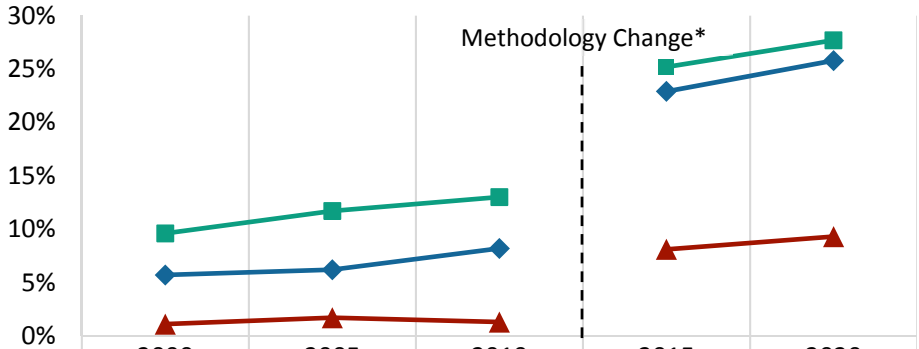
# CHAPTER 3 | Mental Health

It is estimated that over half of Americans will be diagnosed with a mental illness at some point in their lifetime.[1] Mental illness is frequently associated with other chronic conditions such as heart disease, diabetes, and cancer, and can negatively impact outcomes due to poor patient compliance.[2,3] Untreated mental illness is also associated with unhealthy behaviors, including alcohol and drug abuse and self-destructive behavior. Results from the 2019 National Survey on Drug Use and Health estimate that 20.6% of U.S. adults suffer from mental illness, a continuation of a rising trend from 2008.[4]

New for 2020, post- traumatic stress disorder was added to the list of chronic health conditions plus a question about if respondents would be more likely to seek mental health care if the service was available at their primary care clinic. Also new for 2020 were questions regarding loneliness, a sense of belonging, and the presence of purpose and meaning in life.

## SURVEY COMPARISON

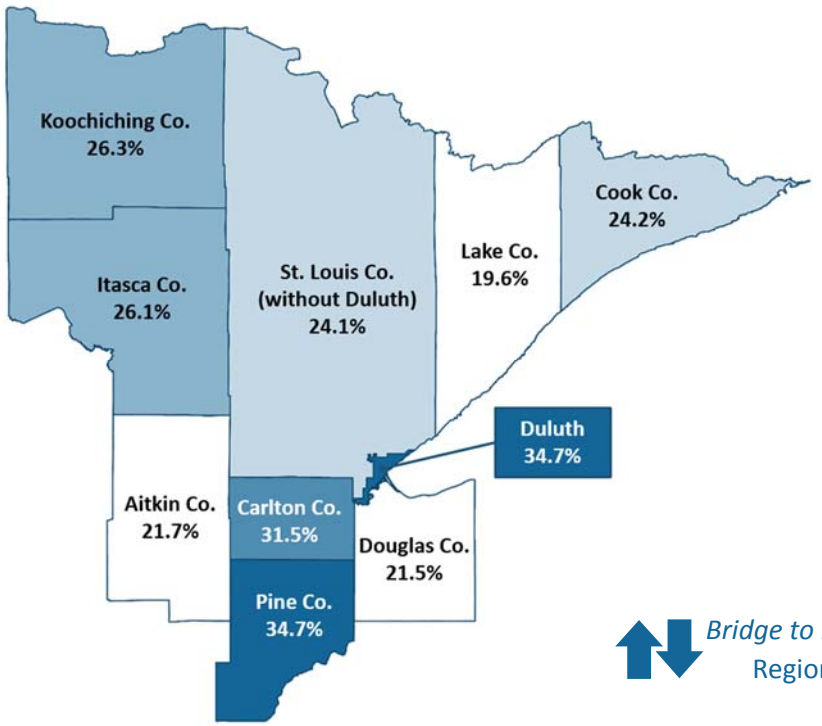
*Bridge to Health Survey* trend data and comparisons by region are provided in the three figures below. Prevalence increased for all three mental health conditions included on previous surveys (Fig. 3.1). In the region, prevalence of depression ranged from 19.6% in Lake County to 34.7% in Duluth and Pine County (Fig. 3.2). Respondents who answered yes, they have a sense of belonging or connectedness, ranged from 63.6% in Douglas County to 76.1% in Cook County (Fig. 3.3).

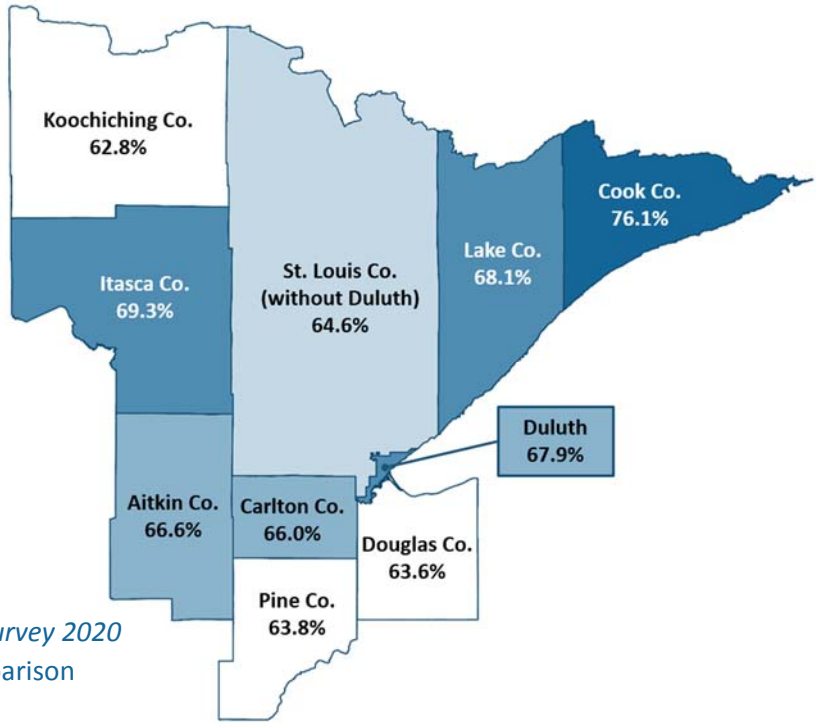



| | 2000 | 2005 | 2010 | 2015 | 2020 |
|---|---|---|---|---|---|
| Anxiety or Panic Attacks | 5.7% | 6.2% | 8.2% | 22.9% | 25.8% |
| Depression | 9.6% | 11.7% | 13.0% | 25.2% | 27.7% |
| Other Mental Health Conditions | 1.1% | 1.7% | 1.3% | 8.1% | 9.3% |

**FIGURE 3.1 – Prevalence of Mental Health Conditions by Survey Year**

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*




*Bridge to Health Survey 2020*
Regional Comparison

**FIGURE 3.2 – Prevalence of Depression by Strata**

**FIGURE 3.3 – Sense of Belonging or Connectedness (Yes) by Strata**

## REFERENCES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4. Substance Abuse and Mental Health Services Administration. (2020). *Key substance use and mental health indicators in the United States: Results from the 2019 National Survey on Drug Use and Health* (HHS Publication No. PEP20-07-01-001, NSDUH Series H-55). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Available at: https://www.samhsa.gov/data/sites/default/files/reports/rpt29393/2019NSDUHFFRPDFWHTML/2019NSDUHFFR1PDFW090120.pdf.

**Table 3.1.A**
**Mental Health Conditions: Anxiety or Panic Attacks**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **25.8%** | **(23.3-28.2)** | **26.5%** | **(22.3-30.6)** |
| **Sex** | **Male** | 19.9 | (15.8-23.9) | 21.1 | (14.3-28.0) |
| | **Female** | 31.7 | (28.9-34.5) | 31.7 | (26.8-36.5) |
| **Age** | **18 to 34** | 39.6 | (32.6-46.6) | 42.9 | (32.7-53.2) |
| | **35 to 44** | 28.7 | (22.6-34.9) | 21.8 | (12.8-30.7) |
| | **45 to 54** | 31.6 | (26.0-37.2) | 34.9 | (24.6-45.1) |
| | **55 to 64** | 17.3 | (14.6-20.0) | 16.7 | (11.9-21.5) |
| | **65 to 74** | 13.8 | (11.1-16.5) | 12.3 | (7.6-17.0) |
| | **75 and older** | 10.8 | (7.4-14.2) | 10.0 | (3.9-16.1) |
| **Education** | **Less than H.S.** | 29.9 | (17.5-42.3) | 23.1 | (4.5-41.7) |
| | **H.S. Graduate** | 27.3 | (22.5-32.1) | 26.4 | (17.7-35.1) |
| | **Some College** | 27.7 | (22.0-33.4) | 34.0 | (24.4-43.7) |
| | **Voc./Assoc. Degree** | 22.2 | (18.2-26.2) | 21.7 | (14.7-28.7) |
| | **College Graduate** | 22.1 | (19.4-24.8) | 21.3 | (17.2-25.3) |
| **Poverty Status** | **200% or Less** | 35.0 | (30.3-39.6) | 33.9 | (26.6-41.1) |
| | **More than 200%** | 21.2 | (18.2-24.2) | 22.6 | (17.4-27.9) |

DS: Data suppressed due to < 30 responses

**Table 3.1.B**
**Mental Health Conditions: Depression**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **27.7%** | **(25.2-30.1)** | **28.8%** | **(24.6-33.0)** |
| **Sex** | **Male** | 22.6 | (18.5-26.7) | 24.4 | (17.5-31.3) |
| | **Female** | 32.8 | (30.0-35.5) | 33.0 | (28.2-37.9) |
| **Age** | **18 to 34** | 39.3 | (32.4-46.3) | 43.2 | (33.0-53.4) |
| | **35 to 44** | 33.3 | (26.6-40.1) | 29.3 | (18.7-39.8) |
| | **45 to 54** | 31.5 | (25.9-37.0) | 34.8 | (24.6-45.1) |
| | **55 to 64** | 19.8 | (17.2-22.5) | 18.1 | (13.6-22.6) |
| | **65 to 74** | 18.6 | (15.5-21.7) | 19.1 | (13.3-24.9) |
| | **75 and older** | 12.5 | (8.8-16.2) | 10.5 | (4.3-16.7) |
| **Education** | **Less than H.S.** | 31.4 | (18.9-43.9) | 26.6 | (7.4-45.9) |
| | **H.S. Graduate** | 26.7 | (22.1-31.2) | 24.5 | (16.3-32.7) |
| | **Some College** | 32.9 | (27.2-38.6) | 39.5 | (30.0-49.0) |
| | **Voc./Assoc. Degree** | 26.4 | (21.7-31.1) | 29.9 | (21.4-38.4) |
| | **College Graduate** | 22.2 | (19.5-24.9) | 21.2 | (17.2-25.2) |
| **Poverty Status** | **200% or Less** | 40.5 | (35.7-45.2) | 40.9 | (33.2-48.5) |
| | **More than 200%** | 22.1 | (19.1-25.1) | 24.1 | (18.8-29.4) |

DS: Data suppressed due to < 30 responses

**Table 3.1.C**
**Mental Health Conditions: Post-Traumatic Stress Disorder (PTSD)**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **9.9%** | **(8.2-11.7)** | **10.7%** | **(7.8-13.5)** |
| **Sex** | **Male** | 9.1 | (6.4-11.9) | 9.9 | (5.6-14.3) |
| | **Female** | 10.7 | (8.6-12.9) | 11.3 | (7.6-15.1) |
| **Age** | **18 to 34** | 14.2 | (9.0-19.4) | 15.4 | (7.9-22.8) |
| | **35 to 44** | 14.1 | (9.9-18.3) | 11.6 | (5.1-18.0) |
| | **45 to 54** | 14.6 | (9.7-19.5) | 18.9 | (9.7-28.2) |
| | **55 to 64** | 5.0 | (3.7-6.2) | 3.7 | (1.9-5.5) |
| | **65 to 74** | 5.9 | (3.6-8.3) | 7.5 | (2.9-12.1) |
| | **75 and older** | 1.6 | (0.6-2.7) | 0.7 | (0.0-1.8) |
| **Education** | **Less than H.S.** | 22.5 | (9.8-35.3) | 20.6 | (2.1-39.0) |
| | **H.S. Graduate** | 9.0 | (5.8-12.3) | 10.9 | (4.1-17.7) |
| | **Some College** | 10.9 | (7.7-14.1) | 12.1 | (6.6-17.6) |
| | **Voc./Assoc. Degree** | 11.1 | (7.1-15.1) | 14.0 | (6.6-21.5) |
| | **College Graduate** | 5.7 | (4.2-7.1) | 4.8 | (2.9-6.8) |
| **Poverty Status** | **200% or Less** | 18.0 | (14.0-21.9) | 19.2 | (13.0-25.5) |
| | **More than 200%** | 5.6 | (4.1-7.2) | 6.3 | (3.5-9.1) |

DS: Data suppressed due to < 30 responses

**Table 3.1.D**
**Mental Health Conditions: Other Mental Health Conditions**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7539** | | **St. Louis County n=2203** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **9.3%** | **(7.6-11.0)** | **9.9%** | **(7.3-12.6)** |
| **Sex** | **Male** | 9.0 | (6.3-11.6) | 8.7 | (5.0-12.5) |
| | **Female** | 9.7 | (7.6-11.8) | 11.1 | (7.3-14.9) |
| **Age** | **18 to 34** | 15.5 | (10.3-20.6) | 14.7 | (8.0-21.5) |
| | **35 to 44** | 10.8 | (7.2-14.4) | 9.5 | (4.1-14.9) |
| | **45 to 54** | 11.3 | (6.9-15.8) | 16.1 | (7.3-24.8) |
| | **55 to 64** | 6.2 | (3.8-8.5) | 6.5 | (2.0-11.0) |
| | **65 to 74** | 4.6 | (2.9-6.3) | 4.6 | (1.7-7.5) |
| | **75 and older** | 1.5 | (0.5-2.5) | 0.8 | (0.0-1.8) |
| **Education** | **Less than H.S.** | 23.4 | (10.3-36.6) | 19.2 | (1.2-37.2) |
| | **H.S. Graduate** | 9.9 | (6.6-13.3) | 11.0 | (4.2-17.8) |
| | **Some College** | 9.7 | (6.9-12.5) | 11.7 | (7.1-16.3) |
| | **Voc./Assoc. Degree** | 8.7 | (5.4-12.1) | 11.9 | (5.6-18.1) |
| | **College Graduate** | 4.3 | (3.0-5.5) | 3.8 | (2.0-5.6) |
| **Poverty Status** | **200% or Less** | 18.4 | (14.3-22.5) | 20.1 | (13.8-26.4) |
| | **More than 200%** | 4.8 | (3.6-6.1) | 5.2 | (3.1-7.3) |

DS: Data suppressed due to < 30 responses

**Table 3.2.A**
**Mental Health Screening - Within Past Year**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had any screening for mental health issues such as depression or anxiety?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7275** | | **St. Louis County n=2118** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **28.8%** | **(26.3-31.3)** | **29.1%** | **(24.8-33.4)** |
| **Sex** | **Male** | 25.1 | (20.8-29.4) | 27.0 | (19.8-34.3) |
| | **Female** | 32.6 | (30.1-35.2) | 31.2 | (26.8-35.6) |
| **Age** | **18 to 34** | 31.7 | (24.8-38.6) | 29.8 | (19.7-39.9) |
| | **35 to 44** | 33.2 | (26.2-40.2) | 34.5 | (22.6-46.5) |
| | **45 to 54** | 35.9 | (30.1-41.7) | 45.2 | (34.6-55.9) |
| | **55 to 64** | 27.8 | (24.2-31.3) | 27.2 | (20.8-33.6) |
| | **65 to 74** | 22.1 | (18.9-25.3) | 16.5 | (11.5-21.5) |
| | **75 and older** | 13.4 | (9.4-17.5) | 11.9 | (4.2-19.6) |
| **Education** | **Less than H.S.** | 28.6 | (15.0-42.1) | 24.7 | (3.8-45.5) |
| | **H.S. Graduate** | 22.8 | (18.3-27.3) | 19.4 | (12.0-26.9) |
| | **Some College** | 33.2 | (27.4-39.0) | 37.6 | (27.9-47.4) |
| | **Voc./Assoc. Degree** | 27.9 | (23.9-31.9) | 25.6 | (18.9-32.3) |
| | **College Graduate** | 31.7 | (28.4-34.9) | 32.0 | (26.9-37.1) |
| **Poverty Status** | **200% or Less** | 31.7 | (27.0-36.4) | 30.3 | (23.1-37.6) |
| | **More than 200%** | 28.4 | (25.2-31.6) | 30.0 | (24.4-35.6) |

DS: Data suppressed due to < 30 responses

**Table 3.2.B**
**Mental Health Screening - Never**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had any screening for mental health issues such as depression or anxiety?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7275** | | **St. Louis County n=2118** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **48.1%** | **(45.4-50.8)** | **45.4%** | **(40.7-50.0)** |
| **Sex** | **Male** | 54.9 | (50.4-59.5) | 51.7 | (43.9-59.5) |
| | **Female** | 41.0 | (38.4-43.7) | 38.9 | (34.3-43.5) |
| **Age** | **18 to 34** | 39.9 | (32.4-47.5) | 37.6 | (26.3-48.9) |
| | **35 to 44** | 39.0 | (31.6-46.4) | 37.7 | (24.9-50.4) |
| | **45 to 54** | 41.4 | (35.6-47.1) | 33.5 | (23.3-43.7) |
| | **55 to 64** | 54.1 | (50.2-58.0) | 55.6 | (48.6-62.6) |
| | **65 to 74** | 58.1 | (53.4-62.8) | 57.0 | (48.0-65.9) |
| | **75 and older** | 70.3 | (64.5-76.1) | 68.2 | (56.9-79.5) |
| **Education** | **Less than H.S.** | 44.3 | (31.6-56.9) | 42.7 | (20.5-64.9) |
| | **H.S. Graduate** | 56.8 | (51.0-62.6) | 57.8 | (46.9-68.7) |
| | **Some College** | 42.7 | (37.5-47.9) | 35.8 | (28.0-43.6) |
| | **Voc./Assoc. Degree** | 46.6 | (41.4-51.7) | 44.2 | (35.3-53.1) |
| | **College Graduate** | 45.4 | (41.7-49.1) | 44.7 | (38.9-50.5) |
| **Poverty Status** | **200% or Less** | 41.1 | (36.2-46.0) | 38.9 | (30.8-47.1) |
| | **More than 200%** | 51.0 | (47.6-54.4) | 48.3 | (42.4-54.2) |

DS: Data suppressed due to < 30 responses

**Table 3.3**
**Delayed or Did Not Get Mental Health Care**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about mental health concerns such as stress, depression, excess worrying, troubling thoughts, or emotional problems, but did not go or delayed talking with someone?* |
|---|---|

| Demographic Characteristics | | Region n=7448 | | St. Louis County n=2182 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **16.7%** | **(14.3-19.1)** | **18.2%** | **(14.2-22.2)** |
| **Sex** | **Male** | 14.2 | (10.1-18.3) | 15.2 | (8.5-21.8) |
| | **Female** | 19.2 | (16.7-21.8) | 21.2 | (16.8-25.7) |
| **Age** | **18 to 34** | 30.7 | (23.5-37.8) | 32.6 | (22.0-43.1) |
| | **35 to 44** | 20.0 | (13.7-26.2) | 19.5 | (9.3-29.6) |
| | **45 to 54** | 18.4 | (13.6-23.1) | 23.0 | (14.0-32.0) |
| | **55 to 64** | 8.2 | (6.5-9.8) | 7.0 | (4.3-9.6) |
| | **65 to 74** | 5.8 | (4.2-7.3) | 4.9 | (2.3-7.4) |
| | **75 and older** | 4.5 | (2.0-7.1) | 3.9 | (0.0-8.5) |
| **Education** | **Less than H.S.** | 18.5 | (6.7-30.3) | 12.2 | (0.0-24.4) |
| | **H.S. Graduate** | 14.2 | (9.7-18.6) | 11.6 | (4.4-18.8) |
| | **Some College** | 18.0 | (12.1-23.8) | 23.2 | (13.1-33.3) |
| | **Voc./Assoc. Degree** | 16.7 | (12.2-21.2) | 21.6 | (13.3-29.8) |
| | **College Graduate** | 18.0 | (15.3-20.6) | 19.4 | (15.2-23.5) |
| **Poverty Status** | **200% or Less** | 21.2 | (16.8-25.6) | 20.4 | (14.4-26.4) |
| | **More than 200%** | 15.0 | (12.0-17.9) | 17.4 | (12.1-22.6) |

DS: Data suppressed due to < 30 responses

**Table 3.4.A**

**Likelihood of Seeking Mental Health Care if Available at Primary Care Clinic - Much More**

BRIDGE TO HEALTH SURVEY 2020

St. Louis County

| **Question:** | *If you or someone close to you needed mental health care, would you be more or less likely to seek care if it was available at your primary care clinic?* |
|---|---|

| Demographic Characteristics | | Region n=7418 | | St. Louis County n=2174 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **32.7%** | **(30.3-35.2)** | **33.6%** | **(29.5-37.7)** |
| **Sex** | **Male** | 27.8 | (24.0-31.5) | 26.7 | (20.7-32.6) |
| | **Female** | 37.8 | (34.9-40.7) | 40.5 | (35.5-45.5) |
| **Age** | **18 to 34** | 30.1 | (23.8-36.4) | 27.0 | (18.3-35.7) |
| | **35 to 44** | 35.0 | (27.4-42.6) | 44.3 | (31.4-57.2) |
| | **45 to 54** | 31.8 | (26.5-37.1) | 32.9 | (23.3-42.4) |
| | **55 to 64** | 32.3 | (28.6-36.1) | 34.9 | (28.0-41.7) |
| | **65 to 74** | 35.4 | (31.3-39.6) | 36.8 | (29.0-44.7) |
| | **75 and older** | 35.0 | (29.7-40.4) | 33.2 | (23.2-43.2) |
| **Education** | **Less than H.S.** | 26.7 | (17.1-36.3) | 30.9 | (12.9-48.9) |
| | **H.S. Graduate** | 36.6 | (31.1-42.0) | 38.0 | (27.8-48.3) |
| | **Some College** | 33.0 | (28.0-37.9) | 36.2 | (27.9-44.5) |
| | **Voc./Assoc. Degree** | 29.4 | (24.9-33.9) | 29.7 | (21.9-37.4) |
| | **College Graduate** | 31.0 | (27.8-34.2) | 28.5 | (23.6-33.4) |
| **Poverty Status** | **200% or Less** | 33.6 | (29.1-38.2) | 37.8 | (30.1-45.6) |
| | **More than 200%** | 32.9 | (29.9-35.9) | 32.0 | (27.1-36.9) |

DS: Data suppressed due to < 30 responses

**Table 3.4.B**

**Likelihood of Seeking Mental Health Care if Available at Primary Care Clinic - Less/Much Less**

BRIDGE TO HEALTH SURVEY 2020

St. Louis County

| **Question:** | *If you or someone close to you needed mental health care, would you be more or less likely to seek care if it was available at your primary care clinic?* |
|---|---|

| Demographic Characteristics | | Region n=7418 | | St. Louis County n=2174 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **4.5%** | **(3.1-6.0)** | **4.2%** | **(1.9-6.5)** |
| **Sex** | **Male** | 5.4 | (2.7-8.1) | 5.5 | (1.2-9.9) |
| | **Female** | 3.7 | (2.7-4.7) | 2.8 | (1.3-4.3) |
| **Age** | **18 to 34** | 4.6 | (0.2-9.1) | 3.6 | (0.0-9.5) |
| | **35 to 44** | 3.6 | (1.5-5.7) | 0.1 | (0.0-0.4) |
| | **45 to 54** | 4.2 | (2.1-6.3) | 5.0 | (1.0-9.0) |
| | **55 to 64** | 4.8 | (3.0-6.6) | 4.1 | (0.9-7.3) |
| | **65 to 74** | 5.8 | (1.6-9.9) | 8.5 | (0.0-17.0) |
| | **75 and older** | 4.0 | (1.3-6.6) | 4.9 | (0.0-10.1) |
| **Education** | **Less than H.S.** | 17.4 | (4.4-30.5) | 14.6 | (0.0-33.1) |
| | **H.S. Graduate** | 4.0 | (0.9-7.1) | 5.1 | (0.0-11.7) |
| | **Some College** | 4.8 | (3.0-6.6) | 4.2 | (1.5-6.8) |
| | **Voc./Assoc. Degree** | 2.5 | (1.4-3.6) | 1.8 | (0.3-3.2) |
| | **College Graduate** | 2.3 | (1.4-3.2) | 1.9 | (0.4-3.4) |
| **Poverty Status** | **200% or Less** | 7.0 | (3.0-11.0) | 5.6 | (0.0-12.1) |
| | **More than 200%** | 2.7 | (1.9-3.5) | 2.8 | (1.4-4.2) |

DS: Data suppressed due to < 30 responses

**Table 3.5**
**Poor Mental Health Days - 14 or More in Past 30 Days**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?* |
|---|---|

| Demographic Characteristics | | Region n=6797 | | St. Louis County n=1991 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **15.5%** | **(13.0-18.1)** | **16.1%** | **(11.9-20.4)** |
| **Sex** | **Male** | 15.9 | (11.4-20.3) | 17.4 | (9.8-24.9) |
| | **Female** | 15.2 | (13.0-17.4) | 14.9 | (11.2-18.6) |
| **Age** | **18 to 34** | 21.6 | (14.8-28.4) | 19.4 | (9.5-29.3) |
| | **35 to 44** | 22.8 | (15.6-29.9) | 25.9 | (13.2-38.6) |
| | **45 to 54** | 16.9 | (11.9-21.9) | 18.3 | (9.0-27.5) |
| | **55 to 64** | 9.8 | (7.0-12.6) | 10.9 | (5.5-16.2) |
| | **65 to 74** | 5.5 | (3.9-7.2) | 4.6 | (2.0-7.1) |
| | **75 and older** | 8.4 | (4.3-12.5) | 10.9 | (2.4-19.4) |
| **Education** | **Less than H.S.** | 33.4 | (17.9-48.8) | 29.3 | (5.4-53.2) |
| | **H.S. Graduate** | 16.6 | (12.1-21.1) | 16.3 | (8.1-24.5) |
| | **Some College** | 16.4 | (10.3-22.5) | 19.8 | (9.2-30.4) |
| | **Voc./Assoc. Degree** | 14.3 | (10.0-18.6) | 16.4 | (8.6-24.2) |
| | **College Graduate** | 9.6 | (7.6-11.6) | 9.5 | (6.6-12.5) |
| **Poverty Status** | **200% or Less** | 26.9 | (21.9-31.9) | 29.6 | (21.6-37.7) |
| | **More than 200%** | 11.1 | (8.0-14.2) | 11.4 | (6.0-16.9) |

DS: Data suppressed due to < 30 responses

**Table 3.6.A**
**Suicide - Attempt in Past 6 Months**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever considered attempting suicide?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7590** | | **St. Louis County n=2219** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **2.9%** | **(1.9-3.8)** | **3.7%** | **(2.0-5.5)** |
| **Sex** | **Male** | 2.9 | (1.6-4.3) | 3.5 | (1.0-5.9) |
| | **Female** | 2.8 | (1.6-4.1) | 4.0 | (1.7-6.4) |
| **Age** | **18 to 34** | 6.1 | (3.0-9.1) | 7.6 | (2.7-12.5) |
| | **35 to 44** | 3.6 | (1.0-6.2) | 4.9 | (0.0-9.8) |
| | **45 to 54** | 2.4 | (0.8-4.0) | 2.6 | (0.0-5.5) |
| | **55 to 64** | 1.5 | (0.6-2.4) | 1.5 | (0.0-3.0) |
| | **65 to 74** | 0.7 | (0.1-1.3) | 1.1 | (0.0-2.3) |
| | **75 and older** | 0.0 | (0.0-0.1) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 1.7 | (0.2-3.2) | 1.8 | (0.0-4.1) |
| | **H.S. Graduate** | 3.3 | (1.2-5.5) | 5.9 | (1.2-10.5) |
| | **Some College** | 2.9 | (1.3-4.6) | 3.0 | (0.4-5.6) |
| | **Voc./Assoc. Degree** | 3.9 | (0.5-7.2) | 5.3 | (0.0-11.7) |
| | **College Graduate** | 2.0 | (1.2-2.9) | 2.1 | (0.9-3.2) |
| **Poverty Status** | **200% or Less** | 4.7 | (2.7-6.7) | 7.0 | (2.9-11.2) |
| | **More than 200%** | 2.2 | (1.1-3.3) | 2.7 | (0.7-4.6) |

DS: Data suppressed due to < 30 responses

**Table 3.6.B**
**Suicide - Attempt in Past Year**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever considered attempting suicide?* |
|---|---|

| Demographic Characteristics | | Region n=7590 | | St. Louis County n=2219 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **2.0%** | **(1.4-2.7)** | **2.2%** | **(1.1-3.3)** |
| **Sex** | **Male** | 1.4 | (0.8-2.0) | 0.7 | (0.2-1.2) |
| | **Female** | 2.7 | (1.6-3.8) | 3.6 | (1.6-5.7) |
| **Age** | **18 to 34** | 3.9 | (1.9-6.0) | 4.7 | (1.5-7.9) |
| | **35 to 44** | 1.6 | (0.6-2.5) | 1.0 | (0.1-1.8) |
| | **45 to 54** | 2.3 | (0.5-4.1) | 2.0 | (0.0-4.9) |
| | **55 to 64** | 1.3 | (0.7-2.0) | 1.1 | (0.2-1.9) |
| | **65 to 74** | 1.0 | (0.4-1.6) | 1.1 | (0.0-2.3) |
| | **75 and older** | 0.2 | (0.0-0.5) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 0.5 | (0.0-1.3) | 0.0 | (0.0-0.0) |
| | **H.S. Graduate** | 2.5 | (0.9-4.1) | 2.7 | (0.0-5.7) |
| | **Some College** | 2.5 | (1.2-3.8) | 2.8 | (0.7-4.9) |
| | **Voc./Assoc. Degree** | 1.6 | (0.5-2.6) | 2.3 | (0.3-4.3) |
| | **College Graduate** | 1.6 | (0.9-2.3) | 1.5 | (0.6-2.4) |
| **Poverty Status** | **200% or Less** | 3.8 | (2.0-5.6) | 5.0 | (1.6-8.4) |
| | **More than 200%** | 1.3 | (0.8-1.8) | 1.1 | (0.3-1.8) |

DS: Data suppressed due to < 30 responses

**Table 3.6.C**
**Suicide - Attempt More than a Year Ago**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever considered attempting suicide?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7590** | | **St. Louis County n=2219** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **9.4%** | **(8.0-10.8)** | **10.3%** | **(8.1-12.4)** |
| **Sex** | **Male** | 7.6 | (5.5-9.7) | 8.1 | (5.3-10.9) |
| | **Female** | 11.2 | (9.3-13.0) | 12.4 | (9.3-15.5) |
| **Age** | **18 to 34** | 15.4 | (11.0-19.7) | 16.2 | (10.5-21.9) |
| | **35 to 44** | 9.0 | (6.0-12.1) | 8.3 | (3.3-13.3) |
| | **45 to 54** | 13.7 | (9.8-17.6) | 17.1 | (9.9-24.4) |
| | **55 to 64** | 6.3 | (4.9-7.8) | 6.0 | (3.5-8.4) |
| | **65 to 74** | 4.1 | (2.9-5.4) | 4.1 | (1.9-6.3) |
| | **75 and older** | 0.8 | (0.2-1.3) | 0.5 | (0.0-1.1) |
| **Education** | **Less than H.S.** | 14.7 | (3.6-25.8) | 8.1 | (0.0-18.1) |
| | **H.S. Graduate** | 6.3 | (4.2-8.4) | 5.8 | (2.0-9.5) |
| | **Some College** | 9.6 | (7.0-12.2) | 11.8 | (7.2-16.3) |
| | **Voc./Assoc. Degree** | 10.7 | (7.6-13.8) | 13.2 | (7.5-18.9) |
| | **College Graduate** | 10.9 | (8.6-13.1) | 12.4 | (8.8-16.1) |
| **Poverty Status** | **200% or Less** | 14.1 | (10.5-17.7) | 17.2 | (11.7-22.7) |
| | **More than 200%** | 7.7 | (6.4-9.1) | 8.2 | (6.0-10.4) |

DS: Data suppressed due to < 30 responses

**Table 3.7.A**
**Social and Emotional Support - Always**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often do you get the social and emotional support you need? (Please include support from any source.)* |
|---|---|

| Demographic Characteristics | | Region n=7445 | | St. Louis County n=2166 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **31.0%** | **(28.8-33.3)** | **29.4%** | **(25.7-33.2)** |
| **Sex** | **Male** | 28.8 | (25.2-32.4) | 25.7 | (20.2-31.2) |
| | **Female** | 33.3 | (30.6-36.0) | 33.1 | (28.4-37.8) |
| **Age** | **18 to 34** | 22.7 | (17.3-28.1) | 17.0 | (10.3-23.7) |
| | **35 to 44** | 28.8 | (22.3-35.2) | 28.1 | (17.2-38.9) |
| | **45 to 54** | 33.2 | (27.5-39.0) | 38.3 | (27.7-48.9) |
| | **55 to 64** | 32.8 | (29.3-36.4) | 33.0 | (26.6-39.3) |
| | **65 to 74** | 36.3 | (32.2-40.5) | 33.4 | (25.9-40.9) |
| | **75 and older** | 41.7 | (35.9-47.5) | 43.8 | (33.0-54.7) |
| **Education** | **Less than H.S.** | 36.9 | (25.5-48.2) | 38.3 | (19.0-57.6) |
| | **H.S. Graduate** | 31.0 | (26.1-35.9) | 29.9 | (20.6-39.2) |
| | **Some College** | 30.0 | (25.5-34.4) | 25.8 | (19.5-32.2) |
| | **Voc./Assoc. Degree** | 30.1 | (25.6-34.5) | 29.0 | (21.3-36.7) |
| | **College Graduate** | 31.2 | (27.8-34.5) | 30.9 | (25.6-36.3) |
| **Poverty Status** | **200% or Less** | 27.4 | (23.4-31.3) | 24.4 | (18.2-30.5) |
| | **More than 200%** | 32.5 | (29.6-35.4) | 31.4 | (26.7-36.2) |

DS: Data suppressed due to < 30 responses

**Table 3.7.B**
**Social and Emotional Support - Rarely or Never**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often do you get the social and emotional support you need? (Please include support from any source.)* |
|---|---|

| Demographic Characteristics | | Region n=7445 | | St. Louis County n=2166 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **12.3%** | **(10.5-14.2)** | **13.4%** | **(10.1-16.6)** |
| **Sex** | **Male** | 15.6 | (12.3-18.8) | 17.3 | (11.5-23.1) |
| | **Female** | 9.0 | (7.4-10.6) | 9.4 | (6.6-12.3) |
| **Age** | **18 to 34** | 11.2 | (6.4-16.0) | 13.5 | (5.8-21.1) |
| | **35 to 44** | 12.9 | (7.3-18.5) | 13.0 | (3.0-23.0) |
| | **45 to 54** | 11.6 | (8.0-15.3) | 9.2 | (3.4-15.1) |
| | **55 to 64** | 16.3 | (12.9-19.6) | 17.6 | (11.4-23.8) |
| | **65 to 74** | 10.1 | (7.3-13.0) | 12.0 | (6.4-17.5) |
| | **75 and older** | 11.1 | (7.2-15.1) | 13.4 | (5.6-21.2) |
| **Education** | **Less than H.S.** | 15.6 | (8.6-22.6) | 14.9 | (2.7-27.1) |
| | **H.S. Graduate** | 17.7 | (13.0-22.4) | 20.5 | (11.2-29.9) |
| | **Some College** | 12.5 | (9.3-15.6) | 13.2 | (8.1-18.3) |
| | **Voc./Assoc. Degree** | 11.4 | (7.3-15.5) | 14.9 | (7.2-22.6) |
| | **College Graduate** | 4.9 | (3.6-6.1) | 5.1 | (3.1-7.1) |
| **Poverty Status** | **200% or Less** | 16.3 | (12.3-20.2) | 16.0 | (8.7-23.3) |
| | **More than 200%** | 10.2 | (8.1-12.2) | 11.7 | (8.1-15.3) |

DS: Data suppressed due to < 30 responses

**Table 3.8.A**
**Loneliness and Isolation - Never**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often do you feel lonely or isolated from those around you?* |
|---|---|

| Demographic Characteristics | | Region n=7460 | | St. Louis County n=2176 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **32.4%** | **(29.8-35.0)** | **31.5%** | **(27.0-36.0)** |
| **Sex** | **Male** | 36.3 | (31.9-40.7) | 35.1 | (27.5-42.7) |
| | **Female** | 28.4 | (25.8-31.1) | 27.9 | (23.2-32.6) |
| **Age** | **18 to 34** | 25.0 | (17.6-32.5) | 22.9 | (11.2-34.6) |
| | **35 to 44** | 28.0 | (21.1-34.9) | 27.9 | (16.2-39.6) |
| | **45 to 54** | 32.8 | (27.1-38.6) | 34.3 | (23.8-44.8) |
| | **55 to 64** | 34.8 | (31.0-38.6) | 35.8 | (29.0-42.7) |
| | **65 to 74** | 38.4 | (34.2-42.7) | 34.6 | (26.8-42.4) |
| | **75 and older** | 43.8 | (37.9-49.7) | 46.8 | (35.8-57.7) |
| **Education** | **Less than H.S.** | 37.6 | (26.4-48.9) | 52.4 | (31.7-73.1) |
| | **H.S. Graduate** | 35.8 | (29.8-41.8) | 36.9 | (25.0-48.8) |
| | **Some College** | 32.7 | (27.7-37.7) | 28.9 | (21.2-36.6) |
| | **Voc./Assoc. Degree** | 30.3 | (25.9-34.8) | 27.2 | (19.7-34.6) |
| | **College Graduate** | 27.2 | (24.0-30.4) | 26.0 | (21.0-30.9) |
| **Poverty Status** | **200% or Less** | 26.8 | (22.8-30.8) | 26.9 | (19.9-33.9) |
| | **More than 200%** | 34.3 | (30.8-37.7) | 33.0 | (27.1-38.8) |

DS: Data suppressed due to < 30 responses

**Table 3.8.B**
**Loneliness and Isolation - Often or Always**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often do you feel lonely or isolated from those around you?* |
|---|---|

| Demographic Characteristics | | Region n=7460 | | St. Louis County n=2176 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **11.5%** | **(9.5-13.6)** | **12.6%** | **(9.0-16.2)** |
| **Sex** | **Male** | 10.3 | (6.6-13.9) | 11.1 | (4.8-17.4) |
| | **Female** | 12.8 | (10.9-14.8) | 14.1 | (10.6-17.5) |
| **Age** | **18 to 34** | 17.4 | (10.9-23.9) | 17.2 | (7.4-27.0) |
| | **35 to 44** | 12.0 | (7.7-16.2) | 12.8 | (5.4-20.3) |
| | **45 to 54** | 14.5 | (9.9-19.1) | 17.2 | (8.2-26.1) |
| | **55 to 64** | 8.3 | (6.4-10.3) | 8.6 | (5.2-12.0) |
| | **65 to 74** | 4.7 | (3.1-6.2) | 5.5 | (2.5-8.5) |
| | **75 and older** | 6.7 | (3.7-9.8) | 7.9 | (2.0-13.8) |
| **Education** | **Less than H.S.** | 23.5 | (10.9-36.1) | 24.0 | (5.3-42.7) |
| | **H.S. Graduate** | 10.8 | (7.7-13.8) | 12.3 | (6.5-18.0) |
| | **Some College** | 13.9 | (8.5-19.4) | 16.1 | (6.4-25.7) |
| | **Voc./Assoc. Degree** | 8.8 | (6.2-11.3) | 9.3 | (4.6-13.9) |
| | **College Graduate** | 7.6 | (6.0-9.2) | 7.8 | (5.5-10.2) |
| **Poverty Status** | **200% or Less** | 19.7 | (15.6-23.8) | 21.1 | (14.5-27.7) |
| | **More than 200%** | 8.2 | (5.6-10.9) | 9.7 | (4.9-14.4) |

DS: Data suppressed due to < 30 responses

**Table 3.9.A**
**Purposeful and Meaningful Life - Strongly Agree**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How strongly do you agree or disagree with this statement: "I lead a purposeful and meaningful life."?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7424** | | **St. Louis County n=2158** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **34.5%** | **(32.0-37.1)** | **33.8%** | **(29.4-38.2)** |
| **Sex** | **Male** | 35.1 | (30.7-39.4) | 34.7 | (27.2-42.3) |
| | **Female** | 34.0 | (31.5-36.6) | 32.9 | (28.5-37.3) |
| **Age** | **18 to 34** | 33.0 | (25.9-40.1) | 32.1 | (21.1-43.1) |
| | **35 to 44** | 34.3 | (27.8-40.8) | 30.0 | (19.6-40.4) |
| | **45 to 54** | 39.5 | (33.7-45.4) | 42.8 | (32.0-53.5) |
| | **55 to 64** | 35.3 | (31.6-39.0) | 35.0 | (28.4-41.7) |
| | **65 to 74** | 33.1 | (29.1-37.1) | 31.0 | (23.7-38.4) |
| | **75 and older** | 31.7 | (26.2-37.2) | 32.3 | (22.1-42.6) |
| **Education** | **Less than H.S.** | 21.1 | (12.5-29.8) | 26.6 | (10.2-43.0) |
| | **H.S. Graduate** | 30.9 | (24.9-36.9) | 32.7 | (20.7-44.7) |
| | **Some College** | 30.8 | (26.2-35.3) | 26.1 | (19.6-32.7) |
| | **Voc./Assoc. Degree** | 36.5 | (31.4-41.6) | 34.2 | (25.1-43.3) |
| | **College Graduate** | 46.7 | (43.1-50.3) | 45.2 | (39.5-50.9) |
| **Poverty Status** | **200% or Less** | 24.8 | (20.9-28.7) | 24.7 | (18.0-31.4) |
| | **More than 200%** | 40.1 | (36.7-43.4) | 38.8 | (33.0-44.7) |

DS: Data suppressed due to < 30 responses

**Table 3.9.B**
**Purposeful and Meaningful Life - Disagree or Strongly Disagree**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How strongly do you agree or disagree with this statement: "I lead a purposeful and meaningful life."?* |
|---|---|

| Demographic Characteristics | | Region n=7424 | | St. Louis County n=2158 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **11.2%** | **(9.1-13.3)** | **12.1%** | **(8.5-15.7)** |
| **Sex** | **Male** | 13.2 | (9.4-17.1) | 16.0 | (9.4-22.6) |
| | **Female** | 9.2 | (7.8-10.7) | 8.2 | (6.1-10.3) |
| **Age** | **18 to 34** | 16.5 | (9.9-23.1) | 16.2 | (6.4-26.1) |
| | **35 to 44** | 9.8 | (5.7-13.9) | 9.9 | (3.2-16.6) |
| | **45 to 54** | 9.1 | (6.5-11.7) | 6.5 | (2.9-10.1) |
| | **55 to 64** | 12.0 | (8.6-15.4) | 16.2 | (9.7-22.6) |
| | **65 to 74** | 6.3 | (4.2-8.4) | 7.2 | (3.2-11.1) |
| | **75 and older** | 8.3 | (5.2-11.4) | 9.5 | (3.6-15.4) |
| **Education** | **Less than H.S.** | 20.2 | (8.4-32.0) | 8.4 | (0.1-16.7) |
| | **H.S. Graduate** | 10.2 | (7.3-13.1) | 10.0 | (4.6-15.5) |
| | **Some College** | 15.7 | (10.1-21.2) | 18.5 | (8.9-28.2) |
| | **Voc./Assoc. Degree** | 10.9 | (6.5-15.3) | 16.4 | (8.2-24.7) |
| | **College Graduate** | 4.9 | (3.6-6.2) | 5.9 | (3.8-8.1) |
| **Poverty Status** | **200% or Less** | 17.8 | (13.9-21.7) | 15.6 | (10.4-20.8) |
| | **More than 200%** | 8.4 | (5.7-11.2) | 10.9 | (6.0-15.9) |

DS: Data suppressed due to < 30 responses

**Table 3.10**
**Sense of Belonging or Connectedness - Yes**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Do you feel a sense of belonging or connectedness outside yourself/family?* |
|---|---|

| Demographic Characteristics | | Region n=7412 | | St. Louis County n=2168 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **66.1%** | **(63.2-68.9)** | **66.0%** | **(61.1-70.9)** |
| **Sex** | **Male** | 63.0 | (58.2-67.8) | 61.9 | (53.6-70.2) |
| | **Female** | 69.3 | (66.5-72.0) | 70.2 | (65.3-75.0) |
| **Age** | **18 to 34** | 57.9 | (50.0-65.8) | 55.2 | (43.4-66.9) |
| | **35 to 44** | 74.1 | (67.8-80.3) | 78.4 | (69.1-87.6) |
| | **45 to 54** | 66.5 | (60.9-72.2) | 69.6 | (59.4-79.9) |
| | **55 to 64** | 67.2 | (63.1-71.2) | 67.6 | (60.3-75.0) |
| | **65 to 74** | 72.1 | (68.3-75.9) | 73.8 | (66.8-80.9) |
| | **75 and older** | 65.4 | (59.6-71.1) | 63.1 | (52.2-74.0) |
| **Education** | **Less than H.S.** | 40.9 | (29.0-52.8) | 43.0 | (21.7-64.4) |
| | **H.S. Graduate** | 56.8 | (50.7-63.0) | 55.4 | (43.7-67.1) |
| | **Some College** | 66.7 | (61.1-72.3) | 65.3 | (55.7-74.8) |
| | **Voc./Assoc. Degree** | 70.3 | (65.4-75.1) | 68.7 | (60.0-77.4) |
| | **College Graduate** | 81.9 | (79.0-84.7) | 81.5 | (77.0-86.1) |
| **Poverty Status** | **200% or Less** | 56.2 | (51.3-61.2) | 57.6 | (49.4-65.8) |
| | **More than 200%** | 70.8 | (67.1-74.4) | 69.5 | (63.1-76.0) |

DS: Data suppressed due to < 30 responses

# CHAPTER 4 | Preventive Health Practices

Survey data on self-reported behaviors in the areas of weight status, physical activity, and nutrition are provided in this chapter. Healthy behaviors including regular exercise and healthy eating patterns play an important role in maintaining an optimal weight. Obesity is a leading health concern in the U.S. with prevalence increasing by 12% in the past decade[1] and accounting for more than $147 billion in annual medical costs.[2] Obese adults are at greater risk for many health conditions including cardiovascular disease, diabetes, arthritis, some cancers, mental illness, and lower quality of life.[3]

Physical activity is widely recognized as an important preventive measure against chronic disease, death and disability. In addition to aiding in maintaining a healthy weight, a regular exercise routine helps maintain normal range of motion and joint mobility, reduces anxiety and depression, and improves sleep. National survey data indicate that only 26% of men and 20% of women meet the guidelines for both aerobic and muscle-strengthening activities.[4]

Healthy eating patterns are key to good health and quality of life. The *2020-2025 Dietary Guidelines for Americans* promote the consumption of vegetables, whole fruits, whole grains, dairy, protein foods, and oils at appropriate calorie levels in forms with limited saturated fats, added sugars, and sodium.[5] Higher intake of fruits and vegetables is associated with maintaining a healthy weight and a decreased risk of many chronic diseases. Adult fruit and vegetable daily intake continues to be low with only 12% of adults in Minnesota and Wisconsin consuming the recommended amount of fruit, and 8% adults consuming the recommended amount of vegetables.[6]

## Weight Status

Self-reported height and weight data collected in the *2020 Bridge to Health Survey* were used to calculate Body Mass Index (BMI). BMI is defined as weight (kilograms) divided by height (meters) squared. BMI can be used as an indicator of high fatness, but it is not diagnostic for body fat or health of an individual. Its limitations include potentially overestimating body fat in individuals with a muscular build and underestimating body fat in older persons and others with lower muscle content.[7] The current BMI classifications are included in the table below.

| BMI | Classification |
|---|---|
| Less than 18.5 | Underweight |
| 18.5 to 24.9 | Normal |
| 25.0 to 29.9 | Overweight |
| 30.0 or higher | Obese |

## Physical Activity

In the current Bridge to Health Survey, individuals were asked questions about their inactivity level, frequency of moderate and vigorous weekly activity, and barriers to exercise. Listed below are the current recommended physical activity guidelines for adults[4]:

- Move more and sit less throughout the day
- Aerobic activity:
  - 150 to 300 minutes (2.5 to 5 hours) each week of moderate-intensity aerobic physical activity (such as brisk walking or tennis)

  Or
  - 75 minutes (1.25 to 2.5 hours) each week of vigorous-intensity aerobic physical activity (such as jogging or swimming laps)

  Or
  - An equivalent combination of moderate- and vigorous-intensity aerobic physical activity
- Strengthen muscles:
  - Do muscle-strengthening activities (such as lifting weights or using resistance bands) that are moderate or high intensity and involve all major muscle groups on 2 or more days a week.

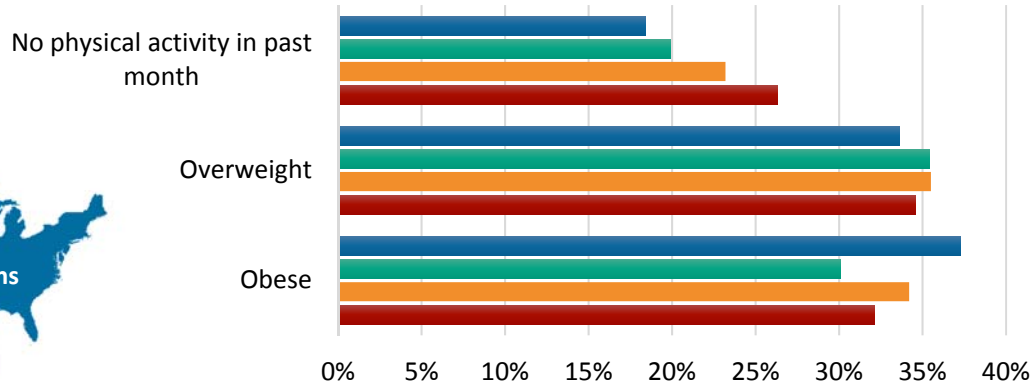
## Diet and Nutrition

In the current survey, respondents were asked questions about fruit, vegetable, and beverage consumption, and sources of food. Additional questions addressing food insecurity were asked and those data are provided in Chapter 9. Components of healthy eating patterns and recommended consumption levels can be found in the *2020-2025 Dietary Guidelines for Americans*.[5]

### Survey Comparison

*Bridge to Health Survey* trend data and comparisons by nation, state, and region are provided in the four figures below. The survey area exceeds state and national prevalence for obesity (Fig.4.1) and does not meet the Healthy People 2030 goals. Exercise levels remain about the same compared to past surveys, but obesity has risen (Fig. 4.2). Across the region in 2020, prevalence of overweight or obese status ranged from 57.3% in Cook County to 78.9% in Carlton County (Fig. 4.3), and prevalence of no physical activity in the past month ranged from 15.4% in Cook County to 23.4% in Koochiching County (Fig. 4.4).

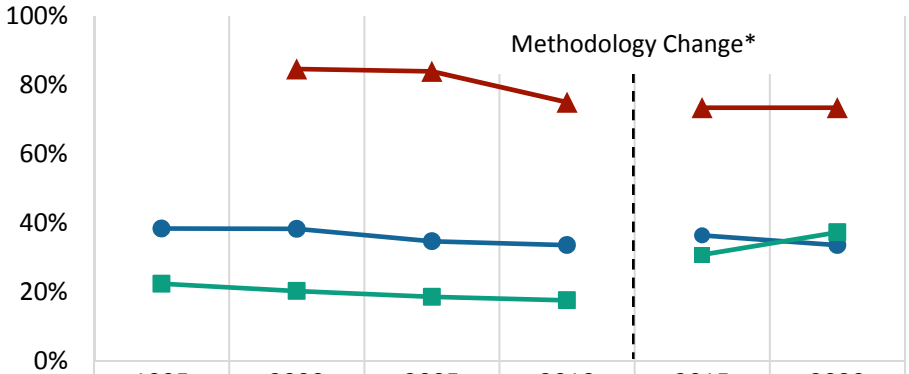
| Healthy People 2030 Goals[8] | |
|---|---|
| 36% | Obesity |




| | Obese | Overweight | No physical activity in past month |
|---|---|---|---|
| Bridge to Health 2020 | 37.3% | 33.6% | 18.4% |
| Minnesota* | 30.1% | 35.4% | 19.9% |
| Wisconsin* | 34.2% | 35.5% | 23.2% |
| National* | 32.1% | 34.6% | 26.3% |

**FIGURE 4.1 – Weight and Physical Activity Status Prevalence by Region, State, Nation**

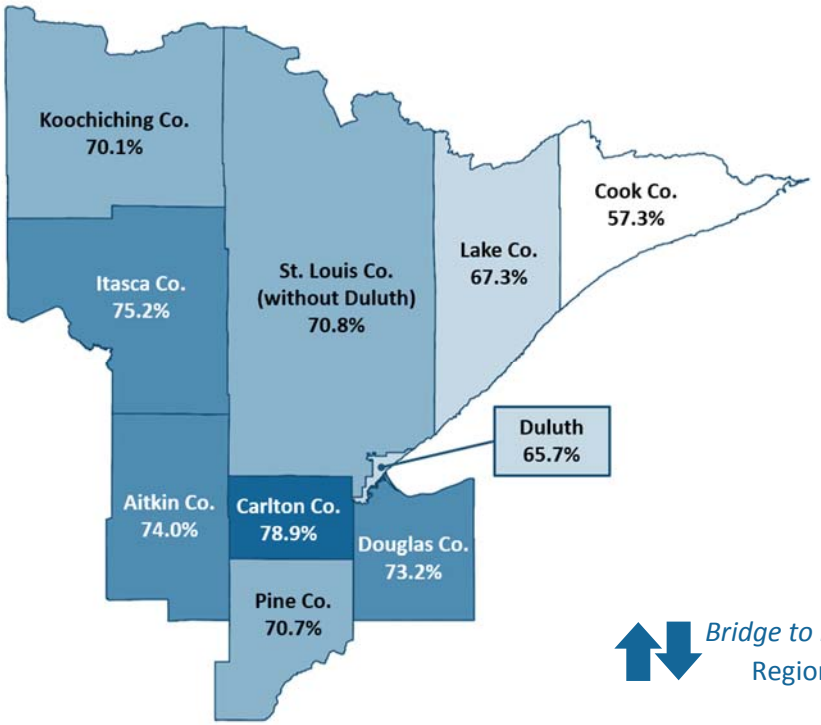
**CDC Behavioral Risk Factor Surveillance System 2019[9]*

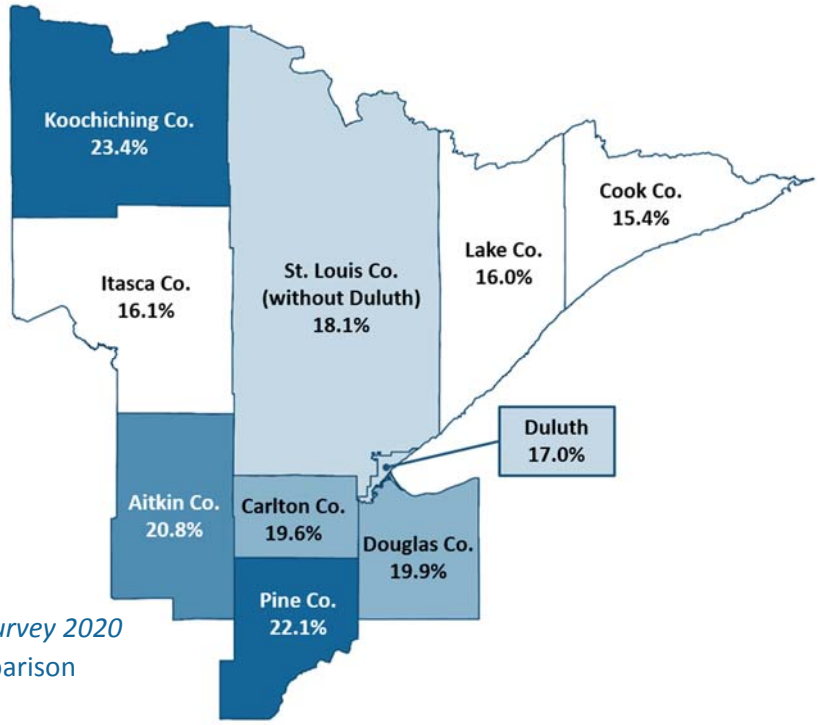



| | 1995 | 2000 | 2005 | 2010 | 2015 | 2020 |
|---|---|---|---|---|---|---|
| Overweight | 38.4% | 38.3% | 34.7% | 33.6% | 36.4% | 33.6% |
| Obese | 22.4% | 20.3% | 18.6% | 17.6% | 30.8% | 37.3% |
| Moderate or Vigorous Activity | NOT COLLECTED | 84.6% | 83.9% | 75.0% | 73.4% | 73.4% |

**FIGURE 4.2 – Weight and Physical Activity Status Prevalence by Survey Year**

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*




*Bridge to Health Survey 2020*
Regional Comparison

**FIGURE 4.3 – Prevalence of Overweight or Obese by Strata**

**FIGURE 4.4 – No Physical Activity in Past Month by Strata**

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**Table 4.1.A**
**Weight Status Based on Body Mass Index (BMI)**
**BMI: Approximation of Body Fat Based on Weight and Height**
**Not Overweight**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Questions:** | *How tall are you without shoes?*<br>*Approximately how much do you weigh without shoes?* |
|---|---|

| Demographic Characteristics | | Region n=7364 | | St. Louis County n=2149 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **29.1%** | **(26.7-31.5)** | **31.4%** | **(27.3-35.6)** |
| **Sex** | **Male** | 26.2 | (22.0-30.3) | 29.6 | (22.3-36.8) |
| | **Female** | 32.1 | (29.6-34.5) | 33.3 | (29.1-37.4) |
| **Age** | **18 to 34** | 35.6 | (28.7-42.6) | 38.4 | (27.9-49.0) |
| | **35 to 44** | 23.3 | (17.1-29.5) | 26.6 | (15.4-37.8) |
| | **45 to 54** | 23.0 | (18.6-27.4) | 22.7 | (15.0-30.4) |
| | **55 to 64** | 26.6 | (23.2-30.0) | 28.2 | (22.1-34.3) |
| | **65 to 74** | 27.5 | (23.6-31.4) | 28.8 | (21.5-36.0) |
| | **75 and older** | 36.3 | (30.7-41.8) | 40.1 | (29.4-50.7) |
| **Education** | **Less than H.S.** | 22.6 | (13.4-31.8) | 16.4 | (3.1-29.7) |
| | **H.S. Graduate** | 28.2 | (23.5-32.9) | 30.8 | (21.9-39.8) |
| | **Some College** | 26.5 | (20.8-32.1) | 29.9 | (20.2-39.6) |
| | **Voc./Assoc. Degree** | 24.8 | (20.6-28.9) | 24.4 | (17.3-31.5) |
| | **College Graduate** | 37.3 | (33.7-40.8) | 40.3 | (34.7-45.9) |
| **Poverty Status** | **200% or Less** | 27.0 | (23.1-30.9) | 27.1 | (21.1-33.1) |
| | **More than 200%** | 30.0 | (26.8-33.2) | 33.3 | (27.8-38.9) |

DS: Data suppressed due to < 30 responses

**Table 4.1.B**
**Weight Status Based on Body Mass Index (BMI)**
**BMI: Approximation of Body Fat Based on Weight and Height**
**Overweight Or Obese**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Questions:** | *How tall are you without shoes?*<br>*Approximately how much do you weigh without shoes?* |
|---|---|

| Demographic Characteristics | | Region n=7364 | | St. Louis County n=2149 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **70.9%** | **(68.5-73.3)** | **68.6%** | **(64.4-72.7)** |
| **Sex** | **Male** | 73.8 | (69.7-78.0) | 70.4 | (63.2-77.7) |
| | **Female** | 67.9 | (65.5-70.4) | 66.7 | (62.6-70.9) |
| **Age** | **18 to 34** | 64.4 | (57.4-71.3) | 61.6 | (51.0-72.1) |
| | **35 to 44** | 76.7 | (70.5-82.9) | 73.4 | (62.2-84.6) |
| | **45 to 54** | 77.0 | (72.6-81.4) | 77.3 | (69.6-85.0) |
| | **55 to 64** | 73.4 | (70.0-76.8) | 71.8 | (65.7-77.9) |
| | **65 to 74** | 72.5 | (68.6-76.4) | 71.2 | (64.0-78.5) |
| | **75 and older** | 63.7 | (58.2-69.3) | 59.9 | (49.3-70.6) |
| **Education** | **Less than H.S.** | 77.4 | (68.2-86.6) | 83.6 | (70.3-96.9) |
| | **H.S. Graduate** | 71.8 | (67.1-76.5) | 69.2 | (60.2-78.1) |
| | **Some College** | 73.5 | (67.9-79.2) | 70.1 | (60.4-79.8) |
| | **Voc./Assoc. Degree** | 75.2 | (71.1-79.4) | 75.6 | (68.5-82.7) |
| | **College Graduate** | 62.7 | (59.2-66.3) | 59.7 | (54.1-65.3) |
| **Poverty Status** | **200% or Less** | 73.0 | (69.1-76.9) | 72.9 | (66.9-78.9) |
| | **More than 200%** | 70.0 | (66.8-73.2) | 66.7 | (61.1-72.2) |

DS: Data suppressed due to < 30 responses

**Table 4.1.C**
**Weight Status Based on Body Mass Index (BMI)**
**BMI: Approximation of Body Fat Based on Weight and Height**
**Overweight But Not Obese**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Questions:** | *How tall are you without shoes?*<br>*Approximately how much do you weigh without shoes?* |
|---|---|

| Demographic Characteristics | | Region n=7364 | | St. Louis County n=2149 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **33.6%** | **(31.1-36.2)** | **32.7%** | **(28.3-37.2)** |
| **Sex** | **Male** | 37.1 | (32.8-41.5) | 36.3 | (28.7-43.8) |
| | **Female** | 30.0 | (27.4-32.7) | 29.2 | (24.6-33.9) |
| **Age** | **18 to 34** | 33.7 | (26.2-41.2) | 36.7 | (25.4-48.1) |
| | **35 to 44** | 26.4 | (20.1-32.7) | 22.7 | (12.7-32.8) |
| | **45 to 54** | 31.0 | (26.0-36.0) | 25.2 | (16.8-33.5) |
| | **55 to 64** | 34.5 | (31.0-38.1) | 31.1 | (24.9-37.4) |
| | **65 to 74** | 37.0 | (32.4-41.6) | 37.9 | (29.2-46.6) |
| | **75 and older** | 41.1 | (35.3-46.9) | 43.0 | (32.1-54.0) |
| **Education** | **Less than H.S.** | 31.2 | (20.1-42.3) | 42.7 | (21.5-63.9) |
| | **H.S. Graduate** | 34.5 | (28.3-40.7) | 34.5 | (22.2-46.7) |
| | **Some College** | 31.8 | (27.2-36.4) | 28.3 | (21.1-35.5) |
| | **Voc./Assoc. Degree** | 35.2 | (30.2-40.1) | 33.5 | (25.0-42.1) |
| | **College Graduate** | 34.6 | (31.3-37.9) | 33.3 | (28.2-38.4) |
| **Poverty Status** | **200% or Less** | 26.6 | (22.6-30.7) | 22.3 | (16.5-28.0) |
| | **More than 200%** | 35.9 | (32.6-39.2) | 35.0 | (29.3-40.7) |

DS: Data suppressed due to < 30 responses

**Table 4.1.D**
**Weight Status Based on Body Mass Index (BMI)**
**BMI: Approximation of Body Fat Based on Weight and Height**
**Obese**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Questions:** | *How tall are you without shoes?*<br>*Approximately how much do you weigh without shoes?* |
|---|---|

| Demographic Characteristics | | Region n=7364 | | St. Louis County n=2149 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **37.3%** | **(34.8-39.8)** | **35.8%** | **(31.6-40.1)** |
| **Sex** | **Male** | 36.7 | (32.5-40.9) | 34.2 | (27.3-41.0) |
| | **Female** | 37.9 | (35.1-40.7) | 37.5 | (32.6-42.4) |
| **Age** | **18 to 34** | 30.7 | (24.5-36.9) | 24.8 | (16.7-33.0) |
| | **35 to 44** | 50.3 | (42.7-57.9) | 50.7 | (37.9-63.4) |
| | **45 to 54** | 46.0 | (40.0-52.0) | 52.1 | (41.5-62.7) |
| | **55 to 64** | 38.8 | (34.9-42.8) | 40.7 | (33.5-48.0) |
| | **65 to 74** | 35.5 | (31.3-39.8) | 33.3 | (25.6-41.1) |
| | **75 and older** | 22.6 | (18.0-27.2) | 16.9 | (9.1-24.6) |
| **Education** | **Less than H.S.** | 46.2 | (33.6-58.8) | 41.0 | (19.2-62.8) |
| | **H.S. Graduate** | 37.3 | (32.0-42.6) | 34.7 | (24.9-44.5) |
| | **Some College** | 41.7 | (36.4-47.0) | 41.8 | (32.9-50.6) |
| | **Voc./Assoc. Degree** | 40.0 | (34.8-45.3) | 42.1 | (33.0-51.2) |
| | **College Graduate** | 28.1 | (24.8-31.4) | 26.4 | (21.3-31.5) |
| **Poverty Status** | **200% or Less** | 46.3 | (41.6-51.1) | 50.6 | (43.1-58.2) |
| | **More than 200%** | 34.1 | (31.0-37.2) | 31.6 | (26.5-36.7) |

DS: Data suppressed due to < 30 responses

**Table 4.2.A**
**Source of Food - One Or More Times Per Week**
**Supermarket or Large Grocery Store**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often do you or others in your household buy or get food from the following places?* |
|---|---|

| Demographic Characteristics | | Region n=7365 | | St. Louis County n=2172 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **60.3%** | **(57.8-62.9)** | **63.7%** | **(59.5-67.8)** |
| **Sex** | **Male** | 61.2 | (56.9-65.5) | 65.4 | (58.4-72.3) |
| | **Female** | 59.4 | (56.8-62.0) | 62.0 | (57.5-66.4) |
| **Age** | **18 to 34** | 54.5 | (47.2-61.8) | 59.2 | (48.9-69.5) |
| | **35 to 44** | 70.7 | (64.4-77.1) | 74.5 | (63.5-85.5) |
| | **45 to 54** | 63.3 | (57.9-68.8) | 67.8 | (58.1-77.5) |
| | **55 to 64** | 61.4 | (57.7-65.1) | 65.2 | (58.9-71.6) |
| | **65 to 74** | 60.4 | (56.1-64.7) | 63.2 | (55.3-71.1) |
| | **75 and older** | 54.3 | (48.4-60.2) | 53.4 | (42.5-64.3) |
| **Education** | **Less than H.S.** | 48.7 | (36.4-61.0) | 56.1 | (36.1-76.1) |
| | **H.S. Graduate** | 57.9 | (52.3-63.5) | 59.6 | (49.3-69.9) |
| | **Some College** | 61.3 | (56.2-66.3) | 65.2 | (57.0-73.4) |
| | **Voc./Assoc. Degree** | 61.7 | (56.7-66.7) | 63.3 | (54.6-72.1) |
| | **College Graduate** | 65.0 | (61.7-68.3) | 68.2 | (63.2-73.2) |
| **Poverty Status** | **200% or Less** | 49.9 | (45.0-54.8) | 51.5 | (43.5-59.6) |
| | **More than 200%** | 65.1 | (62.1-68.2) | 68.1 | (63.1-73.0) |

DS: Data suppressed due to < 30 responses

**Table 4.2.B**
**Source of Food - One Or More Times Per Week**
**Small Grocery Store**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often do you or others in your household buy or get food from the following places?* |
|---|---|

| Demographic Characteristics | | Region n=6432 | | St. Louis County n=1852 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **25.9%** | **(23.5-28.3)** | **27.1%** | **(22.9-31.3)** |
| **Sex** | **Male** | 24.2 | (20.3-28.0) | 24.7 | (18.1-31.3) |
| | **Female** | 27.6 | (24.7-30.5) | 29.5 | (24.2-34.7) |
| **Age** | **18 to 34** | 27.5 | (21.4-33.6) | 27.0 | (17.9-36.1) |
| | **35 to 44** | 26.7 | (20.3-33.1) | 28.8 | (17.1-40.4) |
| | **45 to 54** | 31.5 | (25.1-37.8) | 37.6 | (25.9-49.3) |
| | **55 to 64** | 25.9 | (22.4-29.4) | 27.0 | (20.6-33.5) |
| | **65 to 74** | 19.7 | (16.1-23.4) | 20.1 | (13.2-26.9) |
| | **75 and older** | 17.6 | (12.8-22.4) | 14.4 | (5.9-22.9) |
| **Education** | **Less than H.S.** | 23.3 | (11.1-35.4) | 23.0 | (0.0-49.7) |
| | **H.S. Graduate** | 28.0 | (22.3-33.8) | 33.0 | (21.6-44.4) |
| | **Some College** | 23.6 | (18.9-28.3) | 23.3 | (16.1-30.4) |
| | **Voc./Assoc. Degree** | 27.2 | (22.9-31.5) | 25.5 | (18.3-32.8) |
| | **College Graduate** | 25.9 | (22.6-29.2) | 27.2 | (22.0-32.4) |
| **Poverty Status** | **200% or Less** | 25.9 | (20.7-31.1) | 31.6 | (21.7-41.4) |
| | **More than 200%** | 25.8 | (23.1-28.5) | 24.8 | (20.4-29.1) |

DS: Data suppressed due to < 30 responses

**Table 4.2.C**
**Source of Food - One Or More Times Per Week**
**Convenience Store or Gas Station**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often do you or others in your household buy or get food from the following places?* |
|---|---|

| Demographic Characteristics | | Region n=6343 | | St. Louis County n=1866 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **22.6%** | **(19.7-25.5)** | **22.6%** | **(17.7-27.5)** |
| **Sex** | **Male** | 25.1 | (20.1-30.2) | 25.4 | (17.1-33.7) |
| | **Female** | 20.1 | (17.2-22.9) | 20.0 | (14.8-25.1) |
| **Age** | **18 to 34** | 30.4 | (22.5-38.2) | 26.9 | (15.1-38.7) |
| | **35 to 44** | 25.2 | (18.7-31.8) | 22.5 | (12.2-32.8) |
| | **45 to 54** | 27.9 | (21.5-34.4) | 33.5 | (21.7-45.2) |
| | **55 to 64** | 15.2 | (11.9-18.5) | 15.7 | (9.5-21.9) |
| | **65 to 74** | 12.5 | (9.4-15.5) | 11.7 | (6.2-17.1) |
| | **75 and older** | 13.1 | (8.5-17.6) | 15.6 | (6.8-24.5) |
| **Education** | **Less than H.S.** | 32.0 | (16.8-47.1) | 29.1 | (4.6-53.5) |
| | **H.S. Graduate** | 25.7 | (19.4-31.9) | 28.9 | (17.4-40.3) |
| | **Some College** | 26.6 | (20.1-33.1) | 28.7 | (17.7-39.7) |
| | **Voc./Assoc. Degree** | 18.5 | (14.5-22.6) | 18.2 | (11.0-25.4) |
| | **College Graduate** | 14.2 | (11.5-16.9) | 11.8 | (7.7-15.9) |
| **Poverty Status** | **200% or Less** | 26.5 | (20.6-32.3) | 28.9 | (19.3-38.5) |
| | **More than 200%** | 20.6 | (17.2-24.0) | 19.0 | (13.2-24.7) |

DS: Data suppressed due to < 30 responses

**Table 4.2.D**
**Source of Food - One Or More Times Per Week**
**Food Shelf or Pantry**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often do you or others in your household buy or get food from the following places?* |
|---|---|

| Demographic Characteristics | | Region n=6211 | | St. Louis County n=1827 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **0.6%** | **(0.2-1.0)** | **0.9%** | **(0.1-1.6)** |
| **Sex** | **Male** | 0.4 | (0.0-0.9) | 0.7 | (0.0-1.6) |
| | **Female** | 0.8 | (0.1-1.4) | 1.0 | (0.0-2.2) |
| **Age** | **18 to 34** | 0.2 | (0.0-0.4) | 0.3 | (0.0-0.7) |
| | **35 to 44** | 1.3 | (0.0-3.2) | 2.3 | (0.0-6.6) |
| | **45 to 54** | 0.4 | (0.0-0.8) | 0.0 | (0.0-0.0) |
| | **55 to 64** | 0.9 | (0.1-1.7) | 1.5 | (0.0-3.1) |
| | **65 to 74** | 0.9 | (0.0-2.3) | 1.6 | (0.0-4.6) |
| | **75 and older** | 0.3 | (0.0-0.7) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 0.8 | (0.0-2.0) | 0.0 | (0.0-0.0) |
| | **H.S. Graduate** | 0.4 | (0.1-0.7) | 0.5 | (0.0-1.0) |
| | **Some College** | 1.2 | (0.0-2.5) | 2.2 | (0.0-4.8) |
| | **Voc./Assoc. Degree** | 0.7 | (0.1-1.2) | 0.8 | (0.0-1.8) |
| | **College Graduate** | 0.1 | (0.0-0.2) | 0.1 | (0.0-0.1) |
| **Poverty Status** | **200% or Less** | 1.6 | (0.4-2.9) | 3.0 | (0.2-5.7) |
| | **More than 200%** | 0.1 | (0.0-0.3) | 0.1 | (0.0-0.2) |

DS: Data suppressed due to < 30 responses

**Table 4.2.E**
**Source of Food - One Or More Times Per Week**
**Some Other Place**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often do you or others in your household buy or get food from the following places?* |
|---|---|

| Demographic Characteristics | | Region n=5712 | | St. Louis County n=1684 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **4.1%** | **(3.1-5.1)** | **4.7%** | **(3.0-6.4)** |
| **Sex** | **Male** | 3.6 | (2.1-5.2) | 4.4 | (1.7-7.1) |
| | **Female** | 4.5 | (3.3-5.7) | 5.0 | (2.9-7.1) |
| **Age** | **18 to 34** | 4.9 | (2.4-7.4) | 5.8 | (2.0-9.5) |
| | **35 to 44** | 4.2 | (1.3-7.1) | 5.4 | (0.0-11.2) |
| | **45 to 54** | 4.7 | (2.7-6.7) | 4.7 | (1.2-8.3) |
| | **55 to 64** | 4.1 | (2.3-5.9) | 4.7 | (1.3-8.0) |
| | **65 to 74** | 2.9 | (1.5-4.3) | 3.1 | (0.4-5.7) |
| | **75 and older** | 1.5 | (0.6-2.4) | 1.6 | (0.0-3.3) |
| **Education** | **Less than H.S.** | 1.2 | (0.0-2.9) | 0.0 | (0.0-0.0) |
| | **H.S. Graduate** | 2.5 | (0.9-4.1) | 1.9 | (0.0-4.0) |
| | **Some College** | 3.6 | (1.8-5.4) | 3.9 | (0.7-7.0) |
| | **Voc./Assoc. Degree** | 4.3 | (2.6-6.0) | 5.4 | (2.4-8.4) |
| | **College Graduate** | 6.8 | (4.3-9.3) | 8.2 | (4.1-12.4) |
| **Poverty Status** | **200% or Less** | 4.1 | (2.1-6.1) | 4.3 | (1.0-7.5) |
| | **More than 200%** | 4.3 | (3.1-5.5) | 5.3 | (3.1-7.5) |

DS: Data suppressed due to < 30 responses

**Table 4.3.A**
**Fruit and Vegetable Consumption - Total Servings Yesterday**
**0 Servings**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| Questions: | *A serving of vegetables – not including french fries - is one cup of salad greens or a half cup of vegetables. How many servings of vegetables did you have yesterday?*<br><br>*A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut, or canned fruit. How many servings of fruit did you have yesterday?*<br><br>*A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday?* |
|---|---|

| Demographic Characteristics | | Region n=7451 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **6.6%** | **(4.8-8.5)** | **6.5%** | **(3.3-9.7)** |
| **Sex** | **Male** | 8.3 | (4.9-11.7) | 9.3 | (3.1-15.4) |
| | **Female** | 5.0 | (3.9-6.0) | 3.8 | (2.4-5.1) |
| **Age** | **18 to 34** | 10.2 | (4.1-16.3) | 9.6 | (0.0-19.3) |
| | **35 to 44** | 9.9 | (5.3-14.5) | 11.0 | (3.0-19.0) |
| | **45 to 54** | 5.9 | (3.7-8.2) | 5.9 | (1.8-9.9) |
| | **55 to 64** | 4.7 | (3.4-6.0) | 3.4 | (1.5-5.3) |
| | **65 to 74** | 3.4 | (2.2-4.7) | 2.8 | (0.9-4.7) |
| | **75 and older** | 2.5 | (1.1-3.9) | 2.7 | (0.1-5.2) |
| **Education** | **Less than H.S.** | 8.8 | (1.9-15.6) | 1.5 | (0.0-3.2) |
| | **H.S. Graduate** | 7.0 | (4.6-9.4) | 4.9 | (1.9-7.8) |
| | **Some College** | 7.9 | (2.5-13.3) | 10.5 | (0.7-20.4) |
| | **Voc./Assoc. Degree** | 7.0 | (3.9-10.2) | 8.5 | (2.6-14.4) |
| | **College Graduate** | 3.9 | (2.5-5.2) | 3.9 | (1.8-6.1) |
| **Poverty Status** | **200% or Less** | 8.4 | (6.1-10.8) | 6.6 | (3.8-9.4) |
| | **More than 200%** | 6.1 | (3.5-8.8) | 6.7 | (2.0-11.4) |

DS: Data suppressed due to < 30 responses

**Table 4.3.B**
**Fruit and Vegetable Consumption - Total Servings Yesterday**
**5 Or More Servings**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| Questions: | *A serving of vegetables – not including french fries - is one cup of salad greens or a half cup of vegetables. How many servings of vegetables did you have yesterday?*<br><br>*A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut, or canned fruit. How many servings of fruit did you have yesterday?*<br><br>*A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday?* |
|---|---|

| Demographic Characteristics | | Region n=7451 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **26.8%** | **(24.7-28.9)** | **26.2%** | **(22.9-29.5)** |
| **Sex** | **Male** | 22.5 | (19.2-25.7) | 20.5 | (15.5-25.4) |
| | **Female** | 31.1 | (28.7-33.5) | 31.9 | (27.8-36.1) |
| **Age** | **18 to 34** | 24.9 | (19.9-30.0) | 22.9 | (16.6-29.1) |
| | **35 to 44** | 26.3 | (20.4-32.2) | 22.5 | (13.1-31.9) |
| | **45 to 54** | 27.7 | (22.4-33.0) | 31.6 | (21.7-41.4) |
| | **55 to 64** | 26.1 | (22.6-29.5) | 24.9 | (18.7-31.1) |
| | **65 to 74** | 28.3 | (24.6-31.9) | 30.0 | (23.1-36.9) |
| | **75 and older** | 30.2 | (24.7-35.6) | 30.8 | (20.7-40.9) |
| **Education** | **Less than H.S.** | 23.4 | (12.4-34.4) | 36.5 | (16.1-56.9) |
| | **H.S. Graduate** | 22.0 | (18.0-25.9) | 19.1 | (12.5-25.6) |
| | **Some College** | 23.5 | (19.7-27.3) | 20.2 | (14.8-25.6) |
| | **Voc./Assoc. Degree** | 24.3 | (20.4-28.2) | 20.3 | (14.4-26.2) |
| | **College Graduate** | 39.0 | (35.5-42.5) | 40.3 | (34.8-45.8) |
| **Poverty Status** | **200% or Less** | 25.6 | (21.6-29.6) | 28.3 | (21.5-35.2) |
| | **More than 200%** | 27.4 | (24.8-29.9) | 25.5 | (21.5-29.5) |

DS: Data suppressed due to < 30 responses

**Table 4.4.A**
**Beverage Consumption - Fruit Drinks**
**Never Or Less Than One Time Per Week**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often did you drink the following beverages in the past week?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7433** | | **St. Louis County n=2171** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **77.1%** | **(74.7-79.6)** | **76.6%** | **(72.4-80.8)** |
| **Sex** | **Male** | 73.7 | (69.4-77.9) | 73.3 | (66.1-80.6) |
| | **Female** | 80.7 | (78.3-83.0) | 79.9 | (75.8-84.0) |
| **Age** | **18 to 34** | 71.2 | (64.1-78.3) | 68.7 | (57.9-79.5) |
| | **35 to 44** | 77.5 | (71.4-83.7) | 79.9 | (70.4-89.3) |
| | **45 to 54** | 79.9 | (75.0-84.7) | 80.9 | (72.1-89.6) |
| | **55 to 64** | 81.6 | (78.8-84.5) | 81.8 | (76.8-86.7) |
| | **65 to 74** | 80.4 | (77.0-83.9) | 80.9 | (74.7-87.1) |
| | **75 and older** | 74.7 | (69.1-80.3) | 74.1 | (63.5-84.7) |
| **Education** | **Less than H.S.** | 61.9 | (49.3-74.5) | 63.8 | (43.7-83.8) |
| | **H.S. Graduate** | 77.7 | (73.6-81.7) | 80.1 | (72.9-87.3) |
| | **Some College** | 73.4 | (67.4-79.5) | 68.4 | (58.2-78.6) |
| | **Voc./Assoc. Degree** | 75.9 | (71.3-80.5) | 74.8 | (66.7-82.8) |
| | **College Graduate** | 85.8 | (83.2-88.5) | 85.8 | (81.7-89.8) |
| **Poverty Status** | **200% or Less** | 72.5 | (68.1-76.9) | 73.3 | (66.5-80.2) |
| | **More than 200%** | 79.1 | (76.0-82.3) | 77.7 | (72.2-83.3) |

DS: Data suppressed due to < 30 responses

**Table 4.4.B**
**Beverage Consumption - Fruit Drinks**
**Once A Day Or More**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often did you drink the following beverages in the past week?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7433** | | **St. Louis County n=2171** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **4.1%** | **(3.2-4.9)** | **4.1%** | **(2.6-5.7)** |
| **Sex** | **Male** | 3.8 | (2.6-5.1) | 4.4 | (2.0-6.7) |
| | **Female** | 4.3 | (3.1-5.5) | 3.9 | (1.9-5.9) |
| **Age** | **18 to 34** | 1.7 | (0.2-3.3) | 1.8 | (0.0-4.2) |
| | **35 to 44** | 3.0 | (0.2-5.9) | 3.6 | (0.0-9.1) |
| | **45 to 54** | 4.2 | (2.4-6.0) | 3.8 | (0.8-6.8) |
| | **55 to 64** | 4.6 | (2.9-6.4) | 5.3 | (2.0-8.6) |
| | **65 to 74** | 5.6 | (3.8-7.5) | 5.2 | (2.2-8.2) |
| | **75 and older** | 8.3 | (4.4-12.2) | 9.7 | (2.2-17.3) |
| **Education** | **Less than H.S.** | 7.5 | (3.0-12.0) | 5.4 | (0.0-12.9) |
| | **H.S. Graduate** | 6.2 | (3.9-8.5) | 7.3 | (2.6-11.9) |
| | **Some College** | 3.5 | (2.1-5.0) | 4.1 | (1.6-6.6) |
| | **Voc./Assoc. Degree** | 3.3 | (1.9-4.7) | 3.6 | (1.2-6.1) |
| | **College Graduate** | 1.4 | (0.8-1.9) | 0.9 | (0.2-1.6) |
| **Poverty Status** | **200% or Less** | 6.3 | (4.3-8.3) | 7.1 | (3.2-10.9) |
| | **More than 200%** | 3.0 | (2.1-4.0) | 3.1 | (1.4-4.8) |

DS: Data suppressed due to < 30 responses

**Table 4.4.C**
**Beverage Consumption - Sports Drinks**
**Never Or Less Than One Time Per Week**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often did you drink the following beverages in the past week?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7406** | | **St. Louis County n=2165** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **75.1%** | **(72.5-77.8)** | **74.9%** | **(70.5-79.3)** |
| **Sex** | **Male** | 68.0 | (63.5-72.4) | 68.9 | (61.6-76.3) |
| | **Female** | 82.4 | (79.8-85.1) | 80.9 | (76.1-85.7) |
| **Age** | **18 to 34** | 64.5 | (57.3-71.8) | 65.5 | (54.6-76.3) |
| | **35 to 44** | 66.0 | (58.5-73.5) | 71.1 | (58.8-83.4) |
| | **45 to 54** | 74.5 | (69.0-80.1) | 73.1 | (62.9-83.4) |
| | **55 to 64** | 83.2 | (80.3-86.1) | 83.8 | (78.7-88.9) |
| | **65 to 74** | 85.0 | (81.5-88.5) | 82.5 | (75.9-89.1) |
| | **75 and older** | 88.4 | (84.1-92.7) | 85.7 | (77.3-94.1) |
| **Education** | **Less than H.S.** | 75.0 | (64.3-85.6) | 72.0 | (52.4-91.6) |
| | **H.S. Graduate** | 74.5 | (69.2-79.9) | 74.9 | (65.7-84.1) |
| | **Some College** | 72.3 | (66.3-78.3) | 71.3 | (61.2-81.4) |
| | **Voc./Assoc. Degree** | 72.0 | (66.1-77.8) | 67.7 | (57.7-77.8) |
| | **College Graduate** | 80.9 | (77.8-84.0) | 82.8 | (78.3-87.3) |
| **Poverty Status** | **200% or Less** | 74.9 | (70.3-79.4) | 76.1 | (69.2-83.1) |
| | **More than 200%** | 75.1 | (71.7-78.4) | 74.7 | (69.0-80.3) |

DS: Data suppressed due to < 30 responses

**Table 4.4.D**
**Beverage Consumption - Sports Drinks**
**Once A Day Or More**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often did you drink the following beverages in the past week?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7406** | | **St. Louis County n=2165** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **2.8%** | **(1.9-3.8)** | **3.2%** | **(1.6-4.9)** |
| **Sex** | **Male** | 3.7 | (2.2-5.3) | 4.0 | (1.3-6.7) |
| | **Female** | 1.9 | (0.9-2.9) | 2.4 | (0.6-4.3) |
| **Age** | **18 to 34** | 2.4 | (0.6-4.2) | 2.1 | (0.0-4.6) |
| | **35 to 44** | 2.8 | (0.1-5.6) | 4.8 | (0.0-10.0) |
| | **45 to 54** | 6.0 | (2.1-9.9) | 7.5 | (0.0-15.1) |
| | **55 to 64** | 2.1 | (1.1-3.2) | 1.7 | (0.2-3.1) |
| | **65 to 74** | 1.4 | (0.7-2.2) | 1.3 | (0.1-2.6) |
| | **75 and older** | 2.4 | (0.6-4.2) | 3.6 | (0.0-7.2) |
| **Education** | **Less than H.S.** | 6.9 | (0.0-15.1) | 9.7 | (0.0-26.4) |
| | **H.S. Graduate** | 3.3 | (1.6-5.0) | 3.1 | (0.1-6.0) |
| | **Some College** | 2.1 | (0.8-3.4) | 2.4 | (0.2-4.7) |
| | **Voc./Assoc. Degree** | 3.4 | (1.0-5.9) | 5.0 | (0.3-9.6) |
| | **College Graduate** | 1.7 | (0.8-2.5) | 2.0 | (0.6-3.3) |
| **Poverty Status** | **200% or Less** | 4.6 | (2.0-7.1) | 5.9 | (1.0-10.7) |
| | **More than 200%** | 2.2 | (1.4-3.1) | 2.5 | (1.0-3.9) |

DS: Data suppressed due to < 30 responses

**Table 4.4.E**
**Beverage Consumption - Regular Soda Or Pop**
**Never Or Less Than One Time Per Week**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often did you drink the following beverages in the past week?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7464** | | **St. Louis County n=2178** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **46.4%** | **(43.7-49.0)** | **48.0%** | **(43.4-52.5)** |
| **Sex** | **Male** | 39.3 | (34.8-43.7) | 39.6 | (31.9-47.2) |
| | **Female** | 53.7 | (50.9-56.4) | 56.4 | (51.5-61.3) |
| **Age** | **18 to 34** | 46.6 | (39.2-53.9) | 49.1 | (38.1-60.2) |
| | **35 to 44** | 35.6 | (28.9-42.3) | 38.7 | (26.8-50.5) |
| | **45 to 54** | 44.6 | (38.9-50.4) | 44.9 | (34.5-55.2) |
| | **55 to 64** | 52.1 | (48.2-56.0) | 53.7 | (46.7-60.7) |
| | **65 to 74** | 46.3 | (41.9-50.8) | 42.2 | (34.0-50.3) |
| | **75 and older** | 52.5 | (46.6-58.4) | 58.9 | (48.1-69.7) |
| **Education** | **Less than H.S.** | 41.0 | (28.6-53.3) | 48.9 | (27.5-70.3) |
| | **H.S. Graduate** | 43.0 | (37.1-48.9) | 46.5 | (35.3-57.7) |
| | **Some College** | 41.6 | (36.5-46.7) | 40.1 | (31.8-48.3) |
| | **Voc./Assoc. Degree** | 48.3 | (43.2-53.5) | 46.9 | (38.0-55.8) |
| | **College Graduate** | 56.8 | (53.3-60.3) | 58.5 | (53.0-64.0) |
| **Poverty Status** | **200% or Less** | 42.8 | (38.1-47.6) | 47.0 | (39.0-54.9) |
| | **More than 200%** | 48.5 | (45.1-51.9) | 49.5 | (43.7-55.3) |

DS: Data suppressed due to < 30 responses

**Table 4.4.F**
**Beverage Consumption - Regular Soda Or Pop**
**Once A Day Or More**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often did you drink the following beverages in the past week?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7464** | | **St. Louis County n=2178** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **15.6%** | **(13.4-17.9)** | **14.3%** | **(10.6-18.1)** |
| **Sex** | **Male** | 18.1 | (14.2-22.1) | 16.4 | (9.9-23.0) |
| | **Female** | 13.1 | (11.1-15.0) | 12.3 | (8.9-15.6) |
| **Age** | **18 to 34** | 15.9 | (9.5-22.3) | 13.6 | (4.2-23.1) |
| | **35 to 44** | 21.9 | (15.5-28.4) | 16.6 | (6.8-26.4) |
| | **45 to 54** | 20.8 | (15.8-25.8) | 19.6 | (10.5-28.7) |
| | **55 to 64** | 12.7 | (10.2-15.2) | 12.1 | (7.7-16.6) |
| | **65 to 74** | 11.3 | (8.6-14.0) | 12.6 | (7.4-17.8) |
| | **75 and older** | 9.7 | (5.3-14.2) | 11.8 | (3.2-20.4) |
| **Education** | **Less than H.S.** | 25.1 | (13.1-37.1) | 15.0 | (1.3-28.8) |
| | **H.S. Graduate** | 18.2 | (14.0-22.4) | 17.4 | (10.2-24.6) |
| | **Some College** | 18.5 | (13.0-24.0) | 19.8 | (10.1-29.6) |
| | **Voc./Assoc. Degree** | 12.3 | (9.2-15.5) | 11.2 | (6.3-16.1) |
| | **College Graduate** | 8.0 | (6.3-9.7) | 6.5 | (4.1-9.0) |
| **Poverty Status** | **200% or Less** | 22.1 | (17.8-26.3) | 20.6 | (14.4-26.8) |
| | **More than 200%** | 12.9 | (10.0-15.7) | 12.1 | (7.1-17.2) |

DS: Data suppressed due to < 30 responses

**Table 4.4.G**
**Beverage Consumption - Energy Drinks**
**Never Or Less Than One Time Per Week**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often did you drink the following beverages in the past week?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7367** | | **St. Louis County n=2156** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **89.7%** | **(87.5-92.0)** | **89.8%** | **(86.2-93.5)** |
| **Sex** | **Male** | 87.2 | (83.2-91.2) | 87.6 | (81.3-94.0) |
| | **Female** | 92.3 | (90.4-94.2) | 92.1 | (88.7-95.5) |
| **Age** | **18 to 34** | 79.2 | (72.3-86.0) | 82.0 | (72.2-91.7) |
| | **35 to 44** | 84.2 | (78.2-90.3) | 83.7 | (73.1-94.3) |
| | **45 to 54** | 92.6 | (89.6-95.7) | 92.4 | (87.0-97.8) |
| | **55 to 64** | 95.1 | (93.4-96.9) | 94.7 | (91.6-97.9) |
| | **65 to 74** | 98.3 | (97.0-99.5) | 98.7 | (97.3-100.0) |
| | **75 and older** | 99.3 | (98.2-100.0) | 98.9 | (96.8-100.0) |
| **Education** | **Less than H.S.** | 87.3 | (76.4-98.1) | 96.0 | (92.0-100.0) |
| | **H.S. Graduate** | 90.1 | (86.1-94.1) | 91.1 | (85.1-97.1) |
| | **Some College** | 87.4 | (81.8-93.1) | 86.1 | (76.1-96.2) |
| | **Voc./Assoc. Degree** | 90.6 | (86.4-94.7) | 88.3 | (80.7-96.0) |
| | **College Graduate** | 92.2 | (89.8-94.6) | 91.7 | (87.9-95.6) |
| **Poverty Status** | **200% or Less** | 85.9 | (81.5-90.3) | 87.2 | (81.8-92.5) |
| | **More than 200%** | 91.1 | (88.3-93.9) | 91.0 | (86.1-95.9) |

DS: Data suppressed due to < 30 responses

**Table 4.4.H**
**Beverage Consumption - Energy Drinks**
**Once A Day Or More**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often did you drink the following beverages in the past week?* |
|---|---|

| Demographic Characteristics | | Region n=7367 | | St. Louis County n=2156 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **1.3%** | **(0.8-1.8)** | **1.0%** | **(0.3-1.7)** |
| **Sex** | **Male** | 1.4 | (0.5-2.2) | 0.8 | (0.0-1.7) |
| | **Female** | 1.2 | (0.6-1.8) | 1.2 | (0.1-2.3) |
| **Age** | **18 to 34** | 2.3 | (1.0-3.7) | 1.3 | (0.0-2.8) |
| | **35 to 44** | 1.8 | (0.0-3.8) | 1.6 | (0.0-3.9) |
| | **45 to 54** | 1.4 | (0.0-2.8) | 1.8 | (0.0-4.8) |
| | **55 to 64** | 0.8 | (0.3-1.4) | 0.5 | (0.0-1.1) |
| | **65 to 74** | 0.1 | (0.0-0.2) | 0.0 | (0.0-0.1) |
| | **75 and older** | 0.0 | (0.0-0.0) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 0.9 | (0.0-2.1) | 0.2 | (0.0-0.6) |
| | **H.S. Graduate** | 1.1 | (0.1-2.1) | 1.5 | (0.0-3.6) |
| | **Some College** | 1.9 | (0.6-3.3) | 0.6 | (0.0-1.2) |
| | **Voc./Assoc. Degree** | 1.7 | (0.0-3.5) | 2.5 | (0.0-5.8) |
| | **College Graduate** | 0.7 | (0.3-1.1) | 0.4 | (0.0-0.8) |
| **Poverty Status** | **200% or Less** | 2.1 | (0.7-3.4) | 2.2 | (0.1-4.3) |
| | **More than 200%** | 1.0 | (0.5-1.6) | 0.6 | (0.0-1.2) |

DS: Data suppressed due to < 30 responses

**Table 4.5.A**
**Physical Activity**
**Any Physical Activity In Past 30 Days**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 30 days, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening or walking for exercise?* |
|---|---|

| Demographic Characteristics | | Region n=7536 | | St. Louis County n=2200 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **81.6%** | **(79.8-83.4)** | **82.4%** | **(79.4-85.3)** |
| **Sex** | **Male** | 82.8 | (79.9-85.6) | 83.7 | (79.1-88.3) |
| | **Female** | 80.3 | (78.3-82.4) | 81.1 | (77.5-84.6) |
| **Age** | **18 to 34** | 92.2 | (89.3-95.2) | 94.1 | (90.8-97.5) |
| | **35 to 44** | 86.5 | (82.2-90.8) | 90.0 | (84.0-96.0) |
| | **45 to 54** | 80.6 | (76.3-84.9) | 83.5 | (76.7-90.3) |
| | **55 to 64** | 79.9 | (76.5-83.3) | 78.0 | (71.7-84.4) |
| | **65 to 74** | 75.1 | (70.3-79.9) | 73.6 | (64.3-82.9) |
| | **75 and older** | 61.2 | (55.3-67.0) | 54.2 | (43.3-65.0) |
| **Education** | **Less than H.S.** | 56.4 | (44.4-68.5) | 50.6 | (29.9-71.3) |
| | **H.S. Graduate** | 75.9 | (71.9-79.9) | 76.5 | (69.2-83.7) |
| | **Some College** | 82.2 | (79.0-85.4) | 82.5 | (77.3-87.6) |
| | **Voc./Assoc. Degree** | 86.0 | (82.7-89.4) | 85.4 | (79.2-91.5) |
| | **College Graduate** | 93.1 | (91.8-94.3) | 94.5 | (92.8-96.2) |
| **Poverty Status** | **200% or Less** | 71.3 | (67.4-75.3) | 72.0 | (65.3-78.7) |
| | **More than 200%** | 87.3 | (85.5-89.0) | 87.6 | (84.7-90.5) |

DS: Data suppressed due to < 30 responses

**Table 4.5.B**
**Physical Activity**
**Moderate Or Vigorous Activity 3 Or More Days Per Week**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity or at least 20 minutes of vigorous physical activity?* |
|---|---|

| Demographic Characteristics | | Region n=7387 | | St. Louis County n=2157 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **73.4%** | **(71.1-75.7)** | **73.9%** | **(69.8-77.9)** |
| **Sex** | **Male** | 76.4 | (72.5-80.3) | 75.4 | (68.4-82.3) |
| | **Female** | 70.4 | (67.9-72.9) | 72.4 | (68.1-76.6) |
| **Age** | **18 to 34** | 77.5 | (71.1-83.8) | 77.4 | (67.3-87.5) |
| | **35 to 44** | 76.3 | (70.6-82.0) | 79.1 | (69.9-88.3) |
| | **45 to 54** | 72.0 | (66.7-77.4) | 73.8 | (64.4-83.3) |
| | **55 to 64** | 74.4 | (70.8-78.1) | 71.9 | (65.1-78.7) |
| | **65 to 74** | 70.6 | (66.5-74.7) | 70.5 | (62.8-78.2) |
| | **75 and older** | 62.4 | (56.8-68.0) | 62.6 | (52.0-73.3) |
| **Education** | **Less than H.S.** | 61.7 | (49.5-73.8) | 56.7 | (35.2-78.3) |
| | **H.S. Graduate** | 71.0 | (66.6-75.5) | 72.3 | (64.2-80.5) |
| | **Some College** | 72.2 | (66.7-77.7) | 70.7 | (61.2-80.2) |
| | **Voc./Assoc. Degree** | 74.7 | (70.2-79.3) | 74.5 | (66.2-82.8) |
| | **College Graduate** | 80.5 | (77.7-83.3) | 82.5 | (78.1-86.8) |
| **Poverty Status** | **200% or Less** | 66.1 | (61.7-70.5) | 65.4 | (57.8-73.1) |
| | **More than 200%** | 76.8 | (73.9-79.8) | 77.0 | (71.8-82.3) |

DS: Data suppressed due to < 30 responses

**Table 4.5.C**
**Physical Activity**
**Moderate Activity 5 Or More Days Per Week**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity? Moderate activities cause only light sweating and a small increase in breathing or heart rate.* |
|---|---|

| Demographic Characteristics | | Region n=7528 | | St. Louis County n=2196 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **33.9%** | **(31.5-36.2)** | **35.0%** | **(30.9-39.1)** |
| **Sex** | **Male** | 37.1 | (33.0-41.2) | 37.7 | (30.7-44.6) |
| | **Female** | 30.5 | (28.0-33.1) | 32.3 | (27.8-36.9) |
| **Age** | **18 to 34** | 30.1 | (24.1-36.1) | 33.3 | (24.1-42.5) |
| | **35 to 44** | 36.4 | (29.2-43.6) | 43.0 | (30.5-55.5) |
| | **45 to 54** | 34.7 | (28.9-40.4) | 38.8 | (28.2-49.3) |
| | **55 to 64** | 35.7 | (32.1-39.3) | 31.9 | (25.7-38.2) |
| | **65 to 74** | 35.8 | (31.7-39.9) | 31.6 | (24.2-38.9) |
| | **75 and older** | 32.6 | (27.2-38.0) | 33.9 | (23.6-44.2) |
| **Education** | **Less than H.S.** | 27.7 | (18.1-37.4) | 27.1 | (9.2-45.0) |
| | **H.S. Graduate** | 31.6 | (26.5-36.8) | 34.5 | (24.4-44.6) |
| | **Some College** | 32.1 | (27.4-36.7) | 29.0 | (21.8-36.1) |
| | **Voc./Assoc. Degree** | 33.4 | (28.4-38.4) | 32.1 | (23.5-40.8) |
| | **College Graduate** | 40.8 | (37.2-44.4) | 45.4 | (39.7-51.0) |
| **Poverty Status** | **200% or Less** | 31.7 | (27.1-36.3) | 36.1 | (27.9-44.3) |
| | **More than 200%** | 35.7 | (32.7-38.7) | 36.1 | (31.0-41.2) |

DS: Data suppressed due to < 30 responses

**Table 4.5.D**
**Physical Activity**
**Vigorous Activity 3 Or More Days Per Week**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity? Vigorous activities cause heavy sweating and a large increase in breathing and heart rate.* |
|---|---|

| Demographic Characteristics | | Region n=7414 | | St. Louis County n=2167 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **32.6%** | **(29.8-35.5)** | **34.3%** | **(29.6-39.1)** |
| **Sex** | **Male** | 37.9 | (33.2-42.7) | 39.3 | (31.2-47.3) |
| | **Female** | 27.2 | (24.5-30.0) | 29.5 | (24.6-34.3) |
| **Age** | **18 to 34** | 42.6 | (34.9-50.3) | 43.6 | (32.3-55.0) |
| | **35 to 44** | 36.3 | (28.7-43.9) | 39.1 | (25.7-52.4) |
| | **45 to 54** | 32.2 | (26.4-38.0) | 36.7 | (26.1-47.4) |
| | **55 to 64** | 30.6 | (27.1-34.2) | 29.3 | (23.0-35.6) |
| | **65 to 74** | 24.9 | (20.4-29.5) | 24.2 | (15.3-33.1) |
| | **75 and older** | 16.2 | (11.9-20.5) | 17.3 | (9.1-25.4) |
| **Education** | **Less than H.S.** | 31.9 | (19.2-44.7) | 27.3 | (7.8-46.7) |
| | **H.S. Graduate** | 34.9 | (28.1-41.6) | 43.2 | (31.1-55.2) |
| | **Some College** | 30.0 | (25.0-35.0) | 27.2 | (19.3-35.0) |
| | **Voc./Assoc. Degree** | 28.3 | (23.5-33.1) | 27.1 | (18.8-35.4) |
| | **College Graduate** | 35.4 | (31.8-39.0) | 38.2 | (32.6-43.9) |
| **Poverty Status** | **200% or Less** | 31.2 | (26.1-36.3) | 29.2 | (21.1-37.3) |
| | **More than 200%** | 33.4 | (29.8-36.9) | 35.6 | (29.5-41.6) |

DS: Data suppressed due to < 30 responses

**Table 4.6.A**
**Barriers to Physical Activity: Top 5 Reasons**
**Lack Of Self-Discipline**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply.* |
|---|---|

| Demographic Characteristics | | Region n=7017 | | St. Louis County n=2057 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **26.8%** | **(24.4-29.1)** | **26.0%** | **(21.9-30.1)** |
| **Sex** | **Male** | 20.6 | (16.7-24.6) | 20.9 | (14.0-27.8) |
| | **Female** | 33.1 | (30.5-35.7) | 31.1 | (26.7-35.5) |
| **Age** | **18 to 34** | 32.8 | (26.0-39.5) | 33.4 | (22.9-43.8) |
| | **35 to 44** | 27.1 | (21.2-32.9) | 22.2 | (13.5-30.8) |
| | **45 to 54** | 29.1 | (24.3-33.9) | 27.6 | (19.3-35.8) |
| | **55 to 64** | 24.2 | (20.7-27.7) | 23.8 | (17.4-30.1) |
| | **65 to 74** | 20.3 | (17.0-23.7) | 18.5 | (12.6-24.4) |
| | **75 and older** | 18.5 | (13.5-23.5) | 17.0 | (7.6-26.3) |
| **Education** | **Less than H.S.** | 22.2 | (12.7-31.7) | 22.2 | (4.0-40.4) |
| | **H.S. Graduate** | 24.1 | (19.8-28.5) | 18.0 | (11.2-24.9) |
| | **Some College** | 29.2 | (23.5-35.0) | 31.4 | (21.6-41.2) |
| | **Voc./Assoc. Degree** | 28.9 | (24.3-33.4) | 31.5 | (23.4-39.7) |
| | **College Graduate** | 27.1 | (24.0-30.2) | 25.9 | (21.2-30.5) |
| **Poverty Status** | **200% or Less** | 27.0 | (23.0-31.0) | 29.2 | (22.2-36.1) |
| | **More than 200%** | 27.6 | (24.4-30.7) | 26.1 | (20.7-31.5) |

DS: Data suppressed due to < 30 responses

**Table 4.6.B**
**Barriers to Physical Activity: Top 5 Reasons**
**Lack Of Energy**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply.* |
|---|---|

| Demographic Characteristics | | Region n=7013 | | St. Louis County n=2051 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **22.7%** | **(20.4-25.1)** | **23.0%** | **(19.0-27.1)** |
| **Sex** | **Male** | 17.7 | (13.7-21.6) | 17.9 | (11.0-24.7) |
| | **Female** | 28.0 | (25.4-30.6) | 28.3 | (23.9-32.7) |
| **Age** | **18 to 34** | 29.3 | (22.5-36.1) | 28.6 | (18.3-38.9) |
| | **35 to 44** | 22.7 | (17.2-28.2) | 19.4 | (10.9-27.9) |
| | **45 to 54** | 23.8 | (19.2-28.4) | 24.9 | (16.5-33.3) |
| | **55 to 64** | 17.7 | (14.4-21.0) | 19.1 | (13.1-25.2) |
| | **65 to 74** | 16.1 | (12.9-19.3) | 16.6 | (10.6-22.6) |
| | **75 and older** | 21.8 | (16.1-27.4) | 23.0 | (11.9-34.1) |
| **Education** | **Less than H.S.** | 27.9 | (17.3-38.6) | 27.5 | (7.5-47.5) |
| | **H.S. Graduate** | 22.2 | (17.8-26.6) | 17.4 | (10.5-24.4) |
| | **Some College** | 26.9 | (21.0-32.8) | 30.8 | (20.9-40.7) |
| | **Voc./Assoc. Degree** | 22.3 | (18.1-26.5) | 25.2 | (17.6-32.8) |
| | **College Graduate** | 17.5 | (15.0-20.1) | 17.8 | (13.9-21.8) |
| **Poverty Status** | **200% or Less** | 30.6 | (26.1-35.1) | 34.9 | (27.2-42.5) |
| | **More than 200%** | 19.9 | (16.8-22.9) | 19.5 | (14.2-24.8) |

DS: Data suppressed due to < 30 responses

**Table 4.6.C**
**Barriers to Physical Activity: Top 5 Reasons**
**Program Costs/Fees**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply.* |
|---|---|

| Demographic Characteristics | | Region n=6922 | | St. Louis County n=2033 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **19.7%** | **(17.7-21.6)** | **18.2%** | **(15.1-21.2)** |
| **Sex** | **Male** | 15.2 | (12.3-18.1) | 12.8 | (8.9-16.8) |
| | **Female** | 24.3 | (21.8-26.9) | 23.7 | (19.3-28.0) |
| **Age** | **18 to 34** | 23.1 | (18.0-28.2) | 20.6 | (14.1-27.2) |
| | **35 to 44** | 25.8 | (19.2-32.3) | 26.7 | (15.4-38.0) |
| | **45 to 54** | 22.8 | (18.6-27.0) | 19.4 | (12.5-26.3) |
| | **55 to 64** | 17.3 | (14.5-20.2) | 15.5 | (10.5-20.5) |
| | **65 to 74** | 11.5 | (8.6-14.5) | 11.8 | (6.1-17.4) |
| | **75 and older** | 9.6 | (6.2-13.0) | 6.0 | (0.7-11.4) |
| **Education** | **Less than H.S.** | 18.3 | (10.5-26.1) | 11.0 | (0.4-21.7) |
| | **H.S. Graduate** | 22.8 | (18.1-27.5) | 18.9 | (11.2-26.7) |
| | **Some College** | 22.0 | (17.9-26.0) | 21.5 | (15.1-27.9) |
| | **Voc./Assoc. Degree** | 19.8 | (15.9-23.8) | 20.6 | (13.6-27.6) |
| | **College Graduate** | 13.5 | (11.1-15.8) | 13.9 | (10.3-17.6) |
| **Poverty Status** | **200% or Less** | 31.6 | (27.1-36.2) | 30.8 | (23.4-38.2) |
| | **More than 200%** | 14.2 | (12.1-16.2) | 13.4 | (10.2-16.6) |

DS: Data suppressed due to < 30 responses

**Table 4.6.D**
**Barriers to Physical Activity: Top 5 Reasons**
**Icy Or Snowy Walkways**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply.* |
|---|---|

| Demographic Characteristics | | Region n=6864 | | St. Louis County n=2031 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **17.7%** | **(15.6-19.7)** | **19.6%** | **(16.1-23.2)** |
| **Sex** | **Male** | 14.1 | (11.0-17.2) | 15.6 | (10.0-21.2) |
| | **Female** | 21.4 | (19.0-23.8) | 23.9 | (19.6-28.1) |
| **Age** | **18 to 34** | 15.9 | (11.0-20.7) | 18.8 | (11.0-26.7) |
| | **35 to 44** | 21.9 | (15.5-28.3) | 24.5 | (13.4-35.5) |
| | **45 to 54** | 18.2 | (13.0-23.3) | 20.7 | (10.8-30.6) |
| | **55 to 64** | 16.5 | (13.8-19.2) | 18.1 | (13.3-23.0) |
| | **65 to 74** | 18.2 | (15.1-21.3) | 20.6 | (14.6-26.5) |
| | **75 and older** | 17.2 | (13.2-21.1) | 13.2 | (6.7-19.8) |
| **Education** | **Less than H.S.** | 21.5 | (9.8-33.2) | 31.3 | (7.6-55.0) |
| | **H.S. Graduate** | 16.7 | (12.2-21.3) | 19.2 | (9.8-28.6) |
| | **Some College** | 22.2 | (18.1-26.4) | 22.9 | (16.3-29.4) |
| | **Voc./Assoc. Degree** | 14.8 | (11.0-18.7) | 17.1 | (10.0-24.2) |
| | **College Graduate** | 14.0 | (11.8-16.1) | 15.5 | (12.1-19.0) |
| **Poverty Status** | **200% or Less** | 25.5 | (20.6-30.5) | 34.1 | (25.1-43.1) |
| | **More than 200%** | 14.1 | (12.2-15.9) | 14.3 | (11.1-17.4) |

DS: Data suppressed due to < 30 responses

**Table 4.6.E**
**Barriers to Physical Activity: Top 5 Reasons**
**Disability Or Illness**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply.* |
|---|---|

| Demographic Characteristics | | Region n=7021 | | St. Louis County n=2053 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **17.2%** | **(15.3-19.2)** | **17.0%** | **(13.7-20.3)** |
| **Sex** | **Male** | 17.7 | (14.4-21.0) | 18.0 | (12.4-23.6) |
| | **Female** | 16.7 | (14.6-18.8) | 16.0 | (12.4-19.5) |
| **Age** | **18 to 34** | 8.3 | (4.9-11.7) | 7.1 | (2.6-11.6) |
| | **35 to 44** | 15.9 | (10.3-21.4) | 15.6 | (7.3-23.8) |
| | **45 to 54** | 22.0 | (16.4-27.6) | 22.9 | (12.3-33.5) |
| | **55 to 64** | 19.9 | (16.4-23.3) | 20.6 | (14.2-27.0) |
| | **65 to 74** | 21.9 | (17.1-26.7) | 21.0 | (11.6-30.4) |
| | **75 and older** | 26.2 | (20.0-32.5) | 32.5 | (20.3-44.8) |
| **Education** | **Less than H.S.** | 40.3 | (26.5-54.1) | 50.1 | (26.1-74.0) |
| | **H.S. Graduate** | 21.0 | (16.8-25.2) | 19.8 | (12.0-27.5) |
| | **Some College** | 18.7 | (15.0-22.3) | 18.9 | (13.0-24.8) |
| | **Voc./Assoc. Degree** | 15.1 | (10.9-19.3) | 18.0 | (10.1-25.9) |
| | **College Graduate** | 6.2 | (5.0-7.4) | 5.2 | (3.5-6.8) |
| **Poverty Status** | **200% or Less** | 30.0 | (25.5-34.6) | 30.6 | (22.8-38.4) |
| | **More than 200%** | 10.7 | (8.9-12.5) | 10.7 | (7.6-13.9) |

# CHAPTER 5 | Preventive Screenings

Early detection through screening of certain health conditions can effectively improve health outcomes either through lifestyle change or treatment. A number of cancer screening tests have proven to lower the risk of dying through early treatment, including colorectal cancer tests, mammography, and Pap tests.[1] Screening tests available for chronic conditions such as diabetes, hypertension, and high cholesterol can lead to positive outcomes many times through lifestyle changes alone.

Guidelines for screening tests change over time as new knowledge is acquired regarding efficacy and effectiveness. Individuals should work with their health care provider to determine which screening tests are appropriate. Credible sources for information on health screenings include:

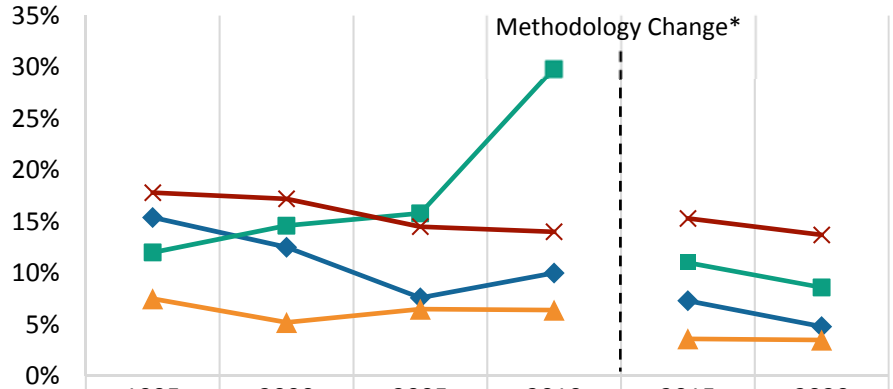
- U.S. Preventive Services Task Force (https://uspreventiveservicestaskforce.org/uspstf/)
- Institute for Clinical Systems Improvement (https://www.icsi.org/guidelines/)
- American Cancer Society (https://www.cancer.org/healthy/find-cancer-early.html)

The *2020 Bridge to Health Survey* included questions on the frequency of health screenings for eight health conditions. The results for mental health screening can be found in Chapter 3.

## SURVEY COMPARISON

*Bridge to Health Survey* trend data are provided in the two figures below. The prevalence of never having been screened has decreased for everything but blood pressure (Figs. 5.1-2). The region does not meet the Healthy People 2030 goals for mammograms.

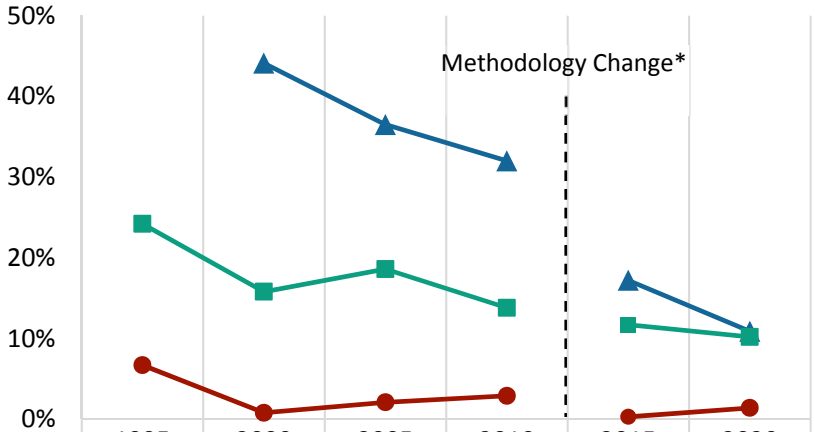
| HEALTHY PEOPLE 2030 GOALS[2] | |
|---|---|
| 77.1% | Mammogram (past 2 years) |




| | 1995 | 2000 | 2005 | 2010 | 2015 | 2020 |
|---|---|---|---|---|---|---|
| Mammogram | 15.4% | 12.5% | 7.6% | 10.0% | 7.3% | 4.8% |
| Breast self-exam | 12.0% | 14.6% | 15.8% | 29.9% | 11.0% | 8.6% |
| Pap test | 7.5% | 5.2% | 6.5% | 6.4% | 3.6% | 3.5% |
| Prostate exam | 17.8% | 17.2% | 14.5% | 14.0% | 15.3% | 13.7% |

**FIGURE 5.1 – Prevalence of Never Having Preventive Screening by Survey Year (Part 1)**

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*




| | 1995 | 2000 | 2005 | 2010 | 2015 | 2020 |
|---|---|---|---|---|---|---|
| Colon cancer screening | NOT COLLECTED | 44.1% | 36.5% | 32.0% | 17.2% | 10.9% |
| Blood pressure | 6.7% | 0.8% | 2.1% | 2.9% | 0.3% | 1.4% |
| Cholesterol | 24.2% | 15.8% | 18.6% | 13.8% | 11.7% | 10.2% |

**FIGURE 5.2 – Prevalence of Never Having Preventive Screening by Survey Year (Part 2)**

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*

## REFERENCES


1. National Institutes of Health, National Cancer Institute. Cancer Screening (online). [Accessed April 10, 2021]. URL: https://www.cancer.gov/about-cancer/screening/screening-tests
2. Healthy People 2030 [online]. U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. [Accessed March 20, 2021] URL: https://health.gov/healthypeople.

**Table 5.1.A**
**Preventive Screening: Mammogram**
**(Females Age 40 and Older)**
**Never Had A Mammogram**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had a mammogram?* |
|---|---|

| Demographic Characteristics | | Region n=3810 | | St. Louis County n=1029 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **4.8%** | **(3.4-6.3)** | **3.7%** | **(1.2-6.1)** |
| **Females by Age** | **40 to 49** | 7.5 | (4.3-10.7) | 4.5 | (0.5-8.5) |
| | **50 to 59** | 5.0 | (1.6-8.5) | 4.8 | (0.0-12.1) |
| | **60 to 69** | 3.4 | (0.8-5.9) | 4.3 | (0.0-9.1) |
| | **70 and older** | 3.9 | (1.6-6.2) | 1.3 | (0.0-3.7) |
| **Education** | **Less than H.S.** | 15.6 | (2.6-28.7) | 12.0 | (0.0-33.7) |
| | **H.S. Graduate** | 4.9 | (2.6-7.1) | 3.1 | (0.0-7.1) |
| | **Some College** | 4.0 | (1.8-6.3) | 3.7 | (0.0-7.4) |
| | **Voc./Assoc. Degree** | 3.0 | (1.5-4.5) | 2.2 | (0.0-4.7) |
| | **College Graduate** | 2.9 | (1.5-4.2) | 2.3 | (0.2-4.4) |
| **Poverty Status** | **200% or Less** | 4.7 | (2.6-6.9) | 2.7 | (0.0-5.6) |
| | **More than 200%** | 4.0 | (2.2-5.8) | 3.2 | (0.0-6.3) |

DS: Data suppressed due to < 30 responses

**Table 5.1.B**
**Preventive Screening: Mammogram**
**(Females Age 40 and Older)**
**Within Past 2 Years**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had a mammogram?* |
|---|---|

| Demographic Characteristics | | Region n=3810 | | St. Louis County n=1029 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **68.9%** | **(66.1-71.6)** | **68.3%** | **(63.3-73.3)** |
| **Females by Age** | **40 to 49** | 73.1 | (66.7-79.5) | 77.3 | (67.0-87.6) |
| | **50 to 59** | 74.6 | (69.7-79.6) | 77.1 | (67.5-86.8) |
| | **60 to 69** | 77.7 | (73.5-82.0) | 75.2 | (67.8-82.6) |
| | **70 and older** | 50.8 | (44.9-56.8) | 46.2 | (35.5-56.9) |
| **Education** | **Less than H.S.** | 49.0 | (32.1-65.9) | 62.7 | (34.0-91.3) |
| | **H.S. Graduate** | 61.7 | (56.4-67.1) | 56.6 | (46.1-67.1) |
| | **Some College** | 73.6 | (69.0-78.2) | 73.0 | (65.1-80.9) |
| | **Voc./Assoc. Degree** | 76.4 | (71.9-80.9) | 74.1 | (65.4-82.8) |
| | **College Graduate** | 78.3 | (74.2-82.3) | 79.1 | (72.3-85.8) |
| **Poverty Status** | **200% or Less** | 60.6 | (55.3-66.0) | 63.6 | (54.2-73.0) |
| | **More than 200%** | 74.3 | (70.8-77.8) | 72.2 | (65.8-78.5) |

DS: Data suppressed due to < 30 responses

**Table 5.2.A**
**Preventive Screening: Breast Self-Exam**
**(Females Age 18 and Older)**
**Never Performed Breast Self-Exam**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…performed a breast self-exam?* |
|---|---|

| Demographic Characteristics | | Region n=4754 | | St. Louis County n=1411 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **8.6%** | **(7.1-10.2)** | **9.3%** | **(6.5-12.1)** |
| **Females by Age** | **18-29** | 13.8 | (7.6-20.1) | 14.1 | (4.6-23.6) |
| | **30-39** | 9.1 | (5.7-12.4) | 7.2 | (2.5-12.0) |
| | **40 to 49** | 9.2 | (3.8-14.6) | 12.2 | (1.9-22.5) |
| | **50 to 59** | 5.1 | (3.1-7.1) | 6.0 | (1.9-10.1) |
| | **60 to 69** | 7.9 | (5.2-10.6) | 9.2 | (4.4-14.0) |
| | **70 and older** | 7.6 | (5.0-10.2) | 7.0 | (2.4-11.7) |
| **Education** | **Less than H.S.** | 14.8 | (2.8-26.8) | 20.4 | (0.0-45.2) |
| | **H.S. Graduate** | 9.6 | (6.0-13.1) | 11.2 | (4.6-17.9) |
| | **Some College** | 6.8 | (4.6-9.1) | 6.6 | (3.0-10.3) |
| | **Voc./Assoc. Degree** | 9.9 | (6.4-13.4) | 10.5 | (3.9-17.1) |
| | **College Graduate** | 7.4 | (5.6-9.3) | 7.4 | (4.4-10.3) |
| **Poverty Status** | **200% or Less** | 12.0 | (8.1-15.9) | 14.4 | (7.4-21.4) |
| | **More than 200%** | 6.9 | (5.5-8.4) | 6.6 | (4.2-9.0) |

DS: Data suppressed due to < 30 responses

**Table 5.2.B**
**Preventive Screening: Breast Self-Exam**
**(Females Age 18 and Older)**
**Within The Past Year**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…performed a breast self-exam?* |
|---|---|

| Demographic Characteristics | | Region n=4754 | | St. Louis County n=1411 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **71.2%** | **(68.6-73.9)** | **70.1%** | **(65.4-74.8)** |
| **Females by Age** | **18-29** | 67.5 | (57.8-77.1) | 66.4 | (51.5-81.2) |
| | **30-39** | 77.0 | (70.0-84.0) | 78.2 | (66.4-90.1) |
| | **40 to 49** | 68.8 | (61.8-75.8) | 68.7 | (56.3-81.0) |
| | **50 to 59** | 72.4 | (67.8-77.0) | 70.5 | (61.8-79.2) |
| | **60 to 69** | 77.4 | (73.6-81.2) | 77.3 | (70.8-83.8) |
| | **70 and older** | 63.0 | (57.2-68.7) | 57.7 | (47.0-68.3) |
| **Education** | **Less than H.S.** | 54.6 | (38.6-70.7) | 57.0 | (26.7-87.4) |
| | **H.S. Graduate** | 68.1 | (61.9-74.3) | 62.3 | (50.8-73.8) |
| | **Some College** | 76.8 | (72.4-81.2) | 76.9 | (69.5-84.3) |
| | **Voc./Assoc. Degree** | 70.0 | (65.4-74.6) | 69.2 | (60.7-77.6) |
| | **College Graduate** | 73.6 | (70.3-76.8) | 74.7 | (69.7-79.7) |
| **Poverty Status** | **200% or Less** | 68.1 | (63.2-73.0) | 69.0 | (60.6-77.3) |
| | **More than 200%** | 74.4 | (71.7-77.1) | 73.7 | (68.9-78.4) |

DS: Data suppressed due to < 30 responses

**Table 5.3.A**
**Preventive Screening: Pap Smear**
**(Females Age 18 and Older)**
**Never Had A Pap Smear**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had a Pap smear?* |
|---|---|

| Demographic Characteristics | | Region n=4662 | | St. Louis County n=1382 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **3.5%** | **(1.9-5.0)** | **4.9%** | **(2.0-7.8)** |
| **Females by Age** | **18-29** | 6.4 | (1.0-11.8) | 7.8 | (0.0-16.4) |
| | **30-39** | 6.7 | (0.2-13.3) | 12.3 | (0.6-24.0) |
| | **40 to 49** | 1.8 | (0.5-3.1) | 2.2 | (0.0-4.5) |
| | **50 to 59** | 0.8 | (0.1-1.5) | 0.4 | (0.0-1.1) |
| | **60 to 69** | 1.6 | (0.2-3.0) | 2.0 | (0.0-4.6) |
| | **70 and older** | 3.4 | (1.7-5.1) | 2.5 | (0.0-5.3) |
| **Education** | **Less than H.S.** | 1.6 | (0.0-3.3) | 0.7 | (0.0-2.1) |
| | **H.S. Graduate** | 5.7 | (1.5-9.9) | 8.9 | (0.5-17.4) |
| | **Some College** | 3.1 | (0.4-5.8) | 5.2 | (0.3-10.1) |
| | **Voc./Assoc. Degree** | 2.0 | (0.6-3.4) | 1.9 | (0.0-4.0) |
| | **College Graduate** | 2.2 | (1.0-3.3) | 2.2 | (0.5-4.0) |
| **Poverty Status** | **200% or Less** | 5.2 | (2.1-8.3) | 7.5 | (1.8-13.2) |
| | **More than 200%** | 1.9 | (0.9-2.9) | 2.3 | (0.4-4.2) |

DS: Data suppressed due to < 30 responses

**Table 5.3.B**
**Preventive Screening: Pap Smear**
**(Females Age 18 and Older)**
**Within The Past 2 Years**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had a Pap smear?* |
|---|---|

| Demographic Characteristics | | Region n=4662 | | St. Louis County n=1382 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **44.2%** | **(41.4-47.0)** | **44.3%** | **(39.5-49.2)** |
| **Females by Age** | **18-29** | 68.0 | (58.2-77.7) | 63.9 | (49.2-78.6) |
| | **30-39** | 60.1 | (52.0-68.3) | 56.7 | (43.1-70.3) |
| | **40 to 49** | 57.8 | (50.3-65.2) | 63.4 | (50.6-76.3) |
| | **50 to 59** | 45.1 | (39.9-50.3) | 42.0 | (32.0-52.0) |
| | **60 to 69** | 29.3 | (24.9-33.6) | 31.5 | (24.1-38.9) |
| | **70 and older** | 9.6 | (6.4-12.7) | 8.0 | (2.7-13.4) |
| **Education** | **Less than H.S.** | 18.0 | (8.9-27.1) | 11.5 | (0.3-22.8) |
| | **H.S. Graduate** | 35.7 | (29.7-41.8) | 32.3 | (21.0-43.6) |
| | **Some College** | 47.9 | (42.3-53.5) | 49.7 | (40.5-59.0) |
| | **Voc./Assoc. Degree** | 48.5 | (43.5-53.4) | 50.3 | (41.3-59.3) |
| | **College Graduate** | 55.2 | (51.4-58.9) | 56.2 | (50.3-62.0) |
| **Poverty Status** | **200% or Less** | 40.5 | (35.1-45.9) | 43.0 | (33.8-52.2) |
| | **More than 200%** | 48.9 | (45.7-52.2) | 49.4 | (43.7-55.1) |

DS: Data suppressed due to < 30 responses

**Table 5.4.A**
**Preventive Screening: Prostate Exam**
**(Males Age 50 and Older)**
**Never Had A Prostate Exam**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had a prostate exam?* |
|---|---|

| Demographic Characteristics | | Region n=2040 | | St. Louis County n=486 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **13.7%** | **(10.8-16.5)** | **11.8%** | **(7.0-16.6)** |
| **Males by Age** | **50 to 59** | 20.6 | (14.5-26.6) | 17.0 | (7.5-26.5) |
| | **60 to 69** | 10.0 | (7.1-13.0) | 6.6 | (1.7-11.4) |
| | **70 and older** | 9.0 | (4.4-13.5) | 10.3 | (1.5-19.0) |
| **Education** | **Less than H.S.** | 16.1 | (3.8-28.3) | 9.9 | (0.0-28.7) |
| | **H.S. Graduate** | 17.6 | (11.8-23.3) | 13.1 | (3.4-22.8) |
| | **Some College** | 12.1 | (7.6-16.6) | 12.2 | (4.7-19.8) |
| | **Voc./Assoc. Degree** | 10.3 | (5.1-15.5) | 11.1 | (0.5-21.6) |
| | **College Graduate** | 9.9 | (4.3-15.4) | 10.8 | (0.0-21.8) |
| **Poverty Status** | **200% or Less** | 19.1 | (12.6-25.5) | 16.1 | (4.5-27.8) |
| | **More than 200%** | 11.6 | (8.4-14.7) | 10.7 | (5.2-16.1) |

DS: Data suppressed due to < 30 responses

**Table 5.4.B**
**Preventive Screening: Prostate Exam**
**(Males Age 50 and Older)**
**Within Past Year**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had a prostate exam?* |
|---|---|

| Demographic Characteristics | | Region n=2040 | | St. Louis County n=486 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **28.6%** | **(25.0-32.2)** | **28.5%** | **(21.8-35.3)** |
| **Males by Age** | **50 to 59** | 22.9 | (16.1-29.7) | 22.3 | (10.2-34.4) |
| | **60 to 69** | 34.9 | (29.7-40.1) | 36.1 | (25.9-46.4) |
| | **70 and older** | 28.3 | (21.9-34.8) | 29.0 | (16.8-41.2) |
| **Education** | **Less than H.S.** | 23.2 | (8.6-37.9) | 23.3 | (0.0-49.3) |
| | **H.S. Graduate** | 26.8 | (19.2-34.3) | 26.2 | (10.1-42.4) |
| | **Some College** | 24.1 | (18.6-29.7) | 20.3 | (11.9-28.8) |
| | **Voc./Assoc. Degree** | 37.1 | (29.3-45.0) | 47.2 | (32.1-62.3) |
| | **College Graduate** | 36.9 | (30.8-43.1) | 39.9 | (28.5-51.2) |
| **Poverty Status** | **200% or Less** | 20.1 | (14.7-25.5) | 14.9 | (5.1-24.7) |
| | **More than 200%** | 32.7 | (28.1-37.4) | 34.0 | (25.6-42.4) |

DS: Data suppressed due to < 30 responses

**Table 5.5.A**
**Preventive Screening: Colon Cancer**
**(Males And Females Age 50 and Older)**
**Never Had Colon Cancer Screening**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had any screening for colon cancer (such as fecal occult blood test, colonoscopy, barium enema, proctoscopic exam or sigmoidoscopy)?* |
|---|---|

| Demographic Characteristics | | Region n=5325 | | St. Louis County n=1357 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **10.9%** | **(9.1-12.7)** | **10.4%** | **(7.3-13.5)** |
| **Sex** | **Male** | 11.5 | (8.7-14.3) | 10.5 | (5.7-15.2) |
| | **Female** | 10.3 | (8.1-12.5) | 10.3 | (6.3-14.4) |
| **Age** | **50 to 59** | 18.2 | (14.1-22.3) | 18.3 | (11.1-25.6) |
| | **60 to 69** | 7.2 | (5.3-9.0) | 6.7 | (3.5-9.8) |
| | **70 and older** | 6.7 | (4.4-9.0) | 5.5 | (1.5-9.6) |
| **Education** | **Less than H.S.** | 16.7 | (7.3-26.2) | 12.7 | (0.0-28.4) |
| | **H.S. Graduate** | 12.0 | (8.9-15.1) | 10.6 | (5.3-15.8) |
| | **Some College** | 10.8 | (7.5-14.0) | 11.5 | (5.7-17.3) |
| | **Voc./Assoc. Degree** | 8.5 | (5.9-11.0) | 9.1 | (4.4-13.8) |
| | **College Graduate** | 7.4 | (4.0-10.8) | 7.7 | (1.3-14.0) |
| **Poverty Status** | **200% or Less** | 16.5 | (12.6-20.3) | 17.2 | (9.9-24.4) |
| | **More than 200%** | 8.4 | (6.3-10.5) | 8.0 | (4.3-11.6) |

DS: Data suppressed due to < 30 responses

**Table 5.5.B**
**Preventive Screening: Colon Cancer**
**(Males And Females Age 50 and Older)**
**Within Past 5 Years**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had any screening for colon cancer (such as fecal occult blood test, colonoscopy, barium enema, proctoscopic exam or sigmoidoscopy)?* |
|---|---|

| Demographic Characteristics | | Region n=5325 | | St. Louis County n=1357 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **72.1%** | **(69.6-74.6)** | **73.0%** | **(68.4-77.6)** |
| **Sex** | **Male** | 72.9 | (68.9-76.9) | 73.9 | (66.3-81.4) |
| | **Female** | 71.3 | (68.4-74.2) | 72.1 | (66.9-77.3) |
| **Age** | **50 to 59** | 67.4 | (62.3-72.4) | 64.9 | (55.5-74.3) |
| | **60 to 69** | 78.2 | (75.3-81.0) | 80.7 | (75.8-85.7) |
| | **70 and older** | 70.8 | (66.6-75.1) | 73.7 | (66.0-81.4) |
| **Education** | **Less than H.S.** | 57.1 | (43.4-70.8) | 55.5 | (30.6-80.5) |
| | **H.S. Graduate** | 70.6 | (66.2-75.0) | 73.7 | (65.2-82.1) |
| | **Some College** | 74.6 | (70.6-78.7) | 73.1 | (65.9-80.2) |
| | **Voc./Assoc. Degree** | 76.4 | (72.7-80.0) | 80.1 | (73.6-86.5) |
| | **College Graduate** | 76.4 | (72.5-80.2) | 76.9 | (69.9-83.9) |
| **Poverty Status** | **200% or Less** | 62.0 | (56.9-67.0) | 58.9 | (49.0-68.8) |
| | **More than 200%** | 76.4 | (73.6-79.3) | 78.2 | (73.0-83.4) |

DS: Data suppressed due to < 30 responses

**Table 5.6.A**
**Preventive Screening: Blood Pressure**
**Checked 5 Or More Years Ago Or Never**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had your blood pressure checked?* |
|---|---|

| Demographic Characteristics | | Region n=7467 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **2.6%** | **(1.4-3.8)** | **3.1%** | **(0.9-5.3)** |
| **Sex** | **Male** | 3.7 | (1.5-5.9) | 4.3 | (0.2-8.4) |
| | **Female** | 1.4 | (0.5-2.4) | 1.9 | (0.2-3.6) |
| **Age** | **18 to 34** | 6.0 | (1.8-10.2) | 8.5 | (1.5-15.4) |
| | **35 to 44** | 1.0 | (0.0-2.1) | 0.1 | (0.0-0.4) |
| | **45 to 54** | 2.5 | (0.5-4.4) | 0.5 | (0.0-1.2) |
| | **55 to 64** | 1.7 | (0.6-2.7) | 1.8 | (0.0-3.8) |
| | **65 to 74** | 0.5 | (0.0-1.2) | 0.7 | (0.0-2.1) |
| | **75 and older** | 0.2 | (0.0-0.5) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 3.6 | (0.7-6.4) | 0.3 | (0.0-0.9) |
| | **H.S. Graduate** | 3.4 | (0.1-6.8) | 5.8 | (0.0-12.8) |
| | **Some College** | 2.0 | (0.5-3.5) | 2.0 | (0.0-4.4) |
| | **Voc./Assoc. Degree** | 2.4 | (0.5-4.2) | 2.2 | (0.0-5.5) |
| | **College Graduate** | 1.9 | (0.2-3.7) | 2.5 | (0.0-5.4) |
| **Poverty Status** | **200% or Less** | 4.9 | (1.5-8.2) | 6.2 | (0.0-13.0) |
| | **More than 200%** | 1.7 | (0.7-2.6) | 2.1 | (0.4-3.8) |

DS: Data suppressed due to < 30 responses

**Table 5.6.B**
**Preventive Screening: Blood Pressure**
**Within Past Year**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had your blood pressure checked?* |
|---|---|

| Demographic Characteristics | | Region n=7467 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **86.7%** | **(84.6-88.8)** | **85.3%** | **(81.7-88.8)** |
| **Sex** | **Male** | 84.2 | (80.6-87.9) | 81.7 | (75.6-87.9) |
| | **Female** | 89.3 | (87.2-91.3) | 88.7 | (85.1-92.4) |
| **Age** | **18 to 34** | 76.8 | (70.5-83.2) | 74.6 | (65.3-84.0) |
| | **35 to 44** | 82.6 | (76.6-88.6) | 82.2 | (71.2-93.2) |
| | **45 to 54** | 86.3 | (82.1-90.6) | 86.1 | (78.5-93.8) |
| | **55 to 64** | 91.2 | (89.0-93.4) | 90.7 | (86.8-94.7) |
| | **65 to 74** | 95.8 | (94.2-97.4) | 95.6 | (92.7-98.5) |
| | **75 and older** | 97.5 | (96.1-98.9) | 97.3 | (94.7-99.9) |
| **Education** | **Less than H.S.** | 93.5 | (89.8-97.2) | 97.2 | (93.5-100.0) |
| | **H.S. Graduate** | 86.5 | (81.3-91.6) | 83.8 | (74.2-93.3) |
| | **Some College** | 86.7 | (82.6-90.8) | 84.4 | (77.7-91.2) |
| | **Voc./Assoc. Degree** | 87.4 | (83.7-91.1) | 86.9 | (80.6-93.2) |
| | **College Graduate** | 84.8 | (81.8-87.8) | 84.0 | (79.3-88.8) |
| **Poverty Status** | **200% or Less** | 85.1 | (80.7-89.5) | 84.9 | (77.7-92.1) |
| | **More than 200%** | 87.5 | (85.2-89.8) | 85.7 | (81.6-89.8) |

DS: Data suppressed due to < 30 responses

**Table 5.7.A**
**Preventive Screening: Cholesterol**
**Never Had Blood Cholesterol Checked**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had your blood cholesterol checked?* |
|---|---|

| Demographic Characteristics | | Region n=7421 | | St. Louis County n=2163 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **10.2%** | **(7.6-12.7)** | **12.3%** | **(7.8-16.7)** |
| **Sex** | **Male** | 12.3 | (7.7-16.8) | 14.4 | (6.4-22.5) |
| | **Female** | 8.0 | (6.1-10.0) | 10.2 | (6.7-13.7) |
| **Age** | **18 to 34** | 27.4 | (19.6-35.2) | 30.6 | (18.8-42.4) |
| | **35 to 44** | 9.2 | (5.0-13.4) | 8.5 | (1.2-15.8) |
| | **45 to 54** | 6.4 | (2.9-9.8) | 7.5 | (1.4-13.5) |
| | **55 to 64** | 2.2 | (0.7-3.6) | 2.7 | (0.0-5.5) |
| | **65 to 74** | 0.9 | (0.2-1.5) | 0.9 | (0.0-2.0) |
| | **75 and older** | 0.3 | (0.0-0.8) | 0.5 | (0.0-1.4) |
| **Education** | **Less than H.S.** | 16.4 | (3.9-28.9) | 13.8 | (0.0-28.5) |
| | **H.S. Graduate** | 11.6 | (4.9-18.3) | 17.0 | (3.6-30.4) |
| | **Some College** | 9.4 | (5.9-12.9) | 11.9 | (5.9-17.9) |
| | **Voc./Assoc. Degree** | 11.7 | (7.0-16.3) | 14.5 | (6.3-22.7) |
| | **College Graduate** | 6.8 | (4.9-8.7) | 6.4 | (3.7-9.1) |
| **Poverty Status** | **200% or Less** | 14.1 | (9.4-18.9) | 17.8 | (9.8-25.8) |
| | **More than 200%** | 8.9 | (5.6-12.2) | 10.8 | (5.0-16.7) |

DS: Data suppressed due to < 30 responses

**Table 5.7.B**
**Preventive Screening: Cholesterol**
**Within Past 2 Years**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *When was the last time you…had your blood cholesterol checked?* |
|---|---|

| Demographic Characteristics | | Region n=7421 | | St. Louis County n=2163 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **78.8%** | **(76.1-81.5)** | **76.3%** | **(71.6-81.0)** |
| **Sex** | **Male** | 76.3 | (71.7-81.0) | 73.6 | (65.5-81.7) |
| | **Female** | 81.4 | (78.8-83.9) | 79.0 | (74.4-83.6) |
| **Age** | **18 to 34** | 55.9 | (48.3-63.5) | 52.2 | (41.0-63.4) |
| | **35 to 44** | 75.0 | (68.8-81.3) | 77.0 | (66.4-87.6) |
| | **45 to 54** | 81.6 | (76.9-86.2) | 79.9 | (71.4-88.5) |
| | **55 to 64** | 91.5 | (89.3-93.7) | 91.9 | (87.8-96.0) |
| | **65 to 74** | 93.6 | (91.7-95.6) | 92.6 | (88.9-96.3) |
| | **75 and older** | 95.1 | (92.7-97.6) | 94.5 | (89.7-99.4) |
| **Education** | **Less than H.S.** | 79.1 | (66.7-91.4) | 85.6 | (70.8-100.0) |
| | **H.S. Graduate** | 79.7 | (72.9-86.4) | 75.7 | (62.4-89.0) |
| | **Some College** | 81.1 | (76.6-85.5) | 77.3 | (69.8-84.8) |
| | **Voc./Assoc. Degree** | 75.4 | (70.2-80.7) | 72.5 | (63.3-81.7) |
| | **College Graduate** | 76.8 | (73.2-80.3) | 75.6 | (69.9-81.2) |
| **Poverty Status** | **200% or Less** | 76.0 | (71.2-80.9) | 73.5 | (65.4-81.7) |
| | **More than 200%** | 79.3 | (75.9-82.8) | 76.8 | (70.8-82.9) |

DS: Data suppressed due to < 30 responses

# CHAPTER 6 | Tobacco Use

The effects of cigarette smoking and other tobacco use on health are well documented. Smoking causes harm to nearly every organ of the body, significantly contributing to heart disease, respiratory disease and many forms of cancers.[1] Second hand smoke poses significant health risks for children and adult non-smokers and is responsible for an estimated 41,000 U.S. deaths annually.[1] Smoking during pregnancy is associated with low birth weight, fetal death, SIDS, and orofacial clefts in infants.[2] Although exposure to second-hand smoke is declining largely due to adoption of smokefree laws, disparities exist particularly for people who work in service or construction occupations, live in multi-unit housing, have incomes below the federal poverty level, and for non-Hispanic Black Americans.[3] Smoking remains the leading cause of preventable death in the U.S.[1]

The percentage of Minnesota and Wisconsin adult residents who smoke has declined slightly from 14.4% in MN and 17% in WI (2014) to 13.8% in MN (2018) and 15.4% in WI(2019).[4,5] Smoking among adults in Minnesota is higher among males and people with lower incomes and education levels.[4]

E-cigarettes, an electronic nicotine delivery system, are an emerging public health challenge with a rapidly increasing number of teens and adults reporting use of these products. E-cigarettes are now the most common tobacco product used by youth, and use among young adults (18-24 years) has increased significantly in recent years.[4,6] While the detrimental effects of nicotine use are clear, especially on youth, risks of long-term e-cigarette use are currently unknown.[6] While there is some evidence to support the beneficial use of e-cigarettes among smokers to aid in smoking cessation, more research is needed.[7]

## SURVEY COMPARISON

*Bridge to Health Survey* trend data and comparisons by nation, state, and region, are provided in the table and two figures below. The prevalence of current smokers in the survey area is just below the Wisconsin state and national levels, but above the Minnesota state level, and e-cigarette use is below state levels (Table 6.1). All forms of tobacco use in the survey area have decreased overall since the *2015 Bridge to Health Survey* (Fig. 6.1). However, of note is the substantial increase in males 18-34 years reporting having ever used e-cigarettes, from 26.5% in 2015[8] to 40.2% in 2020 (Fig. 6.4). Across the region, current smoking ranged from 9.5% in Cook County to 22.3% in Pine County (Fig. 6.2).

**TABLE 6.1** Adult Tobacco Use by Region, State, and Nation

| Adult Tobacco Use | Bridge to Health 2020 | Minnesota* | Wisconsin** | National** |
|---|---|---|---|---|
| **Current smoker** | 15.8% | 13.8% | 15.4% | 16.0% |
| **Attempted to quit in last year** | 45.7% | 45.7% | --- | --- |
| **Current smokeless tobacco user** | 4.7% | 3.2% | 3.1% | --- |
| **Ever used e-cigarettes** | 16.3% | 20.7% | --- | --- |

*Minnesota Adult Tobacco Survey 2018[4]

**CDC BRFSS 2019[5]

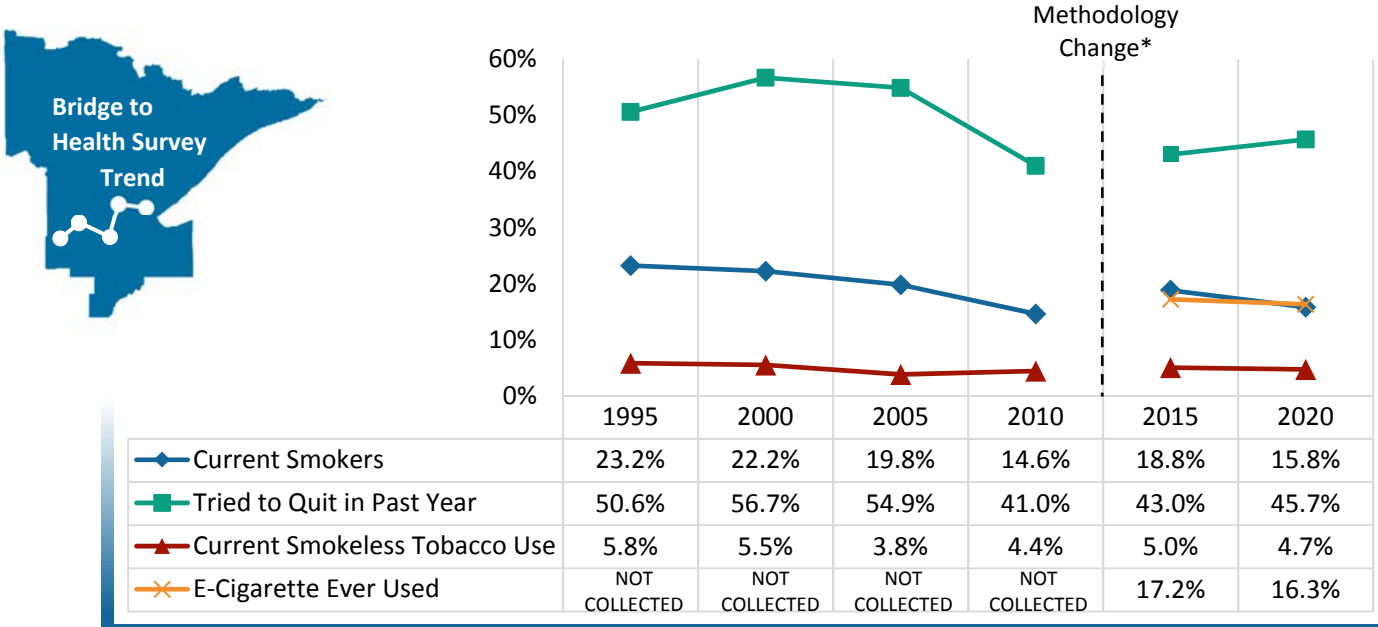
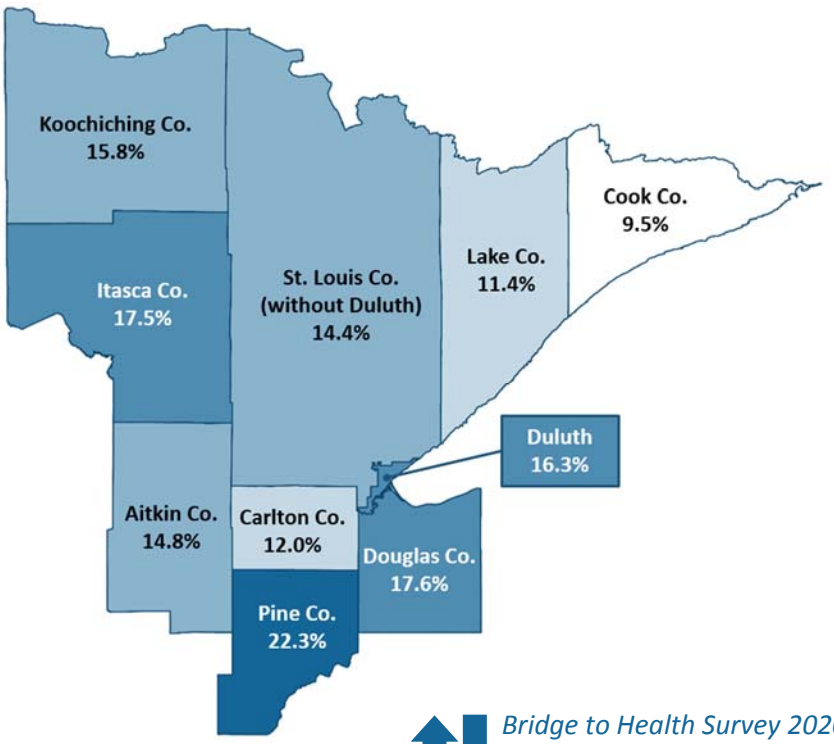



**FIGURE 6.1 – Prevalence of Tobacco Use by Survey Year**

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*




*Bridge to Health Survey 2020*
Regional Comparison

**FIGURE 6.2 – Prevalence of Current Smokers by Strata**

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**Table 6.1.A**
**Cigarette Smoking Status**
**Current Smoker**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Questions:** | *Have you smoked at least 100 cigarettes in your entire life?*<br>*Do you now smoke cigarettes every day, some days or not at all?* |
|---|---|

| Demographic Characteristics | | Region n=7448 | | St. Louis County n=2173 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **15.8%** | **(13.8-17.9)** | **15.3%** | **(12.1-18.4)** |
| **Sex** | **Male** | 14.5 | (11.2-17.7) | 13.4 | (9.1-17.7) |
| | **Female** | 17.2 | (14.7-19.7) | 17.1 | (12.7-21.6) |
| **Age** | **18 to 34** | 19.5 | (13.6-25.4) | 15.3 | (8.4-22.1) |
| | **35 to 44** | 17.6 | (11.5-23.7) | 21.7 | (10.6-32.8) |
| | **45 to 54** | 20.9 | (16.6-25.2) | 19.7 | (12.2-27.1) |
| | **55 to 64** | 16.7 | (13.4-19.9) | 17.2 | (11.3-23.1) |
| | **65 to 74** | 10.3 | (7.7-13.0) | 10.9 | (6.1-15.7) |
| | **75 and older** | 1.8 | (0.5-3.1) | 1.3 | (0.0-3.3) |
| **Education** | **Less than H.S.** | 25.0 | (14.0-36.1) | 7.1 | (1.6-12.5) |
| | **H.S. Graduate** | 21.2 | (16.3-26.0) | 20.1 | (12.0-28.2) |
| | **Some College** | 17.6 | (13.7-21.4) | 21.4 | (14.7-28.2) |
| | **Voc./Assoc. Degree** | 13.0 | (9.9-16.0) | 13.0 | (7.7-18.3) |
| | **College Graduate** | 5.5 | (3.9-7.1) | 6.3 | (3.6-9.0) |
| **Poverty Status** | **200% or Less** | 27.6 | (22.9-32.3) | 25.4 | (19.0-31.9) |
| | **More than 200%** | 10.5 | (8.6-12.4) | 10.9 | (7.7-14.2) |

DS: Data suppressed due to < 30 responses

**Table 6.1.B**
**Cigarette Smoking Status**
**Former Smoker**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| Questions: | *Have you smoked at least 100 cigarettes in your entire life?*<br>*Do you now smoke cigarettes every day, some days or not at all?* |
|---|---|

| Demographic Characteristics | | Region n=7448 | | St. Louis County n=2173 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **32.1%** | **(29.8-34.4)** | **29.0%** | **(25.2-32.8)** |
| **Sex** | **Male** | 35.1 | (31.2-39.0) | 30.5 | (24.3-36.8) |
| | **Female** | 28.9 | (26.5-31.4) | 27.5 | (23.2-31.7) |
| **Age** | **18 to 34** | 17.8 | (13.1-22.5) | 16.0 | (9.5-22.5) |
| | **35 to 44** | 34.0 | (26.9-41.0) | 33.8 | (21.9-45.8) |
| | **45 to 54** | 26.5 | (21.4-31.6) | 21.9 | (13.1-30.7) |
| | **55 to 64** | 37.1 | (33.3-40.9) | 34.7 | (28.0-41.4) |
| | **65 to 74** | 49.6 | (45.1-54.1) | 49.2 | (40.6-57.8) |
| | **75 and older** | 42.0 | (36.3-47.7) | 36.3 | (25.9-46.7) |
| **Education** | **Less than H.S.** | 36.0 | (24.5-47.6) | 40.3 | (19.3-61.3) |
| | **H.S. Graduate** | 34.2 | (29.3-39.1) | 29.4 | (20.8-38.0) |
| | **Some College** | 35.0 | (30.3-39.7) | 31.7 | (24.3-39.2) |
| | **Voc./Assoc. Degree** | 34.1 | (29.3-38.9) | 33.3 | (25.0-41.6) |
| | **College Graduate** | 23.6 | (20.6-26.6) | 20.8 | (16.2-25.5) |
| **Poverty Status** | **200% or Less** | 27.1 | (23.3-30.9) | 22.5 | (16.4-28.7) |
| | **More than 200%** | 33.2 | (30.3-36.1) | 29.7 | (25.0-34.5) |

DS: Data suppressed due to < 30 responses

**Table 6.1.C**
**Cigarette Smoking Status**
**Never Smoked**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| Questions: | *Have you smoked at least 100 cigarettes in your entire life?*<br>*Do you now smoke cigarettes every day, some days or not at all?* |
|---|---|

| Demographic Characteristics | | Region n=7448 | | St. Louis County n=2173 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **52.1%** | **(49.5-54.8)** | **55.7%** | **(51.3-60.2)** |
| **Sex** | **Male** | 50.4 | (45.9-54.9) | 56.1 | (48.8-63.4) |
| | **Female** | 53.9 | (51.0-56.7) | 55.4 | (50.5-60.3) |
| **Age** | **18 to 34** | 62.7 | (55.8-69.6) | 68.8 | (59.7-77.9) |
| | **35 to 44** | 48.4 | (41.0-55.9) | 44.4 | (31.8-57.0) |
| | **45 to 54** | 52.6 | (46.8-58.4) | 58.4 | (48.2-68.7) |
| | **55 to 64** | 46.2 | (42.3-50.1) | 48.2 | (41.1-55.2) |
| | **65 to 74** | 40.0 | (35.8-44.3) | 40.0 | (31.9-48.0) |
| | **75 and older** | 56.2 | (50.5-62.0) | 62.4 | (52.0-72.8) |
| **Education** | **Less than H.S.** | 39.0 | (26.9-51.0) | 52.7 | (31.8-73.6) |
| | **H.S. Graduate** | 44.6 | (38.6-50.6) | 50.5 | (39.5-61.6) |
| | **Some College** | 47.4 | (41.9-53.0) | 46.9 | (37.6-56.1) |
| | **Voc./Assoc. Degree** | 52.9 | (47.8-58.1) | 53.7 | (44.7-62.6) |
| | **College Graduate** | 70.9 | (67.6-74.1) | 72.9 | (67.8-77.9) |
| **Poverty Status** | **200% or Less** | 45.3 | (40.4-50.2) | 52.0 | (44.1-60.0) |
| | **More than 200%** | 56.3 | (53.0-59.5) | 59.3 | (53.9-64.7) |

DS: Data suppressed due to < 30 responses

**Table 6.2.A**
**Cigarette Smoking: Current Smokers**
**Quit Attempt In Past Year**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?* |
|---|---|

| Demographic Characteristics | | Region n=952 | | St. Louis County n=329 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **45.7%** | **(38.5-52.9)** | **45.7%** | **(34.6-56.8)** |
| **Sex** | **Male** | 36.8 | (25.4-48.2) | 33.6 | (19.5-47.7) |
| | **Female** | 53.5 | (45.3-61.7) | 55.4 | (41.0-69.7) |
| **Age** | **18 to 34** | 60.9 | (44.6-77.3) | 74.2 | (57.9-90.4) |
| | **35 to 44** | 33.7 | (17.1-50.4) | 29.9 | (6.2-53.6) |
| | **45 to 54** | 42.5 | (31.4-53.5) | 44.6 | (24.5-64.8) |
| | **55 to 64** | 32.4 | (23.4-41.3) | 24.4 | (10.7-38.0) |
| | **65 to 74** | 48.7 | (35.3-62.1) | 39.0 | (16.8-61.3) |
| | **75 and older** | 41.7 | (5.9-77.4) | DS | DS |
| **Education** | **Less than H.S.** | 31.3 | (11.9-50.7) | DS | DS |
| | **H.S. Graduate** | 47.7 | (34.6-60.8) | 44.8 | (22.2-67.5) |
| | **Some College** | 47.8 | (36.0-59.5) | 46.7 | (29.6-63.8) |
| | **Voc./Assoc. Degree** | 32.2 | (22.0-42.4) | 24.5 | (11.0-38.0) |
| | **College Graduate** | 64.1 | (50.8-77.4) | 67.7 | (49.3-86.1) |
| **Poverty Status** | **200% or Less** | 41.1 | (30.9-51.3) | 39.7 | (25.8-53.6) |
| | **More than 200%** | 48.6 | (39.3-57.9) | 47.5 | (31.9-63.1) |

DS: Data suppressed due to < 30 responses

**Table 6.2.B**
**Cigarette Smoking: Current Smokers**
**Intent To Quit In Next 30 Days**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Are you seriously thinking of quitting smoking? (Within 30 days)* |
|---|---|

| Demographic Characteristics | | Region n=929 | | St. Louis County n=323 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **24.4%** | **(17.0-31.8)** | **18.9%** | **(8.4-29.3)** |
| **Sex** | **Male** | 28.0 | (15.9-40.1) | 13.8 | (5.0-22.6) |
| | **Female** | 21.3 | (12.3-30.3) | 22.8 | (6.3-39.3) |
| **Age** | **18 to 34** | 35.4 | (16.9-54.0) | 31.6 | (4.6-58.6) |
| | **35 to 44** | 9.5 | (1.9-17.2) | 2.4 | (0.0-5.3) |
| | **45 to 54** | 25.8 | (16.1-35.5) | 24.8 | (7.7-41.9) |
| | **55 to 64** | 16.2 | (9.7-22.7) | 12.3 | (2.7-21.9) |
| | **65 to 74** | 28.3 | (17.4-39.3) | 18.2 | (3.2-33.1) |
| | **75 and older** | 4.0 | (0.0-10.2) | DS | DS |
| **Education** | **Less than H.S.** | 20.6 | (4.8-36.3) | DS | DS |
| | **H.S. Graduate** | 31.8 | (16.6-46.9) | 21.6 | (0.0-46.4) |
| | **Some College** | 15.6 | (9.0-22.3) | 12.2 | (4.0-20.3) |
| | **Voc./Assoc. Degree** | 26.6 | (16.1-37.1) | 27.4 | (11.1-43.8) |
| | **College Graduate** | 22.1 | (9.0-35.1) | 20.2 | (0.7-39.7) |
| **Poverty Status** | **200% or Less** | 22.9 | (12.5-33.4) | 11.8 | (5.3-18.2) |
| | **More than 200%** | 21.7 | (14.2-29.2) | 17.6 | (5.5-29.7) |

DS: Data suppressed due to < 30 responses

**Table 6.3**
**Smokeless Tobacco Use**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Do you currently use smokeless tobacco, such as snuff, snus, or chewing tobacco?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7450** | | **St. Louis County n=2169** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **4.7%** | **(3.2-6.1)** | **3.1%** | **(1.2-4.9)** |
| **Sex** | **Male** | 8.8 | (6.0-11.6) | 5.8 | (2.2-9.3) |
| | **Female** | 0.4 | (0.1-0.7) | 0.3 | (0.0-0.7) |
| **Age** | **18 to 34** | 8.1 | (3.6-12.7) | 4.9 | (0.4-9.5) |
| | **35 to 44** | 6.3 | (3.0-9.6) | 2.4 | (0.0-6.1) |
| | **45 to 54** | 6.2 | (2.6-9.8) | 7.4 | (0.4-14.4) |
| | **55 to 64** | 2.3 | (1.4-3.3) | 0.8 | (0.0-1.8) |
| | **65 to 74** | 0.7 | (0.2-1.2) | 0.0 | (0.0-0.0) |
| | **75 and older** | 0.8 | (0.1-1.6) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 1.6 | (0.1-3.1) | 0.5 | (0.0-1.3) |
| | **H.S. Graduate** | 5.6 | (2.2-9.0) | 1.1 | (0.0-2.9) |
| | **Some College** | 5.6 | (2.5-8.8) | 5.0 | (0.0-10.2) |
| | **Voc./Assoc. Degree** | 5.3 | (2.2-8.5) | 6.1 | (0.6-11.7) |
| | **College Graduate** | 2.8 | (1.3-4.2) | 2.2 | (0.1-4.2) |
| **Poverty Status** | **200% or Less** | 4.6 | (1.4-7.8) | 0.2 | (0.0-0.5) |
| | **More than 200%** | 5.0 | (3.3-6.7) | 4.6 | (1.8-7.3) |

DS: Data suppressed due to < 30 responses

**Table 6.4**
**E-Cigarette Use**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you ever used an electronic cigarette, vaping device, Mod, JUUL, or other electronic nicotine delivery device even just one time in your entire life?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7485** | | **St. Louis County n=2180** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **16.3%** | **(13.7-18.9)** | **16.3%** | **(11.9-20.7)** |
| **Sex** | **Male** | 18.4 | (13.8-23.0) | 18.8 | (11.2-26.4) |
| | **Female** | 14.1 | (11.8-16.5) | 13.8 | (9.7-18.0) |
| **Age** | **18 to 34** | 35.3 | (27.7-43.0) | 33.5 | (22.1-44.9) |
| | **35 to 44** | 17.0 | (11.4-22.6) | 19.6 | (9.8-29.4) |
| | **45 to 54** | 14.9 | (11.2-18.6) | 10.6 | (5.0-16.2) |
| | **55 to 64** | 8.5 | (5.8-11.1) | 7.8 | (2.9-12.8) |
| | **65 to 74** | 3.5 | (1.8-5.1) | 3.0 | (0.1-6.0) |
| | **75 and older** | 0.5 | (0.1-0.8) | 0.2 | (0.0-0.5) |
| **Education** | **Less than H.S.** | 14.1 | (3.1-25.1) | 4.4 | (0.0-9.3) |
| | **H.S. Graduate** | 17.8 | (11.2-24.5) | 18.3 | (5.5-31.1) |
| | **Some College** | 19.6 | (15.3-24.0) | 20.3 | (13.2-27.4) |
| | **Voc./Assoc. Degree** | 17.3 | (12.5-22.0) | 20.8 | (12.3-29.3) |
| | **College Graduate** | 10.4 | (7.8-13.0) | 10.4 | (6.4-14.4) |
| **Poverty Status** | **200% or Less** | 22.0 | (17.3-26.7) | 18.9 | (13.0-24.8) |
| | **More than 200%** | 14.3 | (10.9-17.6) | 15.5 | (9.5-21.4) |

DS: Data suppressed due to < 30 responses

**Table 6.5**
**E-Cigarette Use**
**Concurrent Tobacco Use**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Were you a tobacco user (cigarette, cigar, little cigar, pipe, snuff, snus, chewing tobacco, etc.) at the time you first used an e-cigarette or other electronic nicotine delivery device?* |
|---|---|

| Demographic Characteristics | | Region n=739 | | St. Louis County n=265 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **75.0%** | **(67.8-82.2)** | **75.4%** | **(65.0-85.8)** |
| **Sex** | **Male** | 74.6 | (63.0-86.2) | 75.2 | (59.1-91.3) |
| | **Female** | 75.6 | (69.2-82.1) | 75.7 | (64.9-86.6) |
| **Age** | **18 to 34** | 68.9 | (57.0-80.8) | 69.1 | (52.7-85.5) |
| | **35 to 44** | 84.6 | (69.5-99.7) | 84.3 | (59.2-100.0) |
| | **45 to 54** | 85.4 | (77.3-93.5) | 92.0 | (82.7-100.0) |
| | **55 to 64** | 78.5 | (67.4-89.6) | 84.2 | (69.7-98.7) |
| | **65 to 74** | 85.1 | (71.4-98.9) | DS | DS |
| | **75 and older** | 92.6 | (78.1-100.0) | DS | DS |
| **Education** | **Less than H.S.** | 46.6 | (5.3-88.0) | DS | DS |
| | **H.S. Graduate** | 86.5 | (76.0-97.0) | 88.0 | (70.8-100.0) |
| | **Some College** | 80.3 | (71.3-89.2) | 81.1 | (67.6-94.6) |
| | **Voc./Assoc. Degree** | 68.3 | (51.8-84.8) | 66.2 | (40.9-91.5) |
| | **College Graduate** | 54.3 | (40.6-68.0) | 50.0 | (29.0-71.1) |
| **Poverty Status** | **200% or Less** | 81.0 | (69.8-92.3) | 83.5 | (73.8-93.2) |
| | **More than 200%** | 69.1 | (58.6-79.6) | 69.2 | (52.6-85.8) |

DS: Data suppressed due to < 30 responses

# CHAPTER 7 | Alcohol Use

Excessive alcohol use is a leading preventable cause of death, accounting for over 95,000 deaths annually in the U.S. and 2.8 million potential years of life lost resulting from premature death.[1] In 2010, excessive drinking costs in the U.S. were estimated to be $250 billion with three-quarters of the costs attributed to binge drinking.[2] Alcohol misuse is closely associated with several leading causes of death including cirrhosis of the liver, motor vehicle and other accidents, suicide and homicide.[3] Further, heavy consumption of alcohol is associated with an increased risk of cancer, cardiovascular conditions, depression, aggression and domestic and other abuse. During pregnancy, heavy use of alcohol contributes to adverse birth outcomes such as low birth weight, fetal death and fetal alcohol syndrome.[3] In 2019, an estimated 14 million U.S. adults had alcohol use disorder, a medical condition characterized by the inability to stop or control alcohol use.[4]

The *2020 Bridge to Health Survey* included questions related to the following indicators of alcohol use:

**Abstaining from alcohol use**: No alcoholic beverages in the past month.

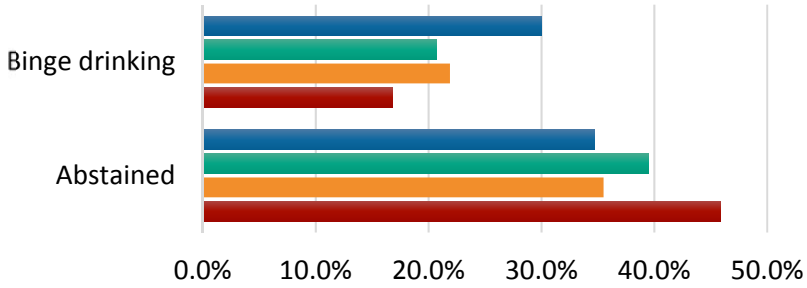
**Heavy drinking**: Consuming 60 or more alcoholic drinks in the past month for men, or 30 or more for women.

**Binge drinking**: Consuming 5 or more drinks on a single occasion at least once in the past month for men, or 4 or more for women.

**Drinking and driving**: Driving or riding in a motorized vehicle in the past year when the respondent thought the driver had too much to drink.

## SURVEY COMPARISON

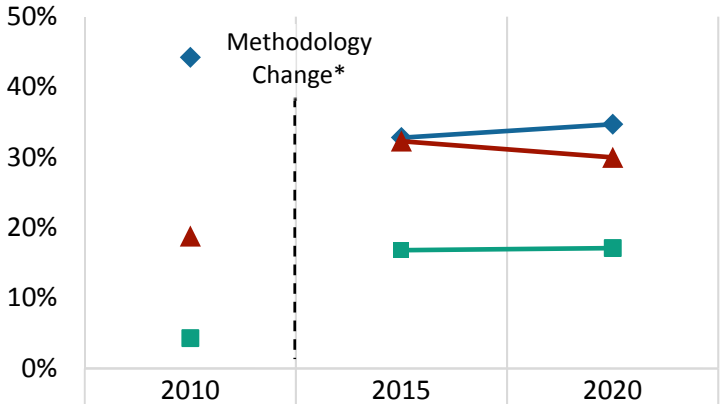
*Bridge to Health Survey* trend data and comparisons by nation, state, and region, are provided in the four figures below. The survey area exceeds state and national levels for binge drinking (Fig. 7.1), but has decreased slightly since the last survey in 2015 (Fig 7.2). Across the region, heavy drinking ranged from 14.9% in Lake County to 21.5% in Aitkin (Fig. 7.3), and binge drinking ranged from 18.4% in Cook County to 34.4% in Carlton County (Fig. 7.4).




| | Abstained | Binge drinking |
|---|---|---|
| Bridge to Health 2020 | 34.7% | 30.0% |
| Minnesota* | 39.5% | 20.7% |
| Wisconsin* | 35.5% | 21.9% |
| National* | 45.9% | 16.8% |

**FIGURE 7.1 – Prevalence of Alcohol Use by Region, State, Nation**

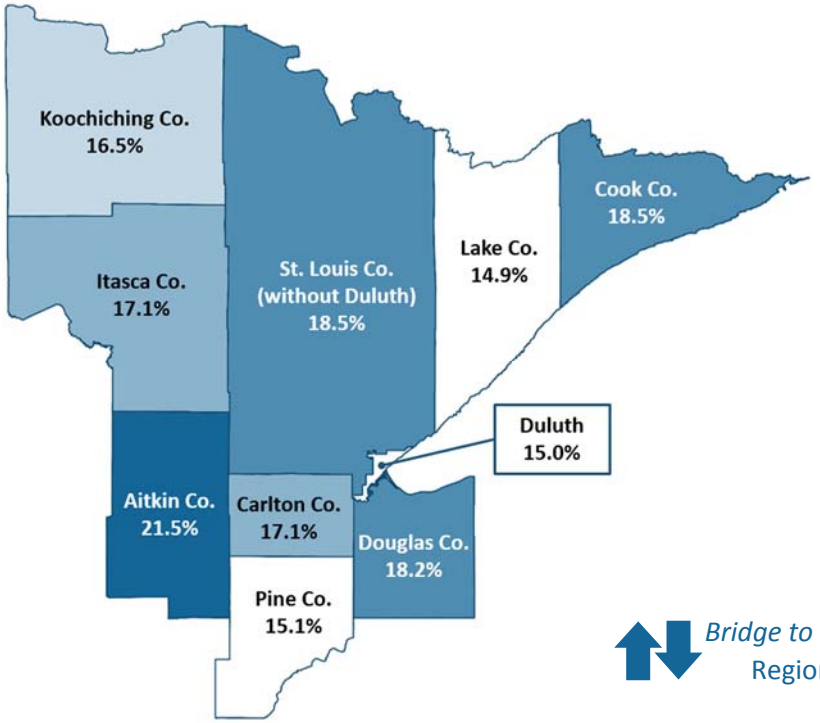
**CDC Behavioral Risk Factor Surveillance System 2019[5]*

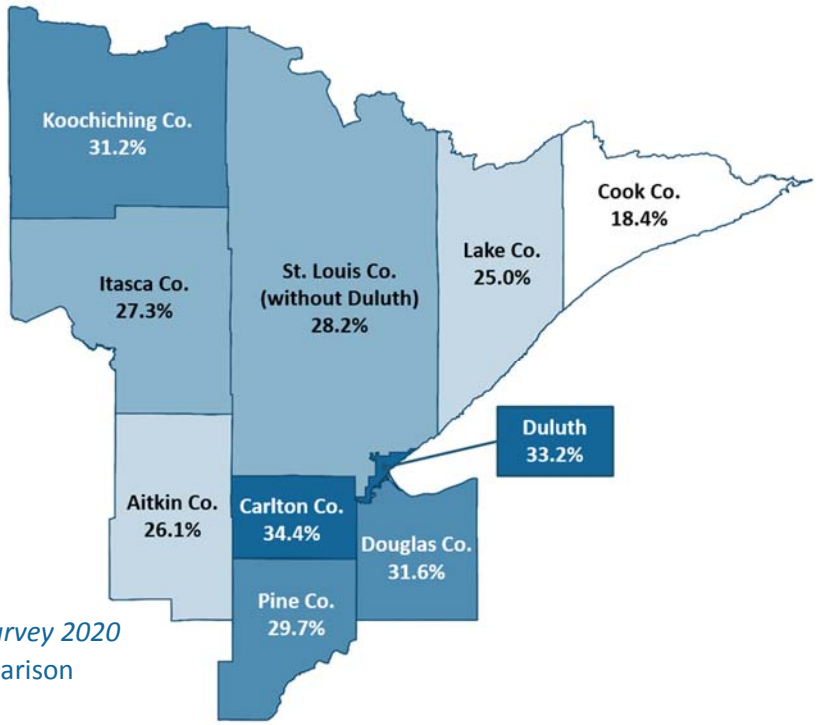



| | 2010 | 2015 | 2020 |
|---|---|---|---|
| Abstained | 44.2% | 32.8% | 34.7% |
| Heavy Drinking | 4.3% | 16.8% | 17.1% |
| Binge Drinking | 18.8% | 32.3% | 30.0% |

**FIGURE 7.2 – Prevalence of Alcohol Use by Survey Year**

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*




*Bridge to Health Survey 2020*
Regional Comparison

**FIGURE 7.3 – Prevalence of Heavy Drinking by Strata**

**FIGURE 7.4 – Prevalence of Binge Drinking by Strata**

## REFERENCES


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**Table 7.1.A**
**Alcohol Consumption**
**Abstained From Alcohol Use**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?* |
|---|---|

| Demographic Characteristics | | Region n=7399 | | St. Louis County n=2153 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **34.7%** | **(32.1-37.2)** | **32.8%** | **(28.5-37.1)** |
| **Sex** | **Male** | 31.4 | (27.2-35.6) | 29.4 | (22.2-36.7) |
| | **Female** | 38.0 | (35.3-40.6) | 36.3 | (31.7-40.9) |
| **Age** | **18 to 34** | 25.8 | (18.9-32.7) | 22.8 | (12.2-33.5) |
| | **35 to 44** | 29.4 | (22.6-36.2) | 25.7 | (14.9-36.6) |
| | **45 to 54** | 28.5 | (23.7-33.4) | 27.0 | (18.6-35.4) |
| | **55 to 64** | 38.4 | (34.5-42.4) | 42.0 | (34.8-49.2) |
| | **65 to 74** | 42.2 | (37.9-46.6) | 37.7 | (29.8-45.6) |
| | **75 and older** | 57.6 | (51.9-63.3) | 61.0 | (50.3-71.7) |
| **Education** | **Less than H.S.** | 51.6 | (38.8-64.5) | 62.9 | (40.3-85.4) |
| | **H.S. Graduate** | 43.7 | (38.1-49.3) | 42.4 | (31.7-53.1) |
| | **Some College** | 32.9 | (27.5-38.2) | 29.6 | (20.5-38.8) |
| | **Voc./Assoc. Degree** | 33.3 | (28.4-38.3) | 35.1 | (26.3-43.8) |
| | **College Graduate** | 21.3 | (18.7-23.8) | 19.2 | (15.3-23.0) |
| **Poverty Status** | **200% or Less** | 51.0 | (46.1-55.9) | 53.3 | (45.3-61.3) |
| | **More than 200%** | 25.9 | (22.9-28.9) | 24.3 | (19.2-29.4) |

DS: Data suppressed due to < 30 responses

**Table 7.1.B**
**Alcohol Consumption**
**Heavy Drinking**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| Questions: | *During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?*<br><br>*(For those who had at least on drink) One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on average?* |
|---|---|

| Demographic Characteristics | | Region n=7399 | | St. Louis County n=2153 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **17.1%** | **(14.9-19.4)** | **17.0%** | **(12.8-21.1)** |
| **Sex** | **Male** | 16.9 | (12.9-20.9) | 15.8 | (8.4-23.2) |
| | **Female** | 17.4 | (15.3-19.5) | 18.1 | (14.4-21.9) |
| **Age** | **18 to 34** | 20.2 | (13.4-27.0) | 23.9 | (12.9-35.0) |
| | **35 to 44** | 21.4 | (14.7-28.1) | 21.0 | (9.3-32.6) |
| | **45 to 54** | 16.7 | (13.2-20.2) | 10.9 | (6.3-15.5) |
| | **55 to 64** | 19.0 | (16.1-21.8) | 17.2 | (12.4-22.0) |
| | **65 to 74** | 13.8 | (10.7-16.8) | 13.4 | (7.7-19.1) |
| | **75 and older** | 4.8 | (3.1-6.4) | 2.2 | (0.2-4.3) |
| **Education** | **Less than H.S.** | 11.5 | (5.9-17.0) | 3.6 | (0.0-8.5) |
| | **H.S. Graduate** | 16.6 | (10.6-22.5) | 17.5 | (5.0-30.0) |
| | **Some College** | 18.6 | (14.5-22.8) | 20.4 | (13.2-27.5) |
| | **Voc./Assoc. Degree** | 17.4 | (13.5-21.2) | 15.3 | (8.8-21.7) |
| | **College Graduate** | 17.5 | (15.1-20.0) | 16.4 | (12.9-20.0) |
| **Poverty Status** | **200% or Less** | 15.0 | (12.0-18.0) | 13.5 | (8.6-18.5) |
| | **More than 200%** | 19.2 | (16.0-22.5) | 19.7 | (13.9-25.5) |

DS: Data suppressed due to < 30 responses

**Table 7.1.C**
**Alcohol Consumption**
**Binge Drinking**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| Questions: | *During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?*<br><br>*(For those who had at least on drink) Considering all types of alcoholic beverages, how many times during the past 30 days did you have…4+ drinks (females) 5+ drinks (males)?* |
|---|---|

| Demographic Characteristics | | Region n=7403 | | St. Louis County n=2155 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **30.0%** | **(27.3-32.7)** | **30.4%** | **(25.6-35.2)** |
| **Sex** | **Male** | 33.5 | (28.9-38.1) | 33.8 | (25.7-41.9) |
| | **Female** | 26.4 | (23.6-29.2) | 26.9 | (22.0-31.9) |
| **Age** | **18 to 34** | 42.6 | (35.1-50.1) | 45.6 | (34.3-56.9) |
| | **35 to 44** | 42.1 | (34.4-49.7) | 43.7 | (30.6-56.8) |
| | **45 to 54** | 33.2 | (27.5-38.9) | 28.1 | (17.7-38.5) |
| | **55 to 64** | 24.2 | (21.0-27.4) | 21.5 | (16.1-27.0) |
| | **65 to 74** | 13.8 | (11.0-16.7) | 13.1 | (8.0-18.3) |
| | **75 and older** | 8.1 | (5.5-10.8) | 6.0 | (1.4-10.6) |
| **Education** | **Less than H.S.** | 28.1 | (15.2-40.9) | 16.0 | (0.0-34.4) |
| | **H.S. Graduate** | 26.6 | (20.1-33.0) | 28.0 | (14.9-41.0) |
| | **Some College** | 34.8 | (29.3-40.2) | 37.6 | (28.5-46.7) |
| | **Voc./Assoc. Degree** | 31.9 | (26.7-37.1) | 32.0 | (22.8-41.1) |
| | **College Graduate** | 28.3 | (25.0-31.6) | 27.2 | (22.2-32.2) |
| **Poverty Status** | **200% or Less** | 24.4 | (20.1-28.7) | 22.4 | (15.7-29.1) |
| | **More than 200%** | 33.7 | (30.1-37.3) | 34.4 | (28.1-40.6) |

DS: Data suppressed due to < 30 responses

**Table 7.2.A**
**Alcohol And Motorized Vehicles**
**Drove/Rode In Car Or Truck**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *In the past 12 months, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink?* |
|---|---|

| Demographic Characteristics | | Region n=7454 | | St. Louis County n=2175 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **10.0%** | **(8.6-11.3)** | **8.7%** | **(6.6-10.8)** |
| **Sex** | **Male** | 9.4 | (7.3-11.5) | 7.8 | (4.6-10.9) |
| | **Female** | 10.5 | (8.9-12.2) | 9.7 | (7.0-12.4) |
| **Age** | **18 to 34** | 10.3 | (7.2-13.4) | 8.1 | (4.1-12.0) |
| | **35 to 44** | 11.7 | (7.3-16.0) | 9.0 | (2.1-15.9) |
| | **45 to 54** | 10.5 | (7.1-13.9) | 9.8 | (4.5-15.1) |
| | **55 to 64** | 11.6 | (8.8-14.5) | 11.4 | (6.1-16.7) |
| | **65 to 74** | 7.0 | (5.2-8.8) | 6.4 | (3.3-9.5) |
| | **75 and older** | 6.9 | (4.2-9.7) | 6.8 | (1.7-11.8) |
| **Education** | **Less than H.S.** | 9.2 | (4.5-13.9) | 5.4 | (0.0-12.0) |
| | **H.S. Graduate** | 9.2 | (6.7-11.7) | 7.8 | (3.5-12.1) |
| | **Some College** | 10.6 | (7.7-13.5) | 8.3 | (4.2-12.3) |
| | **Voc./Assoc. Degree** | 9.4 | (7.1-11.7) | 8.9 | (5.0-12.9) |
| | **College Graduate** | 10.8 | (8.1-13.4) | 10.9 | (6.6-15.2) |
| **Poverty Status** | **200% or Less** | 11.7 | (8.8-14.6) | 11.3 | (6.5-16.1) |
| | **More than 200%** | 9.6 | (8.0-11.1) | 8.2 | (5.8-10.7) |

DS: Data suppressed due to < 30 responses

**Table 7.2.B**
**Alcohol And Motorized Vehicles**
**Drove/Rode On Boat Or Jet Ski**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *In the past 12 months, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink?* |
|---|---|

| Demographic Characteristics | | Region n=7215 | | St. Louis County n=2104 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **2.6%** | **(1.9-3.4)** | **2.8%** | **(1.5-4.1)** |
| **Sex** | **Male** | 2.6 | (1.4-3.8) | 2.9 | (0.7-5.0) |
| | **Female** | 2.6 | (1.8-3.5) | 2.7 | (1.2-4.3) |
| **Age** | **18 to 34** | 3.1 | (1.1-5.2) | 3.5 | (0.2-6.8) |
| | **35 to 44** | 3.9 | (1.1-6.7) | 4.2 | (0.0-9.1) |
| | **45 to 54** | 2.0 | (0.9-3.1) | 1.8 | (0.2-3.5) |
| | **55 to 64** | 2.7 | (1.6-3.8) | 2.3 | (0.5-4.2) |
| | **65 to 74** | 1.9 | (0.9-3.0) | 2.3 | (0.2-4.4) |
| | **75 and older** | 0.7 | (0.1-1.4) | 1.1 | (0.0-2.4) |
| **Education** | **Less than H.S.** | 1.7 | (0.0-3.5) | 1.7 | (0.0-4.3) |
| | **H.S. Graduate** | 0.9 | (0.4-1.5) | 0.4 | (0.0-1.2) |
| | **Some College** | 2.3 | (0.9-3.8) | 2.6 | (0.2-5.1) |
| | **Voc./Assoc. Degree** | 2.4 | (1.2-3.5) | 1.6 | (0.0-3.2) |
| | **College Graduate** | 5.3 | (3.0-7.7) | 6.1 | (2.2-10.1) |
| **Poverty Status** | **200% or Less** | 1.3 | (0.5-2.1) | 1.5 | (0.1-2.8) |
| | **More than 200%** | 3.3 | (2.2-4.4) | 3.4 | (1.5-5.4) |

DS: Data suppressed due to < 30 responses

**Table 7.2.C**
**Alcohol And Motorized Vehicles**
**Drove/Rode On Snowmobile Or ATV**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *In the past 12 months, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink?* |
|---|---|

| Demographic Characteristics | | Region n=7208 | | St. Louis County n=2102 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **2.5%** | **(1.7-3.3)** | **2.3%** | **(0.9-3.6)** |
| **Sex** | **Male** | 2.8 | (1.5-4.1) | 2.6 | (0.5-4.8) |
| | **Female** | 2.2 | (1.3-3.1) | 1.9 | (0.3-3.6) |
| **Age** | **18 to 34** | 2.4 | (0.7-4.1) | 2.1 | (0.0-4.7) |
| | **35 to 44** | 4.5 | (0.9-8.1) | 6.0 | (0.0-12.7) |
| | **45 to 54** | 2.6 | (1.4-3.9) | 1.0 | (0.0-2.4) |
| | **55 to 64** | 2.8 | (1.6-4.0) | 2.1 | (0.1-4.0) |
| | **65 to 74** | 1.5 | (0.5-2.4) | 1.7 | (0.0-3.6) |
| | **75 and older** | 0.4 | (0.0-0.8) | 0.6 | (0.0-1.4) |
| **Education** | **Less than H.S.** | 1.6 | (0.0-3.6) | 1.2 | (0.0-3.5) |
| | **H.S. Graduate** | 1.9 | (1.0-2.8) | 0.4 | (0.0-1.2) |
| | **Some College** | 2.5 | (0.9-4.2) | 2.8 | (0.0-5.5) |
| | **Voc./Assoc. Degree** | 2.2 | (1.2-3.2) | 1.0 | (0.0-2.1) |
| | **College Graduate** | 3.6 | (1.3-5.8) | 4.5 | (0.6-8.4) |
| **Poverty Status** | **200% or Less** | 1.9 | (0.5-3.3) | 2.4 | (0.0-5.1) |
| | **More than 200%** | 2.8 | (1.8-3.9) | 2.3 | (0.6-3.9) |

DS: Data suppressed due to < 30 responses

# CHAPTER 8 | Health Care Access

Lack of access to health care services can have a significant effect on an individual's overall health status and quality of life. The core components of health care access are health insurance coverage, a usual source of services, services provided in a timely manner, and a competent and sufficient health care workforce.[1] Shortcomings in any of these areas can lead to barriers to health care access for the individual.

Since the last *Bridge to Health Survey* in 2015, the health insurance reforms from the Affordable Care Act have sustained low uninsured rates, even as they weather changes and political threats. Notably, congress eliminated the federal tax penalty for not having health insurance as of January 1, 2019, effectively eliminating the individual mandate. Still, marketplaces were stable overall, with some years even seeing a decrease in premiums.[2,3]

Differences grew between the federal exchange (healthcare.gov), which serves Wisconsin consumers, and the Minnesota state-based exchange (MNsure.org). The Trump administration dramatically reduced funding for federal marketplace navigators, negatively impacting consumers' awareness of coverage options and access to enrollment help in states served by the federal marketplace.

In January 2020, Health and Human Services Secretary Alex Azar declared a public health emergency for the entire United States to aid in the response to COVID-19. As a result of the public health emergency, people with public health care programs do not have to renew coverage or have adverse changes applied, including closures, during the emergency. The preservation of public health care program coverage during the pandemic likely contributed to lower uninsured rates for individuals enrolled in public programs in 2020.

The *2020 Bridge to Health Survey* asked respondents questions regarding access to health care services including their usual source of care, insurance coverage, preferred sources of health information, providing unpaid care for adults, and prevalence of and reasons for delaying or not seeking medical, mental health, or dental care. Results for questions regarding mental health care are provided in Chapter 3. New for 2020 was an expansion of the list of reasons for delaying or not seeking care, including COVID-19, location of services, lack of childcare or caregiver support, and feeling disrespected by staff.

## SURVEY COMPARISON

*Bridge to Health Survey* trend data and comparisons by nation, state, and region are provided in the five figures below. The percent of uninsured adults 18-64 years for the survey area is below state and national levels (Fig. 8.1), and has declined since the 2015 survey (Fig. 8.2). The region's 2020 insurance coverage for 18-64 year olds exceeds the Healthy People 2030 insurance coverage objective for all people less than 65 years of age. The chapter data tables provide insurance coverage data for adults 18 years and older.

| HEALTHY PEOPLE 2030 GOALS[4] | |
|---|---|
| 92.1% | Insurance coverage (<65 years of age) |
| 3.3% | Delayed or did not seek medical care |
| 3.0% | Delayed or did not seek dental care |
| 4.1% | Did not fill a prescription |

The prevalence of individuals delaying or not seeking care has declined since 2015 for medical care and prescriptions filled, but increased for dental care (Fig. 8.3). The 2020 levels do not meet the Healthy People 2030 goals. The COVID-19 pandemic impacted this measure of access, ranking as the first or second reason for delaying or not seeking care for medical and dental care. Across the region, the prevalence of delaying or not seeking health care was lowest in Lake County (21.7%) and highest in the city of Duluth (34.1%) (Fig. 8.4). For dental care, the lowest prevalence of delaying or not seeking care was in Douglas County, WI (27.4%), and highest in the city of Duluth (38.5%) (Fig. 8.5).

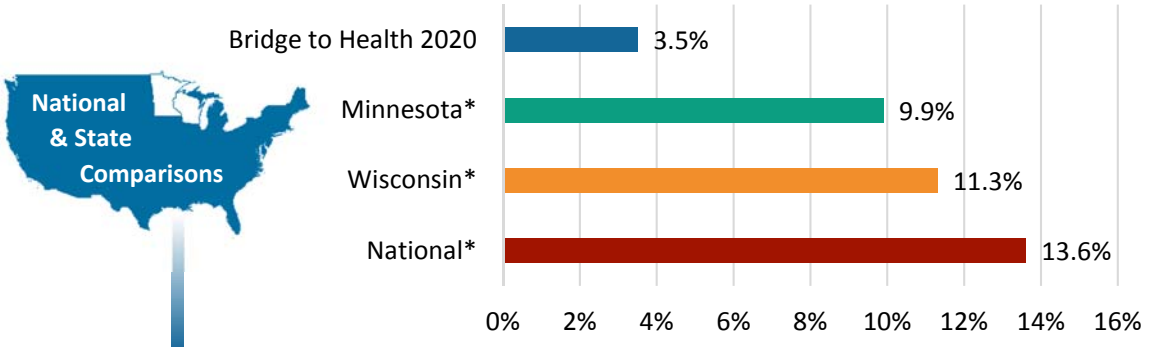



**FIGURE 8.1 – Uninsured Adults (18-64 Years) by Region, State, Nation**

**CDC Behavioral Risk Factor Surveillance System 2019*[5]

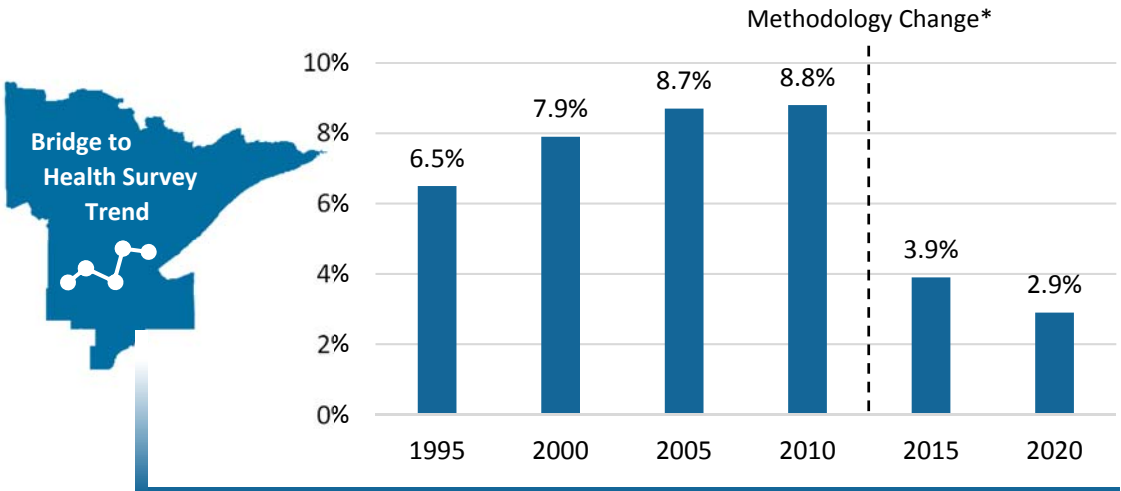
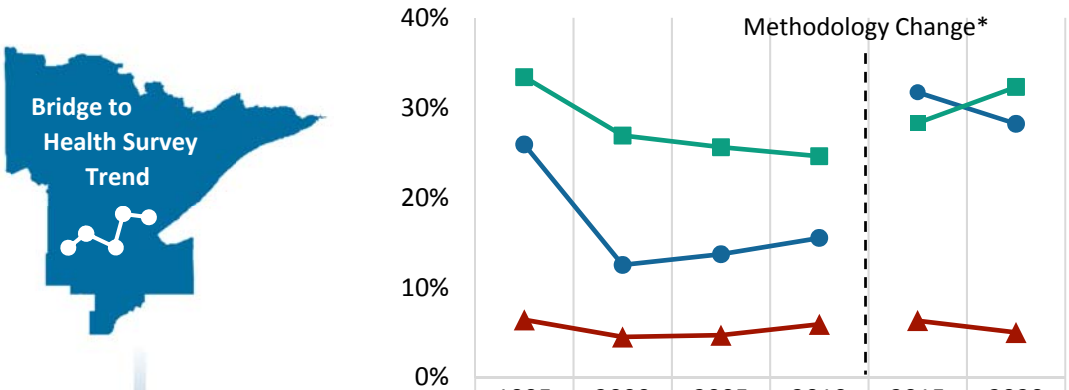



**FIGURE 8.2 – Percent of Uninsured Adults (≥18 Years) by Survey Year**

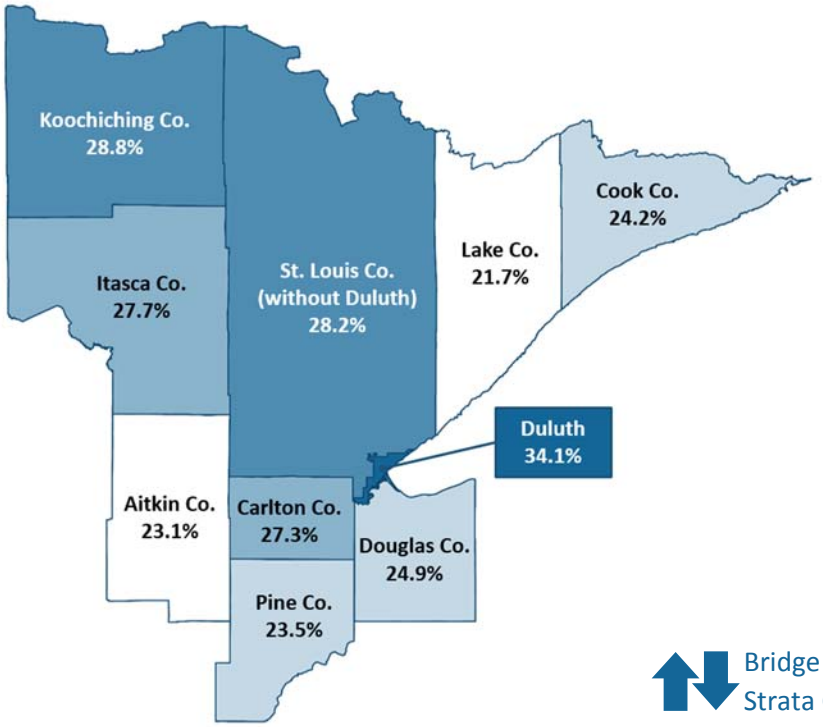
**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*

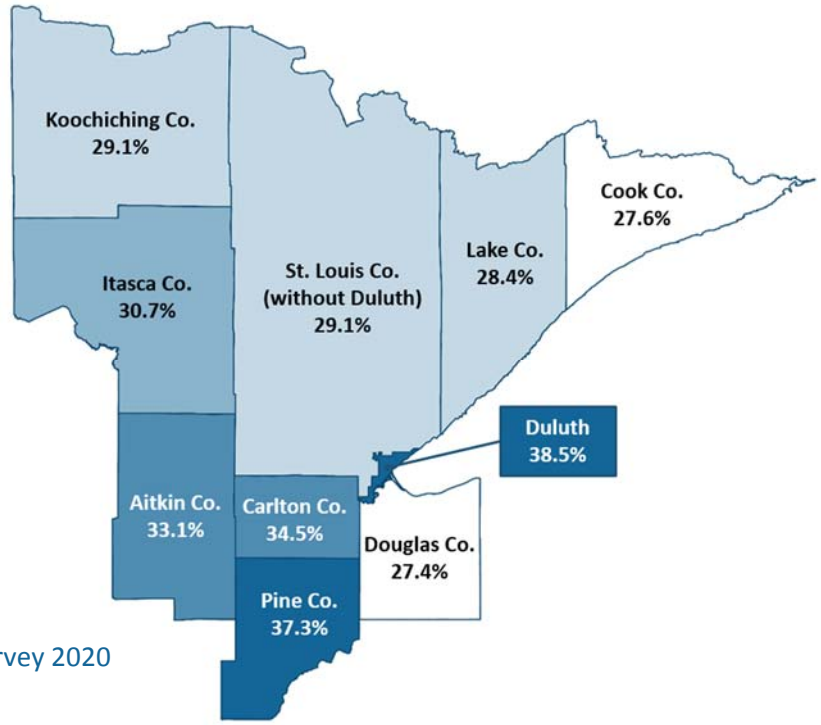



| | 1995 | 2000 | 2005 | 2010 | 2015 | 2020 |
|---|---|---|---|---|---|---|
| Medical Care | 25.9% | 12.5% | 13.7% | 15.5% | 31.7% | 28.2% |
| Dental Care | 33.4% | 26.9% | 25.6% | 24.6% | 28.3% | 32.3% |
| Fill a Prescription** | 6.4% | 4.5% | 4.7% | 5.9% | 6.3% | 5.0% |

**FIGURE 8.3 – Percent of Delaying/Not Seeking Care in Past Year by Survey Year**

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*
***In past 6 months*




Bridge to Health Survey 2020
Strata Comparison

**FIGURE 8.4 – Delayed or Did Not Get Medical Care by Strata**

**FIGURE 8.5 – Delayed or Did Not Get Dental Care by Strata**

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**Table 8.1.A**
**Usual Place For Medical Care**
**Have A Usual Place For Medical Care**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.)* |
|---|---|

| Demographic Characteristics | | Region n=7472 | | St. Louis County n=2195 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **93.9%** | **(92.2-95.5)** | **94.3%** | **(91.7-96.9)** |
| **Sex** | **Male** | 91.3 | (88.5-94.2) | 92.4 | (88.2-96.7) |
| | **Female** | 96.5 | (94.9-98.1) | 96.1 | (93.1-99.2) |
| **Age** | **18 to 34** | 87.7 | (82.2-93.2) | 87.5 | (79.6-95.5) |
| | **35 to 44** | 94.1 | (90.9-97.4) | 98.6 | (96.5-100.0) |
| | **45 to 54** | 95.6 | (93.4-97.9) | 96.3 | (92.5-100.0) |
| | **55 to 64** | 97.0 | (96.0-98.1) | 97.8 | (96.1-99.5) |
| | **65 to 74** | 96.2 | (94.2-98.2) | 93.5 | (89.4-97.7) |
| | **75 and older** | 97.8 | (96.3-99.2) | 99.9 | (99.7-100.0) |
| **Education** | **Less than H.S.** | 94.7 | (90.8-98.7) | 96.5 | (90.5-100.0) |
| | **H.S. Graduate** | 91.3 | (86.7-96.0) | 90.4 | (82.1-98.8) |
| | **Some College** | 95.0 | (92.9-97.1) | 96.2 | (93.4-98.9) |
| | **Voc./Assoc. Degree** | 93.4 | (90.1-96.6) | 91.3 | (85.6-97.0) |
| | **College Graduate** | 95.9 | (94.5-97.4) | 97.1 | (95.4-98.9) |
| **Poverty Status** | **200% or Less** | 91.5 | (87.5-95.6) | 92.3 | (85.8-98.9) |
| | **More than 200%** | 95.4 | (94.2-96.7) | 96.0 | (94.2-97.9) |

DS: Data suppressed due to < 30 responses

**Table 8.1.B**
**Usual Place For Medical Care**
**Doctor's Office**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.)* |
|---|---|

| Demographic Characteristics | | Region n=7203 | | St. Louis County n=2106 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **77.4%** | **(75.3-79.6)** | **78.1%** | **(74.6-81.5)** |
| **Sex** | **Male** | 73.4 | (69.6-77.2) | 75.7 | (69.8-81.6) |
| | **Female** | 81.3 | (79.1-83.5) | 80.4 | (76.5-84.2) |
| **Age** | **18 to 34** | 72.5 | (66.3-78.7) | 74.1 | (65.5-82.7) |
| | **35 to 44** | 77.2 | (71.3-83.2) | 78.4 | (69.2-87.6) |
| | **45 to 54** | 76.3 | (70.9-81.6) | 78.2 | (68.6-87.8) |
| | **55 to 64** | 81.6 | (78.3-84.9) | 80.7 | (74.7-86.7) |
| | **65 to 74** | 81.3 | (78.1-84.6) | 83.5 | (77.6-89.4) |
| | **75 and older** | 77.9 | (73.1-82.7) | 76.2 | (67.3-85.2) |
| **Education** | **Less than H.S.** | 70.9 | (57.9-83.9) | 75.4 | (56.4-94.4) |
| | **H.S. Graduate** | 80.5 | (76.6-84.5) | 80.2 | (72.8-87.5) |
| | **Some College** | 76.5 | (72.1-80.8) | 75.3 | (68.1-82.5) |
| | **Voc./Assoc. Degree** | 75.0 | (70.0-80.0) | 74.1 | (65.3-83.0) |
| | **College Graduate** | 78.0 | (75.0-81.0) | 81.5 | (77.1-85.8) |
| **Poverty Status** | **200% or Less** | 74.6 | (70.2-79.0) | 76.1 | (69.4-82.9) |
| | **More than 200%** | 78.4 | (75.9-81.0) | 78.9 | (74.7-83.1) |

DS: Data suppressed due to < 30 responses

**Table 8.1.C**
**Usual Place For Medical Care**
**Urgent Care Center**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.)* |
|---|---|

| Demographic Characteristics | | Region n=7203 | | St. Louis County n=2106 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **8.3%** | **(6.9-9.7)** | **9.5%** | **(7.1-11.8)** |
| **Sex** | **Male** | 8.4 | (6.3-10.5) | 8.7 | (5.4-11.9) |
| | **Female** | 8.2 | (6.4-10.1) | 10.2 | (7.0-13.5) |
| **Age** | **18 to 34** | 12.9 | (8.9-16.9) | 12.2 | (6.6-17.8) |
| | **35 to 44** | 11.2 | (7.0-15.4) | 12.5 | (5.8-19.1) |
| | **45 to 54** | 7.8 | (4.5-11.2) | 10.5 | (4.4-16.6) |
| | **55 to 64** | 5.9 | (3.3-8.5) | 7.8 | (2.8-12.8) |
| | **65 to 74** | 3.7 | (2.2-5.3) | 4.3 | (1.4-7.1) |
| | **75 and older** | 5.2 | (2.9-7.5) | 6.0 | (1.8-10.2) |
| **Education** | **Less than H.S.** | 6.7 | (1.4-11.9) | 7.2 | (0.0-16.4) |
| | **H.S. Graduate** | 7.1 | (4.1-10.2) | 8.5 | (2.9-14.1) |
| | **Some College** | 8.6 | (5.9-11.3) | 9.4 | (5.3-13.6) |
| | **Voc./Assoc. Degree** | 10.6 | (7.0-14.1) | 13.7 | (7.4-20.0) |
| | **College Graduate** | 8.7 | (6.4-10.9) | 9.1 | (5.7-12.4) |
| **Poverty Status** | **200% or Less** | 8.5 | (5.7-11.3) | 11.1 | (6.0-16.2) |
| | **More than 200%** | 8.0 | (6.5-9.6) | 8.3 | (5.9-10.6) |

DS: Data suppressed due to < 30 responses

**Table 8.1.D**
**Usual Place For Medical Care**
**Hospital Or Outpatient Clinic**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.)* |
|---|---|

| Demographic Characteristics | | Region n=7203 | | St. Louis County n=2106 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **6.8%** | **(5.6-8.0)** | **5.3%** | **(3.4-7.2)** |
| **Sex** | **Male** | 9.8 | (7.6-12.1) | 7.9 | (4.3-11.6) |
| | **Female** | 3.9 | (3.0-4.7) | 2.9 | (1.6-4.2) |
| **Age** | **18 to 34** | 3.5 | (1.9-5.0) | 2.6 | (0.8-4.5) |
| | **35 to 44** | 7.8 | (3.4-12.1) | 5.9 | (0.0-12.4) |
| | **45 to 54** | 8.8 | (4.6-13.0) | 6.7 | (0.0-14.6) |
| | **55 to 64** | 6.9 | (5.0-8.8) | 5.9 | (2.8-9.0) |
| | **65 to 74** | 8.4 | (6.3-10.6) | 6.5 | (2.7-10.2) |
| | **75 and older** | 7.8 | (4.8-10.8) | 7.4 | (1.8-13.0) |
| **Education** | **Less than H.S.** | 9.1 | (0.5-17.6) | 11.0 | (0.0-28.2) |
| | **H.S. Graduate** | 5.5 | (3.7-7.3) | 4.6 | (1.6-7.6) |
| | **Some College** | 7.1 | (4.7-9.6) | 5.6 | (1.9-9.4) |
| | **Voc./Assoc. Degree** | 7.1 | (4.7-9.5) | 4.1 | (1.1-7.1) |
| | **College Graduate** | 7.2 | (5.5-8.8) | 4.9 | (2.6-7.1) |
| **Poverty Status** | **200% or Less** | 7.5 | (4.9-10.1) | 6.1 | (1.3-10.9) |
| | **More than 200%** | 6.8 | (5.5-8.2) | 5.4 | (3.3-7.5) |

DS: Data suppressed due to < 30 responses

**Table 8.2**
**How Long Since Last Visit to Health Care Professional**
**Within Past Year**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How long has it been since you last visited a doctor or other health care professional for any reason?* |
|---|---|

| Demographic Characteristics | | Region n=7535 | | St. Louis County n=2206 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **83.5%** | **(81.3-85.7)** | **82.6%** | **(78.9-86.3)** |
| **Sex** | **Male** | 78.4 | (74.5-82.2) | 76.7 | (70.4-83.1) |
| | **Female** | 88.8 | (86.8-90.8) | 88.4 | (84.8-92.1) |
| **Age** | **18 to 34** | 72.8 | (66.3-79.3) | 73.5 | (64.1-82.9) |
| | **35 to 44** | 78.9 | (72.4-85.5) | 77.6 | (65.9-89.3) |
| | **45 to 54** | 82.0 | (77.6-86.4) | 81.2 | (73.1-89.4) |
| | **55 to 64** | 88.8 | (86.3-91.2) | 88.0 | (83.5-92.4) |
| | **65 to 74** | 94.0 | (92.0-95.9) | 93.2 | (89.6-96.8) |
| | **75 and older** | 95.4 | (93.5-97.4) | 95.6 | (92.3-99.0) |
| **Education** | **Less than H.S.** | 92.6 | (88.8-96.5) | 95.5 | (91.0-99.9) |
| | **H.S. Graduate** | 84.7 | (79.6-89.8) | 82.0 | (72.6-91.5) |
| | **Some College** | 82.9 | (78.6-87.2) | 83.8 | (77.1-90.5) |
| | **Voc./Assoc. Degree** | 83.7 | (79.6-87.8) | 85.0 | (78.3-91.8) |
| | **College Graduate** | 80.0 | (76.5-83.5) | 77.6 | (72.0-83.2) |
| **Poverty Status** | **200% or Less** | 83.9 | (79.4-88.4) | 82.7 | (75.3-90.2) |
| | **More than 200%** | 83.2 | (80.7-85.7) | 82.8 | (78.6-87.0) |

DS: Data suppressed due to < 30 responses

**Table 8.3.A**
**Health Insurance Types***
**Private**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

**Question:** *Which of the following types of health insurance do you have?*

| Demographic Characteristics | | Region n=7442 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **68.8%** | **(66.5-71.2)** | **71.8%** | **(68.0-75.6)** |
| **Sex** | **Male** | 66.6 | (62.5-70.6) | 71.0 | (64.7-77.4) |
| | **Female** | 71.2 | (68.7-73.6) | 72.5 | (68.2-76.8) |
| **Age** | **18 to 34** | 75.0 | (68.6-81.5) | 76.8 | (68.3-85.3) |
| | **35 to 44** | 82.1 | (77.1-87.1) | 86.1 | (78.9-93.4) |
| | **45 to 54** | 72.3 | (66.8-77.8) | 73.7 | (63.8-83.7) |
| | **55 to 64** | 59.3 | (55.3-63.2) | 58.3 | (51.2-65.4) |
| | **65 to 74** | 56.5 | (52.1-60.8) | 63.0 | (55.1-70.9) |
| | **75 and older** | 64.9 | (59.6-70.2) | 70.8 | (61.0-80.6) |
| **Education** | **Less than H.S.** | 41.8 | (29.7-54.0) | 49.6 | (28.4-70.9) |
| | **H.S. Graduate** | 61.1 | (55.7-66.6) | 65.1 | (55.3-75.0) |
| | **Some College** | 66.5 | (61.9-71.0) | 66.5 | (59.1-73.9) |
| | **Voc./Assoc. Degree** | 76.5 | (72.9-80.0) | 78.2 | (72.1-84.3) |
| | **College Graduate** | 85.2 | (83.1-87.3) | 86.6 | (83.3-89.9) |
| **Poverty Status** | **200% or Less** | 41.9 | (37.1-46.6) | 45.9 | (37.9-53.8) |
| | **More than 200%** | 82.3 | (80.3-84.3) | 83.5 | (80.2-86.8) |

DS: Data suppressed due to < 30 responses

*Respondents could select more than one type of insurance

**Table 8.3.B**
**Health Insurance Types***
**Private No Medicare Supplement**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Which of the following types of health insurance do you have?* |
|---|---|

| Demographic Characteristics | | Region n=7442 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **50.2%** | **(47.5-52.9)** | **53.3%** | **(48.9-57.8)** |
| **Sex** | **Male** | 50.1 | (45.5-54.6) | 55.7 | (48.4-63.1) |
| | **Female** | 50.3 | (47.5-53.1) | 50.9 | (46.1-55.8) |
| **Age** | **18 to 34** | 71.4 | (64.5-78.3) | 73.7 | (64.5-83.0) |
| | **35 to 44** | 80.3 | (75.1-85.4) | 85.5 | (78.2-92.8) |
| | **45 to 54** | 68.9 | (63.3-74.5) | 70.6 | (60.6-80.7) |
| | **55 to 64** | 36.7 | (33.0-40.5) | 34.2 | (27.5-40.8) |
| | **65 to 74** | 6.7 | (4.3-9.2) | 8.8 | (3.8-13.8) |
| | **75 and older** | 10.4 | (7.0-13.7) | 11.4 | (5.1-17.8) |
| **Education** | **Less than H.S.** | 15.5 | (7.4-23.6) | 17.1 | (1.4-32.7) |
| | **H.S. Graduate** | 35.5 | (29.2-41.7) | 36.9 | (24.9-48.9) |
| | **Some College** | 50.2 | (44.7-55.7) | 51.7 | (42.7-60.6) |
| | **Voc./Assoc. Degree** | 62.1 | (57.7-66.5) | 64.2 | (56.7-71.8) |
| | **College Graduate** | 72.7 | (70.1-75.4) | 75.5 | (71.5-79.5) |
| **Poverty Status** | **200% or Less** | 24.2 | (19.9-28.5) | 29.3 | (21.8-36.7) |
| | **More than 200%** | 65.1 | (62.3-67.8) | 66.6 | (62.0-71.2) |

DS: Data suppressed due to < 30 responses

*Respondents could select more than one type of insurance

**Table 8.3.C**
**Health Insurance Types***
**Medicare**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Which of the following types of health insurance do you have?* |
|---|---|

| Demographic Characteristics | | Region n=7435 | | St. Louis County n=2176 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **35.6%** | **(33.3-37.9)** | **32.8%** | **(29.0-36.5)** |
| **Sex** | **Male** | 34.6 | (30.8-38.3) | 29.4 | (23.7-35.1) |
| | **Female** | 36.6 | (34.0-39.2) | 36.1 | (31.6-40.6) |
| **Age** | **18 to 34** | 6.2 | (1.6-10.8) | 4.3 | (0.0-9.3) |
| | **35 to 44** | 7.4 | (4.1-10.7) | 4.3 | (0.7-8.0) |
| | **45 to 54** | 10.0 | (7.0-13.1) | 9.3 | (4.2-14.5) |
| | **55 to 64** | 51.9 | (48.0-55.9) | 55.2 | (48.2-62.3) |
| | **65 to 74** | 88.9 | (85.7-92.1) | 87.4 | (81.2-93.5) |
| | **75 and older** | 85.6 | (81.4-89.8) | 84.5 | (76.3-92.7) |
| **Education** | **Less than H.S.** | 56.1 | (43.6-68.5) | 55.4 | (34.1-76.7) |
| | **H.S. Graduate** | 46.8 | (41.2-52.5) | 46.0 | (35.4-56.6) |
| | **Some College** | 34.6 | (30.3-38.9) | 32.4 | (25.6-39.1) |
| | **Voc./Assoc. Degree** | 26.3 | (22.9-29.8) | 24.5 | (18.7-30.2) |
| | **College Graduate** | 21.3 | (19.2-23.4) | 18.1 | (15.1-21.0) |
| **Poverty Status** | **200% or Less** | 42.4 | (37.7-47.0) | 36.5 | (29.5-43.4) |
| | **More than 200%** | 29.7 | (27.2-32.2) | 28.3 | (24.1-32.4) |

DS: Data suppressed due to < 30 responses

*Respondents could select more than one type of insurance

**Table 8.3.D**
**Health Insurance Types***
**Medical Assistance^**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Which of the following types of health insurance do you have?* |
|---|---|

| Demographic Characteristics | | Region n=7435 | | St. Louis County n=2176 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **12.1%** | **(10.3-13.9)** | **12.7%** | **(9.7-15.6)** |
| **Sex** | **Male** | 9.7 | (7.3-12.1) | 8.7 | (5.4-12.0) |
| | **Female** | 14.5 | (11.9-17.1) | 16.7 | (12.0-21.3) |
| **Age** | **18 to 34** | 17.3 | (12.0-22.5) | 17.1 | (9.7-24.6) |
| | **35 to 44** | 13.7 | (8.8-18.6) | 13.0 | (5.1-20.8) |
| | **45 to 54** | 12.0 | (8.3-15.6) | 12.7 | (6.0-19.4) |
| | **55 to 64** | 10.0 | (7.2-12.7) | 11.3 | (6.2-16.4) |
| | **65 to 74** | 6.7 | (4.6-8.8) | 7.3 | (3.4-11.2) |
| | **75 and older** | 8.2 | (4.6-11.8) | 8.0 | (1.2-14.7) |
| **Education** | **Less than H.S.** | 26.2 | (16.0-36.5) | 22.5 | (6.7-38.3) |
| | **H.S. Graduate** | 16.6 | (12.2-21.0) | 17.6 | (9.5-25.7) |
| | **Some College** | 13.0 | (9.8-16.2) | 15.5 | (10.1-21.0) |
| | **Voc./Assoc. Degree** | 7.7 | (5.4-10.1) | 8.6 | (4.3-12.9) |
| | **College Graduate** | 3.6 | (2.3-4.8) | 4.1 | (2.0-6.2) |
| **Poverty Status** | **200% or Less** | 30.8 | (26.4-35.3) | 33.3 | (25.9-40.7) |
| | **More than 200%** | 2.8 | (1.9-3.6) | 3.1 | (1.7-4.5) |

DS: Data suppressed due to < 30 responses

*Respondents could select more than one type of insurance

^Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)

**Table 8.3.E**
**Health Insurance Types***
**Other Public Assistance^**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Which of the following types of health insurance do you have?* |
|---|---|

| Demographic Characteristics | | Region n=7442 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **15.0%** | **(13.0-17.0)** | **13.6%** | **(10.4-16.8)** |
| **Sex** | **Male** | 17.5 | (14.3-20.8) | 15.0 | (9.8-20.1) |
| | **Female** | 12.4 | (10.2-14.6) | 12.2 | (8.3-16.2) |
| **Age** | **18 to 34** | 15.4 | (9.9-20.8) | 13.7 | (6.4-21.0) |
| | **35 to 44** | 14.1 | (9.1-19.2) | 15.1 | (6.3-23.9) |
| | **45 to 54** | 15.2 | (10.5-19.9) | 12.6 | (4.2-21.1) |
| | **55 to 64** | 12.5 | (10.3-14.8) | 9.9 | (6.4-13.5) |
| | **65 to 74** | 19.2 | (14.6-23.7) | 18.7 | (9.7-27.7) |
| | **75 and older** | 13.9 | (9.9-17.9) | 12.9 | (5.3-20.5) |
| **Education** | **Less than H.S.** | 29.4 | (17.1-41.6) | 30.2 | (8.1-52.4) |
| | **H.S. Graduate** | 17.7 | (13.4-22.0) | 14.1 | (7.0-21.2) |
| | **Some College** | 16.5 | (12.7-20.3) | 17.3 | (10.9-23.7) |
| | **Voc./Assoc. Degree** | 12.5 | (8.8-16.3) | 12.1 | (5.3-18.9) |
| | **College Graduate** | 7.0 | (5.5-8.4) | 5.8 | (3.8-7.8) |
| **Poverty Status** | **200% or Less** | 24.8 | (20.6-29.1) | 20.5 | (14.1-26.8) |
| | **More than 200%** | 9.6 | (7.8-11.4) | 8.7 | (5.6-11.8) |

DS: Data suppressed due to < 30 responses

*Respondents could select more than one type of insurance

^Indian or Tribal Health Service, MinnesotaCare, BadgerCare, CHAMPUS/TRICARE/Veteran's benefits

**Table 8.4**
**Health Insurance Coverage**
**Currently Uninsured***
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

**Question:** *Which of the following types of health insurance do you have?*

| Demographic Characteristics | | Region n=7442 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **2.9%** | **(1.7-4.1)** | **3.3%** | **(1.1-5.4)** |
| **Sex** | **Male** | 3.8 | (1.5-6.1) | 4.6 | (0.6-8.6) |
| | **Female** | 1.9 | (1.1-2.7) | 1.9 | (0.5-3.3) |
| **Age** | **18 to 34** | 5.8 | (1.7-9.9) | 5.9 | (0.0-12.1) |
| | **35 to 44** | 2.3 | (0.4-4.2) | 2.9 | (0.0-6.3) |
| | **45 to 54** | 3.5 | (1.3-5.7) | 4.1 | (0.1-8.0) |
| | **55 to 64** | 1.4 | (0.6-2.1) | 1.1 | (0.0-2.4) |
| | **65 to 74** | 1.3 | (0.0-3.1) | 2.0 | (0.0-5.7) |
| | **75 and older** | 0.2 | (0.0-0.5) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 3.5 | (0.0-7.3) | 4.1 | (0.0-12.0) |
| | **H.S. Graduate** | 3.5 | (0.3-6.8) | 3.8 | (0.0-10.2) |
| | **Some College** | 3.7 | (1.4-6.0) | 4.2 | (1.1-7.4) |
| | **Voc./Assoc. Degree** | 1.8 | (0.6-2.9) | 2.2 | (0.1-4.3) |
| | **College Graduate** | 1.5 | (0.3-2.7) | 1.9 | (0.0-4.0) |
| **Poverty Status** | **200% or Less** | 5.9 | (2.3-9.4) | 7.5 | (0.7-14.3) |
| | **More than 200%** | 1.7 | (0.8-2.6) | 1.8 | (0.5-3.1) |

DS: Data suppressed due to < 30 responses

*Respondents categorized as "Currently Uninsured" answered "no" to having any of the listed insurance types.

**Table 8.5**
**Delayed Or Did Not Get Medical Care**
**Within Past Year**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, was there a time when you thought you needed medical care but did not get it or delayed getting it?* |
|---|---|

| Demographic Characteristics | | Region n=7454 | | St. Louis County n=2175 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **28.2%** | **(25.6-30.9)** | **30.8%** | **(26.2-35.4)** |
| **Sex** | **Male** | 28.6 | (24.1-33.2) | 33.1 | (25.3-40.9) |
| | **Female** | 27.8 | (25.1-30.6) | 28.5 | (23.7-33.3) |
| **Age** | **18 to 34** | 38.7 | (31.3-46.2) | 41.9 | (30.7-53.1) |
| | **35 to 44** | 34.7 | (27.3-42.1) | 39.7 | (26.8-52.6) |
| | **45 to 54** | 30.6 | (25.1-36.2) | 32.4 | (22.2-42.7) |
| | **55 to 64** | 24.1 | (20.6-27.5) | 25.2 | (18.9-31.5) |
| | **65 to 74** | 16.9 | (12.5-21.3) | 18.1 | (9.3-26.8) |
| | **75 and older** | 12.1 | (8.4-15.7) | 9.0 | (3.1-15.0) |
| **Education** | **Less than H.S.** | 27.1 | (13.6-40.6) | 26.1 | (4.5-47.7) |
| | **H.S. Graduate** | 27.8 | (22.3-33.4) | 32.5 | (21.6-43.3) |
| | **Some College** | 30.8 | (25.1-36.6) | 33.1 | (23.4-42.9) |
| | **Voc./Assoc. Degree** | 27.6 | (22.8-32.4) | 32.0 | (23.3-40.6) |
| | **College Graduate** | 26.4 | (23.1-29.6) | 27.1 | (22.0-32.1) |
| **Poverty Status** | **200% or Less** | 32.9 | (28.0-37.8) | 38.7 | (30.3-47.1) |
| | **More than 200%** | 25.5 | (22.2-28.8) | 26.5 | (20.9-32.1) |

DS: Data suppressed due to < 30 responses

**Table 8.6**
**Delayed Or Did Not Fill A Prescription**
**Within Past 6 Months**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *In the past 6 months which statement best describes medications prescribed for you?*<br>*- I had no medications prescribed for me*<br>*- I had medications prescribe for me and I filled them all*<br>*- I had medications prescribed for me and I did not fill at least one* |
|---|---|

| Demographic Characteristics | | Region n=7476 | | St. Louis County n=2179 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **5.0%** | **(3.9-6.0)** | **5.7%** | **(3.7-7.6)** |
| **Sex** | **Male** | 4.1 | (2.5-5.7) | 4.9 | (1.9-7.8) |
| | **Female** | 5.9 | (4.4-7.3) | 6.5 | (3.9-9.1) |
| **Age** | **18 to 34** | 5.8 | (3.4-8.2) | 7.1 | (3.3-11.0) |
| | **35 to 44** | 6.2 | (2.7-9.7) | 7.3 | (1.2-13.4) |
| | **45 to 54** | 7.9 | (3.8-12.1) | 10.1 | (1.8-18.4) |
| | **55 to 64** | 3.4 | (2.4-4.5) | 2.9 | (1.1-4.6) |
| | **65 to 74** | 3.3 | (1.8-4.8) | 2.6 | (0.4-4.7) |
| | **75 and older** | 1.7 | (0.5-2.8) | 1.7 | (0.0-3.7) |
| **Education** | **Less than H.S.** | 7.8 | (0.0-16.1) | 12.3 | (0.0-29.6) |
| | **H.S. Graduate** | 5.3 | (2.9-7.6) | 7.0 | (2.3-11.6) |
| | **Some College** | 4.6 | (2.9-6.3) | 4.8 | (1.9-7.8) |
| | **Voc./Assoc. Degree** | 4.7 | (2.8-6.5) | 4.4 | (1.8-6.9) |
| | **College Graduate** | 4.4 | (3.0-5.7) | 4.4 | (2.2-6.5) |
| **Poverty Status** | **200% or Less** | 8.0 | (5.0-10.9) | 12.6 | (6.5-18.8) |
| | **More than 200%** | 3.8 | (2.9-4.7) | 3.4 | (2.1-4.8) |

DS: Data suppressed due to < 30 responses

**Table 8.7**
**Delayed Or Did Not Get Dental Care**
**Within Past Year**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, was there a time when you thought you needed dental care but did not get it or delayed getting it?* |
|---|---|

| Demographic Characteristics | | Region n=7458 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **32.3%** | **(29.7-35.0)** | **33.2%** | **(28.7-37.7)** |
| **Sex** | **Male** | 31.6 | (27.2-36.0) | 31.8 | (24.4-39.3) |
| | **Female** | 33.1 | (30.3-35.9) | 34.5 | (29.6-39.4) |
| **Age** | **18 to 34** | 40.0 | (32.5-47.4) | 41.4 | (30.1-52.6) |
| | **35 to 44** | 34.6 | (27.6-41.6) | 30.8 | (19.9-41.8) |
| | **45 to 54** | 33.6 | (28.2-39.0) | 36.1 | (26.4-45.9) |
| | **55 to 64** | 32.4 | (28.6-36.2) | 35.7 | (28.8-42.7) |
| | **65 to 74** | 25.1 | (21.2-29.0) | 23.5 | (16.3-30.8) |
| | **75 and older** | 17.4 | (13.2-21.5) | 14.2 | (6.6-21.8) |
| **Education** | **Less than H.S.** | 38.0 | (25.5-50.5) | 29.6 | (12.1-47.0) |
| | **H.S. Graduate** | 32.0 | (25.8-38.1) | 35.7 | (23.8-47.7) |
| | **Some College** | 36.1 | (31.2-41.0) | 35.1 | (27.2-43.0) |
| | **Voc./Assoc. Degree** | 29.5 | (24.7-34.4) | 33.5 | (24.8-42.2) |
| | **College Graduate** | 28.2 | (25.0-31.5) | 29.1 | (24.1-34.1) |
| **Poverty Status** | **200% or Less** | 43.6 | (38.8-48.4) | 45.9 | (38.0-53.8) |
| | **More than 200%** | 27.1 | (23.9-30.4) | 27.7 | (22.0-33.4) |

DS: Data suppressed due to < 30 responses

**Table 8.8**
**How Long Since Last Visit To A Dental Clinic**
**Within Past Year**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How long has it been since you last visited a dentist or dental clinic for any reason?* |
|---|---|

| Demographic Characteristics | | Region n=7521 | | St. Louis County n=2200 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **62.9%** | **(60.4-65.5)** | **65.4%** | **(61.1-69.6)** |
| **Sex** | **Male** | 60.9 | (56.6-65.1) | 65.4 | (58.5-72.3) |
| | **Female** | 65.0 | (62.2-67.8) | 65.3 | (60.4-70.3) |
| **Age** | **18 to 34** | 58.4 | (51.3-65.6) | 62.2 | (51.9-72.5) |
| | **35 to 44** | 68.8 | (61.7-75.9) | 69.6 | (57.2-81.9) |
| | **45 to 54** | 65.9 | (60.6-71.3) | 68.4 | (59.0-77.9) |
| | **55 to 64** | 66.0 | (62.2-69.8) | 67.7 | (60.9-74.5) |
| | **65 to 74** | 64.4 | (60.2-68.5) | 72.2 | (65.0-79.4) |
| | **75 and older** | 54.3 | (48.5-60.1) | 51.2 | (40.5-61.9) |
| **Education** | **Less than H.S.** | 49.2 | (36.9-61.5) | 61.7 | (43.1-80.3) |
| | **H.S. Graduate** | 54.3 | (48.6-60.0) | 56.8 | (46.2-67.5) |
| | **Some College** | 61.4 | (56.3-66.6) | 61.3 | (52.7-69.9) |
| | **Voc./Assoc. Degree** | 69.7 | (65.5-74.0) | 72.0 | (65.0-79.0) |
| | **College Graduate** | 76.4 | (73.2-79.6) | 76.6 | (71.7-81.5) |
| **Poverty Status** | **200% or Less** | 42.9 | (38.2-47.6) | 41.7 | (34.0-49.3) |
| | **More than 200%** | 73.1 | (70.3-75.9) | 75.8 | (71.2-80.3) |

DS: Data suppressed due to < 30 responses

**Table 8.9**
**Provided Unpaid Care To An Adult**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

**Question:**

*In the past 12 months, have you provided UNPAID care to an adult relative, family member or friend aged 18 years or older to help them take care of themselves?*

*[Unpaid care may include help with personal needs or household chores. It might be managing a person's finances, arranging for outside services, or visiting regularly to see how they are doing. This person may or may not live with you.]*

| Demographic Characteristics | | Region n=7483 | | St. Louis County n=2180 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **31.5%** | **(29.0-34.0)** | **31.0%** | **(26.7-35.2)** |
| **Sex** | **Male** | 30.5 | (26.3-34.8) | 30.1 | (22.9-37.4) |
| | **Female** | 32.6 | (30.0-35.2) | 31.8 | (27.3-36.3) |
| **Age** | **18 to 34** | 26.6 | (19.9-33.4) | 26.5 | (16.3-36.7) |
| | **35 to 44** | 32.3 | (25.3-39.3) | 24.8 | (13.9-35.8) |
| | **45 to 54** | 45.6 | (39.7-51.5) | 53.8 | (43.6-64.0) |
| | **55 to 64** | 35.6 | (32.0-39.2) | 34.3 | (28.1-40.6) |
| | **65 to 74** | 28.4 | (24.5-32.4) | 31.3 | (23.8-38.9) |
| | **75 and older** | 17.8 | (14.1-21.6) | 10.6 | (5.1-16.0) |
| **Education** | **Less than H.S.** | 19.9 | (10.2-29.5) | 18.4 | (0.0-37.6) |
| | **H.S. Graduate** | 26.7 | (22.0-31.4) | 23.0 | (14.8-31.2) |
| | **Some College** | 38.3 | (32.6-44.0) | 38.9 | (29.3-48.5) |
| | **Voc./Assoc. Degree** | 34.0 | (29.4-38.6) | 34.2 | (26.0-42.3) |
| | **College Graduate** | 32.0 | (28.7-35.3) | 32.0 | (26.8-37.1) |
| **Poverty Status** | **200% or Less** | 30.3 | (25.9-34.8) | 32.1 | (24.6-39.5) |
| | **More than 200%** | 32.5 | (29.3-35.7) | 30.8 | (25.3-36.3) |

DS: Data suppressed due to < 30 responses

**Table 8.10.A**
**Preference To Receive Health Information**
**Medical Professional**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How do you prefer to get health and wellness information?* |
|---|---|

| Demographic Characteristics | | Region n=7322 | | St. Louis County n=2148 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **60.1%** | **(57.4-62.7)** | **62.6%** | **(58.3-66.9)** |
| **Sex** | **Male** | 59.5 | (55.1-63.9) | 65.6 | (58.7-72.5) |
| | **Female** | 60.7 | (57.9-63.6) | 59.6 | (54.6-64.6) |
| **Age** | **18 to 34** | 53.7 | (46.3-61.1) | 58.6 | (48.0-69.2) |
| | **35 to 44** | 56.8 | (49.5-64.2) | 62.5 | (50.5-74.4) |
| | **45 to 54** | 56.0 | (50.2-61.8) | 60.5 | (50.1-70.8) |
| | **55 to 64** | 64.3 | (60.3-68.3) | 65.5 | (58.2-72.8) |
| | **65 to 74** | 68.7 | (64.6-72.8) | 69.9 | (62.4-77.4) |
| | **75 and older** | 67.8 | (62.1-73.5) | 63.3 | (52.7-73.8) |
| **Education** | **Less than H.S.** | 46.8 | (34.6-59.1) | 46.1 | (25.1-67.0) |
| | **H.S. Graduate** | 57.1 | (51.2-62.9) | 58.3 | (47.3-69.3) |
| | **Some College** | 63.2 | (58.3-68.2) | 71.1 | (64.1-78.0) |
| | **Voc./Assoc. Degree** | 62.4 | (57.1-67.7) | 63.3 | (54.1-72.5) |
| | **College Graduate** | 63.0 | (59.3-66.7) | 61.2 | (55.4-67.0) |
| **Poverty Status** | **200% or Less** | 54.9 | (49.9-59.9) | 55.9 | (47.6-64.1) |
| | **More than 200%** | 62.8 | (59.7-65.9) | 66.2 | (61.3-71.2) |

DS: Data suppressed due to < 30 responses

**Table 8.10.B**
**Preference To Receive Health Information**
**Websites Or Internet**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How do you prefer to get health and wellness information?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7322** | | **St. Louis County n=2148** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **36.3%** | **(33.7-38.9)** | **38.2%** | **(33.8-42.7)** |
| **Sex** | **Male** | 34.3 | (30.0-38.7) | 37.7 | (30.2-45.2) |
| | **Female** | 38.3 | (35.6-41.0) | 38.8 | (34.1-43.4) |
| **Age** | **18 to 34** | 47.5 | (40.1-54.9) | 48.1 | (37.0-59.2) |
| | **35 to 44** | 37.2 | (30.4-44.0) | 37.9 | (26.2-49.5) |
| | **45 to 54** | 43.6 | (37.9-49.4) | 47.4 | (36.9-58.0) |
| | **55 to 64** | 36.3 | (32.4-40.2) | 38.4 | (31.2-45.5) |
| | **65 to 74** | 25.5 | (21.0-30.0) | 28.8 | (20.1-37.5) |
| | **75 and older** | 9.2 | (6.4-11.9) | 6.3 | (2.0-10.7) |
| **Education** | **Less than H.S.** | 11.6 | (2.5-20.8) | 14.6 | (0.0-33.1) |
| | **H.S. Graduate** | 21.6 | (17.2-26.0) | 20.0 | (12.7-27.4) |
| | **Some College** | 41.7 | (36.0-47.5) | 45.1 | (35.6-54.5) |
| | **Voc./Assoc. Degree** | 42.9 | (37.8-48.0) | 43.4 | (34.5-52.3) |
| | **College Graduate** | 52.5 | (48.9-56.1) | 52.5 | (46.9-58.2) |
| **Poverty Status** | **200% or Less** | 26.7 | (22.4-30.9) | 26.2 | (19.6-32.8) |
| | **More than 200%** | 42.1 | (38.7-45.4) | 44.0 | (38.2-49.8) |

DS: Data suppressed due to < 30 responses

**Table 8.10.C**
**Preference To Receive Health Information**
**Brochures Or Other Printed Material**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How do you prefer to get health and wellness information?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7322** | | **St. Louis County n=2148** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **28.7%** | **(26.5-30.9)** | **27.2%** | **(23.6-30.7)** |
| **Sex** | **Male** | 24.1 | (20.7-27.5) | 21.8 | (16.5-27.1) |
| | **Female** | 33.4 | (30.8-36.0) | 32.5 | (28.1-37.0) |
| **Age** | **18 to 34** | 19.4 | (14.6-24.2) | 15.0 | (9.4-20.5) |
| | **35 to 44** | 28.8 | (21.6-36.1) | 35.2 | (22.5-47.9) |
| | **45 to 54** | 27.1 | (22.4-31.8) | 26.6 | (18.2-35.0) |
| | **55 to 64** | 34.2 | (30.5-37.9) | 32.3 | (25.7-39.0) |
| | **65 to 74** | 33.2 | (29.2-37.2) | 31.2 | (24.0-38.4) |
| | **75 and older** | 38.5 | (32.8-44.1) | 39.4 | (29.0-49.8) |
| **Education** | **Less than H.S.** | 23.0 | (14.2-31.9) | 25.0 | (8.6-41.4) |
| | **H.S. Graduate** | 27.7 | (23.1-32.3) | 25.4 | (16.9-33.8) |
| | **Some College** | 33.7 | (28.8-38.5) | 31.0 | (23.5-38.4) |
| | **Voc./Assoc. Degree** | 25.5 | (21.8-29.3) | 24.9 | (18.5-31.2) |
| | **College Graduate** | 27.3 | (24.2-30.4) | 26.4 | (21.6-31.3) |
| **Poverty Status** | **200% or Less** | 31.6 | (27.5-35.8) | 32.3 | (25.3-39.3) |
| | **More than 200%** | 27.6 | (24.8-30.3) | 25.7 | (21.2-30.1) |

DS: Data suppressed due to < 30 responses

**Table 8.10.D**
**Preference To Receive Health Information**
**Email Alert Or E-Newsletter**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How do you prefer to get health and wellness information?* |
|---|---|

| Demographic Characteristics | | Region n=7322 | | St. Louis County n=2148 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **28.4%** | **(26.1-30.7)** | **29.7%** | **(25.8-33.6)** |
| **Sex** | **Male** | 26.0 | (22.3-29.6) | 26.3 | (20.4-32.2) |
| | **Female** | 30.8 | (28.1-33.5) | 33.1 | (28.3-37.8) |
| **Age** | **18 to 34** | 33.8 | (27.4-40.2) | 34.5 | (25.2-43.8) |
| | **35 to 44** | 36.6 | (29.3-43.9) | 38.0 | (25.5-50.5) |
| | **45 to 54** | 32.8 | (27.4-38.2) | 37.5 | (27.6-47.5) |
| | **55 to 64** | 24.5 | (21.3-27.7) | 24.6 | (18.9-30.3) |
| | **65 to 74** | 21.5 | (18.3-24.7) | 19.2 | (13.8-24.6) |
| | **75 and older** | 12.9 | (8.7-17.0) | 14.7 | (6.7-22.6) |
| **Education** | **Less than H.S.** | 15.2 | (4.2-26.2) | 2.9 | (0.0-7.3) |
| | **H.S. Graduate** | 21.7 | (17.1-26.2) | 25.7 | (16.7-34.7) |
| | **Some College** | 29.0 | (24.3-33.7) | 28.1 | (20.5-35.8) |
| | **Voc./Assoc. Degree** | 28.9 | (24.5-33.3) | 26.3 | (19.2-33.5) |
| | **College Graduate** | 39.8 | (36.1-43.5) | 43.4 | (37.7-49.2) |
| **Poverty Status** | **200% or Less** | 22.1 | (18.0-26.2) | 23.5 | (16.9-30.0) |
| | **More than 200%** | 32.0 | (29.1-34.9) | 32.5 | (27.6-37.4) |

DS: Data suppressed due to < 30 responses

# CHAPTER 9 | Social Determinants of Health

The combination of social and physical environments, access to health services, and structural and societal factors drive social determinants of health. These structures and systems are shaped by the distribution of wealth, power, and resources at all levels of society.[1] Resources that enhance quality of life, such as good schools, employment opportunities, suitable housing, safe environments, and availability of healthy foods, can significantly influence health outcomes.

In 2019, approximately 10.5% (35.2 million people) in the U.S. lived in food insecure homes where at times during the year they were uncertain of having or unable to acquire enough food to meet the needs of their household.[2] Food insecurity levels in the U.S. have been on a downward trend since 2011 when they peaked at 14.9%. The prevalence of food insecurity continues to be unevenly distributed among household types, with greater impact on black and Hispanic households, single parent households, and households with children.[3] The COVID-19 pandemic is projected to reverse the downward trend in 2020 due to new individuals experiencing food insecurity and greater severity among those affected before the pandemic. Feeding America estimates that 45 million people in the U.S. experienced food insecurity in 2020, and projects a slow return to pre-pandemic levels.[4]

To address food insecurity in the Northland, the *2005*, *2010*, *2015,* and *2020 Bridge to Health Surveys* asked respondents about their use of community food shelves. New in 2020, respondents were asked to specify barriers to obtaining food.

Transportation is considered an important component of health care access, particularly impacting management of chronic illnesses through missed or delayed appointments and medication use. In the U.S., individuals living in rural areas report greater difficulties with transportation and travel distance to health care providers than their urban counterparts.[5] The prevalence of transportation barriers varies across groups, disproportionately higher among racial and ethnic minorities and people with lower incomes.[6] The *2015* and *2020 Bridge to Health Surveys* asked respondents whether they experienced transportation barriers for medical, work, and school needs, to purchase groceries, to visit friends/relatives, and to participate in recreational activities, all of which contribute to an individual's quality of life.

Research on the connection between housing and health highlights housing stability, safety and quality, affordability, and neighborhoods as significant pathways to achieving better health outcomes.[7] Housing disparities have been persistent despite federal mandates, dating back to 1949, to provide quality housing for every American family.[8] High rent costs, moving frequently, overcrowding, substandard housing conditions, and neighborhoods with fewer amenities are common examples of housing instability that are concentrated disproportionately in lower income and ethnic and racial minority groups.[9]

Encompassed within housing and more broadly within the built environment, is internet access. Broadband service, affordable subscriptions and devices, and skilled users have become hallmarks of a healthy community.[10] Internet access is an essential component of the social determinants of health owing to its ubiquitous influence on economic and social outcomes. The availability of internet service, particularly broadband, and the ability to utilize available services can vary greatly by geographic location and social strata.

The economic crisis and mandatory shift to remote workplace and classroom settings, and virtual healthcare visits due to the COVID-19 pandemic has placed a spotlight on both the housing inequities and digital divide in our country. In an effort to learn more about the state of these social determinants of health in our region, new questions were added to the *2020 Bridge to Health Survey*. Respondents were asked about barriers to obtaining and keeping housing, and housing losses due to the COVID-19 pandemic. Respondents were also asked for the first time about internet access in their homes and barriers to internet use.

**SURVEY COMPARISON**

*Bridge to Health Survey* trend data and comparisons by nation, state, and region, are provided in the three figures below. Lack of internet access in the survey area was comparable to the national level, but higher than the Minnesota state level (Fig. 9.1). The prevalence of food shelf use was up from 2015 (Fig. 9.2), likely due to the impact of the COVID-19 pandemic on employment and poverty status. Similarly, visits to food shelves in Minnesota during 2020 were up 6.6% overall from 2019, with an increase of 31% for adults age 65+, and 6.7% for children.[11] Although transportation barriers were higher among those with lower incomes in 2020 (Fig. 9.8), the prevalence of transportation barriers among those with lower incomes decreased from 2015 (Fig. 9.3). Across the region, barriers to obtaining food ranged from 16.0% in Lake County to 32.5% in Duluth (Fig. 9.4), and barriers to internet access ranged from 14.5% in Cook County to 42.9% in Aitkin County (Fig. 9.5).

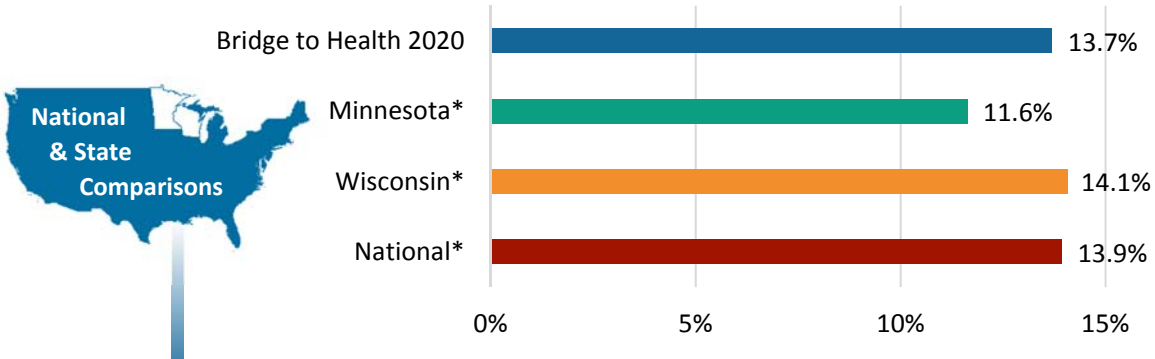



**FIGURE 9.1 – Households without Internet Access by Region, State, Nation**

**American Community Survey 2019: 5 – Year Estimates*[12]

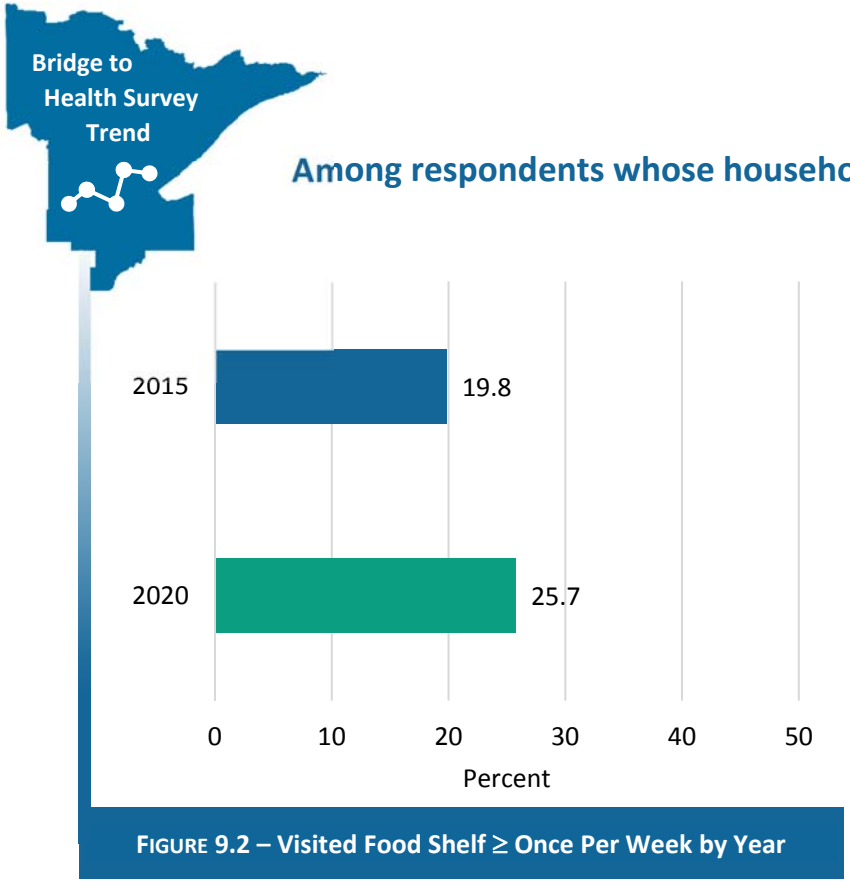



FIGURE 9.2 – Visited Food Shelf ≥ Once Per Week by Year

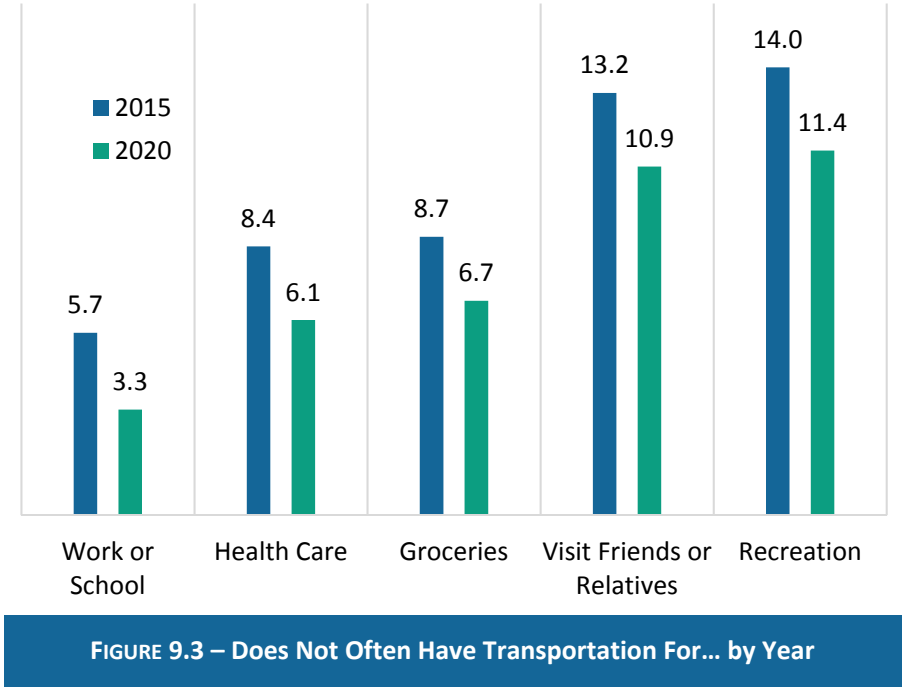
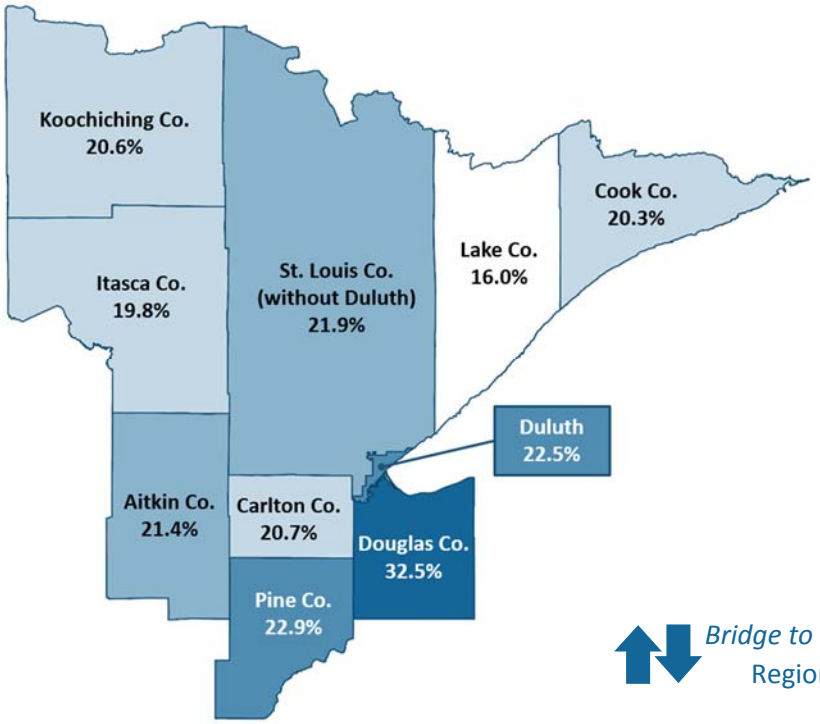
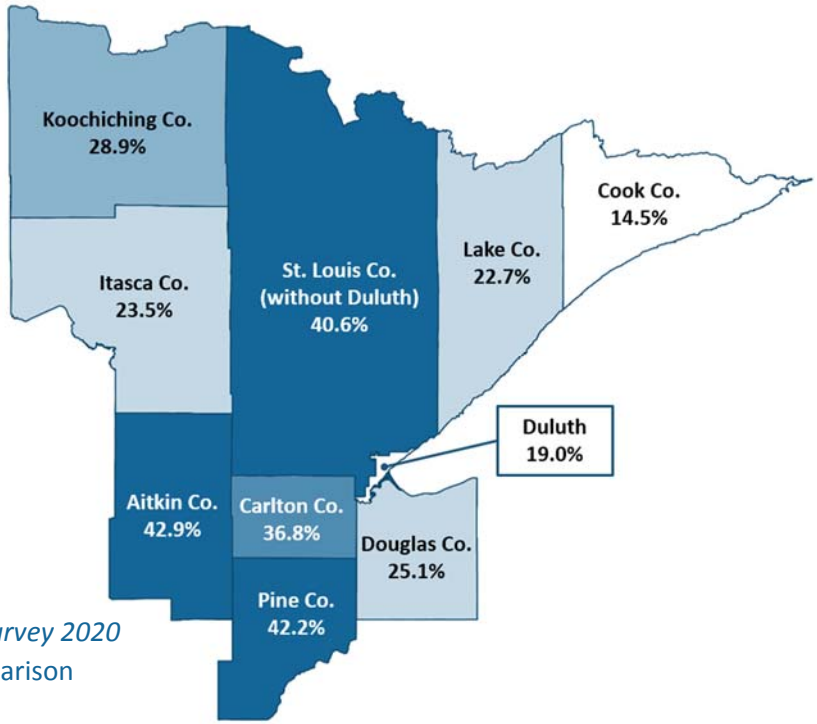



FIGURE 9.3 – Does Not Often Have Transportation For… by Year




*Bridge to Health Survey 2020*
Regional Comparison

**FIGURE 9.4 – Prevalence of Food Barriers by Strata**

**FIGURE 9.5 –Prevalence of Internet Barriers by Strata**

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**Table 9.1**
**Food Insecurity - Visit Food Shelf or Pantry**
**One Or More Times Per Month**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *How often do you or others in your household buy or get food from the following places…food shelf or pantry?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=6211** | | **St. Louis County n=1827** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **10.3%** | **(8.4-12.1)** | **8.9%** | **(6.4-11.4)** |
| **Sex** | **Male** | 10.1 | (7.1-13.2) | 6.6 | (3.8-9.4) |
| | **Female** | 10.4 | (8.2-12.6) | 11.1 | (7.1-15.0) |
| **Age** | **18 to 34** | 12.1 | (7.1-17.1) | 9.1 | (3.7-14.5) |
| | **35 to 44** | 14.1 | (8.2-20.0) | 12.6 | (3.7-21.4) |
| | **45 to 54** | 8.0 | (5.3-10.7) | 6.3 | (1.9-10.8) |
| | **55 to 64** | 10.3 | (7.7-12.9) | 12.4 | (7.6-17.2) |
| | **65 to 74** | 7.1 | (4.9-9.4) | 5.4 | (1.7-9.1) |
| | **75 and older** | 6.2 | (3.2-9.2) | 4.4 | (0.0-9.0) |
| **Education** | **Less than H.S.** | 24.2 | (9.9-38.5) | 18.5 | (1.1-35.9) |
| | **H.S. Graduate** | 13.8 | (9.6-18.0) | 10.8 | (4.0-17.7) |
| | **Some College** | 10.7 | (7.4-13.9) | 9.9 | (5.4-14.3) |
| | **Voc./Assoc. Degree** | 8.2 | (5.4-11.0) | 10.7 | (5.6-15.9) |
| | **College Graduate** | 3.4 | (1.8-5.1) | 3.7 | (0.9-6.5) |
| **Poverty Status** | **200% or Less** | 25.7 | (20.8-30.7) | 25.2 | (18.0-32.5) |
| | **More than 200%** | 2.8 | (1.8-3.9) | 1.8 | (0.8-2.8) |

DS: Data suppressed due to < 30 responses

**Table 9.2.A**
**Food Insecurity - Food Barriers**
**Have Barriers to Getting Food**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Are there any barriers to having adequate food for your household? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7486** | | **St. Louis County n=2185** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **22.7%** | **(20.3-25.0)** | **22.1%** | **(18.4-25.9)** |
| **Sex** | **Male** | 20.7 | (16.8-24.5) | 18.7 | (12.5-25.0) |
| | **Female** | 24.7 | (22.2-27.1) | 25.6 | (21.3-29.8) |
| **Age** | **18 to 34** | 29.0 | (22.8-35.3) | 23.6 | (15.3-31.9) |
| | **35 to 44** | 30.8 | (23.5-38.0) | 30.7 | (18.2-43.2) |
| | **45 to 54** | 26.1 | (20.8-31.5) | 28.8 | (19.1-38.6) |
| | **55 to 64** | 16.0 | (13.3-18.7) | 16.0 | (11.2-20.8) |
| | **65 to 74** | 12.5 | (8.2-16.8) | 14.2 | (5.6-22.9) |
| | **75 and older** | 16.1 | (11.6-20.7) | 17.6 | (8.9-26.2) |
| **Education** | **Less than H.S.** | 34.5 | (22.3-46.7) | 39.7 | (18.6-60.9) |
| | **H.S. Graduate** | 25.4 | (20.1-30.6) | 25.7 | (16.4-35.1) |
| | **Some College** | 24.1 | (19.9-28.4) | 23.4 | (16.7-30.1) |
| | **Voc./Assoc. Degree** | 20.3 | (15.9-24.8) | 19.7 | (11.9-27.5) |
| | **College Graduate** | 15.1 | (12.7-17.6) | 13.8 | (10.0-17.6) |
| **Poverty Status** | **200% or Less** | 40.2 | (35.3-45.1) | 45.1 | (37.0-53.1) |
| | **More than 200%** | 14.1 | (11.8-16.5) | 12.0 | (8.4-15.6) |

DS: Data suppressed due to < 30 responses

**Table 9.2.B**
**Food Insecurity - Food Barriers**
**Cost Of Food**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Are there any barriers to having adequate food for your household? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=1460** | | **St. Louis County n=493** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **57.8%** | **(52.0-63.6)** | **56.2%** | **(46.4-66.0)** |
| **Sex** | **Male** | 54.8 | (44.1-65.5) | 51.5 | (32.8-70.2) |
| | **Female** | 60.4 | (54.7-66.0) | 59.7 | (50.2-69.2) |
| **Age** | **18 to 34** | 63.6 | (51.5-75.7) | 56.8 | (37.0-76.5) |
| | **35 to 44** | 66.3 | (52.7-79.9) | 68.5 | (45.1-92.0) |
| | **45 to 54** | 49.7 | (37.5-61.9) | 54.7 | (34.6-74.8) |
| | **55 to 64** | 57.1 | (48.3-65.9) | 54.6 | (38.9-70.3) |
| | **65 to 74** | 44.9 | (27.1-62.6) | 40.3 | (10.5-70.2) |
| | **75 and older** | 44.2 | (28.7-59.7) | DS | DS |
| **Education** | **Less than H.S.** | 42.0 | (19.8-64.2) | DS | DS |
| | **H.S. Graduate** | 68.9 | (57.5-80.3) | 66.8 | (45.2-88.3) |
| | **Some College** | 57.9 | (48.3-67.6) | 58.8 | (43.6-74.1) |
| | **Voc./Assoc. Degree** | 57.6 | (44.5-70.6) | 61.9 | (37.8-86.0) |
| | **College Graduate** | 44.6 | (35.8-53.4) | 42.8 | (27.9-57.6) |
| **Poverty Status** | **200% or Less** | 66.7 | (58.5-75.0) | 64.9 | (51.3-78.5) |
| | **More than 200%** | 48.8 | (40.0-57.6) | 48.7 | (32.8-64.6) |

DS: Data suppressed due to < 30 responses

**Table 9.2.C**
**Food Insecurity - Food Barriers**
**COVID-19 Pandemic**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Are there any barriers to having adequate food for your household? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=1460** | | **St. Louis County n=493** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **41.2%** | **(35.4-46.9)** | **43.4%** | **(33.6-53.1)** |
| **Sex** | **Male** | 38.8 | (28.3-49.2) | 38.6 | (19.7-57.5) |
| | **Female** | 43.2 | (37.3-49.0) | 46.8 | (37.2-56.5) |
| **Age** | **18 to 34** | 34.0 | (22.3-45.8) | 38.1 | (18.1-58.1) |
| | **35 to 44** | 36.1 | (22.1-50.0) | 35.9 | (11.8-60.0) |
| | **45 to 54** | 43.0 | (31.1-54.9) | 43.2 | (23.5-63.0) |
| | **55 to 64** | 47.5 | (38.5-56.6) | 50.2 | (34.2-66.2) |
| | **65 to 74** | 62.5 | (46.9-78.2) | 68.7 | (43.6-93.7) |
| | **75 and older** | 48.3 | (32.6-63.9) | DS | DS |
| **Education** | **Less than H.S.** | 37.4 | (14.1-60.6) | DS | DS |
| | **H.S. Graduate** | 42.3 | (30.3-54.4) | 43.6 | (22.4-64.8) |
| | **Some College** | 42.4 | (33.0-51.8) | 40.3 | (25.6-54.9) |
| | **Voc./Assoc. Degree** | 33.1 | (22.8-43.4) | 25.0 | (10.0-40.0) |
| | **College Graduate** | 44.5 | (35.8-53.3) | 55.5 | (40.7-70.3) |
| **Poverty Status** | **200% or Less** | 38.1 | (29.9-46.3) | 40.7 | (27.3-54.1) |
| | **More than 200%** | 40.6 | (32.4-48.8) | 39.6 | (25.1-54.0) |

DS: Data suppressed due to < 30 responses

**Table 9.2.D**
**Food Insecurity - Food Barriers**
**Lack Of Time To Shop**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Are there any barriers to having adequate food for your household? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=1460 | | St. Louis County n=493 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **13.4%** | **(9.9-17.0)** | **11.6%** | **(6.2-17.0)** |
| **Sex** | **Male** | 13.4 | (6.9-19.9) | 10.7 | (0.1-21.4) |
| | **Female** | 13.5 | (10.0-16.9) | 12.2 | (7.0-17.4) |
| **Age** | **18 to 34** | 19.7 | (12.1-27.3) | 18.0 | (6.5-29.5) |
| | **35 to 44** | 19.0 | (7.8-30.1) | 17.2 | (0.0-36.1) |
| | **45 to 54** | 9.6 | (4.9-14.4) | 7.5 | (1.1-13.9) |
| | **55 to 64** | 6.8 | (2.0-11.7) | 7.9 | (0.0-16.1) |
| | **65 to 74** | 2.8 | (0.0-5.8) | 0.1 | (0.0-0.2) |
| | **75 and older** | 3.1 | (0.0-7.0) | DS | DS |
| **Education** | **Less than H.S.** | 5.2 | (0.0-10.6) | DS | DS |
| | **H.S. Graduate** | 4.5 | (1.6-7.4) | 2.5 | (0.0-6.0) |
| | **Some College** | 20.4 | (11.1-29.7) | 20.0 | (5.4-34.6) |
| | **Voc./Assoc. Degree** | 13.4 | (6.8-20.0) | 13.7 | (2.7-24.8) |
| | **College Graduate** | 25.2 | (18.1-32.3) | 19.3 | (10.0-28.6) |
| **Poverty Status** | **200% or Less** | 9.2 | (5.6-12.8) | 9.2 | (4.1-14.3) |
| | **More than 200%** | 20.5 | (13.4-27.6) | 17.8 | (5.3-30.2) |

DS: Data suppressed due to < 30 responses

**Table 9.3.A**
**Access To Transportation - Only Sometimes or Hardly Ever**
**Work Or School**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Do you have access to transportation when you need it for…?* |
|---|---|

| Demographic Characteristics | | Region n=7127 | | St. Louis County n=2080 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **1.4%** | **(0.8-2.0)** | **1.2%** | **(0.4-2.1)** |
| **Sex** | **Male** | 1.4 | (0.6-2.3) | 1.2 | (0.3-2.0) |
| | **Female** | 1.3 | (0.5-2.1) | 1.3 | (0.0-2.7) |
| **Age** | **18 to 34** | 1.2 | (0.1-2.3) | 0.6 | (0.0-1.2) |
| | **35 to 44** | 3.5 | (0.7-6.3) | 2.6 | (0.0-6.2) |
| | **45 to 54** | 2.5 | (0.7-4.4) | 3.7 | (0.0-7.4) |
| | **55 to 64** | 0.4 | (0.0-0.7) | 0.6 | (0.0-1.3) |
| | **65 to 74** | 0.1 | (0.0-0.2) | 0.0 | (0.0-0.0) |
| | **75 and older** | 0.2 | (0.0-0.4) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 1.9 | (0.0-4.5) | 1.4 | (0.0-3.5) |
| | **H.S. Graduate** | 1.5 | (0.1-2.8) | 1.2 | (0.0-3.1) |
| | **Some College** | 2.0 | (0.6-3.5) | 1.9 | (0.0-3.9) |
| | **Voc./Assoc. Degree** | 0.8 | (0.3-1.3) | 0.4 | (0.0-0.9) |
| | **College Graduate** | 0.6 | (0.1-1.2) | 0.9 | (0.0-1.8) |
| **Poverty Status** | **200% or Less** | 3.3 | (1.5-5.2) | 2.7 | (0.1-5.3) |
| | **More than 200%** | 0.5 | (0.2-0.9) | 0.7 | (0.1-1.3) |

DS: Data suppressed due to < 30 responses

**Table 9.3.B**
**Access To Transportation - Only Sometimes or Hardly Ever**
**Medical/Health Care**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Do you have access to transportation when you need it for…?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7446** | | **St. Louis County n=2172** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **2.7%** | **(2.0-3.5)** | **3.1%** | **(1.9-4.3)** |
| **Sex** | **Male** | 2.4 | (1.4-3.4) | 2.1 | (0.9-3.4) |
| | **Female** | 3.0 | (1.9-4.1) | 4.1 | (2.1-6.2) |
| **Age** | **18 to 34** | 2.4 | (1.0-3.8) | 2.9 | (0.8-5.1) |
| | **35 to 44** | 4.0 | (1.2-6.8) | 3.4 | (0.0-7.1) |
| | **45 to 54** | 5.1 | (2.4-7.8) | 7.1 | (2.1-12.2) |
| | **55 to 64** | 1.6 | (0.8-2.5) | 2.0 | (0.4-3.6) |
| | **65 to 74** | 1.9 | (0.8-3.0) | 2.0 | (0.0-4.1) |
| | **75 and older** | 1.5 | (0.6-2.4) | 0.9 | (0.0-2.2) |
| **Education** | **Less than H.S.** | 4.9 | (0.3-9.6) | 7.6 | (0.0-17.0) |
| | **H.S. Graduate** | 2.9 | (1.6-4.3) | 3.8 | (1.2-6.3) |
| | **Some College** | 3.3 | (1.7-4.9) | 2.8 | (0.6-5.0) |
| | **Voc./Assoc. Degree** | 2.4 | (0.6-4.2) | 3.3 | (0.0-6.7) |
| | **College Graduate** | 1.3 | (0.5-2.1) | 1.7 | (0.4-3.1) |
| **Poverty Status** | **200% or Less** | 6.1 | (4.0-8.3) | 7.9 | (4.0-11.8) |
| | **More than 200%** | 1.1 | (0.6-1.6) | 1.3 | (0.5-2.1) |

DS: Data suppressed due to < 30 responses

**Table 9.3.C**
**Access To Transportation - Only Sometimes or Hardly Ever**
**Groceries**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Do you have access to transportation when you need it for…?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7452** | | **St. Louis County n=2181** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **2.7%** | **(2.0-3.4)** | **2.9%** | **(1.9-4.0)** |
| **Sex** | **Male** | 3.0 | (1.8-4.2) | 3.1 | (1.6-4.6) |
| | **Female** | 2.4 | (1.6-3.2) | 2.7 | (1.2-4.2) |
| **Age** | **18 to 34** | 2.1 | (0.7-3.6) | 2.0 | (0.4-3.6) |
| | **35 to 44** | 4.5 | (1.5-7.4) | 4.1 | (0.2-8.0) |
| | **45 to 54** | 4.3 | (2.2-6.4) | 5.2 | (1.4-9.0) |
| | **55 to 64** | 1.6 | (0.8-2.3) | 1.8 | (0.3-3.2) |
| | **65 to 74** | 2.7 | (1.1-4.3) | 4.2 | (0.9-7.5) |
| | **75 and older** | 1.5 | (0.5-2.4) | 1.1 | (0.0-2.7) |
| **Education** | **Less than H.S.** | 3.4 | (0.9-5.8) | 2.3 | (0.2-4.5) |
| | **H.S. Graduate** | 3.0 | (1.5-4.5) | 2.7 | (0.7-4.7) |
| | **Some College** | 3.7 | (2.0-5.4) | 4.6 | (1.9-7.2) |
| | **Voc./Assoc. Degree** | 2.7 | (0.9-4.5) | 3.7 | (0.3-7.0) |
| | **College Graduate** | 1.0 | (0.4-1.6) | 1.2 | (0.2-2.1) |
| **Poverty Status** | **200% or Less** | 6.7 | (4.5-8.8) | 7.5 | (4.1-10.9) |
| | **More than 200%** | 0.9 | (0.5-1.3) | 1.1 | (0.4-1.8) |

DS: Data suppressed due to < 30 responses

**Table 9.3.D**
**Access To Transportation - Only Sometimes or Hardly Ever**
**See Friends Or Relatives**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Do you have access to transportation when you need it for…?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7400** | | **St. Louis County n=2169** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **4.7%** | **(3.7-5.7)** | **4.7%** | **(3.3-6.0)** |
| **Sex** | **Male** | 4.3 | (2.8-5.8) | 3.3 | (1.8-4.8) |
| | **Female** | 5.1 | (3.8-6.4) | 6.0 | (3.8-8.3) |
| **Age** | **18 to 34** | 3.8 | (1.5-6.1) | 2.6 | (0.7-4.5) |
| | **35 to 44** | 5.0 | (2.1-8.0) | 5.2 | (1.0-9.3) |
| | **45 to 54** | 7.5 | (4.5-10.5) | 9.4 | (3.9-14.8) |
| | **55 to 64** | 3.7 | (2.5-5.0) | 3.4 | (1.4-5.4) |
| | **65 to 74** | 4.6 | (2.5-6.8) | 6.3 | (1.9-10.7) |
| | **75 and older** | 4.2 | (2.6-5.8) | 3.3 | (0.8-5.7) |
| **Education** | **Less than H.S.** | 12.2 | (4.0-20.4) | 10.9 | (0.0-22.0) |
| | **H.S. Graduate** | 5.7 | (3.8-7.7) | 5.5 | (2.5-8.6) |
| | **Some College** | 4.9 | (3.1-6.7) | 5.0 | (2.3-7.7) |
| | **Voc./Assoc. Degree** | 3.8 | (2.3-5.3) | 4.9 | (2.2-7.6) |
| | **College Graduate** | 1.5 | (0.9-2.2) | 1.8 | (0.7-3.0) |
| **Poverty Status** | **200% or Less** | 10.9 | (8.1-13.7) | 10.6 | (6.5-14.7) |
| | **More than 200%** | 1.8 | (1.1-2.4) | 2.3 | (1.2-3.4) |

DS: Data suppressed due to < 30 responses

**Table 9.3.E**
**Access To Transportation - Only Sometimes or Hardly Ever**
**Recreation**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Do you have access to transportation when you need it for…?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7348** | | **St. Louis County n=2153** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **4.8%** | **(3.9-5.8)** | **5.1%** | **(3.6-6.7)** |
| **Sex** | **Male** | 4.8 | (3.4-6.1) | 4.2 | (2.4-5.9) |
| | **Female** | 4.9 | (3.5-6.3) | 6.1 | (3.6-8.6) |
| **Age** | **18 to 34** | 3.7 | (1.8-5.5) | 3.4 | (1.1-5.8) |
| | **35 to 44** | 7.0 | (3.2-10.9) | 7.7 | (1.4-14.0) |
| | **45 to 54** | 6.7 | (4.1-9.4) | 8.1 | (3.5-12.7) |
| | **55 to 64** | 3.5 | (2.3-4.8) | 3.2 | (1.2-5.2) |
| | **65 to 74** | 4.3 | (2.2-6.4) | 5.5 | (1.2-9.8) |
| | **75 and older** | 5.1 | (3.0-7.2) | 5.8 | (2.0-9.5) |
| **Education** | **Less than H.S.** | 7.6 | (2.6-12.6) | 7.7 | (0.0-16.4) |
| | **H.S. Graduate** | 6.5 | (4.4-8.6) | 6.4 | (3.1-9.7) |
| | **Some College** | 5.4 | (3.3-7.6) | 6.2 | (2.6-9.7) |
| | **Voc./Assoc. Degree** | 4.2 | (2.1-6.3) | 5.7 | (1.7-9.6) |
| | **College Graduate** | 1.5 | (0.9-2.2) | 1.9 | (0.8-3.0) |
| **Poverty Status** | **200% or Less** | 11.4 | (8.7-14.2) | 12.9 | (8.0-17.7) |
| | **More than 200%** | 1.9 | (1.2-2.5) | 2.3 | (1.2-3.4) |

DS: Data suppressed due to < 30 responses

**Table 9.4.A**
**Housing Type**
**Own**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Do you own or rent your home?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7458** | | **St. Louis County n=2177** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **77.6%** | **(75.3-79.9)** | **76.3%** | **(72.7-80.0)** |
| **Sex** | **Male** | 79.6 | (76.1-83.2) | 81.0 | (76.1-85.9) |
| | **Female** | 75.6 | (72.7-78.4) | 71.6 | (66.6-76.6) |
| **Age** | **18 to 34** | 68.9 | (62.4-75.4) | 69.8 | (61.0-78.5) |
| | **35 to 44** | 72.4 | (65.1-79.6) | 71.9 | (60.1-83.6) |
| | **45 to 54** | 79.1 | (74.0-84.2) | 74.6 | (65.2-84.0) |
| | **55 to 64** | 85.2 | (82.2-88.2) | 83.7 | (78.1-89.4) |
| | **65 to 74** | 88.6 | (86.3-91.0) | 91.2 | (87.7-94.8) |
| | **75 and older** | 75.6 | (70.6-80.6) | 71.7 | (62.1-81.2) |
| **Education** | **Less than H.S.** | 52.0 | (39.7-64.3) | 50.8 | (30.5-71.1) |
| | **H.S. Graduate** | 72.0 | (66.8-77.2) | 72.6 | (63.5-81.8) |
| | **Some College** | 77.5 | (73.3-81.6) | 72.2 | (65.1-79.3) |
| | **Voc./Assoc. Degree** | 87.5 | (84.9-90.2) | 86.4 | (82.1-90.7) |
| | **College Graduate** | 87.6 | (85.4-89.8) | 86.3 | (82.9-89.7) |
| **Poverty Status** | **200% or Less** | 53.4 | (48.5-58.3) | 47.9 | (39.9-55.9) |
| | **More than 200%** | 89.5 | (87.8-91.3) | 88.8 | (86.0-91.6) |

DS: Data suppressed due to < 30 responses

**Table 9.4.B**
**Housing Type**
**Rent**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Do you own or rent your home?* |
|---|---|

| Demographic Characteristics | | Region n=7458 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **17.4%** | **(15.4-19.4)** | **18.5%** | **(15.4-21.7)** |
| **Sex** | **Male** | 15.8 | (12.6-18.9) | 15.2 | (10.8-19.6) |
| | **Female** | 19.1 | (16.7-21.6) | 21.9 | (17.6-26.3) |
| **Age** | **18 to 34** | 23.1 | (17.8-28.5) | 23.4 | (16.2-30.7) |
| | **35 to 44** | 24.3 | (17.3-31.3) | 23.2 | (12.2-34.3) |
| | **45 to 54** | 18.1 | (13.1-23.0) | 23.5 | (14.3-32.8) |
| | **55 to 64** | 11.2 | (8.9-13.4) | 11.4 | (7.4-15.4) |
| | **65 to 74** | 8.3 | (6.4-10.2) | 6.9 | (3.9-9.9) |
| | **75 and older** | 16.9 | (12.7-21.0) | 18.3 | (10.4-26.2) |
| **Education** | **Less than H.S.** | 36.3 | (24.5-48.2) | 45.6 | (25.3-65.8) |
| | **H.S. Graduate** | 21.9 | (17.4-26.4) | 19.1 | (12.0-26.3) |
| | **Some College** | 17.5 | (13.8-21.2) | 21.5 | (15.2-27.8) |
| | **Voc./Assoc. Degree** | 9.8 | (7.5-12.2) | 11.5 | (7.6-15.4) |
| | **College Graduate** | 9.9 | (8.0-11.8) | 11.4 | (8.4-14.3) |
| **Poverty Status** | **200% or Less** | 37.6 | (32.9-42.4) | 42.5 | (34.6-50.3) |
| | **More than 200%** | 7.8 | (6.3-9.3) | 8.7 | (6.2-11.1) |

DS: Data suppressed due to < 30 responses

**Table 9.5.A**
**Housing Barriers**
**Barriers to Obtaining Housing**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, have you experienced any issues obtaining housing? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=7176 | | St. Louis County n=2093 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **6.4%** | **(4.6-8.2)** | **6.5%** | **(3.7-9.4)** |
| **Sex** | **Male** | 6.1 | (3.2-8.9) | 5.3 | (1.4-9.3) |
| | **Female** | 6.8 | (4.6-9.0) | 7.8 | (3.7-11.8) |
| **Age** | **18 to 34** | 14.2 | (8.3-20.1) | 12.9 | (4.7-21.1) |
| | **35 to 44** | 5.9 | (2.9-9.0) | 5.9 | (1.1-10.6) |
| | **45 to 54** | 5.3 | (2.6-7.9) | 7.5 | (2.1-12.8) |
| | **55 to 64** | 3.1 | (1.9-4.2) | 2.4 | (0.6-4.2) |
| | **65 to 74** | 0.9 | (0.3-1.5) | 1.0 | (0.0-2.2) |
| | **75 and older** | 1.7 | (0.8-2.6) | 0.5 | (0.0-1.2) |
| **Education** | **Less than H.S.** | 13.3 | (1.2-25.4) | 8.0 | (0.0-18.6) |
| | **H.S. Graduate** | 8.8 | (4.1-13.5) | 10.7 | (1.4-19.9) |
| | **Some College** | 6.2 | (3.9-8.5) | 6.3 | (2.7-9.9) |
| | **Voc./Assoc. Degree** | 3.8 | (2.2-5.5) | 5.7 | (2.5-8.9) |
| | **College Graduate** | 3.1 | (2.0-4.2) | 2.7 | (1.1-4.3) |
| **Poverty Status** | **200% or Less** | 13.0 | (8.6-17.4) | 13.7 | (6.5-20.8) |
| | **More than 200%** | 2.7 | (1.5-3.8) | 2.3 | (0.9-3.6) |

DS: Data suppressed due to < 30 responses

**Table 9.5.B**
**Housing Barriers - Obtaining Housing**
**Lack Of Affordable Housing**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, have you experienced any issues obtaining housing? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=345 | | St. Louis County n=141 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **53.1%** | **(38.1-68.0)** | **61.6%** | **(38.5-84.6)** |
| **Sex** | **Male** | 34.2 | (15.0-53.4) | 41.5 | (6.9-76.1) |
| | **Female** | 70.5 | (58.4-82.6) | 75.7 | (59.1-92.3) |
| **Age** | **18 to 34** | 52.8 | (29.4-76.2) | 63.2 | (27.6-98.9) |
| | **35 to 44** | 59.2 | (33.2-85.2) | DS | DS |
| | **45 to 54** | 45.7 | (18.7-72.7) | DS | DS |
| | **55 to 64** | 52.1 | (33.1-71.0) | DS | DS |
| | **65 to 74** | 54.4 | (19.9-89.0) | DS | DS |
| | **75 and older** | 66.9 | (43.3-90.6) | DS | DS |
| **Education** | **Less than H.S.** | 29.9 | (0.0-68.8) | DS | DS |
| | **H.S. Graduate** | 52.5 | (23.5-81.5) | DS | DS |
| | **Some College** | 61.1 | (42.9-79.3) | 67.5 | (42.6-92.4) |
| | **Voc./Assoc. Degree** | 60.4 | (38.7-82.2) | 54.6 | (26.5-82.7) |
| | **College Graduate** | 59.3 | (41.8-76.7) | 49.6 | (19.1-80.2) |
| **Poverty Status** | **200% or Less** | 46.5 | (28.4-64.5) | 50.7 | (20.8-80.5) |
| | **More than 200%** | 51.4 | (30.0-72.9) | 54.5 | (25.3-83.7) |

DS: Data suppressed due to < 30 responses

**Table 9.5.C**
**Housing Barriers - Obtaining Housing**
**Initial Rent And Security Deposit**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, have you experienced any issues obtaining housing? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=345 | | St. Louis County n=141 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **38.3%** | **(24.1-52.4)** | **44.5%** | **(21.6-67.5)** |
| **Sex** | **Male** | 20.6 | (6.4-34.9) | 11.4 | (0.0-23.0) |
| | **Female** | 54.6 | (38.3-70.8) | 67.9 | (46.1-89.7) |
| **Age** | **18 to 34** | 42.1 | (19.9-64.4) | 48.4 | (13.5-83.3) |
| | **35 to 44** | 47.6 | (20.9-74.3) | DS | DS |
| | **45 to 54** | 10.4 | (1.6-19.1) | DS | DS |
| | **55 to 64** | 38.8 | (19.7-57.9) | DS | DS |
| | **65 to 74** | 42.9 | (7.9-77.9) | DS | DS |
| | **75 and older** | 35.1 | (8.3-61.8) | DS | DS |
| **Education** | **Less than H.S.** | 3.8 | (0.0-9.5) | DS | DS |
| | **H.S. Graduate** | 50.7 | (21.8-79.5) | DS | DS |
| | **Some College** | 44.1 | (25.2-63.0) | 50.8 | (21.2-80.3) |
| | **Voc./Assoc. Degree** | 33.0 | (13.2-52.8) | 38.1 | (12.0-64.2) |
| | **College Graduate** | 25.8 | (12.0-39.6) | 22.3 | (2.5-42.2) |
| **Poverty Status** | **200% or Less** | 38.9 | (22.5-55.2) | 37.0 | (12.6-61.5) |
| | **More than 200%** | 15.8 | (6.3-25.2) | 15.8 | (1.7-29.9) |

DS: Data suppressed due to < 30 responses

**Table 9.5.D**
**Housing Barriers - Obtaining Housing**
**Poor Credit Or Lack of Rental History**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, have you experienced any issues obtaining housing? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=345 | | St. Louis County n=141 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **37.6%** | **(23.1-52.1)** | **42.5%** | **(19.5-65.6)** |
| **Sex** | **Male** | 28.4 | (9.3-47.5) | 22.5 | (1.3-43.7) |
| | **Female** | 46.2 | (28.1-64.2) | 56.6 | (30.9-82.3) |
| **Age** | **18 to 34** | 36.7 | (14.3-59.1) | 41.9 | (7.0-76.9) |
| | **35 to 44** | 62.4 | (40.5-84.3) | DS | DS |
| | **45 to 54** | 30.1 | (8.2-52.1) | DS | DS |
| | **55 to 64** | 32.2 | (13.9-50.4) | DS | DS |
| | **65 to 74** | 4.9 | (0.0-14.6) | DS | DS |
| | **75 and older** | 13.8 | (0.0-38.2) | DS | DS |
| **Education** | **Less than H.S.** | 12.1 | (0.0-29.2) | DS | DS |
| | **H.S. Graduate** | 49.8 | (21.0-78.6) | DS | DS |
| | **Some College** | 46.0 | (26.7-65.3) | 48.0 | (18.4-77.5) |
| | **Voc./Assoc. Degree** | 32.5 | (11.0-54.1) | 31.4 | (3.7-59.0) |
| | **College Graduate** | 9.5 | (1.0-18.1) | 15.0 | (0.0-32.0) |
| **Poverty Status** | **200% or Less** | 28.6 | (14.7-42.4) | 28.9 | (7.4-50.4) |
| | **More than 200%** | 34.3 | (11.5-57.1) | 27.2 | (3.5-50.8) |

DS: Data suppressed due to < 30 responses

**Table 9.6.A**
**Housing Barriers**
**Barriers to Keeping Housing**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, have you experienced any issues keeping housing? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7278** | | **St. Louis County n=2128** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **7.2%** | **(5.4-8.9)** | **7.5%** | **(4.8-10.3)** |
| **Sex** | **Male** | 6.9 | (4.1-9.7) | 6.7 | (2.6-10.8) |
| | **Female** | 7.5 | (5.4-9.5) | 8.4 | (4.6-12.1) |
| **Age** | **18 to 34** | 14.3 | (8.4-20.2) | 14.2 | (5.9-22.5) |
| | **35 to 44** | 6.1 | (3.7-8.4) | 4.8 | (1.6-8.1) |
| | **45 to 54** | 6.9 | (4.3-9.5) | 8.7 | (3.9-13.6) |
| | **55 to 64** | 4.3 | (3.1-5.6) | 4.3 | (2.2-6.4) |
| | **65 to 74** | 2.5 | (1.6-3.5) | 2.2 | (0.6-3.8) |
| | **75 and older** | 2.1 | (0.8-3.5) | 1.7 | (0.0-3.9) |
| **Education** | **Less than H.S.** | 11.1 | (0.0-22.3) | 2.6 | (0.0-5.2) |
| | **H.S. Graduate** | 8.9 | (4.4-13.4) | 10.5 | (1.6-19.4) |
| | **Some College** | 6.5 | (4.5-8.4) | 6.9 | (3.7-10.0) |
| | **Voc./Assoc. Degree** | 5.3 | (3.2-7.5) | 6.5 | (2.5-10.5) |
| | **College Graduate** | 5.6 | (3.7-7.5) | 6.9 | (3.6-10.1) |
| **Poverty Status** | **200% or Less** | 13.4 | (9.2-17.6) | 14.5 | (7.6-21.5) |
| | **More than 200%** | 3.5 | (2.4-4.7) | 3.2 | (1.8-4.5) |

DS: Data suppressed due to < 30 responses

**Table 9.6.B**
**Housing Barriers - Keeping Housing**
**Lost Income**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, have you experienced any issues keeping housing? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=445 | | St. Louis County n=180 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **41.5%** | **(28.7-54.3)** | **41.7%** | **(22.1-61.4)** |
| **Sex** | **Male** | 50.2 | (28.7-71.6) | 54.2 | (24.0-84.4) |
| | **Female** | 33.2 | (22.0-44.3) | 31.5 | (14.1-48.8) |
| **Age** | **18 to 34** | 43.0 | (20.5-65.5) | 39.1 | (6.6-71.5) |
| | **35 to 44** | 39.7 | (20.8-58.6) | DS | DS |
| | **45 to 54** | 55.5 | (36.8-74.2) | 55.7 | (27.9-83.4) |
| | **55 to 64** | 28.8 | (17.0-40.5) | 27.9 | (10.4-45.4) |
| | **65 to 74** | 34.3 | (15.9-52.7) | DS | DS |
| | **75 and older** | 13.2 | (0.0-33.1) | DS | DS |
| **Education** | **Less than H.S.** | 16.1 | (0.0-37.2) | DS | DS |
| | **H.S. Graduate** | 50.6 | (23.4-77.8) | DS | DS |
| | **Some College** | 42.9 | (27.6-58.1) | 44.1 | (20.9-67.2) |
| | **Voc./Assoc. Degree** | 41.4 | (22.0-60.8) | 33.8 | (7.9-59.8) |
| | **College Graduate** | 35.6 | (19.6-51.7) | 37.3 | (15.0-59.6) |
| **Poverty Status** | **200% or Less** | 43.8 | (25.9-61.6) | 51.7 | (25.3-78.1) |
| | **More than 200%** | 51.2 | (35.2-67.2) | 48.4 | (27.2-69.6) |

DS: Data suppressed due to < 30 responses

**Table 9.6.C**
**Housing Barriers - Keeping Housing**
**Cost Of Utility Payments**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, have you experienced any issues keeping housing? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=445 | | St. Louis County n=180 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **33.2%** | **(20.8-45.6)** | **32.8%** | **(12.5-53.1)** |
| **Sex** | **Male** | 40.7 | (18.9-62.4) | 49.7 | (17.7-81.7) |
| | **Female** | 26.0 | (16.2-35.7) | 18.9 | (6.2-31.6) |
| **Age** | **18 to 34** | 32.4 | (10.4-54.4) | 34.1 | (0.6-67.7) |
| | **35 to 44** | 49.9 | (30.7-69.1) | DS | DS |
| | **45 to 54** | 23.5 | (10.7-36.3) | 10.4 | (0.0-20.8) |
| | **55 to 64** | 33.3 | (18.6-48.0) | 33.1 | (7.8-58.4) |
| | **65 to 74** | 25.2 | (10.6-39.8) | DS | DS |
| | **75 and older** | 42.8 | (8.6-77.0) | DS | DS |
| **Education** | **Less than H.S.** | 18.4 | (0.0-43.3) | DS | DS |
| | **H.S. Graduate** | 38.9 | (11.5-66.4) | DS | DS |
| | **Some College** | 39.5 | (24.7-54.2) | 30.2 | (10.0-50.5) |
| | **Voc./Assoc. Degree** | 30.3 | (12.7-47.9) | 34.9 | (7.2-62.6) |
| | **College Graduate** | 22.8 | (3.8-41.9) | 25.3 | (0.0-51.8) |
| **Poverty Status** | **200% or Less** | 42.6 | (24.6-60.6) | 51.7 | (25.3-78.0) |
| | **More than 200%** | 24.6 | (12.6-36.6) | 17.2 | (3.9-30.5) |

DS: Data suppressed due to < 30 responses

**Table 9.6.D**
**Housing Barriers - Keeping Housing**
**Could Not Afford Rent Or Mortgage**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, have you experienced any issues keeping housing? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=445 | | St. Louis County n=180 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **22.1%** | **(14.3-30.0)** | **18.3%** | **(8.5-28.2)** |
| **Sex** | **Male** | 22.1 | (8.6-35.6) | 18.4 | (1.5-35.3) |
| | **Female** | 22.2 | (13.9-30.5) | 18.2 | (6.8-29.6) |
| **Age** | **18 to 34** | 17.3 | (5.8-28.7) | 8.2 | (0.8-15.6) |
| | **35 to 44** | 26.5 | (11.5-41.4) | DS | DS |
| | **45 to 54** | 36.7 | (17.7-55.8) | 38.5 | (9.9-67.1) |
| | **55 to 64** | 26.2 | (12.9-39.5) | 33.6 | (9.7-57.5) |
| | **65 to 74** | 10.3 | (0.0-23.0) | DS | DS |
| | **75 and older** | 20.4 | (0.0-43.4) | DS | DS |
| **Education** | **Less than H.S.** | 8.6 | (0.0-22.5) | DS | DS |
| | **H.S. Graduate** | 20.7 | (5.0-36.3) | DS | DS |
| | **Some College** | 27.7 | (14.5-40.9) | 26.6 | (6.1-47.1) |
| | **Voc./Assoc. Degree** | 21.9 | (8.9-34.9) | 20.1 | (2.6-37.6) |
| | **College Graduate** | 25.5 | (11.8-39.3) | 25.3 | (6.6-44.0) |
| **Poverty Status** | **200% or Less** | 25.0 | (13.5-36.6) | 17.3 | (5.2-29.3) |
| | **More than 200%** | 24.8 | (12.6-37.0) | 32.5 | (12.2-52.8) |

DS: Data suppressed due to < 30 responses

**Table 9.7**
**Internet Access**
**Have Internet Access**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Do you have access to the internet at this address using a computer, tablet, or cell phone?* |
|---|---|

| Demographic Characteristics | | Region n=7387 | | St. Louis County n=2161 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **86.3%** | **(84.4-88.2)** | **86.6%** | **(83.4-89.9)** |
| **Sex** | **Male** | 85.1 | (82.0-88.2) | 86.3 | (81.1-91.4) |
| | **Female** | 87.6 | (85.4-89.8) | 87.0 | (83.0-91.0) |
| **Age** | **18 to 34** | 89.2 | (83.7-94.6) | 88.4 | (80.2-96.6) |
| | **35 to 44** | 92.1 | (87.6-96.7) | 93.2 | (85.3-100.0) |
| | **45 to 54** | 90.1 | (86.3-93.8) | 89.4 | (82.9-95.9) |
| | **55 to 64** | 88.0 | (85.5-90.4) | 89.4 | (85.1-93.6) |
| | **65 to 74** | 83.8 | (80.4-87.1) | 84.5 | (78.3-90.8) |
| | **75 and older** | 65.4 | (59.8-71.0) | 64.6 | (54.0-75.2) |
| **Education** | **Less than H.S.** | 61.2 | (49.6-72.7) | 53.1 | (32.6-73.6) |
| | **H.S. Graduate** | 77.8 | (73.2-82.5) | 79.0 | (70.4-87.6) |
| | **Some College** | 89.5 | (86.2-92.7) | 88.2 | (82.5-94.0) |
| | **Voc./Assoc. Degree** | 93.7 | (91.6-95.9) | 92.6 | (88.6-96.5) |
| | **College Graduate** | 97.2 | (96.2-98.2) | 98.0 | (96.6-99.3) |
| **Poverty Status** | **200% or Less** | 75.3 | (71.0-79.6) | 74.3 | (66.3-82.2) |
| | **More than 200%** | 92.5 | (90.6-94.3) | 92.1 | (89.1-95.2) |

DS: Data suppressed due to < 30 responses

**Table 9.8.A**
**Internet Access**
**Barriers to Internet Access**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Are there any barriers to internet use at this address? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=5861 | | St. Louis County n=1737 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **30.8%** | **(27.8-33.9)** | **31.3%** | **(26.0-36.5)** |
| **Sex** | **Male** | 30.7 | (25.3-36.1) | 32.3 | (23.1-41.6) |
| | **Female** | 30.9 | (28.1-33.7) | 30.2 | (25.4-35.1) |
| **Age** | **18 to 34** | 30.0 | (21.7-38.3) | 26.0 | (12.9-39.0) |
| | **35 to 44** | 34.9 | (27.0-42.8) | 41.1 | (27.3-54.8) |
| | **45 to 54** | 37.0 | (30.4-43.6) | 43.5 | (31.5-55.5) |
| | **55 to 64** | 29.7 | (25.5-33.9) | 28.9 | (21.4-36.5) |
| | **65 to 74** | 25.2 | (20.6-29.7) | 26.3 | (17.8-34.8) |
| | **75 and older** | 25.1 | (18.1-32.0) | 22.3 | (9.9-34.7) |
| **Education** | **Less than H.S.** | 47.0 | (29.8-64.2) | DS | DS |
| | **H.S. Graduate** | 32.9 | (25.3-40.5) | 37.4 | (23.3-51.6) |
| | **Some College** | 29.0 | (23.6-34.4) | 29.4 | (20.2-38.6) |
| | **Voc./Assoc. Degree** | 32.3 | (26.8-37.8) | 33.0 | (23.2-42.8) |
| | **College Graduate** | 26.6 | (23.2-30.1) | 26.1 | (20.7-31.5) |
| **Poverty Status** | **200% or Less** | 39.1 | (33.2-45.0) | 42.0 | (32.8-51.2) |
| | **More than 200%** | 27.8 | (24.0-31.6) | 28.3 | (21.6-35.0) |

DS: Data suppressed due to < 30 responses

**Table 9.8.B**
**Internet Access Barriers**
**Inadequate Internet Service**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Are there any barriers to internet use at this address? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=1615 | | St. Louis County n=437 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **69.9%** | **(64.9-74.9)** | **68.0%** | **(59.3-76.7)** |
| **Sex** | **Male** | 70.6 | (62.3-78.8) | 72.7 | (59.4-86.0) |
| | **Female** | 69.3 | (63.8-74.8) | 63.1 | (53.5-72.8) |
| **Age** | **18 to 34** | 74.3 | (63.0-85.7) | 72.0 | (51.6-92.4) |
| | **35 to 44** | 79.6 | (68.9-90.4) | 76.2 | (58.9-93.4) |
| | **45 to 54** | 76.6 | (67.0-86.2) | 80.4 | (65.4-95.4) |
| | **55 to 64** | 59.2 | (50.0-68.4) | 45.7 | (30.4-60.9) |
| | **65 to 74** | 68.0 | (58.3-77.7) | 73.1 | (56.1-90.1) |
| | **75 and older** | 39.8 | (24.0-55.6) | DS | DS |
| **Education** | **Less than H.S.** | 69.5 | (49.0-90.1) | DS | DS |
| | **H.S. Graduate** | 61.0 | (47.6-74.3) | 60.3 | (36.8-83.7) |
| | **Some College** | 67.2 | (57.3-77.0) | 64.4 | (47.6-81.1) |
| | **Voc./Assoc. Degree** | 78.4 | (71.7-85.0) | 79.5 | (68.5-90.5) |
| | **College Graduate** | 80.3 | (74.7-85.8) | 76.7 | (67.6-85.8) |
| **Poverty Status** | **200% or Less** | 51.3 | (41.1-61.4) | 40.8 | (25.5-56.0) |
| | **More than 200%** | 80.9 | (76.2-85.6) | 82.4 | (74.9-89.9) |

DS: Data suppressed due to < 30 responses

**Table 9.8.C**
**Internet Access Barriers**
**Service Or Equipment Too Expensive**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Are there any barriers to internet use at this address? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=1615 | | St. Louis County n=437 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **24.0%** | **(19.4-28.6)** | **23.2%** | **(15.5-30.8)** |
| **Sex** | **Male** | 20.7 | (13.1-28.2) | 18.8 | (6.7-30.9) |
| | **Female** | 27.4 | (22.5-32.2) | 27.8 | (19.6-36.1) |
| **Age** | **18 to 34** | 30.6 | (17.7-43.5) | 29.5 | (7.9-51.0) |
| | **35 to 44** | 17.6 | (10.4-24.8) | 14.3 | (4.8-23.7) |
| | **45 to 54** | 29.5 | (17.4-41.6) | 34.6 | (14.4-54.7) |
| | **55 to 64** | 24.0 | (16.7-31.2) | 21.7 | (8.6-34.7) |
| | **65 to 74** | 15.1 | (8.7-21.6) | 12.7 | (2.7-22.7) |
| | **75 and older** | 11.0 | (3.3-18.8) | DS | DS |
| **Education** | **Less than H.S.** | 36.9 | (10.5-63.2) | DS | DS |
| | **H.S. Graduate** | 22.1 | (12.9-31.2) | 20.0 | (5.2-34.9) |
| | **Some College** | 22.4 | (14.4-30.4) | 12.8 | (3.6-22.0) |
| | **Voc./Assoc. Degree** | 26.7 | (15.6-37.8) | 34.9 | (15.3-54.5) |
| | **College Graduate** | 22.4 | (16.7-28.1) | 26.3 | (16.8-35.8) |
| **Poverty Status** | **200% or Less** | 32.3 | (23.3-41.3) | 35.2 | (20.1-50.2) |
| | **More than 200%** | 18.9 | (13.8-23.9) | 16.3 | (8.7-23.9) |

DS: Data suppressed due to < 30 responses

**Table 9.8.D**
**Internet Access Barriers**
**Lack Of Skills**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Are there any barriers to internet use at this address? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=1615 | | St. Louis County n=437 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **15.4%** | **(11.4-19.3)** | **15.2%** | **(8.4-22.0)** |
| **Sex** | **Male** | 18.9 | (11.6-26.1) | 16.9 | (4.8-28.9) |
| | **Female** | 11.9 | (8.6-15.2) | 13.5 | (7.5-19.4) |
| **Age** | **18 to 34** | 4.3 | (0.0-8.8) | 0.0 | (0.0-0.0) |
| | **35 to 44** | 0.8 | (0.0-1.6) | 0.7 | (0.0-1.6) |
| | **45 to 54** | 10.3 | (0.0-21.2) | 13.0 | (0.0-31.9) |
| | **55 to 64** | 24.2 | (15.1-33.4) | 30.8 | (13.8-47.9) |
| | **65 to 74** | 30.5 | (20.7-40.3) | 26.9 | (9.3-44.6) |
| | **75 and older** | 65.3 | (50.4-80.3) | DS | DS |
| **Education** | **Less than H.S.** | 31.5 | (4.7-58.3) | DS | DS |
| | **H.S. Graduate** | 26.0 | (15.8-36.2) | 25.1 | (7.7-42.5) |
| | **Some College** | 12.5 | (6.6-18.3) | 10.2 | (2.7-17.7) |
| | **Voc./Assoc. Degree** | 8.1 | (4.6-11.6) | 4.7 | (0.8-8.7) |
| | **College Graduate** | 3.3 | (1.9-4.7) | 2.0 | (0.1-3.9) |
| **Poverty Status** | **200% or Less** | 21.8 | (13.3-30.3) | 25.7 | (10.1-41.3) |
| | **More than 200%** | 10.1 | (6.5-13.6) | 7.1 | (2.3-11.9) |

DS: Data suppressed due to < 30 responses

# CHAPTER 10 | COVID-19 Pandemic

The COVID-19 pandemic has caused unprecedented morbidity, mortality, and economic stain globally and across all regions of the nation. At the time of publication, the situation is improving but far from resolved as we face new surges in cases due to emergence of variant virus strains, continued financial challenges, collective fatigue from public health measures, and vaccine hesitancy.

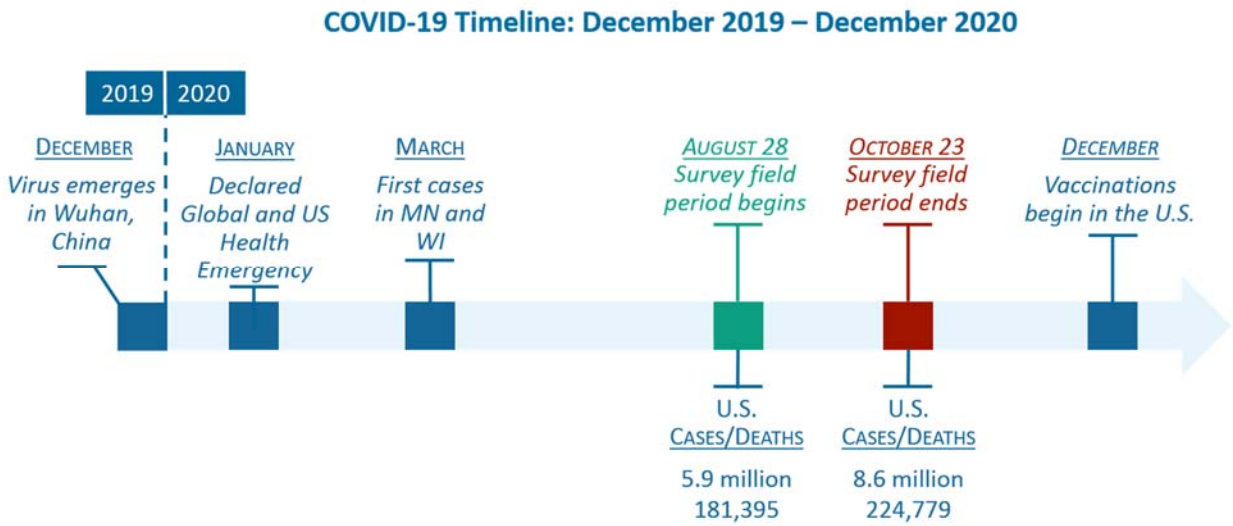
Just prior to the release of the *2020 Bridge to Health Survey* into the field on August 28th, a nationwide polling effort (NPR, Harvard, Robert Wood Johnson Foundation) revealed that the COVID-19 pandemic had caused widespread economic and health hardships across households in the U.S.: 46% reported serious financial problems; 20% were unable to get medical care for a serious problem; 60% of households with children had serious problems caring for their children; 34% of rural households reported serious issues with their internet connection.[1] The severity of burden was unevenly distributed across households, with households of people of color and households earning less than $100,000 annually faring worse.[1]

In an effort to assess the impact of the pandemic and aid in appropriately directing assistance, the U.S. Census Bureau initiated the weekly Household Pulse Survey in April 2020. At the midpoint of the field period for the *2020 Bridge to Health Survey*, the pulse survey reported the following estimates (week 16, September 30, 2020 - October 2, 2020)[2]:

| Households | Food Scarcity | Housing Insecurity | Transition to Telework | Loss of Employment Income |
|---|---|---|---|---|
| **U.S.** | 10.3% | 6.9% | 36.9% | 45.4% |
| **MN** | 5.7% | 3.5% | 40.9% | 39.3% |
| **WI** | 6.9% | 6.8% | 34.8% | 36.0% |

Although responses to many questions on the *2020 Bridge to Health Survey* were likely influenced by the far reaching effects of the pandemic, several questions were included on the survey to specifically address the pandemic's impact. Respondents were asked if the pandemic was responsible for not seeking or delaying medical, dental, or mental health care or if it presented a barrier to obtaining food. Respondents were asked to indicate specific areas (e.g., jobs, recreation, social support) where they suffered loss specifically due to the pandemic. The questions related to the pandemic on the *2020 Bridge to Health Survey* addressed the experience of the individual respondent rather than the experience of the collective household. The national surveys described above reported at the unit of the household, assessing the experience of any member in the household rather than the respondent alone.

A summary of the COVID-19 pandemic timeline encompassing the *2020 Bridge to Health Survey* field period is provided below.




## SURVEY COMPARISON

Across the region, the prevalence of specific losses due to the COVID-19 pandemic ranged from 59.3% in Koochiching County to 76.7% in Duluth (Fig. 10.1).

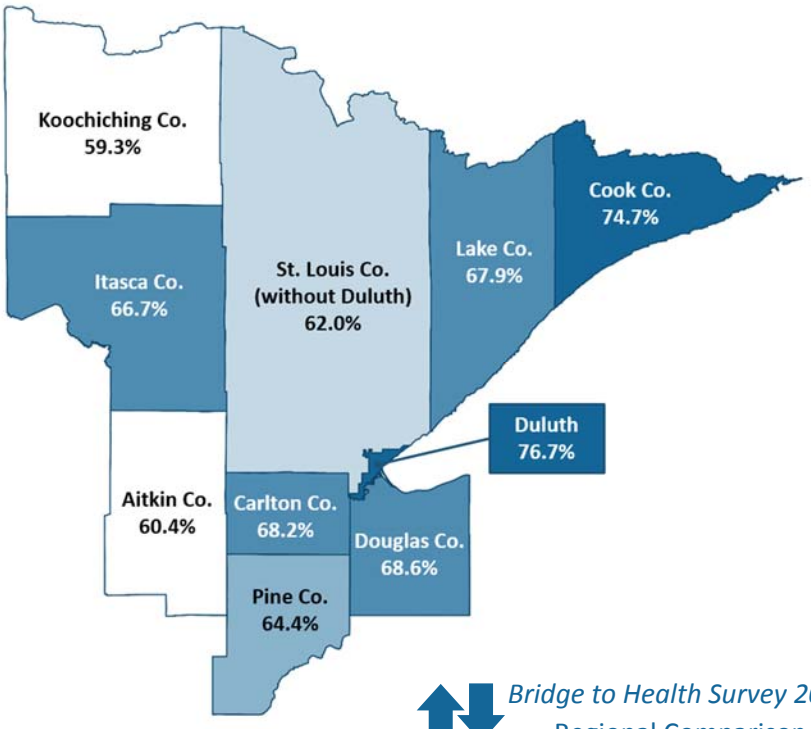



**FIGURE 10.1 – Prevalence of Loss Due to COVID-19 Pandemic by Strata**

## REFERENCES


1. NPR, the Harvard T.H. Chan School of Public Health, and the Robert Wood Johnson Foundation. *The Impact of Coronavirus on Households Across America*, September 2020. Available at: https://www.rwjf.org/en/library/research/2020/09/the-impact-of-coronavirus-on-households-across-america.html#:~:text=COVID-19%20has%20created%20serious,health%20consequences%20as%20a%20result
2. U.S. Census Bureau Household Pulse Survey, Week 16 (September 30, 2020 – October 2, 2020). Available at: https://www.census.gov/programs-surveys/household-pulse-survey.html

**Table 10.1.A**
**Delayed Or Did Not Get Medical Care**
**Reason: COVID-19 Pandemic**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, was there a time when you thought you needed medical care but did not get it or delayed getting it due to COVID-19?* |
|---|---|

| Demographic Characteristics | | Region n=7454 | | St. Louis County n=2175 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **12.2%** | **(10.4-14.0)** | **13.0%** | **(9.9-16.1)** |
| **Sex** | **Male** | 10.9 | (8.1-13.7) | 11.7 | (6.9-16.5) |
| | **Female** | 13.4 | (11.2-15.7) | 14.2 | (10.3-18.2) |
| **Age** | **18 to 34** | 13.8 | (8.5-19.0) | 14.3 | (6.2-22.4) |
| | **35 to 44** | 12.0 | (7.6-16.3) | 13.0 | (5.5-20.4) |
| | **45 to 54** | 15.3 | (11.0-19.7) | 17.5 | (9.3-25.7) |
| | **55 to 64** | 12.3 | (10.0-14.6) | 12.3 | (8.4-16.3) |
| | **65 to 74** | 8.1 | (5.9-10.3) | 8.2 | (4.1-12.4) |
| | **75 and older** | 8.6 | (4.9-12.2) | 9.5 | (2.7-16.2) |
| **Education** | **Less than H.S.** | 9.4 | (3.5-15.4) | 10.5 | (0.0-21.3) |
| | **H.S. Graduate** | 14.1 | (9.4-18.8) | 16.8 | (7.6-26.1) |
| | **Some College** | 11.8 | (9.0-14.6) | 10.2 | (6.0-14.4) |
| | **Voc./Assoc. Degree** | 12.6 | (9.2-16.0) | 15.0 | (8.6-21.3) |
| | **College Graduate** | 10.7 | (8.7-12.7) | 11.7 | (8.4-14.9) |
| **Poverty Status** | **200% or Less** | 13.6 | (10.0-17.3) | 14.9 | (7.8-22.0) |
| | **More than 200%** | 11.1 | (9.1-13.0) | 11.8 | (8.7-14.9) |

DS: Data suppressed due to < 30 responses

**Table 10.1.B**
**Delayed Or Did Not Get Mental Health Care**
**Reason: COVID-19 Pandemic**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, was there a time when you thought you needed mental health care but did not get it or delayed getting it due to COVID-19?* |
|---|---|

| Demographic Characteristics | | Region n=7448 | | St. Louis County n=2182 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **4.4%** | **(3.3-5.5)** | **4.6%** | **(2.7-6.5)** |
| **Sex** | **Male** | 2.8 | (1.7-4.0) | 2.4 | (1.0-3.8) |
| | **Female** | 6.0 | (4.2-7.9) | 6.8 | (3.4-10.2) |
| **Age** | **18 to 34** | 5.9 | (2.5-9.3) | 5.7 | (0.4-10.9) |
| | **35 to 44** | 4.0 | (1.9-6.1) | 4.0 | (1.4-6.7) |
| | **45 to 54** | 6.1 | (3.6-8.7) | 7.8 | (3.1-12.6) |
| | **55 to 64** | 3.1 | (2.2-4.0) | 2.4 | (1.1-3.8) |
| | **65 to 74** | 2.9 | (1.3-4.6) | 3.2 | (0.0-6.5) |
| | **75 and older** | 3.1 | (0.5-5.7) | 3.3 | (0.0-7.9) |
| **Education** | **Less than H.S.** | 6.6 | (1.4-11.7) | 7.8 | (0.0-17.0) |
| | **H.S. Graduate** | 5.1 | (2.2-8.0) | 4.8 | (0.0-10.4) |
| | **Some College** | 4.2 | (2.5-5.9) | 4.6 | (1.9-7.2) |
| | **Voc./Assoc. Degree** | 4.0 | (2.1-5.9) | 5.2 | (1.6-8.7) |
| | **College Graduate** | 3.4 | (2.4-4.4) | 3.4 | (1.9-5.0) |
| **Poverty Status** | **200% or Less** | 6.0 | (4.1-7.9) | 6.0 | (3.0-9.0) |
| | **More than 200%** | 3.1 | (2.3-4.0) | 3.2 | (1.8-4.6) |

DS: Data suppressed due to < 30 responses

**Table 10.1.C**
**Delayed Or Did Not Get Dental Care**
**Reason: COVID-19 Pandemic**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *During the past 12 months, was there a time when you thought you needed dental care but did not get it or delayed getting it due to COVID-19?* |
|---|---|

| Demographic Characteristics | | Region n=7458 | | St. Louis County n=2177 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **13.8%** | **(12.1-15.5)** | **16.0%** | **(13.0-19.0)** |
| **Sex** | **Male** | 11.9 | (9.6-14.2) | 13.7 | (9.7-17.7) |
| | **Female** | 15.7 | (13.4-18.1) | 18.4 | (14.0-22.7) |
| **Age** | **18 to 34** | 15.0 | (10.6-19.5) | 18.1 | (10.9-25.3) |
| | **35 to 44** | 14.1 | (9.6-18.7) | 14.5 | (7.2-21.9) |
| | **45 to 54** | 14.4 | (10.2-18.5) | 18.3 | (10.4-26.1) |
| | **55 to 64** | 15.4 | (12.4-18.5) | 17.8 | (12.1-23.4) |
| | **65 to 74** | 11.8 | (8.8-14.8) | 14.0 | (8.1-19.9) |
| | **75 and older** | 8.9 | (5.7-12.1) | 7.6 | (2.1-13.2) |
| **Education** | **Less than H.S.** | 11.2 | (5.3-17.1) | 10.3 | (0.4-20.2) |
| | **H.S. Graduate** | 11.8 | (8.1-15.4) | 16.2 | (8.5-23.9) |
| | **Some College** | 14.5 | (11.1-17.9) | 14.6 | (9.1-20.1) |
| | **Voc./Assoc. Degree** | 15.3 | (11.7-19.0) | 18.6 | (11.9-25.4) |
| | **College Graduate** | 15.6 | (13.1-18.2) | 17.5 | (13.5-21.6) |
| **Poverty Status** | **200% or Less** | 15.0 | (11.7-18.4) | 20.2 | (13.6-26.7) |
| | **More than 200%** | 12.8 | (11.0-14.6) | 13.8 | (10.9-16.8) |

DS: Data suppressed due to < 30 responses

**Table 10.1.D**
**Did Not Fill Prescription**
**Reason: COVID-19 Pandemic**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *In the past 6 months, I had prescriptions prescribed for me and I did not fill at least one of them due to COVID-19?* |
|---|---|

| **Demographic Characteristics** | | **Region n=7476** | | **St. Louis County n=2179** | |
|---|---|---|---|---|---|
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **0.7%** | **(0.4-1.1)** | **0.6%** | **(0.1-1.1)** |
| **Sex** | **Male** | 0.9 | (0.4-1.4) | 0.5 | (0.0-1.1) |
| | **Female** | 0.6 | (0.1-1.0) | 0.7 | (0.0-1.5) |
| **Age** | **18 to 34** | 1.2 | (0.3-2.2) | 0.6 | (0.0-1.4) |
| | **35 to 44** | 0.7 | (0.0-1.3) | 1.1 | (0.0-2.4) |
| | **45 to 54** | 0.4 | (0.1-0.8) | 0.1 | (0.0-0.3) |
| | **55 to 64** | 0.5 | (0.2-0.9) | 0.3 | (0.0-0.6) |
| | **65 to 74** | 0.1 | (0.0-0.4) | 0.0 | (0.0-0.0) |
| | **75 and older** | 1.2 | (0.0-3.1) | 2.1 | (0.0-6.0) |
| **Education** | **Less than H.S.** | 1.8 | (0.0-4.7) | 3.8 | (0.0-10.1) |
| | **H.S. Graduate** | 1.0 | (0.3-1.8) | 0.7 | (0.0-1.7) |
| | **Some College** | 0.6 | (0.1-1.0) | 0.3 | (0.0-0.7) |
| | **Voc./Assoc. Degree** | 0.3 | (0.1-0.6) | 0.0 | (0.0-0.1) |
| | **College Graduate** | 0.5 | (0.0-1.0) | 0.3 | (0.0-0.9) |
| **Poverty Status** | **200% or Less** | 1.5 | (0.7-2.4) | 1.2 | (0.1-2.2) |
| | **More than 200%** | 0.4 | (0.0-0.8) | 0.4 | (0.0-1.0) |

DS: Data suppressed due to < 30 responses

**Table 10.2**
**Food Barriers**
**Reason: COVID-19 Pandemic**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Are there any barriers to having adequate food for your household due to COVID-19?* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7486** | | **St. Louis County n=2185** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **9.3%** | **(7.7-10.9)** | **9.6%** | **(6.8-12.4)** |
| **Sex** | **Male** | 8.0 | (5.4-10.6) | 7.2 | (2.7-11.8) |
| | **Female** | 10.7 | (8.8-12.5) | 12.0 | (8.7-15.2) |
| **Age** | **18 to 34** | 9.9 | (5.7-14.0) | 9.0 | (2.6-15.4) |
| | **35 to 44** | 11.1 | (6.2-16.0) | 11.0 | (2.6-19.4) |
| | **45 to 54** | 11.2 | (7.6-14.9) | 12.5 | (6.0-18.9) |
| | **55 to 64** | 7.6 | (5.7-9.5) | 8.0 | (4.8-11.2) |
| | **65 to 74** | 7.8 | (3.6-12.0) | 9.8 | (1.2-18.4) |
| | **75 and older** | 7.8 | (4.4-11.2) | 7.9 | (1.5-14.3) |
| **Education** | **Less than H.S.** | 12.9 | (3.2-22.6) | 20.4 | (1.3-39.5) |
| | **H.S. Graduate** | 10.7 | (6.9-14.5) | 11.2 | (3.7-18.7) |
| | **Some College** | 10.2 | (7.4-13.0) | 9.4 | (5.2-13.7) |
| | **Voc./Assoc. Degree** | 6.7 | (4.7-8.8) | 4.9 | (2.2-7.7) |
| | **College Graduate** | 6.7 | (5.0-8.5) | 7.7 | (4.8-10.5) |
| **Poverty Status** | **200% or Less** | 15.3 | (11.4-19.2) | 18.4 | (10.9-25.8) |
| | **More than 200%** | 5.7 | (4.4-7.0) | 4.7 | (2.9-6.6) |

DS: Data suppressed due to < 30 responses

**Table 10.3.A**
**Losses Related to COVID-19 Pandemic**
**Have Loss Due To COVID-19 Pandemic**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=7383 | | St. Louis County n=2159 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **67.4%** | **(64.8-70.0)** | **68.4%** | **(63.9-72.9)** |
| **Sex** | **Male** | 64.9 | (60.5-69.4) | 65.6 | (57.9-73.3) |
| | **Female** | 69.9 | (67.3-72.5) | 71.2 | (66.6-75.7) |
| **Age** | **18 to 34** | 81.1 | (73.5-88.8) | 81.8 | (70.0-93.6) |
| | **35 to 44** | 76.8 | (70.6-83.0) | 78.4 | (68.1-88.8) |
| | **45 to 54** | 69.7 | (64.4-75.0) | 73.6 | (64.4-82.9) |
| | **55 to 64** | 57.5 | (53.4-61.6) | 54.4 | (47.1-61.7) |
| | **65 to 74** | 54.4 | (49.8-59.1) | 52.9 | (44.2-61.7) |
| | **75 and older** | 51.4 | (45.6-57.2) | 51.0 | (40.1-61.8) |
| **Education** | **Less than H.S.** | 46.8 | (34.4-59.2) | 42.1 | (21.3-63.0) |
| | **H.S. Graduate** | 56.2 | (50.3-62.1) | 54.5 | (43.2-65.8) |
| | **Some College** | 69.6 | (65.2-74.0) | 69.7 | (62.4-77.1) |
| | **Voc./Assoc. Degree** | 70.8 | (66.5-75.2) | 73.6 | (66.4-80.8) |
| | **College Graduate** | 83.2 | (80.6-85.7) | 84.7 | (80.7-88.7) |
| **Poverty Status** | **200% or Less** | 64.2 | (59.6-68.8) | 67.2 | (59.9-74.5) |
| | **More than 200%** | 70.6 | (67.3-73.9) | 70.3 | (64.5-76.2) |

DS: Data suppressed due to < 30 responses

**Table 10.3.B**
**Losses Related to COVID-19 Pandemic**
**Social Connectedness**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=7383 | | St. Louis County n=2159 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **45.9%** | **(43.2-48.5)** | **48.1%** | **(43.5-52.6)** |
| **Sex** | **Male** | 41.3 | (36.9-45.7) | 42.9 | (35.4-50.5) |
| | **Female** | 50.6 | (47.8-53.3) | 53.2 | (48.4-58.1) |
| **Age** | **18 to 34** | 51.3 | (43.9-58.8) | 55.4 | (44.0-66.7) |
| | **35 to 44** | 47.1 | (39.7-54.6) | 51.0 | (38.2-63.7) |
| | **45 to 54** | 45.4 | (39.6-51.1) | 50.6 | (40.0-61.2) |
| | **55 to 64** | 41.5 | (37.7-45.2) | 40.4 | (33.8-47.0) |
| | **65 to 74** | 43.2 | (38.8-47.6) | 42.3 | (34.1-50.5) |
| | **75 and older** | 42.6 | (36.9-48.3) | 39.3 | (28.9-49.8) |
| **Education** | **Less than H.S.** | 26.3 | (16.4-36.2) | 27.1 | (8.6-45.7) |
| | **H.S. Graduate** | 34.9 | (29.7-40.2) | 32.8 | (23.4-42.2) |
| | **Some College** | 47.4 | (41.9-53.0) | 50.9 | (41.8-60.0) |
| | **Voc./Assoc. Degree** | 47.1 | (41.9-52.3) | 48.7 | (39.6-57.8) |
| | **College Graduate** | 63.0 | (59.5-66.5) | 65.1 | (59.6-70.7) |
| **Poverty Status** | **200% or Less** | 43.0 | (38.3-47.8) | 46.0 | (38.1-54.0) |
| | **More than 200%** | 47.9 | (44.5-51.3) | 49.4 | (43.6-55.3) |

DS: Data suppressed due to < 30 responses

**Table 10.3.C**
**Losses Related to COVID-19 Pandemic**
**Recreation Or Entertainment**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=7383 | | St. Louis County n=2159 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **43.2%** | **(40.6-45.8)** | **46.0%** | **(41.5-50.5)** |
| **Sex** | **Male** | 40.4 | (36.1-44.7) | 43.2 | (35.8-50.5) |
| | **Female** | 46.0 | (43.2-48.8) | 48.9 | (44.0-53.7) |
| **Age** | **18 to 34** | 50.0 | (42.6-57.5) | 52.0 | (40.7-63.3) |
| | **35 to 44** | 55.2 | (47.9-62.5) | 62.9 | (51.3-74.5) |
| | **45 to 54** | 45.9 | (40.1-51.7) | 50.9 | (40.3-61.5) |
| | **55 to 64** | 34.0 | (30.6-37.5) | 32.7 | (26.6-38.8) |
| | **65 to 74** | 35.7 | (31.5-39.8) | 37.6 | (29.8-45.5) |
| | **75 and older** | 32.2 | (26.8-37.7) | 32.7 | (22.3-43.0) |
| **Education** | **Less than H.S.** | 27.5 | (17.0-37.9) | 33.3 | (13.6-53.0) |
| | **H.S. Graduate** | 32.9 | (27.7-38.1) | 31.6 | (22.2-41.1) |
| | **Some College** | 46.0 | (40.5-51.4) | 50.2 | (41.1-59.4) |
| | **Voc./Assoc. Degree** | 45.8 | (40.5-51.0) | 47.9 | (38.8-57.0) |
| | **College Graduate** | 56.3 | (52.7-59.9) | 58.3 | (52.7-63.9) |
| **Poverty Status** | **200% or Less** | 38.1 | (33.4-42.9) | 43.5 | (35.5-51.4) |
| | **More than 200%** | 46.9 | (43.6-50.3) | 48.3 | (42.5-54.1) |

DS: Data suppressed due to < 30 responses

**Table 10.3.D**
**Losses Related to COVID-19 Pandemic**
**Exercise Opportunities**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7383** | | **St. Louis County n=2159** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **18.6%** | **(16.7-20.5)** | **21.8%** | **(18.4-25.1)** |
| **Sex** | **Male** | 16.3 | (13.4-19.2) | 18.8 | (13.8-23.7) |
| | **Female** | 21.0 | (18.6-23.5) | 24.8 | (20.4-29.1) |
| **Age** | **18 to 34** | 25.5 | (20.1-30.9) | 28.7 | (20.3-37.2) |
| | **35 to 44** | 25.1 | (18.8-31.4) | 28.1 | (17.5-38.8) |
| | **45 to 54** | 17.4 | (12.8-21.9) | 22.9 | (14.1-31.7) |
| | **55 to 64** | 14.4 | (11.9-16.8) | 16.6 | (12.1-21.1) |
| | **65 to 74** | 14.6 | (11.7-17.4) | 16.3 | (10.8-21.8) |
| | **75 and older** | 7.3 | (5.2-9.3) | 5.9 | (2.7-9.1) |
| **Education** | **Less than H.S.** | 8.2 | (2.0-14.4) | 10.3 | (0.0-22.2) |
| | **H.S. Graduate** | 10.0 | (6.7-13.4) | 11.3 | (4.7-17.8) |
| | **Some College** | 20.8 | (16.5-25.2) | 24.1 | (16.9-31.3) |
| | **Voc./Assoc. Degree** | 18.7 | (14.5-22.9) | 22.8 | (15.1-30.5) |
| | **College Graduate** | 30.0 | (26.7-33.3) | 32.2 | (27.1-37.3) |
| **Poverty Status** | **200% or Less** | 16.2 | (12.7-19.8) | 20.6 | (14.1-27.0) |
| | **More than 200%** | 20.2 | (17.8-22.7) | 22.6 | (18.5-26.8) |

DS: Data suppressed due to < 30 responses

**Table 10.3.E**
**Losses Related to COVID-19 Pandemic**
**Social Support**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7383** | | **St. Louis County n=2159** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **17.4%** | **(15.5-19.3)** | **19.6%** | **(16.4-22.9)** |
| **Sex** | **Male** | 13.4 | (10.8-16.1) | 13.3 | (9.1-17.6) |
| | **Female** | 21.5 | (18.9-24.1) | 26.0 | (21.5-30.6) |
| **Age** | **18 to 34** | 22.3 | (17.3-27.4) | 22.9 | (15.5-30.3) |
| | **35 to 44** | 22.8 | (16.0-29.7) | 28.1 | (15.9-40.2) |
| | **45 to 54** | 17.4 | (13.2-21.5) | 21.5 | (13.7-29.2) |
| | **55 to 64** | 12.4 | (10.3-14.4) | 12.9 | (9.3-16.4) |
| | **65 to 74** | 12.2 | (9.7-14.7) | 13.3 | (8.5-18.0) |
| | **75 and older** | 13.8 | (9.6-18.0) | 16.2 | (8.1-24.2) |
| **Education** | **Less than H.S.** | 8.9 | (2.8-14.9) | 10.0 | (0.0-21.2) |
| | **H.S. Graduate** | 15.4 | (11.2-19.6) | 18.0 | (9.9-26.1) |
| | **Some College** | 18.5 | (14.7-22.3) | 21.5 | (15.1-28.0) |
| | **Voc./Assoc. Degree** | 16.6 | (13.4-19.8) | 18.6 | (13.0-24.2) |
| | **College Graduate** | 21.6 | (18.5-24.6) | 21.9 | (17.2-26.6) |
| **Poverty Status** | **200% or Less** | 21.5 | (17.6-25.3) | 25.7 | (18.9-32.6) |
| | **More than 200%** | 15.4 | (13.3-17.6) | 16.7 | (13.1-20.4) |

DS: Data suppressed due to < 30 responses

**Table 10.3.F**
**Losses Related to COVID-19 Pandemic**
**Income**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7383** | | **St. Louis County n=2159** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **16.5%** | **(14.4-18.7)** | **15.4%** | **(12.2-18.6)** |
| **Sex** | **Male** | 17.8 | (14.1-21.4) | 15.9 | (10.7-21.2) |
| | **Female** | 15.3 | (13.2-17.5) | 14.9 | (11.1-18.6) |
| **Age** | **18 to 34** | 28.8 | (22.3-35.3) | 25.9 | (17.2-34.6) |
| | **35 to 44** | 18.5 | (13.1-23.9) | 14.8 | (7.7-22.0) |
| | **45 to 54** | 21.3 | (16.4-26.2) | 20.9 | (11.9-29.8) |
| | **55 to 64** | 10.4 | (8.3-12.5) | 8.8 | (5.6-12.1) |
| | **65 to 74** | 5.5 | (3.8-7.2) | 5.8 | (2.8-8.9) |
| | **75 and older** | 1.0 | (0.2-1.7) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 6.6 | (2.5-10.6) | 1.1 | (0.0-2.4) |
| | **H.S. Graduate** | 19.1 | (13.7-24.5) | 17.3 | (8.2-26.4) |
| | **Some College** | 14.5 | (10.8-18.1) | 11.1 | (6.8-15.4) |
| | **Voc./Assoc. Degree** | 15.8 | (12.2-19.4) | 16.9 | (10.5-23.3) |
| | **College Graduate** | 18.8 | (15.8-21.8) | 20.6 | (15.8-25.5) |
| **Poverty Status** | **200% or Less** | 23.4 | (18.5-28.2) | 21.5 | (13.7-29.3) |
| | **More than 200%** | 13.9 | (11.8-16.1) | 12.9 | (9.8-16.1) |

DS: Data suppressed due to < 30 responses

**Table 10.3.G**
**Losses Related to COVID-19 Pandemic**
**Job**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7383** | | **St. Louis County n=2159** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **16.3%** | **(14.2-18.3)** | **16.7%** | **(13.3-20.1)** |
| **Sex** | **Male** | 16.0 | (12.4-19.5) | 16.5 | (10.7-22.3) |
| | **Female** | 16.6 | (14.6-18.7) | 16.9 | (13.4-20.4) |
| **Age** | **18 to 34** | 29.1 | (22.8-35.3) | 29.5 | (20.5-38.6) |
| | **35 to 44** | 20.5 | (14.3-26.7) | 18.2 | (7.5-28.8) |
| | **45 to 54** | 19.4 | (15.0-23.7) | 19.1 | (11.2-26.9) |
| | **55 to 64** | 10.6 | (8.7-12.6) | 10.2 | (6.9-13.5) |
| | **65 to 74** | 3.7 | (2.4-5.0) | 3.9 | (1.5-6.3) |
| | **75 and older** | 0.2 | (0.0-0.5) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 6.3 | (2.3-10.3) | 0.3 | (0.0-0.8) |
| | **H.S. Graduate** | 13.3 | (8.8-17.9) | 13.0 | (4.5-21.5) |
| | **Some College** | 17.7 | (13.6-21.8) | 17.1 | (11.2-23.0) |
| | **Voc./Assoc. Degree** | 21.5 | (16.2-26.9) | 25.2 | (15.6-34.8) |
| | **College Graduate** | 18.5 | (15.5-21.5) | 19.7 | (15.0-24.5) |
| **Poverty Status** | **200% or Less** | 18.2 | (14.0-22.4) | 18.8 | (11.3-26.3) |
| | **More than 200%** | 16.3 | (13.8-18.8) | 16.6 | (12.6-20.7) |

DS: Data suppressed due to < 30 responses

**Table 10.3.H**
**Losses Related to COVID-19 Pandemic**
**Regular School Routine**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=7383 | | St. Louis County n=2159 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **13.8%** | **(11.6-16.0)** | **17.2%** | **(13.2-21.2)** |
| **Sex** | **Male** | 11.7 | (7.9-15.4) | 16.5 | (9.7-23.4) |
| | **Female** | 16.0 | (13.7-18.3) | 17.9 | (13.8-22.0) |
| **Age** | **18 to 34** | 26.8 | (20.4-33.3) | 31.7 | (21.5-42.0) |
| | **35 to 44** | 33.4 | (26.2-40.6) | 39.4 | (26.8-52.0) |
| | **45 to 54** | 8.4 | (5.2-11.6) | 9.9 | (3.7-16.1) |
| | **55 to 64** | 2.8 | (1.4-4.3) | 3.3 | (0.8-5.8) |
| | **65 to 74** | 0.8 | (0.1-1.5) | 0.4 | (0.0-1.0) |
| | **75 and older** | 0.1 | (0.0-0.2) | 0.1 | (0.0-0.4) |
| **Education** | **Less than H.S.** | 3.1 | (0.3-5.8) | 0.6 | (0.0-1.4) |
| | **H.S. Graduate** | 6.4 | (3.5-9.4) | 7.3 | (1.5-13.1) |
| | **Some College** | 16.4 | (10.2-22.7) | 22.6 | (11.9-33.4) |
| | **Voc./Assoc. Degree** | 15.4 | (11.2-19.6) | 18.1 | (10.6-25.5) |
| | **College Graduate** | 22.6 | (19.5-25.6) | 24.9 | (20.1-29.7) |
| **Poverty Status** | **200% or Less** | 10.6 | (7.5-13.7) | 13.4 | (7.5-19.4) |
| | **More than 200%** | 15.7 | (12.7-18.8) | 19.0 | (13.7-24.4) |

DS: Data suppressed due to < 30 responses

**Table 10.3.I**
**Losses Related to COVID-19 Pandemic**
**Sense Of Wellness**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7383** | | **St. Louis County n=2159** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **13.3%** | **(11.7-14.9)** | **13.9%** | **(11.3-16.5)** |
| **Sex** | **Male** | 11.1 | (8.8-13.5) | 10.2 | (6.7-13.6) |
| | **Female** | 15.4 | (13.4-17.5) | 17.6 | (14.0-21.3) |
| **Age** | **18 to 34** | 19.9 | (15.2-24.7) | 20.4 | (13.6-27.2) |
| | **35 to 44** | 18.1 | (12.7-23.4) | 20.2 | (11.1-29.3) |
| | **45 to 54** | 13.0 | (9.8-16.1) | 12.8 | (7.8-17.9) |
| | **55 to 64** | 9.1 | (7.3-11.0) | 8.7 | (5.8-11.6) |
| | **65 to 74** | 8.4 | (6.4-10.3) | 7.4 | (4.2-10.6) |
| | **75 and older** | 4.3 | (2.5-6.1) | 4.5 | (1.1-7.8) |
| **Education** | **Less than H.S.** | 6.3 | (2.5-10.2) | 3.5 | (0.0-8.0) |
| | **H.S. Graduate** | 9.1 | (6.2-12.0) | 7.1 | (2.4-11.8) |
| | **Some College** | 14.9 | (11.2-18.5) | 15.7 | (9.9-21.5) |
| | **Voc./Assoc. Degree** | 14.5 | (11.1-17.9) | 18.0 | (11.6-24.3) |
| | **College Graduate** | 18.1 | (15.3-20.9) | 19.3 | (15.0-23.6) |
| **Poverty Status** | **200% or Less** | 15.4 | (12.3-18.5) | 16.0 | (11.0-21.0) |
| | **More than 200%** | 12.5 | (10.6-14.3) | 12.8 | (9.8-15.8) |

DS: Data suppressed due to < 30 responses

**Table 10.3.J**
**Losses Related to COVID-19 Pandemic**
**Death Of A Family Member Or Friend**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=7383 | | St. Louis County n=2159 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **9.1%** | **(7.4-10.8)** | **10.7%** | **(7.8-13.7)** |
| **Sex** | **Male** | 8.2 | (5.5-10.9) | 9.9 | (5.2-14.6) |
| | **Female** | 10.0 | (7.9-12.0) | 11.6 | (7.9-15.3) |
| **Age** | **18 to 34** | 11.5 | (6.5-16.4) | 15.2 | (7.0-23.3) |
| | **35 to 44** | 10.3 | (5.2-15.4) | 9.1 | (2.1-16.0) |
| | **45 to 54** | 8.7 | (5.8-11.6) | 8.8 | (4.2-13.3) |
| | **55 to 64** | 6.8 | (5.2-8.5) | 7.5 | (4.5-10.6) |
| | **65 to 74** | 5.9 | (3.8-8.0) | 6.6 | (2.5-10.6) |
| | **75 and older** | 10.5 | (6.2-14.8) | 14.0 | (5.5-22.5) |
| **Education** | **Less than H.S.** | 8.4 | (2.1-14.6) | 13.2 | (0.3-26.2) |
| | **H.S. Graduate** | 10.8 | (6.6-15.0) | 13.4 | (5.2-21.5) |
| | **Some College** | 9.1 | (6.3-11.9) | 9.9 | (5.4-14.5) |
| | **Voc./Assoc. Degree** | 9.6 | (5.9-13.3) | 11.3 | (4.5-18.2) |
| | **College Graduate** | 6.9 | (4.7-9.1) | 8.1 | (4.3-11.8) |
| **Poverty Status** | **200% or Less** | 11.8 | (7.8-15.9) | 15.0 | (7.4-22.6) |
| | **More than 200%** | 7.5 | (5.9-9.1) | 8.3 | (5.5-11.0) |

DS: Data suppressed due to < 30 responses

**Table 10.3.K**
**Losses Related to COVID-19 Pandemic**
**Childcare**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* |
|---|---|

| Demographic Characteristics | | Region n=7383 | | St. Louis County n=2159 | |
|---|---|---|---|---|---|
| | | Percent | 95% CI | Percent | 95% CI |
| **Overall Results** | | **3.5%** | **(2.4-4.6)** | **4.5%** | **(2.6-6.4)** |
| **Sex** | **Male** | 2.3 | (1.1-3.5) | 2.7 | (0.7-4.7) |
| | **Female** | 4.7 | (3.0-6.5) | 6.3 | (3.1-9.5) |
| **Age** | **18 to 34** | 8.9 | (5.4-12.4) | 11.3 | (5.5-17.0) |
| | **35 to 44** | 5.8 | (2.5-9.2) | 5.7 | (0.1-11.2) |
| | **45 to 54** | 1.2 | (0.2-2.2) | 0.6 | (0.0-1.8) |
| | **55 to 64** | 0.3 | (0.0-0.6) | 0.5 | (0.0-1.1) |
| | **65 to 74** | 0.5 | (0.0-1.1) | 1.0 | (0.0-2.4) |
| | **75 and older** | 0.0 | (0.0-0.0) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 4.8 | (0.0-10.6) | 8.5 | (0.0-21.2) |
| | **H.S. Graduate** | 2.7 | (0.5-5.0) | 3.8 | (0.0-8.2) |
| | **Some College** | 2.1 | (0.6-3.6) | 2.7 | (0.0-5.4) |
| | **Voc./Assoc. Degree** | 2.2 | (1.0-3.4) | 2.4 | (0.5-4.3) |
| | **College Graduate** | 6.4 | (4.1-8.7) | 7.4 | (3.6-11.1) |
| **Poverty Status** | **200% or Less** | 3.3 | (1.3-5.2) | 5.3 | (1.3-9.3) |
| | **More than 200%** | 3.5 | (2.3-4.6) | 3.8 | (1.9-5.7) |

DS: Data suppressed due to < 30 responses

**Table 10.3.L**
**Losses Related to COVID-19 Pandemic**
**Health Insurance**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7383** | | **St. Louis County n=2159** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **2.0%** | **(1.1-2.8)** | **1.4%** | **(0.7-2.1)** |
| **Sex** | **Male** | 2.3 | (0.7-3.9) | 1.3 | (0.3-2.4) |
| | **Female** | 1.7 | (1.0-2.3) | 1.5 | (0.6-2.5) |
| **Age** | **18 to 34** | 3.8 | (1.2-6.3) | 2.1 | (0.5-3.7) |
| | **35 to 44** | 2.7 | (0.0-6.1) | 1.5 | (0.0-3.6) |
| | **45 to 54** | 2.3 | (1.0-3.6) | 2.5 | (0.1-4.8) |
| | **55 to 64** | 1.0 | (0.2-1.7) | 1.2 | (0.0-2.5) |
| | **65 to 74** | 0.1 | (0.0-0.3) | 0.0 | (0.0-0.1) |
| | **75 and older** | 0.1 | (0.0-0.3) | 0.0 | (0.0-0.0) |
| **Education** | **Less than H.S.** | 0.7 | (0.0-1.7) | 0.3 | (0.0-0.8) |
| | **H.S. Graduate** | 1.9 | (0.0-3.9) | 0.1 | (0.0-0.2) |
| | **Some College** | 2.4 | (0.3-4.5) | 1.8 | (0.1-3.5) |
| | **Voc./Assoc. Degree** | 1.6 | (0.8-2.3) | 1.4 | (0.3-2.5) |
| | **College Graduate** | 2.1 | (1.0-3.3) | 2.7 | (0.8-4.6) |
| **Poverty Status** | **200% or Less** | 2.6 | (0.8-4.4) | 1.9 | (0.3-3.5) |
| | **More than 200%** | 1.8 | (0.8-2.9) | 1.4 | (0.5-2.3) |

DS: Data suppressed due to < 30 responses

**Table 10.3.M**
**Losses Related to COVID-19 Pandemic**
**Transportation**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7383** | | **St. Louis County n=2159** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **1.7%** | **(1.1-2.3)** | **1.1%** | **(0.5-1.6)** |
| **Sex** | **Male** | 2.0 | (0.9-3.0) | 1.0 | (0.2-1.8) |
| | **Female** | 1.4 | (0.8-2.0) | 1.2 | (0.4-2.0) |
| **Age** | **18 to 34** | 1.8 | (0.2-3.4) | 0.2 | (0.0-0.4) |
| | **35 to 44** | 3.3 | (1.1-5.4) | 1.9 | (0.0-3.9) |
| | **45 to 54** | 1.6 | (0.5-2.7) | 1.1 | (0.0-2.7) |
| | **55 to 64** | 0.9 | (0.3-1.6) | 1.1 | (0.0-2.4) |
| | **65 to 74** | 1.0 | (0.0-2.1) | 1.4 | (0.0-3.7) |
| | **75 and older** | 1.9 | (0.7-3.1) | 2.0 | (0.0-4.1) |
| **Education** | **Less than H.S.** | 3.8 | (0.5-7.0) | 3.5 | (0.0-8.0) |
| | **H.S. Graduate** | 2.9 | (1.2-4.5) | 1.0 | (0.1-1.9) |
| | **Some College** | 1.6 | (0.7-2.4) | 1.4 | (0.1-2.7) |
| | **Voc./Assoc. Degree** | 0.3 | (0.0-0.5) | 0.1 | (0.0-0.3) |
| | **College Graduate** | 0.5 | (0.0-1.1) | 0.6 | (0.0-1.6) |
| **Poverty Status** | **200% or Less** | 4.3 | (2.4-6.1) | 2.2 | (0.6-3.7) |
| | **More than 200%** | 0.6 | (0.2-1.0) | 0.7 | (0.1-1.3) |

DS: Data suppressed due to < 30 responses

**Table 10.3.N**
**Losses Related to COVID-19 Pandemic**
**Housing**
BRIDGE TO HEALTH SURVEY 2020
St. Louis County

| **Question:** | *Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)* | | | | |
|---|---|---|---|---|---|
| **Demographic Characteristics** | | **Region n=7383** | | **St. Louis County n=2159** | |
| | | **Percent** | **95% CI** | **Percent** | **95% CI** |
| **Overall Results** | | **0.9%** | **(0.4-1.4)** | **0.9%** | **(0.1-1.7)** |
| **Sex** | **Male** | 0.8 | (0.2-1.4) | 0.5 | (0.0-1.0) |
| | **Female** | 0.9 | (0.1-1.7) | 1.2 | (0.0-2.7) |
| **Age** | **18 to 34** | 1.8 | (0.1-3.4) | 1.4 | (0.0-3.8) |
| | **35 to 44** | 0.9 | (0.0-1.7) | 0.8 | (0.0-2.0) |
| | **45 to 54** | 0.9 | (0.1-1.8) | 1.3 | (0.0-2.9) |
| | **55 to 64** | 0.3 | (0.0-0.5) | 0.1 | (0.0-0.3) |
| | **65 to 74** | 0.4 | (0.0-1.0) | 0.8 | (0.0-2.1) |
| | **75 and older** | 0.3 | (0.0-0.8) | 0.2 | (0.0-0.6) |
| **Education** | **Less than H.S.** | 1.0 | (0.0-2.3) | 0.3 | (0.0-0.8) |
| | **H.S. Graduate** | 1.9 | (0.3-3.4) | 2.2 | (0.0-4.9) |
| | **Some College** | 0.4 | (0.0-0.7) | 0.1 | (0.0-0.3) |
| | **Voc./Assoc. Degree** | 0.4 | (0.1-0.7) | 0.5 | (0.0-1.0) |
| | **College Graduate** | 0.5 | (0.0-1.0) | 0.7 | (0.0-1.6) |
| **Poverty Status** | **200% or Less** | 2.4 | (0.8-4.0) | 2.6 | (0.0-5.4) |
| | **More than 200%** | 0.2 | (0.0-0.5) | 0.2 | (0.0-0.6) |

DS: Data suppressed due to < 30 responses

# APPENDIX

# Appendix A: *2020 Bridge to Health Survey Sponsors*

Aitkin County Health & Human Services*
Aitkin-Itasca-Koochiching Community Health Services*
Blandin Foundation*
Carlton County Public Health & Human Services*
Community Memorial Hospital, Cloquet*
Cook County Public Health & Human Services*
Essentia Health – Deer River*
Essentia Health – Duluth*
Essentia Health – Sandstone*
Essentia Health – St. Mary's Medical Center*
Essentia Health – St. Mary's Hospital of Superior*
Essentia Health – Virginia*
Fairview Health Services*
Fairview Range Medical Center*
Generations Health Care Initiatives*
Grand Itasca Clinic and Hospital*
HealthPartners*
Itasca County Health and Human Services*
Lake County Health and Human Services*
Lake Superior Community Health Center*
Lake View Hospital
Medica Foundation*
Miller-Dwan Foundation*
Scenic Rivers Health Services*
St. Louis County Public Health and Human Services*
St. Luke's*
St. Luke's Foundation*
UCare*
Victory Fund*
Wilderness Health*
American Lung Association in Minnesota
Arrowhead Area Agency on Aging
Arrowhead Parish Nurse Association
Arrowhead Regional Development Commission
Bigfork Valley
Carlton-Cook-Lake-St. Louis Community Health Board
CHUM
Community Action Duluth
Cook Hospital
Douglas County Health and Human Services (WI)
Duluth Area YMCA
Duluth Superior Area Community Foundation
Ecolibrium3 and Main Street LNPK
Essentia Health – Northern Pines Medical Center
Essentia Institute of Rural Health
Human Development Center (HDC)
Integrity Health Network
Koochiching County Health and Human Services
Lake View Medical Clinic
Local Initiatives Support Corporation (LISC) Duluth
Lutheran Social Services of MN
Mercy Hospital
National Rural Health Resource Center
North Shore Health
Northern Waters Parish Nurse Ministry
Rainy Lake Medical Center
Recovery Alliance Duluth
Riverwood Healthcare Center
Sawtooth Mountain Clinic, Inc.
Superior Douglas County Family YMCA
University of Minnesota Duluth
WE Health Clinic
Whiteside Institute for Clinical Research
Zeitgeist Center for Arts & Community

*Indicates financial sponsor

# Appendix B: *2020 Bridge to Health Survey* Leadership Team

## ***Project Co-Chairs***

| | |
|---|---|
| Maggie Rothstein, MPH, CPH | Aitkin-Itasca-Koochiching Community Health Board |
| Mary Rapps, MHA | Generations Health Care Initiatives, Inc. |

## ***Consultants***

| | |
|---|---|
| Michael Finch, PhD | Finch & King, Inc.; University of Minnesota, Carlson School of Management |
| Ann Kinney, PhD | Minnesota Department of Health, Center for Health Statistics |

## ***Project Manager***

| | |
|---|---|
| Mary Rapps, MHA | Generations Health Care Initiatives, Inc. |

## ***Data Manager***

| | |
|---|---|
| Sonia Kjos, MS, PhD | Generations Health Care Initiatives, Inc. |

## ***Wilder Research***

Mark Anton, Sheila Bell, Jennifer Bohlke, Walker Bosch, Jen Collins, Marilyn Conrad, Phil Cooper, Matt Kinney, Alice Lubeck, Bunchung Ly, Nicole MartinRogers, Amanda Petersen, Dan Swanson, Mandi Ward

# Appendix B: *2020 Bridge to Health Survey* Leadership Team

## ***Steering Committee***

| | |
|---|---|
| Emily Anderson | Essentia Health |
| Christine Empanger | Lutheran Social Service of MN |
| Mike Finch (Consultant) | Finch & King, Inc.; University of Minnesota, Carlson School of Management |
| Megan Halena | Generations Health Care Initiatives, Inc. |
| Michelle Hargrave | Wilderness Health |
| Ann Kinney (Consultant) | Minnesota Department of Health, Center for Health Statistics |
| Sonia Kjos | Generations Health Care Initiatives, Inc. |
| Janelle Lambert | Minnesota Department of Health, Public Health Practice |
| Susan Michels | Carlton-Cook-Lake-St. Louis Community Health Board/ Healthy Northland |
| Joan Pennington | Fairview Health Services |
| Mary Rapps | Generations Health Care Initiatives, Inc. |
| Maggie Rothstein | Aitkin-Itasca-Koochiching Community Health Board |
| Steve Waring | Essentia Institute of Rural Health, Essentia Health |
| Amy Westbrook | St. Louis County Public Health and Human Services |

## ***Data Team***

| | |
|---|---|
| Brian Bluhm | Carlton-Cook-Lake-St. Louis Community Health Board/ Healthy Northland |
| Sara Bumgardner | St. Louis County Public Health and Human Services |
| Amanda Casady | Essentia Health |
| Sarah Elizabeth | YMCA- Superior |
| Beth Elstad | Recovery Alliance Duluth |
| Christine Empanger | Lutheran Social Service of MN |
| Mike Finch (Consultant) | Finch & King, Inc.; University of Minnesota, Carlson School of Management |
| Pam Franklin | Arrowhead Parish Nurse Association |
| Cindy Freeberg | Douglas County Public Health |
| Grace Grinager | Cook County Public Health and Human Services |
| Kathy Hermes | Lutheran Social Service of MN |
| Ellen Hill | Minnesota Department of Health, Infectious Disease Epidemiology, Prevention, and Control Division |
| EJ Howarth | Wilderness Health |
| Erin Johnson | Carlton County Public Health and Human Services |
| Ann Kinney (Consultant) | Minnesota Department of Health, Center for Health Statistics |

# Appendix B: *2020 Bridge to Health Survey* Leadership Team

## ***Data Team (continued)***

| | |
|---|---|
| Sonia Kjos | Generations Health Care Initiatives, Inc. |
| Janelle Lambert | MDH, Public Health Practice |
| Xuan Li | University of MN Duluth |
| Patti Martin | Carlton County Public Health and Human Services |
| Pat McKone | American Lung Association |
| Stephany Medina | St. Louis County Public Health and Human Services |
| Jenny Morman | Fairview Health Services |
| Michelle Morris | Duluth Superior Area Community Foundation |
| Tracy Morton | National Rural Health Resource Center |
| Ali Mueller | Carlton County Public Health and Human Services |
| Rob Prose | St. Louis County Public Health and Human Services |
| Alicia Randall | Carlton County Public Health and Human Services |
| Emily Ranta | Duluth Area Family YMCA |
| Mary Rapps | Generations Health Care Initiatives, Inc. |
| Maggie Rothstein | Aitkin-Itasca-Koochiching Community Health Board |
| Steve Waring | Essentia Institute of Rural Health, Essentia Health |

## ***Communications Team***

| | |
|---|---|
| Melissa Burlaga | St. Luke's Hospital and Clinics |
| Megan Halena | Generations Health Care Initiatives, Inc. |
| Dana Kazel | St. Louis County Public Information |
| Meghann Levitt | Carlton County Public Health and Human Services |
| Susan Michels | Carlton-Cook-Lake-St. Louis Community Health Board/ Healthy Northland |
| Alicia Randall | Carlton County Public Health and Human Services |
| Mary Rapps | Generations Health Care Initiatives, Inc. |
| Maggie Rothstein | Aitkin-Itasca-Koochiching Community Health Board |
| Louie St. George | Essentia Health |

## ***Additional Contributions***

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2020
# Bridge to Health Survey

## GENERAL HEALTH AND HEALTH CARE

**1. In general, would you say that your health is:**

☐ Excellent ☐ Very good ☐ Good ☐ Fair ☐ Poor

| **2. Have you ever been told by a physician, nurse, or health professional that you have or had any of the following health conditions? (Please check Yes or No for each.)** | **No** | **Yes** | **Yes, but only during pregnancy** |
|---|---|---|---|
| a. High blood pressure or hypertension | ☐ | ☐ | ☐ |
| b. Diabetes | ☐ | ☐ | ☐ |
| c. Pre-diabetes | ☐ | ☐ | ☐ |
| d. Allergies (not including allergies to medication) | ☐ | ☐ | |
| e. Back problems | ☐ | ☐ | |
| f. Cancer | ☐ | ☐ | |
| g. Chronic lung disease (including chronic bronchitis, emphysema, or COPD) | ☐ | ☐ | |
| h. Asthma | ☐ | ☐ | |
| i. Chronic digestive disease (such as ulcers, colitis, etc.) | ☐ | ☐ | |
| j. Chronic headaches | ☐ | ☐ | |
| k. Heart trouble or angina | ☐ | ☐ | |
| l. Stroke-related health problems | ☐ | ☐ | |
| m. High cholesterol or triglycerides | ☐ | ☐ | |
| n. Joint problems (such as arthritis, rheumatism, or gout) | ☐ | ☐ | |
| o. Risk of falling | ☐ | ☐ | |
| p. Kidney or bladder problems (including prostate problems) | ☐ | ☐ | |
| q. Depression | ☐ | ☐ | |
| r. Anxiety or panic attacks | ☐ | ☐ | |
| s. Post-traumatic stress disorder (PTSD) | ☐ | ☐ | |
| t. Other mental health conditions | ☐ | ☐ | |
| u. Sleep-related disorders (such as insomnia, restless leg syndrome, or sleep apnea) | ☐ | ☐ | |
| v. Hepatitis C | ☐ | ☐ | |
| w. Alzheimer's disease or other dementias | ☐ | ☐ | |
| x. Other (please specify): ☐ | ☐ | ☐ | |

**3. Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?**

☐ Number of days

**4. Is there a place that you <u>usually</u> go to when you are sick or need medical care? (Please check only ONE answer.)**

- ☐ I do not have a place I usually go when I need medical care
- ☐ A doctor's office
- ☐ A hospital outpatient clinic
- ☐ Public health
- ☐ A chiropractor's office
- ☐ Some other health center
- ☐ An urgent care center
- ☐ An emergency room
- ☐ Schedule an e-visit
- ☐ Call a nurse line
- ☐ Some other place: _____

**5. How long has it been since you last visited a doctor or other health care professional for any reason?**

- ☐ Within the past year
- ☐ Within the past 2 years
- ☐ Within the past 5 years
- ☐ 5 or more years ago
- ☐ Never

**6. During the <u>past 12 months,</u> was there a time when you thought you needed <u>medical care</u> but did not get it or delayed getting it?**

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 8

**7. Why did you not get or delay getting the <u>medical care</u> you thought you needed? (Please check all that apply.)**

- ☐ The care I needed cost too much
- ☐ My co-pay was too expensive
- ☐ My deductible was too expensive
- ☐ My insurance did not cover it
- ☐ I did not have insurance
- ☐ I was too nervous or afraid
- ☐ I could not get an appointment
- ☐ I had transportation problems
- ☐ There are no providers that are close enough to me
- ☐ I did not think it was serious enough
- ☐ I did not know where to go
- ☐ I could not get someone to look after my children or someone else that I take care of
- ☐ I felt disrespected by health care staff
- ☐ COVID-19 pandemic
- ☐ Other reason(s): _____

**8. During the <u>past 12 months,</u> was there a time when you wanted to talk with or seek help from a health professional about <u>mental health concerns</u> such as stress, depression, excess worrying, troubling thoughts, or emotional problems, but did not go or delayed talking with someone?**

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 10

**9. Why did you not get or delay getting the <u>mental health care</u> you thought you needed? (Please check all that apply.)**

- ☐ The care I needed cost too much
- ☐ My co-pay was too expensive
- ☐ My deductible was too expensive
- ☐ My insurance did not cover it
- ☐ I did not have insurance
- ☐ I was too nervous or afraid
- ☐ I was too embarrassed
- ☐ I could not get an appointment
- ☐ I had transportation problems
- ☐ There are no providers that are close enough to me
- ☐ I did not think it was serious enough
- ☐ I did not know where to go
- ☐ I could not get someone to look after my children or someone else that I take care of
- ☐ I felt disrespected by health care staff
- ☐ COVID-19 pandemic
- ☐ Other reason(s): _____

**10. If you or someone close to you needed <u>mental health care</u>, would you be more or less likely to seek care if it was available at your primary care clinic?**

- ☐ Much more likely
- ☐ More likely
- ☐ Neither more nor less likely
- ☐ Less likely
- ☐ Much less likely

**11. How long has it been since you last visited a dentist or a dental clinic for any reason?**

- ☐ Within the past year
- ☐ Within the past 2 years
- ☐ Within the past 5 years
- ☐ 5 or more years ago
- ☐ Never

**12. During the <u>past 12 months</u>, was there a time when you thought you needed <u>dental care</u> but did not get it or delayed getting it?**

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 14

**13. Why did you not get or delay getting the <u>dental care</u> you thought you needed? (Please check all that apply.)**

- ☐ The care I needed cost too much
- ☐ My co-pay was too expensive
- ☐ My deductible was too expensive
- ☐ My insurance did not cover it
- ☐ The dentist would not accept my insurance
- ☐ I did not have insurance
- ☐ I was too nervous or afraid
- ☐ I could not get an appointment
- ☐ I had transportation problems
- ☐ There are no providers that are close enough to me
- ☐ I did not think it was serious enough
- ☐ I did not know where to go
- ☐ I had used up my dental benefit
- ☐ I could not get someone to look after my children or someone else that I take care of
- ☐ I felt disrespected by health care staff
- ☐ COVID-19 pandemic
- ☐ Other reason(s): _____

**14. In the <u>past 6 months,</u> which statement best describes the medications prescribed for you?**

- ☐ I had no medications prescribed for me ➡ GO TO QUESTION 16
- ☐ I had medications prescribed for me and I filled them all ➡ GO TO QUESTION 16
- ☐ I had medications prescribed for me and I did not fill at least one of them

**15. Why did you not fill at least one prescription? (Please check all that apply.)**

- ☐ The medication I needed cost too much
- ☐ My co-pay was too expensive
- ☐ My deductible was too expensive
- ☐ My insurance did not cover it
- ☐ I did not have insurance
- ☐ I do not like taking medications
- ☐ I did not like the side effects
- ☐ I had transportation problems
- ☐ There are no pharmacies that are close enough to me
- ☐ I felt disrespected by staff
- ☐ COVID-19 pandemic
- ☐ Other reason(s): _____

| 16. Which of the following types of health insurance do you have? (Please check Yes or No for each.) | Yes | No |
|---|---|---|
| a. Health insurance or coverage through your employer or your spouse/partner, parent, or someone else's employer | ☐ | ☐ |
| b. Health insurance or coverage bought directly by yourself or your family | ☐ | ☐ |
| c. Indian or Tribal Health Service | ☐ | ☐ |
| d. Medicare or Medicare Supplement (such as Part D) | ☐ | ☐ |
| e. Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP) | ☐ | ☐ |
| f. MinnesotaCare | ☐ | ☐ |
| g. BadgerCare | ☐ | ☐ |
| h. Insurance through MNSure | ☐ | ☐ |
| i. CHAMPUS, TRICARE, or Veterans' benefits | ☐ | ☐ |
| j. Other health insurance or coverage: ☐ | ☐ | ☐ |
| k. I don't have health insurance | ☐ | ☐ |

**17. For the <u>past 12 months,</u> would you say you were:**

☐ Insured for the entire year ➡ GO TO QUESTION 18
☐ Uninsured for the entire year ➡ GO TO QUESTION 18
☐ Insured for part of the year and uninsured for part of the year

⬇

**17a. What months during 2019 and 2020 were you <u>uninsured</u>?**

| 2019 | 2020 | |
|---|---|---|
| ☐ September | ☐ January | ☐ May |
| ☐ October | ☐ February | ☐ June |
| ☐ November | ☐ March | ☐ July |
| ☐ December | ☐ April | ☐ August |

## HEALTH HABITS

**18. A serving of vegetables – not including french fries - is one cup of salad greens or a half cup of vegetables. How many servings of vegetables did you have <u>yesterday</u>?**

☐ Servings

**19. A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut, or canned fruit. How many servings of fruit did you have <u>yesterday</u>?**

☐ Servings

**20. A serving of 100% fruit juice is 6 ounces. How many servings of 100% fruit juice did you have <u>yesterday</u>?**

☐ Servings

| 21. How often did you drink the following beverages in the past week? | Never or less than 1 time per week | 1 time per week | 2-4 times per week | 5-6 times per week | 1 time per day | 2-3 times per day | 4 or more times per day |
|---|---|---|---|---|---|---|---|
| a. Fruit drinks (such as Snapple, flavored teas, Capri Sun, and Kool-Aid) | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| b. Sports drinks (such as Gatorade and Powerade); these drinks usually do not have caffeine | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| c. Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, and root beer) | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| d. Energy drinks (such as Rockstar, Red Bull, Monster, and Full Throttle); these drinks usually have caffeine | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

| 22. How often do you or others in your household buy or get food from the following places? | Never or less than 1 time per month | About 1 time per month | About 2 or 3 times per month | About 1 time per week | 2 or more times per week |
|---|---|---|---|---|---|
| a. Supermarket or large grocery store | ☐ | ☐ | ☐ | ☐ | ☐ |
| b. Small grocery store | ☐ | ☐ | ☐ | ☐ | ☐ |
| c. Convenience store or gas station | ☐ | ☐ | ☐ | ☐ | ☐ |
| d. Food shelf or food pantry | ☐ | ☐ | ☐ | ☐ | ☐ |
| e. Some other place | ☐ | ☐ | ☐ | ☐ | ☐ |

**23. Are there any barriers to having adequate food for your household? (Please check all that apply.)**

☐ None
☐ Cost of food
☐ Lack of transportation
☐ No grocery store nearby
☐ Inadequate food options at stores
☐ Stores not accepting some forms of payment
☐ Lack of time to shop
☐ COVID-19 pandemic
☐ Other barrier(s): _____

| 24. Do you have access to transportation when you need it for going to… | Always | Most of the time | Only sometimes | Hardly ever | I don't do this |
|---|---|---|---|---|---|
| a. Work or school? | ☐ | ☐ | ☐ | ☐ | ☐ |
| b. Medical or other health care appointments? | ☐ | ☐ | ☐ | ☐ | ☐ |
| c. Get groceries? | ☐ | ☐ | ☐ | ☐ | ☐ |
| d. See friends or relatives? | ☐ | ☐ | ☐ | ☐ | ☐ |
| e. Recreational activities? | ☐ | ☐ | ☐ | ☐ | ☐ |

**25. During the past 30 days, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening, or walking for exercise?**

☐ Yes ☐ No

**26. During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity? *Moderate activities cause only light sweating and a small increase in breathing or heart rate.***

☐ 0 days ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5 days ☐ 6 days ☐ 7 days

**27. During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity? *Vigorous activities cause heavy sweating and a large increase in breathing and heart rate.***

☐ 0 days ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5 days ☐ 6 days ☐ 7 days

| **28. How much of a problem are the following factors for you in terms of preventing you from being more physically active?** | **Not a problem** | **A small problem** | **A big problem** |
|---|---|---|---|
| a. Lack of time | ☐ | ☐ | ☐ |
| b. Lack of fitness programs, leaders, or facilities available | ☐ | ☐ | ☐ |
| c. No one to exercise with | ☐ | ☐ | ☐ |
| d. The cost of fitness programs, gym memberships, or admission fees | ☐ | ☐ | ☐ |
| e. Public facilities (schools, sports fields, etc.) are not open or available at the times I want to use them | ☐ | ☐ | ☐ |
| f. Long-term illness, injury, or disability | ☐ | ☐ | ☐ |
| g. Distance I have to travel to a place where I can be physically active | ☐ | ☐ | ☐ |
| h. No safe place to exercise | ☐ | ☐ | ☐ |
| i. Lack of self-discipline or willpower | ☐ | ☐ | ☐ |
| j. Lack of energy | ☐ | ☐ | ☐ |
| k. Not having sidewalks or walking paths/trails | ☐ | ☐ | ☐ |
| l. Poor maintenance of sidewalks or walking paths/trails | ☐ | ☐ | ☐ |
| m. Sidewalks/paths/trails are icy or not shoveled in the winter | ☐ | ☐ | ☐ |
| n. Other reasons: | ☐ | ☐ | ☐ |

| **29. When was the last time you…** | **Within the past year** | **Within the past 2 years** | **Within the past 5 years** | **5 or more years ago** | **Never** | **Does not apply to me** |
|---|---|---|---|---|---|---|
| a. Had your blood pressure checked? | ☐ | ☐ | ☐ | ☐ | ☐ | |
| b. Had your blood cholesterol checked? | ☐ | ☐ | ☐ | ☐ | ☐ | |
| c. Had any screening for colon cancer (such as fecal occult blood test, colonoscopy, barium enema, proctoscopic exam, or sigmoidoscopy)? | ☐ | ☐ | ☐ | ☐ | ☐ | |
| d. Had any screening for mental health issues such as depression or anxiety? | ☐ | ☐ | ☐ | ☐ | ☐ | |
| e. Had a mammogram? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| f. Had a Pap smear? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| g. Performed a breast self-exam? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| h. Had a prostate exam? | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

**30. How often do you get the social and emotional support you need? (Please include support from any source.)**

☐ Always ☐ Usually ☐ Sometimes ☐ Rarely ☐ Never

**31. How strongly do you agree or disagree with this statement: "I lead a purposeful and meaningful life."**

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

**32. Have you smoked at least 100 cigarettes in your entire life? (100 cigarettes = 5 packs)**

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 36

**33. Do you now smoke cigarettes every day, some days, or not at all?**

☐ Every day
☐ Some days
☐ Not at all ➡ IF NOT AT ALL, GO TO QUESTION 36

**34. During the <u>past 12 months</u>, have you stopped smoking for one day or longer because you were trying to quit?**

☐ Yes ☐ No

**35. Are you seriously thinking of quitting smoking?**

☐ Yes, within the next 30 days
☐ Yes, within the next 6 months
☐ Yes, more than 6 months from now
☐ No, I am not thinking of quitting

**36. Have you ever used an electronic cigarette, vaping device, Mod, JUUL, or other electronic nicotine delivery device even just <u>one time</u> in your entire life?**

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 39

**37. Were you a tobacco user (cigarette, cigar, little cigar, pipe, snuff, snus, chewing tobacco, etc.) at the time you first used an e-cigarette or other electronic nicotine delivery device?**

☐ Yes ☐ No

**38. During the <u>past 30 days</u>, about how many days did you use e-cigarettes or other electronic nicotine delivery devices?**

☐ Number of days

**39. Do you currently use smokeless tobacco, such as snuff, snus, or chewing tobacco?**

☐ No, I never have ➡ GO TO QUESTION 41
☐ I used to use smokeless tobacco, but I quit
☐ Yes

**40. How many times in the <u>past 30 days</u> did you use smokeless tobacco?**

☐ Every day
☐ Several times per week
☐ Once per week
☐ Less than once per week
☐ Not at all

**41. During the <u>past 30 days</u>, <u>how many days</u> did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?**

☐ Days during the past 30 days ➡ IF 0 DAYS, GO TO QUESTION 44

**42. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the <u>past 30 days</u>, on the days when you drank, about <u>how many drinks</u> did you drink on the average?**

☐ Number of drinks per day

**43. Considering all types of alcoholic beverages, how many times during the <u>past 30 days</u> did you have…**

**FOR FEMALES:** **4** or more drinks on an occasion ☐ Number of times

**FOR MALES:** **5** or more drinks on an occasion ☐ Number of times

| 44. In the past 12 months, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink? | Yes | No |
|---|---|---|
| a. Car or truck | ☐ | ☐ |
| b. Boat or Jet Ski | ☐ | ☐ |
| c. Snowmobile or ATV | ☐ | ☐ |

**45. How do you prefer to get health and wellness information? (Please check UP TO 3 sources.)**

| | | | |
|---|---|---|---|
| a. E-mail alert or e-newsletter | ☐ | i. Radio | ☐ |
| b. Newspaper (print or online) | ☐ | j. Medical professionals | ☐ |
| c. Brochure, newsletter, magazine, or other print material | ☐ | k. Family or friends | ☐ |
| d. Text message | ☐ | l. Health fairs or other health-related community events | ☐ |
| e. Social media such as Facebook or Twitter | ☐ | | |
| f. Websites or internet | ☐ | m. Other: | ☐ |
| g. Phone apps | ☐ | | |
| h. Television | ☐ | | |

**46. How often do you feel lonely or isolated from those around you?**

☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never

**47. Have you ever considered attempting suicide? (Please check all that apply.)**

☐ No ☐ Yes, during the last 6 months ☐ Yes, during the last year ☐ Yes, more than a year ago

**48. Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)**

☐ None
☐ Job (lay off, furlough, hours reduction)
☐ Income
☐ Housing
☐ Health insurance
☐ Transportation
☐ Child care
☐ Regular school routine
☐ Social connectedness
☐ Social support
☐ Sense of wellness
☐ Recreation or entertainment
☐ Exercise opportunities
☐ Death of family member or friend
☐ Other:

## ABOUT YOU

**49. Are you a permanent resident of this area or a seasonal resident?**

☐ Permanent resident ☐ Seasonal resident

**50. What is your sex?**

☐ Male ☐ Female ☐ Intersex

**51. What best describes your gender identity? (Please check all that apply.)**

☐ Woman
☐ Man
☐ Non-binary
☐ Cisgender
☐ Transgender
☐ Please describe:

**52. In what year were you born?** ☐

**53. Do you own or rent your home?**

☐ Own ☐ Rent ☐ Another arrangement

**54. Including yourself, how many adults and how many children live in your household?**

Number of adults aged 18 or older (including yourself): ☐

Number of children 5-17 years old: ☐

Number of children 0-4 years old: ☐

**55. During the past 12 months, have you experienced any issues obtaining housing? (Please check all that apply.)**

☐ I did not have any issues obtaining housing
☐ Initial rent and security deposit payment
☐ Criminal record
☐ Previous rental history (e.g. eviction, unlawful detainer)
☐ Poor credit or lack of rental history
☐ History of unpaid utility payments
☐ Difficulty finding a place that accepts pets
☐ Lack of available affordable housing
☐ Lease requirements (e.g. number of months required)
☐ Could not get a mortgage
☐ Difficulty finding a place near public transportation
☐ Other: ☐

**56. During the past 12 months, have you experienced any issues keeping your housing? (Please check all that apply.)**

☐ I did not have any issues keeping housing
☐ Issues with landlord
☐ Issues with neighbors
☐ Cost of utility payments
☐ Lost income
☐ Could not afford rent or mortgage
☐ Poor or substandard conditions
☐ Change in family or household situation (health issues, aging out, roommate left, etc.)
☐ Other: ☐

**57. Do you have access to the internet at this address using a computer, tablet, or cell phone?**

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 59

**58. Are there any barriers to internet use at this address? (Please check all that apply.)**

☐ None
☐ Inadequate internet service (e.g. poor or intermittent service, not enough bandwidth)
☐ Internet service or equipment is too expensive
☐ Not enough devices for everyone in household (computers, tablets, etc.)
☐ Devices (computers, tablets, etc.) not adequate for needed use (work, school, virtual health care visit, etc.)
☐ Do not have the necessary skills to use the internet or device
☐ User accessibility issues
☐ No internet service available
☐ Other: ☐

**59. What is the highest level of education you have completed? (Please check only ONE answer.)**

☐ 8th grade or less
☐ Some high school
☐ High school graduate or GED
☐ Some college/vocational/technical/trade school
☐ Graduate of a vocational/technical/trade school
☐ Associate degree (2-year degree)
☐ Bachelor's degree (4-year degree)
☐ Graduate or professional degree

**60. Are you currently…? (Please check all that apply.)**

- ☐ Employed full-time
- ☐ Employed part-time
- ☐ Self-employed or farmer
- ☐ Unemployed or out of work
- ☐ A homemaker or stay-at-home parent
- ☐ A student
- ☐ Retired
- ☐ Unable to work because of a disability

**61. Which of the following best describe you? (Please check all that apply.)**

- ☐ American Indian/Alaska Native
- ☐ Native Hawaiian/Pacific Islander
- ☐ Asian/Asian American
- ☐ White
- ☐ Black/African/African American
- ☐ Please describe: _____
- ☐ Hispanic/Latinx/Latino

**62. In the <u>past 12 months</u>, have you provided UNPAID care to an adult relative, family member, or friend aged 18 years or older to help them take care of themselves? Unpaid care may include help with personal needs or household chores. It might be managing a person's finances, arranging for outside services, or visiting regularly to see how they are doing. This person may or may not live with you.**

☐ Yes ☐ No

**63. Have you ever served on active duty in the United States Armed Forces, Reserves, or National Guard?**

- ☐ No, I have never served OR I only took initial/basic training
- ☐ Yes, I have served on active duty

**64. How tall are you without shoes?** _____ _____ **feet inches**

**65. How much do you weigh?** _____ **pounds**

**66. What was your household's total income from all earners and all sources in 2019?**

- ☐ $25,500 or less
- ☐ $61,001 - $70,000
- ☐ $25,501 - $34,500
- ☐ $70,001 - $79,000
- ☐ $34,501 - $43,500
- ☐ $79,001 - $88,000
- ☐ $43,501 - $52,500
- ☐ $88,001 - $100,000
- ☐ $52,501 - $61,000
- ☐ More than $100,000

**67. Do you feel a sense of belonging or connectedness outside yourself/family?**

- ☐ Yes ➡ IF YES, GO TO QUESTION 68
- ☐ No
- ☐ Not sure

**68. What provides you with a sense of belonging or connectedness?**

_____

***Thank you for participating in this survey!***