

Berkeley Medical Center
Jefferson Medical Center

2019 Community Health Needs Assessment (CHNA)

Martinsburg, WV
Ranson, WV

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Background and Introduction

Provisions in the Affordable Care Act (ACA) of 2010 require tax-exempt (non-profit) hospitals to conduct a Community Health Needs Assessment (CHNA) and develop an Implementation Plan at least every three years. The regulations for the CHNA include defining the hospital's service area and compiling demographics and analysis of health indicators; taking into account input from the community, including public health professionals; identifying resources; and prioritizing community health needs.

The 2019 Berkeley Medical Center and Jefferson Medical Center (BMC/JMC) CHNA incorporates the requirements described above and identifies the following prioritized needs:

- 1. Substance Use and Abuse (drugs, alcohol, tobacco, vaping)**
- 2. Obesity & Chronic Disease (including cancer)**
- 3. Mental Health**

This document serves as a roadmap for the Implementation Plan, which will be developed during the months following the completion of the 2019 CHNA and specify planned actions to be taken by BMC/JMC and collaborators, available resources, and a plan for evaluating these activities. In addition to the requirement to conduct a CHNA, hospital leadership expressed the desire to go beyond regulatory requirements in serving patients and the community as a whole, as well as to build upon work done in previous cycles wherever applicable. To facilitate this goal for this cycle, BMC/JMC partnered with West Virginia University's School of Public Health (WVU SPH) to complete this Needs Assessment. Using a robust community-based process, the leadership team engaged broad representation of community members, many already committed to this process through involvement in previous cycles' work and impact on community health outcomes. This process was led by Dr. Tom Bias in the Health Research Center within the school. A CHNA leadership team including hospital and community leadership was convened to inform and guide the process.

About the Hospitals

Berkeley Medical Center and Jefferson Medical center are two community hospitals who, in 2005, merged to become WVU Medicine East.

BMC in Martinsburg, WV, is a 170-bed not-for-profit community hospital located in the Eastern Panhandle of West Virginia. This hospital provides multiple service lines that are able to care for a variety of patients, including a neonatal intensive care unit and growing pediatric medicine

service, cardiac cath lab, neurosurgery, orthopedics, oncology, behavioral health, emergency care, and critical care.

JMC in Ranson, WV, is a full service critical access hospital with 25 acute-care beds and a 24-hour emergency department. As the only hospital in the county, JMC provides a wide range of clinical services in an intimate environment.

Previous CHNA Findings

The most recent CHNA was adopted in 2017. The WVU Medicine/University Healthcare Community Health Needs Assessment was conducted under the guidance of a Steering Committee comprised of select members of the WVU Medicine Executive Committee. A CHNA liaison served on the Health and Human Services Collaborative Steering Committee and a community survey was conducted to facilitate broad community input about unmet needs and priorities in the area. In April 2017, the Board of Directors approved the CHNA Cycle II priorities and implementation plan and the creation of CHNA Strategy Implementation Teams to be chaired by administrative and clinical champions from each hospital. Four teams were created and charged with developing and implementing action plans and strategies that addressed priorities identified in the CHNA:

- **Chronic disease**
- **Cancer**
- **Behavioral health**
- **Maternal/child health**

Definition of the Community Served

For the 2019 process, the CHNA leadership team defined the community served as Berkeley, Jefferson, and Morgan counties. Data collection took place via online survey collection, as well as collection of paper copies in the community. Secondary data from the three counties was also analyzed for the purpose of this process. See highlighted area in Figure 1 below for a picture of the hospitals' main service area.

The following table contains information from the US Census Bureau and shows the most current Quickfacts¹ for each county. It outlines some basic demographics about the population of the counties, as well as information about health insurance coverage, education, and poverty levels as context for interpreting the survey data. Appendix A includes the full list of Quickfacts for these counties.

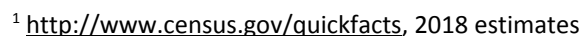


Table 1. Select Demographic Data

	Berkeley County, West Virginia	Jefferson County, West Virginia	Morgan County, West Virginia
Population	117,123	56,811	17,787
Residents under the age of 18	23.2%	22.2%	17.9%
Non-white or more than one race	12.1%	11.1%	3.4%
Hispanic or Latino	4.6%	5.8%	1.6%
High School education or higher (ages 25+)	88.2%	88.8%	85.0%
Bachelor's degree or higher (ages 25+)	20.7%	30.5%	18.0%
Under 65 years old and uninsured	7.1%	6.5%	8.8%
Persons living in poverty	11.8%	10.4%	13.0%

Methodology and Community Input Process

The CHNA process began with a thorough review of the previous cycle's needs assessment report and implementation plan. It also included a review of publicly available secondary data related to the three counties, including census data and County Health Rankings Data (Appendix B). Primary data collection was comprised of a survey of community members' perceptions of health issues followed by a community event focused on reviewing survey data, discussing community resources and assets that impact population health in the area, and working as a group to outline possible implementation strategies for each area of concern. Early data collection saw a significant gap in representation from the Hispanic population in the area, and hospital leadership responded to a community partner's request for a Spanish version of the survey. With their help in translating and disseminating this into the community, the final data reflects much more accurate representation of the Spanish-speaking population unique to this service area of the WVU Medicine hospital system.

Primary Methods of Collecting and Analyzing Information

Two primary sources of data informed the CHNA: (1) a public survey and (2) a community meeting. The public survey was developed by the WVU SPH with the leadership team following an iterative process. Survey topics included questions about perceptions of overall health of the community, quality of life, access to healthcare and medical needs, personal behaviors and habits, and demographic information including age, education, and income.

The survey (Appendix C) was collected both online and through hard copies from residents who are 18 or older. The survey link was distributed through email lists, patient charts, social media, and made available as hard copies in the community. Some of the collection points and contact lists included:

- BeHive (family play space)
- Berkeley County Chamber of Commerce
- Berkeley County Health Department
- BMC hospital staff
- Catholic Charities
- Charles Town Rotary
- Collected following mass at local Catholic Churches (to capture Spanish-speaking residents)
- DHHR
- Health & Human Services Collective
- Health Department
- Jefferson County Chamber of Commerce
- Jefferson County Health Department
- Jefferson Senior Center Annual Picnic
- JMC hospital staff
- Martinsburg Initiative
- Martinsburg Noon Rotary
- Martinsburg Sunrise Rotary
- MyChart - sent to patients in area zip codes
- Panhandle Home Health
- Public Library
- Senior Towers Apartments
- Shenandoah Community Health
- Shepherdstown Rotary
- UHP Staff, Faculty & Students

- Wellness Center at BMC

This survey was not intended to be a representative, scientific sample of residents of the counties' populations, but rather a mechanism to solicit the community's perception of their health needs, concerns, and "things that are working well" in and around the Eastern Panhandle. Nearly 3,500 surveys were completed by community members from the area. The survey results were reported back to the leadership team in aggregate (Appendix D), but also broken down by income, age, education and other factors to ensure there were no significant differences in responses between differing demographics. Noteworthy limitations included disproportionate response representation from the lower-income population making less than \$30k/year (Appendix E) and from those with children in the home. Despite these limitations, there were not noteworthy variations in health concerns reported by these subpopulations, and each of these populations was well-represented at the community meeting.

In addition to the survey, information was collected at a community meeting hosted by BMC/JMC leadership on October 30, 2019. This session, open to the public and with broad stakeholder representation, solicited input on community health needs and sought to identify groups and organizations already providing essential services. The group discussed the outcomes of the survey collection data and provided input regarding the gaps in demographic representation. After the survey data were reviewed, strategies for improving health outcomes in the most-reported topic areas were discussed, and feedback about existing programs and resources was provided by the community. A summary of these resources (Appendix F) can be considered a springboard of potential collaborators when the leadership team begins implementation planning (as can Appendix G, which summarizes similar and relevant community survey data). Twenty-seven community members participated in this event - more detail on the makeup of this meeting is found below.

Leadership Team and Community Organizations Involved

The following roles were represented on the BMC/JMC CHNA leadership team and provided thorough input throughout the process of developing the CHNA. These individuals informed the public input survey and were instrumental in dissemination. Additionally, they identified and invited members of the community to the community meeting held in October and were charged as a group with collaborative discussion of primary and secondary data to determine health priorities.

Leadership Team

- Anthony P. Zelenka, President & CEO

- Linda Blanc, Administrative Director Patient Care Services (JMC)
- Kim Clarke, AVP Information Technology
- Dana DeJarnett, Health Promotion Coordinator, The Wellness Center @ BMC
- Stephanie Diedericks, Vice President Strategic Planning & Services
- Emma Eggleston, MD, Dean WVU Health Sciences Center Eastern Campus
- Aaron Henry, Vice President Ambulatory Operations (What is UHP?)
- Zach Kerns, Vice President Finance
- Henry Kurban, MD, Chief Medical Officer
- Teresa McCabe, Vice President Marketing & Development
- Neil McLaughlin, Vice President Operations
- Garland Nagy, Vice President General Counsel
- Samantha Richards, Chief Nursing Officer
- Justin Ruble, Vice President Human Resources

A community meeting was held in Martinsburg in October to get more input from the public, especially from organizations who provide social services to individuals within the service area of WVU Medicine East. The following organizations from local government, business, and non-profit organizations were represented at this meeting. Representatives from these organizations held discussions in small groups to compile a working list of existing resources, programs, policies, and ideas to address each area of concern, in addition to raising questions and providing information and perspective during overall discussion of the survey data results. They also worked in their small groups and as part of a larger discussion to formulate some new suggestions to address each health area.

Organizations Represented at Community Meeting

- American Cancer Society
- Berkeley County Chamber of Commerce
- Berkeley County Development Authority
- Berkeley County Health Department
- Berkeley County Schools
- Catholic Charities
- City of Martinsburg
- EPIC
- Jefferson County Chamber of Commerce
- Jefferson County Development Authority
- Jefferson County Health Department
- Jefferson County Sheriff's Department

- Martinsburg Parks & Recreation
- Panhandle Home Health
- Shenandoah Community Health
- United Methodist Church
- United Way
- WVU Medicine

Community Health Needs Prioritization

Following the community meeting, the leadership team discussed the totality of information collected through the survey and community event, working to identify priority areas for developing implementation strategies.

With leadership and the community meeting group, WVU SPH reviewed summarized survey data, including overall responses to the three most important health problems or issues. “Health problems” pertains to mainly clinical items such as health and disease topics; however, when creating the survey tool, hospital leadership saw value in asking about factors affecting health outcomes. For this reason, topics were grouped into three questions: clinical health and disease items (e.g. heart disease, addiction, cancer), quality of life and built or natural environmental factors (e.g. air quality, availability of sidewalks, cost of medications), as well as things seen as personal choices or behaviors (e.g. vaping, distracted driving, poor eating choices). This allowed the leadership team to cross-reference clinical items with the life factors and personal choices for a deeper understanding of the common themes, and a snapshot perspective of where in life the hospital might be able to implement strategies that will impact many.

Table 2. Community Health Concerns Survey Results

Health & Disease	Quality of Life & Environment	Personal Choice & Risky Behaviors
Drug addiction/dependence - 68.1%	Cost of care/medications - 52.9%	Drug abuse - 50.1%
Obesity - 48.9%	Low income - 37.3%	Alcohol abuse - 32.9%
Mental health problems - 29.4%	Lack of access to recreation spaces for all ages - 21.0%	Bad eating choices - 31.5%

Health issues were largely consistent across the population by age, gender, income level, and other demographic variables. For example, drug abuse consistently appeared at the top across genders, ages, income levels, education levels, and in homes both with and without children.

Health concern varied slightly in priority when analyzed in these ways, but not to an extent that concerns were raised during community meeting discussion or during prioritization decisions. Those serving and working with populations of residents in these counties agreed that the outcomes of this survey accurately represent the concerns and struggles of their clients, patients, etc.

Respondents across the county expressed similar perceptions of community health in other ways: the large majority rated residents as “unhealthy” or “somewhat unhealthy”. When asked in an open-ended way what helps residents keep themselves and those around them practicing good health, answers were coded into categories. The top response categories could also be considered by hospital leadership when exploring strategy ideas, potential partners for collaboration, and “what’s working well” in their community:

- My doctor’s office/office staff/nurses (235 responses)
- Wellness center (98 responses)
- Family or other personal relationships (70 responses)
- Internet resources (64 responses)
- Public schools (64 responses)

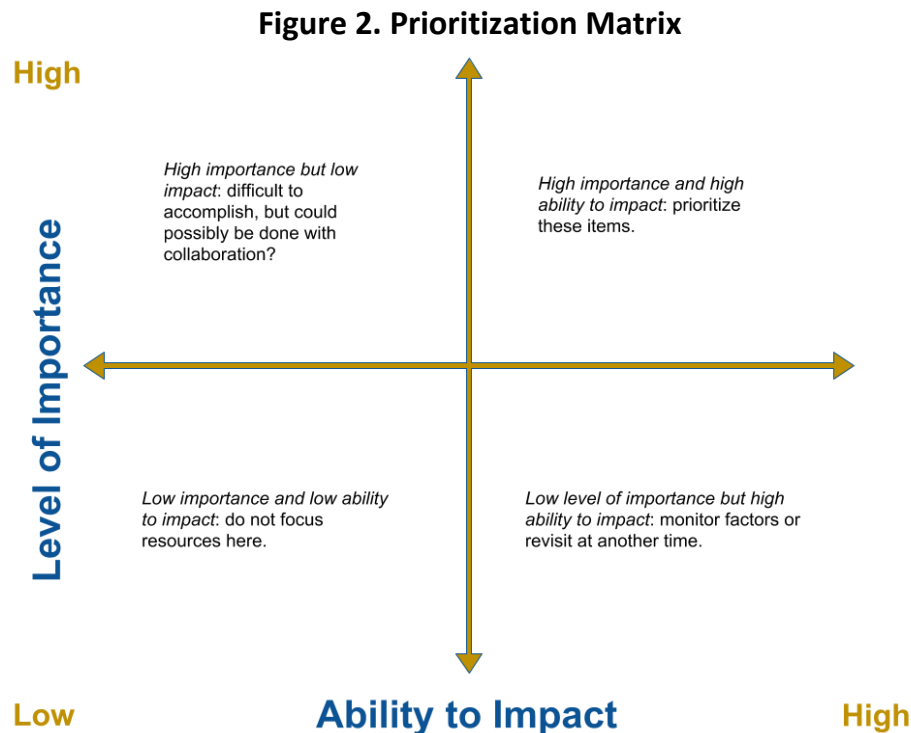
In terms of access to healthcare and other medical needs (see Table 3 below), the majority of respondents report having access to adequate medical care when needed, overall satisfaction with the quality of care received, and the ability to typically be able to afford their portion of medical care. (Note that some respondents reported that these questions were not applicable to them.)

Table 3. Access to Healthcare and Medical Needs

	Agree	Disagree
I have easy access to the specialists I need (including substance abuse and/or mental health, if applicable)	62.2%	30.5%
I can get medical care whenever I need it	71.8%	26.2%
I am very satisfied with my medical care	76.6%	20.6%
I have access to adequate healthcare	82.9%	15.6%
At times I can’t pay for my portion of my medical care	40.3%	47.5%
At times I can’t pay for my portion of medications	35.3%	52.3%

During the prioritization process that followed the community meeting, leadership team

members revisited common priority areas within the context of discussions and feedback from the morning. Utilizing a prioritization matrix (Figure 2, below) to guide discussion, the group considered the degree to which the hospitals can realistically affect health outcomes for each priority health concern, endeavors already underway for each (within each individual hospital, the overarching hospital system, and within other county entities), as well as level of importance relative to the reach of their impact.



Within this discussion of where and how the hospital can realistically have an impact, what they could accomplish with collaboration with partners, and what topics to monitor and revisit at a later time, the list of top health concerns was pared down and reconfigured to the three that will be the focus moving forward with implementation planning.

- 1.) **Substance use and abuse (including alcohol, tobacco, and vaping)** – This topic is of very high importance according to the survey data from the community, the available secondary data pertinent to the area, and discussions with community stakeholders. Within existing community relationships are already many potential partners and much structure is already in place. Hospital leadership’s initial thoughts include efforts to get more MAT-trained providers in place, support for the potential Quick Response Team being developed in Jefferson County, and the importance of work to reduce stigma and use of negative terminology surrounding addiction (this is already somewhat underway

in regards to trainings at both hospitals' EDs, as well as L&D and NICU units at each). In light of all of the above, this topic was identified as high priority for strategy development.

2.) Obesity and chronic disease (including cancer) – Among the top health concerns revealed in all of the data were obesity, associated chronic diseases like diabetes and heart problems, and cancers. These concerns were supported elsewhere in the data by an expressed lack of recreation spaces for all ages, and community concern about poor eating choices and perceived lack of access to fresh food or healthy choices during busy times. Thinking about potential strategies, hospital leadership recognizes that BMC and JMC have many related partners and efforts underway and existing programming in place to help aid in the prevention of obesity and chronic disease. The team sees much opportunity to address these issues as a whole and has included this category in their priority items.

3.) Mental health - Lastly, community concern about mental health was very evident in the survey data and discussion - this includes resident struggles with mental health, access to treatment options, and stigma surrounding these issues. Hospital leadership discussed recent hospital efforts to address this issue: a total of four psychiatrists, a new clinic in Ranson, recent surveying of all physicians regarding burnout, and more. Also discussed were some initial strategy ideas and pressing needs: child and adolescent services to address existing school-based issues, initiatives addressing patients via MyChart, a need for addressing stigma and for addressing increasing suicide rates in the area. Pressing need and capacity to address these issues in various settings lead the hospital leadership team to prioritize this as one of the top three issues for strategy development.

Hospital leadership did take the time to discuss some of the issues beyond the “top three” identified at the community meeting. Aging problems, low income, employment access, and transportation, for example, are something that the hospital recognizes as a community and statewide concern. However, the team agrees that these are larger problems that cannot be addressed with the resources and tools available to the hospitals right now. Similarly, cost of care and health insurance appear repeatedly in the community data, but the leadership team acknowledges that these are also in many ways systemic issues over which they have little control. Leadership has not discounted these other issues, however, and will revisit at a later time, recognizing that potential collaborations with future partners could change the scope of their impact.

Potential Resources

Each of the top priorities identified in the 2019 CHNA are consistent with concerns raised in 2016. In addition to resources already available at BMC and JMC, the following tables document organizations with missions aimed at addressing top health concerns identified during the community meeting, as well as ideas for each topic (Tables 4-6, below). Appendix H is a full resource guide including each organization and contact information. This list is not meant to be exhaustive, but rather a starting point for drafting potential interventions in the forthcoming implementation plan.

Table 4. Identified Potential Resources and Ideas: Substance use and abuse

Substance Use and Abuse
AA Meetings
American Cancer Society
Bridge to Recovery @ WVU
Bureau of Mental Health
Callahan Counseling - PVI Safety & Treatment Program
Caregiver Cafes in schools
Catch My Breath - curriculum in schools
Celebrate Recovery groups
CHS
Church support groups
Community counseling services
Counseling in schools
Day Report Center - has telemedicine; expand that program
Detox center is needed
Drug Courts - 3 counties
East Ridge Substance Abuse

Eastern Panhandle Juvenile Drug Court
Educational programs through community newsletter collaborative
Faith-based outreach
Faith-based Recovery - Pikeside UMC
Family Resource Network directory for other resources - link with social media and include tips and stories for success
Good Samaritan Clinic
Grace
Harm Reduction - Berkeley Health Department - Jefferson Health Department
Health Nurses Curriculum in schools
Legislative policy specifically banning vaping
MAT - SCH, Eastridge, Novies, Renovo, New Life
Motivation Links (-testimonies)
Mountaineer Recovery Center
Mountaineer Rehabilitation
Naloxone training
Needle exchange
Oxford House
Paloma Detox Center
Programs in schools are needed
Project Aware in schools
Quitline - for smoking and vaping
Recovery coaches in ED at Shenandoah
Recovery coaching
Recovery Resource Center

Red Ribbon Week
Renova Center
Shenandoah Community Health Center
Smoking support group starting at BMC
Social services partnering with hospitals to address overlap between mental health and substance use
Support businesses in efforts to expand mental health services to employees
Support businesses that no longer sell tobacco products
Tri-County Pastoral
WVU Medicine - Tobacco Cessation
YAP

Table 5. Identified Potential Resources and Ideas: Obesity, chronic disease, and cancer

Obesity, chronic disease, and cancer
211 should be updated - useful and current
Backpack program
Bike trails
C & O Canal
Mark Caeazella
Center for Diabetes & Metabolic Health - exercise Rx
Daycare programs with nutrition
Dental resources for kids & adults
Employer incentives to employees
Family Practitioner
Fitness for Life

Focused Diabetes program
Health education <ul style="list-style-type: none"> - Free obesity & chronic disease classes needed for public - Hospital-based diabetes education available - Monthly education programs at Health Departments
Healthier food options at business events
Healthy Berkeley
More workplace “gyms”/workout opportunities on site; healthier options for employees
Parks & Recreation
Right From the Start program with Dr. Marshal & Early Head Start
Route 9 Walking Trail
SCH Wellness Program
Schools <ul style="list-style-type: none"> - dance - yoga - encouraging activity so many minutes of each day - after school nutrition education
Senior Center - directs people to resources
Shenandoah Community Clinic <ul style="list-style-type: none"> - free classes
Silver Sneakers
SNAP at Farmers’ Markets
Stress reduction opportunities, i.e. yoga classes
Sugar Free Hospital
Walk With a Doc program with Charles Town Rotary
Walkability <ul style="list-style-type: none"> - safer links between neighborhoods - more trails - school tracks
Weight Watchers
Wellness Centers

Table 6. Identified Potential Resources and Ideas: Mental health

Mental health
ACEs - in schools and Starting Points
Behavioral Health Work Group
Berkeley Medical Center
Community fairs
Complete coalition of community resources
Crisis workers on other floors and 2D
Developmental Assets
DHHR
East Ridge
Edinburgh postpartum screening for all OB patients
Existing Support Groups
Expand involuntary mental health facilities - currently support 6 hours from Charles Town
Free clinics needed
Jefferson County schools' emphasis on providing youth services
Jefferson Medical Center
Gateway Behavioral Health
Hospital implementation of PHQ-9 depression screening for all patients
Inpatient services at hospital
Mental first aid needed - youth and adults
More services at places of employment
More support groups needed
Mountaineer Behavioral Clinic

Project Aware in Berkeley County
Reduce stigma
School-based resources
Shenandoah Community Health
Stonebrook
Telehealth is needed
Tri-County Pastoral
United Way
VA
WVU Medicine

Conclusion

The 2019 CHNA identified three health priorities to guide BMC and JMC's efforts to improve the health of community members. These priorities are:

- 1. Substance use and abuse (including alcohol, smoking, and vaping)**
- 2. Obesity and chronic disease (including cancer)**
- 3. Mental health**

This succinct list of priorities will guide the implementation planning process. Implementation strategies will aim to address these issues using existing resources and partnerships with other community organizations where possible, build upon past success, and include past efforts to address health needs identified in the 2016 CHNA. In the coming months, this process will lead to the completion of an implementation plan for activities centered on these health needs.

Appendices


- A. Secondary Data - Full Quickfacts for each county
- B. Secondary Data - Health Rankings & Roadmaps for each county
- C. Community Health Perceptions Survey
- D. Data update to leadership team/Overall summary of data
- E. Summary of respondents making income of <\$30k/year
- F. Summary of information gathered at community meeting
- G. Summary of qualitative places/programs question - "What's working well"
- H. Full resource guide of information gathered at community meeting

QuickFacts

Morgan County, West Virginia; Jefferson County, West Virginia; Berkeley County, West Virginia

QuickFacts provides statistics for all states and counties, and for cities and towns with a *population of 5,000 or more*.

Table

All Topics ▼	Morgan County, West Virginia	Jefferson County, West Virginia	Berkeley County, West Virginia
Population estimates, July 1, 2018, (V2018)	17,787	56,811	117,123
 PEOPLE			
Population			
Population estimates, July 1, 2018, (V2018)	17,787	56,811	117,123
Population estimates base, April 1, 2010, (V2018)	17,541	53,488	104,172
Population, percent change - April 1, 2010 (estimates base) to July 1, 2018, (V2018)	1.4%	6.2%	12.4%
Population, Census, April 1, 2010	17,541	53,498	104,169
Age and Sex			
Persons under 5 years, percent	▲ 4.1%	▲ 5.3%	▲ 6.1%
Persons under 18 years, percent	▲ 17.9%	▲ 22.2%	▲ 23.2%
Persons 65 years and over, percent	▲ 23.1%	▲ 16.2%	▲ 14.7%
Female persons, percent	▲ 49.9%	▲ 50.4%	▲ 50.4%
Race and Hispanic Origin			
White alone, percent	▲ 96.6%	▲ 88.9%	▲ 87.9%
Black or African American alone, percent (a)	▲ 0.9%	▲ 6.4%	▲ 7.8%
American Indian and Alaska Native alone, percent (a)	▲ 0.3%	▲ 0.3%	▲ 0.2%
Asian alone, percent (a)	▲ 0.4%	▲ 1.6%	▲ 1.1%
Native Hawaiian and Other Pacific Islander alone, percent (a)	▲ Z	▲ 0.1%	▲ Z
Two or More Races, percent	▲ 1.7%	▲ 2.7%	▲ 3.0%
Hispanic or Latino, percent (b)	▲ 1.6%	▲ 5.8%	▲ 4.6%
White alone, not Hispanic or Latino, percent	▲ 95.3%	▲ 83.7%	▲ 84.0%
Population Characteristics			
Veterans, 2013-2017	1,495	5,086	10,260
Foreign born persons, percent, 2013-2017	2.3%	5.0%	3.4%
Housing			
Housing units, July 1, 2018, (V2018)	10,015	23,418	49,425
Owner-occupied housing unit rate, 2013-2017	81.1%	74.1%	73.8%
Median value of owner-occupied housing units, 2013-2017	\$170,600	\$227,300	\$168,200
Median selected monthly owner costs -with a mortgage, 2013-2017	\$1,199	\$1,571	\$1,281
Median selected monthly owner costs -without a mortgage, 2013-2017	\$368	\$398	\$367
Median gross rent, 2013-2017	\$751	\$979	\$964
Building permits, 2018	36	217	1,083
Families & Living Arrangements			
Households, 2013-2017	7,118	20,808	42,456
Persons per household, 2013-2017	2.44	2.60	2.61
Living in same house 1 year ago, percent of persons age 1 year+, 2013-2017	91.4%	86.4%	86.5%
Language other than English spoken at home, percent of persons age 5 years+, 2013-2017	2.1%	6.2%	5.1%
Computer and Internet Use			
Households with a computer, percent, 2013-2017	82.8%	90.0%	87.7%
Households with a broadband Internet subscription, percent, 2013-2017	72.6%	79.0%	78.3%
Education			
High school graduate or higher, percent of persons age 25 years+, 2013-2017	85.0%	88.8%	88.2%
Bachelor's degree or higher, percent of persons age 25 years+, 2013-2017	18.0%	30.5%	20.7%
Health			
With a disability, under age 65 years, percent, 2013-2017	9.9%	9.4%	11.0%
Persons without health insurance, under age 65 years, percent	▲ 8.8%	▲ 6.5%	▲ 7.1%

Economy

In civilian labor force, total, percent of population age 16 years+, 2013-2017	54.6%	66.1%	65.2%
In civilian labor force, female, percent of population age 16 years+, 2013-2017	45.5%	60.2%	61.1%
Total accommodation and food services sales, 2012 (\$1,000) (c)	D	D	127,512
Total health care and social assistance receipts/revenue, 2012 (\$1,000) (c)	44,878	103,050	629,506
Total manufacturers shipments, 2012 (\$1,000) (c)	D	206,707	866,623
Total merchant wholesaler sales, 2012 (\$1,000) (c)	D	50,986	709,499
Total retail sales, 2012 (\$1,000) (c)	90,278	451,433	939,220
Total retail sales per capita, 2012 (c)	\$5,167	\$8,283	\$8,770

Transportation

Mean travel time to work (minutes), workers age 16 years+, 2013-2017	33.0	37.4	31.2
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Income & Poverty

Median household income (in 2017 dollars), 2013-2017	\$46,346	\$72,526	\$59,480
Per capita income in past 12 months (in 2017 dollars), 2013-2017	\$24,026	\$33,241	\$27,658
Persons in poverty, percent	▲ 13.0%	▲ 10.4%	▲ 11.8%

**BUSINESSES****Businesses**

Total employer establishments, 2016	231	859	1,629
Total employment, 2016	2,009	12,602	24,785
Total annual payroll, 2016 (\$1,000)	66,282	433,649	958,236
Total employment, percent change, 2015-2016	1.4%	-5.8%	7.9%
Total nonemployer establishments, 2017	1,106	3,593	5,839
All firms, 2012	1,501	4,367	6,779
Men-owned firms, 2012	803	2,312	3,484
Women-owned firms, 2012	534	1,411	2,495
Minority-owned firms, 2012	41	478	560
Nonminority-owned firms, 2012	1,419	3,603	5,981
Veteran-owned firms, 2012	120	368	1,034
Nonveteran-owned firms, 2012	1,300	3,540	5,363

**GEOGRAPHY****Geography**

Population per square mile, 2010	76.6	255.2	324.4
Land area in square miles, 2010	229.07	209.64	321.14
FIPS Code	54065	54037	54003

Value Notes

Estimates are not comparable to other geographic levels due to methodology differences that may exist between different data sources.

Some estimates presented here come from sample data, and thus have sampling errors that may render some apparent differences between geographies statistically indistinguishable. Click the Quick Info icon to row in TABLE view to learn about sampling error.

The vintage year (e.g., V2018) refers to the final year of the series (2010 thru 2018). Different vintage years of estimates are not comparable.

Fact Notes

- (a) Includes persons reporting only one race
- (b) Hispanics may be of any race, so also are included in applicable race categories
- (c) Economic Census - Puerto Rico data are not comparable to U.S. Economic Census data

Value Flags

- Either no or too few sample observations were available to compute an estimate, or a ratio of medians cannot be calculated because one or both of the median estimates falls in the lowest or upper open ended distribution.
- D Suppressed to avoid disclosure of confidential information
- F Fewer than 25 firms
- FN Footnote on this item in place of data
- NA Not available
- S Suppressed; does not meet publication standards
- X Not applicable
- Z Value greater than zero but less than half unit of measure shown

QuickFacts data are derived from: Population Estimates, American Community Survey, Census of Population and Housing, Current Population Survey, Small Area Health Insurance Estimates, Small Area Income and Estimates, State and County Housing Unit Estimates, County Business Patterns, Nonemployer Statistics, Economic Census, Survey of Business Owners, Building Permits.

ABOUT US	FIND DATA	BUSINESS & INDUSTRY	PEOPLE & HOUSEHOLDS	SPECIAL TOPICS	NEWSROOM
Are You in a Survey?	QuickFacts	Help With Your Forms	2020 Census	Advisors, Centers and Research Programs	News Releases
FAQs	American FactFinder	Economic Indicators	2010 Census	Statistics in Schools	Release Schedule
Director's Corner	2010 Census	Economic Census	American Community Survey	Tribal Resources (AIAN)	Facts for Features
Regional Offices	Economic Census	E-Stats	Income	Emergency Preparedness	Stats for Stories
History	Interactive Maps	International Trade	Poverty	Statistical Abstract	Blogs
Research	Training & Workshops	Export Codes	Population Estimates	Special Census Program	
Scientific Integrity	Data Tools	NAICS	Population Projections	Data Linkage Infrastructure	
Census Careers	Developers	Governments	Health Insurance	Fraudulent Activity & Scams	
Diversity @ Census	Catalogs	Longitudinal Employer-Household Dynamics (LEHD)	Housing	USA.gov	
Business Opportunities	Publications	Survey of Business Owners	International		
Congressional and Intergovernmental			Genealogy		
Contact Us					

CONNECT WITH US

Compare Counties

2019 Rankings

	West Virginia	Berkeley (BE), WV X	Jefferson (JE), WV X	Morgan (MG), WV X
Health Outcomes		25	1	35
Length of Life		30	3	38
Premature death	10,500	9,600	7,200	11,400
Quality of Life		18	1	24
Poor or fair health	24%	22%	18%	20%
Poor physical health days	5.2	4.9	4.4	5.0
Poor mental health days	5.2	5.2	4.5	4.9
Low birthweight	9%	8%	8%	10%
Health Factors		9	3	5
Health Behaviors		34	2	3
Adult smoking	25%	23%	19%	20%
Adult obesity**	36%	35%	35%	38%
Food environment index**	6.9	8.0	8.9	8.1
Physical inactivity**	28%	28%	22%	25%
Access to exercise opportunities	60%	44%	55%	63%
Excessive drinking	12%	13%	16%	12%
Alcohol-impaired driving deaths	31%	37%	35%	11%
Sexually transmitted infections**	261.4	277.9	263.8	97.0
Teen births	36	31	19	23
Clinical Care		13	21	32
Uninsured	7%	6%	6%	7%
Primary care physicians	1,270:1	2,230:1	1,880:1	1,960:1
Dentists	1,860:1	1,920:1	3,130:1	3,540:1
Mental health providers	830:1	620:1	1,480:1	1,970:1
Preventable hospital stays	5,683	5,194	4,060	3,641
Mammography screening	38%	36%	33%	33%
Flu vaccinations	41%	46%	39%	42%
Social & Economic Factors		4	1	5
High school graduation	89%	94%	89%	94%
Some college	55%	57%	62%	52%
Unemployment	5.2%	3.7%	3.1%	4.0%
Children in poverty	24%	17%	12%	19%
Income inequality	4.9	3.9	4.2	3.9
Children in single-parent households	34%	36%	24%	18%
Social associations	12.9	8.7	9.8	14.7
Violent crime**	330	168	187	407
Injury deaths	114	121	91	133
Physical Environment		27	43	15

	West Virginia	Berkeley (BE), WV X	Jefferson (JE), WV X	Morgan (MG), WV X
Air pollution - particulate matter	9.6	9.7	9.6	9.2
Drinking water violations		No	Yes	No
Severe housing problems	11%	14%	13%	14%
Driving alone to work	82%	83%	80%	77%
Long commute - driving alone	33%	38%	53%	50%

** Compare across states with caution
Note: Blank values reflect unreliable or missing data

JMC and BMC Community Health Perceptions Survey

Thank you for taking the following survey, which should take about 10 minutes to complete. We would like to get your input about health concerns in your community - your opinion is very important to us! Results will be used to help guide the Community Health Needs Assessment taking place at Jefferson and Berkeley Medical Centers and, along with other information, will be used to identify residents' main concerns that can be addressed by the hospital. **Your responses will not be associated with you in any way.** If you have recently completed this survey, please disregard. Thank you for your time and please contact us if you have any questions or need help completing this survey. Emily Sarkees, WVU School of Public Health - edillama@hsc.wvu.edu

1. In which county do you currently live?

- ☐ Berkeley County
- ☐ Jefferson County
- ☐ Morgan County
- ☐ Somewhere else

2. In your opinion, what is the most important health problem/issue for residents of your county?

3. Thinking about your own life, what local places, programs, or organizations have helped you or someone close to you practice or learn about healthy habits?

4. How would you rate your county as a "healthy community"?

☐ Very Unhealthy

☐ Unhealthy

☐ Somewhat Unhealthy

☐ Healthy

☐ Very Healthy

5. From the following list, which do you think are the 3 most important problems/issues related to health and disease in your county? **Please choose ONLY 3.**

- ☐ Aging problems (e.g. arthritis, hearing/vision loss)
- ☐ Cancers
- ☐ Chronic disease
- ☐ Dental problems
- ☐ Diabetes ("sugar")
- ☐ Depression/hopelessness
- ☐ Drug addiction/dependence
- ☐ Heart disease/stroke
- ☐ High blood pressure
- ☐ HIV/AIDS
- ☐ Mental health problems
- ☐ Obesity
- ☐ Respiratory/lung disease/asthma
- ☐ Sexually transmitted diseases and infections
- ☐ Other _____

6. From the following list, which do you think are the 3 most important problems/issues related to quality of life and environment in your county? **Please choose ONLY 3.**

- ☐ Access to/availability of organized activities for children and teens
- ☐ Access to/availability of quality day care and preschool programs
- ☐ Air quality
- ☐ Bicycle & pedestrian safety/adequate sidewalks
- ☐ Cost of health care/medications
- ☐ Food insecurity/hunger/access to healthy foods
- ☐ Homelessness
- ☐ Inadequate housing
- ☐ Lack of access to affordable recreation facilities, play spaces, and healthy activities for children and adults
- ☐ Lack of access to public transportation
- ☐ Lack of employment opportunities/good jobs
- ☐ Lack of health insurance
- ☐ Lack of social support and positive interactions/loneliness
- ☐ Limited availability of social services and programs for those in need
- ☐ Low income

- ☐ Safety of neighborhoods, schools, playgrounds etc.
- ☐ Quality of public schools' health provisions (healthy food, adequate physical activity for students)
- ☐ Quality of public schools' health education (hygiene and personal care, sex education, etc.)
- ☐ Water quality
- ☐ Other _____

7. From the following list, which do you think are the 3 most important problems/issues related to personal choices or risky behaviors in your county? **Please choose ONLY 3.**

- ☐ Alcohol abuse
- ☐ ATV/4-wheeler crashes
- ☐ Bad eating choices
- ☐ Child abuse/neglect
- ☐ Crime
- ☐ Distracted driving (texting/cell use)
- ☐ Domestic violence
- ☐ Drug abuse
- ☐ Exclusion or discrimination based on race, religion, gender, sexual orientation, etc.
- ☐ Gun-related injuries
- ☐ Impaired driving (drugs/alcohol)
- ☐ Lack of exercise
- ☐ Lack of personal responsibility for health
- ☐ Not getting vaccinations to prevent disease
- ☐ Not using seatbelts and/or child safety seats

- ☐ Overeating
- ☐ Sexual assault/rape
- ☐ Suicide
- ☐ Tobacco - smoking
- ☐ Tobacco - chewing
- ☐ Unsafe/unprotected sex
- ☐ Vaping
- ☐ Other _____

8. Please indicate your level of agreement with each of the following statements about your County:

	Access to healthcare and medical needs in your County.		
	Agree	Disagree	Not applicable
I have easy access to the medical specialists I need (including behavioral health or substance abuse treatment, if applicable).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am very satisfied with the medical care I receive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have access to adequate healthcare.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes it is a problem for me to cover my share of the cost for a medical care visit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes it is a problem for me to cover my share of the cost of medication.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to get medical care whenever I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. In which county/state do you usually get your health care?

- ☐ Berkeley County, West Virginia
- ☐ Jefferson County, West Virginia
- ☐ Morgan County, West Virginia
- ☐ Frederick County, Maryland (Frederick)
- ☐ Washington County, Maryland (Hagerstown)
- ☐ Frederick County, Virginia (Winchester)
- ☐ Loudoun County, Virginia (Leesburg)
- ☐ Washington/Baltimore Area
- ☐ More than one county/state

10. Did you experience any of the following before age 18? Please check all that apply.

- ☐ A parent (or other adult in the household) being verbally abusive or acting in a way that made you fear being physically hurt.
- ☐ A parent (or other adult in the household) pushing, grabbing, slapping, or throwing something at you, or hitting you so hard that you were injured.
- ☐ Sexual abuse by someone at least five years older than you.
- ☐ Feeling unloved or unimportant in your family, or feel that your family didn't look out for and support one another.
- ☐ Feeling that you did not have basic needs met (food, clothing), someone to protect you, or felt that your parents were under the influence of substances to the extent that they could not care for you or get you to a doctor if you needed it.
- ☐ Your parents were ever separated or divorced.
- ☐ Your mother or stepmother was physically abused or threatened with a weapon.
- ☐ You lived with someone who had problems with alcohol or drugs.
- ☐ A household member was depressed, mentally ill, or attempted suicide.
- ☐ A household member was in prison.

11. With which gender do you identify?

- ☐ Female
- ☐ Male

12. What is your age range?

- ☐ 18 to 25 years
- ☐ 26 to 39 years
- ☐ 40 to 54 years
- ☐ 55 to 64 years
- ☐ 65 to 80 years
- ☐ More than 80 years

13. What is your marital status?

- ☐ Married/partnered/cohabitating
- ☐ Divorced
- ☐ Never married
- ☐ Separated
- ☐ Widowed
- ☐ Other (please specify) _____

14. How many children under the age of 18 live in your household, if any?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ Greater than 5

15. Are you of Hispanic or Latino origin or descent?

- ☐ Yes, Hispanic or Latino
- ☐ No, not Hispanic or Latino

16. Which of these groups best describes your race? Please select all that apply.

- ☐ White/Caucasian
- ☐ Asian
- ☐ Black or African American
- ☐ American Indian or Alaskan Native
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ Other (please specify) _____

17. What is your approximate yearly household income?

- ☐ Less than \$20,000
- ☐ \$20,000 to \$29,999
- ☐ \$30,000 to \$49,999
- ☐ \$50,000 to \$74,999
- ☐ \$75,000 to \$99,999
- ☐ More than \$100,000
- ☐ Prefer not to answer

18. What is the highest level of education you have completed?

- ☐ Less than high school graduate
- ☐ High school diploma or equivalent
- ☐ College degree or higher
- ☐ Other (please specify) _____

19. Are you an active or retired member of the US military?

- ☐ Yes
- ☐ No

20. Do you see a healthcare provider on a regular basis for physicals, screenings, or other preventative medicine?

☐ Yes

☐ No (if no, why not?) _____

21. How do you pay for healthcare? Please select all that apply.

☐ I pay cash

☐ I have private health insurance through my own employer, my spouse's employer, or my parents

☐ Medicaid

☐ Medicare

☐ Veterans Administration

☐ Indian Health Services

☐ Other (please specify) _____

22. During the past year, have you had a lapse in insurance coverage?

☐ No

☐ Yes (if yes, why?) _____

23. How would you describe your overall health?

☐ Excellent

☐ Good

☐ Fair

☐ Poor

☐ Very Poor

24. What gets in the way of you being as healthy as you would like?

25. Where or to whom do you usually turn when you want to get information about health issues?

26. Which of the following health problems have you been told by a health professional that you have? Please check all that apply.

- ☐ High blood pressure
- ☐ Diabetes ("sugar")
- ☐ Heart disease/Heart failure
- ☐ Asthma
- ☐ Emphysema or COPD
- ☐ Arthritis
- ☐ Autoimmune disease such as Lupus, Fibromyalgia, or Rheumatoid Arthritis
- ☐ Chronic pain
- ☐ Traumatic brain injury
- ☐ PTSD
- ☐ Mental illness such as schizophrenia or bipolar disorder
- ☐ Neurological problem such as seizures, MS, neuropathy
- ☐ Substance use disorder
- ☐ Depression
- ☐ Other health problems _____
- ☐ None

27. How many days a week do you eat vegetables? _____

28. Not counting juice, how many days a week do you eat fruit? _____

29. How many days a week do you consume soda or other processed, sugary foods? _____

30. How many days a week do you get at least 30 minutes of moderate physical activity such as brisk walking, bicycling, gardening, or anything else that causes some increase in breathing and heart rate? _____

31. Do you smoke cigarettes every day, some days, or not at all?

- ☐ Every day
- ☐ Some days
- ☐ Not at all

32. Have you smoked at least 100 cigarettes in your entire life?

- ☐ Yes
- ☐ No

33. Do you use an e-cigarette/vape every day, some days, or not at all?

- ☐ Every day
- ☐ Some days
- ☐ Not at all

34. If you are an e-cigarette/vape user, for how long have you been using? (In approximate months or years)

35. About how tall are you (in feet and inches)?

36. About how much do you weigh (in pounds)?

37. Is there anything else you would like to say about health-related concerns or healthcare in your county?

JMC/BMC Community Health Perceptions Survey

Data Summary

3,496 total responses

Overview of top health concerns		
Health/Disease	Quality of life/Environment	Risky behavior/Personal choice
Drug addiction/dependence - 68.1% Obesity - 48.9% Mental health problems - 29.4% Diabetes - 27.8% Aging problems (hearing/vision, arthritis, etc.) - 23.0%	Cost of care/meds - 52.9% Low income - 37.3% Lack of access to recreation spaces for all ages - 21.0% Lack of health insurance - 20.9% Lack of employment opportunities - 20.7%	Drug abuse - 50.1% Alcohol abuse - 32.9% Bad eating choices - 31.5% Smoking - 25.7% Lack of personal responsibility for health - 23.1%

Top health concerns by county			
	Berkeley (n=2,059)	Jefferson (n=1,263)	Morgan (n=96)
Top 5 Health/Disease	Drug abuse - 72.8% Obesity - 49.4% Mental health - 29.9% Diabetes - 26.7% Aging problems - 20.9%	Drug abuse - 60.0% Obesity - 48.5% Diabetes - 29.5% Mental health - 28.2% Aging problems - 25.9%	Drug abuse - 72.8% Obesity - 44.4% Mental health - 33.3% Aging problems - 27.2% Diabetes - 27.2%
Top 5 Quality of Life/Environment	Cost of care/meds - 54.5% Low income - 40.7% Lack of health insurance - 21.9% Lack of access to recreation spaces - 21.0% Food insecurity/access to healthy food - 16.1%	Cost of care/meds - 51.7% Low income - 30.0% Lack of employment opportunities - 25.5% Lack of access to transportation - 22.5% Lack of access to recreation spaces - 21.3%	Lack of employment opportunities - 53.8% Low income - 47.5% Lack of access to transportation - 41.3% Cost of care/meds - 37.5% Lack of health insurance - 23.8%
Top 5 Personal Choice	Drug abuse - 53.6% Alcohol abuse - 31.9% Bad eating choices - 30.9% Smoking - 25.4% Lack of personal responsibility for health - 24.0%	Drug abuse - 43.9% Alcohol abuse - 34.1% Bad eating choices - 32.7% Smoking - 25.9% Lack of exercise - 24.4%	Drug abuse - 57.5% Alcohol - 37.5% Bad eating choices - 30.0% Smoking - 26.3% Lack of exercise - 21.3%

Top health concerns by gender		
	Males (n=611)	Females (n=1,829)
Top 5 Health/Disease	Drug abuse - 62.2% Obesity - 52.5% Diabetes - 32.5% Aging problems - 29.0% Cancers - 24.0%	Drug abuse - 70.1% Obesity - 48.7% Mental health problems - 32.7% Diabetes - 26.2% Aging problems - 20.9%
Top 5 Quality of Life/Environment	Cost of health care/meds - 56.4% Low income - 33.4% Lack of health insurance - 21.4% Lack of access to recreation spaces - 20.7% Lack of employment opportunities - 20.4%	Cost of health care/medications - 52.0% Low income - 38.5% Access to recreation spaces - 21.0% Lack of employment opportunities - 20.8% Lack of health insurance - 20.6%
Top 5 Personal Choice	Drug abuse - 40.7% Alcohol abuse - 37.2% Bad eating choices - 36.7% Smoking - 31.5% Lack of personal responsibility for health - 24.3%	Drug abuse - 53.5% Alcohol abuse - 30.7% Bad eating choices - 29.7% Smoking - 23.8% Lack of personal responsibility for health - 22.8%

Top health concerns by level of education			
	Less than HS (n=74)	HS Diploma or Equivalent (n=774)	College or Higher (n=1,436)
Top 5 Health/Disease	Drug abuse - 55.9% Cancer - 38.2% Diabetes - 29.4% Aging problems - 26.5% Obesity - 25.6%	Drug abuse - 66.3% Obesity - 40.5% Diabetes - 27.3% Cancer - 26.3% Aging problems - 26.2%	Drug abuse - 70.8% Obesity - 55.3% Mental health - 33.1% Diabetes - 27.5% Aging problems - 20.6%
Top 5 Quality of Life/Environment	Cost of health care/medications - 59.7% Low income - 46.3% Homelessness - 22.4% Lack of health insurance - 20.9% Lack of recreation spaces for all ages - 19.4%	Cost of health care/medications - 56.9% Low income - 37.3% Lack of health insurance - 23.5% Lack of employment opportunities - 22.3% Lack of recreation spaces for all ages - 19.2%	Cost of health care/medications - 51.0% Low income - 36.3% Lack of recreation spaces for all ages - 21.6% Lack of employment opportunities - 19.9% Lack of access to transportation - 19.5%
Top 5 Personal Choice	Drugs abuse - 56.5% Alcohol abuse - 34.8% Distracted driving (texting/cell use) - 24.6% Crime - 23.2% Suicide - 21.7%	Drug abuse - 53.8% Alcohol abuse - 33.6% Bad eating choices - 25.9% Distracted driving - 24.6% Smoking - 24.1%	Drug abuse - 48.0% Bad eating choices - 34.7% Alcohol abuse - 30.8% Smoking - 27.8% Lack of personal responsibility for health - 26.7%

Top health concerns by level of income		
	Less than \$30k/year (n=508)	More than \$75k/year (n=810)
Top 5 Health/Disease	Drug abuse - 64.1% Obesity - 31.4% Mental health problems - 29.6% Depression or hopelessness - 28.3% Aging problems - 25.1%	Drug abuse - 73.0% Obesity - 58.2% Mental health - 32.9% Diabetes - 29.3% Aging problems - 18.0%
Top 5 Quality of Life/Environment	Cost of health care/meds - 54.6% Low income - 43.2% Lack of health insurance - 22.3% Lack of employment opportunities - 20.1% Inadequate housing - 18.9%	Cost of health care/meds - 47.8% Low income - 34.3% Lack of recreation spaces for all ages - 24.0% Lack of employment opportunities - 20.2% Lack of health insurance - 19.9%
Top 5 Personal Choice	Drugs abuse - 56.7% Alcohol abuse - 36.2% Bad eating choices - 23.9% Impaired driving - 19.6% Smoking - 19.4%	Drugs abuse - 46.7% Bad eating choices - 34.0% Smoking - 30.1% Alcohol abuse - 29.1% Lack of personal responsibility for health - 28.4%

Top health concerns by age			
	Under age 40 (n=439)	40-64 (n=1,222)	65+ (n=795)
Top 5 Health/Disease	Drug abuse - 79.6% Mental health - 49.7% Obesity - 47.8% Diabetes - 25.8% Depression or hopelessness - 25.5%	Drug abuse - 69.7% Obesity - 48.6% Mental health - 31.9% Diabetes - 26.9% Depression or hopelessness - 21.6%	Drug abuse - 59.4% Obesity - 51.7% Aging problems - 41.1% Diabetes - 30.4% Cancers - 25.8%
Top 5 Quality of Life/Environment	Low income - 49.9% Cost of health care/meds - 44.3% Lack of recreation spaces for all ages - 25.2% Lack of employment opportunities - 18.2% Access to/availability of activities for youth - 16.6%	Cost of health care/meds - 53.6% Low income - 36.2% Lack of recreation spaces for all ages - 22.4% Lack of health insurance - 22.1% Lack of employment opportunities - 20.6%	Cost of health care/meds - 57.2% Low income - 31.5% Lack of access to transportation - 22.9% Lack of employment opportunities - 22.4% Lack of health insurance - 21.4%
Top 5 Personal Choice	Drug abuse - 65.5% Alcohol abuse - 35.5% Bad eating choices - 26.3% Smoking - 20.9% Lack of personal responsibility for health - 20.2%	Drug abuse - 51.2% Bad eating choices - 30.6% Alcohol abuse - 29.7% Smoking - 26.6% Lack of personal responsibility for health - 24.3%	Drug abuse - 40.7% Bad eating choices - 35.7% Alcohol abuse - 34.7% Smoking - 26.7% Distracted driving - 24.3%

Top health concerns by household makeup		
	Children in the home (n=665)	No children in the home (n=1,759)
Top 5 Health/Disease	Drug abuse - 76.3% Obesity - 45.6% Mental health - 43.6% Diabetes - 28.2% Depression/hopelessness - 23.4%	Drug abuse - 65.3% Obesity - 51.0% Diabetes - 27.6% Aging problems - 27.5% Mental health problems - 24.3%
Top 5 Quality of Life/Environment	Cost of health care/meds - 46.1% Low income - 42.1% Lack of recreation spaces for all ages - 23.5% Lack of employment opportunities - 20.0% Lack of access to/availability of activities for youth - 19.1%	Cost of health care/medications - 55.5% Low income - 35.1% Lack of health insurance - 22.1% Lack of employment opportunities - 21.0% Lack of recreation spaces for all ages - 20.2%
Top 5 Personal Choice	Drug abuse - 58.2% Alcohol abuse - 28.9% Bad eating choices - 25.9% Lack of personal responsibility for health - 23.7% Smoking - 23.1%	Drug abuse - 47.4% Alcohol abuse - 33.4% Bad eating choices - 33.4% Smoking - 27.1% Lack of personal responsibility for health - 22.7%

Top health concerns by race or ethnicity			
	White (n=2,308)	Non-white (n=145)	Hispanic or Latino/a (n=90)
Top 5 Health/Disease	Drug abuse - 68.4% Obesity - 50.1% Mental health - 29.6% Diabetes - 27.5% Aging problems - 23.2%	Drug abuse - 61.7% Obesity - 36.2% Diabetes - 34.0% Depression or hopelessness - 28.4% Mental health - 27.0%	Drug abuse - 62.4% Obesity - 38.8% Diabetes - 36.5% Mental health - 25.9% Cancer - 22.4%
Top 5 Quality of Life/Environment	Cost of health care/medications - 53.3% Low income - 37.3% Lack of health insurance - 21.0% Lack of recreation spaces for all ages - 20.8% Lack of employment opportunities - 20.6%	Cost of health care/meds - 46.1% Low income - 31.9% Lack of recreation spaces for all ages - 22.0% Lack of access to transportation - 22.0% Lack of employment opportunities - 21.3%	Cost of health care/meds - 46.3% Low income - 31.7% Lack of access to transportation - 24.4% Access to organized activities for youth - 23.2% Lack of employment opportunities - 22.0%
Top 5 Personal Choice	Drug abuse - 50.1% Bad eating choices - 32.0% Alcohol abuse - 31.9% Smoking - 25.8% Lack of personal responsibility for health - 23.5%	Drug abuse - 56.0% Alcohol abuse - 36.2% Bad eating choices - 27.0% Smoking - 22.7% Crime - 19.2%	Drug abuse - 54.7% Alcohol abuse - 44.2% Bad eating choices - 23.3% Lack of exercise - 22.1% Smoking - 19.8%

Summary of respondents' ACEs	
Respondents who reported experiencing one ACE	13.9%
Respondents who reported experiencing two ACEs	7.3%
Respondents who reported experiencing three ACEs	5.5%
Respondents who reported experiencing four ACEs	3.9%
Respondents who reported experiencing five ACEs	2.3%
Respondents who reported experiencing six ACEs	1.7%
Respondents who reported experiencing seven ACEs	1.4%
Respondents who reported experiencing eight ACEs	0.9%
Respondents who reported experiencing nine ACEs	0.3%
Respondents who reported experiencing ten ACEs	0.2%

Summaries of qualitative/open-ended questions:

Question two - the first question after location: <i>In your opinion, what is the most important health problem/issue for residents of your county?</i>
<p>Answers are grouped into like categories. The “top categories” are:</p> <ol style="list-style-type: none"> 1.) Drug use/abuse (n=869) 2.) Obesity (n=445) 3.) Cost of health care (n=218) 4.) Diabetes (n=128) 5.) Mental health problems (n=95) 6.) Heart problems (n=89) 7.) Cancer (n=88) 8.) Access to health care (n=66) 9.) Quality of care (n=64) 10.) Poor nutrition (n=55)

Question three: *Thinking about your own life, what local places, programs, or organizations have helped you or someone close to you practice or learn about healthy habits?*

Answers are again grouped into like categories:

- 1.) None/nothing (n=263)
- 2.) My doctor/doctor's office/office staff (n=235)
- 3.) Wellness center - BMC or Shepherd U not specified, and number does not include responses which did specify (n=98)
- 4.) Internet research (n=64)
- 5.) Public schools (n=64)
- 6.) Shenandoah Community Health Center (n=62)
- 7.) BMC (n=59)
- 8.) Church (n=50)
- 9.) Weight Watchers (n=46)
- 10.) Harper's Ferry Family Medicine (n=39)

Question twenty-four: *What gets in the way of you being as healthy as you would like?*

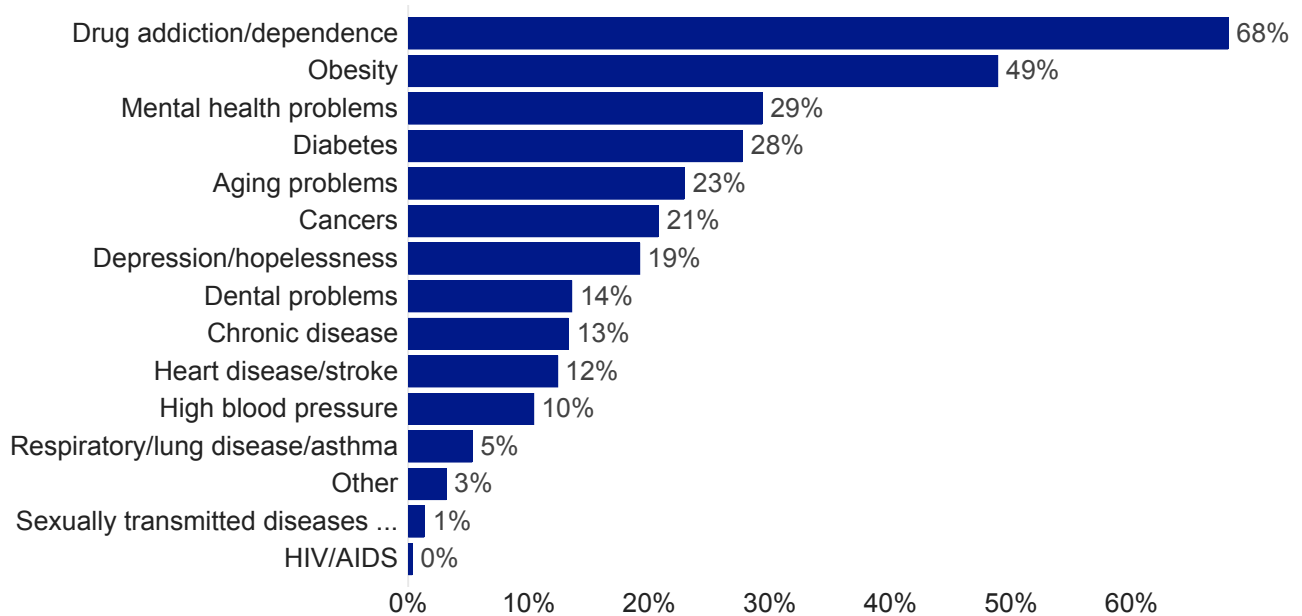
Answers are again grouped into like categories:

- 1.) Existing health problems - chronic or other named diagnosis, not including injuries (n=426)
- 2.) Not enough time (n=293)
- 3.) Weight (n=163)
- 4.) Personal behavior, habits, choices, and/or discipline (n=144)
- 5.) Age (n=143)
- 6.) Dietary choices, not including responses specifically regarding inability to afford healthy food or food insecurity (n=137)
- 7.) Work schedule/workload (n=130)
- 8.) Lack of exercise (n=128)
- 9.) Money/finances - not including responses specifically regarding cost of care, coverage, or medications (n=82)
- 10.) Pain (n=82)

Overall Data Summary

1

Q5 - From the following list, which do you think are the 3 most important problems/issues related to health and disease in your county? Please choose ONLY 3. - Selected Choice

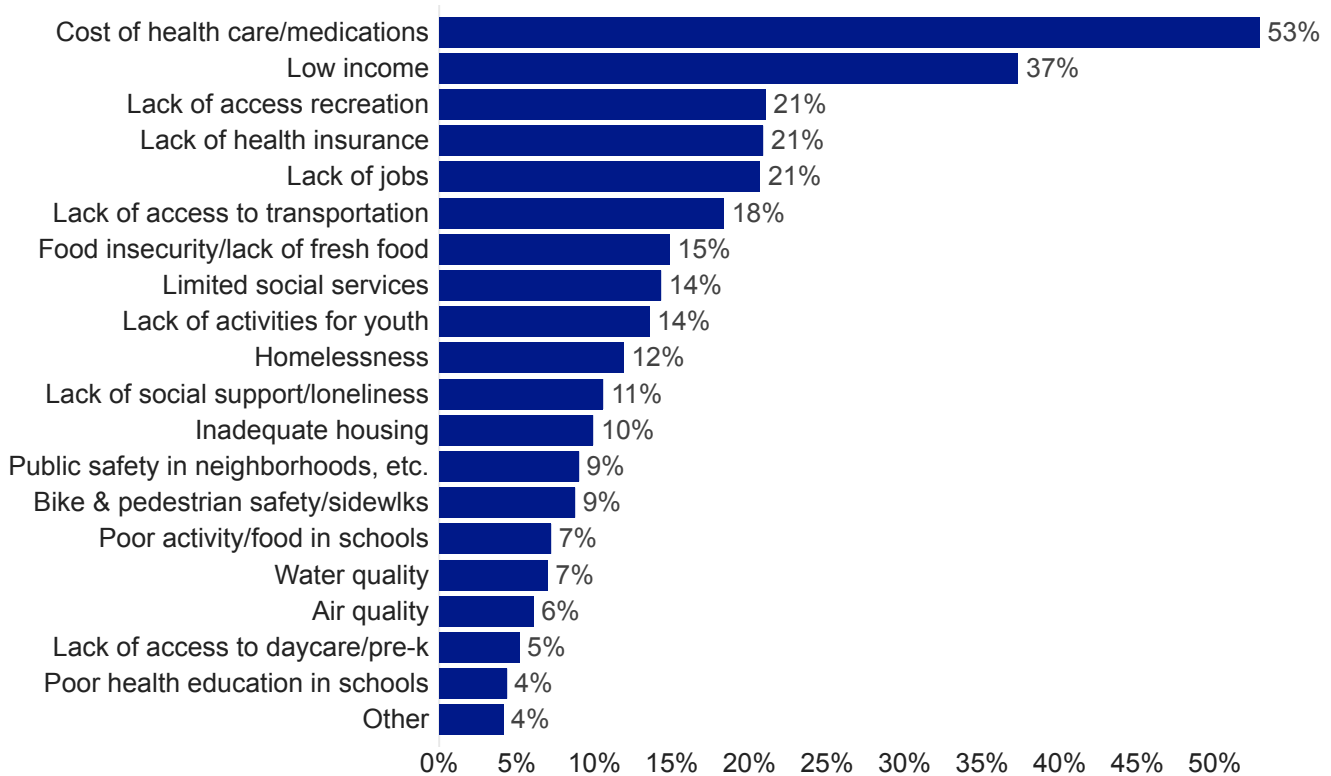


● Percentage of Responses

Overall Data Summary

2

Q6 - From the following list, which do you think are the 3 most important problems/issues related to quality of life and environment in your county? Please choose ONLY 3. - Selected Choice

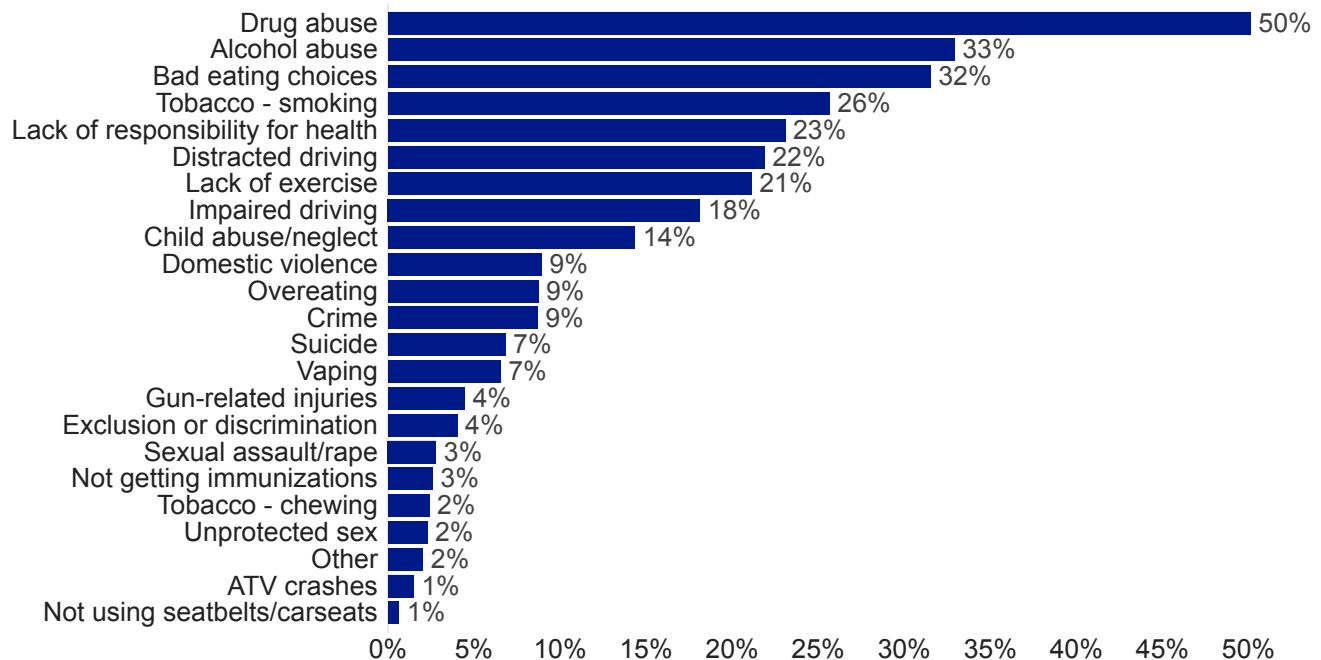


● Percentage of Responses

Overall Data Summary

3

Q7 - From the following list, which do you think are the 3 most important problems/issues related to personal choices or risky behaviors in your county? Please choose ONLY 3. - Selected Choice



● Percentage of Responses

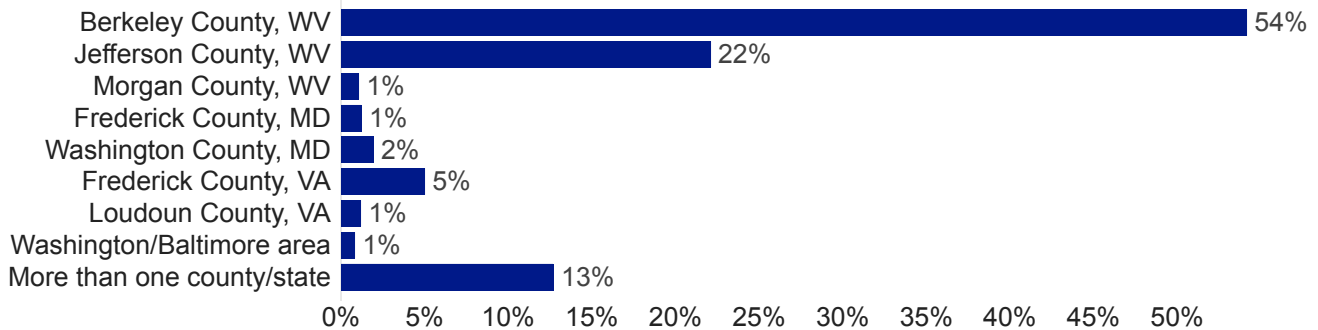
Q11#1 - Access to healthcare and medical needs in your County.

Field	Agree	Disagree	N/A
I have easy access to the medical specialists I need (including behavioral health or substance abuse treatment, if applicable).	62.19%	30.47%	7.34%
I am very satisfied with the medical care I receive.	76.58%	20.64%	2.78%
I have access to adequate healthcare.	82.89%	15.57%	1.54%
Sometimes it is a problem for me to cover my share of the cost for a medical care visit.	40.32%	47.49%	12.20%
Sometimes it is a problem for me to cover my share of the cost of medication.	35.28%	52.25%	12.46%
I am able to get medical care whenever I need it.	71.78%	26.19%	2.02%

Overall Data Summary

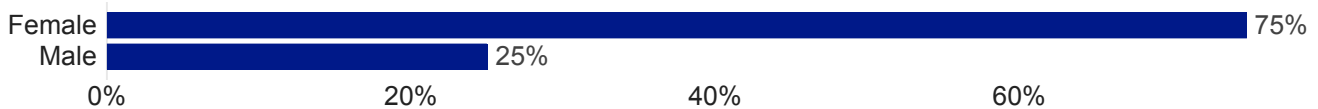
4

Q9 - In which county/state do you usually get your health care?



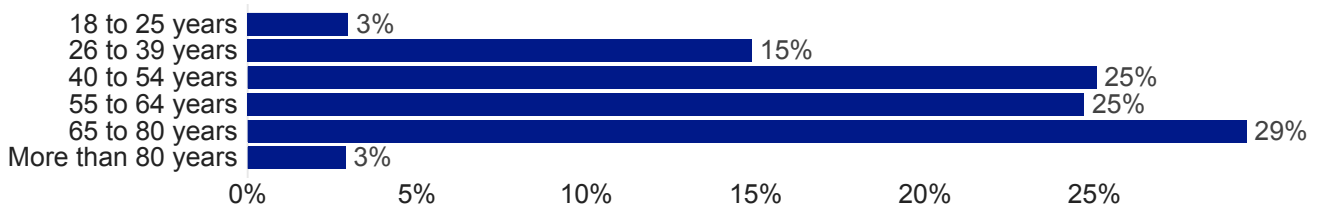
● Percentage

Q11 - With which gender do you identify?



● Percentage

Q12 - What is your age range?

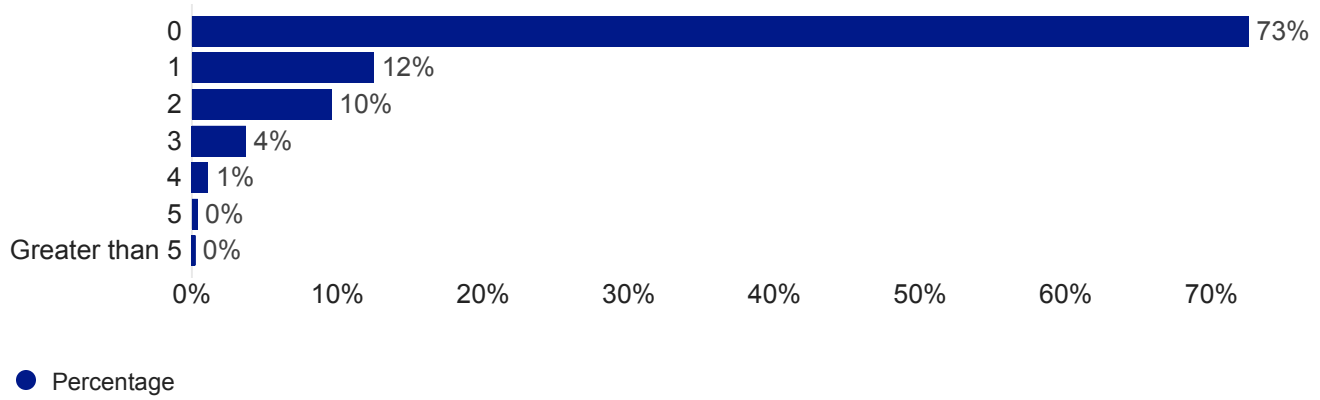


● Percentage

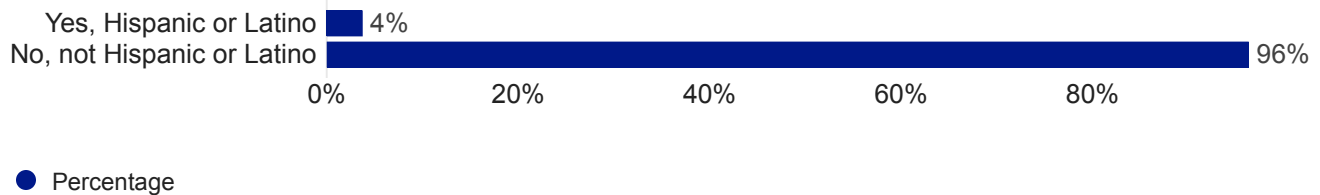
Overall Data Summary

5

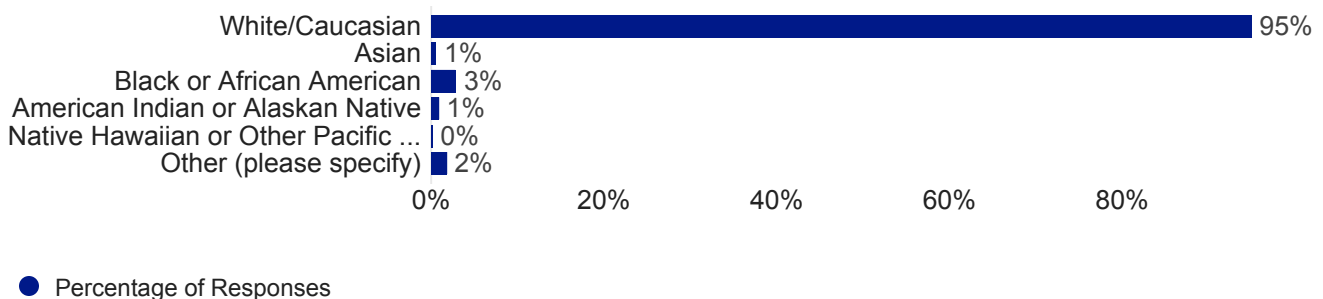
Q14 - How many children under the age of 18 live in your household, if any?



Q15 - Are you of Hispanic or Latino origin or descent?



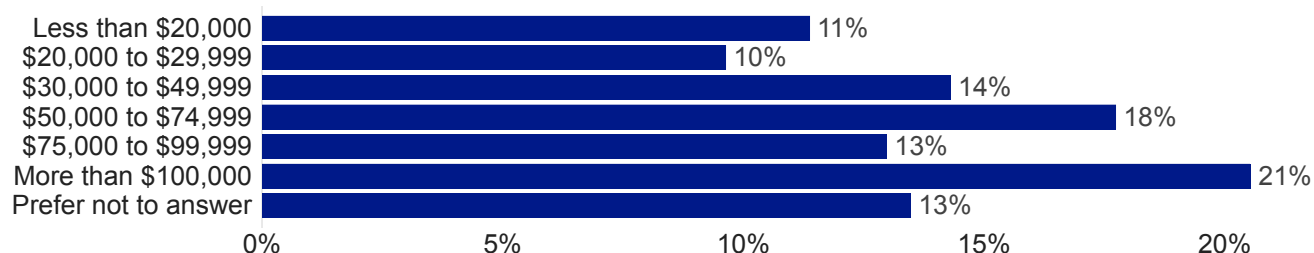
Q16 - Which of these groups best describes your race? Please select all that apply. - Selected Choice



Overall Data Summary

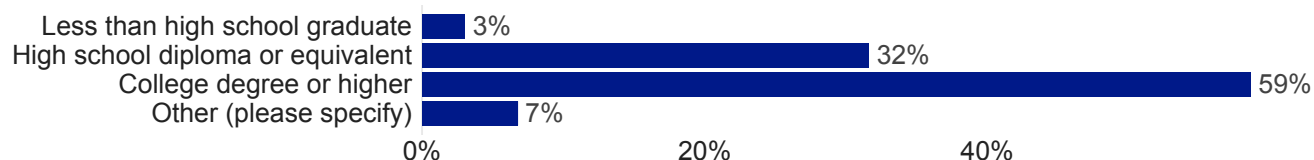
6

Q17 - What is your approximate yearly household income?



● Percentage

Q18 - What is the highest level of education you have completed? - Selected Choice



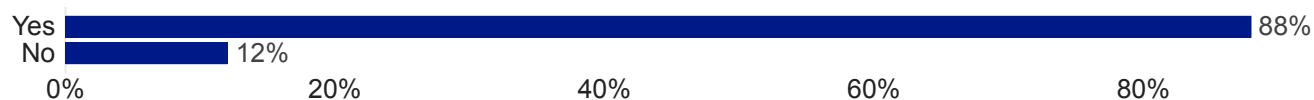
● Percentage

Q19 - Are you an active or retired member of the US military?



● Percentage

Q20 - Do you see a healthcare provider on a regular basis for physicals, screenings, or other preventative medicine? - Selected Choice

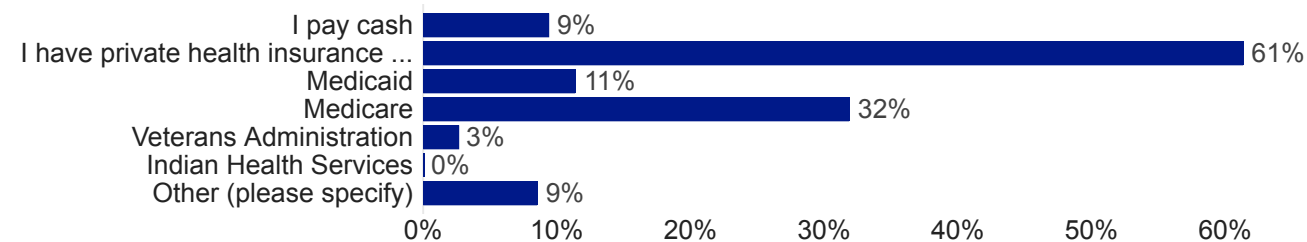


● Percentage

Overall Data Summary

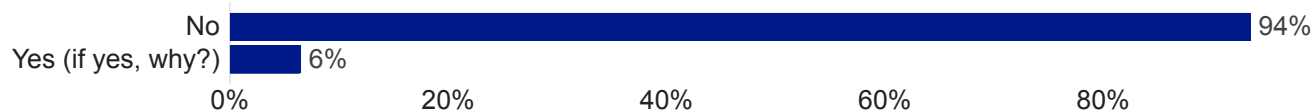
7

Q21 - How do you pay for healthcare? Please select all that apply. - Selected Choice



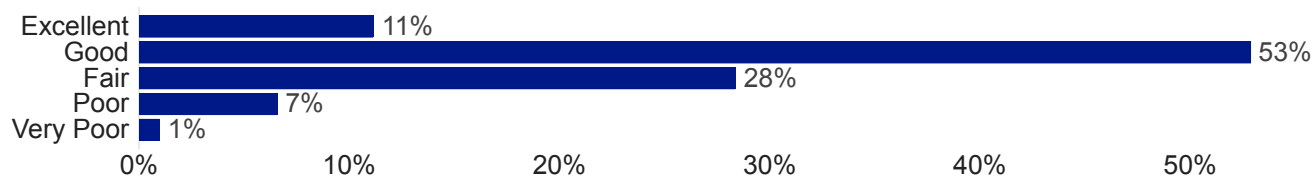
● Percentage of Responses

Q22 - During the past year, have you had a lapse in insurance coverage? - Selected Choice



● Percentage

Q23 - How would you describe your overall health?



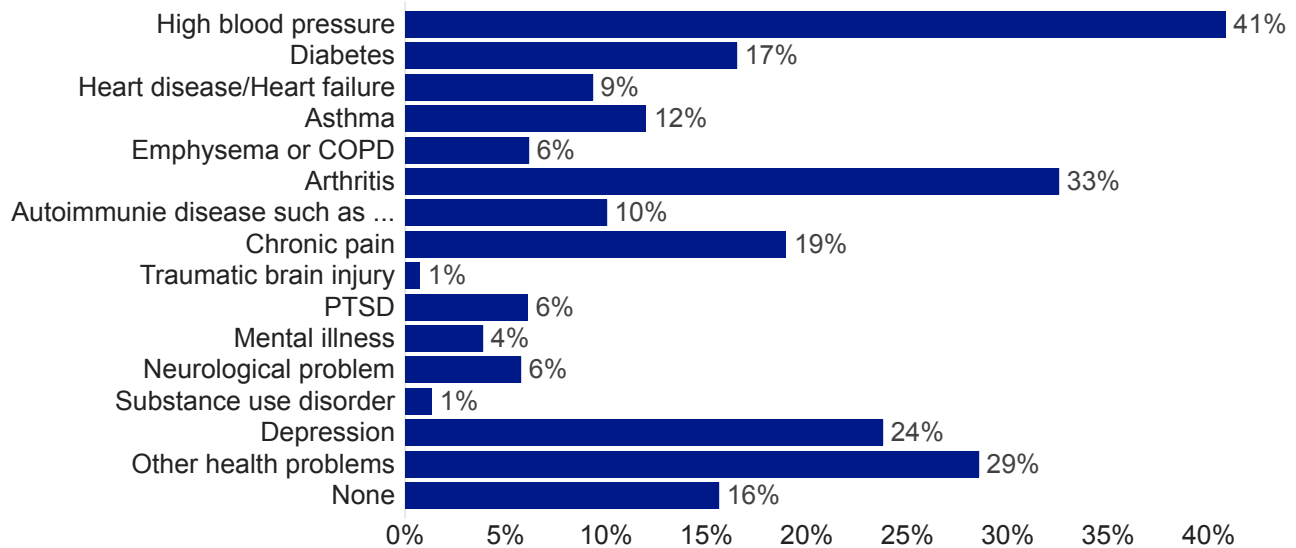
● Percentage

Overall Data Summary

8

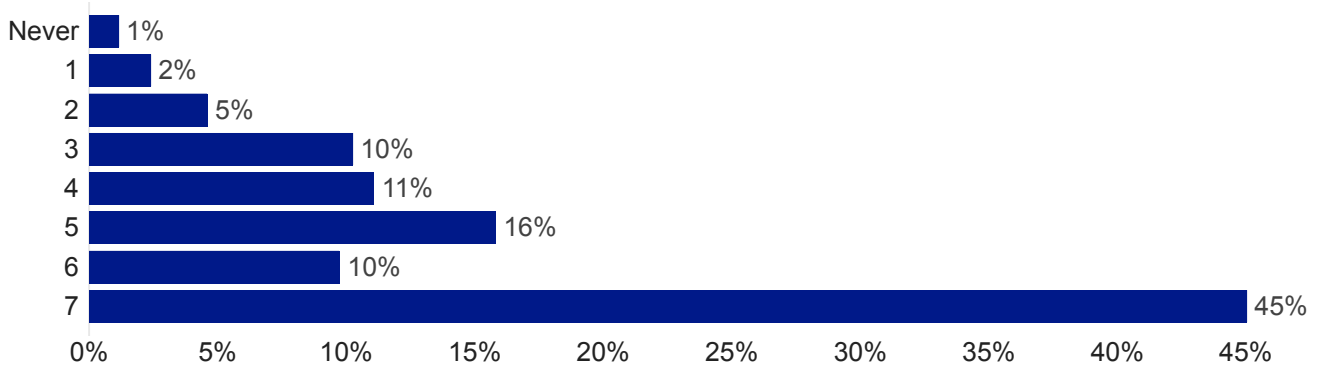
Q26 - Which of the following health problems have you been told by a health professional that you have? Please check all that apply. -

Selected Choice



● Percentage of Responses

Q27 - How many days a week do you eat vegetables?

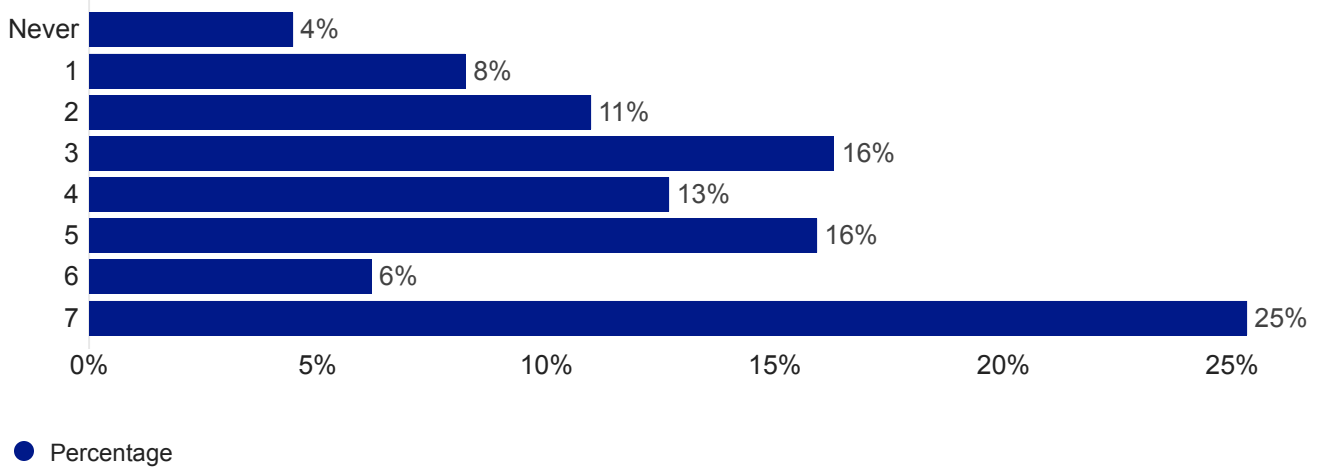


● Percentage

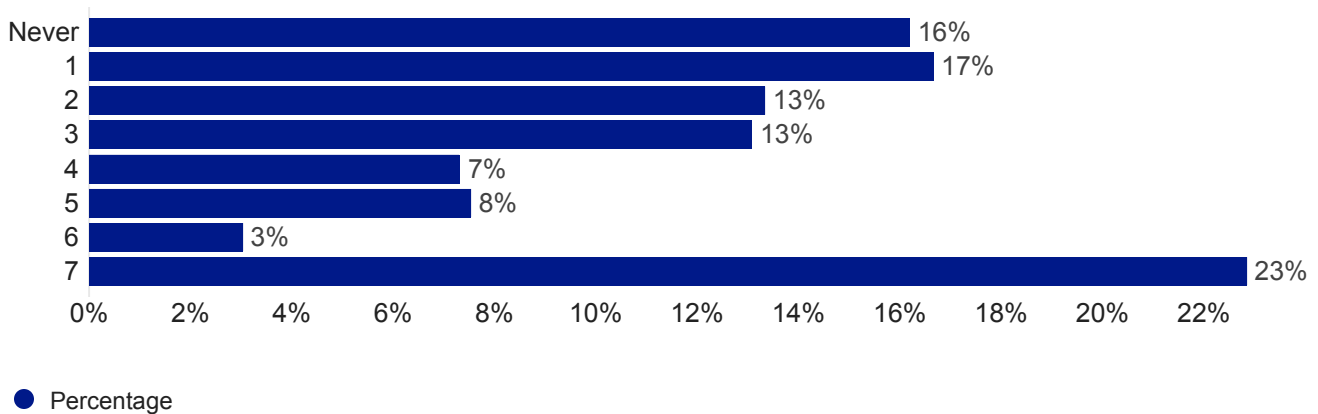
Overall Data Summary

9

Q28 - Not counting juice, how many days a week do you eat fruit?



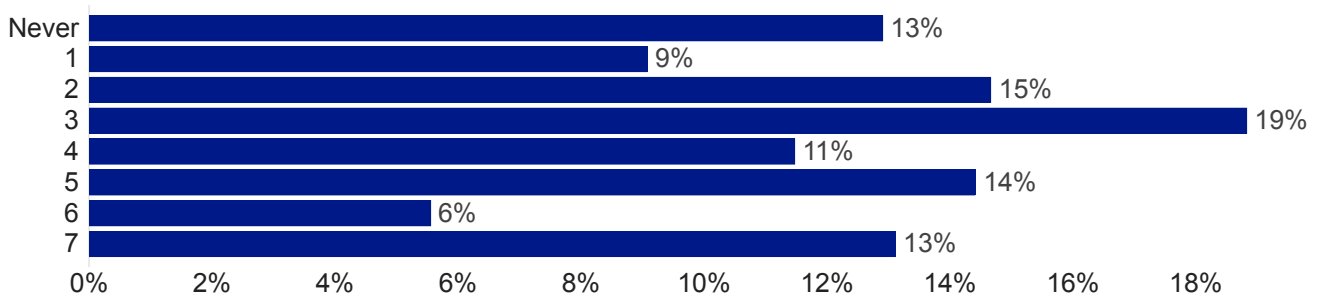
Q29 - How many days a week do you consume soda or other processed, sugary foods?



Overall Data Summary

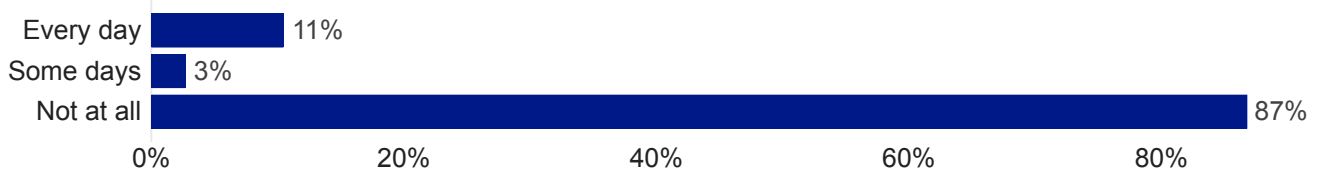
10

Q30 - How many days a week do you get at least 30 minutes of moderate physical activity such as brisk walking, bicycling, gardening, or anything else that causes some increase in breathing and heart rate?



● Percentage

Q31 - Do you smoke cigarettes every day, some days, or not at all?



● Percentage

Q32 - Have you smoked at least 100 cigarettes in your entire life?

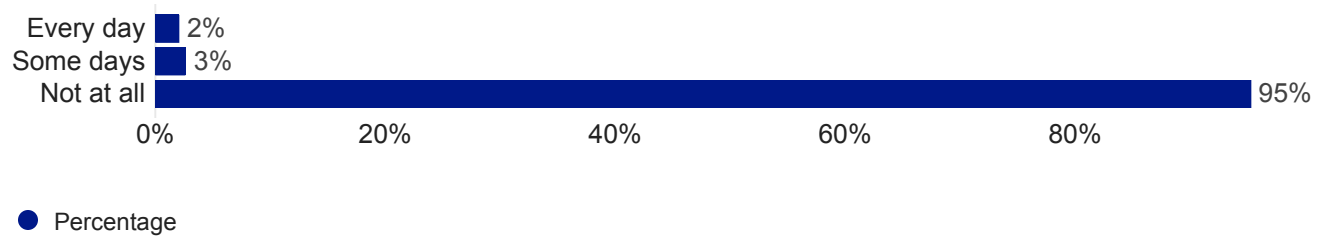


● Percentage

Overall Data Summary

11

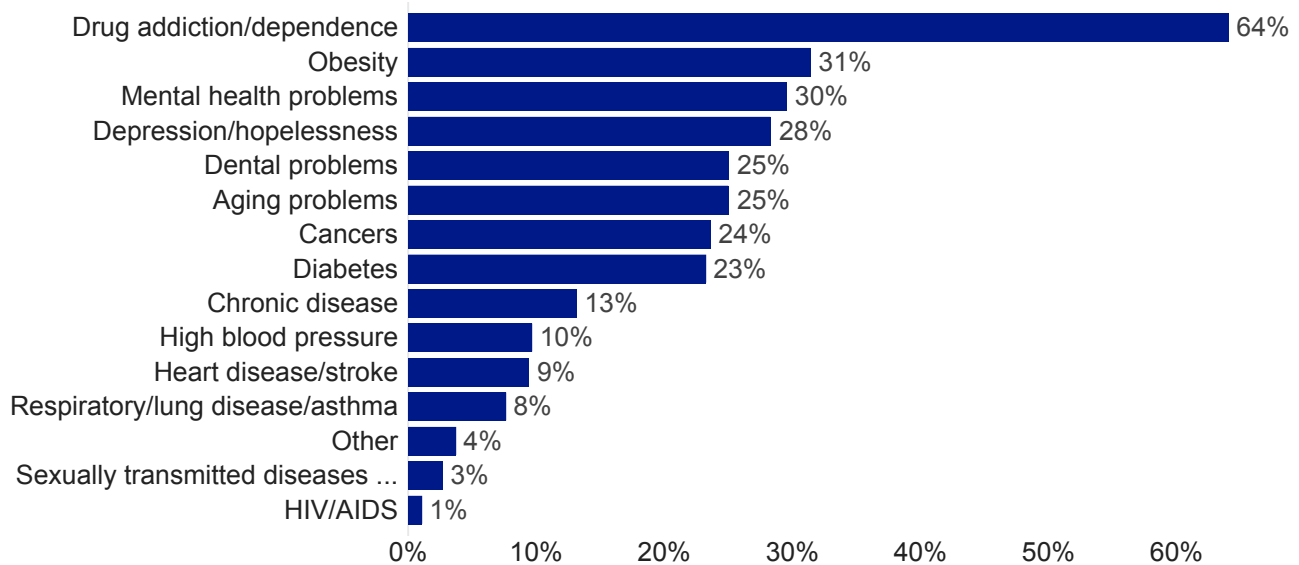
Q33 - Do you use an e-cigarette/vape every day, some days, or not at all?



Summary: Respondents reporting an income of less than \$30k/year

1

Q5 - From the following list, which do you think are the 3 most important problems/issues related to health and disease in your county? Please choose ONLY 3. - Selected Choice

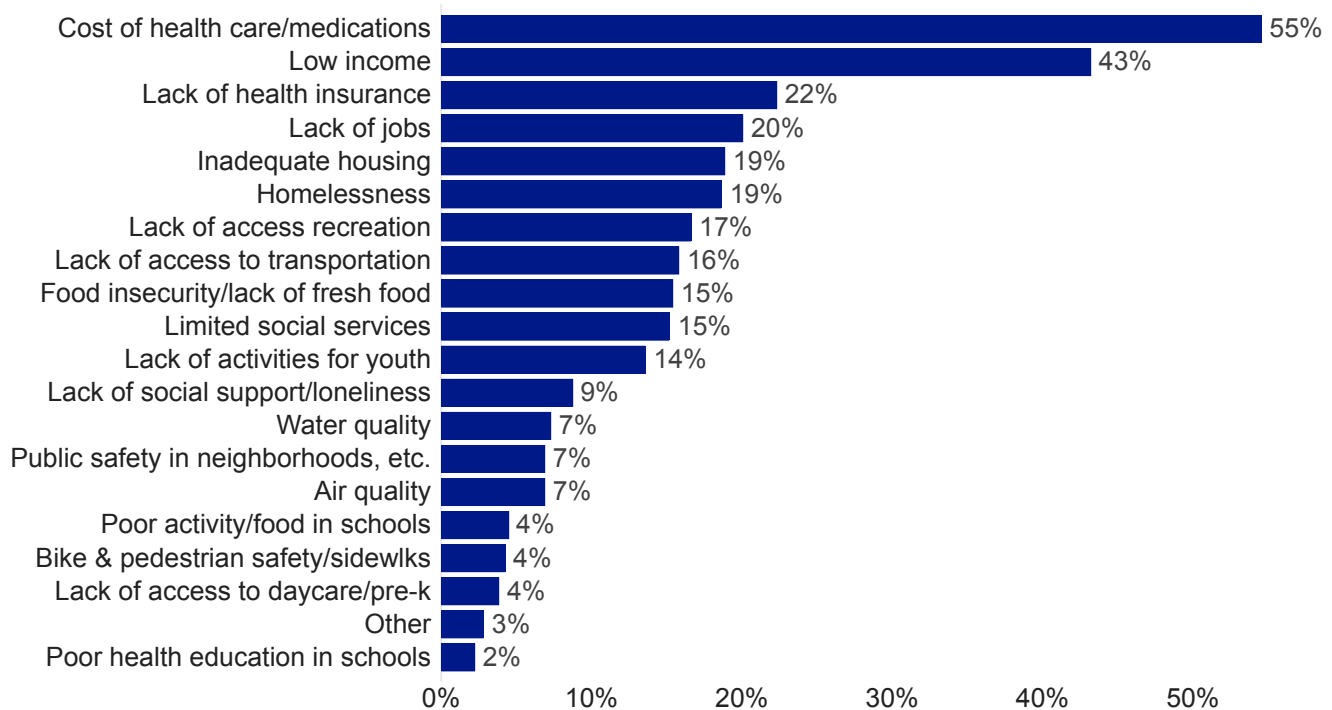


● Percentage of Responses

Summary: Respondents reporting an income of less than \$30k/year

2

Q6 - From the following list, which do you think are the 3 most important problems/issues related to quality of life and environment in your county? Please choose ONLY 3. - Selected Choice

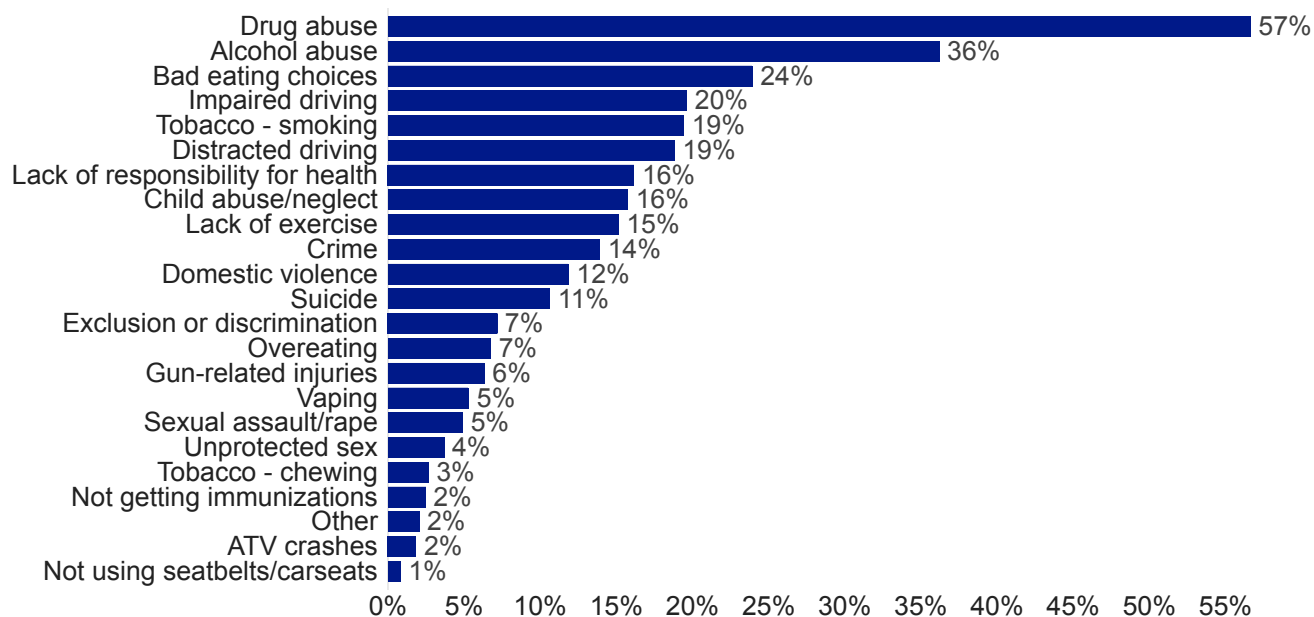


● Percentage of Responses

Summary: Respondents reporting an income of less than \$30k/year

3

Q7 - From the following list, which do you think are the 3 most important problems/issues related to personal choices or risky behaviors in your county? Please choose ONLY 3. - Selected Choice



● Percentage of Responses

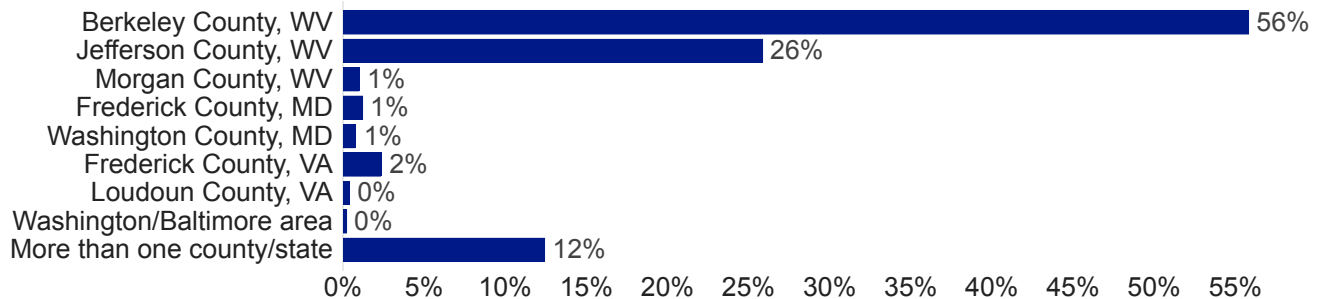
Q11#1 - Access to healthcare and medical needs in your County.

Field	Agree	Disagree	N/A
I have easy access to the medical specialists I need (including behavioral health or substance abuse treatment, if applicable).	52.39%	37.65%	9.96%
I am very satisfied with the medical care I receive.	67.33%	27.09%	5.58%
I have access to adequate healthcare.	73.33%	23.64%	3.03%
Sometimes it is a problem for me to cover my share of the cost for a medical care visit.	60.28%	24.60%	15.12%
Sometimes it is a problem for me to cover my share of the cost of medication.	54.34%	31.52%	14.14%
I am able to get medical care whenever I need it.	58.27%	37.50%	4.23%

Summary: Respondents reporting an income of less than \$30k/year

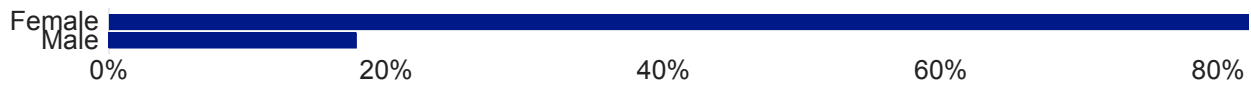
4

Q9 - In which county/state do you usually get your health care?



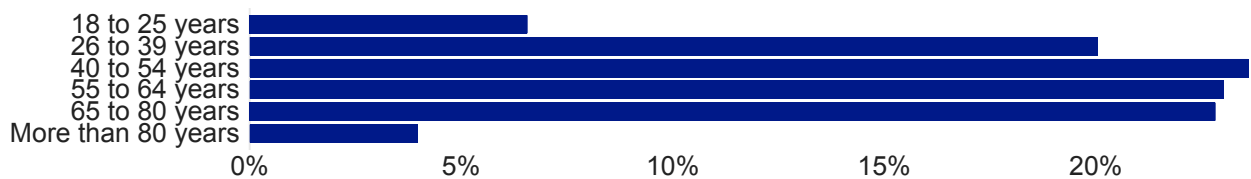
● Percentage

Q11 - With which gender do you identify?



● Percentage

Q12 - What is your age range?

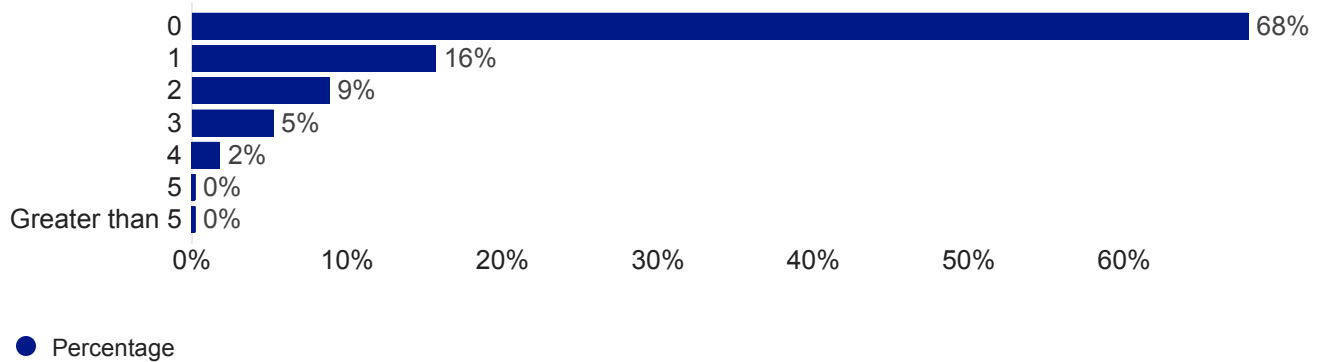


● Percentage

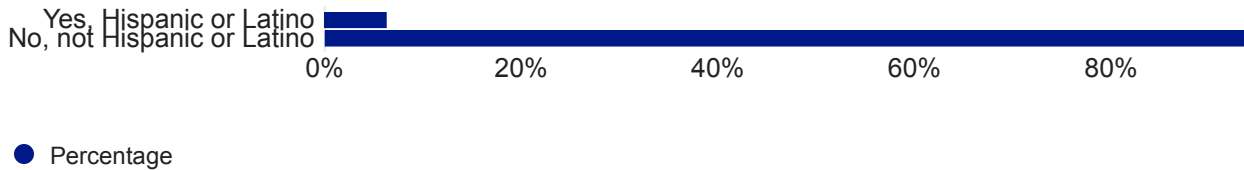
Summary: Respondents reporting an income of less than \$30k/year

5

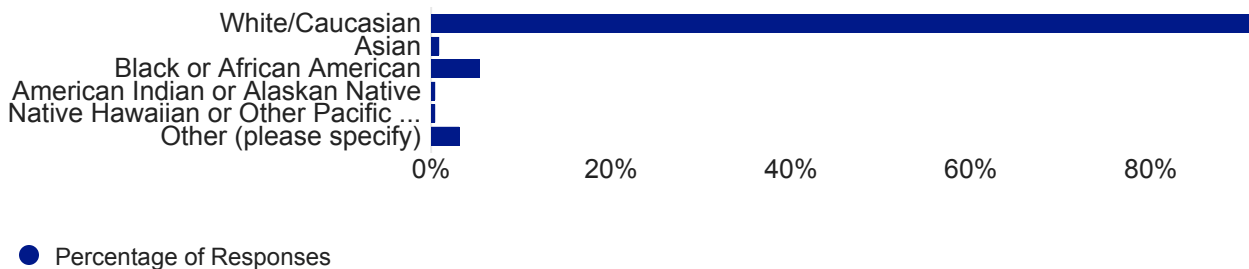
Q14 - How many children under the age of 18 live in your household, if any?



Q15 - Are you of Hispanic or Latino origin or descent?



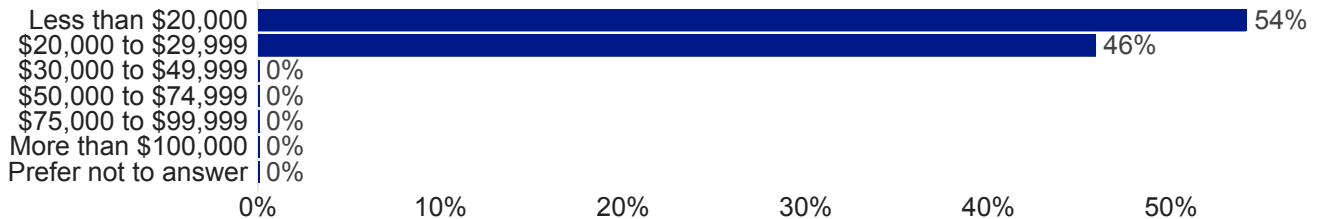
Q16 - Which of these groups best describes your race? Please select all that apply. - Selected Choice



Summary: Respondents reporting an income of less than \$30k/year

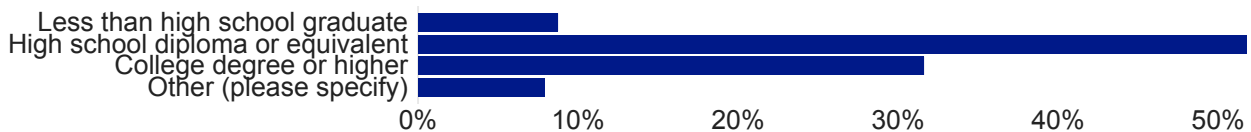
6

Q17 - What is your approximate yearly household income?



● Percentage

Q18 - What is the highest level of education you have completed? - Selected Choice



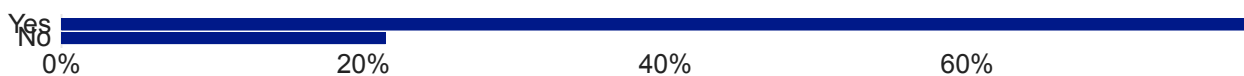
● Percentage

Q19 - Are you an active or retired member of the US military?



● Percentage

Q20 - Do you see a healthcare provider on a regular basis for physicals, screenings, or other preventative medicine? - Selected Choice

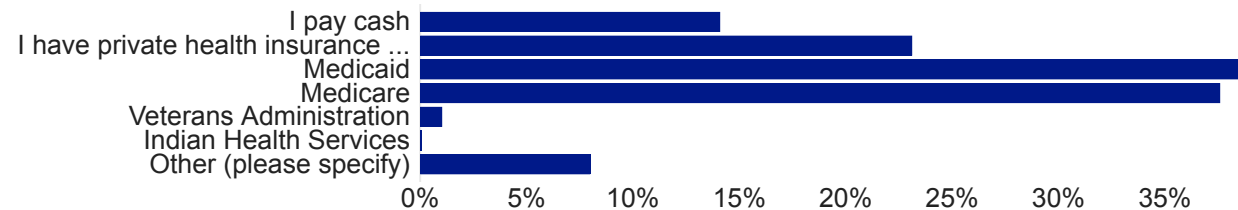


● Percentage

Summary: Respondents reporting an income of less than \$30k/year

7

Q21 - How do you pay for healthcare? Please select all that apply. - Selected Choice



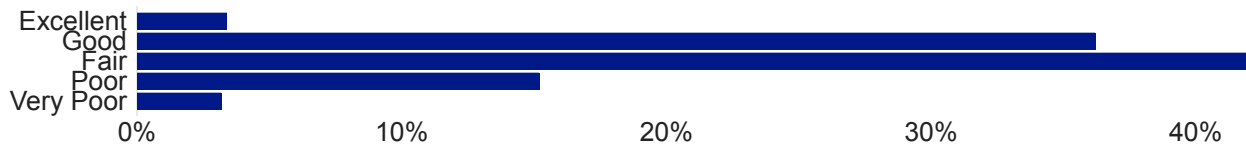
● Percentage of Responses

Q22 - During the past year, have you had a lapse in insurance coverage? - Selected Choice



● Percentage

Q23 - How would you describe your overall health?



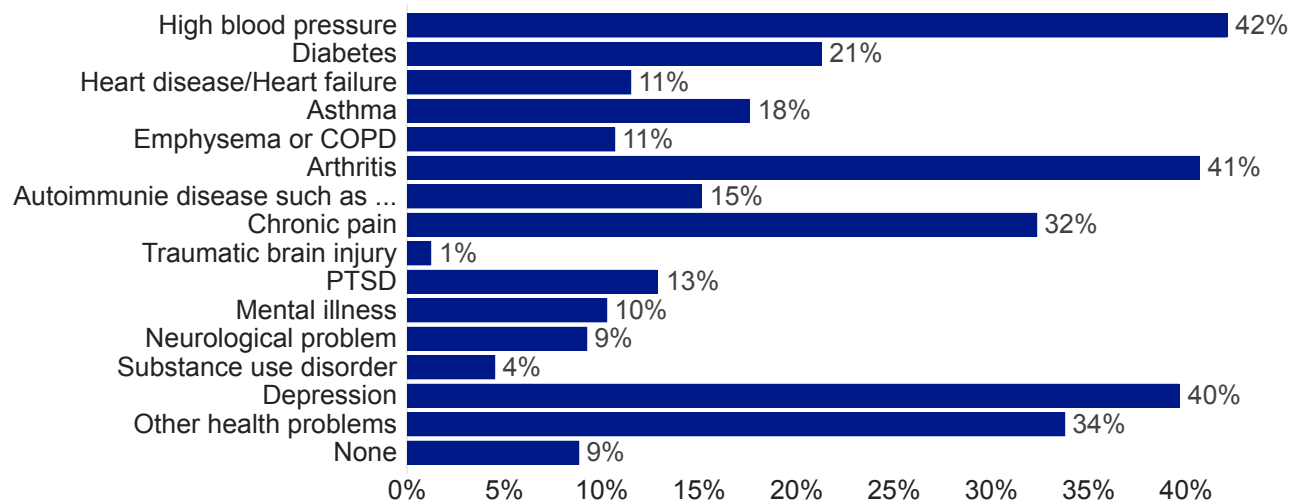
● Percentage

Summary: Respondents reporting an income of less than \$30k/year

8

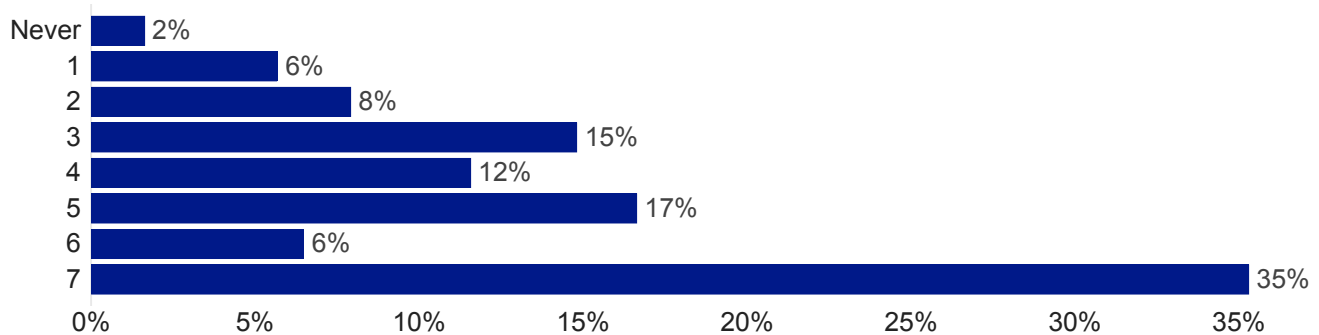
Q26 - Which of the following health problems have you been told by a health professional that you have? Please check all that apply. -

Selected Choice



● Percentage of Responses

Q27 - How many days a week do you eat vegetables?

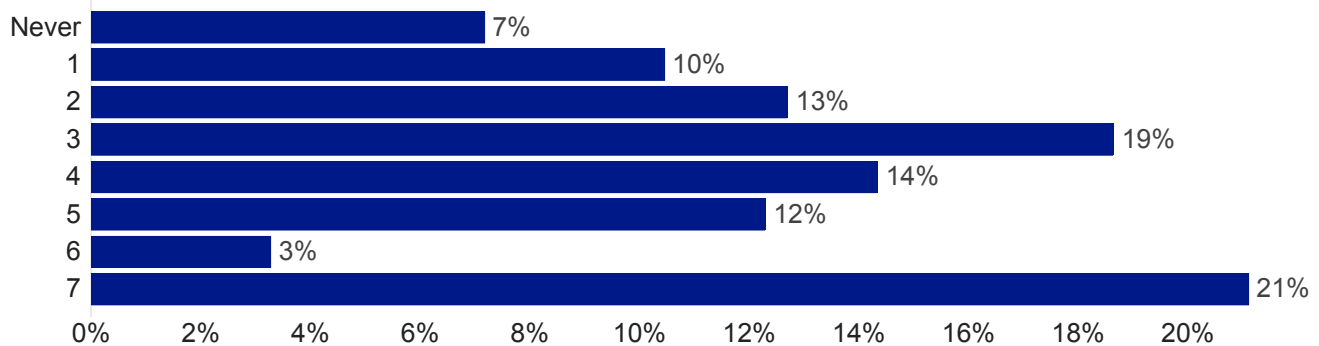


● Percentage

Summary: Respondents reporting an income of less than \$30k/year

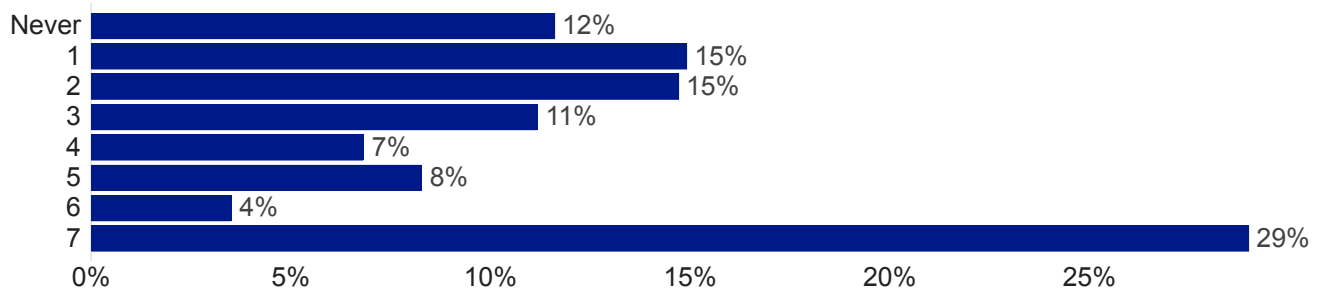
9

Q28 - Not counting juice, how many days a week do you eat fruit?



● Percentage

Q29 - How many days a week do you consume soda or other processed, sugary foods?

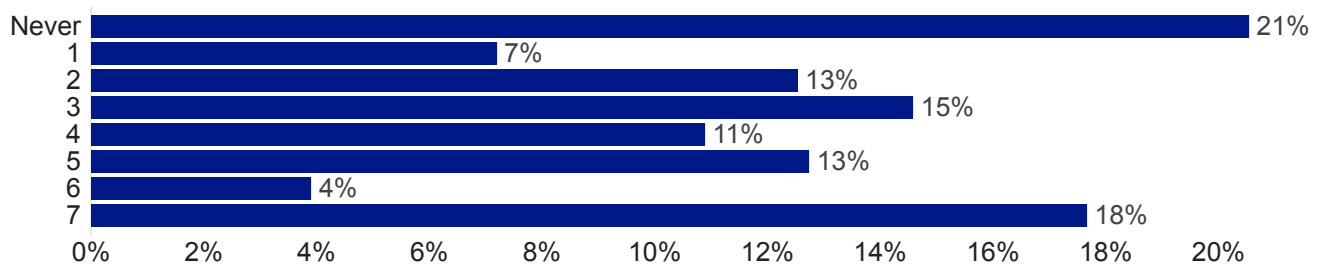


● Percentage

Summary: Respondents reporting an income of less than \$30k/year

10

Q30 - How many days a week do you get at least 30 minutes of moderate physical activity such as brisk walking, bicycling, gardening, or anything else that causes some increase in breathing and heart rate?



● Percentage

Q31 - Do you smoke cigarettes every day, some days, or not at all?



● Percentage

Q32 - Have you smoked at least 100 cigarettes in your entire life?

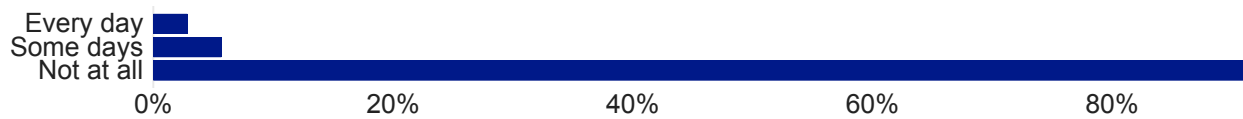


● Percentage

Summary: Respondents reporting an income of less than \$30k/year

11

Q33 - Do you use an e-cigarette/vape every day, some days, or not at all?



● Percentage

Summary of resources and ideas gathered at the Community Meeting

Substance Use and Abuse
AA Meetings
American Cancer Society
Bridge to Recovery @ WVU
Bureau of Mental Health
Callahan Counseling - PVI Safety & Treatment Program
Caregiver Cafes in schools
Catch My Breath - curriculum in schools
Celebrate Recovery groups
CHS
Church support groups
Community counseling services
Counseling in schools
Day Report Center - has telemedicine; expand that program
Detox center is needed
Drug Courts - 3 counties
East Ridge Substance Abuse
Eastern Panhandle Juvenile Drug Court
Educational programs through community newsletter collaborative
Faith-based outreach
Faith-based Recovery - Pikeside UMC
Family Resource Network directory for other resources - link with social media and include tips and stories for success

Good Samaritan Clinic
Grace
Harm Reduction - Berkeley Health Department - Jefferson Health Department
Health Nurses Curriculum in schools
Legislative policy specifically banning vaping
MAT - SCH, Eastridge, Novies, Renovo, New Life
Motivation Links (-testimonies)
Mountaineer Recovery Center
Mountaineer Rehabilitation
Naloxone training
Needle exchange
Oxford House
Paloma Detox Center
Programs in schools are needed
Project Aware in schools
Quitline - for smoking and vaping
Recovery coaches in ED at Shenandoah
Recovery coaching
Recovery Resource Center
Red Ribbon Week
Renova Center
Shenandoah Community Health Center
Smoking support group starting at BMC
Social services partnering with hospitals to address overlap between mental health and substance use
Support businesses in efforts to expand mental health services to employees
Support businesses that no longer sell tobacco products

Tri-County Pastoral
WVU Medicine - Tobacco Cessation
YAP

Obesity, chronic disease, and cancer
211 should be updated - useful and current
Backpack program
Bike trails
C & O Canal
Mark Caeazella
Center for Diabetes & Metabolic Health - exercise Rx
Daycare programs with nutrition
Dental resources for kids & adults
Employer incentives to employees
Family Practitioner
Fitness for Life
Focused Diabetes program
Health education <ul style="list-style-type: none"> - Free obesity & chronic disease classes needed for public - Hospital-based diabetes education available - Monthly education programs at Health Departments
Healthier food options at business events
Healthy Berkeley
More workplace "gyms"/workout opportunities on site; healthier options for employees
Parks & Recreation
Right From the Start program with Dr. Marshal & Early Head Start
Route 9 Walking Trail

SCH Wellness Program
Schools <ul style="list-style-type: none"> - dance - yoga - encouraging activity so many minutes of each day - after school nutrition education
Senior Center - directs people to resources
Shenandoah Community Clinic <ul style="list-style-type: none"> - free classes
Silver Sneakers
SNAP at Farmer's Markets
Stress reduction opportunities, i.e. yoga classes
Sugar Free Hospital
Walk With a Doc program with Charles Town Rotary
Walkability <ul style="list-style-type: none"> - safer links between neighborhoods - more trails - school tracks
Weight Watchers
Wellness Centers
WVU Endocrinology Center

Mental health
ACEs - in schools and Starting Points
Behavioral Health Work Group
Berkeley Medical Center
Community fairs
Complete coalition of community resources
Crisis workers on other floors and 2D
Developmental Assets

DHHR
East Ridge
Edinburgh postpartum screening for all OB patients
Existing Support Groups
Expand involuntary mental health facilities - currently support 6 hours from Charles Town
Free clinics needed
Jefferson County schools' emphasis on providing youth services
Jefferson Medical Center
Gateway Behavioral Health
Hospital implementation of PHQ-9 depression screening for all patients
Inpatient services at hospital
Mental first aid needed - youth and adults
More services at places of employment
More support groups needed
Mountaineer Behavioral Clinic
Project Aware in Berkeley County
Reduce stigma
School-based resources
Shenandoah Community Health
Stonebrook
Telehealth is needed
Tri-County Pastoral
United Way
VA
WVU Medicine

Thinking of your own life, what places, programs, or organizations help you or someone close to you learn healthier habits or be more healthy?

1

Q3 - Topics

Field	Choice Count
None/nothing	263
My doctor/doctor's office/office staff	235
Wellness center	98
No comment/uncategorized	87
Internet resources	64
Public schools	64
Shenandoah Community Health	62
BMC	59
Church	50
Weight Watchers	46
Harpers Ferry Family Medicine	39
WVU Medicine	38
Own knowledge/training/formal education	35
Work/employment	35
WIC	33
DHHR	26
Own research/reading	26
Local gyms	21
My family	21
Friends	20
My parents	20
VA Hospital	20

Thinking of your own life, what places, programs, or organizations help you or someone close to you learn healthier habits or be more healthy?

2

BMC Wellness Center	18
Jefferson County Community Ministries	18
Local hospitals	18
WVU	18
Local health department	17
WVU Extension	16
Local gym	15
Senior center	15
JMC	14
Uncategorized	14
Gold's Gym	12
Two River Treads	12
Newspaper	11
School	10
Dorothy McCormick Center	9
Farmers Market	9
Home health	9
Hospice	9
Public parks	9
WVU Wellness Center	9
Dr Funk	8
Health education/newsletters	8
Library	8
Planet Fitness	8

Thinking of your own life, what places, programs, or organizations help you
or someone close to you learn healthier habits or be more healthy?

3

Shepherd gym	8
Shepherd University	8
AA	7
American Cancer Society	7
Berkeley Senior Services	7
Dr Cucuzzella	7
Humana	7
Workplace wellness	7
Yoga	7
4 H	6
Birth to Three	6
College	6
Exercise	6
Health Fair	6
Healthy Berkeley	6
Healthy eating	6
Hospital-based classes	6
Jefferson County Council on Aging	6
My employer	6
Shepherd University Wellness Center	6
Social media	6
Cardiac rehab	5
EastRidge Health Systems	5
Grocery store	5

Thinking of your own life, what places, programs, or organizations help you
or someone close to you learn healthier habits or be more healthy?

4

Insurance provider	5
Local clinics	5
Pivot Physical Therapy	5
Starting Points	5
Urgent care	5
Valley Health Family Medicine	5
WVU Medicine Center for Diabetes and Metabolic Health	5
Adult community education classes	4
Curves	4
Dental provider	4
Dr Miller	4
Early Head Start	4
Education	4
Freedom's Run event	4
MOCO Starting Points	4
My health insurance	4
My wife	4
Out of state places	4
Preventive care	4
Renovo Center	4
Shepherdstown Wellness Center	4
WVU classes/programs	4
AARP	3
BCBS	3

Thinking of your own life, what places, programs, or organizations help you
or someone close to you learn healthier habits or be more healthy?

5

BMC information series	3
Breastfeeding classes	3
Charles Town Farmers Market	3
Church food drive	3
Community activities	3
Community center	3
Diabetic group	3
Fitness programs	3
Jefferson County Health Department	3
Johns Hopkins	3
Magazines	3
Media	3
My counselor	3
My daughter	3
Nutritionist	3
Panhandle Home Health	3
Physical therapy	3
Rec center	3
Relay for Life	3
Silver Sneakers	3
Social support	3
Sports	3
TV	3
Walking	3

Thinking of your own life, what places, programs, or organizations help you or someone close to you learn healthier habits or be more healthy?

6

War Memorial Hospital	3
Wellness programs	3
Alternative health practitioners	2
American Heart Association	2
Bariatric program	2
Berkeley County Parks & Rec	2
Brook Lane	2
Christian Psychological Services	2
CVS	2
Day Report Center	2
Dietician	2
Dorothy McCormick Center diabetes help	2
Dorothy McCormick Center rehab	2
Dr Dayal	2
Dr Field	2
Dr Jalazo	2
Dr Rameriz	2
Extreme Crossfit	2
Fitness club	2
Free medical clinic	2
Girl Scouts	2
Insurance coverage	2
Inwood Family Medicine	2
King's Physical Therapy	2

Thinking of your own life, what places, programs, or organizations help you
or someone close to you learn healthier habits or be more healthy?

7

Magnolia Family Practice	2
Metabolic Center in Martinsburg	2
Military service	2
My accupuncturist	2
My child's pediatrician	2
My chiropractor	2
Narcotics Anonymous	2
OneLife Fitness	2
Panhandle Cardiology Associates	2
Parents	2
PEIA Healthy Tomorrows	2
Recovery Resource Center	2
Red Cross	2
Ruby Memorial Hospital	2
Running events	2
Shenandoah Valley Medical Center	2
Shepherd University educational programs for residents	2
Shepherdstown Area Independent Living	2
Social services	2
Spring Mills WVU urgent care	2
Support groups	2
Therapy	2
TOPS	2
VA Health Letters	2

Thinking of your own life, what places, programs, or organizations help you
or someone close to you learn healthier habits or be more healthy?

8

War memorial	2
Wellness center weight loss program	2
WV Autism Training Center	2
WV Rehab Service	2
WVU Diabetes Metabolic Center	2
WVU endocrinology	2
WVU Health Associates	2
WVU Pulmonary Rehab Therapy	2
YMCA	2
12-step programs	1
A nurse practitioner	1
Affordable healthy food	1
Aftercare	1
AHA	1
Alternative healing	1
Alzheimer's Association	1
Anytime Fitness	1
Apple Trample event	1
Army Medicine	1
Arthritis Foundation	1
Baker Heights VFD	1
Beachbody	1
Bee-Hive	1
Benchmark	1

Thinking of your own life, what places, programs, or organizations help you or someone close to you learn healthier habits or be more healthy?

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Berkeley County Health Department	1
Berkeley nutrition center	1
Berkeley Springs Wonderful People	1
Bike trails	1
Blueridge Community & Technical College	1
BMC diabetic educators	1
BMC infusion center nurses	1
BMC newsletter	1
BMC rehab	1
Bob Mays Rehab	1
Body positive influencers on social media	1
Boys & Girls Club	1
Burlington Methodist Family Services	1
C & O Canal	1
Cancer center	1
Capital Rehab	1
Cardinal Health Care	1
CASA	1
CAWV	1
CCAP	1
Child advocacy	1
Christina van Hilst, FNP	1
Christine Van Hilst	1
Chronic pain class	1

Thinking of your own life, what places, programs, or organizations help you
or someone close to you learn healthier habits or be more healthy?

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Clarion health spa	1
Co-workers	1
Coaches	1
Coast Guard health programs	1
Community gardens	1
Community Health Days	1
Community mental health agency	1
Community ministries	1
Cooking classes	1
Couch 2 5k	1
Counseling centers	1
CSA	1
Cumberland Valley Chiropractic	1
Delectable Mountain Quilt Guild	1
Diabetic living magazine	1
Dining with Diabetes	1
Dr Arvon	1
Dr Bagree	1
Dr Bowen	1
Dr Bruce	1
Dr Didden	1
Dr Eggleston	1
Dr Gentle	1
Dr Gusic	1

Thinking of your own life, what places, programs, or organizations help you
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Dr Hashem	1
Dr Humerick	1
Dr Lewis	1
Dr Lobaton	1
Dr Lorenzetti	1
Dr Maciunas	1
Dr McCarthy	1
Dr Reyna	1
Dr Ryan	1
Dr Sood	1
Dr Wright	1
Drug Court	1
Eastern Panhandle Empowerment Center	1
Eastern Panhandle Free Clinic	1
Elementary school	1
Employers	1
Epic	1
Essential oil classes	1
Face to Face diabetes program	1
FAST	1
Fire department	1
Food pantries	1
Free dental clinic	1
Free screenings	1

Thinking of your own life, what places, programs, or organizations help you
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Fresenius Kidney Care	1
Functional Medicine doctor	1
Geocaching	1
God	1
Good Samaritan clinic	1
Good sleep	1
Hancock Medical Practice	1
Harpers Ferry	1
Harpers Ferry Family Medicine - Diabetic Group	1
Harvard Women's Health Letter	1
Health class	1
Health insurance diabetes prevention program	1
Healthy Berkeley County Group	1
Healthy Smiles	1
Heart screenings	1
Hedgesville Health Care	1
Heritage Girls	1
HIV case management	1
Home	1
Home workouts	1
Hospitalization	1
Hygiene class	1
Ideal Option Hagerstown	1
Integrative Medicine	1

Thinking of your own life, what places, programs, or organizations help you or someone close to you learn healthier habits or be more healthy?

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Inwood Food & Ankle Center	1
Iron Musket	1
James Rumsey Technical Institute	1
JayDee's Family Fun Center	1
Jefferson County Parks & Rec	1
Jefferson County Relay for Life	1
Jefferson County Schools	1
Jefferson Senior Center	1
JMC ER	1
JMC OR	1
Keto lifestyle	1
Keto United	1
Lambert Pool	1
League volleyball	1
LIEAP	1
LiveWell program	1
Low carb lifestyle	1
Maccormack Center	1
Martial arts academy	1
Martinsburg Institute	1
Martinsburg kidney class	1
Martinsburg physical therapy centers	1
Martinsburg Rescue Mission	1
Mayo Clinic online resources	1

Thinking of your own life, what places, programs, or organizations help you
or someone close to you learn healthier habits or be more healthy?

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MCOAT	1
Medicine	1
Meditation	1
Mental health care provider	1
Mental health first aid	1
Mercy Medical Baltimore	1
Mini clinics	1
Modern Era Warriors	1
Moose Lodge	1
Moving Minutes	1
My husband	1
My specialist	1
MyFitness Pal	1
National health initiatives	1
Naturally Slim	1
New Day Dental Care	1
New Life Clinic	1
Nonprofits	1
Nutrition Action Newsletter	1
Nutrition classes for children	1
Nutritional studies	1
NVM newsletters	1
Online community outreach	1
Open tracks at public schools	1

Thinking of your own life, what places, programs, or organizations help you
or someone close to you learn healthier habits or be more healthy?

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Orthopedics	1
Other parents	1
Pain and Spine	1
Parenting	1
Parish nurses	1
PCM	1
PEIA	1
Personal trainer	1
Pharmacy	1
Phone apps	1
Physical therapy center	1
Pickleball	1
Placemats at restaurants	1
Planned Parenthood	1
Podcasts	1
Pokemon GO	1
Project Aware	1
Prostate cancer support group	1
Psychotherapy	1
Race organizations	1
Radio	1
Ranson Civic Center	1
Ranson Senior Center	1
Reach for Recovery	1

Thinking of your own life, what places, programs, or organizations help you
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Recreational board	1
Rehabilitation	1
Rheumatologist	1
Rotary blood screenings	1
Running club	1
Sculpt Fitness	1
Senior exercise programs	1
Senior outreach	1
Senior Swim	1
Shenandoah Breastfeeding Group	1
Shenandoah Women's Center	1
Shepherdstown Pharmacy	1
Shepherdstown Area Independent Living	1
Shepherdstown Rite Aid	1
Sleep study	1
Smoking cessation	1
SNAP	1
Social Security	1
Specialists	1
Suicide help line	1
Telemon	1
The Martinsburg Initiative	1
The Partnership	1
Try This WV	1

Thinking of your own life, what places, programs, or organizations help you
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USMC	1
Valley College	1
Valley health classes	1
Valley Health Systems health fair	1
Walter Reed Medical Center	1
Webinars	1
Wellness coordinator	1
Winchester Cancer Center	1
Winchester Medical Center	1
Word of mouth	1
WVDRS	1
WVU East	1
WVU Internal Medicine	1
WVU labor/delivery program	1
WVU Physical Therapy	1
WVU Student Health	1
WVU Women's Health Center	1
YMCA kids' programs	1
Young Lives	1

Program/Organization	Information
AA	https://www.aa.org/pages/en_US/find-local-aa
American Cancer Society	https://www.cancer.org/about-us/local/west-virginia.html
Berkeley County Drug Court	http://www.courtswv.gov/lower-courts/adult-drug-courts/resources.html
Berkeley County Health Department	(304) 263-5131
Berkeley County Parks & Recreation	http://mbcparks-rec.org/
Bridge to Recovery	https://www.thebridgetorecovery.com/
C & O Canal	https://wvexplorer.com/attractions/national-parks-forests-public-lands/c-o-canal-national-historical-park/
Callahan Counseling	(304) 886-4118
Caregiver Cafes	https://www.berkeleycountyschools.org/site/default.aspx?PageType=3&DomainID=144&ModuleInstanceID=1744&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=42975&PageID=855&Comments=true
Catch My Breath	https://catchinfo.org/
Celebrate Recovery	https://www.celebraterecovery.com/
Center for Diabetes & Metabolic Health	https://wvumedicine.org/diabetes-obesity/sample-page/about-us/
Children's Home Society	http://www.childhswv.org/
Day Report Center	(304) 262-9831
Early Head Start	http://www.epicresa8.org/?DivisionID=7663&DepartmentID=7565
EastRidge Health System	http://www.eastridgehealthsystems.org/?page_id=61
Family Resource Network	(304) 262-5360
Fitness for Life	http://mbcparks-rec.org/programs/adult-programs/fitness-for-life/
Gateway Behavioral Health	(304) 264-1230
Good Samaritan Clinic	(304) 264-4049
Healthy Berkeley	https://healthyberkeleywv.com/
Jefferson County Drug Court	http://www.courtswv.gov/lower-courts/adult-drug-courts/resources.html
Jefferson County Health Department	(304) 728-8416
Jefferson County Parks & Recreation	(304) 728-3207
Morgan County Drug Court	http://www.courtswv.gov/lower-courts/adult-drug-courts/resources.html
Mountaineer Behavioral Health	(304) 901-2070
New Life	(304) 264-4020
Oxford House	(304) 350-8385

Program/Organization	Information
Pikeside UMC Recovery	(304) 263-4633
Project Aware	https://www.projectaware.org/
Quitline	https://dhhr.wv.gov/wvdt/Resources/print/Documents/Quitline.pdf
Red Ribbon Week	http://redribbon.org/theme/
Renova Center	https://www.therenovacenter.com/
Right from the Start	https://www.wvdhhr.org/rfts/
Route 9 Walking Trail	https://www.traillink.com/trail/wv-route-9-bike-path/
Senior Center	https://www.berkeleyseniorservices.org/
Shenandoah Community Health Center	https://www.shencommhealth.com/
Silver Sneakers	https://www.silversneakers.com/
Stonebrook	http://stonebrookdisability.com/
Sugar Free Hospital	https://wvumedicine.org/news/article/jefferson-medical-center-announces-initiative-to-eliminate-sugar-sweetened-beverages/
Tri-County Pastoral	<u>(304) 263-6205</u>
Veteran's Administration	(304) 263-0811
Walk With a Doc	https://walkwithadoc.org/
Weight Watchers	https://www.weightwatchers.com/us/
WVU Endocrineology Center	https://wvumedicine.org/physicians/specialty-care/center-for-diabetes-and-metabolic-health/
WVU Medicine Tobacco Cessation	Kristi.p.kimble@gmail.com or 410-440-3055
YAP	http://www.yapinc.org/WV