



Potomac Valley Hospital

Community Health Needs Assessment

June 30, 2021

Prepared for:

Potomac Valley Hospital, Keyser, West Virginia

Prepared by:

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Office of Health Affairs

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Document Acronyms

The following acronyms are used throughout this document:

Acronym	Definition
ACA	Affordable Care Act
CHIP	Community Health Implementation Plan
CHNA	Community Health Needs Assessment
PVH	Potomac Valley Hospital
WVUHS	West Virginia University Health System
WVU OHA	West Virginia University Office of Health Affairs

1 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 a Community Health Implementation Plan (CHIP) 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 2021 Potomac Valley Hospital (PVH) CHNA meets the requirements described above and identifies the following prioritized needs

- Substance Use, Abuse, and Mental Health
- Obesity and Diabetes
- Cancer
- Chronic Disease Management
- Poverty and Employment Issues

This document serves as a roadmap for the CHIP, which will be developed following the completion of the 2021 CHNA and will specify planned actions to be taken by PVH and community partners, available resources, anticipated steps, and a plan for evaluating these activities. In addition to the requirement to conduct a CHNA, PVH hospital leadership continually expressed the desire to go beyond regulatory requirements in serving patients and the community at large. To facilitate this goal, PVH partnered with West Virginia University's Office of Health Affairs (WVU OHA) to complete this CHNA using a robust community based process designed to engage a broad representation of community members. The WVU team was led by Dr. Tom Bias. A CHNA leadership team including hospital and community representation was convened by PVH to inform and guide the process.

1.1 About Potomac Valley Hospital

Potomac Valley Hospital was first opened in October 1931, serving Mineral and surrounding counties. Presently, it is a twenty-five bed, critical access medical facility, with a virtual ICU supported by West Virginia University Health System (WVUHS). PVH employs over two hundred area residents. The hospital relocated to a new facility in 2007, allowing for provision of higher levels of care to the community. PVH strives to provide quality and cost effective healthcare, utilizing both direct services and collaborative arrangements with other care organizations. In 2014 PVH was purchased by WVUHS, ensuring an ability to maintain and enhance healthcare in the community moving forward. PVH's Licensed Care Providers services have grown, extending privileges to approximately 50 physicians, two general surgeons, two orthopedic surgeons, and twenty six AAPs (NP, PA, and CRNA). Three rural health clinics are provided in Mineral County – they are located in Keyser, Piedmont, and Fort Ashby. In addition, PVH provides the following specialty clinics: Cardiology, Pulmonology, Urology, Pain Management, and Orthopedics.

1.2 Previous CHNA Findings

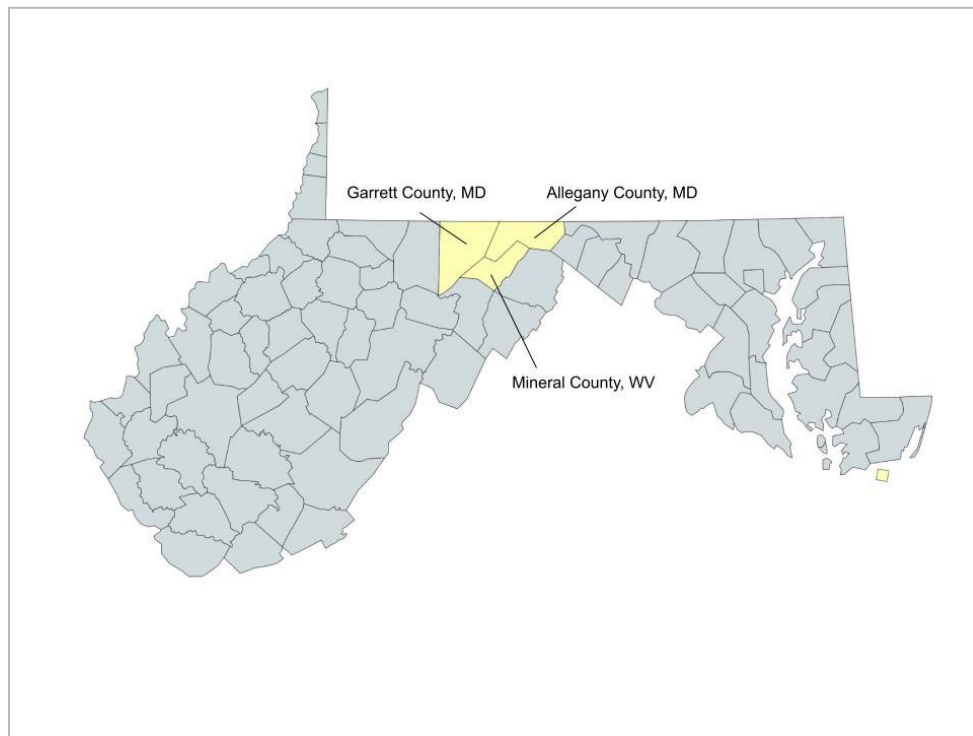
The most recent CHNA was adopted in 2018. It included a review of secondary data to assess socioeconomic characteristics, as well as key risk factors facing the community. Additional information was provided through collection of survey data in Mineral, Allegany (MD), and Garrett (MD) Counties, and was gathered at a community meeting hosted by PVH. The final report identified two main health priorities, with goals and strategies for each:

- Obesity
- Diabetes

1.3 Definition of the Community Served

For the 2021 process, the CHNA leadership team again defined the community served as the tri-county area comprised of Mineral County in West Virginia, as well as neighboring Allegany and Garrett Counties in Maryland.

Figure 1: PVH Service Area



The following table contains information from the US Census Bureau and shows the most current Quickfacts¹ (Appendix A) for the three counties. It outlines some basic demographics, as well as information about health insurance coverage and poverty levels.

Table 1: Select Demographic Data

	Mineral, WV	Allegany, MD	Garrett, MD
Population	26,868	70,416	29,014
Residents under 18	19.8%	17.3%	18.4%
Non-white or 1+ race	5.4%	11.8%	2.7%
Hispanic or Latino	1.0%	1.9%	1.2%
High school education or more	92.2%	90.2%	89.8%
Bachelor's degree or more	15.5%	18.9%	20.9%
Under 65 yrs. and uninsured	6.6%	5.5%	7.1%
Persons living in poverty	12.5%	16.0%	12.8%

2 Methodology and Community Input Process

The CHNA process began with a thorough review of the previous cycle's needs assessment report, and included review of publicly available secondary data related to counties within PVH's service area. These data included the above census data and County Health Rankings Data (Appendix B). Using these reports as a springboard, the leadership team started the initial discussion around critical health needs, changes in the community demographics over the previous few years, and lessons learned from the last CHNA cycle's health topic prioritization and development of implementation activities.

Primary data collection was comprised of surveying community members to gather perceptions of health issues, quality of life, and other related topics. Survey data was analyzed and presented back to the PVH leadership team, and then again at a community event. This event was focused on reviewing the survey data, discussing community assets that impact population health in PVH's service area, as well as discussing the needs of those not well-represented in the survey data. At this meeting, the group worked to discuss possible strategies for each area of concern.

2.1 Primary Methods of Collecting and Analyzing Information

We utilized two primary sources of data to inform the CHNA: (1) a public input survey and (2) a community meeting. The public input survey (Appendix C) was developed by WVU OHA with the PVH CHNA leadership team following an iterative process. Survey topics included questions about specific health issues, thoughts on overall health of the community, quality of life, access to health care and

¹ <https://www.census.gov/quickfacts/fact/table/US/PST045219>

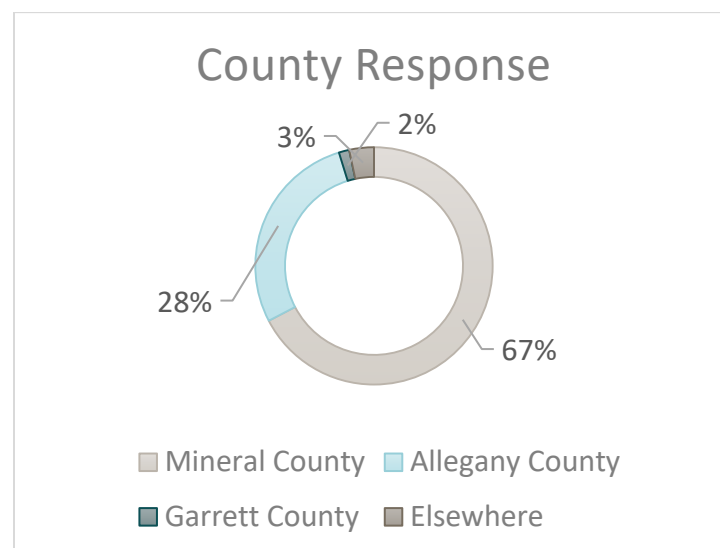
medical needs (including specialist care), risky behaviors and personal choices, and demographic information including geographic location and income.

Data was collected anonymously from residents age 18 and older. The survey was disseminated via a web-based platform and as hard copies in the community. In addition to a MyChart email blast to patient zip codes in the service area, collection efforts included:

- All PVH staff and their contacts
- County United Way
- Keyser Food Pantry
- PVH clinic locations
- Social media outlets – various
- Loving Hands
- Mineral County Aging and Family Services
- Mineral County DHHR
- Mineral County Family Resource Network
- Mineral County Health Department
- Mineral County Libraries
- Mineral County Schools

It was not intended to be a representative, scientific sample of residents of these three counties, but rather a mechanism to solicit the community's perception of health needs. A total of 905 surveys were completed by community members from the area. Noteworthy limitations included disproportionately low representation from males, from the lower-income population of these counties, from non-white community members, and from the Maryland counties included.

Figure 2: Survey Response by County



At the conclusion of data collection, analysis was conducted by the WVU team. Results were presented back to leadership team members in aggregate (Appendix D), and also broken down by income, age, and other demographics to ensure there was no significant variation in responses among groups. The team

discussed the data alongside known health issues in the community, experiences in their own clinical and other professional settings, resources already in place to address some of the top issues, and initial thoughts about further addressing the most prevalent community concerns.

Additional information was collected through feedback at virtual community meeting hosted on June 25, 2021. This session, open to the public and with stakeholder representation from invested community partners, solicited input about community health needs and sought to identify groups and organizations already providing essential services. Survey results were presented to this group and strategies for improving health outcomes in the top areas were discussed. Thirteen attendees participated in this event. More details on the makeup of this session is found below.

Community input from the event was compiled into a document along with feedback from an open-ended survey question soliciting suggestions about things that would help improve health of the community (Appendix E). Ideas and partners were categorized by health concern and will be used for reference at the implementation planning stage.

2.2 Leadership Team and Community Partners

The following organizations were represented on PVH's 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 attendees to the community meeting, and were charged as a group with collaborative discussion of primary and secondary data to determine health priorities.

Leadership Team

- Key Contact: Patricia Barbarito, Director of Preventive Medicine Department, PVH
- Hospital Leadership: Mark Boucot, CEO, PVH and GRMC
- Public Health Representative: Andrew Root, Administrator, Mineral County Health Department
- Hospital Foundation, Community Outreach: Christian Brooks, Director of Public Relations, PVH
- Vulnerable Population Representative: Dayla Harvey, Mineral County Family Resource Network
- Community Oriented Physician: Michael Gould, ED Physician
- Hospital Board Member: Dinah Courrier, Board of Directors, PVH
- Reporting of Community Benefit: Amy Boothe, VP, COO, PVH
- Brenna Earnest, Safety & Compliance Officer, Regulatory Coordinator, PVH
- Raj Masih, Potomac Highlands Guild
- Eric Phillips, DHHR
- Connie Moore, Director of Care Management, PVH
- Elaine Geroski, VP of Nursing, PVH
- Rev. Randy Nairn, Keyser Area Ministerial Association
- Louis Kitzmiller, Mineral County Aging and Family Services
- Michelle Walker, County United Way
- Derek Green, AVP of Operations, PVH
- Dianne Smith, Director of HR, PVH

The following organizations from local government, business, and non-profit organizations were represented at the community meeting in June. Those in attendance were asked to speak to the experiences of the populations whom they serve or represent, and to discuss the accuracy of the survey data in relation to their professional and personal experiences as community members. Additionally, the group worked to compile a list of existing resources, programs, and policies, as well as fresh ideas or potential partnerships for addressing each area of concern.

Organizations Represented at Community Meeting

- Burlington United Methodist Family Services
- County United Way
- Garrett County Republican and Preston News & Journal
- Loving Hands
- Mineral County Health Department
- Mineral County Family Resource Network

3 Community Health Needs Prioritization

Following the community meeting, the leadership team met to review all input together and identify priority areas to address through implementation strategies. Leadership reviewed closely the top concerns raised across all categories including health and disease, quality of life, environment, risky behaviors, and personal choice (see tables 2-4 below).

Table 2: Community Health Perceptions Survey - Health & Disease

Top Health and Disease Concerns	
Drug and/or alcohol use	55.4%
Obesity – adult	47.3%
Cancers	33.7%
Diabetes	24.7%
Mental health problems	21.0%

Table 3: Community Health Perceptions Survey - Quality of Life & Environment

Top Quality of Life and Environment Concerns	
Cost of health care and/or medications	52.4%
Limited job opportunities	41.0%
Poverty	28.5%
Lack of health insurance or limited health coverage	27.9%
Limited places to play or healthy activities for kids	25.0%

Table 4: Community Health Perceptions Survey - Risky Behavior & Personal Choice

Top Risky Behavior and Personal Choice Concerns	
Drug use	73.7%
Alcohol use	39.7%
Lack of exercise	34.1%
Tobacco – smoking	21.0%
Unhealthy eating choices	20.5%

Health issues were largely consistent when comparing datasets across demographics. For example, both men and women listed substance use and abuse, adult obesity, and cancer as their overall top three concerns. Substance use and abuse was also the top concern of both white and non-white respondents, as well as across all income and education levels. No matter the makeup of a respondent's household or how they self-reported their own health, this was a top concern among all in the community, throughout each county surveyed. (Further demographic breakdowns of top health and disease concerns can be found in Appendix F.)

Beyond health and disease, topics related to quality of life and environment also shared a common theme. Cost of health care and medications, limited employment opportunities, poverty, and limited or no health insurance coverage were all issues that appeared among top concerns. Respondents largely agreed with positive statements about the safety of the community and their personal connections within it, but tended to disagree with the statement "there are good jobs in my community".

Topics related to personal choice and risky behaviors tied in directly with all of the above. Drug use, alcohol use, lack of exercise, cigarette smoking and unhealthy eating choices were all issues that appeared at the top of all datasets. When asked in an open-ended way for suggestions to address these issues, those who took the survey frequently answered with ideas that fell into the following categories:

- Affordable exercise opportunities: a recreation or wellness center, trails, parks, and outdoor recreation spaces
- Better employment opportunities and employment with benefits
- Substance use prevention and treatment
- Community health programs and exercise classes
- Community health education in any form

3.1 Prioritization Process

The existing secondary data, new survey data, community meeting input, and lessons learned from the last CHNA cycle all factored into PVH leadership's prioritization decisions. The group considered the degree to which the hospital can realistically affect health outcomes for each topic, projects or programs already underway for each, as well as level of importance placed on each by the community relative to

the reach of PVH's impact. Leadership paid particular attention to feedback gathered about high-speed internet access and telehealth medical appointments (Appendix G) and senior citizen response (Appendix F), as well as other areas and demographics they know to be of particular concern in their community.

Within this discussion of where and how the hospital can realistically affect community wellbeing and health outcomes, 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 organized into five that will be the focus moving forward with implementation planning.

Substance Use, Abuse, and Mental Health

During the previous CHNA cycle, these topics rose to the top of the community's overall list of concerns, but at the time the hospital did not have the resources to meet these needs via community benefit strategies. They have spent the time since building out infrastructure in these areas and are prepared to implement programming to address these concerns.

Obesity and Diabetes

Leadership recognizes the importance the community has placed on the topic of obesity, as well as their ability to provide programming directly related to it and to diabetes. Both topics were identified and prioritized during the previous CHNA cycle, and successful implementation programming was underway before being paused due to COVID-19. PVH hopes to resume and reconfigure programming affected by COVID-19, as well as work to further address these issues for all ages in the community.

Cancer

Much like substance use and mental health, the previous CHNA cycle found cancer near the top of the community's list of concerns, but the hospital's resources were focused on clinical provisions at the time. This cycle, PVH leadership is in a position to prioritize this concern and build out community programming to help raise awareness and prevention.

Chronic Disease Management

Leadership recognized that in much of the feedback gathered through the survey, the community was requesting resources and programming that PVH can (or does already) provide. The team has chosen to prioritize Chronic Disease Management as an area to focus educational and programming resources, with attention to raising community awareness as well.

Poverty and Employment Issues

Issues surrounding poverty are clearly prevalent concerns in this community: cost of care, lack of employment opportunities and health insurance, or income for necessities came up repeatedly in PVH's survey data this cycle, as they did last cycle as well. Though the hospital cannot solve this large systemic problem, leadership is willing to look for creative ways to work on bridge the gap – they have chosen to prioritize this topic among the list of health and disease concerns above.

3.2 Potential Resources

The following table documents ideas for implementation strategy development, as well as organizations identified during the community meeting whose missions are aimed at addressing top health concerns. These organizations could potentially aid in addressing health concerns identified in this CHNA.

Table 5: Potential Community Resources

Community Resources/Ideas
<i>Substance Use/Abuse and Mental Health</i>
Build a community culture of recovery with support resources in place
Engage other community organizations and government departments
Family support group
Increase funding for salaries to attract and retain professional providers
Increase pressure on policy makers to address these issues
Increase treatment and recovery resources/explore additional funding resources
Mineral County Health Department
Mosaic Model – Partner to implement PRSSs in ED
Pain management program
Reduce family and community stigma
Staffing and support for increasing methamphetamine situation in the area
<i>Obesity and Diabetes</i>
Community gardens
Farmer's Markets
Increase access to affordable healthy foods
Increase funding for insulin pumps
Increase marketing of/participation in existing Weight Watchers, exercise, and diabetes education and prevention groups
Increase nutritional education
Increase use of outdoor recreation spaces through community collaboration
PCP education regarding treatment of obesity and related issues

SAGE – Sustainable Agriculture program that could partner with medical providers
Youth prevention via education about exercise and physical activity
Youth prevention via nutrition education
Valerie Starcher, RN, Diabetic Educator
Virtual exercise classes
<i>Cancer</i>
Colonoscopy screenings
Increase local access to treatment
Preventative care marketing campaign
PSAs on local radio stations
Mammogram screenings
<i>Poverty and Employment Issues</i>
Hospital-based job incubator for health care positions
Employment opportunities that keep people working in the area vs. commuting out
Employment opportunities that require shorter term educational investment

4 Conclusion

Each of the top priorities identified in the 2021 CHNA are consistent with concerns raised in 2018. PVH moves forward with many lessons learned from the last cycle, and with new and strengthened relationships with community partners, to work to address these concerns this cycle. The 2021 CHNA identified five priorities to guide PVH's efforts to improve the health of community members:

- Substance Use, Abuse, and Mental Health
- Obesity and Diabetes
- Cancer
- Chronic Disease Management
- Poverty and Employment Issues

5 Appendices

Appendix A - US Census Quickfacts Data

Appendix B - County Health Rankings and Roadmaps Data

Appendix C - Community Health Perceptions Survey

Appendix D - Aggregate Survey Data

Appendix E - Community Feedback and Ideas

Appendix F - Top Health and Disease Demographic Breakdowns

Appendix G - Telehealth Breakdown by Age


Appendix H - Results of Senior Citizen Questions

QuickFacts

Mineral County, West Virginia; Allegany County, Maryland; Garrett County, Maryland

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

Table

All Topics	Mineral County, West Virginia	Allegany County, Maryland	Garrett County, Maryland
Population estimates, July 1, 2019, (V2019)	26,868	70,416	29,014
 PEOPLE			
Population			
Population estimates, July 1, 2019, (V2019)	26,868	70,416	29,014
Population estimates base, April 1, 2010, (V2019)	28,225	75,047	30,139
Population, percent change - April 1, 2010 (estimates base) to July 1, 2019, (V2019)	-4.8%	-6.2%	-3.7%
Population, Census, April 1, 2010	28,212	75,087	30,097
Population, Census, April 1, 2020	X	X	X
Age and Sex			
Persons under 5 years, percent	▲ 5.1%	▲ 4.5%	▲ 4.8%
Persons under 18 years, percent	▲ 19.8%	▲ 17.3%	▲ 18.4%
Persons 65 years and over, percent	▲ 22.1%	▲ 20.6%	▲ 23.1%
Female persons, percent	▲ 50.2%	▲ 47.9%	▲ 50.6%
Race and Hispanic Origin			
White alone, percent	▲ 94.6%	▲ 88.2%	▲ 97.3%
Black or African American alone, percent (a)	▲ 3.0%	▲ 8.3%	▲ 1.1%
American Indian and Alaska Native alone, percent (a)	▲ 0.2%	▲ 0.2%	▲ 0.2%
Asian alone, percent (a)	▲ 0.6%	▲ 1.1%	▲ 0.4%
Native Hawaiian and Other Pacific Islander alone, percent (a)	▲ Z	▲ 0.1%	▲ Z
Two or More Races, percent	▲ 1.6%	▲ 2.1%	▲ 1.0%
Hispanic or Latino, percent (b)	▲ 1.0%	▲ 1.9%	▲ 1.2%
White alone, not Hispanic or Latino, percent	▲ 93.7%	▲ 86.7%	▲ 96.2%
Population Characteristics			
Veterans, 2015-2019	2,333	5,018	2,028
Foreign born persons, percent, 2015-2019	0.8%	1.9%	1.1%
Housing			
Housing units, July 1, 2019, (V2019)	13,149	32,737	19,458
Owner-occupied housing unit rate, 2015-2019	76.0%	68.8%	78.6%
Median value of owner-occupied housing units, 2015-2019	\$148,200	\$120,700	\$173,900
Median selected monthly owner costs -with a mortgage, 2015-2019	\$964	\$1,053	\$1,251
Median selected monthly owner costs -without a mortgage, 2015-2019	\$331	\$417	\$427
Median gross rent, 2015-2019	\$671	\$694	\$614
Building permits, 2020	75	19	118
Families & Living Arrangements			
Households, 2015-2019	10,916	27,399	12,425
Persons per household, 2015-2019	2.42	2.31	2.30
Living in same house 1 year ago, percent of persons age 1 year+, 2015-2019	93.4%	84.6%	91.4%
Language other than English spoken at home, percent of persons age 5 years+, 2015-2019	2.7%	4.0%	3.1%
Computer and Internet Use			
Households with a computer, percent, 2015-2019	83.7%	81.6%	84.6%
Households with a broadband Internet subscription, percent, 2015-2019	78.8%	75.4%	76.9%
Education			
High school graduate or higher, percent of persons age 25 years+, 2015-2019	92.2%	90.2%	89.8%
Bachelor's degree or higher, percent of persons age 25 years+, 2015-2019	15.5%	18.9%	20.9%
Health			
With a disability, under age 65 years, percent, 2015-2019	14.8%	14.8%	10.4%
Persons without health insurance, under age 65 years, percent	▲ 6.6%	▲ 5.5%	▲ 7.1%

Economy

In civilian labor force, total, percent of population age 16 years+, 2015-2019	54.6%	50.5%	58.9%
In civilian labor force, female, percent of population age 16 years+, 2015-2019	50.3%	51.6%	53.3%
Total accommodation and food services sales, 2012 (\$1,000) (c)	D	D	D
Total health care and social assistance receipts/revenue, 2012 (\$1,000) (c)	70,389	616,134	118,632
Total manufacturers shipments, 2012 (\$1,000) (c)	D	D	D
Total merchant wholesaler sales, 2012 (\$1,000) (c)	D	D	D
Total retail sales, 2012 (\$1,000) (c)	237,279	922,837	517,936
Total retail sales per capita, 2012 (c)	\$8,488	\$12,469	\$17,349

Transportation

Mean travel time to work (minutes), workers age 16 years+, 2015-2019	27.9	21.8	24.8
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Income & Poverty

Median household income (in 2019 dollars), 2015-2019	\$49,936	\$45,893	\$52,617
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$25,490	\$23,607	\$30,617
Persons in poverty, percent	▲ 12.5%	▲ 16.0%	▲ 12.8%



BUSINESSES

Businesses

Total employer establishments, 2019	437	1,502	906
Total employment, 2019	6,187	23,807	10,643
Total annual payroll, 2019 (\$1,000)	266,840	860,448	372,844
Total employment, percent change, 2018-2019	-0.8%	-0.2%	4.1%
Total nonemployer establishments, 2018	1,356	2,937	2,339
All firms, 2012	1,630	4,323	3,042
Men-owned firms, 2012	814	2,398	1,677
Women-owned firms, 2012	633	1,373	737
Minority-owned firms, 2012	64	311	26
Nonminority-owned firms, 2012	1,495	3,738	2,905
Veteran-owned firms, 2012	199	417	210
Nonveteran-owned firms, 2012	1,262	3,600	2,686





GEOGRAPHY

Geography

Population per square mile, 2010	86.1	177.0	46.5
Land area in square miles, 2010	327.83	424.16	647.10
FIPS Code	54057	24001	24023

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 the row in TABLE view to learn about sampling error.

The vintage year (e.g., V2019) refers to the final year of the series (2010 thru 2019). *Different vintage years of estimates are not comparable.*

Fact Notes

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

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 inf open ended distribution.
- F Fewer than 25 firms
- D Suppressed to avoid disclosure of confidential information
- N Data for this geographic area cannot be displayed because the number of sample cases is too small.
- FN Footnote on this item in place of data
- X Not applicable
- S Suppressed; does not meet publication standards
- NA Not available
- 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 F Estimates, State and County Housing Unit Estimates, County Business Patterns, Nonemployer Statistics, Economic Census, Survey of Business Owners, Building Permits.

CONNECT WITH US



The 2021 Rankings includes deaths through 2019. See our FAQs for information about when we anticipate the inclusion of deaths attributed to COVID-19.

	Garrett (GA) , MD X	Allegany (AL) , MD X	Mineral (MI) , WV X
Length of Life			
Life expectancy	78.3	76.7	76.5
Premature age-adjusted mortality	350	420	420
Child mortality	50	60	50
Infant mortality		8	
Quality of Life			
Frequent physical distress**	13%	14%	15%
Frequent mental distress**	15%	15%	18%
Diabetes prevalence**	13%	14%	14%
HIV prevalence^	59	223	69
Health Behaviors			
Food insecurity**	12%	15%	13%
Limited access to healthy foods^	1%	13%	5%
Drug overdose deaths	26	45	35
Motor vehicle crash deaths	16	10	9
Insufficient sleep**	37%	41%	42%
Clinical Care			
Uninsured adults	8%	6%	8%
Uninsured children	4%	3%	3%
Other primary care providers	850:1	540:1	2,070:1
Social & Economic Factors			
High school graduation	90%	90%	95%
Disconnected youth		8%	
Median household income	\$59,300	\$48,200	\$49,700
Children eligible for free or reduced price lunch^	46%	56%	45%
Residential segregation - Black/White**		58	61
Residential segregation - non-White/White**	27	37	55

Homicides		3	
Suicides	18	18	22
Firearm fatalities	13	12	17
Juvenile arrests^	40	52	
Physical Environment			
Traffic volume^	44	395	147
Homeownership	79%	69%	76%
Severe housing cost burden	11%	12%	6%
Broadband access	77%	75%	79%
Demographics			
Population	29,014	70,416	26,868
% below 18 years of age	18.4%	17.3%	19.8%
% 65 and older	23.1%	20.6%	22.1%
% Non-Hispanic Black	1.1%	8.1%	2.9%
% American Indian & Alaska Native	0.2%	0.2%	0.2%
% Asian	0.4%	1.1%	0.6%
% Native Hawaiian/Other Pacific Islander	0.0%	0.1%	0.0%
% Hispanic	1.2%	1.9%	1.0%
% Non-Hispanic White	96.2%	86.7%	93.7%
% not proficient in English	0%	0%	1%
% Females	50.6%	47.9%	50.2%
% Rural	83.9%	27.3%	64.6%

** Compare across states with caution

^ This measure should not be compared across states

Note: Blank values reflect unreliable or missing data



The 2021 Rankings includes deaths through 2019. See our FAQs for information about when we anticipate the inclusion of deaths attributed to COVID-19.

Compare Counties

2021 Rankings

	Maryland	Garrett (GA), MD X	Allegany (AL), MD X
Health Outcomes			
Length of Life			
Premature death	7,200	7,500	8,600
Quality of Life			
Poor or fair health**	15%	17%	20%
Poor physical health days**	3.4	4.2	4.6
Poor mental health days**	3.7	4.6	4.9
Low birthweight	9%	8%	9%
Health Factors			
Health Behaviors			
Adult smoking**	13%	18%	20%
Adult obesity**	32%	36%	35%
Food environment index**	8.7	8.3	6.7
Physical inactivity**	22%	27%	29%
Access to exercise opportunities	93%	73%	82%
Excessive drinking**	15%	16%	17%
Alcohol-impaired driving deaths	29%	39%	47%
Sexually transmitted infections**	586.3	130.0	337.9
Teen births	16	23	24
Clinical Care			
Uninsured	7%	7%	5%
Primary care physicians	1,130:1	1,820:1	1,650:1
Dentists	1,260:1	2,230:1	1,300:1
Mental health providers	360:1	620:1	320:1
Preventable hospital stays	4,134	3,899	4,377

Mammography screening	42%	42%	48%
Flu vaccinations	52%	41%	45%
Social & Economic Factors			
High school completion	90%	90%	90%
Some college	70%	56%	53%
Unemployment**	3.6%	4.4%	5.2%
Children in poverty	12%	18%	21%
Income inequality	4.5	4.3	4.5
Children in single-parent households	26%	16%	28%
Social associations	9.0	13.0	17.5
Violent crime**	459	223	311
Injury deaths	82	81	103
Physical Environment			
Air pollution - particulate matter	8.0	5.7	7.5
Drinking water violations		No	No
Severe housing problems	16%	12%	14%
Driving alone to work	74%	78%	83%
Long commute - driving alone	50%	32%	21%

** Compare across states with caution

^ This measure should not be compared across states

Note: Blank values reflect unreliable or missing data



The 2021 Rankings includes deaths through 2019. See our FAQs for information about when we anticipate the inclusion of deaths attributed to COVID-19.

	West Virginia	Mineral (MI), WV X
Length of Life		
Life expectancy	74.8	76.5
Premature age-adjusted mortality	500	420
Child mortality	60	50
Infant mortality	7	
Quality of Life		
Frequent physical distress**	17%	15%
Frequent mental distress**	20%	18%
Diabetes prevalence**	15%	14%
HIV prevalence^	122	69
Health Behaviors		
Food insecurity**	14%	13%
Limited access to healthy foods^	7%	5%
Drug overdose deaths	50	35
Motor vehicle crash deaths	16	9
Insufficient sleep**	43%	42%
Clinical Care		
Uninsured adults	9%	8%
Uninsured children	3%	3%
Other primary care providers	620:1	2,070:1
Social & Economic Factors		
High school graduation	90%	95%
Disconnected youth	9%	
Reading scores	2.9	2.9
Math scores	2.8	2.6
Median household income	\$48,700	\$49,700
Children eligible for free or reduced price lunch^	50%	45%

Residential segregation - Black/White**	60	61
Residential segregation - non-White/White**	48	55
Homicides	5	
Suicides	19	22
Firearm fatalities	18	17
Juvenile arrests^	13	
Physical Environment		
Traffic volume^	203	147
Homeownership	73%	76%
Severe housing cost burden	10%	6%
Broadband access	76%	79%
Demographics		
Population	1,792,147	26,868
% below 18 years of age	20.1%	19.8%
% 65 and older	20.5%	22.1%
% Non-Hispanic Black	3.5%	2.9%
% American Indian & Alaska Native	0.3%	0.2%
% Asian	0.8%	0.6%
% Native Hawaiian/Other Pacific Islander	0.0%	0.0%
% Hispanic	1.7%	1.0%
% Non-Hispanic White	92.0%	93.7%
% not proficient in English	0%	1%
% Females	50.5%	50.2%
% Rural	51.3%	64.6%

** Compare across states with caution

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Note: Blank values reflect unreliable or missing data



The 2021 Rankings includes deaths through 2019. See our FAQs for information about when we anticipate the inclusion of deaths attributed to COVID-19.

Compare Counties

2021 Rankings

	West Virginia	Mineral (MI), WV X
Health Outcomes		
Length of Life		
Premature death	10,800	8,500
Quality of Life		
Poor or fair health**	24%	22%
Poor physical health days**	5.3	5.1
Poor mental health days**	5.8	6.1
Low birthweight	9%	8%
Health Factors		
Health Behaviors		
Adult smoking**	27%	25%
Adult obesity**	38%	36%
Food environment index**	6.9	7.8
Physical inactivity**	28%	26%
Access to exercise opportunities	59%	61%
Excessive drinking**	14%	15%
Alcohol-impaired driving deaths	25%	13%
Sexually transmitted infections**	198.2	143.3
Teen births	31	27
Clinical Care		
Uninsured	8%	7%
Primary care physicians	1,280:1	2,990:1
Dentists	1,760:1	2,690:1
Mental health providers	730:1	1,170:1
Preventable hospital stays	5,748	5,006

Mammography screening	39%	49%
Flu vaccinations	42%	42%
Social & Economic Factors		
High school completion	87%	92%
Some college	56%	54%
Unemployment**	4.9%	5.7%
Children in poverty	21%	19%
Income inequality	5.0	4.0
Children in single-parent households	25%	27%
Social associations	13.0	13.4
Violent crime**	330	242
Injury deaths	124	99
Physical Environment		
Air pollution - particulate matter	7.8	7.2
Drinking water violations		No
Severe housing problems	11%	7%
Driving alone to work	82%	85%
Long commute - driving alone	33%	37%

** Compare across states with caution

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Note: Blank values reflect unreliable or missing data

POTOMAC VALLEY HOSPITAL COMMUNITY HEALTH SURVEY

Thank you for taking this Community Health Survey - your thoughts are important to us and will benefit the people who live in your County. Survey results will be used to help guide Potomac Valley Hospital's health programs and address community members' health concerns.

This survey is anonymous - your answers will not be connected to you in any way.

Thank you for your time and please contact us if you have any questions or need help completing this survey. If you have recently completed this survey, there is no need to do so again. Please feel free to share this link with other members of your community. - Emily Sarkees, WVU Office of Health Affairs, edillama@hsc.wvu.edu

(1.) In which county do you currently live?

- ☐ Mineral County, WV
- ☐ Allegany County, MD
- ☐ Garrett County, MD
- ☐ Somewhere else (If “somewhere else”, there is no need for you to continue with this survey. Thank you for your time!)

(2.) What is your age?

- ☐ Less than 18 years (If under the age of 18, there is no need for you to continue with this survey. Thank you for your time!)
- ☐ 18 to 24
- ☐ 25 to 29
- ☐ 30 to 34
- ☐ 35 to 39
- ☐ 40 to 44
- ☐ 45 to 49
- ☐ 50 to 54
- ☐ 55 to 59
- ☐ 60 to 64
- ☐ 65 to 69
- ☐ 70 to 74
- ☐ 75 to 79
- ☐ 80 years or more

(3.) How would you rate your county as a “healthy community”?

- ☐ Very Unhealthy
- ☐ Unhealthy
- ☐ Somewhat Unhealthy
- ☐ Somewhat Healthy
- ☐ Healthy
- ☐ Very Healthy

POTOMAC VALLEY HOSPITAL COMMUNITY HEALTH SURVEY

(4.) What do you think is the most important health problem or issue where you live?

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

- ☐ Aging problems
- ☐ Anxiety
- ☐ Cancers
- ☐ Chronic disease
- ☐ COVID-19
- ☐ Dental problems
- ☐ Diabetes ("sugar")
- ☐ Depression/hopelessness
- ☐ Drug and/or alcohol use
- ☐ Heart problems
- ☐ High blood pressure
- ☐ HIV/AIDS
- ☐ Maternal health issues
- ☐ Mental health problems
- ☐ Obesity – adult
- ☐ Obesity – childhood
- ☐ Poor personal hygiene
- ☐ Respiratory/lung disease/asthma
- ☐ Sexually transmitted diseases
- ☐ Suicide
- ☐ Other _____

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

- ☐ Chronic loneliness or isolation
- ☐ Cost of health care and/or medications
- ☐ Exclusion or discrimination based on race, religion, gender, sexual orientation, etc.
- ☐ Homelessness
- ☐ Lack of health insurance or limited health coverage
- ☐ Limited ability to get healthy food or enough food
- ☐ Limited access to public transportation
- ☐ Limited child care and preschool programs
- ☐ Limited job opportunities
- ☐ Limited organized activities for children and teens
- ☐ Limited places to play or healthy activities for kids
- ☐ Limited safe places to walk, bike, etc.
- ☐ Limited social services programs
- ☐ Low quality housing

POTOMAC VALLEY HOSPITAL COMMUNITY HEALTH SURVEY

- Poor air quality
(question 6 continued)
- Poor water quality
- Poverty
- Unsafe neighborhoods
- Other _____

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

- Alcohol use
- ATV crashes
- Child abuse and neglect
- Crime – petty
- Crime – violent
- Distracted driving (cellphone use)
- Domestic violence
- Drug use
- Gambling
- Gun-related injuries
- Impaired driving (drugs/alcohol)
- Lack of exercise
- Not getting recommended immunizations
- Not using seatbelts and/or child safety seats
- Overeating
- Sexual assault/rape
- Tobacco – smoking
- Tobacco – chewing
- Unhealthy eating choices
- Unprotected sex
- Vaping
- Other _____

(8.) Can you think of something that would help improve the health of your community?

(9.) Please tell us how much you **agree or disagree** with the following statements.

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree

POTOMAC VALLEY HOSPITAL COMMUNITY HEALTH SURVEY

My community is a safe place to live.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have safe places to walk, bike, or play outside.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know and trust my neighbors.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>(continued)</i>	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
I visit or talk to friends, family, or loved ones regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People I meet are generally friendly and helpful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the transportation I need to get where I want to go.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Schools provide a healthy environment and activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are good jobs in my community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can afford to live in my community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel safe at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(10.) Do you see a doctor on a regular basis for check-ups, screenings, or other preventive medicine?

- ☐ Yes
- ☐ No (If no, why not?) _____

(11.) How do you pay for healthcare? Please check all that apply.

- ☐ I pay cash
- ☐ I have private health insurance through my employer, union, family member, or a plan I pay for myself
- ☐ Medicaid
- ☐ Medicare
- ☐ Veterans Administration
- ☐ Indian Health Services
- ☐ Other (please specify) _____

POTOMAC VALLEY HOSPITAL COMMUNITY HEALTH SURVEY

(12.) What medical services or specialties would you like to see offered in your area?

(13.) How would you describe your health?

- ☐ Very poor
- ☐ Poor
- ☐ Fair
- ☐ Good
- ☐ Excellent

(14.) Please tell us your level of agreement with each of these statements about your county.

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
I have access to good health care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the medical care I receive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes I can't afford medical care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes I can't afford medications.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to get medical care when I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to see specialists when needed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to see my primary care doctor when needed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to get mental health care when needed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(15.) Please tell us about high-speed internet access in your home.

- ☐ I do not have access to high-speed internet at home.

POTOMAC VALLEY HOSPITAL COMMUNITY HEALTH SURVEY

- I have high-speed internet at home, but would prefer not to use it for telehealth medical appointments.
- I have high-speed internet at home, and would be comfortable attending a telehealth medical appointment this way. (Please tell us what kind of device you would prefer to use to connect with a doctor.) _____

(16.) Did you experience any of the following before age 18? Please check all that apply. (For crisis help information please call 1-800-273-TALK or text HOME to 741741.)

	Often	Sometimes	Never
Did you live with anyone who was depressed, mentally ill, or suicidal?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did you live with anyone who was a problem drinker or an alcoholic?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did you live with anyone who used illegal street drugs or who abused prescription medications?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did you live with anyone who served time or who was sentenced to serve time in a prison, jail, or other correctional facility?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Were your parents separated or divorced?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>(continued)</i>	Often	Sometimes	Never
How often did a parent or adult in your home ever swear at you, insult you, or put you down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did anyone at least 5 years older than you or an adult ever touch you sexually?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did anyone at least 5 years older than you or an adult try to make you touch them sexually?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did anyone at least 5 years older than you or an adult force you to have sex?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(17.) Over the past 2 weeks, how often have you been bothered by any of the following problems?

	Not At All	Several Days	More Than Half the Days	Nearly Every Day
Little interest or pleasure in doing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling down, depressed, or hopeless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble falling asleep, staying asleep, or sleeping too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

POTOMAC VALLEY HOSPITAL COMMUNITY HEALTH SURVEY

Feeling tired or having little energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor appetite or overeating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling bad about yourself – or that you’re a failure or have let yourself or your family down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble concentrating on things, such as reading the newspaper or watching television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moving or speaking so slowly that other people could have noticed. Or, the opposite – being so fidgety or restless that you have been moving around a lot more than usual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thoughts that you could be better off dead or of hurting yourself in some way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(18.) If you checked off any problems in the list above, how difficult have those problems made it for you to do you work, take care of things at home, or get along with other people?

- ☐ Not difficult at all
- ☐ Somewhat difficult
- ☐ Very difficult
- ☐ Extremely difficult

(19.) In the past year, which of the following are things you have done in response to the coronavirus pandemic? Please check all that apply.

	Yes	No
Canceled a doctor appointment	<input type="radio"/>	<input type="radio"/>
Worn a face mask or other covering	<input type="radio"/>	<input type="radio"/>
Visited a doctor or hospital	<input type="radio"/>	<input type="radio"/>
Canceled or postponed work activities	<input type="radio"/>	<input type="radio"/>
Canceled or postponed school activities	<input type="radio"/>	<input type="radio"/>
Canceled or postponed dental or other appointments	<input type="radio"/>	<input type="radio"/>
Canceled outside caregivers or home help	<input type="radio"/>	<input type="radio"/>
Avoided some or all restaurants	<input type="radio"/>	<input type="radio"/>
Worked from home	<input type="radio"/>	<input type="radio"/>

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Studied from home	<input type="radio"/>	<input type="radio"/>
Canceled or postponed social activities	<input type="radio"/>	<input type="radio"/>
Stockpiled food or water	<input type="radio"/>	<input type="radio"/>
Avoided public or crowded spaces	<input type="radio"/>	<input type="radio"/>
Prayed	<input type="radio"/>	<input type="radio"/>
Avoided contact with high-risk people	<input type="radio"/>	<input type="radio"/>
Washed or sanitized hands	<input type="radio"/>	<input type="radio"/>
Kept six feet distance from those outside my house	<input type="radio"/>	<input type="radio"/>
Stayed home because I felt unwell	<input type="radio"/>	<input type="radio"/>
Wiped packages entering my home	<input type="radio"/>	<input type="radio"/>
Spent more time outdoors in nature	<input type="radio"/>	<input type="radio"/>
Spent more time doing physical activity	<input type="radio"/>	<input type="radio"/>
Spend less time doing physical activity	<input type="radio"/>	<input type="radio"/>

(20.) In the past year, which of the following kinds of help have you applied for due to the coronavirus?
Please check all that apply.

	Yes	No
Unemployment insurance	<input type="radio"/>	<input type="radio"/>
Supplemental Nutrition Assistance Program (SNAP)	<input type="radio"/>	<input type="radio"/>
Temporary Assistance for Needy Families (TANF)	<input type="radio"/>	<input type="radio"/>
Social Security	<input type="radio"/>	<input type="radio"/>
Supplemental Security Income (SSI)	<input type="radio"/>	<input type="radio"/>
Any kind of government health insurance (Medicaid/Medicare)	<input type="radio"/>	<input type="radio"/>
Other aid from the government	<input type="radio"/>	<input type="radio"/>
Assistance from a union or other association, or from my employer	<input type="radio"/>	<input type="radio"/>
Assistance from another community organization	<input type="radio"/>	<input type="radio"/>
Assistance from a food pantry	<input type="radio"/>	<input type="radio"/>
Other assistance _____	<input type="radio"/>	<input type="radio"/>

POTOMAC VALLEY HOSPITAL COMMUNITY HEALTH SURVEY

(21.) Getting enough food can be a problem for some people. Do you think you/your family will be able to afford the food you need for the next four weeks?

- ☐ No, we will not be able to get what we need
- ☐ We will be able to get SOME of what we need
- ☐ We will be able to get MOST of what we need
- ☐ Yes, we will be able to get what we need

(22.) How did you/your family get food before March 2020, and how will you get food in the coming weeks? Please check all that apply.

	Before March 2020	In the coming weeks
Grocery store	<input type="radio"/>	<input type="radio"/>
Online subscription or delivery	<input type="radio"/>	<input type="radio"/>
Convenience store	<input type="radio"/>	<input type="radio"/>
From farmers or a market	<input type="radio"/>	<input type="radio"/>
Food pantry	<input type="radio"/>	<input type="radio"/>
Public school	<input type="radio"/>	<input type="radio"/>
	Before March 2020	In the coming weeks
Meal delivery program (like Meals on Wheels)	<input type="radio"/>	<input type="radio"/>
Community meal program (like free meals at a church)	<input type="radio"/>	<input type="radio"/>
Other _____	<input type="radio"/>	<input type="radio"/>

(23.) Are you a senior citizen? (For the purpose of this question, age 55 or older.)

- ☐ Yes
- ☐ No

(If you answered “Yes” to question 23)

(24.) Are you caregiver for grandchildren, great-grandchildren, or others to whom you are not a biological parent?

- ☐ Yes
- ☐ No

(If you answered “Yes” to question 23)

(25.) What is the best way for you to receive information about community resources that are available to you or your family – programs like Aging & Family Services’ Meals on Wheels or The Potomac Highlands Guild’s Health Literacy for Seniors? (Examples: Facebook, newspaper or

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radio, from your child's school, etc.)

(If you answered "Yes" to question 23)

(26.) What resources do you need that you do not have? Your answer can be about your own needs or those of someone that you care for.

(27.) How often do you smoke cigarettes?

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

(28.) During the past month, how many days per week did you have at least one alcoholic beverage? (A beer, a glass of wine, or a mixed drink with a shot of liquor.)

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ None

(29.) During the past month, how many days per week did you get exercise from running, gardening, walking, or something else?

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ None

(30.) On average, how many hours of sleep do you get in a 24-hour period? _____

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

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

(33.) With which gender do you identify?

- ☐ Female
- ☐ Male

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- ☐ Other (please specify) _____

(34.) What is your marital status?

- ☐ Single
- ☐ Married or in a domestic partnership
- ☐ Divorced
- ☐ Never married
- ☐ Separated
- ☐ Widowed
- ☐ Other (please specify) _____

(35.) How many children under the age of 18 live in your household? Please enter a number even if you are not the biological parent of children living in your home. (If none, enter 0) _____

(36.) Are you of Hispanic or Latino origin or descent?

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

(37.) 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) _____

(38.) What is your estimated 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

(39.) What is the highest level of education you have completed?

- ☐ Less than high school graduate
- ☐ High school diploma or equivalent (GED)
- ☐ Technical or vocational degree
- ☐ Associate degree
- ☐ Bachelor degree or higher
- ☐ Other (please specify) _____

(40.) Is there anything else you would like to say about health in your community?

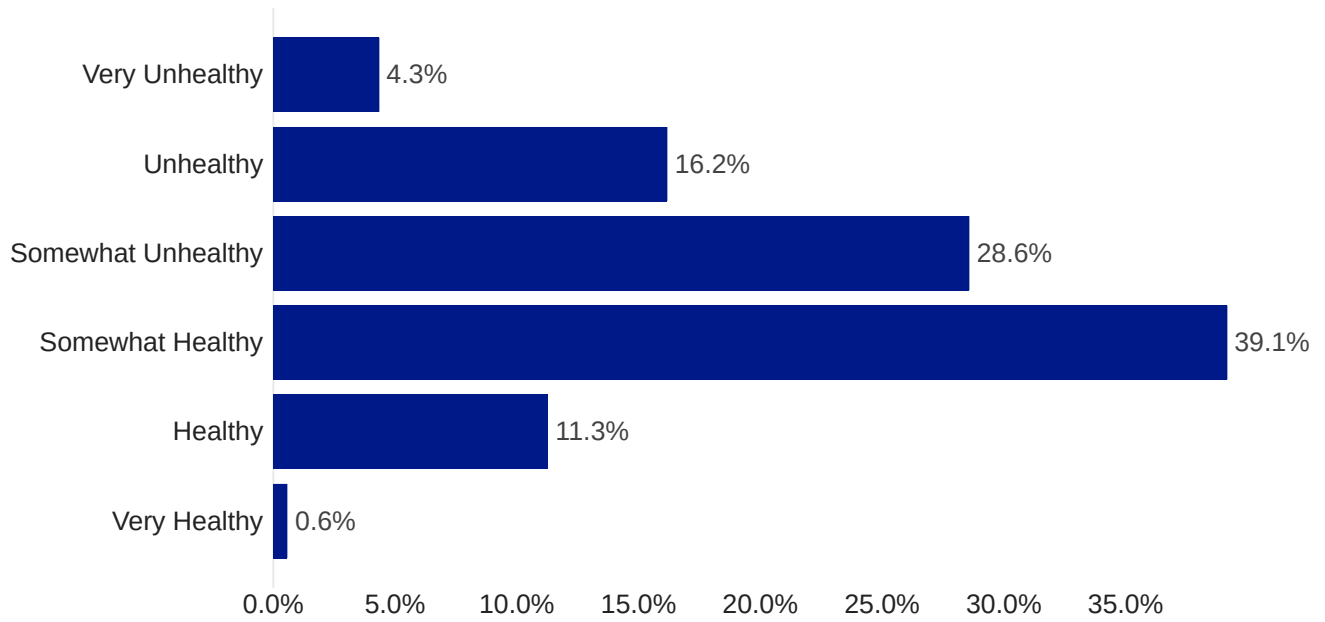
Q1 - Thank you for taking this Community Health Survey - your thoughts are important to us and will benefit the people who live in your County. Survey results will be used to help guide Potomac Valley Hospital's health programs and address community members' health concerns. This survey is anonymous - your answers will not be connected to you in any way. Thank you for your time and please contact us if you have any questions or need help completing this survey. If you have recently completed this survey, there is no need to do so again. Please feel free to share this link with other members of your community. - Emily Sarkees, WVU Office of Health Affairs, edillama@hsc.wvu.edu In which county do you currently live?

Field	Percentage
Mineral County, WV	67.1%
Allegany County, MD	28.2%
Garrett County, MD	1.4%
Somewhere else	3.3%

Q2 - What is your age?

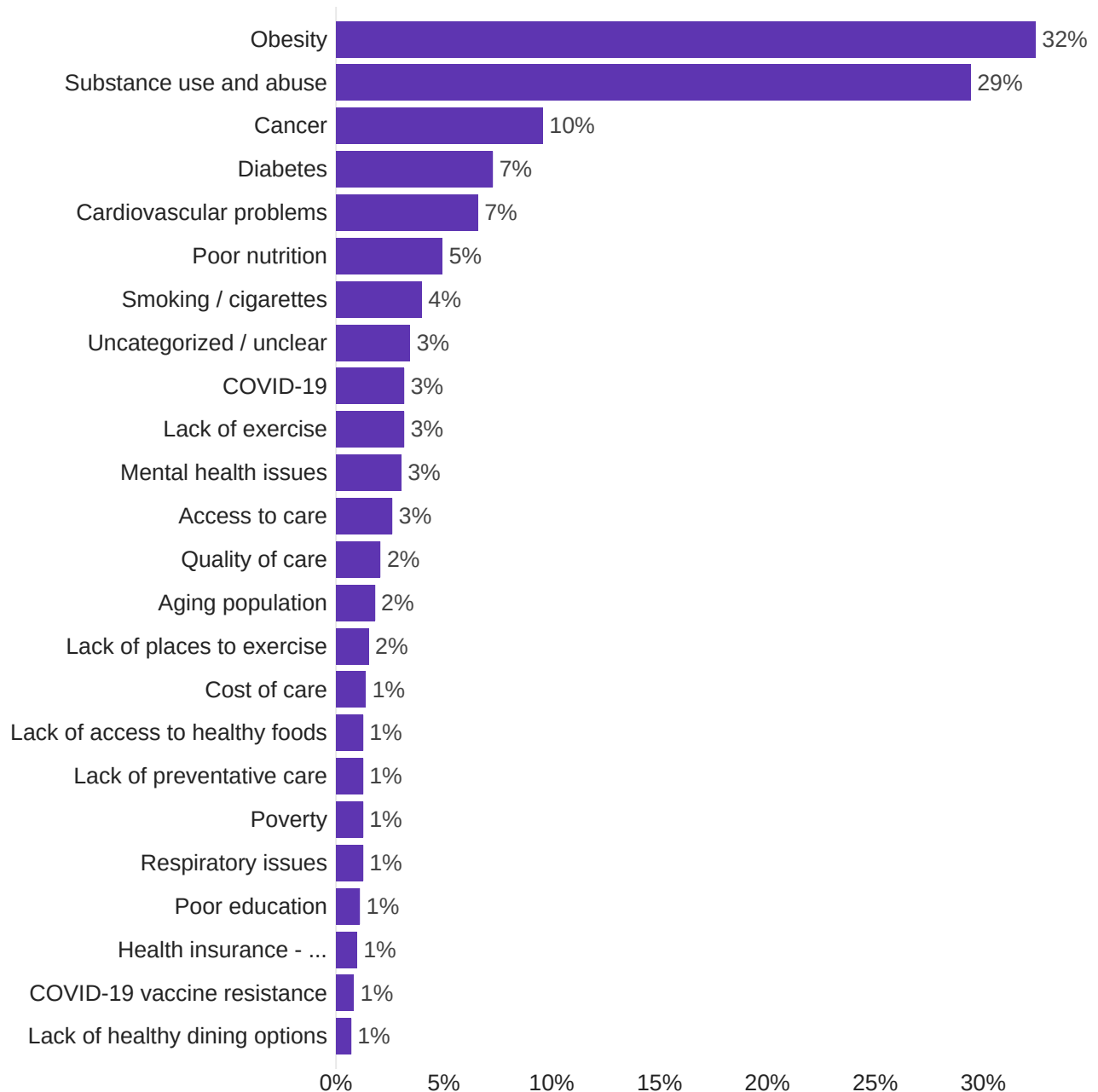
Field	Percentage
18 to 24 years	3.9%
25 to 29 years	3.8%
30 to 34 years	7.0%
35 to 39 years	6.7%
40 to 44 years	6.9%
45 to 49 years	9.3%
Less than 18 years	1.1%
50 to 54 years	10.9%
55 to 59 years	10.8%
60 to 64 years	12.3%
65 to 69 years	10.9%
70 to 74 years	8.0%
75 to 79 years	5.1%
80 years or more	3.2%

Q3 - How would you rate your county as a "healthy community"?



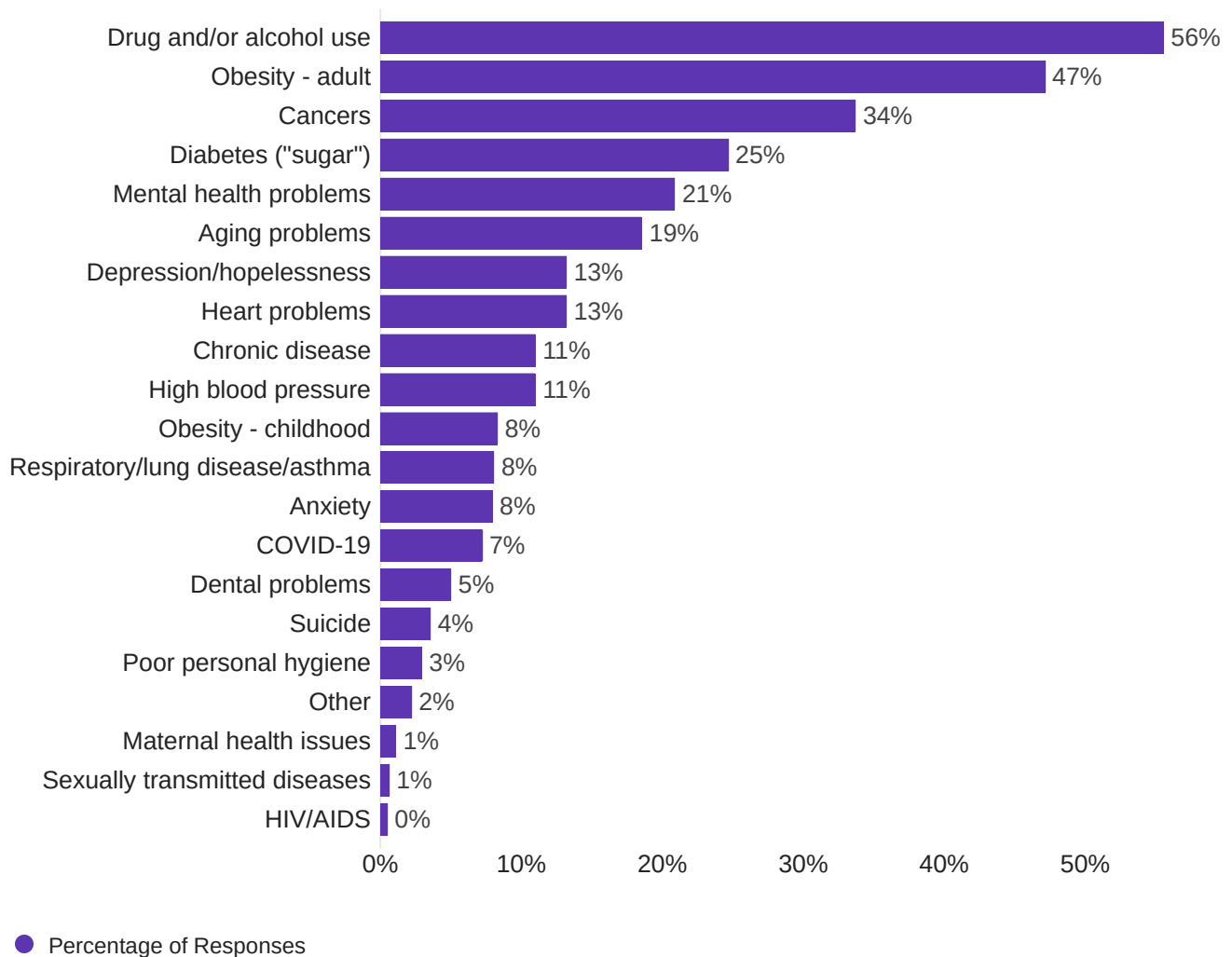
Q4 - What do you think is the most important health problem or issue where you live?

Q4 - Topics

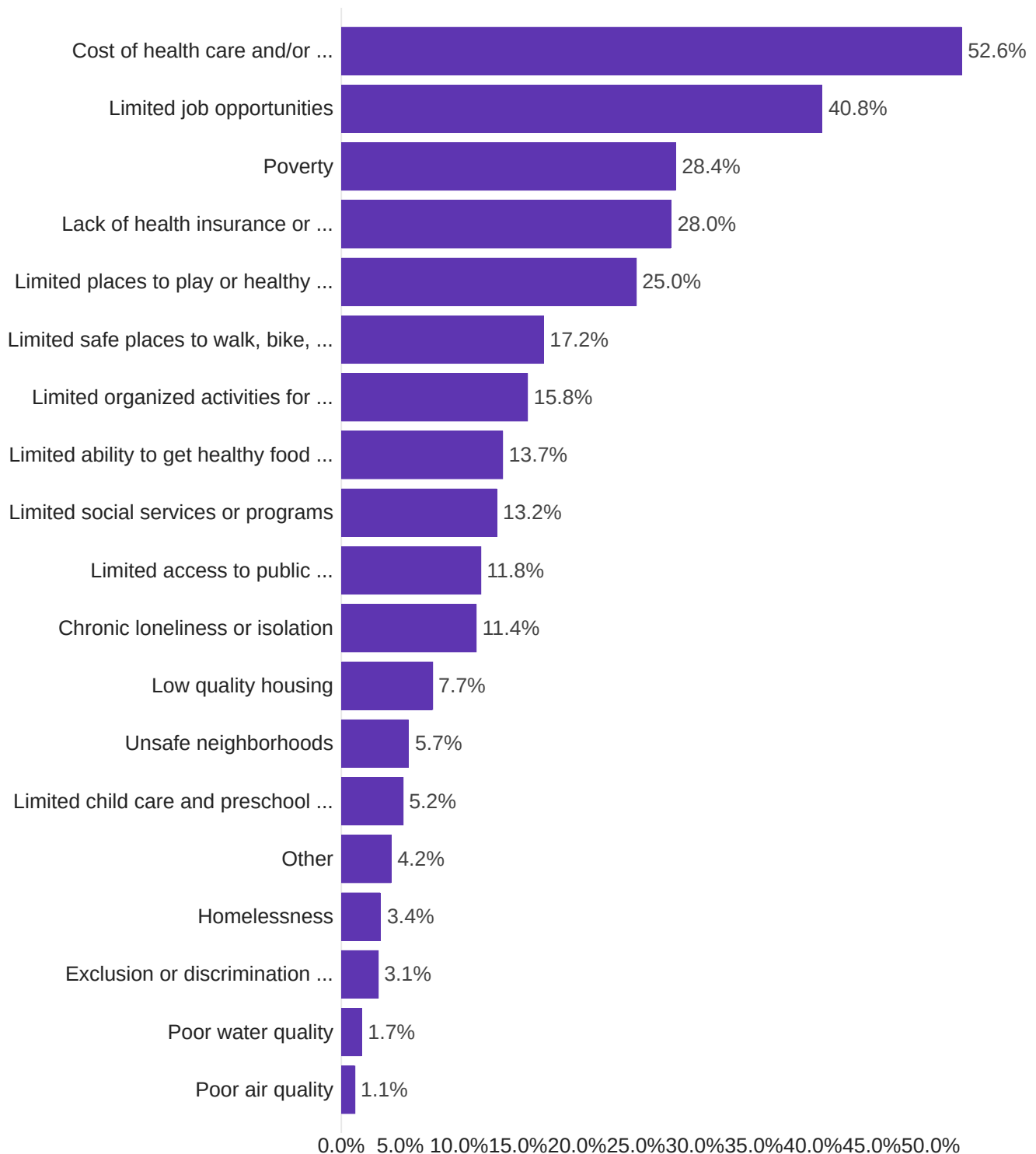


● Percentage of Responses

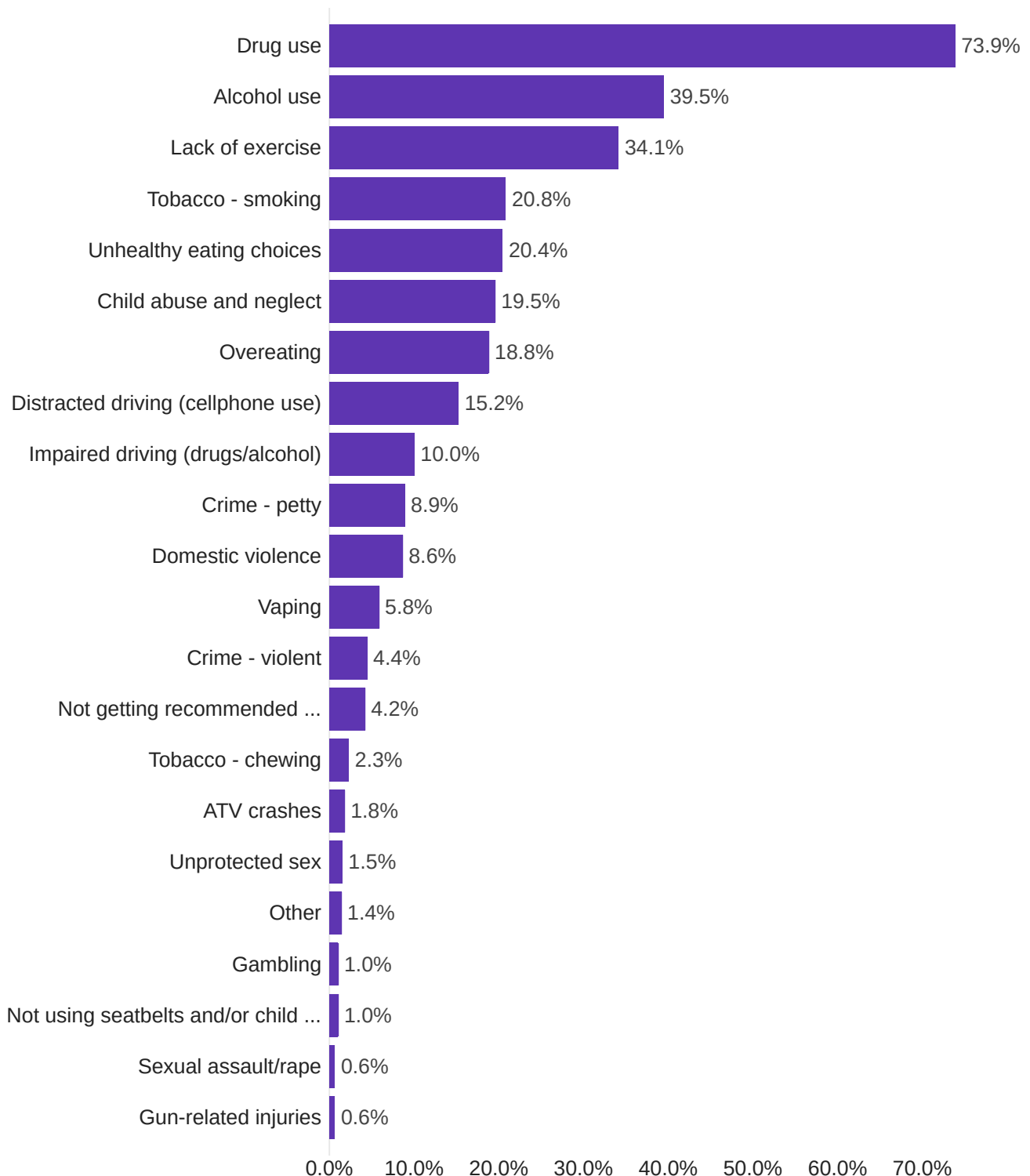
Q5 - From the following list, which do you think are the 3 most important problems related to health and disease in your county? Please choose ONLY 3. - Selected Choice



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

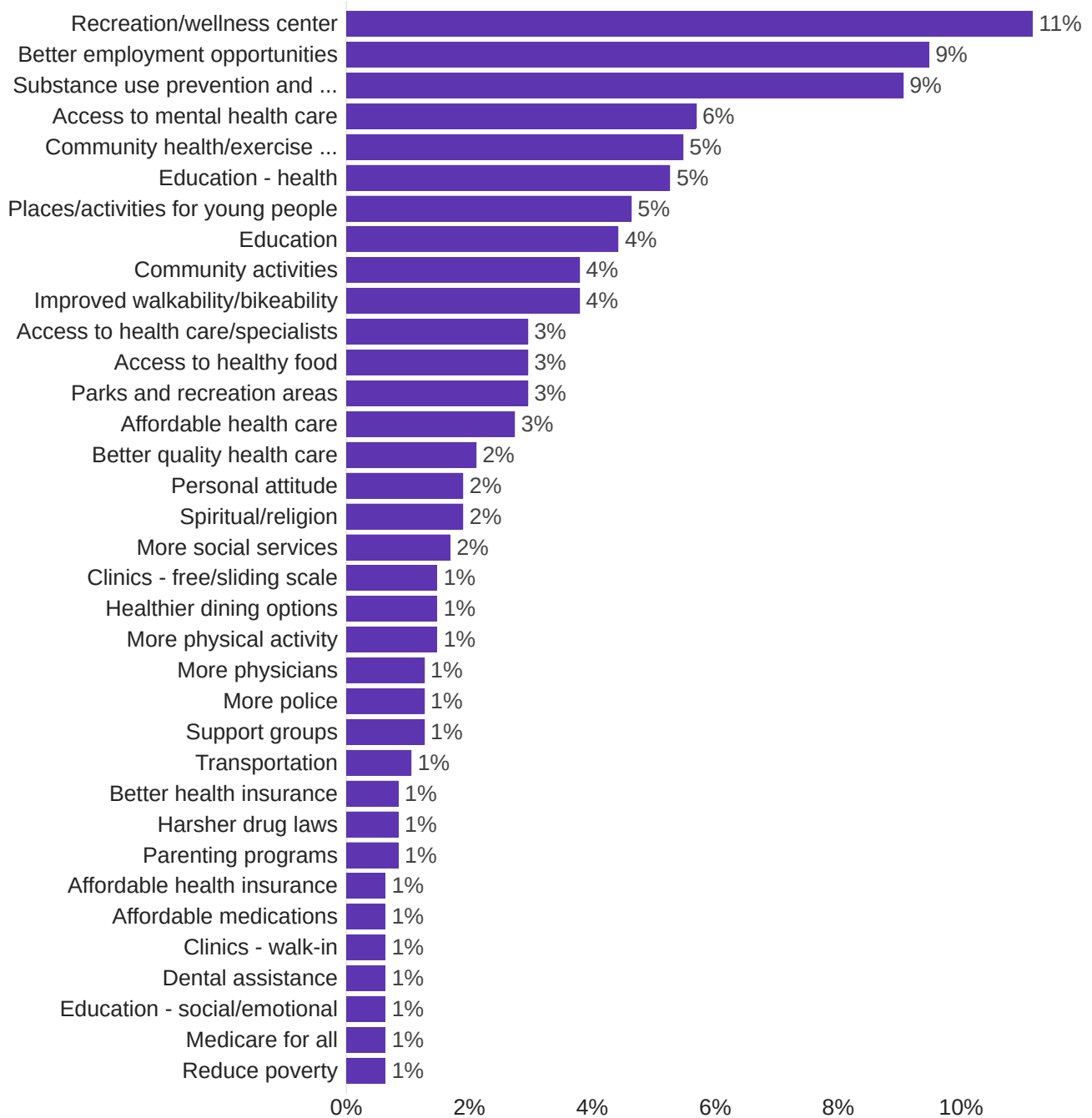


Q7 - From the following list, which do you think are the 3 most important risky behaviors related to personal choices in your county? Please choose ONLY 3.



Q8 - Can you think of something that would help improve the health of your community?

Q8 - Topics

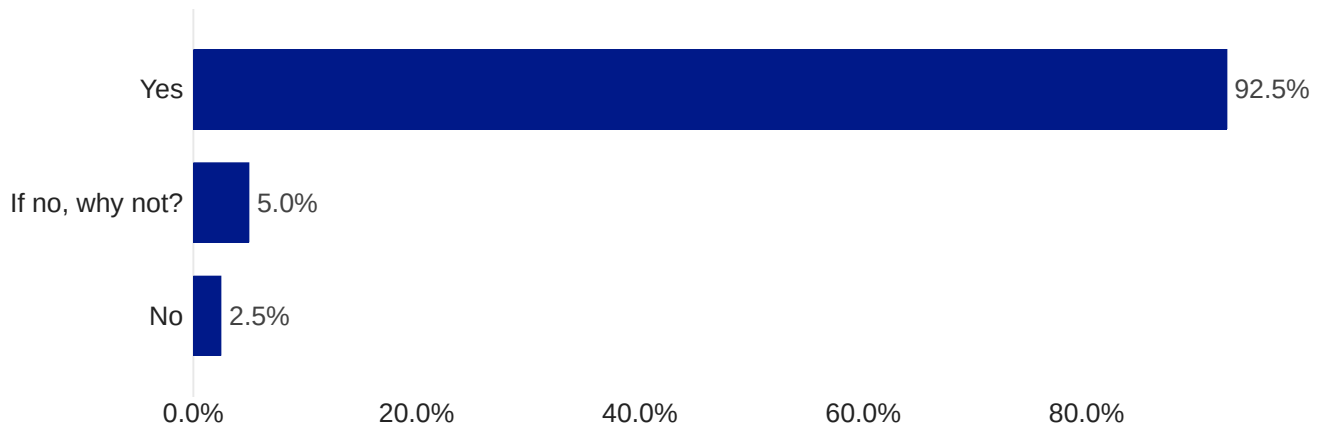


● Percentage of Responses

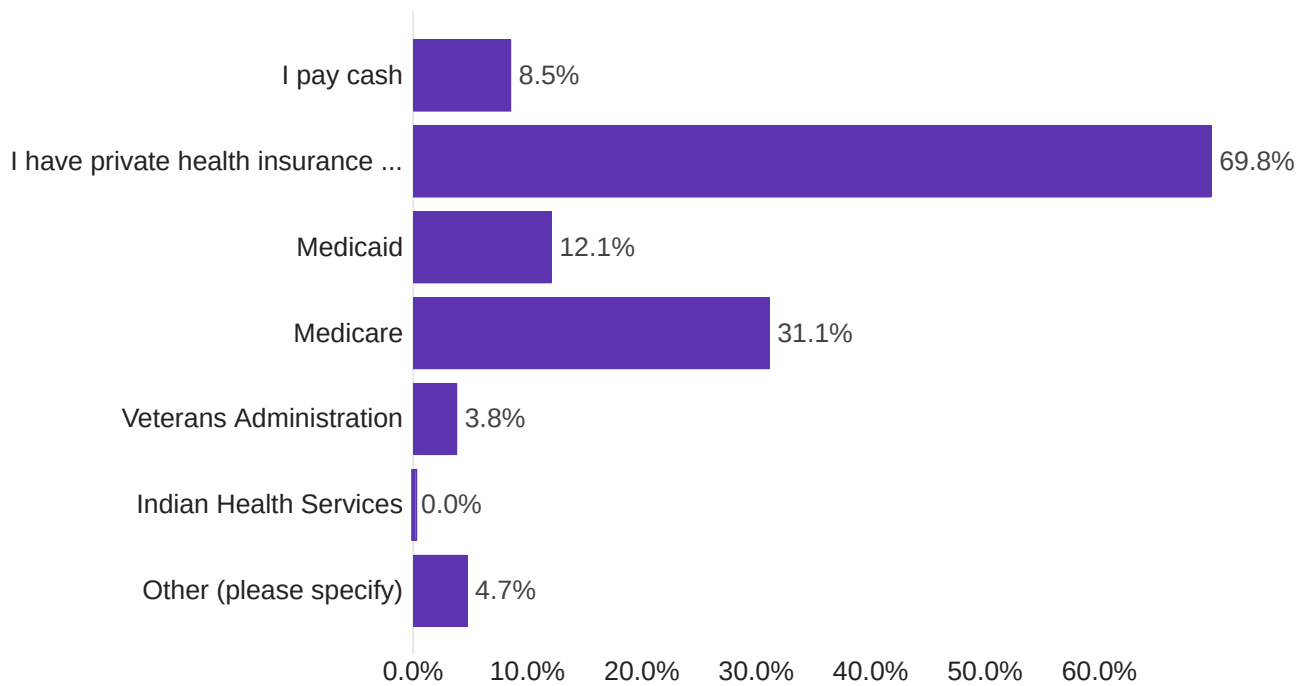
Q9 - Please tell us how much you agree or disagree with the following statements.

Field	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
My community is a safe place to live	14.5%	56.6%	12.4%	14.2%	2.3%
We have safe places to walk, bike, or play outside	12.6%	45.3%	14.2%	19.7%	8.3%
I know and trust my neighbors	30.4%	42.0%	13.5%	9.8%	4.3%
I visit or talk to friends, family, or loved ones regularly	51.8%	29.7%	7.0%	7.2%	4.3%
People I meet are generally friendly and helpful	24.5%	51.1%	15.4%	6.4%	2.6%
I have the transportation I need to get where I want to go	74.2%	15.1%	3.9%	2.6%	4.1%
Schools provide a healthy environment and activities	22.9%	39.4%	23.2%	10.1%	4.4%
There are good jobs in my community	3.8%	19.6%	18.0%	31.0%	27.7%
I can afford to live in my community	36.9%	34.1%	13.9%	11.5%	3.7%
I feel safe at work	41.9%	22.7%	30.4%	3.6%	1.4%

Q10 - Do you see a doctor on a regular basis for check-ups, screenings, or other preventive medicine?

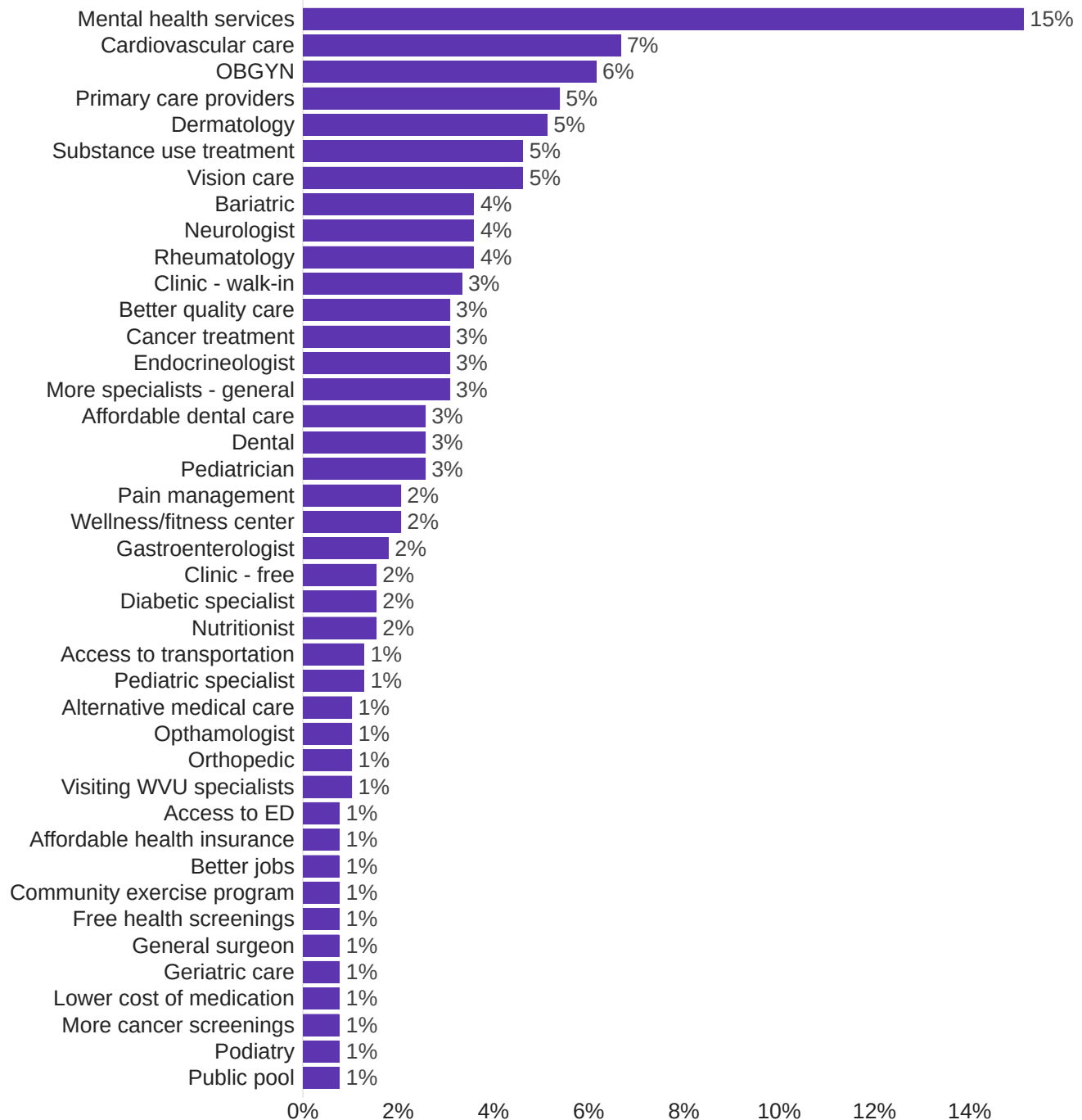


Q11 - How do you pay for healthcare? Please select all that apply.



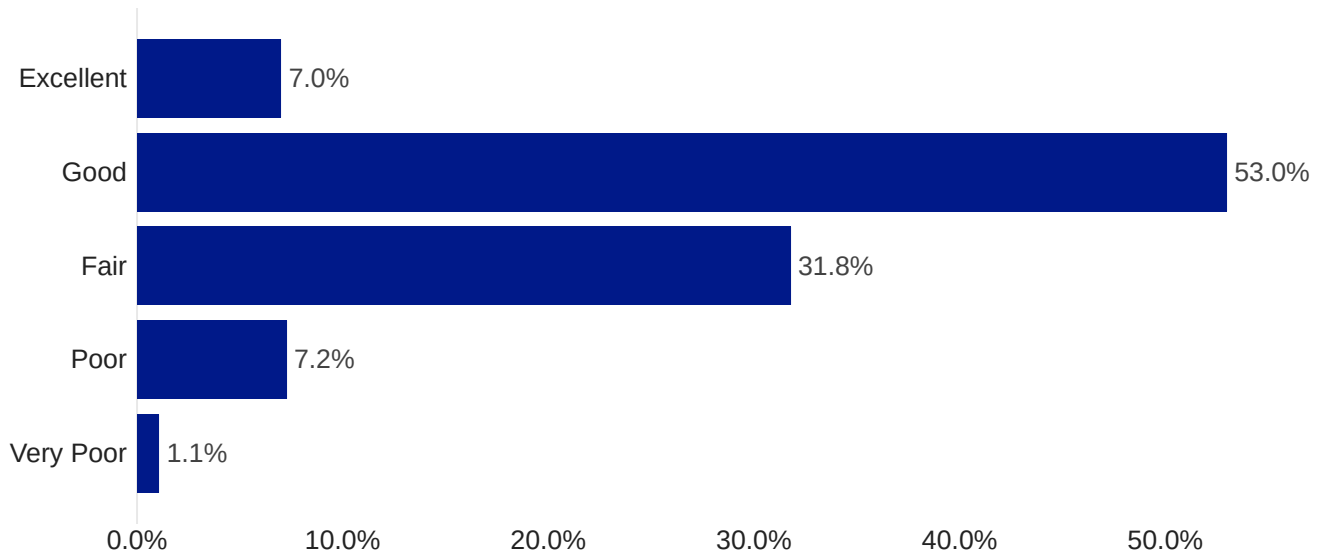
Q12 - What medical services or specialties would you like to see offered in your area?

Q12 - Topics



● Percentage of Responses

Q13 - How would you describe your health?



Q14 - Please tell us your level of agreement with each of these sentences about your County:

Field	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
I have access to good health care.	28.7%	41.2%	9.9%	12.6%	7.7%
I am satisfied with the medical care I receive.	30.9%	40.0%	12.4%	9.3%	7.5%
Sometimes I can't afford medical care.	12.4%	22.6%	21.3%	17.5%	26.1%
Sometimes I can't afford medications.	12.1%	20.3%	21.0%	18.8%	27.8%
I am able to get medical care when I need it.	40.3%	35.3%	10.9%	7.4%	6.1%
I am able to see specialists when needed.	31.5%	33.0%	11.8%	15.7%	8.0%
I am able to see my primary care doctor when needed.	51.4%	28.1%	7.8%	6.6%	6.1%
I am able to get mental health care when needed.	21.3%	16.9%	38.8%	13.7%	9.4%

Q15 - Please tell us about high-speed internet access in your home.

Field	Percentage
I do not have access to high-speed internet at home.	14.7%
I have high-speed internet at home, but would prefer not to use it for telehealth medical appointments.	39.6%
I have high-speed internet at home, and would be comfortable attending a telehealth medical appointment this way. (Please tell us what kind of device you would prefer to use to connect with a doctor.)	45.7%

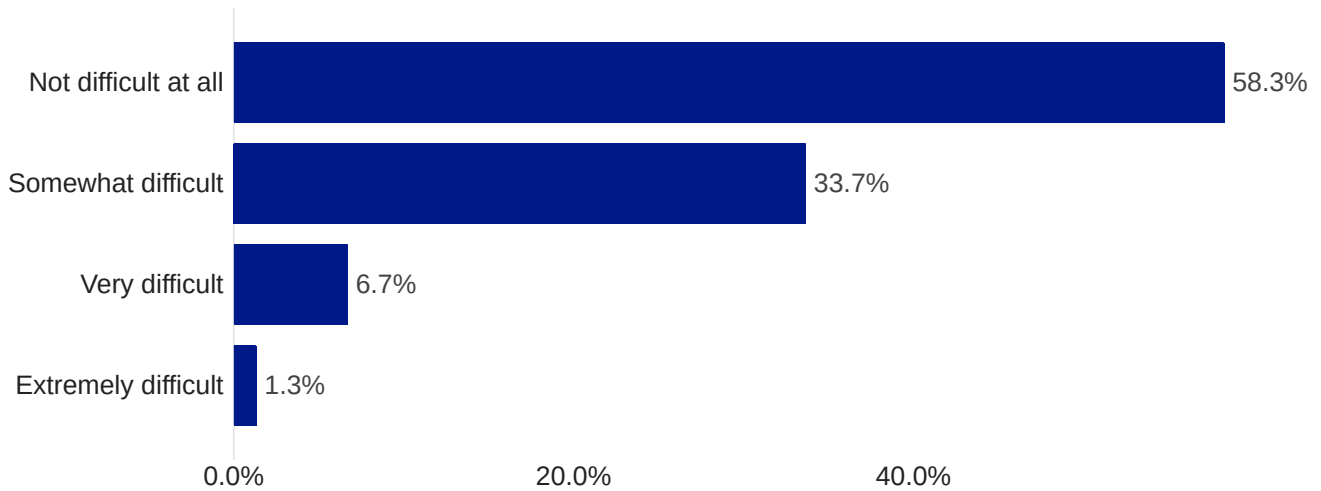
Q16 - Did you experience any of the following before age 18? Please check all that apply. (For crisis help information please call 1-800-273-TALK or text HOME to 741741.)

Field	Often	Sometimes	Never
Did you live with anyone who was depressed, mentally ill, or suicidal?	13.4%	17.5%	69.1%
Did you live with anyone who was a problem drinker or an alcoholic?	16.4%	13.4%	70.2%
Did you live with anyone who used illegal street drugs or who abused prescription medications?	5.6%	7.7%	86.7%
Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?	2.5%	4.9%	92.6%
Were your parents separated or divorced?	19.9%	5.1%	75.0%
How often did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up?	4.5%	14.3%	81.2%
Before the age of 18, how often did a person or adult in your home ever hit, beat, kick, or physically hurt you in any way?	5.2%	17.5%	77.3%
How often did a parent or adult in your home ever swear at you, insult you, or put you down?	11.7%	26.8%	61.5%
How often did anyone at least 5 years older than you or an adult ever touch you sexually?	3.0%	6.8%	90.2%
How often did anyone at least 5 years older than you or an adult try to make you touch them sexually?	1.8%	5.8%	92.4%
How often did anyone at least 5 years older than you or an adult force you to have sex?	1.1%	3.0%	95.9%

Q17 - Over the past 2 weeks, how often have you been bothered by any of the following problems?

Field	Not At All	Several Days	More Than Half the Days	Nearly Every Day
Little interest or pleasure in doing things	61.6%	25.5%	7.0%	5.9%
Feeling down, depressed or hopeless	62.7%	27.1%	4.8%	5.5%
Trouble falling asleep, staying asleep, or sleeping too much	39.3%	36.7%	11.2%	12.8%
Feeling tired or having little energy	24.5%	49.2%	13.2%	13.1%
Poor appetite or overeating	55.3%	24.9%	11.4%	8.4%
Feeling bad about yourself - or that you're a failure or have let yourself or your family down	67.0%	20.6%	7.1%	5.2%
Trouble concentrating on things, such as reading the newspaper or watching television	68.6%	19.5%	5.8%	6.1%
Moving or speaking so slowly that other people could have noticed. Or, the opposite - being so fidgety or restless that you have been moving around a lot more than usual	85.3%	9.7%	2.8%	2.2%
Thoughts that you would be better off dead or of hurting yourself in some way	92.3%	4.5%	1.5%	1.7%

Q18 - If you checked off any problems in the list above, how difficult have those problems made it for you to do your work, take care of things at home, or get along with other people?



Q19 - Have you done any of the following things in response to COVID-19 since the onset of the pandemic?

Field	Yes	No
Canceled a doctor appointment	45.8%	54.2%
Worn a face mask or other covering	98.7%	1.3%
Visited a doctor or hospital	84.0%	16.0%
Canceled or postponed work activities	36.1%	63.9%
Canceled or postponed school activities	29.7%	70.3%
Canceled or postponed dental or other appointments	45.9%	54.1%
Canceled outside caregivers or home help	11.0%	89.0%
Avoided some or all restaurants	72.4%	27.6%
Worked from home	37.5%	62.5%
Studied from home	30.0%	70.0%
Canceled or postponed social activities	71.7%	28.3%
Stockpiled food or water	43.0%	57.0%
Avoided public or crowded spaces	78.7%	21.3%
Prayed	85.4%	14.6%
Avoided contact with high-risk people	83.4%	16.6%
Washed or sanitized hands	98.4%	1.6%
Kept six feet distance from those outside my house	91.7%	8.3%
Stayed home because I felt unwell	56.3%	43.7%
Wiped packages entering my home	46.4%	53.6%
Spent more time outdoors in nature	59.4%	40.6%
Spent more time doing physical activity	39.9%	60.1%
Spent less time outdoors in nature	23.0%	77.0%
Spent less time doing physical activity	35.6%	64.4%

Q20 - Have you applied for any of following kinds of assistance since the onset of the COVID-19 pandemic?

Field	Yes	No
Unemployment insurance	6.6%	93.4%
Supplemental Nutrition Assistance Program (SNAP)	7.3%	92.7%
Temporary Assistance for Needy Families (TANF)	1.4%	98.6%
Social Security	7.2%	92.8%
Supplemental Security Income (SSI)	3.0%	97.0%
Any kind of government health insurance (Medicaid/Medicare)	14.1%	85.9%
Other aid from the government	4.4%	95.6%
Assistance from a union or other association, or from my employer	2.0%	98.0%
Assistance from another community organization	1.4%	98.6%
Assistance from a food pantry	5.6%	94.4%
Other assistance	1.8%	98.2%

Q21 - Getting enough food can be a problem for some people. Do you think you/your family will be able to afford the food you need for the next four weeks?

Field	Percentage
No, we will not be able to get what we need	2.8%
We will be able to get SOME of what we need	3.8%
We will be able to get MOST of what we need	12.3%
Yes, will be able to get what we need	81.1%

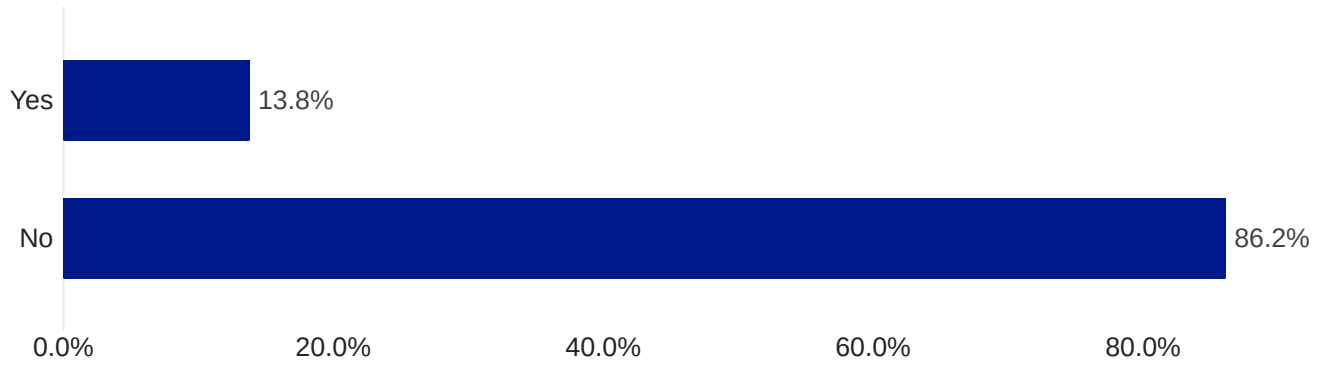
Q22 - How did you/your family get food before March 2020, and how you will get food in the coming weeks? Please check all that apply.

Field	Before March 2020	In the coming weeks
Grocery store	52.4%	47.6%
Online subscription or delivery	44.6%	55.4%
Convenience store	51.3%	48.7%
From farmers or a market	47.1%	52.9%
Food pantry	53.1%	46.9%
Public school	55.0%	45.0%
Meal delivery program (like Meals on Wheels)	45.5%	54.5%
Community meal program (like free meals at a church)	43.8%	56.3%
Other	47.8%	52.2%

Q23 - Are you a senior citizen? (For the purpose of this question, age 55 or older.)

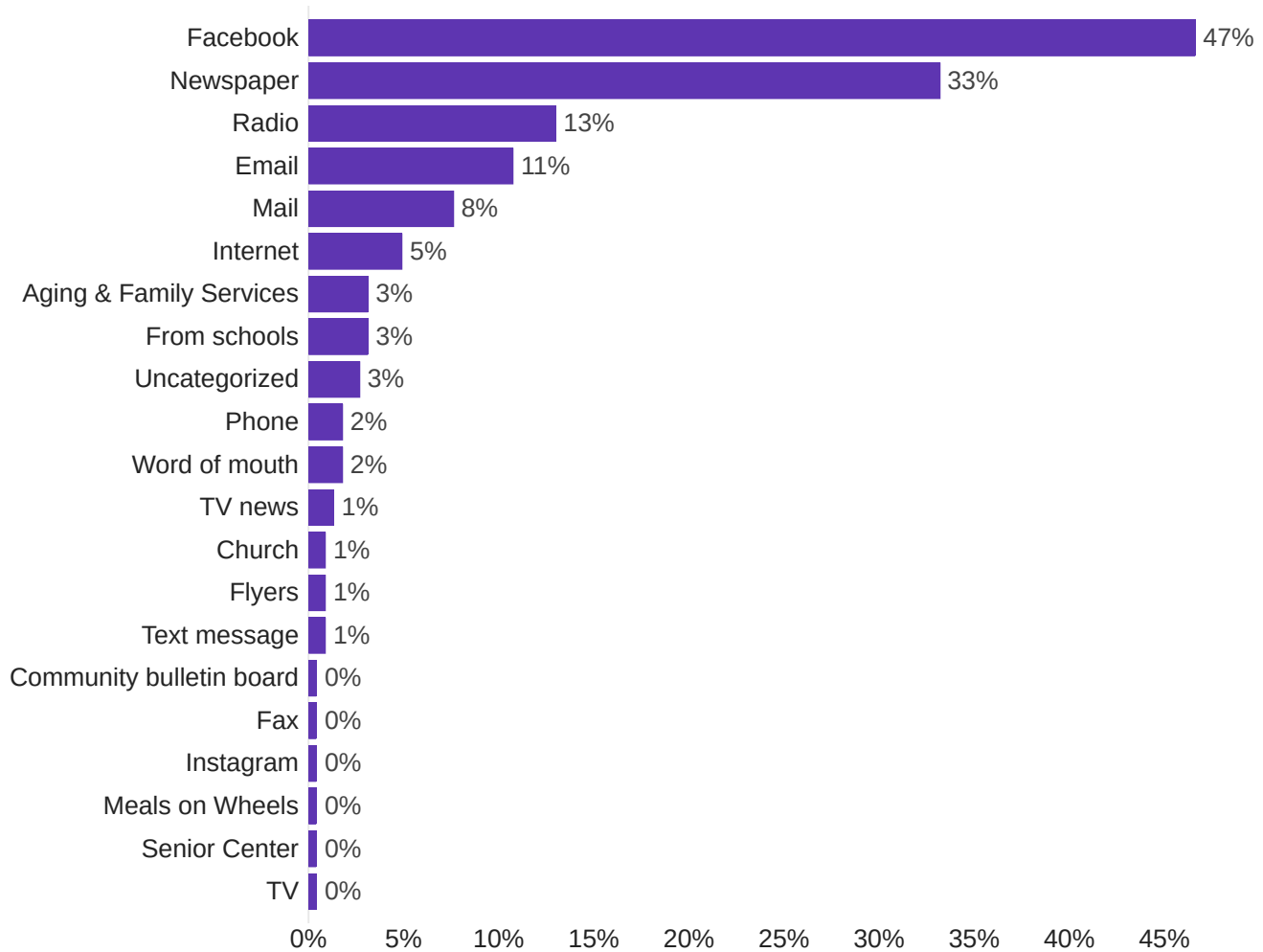


Q24 - Are you a caregiver for grandchildren, great-grandchildren, or others to whom you are not a biological parent?



Q25 - What is the best way for you to receive information about community resources that are available to you or your family - programs like Aging and Family Services' Meals on Wheels or the Potomac Highlands Guild's Health Literacy for Seniors? (Examples: Facebook, newspaper or radio, from your child's school, etc.)

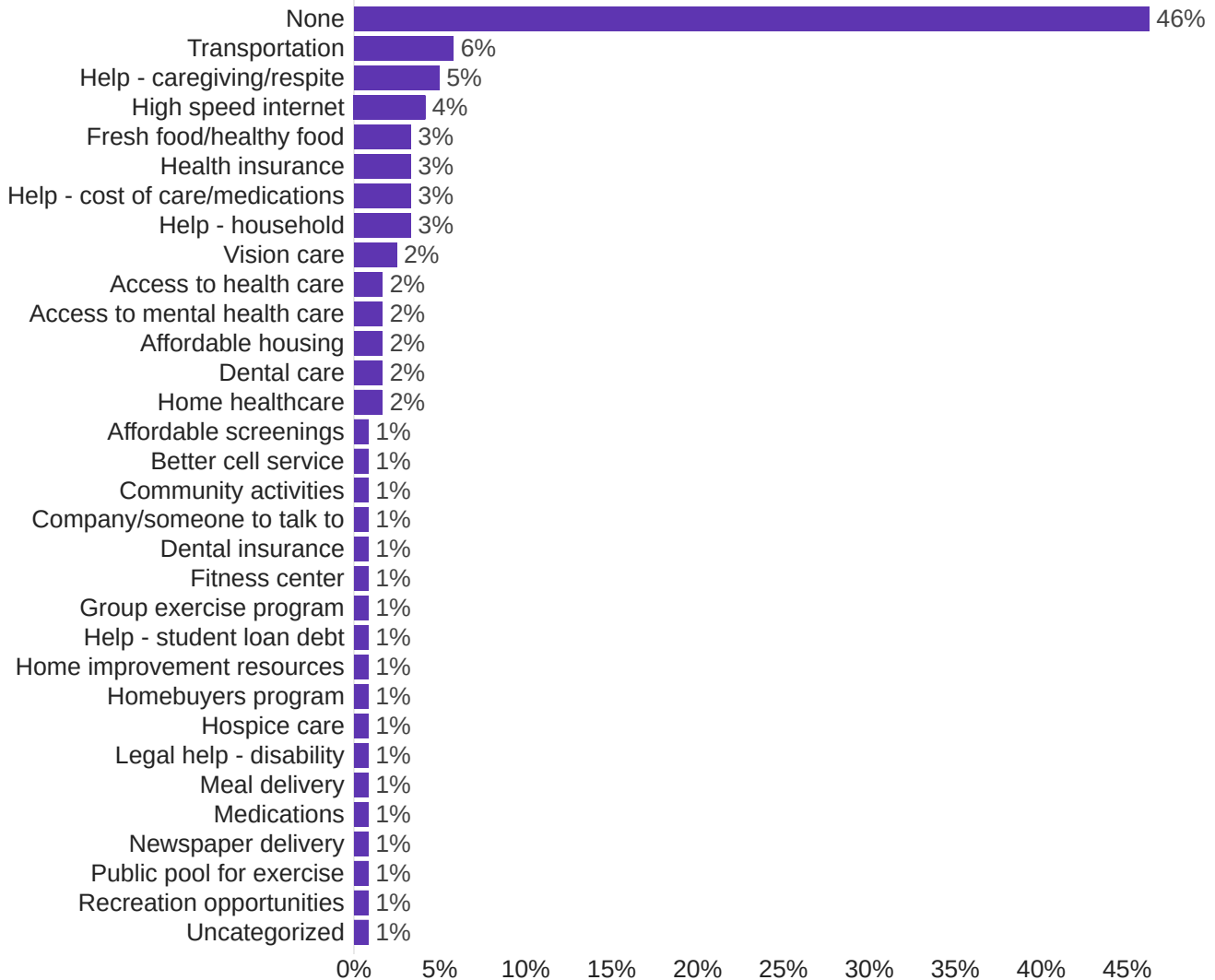
Q25 - Topics



● Percentage of Responses

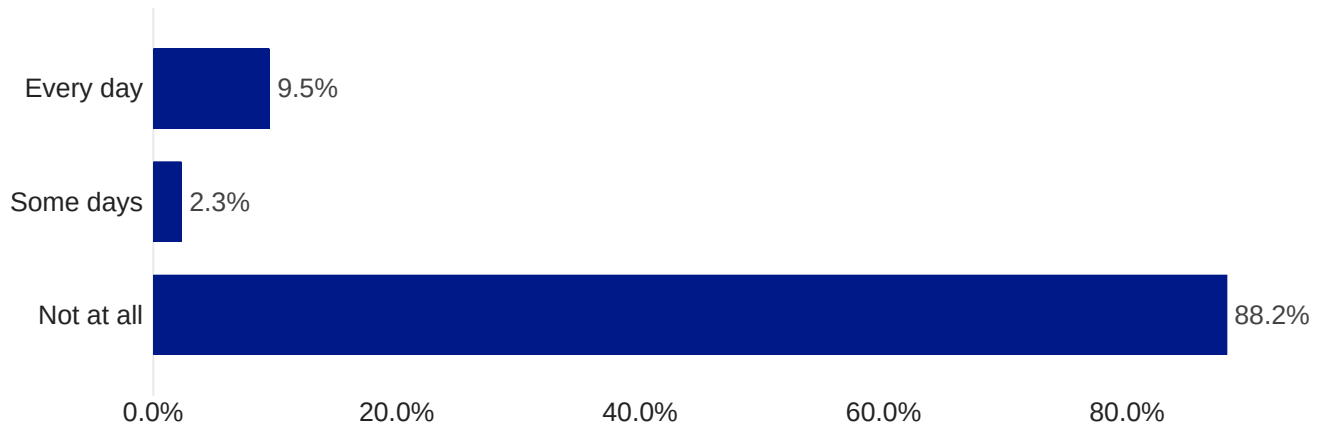
Q26 - What resources do you need that you do not have? Your answer can be about your own needs or those of someone that you care for.

Q26 - Topics

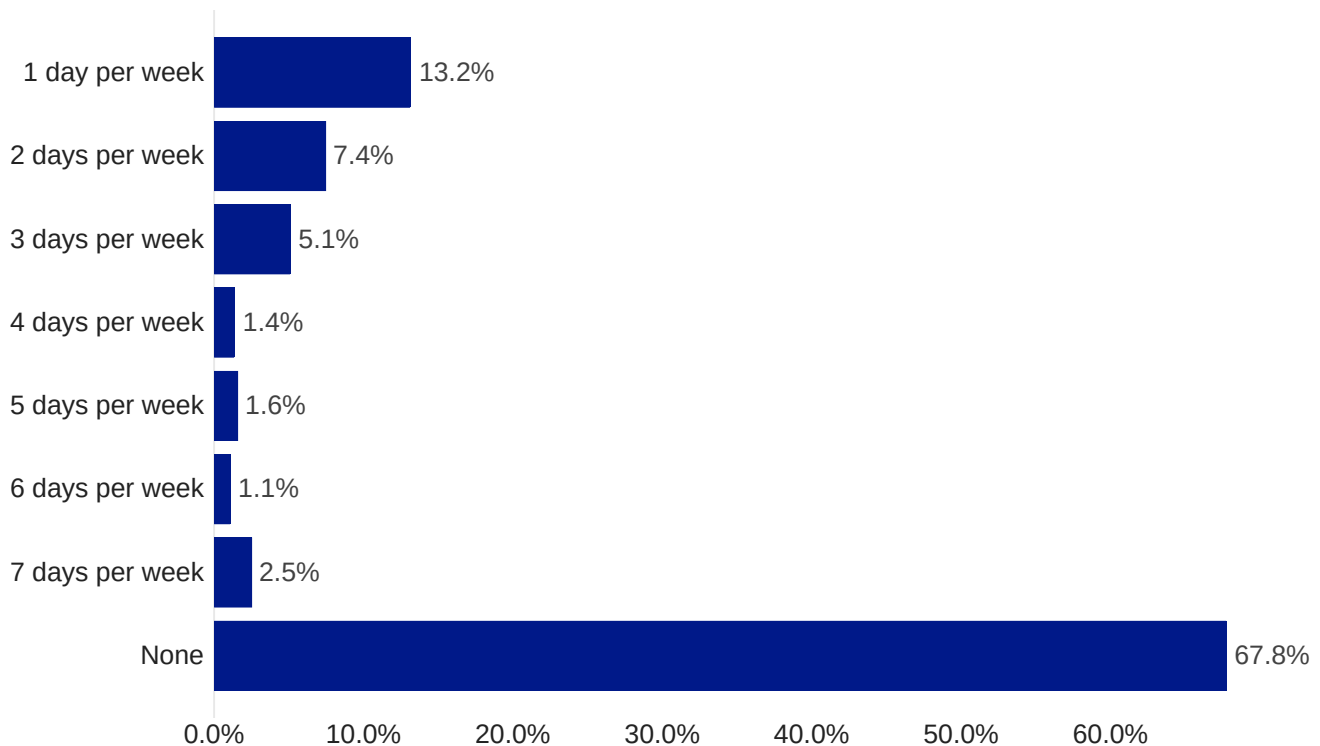


● Percentage of Choices

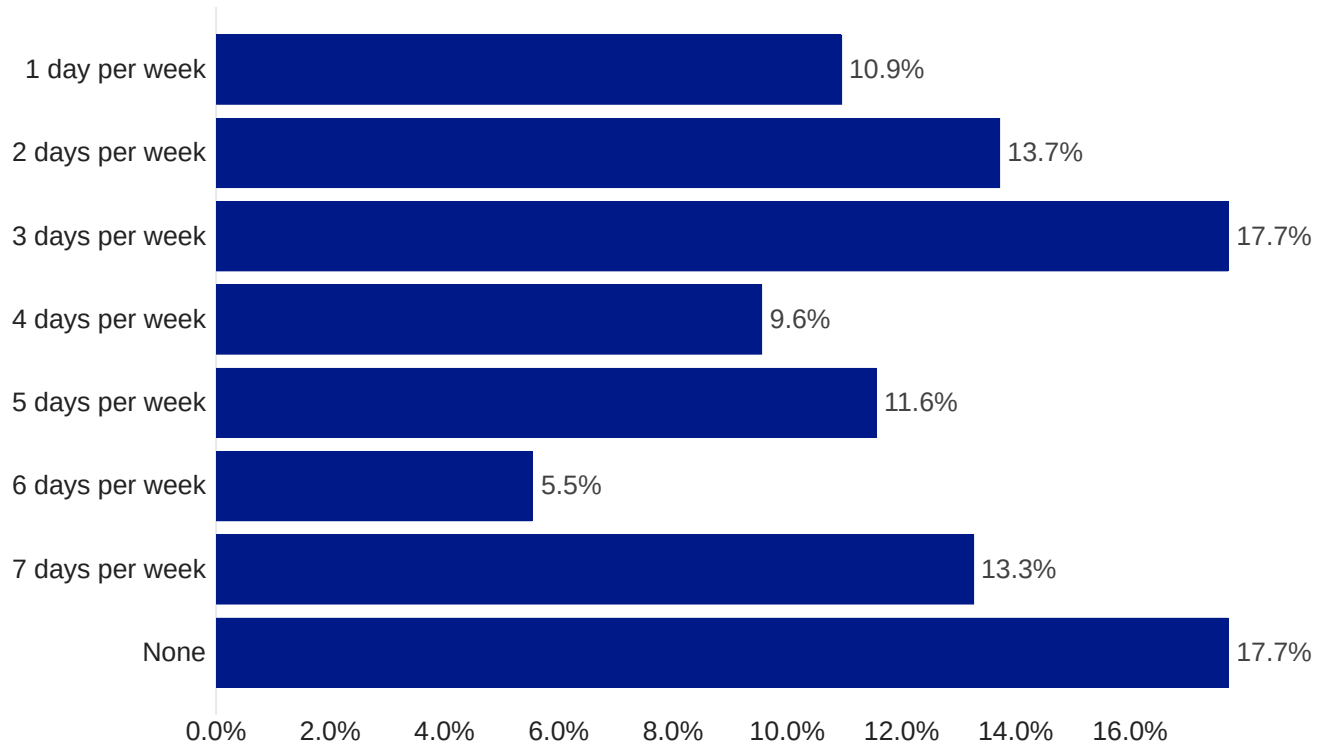
Q27 - How often do you smoke cigarettes?



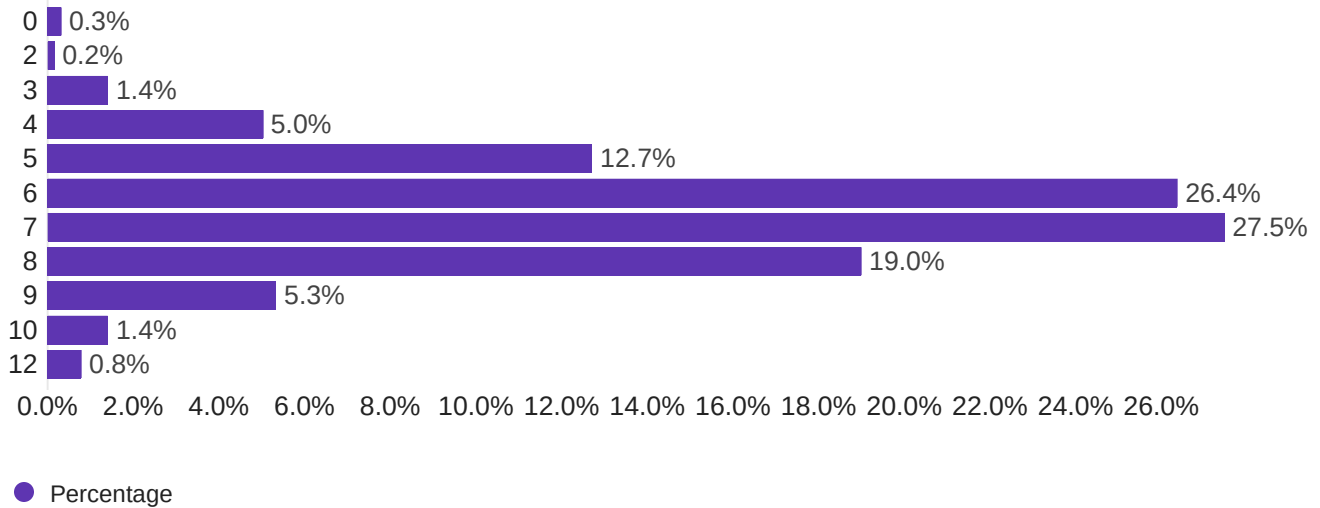
Q28 - During the past month, how many days per week did you have at least one alcoholic beverage? (A beer, a glass of wine, or a mixed drink with a shot of liquor.)



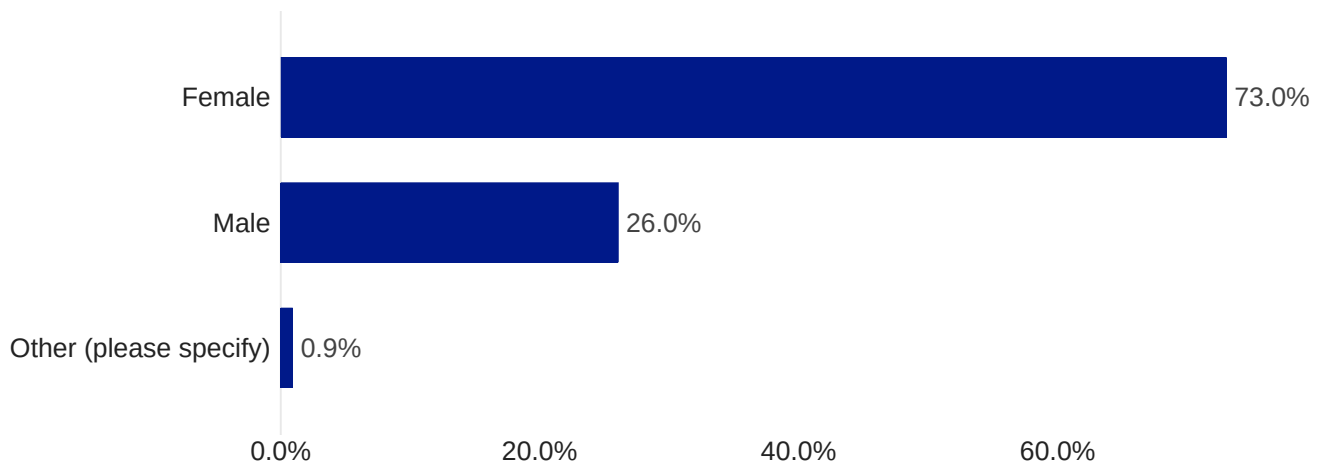
Q29 - During the past month, how many days per week did you get exercise from running, gardening, walking, or something else?



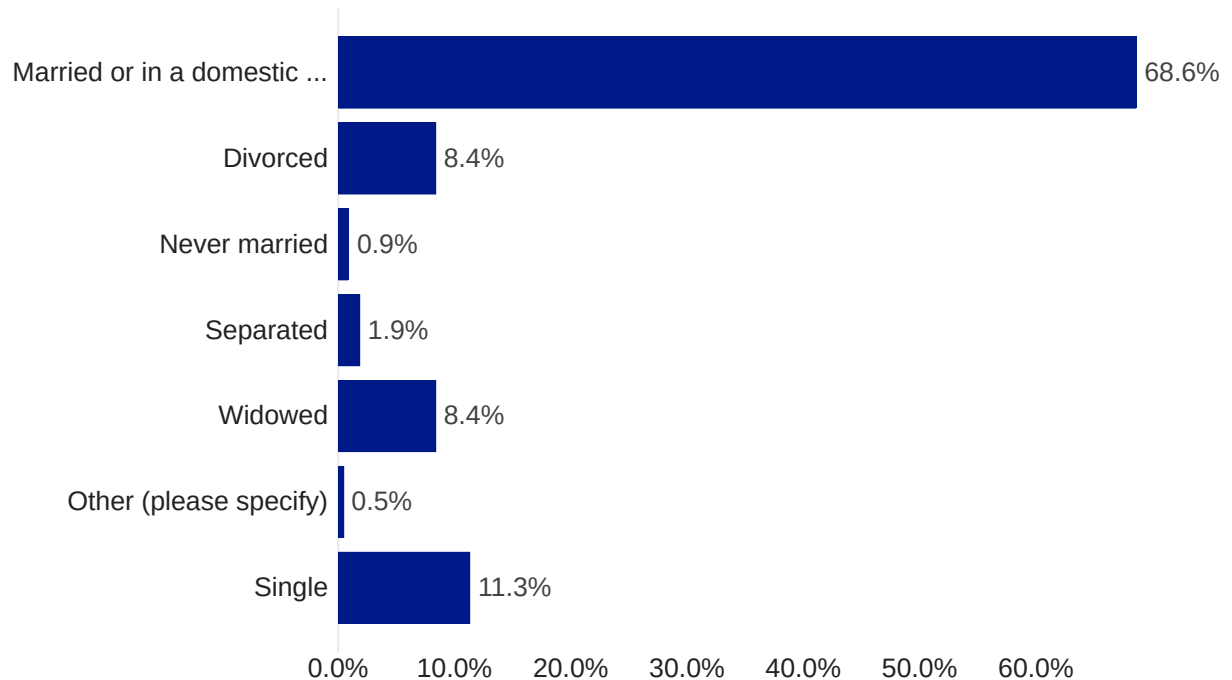
Q30 - On average, how many hours of sleep do you get in a 24-hour period?



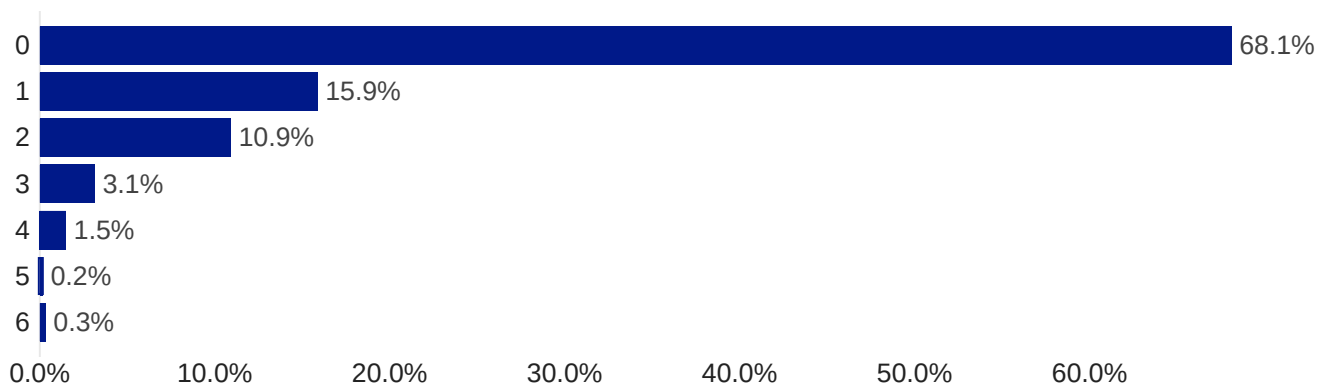
Q33 - With which gender do you identify?



Q34 - What is your marital status?

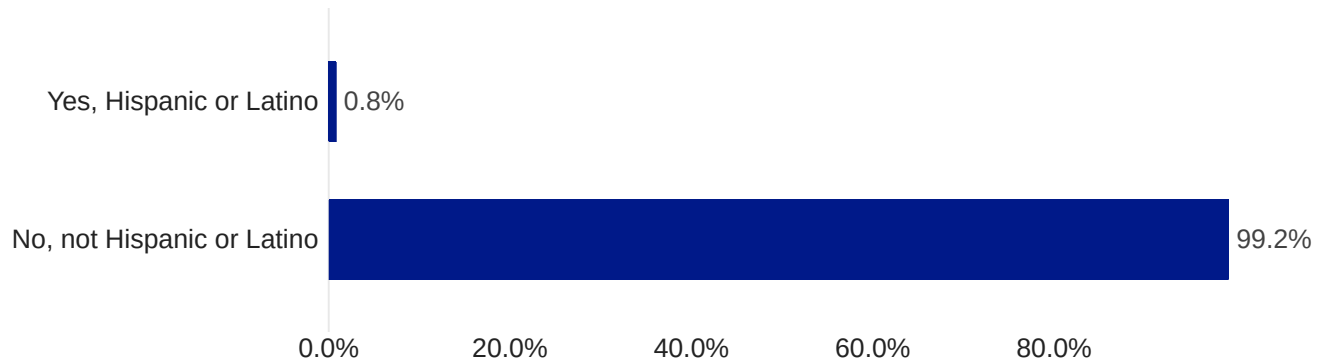


Q35 - How many children under the age of 18 live in your household? Please enter a number (if none, enter 0) even if you are not the biological parent of the children living in your home.

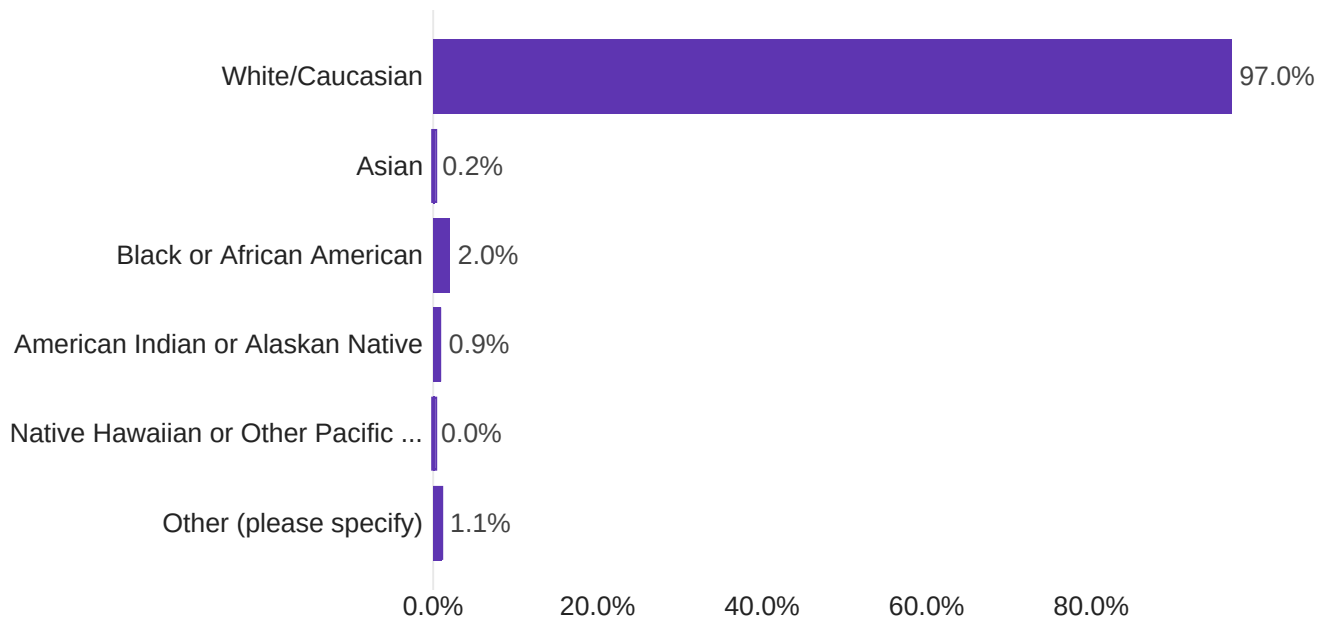


● Percentage

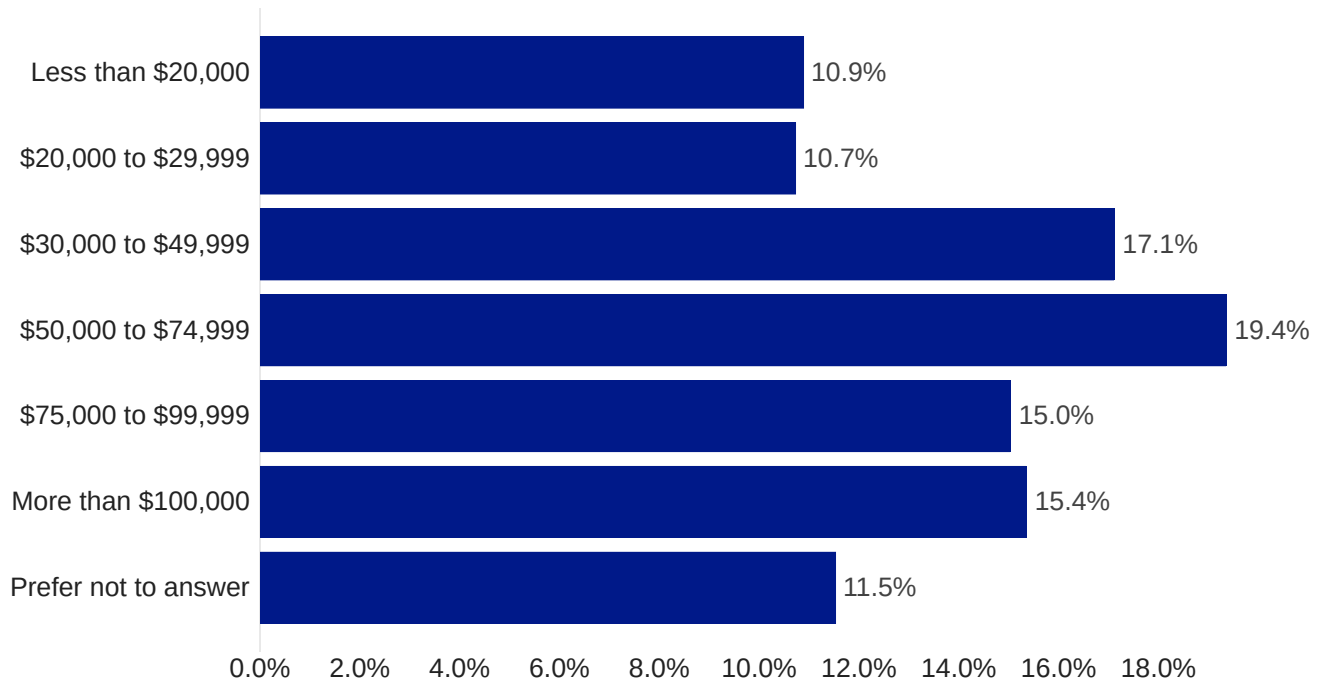
Q36 - Are you of Hispanic or Latino origin or descent?



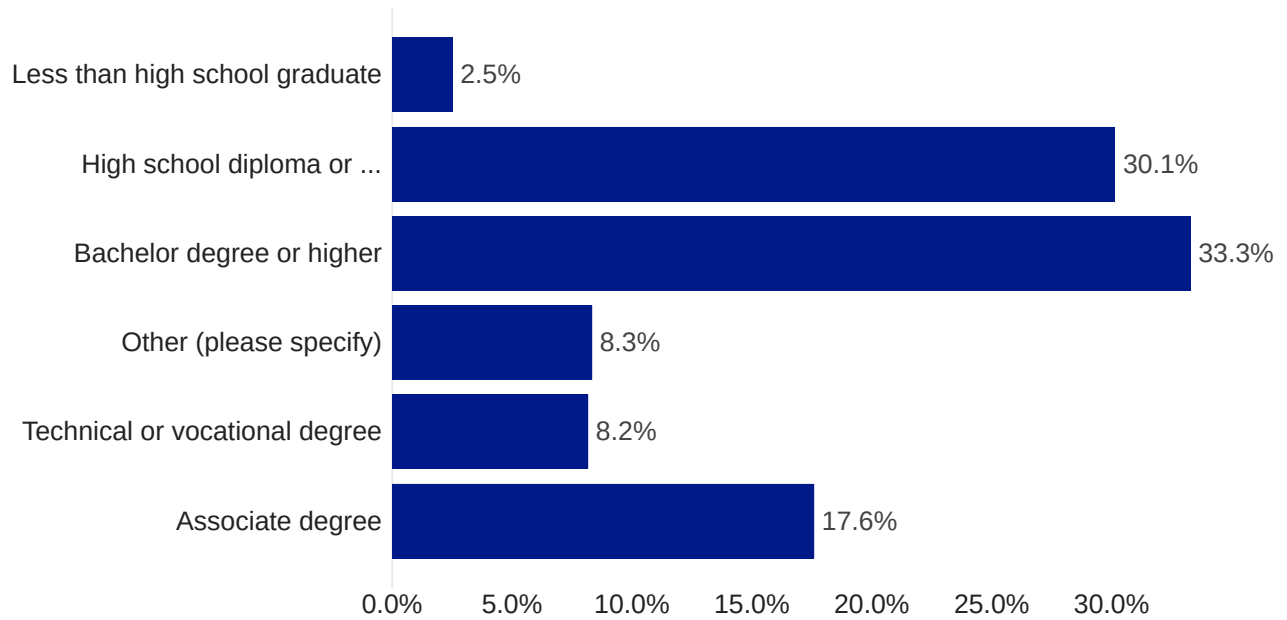
Q37 - Which of these groups best describes your race? Please select all that apply.



Q38 - What is your estimated yearly household income?



Q39 - What is the highest level of education you have completed?



Community Resources/Ideas
<i>Substance Use/Abuse and Mental Health</i>
Build a community culture of recovery with support resources in place
Engage other community organizations and government departments
Families Strong - support group
Increase funding for salaries to attract and retain professional providers
Increase knowledge about improving mental health
Increase community knowledge of existing drug and alcohol programs
Increase pressure on policy makers to address these issues
Increase treatment and recovery resources/explore additional funding resources
Mineral County Health Department
Mosaic Model – Reverse the Cycle Program
Pain management program
Reduce family and community stigma
Staffing and support for increasing methamphetamine situation in the area

Community Resources/Ideas
<i>Obesity and Diabetes</i>
Community exercise initiatives – e.g. Walk 100 Miles in 100 Days, Walking for Wellness
Community gardens
Cooking classes
Family-focused education about nutrition and physical activity
Farmer's Markets
Health education at entrances of businesses/common spaces – booth with rotation of materials
Healthy shopping help/classes
Increase access to affordable healthy foods
Increase funding for insulin pumps
Increase marketing of/participation in existing Weight Watchers, exercise, and diabetes edu groups
Increase nutritional education
Increase use of outdoor recreation spaces through community collaboration
PCP education regarding treatment of obesity and related issues
SAGE – Sustainable Agriculture program that could partner with medical providers or community programs
Trails for walking and biking
Youth prevention via education about exercise and physical activity
Youth prevention via nutrition education
Valerie Starcher, RN, Diabetic Educator
Virtual exercise classes
Wellness center with activities for all ages

Community Resources/Ideas	
<i>Cancer</i>	
Colonoscopy screenings	
Increase local access to treatment	
Preventative care marketing campaign	
PSAs on local radio stations	
Mammogram screenings	

Community Resources/Ideas
<i>Poverty</i>
Hospital-based job incubator for health care positions
Employment opportunities that keep people working in the area vs. commuting out
Employment opportunities that require shorter term educational investment

Men		Women	
Drug and/or alcohol use	53%	Drug and/or alcohol use	57%
Obesity – adult	44%	Obesity – adult	47%
Cancer	38%	Cancer	32%
Diabetes	27%	Diabetes	25%
Aging problems	25%	Mental health problems	23%

White		Non-White	
Drug and/or alcohol use	56%	Drug and/or alcohol use	56%
Obesity – adult	46%	Cancers	50%
Cancer	34%	Diabetes	44%
Diabetes	26%	Obesity – adult	44%
Mental health problems	21%	Dental problems	17%

Lower Income (<\$30k/yr)		Higher Income (>\$75k/yr)	
Drug and/or alcohol use	49%	Drug and/or alcohol use	66%
Obesity – adult	28%	Obesity – adult	57%
Cancer	26%	Cancer	33%
Diabetes	26%	Diabetes	25%
Mental health problems	22%	Mental health problems	19%

4-Year Degree +		Less than 4-Year Degree	
Drug and/or alcohol use	63%	Drug and/or alcohol use	54%
Obesity – adult	59%	Obesity – adult	40%
Cancer	28%	Cancer	37%
Mental health problems	23%	Diabetes	27%
Diabetes	22%	Aging problems	19%

Younger than Age 45		Age 70 or Older	
Drug and/or alcohol use	64%	Aging problems	47%
Obesity – adult	51%	Obesity – adult	39%
Mental health problems	35%	Drug and/or alcohol use	37%
Cancer	26%	Cancers	33%
Diabetes	19%	Diabetes	33%

Kids in the Home		No Kids in the Home	
Drug and/or alcohol use	67%	Drug and/or alcohol use	51%
Obesity – adult	47%	Obesity – adult	46%
Mental health problems	33%	Cancer	35%
Cancer	29%	Diabetes	27%
Diabetes	22%	Aging problems	26%

Describes health as better than “fair”		Describes health as worse than “fair”	
Drug and/or alcohol use	58%	Drug and/or alcohol use	57%
Obesity – adult	50%	Obesity – adult	44%
Cancer	33%	Mental health problems	29%
Diabetes	25%	Diabetes	25%
Aging problems	18%	Depression/hopelessness	24%

Respondents Younger than Age 45	
I do not have access to high-speed internet at home.	10%
I have high-speed internet at home, but would prefer not to use it for telehealth medical appointments.	30%
I have high-speed internet at home, and would be comfortable attending a telehealth medical appointment this way.	60%

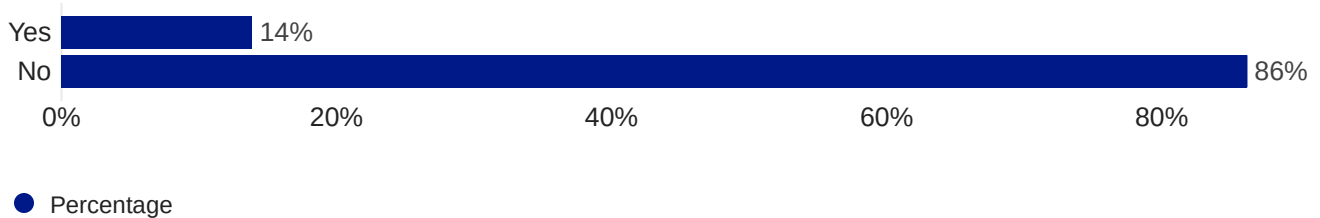
Respondents Age 45 - 69	
I do not have access to high-speed internet at home.	13%
I have high-speed internet at home, but would prefer not to use it for telehealth medical appointments.	42%
I have high-speed internet at home, and would be comfortable attending a telehealth medical appointment this way.	45%

Respondents Age 70+	
I do not have access to high-speed internet at home.	26%
I have high-speed internet at home, but would prefer not to use it for telehealth medical appointments.	49%
I have high-speed internet at home, and would be comfortable attending a telehealth medical appointment this way.	26%

Q23 - Are you a senior citizen? (For the purpose of this question, age 55 or older.)

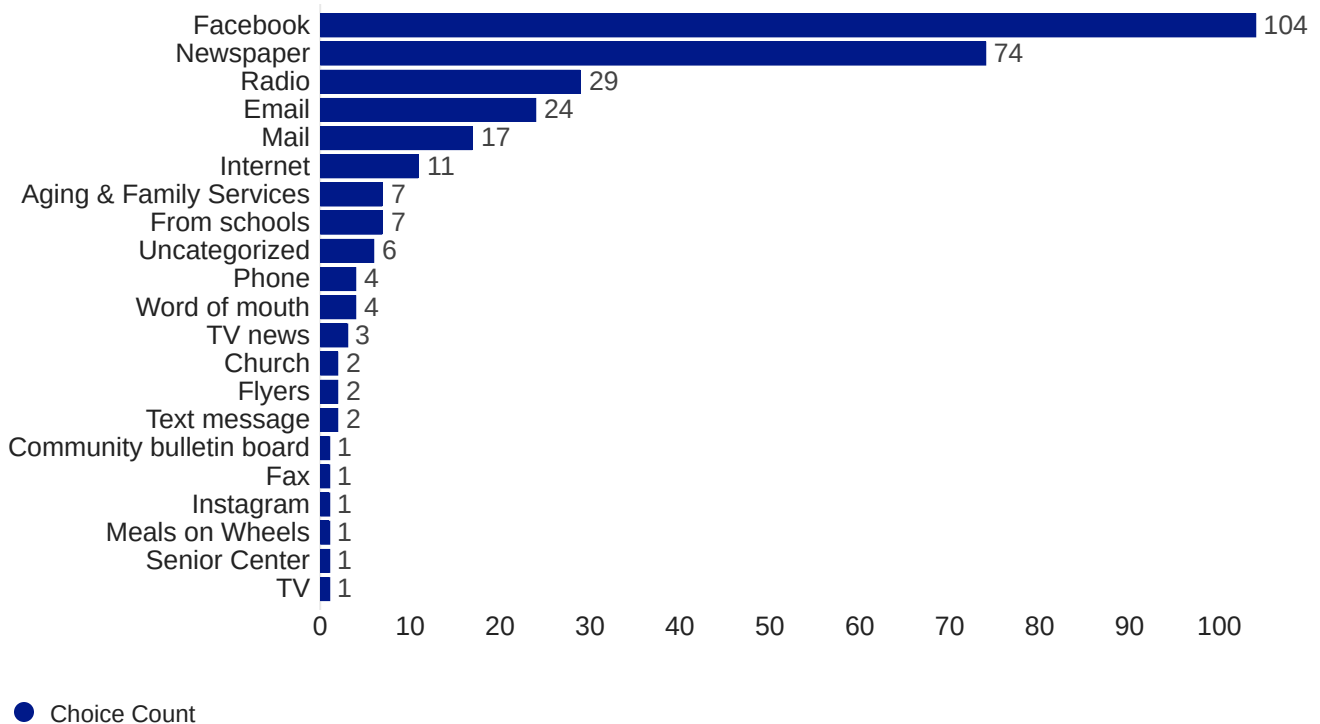


Q24 - Are you a caregiver for grandchildren, great-grandchildren, or others to whom you are not a biological parent?



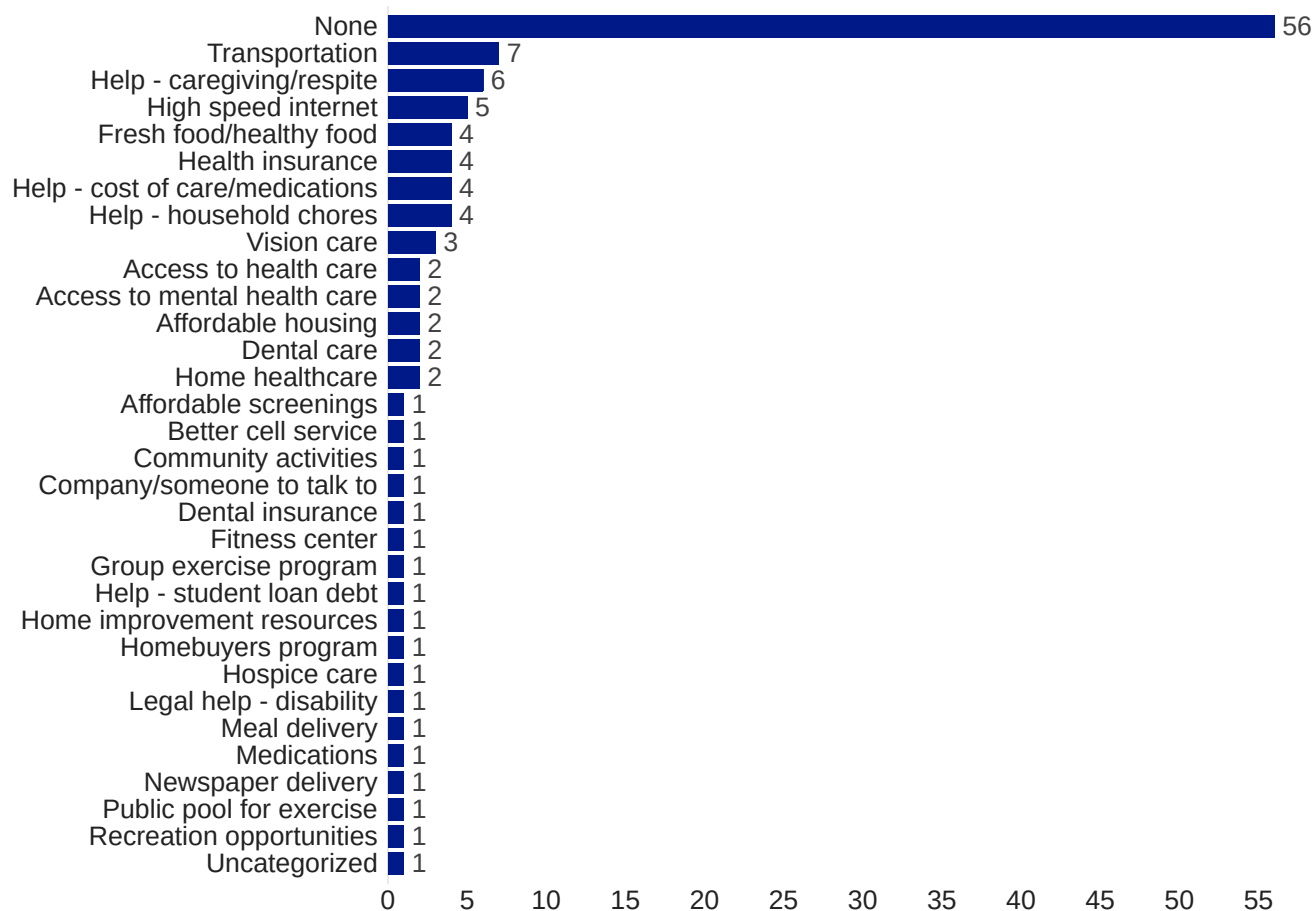
Q25 - What is the best way for you to receive information about community resources?

Q25 - Topics



Q26 - What resources do you need that you do not have? This could be for yourself or for someone else in your household.

Q26 - Topics



● Choice Count