

June 2025

# WellSpan Health Community Health Needs Assessment – Adams County

*Summary of Findings*



# Adams County 2025 WellSpan Community Health Needs Assessment

## Table of Contents

|                                                                       |    |
|-----------------------------------------------------------------------|----|
| Introduction                                                          | 2  |
| Overview/ Executive Summary: Adams County                             | 2  |
| Survey Indicators                                                     | 3  |
| Stressors                                                             | 5  |
| Economic Hardships                                                    | 5  |
| Non-Medical Factors Influencing Health                                | 6  |
| County Health Rankings                                                | 9  |
| Key Findings                                                          | 11 |
| Access to Healthcare                                                  | 11 |
| Children’s Health                                                     | 11 |
| Non-Medical Factors                                                   | 11 |
| Health Behaviors, Chronic Disease and Behavioral Health               | 12 |
| Life Expectancy                                                       | 12 |
| Area Deprivation Index                                                | 14 |
| Works Cited                                                           | 16 |
| Appendix 1: Survey Data Collection Process                            | 17 |
| Appendix 2 – Key Health Indicators for Adams County, Full Trend Table | 18 |
| Appendix 3 – Full Robert Wood Johnson County Health Rankings Table    | 19 |
| Appendix 4: WellSpan 2025 CHNA Survey                                 | 20 |

## Introduction

The 2025 Community Health Needs Assessment (CHNA) offers insights into the health of the Adams County community. This report summarizes the CHNA data. The full WellSpan Community Health Needs Assessment report should be referenced for additional data and reporting summaries.

This report is co-authored by WellSpan Health and the Center for Opinion Research at Franklin and Marshall College.

## Overview/Executive Summary: Adams County

Adams County is home to roughly 105,183 community members with a median household income of \$81,071 and 9.3% of the community living in poverty. Gettysburg typically represents the urban center of Adams County where poverty is slightly more concentrated. Racial ethnic diversity in Adams County, consisting mostly of Hispanic/Latino community members, is observed the most north of Gettysburg in the rural areas of Biglerville, Aspers and York Springs. The median age of residents in Adams County is 43.8 and roughly 21.3% of residents are over the age of 65 (higher than the state with 19.1% of state residents being over 65). Both the median age and the percent of residents over 65 are higher in Adams County than all neighboring counties. Most housing units are owner occupied (78.1%) and the median value of homes in Adams County (\$242,800) exceed the state, Franklin County, Lebanon County and York County median value.

Adams County ranks #11 in the Robert Wood Johnson's County Health Rankings, scoring #11 in Health Outcomes and #9 in Health Factors. Comparatively, this makes Adams County one of the healthier counties in our region, but data shows that Adams County residents have health issues strongly associated with obesity and associated indicators such as poor eating, a lack of physical activities, and poor mental health. Data shows that health literacy and social and emotional supports are an issue for some residents. Additionally, Adams County has the lowest rate of households with broadband internet access (40%) in the region. On the other hand, health access and substance use, and smoking, do not appear as a significant problem in this community though binge drinking behavior has increased slightly since 2022. In Adams County, compared to our previous Community Health Needs Assessment, almost 10% more people responding to the 2025 survey said they experienced at least one day that their physical and mental health were not good in the past month, and they experienced one or more days with depressive symptoms in the past two weeks and 47% reported that they have experienced trauma in their life.

Compared to respondents in most of the neighboring counties, access to food and money worries have both increased since 2022 with 66% reporting that they are stressed about money worries (29% increase since 2022 and highest in the region) and a 15% increase in those saying they skipped or reduced meals due to not having enough food to eat. More Adams County residents than the region reported in the recent survey

that they are currently depressed (16%) and residents reporting that they used marijuana one or more days in the past month doubled from 2022 to 33%. Adams County residents are less likely to have seen a dentist within the last year (66%) with lack of dental insurance being the common reason why, and more than a quarter of residents (34%) reported one or more economic hardships.

## **Survey Indicators**

Table 1 shows key health indicators in Adams County. For the purpose of this data summary, the probability sample is used for discussion and analysis. The percentage of people not exercising for 30 minutes on five days per week has remained high in this population at 86%. Nearly eight in ten residents are overweight or obese (78%), although this has decreased slightly since the prior survey (82% in 2022). Seven in ten residents experienced poor quality sleep (70%), and one or more days with depressive symptoms (70%). Nearly seven in ten (66%) are stressed about money worries, and three in five (60%) did not participate in strength training in the past month. Over half of all residents had at least one poor physical (52%) or mental health day (51%) in the past month.

In Adams County, the most prominent health concerns are lack of exercise, obesity, stress, poor sleep, and mental and physical health concerns.

**Table 1.** Key Health Indicators in Adams County

| Indicator                                                                      | Adams County |      |        |
|--------------------------------------------------------------------------------|--------------|------|--------|
|                                                                                | 2022         | 2025 | Change |
| Did not exercise 30 minutes on five days in past week                          | 84%          | 86%  | ↑      |
| BMI: Overweight and Obese                                                      | 82%          | 78%  | ↓      |
| Experienced any symptoms of not getting enough sleep                           | 76%          | 70%  | ↓      |
| One or more days with depressive symptoms in past two weeks                    | 61%          | 70%  | ↑      |
| Stressed about money worries                                                   | 38%          | 66%  | ↑      |
| No strength training in past month                                             | 70%          | 60%  | ↓      |
| At least one day physical health was not good in past month                    | 43%          | 52%  | ↑      |
| At least one day mental health was not good in past month                      | 42%          | 51%  | ↑      |
| Ever experienced trauma                                                        | ---          | 47%  | ---    |
| Stressed about recent loss of a loved one                                      | 25%          | 39%  | ↑      |
| Did not participate in physical activities or exercise in past month           | 39%          | 35%  | ↓      |
| Has not seen a dentist in past year                                            | 34%          | 34%  | =      |
| Economic hardships (one or more)                                               | 26%          | 34%  | ↑      |
| Used marijuana one or more days in past month                                  | 12%          | 33%  | ↑      |
| Has a high-deductible health plan                                              | 28%          | 32%  | ↑      |
| No routine check-up with doctor in past 12 months                              | 16%          | 25%  | ↑      |
| Needs help reading health materials at least occasionally                      | 19%          | 22%  | ↑      |
| Skipped or reduced meals                                                       | 7%           | 19%  | ↑      |
| Experienced a reduction in pay                                                 | 10%          | 17%  | ↑      |
| PHQ-8 current depression indicator-currently depressed                         | 7%           | 16%  | ↑      |
| Poor or fair health                                                            | 18%          | 15%  | ↓      |
| Ate fast food three or more days in past week                                  | 7%           | 15%  | ↑      |
| Binge drinking behavior                                                        | 12%          | 15%  | ↑      |
| Does not have a personal physician                                             | 9%           | 14%  | ↑      |
| Does not believe vaccines are generally safe and effective                     | 21%          | 14%  | ↓      |
| Experienced any unfair treatment b/c of race, ethnicity or cultural background | 6%           | 13%  | ↑      |
| Adult smoking (% current smokers)                                              | 14%          | 12%  | ↓      |
| Does not get needed social and emotional support                               | 16%          | 11%  | ↓      |
| No health insurance any time during past year (ages 18 - 64)                   | 13%          | 10%  | ↓      |
| Did not receive health care in past year because of cost                       | 3%           | 8%   | ↑      |
| Uninsured (% of pop. under age 65 without health insurance)                    | 4%           | 7%   | ↑      |
| Fell behind paying rent or mortgage                                            | 3%           | 7%   | ↑      |
| Adult e-cigarette vaping (% current vapers)                                    | 6%           | 4%   | ↓      |
| Used illegal drugs in past year                                                | 3%           | 4%   | ↑      |
| Did not receive health care because of a lack of transportation                | 2%           | 2%   | =      |

## Stressors

To better contextualize the mental health and financial strains currently facing the Adams County community, the survey gathered data about life stressors and financial

hardships experienced in the year prior to the survey. A majority of respondents said they had experienced at least some stress from feeling generally overloaded, as well as money worries like paying bills. Half are stressed due to family problems, and nearly half are stressed due to work or job problems. Nearly two in five are stressed due to the recent loss of a loved one.

**Table 2.** *How much of a hassle were the following things for you – did they cause no stress, some stress, moderate stress, or severe stress for you during the past 12 months? \*Table 2 shows some, moderate, and severe stress responses*

|                                                              | 2022 | 2025 |
|--------------------------------------------------------------|------|------|
| Feeling generally “overloaded”                               | 61%  | 67%  |
| Money worries like paying bills                              | 38%  | 66%  |
| Problems related to family                                   | 58%  | 51%  |
| Work or job problems                                         | 35%  | 47%  |
| Recent loss of a loved one                                   | 25%  | 39%  |
| Worries about food, shelter, health care, and transportation | 15%  | 27%  |
| Problems with your friends                                   | 24%  | 27%  |
| Sexual, emotional, or physical abuse                         | 11%  | 16%  |
| Having to move, either recently or in the future             | 16%  | 14%  |
| Crime or safety in your neighborhood                         | 12%  | 11%  |
| Problems with alcohol or drugs                               | 2%   | 6%   |

## Economic Hardships

The share of respondents who reported at least one economic hardship (34%) as reported in Table 2, was half of the proportion who were stressed about money worries (66%). While experiencing an economic hardship is somewhat common, experiencing any one specific hardship is less common (Table 3). Housing problems, either evictions or having to live temporarily in a shelter or with others, were reported by few respondents.

**Table 3.** *The following questions are about several factors that can affect a person’s health. Did any of the following hardships happen to you in the last 12 months? \*Table 2 shows “Yes” responses*

|                                                       | 2022 | 2025 |
|-------------------------------------------------------|------|------|
| Did you experience a reduction in pay for any reason? | 10%  | 17%  |

|                                                                                                                                 |     |     |
|---------------------------------------------------------------------------------------------------------------------------------|-----|-----|
| Did you fall behind in paying your rent or mortgage?                                                                            | 3%  | 7%  |
| Did you have any utilities, such as water, heat, or electricity, shut off because you couldn't afford it?                       | 4%  | 5%  |
| Did you lack health insurance coverage?                                                                                         | 10% | 8%  |
| Did you skip or reduce your meals?                                                                                              | 7%  | 19% |
| For financial reasons, did you have to temporarily live with others or in a shelter or on the street during the last 12 months? | 1%  | 6%  |
| Were you evicted from your apartment or house?                                                                                  | 0%  | 2%  |
| Were you let go or permanently laid off from your job?                                                                          | 2%  | 4%  |
| Were you unable to get any needed prescription medications because you couldn't afford it?                                      | 5%  | 7%  |
| Were you unable to get needed medical care because you couldn't afford it?                                                      | 1%  | 8%  |
| Were you unable to purchase needed food because you couldn't afford it?                                                         | 1%  | 10% |
| Were you unable to purchase needed GAS because you couldn't afford it?                                                          | 1%  | 6%  |
| Were you unemployed and looking for work for as long as a month?                                                                | 8%  | 4%  |
| Were you worried that your food would run out before you got money to buy more?                                                 | 2%  | 12% |

## Non-Medical Factors Influencing Health

Public health researchers frequently attribute persistent, observed differences in healthcare access, conditions, and health behaviors- which disproportionately impact a particular demographic group- to health disparities. Often, the observed differences can include not only demographic attributes but also psychosocial stressors, such as discrimination and trauma.<sup>1</sup> Social determinants thinking suggests that health is determined by access to social and economic opportunities that arise from the places where we learn, live, and work. According to the Centers for Disease Control (CDC), “The conditions in which we live explain in part why some Americans are healthier than others and why Americans more generally are not as healthy as they could be.”

Table 4 displays the relationships that exist between each survey indicator and demographic information such as poverty status, race and ethnicity, gender, age, and county, and psychosocial determinants such as depression, trauma experiences, and discrimination. The color coding identifies whether there is a significant relationship between each indicator and each subgroup and how strong those differences are; the darkest coloring indicates the strongest associations.

This table also shows the overwhelming disparities that relate to psychosocial indicators related to depression, trauma experiences, and discrimination. These experiences produce some of the strongest disparities across most types of indicators. In most cases, these psychosocial attributes result in greater disparities for more indicators than any of the demographic characteristics, although it is essential to note that some groups are

<sup>1</sup> See "Discrimination: A Social Determinant Of Health Inequities", Health Affairs Blog, February 25, 2020. DOI: 10.1377/hblog20200220.518458

more likely to report these experiences. Responding to identified disparities necessitates a deep dive into the specific populations disproportionately impacted by various indicators.

In Adams County, depression emerges as the most significant sources of disparity across several health indicators. Indicators related to mental health, such as depression, are especially likely to show strong associations with trauma and perceptions of unfair treatment. The most significant health disparities in Adams County are strongly linked to socioeconomic conditions, particularly poverty, followed by psychosocial stressors like trauma and unfair treatment. These disparities suggest that addressing material hardship and social inequity would be critical steps toward improving health equity in the community.

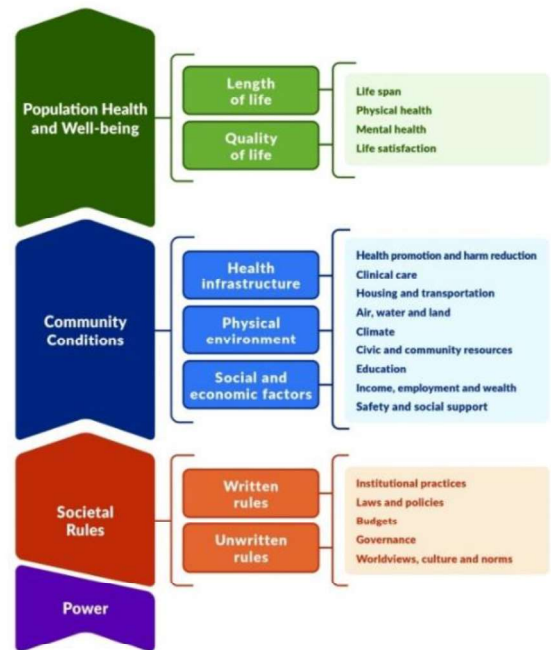
**Table 4.** Disparities in Adams County

| <i>Indicator</i>                                                               | <i>Depression</i> | <i>Gender</i> | <i>Parents</i> | <i>Poverty</i> | <i>Race/Ethnicity</i> | <i>Age</i> | <i>Trauma Experience</i> | <i>Unfair Treatment</i> |
|--------------------------------------------------------------------------------|-------------------|---------------|----------------|----------------|-----------------------|------------|--------------------------|-------------------------|
| Binge drinking behavior                                                        |                   |               |                |                |                       |            |                          |                         |
| BMI: Overweight and Obese                                                      |                   |               |                |                |                       |            |                          |                         |
| Adult e-cigarette vaping (% current vapers)                                    |                   |               |                |                |                       |            |                          |                         |
| Did not exercise 30 minutes on five days in past week                          |                   |               |                |                |                       |            |                          |                         |
| Ate fast food three or more days in past week                                  |                   |               |                |                |                       |            |                          |                         |
| Economic hardships (one or more)                                               |                   |               |                |                |                       |            |                          |                         |
| Has a high-deductible health plan                                              |                   |               |                |                |                       |            |                          |                         |
| Used illegal drugs in past year                                                |                   |               |                |                |                       |            |                          |                         |
| Fell behind paying rent or mortgage                                            |                   |               |                |                |                       |            |                          |                         |
| Did not receive health care in past year because of cost                       |                   |               |                |                |                       |            |                          |                         |
| No health insurance any time during past year (ages 18 - 64)                   |                   |               |                |                |                       |            |                          |                         |
| Experienced a reduction in pay                                                 |                   |               |                |                |                       |            |                          |                         |
| Skipped or reduced meals                                                       |                   |               |                |                |                       |            |                          |                         |
| One or more days with depressive symptoms in past two weeks                    |                   |               |                |                |                       |            |                          |                         |
| Does not have a personal physician                                             |                   |               |                |                |                       |            |                          |                         |
| At least one day mental health was not good in past month                      |                   |               |                |                |                       |            |                          |                         |
| At least one day physical health was not good in past month                    |                   |               |                |                |                       |            |                          |                         |
| Experienced any symptoms of not getting enough sleep                           |                   |               |                |                |                       |            |                          |                         |
| Poor or fair health                                                            |                   |               |                |                |                       |            |                          |                         |
| Uninsured (% of pop. under age 65 without health insurance)                    |                   |               |                |                |                       |            |                          |                         |
| No routine check-up with doctor in past 12 months                              |                   |               |                |                |                       |            |                          |                         |
| Needs help reading health materials at least occasionally                      |                   |               |                |                |                       |            |                          |                         |
| Did not participate in physical activities or exercise in past month           |                   |               |                |                |                       |            |                          |                         |
| No strength training in past month                                             |                   |               |                |                |                       |            |                          |                         |
| Has not seen a dentist in past year                                            |                   |               |                |                |                       |            |                          |                         |
| Used marijuana one or more days in past month                                  |                   |               |                |                |                       |            |                          |                         |
| Adult smoking (% current smokers)                                              |                   |               |                |                |                       |            |                          |                         |
| Does not get needed social and emotional support                               |                   |               |                |                |                       |            |                          |                         |
| Stressed about money worries                                                   |                   |               |                |                |                       |            |                          |                         |
| Stressed about recent loss of a loved one                                      |                   |               |                |                |                       |            |                          |                         |
| Did not receive health care because of a lack of transportation                |                   |               |                |                |                       |            |                          |                         |
| Does not believe vaccines are generally safe and effective                     |                   |               |                |                |                       |            |                          |                         |
| PHQ-8 current depression indicator-currently depressed                         |                   |               |                |                |                       |            |                          |                         |
| Ever experienced trauma                                                        |                   |               |                |                |                       |            |                          |                         |
| Experienced any unfair treatment b/c of race, ethnicity or cultural background |                   |               |                |                |                       |            |                          |                         |
| No significant difference                                                      |                   |               |                |                |                       |            |                          |                         |
| Significantly different, weak association                                      |                   |               |                |                |                       |            |                          |                         |
| Significantly different, moderate association                                  |                   |               |                |                |                       |            |                          |                         |
| Significantly different, strong association                                    |                   |               |                |                |                       |            |                          |                         |
| p. > .05                                                                       |                   |               |                |                |                       |            |                          |                         |
| p. < .05, sresid < 3                                                           |                   |               |                |                |                       |            |                          |                         |
| p. < .05, sresid > 3                                                           |                   |               |                |                |                       |            |                          |                         |
| p. < .05, sresid > 4                                                           |                   |               |                |                |                       |            |                          |                         |

## County Health Rankings

The Robert Wood Johnson Foundation provides an annual ranking of all 67 counties in Pennsylvania. The ranking has become a measure of progress compared to the rest of the state and has been long used to appeal to the competitive nature of counties seeking to improve their residents' health. The rankings indicate the top ranked county as performing the best and the 67<sup>th</sup> county as performing the worst in the state for eight core domains including Health Outcomes, Health Factors, Length of Life, Quality of Life, Health Behaviors, Clinical Care, Social and Economic Factors and Physical Environment. Improvements indicate a higher ranking among the 67 counties in Pennsylvania and therefore a lower number in Table 5.

Adams County ranks among the highest in the region in the Robert Wood Johnson's County Health Rankings, including 7<sup>th</sup> overall for Social & Economic Factors and 9<sup>th</sup> overall for Health Factors and Length of Life. Still, Adams County performs poorly in physical environment indicators (47<sup>h</sup>) which include housing and transportation, air and water quality, access to parks, and adverse climate events such as storms, droughts, floods and extreme heat.



**Table 5.** 2024 Robert Wood Johnson County Health Rankings

| Focus Area                           | Measure                              | PA Overall | Adams County |
|--------------------------------------|--------------------------------------|------------|--------------|
| <b>HEALTH OUTCOMES</b>               | <b>RANK ↑</b>                        |            |              |
| <b>Length of Life</b>                | Premature Death*                     | 8,032      | 6,095        |
| <b>Quality of Life</b>               | Poor or Fair Health                  | 15%        | 15%          |
|                                      | Poor Physical Health Days            | 3.4        | 3.5          |
|                                      | Poor Mental Health Days              | 4.7        | 5.2          |
|                                      | Low Birthweight*                     | 8%         | 7%           |
| <b>HEALTH FACTORS</b>                | <b>RANK ↑</b>                        |            |              |
| <b>HEALTH BEHAVIORS</b>              | <b>RANK ↑</b>                        |            |              |
| <b>Tobacco Use</b>                   | Adult Smoking                        | 15%        | 18%          |
| <b>Diet and Exercise</b>             | Adult Obesity                        | 33%        | 37%          |
|                                      | Food Environment Index               | 8.5        | 8.9          |
|                                      | Physical Inactivity                  | 23%        | 24%          |
|                                      | Access to Exercise Opportunities     | 86%        | 73%          |
| <b>Alcohol and Drug Use</b>          | Excessive Drinking                   | 19%        | 18%          |
|                                      | Alcohol-Impaired Driving Deaths      | 25%        | 25%          |
| <b>Sexual Activity</b>               | Sexually Transmitted Infections+     | 409.8      | 201.7        |
|                                      | Teen Births*                         | 13         | 11           |
| <b>CLINICAL CARE</b>                 | <b>RANK ↓</b>                        |            |              |
| <b>Access to Care</b>                | Uninsured                            | 7%         | 8%           |
|                                      | Primary Care Physicians              | 1265:1     | 1859:1       |
|                                      | Dentists                             | 1400:1     | 3029:1       |
|                                      | Mental Health Providers              | 371:1      | 835:1        |
| <b>Quality of Care</b>               | Preventable Hospital Stays*          | 3,014      | 2,541        |
|                                      | Mammography Screening*               | 47%        | 53%          |
|                                      | Flu Vaccinations*                    | 53%        | 55%          |
| <b>SOCIAL &amp; ECONOMIC FACTORS</b> | <b>RANK =</b>                        |            |              |
| <b>Education</b>                     | High School Completion               | 92%        | 90%          |
|                                      | Some College                         | 67%        | 58%          |
| <b>Employment</b>                    | Unemployment                         | 4%         | 3%           |
| <b>Income</b>                        | Children in Poverty*                 | 15%        | 10%          |
|                                      | Income Inequality                    | 4.8        | 3.6          |
| <b>Family and Social Support</b>     | Children in Single-Parent Households | 25%        | 18%          |
|                                      | Social Associations                  | 11.8       | 12.9         |
| <b>Community Safety</b>              | Injury Deaths*                       | 96         | 78           |
| <b>PHYSICAL ENVIRONMENT</b>          | <b>RANK ↑</b>                        |            |              |
| <b>Air and Water Quality</b>         | Air Pollution - Particulate Matter   | 8.5        | 9.1          |
|                                      | Drinking Water Violations+           |            | Yes          |
| <b>Housing and Transit</b>           | Severe Housing Problems              | 14%        | 10%          |
|                                      | Driving Alone to Work*               | 71%        | 79%          |
|                                      | Long Commute - Driving Alone         | 37%        | 42%          |

## Key Findings

In Adams County, there are several interrelated concerns, such as how financial strain and low health literacy contribute to poor preventive care access and negative health outcomes. This report also underlines priority areas for intervention, including obesity, mental health, economic hardship, and routine care utilization.

### **Access to Healthcare**

- 14% do not believe vaccines are generally safe and effective, a potential barrier to preventive care.
- 32% are enrolled in high-deductible health plans.
- 10% of adults aged 18-64 had no insurance at some point in the past year.
- 7% of the population under age 65 is currently uninsured.
- 8% did not receive healthcare due to cost, up from 9% in the prior assessment.
- 34% have not seen a dentist in the past year.
- 25% had no routine medical checkup in the past 12 months.
- 14% of respondents do not have a personal physician, indicating a gap in continuity of care and long-term health management.

### **Children's Health**

- More than one in three children (38%) children ages Kindergarten to twelfth grade are overweight or obese.
- Only 18% of children living in poverty have access to high-quality pre-k.

### **Non-Medical Factors**

- For 5% of the community, utilities were shut off because of an inability to pay.
- 66% are stressed about money.
- 34% experienced one or more economic hardships, up from 26% in the prior assessment.
- 17% reported a reduction in pay, compared to 10% in the prior assessment.
- 7% have fallen behind on rent or mortgage payments.

### **Health Behaviors, Chronic Disease and Behavioral Health**

- 19% reported skipping or reducing meals.
- 2% did not receive healthcare due to lack of transportation.
- 22% need help reading health materials at least occasionally, which may impact understanding of care instructions or resources.

## Life Expectancy

Life expectancy is useful to public health planners because it succinctly captures the overall health status of a population. Life expectancy data also helps public health researchers explore differences across and within geographic areas and demographic subgroups. Understanding which groups are most at risk for poor health helps efficiently direct resources to improve health.

The surge in deaths from COVID-19 reduced US life expectancy in 2021 compared to prior years. But declining life expectancy has also been related to an increase in unintentional injuries driven by more drug overdoses.<sup>2</sup> From a comparative perspective, residents of the US tend to have shorter lifespans than residents of other developed nations, with deaths due to overdose, violence, and injury being more common.<sup>3</sup> Deaths from COVID-19 were greater in the US than in other peer nations, in part, because the US has higher rates of heart disease, obesity and diabetes and because its health system is more fragmented and less accessible for some populations.

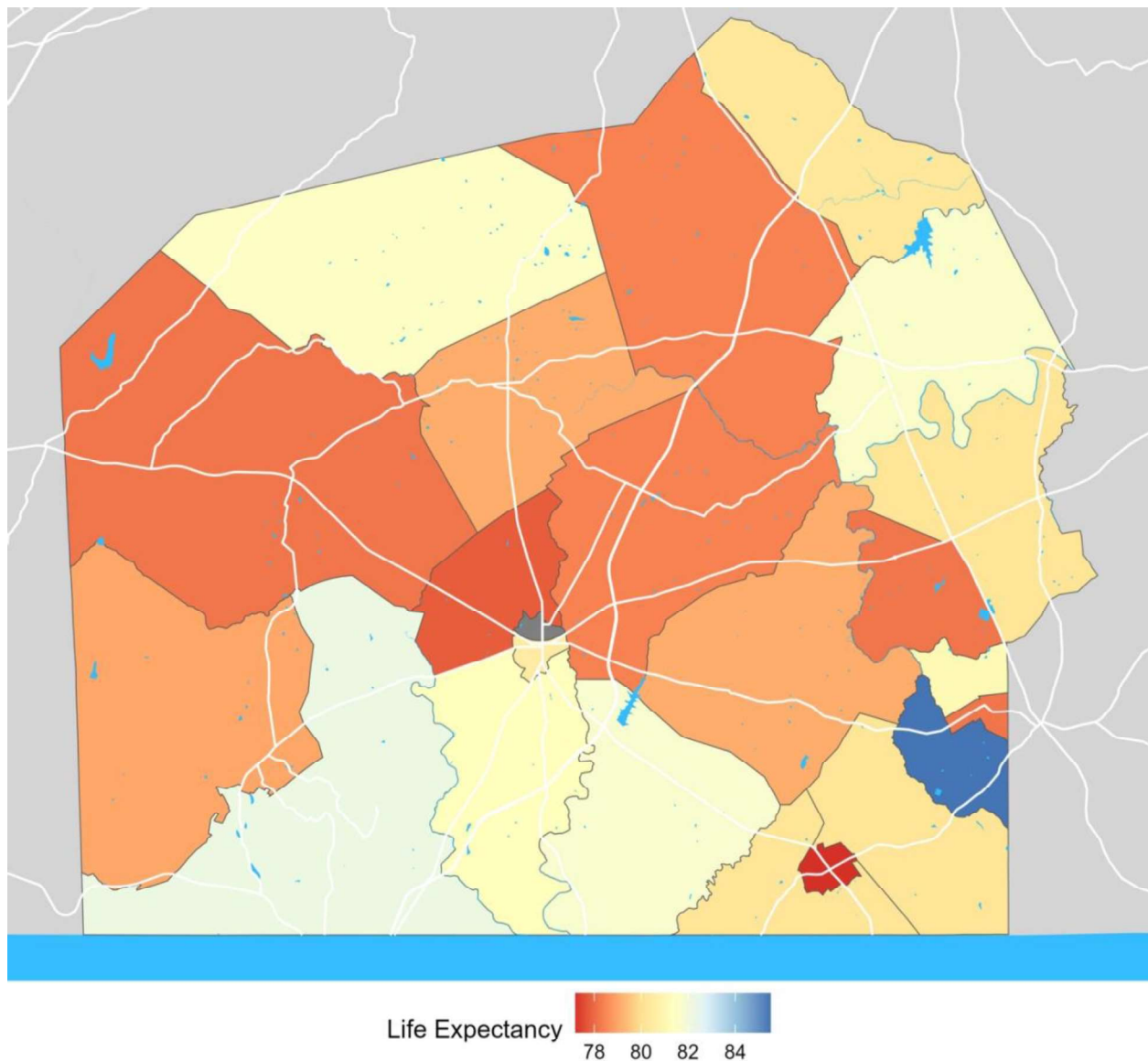
Estimates of life expectancy by census tract show that there is significant variability in life expectancy across and within counties.<sup>4</sup> For instance, life expectancy in WellSpan's service area ranges from a low of 67.7 years to a high of 89.8 years, which is a 22 year difference, depending on the census tract where someone lives. The images in Figure 1 show how variable life expectancy at birth is by census tract in Adams County, with bluer tracts having longer lives. Life expectancy in Adams County varies significantly by tract. Life expectancy in Adams County ranges from a low of 77.2 years to a high of 85.5 years, or about a 8 year gap in total.

---

<sup>2</sup> <https://www.cfr.org/in-brief/us-life-expectancy-decline-why-arent-other-countries-suffering-same-problem>

<sup>3</sup> Farzana Kapadia: [Life Expectancy in the United States: A Public Health of Consequence, June 2024](#), American Journal of Public Health **114**, 556\_558, <https://doi.org/10.2105/AJPH.2024.307677>

<sup>4</sup> The life expectancy data in this analysis comes from the CDC: <https://www.cdc.gov/nchs/data-visualization/life-expectancy/index.html> and <https://www.cdc.gov/nchs/nvss/usaleep/usaleep.html>. Tract-level census data from the American Community Survey 2021 five-year estimates were merged to compare life expectancy with income, educational and race data.



**Figure 1.** Life Expectancy in Adams County

These differences are the natural implication of non-medical factors that influence health, attributes like income, wealth, poverty, education, and other characteristics, which are discussed later in this summary. Researchers know that the social characteristics that define each census tract, such as differences in income, educational attainment, or race and ethnicity, are strongly associated with life expectancy.<sup>5</sup>

<sup>5</sup> The correlations at the state level show that life expectancy increases with higher median household income ( $r = .56$ ), educational attainment ( $r = .51$ ) and non-Hispanic White population shares ( $r = .48$ ).

## Area Deprivation Index

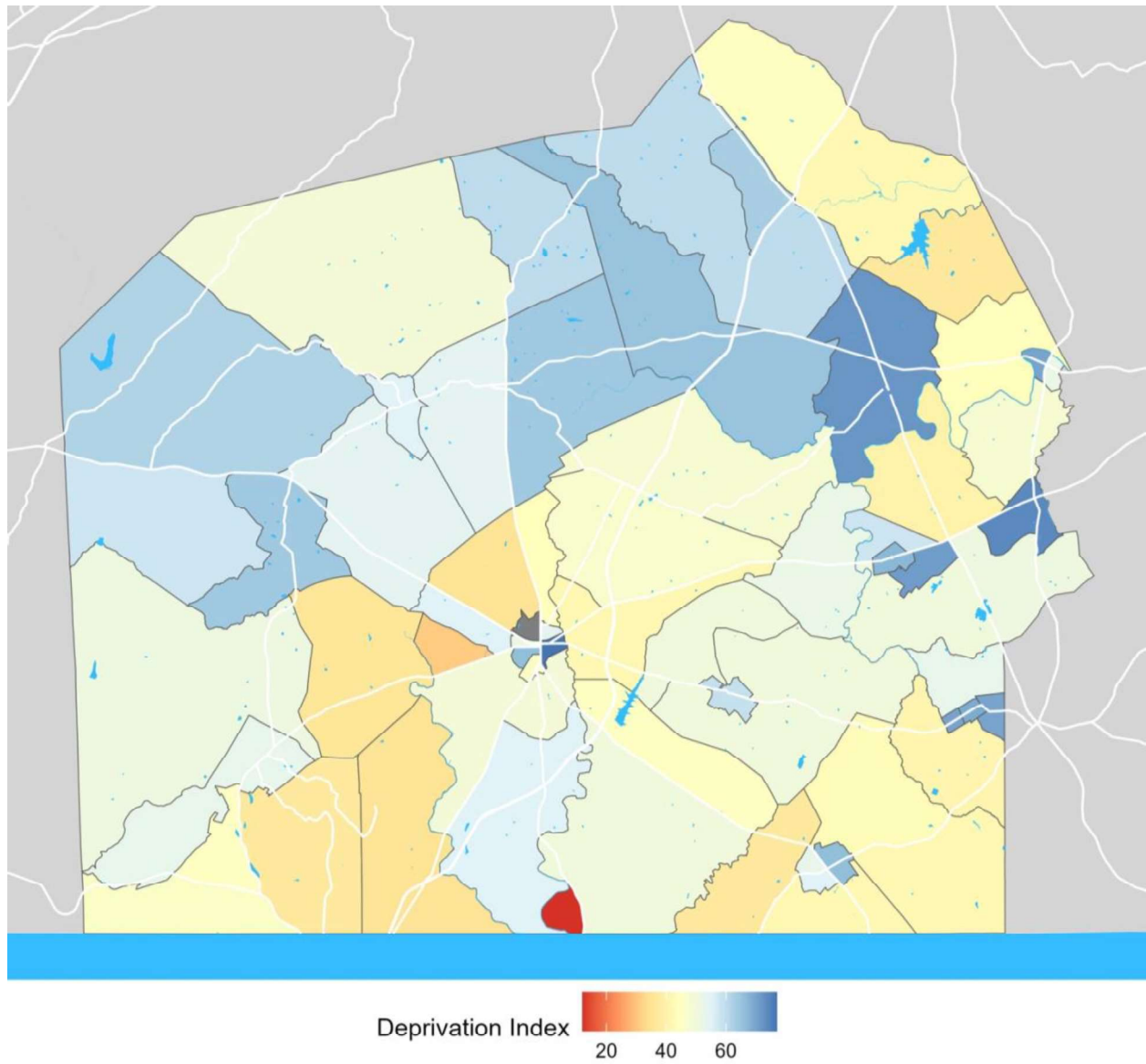
Researchers know that the social characteristics that define each census tract, such as differences in income, educational attainment, or race and ethnicity, are strongly associated with life expectancy.<sup>6</sup> In addition to the many types of data we've described, our needs assessment also presents community-level data from a composite indicator that includes 17 education, employment, housing-quality, and poverty measure. This Area Deprivation Index (ADI) is a tool that identifies neighborhoods with significant social disadvantages.<sup>7</sup>

The deprivation index shows that the social conditions within our area vary considerably, with some community deprivation scores revealing neighborhoods that are among the most disadvantaged places in the entire nation. Recognizing these neighborhood gaps will be important for planning interventions.

---

<sup>6</sup> The correlations at the state level show that life expectancy increases with higher median household income ( $r = .56$ ), educational attainment ( $r = .51$ ) and non-Hispanic White population shares ( $r = .48$ ).

<sup>7</sup> Visit <https://www.neighborhoodatlas.medicine.wisc.edu/> for more information about the Area Deprivation Index.



**Figure 2.** Area Deprivation Index in Adams County

## Works Cited

The Growing Demand for Age Friendly Care Report. The John A. Hartford Foundation. [https://www.johnahartford.org/images/uploads/resources/The\\_Growing\\_Demand\\_for\\_Age-Friendly\\_Care\\_Report\\_FINAL.pdf](https://www.johnahartford.org/images/uploads/resources/The_Growing_Demand_for_Age-Friendly_Care_Report_FINAL.pdf).

The US Census Bureau. U.S. Older Population Grew From 2010 to 2020 at Fastest Rate Since 1880 to 1890. <https://www.census.gov/library/stories/2023/05/2020-census-united-states-older-population-grew.html>.

Decline in Vaccination Coverage by Age 24 Months and Vaccination Inequities Among Children Born in 2020 and 2021- National Immunization Survey- Child, United States, 2021-2023. *Morbidity and Mortality Weekly Report*, Centers for Disease Control and Prevention, <https://www.cdc.gov/mmwr/volumes/73/wr/mm7338a3.htm>.

Data Sources also include the KidsCount Data Center, US Census Bureau, Robert Wood Johnson Foundation, etc. as extracted by the Center for Opinion Research at Franklin and Marshall College.

Colyer, Cory, Cory Anderson, Joseph Donnermeyer, Rachel Stein, and Samson Wasao. 2017. "Reviving the Demographic Study of the Amish." *Journal of Amish and Plain Anabaptist Studies* 5(1):96-119.

The US Census Bureau. U.S. Older Population Grew From 2010 to 2020 at Fastest Rate Since 1880 to 1890. <https://www.census.gov/library/stories/2023/05/2020-census-united-states-older-population-grew.html>.

The correlations at the state level show that life expectancy increases with higher median household income ( $r = .56$ ), educational attainment ( $r = .51$ ) and non-Hispanic White population shares ( $r = .48$ ).

Visit <https://www.neighborhoodatlas.medicine.wisc.edu/> for more information about the Area Deprivation Index.

See "Discrimination: A Social Determinant Of Health Inequities", Health Affairs Blog, February 25, 2020.

- DOI: 10.1377/hblog20200220.518458

## Appendices

### **Appendix 1: Survey Data Collection Process**

The data collection methods of the 2025 Community Health Needs Assessment build on decades of learnings from previous assessments. Our processes strive for constant improvement ensuring our survey sample is representative of the community, and that our processes minimize bias. Data collection was facilitated by the Center for Opinion Research at Franklin and Marshall College, led by Berwood Yost, director of the Center and project consultant. Data collection started in the spring of 2024 with an analysis of demographic indicators from secondary data sources. Simultaneously, the engagement of key stakeholders and subject matter experts helped to frame core areas of focus for further exploration. Primary data collection, such as the community survey, allowed for a deeper understanding of community health needs with an action-oriented focus.

The community survey was launched in early February 2025 to gain household level insight into social drivers of health, barriers to healthcare, and health behaviors. The survey was developed with the expectation of taking a respondent 15-20 minutes to complete and was made available in English, Spanish and Haitian Creole. The Center for Opinion Research deployed a research engagement strategy that ensured a representative “control” sample was collected through proactive outreach using postcards, email, text and phone.

For the full data collection and methodology summary, please see the WellSpan Community Health Needs Assessment Report.

## Appendix 2 – Full Robert Wood Johnson County Health Rankings Table

| Focus Area                       | Measure                                             | Description                                                                                                                                                   | Top Performers | US Overall | PA Overall | Adams County |
|----------------------------------|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------|------------|--------------|
| <b>HEALTH OUTCOMES</b>           |                                                     |                                                                                                                                                               |                |            |            |              |
| <b>Length of Life</b>            | <b>RANK 1</b><br>Premature Death*                   | Years of potential life lost before age 75 per 100,000 population (age-adj.).                                                                                 | 6,000          | 8,000      | 8,032      | 6,095        |
|                                  | Poor or Fair Health                                 | Percentage of adults reporting fair or poor health (age-adj.).                                                                                                | 13%            | 14%        | 15%        | 15%          |
|                                  | Poor Physical Health Days                           | Average number of physically unhealthy days reported in past 30 days (age-adj.).                                                                              | 3.1            | 3.3        | 3.4        | 3.5          |
|                                  | Poor Mental Health Days                             | Average number of mentally unhealthy days reported in past 30 days (age-adj.).                                                                                | 4.4            | 4.8        | 4.7        | 5.2          |
|                                  | Low Birthweight*                                    | Percentage of live births with low birthweight (< 2,500 grams).                                                                                               | 6%             | 8%         | 8%         | 7%           |
| <b>HEALTH FACTORS</b>            |                                                     |                                                                                                                                                               |                |            |            |              |
| <b>HEALTH BEHAVIORS</b>          | <b>RANK 1</b><br>Adult Smoking                      | Percentage of adults who are current smokers (age-adj.).                                                                                                      | 14%            | 15%        | 15%        | 18%          |
|                                  | Adult Obesity                                       | Percentage of the adult population (age 18 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m2 (age-adj.).                      | 32%            | 34%        | 33%        | 37%          |
|                                  | Food Environment Index                              | Index of factors that contribute to a healthy food environment, from 0 (worst) to 10 (best).                                                                  | 8.9            | 7.7        | 8.5        | 8.9          |
|                                  | Physical Inactivity                                 | Percentage of adults age 18 and over reporting no leisure-time physical activity (age-adj.).                                                                  | 20%            | 23%        | 23%        | 24%          |
|                                  | Access to Exercise Opportunities                    | Percentage of population with adequate access to locations for physical activity.                                                                             | 90%            | 84%        | 86%        | 73%          |
| <b>Alcohol and Drug Use</b>      | Excessive Drinking                                  | Percentage of adults reporting binge or heavy drinking (age-adj.).                                                                                            | 13%            | 18%        | 19%        | 18%          |
|                                  | Alcohol-impaired Driving Deaths                     | Percentage of driving deaths with alcohol involvement.                                                                                                        | 10%            | 26%        | 25%        | 25%          |
|                                  | Sexually Transmitted Infections+                    | Number of newly diagnosed chlamydia cases per 100,000 population.                                                                                             | 151.7          | 495.5      | 409.8      | 201.7        |
|                                  | Teen Births*                                        | Number of births per 1,000 female population ages 15-19.                                                                                                      | 9              | 17         | 13         | 11           |
|                                  | <b>RANK 1</b><br>Uninsured                          | Percentage of population under age 65 without health insurance.                                                                                               | 6%             | 10%        | 7%         | 8%           |
| <b>Access to Care</b>            | Primary Care Physicians                             | Ratio of population to primary care physicians.                                                                                                               | 1,030:1        | 1,330:1    | 1,265:1    | 1,850:1      |
|                                  | Dentists                                            | Ratio of population to dentists.                                                                                                                              | 1,180:1        | 1,360:1    | 1,400:1    | 3029:1       |
|                                  | Mental Health Providers                             | Ratio of population to mental health providers.                                                                                                               | 230:1          | 320:1      | 371:1      | 835:1        |
|                                  | Preventable Hospital Stays*                         | Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees.                                                               | 1,558          | 2,681      | 3,014      | 2,541        |
|                                  | Mammography Screening*                              | Percentage of female Medicare enrollees ages 65-74 who received an annual mammography screening.                                                              | 52%            | 43%        | 47%        | 53%          |
| <b>Quality of Care</b>           | Flu Vaccinations*                                   | Percentage of fee-for-service (FFS) Medicare enrollees who had an annual flu vaccination.                                                                     | 53%            | 46%        | 53%        | 55%          |
|                                  | <b>SOCIAL &amp; ECONOMIC FACTORS</b><br>Education   | <b>RANK =</b><br>High School Completion                                                                                                                       |                |            |            |              |
|                                  | Some College                                        | Percentage of adults ages 25 and over with a high school diploma or equivalent.                                                                               | 94%            | 89%        | 92%        | 90%          |
|                                  | Unemployment                                        | Percentage of adults ages 25-44 with some post-secondary education.                                                                                           | 74%            | 68%        | 67%        | 58%          |
|                                  | Children in Poverty*                                | Percentage of population ages 16 and older unemployed but seeking work.                                                                                       | 2.30%          | 3.70%      | 4%         | 3%           |
| <b>Income</b>                    | Income Inequality                                   | Percentage of people under age 18 in poverty.                                                                                                                 | 10%            | 16%        | 15%        | 10%          |
|                                  | Children in Single-Parent Households                | Ratio of household income at the 80th percentile to income at the 20th percentile.                                                                            | 3.7            | 4.9        | 4.8        | 3.6          |
|                                  | Social Associations                                 | Percentage of children that live in a household headed by a single parent.                                                                                    | 13%            | 25%        | 25%        | 18%          |
|                                  | Injury Deaths*                                      | Number of membership associations per 10,000 population.                                                                                                      | 18             | 9.1        | 11.8       | 12.9         |
|                                  | <b>RANK 1</b><br>Air Pollution - Particulate Matter | Number of deaths due to injury per 100,000 population.                                                                                                        | 64             | 80         | 96         | 78           |
| <b>Family and Social Support</b> | Drinking Water Violations+                          | Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5).                                                                       | 5              | 7.4        | 8.5        | 9.1          |
|                                  | Severe Housing Problems                             | Indicator of the presence of health-related drinking water violations. 'Yes' indicates the presence of a violation, 'No' indicates no violation.              |                |            |            | Yes          |
|                                  | Driving Alone to Work*                              | Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities. | 8%             | 17%        | 14%        | 10%          |
|                                  | Long Commute - Driving Alone                        | Percentage of the workforce that drives alone to work.                                                                                                        | 70%            | 72%        | 71%        | 79%          |
|                                  |                                                     | Among workers who commute in their car alone, the percentage that commute more than 30 minutes.                                                               | 17%            | 36%        | 37%        | 42%          |

**Appendix 3 – Key Health Indicators for Adams County, Full Trend Table** (\*Note: the trend lines shown are for data from 2011-2025 for the probability sample only)

| Indicator                                                                      | Adams |      |      |      |      | Trends                                                                              |
|--------------------------------------------------------------------------------|-------|------|------|------|------|-------------------------------------------------------------------------------------|
|                                                                                | 2011  | 2014 | 2017 | 2022 | 2025 |                                                                                     |
| Did not exercise 30 minutes on five days in past week                          | 84%   | 82%  | 81%  | 84%  | 86%  |    |
| BMI: Overweight and Obese                                                      | 74%   | 68%  | 72%  | 82%  | 78%  |    |
| Experienced any symptoms of not getting enough sleep                           |       |      |      | 76%  | 70%  |    |
| One or more days with depressive symptoms in past two weeks                    | 58%   | 55%  | 59%  | 61%  | 70%  |    |
| Stressed about money worries                                                   |       |      |      | 38%  | 66%  |    |
| No strength training in past month                                             | 58%   | 54%  | 53%  | 70%  | 60%  |    |
| At least one day physical health was not good in past month                    | 40%   | 34%  | 43%  | 43%  | 52%  |    |
| At least one day mental health was not good in past month                      | 39%   | 38%  | 34%  | 42%  | 51%  |    |
| Ever experienced trauma                                                        |       |      |      |      | 47%  |    |
| Stressed about recent loss of a loved one                                      |       |      |      | 25%  | 39%  |    |
| Did not participate in physical activities or exercise in past month           | 23%   | 21%  | 31%  | 39%  | 35%  |    |
| Has not seen a dentist in past year                                            | 23%   | 28%  | 32%  | 34%  | 34%  |    |
| Economic hardships (one or more)                                               | 37%   | 32%  | 31%  | 26%  | 34%  |    |
| Used marijuana one or more days in past month                                  |       |      |      | 12%  | 33%  |    |
| Has a high-deductible health plan                                              |       |      | 19%  | 28%  | 32%  |    |
| No routine check-up with doctor in past 12 months                              | 26%   | 25%  | 21%  | 16%  | 25%  |    |
| Needs help reading health materials at least occasionally                      |       |      |      | 19%  | 22%  |    |
| Skipped or reduced meals                                                       |       |      |      | 7%   | 19%  |    |
| Experienced a reduction in pay                                                 |       |      |      | 10%  | 17%  |    |
| PHQ-8 current depression indicator-currently depressed                         | 8%    | 6%   | 10%  | 7%   | 16%  |    |
| Poor or fair health                                                            | 16%   | 16%  | 15%  | 18%  | 15%  |   |
| Ate fast food three or more days in past week                                  |       | 12%  | 4%   | 7%   | 15%  |  |
| Binge drinking behavior                                                        | 13%   | 16%  | 16%  | 12%  | 15%  |  |
| Does not have a personal physician                                             | 8%    | 9%   | 14%  | 9%   | 14%  |  |
| Does not believe vaccines are generally safe and effective                     |       |      |      | 21%  | 14%  |  |
| Experienced any unfair treatment b/c of race, ethnicity or cultural background |       |      |      | 6%   | 13%  |  |
| Adult smoking (% current smokers)                                              | 21%   | 21%  | 18%  | 14%  | 12%  |  |
| Does not get needed social and emotional support                               | 6%    | 9%   | 5%   | 16%  | 11%  |  |
| No health insurance any time during past year (ages 18 - 64)                   |       | 14%  | 15%  | 13%  | 10%  |  |
| Did not receive health care in past year because of cost                       | 10%   | 10%  | 9%   | 3%   | 8%   |  |
| Uninsured (% of pop. under age 65 without health insurance)                    |       | 11%  | 12%  | 4%   | 7%   |  |
| Fell behind paying rent or mortgage                                            |       |      |      | 3%   | 7%   |  |
| Adult e-cigarette vaping (% current vapers)                                    |       |      | 6%   | 6%   | 4%   |  |
| Used illegal drugs in past year                                                |       | 5%   | 4%   | 3%   | 4%   |  |
| Did not receive health care because of a lack of transportation                |       | 5%   | 5%   | 2%   | 2%   |  |

## **Appendix 4- WellSpan 2025 CHNA Survey**

Notes: The order of the questions varied by respondent, as did the order of the response options. The sections highlighted in light blue were randomized- each respondent received 50% of the sections (sections are divided by text box outlines) to reduce the overall length of the survey.

## Health Status

S1\_1. Would you say that in general your health is...

|             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------|-------|----------|-----------|---------|------|-------|
| Excellent   | 12%   | 11%      | 15%       | 10%     | 11%  | 12%   |
| Very good   | 40%   | 43%      | 37%       | 32%     | 37%  | 37%   |
| Good        | 36%   | 30%      | 35%       | 37%     | 38%  | 36%   |
| Fair        | 10%   | 15%      | 11%       | 16%     | 13%  | 13%   |
| Poor        | 2%    | 2%       | 2%        | 4%      | 2%   | 2%    |
| Do not know | 0%    | 0%       | 0%        | 1%      | 0%   | 0%    |

## Health Days – Health Related Quality of Life

S2\_1. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

|           | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------|-------|----------|-----------|---------|------|-------|
| None      | 48%   | 53%      | 53%       | 60%     | 48%  | 51%   |
| 1 or more | 52%   | 47%      | 47%       | 40%     | 52%  | 49%   |

S2\_1cp. Do you suffer from any type of chronic pain, that is, pain that occurs constantly or flares up frequently?

|             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------|-------|----------|-----------|---------|------|-------|
| Yes         | 50%   | 45%      | 41%       | 51%     | 48%  | 47%   |
| No          | 50%   | 54%      | 59%       | 48%     | 52%  | 53%   |
| Do not know | 0%    | 1%       | 0%        | 1%      | 0%   | 0%    |

S2\_1med. Are you currently taking any prescription medications for your pain?

|             | Adams<br>n=79 | Franklin<br>n=103 | Lancaster<br>n=69 | Lebanon<br>n=104 | York<br>n=338 | Total<br>n=694 |
|-------------|---------------|-------------------|-------------------|------------------|---------------|----------------|
| Yes         | 7%            | 11%               | 12%               | 13%              | 9%            | 10%            |
| No          | 93%           | 89%               | 88%               | 87%              | 90%           | 89%            |
| Do not know | 0%            | 0%                | 0%                | 0%               | 1%            | 0%             |

S2\_2. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health NOT good?

|           | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------|-------|----------|-----------|---------|------|-------|
| None      | 49%   | 51%      | 62%       | 56%     | 49%  | 52%   |
| 1 or more | 51%   | 49%      | 38%       | 44%     | 51%  | 48%   |

S2\_3. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

|           | Adams<br>n=175 | Franklin<br>n=241 | Lancaster<br>n=215 | Lebanon<br>n=239 | York<br>n=775 | Total<br>n=1646 |
|-----------|----------------|-------------------|--------------------|------------------|---------------|-----------------|
| None      | 56%            | 46%               | 54%                | 52%              | 52%           | 52%             |
| 1 or more | 44%            | 54%               | 46%                | 48%              | 48%           | 48%             |

S5\_1. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

|     | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----|-------|----------|-----------|---------|------|-------|
| Yes | 65%   | 67%      | 69%       | 67%     | 68%  | 68%   |
| No  | 35%   | 33%      | 31%       | 33%     | 32%  | 33%   |

|                                                                                                                                                                                     | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----------|-----------|---------|------|-------|
| S5_2: When you took part in this physical activity for how many MINUTES did you usually keep at it?                                                                                 |       |          |           |         |      |       |
| N                                                                                                                                                                                   | 110   | 147      | 136       | 149     | 508  | 1050  |
| Mean                                                                                                                                                                                | 57.3  | 52.3     | 41.3      | 44.8    | 50.7 | 49.6  |
| Std. Dev.                                                                                                                                                                           | 86.3  | 51.9     | 24.2      | 34.1    | 43.3 | 48.1  |
| S5_3: During the PAST MONTH, how many TIMES PER WEEK did you take part in these physical activities?                                                                                |       |          |           |         |      |       |
| N                                                                                                                                                                                   | 107   | 157      | 144       | 156     | 511  | 1074  |
| Mean                                                                                                                                                                                | 5.2   | 6.3      | 4.4       | 4.2     | 4.2  | 4.6   |
| Std. Dev.                                                                                                                                                                           | 5.8   | 7.4      | 5.7       | 3.1     | 3.9  | 5.0   |
| S5_4: During the PAST MONTH, how many times PER WEEK did you do physical activities to STRENGTHEN your muscles? Do NOT count aerobic activities like walking, running, or bicycling |       |          |           |         |      |       |
| N                                                                                                                                                                                   | 173   | 235      | 211       | 237     | 761  | 1617  |
| Mean                                                                                                                                                                                | 2.2   | 2.8      | 3.1       | 1.9     | 2.6  | 2.5   |
| Std. Dev.                                                                                                                                                                           | 4.9   | 7.5      | 8.1       | 3.5     | 4.9  | 5.7   |

## Health Care Access

IN1. Do you have any kind of health care coverage, including health insurance from an employer or private, prepaid plans such as HMOs, or government plans such as Medicare, Medicaid or CHIP?

|     | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----|-------|----------|-----------|---------|------|-------|
| Yes | 95%   | 90%      | 90%       | 93%     | 96%  | 94%   |
| No  | 5%    | 10%      | 10%       | 7%      | 4%   | 6%    |

ReasNoIns. Why don't you have health insurance?

|                                                                  | Adams<br>n=8 | Franklin<br>n=24 | Lancaster<br>n=22 | Lebanon<br>n=17 | York<br>n=29 | Total<br>n=100 |
|------------------------------------------------------------------|--------------|------------------|-------------------|-----------------|--------------|----------------|
| Cost: Too expensive, costs too much                              | 100%         | 31%              | 33%               | 8%              | 33%          | 34%            |
| Religious beliefs                                                | 0%           | 35%              | 4%                | 30%             | 0%           | 14%            |
| Change in employment status                                      | 0%           | 13%              | 0%                | 5%              | 33%          | 14%            |
| Coverage or financial help through church/religious organization | 0%           | 9%               | 14%               | 18%             | 5%           | 10%            |
| Unnecessary, do not need it, stay healthy, do not get sick       | 0%           | 0%               | 19%               | 10%             | 12%          | 9%             |
| Not offered by current employer                                  | 0%           | 0%               | 17%               | 30%             | 0%           | 9%             |
| Opportunity for other health coverage in the future              | 0%           | 7%               | 0%                | 0%              | 17%          | 7%             |
| Self pay, pay bills on own                                       | 0%           | 0%               | 11%               | 0%              | 0%           | 3%             |
| Other                                                            | 0%           | 6%               | 2%                | 0%              | 0%           | 2%             |

HCins. Which is it...

|                                                    | Adams<br>n=166 | Franklin<br>n=217 | Lancaster<br>n=193 | Lebanon<br>n=223 | York<br>n=738 | Total<br>n=537 |
|----------------------------------------------------|----------------|-------------------|--------------------|------------------|---------------|----------------|
| Health insurance from employer                     | 49%            | 52%               | 58%                | 49%              | 58%           | 55%            |
| Medicare                                           | 11%            | 13%               | 11%                | 12%              | 14%           | 13%            |
| Medicare and insurance you purchased yourself      | 14%            | 12%               | 15%                | 14%              | 12%           | 13%            |
| Medicaid                                           | 9%             | 4%                | 3%                 | 7%               | 5%            | 5%             |
| Employer and Medicare                              | 5%             | 8%                | 1%                 | 4%               | 4%            | 4%             |
| A state or federal health exchange                 | 2%             | 7%                | 5%                 | 5%               | 2%            | 3%             |
| Private health insurance                           | 2%             | 2%                | 5%                 | 6%               | 2%            | 3%             |
| VA Veterans' benefits                              | 3%             | 0%                | 0%                 | 2%               | 1%            | 1%             |
| A prepaid plan such as an HMO                      | 2%             | 0%                | 0%                 | 0%               | 1%            | 1%             |
| Tricare                                            | 0%             | 1%                | 0%                 | 1%               | 1%            | 1%             |
| Employer and insurance you purchased yourself      | 1%             | 1%                | 0%                 | 1%               | 0%            | 0%             |
| Share plan, religious or unspecified               | 0%             | 0%                | 2%                 | 0%               | 0%            | 0%             |
| Insurance company/provider named, unspecified type | 1%             | 0%                | 0%                 | 0%               | 0%            | 0%             |
| Other                                              | 0%             | 2%                | 0%                 | 0%               | 0%            | 0%             |

IN1C. Do you have a high deductible health plan?

|             | Adams<br>n=166 | Franklin<br>n=217 | Lancaster<br>n=193 | Lebanon<br>n=223 | York<br>n=738 | Total<br>n=537 |
|-------------|----------------|-------------------|--------------------|------------------|---------------|----------------|
| Yes         | 29%            | 23%               | 33%                | 21%              | 30%           | 28%            |
| No          | 62%            | 65%               | 56%                | 72%              | 66%           | 65%            |
| Do not know | 9%             | 12%               | 11%                | 8%               | 4%            | 7%             |

IN1C\_A. Have you delayed preventative screenings such as a mammography or colonoscopy due to cost?

|            | Adams<br>n=48 | Franklin<br>n=50 | Lancaster<br>n=63 | Lebanon<br>n=46 | York<br>n=216 | Total<br>n=423 |
|------------|---------------|------------------|-------------------|-----------------|---------------|----------------|
| Yes        | 11%           | 15%              | 15%               | 32%             | 29%           | 24%            |
| No         | 89%           | 81%              | 85%               | 68%             | 69%           | 75%            |
| Don't Know | 0%            | 4%               | 0%                | 0%              | 2%            | 1%             |

S3\_2@a. Do you have ONE person you think of as your personal doctor or health care provider?

|                    | Adams | Franklin | Lancaster | Lebanon | York | Total |
|--------------------|-------|----------|-----------|---------|------|-------|
| Yes, only one      | 64%   | 67%      | 61%       | 67%     | 65%  | 65%   |
| Yes, more than one | 22%   | 20%      | 24%       | 20%     | 24%  | 23%   |
| No personal doctor | 14%   | 14%      | 15%       | 13%     | 11%  | 13%   |
| Do not know        | 0%    | 0%       | 1%        | 0%      | 0%   | 0%    |

S3\_4. About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

|                                                             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------------------------------------------------------|-------|----------|-----------|---------|------|-------|
| Within past year (anytime less than 12 months ago)          | 75%   | 85%      | 69%       | 85%     | 84%  | 81%   |
| Within past 2 years (1 year ago but less than 2 years ago)  | 15%   | 5%       | 11%       | 8%      | 8%   | 9%    |
| Within past 5 years (2 years ago but less than 5 years ago) | 3%    | 5%       | 10%       | 2%      | 3%   | 4%    |
| 5 or more years ago                                         | 7%    | 4%       | 10%       | 5%      | 3%   | 5%    |
| Never                                                       | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Don't Know                                                  | 0%    | 1%       | 1%        | 1%      | 0%   | 1%    |

S3\_3. Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

|             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------|-------|----------|-----------|---------|------|-------|
| Yes         | 12%   | 10%      | 8%        | 8%      | 10%  | 10%   |
| No          | 87%   | 90%      | 92%       | 92%     | 90%  | 90%   |
| Do not know | 1%    | 0%       | 0%        | 0%      | 0%   | 0%    |

T3. Has a lack of transportation kept you from getting to a doctor's office or to any other health care appointment during the PAST YEAR?

|     | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----|-------|----------|-----------|---------|------|-------|
| Yes | 2%    | 4%       | 1%        | 2%      | 3%   | 3%    |
| No  | 98%   | 96%      | 99%       | 98%     | 97%  | 97%   |

S3\_5. How often do you have someone help you read materials you receive from your doctor or hospital...

|              | Adams | Franklin | Lancaster | Lebanon | York | Total |
|--------------|-------|----------|-----------|---------|------|-------|
| Always       | 4%    | 1%       | 0%        | 4%      | 3%   | 2%    |
| Often        | 2%    | 3%       | 2%        | 2%      | 2%   | 2%    |
| Sometimes    | 5%    | 3%       | 2%        | 4%      | 3%   | 3%    |
| Occasionally | 11%   | 5%       | 5%        | 9%      | 5%   | 6%    |
| Never        | 78%   | 88%      | 91%       | 82%     | 87%  | 86%   |

S3\_7. How confident do you feel when leaving the doctor's office that you understand what the doctor has told you...

|                      | Adams | Franklin | Lancaster | Lebanon | York | Total |
|----------------------|-------|----------|-----------|---------|------|-------|
| Extremely confident  | 47%   | 61%      | 54%       | 61%     | 62%  | 59%   |
| Quite a bit          | 35%   | 31%      | 42%       | 30%     | 27%  | 31%   |
| Somewhat             | 13%   | 5%       | 4%        | 7%      | 9%   | 8%    |
| A little bit         | 1%    | 1%       | 0%        | 1%      | 1%   | 1%    |
| Not at all confident | 2%    | 1%       | 0%        | 1%      | 1%   | 1%    |
| Do not know          | 2%    | 1%       | 0%        | 1%      | 0%   | 1%    |

S7\_1. How long has it been since you last visited a dentist or a dental clinic for any reason?

|                                                             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------------------------------------------------------|-------|----------|-----------|---------|------|-------|
| Within past year (anytime less than 12 months ago)          | 65%   | 72%      | 72%       | 65%     | 75%  | 72%   |
| Within past 2 years (1 year ago but less than 2 years ago)  | 15%   | 7%       | 11%       | 9%      | 10%  | 10%   |
| Within past 5 years (2 years ago but less than 5 years ago) | 10%   | 8%       | 6%        | 9%      | 5%   | 7%    |
| 5 or more years ago                                         | 7%    | 13%      | 11%       | 12%     | 9%   | 10%   |
| Never                                                       | 3%    | 1%       | 0%        | 1%      | 0%   | 1%    |
| Don't Know                                                  | 1%    | 0%       | 0%        | 5%      | 1%   | 1%    |

S7\_2. What is the MAIN reason you have NOT visited the dentist in the last year?

|                                                                       | Adams<br>n=67 | Franklin<br>n=86 | Lancaster<br>n=79 | Lebanon<br>n=88 | York<br>n=221 | Total<br>n=541 |
|-----------------------------------------------------------------------|---------------|------------------|-------------------|-----------------|---------------|----------------|
| Unnecessary, do not need to, no problems, only go when problem arises | 5%            | 23%              | 20%               | 20%             | 12%           | 15%            |
| Cost: cannot afford it                                                | 14%           | 7%               | 19%               | 11%             | 17%           | 14%            |
| Do not have dental insurance, no coverage                             | 13%           | 22%              | 12%               | 7%              | 14%           | 14%            |
| Do not like the dentist, fear                                         | 13%           | 7%               | 20%               | 12%             | 12%           | 12%            |
| Have dentures, false teeth                                            | 8%            | 19%              | 7%                | 11%             | 9%            | 11%            |
| Time                                                                  | 11%           | 2%               | 2%                | 0%              | 12%           | 7%             |
| Dentist does not accept insurance                                     | 0%            | 9%               | 0%                | 13%             | 2%            | 5%             |
| Unable to get an appointment, availability                            | 3%            | 1%               | 2%                | 10%             | 4%            | 4%             |
| Moved, new to area                                                    | 6%            | 0%               | 1%                | 1%              | 4%            | 3%             |
| Other medical issues take priority                                    | 0%            | 4%               | 3%                | 6%              | 0%            | 2%             |
| Has not looked, lazy                                                  | 8%            | 0%               | 1%                | 0%              | 1%            | 2%             |
| Cannot/Trying/Has to find a provider                                  | 8%            | 0%               | 0%                | 0%              | 2%            | 2%             |
| COVID-19                                                              | 3%            | 0%               | 0%                | 0%              | 0%            | 0%             |
| None, nothing                                                         | 0%            | 0%               | 0%                | 1%              | 3%            | 1%             |
| Other                                                                 | 9%            | 4%               | 8%                | 2%              | 2%            | 4%             |
| Do not know                                                           | 0%            | 2%               | 5%                | 7%              | 5%            | 4%             |

## Immunization

VX1. Generally speaking, do you believe that vaccines used to prevent illness are safe and effective: definitely yes, probably yes, probably no, definitely no?

|                | Adams | Franklin | Lancaster | Lebanon | York | Total |
|----------------|-------|----------|-----------|---------|------|-------|
| Definitely yes | 40%   | 39%      | 40%       | 45%     | 49%  | 45%   |
| Probably yes   | 41%   | 39%      | 40%       | 32%     | 34%  | 36%   |
| Probably no    | 6%    | 11%      | 14%       | 8%      | 7%   | 9%    |
| Definitely no  | 7%    | 7%       | 3%        | 12%     | 8%   | 8%    |
| Don't Know     | 6%    | 5%       | 3%        | 3%      | 3%   | 3%    |

## Cancer Screening

Gender. How do you describe yourself?

|                                                             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------------------------------------------------------|-------|----------|-----------|---------|------|-------|
| Male                                                        | 53%   | 48%      | 51%       | 53%     | 45%  | 48%   |
| Female                                                      | 47%   | 52%      | 49%       | 47%     | 55%  | 52%   |
| Transgender/Do not identify as female, male, or transgender | —     | —        | —         | —       | —    | —     |

\*"—" indicates less than 1% of responses

SO. Do you consider yourself to be:

|                       | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------------------|-------|----------|-----------|---------|------|-------|
| Straight              | 96%   | 94%      | 93%       | 90%     | 92%  | 93%   |
| Lesbian or gay        | 3%    | 1%       | 1%        | 2%      | 3%   | 2%    |
| Bisexual              | 1%    | 4%       | 5%        | 8%      | 4%   | 4%    |
| Something else, Other | 0%    | 1%       | 1%        | 0%      | 1%   | 1%    |
| Do not know           | 0%    | 0%       | 0%        | 0%      | 1%   | 0%    |

AGE. What was your age on your last birthday?

|          | Adams | Franklin | Lancaster | Lebanon | York | Total |
|----------|-------|----------|-----------|---------|------|-------|
| Under 35 | 33%   | 22%      | 32%       | 33%     | 19%  | 24%   |
| 35-54    | 27%   | 36%      | 31%       | 27%     | 32%  | 31%   |
| Over 55  | 40%   | 42%      | 38%       | 41%     | 49%  | 44%   |

S20\_2. Have you ever had a mammogram? (asked all women over 40)

|     | Adams<br>n=48 | Franklin<br>n=73 | Lancaster<br>n=58 | Lebanon<br>n=64 | York<br>n=293 | Total<br>n=539 |
|-----|---------------|------------------|-------------------|-----------------|---------------|----------------|
| Yes | 91%           | 93%              | 96%               | 87%             | 96%           | 94%            |
| No  | 9%            | 7%               | 4%                | 13%             | 4%            | 6%             |

S20\_3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams? OR, have you done an at-home colon cancer screening, such as Cologuard? (asked everyone over 50)

|             | Adams<br>n=81 | Franklin<br>n=130 | Lancaster<br>n=98 | Lebanon<br>n=116 | York<br>n=444 | Total<br>n=869 |
|-------------|---------------|-------------------|-------------------|------------------|---------------|----------------|
| Yes         | 92%           | 89%               | 90%               | 91%              | 92%           | 91%            |
| No          | 8%            | 12%               | 9%                | 7%               | 8%            | 9%             |
| Do not know | 0%            | 0%                | 1%                | 1%               | 0%            | 0%             |

S20\_3a. What has prevented you from having these exams?

|                                                              | Adams<br>n=7 | Franklin<br>n=14 | Lancaster<br>n=7 | Lebanon<br>n=8 | York<br>n=33 | Total<br>n=68 |
|--------------------------------------------------------------|--------------|------------------|------------------|----------------|--------------|---------------|
| No need, not necessary, not high risk                        | 41%          | 24%              | 16%              | 16%            | 21%          | 22%           |
| Cost, no insurance                                           | 0%           | 10%              | 35%              | 12%            | 8%           | 11%           |
| Too busy, no time                                            | 0%           | 10%              | 12%              | 12%            | 12%          | 10%           |
| At home test; Cologuard                                      | 0%           | 0%               | 0%               | 12%            | 19%          | 10%           |
| Side effects, prep process, complications                    | 0%           | 9%               | 12%              | 0%             | 9%           | 7%            |
| Age                                                          | 11%          | 10%              | 0%               | 0%             | 6%           | 6%            |
| Have never gotten it, does not want to get it (unspecified)  | 0%           | 13%              | 0%               | 0%             | 3%           | 4%            |
| Afraid, does not like needles, shots, or doctors             | 12%          | 0%               | 0%               | 4%             | 3%           | 3%            |
| Not effective, does not believe in it                        | 0%           | 0%               | 0%               | 0%             | 6%           | 3%            |
| Haven't gotten around to it, haven't been to doctor's office | 0%           | 0%               | 0%               | 24%            | 0%           | 3%            |
| Healthy                                                      | 0%           | 7%               | 0%               | 0%             | 0%           | 2%            |
| Planning on getting it, has or is making appointment         | 0%           | 0%               | 0%               | 7%             | 0%           | 1%            |
| Other                                                        | 18%          | 12%              | 9%               | 0%             | 3%           | 7%            |
| Do not know                                                  | 18%          | 6%               | 15%              | 15%            | 9%           | 10%           |

## Tobacco Use

S11\_1. Have you smoked at least 100 cigarettes in your entire life?

|             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------|-------|----------|-----------|---------|------|-------|
| Yes         | 48%   | 32%      | 33%       | 34%     | 37%  | 37%   |
| No          | 51%   | 67%      | 67%       | 65%     | 62%  | 63%   |
| Do not know | 1%    | 1%       | 1%        | 1%      | 1%   | 1%    |

S11\_2. Do you now smoke cigarettes every day, some days, or not at all?

|            | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b>  | <b>Total</b> |
|------------|--------------|-----------------|------------------|----------------|--------------|--------------|
|            | <b>n=85</b>  | <b>n=78</b>     | <b>n=70</b>      | <b>n=80</b>    | <b>n=289</b> | <b>n=602</b> |
| Every day  | 12%          | 22%             | 13%              | 31%            | 16%          | 18%          |
| Some days  | 12%          | 6%              | 3%               | 2%             | 5%           | 6%           |
| Not at all | 75%          | 72%             | 84%              | 67%            | 79%          | 77%          |

S11\_3. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

|             | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b>  | <b>Total</b> |
|-------------|--------------|-----------------|------------------|----------------|--------------|--------------|
|             | <b>n=85</b>  | <b>n=78</b>     | <b>n=70</b>      | <b>n=80</b>    | <b>n=289</b> | <b>n=602</b> |
| Yes         | 29%          | 15%             | 42%              | 22%            | 22%          | 24%          |
| No          | 70%          | 83%             | 58%              | 78%            | 77%          | 75%          |
| Do not know | 1%           | 1%              | 0%               | 0%             | 1%           | 1%           |

ECIG1 Electronic cigarettes (e-cigarettes) and other electronic “vaping” products include electronic hookahs (e-hookahs), vape pens, e-cigars, and others. Have you ever used an e-cigarette or other electronic “vaping” product containing nicotine, even just one time, in your entire life?

|     | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|-----|--------------|-----------------|------------------|----------------|-------------|--------------|
| Yes | 21%          | 19%             | 17%              | 22%            | 18%         | 19%          |
| No  | 79%          | 81%             | 83%              | 78%            | 82%         | 81%          |

ECIG2 Do you now use electronic cigarettes every day, some days, or not at all?

|            | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b>  | <b>Total</b> |
|------------|--------------|-----------------|------------------|----------------|--------------|--------------|
|            | <b>n=37</b>  | <b>n=46</b>     | <b>n=37</b>      | <b>n=54</b>    | <b>n=141</b> | <b>n=313</b> |
| Every day  | 16%          | 15%             | 17%              | 16%            | 18%          | 17%          |
| Some days  | 3%           | 0%              | 0%               | 4%             | 12%          | 6%           |
| Rarely     | 40%          | 45%             | 59%              | 43%            | 41%          | 44%          |
| Not at all | 41%          | 40%             | 24%              | 37%            | 29%          | 33%          |

## Alcohol Consumption

S13\_1. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

|     | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|-----|--------------|-----------------|------------------|----------------|-------------|--------------|
| Yes | 61%          | 58%             | 57%              | 58%            | 62%         | 60%          |
| No  | 39%          | 42%             | 43%              | 42%            | 38%         | 40%          |

S13\_3. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

|                   | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|-------------------|--------------|-----------------|------------------|----------------|-------------|--------------|
| None              | 0%           | 0%              | 1%               | 1%             | 1%          | 1%           |
| 1-3               | 72%          | 83%             | 90%              | 77%            | 84%         | 82%          |
| 4-6               | 19%          | 12%             | 5%               | 17%            | 6%          | 10%          |
| 7-9               | 3%           | 0%              | 1%               | 3%             | 1%          | 1%           |
| 10 or more drinks | 6%           | 4%              | 2%               | 1%             | 3%          | 3%           |
| Do not know       | 1%           | 1%              | 2%               | 1%             | 5%          | 3%           |

S13\_4. Considering all types of alcoholic beverages, how many times during the past 30 days did you have FIVE (default) / FOUR (women) or more drinks on an occasion?

|                   | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------------|-------|----------|-----------|---------|------|-------|
| No binge drinking | 85%   | 91%      | 85%       | 87%     | 84%  | 86%   |
| Binge drinker     | 15%   | 9%       | 15%       | 13%     | 16%  | 14%   |

### Substance Abuse

INSTA. In the past year, have you used an illegal drug or a prescription medication for non-medical reasons?

|             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------|-------|----------|-----------|---------|------|-------|
| Yes         | 4%    | 3%       | 5%        | 3%      | 6%   | 5%    |
| No          | 96%   | 97%      | 95%       | 97%     | 94%  | 95%   |
| Do not know | 1%    | 0%       | 0%        | 0%      | 0%   | 0%    |

### Marijuana Series

SA\_MJ1. The next questions are about marijuana and hashish. Marijuana is also called pot or grass. Marijuana can be smoked, either in cigarettes, joints, pipes, or vapes, and can be cooked into food or candy and eaten as “edibles”. Hashish is also called “hash” or “hash oil”. Have you ever, even once, used marijuana or hashish?

|     | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----|-------|----------|-----------|---------|------|-------|
| Yes | 49%   | 45%      | 45%       | 47%     | 49%  | 47%   |
| No  | 52%   | 55%      | 55%       | 53%     | 51%  | 53%   |

SA\_MJ2. Thinking specifically about the past 30 days, from [date] up to and including today. During the past 30 days, on how many days did you use marijuana?

|             | Adams<br>n=85 | Franklin<br>n=107 | Lancaster<br>n=95 | Lebanon<br>n=112 | York<br>n=371 | Total<br>n=770 |
|-------------|---------------|-------------------|-------------------|------------------|---------------|----------------|
| None        | 67%           | 80%               | 76%               | 78%              | 76%           | 76%            |
| 1-5         | 20%           | 9%                | 9%                | 6%               | 9%            | 10%            |
| 6-10        | 0%            | 3%                | 1%                | 1%               | 2%            | 2%             |
| 11 or more  | 13%           | 7%                | 13%               | 16%              | 13%           | 13%            |
| Do not know | 0%            | 0%                | 1%                | 0%               | 0%            | 0%             |

SA\_MJ3. Do you have a medical marijuana card issued by the state of Pennsylvania?

|     | Adams<br>n=85 | Franklin<br>n=107 | Lancaster<br>n=95 | Lebanon<br>n=112 | York<br>n=371 | Total<br>n=770 |
|-----|---------------|-------------------|-------------------|------------------|---------------|----------------|
| Yes | 42%           | 27%               | 35%               | 52%              | 44%           | 41%            |
| No  | 58%           | 73%               | 65%               | 48%              | 56%           | 59%            |

SA\_TorC. During the past 12 months, since <MON\_1AGO> <DAY\_1AGO>, <YEA\_1AGO>, have you received treatment or counseling for your use of alcohol or any drug, not including cigarettes?

|             | Adams<br>n=176 | Franklin<br>n=241 | Lancaster<br>n=215 | Lebanon<br>n=239 | York<br>n=775 | Total<br>n=1645 |
|-------------|----------------|-------------------|--------------------|------------------|---------------|-----------------|
| Yes         | 1%             | 0%                | 1%                 | 0%               | 0%            | 0%              |
| No          | 99%            | 99%               | 99%                | 100%             | 99%           | 99%             |
| Do not know | 0%             | 1%                | 1%                 | 0%               | 0%            | 0%              |

## Emotional Support and Life Satisfaction

S22\_1. The next two questions are about emotional support and your satisfaction with life. How often do you get the social and emotional support you need...

|            | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|------------|--------------|-----------------|------------------|----------------|-------------|--------------|
| Always     | 31%          | 32%             | 37%              | 42%            | 39%         | 37%          |
| Usually    | 38%          | 32%             | 43%              | 32%            | 35%         | 35%          |
| Sometimes  | 20%          | 19%             | 9%               | 14%            | 11%         | 13%          |
| Rarely     | 4%           | 6%              | 6%               | 8%             | 9%          | 7%           |
| Never      | 6%           | 11%             | 5%               | 4%             | 5%          | 6%           |
| Don't Know | 0%           | 1%              | 1%               | 0%             | 1%          | 1%           |

INTSS. People sometimes look to others for companionship, assistance or other types of support. How often is each of the following kinds of support available to you if you need it? How often is...

|                                                                                            |             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|--------------------------------------------------------------------------------------------|-------------|-------|----------|-----------|---------|------|-------|
| Someone available to take you to the doctor if you need it?                                | Always      | 63%   | 62%      | 67%       | 70%     | 68%  | 67%   |
|                                                                                            | Usually     | 19%   | 24%      | 19%       | 11%     | 16%  | 17%   |
|                                                                                            | Sometimes   | 10%   | 9%       | 7%        | 5%      | 7%   | 7%    |
|                                                                                            | Rarely      | 2%    | 3%       | 2%        | 4%      | 3%   | 3%    |
|                                                                                            | Never       | 5%    | 1%       | 4%        | 9%      | 5%   | 5%    |
|                                                                                            | Do not know | 1%    | 0%       | 1%        | 2%      | 0%   | 1%    |
| Someone available who shows you love and affection, if you need it?                        | Always      | 64%   | 60%      | 71%       | 72%     | 69%  | 68%   |
|                                                                                            | Usually     | 18%   | 24%      | 17%       | 10%     | 18%  | 18%   |
|                                                                                            | Sometimes   | 9%    | 12%      | 5%        | 9%      | 6%   | 8%    |
|                                                                                            | Rarely      | 5%    | 3%       | 4%        | 2%      | 5%   | 4%    |
|                                                                                            | Never       | 5%    | 1%       | 3%        | 7%      | 2%   | 3%    |
| Someone available to confide in or talk to about yourself or your problems if you need it? | Always      | 54%   | 55%      | 70%       | 73%     | 62%  | 63%   |
|                                                                                            | Usually     | 14%   | 27%      | 21%       | 10%     | 21%  | 19%   |
|                                                                                            | Sometimes   | 21%   | 8%       | 3%        | 13%     | 10%  | 10%   |
|                                                                                            | Rarely      | 1%    | 7%       | 5%        | 3%      | 6%   | 5%    |
|                                                                                            | Never       | 5%    | 2%       | 2%        | 1%      | 1%   | 2%    |
|                                                                                            | Do not know | 5%    | 1%       | 0%        | 0%      | 0%   | 1%    |
| Someone available to get together with for relaxation if you need it?                      | Always      | 38%   | 45%      | 60%       | 58%     | 53%  | 52%   |
|                                                                                            | Usually     | 34%   | 28%      | 24%       | 21%     | 27%  | 27%   |
|                                                                                            | Sometimes   | 10%   | 17%      | 9%        | 17%     | 11%  | 13%   |
|                                                                                            | Rarely      | 7%    | 8%       | 3%        | 3%      | 7%   | 6%    |
|                                                                                            | Never       | 6%    | 2%       | 4%        | 1%      | 2%   | 2%    |
|                                                                                            | Do not know | 5%    | 0%       | 0%        | 0%      | 0%   | 1%    |
| Someone available to help with daily chores, if you were sick, if you need it?             | Always      | 56%   | 45%      | 64%       | 66%     | 53%  | 55%   |
|                                                                                            | Usually     | 15%   | 29%      | 24%       | 16%     | 24%  | 23%   |
|                                                                                            | Sometimes   | 10%   | 15%      | 5%        | 11%     | 10%  | 10%   |
|                                                                                            | Rarely      | 6%    | 8%       | 3%        | 2%      | 8%   | 6%    |
|                                                                                            | Never       | 8%    | 3%       | 4%        | 5%      | 5%   | 5%    |
|                                                                                            | Do not know | 6%    | 0%       | 1%        | 0%      | 0%   | 1%    |
| Someone available to share your private worries and fears with, if you need it?            | Always      | 51%   | 52%      | 71%       | 70%     | 55%  | 58%   |
|                                                                                            | Usually     | 14%   | 28%      | 19%       | 12%     | 25%  | 21%   |
|                                                                                            | Sometimes   | 23%   | 9%       | 2%        | 14%     | 11%  | 11%   |
|                                                                                            | Rarely      | 2%    | 10%      | 3%        | 2%      | 5%   | 5%    |
|                                                                                            | Never       | 5%    | 2%       | 5%        | 3%      | 5%   | 4%    |
|                                                                                            | Do not know | 5%    | 0%       | 0%        | 0%      | 0%   | 1%    |
| Someone available to do something enjoyable with, if you need it?                          | Always      | 38%   | 49%      | 55%       | 61%     | 48%  | 50%   |
|                                                                                            | Usually     | 33%   | 28%      | 33%       | 19%     | 29%  | 28%   |
|                                                                                            | Sometimes   | 23%   | 18%      | 7%        | 15%     | 14%  | 15%   |

|                                                                     |             |     |     |     |     |     |     |
|---------------------------------------------------------------------|-------------|-----|-----|-----|-----|-----|-----|
| Someone to love and make you feel wanted, available if you need it? | Rarely      | 1%  | 4%  | 4%  | 3%  | 5%  | 4%  |
|                                                                     | Never       | 1%  | 1%  | 1%  | 1%  | 3%  | 2%  |
|                                                                     | Do not know | 5%  | 0%  | 0%  | 0%  | 1%  | 1%  |
|                                                                     | Always      | 57% | 58% | 69% | 76% | 63% | 64% |
|                                                                     | Usually     | 12% | 28% | 21% | 9%  | 20% | 19% |
|                                                                     | Sometimes   | 20% | 10% | 3%  | 8%  | 9%  | 9%  |
|                                                                     | Rarely      | 6%  | 4%  | 2%  | 5%  | 5%  | 5%  |
|                                                                     | Never       | 1%  | 1%  | 5%  | 3%  | 3%  | 3%  |
|                                                                     | Do not know | 5%  | 1%  | 1%  | 0%  | 0%  | 1%  |

S22\_2. In general, how satisfied are you with your life: Very satisfied, satisfied, dissatisfied, or very dissatisfied?

|                   | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|-------------------|--------------|-----------------|------------------|----------------|-------------|--------------|
| Very satisfied    | 31%          | 36%             | 44%              | 44%            | 32%         | 36%          |
| Satisfied         | 60%          | 56%             | 51%              | 49%            | 61%         | 57%          |
| Dissatisfied      | 3%           | 6%              | 3%               | 6%             | 6%          | 5%           |
| Very dissatisfied | 3%           | 2%              | 0%               | 1%             | 1%          | 1%           |
| Do not know       | 3%           | 0%              | 2%               | 1%             | 1%          | 1%           |

IntStress. How much of a hassle were the following things for you – did they cause no stress, some stress, moderate stress, or severe stress for you during the past 12 months?

|                                                              |                 | Adams | Franklin | Lancaster | Lebanon | York | Total |
|--------------------------------------------------------------|-----------------|-------|----------|-----------|---------|------|-------|
| Worries about food, shelter, health care, and transportation | No stress       | 73%   | 70%      | 75%       | 79%     | 80%  | 77%   |
|                                                              | Some stress     | 8%    | 18%      | 20%       | 15%     | 11%  | 14%   |
|                                                              | Moderate stress | 14%   | 7%       | 4%        | 3%      | 5%   | 6%    |
|                                                              | Severe stress   | 6%    | 5%       | 1%        | 3%      | 4%   | 4%    |
| Money worries like paying bills                              | No stress       | 35%   | 49%      | 43%       | 54%     | 48%  | 47%   |
|                                                              | Some stress     | 31%   | 36%      | 40%       | 25%     | 30%  | 32%   |
|                                                              | Moderate stress | 27%   | 12%      | 13%       | 11%     | 13%  | 14%   |
|                                                              | Severe stress   | 8%    | 3%       | 4%        | 10%     | 9%   | 8%    |
| Problems related to family                                   | No stress       | 49%   | 39%      | 42%       | 47%     | 37%  | 41%   |
|                                                              | Some stress     | 33%   | 41%      | 38%       | 34%     | 43%  | 40%   |
|                                                              | Moderate stress | 13%   | 10%      | 12%       | 15%     | 13%  | 13%   |
|                                                              | Severe stress   | 5%    | 10%      | 8%        | 4%      | 7%   | 7%    |
| Having to move, either recently or in the future             | No stress       | 86%   | 79%      | 81%       | 80%     | 79%  | 80%   |
|                                                              | Some stress     | 8%    | 10%      | 7%        | 9%      | 8%   | 8%    |
|                                                              | Moderate stress | 3%    | 5%       | 10%       | 9%      | 9%   | 8%    |
|                                                              | Severe stress   | 4%    | 5%       | 1%        | 2%      | 3%   | 3%    |
| Recent loss of a loved one                                   | Do not know     | 0%    | 1%       | 1%        | 0%      | 1%   | 1%    |
|                                                              | No stress       | 61%   | 79%      | 74%       | 67%     | 66%  | 69%   |
|                                                              | Some stress     | 28%   | 14%      | 16%       | 16%     | 15%  | 17%   |
|                                                              | Moderate stress | 9%    | 3%       | 6%        | 9%      | 9%   | 8%    |
| Sexual, emotional, or physical abuse                         | Severe stress   | 2%    | 3%       | 4%        | 8%      | 9%   | 7%    |
|                                                              | Do not know     | 1%    | 1%       | 0%        | 0%      | 1%   | 1%    |
|                                                              | No stress       | 84%   | 94%      | 94%       | 91%     | 92%  | 91%   |
|                                                              | Some stress     | 13%   | 5%       | 5%        | 6%      | 4%   | 5%    |
| Problems with alcohol or drugs                               | Moderate stress | 2%    | 0%       | 1%        | 0%      | 3%   | 2%    |
|                                                              | Severe stress   | 2%    | 1%       | 1%        | 3%      | 1%   | 2%    |
|                                                              | No stress       | 94%   | 97%      | 99%       | 98%     | 94%  | 95%   |
|                                                              | Some stress     | 2%    | 1%       | 1%        | 0%      | 5%   | 3%    |
| Work or job problems                                         | Moderate stress | 5%    | 2%       | 0%        | 1%      | 1%   | 2%    |
|                                                              | Severe stress   | 0%    | 0%       | 0%        | 0%      | 1%   | 0%    |
|                                                              | Do not know     | 0%    | 0%       | 0%        | 1%      | 0%   | 0%    |
|                                                              | No stress       | 53%   | 52%      | 54%       | 58%     | 52%  | 53%   |
| Problems with your friends                                   | Some stress     | 26%   | 31%      | 27%       | 19%     | 23%  | 24%   |
|                                                              | Moderate stress | 16%   | 13%      | 12%       | 14%     | 15%  | 14%   |
|                                                              | Severe stress   | 5%    | 5%       | 7%        | 8%      | 11%  | 8%    |
|                                                              | Do not know     | 0%    | 0%       | 0%        | 1%      | 0%   | 0%    |
| Feeling generally “overloaded”                               | No stress       | 73%   | 75%      | 83%       | 86%     | 81%  | 80%   |
|                                                              | Some stress     | 27%   | 22%      | 12%       | 10%     | 13%  | 15%   |
|                                                              | Moderate stress | 0%    | 1%       | 4%        | 4%      | 4%   | 3%    |
|                                                              | Severe stress   | 0%    | 2%       | 0%        | 0%      | 2%   | 1%    |
| Crime or safety in your neighborhood                         | Do not know     | 0%    | 0%       | 1%        | 0%      | 0%   | 0%    |
|                                                              | No stress       | 33%   | 32%      | 34%       | 37%     | 35%  | 34%   |
|                                                              | Some stress     | 31%   | 37%      | 38%       | 38%     | 33%  | 35%   |
|                                                              | Moderate stress | 16%   | 26%      | 22%       | 15%     | 18%  | 19%   |
|                                                              | Severe stress   | 20%   | 5%       | 6%        | 9%      | 14%  | 12%   |
|                                                              | No stress       | 89%   | 88%      | 85%       | 88%     | 89%  | 88%   |
|                                                              | Some stress     | 6%    | 6%       | 13%       | 12%     | 11%  | 10%   |
|                                                              | Moderate stress | 5%    | 6%       | 3%        | 1%      | 1%   | 2%    |
|                                                              | Severe stress   | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |

## Anxiety and Depression

Now, I am going to ask you some questions about your mood. When answering these questions, please think about how many days each of the following has occurred in the past 2 weeks. Over the last 2 weeks, how many days have you...

|                                                                                                   |                | Adams | Franklin | Lancaster | Lebanon | York | Total |
|---------------------------------------------------------------------------------------------------|----------------|-------|----------|-----------|---------|------|-------|
| Had little interest or pleasure in doing things?                                                  | None           | 55%   | 50%      | 51%       | 53%     | 50%  | 51%   |
|                                                                                                   | 1 or more days | 45%   | 50%      | 49%       | 47%     | 50%  | 49%   |
| Felt down, depressed or hopeless?                                                                 | None           | 60%   | 55%      | 50%       | 53%     | 52%  | 53%   |
|                                                                                                   | 1 or more days | 40%   | 45%      | 50%       | 47%     | 48%  | 47%   |
| Had trouble falling asleep or staying asleep or sleeping too much?                                | None           | 37%   | 40%      | 42%       | 43%     | 32%  | 36%   |
|                                                                                                   | 1 or more days | 63%   | 60%      | 58%       | 57%     | 69%  | 64%   |
| Felt tired or had little energy?                                                                  | None           | 17%   | 28%      | 28%       | 33%     | 25%  | 26%   |
|                                                                                                   | 1 or more days | 83%   | 72%      | 72%       | 67%     | 75%  | 74%   |
| Had a poor appetite or eaten too much?                                                            | None           | 51%   | 53%      | 50%       | 55%     | 44%  | 49%   |
|                                                                                                   | 1 or more days | 49%   | 47%      | 50%       | 45%     | 56%  | 52%   |
| Felt bad about yourself or that you were a failure or had let yourself or your family down?       | None           | 66%   | 63%      | 56%       | 66%     | 64%  | 63%   |
|                                                                                                   | 1 or more days | 34%   | 37%      | 44%       | 34%     | 36%  | 37%   |
| Had trouble concentrating on things, such as reading the newspaper or watching the TV?            | None           | 64%   | 64%      | 57%       | 58%     | 61%  | 61%   |
|                                                                                                   | 1 or more days | 36%   | 36%      | 43%       | 42%     | 39%  | 39%   |
| Moved or spoken so slowly that other people could have noticed? Or the opposite - being so fidget | None           | 79%   | 75%      | 71%       | 83%     | 76%  | 76%   |
|                                                                                                   | 1 or more days | 22%   | 25%      | 29%       | 17%     | 24%  | 24%   |

TRAUMA1. Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic. For example, a serious accident or fire, a physical or sexual assault or abuse, an earthquake or flood, a war, seeing someone be killed or seriously injured, or having a loved one die through homicide or suicide. Have you ever experienced this kind of event?

|             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------|-------|----------|-----------|---------|------|-------|
| Yes         | 46%   | 43%      | 40%       | 48%     | 49%  | 46%   |
| No          | 53%   | 57%      | 58%       | 50%     | 50%  | 52%   |
| Do not know | 1%    | 0%       | 2%        | 2%      | 1%   | 1%    |

MH2. In the past 12 months, have you wanted but not sought help for mental health because ...

|                                                             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------------------------------------------------------|-------|----------|-----------|---------|------|-------|
| No, did not want care                                       | 74%   | 75%      | 78%       | 79%     | 74%  | 76%   |
| You are not comfortable asking others for this kind of help | 6%    | 4%       | 8%        | 6%      | 6%   | 6%    |
| You could not afford it                                     | 2%    | 4%       | 6%        | 4%      | 8%   | 6%    |
| Received mental health care as needed                       | 3%    | 5%       | 1%        | 5%      | 3%   | 3%    |
| You did not have insurance                                  | 2%    | 2%       | 1%        | 1%      | 3%   | 2%    |
| Too busy, no time                                           | 4%    | 1%       | 2%        | 0%      | 2%   | 2%    |
| Did not need help for mental health                         | 2%    | 1%       | 1%        | 1%      | 1%   | 1%    |
| Lack of availability/providers                              | 0%    | 2%       | 1%        | 0%      | 2%   | 1%    |
| You did not have transportation                             | 0%    | 0%       | 3%        | 1%      | 1%   | 1%    |
| No reason for not seeking care                              | 3%    | 0%       | 0%        | 0%      | 1%   | 1%    |
| Trying to find provider who fits needs                      | 2%    | 1%       | 1%        | 0%      | 1%   | 1%    |
| Waitlist was full, on waitlist                              | 0%    | 0%       | 0%        | 0%      | 1%   | 1%    |
| Not effective, does not believe in it                       | 0%    | 1%       | 0%        | 0%      | 0%   | 0%    |
| Afraid, does not like doctors                               | 0%    | 0%       | 0%        | 1%      | 0%   | 0%    |
| Other                                                       | 0%    | 3%       | 0%        | 1%      | 2%   | 2%    |
| Do not know                                                 | 5%    | 3%       | 6%        | 3%      | 3%   | 3%    |

*\*Total may exceed 100% because multiple responses were accepted*

Cope1. If you sometimes experience stress, anxiety, feeling alone, or sadness and think you need help to cope, what do you do?

|                                                    | Adams | Franklin | Lancaster | Lebanon | York | Total |
|----------------------------------------------------|-------|----------|-----------|---------|------|-------|
| Talk with friends and family                       | 33%   | 31%      | 35%       | 28%     | 26%  | 29%   |
| Pray, church, religion, faith                      | 6%    | 5%       | 12%       | 7%      | 6%   | 7%    |
| Exercise                                           | 8%    | 5%       | 1%        | 7%      | 5%   | 5%    |
| Therapy, Counseling                                | 4%    | 6%       | 4%        | 5%      | 5%   | 5%    |
| Hobbies (crafts, garden)                           | 3%    | 5%       | 1%        | 2%      | 4%   | 3%    |
| Read, reading                                      | 3%    | 4%       | 2%        | 2%      | 3%   | 3%    |
| Keep going, deal with it, move on, work through it | 3%    | 5%       | 0%        | 4%      | 3%   | 3%    |
| N/A: Do not have these feelings, No experience     | 1%    | 2%       | 3%        | 2%      | 3%   | 3%    |
| Cope by myself                                     | 2%    | 2%       | 3%        | 4%      | 2%   | 3%    |
| Mediation, breathing                               | 5%    | 2%       | 3%        | 3%      | 2%   | 3%    |
| Electronics (TV, online)                           | 1%    | 1%       | 1%        | 2%      | 3%   | 2%    |
| Sleep                                              | 0%    | 1%       | 2%        | 6%      | 2%   | 2%    |
| Walk                                               | 1%    | 2%       | 2%        | 3%      | 3%   | 2%    |
| Medication                                         | 0%    | 0%       | 1%        | 2%      | 3%   | 2%    |
| Music                                              | 1%    | 3%       | 2%        | 2%      | 2%   | 2%    |
| Seek help (in general)                             | 3%    | 1%       | 1%        | 1%      | 1%   | 1%    |
| Relax (in general)                                 | 0%    | 0%       | 3%        | 0%      | 2%   | 1%    |
| Drink (alcohol)                                    | 4%    | 1%       | 1%        | 1%      | 0%   | 1%    |
| Spend time with pets                               | 0%    | 0%       | 0%        | 1%      | 1%   | 1%    |
| Cry                                                | 0%    | 0%       | 0%        | 1%      | 1%   | 1%    |
| Drive                                              | 0%    | 0%       | 0%        | 1%      | 1%   | 1%    |
| Smoke cigarettes or in general                     | 1%    | 0%       | 1%        | 0%      | 1%   | 1%    |
| Eat                                                | 0%    | 0%       | 1%        | 0%      | 0%   | 0%    |
| Other                                              | 1%    | 2%       | 0%        | 0%      | 1%   | 1%    |
| Nothing                                            | 15%   | 21%      | 20%       | 13%     | 16%  | 17%   |
| Do not know                                        | 3%    | 2%       | 2%        | 5%      | 3%   | 3%    |

*\*Total may exceed 100% because multiple responses were accepted*

## Social Context

The following questions are about several factors that can affect a person's health. Did any of the following hardships happen to you in the last 12 months...

|                                                                                                           |             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------------------------------------------------------------------------------------------------------|-------------|-------|----------|-----------|---------|------|-------|
| Did you fall behind in paying your rent or mortgage?                                                      | Yes         | 7%    | 7%       | 5%        | 5%      | 8%   | 7%    |
|                                                                                                           | No          | 93%   | 93%      | 95%       | 95%     | 92%  | 93%   |
|                                                                                                           | Do not know | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Were you evicted from your apartment or house?                                                            | Yes         | 2%    | 3%       | 1%        | 1%      | 0%   | 1%    |
|                                                                                                           | No          | 98%   | 97%      | 100%      | 99%     | 100% | 99%   |
|                                                                                                           | Do not know | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Did you have any utilities, such as water, heat, or electricity, shut off because you couldn't afford it? | Yes         | 5%    | 2%       | 2%        | 5%      | 2%   | 3%    |
|                                                                                                           | No          | 95%   | 99%      | 98%       | 95%     | 98%  | 97%   |
|                                                                                                           | Do not know | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Were you unable to purchase needed food because you couldn't afford it?                                   | Yes         | 10%   | 7%       | 5%        | 6%      | 8%   | 7%    |
|                                                                                                           | No          | 91%   | 93%      | 95%       | 94%     | 91%  | 92%   |
|                                                                                                           | Do not know | 0%    | 0%       | 0%        | 0%      | 1%   | 0%    |
| Were you unable to get needed medical care because you couldn't afford it?                                | Yes         | 8%    | 12%      | 4%        | 9%      | 10%  | 9%    |
|                                                                                                           | No          | 92%   | 88%      | 96%       | 91%     | 90%  | 91%   |
|                                                                                                           | Do Not Know | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Did you lack health insurance coverage?                                                                   | Yes         | 8%    | 13%      | 6%        | 7%      | 7%   | 8%    |
|                                                                                                           | No          | 92%   | 87%      | 94%       | 93%     | 93%  | 92%   |
|                                                                                                           | Do Not Know | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Were you let go or permanently laid off from your job?                                                    | Yes         | 4%    | 7%       | 2%        | 4%      | 5%   | 5%    |
|                                                                                                           | No          | 96%   | 93%      | 98%       | 96%     | 95%  | 95%   |
|                                                                                                           | Do Not Know | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Did you experience a reduction in pay for any reason?                                                     | Yes         | 17%   | 17%      | 12%       | 15%     | 14%  | 15%   |
|                                                                                                           | No          | 83%   | 83%      | 87%       | 85%     | 86%  | 85%   |
|                                                                                                           | Do Not Know | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Were you unemployed and looking for work for as long as a month?                                          | Yes         | 4%    | 16%      | 5%        | 12%     | 7%   | 9%    |
|                                                                                                           | No          | 96%   | 84%      | 95%       | 88%     | 93%  | 92%   |
|                                                                                                           | Do Not Know | 0%    | 0%       | 1%        | 0%      | 0%   | 0%    |
| Were you worried that your food would run out before you got money to buy more?                           | Yes         | 12%   | 9%       | 6%        | 5%      | 10%  | 9%    |
|                                                                                                           | No          | 88%   | 91%      | 94%       | 94%     | 90%  | 91%   |
|                                                                                                           | Do not know | 0%    | 0%       | 0%        | 1%      | 0%   | 0%    |
| Were you unable to get any needed prescription medications because you couldn't afford it?                | Yes         | 7%    | 7%       | 6%        | 6%      | 7%   | 7%    |
|                                                                                                           | No          | 92%   | 93%      | 94%       | 93%     | 92%  | 93%   |
|                                                                                                           | Do not know | 1%    | 0%       | 0%        | 1%      | 0%   | 0%    |
| Did you skip or reduce your meals?                                                                        | Yes         | 19%   | 20%      | 16%       | 9%      | 13%  | 14%   |
|                                                                                                           | No          | 81%   | 80%      | 85%       | 92%     | 86%  | 85%   |
|                                                                                                           | Do not know | 0%    | 0%       | 0%        | 0%      | 1%   | 1%    |
| Were you unable to purchase needed GAS because you couldn't afford it?                                    | Yes         | 6%    | 8%       | 6%        | 5%      | 5%   | 6%    |

|                                                                                                                                 |             |     |     |     |     |     |     |
|---------------------------------------------------------------------------------------------------------------------------------|-------------|-----|-----|-----|-----|-----|-----|
|                                                                                                                                 | No          | 94% | 91% | 94% | 95% | 95% | 94% |
|                                                                                                                                 | Do not know | 0%  | 1%  | 0%  | 0%  | 0%  | 0%  |
| For financial reasons, did you have to temporarily live with others or in a shelter or on the street during the last 12 months? |             |     |     |     |     |     |     |
|                                                                                                                                 | Yes         | 6%  | 4%  | 3%  | 4%  | 1%  | 3%  |
|                                                                                                                                 | No          | 94% | 96% | 97% | 96% | 99% | 98% |
|                                                                                                                                 | Do not know | 0%  | 0%  | 0%  | 0%  | 0%  | 0%  |

E11. To what degree do you feel grief, loss and burnout has impacted you: not at all, a fair amount, somewhat, a moderate amount, or a great deal?

|                   | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------------|-------|----------|-----------|---------|------|-------|
| Not at all        | 43%   | 38%      | 45%       | 52%     | 40%  | 42%   |
| A fair amount     | 17%   | 19%      | 14%       | 10%     | 14%  | 14%   |
| Somewhat          | 22%   | 20%      | 22%       | 17%     | 21%  | 21%   |
| A moderate amount | 13%   | 12%      | 10%       | 8%      | 13%  | 12%   |
| A great deal      | 6%    | 11%      | 7%        | 11%     | 11%  | 10%   |
| Do not know       | 0%    | 1%       | 2%        | 2%      | 1%   | 1%    |

## Housing

HS1. Do you currently rent your home, own your home, is it someone else's home, or is it some other type of place?

|                     | Adams | Franklin | Lancaster | Lebanon | York | Total |
|---------------------|-------|----------|-----------|---------|------|-------|
| Rent                | 20%   | 15%      | 12%       | 15%     | 20%  | 18%   |
| Own                 | 62%   | 78%      | 85%       | 74%     | 75%  | 75%   |
| Someone else's home | 17%   | 4%       | 2%        | 6%      | 3%   | 5%    |
| Other type of place | 2%    | 3%       | 1%        | 4%      | 2%   | 2%    |

HS1b. In the past two years, have you been homeless, couch surfing, or stayed in a shelter?

|     | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----|-------|----------|-----------|---------|------|-------|
| Yes | 4%    | 1%       | 1%        | 0%      | 2%   | 2%    |
| No  | 96%   | 99%      | 99%       | 100%    | 98%  | 99%   |

HS2. On a scale of 1 to 7 where 1 means "not at all worried" and 7 means "extremely worried", how worried are you that you will not be able to pay your rent or mortgage next month?

|                        | Adams | Franklin | Lancaster | Lebanon | York | Total |
|------------------------|-------|----------|-----------|---------|------|-------|
| 1 - not at all worried | 79%   | 78%      | 81%       | 90%     | 81%  | 81%   |
| 2                      | 2%    | 5%       | 12%       | 2%      | 6%   | 6%    |
| 3                      | 8%    | 1%       | 1%        | 0%      | 3%   | 2%    |
| 4                      | 3%    | 3%       | 2%        | 2%      | 1%   | 2%    |
| 5                      | 1%    | 6%       | 1%        | 1%      | 2%   | 2%    |
| 6                      | 2%    | 1%       | 0%        | 1%      | 1%   | 1%    |
| 7 - extremely worried  | 2%    | 0%       | 2%        | 5%      | 3%   | 2%    |
| Not applicable         | 3%    | 2%       | 2%        | 0%      | 4%   | 3%    |
| Do not know            | 0%    | 4%       | 0%        | 0%      | 0%   | 1%    |

RESY. How many years have you lived at your current residence?

|                    | Adams | Franklin | Lancaster | Lebanon | York | Total |
|--------------------|-------|----------|-----------|---------|------|-------|
| Less than one year | 0%    | 1%       | 1%        | 8%      | 5%   | 4%    |
| 1-5 years          | 46%   | 43%      | 37%       | 31%     | 37%  | 38%   |
| 6-10 years         | 26%   | 17%      | 19%       | 20%     | 16%  | 18%   |
| 11-20 years        | 6%    | 23%      | 14%       | 24%     | 15%  | 16%   |
| 21 or more years   | 22%   | 17%      | 30%       | 18%     | 27%  | 24%   |

A4. How safe do you feel in this neighborhood? Not at all safe, somewhat unsafe, somewhat safe, or very safe?

|                 | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------------|-------|----------|-----------|---------|------|-------|
| Not at all safe | 0%    | 1%       | 0%        | 0%      | 0%   | 0%    |
| Somewhat unsafe | 0%    | 2%       | 4%        | 2%      | 2%   | 2%    |
| Somewhat safe   | 8%    | 11%      | 11%       | 5%      | 10%  | 9%    |
| Very safe       | 92%   | 86%      | 85%       | 92%     | 88%  | 88%   |
| Do not know     | 0%    | 0%       | 0%        | 1%      | 1%   | 0%    |

R3. Excluding any assistance you might receive or someone living with you, how much is the total rent each week or month?

|                   | Adams<br>n=12 | Franklin<br>n=14 | Lancaster<br>n=17 | Lebanon<br>n=12 | York<br>n=31 | Total<br>n=86 |
|-------------------|---------------|------------------|-------------------|-----------------|--------------|---------------|
| Less than \$500   | 8%            | 7%               | 6%                | 8%              | 6%           | 7%            |
| \$500-1,000       | 58%           | 64%              | 24%               | 33%             | 45%          | 45%           |
| 1,001-1,500       | 33%           | 21%              | 35%               | 25%             | 26%          | 28%           |
| \$1,501 or higher | 0%            | 7%               | 35%               | 33%             | 22%          | 21%           |

R5. Since living at this place, how often have you or the people you lived with been late with a rent payment? Always, Often, Sometimes, Rarely, or Never?

|           | Adams<br>n=20 | Franklin<br>n=18 | Lancaster<br>n=12 | Lebanon<br>n=16 | York<br>n=79 | Total<br>n=147 |
|-----------|---------------|------------------|-------------------|-----------------|--------------|----------------|
| Always    | 0%            | 0%               | 0%                | 0%              | 6%           | 3%             |
| Often     | 4%            | 0%               | 0%                | 0%              | 0%           | 1%             |
| Sometimes | 2%            | 0%               | 0%                | 0%              | 9%           | 5%             |
| Rarely    | 18%           | 24%              | 18%               | 16%             | 9%           | 14%            |
| Never     | 76%           | 76%              | 82%               | 85%             | 76%          | 77%            |

E1. An eviction is when your landlord forces you to move when you don't want to. A landlord might force you to move because you didn't pay your rent, because you damaged the property, or for any number of other reasons. Sometimes a landlord gives you a paper, or tapes a paper to your door, saying you have to move. Sometimes you go to court; other times you don't. Whatever the case, an eviction happens when you move out because a landlord makes you. Were you, or a person you were staying with evicted from a place in the last two years?

|             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------|-------|----------|-----------|---------|------|-------|
| Yes         | 3%    | 1%       | 0%        | 4%      | 0%   | 1%    |
| No          | 97%   | 99%      | 100%      | 96%     | 100% | 99%   |
| Do not know | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |

E2. How many times were you or a person you were staying with evicted in the last two years?

|      | Adams<br>n=3 | Franklin<br>n=1 | Lancaster<br>n=1 | Lebanon<br>n=4 | York<br>n=2 | Total<br>n=10 |
|------|--------------|-----------------|------------------|----------------|-------------|---------------|
| None | 0%           | 0%              | 0%               | 15%            | 0%          | 6%            |
| 1    | 100%         | 100%            | 100%             | 85%            | 100%        | 94%           |

E4. Were you, or a person you were staying with, evicted because you or they fell behind in rent?

|     | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|-----|--------------|-----------------|------------------|----------------|-------------|--------------|
|     | <b>n=3</b>   | <b>n=1</b>      | <b>n=1</b>       | <b>n=4</b>     | <b>n=2</b>  | <b>n=10</b>  |
| Yes | 0%           | 100%            | 100%             | 43%            | 100%        | 48%          |
| No  | 100%         | 0%              | 0%               | 57%            | 0%          | 52%          |

FP4. Which of the following statements best describes your household's general financial situation:

|                                              | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|----------------------------------------------|--------------|-----------------|------------------|----------------|-------------|--------------|
| Have enough money to go beyond each payday   | 52%          | 76%             | 79%              | 74%            | 71%         | 71%          |
| Living payday to payday                      | 40%          | 22%             | 19%              | 24%            | 18%         | 22%          |
| Sometimes don't have enough money for basics | 9%           | 2%              | 2%               | 2%             | 11%         | 7%           |
| Do not know                                  | 0%           | 0%              | 0%               | 0%             | 1%          | 1%           |

FP5. Which of the following statements best describe your general feelings about your current debt:

|                                             | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|---------------------------------------------|--------------|-----------------|------------------|----------------|-------------|--------------|
| Don't have any debt                         | 8%           | 29%             | 32%              | 34%            | 24%         | 25%          |
| Manage debt without any setbacks            | 53%          | 38%             | 45%              | 44%            | 44%         | 44%          |
| Occasional difficulties but making progress | 37%          | 24%             | 18%              | 13%            | 23%         | 23%          |
| Never able to make any progress             | 3%           | 5%              | 3%               | 9%             | 8%          | 7%           |
| Do not know                                 | 0%           | 2%              | 0%               | 0%             | 0%          | 0%           |

## Food

FF1. How many days in the past WEEK did you prepare your evening meal at home?

|                    | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|--------------------|--------------|-----------------|------------------|----------------|-------------|--------------|
| none               | 0%           | 9%              | 4%               | 6%             | 4%          | 5%           |
| 1-3 days           | 26%          | 10%             | 9%               | 15%            | 16%         | 15%          |
| 4-6 days           | 39%          | 32%             | 63%              | 45%            | 51%         | 48%          |
| 7 days - Every day | 35%          | 48%             | 25%              | 32%            | 29%         | 32%          |
| Do not know        | 0%           | 0%              | 0%               | 2%             | 1%          | 1%           |

How many days in the past week did you purchase or receive food from the following sources:

|                                                    |             | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|----------------------------------------------------|-------------|--------------|-----------------|------------------|----------------|-------------|--------------|
| A senior center or food pantry?                    | none        | 93%          | 99%             | 98%              | 94%            | 94%         | 95%          |
|                                                    | 1-3 days    | 1%           | 1%              | 2%               | 6%             | 5%          | 4%           |
|                                                    | 4-6 days    | 5%           | 0%              | 0%               | 0%             | 0%          | 1%           |
|                                                    | Every day   | 0%           | 0%              | 0%               | 0%             | 0%          | 0%           |
|                                                    | Do not know | 1%           | 0%              | 1%               | 0%             | 1%          | 1%           |
| A Wal Mart, Target, or other big box store?        | none        | 51%          | 41%             | 48%              | 48%            | 54%         | 50%          |
|                                                    | 1-3 days    | 44%          | 50%             | 45%              | 51%            | 41%         | 45%          |
|                                                    | 4-6 days    | 3%           | 7%              | 1%               | 1%             | 3%          | 3%           |
|                                                    | Every day   | 2%           | 0%              | 3%               | 0%             | 2%          | 2%           |
|                                                    | Do not know | 0%           | 1%              | 3%               | 0%             | 0%          | 1%           |
| Convenience store, or corner store?                | none        | 83%          | 65%             | 64%              | 81%            | 68%         | 71%          |
|                                                    | 1-3 days    | 12%          | 33%             | 32%              | 18%            | 28%         | 26%          |
|                                                    | 4-6 days    | 6%           | 0%              | 4%               | 1%             | 3%          | 2%           |
|                                                    | Every day   | 0%           | 0%              | 0%               | 0%             | 1%          | 0%           |
|                                                    | Do not know | 0%           | 1%              | 1%               | 0%             | 1%          | 1%           |
| A farmer's market?                                 | none        | 95%          | 85%             | 65%              | 88%            | 82%         | 82%          |
|                                                    | 1-3 days    | 5%           | 15%             | 30%              | 12%            | 18%         | 17%          |
|                                                    | 4-6 days    | 0%           | 0%              | 5%               | 0%             | 0%          | 1%           |
|                                                    | Every day   | 0%           | 0%              | 0%               | 0%             | 0%          | 0%           |
|                                                    | Do not know | 0%           | 0%              | 1%               | 0%             | 0%          | 0%           |
| A grocery store such as Giant, Weis, or Food Lion? | none        | 13%          | 25%             | 18%              | 21%            | 15%         | 18%          |
|                                                    | 1-3 days    | 80%          | 66%             | 76%              | 69%            | 79%         | 75%          |
|                                                    | 4-6 days    | 6%           | 4%              | 5%               | 8%             | 3%          | 5%           |
|                                                    | Every day   | 2%           | 4%              | 1%               | 1%             | 2%          | 2%           |
|                                                    | Do not know | 0%           | 1%              | 0%               | 0%             | 1%          | 1%           |
| A fast food or chain restaurant?                   | none        | 30%          | 47%             | 32%              | 38%            | 44%         | 40%          |
|                                                    | 1-3 days    | 61%          | 44%             | 65%              | 57%            | 52%         | 54%          |
|                                                    | 4-6 days    | 9%           | 9%              | 2%               | 4%             | 2%          | 4%           |
|                                                    | Every day   | 0%           | 0%              | 1%               | 1%             | 2%          | 1%           |
|                                                    | Do not know | 0%           | 0%              | 1%               | 0%             | 1%          | 0%           |
| A dollar store?                                    | none        | 73%          | 87%             | 85%              | 93%            | 84%         | 85%          |
|                                                    | 1-3 days    | 27%          | 13%             | 14%              | 7%             | 15%         | 14%          |
|                                                    | 4-6 days    | 0%           | 0%              | 1%               | 0%             | 0%          | 0%           |
|                                                    | Every day   | 0%           | 0%              | 0%               | 0%             | 0%          | 0%           |
|                                                    | Do not know | 0%           | 0%              | 1%               | 0%             | 1%          | 0%           |

FS2. Has your household used a food bank, food pantry or other food distribution service within the past year?

|     | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|-----|--------------|-----------------|------------------|----------------|-------------|--------------|
| Yes | 11%          | 14%             | 12%              | 9%             | 9%          | 10%          |
| No  | 89%          | 86%             | 88%              | 91%            | 91%         | 90%          |

F5. Do you or does anyone in your household receive food stamps, SNAP, or EBT?

|             | <b>Adams</b> | <b>Franklin</b> | <b>Lancaster</b> | <b>Lebanon</b> | <b>York</b> | <b>Total</b> |
|-------------|--------------|-----------------|------------------|----------------|-------------|--------------|
| Yes         | 11%          | 17%             | 8%               | 18%            | 9%          | 12%          |
| No          | 89%          | 83%             | 92%              | 79%            | 91%         | 88%          |
| Do not know | 0%           | 0%              | 0%               | 4%             | 0%          | 1%           |

Do you strongly agree, somewhat agree, somewhat disagree or strongly disagree with the following statements about how well you sleep each night.

|                                                                       |                   | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------------------------------------------------------------------|-------------------|-------|----------|-----------|---------|------|-------|
| I often feel drowsy during the day, more than I expect is normal.     | Strongly agree    | 7%    | 17%      | 11%       | 11%     | 14%  | 13%   |
|                                                                       | Somewhat agree    | 27%   | 31%      | 19%       | 30%     | 24%  | 26%   |
|                                                                       | Somewhat disagree | 36%   | 13%      | 21%       | 21%     | 19%  | 20%   |
|                                                                       | Strongly disagree | 30%   | 39%      | 49%       | 33%     | 42%  | 40%   |
|                                                                       | Do not know       | 0%    | 0%       | 1%        | 6%      | 0%   | 1%    |
| I feel unrefreshed or tired in the morning despite sleeping at night. | Strongly agree    | 21%   | 15%      | 10%       | 21%     | 16%  | 16%   |
|                                                                       | Somewhat agree    | 30%   | 40%      | 36%       | 35%     | 33%  | 35%   |
|                                                                       | Somewhat disagree | 27%   | 16%      | 20%       | 14%     | 16%  | 17%   |
|                                                                       | Strongly disagree | 22%   | 28%      | 32%       | 30%     | 34%  | 31%   |
|                                                                       | Do not know       | 0%    | 0%       | 1%        | 0%      | 0%   | 0%    |
| I have trouble falling asleep.                                        | Strongly agree    | 15%   | 21%      | 9%        | 15%     | 19%  | 17%   |
|                                                                       | Somewhat agree    | 24%   | 23%      | 17%       | 24%     | 25%  | 23%   |
|                                                                       | Somewhat disagree | 21%   | 11%      | 17%       | 11%     | 13%  | 14%   |
|                                                                       | Strongly disagree | 40%   | 44%      | 56%       | 50%     | 44%  | 46%   |
|                                                                       | Do not know       | 0%    | 2%       | 1%        | 0%      | 0%   | 1%    |
| I have trouble remaining asleep.                                      | Strongly agree    | 18%   | 19%      | 8%        | 9%      | 20%  | 16%   |
|                                                                       | Somewhat agree    | 25%   | 31%      | 23%       | 26%     | 31%  | 29%   |
|                                                                       | Somewhat disagree | 20%   | 18%      | 14%       | 17%     | 18%  | 17%   |
|                                                                       | Strongly disagree | 38%   | 32%      | 54%       | 46%     | 31%  | 37%   |
|                                                                       | Do not know       | 0%    | 0%       | 1%        | 2%      | 0%   | 1%    |
| I awaken frequently during the night.                                 | Strongly agree    | 16%   | 19%      | 10%       | 11%     | 17%  | 15%   |
|                                                                       | Somewhat agree    | 30%   | 35%      | 29%       | 33%     | 38%  | 35%   |
|                                                                       | Somewhat disagree | 26%   | 18%      | 23%       | 14%     | 17%  | 18%   |
|                                                                       | Strongly disagree | 28%   | 29%      | 38%       | 42%     | 27%  | 31%   |
|                                                                       | Do not know       | 1%    | 1%       | 1%        | 0%      | 0%   | 0%    |

### Policy-oriented Questions

HEALTHPROB. This survey has asked about many different health-related topics. What do you think is the most important health problem confronting your community today?

|                                             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|---------------------------------------------|-------|----------|-----------|---------|------|-------|
| Mental Health (depression, anxiety)         | 23%   | 14%      | 13%       | 16%     | 18%  | 17%   |
| Affordability, Cost of care                 | 10%   | 5%       | 10%       | 12%     | 11%  | 10%   |
| Obesity                                     | 6%    | 9%       | 7%        | 9%      | 8%   | 8%    |
| Access to care (insurance)                  | 4%    | 3%       | 6%        | 6%      | 4%   | 5%    |
| Addiction, drug use                         | 3%    | 4%       | 4%        | 2%      | 5%   | 4%    |
| Cancer                                      | 2%    | 4%       | 1%        | 1%      | 4%   | 3%    |
| Diet, Nutrition                             | 5%    | 2%       | 5%        | 1%      | 2%   | 3%    |
| Quality of care in area                     | 0%    | 6%       | 1%        | 4%      | 2%   | 3%    |
| Availability (appointments, timely)         | 1%    | 1%       | 0%        | 2%      | 3%   | 2%    |
| Limited providers                           | 4%    | 3%       | 0%        | 1%      | 2%   | 2%    |
| Heart disease                               | 0%    | 1%       | 2%        | 2%      | 2%   | 2%    |
| Negative comment about government CDC, etc. | 3%    | 1%       | 1%        | 1%      | 1%   | 1%    |
| Aging, elder care                           | 1%    | 1%       | 2%        | 2%      | 1%   | 1%    |
| Cost of prescriptions                       | 2%    | 1%       | 0%        | 1%      | 1%   | 1%    |
| COVID-19                                    | 1%    | 0%       | 1%        | 1%      | 1%   | 1%    |
| Poverty                                     | 1%    | 2%       | 2%        | 0%      | 1%   | 1%    |
| Anti-vaccination                            | 1%    | 1%       | 0%        | 1%      | 1%   | 1%    |
| Vaccine misinformation                      | 0%    | 1%       | 1%        | 1%      | 1%   | 1%    |
| Food insecurity                             | 1%    | 0%       | 0%        | 0%      | 1%   | 1%    |
| Lack of Exercise                            | 0%    | 1%       | 2%        | 0%      | 0%   | 1%    |
| Affordable Housing                          | 0%    | 0%       | 0%        | 0%      | 1%   | 1%    |
| Other                                       | 13%   | 9%       | 10%       | 20%     | 10%  | 12%   |
| Do not know                                 | 20%   | 29%      | 31%       | 19%     | 19%  | 22%   |

ImpHS. What, if anything, should be done to improve the health and meet the health needs of your local community?

|                                                                 | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------------------------------------------------------------|-------|----------|-----------|---------|------|-------|
| Access to healthcare of all                                     | 4%    | 5%       | 4%        | 11%     | 8%   | 7%    |
| Affordability/availability of healthy food                      | 3%    | 6%       | 4%        | 6%      | 5%   | 5%    |
| Reduce cost/fees for medical services                           | 2%    | 2%       | 8%        | 4%      | 5%   | 4%    |
| STAFFING (additional doctors; staff; compensation, interaction) | 7%    | 5%       | 1%        | 3%      | 4%   | 4%    |
| Additional (access) mental health resources                     | 6%    | 2%       | 1%        | 3%      | 5%   | 4%    |
| Education                                                       | 0%    | 2%       | 1%        | 3%      | 4%   | 3%    |
| Community outreach to increase health awareness                 | 3%    | 4%       | 3%        | 2%      | 3%   | 3%    |
| Access/Affordability health-oriented recreation (yoga, gym)     | 0%    | 4%       | 3%        | 3%      | 1%   | 2%    |
| Improved access to preventative health (flu shots)              | 1%    | 3%       | 0%        | 1%      | 3%   | 2%    |
| Reduce cost of health insurance                                 | 2%    | 3%       | 1%        | 2%      | 2%   | 2%    |
| Universal Healthcare                                            | 3%    | 0%       | 1%        | 2%      | 3%   | 2%    |
| Improve healthcare, in general                                  | 0%    | 2%       | 1%        | 1%      | 3%   | 2%    |
| Additional general practice physicians, more convenient times   | 1%    | 2%       | 0%        | 1%      | 2%   | 1%    |
| Health clinic                                                   | 3%    | 3%       | 0%        | 0%      | 1%   | 1%    |
| Nutrition education                                             | 0%    | 0%       | 4%        | 3%      | 1%   | 1%    |
| Social connections                                              | 3%    | 0%       | 0%        | 1%      | 1%   | 1%    |
| Access to transportation                                        | 2%    | 3%       | 2%        | 0%      | 0%   | 1%    |
| Affordability of medications                                    | 0%    | 1%       | 2%        | 1%      | 1%   | 1%    |
| Access to affordable housing                                    | 2%    | 1%       | 0%        | 0%      | 1%   | 1%    |
| WellSpan (Any mention)                                          | 1%    | 1%       | 0%        | 1%      | 1%   | 1%    |
| Additional services/resources for seniors                       | 0%    | 1%       | 2%        | 1%      | 1%   | 1%    |
| Addiction services (not related to mental health)               | 1%    | 0%       | 0%        | 0%      | 1%   | 1%    |
| Government out of health care (not related to Covid)            | 0%    | 1%       | 0%        | 2%      | 0%   | 1%    |
| Personal Responsibility                                         | 2%    | 0%       | 0%        | 0%      | 1%   | 1%    |
| Assistance for homeless population                              | 0%    | 1%       | 0%        | 1%      | 0%   | 0%    |
| Healthier grocery options                                       | 0%    | 0%       | 0%        | 0%      | 1%   | 0%    |
| Improve air quality                                             | 1%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Spirituality, Religion                                          | 0%    | 0%       | 0%        | 0%      | 1%   | 0%    |
| Ease of billing/payment                                         | 1%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Other                                                           | 14%   | 8%       | 6%        | 12%     | 11%  | 10%   |
| None, nothing                                                   | 3%    | 1%       | 2%        | 3%      | 1%   | 1%    |
| Do not know                                                     | 34%   | 42%      | 54%       | 34%     | 33%  | 37%   |

## Demographics

Race4. Which of the following categories best describes your racial background?

|          | Adams | Franklin | Lancaster | Lebanon | York | Total |
|----------|-------|----------|-----------|---------|------|-------|
| White    | 94%   | 92%      | 98%       | 87%     | 88%  | 90%   |
| Hispanic | 4%    | 1%       | 0%        | 8%      | 7%   | 5%    |
| Black    | 0%    | 6%       | 0%        | 4%      | 4%   | 3%    |
| Other    | 2%    | 1%       | 2%        | 1%      | 2%   | 2%    |

We are interested in knowing whether you have experienced any unfair treatment because of your race, ethnicity, or cultural background. Within the past 12 months, that is since [one year ago date], have you felt treated unfairly when you were...

|                                                                   |                                                           | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------------------------------------------------------------|-----------------------------------------------------------|-------|----------|-----------|---------|------|-------|
| At work?                                                          | Yes                                                       | 5%    | 3%       | 3%        | 7%      | 6%   | 5%    |
|                                                                   | No                                                        | 95%   | 96%      | 97%       | 92%     | 94%  | 94%   |
|                                                                   | Do not know                                               | 0%    | 1%       | 1%        | 1%      | 0%   | 1%    |
| At school?                                                        | Yes                                                       | 1%    | 1%       | 0%        | 2%      | 2%   | 1%    |
|                                                                   | No                                                        | 99%   | 98%      | 99%       | 97%     | 99%  | 98%   |
|                                                                   | Do not know                                               | 0%    | 1%       | 0%        | 2%      | 0%   | 1%    |
| Getting medical care?                                             | Yes                                                       | 0%    | 2%       | 0%        | 3%      | 4%   | 3%    |
|                                                                   | No                                                        | 100%  | 98%      | 99%       | 97%     | 95%  | 97%   |
|                                                                   | Do not know                                               | 0%    | 0%       | 1%        | 1%      | 0%   | 1%    |
| On the street or in a public setting, like a restaurant or store? | Yes                                                       | 8%    | 5%       | 2%        | 7%      | 5%   | 5%    |
|                                                                   | No                                                        | 91%   | 94%      | 97%       | 92%     | 94%  | 94%   |
|                                                                   | Do not know                                               | 0%    | 1%       | 1%        | 1%      | 1%   | 1%    |
| By police or in the courts?                                       | Yes                                                       | 4%    | 2%       | 3%        | 2%      | 3%   | 3%    |
|                                                                   | No                                                        | 66%   | 66%      | 56%       | 70%     | 62%  | 63%   |
|                                                                   | No interaction with police or court in the past 12 months | 31%   | 32%      | 42%       | 28%     | 35%  | 34%   |
| On social media?                                                  | Do Not Know                                               | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |
|                                                                   | Yes                                                       | 8%    | 4%       | 6%        | 5%      | 9%   | 7%    |
|                                                                   | No                                                        | 90%   | 93%      | 90%       | 94%     | 89%  | 90%   |
|                                                                   | Do not know                                               | 2%    | 4%       | 4%        | 1%      | 3%   | 3%    |

CRIME1. Do you have a criminal record?

|                       | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------------------|-------|----------|-----------|---------|------|-------|
| Yes                   | 7%    | 6%       | 1%        | 4%      | 6%   | 5%    |
| No                    | 93%   | 93%      | 98%       | 96%     | 93%  | 94%   |
| Do not know, not sure | 0%    | 1%       | 1%        | 0%      | 0%   | 1%    |

CRIME2. Do you have a felony on your record?

|                       | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------------------|-------|----------|-----------|---------|------|-------|
|                       | n=13  | n=14     | n=2       | n=9     | n=49 | n=86  |
| Yes                   | 37%   | 36%      | 0%        | 32%     | 6%   | 18%   |
| No                    | 63%   | 64%      | 100%      | 68%     | 94%  | 83%   |
| Do not know, not sure | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |

MAR. What is your current marital status, are you single, a member of an unmarried couple, married, divorced, widowed, or separated?

|                                 | Adams | Franklin | Lancaster | Lebanon | York | Total |
|---------------------------------|-------|----------|-----------|---------|------|-------|
| Single (never married)          | 13%   | 18%      | 11%       | 24%     | 19%  | 18%   |
| A member of an unmarried couple | 15%   | 2%       | 4%        | 7%      | 5%   | 6%    |
| Married                         | 58%   | 57%      | 70%       | 55%     | 54%  | 57%   |
| Divorced                        | 8%    | 14%      | 7%        | 5%      | 11%  | 10%   |
| Widowed                         | 5%    | 8%       | 6%        | 7%      | 8%   | 7%    |
| Separated                       | 1%    | 1%       | 2%        | 3%      | 3%   | 2%    |

NumC. How many children LESS than 18 years of age live in your household?

|              | Adams | Franklin | Lancaster | Lebanon | York | Total |
|--------------|-------|----------|-----------|---------|------|-------|
| None         | 59%   | 68%      | 59%       | 71%     | 74%  | 69%   |
| 1            | 23%   | 9%       | 11%       | 13%     | 10%  | 12%   |
| 2-4 children | 18%   | 23%      | 26%       | 14%     | 15%  | 18%   |
| 5 or more    | 0%    | 0%       | 4%        | 3%      | 1%   | 1%    |

*\*Questions C1 through C5 asked only of those with children; Adams n=72; Franklin n=77; Lancaster n=88; Lebanon n=71; York n=197; Total n=506*

C1. What is the biggest problem or issue that you and your children have dealt with in the last year?

|                                                                    | Adams | Franklin | Lancaster | Lebanon | York | Total |
|--------------------------------------------------------------------|-------|----------|-----------|---------|------|-------|
| Family Health Problems                                             | 11%   | 2%       | 9%        | 4%      | 7%   | 7%    |
| Finances                                                           | 12%   | 8%       | 4%        | 6%      | 5%   | 7%    |
| Mental Health (anxiety, depression, etc.)                          | 8%    | 0%       | 4%        | 5%      | 10%  | 6%    |
| Education, school - home school, virtual School, other, in general | 2%    | 11%      | 4%        | 0%      | 6%   | 5%    |
| Child's Medical Diagnosis (Autism, ADHD)                           | 2%    | 11%      | 2%        | 1%      | 7%   | 5%    |
| Behavioral problems                                                | 3%    | 5%       | 14%       | 2%      | 2%   | 5%    |
| Childcare                                                          | 4%    | 11%      | 4%        | 0%      | 3%   | 4%    |
| Divorce, separation                                                | 0%    | 4%       | 0%        | 0%      | 5%   | 3%    |
| Bullying                                                           | 1%    | 2%       | 5%        | 1%      | 2%   | 2%    |
| Food insecurity                                                    | 0%    | 0%       | 6%        | 0%      | 2%   | 2%    |
| Lack of family time                                                | 0%    | 3%       | 5%        | 0%      | 1%   | 2%    |
| Parent's employment                                                | 0%    | 3%       | 3%        | 1%      | 0%   | 1%    |
| Domestic Violence                                                  | 0%    | 0%       | 0%        | 0%      | 1%   | 1%    |
| Other                                                              | 16%   | 11%      | 9%        | 30%     | 11%  | 14%   |
| Nothing                                                            | 30%   | 29%      | 17%       | 47%     | 31%  | 30%   |
| Do not know                                                        | 12%   | 0%       | 13%       | 3%      | 8%   | 7%    |

C2. How often do you feel you could use some guidance in dealing with the issues and problems your children are facing: frequently, often, sometimes or never?

|            | Adams | Franklin | Lancaster | Lebanon | York | Total |
|------------|-------|----------|-----------|---------|------|-------|
| Frequently | 9%    | 2%       | 9%        | 4%      | 6%   | 6%    |
| Often      | 4%    | 17%      | 13%       | 3%      | 18%  | 13%   |
| Sometimes  | 49%   | 43%      | 64%       | 26%     | 50%  | 48%   |
| Never      | 32%   | 37%      | 13%       | 65%     | 26%  | 32%   |

|             |    |    |    |    |    |    |
|-------------|----|----|----|----|----|----|
| Do not know | 5% | 1% | 1% | 2% | 0% | 1% |
|-------------|----|----|----|----|----|----|

C5. Have any of your children had a problem with drugs or alcohol in the past 12 months?

|                       | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------------------|-------|----------|-----------|---------|------|-------|
| Yes                   | 4%    | 0%       | 0%        | 0%      | 5%   | 2%    |
| No                    | 96%   | 100%     | 99%       | 100%    | 96%  | 97%   |
| Do not know, not sure | 0%    | 0%       | 2%        | 0%      | 0%   | 0%    |

NumA. Including yourself, how many adults 18 years of age or older currently live in this household?

|           | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------|-------|----------|-----------|---------|------|-------|
| 1         | 16%   | 25%      | 18%       | 25%     | 26%  | 24%   |
| 2         | 70%   | 59%      | 67%       | 57%     | 54%  | 58%   |
| 3         | 5%    | 8%       | 8%        | 11%     | 13%  | 10%   |
| 4 or more | 10%   | 7%       | 7%        | 8%      | 7%   | 8%    |

CG1. Some people play the role of caregiver as part of their daily lives, which means they are responsible for meeting the physical and psychological needs of others. Do you act as an unpaid caregiver for another ADULT, such as a spouse, sibling, aunt, uncle, parent, or grandparent?

|                       | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------------------|-------|----------|-----------|---------|------|-------|
| Yes                   | 14%   | 19%      | 11%       | 16%     | 21%  | 18%   |
| No                    | 85%   | 81%      | 89%       | 82%     | 78%  | 81%   |
| Do not know, not sure | 1%    | 0%       | 0%        | 2%      | 1%   | 1%    |

CG1a. Do you care for someone regularly, on a daily basis?

|             | Adams | Franklin | Lancaster | Lebanon | York  | Total |
|-------------|-------|----------|-----------|---------|-------|-------|
|             | n=25  | n=45     | n=23      | n=38    | n=161 | n=292 |
| Yes         | 77%   | 74%      | 72%       | 58%     | 69%   | 69%   |
| No          | 23%   | 24%      | 28%       | 42%     | 31%   | 31%   |
| Do not know | 0%    | 2%       | 0%        | 0%      | 0%    | 0%    |

EDUC. What is the highest grade or year of school you completed? Elementary school, some high school, high school, some college or technical school, or are you a college graduate?

|                                                              | Adams | Franklin | Lancaster | Lebanon | York | Total |
|--------------------------------------------------------------|-------|----------|-----------|---------|------|-------|
| Never attended school or only attended kindergarten          | 0%    | 0%       | 0%        | 0%      | 0%   | 0%    |
| Grades 1 through 8 (Elementary)                              | 3%    | 1%       | 8%        | 3%      | 0%   | 2%    |
| Grades 9 through 11 (Some high school)                       | 1%    | 3%       | 6%        | 3%      | 0%   | 2%    |
| Grade 12 or GED (High school graduate)                       | 27%   | 30%      | 25%       | 31%     | 18%  | 24%   |
| College 1 year to 3 years (Some college or technical school) | 49%   | 38%      | 39%       | 37%     | 41%  | 41%   |
| College 4 years or more (College graduate)                   | 21%   | 27%      | 22%       | 27%     | 40%  | 32%   |

S12\_9. Are you currently employed for wages, self-employed, been out of work for more than one year, been out of work for less than one year, are you a homemaker, a student, retired, or are you unable to work?

|                                    | Adams | Franklin | Lancaster | Lebanon | York | Total |
|------------------------------------|-------|----------|-----------|---------|------|-------|
| Employed for wages, Self-employed, | 60%   | 50%      | 58%       | 53%     | 55%  | 55%   |
| Out of work for MORE than one year | 4%    | 8%       | 10%       | 8%      | 6%   | 7%    |
| Out of work for LESS than one year | 0%    | 2%       | 1%        | 0%      | 2%   | 1%    |
|                                    | 1%    | 1%       | 2%        | 2%      | 2%   | 2%    |

|                |     |     |     |     |     |     |
|----------------|-----|-----|-----|-----|-----|-----|
| A Homemaker    | 3%  | 3%  | 7%  | 1%  | 3%  | 3%  |
| A Student      | 0%  | 3%  | 0%  | 1%  | 1%  | 1%  |
| Retired        | 28% | 29% | 22% | 29% | 31% | 29% |
| Unable to work | 3%  | 4%  | 1%  | 7%  | 2%  | 3%  |

INCOME. What is your annual household income from all sources?

|                       | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-----------------------|-------|----------|-----------|---------|------|-------|
| Under \$10,000        | 0%    | 1%       | 1%        | 2%      | 2%   | 1%    |
| \$10-\$15,000         | 3%    | 3%       | 1%        | 3%      | 1%   | 2%    |
| \$15-20,000           | 0%    | 1%       | 2%        | 4%      | 1%   | 2%    |
| \$20-25,000           | 4%    | 1%       | 2%        | 3%      | 4%   | 3%    |
| \$25 - 35,000         | 6%    | 7%       | 3%        | 3%      | 5%   | 5%    |
| \$35 - 50,000         | 13%   | 12%      | 18%       | 8%      | 9%   | 11%   |
| \$50 - 75,000         | 18%   | 14%      | 18%       | 11%     | 16%  | 16%   |
| Over \$75,000         | 42%   | 45%      | 44%       | 47%     | 49%  | 47%   |
| Do not know, Not sure | 6%    | 7%       | 3%        | 11%     | 3%   | 5%    |
| Prefer not to answer  | 8%    | 9%       | 9%        | 9%      | 10%  | 9%    |

BMI Category

|             | Adams | Franklin | Lancaster | Lebanon | York | Total |
|-------------|-------|----------|-----------|---------|------|-------|
| underweight | 0%    | 1%       | 0%        | 3%      | 1%   | 1%    |
| normal      | 22%   | 28%      | 29%       | 26%     | 28%  | 27%   |
| overweight  | 24%   | 32%      | 31%       | 31%     | 31%  | 30%   |
| obese       | 53%   | 39%      | 40%       | 40%     | 40%  | 42%   |

|           | Weighted | Unweighted |
|-----------|----------|------------|
| Adams     | n=175    | n=250      |
| Franklin  | n=241    | n=252      |
| Lancaster | n=215    | n=333      |
| Lebanon   | n=239    | n=258      |
| York      | n=775    | n=553      |