

SALISHAN COMMUNITY HEALTH ASSESSMENT

FALL 2009

Prepared by:

Jason Hodges

Office of Community Assessment

Tacoma-Pierce County Health Department

Sponsored by:

The Tacoma Housing Authority, the Salishan Community Association, and:



Salishan Community Health Assessment

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Introduction

Salishan is a mixture of public housing and market-rate single-family homes, apartments, and quadrant homes located in within the City of Tacoma. There are currently 540 households within Salishan. The community has long been comprised of a rich diversity of cultural and ethnic groups including African American, Cambodian, Russian, Korean and Vietnamese. In 2000, the Tacoma Housing Authority was awarded a HOPE VI grant from the US Department of Housing and Urban Development, which was aimed at redeveloping severely distressed public housing by integrating market-rate homes and rentals with traditional public housing options. Salishan is also home to the Korean Women's Association's International Place, which is an apartment community for seniors, and Habit for Humanity homes.

The Comprehensive Health Education Foundation (CHEF) has maintained a partnership with the Salishan community through the funding of healthy eating and active living programs such as, The Community Kitchen Program. CHEF had pursued other funding opportunities for Salishan, but was advised to complete a health assessment to gain a better perspective of the health issues in Salishan. In September of 2009, the Tacoma-Pierce County Health Department was approached by Community Health Education Foundation (CHEF) to conduct a community health assessment for Salishan.

The goals of this assessment were to (1) gain a better understanding of the health issues in Salishan, (2) gather feedback from residents about what health related improvements they would like to see in Salishan, and (3) prioritize recommendations that would ultimately lead to better health outcomes in Salishan.

Demographics & Family Characteristics

Data provided by the Tacoma Housing Authority shows that Salishan's development includes approximately 540 housing units. Of these total residents, nearly 59% are non-White; of the total households 88% are described as either *extremely low income* (below 60% of median income) or *very low income* (below 28% of median income).

Salishan contains a high rate of ethnic diversity, especially when compared to the population of Pierce County as a whole. In Pierce County Asians represent close to 6% of the total population; in Salishan, Asians represent close to 39% of all residents. African Americans make up 21% of Salishan's population; in Pierce County, African Americans represent almost 7% of the total population.

Previous Assessments

Prior to the Health Departments work on this community health assessment, other entities have completed projects and evaluations within Salishan.

Salishan Household Health Survey (2005)

Conducted by the Northwest Institute for Children & Families in April of 2005, the Salishan Household Health Survey surveyed 60 households and was aimed at gaining insight into the health status among families living in Salishan. Interesting findings of this survey were:

- 87% of respondents had some form of health insurance
- Less than half of respondents had been to the dentist in the past year
- 70% of respondents reported taking medication for some medical condition
- 82% of adults were reported to be in fair or poor health

Community Health Assessment (2009)

Methodology

Resident participation was given high priority throughout the assessment design, implementation, and dissemination. The Salishan health assessment was influenced by and guided by a similar public housing assessment sponsored by CHEF, which was conducted in Vancouver, Washington. An initial meeting took place in September 2009 between representatives of TPCHD, CHEF, and the THA. The community resident manager at Salishan suggested working with an existing resident group to gather additional input about the survey design, collection methods, and incentives. This existing group was established through previous work with CHEF to promote healthy eating and living activities in Salishan.

Following this meeting TPCHD and CHEF staff met with the Salishan resident group to gauge their interest in participating in the health assessment. Residents were promised an incentive in exchange for their time and work on the project of a \$100 gift card. Residents were asked to contribute feedback on the assessment survey design, implementation of the survey, incentives for participation, and other planning issues.

Beginning in October 2009 a group of 5-8 residents met with TPCHD staff for a regular weekly meeting that lasted through December 2009. Discussions at these meetings were instrumental in designing the assessment tool, determining attractive incentives, scheduling the time and place for administering the survey, and developing methods for publicizing the survey event.

Survey Methods

Survey questions were selected from the 2009 Behavioral Risk Factor Surveillance System Questionnaire, the 2010 US Census, the Healthy Carolinas 2009 Community Health Opinion Survey, the 2009 Skyline Crest Community Health Assessment Survey, and from Salishan residents participating in the resident group meetings.

The final questionnaire was comprised of 7 sections: Demographics; Safety in Salishan, Salishan as a Community; Resources, Services, and Activities; Fresh Food and Physical

Activity; Individual and Family Health Status; and Access to Care. The final survey was piloted tested by the group of residents participating in the survey design as well as by residents participating in the first day of conducting the survey. The final survey can be found in Appendix A of this report.

The survey was conducted using four collection approaches: 1) establishing a location at the Family Investment Center where residents would come to pay monthly housing payments; 2) at the Korean Women's Association International Place meeting room for two days; 3) door-to-door surveying on one day; and 4) through an online version of the survey. The intention was to provide as much opportunity as possible for residents to participate in the survey since there was no formal sampling strategy being employed.

The resident group assisted in promoting the survey by passing out flyers and through word-of-mouth. The online survey was promoted through a community-wide mailing and a survey link was placed on the Salishan Community Association blog. The resident manager at International Place apartments promoted the survey at a regularly scheduled community meeting and by posting flyers in Cambodian (Khmer), Vietnamese, and Korean languages.

Additionally, Cambodian (Khmer), Vietnamese, Russian, and Korean translators were available for the door-to-door survey and at the International Place apartment's collection location. In addition to on-site translators, information flyers about the survey were also made available in the languages mentioned above.

Based on discussions with the resident group, it was decided that offering a \$50 gift card drawing on each day of the survey would be the most attractive incentive offer for respondents. In addition to the \$50 gift card drawing, a second drawing for a \$100 gift card was also held at the completion of survey collection.

Dinner Discussion

Once the initial data had been collected from the survey a dinner was held for residents to thank them for their participation and to further discuss the preliminary findings. A presentation of the preliminary findings was offered at this event with an informal group discussion following afterwards.

Limitations of Data

The small sample size limits the ability to generalize results to the broader Salishan community. As demonstrated below, some racial/ethnic groups were either over-represented or under-represented making it difficult to generalize or compare responses between racial/ethnic categories. Social desirability and recall bias are also limitations to take into consideration when viewing the survey results.

Survey Results

Response Rate

A total of 164 individuals from separate households completed a survey for a response rate of 30% of the 540 households currently at Salishan. While the response rate was not large enough

to generalize the results to the larger community, the sample closely represented the ethnic diversity of residents in Salishan. Table 1 below shows that Native American/Alaskan Natives and Asians were slightly over represented in our survey sample. African Americans and White/Caucasians were under-represented in the survey sample. Additionally, individuals claiming Hispanic or Latino origins were under-represented in the survey sample.

Table 1: Salishan Race/Ethnicity

	All of Salishan	Survey Sample (n=164)
Pacific Islander	3%	4% (n=7)
Native American	2%	5% (n=8)
African American	27%	21% (n=35)
Asian	28%	38% (n=63)
White/Caucasian	41%	30% (n=50)
Hispanic/Latino	16%	9% (n=15)

Over-representation of Asian and to a lesser extent Pacific Islander could have been influenced by the collection of surveys at the International Place apartments with Asian language interpreters. International Place is a senior living apartment community in Salishan that houses primarily Korean, Cambodian, and Vietnamese residents. It is possible that the under-representation of Hispanic/Latino origin group in the survey sample can be attributed to the lack of Spanish translators during survey collection.

Respondent Characteristics

Demographics

- 77% of respondents were female; 21% were male.
- 37% were single; 30% were married; and 25% were either divorced (7%) or widowed (18%).
- 56% of respondents reported having at least one child under 18 living in their household.
- 9% of respondents were of Hispanic, Latino, or Spanish origin.
- Race/ethnicity:
 - Asian – 38%
 - Pacific Islander – 4%
 - White/Caucasian – 30%
 - Black/African American - 21%
 - American Indian/Alaskan Native – 5%
- 25% of respondents reported that multiple languages were spoken in the home.

Highest Education Level Completed

- 17% reported no formal schooling completed
- 24% had attended some grade school but did not receive a diploma
- 15% received a GED or high school diploma
- 29% had completed some college but did not receive a degree
- 6% had obtained an Associate's degree

- 3% had obtained a Bachelor's degree
- 3% had obtained a Master's degree

Employment Status

- 25% of respondents reported being employed.
- 21% of respondents reported being disabled and unable to work.
- 18% of respondents reported being a homemaker (12%) or student (6%).
- 14% of respondents reported being retired.
- 11% reported being out of work for at least one year.

Housing Status

- 40% of respondents were public housing participants
- 21% were renters
- 21% were Section 8 participants
- 9% were homeowners

Income Security

Respondents were asked to rate their ability to get along or make ends meet on their monthly income:

- 27% said they “can’t make ends meet”
- 44% said they “had just enough money, no more”
- 14% said they “have enough with a little extra sometimes”
- 6% said they “always have extra money left over”
- 9% preferred not to answer

Age

- Respondents' age grouping:
 - 18-29: 26%
 - 30-39: 19%
 - 40-49: 16%
 - 50-59: 3%
 - 60 and up: 31%
- The average age of respondents was 47 years old.

Discussion

As discussed above, the small response rate reduces the reliability of results when attempting to generalize findings to the larger Salishan community. Nevertheless, the findings do provide initial baseline data that will enable stakeholders an opportunity to implement initiatives, programs, and policies that are favored by survey respondents.

The high number of respondents in the 60 and over age category is largely influenced by the high number of respondents from the International Place apartments, which houses seniors.

“Homeowner” is a sub-population in Salishan that was also under-represented in the survey sample. Efforts were made to include this group by making the survey accessible online, publicizing the survey by mailing and flyers, and conducting door-to-door surveys. The resident

group felt this group would be difficult to capture because they were more likely to at work and away from their homes for longer periods of time.

Recommendations

- In future survey efforts it would be advisable to target specific groups (homeowners, Hispanic/Latinos, etc) that were under-represented in the current sample.
- Setting up a central location at the Family Investment Center and the International Place apartments were the approaches that garnered the highest response rate. Other approaches tended to be more labor intensive and resulted in fewer responses. We would recommend modeling future survey efforts based on these experiences.

Findings

Correlation analysis and cross tabulations were conducted resulting in no statistically significant findings when comparing results between racial/ethnic categories. Therefore this analysis is omitted from the following discussions. Furthermore, given the small sample size little value would be added by statistically significant correlations because the sample is not large enough to produce results that can be generalized to the greater Salishan community.

However, some interesting differences were found when comparing results among age ranges. While the findings may not be statistically significant, they do call attention to potential variation in experiences of residents in Salishan. Additionally, this may point to the need for further studies to gather significant samples of racial/ethnic groups and age groupings to determine if disparities exist in the Salishan community.

Safety in Salishan

- 96% of respondent felt at least somewhat safe walking alone in Salishan *during the day*. When asked about walking alone *at night* in Salishan, 38% of respondents felt either somewhat unsafe or very unsafe.
- 37% of respondents felt either *somewhat bad or very bad* about the speed of traffic on the streets in Salishan.
- 84% of respondents felt at least *somewhat good* about street lighting in Salishan, while 37% of respondents felt either somewhat bad or very bad about the lighting in Salishan parks and playgrounds.
- The top three issues that were reported as at least *somewhat of a problem* in Salishan:
 - Unsupervised children (63%)
 - Litter/trash (53%), and
 - People not cleaning up after their pets (50%)
- The top three issues that were reported as *not a problem* in Salishan:
 - Fighting or violence (53%)
 - Vandalism or graffiti (52%), and
 - Stealing, burglary, or theft (49%)

Discussion

A clear asset of Salishan was that 96% felt safe walking alone in Salishan during the day. Additionally, respondents marked fighting or violence, vandalism or graffiti, and stealing, theft or burglary as the issues that were lowest priority in Salishan.

Respondents felt less safe when walking alone at night in Salishan. In the group discussion some residents were not surprised by this, pointing to the high number of female respondents in the survey sample. One resident noted that women are more likely to feel less secure when walking alone at night in any neighborhood, not just Salishan.

Respondents were most concerned with unsupervised children in Salishan. It was noted in discussions and in open-ended survey responses that unsupervised children tend to cause other problems in the community. Also, respondents were concerned about the safety of these children when playing in the streets unsupervised. One survey respondent commented, 'a child playing unsupervised is a safety issue, especially with speeding cars going through the neighborhood.'

Less clear were the responses about traffic and street lighting. A large percentage of respondents, 84%, felt at least somewhat good about the lighting in Salishan; and only 37% of respondents felt somewhat bad or very bad about the traffic in the community. However, in open-ended survey responses a large majority of comments focused on bad traffic, fast moving cars, the need for speed bumps, as well as poor lighting in between housing, poor lighting in some undeveloped areas of the community, and poor lighting in parking areas.

Recommendations

- Promote the positive response about feeling safe in Salishan
- Further discussion with community members about street lighting and traffic concerns would be recommended because of the seeming contrast between open-ended responses and survey responses about traffic and lighting in Salishan.
- Further discussion with community members about potential solutions to unsupervised children – because litter and trash was the second highest ranking issue in the community it might be possible for Salishan management to organize a clean-up utilizing youth in an after-school program while provide some type of incentive for their participation.

The Salishan Community

- 91% of respondents at least *somewhat agreed* with the statement "Salishan is a good place to live".
- 80% of respondents at least *somewhat agreed* with the statement "People at Salishan are willing to help their neighbors".
- 77% of respondents at least *somewhat agreed* with the statement "I am well informed about the activities and events in Salishan".
- 73% of respondents at least *somewhat agreed* with the statement "Salishan is a good place to raise children".

- 72% of respondents at least *somewhat agree* with the statement “There are a lot of activities or events for residents to participate in at Salishan”.

Discussion

Respondents overwhelmingly describe feeling positive about living in Salishan and feel their neighbors are willing to help each other. These can be viewed as indicators of fertile ground for community engagement activities in the community.

Respondents agreed to a lesser extent about the amount of activities available to residents, their knowledge of the existing activities in the community, and that Salishan was a positive environment to raise children.

Recommendation

- Promote the positive response of respondents about living in Salishan. This could be used to build up future community engagement activities as well as demonstrate to outsiders that residents are invested in their community and have a desire to see it thrive.
- Develop strategies and ideas to get the word out to the community about ongoing and future events, programs, or activities. One such strategy discussed by the resident group was constructing community event boards or kiosks that would provide regular updated messaging for community members about events. It would be important to provide multi-lingual messaging at these kiosks since there is such a diversity of languages in the Salishan.
- Discuss with community members ways to make Salishan a better place to raise children; develop strategies that might tackle the perceived issue of unsupervised children while simultaneously bettering the environment for the children in the community.

Resources, Activities, and Services in Salishan

- The top three existing resources in Salishan that respondents were at least *somewhat familiar with* were:
 - Who to contact for maintenance issues (83%)
 - Who to contact for security issues (80%)
 - The Salishan Community Office (70%)
- The top three existing resources in Salishan that respondents were *not at all familiar with* were:
 - Citizen forums (67%)
 - Salishan Community Kitchen program (62%)
 - Classes/resources at the Family Investment Center (50%)
- The top three resources respondents were *very interested* in seeing at Salishan were:
 - A gym or fitness center (72%)
 - Physical activity classes (69%)
 - A new community center for activities, classes, or events (66%)

- Music & Art programs (66%)
- The top three resources respondents were *not very interested* or *very uninterested* in seeing at Salishan were:
 - Classes teaching you how to grow your own food (30%)
 - Information about financial assistance for college/technical school (21%)
 - Classes teaching how to cook, store, and prepare fresh food (20%)
- When asked to rank the resource that is most important or needed, respondents answered:
 - First place votes (n=130):
 - Gym or Fitness Center (27%);
 - Community Center (21%);
 - *Tied:* Farmer's Market (8%) and Physical Activity Classes (8%)
 - Second place votes (n=106):
 - Gym or Fitness Center (17%)
 - Physical Activity Classes (15%)
 - Organized sports for kids (14%)
 - Third place votes (n=99):
 - Gym or Fitness Center (17%)
 - Music & Arts programs (11%)
 - Farmer's Market (9%)
- Close to 19% of respondents reported having a gift or talent that they would like to teach or share with other Salishan residents as part of a class or event.

Discussion

Respondents felt well informed about some of the services provided by the Tacoma Housing Authority, including security, maintenance and the community services offices. Based upon survey findings it would appear that residents understand who to contact for specific issues in their community.

Existing services respondents were most unfamiliar with included citizen forums, the community kitchen program, and classes/resources at the FIC. Citizen forums might have caused some confusion for respondents because the survey did not clarify if these were specific groups or general venues for residents to voice their opinions.

It should be noted that as respondents completed the surveys many went on to ask some of the resident volunteers administering the survey and TPCHD staff about the services/programs listed in the survey. This provided a great opportunity to inform residents about the existing services and potential gain additional involvement in these activities.

A gym or fitness center, physical activity classes, a new community center, and music and arts programs were the potential resources respondents were very interested in seeing in Salishan. These are mirrored in respondents' rankings of resources they felt were most important or needed in Salishan.

The potential resources receiving the least amount of interest were classes teaching how to cook, store, and prepare healthy food, classes teaching how to grow your own food, and

information about financial aid. It should be noted that the actual percentage of respondents who were uninterested in these resources was, overall, quite small. The disinterest in information about aid for college could be attributed to the high percentage of individuals over the age of 60 – approximately 17% of those showing disinterest in information about financial aid for school were 60 and over. Additionally, the low level of interest in classes teaching how to cook, prepare, and store fresh food can be attributed to the 91% of respondents reporting feeling at least somewhat good about their personal knowledge of how to cook, prepare, and store fresh foods.

19% of respondents felt they had a talent or gift that they could share with other residents in Salishan. The overall percentage is small, but the diversity of potential shared gifts was rich. Respondents offered ethnic cooking classes, language classes, teaching or coaching sports, religious studies, sewing and knitting classes, photography classes, and fitness instruction to name a few.

Respondents were also asked to share what their ideal job would be. Similar to the responses above, the answers were diverse and offer a glimpse into the interests of community members. Complete responses to open-ended questions can be accessed in Appendix C.

Recommendations

- Build on the interest in the Salishan community around physical activity-related resources (gym/fitness center, physical activity classes, and organized sports); this can also be tied into the perceived issue of unsupervised children while addressing the betterment of health outcomes in Salishan.
- Highlight the diverse talents of Salishan residents by providing forums where residents could utilize their gifts. Brainstorm ideas for incentives for residents to participate in these types of events.
- Explore ways in which certain desired services, such as physical activity classes and organized sports can be acted upon in the near future. From discussion with the resident group there appeared to be some action already taken in these areas – survey responses can be used to justify these activities as well as advocate for additional support.
- Explore ways to link residents with resources that would assist them in reaching their ideal or dream jobs.

Fresh Food and Physical Activity

- On average, respondents reported eating 5.65 fresh fruits and 5.71 fresh vegetables in the past week.
- On average, respondents reported eating out 1.47 times in the past week.
- 80% of respondents reported they drove a car to get to the grocery store; 17% of respondents reported taking the bus to get to the grocery store.
- The average time it took for all respondents to get to the grocery store was just over 20 minutes one-way; for respondents taking the bus the average travel time to the grocery

store was 48 minutes, while the average travel time for respondents driving a car was 14 minutes

- 99% of respondents felt at least *somewhat good* about the **quality** of fresh fruits and vegetables at the location where they most frequently purchase fruits and vegetables.
- 83% of respondents felt at least *somewhat good* about the **price** of fresh fruits and vegetables at the location where they most frequently purchase fruits and vegetables.
- 93% of respondents felt at least *somewhat good* about the **variety** of fresh fruits and vegetables at the location where they most frequently purchase fruits and vegetables.
- 91% of respondents felt at least *somewhat good* about their personal knowledge of how to prepare and cook fresh fruits and vegetables.
- 62% of respondents reported that in the past month they participated in some physical activity or exercise.
- The 29% of respondents stating they *did not* participate in any physical activities or exercise in the past month were asked to explain why they did not take part in any physical activity or exercise:
 - Too busy; no time
 - No access to gym near by
 - No extra money to pay for gym membership
 - Tired from work

Discussion

Current United States Department of Agriculture recommends consuming 9 and ½ cups of fruits and vegetable a day. The average for respondents' self-reported consumption was 5.65 fruits and 5.71 vegetables over the past week. The respondent average for eating out or take-out food was 1.47 times in the past week.

Respondents reported feeling mostly positive about their regular grocery store's quality, price, and variety of fresh fruits and vegetables. However, in resident discussion groups and within open-ended responses residents commented on the desire to have a grocery store or farmer's market in closer proximity to Salishan.

Not surprisingly, the average travel time to the grocery store was much higher for bus riders than for those driving their own cars. Since 17% of respondents reported taking the bus there is a large population of residents that experience long travel times when going to the grocery store.

Close to 30% of respondents did not participate in any physical activity or exercise outside of work in the past month. For context, the 2007 Pierce County BRFSS data for this question states that 19% of respondents did not participate in any physical activity or exercise outside of work in the past month. Salishan respondents listed lack of time, money to purchase a gym membership, and a nearby gym as common barriers to being physically active outside of work.

Recommendations

- Continue to utilize healthy eating programs (Community Kitchen) to inform residents about healthy cooking options. Build onto this program by educating residents about less

expensive healthy eating options as well. If a farmer's market is incorporated into Salishan the Community Kitchen could showcase dinners that use only foods purchased at these markets.

- Continue to explore ways to bring farmer's stands to Salishan so residents have easier access to fresh fruits and vegetables. This might also address some of the challenges (long travel times) residents who ride the bus face when needing to purchase groceries.
- Promote programs and activities that increase physical activity and address barriers to physical activities mentioned above. Residents discussed existing walking groups as a way to increase physical activity without having to pay for participation or drive away from Salishan to be active.
- Explore opportunities to bring physical resources to Salishan that would allow residents to participate in exercise at a minimal cost. At the time of the survey, a physical activity class for residents, on-site, was being discussed by the resident group.

Individual Health

- 38% of respondents reported their health status as either *fair* (20%) or *poor* (18%).
- 31% of respondents felt *fair* (20%) or *poor* (11%) about their ability to complete everyday tasks.
- 46% of respondents felt their quality of sleep was *fair* (25%) or *poor* (21%).
- 40% of respondents felt their quality of life was *excellent* (17%) or *very good* (23%); while 29% felt their quality of life was *fair* (26%) or *poor* (3%).
- 30% of respondents reported that feeling sad or worried has kept them from going about normal daily activities in the past 30 days.
- A total of 131 respondents provided data to calculate Body Mass Index (BMI). Of these respondents, 36% were considered to be obese (a BMI over 30.0) and 25% were considered to be overweight (a BMI between 25 and 29.9).
- 64% of respondents reported being told by a medical professional that they have at least one major health problem.
- The top five reported major health conditions:
 - High blood pressure (34%)
 - Chronic pain (29%)
 - Obesity/overweight (23%)
 - High cholesterol (20%)
 - Mental/emotional disorder (18%)
- 34% of respondents reported taking medication for at least one major health condition.
- 34% of respondents stated their activities were limited in some way because of a physical, mental, or emotional problem.
- 34% of respondents stated they have smoked at least 100 cigarettes in their life.
- 24% of respondents reported smoking now at least *some days* (8%) or *every day* (16%).
- Only 4% of respondents reported smoking inside their home at any time.
- 13% of respondents stated they would be interested in trying to quit if there were resources for tobacco cessation at Salishan.

Discussion

The WA State BRFSS 2007 reported 16% of Pierce County residents reported their general health status as either *fair* (12%) or *poor* (4%); when Salishan residents were asked to rate their general health status, 38% of respondents reported their health was either *fair* (20%) or *poor* (18%). With the small sample size it is not possible to say this difference is statistically significant; further research may be needed to explore this difference in self-reported health status.

Cross tabulation analysis found that of the 18% of respondents rating their general health as poor, close to 77% were ages 60 or over. Of the 20% respondents rating their general health as fair, 45% were ages 60 and over. Further exploration of the health status of seniors in Salishan may be needed to gauge the significance of these survey results.

Additionally, 29% of respondents reported their quality of life as either fair or poor. The lowest scoring health status question was on the topic of quality of sleep – 46% of respondents reported their sleep quality as fair or poor. This topical area should be explored further to understand some of the factors influencing quality of sleep.

Of the 30% of respondents reporting that being sad or worried has kept them from going about their daily activities, 33% of those were between the ages of 18 and 29 and 25% were ages 60 and over.

An interesting finding in the prevalence of major health conditions in Salishan was the high rate of self-reported cases of mental or emotional disorders and chronic pain. When cross tabs were ran, we found that over 50% of those respondents being told by a medical professional that they have chronic pain were ages 60 and over. Conversely, we found that over 40% of those being told by a medical professional that they had a mental or emotional disorder were between the ages of 18 and 29.

The rates for current tobacco users in Salishan closely resembled the rates of tobacco use within Pierce County; in both cases these rates are greater than the Washington state rate of just under 16% being current smokers.

Recommendations

- Further exploration through community engagement or formal study of the health status of Salishan residents; look into the factors that contribute to respondents reporting fair or poor health.
- Explore the significance of the high rate in which respondents 60 and over report their general health status as fair or poor.
- Explore through community engagement or formal study the factors that contribute to poor quality of sleep.
- Further exploration of the significance of high prevalence of self-reported mental or emotional disorder and chronic pain.
- Explore programs, initiatives, or resources that will target the top five self-reported major health conditions in Salishan.

- Build upon community engagement activities that were suggested by residents in the community discussion group to alleviate mental or emotional issues.

Family Health

When reading the results of the family health survey questions it should be noted that there appeared to be conflicting responses when compared to individual health questions. For example, respondents were likely to report an individual health condition and then fail to report this condition when asked if “anyone in their household” had the same condition. Based on survey pilot tests and discussions with respondents this was a common confusion for this particular section. This cautionary note pertains to the “family health condition” and tobacco-related questions only. There appeared to be little misunderstanding about the health status questions pertaining to the entire household.

- 29% of respondents reported their family’s health status as either *fair* (16%) or *poor* (9%).
- 21% of respondents felt *fair* (16%) or *poor* (5%) about their family’s ability to complete everyday tasks.
- 23% of respondents felt their family’s quality of sleep was *fair* (14%) or *poor* (9%).
- 45% of respondents felt their family’s quality of life was *excellent* (23%) or *very good* (22%); while 18% felt their quality of life was *fair* (16%) or *poor* (2%).
- 21% of respondents reported that feeling sad or worried has kept someone in their household from going about normal daily activities in the past 30 days.
- Of those respondents reporting having children under 18 living in the home (n=92/56%), 29% reported that at least one of their children had been told by a medical professional that they have asthma.
- The top five reported major health conditions experienced in the household:
 - High blood pressure (29%)
 - Chronic Pain (21%)
 - High cholesterol (19.5%)
 - Mental/emotional disorder (16.5%)
 - Overweight/obesity (16%)
- 27% of respondents stated in their household, someone’s activities were limited in some way because of a physical, mental, or emotional problem.
- 14% of respondents felt there were not enough adequate resources or assistance for household members who were limited due to physical, mental, or emotional problems.
- 33% of respondents stated someone in their household has smoked at least 100 cigarettes in their life.
- 24% of respondents reported someone in their household now smokes at least *some days* (9%) or *every day* (15%).
- Only 2% of respondents stated that someone in their household smokes inside the home at any time.
- 14% of respondents felt someone in their household would be interested in trying to quit if there were a tobacco cessation program/services at Salishan.

Discussion

Respondents typically rated their family's health status higher than their individual health status. The table below displays this finding:

Table 2: Individual vs. Family Health Status

Question	Rating for Family	Rating for Individual
General health status	29% fair or poor	38% fair or poor
Quality of life	18% fair or poor	29% fair or poor
Sleep quality	23% fair or poor	46% fair or poor

As stated at the start of this section, there appeared to be some confusion when respondents answered questions about major health conditions that household family members experienced. However, the top five reported conditions were similar in both sections of the survey.

Of those respondents with children under 18 living in the home, 29% reported that at least one of their children had been told by a medical professional that they have asthma.

Recommendations

- If there is a future interest in gathering data about household prevalence of major health conditions and disease it would be advised to conduct a specific study looking at household instances only.
- An interesting discussion with residents could take place around perceived health status of the individual versus the family.
- Explore childhood asthma rates further to determine if a significant difference exists in Salishan; provide education/information opportunities for families experiencing cases of childhood asthma.

Access to Care

- 78% of respondents had visited a medical professional for a routine physical within the past year.
- 50% of respondents had visited a dentist for a routine cleaning within the past year; 22% had received a routine teeth cleaning within the past two years.
- 73% of respondents were aware of the new Tanbara Health Clinic, but only 16% had been a patient or received services there.
- 25% of respondents felt they *somewhat* had enough money to purchase dental supplies, while 25% stated, *no*, they did not have enough money to purchase dental supplies.
- 82% of respondents reported having some form of health insurance.
- 22% of respondents stated that in the past 12 months there was a time when they were unable to receive needed medical attention because of financial concerns.

Discussion

Access to medical and dental care did not appear to be an issue for survey respondents; 82% reported having some form of medical insurance, 78% reported having a routine physical within

the past year, and 50% reported receiving a routine dental cleaning within the past year. However, 22% of respondents reported a time in the past 12 months when they needed medical attention but were unable to afford it; this percentage is slightly higher when compared to the 2007 Pierce County BRFSS, which found 14% of respondents reporting being unable to afford needed medical attention within the past 12 months.

There appeared to be a good level of awareness about the new Tanbara Community Health Clinic, but only 16% reported actually receiving services at the clinic. When asked to explain why they had not received services, many respondents commented that they had a regular doctor already established. However, there were some open-ended responses that mentioned an interest in how to become a new patient or confusion with who the clinic would accept as new patients.

Recommendations

- It appears that a large majority of residents have medical insurance and are seeing providers for regular physicals – this is a positive for the health outcomes in Salishan.
- Further discussion might be needed to understand the barriers some respondents were facing to afford needed health care – it may be worthwhile to provide education about the availability of low cost insurance or care in the community.
- There appeared to be some interest from respondents about the new Tanbara clinic – a education/information session could be held for Salishan residents about the Tanbara Clinic to inform them of who can be accepted as new patients and what services are available to them.

Discussion Meeting Conversation

As mentioned above, an open meeting was held following the data collection to share the initial findings with any interested Salishan residents. This meeting was meant to explore residents' reaction to some of the findings and begin to brainstorm action steps that could be taken to address any issues the survey found.

The meeting presentation focused primarily on the section about resources, and living in Salishan. At the time of the meeting the health status analysis had not been completed and was excluded from the presentation.

When discussing strategies to bettering the health of Salishan residents, participants focused on the desire to increase community engagement in activities. A common theme of the discussion was that social interaction was a tool to better individual health (both mental and physical) but also better the health of the community as a whole. Participants pointed to health-themed activities as a way to increase necessary social interaction and work towards the betterment of health outcomes. Participants discussed ideas such as walking groups, the community kitchens, and community clean-ups and some of the ways to address health outcomes.

Final Recommendations

- Develop health programs/services/initiatives in Salishan that speak to the existing strengths discovered through this survey:
 - Strong sense of community
 - Existing group of engaged residents
 - Desire to see Salishan as a successful community
- Use the strengths to address weaknesses that were highlighted in the survey:
 - Address the problem of unsupervised children with resident led physical activity programs or organized sports activities.
 - Address the problem of litter/trash with resident led clean-up efforts that reward youth for their participation – highlight the health benefits of clean-up activities (e.g., calories burned picking up trash or walking the neighborhood to look for trash).
 - Address the mental/emotional issues and sadness/anxiety through health-related activities that involved strong social interaction.
- Explore ways to involve multilingual residents:
 - Build relationships with bilingual residents from each represented language in Salishan.
 - Translate event invitations in different languages or have a bilingual representative verbally invite foreign language speaking residents.
 - Host a cooking event that showcases the different ethnic foods prepared by residents at Salishan.
- Engage Salishan residents and involve them in the survey results discussion and next steps:
 - Hold an event to get feedback on next steps; provide incentives for participation.
 - Ask for residents to respond to the survey results and expand on the initial findings – what is missing, what is interesting, etc...
 - Plan a recurring survey to track trends in specifically identified areas of interest.

Acknowledgements

I would like to offer a special thanks to the residents at Salishan, AmeriCorps Vista volunteers, and Salishan's resident manager who made this survey possible. Additionally, I would like to thank the Salishan residents who took the time to participate in the survey and provide their thoughtful feedback.

APPENDIX A:
SALISHAN COMMUNITY HEALTH SURVEY

Dear Salishan Community Member,

Thank you for taking the time to give your input on this survey. We are asking people who live in Salishan to fill out a survey to help us understand more about your health and what it is like living in Salishan. Your answers will be private, and your name will not be put on the survey. **By taking the survey, you will be entered into a drawing for a chance to win a \$50 or \$100 gift card!**

The survey is sponsored by the Tacoma-Pierce County Health Department, Tacoma Housing Authority and the Comprehensive Health Education Foundation.

Please do not write your name on this survey. Your answers will be confidential and your name or house address will not be connected to any of your responses.

You are not required to take this survey. You may stop at any time or skip any questions you do not want to answer. Your responses will not affect any business you conduct with or services you receive from the Tacoma-Pierce County Health Department or the Tacoma Housing Authority. There will be no penalties from the Tacoma Housing Authority or Tacoma-Pierce County Health Department for not wanting to take this survey.

Once again, thank you for your thoughts and feedback **and don't forget to register your household for the \$50 and \$100 gift card drawing!** Just fill out the sign-in sheet at the survey table and your household will be entered in the daily drawing. At the end of the day all households that filled out a survey for *that day* will be entered for a chance to win a \$50 gift card. Please turn in only one entry per household.

Thank you!

Tacoma-Pierce County Health Department

If you have any questions or thoughts about the survey please feel free to contact Jason Hodges at 253-798-3543 or jhodges@tpchd.org

Safety at Salishan

	Very Safe	Somewhat Safe	Somewhat Unsafe	Very Unsafe	Prefer not to answer
1. How safe do you feel walking alone in Salishan...					
a. During the day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. At night?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Very Good	Somewhat Good	Somewhat Bad	Very Bad	Prefer not to answer
2. How is the speed of traffic on the streets in Salishan?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. How is the street lighting in Salishan at night?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. How is the lighting for Salishan neighborhood parks at night?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not a Problem	Somewhat of a Problem	A Big Problem	Prefer not to answer
5. In Salishan, how much of a problem is/are...				
Alcohol and drug abuse?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unsupervised children?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Litter/trash in Salishan?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fighting/violence?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People not cleaning up after their animals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stealing/burglary/theft?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vandalism or graffiti?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Do you have any other thoughts or comments about safety in Salishan? *Use the space below:*

The Salishan Community

7. Please rate how strongly you agree or disagree with the following statements about Salishan:

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree	Prefer not to answer
I think Salishan is a good place to live	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People at Salishan are willing to help their neighbors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salishan is a good place to raise children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are a lot of activities or events for residents to participate in at Salishan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am well informed about the activities and events in Salishan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. What would be the best way to inform you about events, activities, or programs happening in Salishan? *(Please check only one)*

- Talk to me in person
- Posters or flyers

- Community event boards
- Letter in the mail
- Email or Salishan Website
- Phone calls
- other, *please explain:* _____
- prefer not to answer

Fresh Food & Physical Activity

9. Where do you usually or most often buy fresh fruits and vegetables? *Please list name and street for the store:*

- Prefer not to answer

10. Thinking about the store where you most often buy fruits & vegetables, how do you feel about:

	Very Good	Somewhat Good	Somewhat Bad	Very Bad	Prefer not to answer
The <u>quality</u> of fresh fruits & vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The <u>price</u> of fresh fruits & vegetables?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The <u>variety</u> of fresh fruits & vegetables?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Your knowledge</u> of how to prepare & cook fresh food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. In the past week, how many times did you eat fresh fruits?

_____ Times in the past week Prefer not to answer

12. In the past week, how many times did you eat fresh vegetables?

_____ Times in the past week Prefer not to answer

13. How do you normally get to the grocery store?

- Car
- Bus
- Walk
- other, *please explain:* _____
- Prefer not to answer

14. About how long does it take you to get to the grocery store that you mentioned above (one way)?
 _____ Minutes Prefer not to answer
15. In the past week, how many times did you eat out or had take out?
 _____ Times in past week Prefer not to answer
16. Do you have any other comments you'd like to add about access to vegetables, fruits, and other foods at Salishan?
17. 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?
 Yes
 No
 Don't know
 Prefer not to answer
- a. If you said, 'no', can you explain some of the reasons why you did not participate in any physical activity during the past month? *Use space below:*

Resources, Activities, and Services in Salishan

18. How familiar are you with the following resources, activities, & services in Salishan?

	Very Familiar	Familiar	Somewhat Familiar	Not at all Familiar	Prefer not to answer
Salishan's Community Gardens?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salishan's Community Kitchen Program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Who to contact for maintenance issues?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Who to contact for security issues?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Classes & resources at the Family Investment Center?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The Safe Streets program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Citizen forums?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Salishan Community Office?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

19. Please mark how interested you are in seeing the following activities, programs, or events in Salishan:

	Very Interested	Somewhat Interested	Not Very Interested	Very Uninterested	Prefer not to answer
A farmer's market?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A new community center for activities/classes/events?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organized sport activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Language classes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gym or fitness center?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Classes teaching you how to cook, store, and prepare fresh healthy foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Information about how to get financial assistance for college/technical school?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Classes teaching you how to grow your own food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical activity classes (aerobics, yoga, dance, etc)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Music and art programs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20. Are there any other activities, events, services, or programs not listed above that you feel should be available to residents at Salishan? *Use the space below:*

21. Looking at the above programs, services, activities, or events (including those you listed in #20) tell us which you think are the most important or most needed in Salishan right now:

The *most* important or needed: _____

The *second* most important or needed: _____

The *third* most important or needed: _____

22. Do you have a gift or talent that you would like to share with other Salishan residents as part of a class or event?

Yes

No

Prefer not to answer

a. If you said "yes", please briefly describe your gift or talent?

23. What would your ideal or dream job be?

Your Personal Health

In this section we ask about your individual health; the next section will ask questions about your family's health.

	Excellent	Very Good	Good	Fair	Poor	Prefer not to answer
24. What would you say your general health is?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. How do you feel about your ability to do everyday tasks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. How do you feel about your sleep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. How do you feel about your quality of life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. In the past 30 days, has feeling sad or worried kept you from going about normal daily activities?						

- Yes
- No
- Prefer not to answer

29. Have you EVER been told by a medical doctor, nurse, or other health care professional that you have any of the following conditions? Please mark if you are taking prescribed medication for any of these conditions. *Please check all that apply:*

	YES	NO	Taking medication for this condition	Prefer not to answer
Lung disease (Asthma, bronchitis, etc...)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Any Cancer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chronic Pain?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental or Emotional disorder?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart Disease?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High Blood Pressure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High Cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes (not during pregnancy)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteoporosis?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overweight/Obesity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stroke?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

30. Are you limited in any way in any activities because of physical, mental, or emotional problems?

- Yes
- No
- Prefer not to answer

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

- Yes
- No
- Don't know/not sure
- Prefer not to answer

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

- Every day
- Some days
- Not at all
- Prefer not to answer

a. If you smoke, about how often do you smoke *inside* your home?

- Every day
- Some days
- Not at all
- Prefer not to answer

b. If you smoke, would you be interested in trying to quit if there was a program on-site at Salishan that offered support groups or financial assistance for medications that help you to quit?

- Yes
- No
- Prefer not to answer

Household/Family's Health

Now we want to ask you some questions about your family's general health. Please think about only those people currently living in your household when answering these questions.

	Excellent	Very Good	Good	Fair	Poor	Prefer not to answer
33. Overall, how do you feel about your family's health?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. How do you feel about your family's ability to do everyday tasks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. How do you feel about your family's sleep quality?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. How do you feel about your family's quality of life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

37. In the past 30 days, has feeling sad or worried kept anyone in your household from going about normal daily activities?

- Yes

- No
- Don't know
- Prefer not to answer

38. Has anyone in your household (including yourself) EVER been told by a medical doctor, nurse, or other health care professional that you have any of the following conditions? Please mark if they are taking medication for this condition. *Please check all that apply:*

	YES	NO	Taking medication for this condition	Prefer not to answer
Lung disease (Asthma, bronchitis, etc...)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Any Cancer?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chronic Pain?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental or Emotional disorder?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart Disease?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High Blood Pressure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High Cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes (not during pregnancy)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteoporosis?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overweight/Obesity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stroke?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

39. Is anyone in your household (including yourself) limited in any way in any activities because of physical, mental, or emotional problems?

- Yes
- No
- Prefer not to answer
- Don't know/not sure

a. If you answered 'yes', do you feel there are adequate resources and assistance to complete everyday routines, tasks, and errands?

- Yes
- Somewhat
- No

- Prefer not to answer

40. Has anyone in your household (including yourself) smoked at least 100 cigarettes in their entire life?

- Yes
- No
- Don't know
- Prefer not to answer

41. Does anyone in your household (including yourself) smoke cigarettes every day, some days, or not at all?

- Every day
- Some days
- Not at all
- Don't know
- Prefer not to answer

c. If you answered 'yes', about how often do they smoke *inside* your home?

- Every day
- Don't know
- Some days
- Prefer not to answer
- Not at all

d. Do you think they would be interested in trying to quit if there was a program on-site at Salishan that offered support groups or financial assistance for medications that help you to quit?

- Yes
- No
- Don't know
- Prefer not to answer

Access to Medical/Dental Care

42. How long has it been since you last visited a medical doctor, nurse practitioner, or clinic for a routine check up?

- Within past year
- Within last 2 years
- Within past 5 years
- More than 5 years ago
- Never
- Do not know or remember
- Prefer not to answer

43. How long has it been since you last visited a dentist for a routine teeth cleaning?

- Within past year
- Within last 2 years
- Within past 5 years
- More than 5 years ago
- Never
- Do not know or remember
- Prefer not to answer

44. Are you aware of the new Tanbara Community Health Center located in Salishan on 44th Ave?

- Yes
- No
- Prefer not to answer

45. Have you been a patient or received services at the new Tanbara Community Health Center in Salishan (either medical or dental)?

- Yes
- No
- Prefer not to answer

a. If you answered 'no', can you explain the reasons why you haven't received services or been a patient at the new clinic?

46. Do you feel that you have enough money to purchase dental supplies like toothpaste, toothbrushes, or floss for your household?

- Yes
- Somewhat
- No
- Prefer not to answer

47. Do you have health insurance?

- Yes
- No
- Prefer not to answer

a. If you answered 'yes', what is the source of your health insurance?

- Employer
- Medicare or Medicaid
- Washington Basic Health
- other, please explain: _____
- Prefer not to answer

48. Has there been a time in the last 12 months when you needed medical attention but were unable to go to the doctor for financial reasons?

- Yes
- Prefer not to answer
- No

49. Do you have any other comments you'd like to make about your access to dental care or medical services?

Use the space below:

Demographic Questions

50. Are you:

- Male
- Female
- Prefer not to answer

51. What is your age?

- _____
- Prefer not to answer

52. Are you of Hispanic, Latino, or Spanish origin?

- No, not of Hispanic, Latino, or Spanish origin
- Yes, Mexican, Mexican American, Chicano
- Yes, Puerto Rican
- Yes, Cuban
- Yes, another Hispanic, Latino, or Spanish origin, please explain:

- _____
- Prefer not to answer

53. What is your race? *Mark all that apply*

- White/Caucasian
- Black/African-American
- American Indian or Alaska Native, please mark principle tribe: _____
- Asian Indian
- Chinese
- Filipino
- Other Asian (Print race, for example, Hmong, Laotian, Thai, Pakistani, Cambodian, and so on): _____
- Other Pacific Islander (Print race, for example, Fijian, Tongan, and so on): _____
- some other race, please explain: _____
- Prefer not to answer

54. What is the highest degree or level of school you have completed? Mark only ONE

- No schooling completed
- Grade 1-11, please specify grade: _____
- 12th grade, but no High School Diploma
- Regular High School Diploma
- GED or alternative credential
- Some college credit, but less than 1 year
- 1 or more years of college credit, no degree
- Associate's degree (for example AA or AS)

- Bachelor's degree (for example BA or BS)
- Master's degree (for example MA or MS)
- Professional degree (for example JD, DDS)
- Doctorate degree (for example, Phd, EdD)
- other, please explain: _____

55. Including yourself, how many people live in your home?

_____ People Prefer not to answer

56. How many children under 18 live in your home?

_____ Children under 18 Prefer not to answer

a. Have any of these children even been told by a doctor, medical doctor, nurse, or other health care professional that they have asthma?

- Yes Prefer not to answer
- No

57. Which of the following statements best describes your ability to get along, or make ends meet, on your monthly household income?

- Can't make ends meet
- Have just enough money, no more
- Have enough, with a little extra sometimes
- Always have extra money left over
- Prefer not to answer

58. About how much do you weigh without shoes?

_____ weight
 Don't know Prefer not to answer

59. About how tall are you without shoes?

___ / ___ ft/in
 Don't know Prefer not to answer

60. Are you:

- Single
- Married
- Divorced
- Widowed
- other, please explain: _____
- Prefer not to answer

61. What is your current employment status?

- Employed
- Disabled/unable to work
- Homemaker

- Student
- Retired
- Out of work for less than 1 year
- Out of work for more than 1 year
- Prefer not to answer

a. If you are employed, how many hours do you work in a typical week (include all jobs):

- Over 40 hours
- 30-40 hours
- Under 29 hours
- Prefer not to answer

b. Are you currently working more than one paid job?

- Yes
- No
- Prefer not to answer

62. Are multiple languages spoken in your home?

- Yes
- No
- Prefer not to answer

a. If you answered 'yes', please list the languages spoken in your home?

63. Which category best describes your housing status in Salishan:

- Homeowner
- Renter
- Section 8 participant
- Public Housing
- other, please explain: _____
- Prefer not to answer

64. Are there any other comments you'd like to include about Salishan?

THANK YOU FOR TAKING THE TIME TO COMPLETE THE SURVEY!!

**APPENDIX B:
SURVEY RESULTS/TABLES**

Safety in Salishan

Walking alone in Salishan during the day?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Safe	99	60.4	60.7	60.7
	Somewhat Safe	57	34.8	35.0	95.7
	Somewhat Unsafe	7	4.3	4.3	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Walking alone in Salishan at night?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Safe	30	18.3	18.5	18.5
	Somewhat Safe	66	40.2	40.7	59.3
	Somewhat Unsafe	41	25.0	25.3	84.6
	Very Unsafe	22	13.4	13.6	98.1
	Prefer Not to Answer/Don't Know	3	1.8	1.9	100.0
	Total	162	98.8	100.0	
Missing	System	2	1.2		
Total		164	100.0		

How is the speed of traffic on the streets in Salishan?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Good	41	25.0	25.0	25.0
	Somewhat Good	62	37.8	37.8	62.8
	Somewhat Bad	37	22.6	22.6	85.4
	Very Bad	24	14.6	14.6	100.0
Total		164	100.0	100.0	

How is the street lighting in Salishan at night?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Good	82	50.0	50.0	50.0
	Somewhat Good	56	34.1	34.1	84.1
	Somewhat Bad	19	11.6	11.6	95.7
	Very Bad	3	1.8	1.8	97.6
	Prefer Not to Answer/Don't Know	4	2.4	2.4	100.0
Total		164	100.0	100.0	

How is the lighting for Salishan neighborhood parks/playgrounds at night?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Good	31	18.9	18.9	18.9
	Somewhat Good	57	34.8	34.8	53.7
	Somewhat Bad	40	24.4	24.4	78.0
	Very Bad	20	12.2	12.2	90.2
	Prefer Not to Answer/Don't Know	16	9.8	9.8	100.0
Total		164	100.0	100.0	

Alcohol and drug abuse?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not a Problem	63	38.4	38.9	38.9
	Somewhat of a Problem	61	37.2	37.7	76.5
	A Big Problem	20	12.2	12.3	88.9
	Prefer Not to Answer/Don't Know	18	11.0	11.1	100.0
	Total	162	98.8	100.0	
Missing	System	2	1.2		
Total		164	100.0		

Unsupervised children?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not a Problem	39	23.8	23.9	23.9
	Somewhat of a Problem	48	29.3	29.4	53.4
	A Big Problem	55	33.5	33.7	87.1
	Prefer Not to Answer/Don't Know	21	12.8	12.9	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Fighting or Violence?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not a Problem	86	52.4	52.8	52.8
	Somewhat of a Problem	54	32.9	33.1	85.9
	A Big Problem	16	9.8	9.8	95.7
	Prefer Not to Answer/Don't Know	7	4.3	4.3	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Stealing, burglary or theft?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not a Problem	79	48.2	48.5	48.5
	Somewhat of a Problem	63	38.4	38.7	87.1
	A Big Problem	12	7.3	7.4	94.5
	Prefer Not to Answer/Don't Know	9	5.5	5.5	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Vandalism or graffiti?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not a Problem	85	51.8	52.1	52.1
	Somewhat of a Problem	53	32.3	32.5	84.7
	A Big Problem	18	11.0	11.0	95.7
	Prefer Not to Answer/Don't Know	7	4.3	4.3	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Safety Open-Ended Responses:

Do you have any other thoughts or comments about safety in Salishan? Use the space below to write your answer:

(N=96) 58.5% of respondents provided additional open-ended responses

(survey #8 drew a map image of apartment & street with comment): please do not park along the side

Children need their parents to pay more attention to them. Leash and scoop laws taken more seriously

Concerned about lack of lighting between housing, especially in driveways. There has been problem with theft or items in vehicles due to lack of lights and visibility of security guards. Security vehicles are seldom seen by our home, observed them sitting in areas only.

How much of a help is the security patrols in Salishan? Let's say my keys are in my car locked, the security personnel drives by, can he help me retrieve it when I show positive identification? If my vehicle was broken into, do I report it to them also?

I've only lived here for a short time but I feel really safe here.

I am in a senior community - neighborhood is safe

I don't see a big problem in the neighborhood.

I feel that there should be speed bumps on Roosevelt Ave due to the high number of speeders

I have lived in Salishan since 1996, everything is good for me except for some times I see some teens who drove car carelessly

I living here for two years , in two locations stolen my outside properties (car registration tab, Halloween pumpkins) the playground in Salishan #4 no have nothing lighting system, in the night is very dark and Dangerous.

I noticed at night rarely does the security guard pass through where I live. I feel unsafe because of that. There were a couple of arrests made outside in the parking lot of intruders, one was happening on my porch (an intruder) cops were everywhere, this happened 2 1/2 months ago. Not much has improved safety-wise. There's too much vandalism to bus shelters and to street lamps

I really stay to myself but I've never experienced anything crazy here

I really think there should be speed bumps on the roads because people are driving too fast and there are children out playing. Or put up signs

I think they need speed bumps on the streets in Salishan Need four way stops at some of these streets

I wish they'd put better locks on the door. I've had my door kicked in. The locks are no good. It would be good to also have a swinging lock like at the motels. That is a big issue for me. I live alone a lot so that is a big issue for me.

I would like it if rude people wouldn't steal other people lights off their porch, and leave other people cars alone and not vandalism their vehicles and if someone see someone doing that they need to be decent and report them to the police. Also we need more lighting in the back where people park their cars. we also need a gym or somewhere to go and exercise.

I would like to see some lights in back of homes where people have to park their cars. That would be nice.
Thanks

I would love for the security to be more out on the streets. Lately I haven't seen security. It would help out a lot if we know they are out there, because we have children playing every day outside

It's not safety that I worry about w/ Salishan, as street life hasn't been huge lately. I love the fact the surrounding PD's have teams together.

Like living in any place, when walking at night I will be cautious. I fee Salishan is a safe place to live. My family is very happy to live in this area

Loud at night in lower Salishan, trucks too fast and noisy. Speed bumps would make the streets safer. More lights on the parking side of the street

Maybe if the youth had some work to do to play special in older children. Having Salishan be more strict on guidelines. Specially watch out for people that are speeding and have the security have the ability to give out tickets because with all the children there is bound to be an accident if not taken serious

My biggest concern are residents moving in their friends, relatives, and or guests, and those are the ones who are bringing in major problems involving drugs and alcohol and violence that needs to be addressed

need a great for the back years (a big problem)

need a lot more security

Need speed signs

Need to have a bump on the street

Night guard could be more thorough

No. pretty clean place, no damage done

On Roosevelt St there are no gates in the back yard, it's unsafe for kids to be back there.

On Roosevelt, lots of kids running in the streets

Overall it is good

Overall, Salishan is a very safe neighbor. I haven't witness any major problems or concerns

People with alcohol, drug problems should not be a Salishan resident

Please provide space for bus stop at E 44th Street

Re: Q4, lighting is okay but replacement of a broken bulb usually takes about one month

really quiet

Smashed window in bus stop

Security is good

See safety cars. Should be familiar with residents' cars so that outsiders' cars can be recognized

See security vehicles

so far so good

Some of the things I don't know firsthand but the main problem is the unsupervised children. I stay to myself and in my own space.

some playgrounds at night need lights for security and safe reasons (Salishan #4)

Speed bumps need to be put on East Roosevelt

speed of cars is a problem

Speeding cars, a lot of kids out playing during the day

Street lights seem to be on one side of the street but not on the other all through Salishan, specifically on Roosevelt. Cars and buses speed. Cars even drag race at night. Need speed bumps or roundabouts!

Thank you

The biggest issue by far is how unsafe people drive. Drivers fly down E 44th at 40-60 mph at least. Very unsafe for the children

The night patrol should be a lot stronger - more regular

There should be better lighting in the tenant's parking lots. It is dark and dangerous at night. If someone is hiding by the trash or recycle bins you can't see them. If they are hiding by cars or in others yards you can not see them. Also most of the tenants do not leave their porch lights on all night. The peep holes on the door are very hard to see out of at night, even when you have your porch light on.

They really need speed bumps especially on Roosevelt. I've seen cars doing over 80 at night

Those who having parking slot in the rear of their homes should use them rather than parking on the street. It makes going down any of the streets hazardous when two cars have to pass each other.

Transit bus - low down on the speed. We have a lot of children playing

Unsupervised children have been stealing random items in the neighborhood (Sat. 4) Boys bicycle stolen from my back yard along w/ other neighbors who've had their child's bike stolen and the kids that are stealing them are spray painting them to "cover" them up Also have issues w/ neighbors garbage not being secured and due to the weather, their trash flies into my yard UNSUPERVISED CHILDREN: theft, littering - neighbors with a lot of evening traffic

Unsupervised children is always a huge problem, mostly those being watched by older siblings

Unsupervised children throw apples and litter

We need different security; there are so many things they should see

We need speed bumps!!! Cars AND BUSES are doing 40-50 mph on narrow streets of Salishan! Buses are a huge problem in general - our streets were not designed for buses! The streets are too narrow!!! It is not safe to walk on them with all those buses and speeding teenagers. Also, please do something about those teenagers and their LOUD Hondas!!! It's impossible to sleep at night. Cops should really enforce the law, which is already in place, regarding those aftermarket mufflers!

What happened to security patrolling especially afternoons when kids are out of school? Night driving around of security has almost stopped, why?! I would love to see help emergency phones around this area like on college campuses!

Salishan as a Community

I think Salishan is a good place to live.		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	103	62.8	63.2	63.2
	Somewhat Agree	46	28.0	28.2	91.4
	Somewhat Disagree	10	6.1	6.1	97.5
	Strongly Disagree	3	1.8	1.8	99.4
	Prefer Not to Answer/Don't Know	1	.6	.6	100.0
	Total	163	99.4	100.0	
	Missing	System	1	.6	
Total		164	100.0		

People at Salishan are willing to help their neighbors.		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	69	42.1	42.3	42.3
	Somewhat Agree	61	37.2	37.4	79.8
	Somewhat Disagree	17	10.4	10.4	90.2
	Strongly Disagree	10	6.1	6.1	96.3
	Prefer Not to Answer/Don't Know	6	3.7	3.7	100.0
	Total	163	99.4	100.0	
	Missing System	1	.6		
Total	164	100.0			

Salishan is a good place to raise children.		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	57	34.8	35.0	35.0
	Somewhat Agree	62	37.8	38.0	73.0
	Somewhat Disagree	29	17.7	17.8	90.8
	Strongly Disagree	7	4.3	4.3	95.1
	Prefer Not to Answer/Don't Know	8	4.9	4.9	100.0
	Total	163	99.4	100.0	
	Missing System	1	.6		
Total	164	100.0			

There are a lot of activities or events for residents to participate in at Salishan.		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	71	43.3	43.6	43.6
	Somewhat Agree	47	28.7	28.8	72.4
	Somewhat Disagree	28	17.1	17.2	89.6
	Strongly Disagree	12	7.3	7.4	96.9
	Prefer Not to Answer/Don't Know	5	3.0	3.1	100.0
	Total	163	99.4	100.0	
	Missing System	1	.6		
Total	164	100.0			

I am well informed about the activities and events in Salishan.		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Agree	83	50.6	50.9	50.9
	Somewhat Agree	43	26.2	26.4	77.3
	Somewhat Disagree	17	10.4	10.4	87.7
	Strongly Disagree	14	8.5	8.6	96.3
	Prefer Not to Answer/Don't Know	6	3.7	3.7	100.0
	Total	163	99.4	100.0	
	Missing System	1	.6		
Total	164	100.0			

What would be the BEST way to inform you about events, activities, or programs happening in Salishan? (Please check only one)		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Other	2	1.2	1.2	1.2
	Talk to me in person	15	9.1	9.2	10.4
	Poster or Flyer	62	37.8	38.0	48.5
	Community event board	12	7.3	7.4	55.8
	Letter in the mail	66	40.2	40.5	96.3
	Email or Salishan Website	5	3.0	3.1	99.4
	Prefer Not to Answer	1	.6	.6	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Fresh Food and Physical Activity

The quality of fresh fruits and vegetables?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Good	91	55.5	55.8	55.8
	Somewhat Good	70	42.7	42.9	98.8
	Somewhat Bad	1	.6	.6	99.4
	Prefer Not to Answer/Don't Know	1	.6	.6	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

The price of fresh fruits and vegetables?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Good	53	32.3	32.5	32.5
	Somewhat Good	83	50.6	50.9	83.4
	Somewhat Bad	22	13.4	13.5	96.9
	Very Bad	3	1.8	1.8	98.8
	Prefer Not to Answer/Don't Know	2	1.2	1.2	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

The variety of fresh fruits and vegetables?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Good	94	57.3	57.7	57.7
	Somewhat Good	58	35.4	35.6	93.3
	Somewhat Bad	9	5.5	5.5	98.8
	Prefer Not to Answer/Don't Know	2	1.2	1.2	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

How do you feel about your knowledge of how to prepare and cook fresh fruits and vegetables?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Good	109	66.5	66.9	66.9
	Somewhat Good	40	24.4	24.5	91.4
	Somewhat Bad	10	6.1	6.1	97.5
	Very Bad	1	.6	.6	98.2
	Prefer Not to Answer/Don't Know	3	1.8	1.8	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

How do you normally get to the grocery store?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Other	3	1.8	1.9	1.9
	Car	127	77.4	79.9	81.8
	Bus	27	16.5	17.0	98.7
	Other	2	1.2	1.3	100.0
	Total	159	97.0	100.0	
Missing	System	5	3.0		
Total		164	100.0		

	N	Minimum	Maximum	Mean	Std. Deviation
In the past week, how many times did you eat fresh fruits?	149	0	50	5.65	5.012
Valid N (listwise)	149				

	N	Minimum	Maximum	Mean	Std. Deviation
In the past week, how many times did you eat fresh vegetables?	149	0	50	5.71	5.178
Valid N (listwise)	149				

	N	Minimum	Maximum	Mean	Std. Deviation
About how long does it take you to get to the grocery store that you mentioned above?	155	3	150	20.51	20.607
Valid N (listwise)	155				

	N	Minimum	Maximum	Mean	Std. Deviation
In the past week, how many times did you eat out or had take out?	149	0	7	1.47	1.468
Valid N (listwise)	149				

Do you have any other comments you'd like to add about access to fresh fruits, vegetables, and other foods at Salishan? Use the space below:

(n=42) 26% of respondents provided responses to the open-ended question

Farmers market here during summer would be great
Has to wait for bus, walk; bus comes so infrequently round trip takes a really long time, sometimes walks a lot of the way back
I did like the tomatoes in the garden here
I like vegetables and fruit
I think it would be good if they had a stand
I think the farmers market in Salishan is a great idea but there needs to be more vendors, variety
I think they are good for you to stay healthier
I usually travel to any groceries store that has the lowest price
I work at Jack in the Box
I would like to have a Korean grocery store in Salishan
I would like to have a Korean Market here at Salishan
I would like to have Korean Market at Salishan
I would like to have Korean Market here at Salishan
If you are thinking about adding a grocery store here forget it. The cost would be too high for most of the incomes that live in here.
It would be good if a store like Trader Joes or Metropolitan Market was closer ie on Portland Ave
It would be nice if it was here
it would be nice to have a grocery store in Salishan
It would be nice to have a store closer like the abandoned store across the street tore down and rebuilt (next to library)
It would be nice to have a store with lower prices
It would be nice to have grocery store across street re-opened as well as fresh fruit/vegetables stand/farmers market in Salishan
Korean grocery store
Let's see if we can get someone else to run a fruit stand next year. I was able to purchase items when they had it up & running last year
Need a cheap grocery store closer
Not enough parking. Sometimes vegetables are not as good as they look
Open a grocery store in Salishan
Relatively easy access if you have a car
Thank you
The grocery stores and eateries are too far
The Korean stores are better than American store. More fresh vegetable, fruit and variety.
There's gardens already available but it's not enough access for residents to fresh fruits and vegetables, a mini supermarket or grocery store in Salishan would be nice
There is an open lot be the library that should be a budget grocery store
There is really no place relatively close to get fresh fruits and vegetables. I would LOVE to see a grocery store inside of the Salishan community. Our own community store.
was excited about the farmer's market that was advertised by flyers posted on the mailbox but it did not take place interested in a community garden/greenhouse love to start one in my own yard
We need a grocery store closer to Salishan residents

We need a grocery store for our community

We need it right here in Salishan. We have a lot of elderly people who don't have cars so we need something right here in Salishan. A little store inside of Salishan would be awesome. We need those types of things for those who are scared to cross the street because of traffic. The store across the street from Salishan is higher priced than at other places.

What happened to Farmer's Market in Salishan?

Where is produce stand?

Wish had a grocery store or restaurants closer

Wish to have new store near here

yes, get rid of corner stores

You need to work with land owners at the corner of Portland Ave and 40th st to get a small grocery store, restaurant and/or coffee stand in place. The abandoned one is an eye sore and brings the whole community down.

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?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	47	28.7	28.8	28.8
	Yes	101	61.6	62.0	90.8
	Don't know	7	4.3	4.3	95.1
	Prefer not to answer	8	4.9	4.9	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

No (can you please explain why you did not participate in any physical activity during the past month?)
 (N=30) of the 47 respondents who answered "no" to physical activity, 64% provided additional information in an open-ended question

cleaned my house, I'm in a senior building
 construction worker
 didn't feel like it
 Doesn't like to draw attention to herself, jogging outside
 Don't have any access to a place nearby
 Don't have time, can't afford to make time for myself
 don't know
 Had to work and school
 High risk pregnancy
 I am disabled
 I am pregnant and tired
 I do not have the money to pay for going to the YMCA or getting involved in other activities but I would love to do so
 I don't go outside because I suffer from depression. The old Salishan was more like a community, the new Salishan is not bonded like that, it is not a community
 I don't have enough time and it gets dark early.
 I exercise on my own.
 I have no energy and would prefer a walking partner
 I haven't had the chance to
 I really don't have access to exercise equipment

I want to join a gym
 Just been lazy
 kids
 lack of motivation
 No activities for me
 Stressed out for personal reasons, tired, and the weather
 There is nowhere close enough to home to do these things at the right price
 tired from work - just being real
 tired from working
 too busy
 work construction, going to school, too busy, too cold
 work schedule

Resources, Activities, and Services in Salishan

Salishan's Community Gardens?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Familiar	43	26.2	26.4	26.4
	Familiar	24	14.6	14.7	41.1
	Somewhat Familiar	26	15.9	16.0	57.1
	Not at all Familiar	70	42.7	42.9	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Salishan's Community Kitchen Program?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Familiar	25	15.2	15.3	15.3
	Familiar	16	9.8	9.8	25.2
	Somewhat Familiar	17	10.4	10.4	35.6
	Not at all Familiar	101	61.6	62.0	97.5
	Prefer not to answer/Don't know	4	2.4	2.5	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Who to contact for maintenance issues?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Familiar	87	53.0	53.7	53.7
	Familiar	24	14.6	14.8	68.5
	Somewhat Familiar	24	14.6	14.8	83.3
	Not at all Familiar	27	16.5	16.7	100.0
	Total	162	98.8	100.0	
Missing	System	2	1.2		
Total		164	100.0		

Who to contact for security issues?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Familiar	83	50.6	50.9	50.9
	Familiar	29	17.7	17.8	68.7
	Somewhat Familiar	19	11.6	11.7	80.4
	Not at all Familiar	30	18.3	18.4	98.8
	Prefer not to answer/Don't know	2	1.2	1.2	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Classes and resources at the Family Investment Center (FIC)?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Familiar	29	17.7	17.8	17.8
	Familiar	22	13.4	13.5	31.3
	Somewhat Familiar	29	17.7	17.8	49.1
	Not at all Familiar	81	49.4	49.7	98.8
	Prefer not to answer/Don't know	2	1.2	1.2	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

The Safe Streets program?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Familiar	35	21.3	21.6	21.6
	Familiar	21	12.8	13.0	34.6
	Somewhat Familiar	27	16.5	16.7	51.2
	Not at all Familiar	76	46.3	46.9	98.1
	Prefer not to answer/Don't know	3	1.8	1.9	100.0
	Total	162	98.8	100.0	
Missing	System	2	1.2		
Total		164	100.0		

Citizens forums?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Familiar	16	9.8	9.8	9.8
	Familiar	15	9.1	9.2	19.0
	Somewhat Familiar	18	11.0	11.0	30.1
	Not at all Familiar	109	66.5	66.9	96.9
	Prefer not to answer/Don't know	5	3.0	3.1	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

The Salishan Community Office?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Familiar	59	36.0	36.2	36.2
	Familiar	24	14.6	14.7	50.9
	Somewhat Familiar	31	18.9	19.0	69.9
	Not at all Familiar	48	29.3	29.4	99.4
	Prefer not to answer/Don't know	1	.6	.6	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Level of Interest in:

A farmer's market?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Interested	104	63.4	64.2	64.2
	Somewhat Interested	35	21.3	21.6	85.8
	Not Very Interested	12	7.3	7.4	93.2
	Very Uninterested	5	3.0	3.1	96.3
	Prefer not to answer/Don't know	6	3.7	3.7	100.0
	Total	162	98.8	100.0	
Missing	System	2	1.2		
Total		164	100.0		

A new community center for activities/classes/events?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Interested	107	65.2	66.0	66.0
	Somewhat Interested	38	23.2	23.5	89.5
	Not Very Interested	8	4.9	4.9	94.4
	Very Uninterested	3	1.8	1.9	96.3
	Prefer not to answer/Don't know	6	3.7	3.7	100.0
	Total	162	98.8	100.0	
Missing	System	2	1.2		
Total		164	100.0		

Organized sports activities?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Interested	102	62.2	62.6	62.6
	Somewhat Interested	32	19.5	19.6	82.2
	Not Very Interested	16	9.8	9.8	92.0
	Very Uninterested	5	3.0	3.1	95.1
	Prefer not to answer/Don't know	8	4.9	4.9	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Language classes?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Interested	82	50.0	50.3	50.3
	Somewhat Interested	46	28.0	28.2	78.5
	Not Very Interested	16	9.8	9.8	88.3
	Very Uninterested	13	7.9	8.0	96.3
	Prefer not to answer/Don't know	6	3.7	3.7	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Gym or fitness center?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Interested	118	72.0	72.4	72.4
	Somewhat Interested	22	13.4	13.5	85.9
	Not Very Interested	10	6.1	6.1	92.0
	Very Uninterested	4	2.4	2.5	94.5
	Prefer not to answer/Don't know	9	5.5	5.5	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Classes teaching how to cook, store, and prepare fresh healthy foods?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Interested	85	51.8	52.1	52.1
	Somewhat Interested	39	23.8	23.9	76.1
	Not Very Interested	19	11.6	11.7	87.7
	Very Uninterested	13	7.9	8.0	95.7
	Prefer not to answer/Don't know	7	4.3	4.3	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Information about how to get financial assistance for college or technical school?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Interested	96	58.5	58.9	58.9
	Somewhat Interested	22	13.4	13.5	72.4
	Not Very Interested	26	15.9	16.0	88.3
	Very Uninterested	9	5.5	5.5	93.9
	Prefer not to answer/Don't know	10	6.1	6.1	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Classes teaching you how to grow your own food?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Interested	69	42.1	42.3	42.3
	Somewhat Interested	35	21.3	21.5	63.8
	Not Very Interested	30	18.3	18.4	82.2
	Very Uninterested	20	12.2	12.3	94.5
	Prefer not to answer/Don't know	9	5.5	5.5	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Physical activity classes (aerobics, yoga, dance, etc...)?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Interested	112	68.3	68.7	68.7
	Somewhat Interested	30	18.3	18.4	87.1
	Not Very Interested	5	3.0	3.1	90.2
	Very Uninterested	9	5.5	5.5	95.7
	Prefer not to answer/Don't know	7	4.3	4.3	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Music and art programs?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Interested	107	65.2	65.6	65.6
	Somewhat Interested	24	14.6	14.7	80.4
	Not Very Interested	13	7.9	8.0	88.3
	Very Uninterested	11	6.7	6.7	95.1
	Prefer not to answer/Don't know	8	4.9	4.9	100.0
	Total	163	99.4	100.0	
Missing	System	1	.6		
Total		164	100.0		

Are there any other activities, events, services, or programs not listed above (#19) that you feel should be available to residents at Salishan? (Use the space below to explain)
(N=41) 25% of the respondents offered open-ended response to the above question

a daycare center
a music studio
A new community center
Activities for teenagers and young adults
Activities for children
Activities for children, physical
Bible study for those that want it
Boys and Girls Club for youth to hang out at
Childcare
Children's groups (activities)
Computer class
Daycare
Easily accessible childcare
Finance, Debt relief, saving plans
gardening, things for kids
GED
Gym or fitness center for seniors
I feel that we need a self-esteem class that would help with the feeling of how to teach other people
I would like to open a thrift store in Salishan, for the residents only. It could be a co-op and an exchange also. You bring in something you are not using and exchange it for you something you need. I could get many donations for people on the community.
Karate or some martial arts program
Kids activities would be great since there are a ton of kids here
Maybe a community daycare, a really friendly, clean, and safe one

Maybe a daycare for working mothers
 more health care facilities
 More things for adults, basketball courts for kids to play, exercise classes around 10AM, classes to help kids w/homework...help the kids! Ethnic cooking
 Music classes to learn to play
 None, just make it safer - take the buses away, our streets are too narrow for them!
 Parent/children program and activities. Teaching children service, helping out by cooking, cleaning, reading to senior citizens. Parenting classes/support groups at the FIC. ONLINE FORUM SALISHAN
 Parenting classes
 Place where community members could share their issues/problems/etc...
 programs for teens
 Resources for home improvements, programs for discounts to beautify and maintain the residence to keep the community looking good. Preferred Contractors to pressure wash homes, add decks, put up wood fences, etc.
 security and drug users resident watch(some tenants use the houses)
 Sewing
 Should be more activities for kids
 Skate park
 Walking trail
 Where would I grow my food at? No yard space
 Yes, Boys & Girls Club for children to go to so they will not be outside unattended because parents don't care
 Youth group for th3e kids and a place to facilitate this. Just would love to see a community center for the kids; fundraisers for the kids to be able to make money

Gift or Talent:

Do you have a gift or talent that you would like to share with other Salishan residents as part of a class or event?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	30	18.3	18.5	18.5
	No	115	70.1	71.0	89.5
	Prefer not to answer/Don't Know	17	10.4	10.5	100.0
	Total	162	98.8	100.0	
Missing	System	2	1.2		
Total		164	100.0		

YES (Please briefly describe your talent):
 (N=26) of the 30 respondents who stated they had a gift/talent they'd like to share 86% answered the open-ended question:

Art Classes
 Arts & Crafts, scrapbooking, painting, drawing
 Baking, sewing, knitting
 Can teach a fitness class even though not certified
 cook Vietnamese specialty food
 crochet
 Dance and Art
 Dance classes for kids like ballet or jazz

Decorating cakes
 esthetics
 gardening
 I'm bilingual
 I'm in school to become a chef, culinary arts. Also, heavy into home decor
 I am a photographer, I also do arts and crafts and I write.
 I am good in a variety of things, I can help with whatever is needed
 I can participate in a health care awareness program to help residents prevent diseases
 I enjoy having conversations and helping them with a problem
 I like to get people involved in community events; and I love kids, being an advocate for kids
 I like to try and sing and I'm a comedian. I like to make people laugh
 I would like to help 'educate' and make young people more aware of disabilities I have prior experience of this
 instructor, carpenter's apprentice program, speak Spanish, would teach; played professional soccer in Mexico
 music, my voice
 my wife is a weaver
 religious matters
 Singing and poetry; working w/children teaching them to read
 Working w/children. Enhancing fostering the family environment towards a positive and supportive foundation

What would your ideal or dream job be? (Please briefly explain below)

(n=100) 61% of respondents answered the open-ended question

A flight attendant
 a lawyer
 a librarian
 accountant
 Accounting
 Administrative - working with community/people
 adventure cyclist
 Already had it. Use to work in television as a Technical Director for Fox Sports in LA.
 An RN in the maternity ward delivering babies
 Anything to do with social work. helping teenagers
 As long as possible. Seeking something to do as a senior person
 Chef
 CIO for a BioTech company
 Community Leader
 Community Outreach
 Community Outreach Coordinator
 Construction project management
 Cook
 correctional worker
 Day care
 dental assistant
 Designer for retail fashion
 Doctor

Domestic violence counselor
driver
driving trucks
drug & alcohol counselor for teens
Fashion marketing
Fitness instructor/gym owner/personal trainer
growing vegetables
Handcraft
handy job
Health advocate
Help animals
helping at-risk youth
Helping people
Homicide detective
Human resources manager
I am not fit to work due to age
I speak English very well
I think it would be cool to learn how to build and hook up solar power systems, or run my own internet store selling my brand of supplies
I wish to have a stable job so I can own a home
I would like to be working in a medical office doing the billing
I would like to have my dream job be where I can truly help someone that can benefit from my experience and not just get a pay check
In home child provider
in medical field
Interior Designer
Just something I could look forward to going to everyday!
Kindergarten
Landscaping
lawyer
LPN
Maternity case manager - bilingual Spanish
Modeling again
Mother
motivational speaker
Movie director and actor
Mural painter
No ideal job; my concern is staying in good health
No job :)
Not sure yet!
Nurse
office assistance
Office assistant/office clerk or something in the medical field.
Office work or working w/children
Open up some type of home for women transitioning out of prison. Also, something with foster care to help those kids.
own my own day spa
owner of own business

owning my own business
 participating in health care research
 Phlebotomy
 Photographer
 Pro. football player
 successful esthetics business
 teacher
 Teaching
 The current one.
 The one I'm at.
 He would like to become a teacher part-time and work in this area. She would like to be a support worker/nurse at the community clinic.
 to be a counselor or an outreach worker for women w/ chemical dependency issues trying to get their kids back
 To be a nurse
 to be an executive chef or culinary instructor
 To open my own Salon
 to own a house
 to take care of adults w/disabilities as my own business
 To teach
 to travel around the world
 To work with kids that have down syndrome
 Ultrasound Tech
 Ultrasound tech or midwife
 Volunteer at school
 work outside, training to do environmental sampling
 working as a nurse or office business/social services
 working for myself
 Working in the medical field
 Working w/ children assisting them to become successful & independent thinkers
 working w/ kids
 working with little kids
 writer
 writing a book

Individual Health Status

What would you say your general health is?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	18	11.0	11.2	11.2
	Very Good	35	21.3	21.7	32.9
	Good	44	26.8	27.3	60.2
	Fair	33	20.1	20.5	80.7
	Poor	30	18.3	18.6	99.4
	Prefer not to answer/Don't know	1	.6	.6	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

How do you feel about your ability to do everyday tasks?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	31	18.9	19.3	19.3
	Very Good	42	25.6	26.1	45.3
	Good	36	22.0	22.4	67.7
	Fair	32	19.5	19.9	87.6
	Poor	18	11.0	11.2	98.8
	Prefer not to answer/Don't know	2	1.2	1.2	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

How do you feel about your sleep?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	12	7.3	7.5	7.5
	Very Good	33	20.1	20.5	28.0
	Good	39	23.8	24.2	52.2
	Fair	40	24.4	24.8	77.0
	Poor	34	20.7	21.1	98.1
	Prefer not to answer/Don't know	3	1.8	1.9	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

How do you feel about your quality of life?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	27	16.5	16.8	16.8
	Very Good	37	22.6	23.0	39.8
	Good	50	30.5	31.1	70.8
	Fair	41	25.0	25.5	96.3
	Poor	5	3.0	3.1	99.4
	Prefer not to answer/Don't know	1	.6	.6	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

In the past 30 days, has feeling sad or worried kept you from going about normal daily activities?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	48	29.3	29.8	29.8
	No	102	62.2	63.4	93.2
	Prefer not to answer/Don't know	11	6.7	6.8	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Individual Major Health Conditions:

Lung disease (such as Asthma, bronchitis, etc...)?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	17	10.4	10.4	10.4
	No	140	85.4	85.4	95.7
	Prefer not to answer/Don't know	7	4.3	4.3	100.0
	Total	164	100.0	100.0	

Any Cancer?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	6	3.7	3.7	3.7
	No	151	92.1	92.1	95.7
	Prefer not to answer/Don't know	7	4.3	4.3	100.0
	Total	164	100.0	100.0	

Chronic Pain?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	48	29.3	29.3	29.3
	No	105	64.0	64.0	93.3
	Prefer not to answer/Don't know	11	6.7	6.7	100.0
	Total	164	100.0	100.0	

Mental or Emotional Disorder?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	29	17.7	17.7	17.7
	No	125	76.2	76.2	93.9
	Prefer not to answer/Don't know	10	6.1	6.1	100.0
	Total	164	100.0	100.0	

Heart Disease?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	13	7.9	7.9	7.9
	No	141	86.0	86.0	93.9
	Prefer not to answer/Don't know	10	6.1	6.1	100.0
	Total	164	100.0	100.0	

High Blood Pressure		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	56	34.1	34.1	34.1
	No	99	60.4	60.4	94.5
	Prefer not to answer/Don't know	9	5.5	5.5	100.0
	Total	164	100.0	100.0	

High Cholesterol?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	33	20.1	20.1	20.1
	No	119	72.6	72.6	92.7
	Prefer not to answer/Don't know	12	7.3	7.3	100.0
	Total	164	100.0	100.0	

Diabetes (not during pregnancy)?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	26	15.9	15.9	15.9
	No	128	78.0	78.0	93.9
	Prefer not to answer/Don't know	10	6.1	6.1	100.0
	Total	164	100.0	100.0	

Osteoporosis?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	24	14.6	14.6	14.6
	No	131	79.9	79.9	94.5
	Prefer not to answer/Don't know	9	5.5	5.5	100.0
	Total	164	100.0	100.0	

Overweight or Obesity?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	38	23.2	23.2	23.2
	No	114	69.5	69.5	92.7
	Prefer not to answer/Don't know	12	7.3	7.3	100.0
	Total	164	100.0	100.0	

Stroke?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	13	7.9	7.9	7.9
	No	143	87.2	87.2	95.1
	Prefer not to answer/Don't know	8	4.9	4.9	100.0
	Total	164	100.0	100.0	

Are you limited in any way in any activities because of physical, mental, or emotional problems?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	54	32.9	33.5	33.5
	No	102	62.2	63.4	96.9
	Prefer not to answer/Don't know	5	3.0	3.1	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Tobacco Related:

Have you smoked at least 100 cigarettes in your entire life?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	55	33.5	34.2	34.2
	No	99	60.4	61.5	95.7
	Don't know/not sure	3	1.8	1.9	97.5
	Prefer not to answer	4	2.4	2.5	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Do you now smoke cigarettes every day, some days, or not at all?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every day	26	15.9	16.1	16.1
	Some days	13	7.9	8.1	24.2
	Not at all	120	73.2	74.5	98.8
	Prefer not to answer	2	1.2	1.2	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

If you smoke, about how often do you smoke inside your home?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every day	1	.6	.6	.6
	Some days	6	3.7	3.7	4.3
	Not at all	60	36.6	37.3	41.6
	Prefer not to answer	3	1.8	1.9	43.5
	Don't smoke	91	55.5	56.5	100.0
Total	161	98.2	100.0		
Missing	System	3	1.8		
Total		164	100.0		

If you smoke, would you be interested in trying to quit if there was a program on-site at Salishan that offered support groups or financial assistance for medications that help you to quit?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	21	12.8	13.0	13.0
	No	16	9.8	9.9	23.0
	Don't smoke	114	69.5	70.8	93.8
	Prefer not to answer	10	6.1	6.2	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Weight Status (BMI Calculations)		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Healthy Weight BMI 20-24.9	51	31.1	38.9	38.9
	Overweight BMI 25-29.9	33	20.1	25.2	64.1
	Obese BMI 30 and above	47	28.7	35.9	100.0
	Total	131	79.9	100.0	
Missing	System	33	20.1		
Total		164	100.0		

Family Health Status

Overall, how do you feel about your family's health?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	29	17.7	18.0	18.0
	Very Good	37	22.6	23.0	41.0
	Good	44	26.8	27.3	68.3
	Fair	26	15.9	16.1	84.5
	Poor	14	8.5	8.7	93.2
	Prefer not to answer/Don't know	11	6.7	6.8	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

How do you feel about your family's sleep?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	31	18.9	19.3	19.3
	Very Good	33	20.1	20.5	39.8
	Good	48	29.3	29.8	69.6
	Fair	22	13.4	13.7	83.2
	Poor	14	8.5	8.7	91.9
	Prefer not to answer/Don't know	13	7.9	8.1	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

How do you feel about your family's ability to do everyday tasks?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	43	26.2	26.7	26.7
	Very Good	35	21.3	21.7	48.4
	Good	35	21.3	21.7	70.2
	Fair	26	15.9	16.1	86.3
	Poor	8	4.9	5.0	91.3
	Prefer not to answer/Don't know	14	8.5	8.7	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

How do you feel about your family's quality of life?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	37	22.6	23.0	23.0
	Very Good	35	21.3	21.7	44.7
	Good	47	28.7	29.2	73.9
	Fair	26	15.9	16.1	90.1
	Poor	3	1.8	1.9	91.9
	Prefer not to answer/Don't know	13	7.9	8.1	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

In the past 30 days, has feeling sad or worried kept ANYONE IN YOUR HOUSEHOLD from going about normal daily activities?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	34	20.7	21.1	21.1
	No	102	62.2	63.4	84.5
	Don't know	12	7.3	7.5	91.9
	Prefer not to answer	13	7.9	8.1	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Is ANYONE IN YOUR HOUSEHOLD limited in any activities in any way because of physical, mental, or emotional problems?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	43	26.2	26.7	26.7
	No	105	64.0	65.2	91.9
	Don't know	2	1.2	1.2	93.2
	Prefer not to answer	11	6.7	6.8	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

If you answered "yes" above (#41), do you feel that there are adequate resources and assistance to complete everyday routines, tasks, and errands?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	19	11.6	12.3	12.3
	Somewhat	14	8.5	9.1	21.4
	No	22	13.4	14.3	35.7
	Don't know	9	5.5	5.8	41.6
	Prefer not to answer	90	54.9	58.4	100.0
	Total	154	93.9	100.0	
Missing	System	10	6.1		
Total		164	100.0		

Family Major Health Conditions

Lung Disease (like Asthma, bronchitis, etc...)?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	21	12.8	12.8	12.8
	No	125	76.2	76.2	89.0
	No Answer	18	11.0	11.0	100.0
	Total	164	100.0	100.0	

Any Cancer?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	3	1.8	1.8	1.8
	No	142	86.6	86.6	88.4
	No Answer	19	11.6	11.6	100.0
	Total	164	100.0	100.0	

Chronic Pain?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	34	20.7	20.7	20.7
	No	111	67.7	67.7	88.4
	No Answer	19	11.6	11.6	100.0
	Total	164	100.0	100.0	

Mental or Emotional Disorder?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	27	16.5	16.5	16.5
	No	117	71.3	71.3	87.8
	No Answer	20	12.2	12.2	100.0
	Total	164	100.0	100.0	

Heart Disease? -		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	14	8.5	8.5	8.5
	No	131	79.9	79.9	88.4
	No Answer	19	11.6	11.6	100.0
	Total	164	100.0	100.0	

High Blood Pressure? - YES		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	48	29.3	29.3	29.3
	No	97	59.1	59.1	88.4
	No Answer	19	11.6	11.6	100.0
	Total	164	100.0	100.0	

High Cholesterol?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	32	19.5	19.5	19.5
	No	110	67.1	67.1	86.6
	No Answer	22	13.4	13.4	100.0
	Total	164	100.0	100.0	

Diabetes (not during pregnancy)?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	17	10.4	10.4	10.4
	No	127	77.4	77.4	87.8
	No Answer	20	12.2	12.2	100.0
	Total	164	100.0	100.0	

Osteoporosis?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	22	13.4	13.4	13.4
	No	121	73.8	73.8	87.2
	No Answer	21	12.8	12.8	100.0
	Total	164	100.0	100.0	

Overweight or Obesity? - YES		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	26	15.9	15.9	15.9
	No	118	72.0	72.0	87.8
	No Answer	20	12.2	12.2	100.0
	Total	164	100.0	100.0	

Stroke? - YES		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	10	6.1	6.1	6.1
	No	135	82.3	82.3	88.4
	No Answer	19	11.6	11.6	100.0
	Total	164	100.0	100.0	

Family Tobacco Related

Has ANYONE IN YOUR HOUSEHOLD smoked at least 100 cigarettes in their entire life?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	53	32.3	32.9	32.9
	No	91	55.5	56.5	89.4
	Don't know	8	4.9	5.0	94.4
	Prefer not to answer	9	5.5	5.6	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Does ANYONE IN YOUR HOUSEHOLD smoke cigarettes every day, some days, or not at all?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every day	24	14.6	14.9	14.9
	Some days	15	9.1	9.3	24.2
	Not at all	109	66.5	67.7	91.9
	Don't know	4	2.4	2.5	94.4
	Prefer not to answer	9	5.5	5.6	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

If you answered "Yes" above, about how often do they smoke inside your home?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every day	2	1.2	1.3	1.3
	Some days	2	1.2	1.3	2.5
	Not at all	61	37.2	38.1	40.6
	Don't know	4	2.4	2.5	43.1
	No one in household smokes	78	47.6	48.8	91.9
	Prefer not to answer	13	7.9	8.1	100.0
	Total	160	97.6	100.0	
Missing	System	4	2.4		
Total		164	100.0		

Do you think they would be interested in trying to quit if there was a program on-site at Salishan that offered support groups or financial assistance for medications that help you to quit?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	23	14.0	14.3	14.3
	No	18	11.0	11.2	25.5
	Don't know	11	6.7	6.8	32.3
	No one in household smokes	92	56.1	57.1	89.4
	Prefer not to answer	17	10.4	10.6	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Access to Care

How long has it been since you last visited a medical doctor, nurse practitioner, or clinic for a routine check-up?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Within the past year	125	76.2	77.6	77.6
	Within the last 2 years	13	7.9	8.1	85.7
	Within the past 5 years	5	3.0	3.1	88.8
	More than 5 years ago	6	3.7	3.7	92.5
	Never	3	1.8	1.9	94.4
	Don't know	4	2.4	2.5	96.9
	Prefer not to answer	5	3.0	3.1	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

How long has it been since you last visited a dentist for a routine teeth cleaning?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Within the past year	81	49.4	50.3	50.3
	Within the last 2 years	35	21.3	21.7	72.0
	Within the past 5 years	15	9.1	9.3	81.4
	More than 5 years ago	12	7.3	7.5	88.8
	Never	5	3.0	3.1	91.9
	Don't know	10	6.1	6.2	98.1
	Prefer not to answer	3	1.8	1.9	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Are you aware of the new Tanbara Community Health Care Center located in Salishan on 44th?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	118	72.0	73.3	73.3
	No	41	25.0	25.5	98.8
	Prefer not to answer	2	1.2	1.2	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Have you been a patient or received services at the new Tanbara Community Health Care Center in Salishan on 44th (either medical or dental)?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	26	15.9	16.1	16.1
	No	133	81.1	82.6	98.8
	Prefer not to answer	2	1.2	1.2	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

If you answered "no" above (#49), can you explain the reasons why you haven't received services or been a patient at the new clinic? (Leave blank if you answered "Yes" above)

(n=84) 63% of respondents not receiving services at Tanbara CHC answered the open-ended answers

About to change over to CHC
actually need to call them for a dental cleaning
Already have a Dr and dentist
Because I have been having my own primary care provider
Because I have my own doctor
Because I have my own doctor at other clinic
Because I have my own primary care provider
Because nobody informed me about the activities at Tanbara Community Health Center
Because nobody informed me about the activities of Tanbara Community Health Center
Because of the language barrier
Because the clinic is new and I already had my primary doctor and specialist doctors
Called and heard it was full until January 1
Can't get in. Dentist is not taking new patients
Daughter has been for dental; appointments for medical have been canceled
didn't know
Didn't know it was open
Do not need it.
Don't accept my insurance
Don't have medical insurance
Don't take Tri-Care insurance
family doctor
Family doctor
have a doctor
Have a doctors for 10 years - not there
Have a family doctor
Have another doctor
Have my own doctor
Have own doctor's office in Lakewood
haven't gone in
Haven't switched medical coupon yet. They don't take Regence
haven't went and checked it out, no insurance
I already have a dentist. regular doctor
I already have a doctor's office
I already have a doctor
I am not sick
I currently have my family doctor
I did not know the building was completed
I do not have medical insurance.
I don't need to go to the clinic

I don't want anything to do with Community Health
I have a clinic I prefer
I have a doctor at Allenmore
I have a family doctor
I have a normal doctor
I have another doctor I go see
I have been seen by my PCP for >10 years, did not want to change
I have called to make a dentist apt but they said that they are not accepting new patients at the moment
I have my family doctor
I have my family Doctor speaks my languages
I have my own doctor
I have my own family doctor
I have my own primary care provider
I have my own primary doctor.
I have no medical insurance
I have not been there. I belong to the Puyallup Indian Clinic
I have other doctor
I have other doctors offices that I go to regularly
I never knew it was an actual medical clinic. I also don't know if anyone can utilize that clinic
I see my primary doctor
I think the building is not completed yet
insurance limitations
its full for new patients
My work schedule. By the time I get off from work, I think the clinic is closed. Well, don't know the hours of the clinic.
no dental new patient apt. for until January
No one told me about the service
Not enough info/time. wasn't sure if was open
not sure
Prefer regular doctor
scheduling issues
the clinic is full, no like news patients
They are not currently accepting new patients for the dental care :(
They didn't accept new patients
They said they only take children, no adults because they are full
Time schedule is difficult and don't have any insurance
tribal clinic
Won't take people without health insurance

Do you feel that you have enough money to purchase dental supplies like toothpaste, toothbrushes, or floss for your household?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	80	48.8	49.7	49.7
	Somewhat	39	23.8	24.2	73.9
	No	40	24.4	24.8	98.8
	Prefer not to answer	2	1.2	1.2	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Do you have health insurance?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	132	80.5	82.0	82.0
	No	25	15.2	15.5	97.5
	Prefer not to answer	4	2.4	2.5	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

What is the source of your health insurance?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	19	11.6	11.9	11.9
	Employer	15	9.1	9.4	21.3
	Medicare or Medicaid	79	48.2	49.4	70.6
	Washington Basic Health	16	9.8	10.0	80.6
	Don't have health insurance	24	14.6	15.0	95.6
	Prefer not to answer	7	4.3	4.4	100.0
	Total	160	97.6	100.0	
Missing	System	4	2.4		
Total		164	100.0		

Has there been a time in the past 12 months when you needed medical attention but were unable to go to the doctor for financial reasons?		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	35	21.3	21.7	21.7
	No	119	72.6	73.9	95.7
	Prefer not to answer	7	4.3	4.3	100.0
	Total	161	98.2	100.0	
Missing	System	3	1.8		
Total		164	100.0		

Additional Comments – Open Ended

Are there any other comments that you'd like to include about Salishan? (If so, use the space below)
(N=50) 30% of respondents provided additional comments at the end of the survey

Can't complain

Can we get a letter on whom to make money order out to for the rent?

Everything is good for me. I am satisfied with all I have here.

Get rid of buses!!! They are killing our neighborhood! It's just about 50 yards from our bus stops to the old ones on Portland Ave. No need for the stops on our streets!!!

Houses are beautiful but lawns are un-kept and streets are unsafe

I'm so grateful that I live in such a nice apartment. Thank you very much

I'm very satisfied in living condition. Thank you.

I am happy with my girlfriend. I think everything is good here.

I am thankful for this program as I would be homeless without it.

I do enjoy living here but my children need more to do - indoor basketball, skate park, the older children need more to do

I enjoy living here. Thank you for the opportunity to succeed

I feel they need to do more checking on the people who live in homes; lots of people are abusing the system by allowing multiple people who aren't on their lease & like me working and my rent increases. Very unfair. Unfair that my rent increases when some people have multiple people living in their home and not on the lease. Need to do something with making sure that residents in homes are all on the lease.

I just want to say I think this survey was a great idea to get feedback about Salishan. I like it here but there are some changes that do need to be made. I felt safe until I heard about some things going on, like car break in's and drug bust. I hear the people that are doing these things still live here, but I when I moved in I was told there was a 1st offense you're out - that should be followed.

I love everybody that works at Salishan - Natasha, Colin, Kathy, maintenance staff

I love Salishan. I see "big" things possible in the community w/ the right support of community outreach coordinators

I think Salishan is a beautiful place, not at all what it used to be. I look forward to more activities for the family

I trust in T.H.A. work hard for Salishan (security) and peace

I wish I had neighbors that participated in community events

I wish Salishan would be safer during the day and at night. Salishan should be cleaner.

I would like to have Korean Interpreter at International Place

I would like to live in a single bedroom apartment or a single floor because right now residents living above my apartment always cause too much noise

I would like to see more lights in back for parking. I would also like for people to always be aware of things for their neighbors who are unable to watch out for themselves, and help one another. For drivers to watch out for children and animals! Thanks.

In general Salishan Neighborhood is a good place to live and I like current THA

Is there assigned parking? Do you have recycling bins for glass, cans, and plastic bottles? If you don't I would like to see some or have some placed by the garbage bin

Like to see it safer

Monitoring of crazy drivers physical activity classes more notification through mail of programs available and resources but overall, been a great place to live

Need more info about the clinic and community resources for holiday help - utility assistance

Neighbors smoking habits come into my house daily with all windows shut and doors - with 3 people in my home with chronic asthma

Night time is when cars race through Salishan most. It's scary when you hear cars screeching through the neighborhood. Also, it would be helpful for the children to be watched more carefully. I see lots of kids under the age of 7 walking around and with cars speeding I worry about their safety. Especially the ones in diapers walking around with no supervision

Overall, Salishan is a great place to live but the payment for people who work is a little too high if you check for income

Perfect place for seniors (able to) stay out of people's business

Recommend the same for all citizens for community services Build a grocery store in Salishan

Salishan is a great place to live but only if residents come together as a community. There are a lot of more deserving individuals and families who needs and deserves these housings but its sad that opportunity has been given to those who abuses the system and it leads up to carelessness about where they live and causes a lot of chaos in our community

Salishan is a very beautiful place, the scenery is outstanding. I appreciated how Salishan is providing programs or classes to individuals to make the community a wonderful place

Salishan neighborhood is safe and a very good place to live

Some of the children are very insensitive, I had 3 bikes stolen. Other than that it is a good place to live

Thank you

Thank you so much for allowing me to live in such a nice apartment

Thank you; Hope I win

Thanks

Thanks for everything

Thanks for the opportunity to fill this survey out

Thanks to god, thanks to the federal, state, and local government

The office people are really awesome; I've known them for years...really cool people.

They have been great here. Very nice and sweet/ they get the job done

Very comfortable here and I am very eager to participate in community events/activities but due to lack of information I am not able to. Happen to browse Salishan website a few days ago and was a little disappointed by the events my family missed out on. Would love to see more of the community coming together and building Salishan up. Need to instill a sense of togetherness/unity/community in the Salishan residents so that we can all take pride in our environment/community and want to take care of it!!!

We have lived here just over 2 years and have noticed a steady decline in certain areas like window treatments (damage blinds) parking on streets making safety hazard for children, elderly and disabled. Yards with plastic containers with plants unkempt yards, garbage and trash left in the sidewalk areas.

Wish maintenance would answer requests sooner

Wish to live in best place for future life over this area