

# Community Health Needs Assessment

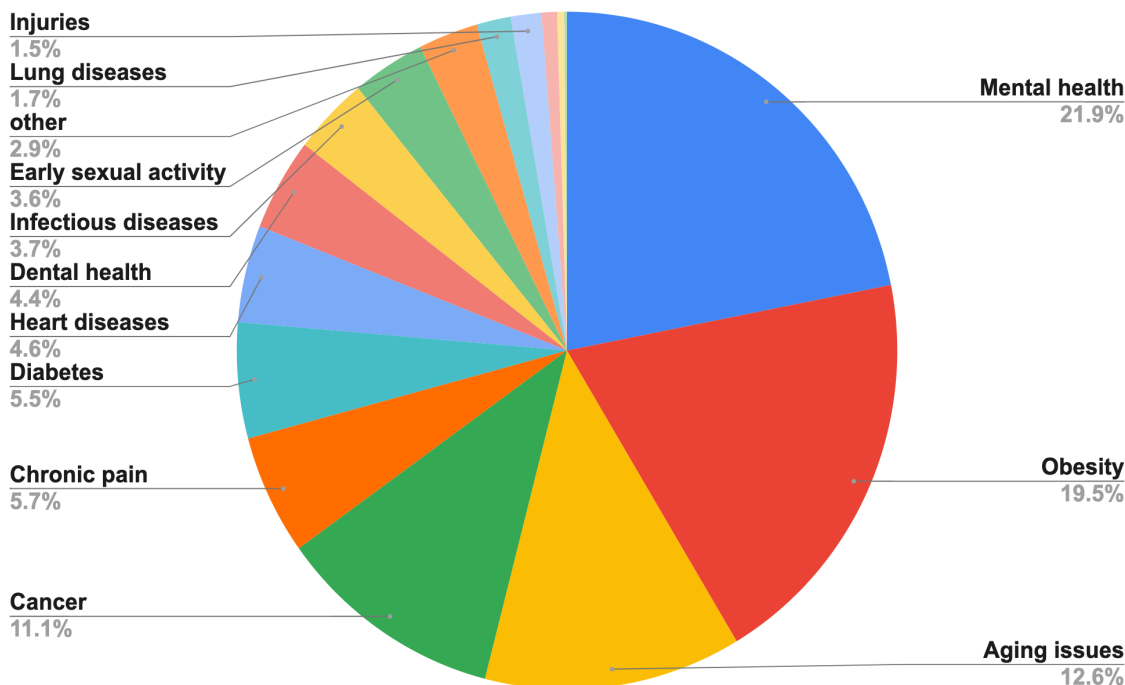
## Summary – June 2022

The Community Health Needs Assessment (CHNA) is a project to assess the health in Crawford County, PA.

The goal of the project is to —

**collect, analyze, distribute, and use  
valid and reliable quantitative and  
qualitative data to improve community health.**

### Important Health Issues in the Community



Participants were asked to identify what they believed to be the most important health issues in the community.

**The top 4 causes for concern:**

1. Mental Health
2. Obesity
3. Aging issues
4. Cancer

## Barriers to Receiving Health Care

Participants were asked to identify (1) what prevented them from receiving the medical care, dental care, and mental health services they needed & (2) the actions needed to improve community health:

### Main Barriers to Receiving Care:

1. Wait time for an appointment was too long
2. Problems with insurance (didn't have insurance/providers refused to take patients insurance) and affordability
3. Didn't know how to find a provider or counselor

### Actions to Improve Community Health:

1. Providing affordable healthcare services
2. Promoting healthy lifestyles
3. Increasing the number of primary care providers in the county

## Challenges to Leading a Healthy Lifestyle

### Participants were asked to report the greatest challenge to leading a healthy life:

1. Not enough time for exercise, sleep, and meal prep (30.9%)
2. Health challenges associated with age, weight, or mental/physical health (20.8%)
3. Lack of access to or high cost of healthcare, gym, transportation, and healthy food (18.3%)
4. Challenges with exercise, motivation, and poor habits (16.3%)
5. Challenge of eating a healthy diet (13.8%)

### Participants were asked to report the greatest challenges to leading a healthy life:

1. Lack of or limited access to needed medical care (28.7%)
2. Community issues such as education, tension, resources, and personal choices (24.4%)
3. Money/poverty (17.9%)
4. Lack of activities or gyms, including due to weather (16.7%)
5. Lack of access to or high cost of healthy food (12.3%)

## Community Survey

During the summer of 2022, 790 adults in Crawford County completed the CHNA survey. The survey focused on access to health care, challenges to living healthy lifestyles, and barriers to health. From the survey, we learned:

- The most common response to challenges of living a healthy lifestyle was the lack of or limited access to needed healthcare with 28.7% responses in this category.
- 572 (72.4%) respondents believe that drug abuse is an unhealthy behavior that impacts the community.
- 320 (40.5%) respondents reported unhealthy eating habits as an unhealthy behavior that impacts the community, followed by alcohol abuse (304 [38.5%]) and poverty (301 [38.1%]).
- Based on survey data, the following actions are needed to create a healthy community:
  1. Being able to get to an appointment in a timely manner
  2. Accessibility to healthy foods
  3. Educating the public on how to be healthy
  4. Increased availability of mental health services