



Cook County Health Survey

SAMPLE ONLY



Cook County DEPT. of
Public Health

INTRODUCTION

Thank you for completing this survey! It is being conducted on behalf of the Cook County Department of Public Health (CCDPH). Information you provide will help CCDPH learn about the health of people in your neighborhood and how to make things better. For example, your information will help CCDPH create programs to reduce smoking, improve access to health services, and ensure residents can get healthy food.

Completing this survey takes about 25 minutes, and any information you provide will be confidential. Participation is voluntary.

If you have any questions or concerns about this survey, please visit www.CookCountyHealthSurvey.org, call us toll-free at 1-800-844-4587 or email us at CookCountyHealthSurvey@rti.org.

We'll ask questions about your health and things that can influence your health, like your neighborhood and whether you have access to health services.

INSTRUCTIONS

- This survey should be completed by the adult (18 years of age or older) in the household who will have the next birthday. This helps to ensure a representative study of Cook County residents.

- Answer all of the questions by completely filling in the circle to the left of your answer, like this:

- ☒ Yes
☐ No

- You are sometimes told to skip over some questions in this survey. When this happens, you will see an arrow with a note that tells you which question to answer next, like this:

22. Has a doctor, nurse, or other health professional <u>ever</u> told you that you had <u>asthma</u> ?
<input type="radio"/> Yes
<input type="radio"/> No → Skip to question 24
→ 23. Do you still have asthma?
<input type="radio"/> Yes
<input type="radio"/> No

In this example, if you answer “Yes” to Question 22, you should continue to Question 23.

If you answer “No” to Question 22, you should skip to Question 24.

- Use a black or blue pen, if available.



START HERE



GENERAL HEALTH

1. Would you say that in general your health is...?

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

2. Do you have at least one person you think of as your personal doctor or health care provider?

- ☐ Yes
- ☐ No

3. About how long has it been since you last visited a doctor or health care provider for a routine checkup?

A routine checkup is when a doctor checks your general health (e.g., blood pressure, temperature, height and weight, eyes, ears, nose and throat).

- ☐ Within the past year
- ☐ One or more years ago
- ☐ Never

4. In general, how happy are you with the health care you received in the past 12 months?

- ☐ Very happy
- ☐ Somewhat happy
- ☐ Not at all happy
- ☐ I did not receive any health care in the past 12 months

5. How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

- ☐ 6 months or less
- ☐ More than 6 months, but not more than one year ago
- ☐ More than one year ago
- ☐ Never

6. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicaid, Medicare, or Indian Health Services?

- ☐ Yes
- ☐ No → Skip to question 9 on Page 3

7. What is the main source of your health care coverage?

- ☐ A plan purchased through an employer or union (includes plans purchased through another person's employer)
- ☐ A plan that you or another family member buys on your own
- ☐ Medicare
- ☐ Medicaid or other state program
- ☐ TRICARE (formerly CHAMPUS), VA, or Military
- ☐ Alaska Native, Indian Health Service, Tribal Health Services
- ☐ Some other source

8. In the past 12 months, how often was it easy to get the care, tests, therapy, or treatment you thought you needed through your health plan?

- ☐ Never
- ☐ Sometimes
- ☐ Usually
- ☐ Always
- ☐ I didn't need care, tests, therapy or treatment in the past 12 months

9. In the past 12 months, have you sought an accommodation for your healthcare services because of a disability or underlying health condition? *Examples of accommodations for healthcare services may include requesting a sign language interpreter, allowing a service dog to be present for an appointment, and requesting a reader or speech-to-speech translation service.*

☐ Yes
☐ No → **Skip to question 11**

- 10. Was the requested accommodation provided?

☐ Yes
☐ No

11. During the past 12 months, have you had either a flu shot or a flu vaccine that was sprayed in your nose?

☐ Yes
☐ No

12. Were you able to access health care or therapy when you needed it since the COVID-19 pandemic started in March 2020?

☐ Yes
☐ No

13. Since the COVID-19 pandemic started in March 2020, have you had a telehealth appointment with a healthcare provider? *A telehealth appointment is where you talk to your doctor or therapist on the phone or on a computer.*

☐ Yes
☐ No

14. Have you missed or postponed one or more medical or therapy appointments since the COVID-19 pandemic started in March 2020?

☐ Yes
☐ No → **Skip to question 16**

- 15. What are the reasons you missed or postponed appointments during COVID-19? *Check all that apply.*

- ☐ My clinic cancelled my appointment because of COVID-19
☐ My clinic closed because of COVID-19
☐ I had symptoms of COVID-19, so I stayed home
☐ I cancelled the appointment to avoid being around others
☐ I cancelled the appointment because I did not want to be in a healthcare setting
☐ I felt okay or good enough
☐ It cost too much
☐ I didn't want to take public transportation and had no other way to get there
☐ I forgot to go or just missed my appointment
☐ I felt disrespected by the office or medical staff

16. About how tall are you without shoes?

Feet Inches

17. About how much do you weigh without shoes? *If you are currently pregnant, how much did you weigh before your pregnancy?*

Pounds

18. What is your gender?

- ☐ Male → *Skip to question 21*
- ☐ Female
- ☐ Third gender or nonbinary
- ☐ Prefer to self-describe →

19. Are you currently pregnant?

- ☐ Yes → *Skip to question 21*
- ☐ No

20. Have you been pregnant in the past 12 months?

- ☐ Yes
- ☐ No

24. Has a doctor, nurse, or other health professional ever told you that you had a stroke?

- ☐ Yes
- ☐ No

25. Has a doctor, nurse, or other health professional ever told you that you had diabetes?

- ☐ Yes
- ☐ Yes, but only while I was pregnant
- ☐ No

Skip to question 27

26. Has a doctor, nurse, or other health professional ever told you that you had prediabetes or borderline diabetes?

- ☐ Yes
- ☐ Yes, but only while I was pregnant
- ☐ No

27. Has a doctor, nurse, or other health professional ever told you that you had chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis?

- ☐ Yes
- ☐ No

28. Has a doctor, nurse, or other health professional ever told you that you had asthma?

- ☐ Yes
- ☐ No → *Skip to question 30 on Page 5*

29. Do you still have asthma?

- ☐ Yes
- ☐ No

CHRONIC HEALTH CONDITIONS

The next questions ask whether a doctor, nurse, or other health professional ever told you that you had any of the following health conditions.

By “other health professional”, we mean a nurse practitioner, a physician’s assistant, or some other licensed health professional.

21. Has a doctor, nurse, or other health professional ever told you that you had high blood pressure?

- ☐ Yes
- ☐ Yes, but only while I was pregnant
- ☐ No

22. Has a doctor, nurse, or other health professional ever told you that you had high cholesterol?

- ☐ Yes
- ☐ No

23. Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

- ☐ Yes
- ☐ No

TOBACCO USE

30. Has a doctor, nurse, or other health professional ever told you that you had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

- ☐ Yes
☐ No

31. Has a doctor, nurse, or other health professional ever told you that you had skin cancer?

- ☐ Yes
☐ No

32. Has a doctor, nurse, or other health professional ever told you that you had any other type of cancer?

- ☐ Yes
☐ No

33. Has a doctor, nurse, or other health professional ever told you that you had Hepatitis B?

- ☐ Yes
☐ No

34. Has a doctor, nurse, or other health professional ever told you that you had Hepatitis C?

- ☐ Yes
☐ No → *Skip to question 36*

→ 35. Do you still have Hepatitis C?

- ☐ Yes
☐ No

36. Not including kidney stones, bladder infection or incontinence, were you ever told you have kidney disease?

- ☐ Yes
☐ No

37. Have you smoked at least 100 cigarettes (approximately 5 packs) in your entire life?

- ☐ Yes
☐ No → *Skip to question 42 on Page 6*

→ 38. Do you now smoke cigarettes every day, some days, or not at all?

- ☐ Every day
☐ Some days
☐ Not at all → *Skip to question 41*

39. Currently, when you smoke cigarettes, how often do you smoke menthol cigarettes?

- ☐ All of the time
☐ Most of the time
☐ Some of the time
☐ None of the time

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

- ☐ Yes } *Skip to question 42 on Page 6*
☐ No }

41. How long has it been since you last smoked a cigarette, even one or two puffs?

- ☐ Less than 1 year ago
☐ More than 1 year but less than 5 years ago
☐ More than 5 years but less than 10 years ago
☐ 10 years or more
☐ Never smoked regularly

42. Have you ever tried an e-cigarette or vaped, even one or two puffs? This would include products like JUUL, Blu, and NJOY. Do not include using electronic vaping products with marijuana or cannabis.

- ☐ Yes
☐ No → Skip to question 44

→43. How often do you use e-cigarettes or vape now?

- ☐ Every day
☐ Some days
☐ Not at all

CANNABIS USE

The next questions are about marijuana or cannabis, which became legal in Illinois on January 1, 2020. These questions do not refer to CBD or other non-THC products. Your answers are strictly confidential.

44. Have you ever, even once, tried marijuana or cannabis?

- ☐ Yes
☐ No → Skip to question 49 on Page 7

→45. During the past 30 days, on how many days did you use marijuana or cannabis?

Days

→ If you answered 0, skip to question 48

46. When you used marijuana or cannabis during the past 30 days, was it usually for...?

- ☐ Medical reasons (like to treat or decrease symptoms or health conditions)
☐ Non-medical reasons (like to have fun or fit in)
☐ Both medical and non-medical reasons

47. During the past 30 days, how did you use marijuana? Did you ...?

Select Yes or No for each statement.

	Yes	No
a. Smoke it (like in a joint, bong, pipe, or blunt)?	<input type="radio"/>	<input type="radio"/>
b. Eat it (like in brownies, cakes, cookies, or candy)?	<input type="radio"/>	<input type="radio"/>
c. Drink it (like in tea, cola, or alcohol)?	<input type="radio"/>	<input type="radio"/>
d. Vape it (like in an e-cigarette-like vaporizer)?	<input type="radio"/>	<input type="radio"/>
e. Dab it (like using butane hash oil, wax, or concentrates)?	<input type="radio"/>	<input type="radio"/>
f. Apply it (like topical or creams)?	<input type="radio"/>	<input type="radio"/>
g. Other (please specify) ↓	<input type="radio"/>	<input type="radio"/>
<input type="text"/>		

48. In the past 12 months, have you started or increased using cannabis to cope with stress or emotions related to COVID-19?

- ☐ Yes
☐ No

DIET & PHYSICAL ACTIVITY

49. How many total servings of fruit did you eat yesterday?

A serving would equal one medium apple or a handful of grapes. Please think about all forms of fruits including cooked or raw, fresh, frozen, or canned.

Please think about all meals, snacks, and food consumed at home and away from home. If none, please enter 0.

Servings

50. How many total servings of vegetables did you eat yesterday?

A serving would equal a handful of broccoli or a cup of carrots. Please think about all forms of vegetables including cooked or raw, fresh, frozen, or canned.

Please think about all meals, snacks, and food consumed at home and away from home. If none, please enter 0.

Servings

51. How easy or difficult is it for you to get fresh fruits and vegetables?

- ☐ Very difficult
- ☐ Somewhat difficult
- ☐ Somewhat easy
- ☐ Very easy

Skip to question 53

52. What are the reasons it is difficult to get fresh fruits and vegetables? Please select all that apply.

- ☐ The store(s) within a half mile of where I live don't sell fresh fruits and vegetables
- ☐ The quality of fresh fruits and vegetables where I shop is poor
- ☐ Fresh fruits and vegetables are too expensive where I shop
- ☐ The store(s) where I use my EBT/SNAP benefits does not sell fresh fruits and vegetables

53. In the past 12 months, have you received food stamps, also called SNAP, the Supplemental Nutrition Assistance Program on an EBT card?

- ☐ Yes
- ☐ No

54. How true is the following statement: "In the past 12 months, we worried whether our food would run out before we got money to buy more."

- ☐ Often true
- ☐ Sometimes true
- ☐ Never true

55. During the past 30 days, how many regular soda or pop or other sweetened drinks like sweetened iced tea, sports drinks, fruit punch, or other fruit-flavored drinks have you had?

Do not include diet soda, sugar free drinks, or 100% juice. If none, please enter 0.

Drinks

Select the period of time (per day/week/month):

- ☐ Drinks per day
- ☐ Drinks per week
- ☐ Drinks per month

56. Which of the following best describes the water that you most often drink at home?

- ☐ Unfiltered tap water
- ☐ Filtered tap water
- ☐ Bottled water
- ☐ Water from another source

57. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, dance, playing basketball, taking an exercise class, gardening, or walking for exercise?

- ☐ Yes
☐ No

58. In the past 12 months, how often did you or someone in your household use the parks, playgrounds, and/or sport fields in your neighborhood?

- ☐ Once a week or more
☐ Several times a month
☐ At least once a month
☐ A few times a year
☐ Never

59. In the past 12 months, how often have you ridden a bicycle, adult tricycle, or adaptive bicycle in your neighborhood?

- ☐ Once a week or more
☐ Several times a month
☐ At least once a month
☐ A few times a year
☐ Never
☐ I am not physically able to ride a bike

60. During the past 7 days, did you ever walk or use a wheelchair or scooter to get to and from places such as work, shopping, or other activities?

- ☐ Yes
☐ No
☐ I am not physically able to walk or use a wheelchair or scooter

ALCOHOL & PRESCRIPTION DRUGS

61. The next few questions are about drinking alcohol. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. A 40-ounce beer would count as 3 drinks, or a cocktail drink with 2 shots would count as 2 drinks.

During the past 30 days, how many days did you have at least one drink of any alcoholic beverage?

If none, please enter 0.

Days

→ If you answered 0, skip to question 64.

62. [If you are male] Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on one occasion?

If none, please enter 0.

Times

→ Skip to question 64

63. [If you are not male] Considering all types of alcoholic beverages, how many times during the past 30 days did you have 4 or more drinks on one occasion?

If none, please enter 0.

Times

64. In the past 12 months, have you started or increased drinking alcohol to cope with stress or emotions related to COVID-19?

- ☐ Yes
☐ No

The next few questions are about medications that require a prescription. Do not include 'over the counter' medications such as aspirin, Tylenol, or Advil which can be bought in drug stores without a doctor's prescription. Your answers are strictly confidential.

65. In the past 12 months, have you ever taken a prescription pain reliever such as oxycodone or hydrocodone that was prescribed to you?

☐ Yes

☐ No → *Skip to question 67*

66. When you took prescription pain relievers in the past 12 months, did you ever, even once, take more than was prescribed for you? This includes taking a higher dosage or taking it more often than directed.

☐ Yes

☐ No

67. In the past 12 months, have you ever, even once, taken a prescription pain reliever such as oxycodone or hydrocodone that was not prescribed for you?

☐ Yes

☐ No

The next few questions are about drug use. The answers that people give us about their drug use help us provide services to those who need them. We know this information is personal but remember your answers will be kept confidential.

68. Have you ever, even once, used any form of heroin?

☐ Yes

☐ No → *Skip to question 70*

69. How long has it been since you last used any form of heroin?

☐ Within the past 30 days

☐ More than 30 days ago but within the past 12 months

☐ More than 12 months ago

CANCER SCREENING

70. → If you are male, skip to question 75 on Page 10. Else, continue here.

A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

☐ Yes

☐ No → *Skip to question 72 on Page 10*

71. How long has it been since you had your last mammogram?

☐ Less than 12 months ago

☐ At least 1 year ago but less than 2 years ago

☐ At least 2 years ago but less than 3 years ago

☐ At least 3 years ago but less than 5 years ago

☐ 5 or more years ago

72. A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?

- ☐ Yes
- ☐ No → *Skip to question 74*

→73. How long has it been since your last Pap test?

- ☐ Less than 12 months ago
- ☐ At least 1 year ago but less than 2 years ago
- ☐ At least 2 years ago but less than 3 years ago
- ☐ At least 3 years ago but less than 5 years ago
- ☐ 5 or more years ago

74. Have you had a hysterectomy?

- ☐ Yes
- ☐ No

75. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

- ☐ Yes
- ☐ No → *Skip to question 77*

→76. How long has it been since you had your last stool blood test using a home kit?

- ☐ Less than 12 months ago
- ☐ At least 1 year ago but less than 2 years ago
- ☐ At least 2 years ago but less than 3 years ago
- ☐ At least 3 years ago but less than 5 years ago
- ☐ 5 or more years ago

77. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems.

For a sigmoidoscopy, a flexible tube is inserted into the rectum to look for problems.

A colonoscopy is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test.

Have you ever had either of these exams?

- ☐ Yes
- ☐ No → *Skip to question 80 on Page 11*

→78. Was your most recent exam a sigmoidoscopy or a colonoscopy?

- ☐ Sigmoidoscopy
- ☐ Colonoscopy

79. How long has it been since you had your last sigmoidoscopy or colonoscopy?

- ☐ Less than 12 months ago
- ☐ At least 1 year ago but less than 2 years ago
- ☐ At least 2 years ago but less than 3 years ago
- ☐ At least 3 years ago but less than 5 years ago
- ☐ 5 or more years ago

MENTAL HEALTH

During the past 30 days, how often did you feel...

80. ...nervous?

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

81. ...hopeless?

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

82. ...restless and fidgety?

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

83. ...so depressed that nothing could cheer you up?

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

84. ...everything was an effort?

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

85. ...worthless?

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

86. How often do you feel that you lack companionship?

- ☐ Hardly ever
- ☐ Some of the time
- ☐ Often

87. How often do you feel left out?

- ☐ Hardly ever
- ☐ Some of the time
- ☐ Often

88. How often do you feel alone?

- ☐ Hardly ever
- ☐ Some of the time
- ☐ Often

If you or someone you know is struggling with mental health, substance use, housing, and/or domestic violence, please contact NAMI Chicago at 833-626-4244 or by visiting <https://www.namichicago.org>

89. Are you now taking medicine or receiving treatment from a doctor or other health professional for any type of mental health condition or emotional problem?

- ☐ Yes
- ☐ No

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

Hours Minutes

91. During the past 12 months, was there any time when you needed mental health treatment or counseling for yourself but didn't get it?

☐ Yes

☐ No → *Skip to question 93*

92. Was the following a reason why you did not get the mental health treatment or counseling you needed?

Select Yes or No for each statement.

	Yes	No
a. You couldn't afford the cost	<input type="radio"/>	<input type="radio"/>
b. You were concerned that getting mental health treatment or counseling might cause your neighbors or community to have a negative opinion of you	<input type="radio"/>	<input type="radio"/>
c.		
d. Your health insurance does not cover or pay enough for mental health treatment or counseling	<input type="radio"/>	<input type="radio"/>
e. You did not know where to go to get services	<input type="radio"/>	<input type="radio"/>
f. You were concerned that the information you gave the counselor might not be kept confidential	<input type="radio"/>	<input type="radio"/>
g. You were concerned that you might be committed to a psychiatric hospital or might have to take medicine	<input type="radio"/>	<input type="radio"/>
h. You tried to get mental health treatment or counseling but were put on a waitlist	<input type="radio"/>	<input type="radio"/>
i. You could not find a therapist who was culturally or disability competent	<input type="radio"/>	<input type="radio"/>
j. Other (please specify) ↓	<input type="radio"/>	<input type="radio"/>

FINANCIAL SECURITY

93. Suppose that you have an emergency expense that costs \$400. Based on your current financial situation, would you...?

Select Yes or No for each statement.

	Yes	No
a. Put it on your credit card and pay it off in full at the next statement	<input type="radio"/>	<input type="radio"/>
b. Put it on your credit card and pay it off over time	<input type="radio"/>	<input type="radio"/>
c. Pay with the money currently in your checking/savings account or with cash	<input type="radio"/>	<input type="radio"/>
d. Use money from a bank loan or line of credit	<input type="radio"/>	<input type="radio"/>
e. Borrow from a friend or family member	<input type="radio"/>	<input type="radio"/>
f. Use a payday loan, deposit advance or overdraft	<input type="radio"/>	<input type="radio"/>
g. Sell something	<input type="radio"/>	<input type="radio"/>
h. Not be able to pay for the expense right now	<input type="radio"/>	<input type="radio"/>
i. Other (please specify) ↓	<input type="radio"/>	<input type="radio"/>

94. Do you or anyone in your household currently have a checking or savings account?

☐ Yes

☐ No

YOUR NEIGHBORHOOD

95. How long have you lived in your neighborhood?

- ☐ Less than one year
- ☐ At least 1 year, but less than 5 years
- ☐ At least 5 years, but less than 10 years
- ☐ At least 10 years, but less than 20 years
- ☐ 20 years or longer

Skip to question 99

96. People move for many different reasons. Thinking of your most recent move, did you move...?

Select Yes or No for each statement.

	Yes	No
a. To be closer to work or school	<input checked="" type="radio"/>	<input type="radio"/>
b. To be closer to family or friends	<input type="radio"/>	<input type="radio"/>
c. For better quality neighborhood or schools	<input type="radio"/>	<input type="radio"/>
d. Because you received an eviction notice	<input type="radio"/>	<input type="radio"/>
e. Because your previous home or apartment was foreclosed	<input type="radio"/>	<input type="radio"/>
f. Your rent increased at previous home or apartment	<input type="radio"/>	<input type="radio"/>
g. Your landlord would not fix things at previous home or apartment	<input type="radio"/>	<input type="radio"/>
h. To save money	<input type="radio"/>	<input type="radio"/>
i. To relocate to new city	<input type="radio"/>	<input type="radio"/>
j. Because your family status changed (e.g., marriage, divorce, children, adult child moved out)	<input type="radio"/>	<input type="radio"/>
k. For a better quality or larger home	<input type="radio"/>	<input type="radio"/>
l. Because you bought a home	<input type="radio"/>	<input type="radio"/>
m. Other (please specify)	<input type="radio"/>	<input type="radio"/>

97. Since the start of the COVID-19 pandemic in March 2020, have you been evicted or forced to move?

- ☐ Yes
- ☐ No

98. Has your household had to “double up” or combine with another household since the start of the COVID-19 pandemic in March 2020?

- ☐ Yes
- ☐ No

99. Would you say that you really feel part of your neighborhood?

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

100. About how many people in your neighborhood do you know well enough to ask for help if you needed it?

If none, please enter 0.

 People

101. Do you feel safe in your neighborhood?

- ☐ Yes, all of the time
- ☐ Yes, most of the time
- ☐ Sometimes
- ☐ No, mostly not

102. In your neighborhood, how often does violence occur?

- ☐ Every day
- ☐ At least every week
- ☐ At least every month
- ☐ Every few months
- ☐ Once a year or so
- ☐ Not at all

103. To what extent do you feel like you and your neighbors have the ability to impact your community?

- ☐ A great extent
- ☐ Somewhat
- ☐ A little
- ☐ Not at all

104. To what extent do you trust local government to do what's right for your community?

- ☐ A great extent
- ☐ Somewhat
- ☐ A little
- ☐ Not at all

Thinking about your current neighborhood, to what extent do you agree or disagree with the following statements:

105. The sidewalks in my neighborhood are well maintained (paved, even and not a lot of cracks).

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

106. It is easy to walk, scoot, or roll to a transit stop (bus, train) from my home.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

107. My neighborhood is generally free from litter.

- ☐ Strongly agree
- ☐ Agree
- ☐ Neither agree nor disagree
- ☐ Disagree
- ☐ Strongly disagree

YOUR HOME

108. Do you own or rent your home?

- ☐ Own
☐ Rent
☐ Some other arrangement

109. How many times has your residence flooded in the last year?

- ☐ None
☐ One time
☐ Two times
☐ Three times
☐ Four or more times

110. Do you have reliable internet access at home?

- ☐ Yes
☐ No → **Skip to question 112**

111. What is the primary device you use at home to get on the internet?

- ☐ Desktop computer
☐ Laptop computer
☐ Tablet
☐ Phone
☐ Other (please specify) →

112. How many people, including yourself, live in this household? *Please count people who spend a majority of their time living in the household. Enter a number for each category. If none, please enter 0.*

- Adults, 18 years of age or older
 Children, 11-17 years old
 Children, 6-10 years old
 Children, 1-5 years old
 Children, less than 1 year old

113. Do at least three generations of the same family live in this household?

An example of three generations would be a child, their parent, and the child's grandparent all living in the same household. Include anyone living in your household that you consider to be a part of your family, such as biological, adopted, or foster relatives, as well as relatives by marriage.

- ☐ Yes
☐ No

114. In the past 12 months, have you experienced violence or mistreatment within your home?

- ☐ Yes
☐ No → **Skip to question 116**

115. In the past 12 months, how often have you experienced violence or mistreatment within your home?

- ☐ Every day
☐ At least every week
☐ At least every month
☐ Every few months
☐ Once a year or so

116. In the last 12 months, have you or any member of your household used any of the following services? *Please select all that apply.*

- ☐ Services for victims of violent crimes (e.g., crime victim compensation, funeral planning)
☐ Domestic violence services (e.g., calling DV hotline, counseling, meditation)
☐ Crisis intervention and/or mental health services
☐ Employment or job training services
☐ Youth services (e.g., after school programming, youth jobs)
☐ Social service navigation and guidance (e.g., housing/relocation support)
☐ Legal services (e.g., criminal record expungement, legal representation)
☐ Educational or school supports (e.g., tutoring, community college)
☐ None of the above

CRIMINAL JUSTICE

117. To what extent do you trust your law enforcement agency?

- ☐ A great extent
- ☐ Somewhat
- ☐ A little
- ☐ Not at all

118. Since age 18, have you ever been arrested, booked, or charged for breaking the law?

- ☐ Yes
- ☐ No

119. Since age 18, have you had any face-to-face (in person) contact with police?

- ☐ Yes
- ☐ No → *Skip to question 124 on Page 17*

120. Since age 18, has a police officer threatened to use physical force against you? *Examples of physical force include pushing or grabbing, restraining you with any device other than handcuffs, kicking or hitting, spraying chemical or pepper spray, using an electroshock gun like a stun gun, and pointing or firing a gun at you.*

- ☐ Yes
- ☐ No

121. Since age 18, has a police officer used physical force against you?

Examples of physical force include pushing or grabbing, restraining you with any device other than handcuffs, kicking or hitting, spraying chemical or pepper spray, using an electroshock gun like a stun gun, and pointing or firing a gun at you.

- ☐ Yes
- ☐ No → *Skip to question 124 on Page 17*

122. Since age 18, have you required medical treatment as a result of a police officer using physical force against you?

- ☐ Yes
- ☐ No

123. Since age 18, have you received medical treatment as a result of a police officer using physical force against you?

- ☐ Yes
- ☐ No

CHILDREN & TEENS

124. How big of a problem do you feel the following issues are for children and teens in your neighborhood? Select an answer for each statement.

	A big problem	Somewhat of a problem	Not a problem	Don't know/not sure
a. Gun-related violence in neighborhoods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Worse health for children of color than for white children, also known as racial inequalities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Discrimination and racism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Poverty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Bullying, including cyberbullying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Drug abuse by youth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Smoking and tobacco use by youth, including vaping or using e-cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Lack of adult supervision and involvement for children and teens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Stress among children and teens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

125. How big of a problem do you feel the following issues are for children and teens in your neighborhood? Select an answer for each statement.

a. Depression among children and teens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Not enough job opportunities for parents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Not enough job opportunities for teens and young adults	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Child abuse and neglect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Suicide among children and teens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Childhood obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Social media	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Violence in schools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Teen pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

126. How big of a problem do you feel the following issues are for children and teens in your neighborhood? Select an answer for each statement.

	A big problem	Somewhat of a problem	Not a problem	Don't know/not sure
a. Alcohol abuse by youth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Injuries from accidents among children and teens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. COVID-19 pandemic effects on youth mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Unsafe housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Parent's health problems affecting their children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Childhood asthma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Hunger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Infant mortality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. COVID-19 infections	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CORONAVIRUS & COVID-19

127. Have you received a positive COVID-19 test result since the COVID-19 pandemic started in March 2020?

- ☐ Yes
☐ No

128. How would you describe your mental health compared to before the COVID-19 pandemic?

- ☐ Much better
☐ Somewhat better
☐ About the same
☐ Somewhat worse
☐ Much worse

129. Have you or someone in your household experienced grief from losing someone who died from COVID-19?

- ☐ Yes
☐ No

130. Have you been let go, had to reduce work hours, or had a reduction in pay because of COVID-19?

- ☐ Yes
☐ No → Skip to question 134 on Page 19

131. To what extent was this because you had to take on increased childcare responsibilities?

- ☐ A great extent
☐ Somewhat
☐ A little
☐ Not at all

132. To what extent was this because you had to take on increased caregiving responsibilities for people with disabilities?

- ☐ A great extent
☐ Somewhat
☐ A little
☐ Not at all

133. To what extent was this because you had to take on increased caregiving responsibilities for elderly people?

- ☐ A great extent
☐ Somewhat
☐ A little
☐ Not at all

134. Do you require caregiving support due to age, disability, or any other reason?

- ☐ Yes
- ☐ No → **Skip to question 136**

135. To what extent have you lost caregiving supports due to the pandemic?

- ☐ A great extent
- ☐ Somewhat
- ☐ A little
- ☐ Not at all

136. Vaccines for COVID-19 are now available. Have you ever received at least one COVID-19 vaccine shot?

- ☐ I have gotten at least one COVID-19 vaccine shot
- ☐ I have not gotten a COVID-19 vaccine shot because I haven't had the time
- ☐ I have not gotten a COVID-19 vaccine shot because I don't know where to get one
- ☐ I have not gotten a COVID-19 vaccine shot because I am still waiting
- ☐ I have not gotten a COVID-19 vaccine shot and do not plan to get one
- ☐ I have not gotten a COVID-19 vaccine shot because I am not at risk

EMPLOYMENT

137. Are you currently...?

- ☐ Employed for wages
- ☐ Self-employed
- ☐ Out of work for 1 year or more
- ☐ Out of work for less than 1 year
- ☐ A Homemaker
- ☐ A Student
- ☐ Retired
- ☐ Unable to work

**Skip to
question 141**

138. Do you have more than one job?
This means more than one employer, not just multiple job sites.

- ☐ Yes
- ☐ No

139. Thinking about your main job, what kind of work do you do? For example, registered nurse, janitor, cashier, or auto mechanic.

140. Thinking about your main job, what kind of business or industry do you work in? For example, hospital, elementary school, restaurant, or grocery store.

141. In the last 12 months, have you experienced any injuries related to any job you held? Examples of injuries include: sprains, strains or tears, soreness or pain, bruises, cuts or punctures, broken bones, injury to muscles or joints, open wounds, burns, and carpal tunnel syndrome.

- ☐ Yes
- ☐ No

142. In the last 12 months, have you experienced any illnesses related to any job you held? Examples of illnesses include: skin disorders, respiratory conditions, poisonings, hearing loss, a disease or infection, cancer, and anxiety or depression.

- ☐ Yes
- ☐ No

ADVERSE CHILDHOOD EXPERIENCES

Some of these next questions are personal and could be upsetting. Remember that you can skip any question you don't want to answer. The information that you provide is confidential.

143. Looking back before you were 18 years of age... Please answer Yes or No for each statement.

	Yes	No
a. Did you live with anyone who was depressed, mentally ill, or suicidal?	<input type="radio"/>	<input type="radio"/>
b. Did you live with anyone who was a problem drinker or alcoholic?	<input type="radio"/>	<input type="radio"/>
c. Did you live with anyone who used illegal street drugs or abused prescription medications?	<input type="radio"/>	<input type="radio"/>
d. Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?	<input type="radio"/>	<input type="radio"/>
e. Were your parents separated or divorced?	<input type="radio"/>	<input type="radio"/>

144. Looking back before you were 18 years of age... Please answer Yes or No for each statement.

	Yes	No
a. Did your parents or adults in your home ever slap, hit, kick, punch or beat each other up?	<input type="radio"/>	<input type="radio"/>
b. Not including spanking, did a parent ever hit, beat, kick, or physically hurt you in any way?	<input type="radio"/>	<input type="radio"/>
c. Did a parent or adult in your home ever swear to you, insult you, or put you down?	<input type="radio"/>	<input type="radio"/>
d. Did anyone at least 5 years older than you or an adult ever touch you sexually?	<input type="radio"/>	<input type="radio"/>
e. Did anyone at least 5 years older than you or an adult try to make you touch them sexually?	<input type="radio"/>	<input type="radio"/>
f. Did anyone at least 5 years older than you or an adult force you to have sex?	<input type="radio"/>	<input type="radio"/>

If you or someone you know is struggling with mental health, substance use, housing, and/or domestic violence, please contact NAMI Chicago at 833-626-4244 or by visiting <https://www.namichicago.org>.

If you need other assistance, please call 311. If you need immediate help, please call 911.

ABOUT YOU

145. What is your age?

- ☐ 18-24
- ☐ 25-29
- ☐ 30-44
- ☐ 45-64
- ☐ 65 or older

146. Are you Hispanic or Latino/a, or of Spanish origin?

- ☐ Yes
- ☐ No → *Skip to question 148*

→ **147. Would you say you are...? Select Yes or No for each statement.**

	Yes	No
a. Mexican, Mexican-American, or Chicano/a	<input type="radio"/>	<input type="radio"/>
b. Puerto Rican	<input type="radio"/>	<input type="radio"/>
c. Cuban	<input type="radio"/>	<input type="radio"/>
d. Another Hispanic, Latino/a, or Spanish origin	<input type="radio"/>	<input type="radio"/>

148. Which one or more of the following would you say is your race? Check all that apply.

- ☐ White
- ☐ Black or African American
- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Native Hawaiian or Pacific Islander
- ☐ Some other race

→ **If you are not Asian, skip to question 150**

→ **149. Would you say you are...? Select Yes or No for each statement.**

	Yes	No
a. Asian Indian	<input type="radio"/>	<input type="radio"/>
b. Chinese	<input type="radio"/>	<input type="radio"/>
c. Filipino	<input type="radio"/>	<input type="radio"/>
d. Japanese	<input type="radio"/>	<input type="radio"/>
e. Korean	<input type="radio"/>	<input type="radio"/>
f. Vietnamese	<input type="radio"/>	<input type="radio"/>
g. Another Asian origin	<input type="radio"/>	<input type="radio"/>

150. Are you deaf, or do you have serious difficulty hearing?

- ☐ Yes
- ☐ No

151. Are you blind, or do you have serious difficulty seeing, even when wearing glasses?

- ☐ Yes
- ☐ No

152. Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?

- ☐ Yes
- ☐ No

153. Do you have serious difficulty walking or climbing stairs?

- ☐ Yes
- ☐ No

154. Do you have difficulty dressing or bathing?

- ☐ Yes
- ☐ No

155. Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?

- ☐ Yes
- ☐ No

156. Do you consider yourself to be...?

- ☐ Heterosexual or straight
- ☐ Gay or lesbian
- ☐ Bisexual
- ☐ Prefer to self-describe

157. Do you consider yourself to be transgender?

Transgender is when a person thinks of themselves as a different gender than what they were assigned at birth, such as a person born female who now considers themselves to be male.

- ☐ Yes
- ☐ No

158. Are you...?

- ☐ Married
- ☐ Divorced
- ☐ Widowed
- ☐ Separated
- ☐ Never married
- ☐ A member of an unmarried couple
- ☐ A member of a civil union

159. What is the highest grade or year of school you completed?

- ☐ Less than high school graduation
- ☐ Regular high school diploma
- ☐ GED or alternative credential
- ☐ Some college or technical school
- ☐ Associate degree
- ☐ Bachelor's degree
- ☐ Graduate or professional degree

160. What is your annual combined household income? *By household income we mean the combined income from everyone living in the household including roommates or those on disability income.*

Your answer is private and confidential and cannot be used to affect your benefits.

\$, ,

161. Not including this survey, have you ever participated in any kind of health research study?

- ☐ Yes
- ☐ No

162. Where do you get your health information? *Please select all that apply.*

- ☐ Doctor/Nurse/Pharmacist/etc.
- ☐ Religious leader
- ☐ Family/Friends
- ☐ Social Media
- ☐ Broadcast News
- ☐ Printed News
- ☐ Radio
- ☐ Some other source

163. How easy or difficult is it for you to do each of the following? Select an answer for each statement.

	Very difficult	Somewhat difficult	Somewhat easy	Very easy
a. Get trustworthy advice about your health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Fill out medical forms by yourself?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Understand health information in the media?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Take advantage of activities and resources in your community to improve your health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Find someone in your neighborhood to give you health information or health advice?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

THANK YOU!

164. May we contact you if we have more questions?

- ☐ Yes
☐ No

165. Do we have permission to text you?

- ☐ Yes
☐ No

166. Please provide your contact information so we can send you your \$10 Amazon gift card.

First Name:

Last Name:

Email:

Phone:

—

Area Code Number

Thank you for participating in the Cook County Health Survey!
Please return this questionnaire in the envelope provided or return to:

Cook County Health Survey
c/o RTI International
0218457.000.001
5265 Capital Boulevard
Raleigh, NC 27616-2925

You will receive your \$10 Amazon gift card in four to six weeks.