

2023 Community Health Needs Assessment



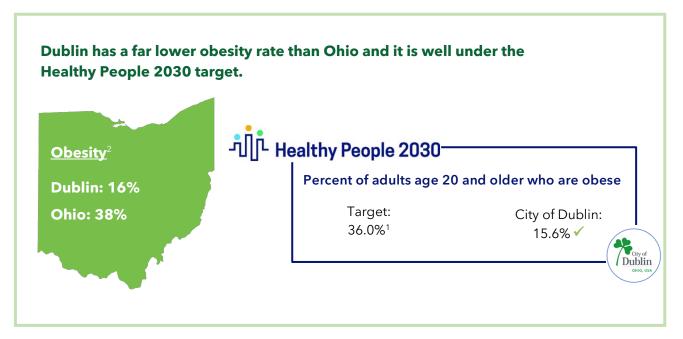


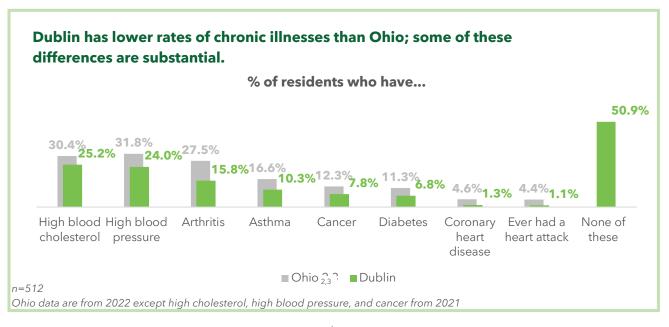
Executive Summary

The City of Dublin is pleased to share the 2023 Community Health Needs Assessment (CHNA), which provides a comprehensive overview of residents' health and wellness. The 2023 Community Health Needs Assessment is based on a comprehensive research effort to engage and understand residents, which included a representative survey of adult residents, adult and youth focus groups, stakeholder interviews, and a brief poll of residents. The next several pages present the key findings from that assessment, along with comparisons to state data and/or U.S. Department of Health and Human Services Healthy People 2030 goals.



Dublin Does Well: Physical Health





Two potential explanations for Dublin residents' physical health are ample opportunities for recreation and relatively high levels of household income.

Nearly all survey respondents participated in physical activity at least once in the 30 days prior to the survey - Dublin makes that easy.

"There's a lot of parks, there's a lot of outdoor events that encourage people to get outside...The city's parks system and shareable use paths all do a very good job of promoting a kind of wellness and overall health for the residents."

Participated in physical activity²

Dublin: 96%

Ohio: 76%

"We have access to this **rec center**; we have access to **other gyms and parks and places to go walk...Living in a community where we have access to that stuff,** where it's safe to go do that stuff, it speaks volumes about **Dublin.**"

Evidence abounds that those with higher socioeconomic status tend to have better physical health outcomes; Dublin's median household income is double that of Ohio.

Median household income⁴

Dublin: \$143.533

Ohio: \$62,262

Community conversations and survey data on topics like food insecurity and public transportation suggest Dublin isn't devoid of financial concerns.



Dublin Could Do Better: Mental Health

of adults had at least one poor mental health day in the last 30 days

14 or more poor mental health days²

Dublin: 11%

Ohio: 20%

of adults reported 50% of adults report being nervous, anxious, or on edge several, more than half, or nearly every day in the past 2 weeks

of adults reported being unable to stop or control worrying several, more than half, or nearly every day in the past 2 weeks

Poor mental health may be linked to substance abuse.

Binge drank (adults 18+)

Dublin: 41% Ohio: 20%



Healthy People 2030

Percent of adults 21 and older who binge drank in the past 30 days

Target: 25.4%5

City of Dublin:

41.6% X

Binge drinking is more common in Dublin than in Ohio overall, and Dublin does not meet the binge drinking **Healthy People 2030 target.**

Dublin residents and stakeholders voiced many concerns about mental health.

One potential cause of poor mental health is lack of

belonging/loneliness.

43%

of adults feel like they don't fit in very well in Dublin

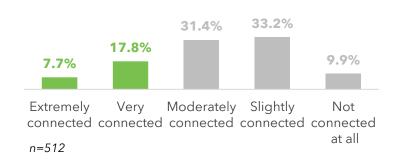
Those who don't feel as though they belong cite lack of personal connection, lack of inclusiveness, and no sense of community as reasons why.

"Dublin is for families with kids and dogs and good jobs. I'm semi-retired, single, divorced, with no kids."

Loneliness has been declared a national public health epidemic by the US Surgeon General.⁶

"I was thinking a lot about loneliness...That is something that I've struggled with a lot in Dublin, growing up here, and I don't know if that's a common experience, but I know at least for myself, that's been the case."

% of residents who reported feeling "____ connected" to neighbors



75%
of Dublin adults feel only moderately, slightly, or not at all

connected to their neighbors

Adult and youth residents are particularly concerned about youth mental health.

Community stakeholders and residents suspect the COVID-19 pandemic has contributed to declining mental health among Dublin's youth...

"The impact that the pandemic had on our children has affected their mental health significantly."

- Adult resident

...as well as pressure to succeed and high social comparisons.

"The added stress, the high expectations, that constant competitive nature...Members of our community thinking that they have to live up to their neighbors."

- Adult resident

"I think sometimes the standards we set in Dublin...also set kids up for anxiety. We have National Merit Scholars everywhere...we set that standard pretty high here."

- Adult resident

"Since everyone is at such a high level, we expect ourselves to be good at everything. We have to be athletes, we have to be A students, we have to take AP classes and then we also have to have a life outside of school and have friends and all this stuff."

- Youth resident



Opportunity: Help Residents To Connect

Residents and stakeholders suggested many actions that the City and its partners could take to help residents connect, both to each other and to services and care.

- Improve public transportation
- Expand recreational opportunities
- Improve health care access
- Facilitate better connections between health and wellness services/providers
- Increase awareness of events
- Strengthen the sense of community
- Strengthen bonds among neighbors
- Encourage and support diversity

71%

of adults are very or extremely likely to visit a webpage with info about all community events throughout the City.

"To have a community that's well connected and caring for each other. To promote that kind of a community attitude goes a long way to preventing worse depressions, worse sense of feeling alone...I think we value it, but maybe it's something that we need to pay more attention to."

"The Connector is a great start. I'd like to see that **expanded**. So everybody has the opportunity to catch something and get to the other side of town or whatever that convenience is."

"Bringing the awareness to the community and bringing the key stakeholders together, to have the discussions on how we can work better together to support the overall needs of the community would be helpful."

"If our whole idea is that there is a global city, and everybody is connected, then we really need to have a little bit more work done in this direction of bringing those events that really combine the communities, different fabrics together."

"I know we've got some plans to improve, or at least ideas to improve the Rec Center. And to expand the capabilities there...We do have a lot of residents that use that facility, but it's starting to become a bit outdated."

The City of Dublin 2023 Community Health Needs Assessment Overview

The City of Dublin is pleased to share the 2023 Community Health Needs Assessment (CHNA), which provides a comprehensive overview of residents' health and wellness.

By understanding the prevalence of acute and chronic health conditions, access to care barriers, health disparities, and other health issues, community leaders will be better informed as they evaluate how resources are directed to have the greatest impact. Indeed, the City of Dublin intends to reference the data reported in the 2023 Community Health Needs Assessment as it develops and subsequently implements strategic plans that address residents' health needs and provide avenues for increased health and wellness.

The 2023 Community Health Needs Assessment is the result of a strong, collaborative effort involving many private, public, and nonprofit organizations that serve Dublin residents. Representatives from each of the organizations listed below served on a project Advisory Committee and were instrumental to the success of this effort. Thank you!

Advisory Committee Members

Cardinal Health (Hospital/Medical)

Brian Moore

City of Dublin (Government)

Matt Earman, Tracey Gee, Christine Nardecchia, Robert Ranc, Mollie Steiner

Delaware Public Health District (Public Health)

Garrett Guillozet, Jen Keagy

Dublin City Schools (Education)

Chris Ondrus

Dublin Food Pantry (Food Insecure Populations)

Dinky Youngsteadt-Parrish

Dublin Retirement Village (Senior Community)

Dionne Nicol

Franklin County Public Health (Public Health)

Abby Boeckman, Sierra MacEachron, Joe Mazzola

Mt. Carmel Health System (Hospital/Medical)

Candice Coleman, Brian Pierson

Nationwide Children's Hospital (Hospital/Medical)

Carla Fountaine, Kent Weakley

Ohio University (University System)

William Burke

Ohio State University (University System)

Arick Forrest, Kyle Steinbauer

OhioHealth (Hospital/Medical)

Joseph Gastaldo

One Dublin (Low-income, Medically Underserved, Homeless Populations)

Heather Heins

Quantum Health (Hospital/Medical)

Dana Andrews, Veronica Knuth

SourcePoint (Senior Community)

Amelia Tucciarone, Fara Waugh

St. Brigid of Kildare (Religious Institution)

Alyson Stickel

Syntero (Mental Health)

Julie Rinaldi

Union County Health Department (Public Health)

Jason Orcena

Washington Township Fire Department and EMS (Emergency Services)

Kevin McDowell, Sam Parsons

The City of Dublin would also like to acknowledge the Dublin Food Pantry, Dublin Methodist Hospital, the Dublin Police Department, Franklin County Public Health, Health Impact Ohio, Nationwide Children's Hospital, Ohio State Outpatient Care Dublin, and Dublin City Schools for providing valuable data for this effort. Thank you!

The City of Dublin and each organization that advised the 2023 Community Health Needs Assessment hope readers find this document to be a useful source of information while also sparking ideas to increase the community's health and wellness.

About the Community Health Needs Assessment Process

The City of Dublin contracted with Illuminology, a central Ohio-based research firm, to design, complete, and report the 2023 Community Health Needs Assessment.

The process followed by the 2023 Community Health Needs Assessment reflected an adapted version of the Robert Wood Johnson Foundation's County Health Rankings and Roadmaps: Assess Needs and Resources process. This process is designed to help stakeholders "understand current community strengths, resources, needs, and gaps," so that they can better focus their efforts and collaboration. The primary phases included the following steps.





Phase 1 | Assessment and Question Generation

A series of planning meetings were held from September 2022 through May 2023 with project researchers, the City of Dublin, and Advisory Committee members.

- On October 11, 2022, an in-person kickoff meeting was held between project researchers and the City of Dublin leadership and staff, with the purpose of ensuring all parties are integrated in understanding the project as a whole, the various steps of the project, and the project timeline. Another key element of this kickoff was discussion surrounding the formation of the Advisory Committee.
- On November 3, 2022, project researchers facilitated an in-person community wellness vision and strategy session with City of Dublin leadership and staff. The purpose of this meeting was to kick off the City's Community Health Needs Assessment and Strategic Action Plan process. Researchers facilitated small-group conversations to identify possible issues affecting residents' physical health, mental health, and wellness, which

¹ See https://www.countyhealthrankings.org/take-action-to-improve-health/action-center/assess-needs-resources

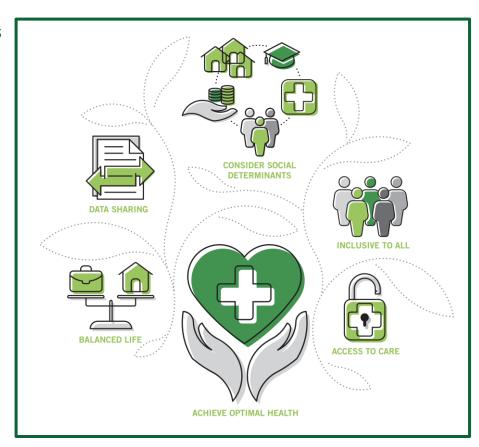
- helped to determine the types of information collected. In addition, a preliminary statement describing an aspirational vision of health for City residents was created.
- On February 6, 2023, project researchers facilitated an in-person meeting with the
 Advisory Committee to orient them to the City's Community Health Needs Assessment
 and Strategic Action Plan, share the vision and purpose of this community wellness
 initiative, answer their questions about this process, and listen to their suggestions
 about key topics that should be considered as part of this process.
- On May 25, 2023, project researchers facilitated a virtual meeting with the Advisory
 Committee to update them on the progress made on the City's Community Health
 Needs Assessment and Strategic Action Plan, share some results from the qualitative
 research conducted (stakeholder interviews and focus groups), and gather their
 feedback on aspects of upcoming research (representative survey and secondary data).

Illuminology used the information from these sessions to identify which indicators could be assessed via secondary sources and which indicators needed to be included as part of the primary data collection efforts.

The Vision of Health that was created by City of Dublin leadership and staff and revised and approved by the Advisory Committee is shown below.

The City of Dublin's Vision of Health:

"A community
whose residents
are able to achieve
optimal health,
access the care
and resources
they need,
and seek a
balanced life."





Phase 2 | Qualitative Data and Insights

Stakeholder interviews. Illuminology conducted virtual one-on-one or small group interviews with 21 stakeholders, including those from organizations that have a focus on health and wellness-related issues; those who represent or interact with vulnerable populations such as the elderly, youth, low-income individuals, and those with disabilities; and City Council members. These interviews focused on the stakeholders' perspectives on community health and wellness. See Appendix A for the discussion guide used for these interviews.

*A special thank-you to the interviewees for your invaluable insights!

Adult and youth focus groups. Illuminology conducted multiple in-person focus groups to assess Dublin residents' perspectives on community health and wellness:

- Four 90-minute sessions with adults; two of these four groups were comprised of parents of children under 13.
- One 60-minute session with high school teens.
- One 60-minute session with middle school teens.

See Appendix B for the discussion guide for these focus groups.

*A special thank-you to Christine Nardecchia for your tremendous recruitment efforts!



Phase 3 | Quantitative Data and Insights

Representative adult survey. A representative survey of Dublin adult residents was conducted. Fielded in multiple waves from July 26, 2023 through September 20, 2023, respondents completed a self-administered questionnaire, either on paper or online (see Appendix C).

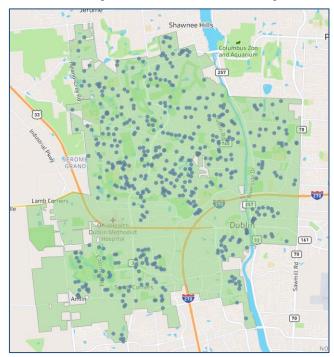
For the first round of mailing, a total of 1,800 addresses were randomly selected from the universe of residential addresses in the City of Dublin and an additional 1,000 addresses were randomly selected from the universe of residential addresses in which the sample data indicated there was likely a young adult (age 18-34) in the household. In late July 2023, a notification letter was sent to each household, asking the adult in the household who most recently had a birthday to complete the survey online. A few weeks after the initial mailing, a hard copy of the survey was sent to households that had not yet completed the survey online.

This mailing also included a cover letter and a self-addressed stamped envelope so respondents could complete the survey and mail it back at no cost to them.

In total, 512 City of Dublin adult residents completed the survey, or 19% of the total number of valid addresses (i.e., addresses that were not vacant or otherwise unable to be surveyed) that were invited to participate. With a random sample of this size, the margin of error is $\pm 4.3\%$ at the 95% confidence level.

Before analyzing responses to the survey, survey weights were computed, allowing the researchers to produce more accurate statistical estimates at the overall City level. First, a base weight was created that adjusted for unequal probabilities of selection into the survey (i.e., compensating for the number of adults in the household and whether the household had an indicator that there was likely a young adult in the household). Then, this base weight was adjusted so that respondents' demographic characteristics (i.e., age, gender, race/ethnicity, educational attainment, income, and presence of children in the household) aligned with population benchmarks for the City of Dublin. These population

Map showing households that completed the representative adult survey



benchmarks were obtained from the U.S. Census Bureau's American Community Survey and the 2020 Decennial Census. This adjusted base weight was calculated via an iterative proportional fitting procedure within the STATA v17 software package; analyses of weighted data were conducted using complex survey [svy] commands within STATA v17.

Community poll. The City of Dublin worked with Illuminology to design and deploy a brief version of the questionnaire used during the representative survey that could be shared with any Dublin residents who wanted to participate in this process. The intent of this poll was to give all residents an opportunity to engage in the research process, to obtain an additional measure of community opinion about the current state of health in the City of Dublin, and to collect more information that might identify ideas and opportunities to improve residents' health. The poll was promoted through outreach efforts from members of the Advisory Committee as well as the City of Dublin's "Tell Dublin" tool, which was shared via the City's outreach. Overall, 295 individuals who reported living in the City of Dublin responded to this poll between September 21, 2023 and October 9, 2023. See Appendix D for the questions asked as part of this poll and the results of the poll.

Secondary data. Secondary data for this health assessment came from national sources (e.g., U.S. Census Bureau), state sources (e.g., Ohio Behavioral Risk Factors Surveillance System), and local sources (e.g., Dublin Methodist Hospital, Nationwide Children's Hospital, and OSU Medical Center). Illuminology located and recorded this information into a secondary data repository, calculating rates and/or percentages as necessary. All data sources are identified in the References section at the end of the report. To be considered for inclusion in the *City of Dublin 2023 Community Health Needs Assessment*, secondary data must have been collected or published in 2017 or later.



Phases 4 & 5 | Synthesis, Prioritization, and Strategic Action Planning

Synthesis. This report presents the analysis and synthesis of all secondary, primary, and community outreach data collected during this effort. It will be posted on the City of Dublin website (https://dublinohiousa.gov/) as well as other Advisory Committee member websites. This report will be widely distributed to organizations that serve and represent residents in the City.

Prioritization and strategic action planning. Illuminology will plan and facilitate a meeting with the Advisory Committee during which key findings from the summary report will be shared, followed by a process that will lead to the identification of priority health issues.

Illuminology will then plan and facilitate a series of meetings during which the City of Dublin, Advisory Committee members, and the project researchers will collaboratively develop strategic action plans that address the prioritized health issues. The strategic action plans will then be reviewed by representatives from the City and Advisory Committee members. Illuminology will revise that strategic planning document and collateral materials until a final product is generated - one that is actionable, accountability-oriented, and uses evidence-based health practices to guide the City towards improved health outcomes.

How to Read This Report

Overview and key findings. As shown on page 15, the 2023 Community Health Needs Assessment is organized into multiple, distinct sections. First, an executive summary presents general key findings from the engagement. Then, each topical section begins with a summary of the key research findings related to that topic from the researchers' perspectives.

Comparisons to national and state data. For some indicators, the City of Dublin is compared to the U.S. Department of Health and Human Services *Healthy People 2030* goal, indicated by dark blue boxes containing the City of Dublin logo. A ✓ icon inside the box indicates that the goal has been met, and an **X** icon indicates that the goal has not been met. Ohio data for some indicators from the CDC's Behavioral Risk Factor Surveillance System survey and Franklin County data from HealthMap2022 are also presented for comparison. These can be found in tables with green headers.

Community Voices. Comments and findings from the stakeholder interviews and resident focus groups are included in several sections. These segments are designated by green rectangles that contain the "Community Voices" label.

Health disparities between populations in the community. Analyses explored statistically significant differences in survey results based on demographic factors such as age, gender, race, ethnicity, household income, and educational attainment. Analyses that suggest the presence of significant differences among specific populations are listed next to the pertinent data visualizations. Groups highlighted for the most negative health outcomes are in bold grey and groups highlighted for the most positive health outcomes are in bold green. Examples of disparities found in Dublin include how those with lower household incomes are more likely to report poor physical health days in the past month and are more likely to be diagnosed with a depressive disorder.

Sources for all secondary data included in this document are marked by an endnote and described in the report's References section (see Appendix E). Caution should be used in drawing conclusions in cases where data are sparse (e.g., counts less than ten).

Note that sometimes percentages will not sum to 100% due to rounding and/or because multiple responses were accepted. In some cases, outlying values were winsorized (i.e., replaced with the highest or lowest non-outlying value).

Effects of the COVID-19 pandemic. The COVID-19 pandemic reached the United States in January 2020, and the first case was confirmed in Ohio on March 9, 2020. The Ohio State of Emergency was declared on March 9th and a Stay-At-Home Order went into effect on March 23rd. On May 11, 2023, the federal declaration of COVID-19 as a public health emergency ended. Community residents voiced that COVID-19 is still impacting the health of the community, especially in terms of mental health.

Table of Contents

Executive Summary	1
The 2023 City of Dublin Community Health Needs Assessment Overview	7
Demographic Characteristics of Dublin	16
Overall Perceptions of Health in Dublin How easy or difficult it is to stay healthy in Dublin; how the City can better support health and wellness for residents	20
Physical Health and Health Behaviors Chronic conditions, weight, physical activity	32
Mental Health, Social Health, and Substance Use Measures of psychosocial well-being and substance use	39
Access to Health Care and Other Health Resources Health care utilization, barriers to healthcare, care coordination, information sharing	62
Social Determinants of Health Socio-economic factors that can affect health outcomes such as economic stability, food insecurity, crime, community involvement	77
Summary	86
Appendix A: Stakeholder Interviews Discussion Guide Appendix B: Adult and Youth Focus Groups Discussion Guide Appendix C: Adult Survey Questionnaire	87 91 95
Appendix D: Community Poll Results Appendix E: References	101 103

Demographic Characteristics of Dublin

Community Profile

This section describes the demographic and household characteristics of the population in Dublin, Ohio. The City is located in Franklin, Delaware, and Union counties. Dublin officially became a city in 1987 and covers 24.80 square miles.

Resident Demographics

	City of Dublin	%
Total Population ¹	Total population	48,613
Gender ¹	Male	50.9%
	Female	49.1%
Age ¹	Under 18 years	28.5%
	18-24 years	4.7%
	25-44 years	24.2%
	45-64 years	29.8%
	65 years and over	12.9%
Race ¹	White	76.0%
	Black or African American	3.1%
	American Indian and Alaska Native	0.4%
	Asian	21.4%
	Native Hawaiian and Other Pacific Islander	0.5%
	Some other race	2.4%
	Two or more races	3.6%
Ethnicity ¹	Hispanic or Latino (any race)	3.8%
Emmerty	Not Hispanic or Latino	96.2%
Marital Status ² *	Never married	16.0%
	Now married (not currently separated)	75.6%
	Divorced or separated	5.6%
	Widowed	2.8%

Data are from 2017-2021 *Denominator is population 15 years and over

Resident Households

	City of Dublin	%	
Total Households ¹	Number of households		
Household Ages ^{1*}	Households with one or more people under 18 years	45.2%	
	Households with one or more people 65 years and over	23.7%	
	Married-couple household	72.9%	
	With own children under 18	38.1%	
	Cohabitating couple household	1.9%	
Household	With own children under 18	0.3%	
Relationships1*	Male householder, no spouse/partner	11.3%	
	With own children under 18	2.7%	
	Female householder, no spouse/partner	13.9%	
	With own children under 18	2.8%	
Non-Family Households ^{2*}	Non-family households	15.2%	
Household Size ¹	Average household size	2.8	
nousellold Size	Average family size	3.2	
	Household with grandparents living with grandchildren	2.7%	
Grandparents As Caregivers ¹	Household with grandparent responsible for own grandchildren under 18 years**	31.9%	
	Household with grandparent not responsible for own grandchildren under 18 years**	68.1%	
	Less than \$20,000	3.3%	
Household Income ^{3*}	\$20,000 to \$39,999	1.9%	
	\$40,000 to \$59,999	5.1%	
	\$60,000 to \$99,999	17.7%	
	\$100,000 to \$149,999	23.1%	
	\$150,000 to \$199,999	18.1%	
	\$200,000 or more	30.7%	
Transportation1*	Households without a vehicle	3.0%	

Data are from 2017-2021 *Denominator is total households **Denominator is households with grandparents living with grandchildren.

Residents - Disability Information¹

City of Dublin		%
Disability Status*	Total with a disability	5.7%
	Under 18 years	2.4%
	18 to 64 years	8.7%
	65 years and over	57.0%
Disability By Type**	With an ambulatory difficulty	45.9%
	With an independent living difficulty	38.7%
	With a cognitive difficulty	35.6%
	With a hearing difficulty	34.4%
	With a self-care difficulty	18.1%
	With a vision difficulty	12.5%

Data are from 2017-2021 *Denominator is civilian noninstitutionalized population in specified age range **Denominator is civilian noninstitutionalized population with a disability

Languages Spoken¹

City of Dublin	%
Speak only English	78.2%
Speak a language other than English	21.8%
Asian and Pacific Island languages	12.9%
Other Indo-European languages	6.0%
Spanish	1.8%
Other languages	1.2%

Data are from 2017-2021 Denominator is population age 5 and over

City of Dublin 2023 Survey: Respondent Demographics

(average n=510)



Age

18-34: 18.1% 35-44: 22.2% 45-54: 24.0%

55-64:17.6% 65+: 18.1%

Gender

Male: 50.1% Female: 49.9%

Educational attainment

Some college/associate degree or less: 30.3%

Bachelor's degree: 37.5%

Graduate/professional degree: 32.3%



Household Income

Less than \$100,000: 30.5%

\$100,000 - \$149,999: 21.0%

\$150,000 - \$199,999: 16.8%

\$200,00 or more: 31.7%



Children and older adults in household

No child present: 54.8%

At least 1 child present: 45.2%

No adults 65 or older: 78.2%

1 adult 65 or older: 11.6%

2 adults 65 or older: 10.2%



Race/ethnicity

White alone: 73.8% Asian alone: 18.9%

Some other race or origin: 7.3%



Languages spoken at home

English: 90.3%

Other language: 9.7%

Age, gender, educational attainment, household income, presence of children in household, and race/ethnicity are weighted to match Census population estimates.

Other languages spoken at home included: Mandarin Chinese and Chinese (unspecified), Japanese, Korean, Hindi, Bengali-Assamese, Tamil, Oriya, Kannada, Malayalam, Telugu, Arabic, Spanish, and Italian

Overall Perceptions of Health in Dublin - Key Findings

City of Dublin residents perceive their overall health to be good, very good, or excellent.

• Only 9% of Dublin adults consider their overall health fair or poor, compared to 18% of Ohio adults.¹

Nearly a third of residents feel that being healthy in Dublin is easy.

• 31% of residents said it isn't difficult at all to be healthy in Dublin. But 17% said there are personal circumstances such as time and motivation that make it difficult.

Dublin provides many opportunities for physical activity and recreation, but residents and community stakeholders would like to see more.

• In stakeholder interviews, focus groups, and the survey, residents mentioned that they would like to see additional recreation facilities and activities offered to residents.

Residents and stakeholders believe the City of Dublin has the potential to improve its public transportation systems.

• Current transportation options are seen as limited in their utility by residents.

Community stakeholders would like more coordination between health care services and resources.

• Information sharing among organizations would help support the health needs of Dublin residents.

Community stakeholders and residents also believe Dublin can do more to increase an overall sense of community, including encouragement and support of diversity.

The majority of respondents to the Dublin adult survey reported that their health in general is good or very good (75%). Only 9% of Dublin adults consider their overall health fair or poor, compared to 18% of Ohio adults.

Dublin Resident Survey: Perceptions of health status

% of residents who rated their health as...

46.9%

27.6%

17.0%

8.4%

Excellent Very good Good Fair Poor

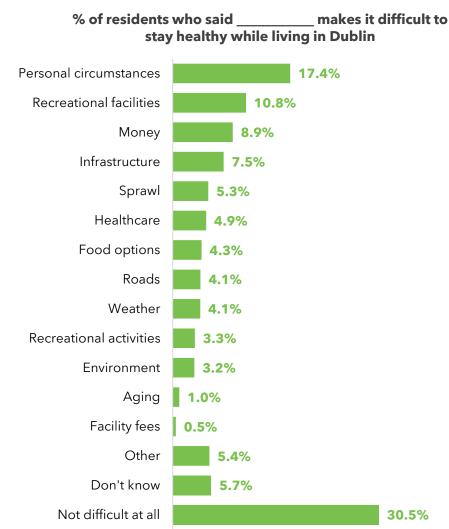
No differences in health status observed by age, gender, race/ethnicity, household income, or education

Percent fair or poor
Dublin: 9%
Franklin County: 19% ²
Ohio: 18% ¹

n = 512

Survey respondents were also asked to give their opinions about what makes it difficult to stay healthy in Dublin. The most common response given was that it is *not difficult at all* to stay healthy in Dublin, and the next most common was personal circumstances. The most common difficulty mentioned that Dublin would be able to address directly was problems with recreational facilities.

Dublin Resident Survey: Difficulties staying healthy in Dublin



n=477
Does not sum to 100% because responses could be coded into more than one category

Among the "other" responses were residents' perception that too many activities or environments that allow them opportunities to socialize revolve around alcohol. Additional "other" responses spoke to the perception that Dublin is not environmentally healthy enough and needs more initiatives like reducing plastic use or switching to solar power.

Selected verbatim responses from survey respondents are shown on the next page.



How is it difficult to stay healthy in Dublin?

Responses from the 2023 Dublin Resident Survey

Personal circumstances

(especially time and motivation)

17%

"Having enough time and desire to exercise and eathealthier."

"Living in Dublin- with all its opportunities-is expensive! As a result, work often takes precedence over health and leisure."

"We have a 1-year-old daughter and it's simply a difficult season of life to fit in exercise."

Recreational Facilities

(especially DCRC swimming pool, pickleball courts, and cardio gym equipment) "There are not many nearby commercial gyms and most of the smaller gyms like those in Bridge Park are overcrowded"

"Our Dublin Community Recreation Center is getting more and more crowded. We need a much bigger DCRC to accommodate all of the activities."

11%

"The community center is not easily accessible. And the only one there has limited capacities especially the swimming pool. Whenever we go there is either only one lane or no lane available."

Money

9%

"We are aging in place. It is difficult in finding affordable help to maintain our house and support for day to day activities."

"The price of healthy or organic food is too expensive."

Infrastructure

8%

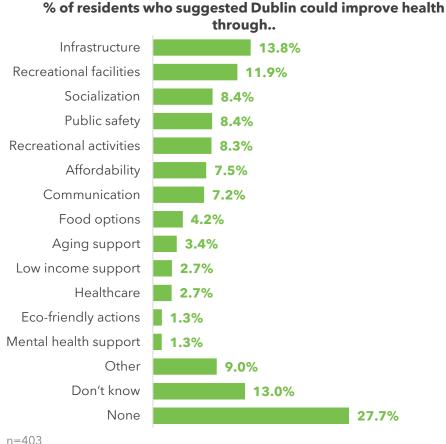
"Many parts of the greater Dublin, all within "developed" areas, lack safe walking paths; pedestrians have taken a 'back seat' to cars."

"I see a great amount of strides made with bike paths, but we need more with far more connections. The development of bike paths is not just commendable, but also instrumental in encouraging active lifestyles and sustainable commuting."

How Dublin Can Support Residents' Health and Wellness

Survey respondents were also asked to give their opinion about actions the City of Dublin and its partners can take to improve residents' health. Most commonly, respondents said they had no suggested improvements. The most common suggested improvements revolved around infrastructure changes.

Dublin Resident Survey: How can residents' health be improved in the City of Dublin



Does not sum to 100% because responses could be coded into more than one category

Among the "other" responses were comments that Home Ownership Associations (HOAs) in Dublin could benefit from training about how to approach neighbors and deal with conflicts. Also among "other" responses were comments that Dublin could offer incentives for people of color to start businesses and live there, because residents perceive that the feeling of the "Dublin bubble" precludes this. A resident also mentioned a desire for more opportunities for residents to voice their opinions about actions the city should take, along with stating that the city should make a "meaningful effort" to act on residents' ideas.

Selected verbatim responses from survey respondents are shown on the next page.



How Can Dublin Improve Residents' Health?

Responses from the 2023 Dublin Resident Survey

Infrastructure

14%

"Further improved infrastructure for riding, parking and maintaining (e.g., tool stands) bikes. Incentives from local businesses for visiting by means other than motor vehicles."

"Putting street lights in in neighborhoods would make a large impact on all ages of residents."

"Intercity transportation for senior citizens to be able to make appointments, temple visits."

"Crosswalk lights at roundabouts, I feel like I am going to get hit every time I walk across."

"Expanded rec center location/programs/hours. I feel i doesn't support those who work during the day."

Recreational Facilities

12%

"Create more dedicated places to play pickleball."

"One thing missing in Dublin is a fitness center for residents. By fitness, I mean a dedicated spinning room with bikes and classes, weight and aerobic training classes like those of the Les Mills organization."

"For a city such as Dublin, the services offered to seniors are lacking. There should be a separate senior center, not one that is integrated into the rec center."

Socialization

8%

"It would be great if there were some type of 'neighbors' helping neighbors' program that was restricted only to people in your neighborhood."

"Maybe offer things to do for single people to meet up and help the community in some way."

"More opportunities to gather and interact at a neighborhood level. For empty nesters or those without children, there are very few places or events to make genuine connections at the neighborhood level."



How Can Dublin Improve Residents' Health?

Responses from the 2023 Dublin Resident Survey

Public Safety

8%

"Crack down on speeders! (ex: especially on Avery Rd). Two deaths in one year is unacceptable. Too many 'entitled' drivers everywhere."

"More police presence and patrolling after dark within the city."

Recreational Activities

8%

"More opportunities (and better promotion) for FREE physical activity such as: Yoga in the parks, Adult swim nights, water volleyball leagues, walk/runs, live music in Bridge park, etc."

"It would be great to have a community singles program...I'd also like a community walking program in the parks if possible."

"There doesn't seem to be enough activities for older teens/early twenty-year olds."

Affordability

8%

"Access to lower cost housing... The apartments that are being built are very expensive along with those who should have some low income housing. Also access to lower cost mental health and addiction services."

"A program for people to have incentives and discounts on health and wellness based products, activities and providers. Especially for self employed people like myself who has high deductible healthcare."

"Offer free services like teeth cleaning and ear cleaning for seniors"

Those who participated in the stakeholder interviews and focus groups were asked to give examples of how the City of Dublin supports residents' health and wellness. Many residents said Dublin provides ample recreational activities and outdoor spaces that encourage the community to be physically active, including parks, paths/rails, sports courts, and playgrounds.



Community Voices: How Dublin currently supports residents' health and wellness

"I think the city provides a lot of opportunity for recreational health...there's a lot of bike paths. There's a lot of parks, there's a lot of outdoor events that encourage people to get outside...The city's parks system and shareable use paths all do a very good job of promoting a kind of wellness and overall health for the residents."

"By having as many multi-use paths as the city does, it really encourages people to get outside to move in some way, whether you're walking or, or biking, or what have you."

"We have access to this rec center; we have access to other gyms and parks and places to go walk and do that stuff...Obviously, people have to take advantage, but I think that living in a community where we have access to that stuff, where it's safe to go do that stuff, it speaks volumes about Dublin."

"We also, through our rec center, we as a city, we subsidize our rec center to keep our prices really low.... So I would say we do a good job with that, making it available, affordable to people."

However, insights from these community conversations also uncovered a number of ways residents would like to see Dublin better support their health, by:

- Improving public transportation
- Expanding recreational opportunities
- Strengthening the sense of community
- Encouraging and supporting diverse residents
- Facilitating better connections between health and wellness services/providers

Residents' verbatim comments surrounding these topics are shown on the following pages.



Community Voices: Need for improving public transportation

"There is the SHARE van now in Dublin that will take people to doctor's appointments...I'm sure there would be a reason for expansion of that to all of Dublin, to all age groups in Dublin, maybe to more hours a day. And just to make it known that that's available for people because some people may not know that."

"The Connector is a great start. I'd like to see that expanded. So everybody has the opportunity to catch something and get to the other side of town or whatever that convenience is. Kids need to go to the zoo, kids need to go to the pool, seniors need to go to the grocery store. In an ideal world it would be easy transportation for all of our residents to get where they needed to go."

"I would love to see more opportunities for transportation for people with disabilities, or easily accessible walking. You shouldn't have to have a really decent car to get everywhere."

"An internal circulator bus that can take kids, and not just kids, but any community member around and just circle around Dublin and hit the library, hit downtown, Bridge Park, City Hall...That would be my dream, would be some sort of internal bus system within Dublin, or an extension of COTA."

"It's very hard to get a bus. And it's much easier to just buy a bike and bike because it'll save you money. And you don't have to walk half an hour to the nearest bus station...! haven't seen not one bus station in my entire subdivision that I live in. And it's a sizable subdivision."



Community Voices: Need for expanded recreational opportunities

"I know we've got some plans to improve, or at least ideas to improve the Rec Center. And to expand the capabilities there...We do have a lot of residents that use that facility, but it's starting to become a bit outdated."

"I think a lot of people are getting active now, so they want to get involved with a lot of activities outside. So I don't think it's enough right now, tennis courts and everything, so they have to make a new ones, add on to that."

"I have tried several times to get into different classes here [at the Rec Center], and they are like sold out as soon as the new schedule is released."

"We don't have enough [swim] lane space. All three high schools practice here. At some point, we're going to have a fourth, that is not physically possible...That is such a huge need for an

indoor [pool] facility that really is going to accommodate everyone, from beginner swim lessons to the 80-year-olds who still want to swim their laps at 6:00 am in the morning."

"My friends and I started going to random playgrounds this summer and it's actually so fun. So maybe teenage playgrounds, I don't know if that exists."

"I kind of wish there was more nature reserves where people could go out and experience nature."

"As an athlete, I would like to bring back more just recreational sports. I feel like everything within high school sports is just about competition. Which is great for people who want to go play college athletics or just are competitive, but maybe people aren't all at that level."



Community Voices: Need for a strengthened sense of community

"I'd like to see more volunteering opportunities. I know there's the spring cleanup and things like that sometimes...Maybe some of just some more of that type of events to just really get people engaged and to definitely benefit the city, but also benefit the residents as well."

"So maybe the city could provide on their website, volunteer opportunities and list, for these age demographics, to kind of help people find things that are looking for that."

"Bringing back the community garden concept because there's also a lot of neighborhoods that don't allow gardens."

"So a lot of times our folks [with disabilities] are kind of excluded from community events, or from wellness events or from rec center events, just city things city wide, because they don't have the support to go...I know that it's hard sometimes for our students to be able to go - they don't have a support person to go with them."



Community Voices: Need for increased effort to support diversity

"We can do a little bit more with some of our wayfaring signage in multiple languages to help folks find the library, City Hall, the rec center, whatever it might be. To help with [inclusion]."

"There are several different ESL programs that are interested in coming into Dublin and or are already in Dublin that are looking to expand their programs. So I feel like the need is about to be met."

"They have a hard time communicating with employers, even getting a job is very difficult for them. They also can't do their schoolwork because they don't understand the written language that we're using. It is very difficult. So the children are pretty much on their own for homework. And then just navigating, we've helped a ton of Afghan and Venezuelan families here resettle, and just trying to access different services without being able to speak the language is almost impossible."

"There's issues talking with medical providers, there's issues with if you need something at the grocery store or the pharmacy. It's really hard to communicate when the language is not spoken. [It] oftentimes calls on the children to translate for their parents, which is sometimes either inappropriate if the school is trying to talk to the parents about kids, or it's a burden to have to do that."

"If our whole idea is that there is a global city, and everybody is connected, then we really need to have a little bit more work done in this direction of bringing those events that really combine the communities, different fabrics together...Bring the individual communities, whether they are multicultural, multifaith, for celebration opportunities for diversity, cultural, greater opportunities, but we also need to find more universal ways of bringing everybody together."



Community Voices: Need better connections between health and wellness services

"There are a lot of health care providers within the City of Dublin. So how do we bring everybody to the same table to talk about each person's role and how we work together to support wellness?...

"Bringing the awareness to the community and bringing the key stakeholders together, to have the discussions on how we can work better together to support the overall needs of the community would be helpful."

"If we're talking about medical treatment, it would be those providers being given, 'Here's what you give your patients and there's five, six ways that they can access transportation, or in-care, inhome care, or whatever.' So it's probably putting together that system of information sharing, but medical providers would need to know it."

"An issue overall, [between] community-based services, which is what we are, and traditional health care. They haven't quite figured out how to bridge that communication gap because we are not in Epic, and all of those systems that the healthcare systems use, and then they on the flip side are not in the types of systems that we use. And so we don't have a HIPAA compliant, seamless way to sort of talk to one another. And I think just in general, that that's a missed opportunity for helping keep these folks healthy."

"So I do think we could do a lot to improve care at the time somebody is being admitted and upon discharge to make sure that the providers are working together to have everybody on the same page... So I think the more we can communicate about, you know, making sure that providers are all on the same page, when somebody's going into a hospital or a higher level of care, and then planning for that discharge in a thoughtful way, I think that would be really helpful.

Physical Health and Health Behaviors - Key Findings

The City of Dublin fares better than Ohio overall when it comes to obesity, levels of physical activity, and chronic illnesses.

- Only 16% of Dublin adults are obese, compared to 38% of Ohio adults (although 40% of Dublin adults are overweight, compared to 32% of Ohio adults).¹
- Nearly all (96%) Dublin adults performed physical activity in the past month, compared to 76% of Ohio adults.¹
- Dublin fares better than Ohio in terms of all chronic conditions measured; 51% of residents have no chronic health conditions measured by the survey.

The City of Dublin also meets the national target for percent of adults over 20 who are obese.

This percentage is 15.6% in Dublin compared to the Healthy People 2030 target of 36.0%.²

High blood cholesterol and high blood pressure are the most common chronic health conditions in Dublin.

- Around 25% of residents have each of these health conditions.
- Around half of residents age 65 or older have these health conditions .

Healthy People 2030

Percent of adults age 20 and older who are obese

Target: 36.0%²

City of Dublin: 15.6% ✓

Poor Physical Health Days

Less than half of Dublin adults reported having at least one poor physical health day in the past 30 days. For those who reported at least one poor physical health day, the average number of days was 6.5. The median number of poor physical health days reported by this group was three days. Respondents with lower household income, as well as those with lower educational attainment reported a higher number of poor physical health days on average, compared to respondents with higher income or educational attainment.

Dublin Resident Survey: Number of poor physical health days (past 30 days)

% of residents who have had...

At least one poor physical health day

No poor physical health days

n=512

Average number of poor physical health days differs by:



Household income

Less than \$100,000: 5.0 days

Between \$100,000 and \$149,999: 2.7 days Between \$150,000 and \$199,999: 2.6 days \$200,000 or more: 1.1 days



Education

Some college/associate degree or less: 4.9 days

Bachelor's degree: 2.1 days

Graduate/professional degree: 1.8 days

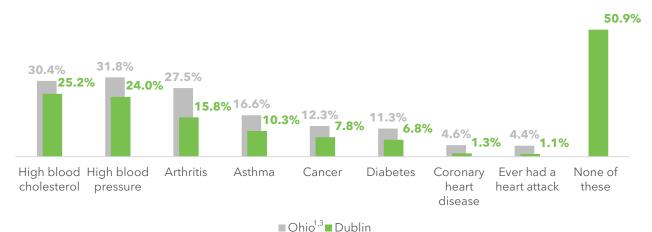
Poor physical health days	At least 1	14 or more
Dublin	44%	6%
Ohio ¹	40%	13%

Chronic Health Conditions

Around a quarter of adult respondents have been diagnosed with high blood pressure by a health professional (24%). A similar percentage has been diagnosed with high blood cholesterol (25%). Diagnoses of arthritis, high blood pressure, or high blood cholesterol were observed to increase with respondents' age. Diabetes diagnoses were also observed more among adults age 65 or older compared to younger adults. More males were observed to have high blood pressure diagnoses compared to females.

Dublin Resident Survey: Residents diagnosed with chronic health conditions

% of residents who have...



n=512 Ohio data are from 2022 except high cholesterol, high blood pressure, and cancer from 2021

Arthritis diagnosis differs by:

Age

65 or older: 40.2%

55-64: 24.8% 45-54: 14.1% 18-44: 2.1%

High blood cholesterol diagnosis differs by:



Age

65 or older: 43.5%

55-64: 37.3% 45-54: 23.6% 35-44: 17.1% 18-34: 8.1% High blood pressure diagnosis differs by:



Age

65 or older: 50.2%

35-64: 22.2% 18-34: 5.1%



Gender

Male: 32.0%

Female: 16.0%

Diabetes diagnosis differs by:



Age

65 or older: 19.2%

Less than 65: 4.1%

Likelihood of having at least one chronic condition differs by:



Children in household

No child present: 60.5%

At least one child present: 35.3%

Adults in stakeholder interviews and focus groups spoke about the importance of managing health issues, and preventing future health issues, by practicing good nutrition and exercise habits.



Community Voices: Importance of nutrition and physical activity for physical health

"[A big] health care need is managing chronic conditions, and particularly managing those yourself. And avoiding expensive and possibly unnecessary, preventable hospitalizations...Whether it be diabetes or COPD, the lung issues and things of that nature, or heart health, those kinds come to mind."

"Type Two Diabetes is the number one issue. Second is obesity. Poor people historically eat badly. You eat foods that are cheap, that will fill you up and satisfy your hunger."

"So especially with the disability community...I think it's the whole everything together, it's food and it's exercise, but we see a lot, a huge, we do see a lot of weight gain, even just within our program, which is directly after high school."

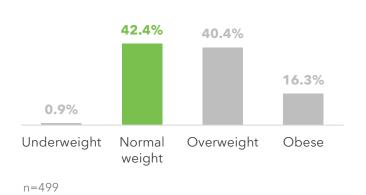
"We have wonderful resources here in Dublin. You can go out and walk or rollerblade or ride your bike, whatever. But I think there's a lot of people that don't, for whatever reason."

Weight

Around 40% of respondents to the Dublin adult survey reported a weight and height that correspond to an overweight status according to Body Mass Index measurements (BMI of 25 - 29.9). Only 16% of respondents could be categorized as obese due to their reported weight and height (BMI greater than 29.9). The percent of obese residents age 20 and older in Dublin (15.6%) is far less than the *Healthy People 2030* target of 36.0%. Only 16% of Dublin adults are obese, compared to 38% of Ohio adults; 40% of Dublin adults are overweight, compared to 32% of Ohio adults.

Dublin Resident Survey: Residents' Body Mass Index





Being overweight differs by:

ሕ

Gender Males: 49.6% Females: 30.9%

Being obese did not differ by gender: Males: 17.3%, Females: 15.3%

% of residents
categorized as obese

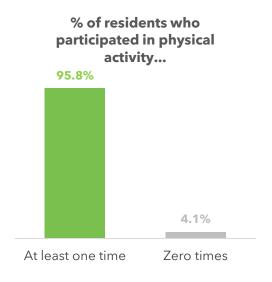
Dublin: 16%
Franklin County: 36%⁵
Ohio: 38%¹

BMI is just one measure of physical health. Age, sex, ethnicity, and muscle mass can influence the way BMI correlates with actual levels of body fat.⁴ For example, a trained athlete may have a higher BMI due to increased muscle mass and may be deemed healthy by other measurements. Other ways to measure health are shown next, in the form of physical activity and infectious disease prevalence.

Physical Activity

The majority (96%) of Dublin adults said they participated in physical activity at least once during the past month. On average, these adults participated in physical activity 20.6 times during this time period.

Dublin Resident Survey: Physical activity (past 30 days)



No differences in physical activity observed by **age**, **gender**, **race/ethnicity**, **household income**, or **education**

Participated in physical activity		
Dublin: 96%		
Ohio: 76% ¹		

n=512

For youth, the most common physical health issues they see among their age group consist of allergies, asthma, and injuries from physical activity.



Community Voices: Youth asthma, allergies, and injuries

"There's my friend, she plays school hockey. She has a bunch of allergies. She's like allergic to eggs, wheat, nut... Playing a sport with allergies is really hard."

"I have asthma and I'm in cross country season...You have to make sure you get your inhaler or whatever. I have to take a Tylenol before runs. I have to do like so much."

"This year we had 13 kids in our class break a bone... Half the injuries involve trampolines."

"We have people who break their bones. Most through sports."

Infectious Disease

In 2022 the most common infectious disease, by far, in Dublin was COVID-19.

Top Infectious Diseases⁶

Reportable Condition	Count
COVID-19	9,592
Chlamydia infection	201
Gonococcal infection	70
Campylobacteriosis	20
Hepatitis C - chronic	20
Hepatitis B (including delta) - chronic	10
Salmonellosis	10

Data are from 2022. Probable and confirmed cases. Includes zip codes 43016 and 43017. Exact counts are not reported for the following conditions with case counts of <10 due to confidentiality: Amebiasis, CPO - Carbapenemase-producing organisms, Cryptosporidiosis, Cyclosporiasis, E. coli, Shiga Toxin-Producing (O157:H7, Not O157, Unknown Serotype), Giardiasis, Haemophilus influenzae (invasive disease), Hepatitis C - acute, Influenza-associated hospitalization, Lyme Disease, Malaria, Meningitis - aseptic/viral, Pertussis, Salmonella Typhi, Shigellosis, Streptococcal - Group A -invasive, Streptococcus pneumoniae - invasive antibiotic resistance unknown or non-resistant, Streptococcus pneumoniae - invasive antibiotic resistant/intermediate, Syphilis - primary, Syphilis - secondary, Varicella, Yersiniosis

Mental Health, Social Health, and Substance Use - Key Findings

Dublin meets national targets for the percentage of current cigarette smokers, but does not meet national targets for people who binge drank in the past 30 days.

- Only 2% of Dublin adults are current smokers, lower than the national target of 6%.
- The percentage of binge drinkers is 42% in Dublin, while the national target is 25%. Residents are concerned about alcohol use and abuse in Dublin.
- For youth, and among youth themselves, the largest substance abuse concern is vaping.

Some concerns exist in terms of City of Dublin residents' mental health.

- Almost half of adults (48%) reported having at least one poor mental health day in the past 30 days, and among those who had at least one, the average number was 6 days.
- About half (50%) of adults reported being nervous, anxious, or on edge several, more than half, or nearly every day in the past 2 weeks.
- Residents and stakeholders are particularly concerned about mental health issues among
 youth. Residents perceive that the pandemic and high standards contribute to poor youth
 mental health, and some worry that there is a stigma against admitting mental health
 issues.

Residents are highly interested in a consolidated source of information about community events.

• Around 71% of residents would be very or extremely likely to visit a webpage containing information about all of the community events throughout Dublin.

Some residents don't feel a sense of connection in Dublin, making it hard to feel like they belong.

- A little over half (57%) of adults feel that they belong in Dublin either extremely or very well, most giving reasons regarding personal connection to the city, feeling a sense of community, and convenience of living in Dublin.
- Those who feel less like they belong gave responses that they don't feel a personal connection to or sense of community in Dublin, or feel Dublin is exclusive.

Healthy People 2030

Current adult cigarette smokers*Target:City of Dublin:6.1%¹2.1% ✓

Percent of adults 21 and older who binge Target: City of Dublin: drank in the past 30 days 25.4%² 41.6% ★

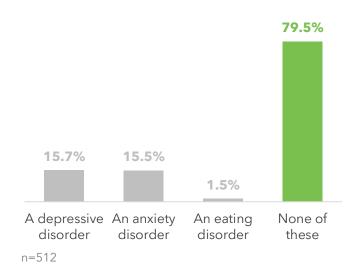
^{*&}quot;Current Adult Cigarette Smokers" are those who have smoked at least 100 cigarettes in their lives and currently smoke every day or some days.

Mental Health

The majority of Dublin adults have never been diagnosed with a depressive, anxiety, or eating disorder. According to the survey, 16% of adults in Dublin have been diagnosed with a depressive disorder and 15% have been diagnosed with an anxiety disorder. Mental health diagnoses are more likely among residents who are younger, female, or have lower incomes.

Dublin Resident Survey: Diagnoses of mental health conditions

% of residents ever diagnosed with...



Depressive disorder

Dublin: 16%

Franklin County: 23%⁴

Ohio: 26%³

Receiving at least 1 mental condition diagnosis differs by:

ក្សាស្ត

Gender

Females: 27.9%

Males: 13.2%

Anxiety disorder diagnosis differs by:

ر ا

Age

18-34: 34.3%

35 or older: 11.5%

Depressive disorder diagnosis differs by:



Household income

Less than \$150,000: 21.2%

\$150,000 or more: 9.5%

While a majority of residents surveyed do not have any diagnosed mental health disorders, mental health issues were a big topic in stakeholder interviews as well as adult and youth focus group discussions. Community leaders and adults perceive mental health issues to have increased in Dublin, especially due to the pandemic.



Community Voices: Increase in mental health concerns

"From a policing perspective...We've seen an increase in calls for service as it relates to mental health."

"I do think that we've seen a significant increase in mental health concerns over the past few years, including increased rates of suicide across all populations."

"We've seen longer episodes of care related to the increased stressors that the pandemic brought...Because of the ongoing challenges and transitions that person would then care longer because the supports and other things that they would use to help manage the depression would not be readily available, and there are just constant changes."

"After COVID, so many young adults needed counseling or mental health services, and there just weren't enough people...I think COVID Just really exacerbated the need for mental health supports...needing someone to talk to and getting help with their feelings and things."

"When the country shut down, I think that had an impact in terms of children not having access to some of the same kinds of support and social opportunities for development that they had... The impact that the pandemic had on our children has affected their mental health significantly."



Community Voices: Youth mental health - eating disorders and social media

"There are a lot of girls in my school who feel pressured to not eat anything at lunch. And I myself went through a time not just like not eating, but I was so stressed, like anxiety and stress, and I was doing so much that I wasn't paying attention at lunch. So, I wouldn't eat...But there were many girls in my school who I've seen eat a grape and then throw away the rest of their lunch."

"I do think that [eating disorders] are more prominent in girls and less with guys. Although I do know of guys that have had eating disorders. I think with guys mainly, I think there's a lot of more stigma around mental health with guys."

"I feel like social media is a really big factor in it. A lot of kids compare themselves to fake people online and it's very downhill from there. It's not healthy for a lot of kids. And there's also a lot of people in our schools that have social media at a very young age and phones at a very young age."

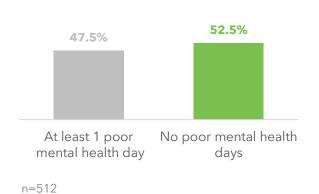
About 1 in 20 (5.3%) of adult survey respondents indicated that they considered attempting suicide in the past 12 months.

Around half of adult survey respondents (48%) indicated that they had at least one poor mental health day in the past month; overall, the average number of poor mental health days reported was 5.8 days.

Dublin Resident Survey: Number of poor mental health days (past 30 days)

% of residents who have had....

Percent who had at least one poor mental health day differs by:



Gender Female: 54 Male: 40.99



18-34: 62.9% 35-44: 51.0% 45-54: 52.9% 55-64: 43.7%

65+: 25.9%

Poor mental health days	At least 1	14 or more
Dublin	48%	11%
Ohio ³	49%	20%



Community Voices: Mental health toll of competitiveness and striving for success

"The added stress, the high expectations, that constant competitive nature...Members of our community thinking that they have to live up to their neighbors."

"So much of our identity is, it's not who we are, but what we do, it seems. A lot of our identity is intertwined in that, and unfortunately it seems like unless we're doing something of a certain stature, there's a perception that we're not valued."

Many adults and youth commented that the competitive nature of Dublin starts early with how children are expected to excel, not only in school but at a number of other activities designed to give them a head start in life. The next portion displays verbatim comments about the effects of this on youth mental health.



Community Voices: Mental health impact of youth competitiveness

Adults know that standards for youth in the community are very high.

"Dublin is a very high achieving community with high expectations. And again, that is fantastic, but the number of parents who sometimes place unrealistic expectations on their children, and expect them to take courses constantly, maybe a little bit above them, just to kind of keep up with their neighbors, while also playing sports and being active in clubs. We hear a lot from our students, that the pressures from their peers, but also their parents in the community are extremely high."

"My five-year-old who's in a kindergarten program, there's a weird level of anxiety that I never thought I'd see in a five-year-old. And just like this perfection and competitiveness."

"I think sometimes the standards we set in Dublin or a community like Dublin also sets kids up for anxiety. We have national Merit Scholars everywhere, and if you're not, you're close...I know a couple of teens that have just really struggled, because they didn't think they were achieving enough. And their parents helped them through it...But we set that standard pretty high here."

A majority of the focus group youth feel like intense pressure to succeed at everything they do causes them unnecessary stress. Some youth who feel like Dublin competitiveness is a good thing say that managing the stress that comes from it is the problem.

"I feel like the culture is like, if you're going to do something, you have to be good at it. It's shameful if you are an upperclassmen and you play on JV. So, it's like people who want to have fun and play, they have the sport that they like but they have pressure to be good at it. Even if they don't have to be good at it."

"Things that are supposedly supposed to be hobbies or leisure activities become something more than that. So, for example, school clubs like, oh, you joined them for fun, but then for college apps. You're like, oh, well, I was club president for this and that. And then it becomes a stressful situation when it's supposed to be something that relieves our stress."

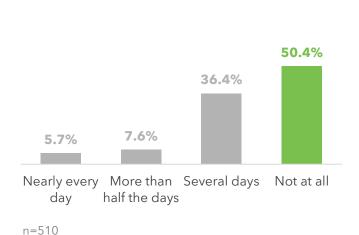
"We do have a competitive atmosphere. And I feel like everyone holds really high standards for themselves...But also, since everyone is at such a high level, we expect ourselves to be good at everything. We have to be athletes, we have to be A students, we have to take AP classes and then we also have to have a life outside of school and have friends and all this stuff. And there's only 24 hours in a day and then we don't sleep and then we wake up grumpy and then we have mental health issues and then it's like I feel like people mask what's underneath and we all show up with all these achievements and everything, but underneath we're like, why am I even doing all this?"

"I think the competitiveness in our school system is by and large a good thing. It's just how we deal with the emotional stress from that. I like having the competitiveness because it pushes you to do more, which is definitely better, but I think people do a terrible job of managing that stress."

Reflecting on the two weeks prior to the survey, around a third of Dublin residents reported feeling nervous, anxious, or on edge for several days in that time period. A similar percentage reported not being able to stop or control worrying for several days in that time period. Relatively few Dublin adults reported having either of these feelings more often.

Dublin Resident Survey: Feeling nervous, anxious, or on edge (past 2 weeks)





Feeling nervous/anxious/on edge several days or more differs by:

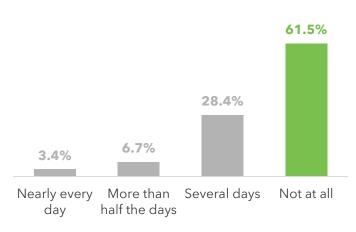
Ag Un 35

Under 35: 77.1% 35 or older: 43.9%

Gender Females: 63.5%

Dublin Resident Survey: Not being able to stop or control worrying (past 2 weeks)

% of residents who felt this way...



Feeling uncontrollable worry several days or more differs by:



ge

Under 35: 53.7% 35 or older: 35.4%



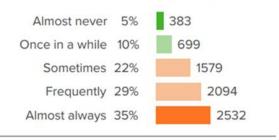
Gender

Females: 52.2% Males: 24.8%

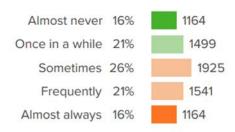
n=512

In the fall of 2023, Dublin City Schools administered a well-being survey to students in grades 6-12* that included questions about the extent to which students worry about their grades, how classmates perceive them, and things outside of school. A majority reported worrying about these things at least sometimes. Over a third reported almost always worrying about their grades.⁴

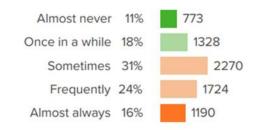
How often do you worry about grades?



How often do you worry about what other students think of you?



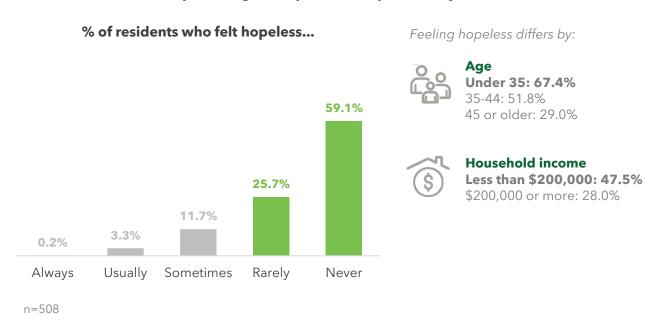
How often do you worry about things outside of school?



^{*}Not all students enrolled in Dublin City Schools are residents of the City of Dublin

A majority of respondents to the Dublin adult survey said they never felt hopeless in the past 30 days (59%). Around a quarter of respondents said they rarely felt this way, and fewer reported feeling this way more often.

Dublin Resident Survey: Feelings of hopelessness (past 30 days)



Social Health

A majority of respondents to the adult survey (68%) reported feeling like they always or usually get the social and emotional support they need.

Dublin Resident Survey: How often residents get the social and emotional support they need

% of residents who get this social and emotional support...

Receiving social and emotional support at least sometimes differs by:



Children in household No child present: 90.8% At least one child present: 78.5%

41.1%

17.0%

7.1%

Always Usually Sometimes Rarely Never

n=511

Few respondents to the adult survey (4%) reported feeling like they are always or usually lonely or isolated, however a quarter of respondents reported feeling this way sometimes (25%).

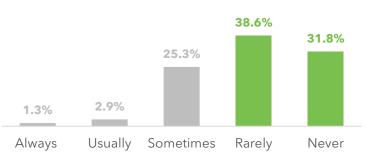
Dublin Resident Survey: How often residents feel lonely or isolated

% of residents who felt lonely or isolated...

Feeling lonely/isolated at least sometimes differs by:

심

Gender Females: 40.1%



n=512

A majority of respondents reported feeling slightly or moderately connected to neighbors who live near them (65%). Around 10% do not feel connected at all, while over a quarter feel very or extremely connected to neighbors.

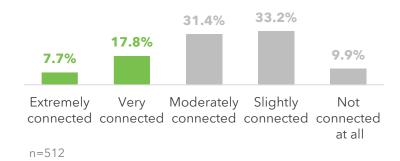
Dublin Resident Survey: How connected residents feel to neighbors

% of residents who reported feeling "_____ connected" to neighbors

Feeling very or extremely connected to neighbors differs by:



Household income \$200,000 or more: 34.0% Less than \$200,000: 21.9%



Around 71% of respondents to the 2023 survey reported a high likelihood of visiting a webpage that contained information about community events in Dublin.

Dublin Resident Survey: Likelihood of visiting a Dublin community events webpage

% of residents likely to visit a webpage with information about all community events throughout the City of Dublin

Being very or extremely likely to visit webpage differs by:



Household income

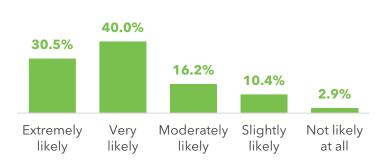
\$100,000 or more: 77.9% Less than \$100,000: 52.1%



Education

Bachelor's degree or higher: 75.0%

Some college/associate degree or less: 59.2%



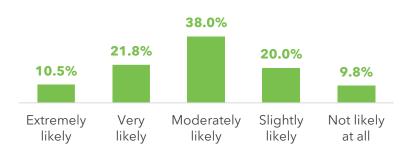
n=508

A majority of survey respondents reported they are at least moderately likely to attend local neighborhood-specific events that provide the chance to connect with other Dublin residents.

Dublin Resident Survey: Likelihood of attending neighborhood events

% of residents likely to attend local, neighborhood events if more were offered to them

No differences in likelihood to attend neighborhood events observed by age, gender, race/ethnicity, household income, or education



n=512



Community Voices: Mental health toll of loneliness

"If you move here and you're in a spot where you don't have kids at the right ages or you don't have work it can be isolating."

"I think [depression] is both in school-age kids, a lot of it from COVID and from the pandemic, but I also think that it's prevalent in older adults. I just talked to a friend the other day who was like, "I just can't snap out of it. I've retired. I don't know what I'm doing. I can't snap out of it."...But I think that happens, and I think that as Dublin ages, as our population ages, I think that is a growing concern."

"I was thinking a lot about loneliness...That is something that I've struggled with a lot in Dublin, growing up here, and I don't know if that's a common experience, but I know at least for myself, that's been the case."

"I think that's interesting, being so connected on social media, people do feel very alone, despite those connections, versus our face-to-face interaction...It does intersect with all ages, for sure."

Slightly over half of adult survey respondents reported that they belong in Dublin very well or extremely well (57%).

Dublin Resident Survey: Feelings of belonging in Dublin

% of residents who feel the statement
"I feel like I belong in Dublin" describes
them...

37.7%

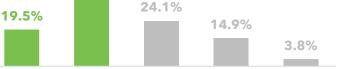
Feelings of belonging very or extremely well differ by:



Age

Under 35: 36.7% 35-44: 53.6% 45-54: 59.3% 55-64: 65.7%

65 or older: 73.0%



Extremely Very well Moderately Slightly Not well at well well all

\$

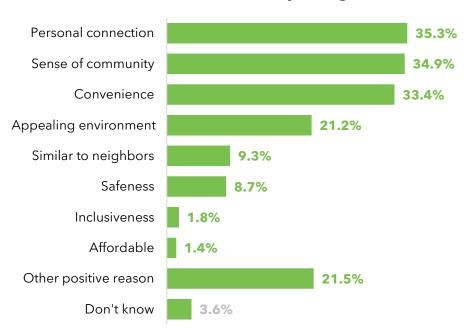
Household income

Less than \$200,000: 50.5% **\$200,000 or more: 72.2%**

n=510

Residents were asked to explain why they felt like they belonged or did not belong in Dublin. Those who feel the statement "I feel like I belong in Dublin" describes them very well or extremely well most commonly mentioned that they felt personally connected to the city, a sense of community among residents, and that living in Dublin was very convenient. Their verbatim responses are shown on the next page.

Reasons residents feel they belong in Dublin



n=268 residents who responded the statement describes them "very" or "extremely well"



Reasons residents feel they belong in Dublin

Responses from the 2023 Dublin Resident Survey

Personal Connection

35%

"I have been here most of my life. Grew up here, raised my own family here. It is my home!"

"Lots of friends around town, families my children grew up with."

"I belong to many Dublin organizations and do a lot of volunteer work in Dublin."

Community Feeling

35%

"Since my move to Dublin, neighbors in the community were very welcoming. As I sit on my front porch, neighbors out walking stop by to sit and visit for a while."

"Dublin city has something for everyone to connect, with nice sports/park facilities and a good school community that brings kids and their parents together on activities."

"People are very friendly, help one another out during difficult times. Our community supports each other."

'

33%

Convenience

"Amenities such as walking/bike paths, parks, and close proximity of schools and stores."

"There are many opportunities for me to be involved in activities that I enjoy."

"There are so many parks and walking paths that we love. And with the development of the Bridge Park area, we have a trendy and fun space where we can meet friends that's not far away."

Appealing Environment

21%

"Love the trees, landscapes, parks, art in public places..." $\,$

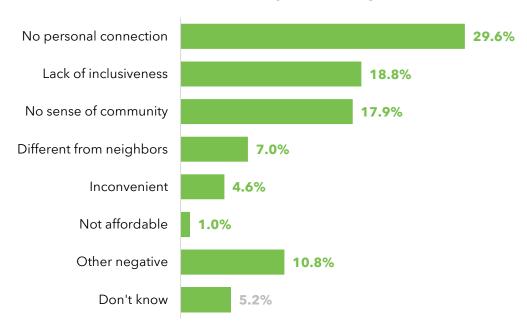
"Nice homes and folks take care of their property."

"How well all the public areas are kept up, including the grass, flowers, and trees."

A number of "other" positive responses included general comments that Dublin is a great place to live and provides a good quality of life and positive atmosphere.

Those residents who feel the statement "I feel like I belong in Dublin" describes them moderately well, slightly well, or not well at all most commonly reported that they did not feel a personal connection to the city.

Reasons residents feel they don't belong in Dublin



 $n\!=\!206$ residents who responded the statement describes them "moderately well", slightly well", or "not well at all"

In "other" negative responses, some residents professed negative feelings about the city's growth and development, including perceptions that these developments affect long-term residents financially and benefit only certain groups (younger people, people with no financial limitations). Also among these responses were comments that residents are unable to make choices without city approval.

Verbatim responses related to the top reasons residents feel they don't belong are shown next.



Reasons residents feel they don't belong

Responses from the 2023 Dublin Resident Survey

No personal connection

30%

"Now that our kids are out of the house our connection to many programs and the schools is not existent. Neighbors are busy with their kids and/or have jobs that create a high level of activity and are often not home."

"Just moved here 2 years ago. I don't know my neighbors, I don't have any friends from Dublin yet."

"Dublin is for families with kids and dogs and good jobs. I'm semi-retired, single, divorced, with no kids. I still like Dublin a lot...just probably not the best living situation for me now."

"I don't make enough money to feel like I belong."

Lack of inclusiveness

19%

"Dublin has a reputation for homogeneous demographics and conservative political leanings. Given the rise in intolerance in the past few years, I don't feel comfortable here as I once did."

"Although Dublin does a pretty decent job of trying to be inclusive of minorities/other ethnicities, I still like an outsider/an other, despite growing up in America."

No sense of community

18%

"Really have to seek out folks that want to connect. People are private and seem to care mostly about themselves. Gives Dublin a snob factor. Need more places/events to connect that are free- and on both sides of the river."

"Our neighborhood is isolated from Dublin. It seems for the city we are not part of it, unless to pay taxes."

"I often feel disconnected due to the lack of outreach initiatives that resonate with me. It's crucial that our community's endeavors are highly visible to each one of us."

"Dublin is not an easy community to join into existing groups."



Community Voices: The struggle to "belong" socioeconomically in Dublin

"As my kids were growing up, it always interests me to see how many kids had Tiny Tikes in their formal living room instead of furniture, because they didn't have enough money to furnish the whole house...There would be rooms that would be empty, or just didn't have enough in them, because of the same thing. The parents felt that they had to have the right neighborhood and wear the right clothes."

"There's been times where I wanted a promotion to, 'keeping up with the Joneses' type of situation and you don't get it, you feel like what am I doing here too...Living in a community like Dublin, where the median income is a little on the higher side, and prices are on the higher side, there is a legitimate, 'hey, I want to belong here.'"

A few survey responses mentioned the difficulty seniors have finding socialization opportunities. One resident even mentioned a feeling that seniors are unwanted in the city. Stakeholder interviews and adult focus group discussions exposed the reasons seniors may have more difficulty feeling like they belong in Dublin.



Community Voices: The struggle for older adults to belong in Dublin

"Social isolation for our seniors. And with that social isolation comes lack of a variety of opportunities for engagement..."

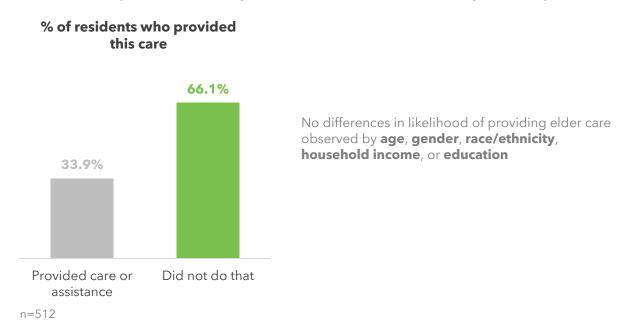
"And that older adults sometimes feel isolated, especially if their families are not, children and grandchildren are not living here. If they're not connected to the Dublin rec center, if costs or whatever prevents them from doing that, because there's a lot of activities that go on there to get people involved in groups and common interest groups and things like that."

"Aging in place, we've really studied that a lot. It's not affordable a lot of times for our elderly population to leave their homes and move into something else and still stay in Dublin just because of the pricing of our housing in Dublin. So it's an adaptability of their existing houses so they can stay and age in place is going to be a key component."

"But there's a new component of how can they adapt their homes so that they can stay in their homes?...which also then in our world has code ramifications. Putting a wheelchair ramp out front, building an in-law suite... not as easy as it sounds...We have to change our code to allow people to adapt to their houses."

Around a third (34%) of respondents to the adult survey reported providing care or assistance to an older adult who suffers from a condition related to aging in the past 30 days. This does not include anyone who solely provided financial assistance or who solely provided this type of care as part of their job.

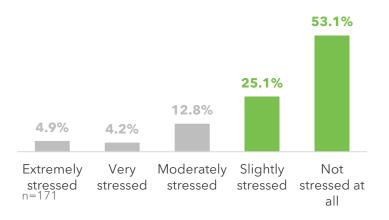
Dublin Resident Survey: Residents who provided elder care or assistance (past 30 days)



Slightly over half (53%) of these elder care providers reported they have not felt stressed at all while providing or planning to provide this care. Of those who do feel stressed, a majority feel only slightly stressed.

Dublin Resident Survey: Stress levels of elder care providers

% of non-professional elder care providers who feel...



No differences in stress levels observed by age, gender, race/ethnicity, household income, or education

Mental Health Stigma

Many adults and youth who participated in the stakeholder interviews and/or focus groups spoke to the stigma surrounding mental health issues. In Dublin, residents perceive much of this stigma to come from generational and cultural differences in the perception of mental health issues.



Community Voices: Mental health stigma

Dublin adults feel pressure to save face, especially when they come from certain cultures where mental health is a taboo topic.

"I think of mothers, sometimes you just have mom burnout or whatever. But I think there's more of a pressure to like, it's all good, we're all fine, I'm in Dublin and it's great, and life is wonderful."

"There's more of a comfort level saying I have anxiety versus I have depression. And so depression still, to some regard, carries that stigma where anxiety has become just every day."

"I think kind of our millennial generation, certainly our Gen Z population that's coming in, are probably more open to that. I still think some of our Boomers and Gen Xers are a little bit hesitant still to admit to and talk about mental health issues that they still believe there's a stigma on it."

"We also have a very diverse population, which I think is unique. Because in some cultures, mental health, suicide awareness, those are just things you don't talk about... I know that both the Indian population and some of our other Asian population, it just is not normalized conversation."

"I think mental health has always been sort of a taboo topic for people. You don't really, especially for Asians, we have this concept that we want to save face, right? We don't want to share anything that's bad to the outside public."

Older generations' perceptions of mental health have a downstream impact on youth. For youth, getting help with mental health issues is especially hard when they have to convince their parents that these issues are real and important.

"I feel like there is a good amount, significant amount of people in counseling and stuff. I think the issues my friends have had with it are their parents getting them into either they can't, there is problems monetarily, not enough finances, or their parents don't really necessarily believe in it or don't want to get their kid into therapy. I mean, there's a lot of cultural differences there." "Yeah, if I need something I'll just tell my Indian parents and they'll be like, 'OK, suck it up."

"I feel like a lot of kids also, there's a big stigma towards mental health and a lot of kids don't want to [seek help] because they think it'll make them weak or they don't want to be vulnerable or they're like, no, that's only for people who are crazy."

Substance Use

Substance use can have major negative impacts on physical health and mental and social health. This section reports patterns of substance use in the City of Dublin.

In Dublin, 23% of adults reported they have smoked at least 100 cigarettes in their lives. Among them, 90.5% are former smokers - they currently do not smoke cigarettes at all. Overall, the regular use of nicotine products is very low in Dublin.

Dublin Resident Survey: Residents who have smoked at least 100 cigarettes

% of residents who have smoked at least 100 cigarettes

Have smoked at least 100 cigarettes 1200 cigarettes

Having smoked at least 100 cigarettes differs by:



Age

65 or older: 39.7%

55-64: 28.2% 45-54: 23.4% Under 45: 10.7%



Education

Some college/associate degree or less: 33.9%

Bachelor's degree or higher: 17.7%



Race/ethnicity

White (alone): 27.0%

All others: 9.7%

Dublin Resident Survey: Tobacco and Nicotine Use

		City of Dublin (average n=509)		
	Cigarettes	E-cigarettes	Chewing tobacco	Other Tobacco/Nicotine
Sometimes use	2.0%	0.6%	1.3%	3.4%
Always use	0.1%	0.8%	0.0%	0.2%

Smoke cigarettes every day or some days

Dublin: 2% Ohio: 17%³

Over a third of Dublin survey respondents (41%) reported binge drinking (i.e., five or more drinks on one occasion for men, four or more drinks on one occasion for women) at least once in the past month. Among those who binge drank, the average number of days they reported binge drinking was 4 days. Binge drinking is more common in Dublin than in Franklin County or Ohio.

Dublin Resident Survey: Residents who have binge drunk (past 30 days)



Have binge drunk during past 30 days

59.2%

Have not binge drunk during past 30 days

No differences in likelihood of binge drinking observed by **age**, **gender**, **race/ethnicity**, **household income**, or **education**

Have binge drunk
Dublin: 41%
Franklin County: 19%⁵
Ohio: 20%³

Crashes and arrests due to operating a vehicle impaired have decreased from 2019 to 2022.

Operating a Vehicle Impaired (OVI)⁶

City of Dublin	2019	2020	2021	2022
OVI related traffic crashes	34	36	31	19
OVI arrests	214	132	102	94

Data are from 2019-2022

n=508



Community Voices: Substance use in the community

Many adults see alcohol as the biggest substance use problem in the community.

"I see Dublin as a community that likes to drink."

"Alcohol use... It's very socially acceptable to have more than your fair share."

"The AA groups that are around are obviously very needed in Dublin based on how many people come to the meetings that I observed just at our church."

"It's typically alcohol. And a bit in our population [of seniors]. We know from the stats from some of our recent community surveys that binge drinking, but also not understanding when you age, how alcohol impacts your body differently, as well as the impact that medications can have on your body's ability to metabolize alcohol."

"Alcohol impacts your body differently, as well as the impact that medications can have on your body's ability to metabolize alcohol."

However, some adults think that other addiction problems do exist and need more attention.

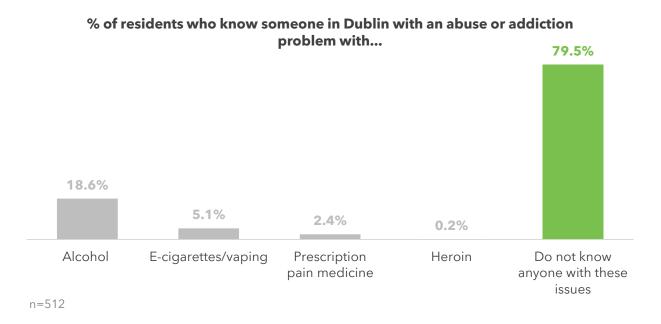
"Dublin was not immune to the whole opioid problem, right. And I think sometimes in the more affluent communities like Dublin, it's easy to say, that's not an issue for us, you know, and kind of put our blinders on."

Dublin adults see addiction impacting the community by making it hard for parents to adequately care for their families.

"I know there's a lot of addiction and we don't really deal with too many. But the ones that I have dealt with, it's more not being able to take care of the family because of it. We've stepped in to make sure the kids have clothing that they have Christmas presents, you know, like we try to normalize their life as much as possible. And so that they feel like they fit in with everybody else at school."

Around one in five respondents (19%) reported knowing someone in the City of Dublin who has an abuse or addiction problem with alcohol. A small percentage of respondents reported knowing someone who has this problem with e-cigarettes/vaping or prescription pain medicine.

Dublin Resident Survey: Residents who know others with abuse or addiction problems



No differences in knowing someone with abuse/addiction problems observed by **age**, **gender**, **race/ethnicity**, **household income**, or **education**



Community Voices: Substance use among youth

Many adults see vaping of nicotine and marijuana as a problem among youth.

"Now we need to do a better job of keeping kids from vaping. But that's probably no different than anywhere else across the country. Vaping continues to be a good concern, because you can't smell that the way you can smell cigarette smoke."

"I think that vaping is a problem. Marijuana is becoming a problem and they're getting introduced to it younger and younger because the accessibility to it is much easier. The vaping is targeted to kids that age. I think Dublin tries really hard. They did the 21 and over for vapes, which is great, except there's not a single gas station here that follows that rule."

However, adults do think youth are at risk of addiction from other drugs such as heroin and prescription medication.

"I think that, particularly among our high school populations, there is some drug usage there that we probably need to partner with our law enforcement, we probably need to partner with our medical professionals with the school district itself."

"There's a lot of weed, but I think there's also some heroin in there and some other...Part of the addressing of it has been trying to get prescription drugs out of homes when people aren't using them anymore. Because kids have been taking them and mixing up God knows what. And alcohol's an issue too."

"The addiction oftentimes comes from trying to medicate their anxiety and depression."

Youth themselves mainly spoke to the issue of vaping among their age group.

"Vaping, I think weed. A lot of weed too."

"We don't really have a drug problem in our school. It's mainly just like some kids vaping every so often, more like three, four kids. I think just with the high school, there's more of a drug problem."

Access to Health Care and Other Health Resources - Key Findings

Dublin meets the national target for the percent of residents under age 65 with health insurance.

• 98.2% of residents have some form of insurance coverage¹, compared to the Healthy People 2030 target of 92.4%.²

Generally, most residents do not have many barriers to getting needed physical and mental health care.

- Managing to get an appointment when they want is the most common problem in terms of accessing care.
- In the wider community, residents think the cost of health care does prevent some from seeking care when they need it.

Residents have many concerns that certain groups have barriers to adequate health care access:

- Youth in need of mental health care
- LGBTQ+ members of the community
- Older adults
- Residents with disabilities
- Residents who do not speak English

Residents believe transportation barriers, a lack of specialists, language barriers, and a general lack of knowledge about services are some of the barriers perceived to affect these groups.

Sepsis, kidney and heart issues, and COVID-19 were the top reasons residents visited an emergency department between 2022 and 2023.



Percent of residents under age 65 with health insurance

Target: 92.4%²

City of Dublin: 98.2%¹ ✓

Health Insurance Status

As shown in the table below, nearly all Dublin residents have health insurance.

Health Insurance Coverage By Age¹

	City of Dublin	%
	Total with insurance	98.4%
<u>With</u>	Age 18 and under	99.1%
Health Insurance	Adults age 19-64	97.7%
Coverage	Under age 65	98.2%
•	Age 65+	99.7%
	Total without insurance	1.6%
Without	Age 18 and under	0.9%
Health Insurance	Adults age 19-64	2.3%
Coverage	Under age 65	1.8%
_	Age 65+	0.3%

Data are from 2017-2021 Denominator is civilian noninstitutionalized population in specified age range.

Among City of Dublin residents with health insurance, employment-based insurance was the most common. Note that residents could have more than one type of health insurance. For example, someone with direct-purchase insurance may also have Medicare coverage.

Health Insurance Coverage¹

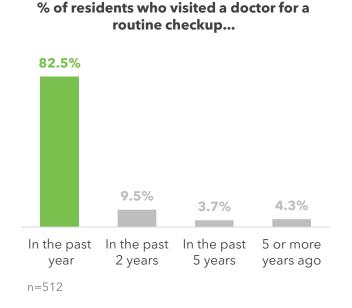
	City of Dublin	%
	Total with private health insurance coverage	91.1%
	Employer-based insurance	81.9%
	Age 18 and under	93.4%
	Adults age 19-64	87.4%
Private Health	Adults age 65 and over	29.9%
Insurance	<u>Direct-purchase insurance</u>	11.3%
(alone or in	Age 18 and under	3.9%
combination)	Adults age 19-64	10.1%
	Adults age 65 and over	34.2%
	<u>Tricare/military insurance</u>	0.6%
	Age 18 and under	0.1%
	Adults age 19-64	0.4%
	Adults age 65 and over	2.3%
	Total with public health insurance coverage	14.9%
	Medicaid/means-tested coverage	3.3%
	Age 18 and under	3.5%
	Adults age 19-64	3.0%
	Adults age 65 and over	4.3%
Public Health Insurance	Medicare coverage	11.8%
(alone or in	Age 18 and under	0.2%
combination)	Adults age 19-64	0.8%
	Adults age 65 and over	89.7%
	VA health care coverage	1.0%
	Age 18 and under	0.5%
	Adults age 19-64	0.9%
	Adults age 65 and over	2.6%

Data are from 2017-2021 Denominator is civilian noninstitutionalized population in specified age range

Health Care Utilization

A majority of respondents (82%) visited a doctor for a routine checkup within the year before taking the survey. Another 10% had done this within the past two years before taking the survey.

Dublin Resident Survey: Amount of time since last routine checkup



No differences in routine checkup visits observed by age, gender, race/ethnicity, household income, or education

Visited a doctor in the past year

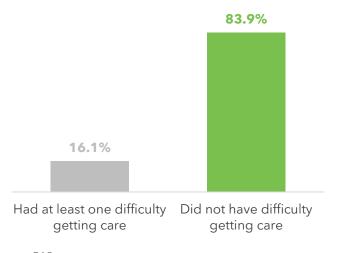
Dublin: 83%

Ohio: 76%³

Over 15% of survey respondents had difficulty getting needed physical health care in the past 12 months. For a majority of these respondents, these difficulties related to scheduling appointments.

Dublin Resident Survey: Residents at least one difficulty getting needed physical care (past 12 months)

% of residents who had difficulty getting physical or dental health care



No differences in difficulty getting physical health care observed by **age**, **gender**, **race/ethnicity**, **household income**, or **education**

Dublin Resident Survey: Reasons why getting physical health care was difficult in past year

City of Dublin (average n=512)	
Unable to schedule an appointment soon enough	8.7%
No time to schedule an appointment or go to appointment	4.0%
Did not have insurance	2.2%
Did not have a primary care physician or dentist	1.4%
Could not afford the co-pay	1.3%
Unable to schedule an appointment at all	1.4%
Did not have transportation	0.2%
Other	1.7%

[&]quot;Other" responses related to specific difficulties with insurance, including getting insurance preauthorization or insurance not being accepted, as well as needing to go to multiple health facilities to get the health care they needed.

While few survey respondents reported that financial difficulties affected their ability to receive needed health care, in the wider community many Dublin residents perceive the cost of health care, even with insurance, as a big barrier to utilization. In stakeholder interviews and focus group discussions, residents also spoke about the long wait times to get an appointment.



Community Voices: Financial barriers to seeking health care

"I see a lot of health-related issues where they have to decide, am I going to pay a bill? Or am I going to make sure that my child gets the medical attention that they need?"

"There are plenty of people who won't seek out care because they don't know how much the final bill is going to be."

"And, with a lot of healthcare plans, crazy high deductibles."

"And, in general, what I see happening is people can't find doctors in the area that accept Medicaid or Medicare. And if they don't have supplemental insurance, it becomes problematic."

"Sometimes, new American families don't have insurance, or [it is] high deductible. So they end up going to urgent care for everything. Instead of having a physician that can follow them and [do] preventative medicine."

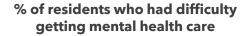
Access to Health Care and Other Health Resources

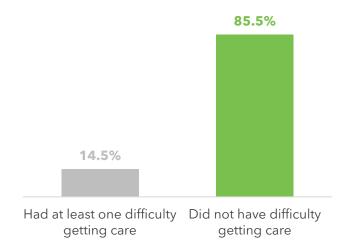
"There can be long waits to get access to care. It can take people time to recognize, hey, maybe I need to do this and then by the time they're calling it can be several months to get linked with somebody. So I think that creates a significant barrier."

"I've been searching for to establish GP care in and around Dublin for six months and finally gotten in."

Over 10% of respondents had difficulty getting needed mental health care in the past 12 months. Scheduling appointments proved difficult for many of these residents. Not knowing who to contact and discomfort with admitting a mental health issue also caused difficulty for some residents.

Dublin Resident Survey: Residents with at least one difficulty getting mental health care (past 12 months)





No differences in getting mental health care observed by **age**, **gender**, **race/ethnicity**, **household income**, or **education**

n = 512

Dublin Resident Survey: Reasons why getting mental health care was difficult in past year

City of Dublin (average n=512)	e was annear in past year
Unable to schedule an appointment soon enough	4.3%
Did not know who to contact	4.1%
Uncomfortable admitting a mental health issue	3.6%
No time to schedule an appointment or go to appointment	3.0%
Could not afford the co-pay	2.7%
Unable to schedule an appointment at all	1.3%
Did not have insurance	1.1%
Did not have transportation	0.0%
Other	0.7%

Residents' "other" responses included difficulty finding a provider who is a "good fit" and having to find a new therapist due to insurance changes.



Community Voices: Barriers to mental health care

"Free mental health is challenging. And then when you have somebody who's diagnosed with a very specific and oftentimes difficult diagnosis, it becomes even more challenging. Can't refer folks to a private mental health provider. They don't have insurance. And if you want to go to Children's, they have amazing behavioral health, you might have to wait for six months."

"I don't think there's enough [mental health] therapists either. The beginning ones don't get paid very well, and some people drop out of the profession before they reach a higher echelon of pay, much like teachers. But I think there needs to be more therapists."

"If you ever tried to go down the path of getting your child any type of mental healthcare, you are going to wait several months, seven to eight months. It's unbelievable just how difficult it is to get."

"One of the biggest complaints I've heard from parents is that there aren't counselors who are able to work with people with cognitive disabilities, or autism...that there are not counselors who know how to work with a lower functioning individual who still needs counseling."

"So we've definitely seen increased mental health concerns among LGBTQ populations, and have tried to build programming to help meet those needs."

"Being queer is not widely accepted in the Muslim community. We do have a major Muslim, South Asian Indian population, that is just now starting to realize and come to terms."

"OSU has a gender affirming clinic. That is the end of the story. Nothing is accessible to us specifically, and nothing is tailored to say, this is available... My doctor isn't even in Dublin."

In stakeholder interviews and focus group discussions, residents mentioned a number of health care access barriers that affect particular groups such as the elderly, people with disabilities, and non-English speaking residents.



Community Voices: Technology, transportation, and language barriers

Residents mentioned how the elderly and those with disabilities can have trouble accessing care due to technology and transportation challenges, as well as a lack of home health care providers.

"Their knowledge of technology... Some [providers] still offer [telehealth]. And for our more homebound clients that does meet a need. However, an 80-year-old or 70-year-old who hasn't grown up with a device attached to their hand navigating email to get to a link to get to zoom, to making sure your camera's on to making sure your audio is on. It can be a challenge."

"There's a real challenge with finding reliable transportation for seniors who need to go outside of Dublin, especially to a medical appointment... If they need to go to Riverside, if they need to go into Hilliard. We have very limited, limited options for affordable transportation."

"One of the bigger issues that our people [with disabilities] have with communities, things and even healthcare is how am I going to get there. You can make an appointment for health care. But if you can't get there, that doesn't really help you...there's not many options. Unless you have family or friends who could drive you."

"One of the challenges that we're experiencing is a shortage in homecare providers, the actual direct service workers, both in homes as well as in hospital settings and nursing homes. So there's a health care provider crisis."

Residents also commented that non-English speaking residents may feel less trusting of physicians who don't speak their language, or rely on their English-speaking children to be their advocate in medical situations.

"We have a lot of different languages spoken in Dublin. So there's cultural things people are, you know, not trusting physicians always if they don't have an advocate, a healthcare advocate that speaks their language or can translate."

"I've spoken with a number of younger, first generation students who really could use some support in helping their parents [because] English is not their first language. So they need to take time off from their college education or from their opportunities for internships, etc., to help care for their parents and help their parents navigate the US medical system. And translate for them."

Health Center Utilization

The following information reflects data from Ohio State Outpatient Care Dublin, OhioHealth Dublin Methodist Hospital, and Nationwide Children's Close To Home Centers. The most common reasons for visiting urgent care and/or the emergency department included cough, sore throat, localized body pains, and COVID-19. Note that while these healthcare facilities are located in Dublin, not all of the visits reported in this section were made by City of Dublin residents.

The next two tables present the top non-urgent and urgent care reasons for visiting Ohio State Outpatient Care Dublin. Opened in August 2022, the facility offers a variety of medical services for all ages. Top reasons for non-urgent care visits are shown below.

Top Non-Urgent Reasons for Visiting Ohio State Outpatient Care Dublin

Reason for visit	Count
Internal Medicine	55,557
Physical Therapy	25,884
Orthopedics	22,153
Family Medicine	13,130
Ophthalmology	10,032

Data are from 2022-2023

Between August 2022 and June 2023 there were 12,110 urgent care visits at the facility, most commonly for cough and sore throat.

Top Reasons for Visiting Ohio State Advanced Urgent Care - Outpatient Care Dublin

Reason for visit	Count
Cough	1,488
Sore throat	1,026
Other	857
Abdominal pain	672
Ear pain	438
Back pain	423
Sinus congestion	336
Urinary pain	267
Rash	254
Fever	254
Nasal congestion	202
Fall	201
Headache	200
Chest pain	197
Dizziness	179
Knee pain	175
Leg pain	148
Laceration	144
Vomiting	142
Ankle injury	137

Data are from 2022-2023

The next table lists the top reasons for Emergency Department (ED) visits and hospital admissions at Dublin Methodist Hospital. During fiscal year 2023 there were 34,180 visits to the ED.

Top reasons for ED visits and admissions at Dublin Methodist Hospital

Admitted ED Patients	Non-Admitted ED Patients		
Reason for visit	Count	Reason for visit	Count
Sepsis unspecified organism	415	Other chest pain	944
Acute kidney failure unspecified	140	Contact with and (suspected) exposure to COVID-19	835
Hypertensive heart disease with heart failure	129	COVID-19	678
Hypertensive heart and chronic kidney disease with heart failure and stages 1-4 or unspecified chronic kidney disease	128	Urinary tract infection site not specified	576
COVID-19	111	Chest pain unspecified	482
Non-ST elevation (NSTEMI) myocardial infarction (heart attack)	88	Hydronephrosis with renal and ureteral calculous obstruction (kidney swelling)	420
Pneumonia unspecified organism	82	Essential (primary) hypertension	411
Acute respiratory failure with hypoxia	58	Dizziness and giddiness (spinning feeling)	380
Urinary tract infection site not specified	56	Unspecified injury of head initial encounter	372
Acute and chronic respiratory failure with hypoxia 54		Headache unspecified	354
Alcohol dependence with withdrawal unspecified	45	Syncope (lost consciousness) and collapse	322
Infection and inflammatory reaction due to indwelling urethral catheter initial encounter	41	Nausea with vomiting unspecified	307
Alcohol induced acute pancreatitis without necrosis or infection	40	Low back pain unspecified	300
Paroxysmal atrial fibrillation (irregular heartbeat)	37	Constipation unspecified	270
Diverticulitis of large intestine with perforation and abscess without bleeding	36	Other specified pregnancy related conditions third trimester	258
Pyonephrosis (kidney infection)	36	Other specified diseases and conditions complicating pregnancy	255
Gestational hypertension without significant proteinuria complicating childbirth	34	Epigastric pain (pain in the upper abdomen)	252
Pneumonitis due to inhalation of food/vomit	33	Right lower quadrant pain	247
Alcoholic cirrhosis of liver with ascites	32	Dehydration	226
Post-term pregnancy	31	Acute upper respiratory infection unspecified	225

Data are from 2022-2023

The table below lists the top reasons for visits to Close To Home Centers in Dublin for pediatric care. Close To Home Centers provide care to newborns, children, and young adults. In 2022 there were a total of 102,000 visits to all 5 Dublin Close To Home Centers. The most common reasons for these visits involved autism and developmental disorders.

Top Reasons for Visiting a Nationwide Children's Close To Home Center* (pediatric visits)

Reason for visit	Count
Autism spectrum disorders and specific developmental disorders of speech/language, learning, and motor skills	12,902
Speech and voice problems	7,702
Other joint disorders	6,475
Behavioral and emotional orders that typically start during childhood	4,706
Feeling unwell	4,638
Anxiety, dissociative, stress-related, somatoform, and other nonpsychotic mental disorders	4,423
Injuries to the elbow and forearm	4,368
Ear infections	3,882
Injuries to the knee and lower leg	3,844
Nervous system disorders characterized by occasional, brief episodes	3,671
Spinal curvatures	3,489
Blood flow and breathing problems	2,518
Belly problems	2,350
Problems with soft tissues that connect, support, and surround the different body organs	2,298
Infections affecting sinuses and throat	2,018
Injuries to the shoulder and upper arm	1,975
Injuries to the ankle and foot	1,963
Other ear problems	1,801
Problems moving the body	1,786

Dublin Health Resources

The Central Ohio Pathways HUB (the HUB) is a care coordination program that employs community health workers (CHWs) that provide connections to care and services for Dublin residents, among others in Central Ohio. Between 2019 and 2023, 42 Dublin residents were served by the HUB. The table below highlights the pathways needed by those clients. Community health workers providing connections to education was most common followed by social services related to baby items such as diapers, playpens, and cribs.

HUB Pathways Used by Dublin Residents⁴

Pathway	Count
Education	170
Social Service Referral	55
Medical Referral	12
Postpartum	6
Pregnancy	5
Medication Assessment	4
Family Planning	2
Behavioral Health	1
Employment	1
Health Insurance	1
Housing	1
Immunization Referral	1
Immunization Screening	1
Medical Home	1

Data are from 2019-2023. Clients could have multiple different pathways or the same pathway needed multiple times.

Some residents think that community members do not know enough about how to access services and resources that could help them.



Community Voices: Knowledge and communication barriers to health and wellness resources.

"In general, people know that there are services, but they don't know where to start. They don't know where to access the information so that they know who to contact when they do need some help in any way, whether it's One Dublin or counseling, or...they're looking for some kind of assistance with any kind of health. I think they just don't know where to go."

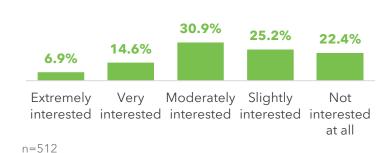
"Really the issue, when it comes to health care, is really just knowing if I lose my health care, what can I do? What are the resources available to me? How do I access coverage in different ways? Dublin is a highly educated community. However, most folks get medical insurance through their employer. So if that goes away, they don't know. That's all they've known for so long."

Residents' Interest in Information Sharing and Resources

A majority of respondents to the 2023 survey of Dublin residents reported only slight or moderate interest in learning more about services and resources to help with health and wellness offered by hospitals and other organizations. This is similar to the levels of interest reported in services and resources offered by nonprofits and charitable organizations to Dublin residents who need help with basic needs.

Dublin Resident Survey: Interest in health and wellness information

% of residents interested in learning more about services and resources that hospitals and other organizations offer to help with health and wellness

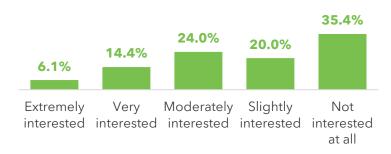


No differences in interest observed by **age**, **gender**, **race/ethnicity**, **household income**, or **education**

Dublin Resident Survey: Interest in charitable services and resources

% of residents interested in learning more about services and resources offered by non-profit and charitable organizations to Dublin residents

No differences in interest observed by **age**, **gender**, **race/ethnicity**, **household income**, or **education**



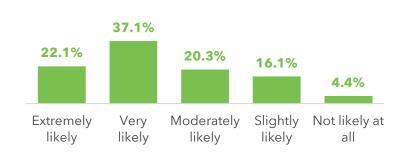
n=512

Slightly over half of respondents (59%) reported a high likelihood of visiting a webpage that contained information about health and wellness classes in Dublin.

Dublin Resident Survey: Likelihood of visiting a Dublin health and wellness classes webpage

% of residents likely to visit a webpage with information about all health and wellness classes throughout the City of Dublin

Being very or extremely likely to visit webpage differs by:



Education

Graduate/professional degree: 70.4%

Bachelor's degree: 60.1% Some college/associate degree

or less: 45.7%

n=512

Social Determinants of Health - Key Findings

Census data supports the perception of Dublin as a relatively higher income community, with few residents at poverty level or unemployed.

• Around 2% of residents have an income which is at or below the federal poverty level, and 2% of children are considered to live in poverty.

Food pantry utilization data and residents' experiences paint a picture of higher-thannormal food insecurity persisting since COVID-19.

- 3,699 individuals visited a Dublin food pantry in 2022; 2,078 visited in 2019.
- Residents perceive food insecurity to carry a powerful stigma in Dublin and say that food insecurity is more common than people think.

Residents feel highly safe in their neighborhoods but less so in other areas of Dublin.

- 92% of residents feel very or extremely safe in their neighborhood.
- 63% of residents feel very or extremely safe in parts of Dublin other than their neighborhood.

Economic Stability

Around 2% of Dublin residents have an income that puts them below the federal poverty level. Dublin has low rates of unemployment.

Income and Poverty

City of Dublin	%
Median household income ¹	\$143,533
Poverty Status ²	
Total persons below 100% FPL	1.9%
Children under 18 below 100% FPL	1.5%

Data are from 2017-2021

Employment Status²

	City of Dublin		
Unemployment Rate	2.2%		
	In labor force**	69.7%	
	Civilian labor force***	100.0%	
Employment Rate of	Employed*	97.8%	
Labor Force	Unemployed*	2.2%	
	Armed forces***	0.0%	
	Not in labor force**	30.3%	

Data are from 2017-2021. Civilian labor force is noninstitutionalized, non-active military personnel age 16 years and over currently employed or actively looking for employment *Denominator is civilian labor force **Denominator is total area population 16 years and over ***Denominator is total labor force

In stakeholder interviews and focus group discussions, residents spoke about issues around receiving government assistance in Dublin. They mentioned how those who could benefit from this assistance are embarrassed to access it, and some who need this assistance don't qualify. They also worry that those who receive this assistance in the community still need financial help from another source.



Community Voices: Financial insecurity

"There's a personal aspect that I think comes out in communities like that, where there's a little even more so a level of personal embarrassment about admitting that you need that level of help, because you are in this community of privilege, and you don't want to out yourself as other. So you're less likely to engage in those services, even if they do exist, because it would kind of be showing that you don't have that same status."

"But there are people who don't qualify for board of DD services, because they're a little too high functioning, but they definitely still need assistance. So there is a group of people in society to who need help, but don't qualify for it... So sometimes, they're just kind of caught in between, like, I can't hold a job, but I also don't qualify for disability services."

"Some of our folks [with disabilities] would have trouble if parents couldn't support them monetarily with food and with different things like that. Because if you're just relying on SSI dollars as your living stipend, I think you would need some help."

Food Insecurity

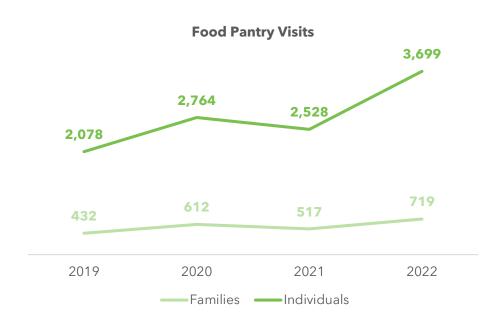
People who are food insecure do not get adequate food or have disrupted eating patterns due to lack of money and other resources. One way to measure food insecurity is through the number of households who receive government assistance for food. In Dublin, 2.6% of households participate in the Supplemental Nutrition Assistance Program (SNAP).

Food Access²

	%	
	Total households	2.6%
SNAP Households	With children under 18 years*	49.3%
	With people 60 years or over*	78.9%

Data are from 2017-2021 *Denominator is total households participating in SNAP

Over the past few years, food pantry use in Dublin has increased. The number of individuals who visited the food pantry at least once during the year has increased 78% between 2019 and 2022. For families, the increase has been 66%.³



These findings were echoed by residents in stakeholder interviews and focus group discussions, who recounted how they saw food pantries being used by more Dublin residents in the wake of COVID-19.



Community Voices: Hidden food insecurity in Dublin

"[Food pantry use] been increased right at the beginning of COVID. And just kept increasing. And now there's like a steadiness of that increase like it has not dropped off at all."

"I've done volunteering with the Dublin Food Pantry. And I think there's a lot of people of our community of no particular background, ethnicity, social status, that don't have access to food."

"[Some food pantry shoppers] live in these beautiful homes in a beautiful community but can't afford groceries."

Residents spoke about how there may be a perception that services like food pantries aren't needed in Dublin, but that could be because of the strong stigma that makes people want to hide their food insecurity.

"Early COVID, I was talking to this person, and she couldn't believe that she was in line to get food. It never happened to her before... She said 'I couldn't bring my kids with me, I had to leave them at home because I don't want them to know that I'm getting food from a food pantry.' And so that's when it struck me people that never came to a pantry before are now going to start coming in there. And that's the stigma."

"Even though people don't realize it, there are a lot of kids on free lunch programs at Dublin schools. So they may not be getting enough food home or enough nutritious food at home. "There's a stigma attached to that... other kids wouldn't necessarily know that you are getting a free lunch. But if you're there for breakfast, other kids are going to know that you're there for breakfast, and they're you know, pretty soon, that's going to be apparent, oh, you need breakfast because you can't afford breakfast at home."

Financial Stress

The Dublin community survey evaluated respondents' frequency of financial stress and worry. Overall, few residents reported spending a lot of time worrying about having enough money to buy nutritious food, having enough money for housing, or having money for other areas of their life. However, around a quarter of Dublin 2023 survey respondents are usually or always stressed about saving money.

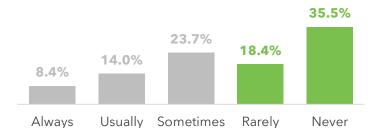
Dublin Resident Survey: Worry or stress about saving money (frequency)

% of residents worried or stressed about saving money...

Always, usually, or sometimes worried about saving money differs by:



Age Under 45: 58.9%45 or older: 37.9%



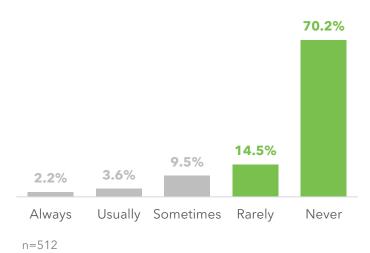
n=512



Household income Less than \$200,000: 54.5%\$200,000 or more: 28.7%

Dublin Resident Survey: Worry or stress about having money for nutrition (frequency)

% of residents worried or stressed about having enough money to buy nutritious meals (frequency)



Always, usually, or sometimes worried about having enough money for nutritious meals differs by:



Age

Under 35: 29.7% 35 or older: 12.3%



Gender

Females: 23.9% Males: 6.7%



Household income

Less than \$100,000: 24.4%

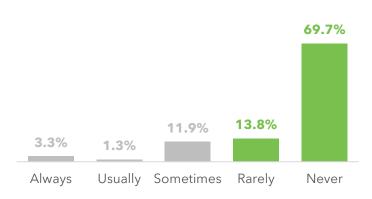
Between \$100,000 and \$149,999: 21.0% Between \$150,000 and \$199,999: 11.8%

\$200,000 or more: 4.4%

Dublin Resident Survey: Worry or stress about paying for housing (frequency)

% of residents worried or stressed about paying for housing...

Always, usually, or sometimes worried about paying for housing differs by:



n = 512

AIA

Gender

Females: 24.5%



Household income

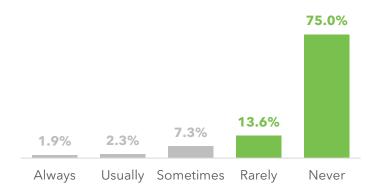
Less than \$100,000: 27.8%

Between \$100,000 and \$149,999: 22.8% Between \$150,000 and \$199,999: 16.4%

\$200,000 or more: 2.9%

Dublin Resident Survey: Worry or stress about paying for clothing/necessary household items

% of residents worried or stressed about paying for clothing or necessary household items



Always, usually, or sometimes worried about money for necessary items differs by:



Gender

Females: 17.1% Males: 5.7%



Household income

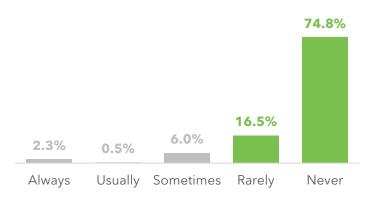
Less than \$200,000: 15.0%

\$200,000 or more: 3.5%

n=512

Dublin Resident Survey: Worry or stress about paying for medications (frequency)

% of residents worried or stressed about paying for their medications/someone in household's medications



n=512

Always, usually, or sometimes worried about money for medications differs by:



Household income

Less than \$200,000: 11.3% \$200,000 or more: 3.8%

Feelings of Safety

Reports of violent crimes and property crimes in Dublin were higher in 2022 compared to the past few years. Meanwhile, distracted driving crashes and citations have decreased.

Crime⁴

City of Dublin	2019	2020	2021	2022
Violent crime offenses reported by the Dublin Police Department	27	23	20	33
Property crime offenses reported by the Dublin Police Department	438	417	414	559

Data are from 2019-2022

Distracted Driving⁵

City of Dublin	2019	2020	2021	2022
Distracted driving traffic crashes	11	1	3	0
Distracted driving traffic citations	15	2	4	0

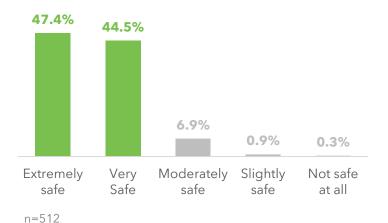
Data are from 2019-2022

A majority of survey respondents reported feeling highly safe in their Dublin neighborhoods (92%). However, fewer respondents reported feeling highly safe in areas of the city outside of their neighborhoods (64%).

Dublin Resident Survey: Feelings of safety in residents' neighborhoods

% of residents who feel "____ safe" in their neighborhood

Feeling extremely safe differs by:



Gender Males: 55.9% Females: 39.1%

Dublin Resident Survey: Feelings of safety in areas of Dublin outside residents' neighborhoods

% of residents who feel "____ safe" in other parts of Dublin

38.9% 29.5% 24.2% 6.7% 0.8% Extremely Very Moderately Slightly Not safe Safe safe at all safe safe n=508

Feeling extremely safe differs by:

Gender
Males: 35.2%
Females: 13.0%

Summary

The City of Dublin's 2023 Community Health Needs Assessment provides a comprehensive overview of the community's health status, illuminating areas of strength as well as areas in which there could be improvement.

The Advisory Committee will use this report to inform the development and implementation of strategies to address these findings in the forthcoming Strategic Action Plan.

Users of the 2023 Community Health Needs Assessment are encouraged to send feedback and comments that can help improve the usefulness of this information when future editions are developed. Questions and comments about the City of Dublin 2023 Community Health Needs Assessment may be directed to:

<u>Mollie Steiner</u>, Recreation Administrator, City of Dublin, Ohio 614-410-4553 | <u>msteiner@dublin.oh.us</u>

<u>Orie Kristel</u>, PhD, Illuminology 614-447-3176 | <u>orie@illuminology.net</u> The following pages contain the interview guide used in discussions with community stakeholders.

City of Dublin Community Health Needs Assessment Stakeholder Interview Guide

INTRODUCTIONS, GUIDELINES, PERMISSIONS (5 MINUTES)

- Greetings!
- Explain purpose of conversation: The City of Dublin is starting its Community Health Needs Assessment and Planning process, which has the ambitious goal of improving the health and wellness of residents. As part of this process, my research firm Illuminology will interview community leaders, conduct focus groups with residents, and survey residents about a variety of health issues and topics. Today, I'm excited to talk with you and hear <u>your</u> perspectives on health in Dublin!
- Obtain recording permissions.
- To start, can you please tell me a little bit about your role and your organization?
- (NOTE: This guide presents a conversational roadmap, not a script to be followed word for word. The moderator will ask questions as applicable, taking into account the amount of time remaining.)
- (NOTE: When the interviewee's role in the community makes them well-suited to speaking about specific populations of interest (e.g., low-income families, youth, individuals with disabilities, non-English speaking populations, older adults), broad questions about the community's health can be shifted to focus on a specific population of interest.)

MOST IMPORTANT HEALTH ISSUES (10 minutes)

- 1. When it comes to encouraging residents to be healthy and active, what do you think the City does well? (Keep brief)
- 2. What do you think are the most important health issues facing those who live in the City of Dublin?
 - a. Why?
 - b. What other health issues face those who live in the City of Dublin? [PROBE DEEPLY]

OVERALL PHYSICAL HEALTH (5 minutes)

3. What **physical health issues** are present in the community [that we haven't already discussed]?

MENTAL HEALTH AND ADDICTION (5 minutes)

- 4. What **mental health issues** are present in the community [that we haven't already discussed]?
- 5. What addiction issues are present in the community [that we haven't already discussed]?
- 6. [PROBES AS NEEDED/AS ARE RELEVANT]
 - a. Stigma associated with mental health and or addiction
 - b. Access to mental health/addiction services
 - c. Staffing issues for mental health/addiction services; burnout
 - d. Social issues in general; competitive culture, high expectations, burnout

HEALTH CARE ACCESS AND SERVICES (5 minutes)

- 7. What **health care access issues** are present in the community [that we haven't already discussed]? [PROBES AS NEEDED/AS ARE RELEVANT]
 - a. Causes for residents delaying or not seeking health care
 - b. Gaps in services
 - c. Staffing issues exist for health organizations
 - d. Care coordination issues/improvement
 - e. Gaps in communication about services
 - f. Ideas for motivating residents to use services

VULNERABLE POPULATIONS (5 minutes)

8. Based on what you've seen or heard, what population groups in Dublin may require specific assistance to be healthier? [Use examples to the extent helpful: Older adults, children, parents of non-adult children, those with difficulty accessing affordable housing, those with disabilities, non-English speaking or ESL individuals, Asian population]

SUMMARY/IMPROVEMENT/CLOSURE

- 9. (Briefly summarize key issues discussed.) What ideas do you have for specific actions that the City of Dublin or its partners could do that would improve the health of the community, or reduce the impact of some of these issues?
 - a. Can you think of any policy or systems changes, at the City level, that could help to improve the health of the community?
- 10. Given everything we've discussed today, what else do you think I should know?

IF TIME ALLOWS:

HEALTH EDUCATION

- 11. Based on what you've seen or heard, how well informed are residents about how to be healthy physically, mentally, socially?
 - a. Where do you think residents get their information about health and wellness?
- 12. What issues with health knowledge or communication are present in the community? Tell me more about that.

POVERTY/TRANSPORTATION/HOUSING/ENVIRONMENTAL HEALTH

- 13. Do you see residents not having the means to meet their basic needs as an issue in the community, or not so much? Tell me more.
- 14. Do you see lack of affordable housing as an issue in the community, or not so much? Tell me more.
- 15. What barriers to transportation exist in the community? (generally and for health care and social services)
- 16. What are the most serious environmental health issues present in the community? (Probe on air, water, trash, plumbing if necessary)

NUTRITION AND PHYSICAL ACTIVITY

- 17. Based on what you've seen or heard, what nutritional issues are present in the community?
 - a. From your perspective, what factors keep some people in the community from eating adequate amounts of fruit and vegetables?
 - b. What nutritional issues do you see with children, specifically?
- 18. Based on what you've seen or heard, what issues with physical activity are present in the community?

The following pages contain the interview guide used in focus group discussions with Dublin adults and youth.



2023 Community Health Needs Assessment Focus Group Discussion Guide

"A community whose residents are able to achieve optimal health, access the care and resources they need, and seek a balanced life."

Key Principles:

- Inclusive of all community members.
- Aware that social determinants of health must be considered.
- High-quality community level data will be obtained and shared.



INTRODUCTIONS, GUIDELINES, PERMISSIONS (5 MINUTES)

- Welcome!
- Has anyone participated in a focus group before? [SHOW OF HANDS] Obtain recording permissions.
- Please turn off / silence cell phones.
- Explain purpose of conversation: The City of Dublin is starting its Community Health Needs Assessment and Planning process, which has the ambitious goal of improving the health and wellness of residents. As part of this process, my research firm Illuminology will interview community leaders, conduct focus groups with residents, and survey residents about a variety of health issues and topics. Today, I'm excited to talk with you and hear <u>your</u> perspectives on health in Dublin!
- No right or wrong answer, no need for group consensus. So, please tell me what you're really thinking. I'm looking for your honest feedback.
- Forgive me if I move the discussion along at some points.
- Now, let's introduce ourselves to one another. Can you please share your name and what you like the most about your neighborhood or the area you live in?
- (NOTE: This guide presents a conversational roadmap, not a script to be followed word for word. The moderator will ask questions as applicable, taking into account the amount of time remaining.)

HEALTH VISION / MOST IMPORTANT HEALTH ISSUES (15 MINUTES)

- I'd like to start with a big-picture question. Overall, what do you think are the most important health issues facing people who live in Dublin?
- (IF ADULT RESIDENTS OR PARENTS OF YOUNG CHILDREN) And what do you think are the most important health issues facing <u>children who are under age 12 or their parents</u> in Dublin?
- (IF ADULT RESIDENTS OR TEENS) And what do you think are the most important health issues facing teenagers in Dublin?

OVERALL PHYSICAL HEALTH (8 MINUTES)

- What **physical health issues** are present in the community [that we haven't already discussed]?
 - Are there specific chronic diseases that you hear or see a lot about? Which ones?
 - What factors do you think contribute to those chronic diseases?

MENTAL HEALTH & ADDICTION (12 MINUTES)

- What mental health issues are present in the community [that we haven't already discussed]?
 - Anxiety or stress that might come from living in a community that has high expectations for achievement and competition?
 - Bullying, especially of younger children and/or teens?
 - O Depression? Suicide or self-harm?
- What addiction issues are present in the community [that we haven't already discussed]?
 - O Drinking more alcohol than what is healthy?
 - o Vaping?
 - Use of harder drugs?

HEALTH CARE ACCESS (10 MINUTES)

- What are some reasons residents may not get, or delay getting, health care?
 - Cost? Not enough info? Wait times?
 - o Transportation?
 - Are the reasons that people might not get mental health care the <u>same</u> as the reasons people might not get physical health care, or are those reasons different?

NUTRITION AND PHYSICAL ACTIVITY (5 MINUTES)

- What nutritional issues do you see in the community?
 - Is access to healthy foods a problem in the community, or not so much?
 - Eating disorders?
- What physical activity issues do you see in the community?

VULNERABLE POPULATIONS (~10 MINUTES)

• Based on what you've seen or heard, what population groups in Dublin may require specific assistance to be healthier? [e.g., Older adults, children, those with difficulty accessing affordable housing, those with disabilities, non-English speaking or ESL individuals, Asian population]

CROSS-CUTTING FACTORS (~10 MINUTES)

- Here in Dublin, do you think <u>poverty</u> affects any of the health topics we talked about today, or not so much? (If yes) How?
- Here in Dublin, do you think <u>racism</u> affects any of the health topics we talked about today, or not so much? (If yes) How?

PARTING COMMENTS (~15 MINUTES)

- What are some things that the City and its community partners could do or could do more of to help residents be healthier, both physically and mentally?
 - o Might some need transportation to health care?
 - o Might some need a 24-hour pharmacy?
 - o Might there be a need for more recreational spaces?
 - o Might there be a need for more walking/bike paths?
 - Might there be a need for other infrastructure improvements that could help people be healthier?
 - o Might some need elder care support?
 - o Might some need access to affordable, healthy food?
 - Might some need more information about the health care services and resources that ARE available? (If yes: best way to share that info?)
 - Might some need more support from and/or connections with their neighbors? (If yes: what could the City or its partners to connect more people in the community with one another)?

<IF TIME ALLOWS>

• It's possible that some Dublin residents might have to choose between paying for housing and paying for health care visits, prescriptions, or nutritious foods. How much of an issue do you think this is in Dublin?

(For those who think it's at least somewhat of an issue) What ideas do you have for things that the City and its community partners can do about that?

The following pages contain the adult survey questionnaire.

2023 DUBLIN HEALTH SURVEY



This survey should be completed by the adult (age 18+) at this address who MOST RECENTLY had a birthday. All responses will remain confidential; please answer honestly.

MOST IMPORTANT HEALTH ISSUE

1. In what ways is it difficult for you or members of your household to stay healthy while living in Dublin? [Please write your answer below]

ABOUT YOUR OVERALL HEALTH

These questions ask about your physical and mental health.

2.	Would you say that in general your h	nealth is _{[Circ}	le one answer]			
		Excellent	Very good	Good	Fair	Poor

- 3. Thinking about your physical health, which includes physical illness and injury, for how many days <u>during the past 30 days</u> was your <u>physical health</u> not good?

 [Write a number] _____
- 4. About how long has it been since you last visited a doctor for a routine checkup (i.e., "well visit")? [Circle one answer]

Within the past year	Within the past 2 years	Within the past 5 years	5 or more
(anytime less than 12	(at least 1 year but less than	(at least 2 years but less	years ago
months ago)	2 years ago)	than 5 years ago)	, 3

- 5. Has a doctor, nurse, or other health professional EVER told you that you had... [Fill in the circles that apply]
 - O Asthma O High blood cholesterol
 O Arthritis O Cancer
 - O Coronary heart disease O An anxiety disorder
 - O A heart attack
 O A depressive disorder
 - O Diabetes O An eating disorder O High blood pressure O None of these
- 6. Thinking about your mental health, which includes stress, depression, and problems with emotions, for about how many days <u>during the past 30 days</u> was your <u>mental health</u> not good?

7. During the past 2 weeks, how often have you been bothered by the following problems?

[For each item below, select one response]

7a. Feeling nervous, anxious, or on edge	Nearly every day	More than half the days	Several days	Not at all
7b. Not being able to stop or control worrying	Nearly every day	More than half the days	Several days	Not at all

[Write a number] ____

8. During the past 30 days, how often did you feel hopeless? [Circle one answer]

Always	Usually	Sometimes	Rarely	Never
--------	---------	-----------	--------	-------

9. During the past 12 months, did you ever seriously think about attempting suicide, or did you not think about that? [Circle one answer]

Thought about that Did not think about that

If you want to talk with someone about how you are feeling, please call the Suicide & Crisis Lifeline by dialing 988.

10. How often, if ever, do you get the social and emotional support you need? [Circle one answer]

Always Usually Sometimes Rarely Ne

11. How often, if ever, do you feel lonely or isolated? [Circle one answer]

Always Usually Sometimes Rarely Never

12. How connected do you feel to the neighbors who live near you? [Circle one answer]

Extremely	Very	Moderately	Slightly	Not connected
connected	connected	connected	connected	at all

13. How well does the following statement describe you? "I feel like I belong in Dublin."

[Circle one answer]

Extremely	Very	Moderately	Slightly	Not well
well	well	well	well	at all

- 14. What are the reasons you feel like you belong or don't belong in Dublin? [Please write your answer below]
- 15. During the past 30 days, did you provide any care or assistance to an older adult who needed help because of a condition related to aging (not including financial assistance or help you provided as part of a paid job), or did you not do that? [Circle one answer]

Provided care or assistance to an	Did not do that
older adult who needed help	Did not do that

[If you did not provide care or assistance to an older adult, GO TO Question 17]

16. During the past 30 days, how stressed did you feel while you were providing (or planning to provide) care or assistance to an older adult who needed help because of an aging condition?

[Circle one answer] Extremely Very Moderately Slightly Not stressed stressed stressed stressed at all

HEALTH BEHAVIORS

These questions ask about a variety of health behaviors.

17. During the past 30 days, how many times did you participate in any physical activities or exercises such as running, calisthenics, gardening, golf, or walking for exercise? [Write a number] _____

No

18. Have you smoked at least 100 cigarettes in your entire life? [Circle one answer]

19. How often do you now...

in do you now			
19a. Smoke cigarettes?	Every day	Some days	Not at all
19b. Use e-cigarettes/vape (e.g., Juul)?	Every day	Some days	Not at all
19c. Use chewing tobacco, snuff, or snus?	Every day	Some days	Not at all
19d. Use other tobacco/nicotine product(s)?	Every day	Some days	Not at all

- 20. One drink is equal to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. Considering all types of alcoholic beverages, how many times **during the past 30 days** did you have (if male: **5 drinks or more** | if female: **4 drinks or more**) on an occasion?
- 21. Do you personally know anyone in the City of Dublin who has an abuse or addiction problem

with... [Fill in the circles that apply]

- O Alcohol O Prescription pain medicine
- O E-cigarettes/vaping O Heroin
- O Don't know anyone who has abuse or addiction problem with these substances

ACCESS TO HEALTH CARE AND WELLNESS RESOURCES

These questions ask about your access to and opinions about health care and wellness.

22. During the past 12 months, did anyone in your household have <u>difficulty getting the care they</u> <u>needed</u> for a **physical or dental health issue** for <u>any</u> of the following reasons?

[Fill in the circles that apply]

- O N/A no one had difficulty getting care
- O Did not have insurance
- O Could not afford the co-pay
- O Did not have a primary care physician or dentist
- O Did not have transportation

O Unable to schedule an appointment soon enough

Yes

- O Unable to schedule an appointment at all
- O Did not have time to schedule an appointment or to go to appointment
- O Other [Please write your answer below]:
- 23. During the past 12 months, did anyone in your household have <u>difficulty getting the care they</u> <u>needed</u> for a **mental health issue** for <u>any</u> of the following reasons? [Fill in the circles that apply]
 - O N/A no one had difficulty getting care
 - O Did not have insurance
 - O Could not afford the co-pay
 - O Did not have transportation
 - O Did not know who to contact
 - O Unable to schedule an appointment soon enough
- O Unable to schedule an appointment at all
- O Did not have time to schedule an appointment or to go to appointment
- O Uncomfortable admitting a mental health issue
- O Other [Please write your answer below]:

24. How interested are you in lear organizations offer to Dublin r	-				•	and other
[Circle one answer]	Extremely interested	Very interested	Moderately interested	Slightly intereste		terested t all
25. How interested are you in lear charitable organizations offer shelter, clothing)? [Circle one answer]	-				•	
	Extremely interested	Very interested	Moderately interested	Slightly intereste		terested t all
26. If there were more local, neigmeet and connect with other	-					
[Circle one answer]	Extremely likely	Very likely	Moderatel likely	y Sligh likel	-	ot likely at all
27. If there was a single webpage scheduled throughout the Ciwebpage? [Circle one answer]				-		
webpage: [Circle one answer]	Extremely likely	Very likely	Moderatel likely	y Sligh likel		ot likely at all
28. If there was a single webpage that are offered throughout						
webpage? [Circle one answer]	Extremely likely	Very likely	Moderatel likely	y Slight likel	-	ot likely at all
Sc	OCIAL DETER	MINIANTS C	NE LIEALTU			
These questions ask about facto				Iness.		
29. During the past 12 months, ho		you worried	or stressed a	about <u>havin</u>	ng enough	n money
to buy nutritious meals? [Circle on	e answer]	Always	Usually Sc	metimes	Rarely	Never
30. During the past 12 months, ho	w often were	you worried	or stressed a	about <u>payir</u>	ng for you	<u>r</u>
housing? [Circle one answer]		Always	Usually Sc	metimes	Rarely	Never
31. During the past 12 months, honecessary household items? [c		•		, ,	ng for clot	Ü
-		Always	,	metimes	Rarely	Never
32. During the past 12 months, ho that were prescribed for yours		-		, ,	ng for med	<u>dications</u>
		Always	,	metimes	Rarely	Never
33. During the past 12 months, ho	w often were	-				
[Since one distret]		Always	Usually Sc	metimes	Rarely	Never

34. How safe do you feel when you are... [For each item below, select one response]

34ain your neighborhood?	Extremely safe	Very safe	Moderately safe	Slightly safe	Not safe at all
34bin other areas of the City?	Extremely safe	Very safe	Moderately safe	Slightly safe	Not safe at all

35. What suggestions do you have for other actions that the City of Dublin and/or its partners could take that might improve the health and wellness of its residents? [Write your answer below]

OTHER QUESTIONS

- 36. What is your age? [Write a number] _____
- 37. How much do you weigh without shoes? [Write a number] ____ pounds
- 38. How tall are you without shoes? [Write two numbers] __ feet / __ _ inches
- 39. Including yourself, how many people live in your household? [Write a number] ____
- 40. How many of these people are under age 18? [Write a number] _____
- 41. How many of these people are age 65 or older? [Write a number] _____
- 42. Which of the following describes your race or origin? [Circle all that apply]

	Hispanic,	Black or	Asian or	Middle	Native Hawaiian	Some other
White	Latino, or	African	Asian	Eastern or	or Other Pacific	race or
	Spanish origin	American	American	North African	Islander	origin

43. What language do you and the people in your household speak at home? [Circle all that apply]

English	Some other language (please specify):

44. Do you describe yourself as a man, a woman, or in some other way? [Circle one answer]

Man	Woman	Some other way
		,

45. What is the highest level of education you have completed? [Circle one answer]

Less than 12th	High school	Some college	Associate's	Bachelor's	Graduate or
grade	degree/GED	(no degree)	degree	degree	professional
(no diploma)					degree

46. Which of the following categories includes the total income of everyone living in your home in 2022, before taxes? [Circle one answer]

Less than	Between \$50,000	Between \$100,000	Between \$150,000	\$200,000 or
\$50,000	and \$99,999	and \$149,999	and \$199,999	more

A few questions from the representative survey of Dublin residents were selected to be asked in the community poll: perceptions of general health status, feelings of belonging in Dublin, and two measures that capture indicators of mental wellness.

A majority of respondents reported a perception that their health in general is "good" or "very good"	Excellent: 17.7% Very good: 45.2% Good: 27.6% Fair: 8.5% Poor: 1.0%
In the two weeks prior to the poll, a majority of respondents said they felt "uncontrollable worry" for none of that time (not at all)	Nearly every day: 4.8% More than half the days: 7.2% Several days: 25.5% Not at all: 62.4%
In the two weeks prior to the poll, a slight majority of respondents said they felt "nervous" for none of that time (not at all)	Nearly every day: 5.8% More than half the days: 9.6% Several days: 31.2% Not at all: 53.4%
A majority of respondents reported that the statement "I feel like I belong in Dublin" describes them "very well" or "extremely well"	Extremely well: 29.5% Very well: 37.0% Moderately well: 24.3% Slightly well: 6.9% Not well at all: 2.4%

Similar to the representative survey, the most common responses about why residents feel they belong had to do with a personal connection to Dublin, its feeling of community, and convenience.

Respondents who do not feel strongly that they belong in Dublin said this is because of its exclusiveness - the perception that Dublin is not accepting of diversity, including racial and ethnic, socio-economic, or other forms of diversity.

Community Poll respondents also answered these questions from the representative survey:

- In what ways is it difficult for you or members of your household to be healthy while living in Dublin?
- What suggestions do you have for actions that the City of Dublin and/or its partners could take that will provide opportunities for residents to improve their health and wellness?

The most common responses to the question, "What makes it difficult to stay healthy in Dublin?", were similar to the representative survey.

- Many said "it's not difficult" to stay healthy in Dublin.
- **Personal circumstances** (like time and motivation) and **infrastructure** (lacking sidewalks, bike paths, or safe/easy transportation) were commonly given as reasons it is difficult to stay healthy.

The most common responses about how Dublin can help improve residents' health and wellness were through **infrastructure** (more sidewalks, bike paths, or safer/easier transportation), **more recreational activities**, and **increasing affordability** (more affordable housing, lower taxes, and lower costs for recreation)

City of Dublin 2023 Community Poll: Respondent Demographics



Age

18-34: 8.4%

35-44: 17.8%

45-54: 19.6%

55-64: 24.5%

65+: 29.7%



Gender

Male:17.8%

Female: 81.5%

Other: 0.7%



Race/ethnicity

White: 89.1%

Hispanic: 1.8%

Black or African American: 1.8%

Asian or Asian American: 3.5%

Middle Eastern or North African: 1.4%

Some other race or origin: 2.5%

Executive Summary

- ¹ Healthy People 2030 Objective NWS-03, U.S. Department of Health and Human Services
- ² Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2022
- ³ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2021
- ⁴ U.S. Census Bureau, American Community Survey 1 Year Estimates, 2021
- ⁵ Healthy People 2030 Objective SU-10, U.S. Department of Health and Human Services
- ⁶ Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community, 2023

Community Profile

- ¹ U.S. Census Bureau, American Community Survey 5-Year Estimates, 2017-2021
- ² U.S. Census Bureau, American Community Survey 1 Year Estimates, 2021
- ³ U.S Census Bureau, American Community Survey 1-Year Supplemental Estimates, 2021

Overall Perceptions of Health in Dublin

- ¹ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2022
- ² Franklin County Health Map 2022

Physical Health and Health Behaviors

- ¹ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2022
- ² Healthy People 2030 Objective NWS-03, U.S. Department of Health and Human Services
- ³ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2021
- ⁴ Centers for Disease Control. Body Mass Index: Considerations for Practitioners, 2011
- ⁵ Franklin County Health Map 2022
- ⁶ Franklin County Public Health, FCPH Infectious Disease Team, 2022

Mental Health, Social Health, and Substance Use

- ¹ Healthy People 2030 Objective TU-02, U.S. Department of Health and Human Services
- ² Healthy People 2030 Objective SU-10, U.S. Department of Health and Human Services
- ³ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2022
- ⁴ Panorama Education, Dublin City Schools Fall 2023 Student Competencies Survey Fall 2023, Grades 6-12

Appendix E: References

- ⁵ Franklin County Health Map 2022
- ⁶ Dublin Police Department, 2019-2022

Access to Health Care & Other Health Resources

- ¹ U.S. Census Bureau, American Community Survey 5-Year Estimates, 2017-2021
- ² Healthy People 2030 Objective AHS-01, U.S. Department of Health and Human Services
- ³ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data, 2022
- ⁴ Health Impact Ohio, 2019-2023

Social Determinants of Health

- ¹ U.S. Census Bureau, American Community Survey 1-Year Supplemental Estimates, 2021
- ² U.S. Census Bureau, American Community Survey 5-Year Estimates, 2017-2021
- ³ Dublin Food Pantry, 2019-2022
- ⁴ Federal Bureau of Investigation, Crime Data Explorer, 2019-2022
- ⁵ Dublin Police Department, 2019-2022