# Pottstown Community Survey

## 2023

# About Pottstown Area Health & Wellness Foundation

**VISION:**
Area residents are living vibrant, healthy, thriving lives.

**MISSION:**
The Foundation enhances the health and wellness of area residents, providing education, funding, and programs that provide equitable access and opportunities for all residents to adopt healthy lifestyles.

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# Pottstown Area Community Health Needs Assessments

2018

2018

2013

2008

2004

Studies and Reports can be found on website

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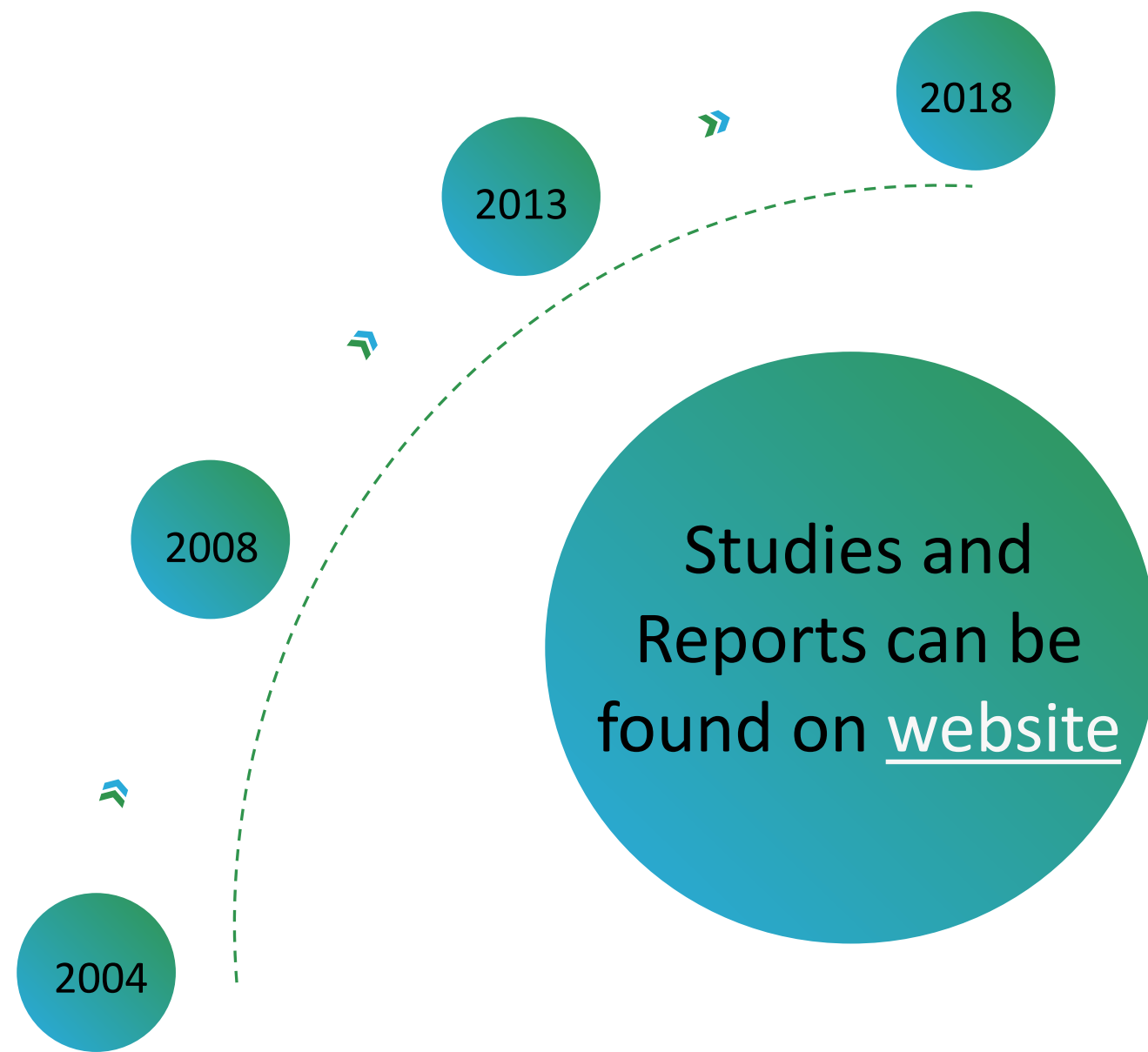
# Pottstown Community Survey

- ▶ To gather information about the health and well-being of residents underrepresented in earlier needs assessments

- ▶ Hear from residents that live in neighborhoods with long term disinvestment

- ▶ Direct funding to the programs and projects in our neighborhoods that will have the greatest impact.

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# Pottstown Selected Block Groups

**Census Block Groups participating in Pottstown Community Survey**



Bright Hope Community

## Median Household Income

- (1) Tract 2089.06 (BG2) **$54,750**
- (2) Tract 2089.04 (BG1) **$32,404**
- (3) Tract 2089.03 (BG2) **$42,237**
- (4) Tract 2088.01 (BG1) **$28,125**
- (5) Tract 2088.02 (BG2) **$28,121**
- (6) Tract 2090.00 (BG1) **$24,792**

Borough of Pottstown **$52, 722**
Montgomery County **$99,361**

Note: Block groups are uneven in household size.
[1] 2019 American Community Survey 5-year estimates Adjusted to 2019 for inflation

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# Selected Block Groups relative to Pottstown Borough

## Pottstown Borough

- 23,443 Residents
- About 70% White, 23% Black/AA , 7% Latino
- Median household income about $50K
- About 30% of adults live below 150% of the poverty line

## Selected Block Groups

- About 40% of Pottstown residents
- Nearly two-thirds of Black/AA and Latino residents
- Median household income approximately $25K
- About 50% of adults live below 150% of the poverty line

Sources: 2019 American Community Survey 5-year estimates ; Claritas 2022 Pop Facts database

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# Methods

- Address-based survey of every household in six Census Block Groups

- One adult per household: "Next birthday" guidance to account for within-household selection

- Mixed-mode (online, over the phone, on paper at community events, door-to-door)

- Responsive design: Monitored and adjusted processes and materials for clarity and balanced response

# Survey Topic Areas

| Factors Impacting Economic Stability | Health Care Access | Education | Neighborhood and Physical Environment | Community and Social Context | Health Conditions |
|---|---|---|---|---|---|
| Racism and discrimination<br>• Experiences of discrimination in different situations | | | | | |
| • Income<br>• Employment<br>• Barriers to employment<br>• Housing | • Health insurance<br>• Health exams and screeners<br>• Routine checkups<br>• Health care location<br>• Dental exam | • Education degree attained | • Park and recreation facility access<br>• Exercise<br>• Fruit and vegetable consumption<br>• Hunger | • Feel safe in the community<br>• Satisfied with community life<br>• Voting<br>• Practical help from neighbors | • Overall health (self-assessed)<br>• Mental health |

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# Data collection

**Initial stage**

- Branded invitation letter in envelope with peek-a-boo window
- $2.00 bill as pre-incentive
- Reverse side in Spanish
- Mailed in staggered batches Spring 2022
- Directed recipient to online survey ("push-to-web" design) or to call to request phone interview
- Reminder postcards

**Subsequent stages**

- Survey link sent over email (when available)
- Community events in Summer – Fall 2022
- Survey Ambassadors and Snowball Sampling

$10 gift card + raffle entry for completion

# Responses

- **530** participants
- **18.3%** household response rate[1]
- **Modes of completion:**
  - 89% online English
  - 2% Spanish (all modes)
  - 4.3% phone English
  - 4.3% offline English

**Notes on Report of Findings**:

Percentages and statistics presented here were calculated with sample weight applied, adjusted for weighting variance

Results reported are representative of the six census block groups that were the geographic focus of this study

[1] Calculated by implementing standardized classification system and formula developed and recommended by the American Association for Public Opinion Research (AAPOR).

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# Socioeconomic Characteristics of Residents

# Housing

- **41.4%** own their home and **58.6%** rent their home
- **95.1%** have internet access at home
- **19.6%** used housing services in the past year

- Owner Occupied Benchmarks
  - **50%** own home in Pottstown
  - **72%** own home in Montgomery County

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# Living in Pottstown

## Years Lived in Pottstown Percent

Pie chart:
- 0-2 years: 16.5
- 3-10 years: 31.1
- 11-20 years: 19.1
- 20+ years: 33.3
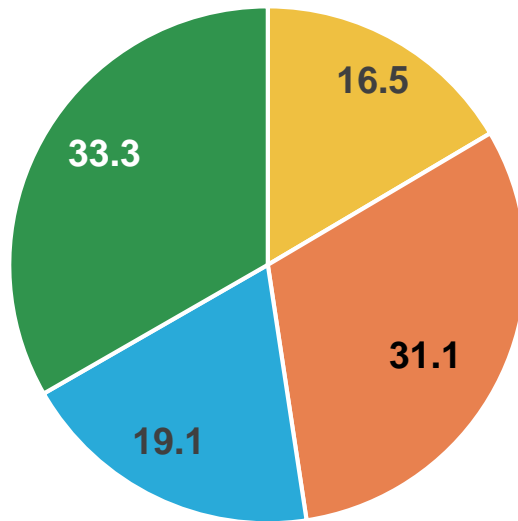
- Compared to those who lived in Pottstown for 11 or more years, adult residents who have lived in Pottstown for **10 years or less**:
  - Are more likely to rent (53.9%) than to own (46.1%) their home**
  - Are no different in terms of poverty, race, or education

  **p <.01

For how many years have you lived in Pottstown?

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# Education



**Percent**

Chart values:
- Elementary or Middle School: 1.4
- Some high school, no diploma: 7.5
- High school diploma or equivalent: 45.4
- Some college credit, no degree: 20
- Associates degree: 7.5
- Bachelors degree: 10.9
- Graduate, Professional, or Doctorate: 6.8
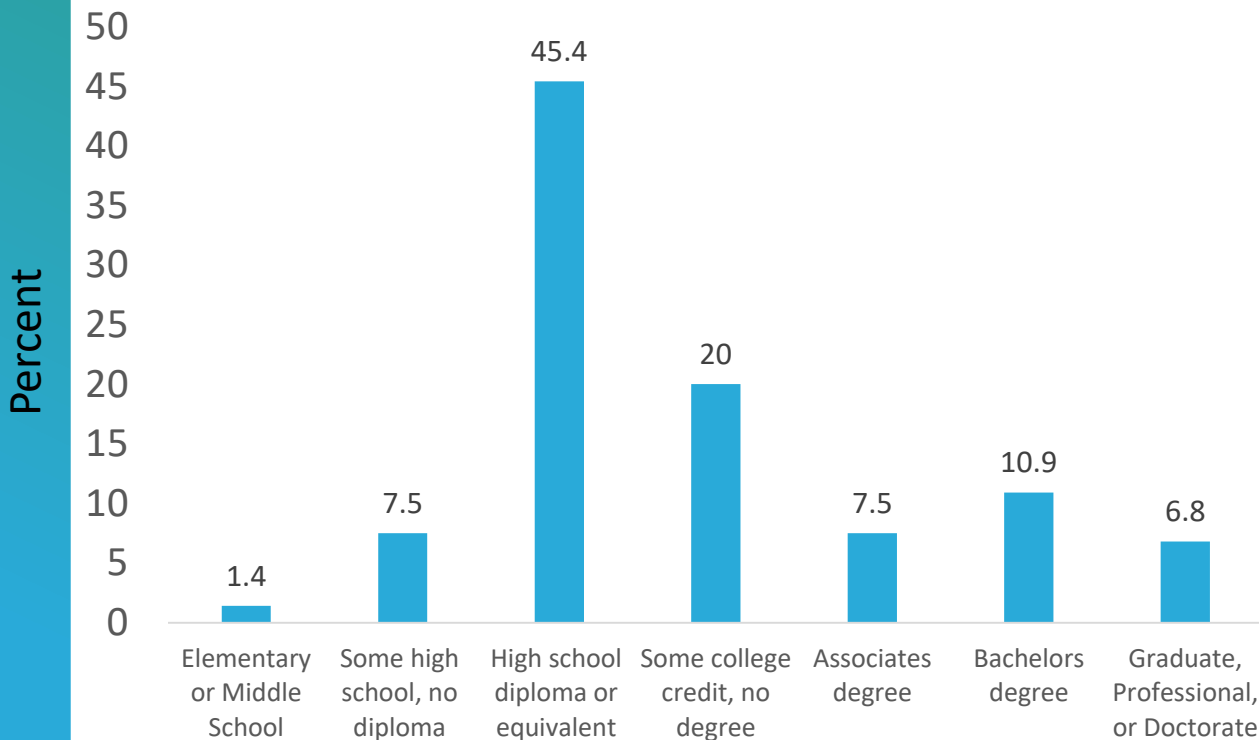
▶ **54.3%** of adult residents have a high school degree or less

▶ **27.5%** have some college credit or an Associate degree

▶ **17.7%** have a Bachelor's degree or higher

▶ Education attainment benchmarks

  ▶ **21%** have Bachelor's degree or higher in Pottstown

  ▶ **50%** have Bachelor's degree or higher in Montgomery County

What was the last grade of school that you completed?

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# Race/Ethnicity and Income

## Income by Race/Ethnicity



Legend:
- **Above 200% FPL**
- **Lower Income (150-200% of FPL)**
- **Near Poverty (100-150% of FPL)**
- **In Poverty (50-100% of FPL)**
- **In Poverty (0-49.9% FPL)**

| Race/Ethnicity | Above 200% FPL | Lower Income (150-200%) | Near Poverty (100-150%) | In Poverty (50-100%) | In Poverty (0-49.9%) |
|---|---|---|---|---|---|
| White | 54.5 | 14.2 | 16.9 | 10.2 | 4.2 |
| Black | 35.9 | 14.9 | 25.7 | 12.5 | 11 |
| Latino | 42 | 12.2 | 14.4 | 16.4 | 15 |
| Other/Mixed | 31.9 | 11.8 | 33.2 | 5.2 | 17.9 |

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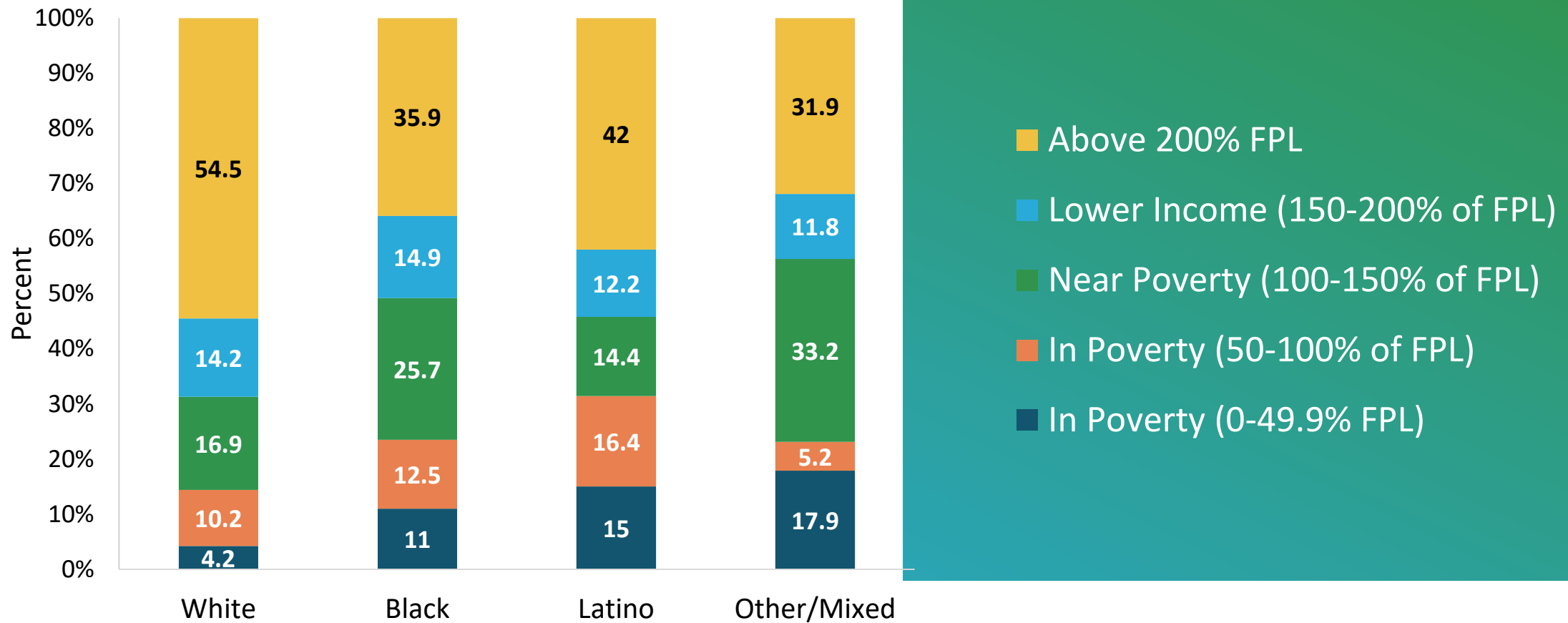
# Employment

## Current Employment Situation

| | Percent |
|---|---|
| Employed full time | 56.7 |
| Employed part time | 11.7 |
| Unable to work due to disability | 11.3 |
| Retired | 8.2 |
| Unemployed and looking for work | 7.2 |
| Do not work for pay outside the home | 2.3 |
| Unemployed and not looking for work | 1.6 |
| Full-time student/Job training | 0.7 |
| Furloughed | 0.3 |

▶ Among those who are the main household wage earner:

   ▶ **25.9%** are salaried

   ▶ **66.9%** are paid by the hour

   ▶ **7.2%** are paid some other way

▶ **53.5%** earn less than **$20.95/hour** (or equivalent) among those working full- or part-time

   ▶ $20.95 was the 2021 Living Wage for Montgomery County, PA, for a household with 2 working adults and 2 children

# Barriers to Employment

| Barriers to employment | Percent |
|---|---|
| Financial | 11.9 |
| Social | 10.9 |
| Education/Training | 7.7 |
| Housing/Transportation | 6.3 |
| Concerns about COVID | 6.0 |
| Childcare barrier | 5.6 |
| Other | 13 |
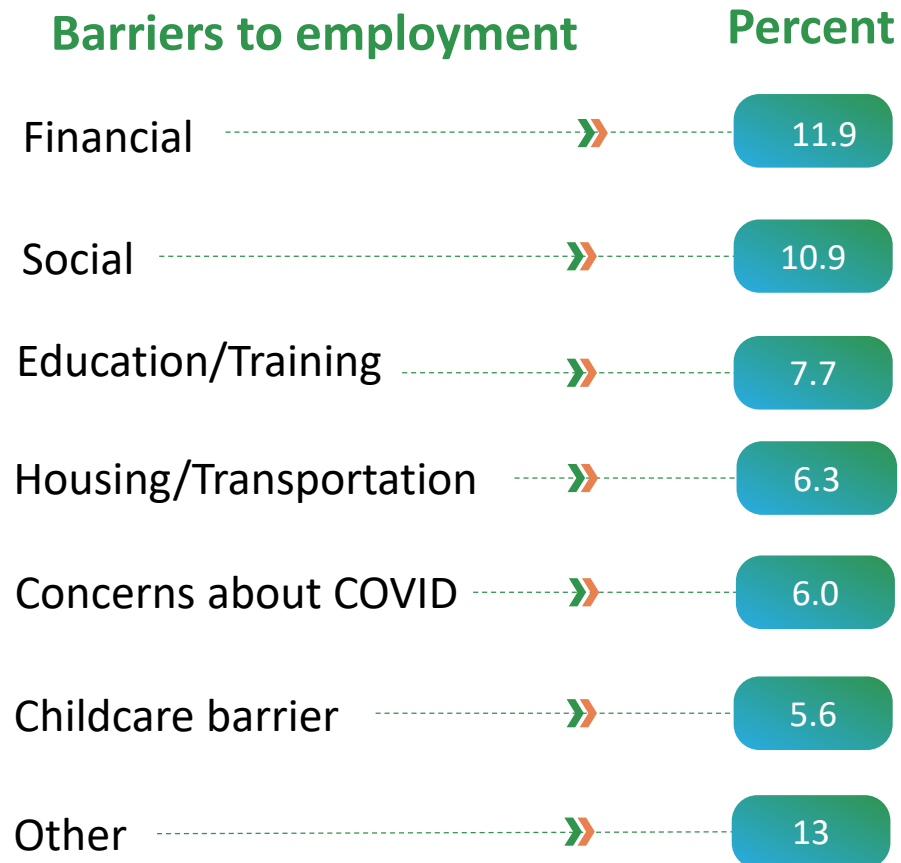
- Most said barriers are not applicable because:
  - Employed and do not want to change jobs (**52.8%**)
  - Do not want to be employed (**8.8%**)
- **28.2%** report one barrier to employment
  - Another **13.6%** report two or more barriers
- **8.0%** report using employment services in the past year

**Financial Barriers** (example: Jobs I find don't pay enough to cover basic costs of living, income limit for public/government benefits); **Education, Training, and Skills Barriers** (example: cost of training or education is too high, I don't know where to get training, I have difficulties with using computers and technology); **Housing and Transportation Barriers** (example: I can't get to work or get home using public transportation and do not have other transportation to work, I can't find permanent housing, I don't have a driver's license); **Social Barriers** (example: physical or mental health challenges, criminal record, drug or alcohol use)

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# Prevalence of Health Conditions

# Overall Health (self-assessed)

Chart — Percent (y-axis)

| Category | Percent |
|---|---|
| Poor/Fair | 26.4 |
| Good/Very Good/Excellent | 73.6 |

Legend: ■ Poor/Fair   ■ Good/Very Good/Excellent
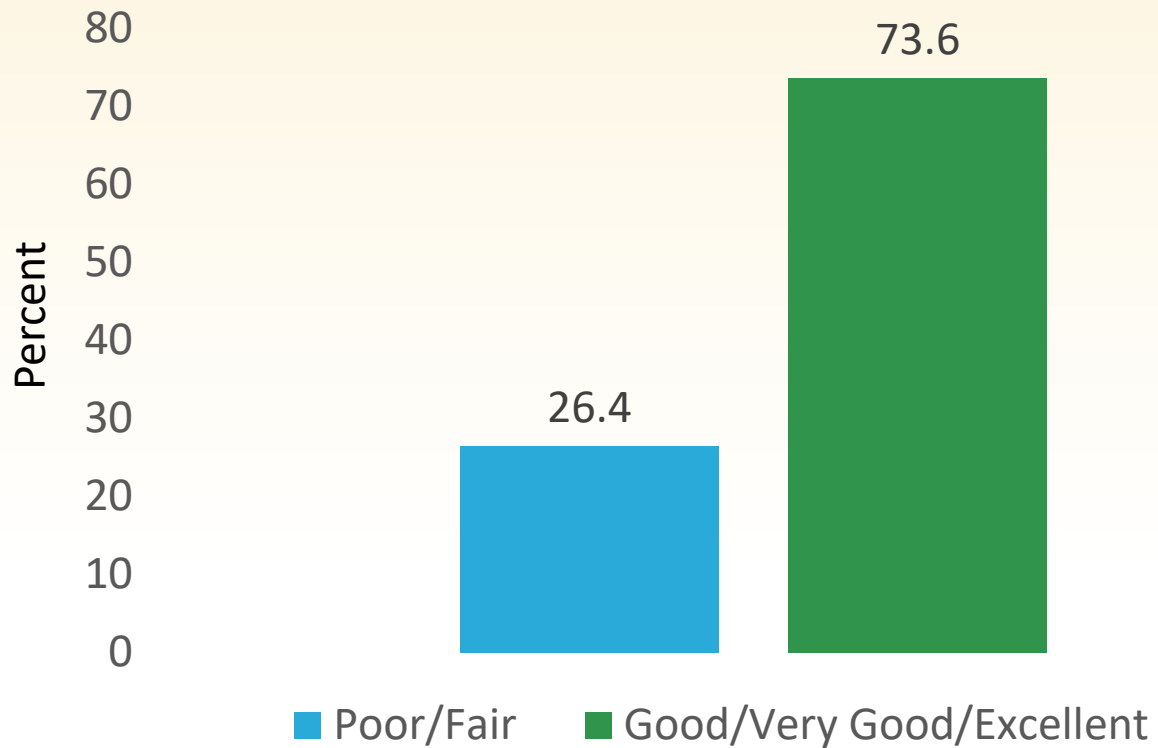
Overall Health Benchmark: 14% of Montgomery County residents in Poor or Fair Health

How would you describe your health in general?

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# Ever Received a Mental Health Diagnosis

Mental Health Diagnosis (Ever Received)

- Yes: 37.4
- No: 62.6

(Percent)

Have you ever been diagnosed with any mental health condition, including clinical depression, anxiety disorder, or bipolar disorder?

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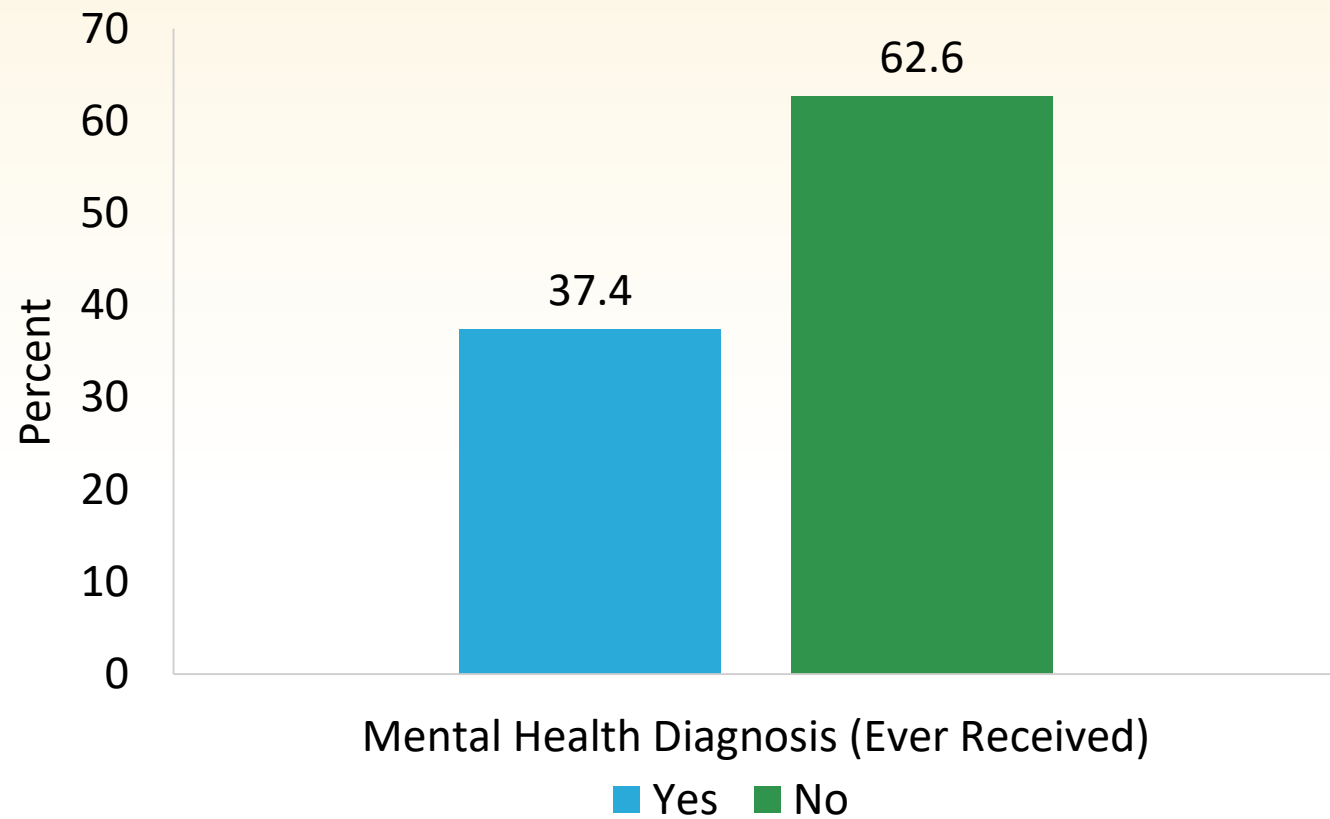
# Mental Health during Past Month
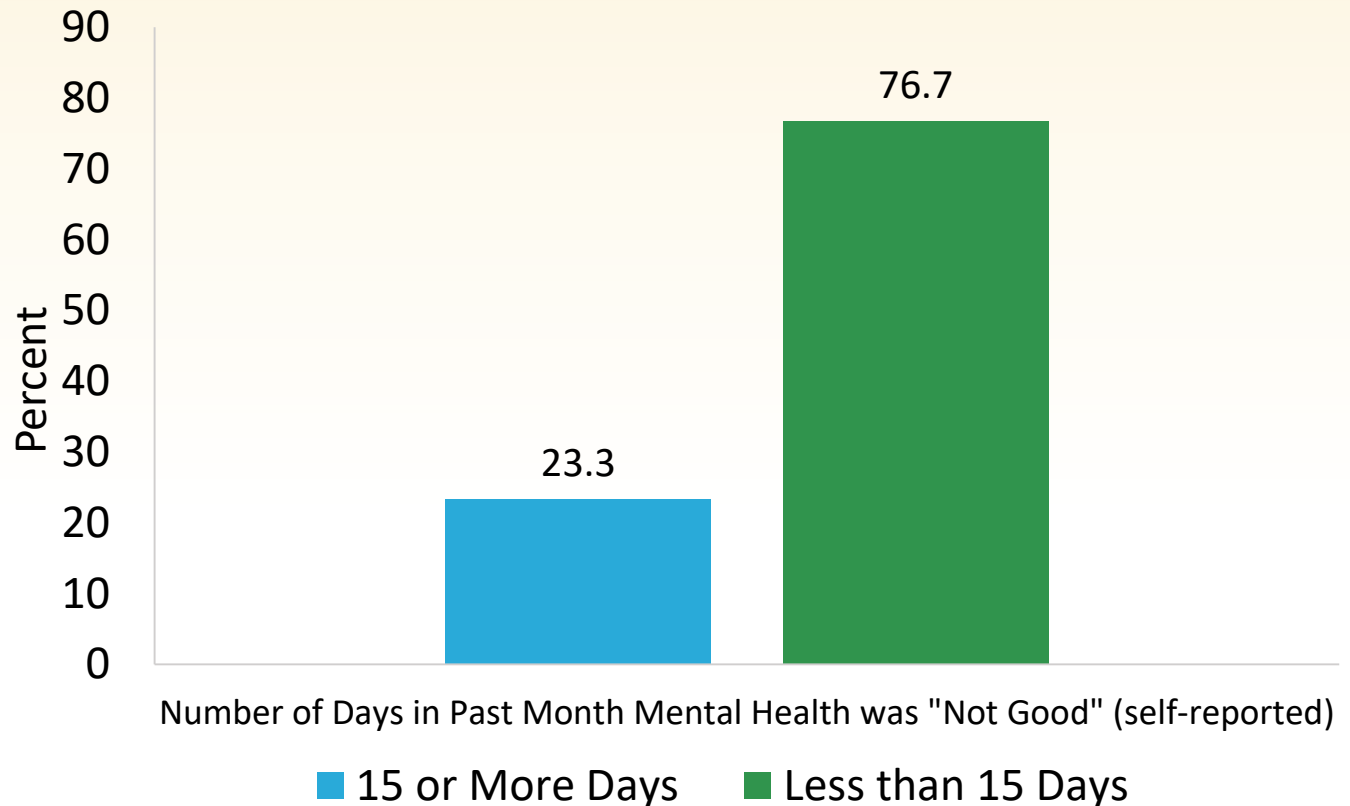
**Number of Days Mental Health "Not Good" in Last Month:**

- Mean = 6.7 days
- Mental Health Benchmark
  - Mean = 4.1 days in Montgomery County

Percent

90
80 — 76.7
70
60
50
40
30 — 23.3
20
10
0

Number of Days in Past Month Mental Health was "Not Good" (self-reported)

■ 15 or More Days   ■ Less than 15 Days

Thinking about your mental health, which includes depression, anxiety, and problems with emotions, for how many days during the past 30 days was your mental health not good?

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# Health Conditions

Percent of adult residents reporting current health conditions

| Condition | Percent |
|---|---|
| High Blood Pressure | 30.9 |
| Arthritis | 28.8 |
| High Cholesterol | 20.5 |
| Asthma | 16.1 |
| Diabetes | 13.2 |
| Heart Condition | 9.8 |
| Long COVID | 8.5 |
| Hepatitis C | 1.8 |
| Cancer | 0.7 |
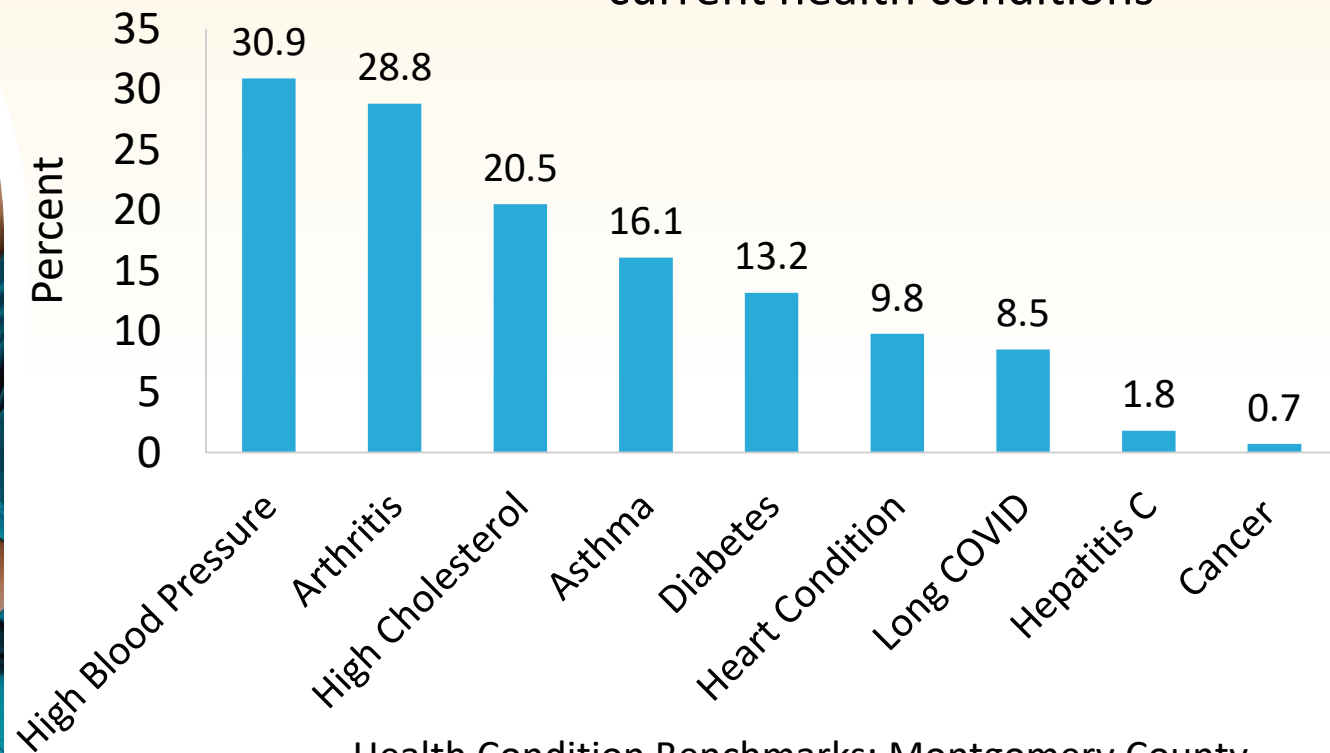
Health Condition Benchmarks: Montgomery County
Asthma, 9%; Diabetes 8%

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# Body Mass Index (BMI)



Bar chart (Percent):
- Underweight: 0.4
- Normal: 26.7
- Overweight: 27.3
- Obese: 45.6
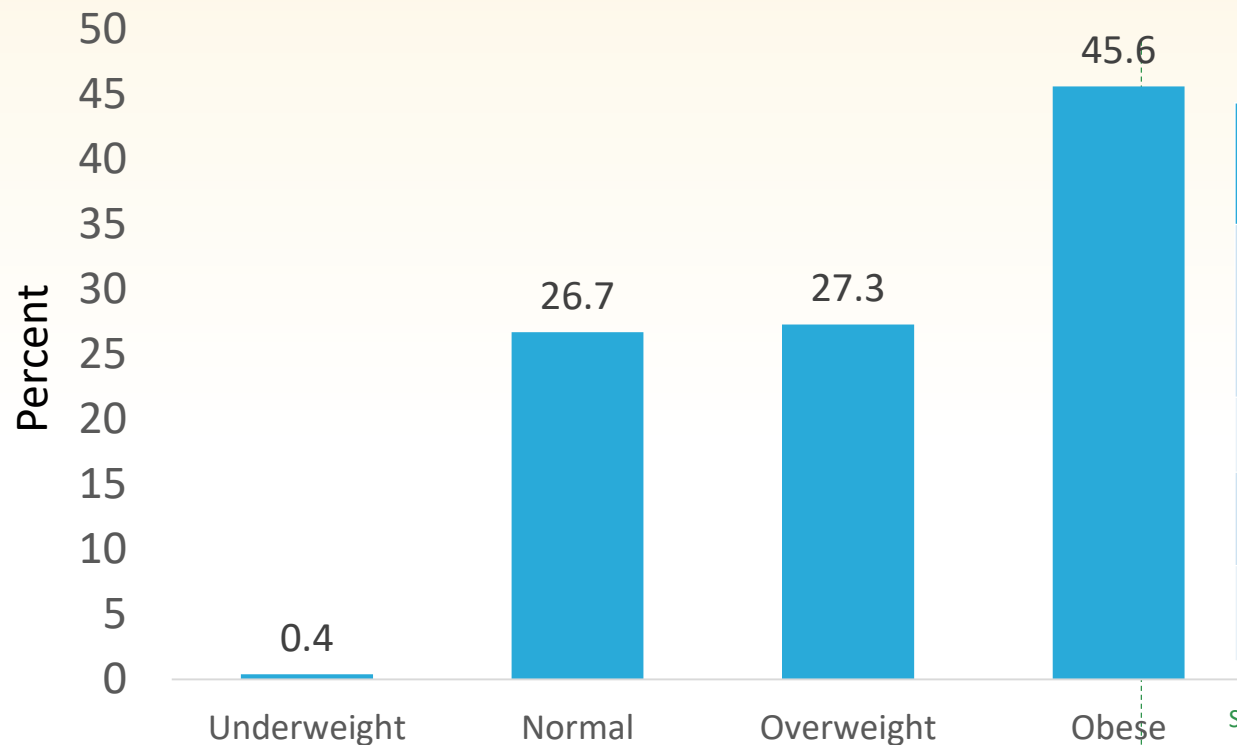
| % adults BMI >= 30 ("obese") | Location and Year |
|---|---|
| 45.1% | 6 block groups in Pottstown (after age-adjustment for 3 age groups) |
| 30% | Montgomery County, 2019 |
| 41.8% | Nationally, 2017-2020 |
| 38.6% | Nationally, 2013-2016 |

Sources:  Pottstown Community Survey 2022; County Health Rankings; Healthy People 2020

Healthy People 2030 goal adult obesity: 36%

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Health Care Access

# Health Insurance

## Insurance Status by Age Group



Chart — Insurance Status by Age Group (Percent):
- 18-34 years old: Uninsured 16%, Insured 84%
- 35-64 years old: Uninsured 13%, Insured 87%
- 65+ years old: Uninsured 5%, Insured 95%

Legend: ■ Uninsured  ■ Insured
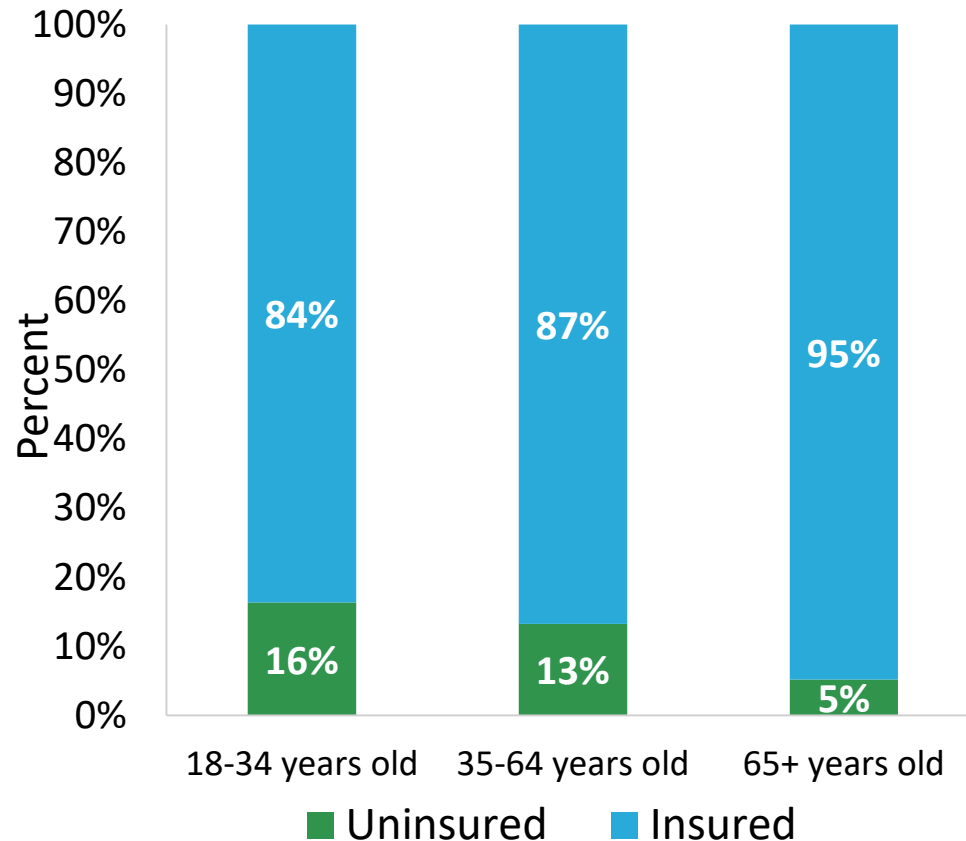
- **13%** of adults are uninsured
  - An additional **10.7%** were insured <12 months of the past year
- **14.2%** of adults under the age of 65 are uninsured

- Health Insurance Benchmark
  - **5%** of adults in Montgomery County under age of 65 are uninsured

For how many months in the past 12 months have you had any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

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# Routine Check-up



**Percent that had a Regular Healthcare Exam**

- ■ **Within past year**
- ■ **Between 1 to 3 years**
- ■ **Over 3 years ago**

11.7

18.3

70.1

Percent

About how long has it been since you last visited a health care professional or last had each of the following screenings? If any item does not apply to you due to anatomy or age, please select "N/A".

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# Location of Usual Place for Health Care



**Doctor's office or health center**

**Urgent care or clinic in drug or grocery store**

**Emergency Room**

**Other (VA, etc.)**

69.3

18.5

6.2

6.1

Percent

What kind of place do you usually go if you are sick and need health care?

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# Dental Exam in Past Year

About how long has it been since you last visited a health care professional or last had each of the following screenings? If any item does not apply to you due to anatomy or age, please select "N/A".

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# Health Exams and Screeners

## All adults

- **71.6%** had blood pressure checked in past year
- **51.2%** had cholesterol measured in past year

## 50 years old or older

- **73.8%** had blood glucose screening in past 2 years
- **71.4%** had colonoscopy/ sigmoid exam in past 10 years

## Gender-specific:

- **71.6%** of females 21-65 years old had pap test in past 3 years
- **59.9%** of females 18+ years old had breast exam in past year
- **72.6%** of females 50-74 years old had mammogram in past 2 years
- **42%** of males 40+ years old had prostate exam in past 2 years

About how long has it been since you last visited a health care professional or last had each of the following screenings? If any item does not apply to you due to anatomy or age, please select "N/A".

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# Health and Wellness Behaviors

# Daily Fruit and Vegetable Consumption

Servings of fruits and vegetables in a typical day:

▶ Mean = 2.16 servings



Percent

| | |
|---|---|
| 65.3 | 34.7 |

Servings per day

■ 0 to 2 servings   ■ 3+ servings

"How many servings of fruits and vegetables do you eat on a typical day? A serving of a fruit or vegetable is equal to a medium apple, half a cup of peas, or half a large banana for example."

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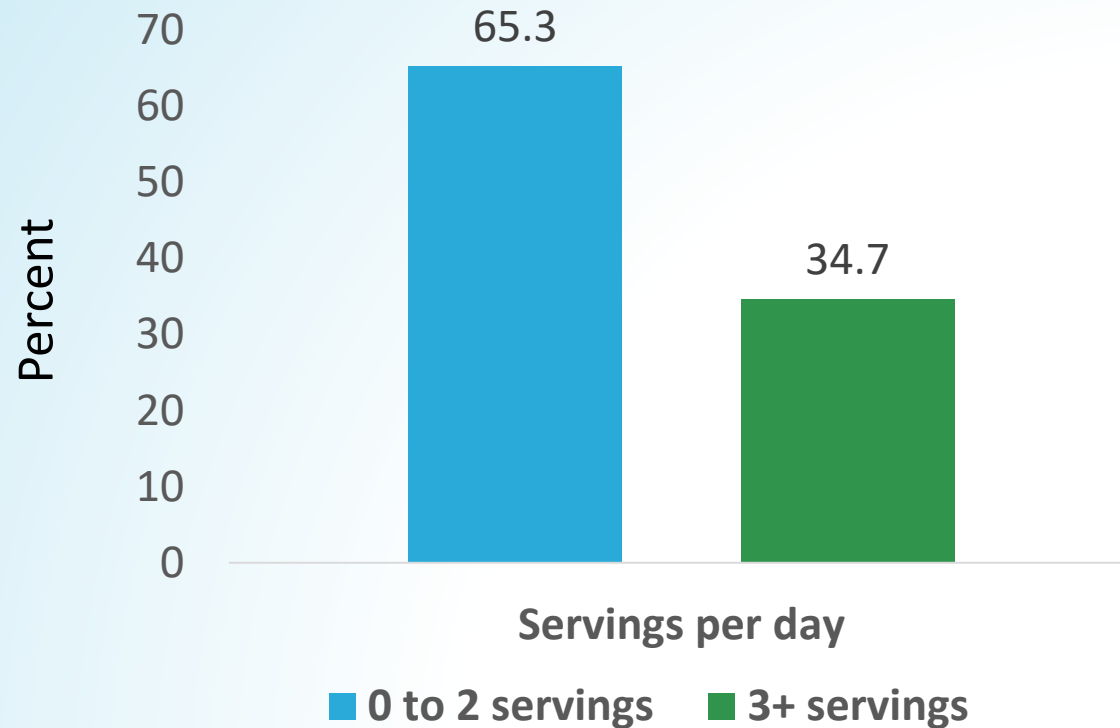
# Hunger During Past Month



Ever a day went hungry in past month

- Yes (12.6)
- No (87.3)

In the past month, was there any day when you or anyone in your family went hungry because you did not have enough money for food?

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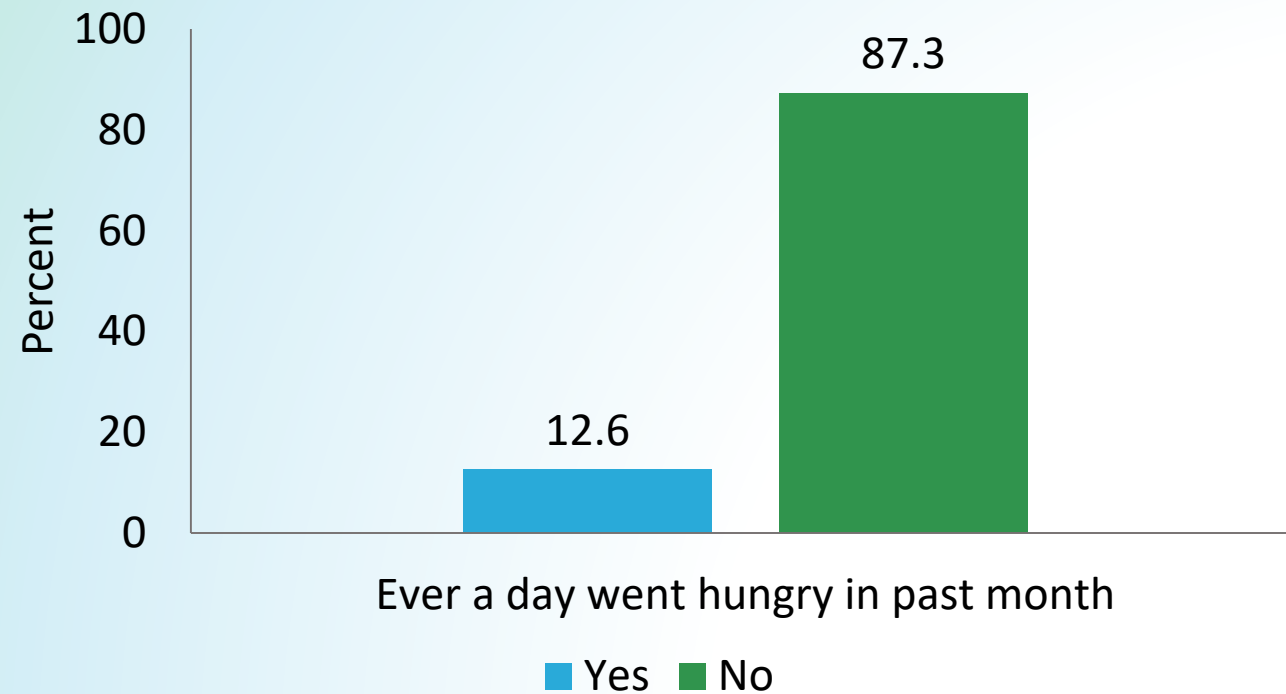
# Received Food Donation(s) during Past Month

- ▶ Mean = 1.9
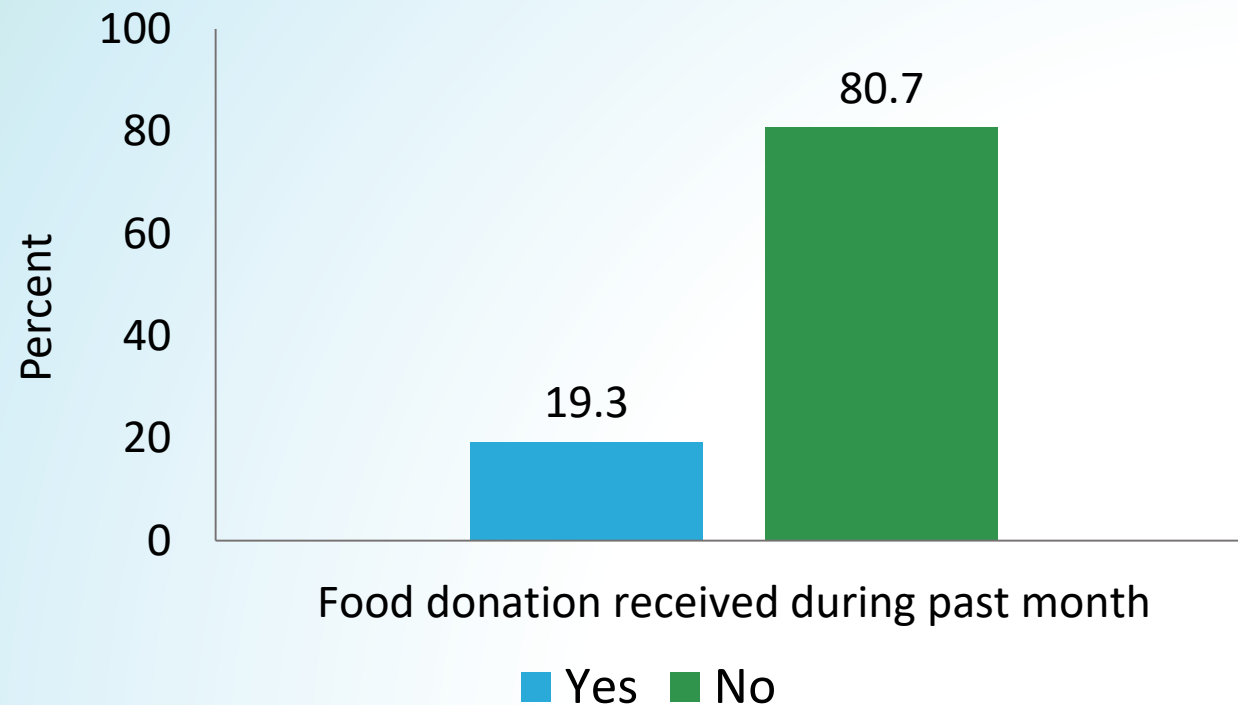- ▶ For 40% who received food donations, this was more frequently than prior to the COVID-19 pandemic

Percent

100
80 — 80.7
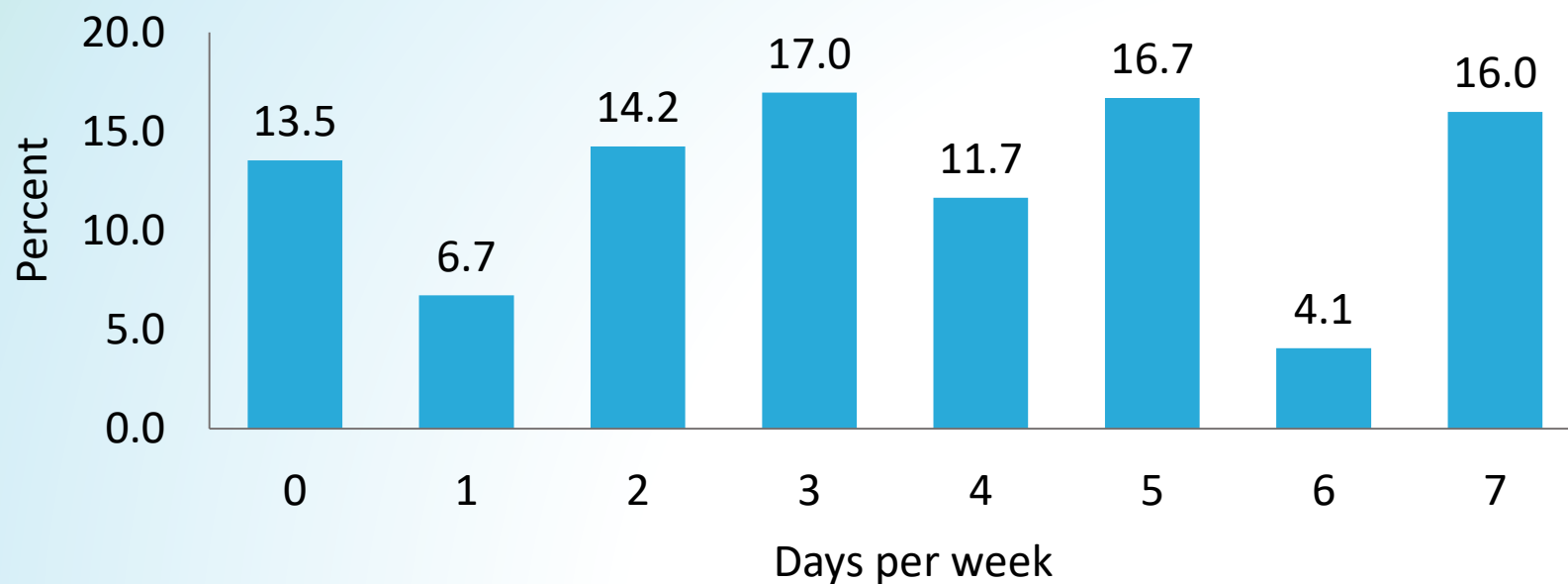60
40
20 — 19.3
0

Food donation received during past month

■ Yes   ■ No

On average how many times each month do you visit a food pantry, food bank, or charitable organization that distributes food?

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# Physical Activity



**Days per week exercised 30 minutes or more**

Percent

| Days per week | Percent |
|---|---|
| 0 | 13.5 |
| 1 | 6.7 |
| 2 | 14.2 |
| 3 | 17.0 |
| 4 | 11.7 |
| 5 | 16.7 |
| 6 | 4.1 |
| 7 | 16.0 |

Days per week

Physical Activity Benchmark: **21%** of Montgomery County adults report no leisure time physical activity

Thinking of the past month, how many days per week did you participate in any physical activities for exercise that lasted for at least one-half hour, such as walking, playing basketball, dancing, rollerblading, gardening, etc.?
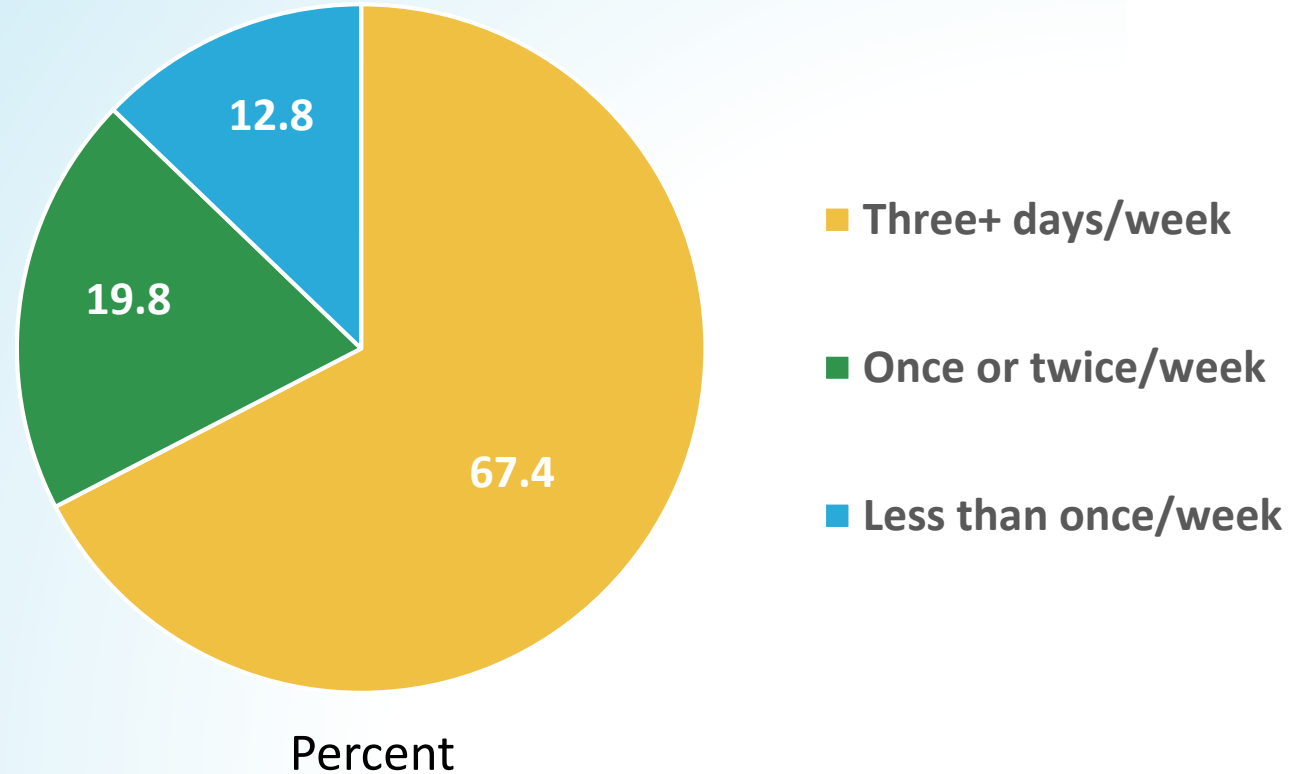
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# Exercise

Days per week exercised 30 minutes or more in past month:

▶ Mean = 4.5 days

**Days per week exercised > 30 minutes**



- Three+ days/week
- Once or twice/week
- Less than once/week

67.4 · 19.8 · 12.8

Percent

Thinking of the past month, how many days per week did you participate in any physical activities for exercise that lasted for at least one-half hour, such as walking, playing basketball, dancing, rollerblading, gardening, etc.?

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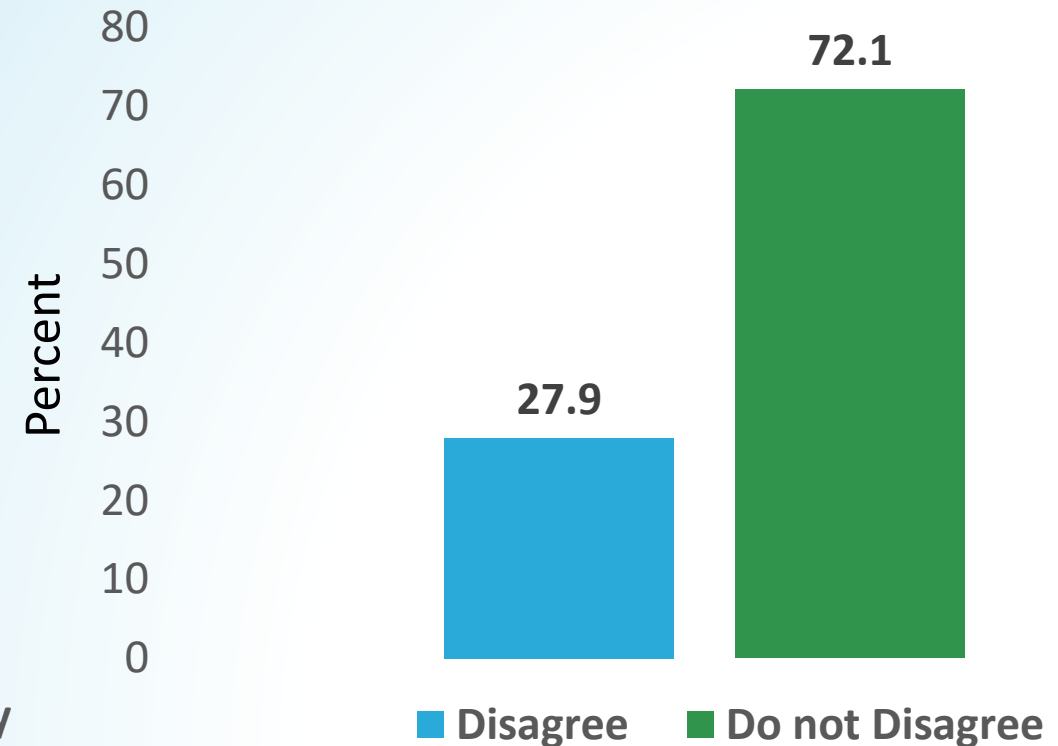FOUNDATION

# Accessing Parks and Recreational Facilities in Pottstown

## Visited a park or recreation facility

## Can safely walk to a park or recreation facility within 10 minutes



Chart: Visited a park or recreation facility
- Never/Rarely: 41.1
- Sometimes/Often/Every Day: 58.9

Chart: Can safely walk to a park or recreation facility within 10 minutes
- Disagree: 27.9
- Do not Disagree: 72.1
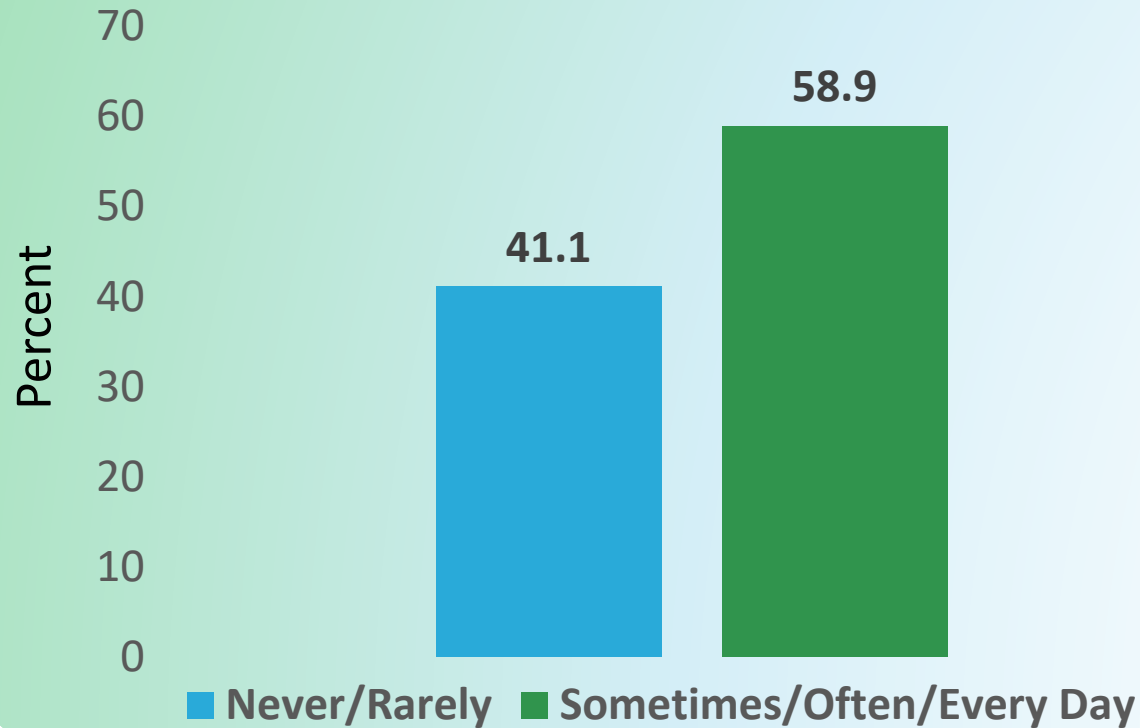
How often did you visit a park or recreation facility in Pottstown during the last year?
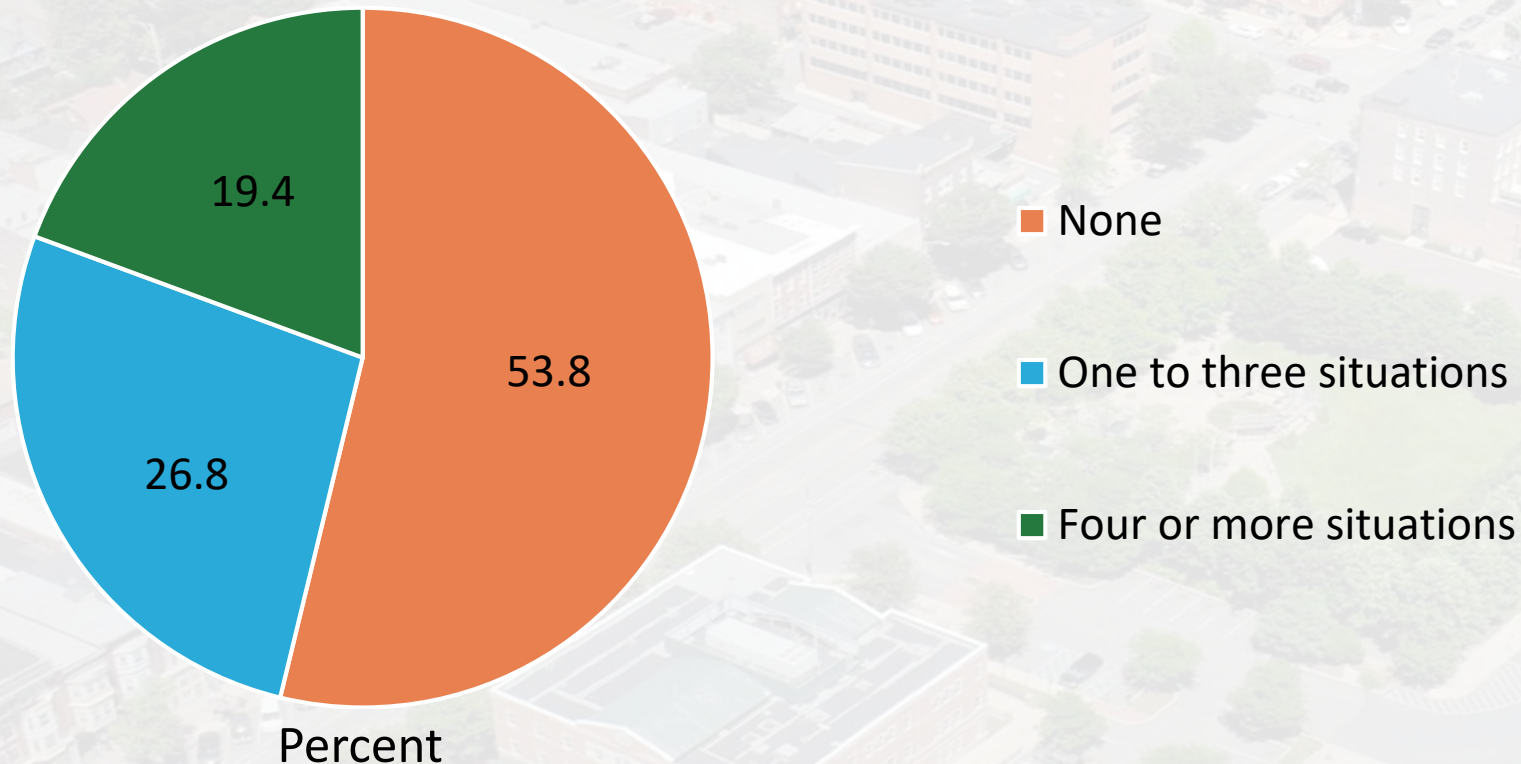Do you agree with this statement?: "I can safely walk to a park or recreation facility (within 10 minutes)."

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Experiences of Discrimination

# Number of Situations in which Report Experiencing Discrimination Relative to Other Races

**Percent Experiencing Discrimination in 0-9 Situations**



Legend:
- None — 53.8
- One to three situations — 26.8
- Four or more situations — 19.4

Percent

Have you ever experienced discrimination, been prevented from doing something, or been hassled or made to feel inferior in the following situations because of your race, ethnicity or color?

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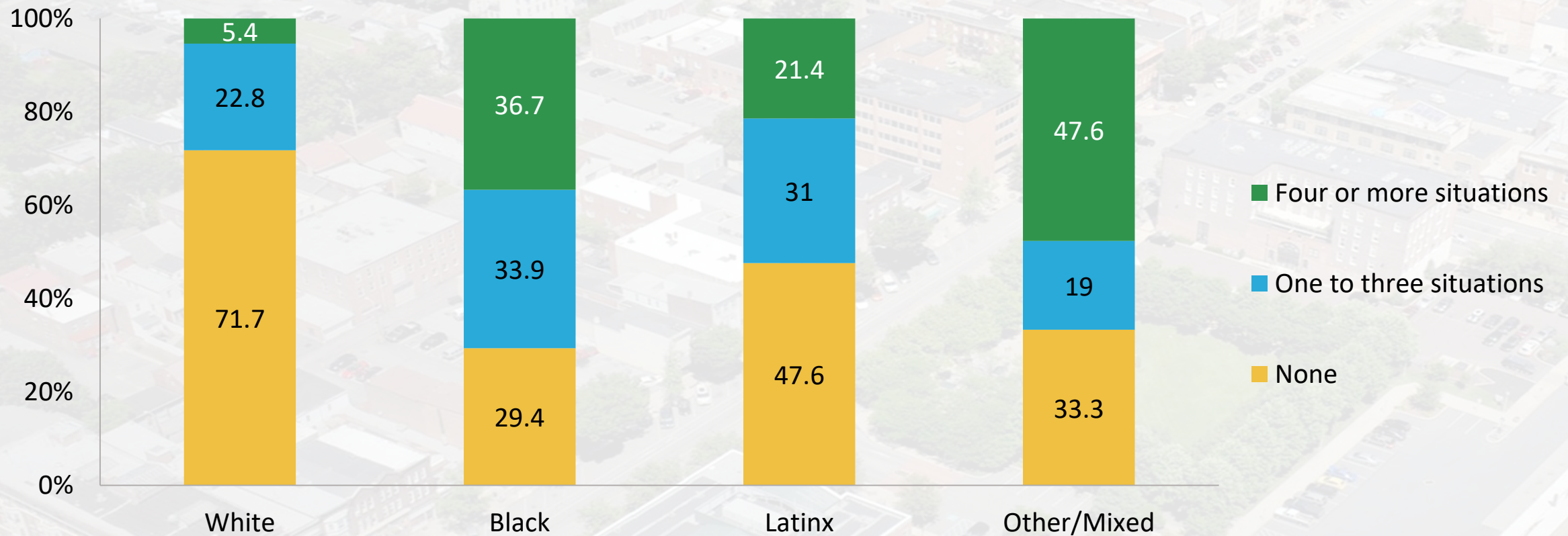FOUNDATION

# Experiences of Discrimination in Different Situations

**Percent Reporting Experience of Discrimination in Each Situation**



Bar chart (Percent on y-axis, 0 to 30):

| Situation | Percent |
|---|---|
| On the street or in public | 27.9 |
| At work | 20.5 |
| With the police or courts | 19.5 |
| At school | 19.2 |
| During hiring | 18.6 |
| At a store or restaurant | 18.3 |
| Housing | 15 |
| At a bank or seeking loans | 14.7 |
| Medical care | 9.6 |

Have you ever experienced discrimination, been prevented from doing something, or been hassled or made to feel inferior in the following situations because of your race, ethnicity or color?

# Experiences of Discrimination in Multiple Situations by Race/Ethnicity

**Legend:**
- Four or more situations (green)
- One to three situations (blue)
- None (yellow)

| Race/Ethnicity | None | One to three situations | Four or more situations |
|---|---|---|---|
| White | 71.7 | 22.8 | 5.4 |
| Black | 29.4 | 33.9 | 36.7 |
| Latinx | 47.6 | 31 | 21.4 |
| Other/Mixed | 33.3 | 19 | 47.6 |

Have you ever experienced discrimination, been prevented from doing something, or been hassled or made to feel inferior in the following situations because of your race, ethnicity or color?
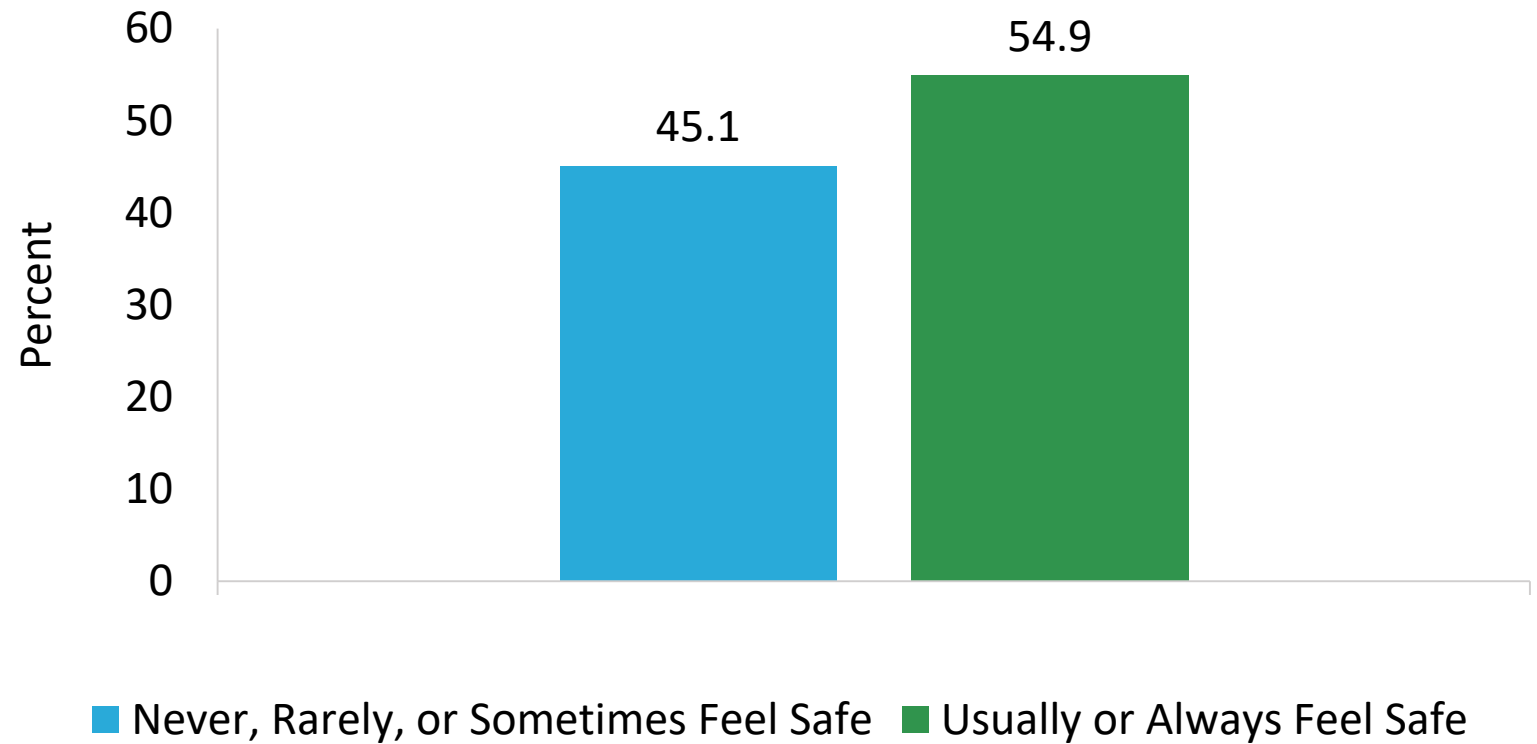
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# Community Perceptions

# Community Safety

▶ Mean = 1.85

    ▶ 1=Never

    ▶ 5=Always



## Feel Safe in Local Community or Neighborhood

Percent

- 54.9
- 45.1

■ Never, Rarely, or Sometimes Feel Safe    ■ Usually or Always Feel Safe

How often do you feel safe in your community or neighborhood?
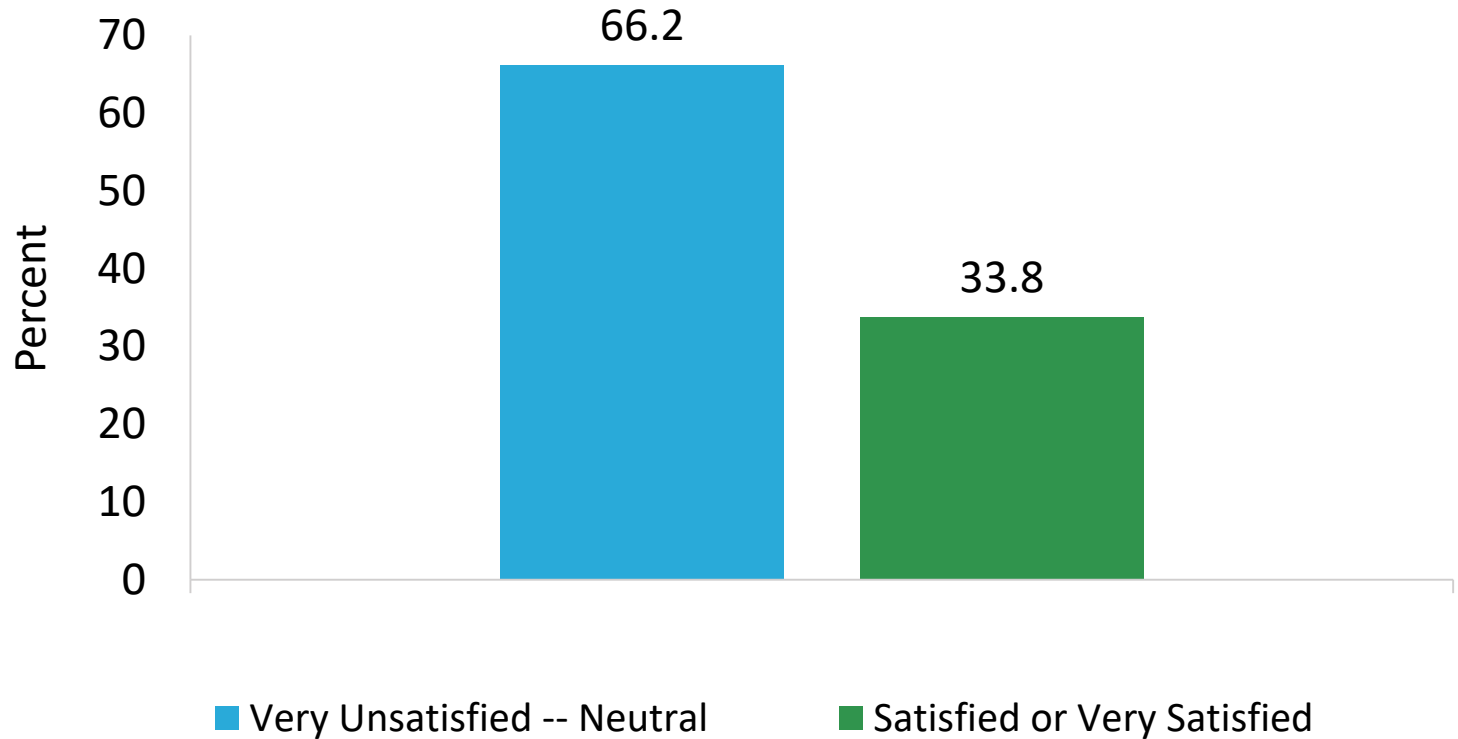
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# Quality of Life

▶ Mean = 1.77
  ▶ 1=Very Unsatisfied
  ▶ 5 = Very Satisfied

## Satisfaction with Quality of Life in Local Community

Percent

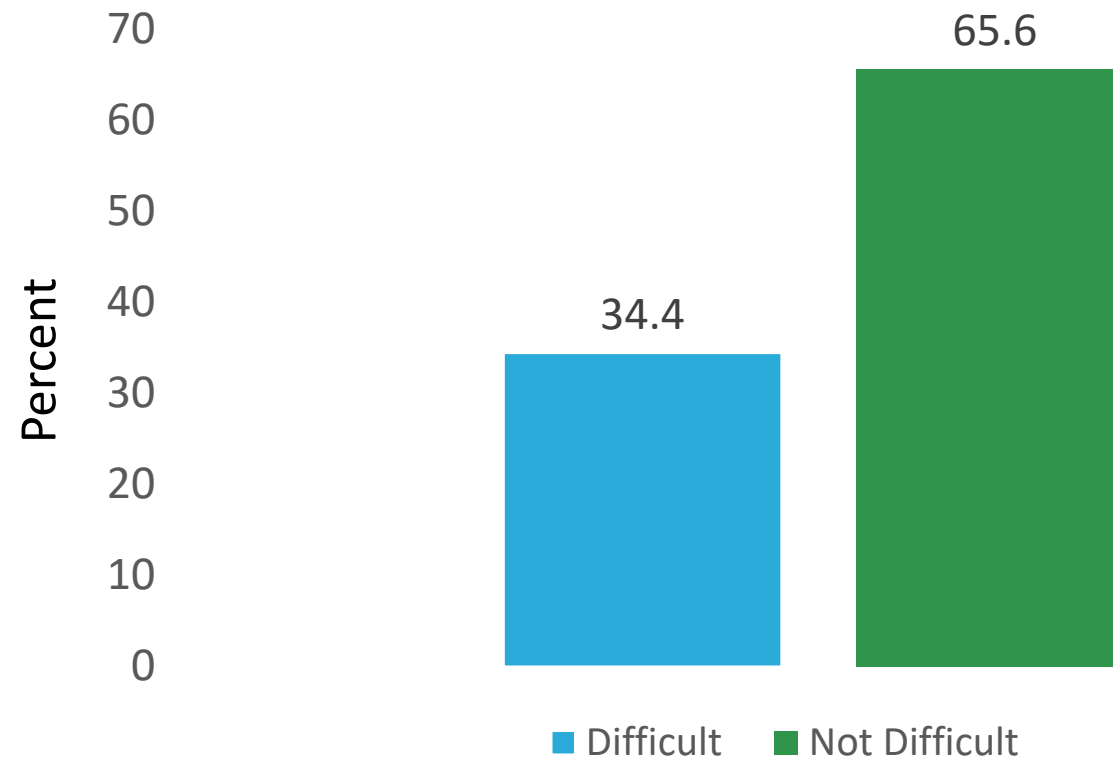- 66.2 — Very Unsatisfied -- Neutral
- 33.8 — Satisfied or Very Satisfied

How satisfied are you with the quality of life in your local community?

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# Social Capital

▶ Mean = 1.66

   ▶ 1= Very Difficult

   ▶ 5 = Very Easy



## Ease of getting help from neighbors if need it



Difficult: 34.4
Not Difficult: 65.6

■ Difficult    ■ Not Difficult

How easy is it to get practical help (i.e. help bringing in groceries, help with lawn care, etc.) from neighbors if you should need it?

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# Survey Partners and Acknowledgements

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RESEARCH & EVALUATION GROUP at PHMC

## Thank you

▶ Survey Ambassadors

▶ Community Partners

▶ All of the residents who completed the survey

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