The Effingham County Community Health Survey asked residents, “In the following list, what do you think are the three most important factors for a healthy community? (Those factors which most improve the quality of life in a community.) Check only three.”

<table>
<thead>
<tr>
<th>Factor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Religious or spiritual values</td>
<td>80</td>
</tr>
<tr>
<td>Low infant deaths</td>
<td>7</td>
</tr>
<tr>
<td>Low adult death and disease rates</td>
<td>8</td>
</tr>
<tr>
<td>Healthy behaviors and lifestyles</td>
<td>75</td>
</tr>
<tr>
<td>Strong family life</td>
<td>101</td>
</tr>
<tr>
<td>Good jobs and healthy economy</td>
<td>191</td>
</tr>
<tr>
<td>Excellent race relations</td>
<td>1</td>
</tr>
<tr>
<td>Arts and cultural events</td>
<td>10</td>
</tr>
<tr>
<td>Affordable housing</td>
<td>64</td>
</tr>
<tr>
<td>Clean environment</td>
<td>56</td>
</tr>
<tr>
<td>Parks and recreation</td>
<td>35</td>
</tr>
<tr>
<td>Access to health care (e.g., family healthcare provider)</td>
<td>174</td>
</tr>
<tr>
<td>Good schools</td>
<td>166</td>
</tr>
<tr>
<td>Low level of child abuse</td>
<td>12</td>
</tr>
<tr>
<td>Low crime/safe neighborhoods</td>
<td>182</td>
</tr>
<tr>
<td>Good place to raise children</td>
<td>143</td>
</tr>
</tbody>
</table>

This graph indicates that in Effingham County, residents think the three most important factors for a healthy community are good jobs and a healthy economy, low crime/safe neighborhoods, and access to health care.
The Effingham County Community Health Survey asked, “In the following list, what do you think are the three most important health problems in our community? (Those problems which have the greatest impact on overall community health.) Check only three”

This graph indicates that in Effingham County, residents think the three most important health problems in the community are, cancers, heart disease and stroke, and mental health problems.
The Effingham Community Health Survey asked, “In the following list, what do you think are the three most important risky behaviors in our community? (Those behaviors which have the greatest impact on overall community health.) Check only three”

This graph indicates that in Effingham County, residents think that the top three most important risky behaviors in the community are, alcohol abuse, drug abuse, and being overweight.
The Effingham County Community Health Survey asked “How would you rate our community as a healthy community?”

According to Effingham County residents, 62.2% think that Effingham County is, “somewhat healthy.”

The Effingham County Community Health Survey asked, “How would you rate your own personal health?”

According to Effingham County residents, 48% think that their personal health is considered to be, “healthy.”
The Effingham County Community Health Survey asked, “How often in the past 12 months would your household say they were worried or stressed about having enough money to pay your rent/mortgage?”

According to Effingham County residents, 33.8% of households “never” were worried or stressed about having enough money to pay their rent/mortgage.

The Effingham Community Health Survey asked, “Do you feel your home is currently physically safe to live in?”

According to the survey, 97.8% of Effingham County residents felt their home is currently physically safe to live in.
The Effingham Community Health Survey asked, “If No, why not? Choose all that apply”

A pie chart showing the responses to the question. The categories and their counts are:
- Other (please specify): 1
- Fear of future disaster: 1
- Air quality (smoking, mold, mildew): 5
- Pestilence (bugs, mice, termites, etc.): 1
- Structural hazards: 3

According to Effingham County residents, “air quality” is the most common reason why residents do not feel their home is currently physically safe to live in.

The Effingham Community Health Survey asked, “How often do you seek medical attention?”

A pie chart showing the frequency of medical visits. The categories and their percentages are:
- Rarely (More than 2 years since last visit): 16%
- Approximately every 3 months: 17%
- Twice yearly (every 6 months): 26%
- Yearly: 41%

According to Effingham County residents, 41% seek medical attention “yearly.”
The Effingham County Community Health Survey asked, “What is the most significant barrier for seeking medical attention for you and or your family? (Choose all that apply.)”

According to Effingham County residents, 49.7% said that cost is the most significant barrier for seeking medical attention.

The Effingham County Community Health Survey asked, “How do you pay for your health care?”

According to Effingham County residents, 72% use “health insurance” to pay for their health care.
The Effingham County Community Health Survey asked, “Do you have one person / clinic you think of as your primary health care provider?”

According to Effingham County residents, 80% have “only one” person/clinic as a primary health care provider.

The Effingham County Community Health Survey asked, “Do you or does any member of your household currently use...... (Choose all that apply.)”

According to Effingham County residents, 66.5% of households has a member using “daily medication.”
The Effingham County Community Health Survey asked, “Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

According to Effingham County residents, 38% stated that their mental health was not good for “one-five days.”

The Effingham County Community Health Survey asked, “How would you rate your oral health status?”

According Effingham County residents, 43% think their oral health status is “very good.”
The Effingham Community Health Survey asked, “Do you have a regular dental provider?”

According to Effingham County residents, 79% said that they had a regular dental provider.

The Effingham Community Health Survey asked, “What is the most significant barrier to seeking regular dental care? (Choose all that apply)”

According to Effingham County residents answered that “cost” was the most significant barrier to seeking regular dental care.
The Effingham County Community Health Survey asked, “How do you pay for you and your family’s dental care?”

According to Effingham County residents, 49.5% “self-pay” and 49.2% use “dental insurance” when paying for dental care.

The Effingham County Community Health Survey asked, “How concerned are you with prescription drug abuse in your community?”

According to Effingham County residents, 32% are “somewhat concerned” and 31% are “concerned” about prescription drug abuse in the community.
The Effingham County Community Health Survey asked, “How concerned are you with illegal drug use in your community?”

According the Effingham County residents, 43% are “very concerned” with illegal drug use in the community.

The Effingham County Community Health Survey asked, “During the past 30 days, how many days per week did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?”

According to Effingham County residents, 37.2% drank “0” days per week during the last thirty days.
The Effingham County Community Health Survey asked, “Considering all types of alcoholic beverages, how many times during the past 30 days did you have 4 or more drinks on one occasion?”

According to Effingham County residents, 60.8% said there has been “0” times in the past thirty days that they had 4 or more drinks on one occasion.

The Effingham County Community Health Survey asked, “How many times a week do you exercise?”

According to Effingham County residents, 38% exercise “1-2 times” a week.
The Effingham County Community Health Survey asked, “How often in the past 12 months would your household say they were worried or stressed about having enough money to buy food?”

According to Effingham County residents, 58.6% “never” are worried or stressed about having enough money to buy food.

The Effingham County Community Health Survey asked, “During the past month, not counting juice, how many times did you eat fruit?”

According the Effingham County residents, 42% consumed fruit “1-2 times” a week.
The Effingham County Community Health Survey asked, “During the past month, how many times did you eat vegetables?”

According to Effingham County residents, 48% consumed vegetables “4 or more times” a week.

The Effingham County Community Health Survey asked, “Are you satisfied with the quality of life in our community? (Consider your sense or safety, well-being, participation in community life and associations, etc.)”

According to Effingham County residents, 87% are satisfied with the quality of life in the community.
The Effingham Community Health Survey asked, “Is there economic opportunity in the community? (Consider locally owned and operated businesses, jobs with career growth, job training/higher education opportunities, affordable housing, reasonable commute, etc.)”

According to Effingham County residents, 78% answered “yes” to economic opportunity in the community.

The Effingham County Community Health Survey asked, “Do you feel the community is a safe place to live? (Consider resident's perceptions of safety in the home, the workplace, schools, playgrounds, parks, and the mall. Do neighbors know and trust one another? Do they look out for one another?)”

According to Effingham County residents, 91% answered “yes” about the community being a safe place to live.
The Effingham County Community Health Survey asked, “Does the community offer networks of support for individuals and families during times of stress and need? (such as neighbors, support groups, faith community outreach, agencies, organizations)”

According to Effingham County residents, 85% said “yes” to the community offering networks of support to individuals/families during times of stress and need.

The Effingham County Community Health Survey asked, “Has your household prepared an Emergency Supply Kit with supplies like water, food, flashlights, and extra batteries that is kept in a designated place in your home?”

According to Effingham County residents, 74% answered “no” to having an Emergency Supply Kit in their household.
The Effingham County Community Health Survey asked, “Does your household have any emergency plans, such as a list of emergency contact numbers and designated out-of-town contacts, designated meeting place, copies of important documents in a safe location?”

![Bar chart showing 168 answered yes and 252 answered no.]

According to Effingham County residents, 60% answered “no” to having emergency plans in their household.

The Effingham County Community Health Survey asked, “Does your household currently have a 7 day supply of medication for each person who takes prescribed meds?”

![Pie chart showing 81% answered yes and 19% answered no.]

According to Effingham County residents, 81% answered “yes” to having a 7-day supply of medication for each person who takes daily medication.
The Effingham Community Health Survey asked, “Where would you first look for reliable information regarding a disaster?”

According to Effingham County residents, “internet or social media” is the first place they would look for information regarding a disaster.

Counties of Effingham County residents that completed the survey:

A majority of Effingham County residents who completed this survey were from “Effingham.”
Age of Effingham County residents that completed the survey:

A majority of Effingham County residents who completed this survey were between ages of “25-35.”

Gender of Effingham Residents that completed the survey:

75% of Effingham County residents who completed this survey were female.
A majority of Effingham County residents who completed this survey were “White/Caucasian.”