



2023 Community Health Needs Assessment
Themes and Strengths Assessment

MAPP of the Southern Kenai Peninsula, Alaska

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Welcome To Our Community Health Needs Assessment

MAPP stands for Mobilizing for Action through Planning and Partnerships. MAPP of the Southern Kenai Peninsula (SKP) is a health improvement coalition that facilitates citizens who are committed to making their community a better place for everyone. We accomplish this mission by providing information about emerging health issues and opportunities, convening conversations to develop a shared vision for well-being, by serving as a catalyst for community members to act on projects that support the shared vision, and by monitoring and sharing progress on our shared community measures.

The MAPP of the Southern Kenai Peninsula is proud to present its 2023 Community Health Needs Assessment (CHNA) Report. This report summarizes a comprehensive review and analysis of health status indicators, public health, socioeconomic, demographic, and other qualitative and quantitative data from the Southern Kenai Peninsula. This report also includes secondary/disease incidence and prevalence data from the Kenai Peninsula Borough, Alaska, and United States. The data was reviewed and analyzed to determine the top priority needs and issues facing the region overall.

The primary purpose of this assessment was to identify the health needs and issues of the Southern Kenai Peninsula community. The CHNA also provides useful information for public health and health care providers, policy makers, social service agencies, community groups and organizations, religious institutions, businesses, and consumers who are interested in improving the health status of the community and region. The results enable the hospital, as well as other community providers, to identify community health priorities, develop interventions, and commit resources to improve the health status of the region more strategically.

Improving the health of the community is the foundation of the mission of the MAPP of the Southern Kenai Peninsula, and an important focus for everyone in the service region, individually and collectively. In addition to the education, patient care, and program interventions provided through the hospital, we hope that the information in this CHNA will encourage additional activities and collaborative efforts to improve the health status of the community.

Acknowledgment

Mobilizing for Action through Planning and Partnerships (MAPP) of the Southern Kenai Peninsula (SKP) would like to thank the Community Health Needs Assessment (CHNA) Workgroup, Steering Committee and community residents who participated in the CHNA process.

This CHNA was funded in part by MAPP of the SKP, South Peninsula Hospital, and a sub-grant from the State of Alaska, Healthy & Equitable Communities award through the City of Homer.

MAPP CHNA Workgroup

Claudia Haines, Kachemak Bay Family Planning Clinic
Hannah Gustafson, MAPP Coordinator
Lorne Carroll, Homer Public Health Center
Derotha Ferraro, South Peninsula Hospital
Laura Miller, South Peninsula Hospital
Raquel Eisenmann, Healthy and Equitable Communities
Cynthia West, Healthy and Equitable Communities
Annie Garay, South Peninsula Hospital

MAPP CHNA Steering Committee

Rick Abboud, City of Homer
Lorne Carroll, Homer Public Health Center
Lisa Marie Talbott, Homer United Methodist Church
Brian Partridge, Kachemak Bay Campus (Kenai Peninsula College)
Judy Kamara, Sprout Family Services
Emma Schumann, SVT Health & Wellness
Jay Bechtol, South Peninsula Behavioral Health Services
Ronnie Leach, South Peninsula Haven House
Asia Freeman, Bunnell Street Arts Center
Derotha Ferraro, South Peninsula Hospital
Kyra Wagner, Sustainable Homer
Claudia Haines, Kachemak Bay Family Planning Clinic
Hannah Gustafson, MAPP Coordinator, Elemental Consulting

Acronyms

AK	Alaska
CHNA	Community Health Needs Assessment
CDC	Centers for Disease Control & Prevention
KP	Kenai Peninsula
KPB	Kenai Peninsula Borough
MAPP	Mobilizing for Action through Planning and Partnerships
NACCHO	National Association of County and City Health Officials
SKP	Southern Kenai Peninsula

Map of Southern Kenai Peninsula

The communities that make up the Southern Kenai Peninsula are illustrated in the map below, including Anchor Point, Diamond Ridge, Fox River, Fritz Creek, Halibut Cove, Happy Valley, Homer, Kachemak City, Kachemak Selo, Nanwalek, Nikolaevsk, Ninilchik, Port Graham, Razdolna, Seldovia¹ and Voznesenka.

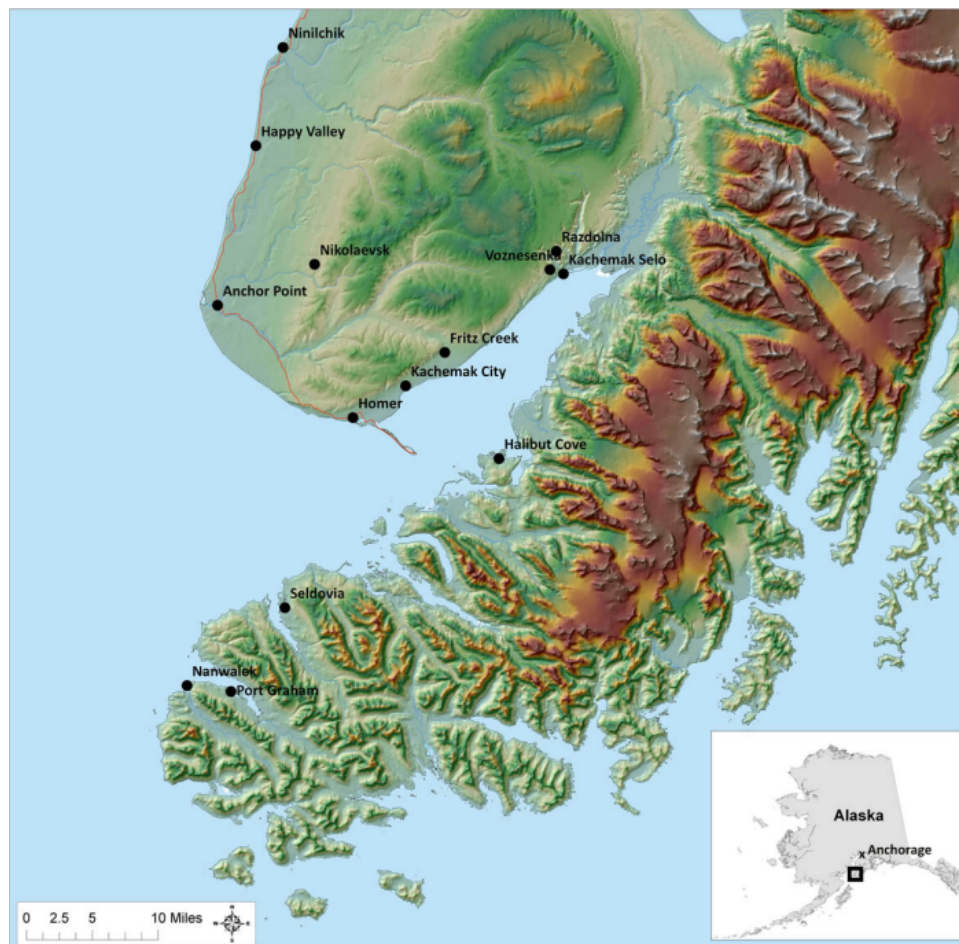


Figure 1: Map of Southern Kenai Peninsula Communities, AK

¹ Seldovia City is not included in South Peninsula Hospital's service area.

Community Health Assessment Background

In 2008, South Peninsula Hospital initiated the first Community Health Needs Assessment (CHNA) using a framework developed by the Center for Disease Control and Prevention (CDC) and National Association of County and City Health Officials (NACCHO) called Mobilizing for Action through Planning and Partnership (MAPP). Out of this 2008 exercise a local health coalition of community partners actively working together to improve community health was formed, MAPP of the Southern Kenai Peninsula. A CHNA has been conducted every three years² to assess the health of the community to inform new and existing community and agency efforts. The CHNA process is composed of six phases and the following four assessments:

- I. Community Themes & Strengths Assessment
Qualitative input from community members to identify the issues they feel are important.
 - a. Perceptions of Community Health Survey
 - b. Wellness Dimension Focus Groups
- II. Community Health Status Assessment
Quantitative community health data (representing cultural, economic, emotional, environmental, intellectual, physical, social, and spiritual wellness) that identifies priority health and quality of life issues.
- III. Forces of Change Assessment
Identifying forces such as legislation, technology, and other impending changes that affect the context in which the community and its public health system operate.
- IV. Local Public Health Assessment
A prescribed performance assessment tool collaboratively developed by national public health partners that measures how well different local public health system partners work together to deliver the 10 Essential Public Health Services.



Figure 2: MAPP Framework Flowchart

Themes are identified from each sub-assessment and compared across all four sub-assessments, thus enabling a holistic review of community strengths, needs, and opportunities. Using the combined results/observations from all four sub-assessments, a community process is then used to prioritize the opportunities that community members will collaboratively address for the next few years. However, the results from specific sub-assessments can be also be utilized independently to inform organizational and community-level opportunities for improvement.

² All non-profit hospitals are required to conduct a CHNA every three years. These CHNAs were completed in 2009, 2013, 2016, 2020, and 2023. The 2020 assessment was a minimalized version.

In the summer of 2022, the MAPP Steering Committee learned of a new MAPP 2.0 framework being piloted but not yet available. The committee elected to move forward and use the MAPP 1.0 framework for the 2023 assessment, which appears in Figure 3 below.



Figure 3: MAPP 1.0 Framework

The following responses are results from the Community Themes and Strengths Assessment, which is composed of two separate parts. The **Wellness Dimensions Focus Group Discussions** were used to further refine strengths, challenges, and meaningful measures for each of the 8 Dimensions of Wellness (cultural, economic, emotional, environmental, intellectual, physical, social, and spiritual). The **Perceptions of Health Community Survey** was made available to gather community input on broad community health priorities. To view all assessments and for additional MAPP of the Southern Kenai Peninsula information, please visit www.mappofskp.net. For additional questions, please contact Hannah Gustafson, MAPP of SKP Coordinator, at mappofskp@gmail.com or 907-317-2050.

Eight Dimensions of Wellness: Focus Group Discussions

Wellness Discussion Participants

*Sierra Moskios, Kachemak Bay Family Planning Clinic
/R.E.C Room*

Michael Tupper

Laura Miller, South Peninsula Hospital

Kathy Vogl, Community Rec

Melissa Martin, AP Food Pantry

Sarah Borgen, Haven House

Sara Woltjen, South Peninsula Hospital

Aaron Weisser, Church on the Rock Homer

Damon Weisser, Church on the Rock Homer

Willy Dunne, Cook Inlet Counseling

Karen Northrop, South Peninsula Hospital - Rehab

*Tyler Schlieman, Kachemak Bay Family Planning Clinic
/R.E.C Room*

*Claudia Haines, Kachemak Bay Family Planning Clinic
/R.E.C Room*

Jaclyn Rainwater, All Things Recovery

*Emily Munns, South Peninsula Hospital/Homer
Medical Center*

Sharon Strutz Norton, VA/907 Vets

Ronnie Leach, South Peninsula Haven House

Julie Engebretsen, City of Homer

Dots Sherwood

Drew Simpson, Church on the Rock Homer

*Ginny Espenshade, SPARC, Megan's Place, Kenai
Peninsula Youth Court*

*Jay Bechtol, South Peninsula Behavioral Health
Services*

*Ivy Stuart, South Peninsula Hospital - Home
Health*

*Morgan Dwyer, South Peninsula Hospital -
Homer Medical Center*

*Dee Dahmann, South Peninsula Hospital -
General Surgeon Neuro/Sleep/FM*

Holly Dramis, Hospice of Homer

Cora Trowbridge, Hospice of Homer

Derotha Ferraro, South Peninsula Hospital

Jane Dunn, Choosing Our Roots

*Elizabeth Trowbridge, Center for Alaskan Coastal
Studies*

Methodology

The 2016 CHNA work group approved the adoption of the 8 Dimensions of Wellness (based on the dimensions defined by the Substance Abuse and Mental Health Services Administration (SAMHSA)). The Steering Committee approved the following definitions of wellness dimensions:

Cultural: Individual awareness of one's own culture as well as understanding and respecting the diversity and richness of other cultures.

Economic: The ability to meet financial needs and adapt to unanticipated financial situations.

Emotional: The ability to cope effectively with life and create personal enrichment through one's work and relationships.

Environmental: A harmonious and sustainable relationship with immediate surroundings that expands to the natural world.

Intellectual: Staying curious, engaging in creative activities, and learning new things.

Physical: The ability to perform daily activities without undue fatigue or physical stress.

Social: A sense of connection, belonging, safety, and a reliable support system.

Spiritual: A sense of purpose and meaning in life.

A broad group of community members, representing at least one of the eight different wellness perspectives, were invited to attend the focus group discussions. The discussions occurred during a half-day event the afternoon of November 5, 2022.

The goals of the focus discussions were to:

- Support ongoing collaboration to accurately portray our community's health
- Support awareness of how people and organizations participate in the bigger community health picture
- Brainstorm with other wellness representatives to prioritize meaningful wellness measures
- Refine our process of collecting community health status data to better portray a consolidated health picture
- Create a strong foundation for measuring organizational and community progress

Participants rotated to 3 of the 8 dimensions throughout the session. They were able to self-select the 3 dimensions they provided input on. Participants were asked to identify the following for their respective dimension in a group setting:

- Community strengths related to this dimension
- Community challenges related to this dimension

Upon completion of 3 rotations, each group's facilitator provided a summary report out of what was identified by the participants.



Figure 4: 8 Dimensions of Wellness

Participants then rotated back around to the 3 dimension groups they provided input for and identified:

- The top 3 strengths
- The top 3 challenges

Participants marked (line, check, x) the 3 topics they felt were the biggest strengths as well as the 3 topics they felt were the biggest challenges. Marks were then tallied for each topic. The topics with the highest marks were then reported back out to the full group.

It is important to note that not all participants returned to the dimension groups to prioritize strengths and challenges.

Data Limitations

There are a variety of limitations to both the secondary and primary data collected and utilized in this study.

The Secondary data may be incomplete and lack accuracy depending on a variety of factors including but not limited to:

- The time lag from the time the data was collected to the time it was reported.
- The research design, methodology, sampling design and sources (target audiences, recruitment methods) do not necessarily match the population of this study and were not consistent.
- Data collection methods (qualitative and quantitative techniques) varied, with a variety of different methodologies used by the sources.

The primary data collection included in the study also has potential limitations that include but are not limited to:

- Data was obtained from a convenience sample of key informant stakeholders willing to participate.
- Data was largely qualitative.

Both the primary and secondary data presented in this report via charts, graphs, tables and narrative are based on that unique data source, which may or may not represent a sample size that is representative of the SKP service area. The narrative introducing each chart, graph or table is intended to highlight some of the data that is represented in the respective chart, table or graph from that particular data source, and are not necessarily a finding reflecting the SKP service area.

Results

In total, 30 community members participated in the November 5, 2023, Wellness Discussions. The number in parenthesis is the number of priority votes each received when participants marked their top 3 strengths and top 3 challenges for each theme, they participated in. Areas with no number in parenthesis were identified during the initial discussion but not identified as a top priority by participants.

Table 1: Cultural Wellness Strengths and Challenges

Cultural Wellness: Individual awareness of one's own culture as well as understanding and respecting the diversity and richness of other cultures.	
Cultural Wellness Strengths	Cultural Wellness Challenges
<ul style="list-style-type: none"> Community rallies around needs (4) Hard to live here so there is a sense of pride for being able to do it (challenges with seasons, expenses, driving) (3) Subsistence living (3) Local Facebook group that is the historical Homer site that focus on shared history (2) Community cares for our own (2) Local organizations do education on local history (1) Maritime and shared maritime history (1) Provide work opportunities for young people (1) Outdoor activities and appreciation for trails, water, etc. (1) Cultural events in Seldovia – summer camps to connect to village tribe culture Native youth leadership program at the high school Tribal communities have a strong cultural emphasis Burning basket as expression of part of the culture Pratt Museum draws on local heritage and is a way to connect to local history NRA Fundraising relates to culture for a part of the community High emphasis on environmental science and arts (art as a form of expression) First Friday local artists are showcased at gallery Appreciation for others – blending of Homesteaders and Hippies (more cultural acceptance) Proud to grow up here (Homesteader mentality) Drinking culture which is good for those who socialize 	<ul style="list-style-type: none"> Don't listen to one another as much as we should (3) Community rec center for all ages is needed/there is no place for all to come together (2) Cultural divide (political, social, spiritual) (2) Discrimination/not same treatment for Russian and Native populations (2) Older adults and loss of dignity (2) Lack awareness of what goes on in the community (1) Social isolation (1) Cliquey community – reluctance to expand/people are isolated and left out (1) No easily identifiable culture for City of Homer (1) Community is not very diverse (1) Close knit community that takes a while to break into (1) Bad crime which creates distrust (1) Disconnected communities Lack of infrastructure for things life giving/opportunities to engage in activities Limited options for those who do not drink Dating is tough in a small town Need more outside presence here – not seeing as much of that as had in prior years Do not talk about indigenous past Lack of understanding for local culture – there is no chance to learn about it Do not treat as a whole – there is a lack of services outside Homer The older you get the more left behind you feel We are judgmental/stigma around those who are Russian old believers, Natives or have mental health issues

Cultural Wellness: Individual awareness of one's own culture as well as understanding and respecting the diversity and richness of other cultures.

Cultural Wellness Strengths	Cultural Wellness Challenges
<ul style="list-style-type: none"> Support for local business 	<ul style="list-style-type: none"> Loss of bowling alley and arcade which had helped people feel as though they were part of the community There is no cultural center

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

Table 2: Economic Wellness Strengths and Challenges

Economic Wellness: The ability to meet financial needs and adapt to unanticipated financial situations.	
Economic Wellness Strengths	Economic Wellness Challenges
<ul style="list-style-type: none"> Local small businesses (6) Willingness of nonprofit sector to work together/share resources (5) Community is marketable (3) Volunteers helping fund and support large projects (2) A couple large employers fueling economy (2) Goodwill and crowd funding (2) Food pantry (2) Involved Chamber working with local business (2) Tourism (1) In the summer there are many opportunities to make good money (1) UAA and other resources less costly than others (1) Education level higher than average Financial advisors PFD Homer Bucks Social service organizations are connected to direct those in need Great charitable partnerships Food assistance Spaces for artists to make money Educational opportunities available for professional training Homer is self-sufficient 9 star job training Education is available for well-paying jobs, college, trade Community members rally to help folks in crisis Creativity and diversity in local businesses (entrepreneurs) 	<ul style="list-style-type: none"> Lack of affordable housing (6) Lack of childcare (5) Aging population – housing and service needs are different (3) High rent (3) Lack of public transportation (2) Jobs in caregiving are very low paying, limiting seniors/those with disabilities from participating in economy (2) Low paying jobs (1) Air BnB (1) High cost of goods (1) Fixed incomes shrink economy (older population tax incentives) (1) Economic burden on student debt (1) Lack of home care providers (1) No front door services for those needing help – food pantry is only 1 day a week Our local public assistance office is not currently staffed High turnover in support jobs Navigating health care system for seniors NIMBY – Not in my backyard Need recovery treatment resources Lack of apprenticeship opportunities Drumming up financial support for services in other communities Outdated perceptions of outlying communities Large population on fixed incomes Lack of understanding of what is available in other places

Economic Wellness: The ability to meet financial needs and adapt to unanticipated financial situations.	
Economic Wellness Strengths	Economic Wellness Challenges
<ul style="list-style-type: none"> • Economic development district helps small business • Good support for artistic community • Between fishing, retail, public sector, there is a diverse array of employment opportunities • Community appeals to funders (state and federal grants) • Bigger businesses in smaller communities • Stable tax base, healthy sales tax revenue (city) (service areas) • Job opportunity – vacant jobs 	<ul style="list-style-type: none"> • People with mental disabilities need help (they are challenged and need something to do – too much time) • Jobs centralized – long commutes • Commercial fishing industry • Vacant jobs • Seasonality of jobs/income • Expensive to leave Homer • Seasonal opportunity flux • Jobs vs. workforce mismatch – skills and experience desired vs. what locals have to offer • Lack of estate planning education • Siloed communities (not aware of opportunities or connections) • High vehicle prices • Decentralized information sources • Healthcare service line splits Ninilchik in half • Lack of knowledge of resources • Housing bought as investments – no housing for locals • Perpetual rental vs. home ownership – can I ever afford to buy? • Local education offerings could be improved • Lack of assistive living beds • People (seniors) with high medical bills need help • Utility costs • Gas prices • Uninsured/underinsured • Healthcare is very expensive • Rent doesn't match income • Lack of year round housing

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

Table 3: Emotional Wellness Strengths and Challenges

Emotional Wellness: The ability to cope effectively with life and create personal enrichment through one's work and relationships.	
Emotional Wellness Strengths	Emotional Wellness Challenges
<ul style="list-style-type: none"> • Willingness to build community (6) • Small community = better networking (4) • Human animal bonds (domestic and wild) (3) • Community connection (2) • Access to plenty of outside/physical activities (2) • Lovely setting and open spaces (2) 	<ul style="list-style-type: none"> • Access for kids (5) • Mental health access (3) • Lack of mutual aid (3) • Lack of transportation (3) • Winter (2) • Increased professional access (2)

Emotional Wellness: The ability to cope effectively with life and create personal enrichment through one's work and relationships.	
Emotional Wellness Strengths	Emotional Wellness Challenges
<ul style="list-style-type: none"> • Us for us (1) • Volunteering (1) • T.I.C. (1) • Easier to connect • Annie Garay and community yoga • Facetimeing friends and family in the lower 48 • Connections to nature • Sport fishing • Green dot • Resiliency coalition • Peer teaching/education/support • Arts/theater 	<ul style="list-style-type: none"> • Stigma (1) • Youth in abusive settings – resources to escape (1) • Lack of safe spaces for queer folk (1) • Mental health – access developing males (1) • Need more peer support (1) • Education – SEL, mindfulness, bodily autonomy, self-advocacy (1) • Access to multiple hobbies (1) • Communicating advocacy/change/education opportunities (1) • Industry (fishing) creates stressful family dynamics (1) • Parental support for children/families coping with significant health/emotional issues • Professional access - backlogged/financial issues • Mental health needs not being met • Travel to get resources • T.I.C still not everywhere • Mobile crisis response • Volunteer burnout • Climate change • Pet ownership limit support E.C. housing • Seasonal employment

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

Table 4: Environmental Wellness Strengths and Challenges

Environmental Wellness: A harmonious and sustainable relationship with immediate surroundings that expands to the natural world.	
Environmental Wellness Strengths	Environmental Wellness Challenges
<ul style="list-style-type: none"> • There are a variety of ways people can connect to the natural world (e.g. clean air, quiet, walk to work, fish) (5) • A healthy environment supports our local economy (4) • Kachemak Bay/Cook Inlet connects us to other coastal communities (2) • We have facilities and people that support community convening (2) • Easy access to many recreational opportunities (2) • Kachemak Bay/Cook Inlet connects us to all (1) 	<ul style="list-style-type: none"> • Habitat degradation resulting from population growth (3) • Lack of housing stock (3) • Built environment is not universally accessible (2) • Distance between agencies for people without transportation (2) • Emergency response access into homes can be a challenge (2) • Inequitable access to natural world/recreation (1) • Our interdependence with the natural word isn't well recognized (1)

Environmental Wellness: A harmonious and sustainable relationship with immediate surroundings that expands to the natural world.	
Environmental Wellness Strengths	Environmental Wellness Challenges
<ul style="list-style-type: none"> Increased healthcare facilities in outlying areas (1) We have choices on built environments we inhabit (e.g. schools, churches) Healthy maritime ecosystem Geographical dispersion Community infrastructure (e.g. water/sewer) in Homer Our natural environment is something we are all connected to in some way, is a unifying characteristic 	<ul style="list-style-type: none"> Severe weather events are impacting our communities (e.g. hay shortage) (1) Geographical dispersion creates health and safety challenges (1) Climate change is impacting local ecosystem Building relationships/connections between different spaces/places – there needs to be multiple entry points Lack of transportation for people who don't have their own Built environment if not pedestrian friendly Lack of transitional facilities (e.g. veterans, seniors, treatment) Housing stock doesn't meet needs of an aging demographic Community infrastructure (e.g. sewer, water, broadband) in outlying areas

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Table 5: Intellectual Wellness Strengths and Challenges

Intellectual Wellness: Staying curious, engaging in creative activities, and learning new things	
Intellectual Wellness Strengths	Intellectual Wellness Challenges
<ul style="list-style-type: none"> Community REC – ways to learn outside of school (6) Writers' Conference (but costs money) (6) Funding for community activities (new to people activities) 907 Veterans Charter Fishing (3) Art – Creative Intelligence (opportunities for art learning) (3) Good Wi-Fi library and other resources (info access) (2) Library – opportunities for group learning (1) Entry points for learning about different lived experiences (1) Hospice of Homer Film Festival about age (1) Fireweed/Forest Schools new ideas about education (1) Curiosity vs. intellectual Access to alternative medicine Independent Living Disabilities Art Show – “We are able” Destigmatizing Disabilities Film Festival 	<ul style="list-style-type: none"> Polarization (6) Stigma about invisible disabilities (6) Afraid to ask what we don't know (6) Limited dedicated space for out of school learning (3) Some schools are less open to new philosophies (2) Lack of awareness of specific groups' needs and contributions (2) Not aware of abilities compared to disabilities (2) Not appreciating differences - neurodiversity (1) Don't go deeper superficial connections – Veterans “Thank you for your service” (1) Lack of awareness of multiple intelligences (1) Misunderstanding of what different resources exist (1)

Intellectual Wellness: Staying curious, engaging in creative activities, and learning new things	
Intellectual Wellness Strengths	Intellectual Wellness Challenges
<ul style="list-style-type: none"> Human connection – Veterans Buddy program People are moving beyond their comfort zone High scholastic level 	

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

Table 6: Physical Wellness Strengths and Challenges

Physical Wellness: The ability to perform daily activities without undue fatigue or physical stress.	
Physical Wellness Strengths	Physical Wellness Challenges
<ul style="list-style-type: none"> Natural environment – easier in summer, more active lifestyle - walk/bike/hike, community rec center, SPARC, skiing terrain, rope tow, arts in the community, specialty at spit, workout facility options, youth program ski equipment, sports programs for youth (9) Youth programs – Sprout, Head Start, library programs, arts, sports, programs for youth (6) Men’s residential recovery – need more MAT (2) SPARC – nonprofit, wheelchair accessible, large safe space (1) Increased service from SVT/Ninilchik/Anchor Point/NTC too Neighborhood connections and support Multiple PT services Nature – environment, terrain, sports programs, community rec programs, arts, MAT, Sprout, Head Start, libraries Telehealth more access otherwise 	<ul style="list-style-type: none"> Lack of sidewalks and bike paths (8) The cost of outdoor recreation can be a limitation to accessing the environment during inclement weather, etc. (6) Aging challenges of living here (wood chopping, shoveling snow) (4) Lack of public transportation (3) Lack of elder care (3) Social anxiety in small town – lack of anonymity (2) Wait list for primary care (2) Cold and icy – unsafe to get outside (2) Conditions of bike path not ideal – not maintained (1) Isolation (1) Perception that can’t do it – knowledge of opportunities (1) Lack of volunteers Lack of childcare (1) Siloing – staying in your own lane – no coordination (1) COVID impact healthcare/wellness Lack of affordable, long term housing Physical classes geared toward elders Historical knowledge leaves community as elders leave Lack of nonskilled eldercare Recovery – focus on wellness – change mindset back to wellness Loss of primary care providers Affordability of healthcare Dogs on beach or neighborhoods with human – animal conflict Beginner activities - activities to reengage – hard to start

Physical Wellness: The ability to perform daily activities without undue fatigue or physical stress.	
Physical Wellness Strengths	Physical Wellness Challenges
	<ul style="list-style-type: none"> • Food insecurity – winter especially • Lack of sunlight • SKP is not very wheelchair accessible • Lack of awareness for support groups • Lack of space for preschoolers in programs – cost barrier for private • Lack of activities for teenagers – late night, safe spaces • Free play opportunities for youth • Harder in off season – winter • Accessibility – transport, equipment, cost • Transport cost for private facilities • Geography and travel, charter flights, access to larger communities • Services clearing house to help connect services • Telehealth – zero in person • Access to specialty wait list • Mental health/counseling resources • Wildlife – human interactions – negative, risk

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

Table 7: Social Wellness Strengths and Challenges

Social Wellness: A sense of connection, belonging, safety and a reliable support system.	
Social Wellness Strengths	Social Wellness Challenges
<ul style="list-style-type: none"> • Nature (3) • Small close knit personal community groups with like-minded values (3) • Friendly community (2) • Volunteerism as a culture (2) • Word of mouth in small community (2) • Geographic realities necessitate cooperation (1) • MAPP (1) • Overlapping community social web • Family connection and ties • Connection to neighbors even if you live out of town • Organizations – large variety • Lots of activities • Pet friendly community • Service oriented community 	<ul style="list-style-type: none"> • Social isolation status post pandemic (3) • Lack of funding for case managers to ensure folks are connected to resources (3) • Lack of childcare/capacity for childcare (2) • Social cliques (2) • Siloed communities (2) • Lack of indoor activities (1) • Winter (1) • Polarized opinions (1) • Visual community calendar – neutral information location (1) • Lack of capacity to bring long term change to set pattern of behavior (1) • Folks are looking for recovery (1) • Lack of leadership in recovery due to people moving, passing, etc. (1) • Back roads and trails not safe • Snowbirds - folks that leave for winter

Social Wellness: A sense of connection, belonging, safety and a reliable support system.	
Social Wellness Strengths	Social Wellness Challenges
	<ul style="list-style-type: none"> • Sober vs. non sober ways to be social – cultural norms with alcohol • Lack of established mentorship communication • Relying on technology as opposed to personal interaction • Elderly folks lack volunteers for social interaction • Lack of options for organized activities for teens • Generational and geographical cliques • Ingrained in how things were built and not very open to feedback and change – incorporate feedback channels • Lack of tools to overcome insecurities and trauma • How do you keep the connectivity going if someone moves • COVID created challenge to connect and participate in community activities • Organizational isolation • Ability (connection) to self-isolated groups • How do you hand down neighborhood culture to new folks

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Table 8: Spiritual Wellness Strengths and Challenges

Spiritual Wellness: A sense of purpose and meaning in life.	
Spiritual Wellness Strengths	Spiritual Wellness Challenges
<ul style="list-style-type: none"> • Lots of avenues for people exploring spirituality/to seek spirituality (5) • Mindfulness activities (yoga) (5) • Land connectedness (3) • Lots of offerings for people seeking (2) • Higher power concept is unifying (2) • Unity in mourning and challenges (example Duffy, Drew) (2) • Room to explore spirituality that isn't mainstream (1) • Bible Institute (1) • Renewed desire to participate in community in person – real relationships (1) • Fireworks (1) • We do overcome tribalism (1) • Beauty of where we live promotes wellness for our spirituality • Unified community event with spiritual purpose 	<ul style="list-style-type: none"> • The need to be right (5) • Churches politicized (4) • Connecting resources and people and needs (4) • Meeting people where they are at regardless of beliefs – this doesn't have to be compromising your beliefs (3) • Sense of hopelessness worldwide (2) • Spirituality in community can feel competitive (2) • Hustle culture – we focus on surviving capitalism and don't have permission to focus on this aspect (2) • Stigma/judgment – big churches feels like people can fall through the cracks (2) • Redefining purpose after COVID (1) • Talking circles could be powerful (1) • There can be missions out of country but not meeting local needs (1)

Spiritual Wellness: A sense of purpose and meaning in life.	
Spiritual Wellness Strengths	Spiritual Wellness Challenges
<ul style="list-style-type: none"> • Spiritual culture/wellbeing feels supported • Lots of diversity – lots of support and avenues • Physical activities • Churches helping meet basic needs/community events • Re-engagement at a local level – flesh and blood relationships • Lots of resources (Many Rivers, SVT, SPARC) • Communal appreciation for nature 	<ul style="list-style-type: none"> • VA Chaplain could share with churches on sharing/communicating with Vets (1) • Geographical separation • Post 2020 not as confident spiritually – confident in why I’m here (challenge and opportunity for growth) • Unity is wanted but can be a challenge • So many churches it feels like churches get lost- churches need to work together • Lack of money can affect lack of spiritual needs counseling/wellness/coach/mentorships • Need to learn how to embrace all people • Be more intentional with indigenous spiritual beliefs • Less listening happening, lack of tolerance • Tribal tendencies in communication – judgment based on spiritual home • Lack of trauma informed care is a barrier to taking care of spiritual needs • Social needs directly affect spiritual well being • Limited jobs and resources can affect your sense of purpose • Maybe a varying opinion on “spirituality” and what that is and how it is understood by community • When basic needs are not met (housing/isolation/food) it is hard to have meaning for life • Lots of churches/separation • (VA Nurse) Chaplain would like to speak with vets – Chaplain would like to know how to engage with vets • Spiritual component for end of life (hospice) needed – elderly need cared for spiritually

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Perceptions of Community Health Survey

Methodology

The CHNA workgroup reviewed questions from the prior Perceptions of Community Health Survey and revised questions for the 2023 iteration. COVID-19 questions as well as additional and modified demographic questions were included. To the extent possible, the workgroup maintained a consistent set of questions to allow for comparison across CHNAs. The Perceptions of Community Health Survey can be found in Appendix A and the full data set in Appendix B. For this assessment, given the low population numbers, the communities of Fox River, Kachemak Selo, Razdolna and Voznesenka were clustered to create the Fox River Region. A total of 1,020 surveys were included in the assessment.

The survey was open for community response between August 2022 and February 2023. Surveys were completed during the following events and at the following locations: Rotary Health Fair, Fritz Creek General Store, Homer Community Food Pantry, Anchor Point VFW, Ninilchik State Fair, Ninilchik Elders Luncheon, and Anchor Point Holiday Craft Bazaar.

Paper copies were available with drop boxes at the following locations: West Wing, Ninilchik Community Clinic, KPC Kachemak Bay Campus, Homer United Methodist Church, Sprout Family Services, Kachemak Bay Family Planning Clinic, REC Room, Homer Medical Clinic, Family Care Clinic, Serene Waters, Functional Medicine Clinic, SVT Health and Wellness, South Peninsula Behavioral Health Services, Homer Senior Center, and Anchor Point Senior Center.

The survey link was shared through Facebook Posts, Homer News Ads, flyers around town and through Steering Committee members. In addition to these methods, South Peninsula Hospital shared the link with its employees.

Upon completion of the survey, participants had the option to enter their name into a drawing for a chance to win prizes and incentives from local vendors.

To compile paper and online results, all paper surveys were entered into the online SurveyMonkey survey by volunteers at South Peninsula Hospital.

Historical data is included from prior Perceptions of Community Health surveys where applicable. The number of respondents may vary by question in the subsequent tables and charts as respondents did not provide a response to each question.

In addition to the Perceptions of Community Health Survey, to reach a broad range of community members, intercept surveys, focus groups, and stakeholder interviews were also conducted. Intercept surveys were a consolidated version of the Perceptions of Community Health Survey conducted by Strategy Solutions, Inc. at various community locations. Focus groups were designed to get input on strengths and needs within the community and were facilitated by Strategy Solutions as well as by members of the CHNA workgroup. Stakeholder interviews were one on one interviews conducted by Strategy Solutions to identify strengths and needs. The intercept survey can be found in Appendix C, with full data set in Appendix D, the focus group guide in Appendix E, and the stakeholder interview questions in Appendix F.

In some cases SKP population demographic data is compared to primary survey data. The SKP population demographic data was collected from Claritas-Pop-Facts Premier, Environics Analytics, US Census. Claritas-Pop

Facts Premier, Environics Analytics is a subscription service that compiles data from the US Census Bureau and American Community Survey data that Strategy Solutions, Inc. used to compile demographic data.

Focus Groups

A total of 9 focus groups were completed with 58 participants:

- July 22, 2022
 - SKP Resilience Coalition Leadership Team (7 participants)
- November 4, 2022
 - Recovery Community (2 groups) (14 participants)
- November 7, 2022
 - Food Pantry (6 participants)
 - Homer Senior Center (6 participants)
 - Homer Chamber of Commerce (5 participants)
 - REC Room (5 participants)
- December 10, 2022
 - United Women in Faith (8 participants)
- January 16, 2023
 - Ninilchik Elder's Luncheon (2)
- February 24, 2023
 - Faith Based Group (5 participants)

Intercept Surveys

Intercept surveys were conducted at 11 locations with a total of 202 total respondents. Data was included for 201 surveys as one respondent did not live in SKP.

- July 22, 2022
 - Homer Public Library (12 surveys)
 - Wagon Wheel (12 surveys)
 - Anchor Point Senior Center Bingo (18 surveys)
- July 23, 2022
 - Homer Medical Center Sports Physicals (28 surveys)
 - Cole's Market (14 surveys)
 - Fritz Creek General Store (9 surveys)
 - Homer Landfill (9 surveys)
 - KBFPC Sip & Shuck Fundraiser (37 surveys)
- July 24, 2022
 - Church on the Rock (26 surveys)
 - Anchor Point Concert on the Green (23 surveys)
- July 25, 2022
 - Homer Food Pantry (14 surveys)

Stakeholder Interviews

A total of 7 stakeholder interviews were conducted.

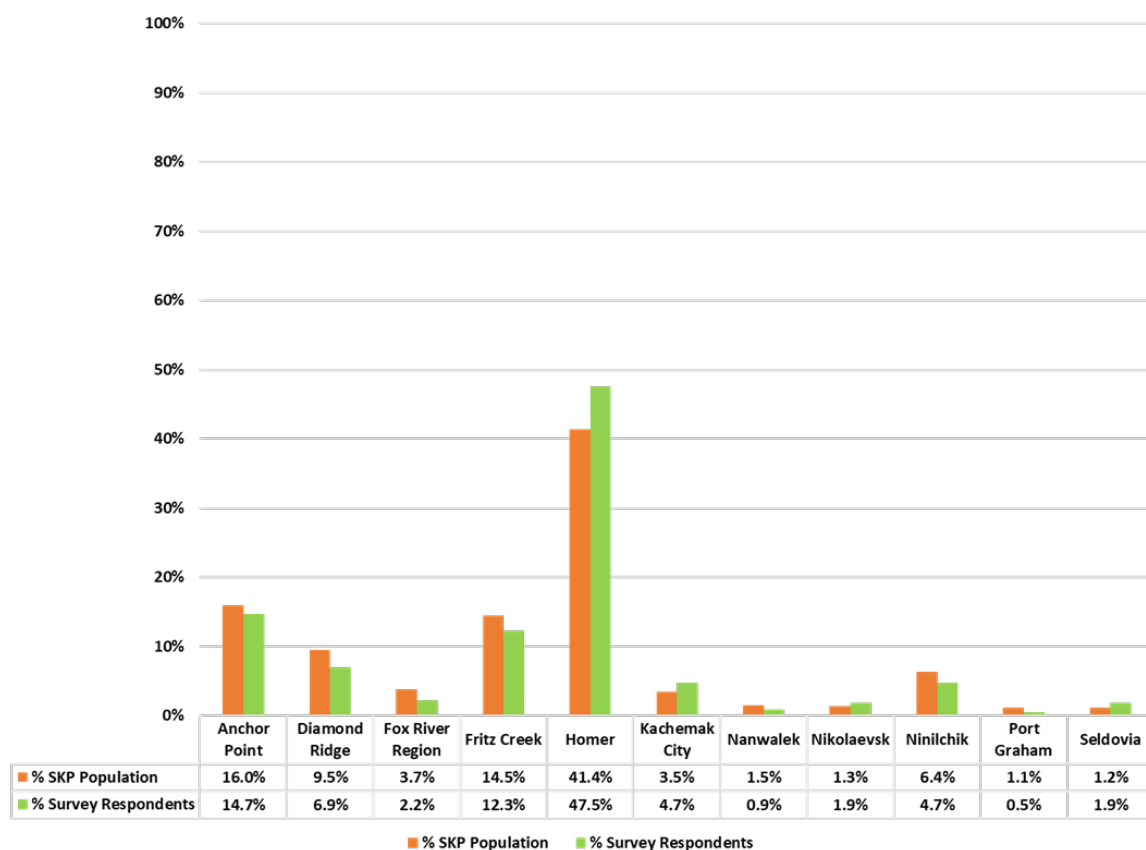
- July 22, 2022
 - Public Health Department – Lorne Carrol, Cynthia West
- November 4, 2022
 - Jane Dunn, Choosing Our Roots
 - Tessa Sullivan, Director, HeadStart
 - Donna Adherhold, Homer City Council
- November 5, 2022
 - Dr. Paula Godfrey, SHP Emergency Department
- November 7, 2022
 - Kyle Darbonne, Principal, Fireweed Academy
 - Ken Castner, Mayor of Homer

Perceptions of Community Health Survey Demographics Compared to Southern Kenai Peninsula Demographics

The 2023 Perceptions of Community Health Survey was completed by a total of 1,020 residents from Southern Kenai Peninsula (SKP) representing 11 distinct communities. For this assessment, given the low population numbers, the communities of Fox River, Kachemak Selo, Razdolna and Voznesenka were clustered to create the Fox River Region.

The highest percentage of survey respondents were from Homer, which accounts for the largest population in the Southern Kenai Peninsula. Survey responses were close to the population in most communities.

Figure 5: Population by Community Compared to Survey Respondents



Source:

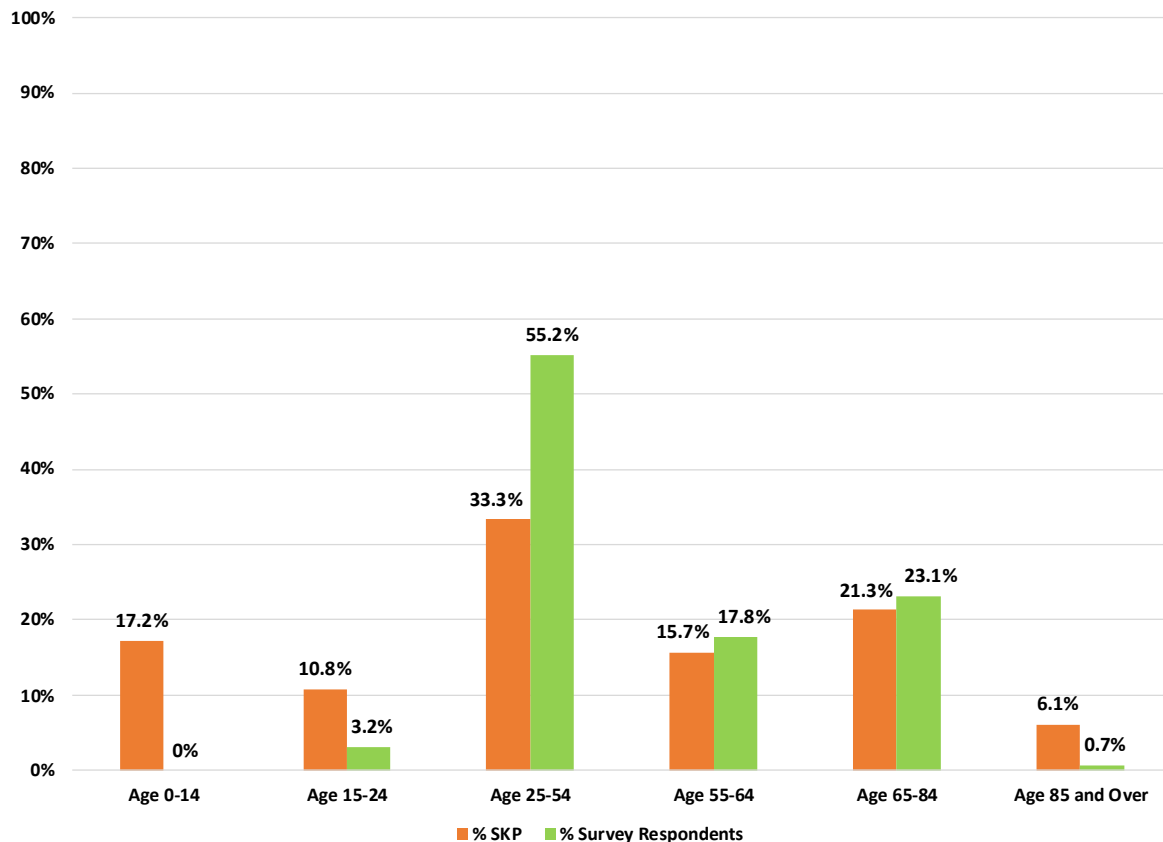
SKP Population: Claritas Envirionics/US Census Bureau

Survey Respondents: Perception of Community Health Survey

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

No one under the age of 15 completed the Perception of Health Survey. The highest percentage of survey respondents were ages 25-54 which also accounts for the largest age group in the Southern Kenai Peninsula.

Figure 6: Southern Kenai Peninsula Population by Age Compared to Survey Respondents



Source:

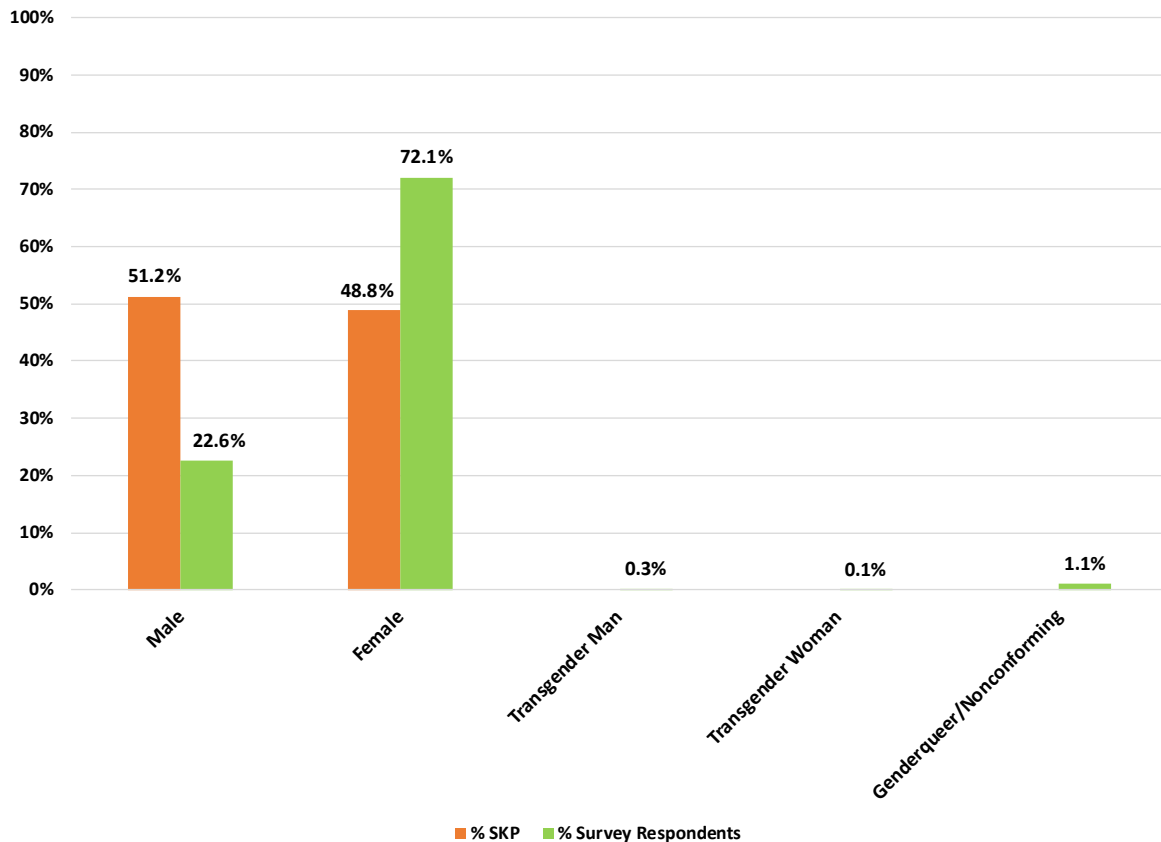
SKP Population: Claritas Environics/US Census Bureau

Survey Respondents: Perception of Community Health Survey

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A higher percentage of females completed the Perceptions of Health Survey than males, while there is a higher percentage of males in the Southern Kenai Peninsula.

Figure 7: Southern Kenai Peninsula Population by Gender Compared to Survey Respondents



Source:

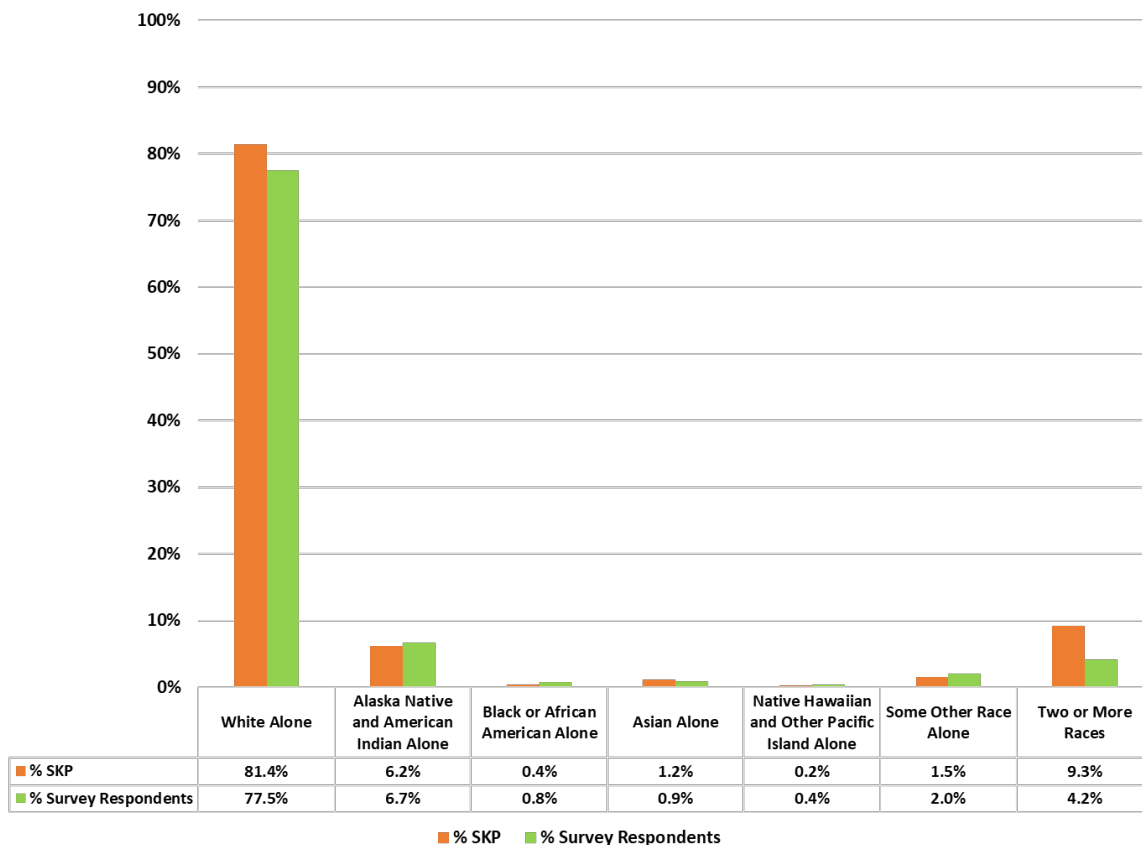
SKP Population: Claritas Environics/US Census Bureau

Survey Respondents: Perception of Community Health Survey

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The highest percentage of survey respondents were White, which is comparable to the overall population of the Southern Kenai Peninsula.

Figure 8: Southern Kenai Peninsula Population by Race Compared to Survey Respondents



Source:

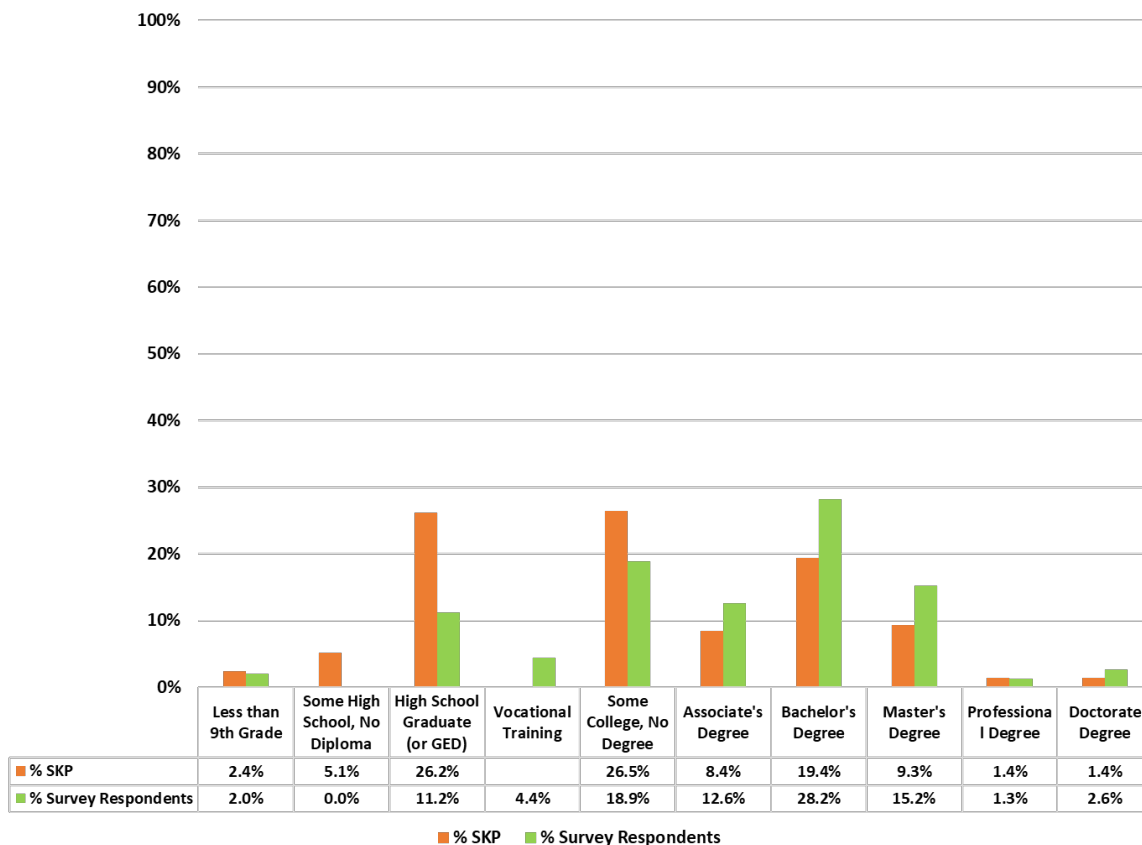
SKP Population: Claritas Environics/US Census Bureau

Survey Respondents: Perception of Community Health Survey

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The highest percentage of Perception of Health survey respondents had a bachelor's degree, while the highest percentage of residents in the Southern Kenai Peninsula have some college, but no degree.

Figure 9: Southern Kenai Peninsula Population by Educational Attainment Compared to Survey Respondents



Source:

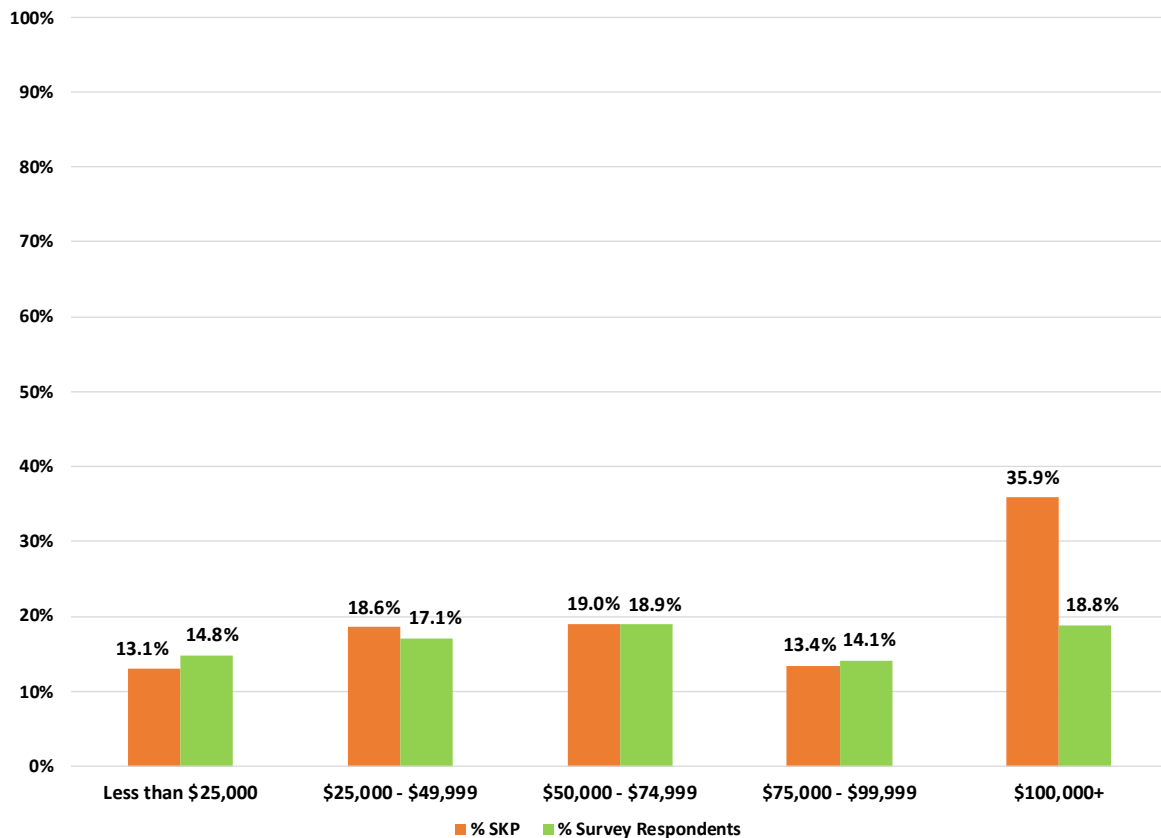
SKP Population: Claritas Environics/US Census Bureau

Survey Respondents: Perception of Community Health Survey

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The household income of survey respondents aligned with that of the Southern Kenai Peninsula with the exception of those with incomes of \$100,000 or more, which were underrepresented in the survey.

Figure 10: Southern Kenai Peninsula Population by Income Compared to Survey Respondents



Source:

SKP Population: Claritas Environics/US Census Bureau

Survey Respondents: Perception of Community Health Survey

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Table 9: Perceptions of Community Health Survey Respondents with Health Insurance, Comparison 2008-2023

2008 Perceptions Survey (1,429 responses)	2012 Perceptions Survey (1,164 responses)	2015 Perceptions Survey (660 responses)	2023 Perceptions Survey (1,020 responses)
Yes (73%) / No (27%)	Yes (75%) / No (25%)	Yes (88%) / No (12%)	Yes (70.5%) / No (4.5%) Prefer Not to Answer (25.0%)

Source: Perception of Community Health Survey

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Perceptions of Community Health Survey Feedback to Impact of COVID-19

Respondents were asked to indicate if any of the following areas were more challenging than normal during the COVID-19 pandemic. This was a “check all that apply” question.

Table 10: Challenges During COVID-19

Areas Impacted by COVID-19	2023 Perceptions Survey (1,020 responses)
Did not experience any challenges	22.1%
Job security (unemployed, fired or laid off, less work to do than before, less income, etc.)	20.2%
Access to medical care	18.9%
Paying bills (medical or other)	18.3%
Access to food (affordable groceries, getting SNAP benefits, feeding family or loved ones, etc.)	18.1%
Housing (paying rent, facing eviction, foreclosure, maintenance, etc.)	16.6%
Utilities (electric, gas, or water shut-offs or difficulty paying for them)	15.0%
Other	12.5%
Transportation (getting to places you need to go, riding public transit, driving a car, etc.)	11.1%
Affording other basic needs (not mentioned)	10.2%
Access to childcare	8.2%
Safety at home (abuse, interpersonal violence, family violence, or domestic violence)	3.0%

Source: Perception of Community Health Survey

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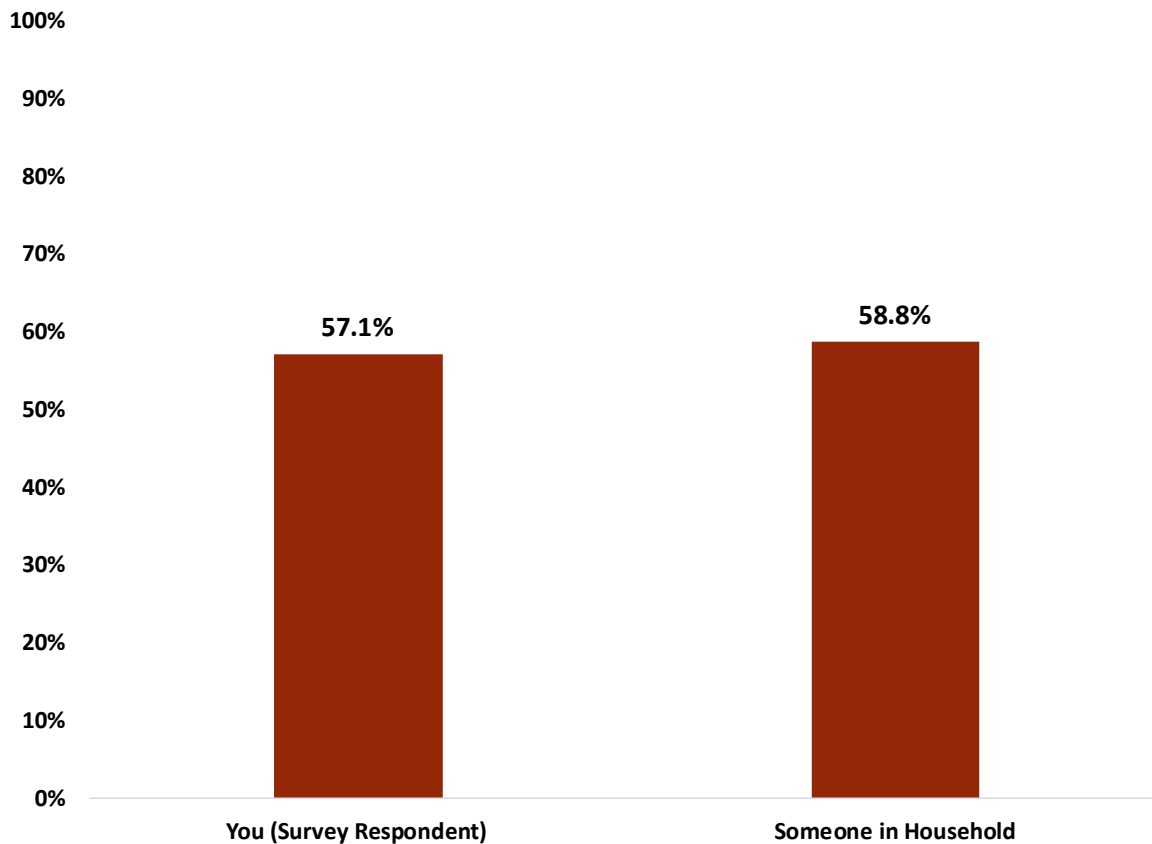
Other challenges noted included:

- Isolation/time away from loved ones/loneliness
- Shortages of food and household items
- Access to 12-step meetings
- Access to businesses, services, and activities
- Divide in community based on views of COVID and masking
- Anxiety being in public
- Balancing responsibilities (working from home while kids were doing remote learning)
- Stress created by pandemic
- Knowing what was factual
- Mental health issues
- Increased drinking
- Divorce
- Harassment
- Death/loss of loved ones
- Lack of space/privacy

- Uncertainty

Of those who responded to the question if they personally had tested positive for COVID-19 (N=821) or someone in their household had (N=816), over half personally tested positive (57.1%) or had someone in their household test positive (58.8%).

Figure 11: Tested Positive for COVID-19

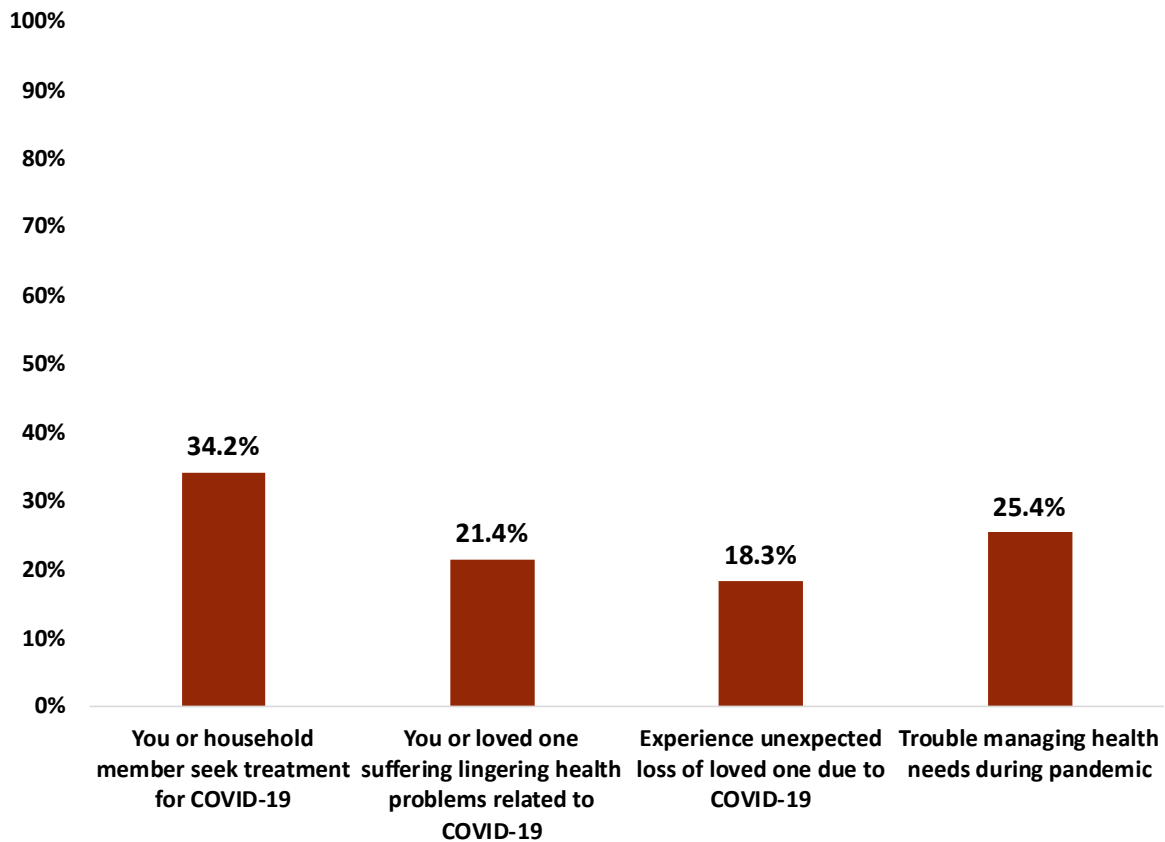


Source: Perception of Community Health Survey

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Approximately one third of survey respondents (34.2%) personally sought treatment for COVID-19 or had a household member who did. One in four respondents (25.4%) had trouble managing their health needs during the pandemic. One fifth (21.4%) of respondents either suffered lingering health problems related to COVID-19 or had loved ones who did.

Figure 12: Impact of COVID-19

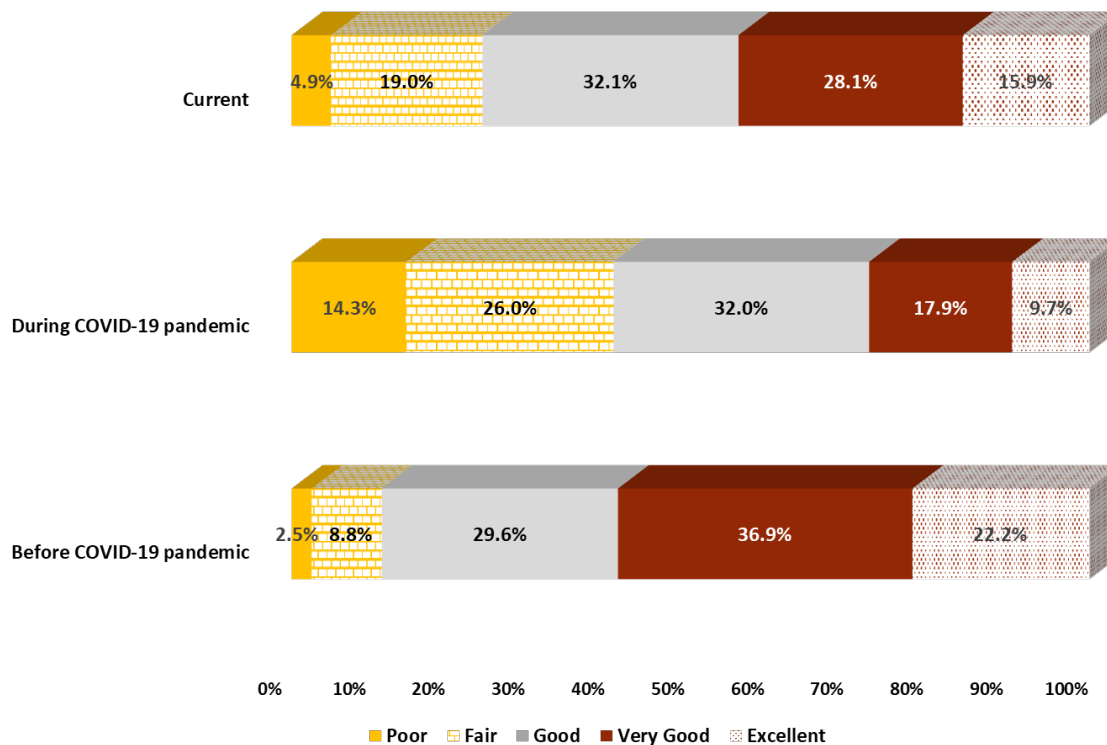


Source: Perception of Community Health Survey

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During the COVID-19 pandemic there was an increase in respondents reporting their mental health as fair or poor in comparison to before the pandemic. Although not back to where it had been prior to COVID-19, there was an increase in those reporting current mental health as very good or excellent.

Figure 13: Impact of COVID-19 on Mental Health



Source: Perception of Community Health Survey

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The following were some strategies used by community members during the pandemic:

- Online free offerings like yoga and meditation
- Outdoor activities (i.e., walking, hiking, biking, kayaking, fishing, gardening)
- Talking with family and friends/connecting via Zoom
- Counseling
- 12 step meetings
- Exercise
- Cooking
- Arts/Crafts
- Activities with pets
- Ate well
- Took vitamins

- Avoided crowds
- Virtual book clubs
- Prayer/Church
- Volunteered
- Ate or drank too much
- Reading
- Hobbies
- Continued to work and live life
- Netflix/watched tv/movies
- Projects

Perceptions of Community Health Survey Results and Historical Survey Results

Respondents were asked to identify the three aspects they felt were the community's greatest strengths. To maintain consistency with prior reports, the top five are reported. The five greatest community strengths identified were:

Table 11: Community Strengths, Historical Perspective

	2008 Perceptions Survey (831 responses)	2012 Perceptions Survey (1,171 responses)	2015 Perceptions Survey (680 responses)	2019/2020 Perceptions Survey (469 responses)	2023 Perceptions Survey (1,020 responses)
1	People help each other	Natural beauty (79%)	Natural beauty (63%)	Natural beauty (21%)	Natural beauty (56%)
2	Respect for varied viewpoints	People help each other (68%)	People help each other (36%)	People help each other (11%)	People help each other (28%)
3	Natural beauty	Healthy environment (53%)	Cultural/arts opportunities (29%)	Schools (10%)	Recreational opportunities (25%)
4	Diverse private/public nonprofit organizations	Schools (48%)	School (27%)	Cultural/arts opportunities (8%)	Cultural/arts opportunities (25%)
5	Other	Cultural/arts opportunities (47%)	Recreational opportunities (24%)	Access to health care (8%)	Schools (21%)

Source: Perception of Community Health Survey

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Respondents were asked to identify the three aspects of the community they felt most needed to be improved. To maintain consistency with prior reports, the top five are reported. The five community aspects most needing to be improved were:

Table 12: Community Areas for Improvement, Historical Perspective

	2015 Perceptions Survey (590 responses)	2019/2020 Perceptions Survey (469 responses)	2023 Perceptions Survey (1,020 responses)
1	Jobs and economic opportunities (48%)	Jobs and economic opportunities (13%)	Housing (58%)
2	Public transport (38%)	Substance abuse treatment (13%)	Public transportation (24%)
3	Substance abuse treatment (36%)	Housing (12%)	Jobs and economic opportunities (20%)
4	Housing (26%)	Public transportation (12%)	Substance abuse treatment (17%)
5	Access to job training and higher education (17%)	Respect for varied viewpoints (10%)	Behavioral health services (17%)

Source: Perception of Community Health Survey

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When asked to rank the factors most negatively affecting themselves and their families, the top three responses were:

Table 13: Impact to Individual and Family, Historical Perspective

	2008 Perceptions Survey (834 responses)	2012 Perceptions Survey (506 responses)	2015 Perceptions Survey (649 responses)	2019/2020 Perceptions Survey (444 responses)	2023 Perceptions Survey (1,020 responses)
1	Economic costs	Economic costs (73%)	Physical health (86%)	Economic health (68%)	Economic health (36%)
2	Physical health	Physical health (68%)	Environmental health (73%)	Physical health (88%)	Mental/emotional health (36%)
3	Education and training costs	Mental/emotional health (47%)	Education/cost and availability (73%)	Mental/emotional health (57%)	Physical health (35%)

Source: Perception of Community Health Survey

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When asked to rank the factors most negatively affecting the community, the top three responses were:

Table 14: Factors Negatively Impacting Community, Historical Perspective

	2008 Perceptions Survey (834 responses)	2012 Perceptions Survey (454 responses)	2015 Perceptions Survey (649 responses)	2019/2020 Perceptions Survey (444 responses)	2023 Perceptions Survey (1,020 responses)
1	Substance abuse	Substance abuse (79%)	Substance abuse (97%)	Substance abuse (97%)	Substance abuse (66%)
2	Economic costs	Economic costs (54%)	Interpersonal violence (96%)	Mental/emotional health (82%)	Mental/emotional health (54%)
3	Mental/emotional health	Mental/emotional health (52%)	Mental/emotional health (75%)	Economic health (72%)	Economic health (41%)

Source: Perception of Community Health Survey

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When asked if any issues prevent personal use of services or activities available in the community, the top five responses were:

Table 15: Issues Preventing Use of Services, Historical Perspective

	2008 Perceptions Survey (831 responses)	2012 Perceptions Survey (886 responses)	2015 Perceptions Survey (567 responses)	2019/2020 Perceptions Survey (402 responses)	2023 Perceptions Survey (1,020 responses)
1	Cost	Cost (47%)	Cost (51%)	Cost (53%)	Cost (33%)
2	Transportation	Schedule conflicts (42%)	Not enough time (38%)	Schedule conflicts (47%)	Schedule conflicts (33%)
3	Distrust agency or provider	Not enough time (36%)	Schedule conflicts (38%)	Not enough time (39%)	Not enough time (26%)
4	Confidentiality	Lack of anonymity (14%)	Lack of anonymity (16%)	Lack of anonymity (18%)	Transportation (12%)
5	Lack of anonymity	Distrust agency/provider (13%)	Transportation (15%)	Awareness (15%)	Awareness (12%)

Source: Perception of Community Health Survey

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Respondents were asked to rate the following statements for themselves:

Table 16: Eight Dimensions of Wellness, Historical Perspective

Eight Dimensions of Wellness	Survey Year	Always	Frequently	Sometimes	Never
I have a sense of purpose and meaning in my life.	2023	54%	30%	15%	1%
	2020	53%	36%	11%	1%
	2015	25%	55%	19%	1%
I have a sense of connection, belonging, safety, and a reliable support system.	2023	50%	30%	18%	2%
	2020	50%	35%	14%	1%
	2015	64%	25%	10%	1%
I have the ability to perform daily activities without undue fatigue or physical stress.	2023	42%	37%	18%	3%
	2020	42%	41%	16%	2%
	2015	29%	48%	20%	2%
I have the opportunity to expand my knowledge and skills and use my creative abilities.	2023	38%	36%	24%	2%
	2020	43%	37%	18%	2%
	2015	**	**	**	**
I can cope effectively with life stresses, and my work and relationships are enriching.	2023	32%	44%	23%	1%
	2020	30%	51%	18%	2%
	2015	29%	55%	15%	1%
My surroundings are adequate for me (from my home to the wider community or environment)	2023	52%	31%	15%	2%
	2020	53%	35%	11%	1%
	2015	28%	43%	28%	1%
I have enough money for my basic needs, and I can adapt for unplanned expenses.	2023	42%	27%	22%	9%
	2020	41%	34%	20%	4%
	2015	45%	33%	20%	3%
I am connected to my own culture and traditions, and I see the diversity and richness of other cultures.	2023	42%	33%	19%	4%
	2020	43%	34%	19%	3%
	2015	**	**	**	**

Source: Perception of Community Health Survey

**Identical data not collected in 2015

NOTE: Data for 2023 is only for those who responded to the question and excludes those who responded "prefer to not answer"

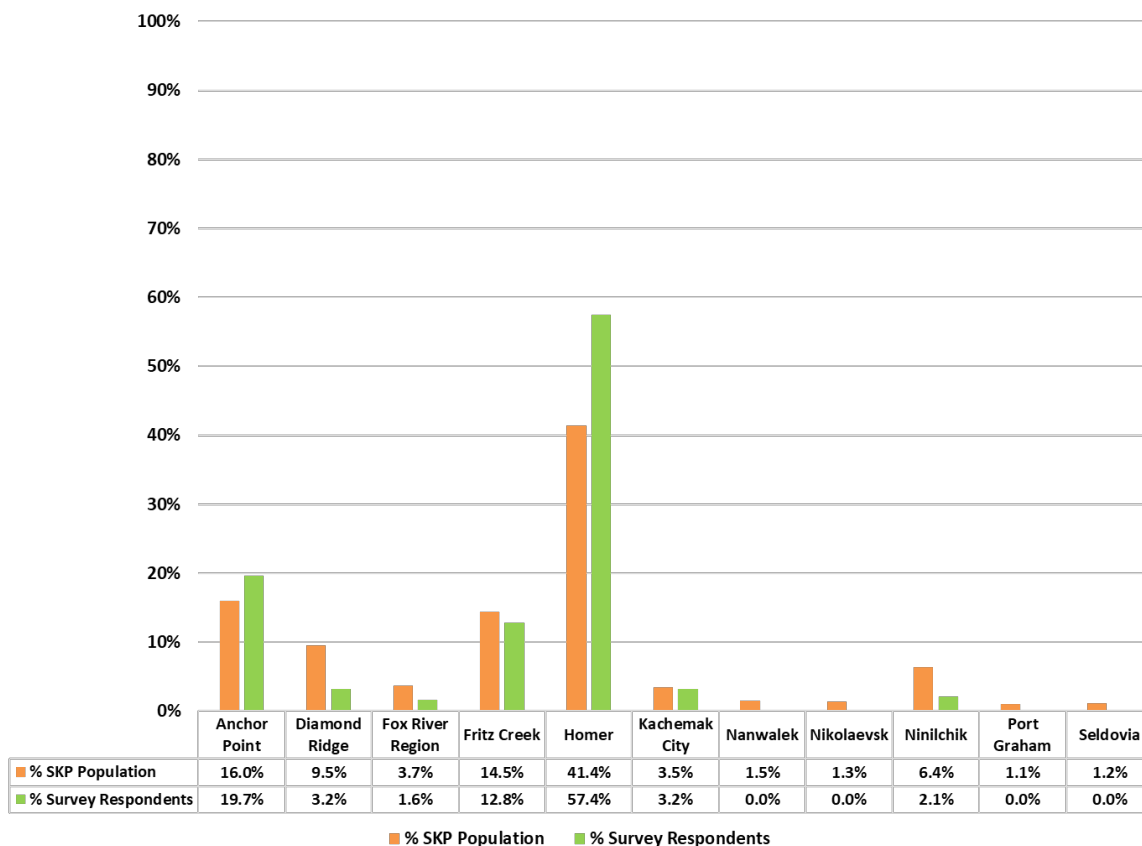
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Intercept Survey Demographics Compared to Southern Kenai Peninsula Demographics

Intercept surveys were completed by a total of 201 residents from Southern Kenai Peninsula (SKP) representing 11 distinct communities. For this assessment, given the low population numbers, the communities of Fox River, Kachemak Selo, Razdolna and Voznesenka were clustered to create the Fox River Region.

The highest percentage of survey respondents were from Homer, which accounts for the largest population in the Southern Kenai Peninsula. Survey responses were close to the population in most communities. No intercept surveys were completed for residents of Nanwalek, Nikolaevsk, Port Graham or Seldovia.

Figure 14: Population by Community Compared to Intercept Survey Respondents

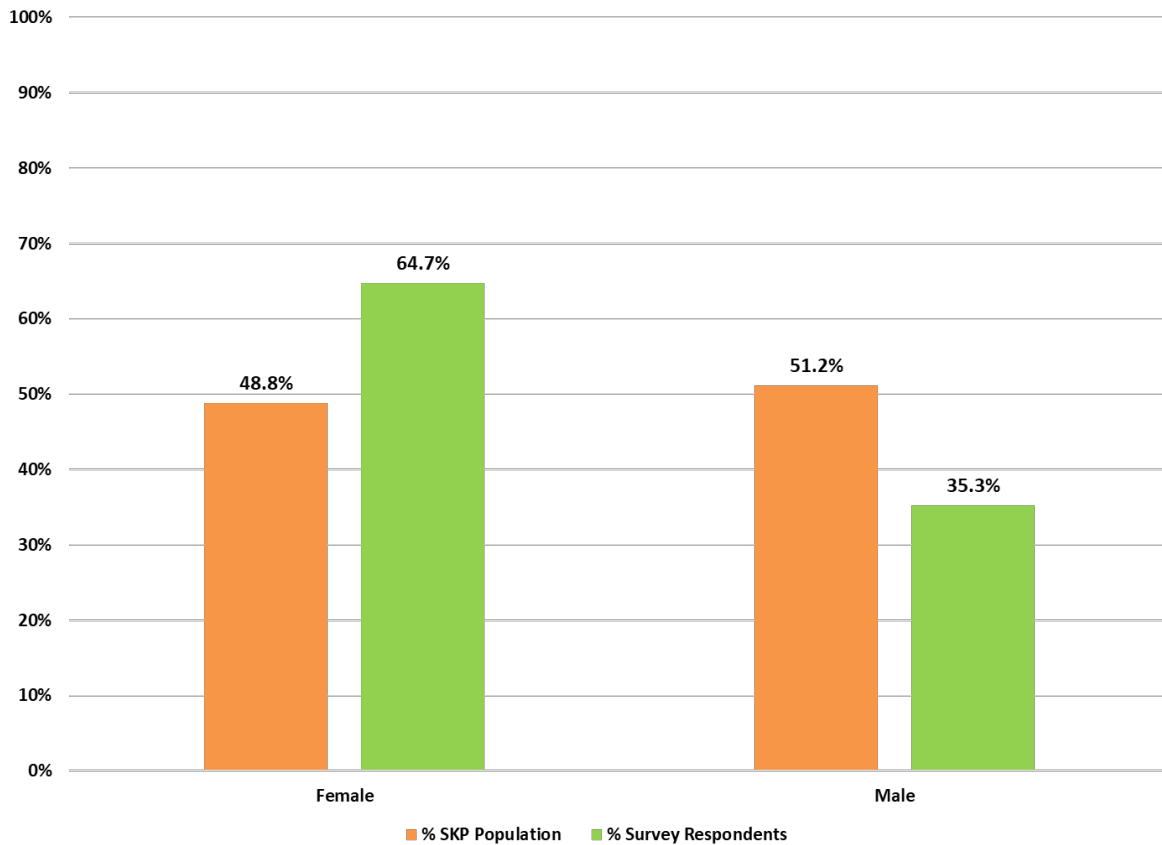


Source: Claritas Environics/US Census Bureau, Intercept Survey

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

A higher percentage of females completed the Intercept Survey than males, while there is a higher perception of males in the Southern Kenai Peninsula.

Figure 15: Southern Kenai Peninsula Population by Gender Compared to Intercept Survey Respondents

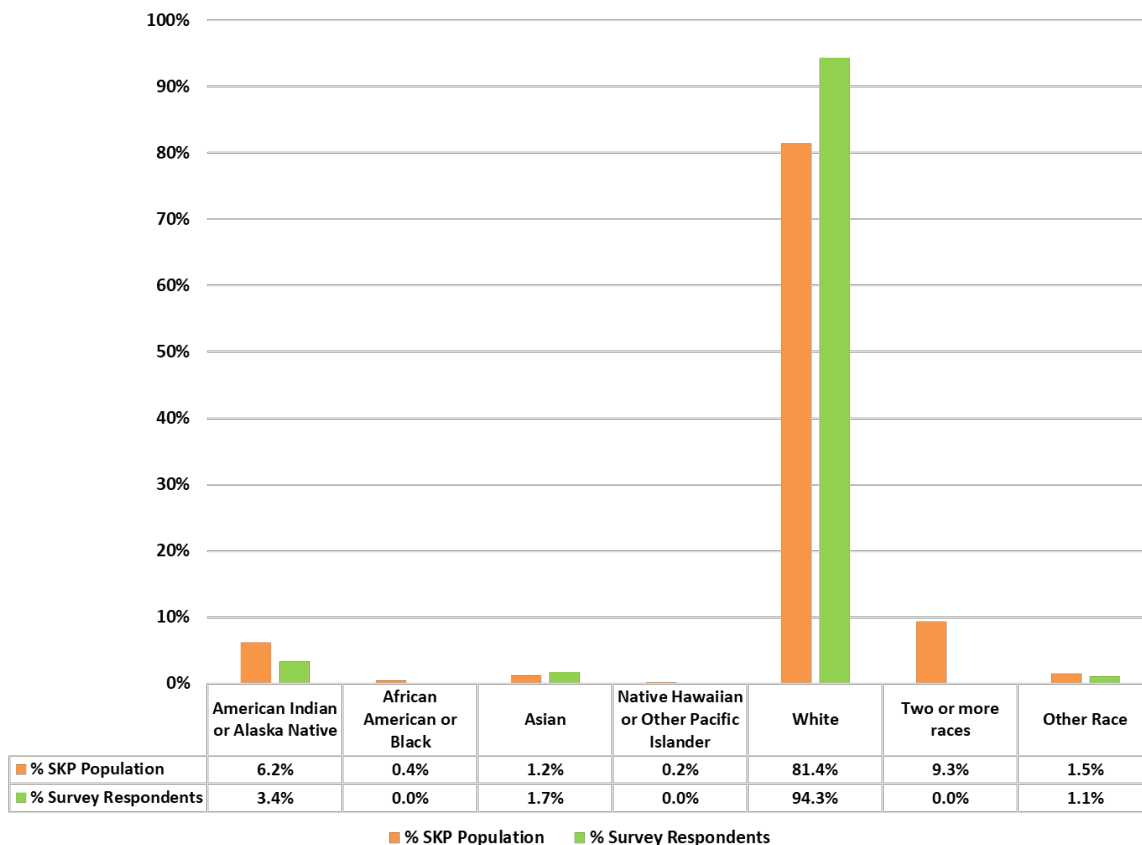


Source: Claritas Environics/US Census Bureau, Intercept Survey

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

The highest percentage of survey respondents were White, which is comparable to the overall population of the Southern Kenai Peninsula.

Figure 16: Southern Kenai Peninsula Population by Race Compared to Intercept Survey Respondents

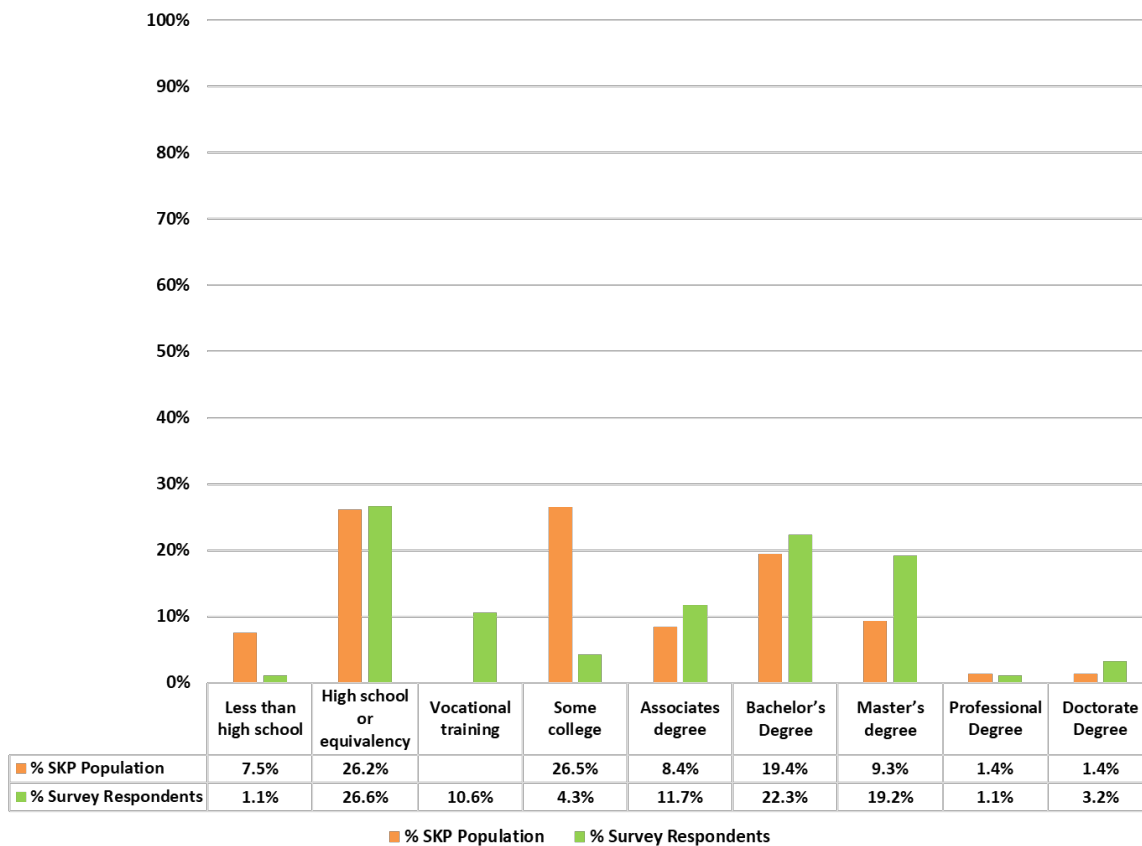


Source: Claritas Environics/US Census Bureau, Intercept Survey

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

The highest percentage of Perception of Health survey respondents had a High School diploma or equivalency, which is comparable to that of the Southern Kenai Peninsula.

Figure 17: Southern Kenai Peninsula Population by Educational Attainment Compared to Intercept Survey Respondents

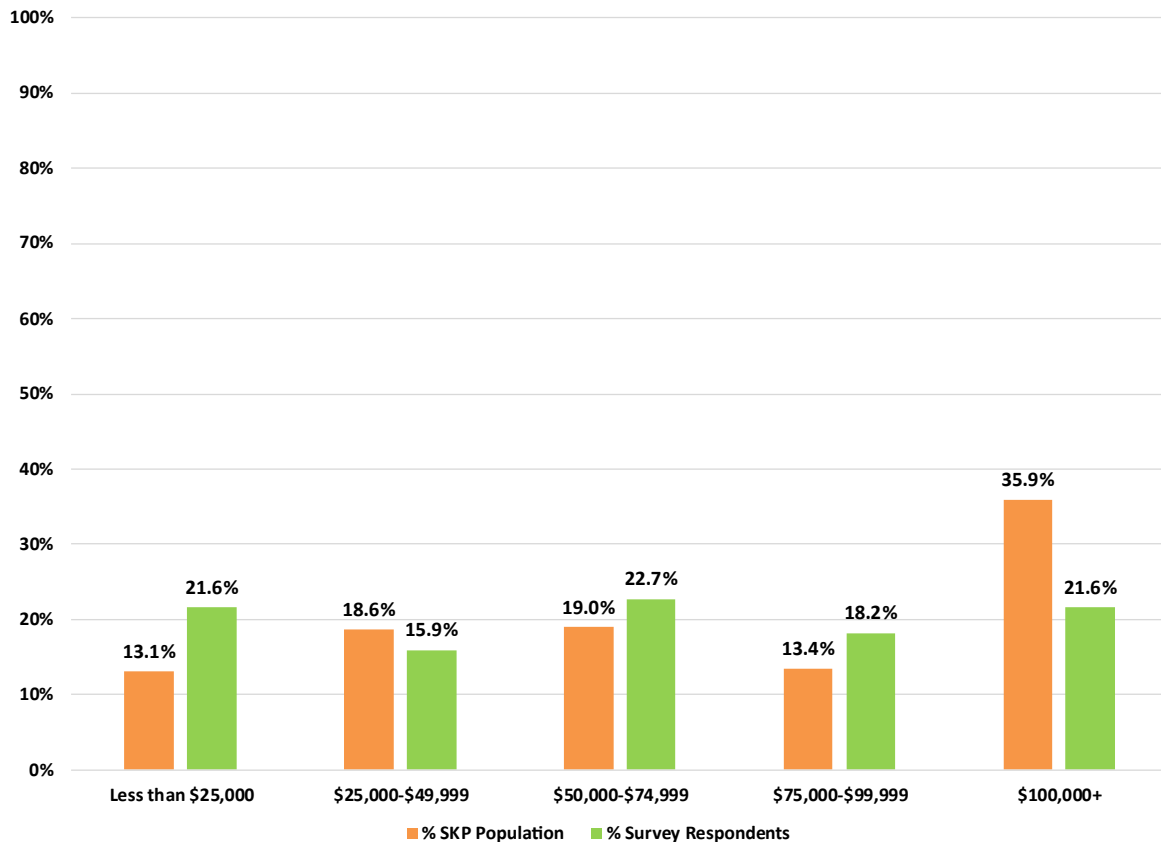


Source: Claritas Environics/US Census Bureau, Intercept Survey

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

The household income of survey respondents aligned with that of the Southern Kenai Peninsula with the exception of those with incomes of \$100,000 or more, which were underrepresented in the survey.

Figure 18: Southern Kenai Peninsula Population by Income Compared to Intercept Survey Respondents



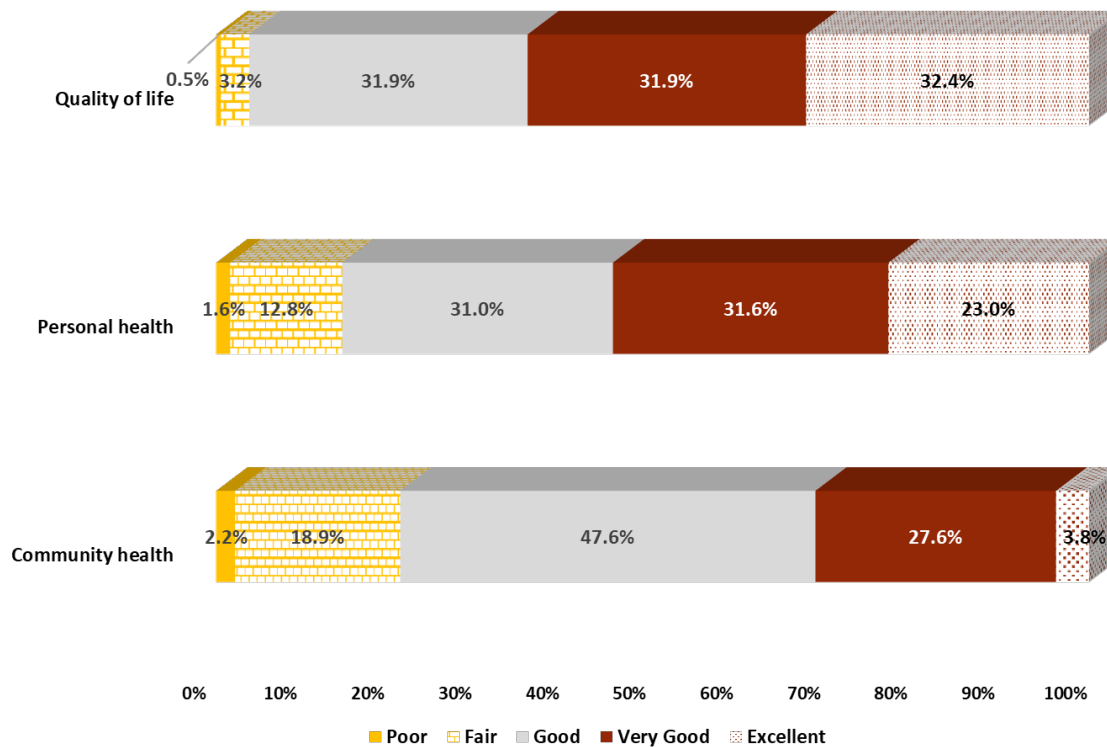
Source: Intercept Survey

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

Intercept Survey Results

One in five respondents (21.1%) rated the overall health of the community as fair or poor while 14.4% rated their own health as fair or poor. Almost a third of respondents (32.4%) rated their quality of life as Excellent.

Figure 19: Health and Quality of Life Rating



Source: Intercept Survey

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

The following shows frequency to which respondents feel they have each related to the Eight Dimensions of Wellness.

Table 17: Eight Dimensions of Wellness, Intercept Survey

Eight Dimensions of Wellness	Always	Frequently	Sometimes	Never
I have a sense of purpose and meaning in my life.	68.4%	20.4%	10.2%	1.0%
I have a sense of connection, belonging, safety, and a reliable support system.	61.2%	24.5%	11.2%	3.1%
I have the ability to perform daily activities without undue fatigue or physical stress.	54.6%	33.3%	10.1%	2.0%
I have the opportunity to expand my knowledge and skills and use my creative abilities.	64.3%	25.5%	9.2%	1.0%
I can cope effectively with life stresses, and my work and relationships are enriching.	50.0%	36.7%	13.3%	0.0%
My surroundings are adequate for me (from my home to the wider community or environment)	58.2%	31.6%	6.1%	4.1%
I have enough money for my basic needs, and I can adapt for unplanned expenses.	52.6%	33.0%	10.3%	4.1%
I am connected to my own culture and traditions, and I see the diversity and richness of other cultures.	57.5%	22.3%	19.2%	1.1%

Source: Intercept Survey

NOTE: The data and narrative presented are based on this unique data source, which may or may not represent a sample size that is representative of the SKP service area, and the narrative may not be inclusive of all available data points. Please refer to Data Limitations on page 11 for additional information.

Focus Group Summary

A total of 56 community members participated in 8 focus groups. The following is a summary of what was shared by focus group participants.

What does a healthy community look like?

Focus group participants had varied views of what a healthy community looks like. For some it was a safe place to live, others focused on availability of services and basic needs, while others looked at employment opportunities and the ability to earn a decent wage. A few spoke of the need for a diverse community that is open and accepting of all.

Participants talked about the importance of living somewhere safe, where people can freely walk around without fear of being robbed or attacked. Others noted that there are people who are not equipped as adults to be part of society. These individuals do not know how to work or be part of society.

Several participants highlighted the importance of having a variety of available services to meet the needs of the community. This includes access to medical care, which many felt is good in their community. Some shared that for a small community there are a lot of available resources and supports. Others spoke of the lack of resources locally, especially in outlying communities. Specifically, the need for faith-based counselors was noted. The lack of childcare was also noted. Participants shared that residents should be able to access available services without barriers. Those in recovery spoke of the need to have more and better access to services. Others spoke of the need for access to healthcare services, public education and a library system that are easily accessible and well utilized. Politics, a decent water supply, a police department with a good reputation, access to arts and culture and church were also noted.

Others shared that if these available services would work together and there would not be so many silos. It was also noted that a healthy community would promote family and have resources available for single parents as well as those in a relationship.

The availability of housing was also noted by several participants. They shared that this is challenging in their community given the increasing number of vacation rentals. Others noted that they are building 800 square foot cabins and charging close to \$1,500 a month which is not feasible given most renters' income. Participants shared that there are only two apartment complexes which accept Section 8. Some spoke of the impact the housing crisis is having on the workforce. A few mentioned that homelessness is a big problem in Homer.

Participants also shared that a healthy community provides residents with the opportunity to earn a living that supports their lifestyle. A community where jobs are available that provide decent wages. Many noted concerns over the number of places that are currently hiring as well as the number of low wage job opportunities.

Participants thought that a healthy community is diverse and accepting. It is made up of people from different backgrounds and groups. There should be access to open space where people can gather regardless of how much money they have. Many shared that people in the community have so many opportunities to try new things and participate in areas of interest.

Is the health of the community better, worse, or the same as it was three years ago?

Some shared that the community is pretty healthy from their perspective. They shared that there seem to be more services available. Others shared that in general it is a very active community. Most commented that the people they know are healthy. A few noted that support systems are stronger now and people are coming together which is positive. Others shared that they feel the medical and education programs are on par if not above.

Several shared that they felt the health of the community was worse because of the increase in alcohol and opioid deaths. A few shared that as a result of the pandemic people have relapsed and are drinking and using drugs. One shared that they asked a group of kids about this topic, and they shared that kids got better at hiding their using during the pandemic. Others noted that socially people have hunkered down so there is not much connection, especially among older adults. People are relying on virtual relationships rather than real relationships. A few noted it was worse for seniors because the activities that used to happen at the senior center were dropped and it has impacted their health. A few also noted the growing population which is impacting access as well as the impact tourism has on the community. The dangerous environment created by overcrowding on the Spit was also noted.

A few spoke of the political discourse and fact that leadership is very antagonistic. Participants shared that the messages are based on fears and lies that are repeated. They commented that this is an unhealthy process that creates anxiety and depression. Participants also note an increase in racism, bigotry and hate. Others shared that the political divide is growing which makes the community less healthy.

What are the health related issues facing our community?

Some shared that they felt their health needs are being met locally and they could not think of any issues. It was noted by one group that if you need major medical care you have to be life flighted which they commented is expensive.

Others spoke of their own personal health and the length of time it has taken to get in with a specialist. Some mentioned burnout with providers, nurses and clinical teams, also noting a shortage of healthcare professionals. A few shared that they have had to travel to Anchorage to receive care. Some shared that asthma has increased in Western Alaska.

Participants also highlighted gaps for people seeking help for substance abuse. Others mentioned in general that alcohol is a big problem. There is no detox or withdrawal management available in the community and it is almost impossible to get an assessment. The closest place is in Soldotna, which is two hours away and difficult for people to get to. Money was identified as one of the biggest barriers to accessing treatment. Additionally, it was shared that there are not inpatient beds available in the community, which is a challenge when you have someone who is ready to get clean and sober. There is also no help for people who want to get off MAT. The perception is the medical community just prescribes medication and assumes someone will be on them forever. There are limited non-medicated recovery options. Those in recovery also shared that there are not many opportunities to socialize that do not involve alcohol. The need for peer support was also noted.

Others shared that those with active suicide attempts are sent to Mat-Su, where they are held for three days and sent home with no aftercare. They spoke of the need for systems improvement. It was also shared that there is no housing for kids who are struggling. Others commented that children under the age of 18 cannot get help without a parent signature so they are faced with death or suicide because they don't have an accountable

adult who can sign for them. One participant shared mental health as the number one priority noting that the ER in Homer is the landing spot for those struggling with mental health. People stay days in the hospital before they receive help.

Housing, transportation, food and childcare were also identified. Participants spoke of the challenges those without transportation have accessing services. Others mentioned the importance of nutrition. It was noted that youth are struggling to find social groups, safe spaces and safe adults. Many are looking for a place where they can be themselves and not be judged. There are no resources for those who are 18 and moving out so they are struggling. There are very few places for kids to go since the arcade and bowling alley shut down. Homeless youth without a place to go was also noted.

What barriers exist to accessing the services or what do you think would help make these services more accessible?

Transportation was identified as a barrier by several participants. They shared that you could ask a neighbor or take a cab, although they noted people may be hesitant to ask others for help and that a cab is expensive. A participant shared that there is financial assistance available for the cab, although some thought that was confusing. It was also noted that there is usually a long wait for a cab and that fewer cab services are available.

Some spoke of the expense involved in receiving care in Anchorage including gas and hotel costs. A few shared that hotels have stopped taking Medicaid vouchers, so those coming from across the Bay for medical care have to pay out of pocket to stay or decline treatment. The cost of care was also noted as a barrier. There are people walking away from care with a payment book. Others spoke of the difficulty navigating services and getting connected to available resources.

A few shared that there is a stigma around receiving assistance or using vouchers. Some shared that they have seen these people be turned away from available housing because there is the perception, they will not take care of the property. Others noted that it can be difficult to seek services in a small town because the counselor may be a friend of a friend or a family member or even a neighbor. The lack of professionals was also noted as a barrier, with services scheduling weeks out.

Others spoke of the lack of awareness of available services and that information needs to be advertised or posted to a central location. It was noted that some have recently done ads in the newspaper, social media and radio with little to no hits.

How and where do you feel like you belong here in your local community?

Participants spoke of the opportunities they have to help others and give back to the community. Others shared that they feel like there is a lot going on in the community right now, with several community collaborations. In general, participants share that the community works well together. Some spoke of their connection to charitable groups and nonprofits.

Some in recovery spoke of their 12-step group. Also shared that they are tied to arts, sports and music. Others talked about gaming online with friends. Some shared that their support group is parents of other kids who are working to ensure youth have the skills to form human connections. Others talked about connections through animals, church, clubs, the library or local restaurants.

Some shared in general there is a strong sense of community connection. It was also noted that as Homer has grown more things have been focused in town which can be challenging for those in outlying areas to access. Several shared examples of neighborhood gatherings and social events, while others shared that they have seen less neighborhood connections.

Others spoke of events and field trips that are available for youth. It was also noted that there is an openly queer photographer who does advocacy.

What else might help someone feel like they belong in this community?

One group shared that the community needs more secular programs for kids, like dance, karate or play groups. The need for more children's ministry programs for teens was also mentioned. This group also noted that there are a lot of young moms who are struggling and could benefit from something that connected them with other moms. The SPARC building was seen as a great community resource.

Others spoke of the need for community events and fun things that bring the community together. A few mentioned the Health Fair or Burning Basket. Others spoke of potlucks and other community events happening at local churches. Some mentioned the fact that there are several agencies that provide a huge service to the community and that people can help support those groups.

Another suggestion was having a community hub, where information was centralized. It could be a place for people to learn of existing resources, community events, and a place to disseminate information. It could be multipurpose and possibly have a coffee shop, host a farmers' market in the winter. Others shared it would be nice to have a large open venue where events could be held.

How can we make sure people have strong social connections and feel like they belong in our community?

One group suggested having more opportunities to volunteer, which would help people feel as though they were part of a group. Another suggestion was talking about the programs people volunteered for when coming to new communities. The group did note that there are some people who chose to isolate and are hard to reach.

What role can the SPH have to help create a healthy community?

A few shared concerns with the COVID-19 vaccination and the fact that they feel it is being pushed on individuals, and that several people have lost their job because they refused to get it.

Several shared that the hospital does a good job and has an auxiliary who oversees the gift shop. They shared that the auxiliary is very concerned about patient care and working to make sure patients have what they need. It was also noted that emergency room staff are always friendly, which is important in an emergency situation.

Some spoke of the need for more doctors, noting you can get seen quicker if you call 911 versus waiting weeks to get an appointment. Staffing was viewed as an important need to ensure a positive patient experience. A comment was made that there are some doctors who are not allowed to operate at the hospital due to politics. Another suggested the need for more access to reproductive health, especially for youth. It was also shared that the hospital needs a bigger role in the services for addiction, noting the lack of continuum of care.

It was shared that walking in being Christian they feel as though people want to shut down and that there needs to be more support. Others commended the hospital for its engagement in different community collaborations.

Some shared that there seems to be a reluctance to try new things or listen to new ideas. They shared that it could take months to get the go ahead to try something new. Others shared stories of how hospital staff have gone out of their way to meet the needs of a patient or their family.

What role can MAPP of SKP play to create a healthy community?

One group spoke of the challenges people face when receiving a diagnosis and discussing treatment options. They thought it would be helpful to have a takeaway for patients that talks about what treatment options are as well as listing next steps. Some suggested a patient navigator who could walk alongside the patient helping connect to resources, schedule appointments and advocate on behalf of the patient.

Some talked about the need to help create community connections around needs such as transportation. Others identified the need to help share information in a streamlined manner. Communication in general was frequently noted.

Share one priority issue/need you would like to see addressed.

Participants highlighted the need for a patient navigator who could walk alongside a patient during their care. Others spoke of the need for more mental health support such as group therapy, child therapy and trauma therapy. Many noted that there are currently long wait lists for what is available. A few spoke of the need for faith-based counselors. They noted that as the stigma of mental health goes away there are more people of faith seeking services who are hesitant to see someone who is not Christian. Others spoke of the shortage of professionals in general. The need for psycho-educational training and stigma reduction were also mentioned. Several mentioned the need for a detox facility.

Some identified the need for someone that could assist others in learning life skills and equipping them to be successful in daily life. A few suggested the need for a community calendar to let people know about events and opportunities. Another comment was that the hospital and health organizations should be vocal about the needs of the LGBTQ+ community and specifically market to these individuals.

The need for housing, transportation and childcare were also mentioned, noting these are particularly challenging for young families. Interest rates and costs were seen as barriers to housing. Others noted in general that there is a housing crisis that needs to be addressed. A few mentioned homelessness. Transportation was viewed as a barrier to people accessing needed services. It was also noted that information would be easier to get if transportation was available. Others spoke of the need for sober living houses and detox facilities. One group mentioned the need for safe needle exchange and commented on the number of needles they find in the community. Others talked about the need for better coordination and responsiveness of services when people need help.

Stakeholder Interview Summary

Top 3 Community Health Needs

Several stakeholders identified the need for affordable year-round housing. Some noted that housing costs increased during the pandemic and that is not unique to the community, as it is a national trend. A few noted that housing is available for 9 months out of the year and then individuals are kicked out in the summer so it can become a short-term rental for more than monthly rent. The overall increase in short term rentals like Airbnb and VRBO were noted by many stakeholders. Others spoke of the impact housing has on the workforce, noting that there is an influx of seasonal workers. It was noted that there are places building military style barracks for their workforce housing. A few mentioned that there is not a hostel or shelter in the area.

The need for safe and healthy recreational opportunities year-round was also mentioned by a few of the stakeholders. They spoke of the need for dedicated multi-use community space or community center. Others commented that there is not a safe after school place for kids to go. Another noted the need for a fun place with both indoor and outdoor areas for both children and adults to go.

The need for safe streets was also identified by stakeholders. They spoke of the need for safe routes for kids to walk or bike to school, noting that many schools are on major roads with unsafe crossroads and no sidewalks. Others spoke of the aging population who has mobility issues, and the lack of sidewalks is challenging. Another mentioned the need for better trails.

Substance use was a need identified by several stakeholders. They spoke of the level of substance use and misuse within the community. It was noted that Alaska ranks higher in opioid use and deaths in comparison with the other states. Stakeholders noted the lack of local services highlighting the fact that there is only one MAT provider and a few substance use counselors. They did share that there are some private pay counselors for those who can afford it. A few shared that people often end up in the Emergency Department to detox and then are sent home. If they experience severe withdrawal symptoms they are admitted, but the community does not have a place after medical detox. The need for adolescent services was also mentioned.

Several stakeholders spoke of challenges with access to care, staffing shortages and care coordination. It was noted that there are not enough Primary Care Providers available in the community, so people end up in the Emergency Department for primary care. There is also no one acting as a care navigator to help manage care after leaving an acute setting. The challenge with transporting people back and forth to appointments was also noted.

Stakeholders mentioned the aging population and the lack of senior services. It was noted that it is almost impossible for seniors to get into assisted or skilled living, because they do not exist. There are limited options to discharge seniors to when leaving the Emergency Department. The growing number of seniors locating in the community to retire was noted as a concern because the community lacks the needed services.

A few stakeholders mentioned cancer among the top community needs. They shared that the incidence of cancer is lower in Alaska, but the mortality rate is higher compared to the nation, noting it is diagnosed in late stage. Some suggested that this is an opportunity for cancer prevention. One noted that you need to go to the Mayo Clinic in Seattle to receive care.

A few spoke of Social Determinants of Health. It was noted that this is something the hospital is interested in to decrease expenses and improve health outcomes. The city is also working on a comprehensive plan which will

help people live longer and better. The Tribal Government and Tribal communities are doing a lot around access to food and healthcare. It was mentioned that there is a local food hub that connects local growers to local consumers. Food insecurity was also mentioned, noting that when the roads are out the grocery stores only have enough to support the community for three days. Stakeholders also spoke of the lack of public transportation and the challenges for those in outlying areas.

Mental health was also identified as a community need by several stakeholders. They spoke of the lack of services and challenges organizations have being short staffed. It was noted that there is only one clinic that accepts Medicaid, most are not accepting new patients and that there is no overnight mental health crisis service. One did note that South Peninsula Behavioral Health does crisis work, but they are short staffed.

A few spoke of the needs of the LGBTQIA community. It was noted that there are no options for those under the age of 18. Some shared that teens often find themselves in an abusive home after they come out and that they are often pushed out, disowned or made to feel unwelcome in their own home. One shared a statistic that one in four queer youth attempt suicide. The lack of resources to support this population was noted. In particular, there is a lack of gender affirming safe places or care for queer youth, with the closest resource in Anchorage. The need for mental health support was also identified.

Human trafficking was a community need identified by a small number of stakeholders. They shared that Alaska has the highest rates of human trafficking. The fact that young people do not have a safe place to go was noted as many end up in a shelter in Anchorage which puts them in a vulnerable position to be preyed on.

Support for youth was identified as a need by several stakeholders. They spoke of the need for youth to have opportunities for engagement outside of school. Transportation was identified as a barrier for those living outside of town as there is no bus for activities which makes it difficult for them to participate in after-school activities which can lead to isolation and impacts mental health. The lack of childcare was frequently mentioned, which impacts the ability of parents to be able to work. It was also noted that there are limited healthcare options, and that the community does not have a pediatrician. Others spoke of the mental health challenges youth are experiencing and the lack of support services with long wait times. A few mentioned hunger and the impact that has on children's behaviors and ability to learn.

Existing Initiatives

Stakeholders spoke of some of the existing initiatives they are aware of related to housing. Some commented on the fact that employers are purchasing or building housing for their seasonal employees. It was noted that the college wants to build dorms. Several shared that there are efforts to try to limit short term housing and change the code to add year-round housing.

With regards to basic needs, it was noted that the hospital will send individuals home with care packages to ensure they have enough food. They can also provide a blanket or clothing if someone is in need, as these are often donated items.

Stakeholders shared that there is great healthcare for kids offering a full spectrum of services. The forensic program was viewed as being pediatric friendly. There is also hospice and a home care program. The community does Stop the Bleed. Others shared that EMS are paid volunteers who are fabulous. Project Homeless Connect was mentioned as something that offers health checks, flu shots, and puts all resources in one place for those experiencing homelessness. Several highlighted the Rotary Health Fair noting it brings all services together for the community to access.

What More Needs Done

Stakeholders were asked what more needs to be done to address the needs of the community. With regards to housing, it was noted that the City is looking at the zoning codes and creating a comprehensive plan. There is a block of land that is not developed which is zoned to be developed a certain way that would create housing and business in a downtown like development that would be a walkable community. The need for shelters was mentioned, noting the closest is two hours away. The challenges with short term rentals taking away from regular housing was mentioned by several stakeholders. Some suggested the need for more incentives for landlords to do year-round housing or training to create better agreements with tenants. In general, the need for training for both landlords and tenants around understanding their rights and responsibilities was mentioned. The need for a transitional living center for people ages 18-24 was also noted.

The need for public transportation was also identified. The hospital shared that people often leave in the middle of the night and want a cab voucher, but they do not have them. The hospital will provide a non-emergent ambulance if they are not ambulatory, but it is rare.

It was noted that it would be helpful to have a resource book that could be handed out to patients, so they are aware of other services in the community.

One mentioned the need for additional resources for injury prevention. It was shared that abuse in the Native population is exponentially higher so Alaska in general has more issues, although it is relatively small in Homer.

It was noted that the community lacks hospice, end of life and palliative care. What is available is great, but stakeholders wish it was more robust. There is interest in having the services available outside of the hospital. The need to get and retain nurses and staff was also identified.

Some suggested the need to make the community welcoming, perhaps new residents could go to the Chamber and get a welcome packet. Something to help connect to community and feel like they are a part of it, which would help retain them.

Health literacy was mentioned noting that there is a lot of misinformation out there. Even educated people are struggling. They note that health literacy is different than education.

The need to ensure Tribal voices are represented was also shared.

Some spoke of the economy and the fact that there are a lot of option positions right now. That people are spending less so less money is being recirculated. They also noted that several businesses closed during the pandemic.

Specific to youth stakeholders identified the need for mental health, childcare, support for those with special needs and something to address drugs around schools.

Role of South Peninsula Hospital, Homer Public Health, Medical Provider or Local Coalition

The following were shared as the role local health groups and coalitions can play in addressing the identified needs. A few talked about the impact the lack of housing is having on the workforce. Others noted in general anything that would help improve the health of the community. A few shared that MAPP is involved with the plan to create non-motorized transportation around Homer as well as recreational opportunities. Others talked about bringing community together and providing a way for the community to share stories and identify what they see as community needs. One noted it would be great for the hospital to open up its own childcare

program that would be available to the community. Another stakeholder mentioned the need for advocacy around a Title 1 Preschool at the Elementary School.

Priority to Address Over Next Three Years

The following were identified as priorities to focus on over the next three years:

- Helping with the implementation of the non-motorized transportation plan and comprehensive plan
- Affordable housing
- Childcare
- After school youth programs
- More funding for early childhood
- More trauma informed practices
- Access to food
 - Food distribution for kids/summer meal programs for kids

Appendix A:

Perception of Community Health Survey

SKP MAPP Perception of Health 2022

Since 2008, our hospital has been working together with other entities within the MAPP coalition to improve community health. Every three years, we take a pulse of the community's health perceptions to inform existing and new hospital and community efforts. Please take a few minutes to tell us what's important to you.

As a thank you, upon completion you will be redirected to an entry form to be entered into a drawing to receive a prize as a thank you. Information provided on the entry form is not linked to your survey results and will only be used for purposes of the drawing.

Thank you!

* 1. Which THREE aspects below are our community's greatest strengths?

- | | | |
|---|--|---|
| <input type="checkbox"/> Schools | <input type="checkbox"/> Religious or Spiritual Opportunities | <input type="checkbox"/> Behavioral Health Services |
| <input type="checkbox"/> Housing | <input type="checkbox"/> Access to Job Training & Higher Education | <input type="checkbox"/> Public Transportation |
| <input type="checkbox"/> Natural Beauty | <input type="checkbox"/> Cultural/Arts Opportunities | <input type="checkbox"/> Recreational Opportunities |
| <input type="checkbox"/> Social Networks | <input type="checkbox"/> Private/Public Nonprofit Organizations | <input type="checkbox"/> People Help Each Other |
| <input type="checkbox"/> Access to Health Care | <input type="checkbox"/> Jobs & Economic Opportunities | <input type="checkbox"/> Access to Healthy Food |
| <input type="checkbox"/> Cultural Diversity | <input type="checkbox"/> Healthy Lifestyle Opportunities | <input type="checkbox"/> Elder Care |
| <input type="checkbox"/> Environmental Health | <input type="checkbox"/> Substance Abuse Treatment | |
| <input type="checkbox"/> Support for Families | <input type="checkbox"/> Respect for Varied Viewpoints | |
| <input type="checkbox"/> Other (please specify) | | |

SKP MAPP Perception of Health 2022

* 2. Which THREE aspects of our community most need to be improved?

- | | | |
|--|--|---|
| <input type="checkbox"/> Schools | <input type="checkbox"/> Religious or Spiritual Opportunities | <input type="checkbox"/> Behavioral Health Services |
| <input type="checkbox"/> Housing | <input type="checkbox"/> Access to Job Training & Higher Education | <input type="checkbox"/> Public Transportation |
| <input type="checkbox"/> Natural Beauty | <input type="checkbox"/> Cultural/Arts Opportunities | <input type="checkbox"/> Recreational Opportunities |
| <input type="checkbox"/> Social Networks | <input type="checkbox"/> Private/Public Nonprofit Organizations | <input type="checkbox"/> People Help Each Other |
| <input type="checkbox"/> Access to Health Care | <input type="checkbox"/> Jobs & Economic Opportunities | <input type="checkbox"/> Access to Healthy Food |
| <input type="checkbox"/> Cultural Diversity | <input type="checkbox"/> Healthy Lifestyle Opportunities | <input type="checkbox"/> Elder Care |
| <input type="checkbox"/> Environmental Health | <input type="checkbox"/> Substance Abuse Treatment | |
| <input type="checkbox"/> Support for Families | <input type="checkbox"/> Respect for Varied Viewpoints | |

☐ Other (please specify)

SKP MAPP Perception of Health 2022

* 3. Please check the THREE factors that MOST NEGATIVELY affect the health of you and your family and the THREE factors which MOST NEGATIVELY affect the health of the community.

	You and Your Family	Community
Physical Health	<input type="checkbox"/>	<input type="checkbox"/>
Mental/Emotional Health	<input type="checkbox"/>	<input type="checkbox"/>
Substance Abuse	<input type="checkbox"/>	<input type="checkbox"/>
Interpersonal Violence	<input type="checkbox"/>	<input type="checkbox"/>
Economic Health	<input type="checkbox"/>	<input type="checkbox"/>
Environmental Health	<input type="checkbox"/>	<input type="checkbox"/>
Education (costs and availability)	<input type="checkbox"/>	<input type="checkbox"/>
None of the above	<input type="checkbox"/>	<input type="checkbox"/>

Other (please specify)

SKP MAPP Perception of Health 2022

* 4. Do any of the following prevent you from using services or activities that are available in our community?

☐ Schedule Conflicts

☐ Membership Restrictions

☐ Lack of Anonymity

☐ Age Restrictions

☐ Not Enough Time

☐ Transportation

☐ Stigma

☐ Found Services Elsewhere

☐ Harassment

☐ Childcare

☐ Distrust/Dislike Agency or Provider

☐ Awareness

☐ Confidentiality

☐ Cost

☐ Medicaid Problem

☐ Cultural or Religious Convictions

☐ None of these prevent me from using available services or activities

☐ Language Barrier

☐ Other (please specify)

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* 5. The following statements describe the eight dimensions of wellness. Mark the response that best reflects how you feel:

	Never	Sometimes	Frequently	Always	I prefer not to answer
I have a sense of purpose and meaning in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a sense of connection, belonging, safety and a reliable support system	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the ability to perform daily activities without undue fatigue or physical stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have opportunities to expand my knowledge and skills and to use my creative abilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can cope effectively with life stresses, and my work and relationships are enriching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My surroundings are adequate for me (from my home to the wider community or environment)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have enough money for my basic needs, and I can adapt for unplanned expenses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am connected to my own culture and traditions, and I see the diversity and richness of other cultures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SKP MAPP Perception of Health 2022

* 6. During the COVID-19 pandemic were any of these more challenging for you than normal?
Please check all that apply.

- | | |
|---|--|
| <input type="checkbox"/> Housing (paying rent, facing eviction, foreclosure, maintenance, etc.) | <input type="checkbox"/> Access to medical care |
| <input type="checkbox"/> Job security (unemployed, fired or laid off, less work to do than before, less income, etc.) | <input type="checkbox"/> Safety at home (abuse, interpersonal violence, family violence, or domestic violence) |
| <input type="checkbox"/> Transportation (getting to places you need to go, riding public transit, driving a car, etc.) | <input type="checkbox"/> Access to childcare |
| <input type="checkbox"/> Access to food (affordable groceries, getting SNAP benefits, feeding family or loved ones, etc.) | <input type="checkbox"/> Affording other basic needs (not mentioned) |
| <input type="checkbox"/> Utilities (electric, gas, or water shut-offs or difficulty paying for them) | <input type="checkbox"/> Did not experience any challenges |
| <input type="checkbox"/> Paying bills (medical or other) | <input type="checkbox"/> I prefer not to answer |
| <input type="checkbox"/> Other (please specify) | |

7. What other challenges did you or your family face during the COVID-19 pandemic?

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* 8. Please answer the following related to the COVID-19 pandemic:

	Yes	No	I prefer not to answer
Did you test positive for COVID-19 at any time during the pandemic?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did someone in your household test positive for COVID-19?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did you or someone in your household seek treatment for COVID-19?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you or a loved one suffering from lingering health problems related to COVID-19?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did you experience unexpected loss of a loved one due to COVID-19?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 9. Did you have any trouble managing any health needs during the COVID-19 pandemic?

☐ Yes (please explain below) ☐ No ☐ I prefer not to answer

10. If yes, please explain:

SKP MAPP Perception of Health 2022

* 11. Please rate the following:

	Excellent	Very Good	Good	Fair	Poor	I prefer not to answer
Your mental health <u>before</u> the COVID-19 pandemic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your mental health <u>during</u> the COVID-19 pandemic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your mental health <u>now</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 12. At any time during the COVID-19 pandemic, did you have serious thoughts about ending your life or of hurting yourself in some way?

☐ Yes ☐ No ☐ I prefer not to answer

13. What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

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The following questions are being asked to ensure we have equal representation in our survey respondents.

* 14. In what community do you live?

- | | | |
|--|-------------------------------------|-----------------------------------|
| <input type="radio"/> Anchor Point | <input type="radio"/> Kachemak City | <input type="radio"/> Port Graham |
| <input type="radio"/> Diamond Ridge | <input type="radio"/> Kachemak Selo | <input type="radio"/> Razdolna |
| <input type="radio"/> Fox River | <input type="radio"/> Nanwalek | <input type="radio"/> Seldovia |
| <input type="radio"/> Fritz Creek | <input type="radio"/> Nikolaevsk | <input type="radio"/> Voznesenska |
| <input type="radio"/> Homer | <input type="radio"/> Ninilchik | |
| <input type="radio"/> Other (please specify) | | |

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* 15. What is your age?

* 16. Gender:

☐ Male

☐ Female

☐ Transgender man/trans man

☐ I prefer to self-describe,

☐ Transgender woman/trans woman

☐ Genderqueer/gender nonconforming neither
exclusively male nor female

☐ I prefer not to answer

* 17. Do you think of yourself as:

☐ Straight or Heterosexual

☐ Lesbian or Gay

☐ I prefer to self describe,

☐ Bisexual

☐ Queer, pansexual, and/or
questioning

☐ Don't Know

☐ I prefer not to answer

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* 18. Please select your race/ethnicity. Please check all that apply.

- | | | |
|--|---|--|
| <input type="radio"/> American Indian or Alaska Native | <input type="radio"/> Hispanic | <input type="radio"/> Two or more races |
| <input type="radio"/> African American or Black | <input type="radio"/> Native Hawaiian or Other Pacific Islander | <input type="radio"/> I prefer not to answer |
| <input type="radio"/> Asian | <input type="radio"/> White | |
| <input type="radio"/> Other (please specify) | | |

* 19. How long have you lived in your community?

- ☐ Less than 1 year ☐ 1-5 years ☐ 6-10 years ☐ 11-19 years ☐ 20+ years
- ☐ I prefer not to answer

* 20. How many months a year do you live here?

- ☐ 1-5 ☐ 6 to 11 ☐ 12 ☐ I prefer not to answer

SKP MAPP Perception of Health 2022

* 21. Were you born in another country other than the United States?

- ☐ Yes
- ☐ No
- ☐ I prefer not to answer
- ☐ If yes, please tell us your home country

* 22. What is the highest education level you have completed?

- | | | |
|--|---|--|
| <input type="radio"/> Less than high school | <input type="radio"/> Associates Degree | <input type="radio"/> Doctorate Degree |
| <input type="radio"/> High school or equivalency | <input type="radio"/> Bachelor's Degree | <input type="radio"/> I prefer not to answer |
| <input type="radio"/> Vocational training | <input type="radio"/> Master's Degree | |
| <input type="radio"/> Some College | <input type="radio"/> Professional Degree | |

SKP MAPP Perception of Health 2022

* 23. How many people currently live in your household?

- | | | |
|-------------------------|-------------------------|--|
| <input type="radio"/> 1 | <input type="radio"/> 4 | <input type="radio"/> 7 |
| <input type="radio"/> 2 | <input type="radio"/> 5 | <input type="radio"/> 8+ |
| <input type="radio"/> 3 | <input type="radio"/> 6 | <input type="radio"/> I prefer not to answer |

* 24. If child(ren) living in household, what ages?

- | | |
|--------------------------------|--|
| <input type="checkbox"/> 0-5 | <input type="checkbox"/> 18+ |
| <input type="checkbox"/> 6-9 | <input type="checkbox"/> I prefer not to answer |
| <input type="checkbox"/> 10-13 | <input type="checkbox"/> No children currently live in the household |
| <input type="checkbox"/> 14-17 | |

* 25. What is your approximate annual household income?

- | | | |
|--|---|--|
| <input type="radio"/> Less than \$25,000 | <input type="radio"/> \$50,000-\$74,999 | <input type="radio"/> \$100,000+ |
| <input type="radio"/> \$25,000-\$49,999 | <input type="radio"/> \$75,000-\$99,999 | <input type="radio"/> I prefer not to answer |

SKP MAPP Perception of Health 2022

* 26. Do you have health insurance? (of any type: private, public, military, Native, Medicaid or Medicare)

☐ Yes ☐ No ☐ I prefer not to answer

* 27. Have you ever (or currently) served in the U.S Armed Forces, Reserves or National Guard?

☐ Yes ☐ No ☐ I prefer not to answer

Thank you for your input!

Appendix B:

Perception of Community

Health Data

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	507	49.7	49.7	49.7
Looking for good. Online free offerings for yoga and meditation. Journaling	1	.1	.1	49.8
My spouse and I got outside whenever the weather was decent to hike, bike, kayak. We missed time with our friends	1	.1	.1	49.9
We walked, hiked, biked, skied, camped... we were outside exercising most days. Feeling blessed to be in Homer where we can ski, hike or walk the beach	1	.1	.1	50.0
1. Talking with friends/family 2. Re-entering in-face, non-electronic socializing events. This was the most important for regaining /improving mental health.	1	.1	.1	50.1
1) Worked part time 2) sought counselling 3) maintained contact with family/friends	1	.1	.1	50.2
12 step meetings, medication, exercise	1	.1	.1	50.3
A good therapist that I see virtually. Getting out in nature. Exercise.	1	.1	.1	50.4
A very small bubble. Outdoor recreation.	1	.1	.1	50.5
Accepted help from others.	1	.1	.1	50.6
Activities with my dogs, reading	1	.1	.1	50.7
alaska housing, food pantry	1	.1	.1	50.8
all and any	1	.1	.1	50.9
All of them all ways	1	.1	.1	51.0
Am retired stayed home busy	1	.1	.1	51.1
art, exercise, cooking, simplifying my schedule	1	.1	.1	51.2
As an essential worker my life continued on with the adaptation of Covid precautions.	1	.1	.1	51.3
Ate well, exercised, used zinc, Vitamin D3, Vitamin C and Ivermectin (all proven and effective)	1	.1	.1	51.4
Avoidance of others	1	.1	.1	51.5
Avoided crowds of people	1	.1	.1	51.6
Bay club/ aquazine / Book club via zoom	1	.1	.1	51.7
Bay club/aqua zine/book club via zoom	1	.1	.1	51.8
Beach walks. Zoom with friends	1	.1	.1	51.9

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
became more active in community groups	1	.1	.1	52.0
Being a Christian, prayer, my Bible, love of my husband and support network.	1	.1	.1	52.1
being creative entrepreneurially & staying in a close nitched circle of friends	1	.1	.1	52.2
Bible	1	.1	.1	52.3
Bible study and friendships	1	.1	.1	52.4
binge watching shows on Netflix not really a strategy but a way to stay entertained as a person living alone with no family in town and very few friends near by.	1	.1	.1	52.5
Both my husband and I worked t/o pandemic and did not experience issues.	1	.1	.1	52.5
built birdhouses	1	.1	.1	52.6
Bunnies	1	.1	.1	52.7
Calling family, support	1	.1	.1	52.8
Calling friends on phone	1	.1	.1	52.9
Calls- cell phone. Exercise/lungs	1	.1	.1	53.0
CARRYING ON WITH MY NORMAL LIFE, I STILL HAD A JOB AND HAD TO GO TO WORK EVERY DAY. THAT HELPED ALOT WITH COPING WITH THE PANDEMIC	1	.1	.1	53.1
Catch up overdue projects	1	.1	.1	53.2
CDC recommendations	1	.1	.1	53.3
Changed jobs so I could get out of the house.	1	.1	.1	53.4
changing jobs. enriching home life	1	.1	.1	53.5
Church	1	.1	.1	53.6
Church online and family online	1	.1	.1	53.7
Clear	1	.1	.1	53.8
CLOSE FRIENDS	1	.1	.1	53.9
common sense	1	.1	.1	54.0
Common sense	1	.1	.1	54.1
Communicate to family, be outside with family alone on lockdown, retire from Active duty army	1	.1	.1	54.2

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
communicated with landlord and utility company. Fortunately they listened and worked with the situation and let me make payments	1	.1	.1	54.3
Community	1	.1	.1	54.4
Community outreach. Volunteered to bring foodbank to our elders.	1	.1	.1	54.5
Community. I found ways to create spaces for friends online to stay connected. I helped Homer Pride Planning to make a weekly coffee time zoom meeting. I got rid of my apartment which created less financial stress. I got out in nature.	1	.1	.1	54.6
Computer	1	.1	.1	54.7
computer/remote work	1	.1	.1	54.8
connecting with family and friends as able. Exercise	1	.1	.1	54.9
Connecting with family via phone and zoom etc	1	.1	.1	55.0
Connecting with loved ones via technology, activities at home to distract the brain.	1	.1	.1	55.1
Connecting with spouse and reengaging with the equine world	1	.1	.1	55.2
connection with my family and friends	1	.1	.1	55.3
Connection with my friends and practice, practice, practice of my spiritual path and putting spiritual aspirations in to actions	1	.1	.1	55.4
connection, work, sense of community	1	.1	.1	55.5
contact others being social thank you	1	.1	.1	55.6
contact with friends outdoors	1	.1	.1	55.7
Continued subsistence and garden activities and running	1	.1	.1	55.8
COOKING, HOBBIES, SPENDING TIME WITH FAMILY	1	.1	.1	55.9
Coping the problem	1	.1	.1	56.0
counseling	1	.1	.1	56.1
Counseling	2	.2	.2	56.3
Counseling & medication	1	.1	.1	56.4
Counseling, exercise, making an effort to see friends.	1	.1	.1	56.5

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Counseling, psychiatry, meditation, medication, arts & crafts, my dog, diet change, funny movies, attempts at a regular sleep schedule.	1	.1	.1	56.6
COUNSELING. CHANGED POSITIONS WITHIN EMPLOYER TO ACCOMMODATE LIFE STRESSERS AND OR ILLNESS CAUSED BY COVID 19	1	.1	.1	56.7
Covid 19 was control	1	.1	.1	56.8
Crafting, TV, radio	1	.1	.1	56.9
Crafts	1	.1	.1	57.0
CREATIVE HOBBIES, OUTDOOR RECREATION, VIRTUAL MEET UPS	1	.1	.1	57.1
dancing to Lady G, Lil Nas and ABBA	1	.1	.1	57.2
DARK, IRONIC, HUMOR	1	.1	.1	57.3
Day to day	1	.1	.1	57.4
Disc golf	1	.1	.1	57.5
DISNEY CHANNEL AND MORE BEACH WALKS	1	.1	.1	57.5
distancing, outdoor activities, staying active, listening to medical experts	1	.1	.1	57.6
Do not leave home, nothing at home with not to go to many places	1	.1	.1	57.7
doctors advice; mass media was no help	1	.1	.1	57.8
During COVID-19, we adopted a self-isolation model at home to prevent cross-infection.	1	.1	.1	57.9
During COVID-19, we reached out to the community to provide us with more disinfectant supplies.	1	.1	.1	58.0
During the COVID-19 pandemic, I turned to my community health services and needed their support to purchase the medicines I needed, as well as daily disinfecting with alcohol and so on.	1	.1	.1	58.1
During the pandemic we changed the direction, everything was online, it used to be offline, now it's online	1	.1	.1	58.2
During the pandemic, my family and I minimized our outings and bought a lot of supplies.	1	.1	.1	58.3

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
eating and drinking	1	.1	.1	58.4
Eating and drinking too much.	1	.1	.1	58.5
eating healthy, doing weights, exercise helped 100% reading, walking, running, masking being smart and safe, avoiding crowds	1	.1	.1	58.6
Emotional support from those within my "bubble", access to online food/groceries ordering. As a retirees, I did not have the stress of worrying about employment/financial issues. I had easy access to outdoor activities and tv streaming!	1	.1	.1	58.7
ENJOYED A SLOWED DOWN SCEDULE AND STAYING HOME	1	.1	.1	58.8
enjoyed being around people less	1	.1	.1	58.9
Enjoyed time off!	1	.1	.1	59.0
Entrepreniral ideas, close small group of friends	1	.1	.1	59.1
Escape from people	1	.1	.1	59.2
Excercise	1	.1	.1	59.3
Exercise a lot outdoors	1	.1	.1	59.4
exercise and daily meditation apps	1	.1	.1	59.5
Exercise and herbs	1	.1	.1	59.6
exercise and rest	1	.1	.1	59.7
Exercise, games, sleep	1	.1	.1	59.8
Exercise, gathering with community	1	.1	.1	59.9
exercise, learning new things, friend, small groups	1	.1	.1	60.0
Exercise, stopping negative thoughts, and controlling anxiety before it was out of control.	1	.1	.1	60.1
Exercise, time out in nature, time with close family, FaceTime with family	1	.1	.1	60.2
exercise, yoga, daily meditation	1	.1	.1	60.3
extreme personal responsibility	1	.1	.1	60.4
Face Time Zoom Someone doing grocery shopping	1	.1	.1	60.5
FaceTime, cooking and gardening	1	.1	.1	60.6
FaceTime, texts with friends, therapy, work, going outside	1	.1	.1	60.7
Faith	1	.1	.1	60.8

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Faith in God and surrounded by family. We ignored the advice to quarantine.	1	.1	.1	60.9
Faith. Trust in The lord. HE IS Faithful & True Prayer. Church family providing for each other's needs.	1	.1	.1	61.0
family	1	.1	.1	61.1
Family	4	.4	.4	61.5
FAMILY	1	.1	.1	61.6
Family & Food	1	.1	.1	61.7
Family activities/ employment support/ connecting with family	1	.1	.1	61.8
Family and friends	1	.1	.1	61.9
Family and friends, that's all you need. Quit pushing that everyone needs mental health thur the medical system	1	.1	.1	62.0
Family and great work place support.	1	.1	.1	62.1
Family and health care staff support.	1	.1	.1	62.2
Family connection. Spousal support.	1	.1	.1	62.3
Family including pets, friends	1	.1	.1	62.4
family members did our shopping; we took walks, avoided crowds of any kind; met outside or side by side cars for chats with friends and family	1	.1	.1	62.5
Family picked up food for us.	1	.1	.1	62.5
family support	1	.1	.1	62.6
Family time	1	.1	.1	62.7
family time, Worship, Prayer	1	.1	.1	62.8
Family, education	1	.1	.1	62.9
Family, friend, religious relationships & got busy (through volunteering with religious entities and through the hospital) - trying to actively make a difference in other community member's lives that were made more difficult than usual by this pandemic.	1	.1	.1	63.0
Family, friends, medication, therapy	1	.1	.1	63.1
Fished	1	.1	.1	63.2
fitness	1	.1	.1	63.3
Focus on family	1	.1	.1	63.4
FOCUSED ON HOUSE PROJECTS	1	.1	.1	63.5
Food, cannabis, and video games	1	.1	.1	63.6

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Food... lots and lots of food	1	.1	.1	63.7
Fortunate enough that I was able to keep my job and stick to semi-normal schedule and life	1	.1	.1	63.8
friends	2	.2	.2	64.0
Friends	1	.1	.1	64.1
Friends and Doctors, Family to reach out to for help	1	.1	.1	64.2
Friends and family	2	.2	.2	64.4
friends and family...making contact even though distanced lots of outdoor recreationyion	1	.1	.1	64.5
Friends, being of service, healthy food, cooking	1	.1	.1	64.6
friends, being outside	1	.1	.1	64.7
friends, exercise	1	.1	.1	64.8
friends, family games and programs	1	.1	.1	64.9
Friends/family/walking outside	1	.1	.1	65.0
Funny movies-staying connected via facebook	1	.1	.1	65.1
GARDEN	1	.1	.1	65.2
Get outside and walked.	1	.1	.1	65.3
getting out in nature daily	1	.1	.1	65.4
Getting outdoors and walking or cross country skiing	1	.1	.1	65.5
Getting outdoors for physical exercise everyday.	1	.1	.1	65.6
Getting outside	1	.1	.1	65.7
Getting outside was hands down the best thing I could do. I exercised or adventured with my family and that was actually a wonderful side effect of the pandemic.	1	.1	.1	65.8
getting outside, connecting virtually with long distance family and friends	1	.1	.1	65.9
Getting together with other like-minded people.	1	.1	.1	66.0
Go hiking / walking. Reach out to others by phone	1	.1	.1	66.1
GO ON WALKS, GET OUTSIDE	1	.1	.1	66.2

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Going for walks and bike rides, enjoying my spouse, enjoying my family when possible, talking to distant family on the phone	1	.1	.1	66.3
Going on walks/getting outdoors	1	.1	.1	66.4
Got a dog, drew a lot, read, called and texted friends and relatives	1	.1	.1	66.5
got into new hobbies	1	.1	.1	66.6
got more exercise, read more	1	.1	.1	66.7
Got outside. Didn't dwell on illness	1	.1	.1	66.8
got vaccinated and took all precautions to stay well, both physically and mentally	1	.1	.1	66.9
Government aid, Medicaid, savings, benefits	1	.1	.1	67.0
GRANDKIDS	1	.1	.1	67.1
grant from Alaska housing, unemployment, therapy	1	.1	.1	67.2
Gratitude Social network	1	.1	.1	67.3
Grind	1	.1	.1	67.4
Hang in there	1	.1	.1	67.5
Have a wonderful support system of friends/family. Had a baby during the pandemic and felt cared for. Also, clung to my faith in Jesus.	1	.1	.1	67.5
hiking	1	.1	.1	67.6
Hobbies	1	.1	.1	67.7
Hobbies at home	1	.1	.1	67.8
HOBBIES, CAMPING	1	.1	.1	67.9
Hobby crafting	1	.1	.1	68.0
Honestly, I drank too much, ate too much, and slept all the time. Normal/healthy coping skills that I typically use went out the window because I was so severely depressed that I did not have the energy or ability to engage in my typical routine.	1	.1	.1	68.1
Hope that it would end soon	1	.1	.1	68.2
I began running. Lost 70 lbs and began eating better. I chose healthy coping strategies	1	.1	.1	68.3

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
I continue as usual only when in public wore a mask and safe distance . Just didn't eat out at all but ordered brought home .	1	.1	.1	68.4
I did art	1	.1	.1	68.5
I did not need any	1	.1	.1	68.6
I dont have time for self care	1	.1	.1	68.7
i drank, so i didn't	1	.1	.1	68.8
I had a remote job and I worked long hours -- the job involved Covid support. I was able to save some money and that's how I'm getting by now.	1	.1	.1	68.9
I had a supportive relationship with my spouse. The extended family got together outside and masked when the weather permitted	1	.1	.1	69.0
I HAD ENOUGHSENSE TO KNOW ITS FAKE	1	.1	.1	69.1
I have garden and dogs and goats and a close partner. Keeping in touch with family. Reading and crafting.	1	.1	.1	69.2
I just work... and look on the people that needed me, and told myself that this is just one of the challenges in life that I needed to face and go through	1	.1	.1	69.3
I kept living as normally as possible and avoided people who were freaking out such as those who wore masks outside or wouldn't leave their homes.	1	.1	.1	69.4

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
I leaned on my family and friends for support. Hateful things were being said about folks who were unvaccinated in our work environments which made it very uncomfortable to be at work. More than once I heard people say "Well good, they can just die then." It was hard to know my coworkers would say such things regardless of what another person was choosing for themselves. Life is about choices, period. We have way to many much hate and anger in this world. As an empathetic person, it was hard to hear things like that. It definitely made it a struggle to come to work because I do have coworkers who were both vaccinated and unvaccinated and would never wish ill will towards ANY of them.	1	.1	.1	69.5
I let go!	1	.1	.1	69.6
I prefer not to answer	1	.1	.1	69.7
I prefer not to say but they probably weren't the healthiest was to cope	1	.1	.1	69.8
I relied more on my partner and a small circle of family/friends for social connection. We socialized outdoors, as long as the weather was warm enough. We talked on the phone or face timed more. We learned to zoom for classes, talks, and meetings. We made/used masks. I made homemade hand sanitizer, studied and made Covid specific herbal tinctures with a friend, and focused on healthy living.	1	.1	.1	69.9
I tried to keep myself busy at home.	1	.1	.1	70.0
I TURNED OFF THE TV AND TALK RADIO.	1	.1	.1	70.1
I used my cell phone to connect with loved ones. I didn't talk about things that led to debates	1	.1	.1	70.2
I used telehealth for mental health counseling for a several months.	1	.1	.1	70.3
I was walking every day!	1	.1	.1	70.4
I went out and helped people with covid 19	1	.1	.1	70.5
I went to work, and used door dash alot.	1	.1	.1	70.6

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
I worked and resilience through stupidity in my healthcare field and observed fear in people. Yes I witnessed death of people and human suffering and all types reactions	1	.1	.1	70.7
I worked.	1	.1	.1	70.8
I zoomed with a counselor and Church Family and my family	1	.1	.1	70.9
I'm in the Homer Chamber Visitor Center and we had a partnership with SPH. Including having the first drive through testing clinic if needed	1	.1	.1	71.0
I've never had it as bad as my grandparents and parents! Shame prevents me from harming myself	1	.1	.1	71.1
Ibprofun	1	.1	.1	71.2
increased conversations by phone and video chatting	1	.1	.1	71.3
Increased outdoor exercise, walking with friends	1	.1	.1	71.4
increased working out, hiking/walking the dog, x country skiing with no one around; reliance on face-timing with distant family and friends; Resources: heavy reliance on sources to keep updated with what was new with pandemic (also one cause of burn-out)	1	.1	.1	71.5
Interacting with family and friends via Facetime/Skype/etc.	1	.1	.1	71.6
Internet and zoom	1	.1	.1	71.7
Internet entertainment, outdoor activities, cooking.	1	.1	.1	71.8
Internet, telephone, learning a language, reading.	1	.1	.1	71.9
It was lonely, still not fully socially engaged.	1	.1	.1	72.0
it was no big deal	1	.1	.1	72.1
Job yoga family movement nature	1	.1	.1	72.2
Just faith and family	1	.1	.1	72.3
JUST GO ALONG	1	.1	.1	72.4
Just kept trying to do my own thing on my own path	1	.1	.1	72.5
just live normal except with a mask on	1	.1	.1	72.5

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Just stay busy-try to keep my house warm	1	.1	.1	72.6
Just trying to stay positive and show up to work every day to help my patients & make money to support my family. thank	1	.1	.1	72.7
KBBI radio, cooking, work	1	.1	.1	72.8
keep to myself, sleep and get a cat and dog	1	.1	.1	72.9
keeping busy	1	.1	.1	73.0
KEEPING HEALTHY, PRAYER, CHURCH, WORK	1	.1	.1	73.1
Keeping in touch with family	1	.1	.1	73.2
kept busy	2	.2	.2	73.4
Kept busy by baking and crafting	1	.1	.1	73.5
Leaned into my friend group and family members	1	.1	.1	73.6
Leaned on family and friends.	1	.1	.1	73.7
Learning about the Marxist colonization of cultural institutions and the abuse of children by the woke Marxists for subverting our nation with their hate-based intersectionalist oppressed vs oppressor dynamic	1	.1	.1	73.8
Learning to enjoy nature and solitude (more)	1	.1	.1	73.9
Limitation of social interaction.	1	.1	.1	74.0
Listening to music; talking with family and friends on the phone/social media.	1	.1	.1	74.1
LIVED LIFE FEARLESSLY	1	.1	.1	74.2
Lived rural and stayed home	1	.1	.1	74.3
Local Healthcare, work from home	1	.1	.1	74.4
Local medical facilities	1	.1	.1	74.5
Lots of outdoor exercise, meeting with friends outdoors	1	.1	.1	74.6
Lots of outdoor time and exercise	1	.1	.1	74.7
Lots of outside time, family games and food and drinks	1	.1	.1	74.8
LOts of phone calls and ZOOM calls.	1	.1	.1	74.9
Lots of phone calls with family and friends.	1	.1	.1	75.0
lots of sleep.	1	.1	.1	75.1

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Lots of time outside working and connecting with nature and my body. Getting offline!!!!	1	.1	.1	75.2
Lots of video chats with friends and family far away.	1	.1	.1	75.3
Lots of walks on the beaches and trails, exercise. Talking to friends.	1	.1	.1	75.4
Lots of zoom	1	.1	.1	75.5
Many of the reserves have been hollowed out.	1	.1	.1	75.6
Mask wearing.	1	.1	.1	75.7
Masking, distancing, staying out of stores, getting vaccines and boosters.	1	.1	.1	75.8
masks, avoid large crowds, try hard to be safe	1	.1	.1	75.9
Medical Insurance	1	.1	.1	76.0
Meditation	1	.1	.1	76.1
Meditation making time for family creativity	1	.1	.1	76.2
Meditation, Family	1	.1	.1	76.3
MEDITATION, MY FAMILY	1	.1	.1	76.4
Meditation, walks, breathing, learning how to have better mental health	1	.1	.1	76.5
monthly therapy	1	.1	.1	76.6
More close family time	1	.1	.1	76.7
More time with friends and family, virtual meet ups, exercise	1	.1	.1	76.8
Much of the stockpile has been tapped since the COVID-19 pandemic.	3	.3	.3	77.1
Music-singing, dancing, art-painting, drawing, nature hikes	1	.1	.1	77.2
Music, Art, Baking	1	.1	.1	77.3
MY COLLEGE KIDS WERE HOME-SO I HAD THAT TO HELP	1	.1	.1	77.4
My community support	1	.1	.1	77.5
My dogs	1	.1	.1	77.5
My Faith in God	1	.1	.1	77.6
My faith in God. And i kept moving forward and doing what i needed to do everyday.	1	.1	.1	77.7

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
My faith in Jesus and the companionship of my husband of 32 years	1	.1	.1	77.8
My friends and family	1	.1	.1	77.9
My mental health issues are hereditary and not directly related to covid. Things that help include indulgence/meditation, controlled muscle relaxation... oh and lots of medication :)	1	.1	.1	78.0
my own strengths	1	.1	.1	78.1
My partner. BUT my partner did experience #12 and it is a lasting repercussion of the pandemic	1	.1	.1	78.2
My strong belief in the Bible and the salvation of Jesus Christ---along with a wonderful church family.	1	.1	.1	78.3
n/a	3	.3	.3	78.6
N/A	4	.4	.4	79.0
Nature walks	1	.1	.1	79.1
Nature walks, connecting on zoom	1	.1	.1	79.2
nature! spent so much time outside with my kid, art, films, cooking	1	.1	.1	79.3
Neighbors help each other with resources, using Internet social media software to ask for help	1	.1	.1	79.4
Netflix N' Chill	1	.1	.1	79.5
NETFLIX, AIRPLANE	1	.1	.1	79.6
NETFLIX, BEER, PROJECTS	1	.1	.1	79.7
new ways of relating, lots of zoom, and new friends in online ways	1	.1	.1	79.8
New ways to socialize at a distance, enjoying small pleasures at home, recreating outdoors	1	.1	.1	79.9
No fear	1	.1	.1	80.0
No response	1	.1	.1	80.1
nome senior center, library, nome city council	1	.1	.1	80.2
None	5	.5	.5	80.7
None needed- Press on with life	1	.1	.1	80.8
nothing	1	.1	.1	80.9
NOTHING	1	.1	.1	81.0

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
nothing but having to wear a mask changed for me	1	.1	.1	81.1
Nothing. I lived my life like nothing had changed. My family is still unvaxxed and healthy.	1	.1	.1	81.2
on the internet a lot (global connections)	1	.1	.1	81.3
One day at a time.	1	.1	.1	81.4
Online friends	1	.1	.1	81.5
online groups for mental health and exercise etc...	1	.1	.1	81.6
Online support and training	1	.1	.1	81.7
Our little "pod" did a lot of in house activities and (sanitized)cooking for each other. We had fun helping with the childcare. We used zoom for out of town visits with extended family.	1	.1	.1	81.8
Ourselves and common sense. Wash hands cover cough eat healthy	1	.1	.1	81.9
Outdoor activities, phone conversations	1	.1	.1	82.0
Outdoor activities, sleeping, researching, gardening	1	.1	.1	82.1
Outdoor activities!!!	1	.1	.1	82.2
outdoor walks with friends, phone calls, stopped listening to the news but signed up for AK state covid updates	1	.1	.1	82.3
Outdoors	1	.1	.1	82.4
Outside time	1	.1	.1	82.5
Paper survey: question skipped	6	.6	.6	83.0
Paper survey: Question skipped	6	.6	.6	83.6
partnership, building my home, starting a new job	1	.1	.1	83.7
personal relationships/outdoors + natural beauty	1	.1	.1	83.8
Phone calls with friends/ swimming	1	.1	.1	83.9
physical activity, family, outdoor time	1	.1	.1	84.0
Physical activity, reading, drinking wine, talking w/friends, cooking, helping elderly community	1	.1	.1	84.1

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Physical Isolation, nuclear family/close friend support system/social circle, vaccines, public health recommended prevention measures (mask/social distancing/etc).	1	.1	.1	84.2
Pleading with utilities and landlord to give more time to pay since every time there was a potential infection, my work made me take off several days with no pay. And I used the food bank a few times.	1	.1	.1	84.3
Positive Attitude	1	.1	.1	84.4
Practicing gratitude, getting outside, sifting perspective to be thankful for the time with family, finding other ways to connect with friends such as sending letters and drawings	1	.1	.1	84.5
Prayer	1	.1	.1	84.6
Prayer and serving my community.	1	.1	.1	84.7
Prayer for wisdom and trust in my own research and self care.	1	.1	.1	84.8
Prayer, zoom, NA, AA, Church	1	.1	.1	84.9
Praying for those who pushed this and praying for the people that died, especially the disabled and elderly, who lost their battle, but nice they went "productive" citizens, don't worry, it's no loss, well...except to their families.	1	.1	.1	85.0
projects	1	.1	.1	85.1
Projects work for self as contraction, educate online	1	.1	.1	85.2
Rational thinking, in other words, I thought for myself, gathered my own information and consulted with people I trusted to come up with a plan for me and my family that we felt good and strongly about! The news sources were absolutely no help! So much conflicting information and so much fear paralyzed so many people. We continued to take vitamins, breathe fresh air and love each other! We did great!	1	.1	.1	85.3
Reached out to friends and families via internet and phone	1	.1	.1	85.4

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Reaching out to people through letters, emails, and online communities, spending as much time as possible outside	1	.1	.1	85.5
read books, watched tv. exercised lots.	1	.1	.1	85.6
Read many books	1	.1	.1	85.7
read, walked, cooked learned something new	1	.1	.1	85.8
Reading, exercise, talking w/friends, long drives, camping	1	.1	.1	85.9
Reading, staying in touch with others, being outdoors	1	.1	.1	86.0
Reading, T.V., visiting friends/family on phone	1	.1	.1	86.1
RECREATIONAL ACTIVITIES	1	.1	.1	86.2
regular exercise, healthy diet, mindfulness activities, outdoor activities, texting friends/family	1	.1	.1	86.3
relationships with friends/family, outdoor recreation	1	.1	.1	86.4
Relied on family and work	1	.1	.1	86.5
reminding myself that it was only temporary	1	.1	.1	86.6
SAME AS ALWAYS	1	.1	.1	86.7
sdfger	1	.1	.1	86.8
SEEING FRIENDS IN MY CIRCLE AND SPENDING TIME OUTSIDE	1	.1	.1	86.9
Seeing friends in small groups.	1	.1	.1	87.0
self	1	.1	.1	87.1
Self education. Peer support.	1	.1	.1	87.2
Self regulation, support networks, being outside	1	.1	.1	87.3
Self reliance and my wife	1	.1	.1	87.4
Sewing, time with spouse, reading	1	.1	.1	87.5
Shelter in h9me	1	.1	.1	87.5
Silver colloid	1	.1	.1	87.6
ski, get outside	1	.1	.1	87.7
skiing	1	.1	.1	87.8
Skiing, spending time with family	1	.1	.1	87.9
Social media and WiFi and tv and books	1	.1	.1	88.0

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Social media, friends and family	1	.1	.1	88.1
social media; taking deep breaths; trying to focus on the positive in life; spending time outdoors	1	.1	.1	88.2
social network	1	.1	.1	88.3
some travel in 2021 and 2022 stayed home	1	.1	.1	88.4
Sometimes i'm talking to a trusted person, a friend or family member, is a good and easy way to feel better. When we share what's bothering us with someone, it is more likely we will feel relieved and better understand the situation we are in and the feelings that come with it.	1	.1	.1	88.5
Spend out walking or atving	1	.1	.1	88.6
Spend time with family	1	.1	.1	88.7
Spending time outdoors, bolstering telehealth measures both as provider and recipient of services, quality time at home	1	.1	.1	88.8
spending time with my family	1	.1	.1	88.9
SPH Behavioral Health services	1	.1	.1	89.0
Spiritual	1	.1	.1	89.1
SPIRITUAL ENRICHMENT, CONTINUING TO FIND COMMUNITY AND MAINTAIN FRIENDSHIPS	1	.1	.1	89.2
Spiritual practices, tele-health therapy, friends	1	.1	.1	89.3
spirituality, dogs, time outside	1	.1	.1	89.4
Started counseling and medication.	1	.1	.1	89.5
started exercising, tried to spend more time with family and less hours at work, started reading for pleasure more, stopped taking work home (no email on phone at home)	1	.1	.1	89.6
Stay busy and involved	1	.1	.1	89.7
STAY BUSY, TREATING COVID WITH SINUS IRRIGATIONS, HOT BATH	1	.1	.1	89.8
Stay healthy, follow standard precautions, reduce travel, do projects at home	1	.1	.1	89.9
Stay home	1	.1	.1	90.0

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Stay in virtual contact with loved ones through video chat, phone calls, text messages, social media, apps and email. Usually daily exercise and exercise keep the body active. Maintain a regular sleep pattern and stick to a routine that provides structure to your life. Practice stress management techniques such as mindfulness, meditation, yoga and controlled breathing.	1	.1	.1	90.1
STAY NORMAL AS POSSIBLE	1	.1	.1	90.2
Stay put, enjoyed peace, strengthen economy through rescue grants	1	.1	.1	90.3
stayed away from people	1	.1	.1	90.4
stayed home	1	.1	.1	90.5
Stayed in family circle and used masks	1	.1	.1	90.6
Staying active	1	.1	.1	90.7
staying connected with spouse. Connecting with extended family frequently. Participating in church routinely online.	1	.1	.1	90.8
Staying connected with work family and friends. Getting outdoors in the summer: fishing, camping, backpacking, etc.	1	.1	.1	90.9
staying home	1	.1	.1	91.0
Staying in touch with Friends and family, Small group hikes,	1	.1	.1	91.1
Staying in touch, art	1	.1	.1	91.2
Staying strong as a family and enjoying life together !	1	.1	.1	91.3
Strong primary relationship and family relationships- FaceTime, phone calls. Lots of outdoor time. Breaks from the media/reporting/doom and gloom. Gratitude.	1	.1	.1	91.4
Substances, meditation, mental escape, movies, small hangs.	1	.1	.1	91.5
Suck it up and deal	1	.1	.1	91.6
Support from family	1	.1	.1	91.7
Support from husband	1	.1	.1	91.8

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Take care of yourself by eating regular meals, exercising, getting enough sleep and reducing all other stressors. Do something that puts you back in control of your life.	1	.1	.1	91.9
talk to someone	1	.1	.1	92.0
Talking to family	1	.1	.1	92.1
talking to family members, turning off the news, music, wine, exercise, making future plans	1	.1	.1	92.2
Talking to loved ones	1	.1	.1	92.3
talking to my doctor	1	.1	.1	92.4
talking to others	1	.1	.1	92.5
Talking with friends and family via phone or online. Journaling. Going for walks & enjoying nature. Getting vaccinated!	1	.1	.1	92.5
talking; being open and honest in my relationship	1	.1	.1	92.6
Tapping, time outside, cold water immersion	1	.1	.1	92.7
Technology to connect with others.	1	.1	.1	92.8
Telephone contact and public meeting attendance	1	.1	.1	92.9
TESTING IN HOMER, THANK YOU FOR ALL YOU DO	1	.1	.1	93.0
THC	1	.1	.1	93.1
The expectation of healthcare workers to step up. It wasn't the resiliency pizza.	1	.1	.1	93.2
the mental health center had people who visited me. I went on walks and stayed busy at home	1	.1	.1	93.3
The phone, concentrated effort to stay in contact with family friends and projects inspirational reading limit TV	1	.1	.1	93.4
Thearpy and mental health meds	1	.1	.1	93.5
therapist	1	.1	.1	93.6
therapy	1	.1	.1	93.7
Therapy	2	.2	.2	93.9
THERAPY	2	.2	.2	94.1
THERAPY (thankfully SPH insurance covers my therapist). Lots of time outdoors. Stepping away from work.	1	.1	.1	94.2

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Therapy, lots and lots of it!	1	.1	.1	94.3
Therapy, yoga, cooking, meditation, drinking	1	.1	.1	94.4
Therapy!	1	.1	.1	94.5
Time in nature, tapping, breathwork	1	.1	.1	94.6
Time outdoors	1	.1	.1	94.7
Tool repair; stuff to help others in need	1	.1	.1	94.8
Tried not to listen to all the fear porn from the mainstream media and cdc.	1	.1	.1	94.9
tried to be grateful for what we had and what we could do rather than resent what we did not have or could not do. avoided watching the news.	1	.1	.1	95.0
TRIED TO FIND JOY IN FAMILIES THINGS, TAKING WALKS	1	.1	.1	95.1
Try to find humor	1	.1	.1	95.2
TRY TO STAY PHYSICALLY ACTIVE AND GET OUTSIDE	1	.1	.1	95.3
tv, walking	1	.1	.1	95.4
Use support network, stay informed, follow thoughtful protocols.	1	.1	.1	95.5
Used my time for art/crafts/music Spent more time outside Video chatted with family members who live abroad more often	1	.1	.1	95.6
Using an online exercise program, reading, watching PBS	1	.1	.1	95.7
Using zoom to talk and communicate. Phone calls, looking out the window	1	.1	.1	95.8
VA	1	.1	.1	95.9
Vaccinations, including wearing a mask outside and keeping indoor air flowing inside your home	1	.1	.1	96.0
Vitamins, ivermectin, steamy showers	1	.1	.1	96.1
Walk on the beach, read books, art, music, movies, social media	1	.1	.1	96.2
Walk, call a friend/family member, workout, stand outside, play music, listen to music, take vacations, went to school to seek higher education	1	.1	.1	96.3
walking	1	.1	.1	96.4

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
walking on trails in nature- which allowed me also to visit with neighbors also out walking	1	.1	.1	96.5
Walking trails	1	.1	.1	96.6
WALKING WITH FRIENDS, CONNECTING ON INTERNET WITH FAMILY. MY DOG	1	.1	.1	96.7
Walking, skiing, and being in nature; working remotely; eating healthy foods; keeping routines; connecting with friends over Zoom and outdoors; supportive spouse.	1	.1	.1	96.8
walks, phone calls with family and friends, finding alternative ways to maintain social contacts	1	.1	.1	96.9
Walks. Snowshoe. Good food. Enhanced family time.	1	.1	.1	97.0
walks/drives	1	.1	.1	97.1
Wasn't that hard, really. Not much changed for me.	1	.1	.1	97.2
watched youtube, played xbox, projects around the house	1	.1	.1	97.3
We are a close family so we encouraged each other and reached out to other family and friends by phone	1	.1	.1	97.4
We called in community emergency support, provided us with supplies and medicine, and received a greeting from the health center.	1	.1	.1	97.5
We had a lot more family time being everything was closed. I didn't have to run my kids to sports/activities. Lots of camping.	1	.1	.1	97.5
We kept a close circle of friends.	1	.1	.1	97.6
We left to Mexico where restrictions were lifted and cost of living lower	1	.1	.1	97.7
We sought government assistance during COVID-19, asking for support in life, medicine and quarantine.	1	.1	.1	97.8
Wear a mask, do a good job of daily disinfection, reduce parties	1	.1	.1	97.9

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Wearing a mask, following COVID guidelines, washing hands frequently, avoiding large public gatherings like church, indoor events, closed-in quarters with others like restaurants and nightclubs.	1	.1	.1	98.0
weed	1	.1	.1	98.1
Went out hiking a lot	1	.1	.1	98.2
Went to Providence in Anchorage	1	.1	.1	98.3
wore a mask, got vaccinated, avoided close contact with other people	1	.1	.1	98.4
Wore mask as required to protect others	1	.1	.1	98.5
work	1	.1	.1	98.6
Work was a blessing in many ways that others in the community did not always have - interaction with others, support from co-workers, no loss of income. I also maintained my connections to friends, family, and my church family even though it was through zoom for many months.	1	.1	.1	98.7
Worked and recreated outside	1	.1	.1	98.8
Wove masks, got vaccinated, made do with zoom meetings; my husband died during pandemic but not due to covid.	1	.1	.1	98.9
writing, time in nature, phone calls with family/friends, meditation	1	.1	.1	99.0
Yes	1	.1	.1	99.1
Yoga Meditation Weekly bonfires with friends	1	.1	.1	99.2
Yoga and meditation	1	.1	.1	99.3
Yoga, mindfulness, having a core group of friends who I would see, gathering and other people outdoors	1	.1	.1	99.4
Yoga.	1	.1	.1	99.5
zoom meetings, walks outside, outdoor recreation	1	.1	.1	99.6
zoom, crafts	1	.1	.1	99.7
Zoom, face time, getting outside to walk and socialize	1	.1	.1	99.8
Zoom, Facebook, phone calls, exercising outside, finding projects at home to work on	1	.1	.1	99.9

What strategies/tools/resources did you use to cope during the COVID-19 pandemic?

	Frequency	Percent	Valid Percent	Cumulative Percent
Zoom, phone calls, keep informed.	1	.1	.1	100.0
Total	1020	100.0	100.0	

Appendix C: Intercept Survey

SKP MAPP Intercept Survey

1. Please enter the following information:

Location Conducted Intercept Survey At	<input type="text"/>
Date Conducted	<input type="text"/>
Name of Person Who Conducted Intercept Survey	<input type="text"/>
Contact for Person who Conducted Intercept Survey	<input type="text"/>

2. Please rate the following:

	Excellent	Very Good	Good	Fair	Poor
The overall health of the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your personal health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your quality of life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. What do you see as the top community issues or stressors facing our community?

SKP MAPP Intercept Survey

4. The following statements describe the eight dimensions of wellness. Please tell me which response best reflects how you feel:

	Never	Sometimes	Frequently	Always
I have a sense of purpose and meaning in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a sense of connection, belonging, safety and a reliable support system	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the ability to perform daily activities without undue fatigue or physical stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have opportunities to expand my knowledge and skills and to use my creative abilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can cope effectively with life stresses, and my work and relationships are enriching	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My surroundings are adequate for me (from my home to the wider community or environment)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have enough money for my basic needs, and I can adapt for unplanned expenses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am connected to my own culture and traditions, and I see the diversity and richness of other cultures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. If you responded never to any of the above statements, please tell us what it would take to make it better.

6. If the hospital and MAPP could set and achieve one goal over the next three years, moving toward a healthier community, what would it be?

SKP MAPP Intercept Survey

7. In what community do you live?

- | | | |
|--|-------------------------------------|-----------------------------------|
| <input type="radio"/> Anchor Point | <input type="radio"/> Kachemak City | <input type="radio"/> Port Graham |
| <input type="radio"/> Diamond Ridge | <input type="radio"/> Kachemak Selo | <input type="radio"/> Razdolna |
| <input type="radio"/> Fox River | <input type="radio"/> Nanwalek | <input type="radio"/> Seldovia |
| <input type="radio"/> Fritz Creek | <input type="radio"/> Nikolaevsk | <input type="radio"/> Voznesenska |
| <input type="radio"/> Homer | <input type="radio"/> Ninilchik | |
| <input type="radio"/> Other (please specify) | | |

8. What is your age?

- | | |
|--------------------------------|--|
| <input type="radio"/> Under 18 | <input type="radio"/> 45-64 |
| <input type="radio"/> 18-24 | <input type="radio"/> 65+ |
| <input type="radio"/> 25-34 | <input type="radio"/> I prefer not to answer |
| <input type="radio"/> 35-44 | |

SKP MAPP Intercept Survey

9. What is your gender?

- ☐ Female
- ☐ Male
- ☐ Non-binary/Gender Queer
- ☐ Gender Non-Conforming
- ☐ Gender Expansive
- ☐ I prefer not to answer
- ☐ I prefer to self describe,

10. What is your identified sexual orientation?

- ☐ Asexual
- ☐ Queer
- ☐ Bisexual
- ☐ Straight or Heterosexual
- ☐ Lesbian or Gay
- ☐ I prefer not to answer
- ☐ Pansexual
- ☐ I prefer to self describe

SKP MAPP Intercept Survey

11. Please select your race/ethnicity. Please check all that apply.

☐ American Indian or Alaska Native

☐ Native Hawaiian or Other Pacific Islander

☐ African American or Black

☐ White

☐ Asian

☐ Two or more races

☐ Hispanic

☐ Other (please specify)

SKP MAPP Intercept Survey

12. How long have you lived in your community?

- ☐ Less than 1 year ☐ 5 to less than 10 years
☐ 1 to less than 3 years ☐ 10 years or more
☐ 3 to less than 5 years

13. Do you live here year-round?

- ☐ Yes ☐ No

14. If Yes, how many months do you live here?

15. If Yes, which season?

SKP MAPP Intercept Survey

16. Were you born in another country other than the United States?

☐

Yes

☐

No

17. If Yes, please tell us your home country:

SKP MAPP Intercept Survey

18. What is the highest education level you have completed?

- | | | |
|--|---|---|
| <input type="radio"/> Less than high school | <input type="radio"/> Some college | <input type="radio"/> Master's degree |
| <input type="radio"/> High school or equivalency | <input type="radio"/> Associates degree | <input type="radio"/> Professional Degree |
| <input type="radio"/> Vocational training | <input type="radio"/> Bachelor's Degree | <input type="radio"/> Doctorate Degree |

19. How many people currently live in your household?

- | | | |
|-------------------------|-------------------------|--------------------------|
| <input type="radio"/> 1 | <input type="radio"/> 4 | <input type="radio"/> 7 |
| <input type="radio"/> 2 | <input type="radio"/> 5 | <input type="radio"/> 8+ |
| <input type="radio"/> 3 | <input type="radio"/> 6 | |

20. If child(ren) living in household, what ages? Please check all that apply.

- | | |
|--------------------------------|-------------------------------|
| <input type="checkbox"/> 0-5 | <input type="checkbox"/> 4-17 |
| <input type="checkbox"/> 6-9 | <input type="checkbox"/> 18+ |
| <input type="checkbox"/> 10-13 | |

SKP MAPP Intercept Survey

21. What is your approximate annual household income?

- ☐ Less than \$25,000 ☐ \$75,000-\$99,999
- ☐ \$25,000-\$49,999 ☐ \$100,000+
- ☐ \$50,000-\$74,999

22. Do you have health insurance? (of any type: private, public, military, Native, Medicaid or Medicare)

- ☐ Yes ☐ No

23. Have you ever served on active duty in the U.S. Armed Forces, Reserves or National Guard?

- ☐ Never served in the military ☐ Now on active duty
- ☐ Only on active duty for training in the Reserves of National Guard ☐ On active duty in the past, but not now (includes retired military and veterans)

24. Please enter any other input they provided that you did not already record.

Appendix D:

Intercept Survey Data

Q1 Please enter the following information:

Answered: 201 Skipped: 0

ANSWER CHOICES	RESPONSES	
Location Conducted Intercept Survey At	100.00%	201
Date Conducted	99.50%	200
Name of Person Who Conducted Intercept Survey	6.97%	14
Contact for Person who Conducted Intercept Survey	6.97%	14

#	LOCATION CONDUCTED INTERCEPT SURVEY AT	DATE
1	Anchor Point Bingo	8/24/2022 6:52 PM
2	Anchor Point Bingo	8/24/2022 6:50 PM
3	Anchor Point Bingo	8/24/2022 6:48 PM
4	Anchor Point Bingo	8/24/2022 6:45 PM
5	Anchor Point Bingo	8/24/2022 6:42 PM
6	Anchor Point Bingo	8/24/2022 6:41 PM
7	Anchor Point Bingo	8/24/2022 6:39 PM
8	Anchor Point Bingo	8/24/2022 6:37 PM
9	Anchor Point Bingo	8/24/2022 3:47 PM
10	Anchor Point Bingo	8/24/2022 3:46 PM
11	Anchor Point Bingo	8/24/2022 3:44 PM
12	Anchor Point Bingo	8/24/2022 3:43 PM
13	Anchor Point Bingo	8/24/2022 3:41 PM
14	Anchor Point Bingo	8/24/2022 3:40 PM
15	Anchor Point Bingo	8/24/2022 3:39 PM
16	Anchor Point Bingo	8/24/2022 3:36 PM
17	Anchor Point	8/24/2022 3:34 PM
18	Homer Library	8/23/2022 1:25 PM
19	Homer Library	8/23/2022 1:18 PM
20	Homer Library	8/23/2022 1:06 PM
21	Homer Library	8/23/2022 1:04 PM
22	Homer Library	8/23/2022 1:02 PM
23	Homer Library	8/23/2022 12:59 PM
24	Homer Library	8/23/2022 12:32 PM
25	Homer Library	8/23/2022 12:30 PM
26	Homer Library	8/23/2022 12:28 PM
27	Homer Library	8/23/2022 12:27 PM

SKP MAPP Intercept Survey

28	Homer Library	8/23/2022 12:25 PM
29	Homer Library	8/23/2022 12:23 PM
30	Homer Medical Clinic	8/22/2022 10:00 PM
31	Homer Medical Clinic	8/22/2022 9:58 PM
32	Homer Medical Clinic	8/22/2022 9:57 PM
33	Homer Medical Clinic	8/22/2022 9:56 PM
34	Homer Medical Clinic	8/22/2022 9:07 PM
35	Homer Medical Clinic	8/22/2022 9:06 PM
36	Homer Medical Clinic	8/22/2022 9:05 PM
37	Homer Medical Clinic	8/22/2022 9:04 PM
38	Homer Medical Clinic	8/22/2022 9:03 PM
39	Homer Medical Clinic	8/22/2022 4:38 PM
40	Homer Medical Clinic	8/22/2022 4:37 PM
41	Homer Medical Clinic	8/22/2022 4:36 PM
42	Homer Landfill	8/22/2022 4:35 PM
43	Homer Medical Clinic	8/22/2022 4:33 PM
44	Homer Medical Clinic	8/22/2022 4:31 PM
45	Homer Landfill	8/22/2022 4:29 PM
46	Homer Landfill	8/22/2022 4:28 PM
47	Homer Landfill	8/22/2022 4:11 PM
48	Homer Medical Clinic	8/22/2022 4:09 PM
49	Homer Medical Clinic	8/22/2022 4:07 PM
50	Homer Landfill	8/22/2022 4:05 PM
51	Homer Medical Clinic	8/22/2022 4:03 PM
52	Homer Landfill	8/22/2022 4:01 PM
53	Homer Landfill	8/22/2022 4:00 PM
54	Homer Medical Clinic	8/22/2022 3:59 PM
55	Homer Landfill	8/22/2022 3:57 PM
56	Homer Landfill	8/22/2022 3:55 PM
57	Fritz Creek	8/21/2022 9:00 PM
58	Fritz Creek	8/21/2022 8:59 PM
59	Fritz Creek	8/21/2022 8:58 PM
60	Fritz Creek	8/21/2022 8:57 PM
61	Fritz Creek	8/21/2022 8:56 PM
62	Fritz Creek	8/21/2022 8:55 PM
63	Fritz Creek	8/21/2022 8:55 PM
64	Fritz Creek	8/21/2022 8:54 PM
65	Fritz Creek	8/21/2022 8:53 PM

SKP MAPP Intercept Survey

66	Wagon Wheel	8/20/2022 2:17 PM
67	Wagon Wheel	8/20/2022 2:15 PM
68	Wagon Wheel	8/20/2022 2:14 PM
69	Wagon Wheel	8/20/2022 2:11 PM
70	Wagon Wheel	8/20/2022 2:09 PM
71	Wagon Wheel	8/20/2022 2:07 PM
72	Wagon Wheel	8/20/2022 1:58 PM
73	Wagon Wheel	8/20/2022 1:57 PM
74	Wagon Wheel	8/20/2022 1:55 PM
75	Wagon Wheel	8/20/2022 1:54 PM
76	Wagon Wheel	8/20/2022 1:52 PM
77	Wagon Wheel	8/20/2022 1:51 PM
78	Homer Medical Clinic	8/19/2022 12:54 PM
79	Homer Medical Clinic	8/19/2022 12:52 PM
80	Homer Medical Clinic	8/19/2022 12:51 PM
81	Homer Medical Clinic	8/19/2022 12:50 PM
82	Homer Medical Clinic	8/19/2022 12:48 PM
83	Homer Medical Clinic	8/19/2022 12:42 PM
84	Homer Medical Clinic	8/19/2022 12:40 PM
85	Homer Medical Clinic	8/19/2022 12:39 PM
86	Homer Medical Clinic	8/19/2022 12:37 PM
87	Homer Medical Clinic	8/19/2022 12:34 PM
88	Coles Market	8/18/2022 8:54 PM
89	Coles Market	8/18/2022 8:53 PM
90	Coles Market	8/18/2022 8:53 PM
91	Coles Market	8/18/2022 8:51 PM
92	Coles Market	8/18/2022 8:50 PM
93	Coles Market	8/18/2022 8:49 PM
94	Coles Market	8/18/2022 8:45 PM
95	Coles Market	8/18/2022 8:44 PM
96	Coles Market	8/18/2022 8:43 PM
97	Coles Market	8/18/2022 8:41 PM
98	Coles Market	8/18/2022 8:40 PM
99	Coles Market	8/18/2022 8:39 PM
100	Coles Market	8/18/2022 8:38 PM
101	Coles Market	8/18/2022 8:37 PM
102	KBFPF Fundraiser	8/17/2022 9:59 PM
103	KBFPF Fundraiser	8/17/2022 9:59 PM

SKP MAPP Intercept Survey

104	KBFPF Fundraiser	8/17/2022 9:58 PM
105	KBFPF Fundraiser	8/17/2022 9:57 PM
106	KBFPF Fundraiser	8/17/2022 9:56 PM
107	KBFPF Fundraiser	8/17/2022 9:55 PM
108	KBFPF Fundraiser	8/17/2022 9:54 PM
109	KBFPF Fundraiser	8/17/2022 9:53 PM
110	KBFPF Fundraiser	8/17/2022 9:51 PM
111	KBFPF Fundraiser	8/17/2022 9:50 PM
112	KBFPF Fundraiser	8/17/2022 9:48 PM
113	KBFPF Fundraiser	8/17/2022 9:47 PM
114	KBFPF Fundraiser	8/17/2022 9:47 PM
115	KBFPF Fundraiser	8/17/2022 9:46 PM
116	Concert on the Green	8/17/2022 9:44 PM
117	KBFPF Fundraiser	8/17/2022 9:43 PM
118	Concert on the Green	8/17/2022 9:43 PM
119	KBFPF Fundraiser	8/17/2022 9:42 PM
120	Concert on the Green	8/17/2022 9:40 PM
121	KBFPF Fundraiser	8/17/2022 9:39 PM
122	KBFPF Fundraiser	8/17/2022 9:31 PM
123	KBFPF Fundraiser	8/17/2022 9:30 PM
124	KBFPF Fundraiser	8/17/2022 9:29 PM
125	KBFPF Fundraiser	8/17/2022 9:28 PM
126	KBFPF Fundraiser	8/17/2022 9:27 PM
127	KBFPF Fundraiser	8/17/2022 9:26 PM
128	KBFPF Fundraiser	8/17/2022 9:25 PM
129	KBFPF Fundraiser	8/17/2022 9:24 PM
130	KBFPF Fundraiser	8/17/2022 9:23 PM
131	KBFPF Fundraiser	8/17/2022 9:22 PM
132	KBFPF Fundraiser	8/17/2022 9:20 PM
133	KBFPF Fundraiser	8/17/2022 9:19 PM
134	KBFPF Fundraiser	8/17/2022 9:18 PM
135	KBFPF Fundraiser	8/17/2022 9:17 PM
136	KBFPF Fundraiser	8/17/2022 9:16 PM
137	KBFPF Fundraiser	8/17/2022 9:16 PM
138	KBFPF Fundraiser	8/17/2022 9:14 PM
139	KBFPF Fundraiser	8/17/2022 9:13 PM
140	KBFPF Fundraiser	8/17/2022 9:12 PM
141	KBFPF Fundraiser	8/17/2022 9:11 PM

SKP MAPP Intercept Survey

142	Concert on the Green	8/16/2022 5:04 PM
143	Concert on the Green	8/16/2022 5:03 PM
144	Concert on the Green	8/16/2022 5:02 PM
145	Concert on the Green	8/16/2022 5:00 PM
146	Concert on the Green	8/16/2022 4:59 PM
147	Concert on the Green	8/16/2022 4:58 PM
148	Concert on the Green	8/16/2022 4:57 PM
149	Concert on the Green	8/16/2022 4:55 PM
150	Concert on the Green	8/16/2022 4:51 PM
151	Concert on the Green	8/16/2022 4:48 PM
152	Concert on the Green	8/16/2022 4:47 PM
153	Concert on the Green	8/16/2022 4:14 PM
154	Concert on the Green	8/16/2022 4:13 PM
155	Concert on the Green	8/16/2022 4:12 PM
156	Concert on the Green	8/16/2022 4:11 PM
157	Concert on the Green	8/16/2022 4:10 PM
158	Concert on the Green	8/16/2022 4:09 PM
159	Concert on the Green	8/16/2022 4:07 PM
160	Concert on the Green	8/16/2022 4:06 PM
161	Concert on the Green	8/16/2022 4:05 PM
162	Church on Roch	8/15/2022 5:34 PM
163	Church on Roch	8/15/2022 5:32 PM
164	Church on Roch	8/15/2022 5:31 PM
165	Church on Roch	8/15/2022 5:28 PM
166	Church on Roch	8/15/2022 5:26 PM
167	Church on Roch	8/15/2022 5:24 PM
168	Church on Roch	8/15/2022 5:22 PM
169	Church on Roch	8/15/2022 5:19 PM
170	Church on Roch	8/15/2022 5:15 PM
171	Church on Roch	8/15/2022 5:14 PM
172	Church on Roch	8/15/2022 5:12 PM
173	Church on Roch	8/15/2022 5:11 PM
174	Church on Roch	8/15/2022 5:09 PM
175	Church on Roch	8/15/2022 5:06 PM
176	Church on Roch	8/15/2022 5:04 PM
177	Church on Roch	8/15/2022 5:03 PM
178	Church on Roch	8/15/2022 5:00 PM
179	Church on Roch	8/15/2022 2:25 PM

SKP MAPP Intercept Survey

180	Church on Roch	8/15/2022 2:24 PM
181	Church on Roch	8/15/2022 2:21 PM
182	Church on Roch	8/15/2022 2:19 PM
183	Church on Roch	8/15/2022 2:16 PM
184	Church on Roch	8/15/2022 2:14 PM
185	Church on Roch	8/15/2022 2:12 PM
186	Church on Roch	8/15/2022 2:10 PM
187	Church on Roch	8/15/2022 2:07 PM
188	Food Pantry Homer	7/25/2022 9:52 PM
189	Food Pantry Homer	7/25/2022 9:46 PM
190	Food Pantry Homer	7/25/2022 9:41 PM
191	Food Pantry Homer	7/25/2022 9:35 PM
192	Food Pantry Homer	7/25/2022 9:27 PM
193	Food Pantry Homer	7/25/2022 9:22 PM
194	Food Pantry Homer	7/25/2022 9:15 PM
195	Food Pantry Homer	7/25/2022 9:10 PM
196	Food Pantry Homer	7/25/2022 9:03 PM
197	Food Pantry Homer	7/25/2022 8:59 PM
198	Food Pantry Homer	7/25/2022 8:53 PM
199	Food Pantry Homer	7/25/2022 8:48 PM
200	Food Pantry Homer	7/25/2022 8:41 PM
201	Food Pantry Homer	7/25/2022 8:29 PM
#	DATE CONDUCTED	DATE
1	7/22	8/24/2022 6:52 PM
2	7/22	8/24/2022 6:50 PM
3	7/22	8/24/2022 6:48 PM
4	7/22	8/24/2022 6:45 PM
5	7/22	8/24/2022 6:42 PM
6	7/22	8/24/2022 6:41 PM
7	7/22	8/24/2022 6:39 PM
8	7/22	8/24/2022 6:37 PM
9	7/22	8/24/2022 3:47 PM
10	7/22	8/24/2022 3:46 PM
11	7/22	8/24/2022 3:44 PM
12	7/22	8/24/2022 3:43 PM
13	7/22	8/24/2022 3:41 PM
14	7/22	8/24/2022 3:40 PM
15	7/22	8/24/2022 3:39 PM

SKP MAPP Intercept Survey

16	7/22	8/24/2022 3:36 PM
17	7/22	8/24/2022 3:34 PM
18	7/22	8/23/2022 1:25 PM
19	7/22	8/23/2022 1:18 PM
20	7/22	8/23/2022 1:06 PM
21	7/22	8/23/2022 1:04 PM
22	7/22	8/23/2022 1:02 PM
23	7/22	8/23/2022 12:59 PM
24	7/22	8/23/2022 12:32 PM
25	7/22	8/23/2022 12:30 PM
26	7/22	8/23/2022 12:28 PM
27	7/22	8/23/2022 12:27 PM
28	7/22	8/23/2022 12:25 PM
29	7/22	8/23/2022 12:23 PM
30	7/23	8/22/2022 10:00 PM
31	7/23	8/22/2022 9:58 PM
32	7/23	8/22/2022 9:57 PM
33	7/23	8/22/2022 9:56 PM
34	7/23	8/22/2022 9:07 PM
35	7/23	8/22/2022 9:06 PM
36	7/23	8/22/2022 9:05 PM
37	7/23	8/22/2022 9:04 PM
38	7/23	8/22/2022 9:03 PM
39	7/23	8/22/2022 4:38 PM
40	7/23	8/22/2022 4:37 PM
41	7/23	8/22/2022 4:36 PM
42	7/23	8/22/2022 4:35 PM
43	7/23	8/22/2022 4:33 PM
44	7/23	8/22/2022 4:31 PM
45	7/23	8/22/2022 4:29 PM
46	7/23	8/22/2022 4:28 PM
47	7/23	8/22/2022 4:11 PM
48	7/23	8/22/2022 4:09 PM
49	7/23	8/22/2022 4:07 PM
50	7/23	8/22/2022 4:05 PM
51	7/23	8/22/2022 4:03 PM
52	7/23	8/22/2022 4:01 PM
53	7/23	8/22/2022 4:00 PM

SKP MAPP Intercept Survey

54	7/23	8/22/2022 3:59 PM
55	7/23	8/22/2022 3:57 PM
56	7/23	8/22/2022 3:55 PM
57	7/23	8/21/2022 9:00 PM
58	7/23	8/21/2022 8:59 PM
59	7/23	8/21/2022 8:58 PM
60	7/23	8/21/2022 8:57 PM
61	7/23	8/21/2022 8:56 PM
62	7/23	8/21/2022 8:55 PM
63	7/23	8/21/2022 8:55 PM
64	7/23	8/21/2022 8:54 PM
65	7/23	8/21/2022 8:53 PM
66	7/22	8/20/2022 2:17 PM
67	7/22	8/20/2022 2:15 PM
68	7/22	8/20/2022 2:14 PM
69	7/22	8/20/2022 2:11 PM
70	7/22	8/20/2022 2:09 PM
71	7/22	8/20/2022 2:07 PM
72	7/22	8/20/2022 1:58 PM
73	7/22	8/20/2022 1:57 PM
74	7/22	8/20/2022 1:55 PM
75	7/22	8/20/2022 1:54 PM
76	7/22	8/20/2022 1:52 PM
77	7/22	8/20/2022 1:51 PM
78	7/24	8/19/2022 12:54 PM
79	7/23	8/19/2022 12:52 PM
80	7/24	8/19/2022 12:51 PM
81	7/23	8/19/2022 12:50 PM
82	7/24	8/19/2022 12:48 PM
83	7/23	8/19/2022 12:42 PM
84	7/24	8/19/2022 12:40 PM
85	7/23	8/19/2022 12:39 PM
86	7/24	8/19/2022 12:37 PM
87	7/23	8/19/2022 12:34 PM
88	7/24	8/18/2022 8:54 PM
89	7/23	8/18/2022 8:53 PM
90	7/24	8/18/2022 8:53 PM
91	7/23	8/18/2022 8:51 PM

SKP MAPP Intercept Survey

92	7/24	8/18/2022 8:50 PM
93	7/23	8/18/2022 8:49 PM
94	7/24	8/18/2022 8:45 PM
95	7/23	8/18/2022 8:44 PM
96	7/23	8/18/2022 8:43 PM
97	7/23	8/18/2022 8:41 PM
98	7/23	8/18/2022 8:40 PM
99	7/23	8/18/2022 8:39 PM
100	7/23	8/18/2022 8:38 PM
101	7/23	8/18/2022 8:37 PM
102	7/23	8/17/2022 9:59 PM
103	7/23	8/17/2022 9:59 PM
104	7/23	8/17/2022 9:58 PM
105	7/23	8/17/2022 9:57 PM
106	7/23	8/17/2022 9:56 PM
107	7/23	8/17/2022 9:55 PM
108	7/23	8/17/2022 9:54 PM
109	7/23	8/17/2022 9:53 PM
110	7/23	8/17/2022 9:51 PM
111	7/23	8/17/2022 9:50 PM
112	7/23	8/17/2022 9:48 PM
113	7/23	8/17/2022 9:47 PM
114	7/23	8/17/2022 9:47 PM
115	7/23	8/17/2022 9:46 PM
116	7/23	8/17/2022 9:44 PM
117	7/23	8/17/2022 9:43 PM
118	7/23	8/17/2022 9:43 PM
119	7/23	8/17/2022 9:42 PM
120	7/23	8/17/2022 9:40 PM
121	7/23	8/17/2022 9:39 PM
122	7/23	8/17/2022 9:31 PM
123	7/23	8/17/2022 9:30 PM
124	7/23	8/17/2022 9:29 PM
125	7/23	8/17/2022 9:28 PM
126	7/23	8/17/2022 9:27 PM
127	7/23	8/17/2022 9:26 PM
128	7/23	8/17/2022 9:25 PM
129	7/23	8/17/2022 9:24 PM

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130	7/23	8/17/2022 9:23 PM
131	7/23	8/17/2022 9:22 PM
132	7/23	8/17/2022 9:20 PM
133	7/23	8/17/2022 9:19 PM
134	7/23	8/17/2022 9:18 PM
135	7/23	8/17/2022 9:17 PM
136	7/23	8/17/2022 9:16 PM
137	7/23	8/17/2022 9:16 PM
138	7/23	8/17/2022 9:14 PM
139	7/23	8/17/2022 9:13 PM
140	7/23	8/17/2022 9:12 PM
141	7/23	8/17/2022 9:11 PM
142	7/24	8/16/2022 5:04 PM
143	7/24	8/16/2022 5:03 PM
144	7/24	8/16/2022 5:02 PM
145	7/24	8/16/2022 5:00 PM
146	7/24	8/16/2022 4:59 PM
147	7/24	8/16/2022 4:58 PM
148	7/24	8/16/2022 4:57 PM
149	7/24	8/16/2022 4:55 PM
150	7/24	8/16/2022 4:51 PM
151	7/24	8/16/2022 4:48 PM
152	7/24	8/16/2022 4:47 PM
153	7/24	8/16/2022 4:14 PM
154	7/24	8/16/2022 4:13 PM
155	7/24	8/16/2022 4:12 PM
156	7/24	8/16/2022 4:11 PM
157	7/24	8/16/2022 4:10 PM
158	7/24	8/16/2022 4:09 PM
159	7/24	8/16/2022 4:07 PM
160	7/24	8/16/2022 4:06 PM
161	7/24	8/16/2022 4:05 PM
162	7/24	8/15/2022 5:34 PM
163	7/24	8/15/2022 5:32 PM
164	7/24	8/15/2022 5:31 PM
165	7/24	8/15/2022 5:28 PM
166	7/24	8/15/2022 5:26 PM
167	7/24	8/15/2022 5:24 PM

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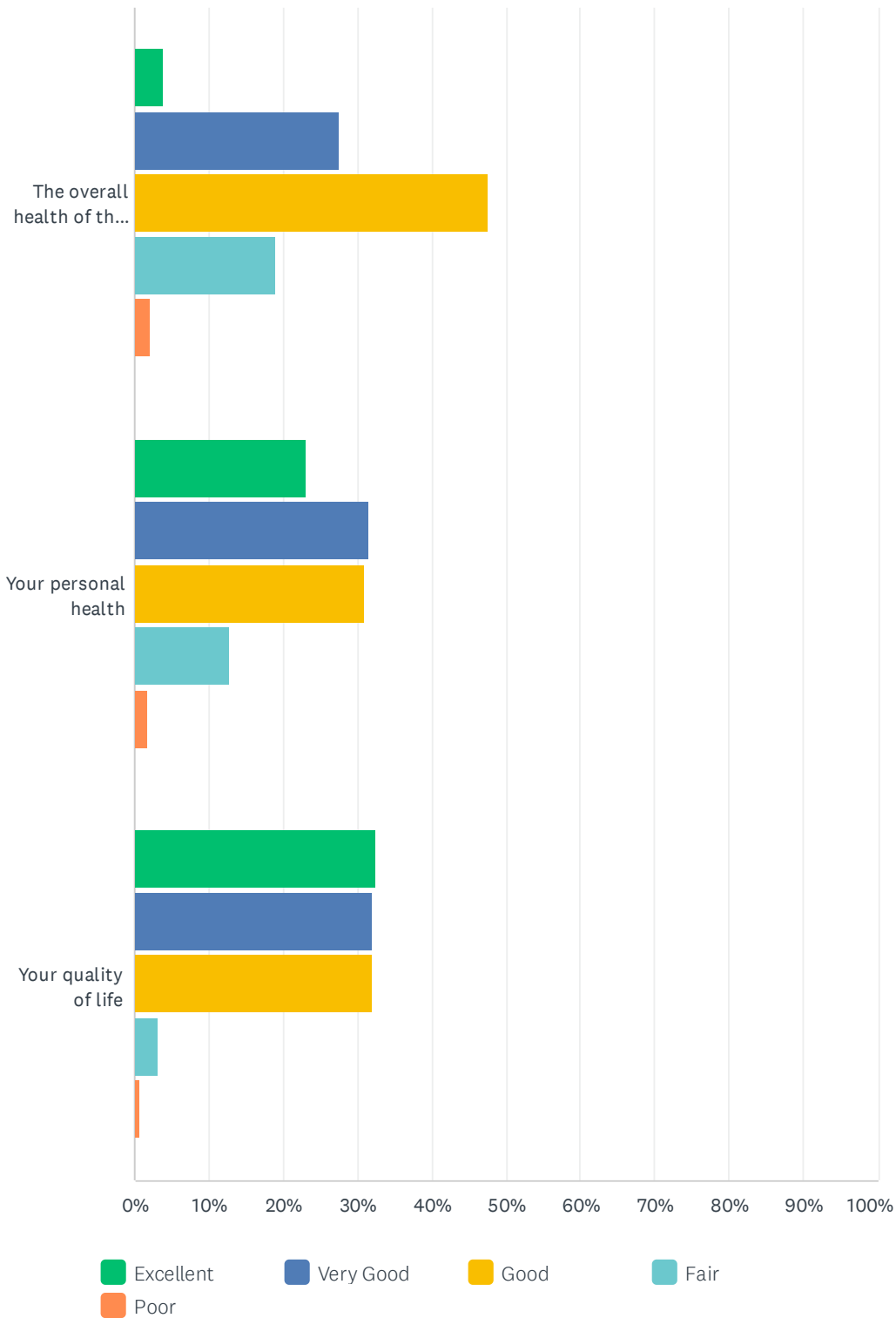
168	7/24	8/15/2022 5:22 PM
169	7/24	8/15/2022 5:19 PM
170	7/24	8/15/2022 5:15 PM
171	7/24	8/15/2022 5:14 PM
172	7/24	8/15/2022 5:12 PM
173	7/24	8/15/2022 5:11 PM
174	7/24	8/15/2022 5:09 PM
175	7/24	8/15/2022 5:06 PM
176	7/24	8/15/2022 5:04 PM
177	7/24	8/15/2022 5:03 PM
178	7/24	8/15/2022 5:00 PM
179	7/24	8/15/2022 2:25 PM
180	7/24	8/15/2022 2:24 PM
181	7/24	8/15/2022 2:21 PM
182	7/24	8/15/2022 2:19 PM
183	7/24	8/15/2022 2:16 PM
184	7/24	8/15/2022 2:14 PM
185	7/24	8/15/2022 2:12 PM
186	7/24	8/15/2022 2:10 PM
187	7/24	8/15/2022 2:07 PM
188	7/25/22	7/25/2022 9:52 PM
189	7/25/22	7/25/2022 9:46 PM
190	7/25/22	7/25/2022 9:35 PM
191	7/25/22	7/25/2022 9:27 PM
192	7/25/22	7/25/2022 9:22 PM
193	7/25/22	7/25/2022 9:15 PM
194	7/25/22	7/25/2022 9:10 PM
195	7/25/22	7/25/2022 9:03 PM
196	7/25/22	7/25/2022 8:59 PM
197	7/25/22	7/25/2022 8:53 PM
198	7/25/22	7/25/2022 8:48 PM
199	7/25/22	7/25/2022 8:41 PM
200	7/25/22	7/25/2022 8:29 PM
#	NAME OF PERSON WHO CONDUCTED INTERCEPT SURVEY	DATE
1	Cynthia West	7/25/2022 9:52 PM
2	Cynthia West	7/25/2022 9:46 PM
3	Cynthia West	7/25/2022 9:41 PM
4	Cynthia West	7/25/2022 9:35 PM

SKP MAPP Intercept Survey

5	Cynthia West	7/25/2022 9:27 PM
6	Cynthia West	7/25/2022 9:22 PM
7	Cynthia West	7/25/2022 9:15 PM
8	Cynthia West	7/25/2022 9:10 PM
9	Cynthia West	7/25/2022 9:03 PM
10	Cynthia West	7/25/2022 8:59 PM
11	Cynthia West	7/25/2022 8:53 PM
12	Cynthia West	7/25/2022 8:48 PM
13	Cynthia West	7/25/2022 8:41 PM
14	Cynthia West	7/25/2022 8:29 PM
#	CONTACT FOR PERSON WHO CONDUCTED INTERCEPT SURVEY	DATE
1	cynthia.west@alaska.gov	7/25/2022 9:52 PM
2	cynthia.west@alaska.gov	7/25/2022 9:46 PM
3	cynthia.west@alaska.gov	7/25/2022 9:41 PM
4	cynthia.west@alaska.gov	7/25/2022 9:35 PM
5	cynthia.west@alaska.gov	7/25/2022 9:27 PM
6	cynthia.west@alaska.gov	7/25/2022 9:22 PM
7	cynthia.west@alaska.gov	7/25/2022 9:15 PM
8	cynthia.west@alaska.gov	7/25/2022 9:10 PM
9	cynthia.west@alaska.gov	7/25/2022 9:03 PM
10	cynthia.west@alaska.gov	7/25/2022 8:59 PM
11	cynthia.west@alaska.gov	7/25/2022 8:53 PM
12	cynthia.west@alaska.gov	7/25/2022 8:48 PM
13	cynthia.west@alaska.gov	7/25/2022 8:41 PM
14	cynthia.west@alaska.gov	7/25/2022 8:29 PM

Q2 Please rate the following:

Answered: 198 Skipped: 3



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	EXCELLENT	VERY GOOD	GOOD	FAIR	POOR	TOTAL	WEIGHTED AVERAGE
The overall health of the community	3.78% 7	27.57% 51	47.57% 88	18.92% 35	2.16% 4	185	3.12
Your personal health	22.99% 43	31.55% 59	31.02% 58	12.83% 24	1.60% 3	187	3.61
Your quality of life	32.43% 60	31.89% 59	31.89% 59	3.24% 6	0.54% 1	185	3.92

Q3 What do you see as the top community issues or stressors facing our community?

Answered: 163 Skipped: 38

#	RESPONSES	DATE
1	drugs	8/24/2022 6:50 PM
2	finances	8/24/2022 6:48 PM
3	local food shopping community activities for singles local news and activities, no single place to get	8/24/2022 6:45 PM
4	at this time covid is the main stress point	8/24/2022 6:42 PM
5	homeless food	8/24/2022 6:41 PM
6	Tourism- tourists coming up unvaccinated unmasked, untested	8/24/2022 6:37 PM
7	Tourist with covid	8/24/2022 3:47 PM
8	getting our full PFD	8/24/2022 3:46 PM
9	lack of supplies, groceries and fuel cost	8/24/2022 3:43 PM
10	bears	8/24/2022 3:40 PM
11	reassuring covid cases	8/24/2022 3:36 PM
12	affordable housing and homelessness	8/24/2022 3:34 PM
13	some groups are totally missed. My granddaughter has no legs (and there are no services for her). I feel totally missed. There are not enough people who know or care about the people who are being missed. There is nothing that can help me with the situation that I have. I lost my house to vandals. They came into the house and destroyed it – but I have to live in it in the condition that it is in because I cannot sell it. I had to pay an attorney to fight the insurance company because the insurance company would not pay for the damage. And even with the attorney, the insurance company never did pay for the damage. There is no water; I have a heart condition and I have to go to the end of the property and get water from the well and bring it to the house. There are moose and bear where I live. The house is not insulated and there are bats in the attic. There is no one that will deal with that. I have called numerous people but no one will do it. I am totally alone; I make too much for this and not enough for that (to get help). I finally found someone who would fix my porch after several years.	8/23/2022 1:25 PM
14	incoming population change in demographics	8/23/2022 1:18 PM
15	illegal drug use	8/23/2022 1:06 PM
16	inflation housing	8/23/2022 1:04 PM
17	places for the community to meet more sidewalks and bath paths	8/23/2022 1:02 PM
18	old age	8/23/2022 12:59 PM
19	mostly drugs	8/23/2022 12:28 PM
20	housing	8/23/2022 12:27 PM
21	affordable housing food security increase political divisiveness	8/23/2022 12:25 PM
22	childcare	8/23/2022 12:23 PM
23	homelessness drug problem help with elderly	8/22/2022 10:00 PM
24	weather	8/22/2022 9:58 PM

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25	lack of housing no property left + what is left is expensive	8/22/2022 9:56 PM
26	cost of living availability of affordable places to leave	8/22/2022 9:07 PM
27	finances unemployment government	8/22/2022 9:06 PM
28	getting covid supplies shelves full	8/22/2022 9:05 PM
29	increase in food and gas prices	8/22/2022 9:04 PM
30	prices	8/22/2022 9:03 PM
31	mental health sad	8/22/2022 4:37 PM
32	tourist trouble picking up garage	8/22/2022 4:36 PM
33	tourist garbage doesnt get picked up	8/22/2022 4:35 PM
34	childcare jobs housing it is great to see kids on the playground	8/22/2022 4:33 PM
35	lack of housing mental health	8/22/2022 4:31 PM
36	we need low income rental housing for everyone	8/22/2022 4:29 PM
37	it is covid + lack of uncertainty of covid	8/22/2022 4:11 PM
38	economic- we have been hit hard with covid 19 shutdowns price of gas not eating healthy because of cost of food	8/22/2022 4:09 PM
39	affordable housing- there is a good health care system leaders who bring us together	8/22/2022 4:07 PM
40	politics economy housing autism spectrum	8/22/2022 4:05 PM
41	politics	8/22/2022 4:03 PM
42	politics	8/22/2022 4:01 PM
43	making a living those sort of things	8/22/2022 4:00 PM
44	price of fuel+ groceries	8/22/2022 3:59 PM
45	economy is the biggest concern	8/22/2022 3:57 PM
46	pandemic news tourists	8/22/2022 3:55 PM
47	housing	8/21/2022 8:57 PM
48	food scarcity homeless	8/21/2022 8:56 PM
49	gas prices	8/21/2022 8:55 PM
50	food	8/21/2022 8:54 PM
51	health care sucks	8/21/2022 8:53 PM
52	all health to all people abortion services	8/20/2022 2:15 PM
53	expensive cost of living	8/20/2022 2:14 PM
54	specialty cancer care elderly needs	8/20/2022 2:11 PM
55	covid	8/20/2022 2:09 PM
56	cost of groceries + gas	8/20/2022 2:07 PM
57	need employees for small businesses	8/20/2022 1:58 PM
58	politics	8/20/2022 1:55 PM
59	political delusion	8/20/2022 1:54 PM
60	weather-seasonal depression	8/20/2022 1:51 PM
61	housing costs inflation	8/19/2022 12:51 PM
62	addiction and substance abuse	8/19/2022 12:50 PM

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63	housing	8/19/2022 12:48 PM
64	lots of obese people	8/19/2022 12:40 PM
65	gender confusion drug/alcohol usage	8/19/2022 12:39 PM
66	drug use lack of mental health care lack of trust in medical community (covid) lack of childcare so parents can work	8/19/2022 12:37 PM
67	homer is a great place to live	8/18/2022 8:54 PM
68	unemployment too many people not willing to work	8/18/2022 8:53 PM
69	covid politics	8/18/2022 8:51 PM
70	sick care system people go to the hospital to die	8/18/2022 8:50 PM
71	family housing	8/18/2022 8:49 PM
72	cost of food + housing	8/18/2022 8:44 PM
73	lack of help no one to work	8/18/2022 8:41 PM
74	housing	8/18/2022 8:40 PM
75	come through covid we have good access to healthcare	8/18/2022 8:39 PM
76	growth	8/18/2022 8:38 PM
77	healthy diet	8/18/2022 8:37 PM
78	mental health	8/17/2022 9:59 PM
79	housing	8/17/2022 9:59 PM
80	housing	8/17/2022 9:58 PM
81	mental health	8/17/2022 9:57 PM
82	high cost/inflation	8/17/2022 9:56 PM
83	housing	8/17/2022 9:55 PM
84	housing	8/17/2022 9:54 PM
85	cost + availability of mental cost of affordable healthy food	8/17/2022 9:53 PM
86	child care lots of violence toward women	8/17/2022 9:51 PM
87	child care fuel price	8/17/2022 9:50 PM
88	job security	8/17/2022 9:48 PM
89	housing substance abuse childcare	8/17/2022 9:47 PM
90	food price + shortage housing access	8/17/2022 9:46 PM
91	covid mental health housing cost	8/17/2022 9:44 PM
92	housing + childcare	8/17/2022 9:43 PM
93	healthcare mental health youth programs	8/17/2022 9:43 PM
94	housing affordable food security public/community	8/17/2022 9:42 PM
95	substance use	8/17/2022 9:40 PM
96	winter darkness	8/17/2022 9:39 PM
97	need more mental health	8/17/2022 9:31 PM
98	housing + mental health	8/17/2022 9:30 PM
99	mental health homeless housing	8/17/2022 9:29 PM
100	covid drugs	8/17/2022 9:27 PM

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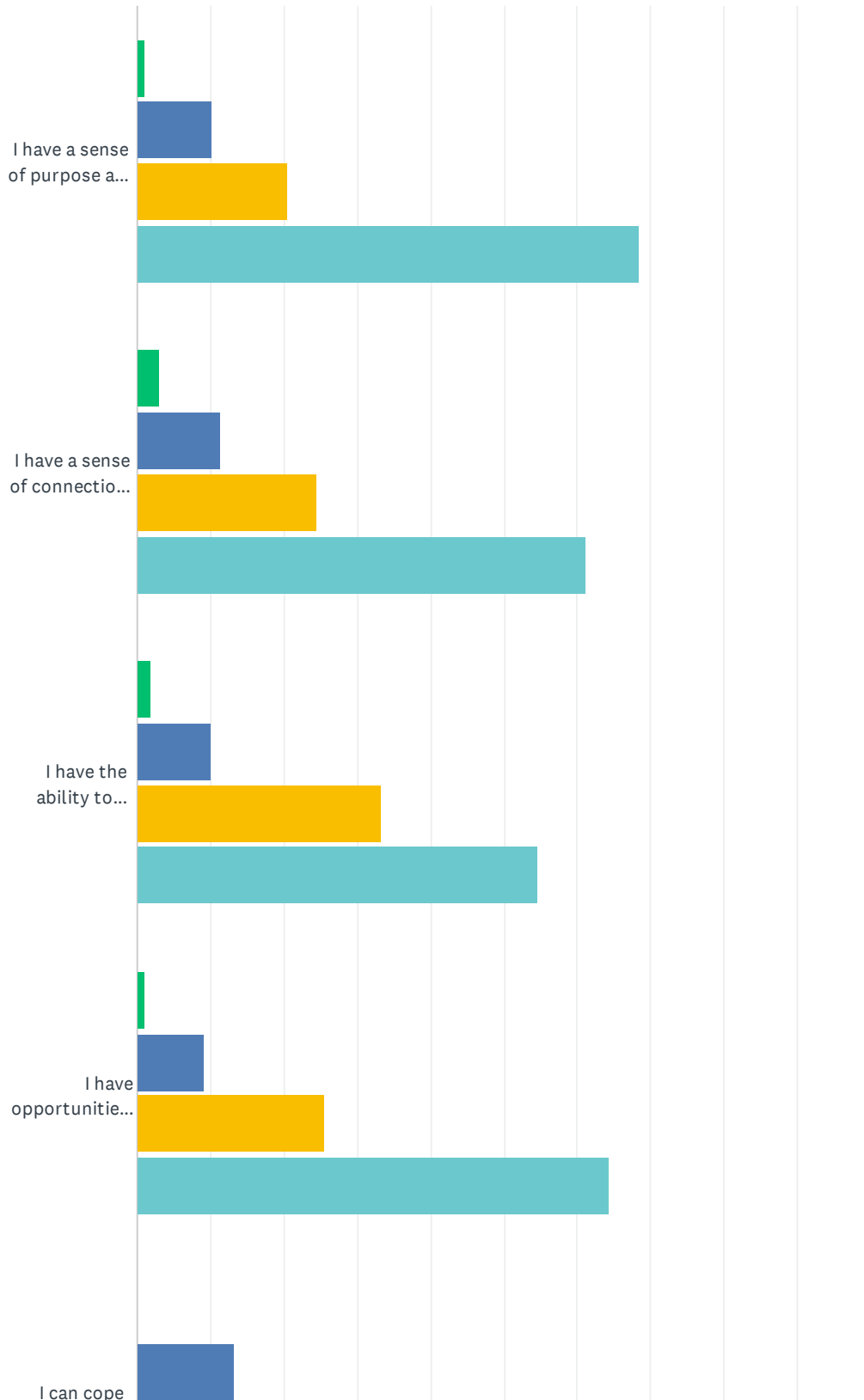
101	mental health housing food legal	8/17/2022 9:26 PM
102	unhoused population access to services	8/17/2022 9:25 PM
103	people are happy here cant think os any issues	8/17/2022 9:24 PM
104	mental health	8/17/2022 9:22 PM
105	lack of sidewalks mobility is an issue	8/17/2022 9:20 PM
106	affordable housing food	8/17/2022 9:18 PM
107	liveable wages	8/17/2022 9:17 PM
108	housing affordable	8/17/2022 9:16 PM
109	housing, child care, substance abuse	8/17/2022 9:16 PM
110	addiction	8/17/2022 9:14 PM
111	drugs jobs	8/17/2022 9:13 PM
112	inflation republican agenda	8/17/2022 9:12 PM
113	housing challenge	8/17/2022 9:11 PM
114	lack of affordable housing	8/16/2022 5:04 PM
115	political divide	8/16/2022 5:03 PM
116	poltiical delusion	8/16/2022 5:02 PM
117	cancer heart disease covid 19	8/16/2022 5:00 PM
118	mental health	8/16/2022 4:59 PM
119	need for affordable housing	8/16/2022 4:57 PM
120	safety/accessibility in winter to services	8/16/2022 4:55 PM
121	transportation	8/16/2022 4:51 PM
122	drug addicts	8/16/2022 4:48 PM
123	tourist bring covid	8/16/2022 4:47 PM
124	covid	8/16/2022 4:14 PM
125	drugs - anchor point	8/16/2022 4:13 PM
126	meth	8/16/2022 4:12 PM
127	housing	8/16/2022 4:11 PM
128	housing	8/16/2022 4:10 PM
129	dont feel stressed	8/16/2022 4:09 PM
130	covid	8/16/2022 4:05 PM
131	we desperatly need an urgent care that people can afford to go to	8/15/2022 5:31 PM
132	access to more mental health services. Depression, anxiety, work/finanical statements	8/15/2022 5:28 PM
133	division	8/15/2022 5:24 PM
134	winter healthy exercise options for kids	8/15/2022 5:19 PM
135	drug use poverty	8/15/2022 5:14 PM
136	mental health housing	8/15/2022 5:12 PM
137	housing price + avaiability economic down turn fresh healthy food year rounf	8/15/2022 5:11 PM
138	some drug use and need for education. The need for more free health care dental checkups,	8/15/2022 5:09 PM

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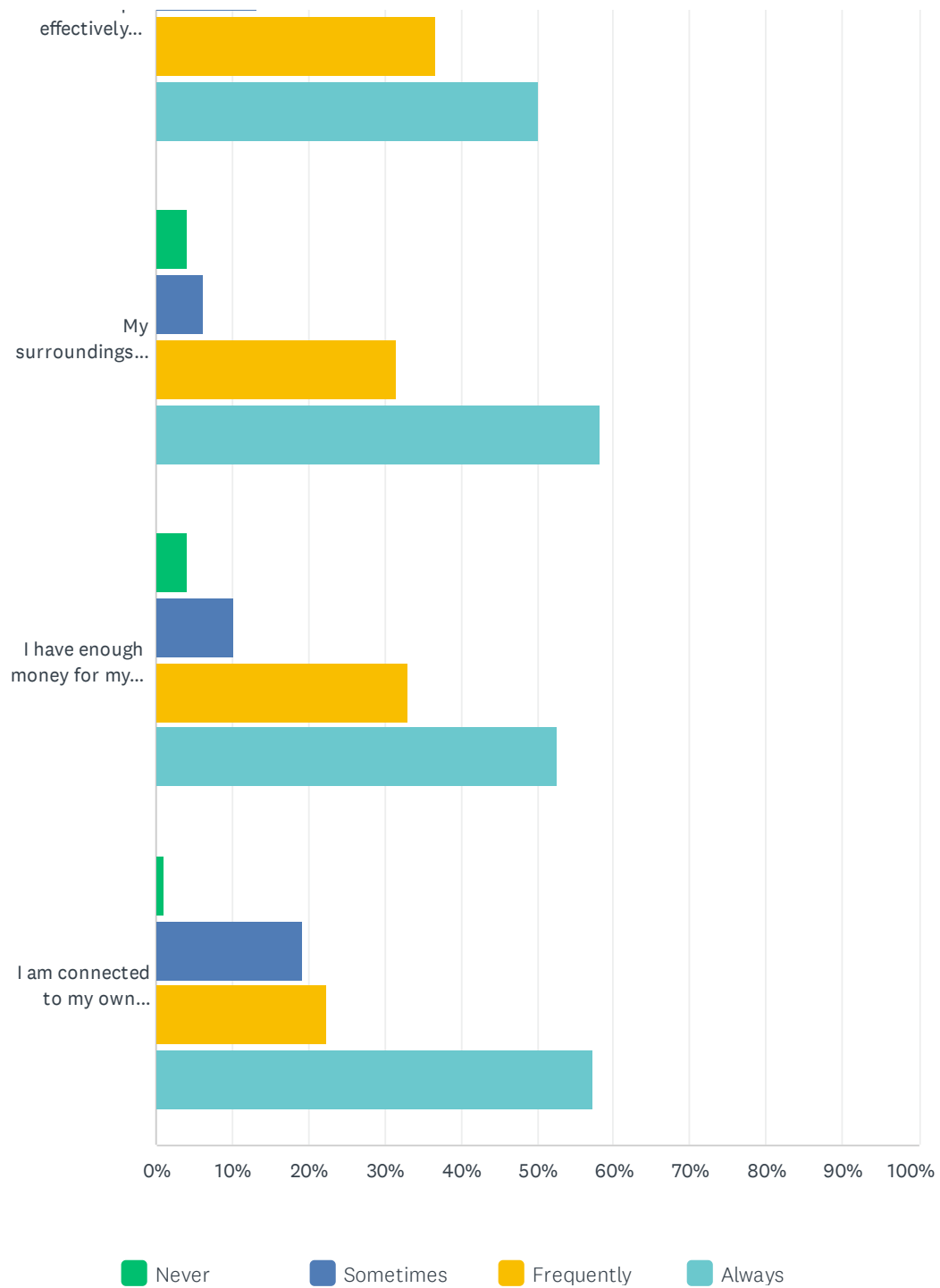
	screenings etc	
139	less focus on jesus	8/15/2022 5:06 PM
140	physical health	8/15/2022 5:04 PM
141	physical health	8/15/2022 5:03 PM
142	political divisions, people seem to have difficulty seeing togetherness despite differences- "same team" health of community, succeeding in life on peninsula as a whole	8/15/2022 5:00 PM
143	post covid effects on social interactions	8/15/2022 2:24 PM
144	addiction improve resources to those in need	8/15/2022 2:21 PM
145	politics	8/15/2022 2:19 PM
146	good paying jobs, lower housing costs, lower electric + water bills, utilities We have the space building/have find more teachers to do more exercise classes	8/15/2022 2:16 PM
147	mental health resources	8/15/2022 2:14 PM
148	homelessness or lack of affordable housing which leads to poor health. Also the push of the gender fluid movement is harming the emotional health of our teams.	8/15/2022 2:10 PM
149	crowding of limited infrastructure less availability of low income housing/rent	8/15/2022 2:07 PM
150	loneliness, lack of community activities, lack of places to dine out, access to products at the store, cost of living	7/25/2022 9:52 PM
151	cost of housing, crappy landlords, mold	7/25/2022 9:46 PM
152	need cheaper rent, better medical care, better prices at the store	7/25/2022 9:41 PM
153	None, its a great community	7/25/2022 9:35 PM
154	Early death, lack of free health care	7/25/2022 9:27 PM
155	people litter too much and we could pay people to pick up the trash. I wish people would donate to the food pantry more than the salvation arm because they give it away free here.	7/25/2022 9:22 PM
156	homelessness, survives and access for disabled.	7/25/2022 9:15 PM
157	Leaving Homer do to lack of childcare. More programs for single moms. Bring back plastic bags at the store.	7/25/2022 9:10 PM
158	Working 3 jobs, unable to make ends meet	7/25/2022 9:03 PM
159	choose not to answer	7/25/2022 8:59 PM
160	Housing costs and availability	7/25/2022 8:53 PM
161	Lack of affordable housing	7/25/2022 8:48 PM
162	None, appreciate Cheeky Moose (laundromat and showers) and the Ninilichik bus that does to Soldotna and Kenai for \$10.	7/25/2022 8:41 PM
163	Resources for home owners to make improvements/repairs. Unable to afford with cost of building materials.	7/25/2022 8:29 PM

Q4 The following statements describe the eight dimensions of wellness.
Please tell me which response best reflects how you feel:

Answered: 99 Skipped: 102



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	NEVER	SOMETIMES	FREQUENTLY	ALWAYS	TOTAL	WEIGHTED AVERAGE
I have a sense of purpose and meaning in my life	1.02% 1	10.20% 10	20.41% 20	68.37% 67	98	3.56
I have a sense of connection, belonging, safety and a reliable support system	3.06% 3	11.22% 11	24.49% 24	61.22% 60	98	3.44
I have the ability to perform daily activities without undue fatigue or physical stress	2.02% 2	10.10% 10	33.33% 33	54.55% 54	99	3.40
I have opportunities to expand my knowledge and skills and to use my creative abilities	1.02% 1	9.18% 9	25.51% 25	64.29% 63	98	3.53
I can cope effectively with life stresses, and my work and relationships are enriching	0.00% 0	13.27% 13	36.73% 36	50.00% 49	98	3.37
My surroundings are adequate for me (from my home to the wider community or environment)	4.08% 4	6.12% 6	31.63% 31	58.16% 57	98	3.44
I have enough money for my basic needs, and I can adapt for unplanned expenses	4.12% 4	10.31% 10	32.99% 32	52.58% 51	97	3.34
I am connected to my own culture and traditions, and I see the diversity and richness of other cultures	1.06% 1	19.15% 18	22.34% 21	57.45% 54	94	3.36

Q5 If you responded never to any of the above statements, please tell us what it would take to make it better.

Answered: 17 Skipped: 184

#	RESPONSES	DATE
1	less inflation more awareness of people's basic needs/food/gas/utilities more assistance	8/24/2022 3:37 PM
2	a portable oxygen machine	8/24/2022 3:35 PM
3	5. we need more natural health care; more diversified medicine. We need people who will deal with severe allergies. We need a place to walk safely. There is no place in the community where people can walk safely; have to drive to Ninilchik for a place to walk.	8/23/2022 1:26 PM
4	everyone wants entry level jobs- needs affordable housing	8/22/2022 4:08 PM
5	great job of dealing with covid	8/22/2022 4:06 PM
6	I responded	8/16/2022 4:49 PM
7	i wish there was more seen cultural diversity + opportunity to learn about other cultures	8/15/2022 5:01 PM
8	more public green spaces	8/15/2022 2:07 PM
9	more activates and support for seniors. Help with daily activities.	7/25/2022 9:56 PM
10	I am broke because I am drinking all the time. need more money.	7/25/2022 9:43 PM
11	I have support and love the people who help me	7/25/2022 9:37 PM
12	Doing better now that I have Medicare and can get meds for my depression and high blood pressure. Living off the land in dry cabin - good live style. Save \$ how ever i can like using food pantry and volunteering for food.	7/25/2022 9:32 PM
13	Men's shelter would be nice	7/25/2022 9:23 PM
14	I am homeless, live in a tent, we help each other out, helping guy in tent next to us who has COVID	7/25/2022 9:17 PM
15	I live in a motor home and need an affordable place to park it.	7/25/2022 9:05 PM
16	I have a yurt and need help putting a road in to the property I own and camp on. Need help getting bags to put dirt in for a foundation for my yurt.	7/25/2022 8:43 PM
17	Unable to afford heating oil, electric, building materials, need septic and well.	7/25/2022 8:34 PM

Q6 If the hospital and MAPP could set and achieve one goal over the next three years, moving toward a healthier community, what would it be?

Answered: 131 Skipped: 70

#	RESPONSES	DATE
1	i know its not up to the hospital but we need to enforce laws + put in jail people that break laws	8/24/2022 6:50 PM
2	education on healthy lifestyle, physically, emotionally, spiritually	8/24/2022 6:49 PM
3	health fairs with discounted blood work office	8/24/2022 6:45 PM
4	Don't jump the gun sending a patient to Anchorage, be sure it really is important. Coming back can really be a challenge!	8/24/2022 6:43 PM
5	better home care	8/24/2022 6:41 PM
6	require tourists to be tested/vacinated	8/24/2022 6:38 PM
7	masks required longer quarantine period	8/24/2022 3:37 PM
8	more packing and employees	8/24/2022 3:35 PM
9	help kids not get hooked on drugs the peer pressure is tremendous	8/23/2022 1:06 PM
10	division of resource drugs	8/23/2022 1:05 PM
11	address homeless teen addicts flex school resources were a problem	8/23/2022 1:02 PM
12	not that i can think of	8/23/2022 1:00 PM
13	immune bosting nutrition focus solely on prescription	8/23/2022 12:32 PM
14	staffing at hospital	8/23/2022 12:27 PM
15	childcare	8/23/2022 12:26 PM
16	community education chronic health disease	8/23/2022 12:24 PM
17	more wellness checks	8/22/2022 10:00 PM
18	they did great during covid	8/22/2022 9:58 PM
19	mental health	8/22/2022 9:56 PM
20	income gap	8/22/2022 9:08 PM
21	more community programs lower cost	8/22/2022 9:06 PM
22	lack of professionals lack of communicatio staff that could be improved	8/22/2022 9:05 PM
23	kids on drugs	8/22/2022 9:03 PM
24	ketamin for depression acupuncture	8/22/2022 4:38 PM
25	improve mental health resources more providers willing to accept mediciaid	8/22/2022 4:37 PM
26	listen to the concerns	8/22/2022 4:36 PM
27	listen to what concerns are	8/22/2022 4:35 PM
28	we need more hospital space	8/22/2022 4:33 PM
29	easier access to healthcare people with no insurance offer home support	8/22/2022 4:32 PM
30	some sort of help for seniors who have no family in the community	8/22/2022 4:30 PM
31	continue to expand	8/22/2022 4:11 PM

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32	continue walking + encourage people to get out and be active	8/22/2022 4:10 PM
33	equality for all shouldn't be just a place for the rich	8/22/2022 4:08 PM
34	penetrate alcohol exposure	8/22/2022 4:06 PM
35	lower prices	8/22/2022 3:58 PM
36	lower costs	8/21/2022 8:57 PM
37	subsidized housing	8/21/2022 8:54 PM
38	better health care	8/21/2022 8:53 PM
39	service needs transportation to health care need more diversity	8/20/2022 2:17 PM
40	local services	8/20/2022 2:16 PM
41	classes not much in winter	8/20/2022 2:14 PM
42	covid	8/20/2022 2:11 PM
43	health for children - safe/basic needs	8/20/2022 2:09 PM
44	focus on functional medicine offerings more addiction support	8/20/2022 2:08 PM
45	affordable healthcare	8/20/2022 1:56 PM
46	more cultural events that are affordable for those with financial issues	8/20/2022 1:54 PM
47	quit buying up homes	8/20/2022 1:53 PM
48	nothing i can think of	8/19/2022 12:54 PM
49	following science that sexuality is based on physical traits at birth	8/19/2022 12:53 PM
50	educate doctors + other providers on addiction	8/19/2022 12:50 PM
51	find ways to connect the divergent philosophical political groups with the goal of encouraging community identity	8/19/2022 12:48 PM
52	partnership with public schools for better health programs + teaching	8/19/2022 12:39 PM
53	mental health outreach	8/19/2022 12:37 PM
54	buy on more specialty doctor	8/18/2022 8:55 PM
55	lower costs	8/18/2022 8:53 PM
56	mental health support	8/18/2022 8:52 PM
57	more doctors wider availability	8/18/2022 8:45 PM
58	more access to health care	8/18/2022 8:44 PM
59	cost of care lower healthcare	8/18/2022 8:43 PM
60	love homer- make it easier to get help if you don't have insurance	8/18/2022 8:42 PM
61	having food for lower income residents	8/18/2022 8:41 PM
62	childcare	8/18/2022 8:38 PM
63	transportation for pension	8/18/2022 8:37 PM
64	lower cost free healthcare	8/17/2022 10:00 PM
65	healthcare	8/17/2022 9:59 PM
66	3rd place for communities	8/17/2022 9:58 PM
67	more mental health services	8/17/2022 9:57 PM
68	lower hc costs	8/17/2022 9:56 PM
69	childcare	8/17/2022 9:55 PM

SKP MAPP Intercept Survey

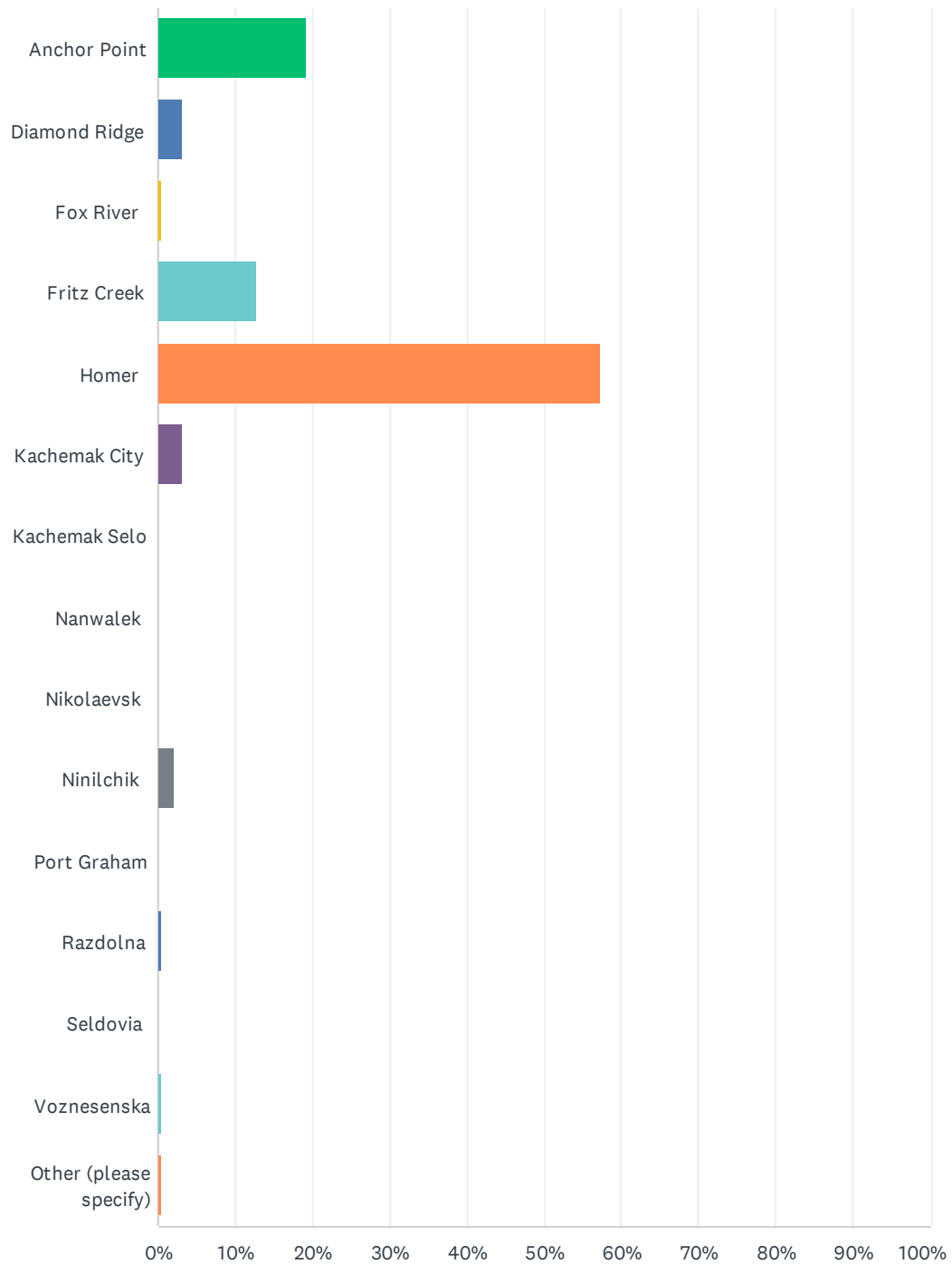
70	childcare	8/17/2022 9:54 PM
71	child care accessible/affordable healthy food	8/17/2022 9:53 PM
72	child care classes for men about how to treat women affordable healthy food	8/17/2022 9:52 PM
73	more child care	8/17/2022 9:50 PM
74	housing	8/17/2022 9:47 PM
75	physical activity	8/17/2022 9:46 PM
76	collaborations between orgs to work on big needs	8/17/2022 9:44 PM
77	expanding mental health	8/17/2022 9:43 PM
78	housing	8/17/2022 9:42 PM
79	more education about mental health	8/17/2022 9:41 PM
80	the hospital is so great more education	8/17/2022 9:39 PM
81	mh services	8/17/2022 9:29 PM
82	awareness of what is available to the community	8/17/2022 9:28 PM
83	services for unhoused bad coordination at hospital	8/17/2022 9:26 PM
84	hot meal for the unhoused	8/17/2022 9:25 PM
85	more mh services	8/17/2022 9:22 PM
86	access to help with mobility	8/17/2022 9:20 PM
87	affordable housing access to food	8/17/2022 9:19 PM
88	free clinic	8/17/2022 9:18 PM
89	support for growth + mental health	8/17/2022 9:17 PM
90	more community outreach	8/17/2022 9:13 PM
91	affordable mental health and dental care	8/16/2022 5:04 PM
92	plans to improve determinants of community health	8/16/2022 5:01 PM
93	more access to mental health social workers lack is a huge problem	8/16/2022 5:00 PM
94	affordable mental health + dental care	8/16/2022 4:58 PM
95	more community events	8/16/2022 4:55 PM
96	better access to diabetes supplies	8/16/2022 4:51 PM
97	dont really use health facilities	8/16/2022 4:15 PM
98	mental health	8/16/2022 4:12 PM
99	more gym space rec center	8/16/2022 4:10 PM
100	allowing people to choose what best for them medically and not judged or put down for not following "norms"	8/15/2022 5:31 PM
101	reduced depression rates, more mental health outreach, lowered suicide rates	8/15/2022 5:29 PM
102	people sharing their interests/skills voluntarily w/community members in need of knowledge/support in that area	8/15/2022 5:25 PM
103	provide more healthy options for activities in the winter	8/15/2022 5:20 PM
104	helping those with no support system addiction treatment/counseling	8/15/2022 5:14 PM
105	mental health support	8/15/2022 5:13 PM
106	continue collab w/sph, public health, non profits	8/15/2022 5:11 PM

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107	free health care for those who need universal health care	8/15/2022 5:09 PM
108	encourage a focus on community also not being asked question #9 ever	8/15/2022 5:06 PM
109	getting to know everyone and seeing from their shoes	8/15/2022 5:05 PM
110	not exactly sure But i love the work the hospital is doing + appreciate the effort	8/15/2022 5:01 PM
111	more opportunities for people to gather + socialize	8/15/2022 2:24 PM
112	parenting	8/15/2022 2:21 PM
113	access + healthcare for general needs esp children	8/15/2022 2:19 PM
114	if people don't want to change their ways it's hard to make their lives better	8/15/2022 2:17 PM
115	more couples, insurance sliding,	8/15/2022 2:14 PM
116	geriatric care+ support for farms	8/15/2022 2:11 PM
117	more easy walking trails/connections	8/15/2022 2:07 PM
118	Opportunities for seniors to be involved in community planning and activities, affordable food and products in local stores, affordable transportation to shopping in Soldotna and Kenai	7/25/2022 9:56 PM
119	Elderly need more services, disabled too. Very isolated.	7/25/2022 9:47 PM
120	give me more money	7/25/2022 9:43 PM
121	choose not to answer	7/25/2022 9:37 PM
122	Take care of environment for future generations. make people feel more welcome at hospital. Universal health care for everyone. pay attention to non Covid related deaths.	7/25/2022 9:32 PM
123	Men's shelter for homeless, women can go to Haven House	7/25/2022 9:23 PM
124	I place for me to live.	7/25/2022 9:17 PM
125	programs to help single moms.	7/25/2022 9:12 PM
126	More jobs in Anchor Point	7/25/2022 9:05 PM
127	Lower prices at Safeway/Save U More	7/25/2022 9:00 PM
128	Isolation - community event space - expand library	7/25/2022 8:55 PM
129	address lack of affordable housing	7/25/2022 8:49 PM
130	Just need help with my Yurt	7/25/2022 8:43 PM
131	Health care providers that have time and willingness to focus on one patient at a time. Review medical records before meeting with a patient. Are able to address and help with medical needs.	7/25/2022 8:34 PM

Q7 In what community do you live?

Answered: 188 Skipped: 13



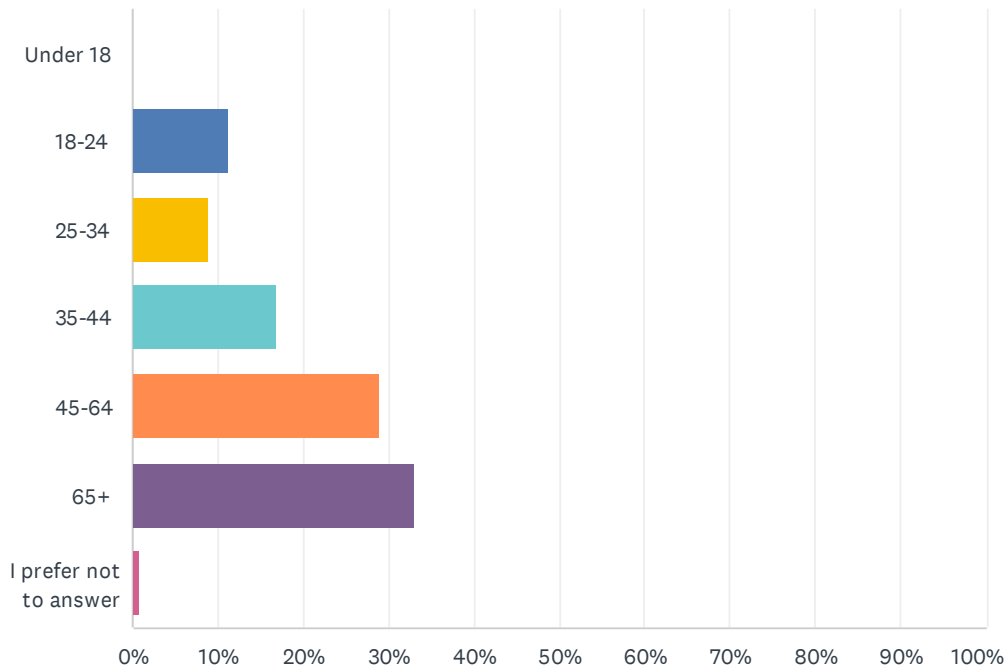
SKP MAPP Intercept Survey

ANSWER CHOICES	RESPONSES	
Anchor Point	19.15%	36
Diamond Ridge	3.19%	6
Fox River	0.53%	1
Fritz Creek	12.77%	24
Homer	57.45%	108
Kachemak City	3.19%	6
Kachemak Selo	0.00%	0
Nanwalek	0.00%	0
Nikolaevsk	0.00%	0
Ninilchik	2.13%	4
Port Graham	0.00%	0
Razdolna	0.53%	1
Seldovia	0.00%	0
Voznesenska	0.53%	1
Other (please specify)	0.53%	1
TOTAL		188

#	OTHER (PLEASE SPECIFY)	DATE
1	Happy Valley (between Anchor Point and Ninilchik)	7/25/2022 9:48 PM

Q8 What is your age?

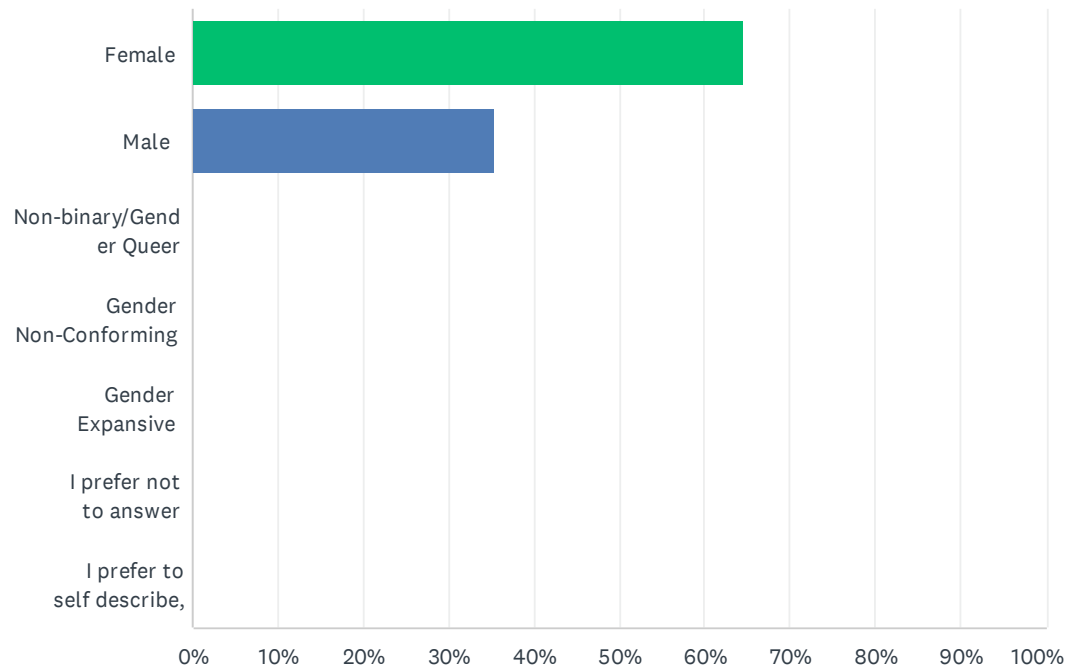
Answered: 124 Skipped: 77



ANSWER CHOICES	RESPONSES	
Under 18	0.00%	0
18-24	11.29%	14
25-34	8.87%	11
35-44	16.94%	21
45-64	29.03%	36
65+	33.06%	41
I prefer not to answer	0.81%	1
TOTAL		124

Q9 What is your gender?

Answered: 187 Skipped: 14

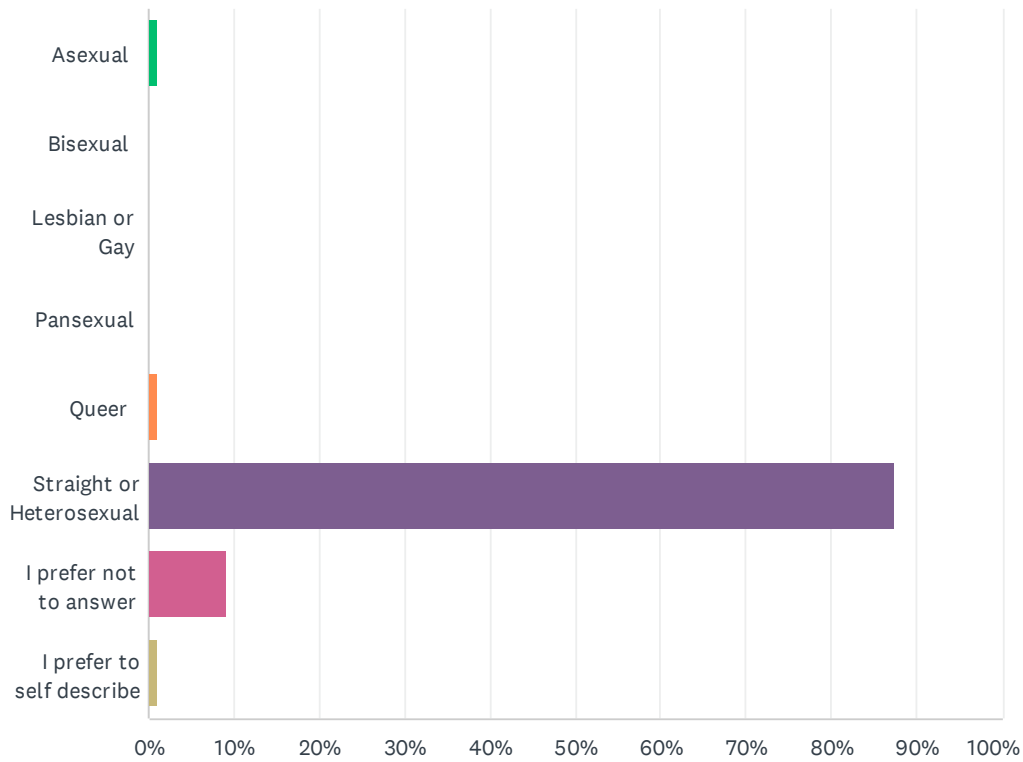


ANSWER CHOICES		RESPONSES
Female		64.71% 121
Male		35.29% 66
Non-binary/Gender Queer		0.00% 0
Gender Non-Conforming		0.00% 0
Gender Expansive		0.00% 0
I prefer not to answer		0.00% 0
I prefer to self describe,		0.00% 0
TOTAL		187

#	I PREFER TO SELF DESCRIBE,	DATE
There are no responses.		

Q10 What is your identified sexual orientation?

Answered: 87 Skipped: 114

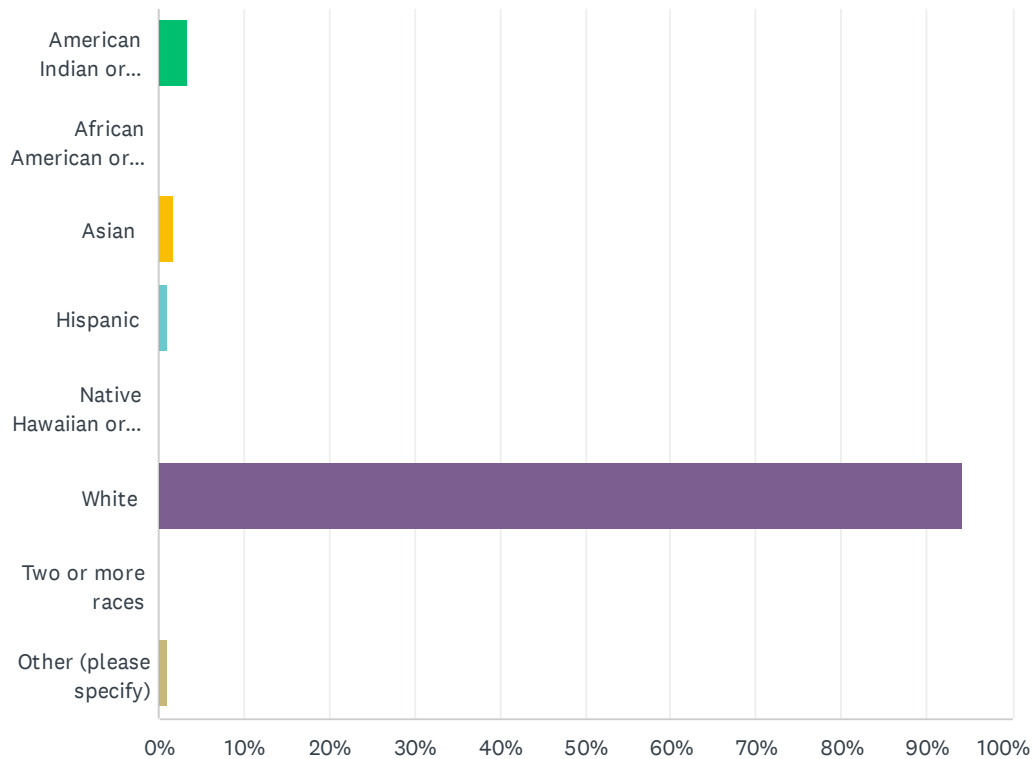


ANSWER CHOICES		RESPONSES	
Asexual		1.15%	1
Bisexual		0.00%	0
Lesbian or Gay		0.00%	0
Pansexual		0.00%	0
Queer		1.15%	1
Straight or Heterosexual		87.36%	76
I prefer not to answer		9.20%	8
I prefer to self describe		1.15%	1
TOTAL			87

#	I PREFER TO SELF DESCRIBE	DATE
1	heterosexual	8/15/2022 5:09 PM

Q11 Please select your race/ethnicity. Please check all that apply.

Answered: 176 Skipped: 25

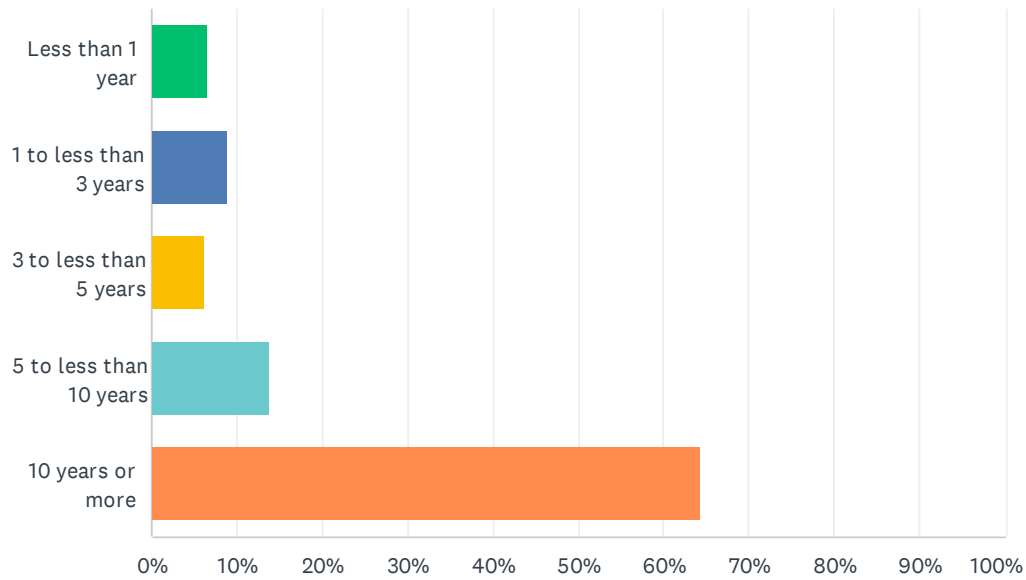


ANSWER CHOICES		RESPONSES	
American Indian or Alaska Native		3.41%	6
African American or Black		0.00%	0
Asian		1.70%	3
Hispanic		1.14%	2
Native Hawaiian or Other Pacific Islander		0.00%	0
White		94.32%	166
Two or more races		0.00%	0
Other (please specify)		1.14%	2
Total Respondents: 176			

#	OTHER (PLEASE SPECIFY)	DATE
1	human	8/20/2022 2:16 PM
2	Italian/Spanish/German	8/15/2022 2:17 PM

Q12 How long have you lived in your community?

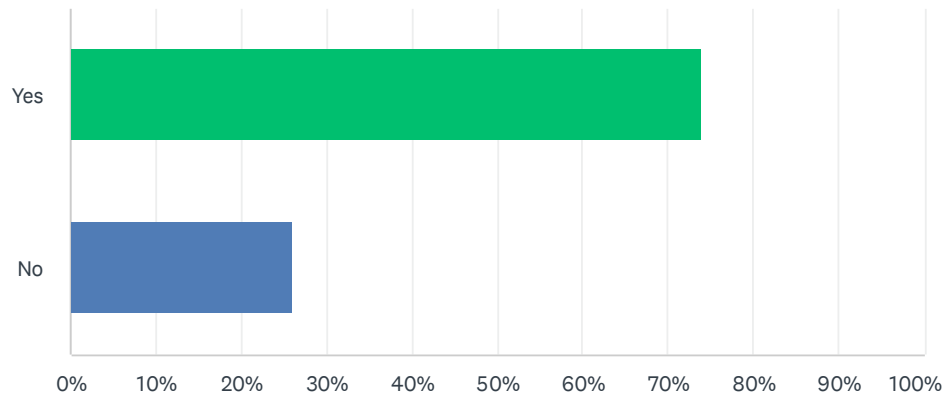
Answered: 180 Skipped: 21



ANSWER CHOICES	RESPONSES	
Less than 1 year	6.67%	12
1 to less than 3 years	8.89%	16
3 to less than 5 years	6.11%	11
5 to less than 10 years	13.89%	25
10 years or more	64.44%	116
TOTAL		180

Q13 Do you live here year-round?

Answered: 23 Skipped: 178



ANSWER CHOICES	RESPONSES	
Yes	73.91%	17
No	26.09%	6
TOTAL		23

Q14 If Yes, how many months do you live here?

Answered: 15 Skipped: 186

#	RESPONSES	DATE
1	6	8/24/2022 3:43 PM
2	12	7/25/2022 9:56 PM
3	12	7/25/2022 9:49 PM
4	12	7/25/2022 9:44 PM
5	12	7/25/2022 9:37 PM
6	12	7/25/2022 9:33 PM
7	12	7/25/2022 9:24 PM
8	12	7/25/2022 9:18 PM
9	12	7/25/2022 9:13 PM
10	12	7/25/2022 9:06 PM
11	12	7/25/2022 9:01 PM
12	12	7/25/2022 8:56 PM
13	12	7/25/2022 8:50 PM
14	12	7/25/2022 8:45 PM
15	12	7/25/2022 8:36 PM

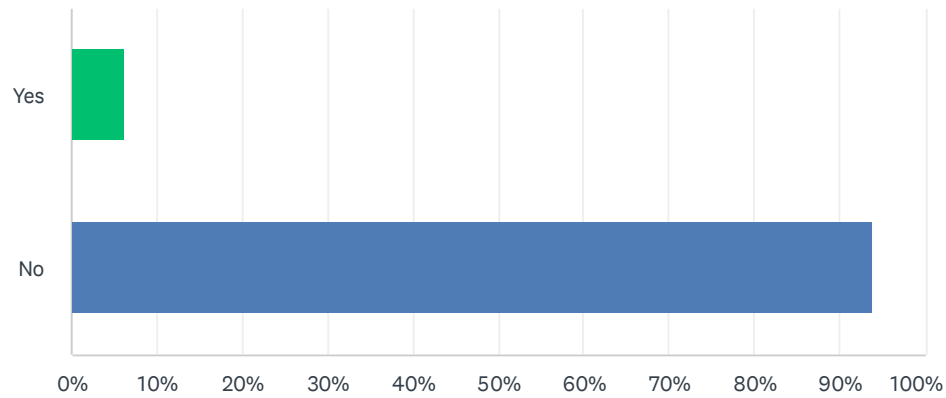
Q15 If Yes, which season?

Answered: 13 Skipped: 188

#	RESPONSES	DATE
1	all seasons	7/25/2022 9:56 PM
2	all seasons	7/25/2022 9:49 PM
3	all seasons	7/25/2022 9:44 PM
4	all seasons	7/25/2022 9:37 PM
5	all seasons	7/25/2022 9:33 PM
6	all seasons	7/25/2022 9:24 PM
7	all seasons	7/25/2022 9:18 PM
8	all seasons	7/25/2022 9:13 PM
9	all seasons	7/25/2022 9:06 PM
10	all seasons	7/25/2022 9:01 PM
11	all	7/25/2022 8:56 PM
12	all seasons	7/25/2022 8:50 PM
13	lived her before moved to CA came back 2 years ago	7/25/2022 8:45 PM

Q16 Were you born in another country other than the United States?

Answered: 96 Skipped: 105



ANSWER CHOICES	RESPONSES	
Yes	6.25%	6
No	93.75%	90
TOTAL		96

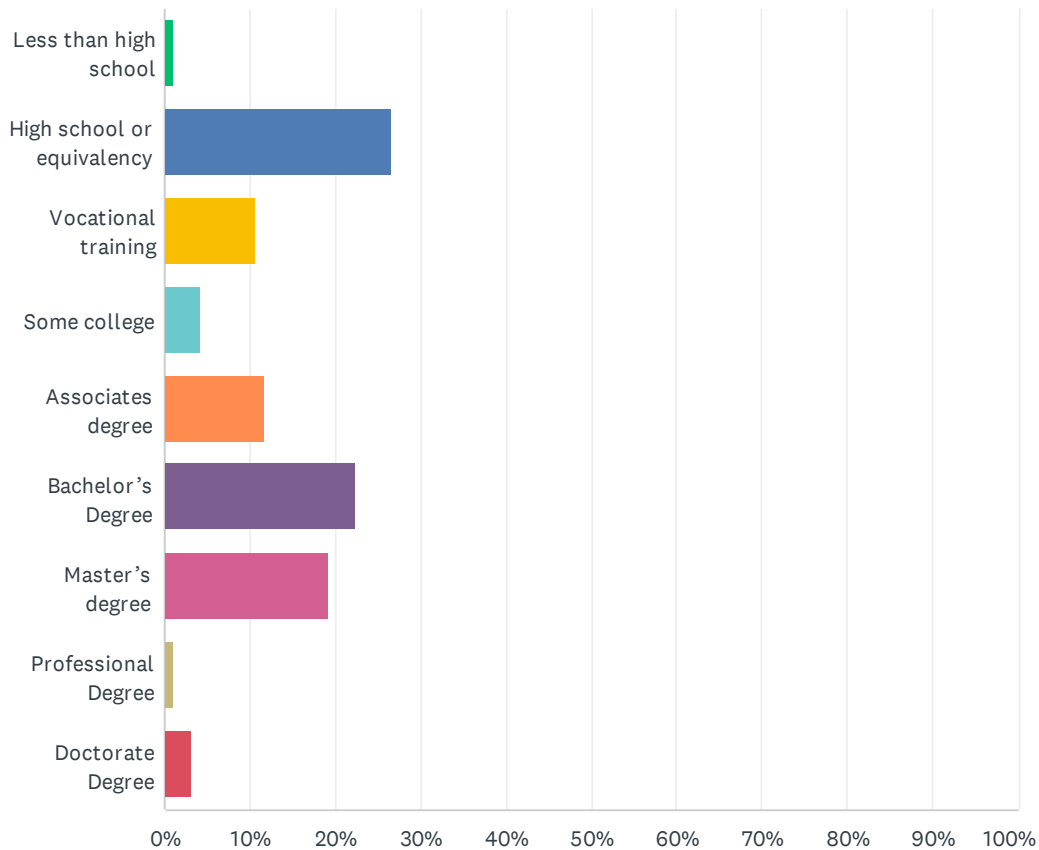
Q17 If Yes, please tell us your home country:

Answered: 5 Skipped: 196

#	RESPONSES	DATE
1	Istanbul, Turkey	8/24/2022 3:45 PM
2	canada	8/23/2022 12:31 PM
3	canada	8/19/2022 12:49 PM
4	philippines	8/15/2022 5:33 PM
5	ontario	8/15/2022 5:13 PM

Q18 What is the highest education level you have completed?

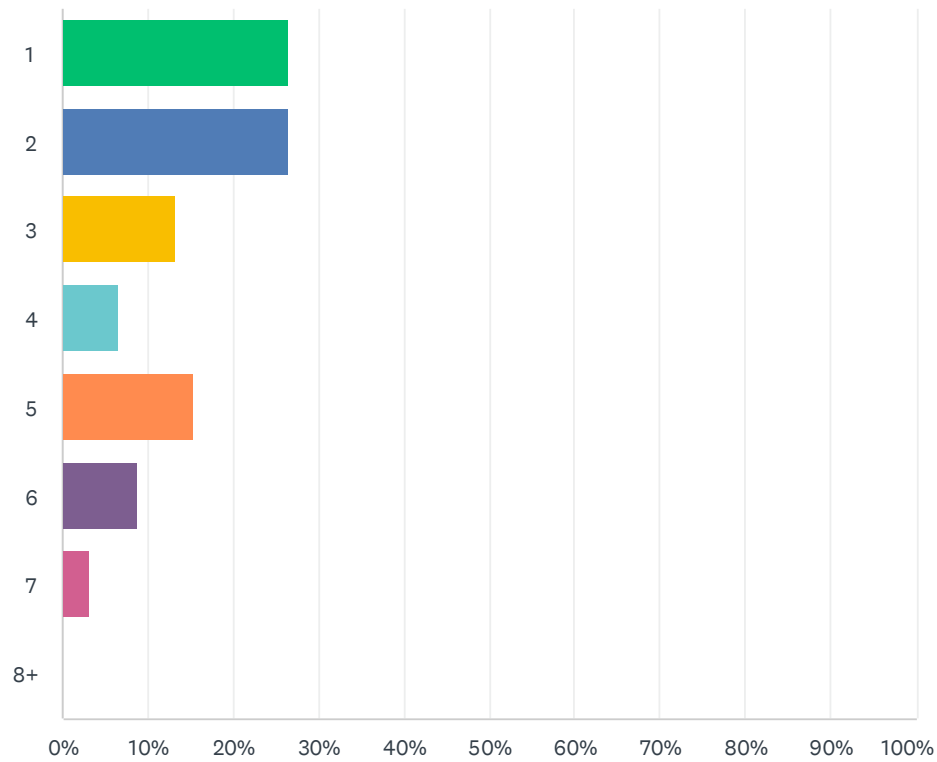
Answered: 94 Skipped: 107



ANSWER CHOICES	RESPONSES	
Less than high school	1.06%	1
High school or equivalency	26.60%	25
Vocational training	10.64%	10
Some college	4.26%	4
Associates degree	11.70%	11
Bachelor's Degree	22.34%	21
Master's degree	19.15%	18
Professional Degree	1.06%	1
Doctorate Degree	3.19%	3
TOTAL		94

Q19 How many people currently live in your household?

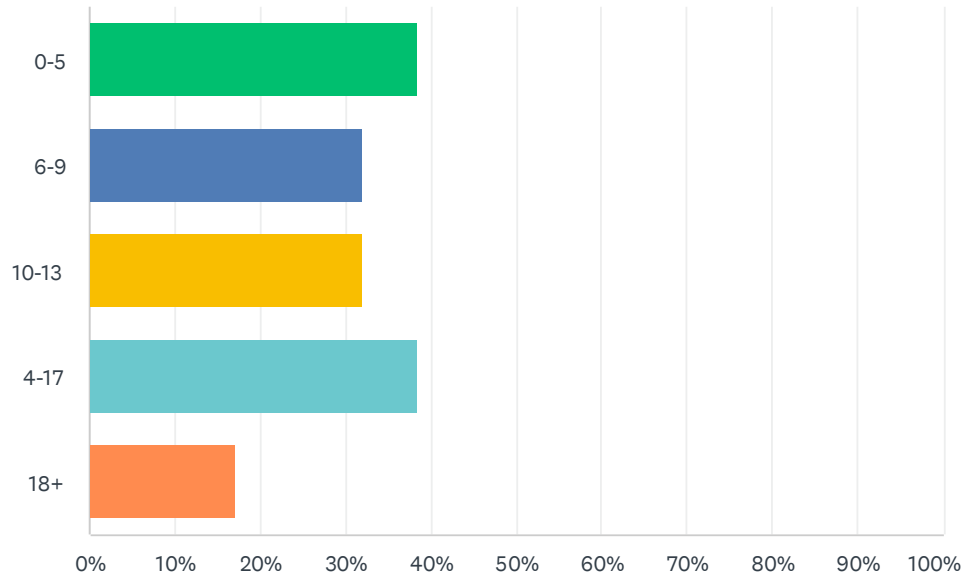
Answered: 91 Skipped: 110



ANSWER CHOICES	RESPONSES	
1	26.37%	24
2	26.37%	24
3	13.19%	12
4	6.59%	6
5	15.38%	14
6	8.79%	8
7	3.30%	3
8+	0.00%	0
TOTAL		91

Q20 If child(ren) living in household, what ages? Please check all that apply.

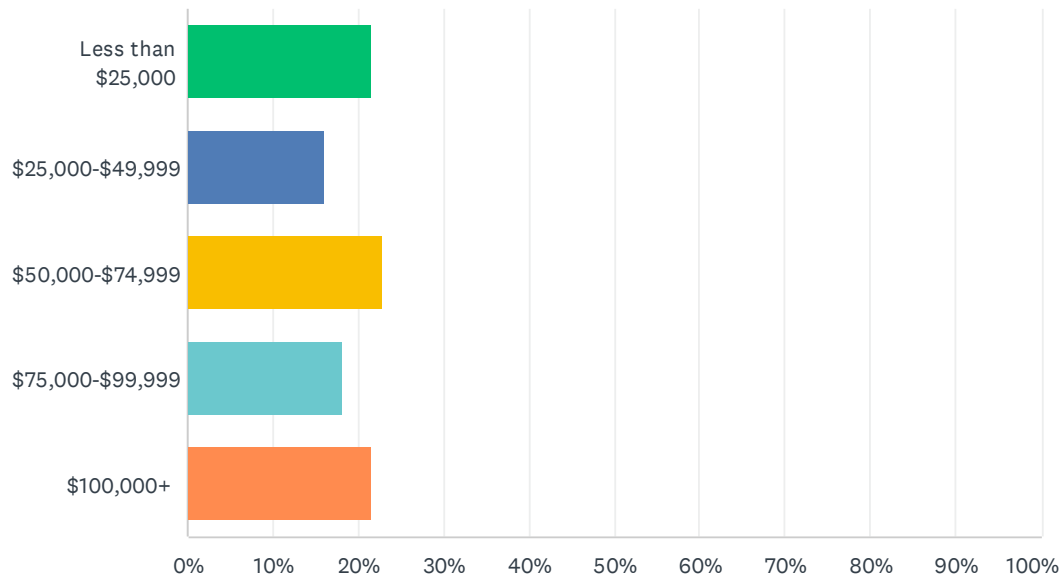
Answered: 47 Skipped: 154



ANSWER CHOICES	RESPONSES	
0-5	38.30%	18
6-9	31.91%	15
10-13	31.91%	15
4-17	38.30%	18
18+	17.02%	8
Total Respondents: 47		

Q21 What is your approximate annual household income?

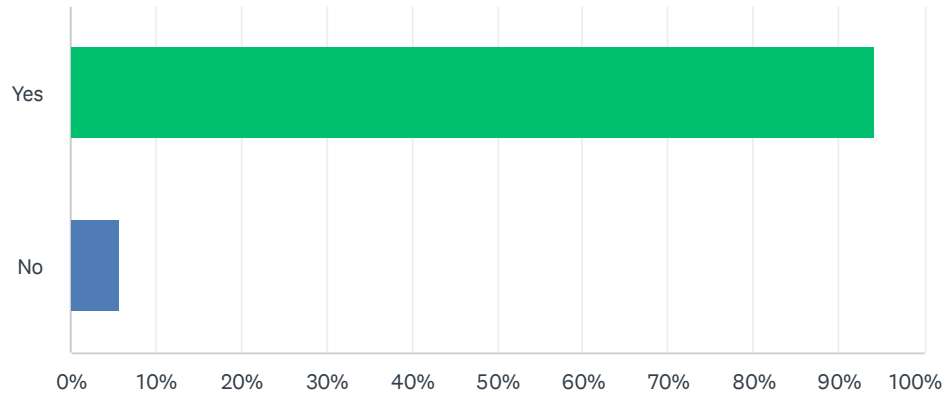
Answered: 88 Skipped: 113



ANSWER CHOICES	RESPONSES	
Less than \$25,000	21.59%	19
\$25,000-\$49,999	15.91%	14
\$50,000-\$74,999	22.73%	20
\$75,000-\$99,999	18.18%	16
\$100,000+	21.59%	19
TOTAL		88

Q22 Do you have health insurance? (of any type: private, public, military, Native, Medicaid or Medicare)

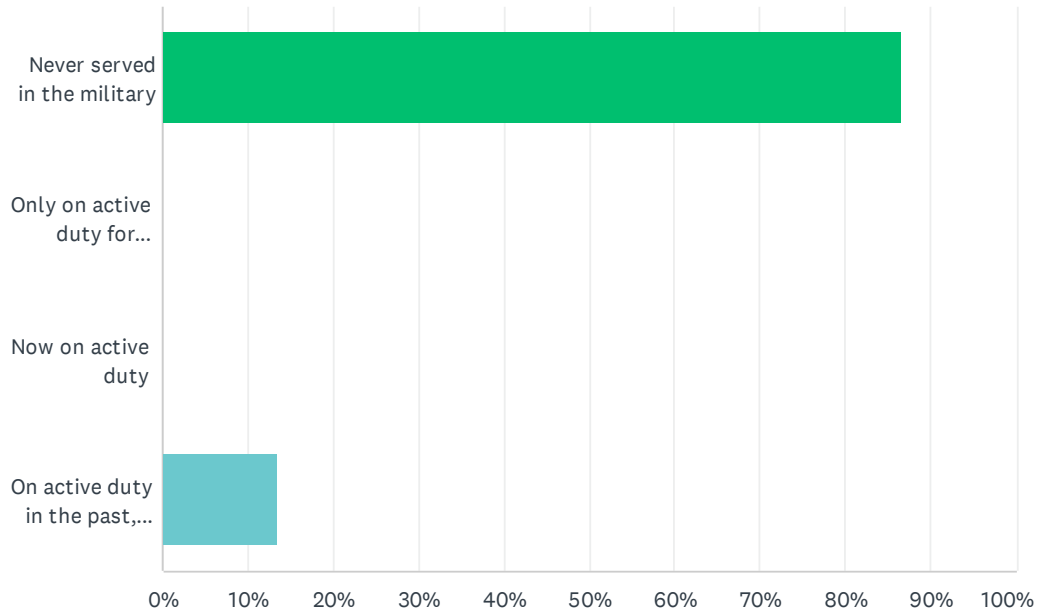
Answered: 87 Skipped: 114



ANSWER CHOICES	RESPONSES	
Yes	94.25%	82
No	5.75%	5
TOTAL		87

Q23 Have you ever served on active duty in the U.S. Armed Forces, Reserves or National Guard?

Answered: 90 Skipped: 111



ANSWER CHOICES	RESPONSES	
Never served in the military	86.67%	78
Only on active duty for training in the Reserves of National Guard	0.00%	0
Now on active duty	0.00%	0
On active duty in the past, but not now (includes retired military and veterans)	13.33%	12
TOTAL		90

Q24 Please enter any other input they provided that you did not already record.

Answered: 1 Skipped: 200

#	RESPONSES	DATE
1	concern about drug abuse and people not wanting to get better drain on system	8/15/2022 2:18 PM

Appendix E:

Focus Group Guide

REP TO READ: Hello, my name is _____ and I am part of the MAPP Steering Committee. We are here to gather information for a Community Health Needs Assessment. South Peninsula Hospital is a member of MAPP (Mobilizing for Action through Planning and Partnerships) and as a “non-profit hospital” is required by the Affordable Care Act to conduct a community health needs assessment every 3 years.

The results of this needs assessment will help to guide the hospital and MAPP in creating a healthier community. We are holding several community meetings and focus groups across the borough in order to hear about the opportunities and barriers that residents face in trying to access care and make healthy choices in their lives.

There are a few guidelines I would like to go over with you that we use in focus groups.

- One is that you speak up and only one person speaks at a time. This makes it clearer on the recording that we are making and easier for the person who transcribes the tape.
- The other thing is, please say exactly what you think. There IS no right or wrong answers in this. We’re just as interested in your concerns as well as your support for any of the ideas that are brought up, so feel free to express your true opinions, even if you disagree with an idea that is being discussed.
- We have a lot to get through over the next hour or so. I ask that you limit storytelling and please do not be offended if I cut you off or ask you if we can continue the conversation after the session.
- Your participation is totally anonymous. We don’t want to know anyone’s full names. What you say in this room will only be reported with everyone else’s views in a report – and will not be associated with you specifically.
- We ask that you please keep the confidentiality of what is shared in this room in this room.

Health of the Community

1. What does a healthy community look like?
2. Would you say the health of the community is better, worse, or the same as it was 3 years ago?
Why do you say that?
3. What are the health related needs/issues facing your community?
4. What resources already exist in the community that are addressing these needs?
5. What barriers exist to accessing services? What do you think would help make these services more accessible?
6. What services are needed that are not available in the community?
7. What else needs to happen in your community to meet your definition of a healthy community?

Belonging

8. What are the things that make you feel a sense of purpose and meaning in life?
9. To what extent do these things exist in your local community?
10. How and where do you feel connected or like you really belong here in your local community?
11. What else might help someone feel like they belong in this community?
12. How can we make sure that all people have strong social connections and feel like they belong in this community?

Role

- 13. What role can South Peninsula Hospital do to help create a healthy community?
- 14. What role can MAPP of Southern Kenai Peninsula do to help create a healthy community?

Priorities

- 15. I am going to go around the room and ask each of you to tell me one priority need/issue you would like to see addressed. Please share the priority as well as the reason you feel it is a priority.

Thank you all for your time and valuable input into this planning process. If you have not already done so please take a few minutes to complete the brief survey at your table.

Appendix F:

Stakeholder Interview

Questions

SHP MAPP
CHNA Stakeholder Interview Guide

Interview with:

Interviewed by/date:

Thank you for taking the time to talk with us to support the South Peninsula Hospital and MAPP (Mobilizing Action through Planning and Partnership) of Southern Kenai Peninsula Community Health Needs Assessment Process.

1. First of all, could you tell me a little bit about yourself and your background/ experience with community health related issues.

2. What, in your opinion, are the top 3 community health needs?	3. Why did you say <i>[insert each need they said in #2]</i> and what issues come to mind regarding that health need?
1.	
2.	
3.	
Others mentioned:	

SHP MAPP
CHNA Stakeholder Interview Guide

4. Check to see if the area they were selected to represent is one of the top priorities identified above. If not mentioned, say....

Our records indicate that you were selected to participate in these individual interviews because you have specific background/experience/ knowledge regarding the health of the community. What do you feel are the key issues related to this topic area?

5. **What activities/initiatives are currently underway in the community to address the needs within each of your topic areas?**

6. **What more, in your opinion, still needs to be done in order to address each of your community health topic areas mentioned above?**

7. **In your opinion, what role do you think the South Peninsula Hospital, Homer Public Health, your medical provider, or a local coalition should take in addressing these needs? And, how can any of these agencies work with other community organizations to address the needs you mentioned? Who do you think should take the lead?**

8. **As South Peninsula Hospital, Homer Public Health, your medical provider or local coalitions come together to begin to create goals and objectives for the implementation strategy action plan, working on issues and needs identified through the community health improvement process, if asked, would you be interested in participating in a collaborative to address the identified issues and needs?**

9. **What advice do you have for the project steering committee who is implementing this community health assessment process?**