Healthier Barrington Needs Survey 2011

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Prepared for:

THE HEALTHIER BARRINGTON PROJECT

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EXECUTIVE SUMMARY

Chapter 1: INTRODUCTION

- The Healthier Barrington Project Needs Assessments are one method by which the Barrington Healthier Community Project receives periodic citizen input in order to learn the views, desires and needs of the residents of the Barrington area. This is the sixth survey of Barrington area residents for the Healthier Community Project. Similar studies have been conducted every three years starting in 1996, allowing longitudinal data comparisons for many questions.

- This survey asked local residents about: perceptions of issues and needs; evaluation of community services; issues needing greater attention; shopping behavior and retail desires; household situations and needs; unemployment, assistance needed; impact of the recession; mental health, suicide, abuse; children's issues; preparation for disasters, bioterrorrism and retirement plans.

- The questionnaire, sent by mail, was an eight-page booklet of structured questions, plus one major open-ended question about changes to improve the Barrington area quality of life. A cover letter describing the reasons for the survey, the survey instrument, and a postage-paid reply envelope were sent to each person chosen in the random sample. A follow-up post card was sent after two weeks.

- A total of 4,000 questionnaires were mailed to households in zip code 60010 plus those portions of School District 220 which lie outside 60010 including parts of Carpentersville and Hoffman Estates. The sample was obtained from a commercial mailing firm. At the cut-off, 524 useable surveys had been returned, yielding a response rate of 13.1%. The margin of error for the entire sample is plus or minus 4.2%.

- Within certain limitations, the sample can be said to be generally representative of the Barrington area population as shown by the American Community Survey (ACS) profile of the District 220 population. The ACS is conducted by the Census Bureau. The average household size for the 2011 sample homes was a bit lower than Census data, 2.58 versus 2.84. The age distribution was somewhat older than the Census Bureau would indicate for area householders with a median respondent age of 56.1. Females comprised 61.3% of the respondents .

- The age distribution for household members was quite close to the Census, generally representative across all age groups, but included more older persons 45+ than would be indicated by the Census Bureau.

- Households represented in the survey homes included 1,354 persons with about a quarter (23.7%) under 18 and 17.1% aged 65 or older. Median age of household members was 46.6, slightly above the Census Bureau median of 41.3. The survey sample contained fewer persons 30-44, but more 65+ than the American Community Survey would predict.

- The estimated level of participation for the Village of Barrington was 21.7%, just above the 20.6% in 2008, but below the 22.9% for 2005. Highest were Barrington (21.7%), Inverness (16.7%), North Barrington (15.0%) and Barrington Hills (15.0%).

- By far, the highest proportion of participants, (33.0%) reported residing in Barrington, followed by Lake Barrington (13.7%). The median length of residence for respondents is 17.9 with length of residence increasing with respondent age.

- Participants were also asked to indicate the primary work location for up to two working adults in the household. Of those who are employed in the workforce, the Barrington area (31.1%) and Cook County outside Chicago (20.2%) are the sites for more than half (51.3%) of workers, with 9.9% employed in Lake County, and 6.0% traveling to the City of Chicago for work.

- Several questions regarding at-home workers were also posed. When asked whether anyone in their household works at home, more than a quarter of respondents (27.9%) in the 2011 survey answered "yes", higher than earlier surveys. The total number of individuals working at home was 244 of which 43.9% work only at home and 56.1% also travel to other locations as well as working at home.

- In the 2000 Census for the nation, only 3.3% of workers worked at home. Therefore, the Barrington area appears to have a much higher proportion of "home workers," or those using home as an employment base.

- Asked if they are responsible for the care of an older adult such as an aging spouse, parent or other relative, 21.4% of participants responded positively. The proportion rose regularly from 1996 when the proportion was only 9.2%. Survey respondents reported 8.4% are responsible for an older adult living on their own, with fewer respondents having responsibility for an older adult residing in a nursing home or retirement community (7.4%) or living in a respondent's home (3.2%). Persons acting as caregivers extended across all age groups.

- Thirty individuals (5.7%) are responsible for the care of a disabled or special needs person, lower than reported in 2008 (8.0%). Of these, 19 disabled persons live in the respondents' home.

- Asked whether a spouse or parent 65 or older would benefit from certain services, those needed are consultation with a physician specializing in geriatrics (4.2%), management of multiple medical conditions (4.0%), medication management (3.2%) and dementia care (3.1%).

- Survey participants were asked to respond to the following question - "Do you have a document that states your wishes for health care decisions in the event you are unable to make them yourself?" Responses indicate that just over half (54.0%) have expressed their preferences for health care decisions when they are unable to make them. The remaining 46.0% either said no (39.5%), not sure (3.8%) or did not answer (2.7%). The greatest variation in preparation is evident by age group. Four of five (79.4%) senior citizens 65+ report that they have plans for health care decisions by others, but levels are lower for persons 45-64 (46.0%) or 18-44 (40.6%).

- Newspaper readership was assessed by asking participants what, if any, newspaper they usually read during the week, allowing multiple responses. For 2011, the *Chicago Tribune* was the most read source (51.5%) as had been true in all previous surveys. *Quintessential Barrington*, a magazine published six times a year appearing for the first time in the 2011 survey, placed second in readership (40.5%) with the *Barrington-Courier-Review* (38.5%) third. About one-in-three (32.8%) respondents reads the *Daily Herald*.

- Readership was down for all newspapers which were part of earlier surveys except for the *Northwest Herald*, up from 4.2% to 4.8%. The largest decline took place for the *Courier Review* whose readership was 65.7% in 2002 falling to 38.5% in 2011. *Barrington Lifestyles* was read by 22.3% in 2005, but only 12.6% in 2011. "Online news source" was a new 2011 choice receiving a positive response from 22.5% of respondents. Top online sources were Yahoo (4.6%), *The Wall Street Journal* (4.6%), and *The New York Times* (3.6%).

Chapter 2: QUALITY OF LIFE: CHARACTERISTICS MISSING IN THE BARRINGTON AREA

- Whether certain aspects of the quality of living in the Barrington area are missing from their community was asked of residents, who could then name up to three choices from the nine options provided. "Access to sufficient stores, services or restaurants" was indicated "as missing" by more than half (54.6%) of the survey respondents, easily leading the characteristics that are said to be missing in the Barrington area.

- Second with more than one-third (34.7%) of survey participants choosing this item was "reasonably priced goods, services" as missing from the area. Receiving support from about one-quarter of survey respondents as missing were traffic control (26.1%) and public transportation (24.2%). Missing in the 13-15% range were local employment (14.7%) and recreation opportunities (13.0%). "Tolerance of differences" was marked by about one-in-ten (9.7%) local residents, while 7.1% indicated "residential rental options" as being absent. The least support was received for social services as missing.

- Though the format differed somewhat in 2011 from earlier surveys, the top three characteristics present in each survey were the same. However, "traffic control" fell considerably from 43.9% (2008) and 41.3% (2005) to only 26.1% in 2011, a possible improvement in the level of local concern about traffic control. Responses about the "tolerance of differences" being missing fell from 17.2% to 9.7%. Small declines also were recorded for local employment and public transportation.

- Dissatisfaction with shopping appeared to grow, moving to their highest levels. As compared to 2008, “access to sufficient stores, services or restaurants” increased to 54.6% from 42.4% and “reasonably priced goods, services” to 34.7% from 26.7%. A small increase took place in those who feel that “recreation opportunities” are missing, up to 13.0% from 11.6%.

Chapter 3: COMMUNITY SERVICES AND ISSUES NEEDING ATTENTION

- Participants were asked to rate 11 community services as “excellent”, “good”, “fair” or “poor”, with the opportunity to also answer “don’t know” if they did not feel familiar enough to rate the service. Apparently, many residents do not feel knowledgeable about certain services. When assessing “availability of services for the disabled,” 79.2% chose “don’t know” or did not answer as did 86.4% of those answering for “availability of transportation for the elderly and disabled.” Many (63.2%) respondents lacked enough knowledge to rate “availability of services for senior citizens.” Similarly, two-thirds (66.0%) did not know enough to rate the availability of social services overall.

- When examining the percent giving a rating of excellent or good, “local library services,” a new choice, vaulted to the top with 85.1%. “Local education” received the next highest rating (80.3%), up from 76.5% for “local primary education” in 2008. “Local Park District services” (74.2%) placed third, while “availability of health care services” (64.1%) was fourth, down from 72.3% in 2008.

- The lowest proportions of community services rated excellent or good were “availability of services for the disabled” (9.7%) and “transportation for the elderly and disabled” (6.9%), although as noted earlier, both had very high levels of “don’t know or no answer” responses. Smaller proportions of residents gave excellent or good ratings to services for services for youth (36.3%), cultural activities, arts (30.3%) and services for senior citizens (27.5%).

- Only three of the 11 items received a mean rating of 3.00 (good) or above - those being “local library services“ (3.45), “local education” (3.31) and “local Park District services” (3.19). Excellent was given a four, poor a one. No services received mean ratings lower than 2.00 or fair, the lowest being “availability of transportation for the elderly and disabled” at 2.39, “availability of cultural activities/arts” (2.41) and “services for the disabled” (2.42). Broken out by demographic group, the highest mean scores went to “local education” for new (< five years) residents (3.57) and long term (36+ years) residents for library services (3.57).

- Twenty-four community issues were listed on the 2011 survey instrument, with respondents asked to check each issue that they believe needs greater attention in the community. Survey respondents could mark as many as they thought appropriate. The “average respondent” marked 2.9. Property tax equity (45.6%) placed first among issues needing attention for the third year in a row, well ahead of activities for teens (30.3%) which was second. Other leading problems were high health care costs, named by 21.4%, youth substance abuse (20.2%), help finding employment (19.5%) and need for housing in all price ranges (17.0%). Property tax equity topped all demographic groups.

- Only three issues which also appeared in 2008 increased in the percent calling for greater attention. These were counseling - individual, family, marital (+3.3%), property tax equity (+2.7%) and domestic violence (+0.9%). Fifteen issues were lower, the declines led by youth substance abuse (-6.9%), obesity in children (-5.6%), need for housing in all price ranges (-5.5%) and special education for children (-5.5%). A lower score may indicate satisfaction with current activity.

- "Would you support the development of rental housing in your community?" was asked of the survey sample. Only one-quarter (24.8%) favored rental housing development while 42.9% opposed. Another 32.3% marked "don't know" or did not answer.

- Respondents were asked whether they feel prepared for future emergencies like natural disasters, terrorism, or bioterrorrism, in five different locations. Almost half (46.0%) feel unprepared for a future emergency at home, another 40.1% feel unprepared for an emergency in the community. Unprepared results for other sites were while commuting (36.6%), at work (28.8%) or at school (18.1%). Results were similar to past years. School was a new location for 2011. Females were somewhat more concerned than males.

- Asked their feelings about worldwide problems and possible terrorism, the majority of respondents (59.7%) said they feel "somewhat uneasy about the current situation", 35.1% voiced feeling "secure that our intelligence, police, fire, and military are taking care of us", while only 3.2% indicated "feeling insecure and worried most of the time"

- Asked whether they would like to receive information about preparations to protect from and deal with natural disasters, terrorism, or bioterrorrism in their community, two-thirds (67.2%) responded "yes," a slight increase from 2005 when 61.5% wanted to receive information and 2008 when 65.3% wanted information.

- Another question asked respondents to share how they would most like to receive information about their family's health, the community or ways to improve their quality of life. Direct mail was chosen again by the most survey participants as the preferable way for receiving information, marked by one-quarter (24.4%) of respondents. Close behind for preferred information methods were daily newspaper (17.0%), internet (16.2%), E-Letters (websites, blogs, social media) (15.3%) and weekly newspaper (12.8%).

Chapter 4: SITUATIONS EXPERIENCED BY HOUSEHOLDS AND INDIVIDUALS

- Participants were given a list of 12 problems or conditions that households and individuals in the home sometimes experience, and asked which, if any, of these situations they or another household member had experienced in the past year. About one in five Barrington area residents' households "put off health care services because of cost" (20.8%) or had "difficulty paying bills" (19.5%). Both situations rose from 2008 when "difficulty paying bills" was first with 18.1% and "put off health care services because of cost" was third at 13.2%.

- Rounding out the top five were "experienced unemployment due to an involuntary job loss" (13.9%), "difficulty finding affordable dental services" (13.0%) and "difficulty finding affordable health care services" (11.5%). Unemployment rose to 13.9% from 10.5% in 2008.

- The largest 2008 to 2011 increases were "put off health care" (+7.6%), "experienced unemployment" and (+3.4%), "home mortgage foreclosed or unable to pay" (+1.9%). Declines from 2008 to 2011 included "difficulty finding older adult day care" (-2.9%), "difficulty finding services for family members with special needs" (-2.9%), "difficulty finding child care" (-2.4%) and "unable to find recreation" (-2.1%).

- Most likely to have a household member who "put off health care services because of cost" were 36+ year residents (26.2%) and 45-64 year olds (24.8%). "Difficulty paying bills" affected younger households with a 18-44 year old respondent (24.5%) and those living in the area five years or less (23.2%). Experiencing household job losses was most prevalent for 11-20 year residents (22.0%) and respondents aged 45-64 (18.6%). Long term (36+ years) residents (23.0%) were most likely to have difficulty finding affordable dental care.

- Survey participants were asked whether someone in their home had been unemployed and seeking a job in the past year. Responses indicate that about one in five homes (19.5%) experienced a member being unemployed and seeking a job during the past year. When the respondent was aged 45-64, the household was most likely to have experienced unemployment with job seeking at a level reaching one-quarter (25.5%) of homes.

- Of four needs listed for the unemployed, 44.1% reported that they did not find assistance needed to locate a job. Almost one in three (29.4%) unemployed job seekers could not locate financial help while unemployed. Fewer failed to receive legal counseling (12.7%) or emotional help (9.8%) that they felt was needed.

- A new set of questions sought to evaluate the impact of the recession on the respondents' households. The first asked "Has the current recession affected the overall financial condition of those living in your home?" Well over half (56.9%) of survey households said that they had been affected financially by the recession. A follow-up question sought more detailed information on the nature of the impact of the recession. Less spending or more careful spending was named by 10.3% of all survey households. Reduced income because of a pay cut (8.4%), investment losses (5.0%) and the loss of a job (5.0%) were most often cited.

- Survey respondents were asked whether in the past year, they had thought about seeking professional help for any behavioral or emotional (mental health) problems. Reporting that they did consider professional help were 18.1% of the respondents. Of these, just over half (55.8%) or one-in-ten (10.1%) of the entire survey sample actually sought counseling for their problem.

- Females (24.6%) and respondents 18-44 (23.6%) thought about seeking behavioral help most often and also sought care most often - female (14.6%) and 18-44 (15.1%). Men and senior citizens exhibited very low use of mental health services. Whereas 14.6% of females replied that they sought counseling in the past year, only 2.6% of men did.

- Emotional (5.0%) and financial (3.4%) were the most common types of abuse experienced by survey respondents, with lower incidence of physical (1.1%) or sexual (0.6%) abuse. Of reported cases 82.3% were reported by females for the four categories in total although survey respondents were only 61.3% female. Respondents 45-64 were involved in 62.2% of cases although representing only 53.1% of survey respondents.

- Respondents were asked whether they or any other household member seriously considered or made plans for suicide in the past three years. Eighteen respondents (3.4%) indicated that someone in their household had considered suicide in the past three years. No attempts were reported.

- A new question asked parents “Which of the following are issues for your child or children under 18?” Listed were 18 problems that children may experience. Three problems led the list for household presence among children and youth - overscheduled (10.1%), anxiety, nervousness (9.4%) and attention deficit disorder (9.1%). Next in prevalence came sleep deprivation (7.5%), bullying (6.0%), learning disabilities (5.7%) and depression (4.7%). For survey households with children, just over two-thirds (68.6%) marked at least one of the listed problems.

Chapter 5: SHOPPING IN THE BARRINGTON AREA

- Several survey questions related to shopping patterns and preferences in the Barrington area. Survey participants were presented with 11 potential shopping locations and asked to write in what percent of their purchases are made in or near each location.

- In 2011, the leading locations for shopping based on the percent using them (at all) are Deer Park (73.9%), Lake Zurich (72.3%) and Barrington (70.6%). Close behind are Woodfield/Schaumburg (59.2%) and online (53.4%)

- When arrayed according to the mean percent of all shopping for the entire sample, Lake Zurich is the clear leader receiving one-quarter (25.2%) of all shopping. Next in average shopping level are Deer Park (14.1%), Barrington (13.4%) and Woodfield/Schaumburg (10.5%). Mean percent of all shopping which took place in Barrington fell from 19.0% in 2008 to 13.4% in 2011.

- The largest increase in mean shopping percent was for Lake Zurich which doubled from 12.5% (2008) to 25.2% (2011). No other shopping site recorded a 2008-2011 gain and several places other than Barrington also lost market shares including Deer Park (-4.5%), Woodfield/Schaumburg (-1.6%), Spring Hill/Dundee (-1.5%) and Randall Road (-1.4%). Online shopping volume did not change from 2008 to 2011.

- Village of Barrington residents are most likely (22.3%) to frequent Barrington stores for a higher percent of their purchases. Also more likely to shop in Barrington are 36+ year residents (21.3%) and persons 75+ (20.1%). Use in terms of percent of shopping by Barrington Area North (9.2%) and Barrington Area South (9.1%) is lower.

- Though Lake Zurich shows broad appeal across groups, the mean percent for shopping there is higher in Barrington Area North (35.6%), lower in Barrington Area South (10.7%) and 27.6% for the Village of Barrington. A similar geographic pattern exists for Deer Park with higher mean shopping percents in the Village of Barrington (17.0%) than Barrington Area South (7.9%).

- Questioned about barriers which might keep them from shopping more in the Village of Barrington, respondents could check as many as appropriate. "Lack of selection" led the list once again, marked by 54.0% of survey respondents. Also of concern in evaluating Barrington as a shopping destination for a large number of participants are being unable to complete most shopping in one place (49.6%), high prices (39.3%) and traffic (36.3%). Lack of parking is a barrier for 34.9% of respondents. Unable to complete most shopping in one place has risen as a cited barrier from 37.0% (2005) to 49.6% (2011).

- Other barriers were chosen far less often. Only 13.9% believe that the times stores are open is a barrier, while 11.8% cited the distance from Barrington as a barrier to shopping in the Village. Even fewer (2.9%) said that a need for sidewalks limited their shopping. Open ended additions as barriers were train congestion (7), unattractive (7) and traffic congestion (6).

- Concern about high prices increased from 35.5% in 2005 to the 2008 level of 40.8% and 39.3% in 2011, while the inability to complete shopping in one place seems to have become more of a barrier, moving from 37.0% in 2005 to 49.6% in 2011.

- Respondents were also asked to write in stores, products, services, or restaurants not presently available in the Village of Barrington which they would like to see added. One response clearly led the list of desired additions to the Village of Barrington offerings - restaurants - which was named by over 39% of survey participants. As for the nature of the restaurant desired, most just said restaurants (17.6%) followed by family (5.3%), fast food (3.8%), chain (3.1%) and ethnic (2.9%). The desire for restaurants has increased in each of the surveys since 2005.

- A hardware store was the second most popular choice (13.4%) for a new business. This was the second year that a hardware store was mentioned prominently (9.0% named in 2008), many citing the closing of Ace Hardware in the community for their choice.

- Another theme in the responses for additions to Barrington offerings was for a specialty food store (6.7%) to supplement Jewel. Related responses were organic foods, produce (1.3%) and farmers' market, fruit (0.6%)

- Also marked by at least five percent of respondents were book stores (5.7%), discount stores (5.5%) and clothing in general (5.0%).

- Many respondents named specific stores or restaurants which they would like in the Barrington area. Specialty grocers led the open-ended choices in that Trader Joe's (18) and Whole Foods (18) led the write-ins. Other specialty grocers specified were Caputo's (5), Mariano's (4), Fresh Market (3), EuroFresh (2) and Valli (2) for a total of 52 specialty grocery mentions. Traditional groceries named were Dominick's (7) and Shop n Save (2).

- Next in favor came Ace Hardware (16), Panera Bread (14) and Target/Super Target (14). The top five restaurants/stores named were the same as 2008 though Trader Joe's evidenced increased popularity.

- Other restaurants cited three or more times in addition to Panera were Corner Bakery (9), Portillo's (6), Chipotle (5), Dairy Queen (5), KFC (3), Taco Bell (3) and Wendy's (3). Target led the discount stores, but also named were Wal-Mart (8), Costco (7), Sam's Club (6), Kohl's (5) and Meijer (5).

Chapter 6: HEALTH INSURANCE

- Survey participants were asked whether or not everyone in the home is covered by health insurance. In 2011, survey respondents indicated that 89.3% of household members are covered by health insurance such as major medical, Medicare, Medicaid, HMO or PPO. The coverage level was similar to 2008 (89.9%), but a bit lower than 2005 (91.9%).

- Of those who answered the question, in 94.0% of households all members were covered compared to 93.0% in 2008 and a 2005 level of 94.3%. Not having coverage for every person in their residence are 6.0% of those who responded to the question. Thirteen households (2.5%) included someone currently covered under COBRA following a job loss.

- The group with the highest proportion lacking coverage is 5-9 year residents where 12.5% are uninsured.

- Participants responding that someone in the home did not have health insurance were also asked to enter the number of persons in each age group not covered. The group with the highest percentage of persons lacking coverage is young adults 18-29 where 10.2% are uninsured. Fewer residents aged 45-64 (3.7%) and aged 30-44 (5.8%) lack coverage. Only three children in the sample were not covered by health insurance and no seniors aged 65 and older were uninsured.

- Between 2008 and 2011 the percentage of 18-29 year olds lacking insurance coverage rose from 7.4% to 10.2%. Persons aged 30-44 not covered increased slightly between survey years from 3.3% in 2008 to 5.8% in 2011 and those 45-64 uninsured rose from 3.5% in 2008 to 3.7% in 2011.

- Overall patterns of health coverage in the Barrington area remained similar to past survey patterns.

Chapter 7: RETIREMENT

- Survey participants were first asked to choose from a list of ages for the time at which they expect to retire from their job. One-quarter (25.2%) of the sample answered that the question was not applicable for them as they were already retired. If those who answered "not applicable/already retired" are taken out of the calculations, three in ten (31.6%) respondents marked that they are unsure of their retirement age, or chose not to answer.

- Of those responding, more than one-third (36.3%) said they hope to retire around age 65. One-third (33.6%) do not expect to retire until age 70 or later. Anticipating retirement around age 60 are 14.6% of respondents, while fewer plan on retirement at or near 62 (9.7%) or 55 (5.2%). Only a handful of residents in the sample (0.7%) expect to retire about the time they are age 50.

- The median year for retirement was 65, the same as 2008 when the question was first asked. Though the median was the same, more persons marked 70 or later for their retirement this time. Older persons expect to work longer than younger.

- Survey participants were also asked to choose a location where they anticipate living most of the year during retirement. Four-in-ten (42.6%) expect to stay in their home in the Barrington area during retirement. Far fewer (17.9%) plan to retire most of the year to a warm weather state. Only a handful of respondents expect to live in a retirement community in the Barrington area (1.1%), a new single home in the Chicago area (2.3%), or at a Chicago-area retirement community (0.4%). One quarter of respondents are unsure as to where they expect to live during retirement.

- As compared to 2008, fewer residents plan to move out of the area to Arizona, Florida or elsewhere and fewer appear to desire to stay in their present home. "Don't know" appeared to be the beneficiary of the declines which took place among other options.

- By far, the demographic group most likely to anticipate remaining in their Barrington area home are seniors with levels of 65-74 (70.9%) and 75+ (73.7%). On the other end of the spectrum, only 27.4% of participants aged 18-44 believe they will be living in their home in the Barrington area during retirement.

- Respondents were instructed to mark all expected or current retirement activities. Leading the list was "travel", with 62.2% of participants expecting to travel or are currently traveling during retirement. Following was "time with grandchildren,

children" at 57.1%, "volunteer for non-profit" with 48.9% support, and "work part-time" marked by 35.9% of respondents. More than one-quarter of respondents (28.6%) would like to or are "taking courses in an area of interest", while fewer would like to "work part-time as a consultant" (17.0%). A smaller percentage (10.1%) have started or would like to start a new business during retirement. Compared to 2008, travel experienced a decline.

Chapter 8: OPEN-ENDED COMMENTS

- At the end of the survey participants were given the opportunity to comment on any specific change that they feel would improve the quality of life in the Barrington area. Commenting were 234 (44.7%) respondents.

- Most often mentioned, by far, was the need to improve the traffic situation in the area with 47 respondent comments. Other issues mentioned were downtown development (31), more stores/restaurants (26), comments regarding trains, grades, over/under passes (22), and property taxes (20).