

**Tribal
Health**



CONFEDERATED
SALISH AND
KOOTENAI
TRIBES



Community Health Assessment 2022

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Acknowledgments

The CSKT Tribal Health would like to acknowledge and thank the many Tribal Health staff that spent countless hours recruiting and surveying participants. This study would not be possible if it were not for your tireless work and dedication to the wellbeing of our community.

We are forever grateful for the willingness and shared knowledge of all the community members that participated in our survey. Your collective voices matter and will inform decision-making that is data-driven.

CHA Team Members



CSKT Community Health Division with help from other Tribal Health programs

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Pictured (Left to Right): Kaelen Wall, Dawne Scott, Mary Driscoll

Acronyms

CSKT	Confederated Salish and Kootenai
CHA	Community Health Assessment
SDoH	Social Determinants of Health
PR	Priority Resolutions
COVID-19	Coronavirus Disease 2019
CASPER	Community Assessment for Public Health Emergency Response
CDC	Centers for Disease Control and Preventions
BMI	Body Mass Index (weight status indicator)
Freq	Frequency (data counts)
%	Percentage (data proportions)

Executive Summary

Overview

Native Americans have historically fared worse across a range of health indicators compared to other races.¹⁻⁴ The advent of the COVID-19 pandemic further exacerbated disparities as chronic health conditions (e.g., diabetes), household overcrowding and air pollution (e.g., indoor smoke from increased wildfires), poverty, limited healthcare access due to underfunding, and limited healthy food access were also found to be highly prevalent among Native Americans.⁷ Although these statistics are important public health concerns that warrant attention, it is important to also share that the Native American communities can be a place of resilience and resistance to historical and contemporary traumas that contribute to such risk factors and outcomes, with each tribal community holding diverse values, languages, and histories.

Tribal Health, a department of the Confederated Salish and Kootenai Tribes (CSKT), launched the Community Health Assessment (CHA) in collaboration with local and state-based partners in summer 2020. This report was developed in recognition and respect for honoring tribal sovereignty, understanding tribal diversity, and interpreting data within the cultural context.⁸⁻¹¹ The development of the CHA survey tool was informed by community and leadership input and a document scan of the following local community reports: CSKT of the Flathead Nation: Community-Wide Needs Assessment Tribal Health Diabetes Program; 2017 – 2018 Annual Report. “Growing Healthy Populations”; CSKT Tribal Health Tribal Opioid Response Strategic Plan, 2018 – 2020; SAMHSA Confederated Salish and Kootenai Tribes Intensive Cohort Community Story; and Lake County Community Health Assessment: Lake County Health Department 2018.

Focus Areas

The CSKT Priority Resolutions and other key public health indicators set the foundation for the primary focus areas of the 2022 CSKT CHA Report. The data presented in this report directly and indirectly inform the CSKT Priority Resolutions. To promote data-driven decision-making per priority resolution, social determinants of health (SDoH) indicators are also provided to draw comparisons and identify sub-groups that can be targeted for services and interventions. Table 1 in the Introduction section lists the available SDoH indicators and risk factors used in this report.

Community Characteristics

The Flathead Reservation is home to the federally recognized Selis (Salish), Qlispe (Pend d’Oreille) and Ksanka (Kootenai) Tribes, and is located in western Montana in the northwestern United States. The Reservation is approximately 1.3 million acres, and lies within four counties. It is comprised of 13 towns that range from rural and isolated to non-metro urban. Although the towns are spread apart, and would not necessarily be considered one community, the social ecosystem of the Reservation includes Tribal Members, Tribal Descendants and non-Tribal community members. There are about 8,000 enrolled members with approximately 5,200 that reside within the exterior boundaries of the Flathead Reservation.

Introduction

Overall Goal and Principles

The goal of Community Health Assessments (CHA) is to identify key health-related needs and concerns through systematic, comprehensive data collection and analyses. These comprehensive data then enable organizations to understand and address their community's current health status, needs and concerns.⁶

The following CDC CHA Principles are relevant to our report:

- Multisector collaborations that support shared ownership of all phases of community health improvement, including assessment, planning, investment, implementation, and evaluation
- Proactive, broad, and diverse community engagement to improve results
- A definition of community that encompasses both a significant enough area to allow for population-wide interventions and measurable results, and includes a targeted focus to address disparities among subpopulations
- Maximum transparency to improve community engagement and accountability
- Evaluation to inform a continuous improvement process

Social Determinants of Health

The following social determinants of health (SDoH) indicators that lead to other risk factors for COVID-19 severity were found to be particularly prominent in tribal nations during the COVID-19 pandemic: poverty status, stable housing, healthy foods, healthcare access, education attainment, smoking, obesity, diabetes, and cardiovascular disease.^{7,12} Disproportionate and growing health disparities among Native Americans continue to remain high despite concerted efforts from both tribal communities and researchers to implement strategies for both prevention and intervention.

By taking a SDoH lens and identifying which sub-groups within a community are at particularly high-risk for disease or mortality, communities and partners can better inform future interventions that target these groups. This approach has been evidenced to have a meaningful impact on reduced BMI scores and sugar-sweetened beverages among children that participated in a culturally congruent and tailored home-visiting intervention.¹⁴

The following SDoH indicators listed in **Table 1** (see next page) were used to make such comparisons. Note that only results informing *Priority Resolutions* include additional comparative findings and when data are available. Gender, employment status, education attainment, age groups, self-reported mental health and self-reported physical health were applied to draw comparisons. When significant differences were found, these results with interpretations were included in the *Significant Findings* section of this report.

Introduction

Table 1. Social Determinants of Health Indicators and descriptions*

Indicators:	Description:
Gender	Men, Women
Employment status	Unemployed, Employed Full-Time
Education attainment	Less than a High School Diploma; High School Diploma or GED; Some College; College Degree/Trade
Age Groups	18-24; 25-34; 35-44; 45-54; 55-59; 60-64; Age 65+
Mental health	Fair to poor mental health; Good to excellent mental health
Physical health	Fair to poor physical health; Good to excellent physical health

*** = Groupings per indicator were collapsed if cell sizes were less than 5 participants.**

Message from CSKT Tribal Health

The Confederated Salish & Kootenai Tribes (CSKT) Tribal Health strives to better understand the public health status and meet the needs of our community using community data, and through discussions and interactions. We conducted and concluded the Community Health Assessment (CHA) in July 2021. The CHA is a data-driven approach that will inform our future decision-making and will create a foundation to work together on important and timely issues. The CHA will inform areas of need related to both public health and wellbeing in our community.

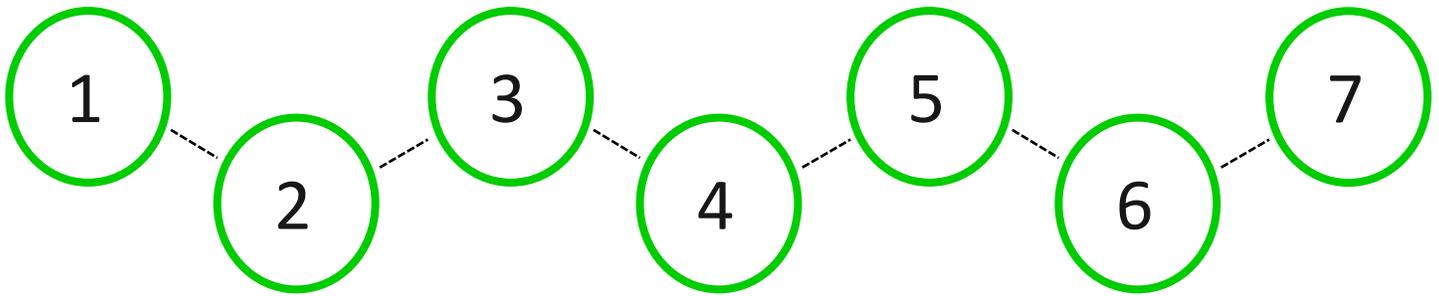
The CHA results will inform our future strategic planning, including program goals and objectives for CSKT Tribal Health and will be shared across the CSKT community to promote transparency and learning of health-focused community needs. The CSKT Tribal Health ensured the CHA report was developed with a high-level of expertise and contains cultural- and community-sensitive and specific results that are relevant to and inclusive of the CSKT community.

For more information or to contact CSKT Tribal Health, visit our website at: www.cskthealth.org

Next Steps

A key next step following dissemination of CHA results to the community, Tribal Leadership, and other key stakeholders will involve developing a comprehensive community health improvement plan that aims to: 1) improve organizational and community coordination and collaboration; 2) increase knowledge about public health and the interconnectedness of activities; 3) strengthen partnerships within state, tribal and local public health systems; 4) identify strengths and weaknesses to address quality improvement efforts; 5) set the stage for baselines on performance to use for future accreditation needs; and 6) provide benchmarks for public health practice improvements.⁶

Priority Resolutions



The *Priority Resolutions* were adopted on July 15, 2021 by the CSKT Tribal Council. CSKT Tribal Health is dedicated to informing and responding to the top health-related needs and concerns brought forth by community members and leadership. The following icon is used throughout the report to signal specific findings that inform one or more of the *Priority Resolutions*:



- 1. Resolution 21-085 - To signify the Tribes' desire and commitment to fully integrating traditional cultural values and languages into the daily lives of individuals within the reservation**
- 2. Resolution 21-086 - To foster business ownership among membership**
- 3. Resolution 21-087 - Proclaiming homelessness as a risk to the health, security, and general welfare of the Tribes and directing necessary resources to eradicate homelessness**
- 4. Resolution 21-088 - Proclaiming mental illness as a risk to the health, security, and general welfare of the Tribes and directing necessary resources to improve and promote mental health**
- 5. Resolution 21-089 - Proclaiming addiction as a risk to the health, security, and general welfare of the Tribes and directing necessary resources to eradicate addiction**
- 6. Resolution 21-090 - To commit to the achievement of food sovereignty, proclaiming hunger as a risk to the health, security, and general welfare of the Tribes and directing necessary resources to achieve food sovereignty and security**
- 7. Resolution 21-094 - To promote earning opportunities and jobs for every member who wants one**

Methodology

Objective

To better understand Native American community members' health and quality of life.

Sampling Approach

A random clustered sampling approach at the neighborhood level was applied in this study with the goal of reaching 30 neighborhood clusters and 210 participants as recommended by CDC's Community Assessment for Public Health Emergency Response (CASPER) approach.⁵

Participant recruitment

A total of 31 neighborhood clusters were randomly identified for participant recruitment. Participants were eligible to participate if they were at least 18 years of age, were Native American, lived in the household, and consented to participating in the survey. The Consent Script and neighborhood maps are provided in Appendices A and C, respectively.

Survey tool

The *CSKT Tribal Health Community Health Assessment* survey consisted of 104 questions specific to demographic information, risk-taking behaviors, physical activity, nutrition, healthcare use and access, suicide, mental health, relational support, cultural and traditional participation, food and housing insecurity, child-related needs and concerns, elder-related needs and concerns, and community resources, concerns, and needs. The *CSKT Tribal Health CHA* survey can be found in Appendix B.

Analyses

CSKT Tribal Health conducted a cross-sectional study design to collect both descriptive and inferential statistics. Descriptive data consists of individual risk factors (e.g., food insecurity, poor mental health), individual protective factors (e.g., family/friends, exercise), and attitudes and beliefs for available community resources, concerns and needs. Inferential data are provided in the *Significant Results* section. These findings were calculated using adjusted prevalence ratios that were analyzed using the recommended Mantel-Haenszel technique to evaluate if confounding by common risk factors (e.g., age or gender) was present among the comparisons groups.¹³ The prevalence ratios include 95% confidence intervals (95% CI). To interpret, if the 95% CI does not cross "1", then there is sufficient evidence to conclude that the groups are statistically significantly. Additional analyses were conducted among available outcomes that directly and indirectly inform the seven *Priority Resolutions*. The bar graphs consist of proportions of the outcome of interest and are organized by social determinants of health (SDoH) indicators, which include both mental health and physical health status. This is a recommended approach to understand high risk groups within Native American communities.¹⁵

Dissemination

Study findings are primarily comprised into 1-2 page infographics that consist of figures and brief in-text descriptions in this report. This report is recommended to be shared to the larger community audience so they may be informed of health-related results relevant to their community. The significant findings and results organized by SDoH indicators may inform leadership, programs, and services to support data-driven decisions.

Results

CSKT Tribal Health Department volunteers recruited and surveyed a total of **210 participants** from across 30 community neighborhoods in the from July 12-16, 2022.

Disparities observed commonly occurred by gender, low education attainment, unemployed but looking for work, poor physical and mental health, and younger age groups.

Most participants reported strong community cohesion in terms of attitudes on safety, being a good place to grow old and have children, knowing the first names of their neighbor(s), access to healthcare, etc. A top concern was having affordable housing. Nearly half were concerned about illegal drug use and over a third were worried about suicide in their communities. Over half attended the local powwows and nearly half reported having access to cultural support in their community.

Significant Findings

Key data and findings for mental health (proxy for suicide risk), unemployment, and food insecurity.

Mental health (risk factor for suicide):

- Women were associated with a **76%** (1.91; 95% CI: 1.07, 2.91) increase in reporting fair to poor mental health compared to men, adjusting for age.
- Those with a High School degree, GED or less were **2.15 times** (95% CI: 1.46, 3.16) more likely to report fair to poor mental health compared to those with some college, college degree or trade, adjusting for gender.
- Those with fair to poor physical health were **4.75 times** (95% CI: 2.93, 7.71) more likely to report fair to poor mental health compared to those with good to excellent physical health, adjusting for age.

Unemployed but looking for work:

- Those with a High School degree, GED or less had an **89%** (1.89; 95% CI: 1.11, 3.20) increased likelihood to report being unemployed but looking for work compared to those with some college, college degree or trade, adjusting for gender.

Food Insecurity:

- Those with fair to poor mental health had an **87%** (1.87; 95% CI: 1.45, 2.42) increased likelihood to report sometime to often experiencing food insecurity compared to those with good to excellent mental health, adjusting for age.

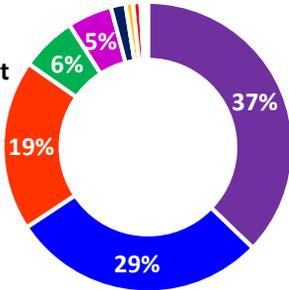
Demographics

Flathead Nation Characteristics

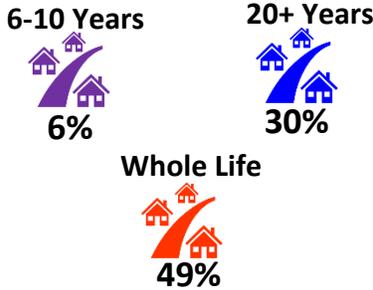
Demographic information is presented here. Most participants reported they resided in Polson and Arlee, were women, were ages 55-64, were Salish and Kootenai, resided in the Flathead community all their life, had their High School diploma/GED, and were employed full-time or were retired.

Tribal Citizenship

- Salish
- Kootenai
- Other
- No descendant
- Blackfeet
- Assiniboine
- Sioux
- Chippewa
- Crow
- Cree

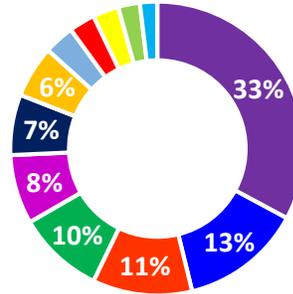


Years lived in Flathead Nation



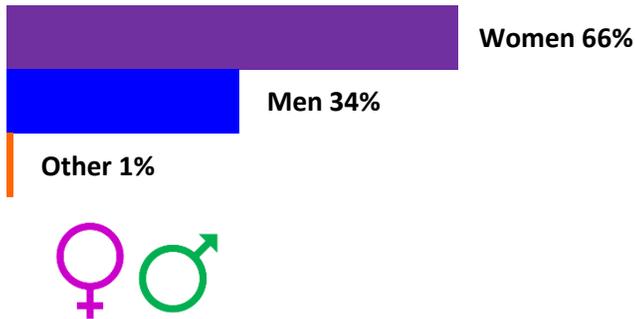
Flathead Communities

- Polson
- Arlee
- Ronan
- Pablo
- Elmo
- St. Ignatius
- Hot Springs
- Dixon
- Big Arm
- Dayton
- Charlo
- Other

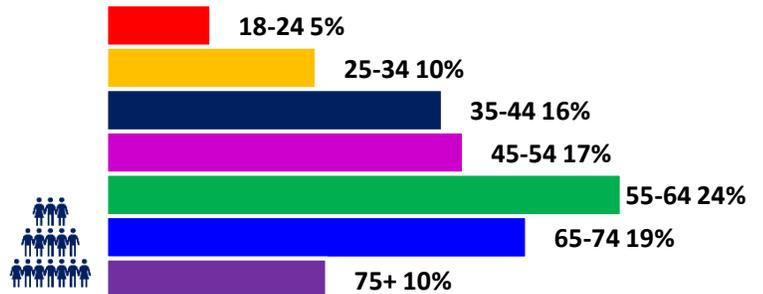


Gender and Age

Gender

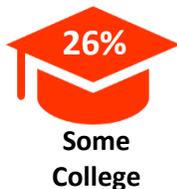
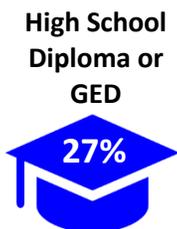
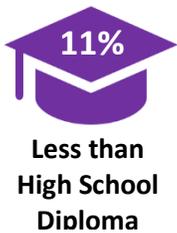


Age Groups



Education and Training

Participants reported their highest level of educational attainment or training. The majority had at least graduated with their high school diploma or GED equivalent.



Demographics

Employment

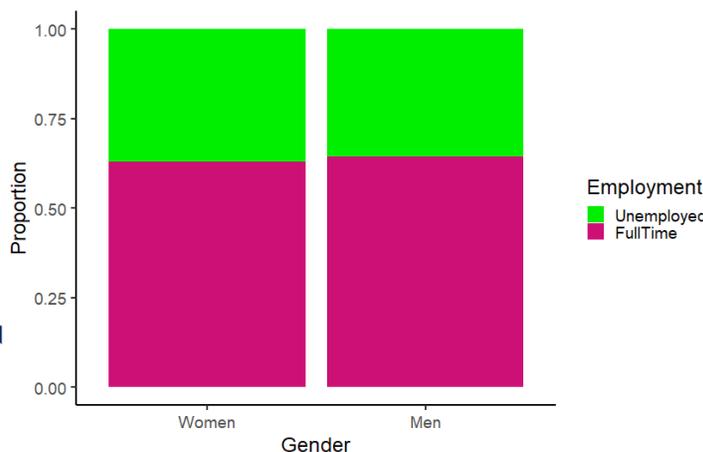
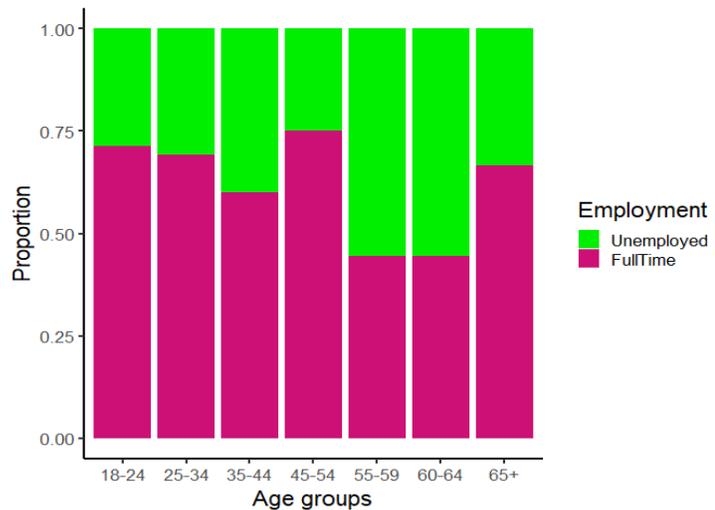
Table 2 lists employment status most often mentioned among participants. Most participants were employed full-time, were retired, or were out of work for more than a year. Additional comparisons by age groups, and gender are also provided to make comparisons for unemployment, but looking for work.



Table 2. Employment among participants

Employment characteristics	Freq.	Percent
Full-time	62	30%
Retired	54	26%
Unemployed 1+ years	21	10%
Unemployed less than 1 year	15	7%
Part time	14	7%
Stay at home parent or caregiver	13	6%
Self-employed	10	5%
Temporary/seasonal employment	8	4%
Unemployed but not seeking work	6	3%
Veteran	5	2%
Student	1	0%

Ages 55 to 64 had the highest prevalence of unemployment but looking for work. (56%)



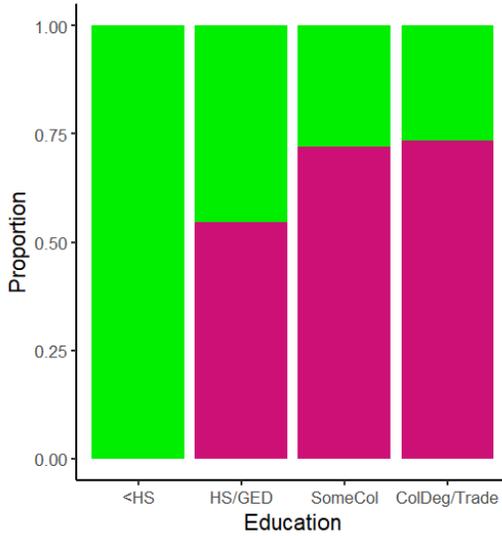
Men (36%) and women (37%) had nearly the same proportion of unemployment.

Demographics

Employment

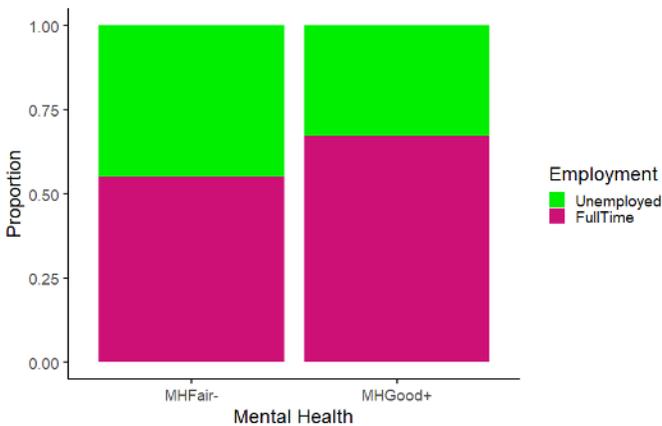
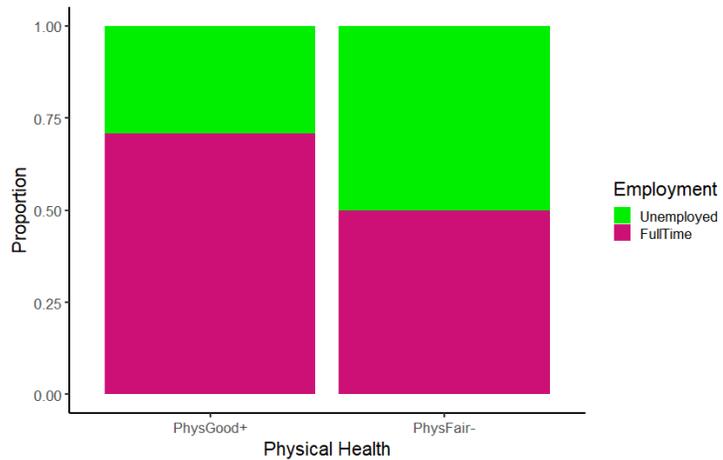


Additional comparisons by education attainment, physical health, and mental health are also provided to make comparisons for unemployment, but looking for work.



Those with less than a high school diploma all reported being unemployed and seeking work (**100%**). Those with a college degree (any level) or trade had the lowest prevalence of unemployment (**26%**).

Fair to poor physical health was higher among those unemployed and seeking work (**48%**) compared to those working fulltime (**30%**).



Fair to poor mental health was slightly higher among those unemployed and seeking work (**45%**) compared to those working fulltime (**33%**).

Community Health

Participation



38%
volunteer



20% attend
religious or church
services

General Health of Community

24% Healthy to Very Healthy

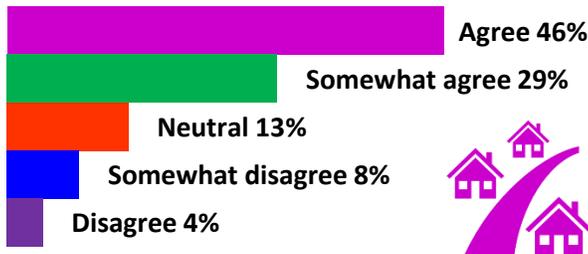
50% Somewhat Healthy



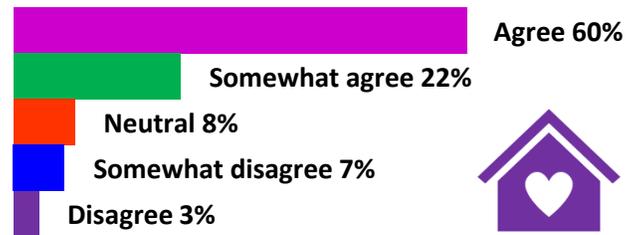
16% Unhealthy to Very Unhealthy

Safety and Resources

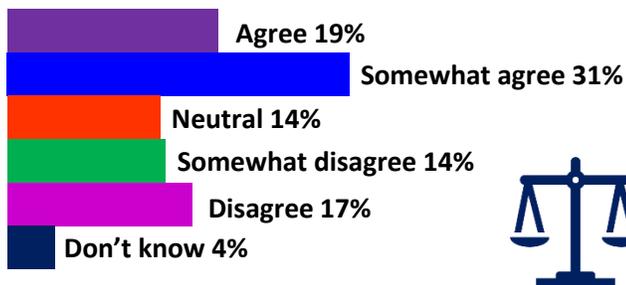
Feel safe in their community (%)



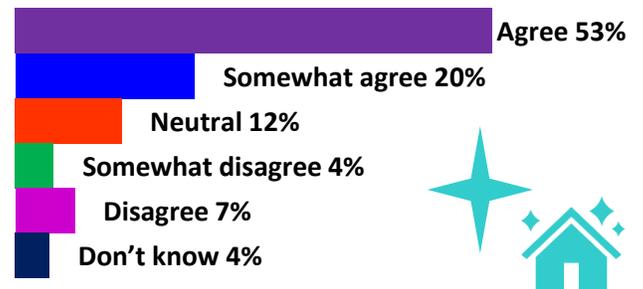
Feel safe in their home (%)



All races, ethnicities, backgrounds, socioeconomic statuses, and beliefs are treated fairly (%)



Access to spiritual/religious support in community (%)



74% Trust local law
enforcement

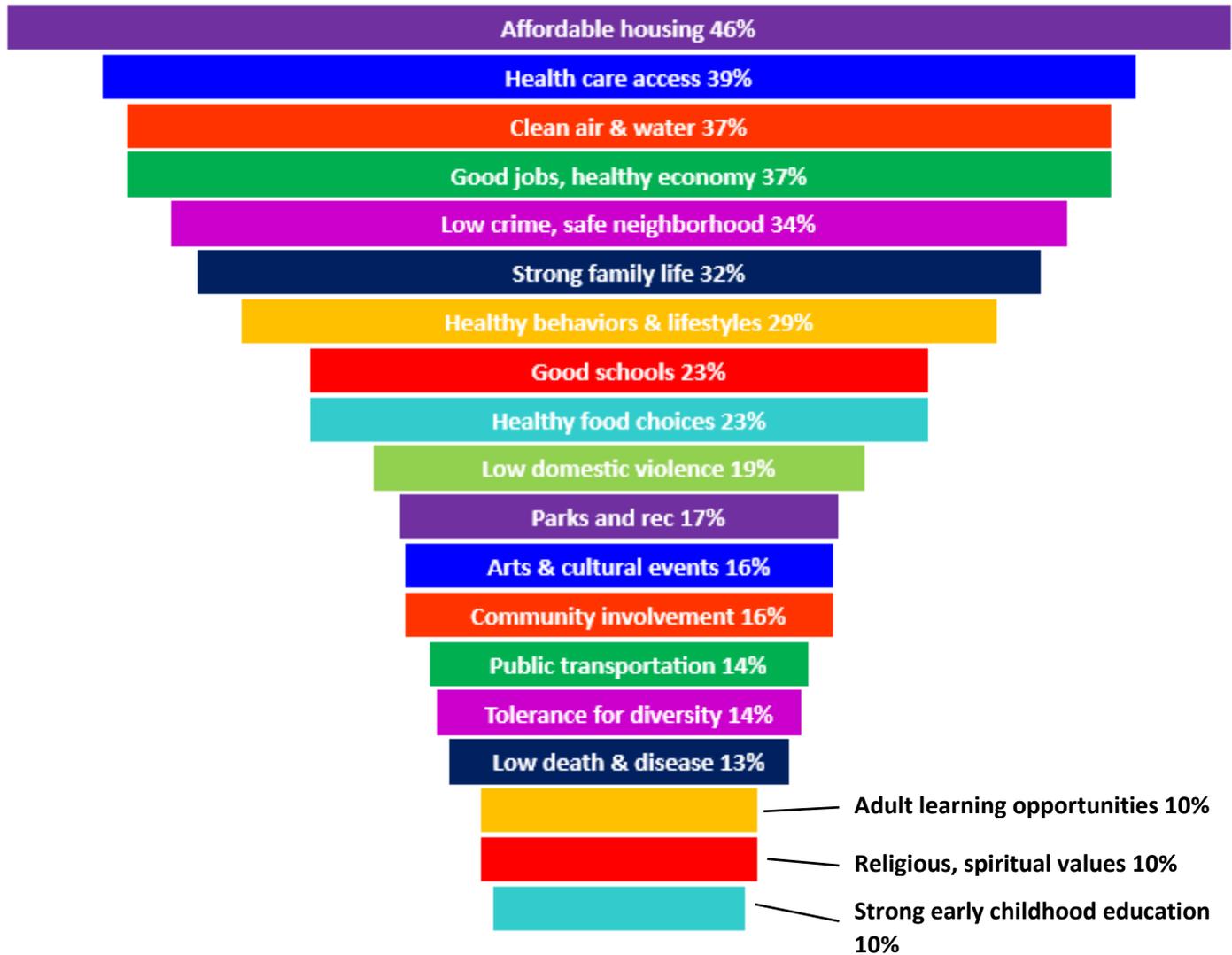


71% Have their
firearms locked or
secured in their home.

Community Health

Needs and Concerns

Participants selected their top 3 priorities that they believe were most important for a healthy community. Over a third of participants reported affordable housing, health care access, clean air and water, good jobs and a healthy economy, low crime and a safe neighborhood, and a strong family life should be priorities to promote the health of their community.



In addition, 6 participants shared the following responses on what was most important for a healthy community:

“Reopen bath house”

“Less illegal drugs”

“Exercise”

“All of the above”

“All are important”

Community Health

Concerns and Needs

Participants rated whether the following concerns were not a problem to a big problem in their community. Domestic, dating or sexual violence, and bullying were mainly considered a problem. Sexually transmitted infections were mainly considered not a problem. Unintended pregnancy including teenage pregnancy was split between not a problem and a problem

Domestic, dating or sexual violence

26% Not a Problem

28% A Problem

23% A Big Problem

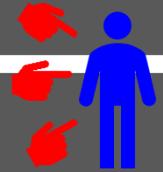


Bullying

22% Not a Problem

33% A Problem

27% A Big Problem



Sexually transmitted infections

25% Not a Problem

20% A Problem

14% A Big Problem



Unintended pregnancy including teen pregnancy

27% Not a Problem

27% A Problem

11% A Big Problem



Behavioral Health

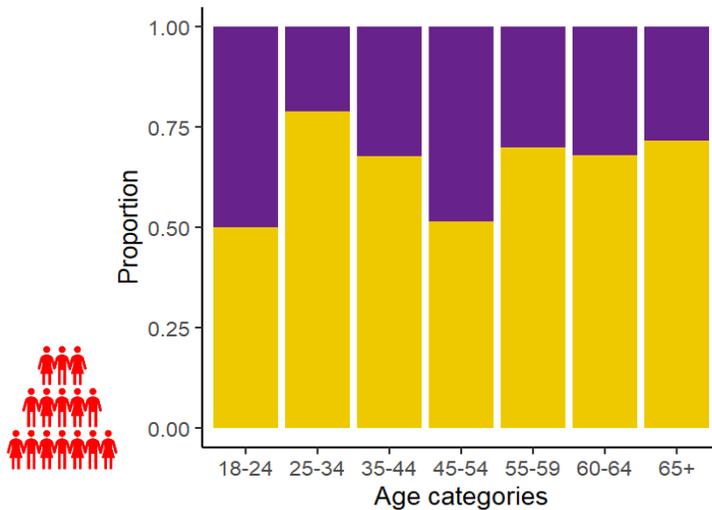
Mental Health

Table 3 provides a breakdown participants' self-reported rating of their overall mental health. Below, are additional comparisons by age groups and gender against mental health status. Mental health status is organized by fair and poor mental health (**suicide** risk factor) and good, very good, and excellent mental health.



Table 3. Mental health overall ratings

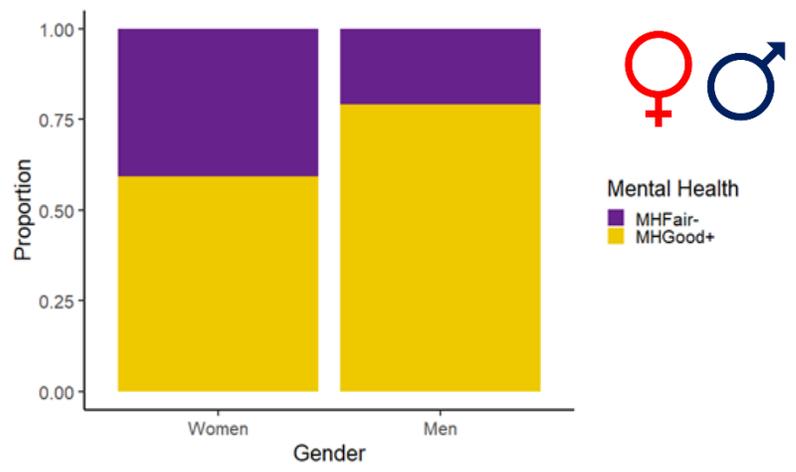
Rating	Freq.	%
Excellent	25	12%
Very Good	28	13%
Good	84	40%
Fair	68	33%
Poor	3	1%



Ages 18 to 24 (50%) and ages 45-54 (50%) had the highest prevalence of fair to worse mental health.



Women (41%) had double the prevalence of fair to worse mental health compared men (21%).



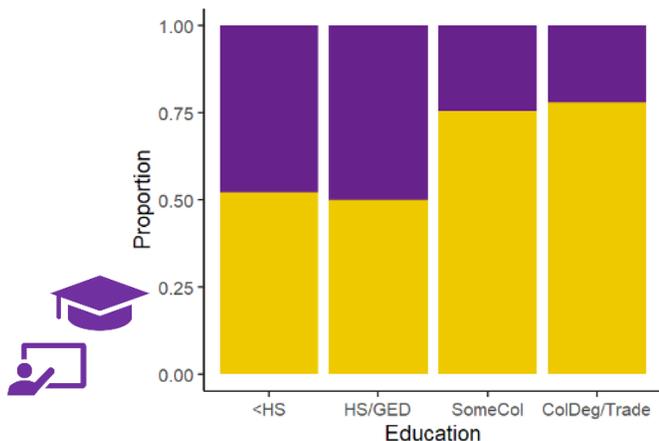
Mental Health
 MHFair-
 MHGood+

Behavioral Health

Mental Health

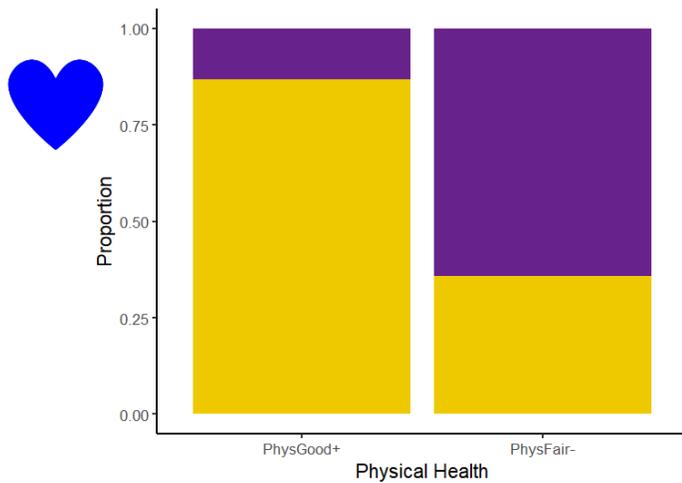
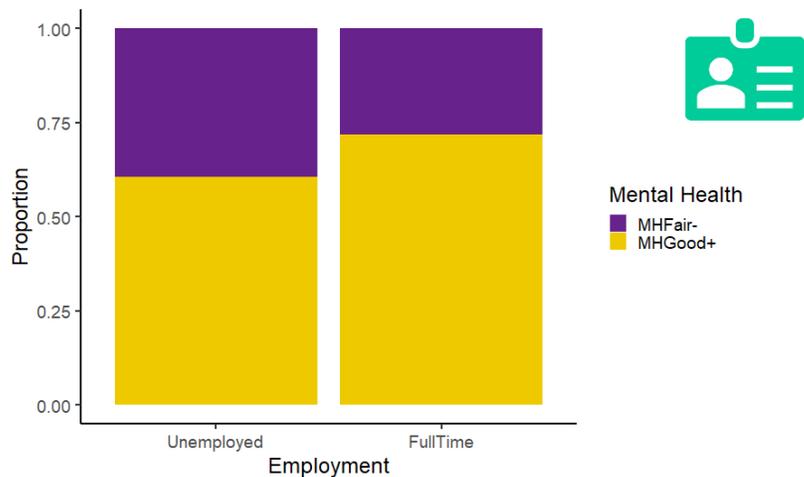


Below, are additional comparisons by education attainment, employment status, and physical health against mental health status. Mental health status is organized by fair and poor mental health (**suicide risk factor**) and good, very good, and excellent mental health.



Those with a high school diploma or GED (**51%**) and less than a high school diploma (**48%**) had about double the prevalence of fair to worse mental health than those with some college (**25%**), college degree or trade (**21%**).

Those unemployed and seeking work (**39%**) had a higher prevalence of fair to worse mental health compared to those working fulltime (**28%**).



Those with fair to poor physical health (**76%**) had triple the prevalence of fair to worse mental health than those with good to excellent physical health (**21%**).

Behavioral Health

Relational Support

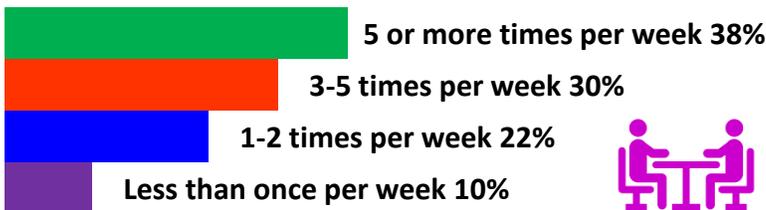


87% know the first names of their neighbors.



89% feel supported and cared for by family or friends.

How often they see or talk to people they care about and feel close to.



85% have friends or family they can depend on in times of need.

Substance Use



Participants shared second-hand smoke exposure in the home and rated community drug and alcohol use from “not a problem” to “a big problem”. Illegal drug use was the most mentioned community problem.



27% reported they or someone in their household smokes cigarettes, cigars, or marijuana inside the home.

Prescription Drug Abuse

32% Not a Problem

18% A Problem

41% A Big Problem



Illegal Drug Use

32% Not a Problem

15% A Problem

48% A Big Problem



Alcohol Use

28% Not a Problem

29% A Problem

38% A Big Problem



Tobacco Use

28% Not a Problem

37% A Problem

27% A Big Problem

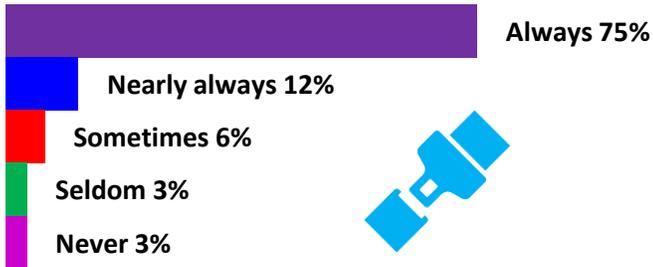


Behavioral Health

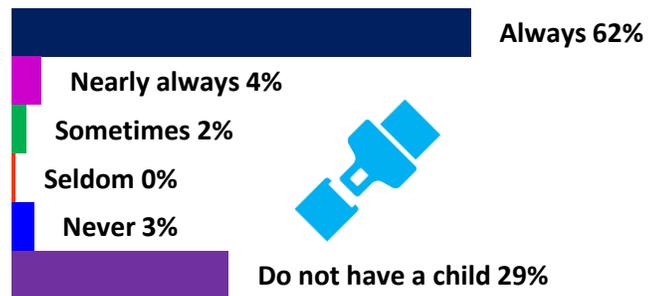
Safe Driving

Participants shared their driving-related behaviors and rated community safe driving from “not a problem” to “a big problem”.

How often they use seatbelts when driving or riding in a car/vehicle.



How often their child rides in a car seat or uses a seat belt.



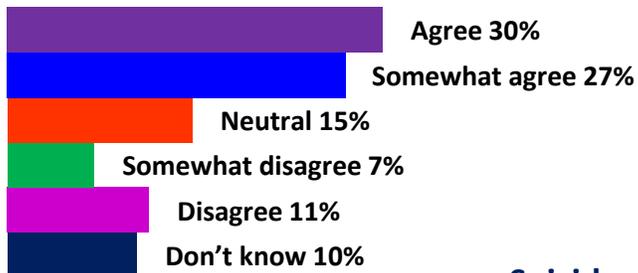
Distracted Driving



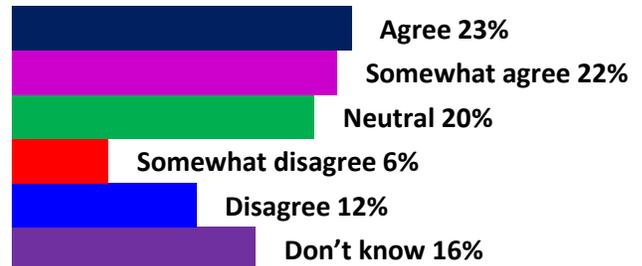
Suicide

Participants shared their awareness surrounding suicide, including community stigma, signs of suicidal ideation, leader prioritization of suicide, suicide attempts, etc.

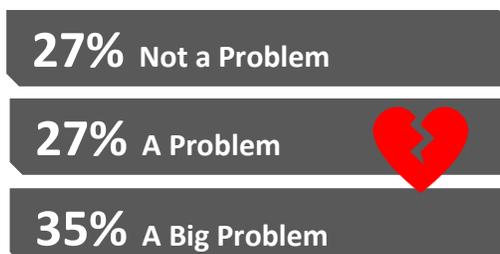
Are aware of the suicide prevention efforts being done by community programs.



Community stigma or shame exists for those who attempted or thought about suicide.



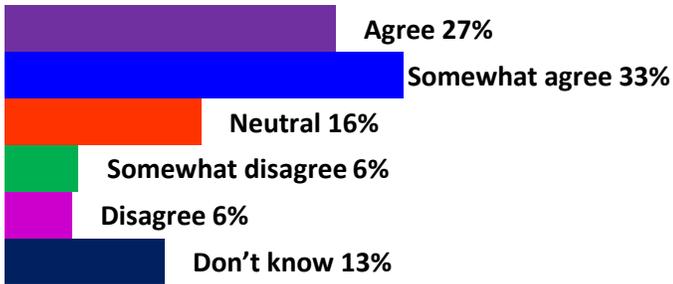
Suicide



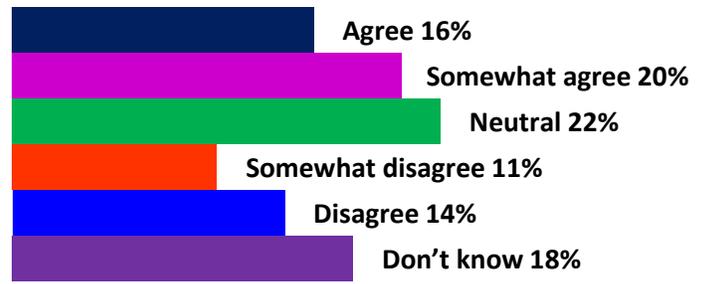
Behavioral Health

Suicide

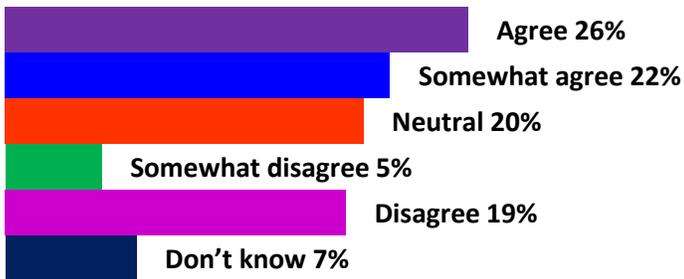
Are aware of signs that someone might be thinking about suicide.



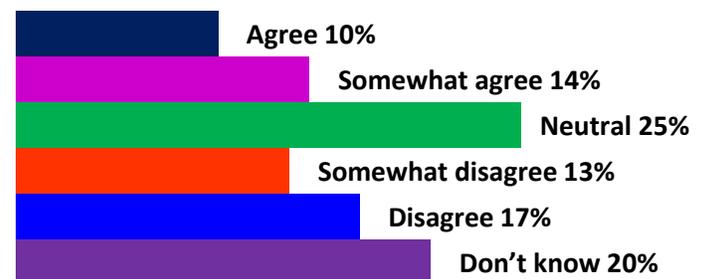
Community leaders prioritize suicide prevention.



People in my household talk openly about suicide.



People in my community talk openly about suicide.

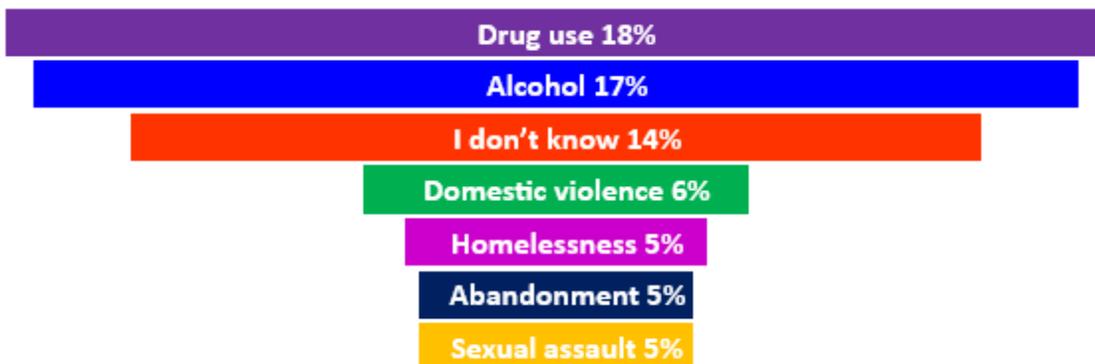


33% had a friend or relative attempt or pass away by suicide in the past 12 months.



2% attempted suicide in the past 12 months.

Situations involved when they or a friend or relative attempted suicide in the past 12 months.



Participants also shared other situations involved with their or their friend's or relative's attempted suicide:

"Trauma, influenced by peers" "Shunned for drug use" "Relationships" "PTSD/Veteran"
 "Mental health" "Health issues" "Finances" "Depression" "Bullying"

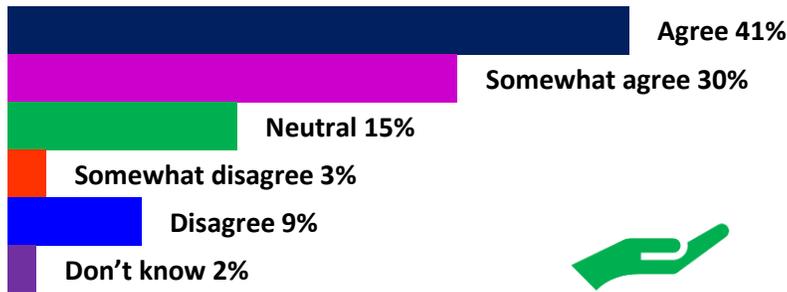
Culture and Traditions

Participants shared their perception of accessible cultural support available in their community. The majority agreed that there was available cultural support.

Availability of Cultural Support



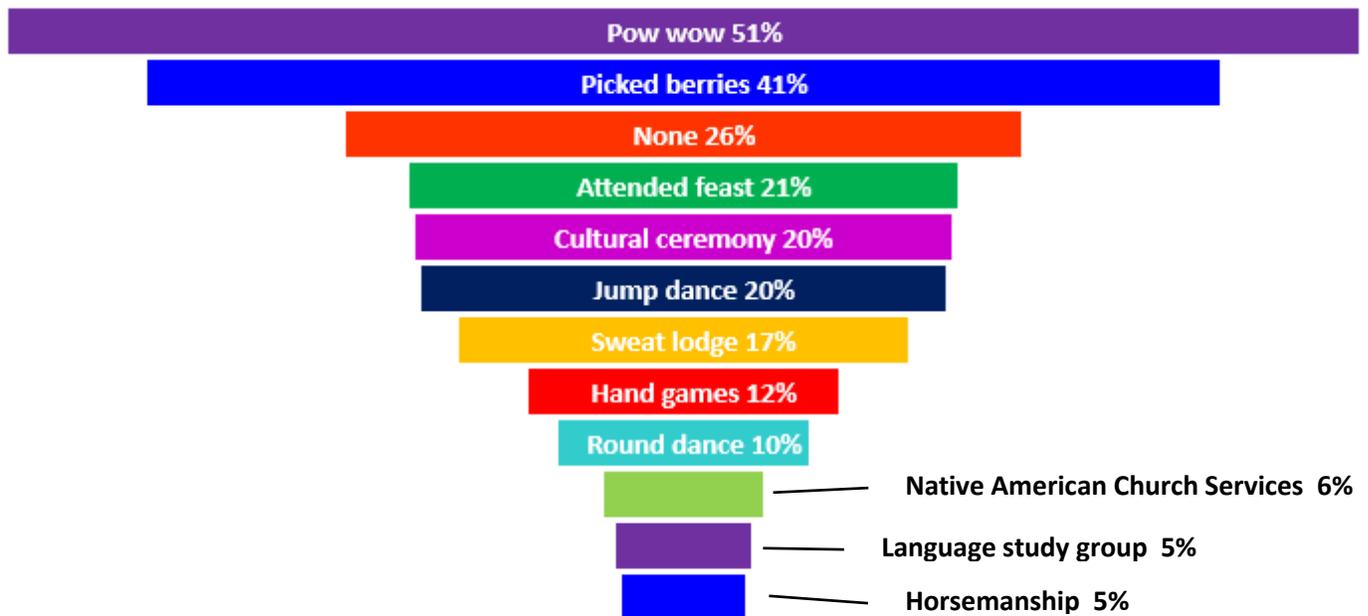
There is access to cultural support in my community.



Cultural and Traditional Participation

Participants shared all the cultural and traditional activities or events they had participated in prior to the COVID-19 shutdown. Powwows were most often mentioned followed by having picked berries.

Participants engaged in the following activities before the COVID shutdown.



Physical Activity and Nutrition

Participants shared what supports them to be physically active and whether there are indoor and outdoor places from them to be active.

Physical Activity Availability and Supports



73% Have outdoor places to be physically active near my home.



51% Have indoor places to be physically active near my home.

The following would help participants to be more physically active.



Self-Rated Physical Activity and Exercise

Table 4. Exercise like walking, running, cycling, weightlifting in the past 7 days

Time spent exercising:	Freq.	%
No exercise in past week	61	30%
Yes, total 30 minutes or less	38	18%
Yes, total 30-60 minutes	47	23%
Yes, total 60-90 minutes	15	7%
Yes, total 90-120 minutes	14	7%
Yes total 150 minutes or more	31	15%



Table 5. Physical health overall ratings

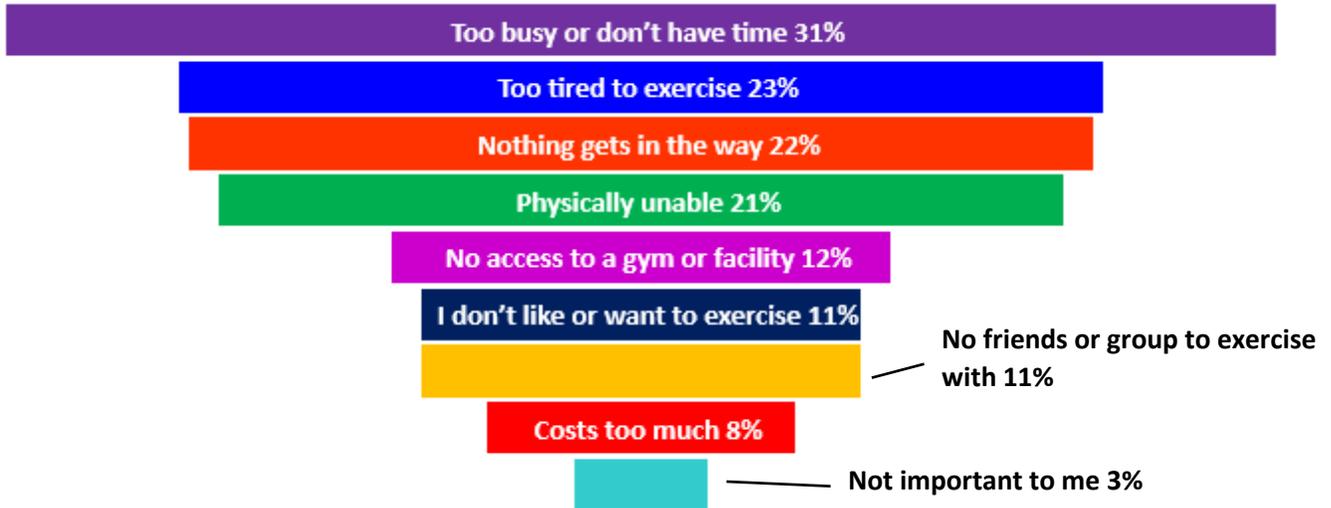
Rating	Freq.	%
Excellent	13	6%
Very Good	17	8%
Good	98	47%
Fair	51	24%
Poor	30	14%

Physical Activity and Nutrition

Participants shared what barriers exist for them to be physically active. The top three most mentioned reasons were not having enough time, too tired, or being physical unable to exercise. Nearly a quarter shared nothing got in the way for them to be physically active.

Barriers to Physical Activity

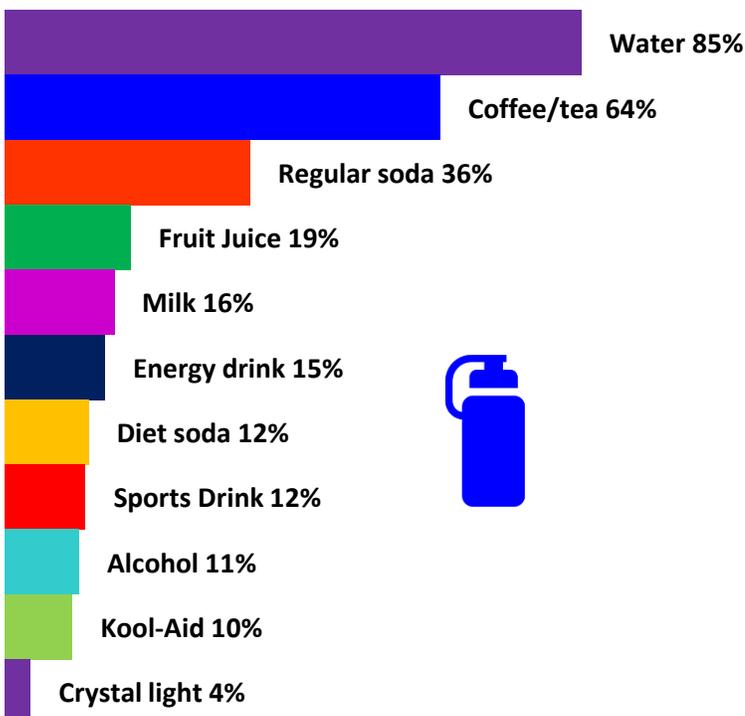
The following gets in the way of being more physically active or exercising.



Nutrition Consumption

Participants shared the types of drinks they had, and whether they consumed fruits and vegetables. Water, coffee/tea were most mentioned beverages, having two servings of vegetables and 3+ pieces of fruit were the most mentioned amounts of consumption.

What participants drank yesterday.



Fruit eaten in the previous day.



Vegetables eaten in the previous day.

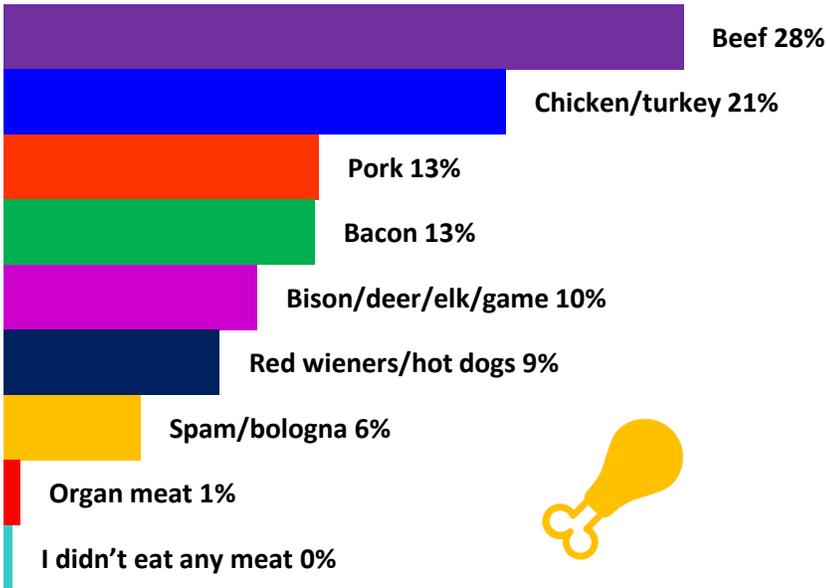


Physical Activity and Nutrition

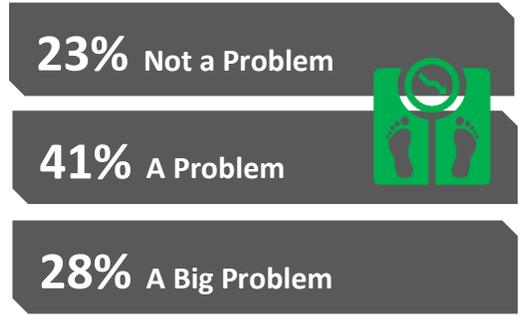
Nutrition Consumption

Participants shared the types of meats they ate, and whether they consumed fruits and vegetables and their perception as to whether obesity was not a problem to a big problem in their community. Beef, chicken/turkey, and the majority considered obesity to be a problem.

What participants ate yesterday.



Obesity

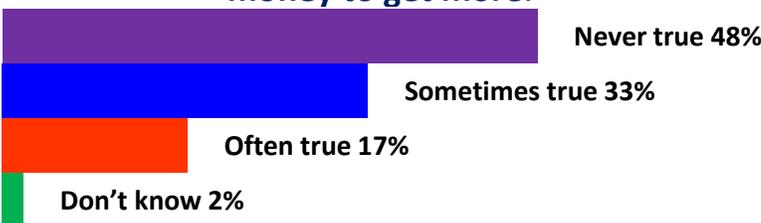


Food Insecurity and Concerns

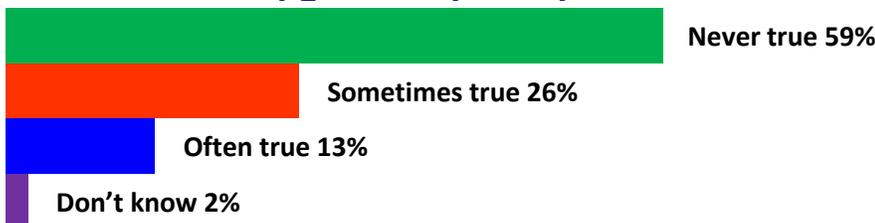


Participants shared whether they experienced running or fear of running out of food and their perception as to whether hunger was not a problem to a big problem in their community. The majority of participants reported no food insecurity, and that hunger was not a problem in their community.

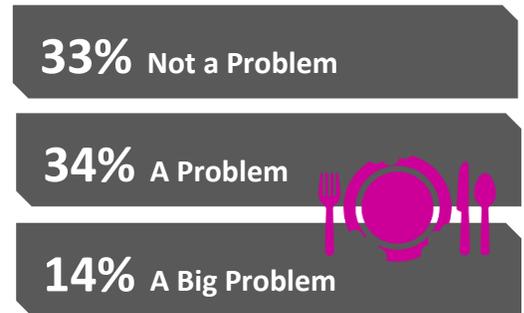
The food bought didn't last and they didn't have money to get more.



They worried whether their food would run out before they got money to buy more.



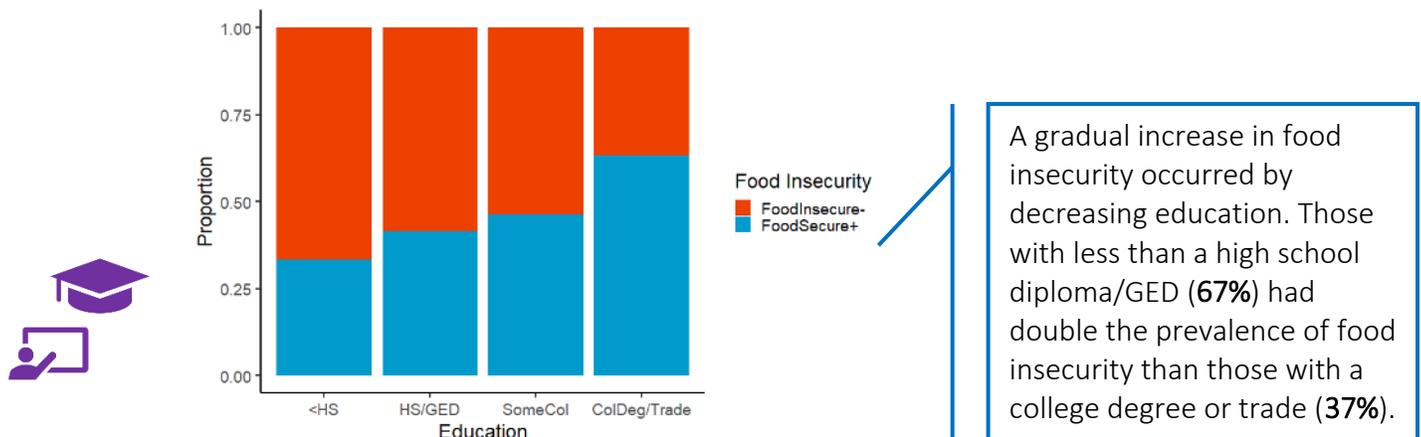
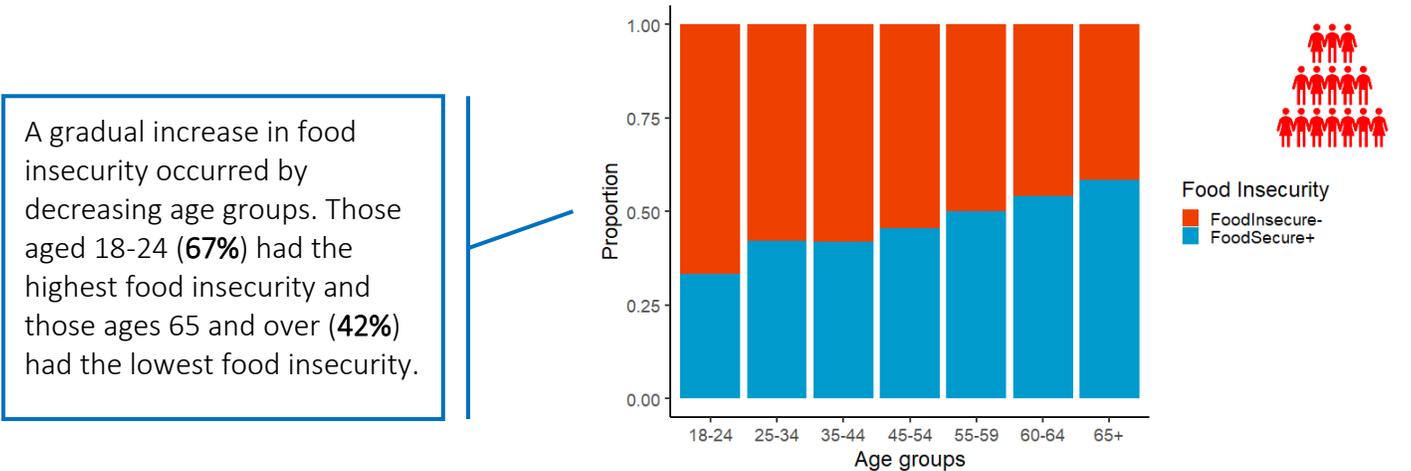
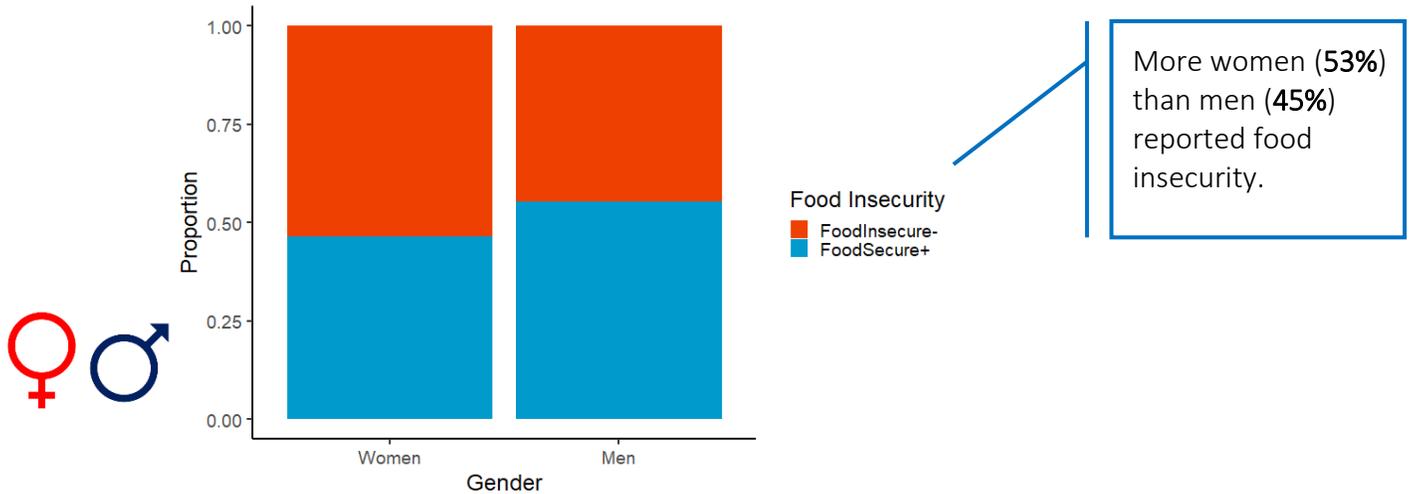
Hunger



Physical Activity and Nutrition

Food Insecurity and Concerns

Food insecurity status is based on those sharing they sometimes or often would run out of food (food insecure) compared to those that never run out of food (food secure). Additional comparisons are provided by gender, age groups, and education attainment against food insecurity status.

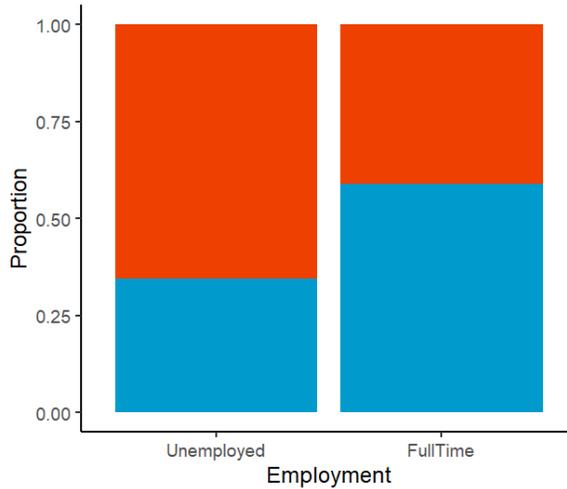


Physical Activity and Nutrition

Food Insecurity and Concerns



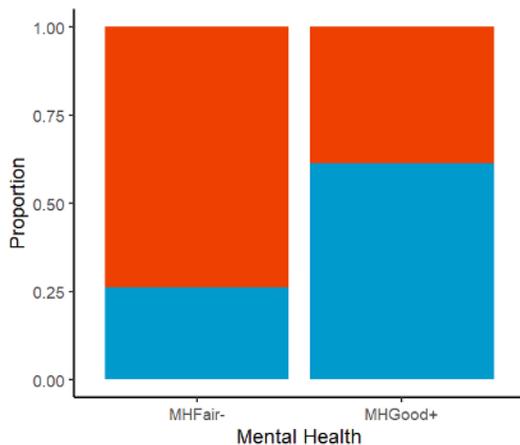
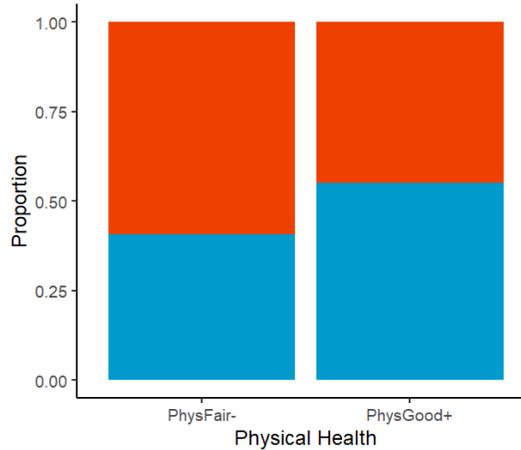
Food insecurity status is based on those sharing they sometimes or often would run out of food (food insecure) compared to those that never run out of food (food secure). Additional comparisons are provided by employment, physical health, and mental health against food insecurity status.



Those unemployed looking for work (66%) had higher food insecurity than those employed full-time (41%).



Those with fair to poor physical health (59%) had higher food insecurity than those with good to excellent physical health (45%).



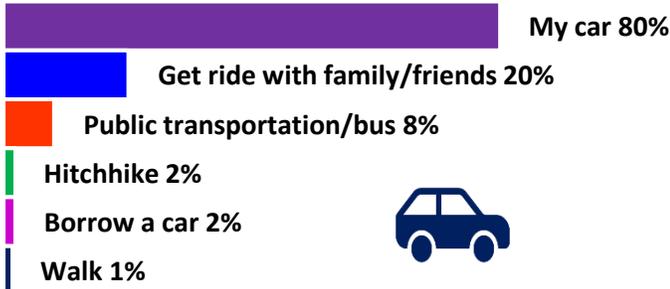
Those with fair to poor mental health (74%) had nearly double the prevalence of food insecurity than those with good to excellent mental health (39%).

Healthcare Access

Communications and Community Access

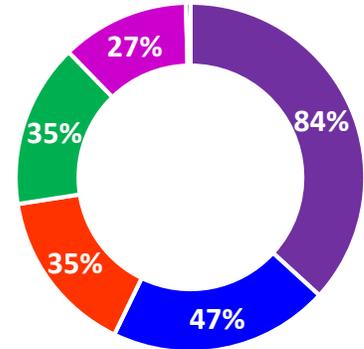
Participants shared the communication devices they tend to use, how they prefer to receive Tribal Health information, and access in terms of transportation. The majority used cell phones for daily use and preferred receiving Tribal Health information via mailings or newsletters. Nearly all participants drive their vehicle for important trips.

How they usually get somewhere important, like a medical appointment.

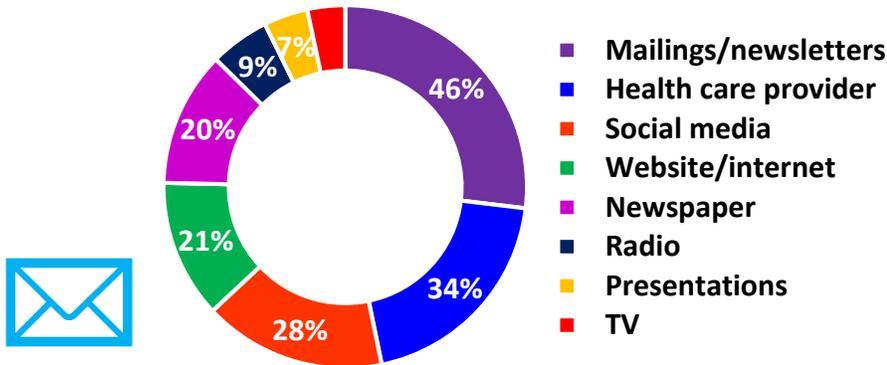


Forms of communication they use daily.

- Cell phone
- Texting
- Facebook
- Email
- Landline
- Twitter



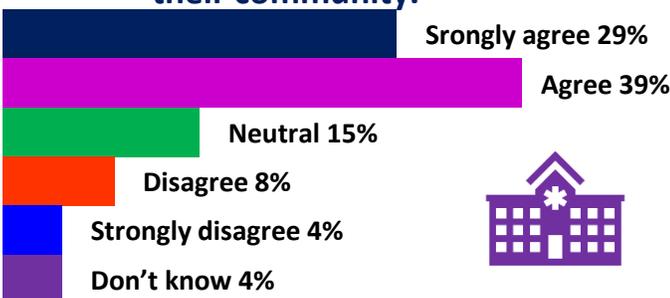
How they would like to learn about health-related services available from Tribal Health.



Primary Care

Access to and use of primary healthcare is shared in this section. Nearly all agreed they have healthcare access in their community and the majority visited their doctor within the past year.

They can get needed healthcare in their community.



Last seen their doctor within...



Healthcare Access

Primary Care

Participants shared the reasons they delayed seeking healthcare services and what they would recommend improving the community's access to healthcare. Too long of a wait and could not get an appointment were the most mentioned reasons for delaying healthcare services. Having a walk-in clinic and more primary care providers was most recommended to improve the community's access to healthcare.

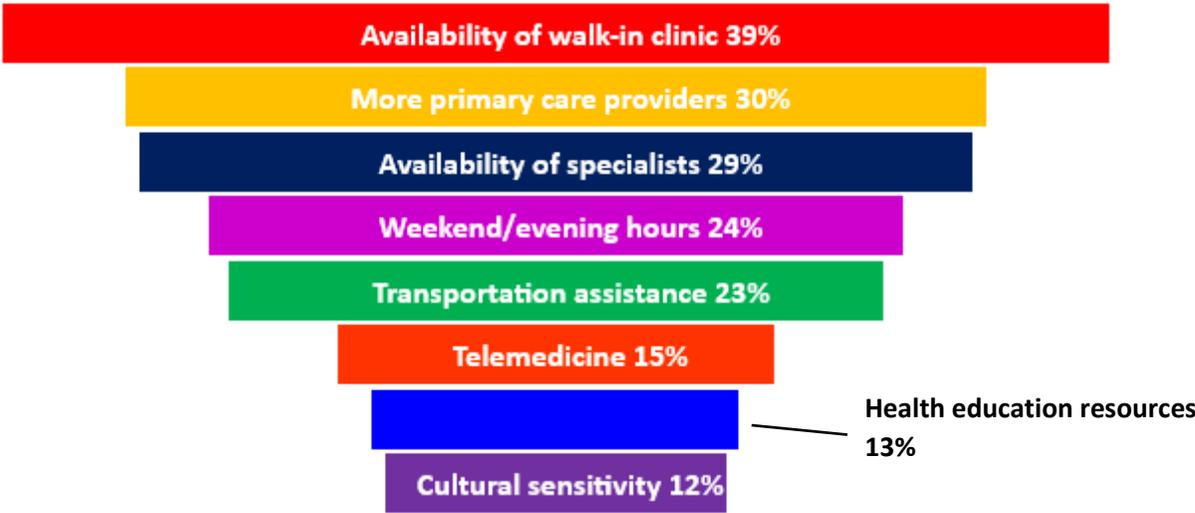
Top 10 reasons for delayed seeking healthcare services in the last year.



Participants also shared other reasons they delayed seeking healthcare services:

“Cant go alone, need help” “COVID-19” “Depression” “Embarrassed”
“No one to care for husband” “No PCP [Primary care provider]” “No time” “Too far to travel”

Ways to improve the community's access to healthcare.

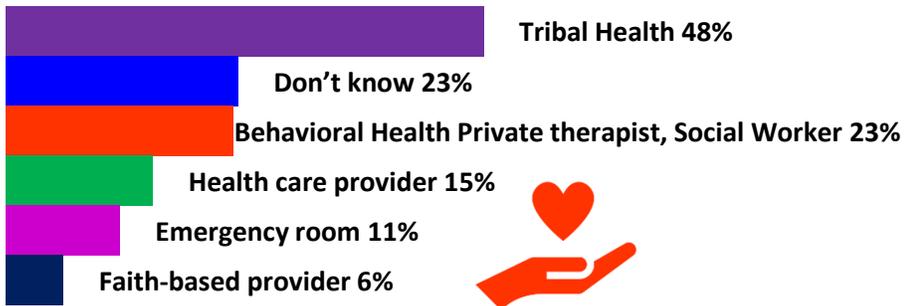


Healthcare Access

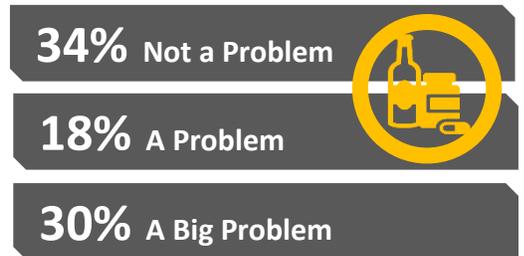
Mental Health Care

Participants shared where they would refer someone for mental health and substance abuse services, and whether community availability of mental health services was not a problem to a big problem. Tribal Health and Tribal Health Behavioral Health for mental health and substance abuse referrals were most mentioned, respectively. Mental health access was mainly considered not a problem.

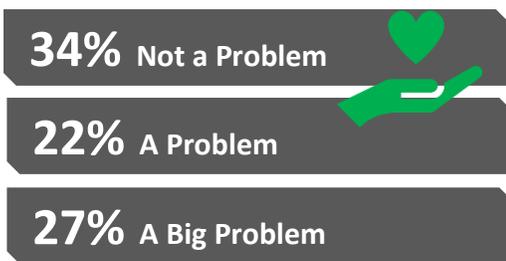
Where they would refer a person for mental health



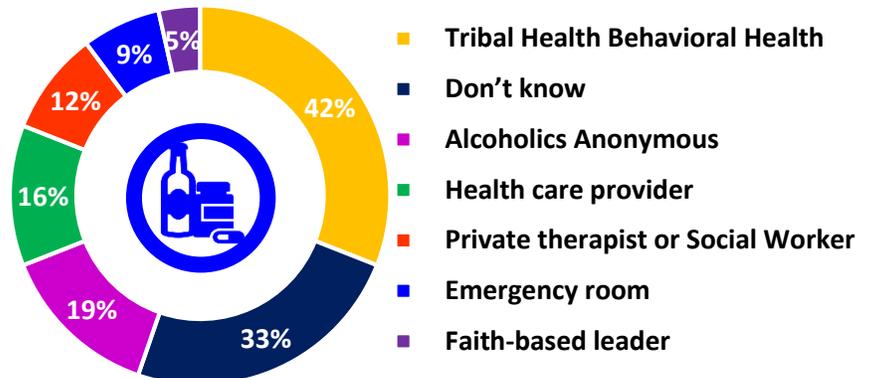
Substance Abuse Services Access



Mental Health Services Access



Where they would you refer a person for substance abuse services or treatment.



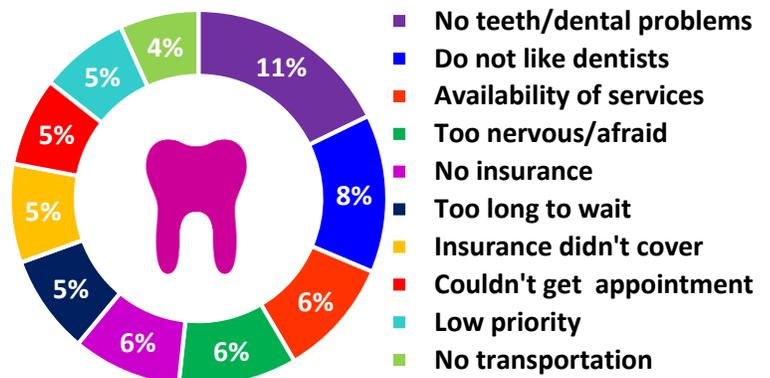
Dental Health Care

Participants share when/if they seen their dentist and shared reasons they had not visited their dentist. Most mentioned seeing their dentist in the past year. Having no teeth/dental problems and not liking dentists were most mentioned reasons for delaying dental care.

Last seen their dentist within...



Top 10 reasons they delayed seeing a dentist in the last year.

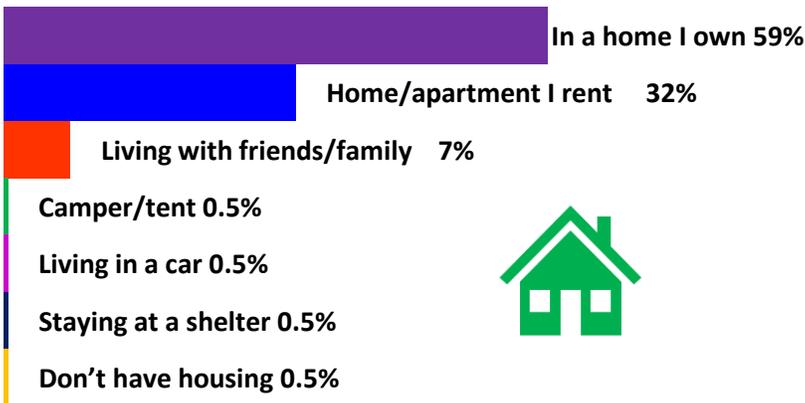


Housing

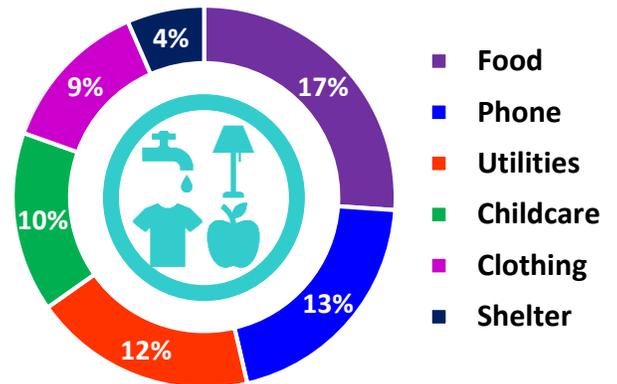
Housing Insecurity

Individual housing type, overcrowding, having basic necessities, type of heating, and worry of losing their home information and concerns are provided in this section. Most participants owned their home and used central heat. Nearly all participants had the basic housing necessities. Most mentioned housing concern was having enough food. The number of people to bedrooms in the home indicates potential overcrowding. A small number of participants were worried about losing their home.

Type of housing situation



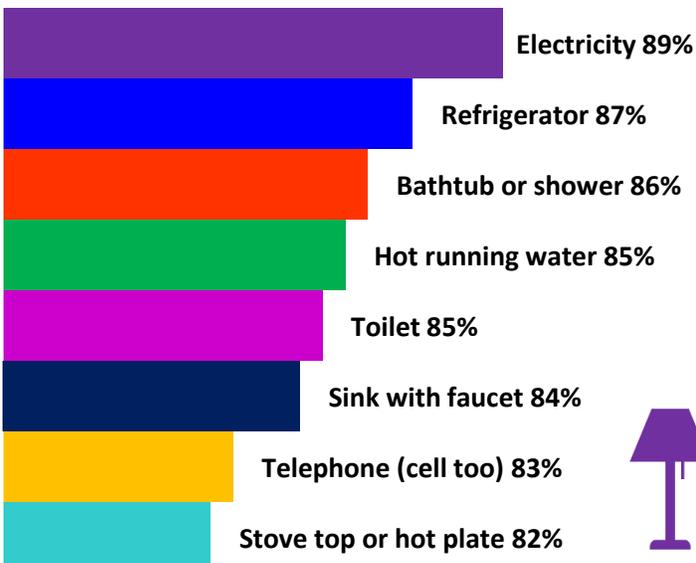
Unable to get the following when really needed



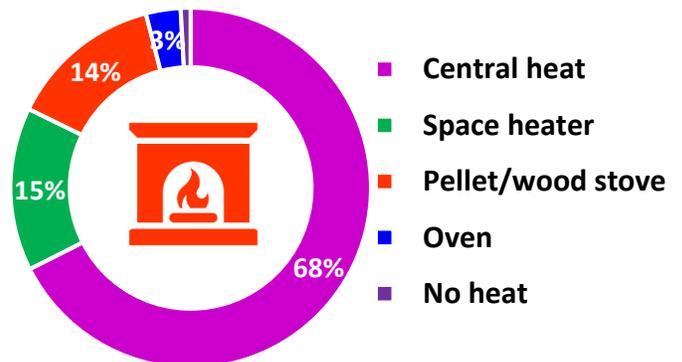
1.09 ratio of persons to bedrooms (overcrowding)

6% are worried about losing their home.

Their homes have the following household essentials



What they commonly use to heat their homes



Housing

Housing Insecurity

Community perceptions on housing conditions, homelessness, and access to safe water are shared here. Housing conditions were most mentioned as being a problem. Homeless was mainly considered as being a big problem. Access to safe water was heavily considered to be not a problem.

Housing Conditions

28% Not a Problem



33% A Problem

28% A Big Problem

Homelessness

28% Not a Problem



26% A Problem

29% A Big Problem

Access to Safe Water

60% Not a Problem

16% A Problem

7% A Big Problem

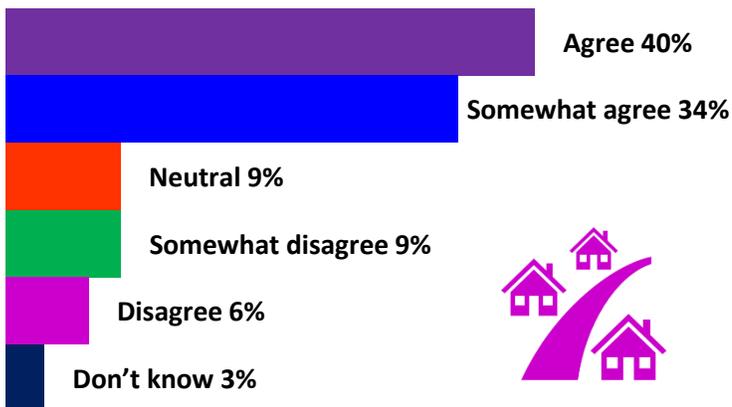


Children and Elders

Elders

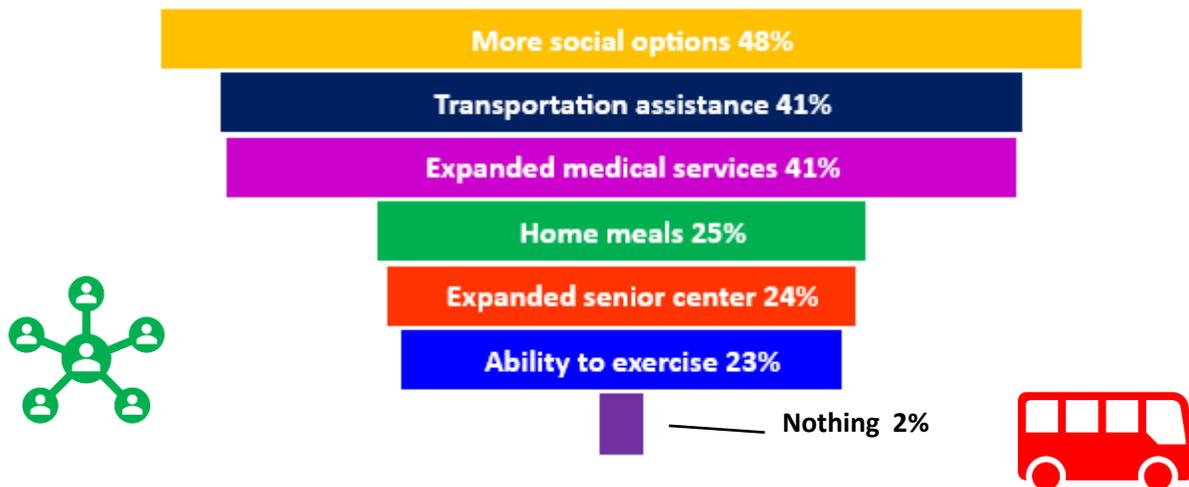
Whether there is a grandparent who is a primary caregiver to their grandchild(ren), and whether their community is a good place to grow old and recommended improvements are shared here. The majority agreed their community is a good place to grow old. Nearly a third had a grandparent raising a grandchild(ren) in their family. More social options and transportation assistance were the most mentioned ideas to make their community a better place to grow old.

Their community is a good place to grow old



30% have a grandparent in their family who is the primary caregiver for their grandchild(ren).

What would make their community a better place to grow old



Select ideas to make their community a better place to grow old are shared here:

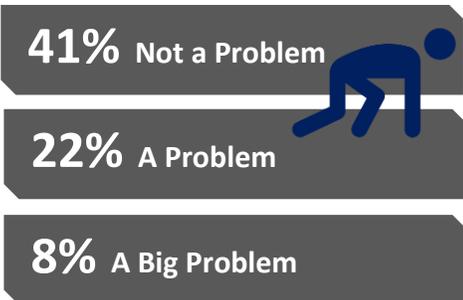
“Assist with yard work” “Assisted living for elders” “Church stores” “Decreased drug activity” “Elmo has nothing” “Evict drug apartment” “Home care” “home maintenance for elders” “Less drugs in community” “Monthly Tribal retirement” “More affordable housing” “More in home services” “more law enforcement” “Recreation” “Younger people to help out more”

Children and Elders

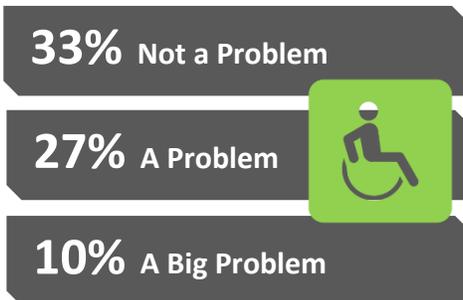
Elders

Community perceptions on falls resulting in injuries, availability of disability services and elder abuse or neglect as not being a problem to being a big problem are shared here. Injury-related falls were most mentioned as being not a problem. Disability services availability was mainly considered not a problem. Elder abuse or neglect was mainly considered as not a problem.

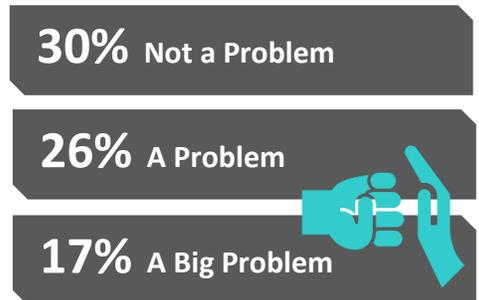
Falls resulting in Injuries



Disability Services Availability



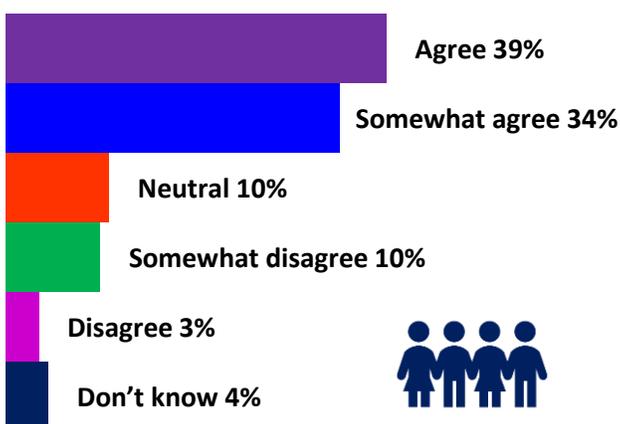
Elder Abuse or Neglect



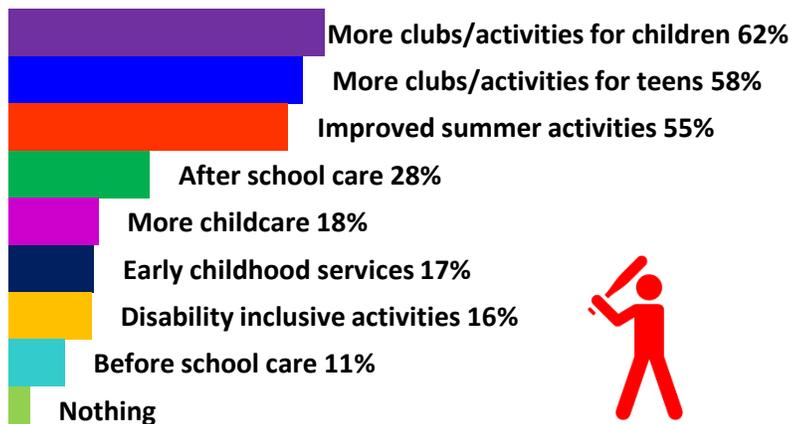
Children

If their community is a good place to raise children and recommended improvements, worry of child being taken away, and if their child needed and received mental health services are shared here. The majority agreed their community was a good place to raise children. More clubs/activities for kids and teens were the most mentioned recommended improvements. Of the 13% that were told their child needed mental health services, all received such services. Nearly no participants worried their child would be taken away.

Their community is a good place to raise children



What would make their community a better place to raise children



3% worried having their child(ren) taken due to their activities or things they experienced.

13% told by school or doctor's office their child needed mental health services.

100% received recommended mental health services

Children and Elders

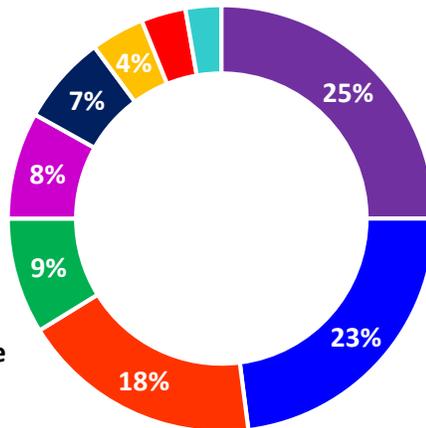
Children

Childcare options, and community perceptions of available affordable childcare, child abuse and neglect, and good prenatal care are shared here. Most watch their children or their children were old enough to care for themselves. Affordable childcare access was equally considered not a problem and a problem. Good prenatal care was not a problem. Child abuse or neglect was considered mainly a problem.

Good prenatal care was not a problem. Child abuse or neglect was considered mainly a problem.

Their childcare options

- I watch my children
- My children are old enough
- Grandparent
- Daycare
- My significant other
- Other relative
- Friend
- Don't have reliable childcare
- Headstart



Access to Affordable Childcare

26% Not a Problem

26% A Problem

22% A Big Problem



Good Prenatal Care

45% Not a Problem

16% A Problem

9% A Big Problem



Child Abuse or Neglect

25% Not a Problem

34% A Problem

23% A Big Problem



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Appendices

Appendix A: Consent Script

Consent Script

Community Health Assessment Survey *Confederated Salish and Kootenai Tribes*

Hello, I am _____ (your name) and this _____ (your name) and we are volunteers working with the CSKT Tribal Health Department. We are talking with people throughout the Flathead Reservation today to learn more about health and quality of life here. Is anyone in this household American Indian or Alaska Native, including descendants?

Yes, keep reading.

No, thank them for their time and move onto the next home.

What we learn during this assessment will help the health department and community partners address the major health and community issues on the reservation.

Your neighborhood was randomly selected to participate in the survey. This survey is completely voluntary and all opinions you share with us will be completely confidential. You may decline to answer any question.

You will receive a \$25 gift card for your participation, once the survey is completed. Additionally, we have teamed up with the American Heart Association to ask a few additional questions about stroke. This is optional, if you choose to answer these questions, you will be entered into a drawing

You may have questions about this survey or want to confirm we were sent by the CSKT Tribal Health Department. If so, you can ask anyone here right now or call the CSKT Tribal Health Department at **(406) 745-3525 ext. 7362**.

Are you willing to participate? Yes No

(If NO, stop the survey here and thank the person for his or her time.)

Are you 18 years old or older? Yes No

(If NO, ask if you can speak with someone who is 18 years or older. If no one is available, stop the survey here and thank the person for his or her time.)

Do you live in this household? Yes No

(If NO, ask if you can speak with someone who lives at the address. If no one is available, stop the survey here and thank the person for his or her time)

Appendix B: CSKT Tribal Health CHA Survey

Date:	Cluster:	No. HHs in cluster:	Survey No:	Interviewer Initial:
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CSKT Tribal Health Community Health Assessment

For the purposes of this survey, “community” is defined as the Flathead Reservation.

<p>1. Which community do you live in?</p> <input type="checkbox"/> Arlee <input checked="" type="checkbox"/> Dixon <input type="checkbox"/> Hot Springs <input type="checkbox"/> Pablo <input type="checkbox"/> Polson <input type="checkbox"/> Elmo <input type="checkbox"/> Ronan <input type="checkbox"/> St. Ignatius <input type="checkbox"/> Charlo <input type="checkbox"/> Big Arm <input type="checkbox"/> Dayton <input type="checkbox"/> Other: _____	<p>2. In the past 12 months (1 year), how many times have you moved?</p> <input type="checkbox"/> I have not moved <input type="checkbox"/> 1 time <input type="checkbox"/> 2 or more	
<p>3. Gender: How do you identify?</p> <input type="checkbox"/> Man <input type="checkbox"/> Other _____ <input type="checkbox"/> Woman <input type="checkbox"/> Non-binary	<p>4. What age range represents you?</p> <input type="checkbox"/> 18-19 <input type="checkbox"/> 20-24 <input type="checkbox"/> 25-34 <input type="checkbox"/> 35-44 <input type="checkbox"/> 45-54 <input type="checkbox"/> 55-59 <input type="checkbox"/> 60-64 <input type="checkbox"/> 65-74 <input type="checkbox"/> >75	
<p>5. Are you or a member of your household a member of a federally recognized tribe?</p> <input type="checkbox"/> No, descendant <input type="checkbox"/> Assiniboine <input type="checkbox"/> Crow <input type="checkbox"/> Salish <input type="checkbox"/> Blackfeet <input type="checkbox"/> Gros-Ventre <input type="checkbox"/> Sioux <input type="checkbox"/> Cree <input type="checkbox"/> Kootenai <input type="checkbox"/> Chippewa <input type="checkbox"/> Northern Cheyenne <input type="checkbox"/> Other _____	<p>6. How long have you lived on the Flathead Reservation?</p> <input type="checkbox"/> 0-5 years <input type="checkbox"/> 6-10 years <input type="checkbox"/> 11-15 years <input type="checkbox"/> 16-20 years <input type="checkbox"/> 20+years <input type="checkbox"/> My whole life	
<p>7. What is the highest level of school/education you have completed?</p> <input type="checkbox"/> No schooling <input type="checkbox"/> Grade school (K-8) <input type="checkbox"/> Some high school <input type="checkbox"/> High school graduate <input type="checkbox"/> GED <input type="checkbox"/> Some college <input type="checkbox"/> Associates degree <input type="checkbox"/> Bachelor’s degree <input type="checkbox"/> Advanced degree (masters, doctorate) <input type="checkbox"/> Trade/technical/vocational training		

Statements	Agree	Somewhat Agree	Neutral	Somewhat Disagree	Disagree	Don’t know
8. My community is a good place to raise children. (consider the quality and safety of schools and childcare, after school care, and places to play in your neighborhood)	<input type="checkbox"/>					
9. My community is a good place to grow old. (consider elder-friendly housing, transportation to medical services, access to shopping centers and businesses, recreation, and services for the elderly)	<input type="checkbox"/>					
10. I feel safe in my community. (consider how safe you feel in and around your neighborhood, schools, playgrounds, parks, businesses, and shopping areas)	<input type="checkbox"/>					
11. There is affordable housing in my community.	<input type="checkbox"/>					
12. People of all races, ethnicities, backgrounds, socioeconomic statuses, and beliefs in my community are treated fairly.	<input type="checkbox"/>					
13. I feel safe in my home. (consider everything that makes you feel safe such as neighbors, and everything that makes you feel unsafe including family violence, robbery, housing conditions)	<input type="checkbox"/>					

14. There is access to spiritual/religious support in my community.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
15. There is access to cultural support in my community.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
16. What do you think needs to be available, or improved upon, to make our community a better place to raise children? (Pick up to 3 items) <input type="checkbox"/> Before school care <input type="checkbox"/> More clubs/activities for teens <input type="checkbox"/> After school care <input type="checkbox"/> More childcare <input type="checkbox"/> More clubs/activities for children <input type="checkbox"/> Disability inclusive activities <input type="checkbox"/> Early childhood/services <input type="checkbox"/> Nothing <input type="checkbox"/> Improved Summer Activities <input type="checkbox"/> Other _____	17. What do you think would make our community a better place to grow old? (Pick up to 3 items) <input type="checkbox"/> Transportation assistance <input type="checkbox"/> Expanded medical services <input type="checkbox"/> Expanded senior center <input type="checkbox"/> More social options <input type="checkbox"/> Ability to exercise <input type="checkbox"/> Home meals <input type="checkbox"/> Nothing <input type="checkbox"/> Other _____
18. Which of the following would help you to be more physically active? <input type="checkbox"/> More/better sidewalks or crosswalks <input type="checkbox"/> More parks and trails <input type="checkbox"/> Access to a gym <input type="checkbox"/> A walking or exercise group <input type="checkbox"/> Increased neighborhood safety <input type="checkbox"/> Program or events like <input type="checkbox"/> More sports leagues races or walking challenges <input type="checkbox"/> Nothing <input type="checkbox"/> Other _____	19. How do you rate the general health of your community? <input type="checkbox"/> Very Healthy <input type="checkbox"/> Unhealthy <input type="checkbox"/> Healthy <input type="checkbox"/> Very Unhealthy <input type="checkbox"/> Somewhat Healthy <input type="checkbox"/> Don't know
20. Do you know the first names of your neighbors? <input type="checkbox"/> Yes <input type="checkbox"/> No	21. Do you volunteer? <input type="checkbox"/> Yes <input type="checkbox"/> No
22. Do you trust your local law enforcement? <input type="checkbox"/> Yes <input type="checkbox"/> No	23. Do you attend religious/church services? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Sometimes
24. How often do you see or talk to people that you care about and feel close to? (For example: talking to friends on the phone, visiting friends or family, going to church or club meetings) <input type="checkbox"/> Less than once per week <input type="checkbox"/> 1-2 times per week <input type="checkbox"/> 3-5 times per week <input type="checkbox"/> 5 or more times per week	
25. Which do you believe is most important for a healthy community? (Pick up to 3 items) <input type="checkbox"/> Access to health care and other services <input type="checkbox"/> Low levels of domestic violence <input type="checkbox"/> Healthy food choices <input type="checkbox"/> Affordable housing <input type="checkbox"/> Parks and recreation <input type="checkbox"/> Tolerance for diversity <input type="checkbox"/> Arts and cultural events <input type="checkbox"/> Public transportation <input type="checkbox"/> Low crime/safe neighborhood <input type="checkbox"/> Clean air/water <input type="checkbox"/> Religious or spiritual values <input type="checkbox"/> Low death and disease rates <input type="checkbox"/> Community involvement <input type="checkbox"/> Strong family life <input type="checkbox"/> Don't know <input type="checkbox"/> Good jobs and a healthy economy <input type="checkbox"/> Strong early childhood (pre-k) <input type="checkbox"/> Other _____ <input type="checkbox"/> Good schools education system <input type="checkbox"/> Access to adult learning opportunities <input type="checkbox"/> Healthy behaviors and lifestyles	
26. Do you have friends/family that you can depend on in times of need? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unsure	27. Do you feel supported and cared for by family/friends? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unsure
28. In your immediate family, is there a grandparent who is the primary caregiver for their grandchildren/grandchild? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know	29. Do you or someone in your household smoke cigarettes, cigars, or marijuana inside of the home? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know

30. Previous to COVID shut down and cancellations, did you participate or do any of the following? (Check all that apply)

- Hand games Round Dance Pick berries Jump Dance Attended feast Pow wow
 Language study group Sweat lodge Cultural Ceremony Native American Church services
 Horsemanship None Other: _____

31. During the past 7 days, did you do any exercises like walking, running, cycling, weight-lifting?

- No, I haven't had any exercise in the past week Yes, total 30 minutes or less
 Yes, total 30-60 minutes (1/2 to 1 hour) Yes, total 60-90 minutes (1 to 1 ½ hours)
 Yes, total 90-120 minutes or more (1 ½ to 2 hours) Yes, total 150 minutes or more (2 ½ hours)

32. There are outdoor places to be physically active near my home.

- Yes No I don't know

33. There are playgrounds/parks for children to be physically active near my home.

- Yes No I don't know

34. There are indoor places to be physically active near my home.

- Yes No I don't know

35. Which of the following gets in the way of you being more physically active or exercising? (Pick all that apply)

- I'm too busy or don't have time It costs too much
 I'm physically unable I'm too tired to exercise
 I don't have access to a gym or facility It is not important to me
 I don't like or want to exercise I don't have friends or a group to exercise with
 Nothing gets in the way / I regularly exercise
 Other _____

36. What makes it hard for you to eat healthy? (pick all that apply)

- I don't know how to prepare the food we like in a healthy way Nobody in my family would eat it
 Healthy food doesn't taste good Healthy food costs too much
 It's hard to find healthy choices when you eat outside of the home Nothing / I eat healthy
 There aren't any places in my community to buy healthy foods Other _____
 It takes too much time to prepare and shop for healthy choices

Statements	Often True	Sometimes True	Never True	Don't Know
37. In the past 12 months the food I/we bought just didn't last, and I/we didn't have money to get more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. In the past 12 months I/we worried whether our food would run out before we got money to buy more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. Think about what you drank yesterday. Check everything that you drank. <input type="checkbox"/> Regular Soda <input type="checkbox"/> Fruit Juice <input type="checkbox"/> Kool-aid <input type="checkbox"/> Diet Soda <input type="checkbox"/> Crystal Light <input type="checkbox"/> Water <input type="checkbox"/> Alcohol <input type="checkbox"/> Energy Drink <input type="checkbox"/> Coffee/Tea <input type="checkbox"/> Sports Drink <input type="checkbox"/> Milk <input type="checkbox"/> Other _____	40. How much fruit did you eat yesterday? (fresh, canned, or frozen) A handful of berries is equal to 1 piece <input type="checkbox"/> 1 piece <input type="checkbox"/> 2 pieces <input type="checkbox"/> 3 or more pieces <input type="checkbox"/> I didn't eat any fruit			
41. How many vegetables did you eat yesterday? (fresh, canned, or frozen) DO NOT INCLUDE POTATOS <input type="checkbox"/> 1 serving <input type="checkbox"/> 2 serving <input type="checkbox"/> 3 or more servings <input type="checkbox"/> I didn't eat any vegetables	42. What type of meat did you eat over the 7 days? Check everything you ate. <input type="checkbox"/> Beef <input type="checkbox"/> Bacon <input type="checkbox"/> Pork <input type="checkbox"/> Chicken/Turkey <input type="checkbox"/> Organ meat <input type="checkbox"/> Bison/deer/elk/other game <input type="checkbox"/> Spam/bologna <input type="checkbox"/> Red wieners/hot dogs <input type="checkbox"/> I didn't eat any meat			
43. What is your housing situation today? <input type="checkbox"/> In a home I own <input type="checkbox"/> Camper/tent <input type="checkbox"/> A home/apartment that I rent <input type="checkbox"/> I am living with friends/family <input type="checkbox"/> I am living in a car <input type="checkbox"/> I am living in a hotel <input type="checkbox"/> I am staying at a shelter <input type="checkbox"/> I do not have housing (living outside on the street, or in a park)	44. Are you worried about losing your housing? <input type="checkbox"/> Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No			
45. In the past year, have you or others in your household been unable to get any of the following when it was really needed? (check all that apply)				

- | | | | | |
|------------------------------------|------------------------------------|--------------------------------------|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Food | <input type="checkbox"/> Utilities | <input type="checkbox"/> Phone | <input type="checkbox"/> Shelter | <input type="checkbox"/> Clothing |
| <input type="checkbox"/> Childcare | <input type="checkbox"/> None | <input type="checkbox"/> Other _____ | | |

46. In the place where you stay most of the time:

_____ bedrooms
 # _____ individuals that normally sleep in the space including you

- 47. In the place where you stay most of the time, does it have right now...?** (check all that you have. If something isn't working, do not check)
- | | |
|---------------------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Hot running water | <input type="checkbox"/> Bathtub or shower |
| <input type="checkbox"/> Stove top or hot-plate | <input type="checkbox"/> Refrigerator |
| <input type="checkbox"/> Electricity | <input type="checkbox"/> Sink with faucet |
| <input type="checkbox"/> Telephone (include cell phone) | <input type="checkbox"/> Toilet |

- 48. How is the place where you stay most of the time heated?**
- | | |
|---------------------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Central heat (gas or electric) | <input type="checkbox"/> Space heater |
| <input type="checkbox"/> Oven | <input type="checkbox"/> Pellet/Wood stove |
| <input type="checkbox"/> No heat | <input type="checkbox"/> Other _____ |

49. What is your current work situation?

- | | | |
|-------------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Unemployed for less than 1 year | <input type="checkbox"/> Part-time (less than 32 hours week) | <input type="checkbox"/> Full-time |
| <input type="checkbox"/> Unemployed for more than 1 year | <input type="checkbox"/> Temporary/Seasonal employment | <input type="checkbox"/> Active Duty Military |
| <input type="checkbox"/> Self-employed | <input type="checkbox"/> Retired | <input type="checkbox"/> Student |
| <input type="checkbox"/> Stay-at-home parent or caregiver | <input type="checkbox"/> Veteran | |
| <input type="checkbox"/> Otherwise unemployed by not seeking work | | |

50. If you need to go somewhere important, like a medical appointment, how do you usually get there?

- | | | |
|--------------------------------------|-----------------------------------------------------------|---------------------------------------|
| <input type="checkbox"/> My car | <input type="checkbox"/> Get a ride with family/friends | |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Hitchhike | <input type="checkbox"/> Borrow a car |
| <input type="checkbox"/> Bicycle | <input type="checkbox"/> Public Transportation/Bus (DHRD) | |
| <input type="checkbox"/> Other _____ | | |

51. Which forms of communication do you use on a daily basis? (pick all that apply)

- | | |
|--------------------------------------|-----------------------------------|
| <input type="checkbox"/> Cell phone | <input type="checkbox"/> Email |
| <input type="checkbox"/> Landline | <input type="checkbox"/> Facebook |
| <input type="checkbox"/> Texting | <input type="checkbox"/> Twitter |
| <input type="checkbox"/> Other _____ | |

52. In general, how do you rate your physical health?

- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Excellent | <input type="checkbox"/> Very Good |
| <input type="checkbox"/> Good | <input type="checkbox"/> Fair |
| <input type="checkbox"/> Poor | |

53. How would you like to learn about health-related services available from Tribal Health?

- | | |
|-----------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Health care provider | <input type="checkbox"/> Mailings/Newsletters |
| <input type="checkbox"/> Newspaper | <input type="checkbox"/> Presentations |
| <input type="checkbox"/> TV | <input type="checkbox"/> Radio |
| <input type="checkbox"/> Website/Internet | <input type="checkbox"/> Social Media (i.e. Facebook) |
| <input type="checkbox"/> Other _____ | |

54. Thinking about your mental health, which includes stress, depression, and concerns with emotions; how do you rate your mental health, in general?

- | | |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> Excellent | <input type="checkbox"/> Very Good |
| <input type="checkbox"/> Good | <input type="checkbox"/> Fair |
| <input type="checkbox"/> Poor | |

55. How often do you use seatbelts when you drive or ride in a car/vehicle?

- | | |
|----------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Always | <input type="checkbox"/> Seldom |
| <input type="checkbox"/> Nearly always | <input type="checkbox"/> Never |
| <input type="checkbox"/> Sometimes | <input type="checkbox"/> Never ride or drive in a car |

56. When your child rides in a car/vehicle with you, how often does he/she ride in a car seat (infant seat, toddler seat, or booster seat) or use a seat belt?

- | | | | |
|----------------------------------------------|----------------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> Always | <input type="checkbox"/> Nearly always | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Seldom |
| <input type="checkbox"/> Never | | | |
| <input type="checkbox"/> Do not have a child | | | |

57. If you have firearms in your home, are they locked or secured? (gun safe or gun lock)

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

58. I can get the health care I need in my community (not including specialists)

- | | |
|-----------------------------------------|-----------------------------------|
| <input type="checkbox"/> Strongly agree | <input type="checkbox"/> Agree |
| <input type="checkbox"/> Neutral | <input type="checkbox"/> Disagree |

59. About how long has it been since you visited a doctor for a routine check-up? (a routine check-up is a general exam, not an exam for a specific injury, illness, or condition)

- | | |
|-----------------------------------------------|-------------------------------------|
| <input type="checkbox"/> Within the past year | <input type="checkbox"/> Don't know |
|-----------------------------------------------|-------------------------------------|

<input type="checkbox"/> Strongly disagree	<input type="checkbox"/> Don't know	<input type="checkbox"/> Within the past 2 years	<input type="checkbox"/> Never
		<input type="checkbox"/> Within the past 5 years	
60. People delay seeking health care for a variety of reasons. If in the last 12 months you delayed seeking health care services, what were the reasons? (Check all that apply)		61. Where would you refer a person for mental health services?	
<input type="checkbox"/> Did not delay care	<input type="checkbox"/> Not treated with respect	<input type="checkbox"/> Don't know	
<input type="checkbox"/> Could not get an appointment	<input type="checkbox"/> Office not open when I could go	<input type="checkbox"/> Tribal Health Behavioral Health	
<input type="checkbox"/> Availability of services	<input type="checkbox"/> Too long to wait for an appointment	<input type="checkbox"/> Private therapist or social worker	
<input type="checkbox"/> Could not get off work	<input type="checkbox"/> Too nervous/afraid	<input type="checkbox"/> Health care provider	
<input type="checkbox"/> Do not like doctors	<input type="checkbox"/> No transportation	<input type="checkbox"/> Emergency Room	
<input type="checkbox"/> Had no one to care for children	<input type="checkbox"/> Unsure if services were available	<input type="checkbox"/> Faith-based leader (priest or pastor)	
<input type="checkbox"/> Language barrier	<input type="checkbox"/> My insurance did not cover	<input type="checkbox"/> Other _____	
<input type="checkbox"/> No insurance	<input type="checkbox"/> Other _____		
62. In your opinion, what would improve our community's access to health care?		63. Where would you refer a person for substance abuse services or treatment for alcohol or drug addiction?	
<input type="checkbox"/> Nothing	<input type="checkbox"/> Don't know		
<input type="checkbox"/> Availability of walk-in clinic	<input type="checkbox"/> Tribal Health Behavioral Health		
<input type="checkbox"/> Cultural sensitivity	<input type="checkbox"/> Private therapist or social worker		
<input type="checkbox"/> Health education resources	<input type="checkbox"/> Health care provider		
<input type="checkbox"/> Availability of specialists	<input type="checkbox"/> Alcoholics Anonymous		
<input type="checkbox"/> More primary care providers	<input type="checkbox"/> Emergency Room		
<input type="checkbox"/> Telemedicine	<input type="checkbox"/> Faith-based leader (priest or pastor)		
<input type="checkbox"/> Transportation assistance	<input type="checkbox"/> Other _____		
<input type="checkbox"/> Weekend/evening hours			
<input type="checkbox"/> Other _____			
64. About how long has it been since you visited a dentist for a routine checkup or cleaning? (do not include times you visited a dentist because of pain or an emergency)			
<input type="checkbox"/> Within the past year	<input type="checkbox"/> Never	<input type="checkbox"/> Within the past 2 years	
<input type="checkbox"/> Within the past 5 years	<input type="checkbox"/> Don't know		
65. If you have not visited the dentist in the last year, what were the main reasons why?			
<input type="checkbox"/> Did not delay care	<input type="checkbox"/> Not treated with respect	<input type="checkbox"/> My insurance did not cover	
<input type="checkbox"/> Could not get an appointment	<input type="checkbox"/> Office not open when I could go	<input type="checkbox"/> No insurance	
<input type="checkbox"/> Availability of services	<input type="checkbox"/> Too long to wait for an appointment	<input type="checkbox"/> Low priority	
<input type="checkbox"/> Could not get off work	<input type="checkbox"/> Too nervous/afraid	<input type="checkbox"/> No teeth / no dental problems	
<input type="checkbox"/> Do not like dentists	<input type="checkbox"/> No transportation	<input type="checkbox"/> Other _____	
<input type="checkbox"/> Had no one to care for children	<input type="checkbox"/> Unsure if services were available		

Some people on the reservation worry about suicide rates. Because of this, we are asking some questions about suicide.

Statements	Agree	Somewhat Agree	Neutral	Somewhat Disagree	Disagree	Don't know
66. I am aware of the suicide prevention efforts being done by community programs.	<input type="checkbox"/>					
67. There is community stigma or shame for those who have attempted or thought about suicide.	<input type="checkbox"/>					

68. I am aware of signs that someone might be thinking about suicide.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
69. Community leaders prioritize suicide prevention.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
70. People in my household talk openly about suicide.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
71. People in my community talk openly about suicide.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
72. During the past 12 months (1 year) a friend or relative has attempted or died by suicide. <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I don't know	73. During the past 12 months (1 year) have you attempted suicide? <input type="checkbox"/> Yes <input type="checkbox"/> No					
74. If you or a friend/relative have attempted suicide in the past 12 months (1 year), what other situations were involved? Check all that apply <input type="checkbox"/> Alcohol <input type="checkbox"/> Drug use <input type="checkbox"/> Domestic Violence <input type="checkbox"/> Abandonment <input type="checkbox"/> Homelessness <input type="checkbox"/> Sexual Assault <input type="checkbox"/> I don't know <input type="checkbox"/> None <input type="checkbox"/> Other _____						

Questions for individuals with children under the age of 18 – **Skip** to next section if these questions do not apply

75. My childcare options are... (check all that apply) <input type="checkbox"/> I watch my children <input type="checkbox"/> Friend <input type="checkbox"/> My significant other <input type="checkbox"/> Daycare <input type="checkbox"/> Grandparent <input type="checkbox"/> Other relative <input type="checkbox"/> Headstart <input type="checkbox"/> My children are old enough to not require childcare <input type="checkbox"/> I do not have reliable childcare <input type="checkbox"/> Other: _____	
76. Are you ever worried about having your child/children taken away because of activities that you are involved in or things they have experienced? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know	77. Has anyone from the school or doctor's office told you that your child needed mental health services? If no, skip last two questions in this section. <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know
78. Has your child received recommended mental health services? <input type="checkbox"/> Yes <input type="checkbox"/> No	79. If no, what was the reason? <input type="checkbox"/> I didn't want to <input type="checkbox"/> My child didn't want to <input type="checkbox"/> My family didn't want them to <input type="checkbox"/> I tried, but help was not available <input type="checkbox"/> My child got help on their own <input type="checkbox"/> Other: _____

From your point-of-view, are the following:

Not a problem: The issue is not a problem and requires no additional attention by my community.

A problem: The issue is somewhat of a problem. My community needs to address this problem.

Big problem: The issue is a major problem. My community needs to address this problem.

Don't know: I do not know enough information to determine whether or not this is a problem.

Issue	Not a problem	A problem	A big problem	Don't know
Obesity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tobacco use (smoking, dip, chew, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription drug abuse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Illegal drug use (meth, heroin, marijuana, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Access to mental health services (counseling, treatment, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Access to substance abuse services (for alcohol and drug addiction)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Suicide	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Motor vehicle injuries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Falls resulting in injuries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Good prenatal care – including access	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Availability of services for individuals with physical disabilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

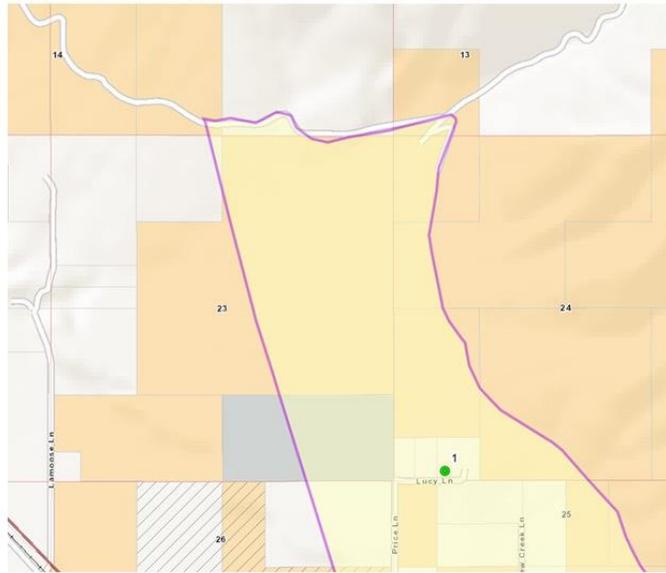
Availability of affordable childcare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hunger (prolonged lack of food)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Housing conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Availability of affordable childcare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Homelessness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Access to safe water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Child abuse or neglect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Elder abuse or neglect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Domestic, dating, or sexual violence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bullying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unintended pregnancy including teen pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexually transmitted infections including HIV/AIDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distracted driving (texting/cell phone use)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

We know that some of these questions are hard to “talk” about. Please tell us what it was like to answer this survey.

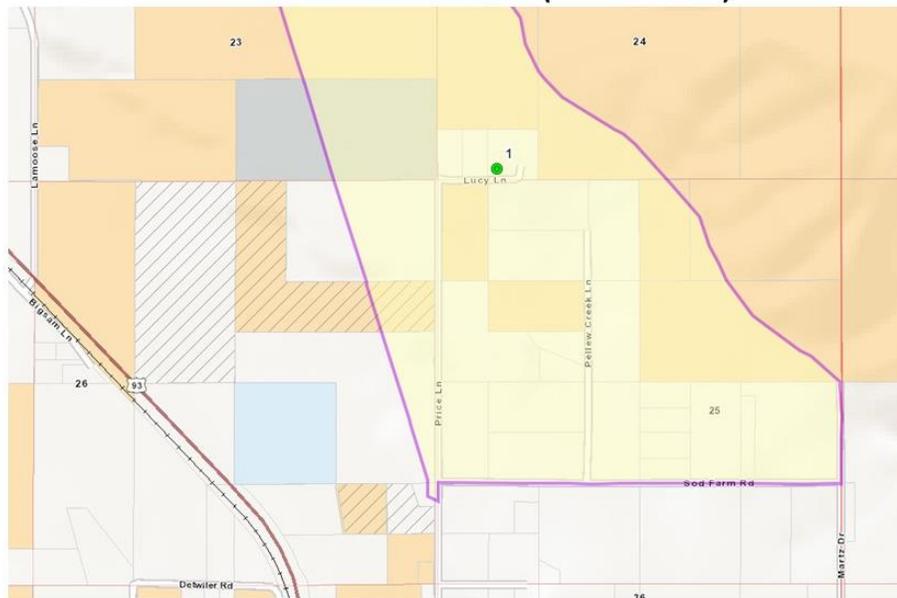
- I couldn't answer some questions, so I skipped them.
- I didn't know or want to give all the answers, so sometimes I made up the answers.
- I think all my answers were correct.

Appendix C: CSKT CASPER Maps

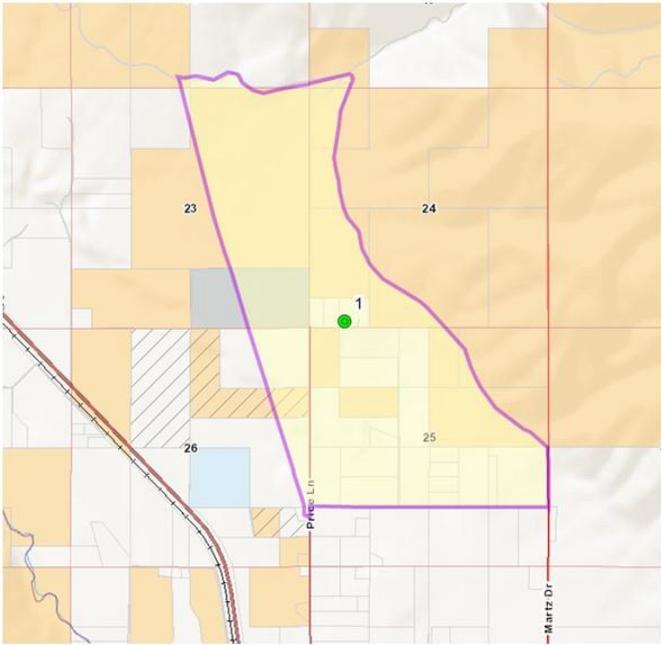
Cluster 1 – North of Arlee (HU:17)



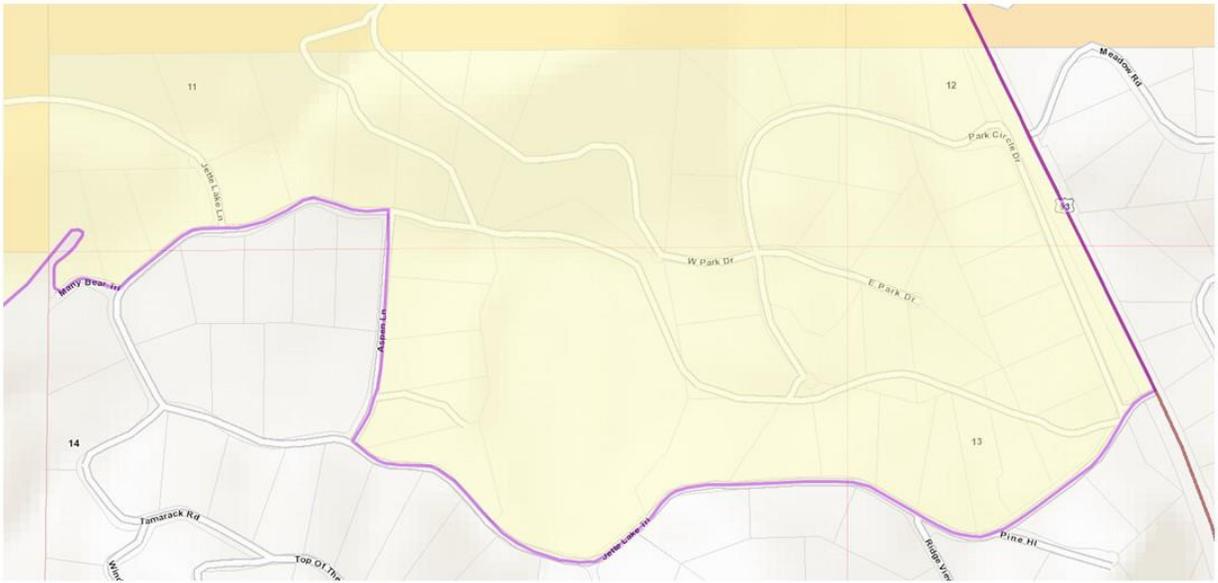
Cluster 1 – North of Arlee (HU:17)



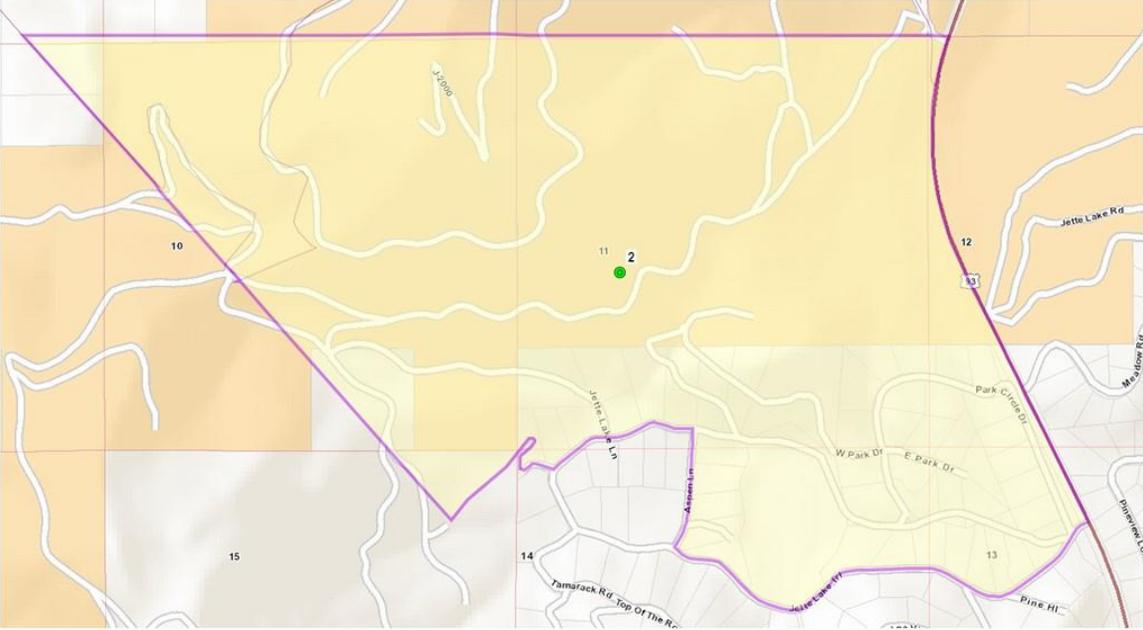
Cluster 1 – North of Arlee (HU:17)



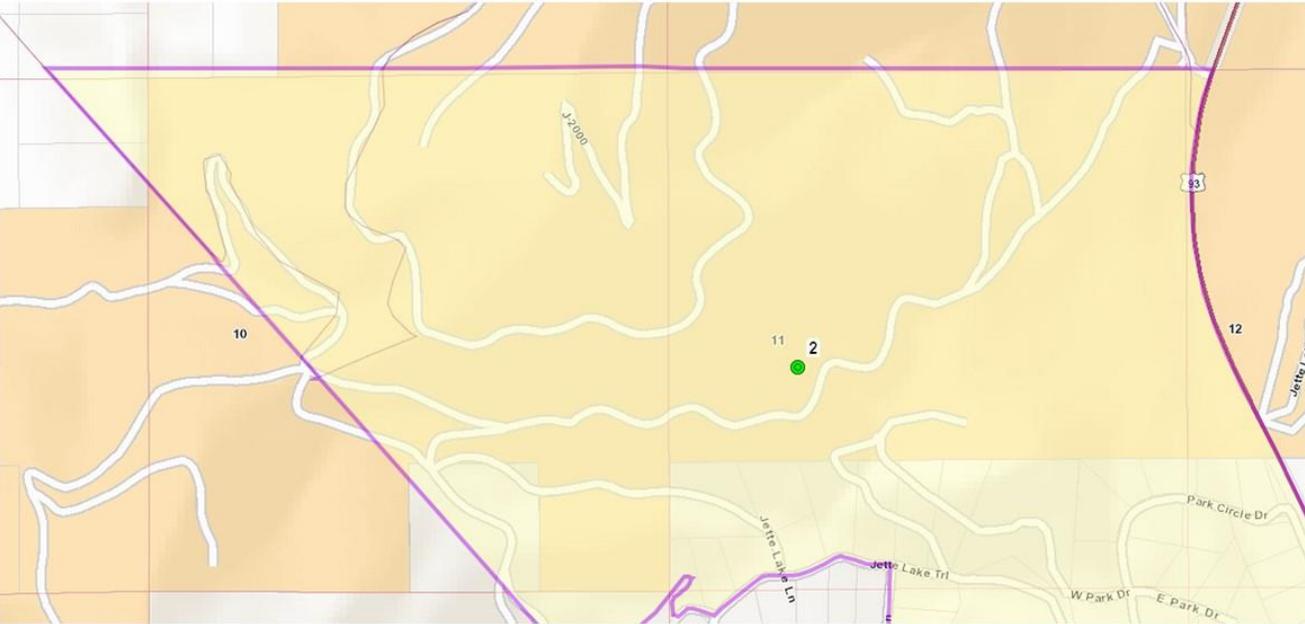
Cluster 2: North of Polson (HU:41)



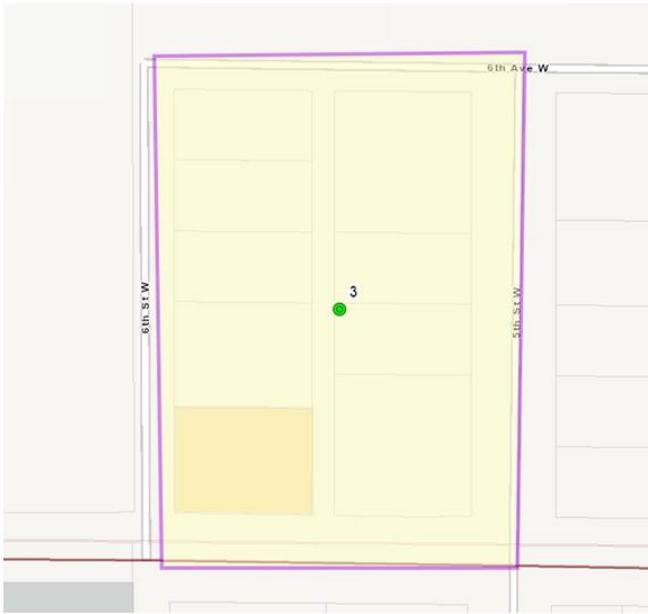
Cluster 2: North of Polson (HU:41)



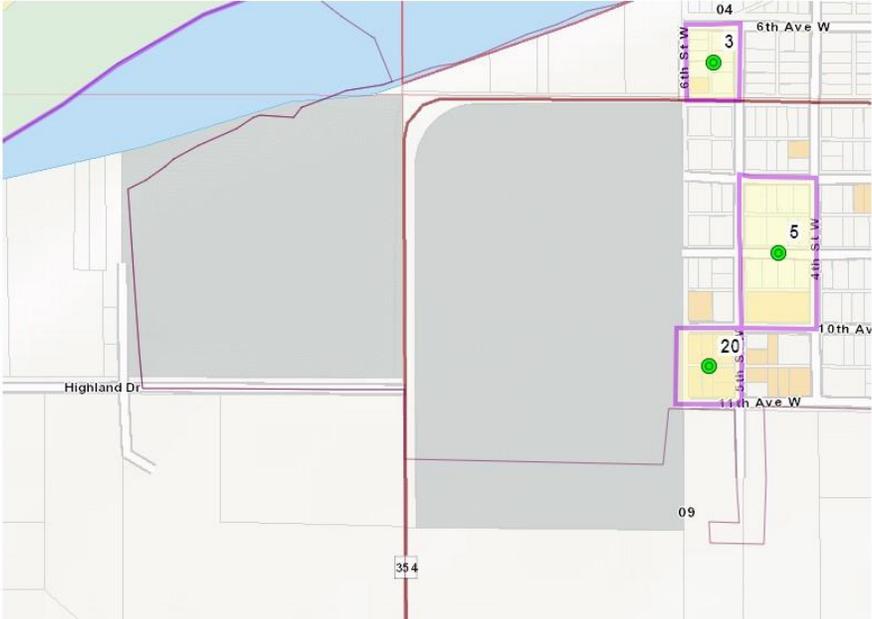
Cluster 2: North of Polson (HU:41)



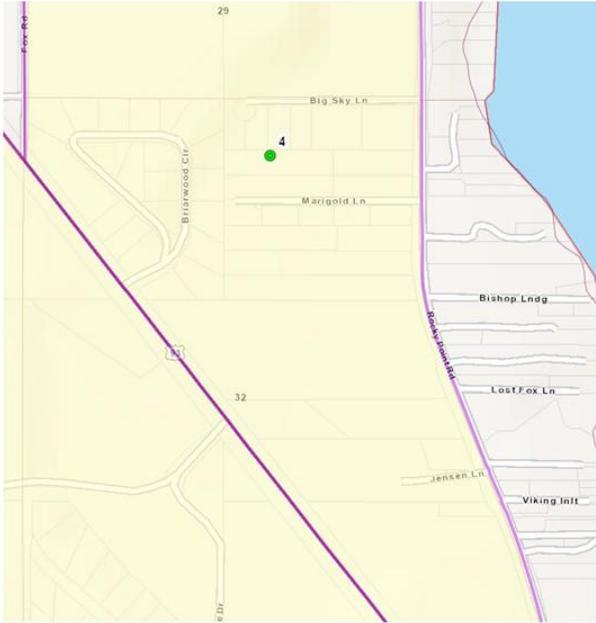
Cluster 3: Polson (HU: 13)



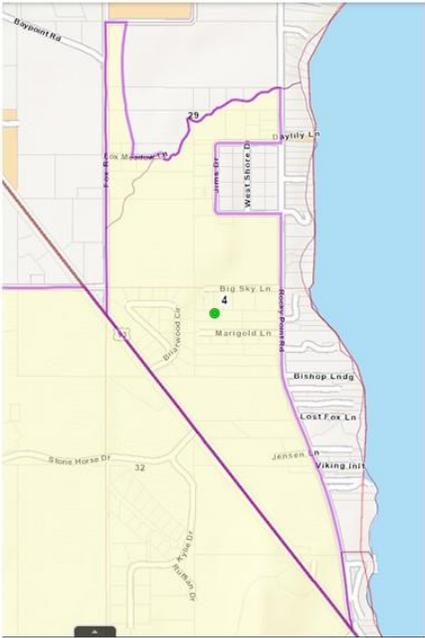
Cluster 3: Polson (HU: 13)



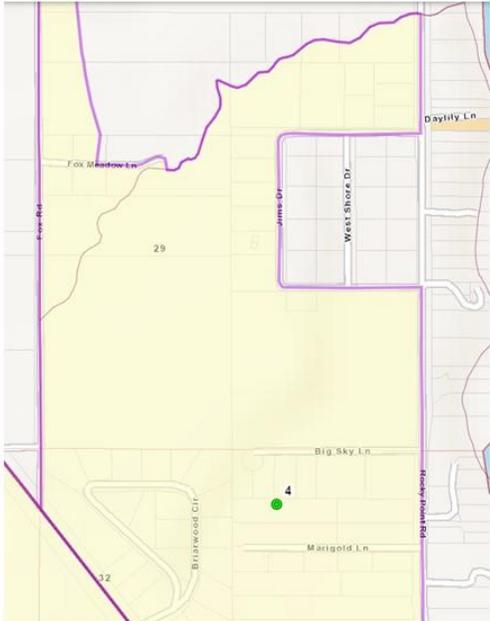
Cluster 4: Polson (HU:62)



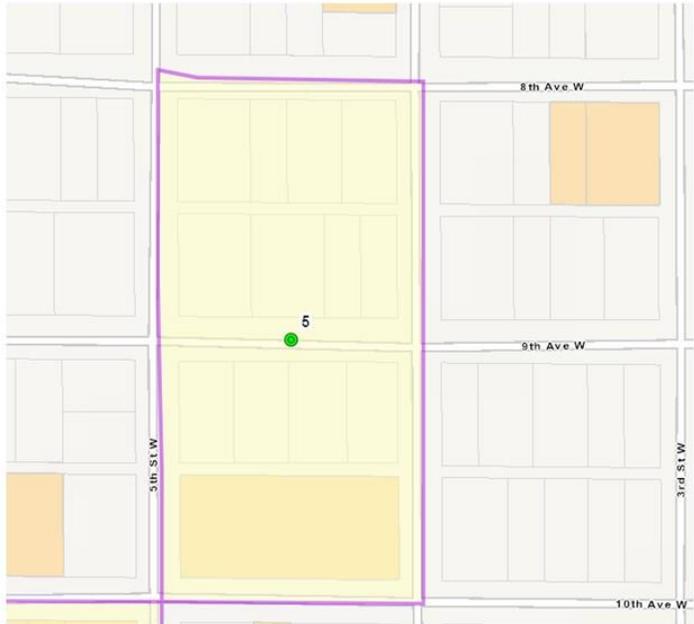
Cluster 4: Polson (HU:62)



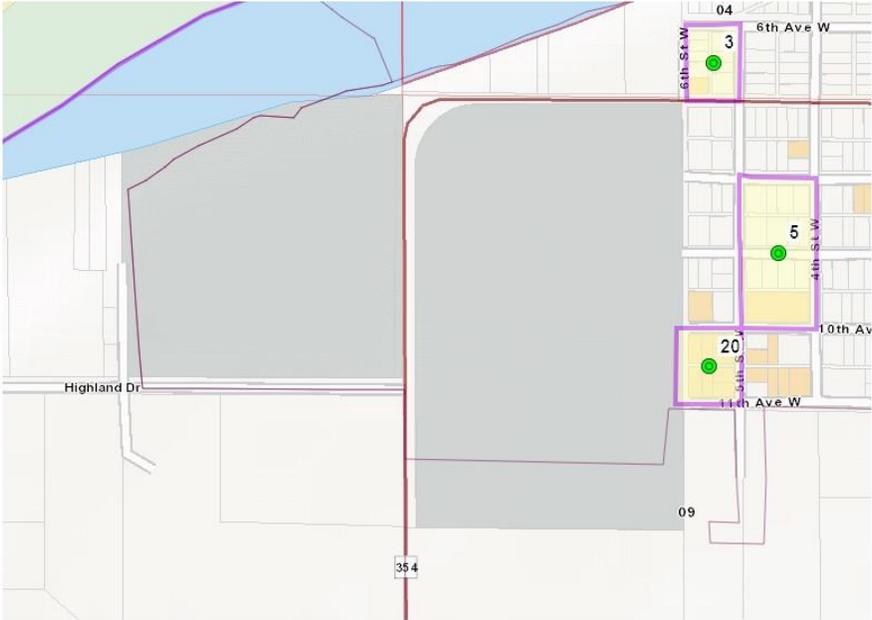
Cluster 4: Polson (HU:62)



Cluster 5: Polson (HU: 18)



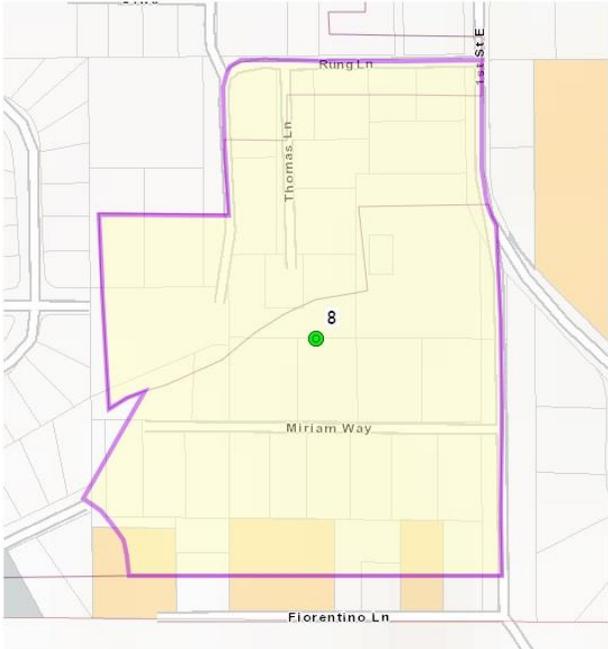
Cluster 5: Polson (HU: 18)



Cluster 6 – South of Ronan (HU: 11)



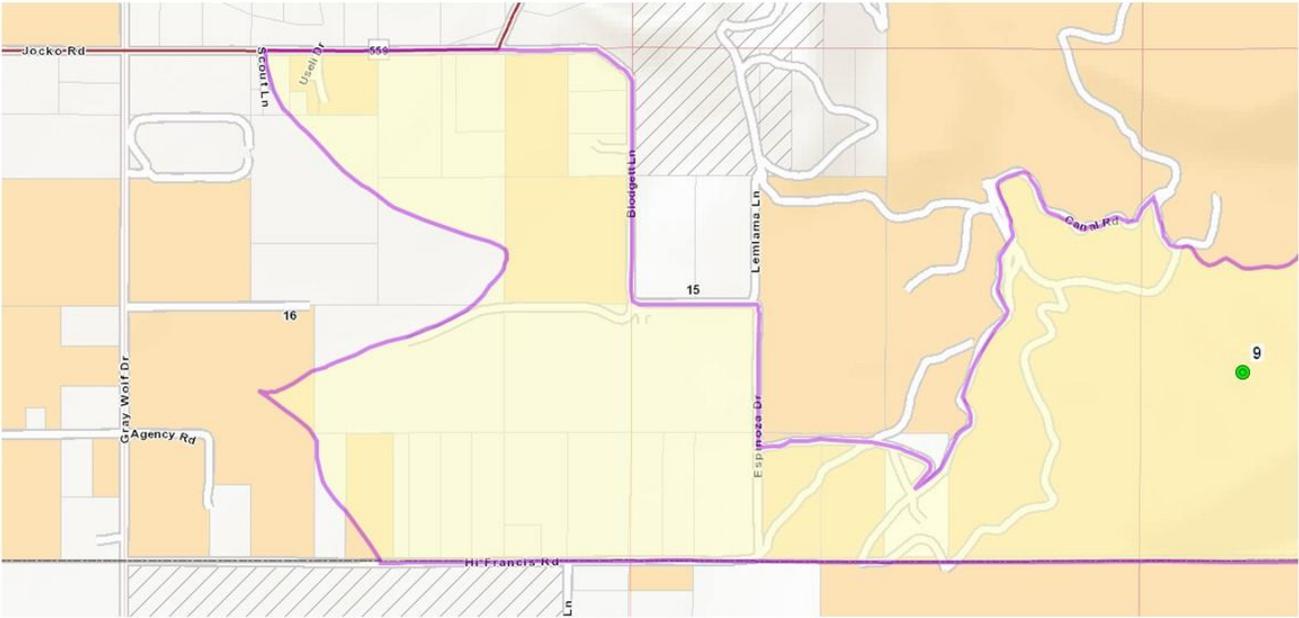
Cluster 8: Polson (HU:21)



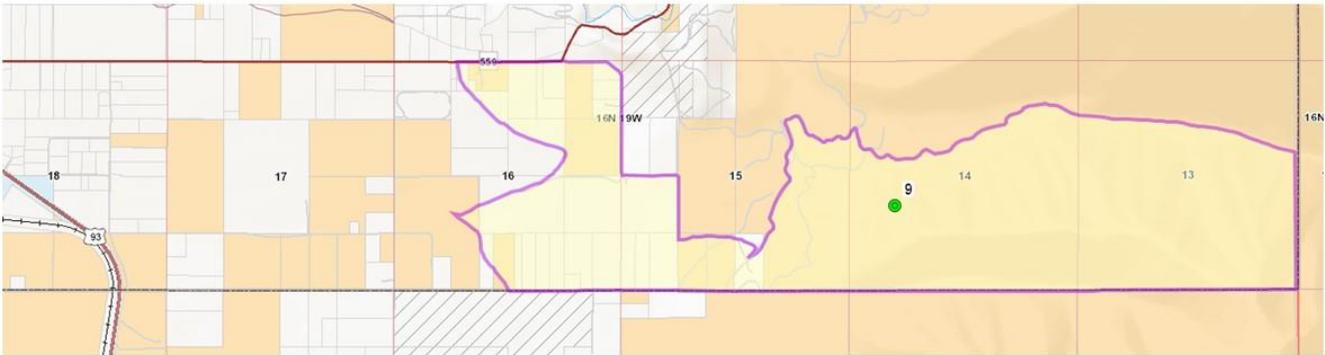
Cluster 8: Polson (HU:21)



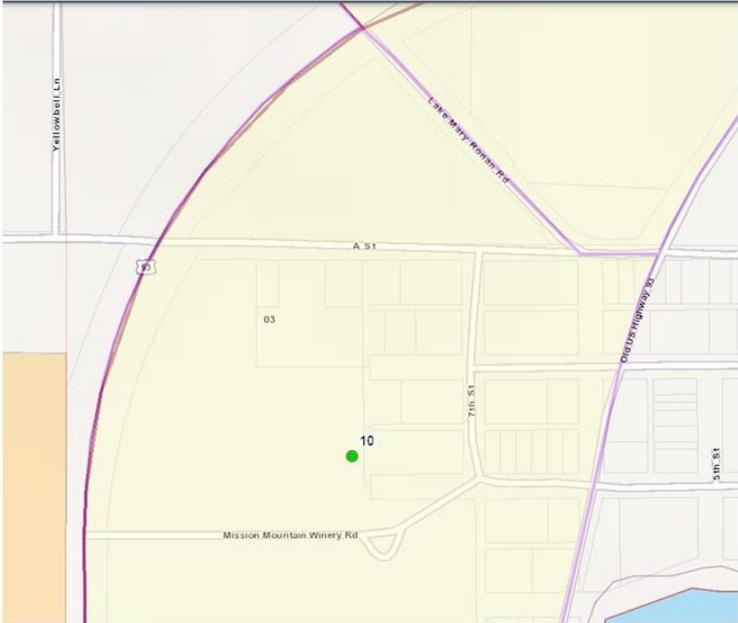
Cluster 9 – East Arlee (HU: 30)



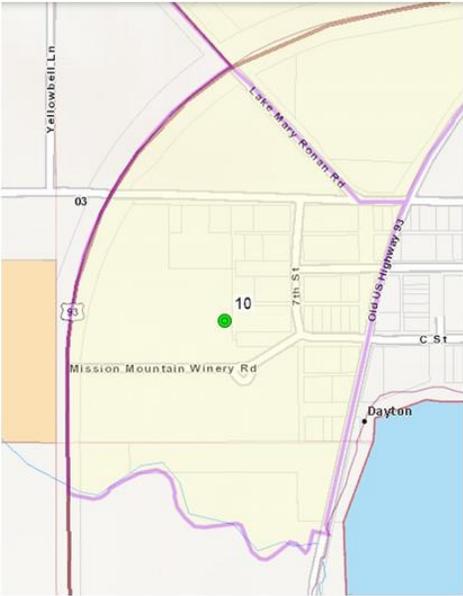
Cluster 9 – East Arlee (HU: 30)



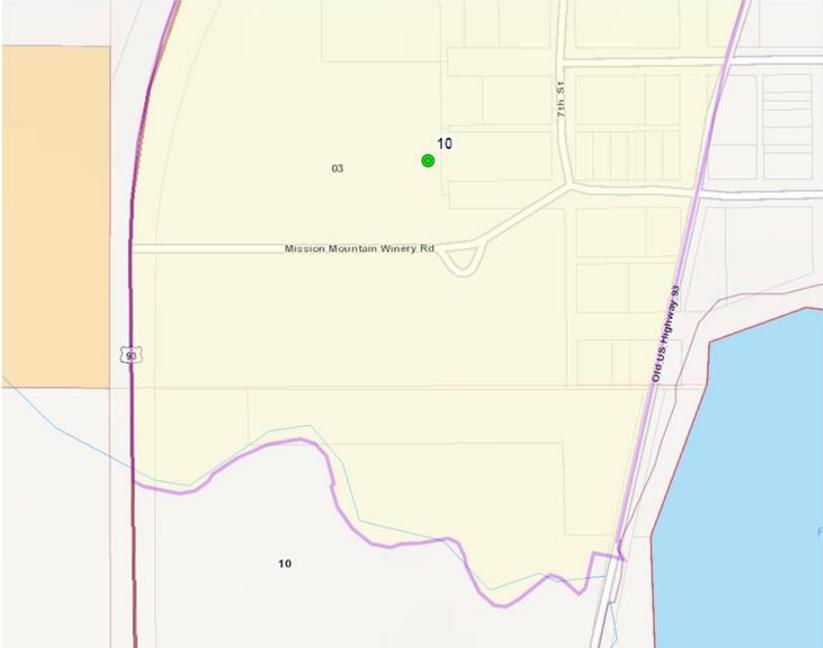
Cluster 10: Dayton (HU: 15)



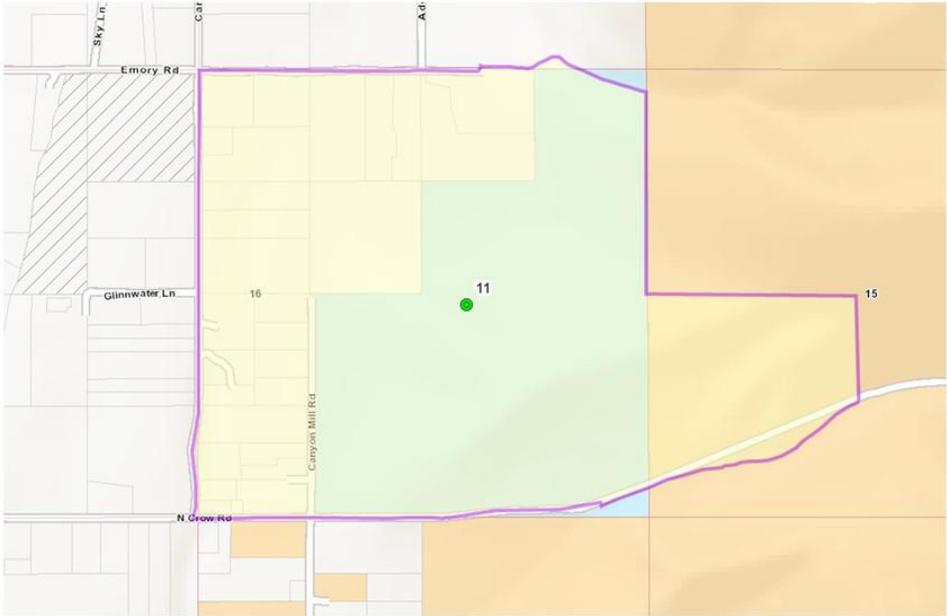
Cluster 10: Dayton (HU: 15)



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**Cluster 11 – West of Pablo (HU: 32)

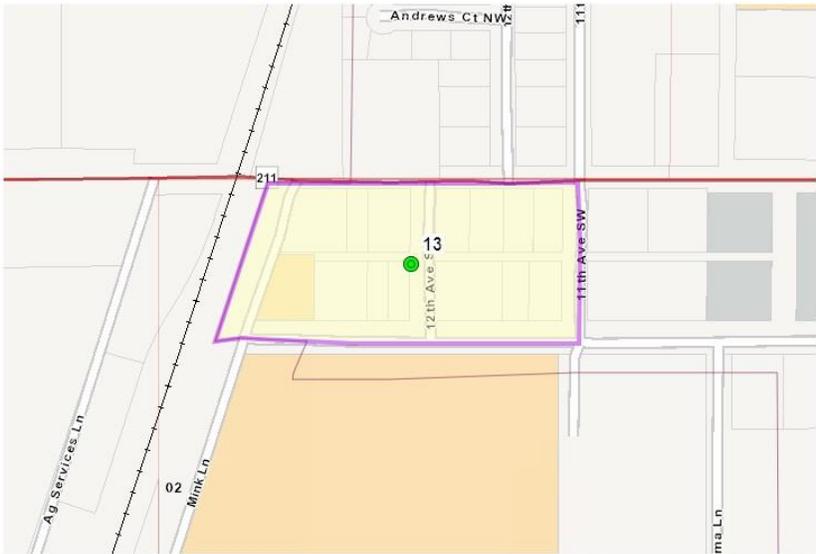


*Selected
twice
interview 14
houses*

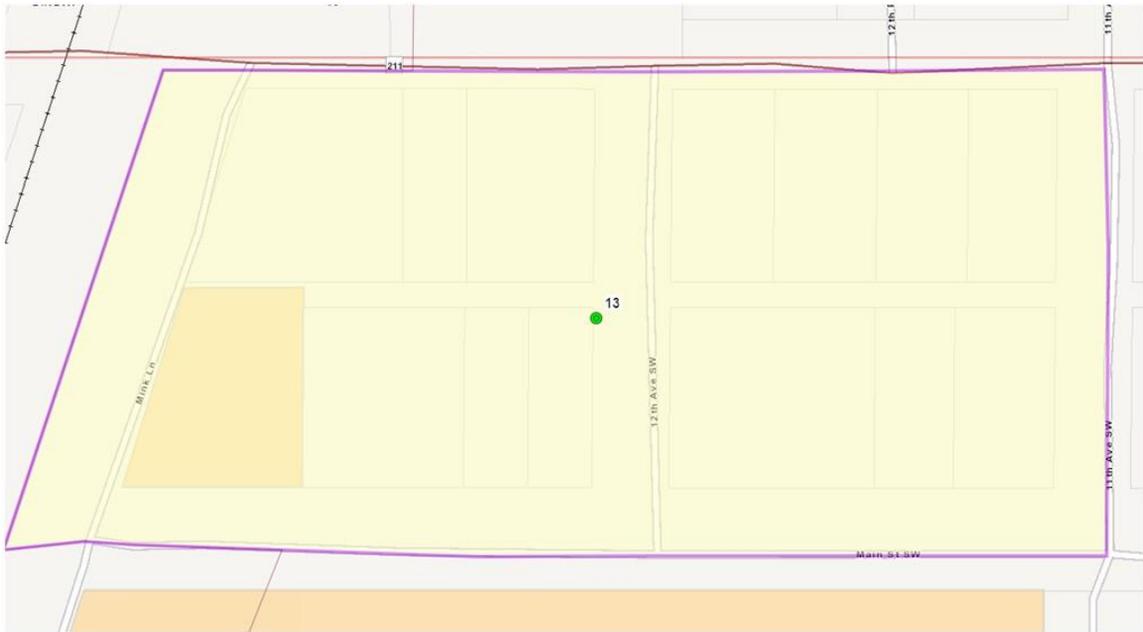
Cluster 12 – Charlo (HU: 19)



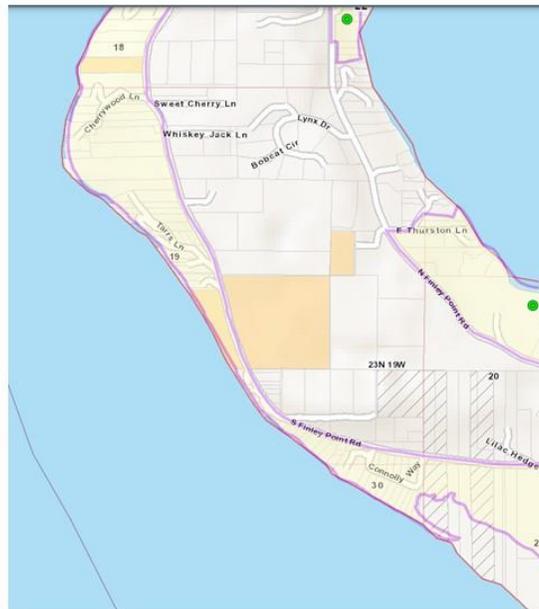
Cluster 13 – Ronan (HU: 15)



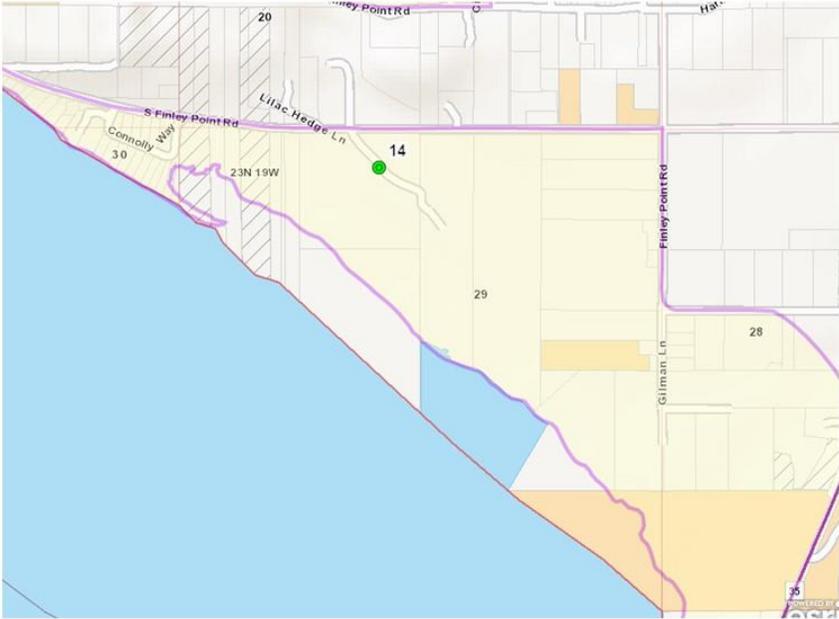
Cluster 13 – Ronan (HU: 15)



Cluster 14: Findley Point (HU:184)



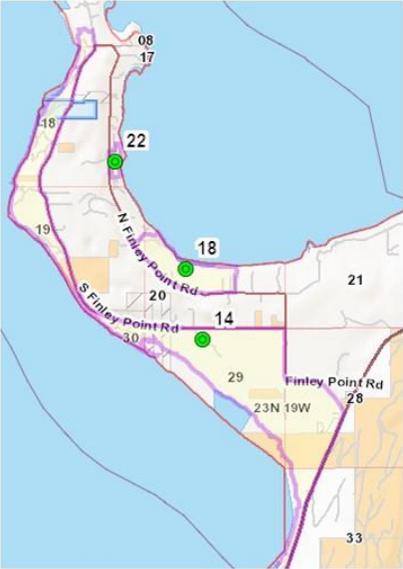
Cluster 14: Findley Point (HU:184)



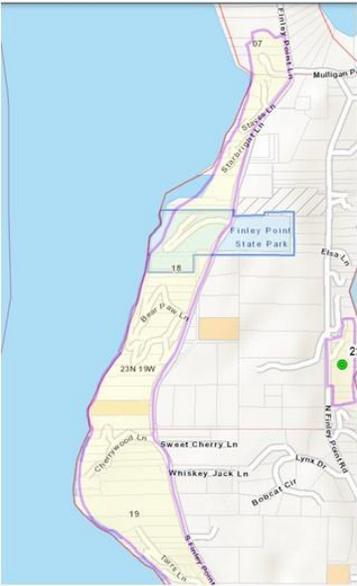
Cluster 14: Findley Point (HU:184)



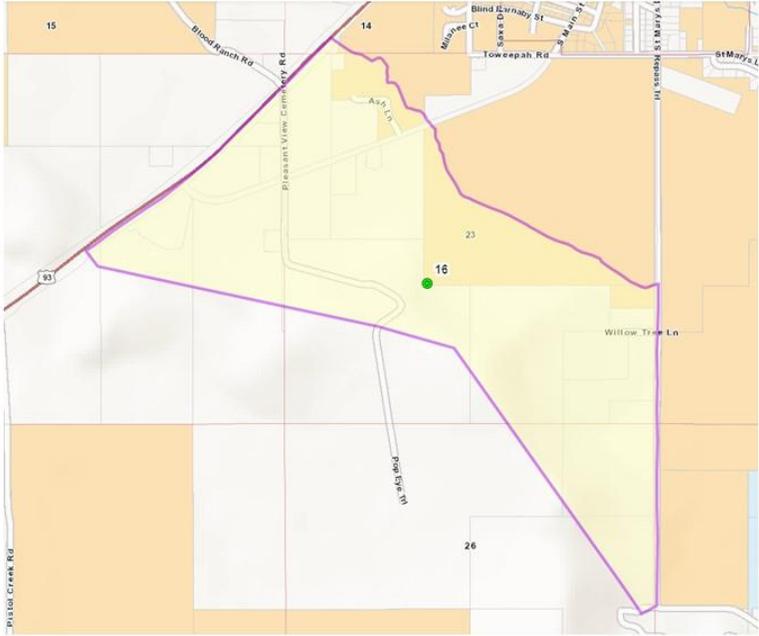
Cluster 14: Findley Point (HU:184)



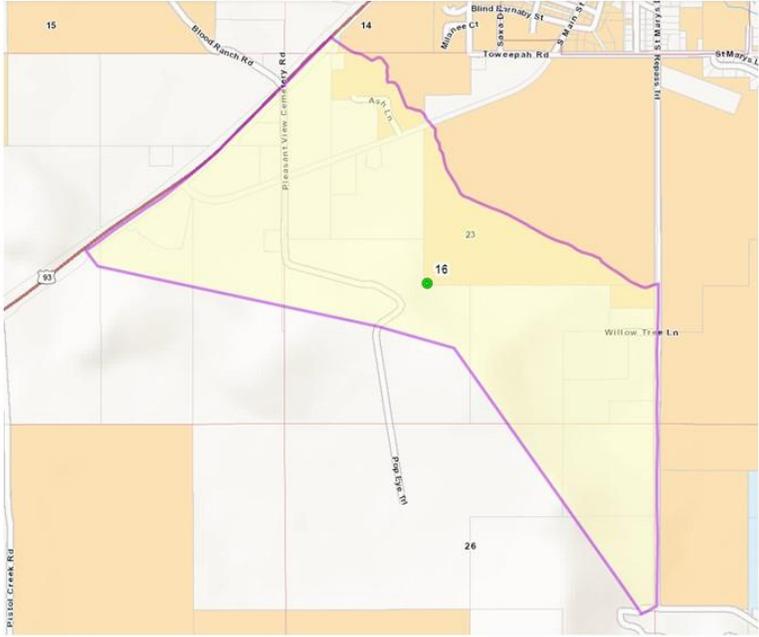
Cluster 14: Findley Point (HU:184)



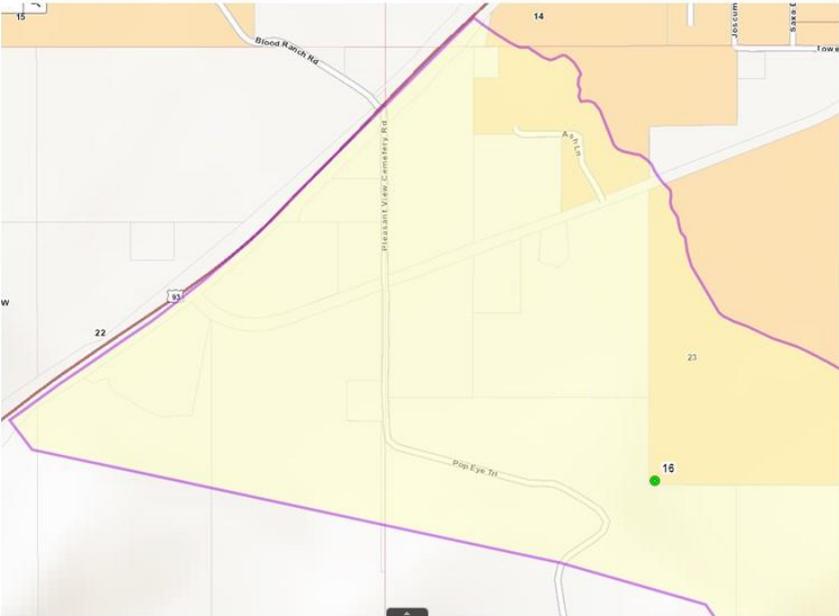
Cluster 16 – St. Ignatius (HU: 16)



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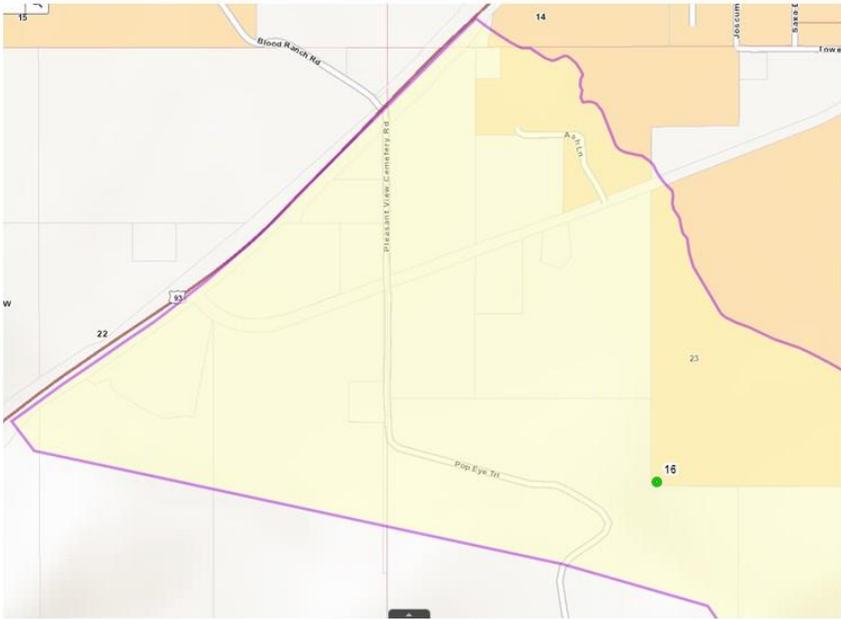
Cluster 16 – St. Ignatius (HU: 16)



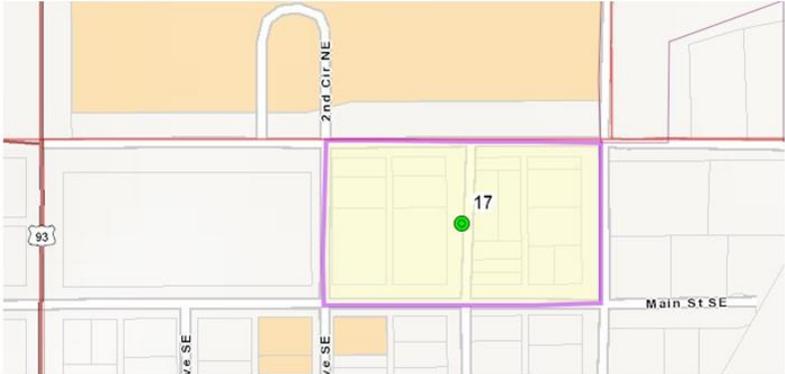
Cluster 16 – St. Ignatius (HU: 16)



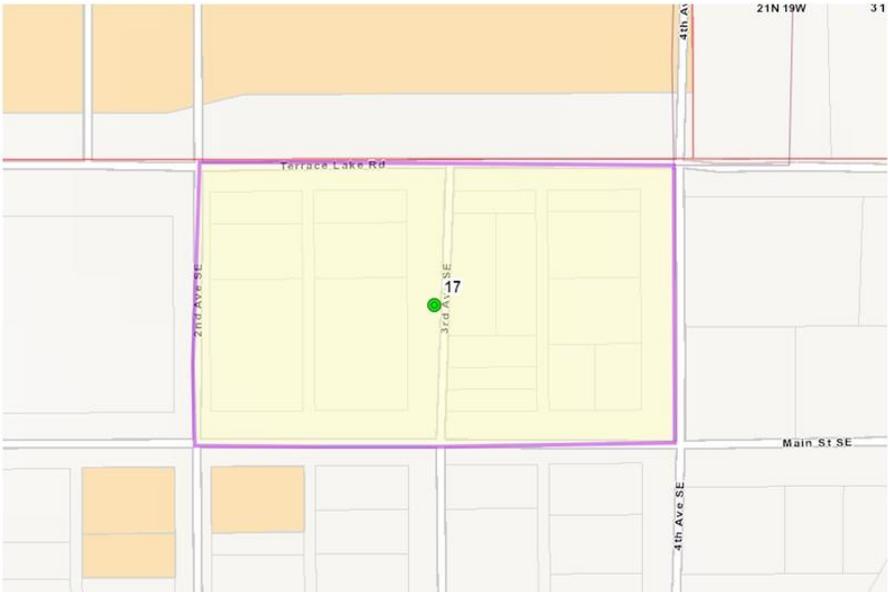
Cluster 16 – St. Ignatius (HU: 16)



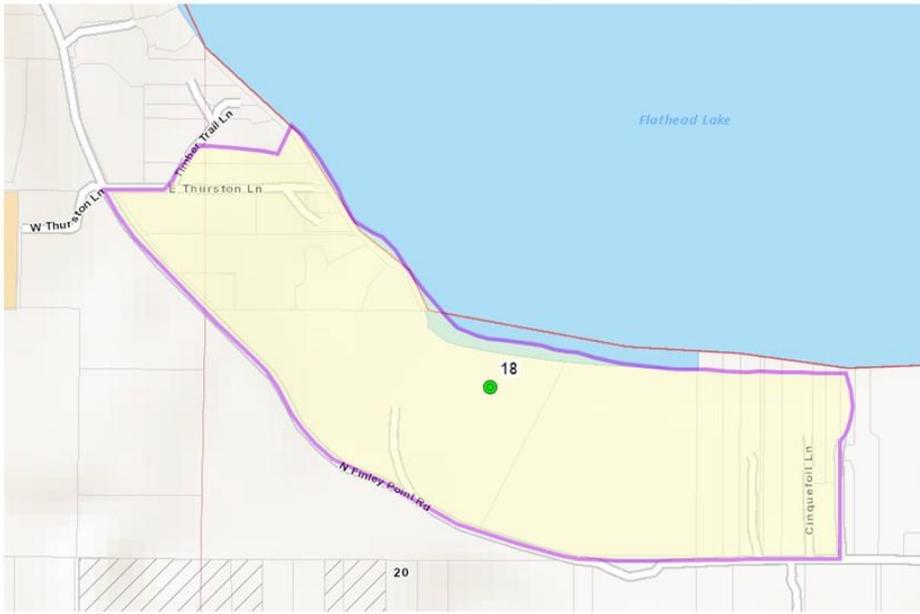
Cluster 17 – Ronan (HU:21)



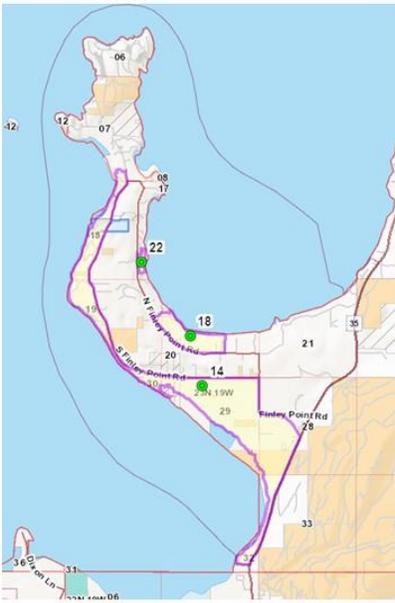
Cluster 17 – Ronan (HU:21)



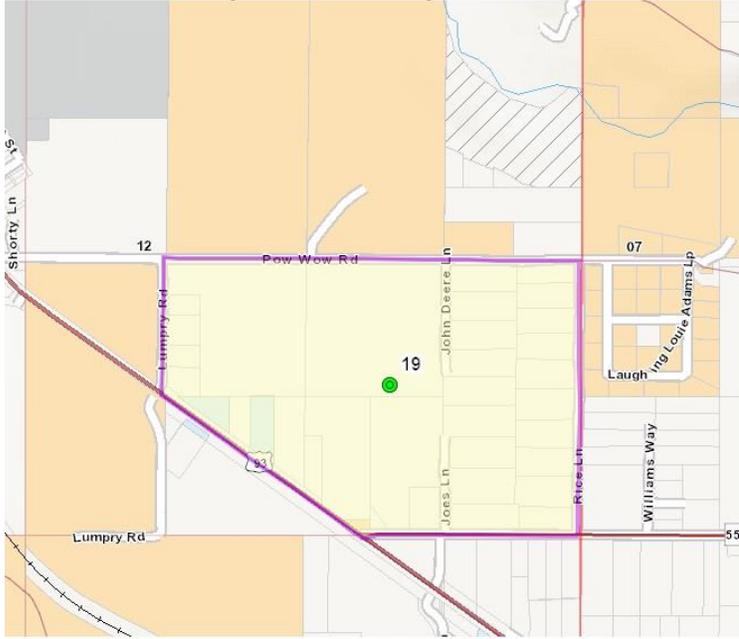
Cluster 18: Flathead Lake (HU: 23)



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Cluster 19 – Arlee (HU: 26)



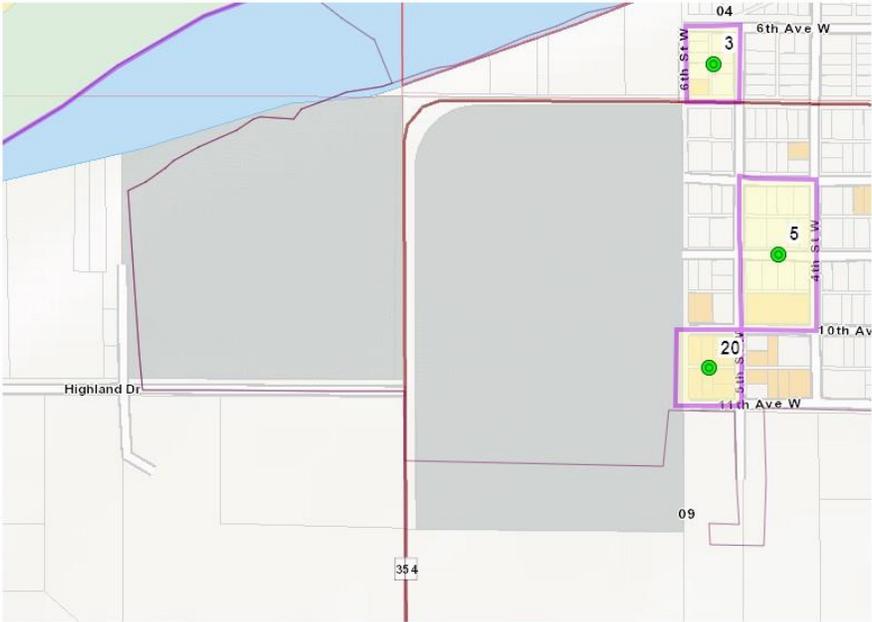
Cluster 19 – Arlee (HU: 26)



Cluster 20: Polson (HU:14)



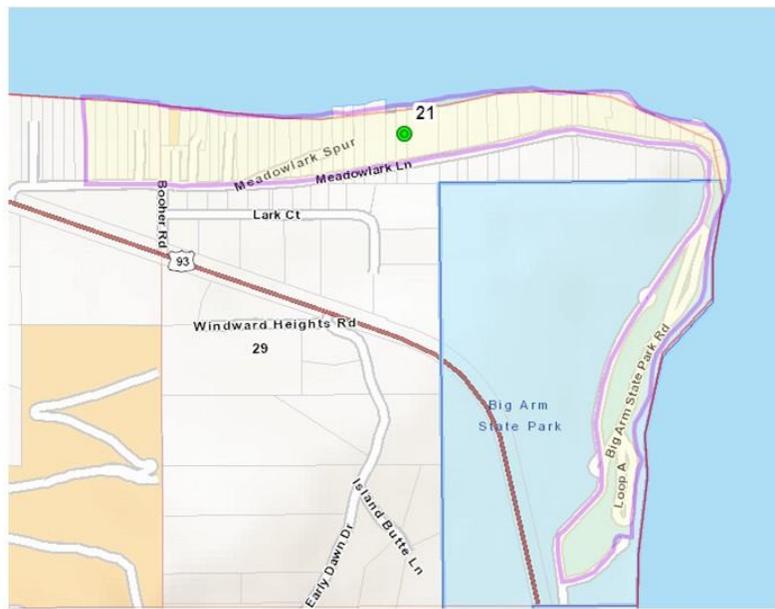
Cluster 20: Polson (HU:14)



Cluster 21: Polson/Flathead Lake (HU:72)



Cluster 21: Polson/Flathead Lake (HU:72)



Cluster 21: Polson/Flathead Lake (HU:72)



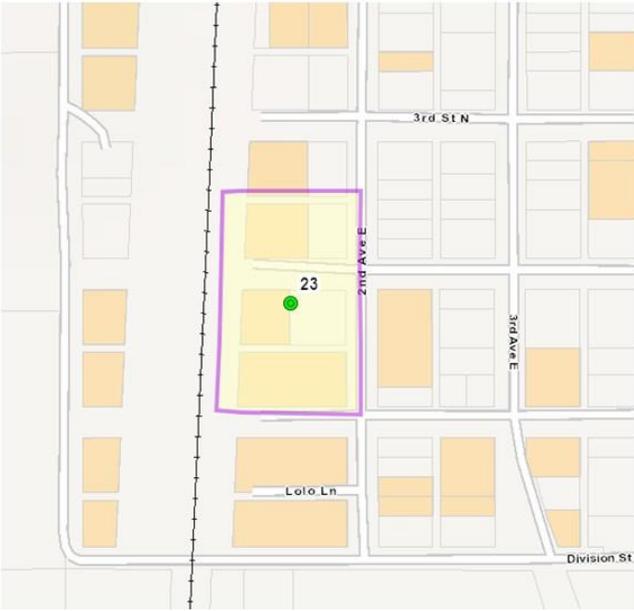
Cluster 22: Flathead Lake (HU: 13)



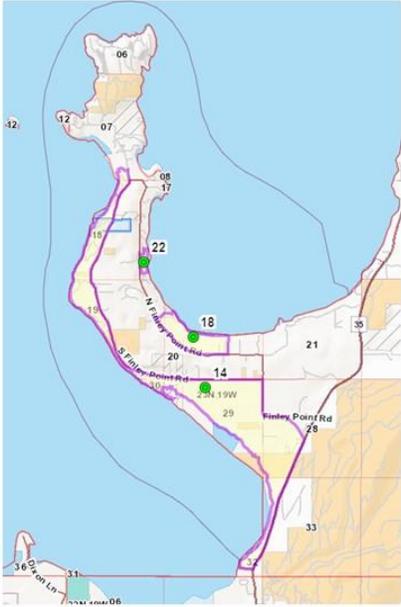
Cluster 23: Pablo (HU: 11)



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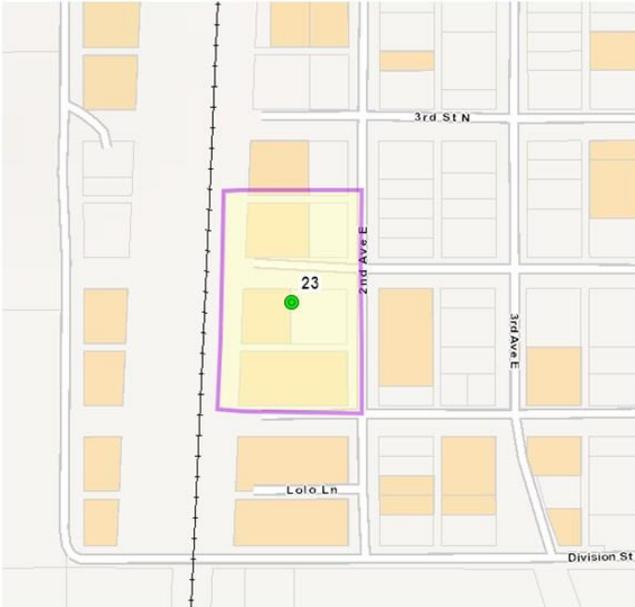
Cluster 22: Flathead Lake (HU: 13)



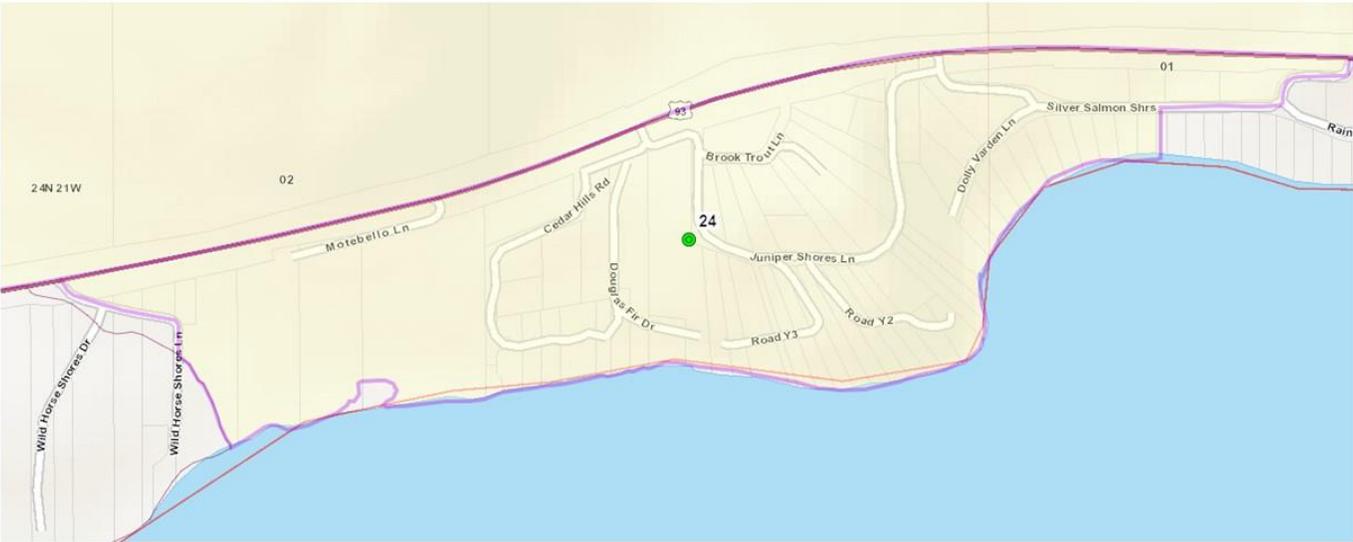
Cluster 23: Pablo (HU: 11)



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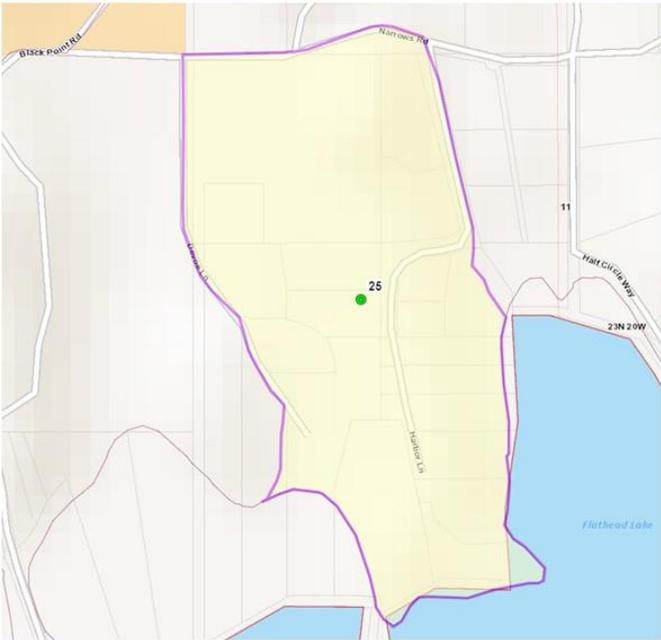
Cluster 24: Dayton (HU: 60)



Cluster 24: Dayton (HU: 60)



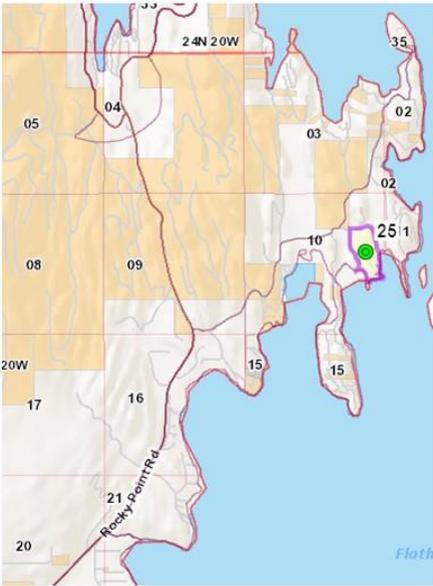
Cluster 25: North of Polson (HU: 14)



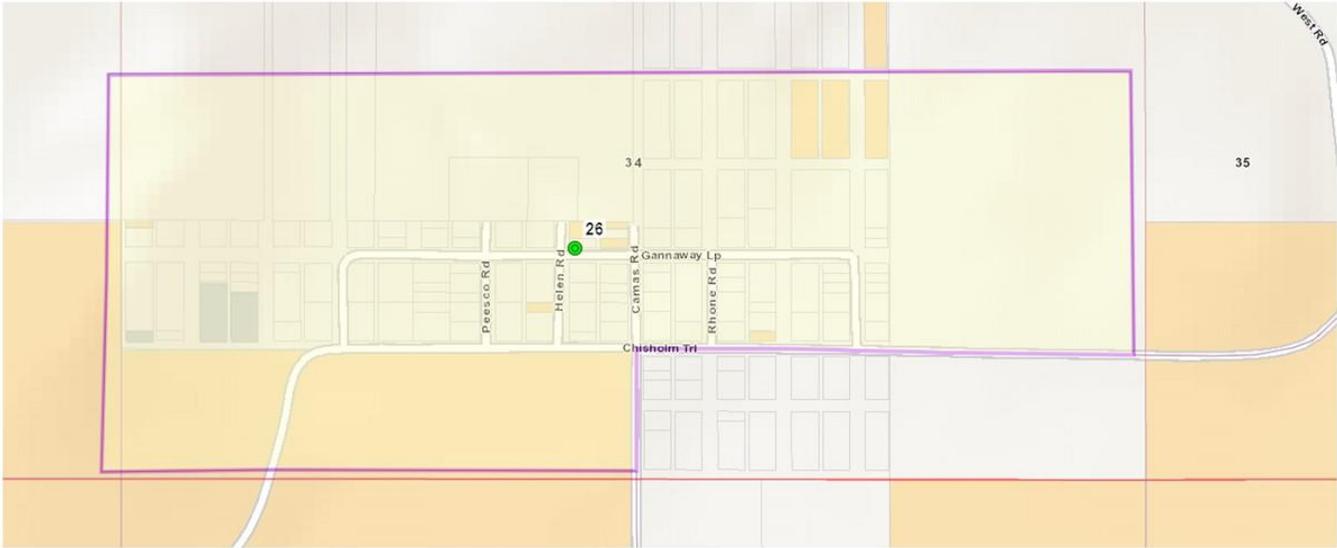
Cluster 25: North of Polson (HU: 14)



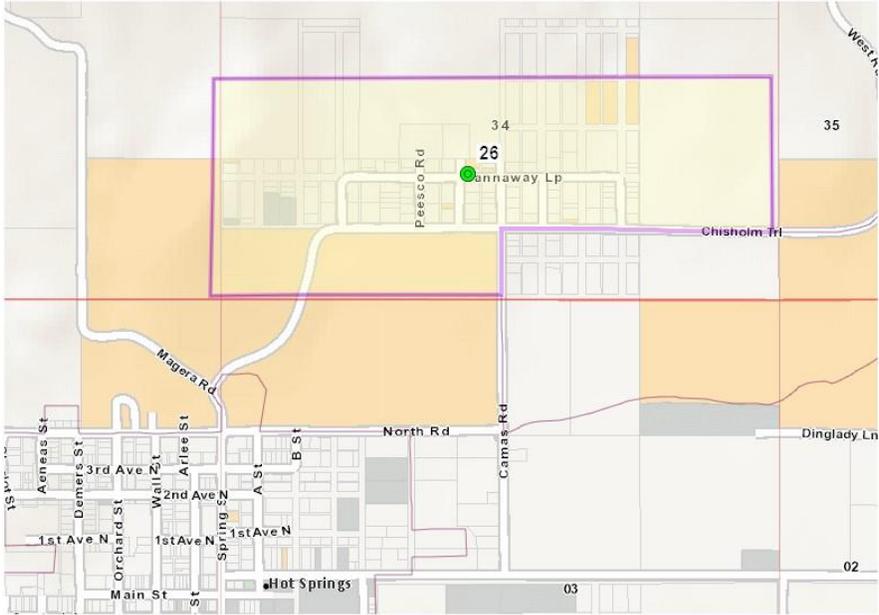
Cluster 25: North of Polson (HU: 14)



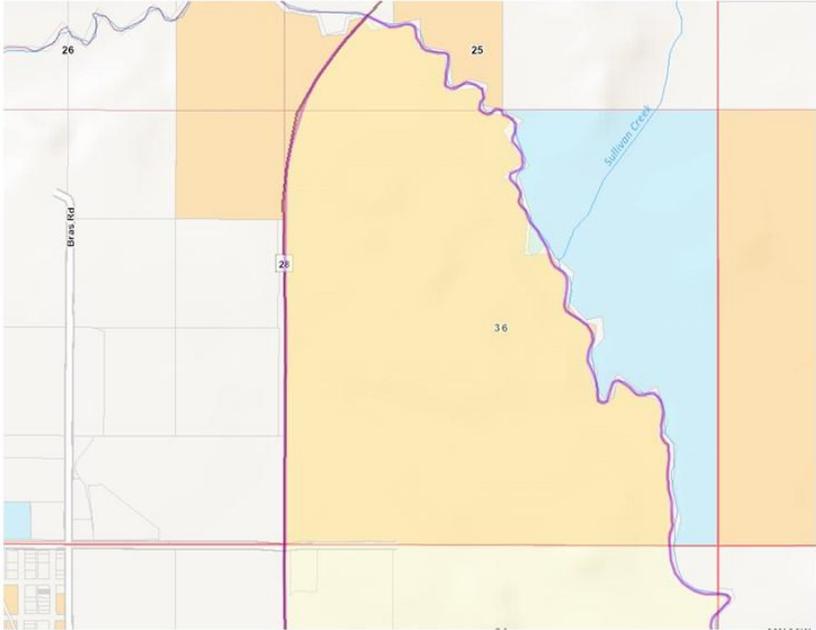
Cluster 26: Hot Springs (HU: 36)



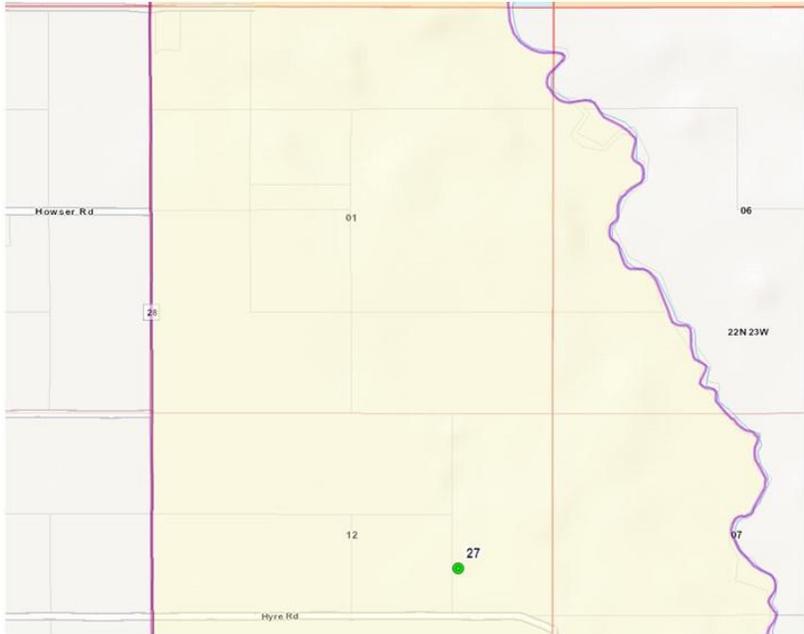
Cluster 26: Hot Springs (HU: 36)



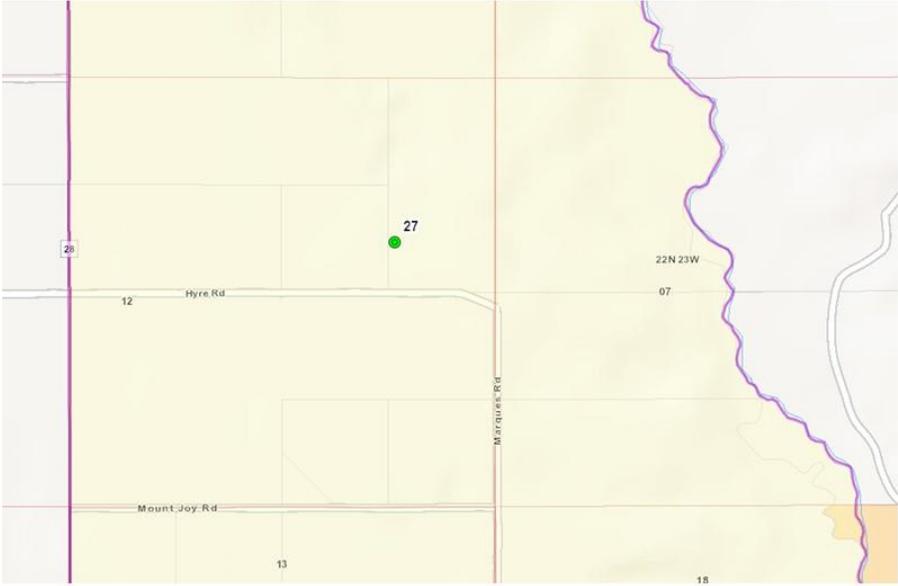
Cluster 27: Lonestone (HU: 19)



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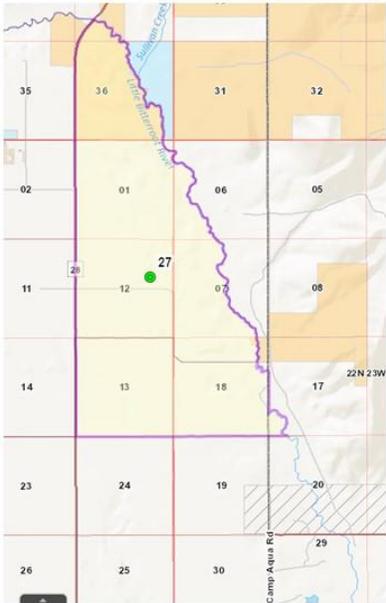
Cluster 27: Lonepine (HU: 19)



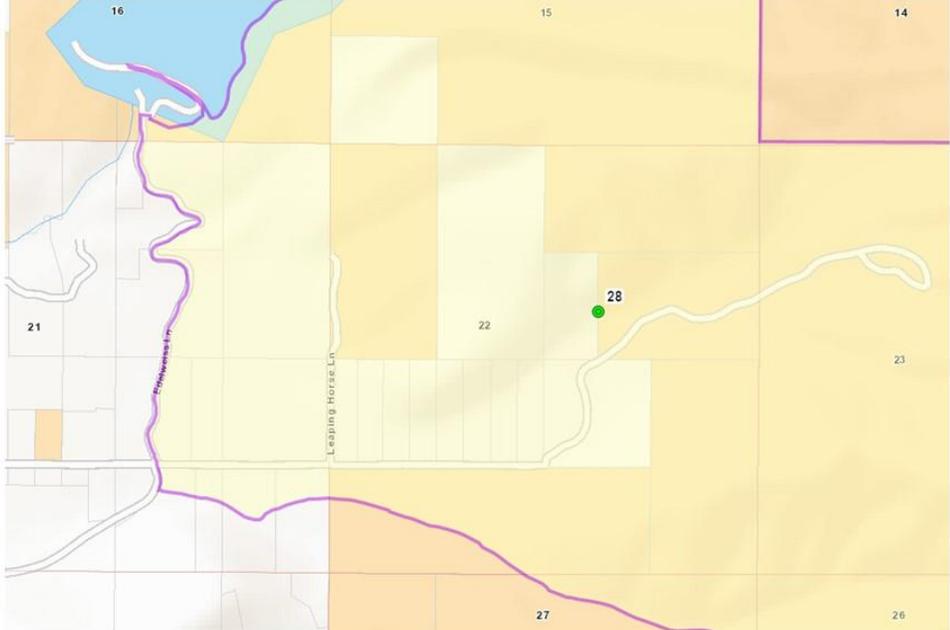
Cluster 27: Lonepine (HU: 19)



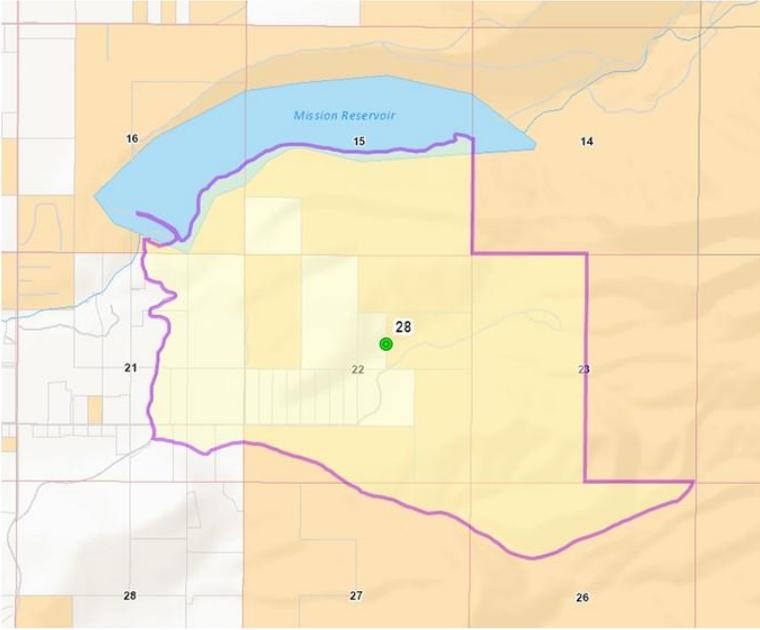
Cluster 27: Lonepine (HU: 19)



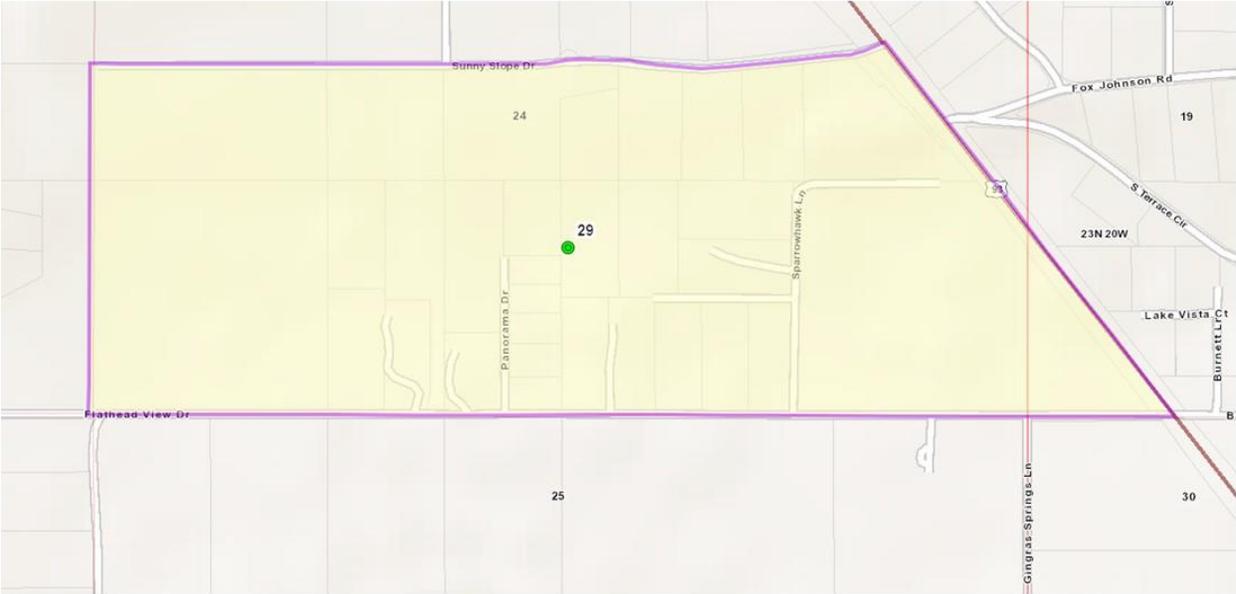
Cluster 28 – West of St Ignatius (HU: 21)



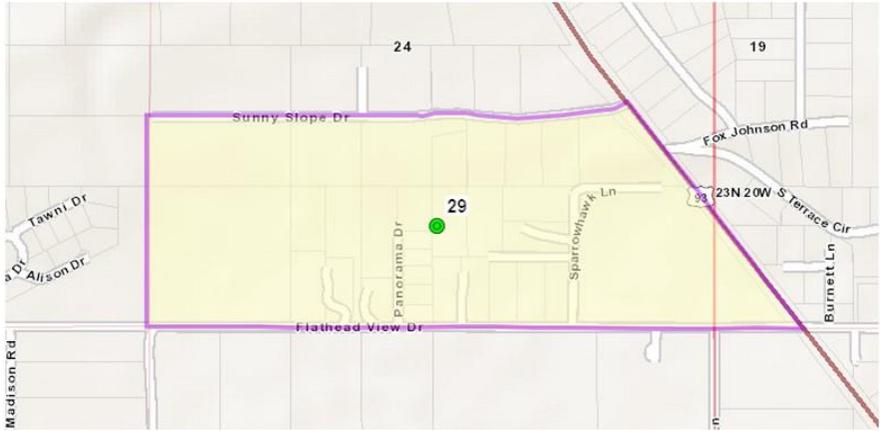
Cluster 28 – West of St Ignatius (HU: 21)



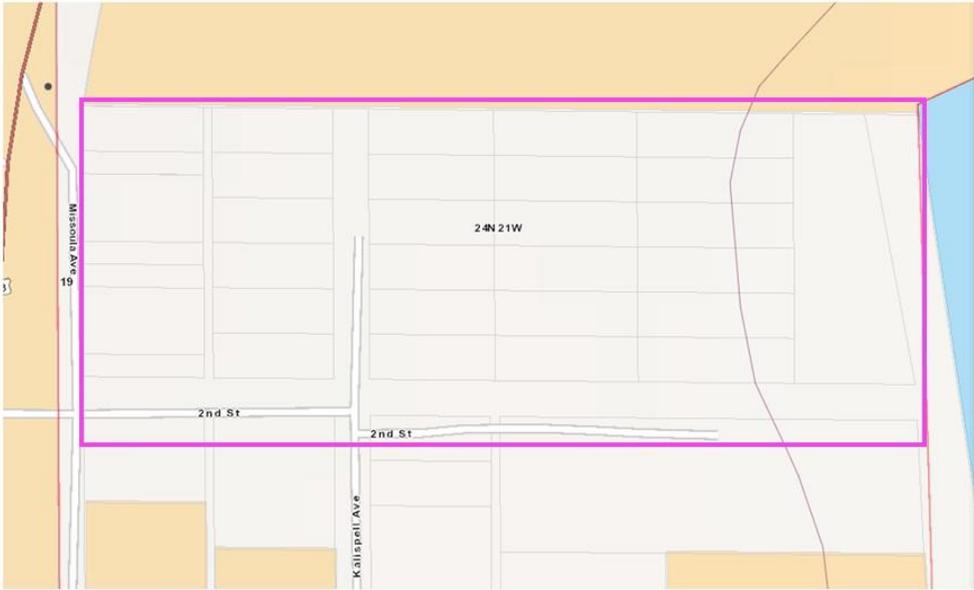
Cluster 29: Polson (HU:24)



Cluster 29: Polson (HU:24)



Cluster 30: Elmo



Cluster 31 – Dixon (HU: 15)

