

LINCOLN-LANCASTER COUNTY HEALTH DEPARTMENT

MINORITY HEALTH INITIATIVE COMMUNITY FEEDBACK *2020-2021*



MINORITY HEALTH INITIATIVE 2021

TABLE OF CONTENTS



TABLE OF CONTENTS

Community survey results (Oversampled groups)	3
African American community	6
Survey results	6
Adult community conversation	8
Youth community conversation	10
Chinese community	11
Survey results	11
Community conversation	13
Hispanic community	15
Survey results (Hispanic-Mexican)	15
Community conversation (Hispanic-Mexican)	17
Survey results (Hispanic-Other)	19
Community conversation (Hispanic-Other)	21
Karen community	23
Survey results	23
Community conversation	25
Middle Eastern community	27
Survey results	27
Community conversation (women)	29
Community conversation (men)	31
Native American community	33
Survey results	33
Community conversation (Indian Center)	35
Community conversation (Ponca Health Center)	37
Sudanese community	39
Survey results	39
Community conversation (women)	41
Community conversation (men)	43
Vietnamese community	45
Survey results	45
Community conversation	47
Yazidi community	49
Survey results	49
Community conversation	51
Appendix A: Community survey	53

MINORITY HEALTH INITIATIVE 2021

COMMUNITY SURVEY RESULTS (OVERSAMPLED GROUPS)



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities. This report outlines the survey results from the **oversampled** respondents including racial and ethnic minorities, homeless, and blind communities but does not reflect the experiences or opinions of their entire communities in Lancaster County.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=365)	Percent
Infectious & Parasitic Disease	25.08%
Circulatory System	17.46%
Nothing	13.97%
Diabetes Related Conditions and Procedures	8.89%
Cancer/Neoplasms	8.25%
Other	6.35%
Mental, Behavioral and Neurodevelopmental Disorders	3.49%
Injury, Poisoning & Certain Other Consequences of External Causes	3.17%
Musculoskeletal System	3.17%
General Health and Other or Unspecified Health Conditions	2.86%
Digestive System	2.22%
OB/GYN	1.27%
Surgery or Other Medical Treatment/Procedure without Specified Cause	0.95%
Conditions of the Eye and Ear	0.63%
Healthcare Access	0.63%
Nervous System	0.63%
Urinary System	0.63%
Respiratory System	0.32%

MINORITY HEALTH INITIATIVE 2021

COMMUNITY SURVEY RESULTS (OVERSAMPLED GROUPS)



Question 2: What worries you most about you or your family's health?

Categorized Responses (n=365)	Percent
Infectious Disease	28.89%
Healthcare Access	15.24%
General Health & Well-being	12.06%
Nothing	9.52%
Circulatory System	7.94%
Other	6.67%
Diabetes Related Conditions and Procedures	5.71%
Cancer/Neoplasms	4.13%
Behavioral/Mental	2.54%
Social Connectedness	1.59%
Concrete Support	1.27%
Musculoskeletal System	1.27%
Environment	0.95%
Aging	0.63%
Conditions of the Eye and Ear	0.63%
Consequences of Illness	0.32%

Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Categorized Responses (n=365)	Percent
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	57.14%
Diabetes	41.90%
Heart Disease (for example high blood pressure & stroke)	38.41%
Cancer	36.51%
Getting enough exercise	34.29%
Alcohol, Drug, and Tobacco Use	28.25%
Challenges getting healthy and affordable food	26.98%
Getting around town safely (driving, walking, & riding)	25.71%
Asthma	8.89%

MINORITY HEALTH INITIATIVE 2021

COMMUNITY SURVEY RESULTS (OVERSAMPLED GROUPS)



Question 4: What is something you do to be healthy?

Categorized Responses (n=365)	Percent
Exercise	49.21%
Healthy Diet	35.24%
Other or Unspecified	8.57%
Reducing Exposure to Risk Factors	2.86%
None	2.54%
Regular Preventive Care	1.59%

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses (n=365)	Percent
Cleaner Environment	20.00%
Physical Activity Infrastructure	15.56%
Nothing	13.02%
Neighborhood Connectedness	10.48%
Neighborhood Safety	8.57%
Other	7.62%
Don't Know	6.03%
Access to Healthy Food	5.71%
Physical Activity Programming	5.40%
Reduced Access to Drugs & Alcohol	2.86%
Traffic Safety	2.22%
Access to Healthcare	1.90%
Higher Vaccination Rates	0.63%

MINORITY HEALTH INITIATIVE 2021

AFRICAN AMERICAN COMMUNITY FEEDBACK



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities, such as racial and ethnic minorities. This report outlines the survey results from the **African American** respondents but does not reflect the experiences or opinions of the entire African American community in Lincoln.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=71)	Percent
Infectious & Parasitic Disease	23.94%
Circulatory System	19.72%
Nothing	19.72%
Cancer/Neoplasms	12.68%
Injury, Poisoning & Certain Other Consequences of External Causes	5.63%
Other	5.63%
Musculoskeletal System	4.23%
Mental, Behavioral and Neurodevelopmental Disorders	2.82%
Diabetes Related Conditions and Procedures	1.41%
Nervous System	1.41%

*Other responses included allergic reaction, lupus, headache, and poverty.

Question 2: What worries you most about you or your family's health?

Categorized Responses (n=71)	Percent
General Health & Well-being	23.94%
Nothing	22.54%
Infectious Disease	16.90%
Cancer/Neoplasms	7.04%
Circulatory System	7.04%
Healthcare Access	7.04%
*Other	5.63%
Environment	4.23%
Behavioral/Mental	2.82%
Diabetes Related Conditions and Procedures	2.82%

*Other responses included asthma, chronic pain, cancer in family, and obtaining information from a qualified source.

MINORITY HEALTH INITIATIVE 2021

AFRICAN AMERICAN COMMUNITY FEEDBACK



Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Categorized Responses (n=71)	Percent
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	80.28%
Alcohol, Drug, and Tobacco Use	46.48%
Heart Disease (for example high blood pressure & stroke)	45.07%
Cancer	38.03%
Challenges getting healthy and affordable food	29.58%
Getting enough exercise	23.94%
Diabetes	18.31%
Getting around town safely (driving, walking, & riding)	11.27%
Asthma	7.04%
*Other	4.23%

*Other responses included auto immune disease, lack of nutritional education, and tenants having no rights.

^Percentages will not add up to 100 because respondents made three selections.

Question 4: What is something you do to be healthy?

Categorized Responses (n=71)	Percent
Exercise	63.38%
Healthy Diet	19.72%
*Other or Unspecified	14.08%
None	2.82%

*Other responses included socializing, meditating, staying on medication, complaining, wearing a mask, and taking care of mental health.

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses(n=71)	Percent
Nothing	22.54%
Don't Know	14.08%
Physical Activity Infrastructure	14.08%
*Other	11.27%
Access to Healthy Food	8.45%
Neighborhood Safety	5.63%
Traffic Safety	5.63%
Cleaner Environment	4.23%
Neighborhood Connectedness	4.23%
Physical Activity Programming	4.23%
Access to Healthcare	2.82%
Higher Vaccination Rates	2.82%

*Other responses included using clean energy, legalizing cannabis, more people wearing masks, affordable resources, more health education, and more sunshine.

MINORITY HEALTH INITIATIVE 2021

AFRICAN AMERICAN COMMUNITY FEEDBACK



Community Conversation Date and Time: 12/22/2021 (12-2pm)

Location and Language: Malone Center – English

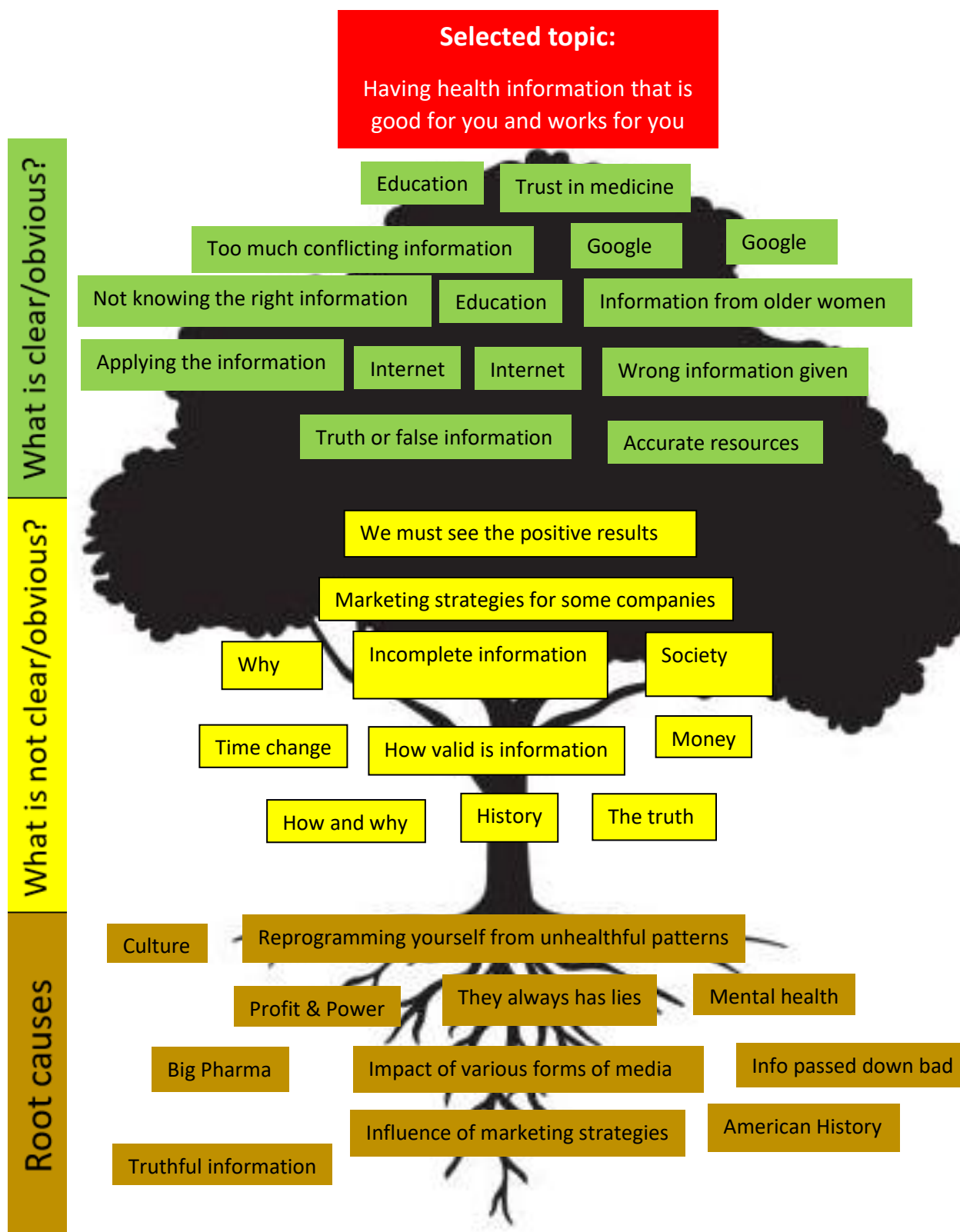
Attendees: 9 participants (African American), 1 staff from the Malone, and 4 staff from LLCHD

Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked to share what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation. The second hour dove deeper into root causes using the three questions listed.

Having health information that is good and works for you	Knowing and selecting healthy foods	It costs to be healthy
<ul style="list-style-type: none"> • Little access to accurate information about health • Communication • Knowledge • Signs you don't know what to do with • Communication within the community • Confusion about vaccines 	<ul style="list-style-type: none"> • Not eat well • Not eating right • Fast food • Diabetes • Food in our culture • Sugar • Personal indulgent • Bad food • Cheaper food isn't as healthy • Food • Lots of unhealth food around 	<ul style="list-style-type: none"> • It costs to be healthy • Insurance • Expensive • \$ to buy medication • Expensive healthcare
Family habits	Fear prevents change	Other categories
<ul style="list-style-type: none"> • Bad family habits • Information is passed down without research • Habit 	<ul style="list-style-type: none"> • Fear of change • Afraid of results or outcome • Fear of stigmatization 	<ul style="list-style-type: none"> ❖ Stress (2 notes) ❖ Genetics ❖ Location impacts health-property ❖ Exercise

MINORITY HEALTH INITIATIVE 2021

AFRICAN AMERICAN COMMUNITY FEEDBACK



MINORITY HEALTH INITIATIVE 2021

AFRICAN AMERICAN COMMUNITY FEEDBACK



Community Conversation Date and Time: 2/24/2022 (3:45-5pm)

Location and Language: Malone Center – English

Attendees: 6 youth participants (African American), 2 staff from the Malone Center, and 4 staff from LLCHD

Format: This community conversation only included the first part where participants were asked about what is negatively influencing health in their community. This was mainly due to the time restrictions and potential challenges of conducting the root cause analysis with youth participants. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation.

Drugs	Bullying and shaming	Abuse
<ul style="list-style-type: none"> • Drugs x4 • Alcohol 	<ul style="list-style-type: none"> • Body shaming • Hurtful words • Cussing • Racism • Teachers being rude at school (treated differently) 	<ul style="list-style-type: none"> • Not feeling safe • Abusive dads • Bad people • Abuse
Spreading sickness	Sickness from a lack of food and water	Other categories
<ul style="list-style-type: none"> • Not asking for help when you are sick • People refusing to put their mask on • COVID • Not covering their mouth when they cough and sneeze • Sickness/disease 	<ul style="list-style-type: none"> • Dehydration • Food • Nasty water • Dirty water • Not having enough to eat or drink and people getting sick • Not eating health foods 	<ul style="list-style-type: none"> ❖ Hygiene (not taking showers and not staying clean) ❖ Cancer (Breast cancer x2) ❖ Not exercising (out of shape, don't stick with exercise, access to exercise equipment) ❖ Genetics ❖ Not caring ❖ Violence at schools and concerts ❖ Smoking ❖ Electronics

MINORITY HEALTH INITIATIVE 2021

CHINESE COMMUNITY FEEDBACK



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities, such as racial and ethnic minorities. This report outlines the survey results from the **Chinese** respondents but does not reflect the experiences or opinions of the entire Chinese community in Lancaster County.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=33)	Percent
Circulatory System	21.21%
Nothing	18.18%
Infectious & Parasitic Disease	15.15%
General Health and Other or Unspecified Health Conditions	12.12%
OB/GYN	9.09%
Diabetes Related Conditions and Procedures	6.06%
Mental, Behavioral and Neurodevelopmental Disorders	6.06%
Other	6.06%
Cancer/Neoplasms	3.03%
Digestive System	3.03%

*Other responses included skin, tooth, and Scleroderma.

Question 2: What worries you most about you or your family's health?

Categorized Responses (n=33)	Percent
Infectious Disease	33.33%
Circulatory System	15.15%
General Health & Well-being	12.12%
Other	12.12%
Healthcare Access	9.09%
Behavioral/Mental	3.03%
Cancer/Neoplasms	3.03%
Concrete Support	3.03%
Diabetes Related Conditions and Procedures	3.03%
Musculoskeletal System	3.03%
Nothing	3.03%

*Other responses included sleep, weight gain, osteoporosis, timeliness of care, chronic diseases, skin cancer, childcare if parents get sick, lack of caregiver and teeth.

MINORITY HEALTH INITIATIVE 2021

CHINESE COMMUNITY FEEDBACK



Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Respondents of Chinese descent (n=33)	Percent
Getting enough exercise	60.60%
Heart Disease (for example high blood pressure & stroke)	51.51%
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	42.42%
Cancer	39.39%
Diabetes	36.36%
Getting around town safely (driving, walking, & riding)	36.36%
Alcohol, Drug, and Tobacco Use	21.21%
Asthma	9.09%
*Other	9.09%
Challenges getting healthy and affordable food	3.03%

*Other responses included COVID-19 and digestive issues.

^Percentages will not add up to 100 because respondents made three selections.

Question 4: What is something you do to be healthy?

Categorized Responses (n=33)	Percent
Exercise	63.64%
Healthy Diet	30.30%
Other or Unspecified	6.06%

*Other responses included work and sleep.

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses(n=33)	Percent
Physical Activity Infrastructure	21.21%
Neighborhood Connectedness	18.18%
Don't Know	15.15%
Neighborhood Safety	15.15%
Physical Activity Programming	12.12%
Nothing	9.09%
Reduced Access to Drugs & Alcohol	6.06%
*Other	3.03%

*Other responses included sleep.

MINORITY HEALTH INITIATIVE 2021

CHINESE COMMUNITY FEEDBACK



Community Conversation Date and Time: 12/9/2021 (8:30-10:30am)

Location: Asian Community and Cultural Center – Mandarin

Attendees: 10 Chinese participants, 1 staff from the Asian Center, and 4 staff from LLCHD

Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked to share what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation. The second hour dove deeper into root causes using the three questions listed.

Healthcare Affordability/Access	Good eating habits	Govt. Policy for Healthy lifestyle
<ul style="list-style-type: none"> • Annual physical exam • Healthcare costs/expense • Access to healthcare 	<ul style="list-style-type: none"> • Eat cooked foods, more nutrition like fruit, wash fruit before eating • Drink more hot tea • Eat fresh food • Processed foods widely available • Drink more water, less pop, reduce bread/flour, add more veggies, and sell less sugary foods 	<ul style="list-style-type: none"> • US govt. allows rights, not strong enough requirements • Govt. doesn't limit access to processed foods • Cancer considerations
Healthy Lifestyle/Exercise	Health Education	Covid-19 prevention
<ul style="list-style-type: none"> • Good sleep and exercising • City parks and recreation should invest in adult exercise equipment in parks. Healthy body to avoid getting sick! • Take hot showers • Everyone should wear masks, wash hands, exercise, and keep good habits • Workout in winter • Healthy lifestyle routine – good mood, good diet, exercise, and see doctor for yearly exam • Personal health – periodic doctor exams • Always wear masks, even if covid has ended • High Blood pressure 	<ul style="list-style-type: none"> • With the difference in our culture that we grow up with, health education is very important • Education about nature of disease, policy of treatment, following of rules • More knowledge about health because of the expenses of medical bills. We try not to go see doctors 	<ul style="list-style-type: none"> • Concern about people following covid rules and recommendations • Not wearing face masks • Covid safety measures – people should not go to large gatherings, they should wear masks, social distance, and wash hands • Follow Govt. rules including getting vaccinated, keeping distance, if sick stay home. Respect yourself and keep community healthy • Drink hot tea and take hot showers • Schools need to enforce masking during physical activity • Follow Covid safety measures, such as masking, hand washing, social distancing • To stay healthy, you should exercise, eat, and drink healthy, and keep a peaceful mind. And get good sleep

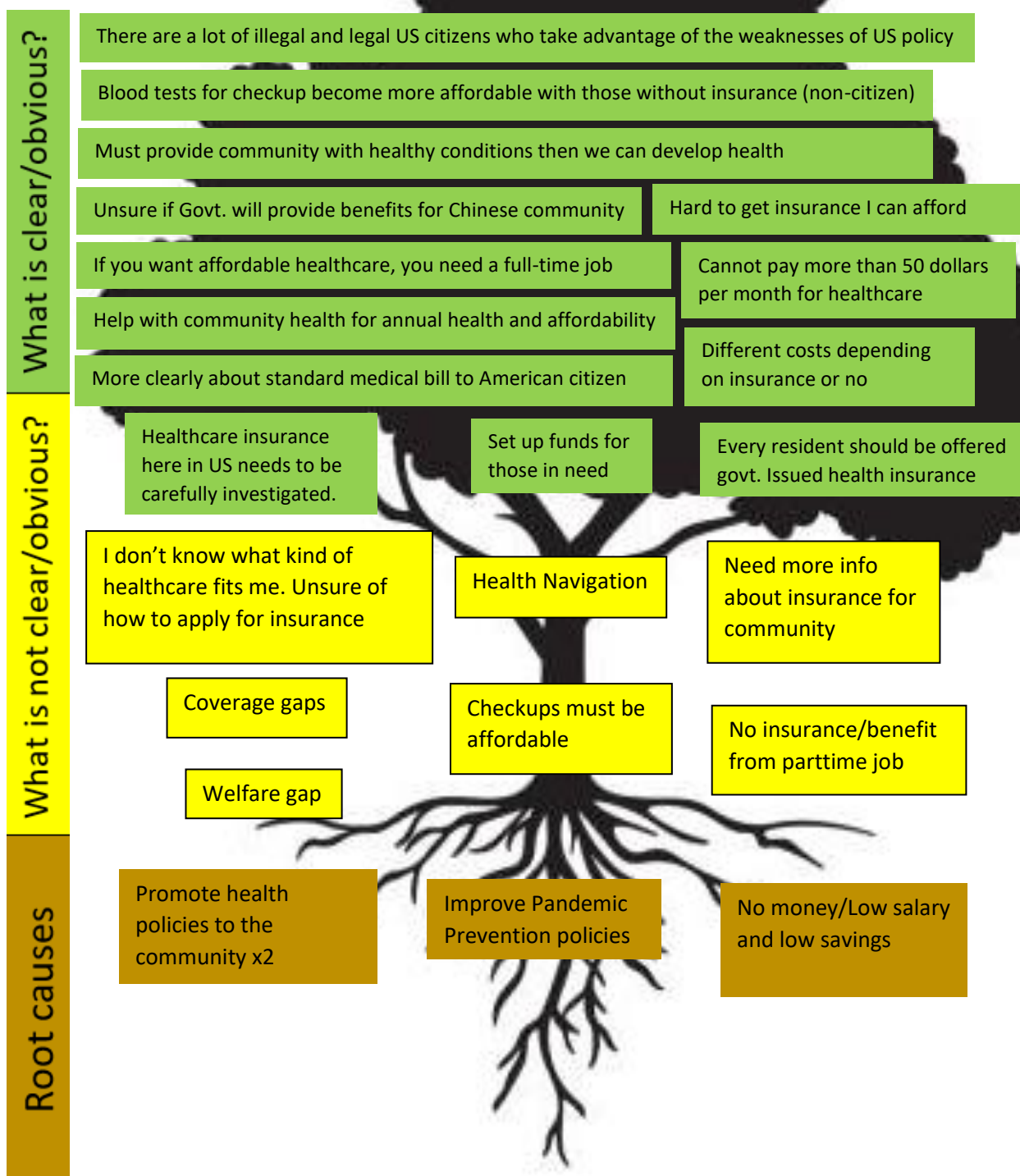
MINORITY HEALTH INITIATIVE 2021

CHINESE COMMUNITY FEEDBACK



Selected topic:

Healthcare Affordability and Access



MINORITY HEALTH INITIATIVE 2021

HISPANIC-MEXICAN COMMUNITY FEEDBACK



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities, such as racial and ethnic minorities. This report outlines the survey results from the **Mexican** respondents but does not reflect the experiences or opinions of the entire Mexican community in Lancaster County.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=35)	Percent
Infectious & Parasitic Disease	34.29%
Cancer/Neoplasms	20.00%
Nothing	11.43%
Circulatory System	8.57%
General Health and Other or Unspecified Health Conditions	8.57%
Diabetes Related Conditions and Procedures	5.71%
Digestive System	2.86%
Mental, Behavioral and Neurodevelopmental Disorders	2.86%
Other	2.86%
Surgery or Other Medical Treatment/Procedure without Specified Cause	2.86%

*Other response included not being able to drive.

Question 2: What worries you most about you or your family's health?

Categorized Responses (n=35)	Percent
Healthcare Access	34.29%
Infectious Disease	31.43%
General Health & Well-being	11.43%
Diabetes Related Conditions and Procedures	8.57%
Behavioral/Mental	2.86%
Cancer/Neoplasms	2.86%
Concrete Support	2.86%
Nothing	2.86%
Other	2.86%

*Other response included food, housing, living with dignity.

MINORITY HEALTH INITIATIVE 2021

HISPANIC-MEXICAN COMMUNITY FEEDBACK



Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Categorized Responses (n=35)	Percent
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	62.86%
Cancer	45.71%
Challenges getting healthy and affordable food	40.00%
Diabetes	40.00%
Heart Disease (for example high blood pressure & stroke)	37.14%
Alcohol, Drug, and Tobacco Use	28.57%
Getting enough exercise	17.14%
Getting around town safely (driving, walking, & riding)	14.29%
*Other	8.57%
Asthma	2.86%

*Other responses included dental health, thyroids, and racism.

^Percentages will not add up to 100 because respondents made three selections.

Question 4: What is something you do to be healthy?

Categorized Responses (n=35)	Percent
Exercise	42.86%
Healthy Diet	40.00%
None	14.29%
Other or Unspecified	2.86%

*Other response included taking supplements.

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses(n=35)	Percent
Cleaner Environment	25.71%
Physical Activity Infrastructure	22.86%
Neighborhood Connectedness	8.57%
Other	8.57%
Neighborhood Safety	5.71%
Nothing	5.71%
Physical Activity Programming	5.71%
Reduced Access to Drugs & Alcohol	5.71%
Traffic Safety	5.71%
Access to Healthy Food	2.86%
Don't Know	2.86%

*Other responses included having a place for older people and taking advantage of all opportunities.

MINORITY HEALTH INITIATIVE 2021

HISPANIC-MEXICAN COMMUNITY FEEDBACK



Community Conversation Date and Time: 12/9/2021 (6:30-8:30pm)

Location and Language: El Centro de las Americas – Spanish

Attendees: 9 Mexican participants, 3 staff from El Centro, and 4 staff from LLCHD

Prevention	Health Insurance/Cost	Covid 19
<ul style="list-style-type: none"> Information that medical providers accumulate about illnesses Chronic illnesses like diabetes and cancer Not knowing about healthcare programs Prevention treatments Diagnostics and treatments should be similarly divided between hospital and insurance Physical Checkups Physical Checkups Individualized information Long wait on appointments (especially physicals for kids) 	<ul style="list-style-type: none"> No medical insurance High Health Care Costs No place to take new patient Accessible health insurance Insurance Not having insurance Not knowing about healthcare programs Needing medical assistance (doctors are expensive) Costs of certain medications. No doctors took marketplace insurance Dental assistance (Dentists are expensive) Not having insurance No insurance, fear of high costs, not eligible for certain benefits Wanting reasonable cost for eyes/dental health Literacy about insurance 	<ul style="list-style-type: none"> Other people not getting vaccinated against COVID People who don't get vaccinated COVID 19 information Don't make people more scared if they aren't trusting in the first place
Lack of Communication	Stress	Transportation
<ul style="list-style-type: none"> Language No interpreter at doctors Language Communication More help in medical attention in general Language barrier Language Lack of respect between doctor/nurse and patient Don't know the expectations of doctor/nurses 	<ul style="list-style-type: none"> Stress is my worry Mental Health and how to manage stress 	<ul style="list-style-type: none"> Not having transportation

MINORITY HEALTH INITIATIVE 2021

HISPANIC-MEXICAN COMMUNITY FEEDBACK



Selected topic:

Prevention

What is clear/obvious?	Missing information on treatment	Cholesterol x3	Prevention of diabetes x3	Hydration
	Prevention on heart attacks and diseases	Prevention of Cancer	Chronic illnesses	
	Prevention of anxiety, stress, and nervousness	Not sure where to go or who to ask for help		
	Nutrition to control chronic illnesses	Prevention of high blood pressure		
What is not clear/obvious?	We want an extensive checkup when they go to the doctor		Need support to make good choices	Nutrition
	I need for them to tell me how to treat with healthy food and reasonable portions without medicines that will make it worse		Need help finding reliable health information on internet	High Blood Pressure
	We need more information in Spanish and more interpreters and more information to prevent illnesses			Doctor dismisses mild symptoms
	Don't want test results because I fear diagnoses. Scared of injections		Doctor seems focused on pills	
	Public Schools should provide healthy food for kids	In the hospital we can't find adequate guidance		
	For a chronic condition like diabetes that requires controls and a lot of different body systems			Doctors write and prescribe but don't look at my body
	Help on conversations to prevent illnesses. Give resources to subjects of interest in community			
	Not giving options to have natural or organic treatments. Medications are the first option			Doctor missing empathy
Root causes	Doctors only treating for what is hurting not doing full body checkups		Doctor mistreating or misdiagnosing you	
	the doctor has a lot of patients but not enough time		Feeling of being judged by what you can and can't afford	
	Because of Covid 19 they pushed back appointments/checkups		Most of appointment time spent with nurse	
	Doctor only looks at tests not looking at general health like edema or vein health			Doctor reliant on notes
	A doctor needs to give more time and have less patients		Short appointments only cover one symptom	
	I felt discrimination because the Doctor didn't trust information shared		The nurses do the doctor's job	
	Doctor already decides what to say based on notes from nurse		Doctors or the pharmaceutical company	

MINORITY HEALTH INITIATIVE 2021

HISPANIC-OTHER COMMUNITY FEEDBACK



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities, such as racial and ethnic minorities. This report outlines the survey results from the **Hispanic respondents not of Mexican descent** (including El Salvador and Guatemala) but does not reflect the experiences or opinions of the entire community in Lancaster County.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=32)	Percent
Infectious & Parasitic Disease	31.25%
Cancer/Neoplasms	18.75%
Nothing	15.63%
Digestive System	9.38%
Other	6.25%
Conditions of the Eye and Ear	3.13%
Diabetes Related Conditions and Procedures	3.13%
Healthcare Access	3.13%
Injury, Poisoning & Certain Other Consequences of External Causes	3.13%
Mental, Behavioral and Neurodevelopmental Disorders	3.13%
OB/GYN	3.13%

*Other responses included adult and child dental health.

Question 2: What worries you most about you or your family's health?

Categorized Responses (n=32)	Percent
Healthcare Access	46.88%
Infectious Disease	15.63%
General Health & Well-being	12.50%
Diabetes Related Conditions and Procedures	6.25%
Other	6.25%
Behavioral/Mental	3.13%
Cancer/Neoplasms	3.13%
Concrete Support	3.13%
Social Connectedness	3.13%

*Other response included no longer being able to work at some point and dental health and its cost for the whole family.

MINORITY HEALTH INITIATIVE 2021

HISPANIC-OTHER COMMUNITY FEEDBACK



Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Categorized Responses (n=32)	Percent
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	65.63%
Cancer	53.13%
Diabetes	43.75%
Alcohol, Drug, and Tobacco Use	37.50%
Heart Disease (for example high blood pressure & stroke)	28.13%
Getting enough exercise	28.13%
Challenges getting healthy and affordable food	25.00%
Getting around town safely (driving, walking, & riding)	15.63%
*Other	8.57%
Asthma	0.00%

*Other responses included obesity.

^Percentages will not add up to 100 because respondents made three selections.

Question 4: What is something you do to be healthy?

Categorized Responses (n=32)	Percent
Healthy Diet	56.25%
Exercise	18.75%
Other or Unspecified	15.63%
Regular Preventive Care	6.25%
Reducing Exposure to Risk Factors	3.13%

*Other response included meditation, maintaining hygiene, and work.

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses(n=32)	Percent
Physical Activity Infrastructure	28.13%
Cleaner Environment	12.50%
Physical Activity Programming	12.50%
Reduced Access to Drugs & Alcohol	9.38%
Access to Healthcare	6.25%
Access to Healthy Food	6.25%
Neighborhood Connectedness	6.25%
Nothing	6.25%
Other	6.25%
Don't Know	3.13%
Neighborhood Safety	3.13%

*Other response included incentivizing community for better quality of life.

MINORITY HEALTH INITIATIVE 2021

HISPANIC-OTHER COMMUNITY FEEDBACK



Community Conversation Date and Time: 12/6/2021 (12-2pm)

Location and Language: El Centro de las Americas – Spanish

Attendees: 9 participants (3 from Guatemala, 3 from Mexico, 2 from Cuba, and 1 from El Salvador), 3 staff from El Centro, and 6 staff from LLCHD

Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked to share what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation. The second hour dove deeper into root causes using the three questions listed.

Mental health	Lack of Health and Dental Insurance	Racism/Language Barriers
<ul style="list-style-type: none"> Financial stress Depression Financial stress Stress Stress Stress from work Trouble finding bilingual therapist Stress caused by missing work 	<ul style="list-style-type: none"> Medical Costs Lack of Health Insurance Health Insurance needed to get help Lack of Health Insurance due to its cost We don't have health insurance because we are not citizens Doctors don't attend to everyone that has Medicaid or certain insurances Family does not have health insurance because we're not citizens No payment plans 	<ul style="list-style-type: none"> Attitudes of Doctors (Lack of cultural respect) Doctors don't take us seriously (Language barrier) Language discrimination Get really frustrated when they can't express how they feel or what they need. Feel humiliated and made fun of because they cannot speak English Lack of understanding regarding culture and belief. Not being taken seriously Really hard to communicate because we do not speak English
Right way to eat/Diabetes	Dental	
<ul style="list-style-type: none"> Family member being diagnosed with diabetes People who need food stamps are not being approved due to documentation and no job Some people sell food stamps Diabetic but don't like to diet Consistency and information about nutrition in schools. Being diabetic affects my health and ability to work Information about nutrition 	<ul style="list-style-type: none"> Cost for dental care for young children Lack of insurance to cover expensive dental treatments Dental problems in adults and paying for them Accessibility of timely dental care Cost for dental care for young children 	<ul style="list-style-type: none"> Can't count on interpreters in hospital settings to translate technical terms Some people treat us differently because we are Latino and do not speak English Didn't have an interpreter available during an emergency

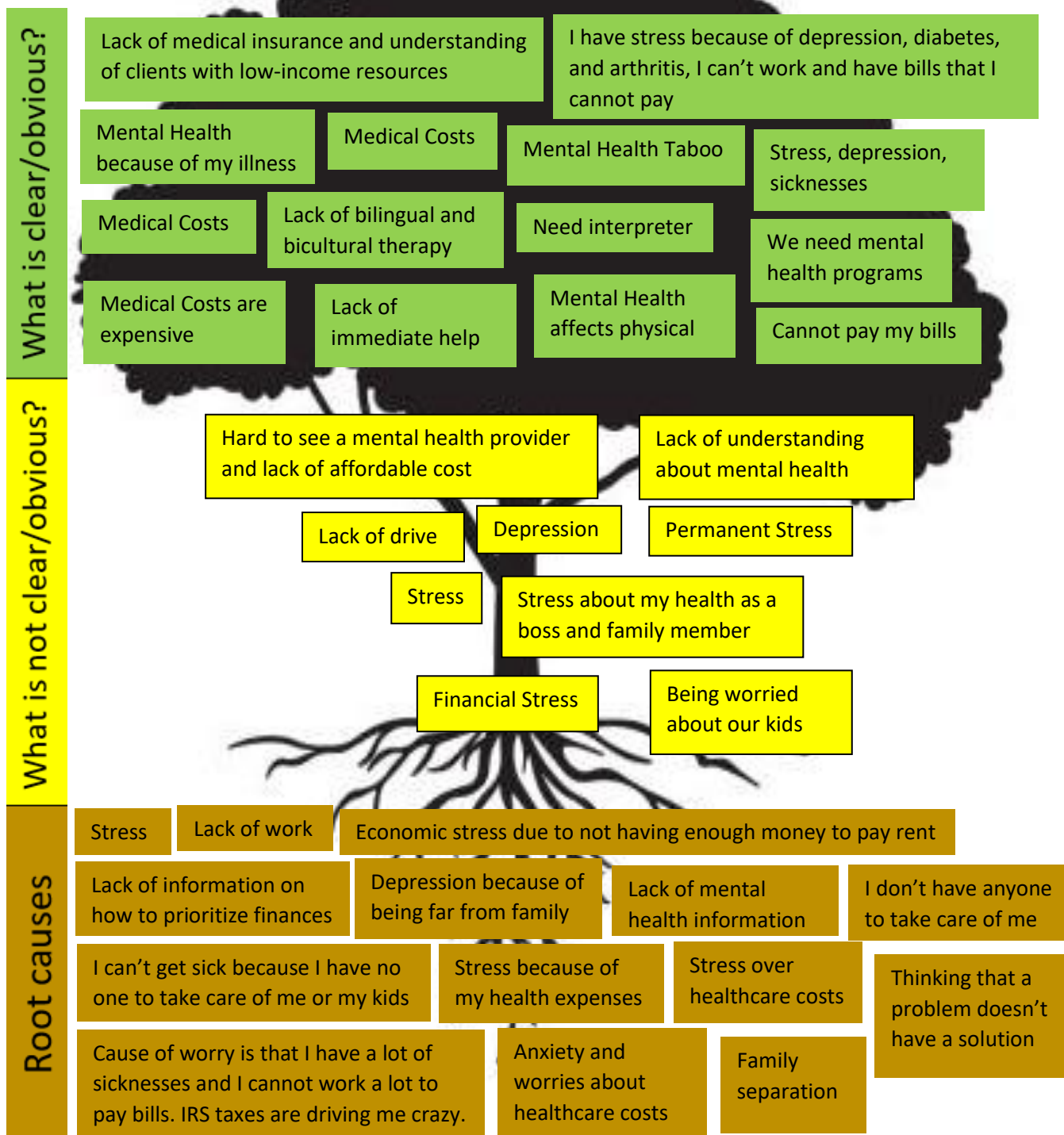
MINORITY HEALTH INITIATIVE 2021

HISPANIC-OTHER COMMUNITY FEEDBACK



Selected topic:

Mental Health



MINORITY HEALTH INITIATIVE 2021

KAREN COMMUNITY FEEDBACK



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities, such as racial and ethnic minorities. This report outlines the survey results from the **Karen** respondents but does not reflect the experiences or opinions of the entire Karen community in Lancaster County.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=29)	Percent
Diabetes Related Conditions and Procedures	34.48%
Nothing	20.69%
Musculoskeletal System	10.34%
Infectious & Parasitic System	6.90%
Mental, Behavioral and Neurodevelopmental Disorders	6.90%
Urinary System	6.90%
Cancer/Neoplasms	3.45%
Circulatory System	3.45%
General Health and Other or Unspecified Health Conditions	3.45%
*Other	3.45%

*Other response included body pain.

Question 2: What worries you most about you or your family's health?

Categorized Responses (n=29)	Percent
Diabetes Related Conditions and Procedures	24.14%
Infectious Disease	20.69%
Nothing	17.24%
General Health & Well-being	10.34%
Circulatory System	6.90%
Aging	3.45%
Conditions of the Eye and Ear	3.45%
Healthcare Access	3.45%
Musculoskeletal System	3.45%
*Other	3.45%

*Other response included kidney disease.

MINORITY HEALTH INITIATIVE 2021

KAREN COMMUNITY FEEDBACK



Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Respondents from Karen group (n=29)	Percent
Getting around town safely (driving, walking, & riding)	51.72%
Diabetes	48.28%
Cancer	48.28%
Heart Disease (for example high blood pressure & stroke)	37.93%
Getting enough exercise	37.93%
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	37.93%
Challenges getting healthy and affordable food	17.24%
Alcohol, Drug, and Tobacco Use	13.79%
Asthma	6.90%
*Other	6.90%

*Other responses included gastritis and assistance with living with chronic disease and medical bills.

^Percentages will not add up to 100 because respondents made three selections.

Question 4: What is something you do to be healthy?

Categorized Responses (n=29)	Percent
Exercise	65.52%
Healthy Diet	20.69%
Reducing Exposure to Risk Factors	6.90%
Regular Preventative Care	6.90%

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses(n=29)	Percent
Cleaner Environment	48.28%
Neighborhood Connectedness	34.48%
*Other	10.34%
Physical Activity Infrastructure	3.45%
Access to Healthy Food	3.45%

*Other responses included wearing a mask outside the home, staying 6 feet away from others, and living healthy.

MINORITY HEALTH INITIATIVE 2021

KAREN COMMUNITY FEEDBACK



Community Conversation Date and Time: 12/16/2021 (11 am – 1 PM)

Location and Language: The Asian Community and Culture Center – Karen

Attendees: 15 Karen participants, 1 staff from the Asian Center, and 5 staff from LLCHD

Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked to share what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation. The second hour dove deeper into root causes using the three questions listed.

Existing and current illness	Language Barrier	Cost of Care and Living
<ul style="list-style-type: none"> • Illness x3 • Health problem • Starting off not being healthy • Not having good health 	<ul style="list-style-type: none"> • Language barrier x2 • Phone interpretation not beneficial because of dialects 	<ul style="list-style-type: none"> • Money, finances, a lot of unhealthy food • Money/cost x3 • Financial problems • Caretaker for physical health • Money to pay for healthcare (Going to hospital) • Some people have lost their job. Expensive to live • Cost for things to be healthy. • Expenses like vehicles, houses, maintenance
Transportation	Loss of sleep	Eating Healthy Food
<ul style="list-style-type: none"> • Don't know how to drive • Transportation x5 • Hard to use transportation because of language barrier • Must wait a long time in cold weather • Transportation is needed to be healthy • Transportation is a challenge in every area – not just health care • Must miss or cancel appointments 	<ul style="list-style-type: none"> • Sleepless x2 	<ul style="list-style-type: none"> • Lack of access to healthy food • Unhealthy food x3

MINORITY HEALTH INITIATIVE 2021

KAREN COMMUNITY FEEDBACK



Selected topic:

Existing and Current Illness

What is clear/obvious?	Family problem and exercise	I am dizzy all the time, so I worry about my kids	To do Exercise
	Because of my diabetes I don't feel very well	Family, activities, healthy food	
	I worry for my children; how will they live if I pass away. What will they do when worries arise?		
	Because of health, there is a barrier for my personal, family, and neighbor		
	If there is no health, there will be concern for my family	worry that my health issues will get worse	
	health problems become a problem for my family and friends		
	Don't want to leave my family behind after death		
What is not clear/obvious?	If I die, what are my spouse and children going to do?	There is no one to take care of me. I cannot live alone	
	My son is worrying about me. And I am worrying about him. If I am healthy there would be no concern		
	No one to take care of my disabled husband. I do everything for my family		
	I am worried about my grandkids. I do everything for them. Don't want to leave them alone		
	I worry about one of my kids. He is not able to take care of himself	Family doesn't have time to take care of me	
	My concern is that one of my sons is not healthy (Mentally/Physically)		
	Worried about leaving behind grandkids, no support for family	Because of my health I w	If I die it will worry my family
Root causes	Worried about family because I am older, I cannot look after myself	Don't want to have the illness anymore	
	I think if I die, it will be better for my family, so they don't have to worry about me	Worried about family left behind	
	I don't want to die. Because my grandkids will have no one to take care of them		
	If I die it will be better than staying alive, so my family won't worry	No fear from death or illness	
	Don't want to worry about family so need to stay healthy	We will see whatever illness comes to us-- We will not fear anything	
	Because we are human beings, we don't do physical activity		
	I am not afraid of death. I will accept anything that happens	I believe everything is in God's hands	

MINORITY HEALTH INITIATIVE 2021

MIDDLE EASTERN COMMUNITY FEEDBACK



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities, such as racial and ethnic minorities. This report outlines the survey results from **Iraqi** respondents but does not reflect the experiences or opinions of the entire Iraqi community in Lancaster County.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=21)	Percent
Circulatory System	38.10%
Diabetes Related Conditions and Procedures	19.05%
Musculoskeletal System	14.29%
*Other	14.29%
Cancer/Neoplasms	4.76%
Digestive System	4.76%
Injury, Poisoning & Certain Other Consequences of External Causes	4.76%

*Other responses included stomach pain, leg pain, migraines, and misinformation about COVID-19.

Question 2: What worries you most about you or your family's health?

Categorized Responses (n=21)	Percent
Infectious Disease	38.10%
*Other	19.05%
Circulatory System	14.29%
Diabetes Related Conditions and Procedures	9.52%
Conditions of Eye and Ear	4.76%
General Health & Well-being	4.76%
Musculoskeletal System	4.76%
Social Connectedness	4.76%

*Other responses included thyroid pain, eye pain, chronic pain, having a lot of health issues, and living alone.

MINORITY HEALTH INITIATIVE 2021

MIDDLE EASTERN COMMUNITY FEEDBACK



Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Categorized Responses (n=21)	Percent
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	95.24%
Getting enough exercise	47.62%
Diabetes	38.10%
Challenges getting health and affordable food	28.57%
Heart Disease (for example high blood pressure & stroke)	28.57%
Getting around town safely (driving, walking, & riding)	28.57%
Asthma	28.57%
Alcohol, Drug, and Tobacco Use	9.528%
Cancer	4.76%
*Other	4.76%

*Other response included back pain.

^Percentages will not add up to 100 because respondents made three selections.

Question 4: What is something you do to be healthy?

Categorized Responses (n=21)	Percent
Exercise	52.38%
Healthy Diet	47.62%

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses(n=21)	Percent
Nothing	38.10%
Physical Activity Infrastructure	33.33%
Neighborhood Safety	14.29%
*Other	14.29%

*Other responses included free or low-cost entertainment, ESL classes, places for women only to exercise, and following rules around COVID.

MINORITY HEALTH INITIATIVE 2021

MIDDLE EASTERN COMMUNITY FEEDBACK



Date and Time: 12/10/2021 (11-1pm)

Location and Language: Good Neighbor Community Center – Arabic

Attendees: 15 female participants (9 from Iraq, 2 from Jordan, 3 from Egypt, 1 from Morocco), 1 staff from Good Neighbor, and 4 staff from LLCHD.

Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked to share what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation. The second hour dove deeper into root causes using the three questions listed.

Living Healthy	Underinsured	Mental Health
<ul style="list-style-type: none"> • Obesity x3 • Weight Problems • Weight • No fitness places for women in hijab • Lack of physical activities • No fitness centers for women, especially for women with hijab • English language education • Less care for physical activities • How to eat healthy • Healthy Eating • Food • Lack of awareness and information for good diet/nutrition 	<ul style="list-style-type: none"> • Vision issues • Dental underinsured • Medications are expensive • Medicaid • English Language Education • Cost • Dental issues, lack of good dental care 	<ul style="list-style-type: none"> • Stress issues • Mental Health x5 • Why do we get sick and worry? And why don't we get well? • English Language education • Anxiety • Lack of focus • Feeling exhausted and not sleeping well • Stress
Health Issues	Healthy Heart	Other categories
<ul style="list-style-type: none"> • High Cholesterol • Asthma • Lack of good treatment, living on pain killers • Joint pain • Consistent bone pain • Illegal drugs within youth • Problems with colon 	<ul style="list-style-type: none"> • Low blood pressure • Hypertension x3 • High blood pressure x2 • High heart rate • Coronary artery disease • Heart problems • Learning English language 	<ul style="list-style-type: none"> ❖ Diabetes (4 notes) ❖ Covid-19 (3 notes)

MINORITY HEALTH INITIATIVE 2021

MIDDLE EASTERN COMMUNITY FEEDBACK



Selected topic:

Living Healthy



MINORITY HEALTH INITIATIVE 2021

MIDDLE EASTERN COMMUNITY FEEDBACK



Date and Time: 12/7/2021 (11-1pm)

Location and Language: Good Neighbor Community Center – Arabic

Attendees: 9 male participants (8 from Iraqi and 1 from Iran), 1 staff from Good Neighbor, and 5 staff from LLCHD

Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked to share what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation. The second hour dove deeper into root causes using the three questions listed.

Underinsured	Covid-19	Mental Health
<ul style="list-style-type: none"> • Frustrated no dental • Everything goes in mouth • Lack of health insurance • Meds are too expensive especially compared to back home • Don't have it, not enough, no dental/vision • Afraid to work more or Medicaid coverage will be lost for family 	<ul style="list-style-type: none"> • Covid-19 	<ul style="list-style-type: none"> • Homesick and worried about future. Can't stop thinking • Worried about diabetes and covid • Pressure from society • Mental Health x4 • Mental Health/My relationship with society • Stress/Loneliness • Isolation due to covid • Lack of community connection • Living with family • Loneliness • Stay away from problems and stress
Heart Health	US Lifestyle	Diabetes
<ul style="list-style-type: none"> • Cholesterol x2 • High Blood Pressure 	<ul style="list-style-type: none"> • Issues with diet (not eating right) • Lack of Physical Activities x2 • Lack of prevention • Not enough time. Fast paced life in US cause poor health • Lack of movement in daily activities • Boring routine • Eat less bread and exercise more • Life is difficult because there are so many diseases. • Not enough time to exercise 	<ul style="list-style-type: none"> • Diabetes

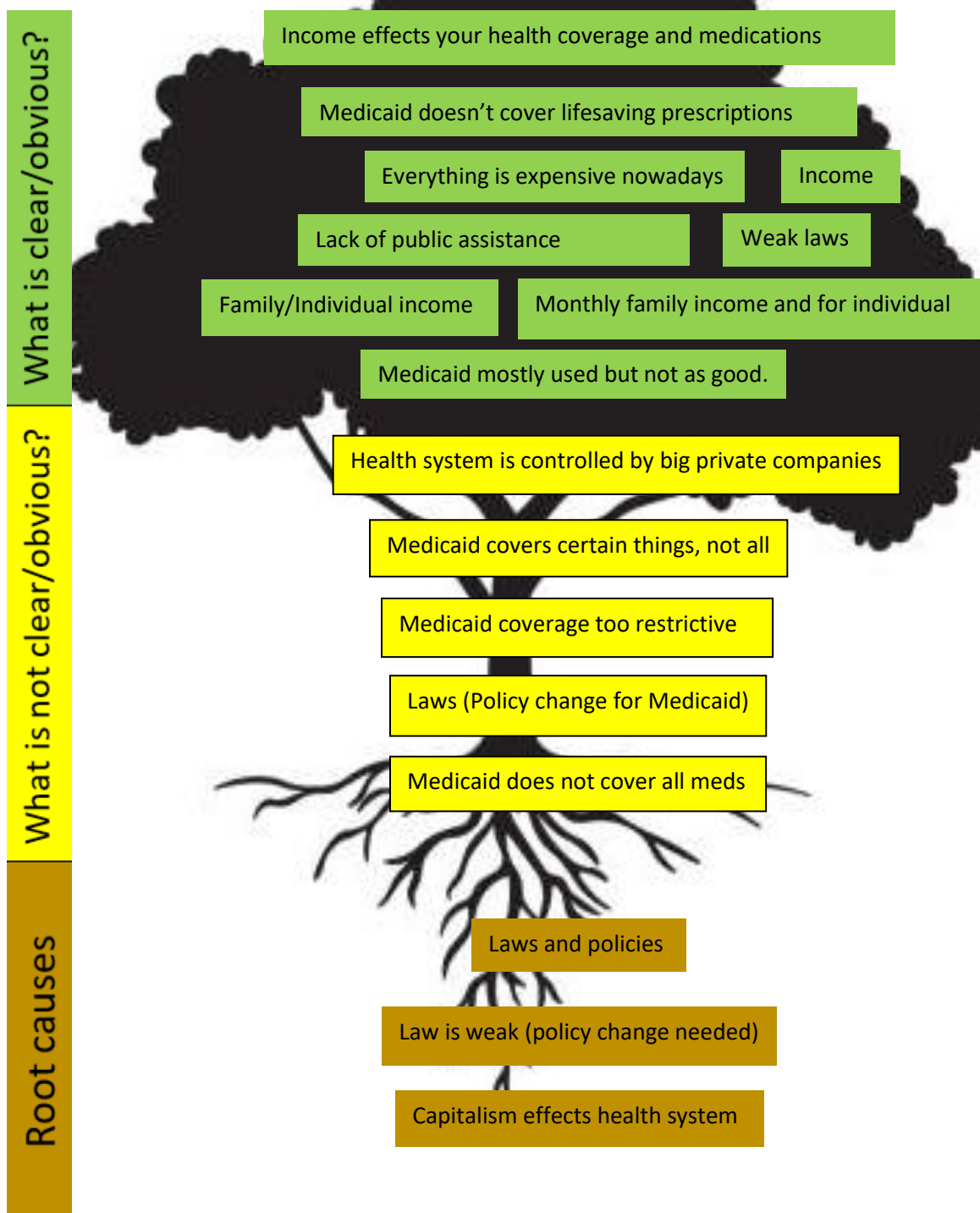
MINORITY HEALTH INITIATIVE 2021

MIDDLE EASTERN COMMUNITY FEEDBACK



Selected topic:

Underinsured



MINORITY HEALTH INITIATIVE 2021

NATIVE AMERICAN COMMUNITY FEEDBACK



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities, such as racial and ethnic minorities. This report outlines the survey results from the **Native American** respondents but does not reflect the experiences or opinions of the entire Native American community in Lancaster County.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=24)	Percent
Infectious & Parasitic Disease	41.67%
Diabetes Related Conditions and Procedures	16.67%
Circulatory System	8.33%
*Other	8.33%
Digestive System	4.17%
Healthcare Access	4.17%
Injury, Poisoning & Certain Other Consequences of External Causes	4.17%
Mental, Behavioral and Neurodevelopmental Disorders	4.17%
Musculoskeletal System	4.17%
Nothing	4.17%

*Other responses included food poisoning, dental, and financial health.

Question 2: What worries you most about you or your family's health?

Categorized Responses (n=24)	Percent
Healthcare access	25.00%
Infectious Disease	25.00%
General Health & Well-being	12.50%
Nothing	12.50%
Behavioral/Mental	8.33%
Social Connectedness	8.33%
Consequences of Illness	4.17%
*Other	4.17%

*Other responses included violence, safety, and can't be there for family.

MINORITY HEALTH INITIATIVE 2021

NATIVE AMERICAN COMMUNITY FEEDBACK



Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Categorized Responses (n=24)	Percent
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	75.00%
Diabetes	62.50%
Challenges getting healthy and affordable food	50.00%
Alcohol, Drug, and Tobacco Use	33.33%
Getting enough exercise	33.33%
Getting around town safely (driving, walking, & riding)	16.67%
Heart Disease (for example high blood pressure & stroke)	12.50%
*Other	12.50%
Cancer	8.33%
Asthma	8.33%

*Other responses included obesity, affordability of medication, and native on native abuse.

^Percentages will not add up to 100 because respondents made three selections.

Question 4: What is something you do to be healthy?

Categorized Responses (n=24)	Percent
Exercise	37.50%
Healthy Diet	29.17%
*Other or Unspecified	12.50%
Reducing Exposure to Risk Factors	12.50%
Regular Preventative Care	4.17%
None	4.17%

*Other responses included social connectedness, meditating, praying, taking medication, taking care of family, and social distancing.

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses(n=24)	Percent
Access to Healthy Food	20.83%
Neighborhood Safety	20.83%
Nothing	12.50%
Cleaner Environment	8.33%
Neighborhood Connectedness	8.33%
Physical Activity Infrastructure	8.33%
Physical Activity Programming	8.33%
Access to Healthcare	4.17%
Don't Know	4.17%
*Other	4.17%

*Other responses included using clean energy, legalizing cannabis, more people wearing masks

MINORITY HEALTH INITIATIVE 2021

NATIVE AMERICAN COMMUNITY FEEDBACK



Date and Time: 12/20/2021 (6-8pm)

Location and Language: Indian Center – English

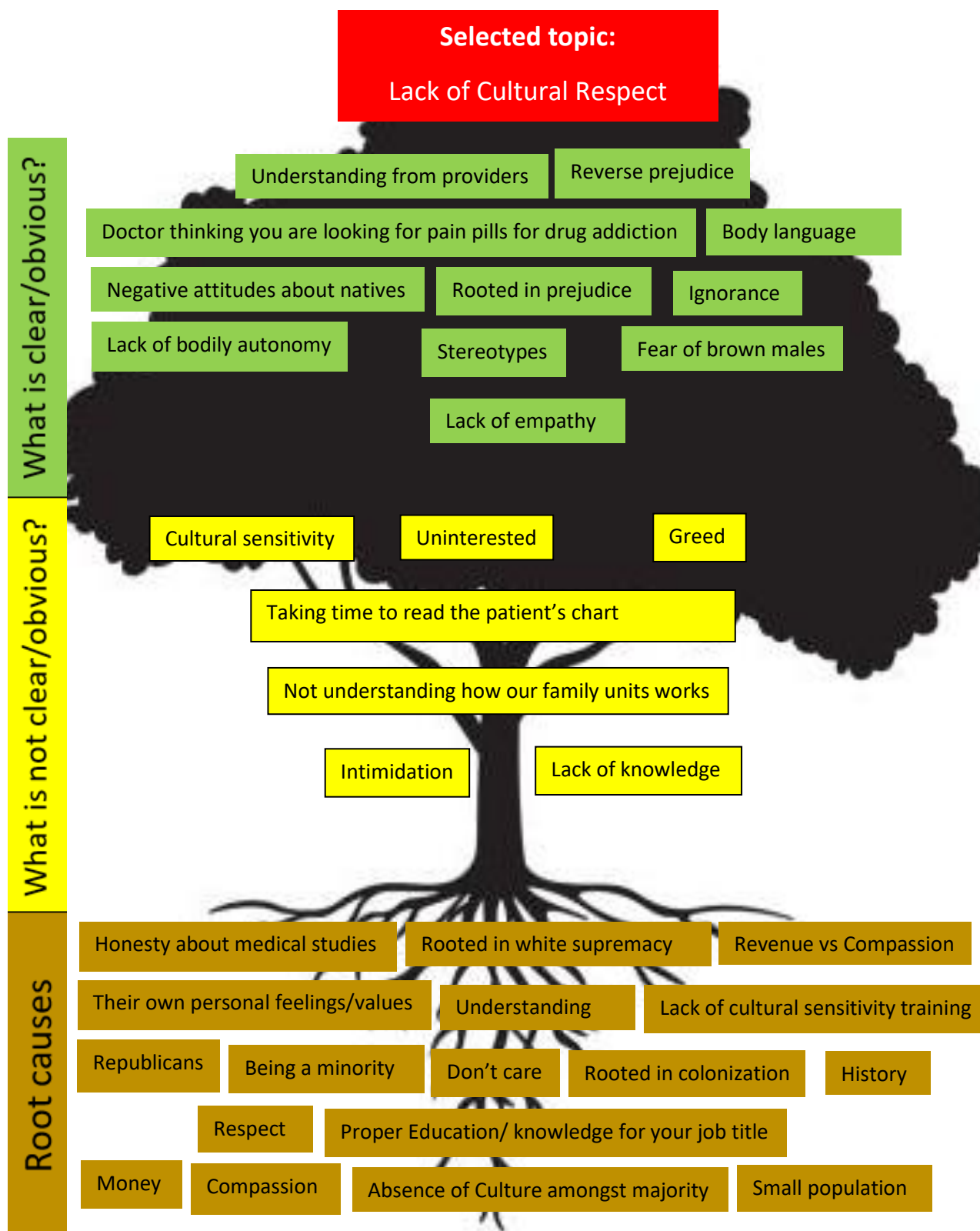
Attendees: 6 participants, 1 staff from Indian Center, 1 staff from Ponca Tribe, and 5 staff from LLCHD

Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked to share what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation. The second hour dove deeper into root causes using the three questions listed.

Lack of Cultural Respect	Incomplete Health Care	Access to Healthy Food
<ul style="list-style-type: none"> • Cultural sensitivity from medical providers – including admin staff • Historical Trauma • Racial profiling and stereotypes • Not enough advocates • Cultural Resources • Urban Health missing native providers • Urban Health doesn't prioritize native health over other priorities • Racism 	<ul style="list-style-type: none"> • Gap in mental health • Elders fall through healthcare system • Education about healthcare coverage • Lack of access and education to medication • Healthcare cost & penalization for unpaid doctor visits • Insurance Coverage • Having health insurance • Can't afford health care • Cost of Healthcare 	<ul style="list-style-type: none"> • Lack of prepared "real" food that is not boxed, processed. • Healthy food costs too much • Not enough farm to table food • Junk food everywhere
Financial Challenges	Community Support	Other categories
<ul style="list-style-type: none"> • Cost of living exceeds family income • Limited resources for those less fortunate • Personal motivation 	<ul style="list-style-type: none"> • Lack of Support • Advocates at all levels 	<ul style="list-style-type: none"> ❖ Technology Access/Knowledge ❖ Transportation for Health & Life

MINORITY HEALTH INITIATIVE 2021

NATIVE AMERICAN COMMUNITY FEEDBACK



MINORITY HEALTH INITIATIVE 2021

NATIVE AMERICAN COMMUNITY FEEDBACK



Community Conversation Date and Time: 2/23/2022 (5:30-7:30pm)

Location and Language: Ponca Health Center – English

Attendees: 20 Native American participants, 1 staff from Ponca, and 5 staff from LLCHD

Health/Nutrition Education	Safety and Wellbeing	Health equity
<ul style="list-style-type: none"> • Traditional food nutrition • Access to proper medications • Preventative care, meds • Bad diets leading to poor health and the need for higher health care cost • Food desert or lack of access to nutrition • Education on preventative health measures • High blood pressure • Fear of unknown • Healthy food cost/accessibility • Reintroducing healthy food practices 	<ul style="list-style-type: none"> • Saying it's okay • Mental health education • Unprocessed trauma • Substance abuse • Mental health for veterans and homeless • Domestic violence awareness • Bad/street drugs • Being able to get mental help • Grief support counseling – culturally appropriate • Suicide prevention • Grief 	<ul style="list-style-type: none"> • Lack of access to preventative healthcare • Access to what we need for our health • Access to free or affordable healthcare • Ability to pay • Healthcare advocates who can find native families healthcare • Access to care • Poverty • Easy access and transportation to doctor
Cultural sensitivity training in healthcare	Access to housing	Future generations
<ul style="list-style-type: none"> • Lack of culturally competent healthcare and behavioral health care • Awareness of stress on native bodies, etc. • Need more Therapists who are trained to work with Native people. • Historical trauma • Cultural sensitivity training in healthcare • Better understanding of our culture/spirituality • Access to and acknowledgement of native spiritual practices in healthcare • Respect for native people • Healthy practices 	<ul style="list-style-type: none"> • Tribal elder housing • As an elder I am facing challenges with mobility – because of physical challenge • Better help with utilities • Able to maintain residence • More access to housing • Housing options available for youth transitioning from young adulthood. 	<ul style="list-style-type: none"> • Support for LGBTQA youth • Youth cultural identity • Youth Opinions • Mental Health for young adults • Better community help for the children & elders • Education offered to our youth so they can live a healthy lifestyle

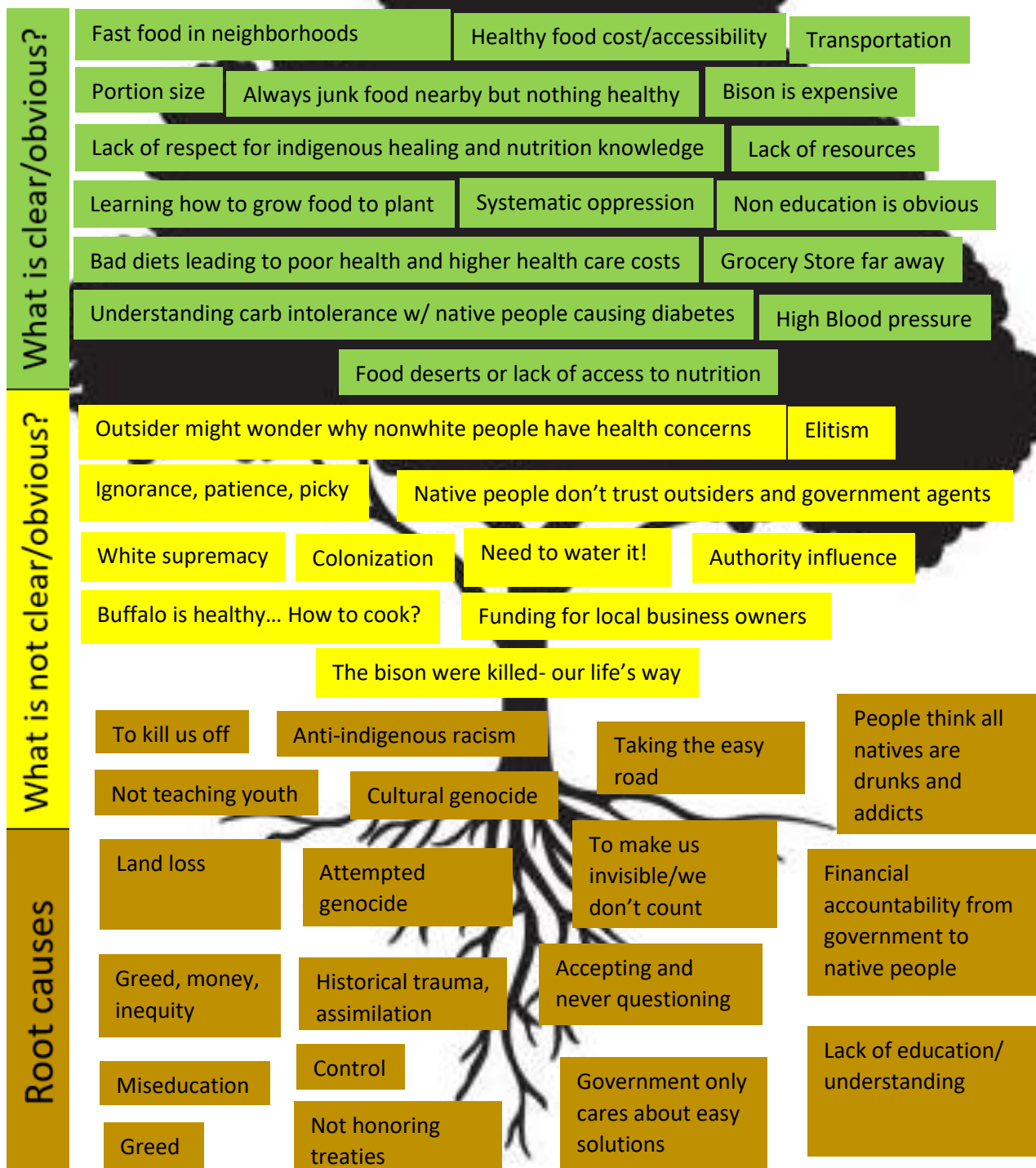
MINORITY HEALTH INITIATIVE 2021

NATIVE AMERICAN COMMUNITY FEEDBACK



Selected topic:

Health/Nutrition Education



MINORITY HEALTH INITIATIVE 2021

SUDANESE COMMUNITY FEEDBACK



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities, such as racial and ethnic minorities. This report outlines the survey results from the **Sudanese** respondents but does not reflect the experiences or opinions of the entire Sudanese community in Lancaster County.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=22)	Percent
Infectious & Parasitic Disease	40.91%
Circulatory System	13.64%
Diabetes Related Conditions and Procedures	13.64%
Mental, Behavioral and Neurodevelopmental Disorders	9.09%
Conditions of the Eye and Ear	4.55%
Injury, Poisoning & Certain Other Consequences of External Causes	4.55%
Nervous System	4.55%
Nothing	4.55%
Surgery or Other Medical Treatment/Procedure without Specified Cause	4.55%

Question 2: What worries you most about you or your family's health?

Categorized Responses (n=22)	Percent
Infectious Disease	45.45%
Cancer/Neoplasms	18.18%
Circulatory System	18.18%
Diabetes Related Conditions and Procedures	4.55%
General Health & Well-being	4.55%
Nothing	4.55%

MINORITY HEALTH INITIATIVE 2021

SUDANESE COMMUNITY FEEDBACK



Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Categorized Responses (n=22)	Percent
Getting around town safely (driving, walking, & riding)	63.63%
Diabetes	59.09%
Getting enough exercise	40.91%
Heart Disease (for example high blood pressure & stroke)	36.36%
Cancer	31.82%
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	27.27%
Alcohol, Drug, and Tobacco Use	18.18%
Challenges getting health and affordable food	13.63%
Asthma	9.10%
*Other	8.57%

*Other responses included COVID-19, contamination from sewer, and cost of medical care.

^Percentages will not add up to 100 because respondents made three selections.

Question 4: What is something you do to be healthy?

Categorized Responses (n=22)	Percent
Healthy Diet	54.55%
Exercise	31.82%
Reducing Exposure to Risk Factors	9.09%
*Other or Unspecified	4.55%

*Other responses included staying active and sleeping better.

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses(n=22)	Percent
Cleaner Environment	45.45%
Neighborhood Safety	22.73%
Neighborhood Connectedness	13.64%
Nothing	13.64%
Reduced Access to Drugs & Alcohol	4.55%

MINORITY HEALTH INITIATIVE 2021

SUDANESE COMMUNITY FEEDBACK



Community Conversation Date and Time: 12/17/21 (11-1pm)

Location and Language: Asian Community and Cultural Center – Arabic

Attendees: 7 Sudanese women participants, 2 staff from the Asian Center, and 6 staff from LLCHD

Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked to share what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation. The second hour dove deeper into root causes using the three questions listed.

Mental Health	Education	Health Insurance
<ul style="list-style-type: none"> • Mental health awareness • Stress • Stress and mental health • Stress Generally • Stress/homesick • Daily life stress • Stress work • Lack of safety • Fear of bad news if test is done • Stress from diabetes, hi blood pressure • Homesick • Mental Health and stress 	<ul style="list-style-type: none"> • Health Awareness (More information about cancer when women's health is neglected or else seen as strong women) • Women don't get checkups in home country. • Lack of knowledge about health topics • Awareness (General health information and awareness needed) 	<ul style="list-style-type: none"> • Health Insurance Issues • No health insurance • No health insurance • Health Insurance issues • Health Insurance Issues (Cannot get Medicaid before you are a citizen if you have major health issues it is very pricy)
Cultural Gender Expectations	Cultural Nutritional Health	Language issues
<ul style="list-style-type: none"> • Male Dominance • Lack of stability for families (how to raise the family – emotional abuse) • Family issues and problems (divorce/Separation) • Domestic violence • Busy (Lack of exercise and walking) • Lack of entertainment for kids/Lack of fun places. 	<ul style="list-style-type: none"> • Nutrition (Lack of good nutrition) • No time for vacation • Not having access to healthy food • Don't have good information about healthy diet. • Lack of good nutrition and sleep • No time for vacation 	<ul style="list-style-type: none"> • Covid 19 Health measures issues • Don't comprehend English • English language issues • Cross cultural communication issues in healthcare environment • No transportation

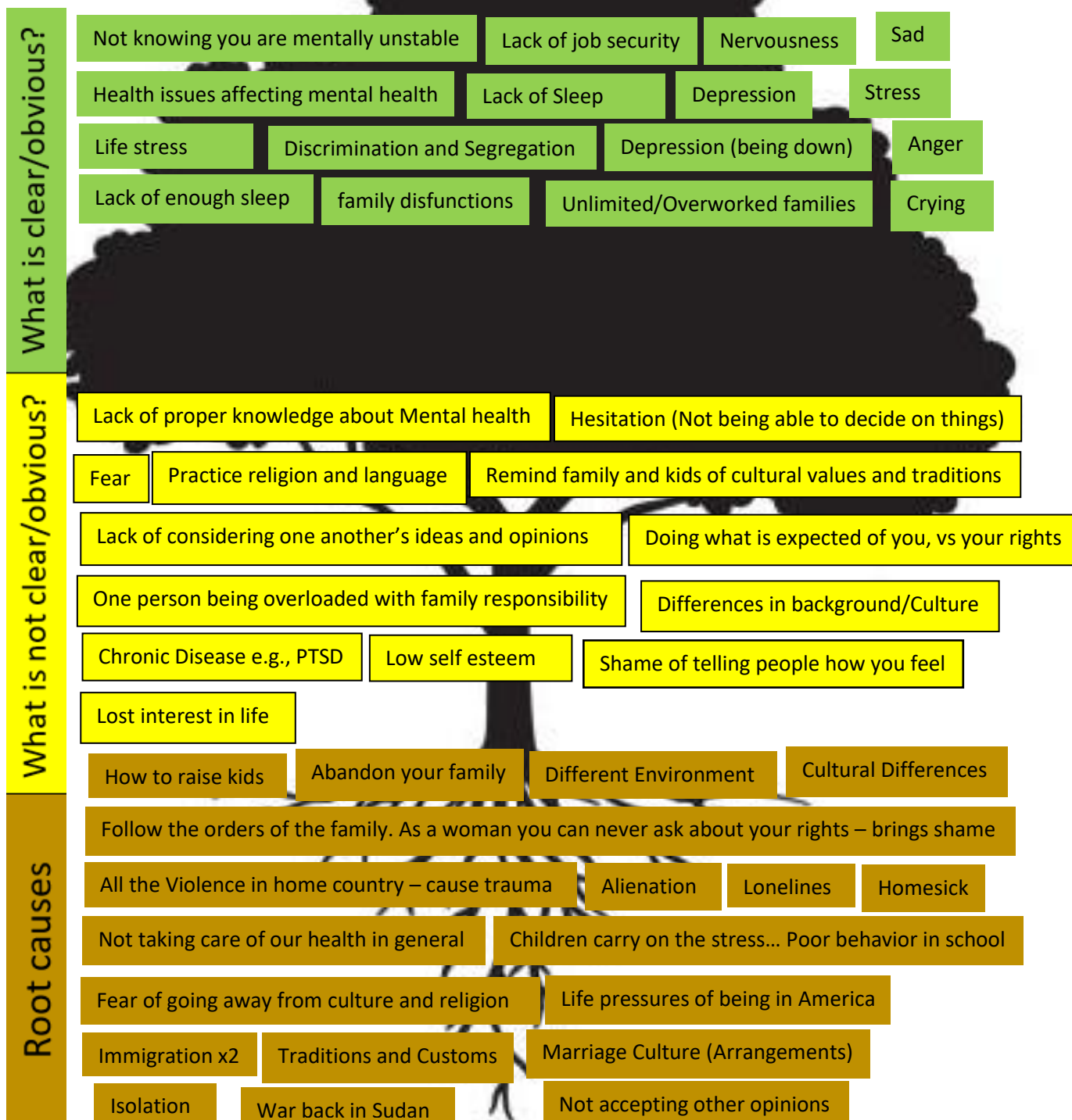
MINORITY HEALTH INITIATIVE 2021

SUDANESE COMMUNITY FEEDBACK



Selected topic:

Mental Health



MINORITY HEALTH INITIATIVE 2021

SUDANESE COMMUNITY FEEDBACK



Community Conversation Date and Time: 12/12/2021 (1-3pm)

Location and Language: Asian Cultural and Community Center – Arabic

Attendees: 6 Sudanese men participated, 1 staff from the Asian Center, and 4 staff from LLCHD

Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked to share what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation. The second hour dove deeper into root causes using the three questions listed.

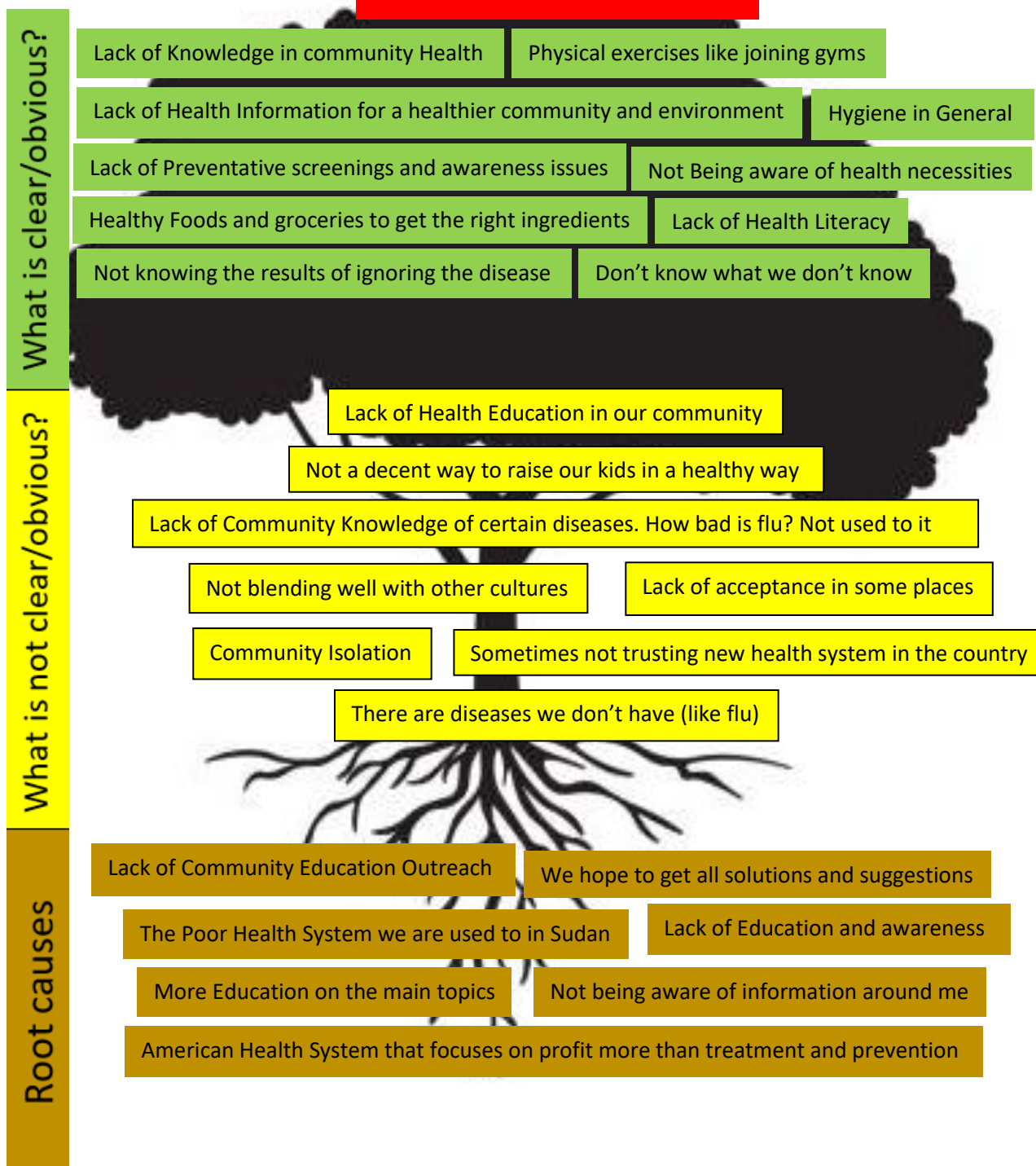
Community Health Education and Awareness	Health Insurance	Stress
<ul style="list-style-type: none"> Not keeping up with medical care/ going to well child checks How to keep the house healthy Not enough information about health concern Kids health education for household and understanding parental obligations towards kids and things to watch. Health education especially for women in our community Needing health education – especially for women Healthy personal hygiene Our community is in bad need of hygiene classes 	<ul style="list-style-type: none"> Not having insurance Insurance process including Medicaid process and understanding Understanding insurance concept and related factors such as performing annual physical and what is covered/not covered How to pick and choose the right plan What is best insurance after retirement Not knowing if it is important to have health insurance The economic and financial problem of families 	<ul style="list-style-type: none"> Stress Pace of American life Not knowing what the right information is, especially on social media As newcomers we are just behind on understanding the culture and that is stressful
Cultural Barrier for Healthy Living	Cultural Barrier (Continued)	Language Barrier
<ul style="list-style-type: none"> Food system – not following science of healthy eating Newcomers' language barriers Our community needs classes in label reading because they go to the store and buy their groceries randomly Not eating healthy food Cultural food may not be healthy enough 	<ul style="list-style-type: none"> Cross Cultural Issues to understand the local health in all its aspects New common settlement process into community Language barrier on medication Lack of physical activity – changed culture Lack physical activities 	<ul style="list-style-type: none"> Need Education because it is hard to read medication labels and frequency of dose Healthy diet because of language barrier (Label reading)

MINORITY HEALTH INITIATIVE 2021

SUDANESE COMMUNITY FEEDBACK



Selected topic: Community Health Education and Awareness



MINORITY HEALTH INITIATIVE 2021

VIETNAMESE COMMUNITY FEEDBACK



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities, such as racial and ethnic minorities. This report outlines the survey results from the **Vietnamese** respondents but does not reflect the experiences or opinions of the entire Vietnamese community in Lancaster County.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=28)	Percent
Circulatory System	53.57%
Infectious & Parasitic Disease	21.43%
Nothing	10.71%
Diabetes Related Conditions and Procedures	3.57%
General Health and Other or Unspecified Health Conditions	3.57%
Injury, Poisoning & Certain Other Consequences of External Causes	3.57%
*Other	3.57%

*Other response included allergies.

Question 2: What worries you most about you or your family's health?

Categorized Responses (n=28)	Percent
Infectious Disease	57.14%
Circulatory System	10.71%
Healthcare Access	10.71%
*Other	3.57%
Behavioral/Mental	3.57%
Cancer/Neoplasms	3.57%
Musculoskeletal System	3.57%

*Other responses included foot pain, immune system, and kidney.

MINORITY HEALTH INITIATIVE 2021

VIETNAMESE COMMUNITY FEEDBACK



Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Respondents of Vietnamese descent (n=28)	Percent
Cancer	60.71%
Diabetes	57.14%
Heart Disease (for example high blood pressure & stroke)	50.00%
Getting around town safely (driving, walking, & riding)	42.86%
Getting enough exercise	35.71%
Challenges getting healthy and affordable food	28.57%
Asthma	10.71%
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	10.71%
Alcohol, Drug, and Tobacco Use	3.57%
*Other	3.57%

*Other responses included life expectancy.

^Percentages will not add up to 100 because respondents made three selections.

Question 4: What is something you do to be healthy?

Categorized Responses (n=28)	Percent
Exercise	42.86%
Healthy Diet	42.86%
*Other or Unspecified	10.71%
Reducing Exposure to Risk Factors	3.57%

*Other responses included staying home, taking medicine, and sleeping on time.

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses(n=28)	Percent
Cleaner Environment	67.86%
Physical Activity Infrastructure	10.71%
Neighborhood Connectedness	7.14%
Access to Healthcare	3.57%
Don't Know	3.57%
Physical Activity Programming	3.57%
Traffic Safety	3.57%

MINORITY HEALTH INITIATIVE 2021

VIETNAMESE COMMUNITY FEEDBACK



Community Conversation Date and Time: 12/8/2021 (10-12pm)

Location and Language: Asian Community and Cultural Center – Vietnamese

Attendees: 11 Vietnamese participants, 2 staff from the Asian Center, and 6 staff from LLCHD

COVID-19	Heart Health and Diabetes	Language Barrier
<ul style="list-style-type: none"> • Covid caused a lot of people to die and every time I go outside, I'm very worried about my health despite being vaccinated • How to social distance in a small space with other community members? • The Virus has mutated now. Please educate us on what to do to avoid contracting the omicron variant other than washing our hands often • Convince friends to get vaccinated help them if they don't have transportation • Community needs to get vaccinated for peace of mind • Encourage everyone around you to get vaccinated x2 • Follow the news and updates, follow CDC rules, let everyone know about the information • Educate everyone to understand how to protect themselves and keep themselves and community healthy • I wish everyone would get vaccinated to reduce the death rate and protect health care staff 	<ul style="list-style-type: none"> • Heart Health • High Blood pressure x4 • High Cholesterol • Diabetes x4 • Diabetes, High cholesterol, high blood pressure affecting mental health in community and myself • Eat well, sleep well, don't worry about money, and don't compare yourself with others 	<ul style="list-style-type: none"> • Health information in languages available • All doctors' offices need to have interpreter • Can't understand medical statement in English • Issues with understanding mail, calls, and correspondence in English • Difficulty with technology • Instructions to register online is difficult • Language barrier
Insurance	Emotional Well Being	Physical Environment
<ul style="list-style-type: none"> • No money • Access to Medicare • Getting sick without insurance • Unsure of qualifying for different Medicaid benefits (part B or part A or both?) 	<ul style="list-style-type: none"> • I am not a healthy person, and I am worried because I live by myself without relatives and my financial state is not very good. I am very sad because of life right now and my health. • Feeling emotional/mental health • Refugee flashbacks • Sleeping is hard because of remembering my home country 	<ul style="list-style-type: none"> • Community Health • High Blood Pressure • Concern about different races • I don't leave the house in the winter, easy to get sick • Snow removal is difficult for elderly • No daily exercise • Sanitation/Cleanliness to prevent illness • Hygiene problems

MINORITY HEALTH INITIATIVE 2021

VIETNAMESE COMMUNITY FEEDBACK



Selected topic:

Covid-19

What is clear/obvious?	Worry about people without masks who are coughing in public	Gathering in large crowds and eating	
	Constant worry and concern about Covid 19	Social distancing & wearing masks	Too many people
	Very dangerous to gather large groups	Seeing people without masks & gloves in public	No gathering
	New variant spreads so quickly because we are so close together	Concerned about large gatherings.	
	Uncertain about different type of mask effectiveness	A lot of people don't wear masks at the store	
	Don't know if the person beside me is vaccinated	Many people without masks	Breathing
	What is not clear/obvious?	kids going to school or people in family going to work could possibly bring Covid home	
Need more community education to understand how covid spreads			
Wondering if better physical condition would help protect against covid			
I'm afraid of infecting others. This makes it harder to give affection to family and friends			
How do we get together as a community in a safe environment?		Personal health is very important	
Social distance and Self-Isolate if you have Covid		Get fully vaccinated	
Keep healthy. Eat and sleeping enough.		Worry about going outside/in public	
Root causes		Getting fully vaccinated and taking care of our health	Worrying about family visiting
	Stop the pandemic as soon as possible beside vaccination		
	Vaccinate every 6 months, not 4 or 5	Worried I might catch covid	
	Worry about when Covid will end	Worry	
	You and your family need to protect yourself and keep clean, so you don't get sick		
	When you're old you get sick easily and it is easier to die		

MINORITY HEALTH INITIATIVE 2021

YAZIDI COMMUNITY FEEDBACK



The Lincoln-Lancaster County Health Department (LLCHD) designed and implemented a community health survey in 2020. The survey included five questions about respondent's and their family's health and what should be prioritized for the community's health. In addition to surveying every 1 in 7 households across Lincoln, LLCHD also worked closely with community partners to oversample high priority groups that experience health disparities, such as racial and ethnic minorities. This report outlines the survey results from the **Yazidi** respondents but does not reflect the experiences or opinions of the entire Yazidi community in Lincoln.

Question 1: What was the last major health issue you or your family experienced?

Categorized Responses (n=20)	Percent
Infectious & Parasitic Disease	40.00%
Nothing	20.00%
*Other	20.00%
Circulatory System	10.00%
Cancer/Neoplasms	5.00%
Injury, Poisoning & Certain Other Consequences of External Causes	5.00%

*Other responses included severe allergies and allergic reaction, and bad headache.

Question 2: What worries you most about you or your family's health?

Categorized Responses (n=20)	Percent
Infectious Disease	30.00%
Circulatory System	15.00%
Healthcare Access	15.00%
Nothing	15.00%
Aging	5.00%
Concrete Support	5.00%
General Health & Well-being	5.00%
Social Connectedness	5.00%
General Health & Well-being	5.00%
*Other	5.00%

*Other response included obesity, heart attack, aging parents, mother's health, bad environment, and how to access and navigate the healthcare system in the U.S.

MINORITY HEALTH INITIATIVE 2021

YAZIDI COMMUNITY FEEDBACK



Question 3: What are the top 3 health concerns in Lincoln and Lancaster County?

Categorized Responses (n=20)	Percent
Diabetes	65.00%
Mental Health (for example Depression, Anxiety, Post-Traumatic Stress, Suicide)	45.00%
Heart Disease (for example high blood pressure & stroke)	40.00%
Getting enough exercise	40.00%
Alcohol, Drug, and Tobacco Use	40.00%
Challenges getting healthy and affordable food	35.00%
Asthma	20.00%
Getting around town safely (driving, walking, & riding)	10.00%
Cancer	5.00%
*Other	5.00%

*Other responses included not being able to exercise.

^Percentages will not add up to 100 because respondents made three selections.

Question 4: What is something you do to be healthy?

Categorized Responses (n=20)	Percent
Exercise	50.00%
Healthy Diet	40.00%
*Other or Unspecified	10.00%

*Other response included avoiding fatty food, avoiding fast food, and taking care of family.

Question 5: What would make your neighborhood a healthier place for you or your family?

Categorized Responses(n=20)	Percent
Nothing	20.00%
Access to Healthy Food	15.00%
*Other	15.00%
Cleaner Environment	10.00%
Neighborhood Connectedness	10.00%
Neighborhood Safety	10.00%
Physical Activity Infrastructure	10.00%
Physical Activity Programming	5.00%
Reduced Access to Drugs & Alcohol	5.00%

*Other responses included sports competitions, public transportation, and better ventilation in shared duplex.

MINORITY HEALTH INITIATIVE 2021

YAZIDI COMMUNITY FEEDBACK



Date and Time: 3/7/2022 (12:30-2:30pm)

Location: Lincoln-Lancaster County Health Department

Attendees: 5 Yazidi participants and 3 staff from LLCHD

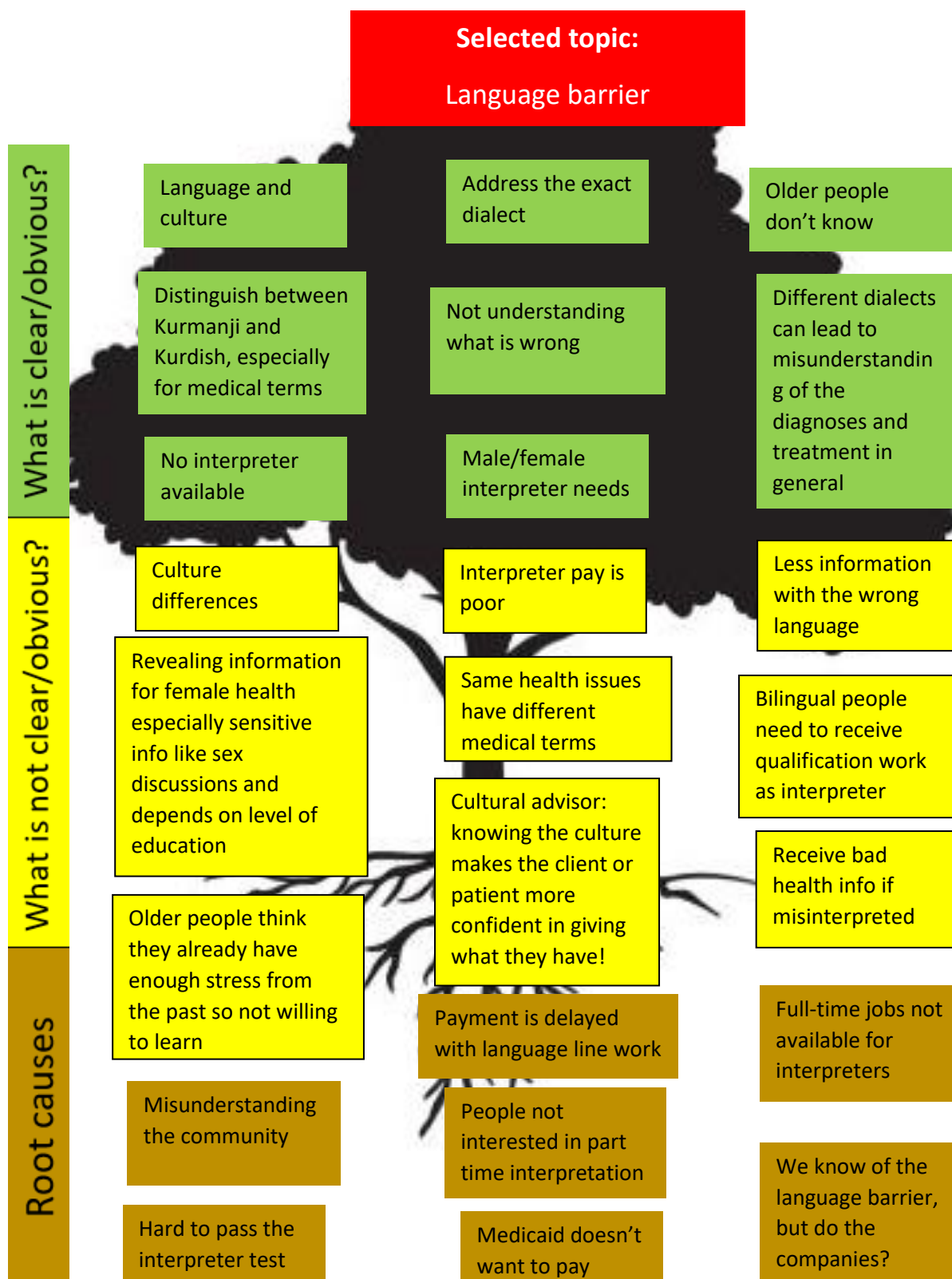
Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked about what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants voted on which category was most pressing (red below) and that topic was the focus of the second hour of the conversation.

The second part consisted of three questions regarding the health topic selected by the group. Participants were first asked what they saw was clear and obvious about the issue, then what was less clear and obvious, and finally what they saw as root causes of the issue. A tree visual was used to organize their responses to these three questions, as shown on the next page.

Language barrier	Mental health	Health education
<ul style="list-style-type: none"> Yazidi people speak Kurmanji and not necessarily Kurdish Learning English/language barrier for older adults Different dialects make having good interpreter more challenging Language barrier 	<ul style="list-style-type: none"> PTSD PTSD – most people in community dealing with this Family distance Wars and refugee experiences Many don't like to take medication for mental health 	<ul style="list-style-type: none"> Health education
Transportation	Limits to Medicaid	Childcare and size of family
<ul style="list-style-type: none"> Transportation issues – sometimes people can't get to what they need Navigating Medicaid to obtain transportation for appointments Transportation issues x2 	<ul style="list-style-type: none"> Many providers do not accept Medicaid Only place for major dental care for people with Medicaid is college of dentistry Medicaid in some circumstances, like you want to work more 	<ul style="list-style-type: none"> Size of the family Big community of kids – childcare Hard to work out when there isn't someone to watch the children

MINORITY HEALTH INITIATIVE 2021

YAZIDI COMMUNITY FEEDBACK



MINORITY HEALTH INITIATIVE 2021

APPENDIX A: COMMUNITY SURVEY



Lincoln Lancaster County Health Department

3131 O Street, Lincoln, NE 68510

Hello!

The survey below is a way to hear from you about how you experience the things that affect your health in the city of Lincoln. Even though some things may be similar, each person's experience of "health" is impacted by so many things.

On this survey, we do not want your name, age, or any other personal information, but we would really love to hear your story. Your story, and the story of others in your neighborhood will be added together to give a more accurate picture of how we can make a healthier community for everyone. Please complete the 5 questions below, tear off the survey at the line above, and return only the survey in the envelope. If you have any questions please call us at 402.441.8091.

To complete the survey online, or for language help, scan this code with your phone or go here online: <https://www.surveymonkey.com/r/LincolnCommunityHealthSurvey>

If you are completing the survey online, enter the following code: «NewID»

1. What was the last major health issue you or your family experienced?

2. What worries you most about your health or the health of your family?

3. The following are health concerns in the city of Lincoln and Lancaster County. In your experience, what are the top 3 health concerns?

- ☐ Alcohol, Drugs, and Tobacco Use
- ☐ Diabetes
- ☐ Mental Health (For Example Depression, Anxiety, Post-Traumatic Stress, Suicide)
- ☐ Challenges Getting Healthy and Affordable Food
- ☐ Asthma
- ☐ Heart Disease (For Example High Blood Pressure & Stroke)
- ☐ Getting Around Town Safely (Driving, Walking, & Riding)
- ☐ Getting Enough Exercise
- ☐ Something Else (write in): _____

4. What's something you do to be healthy?

5. What would make your neighborhood a healthier place for you or your family?

☐ Check this box if you would be willing to participate in a neighborhood discussion about health in your area

Please see the instructions on the reverse side for how to use the bar code to complete the survey online. If you have any questions or for further assistance, please contact us at 402-441-8091 or email us at healthsurvey@lincoln.ne.gov

How Healthy is Our Community?

The City of Lincoln and Lancaster County are home to roughly 315,000 people, and each person's experience of "health" is impacted by so many things. Where you live, work, go to school, and play provide a personal "health fingerprint."



See instructions on the reverse side for how to use the bar code

MINORITY HEALTH INITIATIVE 2021

APPENDIX A: COMMUNITY SURVEY



For Language Help:

Para la encuesta en español

للمسح باللغة العربية

Ji bo lêkolînê di Kurdish

bamar hear hecattam aatwat

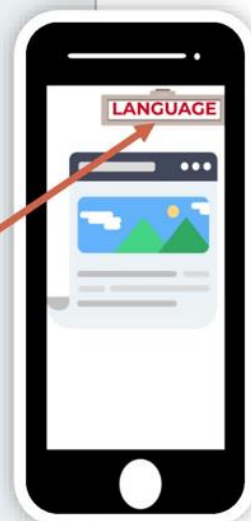
สำหรับการสำรวจภาษาไทย

Trợ giúp bằng Việt Nam

За помощью на русском языке



[https://
www.surveymonkey.com/r/
LincolnCommunityHealthSurvey](https://www.surveymonkey.com/r/LincolnCommunityHealthSurvey)
USE CODE: «NewID»
Phone: 402.441.8091
HealthSurvey@lincoln.ne.gov



WE WOULD LOVE TO HEAR YOUR STORY!

We DO NOT WANT your personal information.

MINORITY HEALTH INITIATIVE 2021

APPENDIX A: COMMUNITY SURVEY

