



Community Health Feedback 2024



Lincoln-Lancaster County
Health Department

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



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Executive Summary

This report includes the community feedback received as part of the Community Health Assessment (CHA). The Lincoln-Lancaster County Health Department collaborated with numerous partners to engage a variety of community members to better understand their health concerns and priorities of Lancaster County residents. Our efforts included:

1. **Community-Wide Survey:** A 5-question survey that was mailed to one in seven households across Lancaster County (geospatial sample results on pages 5-9).
2. **Targeted Surveys:** The same 5-question survey but distributed by partners working with historically disadvantaged groups (equity sample results on pages 5-9).
3. **Focus Groups:** Conducted as ‘Community Conversations’ that involved 39 focus groups with over 400 participants over the past 3 years.

The initial version of this report, published in 2022, included feedback from 14 racial and ethnic minority groups served by the Cultural Centers of Lincoln (CCL). Since then, we have expanded to include additional community groups, including Afghan and Ukrainian refugees, members of the LGBTQ+ community, the aging community (60 years and older), and blind and unhoused residents. Each of these groups has faced challenges in achieving equitable health and wellness. This report presents their insights on perceived health challenges and opportunities in Lancaster County.

Every community featured in this report was asked the same five-question survey, translated into nine different languages, and distributed through partnering organizations. Additionally, this report includes findings from two rounds of Community Conversations. The first round, conducted in 2021, involved communities from the previous CHA and was included in the earlier report. The second round of conversations with these same communities focused on mental health because it was prioritized by trusted partners at the 2022 Minority Health Summit. The overall themes of the mental health focused conversations can be found at the end of this report and individual conversations are organized by community group throughout this report. The communities that were more recently added in this process, including Afghan, Ukrainian, LGBTQ+, and aging groups, participated in discussions about general health, and their feedback is organized by each group in this report.

We hope that the results from these community engagement efforts will inform ongoing and future work that address the public health needs and gaps in Lancaster County. Together, we can reduce the health disparities that disproportionately affect these communities.

Survey Results from Geospatial and Equity Samples

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

Categorized Responses	Geospatial Sample (n = 1302)	Equity Sample (n = 508)
Infectious & Parasitic Disease	18.2%	16.3%
Circulatory System	14.1%	15.2%
Nothing	10.7%	14.6%
Endocrine System	3.1%	9.1%
Mental, Behavioral and Neurodevelopmental Disorders	4.2%	8.5%
General Health and Other or Unspecified Health	4.1%	7.3%
Cancer/Neoplasms	13.9%	6.7%
Musculoskeletal System	7.7%	6.3%
*Other	4.6%	5.9%
Respiratory System	2.0%	3.5%
Digestive System	3.5%	3.4%
Aging	2.1%	2.2%
Nervous System	1.2%	2.2%
Surgery or Other Medical Treatment/Procedure without Specified Cause	6.2%	1.8%
Injury, Poisoning & Certain Other Consequences of External Causes	6.6%	1.8%
Conditions of the Eye and Ear	2.1%	1.2%
OB/GYN	1.8%	1.0%
Healthcare Access	1.0%	1.0%
Disability	0.3%	0.2%

*Others included autoimmune disease, car accidents, dental, discrimination and terrorism, ER visit, edema, grief/bereavement, 'histo', seasonal allergies, cough, fainting, general chronic disease, spinal infection, and the weather changes.

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

Categorized Responses	Geospatial Sample (n = 1302)	Equity Sample (n = 508)
Healthcare Access	27.3%	20.7%
General Health & Well-being	14.7%	18.5%
Nothing	12.9%	17.1%
Mental, Behavioral and Neurodevelopmental Disorders	6.9%	9.3%
Circulatory System	4.5%	9.1%
*Other	8.1%	6.9%
Aging	12.1%	5.3%
Cancer/Neoplasms	6.3%	4.9%
Infectious Disease	5.0%	3.9%
Environment	3.6%	1.4%
Support	2.6%	1.4%
Condition or the Eye and Ear	0.7%	1.0%
Musculoskeletal System	0.9%	0.8%
Disability	0.6%	0.6%

*Others include allergies, cough, cough due to cold weather, histoplasmosis, lung disease, pneumonia, and sinusitis.

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

Categorized Responses	Geospatial Sample (n = 1302)	Equity Sample (n = 508)
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	64.2%	58.7%
Heart Disease (High Blood Pressure, Stroke)	32.9%	39.4%
Diabetes	19.5%	33.5%
Alcohol, Drugs, and Tobacco Use	36.4%	30.9%
Challenges Getting Healthy and Affordable Food	28.0%	24.8%
Cancer	27.8%	23.4%
Getting around Town Safely (Driving, Walking, Riding)	27.4%	22.1%
Getting Enough Exercise	23.1%	19.9%
*Other	22.9%	15.8%
Asthma	3.6%	7.3%

*Others include access to health care and cost of insurance, COVID19, chronic pain, osteoarthritis, affordability, cancers, and HIV care and prevention.

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

Categorized Responses	Geospatial Sample (n = 1302)	Equity Sample (n = 508)
Exercise	72.5%	64.2%
Healthy Diet	38.3%	40.6%
Other	10.7%	11.6%
Regular Preventative Care	4.6%	8.7%
None	3.3%	5.3%
Reducing Exposure to Risk Factor	3.8%	2.6%

*Others include aromatherapy, emphasizing emotional and spiritual health, keeping a positive attitude, medication, positivity, reading, self-care, sleeping, therapy, and weight management.

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

Categorized Responses	Geospatial Sample (n = 1302)	Equity Sample (n = 508)
Nothing	31.6%	21.5%
Environment	10.1%	17.7%
Physical Activity Infrastructure	20.8%	17.3%
Neighborhood Connectedness	3.9%	10.6%
Neighborhood Safety	7.5%	10.6%
Access to Healthy Food	6.1%	10.0%
Other	6.0%	9.5%
Access to Healthcare	4.3%	5.1%
Restricted Access to Drug & Alcohol	1.5%	3.9%
Traffic Safety	12.1%	3.2%

*Others include affordable housing, enforcing fireworks ordinances, family support, less crowding, more green space, more socializing, volunteering, working less and higher incomes.

Afghan Community Feedback

Community Survey Results

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

Categorized Responses (n=14)	Percent
Mental, Behavioral and Neurodevelopmental Disorders	28.6%
Circulatory System	21.4%
Musculoskeletal System	21.4%
Infectious & Parasitic Disease	7.1%
Endocrine System	7.1%
Digestive System	7.1%
OB/GYN	7.1%

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

Categorized Responses (n=14)	Percent
Healthcare Access	28.6%
Mental, Behavioral and Neurodevelopmental Disorders	14.3%
Circulatory System	14.3%
General Health & Well-being	14.3%
Nothing	7.1%
Other	7.1%
Condition or the Eye and Ear	7.1%
Musculoskeletal System	7.1%

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

Categorized Responses (n=14)	Percent
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	64.3%
Heart Disease (High Blood Pressure, Stroke)	28.6%
Other	29.0%
Diabetes	21.4%

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Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=14)	Percent
Exercise	78.6%
Healthy Diet	28.6%
Reducing Exposure to Risk Factor	7.1%
Regular Preventative Care	7.1%
None	7.1%
Other	0.0%

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

Categorized Responses (n=14)	Percent
Neighborhood Safety	57.1%
Nothing	14.3%
Environment	14.3%
Access to Healthy Food	7.1%
Restricted Access to Drug & Alcohol	7.1%

Community Conversation with Afghan Women

Date and Time: 11/11/2023 (11:00 – 1:00 PM)

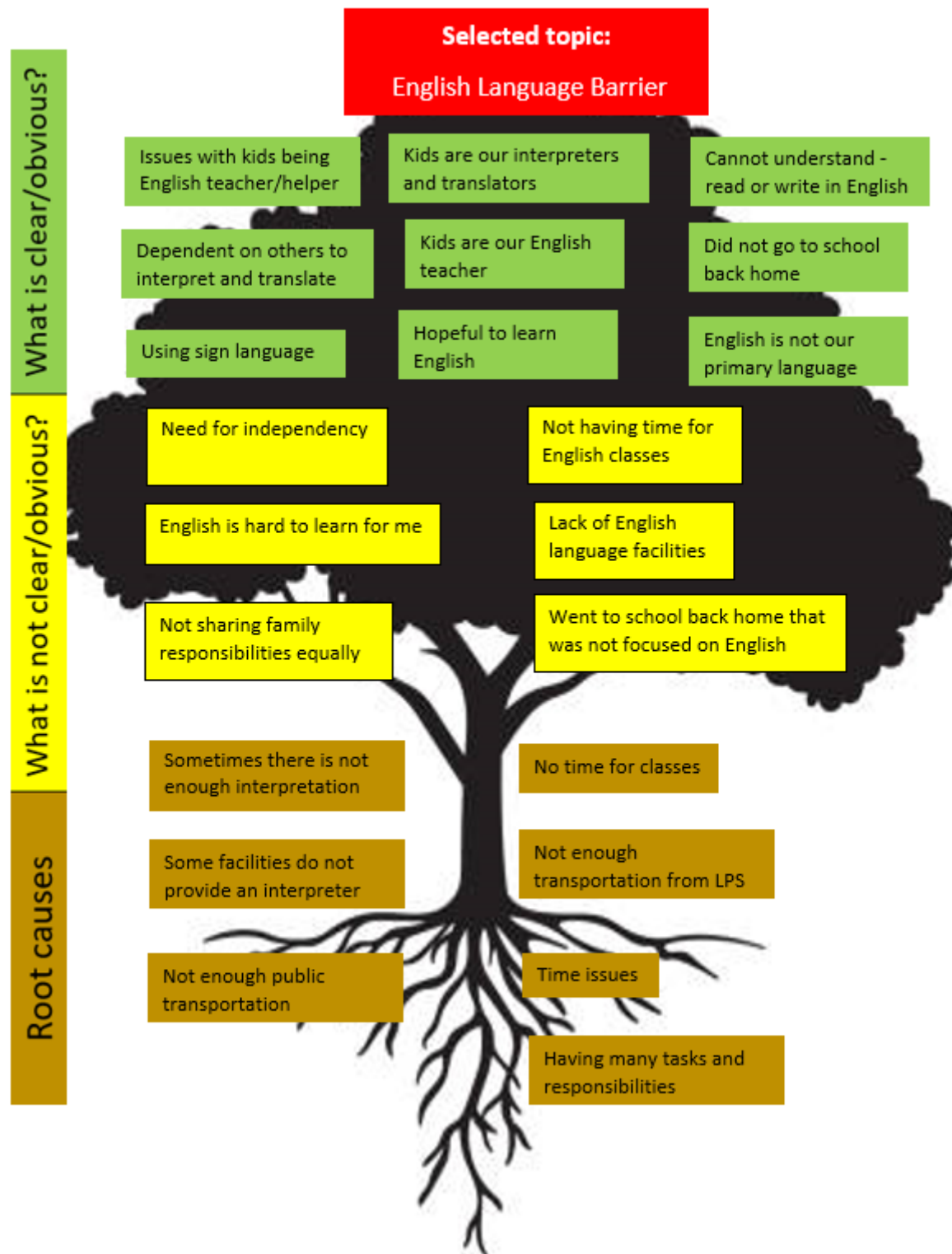
Location and Language: Asian Community and Cultural Center – Pashto

Attendees: 9 women (originally from Afghanistan), 2 staff from Asian Center, and 2 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.

English Language Problems (4 votes)	Women's Health Issues (3 votes)	Medicaid Problems (3 votes)
<ul style="list-style-type: none"> English language issues My access to healthcare depends on interpretation Interpretation is not consistent and is not convenient Language barrier for appointments 	<ul style="list-style-type: none"> Headache x2 Pregnancy related Issues Blood issues Stomach Issues H. pylori Diabetes Abnormal monthly periods Physical symptoms from monthly period High blood pressure 	<ul style="list-style-type: none"> Medicaid issues Teeth/Financial issues Paying the payments to Medicaid Teeth/Finances
Transportation (2 votes)	Stress	Breastfeeding Education
<ul style="list-style-type: none"> Driving is a problem for me x2 I don't have a car The one person who can drive me is often working 	<ul style="list-style-type: none"> Home sickness Feeling alone when kids are at school and men work Many responsibilities as women Stress due to family conflict 	<ul style="list-style-type: none"> Breastfeeding issues Need more education on breastfeeding
Family Problems		
<ul style="list-style-type: none"> Depending on men in general Relying on others for medical appointments Depending on men's schedules Some of us don't have sponsor to help with medical appointments and other things Waiting for men to purchase period supplies 		

Community Conversation with Afghan Women (continued)



Community Conversation with Afghan Men

Date and Time: 11/11/2023 (11:00 – 1:00 PM)

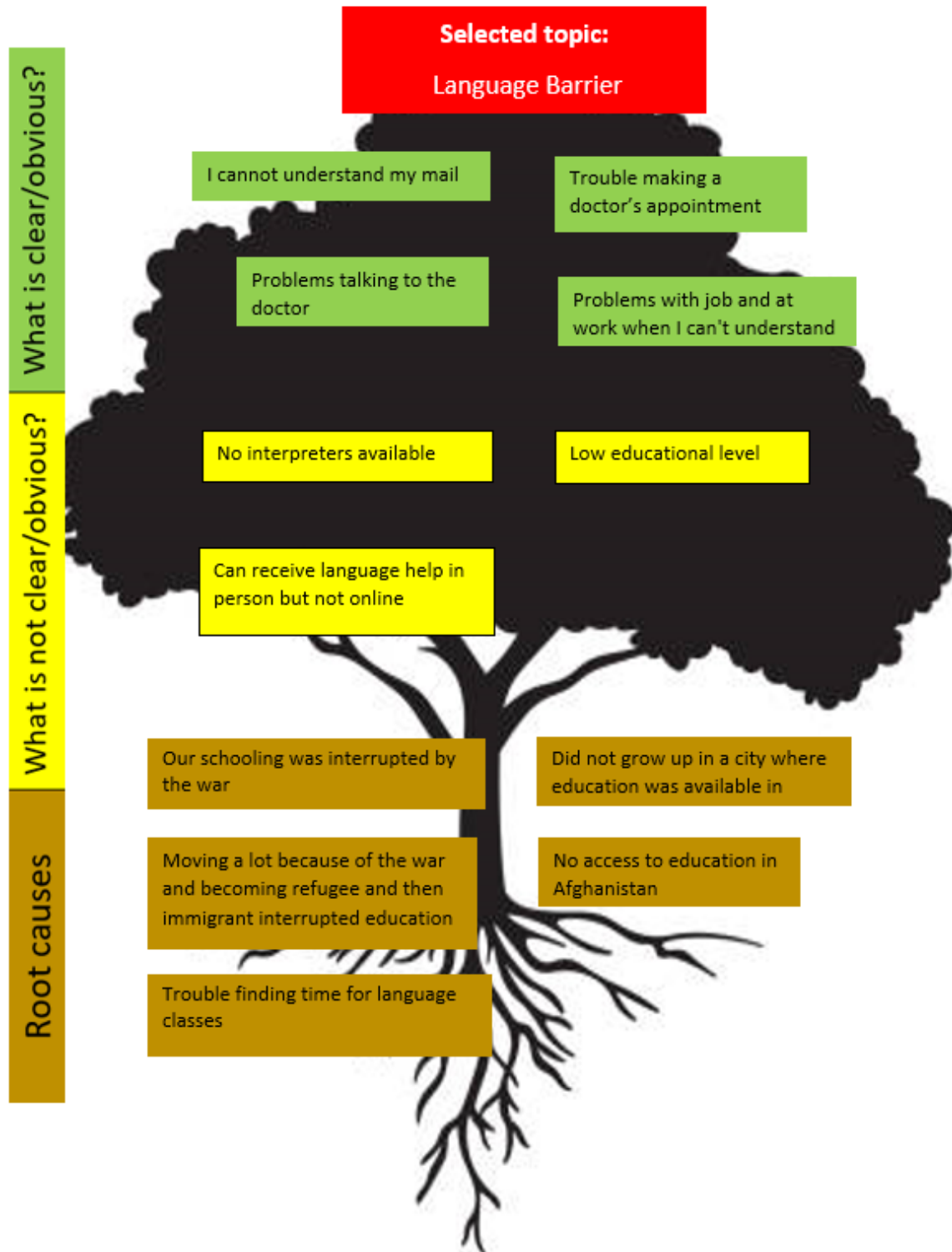
Location and Language: Asian Community and Cultural Center – Pashto

Attendees: 7 Men (originally from Afghanistan), 1 staff from Good Neighbor, and 2 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.

Language Barrier (4 votes)	Dental Care (1 vote)	Low Income and High Costs (1 vote)
<ul style="list-style-type: none"> English language is a big problem 	<ul style="list-style-type: none"> Dental problems haven't been solved Medical insurance covers tooth removal but not replacement Have to have all teeth pulled to receive dentures Dentists here are quick to pull teeth out and now I can't eat properly 	<ul style="list-style-type: none"> Single people are not recognized and do not have medical assistance Salary hardly covers basic needs A lot of income goes to health insurance High cost of medical care, even for appointments that are required to stay here
Transportation Issues	Navigating the Healthcare System in the US	Mental Stressors
<ul style="list-style-type: none"> Transportation problem in taking me to appointments 	<ul style="list-style-type: none"> Making appointments is a big problem Navigating how to make yearly medical checkup 	<ul style="list-style-type: none"> Mental stress due to lack of access to cultural and religious practices Mental stress due to being away from family Family back home is not safe Separation of family members

Community Conversation with Afghan Men (continued)



African American Community Feedback

Community Survey Results

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

Categorized Responses (n=48)	Percent
Infectious & Parasitic Disease	22.9%
Nothing	22.9%
Cancer/Neoplasms	18.8%
Mental, Behavioral and Neurodevelopmental Disorders	10.4%
Circulatory System	6.3%
Endocrine System	6.3%
General Health and Other or Unspecified Health	4.2%
Nervous System	4.2%
Musculoskeletal System	2.1%
Respiratory System	2.1%
Digestive System	2.1%
Urinary System	2.1%

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

Categorized Responses (n=48)	Percent
Nothing	35.4%
Cancer/Neoplasms	14.6%
Mental, Behavioral and Neurodevelopmental Disorders	12.5%
General Health & Well-being	10.4%
Circulatory System	10.4%
Healthcare Access	8.3%
Other	6.2%
Aging	4.2%

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COMMUNITY HEALTH SURVEY AND CONVERSATIONS



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

Categorized Responses (n=48)	Percent
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	70.8%
Alcohol, Drugs, and Tobacco Use	37.5%
Heart Disease (High Blood Pressure, Stroke)	31.3%
Diabetes	25.0%
Cancer	25.0%
Other	25.0%
Getting around Town Safely (Driving, Walking, Riding)	18.8%
Challenges Getting Healthy and Affordable Food	14.6%
Asthma	12.5%
Getting Enough Exercise	12.5%

Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=48)	Percent
Exercise	56.3%
Healthy Diet	47.9%
None	8.3%
Reducing Exposure to Risk Factor	4.2%
Regular Preventative Care	4.2%
Other (positivity)	4.2%

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

Categorized Responses (n=48)	Percent
Nothing	27.1%
Access to Healthy Food	16.7%
Other	14.6%
Physical Activity Infrastructure	10.4%
Don't Know	10.4%
Access to Healthcare	6.3%
Neighborhood Connectedness	6.3%
Neighborhood Safety	6.3%
Traffic Safety	2.1%

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Community Conversation with African American Group

Date and Time: 7/19/2023 (5-7 PM)

Location and Language: Malone Community Center – English

Attendees: 14 participants (13 women), 1 staff from the Malone Center, and 3 staff from LLCHD

Format: The two-hour community conversation held jointly between the Malone Community Center and the Lincoln-Lancaster County Health Department included three questions about participant's feeling about mental health and emotional wellbeing in their community. The first question asked what strengths they see in their community that help keep them positive. The second question asked about the challenges or weaknesses in their community that make people feel more stressed, sad, lonely, etc. The third question asked about opportunities that could improve the way people in their community feel and think about themselves and those around them. Methodology for collecting feedback was modified from the Technology of Participation (ToPs) method whereby all participants wrote their ideas on sticky notes (each bullet point), and information was discussed and categorized.

STRENGTHS/ASSETS		
<i>Support</i>	<i>Financial</i>	<i>Faith</i>
<ul style="list-style-type: none"> • Letting people know they are not alone! • Caring about others and what matters to them • Emotional support • Family x2 • Great support • Unity/caring about everyone • The great support we give each other • Having someone to talk to while you are in need • Free therapy with the children at the center • Help with family like community center • Center for People in Need • The programs here at the Malone • Programs provided for our youth • Giving the community positive advice • Malone Center gives good support and activities for the community 	<ul style="list-style-type: none"> • Job • Good jobs • Financial support x2 • Job training programs • Free events and food donations • Affordable childcare for working parents • Having more resources 	<ul style="list-style-type: none"> • Faith • Church and prayer and fasting • Keeping my faith in God! • Prayer
		<th><i>Creativity</i></th>
		<ul style="list-style-type: none"> • Creativity
<i>Health</i>	<i>Respect</i>	<i>Self-care</i>
<ul style="list-style-type: none"> • Doctors • Affordable health benefits and insurance • Free health clinics • Eat healthy food • Less stress • Mental health awareness 	<ul style="list-style-type: none"> • Respect • Respect each other • Treat people as you want to be treated • Good peoples • Listen 	<ul style="list-style-type: none"> • Self-care • Maintaining positive mindset • Do something nice for yourself

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WEAKNESSES/CHALLENGES		
<i>Financial Instability</i>	<i>Mental State</i>	<i>Threat to Life</i>
<ul style="list-style-type: none"> • Financial challenges • No income/job x2 • Lack of resources • Losing job x2 • Public benefits should be used as a steppingstone, but when it's snatched away-it creates instability • Being homeless!! • No housing or homeless x2 • Price of everything • Employment opportunities • Living in poverty • Inflation • Broke • No money no honey • Financial instability • Budgeting knowledge (know how) • Abusing the system • The system setting us up for failure • No education or on job training 	<ul style="list-style-type: none"> • Depression • Anxiety • Being scared to confide • No self confidence • Stress at work and from job • Lack of ambition • Lazy • Loss of hope 	<ul style="list-style-type: none"> • Abuse x2 • Domestic violence and abuse • Racism • Death • Death of loved one
<i>Lack of Belonging</i>	<i>Addictive Behaviors</i>	<i>Insufficient Community Assets</i>
<ul style="list-style-type: none"> • Support-love or lack thereof • Not being understood • No help • No one to call family • Family not speaking • Lack of family support x2 • No one to talk to who cares • Lack of communication • Lack of diversity makes one feel alone • Not having a support system • No support for kids!! • Black sheep, everyone turns you away! • Backstabbing, jealous, and being judged • One feels alone 	<ul style="list-style-type: none"> • Addiction x2 • Self-medicating • Alcoholic • Patterns • Overeating • Emotional eating • Social media 	<ul style="list-style-type: none"> • Lack of professionals who are African Americans x2 • Lack of transportation • Not enough amusement/entertainment

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OPPORTUNITIES		
<i>Providing and Promoting Services</i>	<i>Financial Opportunities</i>	<i>Spiritual Wellbeing</i>
<ul style="list-style-type: none"> • Wellness classes • Prevention programs • Education • Promote education services • Promote financial education with classes available to the public (budgeting, finances, parenting, DV) • Providing free immigration services • Getting the word out about resources we have • More knowledge of help in our community!!! 	<ul style="list-style-type: none"> • Good paying jobs • Second chances in employment for those with a record • Second chances in housing with record for evictions • Programs to help pay with debt!! • How they can solve the poverty and lack of housing with city officials and mayor and governor • Buy a home • Free transportation for the public • Donate extra change • Affordable healthcare 	<ul style="list-style-type: none"> • Talk more about God's love • Promote spiritual wellbeing
<i>Building Support Systems in the Community</i>	<i>Youth Education and Enrichment</i>	
<ul style="list-style-type: none"> • Support groups x3 • Make one another comfortable • Supporting each other • Mentor/good role model • Put your pride to the side! • Meet with community about issues 	<ul style="list-style-type: none"> • Train/educate younger kids in education • Before and after school programs for kids • Board of education for kids • Fun education for kids • Teaching life skills • Expose kids to trades and job skills • Community conversations for kids/youth 6th-12th grade • Teaching kids how to express their feelings (positively) • Life goals for 5-year plan for kids (coach) 	

Aging Community Feedback

Community Survey Results

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

Categorized Responses (n=94)	Percent
Circulatory System	19.2%
Nothing	19.2%
Infectious & Parasitic Disease	14.9%
Cancer/Neoplasms	13.8%
Musculoskeletal System	9.6%
Aging	6.4%
General Health and Other or Unspecified Health	4.3%
Other	4.3%
Digestive System	4.3%
Respiratory System	3.2%
Endocrine System	2.1%
Mental, Behavioral and Neurodevelopmental Disorders	2.1%
Injury, Poisoning & Certain Other Consequences of External Causes	2.1%
Healthcare Access	2.1%
Surgery or Other Medical Treatment/Procedure without Specified Cause	1.1%
Urinary System	1.1%

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

Categorized Responses (n=94)	Percent
Nothing	27.7%
General Health & Well-being	22.3%
Aging	13.8%
Circulatory System	10.6%
Healthcare Access	8.5%
Cancer/Neoplasms	7.5%
Mental, Behavioral and Neurodevelopmental Disorders	6.4%
Other	3.2%
Infectious Disease	2.1%
Support	2.1%
Musculoskeletal System	2.1%
Condition or the Eye and Ear	1.1%

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

Categorized Responses (n=94)	Percent
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	44.7%
Heart Disease (High Blood Pressure, Stroke)	43.6%
Cancer	33.0%
Diabetes	27.7%
Alcohol, Drugs, and Tobacco Use	26.6%
Getting around Town Safely (Driving, Walking, Riding)	26.6%
Other	26.0%
Getting Enough Exercise	22.3%
Challenges Getting Healthy and Affordable Food	19.2%
Asthma	2.1%

Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=94)	Percent
Exercise	66.0%
Healthy Diet	31.9%
Other	12.8%
None	9.6%
Regular Preventative Care	8.5%

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

Categorized Responses (n=94)	Percent
Nothing	47.9%
Neighborhood Safety	9.6%
Physical Activity Infrastructure	8.5%
Other	7.5%
Access to Healthy Food	6.4%
Environment	6.4%
Neighborhood Connectedness	6.4%
Traffic Safety	5.1%
Access to Healthcare	4.3%
Restricted Access to Drug & Alcohol	2.1%
Don't Know	2.1%

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COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Community Conversation with the Aging Group 1

Date and Time: 6/12/2024 (12-2 PM)

Location and Language: Aging Partners at Victory Park – English

Attendees: 8 community members and 3 staff from LLCHD

Format: During the two-hour community conversation, 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).

Navigating the Broken Healthcare System (3 votes)	Mental Wellness (2 votes)	Elder Protection (2 vote)
<ul style="list-style-type: none"> • Access to healthcare in your neighborhood • Going to doctors and being given the wrong medicine • No cookie cutter medicine • Appointment scheduling • Communication • Health in general • Dental care • Doctors who care for older adult issues 	<ul style="list-style-type: none"> • Assist with mental health • Mental health • Decrease loneliness • Get good sleep • Access to outdoors • Access to spiritual outlets • Understand change – coach! 	<ul style="list-style-type: none"> • Scam protection • Safety from crime and abuse • Elder protection
	Aging Knowledge Resource (1 vote)	Financial Security (1 vote)
	<ul style="list-style-type: none"> • Education for aging • Exercise • Diabetes education • How to communicate with healthcare providers • Resources • More funding for senior programs 	<ul style="list-style-type: none"> • Having enough money for care • Ability to get adequate health coverage and not worrying about finances • Money • High cost of care • Afford to live and die • It doesn't pay to have money • Safe affordable housing • Savings are penalized
Aging in Place	Nutrition	Transportation
<ul style="list-style-type: none"> • Keeping your home as long you we can • Home safety • Simple homecare • Palliative care • Family or help from safe professional 	<ul style="list-style-type: none"> • Food security • Eat good food 	<ul style="list-style-type: none"> • Transportation x2 • Evening Transportation • Driving

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Community Conversation with Aging Group 2

Date and Time: 6/26/2024 (1-2 PM)

Location and Language: Hickman Community Center – English

Attendees: 7 community members and 3 staff from LLCHD

Format: During this community conversation, participants were asked to share what is negatively influencing health in their aging community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants then voted on which category was most pressing (red below).

Aging Costs (7 votes)	Retirement Income	Asking for Help and Seeking Assistance
<ul style="list-style-type: none"> Affordable medications and alternative medications Coverage issues for cancer treatment - large out of pocket costs Doctors do not prescribe generic medications sometimes Navigating the healthcare system Assisted living costs Cost of Medicare supplemental coverage Seniors have some difficulty finding alternative medications Help for the under insured 	<ul style="list-style-type: none"> Retirement - self-employed people cannot afford it easily Understanding 401k and pension 	<ul style="list-style-type: none"> Getting help with meals Getting help if you fall down Hard to ask for help Living independently No one visits and I'm lonely
Health Conditions	Lack of Transportation	Technology Headaches
<ul style="list-style-type: none"> Cancer Cancer treatments are not available in Hickman Diabetes Blindness Disability Health Conditions 	<ul style="list-style-type: none"> Transportation to places Commute issues - transportation resource issues Lack of car service or public transportation in rural areas 	<ul style="list-style-type: none"> Tech issues and computer usage problems

American Indian Community Feedback

Community Survey Results

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

Categorized Responses (n=41)	Percent
Infectious & Parasitic Disease	26.8%
Circulatory System	17.1%
Other	12.2%
Nervous System	9.8%
Nothing	7.3%
Mental, Behavioral and Neurodevelopmental Disorders	7.3%
Endocrine System	4.9%
General Health and Other or Unspecified Health	4.9%
Cancer/Neoplasms	4.9%
Digestive System	4.9%
Musculoskeletal System	2.4%
Surgery or Other Medical Treatment/Procedure without Specified Cause	2.4%
Injury, Poisoning & Certain Other Consequences of External Causes	2.4%
OB/GYN	2.4%

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

Categorized Responses (n=41)	Percent
Healthcare Access	29.3%
General Health & Well-being	17.1%
Circulatory System	14.6%
Other	14.6%
Aging	7.3%
Infectious Disease	7.3%
Nothing	4.9%
Cancer/Neoplasms	4.9%
Mental, Behavioral and Neurodevelopmental Disorders	2.4%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



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

Categorized Responses (n=41)	Percent
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	75.6%
Alcohol, Drugs, and Tobacco Use	58.5%
Challenges Getting Healthy and Affordable Food	39.0%
Heart Disease (High Blood Pressure, Stroke)	29.3%
Diabetes	26.8%
Cancer	17.1%
Other	15.0%
Getting around Town Safely (Driving, Walking, Riding)	9.8%
Getting Enough Exercise	9.8%

Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=41)	Percent
Exercise	65.9%
Healthy Diet	39.0%
Other	17.1%
Regular Preventative Care	4.9%
Reducing Exposure to Risk Factor	2.4%

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

Categorized Responses (n=41)	Percent
Access to Healthy Food	34.1%
Physical Activity Infrastructure	19.5%
Nothing	17.1%
Other	12.2%
Neighborhood Connectedness	9.8%
Neighborhood Safety	9.8%
Access to Healthcare	4.9%
Environment	4.9%
Traffic Safety	2.4%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Community Conversation with American Indian Group

Date and Time: 8/28/2023 (6-8 PM)

Location and Language: Indian Center – English

Attendees: 17 participants (12 women), 1 staff from the Indian Center, and 4 from LLCHD

Format: The two-hour community conversation included 3 questions about mental health in their community. The first question asked about what strengths in their community keep them positive. The second question asked about the challenges or weaknesses that make more feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing in their opinion to be moved forward by community agencies.

STRENGTHS/ASSETS		
<i>Spatial Relationship</i>	<i>Cultural Life Ways</i>	<i>Accessibility</i>
<ul style="list-style-type: none"> • Positive thoughts • Empathy • Resilience • Creativity • Gratitude • Gardening • Singing • Integrity • Positive role models • Adaptability • Honor • Humor • Getting supported • Laughter • Community meals 	<ul style="list-style-type: none"> • Sun dance • Spirituality • God • Hope • Prayer • Meditation • Music x2 	<ul style="list-style-type: none"> • Transportation • Affordable childcare • Asking questions • Learning how to breathe • Selfcare/learning how to do self-care • Job x2 • Money • Pets • Resourcefulness • Learning • Hand game • Rez dogs on TV • Bigfoot • BINGO
<i>Togetherness</i>	<i>Culture</i>	<i>Advocacy</i>
<ul style="list-style-type: none"> • Family x5 • Friends x2 • Community service for elders • Elders • Social gatherings • Crafting • Artistry • Quilting/quill work • Teaching classes like sewing • Beading and bead work x2 • Braiding hair 	<ul style="list-style-type: none"> • Native language x2 • Tradition being carried on to younger generation • Family reunification program • Crafting circle • Sweat lodge • Story tellers • Dance • Talking circles "wellbriety" • Pow Wow x2 • Tradition 	<ul style="list-style-type: none"> • Affordable healthcare for self and family • Understanding physician • Sober living • Support groups • Therapy x2 • Medicine • Exercise • Sleeping and napping • Pickle juice • Coffee

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Lincoln-Lancaster County
Health Department

<ul style="list-style-type: none"> • Togetherness • Conversations • Communication x2 • Hugs • Gatherings x2 	<ul style="list-style-type: none"> • Hearing the pow wow circle and traditions • Peyote meetings • Indian Center • Cultural activities • Learning lineage • Ceremonies x 2 	<ul style="list-style-type: none"> • Food • Fry bread • Indian tacos x2 • Water
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WEAKNESSES/CHALLENGES		
<i>Sovereignty</i>	<i>Pathways for Sustainable Living</i>	<i>Compassion</i>
<ul style="list-style-type: none"> • Politics • Government • Election stress • Hate • Entitlement • Joe Biden • Poor leadership • Trump • Systematic racism • White supremacy • Built up emotions • Negativity • Frustration • Denile • Emotional abuse • Domestic violence • Sexual abuse • Verbal abuse • Physical fighting • Being ignored • Feeling invalid • Self-conscious • Pain • Remorse • Strife • Transportation to social events • Car • Phone and airpods die and no wifi or service • Chaos • Physical activities 	<ul style="list-style-type: none"> • Poverty • Can't pay bills • Homelessness • Money • Gas prices going up • Hunger • Debt • Prices at the grocery store • No money no job • Helplessness 	<ul style="list-style-type: none"> • Being alone • Lack of connection • Nobody visits elders • Loneliness and no support • Silence • Shaming • Homophobia • Being compared • Complaining/comizerating • Mean people and harassment • Shaming • People being rude • Tribal bashing • Gossip x2 • Gas lighting • Bullying • Jealousy x2 • Insecurity • Ignorance • Not accepting • Regret • Demons • Hurting mother nature • Cultural inappropriation • Social media: Facebook and Tiktok • Online dating • Texting • The future • Unsure of your surroundings • Communicating • Trash

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



<i>Family Structure</i>	<i>Healing</i>	<i>Sustenance Intake</i>
<ul style="list-style-type: none"> • Grades • Family • Divorce • Siblings • Siblings not getting along • Single parenting x2 • Unnecessary family rivalry 	<ul style="list-style-type: none"> • Not getting enough sleep x2 • Animals being outside in the cold with no water food and heat • Brain • Addiction mental health • Alcoholism • The past • Historical trauma • Generational trauma • PTSD • Unresolved anger • Anxiety • Depression • High blood pressure • Boarding schools • Unnecessary cultural appropriation • Missing Murdered Indigenous Women (MMIW) • Unsure • Unbalanced grief x2 • Pride/ego • Mourning • Death x2 • Sitting alone • Miscommunication • Exclusion • Isolating • Seeing people eat alone • People being by themselves • Isolation x2 	<ul style="list-style-type: none"> • No access to healthcare • Non-understanding doctor • Diabetes • Bad health • Hygiene • Self-appearance (beauty care makeup nails etc.)

OPPORTUNITIES		
<i>Self-care (4 votes)</i>	<i>Community and Family Togetherness (3 votes)</i>	<i>Continuing culture (3 votes)</i>
<ul style="list-style-type: none"> • Compassion • Generosity • Sharing positive affirmations • Respect boundaries 	<ul style="list-style-type: none"> • Encourage each other • Keeping up the support for each other • Companionship 	<ul style="list-style-type: none"> • Listen to elders • Elderly support • Spotlighting positive role models

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Lincoln-Lancaster County
Health Department

<ul style="list-style-type: none"> • Say what you mean and mean what you say • Encourage • Not losing your lighter • Self-care activities • Treating others the way you want to be treated • Support in jails/prisons • More peer/institution support • Support groups • Peer support • Mental health advance directions • Counselors at the center • Talking circles • Counseling • Family-peer-community support • Suicide awareness 	<ul style="list-style-type: none"> • Empowerment • Listening to others • Vote for Brandon • Voting Trev for board • Connecting to others • Friendships • Book clubs • Reach out to others • Get involved • Helping hand • Friendly invite • Be more inviting • Brandon's pow wow highway • Cultural activities • More bingo nights • Storytelling/"native origin stories" • Hand game forever • Round dancing • Being family oriented • Spirituality • Inclusion • Social activities like crafting • Movie nights • Communal dinners • Braiding hair nice and tight • Kzum love 	<ul style="list-style-type: none"> • Help younger generation • Youth programs teaching younger people • More opportunities to get involved
<i>Happy life (1 vote)</i>	<i>Money resources (1 vote)</i>	<i>Sharing is caring (1 vote)</i>
<ul style="list-style-type: none"> • Decolonization • Acknowledge native history • College degree • Support native initiative • Sharing knowledge • Cultural language classes • Good dental care • Music classes • Education • Nutritional classes for elders and all families • Sharing trainings • Teaching classes • Programs in our community • Taking initiative • Outreach services 	<ul style="list-style-type: none"> • More funding • Fundraising • Financial balancing 	<ul style="list-style-type: none"> • Donating time • Volunteering • Sharing resources • Being present at work 24/7 • Connect and donate school supplies • Resources after incarceration • Share bug spray so you are not bitten by mosquitos

Blind Community Feedback

Community Survey Results

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

Categorized Responses (n=7)	Percent
General Health and Other or Unspecified Health Conditions	14.3%
Surgery or Other Medical Treatment/Procedure without Specified Cause	14.3%
Respiratory System	14.3%
Nothing	14.3%
Other	14.3%

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

Categorized Responses (n=7)	Percent
Nothing	57.1%
Healthcare Access	28.6%
General Health & Well-being	14.3%

Question 3: The following are health concerns in the city of Lincoln and Lancaster County.

In your experience, what are the top 3 health concerns?

Categorized Responses (n=7)	Percent
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	85.7%
Alcohol, Drugs, and Tobacco Use	42.9%
Heart Disease (High Blood Pressure, Stroke)	28.6%
Getting around Town Safely (Driving, Walking, Riding)	28.6%
Challenges Getting Healthy and Affordable Food	28.6%
Getting Enough Exercise	28.6%
Diabetes	14.3%
Other	14.0%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=7)	Percent
Exercise	71.4%
Healthy Diet	42.9%
Regular Preventative Care	14.3%
Other or Unspecified	14.3%

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

Categorized Responses (n=7)	Percent
Physical Activity Infrastructure	57.1%
Access to Healthcare	28.6%
Environment	14.3%
Nothing	14.3%

Community Conversation with Blind Community Group

Date and Time: 3/19/2022 (12:30-2:30pm)

Location and Language: St. Mark's Church – English

Attendees: 7 blind participants, 1 staff from partnering organization, and 4 staff from LLCHD

Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked about what negatively influences 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 (highlighted red below) and that topic was the focus of the second hour of the conversation.

The second part (results on page 2) 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.

Transportation	Exercise Infrastructure	Profiling
<ul style="list-style-type: none"> • Transportation x3 • Transportation during the pandemic • transportation by the trip is expensive • lack of transportation 	<ul style="list-style-type: none"> • Exercise • Need more smooth walking paths • Need more and better sidewalks • Lack of access to exercise • Well-tended sidewalks (snow removed, including snow furrows from plows over cross walks) 	<ul style="list-style-type: none"> • Everyone is different • Profiling • Lumping together regardless of capabilities (stereotyping)
Accessible media and information	Healthcare privacy and info access	Other categories
<ul style="list-style-type: none"> • Screen reader accessible health info - just reads text not images • screen reader accessibility generally to get resources out • How to find accessible info - with & without tech, accessible emergency information - shared in social media • Can't see scrolling across TV screens, not everyone uses Facebook or social media/things include pictures that screen readers can't read 	<ul style="list-style-type: none"> • Privacy of information at healthcare facilities • Does HIPPA exist for blind people x2 • Inaccessible online health information x2 • Having to dictate your health history for forms in waiting room • Send you print forms that you have no way to do x2 	<ul style="list-style-type: none"> ❖ Need education for medical staff ❖ Health Device Accessibility

Community Conversation with Blind Community Group (continued)

Selected topic: Transportation	
What is clear/obvious?	Not many healthcare is centrally located
	Covid distancing didn't allow for rides
	need clear sidewalks with no gaps or holes
	too far to drive
	Can't wait in the car
	lack of public transport
	Access to bus stops and clear crosswalks during bad weather
What is not clear/obvious?	schedule is needed when others involved
	if you can't get there you can't get treated
	If you don't drive, you don't have privacy
	Unemployed because of fear of covid
	nobody thinks about us, thinks everyone can drive
	even if have arranged transport sometimes things change
	lousy bus routes
	unable to clear sidewalks
	no cost bus rides = people taking shelter on busses
	people scared to get covid
Root causes	profiling
	people expect everyone else to take care of us
	not my life not in my mind
	Can't wait until last minute when making plans
	those who need transportation considered tax liability
	people have tried to help us but they do not consult us
	People who don't think of others
	Cab system is a monopoly. It is only option for someone that can call to get a ride.
	Not much funds are spent on improving public transportation
	expect you have someone to take care of you
	Homeless people who have no place to be during the day sheltering on the bus
	money for highways is thought to help everyone while money for public transport helps few
	residents need to know assistance is available from city to fix sidewalks
	Not a priority, we are a minority
	people do not know that it is their responsibility to clear sidewalks by 9 am
	self-centered people/politicians

Chinese Community Feedback

Community Survey Results

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

Categorized Responses (n=11)	Percent
Circulatory System	54.6%
Endocrine System	27.3%
Musculoskeletal System	9.1%
Aging	9.1%
Other	9.1%

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

Categorized Responses (n=11)	Percent
Circulatory System	18.2%
Other	18.2%
Nothing	9.1%
Aging	9.1%
Cancer/Neoplasms	9.1%
Infectious Disease	9.1%

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

Categorized Responses (n=11)	Percent
Diabetes	54.6%
Heart Disease (High Blood Pressure, Stroke)	54.6%
Cancer	45.5%
Alcohol, Drugs, and Tobacco Use	27.3%
Challenges Getting Healthy and Affordable Food	27.3%
Getting Enough Exercise	27.3%
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	9.1%
Getting around Town Safely (Driving, Walking, Riding)	9.1%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Lincoln-Lancaster County
Health Department

Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=11)	Percent
Exercise	63.6%
Healthy Diet	45.5%
Other	18.2%
None	9.1%

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

Categorized Responses (n=11)	Percent
Nothing	45.5%
Physical Activity Infrastructure	27.3%
Other	27.3%
Access to Healthy Food	9.1%
Neighborhood Connectedness	9.1%

Community Conversations with Chinese Group

Date and Time: 8/17/2023 (9:30 – 11:30 AM)

Location and Language: Asian Center – Chinese

Attendees: 15 participants (12 females), 2 staff from Asian Center, and 4 staff from LLCHD

Format: The two-hour community conversation included 3 questions about participant's feelings about mental health in their community. The first question asked about what strengths in their community keep them positive. The second question asked about the challenges or weaknesses that make them feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing to be moved forward by community agencies.

STRENGTHS/ASSETS		
<i>Helping Each Other</i>	<i>Family and Friends</i>	<i>Art</i>
<ul style="list-style-type: none"> • Help each other • Learn from each other • Sharing recipes 	<ul style="list-style-type: none"> • Family support • Talk to friend • Use phone or WeChat to talk to friend • People around us are all positive and happy • Party • Regular gatherings • Tea talk • Parties and gatherings 	<ul style="list-style-type: none"> • Singing x3 • Dancing x2 • Thinking about things that can improve your mental health i.e. dance • Art • Study famous paintings • Entertainment • Painting • Photography
<i>Exercise</i>	<i>Healthy Eating</i>	<i>Others</i>
<ul style="list-style-type: none"> • Running/exercise • Doing sports and exercise • Running slowly • Sport • Eat good food 	<ul style="list-style-type: none"> • Plant vegetables x2 • Gardening x3 • Cooking food 	<ul style="list-style-type: none"> • Shopping x2 • Church activities • Learn Bible stories • Travel • Playing with babies • Attending meetings that talk about how to gain knowledge and relieve pressure from mental health practitioner

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



WEAKNESSES/CHALLENGES		
<i>Health</i>	<i>Communication</i>	<i>Resources</i>
<ul style="list-style-type: none"> • Illness x2 • Unhealthy child at home • Finding a doctor and scheduling appointments • Not very safe have had a thief steal from garage • Increased crime and homelessness 	<ul style="list-style-type: none"> • Language barrier x2 • Different culture here x2 • No communication in English so can't speak to people 	<ul style="list-style-type: none"> • Not enough things to do here • Not enough money • Don't know America's pension system • Need education on retirement and Medicare plans
<i>School Aged Child Development</i>	<i>Relationships</i>	<i>Transportation</i>
<ul style="list-style-type: none"> • How to teach kids • Cannot communicate with child's teacher • Teacher won't tell me what child can do better only positives • Cannot communicate with kids 	<ul style="list-style-type: none"> • Hard to make friends with your neighbors • Limiting oneself to family and not concerned for others causes stress and loneliness • No friends because not participating in any groups • Isolated at home • Being away from children • Couples fighting in public could make you depressed sad or lonely • I have stress because of adult kids' issues • Pressure of wife and husband's relationship 	<ul style="list-style-type: none"> • Can't drive x2 • No public transportation • No car

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



OPPORTUNITIES		
<i>Good Communication with LPD to Improve Community Safety</i>	<i>Good Communication with LPS</i>	<i>Mental Health Education and Tools</i>
<ul style="list-style-type: none"> • Being able to communicate with police about concerns • More stations to keep us safe • Police should care more about Asian community – • Education for us on how to be safe and protect our property 	<ul style="list-style-type: none"> • Introducing LPS in Chinese • Flyers and information from LPS available in Chinese 	<ul style="list-style-type: none"> • Trying to be friendly with neighbors • Counseling • Health Dept could hold the educational meetings on mental health to introduce practical tools to relieve stress • Presenting on some topics for education
<i>Education on Services and Resources</i>		
<ul style="list-style-type: none"> • Free English classes • Free clinics • Can we work without a Green card? • Want to know more information from the health department • Need to learn about retirement system • Nutritional education on food that is not too sweet and not too salty • Give us knowledge of helping old person • Bilingual social workers • Chinese/English driving classes • Welfare benefits • Health insurance assistance • Teach us how to order transportation when we need it • Flyer in Chinese from public transportation department • ACCC should have more educational classes about retirement and benefits in Chinese • One person attends educational class and comes back to group to share information they learned 		

Karen Community Feedback

Community Survey Results

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

Categorized Responses (n=51)	Percent
Endocrine System	39.2%
Circulatory System	33.3%
General Health and Other or Unspecified Health	13.7%
Mental, Behavioral and Neurodevelopmental Disorders	7.8%
Respiratory System	7.8%
Infectious & Parasitic Disease	5.9%
Cancer/Neoplasms	5.9%
Other	3.9%
Digestive System	3.9%
Aging	2.0%
Conditions of the Eye and Ear	2.0%

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

Categorized Responses (n=51)	Percent
General Health & Well-being	29.4%
Circulatory System	17.7%
Healthcare Access	7.8%
Mental, Behavioral and Neurodevelopmental Disorders	7.8%
Other	7.8%
Aging	7.8%
Nothing	5.9%
Cancer/Neoplasms	3.9%
Condition or the Eye and Ear	3.9%
Infectious Disease	2.0%
Disability	2.0%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



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

Categorized Responses (n=51)	Percent
Heart Disease (High Blood Pressure, Stroke)	62.7%
Diabetes	60.8%
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	45.1%
Cancer	25.5%
Alcohol, Drugs, and Tobacco Use	23.5%
Getting around Town Safely (Driving, Walking, Riding)	21.6%
Asthma	17.7%
Getting Enough Exercise	15.7%
Challenges Getting Healthy and Affordable Food	11.8%
Other	4.0%

Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=51)	Percent
Exercise	47.1%
Healthy Diet	39.2%
Regular Preventative Care	31.4%
Other	23.5%

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

Categorized Responses (n=51)	Percent
Environment	39.2%
Neighborhood Connectedness	31.4%
Physical Activity Infrastructure	13.74%
Access to Healthy Food	11.8%
Neighborhood Safety	7.8%
Other	7.8%
Access to Healthcare	3.9%
Restricted Access to Drug & Alcohol	3.9%
Traffic Safety	3.9%
Nothing	2.0%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Community Conversation with Karen Group

Date and Time: 7/17/2023 (10:00 – 12:00 PM)

Location and Language: Asian Center – Karenese and Burmese

Attendees: 15 participants (12 females), 3 staff from El Centro, and 4 staff from LLCHD

Format: The two-hour community conversation included 3 questions about participant's feelings about mental health in their community. The first question asked about what strengths in their community keep them positive. The second question asked about the challenges or weaknesses that make them feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing to be moved forward by community agencies.

STRENGTHS/ASSETS		
<i>Healthy Diet</i>	<i>Staying Physically Active</i>	<i>Religious Activities</i>
<ul style="list-style-type: none"> • Eating vegetarian • Cooking 	<ul style="list-style-type: none"> • Gardening x5 • Walking at the park x2 • Outdoor exercise • Being active • Being healthy • Going outside and breathing fresh air 	<ul style="list-style-type: none"> • Listening to spiritual/Gospel music x2 • Listen to music • Reading the Bible • Going to church • Going to the zoo • Reading poetry
<i>Being Positive</i>	<i>Family</i>	
<ul style="list-style-type: none"> • Thinking about the good things • Not thinking too much • Believing my leg will heal • Thinking positively 	<ul style="list-style-type: none"> • Playing with grandkids x3 • Stay and play with family • Going out with family • Go to community meetings • Visiting family/friends when sad • Talking to others • Taking care of family • Having a good community that gives good advice and support • Having relatives 	

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



WEAKNESSES/CHALLENGES		
<i>Worry</i>	<i>Current Health Problems</i>	<i>Instability back Home</i>
<ul style="list-style-type: none"> • Overthinking x2 • Thinking too much makes me overwhelmed about life • Stressed about family and grandkids' health • Worried about my husband who is not health and has surgery in a couple days • I am a burden to my family because they have to pay for everything • Isolation and not seeking friends • Worried about family and grandkids worried they will be hurt or bullied or hurt someone else • Worry about getting into a car accident • Worried about my chronic disease • Worried about my health • Worried about family back home • Worried for my son's safety while traveling 	<ul style="list-style-type: none"> • Current illness x3 • Jaw is hurting and medication is not helping • Having body pains in shoulder, legs, and arms • Didn't get to work for long because my health is not good • Distracted by health problems and unable to do things 	<ul style="list-style-type: none"> • Seeing war in my country and other countries • Lack of safety in home town because of war • Homesick • Domestic violence at home
<i>Language Barrier</i>	<i>Stigma</i>	<i>Others</i>
<ul style="list-style-type: none"> • Language barrier x3 	<ul style="list-style-type: none"> • Hard to talk about mental health because it is taboo - only speak with family 	<ul style="list-style-type: none"> • Family conflicts x2 • Discrimination • Scammers • No job and no income makes me more stressed • Having trouble in job • Not having enough food/food deprivation

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



OPPORTUNITIES		
<i>Improved Community Connections and Safety</i>	<i>Seeking Culturally Sensitive Health Provider</i>	<i>Improved Community Connections and Safety</i>
<ul style="list-style-type: none"> • Having open conversations with family members • Seeking help from family members • Connect with other community members • Communication with neighbors • Get along with your neighbors • Neighborhood connections are needed • Openly speaking about your cancer without shame • Improve safety 	<ul style="list-style-type: none"> • Visit the Karen society x2 • Seeking help from primary doctor • Culturally sensitive health care provider • Seeking health/medication management for chronic diseases in correct language • Have visit from community health worker in my language at home • Having an advocate social worker visiting me • Visit community center • Asian Center visit us and teach us • Coming to class to learn exercise and build relationships 	<ul style="list-style-type: none"> • Friend's encouragement • Seeking help from family members • Exercising and teaching others
<i>Positive Relationships</i>	<i>Others</i>	<i>Open Communication and Cultural/Ethnic Group Relationships</i>
<ul style="list-style-type: none"> • Giving good advice • Being understood • Give love 	<ul style="list-style-type: none"> • Financial support • Faith/beliefs in religion • Travel/visit home country • Manage health to be able to visit home 	<ul style="list-style-type: none"> • Welcome others with open arms • Learning English and being healthy

LGBTQ+ Community Feedback

Community Survey Results

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

Categorized Responses (n=84)	Percent
Infectious & Parasitic Disease	23.8%
Mental, Behavioral and Neurodevelopmental Disorders	15.5%
Nothing	8.3%
General Health and Other or Unspecified Health	7.1%
Musculoskeletal System	5.9%
Other	5.9%
Nervous System	5.9%
Surgery or Other Medical Treatment/Procedure without Specified Cause	5.9%
Injury, Poisoning & Certain Other Consequences of External Causes	5.9%
Endocrine System	4.8%
Circulatory System	3.6%
Cancer/Neoplasms	3.6%
Digestive System	3.6%
Respiratory System	2.4%
Aging	2.4%
Conditions of the Eye and Ear	2.4%
OB/GYN	2.0%
Healthcare Access	1.2%
Disability	1.2%

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

Categorized Responses (n=84)	Percent
Healthcare Access	46.4%
Mental, Behavioral and Neurodevelopmental Disorders	15.5%
General Health & Well-being	9.5%
Nothing	9.5%
Other	5.9%
Infectious Disease	4.8%
Aging	3.6%
Circulatory System	2.4%
Cancer/Neoplasms	2.4%
Disability	2.4%
Environment	1.2%
Support	1.2%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



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

Categorized Responses (n=84)	Percent
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	91.7%
Challenges Getting Healthy and Affordable Food	40.5%
Getting around Town Safely (Driving, Walking, Riding)	36.9%
Alcohol, Drugs, and Tobacco Use	28.6%
Getting Enough Exercise	27.4%
Heart Disease (High Blood Pressure, Stroke)	23.8%
Diabetes	14.3%
Cancer	11.9%
Other	12.0%
Asthma	8.3%

Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=84)	Percent
Exercise	64.3%
Healthy Diet	29.8%
Other	16.7%
Reducing Exposure to Risk Factor	5.9%
Regular Preventative Care	5.9%
None	4.8%

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

Categorized Responses (n=84)	Percent
Physical Activity Infrastructure	28.6%
Neighborhood Safety	15.5%
Other	15.5%
Nothing	15.5%
Access to Healthy Food	11.9%
Access to Healthcare	10.7%
Neighborhood Connectedness	7.1%
Traffic Safety	5.9%
Environment	4.8%
Don't Know	1.2%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



First Community Conversations with LGBTQ+ Group

Date and Time: 5/9/2024 (5-7 PM)

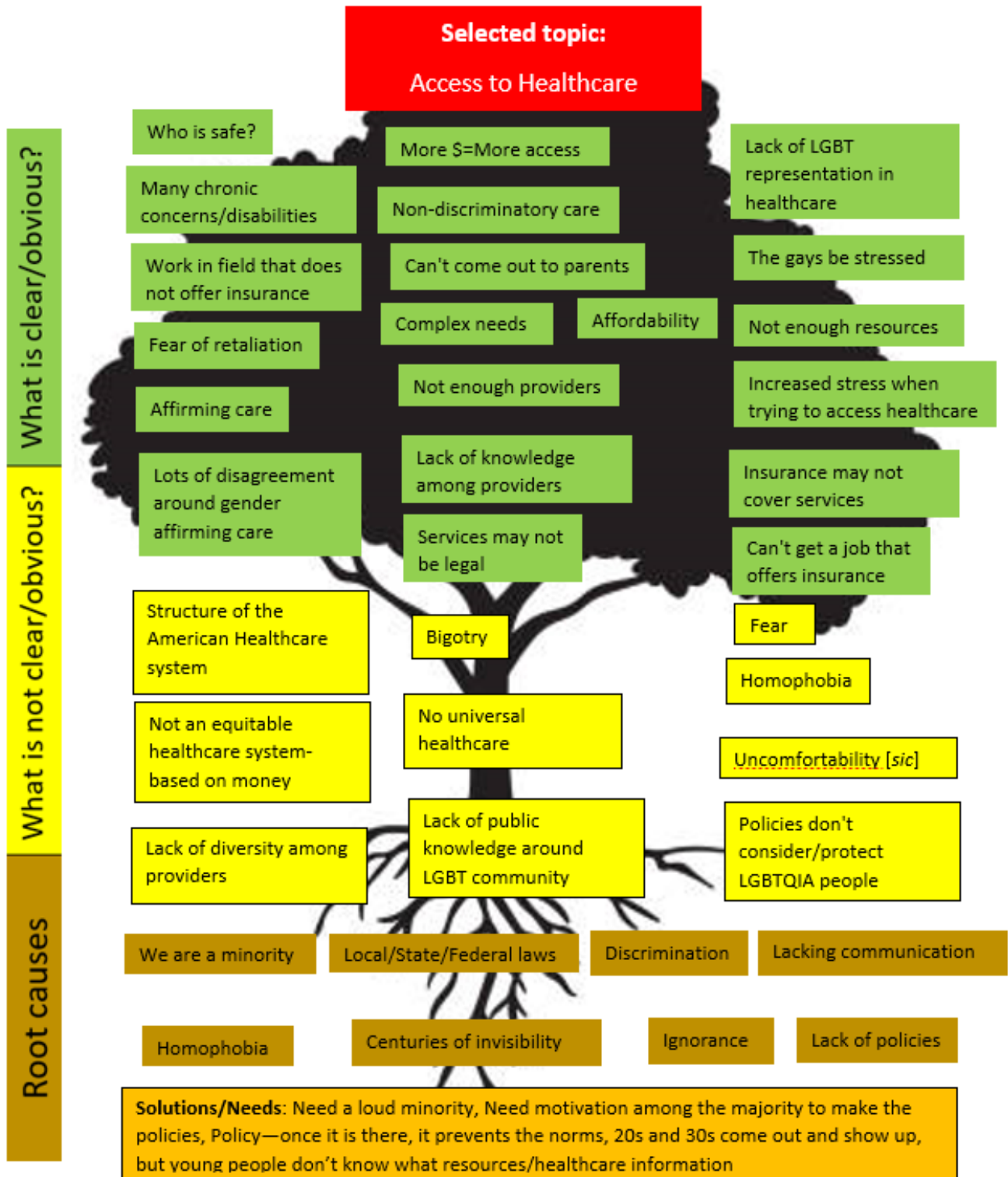
Location and Language: Bess Dodson Walt Branch Library – English

Attendees: 8 community members and 3 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.

Access to Healthcare (6 votes)	Affirmation of identity (2 votes)	Personal Safety
<ul style="list-style-type: none"> • Access to free/low-cost services • Availability of trans healthcare • Knowing where to go for mental healthcare services • Cost prohibitive healthcare • \$ for gender affirming meds • Gender affirming care • Finding safe providers • Preventative HIV medication • Safe space primary care • Having enough staffing resources • Need motivation among the majority to make the policy • Young people don't seem to know about resources or healthcare information • Socially-not worthy of healthcare • Education 	<ul style="list-style-type: none"> • Struggling with fitting into LGBT community • Losing friends/family • Acceptance from others 	<ul style="list-style-type: none"> • Safety x2 • Not being hired • Governmental discrimination • Victim resources • Harassment
	Sexual Health	Mental Health challenges
	<ul style="list-style-type: none"> • Sex education • Sexual health • STDs 	<ul style="list-style-type: none"> • Mental health x4 • Internalized homophobia • Mental health options • Governmental discrimination
Senior Care	Family Planning	Access to safe, inclusive education
<ul style="list-style-type: none"> • Older adult aid • Senior care - caretaking partner • Long-term/Senior care 	<ul style="list-style-type: none"> • Reproductive technology access • Challenges for same sex couples having children 	<ul style="list-style-type: none"> • Lack of education (in schools) about LGBTQIA+ • Support for queer students and teachers • Title IX protections

First Community Conversations with LGBTQ+ Group (continued)



2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Second Community Conversation with LGBTQ+ Group

Date and Time: 5/18/2024 (1-3 PM)

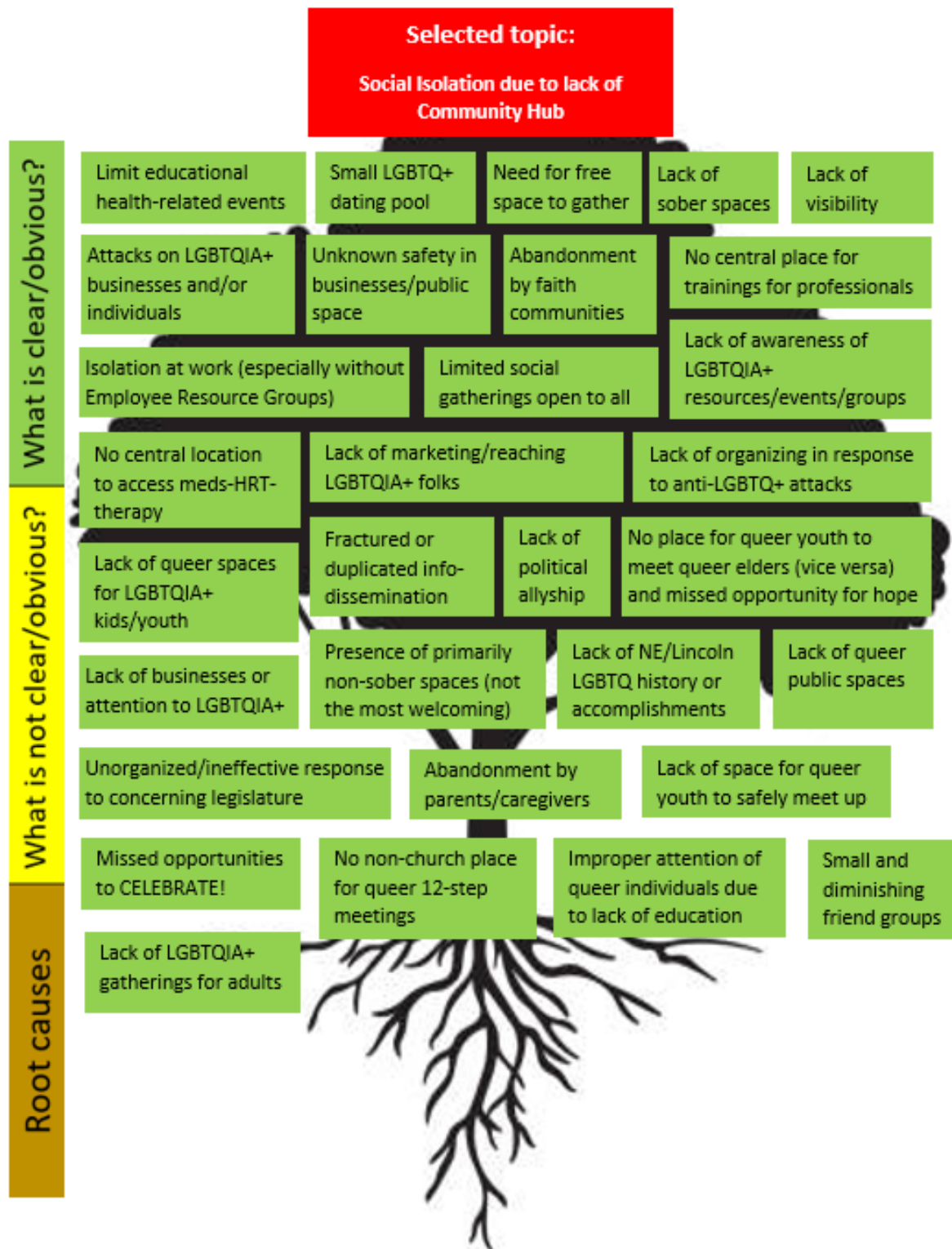
Location and Language: Charles Gere Branch Library – English

Attendees: 6 community members and 3 staff from LLCHD

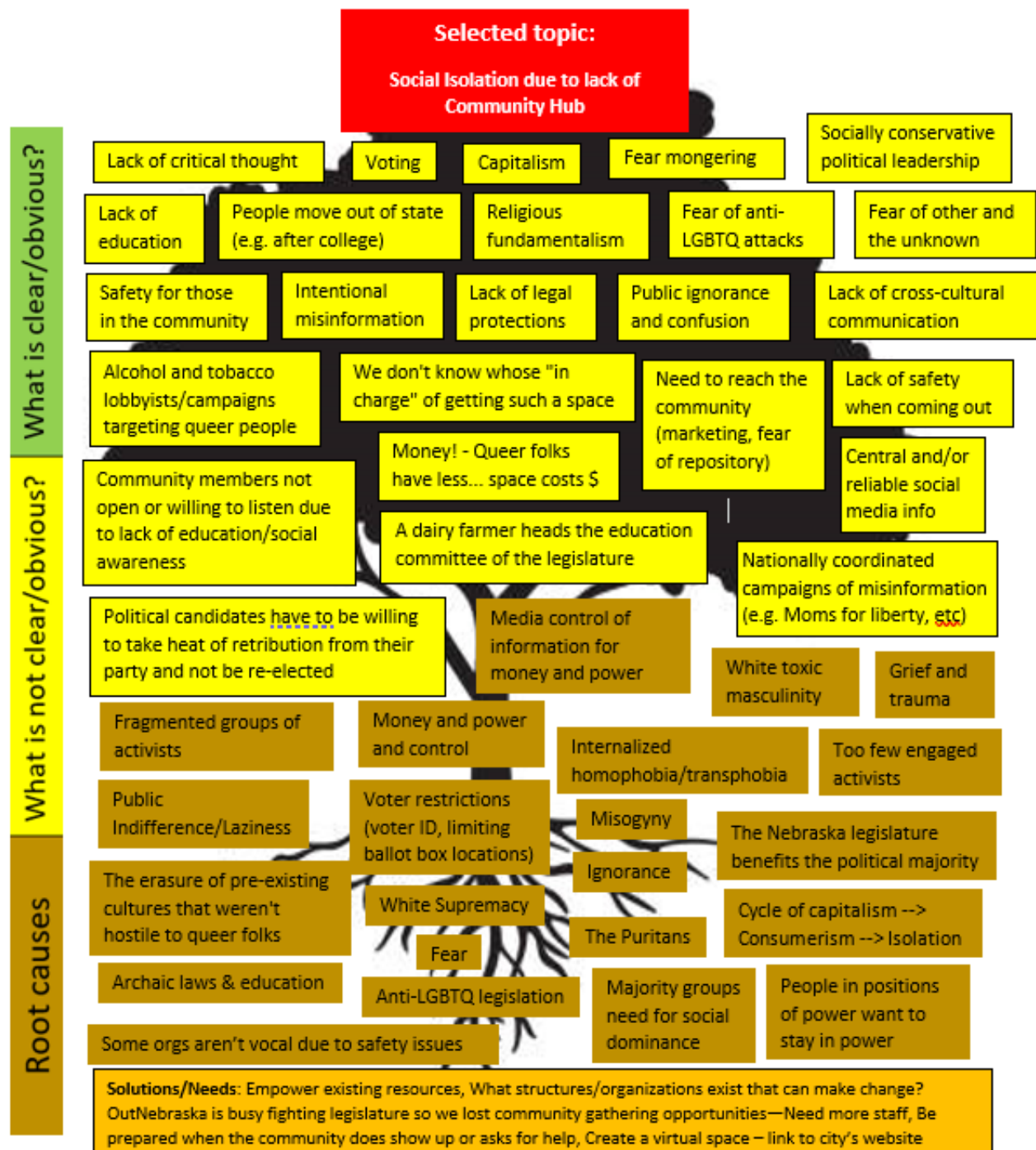
Format: The two-hour community conversation was divided into two parts. During the first hour, participants were asked to share what is negatively influencing health in their community. All responses were written on note cards, discussed, categorized, and each category was given a name. Participants 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.

Social Isolation due to lack of Community Hub (5 votes)	Hostility (4 votes)	Professional Education (3 votes)
<ul style="list-style-type: none"> Lack of community gathering spaces Lack of physical spaces for community building that are not bars 	<ul style="list-style-type: none"> Safety from police and politics Safety in our Lincoln community Stress of anti-trans legislation (psychological stress of discriminatory legislation) Job safety and opportunity Religious-based prejudice Different safety considerations for LGBTQ+ persons of color 	<ul style="list-style-type: none"> Knowledge of updated prep guidance Education in different languages for healthcare Healthcare education and inclusion for medical professionals Best practices for medical professionals-educators-cops
	Access to healthcare <ul style="list-style-type: none"> Accessible meds Access to trans affirming medical professionals Queer elder access to resources Access to gender affirming care 	Public Education <ul style="list-style-type: none"> Lack of public understanding causes stress and feels unsafe Continuous education Continuous education in schools and community
Lack of Legislative Protection	Severity of Mental Health Concerns	Targeting LGBTQ+ Youth
<ul style="list-style-type: none"> Gender-affirming laws (especially for trans youth) Representation in politics in Lincoln community 	<ul style="list-style-type: none"> Access to therapy Suicidality, Mental health-therapy-meds Mental health access + support Disproportionate representation with alcoholism-addiction-substance misuse disorder 	<ul style="list-style-type: none"> Care for our LGBTQ+ youth (access to bathrooms, safety, inclusion) Youth being reached-safe-included? LGBTQ+ youth are a very vulnerable subset of an already vulnerable population

Second Community Conversations with LGBTQ+ Group (continued)



Second Community Conversations with LGBTQ+ Group (continued)



Middle Eastern Community Feedback

Community Survey Results

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

Categorized Responses (n=10)	Percent
Circulatory System	20.0%
Nothing	20.0%
Endocrine System	20.0%
General Health and Other or Unspecified Health	20.0%
Musculoskeletal System	20.0%
Infectious & Parasitic Disease	10.0%
Mental, Behavioral and Neurodevelopmental Disorders	10.0%

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

Categorized Responses (n=10)	Percent
General Health & Well-being	60.0%
Nothing	10.0%
Circulatory System	10.0%
Cancer/Neoplasms	10.0%
Infectious Disease	10.0%
Musculoskeletal System	10.0%

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

Categorized Responses (n=10)	Percent
Cancer	60.0%
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	50.0%
Diabetes	30.0%
Alcohol, Drugs, and Tobacco Use	20.0%
Challenges Getting Healthy and Affordable Food	20.0%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=10)	Percent
Healthy Diet	70.0%
Exercise	60.0%
Regular Preventative Care	30.0%
Reducing Exposure to Risk Factor	10.0%

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

Categorized Responses (n=10)	Percent
Environment	70.0%
Physical Activity Infrastructure	20.0%
Neighborhood Safety	10.0%
Nothing	10.0%

First Community Conversation with Middle Eastern Women

Date and Time: 8/18/2023 (11 AM – 1 PM)

Location and Language: Good Neighbor Community Center – Arabic

Attendees: 13 women (originally from Iraq, Egypt, Morocco, and Jordan), 2 staff from Good Neighbor, and 4 staff from LLCHD

Format: The two-hour community conversation included 3 questions about participant's feeling about mental health in their community. The first question asked about what strengths in their community keeps them positive. The second question asked about the challenges or weaknesses that make more feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing in their opinion to be moved forward by community agencies.

STRENGTHS/ASSETS		
<i>Social Connections</i>	<i>Raising children right</i>	<i>Safety</i>
<ul style="list-style-type: none"> • Having best friends • Helping others • Loving others • Friendship with each other • Free family awareness and education sessions • Visiting with friends 	<ul style="list-style-type: none"> • Being able to raise kids in a good way with good awareness • Encouraging kids to be successful and meet all their needs 	<ul style="list-style-type: none"> • Safety
<i>Good Neighbor</i>	<i>Exercise</i>	<i>Miscellaneous</i>
<ul style="list-style-type: none"> • Friday classes at Good Neighbor Center 	<ul style="list-style-type: none"> • Gym/exercise 	<ul style="list-style-type: none"> • Being a good believer • Getting away from bad news • General awareness about the good things we have and appreciation for them • Picture albums to remember

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



WEAKNESSES/CHALLENGES		
<i>Low Income and Employment</i>	<i>English Language Barrier</i>	<i>Fun things to do</i>
<ul style="list-style-type: none"> • Lack of enough income for living, lack of self-confidence • I hope we have free college to get a good education • Constant thinking to make the needs and all the basics for life available • Not being able to find a job that will fit my skills • Rent and living expenses-all life expenses are really high 	<ul style="list-style-type: none"> • Lack of English language skills • Language barrier • I don't have a way to communicate with my neighbors due to language issues • Public transportation is an issue-especially when you are lacking English language skills • Some hardships with English language skills 	<ul style="list-style-type: none"> • Need fun places because Lincoln lacks gathering places where people can meet and communicate and socialize-especially during winter • Lack of fun places and especially at night which causes boredom because we work all day and we just sleep at night-which causes mental stress • Lincoln sleeps very early at night and there are not fun places for families
<i>Being Away from Family</i>	<i>Raising Kids</i>	<i>Miscellaneous</i>
<ul style="list-style-type: none"> • Our families are far away and it is hard to go back and visit due to expensive air fare • Being away from families and friends • Home sick • Don't know how to drive • Being away from family • Live by myself and am lonely • Not being fully settled and stable in many ways • Being away from home • Living away from home • Missing our families back home • Being away from home • Being away from home and away from family and children • Home sick and thinking about the future • Missing loved ones-especially those who passed away 	<ul style="list-style-type: none"> • Being responsible to raise my kids puts more stress on my shoulders • Thinking a lot about my kids' future • Constantly thinking about my kids' future • Constantly thinking and anxiety about the future 	<ul style="list-style-type: none"> • Dental care and coverage is very limited in Lincoln • Not having driver's license • Have some physical health issues • No time to visit friends or see them because everyone is working • Lack of free life skills classes to live in the USA • Kids don't listen-especially when husband is sick • Everything is good-except mental health for me because my husband was in an accident and this is God's will but it still affects me

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



OPPORTUNITIES		
<i>Health Coverage (5 votes)</i>	<i>Community Safety (3 votes)</i>	<i>Financial Assistance/Free or Reduced</i>
<ul style="list-style-type: none"> • Medication costs are too high • More money for dental/Medicare, Medicaid to cover more medications • Free or reduced clinics and affordable doctors • Enough Medicaid for everyone- that would make public health better 	<ul style="list-style-type: none"> • Don't feel safe • Help homeless people because they may intimidate the community if not helped • More police presence • Discrimination • Physical activities in general and walking can keep us fit and reduce mental health stress 	<ul style="list-style-type: none"> • Solve high priced living expenses including gasoline • Better wages for all workers • Make fun places available with affordable prices for all, family clubs for fun x3 • Businesses close too early in Lincoln • Presents and awards from time to time • Going back home and being able to recite Quran and meet with family and friends • Having gym available for all • Provide more living allowance for families • Money • Have work and jobs available for all • Free cultural awareness session throughout the community
Educational Needs		
<ul style="list-style-type: none"> • Learning new skills • Affordable driving classes x2 • Sewing classes • More hobby places to teach floral and crochet and knitting • New skills like flower sorting and sewing classes • Swimming classes • Affordable gym and teach us how to use gym equipment • Swimming pool • Swimming pool for women and girls x3 • Special places for physical activities just for ladies • Affordable places for fun because most in Lincoln are pricey • More education sessions like the Community Conversation session • More Arabic schools • Arabic clubs and places for gatherings 	<ul style="list-style-type: none"> • Driving classes • Help people be independent and blend into community so they can be off welfare and be good citizens for the community and be proud of themselves • Age-appropriate centers for better life skills for everyone • Learning English language • Dancing and Zumba classes for women • Teach kids how to write-speak-and communicate in Arabic so that language isn't lost • Be determined • Establish Arabic skills for learning Arabic • More mosques • Healthy diet for all ages-especially from 10 to 50 years old • Focus on mental health awareness at school Coaches to help people be free of any fear and blend into the community 	

Second Community Conversation with Middle Eastern Women

Date and Time: 8/25/2023 (11:30 – 1:30 PM)

Location and Language: Good Neighbor Community Center – Arabic

Attendees: 17 female participants, 2 staff from Good Neighbor, and 3 staff from LLCHD

Format: The two-hour community conversation included 3 questions about participant's feelings about mental health in their community. The first question asked about what strengths in their community keep them positive. The second question asked about the challenges or weaknesses that make them feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing to be moved forward by community agencies.

STRENGTHS/ASSETS		
<i>Religion</i>	<i>Exercise and Sport</i>	<i>Cooking and Cleaning</i>
<ul style="list-style-type: none"> • Recite Quran and pray x3 • Being religious • Keeping good relationship with Allah • Praying and reading lots of religious books • All my religious values • Keeping all the values up 	<ul style="list-style-type: none"> • Playing sports x2 • Being physically active for sports • Walking and being physically active helps with all of my stress • Walk at least half an hour each day and fresh air helps • Exercise everyday for at least 5 minutes with a smile • Walking 	<ul style="list-style-type: none"> • I enjoy cooking • I like to clean my house and cook • Cooking and cleaning around my house
<i>Social Connections</i>		<i>Miscellaneous</i>
<ul style="list-style-type: none"> • Being family oriented and having good relationships with them x4 • Good social bonds with family x2 • Family trips • Find help when I need it by asking friends • Visiting friends and discussing my issues with them • Calling my family back home • Waiting for Friday to go to Good Neighbor Center • Gather with my friends • Calling my family everyday • I have good relationship with my family including constantly calling them back home • Going out with my friends to visit fun places • Taking care of my family and kids • Gather with my family • Call my family x2 • Good relationship with my family including love and respect 		<ul style="list-style-type: none"> • Shopping x3 • Following instructions, especially regarding health • Try to keep good things from my culture and learn new good things from America • Sleep • Surf the internet • Reading books and watching Youtube videos about human development • Reading

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



WEAKNESSES/CHALLENGES		
<i>English Language Barrier</i>	<i>Cultural Differences</i>	<i>Problems Back Home</i>
<ul style="list-style-type: none"> • Language • Learning English language • Different languages between my mother tongue and English • Being sick • Being sick makes me unable to learn English • Having difficulties teaching my kids to read and write Arabic • Not being able to speak English properly 	<ul style="list-style-type: none"> • LGBTQ makes me worried about my generation • The new things about LGBTQ makes me worried for my kids because it is against our values • Cultural differences and how to teach my kids the differences between them • Cultural differences between me and my kids • Not being very flexible the way we have been raised makes it very difficult to adapt and cope with new culture • Cultural differences 	<ul style="list-style-type: none"> • Lack of safety and security back home and constantly thinking of my family because of that • We have health issues back home because the healthcare system is almost broken from war • Thinking a lot about my kids and my grandkids' future, especially with the different culture here
<i>Immigration Process</i>	<i>Home Sick</i>	<i>Miscellaneous</i>
<ul style="list-style-type: none"> • Difficulties around immigration issues • Being sick makes it hard to concentrate so I was not able to pass my test for naturalization • Unable to get my immigration process going 	<ul style="list-style-type: none"> • Missing my family back home x3 • Lack of family fun places in Lincoln • Being away from family and relatives and missing all of the family occasions going on there • Being away from my family • Constantly thinking about traditions and customs • Difficulties keeping my family together • Constantly thinking about my family back home • Being away from my family and kids • Feeling lonely and the lack of community gatherings makes me miss my family back home a lot • Home sick x3 • My dad died 	<ul style="list-style-type: none"> • Unable to buy healthy food because prices are up • Male dominant environment • Not being able to depend on myself due to difficulties of living here in the US and the big changes that happen in my life

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



OPPORTUNITIES		
<i>Family Recreation Center with Accommodation (12 votes)</i>	<i>Affordable Immigration System (4 votes)</i>	<i>Fun Traveling and Affordable Activities (1 vote)</i>
<ul style="list-style-type: none"> • Open special gym for families • Open gym specifically for women • Gym for women • Affordable gym for women • Swimming classes • Special sports center for women • Special swimming pools for women x3 • Affordable sports center • Specific sports center just for ladies • Gym with daycare and cafeteria 	<ul style="list-style-type: none"> • Ease the process for US citizenship • Make immigration process easy • Free lawyers • Make the immigration process easy for people for everyone who needs to help obtaining US citizenship • Assistance and accommodations for citizenship • Looking for USCIS representative to meet with our community for questions and answers • Looking to become familiar with all laws that are here in the US as much as possible 	<ul style="list-style-type: none"> • Meeting with friends and families at fun events • Provide some support with air fair for traveling • Reduced or free, fun field trips • Fun places • Help families with air fares to visit their family and reduce mental health stress • Affordable bus passes • Being able to make family and community gatherings if we have fun places • Affordable family trips • More evening activities • More socialization and tourism • Year round fairs, like the county fair • Finding fun places to visit in Lincoln and being familiar with museums and malls available in the community
<i>Free Driving Classes (1 vote)</i>	<i>Healthy Lifestyle</i>	<i>Family Arabic Classes</i>
<ul style="list-style-type: none"> • Free driving classes x3 • Would like to learn how to drive • Looking to learn how to drive • Assistance with helping my community on how to drive properly 	<ul style="list-style-type: none"> • The most important thing is being religious and being healthy and comfortable • More health food education 	<ul style="list-style-type: none"> • More Arabic language curriculum • Classes for Arabic families • Create special education sessions for Arabs • Figure out or open special center for kids during summer when school is out to help kids learn Arabic and cultural values including the Quran • Add Arabic into public school curriculum if possible
Conversational English		
<ul style="list-style-type: none"> • Learning English in a way that makes me good in conversation x4 • English language classes x4 • Work and being active to improve my English language • Improving my English skills 	<ul style="list-style-type: none"> • Learning English helps me get out of prison of feeling I can't communicate with my neighbor • Free English language classes • Work and being active to improve my English language 	<ul style="list-style-type: none"> • Teach parents how to communicate in English and teach kids how to communicate in Arabic • Learn English conversation more than just learning the grammar

Community Conversation with Middle Eastern Men

Date and Time: 8/24/2023 (11:00 – 1:00 PM)

Location and Language: Good Neighbor – Arabic

Attendees: 12 men (originally from Iraq and Iran), 2 staff from Good Neighbor, and 3 staff from LLCHD

Format: The two-hour community conversation included 3 questions about participant's feelings about mental health in their community. The first question asked about what strengths in their community keep them positive. The second question asked about the challenges or weaknesses that make them feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing to be moved forward by community agencies.

STRENGTHS/ASSETS		
<i>Social Connections</i>	<i>Work Force Here</i>	<i>Traditions and Customs</i>
<ul style="list-style-type: none"> • Participate in social occasions including weddings and funerals • Communicate with each other, though not as much as when we were back home • Communicate with each other at gatherings, phone calls, and social media • Family gatherings • Social connections • Social connections and being more religious and bound by our values helps us keep tied in order to face changes happening in US society right now 	<ul style="list-style-type: none"> • Work and time has value in US • There is time for working here in US • Easily find a job for whoever is looking for it 	<ul style="list-style-type: none"> • Traditions and customs and family bonds with each other • Traditions and customs coming from our own culture • Being family oriented • Traditions and customs

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



WEAKNESSES/CHALLENGES		
<i>Home Sickness and Immigration Issues</i>	<i>Raising Kids</i>	<i>Cultural Differences Here</i>
<ul style="list-style-type: none"> • All the problems going on in my home country have a big contribution to my mental stress and makes me unstable and trouble thinking and concentrating here • Home sick, especially after all my attempts to have my family join me here in US have been postponed and are not going so well • Our community here in Lincoln does not have constant communications and gatherings due to being busy with work and having a fast-paced life • Not able to find any response from immigration services regarding my green card after two years of my application 	<ul style="list-style-type: none"> • Constantly thinking about my kids' future x2 • Not finding enough time for my family because I'm at work all day • Being away from my family and constantly thinking about them, I wish we were all together under one roof • Being home sick and missing family back home • I'm worried that my family will be misplaced because of high family expenses we are facing • Not being able to control my kids • Family is misplaced with each group in different area • Not finding enough time for family and friends • My family is misplaced and I have a hard time communicating with them 	<ul style="list-style-type: none"> • Concerned about LGBTQ being introduced in the schools • Regarding the new public school curriculum, I have concern for introducing the concept of gender freedom • In the past, we considered LGBTQ a mental health issue but now it is being accepted in our generation • Not finding a job because of my English language barrier • Middle Eastern customs and traditions are sometimes unacceptable in US society
<i>Health Insurance and Cost</i>	<i>Legal Understanding</i>	<i>Miscellaneous</i>
<ul style="list-style-type: none"> • Health insurance does not cover dental and eyes • Health insurance is not enough and I always get notifications that my Medicaid will be stopped 	<ul style="list-style-type: none"> • Afraid because I don't understand all of the laws and I may break them unintentionally 	<ul style="list-style-type: none"> • Financially unstable • Scared of street drugs • Find good ways to unite all the Arabic community and the people who are coming here from the Middle East

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



OPPORTUNITIES		
<i>Access to Immigration Representatives (6 votes)</i>	<i>Family protections laws and community representation (4 votes)</i>	<i>Affordable Healthcare coverage (1 vote)</i>
<ul style="list-style-type: none"> • We would like a representative from Immigration meet with our community for questions and answers regarding process at least once per month in Lincoln with Arabic interpreter • Speed up process for families immigrating to come over x2 • If I have my permanent residency as soon as possible for myself and family members, all of my issues would be solved • Being able to get immigration process for my family quicker that would help a lot • Assistance with immigration process • Easing the process for immigration because that would absorb a lot of the stress 	<ul style="list-style-type: none"> • Respect Arabic family traditions and customs • Create special committee to communicate between our community and the local officials to discuss all the laws that do not go along with our values • Looking for a law that can go along with our traditional values • Law that can help families get together more • Survey and questionnaire for the whole community to represent all the community within our Arabic group 	<ul style="list-style-type: none"> • Health insurance and securing Medicaid • Health insurance • Having enough help in the process of obtaining Medicaid • Finding dental insurance • Health insurance is very important • Parents cannot help young adult children with mental healthcare or medical care due to HIPAA privacy • Health insurance for adult kids who are not working
<i>Middle-Eastern Culture/Sports Center</i>	<i>Appropriate Job Opportunities</i>	<i>Affordable and Accessible Bilingual Education</i>
<ul style="list-style-type: none"> • Special sport events just for women • Establish social center for all communities that can create social and sport and fun events for all Middle Eastern families 	<ul style="list-style-type: none"> • Secure appropriate jobs for each individual according to their health status • Create listening sessions with local officials to hear all the problems our community has • Finding appropriate jobs for people who have communication issues in English • Finding enough jobs 	<ul style="list-style-type: none"> • We must stand up for ourselves and vote to help the community • Speaking English well helps with my mental health • Education in English only is not accessible and we need Arabic language resources • Lack of English classes • Lack of affordable education • Encourage kids and help them obtain their diplomas • We need to teach our kids to volunteer more and teach others English

Spanish speaking Community Feedback

Community Survey Results – Spanish Speakers from Mexico

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

Categorized Responses (n=11)	Percent
Infectious & Parasitic Disease	27.3%
Nothing	18.2%
Cancer/Neoplasms	18.2%
Endocrine System	9.1%
Mental, Behavioral and Neurodevelopmental Disorders	9.1%
Musculoskeletal System	9.1%
Other	9.1%
Respiratory System	9.1%
Conditions of the Eye and Ear	9.1%

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

Categorized Responses (n=11)	Percent
Healthcare Access	36.4%
General Health & Well-being	36.4%
Circulatory System	9.1%
Other	9.1%

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

Categorized Responses (n=11)	Percent
Alcohol, Drugs, and Tobacco Use	63.6%
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	54.5%
Getting around Town Safely (Driving, Walking, Riding)	45.5%
Cancer	36.4%
Challenges Getting Healthy and Affordable Food	27.3%
Diabetes	18.2%
Asthma	18.2%
Heart Disease (High Blood Pressure, Stroke)	18.2%
Getting Enough Exercise	9.1%
Other	9.1%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=11)	Percent
Exercise	72.7%
Healthy Diet	63.6%
Other	9.1%

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

Categorized Responses (n=11)	Percent
Other	54.5%
Physical Activity Infrastructure	18.2%
Neighborhood Connectedness	9.1%

Community Survey Results – Spanish Speakers from Other Countries

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

Categorized Responses (n=31)	Percent
Infectious & Parasitic Disease	19.4%
Nothing	19.4%
Mental, Behavioral and Neurodevelopmental Disorders	16.1%
Circulatory System	9.7%
Endocrine System	6.5%
General Health and Other or Unspecified Health	6.5%
Respiratory System	6.5%
Conditions of the Eye and Ear	6.5%
Cancer/Neoplasms	3.2%
Musculoskeletal System	3.2%
Digestive System	3.2%

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

Categorized Responses (n=31)	Percent
Healthcare Access	38.7%
General Health & Well-being	19.4%
Nothing	12.9%
Mental, Behavioral and Neurodevelopmental Disorders	12.9%
Infectious Disease	6.5%
Circulatory System	3.2%
Cancer/Neoplasms	3.2%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



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

Categorized Responses (n=31)	Percent
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	71.0%
Diabetes	45.2%
Alcohol, Drugs, and Tobacco Use	41.9%
Cancer	35.5%
Heart Disease (High Blood Pressure, Stroke)	32.3%
Other	19.0%
Challenges Getting Healthy and Affordable Food	16.1%
Getting Enough Exercise	12.9%
Asthma	6.5%
Getting around Town Safely (Driving, Walking, Riding)	6.5%

Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=31)	Percent
Healthy Diet	54.8%
Exercise	48.4%
None	9.7%
Reducing Exposure to Risk Factor	6.5%
Regular Preventative Care	6.5%
Other	3.2%

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

Categorized Responses (n=31)	Percent
Restricted Access to Drug & Alcohol	41.9%
Physical Activity Infrastructure	29.0%
Nothing	12.9%
Neighborhood Safety	6.5%
Access to Healthy Food	3.2%
Access to Healthcare	3.2%
Neighborhood Connectedness	3.2%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



First Community Conversation with Spanish Speakers

Date and Time: 7/24/2023 (12:30 – 2:30 PM)

Location and Language: El Centro de las Americas – Spanish

Attendees: 15 participants (12 females), 2 staff from El Centro, and 4 staff from LLCHD

Format: The two-hour community conversation included 3 questions about participant’s feelings about mental health in their community. The first question asked about what strengths in their community keep them positive. The second question asked about the challenges or weaknesses that make them feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing to be moved forward by community agencies.

STRENGTHS/ASSETS		
<i>Self-Care</i>	<i>Community Resources</i>	<i>Support for Children and Teens</i>
<ul style="list-style-type: none"> • Take a bath • Eat healthy x2 • Eat a variety of fruits and vegetables • Be thankful to God every day 	<ul style="list-style-type: none"> • Support groups for women and moms • Support groups • Access to counseling and therapy • Organizations that support mental health • Support for parents who are child rearing and education for low-income families • Psychological counseling • Community events with information about mental health resources • I like to visit a lot of countries • Going to the gym • Going shopping 	<ul style="list-style-type: none"> • Psychology for the youth • Orientation for how to raise children • Workshops on values for parents and children • Easy access to childcare/daycare
<i>Recreational Activities in the family</i>		
<ul style="list-style-type: none"> • Going for a walk • Going for walks • Walking to avoid diseases • Going to the park • Walking in the park x2 • Playing soccer • Going outside to distract myself • Window shopping • Visiting new places 	<ul style="list-style-type: none"> • Talking to my mom spend time with positive people • Visit with family • Spending time with friends • Feeling comfortable • Talking to my family • Talking to my family • Talking to friends • Spend time with family 	

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



WEAKNESSES/CHALLENGES		
<i>Home Sickness and Lack of Sense of Belonging</i>	<i>Financial Difficulties</i>	<i>Health and Healthcare Issues</i>
<ul style="list-style-type: none"> • Feeling lonely without relatives • We feel alone without family • Not having my family here • Not being able to find people to connect with is one of the greatest challenges 	<ul style="list-style-type: none"> • Lack of financial resources to pay for health services • Disregard of tenant complaints • Difficulty finding housing • Being disadvantaged about community services • Financial aid • Educational resources and resources in general • Lack of information on educational and community resources 	<ul style="list-style-type: none"> • High cost of medical services • Difficulty with poor patient services • Diabetes and health problems • When kids get sick
<i>Racism and Language Barrier</i>		<i>Others</i>
<ul style="list-style-type: none"> • People telling you to speak English since you are in America • Not being in the conversation for not speaking English • Not being eligible to work at places because I speak Spanish • Never make fun of someone who speaks broken English, it means you can speak another language • Discrimination • Racism • Lack of respect for us • Rejection from people because we don't speak English • When someone ignores you because we don't understand the language • Problems with communicating/language • Discrimination in public places • Lack of interest of some doctors towards our people 		<ul style="list-style-type: none"> • Lack of communication within the family • Lack of hygiene in common spaces outside of apartment

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



OPPORTUNITIES		
<i>Information and Resources</i>	<i>Living in Community</i>	<i>Cultural Integration</i>
<ul style="list-style-type: none"> • Support group to develop social skills and other skills • More unity and support among individuals dealing with the same mental health problem • Support for family members and the communities dealing with mental illness • Explore your beliefs about the meaning and purpose of life • I appreciate and am grateful for the mental health group that we have in our community • Hope support group for women at the asian center • Women united support group at voices of hope and el centro • Information and resources about self care • Provide resources to access quality psychological help regardless of income- especially low income individuals • Learn about self care and self awareness • Provide information about mental health and how we can achieve it • Support groups for moms with more spaces • Affordable medical services • Better health plans 	<ul style="list-style-type: none"> • Find ways to get involved with your community and neighborhood • Volunteer for a local organization or join a group that is focused on a hobby you enjoy, host events, get together, and use them as distractions for the mind, • Talk to each other and check on each other to see how they feel • Start programs about different topics to distract people • Have the opportunity to have my family with me 	<ul style="list-style-type: none"> • Campaigns to create consciousness about racism and how it affects people • Billboards against racism • Have the opportunity to have my family with me • Programs to promote cultural integration • Gatherings or groups where people of different cultures can get to know each other
<i>Access to Public Announcements</i>		<i>Clean and Safe Housing</i>
<ul style="list-style-type: none"> • Promote integration with public services/emergency services so we know what to do in a crisis • Healthy environments outside and indoors, in public spaces and in home 		<ul style="list-style-type: none"> • Clean and Safe housing for everyone

Second Community Conversation with Spanish Speakers

Date and Time: 7/27/2023 (12:30 – 2:30 PM)

Location and Language: El Centro de las Americas – Spanish

Attendees: 12 participants (10 females), 2 staff from El Centro, and 3 staff from LLCHD

Format: The two-hour community conversation included 3 questions about participant's feelings about mental health in their community. The first question asked about what strengths in their community keep them positive. The second question asked about the challenges or weaknesses that make them feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing to be moved forward by community agencies.

STRENGTHS/ASSETS		
<i>Relationships</i>	<i>Community</i>	<i>Others</i>
<ul style="list-style-type: none"> • Support groups • Being with family • Having good relationships • Family unity • Seeing your family doing well • Participating in family meetings 	<ul style="list-style-type: none"> • Library • Schools • Getting to know your neighbors x2 • Church x2 • Knowing the services el centro provides • Parks x2 • Walking in the park • We can be heard 	<ul style="list-style-type: none"> • Legal assistance • Help each other • To live in a safe place • Have access to enough food • Having individual goals • Getting involved • Therapists

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



WEAKNESSES/CHALLENGES		
<i>Being a New Immigrant</i>	<i>Finances</i>	<i>Information/Education</i>
<ul style="list-style-type: none"> • Lack of legal status • Immigration problems • Being separated and away from family • Isolation • Being separated from parents and siblings • Living in a foreign country • Being a new person in the community 	<ul style="list-style-type: none"> • No job • Expensive food • High cost of the food • Dental services are unaffordable • Insurance coverage for mental health • Medical bills 	<ul style="list-style-type: none"> • Little importance of parenting to men • Education on mental health issues • Not being familiar with all the assistance programs • Little information on the effects of drugs • Education for adults about the use and danger of technology
<i>Racial Discrimination</i>	<i>Language Barrier</i>	<i>Cultural Recognition</i>
<ul style="list-style-type: none"> • Discrimination • Different treatment for speaking a different language • Racial discrimination • Ridicule • Discrimination 	<ul style="list-style-type: none"> • Not being able to understand the language • Not being able to speak English • I feel sad i can't communicate • Unable to communicate • Lack of resources in our language 	<ul style="list-style-type: none"> • Having a different culture but not knowing how to act accordingly • Not being able to be understood because of cultural barriers • More concerts and music • Lack of culture • Lack of cultural activities
<i>Transportation</i>	<i>Access to Mental Health Services</i>	
<ul style="list-style-type: none"> • Better public transportation • Don't have access to transportation for seniors 	<ul style="list-style-type: none"> • Support for relatives of mental health patients • More wrap groups mental health • More peers support specialists • Mental health support • More mental health centers • Little support for parenting teenagers with issues • More family counseling • More youth therapists • Lack of health insurance • Healthcare access • Not having access to therapists 	

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



OPPORTUNITIES		
<i>Accessible Healthcare Services</i>	<i>Equal Rights</i>	<i>Support for Seniors</i>
<ul style="list-style-type: none"> • Medical services to be accessible and not very expensive - mission impossible • Group therapy 	<ul style="list-style-type: none"> • Treat people equally regardless of race 	<ul style="list-style-type: none"> • Assistant living for seniors • More help for seniors • People that care for our elder community • Assisted living • Transportation for seniors
<i>Support Programs</i>	<i>Training and Support for Parents and Children</i>	<i>Capacity to Overcome Challenges</i>
<ul style="list-style-type: none"> • Create more support groups • Create support networks • Groups to share social interests • Support each other 	<ul style="list-style-type: none"> • Provide training for parents on youth mental health • Educate children on mental health • More job opportunities for teens • Motivate youth to become involved and do volunteer work • Parenting classes to support basic skills for children • More job opportunities for teens • Training youth to be good workers • Education starts at home! • 	<ul style="list-style-type: none"> • Positive thinking and move forward • Be positive and confident • Believe you can do it and trust yourself • Have empathy • Believe that there is help available • Don't be afraid to ask
<i>Language Barrier</i>	<i>Education and Resources for Good Mental Health</i>	
<ul style="list-style-type: none"> • More information in Spanish • More opportunities of having information translated into Spanish • Have more communication • Having ways to communicate 	<ul style="list-style-type: none"> • Media should inform about the effect of drugs to the public • Agencies should talk more about the danger of technology • No cost to participate in activities such as trainings • More busses to do field trips that are low cost or free • More training to learn trades like carpentry, sewing, plumbing, etc. • Help to learn how to buy a house • Motivation and programs to address physical activity • Having a special lpd unit that helps parents and children • More information about nutrition • More programs for undocumented people • Groups therapy 	

Sudanese Community Feedback

Community Survey Results

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

Categorized Responses (n=21)	Percent
Nothing	28.6%
General Health and Other or Unspecified Health	23.8%
Infectious & Parasitic Disease	9.5%
Circulatory System	9.5%
Endocrine System	9.5%
Musculoskeletal System	9.5%
Mental, Behavioral and Neurodevelopmental Disorders	4.8%
Respiratory System	4.8%
Surgery or Other Medical Treatment/Procedure without Specified Cause	4.8%

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

Categorized Responses (n=21)	Percent
Healthcare Access	23.8%
Mental, Behavioral and Neurodevelopmental Disorders	23.8%
Nothing	19.1%
General Health & Well-being	9.5%
Cancer/Neoplasms	4.8%
Condition or the Eye and Ear	4.8%

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

Categorized Responses (n=21)	Percent
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	61.9%
Challenges Getting Healthy and Affordable Food	33.3%
Asthma	33.3%
Heart Disease (High Blood Pressure, Stroke)	33.3%
Diabetes	23.8%
Alcohol, Drugs, and Tobacco Use	19.1%
Getting Enough Exercise	19.1%
Other	14.0%
Getting around Town Safely (Driving, Walking, Riding)	14.3%
Cancer	4.8%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=21)	Percent
Healthy Diet	66.7%
Exercise	23.8%
Regular Preventative Care	14.3%
None	14.3%
Other	14.3%
Reducing Exposure to Risk Factor	4.8%

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

Categorized Responses (n=21)	Percent
Physical Activity Infrastructure	38.1%
Nothing	19.1%
Environment	14.3%
Access to Healthy Food	9.5%
Neighborhood Safety	9.5%
Access to Healthcare	4.8%
Restricted Access to Drug & Alcohol	4.8%
Other	4.8%

Community Conversation with Sudanese Women

Date and Time: 6/23/2023 (11 AM – 1 PM)

Location and Language: Asian Community and Cultural Center – Arabic

Attendees: 15 Sudanese women, 2 staff from the Asian Center, and 4 staff from LLCHD

Format: The two-hour community conversation included 3 questions about participant's feeling about mental health in their community. The first question asked about what strengths in their community keep them positive. The second question asked about the challenges or weaknesses that make more feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing in their opinion to be moved forward by community agencies.

STRENGTHS/ASSETS	
Connection to Community	
<ul style="list-style-type: none"> • Good relationship with spouse • Family connections and strengths • Talking with husbands and kids and believe each other and learn from each other • Laugh, cry, and play with family • Family spends time together and think together • Family oriented community • Good relationships within the family members and being close with kids • Family bond x2 • Be cheerful good relationship with the family members • Being family oriented helps us with lots of strengths • We have connections with family and community • Connect as a family plus friends every weekend sometimes helps with stress • Family cooperation • Family gatherings and chat with each other and story telling time 	<ul style="list-style-type: none"> • All the people in the community help each other in joy time and sorrow too • I need work together to help my country of Sudan • I like for all people around me to be happy, help the community to stay positive, we think together as a community to help solve community issues • Trust each other • Helping others • Coffee and tea time makes us happy • We are community oriented • Feel positive when all the people in the community help each other • Talk to each other a lot a lot • Help each other • The most important thing is to find the useful conversation and feel good about ourselves • Support and cooperate with each other
Faith	Optimism, toward community
<ul style="list-style-type: none"> • Pray in the mosque and community with our children helps connect us as individuals • In our community we speak to each other about our problems to help each other and these thrown together and we use faith and we 	<ul style="list-style-type: none"> • Psychological comfort • Self confidence • Believing in ourselves and our limits • Be positive and always think about the good things

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



<p>believe in prayer and being spiritually wise and smile to each other</p> <ul style="list-style-type: none"> • Pray at the mosque • Smile, faith, and being optimistic is the key around the community • As Muslims we help each other pray and use good faith and listen to our scholars <p>Recite Quran worship Allah with good trust that good things will happen</p>	<ul style="list-style-type: none"> • Positive attitude • Thinking about others feelings <p>Have positive thoughts about each other</p>
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WEAKNESSES/CHALLENGES		
War and Worry	Job Opportunity	Financial Burdens
<ul style="list-style-type: none"> • People got misplaced and lost during the war • War in Sudan • Thinking about war in my country • Homelessness, hunger, escape • Explosion/eviction and not feeling home • Help in the Sudan war • We have another hunger and lack of medicines in Sudan • Homelessness from our home • War and killing effects the way people think about things, Rape during war • War in my country • Hunger and lack of medicine • Safety issues in my country • Rape during war • No place is safe • Looting • We hope Sudan gets better soon after the war stops • We try to understand each other and the root cause of the war 	<ul style="list-style-type: none"> • Not employed and lack of job opportunities • I suffer from not getting a job because no one is hiring me • I am not feeling safe at work in Lincoln • Finding job opportunities 	<ul style="list-style-type: none"> • We hope to get more financial help to help families and relatives back home • Financial burden and pricy groceries • Financial stress • Help me get my family in Sudan get safer by giving them the money to escape • Getting busier to provide the requirements of life takes me away from my family
Stress and Concern	Mental Health	My Rights
<ul style="list-style-type: none"> • Thinking about the concerns of society as a whole • My relatives back home are homeless • Stress and mental burden 	<ul style="list-style-type: none"> • Life disappointed me • Our mental health is currently not good due to the issues going on in our home and we need to 	<ul style="list-style-type: none"> • Not being able to communicate and explain myself well to anyone. • Misunderstanding and feeling shy

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



<ul style="list-style-type: none"> • Mentally stretched • Feeling what the community is going through • Helps others by good manners and good words so others feel good and safe is what I am hoping for my people back home • Our kids don't feel safe in Lincoln • Asking if we can rescue our people back home in Sudan • Lack of sleep 	<p>help our community with good manners and nice words so they feel better</p>	<ul style="list-style-type: none"> • Not being able to express feelings • I have no voice • We need to speak with great confidence to make our voices heard without fear
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OPPORTUNITIES		
Education (8 votes)	Our voice (2 votes)	Community cooperation (1 vote)
<ul style="list-style-type: none"> • Adult education helps absorb some of the stress • Education and undergrad education needed to help with stress and sadness • Education needed for all • Better opportunities for education • More learnings • Be strong by learning in school to understand what is going on in the community • Wide knowledge and general information and learning English for a better life 	<ul style="list-style-type: none"> • If we discuss our issues openly, we will be able to solve it for more happiness • Help ourselves first and help our community feel other people issues to help them by good community resources • I need help to get better if I have all my kids with me in USA-I need visa for them • Try to find ways to bring our families here because they are suffering in our countries • Evacuation for my community who got effected by the war 	<ul style="list-style-type: none"> • Do things together that will bring the community together like help people who are less fortunate and other things like better education for immigrants • Work together to help others in your community • Help the community • Take care of myself first to be able to help others
	Good Work Environment <ul style="list-style-type: none"> • Find comfortable work in Lincoln • Know how to deal with people at my workplace • Find a job that I like and pays more 	Wellness and Health <ul style="list-style-type: none"> • Involve more people in the Sudanese community in new opportunities • Initiatives to solve all community issues to absorb all the mental burdens by providing basic needs • Proposing more activities and funds to help with our mental health

Community Conversation with Sudanese Men

Date and Time: 8/26/2023 (11 AM – 1 PM)

Location and Language: Asian Community and Cultural Center – Arabic

Attendees: 7 Sudanese men, 2 staff from the Asian Center, and 3 staff from LLCHD

Format: The two-hour community conversation included 3 questions about participant's feeling about mental health in their community. The first question asked about what strengths in their community keeps them positive. The second question asked about the challenges or weaknesses that make more feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing in their opinion to be moved forward by community agencies.

STRENGTHS/ASSETS	
<i>Community Support</i>	<i>Community Collaboration</i>
<ul style="list-style-type: none"> • We are culturally open • Families helping and supporting each other • I am so happy to be in the United States where it is beautiful, people love each other, you will find complete services, and answers to your questions • Get help whenever needed and get enough aid and support during tough times • We are community and family oriented whenever there is an issue we support each other 	<ul style="list-style-type: none"> • The Sudanese community is community oriented and people communicate and visit each other constantly • Interactions with other communities • The Sudanese community have social gatherings and help each other when needed • We meet at the Sudanese Center and have a nice time playing cards and talking to each other all night during weekends, especially men • Women meet in the park with kids and enjoy their time • During public events like graduations, we come together as well as weddings, picnics, all of these are considered good times to talk about issues and brainstorm ideas to solve it • Community cares a lot for education for their youngsters and that helps them graduate from schools and universities, which helps with awareness • Help each other with finding jobs

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



WEAKNESSES/CHALLENGES	
<i>Incompatibility and Need for Education</i>	<i>Parenting with Generational and Cultural Gap</i>
<ul style="list-style-type: none"> • Can't continue my profession here because the US does not recognize my degree and that causes lots of stress • Sudanese education makes us overqualified for jobs here • Sudanese education does not transfer to the same job in the US • Lack of health awareness in rural areas • Lack of follow-up medical appointments and immunization • Lack of cultural awareness • Language barrier to education for jobs • Cultural differences 	<ul style="list-style-type: none"> • Raising kids is very challenging especially adult kids' issues • Raising kids is an issue because kids don't listen • Adult kids are very tough to deal with because they think they know more than us as parents • In Sudan, the entire community helps with the children • Sometimes we feel disrespected by our kids • Not sure how to support our kids due to the cultural differences in USA • Balancing and adapting to new culture • Difficulties avoiding child abuse • Violent movies with kids
<i>Different Family Dynamics in the US</i>	<i>Financial Burden</i>
<ul style="list-style-type: none"> • Big difference for how to explain our feelings • Women are over stressed - Men are victim because the focus is on the woman and rest of the family • Women are considered the head of household more than men • Head of the household concept is different in the Sudanese community 	<ul style="list-style-type: none"> • Big responsibilities financially for families back home that are beyond our ability • Insufficient jobs and low wages • Financial burden causes lots of stress • Under employed • Not enough funds to support family needs

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



OPPORTUNITIES		
<i>Education Improvement (4 votes)</i>	<i>Bridging Generational and Cultural Gap (3 votes)</i>	<i>Cultural Engagement with Local Systems (3 votes)</i>
<ul style="list-style-type: none"> • Evaluating educational degrees to fit the American system • Going back to school for adults • More encouragement to take English language classes 	<ul style="list-style-type: none"> • Education about how to deal with raising kids • Independency concept issues between the two cultures when it comes to kids • Finding some ways to bridge the gap between our American kids and us • Finding good ways to engage with American culture • Sudanese family member's expectations and help our kids understand them • Family's struggle with children who don't understand the support that they provide with family members back home • Seek help from professionals about how to solve the cultural issues with our kids 	<ul style="list-style-type: none"> • Law enforcement involvement and diverse police officers • Systematic culture and system awareness • Get help from the government on how to create an organization for the community • US system awareness, especially law enforcement • Judiciary system issues such as mediation • Monthly meeting with local officials for Q&A about community issues • Culture differences and how to take care of it in a good way
<i>More Parenting Time</i>	<i>Gaining Professional Skills</i>	<i>Youth Empowerment</i>
<ul style="list-style-type: none"> • Spend more time with kids during the week and have them talk with families back home • Spend more time with kids • Spend time to teach kids about our culture and values (work takes us away from home a lot) • Kids spend more time with games and we need to get more control on their time • Computer games, phones, texting leads to not spending time together • Not enough time for families due to working 	<ul style="list-style-type: none"> • Get soft skills and job trainings 	<ul style="list-style-type: none"> • Tutoring for school aged kids - sports clubs for youth

Ukrainian Community Feedback

Community Survey Results

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

Categorized Responses (n=10)	Percent
Nothing	40.0%
Digestive System	20.0%
Infectious & Parasitic Disease	10.0%
General Health and Other or Unspecified Health	10.0%
Cancer/Neoplasms	10.0%
Other	10.0%

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

Categorized Responses (n=10)	Percent
Healthcare Access	50.0%
Nothing	30.0%
Mental, Behavioral and Neurodevelopmental Disorders	10.0%
Other	10.0%

Question 3: The following are health concerns in the city of Lincoln and Lancaster County.

In your experience, what are the top 3 health concerns?

Categorized Responses (n=10)	Percent
Heart Disease (High Blood Pressure, Stroke)	60.0%
Getting around Town Safely (Driving, Walking, Riding)	50.0%
Getting Enough Exercise	30.0%
Diabetes	20.0%
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	20.0%
Challenges Getting Healthy and Affordable Food	20.0%
Alcohol, Drugs, and Tobacco Use	10.0%
Cancer	10.0%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Lincoln-Lancaster County
Health Department

Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=10)	Percent
Healthy Diet	40.0%
Reducing Exposure to Risk Factor	10.0%
Regular Preventative Care	10.0%
Other	10.0%

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

Categorized Responses (n=10)	Percent
Physical Activity Infrastructure	30.0%
Access to Healthcare	20.0%
Access to Healthy Food	10.0%
Restricted Access to Drug & Alcohol	10.0%
Don't Know	10.0%
Other	10.0%
Nothing	10.0%

Community Conversation with Ukrainian Community

Date and Time: 8/8/2024 (11:00 – 1:00 PM)

Location and Language: Asian Community and Cultural Center – Ukrainian

Attendees: 18 Ukrainian participants, 2 staff from Asian Center, and 2 staff from LLCHD

Format: The community conversation asked participants 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). Time did not allow for a root cause analysis on this primary issue.

Cardiovascular Disease (7 votes)	Dental Problems (3 votes)	Oncology (2 votes)
<ul style="list-style-type: none"> • Cardiovascular Disease x7 • Heart problems/issues x7 • Hypertension x4 • High blood pressure x2 • Stroke 	<ul style="list-style-type: none"> • Dental issues x2 • Teeth • Teeth issues • Dental problems 	<ul style="list-style-type: none"> • Cancer • Cancer in hips
Musculoskeletal Problems (2 votes)	Neurology (1 vote)	Gastroenterology (1 vote)
<ul style="list-style-type: none"> • Back pain x2 • Problems with spine x2 • Muscle pain x2 • Leg pain • Back and knee problems • Leg cramps • Hip problems • Problems with joints • Arthritis 	<ul style="list-style-type: none"> • Depression x6 • Stress x3 • Insomnia x2 • Mental issues x2 • Headache x2 • Neurology • Problems with the nervous system • Mental health problems 	<ul style="list-style-type: none"> • Gastroenterology • Hepatitis • Problems with digestion and the bowels
Diabetes (1 vote)	Vision Problems	Skin Diseases
<ul style="list-style-type: none"> • Diabetes x2 	<ul style="list-style-type: none"> • Eye problems x2 • Cataract • Eye 	<ul style="list-style-type: none"> • Problems with the skin • Dermatological problems
Other Health Conditions		
<ul style="list-style-type: none"> • Allergies x4 • Asthma • Can't find a doctor • Disabilities • Gout • Hair loss • Kidney problem • Lactose intolerance • Urology 		

Unhoused Community Feedback

Community Survey Results

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

Categorized Responses (n=4)	Percent
Injury, Poisoning & Certain Other Consequences of External Causes	25.0%
Mental, Behavioral and Neurodevelopmental Disorders	25.0%
Circulatory System	25.0%
Nothing	25.0%

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

Categorized Responses (n=4)	Percent
Mental, Behavioral and Neurodevelopmental Disorder	25.0%
Healthcare Access	25.0%
Support	25.0%
Nothing	25.0%

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

Categorized Responses (n=4)	Percent
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	75.0%
Heart Disease (High Blood Pressure, Stroke)	50.0%
Getting around Town Safely (Driving, Walking, Riding)	50.0%
Alcohol, Drugs, and Tobacco Use	25.0%
Challenges Getting Healthy and Affordable Food	25.0%
Diabetes	25.0%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Lincoln-Lancaster County
Health Department

Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=4)	Percent
Exercise	75.0%
None	25.0%

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

Categorized Responses (n=4)	Percent
Neighborhood Connectedness	25.0%
Neighborhood Safety	25.0%
Physical Activity Infrastructure	25.0%
Nothing	25.0%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Community Conversation with Unhoused Group

Date and Time: 3/7/2022 (4:30-6:30 PM)

Location and Language: Cedars Northbridge – English

Attendees: 9 community members 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) but there was not enough time to complete the root cause assessment for that health issue.

Societal Environmental Influences	Lack of Resources	Pollution
<ul style="list-style-type: none"> • Negative/Absent parents • Gang affiliation • Mental illness • Lack of positive influence/support • Accessible mental health care • Negative police interaction, drugs • Drug addiction • Drug abuse 	<ul style="list-style-type: none"> • Not enough information about resources • Resources for disabled youth/young adults • Lack of education • Resources for undocumented immigrants • Lack of education health resources 	<ul style="list-style-type: none"> • Pollution
Lack of Housing	Access to Healthcare	
<ul style="list-style-type: none"> • Homelessness • Lack of known resources • Limited affordable housing • Expensive cost of living • Money 	<ul style="list-style-type: none"> • Insurance Issues • Affordable healthcare • Affordable healthcare for undocumented persons 	

Vietnamese Community Feedback

Community Survey Results

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

Categorized Responses (n=64)	Percent
Circulatory System	18.8%
Nothing	17.2%
Infectious & Parasitic Disease	15.6%
Other	14.1%
General Health and Other or Unspecified Health	7.8%
Endocrine System	6.3%
Musculoskeletal System	6.3%
Respiratory System	4.7%
Mental, Behavioral and Neurodevelopmental Disorders	3.1%
Digestive System	1.6%

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

Categorized Responses (n=64)	Percent
General Health & Well-being	25.0%
Nothing	15.6%
Circulatory System	10.9%
Other	10.9%
Infectious Disease	9.4%
Environment	9.4%
Mental, Behavioral and Neurodevelopmental Disorders	4.7%
Support	4.7%
Healthcare Access	1.6%
Aging	1.6%
Cancer/Neoplasms	1.6%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



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

Categorized Responses (n=64)	Percent
Diabetes	57.8%
Heart Disease (High Blood Pressure, Stroke)	54.7%
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	29.7%
Challenges Getting Healthy and Affordable Food	29.7%
Cancer	28.1%
Alcohol, Drugs, and Tobacco Use	25.0%
Getting Enough Exercise	14.1%
Getting around Town Safely (Driving, Walking, Riding)	14.1%
Other	11.0%
Asthma	3.1%

Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=64)	Percent
Exercise	89.1%
Healthy Diet	45.3%
Other	4.7%

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

Categorized Responses (n=64)	Percent
Environment	68.8%
Neighborhood Connectedness	23.4%
Neighborhood Safety	10.9%
Nothing	7.8%
Traffic Safety	1.6%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Community Conversation with Vietnamese Group

Date and Time: 8/23/2023 (9:00 – 11:00 AM)

Location and Language: Asian Center – Vietnamese

Attendees: 20 participants (14 females), 2 staff from Asian Center, and 3 staff from LLCHD

Format: The two-hour community conversation included 3 questions about participant's feelings about mental health in their community. The first question asked about what strengths in their community keep them positive. The second question asked about the challenges or weaknesses that make them feel more stressed, sad, lonely, etc. The third question asked about opportunities that may improve the way people in their community feel and think about themselves and those around them. All responses were written on sticky notes, discussed, categorized, and given a name (as time allowed). Participants voted on which opportunity was most pressing to be moved forward by community agencies.

STRENGTHS/ASSETS		
<i>Government Support</i>	<i>Positive Mindset</i>	<i>Gatherings</i>
<ul style="list-style-type: none"> • Vietnamese community is happy because the government here takes care of us • Since I came to the US, everything is very good • US government takes care of us so much 	<ul style="list-style-type: none"> • Happy, positive, confident in the community • Always thinking confidently, happily, and never bothering anyone • Being optimistic 	<ul style="list-style-type: none"> • Meeting at the Asian Center together • We have meetings at the Asian Center and have time to talk • Meeting together every week • Coming to the Asian Center every week and having the health department visit us
<i>Being Safe and Happy</i>	<i>Positive Relationship with Neighbors</i>	
<ul style="list-style-type: none"> • My life is very good x2 • My family is very happy • My community is very good • I'm feeling safe and happy • Vietnamese community loves and helps each other • In my life, I try not to be sad or stressed because it makes me older • My community is very good, we're happy and help each other and live in the same area 	<ul style="list-style-type: none"> • My area is very clean and neighbors are helpful x3 • My neighborhood is very good x2 • Visit friend often x2 • If something of ours is broken, our neighbors will fix it and give us their phone number • We go out in groups together • Neighbors Vietnamese and Americans help shovel snow or clean up outside • Help each other often • I'm happy when my neighbor is friendly and helpful • Neighbors are always nice to my family 	

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



WEAKNESSES/CHALLENGES		
<i>Feeling Sad or Lonely</i>	<i>Finances</i>	<i>Social Connections</i>
<ul style="list-style-type: none"> • Sometimes stressed because of health • Feeling sad when I don't feel well and my son doesn't check up on me • Sometimes feeling lonely • My husband is not feeling well • My son has mental health issues but won't leave the house to get help 	<ul style="list-style-type: none"> • My lack of English language led to being defrauded of money when paying for something online • I'm not feeling happy because the gas and electric bill is so high 	<ul style="list-style-type: none"> • Need more time to meet and socialize • Want neighborhood to be more friendly • Need people to talk and hang out with • I'm sad because my friends are passing away and we can't visit each other in winter

OPPORTUNITIES		
<i>Visit and Family Support</i>	<i>Language</i>	<i>Financial Help</i>
<ul style="list-style-type: none"> • More support around health issues • We want a Vietnamese speaker who can visit us when someone is ill or passes away who can speak to us • Need support of interpreter and ride for doctor visits 	<ul style="list-style-type: none"> • Someone to call when there is an emergency because 911 does not speak Vietnamese • English classes to learn English 	<ul style="list-style-type: none"> • More support for bills like gas
<i>More Conversations</i>	<i>Entertainment</i>	<i>Exercise</i>
<ul style="list-style-type: none"> • Have more Community Conversations like this x2 	<ul style="list-style-type: none"> • More places to relax and listen to music or play • More Vietnamese music events • I want some place we can meet often • More entertainment i.e. games and music 	<ul style="list-style-type: none"> • More places for exercise • I need a place to play sports like Badminton • I want somebody to help me go anywhere because as an 83-year-old, I need more exercise
<i>Happy Life</i>	<i>Transportation</i>	
<ul style="list-style-type: none"> • My family life is good, the school and Vietnamese markets are close by • I appreciate USA life with safety and food 	<ul style="list-style-type: none"> • My community needs help with transportation • More transportation to meet us everyday • Want to learn English but don't have a ride to Asian Center • Asian Center has many events for us but oftentimes there is no transportation • Need more outings and trips for beauty and see government offices • Need government to help us with transportation when we have events, current options have strict schedule 	

Yazidi Community Feedback

Community Survey Results

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

Categorized Responses (n=7)	Percent
Healthcare Access	28.6%
Nothing	28.6%
OB/GYN	14.3%
Mental, Behavioral and Neurodevelopmental Disorders	14.3%
Other	14.3%

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

Categorized Responses (n=7)	Percent
Healthcare Access	57.1%
Nothing	28.6%
Mental, Behavioral and Neurodevelopmental Disorder	14.3%
General Health & Well-being	14.3%
Other	14.3%

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

Categorized Responses (n=7)	Percent
Mental Health (Depression, Anxiety, Post-Traumatic Stress Disorder, Suicide)	71.4%
Alcohol, Drugs, and Tobacco Use	57.1%
Diabetes	57.1%
Getting Enough Exercise	42.9%
Getting around Town Safely (Driving, Walking, Riding)	14.3%
Challenges Getting Healthy and Affordable Food	14.3%
Other	14.0%

2024 COMMUNITY HEALTH FEEDBACK

COMMUNITY HEALTH SURVEY AND CONVERSATIONS



Question 4: What is something you do to be healthy? Please provide an example.

Categorized Responses (n=7)	Percent
Exercise	71.4%
Healthy Diet	28.6%
None	14.3%

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

Categorized Responses (n=7)	Percent
Physical Activity Infrastructure	57.1%
Access to Healthy Food	14.3%
Traffic Safety	14.3%
Other	14.3%

Community Conversation with Yazidi Group

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

Location: Lincoln-Lancaster County Health Department

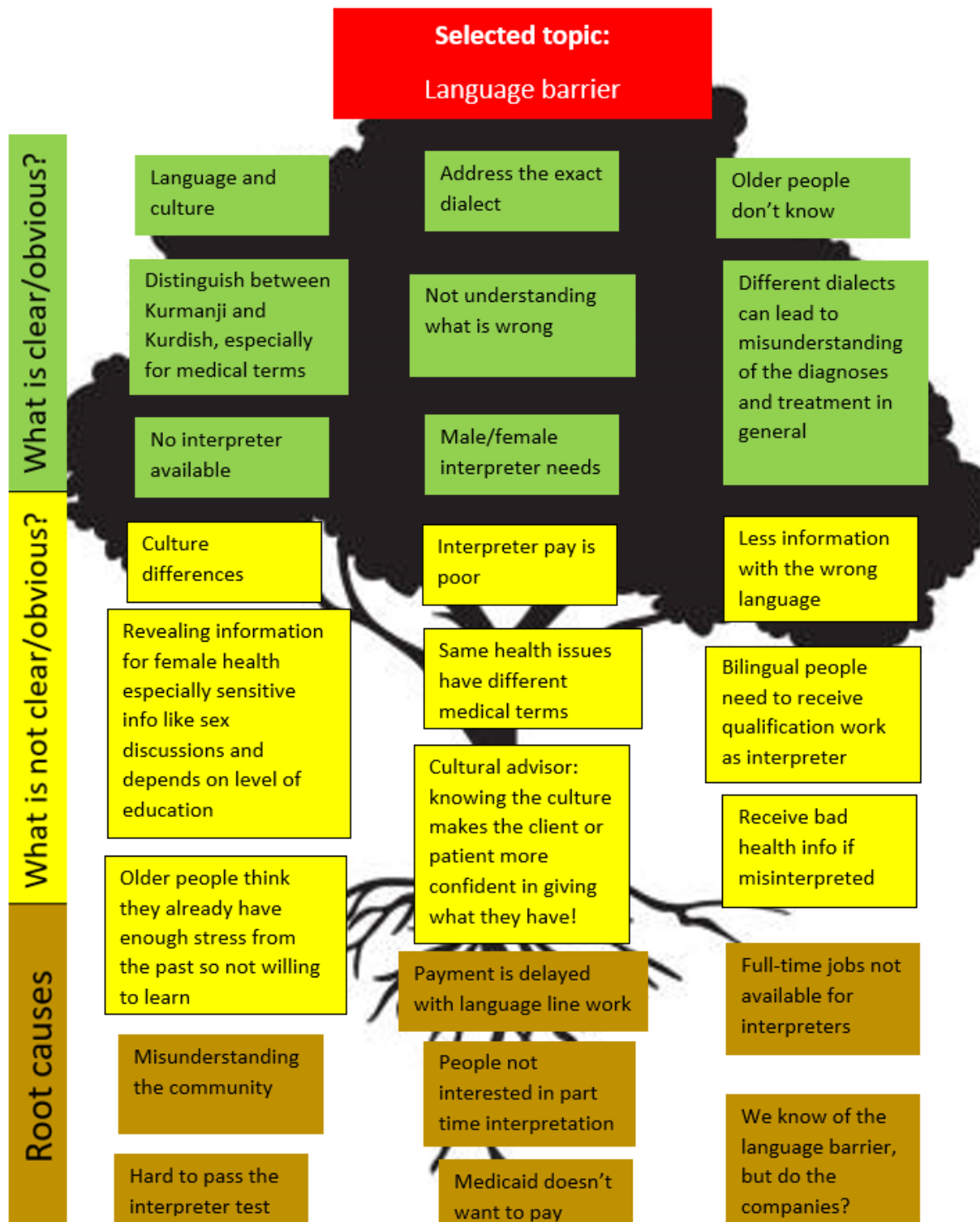
Attendees: 5 Yazidi participants and 3 staff from LLCHD

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

Community Conversation with Yazidi Community (continued)



Conclusions

Results from the 2024 community survey showed similar themes of health experiences and concerns for both the geospatial and equity sampled group. The last major health problems reported were infectious disease and heart related issues. Healthcare access worried respondents most regarding their family's health, while mental health was by far the biggest health concern they had for the community at large. Notable differences between the geospatial and equity sample were evident for the last major health issue they experienced, whereby the geospatial group reported cancer, surgery, and injury more often. For the same question, the equity group reported diabetes (endocrine system) and mental health issues more often.

Community Conversations with minority groups from the previous CHA cycle in 2021 showed that healthcare access, mental health, and various cultural issues (e.g. language barriers, lack of respect, and racism) were the most common health concerns. Additional community groups added in this cycle reported these same concerns. More specifically, the LGBTQ+ groups reported concerns for access to healthcare, social isolation due to lack of a community hub, hostilities, affirmation of identity, and a need for more professional education for healthcare workers. The Afghan community groups reported a language barrier as their most pressing health issue. The Ukrainian group identified cardiovascular disease as the primary concern, along with dental problems, cancer, musculoskeletal problems, neurology, gastroenterology, and diabetes. Lastly, the aging community noted the high costs with aging, navigating the broken healthcare system, mental wellness, elder protections, and financial security.

The twelve Community Conversations with racial and ethnic minority groups found major themes for perceived strengths, challenges, and opportunities relating to their community's mental health and wellbeing. These themes are summarized in the table below and individual group results can be found throughout this document and is organized by racial group.

Strengths	Challenges	Opportunities
❖ Community connections and family bonds	❖ War and displacement	❖ Community support and connections
❖ Faith and spirituality	❖ Chronic stress	❖ Accessible healthcare
❖ Optimism and positive attitudes	❖ Financial strain and job insecurity	❖ Education and skill development