

Comprehensive Regional Planning Report for Green Valley and Sahuarita, AZ

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Background

- Pioneer effort – first regional survey
- Builds upon Green Valley surveys in 1985, 1991, and 1998 conducted by ACOA
- Consortium included representatives from La Posada at Park Centre; Carondelet Health Network; Green Valley Community Coordinating Council, Inc; The Town of Sahuarita; Green Valley / Sahuarita Chamber of Commerce; Casa de Esperanza; and Green Valley Recreation, Inc.

Objectives

- Obtain current data for planning purposes
- Compare Green Valley and Sahuarita
- Differences in Green Valley responses from 1998 to 2007
- Gather data (race, ethnicity, child care) in Sahuarita and identify differences between Quail Creek, Rancho Sahuarita and Sahuarita General

Study Design

- Total sample of 1,000 limits sampling error to ± 3 to 5 percentage points, 500 per community
- Overall response rate 55%, Green Valley 70%, Sahuarita 43%
- Questionnaire developed by ACOA with extensive input from Consortium members
- Initial mailing, postcard follow-up, 2nd mailing to non-respondents

Results – Regional Findings

- Affiliation - >60% satisfied with number of contacts and are a part of the community
 - 58% volunteered
 - 26% provide in-home care
 - 84% identified businesses needed locally
 - 76% concerned about water availability
- Family and living arrangements – 76% lived with spouse
- Health issues – 33% in excellent health and 55% in good health
 - 93% had primary care physician (PCP) and 86% has visited within the past year
 - 79% had no hospitalizations
 - Medical payment by Medicare and private insurance, <10% used AHCCS/ALTCS
 - <1% had no insurance
 - 80% did not experience loneliness or sadness
- Health Behaviors – 91% were non-smokers
 - 81% had no problems with alcohol as measured by CAGE
 - 65% had current flu shot, 60% had had a pneumonia vaccine at some time
 - Physically active
 - 21% ate ≥ 2 fruits daily and 5% at ≥ 3 vegetables daily
- Work force issues – 65% retired and 20% working full-time
 - Employed as professionals (37%) and Officials/Managers (19%)
- Demographic information – average age was 66, range from 25 to 92
 - Well-educated with 48% Bachelor's or higher degree (26% nationally)
 - 82% above the 2nd quartile in income, 1% were in poverty

Results – Regional Comparisons

- Different in age, marital status, percent living alone or with children and length of residence
- > 100 comparisons were made with more commonalities than differences
- Green Valley
 - More affiliated
 - Accessed health care locally, used assistive devices, bothered by stress, had flu shot
- Sahuarita
 - More identified businesses desired locally
 - Had other relatives living in AZ
 - Were currently employed, both full-time and part-time

Results – Green Valley Longitudinal Findings

- Similarities – affiliation with community
 - Levels of maltreatment
 - Use of health care services
 - Health behaviors
 - Reasons for moving from GV if health declined
 - Medication usage; however, 12% at-risk for multiple medications
 - Number of falls; however 8% fell within past month
 - Marital status, gender and age
 - Levels of depression and loneliness; however, both are problems
- Differences, 2007 respondents
 - Less lonely or depressed, had better health and saw PCP more recently
 - Paid with Medicare or VA benefits
 - Had received a pneumonia vaccination
 - Were more physically active
 - Had hypertension and diabetes
 - More used light housekeeping services
 - Better educated
- Differences, 1998 respondents
 - Used fewer assistive devices
 - More affiliated with community overall
 - More circulation problems and weakness

Results – Sahuarita Specific Comparisons

- 91% white, 14% Hispanic
- 26% have school age children and want after school recreation programs and a teen center
- Quail Creek – use word of mouth to learn about community events
 - more affiliated with the community
 - More had a PCP and had diagnostic tests done locally
 - Used Medicare to pay for services
 - More had received a current flu shot
 - 80% moved from out of state
 - were the oldest, average age of 65
- Rancho Sahuarita – use newsletters and email to learn about community events
 - Believed transportation adequate to meet community needs
 - Had poorer nutritional health
- Sahuarita General – used radio to learn about community events
 - lived in the area the longest, average of 11 years
 - 70% were currently employed
 - 17% were Hispanic

Discussion

- Only minor differences were found between the two communities
 - Differences in age, marital status, and household composition
 - Similarities in value, traits, and characteristics
- Regional planning is appropriate
- Most were
 - involved with community
 - Accessed health care and paid with insurance
 - Made healthy lifestyle choices
- Improvements needed in nutrition
- At-risk persons need to be targeted
 - 14% had not seen a PCP within the past year
 - 11% reported their health as fair or poor
 - Hospital utilization exceeded national norms
 - <1% live in poverty
 - <1% have no health insurance
- Identified differences need to be considered in planning