

COMMUNITY HEALTH ASSESSMENT

Bad River Band of
Lake Superior Chippewa

•
Mashkiiziibii



2025

ABOUT THIS REPORT

In 2025, the Bad River Band of Lake Superior Chippewa in Wisconsin determined that there was a need for current data on the specific health needs of the community that they serve, as well as information regarding the programs and resources available to address those needs.

Bad River partnered with the Great Lakes Inter-Tribal Epidemiology Center (GLITEC) to create and disseminate a community health assessment that included questions on the following topics:



Demographics



Housing status and access



Veteran status



Cultural wellness



Food insecurity



Healthcare access and quality



Mental health



Health behaviors



Environment and Safety



Health priorities

After disseminating the assessment to community members, GLITEC cleaned and analyzed response data. **This report contains key findings from the community health assessment**, as well as an overview of the data, the methods used to collect and analyze the data, and the raw counts and percentages from the community health assessment.

For questions regarding this report, please contact
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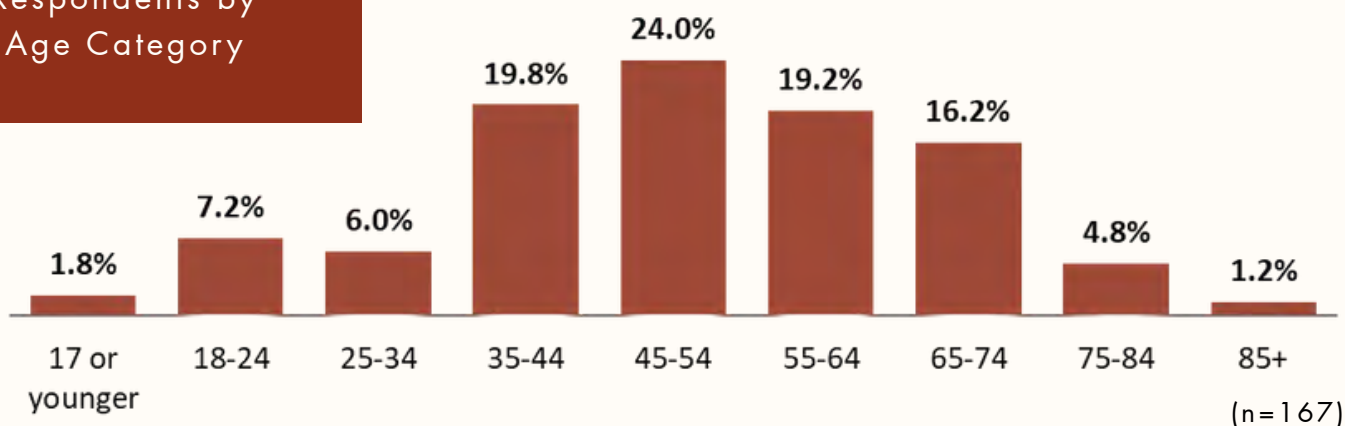




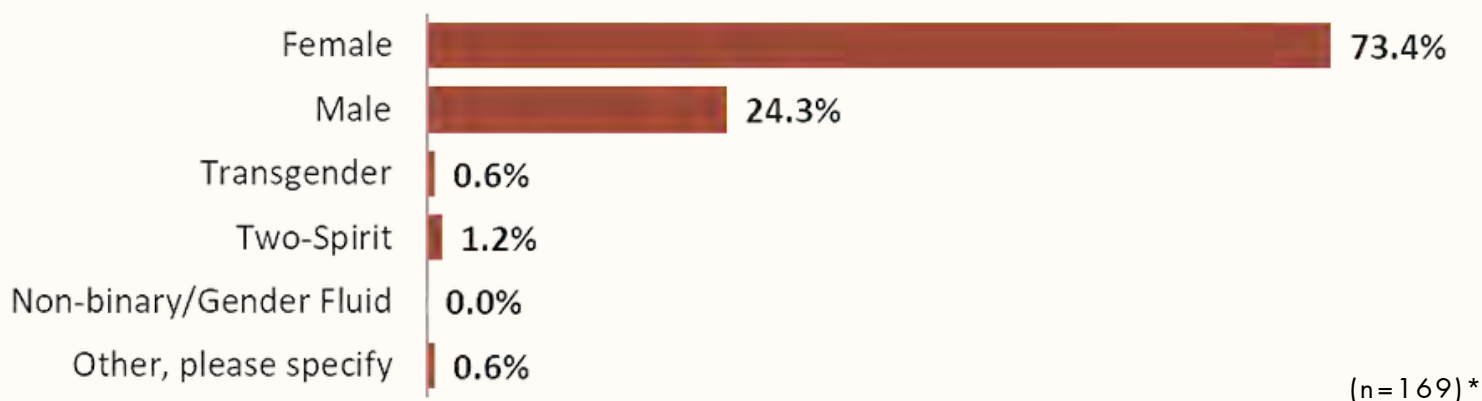
DEMOGRAPHICS



Age of Respondents by 10-Year Age Category



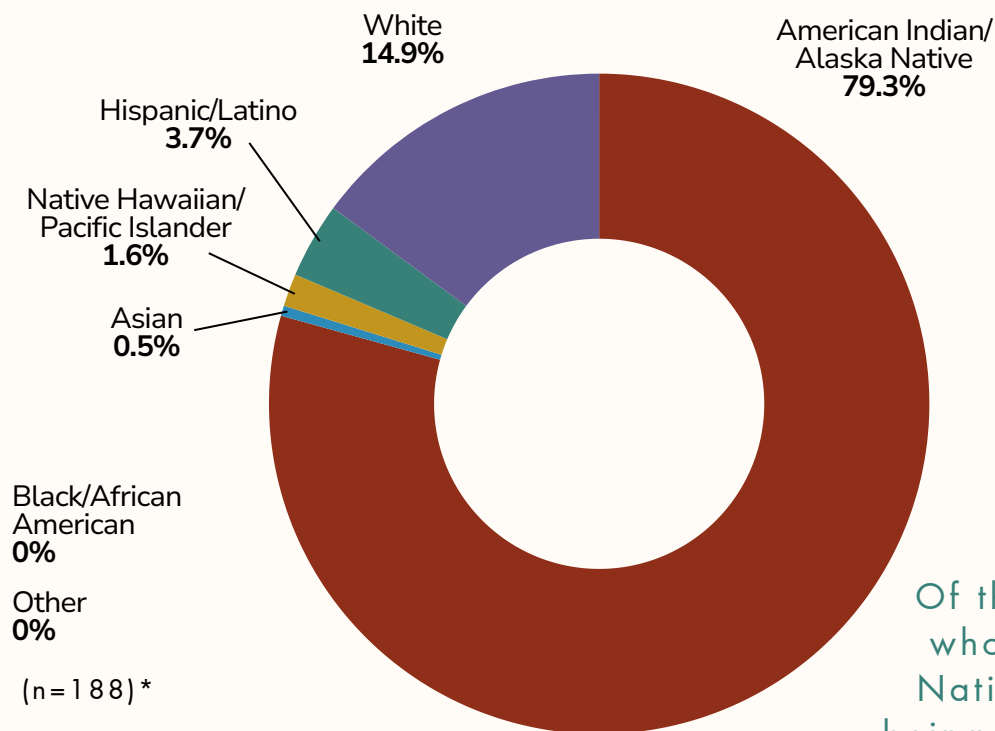
Gender Identity of Respondents



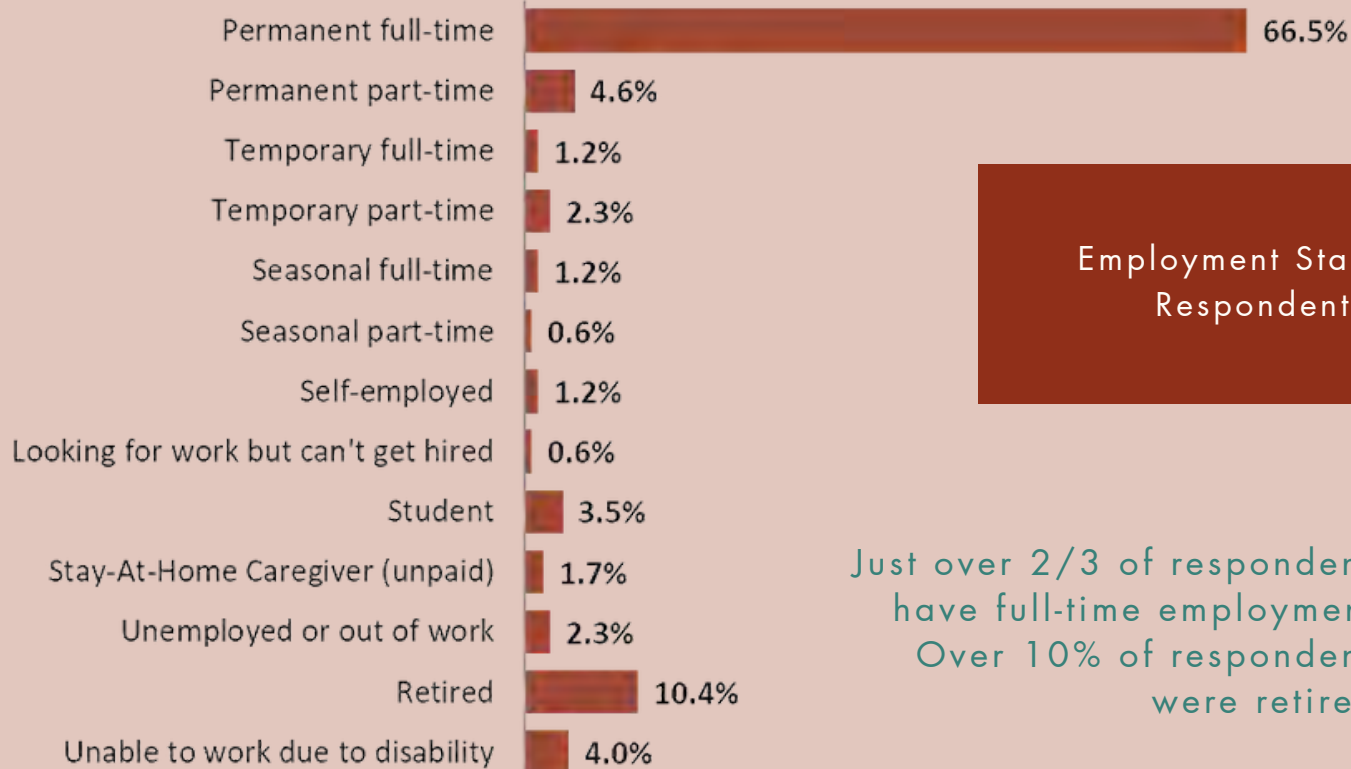
**Respondents could select all options that applied to them; therefore, the total count may exceed the total number of respondents, and the percent total may be greater than 100.0%*



The age of respondents ranged from 17 years or younger all the way to 85 years or older. Almost $\frac{3}{4}$ of respondents identified as female, with just over 24% identifying as male. Others identified as transgender and two-spirit.



Of the almost 80% of respondents who are American Indian/Alaska Native, the majority responded to being affiliated with the Band River Band of Lake Superior Chippewa.

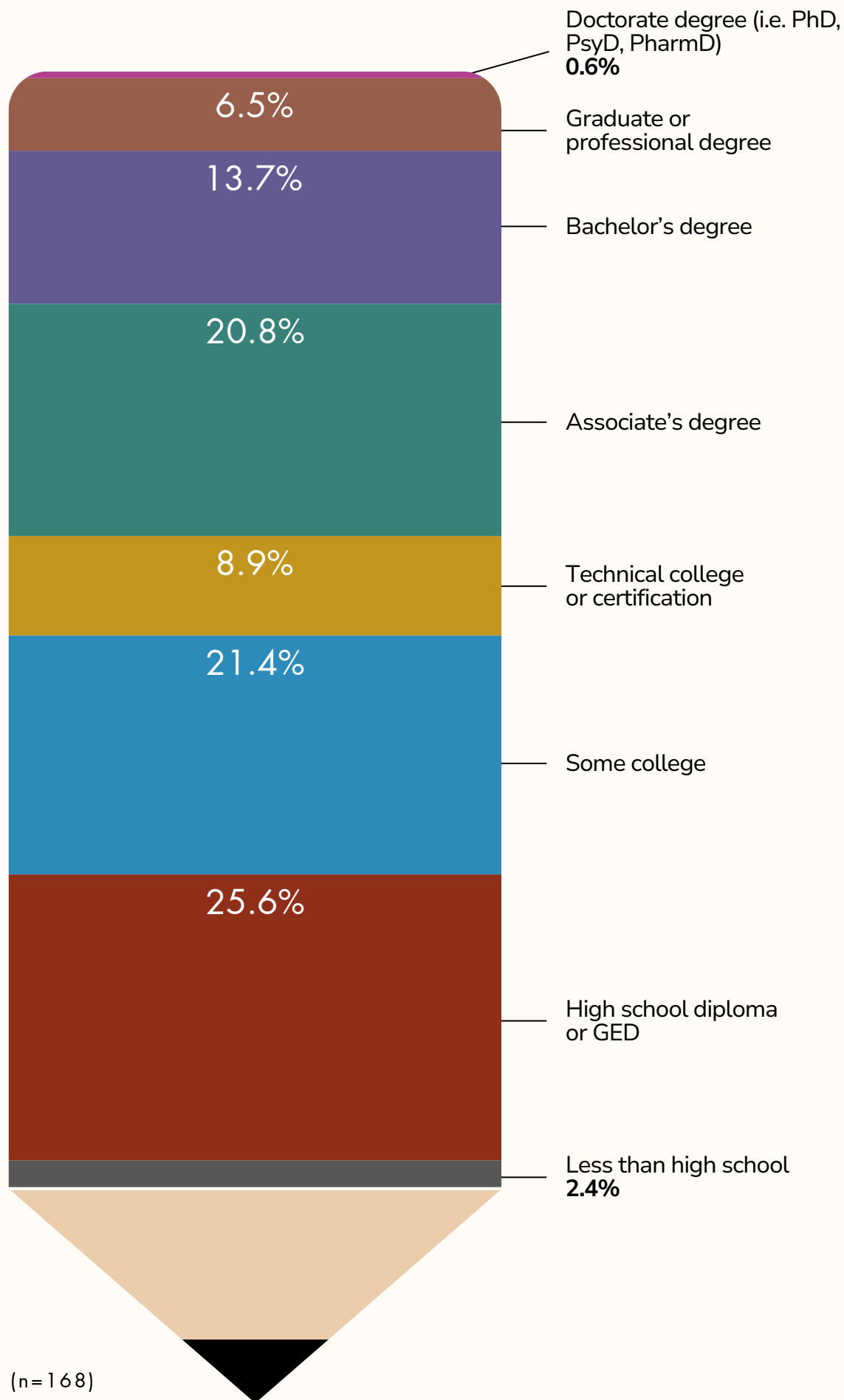


Just over 2/3 of respondents have full-time employment. Over 10% of respondents were retired.

Highest Level
of Education
Achieved by
Respondents

Most respondents
have a high school
diploma or GED.

A total of 41.6%
of respondents
have some kind of
college degree.



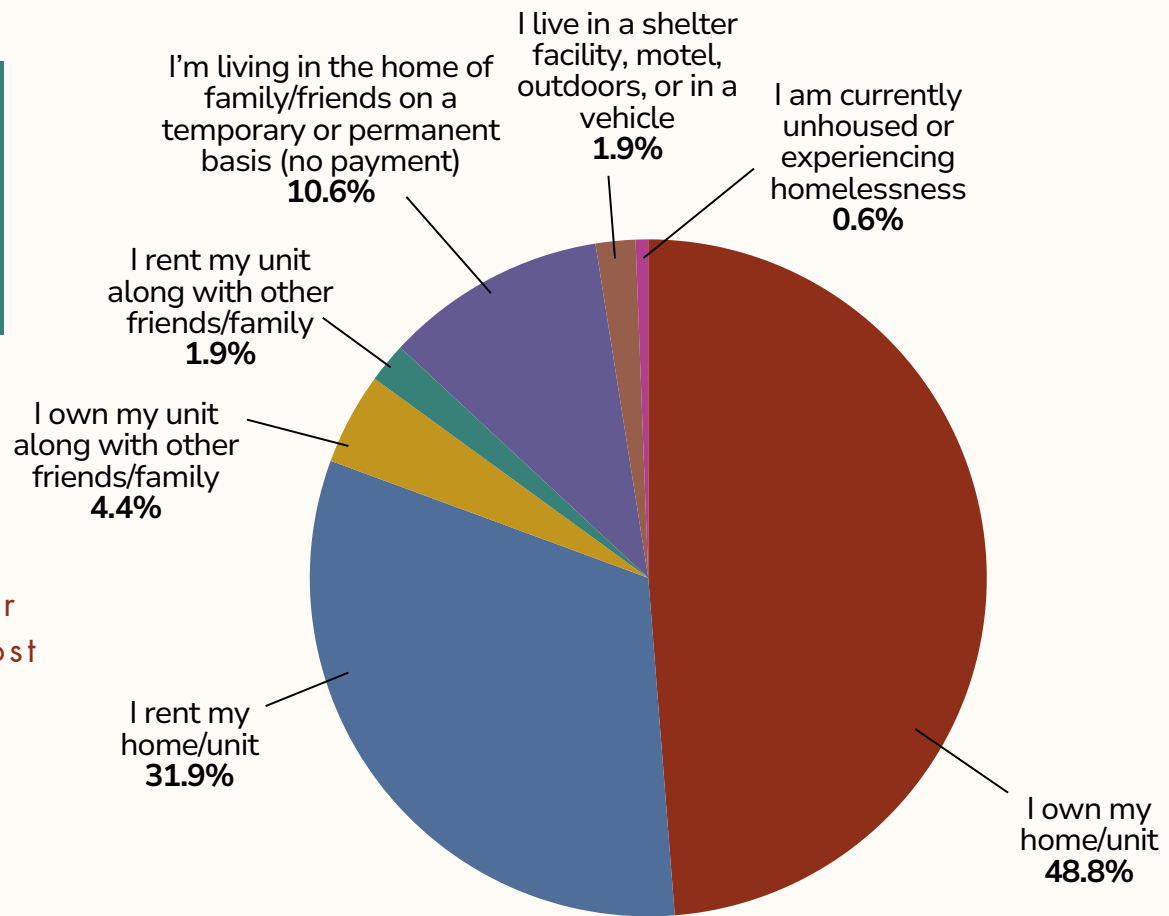


HOUSING STATUS & ACCESS



Current Living Situation of Respondents

Just under half of respondents own their home/unit, with almost 32% being renters.



(n=160)

30.3% of respondents are relatively new to their living situation, having been in that situation for 5 years or less. Only 4.2% have been in their current living situation for over 40 years.

Length of Time Respondents Have Been in Their Current Living Situation



(n=165)

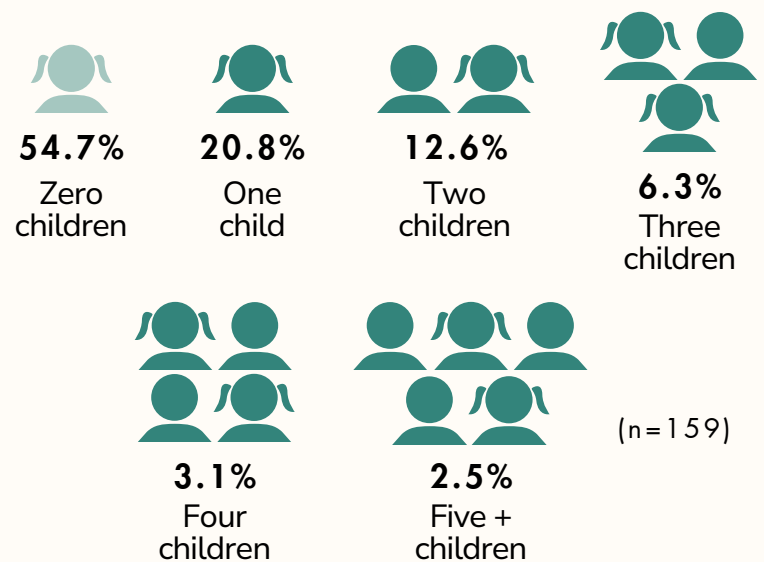
Number of Individuals in Respondents' Households Including Themselves



The number of individuals living in respondents' households is relatively balanced, with 20.6% of respondents either living alone, or with 2 or 3 others. 16.3% live with one other person, and 18.8% have more than five individuals in their home. **To note: this question was likely misinterpreted by some respondents who marked that there were zero people in their household including themselves, so the data might be inaccurate.



Number of Children in Respondents' Households



Over half of respondents have no children under 18 living in their homes. Of those who do, most (20.8%) only have one.

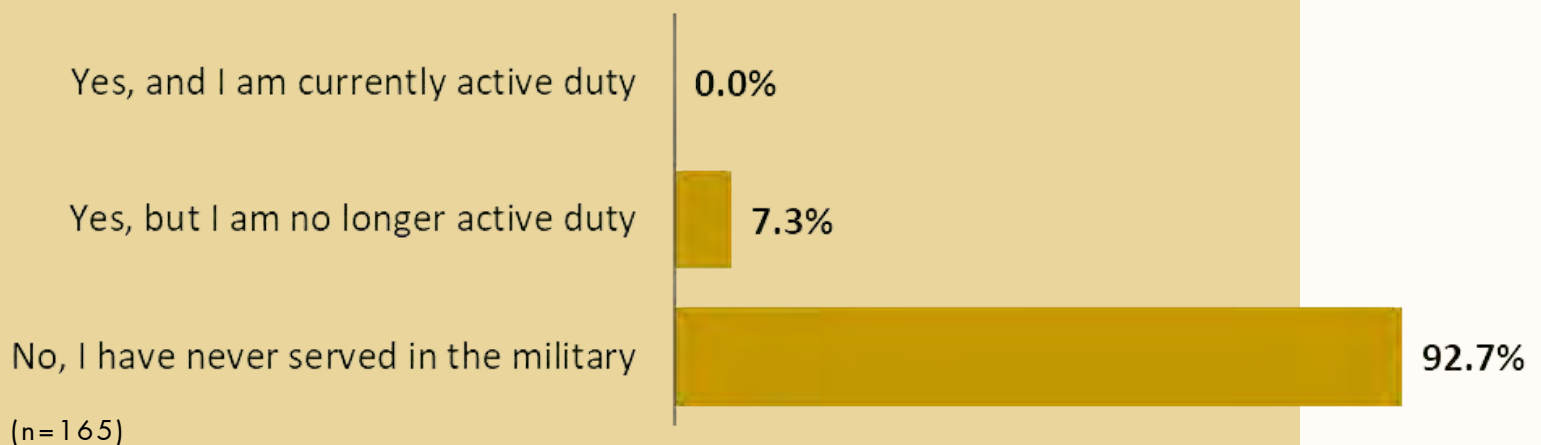


VETERAN STATUS





Military Status of Respondents

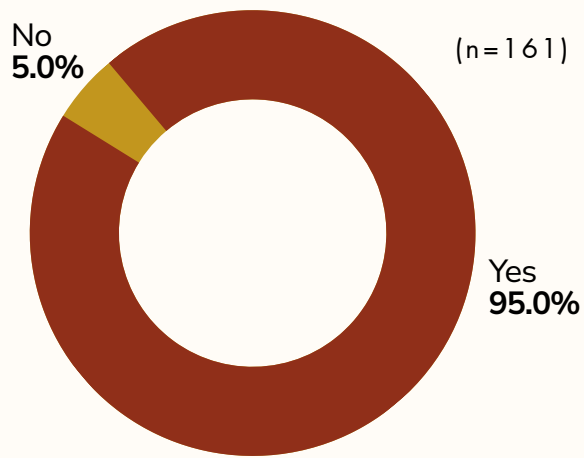


Over 92% of respondents have not served in the military.
Of the ~7% that did, all are no longer active duty.



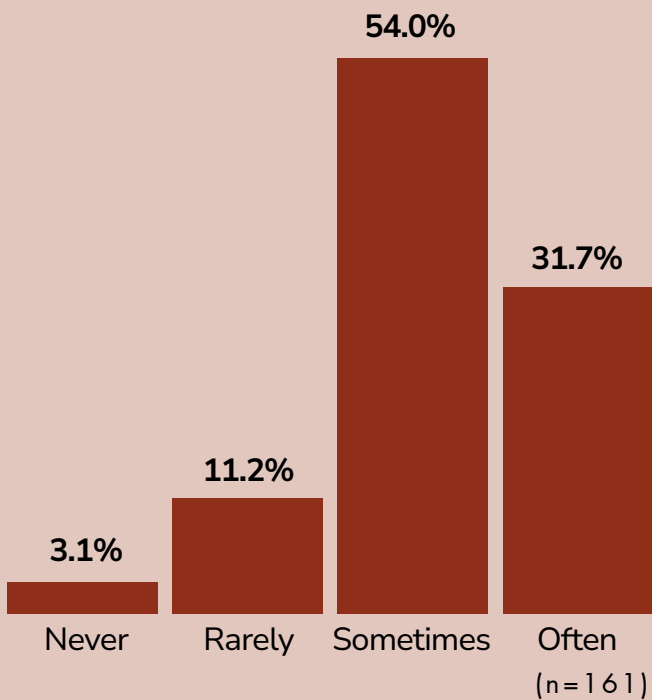
CULTURAL WELLNESS





Do Respondents Attend Powwows, Feasts, Sweats, Ceremonies, or Other Traditional Events

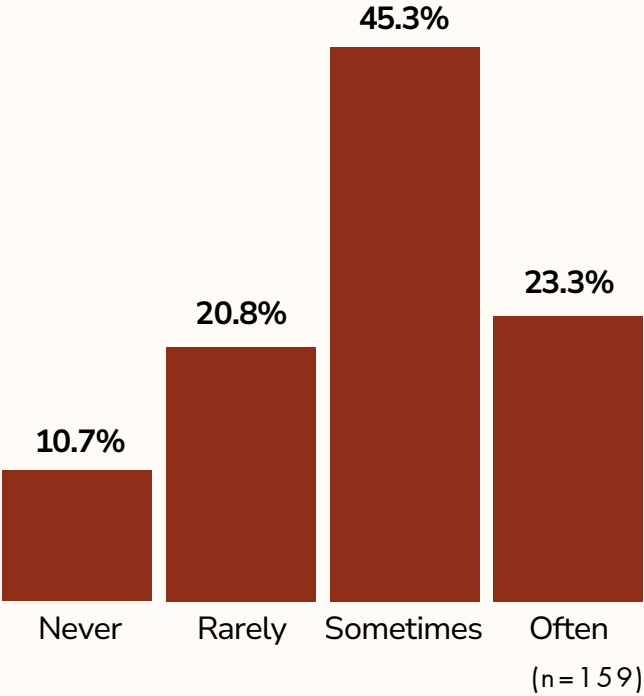
How Often Respondents Attend Native Community Events



95% of respondents said they attend traditional events, including powwows, feasts, or ceremonies. About half of respondents (54.0%) reported that they sometimes attend Native community events, with 31.7% attending them often and 14.3% attending them rarely or never.

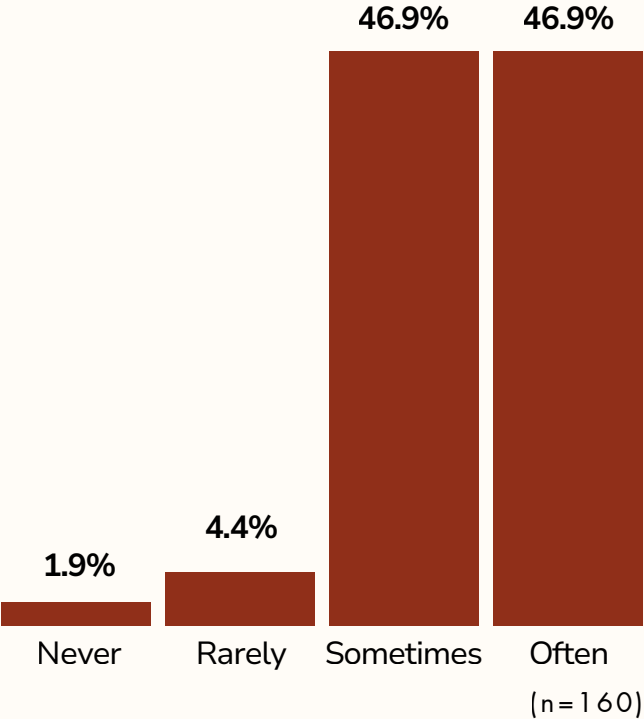


How Often Respondents Attend Ceremonial or Traditional Dance



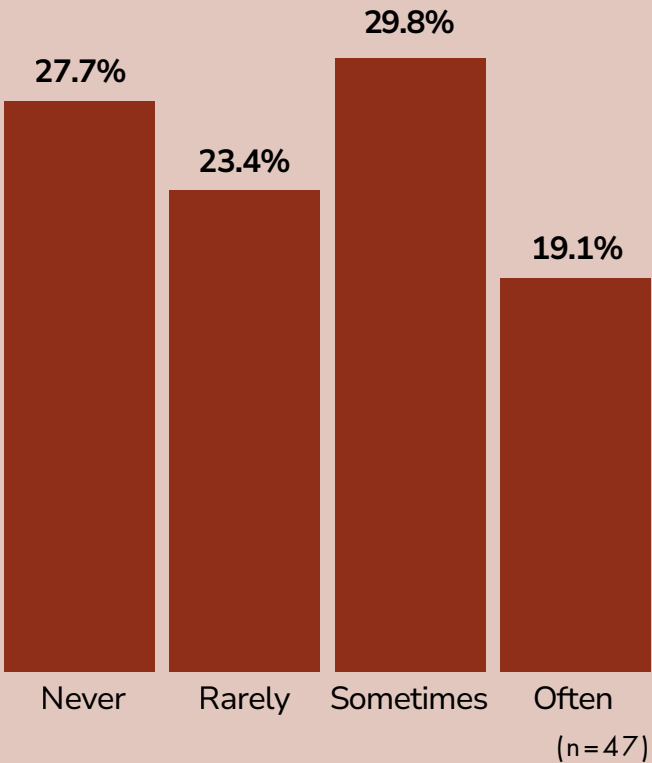
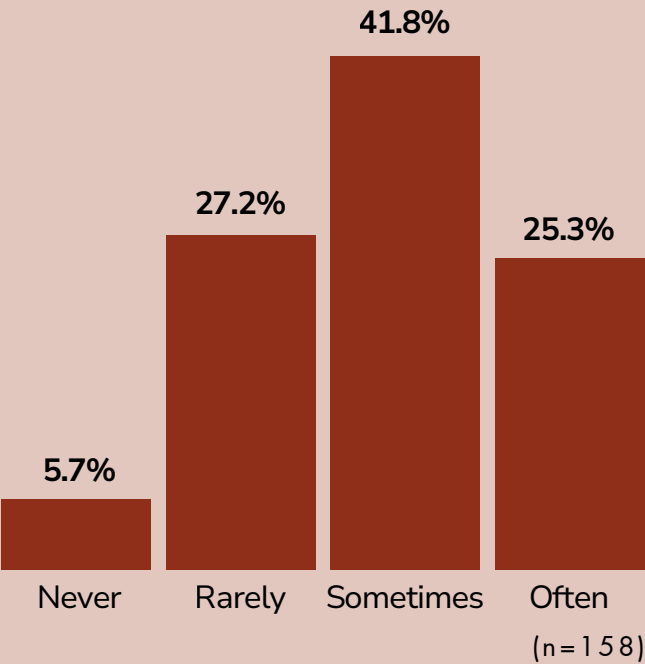
About half of respondents (45.3%) reported that they attend ceremonial or traditional dance events, with 23.3% attending them often and 30.5% attending them rarely or never. Most respondents (93.8%) reported that they eat traditional foods either often or sometimes, with 6.3% eating them rarely or never.

How Often Respondents Eat Traditional Foods



67.1% of respondents reported that they attend traditional events or cultural ceremonies either often or sometimes, with 32.9% attending them rarely or never.

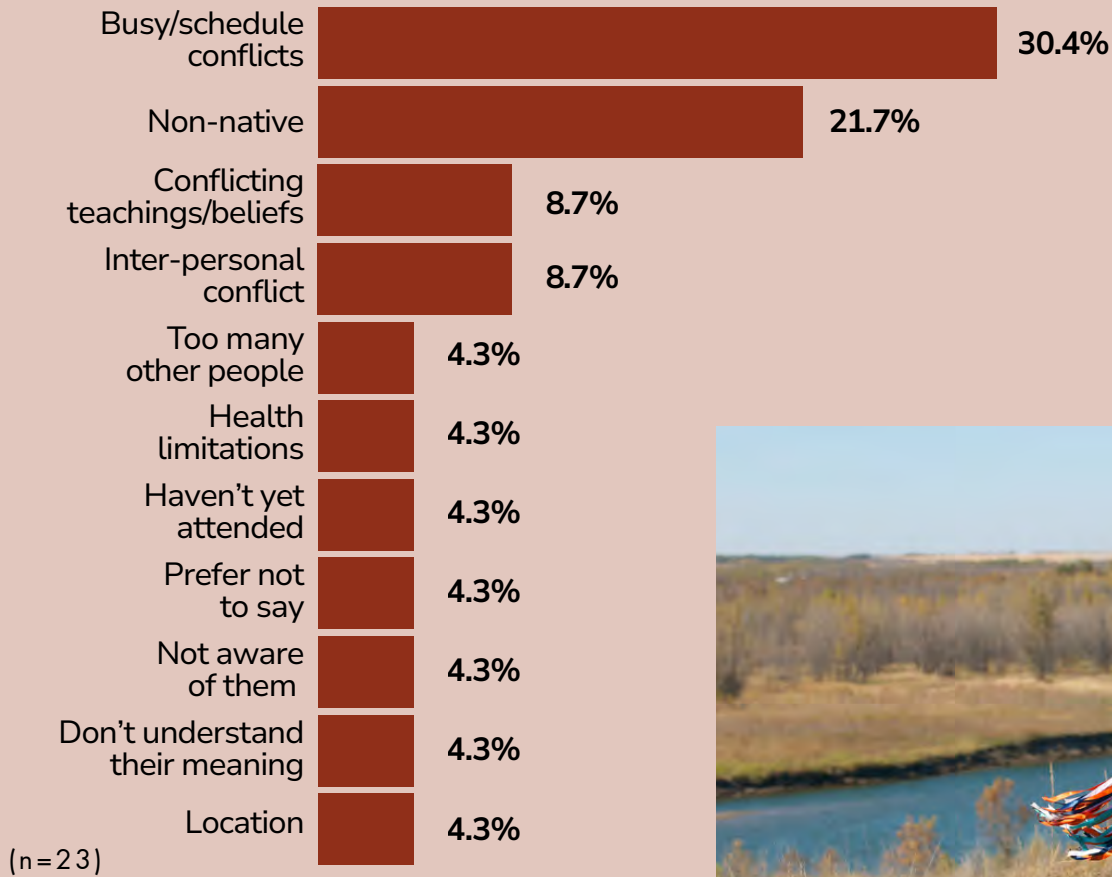
How Often Respondents Attend
Traditional or Cultural Ceremonies



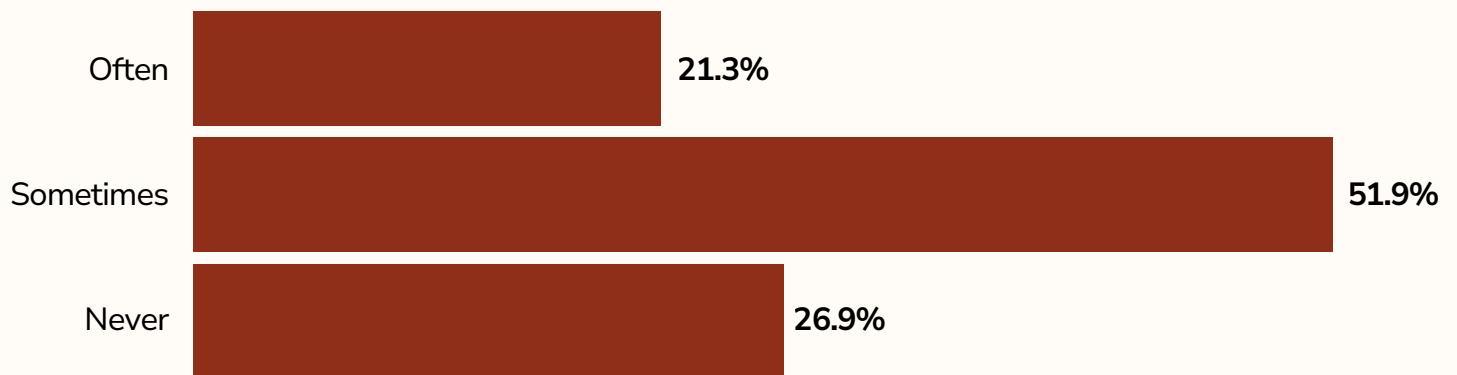
How Often Respondents Attend
Other Cultural Activities

The majority of respondents said they sometimes attend other cultural events.

Reasons For Not Participating In Traditional Native American Activities



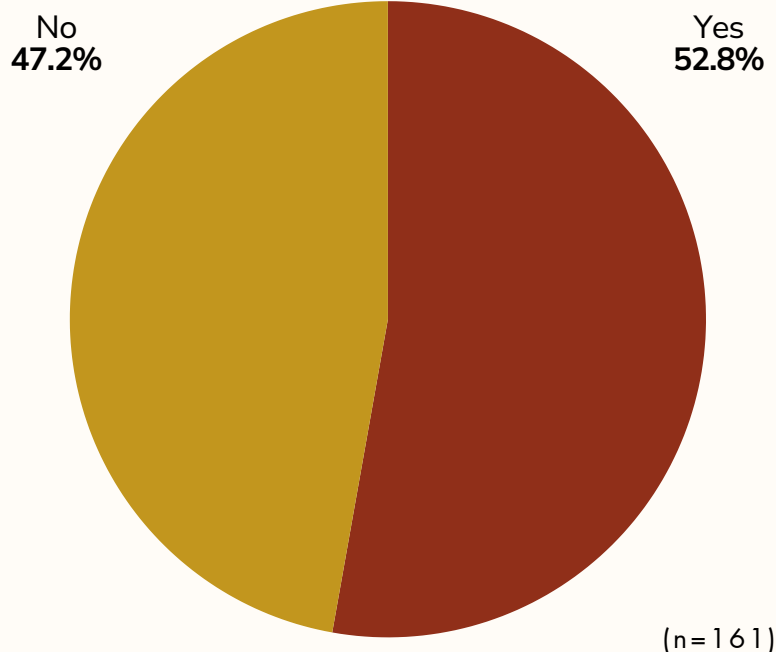
How Often Respondents Use Native Remedies When They Are Sick



(n=160)

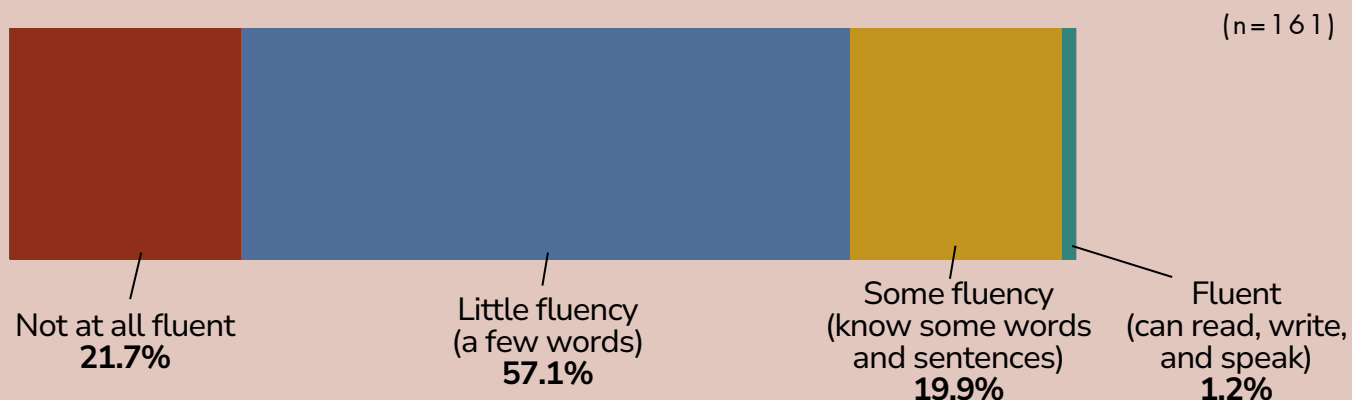
Do Respondents Use Native Remedies to Stay Healthy

Over half of respondents (52.8%) say they use Native remedies to stay healthy.



Over half of respondents say that they have little fluency in Ojibwe, meaning they know a few words. Only 1% say that they are fluent, with roughly 22% saying they are not at all fluent.

Respondents' Fluency in Ojibwe



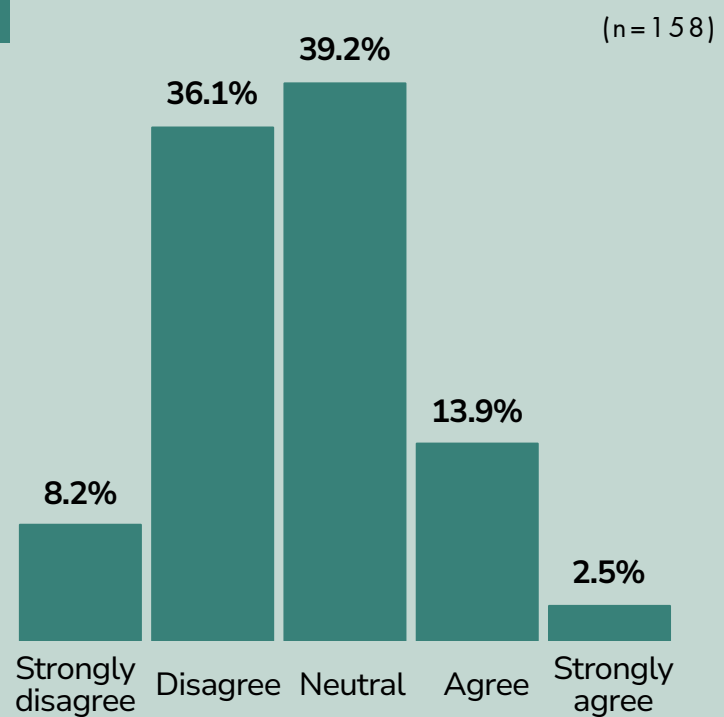


FOOD INSECURITY



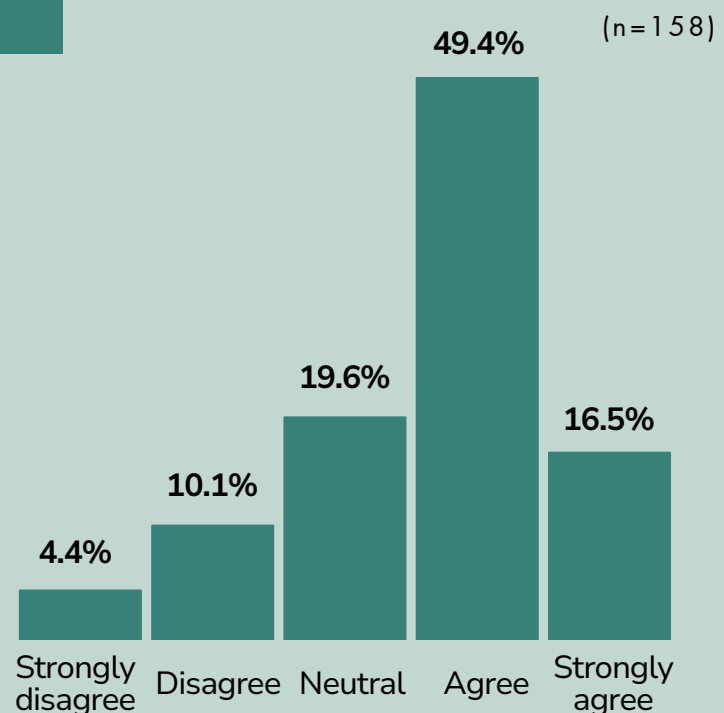
Extent to Which Respondents
Agreed with the Statement "Foods
in my community are affordable."

Most respondents
disagree (39.2%) or
are neutral (36.1%)
about the statement
"Foods in my
community are
affordable."



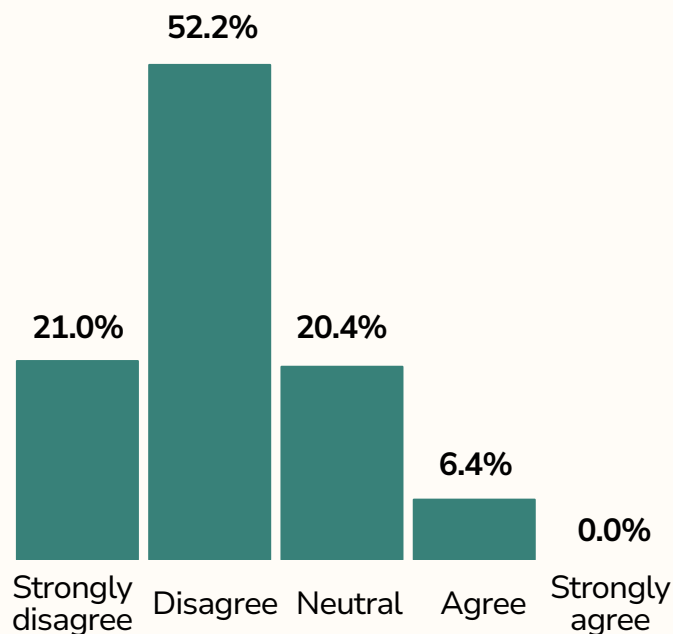
Extent to Which Respondents Agreed
with the Statement "My food supply is
enough for me and/or my family to
always have three meals a day."

About half of
respondents agree
(49.4%) with the
statement "My food
supply is enough for
me and/or my family
to always have three
meals a day." About
15.0% of respondents
disagree or strongly
disagree.



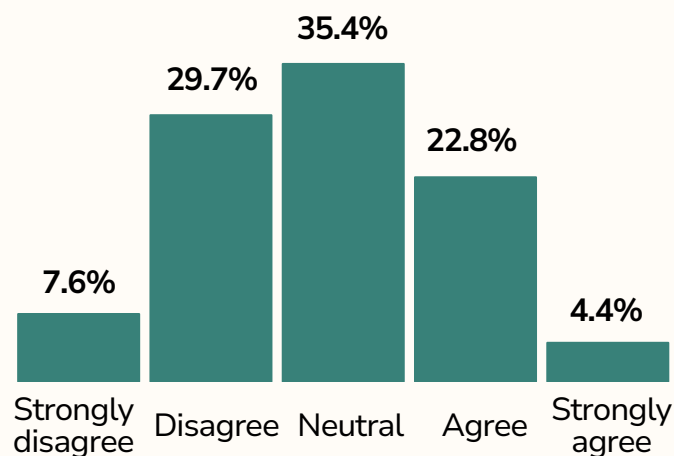
Extent to Which Respondents Agreed with the Statement
"I don't like the food that is in my house."

(n=157)



Extent to Which Respondents Agreed with the Statement "My diet consists mostly of processed food, such as fast food, canned food, or boxed food, among others."

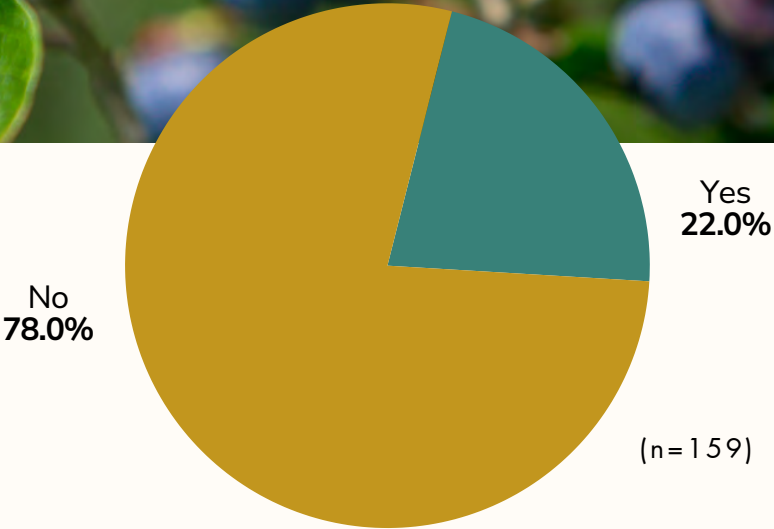
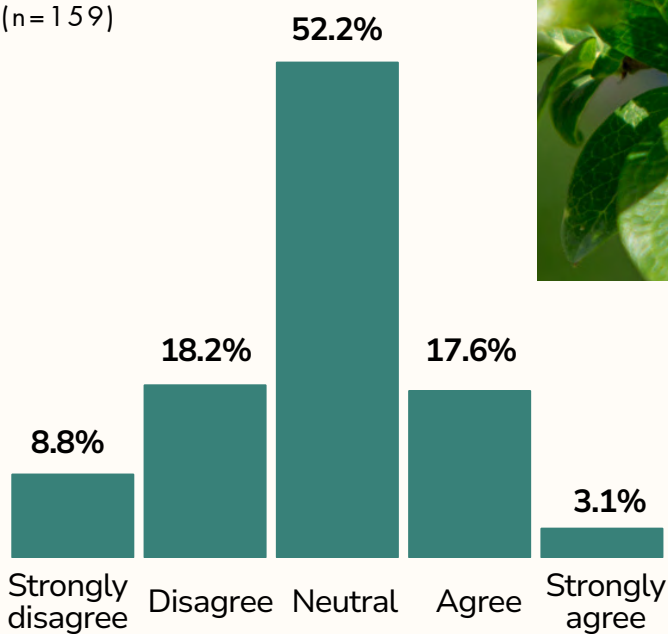
(n=158)



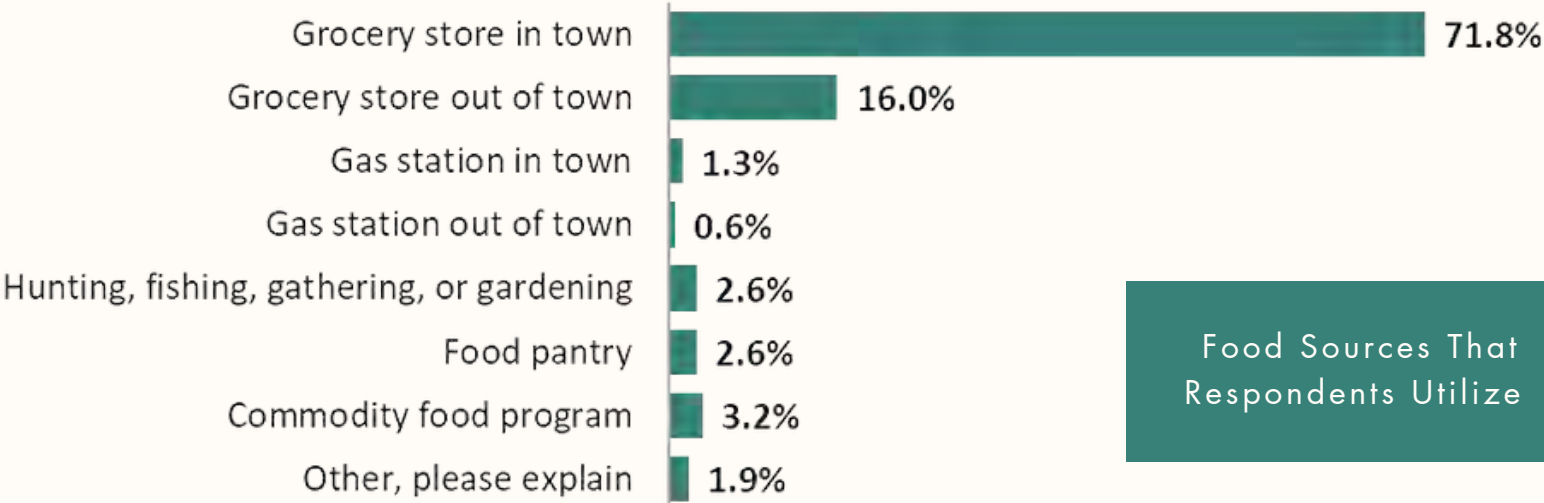
Almost three-quarters of respondents disagree or strongly disagree with the statement, "I don't like the food that is in my house." Respondents about equally agree and disagree with the statement, "My diet consists mostly of processed food, such as fast food, canned food, or boxed food, among others."

Extent to Which Respondents Agreed with the Statement "Tribal departments have done enough to address food insecurity in the community."

Extent to Which Respondents Agreed with the Statement "I don't eat some days."



Respondents slightly disagree more with the statement "Tribal departments have done enough to address food insecurity in the community." Among respondents, 78.0% do not agree with the statement, "I don't eat some days." Respondents recorded that they utilize the grocery stores in and out of town most as food sources.



Food Sources That Respondents Utilize

(n=156)

(n=154)*

Factors That Contribute to Food Insecurity

Respondents recorded all options as factors that contribute to food insecurity, with high food prices (41.7%) being the most common factor. About two-thirds of respondents recorded that they do not use food assistance programs, with SNAP being the most commonly used (16.7%), and WIC/commodity food programs being about half as common as SNAP.



High food prices
41.7%



Limited access to grocery stores
19.6%



Lack of transportation
19.3%

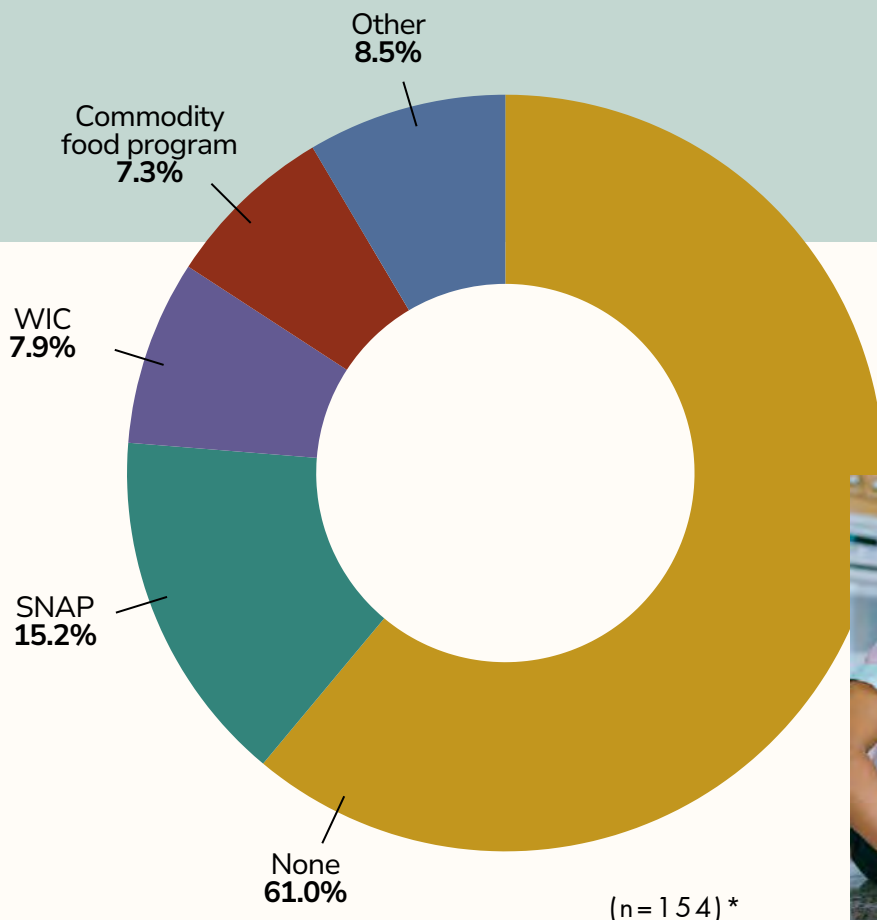


Unemployment
14.5%



Other
4.8%

Food Assistance Programs Respondents Utilize

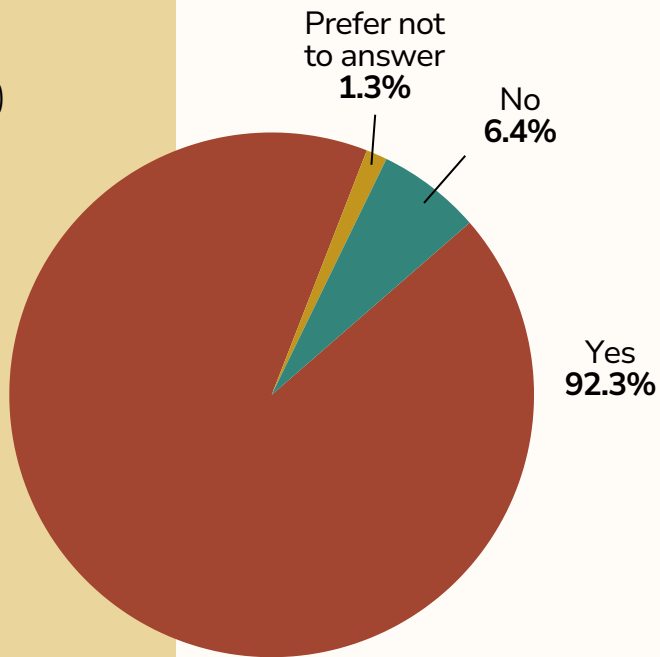




HEALTHCARE ACCESS & QUALITY



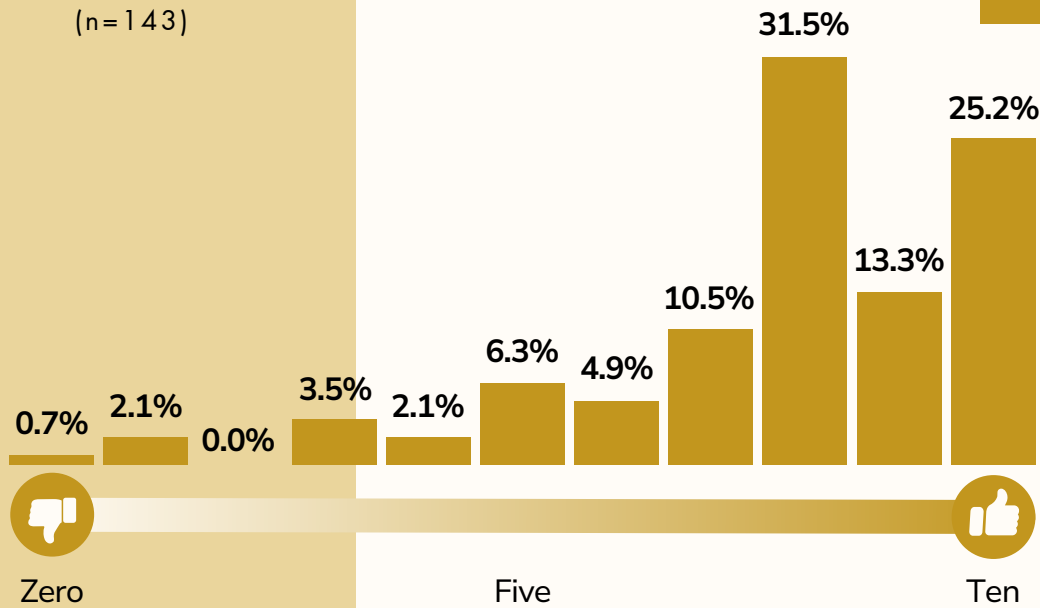
(n = 156)



Bad River Health Services Utilization

Over 90% of respondents utilize Bad River Health and Wellness clinic services, with remaining respondents answering 'No' or 'Prefer not to answer'.

(n = 143)

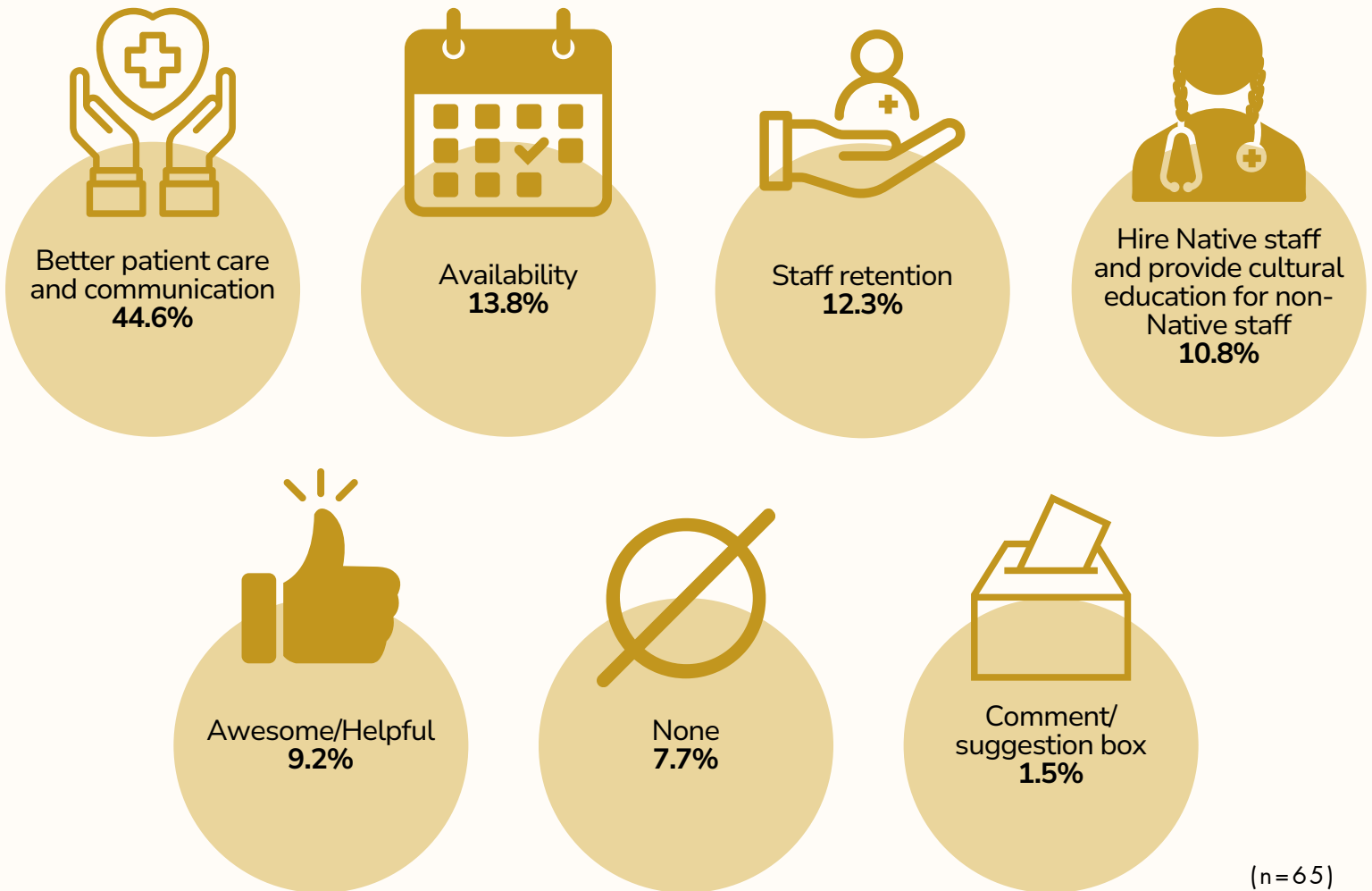


Patient Ratings of Clinic Service (0-10 Scale)

More than 70% of respondents rate the clinic service at or above seven out of ten, with 25.2% of respondents rating the clinic service a ten out of ten.



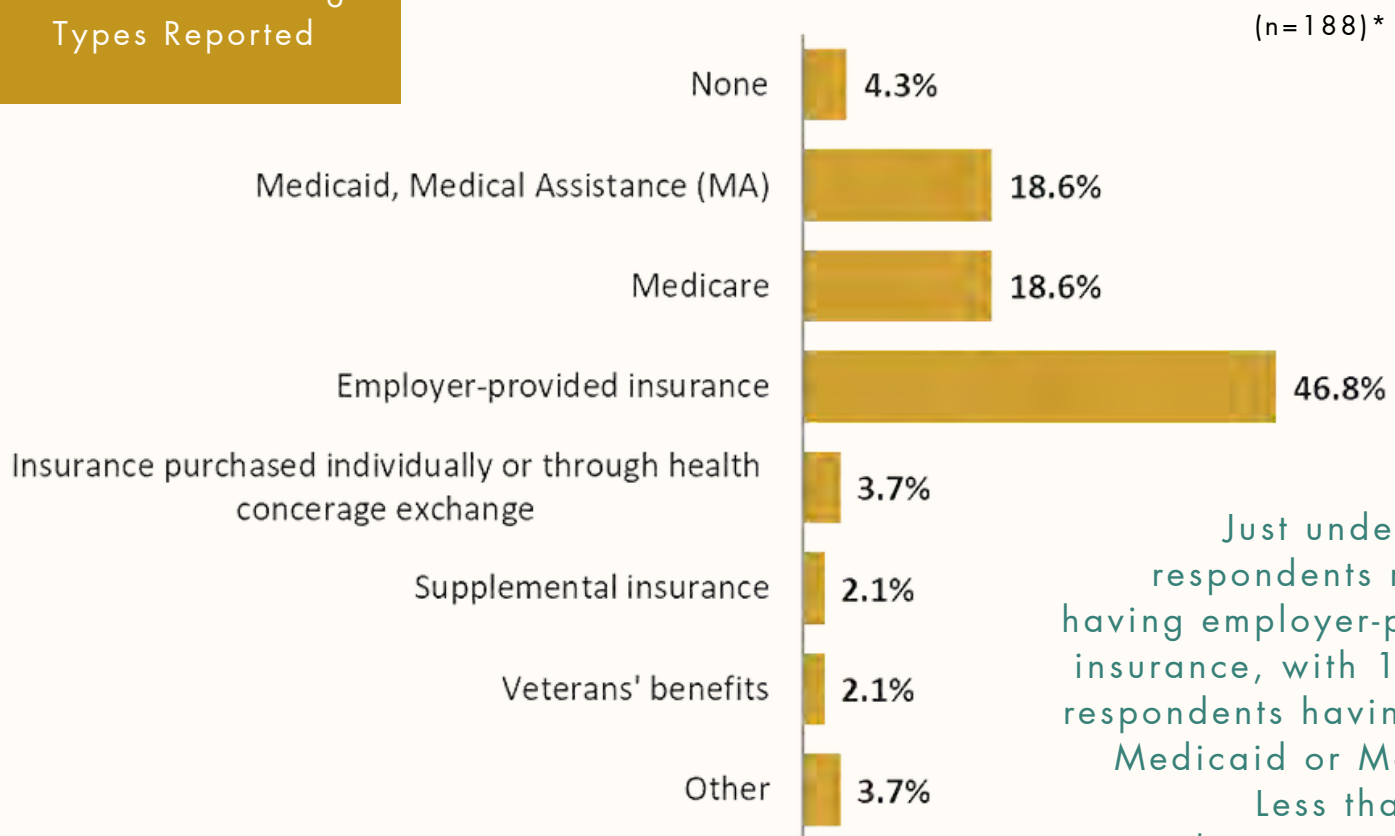
What Improvements Or Suggestions Do Respondents Have for the Clinic Staff



(n=65)

When given the opportunity to provide improvements or suggestions for the clinic staff, nearly 50% of respondents gave answers related to improving patient care and communication with staff. Suggestions included, but were not limited to, increased privacy, friendliness, follow-up phone calls, rotating lunch schedules to ensure the front desk is always staffed, more preventive screenings and educational materials, clearer instructions from staff, better coordinated care, access to personal records online, etc. Other common answers contained themes of visit availability, staff retention and continuity, and a focus on hiring Native staff and providing cultural sensitivity training for non-Native staff.

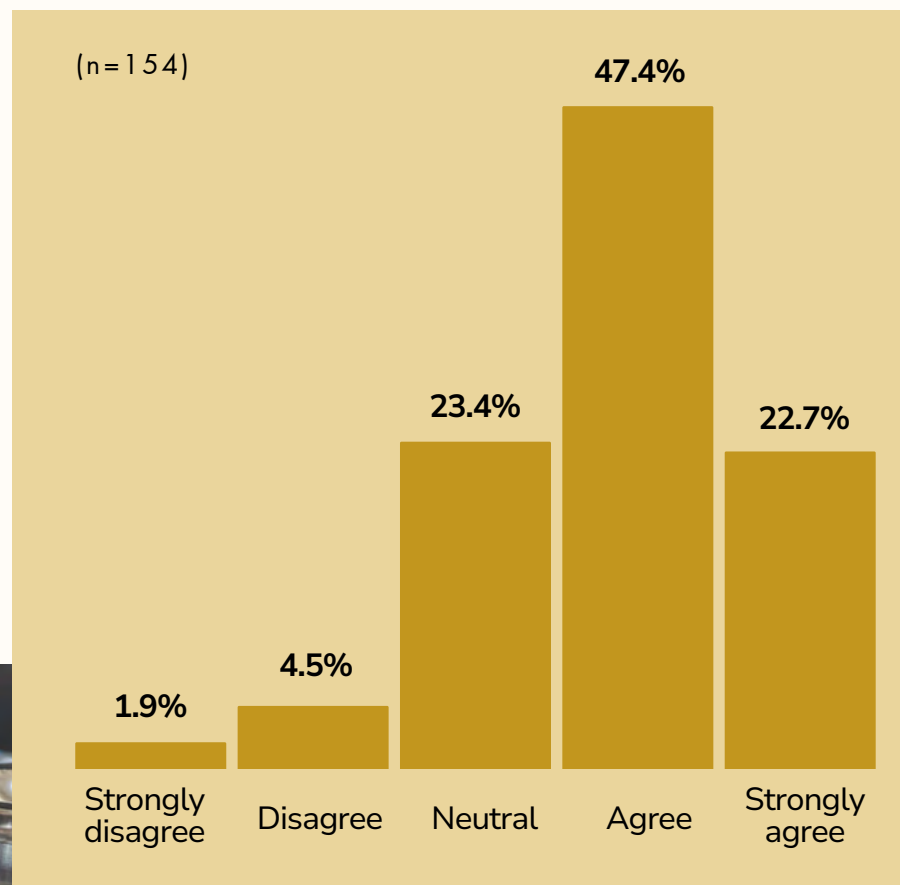
Healthcare Coverage Types Reported



Just under half of respondents reported having employer-provided insurance, with 18.6% of respondents having either Medicaid or Medicare. Less than 5% of respondents reported they did not have insurance.

Extent to Which Respondents Agreed with the Statement "I trust my healthcare providers."

Around 70% of respondents agree or strongly agree with the statement that "I trust my healthcare providers", with 4.5% disagreeing and 1.9% strongly disagreeing with that statement.



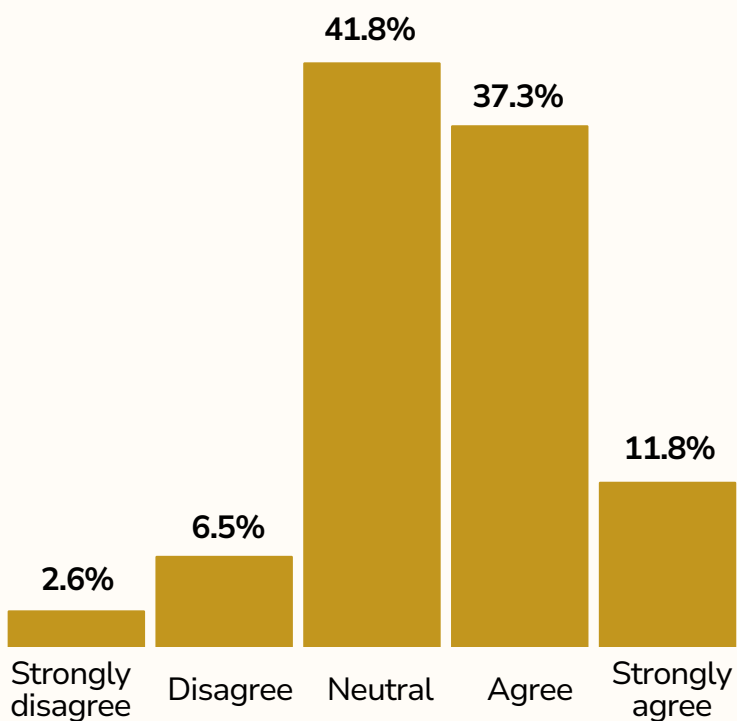
Around 42% of respondents feel neutral regarding on whether their healthcare providers are knowledgeable and encouraging about their Native American culture, with about 50% agreeing in some capacity and less than 10% disagreeing in some capacity.



Regarding whether respondents feel like there is someone available to help them understand advice from their healthcare provider, around 13% feel there is not someone available to help understand the advice. Over 50% felt that there are people available to help them understand.

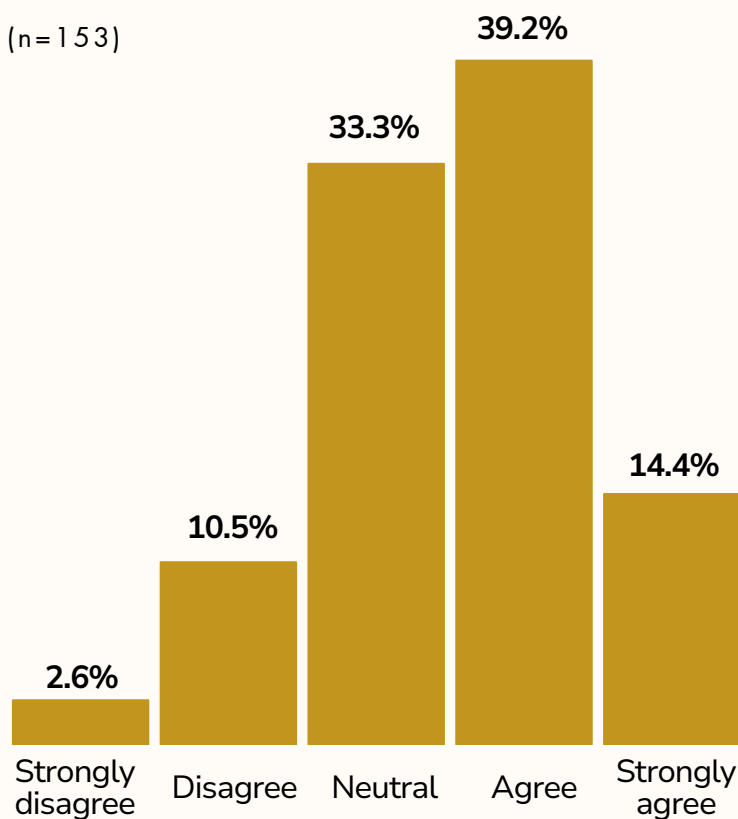
Extent to Which Respondents Agreed with the Statement
"My healthcare providers are knowledgeable and encouraging about my Native American culture."

(n=153)



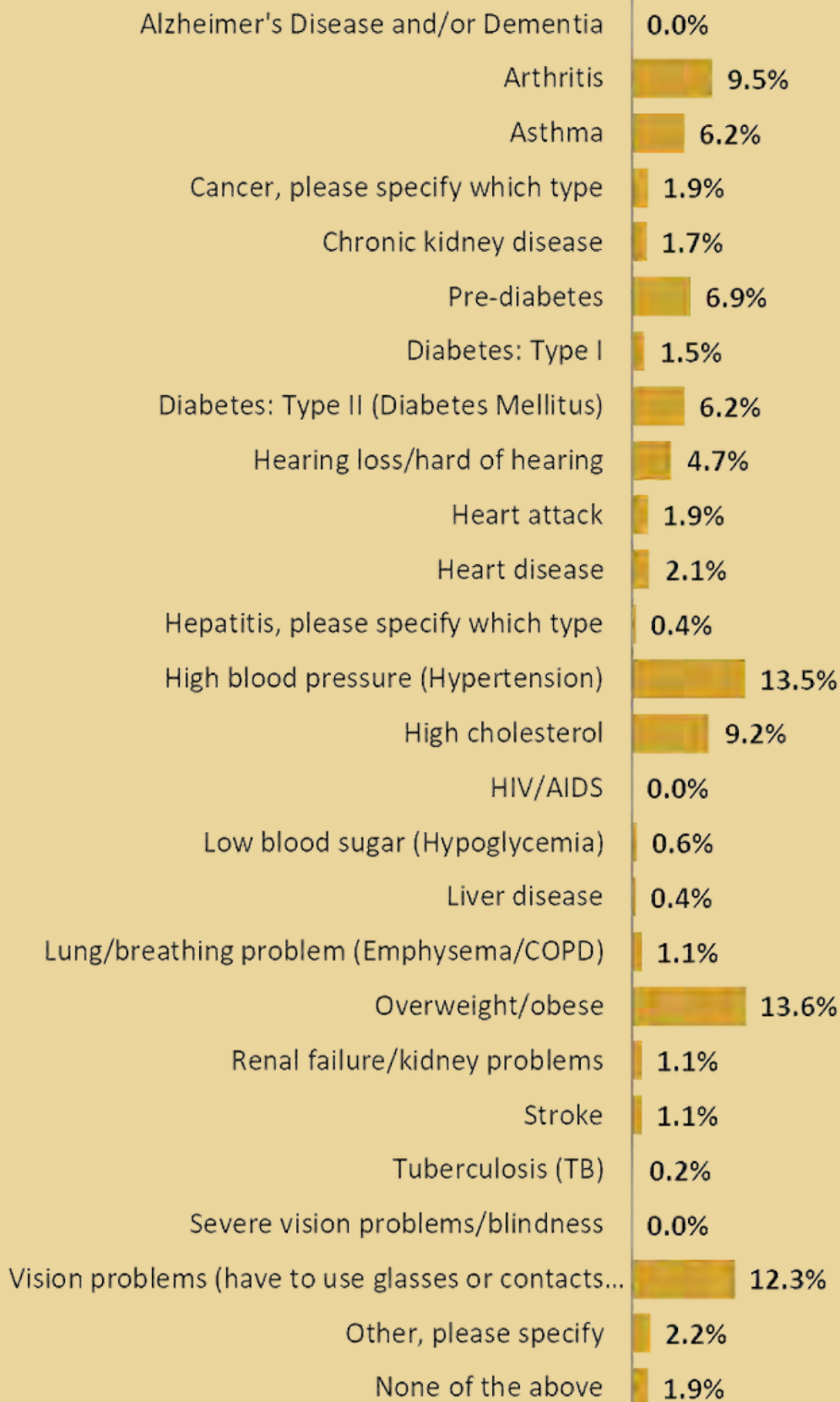
Extent to Which Respondents Agreed with the Statement
"There is someone available to help me understand advice from my healthcare provider."

(n=153)



Conditions as Told by a Doctor or Other Health Professional

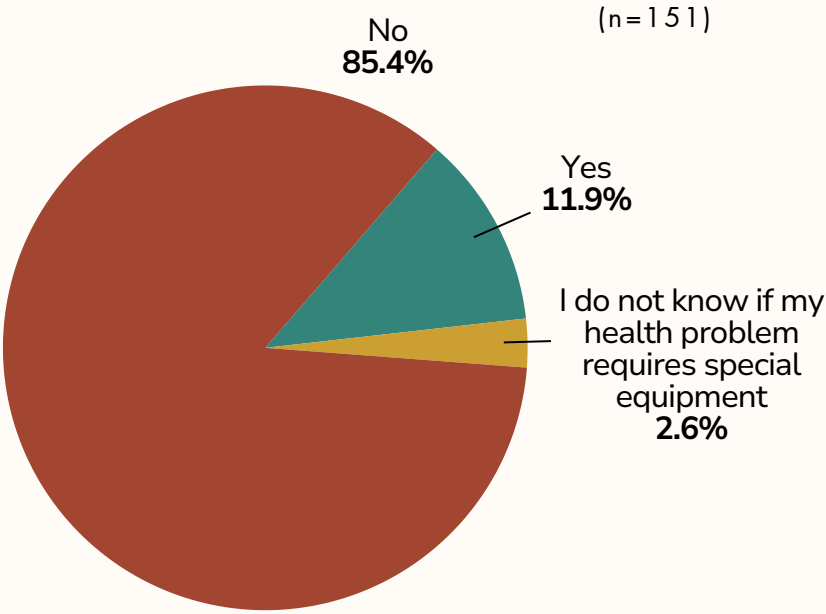
(n=535)*



Hypertension, overweight/obesity, and vision problems were the most reported physical health conditions diagnosed by healthcare providers, each affecting about 13% of respondents. Arthritis, high cholesterol, pre-diabetes, diabetes, and asthma were other conditions that were frequently diagnosed.

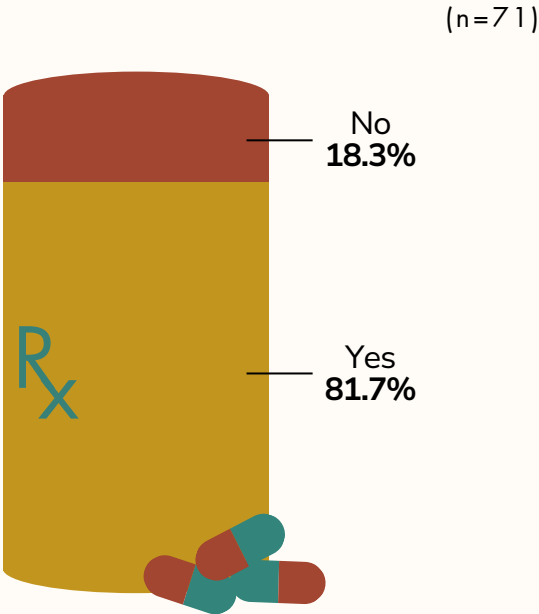


Use of Special Equipment
Due to Health Problems



Most respondents do not use special equipment due to health problems (85.4%).

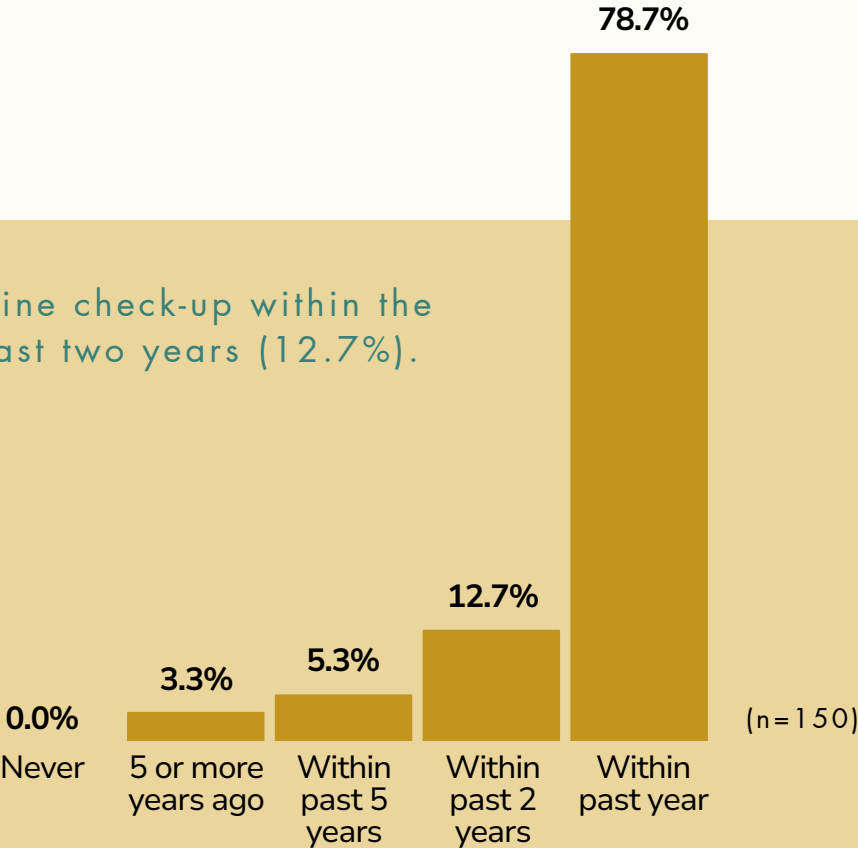
Use of Blood Pressure
Medication



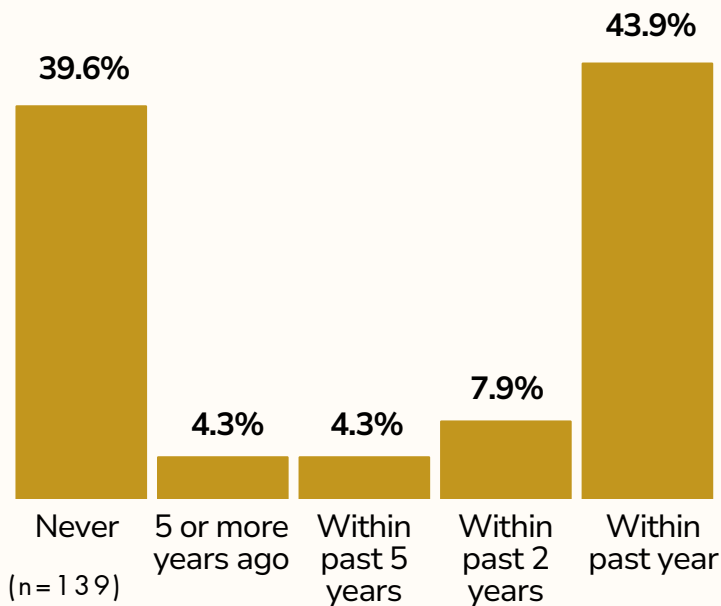
Most respondents who reported having hypertension reported using blood pressure medication (81.7%).

Elapsed Time Since Last
Routine Check-Up

Most respondents have had a routine check-up within the past year (78.7%) or within the past two years (12.7%).



Elapsed Time Since Last Mammogram

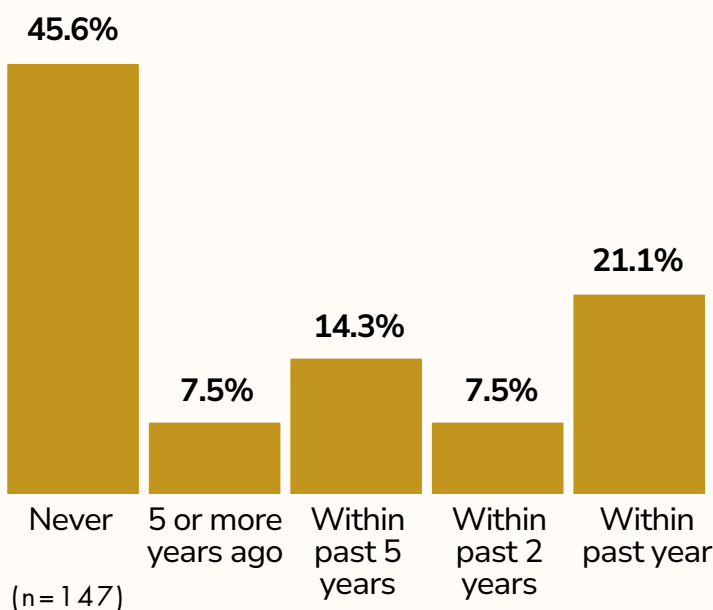


Most respondents have had a mammogram within the past year (43.9%) or have never had a mammogram (39.6%).

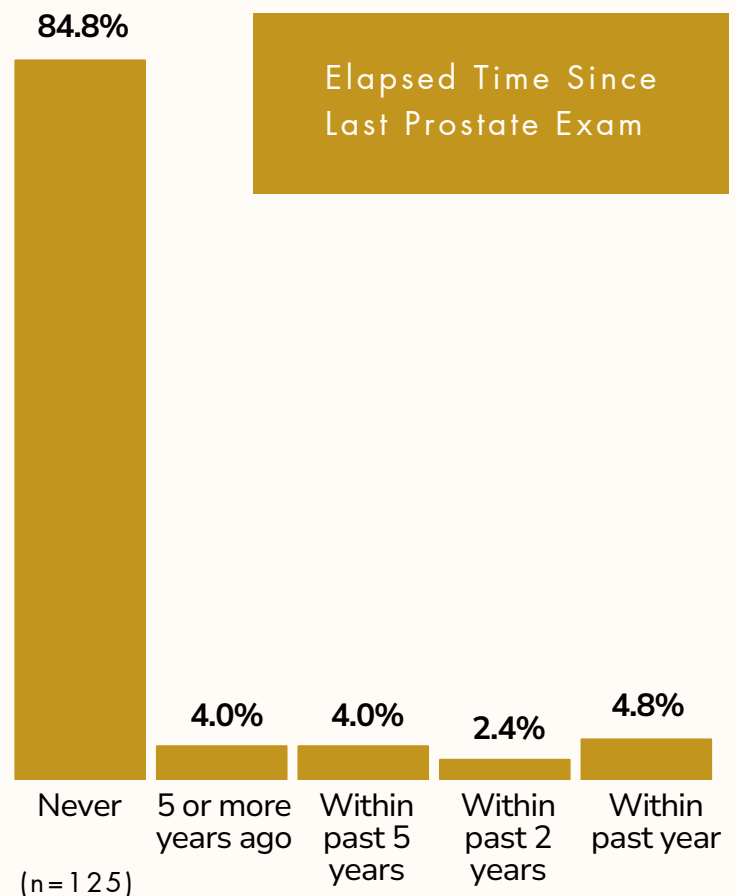
Most respondents have never had a colonoscopy (45.6%) or have had one within the past year (21.1%).

Most respondents have not had a prostate exam (84.8%).

Elapsed Time Since Last Colonoscopy

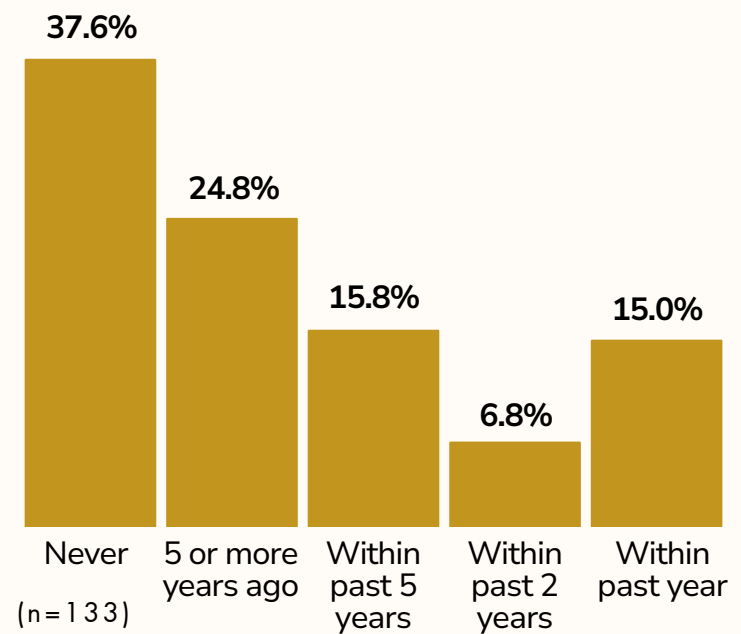


Elapsed Time Since Last Prostate Exam



Elapsed Time Since Last STI/STD Testing

Among respondents, most (62.4%) have not been STI/STD tested or have not in the past 5 years.



Barriers to Seeking Medical Care

Among respondents, the most common barriers to seeking medical care include not being able to get an appointment that fits their schedule (16.5%) and having a minor, self-treatable problem (15.3%).

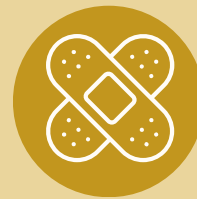
(n=242)*



I have no barriers that keep me from going to the doctor
23.6%



I couldn't get an appointment that fit my schedule
16.5%



The problem was minor, so I treated it myself
15.3%



Lack of specialists
10.3%



Fear or lack of trust
9.5%



Lack or cost of transportation
6.6%



The cost of medical care
5.0%



Stigma surrounding medical diagnosis
4.1%



Other
3.7%



Lack of culturally competent providers
2.9%



I do not have health insurance
2.5%



Language barrier
0.0%



FITNESS CENTER



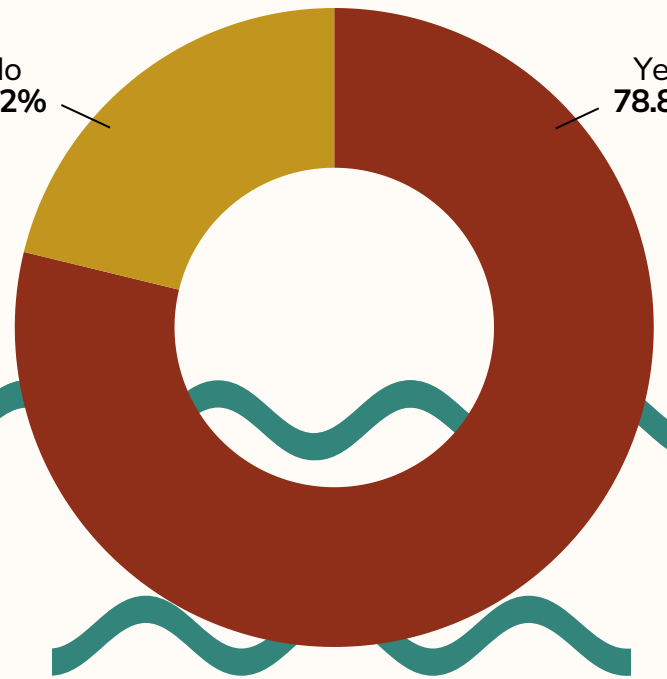
Do Respondents Know How to Swim

Among respondents, 78.8% reported they know how to swim.

(n=151)

No
21.2%

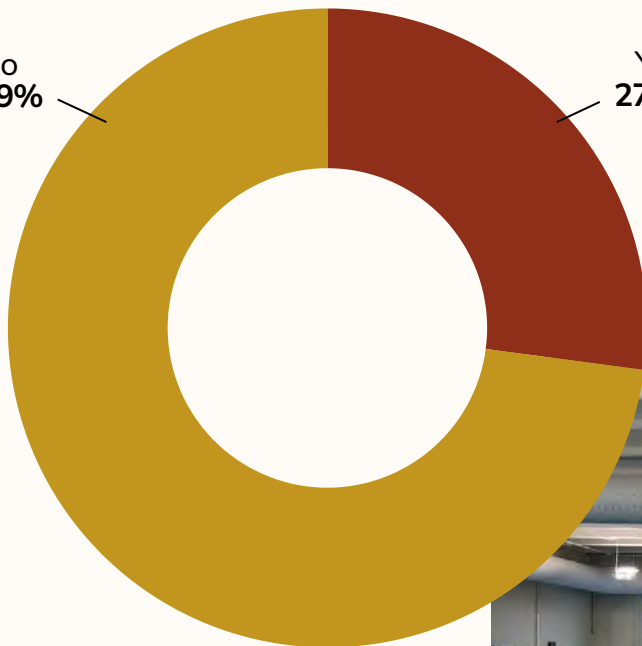
Yes
78.8%



(n=59)

No
72.9%

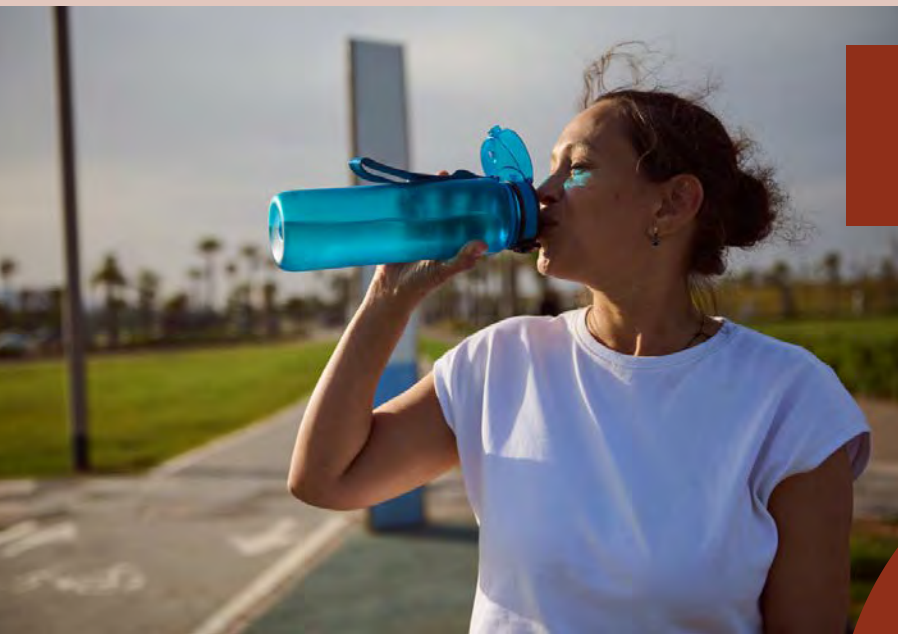
Yes
27.1%



Interest in Taking Swimming Lessons Among Respondents Who Did Not Know How to Swim

Among respondents who did not know how to swim, about one quarter (27.1%) reported they are interested in taking swimming lessons.



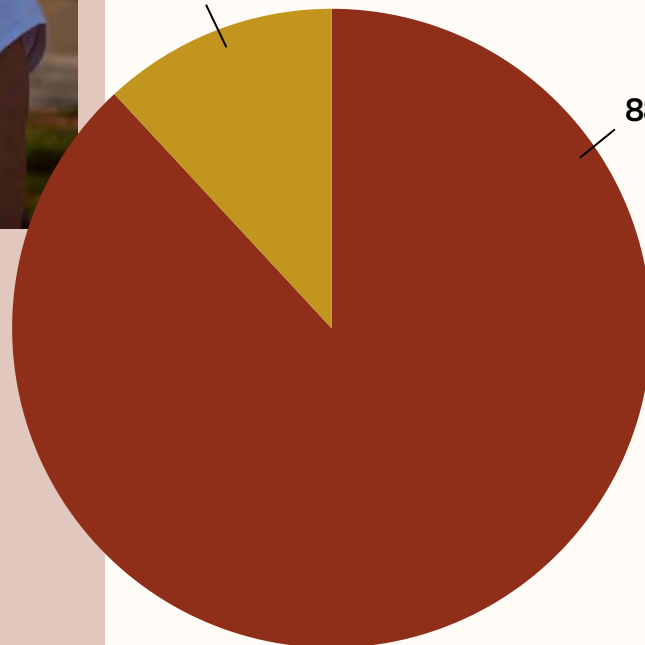


Interest in Increasing Physical Activity Among Respondents

(n = 151)

No
11.9%

Yes
88.1%



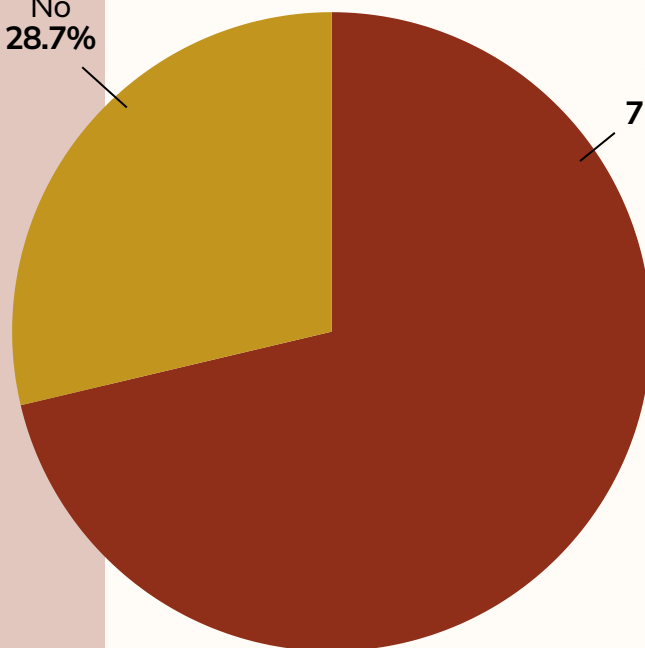
Among respondents, 88.1% reported they are interested in increasing their physical activity.

Interest in Joining a Walking or Fitness Group If Healthy Snacks Are Provided

(n = 150)

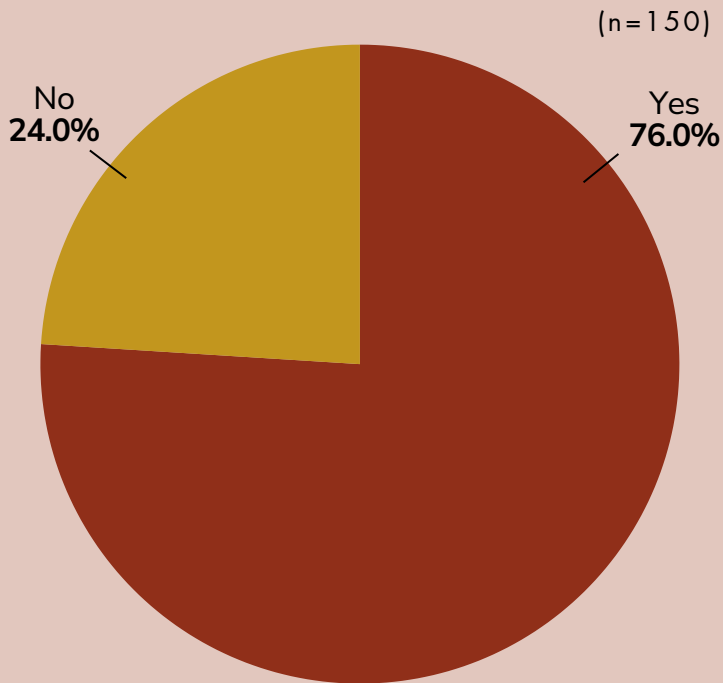
No
28.7%

Yes
71.3%



If healthy snacks are provided, 71.3% of respondents reported they would be more interested in joining a walking or fitness group.

Respondents' Likelihood to Attend the Wellness Facility More Often with Monthly Incentives

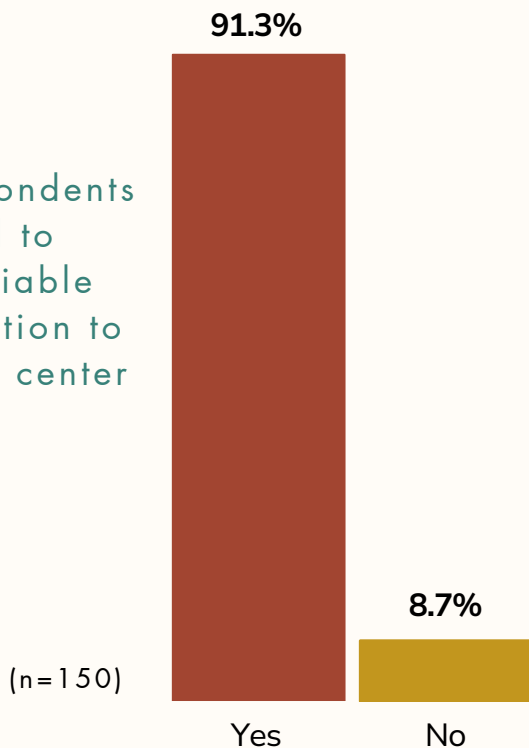


BAD RIVER HEALTH & WELLNESS CENTER



With monthly incentives, 76.0% of respondents said they would be more likely to attend the wellness facility.

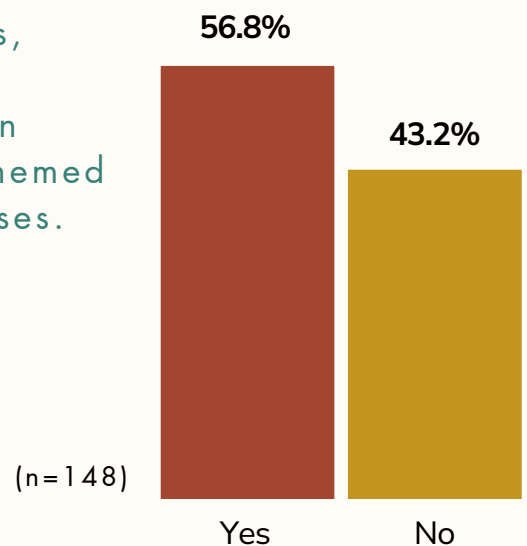
Availability of Reliable Transportation to the Fitness Center



Most respondents responded to having reliable transportation to the fitness center (91.3%).

Interest in Culturally Themed Fitness Classes

Among respondents, 56.8% are interested in culturally themed fitness classes.



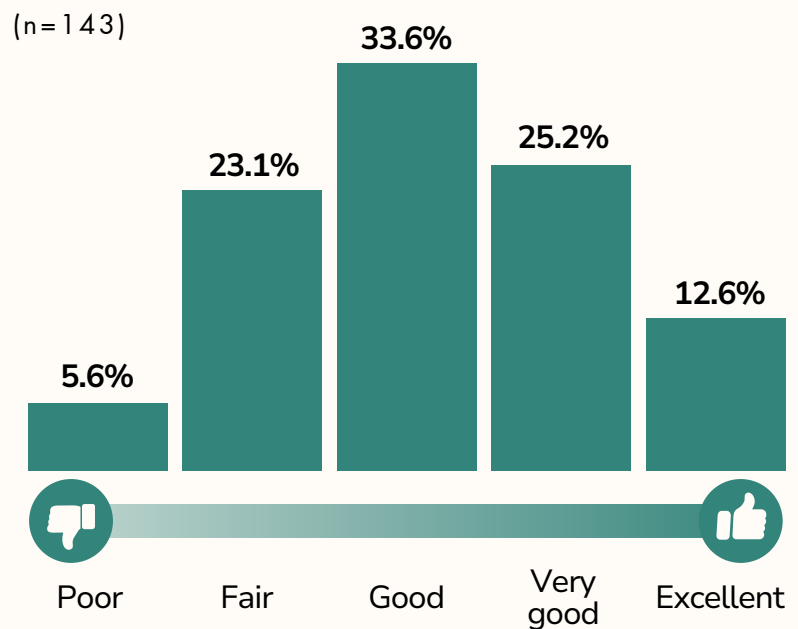


MENTAL HEALTH

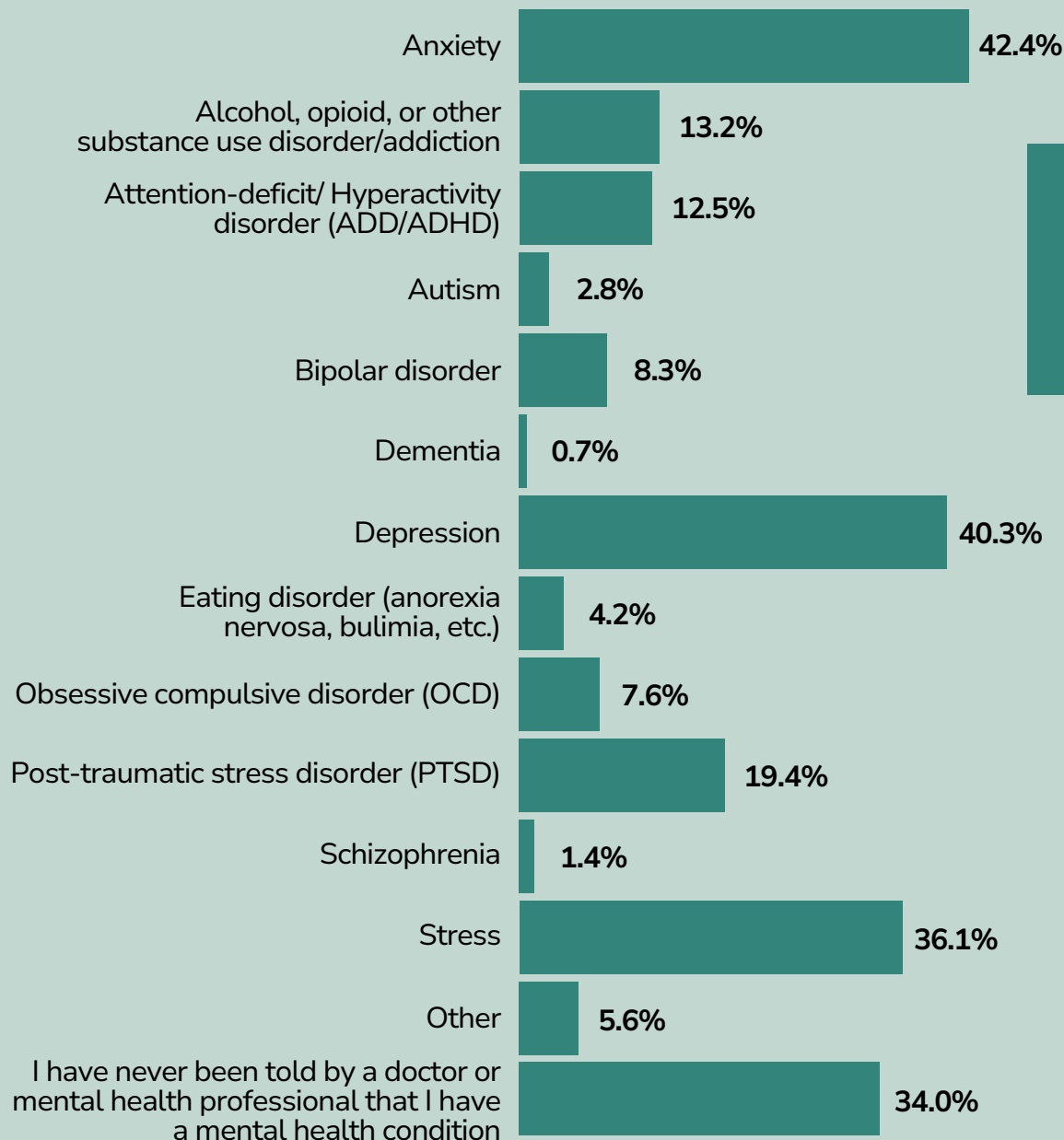


Self-Rated Mental Health

When asked to self rate their mental health, 71.3% of respondents answered good, very good, or excellent. 28.7% of respondents answered fair or poor.



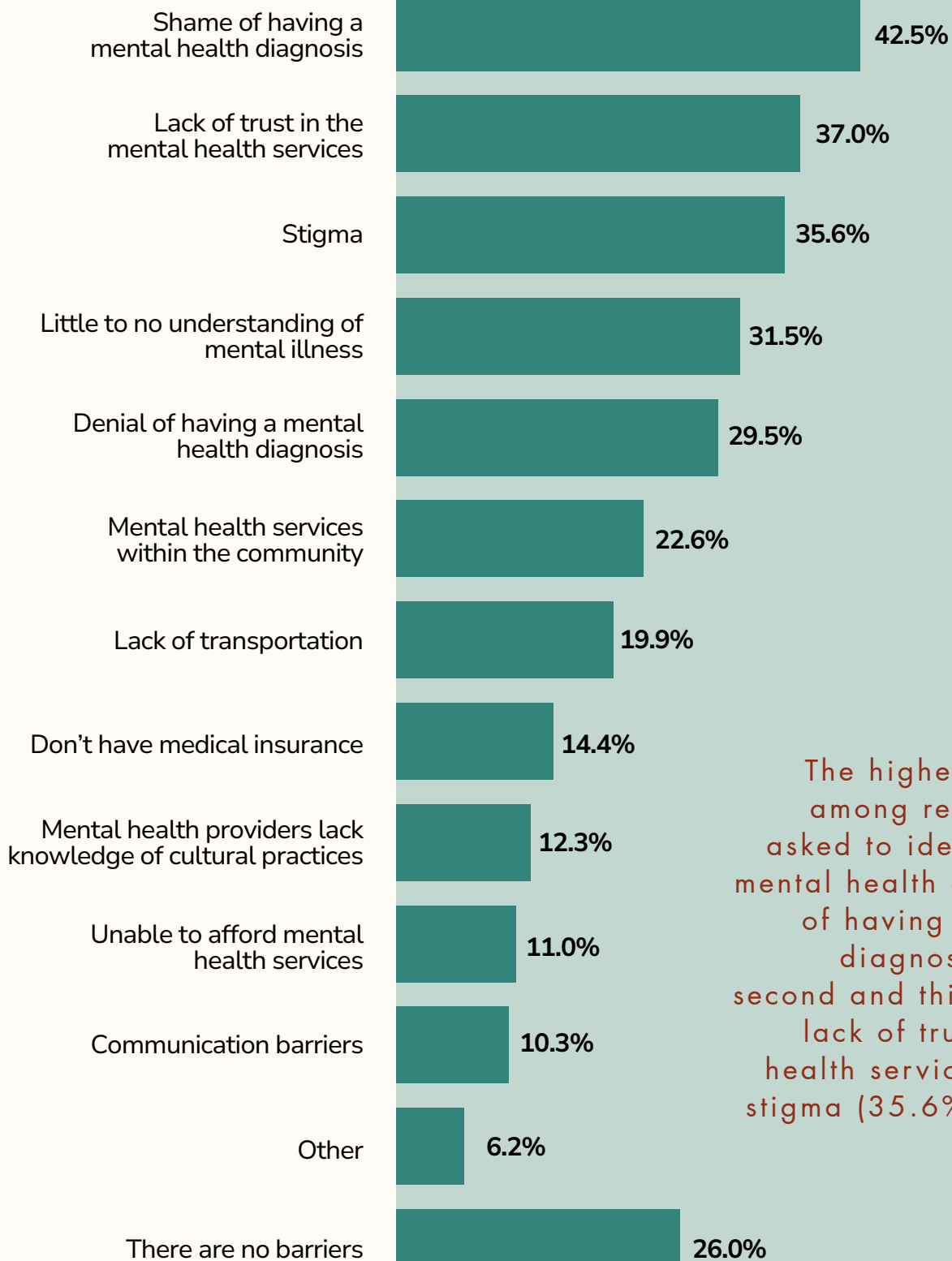
(n = 144) *



Mental Health Condition as Told by a Doctor or Other Mental Health Professional

The highest response rate among respondents when asked to identify their condition as told by a doctor or other mental health professional was anxiety (42.4%). The second and third highest were depression (40.3%) and stress (36.1%), respectively.

Barriers to Mental Health Care



The highest response rate among respondents when asked to identify barriers to mental health care was shame of having a mental health diagnosis (42.5%). The second and third highest were lack of trust in the mental health services (37.0%) and stigma (35.6%), respectively.

(n = 146) *

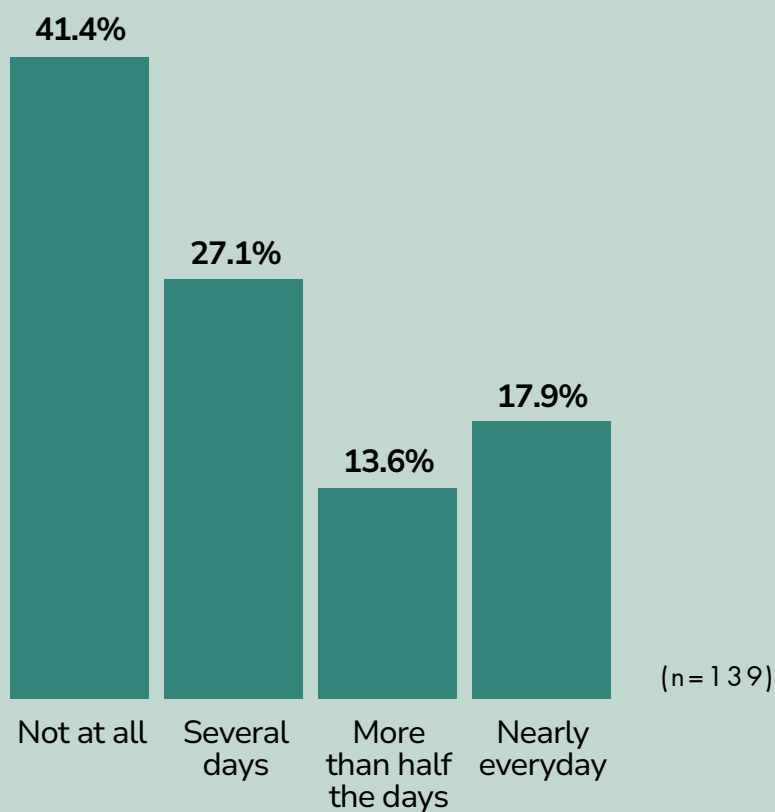


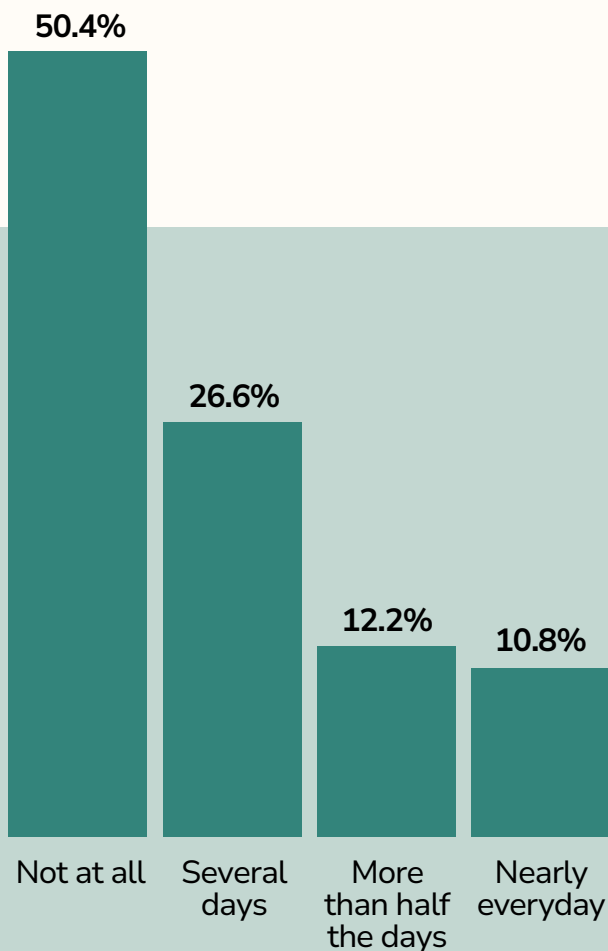
Feelings of Anxiety in the Past 30 Days

Among respondents, 66.4% report feelings of anxiety over several days, more than half the days, or nearly everyday in the past 30 days, while 33.6% report no anxiety at all.

Feelings of Worry in the Past 30 Days

Among respondents, 58.6% report feelings of worry over several days, more than half the days, or nearly everyday in the past 30 days, while 41.4% report no worry at all.

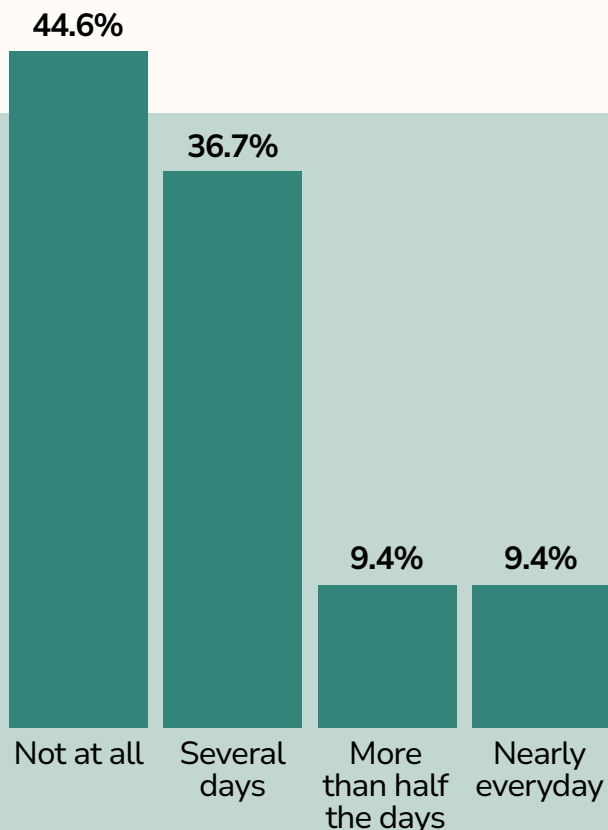




Feelings of Little Interest or Pleasure in Doing Things in the Past 30 Days

Among respondents, 66.4% report feelings of little interest or pleasure doing things over several days, more than half the days, or nearly everyday in the past 30 days, while 50.4% report no feelings of little interest or pleasure in doing things at all.

(n = 139)



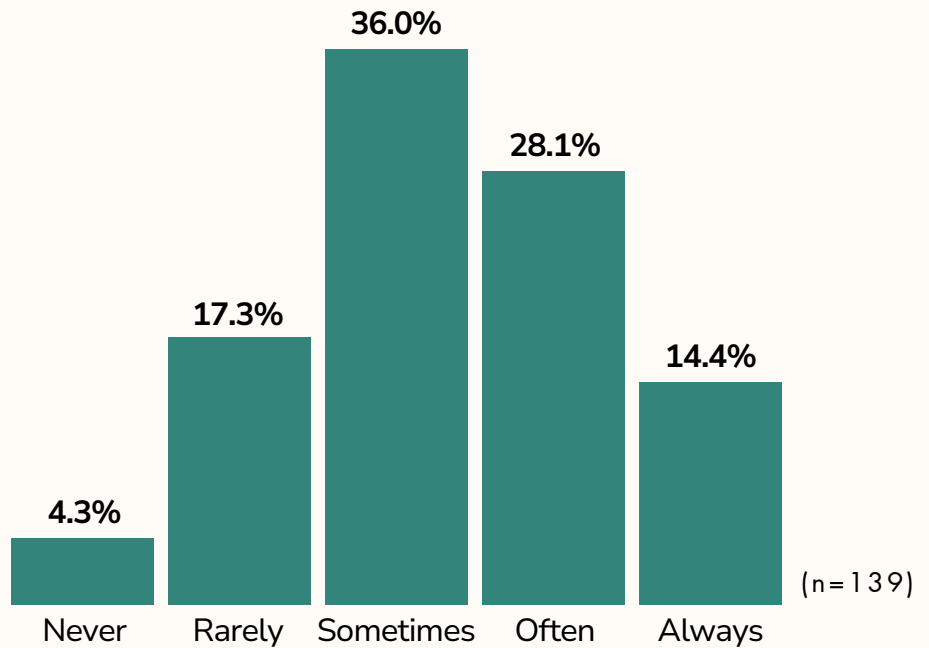
Feeling Down, Depressed, or Hopeless in the Past 30 Days

Almost half (44.6%) of respondents report no feelings of being down, depressed, or hopeless in the last 30 days. The second highest response rate is several days (36.7%), with more than half the days and nearly everyday being equal at 9.4%.

(n = 139)



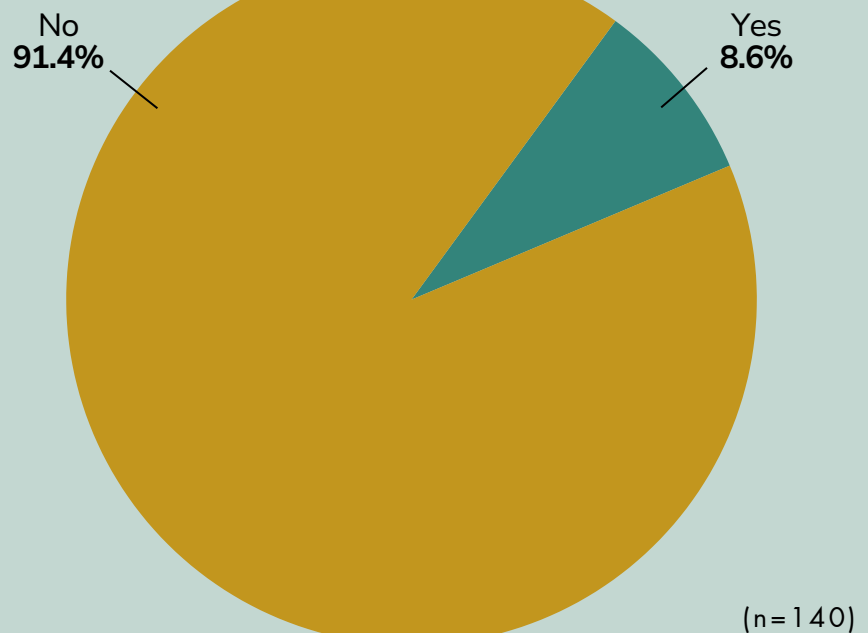
Frequency of Social and Emotional Support Met



Among respondents, most reported that their frequency of social and emotional support is met sometimes (36.0%). The next highest category is often (28.1%), followed by rarely (17.3%).

Frequency of Social and Emotional Support Met

91.4% of respondents reported not having suicidal thoughts in the past year.

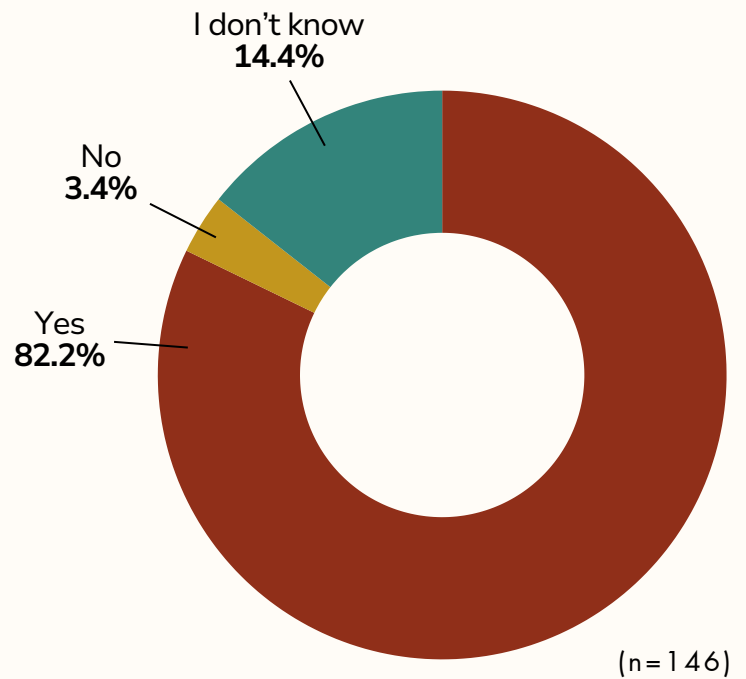




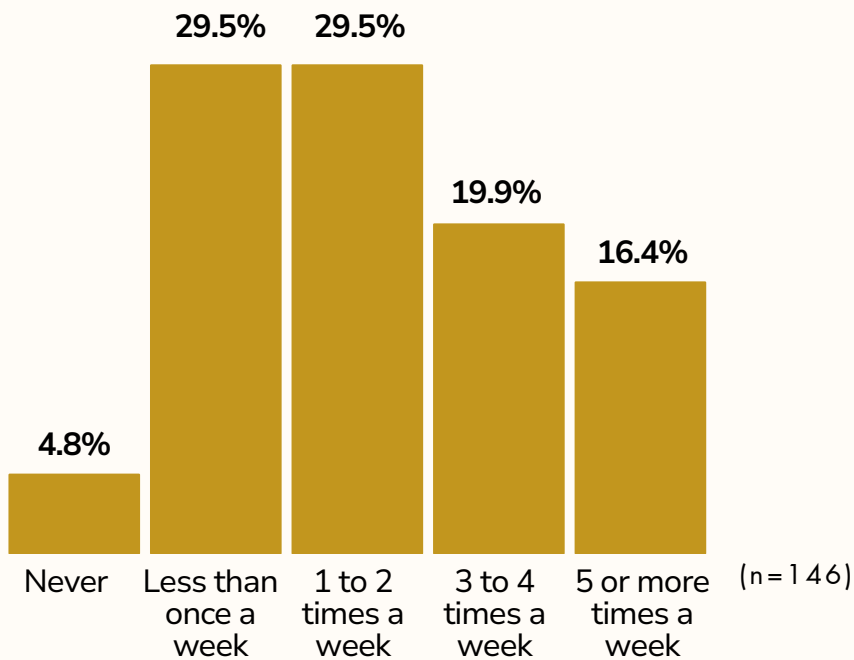
HEALTH BEHAVIORS



Are Respondents Up to Date on Immunizations



A large majority of respondents (82.2%) were up to date on their immunizations, compared with 17.8% that were not or didn't know if they were up to date on their immunizations.



The majority of respondents (59%) do 30 minutes or more of physical activity less than once a week to 2 times a week. About 36.3% of respondents do 30 minutes or more of physical activity 3 or more times a week.

Frequency of Doing 30 Minutes or More of Physical Activity a Week

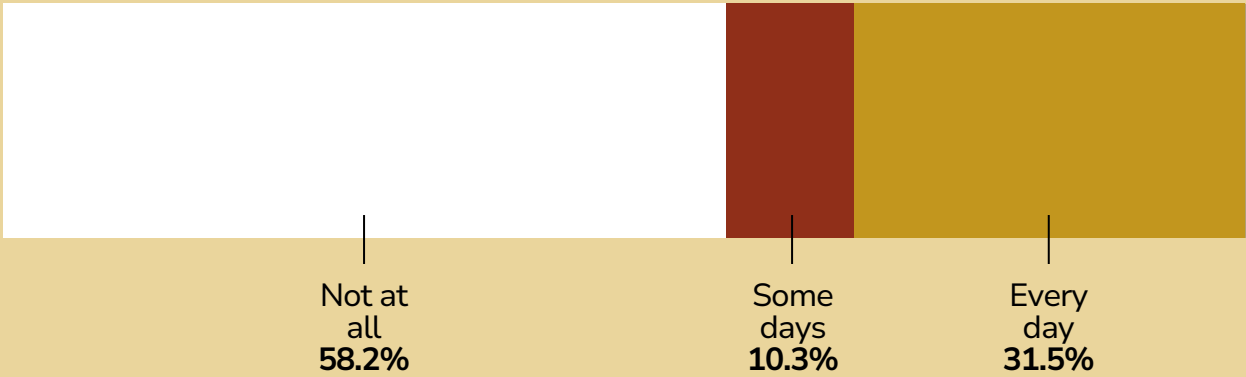




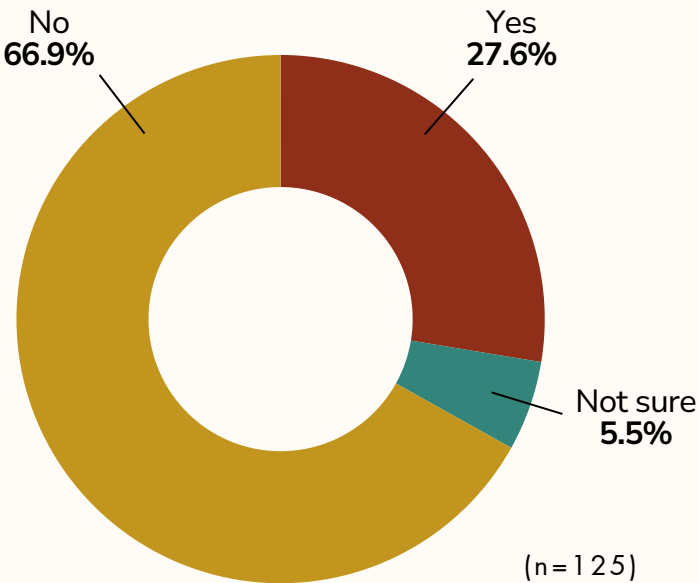
Among respondents, the majority (58.2%) have not smoked cigarettes, and 31.5% smoke cigarettes every day (not including ceremonial practices).

Frequency of Smoking Cigarettes, Not Including Ceremonial Practices

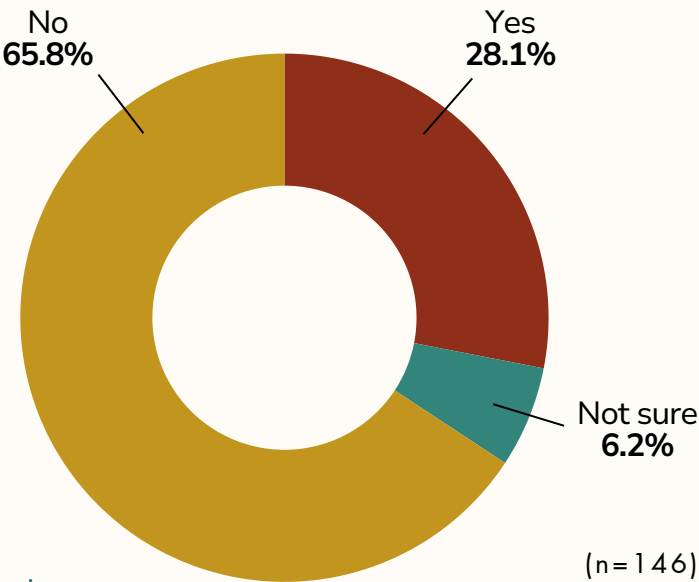
(n=146)



Do Respondents Struggle with or Know Someone with Substance Use Disorder/Addiction



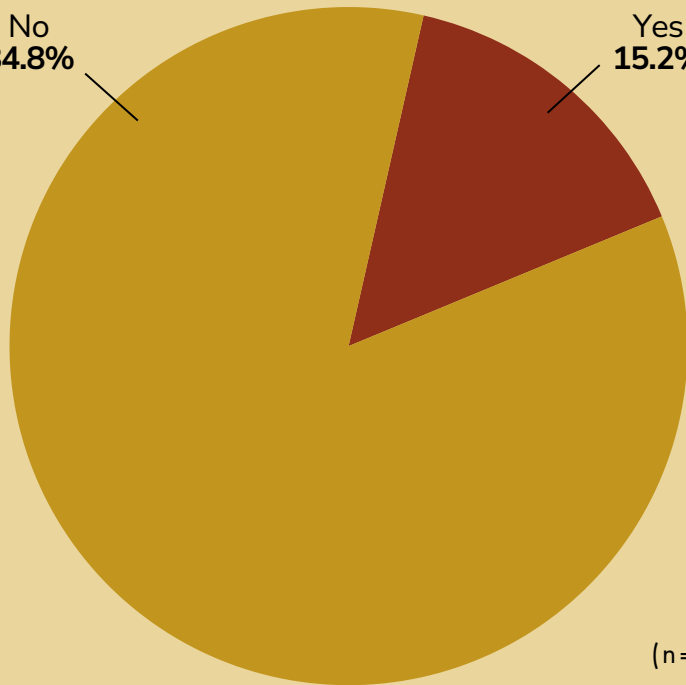
Have Respondents or their Immediate Family Experienced an Overdose



Among respondents, 27.6% struggle with or know someone with substance use disorder/addiction. About the same percentage of respondents (28.1%) have personally experienced an overdose or have had an immediate family member experience an overdose.

No
84.8%

Yes
15.2%



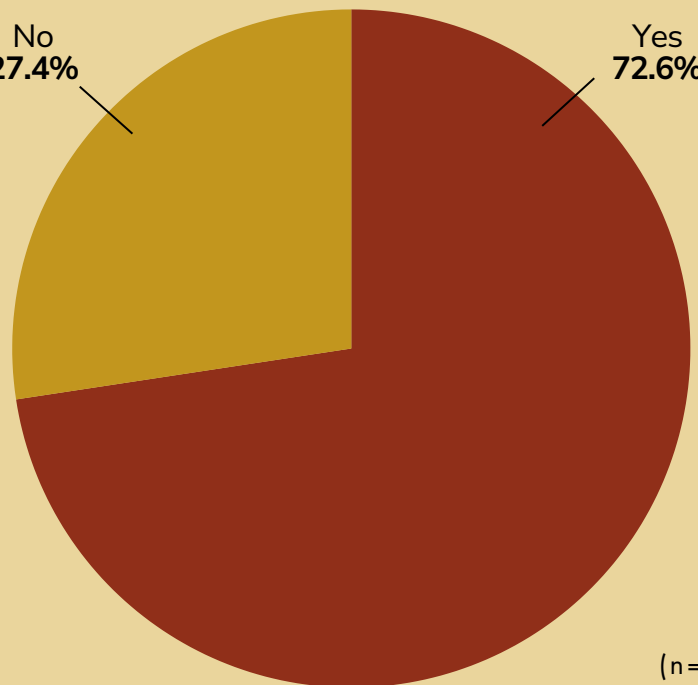
Have Respondents Used
Narcan/Naloxone for
Opioid Overdose

Among respondents, the
majority have not used
Narcan/Naloxone for an
opioid overdose.

Do Respondents
Have Access to
Narcan/Naloxone

No
27.4%

Yes
72.6%

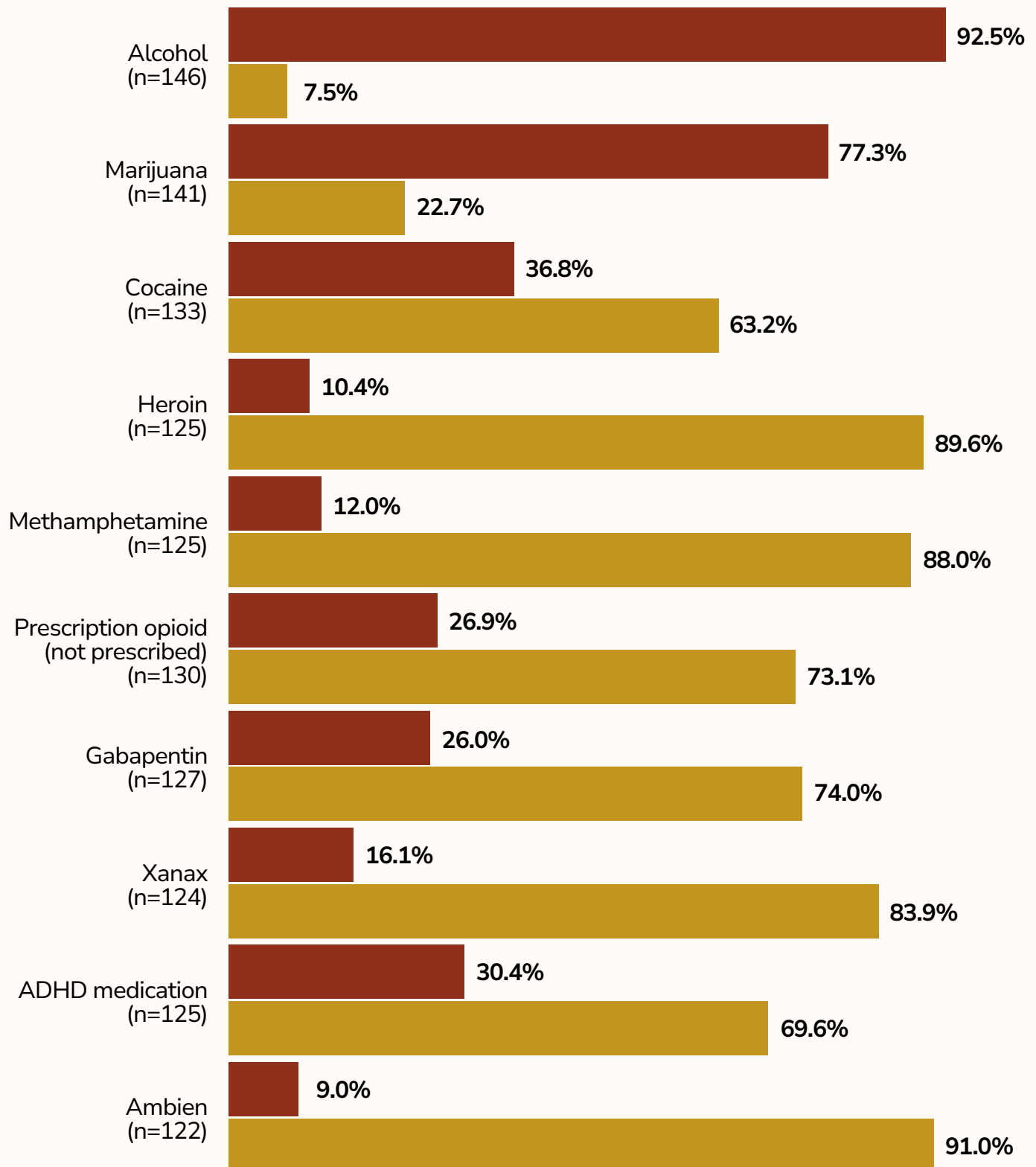


Among respondents, the
majority have access to
Narcan/Naloxone.

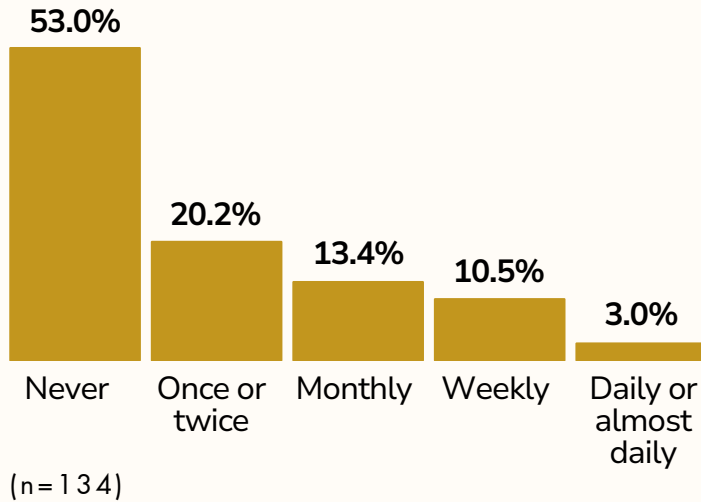
Percentage of Respondents Who Have or Have Not Ever Used Substance

Have Used Have Never Used

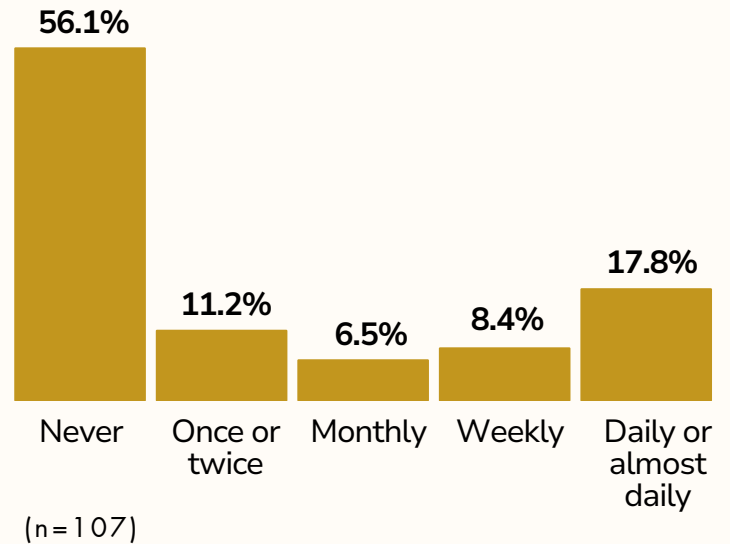
Among respondents, alcohol (92.5% used) and marijuana (77.3% used) were the highest used. Ambien (90.98% not used) and heroin (89.60% not used) were among the highest of those not used.



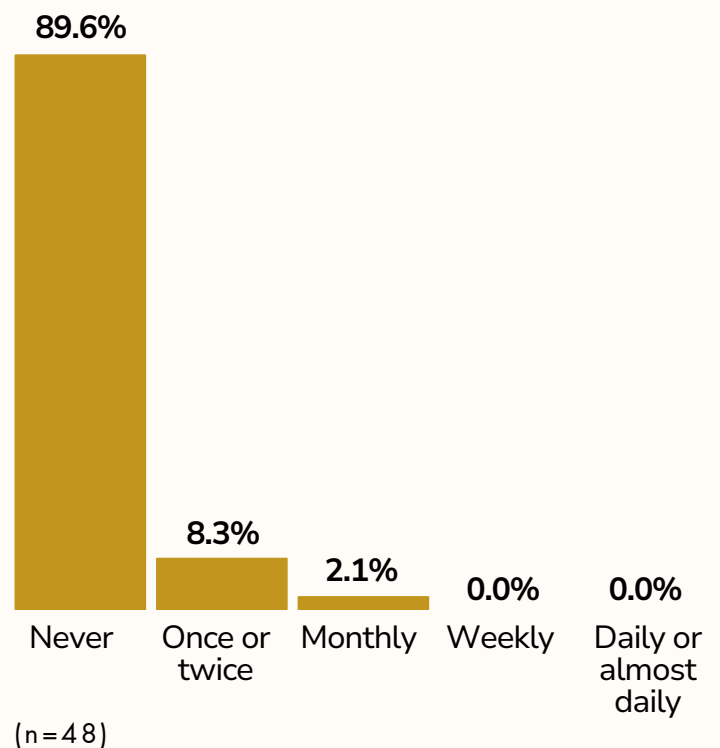
Frequency Of Alcohol Use In The Last 3 Months



Frequency Of Marijuana Use In The Last 3 Months

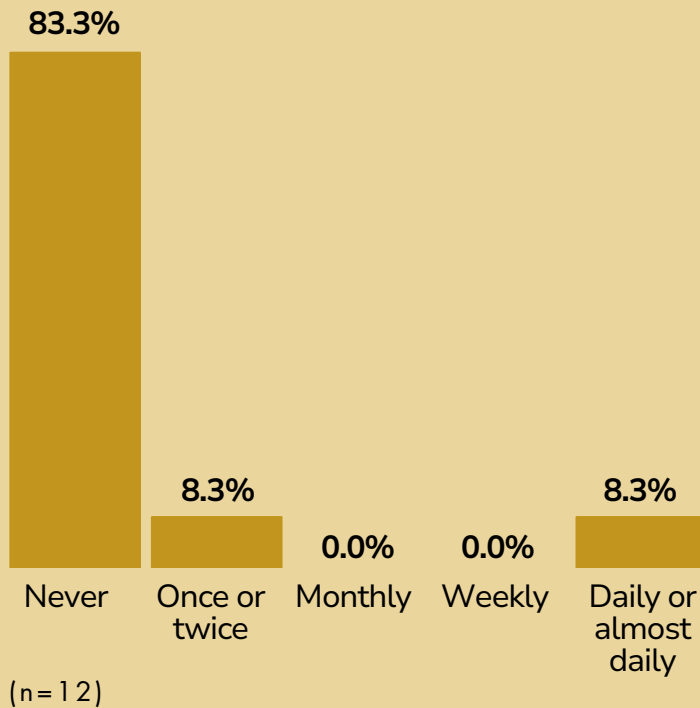


Frequency Of Cocaine Use In The Last 3 Months



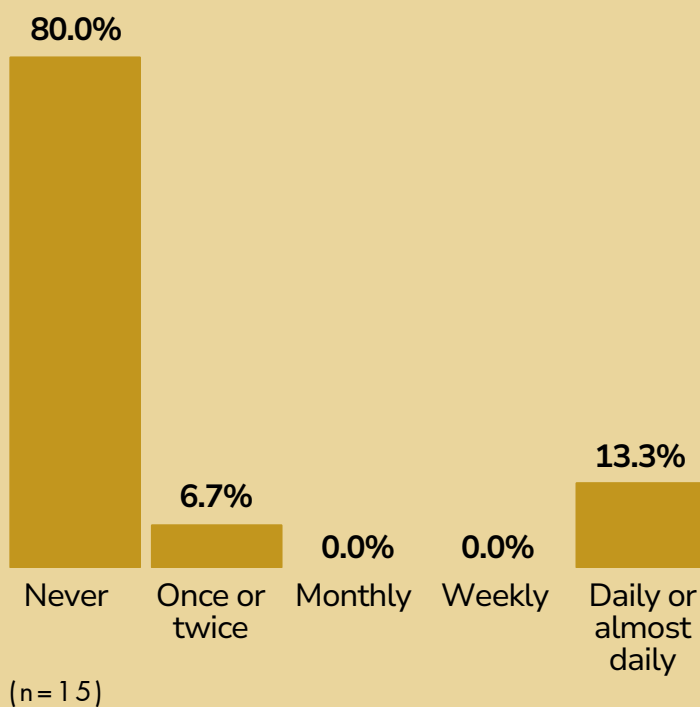
Just over half (53.0%) of respondents who reported having ever used alcohol, have not used alcohol in the last three months. Among respondents who reported having ever used marijuana, 56.1% have not used marijuana in the last three months, and 17.8% used it daily or almost daily. Among respondents who reported having ever used cocaine, the large majority (89.6%) have not used cocaine in the last three months.

Frequency Of Heroin Use In The Last 3 Months



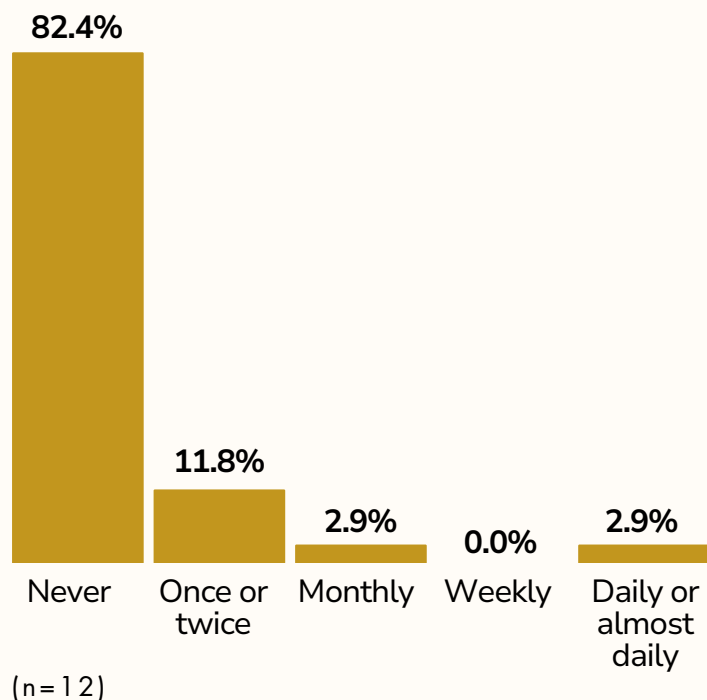
Among respondents who reported having ever used heroin, 83.3% have not used heroin in the last three months. One respondent reported using once or twice and another respondent reported using daily or almost daily.

Frequency Of Methamphetamine Use In The Last 3 Months



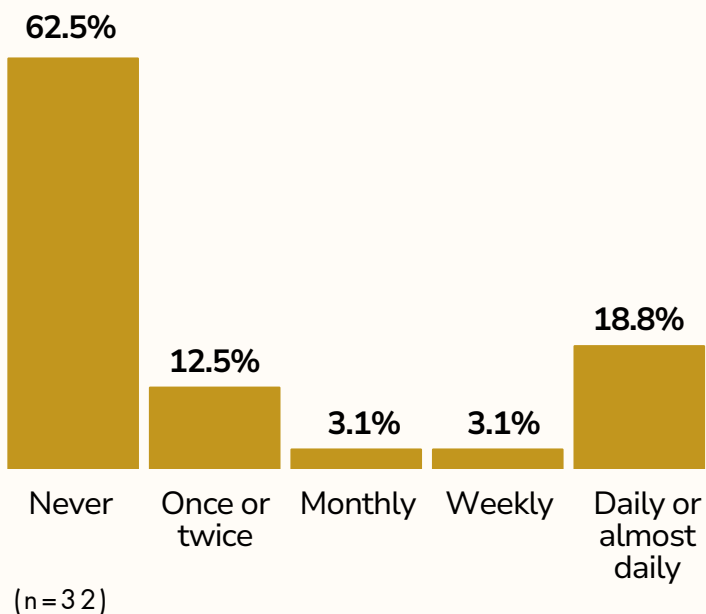
The majority (80.0%) of respondents who reported having ever used methamphetamine have not used methamphetamine in the last three months, while three respondents have used it once, twice, daily or almost daily in the last three months.

Frequency Of Prescription Opioid Use (Not Prescribed to Participant) In The Last 3 Months



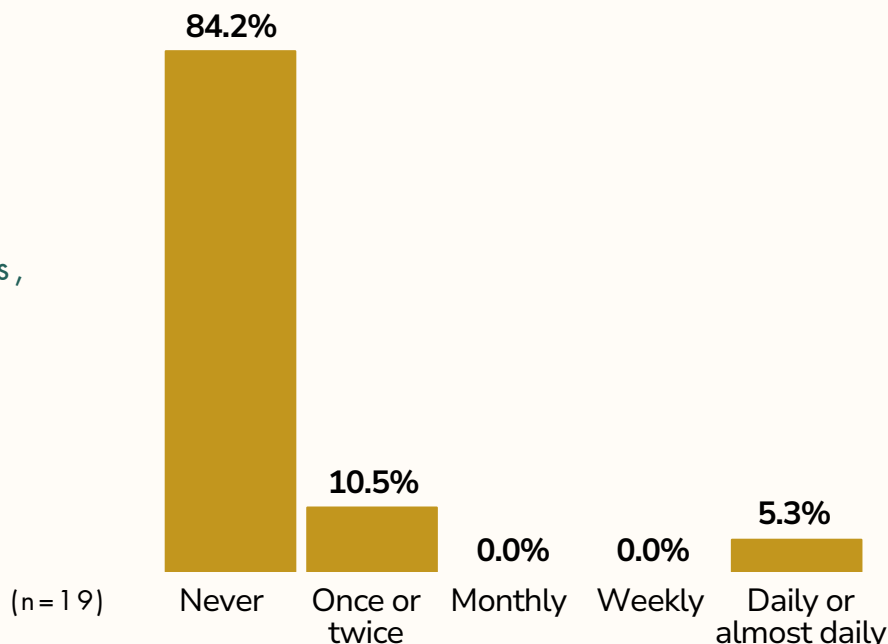
Among respondents, who reported having ever used prescription opioids that were not prescribed to them, most (82.4%) have not used prescription opioids in the last three months, while six respondents used them once or twice, monthly, daily, or almost daily in the last three months. Most (62.5%) respondents, who reported having ever used Gabapentin have not used Gabapentin in the last three months. Six respondents used it daily or almost daily in the last three months, with six other respondents using it weekly, monthly, or once or twice in the last three months.

Frequency Of Gabapentin Use In The Last 3 Months



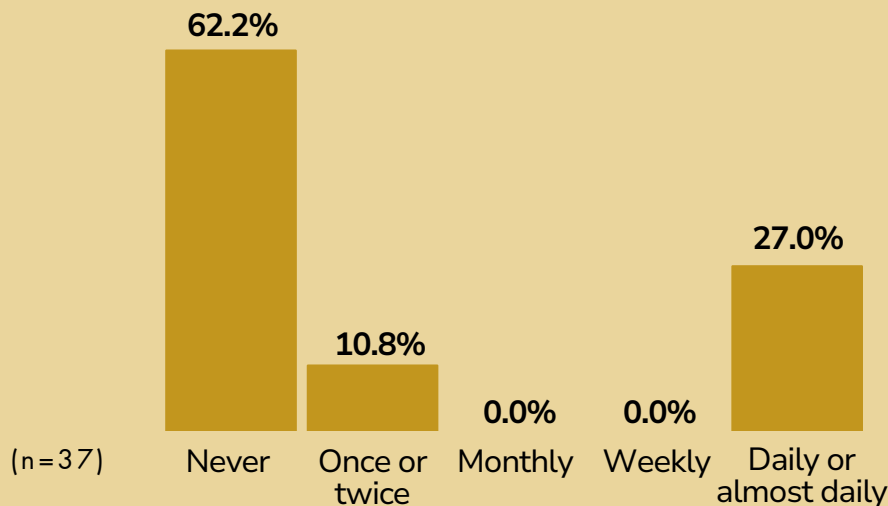
Frequency Of Xanax Use In The Last 3 Months

The majority (84.2%) of respondents, who reported having ever used Xanax, have not used Xanax in the last three months, while two have used it once or twice and one has used it daily or almost daily in the last three months.



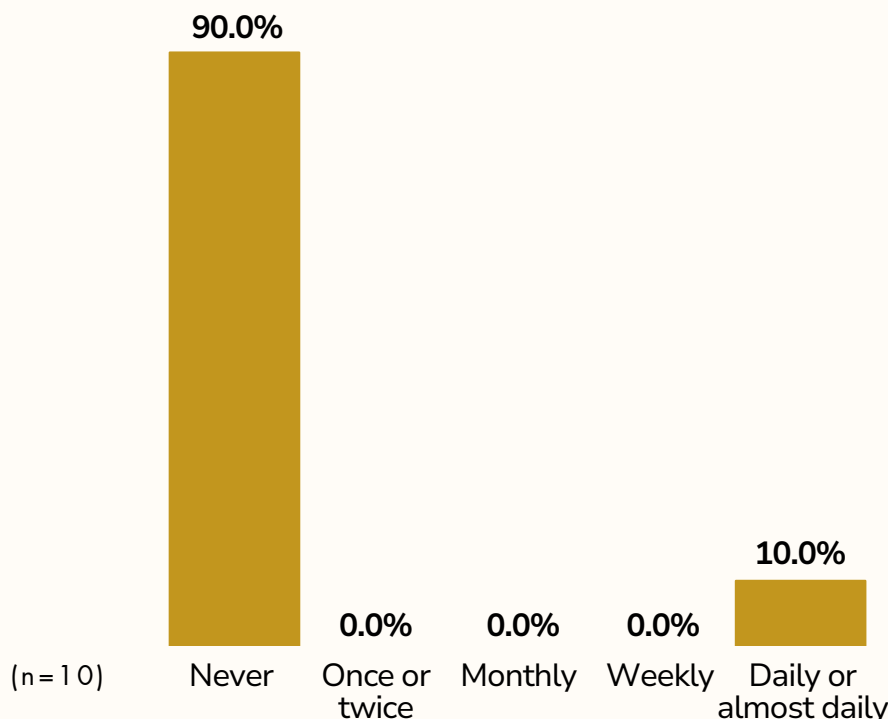
Frequency Of ADHD Medication Use In The Last 3 Months

Most (62.2%) respondents, who reported having ever used ADHD medication, have not used ADHD medication in the last three months. Ten respondents have used ADHD medication daily or almost daily in the last three months.



Frequency Of Ambien Use In The Last 3 Months

Among respondents, who reported having ever used Ambien, 90% have not used Ambien in the last three months, and 10% used it daily or almost daily.

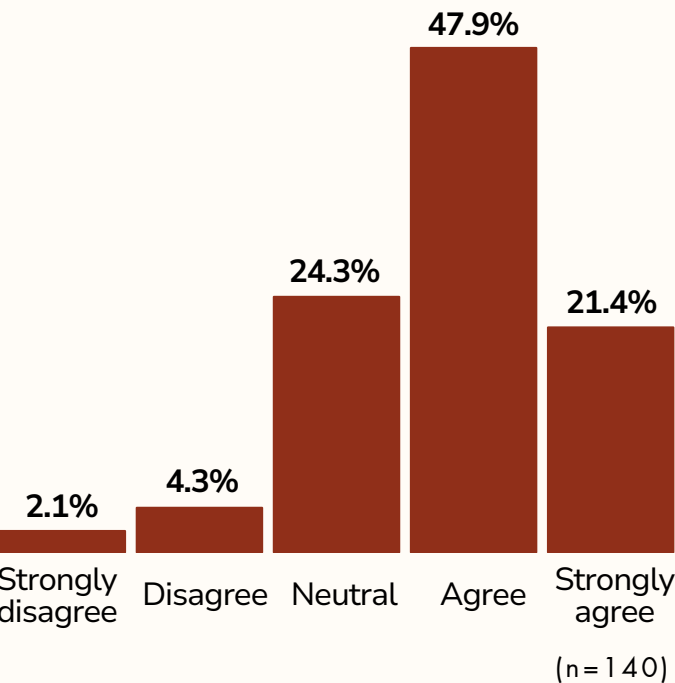




ENVIRONMENT & SAFETY

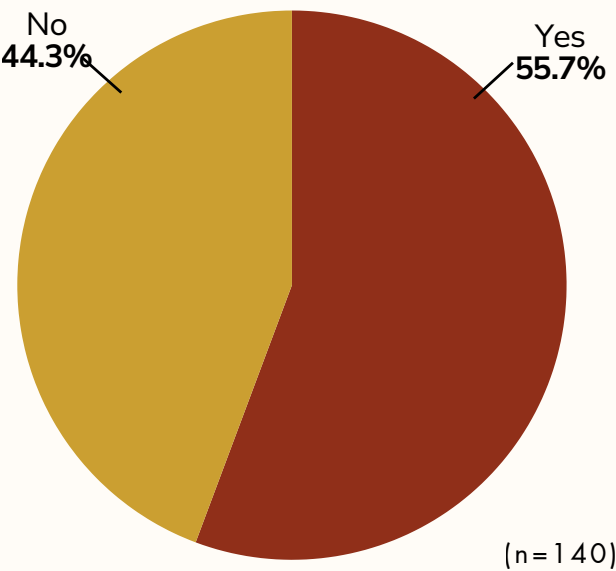


Feeling Safe in the Community



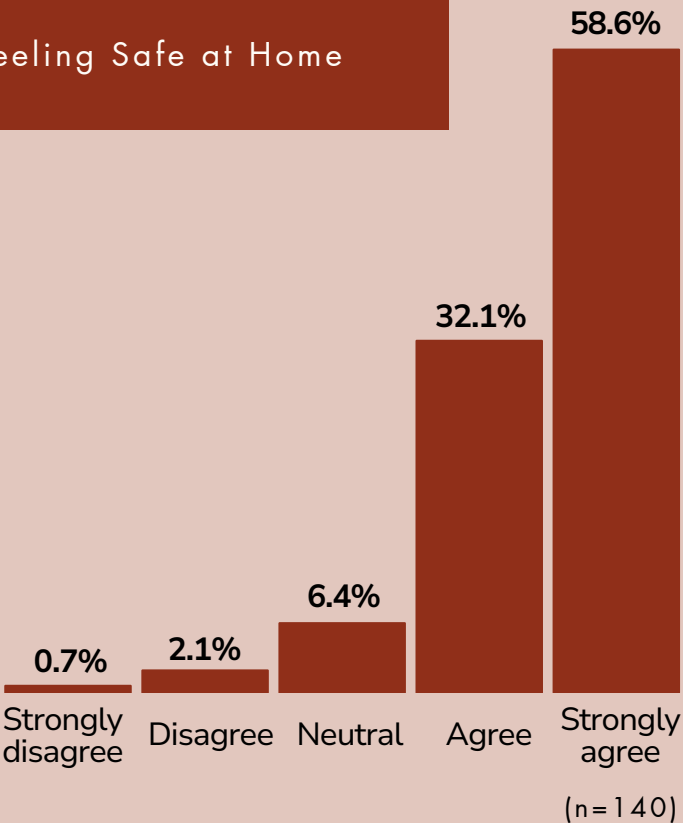
About 70% of respondents reported feeling safe in the community and about 5% reported not feeling safe in the community.

Violence in the Community



Over half of respondents (55.7%) reported violence in the community.

Feeling Safe at Home

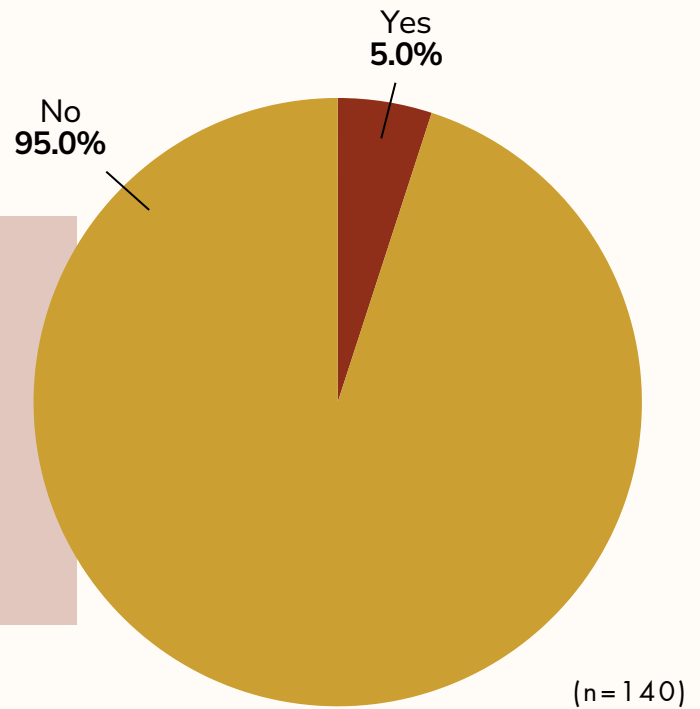


About 90% of respondents reported feeling safe at home, with about 7% feeling neutral and about 3% not feeling safe at home.



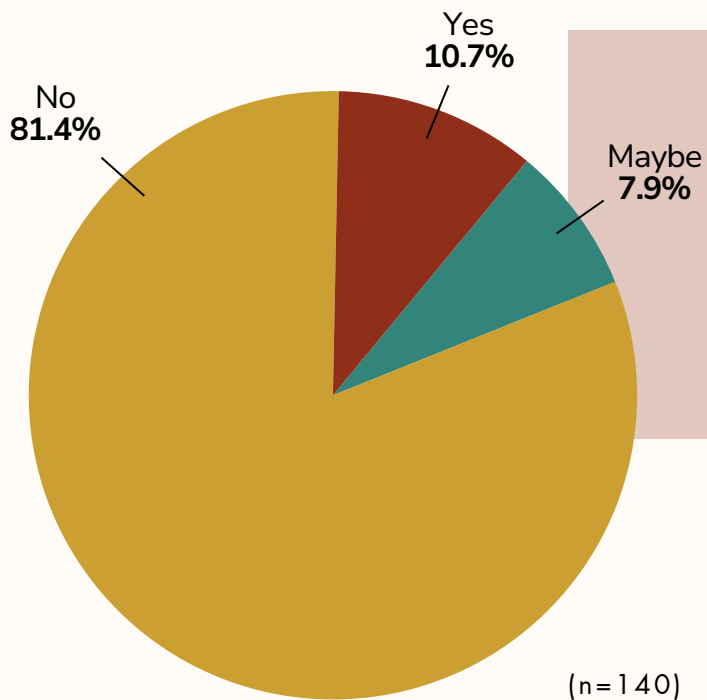
Violence at Home

Most respondents reported not experiencing violence at home, while 5% did report experiencing violence at home.



Unlocked Weapons at Home

18.6% of respondents reported yes or maybe to having unlocked weapons at home. 81.4% of respondents reported no to having unlocked weapons at home.





HEALTH PRIORITIES



Most Important Health Factors for a Healthy Community (Those factors which most improve the quality of life in a community)



Affordable housing
58.2%



Access to health care (e.g., family doctor)
47.3%



Good jobs and a healthy economy
45.2%



Healthy behaviors and lifestyles
30.1%



Strong family life
29.5%



Clean environment
13.0%



Good place to raise children
13.0%



Religious or spiritual values
11.0%

(n = 1 46) *



Arts and cultural events
9.6%



Good schools
8.2%



Parks and recreation
6.9%



Low level of child abuse
6.2%



Other
2.1%

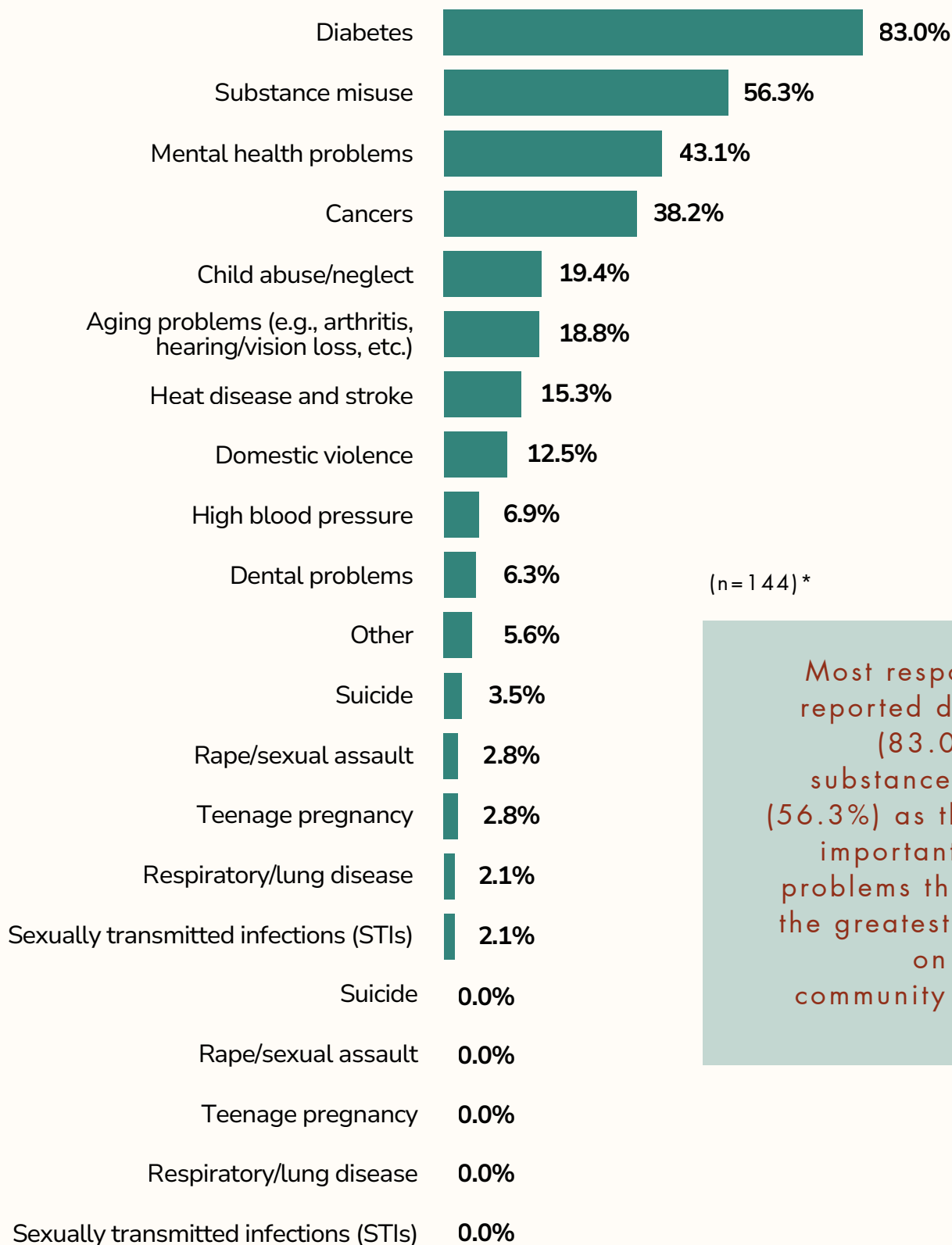


Excellent race relations
0.7%

Most respondents reported affordable housing (58.2%), access to health care (47.2%), and good jobs and a healthy economy (45.2%) as the most important health factors for a healthy community.

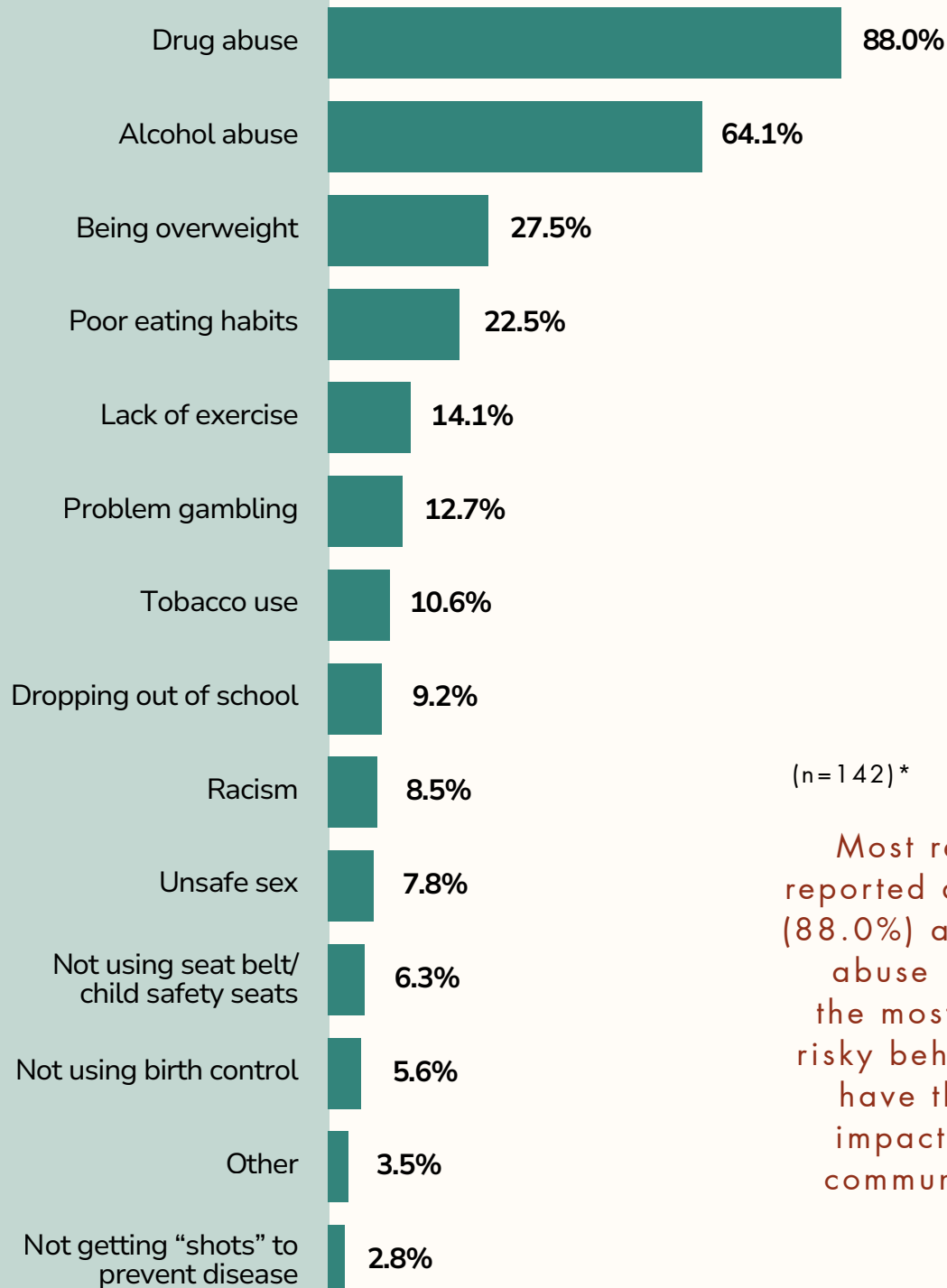
Most Important Health Problems

(Those problems which have the greatest impact on overall community health)



Most respondents reported diabetes (83.0%) and substance misuse (56.3%) as the most important health problems that have the greatest impact on overall community health.

Most Important Risky Behaviors (Those behaviors which have the greatest impact on overall community health)



Most respondents reported drug abuse (88.0%) and alcohol abuse (64.1%) as the most important risky behaviors that have the greatest impact on overall community health.



APPENDICES



APPENDIX A: INTRODUCTION

In 2025, the Bad River Band of Lake Superior Chippewa determined that there was a need for current data on the specific health needs of the community that they serve, as well as information regarding the programs and resources available to address those needs.

In order to collect the necessary data, Bad River partnered with the Great Lakes Inter-Tribal Epidemiology Center (GLITEC) to create and disseminate a community health assessment. The assessment included questions on the following topics:



Demographics



Housing status and access



Veteran status



Cultural wellness



Food insecurity



Healthcare access and quality



Mental health



Health behaviors

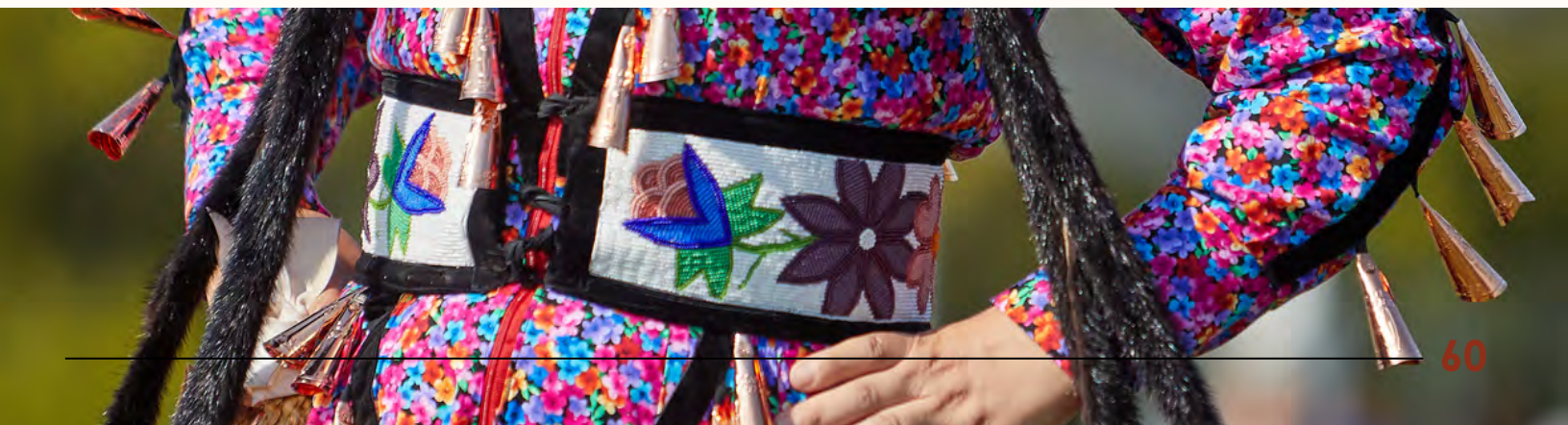


Environment and Safety



Health priorities

Information from this assessment will be used to inform programming and other efforts to support the overall wellbeing of the community that they serve.



APPENDIX B: METHODS

ASSESSMENT CREATION

Bad River Band of Lake Superior Chippewa and GLITEC tailored GLITEC's standard community health assessment to reflect their goals for this assessment. Once finalized, the assessment was input into Qualtrics for dissemination and data collection. Paper copies were made available to participants as well.

ASSESSMENT DISSEMINATION

The survey was made available for responses on August 7, 2025, and closed on September 30, 2025, staying open for approximately two months.

DATA CLEANING

Bad River received 178 Qualtrics survey responses and 8 paper survey responses, which were combined into one dataset with 186 responses. The dataset was then cleaned by removing responses that were blank, copied/plagiarized, or suspicious. This eliminated 15 responses, leaving a final dataset of n=171 responses.

DATA ANALYSIS

The cleaned dataset was analyzed using Microsoft Excel.



APPENDIX C: RESULTS

C.1 DEMOGRAPHICS

Table 1. "How old are you?" (n=167)

Response	Count	Percent
17 or younger	3	1.8%
18-24	12	7.2%
25-34	10	6.0%
35-44	33	19.8%
45-54	40	24.0%
55-64	32	19.2%
65-74	27	16.2%
75-84	8	4.8%
85+	2	1.2%

Table 2a. "How do you identify?" (n=169)*

Response	Count	Percent
Female	124	73.4%
Male	41	24.3%
Transgender	1	0.6%
Two-spirit	2	1.2%
Non-binary/Gender Fluid	0	0.0%
Other	1	0.6%

Table 2b. "How do you identify? Other" (n=1) *

Response
"Human, simple as that"

Table 3a. "Which of the following describes you?" (n=188) *

Response	Count	Percent
American Indian/Alaska Native	149	79.3%
Asian	1	0.5%
Black/African American	0	0.0%
Hispanic/Latino	7	3.7%
Native Hawaiian/Pacific Islander	3	1.6%
White	28	14.9%
Other	0	0.0%

Table 3b. Which of the following describes you? Tribes" (n=81) *

Response	Count	Percent
Bad River Band of Lake Superior Chippewa	73	90.1%
Lac du Flambeau Band of Lake Superior Chippewa	2	2.5%
Leech Lake Band of Ojibwe	1	1.2%
Red Cliff Band of Lake Superior Chippewa	5	6.2%
American Indian	3	3.7%
Chippewa	1	1.2%

Table 4. "What best describes your employment status?" (n=173)*

Response	Count	Percent
Permanent Full-time	115	66.5%
Permanent Part-time	8	4.6%
Temporary Full-time	2	1.2%
Temporary Part-time	4	2.3%
Seasonal Full-time	2	1.2%
Seasonal Part-time	1	0.6%
Self-employed	2	1.2%
Looking for work but can't get hired	1	0.6%
Students	6	3.5%
Stay-At-Home Caregiver (Unpaid)	3	1.7%
Unemployed or out of work	4	2.3%
Retired	18	10.4%
Unable to work due to disability	7	4.0%

Table 5. "What is the highest level of education you have completed?" (n=168)

Response	Count	Percent
Less than high school	4	2.4%
High school diploma or GED	43	25.6%
Some college	36	21.4%
Technical college or certification	15	8.9%
Associate's degree	35	20.8%

Bachelor's degree	23	13.7%
Graduate or professional degree	11	6.5%
Doctorate degree (i.e. PhD, PsyD, PharmD)	1	0.6%

C.2 HOUSING STATUS & ACCESS

Table 6a. "Which of the following options best describes your current living situation?" (n=160)

Response	Count	Percent
I own my home/unit	78	48.8%
I rent my home/unit	51	31.9%
I own my unit along with other friends/family	7	4.4%
I rent my unit along with other friends/family	3	1.9%
I am living in the home of family/friends in a temporary or permanent basis (no payment)	17	10.6%
I live in a shelter facility, motel, outdoors, or in a vehicle	3	1.9%
I am currently unhoused or experiencing homelessness	1	0.6%
Other	0	0.0%

Table 7. "How long have you lived in your current living situation?" (n=165)

Response	Count	Percent
5 years or less	50	30.3%
6 to 10 years	35	21.2%
11 to 20 years	43	26.1%

21 to 40 years	30	18.2%
More than 40 years	7	4.2%

Table 8. "Including yourself, how many individuals does your household support?" (n=160)

Response	Count	Percent
0	5	3.1%
1	33	20.6%
2	26	16.3%
3	33	20.6%
4	33	20.6%
5+	30	18.8%

Table 9. "How many children under the age of 18 does your household support?" (n=159)

Response	Count	Percent
0	87	24.7%
1	33	20.8%
2	20	12.6%
3	10	6.3%
4	5	3.1%
5+	4	2.5%

C.3 VETERAN STATUS

Table 10. "Have you ever served in the military?" (n=165)

Response	Count	Percent
Yes, and I am currently active duty.	0	0.0%
Yes, but I am no longer active duty.	12	7.3%
No, I have never served in the military.	153	92.7%

C.4 CULTURAL WELLNESS

Table 11. "Do you ever attend powwows, feasts, sweats, ceremonies, or other traditional events?" (n=161)

Response	Count	Percent
Yes	153	95.0%
No	8	5.0%

Table 12a. "How often do you do the following traditional Native American Activities? Attending Native Community Events" (n=161)

Response	Count	Percent
Often	51	31.7%
Sometime	87	54.0%
Rarely	18	11.2%
Never	5	3.1%

Table 12b. "How often do you do the following traditional Native American Activities? Ceremonial/Traditional Dance" (n=159)

Response	Count	Percent
Often	37	23.3%

Sometime	72	45.3%
Rarely	33	20.8%
Never	17	10.7%

Table 12c. "How often do you do the following traditional Native American Activities? Eating Traditional Food" (n=160)

Response	Count	Percent
Often	75	46.9%
Sometime	75	46.9%
Rarely	7	4.4%
Never	3	1.9%

Table 12d. "How often do you do the following traditional Native American Activities? Traditional/Cultural Ceremonies" (n=158)

Response	Count	Percent
Often	40	25.3%
Sometime	66	41.8%
Rarely	43	27.2%
Never	9	5.7%

Table 12e. "How often do you do the following traditional Native American Activities? Other Traditional Activity" (n=47)

Response	Count	Percent
Often	9	19.1%
Sometime	14	39.8%
Rarely	11	23.4%
Never	13	27.7%

Table 13. "What are the main reasons you do not participate in Traditional Native American activities?" (n=23)

Response
Colonizer
Non-Native
Too busy
sometimes feel like an outsider, other time commitments
Busy life
The other ppl who attend
Physical health
time
usually working
business/scheduling
don't agree with the things they call tradition. My religious beliefs go against the rules.
Perfer not to say
I'm non-native
My "teacher" isn't here anymore, and I don't agree with everything taught by other groups.
Too many people
Dont know the reasoning or meaning behind d stuff
The people there are usually fake
Because of work.
I'm not Native American
Don't know how to find out about them

I have yet to go to one.
I am not Native, but I do try to engage and participate when I am able
Some are far or don't know how to get there

Table 14. "Do you use Traditional Native remedies/practices when you are ill?" (n=160)

Response	Count	Percent
Often	34	21.3%
Sometime	83	51.9%
Never	43	46.9%

Table 15. "Do you use Traditional Native remedies/practices to remain healthy (prevent illness)?" (n=161)

Response	Count	Percent
Yes	85	52.8%
No	76	47.2%

Table 16. "Please indicate your fluency in Ojibwe" (n=161)

Response	Count	Percent
Fluent (can read, write, and speak)	2	1.2%
Some fluency (know some words and sentences)	32	19.9%
Little fluency (a few words)	92	57.1%
Not at all fluent	35	21.7%

C.5 FOOD INSECURITY

Table 17a. "Indicate how well you agree with the following statements below: Foods in my community are affordable" (n=158)

Response	Count	Percent
Strongly Agree	4	2.5%
Agree	22	13.9%
Neutral	62	39.2%
Disagree	57	36.1%
Strongly Disagree	13	8.2%

Table 17b. "Indicate how well you agree with the following statements below: My food supply is enough for me and/or my family to always have three meals a day" (n=158)

Response	Count	Percent
Strongly Agree	26	16.5%
Agree	78	49.4%
Neutral	31	19.6%
Disagree	16	10.1%
Strongly Disagree	7	4.4%

Table 17c. "Indicate how well you agree with the following statements below: I don't like the food that is in my house" (n=157)

Response	Count	Percent
Strongly Agree	0	0.0%
Agree	10	6.4%
Neutral	32	20.4%
Disagree	82	52.2%
Strongly Disagree	33	21.0%

Table 17d. "Indicate how well you agree with the following statements below: My diet consists mostly of processed food, such as fast food, canned food, or boxed food, among others" (n=158)

Response	Count	Percent
Strongly Agree	7	4.4%
Agree	36	22.8%
Neutral	56	35.4%
Disagree	47	29.7%
Strongly Disagree	12	7.6%

Table 17e. "Indicate how well you agree with the following statements below: I feel knowledgeable about proper nutrition and healthy eating habits" (n=158)

Response	Count	Percent
Strongly Agree	23	14.6%
Agree	82	51.9%
Neutral	38	24.1%
Disagree	13	8.2%
Strongly Disagree	2	1.3%

Table 17f. "Indicate how well you agree with the following statements below: Tribal departments have done enough to address food insecurity in the community" (n=159)

Response	Count	Percent
Strongly Agree	5	2.1%
Agree	28	17.6%
Neutral	83	52.2%
Disagree	29	18.2%
Strongly Disagree	14	8.8%

Table 18. "I don't eat some days." (n=159)

Response	Count	Percent
Yes	35	22.0%
No	124	78.0%

Table 19a. "Most of the time, I get food for me and/or my family from the ____." (n=156)*

Response	Count	Percent
Grocery store in town	112	71.8%
Grocery store out of town	25	16.0%
Gas station in town	2	1.3%
Gas station out of town	1	0.6%
Hunting, fishing, gathering, or gardening	4	2.6%
Food pantry	4	2.6%
Commodity Food Program	5	3.2%
Other	3	1.9%

Table 19b. "Most of the time, I get food for me and/or my family from the _____. Other" (n=3) *

Response
"Elderly boxes"
"I get equally store, gathering food sovereignty"
"The restaurant at the casino in bad river"

Table 20a. "What factors do you believe contribute to food insecurity in the community?" (n=154) *

Response	Count	Percent
Limited access to grocery store	65	19.6%
Lack of transportation	64	19.3%
High food prices	138	41.7%
Unemployment	48	14.5%
Other	16	4.8%

Table 20b. "What factors do you believe contribute to food insecurity in the community? Other" (n=16) *

Response
"transportation"
"short supply, same people get it and their always out"
"Not knowing how to cook with garden produce and processed food is soo inferior"
"not enough people go into the forest to gather. There are thousands of pounds of food out there. Healing and nurturing comes with connecting to the land and Ancestors through practices that they used."
"Not enough"
"No tribal store"

"limited selection of grocery stores – 2"
"Learned behavior"
"lack of knowledge and/or desire to eat healthy"
"Homelessness"
"high everything prices, 2 working adults and we struggle to afford our monthly bills and groceries"
"Education/knowledge"
"Drug testing for food share eligibility: not having a place to store food safely if homeless"
"Drug abuse, lack of community"
"cooking skills"
"Food Sovrenity"
"Food Sov./Elder Box"
"Food Sov program"
"Fish house"
"Elderly food boxes if I am there as I am 1:15 hrs away"
"Elder program"

Table 21a. "Which food assistance programs are you or another household member currently enrolled in?" (n=154)*

Response	Count	Percent
None	100	61.0%
SNAP	25	15.2%
WIC	13	7.9%
Commodity Food Program	12	7.3%
Other	14	8.5%

Table 21b. "Which food assistance programs are you or another household member currently enrolled in? Other" (n=14)*

Response
"The Brick/Food Pantry"
"qualify for \$140/mo but can barely afford groceries paycheck to paycheck"
"Food Sovrenity"
"Food Sov./Elder Box"
"Food Sov program"
"Fish house"
"Elderly food boxes if I am there as I am 1:15 hrs away"
"Elder program"
"Elder food boxes"
"Elder boxes"
"Elder boxes"
"Elder box, food sovrenity"
"CSA, elder food box"
" /Elderly boxes"

C.6 HEALTHCARE ACCESS & QUALITY

Table 22a. "Do you use any of the Bad River Health and Wellness clinic services?" (n=156)

Response	Count	Percent
Yes	144	92.3%
No, please explain	10	6.4%
Prefer not to answer	2	1.3%

Table 22b. "Do you use any of the Bad River Health and Wellness clinic services? No, please explain." (n=5)

Response
"Not yet"
"Not a resident"
"Not a Bad River tribal member"
"Haven't made the time to go there after work"
"clinic"

Table 23. "On a scale from 0 to 10, how would you rate the service you received at the clinic?" (n=143)

Response	Count	Percent
0	1	0.7%
1	3	2.1%
2	0	0.0%
3	5	3.5%
4	3	2.1%
5	9	6.3%
6	7	4.9%
7	15	10.5%
8	45	31.5%
9	19	13.3%
10	36	25.2%

Table 24. "What improvements or suggestions do you have for the clinic staff? (n=65)

Response
"Yearly forms to be updated automatically."
"They are awesome"
"Scheduling I once called to schedule a doctors appointment they were supposed to call me back never received a call back and I have heard the same from others"
"Refills in timely manner. If provider is off, there should be one that covers for them. Nurses need to make return phone calls."
"Organization of reception staff/friendliness/privacy"
"More providers and more long term"
"Employ more permanent physicians and specialists. Improve accessibility to services"
"Better customer service!!"
"Try to get more Native Americans. Tried to Educate non-native how to interact with Our People."
"They are very helpful!!"
"Rotate lunch hour so there can be someone at pharmacy all day without a lunch close down."
"Record keeping"
"none, very happy with the staff always nice and kind"
"More privacy when checking in and also better attitude from staff."
"Due to my work schedule (graveyard shift), I often do not have the time to call to reschedule or cancel my appointments. The text reminders tell me I can do so by sending 'R' or 'X' but then the next day, it would say I missed my appointments(s). I would suggest fixing this because I think it is a valuable option for someone like me."
"Better communication across departments to work together and provide the best all around care for patients"
"to be more available every time I go there nobody is ther.."

"The lab results documents have recently improved significantly. Front desk personnel aren't clear sometimes with when they're finished, where to sit, etc. Better customer/patient care would be welcomed."
"retaining the good people, (can we continue to afford the price of good care)"
"Permanent Dr.s – hiring native or indigenous"
"None all is well"
"More of an introduction to the community of new staff"
"Doctor continuity! You never know who your going to see at appts. Causing great confusion and mistakes!"
"Better attitude more privacy and better customer service when you first come in the clinic and also more dependable services that will actually help their clients out."
"Suggestion/comment box"
"Smile"
"Respect the patient"
"Patient courtesy at reception"
"None"
"More education on preventative health such as cancer screenings, and vaccines from my provider."
"CULTURAL SENSITIVITY TO NEW EMPLOYEES AND OLD EMPLOYEES111"
"be less judgemental."
"None"
"Non-indigenous to be more sensitive to the culture."
"Need fulltime doctor that isn't locum"
"More trauma-informed training for staff, better training for non-Native staff on community history, needs, and historical trauma"
"More providers. We suffer from awaiting to get an appointment, especially dental."

"More doctors, extended hours if possible, improve access to specialists as needed at other facilities, other medical training for members to become healthcare professionals. Start an assisted living facility."
"Coordination of patient care and effective communication"
"Answer the phone"
"None"
"Need permanent clinical providers"
"Need consistency"
"More real doctors."
"More providers, long term providers"
"Maintain professionalism at any time a patient/client is in the vicinity."
"Continuity with doctors! WE never know who you're going to see. Makes for confusion in your health care."
"Attitude adjustment is in order for real!"
"keep up the good work"
"I utilize a clinic in Ashland because it is closer to my work, I cannot take 2 hours off for every appointment my children and myself have. Also, my provider in town has been the same for MANY years, I feel like I never know who I am going to get at Bad River ... unfamiliar, feel like I have to explain everything all over again. I do appreciate that chiropractic has been added and that access to almost every service is available to our community, I wish my family could utilize it more regularly."
"I really have none, everything was wonderful. Very pleasant, did not have a long wait, not suggestions at this time."
"have a dr with hospital privileges maybe a pediatrician or pediatric dental"
"Friendliness..compassion"
"Employee training"
"Can't get in to see dental, not accepting new patients. Medical doctors are booked out several weeks. No follow-up with referrals. Missed communications between nurses and the doctor. Unprofessional behaviors with some staff."

"Answer the phone even if it's 3:30pm. Answer the phone period. Smile when customers are checking."
"Keep timely appointments"
"I think they do a very good job and are friendly"
"Have none."
"Getting an online access to medical records/information. Some providers do not get back in a timely manner or at all for that matter. And you have to call to find test results or check back on referrals. Would be easy to access record or shoot a quick message to them."
"Excess paperwork. Staff sharing confidential info"
"Employ permanent providers and improve accessibility to services."
"Better follow thru"
"Added dr or np"
"Add education for all providers of transgender care. Allow transgender services through the clinic (hormone replacement therapy for example)"
"A friendlier environment, at times it's felt very negative in certain department"

Table 25a. "What type(s) of health care coverage (insurance) do you have?" (n=188)*

Response	Count	Percent
None	8	4.3%
Medicaid, Medical Assistance (MA)	35	18.6%
Medicare	35	18.6%
Employer-provided insurance (through your employer, spouse/partner, or someone else's)	88	46.8%
Insurance purchased individually or through health coverage exchange (bought directly by yourself or	7	3.7%
Supplemental insurance (e.g. Humana, Aetna, United)	4	2.1%

Veteran's benefits (e.g. Champus, Tricare, Optum)	4	2.1%
Other	7	3.7%

Table 25b. "What type(s) of health care coverage (insurance) do you have? Other" (n=7)

Response
"Waiting for benefits to kick in"
"public health"
"IHS"
"Ihs"
"IHS"
"Blue cross blue shield advantage"
"Blue cross blue shield"

Table 26a. "Indicate how well you agree with the following statements: I trust my health care provider." (n=154)

Response	Count	Percent
Strongly Agree	35	22.7%
Agree	73	47.4%
Neutral	36	23.4%
Disagree	7	4.5%
Strongly Disagree	3	1.9%

Table 26b. "Indicate how well you agree with the following statements:
My health care providers are knowledgeable about my culture." (n=153)

Response	Count	Percent
Strongly Agree	18	11.8%
Agree	57	37.3%
Neutral	64	41.8%
Disagree	10	6.5%
Strongly Disagree	4	2.6%

Table 26c. "Indicate how well you agree with the following statements:
There is someone available to help me understand advice from my health
care provider." (n=153)

Response	Count	Percent
Strongly Agree	22	14.4%
Agree	60	39.2%
Neutral	51	33.3%
Disagree	16	10.5%
Strongly Disagree	4	2.6%

Table 27a. "Have you ever been told by a doctor or other health
professional that you have any of the following physical health
conditions?" (n=351) *

Response	Count	Percent
Alzheimer's Disease and/or Dementia	0	0.0%
Arthritis	51	9.5%
Asthma	33	6.2%
Cancer	10	1.9%

Chronic kidney disease	9	1.7%
Pre-diabetes	37	6.9%
Diabetes: Type 1	8	1.5%
Diabetes: Type 2 (Diabetes Mellitus)	33	6.2%
Hearing loss/hard of hearing	25	4.7%
Heart attack	10	1.9%
Heart disease	11	2.1%
Hepatitis	2	0.4%
High blood pressure (Hypertension)	72	13.5%
High cholesterol	49	9.2%
HIV/AIDS	0	0.0%
Low blood sugar (Hypoglycemia)	3	0.6%
Liver disease	2	0.4%
Lung/breathing problem (emphysema/COPD)	6	1.1%
Overweight/obese	73	13.6%
Renal failure/kidney problems	6	1.1%
Stroke	6	1.1%
Tuberculosis (TB)	1	0.2%
Severe vision problems/blindness	0	0.0%
Vision problems (have to use glasses or contacts to	66	12.3%
Other	12	2.2%
None of the above	10	1.9%

Table 27b. "Have you ever been told by a doctor or other health professional that you have any of the following physical health conditions? Cancer" (n=8) *

Response
"Thyroid and breast"
"skin"
"Multiple myoloma"
"Lung and brain"
"endometriosis"
"cervic that spread to lymp nodes"
"Beast"
"anal and breast"

Table 27c. "Have you ever been told by a doctor or other health professional that you have any of the following physical health conditions? Hepatitis" (n=2) *

Response
"C"
"C"

Table 27d. "Have you ever been told by a doctor or other health professional that you have any of the following physical health conditions? Other" (n=12) *

Response
"substance abuse"
"non-cancerous tumors/growths"
"Lupus and ra"

"Low Vitamin D; PCOS"
"Gum disease"
"Fibromyalgia, very high chance for an eye stroke which could lead to a left brain stroke due to the main artery in my left eye not pumping enough blood and either thinning out or it's been like that and I have to watch my blood pressure which it's low blood pressure not high but I shouldn't have it fluctuating from low to high."
"ED"
"Chronic Body Pain"
"Bladder utis"
"Autoimmune Disease"
"Anxiety, depression"
"**Substance use disorder-Mat"

Table 28. "Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone? Include occasional use or use in certain circumstances." (n=151)

Response	Count	Percent
Yes	18	11.9%
No	129	85.4%
I do not know if my health problem requires special equipment	4	2.6%

Table 29. "Are you currently taking medicine for high blood pressure?" (n=71)

Response	Count	Percent
Yes	58	81.7%
No	13	18.3%

Table 30a. "About how long has it been since you last visited a doctor for the following? Routine Checkup" (n=150)

Response	Count	Percent
Within past year	118	78.7%
Within past 2 years	19	12.7%
Within past 5 years	8	5.3%
5 years or more ago	5	3.3%
Never	0	0.0%

Table 30b. "About how long has it been since you last visited a doctor for the following? Mammograms" (n=139)

Response	Count	Percent
Within past year	61	43.9%
Within past 2 years	11	7.9%
Within past 5 years	6	4.3%
5 years or more ago	6	4.3%
Never	55	39.6%

Table 30c. "About how long has it been since you last visited a doctor for the following? Colonoscopy" (n=147)

Response	Count	Percent
Within past year	31	21.1%
Within past 2 years	17	11.6%
Within past 5 years	21	14.3%
5 years or more ago	11	7.5%
Never	67	45.6%

Table 30d. "About how long has it been since you last visited a doctor for the following? Prostate Exam" (n=125)

Response	Count	Percent
Within past year	6	4.8%
Within past 2 years	3	2.4%
Within past 5 years	5	4.0%
5 years or more ago	5	4.0%
Never	106	84.8%

Table 30e. "About how long has it been since you last visited a doctor for the following? STI/STD testing" (n=133)

Response	Count	Percent
Within past year	20	15.0%
Within past 2 years	9	6.8%
Within past 5 years	21	15.8%
5 years or more ago	33	24.8%
Never	50	37.6%

Table 31a. "What reasons keep you from visiting a medical provider when you have a health or medical problem?" (n=242)*

Response	Count	Percent
The cost of medical care	12	5.0%
The problem was minor, so I treated it myself	37	15.3%
I couldn't get an appointment that fit my schedule	40	16.5%
I do not have health insurance	6	2.5%
Lack or cost of transportation	16	6.6%
Lack of specialists	25	10.3%

Language barrier	0	0.0%
Fear or lack of trust	23	9.5%
Lack of culturally competent providers	7	2.9%
Stigma surrounding medical diagnosis	10	4.1%
Other	9	3.7%
I have no barriers that keep me from going to the doctor	57	23.6%

Table 31b. “What reasons keep you from visiting a medical provider when you have a health or medical problem? Other” (n=9)

Response
“Work”
“Shortage of doctors”
“no weekend access at local clinic”
“Need to work instead go to appointment”
“Lack of child care.”
“Inadequate doctors – misdiagnosis common”
“Doctor/specialist turnover is to high! You never see the same doctor or provider!”
“doctor continuity never able to see the same one!”
“Did not prioritize”

C.7 FITNESS CENTER

Table 32. “Do you know how to swim?” (n=151)

Response	Count	Percent
Yes	119	78.8%
No	32	21.2%

Table 33. "Would you like to take swimming lessons?" (n=59)

Response	Count	Percent
Yes	16	27.1%
No	43	72.9%

Table 34. "Are you interested in increasing how much you exercise voluntarily?" (n=151)

Response	Count	Percent
Yes	133	88.1%
No	18	11.9%

Table 35. "Would you join a walking or fitness group if a healthy snack were provided?" (n=150)

Response	Count	Percent
Yes	107	71.3%
No	43	28.7%

Table 36. "Would monthly fitness equipment raffles or other incentives, where you get entered into the drawing every time you check in, encourage you to come to the Wellness Facility more often?" (n=150)

Response	Count	Percent
Yes	114	76.0%
No	36	24.0%

Table 37. "Do you have reliable transportation to get you to the fitness center?" (n=150)

Response	Count	Percent
Yes	137	91.3%
No	13	8.7%

Table 38. “Would you be more interested in signing up for a fitness class with Native themes, such as powwow dancing?” (n=148)

Response	Count	Percent
Yes	84	56.8%
No	64	43.2%

C.8 MENTAL HEALTH

Table 39. “In general, how would you rate your mental health?” (n=143)

Response	Count	Percent
Excellent	18	12.6%
Very good	36	25.1%
Good	48	33.6%
Fair	33	23.1%
Poor	8	5.6%

Table 40a. “Have you ever been told by a doctor or mental health professional that you have any of the following mental health conditions?” (n=144) *

Response	Count	Percent
I have never been told by a doctor or mental health professional that I have a mental health condition	49	34.0%
Anxiety	61	42.4%
Alcohol, opioid, or other substance use disorder/addiction	19	13.2%
Attention-Deficit/Hyperactivity Disorder (ADD/ADHD)	18	12.5%
Autism	4	2.8%
Bipolar Disorder	12	8.3%

Dementia	1	0.7%
Depression	58	40.3%
Eating disorder (anorexia nervosa, bulimia, etc.)	6	4.2%
Obsessive Compulsive Disorder (OCD)	11	7.6%
Post-Traumatic Stress Disorder (PTSD)	28	19.4%
Schizophrenia	2	1.4%
Stress	52	36.1%
Other	8	5.6%

Table 40b. "Have you ever been told by a doctor or mental health professional that you have any of the following mental health conditions? Other" (n=8) *

Response	Count	Percent
Anger Issues	2	25.0%
Personality disorder, psychosis	1	12.5%
Personality & Mood disorders	1	12.5%
Borderline Personality Disorder	1	12.5%
Fibromyalgia	1	12.5%
Odd	1	12.5%
None	1	12.5%

Table 41a. "In your opinion, what are some of the barriers to accessing mental health services for members of your community?" (n=146) *

Response	Count	Percent
There are no barriers	38	26.0%
Shame of having a mental health diagnosis	62	42.5%

Stigma	52	35.6%
Denial of having a mental health diagnosis	43	29.5%
Little to no understanding of mental illness	46	31.5%
Lack of mental health services within the community	33	22.6%
Lack of trust in the mental health services	54	37.0%
Mental health providers lack knowledge of cultural practices	18	12.3%
Unable to afford mental health services	16	11.0%
Lack of transportation	29	19.9%
Communication barriers (telephone or internet)	15	10.3%
Don't have medical insurance	21	14.4%
Other	9	6.2%

Table 41b. "In your opinion, what are some of the barriers to accessing mental health services for members of your community? Other" (n=9) *

Response
lack of availability of providers
CONFIDENTIALITY
Long wait times to see a provider, privacy concerns
It should not have a name it should be treated
Would see Native American otherwise I feel like none Natives just don't get us!
Work
Time it takes to see therapist
I think we have a great mental health team, but I understand there is a waiting list, so maybe additional providers to minimize wait list would be beneficial
I've recently "broken up" with my mental health provider. They have been avoiding me by not responding to communication and missing meeting time.

Table 42a. "Over the last 30 days, how often have you ever been bothered by the following problems: Feeling nervous, anxious, or on edge." (n=140)

Response	Count	Percent
Nearly every day	28	20.0%
More than half the days	18	12.9%
Several days	47	33.6%
Not at all	47	33.6%

Table 42b. "Over the last 30 days, how often have you ever been bothered by the following problems: Not being able to stop of control worrying." (n=140)

Response	Count	Percent
Nearly every day	25	17.9%
More than half the days	19	13.6%
Several days	38	27.1%
Not at all	58	41.4%

Table 42c. "Over the last 30 days, how often have you ever been bothered by the following problems: Having little interest or pleasure in doing things." (n=139)

Response	Count	Percent
Nearly every day	15	10.8%
More than half the days	17	12.2%
Several days	37	26.6%
Not at all	70	50.4%

Table 42d. "Over the last 30 days, how often have you ever been bothered by the following problems: Feeling down, depressed, or hopeless." (n=139)

Response	Count	Percent
Nearly every day	13	9.4%
More than half the days	13	9.4%
Several days	51	36.7%
Not at all	62	44.6%

Table 43. "How often do you get the social and emotional support you need?" (n=139)

Response	Count	Percent
Always	20	14.4%
Often	39	28.1%
Sometimes	50	36.0%
Rarely	24	17.3%
Never	6	4.3%

Table 44. "During the past 12 months, did you ever seriously consider attempting suicide?" (n=140)

Response	Count	Percent
Yes	12	8.6%
No	128	91.4%

C.9 HEALTH BEHAVIORS

Table 45. "Are you up to date on your immunizations?" (n=146)

Response	Count	Percent
Yes	120	82.2%
No	5	3.4%
I don't know	21	14.4%

Table 46. "How many times a week do you do 30 minutes or more of physical activity? Examples include walking, running, and mowing your lawn, among others." (n=146)

Response	Count	Percent
Never	7	4.8%
Less than once a week	43	29.5%
1 to 2 times a week	43	29.5%
3 to 4 times a week	29	19.9%
5 or more times a week	24	16.4%

Table 47. "Not including ceremonial or sacred smoking, do you currently smoke cigarettes or use other forms of commercial tobacco every day, some days, or not at all? This includes vaping and smokeless tobacco." (n=146)

Response	Count	Percent
Every day	46	31.5%
Some days	15	10.3%
Not at all	85	58.2%

Table 48. "Do you or someone in your household struggle with a substance use disorder/addiction?" (n=145)

Response	Count	Percent
Yes	40	27.6%
No	97	66.9%
Not sure	8	5.5%

Table 49. "Have you or your immediate family member ever overdosed?" (n=146)

Response	Count	Percent
Yes	41	28.1%
No	96	65.8%
Not sure	9	6.2%

Table 50. "Have you ever used Narcan or Naloxone to respond to an opioid overdose?" (n=145)

Response	Count	Percent
Yes	22	15.2%
No	123	84.8%

Table 51. "Have you ever used Narcan or Naloxone to respond to an opioid overdose?" (n=146)

Response	Count	Percent
Yes	106	72.6%
No	40	27.4%

Table 52. "In your life, which of the following substances have you ever used (non-medical use only)?" (n=146)*

Response	Count	Percent
Alcohol	135	92.5%
Marijuana	109	74.7%
Cocaine	49	33.6%
Heroin	13	8.9%
Methamphetamine	15	10.3%
Prescription opioid not prescribed to you	35	24.0%
Gabapentin	33	22.6%
Xanax	20	13.7%
ADHD Medications	38	26.0%
Ambien	11	7.5%

Table 53a. "In the past three months, how often have you ever used the substances you mentioned above? Alcohol" (n=134)

Response	Count	Percent
Never	71	53.0%
Once or Twice	27	20.2%
Monthly	18	13.4%
Weekly	14	10.5%
Daily or Almost Daily	4	3.0%

Table 53a. "In the past three months, how often have you ever used the substances you mentioned above? Alcohol" (n=134)

Response	Count	Percent
Never	71	53.0%

Once or Twice	27	20.2%
Monthly	18	13.4%
Weekly	14	10.5%
Daily or Almost Daily	4	3.0%

Table 53b. "In the past three months, how often have you ever used the substances you mentioned above? Marijuana" (n=107)

Response	Count	Percent
Never	60	56.1%
Once or Twice	12	11.2%
Monthly	7	6.5%
Weekly	9	8.4%
Daily or Almost Daily	19	17.8%

Table 53c. "In the past three months, how often have you ever used the substances you mentioned above? Cocaine" (n=48)

Response	Count	Percent
Never	43	89.6%
Once or Twice	4	8.3%
Monthly	1	2.1%
Weekly	0	0.0%
Daily or Almost Daily	0	0.0%

Table 53d. "In the past three months, how often have you ever used the substances you mentioned above? Heroin" (n=12)

Response	Count	Percent
Never	10	83.3%

Once or Twice	1	8.3%
Monthly	0	0.0%
Weekly	0	0.0%
Daily or Almost Daily	1	8.3%

Table 53e. "In the past three months, how often have you ever used the substances you mentioned above? Methamphetamine" (n=15)

Response	Count	Percent
Never	12	80.0%
Once or Twice	1	6.7%
Monthly	0	0.0%
Weekly	0	0.0%
Daily or Almost Daily	2	13.3%

Table 53f. "In the past three months, how often have you ever used the substances you mentioned above? Prescription opioid not prescribed to you" (n=34)

Response	Count	Percent
Never	28	82.4%
Once or Twice	4	11.8%
Monthly	1	2.9%
Weekly	0	0.0%
Daily or Almost Daily	1	2.9%

Table 53g. "In the past three months, how often have you ever used the substances you mentioned above? Gabapentin" (n=32)

Response	Count	Percent
Never	20	62.5%
Once or Twice	4	12.5%
Monthly	1	3.1%
Weekly	1	3.1%
Daily or Almost Daily	6	18.8%

Table 53h. "In the past three months, how often have you ever used the substances you mentioned above? Xanax" (n=19)

Response	Count	Percent
Never	16	84.2%
Once or Twice	2	10.5%
Monthly	0	0.0%
Weekly	0	0.0%
Daily or Almost Daily	1	5.3%

Table 53i. "In the past three months, how often have you ever used the substances you mentioned above? ADHD Medications" (n=37)

Response	Count	Percent
Never	23	62.2%
Once or Twice	4	10.8%
Monthly	0	0.0%
Weekly	0	0.0%
Daily or Almost Daily	10	27.0%

Table 53j. "In the past three months, how often have you ever used the substances you mentioned above? Ambien" (n=10)

Response	Count	Percent
Never	9	90.0%
Once or Twice	0	0.0%
Monthly	0	0.0%
Weekly	0	0.0%
Daily or Almost Daily	1	10.0%

C.10 ENVIRONMENT & SAFETY

Table 54. "I feel safe in my community." (n=140)

Response	Count	Percent
Strongly Agree	30	21.4%
Agree	67	47.9%
Neutral	34	24.3%
Disagree	6	4.3%
Strongly Disagree	3	2.1%

Table 55. "I see violence in my community." (n=140)

Response	Count	Percent
Yes	78	55.7%
No	62	44.3%

Table 56. "I feel safe in my home." (n=140)

Response	Count	Percent
Strongly Agree	82	58.6%

Agree	45	32.1%
Neutral	9	6.4%
Disagree	3	2.1%
Strongly Disagree	1	0.7%

Table 57. "I see violence in my home." (n=140)

Response	Count	Percent
Yes	7	5.0%
No	133	95.0%

Table 58. "Are there unlocked guns or weapons in your house?" (n=140)

Response	Count	Percent
Yes	15	10.7%
Maybe	11	7.9%
No	114	81.4%

C.11 HEALTH PRIORITIES

Table 59a. "In the following list, what do you think are the three most important factors for a 'Healthy Community'? (Those factors which most improve the quality of life in a community.)" (n=146)*

Response	Count	Percent
Access to health care (e.g., family doctor)	69	47.3%
Affordable housing	85	58.2%
Arts and cultural events	14	9.6%
Clean environment	19	13.0%
Excellent race relations	1	0.7%

Good jobs and a healthy economy	66	45.2%
Good place to raise children	19	13.0%
Good schools	12	8.2%
Healthy behaviors and lifestyles	44	30.1%
Low level of child abuse	9	6.2%
Parks and recreation	10	6.9%
Religious or spiritual values	16	11.0%
Strong family life	43	29.5%
Other, please specify	3	2.1%

Table 59b. "In the following list, what do you think are the three most important factors for a 'Healthy Community'? (Those factors which most improve the quality of life in a community.) Other" (n=3)

Response
Access to healthy food, education on healthy eating, and opportunities to learn sustainable gathering
Education and access to healthy foods
Ppl actually acting as community

Table 60a. "In the following list, what do you think are the three most important 'health problems' in our community? (Those problems which have the greatest impact on overall community health.)" (n=144)*

Response	Count	Percent
Aging problems (e.g., arthritis, hearing/vision loss, etc.)	27	18.8%
Cancers	55	38.2%
Child abuse/neglect	28	19.4%

Good jobs and a healthy economy	66	45.2%
Good place to raise children	19	13.0%
Good schools	12	8.2%
Healthy behaviors and lifestyles	44	30.1%
Low level of child abuse	9	6.2%
Parks and recreation	10	6.9%
Religious or spiritual values	16	11.0%
Strong family life	43	29.5%
Other, please specify	3	2.1%

Table 59b. "In the following list, what do you think are the three most important factors for a 'Healthy Community'? (Those factors which most improve the quality of life in a community.) Other" (n=3)

Response
Access to healthy food, education on healthy eating, and opportunities to learn sustainable gathering
Education and access to healthy foods
Ppl actually acting as community

Table 60a. "In the following list, what do you think are the three most important 'health problems' in our community? (Those problems which have the greatest impact on overall community health.)" (n=144)*

Response	Count	Percent
Aging problems (e.g., arthritis, hearing/vision loss, etc.)	27	18.8%
Cancers	55	38.2%
Child abuse/neglect	28	19.4%

Dental problems	9	6.3%
Diabetes	66	45.8%
Domestic violence	18	12.5%
Firearm-related injuries	0	0.0%
Heart disease and stroke	22	15.3%
High blood pressure	10	6.9%
Homicide	0	0.0%
Infant death	0	0.0%
Infectious Diseases (e.g., hepatitis, tuberculosis, etc.)	0	0.0%
Mental health problems	62	43.1%
Motor vehicle crash injuries	0	0.0%
Rape/sexual assault	4	2.8%
Respiratory/lung disease	3	2.1%
Sexually Transmitted Infections (STIs)	3	2.1%
Substance misuse	81	56.3%
Suicide	5	3.5%
Teenage pregnancy	4	2.8%
Other, please specify	8	5.6%

Table 60b. "In the following list, what do you think are the three most important 'health problems' in our community? (Those problems which have the greatest impact on overall community health.) Other" (n=8)

Response
Anxiety, haters, and depression
Child sexual abuse

Awareness & Healing historical trauma
Drug use – meth, fentanyl, etc
Lack of exercise
OD'S
Obesity, Sedentary Lifestyle, Chemical Use
Drugs

Table 61a. “In the following list, what do you think are the three most important ‘risky behaviors’ in our community? (Those behaviors which have the greatest impact on overall community health.)” (n=142)*

Response	Count	Percent
Alcohol abuse	91	64.1%
Being overweight	39	27.5%
Dropping out of school	13	9.2%
Drug abuse	125	88.0%
Lack of exercise	20	14.1%
Not getting “shots” to prevent disease	4	2.8%
Not using birth control	8	5.6%
Not using seat belts/child safety seats	9	6.3%
Poor eating habits	32	22.5%
Problem gambling	18	12.7%
Racism	12	8.5%
Tobacco use	15	10.6%
Unsafe sex	11	7.8%
Other, please specify	5	3.5%

Table 61b. "In the following list, what do you think are the three most important 'risky behaviors' in our community? (Those behaviors which have the greatest impact on overall community health.) Other" (n=5)

Response
Childhood bullying
Self-doubt: PTSD from colonialism: lack of morals and ethics
Sugar and gluten intake
Overuse of video games for youth impacts their sleep, school, exercise, social skills.
Listening to ghetto music

**Respondents could select all options that applied to them; therefore, the total count may exceed the total number of respondents, and the percent total may be greater than 100.0%*

For questions regarding this report,
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