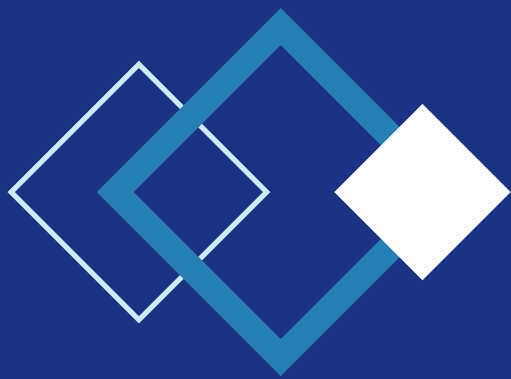


COMMUNITY HEALTH SURVEY

Tompkins County Community Health Improvement
JUNE, 2025





PURPOSE

Tompkins County Whole Health (TCWH) launched the Community Health Survey on January 23, 2025. It remained open until February 28, 2025.

A major focus of this survey was to capture how people perceive their own health and factors that influence health outcomes. This primary data will complement existing secondary data from established sources, helping to create a picture of the community's overall health and to identify areas that require deeper exploration or intervention.



DATA COLLECTION

The Community Health Survey was opened by 2,266 Tompkins County residents and completed by over 1800 residents. The survey was limited to residents aged 18 and older. All questions were optional and not all respondents answered every question.

The survey consisted of 23 questions, organized into six sections established by (in) the 2025-2030 Prevention Agenda:

1. Economic Stability
2. Social and Community Context
3. Neighborhood and Built Environment
4. Healthcare Access and Quality
5. Education Access and Quality
6. Demographics

All responses were anonymous, ensuring confidentiality, and the data was securely stored. After the survey closed, the data was analyzed to extract meaningful insights of interest to respondents and the community at large, and to inform the Community Health Assessment (CHA) and ultimately shape the Community Health Improvement Plan (CHIP).



LIMITATIONS OF DATA

The Community Health Survey serves as one point of data considered in the Community Health Assessment process. There are several limitations of the Community Health Survey data set:

- All answers are self-reported.
- The sample is not representative of the population.
- Most questions were not required, so respondents who completed the survey may not have answered every question. Some allowed up to three response options to be selected.
- Note that the “N” or total for each question varies. This and other information about the sample are detailed with each visualization.

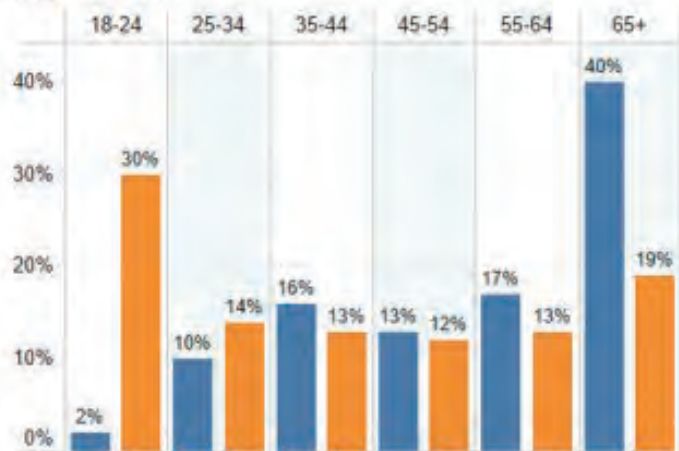




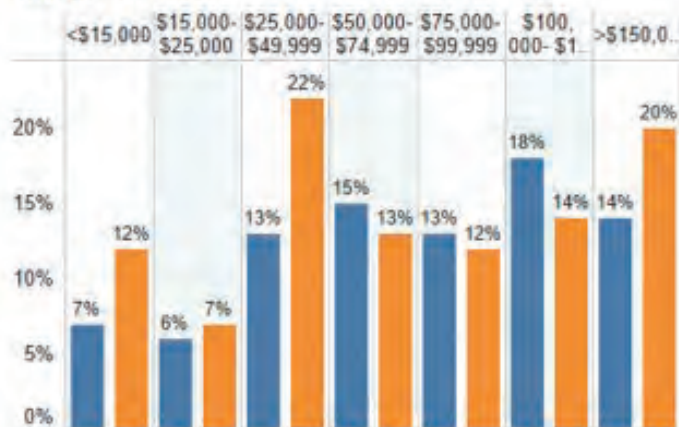
WHO PARTICIPATED?



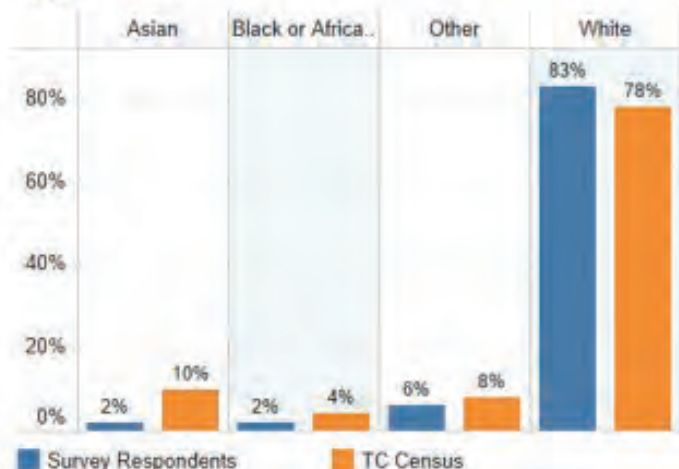
Age (N=1915)



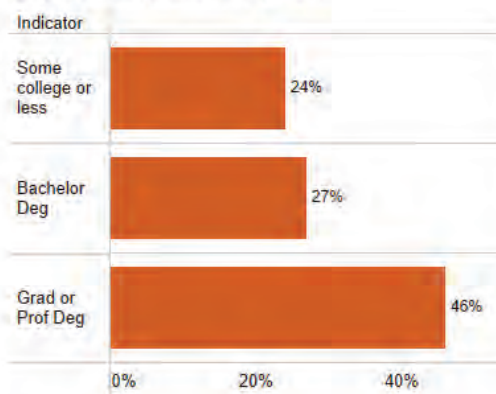
Income (N=1904)



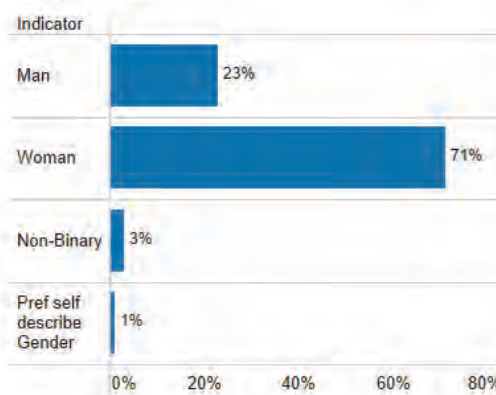
Race (N=1905)



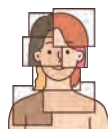
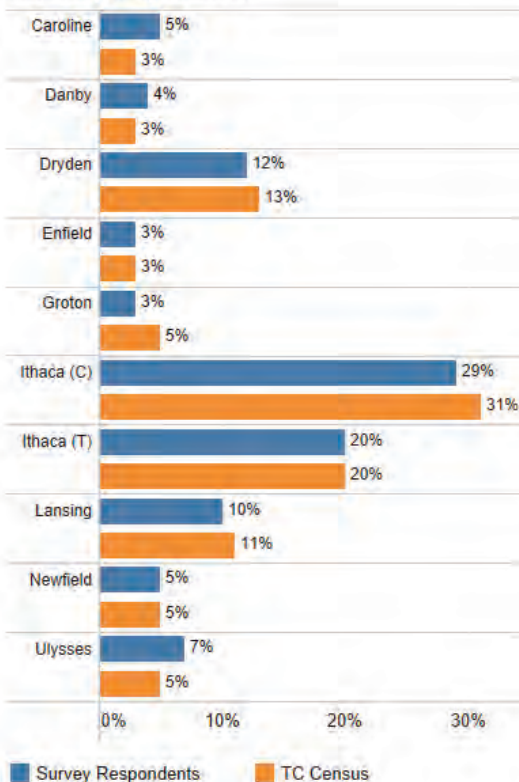
Educational Attainment (N=1910)



Gender (N=1907)



Municipality (N=1893)

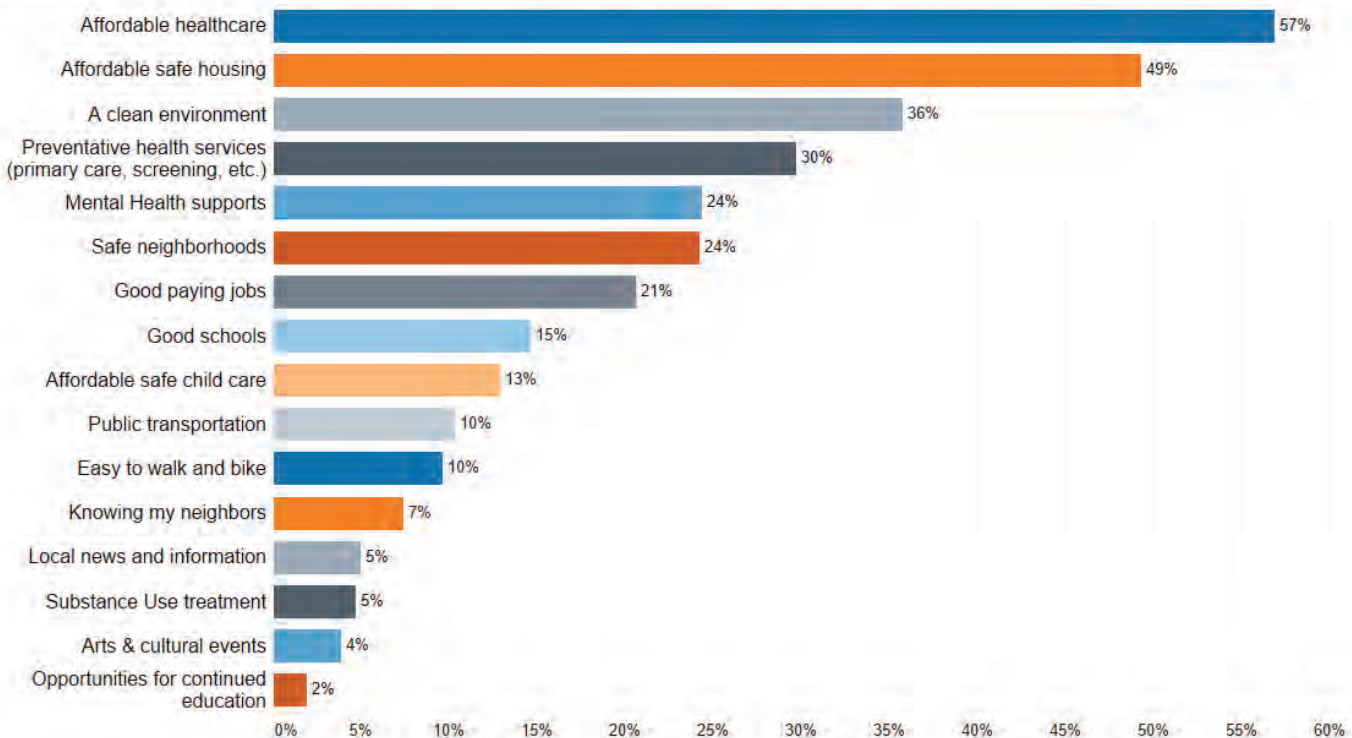


SURVEY RESULTS

Affordable healthcare, affordable safe housing, and a clean environment were identified as the 3 most important factors that create a healthy community.

What are the most important factors that create a healthy community?

In your opinion, what are the three most important factors that create a "Healthy Community"? (Check your top 3). Tompkins County Community Health Survey, Feb. 2025. (Ques.2. N=2017 total respondents.)

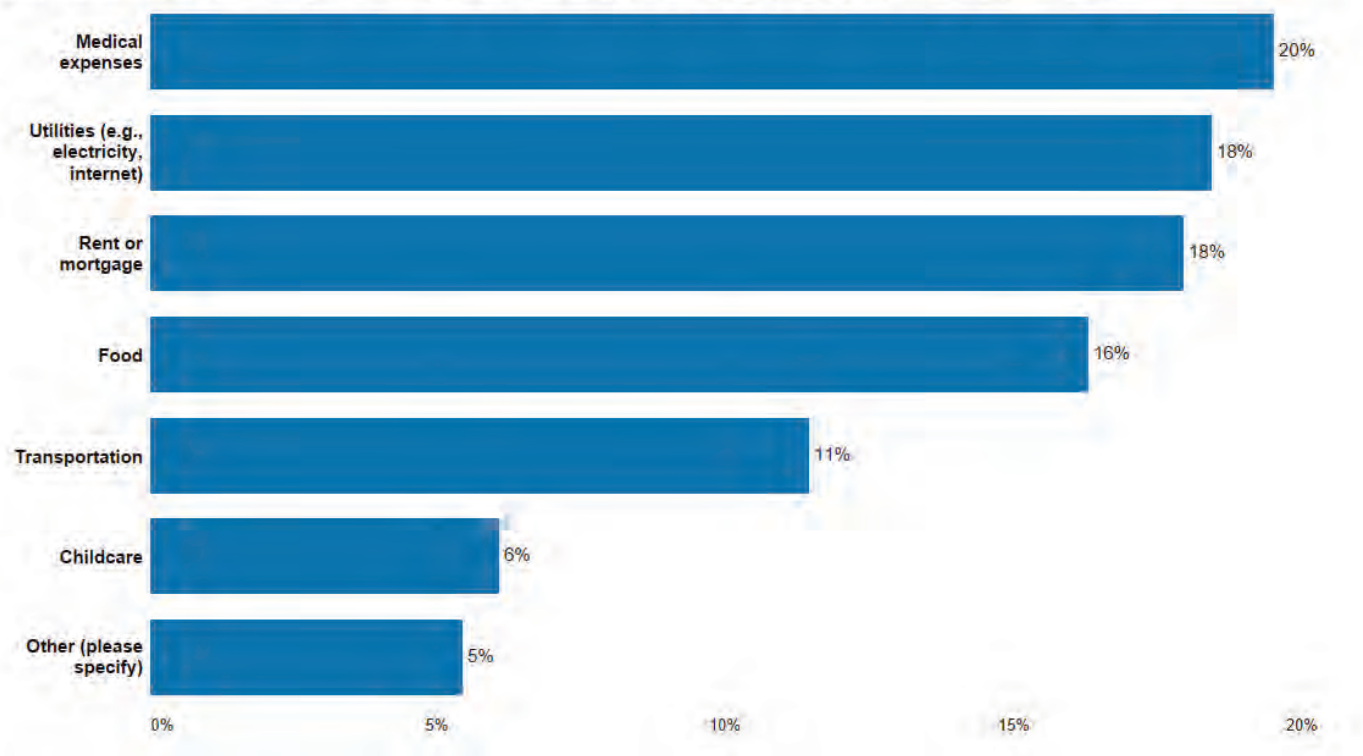


SURVEY RESULTS

Over the past year, medical expenses, housing costs, and utility bills emerged as the most common financial challenges for households.

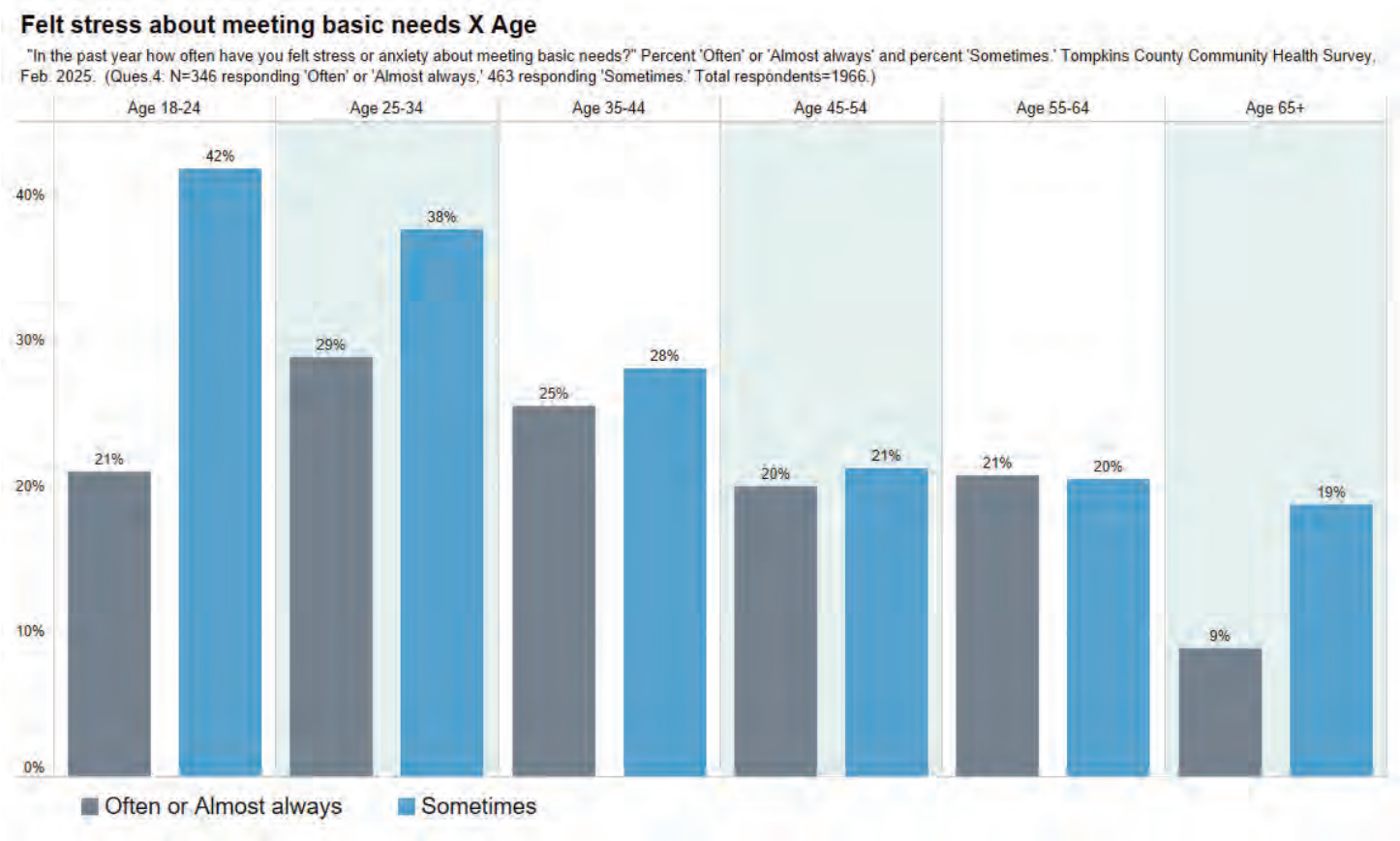
Difficulty paying for basic household needs

"In the past year, have you or anyone in your household faced difficulties paying for the following? Food, childcare, transportation, medical expenses, rent or mortgage, utilities (select all that apply)." Percent for each need. Tompkins County Community Health Survey Feb. 2025, (Ques.3. N=745 checking one or more need. Total respondents=1869.)



SURVEY RESULTS

Stress and anxiety about meeting basic needs are most common among younger adults, decreasing as age increases.

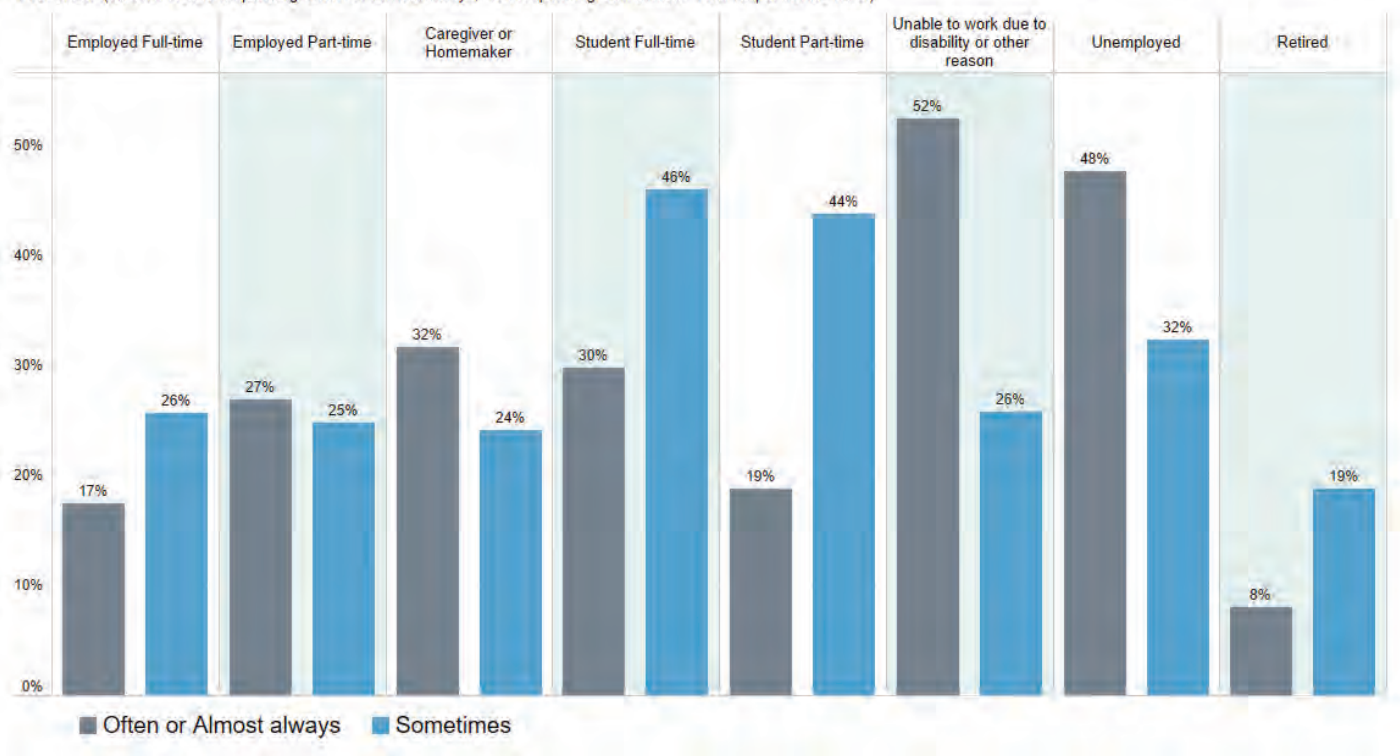


SURVEY RESULTS

Stress and anxiety about meeting basic needs vary by employment status. The highest levels are reported by those unable to work due to disability or other reasons and unemployed. In contrast, retired individuals and those employed full-time report the lowest levels of stress.

Felt stress about meeting basic needs X Employment

"In the past year how often have you felt stress or anxiety about meeting basic needs?" Percent 'Often' or 'Almost always' and percent 'Sometimes.' Tompkins County Community Health Survey, Feb. 2025. (Ques.4: N=346 responding 'Often' or 'Almost always,' 463 responding 'Sometimes.' Total respondents=1966.)

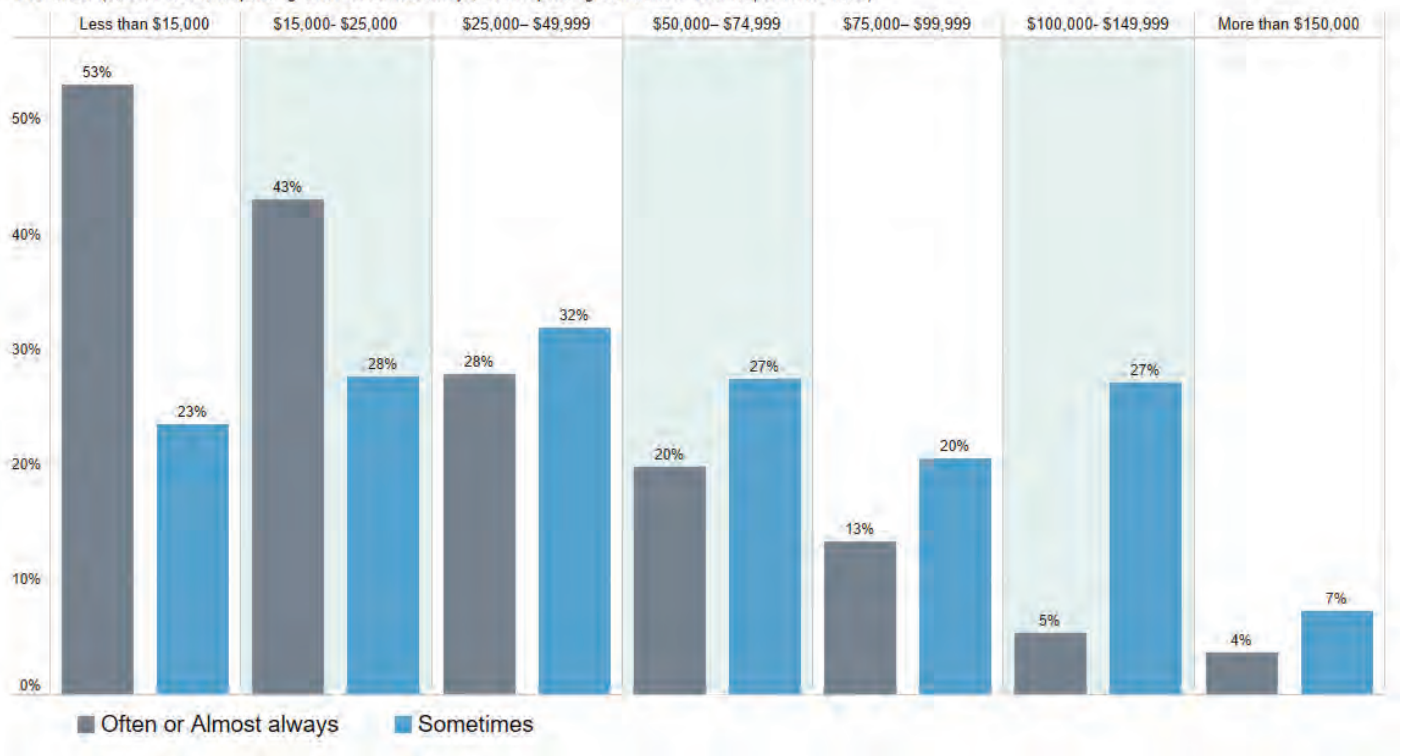


SURVEY RESULTS

Stress or anxiety about meeting basic needs decreases steadily as income rises. Over half of respondents earning less than \$15,000 report frequent stress or anxiety over meeting basic needs. However, some stress is relatively consistent across income levels, with around one quarter of respondents checking "Sometimes."

Felt stress about meeting basic needs X Income

"In the past year how often have you felt stress or anxiety about meeting basic needs?" Percent 'Often' or 'Almost always' and percent 'Sometimes.' Tompkins County Community Health Survey, Feb. 2025. (Ques.4: N=346 responding 'Often' or 'Almost always,' 463 responding 'Sometimes.' Total respondents=1966.)

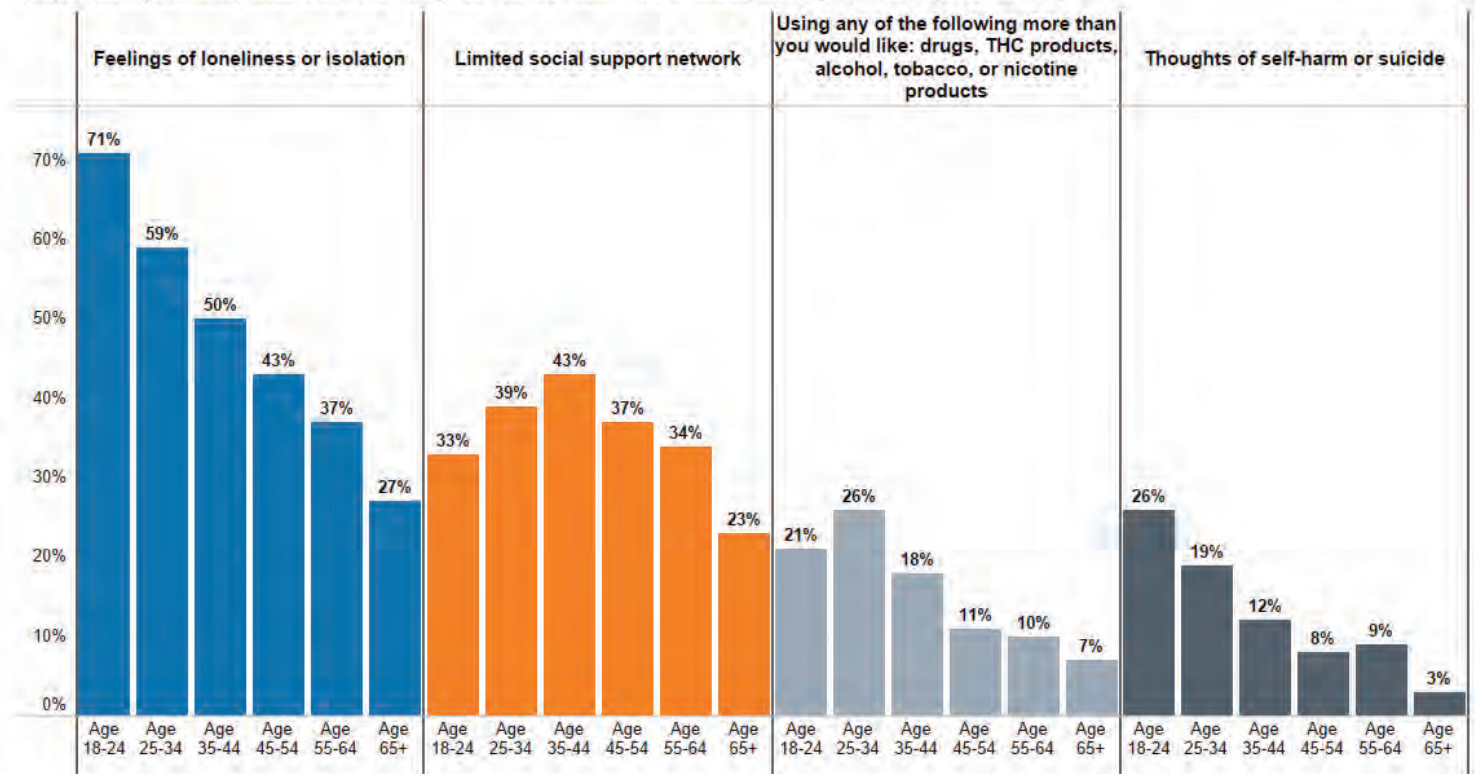


SURVEY RESULTS

Mental health challenges are most common among younger respondents, related to high levels of loneliness and suicide ideation.

Experienced mental health challenges X Age

*Have you experienced any of the following in the past year: Feelings of isolation, Limited social support network, Using any of the following more than you would like: drugs, THC products, alcohol, tobacco, or nicotine products, or Thoughts of self harm or suicide (select all that apply)?" X Age
Tompkins County Community Health Survey, Feb 2025 (Ques.5. N=1030 checked one or more experience (53%). Total respondents=1955.)



SURVEY RESULTS

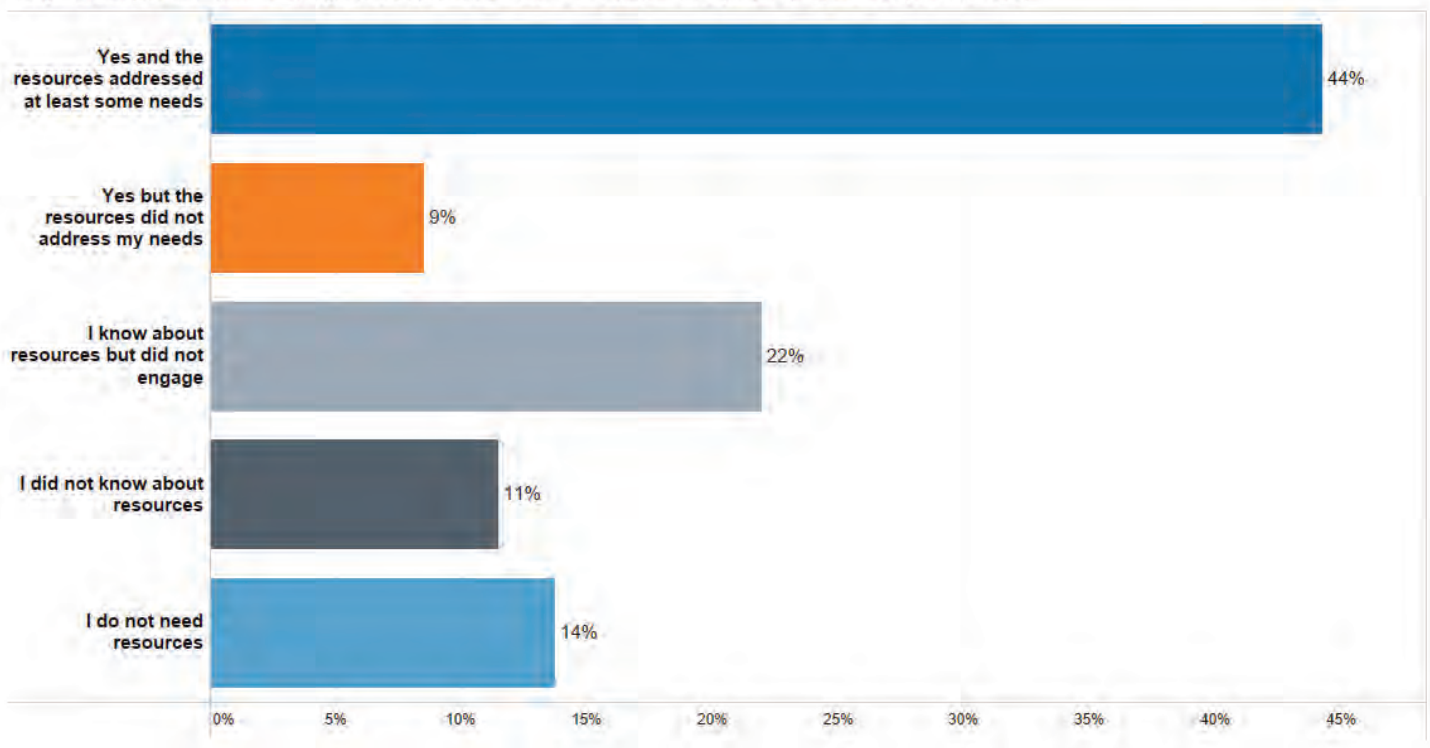
Nearly half of respondents reporting mental health challenges shared they engaged with community resources to address their needs.

Engaged with community resources X Experienced mental health challenges

"In the past year, have you engaged with any resources in the community to meet your basic needs or improve your mental health?" X

"Have you experienced any of the following in the past year: Feelings of isolation, Limited social support network, Using any of the following more than you would like: drugs, THC products, alcohol, tobacco, or nicotine products, or Thoughts of self harm or suicide (select all that apply)?"

Tompkins County Community Health Survey, Feb 2025 (Ques 5, N=1030 checked one or more experience (53%). Total respondents=1955.)

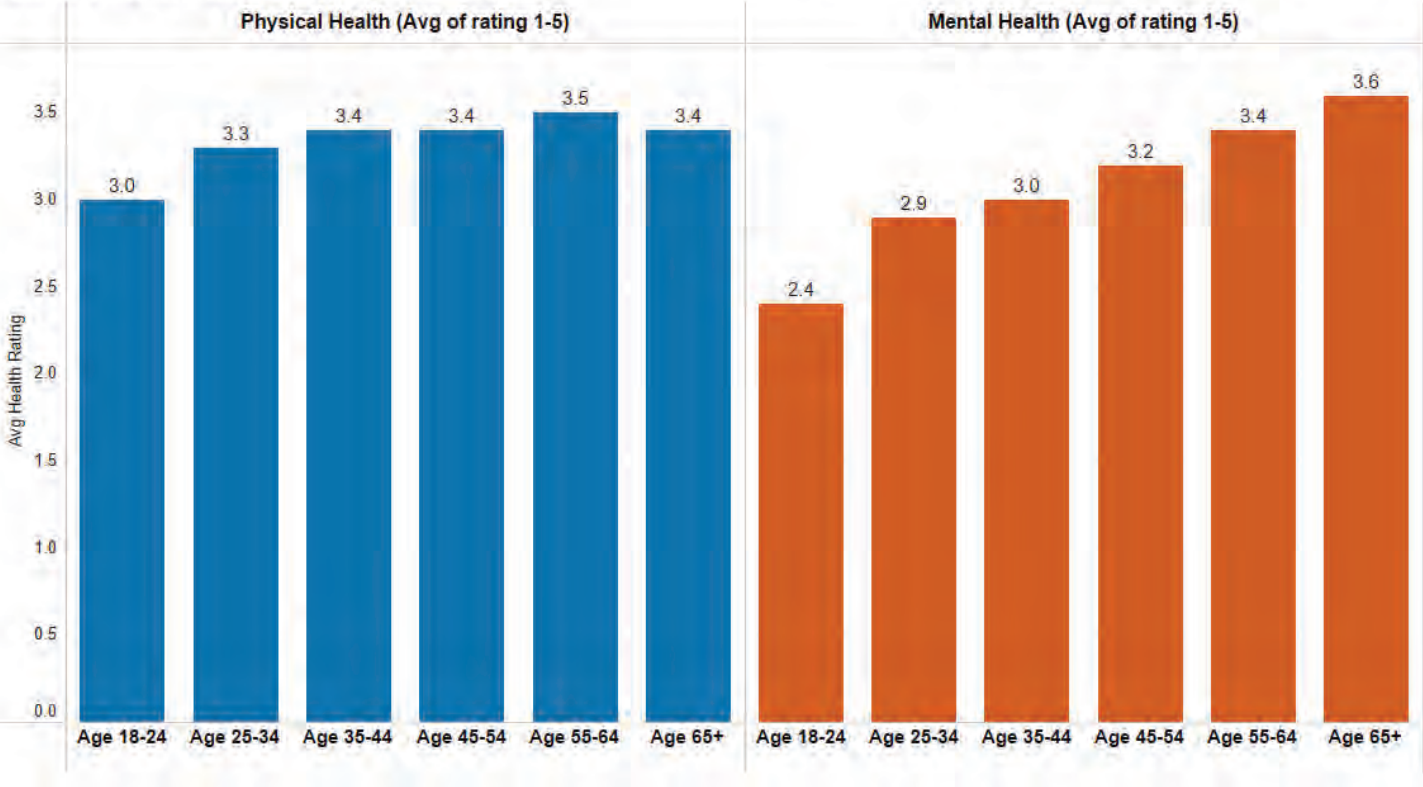


SURVEY RESULTS

Self-rated physical health is relatively similar across age groups, while mental health improves with age.

Average self-reported health rating X age.

"How do you rate your health (1-5) in the following categories: Physical health, Mental or emotional health? Scale 1 to 5 (poor, fair, good, very good, excellent)" Tompkins County Community Health Survey, Feb. 2025. (Ques.7. N=1944 physical health, 1939 mental health.)

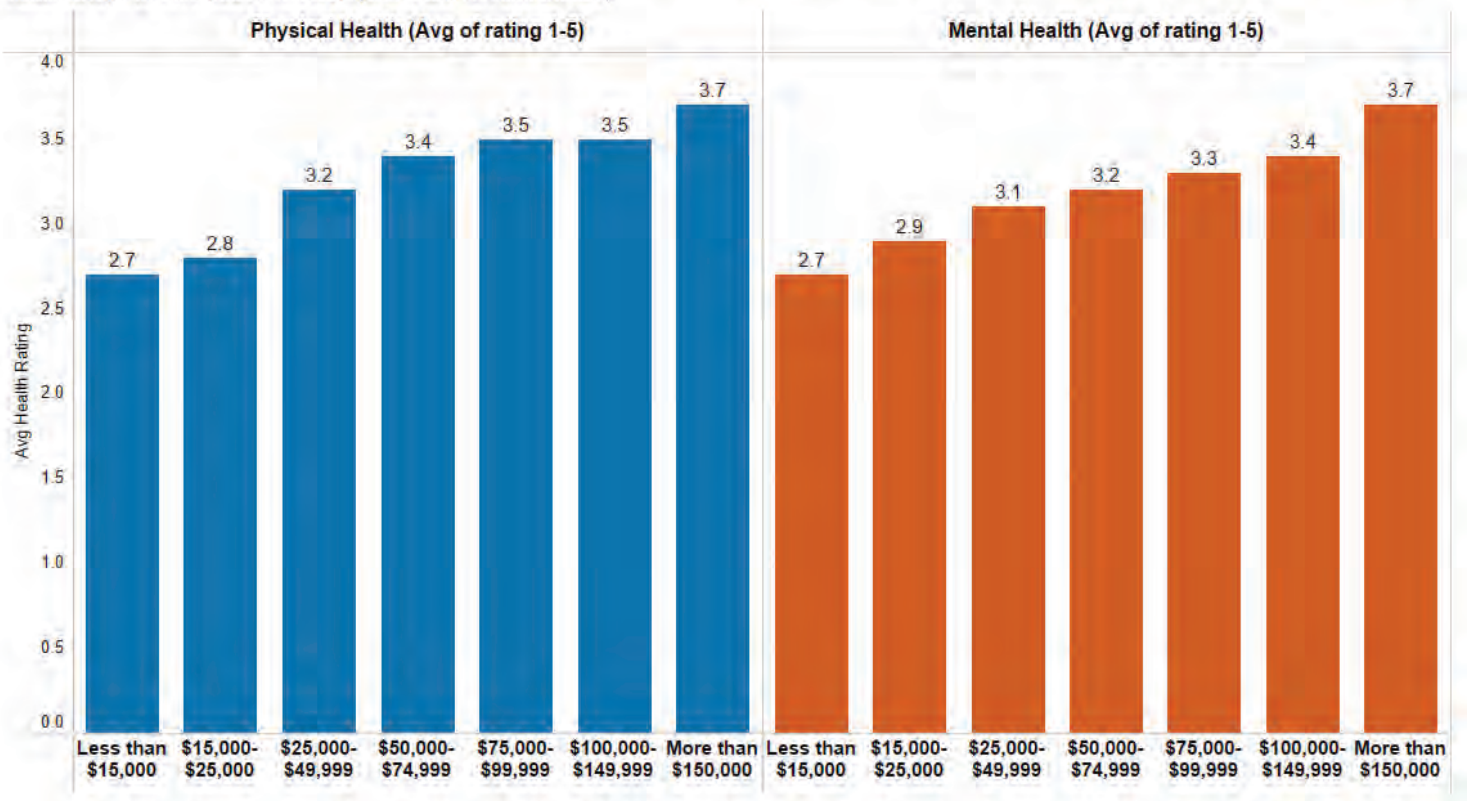


SURVEY RESULTS

Self-rated physical and mental health improve with increasing income, highlighting a strong link between financial well-being and overall health perceptions.

Average self-reported health rating X income.

"How do you rate your health (1-5) in the following categories: Physical health, Mental or emotional health? Scale 1 to 5 (poor, fair, good, very good, excellent)" Tompkins County Community Health Survey, Feb. 2025. (Ques.7. N=1944 physical health, 1939 mental health.)

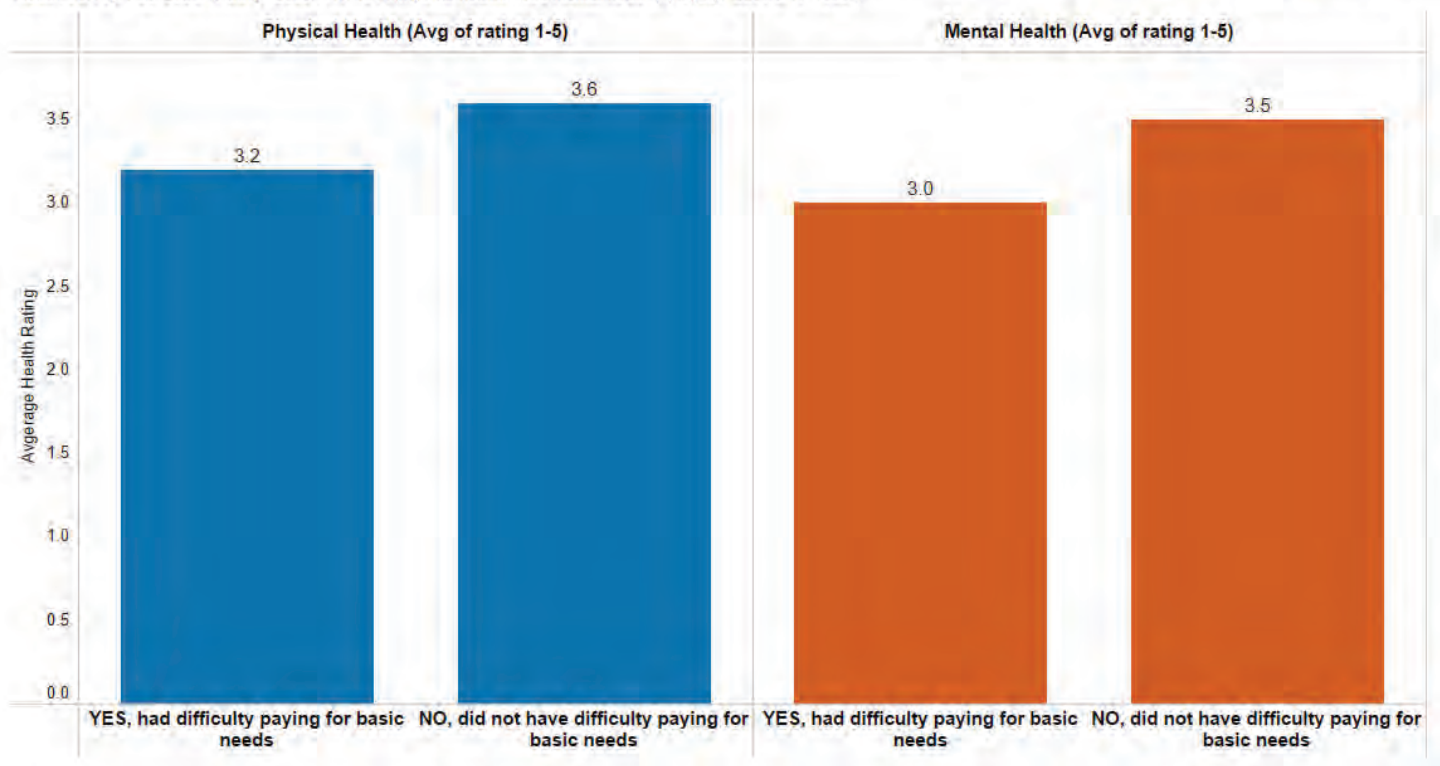


SURVEY RESULTS

Respondents experiencing financial challenges rated their physical and mental health lower than respondents who were not facing these challenges.

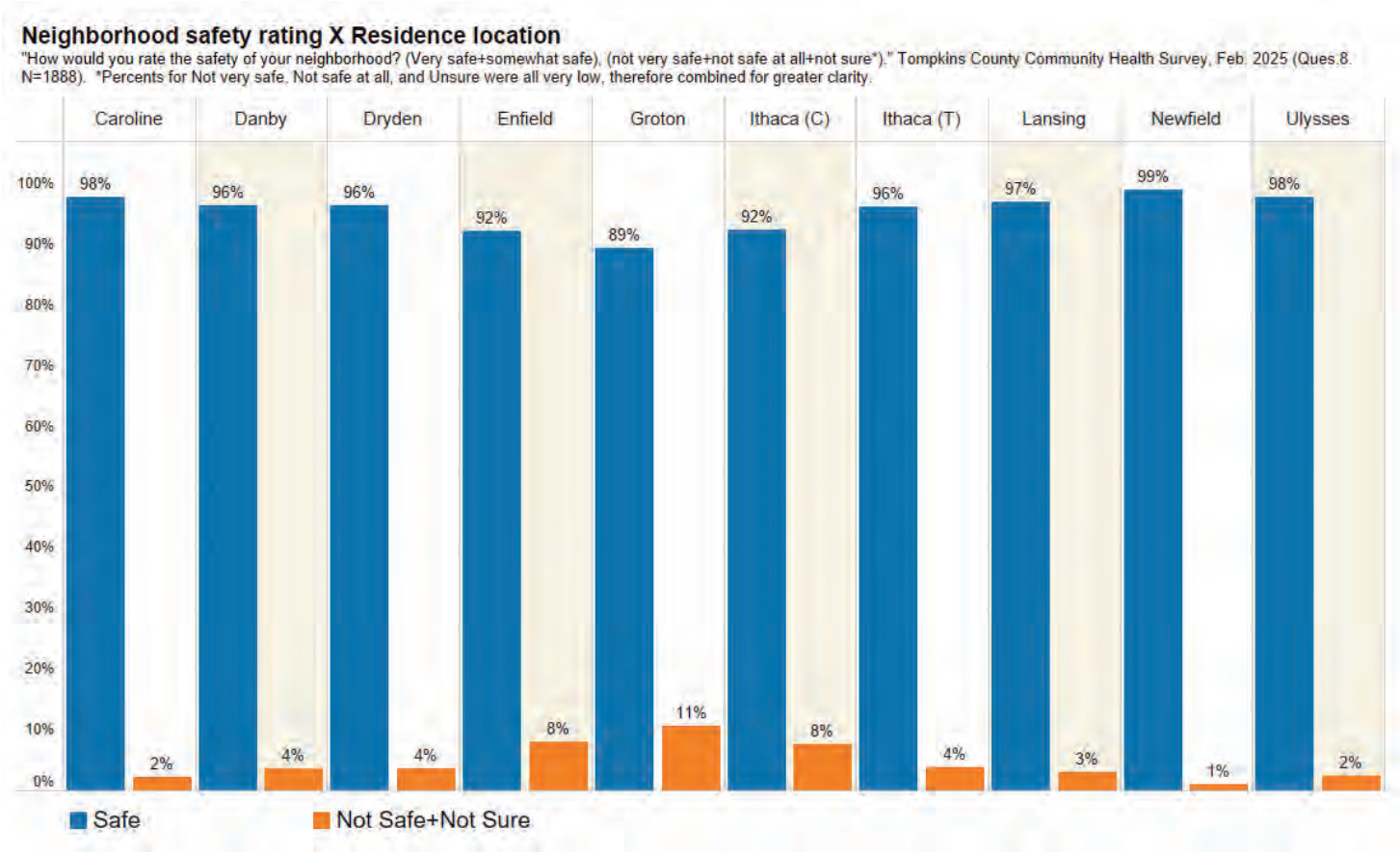
Average self-reported health rating X difficulty paying for basic needs

"How do you rate your health in the following categories: Physical health, Mental or emotional health? Scale 1 to 5 (poor, fair, good, very good, excellent)" X "In the past year, have you or anyone in your household faced difficulties paying for the following (select all that apply)? Food, childcare, transportation, medical expenses, rent or mortgage, utilities." Tompkins County Community Health Survey, Feb. 2025. (Rating: Ques.7. N=1944 physical health, 1939 mental health.) (Paying: Ques.3. N=1869.)



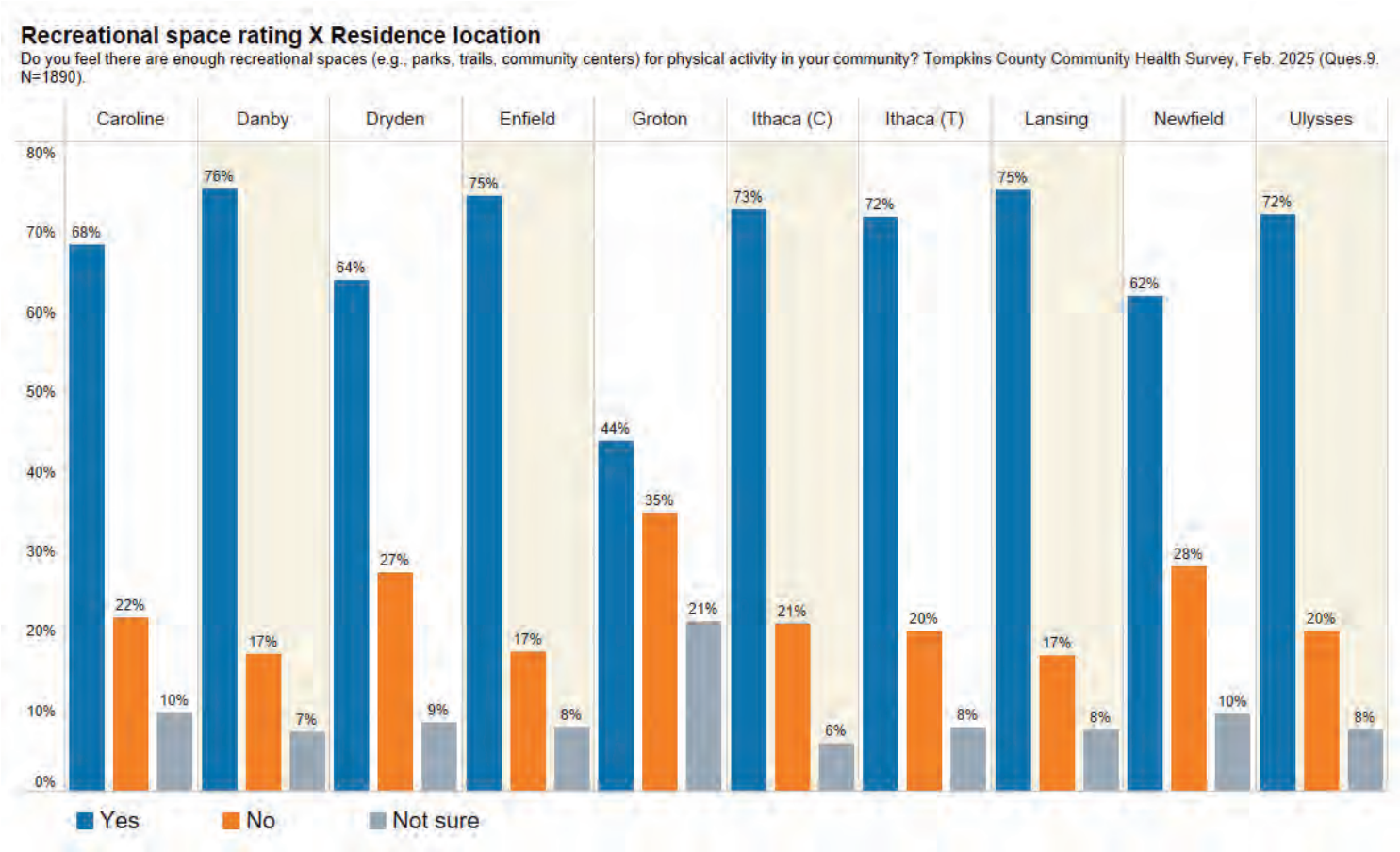
SURVEY RESULTS

Most respondents across municipalities report their neighborhoods are safe. Newfield reported the highest level of perceived safety, while Groton recorded the lowest.



SURVEY RESULTS

While about two-thirds of respondents in most municipalities report having enough recreational spaces, this is not universal across all areas. In Groton, fewer than half of respondents reported there were enough recreational spaces.



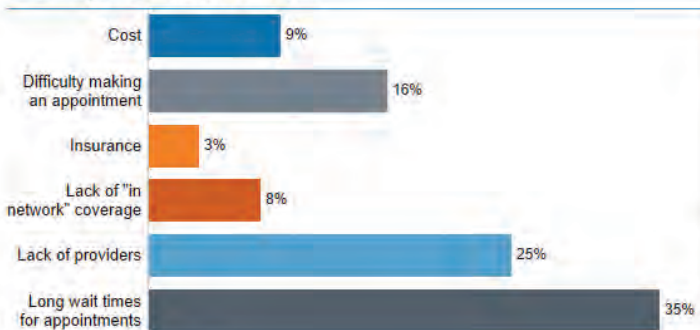
SURVEY RESULTS

Barriers to access varied across service types, but cost, provider availability, and long wait times were the most commonly reported challenges overall. Lack of insurance coverage was a significant barrier only for dental care.

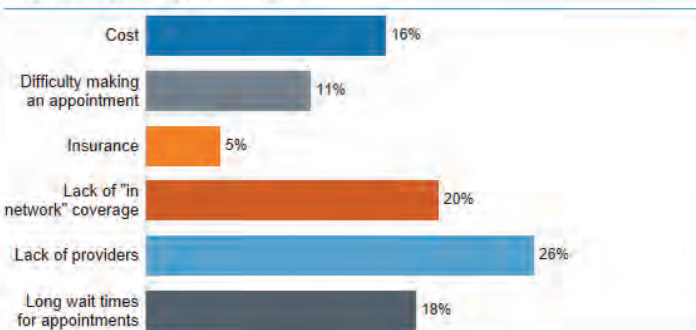
Barriers to accessing healthcare services

For each service, please indicate what barriers you have experienced in the past year in accessing these services (select all that apply). Tompkins County Community Health Survey, Feb. 2025. (Ques. 10, total respondents 1906.)

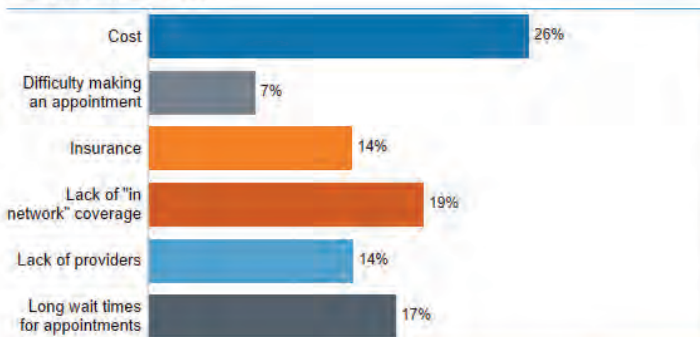
Primary medical care (N=960)



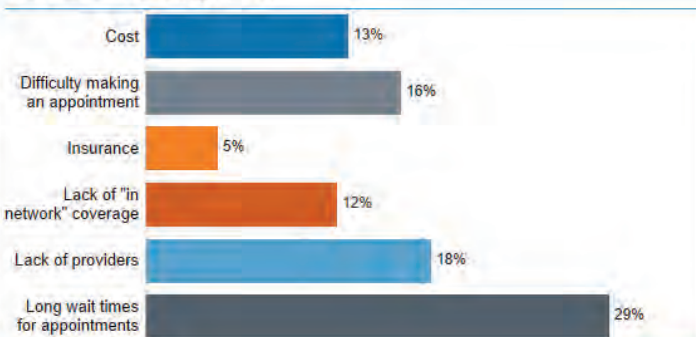
Mental health care (N=708)



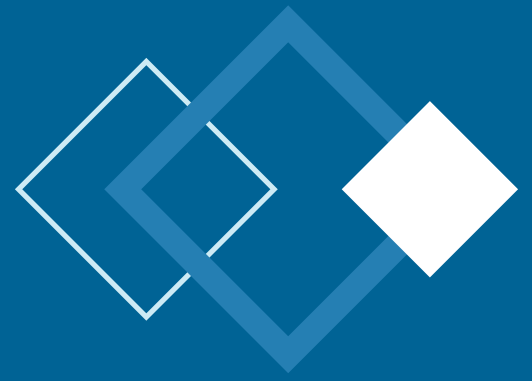
Dental care (N=1143)



Cancer screening (N=481)



THANK YOU



This survey was developed in partnership with the Tompkins County Community Health Improvement Steering Committee and the Assessment Design Team.

Find these results online at tompkinscountyny.gov/health/CHI-Tompkins/survey2025.

Contact Us

Tompkins County Whole Health
55 Brown Rd., Ithaca, NY 14850

tompkinscountyny.gov/health/CHI-Tompkins
CHItompkins@tompkins-co.org | 607-274-6600

