

# 2021 Kitsap County Community Health and Well-being Survey

## Executive Summary

**Introduction** The following analysis summarizes the responses given in the 2021 Kitsap County Community Health and Well-being Survey. This survey was conducted to better understand our community's feelings on COVID-19 and vaccination, as well as their ability to cope with the current pandemic.

The survey was conducted via SurveyMonkey and advertised in emails sent via GovDelivery, Kitsap Public Health District (KPHD), and the Kitsap County Emergency Operations Center. There was also a post on the health district's social media pages (Facebook, Twitter, and Instagram) including a paid advertisement on Facebook. KPHD also added banners to our homepage and other COVID-19 topic pages on our website. Finally, several of our community partners also shared the survey with their members which included a notice in the Kitsap Regional Library's email newsletter.

**Survey Population** While the survey population was not representative of the population in Kitsap County, there were a large number of respondents (7,146). Females, those between the ages of 35 and 74, and people who self-identified as white were overrepresented in this survey. The most underrepresented populations were those between the ages of 16 and 24, and those who self-identified as Asian or Hispanic. Bremerton was the least represented geographic region (Figure 1).

**Vaccine Attitudes** Among the survey participants overall, 86% were already vaccinated, 4% are interested in being vaccinated as soon as possible, 5% are hesitant to get vaccinated, and another 5% are not interested in being vaccinated at all (Figure 2). The largest concerns about the vaccine were related to the effectiveness and the safety of the vaccine (Figure 3). Reasons respondents provided for not being vaccinated included vaccine safety concerns, distrust of the government or media, and underlying health issues (Figure 3.2).

Higher percentages of respondents ages 50 years and older as well as participants identifying as White reported already being vaccinated; however, there was more interest in being vaccinated as soon as possible among participants between the ages of 16 and 24 and all non-white race/ethnicity groups. Those who self-identified as Native Hawaiian or Pacific Islander (NHOPI) or Black reported the greatest interest (Figure 2).

Among individuals who want to be vaccinated as soon as possible or those who are unsure if they would like to be vaccinated, "weekend vaccination appointments" was the most common response to the question, "What would make it easier for you to get vaccinated?" (Figure 5.1). Among the race/ethnicity groups who are most interested, more information on how to be vaccinated, and more convenient vaccination locations were reported more frequently (Figure 5.2). Additionally, most people would like to be vaccinated at a doctor's office (Figure 6.1), but the respondents who identified their race as Black or Asian stated that they would prefer to be vaccinated in their community such as at a church or local vaccination event (Figure 6.2).

Regardless of the opinion on vaccines, most participants reported receiving information about vaccines from health organizations such as the CDC or from the Washington State Department of Health or KPHD

(Figure 7). However, those who were not interested in being vaccinated were generally less trusting of all of the listed data sources (Figure 8).

**COVID-19 Infection** Sixteen percent of the participants reported experiencing symptoms or testing positive for COVID-19 since January 1, 2020 (Figure 10.1). The most common symptom reported was fatigue (Figure 10.2), and over half of the participants reported they experienced COVID-like symptoms between January and March 2020 (Figure 10.3). Almost a third of respondents reported that their symptoms lasted between 2 and 5 days (Figure 10.4).

Fifty percent of the survey respondents stated they have received a test for COVID-19 (Figure 11.1). About a quarter of participants reported being tested because they were experiencing symptoms and another quarter said they were tested routinely prior to a medical appointment (Figure 11.2).

Twenty-one percent of participants stated that they have been notified of a potential COVID-19 exposure (Figure 12.1). They were most commonly notified by a family member, friend, or neighbor; or their employer (Figure 12.2).

**How is our community doing?** When asked the question, “What do you think has been the most challenging part of this past year?” most respondents said they missed their family, friends, or co-workers; or the political environment was challenging (Figure 13.1).

Respondents were asked how things have changed over the course of this pandemic. Over half of the participants said that their physical fitness has worsened (Figure 14.1) and that they are experiencing more anxiety (Figure 14.2).

Thirty-nine percent of the participants stated that they have experienced at least one major life change such as a death in the family (Figure 15.1). Seventy-four percent of those respondents stated that one or more of those changes were due to the pandemic (Figure 15.2).

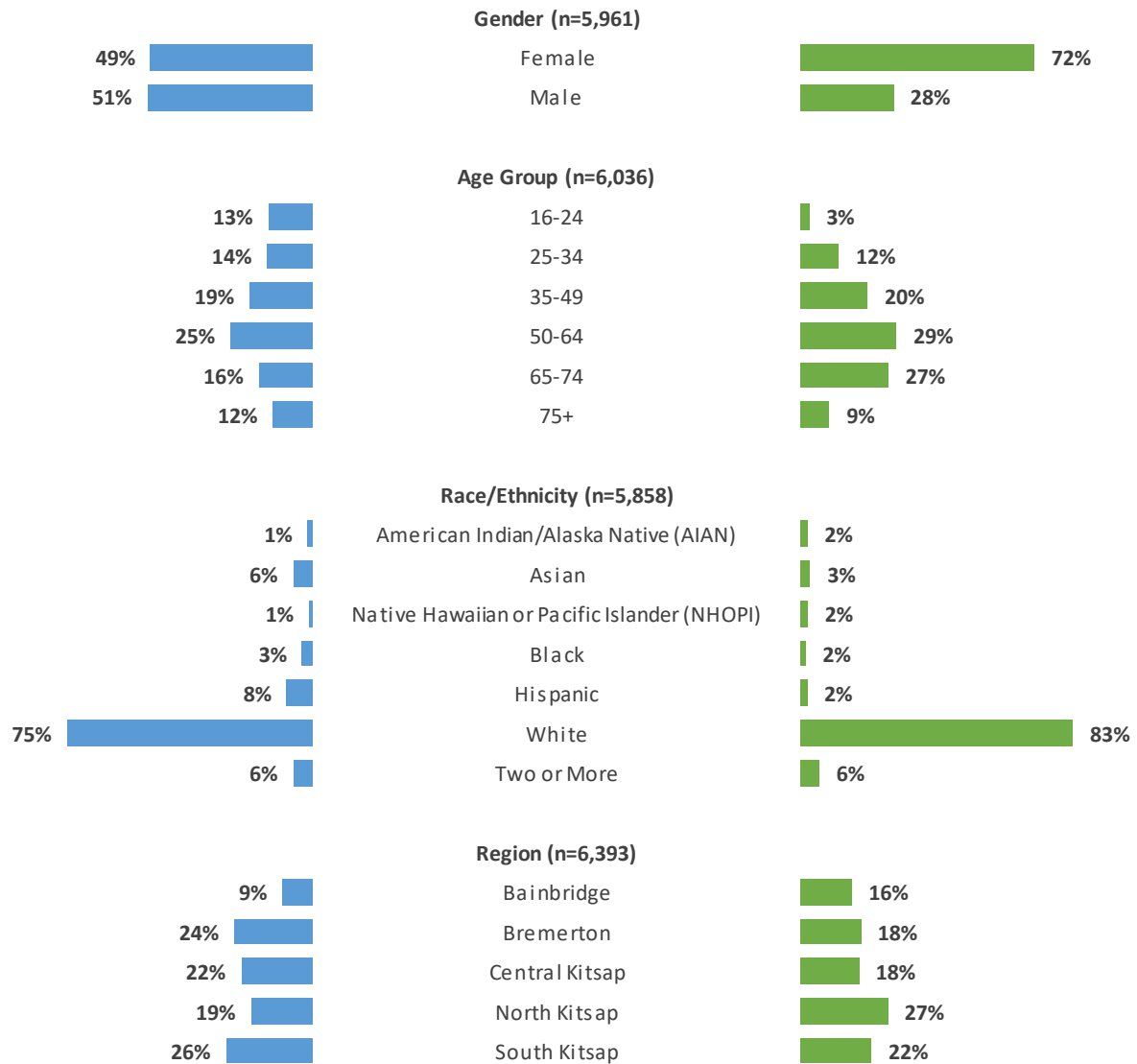
Among all the participants, 8% said they were mostly struggling or really struggling in life during the COVID-19 pandemic. 19% said it depends on the day, 42% said they were mostly okay, and 31% said they were doing well (Figure 16).

## Kitsap County Survey Results

**Introduction** In May 2021, the Kitsap Public Health District (KPHD) conducted the Community Health and Well-being Survey to better understand the feelings of Kitsap County residents about COVID-19, vaccination, and how they are coping during the pandemic. Overall, there were 7,146 respondents and 387 non-Kitsap residents were excluded. An additional 366 individuals who did not answer the question, “Have you received a COVID-19 vaccine, or do you plan to receive one?” were also excluded. This resulted in a total of 6,393 respondents.

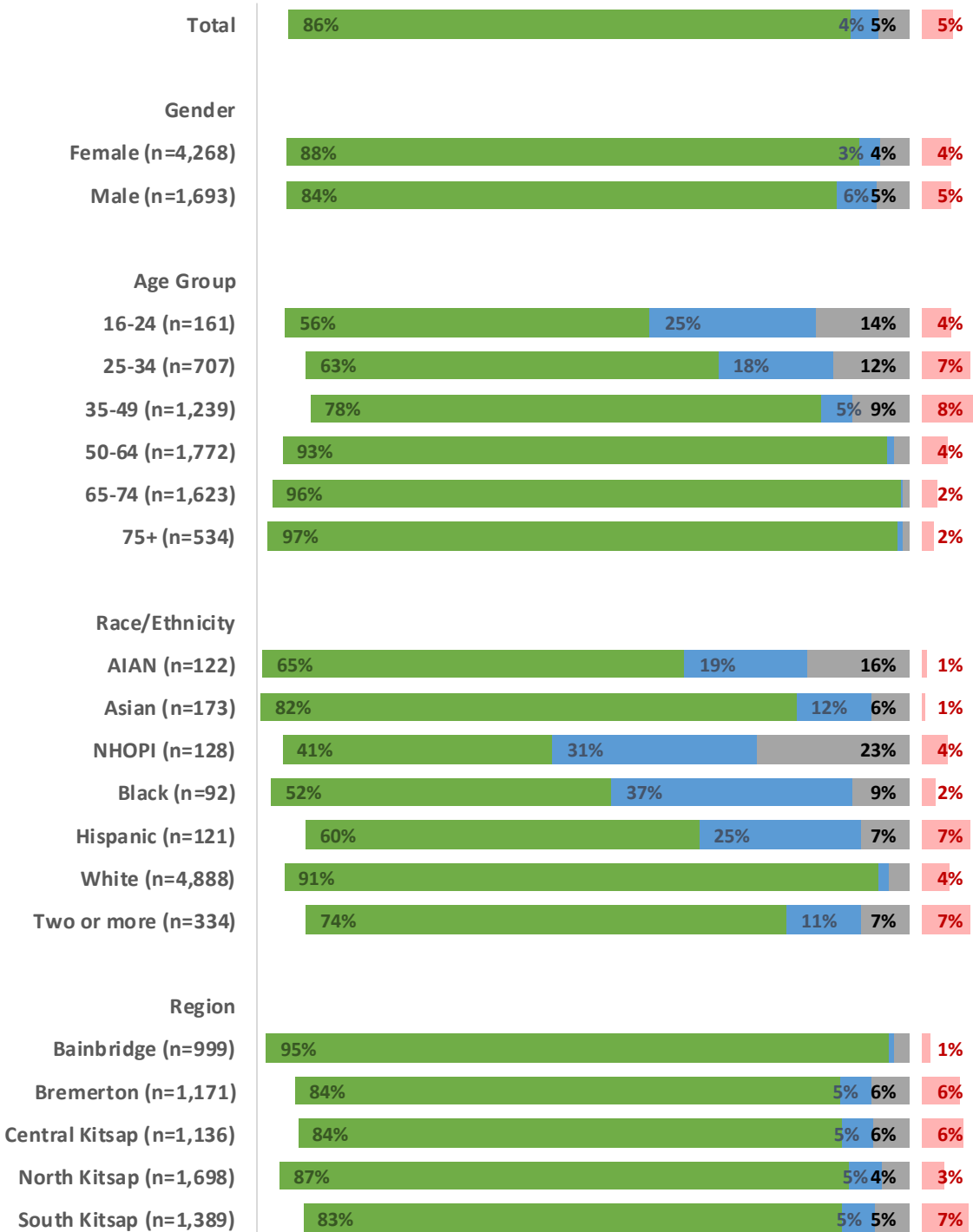
### Survey demographics compared to Kitsap County’s population

Figure 1. Those who self identified as white, females, and those between the ages of 35 and 74 represented a larger proportion of the **2021 Community Survey participants** compared to **Kitsap County residents**. 0.1% of participants were under 16 and were not included in this figure.



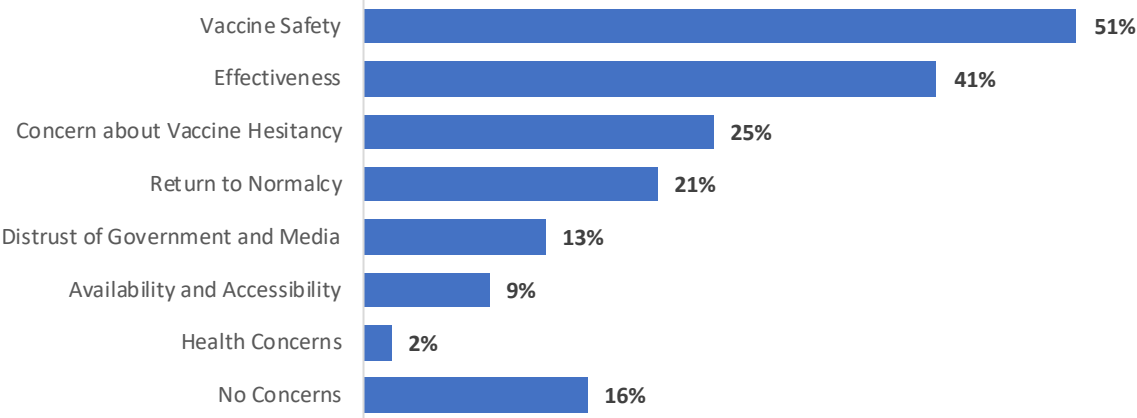
## Who is already vaccinated, and who is most interested in being vaccinated?

Figure 2. Among the survey participants, 86% are **already vaccinated** while 4% want to be **vaccinated as soon as possible**. Five percent of the participants are unsure if they want to be vaccinated and another 5% are **not interested in being vaccinated**.



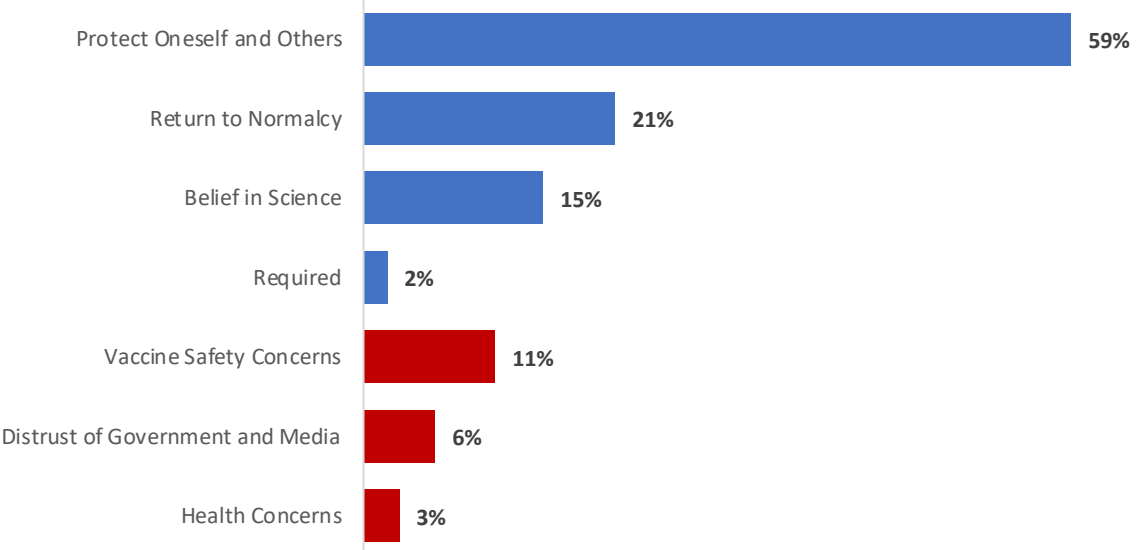
The participants answered the following questions regarding their attitudes towards vaccines. The most common concern about the COVID-19 vaccine is related to the safety of the vaccine. The most common reason people have for getting the vaccine is protecting themselves and their community. Multiple responses were possible therefore percentages may not add to 100%.

Figure 3. If you have concerns about the COVID-19 vaccine, what are your top concerns? (n=4,678)



Participants were asked to explain their reasoning and feelings around getting or not getting a COVID-19 vaccine. Figure 4 shows those who responded with why they were getting or were not getting the vaccine. There was a total of 5,333 responses to this question, but 1,703 responses were excluded because their answers were not directly relevant to the question. This resulted in 3,630 total respondents. Multiple responses were possible therefore percentages may not add to 100%.

Figure 4. Please explain your reasoning and feelings around **getting** or **not getting** a COVID-19 vaccine (n=3,630)



## What would make it easier for you to get vaccinated?

Figure 5.1. Among those who want to be **vaccinated as soon as possible** (n=270) and those who were **hesitant to vaccinate** (n=302), weekend vaccination appointments was the most common answer.

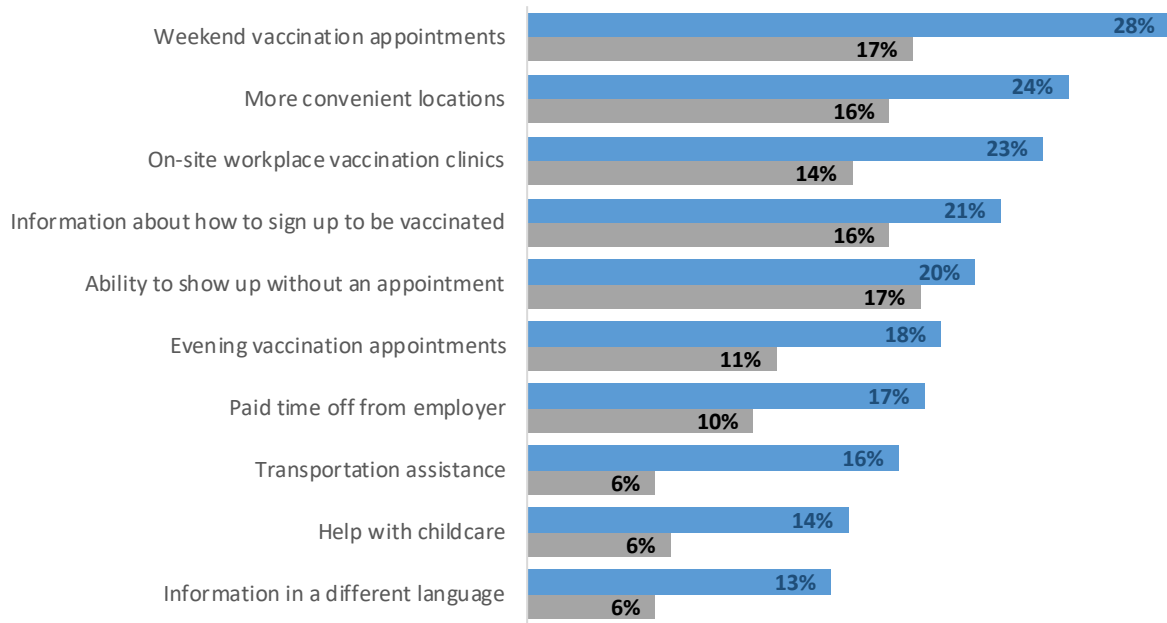
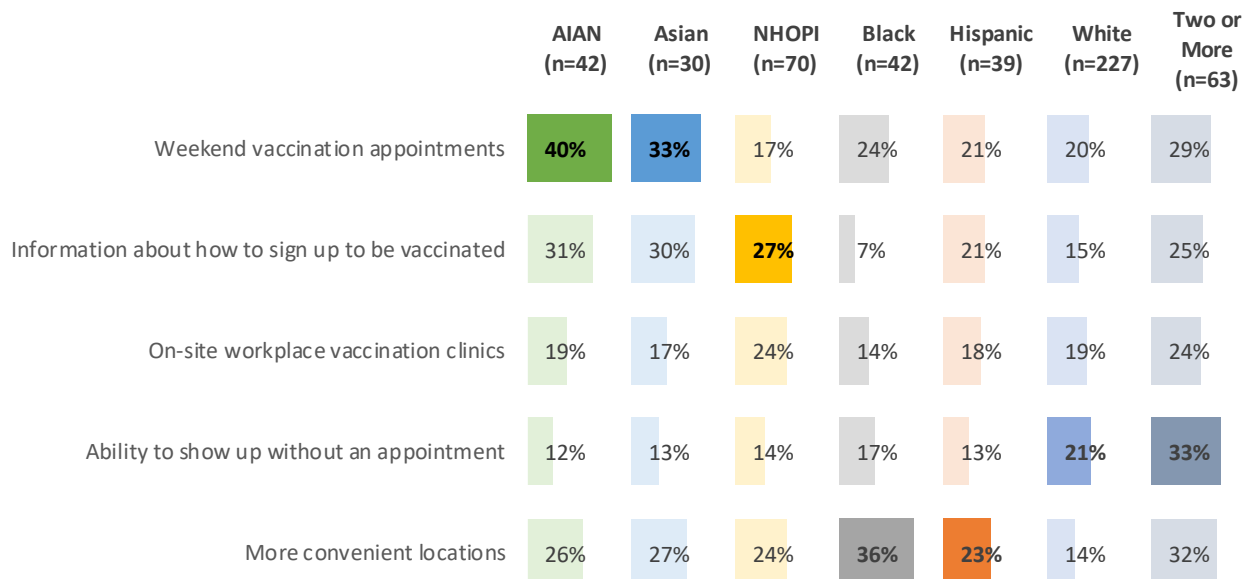


Figure 5.2. Those who self-identified as **NHOPI**, **Black**, or **Hispanic** showed the most interest in being vaccinated as soon as possible. Among these groups, they stated that information about how to sign up for a vaccine and more convenient locations would help most.



## Where would you prefer to be vaccinated?

Figure 6.1. Twenty-one percent of those who want to be **vaccinated as soon as possible** (n=270) and 28% of those who were **hesitant to vaccinate** (n=302) say they would prefer to be vaccinated at a doctor's office.

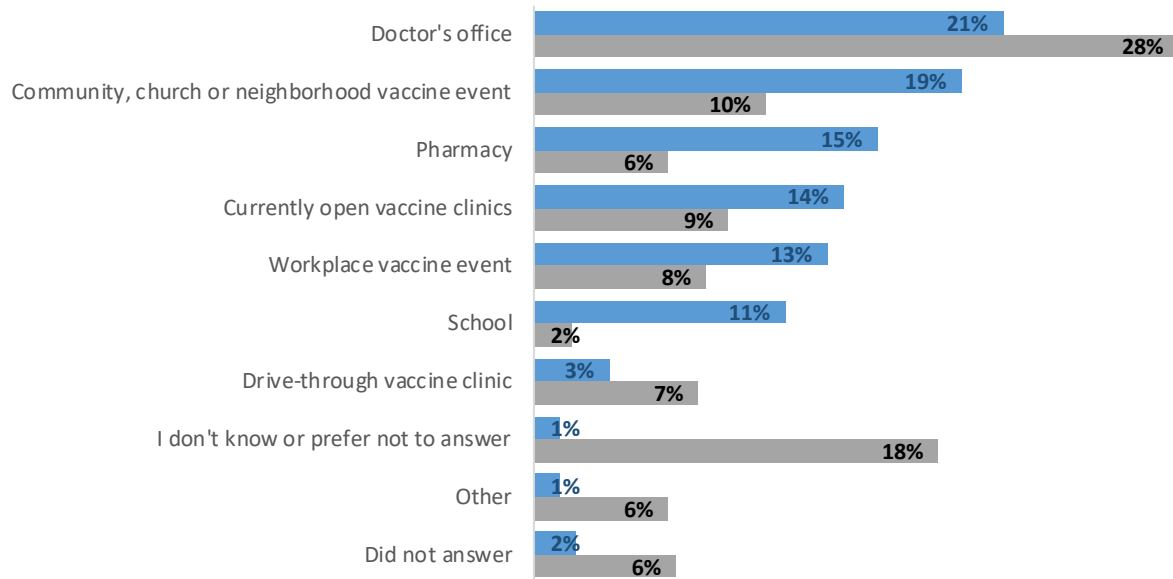
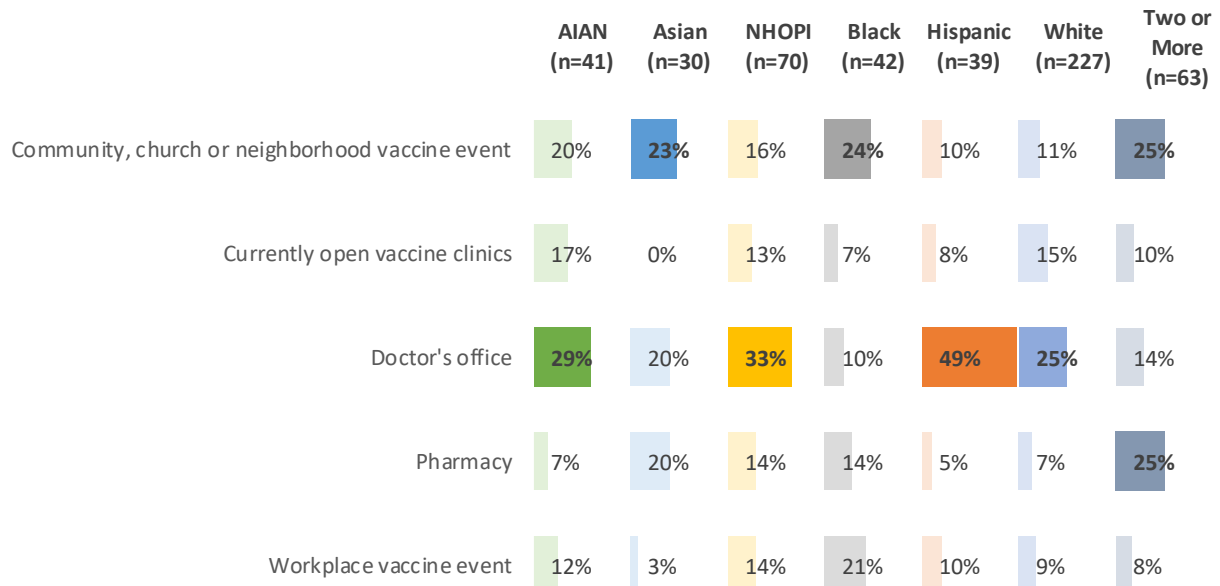


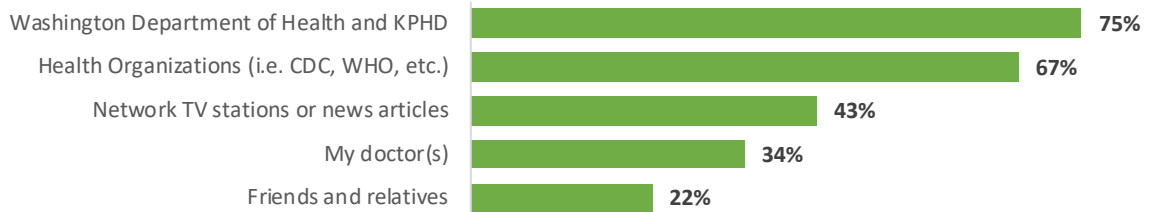
Figure 6.2. The **Black** and **Hispanic** participants both stated that more convenient locations would make it easier to be vaccinated. The black respondents preferred to be vaccinated in their community while the Hispanic participants preferred to be vaccinated at a doctor's office.



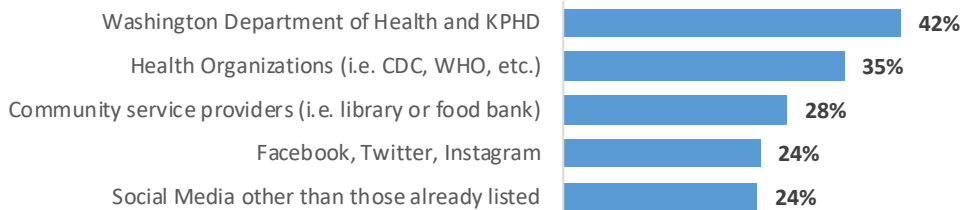
## Where do you get your information about vaccines from?

Figure 7. Among all groups, health organizations like the CDC, and the Washington Department of Health and KPHD are the most common sources of information on vaccines.

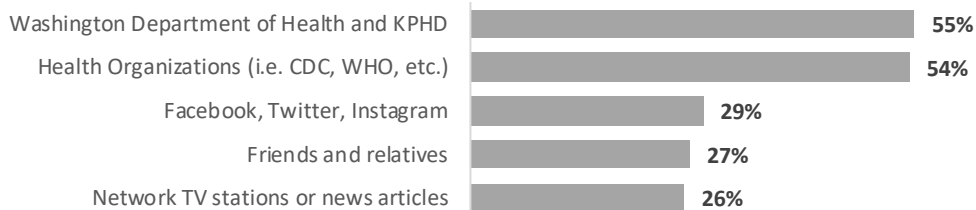
Yes, Already (n=5,512)



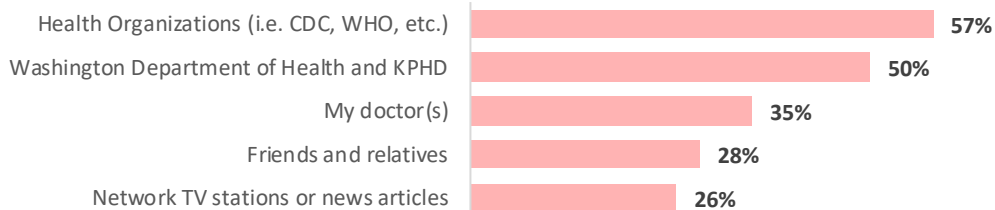
Yes, ASAP (n=270)



Hesitant (n=302)



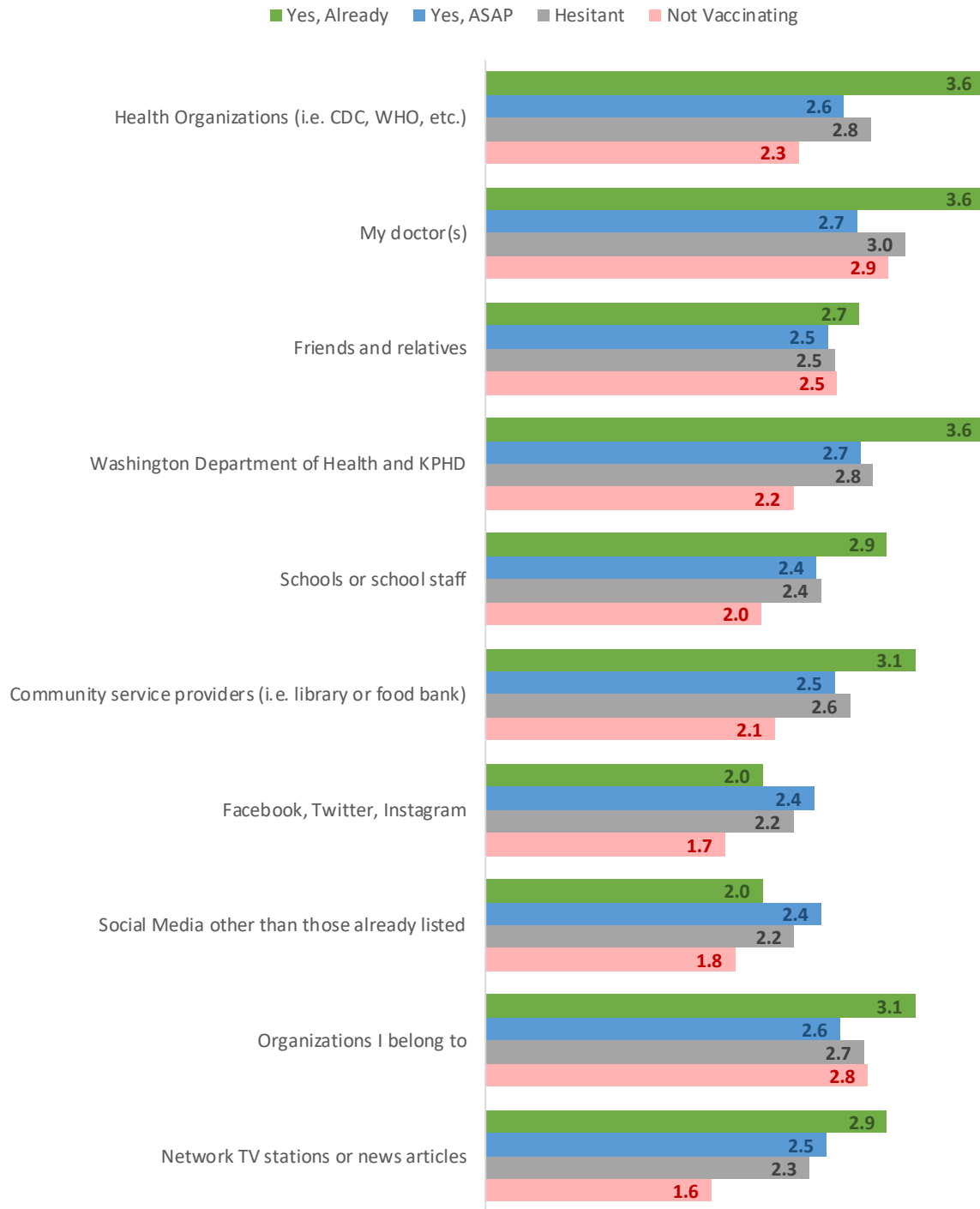
Not Vaccinating (n=309)





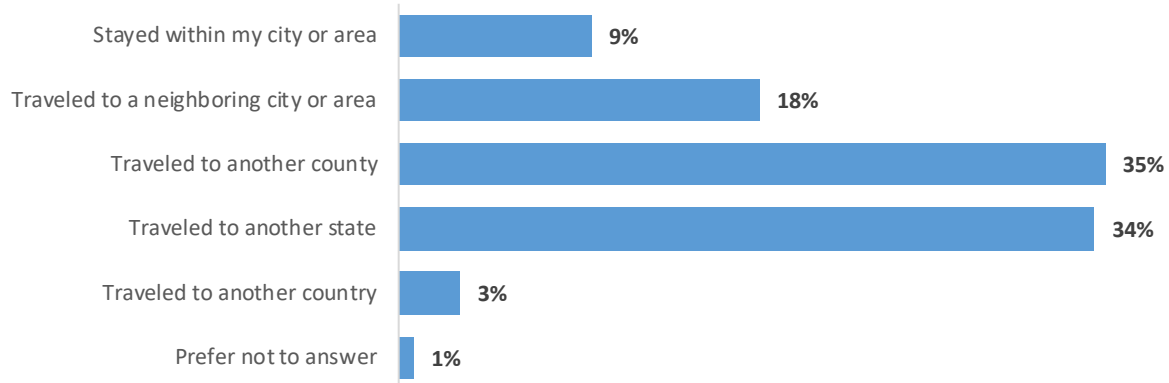
## How reliable do you think the information is that comes from each of these sources?

Figure 8. Participants rated how reliable the following sources were on a scale of 1 (not reliable) to 4 (very reliable). Those who are **already vaccinated** rated health organizations, doctors, and health departments as the most reliable. Those who will not



## Travel

Figure 9. When asked, "Other than for work, what is the farthest distance you've traveled since March 2020?" 35% of participants stated that they had traveled to another county and 34% had been to another state. (n=6,139)



The participants answered the following questions regarding previous COVID-19 infection, testing, and exposure notification.

## COVID-19 Infection

Sixteen percent of the participants indicated that they were infected with or tested positive for COVID-19. Among the 16%, fatigue was the most common symptom. Most of these participants believe they were symptomatic with a COVID-19 infection between January and March 2020 and over half of those who reported COVID-19 infection said that their symptoms lasted between 2 and 14 days.

Figure 10.1. Have you experienced symptoms you think were due to COVID-19 or tested positive for COVID since January 1, 2020? (n=6,238)

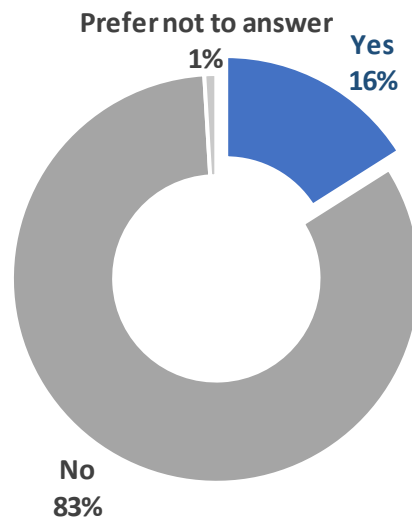


Figure 10.2. What symptoms did you experience? (n=999)

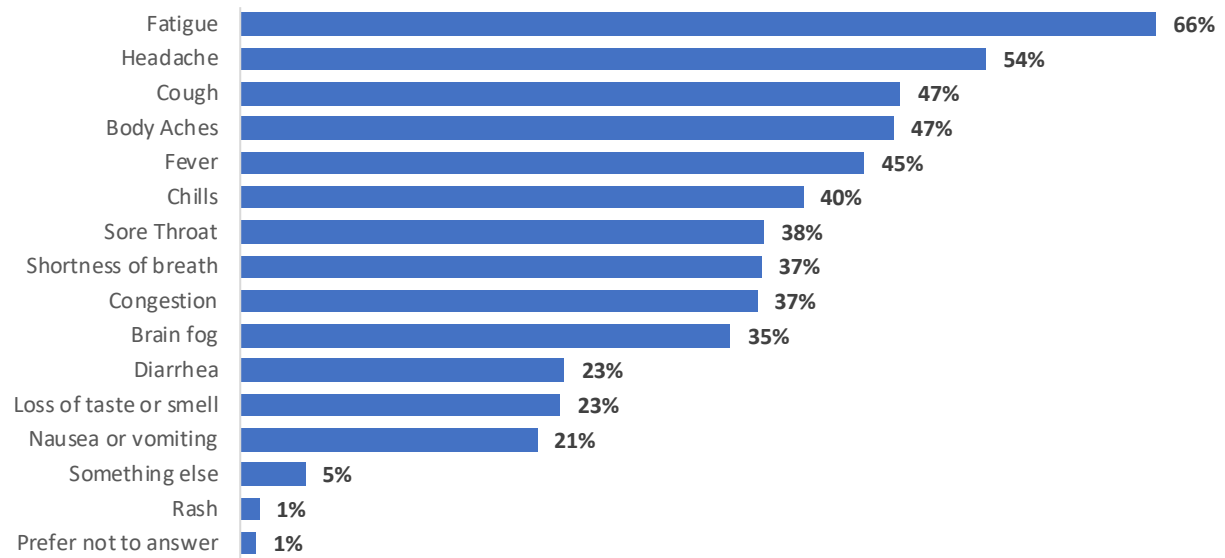


Figure 10.3. When did you start feeling symptoms? (n=967)

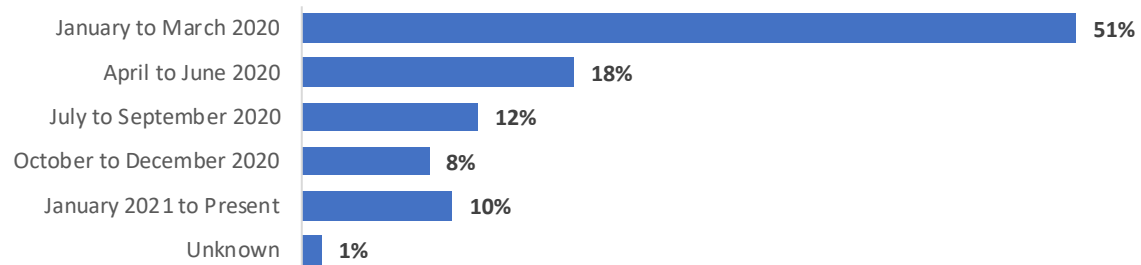
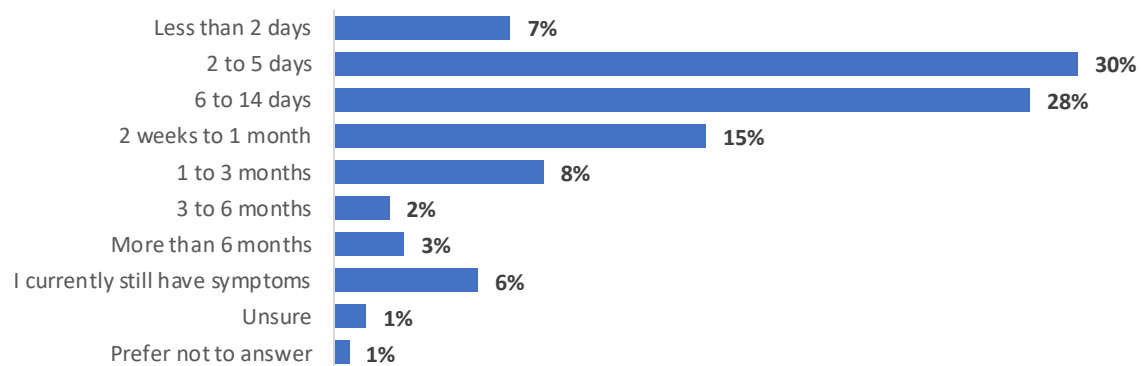


Figure 10.4. Approximately how many days did your symptoms last? (n=995)



### COVID-19 Testing

Fifty percent of participants have had a COVID-19 test. These people were most commonly tested because they were feeling sick or as a routine test prior to a medical appointment.

Figure 11.1. Have you ever been tested for COVID-19? (n=6,213)

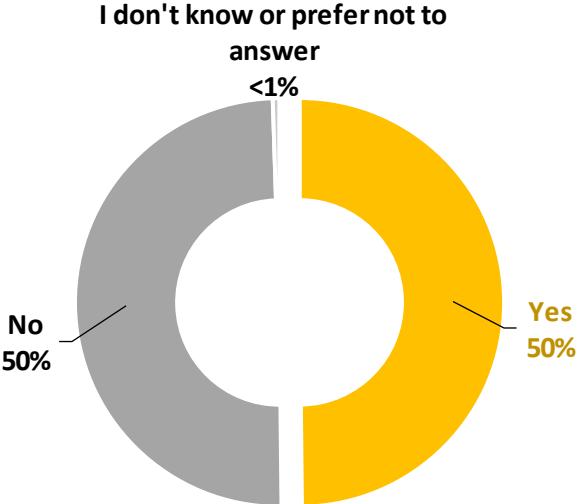
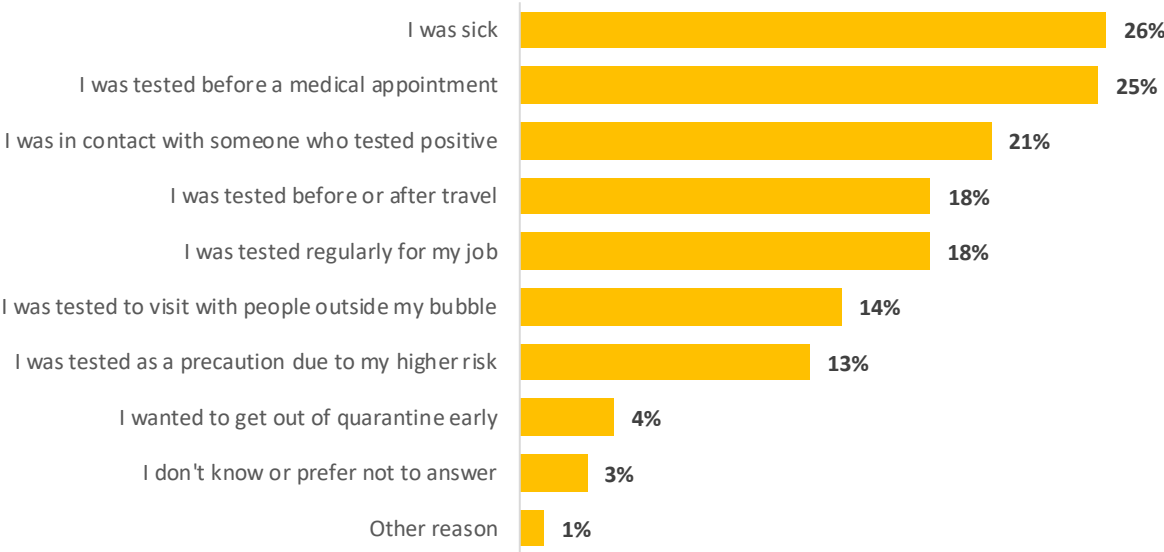


Figure 11.2. Why were you tested? (n=3,096)



## COVID-19 Notification

Twenty-one percent of participants had been notified of a potential COVID-19 exposure. This was most commonly done by a friend or family member, or an employer.

Figure 12.1. Have you ever been notified about a potential exposure to COVID-19?  
(n=6,218)

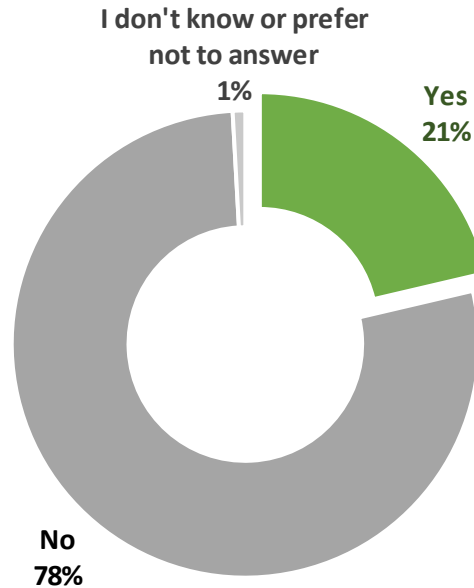
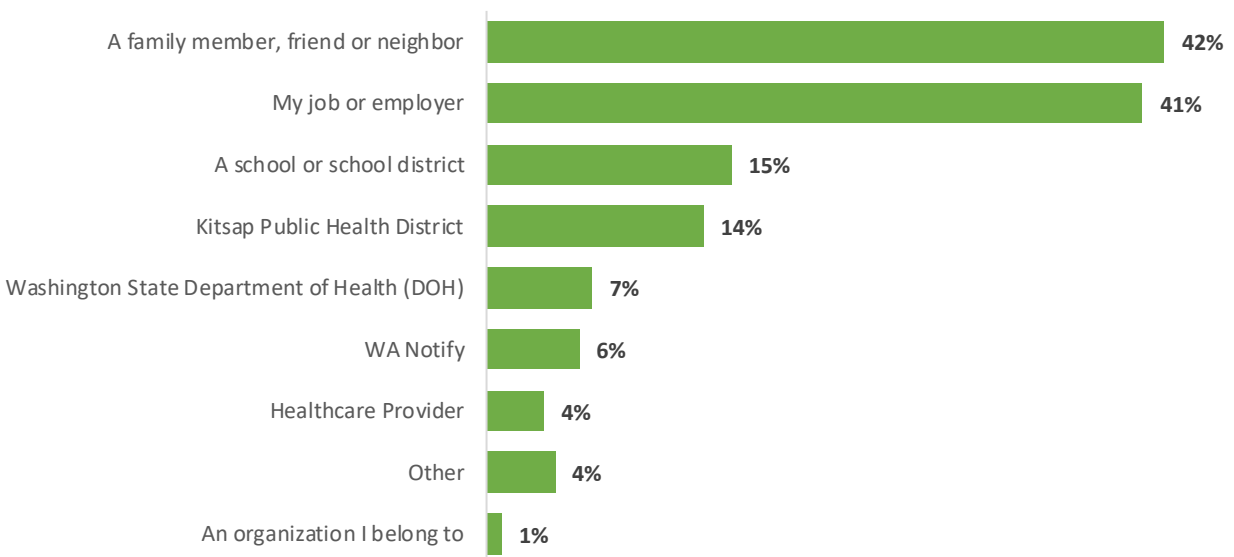


Figure 12.2. Who notified you about your potential exposure? (n=1,327)



## COVID-19 challenges over the past year

The most common responses regarding challenges experienced over the past year include missing family and friends, the changing political environment, and missing usual activities.

Figure 13.1. What do you think has been the most challenging part of this past year? (n=6,130)

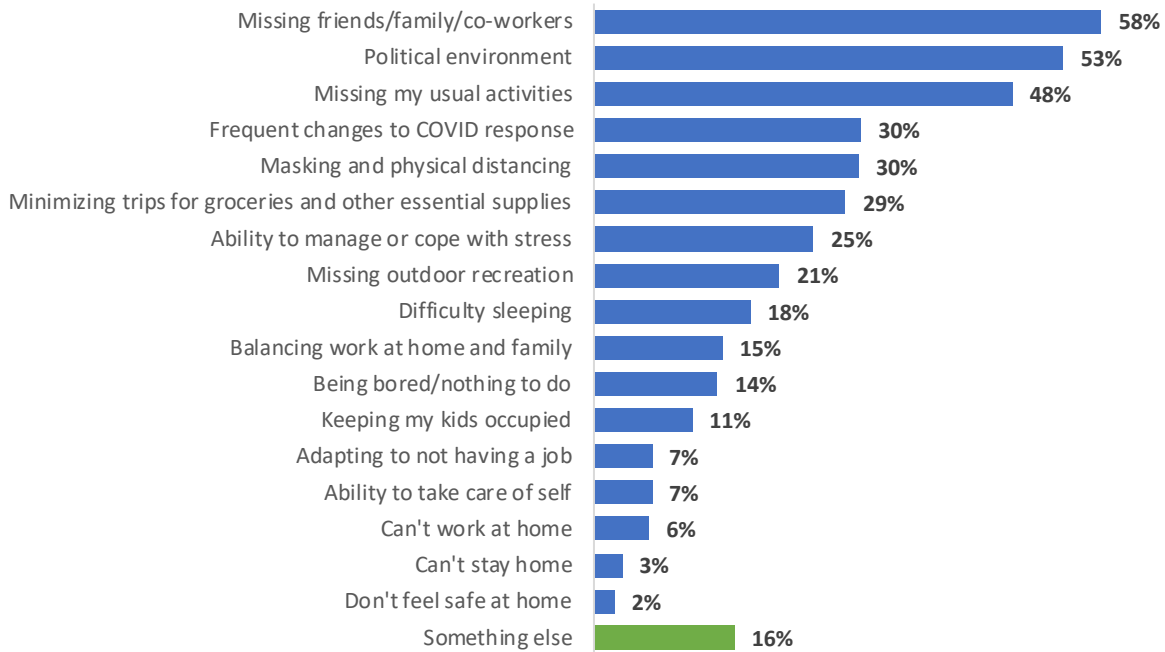
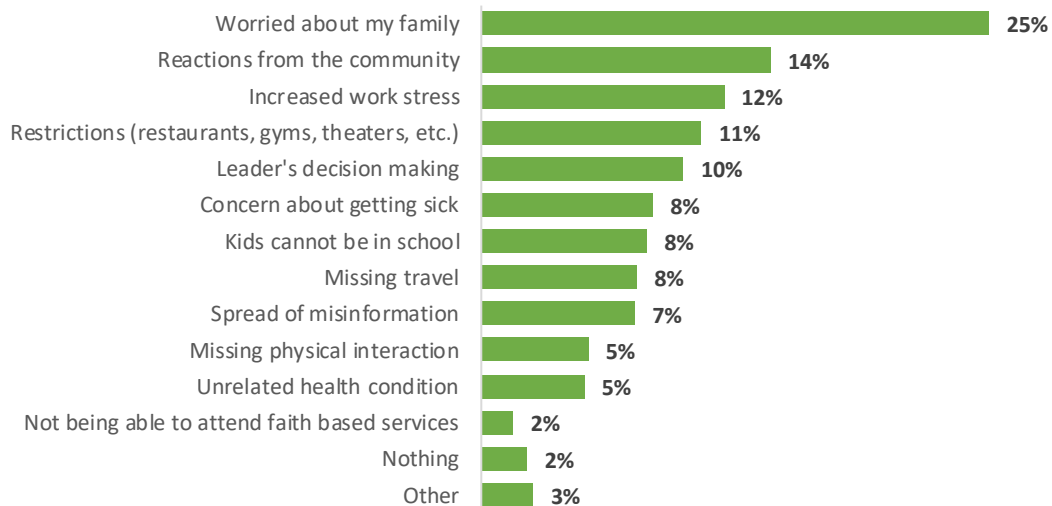


Figure 13.2. Among those who stated something other than what was listed (n=1,022), a quarter of them expressed that concern for their family's well being was the hardest part of the past year.



## How do you feel the following things have changed for you since the start of the pandemic?

Figure 14.1. Overall, the respondents most commonly reported that their physical fitness has worsened over the course of this pandemic. Personal finances and access to healthy food were more likely to improve or stay the same.

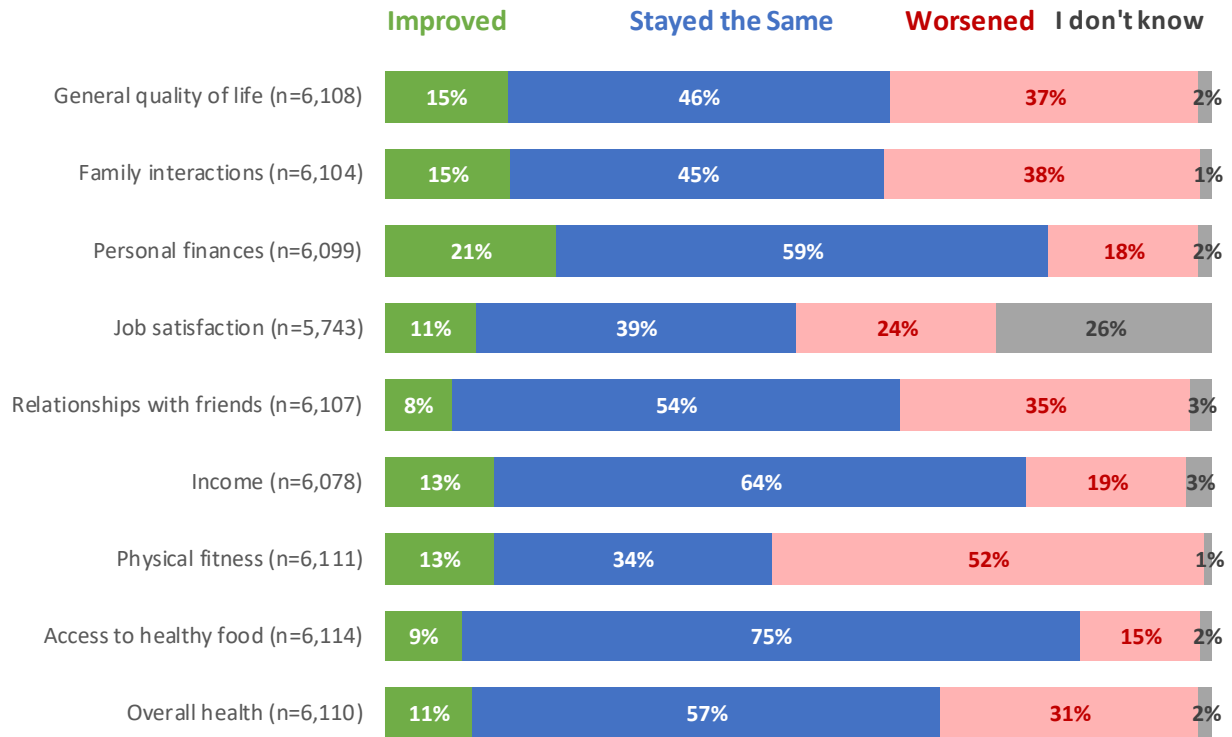
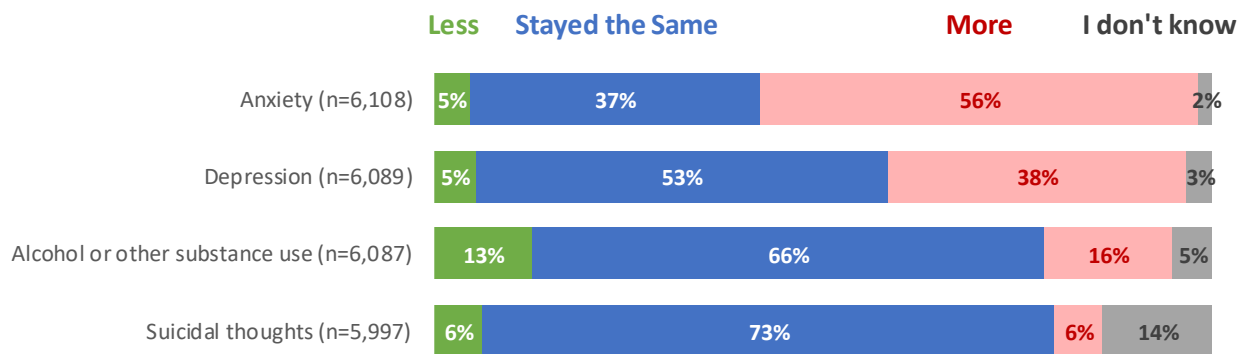


Figure 14.2. The respondents also reported more anxiety, but alcohol or substance use and suicidal thoughts improved or stayed the same in 79% of the respondents.



## Major life changes

Thirty-nine percent of respondents said that they have experienced at least one major life change since the start of the pandemic. Among those who have experienced a major change, 74% say one or more were due to the pandemic.

Figure 15.1. Have you had any major life changes since the start of the pandemic? (n=6,140)

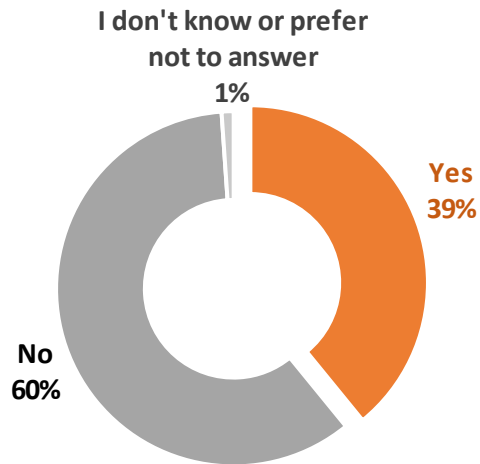
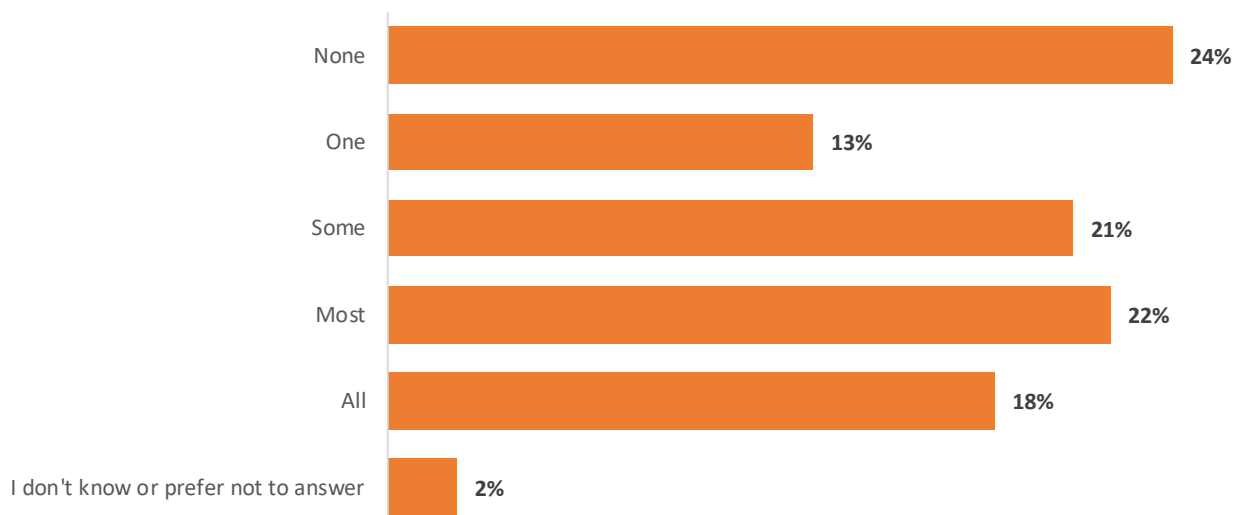


Figure 15.2. If you had one or more major life changes, how many do you feel the pandemic contributed to? (n=2,399)





**How well do you feel like you are handling life during the COVID pandemic?**

Figure 16. Overall, 31% of respondents answered that they are doing well during the pandemic and 42% said they were mostly okay. Eight percent of the survey respondents said they were struggling with the COVID pandemic. (n=6,377)

