



## Social Determinants of Health and Access to Care in Liberty Hill, Texas

June 25, 2021

### Overview:

Two of the top five health priorities for Williamson County, as a result of the 2019 Community Health Assessment (CHA), were 1) access and affordability of healthcare and 2) social determinants of health. The CHA identified lack of affordable healthcare and the social determinants of health as important issues of concern among Williamson County residents. According to the World Health Organization and Healthy People 2030, the social determinants of health are, “the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These circumstances are shaped by the distribution of money, power, and resources at global, national, and local levels, such as the safety and affordability of housing, discrimination, job opportunities or job security, and access to nutritious foods. The social determinants of health are mostly responsible for health inequities – the unfair and avoidable differences in health status seen within and between countries.” To develop a deeper understanding of these issues among different populations and areas in the county, Williamson County and Cities Health District (WCCHD) partnered with Liberty Hill Community Resource Center (CRC) to learn more about access to healthcare and social determinants of health in the Liberty Hill area.

Even though Liberty Hill was not an identified Health Equity Zone in the CHA, Liberty Hill is an important population to address. Liberty Hill is a rural community that experienced the largest amount of population growth of any area in the county between 2010 and 2017 at a rate of 97%. This rate was three times more than the county growth rate and seven times more than the state growth rate. While rural areas already experience significant barriers to health equity, the rapid urbanization and gentrification of rural areas also exacerbate health inequities and thus, result in worse health outcomes for those populations.

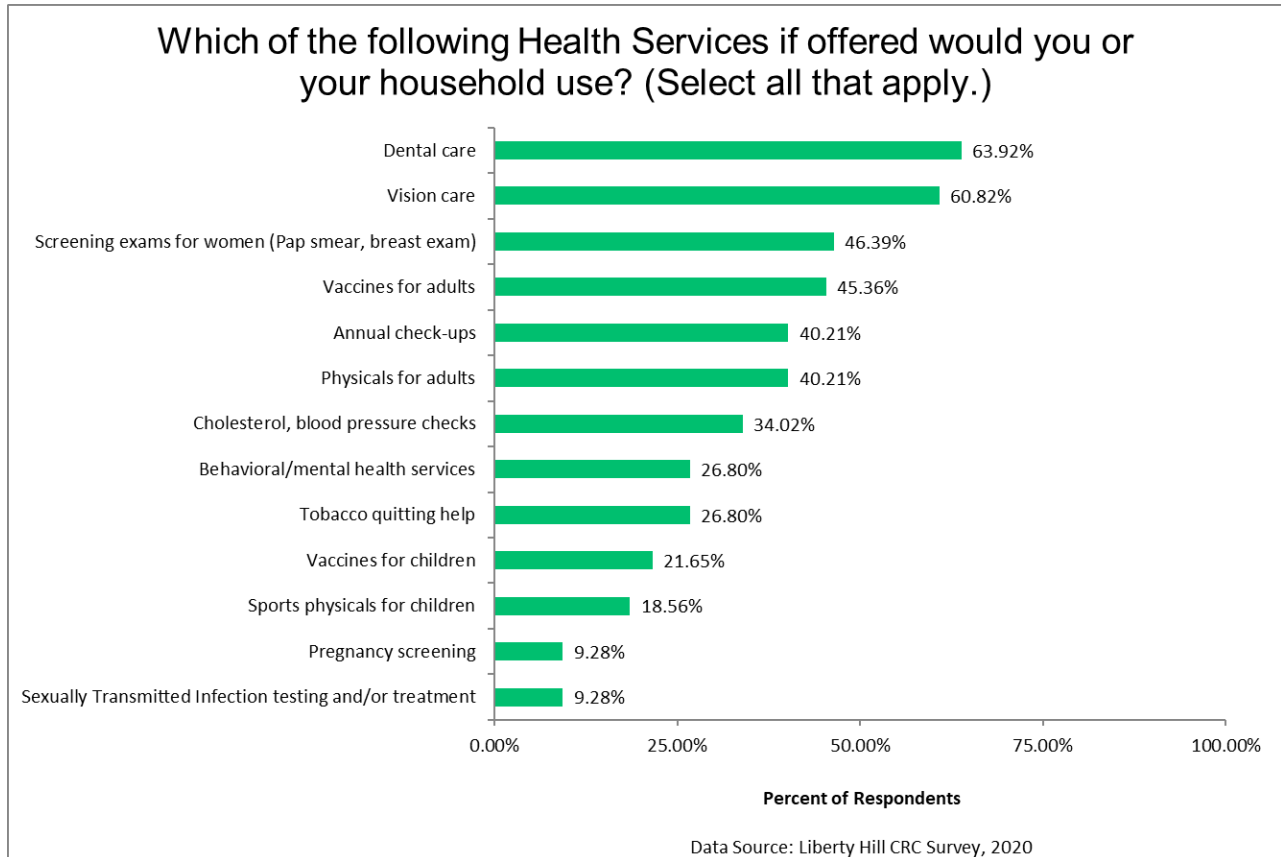
### Methodology:

WCCHD designed and administered the English-only survey in collaboration with Liberty Hill CRC (Appendix A). 104 surveys were collected between February and March 2020. 102 of these surveys were done on paper and two were electronic. Survey respondents were asked ten questions divided into three categories: ‘Household’s Healthcare Needs’, ‘Barriers to seeking Healthcare and Social Services’, and ‘Basic Household Information’. The survey responses were analyzed and are presented below.



## Results

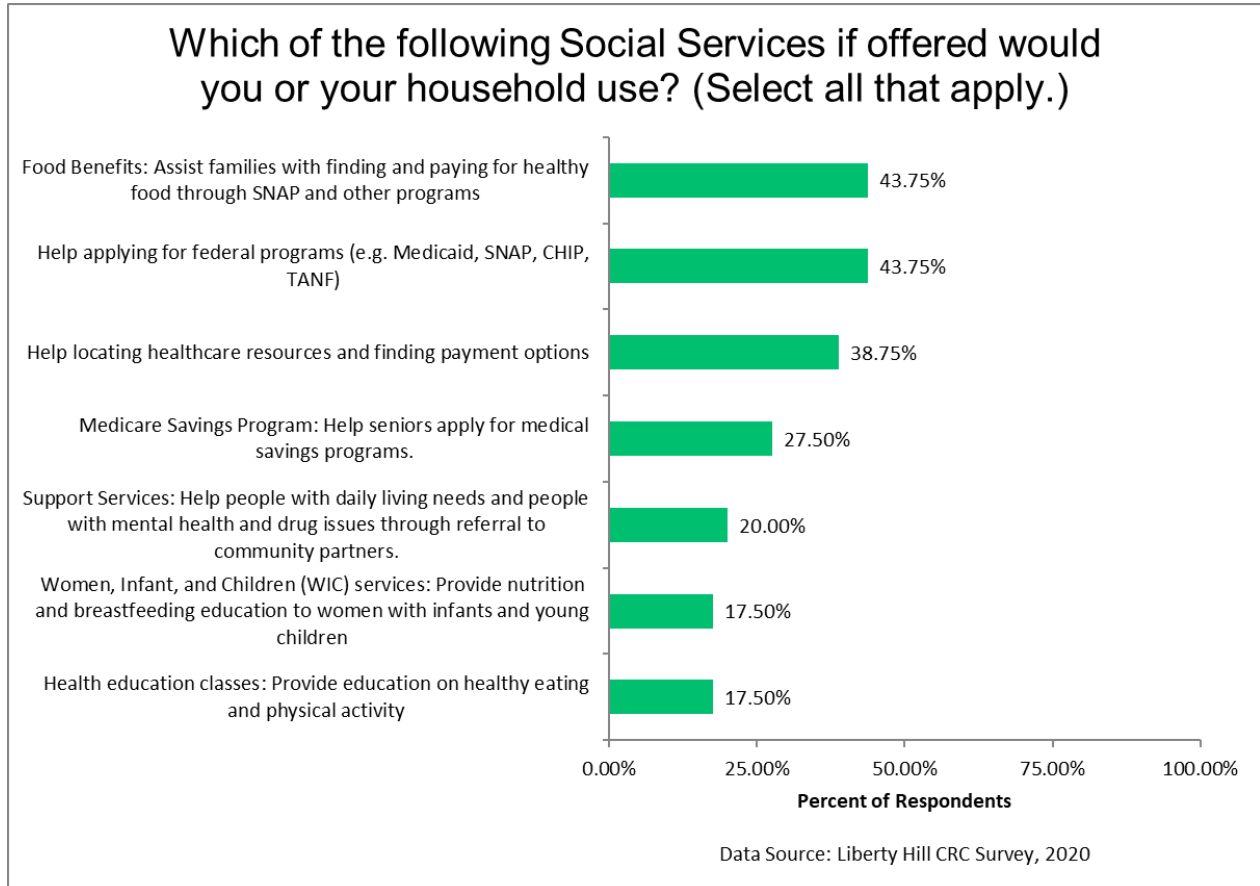
**Figure 1. Which of the following Health Services, if offered, would you or your household use? (Select all that apply.)**



When asked which Health Services respondents would use if offered, most respondents answered dental care (63.92%) and vision care (60.82%) (Figure 1). Almost half of respondents answered screening exams for women (46.39%) and vaccines for adults (45.36%). 40.21% of respondents answered annual check-ups and physicals for adults. Roughly one-third of respondents answered cholesterol and blood pressure checks (34.02%), tobacco quitting help (26.80%), and behavioral/mental health services (26.80%). About 1 in 4 respondents answered vaccines for children (21.65%), 18.56% of the respondents said sports physicals for children, and less than 10% answered pregnancy screening and sexually transmitted infection (STI) testing and/or treatment.



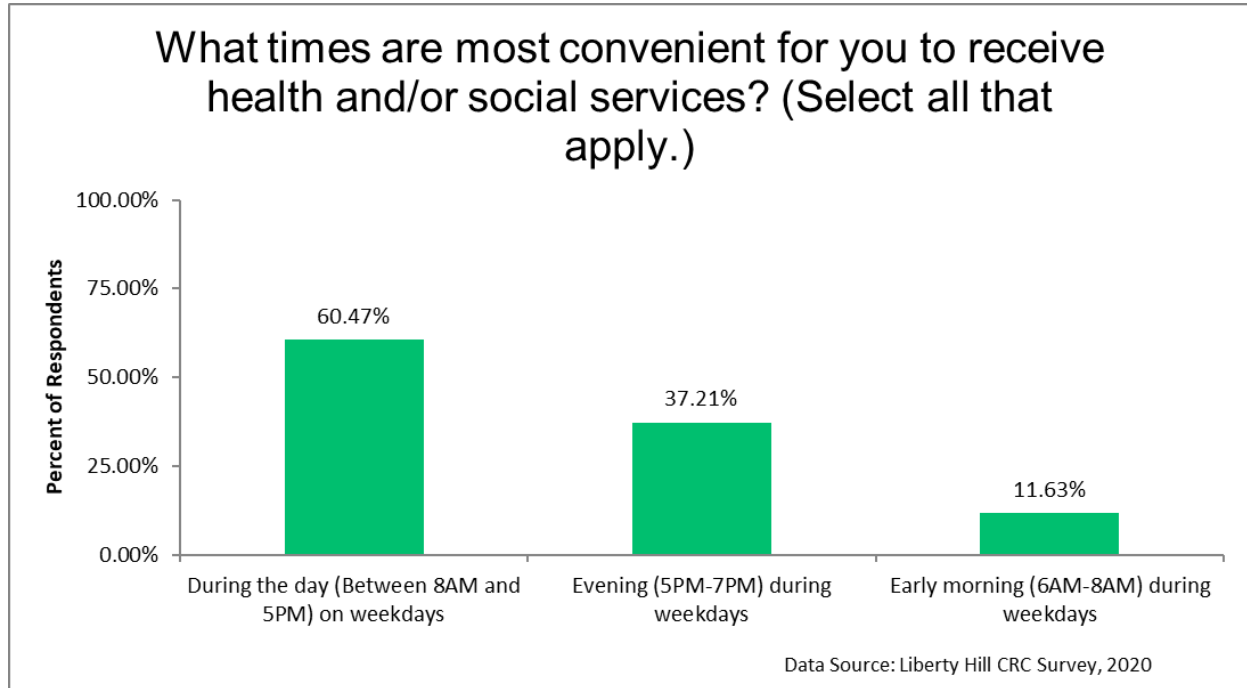
**Figure 2. Which of the following Social Services, if offered, would you or your house use? (Select all that apply.)**



When asked which Social Services respondents would use if offered, almost half respondents said help applying for federal programs (43.75%), help applying for food benefits (43.75%), and a little over a third said help locating healthcare resources and finding payment options (38.75%), About 1 in 4 answered help applying for Medicare savings programs (27.5%), 1 in 5 respondents answered support services and help with daily living needs, and 17.5% answered WIC services and health education classes (Figure 2).



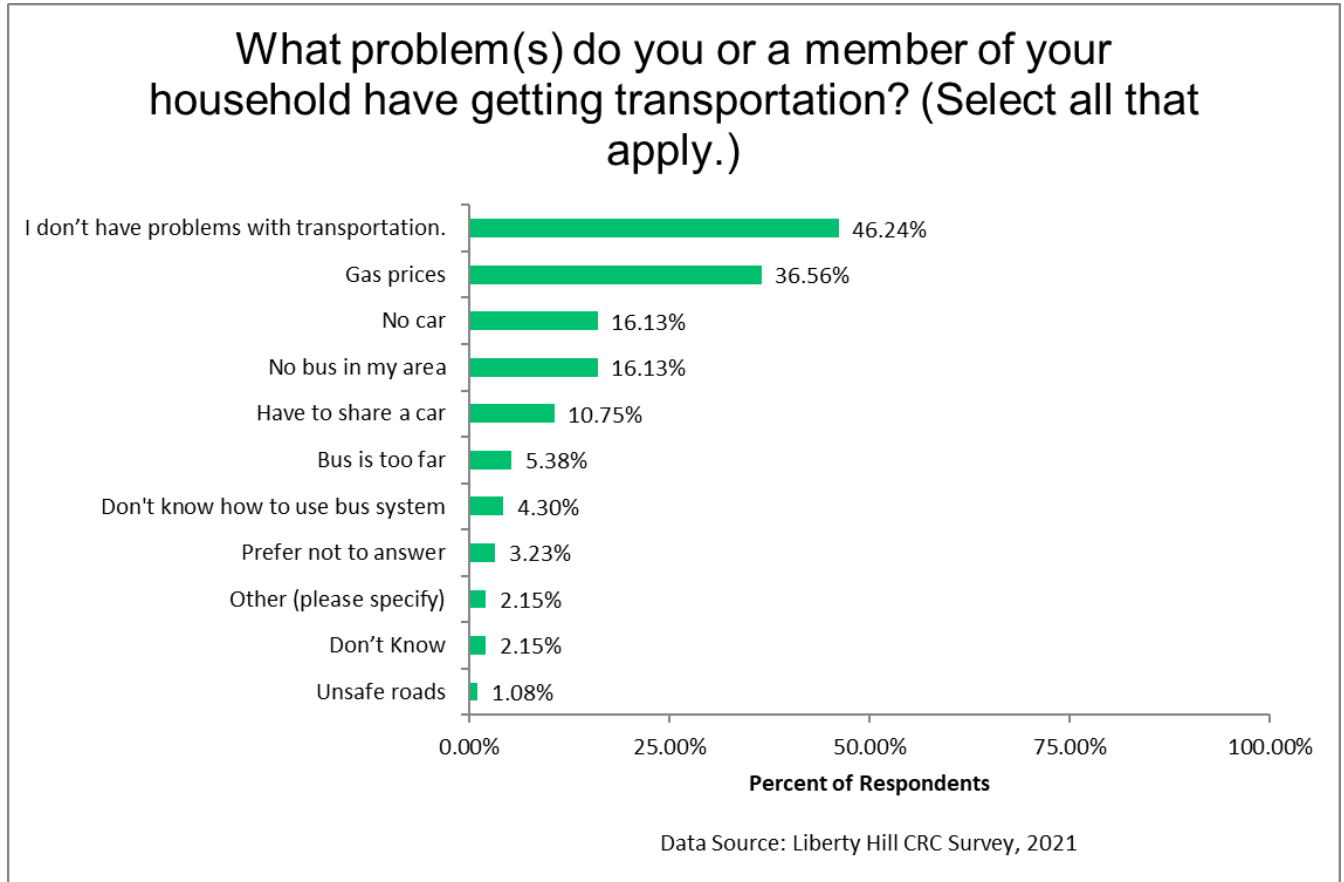
**Figure 3: What times are most convenient for you to receive health and/or social services? (Select all that apply.)**



Most respondents (60.47%) answered that the most convenient time to receive health and/or social services was between 8:00 AM and 5:00 PM Monday through Friday, 37.21% preferred between 5:00 PM and 7:00 PM Monday through Friday and 11.63% preferred 6:00 AM – 8:00 AM Monday – Friday (Figure 3).



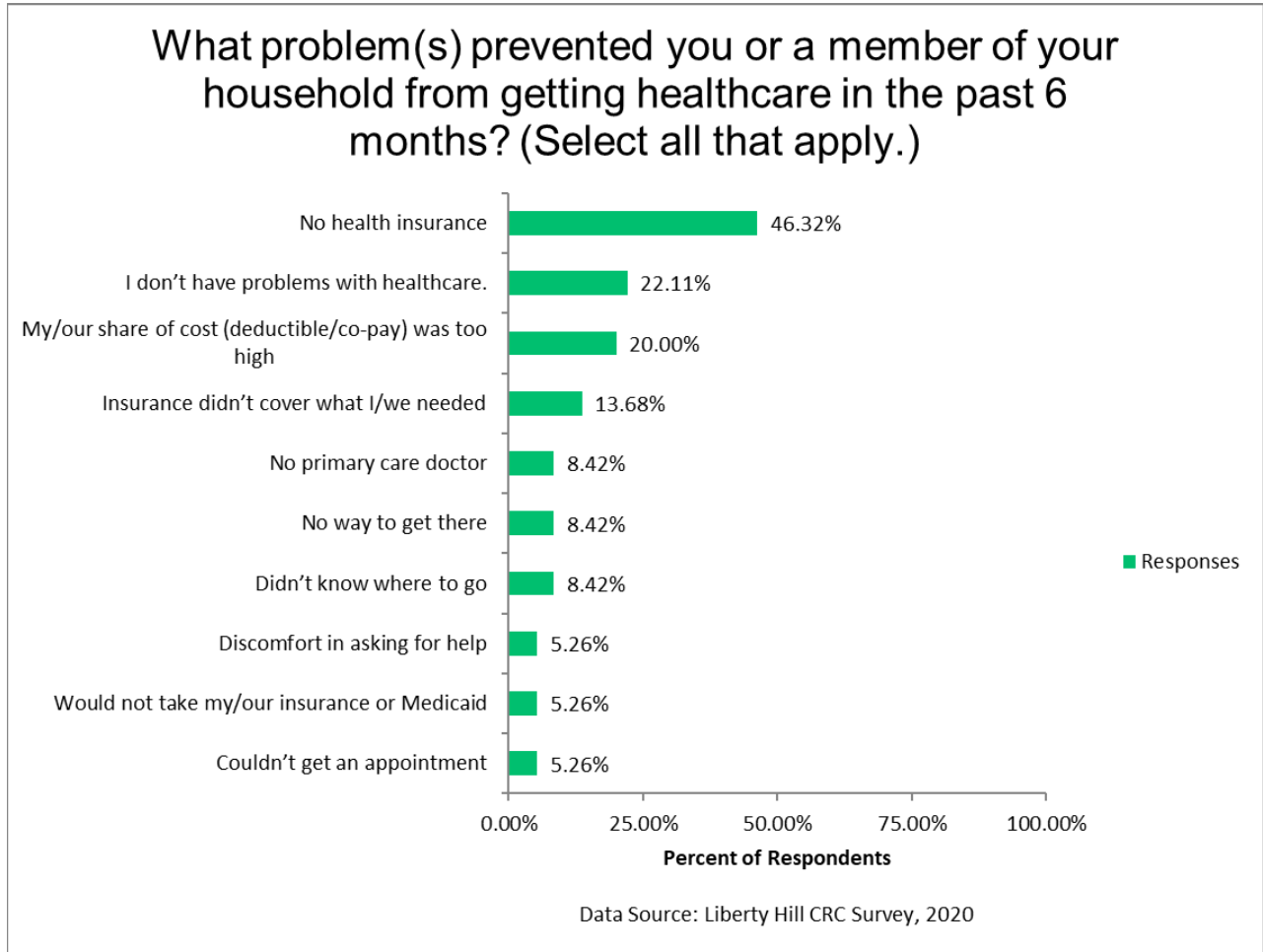
**Figure 4: What problem(s) do you or a member of your household have getting transportation? (Select all that apply.)**



Almost half (46.24%) of respondents reported that they or a member of their household have no problems getting transportation (Figure 4). The most common transportation problem reported among respondents was the price of gas (36.56%). Between 10% and 20% of respondents reported lack of car, no bus in area, or having to share a car as a transportation problem they or a member of their household faced. Less than 10% of respondents reported that a bus is too far, not knowing how to use the bus, unknown problems, other problems such as a suspended license or broken vehicle, unsafe roads, or problems they wished not to share.



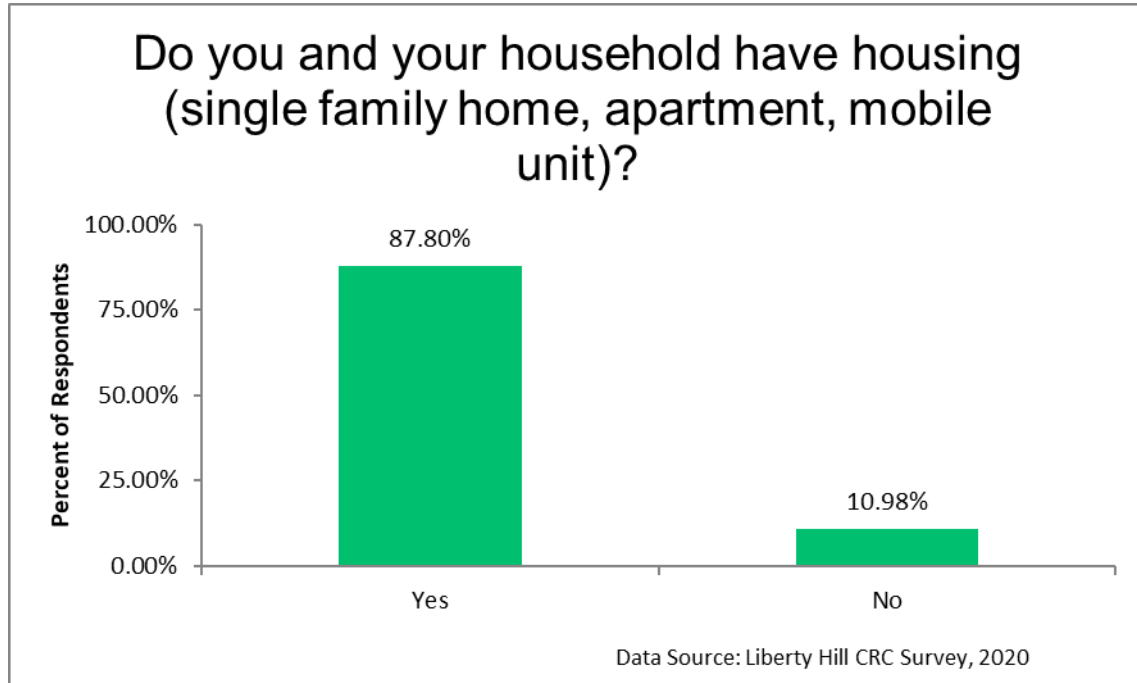
**Figure 5: What problem(s) prevented you or a member of your household from getting healthcare in the past 6 months? (Select all that apply.)**



The largest problem preventing respondents or a member of their household from receiving healthcare in the 6 months prior to the survey was not having health insurance, reported by 46.32% of respondents (Figure 5). The next largest problem reported by 20% of respondents was their share of cost (deductible or co-pay) being too high. 13.68% of respondents reported health insurance did not cover the care they or their household member need. Less than ten percent (8.42%) of respondents reported not having a primary care doctor, not having a way to get to healthcare (i.e. transportation), and not knowing where to go. Problems reported by 5.26% of respondents include discomfort in asking for help, healthcare providers not taking their insurance or Medicaid, and being unable to get an appointment. Almost one quarter (22.11%) of respondents reported neither they nor any members of their household have problems with healthcare.



**Figure 6: Do you and your household have housing (single family home, apartment, mobile unit)?**



87.8% of survey respondents answered that their household has housing to include single family homes, apartments, or mobile units (Figure 6). 10.98% of respondents answered that their household does not have housing. 1.22% of respondents selected 'Prefer not to answer' (not shown in Figure 6).

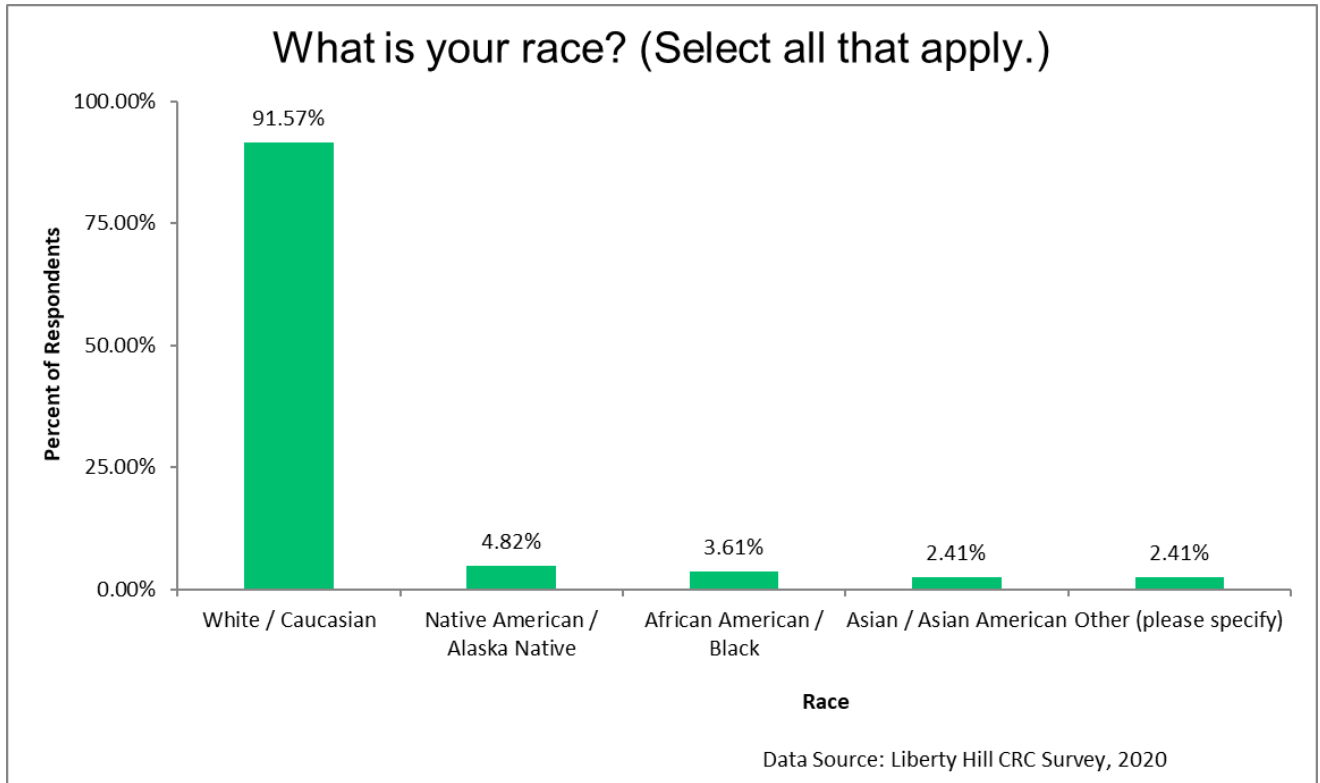
**Table 1: What zip code do you live in?**

Zip Code	Count	Percent	County
78605	10	9.6%	Burnet County
78608	4	3.8%	Burnet County
78641	17	16.3%	Williamson County
78642	55	52.9%	Williamson County
Unknown	18	17.4%	--
<b>Total</b>	<b>80</b>	<b>100.00%</b>	

69.2% of respondents live in Williamson County and 13.4% live in Burnet County (Table 1). County of residence is unknown for 17.4% of respondents.



**Figure 7: What is your race? (Select all that apply.)**

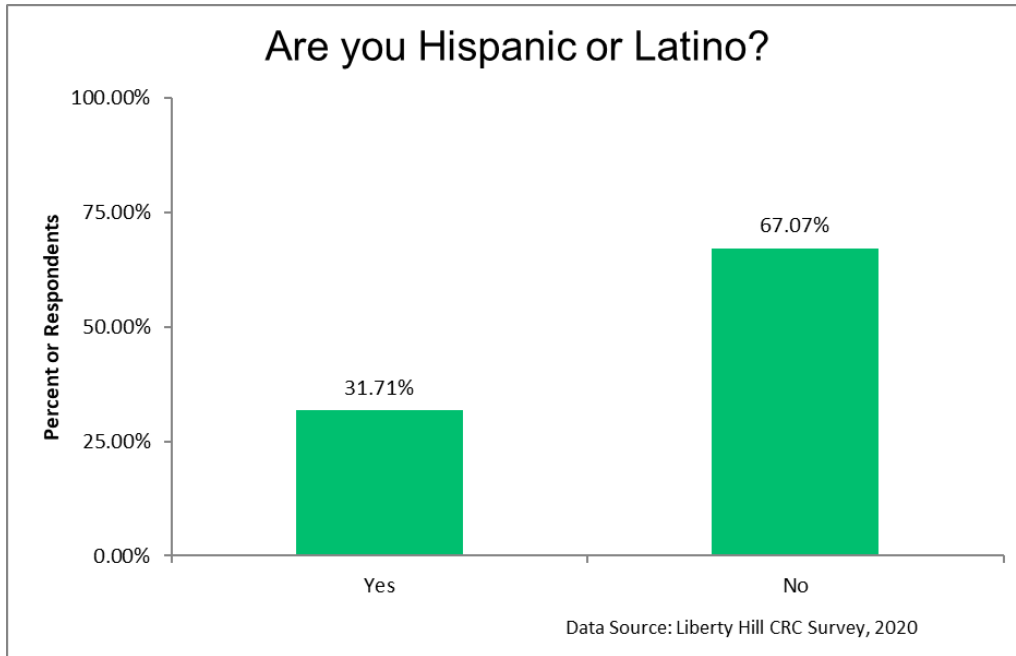


Most respondents self-identified as White/Caucasian (91.57%) followed by Native American/Alaska Native (4.82%), African American/Black (3.61%), Asian/Asian American (2.41%), and Other (2.41%) (Figure 7).



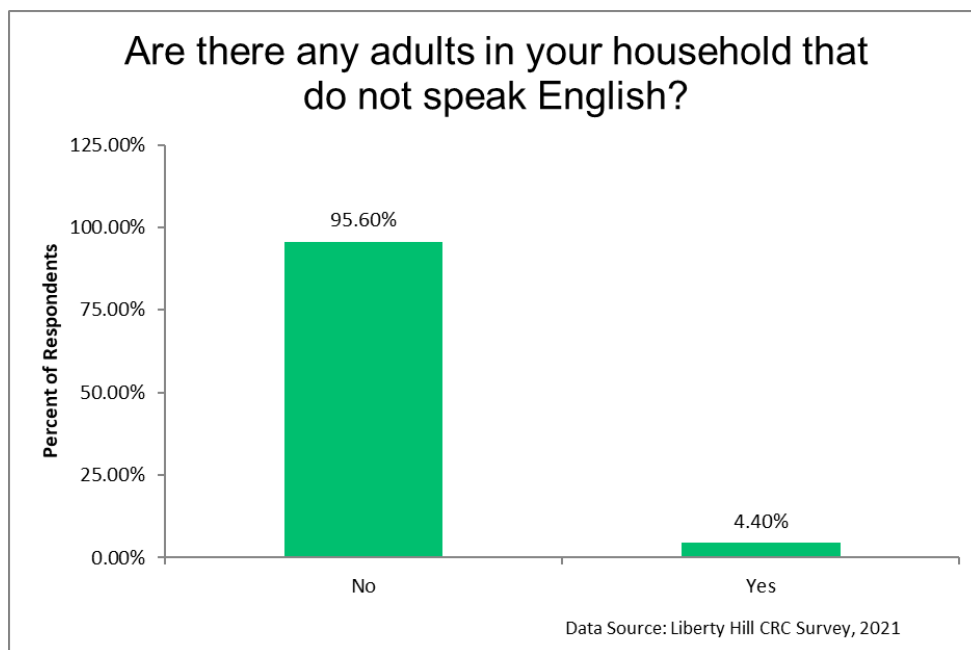


**Figure 8: Are you Hispanic or Latino?**



Approximately two-thirds (67.07%) of survey respondents reported they were not Hispanic or Latino (Figure 8). 31.71% of respondents reported they were Hispanic or Latino. 1.22% of respondents selected 'Don't Know' (not shown in Figure 8).

**Figure 9: Are there any adults in your household that do not speak English?**





A large majority (95.6%) of respondents reported that there were no adults in their household who do not speak English (Figure 9). Other answer options included 'yes' with the prompt to specify which language and 'prefer not to answer'. Spanish was the most spoken language for people who did not speak English.

#### Conclusion:

Even though our sample size was limited to the population served by Liberty Hill CRC, the results of this survey re-emphasize that the needs of this community largely aligns with the concerns identified in the 2019 CHA. Six months prior to taking the survey, half of survey respondents had no health insurance and could not access services. If offered, 40-50% of respondents would access help in applying for federal programs, food benefits, and help locating healthcare resources and finding payment options. By understanding financial and logistical barriers to health and social services, WCCHD and its partners can better serve those affected by health inequities. One limitation of this survey was the use of convenience sampling. This survey was promoted to individuals who already use Liberty Hill CRC's services and may have more specific needs than other members of the population.



## Appendix A: English Survey



### WCCHD and Liberty Hill Community Resource Center Health and Social Services Survey

**Instructions:** Please take a minute to complete the survey below. The purpose of this survey is to get your opinions on providing additional clinical and social services at the Liberty Hill CRC. Your opinion is important! Thank you and if you have any questions, please visit our website at [www.wcchd.org](http://www.wcchd.org).

#### Household's Healthcare Needs

**1. Which of the following Health Services if offered would you or your household use? (Select all that apply.)**

- |  |   |
|--|---|
| <input type="checkbox"/> Vaccines for children                                   | <input type="checkbox"/> Screening exams for women (Pap smear, breast exam) |
| <input type="checkbox"/> Vaccines for adults                                     | <input type="checkbox"/> Pregnancy screening                                |
| <input type="checkbox"/> Tuberculosis testing and/or treatment                   | <input type="checkbox"/> Annual check-ups                                   |
| <input type="checkbox"/> Sexually Transmitted Infection testing and/or treatment | <input type="checkbox"/> Behavioral/mental health services                  |
| <input type="checkbox"/> Physicals for adults                                    | <input type="checkbox"/> Dental care  |
| <input type="checkbox"/> Sports physicals for children                           | <input type="checkbox"/> Vision care  |
| <input type="checkbox"/> Cholesterol, blood pressure checks                      | <input type="checkbox"/> Other, specify _____                               |
| <input type="checkbox"/> Tobacco quitting help                                   | <input type="checkbox"/> Don't Know   |
|  | <input type="checkbox"/> Prefer not to answer                               |

**2. Which of the following Social Services if offered would you or your household use? (Select all that apply.)**

- |  |  |
|--|--|
| <input type="checkbox"/> Health education classes: Provide education on healthy eating and physical activity                     | <input type="checkbox"/> Support Services: Help people with daily living needs and people with mental health and drug issues through referral to community partners. |
| <input type="checkbox"/> Help locating healthcare resources and finding payment options  | <input type="checkbox"/> Women, Infant, and Children (WIC) services: Provide nutrition and breastfeeding education to women with infants and young children          |
| <input type="checkbox"/> Help applying for federal programs (e.g. Medicaid, SNAP, CHIP, TANF)                                    | <input type="checkbox"/> Don't Know  |
| <input type="checkbox"/> Food Benefits: Assist families with finding and paying for healthy food through SNAP and other programs | <input type="checkbox"/> Prefer not to answer  |
| <input type="checkbox"/> Medicare Savings Program: Help seniors apply for medical savings programs.                              |  |

**3. What times are most convenient for you to receive health and/or social services? (Select all that apply.)**

- |   |   |
|---|---|
| <input type="checkbox"/> Early morning (6AM-8AM) during weekdays          | <input type="checkbox"/> Don't Know           |
| <input type="checkbox"/> During the day (Between 8AM and 5PM) on weekdays | <input type="checkbox"/> Prefer not to answer |
| <input type="checkbox"/> Evening (5PM-7PM) during weekdays                |   |

Turn the page – Questions on back →



**Barriers to seeking Healthcare and Social Services**

**4. What problem(s) do you or a member of your household have getting transportation? (Select all that apply.)**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> I don't have problems with transportation. | <input type="checkbox"/> Don't know how to use bus system | <input type="checkbox"/> Other, specify _____ |
| <input type="checkbox"/> No bus in my area                          | <input type="checkbox"/> No car                           | <input type="checkbox"/> Don't Know           |
| <input type="checkbox"/> Bus is too far                             | <input type="checkbox"/> Unsafe roads                     | <input type="checkbox"/> Prefer not to answer |
| <input type="checkbox"/> Gas prices                                 | <input type="checkbox"/> Have to share a car              |   |

**5. What problem(s) prevented you or a member of your household from getting healthcare in the past 6 months? (Select all that apply.)**

- |  |  |
|--|--|
| <input type="checkbox"/> I don't have problems with healthcare.      | <input type="checkbox"/> The wait was too long                                 |
| <input type="checkbox"/> Couldn't get an appointment                 | <input type="checkbox"/> My/our share of cost (deductible/co-pay) was too high |
| <input type="checkbox"/> Language barrier                            | <input type="checkbox"/> No primary care doctor                                |
| <input type="checkbox"/> Didn't know where to go                     | <input type="checkbox"/> Discomfort in asking for help                         |
| <input type="checkbox"/> No health insurance                         | <input type="checkbox"/> Other, specify _____                                  |
| <input type="checkbox"/> Insurance didn't cover what I/we needed     | <input type="checkbox"/> Don't Know  |
| <input type="checkbox"/> No way to get there                         | <input type="checkbox"/> Prefer not to answer                                  |
| <input type="checkbox"/> Would not take my/our insurance or Medicaid |  |

**Basic Household Information**

**6. Do you and your household have housing (single family home, apartment, mobile unit)?**

- Yes                       No                       Don't Know                       Prefer not to answer

**7. What zip code do you live in? \_\_\_\_\_**

**8: What is your race? (Select all that apply.)**

- |   |   |
|---|---|
| <input type="checkbox"/> African American / Black           | <input type="checkbox"/> White / Caucasian    |
| <input type="checkbox"/> Asian / Asian American             | <input type="checkbox"/> Other, specify _____ |
| <input type="checkbox"/> Native American / Alaska Native    | <input type="checkbox"/> Don't Know           |
| <input type="checkbox"/> Native Hawaiian / Pacific Islander | <input type="checkbox"/> Prefer not to answer |

**9: Are you Hispanic or Latino?**

- Yes                       No                       Don't Know                       Prefer not to answer

**10. Are there any adults in your household that do not speak English?**

- Yes, if so which language(s) do they speak? \_\_\_\_\_
- No                       Don't Know                       Prefer not to answer

*Thank you for taking the time to complete this survey. Your answers will allow us to serve you in the future.*