

# Results of the Gabriola Island Health and Wellbeing Survey

Last Updated: November 2, 2010

**\*\*\*PRELIMINARY RESULTS – FOR DISCUSSION\*\*\***

## You and Your Household

1. What is your gender?

Gender	Frequency	Valid Percent
Male	152	36.4
Female	266	63.6
Total	418	100.0

2. What is your age?

	Frequency	Valid Percent
11 - 20 years	5	1.2
21 - 30 years	5	1.2
31 - 40 years	23	5.5
41 - 50 years	42	10.1
51 - 60 years	108	26.0
61 - 70 years	160	38.5
71 - 80 years	50	12.0
81 - 90 years	20	4.8
91 - 100 years	3	.7
Total	416	100.0

3. What is the highest level of education that you have completed? Please circle one response only.

	Frequency	Valid Percent
Less than grade 9	1	.2
More than grade nine, but less than grade 12	20	4.8
Grade 12	36	8.7
Skills training/apprenticeship	28	6.8
College certificate	91	22.0
Undergraduate university degree (i.e., a BA)	118	28.5
Graduate university degree (i.e. Masters or PhD)	120	29.0
Total	414	100.0

4. How would you describe your current living situation? Please circle one response only.

	Frequency	Valid Percent
Single person living on your own	65	15.7
Single person living with others	9	2.2
Single parent with children at home	4	1.0
Living with spouse or partner (no children at home)	267	64.5
Living with spouse or partner (children at home)	50	12.1
Living in parent's home	7	1.7
Living with/caring for elderly parents	1	.2
Other (describe in text box below)	11	2.7
Total	414	100.0

“Other” includes:

- caregiver
- grown children at home for 4-5 mo /yr
- living in child's home with partner
- living with a partner at a parent's home while searching for a rental home
- living with owner
- Living with partner, nephew and two elderly parents (one of mine, one of partners) for whom we provide care
- living with spouse and elderly parents
- Living with spouse who needs constant care
- living with spouse, child home part time
- living with spouse, children at home, and living with/caring for elderly parents
- Living with spouse, with children at home, and living with/caring for elderly parent
- single person sharing a home with family but having my own space (kitchen, bathroom etc.)
- Single, living with roommate

5. Which of the following best describes your housing situation? Please circle one response only.

	<b>Frequency</b>	<b>Valid Percent</b>
Owner	365	88.0
Renter	32	7.7
Co-operative	3	.7
Living with family	13	3.1
Other (describe in text box below)	2	.5
Total	415	100.0

“Other” includes:

- long-term (many years) housesit, i.e. no rent, great place

6. Is Gabriola Island your primary residence?

	<b>Frequency</b>	<b>Valid Percent</b>
Yes	395	95.9
No	17	4.1
Total	412	100.0

If yes, how many months of the year do you spend on Gabriola Island?

Months	<b>Frequency</b>	<b>Valid Percent</b>
1.00	3	.8
3.00	3	.8
4.00	2	.5
5.00	2	.5

6.00	7	1.8
7.00	5	1.3
8.00	8	2.1
9.00	10	2.6
10.00	19	5.0
11.00	46	12.0
12.00	277	72.5
Total	382	100.0

If no, how many weeks have you spent on Gabriola Island in the past 12 months?

	<b>Frequency</b>	<b>Valid Percent</b>
0-4 Weeks	1	7.1
5-12 Weeks	3	21.4
13-24 Weeks	4	28.6
25-36 Weeks	6	42.9
Total	14	100.0

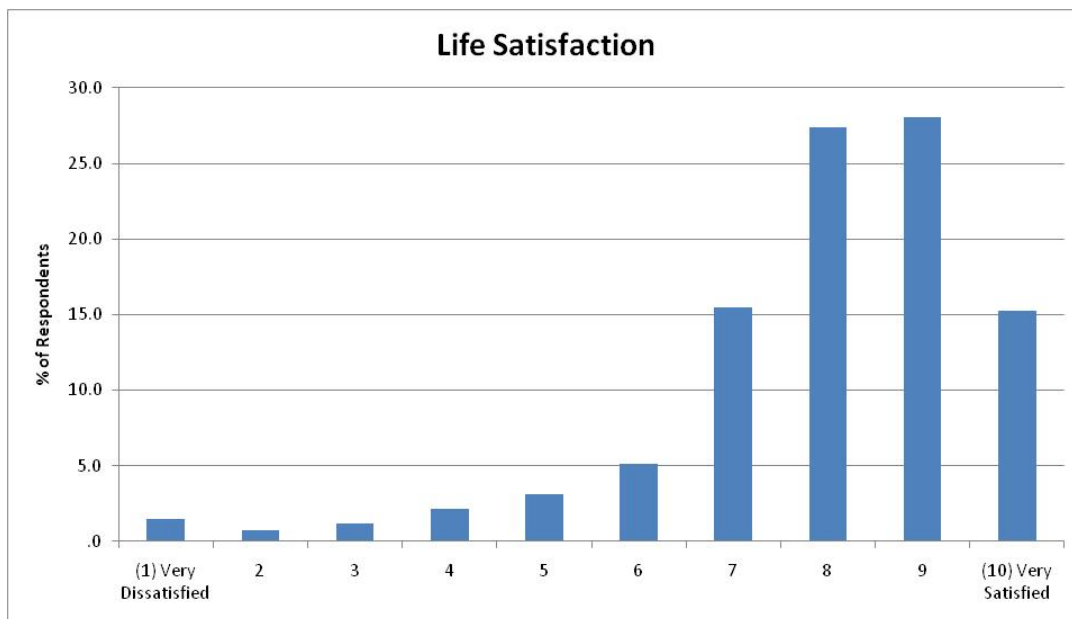
## Wellbeing and Pace of Life

7. Below are a number of statements. Please indicate your level of agreement with each one by circling the appropriate number.

		Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree	Total
I am content with my life as it is.	Frequency	151	212	30	17	4	414
	Valid Percent	36.5	51.2	7.2	4.1	1.0	100.0
I have people in my life who care about me.	Frequency	265	137	10	1	0	413
	Valid Percent	64.2	33.2	2.4	.2	.0	100.0
Gabriola Island is a supportive community.	Frequency	171	193	46	4	2	416
	Valid Percent	41.1	46.4	11.1	1.0	.5	100.0
I generally trust the people in my community.	Frequency	136	232	35	8	2	413
	Valid Percent	32.9	56.2	8.5	1.9	.5	100.0
I have enough support from friends and family.	Frequency	156	208	39	11	0	414
	Valid Percent	37.7	50.2	9.4	2.7	.0	100.0
My friends are like-minded people who share my interests.	Frequency	127	212	67	7	0	413
	Valid Percent	30.8	51.3	16.2	1.7	.0	100.0
I am satisfied with the amount of time I have to spend doing the things that I enjoy.	Frequency	106	207	45	54	4	416
	Valid Percent	25.5	49.8	10.8	13.0	1.0	100.0
I feel as if I have control over the decisions that affect my everyday activities.	Frequency	126	218	40	24	2	410
	Valid Percent	30.7	53.2	9.8	5.9	.5	100.0
I am able to manage the stresses of daily life.	Frequency	111	235	50	17	2	415
	Valid Percent	26.7	56.6	12.0	4.1	.5	100.0
I am able to participate in activities that bring me happiness.	Frequency	136	240	25	11	1	413
	Valid Percent	32.9	58.1	6.1	2.7	.2	100.0
I feel as if my life is fulfilling.	Frequency	132	212	51	10	4	409
	Valid Percent	32.3	51.8	12.5	2.4	1.0	100.0
This community meets my spiritual needs.	Frequency	89	129	160	18	6	402
	Valid Percent	22.1	32.1	39.8	4.5	1.5	100.0
I feel as if I belong in my community.	Frequency	120	197	72	20	2	411
	Valid Percent	29.2	47.9	17.5	4.9	.5	100.0
I feel as if our community is inclusive.	Frequency	91	186	101	25	7	410
	Valid Percent	22.2	45.4	24.6	6.1	1.7	100.0
I consider myself a happy person.	Frequency	158	202	41	6	1	408
	Valid Percent	38.7	49.5	10.0	1.5	.2	100.0

8. How satisfied are you currently with your life as a whole? Please circle the appropriate number from 1 to 10.

	Frequency	Valid Percent
(1) Very Dissatisfied	6	1.5
2	3	.7
3	5	1.2
4	9	2.2
5	13	3.1
6	21	5.1
7	64	15.5
8	113	27.4
9	116	28.1
(10) Very Satisfied	63	15.3
Total	413	100.0



9. What do you like most about living on Gabriola Island?

<b>Common Themes (# of responses) Some responses have been used in multiple categories/ themes below. Full list of Responses in Appendix</b>
Nature (165)
Friends/Community (176)
Proximity (14)
Arts/Culture/Activities (34)
Affordability (5)
The water/beaches (23)
Self-Contained (10)
Local Produce (3)
Rural (51)
Atmosphere (23)
House/ Garden (11)

Quiet (72)
Lifestyle (29)
Safe (17)
Island (10)

10. What do you like least about living on Gabriola Island?

<b>Common Themes (# of responses). Some responses have been used in multiple categories/themes below. Full list of Responses in Appendix</b>
Ferry (89)
Distance (10)
Cost (27)
People/Community (89)
Isolation (23)
Limited Choices/Having to leave (29)
Activities (13)
Roads/Traffic (24)
Island Trust (8)
Nature/Weather (21)
Development (9)
Public Transit (10)
Donation Requests ( 4)
Lack of Medical Care (10)
Unemployment (6)
Power Outages (8)
Politics (25)
Nothing (17)

### Community and Social Supports

11. How satisfied are you with your relationships with...?

		Very satisfied	Somewhat satisfied	Not satisfied	Don't know or N/A	Total
Your associates at work or school?	Frequency	46	34	1	10	91
	Valid Percent	50.5	37.4	1.1	11.0	100.0
Your immediate family?	Frequency	292	100	11	9	412
	Valid Percent	70.9	24.3	2.7	2.2	100.0
Your friends?	Frequency	292	116	1	3	412
	Valid Percent	70.9	28.2	.2	.7	100.0
Your neighbours?	Frequency	207	179	20	8	414
	Valid Percent	50.0	43.2	4.8	1.9	100.0
Organizations in your community?	Frequency	166	196	17	31	410
	Valid Percent	40.5	47.8	4.1	7.6	100.0
Businesses in your community?	Frequency	160	217	13	17	407
	Valid Percent	39.3	53.3	3.2	4.2	100.0

12. Are there areas on Gabriola Island where you don't feel safe walking alone?

	Frequency	Valid Percent
Yes	54	13.3
No	352	86.7
Total	406	100.0

13. If yes, where are they, and why do you feel unsafe?

Common Themes – see full list of responses in Appendix	Total
Parks	7
The Village	6
Roads	10
Woods	8
Places with loose dogs	6
Other	17

14. Is transportation available when you need it?

	Frequency	Valid Percent
Yes	341	83.2
No	69	16.8
Total	410	100.0

15. Do you think community organizations are important to the wellbeing of the community?

	Frequency	Valid Percent
Yes	396	96.4
No	15	3.6
Total	411	100.0

16. In an average month, how many total hours do you participate in meetings or activities of community organizations (school groups, church social groups, community centres, civic or fraternal clubs)? If you belong to many, just think of the ones in which you are most active, and total the time you participated in these.

	Frequency	Valid Percent
1-2 hours/month	60	14.5
3-10 hours/month	133	32.2
11-20 hours/month	87	21.1
More than 20 hours/month	59	14.3
Do not participate at all	74	17.9
Total	413	100.0



17. Approximately how many hours of unpaid voluntary help do you give to others in a typical month? \_\_\_\_\_ (#) hours

	<b>Frequency</b>	<b>Valid Percent</b>
None	66	18.5
1-10 Hours	192	53.9
11-20 Hours	56	15.7
21-30 Hours	22	6.2
31-40 Hours	7	2.0
41-50 Hours	3	.8
51-60 Hours	2	.6
61-70 Hours	1	.3
71-80 Hours	1	.3
81-90 Hours	2	.6
91-100 Hours	2	.6
Greater than 100 Hours	2	.6
<b>Total</b>	<b>356</b>	<b>100.0</b>

### **Employment Status and Financial Security**

18. What is your current employment status? (more than one box may be checked)

	<b>Frequency</b>	<b>Valid Percent</b>
Employed on Gabriola Island	64	18.4
Employed off Gabriola Island	33	9.5
Student	4	1.1
Homemaker	2	.6
Retired	216	62.1
Unemployed and looking for work	4	1.1
Unemployed due to other reason	4	1.1
Other (please specify in text box below)	21	6.0
<b>Total</b>	<b>348</b>	<b>100.0</b>

Examples of "Other" responses:

- Semi Retired (15 responses)
- Self-Employed (35 responses)
- Contractor/ Freelancer (hours vary)
- Looking for Work
- Business Owner (5 responses)
- Business On-Gabriola but do most work Off Gabriola
- Tradesman (doing "handyman work")

Reasons for Unemployment:

- Long Term Disability (5 responses)
- Medical Issues (2 responses)

- Self-Employed/ Farming (8 responses)
- Starting Own Business (2 responses)

19. How do you feel about the following aspects of your work environment over the past 12 months?

		Very Satisfied	Somewhat Satisfied	Somewhat Unsatisfied	Very Unsatisfied	Not Applicable	Total
Overall job satisfaction	Frequency	46	40	7	0	0	93
	Percent	49.5	43.0	7.5	0	0	100.0
Demands on you	Frequency	31	43	18	0	1	93
	Percent	33.3	46.2	19.4	0	1.1	100.0
Your control over your work	Frequency	42	35	15	1	0	93
	Percent	45.2	37.6	16.1	1.1	0	100.0
Safety of your workplace	Frequency	63	27	3	0	0	93
	Percent	67.7	29.0	3.2	0	0	100.0
Interpersonal relations	Frequency	46	32	8	1	6	93
	Percent	49.5	34.4	8.6	1.1	6.5	100.0
Job security	Frequency	41	33	10	6	3	93
	Percent	44.1	35.5	10.8	6.5	3.2	100.0
Travel time	Frequency	48	13	17	5	10	93
	Percent	51.6	14.0	18.3	5.4	10.8	100.0
Travel expense	Frequency	44	15	13	9	12	93
	Percent	47.3	16.1	14.0	9.7	12.9	100.0
Hours of work	Frequency	39	38	11	1	1	93
	Percent	43.3	42.2	12.2	1.1	1.1	100.0

Note: only "employed" respondents were included in the above responses.

20. Which of the following categories describes your total yearly household income?

	Frequency	Valid Percent
Less than \$25,000	74	18.9
\$25,000 - \$49,999	123	31.4
\$50,000 - \$74,999	100	25.5
\$75,000 - \$99,999	42	10.7
\$100,000 - \$125,000	28	7.1
More than \$125,000	25	6.4
Total	392	100.0

21. How well does the total income of your household meet your basic everyday needs?

	Frequency	Valid Percent
Not enough	38	9.2
Just enough	97	23.5
Enough	188	45.6
More than enough	89	21.6
Total	412	100.0

22. Do you have a garden or allotment garden that produces some of your food?

	Frequency	Valid Percent
Yes	278	67.8
No	132	32.2
Total	410	100.0

23. Do you take advantage of inexpensive or free clothing?

	Frequency	Valid Percent
Yes	267	65.1
No	143	34.9
Total	410	100.0

### Culture and Education

24. Please indicate the importance you give to the following life principles:

		Very Important	Important	Neutral	Unimportant	Very Unimportant	Total
Responsibility	Frequency	293	107	5	0	1	406
	Percent	72.2	26.4	1.2	.0	.2	100.0
Family Life	Frequency	278	107	17	3	2	407
	Percent	68.3	26.3	4.2	.7	.5	100.0
Friendship	Frequency	275	121	15	0	1	412
	Percent	66.7	29.4	3.6	.0	.2	100.0
Generosity	Frequency	214	175	22	0	1	412
	Percent	51.9	42.5	5.3	.0	.2	100.0
Spiritual life	Frequency	131	107	109	31	30	408
	Percent	32.1	26.2	26.7	7.6	7.4	100.0
Material wealth	Frequency	8	120	197	73	13	411
	Percent	1.9	29.2	47.9	17.8	3.2	100.0
Financial security	Frequency	113	244	44	8	2	411
	Percent	27.5	59.4	10.7	1.9	.5	100.0
Career success	Frequency	55	154	99	47	33	388
	Percent	14.2	39.7	25.5	12.1	8.5	100.0
Pleasure/play	Frequency	174	211	13	3	1	402
	Percent	43.3	52.5	3.2	.7	.2	100.0
Community service	Frequency	86	228	80	13	1	408
	Percent	21.1	55.9	19.6	3.2	.2	100.0

25. How often in a month do you currently participate in the following?

		1-5 hours	6-10 hours	11 or more hours	Never	Total
Formal or informal educational activities	Frequency	178	65	60	92	395
	Percent	45.1	16.5	15.2	23.3	100.0
Artistic, musical and cultural activities as a spectator	Frequency	250	74	30	40	394
	Percent	63.5	18.8	7.6	10.2	100.0
Artistic, musical and cultural activities as a participant	Frequency	107	42	72	173	394
	Percent	27.2	10.7	18.3	43.9	100.0
Sports and recreational activities	Frequency	108	83	129	81	401
	Percent	26.9	20.7	32.2	20.2	100.0

26. Do you feel your needs for cultural and educational activities are able to be met while living on Gabriola Island?

		Fully met	Partially met	Not at all met	Not Applicable (N/A)
Educational Activities	Frequency	81	199	33	96
	Percent	19.8	48.7	8.1	23.5
Cultural Activities	Frequency	161	202	12	34
	Percent	39.4	49.4	2.9	8.3

Question #26 with "Not Applicable" coded as a missing response:

		Fully met	Partially met	Not at all met
Educational Activities	Frequency	81	199	33
	Percent	25.9	63.6	10.5
Cultural Activities	Frequency	161	202	12
	Percent	42.9	53.4	3.2

## Natural Environment

27. How often do you use Gabriola Island's parks and trails?

	Frequency	Valid Percent
Every day	109	26.4
At least once a week	141	34.1
At least once a month	116	28.1
Never	47	11.4
Total	413	100.0

28. Overall, how much do you personally worry about the state of the global environment (e.g., pollution of rivers, lakes, oceans and drinking water, air quality, soil contamination, loss of tropical rain forest, food shortages, etc.)?

	Frequency	Valid Percent
Great deal	166	40.5
Fair amount	174	42.4
Only a little	61	14.9
Not at all	9	2.2
Total	410	100.0

29. What do you feel are the biggest environmental issue(s) facing Gabriola Island?

<b>Common Themes See full list of responses in Appendix</b>
<b>Water</b> – Availability, Management, Accessibility, Conservation, etc.
Climate Change
Pollution
Over Development and Expansion
Over Crowding and Density
Noise
Harmac Mill
Loss of soil/ Food security
Too many cars
Suburbanization

30. How often do you do the following? Please circle the number which best corresponds with how often you do each of the following:

		All the time	Most of the time	Sometimes	Never	Total
Compost	Frequency	317	29	32	35	413
	Percent	76.8	7.0	7.7	8.5	100.0
Put out no more than 1 garbage can per household per pickup	Frequency	207	96	77	36	416
	Percent	49.8	23.1	18.5	8.7	100.0
Choose local food when available	Frequency	166	153	92	3	414
	Percent	40.1	37.0	22.2	.7	100.0

Grow your own food in summer	Frequency	149	79	95	88	411
	Percent	36.3	19.2	23.1	21.4	100.0
Buy organic food	Frequency	56	118	190	46	410
	Percent	13.7	28.8	46.3	11.2	100.0
Walk, cycle or use electric scooter rather than drive to get places	Frequency	36	56	242	80	414
	Percent	8.7	13.5	58.5	19.3	100.0
Drive less than 30 km a week	Frequency	57	113	145	96	411
	Percent	13.9	27.5	35.3	23.4	100.0
Hang laundry out to dry, weather permitting	Frequency	106	67	113	127	413
	Percent	25.7	16.2	27.4	30.8	100.0
Collect rainwater	Frequency	232	35	57	84	408
	Percent	56.9	8.6	14.0	20.6	100.0
Keep thermostat in house at 18 degrees C or below	Frequency	177	138	72	22	409
	Percent	43.3	33.7	17.6	5.4	100.0
Purchase recycled/second-hand goods	Frequency	91	99	181	42	413
	Percent	22.0	24.0	43.8	10.2	100.0

### **Your Experience with Health Care Services**

31. Do you have a regular medical doctor?

	Frequency	Valid Percent
Yes	386	93.5
No	27	6.5
Total	413	100.0

i. If Yes, does (s)he practice on Gabriola Island?

	Frequency	Valid Percent
Yes	293	76.1
No	92	23.9
Total	385	100.0

a. If No, why did you choose a doctor who is not on Gabriola Island?

Summary of Reasons (some have been combined)	# of Responses
Got a Doctor off Island Prior to Service on Gabriola	17
Have another home in a different location - GP there	15
Prefer my own doctor/ long relationship	15
Did not care for the GP available when I arrived/ did not have a good recommendation of GP when I arrived/ did not feel doctor could meet my needs	10
Come to Nanaimo or Victoria regularly (work, errands, etc.) Doctor is here	8
Don't have a doctor (in good health)	8
Was living elsewhere - have not got one here yet	7

There was no female was available on GI at that time	6
Prefer experienced female doctor in Nanaimo	4
No suitable doctor when I arrived/ No availability	3
Changed when Dr. Mitten retired - no suitable doc here	2
Special Requirements	1
Afraid to change to local doctor who might leave	1

32. Overall, how would you rate the quality of all health care services on Gabriola Island?

	Frequency	Valid Percent
Excellent	163	39.6
Good	181	43.9
Neither Good or Bad	20	4.9
Fair	15	3.6
Poor	2	.5
No opinion	31	7.5
Total	412	100.0

33. Within the last 12 months, have you used the following services on or off Gabriola Island? Please use a check (✓) to select on or off Gabriola and indicate the number of times of use.

General Practitioner – On Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	77	18.4	23.9
2	45	10.8	14.0
3	42	10.0	13.0
4	46	11.0	14.3
5	29	6.9	9.0
6	26	6.2	8.1
7	4	1.0	1.2
8	10	2.4	3.1
9	3	.7	.9
10	12	2.9	3.7
12	16	3.8	5.0
14	1	.2	.3
15	3	.7	.9
20	4	1.0	1.2
25	1	.2	.3
30	1	.2	.3
52	2	.5	.6
<b>Total</b>	<b>322</b>	<b>77.0</b>	<b>100.0</b>
Missing Total	96	23.0	
Total	418	100.0	
<b>Continued...</b>			

<b>General Practitioner –Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	28	6.7	25.9
2	26	6.2	24.1
3	21	5.0	19.4
4	7	1.7	6.5
5	7	1.7	6.5
6	4	1.0	3.7
8	4	1.0	3.7
10	5	1.2	4.6
12	2	.5	1.9
16	1	.2	.9
20	2	.5	1.9
22	1	.2	.9
<b>Total</b>	<b>108</b>	<b>25.8</b>	<b>100.0</b>
Missing Total	310	74.2	
Total	418	100.0	

<b>Specialist Physician – On Gabriola</b>			
No Specialist Physician on Gabriola			
<b>Specialist Physician – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	71	17.0	37.2
2	54	12.9	28.3
3	17	4.1	8.9
4	20	4.8	10.5
5	9	2.2	4.7
6	4	1.0	2.1
7	1	.2	.5
8	4	1.0	2.1
9	1	.2	.5
10	5	1.2	2.6
11	2	.5	1.0
12	1	.2	.5
15	1	.2	.5
24	1	.2	.5
<b>Total</b>	<b>191</b>	<b>45.7</b>	<b>100.0</b>
Missing Total	227	54.3	
Total	418	100.0	



<b>Medical Testing Laboratory – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	100	23.9	37.3
2	67	16.0	25.0
3	32	7.7	11.9
4	31	7.4	11.6
5	7	1.7	2.6
6	17	4.1	6.3
8	1	.2	.4
10	3	.7	1.1
12	2	.5	.7
14	1	.2	.4
15	4	1.0	1.5
16	1	.2	.4
26	1	.2	.4
45	1	.2	.4
<b>Total</b>	<b>268</b>	<b>64.1</b>	<b>100.0</b>
Missing Total	150	35.9	
Total	418	100.0	
<b>Medical Testing Laboratory – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	59	14.1	43.1
2	40	9.6	29.2
3	14	3.3	10.2
4	11	2.6	8.0
5	3	.7	2.2
6	4	1.0	2.9
8	1	.2	.7
10	2	.5	1.5
11	1	.2	.7
20	1	.2	.7
25	1	.2	.7
<b>Total</b>	<b>137</b>	<b>32.8</b>	<b>100.0</b>
Missing Total	281	67.2	
Total	418	100.0	

<b>Ambulance – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	33	7.9	86.8
2	1	.2	2.6
3	4	1.0	10.5
<b>Total</b>	<b>38</b>	<b>9.1</b>	<b>100.0</b>
Missing Total	380	90.9	
Total	418	100.0	

<b>Ambulance – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	11	2.6	73.3
2	2	.5	13.3
3	1	.2	6.7
4	1	.2	6.7
<b>Total</b>	<b>15</b>	<b>3.6</b>	<b>100.0</b>
Missing Total	403	96.4	
Total	418	100.0	

<b>X-Ray – On Gabriola</b>			
No X-ray on Gabriola			
<b>X-Ray – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	88	21.1	61.1
2	32	7.7	22.2
3	13	3.1	9.0
4	8	1.9	5.6
6	1	.2	.7
20	1	.2	.7
50	1	.2	.7
<b>Total</b>	<b>144</b>	<b>34.4</b>	<b>100.0</b>
Missing Total	274	65.6	
Total	418	100.0	

<b>Emergency – On Gabriola</b>			
No Emergency on Gabriola			
<b>Emergency – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	37	8.9	86.0
2	5	1.2	11.6
4	1	.2	2.3
<b>Total</b>	<b>43</b>	<b>10.3</b>	<b>100.0</b>
Missing Total	375	89.7	
Total	418	100.0	

Hospital – On Gabriola			
No Hospital on Gabriola			
Hospital – Off Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	54	12.9	69.2
2	12	2.9	15.4
3	5	1.2	6.4
4	4	1.0	5.1
5	1	.2	1.3
6	2	.5	2.6
<b>Total</b>	<b>78</b>	<b>18.7</b>	<b>100.0</b>
Missing Total	340	81.3	
Total	418	100.0	

Advanced Practice Nurse or Nurse Practitioner – On Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	40	9.6	54.1
2	21	5.0	28.4
3	4	1.0	5.4
4	5	1.2	6.8
6	3	.7	4.1
10	1	.2	1.4
<b>Total</b>	<b>74</b>	<b>17.7</b>	<b>100.0</b>
Missing Total	344	82.3	
Total	418	100.0	

Advanced Practice Nurse or Nurse Practitioner – Off Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	7	1.7	70.0
2	3	.7	30.0
<b>Total</b>	<b>10</b>	<b>2.4</b>	<b>100.0</b>
Missing Total	408	97.6	
Total	418	100.0	

Public Health (e.g., flu shots, travel shots) – On Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	102	24.4	72.3
2	34	8.1	24.1
3	4	1.0	2.8
11	1	.2	.7
<b>Total</b>	<b>141</b>	<b>33.7</b>	<b>100.0</b>
Missing Total	277	66.3	
Total	418	100.0	

<b>Public Health (e.g., flu shots, travel shots) – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	27	6.5	84.4
2	5	1.2	15.6
<b>Total</b>	<b>32</b>	<b>7.7</b>	<b>100.0</b>
Missing Total	386	92.3	
Total	418	100.0	

<b>Home Nursing – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	1	.2	7.1
4	4	1.0	28.6
6	3	.7	21.4
10	3	.7	21.4
12	1	.2	7.1
24	1	.2	7.1
50	1	.2	7.1
<b>Total</b>	<b>14</b>	<b>3.3</b>	<b>100.0</b>
Missing Total	404	96.7	
Total	418	100.0	

<b>Home Nursing – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
4	1	.2	50.0
12	1	.2	50.0
<b>Total</b>	<b>2</b>	<b>.5</b>	<b>100.0</b>
Missing Total	416	99.5	
Total	418	100.0	

<b>Palliative Care – On Gabriola</b>			
<b>No Responses.</b>			
<b>Palliative Care – OFF Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	4	1.0	100.0
Missing Total	414	99.0	
Total	418	100.0	

Counseling – On Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	7	1.7	36.8
3	4	1.0	21.1
4	2	.5	10.5
6	2	.5	10.5
12	1	.2	5.3
14	1	.2	5.3
22	1	.2	5.3
35	1	.2	5.3
<b>Total</b>	<b>19</b>	<b>4.5</b>	<b>100.0</b>
Missing Total	399	95.5	
Total	418	100.0	

Counseling – Off Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	5	1.2	19.2
2	4	1.0	15.4
3	3	.7	11.5
4	3	.7	11.5
5	2	.5	7.7
6	4	1.0	15.4
8	1	.2	3.8
12	2	.5	7.7
15	1	.2	3.8
28	1	.2	3.8
<b>Total</b>	<b>26</b>	<b>6.2</b>	<b>100.0</b>
Missing Total	392	93.8	
Total	418	100.0	

Dentist – On Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	46	11.0	40.0
2	42	10.0	36.5
3	15	3.6	13.0
4	4	1.0	3.5
5	1	.2	.9
6	5	1.2	4.3
7	1	.2	.9
9	1	.2	.9
<b>Total</b>	<b>115</b>	<b>27.5</b>	<b>100.0</b>
Missing Total	303	72.5	
Total	418	100.0	

Continued...

Dentist – Off Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	50	12.0	28.1
2	71	17.0	39.9
3	31	7.4	17.4
4	12	2.9	6.7
5	2	.5	1.1
6	8	1.9	4.5
7	1	.2	.6
8	1	.2	.6
10	1	.2	.6
32	1	.2	.6
<b>Total</b>	<b>178</b>	<b>42.6</b>	<b>100.0</b>
Missing Total	240	57.4	
Total	418	100.0	

Physiotherapist – On Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	26	6.2	26.8
2	15	3.6	15.5
3	17	4.1	17.5
4	8	1.9	8.2
5	5	1.2	5.2
6	8	1.9	8.2
7	1	.2	1.0
8	4	1.0	4.1
10	1	.2	1.0
11	2	.5	2.1
12	5	1.2	5.2
15	2	.5	2.1
20	1	.2	1.0
25	1	.2	1.0
60	1	.2	1.0
<b>Total</b>	<b>97</b>	<b>23.2</b>	<b>100.0</b>
Missing Total	321	76.8	
Total	418	100.0	

Physiotherapist – Off Gabriola			
# of Times	Frequency	Percent	Valid Percent
1	9	2.2	37.5
2	5	1.2	20.8
3	1	.2	4.2
4	3	.7	12.5
6	2	.5	8.3
8	1	.2	4.2

11	1	.2	4.2
12	1	.2	4.2
20	1	.2	4.2
<b>Total</b>	<b>24</b>	<b>5.7</b>	<b>100.0</b>
Missing Total	394	94.3	
Total	418	100.0	

<b>Hearing Consultant – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	5	1.2	83.3
9	1	.2	16.7
<b>Total</b>	<b>6</b>	<b>1.4</b>	<b>100.0</b>
Missing Total	412	98.6	
Total	418	100.0	

<b>Hearing Consultant – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	20	4.8	55.6
2	8	1.9	22.2
3	4	1.0	11.1
4	1	.2	2.8
5	2	.5	5.6
8	1	.2	2.8
<b>Total</b>	<b>36</b>	<b>8.6</b>	<b>100.0</b>
Missing Total	382	91.4	
Total	418	100.0	

<b>Optometrist – On Gabriola</b>			
No Optometrist on Gabriola			
<b>Optometrist – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	107	25.6	78.7
2	22	5.3	16.2
3	2	.5	1.5
4	2	.5	1.5
5	1	.2	.7
6	2	.5	1.5
<b>Total</b>	<b>136</b>	<b>32.5</b>	<b>100.0</b>
Missing Total	282	67.5	
Total	418	100.0	

<b>Optician – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	57	13.6	80.3
2	9	2.2	12.7
3	4	1.0	5.6
4	1	.2	1.4
<b>Total</b>	<b>71</b>	<b>17.0</b>	<b>100.0</b>
Missing Total	347	83.0	
Total	418	100.0	

<b>Optician – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	30	7.2	78.9
2	6	1.4	15.8
4	2	.5	5.3
<b>Total</b>	<b>38</b>	<b>9.1</b>	<b>100.0</b>
Missing Total	380	90.9	
Total	418	100.0	

<b>Mobile Mammography – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	72	17.2	96.0
2	3	.7	4.0
<b>Total</b>	<b>75</b>	<b>17.9</b>	<b>100.0</b>
Missing Total	343	82.1	
Total	418	100.0	

<b>Mobile Mammography – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	47	11.2	97.9
2	1	.2	2.1
<b>Total</b>	<b>48</b>	<b>11.5</b>	<b>100.0</b>
Missing Total	370	88.5	
Total	418	100.0	

<b>Well Women’s Clinic, Well Men’s Clinic – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	8	1.9	66.7
2	2	.5	16.7
4	1	.2	8.3
12	1	.2	8.3
<b>Total</b>	<b>12</b>	<b>2.9</b>	<b>100.0</b>
Missing Total	406	97.1	
Total	418	100.0	



<b>Well Women's Clinic, Well Men's Clinic – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	4	1.0	80.0
2	1	.2	20.0
<b>Total</b>	5	1.2	100.0
Missing Total	413	98.8	
Total	418	100.0	

**Other Services – On and Off Gabriola**

See full list in Appendix

34. In the past 12 months, have you seen or talked to any of the following **alternative health care providers**, either on or off Gabriola Island, about physical, emotional or mental health? Please use a check (✓) to select on or off Gabriola and indicate the number of times seen.

<b>Massage Therapist – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	44	10.5	35.2
2	13	3.1	10.4
3	11	2.6	8.8
4	14	3.3	11.2
5	7	1.7	5.6
6	8	1.9	6.4
8	4	1.0	3.2
9	1	.2	.8
10	5	1.2	4.0
12	7	1.7	5.6
15	2	.5	1.6
20	3	.7	2.4
24	2	.5	1.6
30	1	.2	.8
36	1	.2	.8
40	1	.2	.8
43	1	.2	.8
<b>Total</b>	<b>125</b>	<b>29.9</b>	<b>100.0</b>
Missing Total	293	70.1	
Total	418	100.0	

Continued...

<b>Massage Therapist – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	10	2.4	50.0
2	4	1.0	20.0
3	2	.5	10.0
5	1	.2	5.0
8	2	.5	10.0
21	1	.2	5.0
<b>Total</b>	20	4.8	100.0
Missing Total	398	95.2	
<b>Total</b>	418	100.0	

<b>Acupuncturist – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	10	2.4	19.6
2	9	2.2	17.6
3	6	1.4	11.8
4	7	1.7	13.7
5	2	.5	3.9
6	6	1.4	11.8
8	1	.2	2.0
9	1	.2	2.0
10	1	.2	2.0
11	1	.2	2.0
12	2	.5	3.9
15	2	.5	3.9
18	1	.2	2.0
20	1	.2	2.0
24	1	.2	2.0
<b>Total</b>	51	12.2	100.0
Missing Total	367	87.8	
<b>Total</b>	418	100.0	
<b>Acupuncturist – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
0	1	.2	8.3
1	4	1.0	33.3
2	1	.2	8.3

3	1	.2	8.3
4	3	.7	25.0
5	1	.2	8.3
7	1	.2	8.3
<b>Total</b>	<b>12</b>	<b>2.9</b>	<b>100.0</b>
Missing Total	406	97.1	
Total	418	100.0	

<b>Homeopath or Naturopath – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	7	1.7	31.8
2	7	1.7	31.8
3	2	.5	9.1
4	2	.5	9.1
6	1	.2	4.5
10	1	.2	4.5
11	1	.2	4.5
12	1	.2	4.5
<b>Total</b>	<b>22</b>	<b>5.3</b>	<b>100.0</b>
Missing Total	396	94.7	
Total	418	100.0	

<b>Homeopath or Naturopath – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	8	1.9	42.1
2	3	.7	15.8
3	1	.2	5.3
4	2	.5	10.5
5	2	.5	10.5
6	1	.2	5.3
9	1	.2	5.3
10	1	.2	5.3
<b>Total</b>	<b>19</b>	<b>4.5</b>	<b>100.0</b>
Missing Total	399	95.5	
Total	418	100.0	

<b>Feldenkrais or Alexander Teacher – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	15	3.6	41.7
2	7	1.7	19.4
3	7	1.7	19.4
4	2	.5	5.6
6	1	.2	2.8
10	1	.2	2.8
11	1	.2	2.8
12	2	.5	5.6
<b>Total</b>	<b>36</b>	<b>8.6</b>	<b>100.0</b>
Missing Total	382	91.4	
Total	418	100.0	
<b>Feldenkrais or Alexander Teacher – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	3	.7	100.0
Missing Total	415	99.3	
Total	418	100.0	

<b>Biofeedback Teacher – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	1	.2	33.3
2	1	.2	33.3
4	1	.2	33.3
<b>Total</b>	<b>3</b>	<b>.7</b>	<b>100.0</b>
Missing Total	415	99.3	
Total	418	100.0	
<b>Biofeedback Teacher – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
4	1	.2	100.0
Missing Total	417	99.8	
Total	418	100.0	

<b>Rolfing Practitioner – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	1	.2	50.0
4	1	.2	50.0
<b>Total</b>	<b>2</b>	<b>.5</b>	<b>100.0</b>
Missing Total	416	99.5	
Total	418	100.0	
<b>Rolfing Practitioner – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
30	1	.2	100.0
Missing Total	417	99.8	
Total	418	100.0	

<b>Herbalist – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	8	1.9	80.0
2	2	.5	20.0
<b>Total</b>	<b>10</b>	<b>2.4</b>	<b>100.0</b>
Missing Total	408	97.6	
Total	418	100.0	
<b>Herbalist – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
0	1	.2	16.7
1	3	.7	50.0
4	1	.2	16.7
7	1	.2	16.7
<b>Total</b>	<b>6</b>	<b>1.4</b>	<b>100.0</b>
Missing Total	412	98.6	
Total	418	100.0	

<b>Reflexologist – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	4	1.0	50.0
2	2	.5	25.0
4	1	.2	12.5
12	1	.2	12.5
<b>Total</b>	<b>8</b>	<b>1.9</b>	<b>100.0</b>
Missing Total	410	98.1	

Total	418	100.0	
<b>Reflexologist – Off Gabriola</b>			
No responses to reflexologist off of Gabriola			

<b>Art Therapist – On Gabriola</b>			
# of Times	Frequency	Percent	Valid Percent
1	1	.2	50.0
5	1	.2	50.0
<b>Total</b>	<b>2</b>	<b>.5</b>	<b>100.0</b>
Missing Total	416	99.5	
Total	418	100.0	
<b>Art Therapist – Off Gabriola</b>			
No responses to Art Therapist off of Gabriola			

<b>Spiritual Healer – On Gabriola</b>			
# of Times	Frequency	Percent	Valid Percent
1	8	1.9	53.3
2	2	.5	13.3
3	2	.5	13.3
4	1	.2	6.7
8	1	.2	6.7
10	1	.2	6.7
<b>Total</b>	<b>15</b>	<b>3.6</b>	<b>100.0</b>
Missing Total	403	96.4	
Total	418	100.0	
<b>Spiritual Healer – Off Gabriola</b>			
# of Times	Frequency	Percent	Valid Percent
1	4	1.0	50.0
2	1	.2	12.5
3	3	.7	37.5
<b>Total</b>	<b>8</b>	<b>1.9</b>	<b>100.0</b>
Missing Total	410	98.1	
Total	418	100.0	

<b>Traditional Healer – On Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	3	.7	42.9
2	1	.2	14.3
4	1	.2	14.3
6	1	.2	14.3
10	1	.2	14.3
<b>Total</b>	<b>7</b>	<b>1.7</b>	<b>100.0</b>
Missing Total	411	98.3	
Total	418	100.0	
<b>Traditional Healer – Off Gabriola</b>			
<b># of Times</b>	<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>
1	1	.2	25.0
2	1	.2	25.0
3	1	.2	25.0
5	1	.2	25.0
<b>Total</b>	<b>4</b>	<b>1.0</b>	<b>100.0</b>
Missing Total	414	99.0	
Total	418	100.0	

**Other Alternative Health Care Providers – On and Off Gabriola**

See full list in Appendix

35. Do you use alternative/complementary/herbal medicines

	<b>Frequency</b>	<b>Valid Percent</b>
Yes	203	49.2
No	210	50.8
Total	413	100.0

36. Have you had any difficulties in obtaining medication, either prescription or alternative?

	<b>Frequency</b>	<b>Valid Percent</b>
Yes	32	7.7
No	381	92.3
Total	413	100.0

i. If yes, please describe.

Summary of Responses (some have been combined to reduce duplication)	<b># of times</b>
not much available in alternative medications/ alternative healing products/ homeopathic remedies/ natural hormones, pain medication)	5

Cost (dispensing fee is awful/ Cheaper off Island/ Very expensive/ no money)	5
Gabriola retailer out of stock/ closed on Sundays	2
Tinctures and salves hard to find	2
Attitude of new pharmacist on island	1
Difficulty getting meds covered by MSP	1
DMSO no longer shipped via pharmacist, from USA	1
from Victoria before insurance would cover next amount	1
Gabriola pharmacist refused to supply medication which I was directed to take by a physician with the understanding that it does not require a prescription.	1
grow my own	1
had to write to Minister of Health to obtain Cymbalta-Oxycodone not covered	1
I have had to have my herbs mailed to me or brought by friends from the U.S. Also, need to order ahead for prescriptions. Once I ran out and it was a bit of a hassle to get an emergency supply here -- they only allow 2 weeks.	1
Marijuana	1
not available in Canada	1
Note: Not all Gabriola MDs are allowed to prescribe narcotics	1
On a daily basis I incorporate specific herbs into my diet for specific health reasons.	1
pharmacy is often inefficient, communicates poorly with my doctor	1
phenzao (discontinued in Canada)	1
Some supplements such as Goat Whey	1
Stievamycin was not available at the local pharmacy - had to go to Nanaimo and no offer was made to bring some in for me.	1

37. Which of the following transportation issues are important to you when you or someone in your home needs health care away from Gabriola? Please circle all that apply.

	Frequency	Valid Percent
Cost of ferry services	59	32.1
Scheduling appointments to fit ferry schedule	112	60.9
Availability of a driver	4	2.2
Availability of a car	5	2.7
Other (please describe in the text box below)	4	2.2
Total	184	100.0

Other Comments:

Time/ wait time/ time it takes/ do not have enough time	4
no bus/ public transport/ need a bus	3
ambulance when needed	1
Arranging child care for a special needs child if my spouse is working.	1
bus service needed on island & improve public transit in Nanaimo	1



coordinating vehicles in family	1
ferry free for medical appointments but people are unaware of this service	1
Unreliability of the ferry schedule	1
mileage/gas	1
not having x-ray and emerg. services on Gab.	1
The ferry cannot keep up a timely service, we need a bridge.	1
time involved in getting to some other city, also money is a factor but not as major as it is for others	1
Trying to get appointment so we can get home at night i.e. Victoria trip	1
When my husband is in hospital, it is very expensive for ferry fares and parking at the hospital.	1

**38. For Female Respondents:**

		Yes	No	Total
Have you had a mammogram within the past year?	Frequency	141	135	276
	Percent	51.1	48.9	100.0
Have you had a pap smear test within the past year?	Frequency	131	147	278
	Percent	47.1	52.9	100.0
Have you had a breast examination within the past year?	Frequency	155	118	273
	Percent	56.8	43.2	100.0
Have you had your blood pressure taken within the past year?	Frequency	222	54	276
	Percent	80.4	19.6	100.0
Have you had a complete physical check-up within the past year?	Frequency	144	129	273
	Percent	52.7	47.3	100.0
Have you had a flu shot within the past year?	Frequency	129	144	273
	Percent	47.3	52.7	100.0

**39. For Male Respondents:**

		Yes	No	Total
Have you had a prostate specific antigen test (PSA blood test) for prostate cancer within the past year?	Frequency	84	67	151
	Percent	55.6	44.4	100.0
Have you had your blood pressure taken within the past year?	Frequency	132	18	150
	Percent	88.0	12.0	100.0
Have you had a complete physical check-up within the past year?	Frequency	93	56	149
	Percent	62.4	37.6	100.0
Have you had a flu shot within the past year?	Frequency	81	67	148
	Percent	54.7	45.3	100.0

40. How satisfied are you with your health? Please indicate your level of satisfaction by circling the appropriate number.

	Frequency	Valid Percent
Satisfied	187	45.4
Somewhat Satisfied	182	44.2
Neither Satisfied nor Unsatisfied	19	4.6
Unsatisfied	17	4.1
Very Unsatisfied	7	1.7
Total	412	100.0

41. How often do you participate in physical exercise (either work or recreation)?

	Frequency	Valid Percent
Daily	187	45.6
3-5 times per week	138	33.7
1-2 times per week	58	14.1
Less than once per week	27	6.6
Total	410	100.0

42. Do you seek information from any of the following sources when you have a health problem? ("Yes" can be checked more than once)

		Yes	No	Total
Nurse	Frequency	137	131	268
	%	51.1	48.9	100.0
Doctor	Frequency	392	11	403
	%	97.3	2.7	100.0
Friend	Frequency	176	110	286
	%	61.5	38.5	100.0
Spouse	Frequency	172	103	275
	%	62.5	37.5	100.0
Other family member	Frequency	101	136	237
	%	42.6	57.4	100.0
Internet	Frequency	298	45	343
	%	86.9	13.1	100.0
Alternate Health Care Provider	Frequency	125	127	252
	%	49.6	50.4	100.0

Other includes:

Books	11
Pharmacist	5
BC Health Care Guide	3
Physio/ Chiropractor	3
Dial-a-Dietician or Dietician/ Nutritionist	2
Spiritual Guidance/ my Own body	2

Native Healer	1
Feldenkrais	1
Chinese Medicine Doctor	1
DVDs	1
Physician Assistant	1

43. In the past 12 months, what have you done to improve your health? Please select all that apply.

	Frequency	Valid Percent
Increased exercise/physical activities	18	17.1
Lost weight	5	4.8
Changed diet/improved eating habits	6	5.7
Quit smoking/reduced amount smoked	1	1.0
Drank less alcohol	4	3.8
Reduced stress level	6	5.7
Took vitamins	28	26.7
Other	1	1.0
Nothing	36	34.3
Total	105	100.0

44. Do you have insurance that covers all or part of the cost of:

		Full coverage	Partial coverage	Missing or No Response	Total
Prescription medication	Frequency	66	203	149	418
	%	15.8	48.6	35.6	100.0
Glasses or contact lenses	Frequency	31	182	205	418
	%	7.4	43.5	49.0	100.0
Dental expenses	Frequency	36	174	208	418
	%	8.6	41.6	49.8	100.0
Massage Therapy	Frequency	17	131	270	418
	%	4.1	31.3	64.6	100.0
Physiotherapy	Frequency	28	140	250	418
	%	6.7	33.5	59.8	100.0
Acupuncturist	Frequency	13	83	322	418
	%	3.1	19.9	77.0	100.0
Naturopath	Frequency	11	61	346	418
	%	2.6	14.6	82.8	100.0
Other services (please specify):	Frequency	10	21	387	418
	%	2.4	5.0	92.6	100.0

“Other” includes:

Chiropractor	3
Counseling	3
Ambulance	1

Hearing aids	1
Podiatrist/ orthotics	1

45. In the past 12 months have you had a prescription for medication that you did not fill because of the cost?

	Frequency	Valid Percent
Yes	27	6.7
No	379	93.3
Total	406	100.0

46. In the past 12 months has the cost of necessary eye care (exam or glasses) stopped you from getting it?

	Frequency	Valid Percent
Yes	49	12.0
No	360	88.0
Total	409	100.0

47. In the past 12 months have you avoided going to a dental professional because of the cost of dental care?

	Frequency	Valid Percent
Yes	108	26.1
No	306	73.9
Total	414	100.0

48. Are you usually free of pain or discomfort?

	Frequency	Valid Percent
Yes	301	72.7
No	113	27.3
Total	414	100.0

49. Which of the following best describes your experience with smoking?

	Frequency	Valid Percent
Never smoked	185	44.7
Former smoker	194	46.9
Currently smoke occasionally	12	2.9
Currently smoke daily	23	5.6
Total	414	100.0

50. Do you currently live with a smoker who only smokes outside the house?

	Frequency	Valid Percent
Yes	31	7.7
No	372	92.3
Total	403	100.0

51. Do you currently live with a smoker who smokes inside the house?

	Frequency	Valid Percent
Yes	9	2.3
No	391	97.8
Total	400	100.0

52. During the past 12 months, did you drink alcoholic beverages?

	Frequency	Valid Percent
Yes	373	89.7
No	43	10.3
Total	416	100.0

**If no, please skip to question #55.**

53. If yes, how often and how many drinks?

	Frequency	Valid Percent
Less than once a month	34	9.1
Once a month	19	5.1
2 to 3 times a month	40	10.8
Once a week	36	9.7
2 to 3 times a week	75	20.2
4 to 6 times a week	66	17.7
Every day	102	27.4
Total	372	100.0

Cross-Tabulated with # of Drinks:

	Less than 1 glass/drink	1-3 glasses	4-6 glasses	7-10 glasses	More than 10 glasses	Total
Less than once a month	1	19	2	0	0	22
Once a month	0	14	0	0	0	14
2 to 3 times a month	0	27	5	0	0	32
Once a week	0	30	2	0	0	32
2 to 3 times a week	0	60	9	0	0	69
4 to 6 times a week	0	52	5	2	1	60
Every day	0	82	10	1	0	93
Total	1	284	33	3	1	322

54. Do you want to stop using alcohol?

	Frequency	Valid Percent
Yes	22	6.2
No	331	93.8
Total	353	100.0

55. Do you use any of the recreational drugs in the following table?

	Frequency	Valid Percent
Yes	65	16.2
No	337	83.8
Total	402	100.0

If no, please skip to question #58.

56. If yes, how often have you used the following drugs in the past 12 months?

Frequencies (#)	Less than once a month	1-3 times a month	Once a week	More than once a week	Every day	Total
Marijuana	17	12	10	17	12	68
Cocaine	5	0	0	0	0	5
Ecstasy	6	0	0	0	0	6
Crystal Meth	4	0	0	0	0	4
Heroin	6	0	0	0	0	6
Prescription Drug*	4	0	0	0	17	21
Other drug for recreational purposes (see list below)	7	0	0	0	0	7

\*Appears there was a misunderstanding of the use of prescription drugs for "recreational" use.

Other Drugs include:

ayahuasca
Gentle herb smoke (sage, kinnick-kinnick, pure tobacco) x 1 a week
Hallucinogenic mushrooms
Minimal amount used to aid in sleeping better.
mushrooms
Prescription not used for recreational purposes. Don't understand meaning. Can't erase

57. Do you want to stop using recreational drugs?

	Frequency	Valid Percent
Yes	3	3.6
No	80	96.4
Total	83	100.0

58. How would you rate the support for addiction and mental illnesses on Gabriola Island?

<b>Addiction</b>	<b>Frequency</b>	<b>Valid Percent</b>
Excellent	2	.5
Good	17	4.5
Neither good or bad	23	6.0
Fair	20	5.2
Poor	39	10.2
Don't Know	281	73.6
Total	382	100.0

<b>Mental Illness</b>	<b>Frequency</b>	<b>Valid Percent</b>
Excellent	4	1.1
Good	15	4.0
Neither good or bad	22	5.8
Fair	21	5.5
Poor	50	13.2
Don't Know	267	70.4
Total	379	100.0

## Home Care Services

59. During the past 12 months, did a person in your household need the following home care services, and were the costs covered by government?

<b>Nursing Care</b>	<b>Frequency</b>	<b>Valid Percent</b>
Received care services, costs covered or partially covered	28	7.4
Received care services, provided by friend or family	1	.3
Received care services, costs not covered	1	.3
Needed care services, not received	3	.8
Not Applicable	345	91.3
Total	378	100.0

<b>Personal Care</b>	<b>Frequency</b>	<b>Valid Percent</b>
Received care services, costs covered or partially covered	15	4.0
Received care services, provided by friend or family	6	1.6
Received care services, costs not covered	3	.8
Needed care services, not received	6	1.6
Not Applicable	346	92.0
Total	376	100.0

<b>Housework</b>	<b>Frequency</b>	<b>Valid Percent</b>
Received care services, costs covered or partially covered	10	2.7
Received care services, provided by friend or family	7	1.9
Received care services, costs not covered	13	3.5
Needed care services, not received	5	1.3
Not Applicable	340	90.7
Total	375	100.0

<b>Meal Preparation</b>	<b>Frequency</b>	<b>Valid Percent</b>
Received care services, costs covered or partially covered	3	.8
Received care services, provided by friend or family	11	3.0
Received care services, costs not covered	2	.5
Needed care services, not received	4	1.1
Not Applicable	348	94.6
Total	368	100.0

<b>Meal Delivery</b>	<b>Frequency</b>	<b>Valid Percent</b>
Received care services, costs covered or partially covered	4	1.1
Received care services, provided by friend or family	7	1.9
Received care services, costs not covered	1	.3
Needed care services, not received	3	.8
Not Applicable	352	95.9
Total	367	100.0



<b>Respite Care</b>	<b>Frequency</b>	<b>Valid Percent</b>
Received care services, costs covered or partially covered	6	1.6
Received care services, provided by friend or family	4	1.1
Received care services, costs not covered	1	.3
Needed care services, not received	5	1.4
Not Applicable	349	95.6
Total	365	100.0

<b>Errands and Outings</b>	<b>Frequency</b>	<b>Valid Percent</b>
Received care services, costs covered or partially covered	8	2.2
Received care services, provided by friend or family	12	3.2
Received care services, costs not covered	1	.3
Needed care services, not received	6	1.6
Not Applicable	344	92.7
Total	371	100.0

**Thank you very much for completing this survey.**