

PINOLEVILLE POMO NATION



OUR VOICE, OUR SURVEY, OUR FUTURE ADULT QUESTIONNAIRE

Because what you think matters
This is a self-administered Questionnaire

You complete this yourself

-CONFIDENTIAL-

February 2017

SECTION A: PERSONAL INFORMATION

1. **Date of birth:** Day _____ Month _____ Year _____
2. **Sex** Male Female
3. **Do you are or any many members of your family legally blind?** Yes N
4. **How tall are you without your shoes?** _____ Feet _____ Inches
5. **How much do you weigh?** _____ Pounds
6. **How satisfied are you with your weight?**
 Very Satisfied Somewhat satisfied Neither satisfied nor dissatisfied
 Very dissatisfied Somewhat dissatisfied Don't know Refused
7. **Are you enrolled with?** Pinoleville Pomo Pomo Other _____
 Unknown None
8. **Do you live on the Pinoleville Reservation** Yes No
9. **What county do you live in?** Mendocino Lake Sonoma Other _____
10. **What is you Zip Code?** _____ **If not live in California, what state?** _____
11. **What is your marital status?** Married Divorced Widowed
 Separated Never married Partner Refused
12. **Which language (s) do you use most in daily life?** English Pomo
 Other _____
13. **How well can you speak Pomo? (or your native language)**
 Fluent Intermediate Basic Few words None
14. **What is the highest level of schooling you have completed for elementary and high school?** _____ No schooling Don't know Refused
15. **Did you graduate from high school?** Yes No Don't know Refused

16. Other than elementary and high school, what other education have you completed? Check all that apply.

- None
- Some trade, vocational, technical school
- Diploma or certificate from trade/vocational school
- Diploma or certificate from community college or university
- University/undergraduate degree
- Professional degree
- Master's Degree
- Earned doctorate (PhD)
- Other _____
- None

17. Was your training in a health field? Yes No

- nursing medicine mental health dentistry
- other _____

18. Do you have any children? Yes No _____ live with you

19. Do you have grand children? Yes No _____ live with you

20. Including yourself, how many children and youth usually live in this household?
Include all children under 18 who reside in the household at least half of the time.

_____ Number of children under 6 years old (5 years and younger)

_____ Number of children 6-11 years old

_____ Number of children 12-17 years old (less than 18)

_____ Total (add up 3 numbers above)

Refused

21. How many adults usually live in this household? Include all adults, 18 years an over who reside in the household at least half of the time.

_____ Number of adults 18-64 years of age

_____ Number of adults 65 years and over

_____ Total (add up the 2 numbers above)

Refused

22. Are any of the children enrolled in the Pinoleville Head Start Program?

Yes No

23. Are all of your children between the ages of 6 and 18 currently in school?

Yes No Refused

24. What is the last grade level completed? _____

SECTION B. EMPLOYMENT AND INCOME

25. Do you currently work for pay (wages, salary, self-employed?)

Yes No don't know refused

26. Are you currently looking for work?

Yes No don't know refused

27. Have any of the following problems made it difficult for you to find a job?

homelessness no child care no transportation
 no driver's license job skills no social security card
 other _____

If NOT working, please proceed to question No. 30.

28. Where is your work located? Pomo community other refused

29. On average, how many hours a week do you work? (A full time job is usually around 35 hours.) _____ Hours

30. What sector do you work in?

Agriculture, logging, fishing Information Construction
 Professional mechanical Manufacturing Administration
 Utilities Education Transportation
 Retail Management Arts, entertainment
 Hotel/food service Real estate Public administration
 Finance/insurance Health care Other

31. Check the amount that is closest to your total income last year.

\$16,400 \$22,100 \$27,800 \$33,600

\$39,200 \$45,000 \$50,100 \$52,000 +

32. What is the current source of your household income?

- | | | |
|--|--|--|
| <input type="checkbox"/> employment | <input type="checkbox"/> unemployment | <input type="checkbox"/> AFDC (TANIF, welfare) |
| <input type="checkbox"/> Social Security | <input type="checkbox"/> self-employed | <input type="checkbox"/> retirement funds |
| <input type="checkbox"/> student loans | <input type="checkbox"/> loans from family/friends | |
| <input type="checkbox"/> other | <input type="checkbox"/> none | <input type="checkbox"/> refused |

33. How many people depend on your income? _____

34. Is there a working telephone (land/cell) in your household? Yes No

35. Does your household own a working automobile? Yes No

36. Have you ever lived on a reservation? Yes No

37. Is Pinoleville Reservation your home reservation? Yes No

38. How long have you lived away from your home reservation? _____ Years

39. When was the last time you visited your home reservation? _____ Years

40. What was the reason for your last visit to the reservation?

SECTION HOUSING

41. Is your residence (home) rented owned other don't know
 living with a relative/friend refused

42. Does your home have?

- | | |
|---|--|
| <input type="checkbox"/> working smoke/carbon monoxide detector | <input type="checkbox"/> working fire extinguisher |
| <input type="checkbox"/> working telephone (land line) | <input type="checkbox"/> cell phone: how many _____ |
| <input type="checkbox"/> a computer <input type="checkbox"/> TV | <input type="checkbox"/> internet connection |
| <input type="checkbox"/> a refrigerator <input type="checkbox"/> radio | <input type="checkbox"/> a stove <input type="checkbox"/> wood stove |
| <input type="checkbox"/> electricity <input type="checkbox"/> microwave | <input type="checkbox"/> hot/cold running water |

- flush toilet septic tank
 garbage collection propane gas tank or PG&E

43. Is your dwelling in need of repair? yes, major yes, minor
 no, only maintenance don't know refused

44. In the past year, has there been any mold or mildew in your house? Yes No
 don't know

45. What is the main water supply for your household?

- city/county water system well
 trucked in collect it yourself from river, spring, pond
 from a neighbor's house from a store
 bottled water community water system (IHS)

46. Do you consider the main water supply in your home safe for drinking year round?

- Yes No

SECTION GENERAL HEALTH

47. In general, would you say that your health is?

- Excellent Very Good Good Fair Poor

48. Compared to last year, how would you say your health is now? much better

- about the same somewhat better somewhat worse much worse

49. What things make you healthy? Check all that apply.

- Good diet (low fat, high fiber, fruits, vegetables, etc.)
 Reduced stress
 Regular exercise/active in sports
 In balance (physical, emotional, mental, spiritual)
 Good social supports (family, friends, co-workers)
 Good sleep/proper rest

- Happy, content
- Other _____
- Don't know
- Refused

50. Do you or any members of your family have any of the following chronic health conditions? Check all that apply.

<u>Condition</u>	<u>Me</u>	<u>Family Member</u>		
A. Asthma	<input type="checkbox"/>	<input type="checkbox"/>		
B. Chronic fatigue syndrome	<input type="checkbox"/>	<input type="checkbox"/>		
C. <u>Rheumatoid Arthritis</u>	<input type="checkbox"/>	<input type="checkbox"/>		
D. Multiple Sclerosis	<input type="checkbox"/>	<input type="checkbox"/>		
E. Thyroid Disease	<input type="checkbox"/>	<input type="checkbox"/>		
F. <u>Diabetes</u>	<input type="checkbox"/>	<input type="checkbox"/>		
G. High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>		
H. Allergies	<input type="checkbox"/>	<input type="checkbox"/>		
I. <u>Cancer/Leukemia</u>	<input type="checkbox"/>	<input type="checkbox"/>		
J. Chronic Back Pain	<input type="checkbox"/>	<input type="checkbox"/>		
K. Arthritis	<input type="checkbox"/>	<input type="checkbox"/>		
L. <u>Osteoporosis</u>	<input type="checkbox"/>	<input type="checkbox"/>		
M. Chronic Bronchitis	<input type="checkbox"/>	<input type="checkbox"/>		
N. Cataracts	<input type="checkbox"/>	<input type="checkbox"/>		
O. <u>Glaucoma</u>	<input type="checkbox"/>	<input type="checkbox"/>		
P. Blindness	<input type="checkbox"/>	<input type="checkbox"/>		
Q. Hearings Impairment	<input type="checkbox"/>	<input type="checkbox"/>		
R. <u>Epilepsy</u>	<input type="checkbox"/>	<input type="checkbox"/>		
S. Psychologic Disorder	<input type="checkbox"/>	<input type="checkbox"/>		
T. Mental Disability	<input type="checkbox"/>	<input type="checkbox"/>		
U. <u>Learning Disability</u>	<input type="checkbox"/>	<input type="checkbox"/>		
V. Heart Disorder	<input type="checkbox"/>	<input type="checkbox"/>		
W. High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>		
X. <u>Effects of Stroke</u>	<input type="checkbox"/>	<input type="checkbox"/>		
Y. Thyroid Problems	<input type="checkbox"/>	<input type="checkbox"/>		
1. Liver Disorder	<input type="checkbox"/>	<input type="checkbox"/>		
2. <u>Stomach/Intestinal Problems</u>	<input type="checkbox"/>	<input type="checkbox"/>		
3. HIV/Aids	<input type="checkbox"/>	<input type="checkbox"/>		
4. Hepatitis	<input type="checkbox"/>	<input type="checkbox"/>		
5. Diabetes Type 1	<input type="checkbox"/>	<input type="checkbox"/>		
6. Diabetes Type 2	<input type="checkbox"/>	<input type="checkbox"/>	Me	Family

7. Alcohol/Drug Addition/ Substance Abuse [] []
 8. Attention Deficit Disorder (ADD/ADHD) [] []

51. In the past 12 months, have you experienced any of the following injuries that required the attention of a health care professional? Check an answer for each type.

- Broken or fractured bones [] Yes [] No
 Burns or scalds [] Yes [] No
 Dislocation [] Yes [] No
 Sprain or strain (major) [] Yes [] No
 Cuts, scrapes, or bruises (major) [] Yes [] No
 Concussion [] Yes [] No
 Poisoning [] Yes [] No
 Injury to internal organ [] Yes [] No
 Dental injury [] Yes [] No
 Hypothermia, frostbite, other injury due to cold exposure [] Yes [] No
 Other _____

52. What were the cause(s) of this injury (or injuries)? Check all that apply.

Injury	No	Yes	If yes, was alcohol or drug related?			
			Yes	No	Don't know	Refused
Motor vehicle accident (car, truck) driver or passenger						
Motor vehicle accident: pedestrian						
Motor vehicle accident while riding a bicycle						
Other bicycle accident						
ATV (all-terrain vehicle)						
Hunting accident						
Boating accident						
Fall or trip (NOT including bicycle, sport or snowmobile)						
Sport (not including bicycle or hunting)						
Physical assault						
Suicide attempt or self-induced injury						
Dog bite						
Bite by animal other than dog						
Fire or flames resulting fumes/ Scalded by hot liquid or food						
Natural environmental factors (sting, frostbite, etc.)						
Near drowning						
Asphyxia or other threats to breathing						
Accidental poisoning						
Other (Specify)						

53. Where did the injury(ies) occur? _____

54. What were you doing when the injury(ies) occurred? _____

55. Where did you get medical treatment for your injury (ies)?

- | | | |
|---|--------------------------------------|---|
| <input type="checkbox"/> Doctor's office | <input type="checkbox"/> Hospital ER | <input type="checkbox"/> CTHP Clinic |
| <input type="checkbox"/> At school | <input type="checkbox"/> At work | <input type="checkbox"/> Traditional healer |
| <input type="checkbox"/> Community Health Clinic | | <input type="checkbox"/> At home |
| <input type="checkbox"/> Didn't seek medical care | | <input type="checkbox"/> Other |

Section DISABILITY

56. Are you limited in the kinds or amounts of activity you can do at home or work because of a personal or mental condition, or a health problem?

- Yes Yes, sometimes No Refused

57. Do you have difficulties with any of the following activities?

- | | | |
|---|------------------------------|-----------------------------|
| Seeing/reading newsprint/book | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Hearing normal conversations | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Having speech understood | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Lifting or carrying 10 lbs. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Walking 5 minutes without resting | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Climbing stairs without getting out of breath | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

SECTION HOME HEALTH CARE

58. Because of a physical condition or health problem do you believe you currently need any of the following at home?

- | | | |
|----------------------------------|------------------------------|-----------------------------|
| Light housekeeping | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Home maintenance | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Care of a nurse | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Terminally ill care | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Personal care (grooming/washing) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Meals prepared or delivered [] Yes [] No
Managing medications [] Yes [] No
HOSPICE [] Yes [] No

59. Would you like a CHR (Community Health Representative) to call on you to check immediate family members that have been placed in a long term care facility or nursing home?

[] Yes [] No

60. Do you have an immediate family member that has been placed in a long term care facility or nursing home? [] Yes [] No

61. How old was your immediate family member when they entered a long term care Facility or nursing home? _____ Years

62. What the main reason your immediate family member is in the long term facility or nursing home?

SECTION PERSONAL SAFETY

63. Have you experienced physical aggression in the past twelve months? (Include hitting, kicking, bullying)

[] often [] sometimes [] rarely [] never [] refused

64. Have you ever experienced any verbal aggression in the past twelve months?

[] often [] sometimes [] rarely [] never [] refused

65. Did you seek help with the aggression? [] Yes [] No [] Refused

66. Do you feel safe at home? [] Yes [] No

SECTION HEALTH CARE ACCESS

67. Do you use traditional (herbal) medicine? [] Yes [] No

68. Have you had any of the following difficulties when trying to access traditional medicine?

- no difficulties
- don't know where to get it
- can't afford it
- concerned about effects
- do not know enough about it
- not available
- not interested
- don't know
- other

69. Do you have any kind of health coverage, including health insurance, Medicare, Medicaid (Medi-Cal), or Indian Health Service (Consolidated Health Project), Obamacare? Yes No Don't know

70. What is the one clinic, health center or doctor's office that you usually go if you are sick or need advice about your health?

- Consolidated Tribal Health Project
- Woman's health care clinic
- Other _____

71. About how long has it been since you last visited a doctor for routine checkup or physical exam?

- _____ within 12 months
- _____ within 2 years
- _____ within 5 years
- _____ never

72. Have you ever used Indian Medicine or seen a Medicine Woman or Man in the past 5 years? Yes No

73. Do you believe traditional medicine is effective? Yes No

74. About how long has it been since you last had your blood pressure taken?

- within 12 months
- within 2 years
- within 5 years
- never

75. Have you been told by any a doctor, nurse, or other health professional that you have high blood pressure? Yes No

76. Have you been told by any a doctor, nurse, or other health professional that your blood cholesterol is high? Yes No

77. Has anyone in your family had diabetes? Yes No

78. Have you ever been told by a doctor that you have diabetes? Yes No

79. How old were you when you were told that you have diabetes? _____ Years

80. How do you care for your diabetes? (Check all that apply)

insulin pills diet exercise foot check none

81. How many times in the last 12 months have you seen a doctor, nurse, or health professional for diabetes? _____ Number of times never

81. When was the last time you had any dental care?

less than one year one year two to five years never

82. What type of dental treatment do you currently need? (Mark all that apply.)

none teeth cleaning extracting
 dentures fluoride treatment urgent care – pain
 braces don't know other

84. How often do you use seat belts when you drive or ride in a car?

always sometimes never

85. Have you smoked at least 100 cigarettes (5 packs) in your entire life?

Yes No

86. At what age did you start smoking? _____ Years

87. How often do you smoke cigarettes/tobacco products (chew)?

every day some days not at all

88. On average, about how many cigarettes/tobacco products you now smoke per day? _____ Number or _____ packs per day

89. Do you smoke inside your home or car? Yes No

90. During the past 12 months, have you quit smoking for one (10 days or longer)?
 one No

91. How many times in your lifetime have you tried to quit smoking?
 none 0-5 times 6-10 times

92. Do you allow other people to smoke inside your house/car? Yes No

93. Do you want to quit smoking or using tobacco products? Yes No

SECTION WOMEN'S HEALTH AND MEN'S HEALTH

94. How long has it been since your last clinical breast exam?
 less than 1 year less than 2 years less than 5 years never

95. How long has it been since your last mammogram, if ever?
 less than 1 year less than 2 years less than 5 years never

96. How long has it been since your last Pap smear, if ever?
 less than 1 year less than 2 years less than 5 years never

97. How many women in your family (mother/sisters) have had breast cancer?
_____ Women

98. How many men have had prostate cancer? No. _____ Men

99. Are you currently pregnant? Yes No Don't know Refused

100. If yes, how many weeks? _____

101. Have you ever had a physical prostate check (rectal exam and/or a PSA test)?

The PSA test is used to screen for cancer of the prostate. Yes No Don't know

102. Have you ever had a colonoscopy exam? This exam is used to screen for cancerous Polyps (growths) in your colon. Yes No Don't know

SECTION FOOD AND NUTRITION

103. Do you eat a nutritious balanced diet?

Always Never Sometimes Don't know Refused

104. On average, how often do you eat or drink the following foods: Choose the answer that best describes the way that you usually eat.

Food and drink Items	Never hardly ever	Less than once a week	A few times a week	Once a day	Several times a day
Coffee/Tea					
Flavored coffee (latte, coffee mocha, etc.)					
Soda/Soft Drink					
Juices, power drinks					
Fast food (e.g. burgers, pizza, tacos)					
Cakes/Pies/Cookies/Candy/Chocolate					
French fries, Potato chips, Pretzels, Fry Bread, etc.					
Added salt (e.g. from salt shaker)					
Added sugar (e.g. on cereal or in coffee/tea)					

105. In the past 12 months, how often have you eaten the following traditional foods?

Traditional Foods	Not at all	A few times	Often
Land based animals (moose, caribou, bear, deer, etc.)			
Fresh water fish			
Salt water fish			
sea weed, shellfish, eels, clams, urchins, abalone			

Sea-based animals (whale, seal, walrus, etc.)			
Game birds (goose, duck, partridge, etc.)			
Small game (rabbit, musket, etc.)			
Berries or other wild vegetation			
Fry Bread/Indian bread			
Acorn soup/mush			
Other (specify)			

106. In the past 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for meals/food?

Yes No Don't know

107. In the past 12 months, were you ever hungry but didn't eat because there wasn't enough money for food? Yes No Don't know

SECTION. PHYSICAL ACTIVITY

108. What types of physical activities have you participated in during the last 12 months? Read the whole list. Mark all that apply.

- Hunting
- Fishing
- Bicycle riding
- Walking
- Running/jogging
- Dancing
- Hiking
- Swimming
- Bowling
- Gardening/yard work
- Skating
- Golf
- Berry picking or other food gathering
- Weights, exercise equipment
- Canoeing/kayaking
- Martial arts (Karate, Judo etc.)
- Skiing/snowboarding
- Competitive or group sports
- Other _____

109. In the past 12 months how many times did you participate in the activities above?

daily 3 times a week 2 times a month

110. During the past week, how much time in the average day did you spend watching TV, reading, playing bingo/video games, or working at your computer (outside of working or school day)?

- less than 30 minutes 30 min to 1 hour
 1 to 2 hours more than 2 hours
 don't know

SECTION ALCOHOL

111. During the past 12 months have you had a drink of beer, wine, liquor or any other alcoholic beverage? Yes No

112. During the past 12 months, how often did you drink alcohol beverages?

- once a day 2-3 times a week 2-3 times a month
 about 2-3 times a year

113. During the past 12 months, how often have you had 5 or more alcoholic drinks on one occasion?

- never less than 1 time/month 2-3 times /month
 once per week more than once per week everyday

114. Have you had any of the following substances in the past 12 months (without a prescription)?

- cannabis meth sedation/sleeping pills cocaine
 Inhalants LSD/mushrooms heroin/morphine

115. Have you ever sought treatment for substance abuse/addiction?

- Yes No

116. If you ever gambled (bingo, slots, lottery ticket, casino, and sports games) has it caused any financial problems for you and your family? Yes No

SECTION PERSONAL WELLNESS

117. How important is traditional spirituality in your life?

very important somewhat important not important don't know

118. How important is religion in your life (i.e., Christian, Buddhism, Islam, Native American Church, Indian tradition)?

very important somewhat important not important don't know

119. How often do you feel that you are in balance in the four aspects of your life (physical, emotional, mental and spiritual)?

Life Balance	All the time	Most	Some	None
Physical				
Emotional				
Mental				
Spiritual				

120. In the past month, how often did you feel tired out for no good reason?

all the time some of the time most of the time none of the time

121. In the past month, how often did you feel depressed?

all the time some of the time most of the time none of the time

122. In the past month, did you have difficulty sleeping too much or not at all?

all the time some of the time most of the time none of the time

123. In the past month, how often did you feel sad or hopeless?

all the time some of the time most of the time none of the time

124. In the past month, how often did you feel happy?

all the time some of the time most of the time none of the time

125. In the recent past, did you feel that someone or something is out to get you, making it hard to trust? Yes No

126. When you have problems and need support, is there a person (relative, friend, health professional) you can talk to? Yes No

SECTION SUICIDE

127. During the past 12 months, was there ever a time when you felt sad, blue or depressed for 2 weeks or more in a row?

- Yes No Don't know Refused

128. In the past 12 months, has a close friend or family member committed suicide?

- Yes No Don't know Refused

129. Have you ever attempted suicide? Yes No Refused

130. Have you ever had thought of death? Yes No

SECTION COMMUNITY WELLNESS AND TRADITIONAL CULTURE

131. What are the major challenges the Pinoleville Community is currently facing?

(Check all that apply).

- | | | | |
|---|--|---|---------------------------------------|
| <input type="checkbox"/> housing | <input type="checkbox"/> funding | <input type="checkbox"/> health | <input type="checkbox"/> crime/safety |
| <input type="checkbox"/> culture | <input type="checkbox"/> gangs | <input type="checkbox"/> alcohol/drug abuse | |
| <input type="checkbox"/> education & training opportunities | <input type="checkbox"/> control over decisions | | |
| <input type="checkbox"/> natural environment/resources | <input type="checkbox"/> employment/number of jobs | | |
| <input type="checkbox"/> teenage pregnancy | <input type="checkbox"/> Sexual abuse | | |
| <input type="checkbox"/> Land advisory | <input type="checkbox"/> Law enforcement | | |
| <input type="checkbox"/> preserving PNN culture | <input type="checkbox"/> help for elders/seniors | | |
| <input type="checkbox"/> historical trauma | <input type="checkbox"/> Other _____ | | |

132. What are the main strengths of our community?

- | | |
|---|--|
| <input type="checkbox"/> family values | <input type="checkbox"/> strong leadership |
| <input type="checkbox"/> social connections | <input type="checkbox"/> awareness of Pomo culture |
| <input type="checkbox"/> traditional ceremonial activities | <input type="checkbox"/> community health programs |
| <input type="checkbox"/> good leisure/recreation facilities | <input type="checkbox"/> Head Start |

- use of Pomo culture
- natural environmental
- strong economy
- our youth
- Big Times
- Other _____
- low rate of suicide/crime/drug abuse
- Elders
- education & training opportunities
- Tribal Council

133. Do you take part in Pinoleville community cultural events?

- always
- sometimes
- rarely
- never

SECTION TRIBAL CULTURE

134. Do you experience “PRIDE” in your Native heritage? Yes No

135. How important are traditional Pomo beliefs to you?

- very important
- somewhat important
- not very important
- not at all

136. How familiar are you with Tribal history for the last 150 years or so? Would you say:

- not at all
- somewhat
- very familiar

137. How important are traditional cultural events in your life? Some examples are: Big Times, powwows, sweat lodges, pipe ceremonies, seasonal and community feasts.

- Very important
- Not important
- Somewhat important
- Don't know
- Not very important
- Refused

138. Are there any issues that affect the wellbeing of adults in our community that we need to address?

139. What recommendation do you have that the Pinoleville Tribe can do for your family and friends?

The questionnaire is now complete.

***THANK YOU FOR PARTICIPATING IN THIS CONFIDENTIAL
PINOLEVILLE COMMUNITY SURVEY!***