

To Protect and Promote the Health and the Environment of the People of Kittitas County



A total of 858 surveys were collected during 2010. Of these, 844 surveys (98.4%) were collected from Kittitas County residents. 545 surveys (63.5%) were submitted on paper and 313 (36.5%) were submitted online. Of all submitted surveys, 676 (78.8%) were accompanied by an entry for the survey drawing. For this analysis, surveys submitted from those listing a zip code outside of Kittitas County have been removed. Surveys with a missing zip code are included.

	None	A little	Some	Most	Total responses
Convenience stores/ corner stores (7-Eleven, Circle K, etc.)	72.7% (573)	22.0% (173)	4.6% (36)	0.8% (6)	788
Fast food restaurants	35.8% (284)	49.2% (390)	14.6% (116)	0.4% (3)	793
Food bank or soup kitchen	83.6% (649)	6.4% (50)	8.0% (62)	1.9% (15)	776
Food stand (taco wagons, sandwich wagons, etc.)	83.2% (650)	12.9% (101)	3.3% (26)	0.5% (4)	781
Large grocery stores (Fred Meyer, Albertson's, Safeway, Super 1)	0.2% (2)	1.8% (15)	10.7% (89)	87.3% (729)	835
Senior meal program (Meals on Wheels, senior center meals)	95.8% (743)	1.7% (13)	1.8% (14)	0.8% (6)	776
Sit down restaurants	27.6% (219)	51.5% (409)	20.7% (164)	0.3% (2)	794
Small grocery stores (18 th Street Deli, La Estrella, Better Life, etc.)	65.9% (522)	25.0% (198)	7.2% (57)	1.9% (15)	792
Other source	53.7% (102)	16.3% (31)	20.5% (39)	9.4% (18)	190

1. In the past **month**, how much of your food came from the following sources?



507 N. Nanum St. Suite. 102 · Ellensburg, WA 98926 T: 509.962.7515 · F: 509.962.7581 www.co.kittitas.wa.us/health/ 2. When in season, how much of your food comes from the following sources?

	None	A little	Some	Most	Total responses
Farmer's markets	26.2% (214)	40.8% (334)	29.1% (238)	3.9% (32)	818
Home or community garden	41.7% (335)	27.5% (221)	24.8% (199)	6.0% (48)	803
Directly from local farms	58.6% (459)	28.4% (222)	11.0% (86)	2.0% (16)	783

3. Do you have access to a fruit/vegetable garden? If yes, check all that apply.

	% of respondents	number of respondents
I have my own garden	53.0%	375
I share a garden with someone	16.1%	114
I garden at a community garden	3.4%	24

Do you have access to a fruit/vegetable garden? If no, why not? Check all that apply.

	% of respondents	number of respondents
I don't have a place	59.2%	238
I don't know how	18.7%	75
I don't have time	34.6%	139
I can't afford to	15.7%	63
I don't want to	15.7%	63
Other reason	21.0%	65

4. How often do you or someone in your household prepare dinner at home?

	% of respondents	number of respondents
0-2 days per week	4.0%	33
3-4 days per week	13.7%	113
5-6 days per week	29.3%	242
Generally every day	53.3%	438
TOTAL	100.0%	826

5. How important are the following in where you get your food?

	Not important	Somewhat important	Very important	Total responses
Quality	1.0% (8)	13.0% (107)	86.0% (707)	822
Tastes good	0.6% (5)	12.3% (101)	87.1% (713)	819
Distance (close to home/work)	8.7% (71)	46.8% (383)	44.5% (364)	818
Cost	1.8% (15)	30.5% (250)	67.7% (556)	821
What my family likes/wants	4.2% (33)	28.5% (225)	67.3% (531)	789
Acceptance of EBT (food stamps) and/or WIC checks	70.9% (567)	6.6% (53)	22.5% (180)	800
Nutrition/health	1.8% (15)	21.8% (180)	76.4% (631)	826
Variety of selection	2.9% (24)	38.1% (312)	59.0% (484)	820

6. Do you have access to the following cooking equipment?

	Yes	No	Total
Barbecue	76.6%	23.4%	821
	(629)	(192)	
Crockpot	82.5%	17.6%	826
-	(681)	(145)	
Freezer	97.0% (801)	3.0% (25)	826
	94.3%	5.7%	
Microwave	(781)	(47)	828
Oven or convection oven	98.4%	1.6%	
	(816)	(13)	829
	100.0%	0.0%	000
Refrigerator	(833)	(0)	833
Stove or hetalete	96.5%	3.5%	026
Stove or hotplate	(797)	(29)	826
Toaster	94.6%	5.4%	829
	(784)	(45)	029
Food preservation equipment (canning, drying)	48.2%	51.8%	813
	(392)	(421)	015
Other items necessary to cook at home	92.1%	7.9%	759
other items necessary to cook at nome	(699)	(60)	, , , , ,

7. In the last **year** did you or other members of your household ever skip meals or eat less because you didn't have enough food?

	% of respondents	number of respondents
Almost every month in the last year	6.0%	50
Several months in the last year	7.0%	58
1 or 2 months in the last year	11.1%	92
No, this didn't happen	75.9%	630
TOTAL	100.0%	830

8. What makes it hard for you to get the food you need? Check all that apply.

	% of respondents	number of respondents
Lack of money	38.9%	317
Lack of time	17.3%	141
Lack of transportation	6.8%	55
High prices	38.8%	315
Distance to food sources	9.6%	78
Lack of availability of food my family wants/likes	9.5%	77
Lack of food banks, meal programs, or food assistance	3.1%	25
Nothing	35.5%	289

10. How often do you or other members of your household eat something that you consider to be less healthy because it is cheaper?

	% of respondents	number of respondents
Never	11.5%	94
Rarely	28.0%	229
Sometimes	39.8%	326
Often	17.6%	144
All of the time	3.2%	26
TOTAL	100.0%	819

11. Do you think that access to healthy foods is a problem in your community?

	% of respondents	number of respondents
Yes	34.3%	281
No	44.9%	368
I don't know	20.9%	171
TOTAL	100.0%	820

13. If locally grown foods were more available, how often would you buy them instead of other foods?

	% of respondents	number of respondents
Never	0.5%	4
Rarely	0.7%	6
Sometimes	15.9%	129
Often	51.4%	416
All of the time	26.7%	216
I don't know	4.8%	39
TOTAL	100.0%	810

14. What makes it hard for you to buy locally grown foods? Check all that apply.

	% of respondents	number of respondents
Not available	26.4%	214
Don't know where to get it	32.2%	261
More expensive	53.6%	434
Poorer quality	4.6%	37
Nothing	14.8%	120
Other reason	15.2%	123

16. How old are you?

	% of respondents	number of respondents
19 and under	2.2%	18
20-24	10.8%	87
25-29	9.4%	76
30-34	10.0%	81
35-39	9.4%	76
40-44	9.9%	80
45-49	8.5%	69
50-54	10.4%	84
55-59	9.3%	75
60-64	8.4%	68
65-69	6.1%	49
70-74	2.6%	21
75-79	1.7%	14
80 and higher	1.4%	11

17. How many people live in your household?

	% of respondents	number of respondents
Adults		
1	27.8%	227
2	59.8%	489
3	8.0%	65
4	3.9%	32
5	0.5%	4
6	0.1%	1
Children		
0	62.2%	509
1	13.6%	111
2	15.3%	125
3	5.5%	45
4	2.2%	18
5	1.0%	8
6	0.1%	1
7	0.2%	2

18. Do you rent or own your place of residence?

	% of respondents	number of respondents
Rent	39.7%	320
Own	55.5%	448
Other	4.8%	39
TOTAL	100.0%	807

19. What is your zip code?

	% of respondents	number of respondents
98922 – Cle Elum	9.2%	76
98925 – Easton	1.2%	10
98926 – Ellensburg	75.4%	621
98934 – Kittitas	4.4%	36
98940 – Ronald	0.9%	7
98941 – Roslyn	3.8%	31
98943 – South Cle Elum	1.8%	15
98946 – Thorp	1.7%	14
TOTAL	100.0%	810

21. What is your household's approximate **yearly** income?

	% of respondents	number of respondents
Less than \$10,000	17.3%	135
\$10,000 to less than \$15,000	10.1%	79
\$15,000 to less than \$20,000	6.7%	52
\$20,000 to less than \$25,000	6.2%	48
\$25,000 to less than \$35,000	11.5%	90
\$35,000 to less than \$50,000	14.5%	113
\$50,000 to less than \$75,000	18.7%	146
\$75,000 or more	15.1%	118
TOTAL	100.0%	781

22. What is your race/ethnicity?

	% of respondents	number of respondents
White	89.1%	661
Hispanic	4.9%	36
Black	1.1%	8
Asian	1.2%	9
Native American	1.2%	9
Multiple races	2.6%	19
TOTAL	100.0%	742

23. What is your gender?

	% of respondents	number of respondents
Male	20.1%	159
Female	79.9%	632
TOTAL	100.0%	791