



OKLAHOMA
State Department
of Health

Family Support & Prevention Service
Community Survey Analysis

October 2020
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OCAP Community Survey Analysis

Note: Some totals may not equal 100%; this is due to rounding, missing data, or multiple responses

Demographics

A total of 1,221 respondents completed the survey throughout the months of August and September, 2020. Nearly all took the survey through an online link, with eight that accessed the survey via a QR code. Sixty-eight of the 77 counties were represented (see **Table 1**).

| Table 1. Respondents' County | | | | | | | | |
|------------------------------|--------|---------|------------|--------|---------|---------------------------------------|--------|---------|
| County | Number | Percent | County | Number | Percent | County | Number | Percent |
| Adair | 3 | 0.3 | Haskell | 4 | 0.3 | Okmulgee | 11 | 0.9 |
| Alfalfa | 1 | 0.1 | Hughes | 2 | 0.2 | Osage | 10 | 0.8 |
| Beaver | 3 | 0.3 | Jackson | 12 | 1.0 | Ottawa | 7 | 0.6 |
| Beckham | 8 | 0.7 | Jefferson | 1 | 0.1 | Pawnee | 10 | 0.8 |
| Blaine | 1 | 0.1 | Johnston | 2 | 0.2 | Payne | 17 | 1.4 |
| Caddo | 3 | 0.3 | Kay | 29 | 2.5 | Pittsburg | 14 | 1.2 |
| Canadian | 32 | 2.7 | Kingfisher | 10 | 0.8 | Pontotoc | 4 | 0.3 |
| Carter | 7 | 0.6 | Kiowa | 25 | 2.1 | Pottawatomie | 17 | 1.4 |
| Cherokee | 18 | 1.5 | Latimer | 6 | 0.5 | Pushmataha | 8 | 0.7 |
| Choctaw | 4 | 0.3 | LeFlore | 6 | 0.5 | Roger Mills | 1 | 0.1 |
| Cleveland | 61 | 5.1 | Lincoln | 10 | 0.8 | Rogers | 34 | 2.9 |
| Coal | 3 | 0.3 | Logan | 3 | 0.3 | Seminole | 2 | 0.2 |
| Comanche | 10 | 0.8 | Major | 1 | 0.1 | Sequoyah | 20 | 1.7 |
| Craig | 11 | 0.9 | Marshall | 2 | 0.2 | Stephens | 8 | 0.7 |
| Creek | 38 | 3.2 | Mayes | 25 | 2.1 | Texas | 1 | 0.1 |
| Custer | 5 | 0.4 | McClain | 11 | 0.9 | Tillman | 2 | 0.2 |
| Delaware | 16 | 1.4 | McCurtain | 6 | 0.5 | Tulsa | 332 | 28.0 |
| Garfield | 19 | 1.6 | McIntosh | 3 | 0.3 | Wagoner | 45 | 3.8 |
| Garvin | 8 | 0.7 | Muskogee | 22 | 1.9 | Washington | 11 | 0.9 |
| Grady | 14 | 1.2 | Noble | 2 | 0.2 | Washita | 4 | 0.3 |
| Greer | 1 | 0.1 | Nowata | 6 | 0.5 | Woods | 7 | 0.6 |
| Harmon | 1 | 0.1 | Oklahoma | 152 | 12.8 | Woodward | 6 | 0.5 |
| Harper | 3 | 0.3 | | | | <i>Frequency missing/unknown - 35</i> | | |

The majority of respondents lived in households containing 3 or 4 people, and had children between the ages of 6 and 13 years and older than 18 years (see **Tables 2 and 3**). Most were mothers (see **Figure 1**); of those who reported “Other,” responses included aunt, cousin, and sister. Ninety-two percent were female (8% male) and 74% were White, non-Hispanic (see **Figure 2**). The majority of respondents were in their 30s or 40s with the average age being 43 years (see **Figure 3**).

Table 2: Household Size

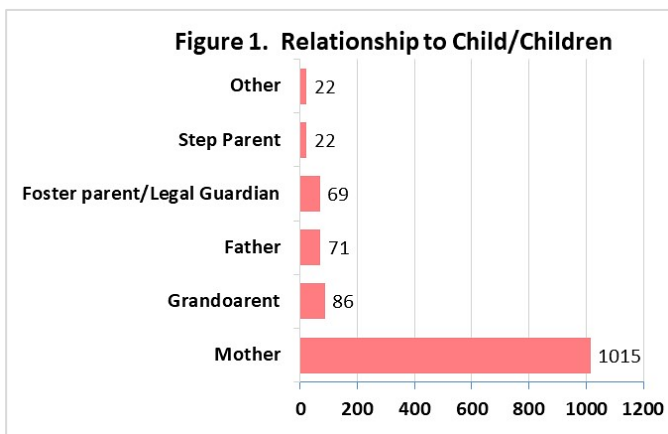
| | # | % |
|-----------|-----|-------|
| 1 Person | 37 | 4.2% |
| 2 People | 177 | 20.3% |
| 3 People | 214 | 24.5% |
| 4 People | 233 | 26.7% |
| 5 People | 119 | 13.6% |
| 6+ People | 93 | 10.7% |

Frequency missing/unknown – 348

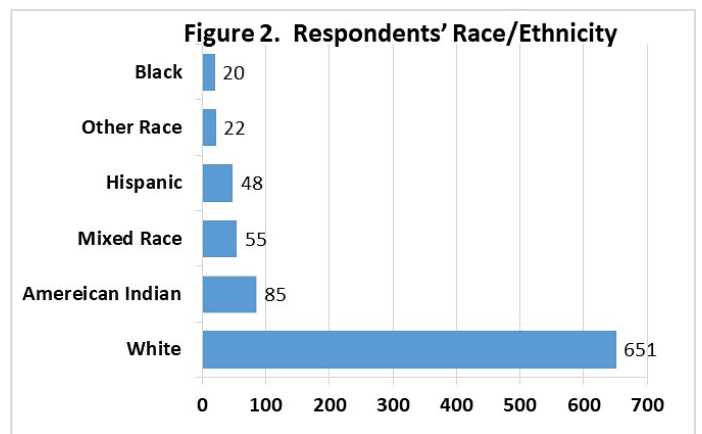
Table 3: Children’s Ages

| | # | % |
|---------------------|-----|-------|
| Less than 1 year | 101 | 8.4% |
| 1 – 2 years | 174 | 14.5% |
| 3 – 5 years | 282 | 23.5% |
| 6 – 13 years | 518 | 43.2% |
| 14 – 18 years | 306 | 25.5% |
| Older than 18 years | 487 | 40.6% |

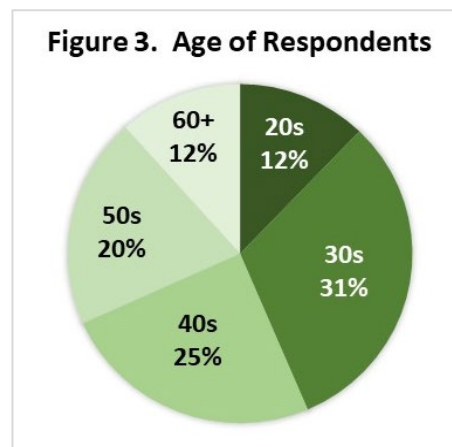
Frequency missing/unknown – 22



Frequency Missing/Unknown = 22

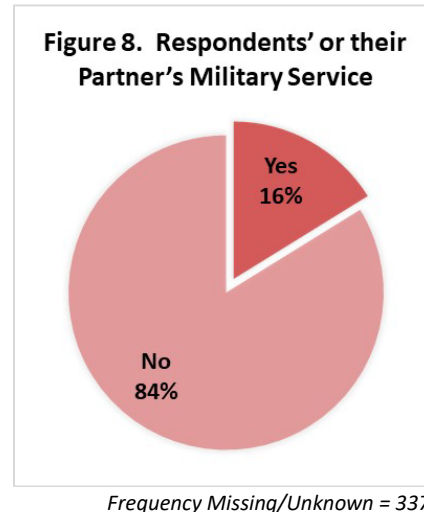
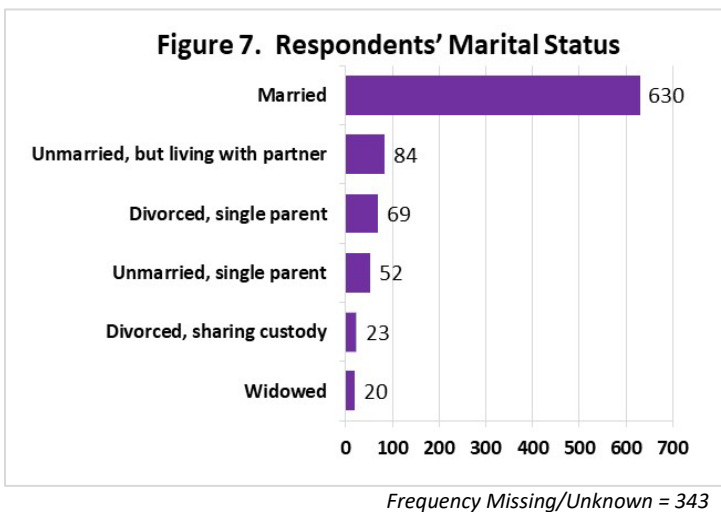
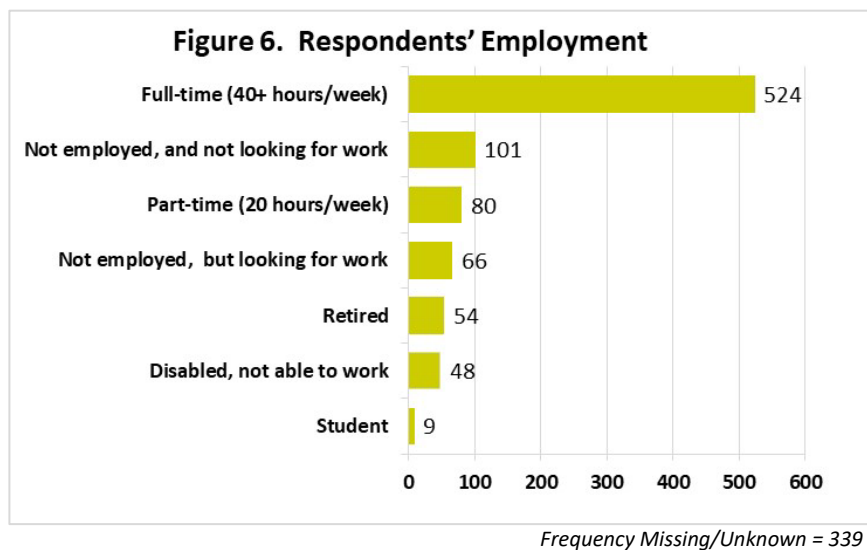
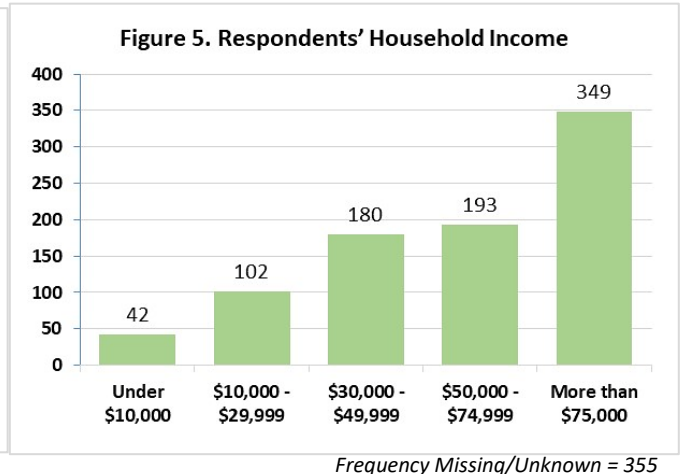
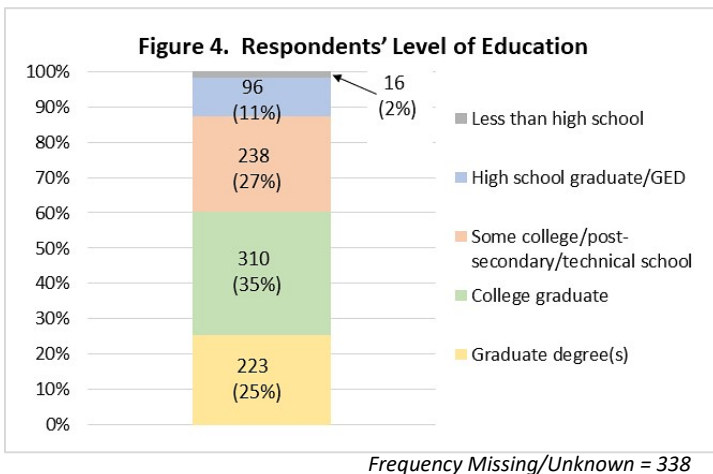


Frequency Missing/Unknown = 340



Frequency Missing/Unknown = 347

Most respondents held bachelor or graduate degrees (see **Figure 4**), made over \$75,000/year (see **Figure 5**), were employed full-time (see **Figure 6**), and were married (see **Figure 7**). Further, most respondents and/or their partners had not served in the U.S. military (see **Figure 8**).



Awareness and Use of Community Resources

When considering awareness and use of community resources, most respondents agreed that they had heard of the resources but not used them (see **Table 4**). The services most frequently used were for insurance and health care. Over half the respondents had not heard of parent support programs, and over one in four had not heard of home-based services.

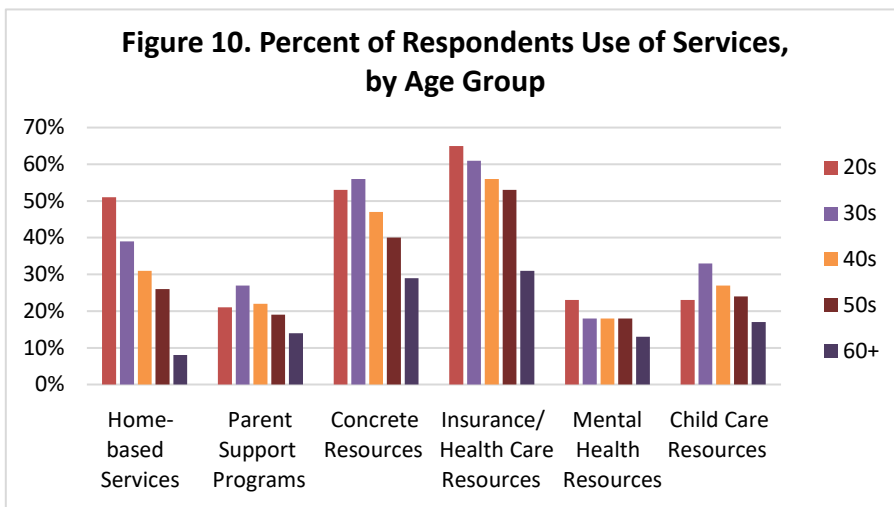
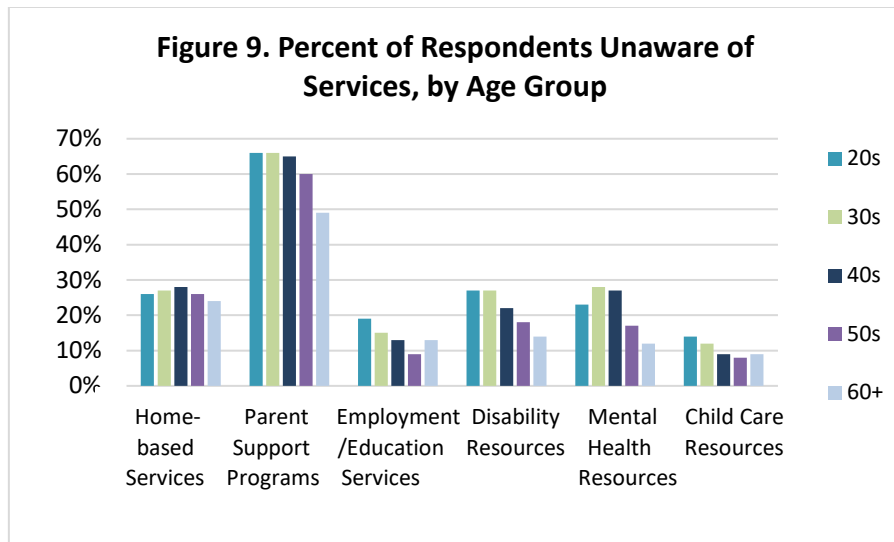
| Table 4. Awareness and Use of Community Resources | | | |
|--|-----------------------------------|---|---------------------------|
| Service | “I have not heard of this” | “I know of it, but haven’t used” | “I have used this” |
| | # (%) | # (%) | # (%) |
| Home-based Services | 337 (28%) | 613 (51%) | 261 (22%) |
| Parent Support Programs | 760 (63%) | 359 (30%) | 78 (7%) |
| Food, Housing, and Clothing Resource Programs | 26 (2%) | 646 (53%) | 539 (45%) |
| Employment and Education Resource Programs | 175 (15%) | 728 (60%) | 302 (25%) |
| Insurance/Health Care Resource Programs | 31 (3%) | 535 (44%) | 642 (53%) |
| Disability Resource Programs | 272 (23%) | 873 (73%) | 57 (5%) |
| Mental Health Resource Programs | 272 (23%) | 777 (65%) | 154 (13%) |
| Child Care Resource Programs | 130 (11%) | 808 (67%) | 269 (22%) |

Child Age and Awareness

Parents of children aged zero to five years were more unaware of disability resources ($p = 0.004$) and mental health resources ($p = 0.02$) when compared to parents with older children. Additionally, parents of younger children were more likely to have used home based services ($p < 0.001$) and parent support programs ($p < 0.001$) than parents of older children. Overall, parents were most unaware of parent support services, and had used insurance and health care resources and concrete resources (food, housing, clothing) regardless of the age of their children.

Parent Age and Awareness

Younger parents were more unaware of employment and education resources ($p = 0.039$) and mental health resources ($p = 0.024$) when compared with older parents. (see **Figure 9**). Additionally, younger parents were more likely to use home-based services ($p < 0.00001$), concrete resources (food, clothing, housing; $p = 0.000026$) and insurance and health care services ($p = 0.00029$) when compared with older parents (see **Figure 10**).



Level of Education and Awareness

Respondents with ‘some college’ or less were more likely to be unaware of all services compared to those with a college or graduate degree education (see **Figure 11**), with mental health services ($p < 0.001$), home-based services ($p < 0.001$), and disability services ($p < 0.001$) showing most significant differences. The majority of parents, regardless of educational level, were most unaware of parent support services. Of the respondents that were aware of services, those with ‘some college’ or less were more likely to have used concrete (food, housing, clothes) resources ($p < 0.001$), insurance/healthcare resources ($p < 0.001$), and home-based services ($p < 0.001$), compared to those with a higher education (see **Figure 12**).

Figure 11. Percent of Respondents Unaware of Services, by Level of Education

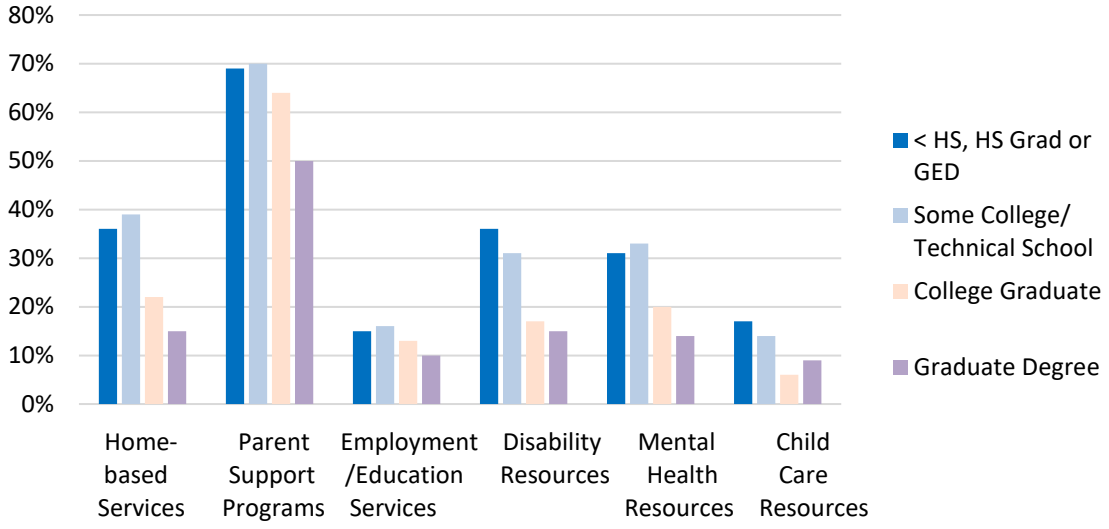
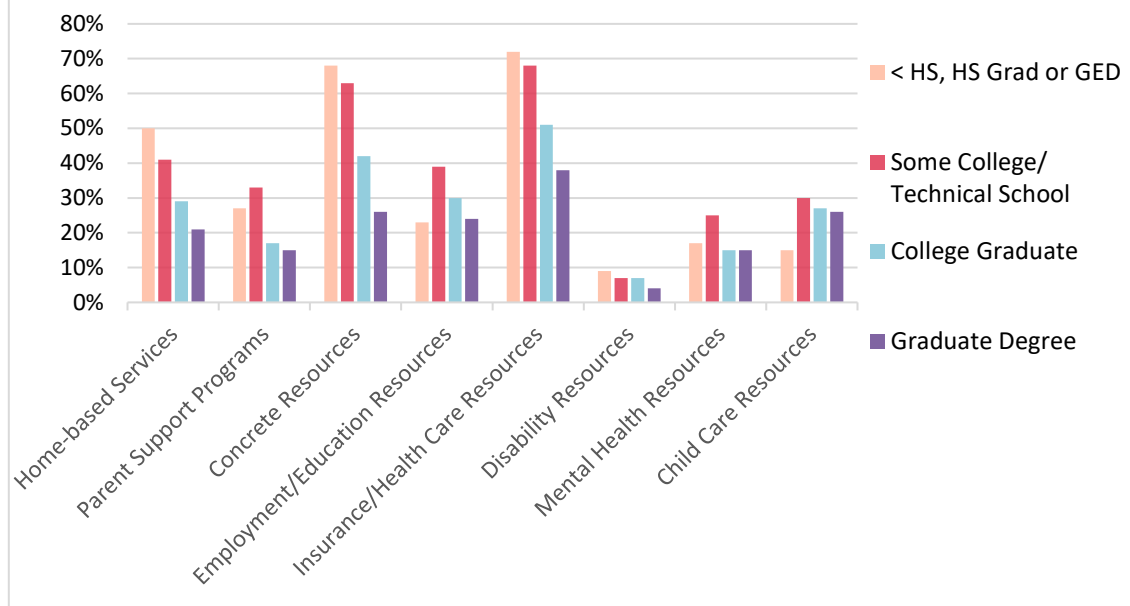


Figure 12. Percent of Respondents Use of Services, by Level of Education



Income and Awareness

Respondents with an income of \$30,000 or less were more likely to be unaware of disability resources ($p < 0.001$), home-based services ($p < 0.001$), and child care resources ($p = 0.001$) compared to those making over \$75,000. Respondents of all income levels were most unaware of parent support programs (see **Figure 13**). With the exception of child care resources, respondents with lower incomes were also more likely to use all other services when compared to higher earners. Services showing the greatest difference were concrete resources (food, clothing, housing, ($p < 0.001$), insurance and health care resources ($p < 0.001$), and home-based services ($p < 0.001$; see **Figure 14**).

Figure 13. Percent of Respondents Unaware of Services, by Income

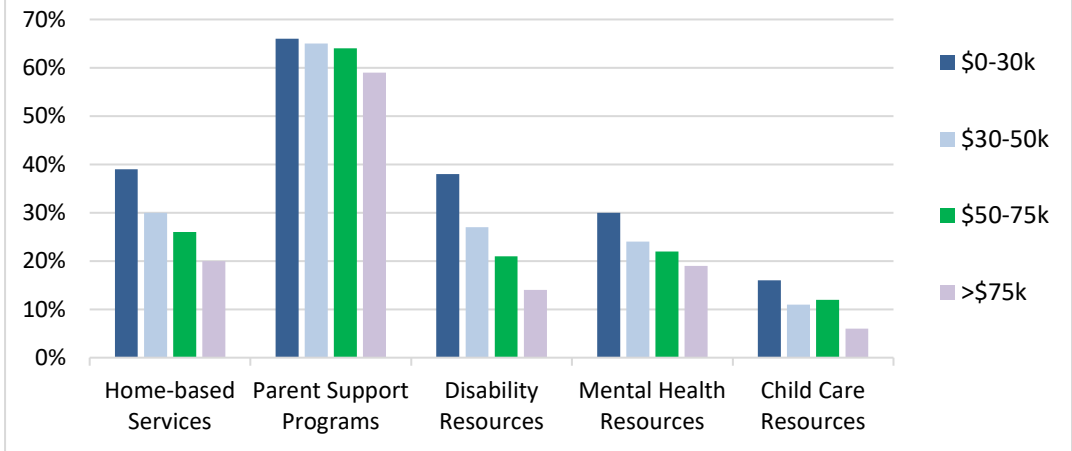
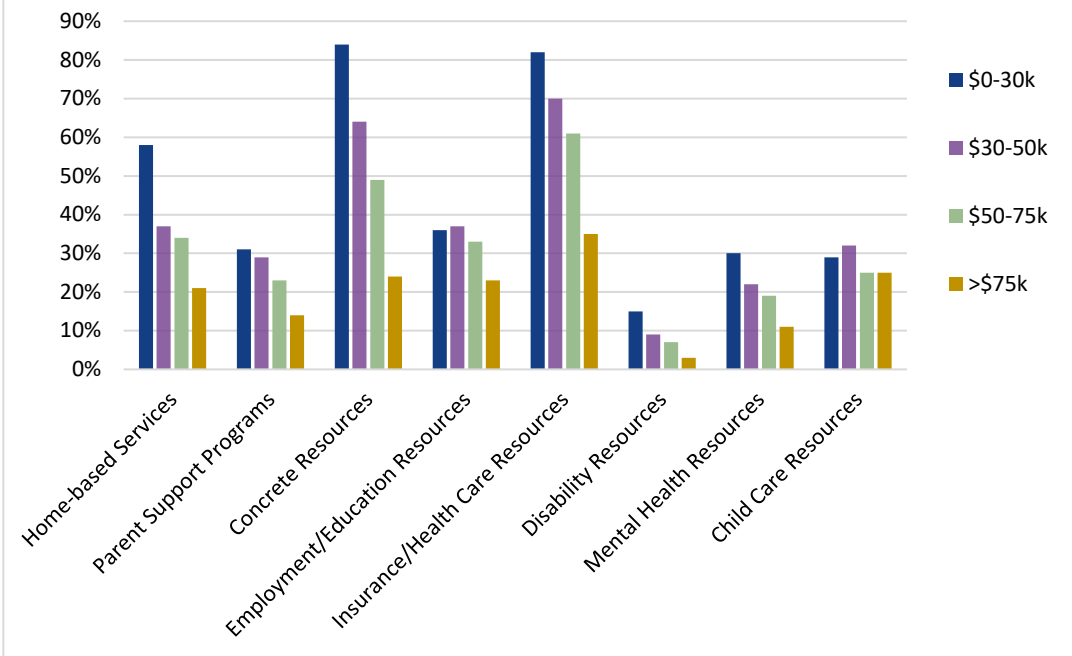


Figure 14. Percent of Respondents Use of Services, by Income



Ease of Access (see Table 5)

Very easy or easy to access:

- Prenatal health care
- Affordable, quality child education
- Affordable, quality adult education
- Sufficient food, housing, clothing
- Sports/recreational programs for children
- Services appropriate for culture/language

Very difficult or difficult to access:

- Mental health screening and treatment
- Services to address child’s social/emotional/behavioral development
- Affordable, quality child care

| Table 5. Ease of Access to Services | | | | | | |
|---|---------------------|--------------|---------------------|------------------|-----------------------|--------------------------------|
| Service | Very Easy | Easy | No Opinion | Difficult | Very difficult | N/A (not included in %) |
| | # (%) | # (%) | # (%) | # (%) | # (%) | # |
| Prenatal Health care | 330 (36%) | 365 (40%) | 101 (11%) | 97 (10%) | 27 (3%) | 294 |
| | Combined 76% | | Combined 13% | | | |
| Mental health screening and treatment | 75 (9%) | 210 (26%) | 140 (17%) | 249 (31%) | 139 (17%) | 400 |
| | Combined 35% | | Combined 48% | | | |
| Services to address child’s social, emotional, behavioral development | 73 (9%) | 223 (27%) | 138 (17%) | 274 (33%) | 129 (15%) | 374 |
| | Combined 36% | | Combined 48% | | | |
| Affordable, quality child care | 62 (7%) | 168 (19%) | 131 (15%) | 294 (33%) | 229 (26%) | 327 |
| | Combined 26% | | Combined 59% | | | |
| Affordable, quality child education | 193 (19%) | 414 (41%) | 131 (13%) | 178 (18%) | 95 (9%) | 200 |
| | Combined 60% | | Combined 27% | | | |
| Affordable, quality adult education | 65 (9%) | 218 (31%) | 184 (26%) | 152 (22%) | 82 (12%) | 511 |
| | Combined 40% | | Combined 34% | | | |
| Sufficient food, housing, and clothing | 139 (15%) | 341 (37%) | 149 (16%) | 213 (23%) | 81 (9%) | 288 |
| | Combined 52% | | Combined 32% | | | |
| Sports/recreational programs for children | 155 (16%) | 409 (41%) | 132 (13%) | 211(21%) | 91 (9%) | 214 |
| | Combined 57% | | Combined 30% | | | |
| Services that are appropriate for your culture and language | 193 (22%) | 340 (39%) | 203 (23%) | 83 (10%) | 56 (6%) | 333 |
| | Combined 61% | | Combined 16% | | | |

Use of Service and Ease of Access

For those who stated they had used certain resources, most reported that access to services was very difficult or difficult: 65% of respondents who had used child care resources, 64% who had used concrete resources (food, clothing, housing) and 56% who had used mental health resources reported difficulty accessing services addressing their concerns. However, 52% of parents using home-based services, and 64% of parents using parent support services found it very easy or easy to access resources to address concerns for their child’s social, emotional, and/or behavioral development.

Parent Age and Ease of Access

Older respondents experienced significantly more difficulty accessing services regarding concerns for their child’s social, emotional, and/or behavioral development compared to younger respondents (36% of older respondents compared to 23% of younger respondents; $p = 0.0021$). Older respondents found access to sports and recreational programs for children easier than younger respondents (40% of older respondents compared to 26% of younger respondents; $p = 0.003$). Otherwise, parents of each age group viewed access similarly easy or difficult for most services.

Level of Education and Ease of Access

Respondents with college degrees were more likely to report easier access to adult education ($p = 0.013$), concrete resources (food, clothing, housing; $p = 0.002$) and sports and recreational programs for their children ($p = 0.0005$) when

compared to those without a college degree. Additionally, those with a graduate degree found it more difficult to access mental health screening and treatment than those without a college degree ($p = 0.018$). The majority of respondents, regardless of education level, found that prenatal health care was easy to access.

Income and Ease of Access

Two-thirds of respondents with an income of \$30,000 or less found it difficult to access concrete resources (food, clothing, housing) compared to only 23% of those making over \$75,000 ($p < 0.00001$). Similarly, they were also less likely to report “easy” when accessing sports or recreational activities for their children (6% compared to 33%; $p < 0.00001$), and when accessing services appropriate for their culture/language (11% compared to 37%; $p = 0.0016$) compared with those making more money.

Knowledge of Where to Find Resources

Respondents agreed they knew where to find the following resources (see **Table 6**):

- Concrete resources (food and clothing)
- Employment
- Health care
- Help for depression or with substance use
- Help with concerns about intimate partner violence
- Information about child development or parenting

Respondents disagreed they knew where to find help for housing or for home-based services for their child. Respondents were split (some disagreed, some agreed) on where to find: affordable and quality childcare; help for problematic child behavior; or help if concerned about their physical or emotional behavior toward their children.

| Table 6. Ability to Locate Services | | | | | |
|---|-------------------|------------|------------|--------------|----------------|
| Service | Strongly Disagree | Disagree | No Opinion | Agree | Strongly Agree |
| | # (%) | # (%) | # (%) | # (%) | # (%) |
| Basic Material Resources: I know where to get help if... | | | | | |
| I was having trouble providing food for my family | 760 (7%) | 1835 (17%) | 50 (5%) | 532 (49%) | 254 (23%) |
| | Combined 24% | | | Combined 72% | |
| I was having trouble providing clothing for my children | 110 (10%) | 339 (31%) | 88 (8%) | 391 (36%) | 167 (15%) |
| | Combined 41% | | | Combined 51% | |
| I was having trouble with housing | 154 (14%) | 427 (39%) | 104 (10%) | 298 (27%) | 109 (10%) |
| | Combined 53% | | | Combined 37% | |
| I was having trouble finding a job | 109 (10%) | 288 (26%) | 123 (11%) | 437 (40%) | 137 (13%) |
| | Combined 36% | | | Combined 53% | |
| I needed affordable child care | 143 (13%) | 314 (29%) | 171 (16%) | 337 (31%) | 126 (12%) |
| | Combined 42% | | | Combined 43% | |
| I needed health care for myself or my child | 109 (10%) | 201 (19%) | 87 (8%) | 493 (45%) | 199 (18%) |
| | Combined 29% | | | Combined 63% | |

| Mental Health Resources: I know where to get help if... | | | | | |
|---|----------------------------|-----------|-----------|----------------------------|-----------|
| I (or my partner) was feeling very sad | 126 (12%) | 253 (23%) | 79 (7%) | 464 (42%) | 171 (16%) |
| | <i>Combined 35%</i> | | | <i>Combined 58%</i> | |
| I (or my partner) was using drugs or alcohol | 153 (14%) | 281 (26%) | 104 (10%) | 394 (36%) | 167 (15%) |
| | <i>Combined 40%</i> | | | <i>Combined 51%</i> | |
| My child's behavior became more than I could handle | 174 (16%) | 342 (31%) | 95 (9%) | 338 (31%) | 141 (13%) |
| | <i>Combined 47%</i> | | | <i>Combined 44%</i> | |
| I was concerned about my or my partner's physical or emotional behavior toward my child | 139 (13%) | 307 (28%) | 101 (9%) | 364 (33%) | 179 (16%) |
| | <i>Combined 41%</i> | | | <i>Combined 49%</i> | |
| I was concerned about my partner's physical or emotional behavior towards me | 135 (12%) | 277 (25%) | 90 (8%) | 402 (37%) | 187 (17%) |
| | <i>Combined 37%</i> | | | <i>Combined 54%</i> | |
| Parenting Resources: I know where to get help if... | | | | | |
| I wanted to know more about my child's development | 66 (6%) | 232 (21%) | 90 (8%) | 505 (46%) | 202 (18%) |
| | <i>Combined 27%</i> | | | <i>Combined 64%</i> | |
| I wanted to learn more about parenting | 76 (7%) | 288 (26%) | 105 (10%) | 432 (40%) | 189 (17%) |
| | <i>Combined 33%</i> | | | <i>Combined 57%</i> | |
| I wanted home-based services to help my family | 155 (14%) | 396 (36%) | 117 (11%) | 278 (26%) | 146 (13%) |
| | <i>Combined 50%</i> | | | <i>Combined 39%</i> | |
| I wanted to find quality child care | 115 (11%) | 307 (28%) | 178 (16%) | 354 (32%) | 137 (13%) |
| | <i>Combined 39%</i> | | | <i>Combined 45%</i> | |

Child Age and Knowledge of Where to Get Help

Although not statistically significant, respondents with children aged 0-5 years tended to agree more than those with children aged 6-13 and 14+ that they knew where to find help if concerned about child abuse or neglect or intimate partner violence, while respondents of children 6-13 years tended to agree more that they knew where to find affordable child care. Respondents with children ages 14 years and older tended to disagree more that they knew where to find help with their child's behavior. For the majority of items included in the knowledge of where to locate services portion of the survey, agree and disagree centered around 50% for all respondents, regardless of the age of their children.

Parent Age and Knowledge of Where to Get Help

There were no statistically significant differences between knowledge and parental age groups. However, there were noticeable differences for some resources. Among the respondents in their 20s, 73% knew where to get healthcare, 72% knew where to find more information about parenting, and 68% knew where to get help with depression; however, 55% disagreed with knowing where to find affordable child care. Among respondents in the upper age groups, 80% knew where to get help with providing food and 73% knew where to find information on their child's development; however, 46% disagreed with knowing where to find home-based services for their children.

Level of Education and Knowledge of Where to Get Help

There were few statistically significant differences between knowledge and level of education. Those with a college degree or higher tended to agree more than respondents with 'some college' or less that they knew where to turn for

help with concrete resources ($p = 0.007$), however, those with ‘some college’ or less agreed they knew where to find resources for learning parenting skills ($p = 0.047$) and also home-based resources ($p = 0.035$) than those with a college degree or higher.

Income and Knowledge of Where to Get Help

There were no statistically significant differences between income and knowledge of locating services. It is of note that for every service type included in this section of the survey, except for help with finding employment, respondents in the \$30,000-\$50,000 group disagreed most often that they would know where to find the service. Respondents with the highest incomes were more likely to know where to locate services for their child’s development (71% agreement), mental health services (68% agreement), and domestic violence services (63% agreement). Respondents with incomes of \$30,000 or lower were more likely to know where to find help with providing food (79% agreement), where to find health care for themselves or their child (72% agreement), and where to find help for drug and alcohol treatment (63% agreement).

Sense of Community

Most respondents felt safe in and satisfied with their neighborhood, felt as though they could depend on others in the community, and had a support network (see **Table 7**). Of concern - over 1 in 5 respondents did not feel as though people in their community could depend on each other.

| Statement | Agree | No Opinion | Disagree |
|--|-----------|------------|-----------|
| | # (%) | # (%) | # (%) |
| I feel safe in my neighborhood | 887 (85%) | 37 (4%) | 126 (12%) |
| I am satisfied with my neighborhood as a place to live | 858 (82%) | 44 (4%) | 148 (14%) |
| People can depend on each other in this community | 652 (62%) | 170 (16%) | 227 (22%) |
| I have friends or family nearby that I can count on for help | 844 (80%) | 36 (3%) | 170 (16%) |

Child Age and Sense of Community

There was no significant differences between the ages of respondents’ children and their sense of community; however, 14% of parents with children aged 6-13 did not feel safe in their neighborhood, and 19% of parents with children aged 0-5 years did not have friends or family living within their community.

Parent Age and Sense of Community

There were no statistically significant differences between sense of community and respondent age groups, although a slightly higher percentage of older respondents more often positively rated all aspects of their community.

Level of Education and Sense of Community

Respondents without a college degree felt less safe in their neighborhood ($p = 0.0003$), less satisfied with their neighborhood ($p = 0.0025$), felt they could not depend on others in the community ($p = 0.0004$), and had fewer friends/family nearby for support than those with a college degree or higher ($p = 0.027$).

Income and Sense of Community

Respondents with higher incomes felt more safe in their neighborhood ($p < 0.001$), more satisfied with their neighborhood ($p < 0.001$), felt they could depend on others in the community ($p < 0.001$), and had many friends and family nearby for support than those with lower incomes ($p = 0.000067$).

Sense of Community: Other Significant Interactions

Respondents who did not feel safe in their neighborhood were more likely to feel overwhelmed by stress ‘most of the time’ ($p < 0.001$). Additionally, those who had friends/family nearby for support were least likely to feel overwhelmed by stress ‘most of the time’ ($p < 0.001$).

Knowledge of Child Abuse/Neglect (CAN)

Most respondents did not believe it’s necessary to physically discipline their child. Nearly all respondents agreed it is not necessary to physically hurt their partner, and the majority were confident in their knowledge of reporting CAN to the appropriate authorities (see **Table 8**). NOTE: However, almost 1 in 3 respondents did think it was sometimes necessary to physically discipline (spanking, restraining, hitting, etc.) their child, and 18% had no opinion.

| Statement | Agree | No Opinion | Disagree |
|--|------------------|------------|-------------------|
| | # (%) | # (%) | # (%) |
| Sometimes it’s necessary to physically discipline my child | 314 (30%) | 189 (18%) | 547 (52%) |
| Sometimes it’s necessary to physically hurt my partner | 3 (<1%) | 27 (3%) | 1018 (97%) |
| I know how to report CAN to the appropriate authorities | 907 (87%) | 21 (2%) | 118 (11%) |

Almost half of survey participants have reported CAN ($n = 488$; 48%), while 72% ($n = 731$) are familiar with Oklahoma laws for reporting CAN. **IMPORTANT:** 121 (12%) of survey participants are currently concerned that a child they know is being abused or neglected.

Child Age and Knowledge of CAN

Respondents with older children in the household were more likely to have reported CAN compared to those with younger children ($p = 0.0007$). The majority of respondents, regardless of their children’s ages, were familiar with Oklahoma CAN laws (between 85%-89%).

Parent Age and Knowledge of CAN

There were no statistically significant differences between knowledge of CAN and parental age groups. However, of concern is that 38% of younger parents agreed that ‘sometimes it’s necessary to physically discipline’ their child. Older parents had reported CAN at a higher rate than younger parents ($p = 0.006$); this may be related to having more experience as a parent and dealing with children for more years.

Level of Education and Knowledge of CAN

Respondents with a college degree or higher were more likely than those without to reply being familiar with Oklahoma CAN laws ($p = 0.011$), and were more likely to have reported CAN ($p < 0.001$).

Income and Knowledge of CAN

There was no statistically significant difference between respondents' income levels regarding familiarity of CAN reporting laws. However, respondents with incomes greater than \$50,000 were more likely to have made a CAN report than those with lower incomes ($p < 0.001$).

Knowledge of Child Development

Most respondents agreed that they know how to help their child learn and know what to expect as their child grows and develops (see **Table 9**). Further, most do not believe their child misbehaves just to upset them; however, 22% either agreed or had no opinion. There were no statistically significant differences in knowledge of child development among survey respondents when categorizing data by age of child, respondents' age, level of education, or income level.

| Statement | Agree | No Opinion | Disagree |
|--|------------------|------------|------------------|
| | # (%) | # (%) | # (%) |
| I know how to help my child learn | 930 (89%) | 51 (5%) | 67 (6%) |
| I believe my child misbehaves just to upset me | 80 (8%) | 142 (14%) | 821 (79%) |
| I know what to expect from my child as s/he grows and develops | 839 (80%) | 103 (10%) | 104 (10%) |

Family Life

The majority of respondents showed positive family relationships and relatively low stress (see **Table 10**).

| Statement | Rarely | Sometimes | Often |
|--|-----------|------------------|------------------|
| | # (%) | # (%) | # (%) |
| In my family, we talk about problems | 41 (4%) | 260 (25%) | 746 (71%) |
| In my family, we take time to listen to each another | 33 (3%) | 218 (21%) | 796 (76%) |
| My family is able to solve our problems | 27 (3%) | 241 (23%) | 774 (74%) |
| My family can consistently meet our basic material needs (food, clothing, shelter) | 18 (2%) | 119 (11%) | 909 (87%) |
| My family enjoys spending time together | 15 (1%) | 148 (14%) | 878 (84%) |
| My family is able to find resources in the community when we need them | 116 (11%) | 325 (31%) | 602 (58%) |
| I feel overwhelmed by stress | 327 (31%) | 549 (53%) | 169 (16%) |

Child Age and Family Life

Although not statistically significant, 30% of parents with young children (aged 0-5 years) reported rarely feeling overwhelmed by stress, compared to less than 24% of parents with older children.

Parent Age and Family Life

Younger parents reported they talked about problems with family 'most of the time' when compared to older parents ($p = 0.0051$), and older parents reported rarely being overwhelmed by stress ($p = 0.021$).

Level of Education and Family Life

Compared to respondents without a college degree, those with a degree reported being able to find resources in the community ‘most of the time’ when needed ($p = 0.00002$)

Income and Family Life

Respondents with higher incomes were more likely to talk with family about problems ‘most of the time’ when compared to those with lower incomes ($p = 0.008$). Of respondents with incomes less than \$30,000, 19% reported they ‘rarely’ were able to find community resources when necessary, compared to 6% of those making over \$50,000 ($p < 0.00001$). The respondents with lower incomes reported feeling overwhelmed by stress ‘most of the time’ (25% of those making \$30,000 or less, compared to 12% of those making \$50,000 or over; $p = 0.0016$).

Family Life: Significant Interactions

Unsurprisingly, respondents who reported being unable to consistently meet their basic material needs were most likely to report being overwhelmed by stress ($p < .00001$).

Social Distancing Due to COVID-19 Pandemic

Positive Togetherness During Stay-at-Home Mandate

When compared to before the pandemic, during the stay-at-home mandate families expressed that they experienced positive togetherness more often when spending leisure time together (54%), engaging in conversation (51%), and being involved in children’s education (46%), and less often when going on errands together (40%). For most activities, the majority of families expressed that the positive togetherness they experienced was about the same amount as before the pandemic (see **Table 11**).

| Table 11. Positive Togetherness in your household during social distancing due to COVID-19 | | | | | |
|--|-----------------------|-------------------------|--------------------------|-------------------------|-----------------------|
| Activity | Much Less than before | Little Less than Before | About the Same as Before | Little More than Before | Much More than Before |
| | # (%) | # (%) | # (%) | # (%) | # (%) |
| Spending leisure time together | 60 (7%) | 48 (6%) | 283 (33%) | 185 (22%) | 273 (32%) |
| | Combined 13% | | | Combined 54% | |
| Engaging in conversation | 27 (3%) | 39 (5%) | 365 (42%) | 229 (27%) | 204 (24%) |
| | Combined 8% | | | Combined 51% | |
| Doing exercises or fitness together | 107 (13%) | 88 (11%) | 353 (43%) | 173 (21%) | 103 (13%) |
| | Combined 24% | | | Combined 34% | |
| Getting involved in the children’s education | 42 (6%) | 34 (5%) | 329 (44%) | 139 (18%) | 211 (28%) |
| | Combined 11% | | | Combined 46% | |
| Facing challenges or solving problems | 21 (3%) | 31 (4%) | 438 (51%) | 211 (25%) | 155 (18%) |
| | Combined 7% | | | Combined 43% | |
| Helping each other | 23 (3%) | 33 (4%) | 430 (50%) | 176 (20%) | 204 (24%) |
| | Combined 7% | | | Combined 44% | |

| | | | | | |
|---|---------------------|-----------|---------------------|-----------|-----------|
| Sharing household tasks | 39 (4%) | 461 (5%) | 435 (51%) | 189 (22%) | 149 (18%) |
| | <i>Combined 9%</i> | | <i>Combined 40%</i> | | |
| Going on errands together | 207 (25%) | 137 (16%) | 258 (30%) | 118(14%) | 135 (16%) |
| | Combined 40% | | <i>Combined 30%</i> | | |
| Eating together | 29 (3%) | 34 (4%) | 464 (54%) | 145 (17%) | 190 (22%) |
| | <i>Combined 7%</i> | | <i>Combined 39%</i> | | |
| Showing concern or emotional support | 22 (3%) | 23 (3%) | 476 (55%) | 192 (22%) | 151 (18%) |
| | <i>Combined 6%</i> | | <i>Combined 40%</i> | | |
| Showing affection | 28 (3%) | 33 (4%) | 537 (62%) | 140 (16%) | 127 (15%) |
| | <i>Combined 7%</i> | | <i>Combined 31%</i> | | |
| Sharing religious or spiritual activities | 77 (10%) | 103 (14%) | 437 (58%) | 79 (10%) | 61 (8%) |
| | <i>Combined 24%</i> | | <i>Combined 18%</i> | | |
| Sharing maternal resources | 25 (3%) | 20 (2%) | 583 (71%) | 104 (13%) | 85 (10%) |
| | <i>Combined 5%</i> | | <i>Combined 23%</i> | | |
| Helping others together | 55 (7%) | 84 (10%) | 460 (54%) | 149 (18%) | 98 (12%) |
| | <i>Combined 17%</i> | | <i>Combined 30%</i> | | |

Survey respondents were asked to express any other positive effects their family and children experienced due to the stay-at-home request during Covid-19.

More time together (7)

- More quality/appreciation/enjoying family time together (67)
- We became closer/stronger/more reliant on each other as a family unit (19)
- Grandchildren spending more time with grandparents (9)
- More one-to-one time with the children (7)
- Children learned to get along together better/take turns/find common interests (6)
- Provided more help/encouragement/support to each other (6)
- More caring for each other/family and emotional bonding (5)
- Both parents were able to be at home/have quality time with newborn (4)
- Spending more time with children having meaningful moments doing everyday tasks/things (4)
- Teen child is at home more (4)
- Able to spend more time with my children (3)
- Renewed sense of family and appreciation for loved ones (3)

- Know and understand better our child's like and dislikes (2)
- Children had more time with their dad (2)
- Children bonded more quickly with newborn (2)
- More time for hugs
- More quality time with spouse
- Learned how to best utilize our time together
- Able to do things we didn't have time to do before
- More intentional about getting together with family

More time at home (6)

- Playing new board games/cards/having game night (10)
- More movie/TV time/having movie night (6)
- Time to get home repairs done (5)
- More relaxing/quiet time (5)
- Finding new things to do at home (4)
- We all cleaned house together/children helped more with cleaning (3)
- Enjoyed being at home (3)
- More leisure time (3)
- Doing puzzles (2)

- Spending more time with pets (2)
- More time for physical activities/exercising (2)
- More time to prepare for birth of baby (2)
- More time to do crafts (2)
- More time for Bible study (2)
- Got to delay appointments I didn't want to attend anyway
- Learned to play guitar
- Performing arts offered online
- No worrying about child care
- Taking more pictures
- Learning new things

More outdoor time (10)

- Taking more walks as a family (6)
- Doing yardwork and trimming trees (5)
- Planting a vegetable garden/more gardening (5)
- Playing simple games like tag and hide-and-go-seek (3)
- Met/talked with our neighbors (3)
- Went camping (2)
- Children enjoy/have a greater respect for nature (2)
- Play in the water/sprinkler (2)
- Hands-on experiences on the farm with animals (feed calf with bottle, play with barn cats and new puppy)
- Finding new activities around the neighborhood
- Enjoying everything outdoors!
- Went fishing
- Went to the zoo

Education/Learning

- Found adult online learning (4)
- More interactive learning (3)
- More involvement with child's education (both parents) (2)
- Increased child's communication skills/speech through more one-on-one time (2)
- Became more familiar with child's teacher
- Child no longer argued about doing school work
- Child's grades increased
- Child able to increase reading skills
- Had time for educational videos
- Able to teach children basic home skills
- Able to teach child how to shop
- Teaching children new words
- Teaching the children more science

Health

- No one in the family caught colds/viruses (6)
- Children learned/maintained more positive hygiene (5)
- Children sleep better/solid bedtime routine (4)
- Healthier eating at home (3)
- More attention to taking care of our health (2)
- Learned a greater appreciation for health and well-being (2)
- We helped each other stay healthy (2)
- Able to provide more consistent messaging to shape positive behavior with special needs child
- Children did not catch colds because not at school/child care to pick up germs
- More time for health care appointments (eye doctor, dentist)
- Children learned to be more aware of touching other people
- School lunch pick-ups have helped us to eat healthier
- Children learned to sneeze/cough into their arms
- We are thankful for our health

Mental Health

- My child has less anxiety/feels less stress/pressure than when in school (6)
- Children had a better attitude/obeyed better (3)
- More resilient (2)
- Child smiles more openly and doesn't cover mouth when smiling
- Practiced looking on the bright side

Related to COVID-19

- Wearing masks (4)
- Practice social distancing (2)
- Children were taught how to wash their hands better/more often (2)
- Wash hands more frequently/use hand sanitizer (2)
- None of us caught Covid-19 (2)
- Taught children not to put their hands in their mouth
- Work to protect the elderly/community
- Clean and sanitize more frequently
- Taught children about what is a pandemic
- Covid-19 test result was negative

More discussions with family (5)

- More time talking with my children (8)

- Discussing fears/emotions (2)
- Discussing current events/world events (2)
- Shared family oral history (2)
- Venting to relieve stress
- Allowing children to voice their opinions
- Praised the children more often
- Discussing personal goals with teens
- Discussing racial trauma

More playtime (4)

- More creative/imaginative with playtime (3)
- More hands-on activities (2)
- Child increased independent play skills

Less distractions

- Fewer external influences/distractions (8)
- Less exposure with negative people (6)
- Made us stop and focus on right now (2)
- Pointless things became unimportant (2)
- Simplicity (2)
- Not having to do so many things at the same time
- Less materialism
- Less computer usage

Cooking/baking/eating meals together

- Cooking at home together (5)
- Eating at home together more often (4)
- Cooked/baked new recipes (3)
- Discussions with children during dinner
- Saves money because not getting take-out
- More time to bake

Awareness of effects we have on others around us

- Checking in with/helping neighbors (3)
- More empathy for others (3)
- Caring about others (2)
- Children became more helpful around the house (2)
- Have greater respect and concern for the elder generation
- Child became more self-sufficient
- Had more time for charitable work

Working from home

- Enjoyed working from home (5)

- Created ability to spend more time with children (2)
- Saves money on gas (2)
- Less stress from working at home
- Saves time
- Save money on turnpike tolls
- Learning to use Zoom

Saved money

- Less travel (3)
- Spending less (2)
- Spending less on outings
- Less money spent on entertainment
- Giving each other haircuts
- Less eating out

Less rushing to activities/events/social obligations

- Not having to balance several obligations and rush around throughout the week (10)
- Less going to children's activities (10)
- Ability to slow down (4)
- Less rushing in the morning getting everyone ready
- Fewer daily interruptions
- Less busy

Using technology (Zoom, Skype) to stay connected (2)

- Meeting with extended family (4)
- Religious services
- Town hall meetings

Help with Financial difficulties

- Family came together to help with child care needs (2)
- Reprieves on debt payments
- Neighbors gathered money and groceries for us when we both lost our jobs
- Traveling together when going to receive free produce, dairy or canned goods from food banks and farmers
- Sharing with others who are out of work

Not much change occurred

- Parents are essential workers (8)
- Parents of homeschooling family, already had a similar routine (2)

Conflicts in the Household During Stay-at-Home Mandate

Comparisons related to household conflicts showed that parents experienced conflicts more often when making decisions about going on errands, appointments, or visits (46%) and when making decisions about having visitors to the home (49%). For almost all of the activities, the majority of parents experienced household conflicts about the same during the stay-at-home mandate as before the pandemic (see **Table 12**).

| Activity | Much Less than before | Little Less than Before | About the Same as Before | Little More than Before | Much More than Before |
|---|-----------------------|-------------------------|--------------------------|----------------------------|-----------------------|
| | # (%) | # (%) | # (%) | # (%) | # (%) |
| How to spend leisure time | 68 (9%) | 65 (9%) | 433 (57%) | 143 (19%) | 55 (7%) |
| | <i>Combined 18%</i> | | | <i>Combined 26%</i> | |
| Parenting/caring for the children | 37 (5%) | 38 (5%) | 436 (62%) | 118 (17%) | 78 (11%) |
| | <i>Combined 10%</i> | | | <i>Combined 28%</i> | |
| Children's schoolwork | 45 (7%) | 52 (8%) | 294 (45%) | 133 (20%) | 130 (20%) |
| | <i>Combined 15%</i> | | | <i>Combined 40%</i> | |
| Decisions on how people should take care of their health | 27 (3%) | 29 (4%) | 414 (52%) | 198 (25%) | 131 (16%) |
| | <i>Combined 7%</i> | | | <i>Combined 41%</i> | |
| Decisions on going out (errands, appointments, visits) | 57 (7%) | 62 (8%) | 326 (40%) | 212 (26%) | 166 (20%) |
| | <i>Combined 15%</i> | | | <i>Combined 46%</i> | |
| Decisions about visitors to the home | 69 (9%) | 46 (6%) | 301 (37%) | 211 (26%) | 182 (23%) |
| | <i>Combined 15%</i> | | | <i>Combined 49%</i> | |
| Home maintenance (cleaning or tidying up, laundry, repairs) | 36 (4%) | 47 (6%) | 447 (55%) | 162 (20%) | 127 (16%) |
| | <i>Combined 10%</i> | | | <i>Combined 36%</i> | |
| Personal hygiene | 25 (3%) | 53 (7%) | 539 (67%) | 110 (14%) | 75 (9%) |
| | <i>Combined 10%</i> | | | <i>Combined 23%</i> | |
| Food (what's purchased, meal prep, amount eaten) | 34 (4%) | 42 (5%) | 477 (58%) | 166 (20%) | 103 (13%) |
| | <i>Combined 9%</i> | | | <i>Combined 33%</i> | |
| Work or employment | 63 (8%) | 40 (5%) | 441 (57%) | 126 (16%) | 107 (14%) |
| | <i>Combined 13%</i> | | | <i>Combined 30%</i> | |
| Finances | 59 (7%) | 57 (7%) | 400 (49%) | 173 (21%) | 127 (16%) |
| | <i>Combined 14%</i> | | | <i>Combined 37%</i> | |
| Privacy or personal space | 42 (5%) | 57 (7%) | 459 (57%) | 157 (19%) | 102 (13%) |
| | <i>Combined 12%</i> | | | <i>Combined 32%</i> | |
| News or social media | 37 (5%) | 35 (4%) | 399 (50%) | 175 (22%) | 159 (20%) |
| | <i>Combined 9%</i> | | | <i>Combined 42%</i> | |
| Alcohol, tobacco, or drug use | 27 (5%) | 15 (3%) | 371 (72%) | 69 (14%) | 31 (6%) |
| | <i>Combined 8%</i> | | | <i>Combined 20%</i> | |

Survey respondents were asked to express any other negative effects their family and children experienced due to the stay-at-home request during Covid-19.

Concerns for children

- Less socialization for children due to separation from their peers (62)
- Children miss/unable to visit their friends (44)
- Too much screen time on phone/internet/online gaming (15)
- Children's extracurricular activities/sports were cancelled (13)
- Fighting/disagreements among siblings (8)
- Too much unstructured time (8)
- Children are missing their teachers/school (7)
- Summer activities (sports, swimming, reading, Bible school) were cancelled (5)
- Services suspended/difficulty getting help with
 - Services for special needs child (5); child with pre-existing condition (4); counselor for anxiety (2); speech therapy
- Watching too much TV (3)
- Children becoming lazy/not doing chores (3)
- Older children/teens at home alone while parents are working (3)
- Children do not get to see father as often (2)
- Children's friends visit without wearing masks (2)
- Regression to more childish behaviors/bedwetting (2)
- Difficulty keeping the children engaged (2)
- Only one parent able to attend doctor appointments with child
- Reduced sensitivity to body language and facial expression
- Nonexistent bedtimes
- Less respect for others
- Difficulty making friends after moving to new neighborhood/school system
- Family reunification was delayed
- Not allowed to see children in DHS custody
- Children were placed in kinship care
- Foster children displaced
- More child abuse issues due to schools being closed

On-line learning concerns

- Children are missing out/falling behind on education (20)

- Difficulties with virtual/distance learning (10)
- Parents unable to help/had difficulty helping children with school (6)
- Not having a laptop/tablet (or enough of them) for children when having distance learning (4)
- Lack of personalized education (5)
- Child does not like virtual learning (3)
- Poor/no Wi-Fi (due to not able to afford; living in a rural area) (2)
- Lack of structured education
- Requires child to have more screen time

Mental Health concerns

- Lack of socialization (48)
- Increased anxiety (33)
- Isolation (32)
- Depression/sadness (30)
- Loneliness (18)
- Boredom (21)
- Fear (10)
- Less giving/receiving hugs (7)
- Social anxiety (6)
- More bickering between adults in household (6)
- Cabin fever (5)
- Aggressive behavior (5)
- Irritability/crying/whining (5)
- Grieving from death of family/friend to Covid-19 (4)
- Frustration (2)
- Began having panic attacks (2)
- Lack of desire for self-care (2)
- Hoarding
- Lack of motivation
- Life has been torn apart
- Needing rehab for alcohol addiction relapse
- Postpartum depression
- Problems already occurring were increased

Physical health concerns

- Decreased physical activity (9)
- Overeating/Weight gain (7)
- Less playing outside (4)
- Increased alcohol/drug use/addiction relapse (5)
- Patients afraid to make doctor appointments (2)

- Difficulty getting doctor appointment when children are sick
- Increased smoking/vaping
- Increased use of medical marijuana

Increased stress related to...

- Never having any 'alone time' (16)
- News/social media (11)
- Political conflicts (9)
- Disappointment in national, state, local leadership (9)
- Blurred work/home boundaries (7)
- Being stuck at home (7)
- Possibility of infecting family members (7)
- Working from home with small children needing constant care/attention (6)
- Worry for family's health (5)
- Having to find new things to do (5)
- Working as a healthcare provider/essential worker (5)
- Too many people living in a small house (4)
- Child care/nanny availability for essential workers (5)
- Online school (3)
- Working from home increased the amount of work to do (2)
- Worry about child going back to child care (2)
- Being a teacher that is also raising young children
- Access to mental health assistance for parents
- Continued job availability
- Spouse's employer not following safety measures

Family Concerns

- Unable to spend time with extended family (36)
- Grandparents not able to visit grandchildren (21)
- Pressure from family to visit after birth of baby (3)
- Family unable to visit in our home (2)

Unable to Attend or Host Social Functions (5)

- Unable to go out to eat/spend time with friends/family (29)
- Unable to physically attend church (11)
- Unable to have graduation ceremony/prom (7)
- Not able to attend funerals/memorials (3)
- Unable to spend holidays with family (3)
- Unable to have birthday parties (2)
- Concerts were cancelled (2)
- Unable to attend wedding of family member

- Unable to have class reunion
- Unable to have baby shower

Many activities/places were unavailable

- Unable to run errands (10)
- Places were closed (10)
 - Movie theaters (5); parks (4); family entertainment (3); gyms (2); zoo (2); library; museums; malls
- Having to cancel vacations/trips (6)
- Unable to go shopping (3)
- Less opportunity for charitable work (2)
- DHS closed (2)

Financial Concerns

- Job loss (25)
- Struggle with finances (20)
- Earned less/pay cuts/reduced hours (11)
- Increase in household, utility and food costs (9)
- Difficulty in finding a job (5)
- Struggled to get food (4)
- Lack of assistance/unemployment (3)
- Forced to move (2)
- Utilities turned off
- Loss of health insurance
- Had to close our business
- Unsure where to find resources
- Transportation challenges

Related to Covid-19

- Having to wear a mask/arguments about masks (15)
- Disagreements about the seriousness of Covid-19 (10)
- Children need more education about Covid-19, hygiene, and social distancing (7)
- Concerned/worried for family/friends/self who are at risk for Covid-19 (6)
- Difficulties with social distancing (3)
- Frustration with others not following CDC guidelines (3)
- Length of time to receive Covid test results after being exposed is too long
- Worry about side effects of Covid such as infertility or baby born with birth defects
- Have to immediately wash clothes and shower when getting home from work

- The pandemic has allowed child abuse to occur unchecked
- Having to constantly clean and disinfect
- Having to think 'is this necessary' before going anywhere
- Fear of mandatory vaccines
- Lack of PPE

Shortages

- Certain household items (toilet paper, disinfectant) (10)
- Certain food items (6)
- Certain children's toys (bicycles, trampolines) (2)
- Fewer safe leisure activities
- Short time frame pre stay-at-home to prepare for all family being home for an extended period