

MID-HUDSON REGION COMMUNITY
HEALTH SURVEY 2025:
DUTCHESS COUNTY

Dutchess County Department of Health

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INTRODUCTION

The Mid-Hudson Region Community Health Survey is a key component of Dutchess County's Community Health Assessment (CHA), and its main primary data collection source. The survey instrument was initially developed collaboratively in 2018 by local health departments in the seven counties of New York's Mid-Hudson Region and The Siena Research Institute (SRI) to further explore regional health and well-being and inform future health improvement efforts. The 60+ question survey was designed to assess overall quality of life, social determinants of health, perception of health and well-being, health behaviors, and access and utilization of health services. The 2025 survey is the third iteration of this project and contains many of the same questions previously offered in 2018 and 2022 to allow for assessment of changes over time. While previously a joint effort by the seven counties of the Mid-Hudson Region, due to budgetary constraints, the 2025 survey was only administered in Dutchess and Putnam Counties.

METHODOLOGY AND DESIGN

The Siena Research Institute (SRI), on behalf of two Hudson Valley Health Departments, conducted a public opinion survey of 1,102 New York State residents from May 1 – June 3, 2025 within Dutchess and Putnam Counties. There were 500 residents of Dutchess County that completed the survey. Residents age 18 and older were interviewed from within those counties in New York State so as to ensure representative county-wide samples. The margin of error for the Dutchess County sample of 500 is +/- 6.4 including the design effects resulting from weighting with a 95% confidence interval. This means that in 95 out of every 100 samples of the same size and type, the results we obtain would vary by no more than plus or minus 6.4 or 5.5 percentage points from the result we would get if we could interview every member of the population.

Respondents were contacted via landline telephone and cell phone. The design of the landline sample was conducted so as to ensure the selection of both listed and unlisted telephone numbers, using random digit dialing (RDD). The cell phone sample was drawn from a sample of dedicated wireless telephone exchanges from within New York State. Respondents were screened for residence in New York State and specified counties. Calls were made between the hours of 1pm and 9pm Monday through Thursday, and between 2pm and 8pm on Sundays. Cell phone telephone numbers were sent a text message that included a link to participate in the survey online. Those who did not complete the survey via the link were called by live interviewers to request participation. Landline telephone numbers were purchased from ASDE Survey Sampler. Cell phone telephone numbers were purchased from MSG. Up to 7 calls were placed to each phone number to try to establish if the phone number was a working number. Telephone surveys were conducted in English or Spanish. Additionally, for the cell phone sample we utilized MSG's database which enabled the targeting of cell phone sample by region or zip code. The database included the billing address associated with the telephone number. In addition to the ability to target cell phone sample, utilizing this database allowed the inclusion of non-New York telephone numbers as someone may have moved and their billing address is in the area, but their cell phone

number is not a 'typical' New York telephone number (meaning not an 845-area code). Again, all of these respondents were screened for residence in the qualifying area before continuing.

In 2018, SRI conducted a similar survey for the counties of the Hudson Valley. In that iteration, respondent data was collected via RDD dual-frame telephone interviews and augmented through the use of the Lucid panel. In 2022, respondents were contacted via landline telephone, cell phone, an online panel (Lucid), and online recruitment from each county at various in-person events and other community partnerships to enhance representation and meet budget constraints.

In 2018, 2022, and 2025 each county estimate was similarly weighted to the most current demographic estimates of the county's population by age, gender, reported race/ethnicity, and income. As such, and despite sampling design differences, the final weighted estimates by county and the final weighted regional estimates from 2018, 2022 and 2025 can be fairly compared to one another.

The full survey instrument is available in Appendix A.

NATURE OF THE SAMPLE

Within Dutchess County, a total of 500 residents age 18 or older completed the survey. The margin of error for the total sample of 943 is +/- 6.4% including the design effects resulting from weighting with a 95% confidence interval. 340 respondents who completed the survey on a cell phone (167 via text-to-web) and 160 who completed it on a landline. The county-wide sample of 500 was weighted by age, gender, reported race/ethnicity, income and county using the 2015-2020 American Community Survey 5 year estimates to ensure statistical representativeness.

Table 1

Nature of the Sample, Dutchess County Residents 2025

Category	Count/Weighted Percent	Margin of Error (MOE)
Dutchess 2018	787	5.2%
Dutchess 2022	943	4.1%
Dutchess 2025	500	6.4%
County Region*		
Western	82%	7.2%
Eastern	18%	15.3%
Gender		
Male	48%	9.5%
Female	49%	8.9%
Age		
18-34	27%	15.9%
35-54	34%	14.6%
55+	37%	7.6%

Race/Ethnicity		
White	75%	6.9%
Non-White	23%	15.8%
Living Arrangement		
Rent	20%	15.8%
Own	66%	7.2%
Employed		
Yes	64%	9.3%
No	35%	9.0%
Children in Household		
Yes	30%	14.4%
No	70%	7.2%
Veteran/Military in Household		
Yes	13%	15.2%
No	86%	7.0%
Disability in Household		
Yes	25%	12.8%
No	75%	7.4%
Income		
<\$50K	27%	15.5%
\$50K-\$100K	24%	12.6%
\$100K-\$150K	13%	14.4%
\$150K+	22%	13.2%

*Table 2 and Figure 1 summarize the zip codes included in each region

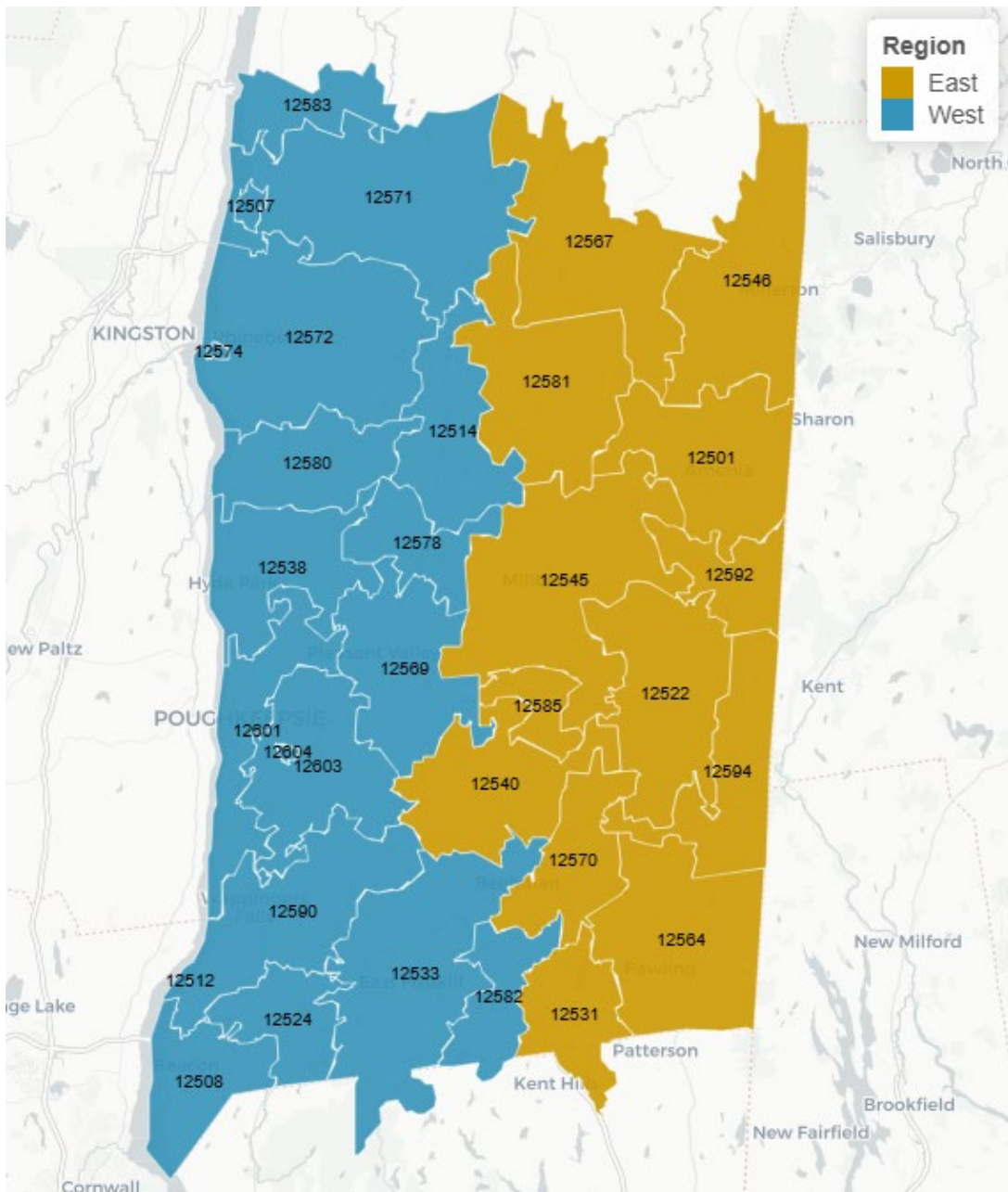
REGIONS

Table 2

Dutchess County Regions and Zip Codes

Region	Zip Codes
West	12569, 12571, 12572, 12574, 12578, 12580, 12583, 12508, 12512, 12524, 12527, 12533, 12582, 12590, 12601, 12603, 12604
East	12501, 12522, 12531, 12540, 12545, 12546, 12567, 12570, 12581, 12585, 12592, 12594

Figure 1



RESULTS

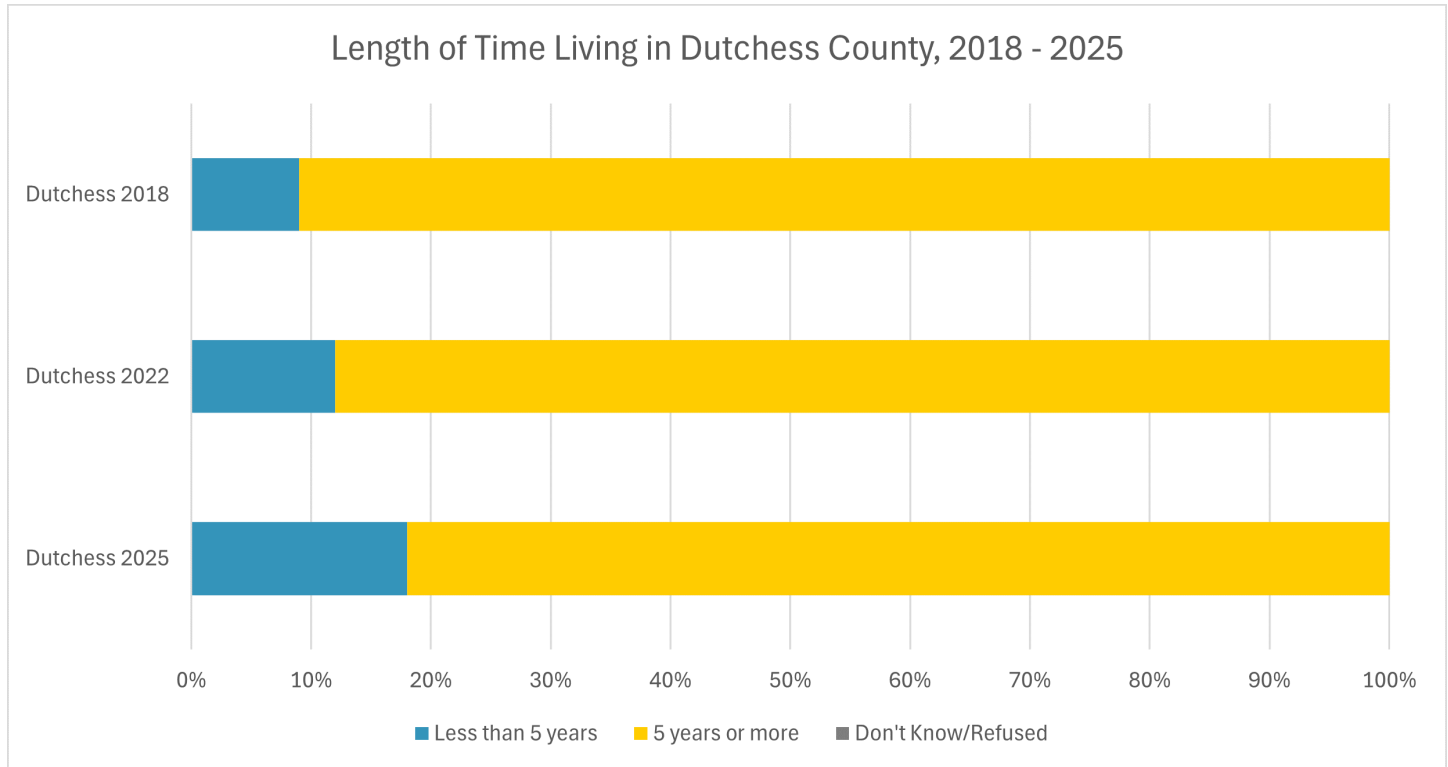
Results below include trend comparisons over the three iterations of this survey, wherever possible, and notable findings by demographic group. Trend comparisons were not evaluated for significance, and all are represented using solid-colored bars.

Each question was broken out by certain demographic groups: region of the county where they reside (see Table 2 and Figure 1), gender, race/ethnicity, age group, living arrangement, employment status, presence of children in household, presence of a veteran or active military in household, presence of someone with a disability in the household, and income. Demographic groups are included in the result graphs when there was a 5% difference or greater between groups for at least one response option, shown with dashed line bars. Differences that are outside the margin of error (MOE) are included on demographic breakdown graphs using solid color bars. Full results are included via crosstabs in Appendix B.

Survey Question 1: How long have you lived in Dutchess County?

The proportion of residents who have resided in Dutchess County less than 5 years doubled from 2018 to 2025 from 9% to 18% [see Figure 2]. Those with someone with a disability in their household were more likely to have resided in Dutchess County less than five years when compared to those without someone with a disability in their household [see Figure 3].

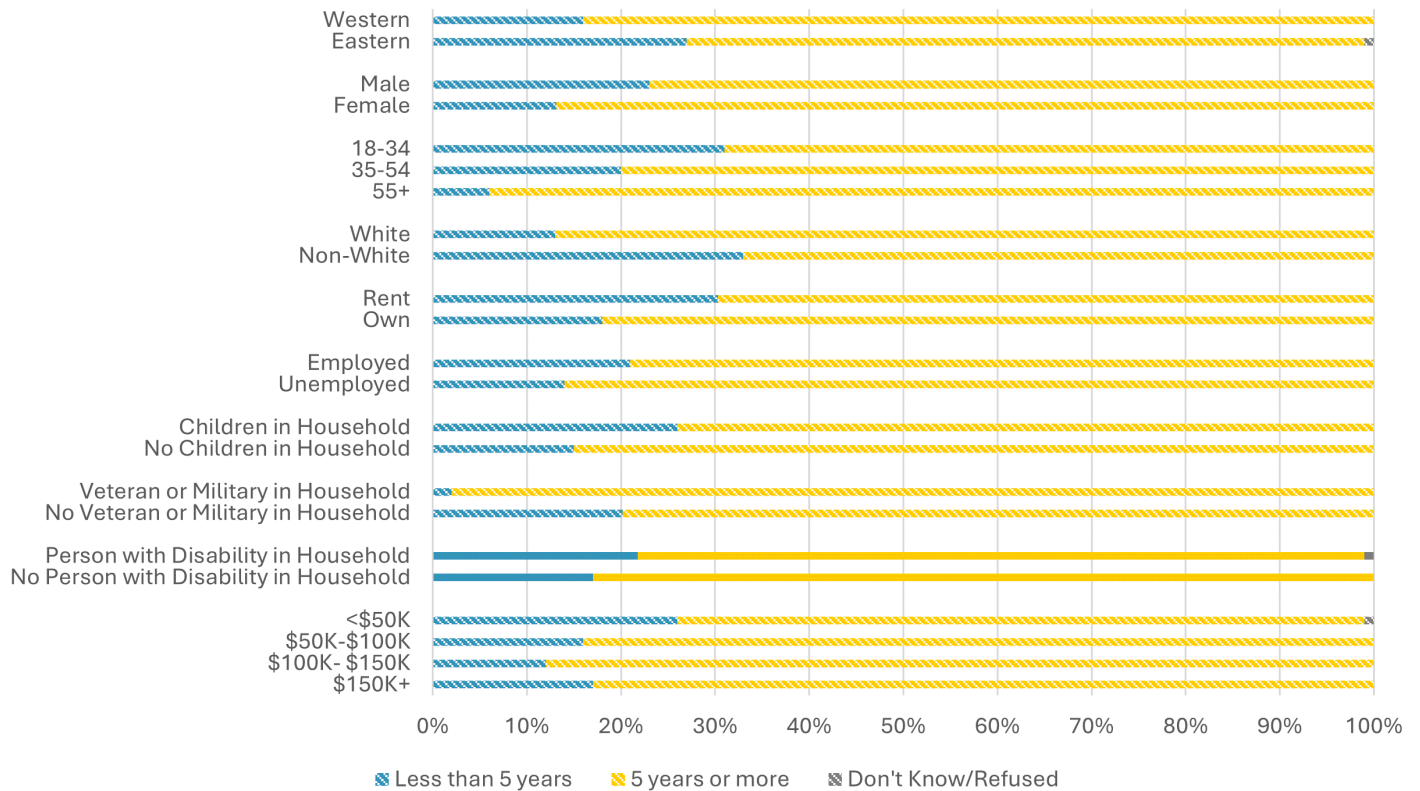
Figure 2



Category	Less than 5 years (%)	5 years or more (%)	Don't Know/Refused (%)
Dutchess 2025	18	82	0
Dutchess 2022	12	88	0
Dutchess 2018	9	91	0

Figure 3

Length of Time Living in Dutchess County by Demographic Group, 2025

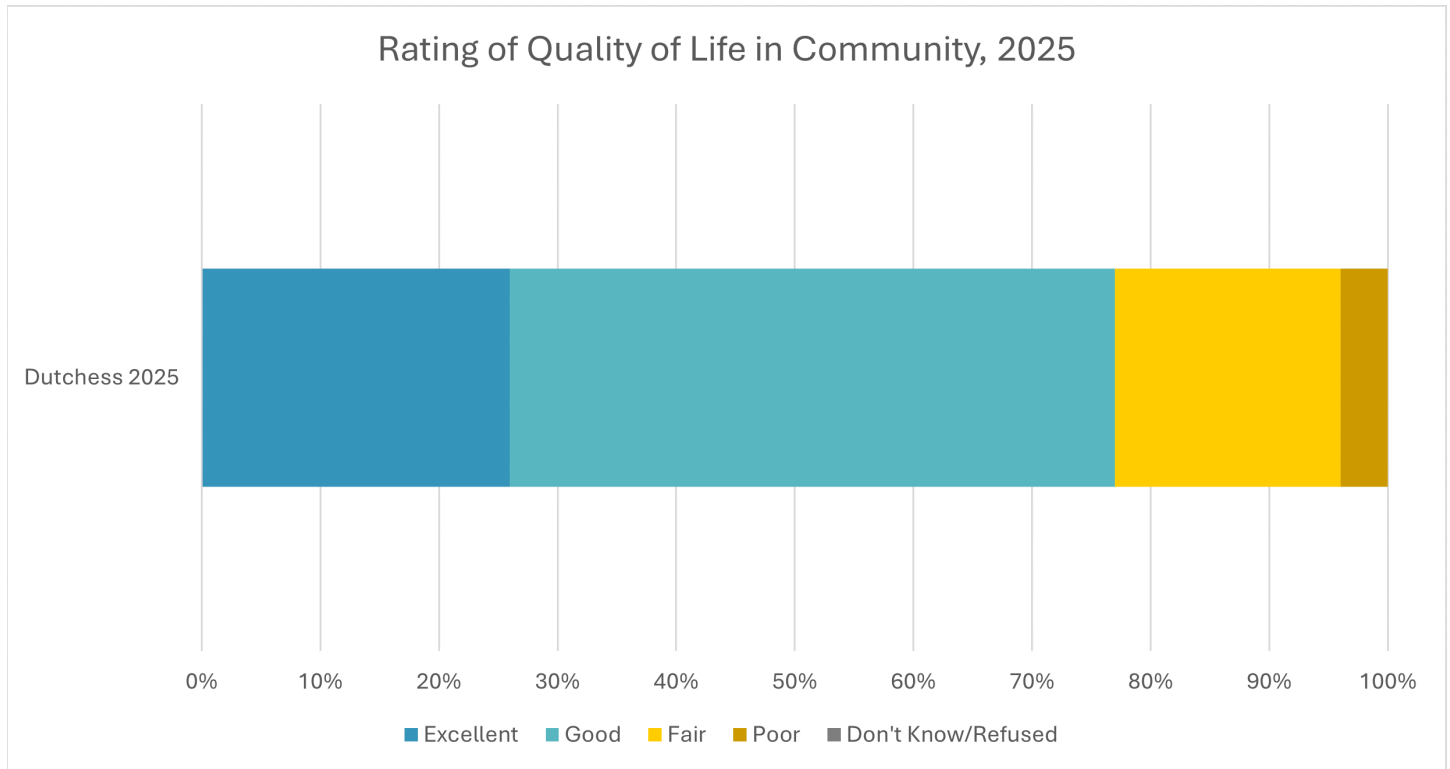


Category	Subcategory	Less than 5 years (%)	5 years or more (%)	Don't Know/Refused (%)
Region	Western	16	84	0
Region	Eastern	27	72	0
Gender	Male	23	77	0
Gender	Female	13	86	0
Age	18-34	31	69	0
Age	35-54	20	80	0
Age	55+	6	94	0
Race/Ethnicity	White	13	87	0
Race/Ethnicity	Non-White	33	67	0
Living Arrangement	Rent	30	69	0
Living Arrangement	Own	18	82	0
Employed	Yes	21	79	0
Employed	No	14	86	0
Children in Household	Yes	26	74	0
Children in Household	No	15	85	0
Veteran/Military in Household	Yes	2	98	0
Veteran/Military in Household	No	20	79	0
Person with Disability in Household	Yes	22	78	1
Person with Disability in Household	No	17	83	0
Income	<\$50k	26	73	1
Income	\$50k - \$100k	16	84	0
Income	\$100k - \$150k	12	88	0
Income	\$150k	17	83	0

Survey Question 2: Overall, how would you rate the quality of life in your community?

Overall, the majority of Dutchess County residents have a positive view of the quality of life in their community, with 77% reporting the quality of life as excellent or good [see Figure 4]. Perception of quality of life varied by demographic group, with renters and those living with someone with a disability reporting excellent or good quality of life less frequently [see Figure 5]. Assessment of quality of life was only asked in the most recent iteration of the survey and therefore cannot be evaluated over time.

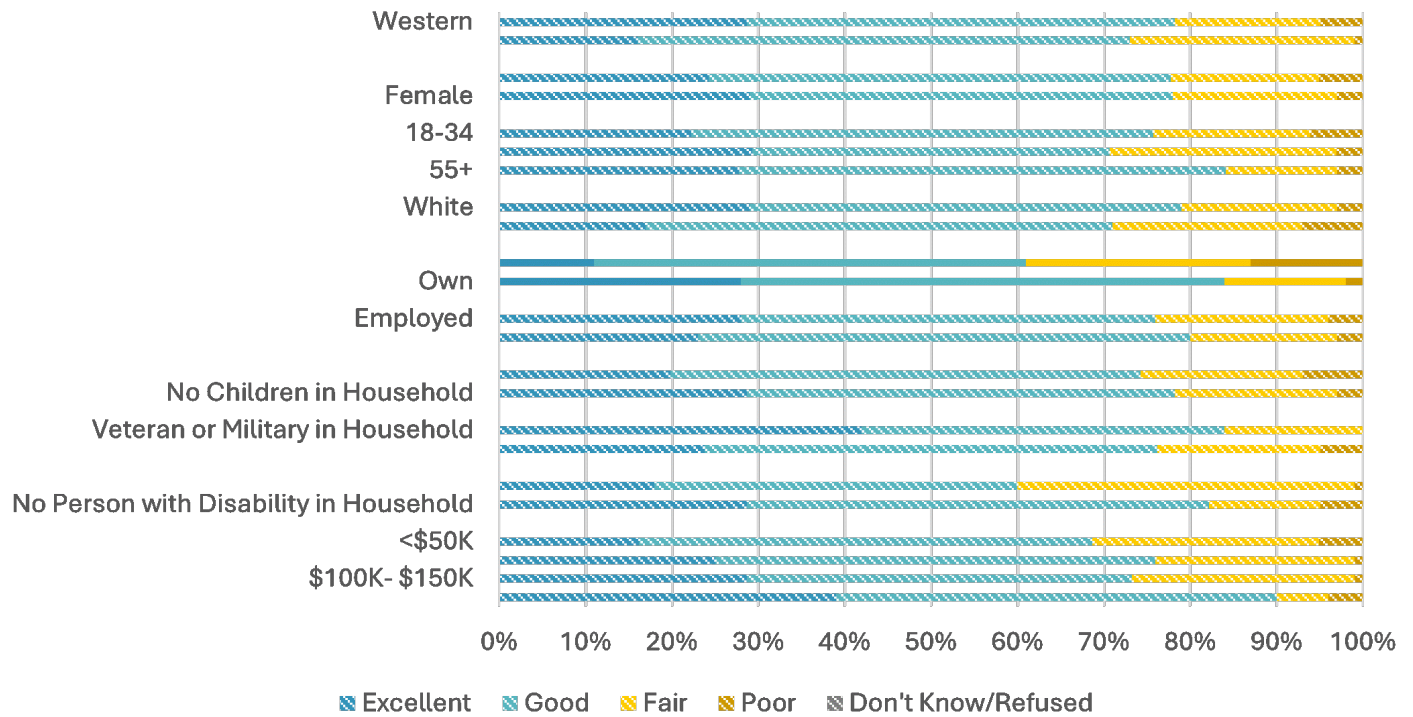
Figure 4



Category	Excellent (%)	Good (%)	Fair (%)	Poor (%)	Don't Know/Refused (%)
Dutchess 2025	26	51	19	4	0

Figure 5

Rating of Quality of Life in Community by Demographic Group, 2025

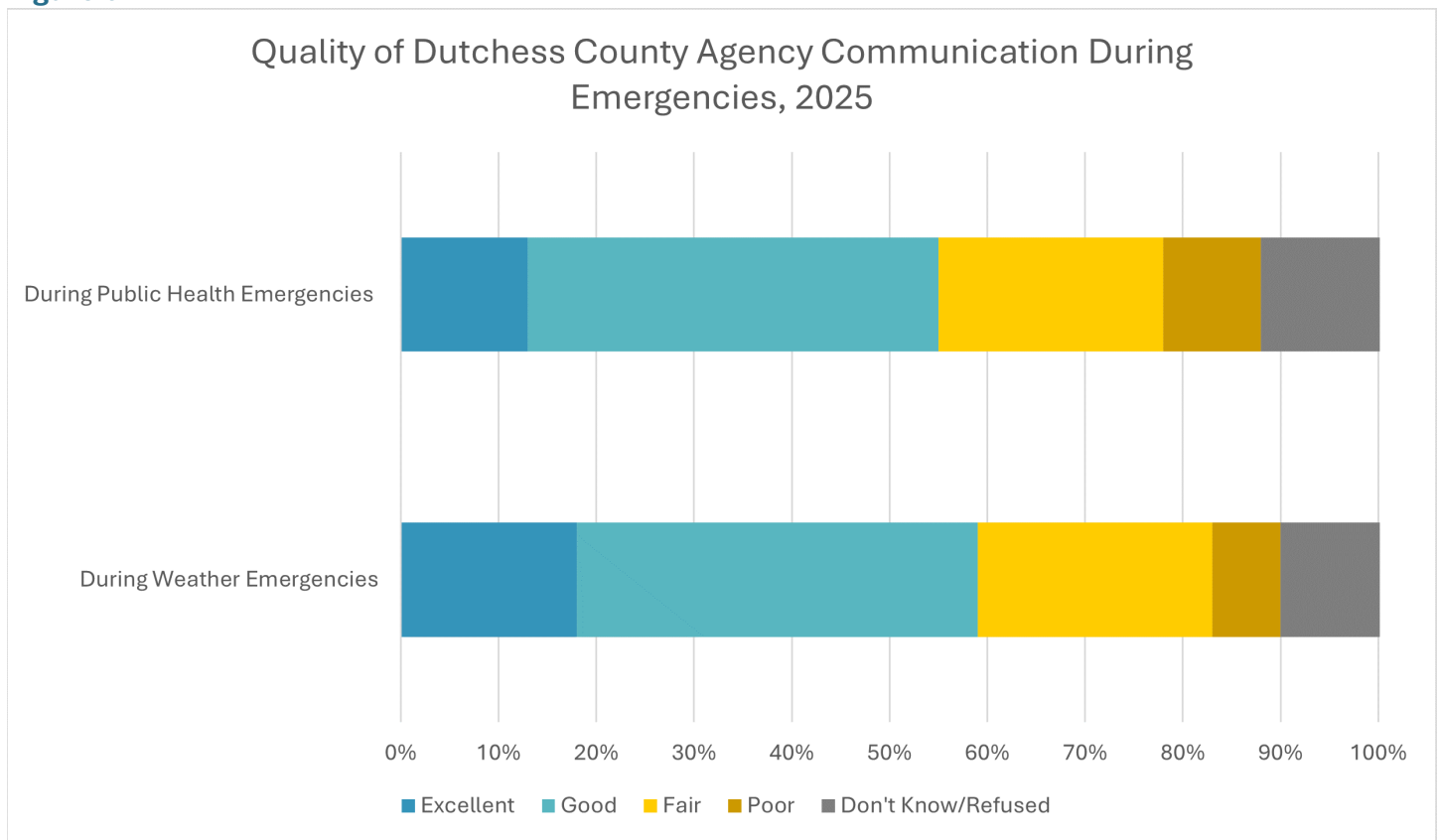


Category	Subcategory	Excellent (%)	Good (%)	Fair (%)	Poor (%)	Don't Know/Refused (%)
Region	Western	29	50	17	5	0
Region	Eastern	16	57	26	1	0
Gender	Male	24	53	17	5	0
Gender	Female	29	49	19	3	0
Age	18-34	22	53	18	6	0
Age	35-54	29	41	26	3	0
Age	55+	28	57	13	3	0
Race/Ethnicity	White	29	50	18	3	0
Race/Ethnicity	Non-White	17	54	22	7	0
Living Arrangement	Rent	11	50	26	13	0
Living Arrangement	Own	28	56	14	2	0
Employed	Yes	28	48	20	4	0
Employed	No	23	57	17	3	0
Children in Household	Yes	20	55	19	7	0
Children in Household	No	29	50	19	3	0
Veteran/Military in Household	Yes	42	42	16	0	0
Veteran/Military in Household	No	24	53	19	5	0
Person with Disability in Household	Yes	18	42	39	1	0
Person with Disability in Household	No	29	54	13	5	0
Income	<\$50k	16	52	26	5	0
Income	\$50k - \$100k	25	51	23	1	0
Income	\$100k - \$150k	29	45	26	1	0
Income	\$150k	39	51	6	4	0

Survey Questions 3 & 4: How would you rate the job county agencies are doing providing information to Dutchess County residents during weather emergencies? During public health emergencies?

Perception of county agency communication during emergencies varied by type of emergency and demographic group. The percentage of residents who felt that county agencies were doing an excellent or good job was similar for both weather and public health emergencies, 59% and 55% respectively [see Figure 6]. When considering only weather emergencies, unemployed residents less frequently reported excellent or good communication from county agencies [see Figure 7]. For public health emergencies, there was a disparity between regions of the county, with those living in the western portion of the county having a more positive view of county agency communication than those living in the eastern portion [see Figure 8]. It is important to note that on average 10% of residents responded “Don’t Know/Refused” to these questions [see Figure 6], possibly indicating that they aren’t familiar enough with county agency communication to determine the quality of information provided.

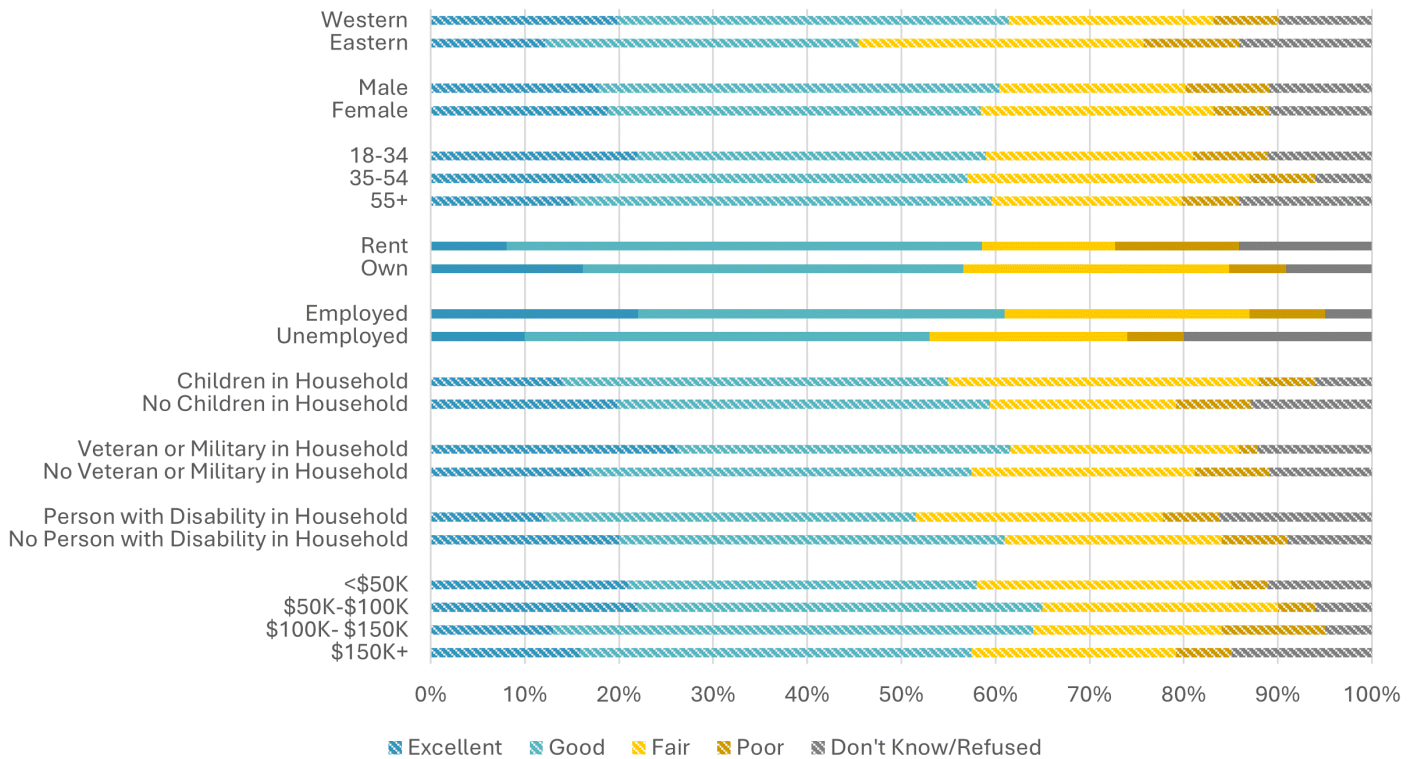
Figure 6



Category	Excellent (%)	Good (%)	Fair (%)	Poor (%)	Don't Know/Refused (%)
During Public Health Emergencies	13	42	23	10	13
During Weather Emergencies	18	41	24	7	11

Figure 7

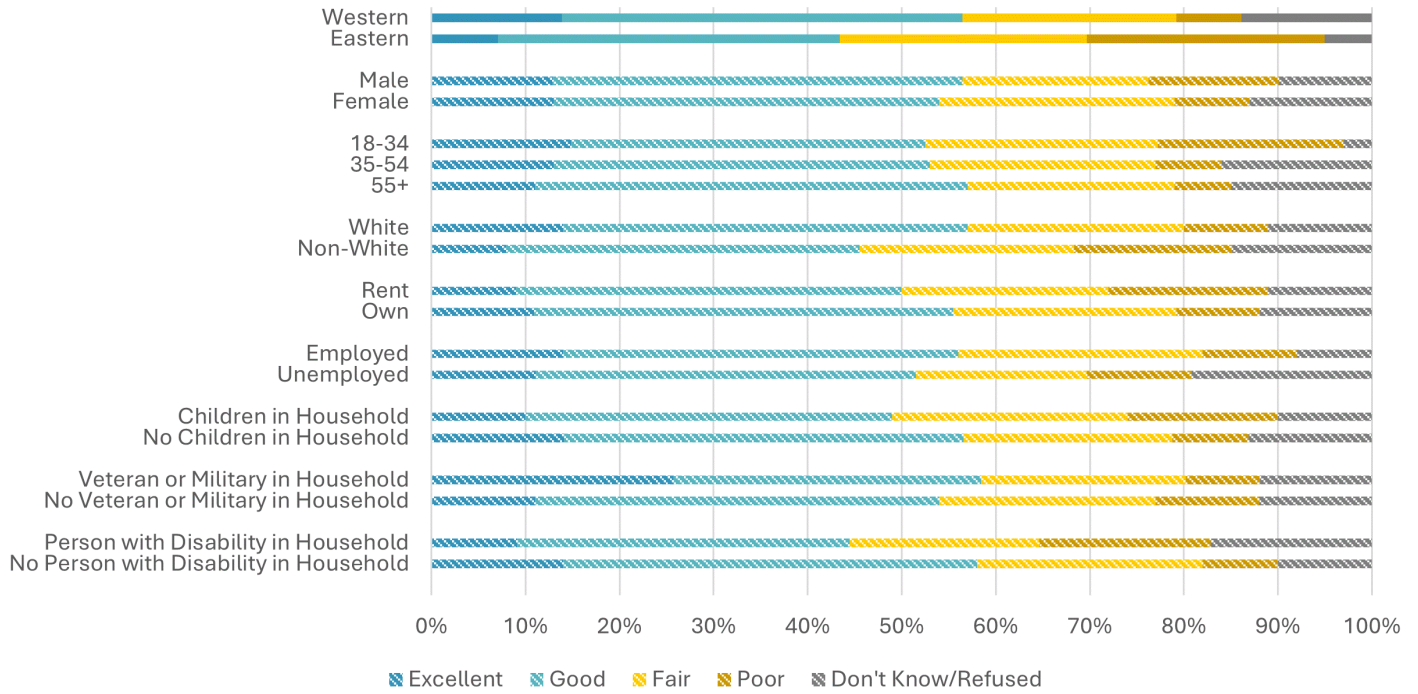
Quality of Dutchess County Agency Communication During Weather Emergencies by Demographic Group, 2025



Category	Subcategory	Excellent (%)	Good (%)	Fair (%)	Poor (%)	Don't Know/Refused (%)
Region	Western	20	42	22	7	10
Region	Eastern	12	33	30	10	14
Gender	Male	18	43	20	9	11
Gender	Female	19	40	25	6	11
Age	18-34	22	37	22	8	11
Age	35-54	18	39	30	7	6
Age	55+	15	44	20	6	14
Race/Ethnicity	White	19	41	24	6	10
Race/Ethnicity	Non-White	17	38	22	10	13
Living Arrangement	Rent	8	50	14	13	14
Living Arrangement	Own	16	40	28	6	9
Employed	Yes	22	39	26	8	5
Employed	No	10	43	21	6	20
Children in Household	Yes	14	41	33	6	6
Children in Household	No	20	40	20	8	13
Veteran/Military in Household	Yes	26	35	24	2	12
Veteran/Military in Household	No	17	41	24	8	11
Person with Disability in Household	Yes	12	39	26	6	16
Person with Disability in Household	No	20	41	23	7	9
Income	<\$50k	21	37	27	4	11
Income	\$50k - \$100k	22	43	25	4	6
Income	\$100k - \$150k	13	51	20	11	5
Income	\$150k	16	42	22	6	15

Figure 8

Quality of Dutchess County Agency Communication During Public Health Emergencies, 2025

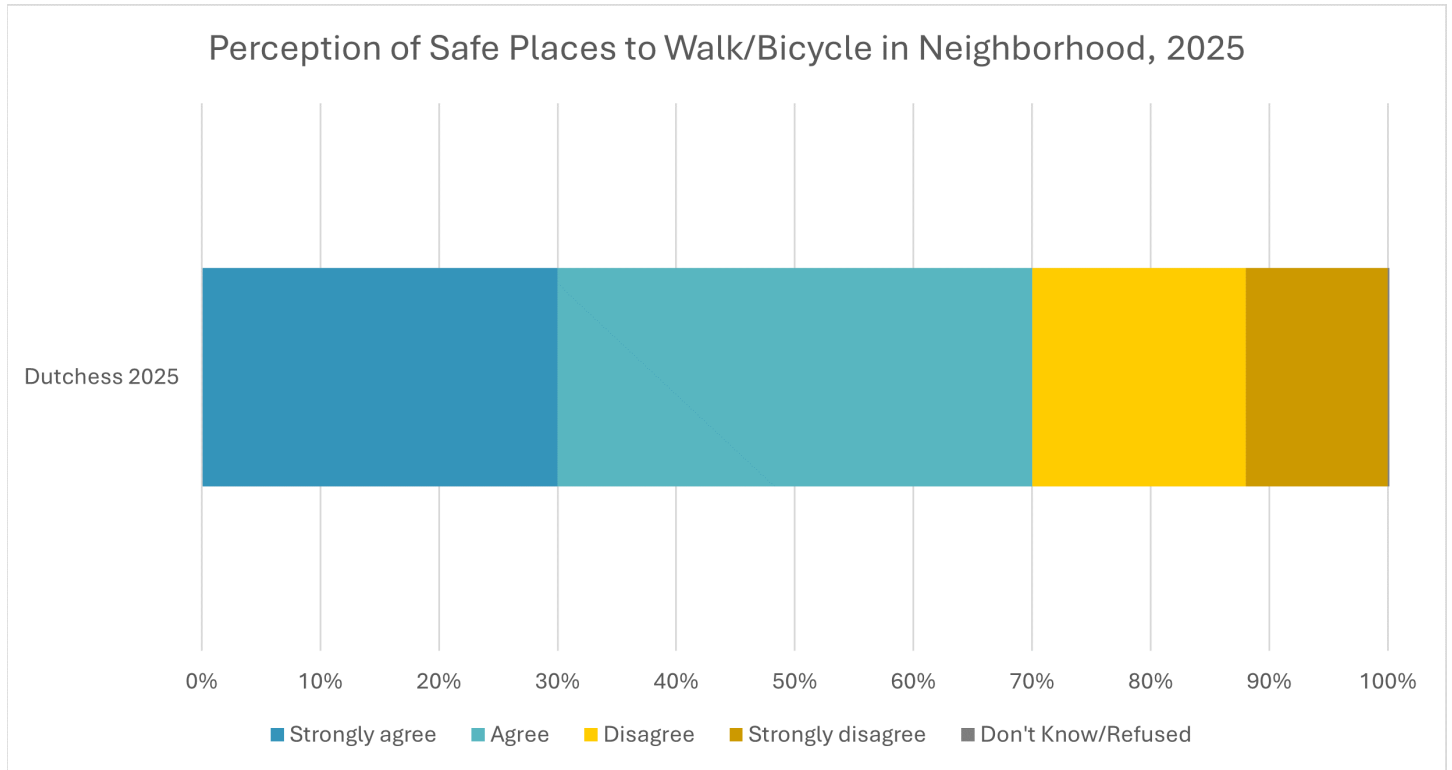


Category	Subcategory	Excellent (%)	Good (%)	Fair (%)	Poor (%)	Don't Know/Refused (%)
Region	Western	14	43	23	7	14
Region	Eastern	7	36	23	25	5
Gender	Male	13	44	20	14	10
Gender	Female	13	41	25	8	13
Age	18-34	15	38	25	20	3
Age	35-54	13	40	24	7	16
Age	55+	11	46	22	6	15
Race/Ethnicity	White	14	43	23	9	11
Race/Ethnicity	Non-White	8	38	23	17	15
Living Arrangement	Rent	9	41	22	17	11
Living Arrangement	Own	11	45	24	9	12
Employed	Yes	14	42	46	10	8
Employed	No	11	40	18	11	19
Children in Household	Yes	10	39	25	16	10
Children in Household	No	14	42	22	8	13
Veteran/Military in Household	Yes	26	33	22	8	12
Veteran/Military in Household	No	11	43	23	11	12
Person with Disability in Household	Yes	9	35	20	18	17
Person with Disability in Household	No	14	44	24	8	10

Survey Question 5: There are places to walk or bicycle in my neighborhood that are safe from traffic.

When asked if there were safe places to walk or bicycle in their neighborhood, only 70% residents strongly agreed or agreed [see Figure 9]. Younger residents (18 to 34), renters, and those making less than \$50,000 and more than \$150,000 less often agreed that there were safe places to walk or bicycle in their neighborhood [see Figure 10].

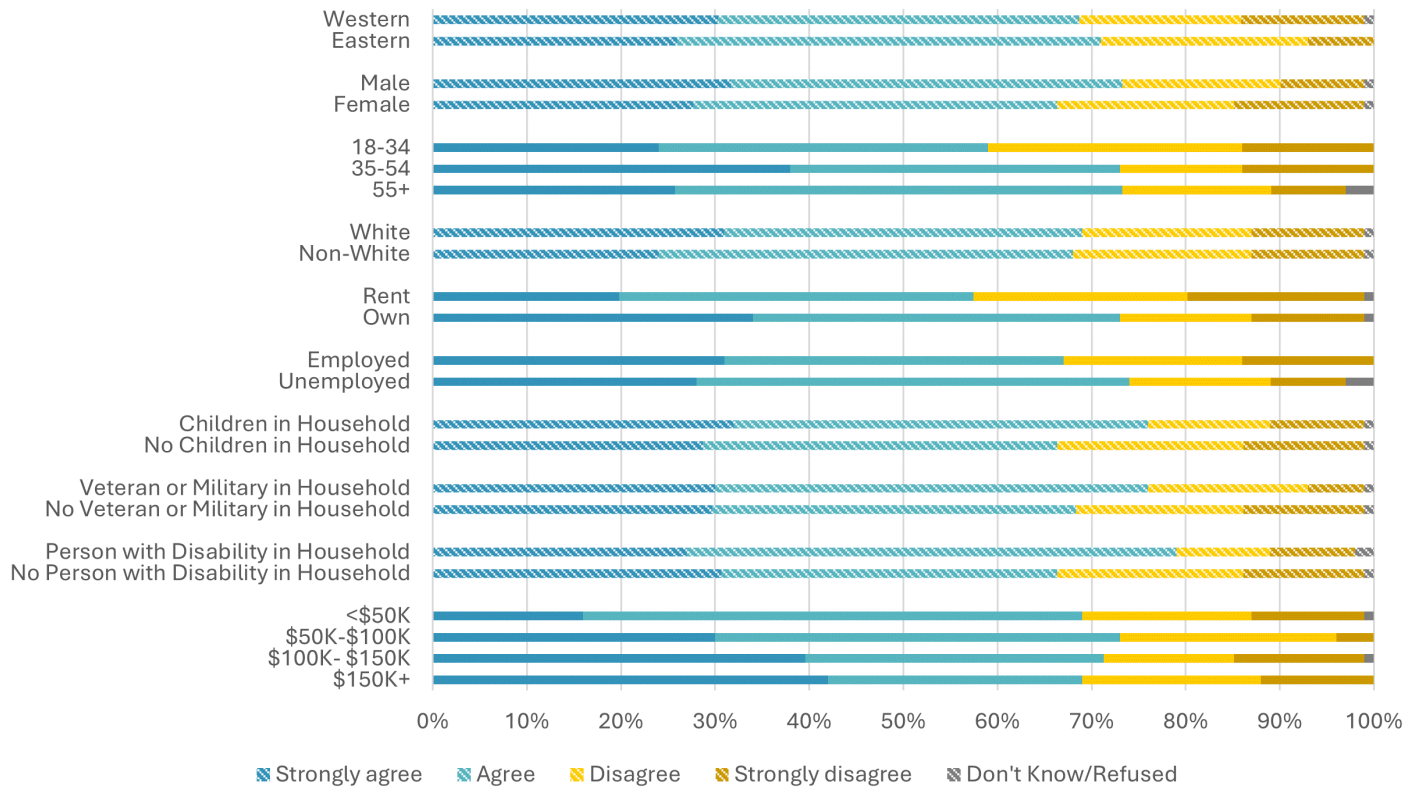
Figure 9



Category	Strongly Agree (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)	Don't Know/Refused (%)
Dutchess 2025	30	40	18	12	1

Figure 10

Perception of Safe Places to Walk/Bicycle in Neighborhood by Demographic Group, 2025

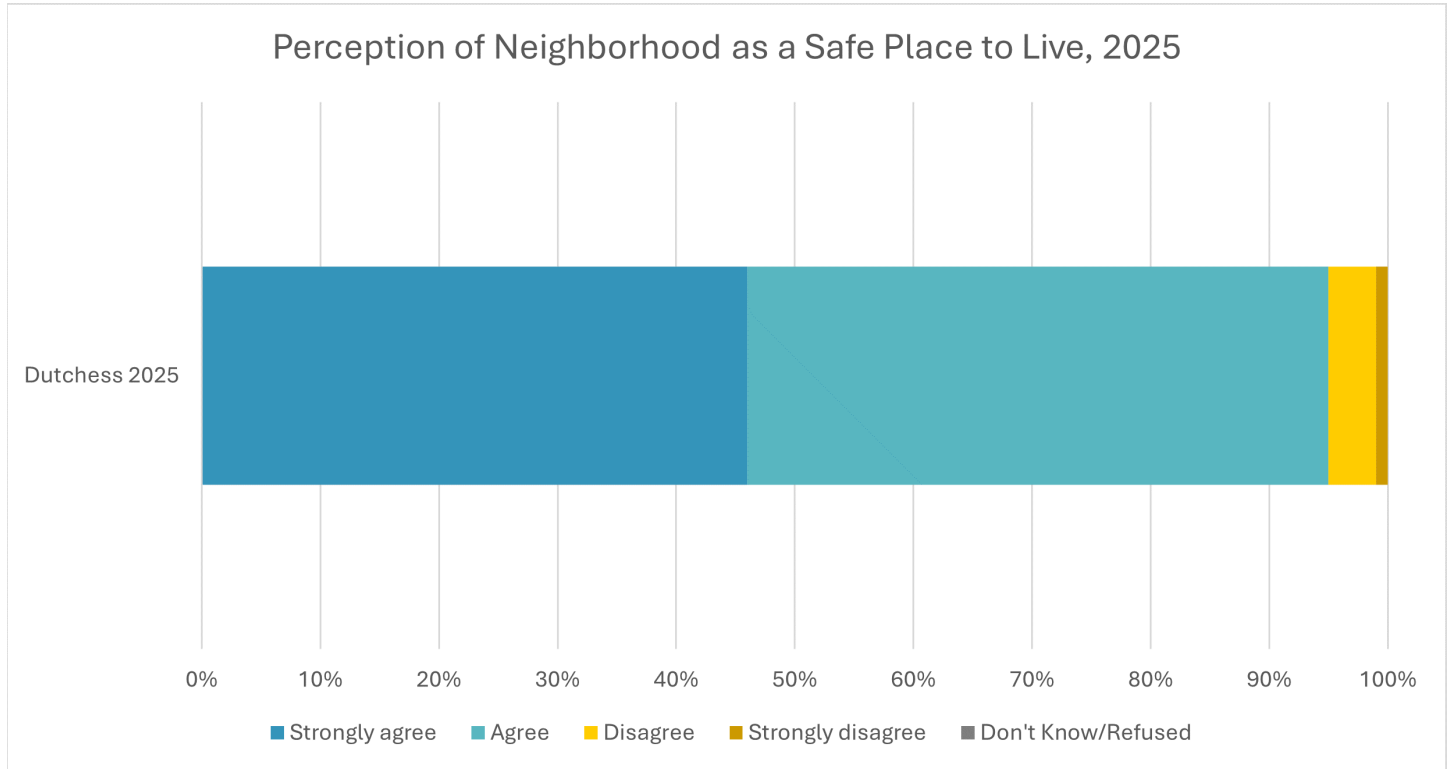


Category	Subcategory	Strongly Agree (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)	Don't Know/Refused (%)
Region	Western	30	38	17	13	1
Region	Eastern	26	45	22	7	0
Gender	Male	32	42	17	9	1
Gender	Female	28	39	19	14	1
Age	18-34	24	35	27	14	0
Age	35-54	38	35	13	14	0
Age	55+	26	48	16	8	3
Race/Ethnicity	White	31	38	18	12	1
Race/Ethnicity	Non-White	24	44	19	12	1
Living Arrangement	Rent	20	38	23	19	1
Living Arrangement	Own	34	39	14	12	1
Employed	Yes	31	36	19	14	0
Employed	No	28	46	15	8	3
Children in Household	Yes	32	44	13	10	1
Children in Household	No	29	38	20	13	1
Veteran/Military in Household	Yes	30	46	17	6	1
Veteran/Military in Household	No	30	39	18	13	1
Person with Disability in Household	Yes	27	52	10	9	2
Person with Disability in Household	No	31	36	20	13	1
Income	<\$50k	16	53	18	12	1
Income	\$50k - \$100k	30	43	23	4	0
Income	\$100k - \$150k	40	32	14	14	1
Income	\$150k	42	27	19	12	0

Survey Question 6: My neighborhood is a safe place to live.

When considering overall safety of their neighborhood, 95% of residents strongly agreed or agreed that their neighborhood is a safe place to live [see Figure 11]. Residents who own their living arrangement felt their community was safer compared to those who rent [see Figure 12].

Figure 11



Category	Strongly Agree (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)	Don't Know/Refused (%)
Dutchess 2025	46	49	4	1	0

Figure 12

Category	Subcategory	Strongly Agree (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)	Don't Know/Refused (%)
Region	Western	45	49	5	1	1
Region	Eastern	48	45	5	2	0
Gender	Male	48	45	5	2	0
Gender	Female	44	53	3	0	0
Age	18-34	50	44	6	0	0
Age	35-54	44	51	3	3	0
Age	55+	45	50	3	0	1
Living Arrangement	Rent	32	52	11	4	1
Living Arrangement	Own	54	45	1	0	0
Employed	Yes	49	47	3	1	0
Employed	No	41	53	5	0	1
Person with Disability in Household	Yes	39	54	7	0	0
Person with Disability in Household	No	48	48	3	1	0

Survey Question 7: Overall, how would you rate the community you live in as a place for people to live as they age?

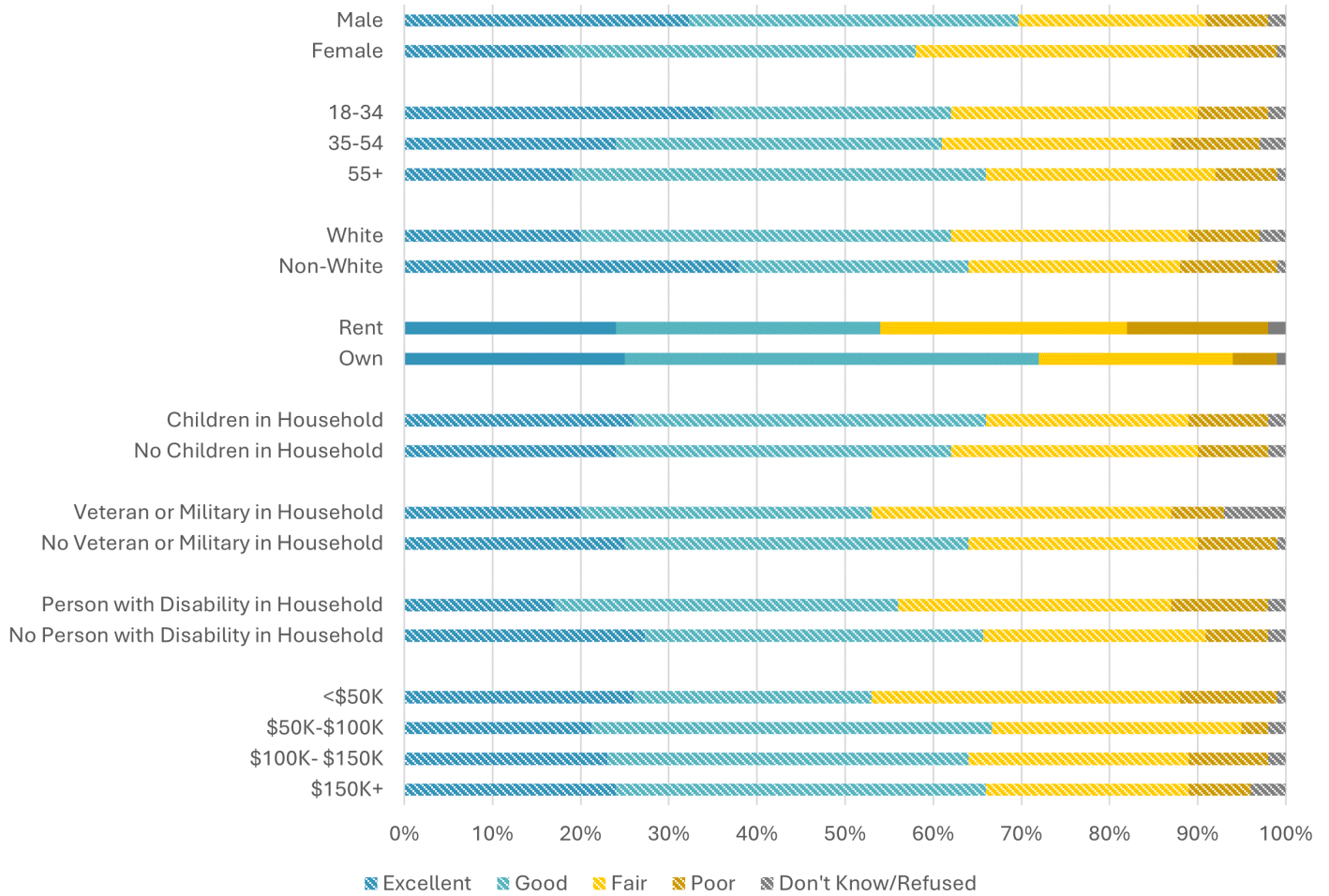
When considering aging, only 63% of residents felt that their community is an excellent or good place to live [see Figure 13]. This most strongly varied when considering living arrangement, where only 54% of renters felt their community was an excellent or good place to age compared to 72% of owners [see Figure 14].

Figure 13

Category	Excellent (%)	Good (%)	Fair (%)	Poor (%)	Don't Know/Refused (%)
Dutchess 2025	24	39	27	8	2

Figure 14

Rating of Community as a Place to Age by Demographic Group, 2025

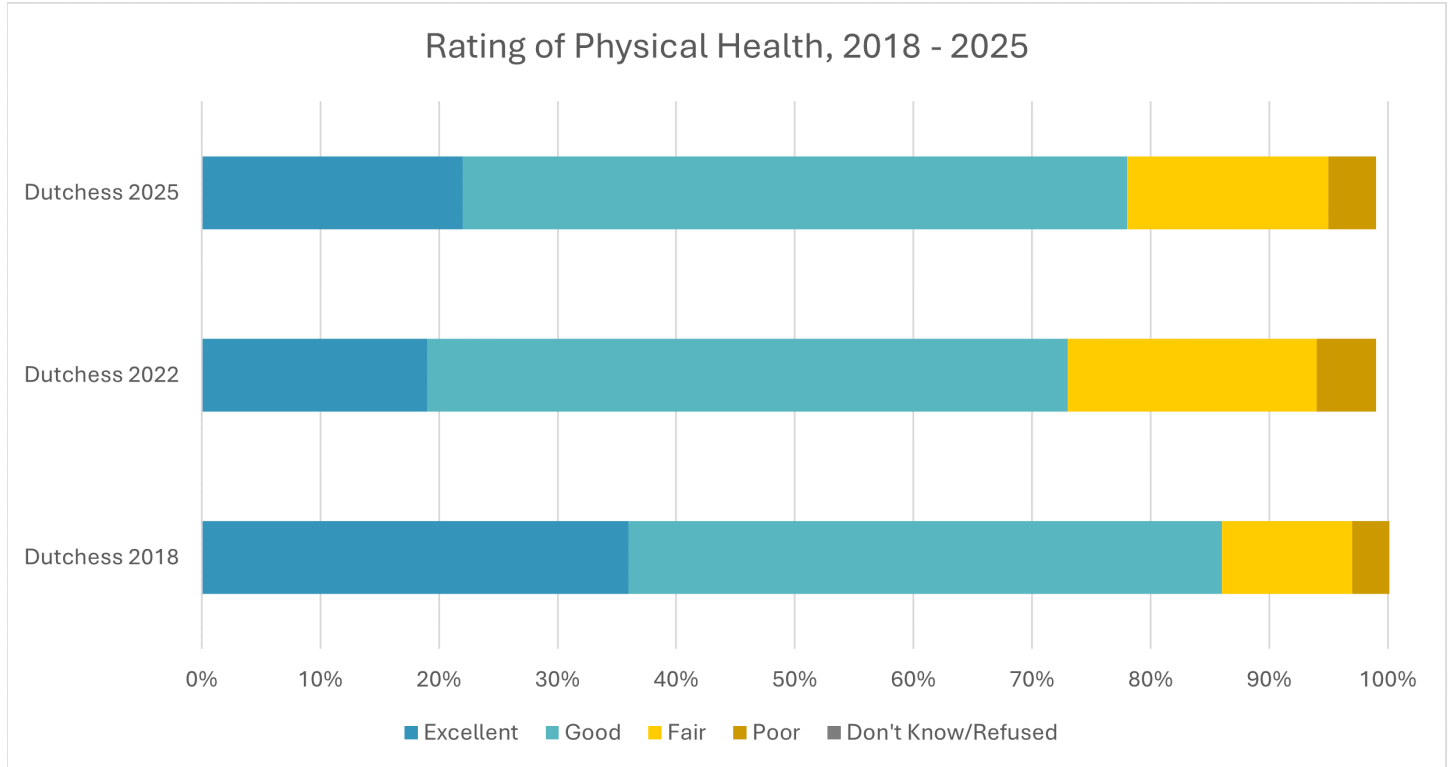


Category	Subcategory	Strongly Agree (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)	Don't Know/Refused (%)
Gender	Male	32	37	21	7	2
Gender	Female	18	40	31	10	1
Age	18-34	35	27	28	8	2
Age	35-54	24	37	26	10	3
Age	55+	19	47	26	7	1
Race/Ethnicity	White	20	42	27	8	3
Race/Ethnicity	Non-White	38	26	24	11	1
Living Arrangement	Rent	27	30	28	16	2
Living Arrangement	Own	25	47	22	5	1
Children in Household	Yes	26	40	23	9	2
Children in Household	No	24	38	28	8	2
Veteran/Military in Household	Yes	20	33	34	6	7
Veteran/Military in Household	No	25	39	26	9	1
Person with Disability in Household	Yes	17	39	31	11	2
Person with Disability in Household	No	27	38	25	7	2
Income	<\$50k	26	27	35	11	1
Income	\$50k - \$100k	21	45	28	3	2
Income	\$100k - \$150k	23	41	25	9	2
Income	\$150k+	24	42	23	7	4

Survey Question 8: In general, how would you rate your physical health?

When asked to rate their physical health, 78% of residents said that their physical health is excellent/good, an overall increase from the 2022 survey results [see Figure 15]. Perception of physical health varied by demographic group. Renters, those living with someone with a disability in their household, and those making \$50,000 to \$100,000 a year reported excellent or good physical health less frequently than their counterparts [see Figure 16].

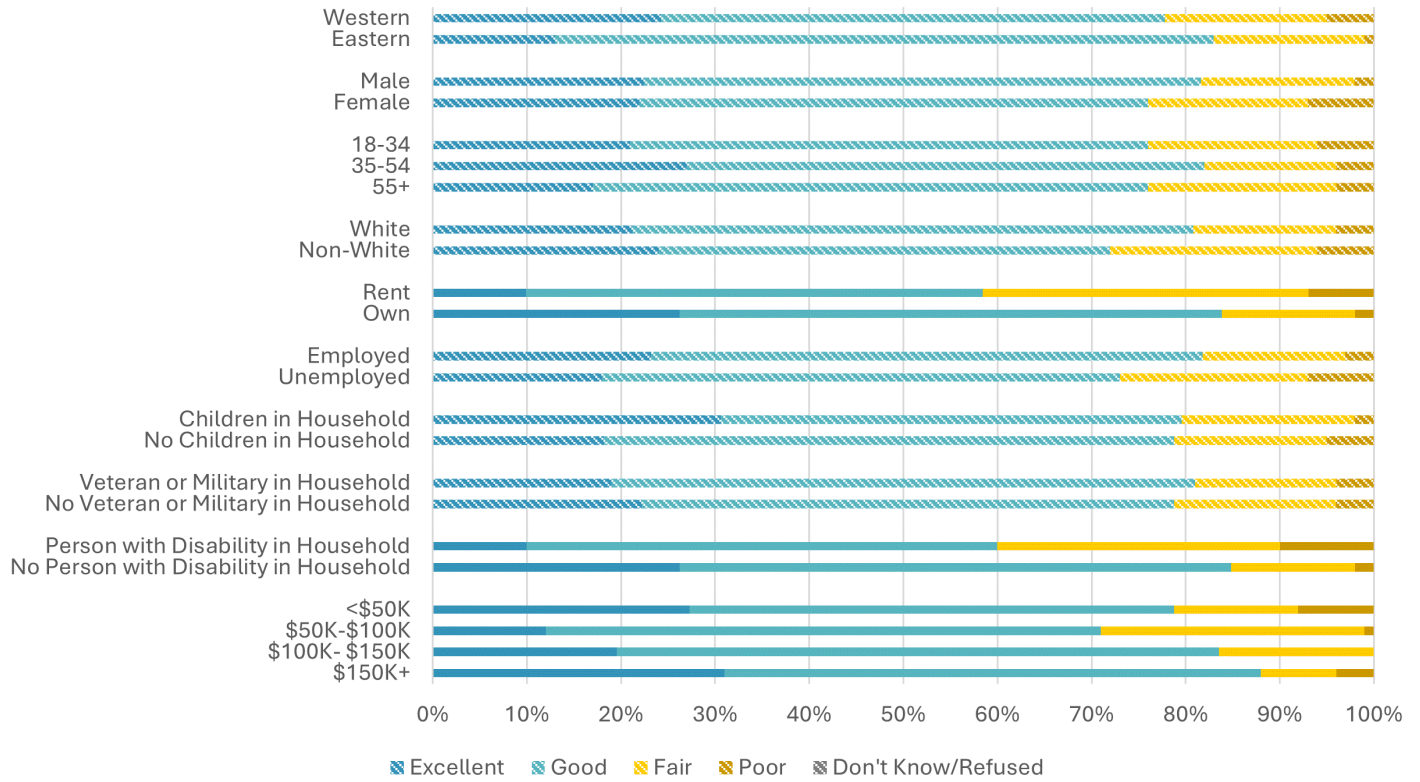
Figure 15



Category	Excellent (%)	Good (%)	Fair (%)	Poor (%)	Don't Know/Refused (%)
Dutchess 2025	22	56	17	4	0
Dutchess 2022	19	54	21	5	0
Dutchess 2018	36	50	11	4	0

Figure 16

Rating of Physical Health by Demographic Group, 2025

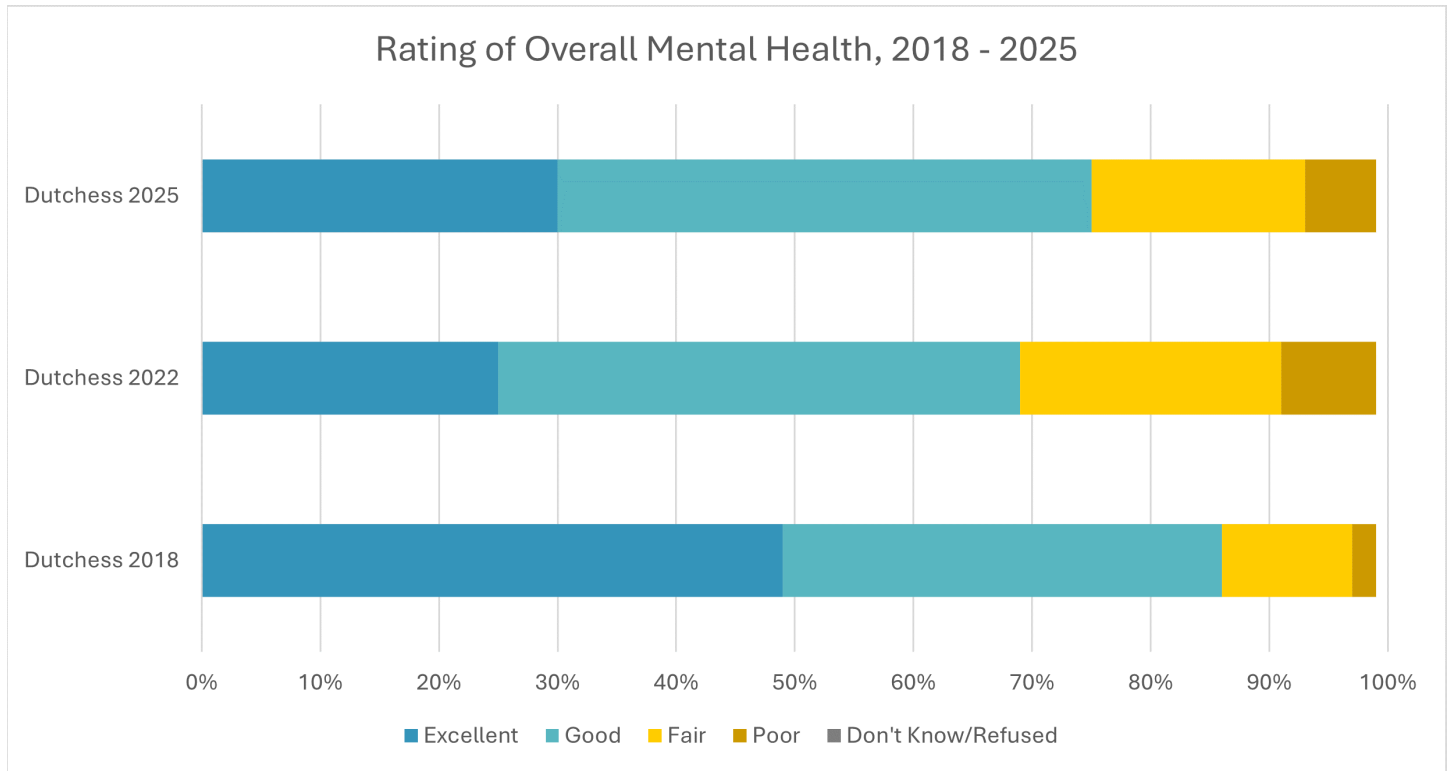


Category	Subcategory	Strongly Agree (%)	Agree (%)	Disagree (%)	Strongly Disagree (%)	Don't Know/Refused (%)
Region	Western	24	53	17	5	0
Region	Eastern	13	70	16	1	0
Gender	Male	22	58	16	2	0
Gender	Female	22	54	17	7	0
Age	18-34	21	55	18	6	0
Age	35-54	27	55	14	4	0
Age	55+	17	59	20	4	0
Race/Ethnicity	White	21	59	15	4	0
Race/Ethnicity	Non-White	24	48	22	6	0
Living Arrangement	Rent	10	49	35	7	0
Living Arrangement	Own	26	57	14	2	0
Employed	Yes	23	58	15	3	0
Employed	No	18	55	20	7	0
Children in Household	Yes	30	48	18	2	0
Children in Household	No	18	60	16	5	0
Veteran/Military in Household	Yes	19	62	15	4	0
Veteran/Military in Household	No	22	56	17	4	0
Person with Disability in Household	Yes	10	50	30	10	0
Person with Disability in Household	No	26	58	13	2	0
Income	<\$50k	27	51	13	8	0
Income	\$50k - \$100k	12	59	28	1	0
Income	\$100k - \$150k	19	62	16	0	0
Income	\$150k	31	57	8	4	0

Survey Question 9: Mental health involves emotional, psychological, and social wellbeing. How would you rate your overall mental health?

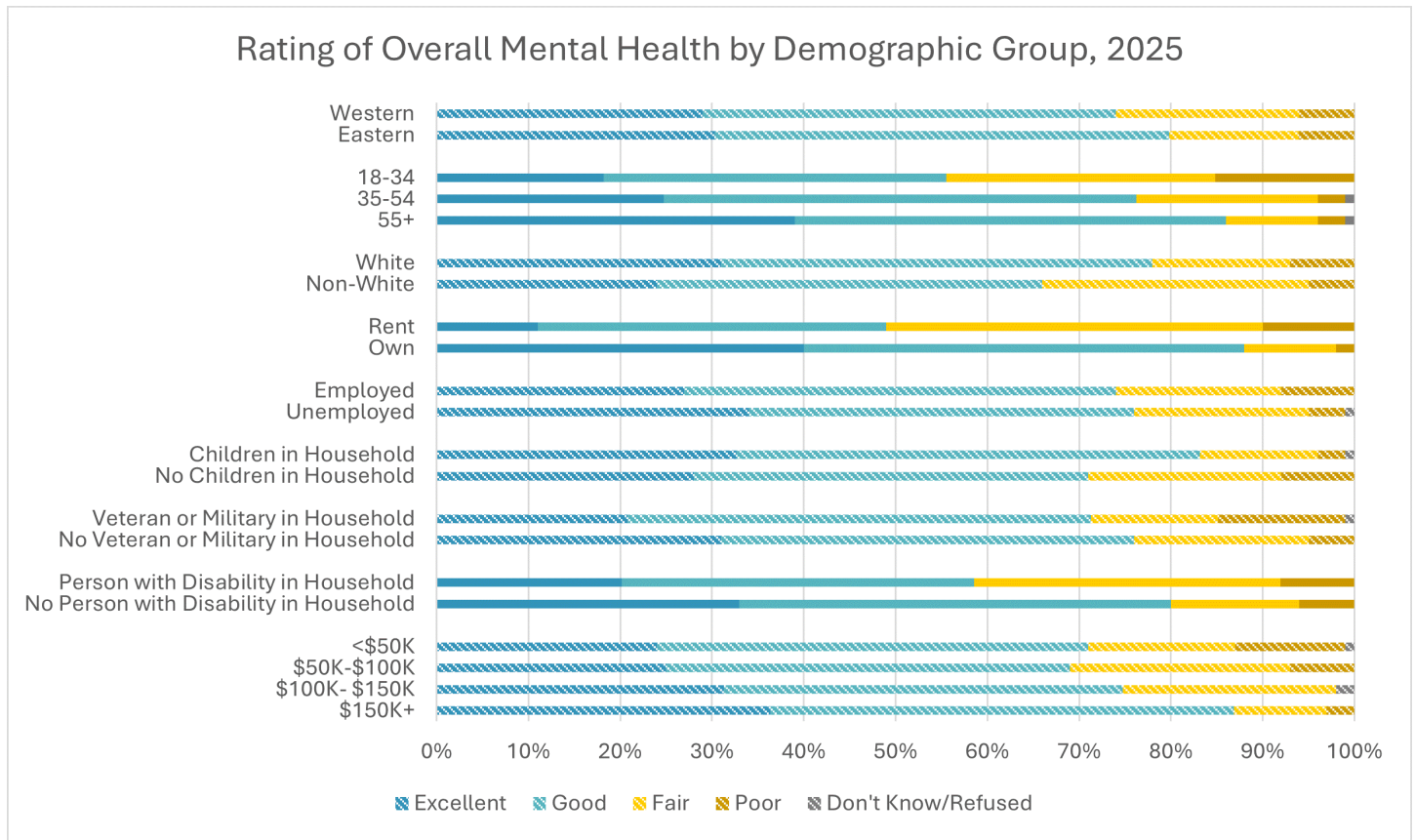
When looking at overall mental health, the percentage of residents responding excellent or good increased from 69% in 2022 to 75% in 2025 but has not returned to the 2018 pre-COVID 19 rate of 86% [see Figure 17]. Demographic groups that are disproportionately experiencing fair or poor mental health include younger residents (18-34 years old), renters, and those living with someone with a disability in their household [see Figure 18].

Figure 17



Category	Excellent (%)	Good (%)	Fair (%)	Poor (%)	Don't Know/Refused (%)
Dutchess 2025	30	45	18	6	0
Dutchess 2022	25	44	22	8	0
Dutchess 2018	49	37	11	2	0

Figure 18

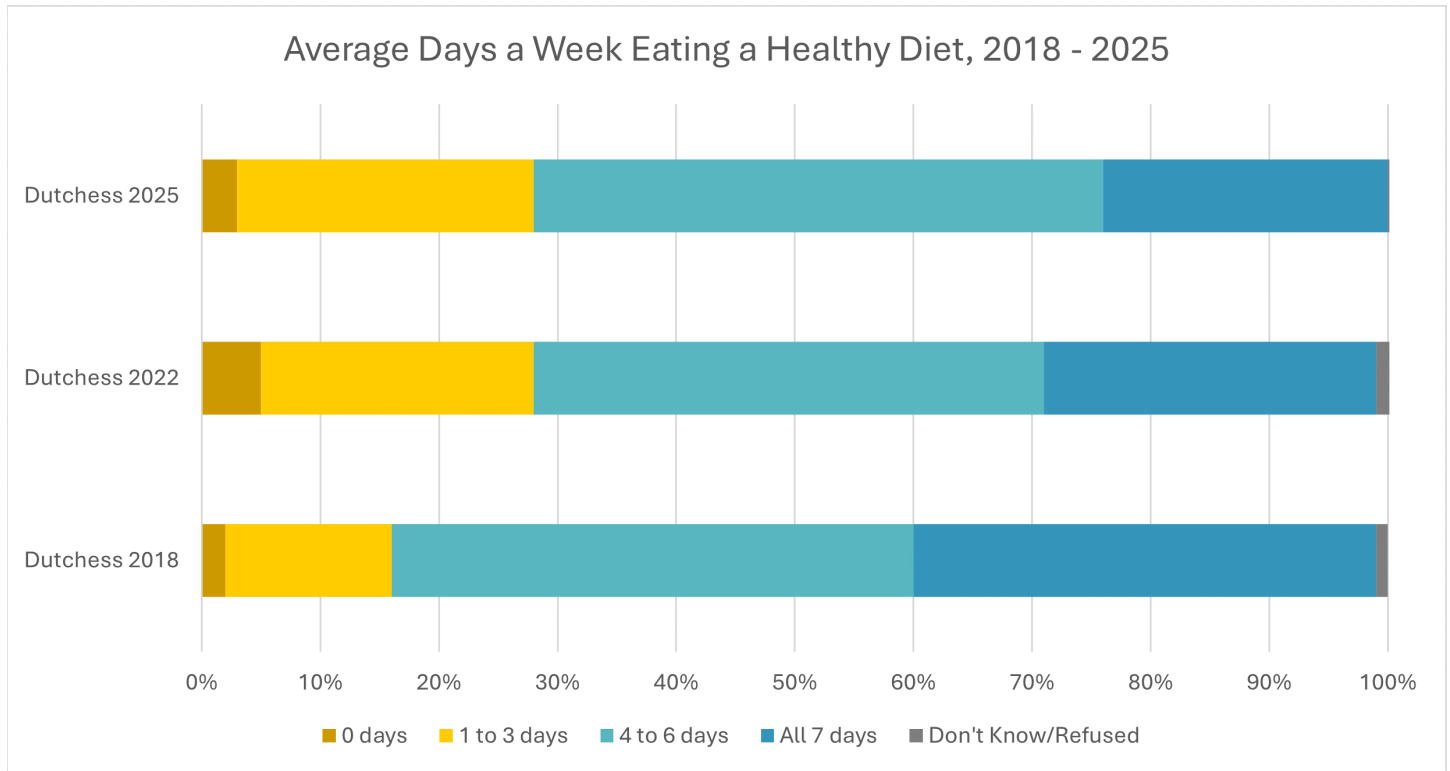


Category	Subcategory	Excellent (%)	Good (%)	Fair (%)	Poor (%)	Don't Know/Refused (%)
Region	Western	29	45	20	6	0
Region	Eastern	30	49	14	6	0
Age	18-34	18	37	29	15	0
Age	35-54	25	52	20	3	1
Age	55+	39	47	10	3	1
Race/Ethnicity	White	31	47	15	7	0
Race/Ethnicity	Non-White	24	42	29	5	0
Living Arrangement	Rent	11	38	41	10	0
Living Arrangement	Own	40	48	10	2	0
Employed	Yes	27	47	18	8	0
Employed	No	34	42	19	4	1
Children in Household	Yes	33	51	13	3	1
Children in Household	No	28	43	21	8	0
Veteran/Military in Household	Yes	21	51	14	14	1
Veteran/Military in Household	No	31	45	19	5	0
Person with Disability in Household	Yes	20	38	33	8	0
Person with Disability in Household	No	33	47	14	6	0
Income	<\$50k	24	47	16	12	1
Income	\$50k - \$100k	25	44	24	7	0
Income	\$100k - \$150k	31	43	23	0	2
Income	\$150k	36	50	10	3	0

Survey Question 10: Over the past 12 months how many days in an average week did you eat a balanced, healthy diet?

In 2025, 28% of respondents ate a healthy diet an average of three or less days a week. This was an increase from 2018 at 16% [see Figure 19]. Males (29%), those 18 to 34 (41%), those who were non-white (49%), those who rent their homes (42%), those employed (30%), those with someone with a disability in their household (42%), and those making \$50,000 or less (35%) were more likely to eat a healthy diet three days or less a week than other groups [see Figure 20].

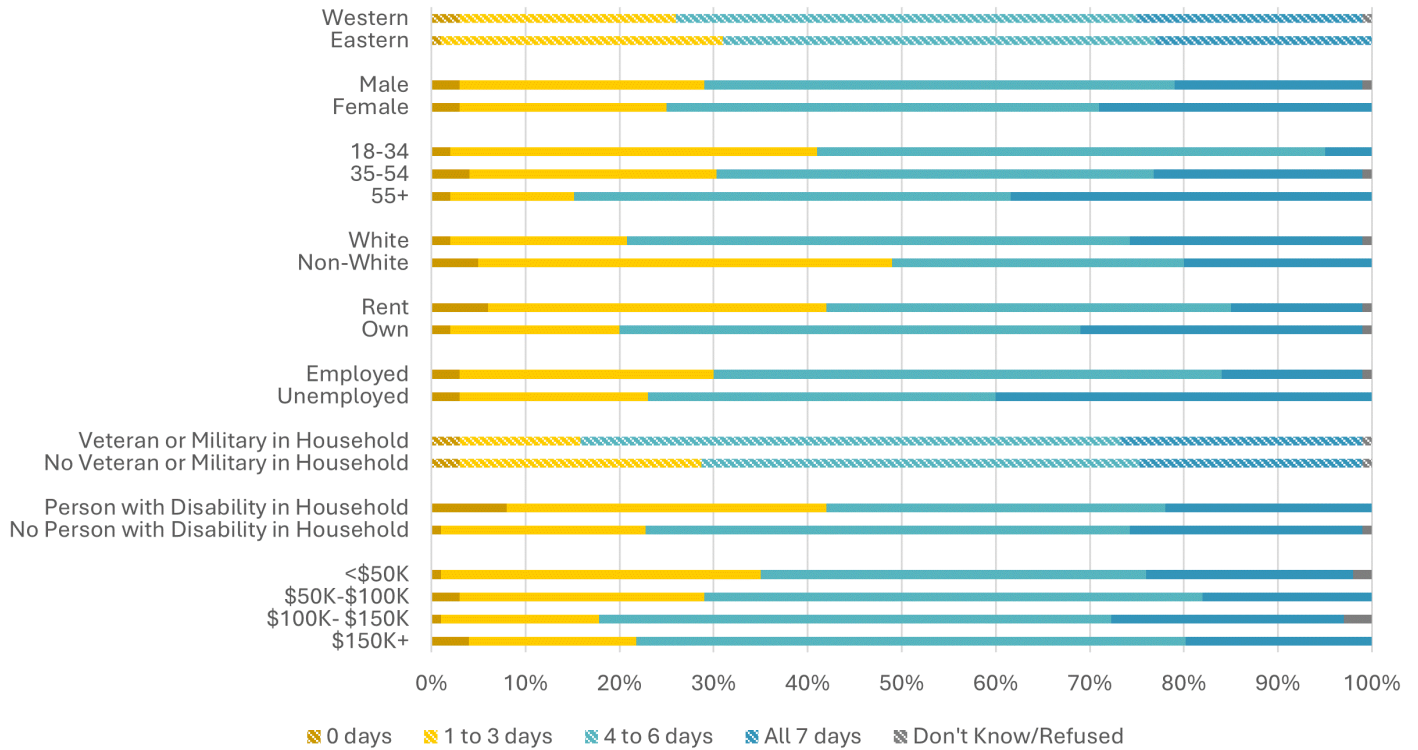
Figure 19



Category	0 days (%)	1 to 3 days (%)	4 to 6 days (%)	All 7 days (%)	Don't Know/Refused (%)
Dutchess 2025	3	25	48	24	1
Dutchess 2022	5	23	43	28	2
Dutchess 2018	2	14	44	39	1

Figure 20

Average Days a Week Eating a Healthy Diet by Demographic Group, 2025

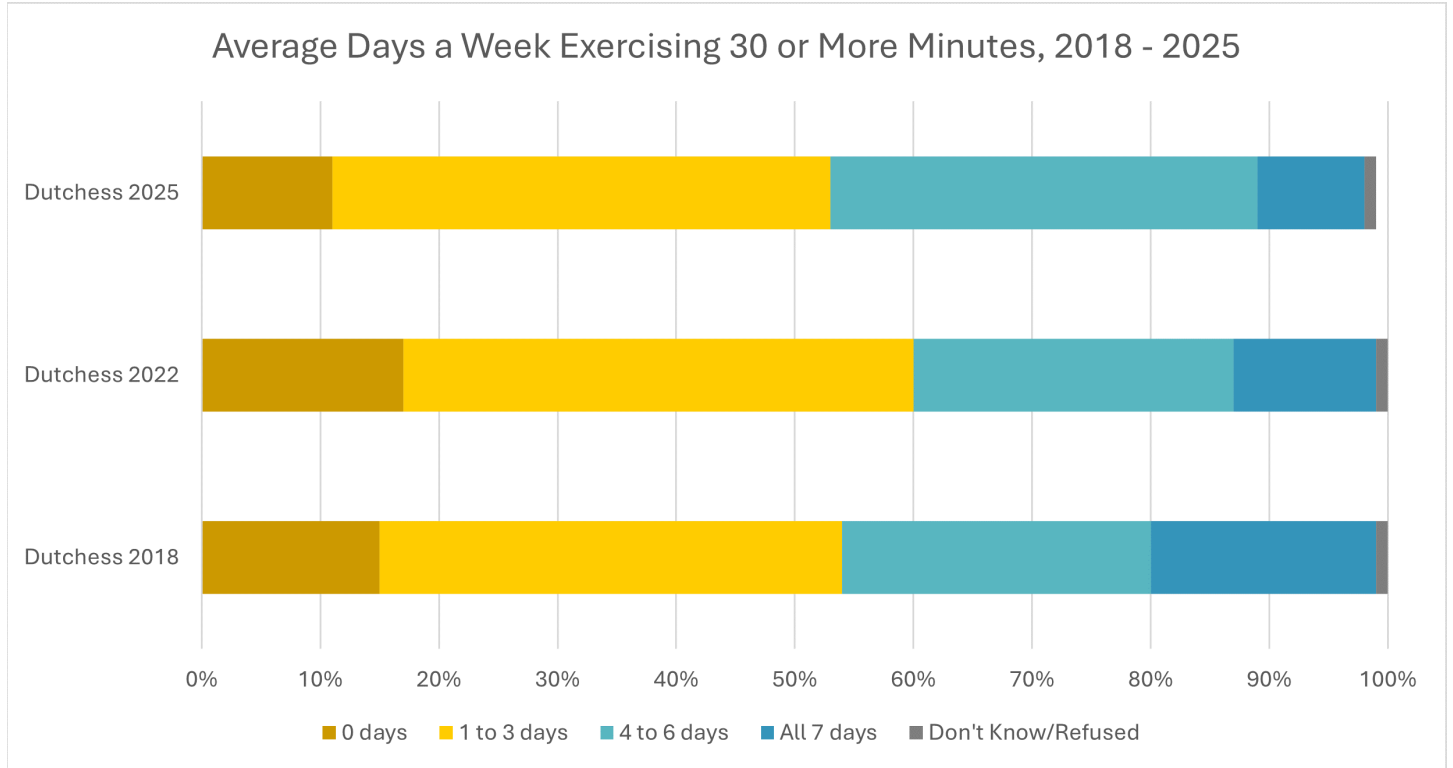


Category	Subcategory	0 days (%)	1 to 3 days (%)	4 to 6 days (%)	All 7 days (%)	Don't Know/Refused (%)
Region	Western	3	23	49	24	1
Region	Eastern	1	30	46	23	0
Gender	Male	3	26	50	20	1
Gender	Female	3	22	46	29	0
Age	18-34	2	39	54	5	0
Age	35-54	4	26	46	22	1
Age	55+	2	13	46	38	0
Race/Ethnicity	White	2	19	54	25	1
Race/Ethnicity	Non-White	5	44	31	20	0
Living Arrangement	Rent	6	36	43	14	1
Living Arrangement	Own	2	18	49	30	1
Employed	Yes	3	27	54	15	1
Employed	No	3	20	37	40	0
Veteran/Military in Household	Yes	3	13	58	26	1
Veteran/Military in Household	No	3	26	47	24	1
Person with Disability in Household	Yes	8	34	36	22	0
Person with Disability in Household	No	1	22	52	25	1
Income	<\$50k	1	34	41	22	2
Income	\$50k - \$100k	3	26	53	18	0
Income	\$100k - \$150k	1	17	55	25	3
Income	\$150k	4	18	59	20	0

Survey Question 11: Over the past 12 months, how many days in an average week did you exercise for 30 minutes or more?

In 2025, 53% of respondents exercised for at least 30 minutes an average of three days or less per week [see Figure 21]. Western Dutchess residents (55%), Females (60%), those unemployed (57%), those with children in the household (67%), and those with a person with a disability in the household (66%) were more likely than other demographic groups to exercise three days or less per week [see Figure 22].

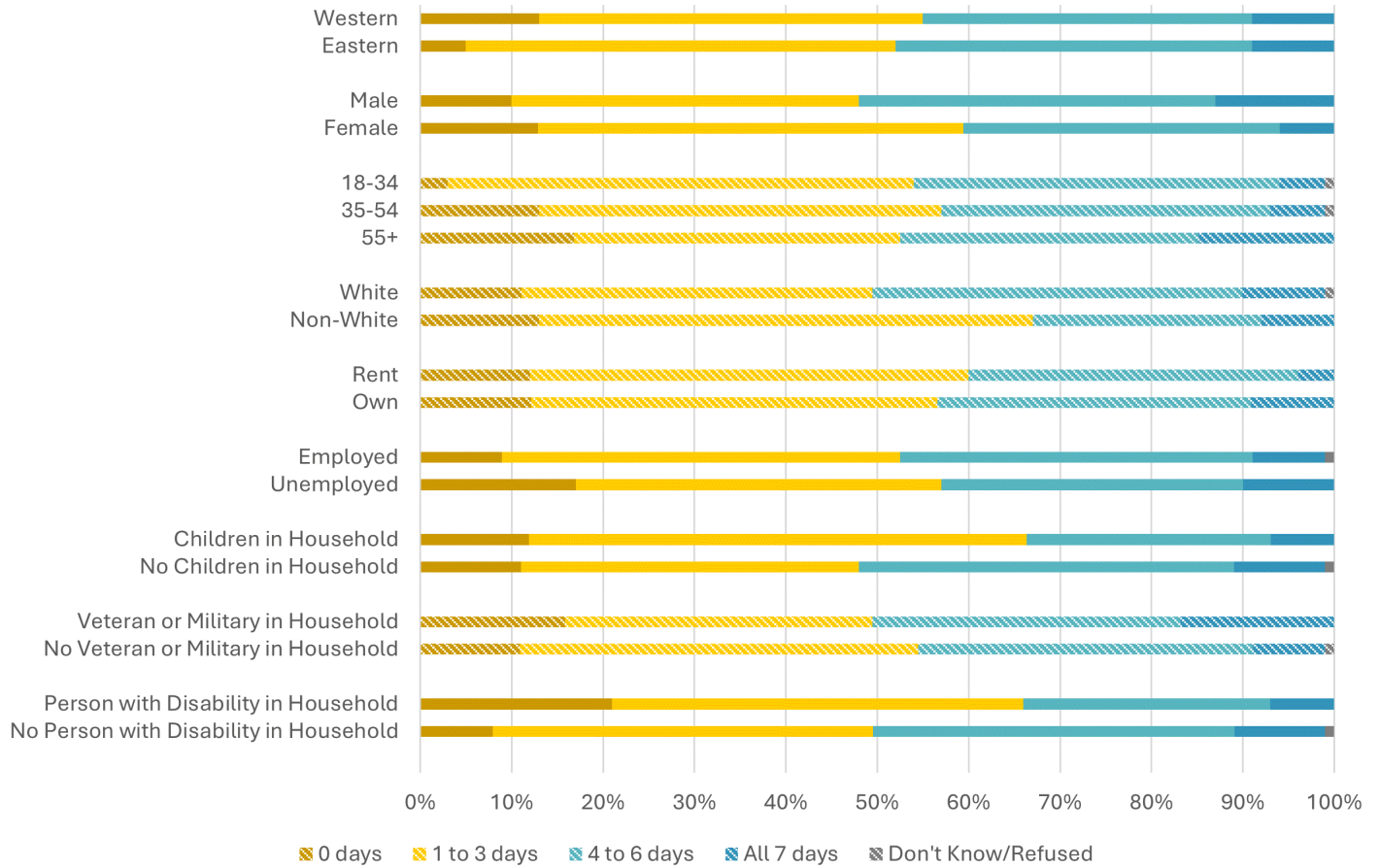
Figure 21



Category	0 days (%)	1 to 3 days (%)	4 to 6 days (%)	All 7 days (%)	Don't Know/Refused (%)
Dutchess 2025	11	42	36	9	1
Dutchess 2022	17	43	27	12	1
Dutchess 2018	15	39	26	19	1

Figure 22

Average Days a Week Exercising 30 or More Minutes by Demographic Group, 2025

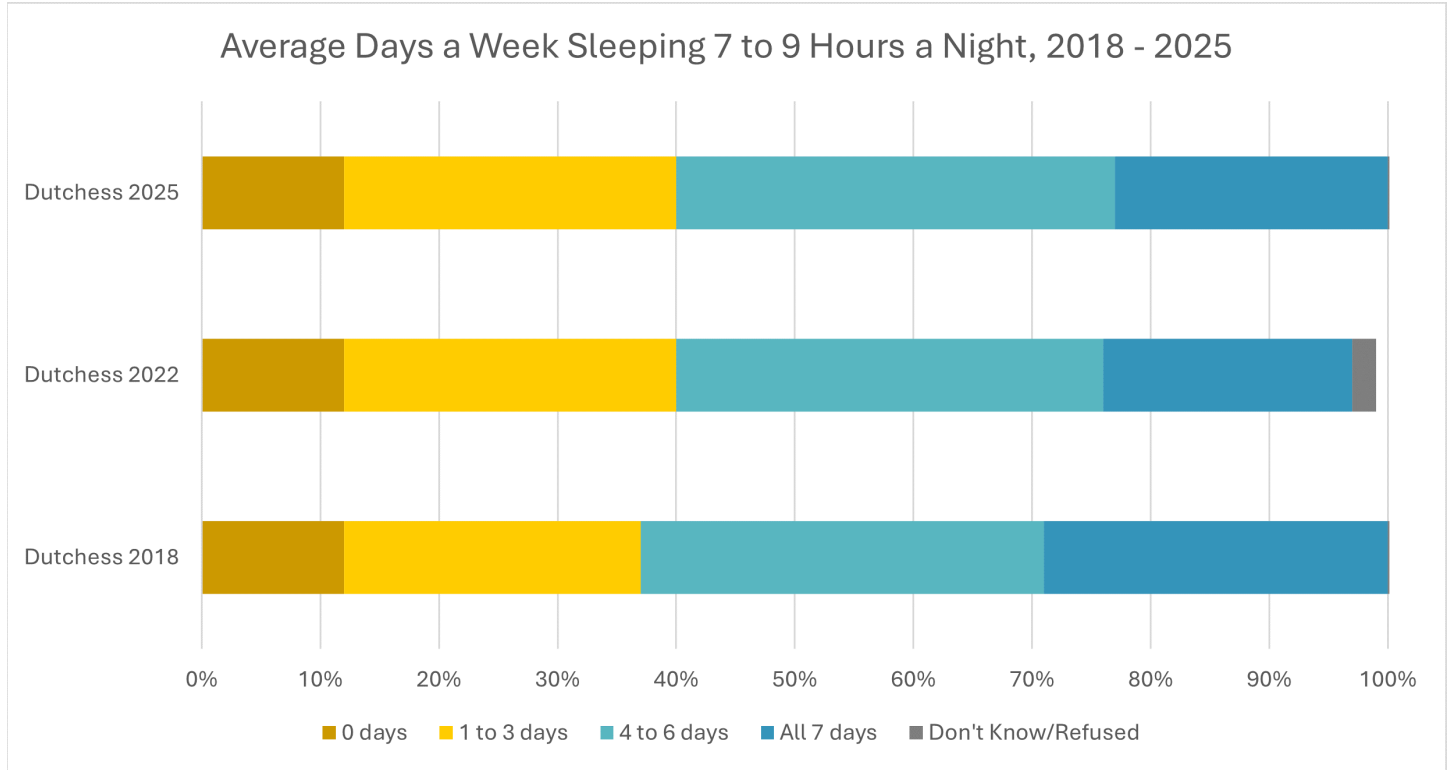


Category	Subcategory	0 days (%)	1 to 3 days (%)	4 to 6 days (%)	All 7 days (%)	Don't Know/Refused (%)
Region	Western	13	42	36	9	0
Region	Eastern	5	47	39	9	0
Gender	Male	10	38	39	13	0
Gender	Female	13	47	35	6	0
Age	18-34	3	51	40	5	1
Age	35-54	13	44	36	6	1
Age	55+	17	36	33	15	0
Race/Ethnicity	White	11	38	40	9	1
Race/Ethnicity	Non-White	13	54	25	8	0
Living Arrangement	Rent	12	48	36	4	0
Living Arrangement	Own	12	44	34	9	0
Employed	Yes	9	44	39	8	1
Employed	No	17	40	33	10	0
Children in Household	Yes	12	55	27	7	0
Children in Household	No	11	37	41	10	1
Veteran/Military in Household	Yes	16	34	34	17	0
Veteran/Military in Household	No	11	44	37	8	1
Person with Disability in Household	Yes	21	45	27	7	0
Person with Disability in Household	No	8	42	40	10	1

Survey Question 12: Over the past 12 months, how many days in an average week did you get 7 to 9 hours of sleep in a night?

In 2025, 40% of respondents slept for an average of seven to nine hours a night three or less days per week. This was similar to responses in 2022 and 2018 [see Figure 23]. Residents of Eastern Dutchess (44%) and those with children in the household (42%) were more likely than other demographic groups to sleep seven to nine hours a night for three days or less per week [see Figure 24].

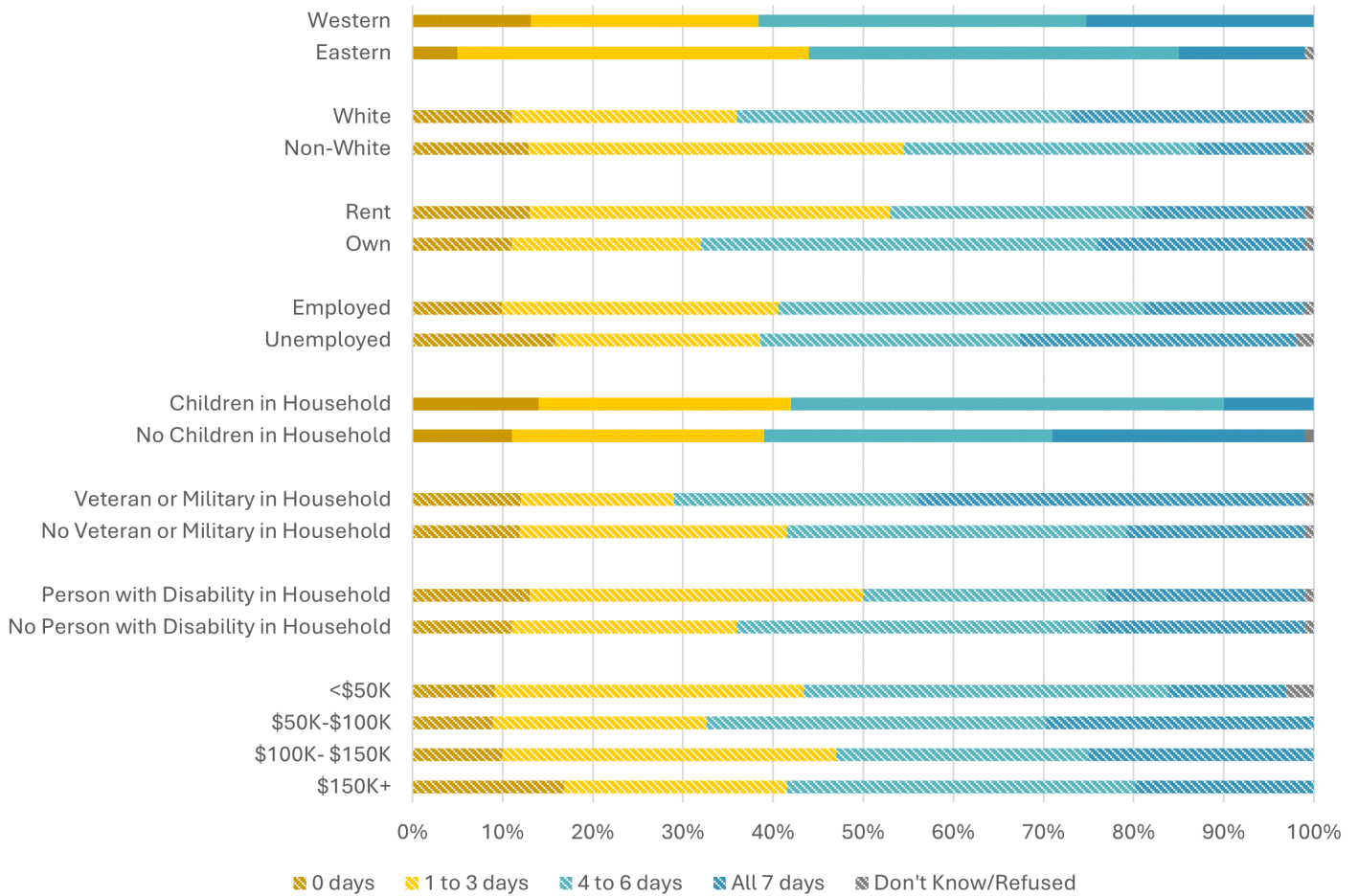
Figure 23



Category	0 days (%)	1 to 3 days (%)	4 to 6 days (%)	All 7 days (%)	Don't Know/Refused (%)
Dutchess 2025	12	28	37	23	1
Dutchess 2022	12	28	36	21	2
Dutchess 2018	12	25	34	29	1

Figure 24

Average Days a Week Sleeping 7 to 9 Hours a Night by Demographic Group, 2025

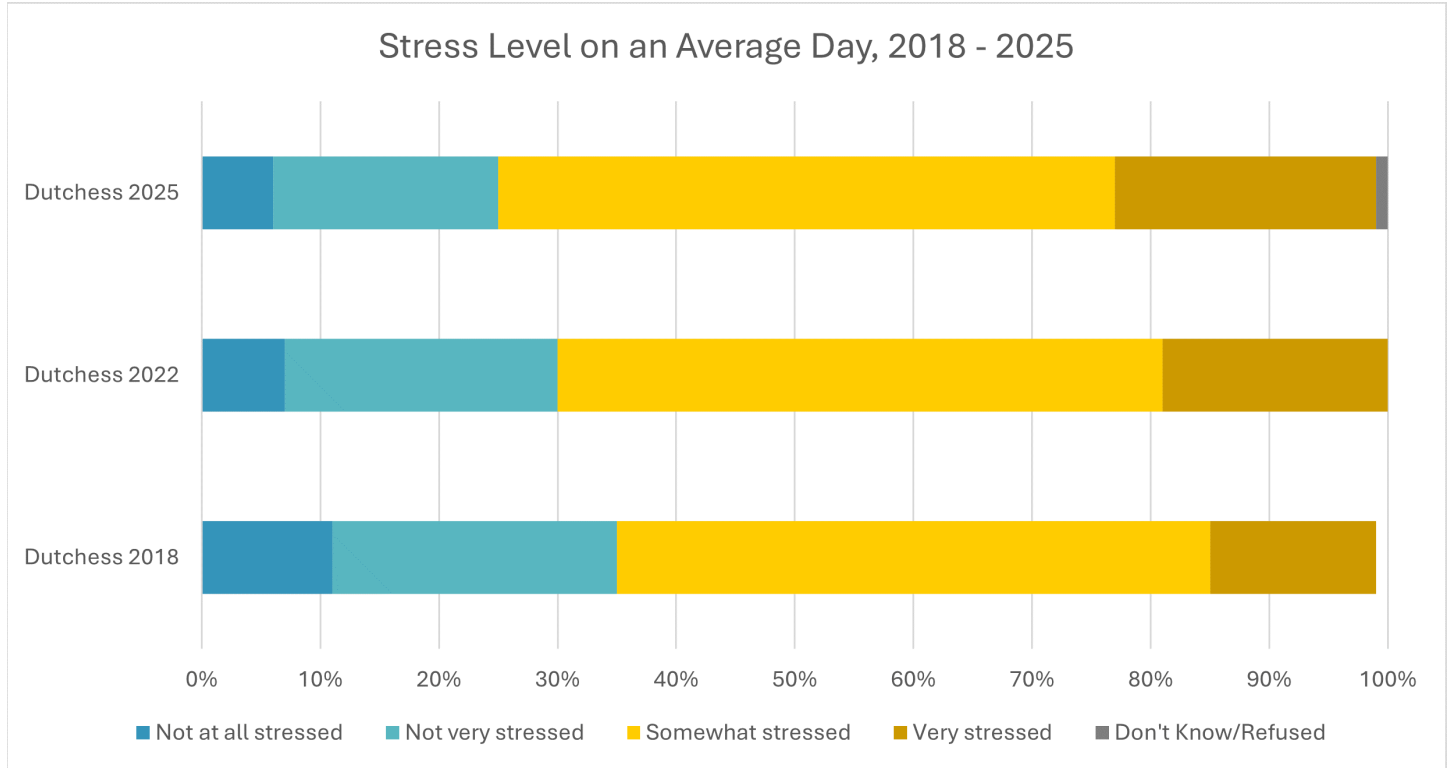


Category	Subcategory	0 days (%)	1 to 3 days (%)	4 to 6 days (%)	All 7 days (%)	Don't Know/Refused (%)
Region	Western	13	25	36	25	0
Region	Eastern	5	39	41	14	1
Race/Ethnicity	White	11	25	37	26	1
Race/Ethnicity	Non-White	13	42	33	12	1
Living Arrangement	Rent	13	40	28	18	1
Living Arrangement	Own	11	21	44	23	1
Employed	Yes	10	31	41	18	1
Employed	No	16	23	29	31	2
Children in Household	Yes	14	28	48	10	0
Children in Household	No	11	28	32	28	1
Veteran/Military in Household	Yes	12	17	27	43	1
Veteran/Military in Household	No	12	30	38	20	1
Person with Disability in Household	Yes	13	37	27	22	1
Person with Disability in Household	No	11	25	40	23	1
Income	<\$50k	9	34	40	13	3
Income	\$50k - \$100k	9	24	38	30	0
Income	\$100k - \$150k	10	37	28	25	0
Income	\$150k+	17	25	39	20	0

Survey Question 13: On an average day, how stressed do you feel?

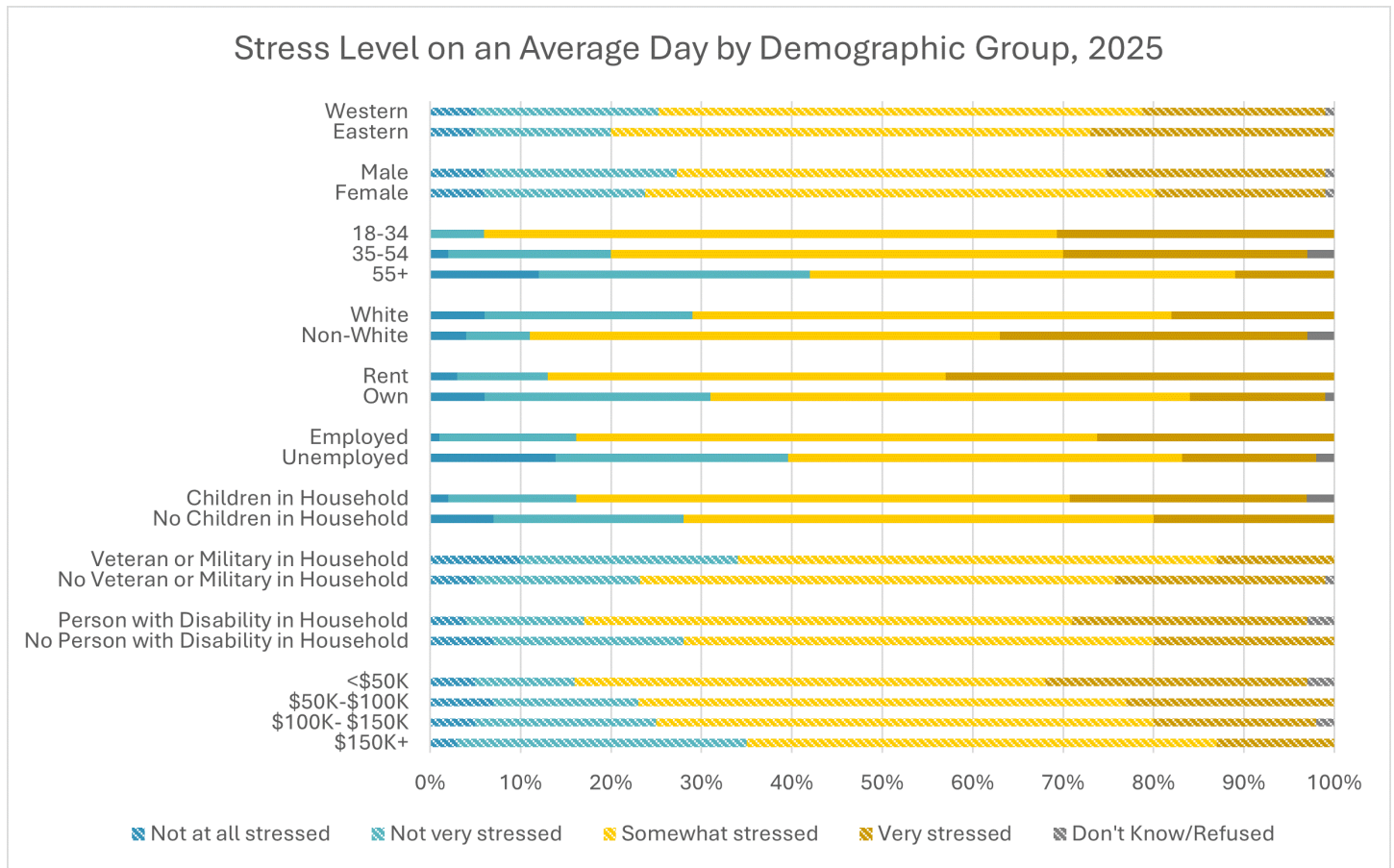
Overall stress level increased from 2018 (64%) to 202 (74%) when we look at those who responded that they are somewhat or very stressed on an average day [see Figure 25] . Similar demographics are impacted by stress as overall mental health. These include younger residents (18-34 years old) and renters, but also include non-white residents, employed residents, and those with children in their household [see Figure 26].

Figure 25



Category	Not at all stressed (%)	Not very stressed (%)	Somewhat stressed (%)	Very stressed (%)	Don't Know/Refused (%)
Dutchess 2025	6	19	52	22	1
Dutchess 2022	7	23	51	19	0
Dutchess 2018	11	24	50	14	0

Figure 26

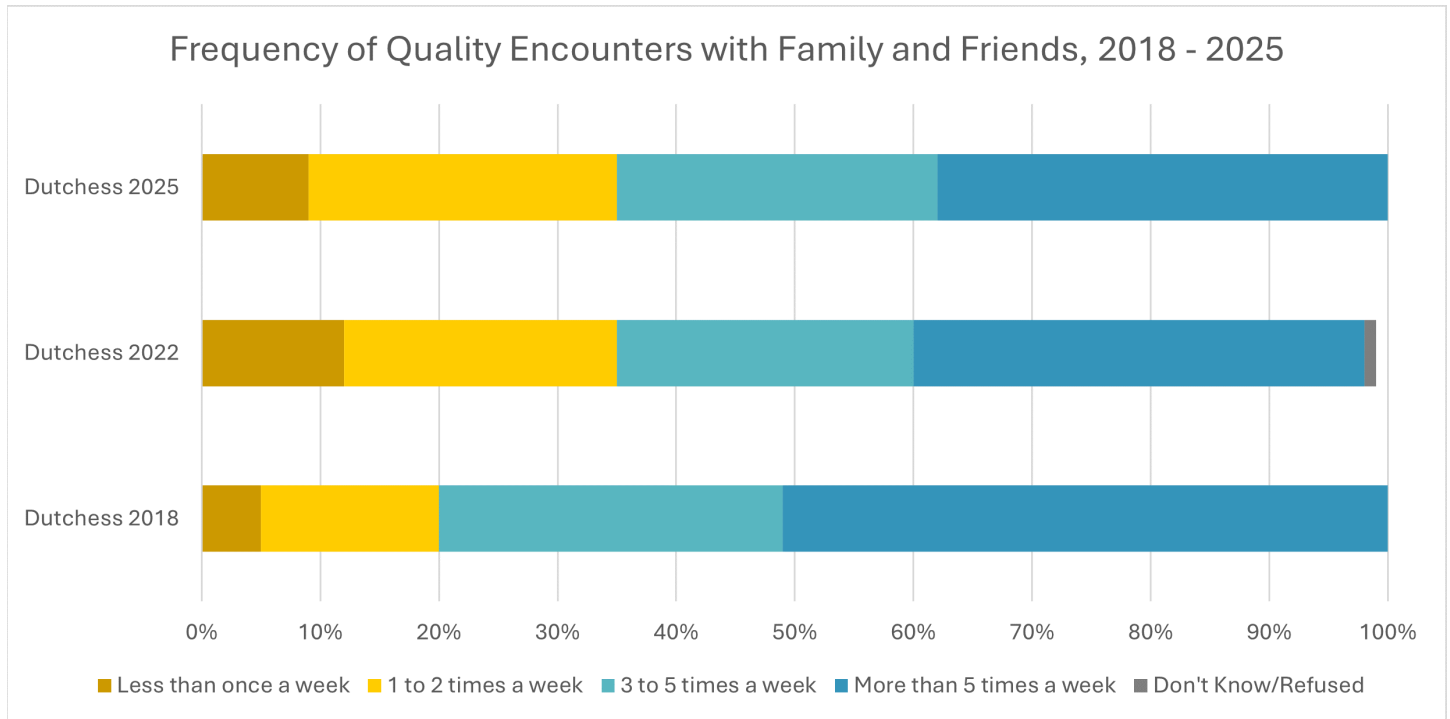


Category	Subcategory	Not at all stressed (%)	Not very stressed (%)	Somewhat stressed (%)	Very stressed (%)	Don't Know/Refused (%)
Region	Western	5	20	53	20	1
Region	Eastern	5	15	53	27	0
Gender	Male	6	21	47	24	1
Gender	Female	6	18	57	19	1
Age	18-34	0	6	64	31	0
Age	35-54	2	18	50	27	3
Age	55+	12	30	47	11	0
Race/Ethnicity	White	6	23	53	18	0
Race/Ethnicity	Non-White	4	7	52	34	3
Living Arrangement	Rent	3	10	44	43	0
Living Arrangement	Own	6	25	5	15	1
Employed	Yes	1	15	57	26	0
Employed	No	14	26	44	15	2
Children in Household	Yes	2	14	54	26	3
Children in Household	No	7	21	52	20	0
Veteran/Military in Household	Yes	10	24	53	13	0
Veteran/Military in Household	No	5	18	52	23	1
Person with Disability in Household	Yes	4	13	54	26	3
Person with Disability in Household	No	7	21	52	20	0
Income	<\$50k	5	11	52	29	3
Income	\$50k - \$100k	7	16	54	53	0
Income	\$100k - \$150k	5	20	55	18	2
Income	\$150k	3	32	52	13	0

Survey Question 14: In your everyday life, how often do you feel that you have quality encounters with friends, family, and neighbors that make you feel that people care about you?

Having quality encounters with family, friends, and other people who care about you can have an impact on your mental health. The frequency of residents reporting having quality encounters at least three times a week stayed relatively consistent from 2022 to 2025, only increasing slightly from 63% to 65% [see Figure 27]. Non-white residents and those who identify as male reported less frequent quality encounters [see Figure 28].

Figure 27



Category	Less than once a week (%)	1 to 2 times a week (%)	3 to 5 times a week (%)	More than 5 times a week (%)	Don't Know/Refused (%)
Dutchess 2025	9	26	27	38	0
Dutchess 2022	12	23	25	38	1
Dutchess 2018	5	15	29	51	0

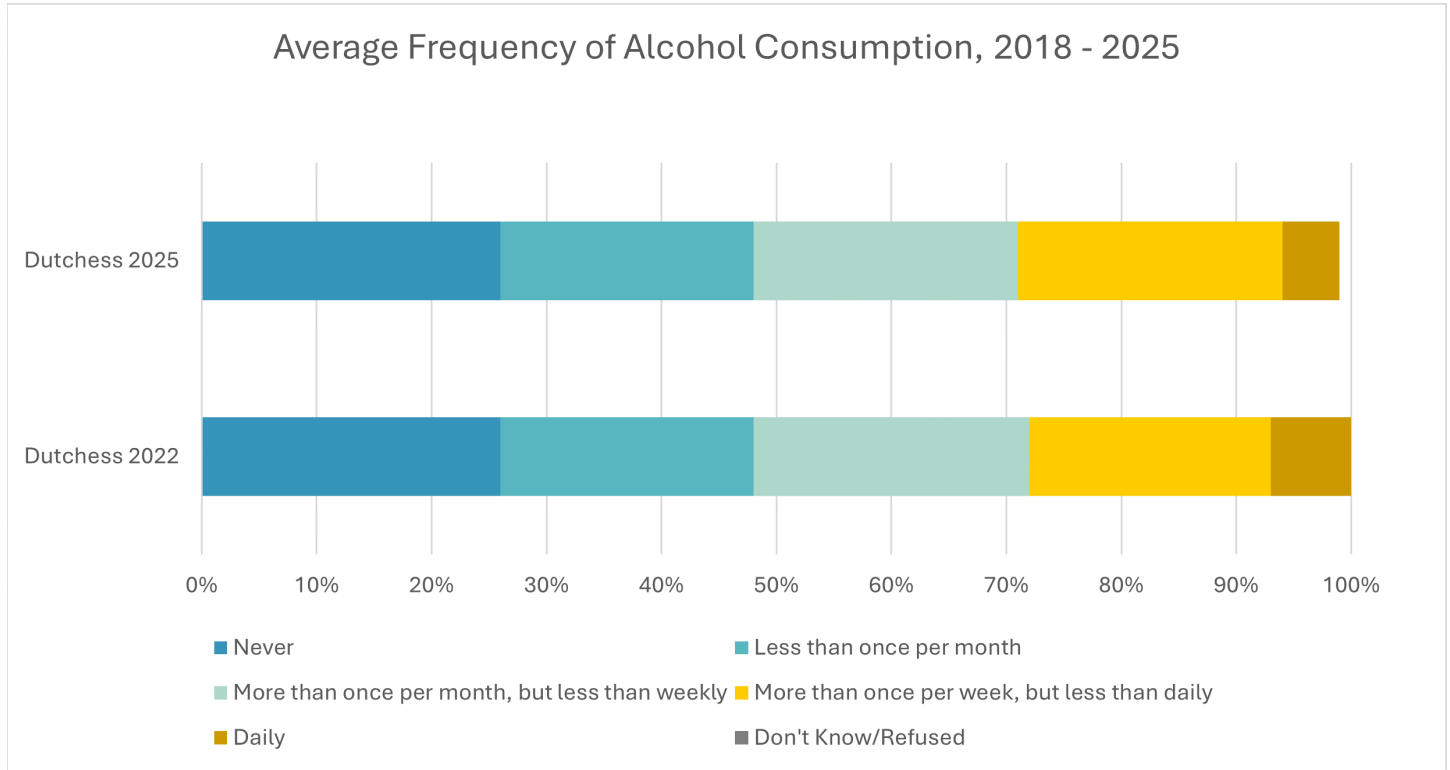
Figure 28

Category	Subcategory	Less than once a week (%)	1 to 2 times a week (%)	3 to 5 times a week (%)	More than 5 times a week (%)	Don't Know/Refused (%)
Gender	Male	9	28	33	30	0
Gender	Female	10	23	21	46	0
Age	18-34	15	35	19	31	0
Age	35-54	9	24	27	41	0
Age	55+	6	21	31	40	1
Race/Ethnicity	White	6	26	29	39	0
Race/Ethnicity	Non-White	21	28	19	31	0
Living Arrangement	Rent	23	35	13	29	0
Living Arrangement	Own	6	20	31	44	0
Employed	Yes	9	31	24	36	0
Employed	No	10	16	31	43	1
Children in Household	Yes	10	29	27	34	0
Children in Household	No	9	24	26	40	0
Veteran/Military in Household	Yes	1	33	46	20	0
Veteran/Military in Household	No	11	25	24	41	0
Person with Disability in Household	Yes	14	25	27	33	0
Person with Disability in Household	No	8	26	26	40	0
Income	<\$50k	9	24	27	39	1
Income	\$50k - \$100k	13	36	27	24	0
Income	\$100k - \$150k	8	19	33	39	0
Income	\$150k	10	26	19	45	0

Survey Question 15: How frequently in the past year, on average, did you drink alcohol?

In 2025 28% of respondents consumed alcohol more than once per week which was similar to 2022 at 28% [see Figure 29]. Those who were unemployed and those with someone with a disability in the household were less likely to consume alcohol more than once per week than those who were employed and those with someone without someone with a disability in the household respectively [see Figure 30].

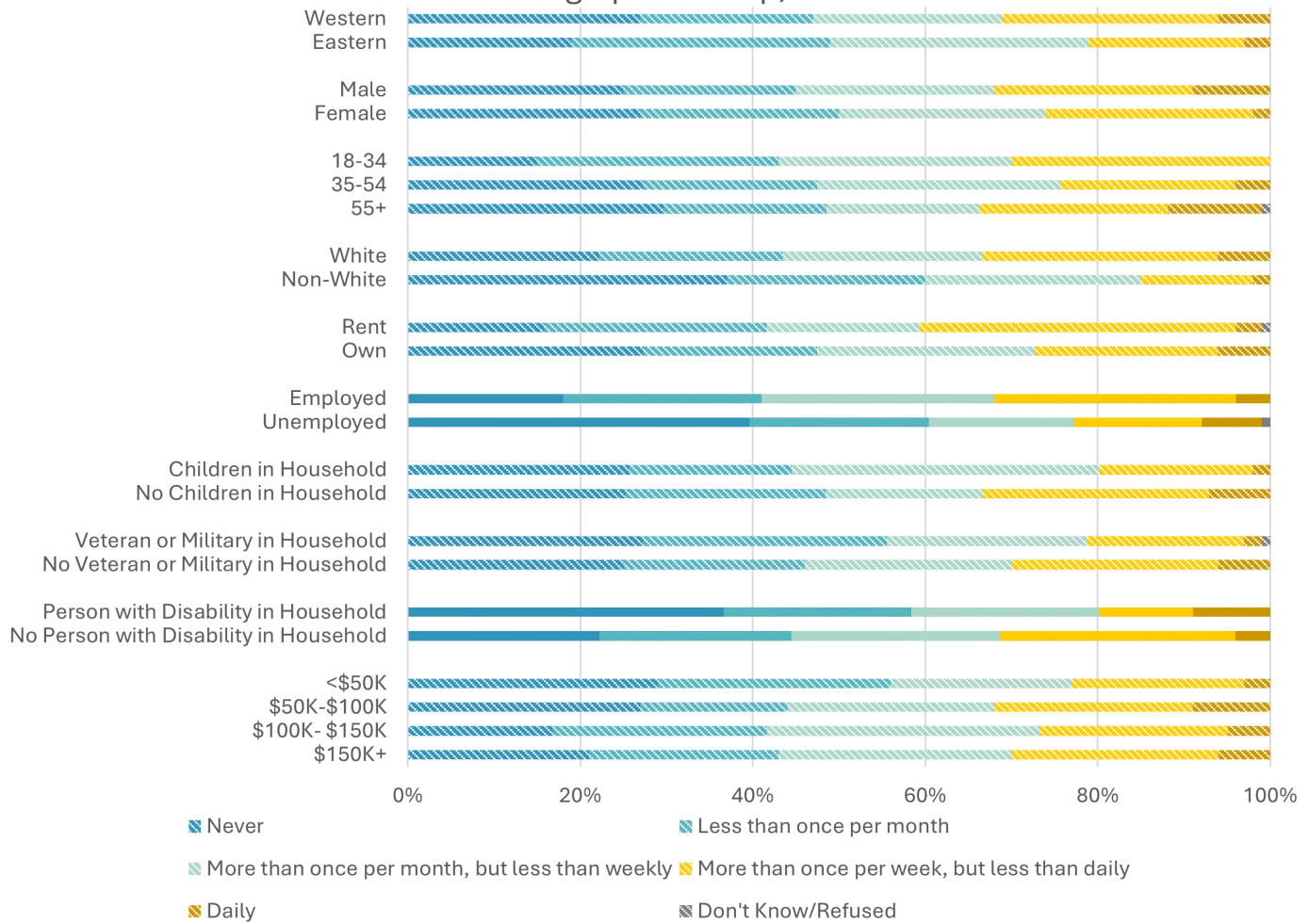
Figure 29



Category	Never (%)	Less than once per month (%)	More than once per month, but less than weekly (%)	More than once per week, but less than daily (%)	Daily (%)	Don't know/Refused (%)
Dutchess 2025	26	22	23	23	5	0
Dutchess 2022	26	22	24	21	7	0

Figure 30

Average Frequency of Alcohol Consumption by Demographic Group, 2025



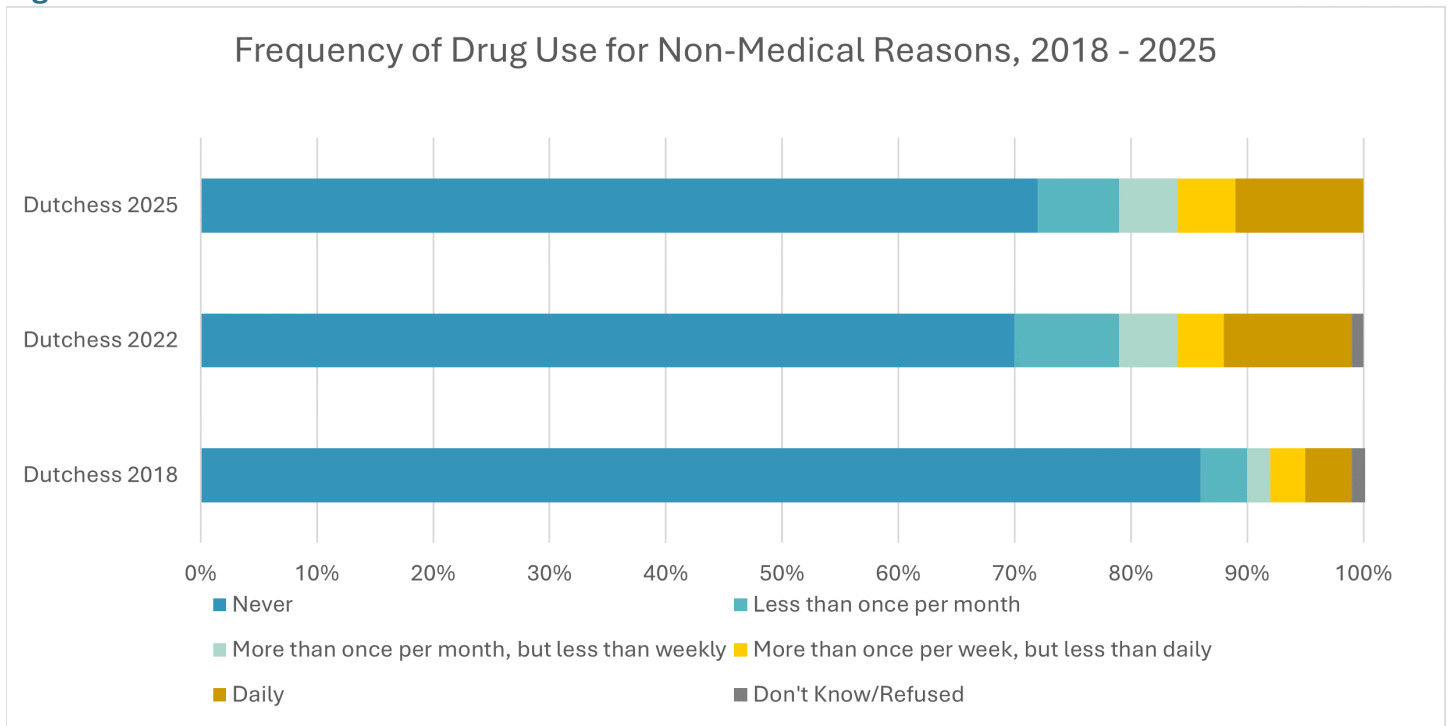
Category	Subcategory	Never (%)	Less than once per month (%)	More than once per month, but less than weekly (%)	More than once per week, but less than daily (%)	Daily (%)	Don't know/Refused (%)
Region	Western	27	20	22	25	6	0
Region	Eastern	19	30	30	18	3	0
Gender	Male	25	20	23	23	9	0
Gender	Female	27	23	24	24	2	0
Age	18-34	15	28	27	30	0	0
Age	35-54	27	20	28	20	4	0
Age	55+	30	19	18	22	11	1
Race/Ethnicity	White	22	24	23	27	6	0
Race/Ethnicity	Non-White	37	23	25	13	2	0
Living Arrangement	Rent	16	26	18	37	3	1
Living Arrangement	Own	27	20	25	21	6	0
Employed	Yes	18	23	27	28	4	0
Employed	No	40	21	17	15	7	1
Children in Household	Yes	26	19	36	18	2	0

Children in Household	No	25	23	18	26	7	0
Veteran/Military in Household	Yes	27	28	23	18	2	1
Veteran/Military in Household	No	26	21	24	24	6	0
Person with Disability in Household	Yes	37	22	22	11	9	0
Person with Disability in Household	No	22	22	24	27	4	0
Income	<\$50k	29	27	21	20	3	0
Income	\$50k - \$100k	27	17	24	23	9	0
Income	\$100k - \$150k	17	25	32	22	5	0
Income	\$150k	21	22	27	24	6	0

Survey Question 16: How frequently in the past year have you used a drug, whether it was a prescription medication or not, for non-medical reasons?

In 2025, 16% of respondents used a drug for non-medical reasons more than once per week, an increase from 7% in 2018 [see Figure 31]. Those who were 18-34 were more likely to use drugs more than once per week than other age groups at 19%. Those making less than \$50,000 per year were also more likely to use drugs more than once per week than other income brackets at 28% [see Figure 32].

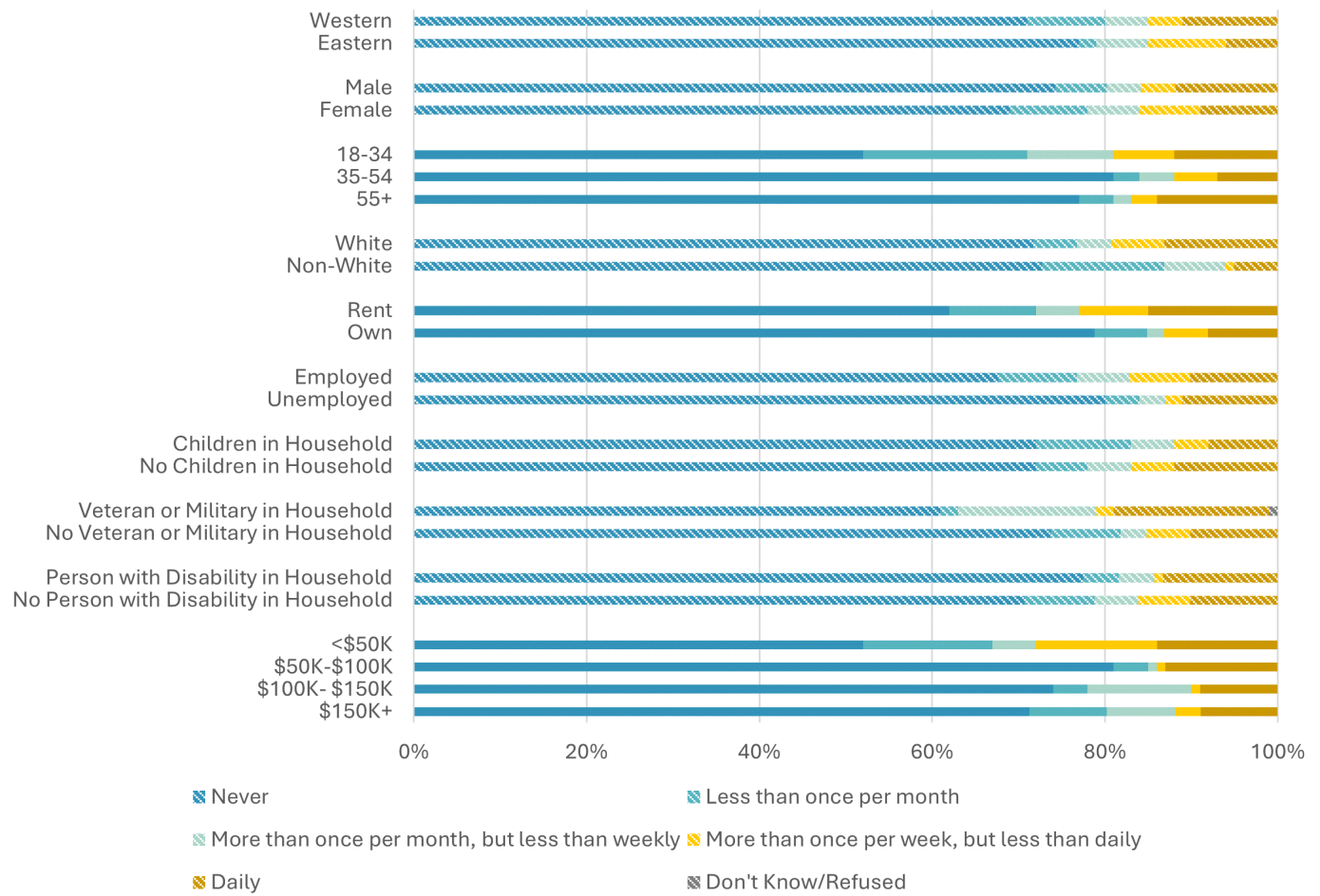
Figure 31



Category	Never (%)	Less than once per month (%)	More than once per month, but less than weekly (%)	More than once per week, but less than daily (%)	Daily (%)	Don't know/Refused (%)
Dutchess 2025	72	7	5	5	11	0
Dutchess 2022	70	9	5	4	11	1
Dutchess 2018	86	4	2	3	4	2

Figure 32

Frequency of Drug Use for Non-Medical Reasons by Demographic Group, 2025



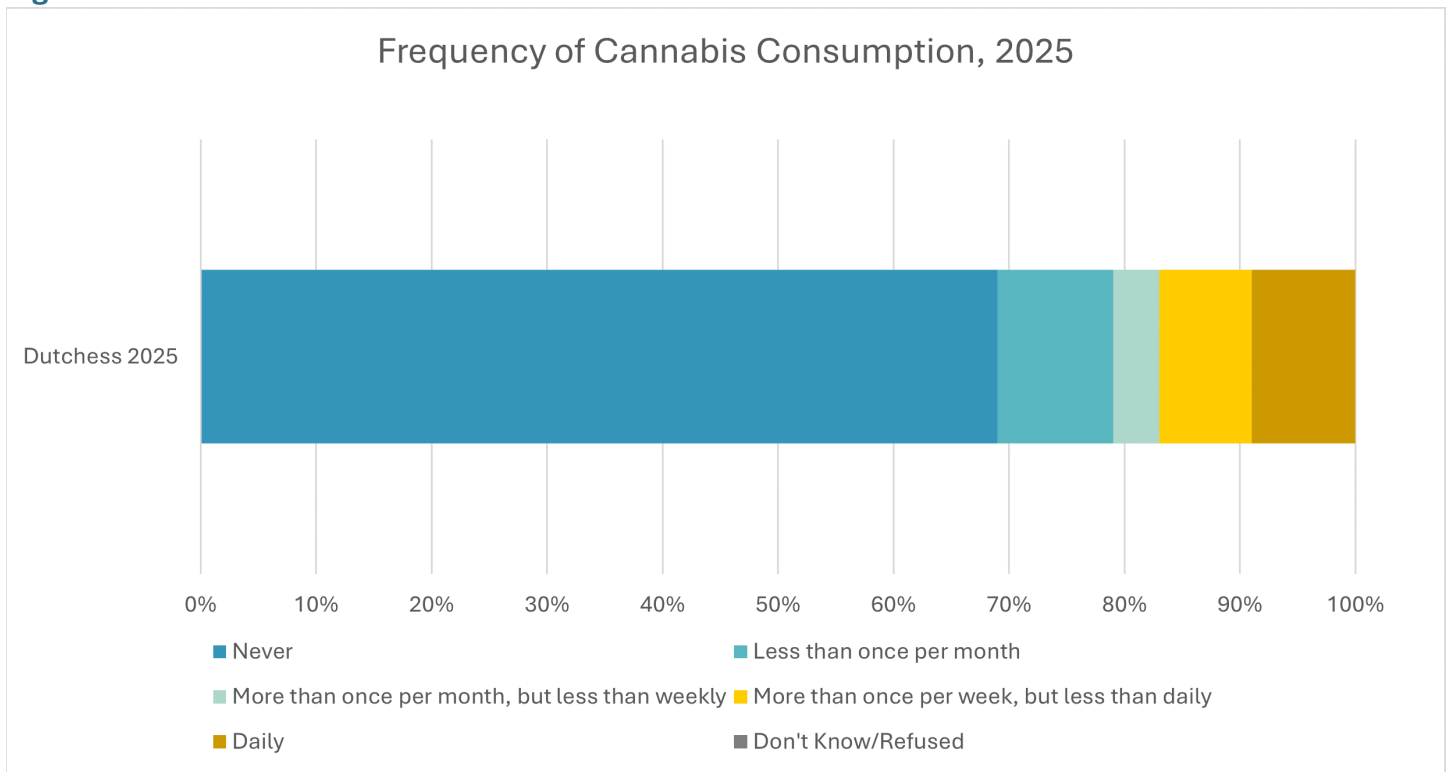
Category	Subcategory	Never (%)	Less than once per month (%)	More than once per month, but less than weekly (%)	More than once per week, but less than daily (%)	Daily (%)	Don't know/Refused (%)
Region	Western	71	9	5	4	11	0
Region	Eastern	77	2	6	9	6	0
Gender	Male	75	6	4	4	12	0
Gender	Female	69	9	6	7	9	0
Age	18-34	52	19	1	7	12	0
Age	35-54	81	3	4	5	7	0
Age	55+	77	4	2	3	14	0
Race/Ethnicity	White	71	5	4	6	13	0
Race/Ethnicity	Non-White	72	14	7	1	5	0
Living Arrangement	Rent	62	10	5	8	15	0
Living Arrangement	Own	78	6	2	5	8	0
Employed	Yes	67	9	6	7	10	0
Employed	No	80	4	3	2	11	0
Children in Household	Yes	72	11	5	4	8	0

Children in Household	No	72	6	5	5	12	0
Veteran/Military in Household	Yes	61	2	16	2	18	1
Veteran/Military in Household	No	73	8	3	5	10	0
Person with Disability in Household	Yes	76	4	4	1	13	0
Person with Disability in Household	No	70	8	5	6	10	0
Income	<\$50k	52	15	5	14	14	0
Income	\$50k - \$100k	81	4	1	4	13	0
Income	\$100k - \$150k	74	4	12	1	9	0
Income	\$150k	72	9	8	3	9	0

Survey Question 17: How frequently in the past year did you consume cannabis?

In 2025, 17% of respondents consumed cannabis more than once per week at 17% [see Figure 33]. Those 18 to 34 were more likely than other age groups to consume cannabis more than once per week at 32% [see Figure 34].

Figure 33



Category	Never (%)	Less than once per month (%)	More than once per month, but less than weekly (%)	More than once per week, but less than daily (%)	Daily (%)	Don't know/Refused (%)
Dutchess 2025	69	10	4	8	9	0

Figure 34

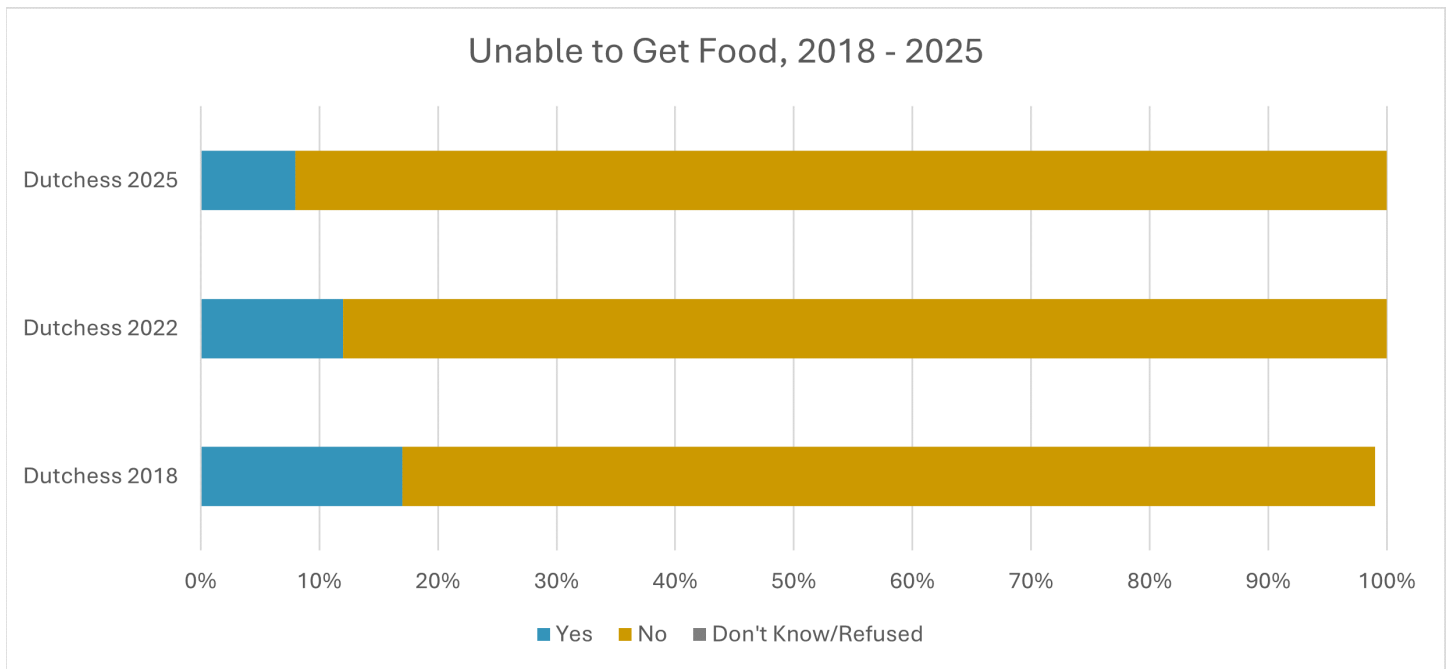
Category	Subcategory	Never (%)	Less than once per month (%)	More than once per month, but less than weekly (%)	More than once per week, but less than daily (%)	Daily (%)	Don't know/ Refused (%)
Region	Western	6	9	5	8	10	0
Region	Eastern	71	14	0	8	6	0
Gender	Male	74	8	5	4	9	0
Gender	Female	64	11	3	12	9	0
Age	18-34	43	17	8	12	20	0
Age	35-54	73	6	5	8	7	0
Age	55+	82	8	1	5	4	0
Race/Ethnicity	White	68	10	4	7	11	0
Race/Ethnicity	Non-White	69	10	5	11	5	0
Living Arrangement	Rent	49	10	14	5	22	1

Living Arrangement	Own	81	7	2	7	2	0
Employed	Yes	60	12	6	10	11	0
Employed	No	84	6	1	3	6	0
Children in Household	Yes	74	9	5	9	2	0
Children in Household	No	66	10	4	7	12	0
Veteran/Military in Household	Yes	67	11	0	8	14	0
Veteran/Military in Household	No	69	9	5	8	9	0
Person with Disability in Household	Yes	71	6	4	7	12	0
Person with Disability in Household	No	68	11	4	8	8	0
Income	<\$50k	52	15	3	14	16	0
Income	\$50k - \$100k	67	6	11	6	10	0
Income	\$100k - \$150k	75	13	3	6	3	0
Income	\$150k	78	9	2	8	3	0

Survey Question 18: In the past 12 months, have you or any member of your household been unable to get food when it was really needed.

In 2025, 8% of respondents were unable to get food when it was really needed which was a decrease from 2018 and 2022, 17% and 12% respectively [see Figure 35]. Those who rent were more likely to not be able to get food when it was really needed (19%) than those who own their homes (5%) [see Figure 36].

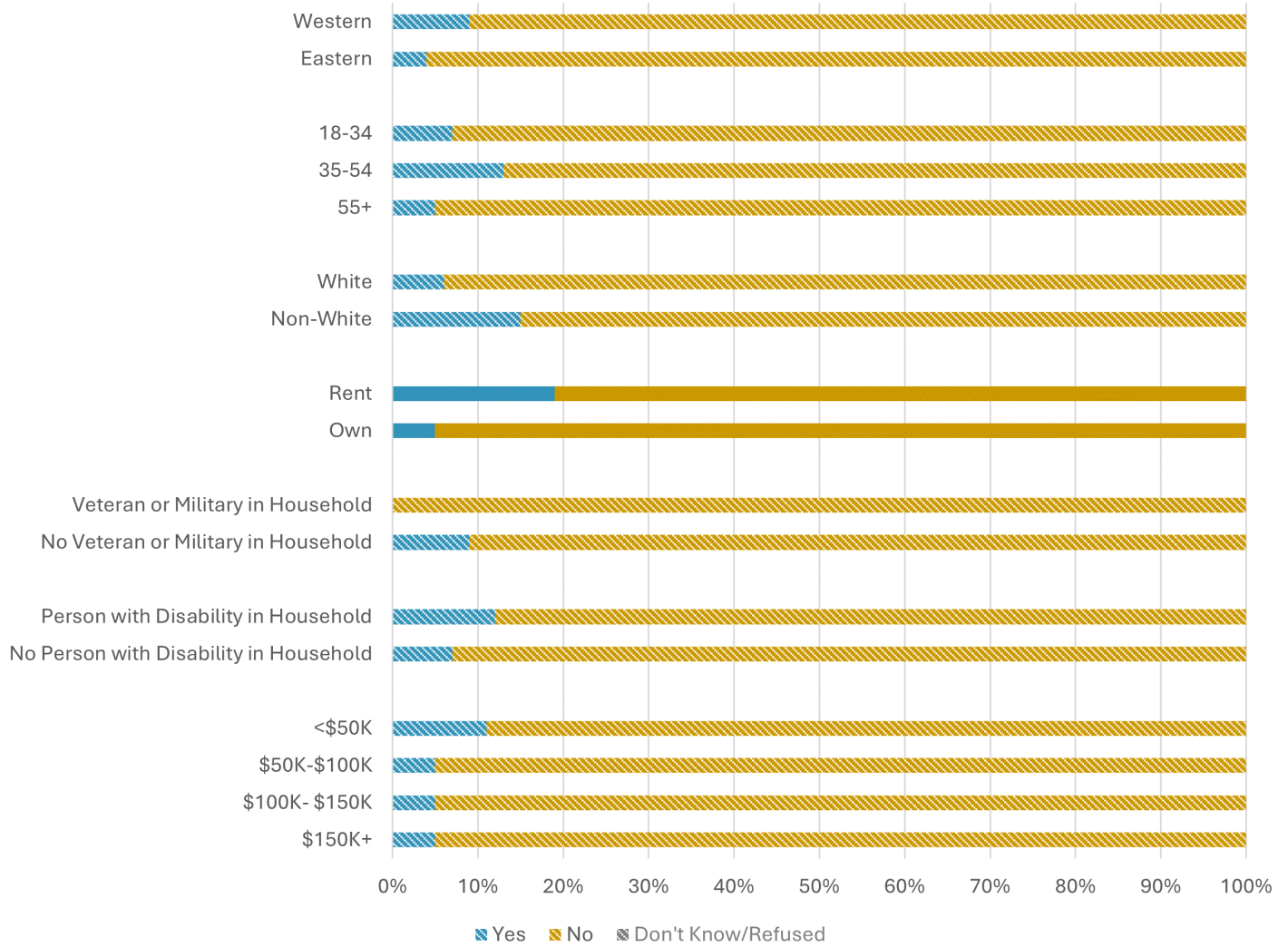
Figure 35



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	8	92	0
Dutchess 2022	12	88	0
Dutchess 2018	17	82	0

Figure 36

Unable to Get Food by Demographic Group, 2025

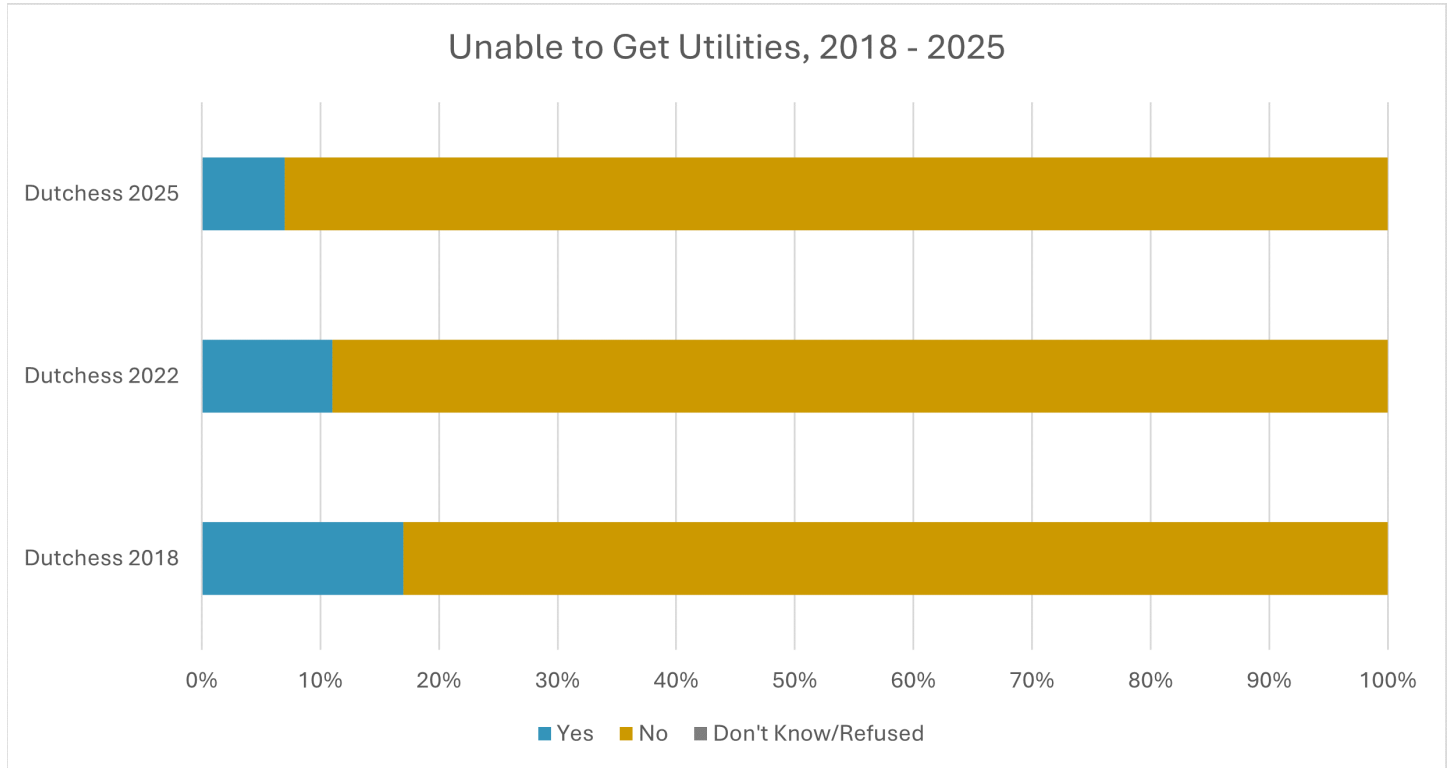


Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	9	91	0
Region	Eastern	4	96	0
Age	18-34	7	93	0
Age	35-54	13	87	0
Age	55+	5	95	0
Race/Ethnicity	White	6	94	0
Race/Ethnicity	Non-White	15	85	0
Living Arrangement	Rent	19	81	0
Living Arrangement	Own	5	95	0
Veteran/Military in Household	Yes	0	100	0
Veteran/Military in Household	No	9	91	0
Person with Disability in Household	Yes	12	88	0
Person with Disability in Household	No	7	93	0
Income	<\$50K	11	9	0
Income	\$50K-\$100K	5	95	0
Income	\$100K-\$150K	5	95	0
Income	\$150K+	5	95	0

Survey Question 19: In the past 12 months, have you or any member of your household been unable to get utilities, including heat and electric, when it was really needed?

Seven percent of respondents were unable to get utilities when they were really needed which was a decrease from 2022 and 2018 (11% and 17% respectively) [see Figure 37]. There were no major differences between any of the surveyed demographic groups [see Figure 38].

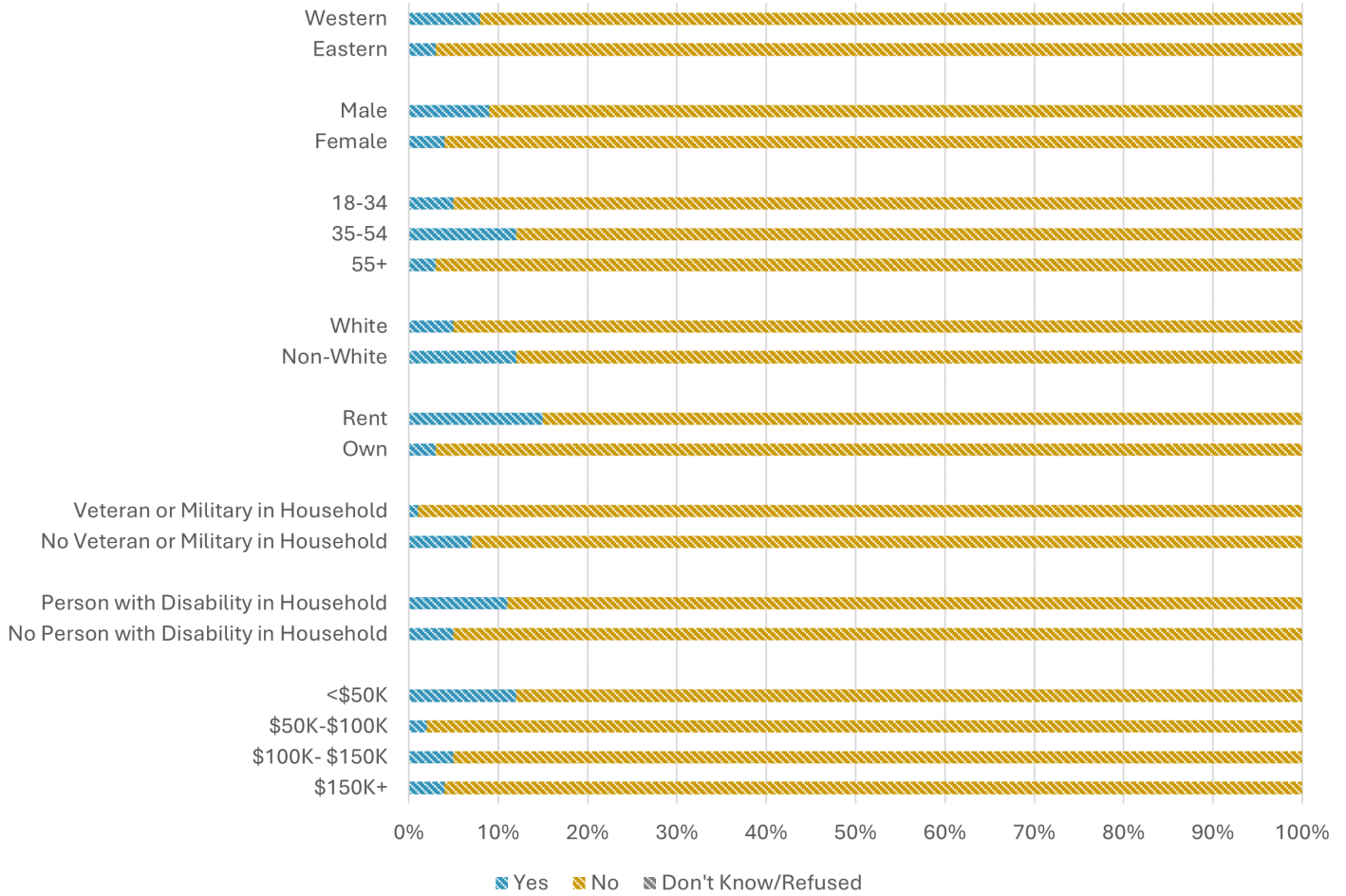
Figure 37



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	7	93	0
Dutchess 2022	11	89	0
Dutchess 2018	17	83	0

Figure 38

Unable to Get Utilities by Demographic Group, 2025

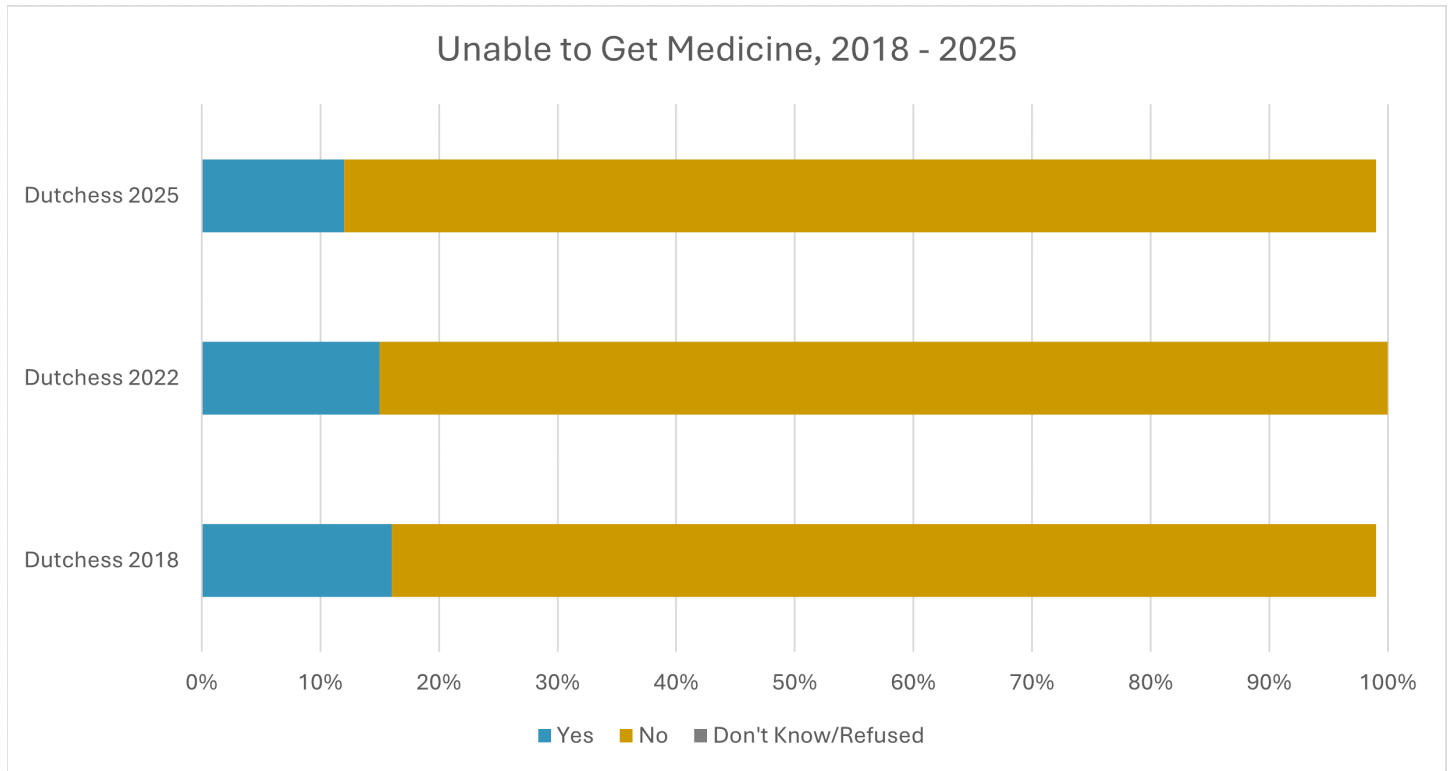


Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	8	92	0
Region	Eastern	3	97	0
Gender	Male	9	91	0
Gender	Female	4	96	0
Age	18-34	5	95	0
Age	35-54	12	88	0
Age	55+	3	97	0
Race/Ethnicity	White	5	95	0
Race/Ethnicity	Non-White	12	88	0
Living Arrangement	Rent	15	85	0
Living Arrangement	Own	3	97	0
Veteran/Military in Household	Yes	1	99	0
Veteran/Military in Household	No	7	93	0
Person with Disability in Household	Yes	11	89	0
Person with Disability in Household	No	5	95	0
Income	<\$50K	12	88	0
Income	\$50K-\$100K	2	98	0
Income	\$100K- \$150K	5	95	0
Income	\$150K+	4	96	0

Survey Question 20: In the past 12 months, have you or any member of your household been unable to get medicine when it was really needed?

In 2025, 12% of respondents were unable to get medicine when it was really needed. This was a slight decrease from 2018 and 2022 (16% and 15% respectively) [see Figure 39]. Several demographic groups were significantly more likely to be unable to get medicine when it was really needed. These groups included those age 35-54 (19%), those who are non-white (20%), those with children in the household (17%), and those with no veteran in the household (14%) [see Figure 40].

Figure 39



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	12	87	0
Dutchess 2022	15	85	0
Dutchess 2018	16	83	0

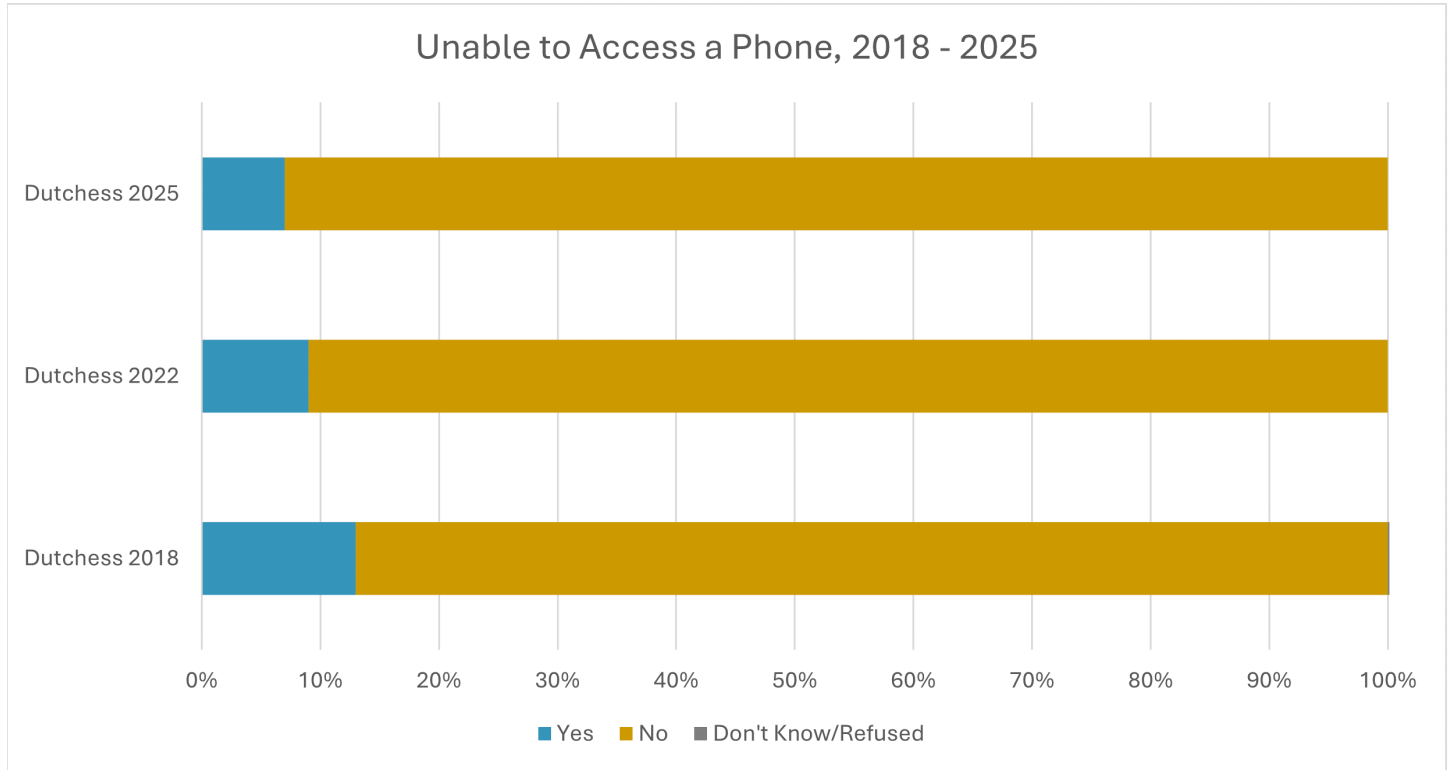
Figure 40

Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Age	18-34	13	87	0
Age	35-54	19	81	0
Age	55+	5	94	0
Race/Ethnicity	White	10	90	0
Race/Ethnicity	Non-White	20	80	0
Children in Household	Yes	17	83	0
Children in Household	No	10	89	0
Veteran/Military in Household	Yes	1	99	0
Veteran/Military in Household	No	14	86	0
Person with Disability in Household	Yes	21	79	0
Person with Disability in Household	No	10	90	0
Income	<\$50K	20	80	0
Income	\$50K-\$100K	13	87	0
Income	\$100K- \$150K	8	92	0
Income	\$150K+	9	91	0

Survey Question 21: In the past 12 months, have you or any member of your household been unable to access a phone when it was really needed?

Seven percent of respondents were unable to access a phone in 2025 which was a slight decrease from 2018 and 2022 (13% and 9% respectively) [see Figure 41]. Those who rent were more likely to be unable to access a phone (20%) than those who own their home (4%) [see Figure 42].

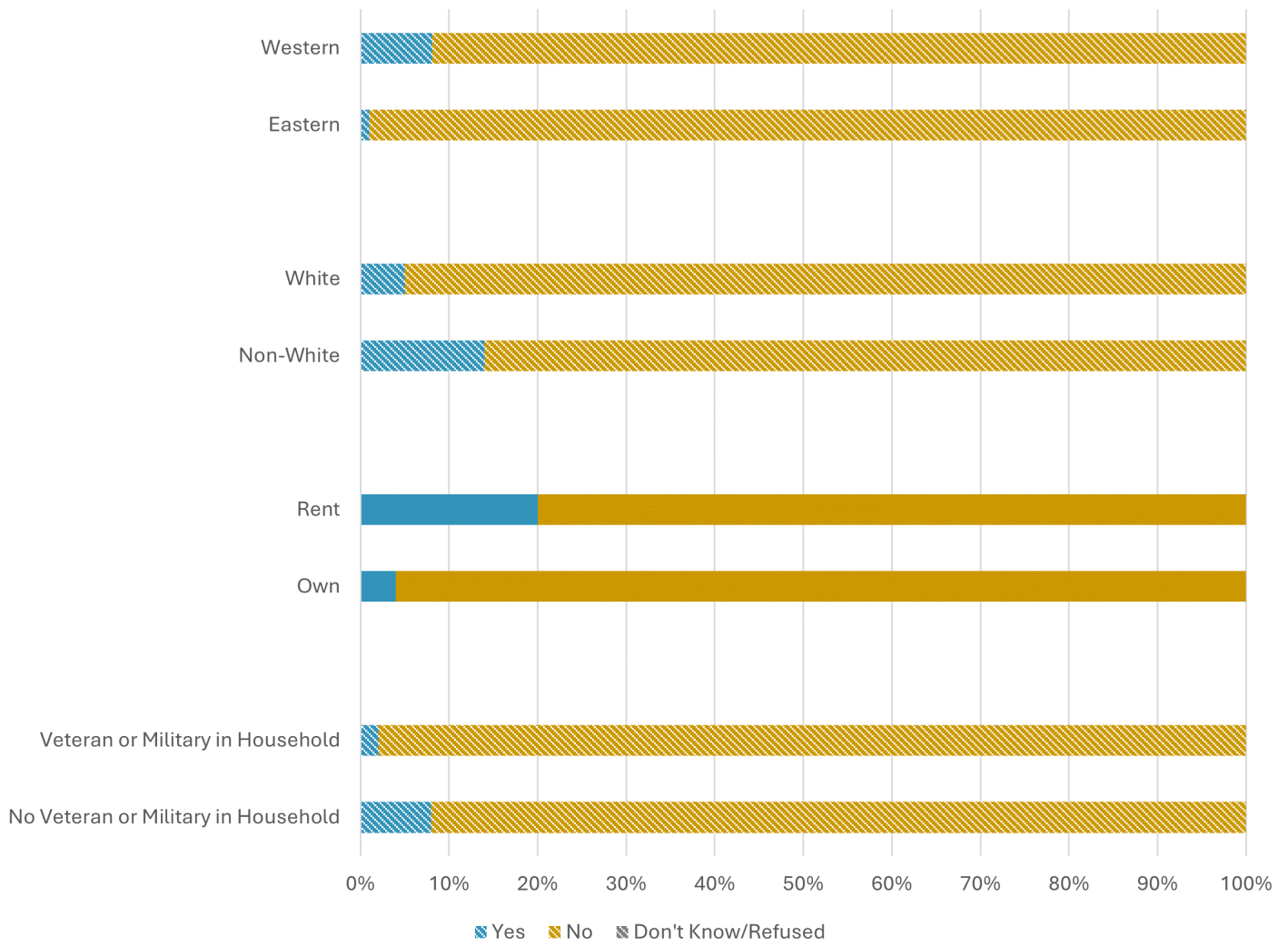
Figure 41



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	7	93	0
Dutchess 2022	9	91	0
Dutchess 2018	13	87	0

Figure 42

Unable to Access a Phone by Demographic Group, 2025

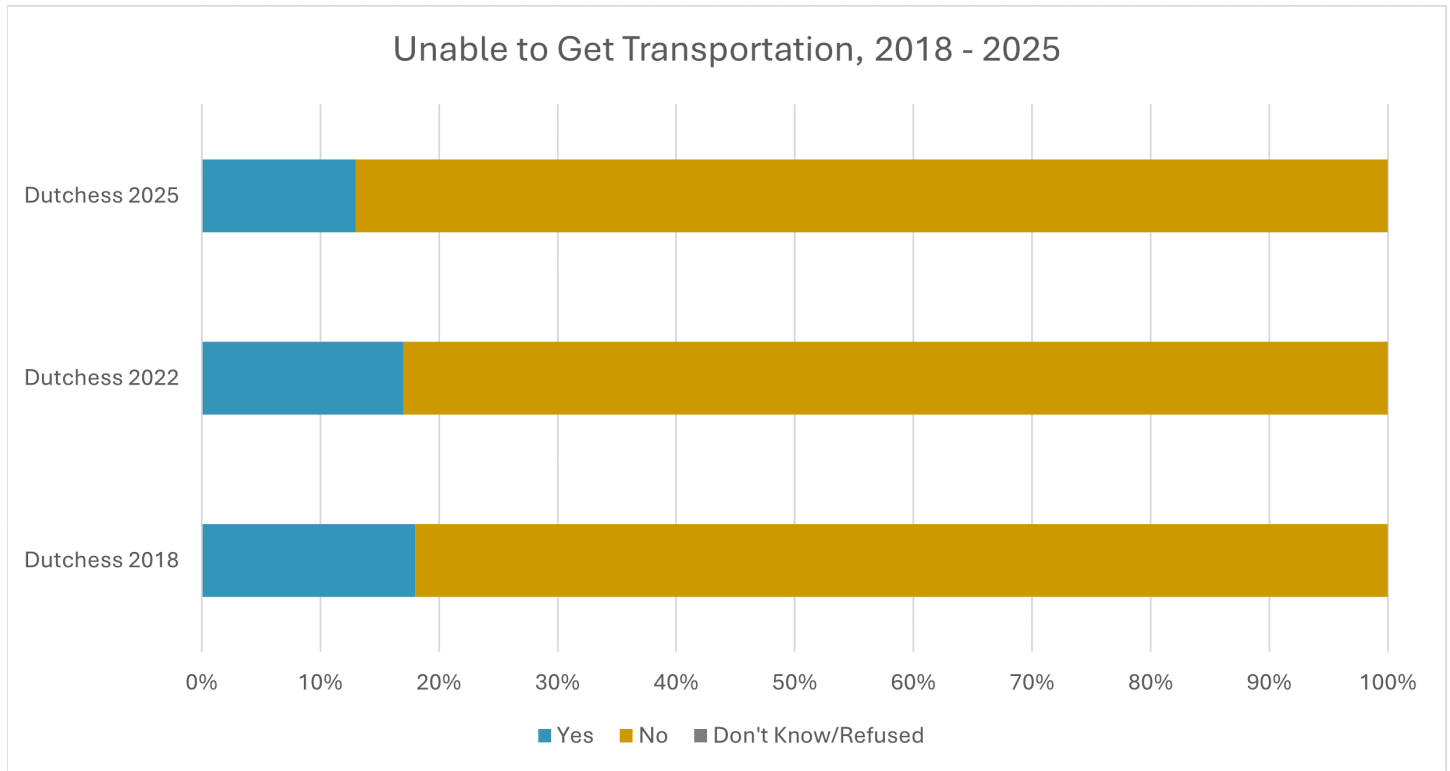


Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	8	91	0
Region	Eastern	1	99	0
Race/Ethnicity	White	5	95	0
Race/Ethnicity	Non-White	14	86	0
Living Arrangement	Rent	20	80	0
Living Arrangement	Own	4	96	0
Veteran/Military in Household	Yes	2	98	0
Veteran/Military in Household	No	8	92	0

Survey Question 22: In the past 12 months, have you or any member of your household been unable to access transportation when it was really needed.

In 2025, 13% of respondents were unable to get transportation when it was really needed. This is a slight decrease from 2018 and 2022 (18% and 17% respectively) [see Figure 43]. Those who were 18 to 34 were more likely to be unable to get transportation (25%) than the older age groups. Those who rent their homes (25%) were also more likely to be unable to get transportation than those who own their homes (6%) [see Figure 44].

Figure 43



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	13	87	0
Dutchess 2022	17	83	0
Dutchess 2018	18	82	0

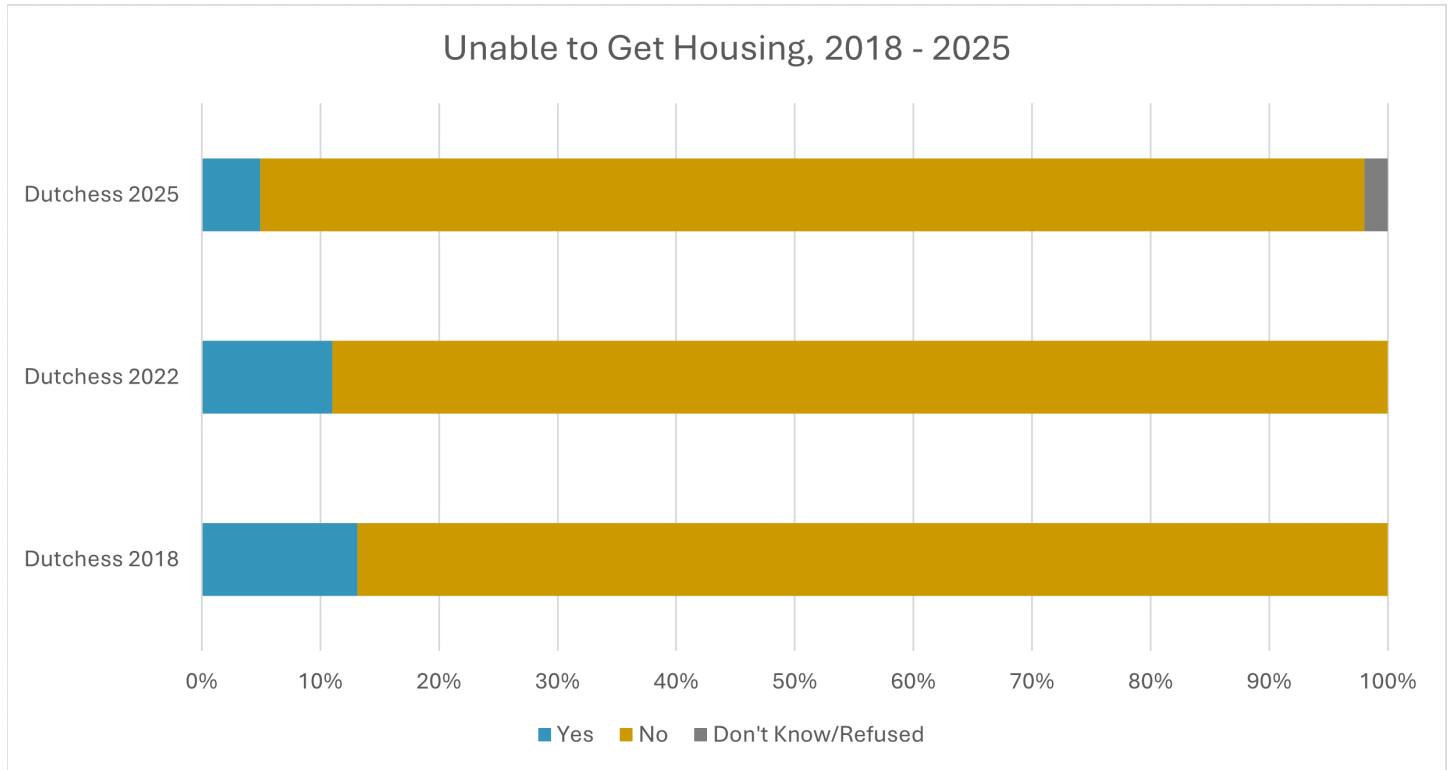
Figure 44

Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Gender	Male	10	90	0
Gender	Female	16	84	0
Age	18-34	25	75	0
Age	35-54	12	88	0
Age	55+	5	95	0
Race/Ethnicity	White	11	88	0
Race/Ethnicity	Non-White	18	82	0
Living Arrangement	Rent	25	75	0
Living Arrangement	Own	6	94	0
Employed	Yes	16	84	0
Employed	No	7	92	0
Person with Disability in Household	Yes	20	80	0
Person with Disability in Household	No	10	90	0
Income	<\$50K	12	88	0
Income	\$50K-\$100K	19	81	0
Income	\$100K- \$150K	7	93	0
Income	\$150K+	7	93	0

Survey Question 23: In the past 12 months, have you or any member of your household been unable to access housing when it was really needed.

In 2025, 5% of respondents were unable to get housing when it was really needed which was a decrease from 2018 to 2022 (13% and 11% respectively) [see Figure 45]. Those 35 to 54 (11%), Those who rent their homes (6%), and those with a disability in their household (13%) were more likely to be unable to get housing than other demographic groups [see Figure 46].

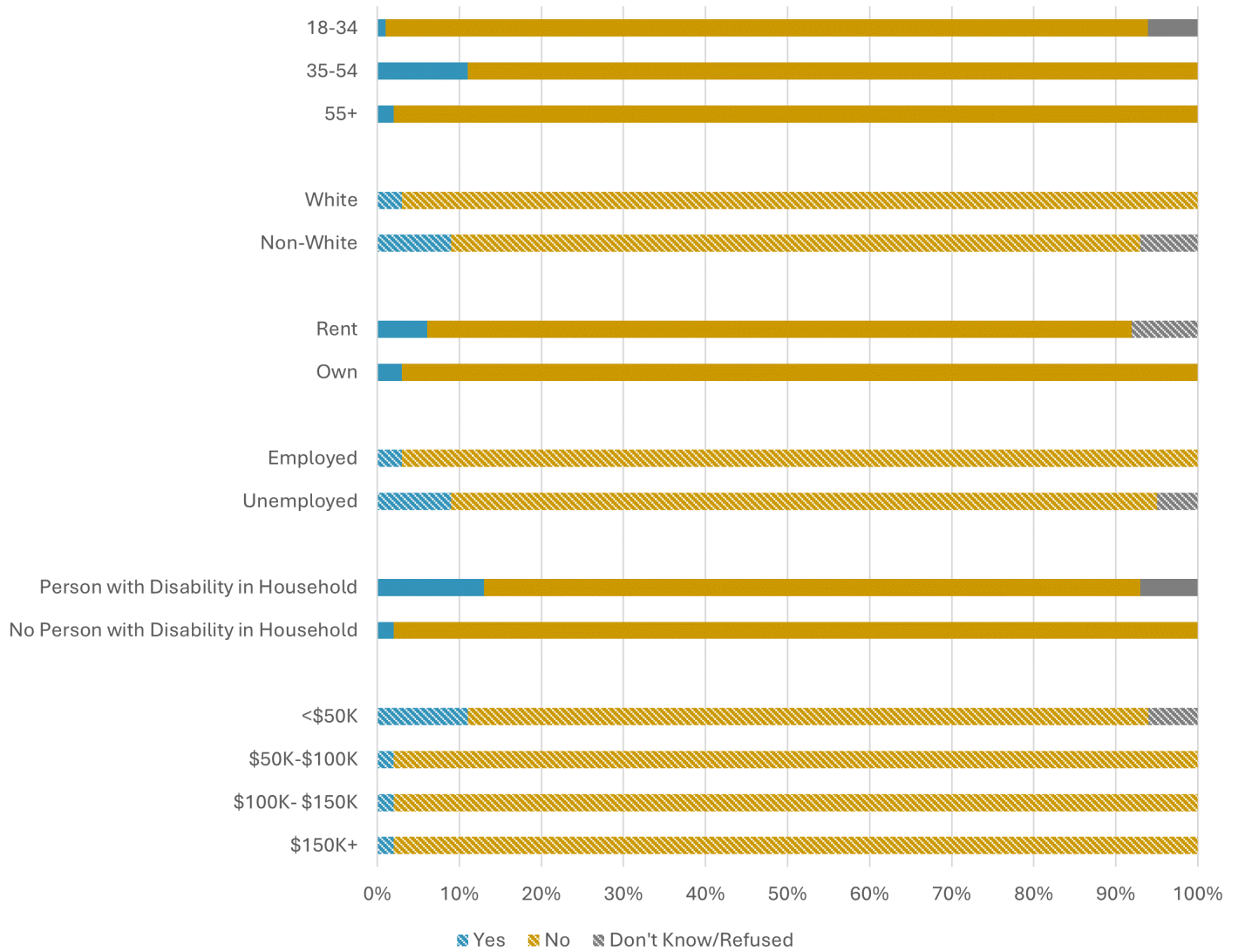
Figure 45



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	5	94	2
Dutchess 2022	11	89	0
Dutchess 2018	13	86	0

Figure 46

Unable to Get Housing by Demographic Group, 2025

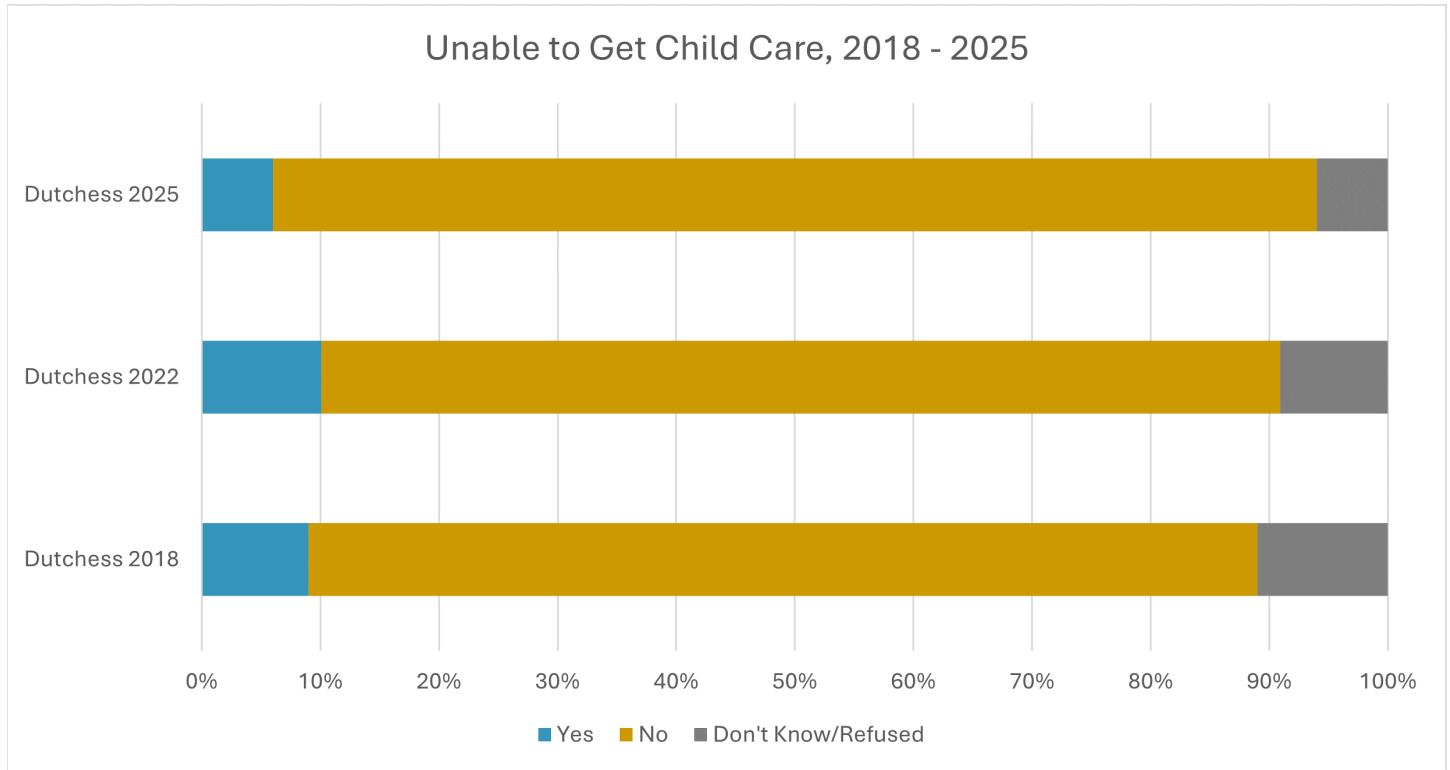


Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Age	18-34	1	92	6
Age	35-54	11	89	0
Age	55+	2	98	0
Race/Ethnicity	White	9	84	7
Race/Ethnicity	Non-White	3	97	0
Living Arrangement	Rent	6	85	8
Living Arrangement	Own	3	97	0
Employed	Yes	3	97	0
Employed	No	9	86	5
Person with Disability in Household	Yes	13	80	9
Person with Disability in Household	No	2	98	0
Income	<\$50K	11	83	6
Income	\$50K-\$100K	2	98	0
Income	\$100K-\$150K	2	98	0
Income	\$150K+	2	98	0

Survey Question 24: In the past 12 months, have you or any member of your household been unable to access childcare when it was really needed.

In 2025, 6% of respondents were unable to get childcare when it was really needed. This was a slight decrease from 2022 and 2018 (10% and 9% respectively) [see Figure 47]. Those aged 35 to 54 (16%), those who were employed (8%), and those with children in the household (19%) were more likely to be unable to get childcare when it was needed than other demographic groups [see Figure 48].

Figure 47



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	6	88	6
Dutchess 2022	10	80	9
Dutchess 2018	9	80	11

Figure 48

Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	7	89	5
Region	Eastern	2	85	13
Age	18-34	0	94	6
Age	35-54	16	81	4
Age	55+	2	90	8
Race/Ethnicity	White	4	91	4
Race/Ethnicity	Non-White	12	79	10
Living Arrangement	Rent	8	81	11
Living Arrangement	Own	6	89	5
Employed	Yes	8	90	3
Employed	No	3	85	11
Children in Household	Yes	19	79	2
Children in Household	No	1	92	8
Person with Disability in Household	Yes	8	81	12
Person with Disability in Household	No	5	91	4
Income	<\$50K	6	84	10
Income	\$50K-\$100K	3	96	2
Income	\$100K- \$150K	8	89	3
Income	\$150K+	8	87	4

Survey Question 25: In the past 12 months, have you or any member of your household been unable to access the internet when it was really needed.

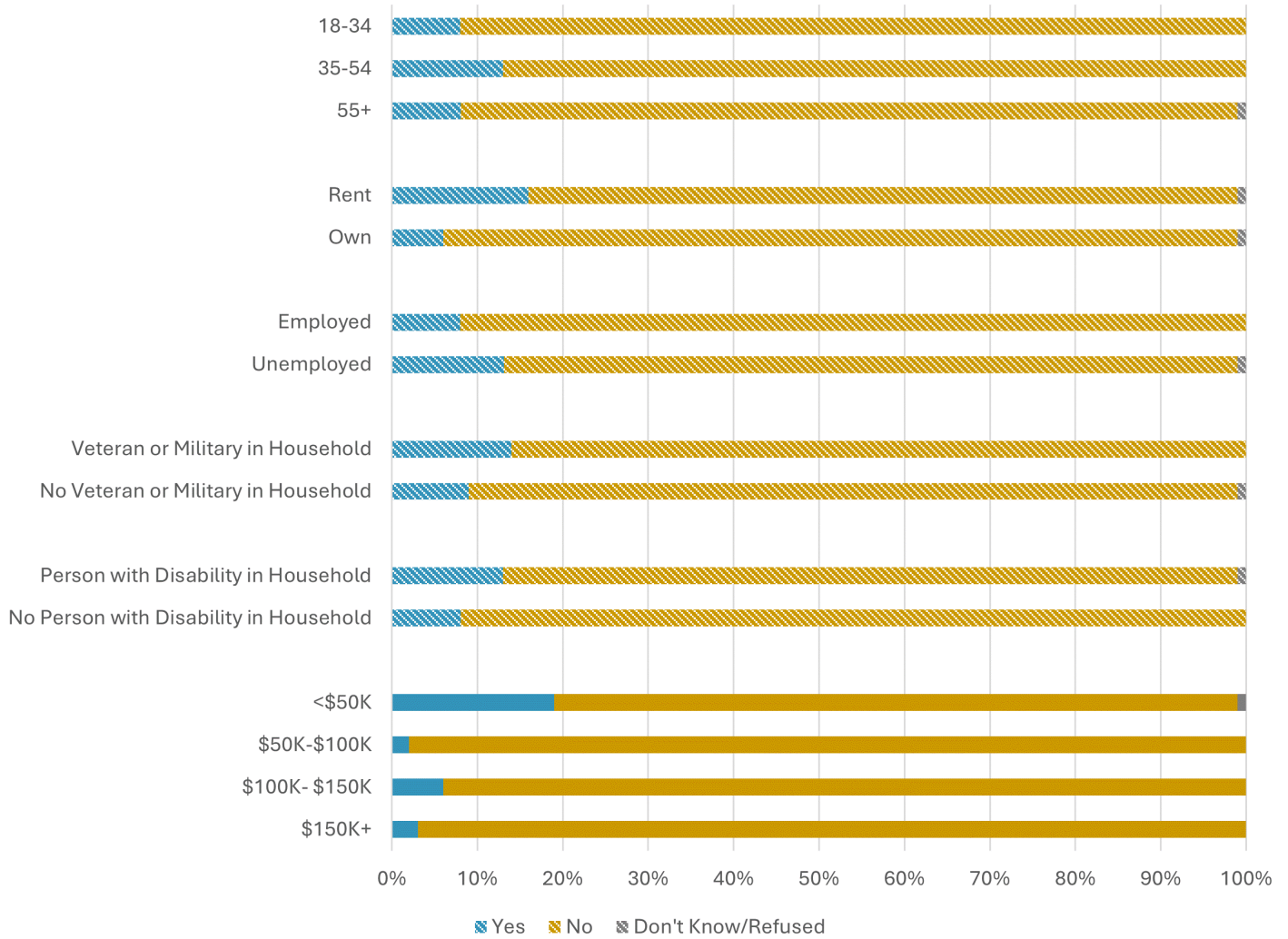
Ten percent of respondents were unable to get internet when it was really needed in 2025 [see Figure 49]. Those making less than \$50,000 (19%) were more likely to be unable to get internet when it was really needed when compared with other income groups [see Figure 50].

Figure 49

Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	10	90	0
Dutchess 2022	12	87	0

Figure 50

Unable to Access the Internet by Demographic Group, 2025

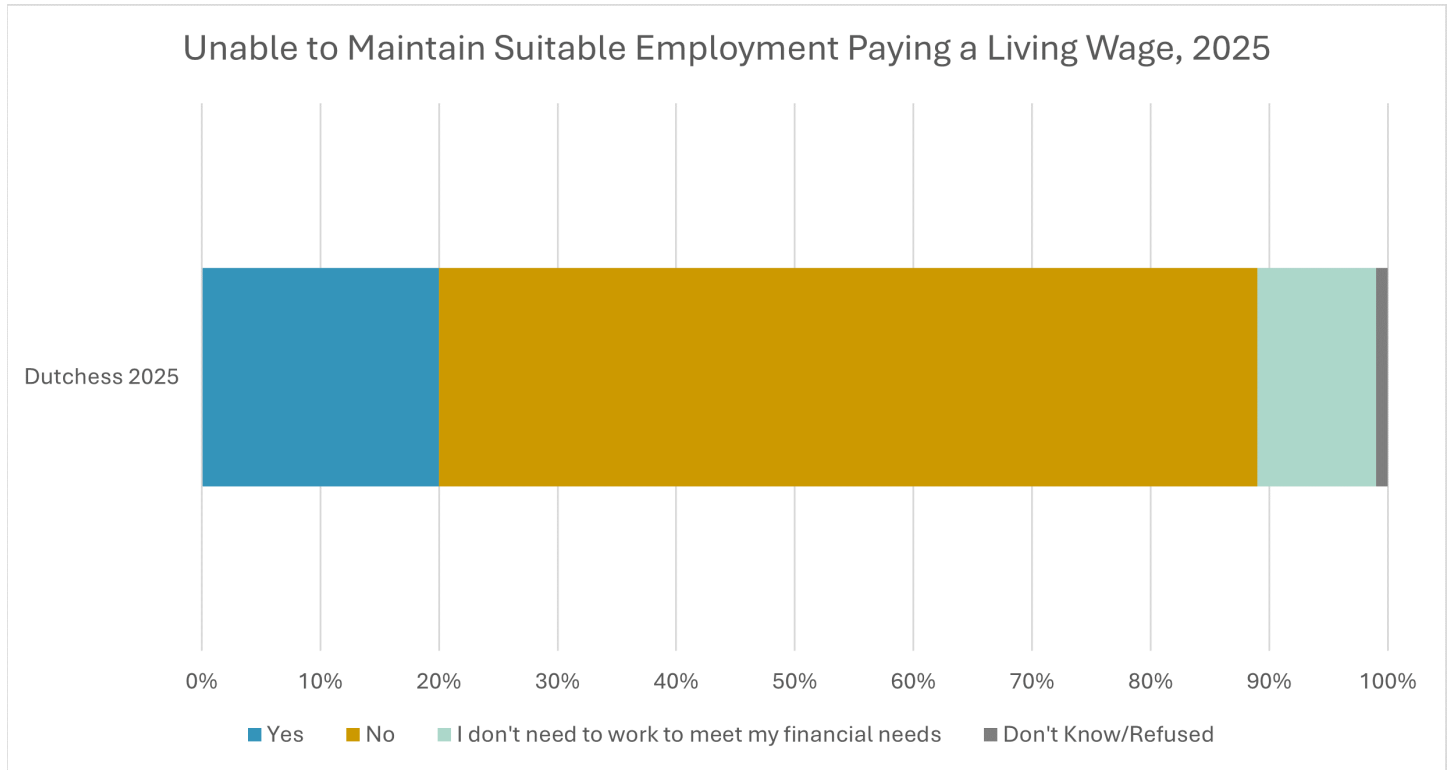


Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Age	18-34	8	92	0
Age	35-54	13	87	0
Age	55+	8	90	1
Living Arrangement	Rent	16	83	1
Living Arrangement	Own	6	93	1
Employed	Yes	8	92	0
Employed	No	13	85	1
Veteran/Military in Household	Yes	14	86	0
Veteran/Military in Household	No	9	90	1
Person with Disability in Household	Yes	13	86	1
Person with Disability in Household	No	8	91	0
Income	<\$50K	19	80	1
Income	\$50K-\$100K	2	98	0
Income	\$100K-\$150K	6	94	0
Income	\$150K+	3	96	0

Survey Question 26: In the past 12 months, have you or any member of your household been unable to maintain suitable employment paying a living wage?

Twenty percent of respondents were unable to maintain suitable employment in 2025 [see Figure 51]. Females (24%), those 18 to 34 years (29%), those who rent their homes (25%), those who were employed (23%), and those making less than \$50,000 (27%) were more likely to be unable to maintain suitable employment compared to other demographic groups [see Figure 52].

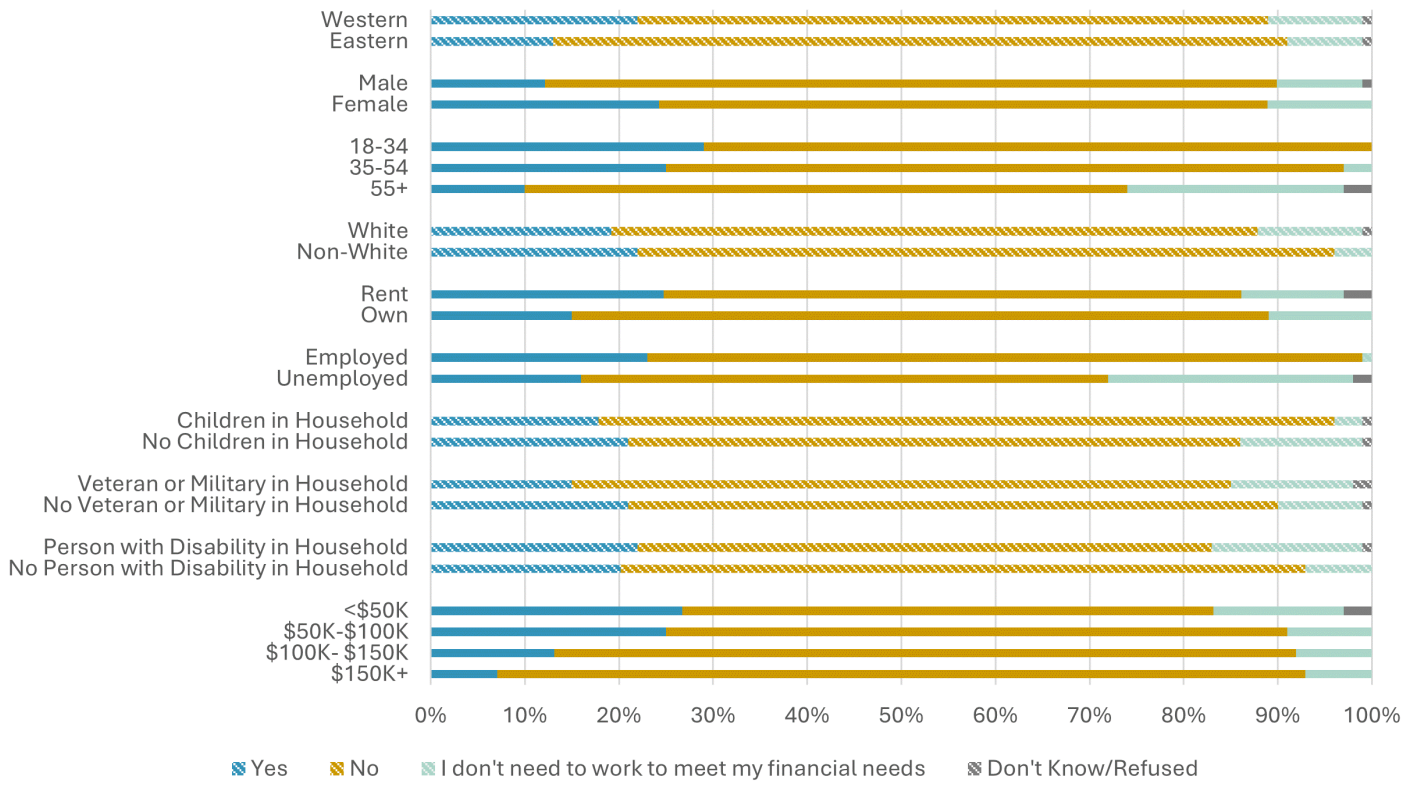
Figure 51



Category	Yes (%)	No (%)	I don't need to work to meet my financial needs (%)	Don't know/Refused (%)
Dutchess 2025	20	69	10	1

Figure 52

Unable to Maintain Suitable Employment Paying a Living Wage by Demographic Group, 2025

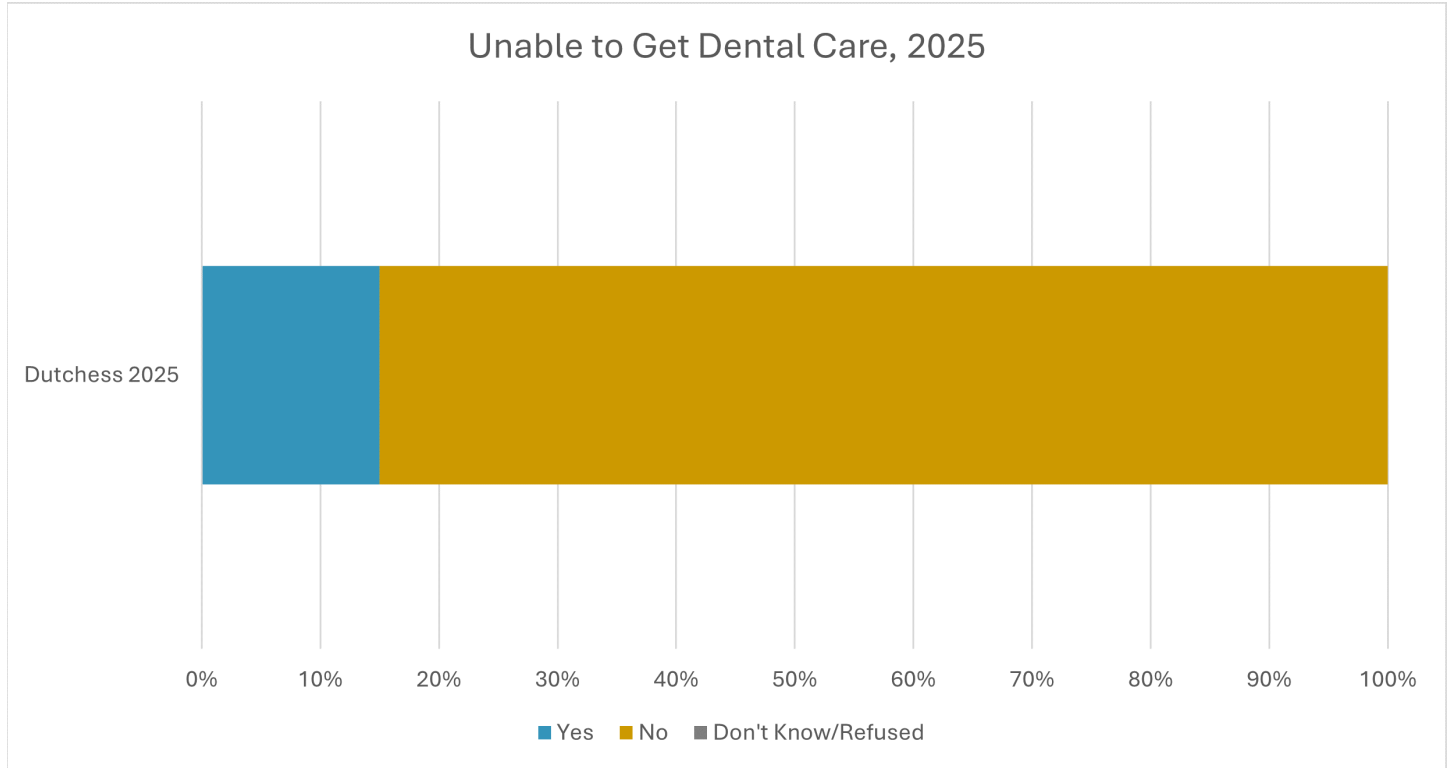


Category	Subcategory	Yes (%)	No (%)	I don't need to work to meet my financial needs (%)	Don't know/Refused (%)
Region	Western	22	67	10	1
Region	Eastern	13	78	8	1
Gender	Male	12	77	9	1
Gender	Female	24	64	11	0
Age	18-34	29	71	0	0
Age	35-54	25	72	3	0
Age	55+	10	64	23	3
Race/Ethnicity	White	19	68	11	1
Race/Ethnicity	Non-White	22	74	4	0
Living Arrangement	Rent	25	62	11	3
Living Arrangement	Own	15	74	11	0
Employed	Yes	23	76	1	0
Employed	No	16	56	26	2
Children in Household	Yes	18	79	3	1
Children in Household	No	21	65	13	1
Veteran/Military in Household	Yes	15	70	13	2
Veteran/Military in Household	No	21	69	9	1
Person with Disability in Household	Yes	22	61	16	1
Person with Disability in Household	No	20	72	7	0
Income	<\$50K	27	57	14	3
Income	\$50K-\$100K	25	66	9	0
Income	\$100K-\$150K	13	78	8	0
Income	\$150K+	7	85	7	0

Survey Question 27: In the past 12 months, have you been unable to access dental care when it was really needed?

In 2025, 15% of respondents were unable to get dental care when it was really needed [see Figure 53]. Those who rent their homes (27%), those with a person with a disability in their household (28%), and those making \$50,000 - \$100,000 (27%) were more likely than other demographic groups to be unable to get dental care [see Figure 54].

Figure 53



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	15	85	0

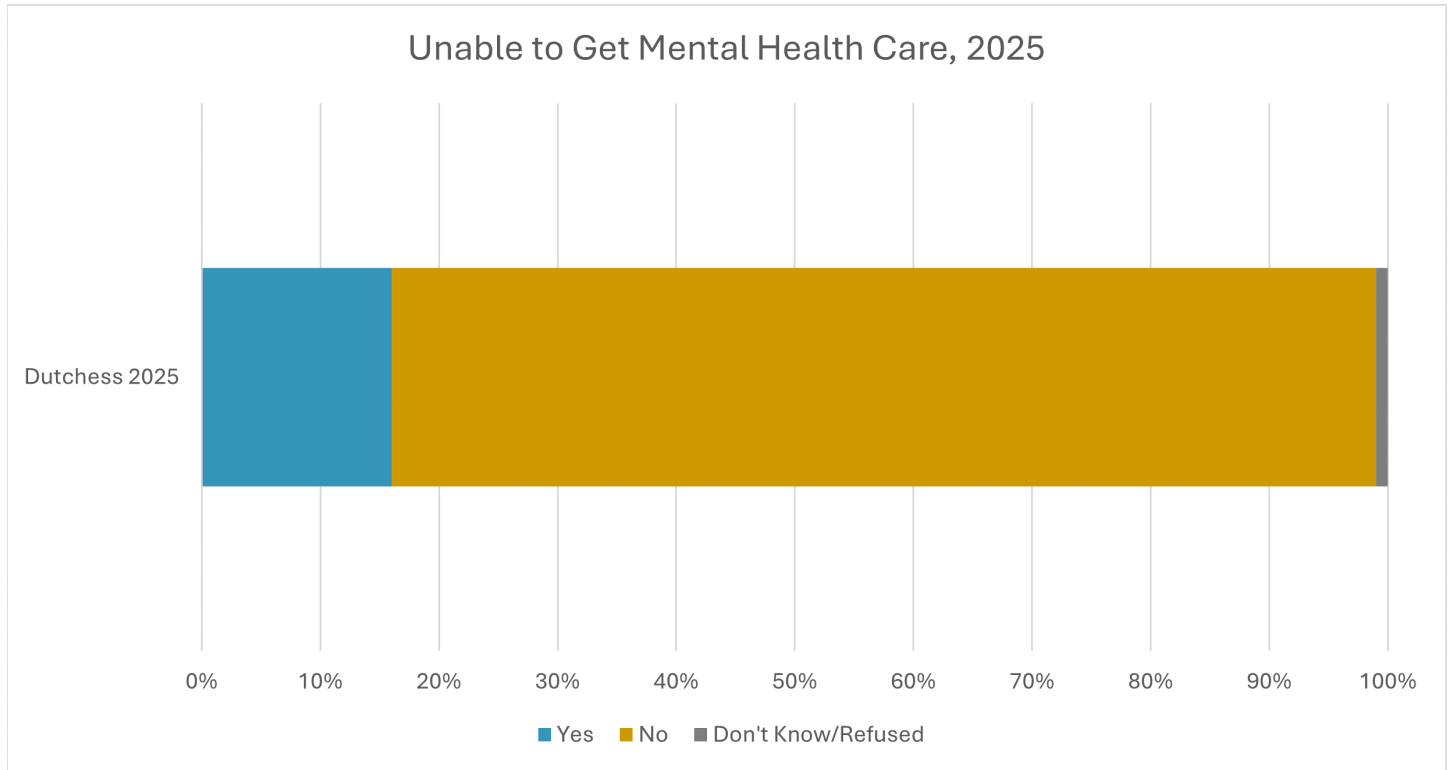
Figure 54

Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	16	84	0
Region	Eastern	9	91	0
Age	18-34	13	87	0
Age	35-54	19	81	0
Age	55+	11	89	0
Race/Ethnicity	White	12	88	0
Race/Ethnicity	Non-White	24	76	0
Living Arrangement	Rent	27	73	0
Living Arrangement	Own	9	90	0
Veteran/Military in Household	Yes	9	91	0
Veteran/Military in Household	No	15	84	0
Person with Disability in Household	Yes	28	71	1
Person with Disability in Household	No	10	90	0
Income	<\$50K	16	83	1
Income	\$50K-\$100K	27	73	0
Income	\$100K- \$150K	10	90	0
Income	\$150K+	6	94	0

Survey Question 28: In the past 12 months, have you been unable to access mental health care when it was really needed?

In 2025, 16% of respondents were unable to get mental healthcare when it was really needed [see Figure 55]. Those 18 to 34 (29%), those who rent their homes (38%), and those who had a person with a disability in their household (27%) were more likely than other demographic groups to be unable to get mental healthcare [see Figure 56].

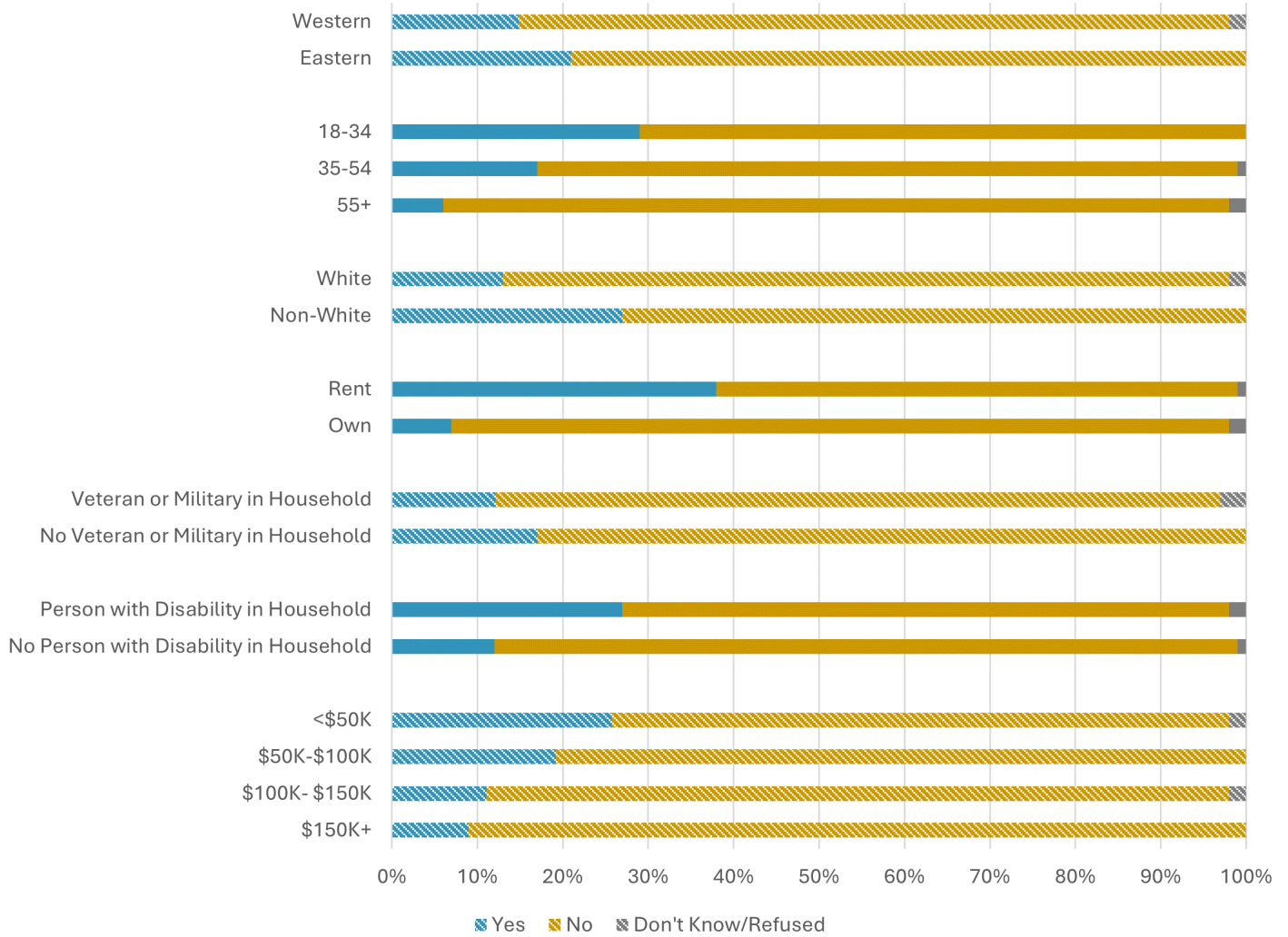
Figure 55



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	16	83	1

Figure 56

Unable to Get Mental Health Care by Demographic Group, 2025

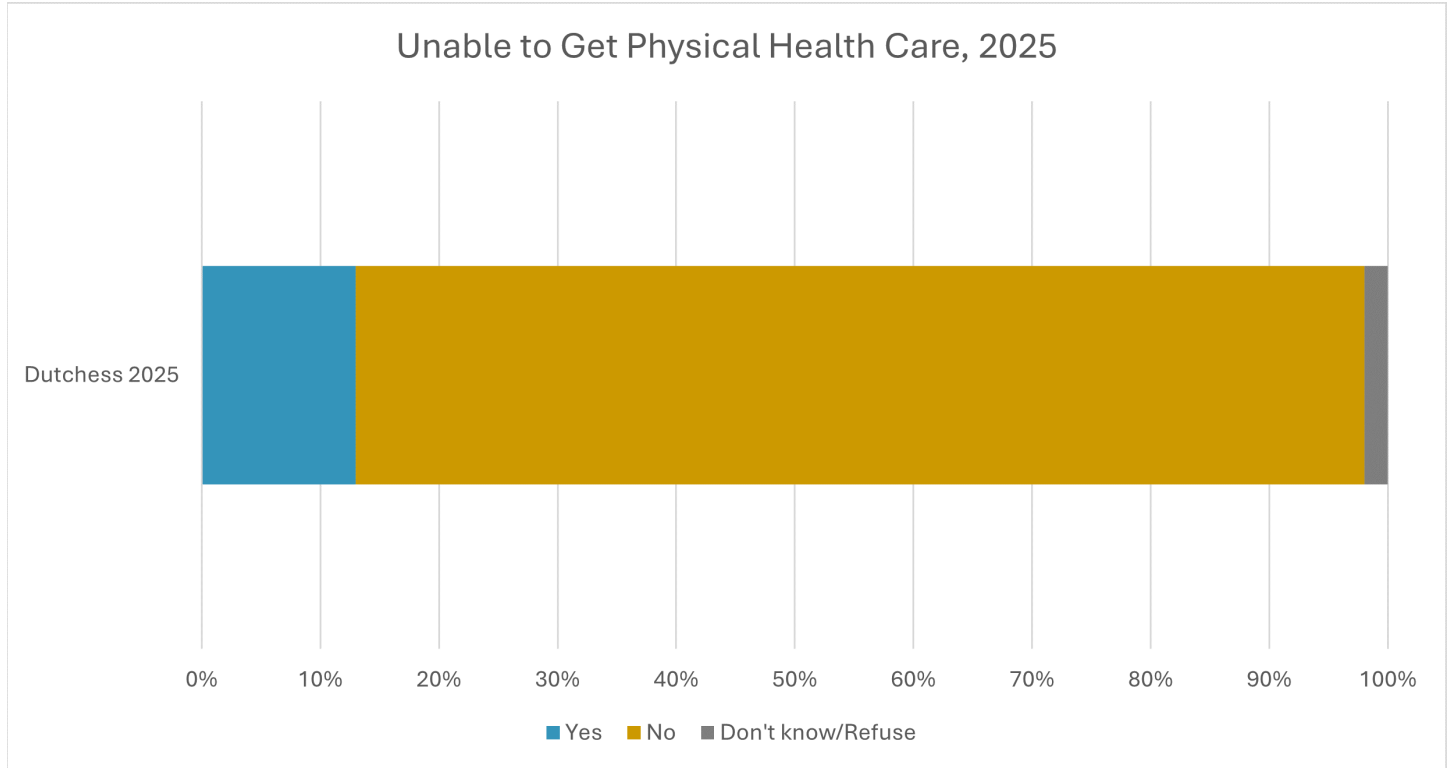


Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	15	84	2
Region	Eastern	21	79	0
Age	18-34	29	71	0
Age	35-54	17	82	1
Age	55+	6	92	2
Race/Ethnicity	White	13	85	2
Race/Ethnicity	Non-White	27	73	0
Living Arrangement	Rent	38	61	1
Living Arrangement	Own	7	92	2
Veteran/Military in Household	Yes	12	84	3
Veteran/Military in Household	No	17	83	0
Person with Disability in Household	Yes	27	71	2
Person with Disability in Household	No	12	87	1
Income	<\$50K	26	73	2
Income	\$50K-\$100K	19	80	0
Income	\$100K-\$150K	11	86	2
Income	\$150K+	9	91	0

Survey Question 29: In the past 12 months, have you been unable to access physical health care when it was really needed?

Thirteen percent of respondents were unable to get physical healthcare when it was really needed in 2025 [see Figure 57]. Those in Western Dutchess (15%), those aged 35 to 54 (23%), non-white populations (21%), and those with a person with a disability in their household (17%) were more likely than other demographic groups to be unable to access physical healthcare [see Figure 58]

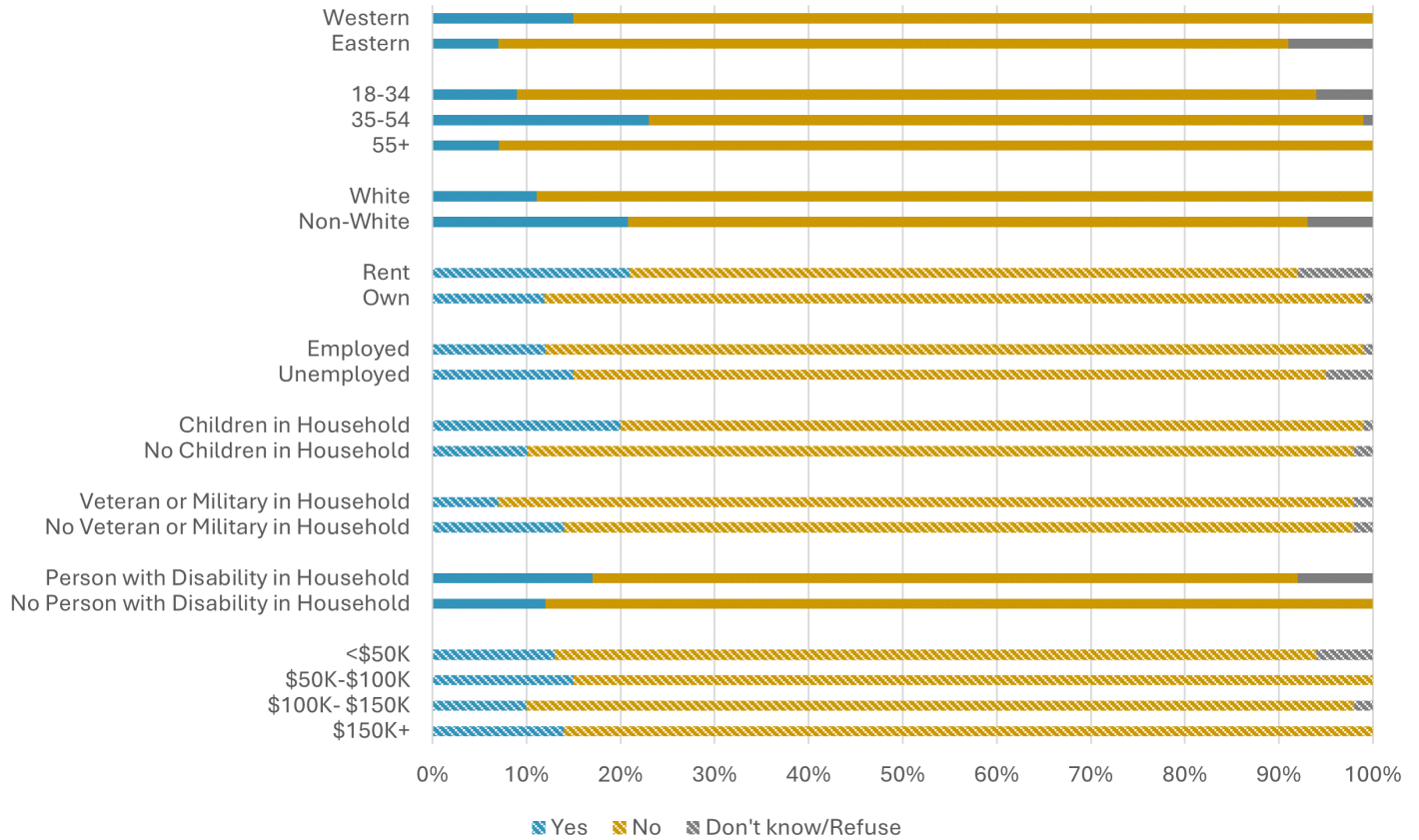
Figure 57



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	13	85	2

Figure 58

Unable to Get Physical Health Care by Demographic Group, 2025

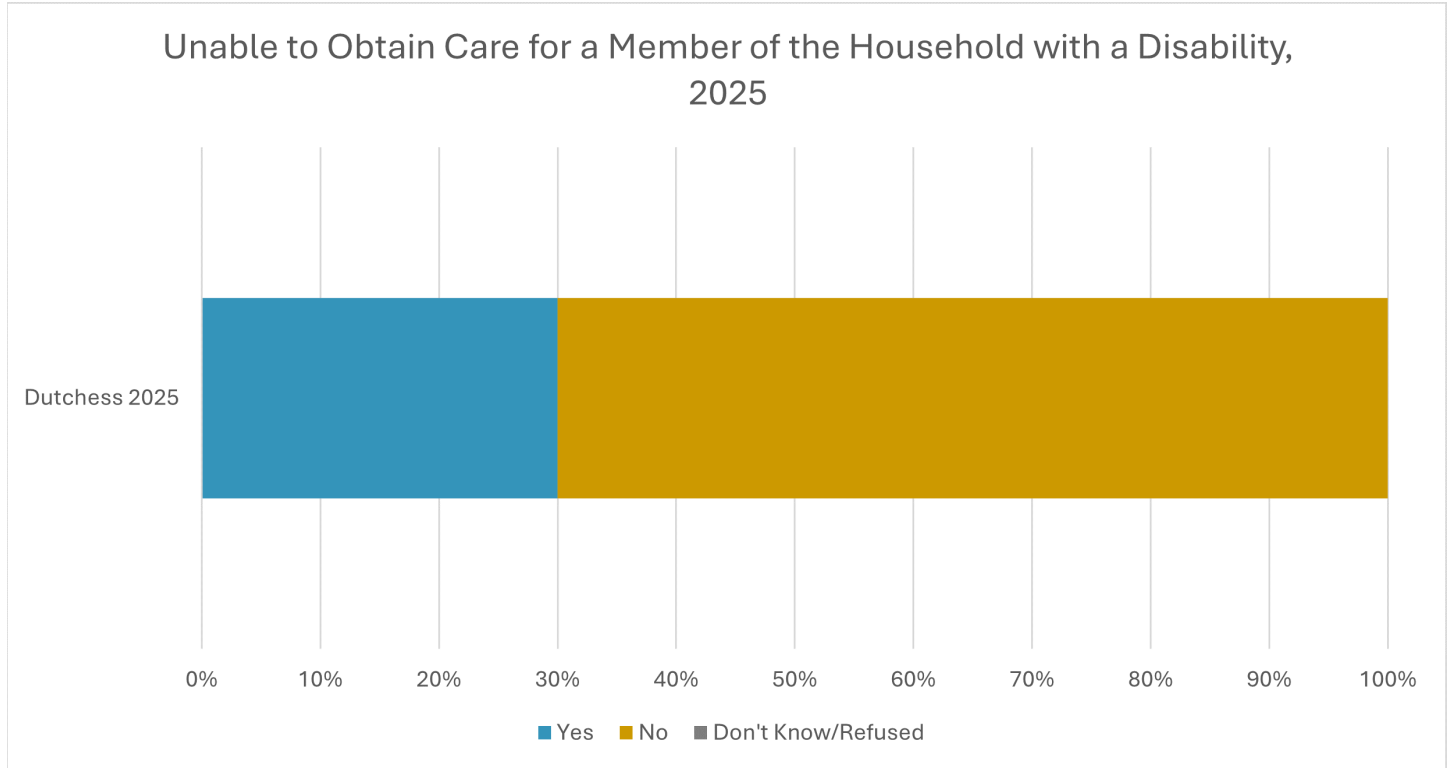


Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	15	85	0
Region	Eastern	7	84	9
Gender	Male	11	85	4
Gender	Female	14	86	0
Age	18-34	9	85	6
Age	35-54	23	76	1
Age	55+	7	92	0
Race/Ethnicity	White	11	88	0
Race/Ethnicity	Non-White	21	73	7
Living Arrangement	Rent	21	71	8
Living Arrangement	Own	12	88	1
Employed	Yes	12	87	1
Employed	No	15	80	5
Children in Household	Yes	20	79	1
Children in Household	No	10	87	2
Veteran/Military in Household	Yes	7	91	2
Veteran/Military in Household	No	14	84	2
Person with Disability in Household	Yes	17	75	8
Person with Disability in Household	No	12	88	0
Income	<\$50K	13	81	6
Income	\$50K-\$100K	15	85	0
Income	\$100K-\$150K	10	88	2
Income	\$150K+	14	86	0

Survey Question 30: In the past 12 months, have you been unable to obtain care to meet the needs of any member of your household with a disability when it was really needed?

In 2025, 30% of those with someone with a disability in their household were unable to obtain care for someone with a disability [see Figure 59]. There were no significant differences between the surveyed demographic groups being able to obtain care for a member of their household with a disability [see Figure 60].

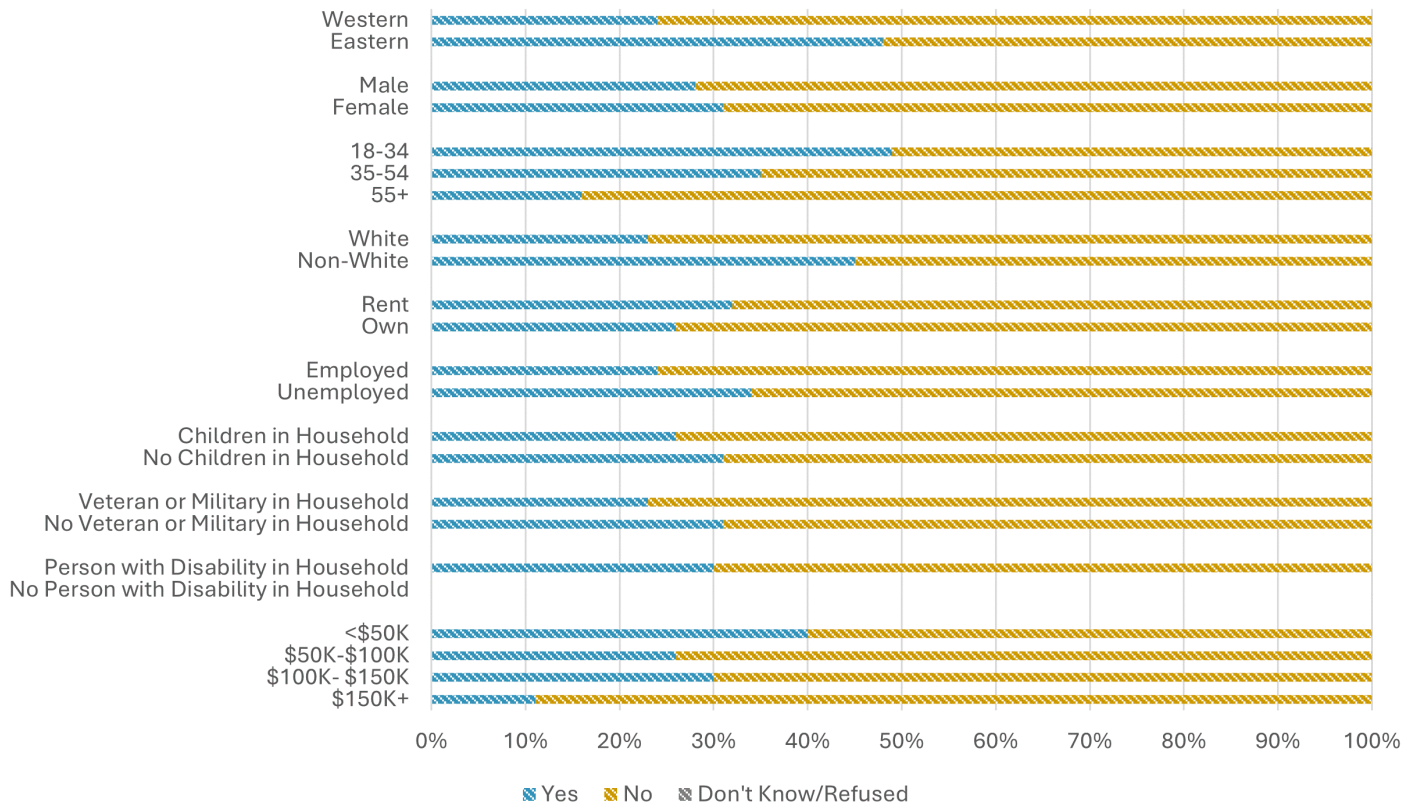
Figure 59



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	30	70	0

Figure 60

Unable to Obtain Care for a Member of the Household with a Disability by Demographic Group, 2025

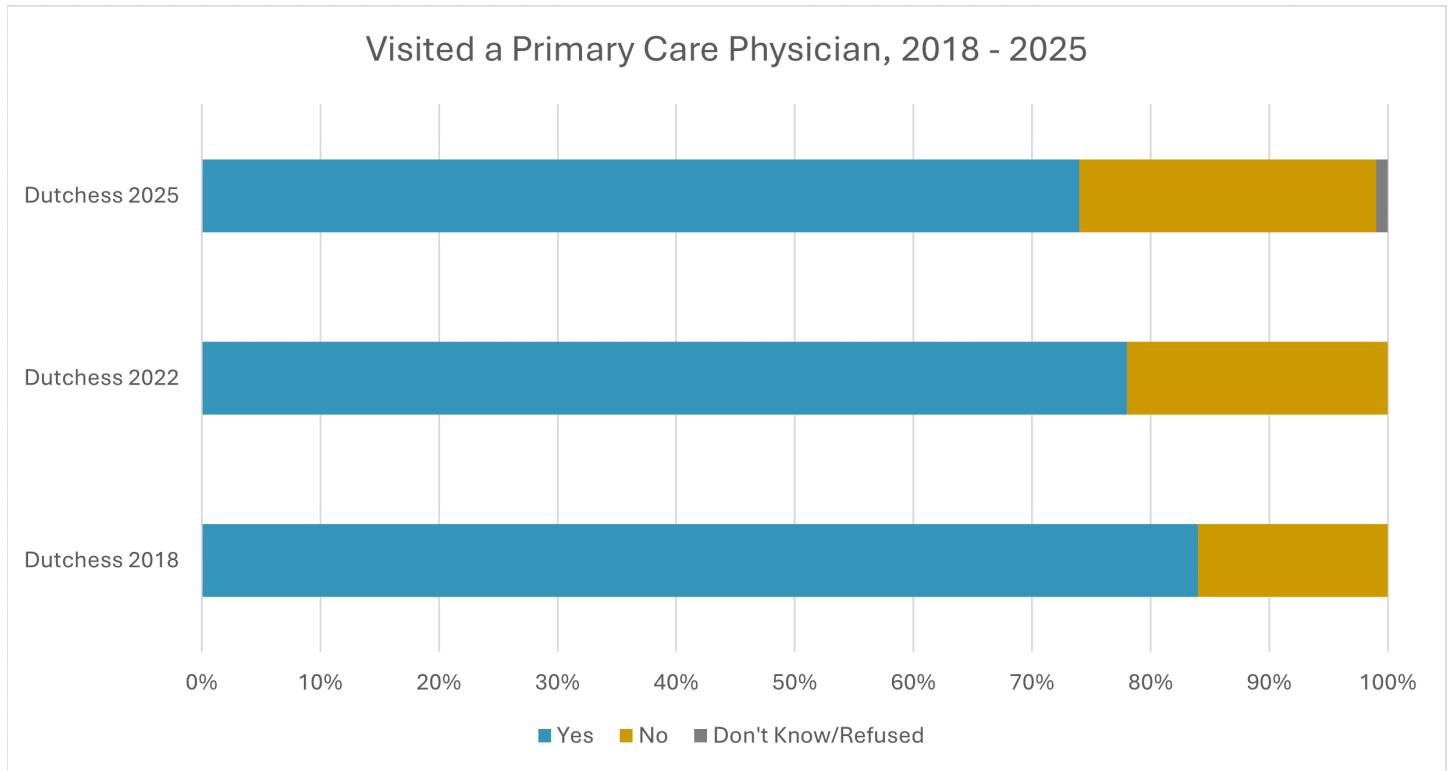


Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	24	76	0
Region	Eastern	48	52	0
Gender	Male	28	72	0
Gender	Female	31	69	0
Age	18-34	49	51	0
Age	35-54	35	65	0
Age	55+	16	84	0
Race/Ethnicity	White	23	77	0
Race/Ethnicity	Non-White	45	55	0
Living Arrangement	Rent	32	68	0
Living Arrangement	Own	26	74	0
Employed	Yes	24	76	0
Employed	No	34	66	0
Children in Household	Yes	26	74	0
Children in Household	No	31	69	0
Veteran/Military in Household	Yes	23	77	0
Veteran/Military in Household	No	31	69	0
Person with Disability in Household	Yes	30	70	0
Person with Disability in Household	No	0	0	0
Income	<\$50K	40	60	0
Income	\$50K-\$100K	26	74	0
Income	\$100K-\$150K	30	70	0
Income	\$150K+	11	89	0

Survey Question 31: Have you visited a primary care physician for a routine physical or checkup within the last 12 months?

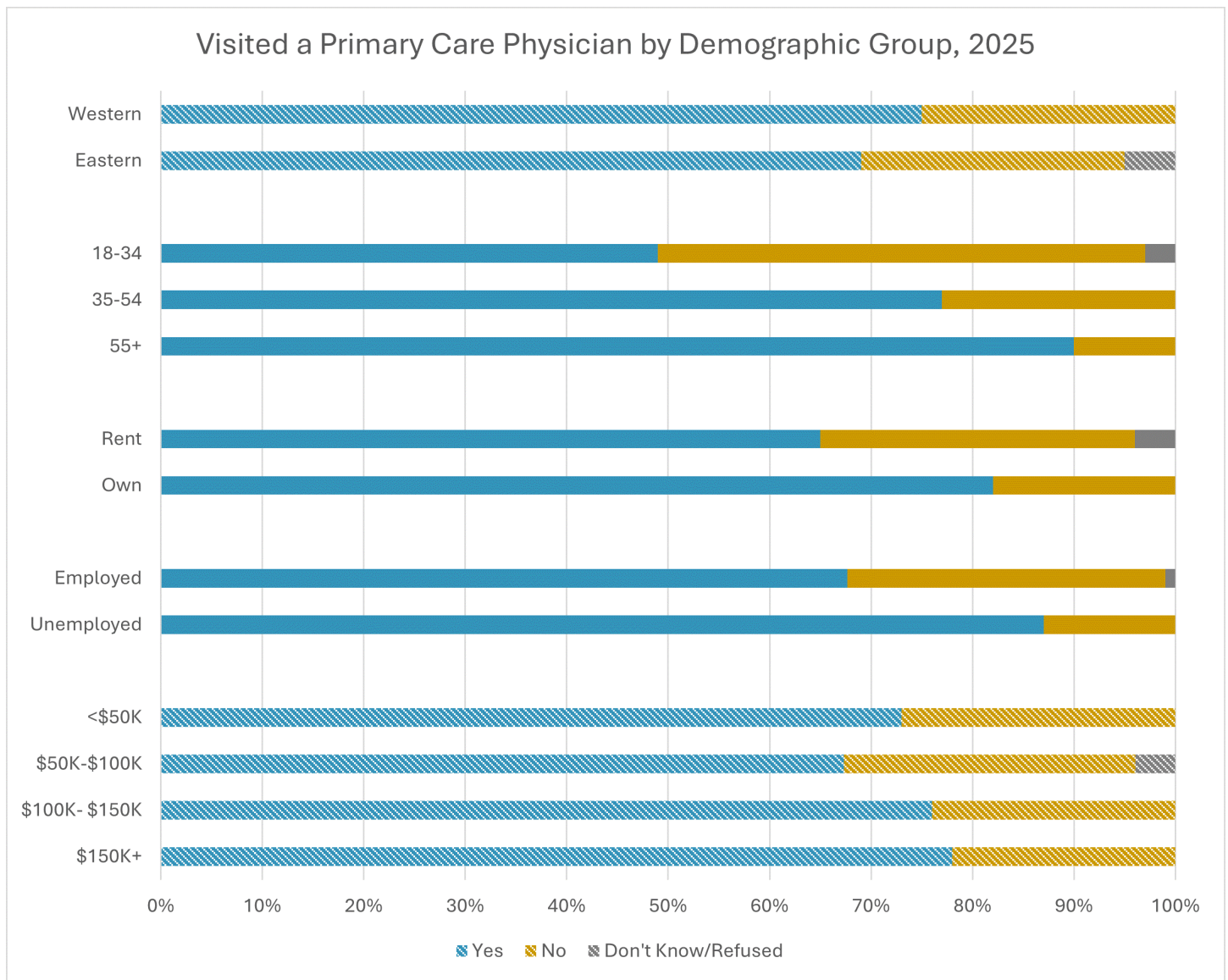
In 2025, 74% of respondents had visited a primary care physician for a routine checkup within the last 12 months. This was a slight decrease from 2022 and 2018 (78% and 84% respectively) [see Figure 61]. Those 18 to 34 (49%), those who rent their homes (65%), and those who were employed (67%) were the least likely demographic groups to have received a routine physical or checkup within the previous 12 months [see Figure 62].

Figure 61



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	74	25	1
Dutchess 2022	78	22	0
Dutchess 2018	84	16	0

Figure 62



Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	75	25	0
Region	Eastern	69	26	5
Age	18-34	49	48	3
Age	35-54	77	23	0
Age	55+	90	10	0
Living Arrangement	Rent	65	31	4
Living Arrangement	Own	82	18	0
Employed	Yes	67	31	1
Employed	No	87	13	0
Income	<\$50K	73	27	0
Income	\$50K-\$100K	68	29	4
Income	\$100K- \$150K	76	24	0
Income	\$150K+	78	22	0

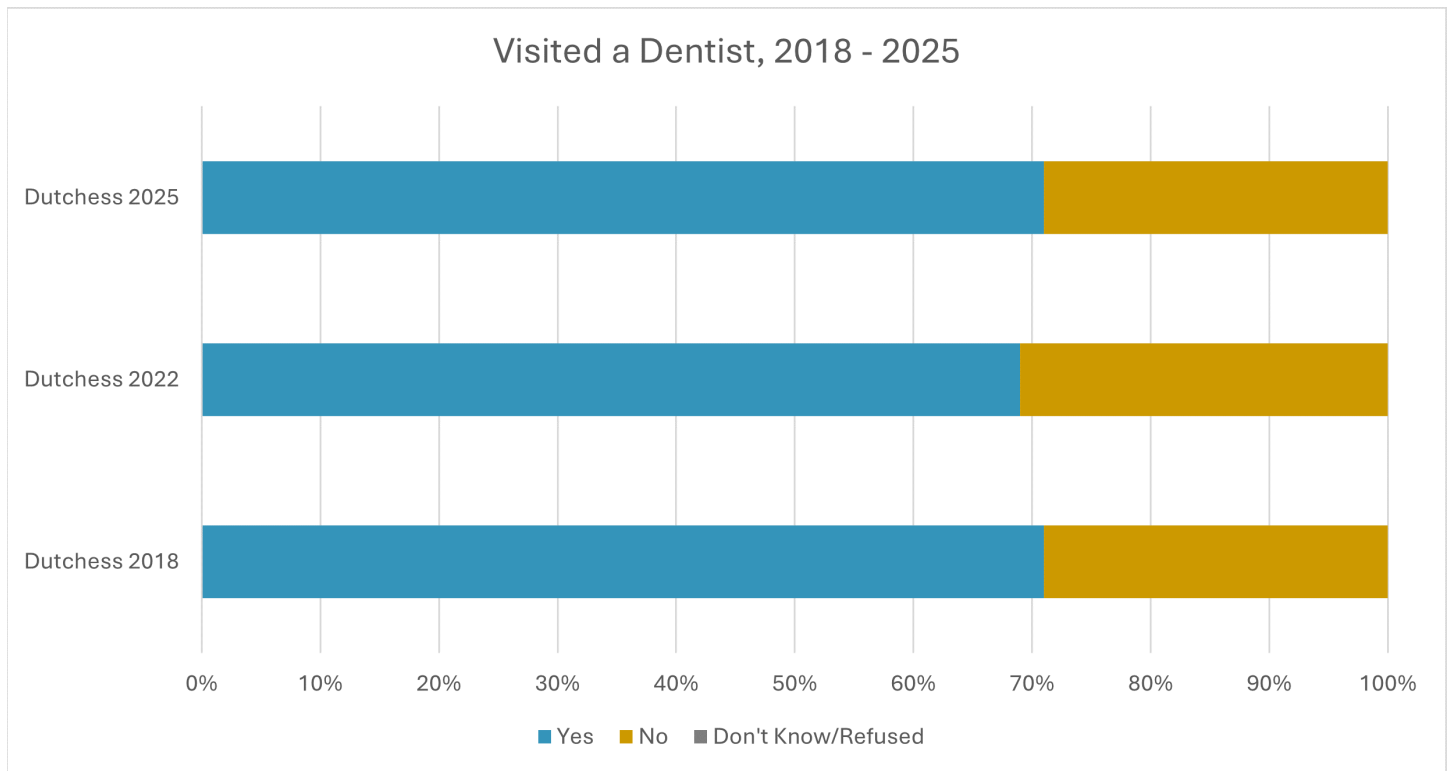
Survey Question 32: In the last 12 months, were any of the following reasons you did not visit a primary care provider for a routine physical or checkup? (if did not visit a primary care provider in the past year)

Overall, in 2025 the most common reason for not visiting a primary care provider for a routine physical was not having enough time (37%). Several demographic groups had other most common reasons for not seeing a primary care provider in the past year. Reasons include not being able to get an appointment (those with a veteran or active military in their household – 47%), not having enough money (those making between \$50,000 and \$100,000 a year – 51%), and not having insurance (renters – 61%). Some residents chose not to visit a primary care provider for another reason (those with someone with a disability in their household – 59%, unemployed residents – 64%, those 35 to 55 (48%), those older than 55 (57%), males (32%). Full results are available in the crosstabs [see Appendix B].

Survey Question 33: Have you visited a dentist for a routine checkup or cleaning within the last 12 months?

In 2025, 71% of respondents had visited a dentist for a routine checkup in the previous 12 months. This was similar to responses from 2022 and 2018 (69% and 71% respectively) [see Figure 63]. Males (64%), those who rent their homes (53%), and people with someone with a disability in their household (55%) were less likely to have visited a dentist for a checkup than other demographic groups [see Figure 64].

Figure 63



Category	Yes (%)	No (%)	Don't know/ Refused (%)
Dutchess 2025	71	29	0
Dutchess 2022	69	31	0
Dutchess 2018	71	29	0

Figure 64

Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Gender	Male	64	36	0
Gender	Female	78	22	0
Age	18-34	63	37	0
Age	35-54	71	29	0
Age	55+	77	23	0
Race/Ethnicity	White	74	26	0
Race/Ethnicity	Non-White	61	39	0
Living Arrangement	Rent	53	47	0
Living Arrangement	Own	80	20	0
Children in Household	Yes	74	26	0
Children in Household	No	69	31	0
Veteran/Military in Household	Yes	79	21	0
Veteran/Military in Household	No	69	31	0
Person with Disability in Household	Yes	55	45	0
Person with Disability in Household	No	76	24	0
Income	<\$50K	59	41	0
Income	\$50K-\$100K	68	32	0
Income	\$100K- \$150K	84	16	0
Income	\$150K+	80	20	0

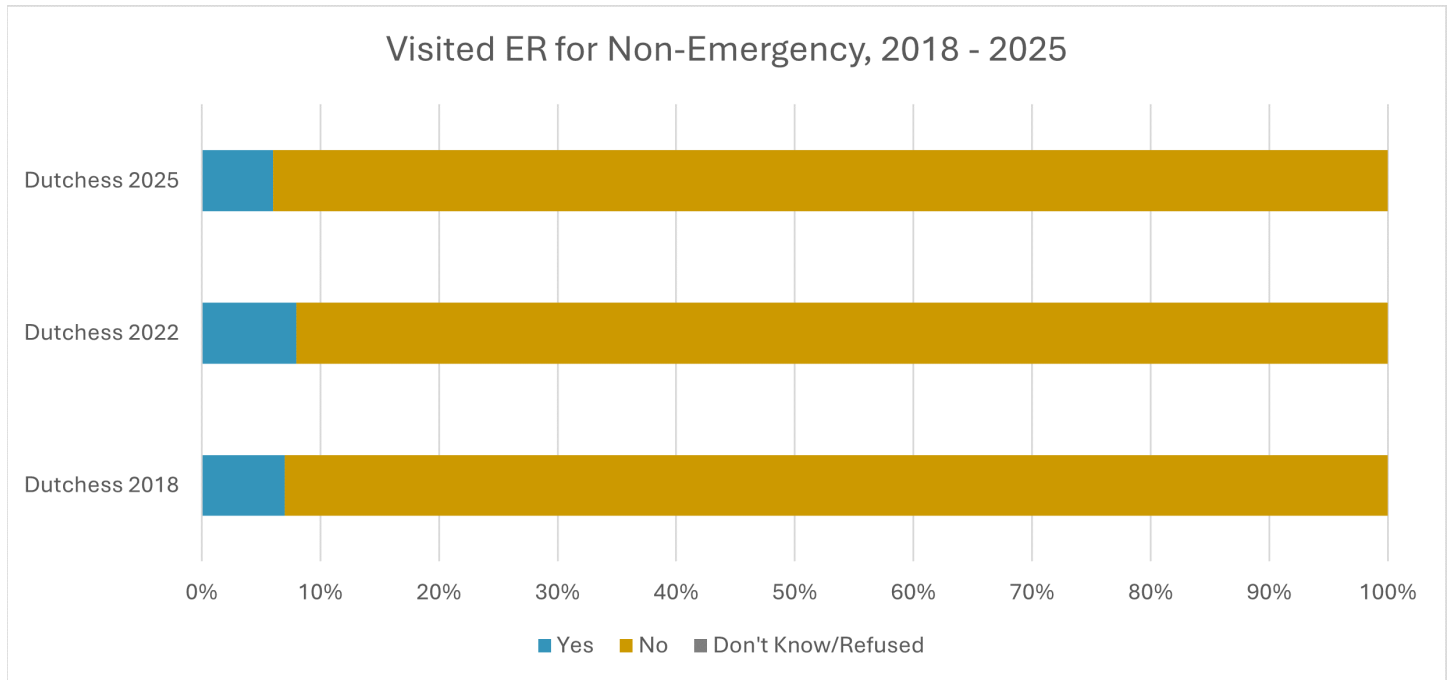
Survey Question 34: (If did not visit dentist in the past year) In the last 12 months, were any of the following reasons that you did not visit a dentist for a routine check-up or cleaning?

Overall, in 2025 the most common reason for not visiting a dentist for a routine check-up or cleaning was not having insurance (37%). Several demographic groups had other most common reasons for not seeing dentist in the past year. Reasons include not being able to get an appointment (those with children in their household – 44%, non-white residents – 51%, those 35 to 54 years old – 49%), not having enough money (those making between \$50,000 and \$100,000 a year – 51%), and not having enough time (those making between \$100,000 and \$150,000 a year – 46%, those living with someone with a disability in their household – 48%, residents of the eastern part of the county – 48%). Some residents chose not to visit a dentist for another reason (those making over \$150,000 a year – 73%, those with a veteran or active military in their household – 51%, unemployed residents – 35%, residents who own their house – 36%, those 55 or older – 44%). Full results are available in the crosstabs [see Appendix B].

Survey Question 35: Have you visited an emergency room for a medical issue that was not an emergency in the last 12 months?

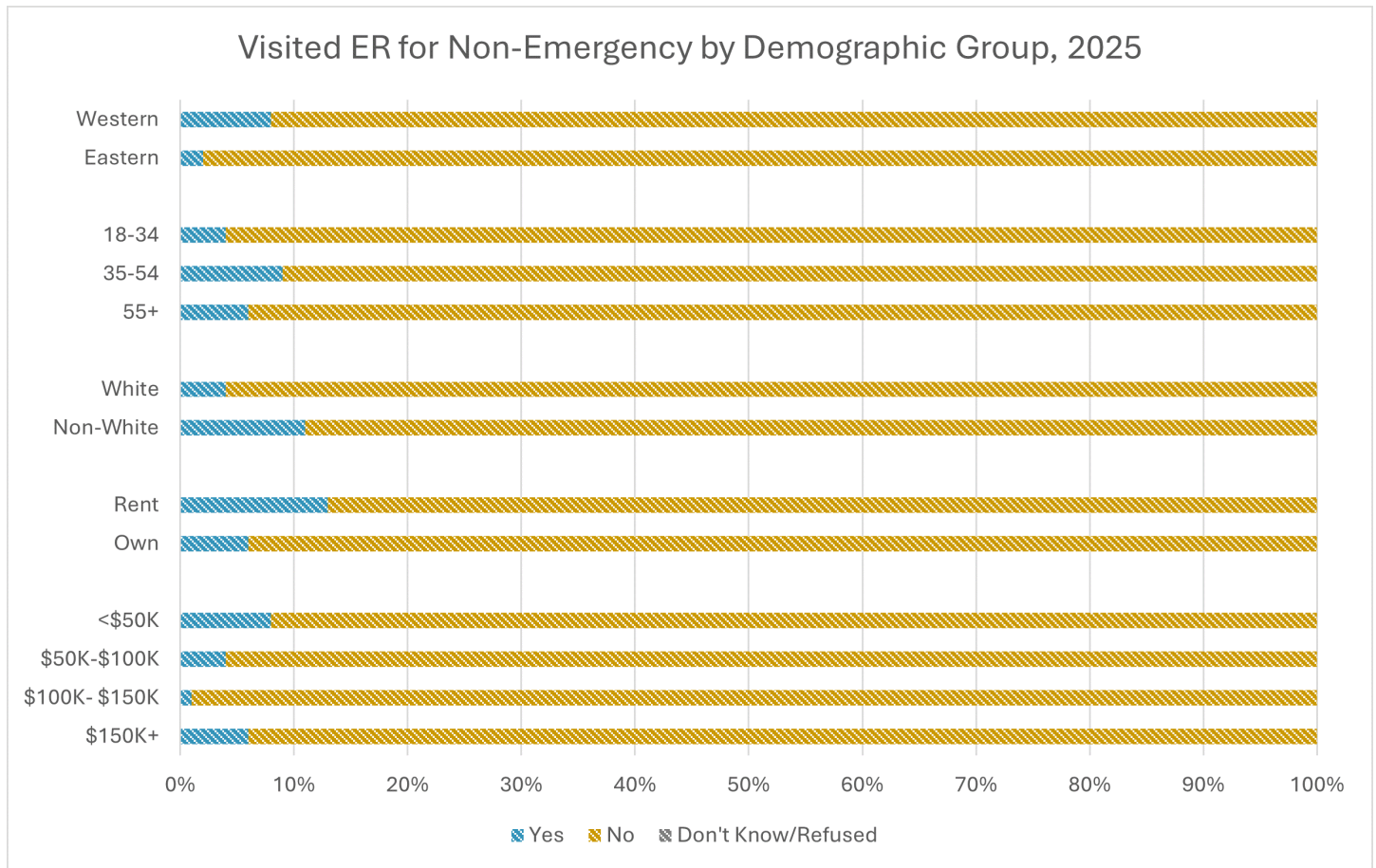
In 2025, 6% of respondents visited the ER for a non-emergency in the previous 12 months [see Figure 65]. There were no significant differences between demographic groups in those who visited the ER for non-emergent reasons [see Figure 66].

Figure 65



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	6	94	0
Dutchess 2022	8	92	0
Dutchess 2018	7	93	0

Figure 66



Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	8	92	0
Region	Eastern	2	98	0
Age	18-34	4	96	0
Age	35-54	9	91	0
Age	55+	6	94	0
Race/Ethnicity	White	4	96	0
Race/Ethnicity	Non-White	11	89	0
Living Arrangement	Rent	13	87	0
Living Arrangement	Own	6	94	0
Income	<\$50K	8	92	0
Income	\$50K-\$100K	4	96	0
Income	\$100K-\$150K	1	99	0
Income	\$150K+	6	94	0

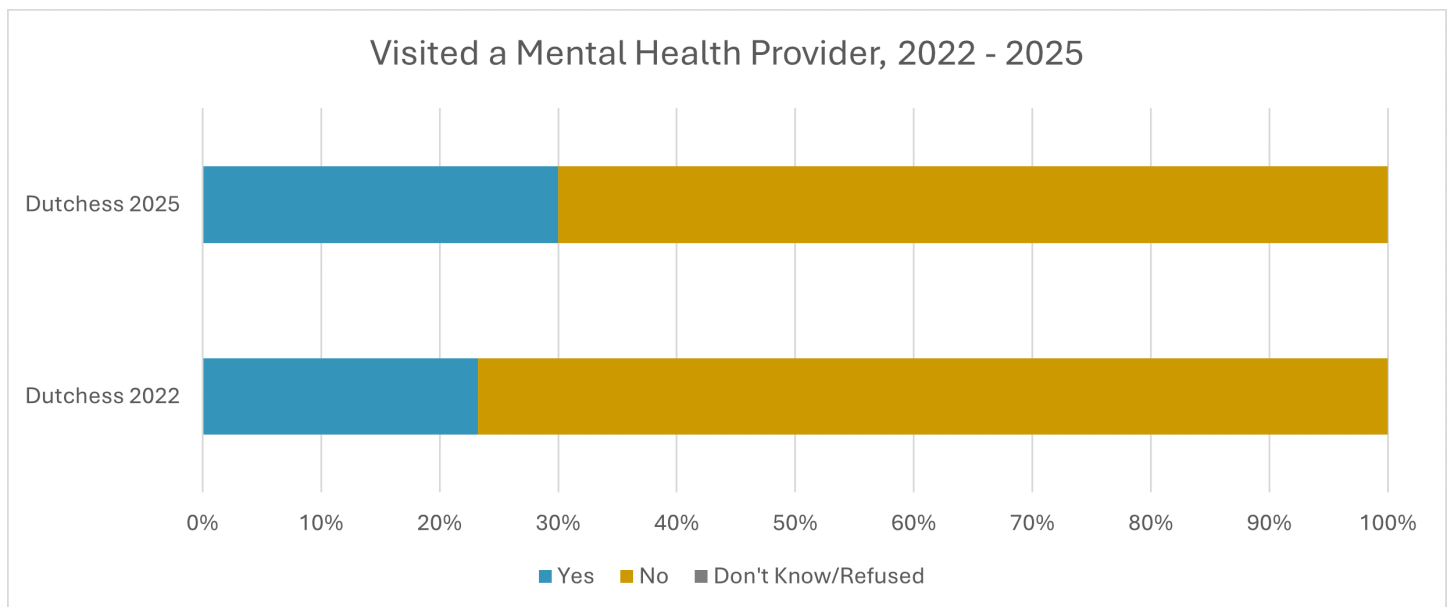
Survey Question 36: (If visited Emergency Room for non-emergency in the past year) In the last 12 months, for which of the following reasons did you visit the emergency room for a health-related issue or injury that was NOT an emergency?

Overall, in 2025 the most common reason for visiting the emergency room in the last year for a non-emergency was that the emergency room was more convenient because of its hours of operation (68%). Several demographic groups had other most common reasons for visiting the emergency room for a non-emergency. Reasons include the emergency room being more convenient because of its location (those with a veteran or active military in the household – 56%, those making between \$100,000 and \$150,000 – 100%), thinking it was an emergency, but then finding out it wasn’t (females – 48%, unemployed residents – 52%, those living with someone with a disability in their household – 67%) and their primary care doctor not being available (residents of the eastern part of the county – 100%, white residents – 39%, those living with children in their household – 38%, those making over \$150,000 – 81%). Full results are available in the crosstabs [see Appendix B].

Survey Question 37: Have you visited a mental health provider, such as a psychiatrist, psychologist, social worker, therapist for 1-on-1 appointments or group sessions (either in-person or online), etc. within the last 12 months?

Thirty percent of respondents had visited a mental health provider in the previous 12 months in 2025. This is an increase from 2022 at 23% [see Figure 67]. Those older than 55 (16%) were the least likely age group to visit a mental health provider. Those who owned their homes (22%) were less likely than those who rented (52%) to have seen a mental health provider [see Figure 68].

Figure 67



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	30	70	0
Dutchess 2022	23	76	0

Figure 68

Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Age	18-34	46	54	0
Age	35-54	37	63	0
Age	55+	16	84	0
Living Arrangement	Rent	52	48	0
Living Arrangement	Own	22	78	0
Veteran/Military in Household	Yes	36	64	0
Veteran/Military in Household	No	30	70	0
Person with Disability in Household	Yes	39	61	0
Person with Disability in Household	No	28	72	0
Income	<\$50K	35	65	0
Income	\$50K-\$100K	28	72	0
Income	\$100K- \$150K	38	62	0
Income	\$150K+	26	74	0

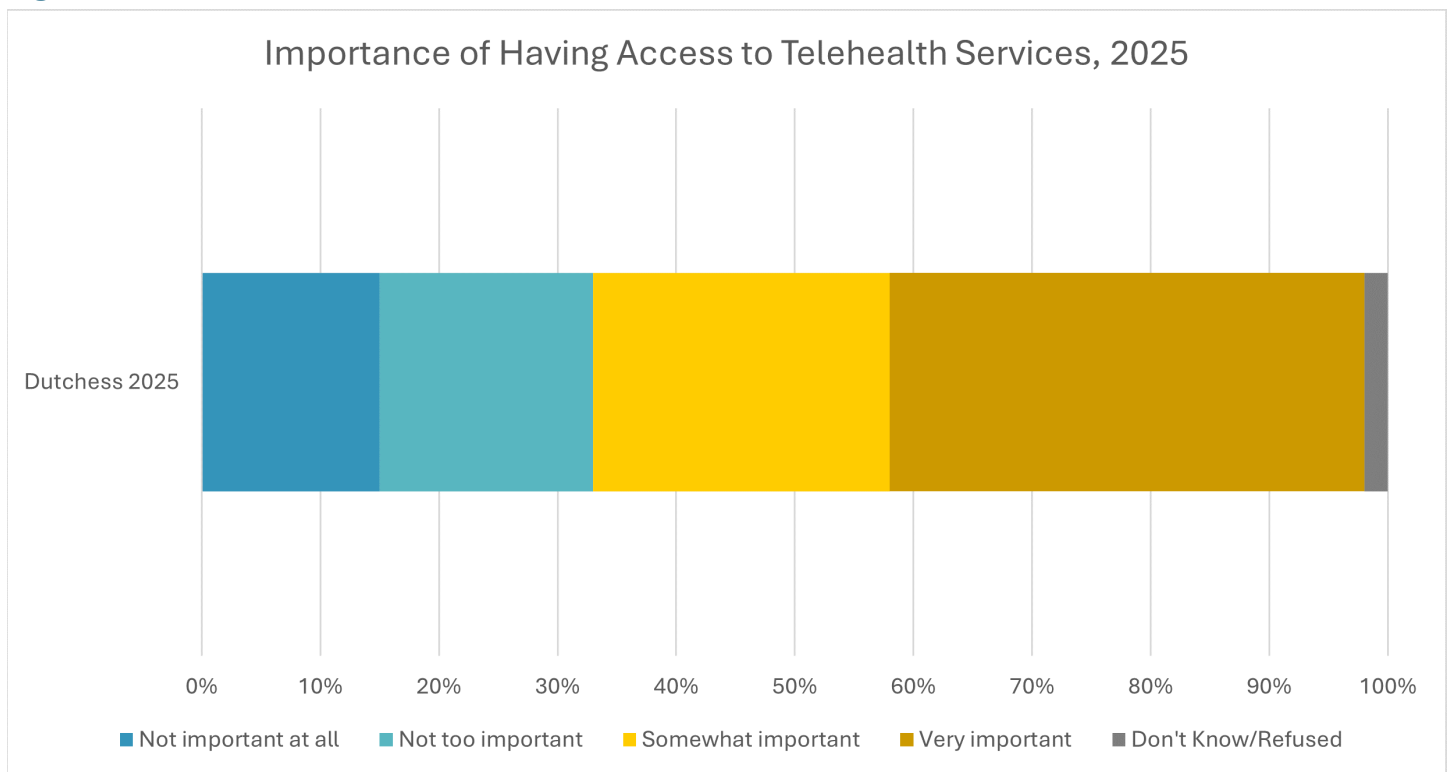
Survey Question 38: (If did not visit mental health provider in the past year) In the last 12 months, were any of the following reasons that you did not visit a mental health provider?

Overall, in 2025 the most common reason for not visiting a mental health provider in the last year was not having a need for mental health services (76%). When we only consider responses related to needing mental health services, but not getting them, the most common response was not having enough money (17%). The second most common response was choosing not to go (15%). These were the most common responses among nearly all demographic groups. For those with a veteran or active military in their household and those making over \$150,000 a year, the most common response was not having enough time (18% and 12%, respectively). Full results are available in the crosstabs [see Appendix B].

Survey Question 39: How important is having access to telehealth services to maintain your health?

Forty percent of respondents said having access to telehealth services was very important [see Figure 69]. Those aged 18 to 35 years (55%), non-white populations (66%), those who rent their homes (57%), those with children in their household (54%) were the most likely groups to say access to telehealth services were very important [see Figure 70].

Figure 69



Category	Very important (%)	Somewhat important (%)	Not too important (%)	Not important at all (%)	Don't know/Refused (%)
Dutchess 2025	40	25	18	15	2

Figure 70

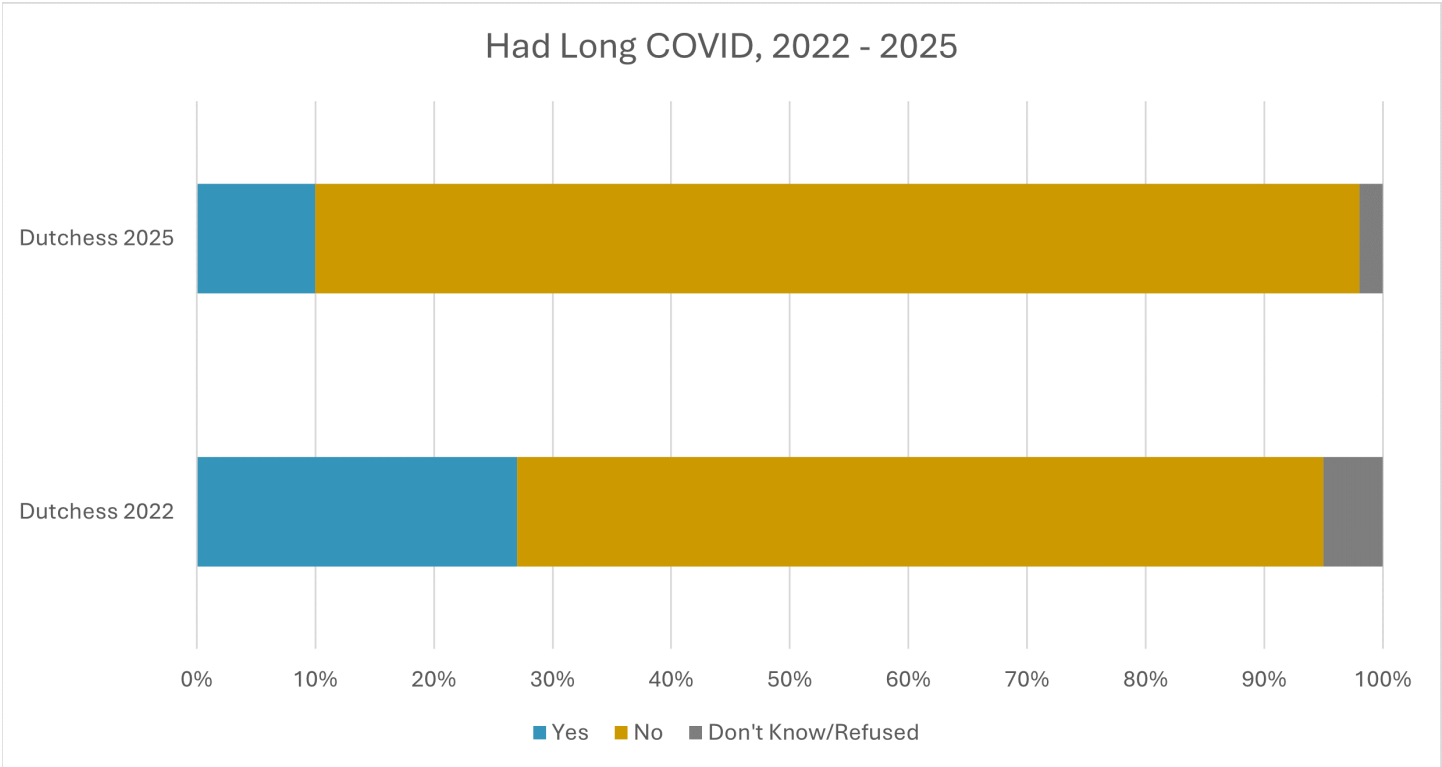
Category	Subcategory	Very important (%)	Somewhat important (%)	Not too important (%)	Not important at all (%)	Don't know/Refused (%)
Region	Western	41	22	19	16	2
Region	Eastern	38	40	14	8	0
Gender	Male	41	23	20	14	2
Gender	Female	38	28	16	17	2
Age	18-34	55	17	16	13	0
Age	35-54	44	35	13	7	1
Age	55+	26	24	24	22	4
Race/Ethnicity	White	32	29	22	15	2
Race/Ethnicity	Non-White	66	15	6	12	1
Living Arrangement	Rent	57	20	13	9	1
Living Arrangement	Own	32	30	21	15	2
Employed	Yes	42	26	19	13	1
Employed	No	36	25	17	18	4
Children in Household	Yes	54	25	13	5	2
Children in Household	No	34	26	20	19	2
Veteran/Military in Household	Yes	47	25	14	13	1
Veteran/Military in Household	No	39	26	19	15	2
Person with Disability in Household	Yes	47	26	14	10	2
Person with Disability in Household	No	37	25	19	16	2

Income	<\$50K	47	28	10	13	3
Income	\$50K-\$100K	43	18	21	17	2
Income	\$100K- \$150K	34	30	24	10	3
Income	\$150K+	35	27	23	15	0

Survey Question 40: Have you or any other household member had ongoing COVID symptoms - otherwise known as long-COVID?

In 2022, residents were asked a series of questions about COVID-19 and the impact of the pandemic on their physical health, mental health, and ability to access certain resources. We see a decrease in the percentage of residents reporting that they or someone in their household has had long-COVID from 27% to 10% [see Figure 71]. When we look at differences by demographic groups, renters and those living with someone with a disability in their household more frequently reported long-COVID [see Figure 72].

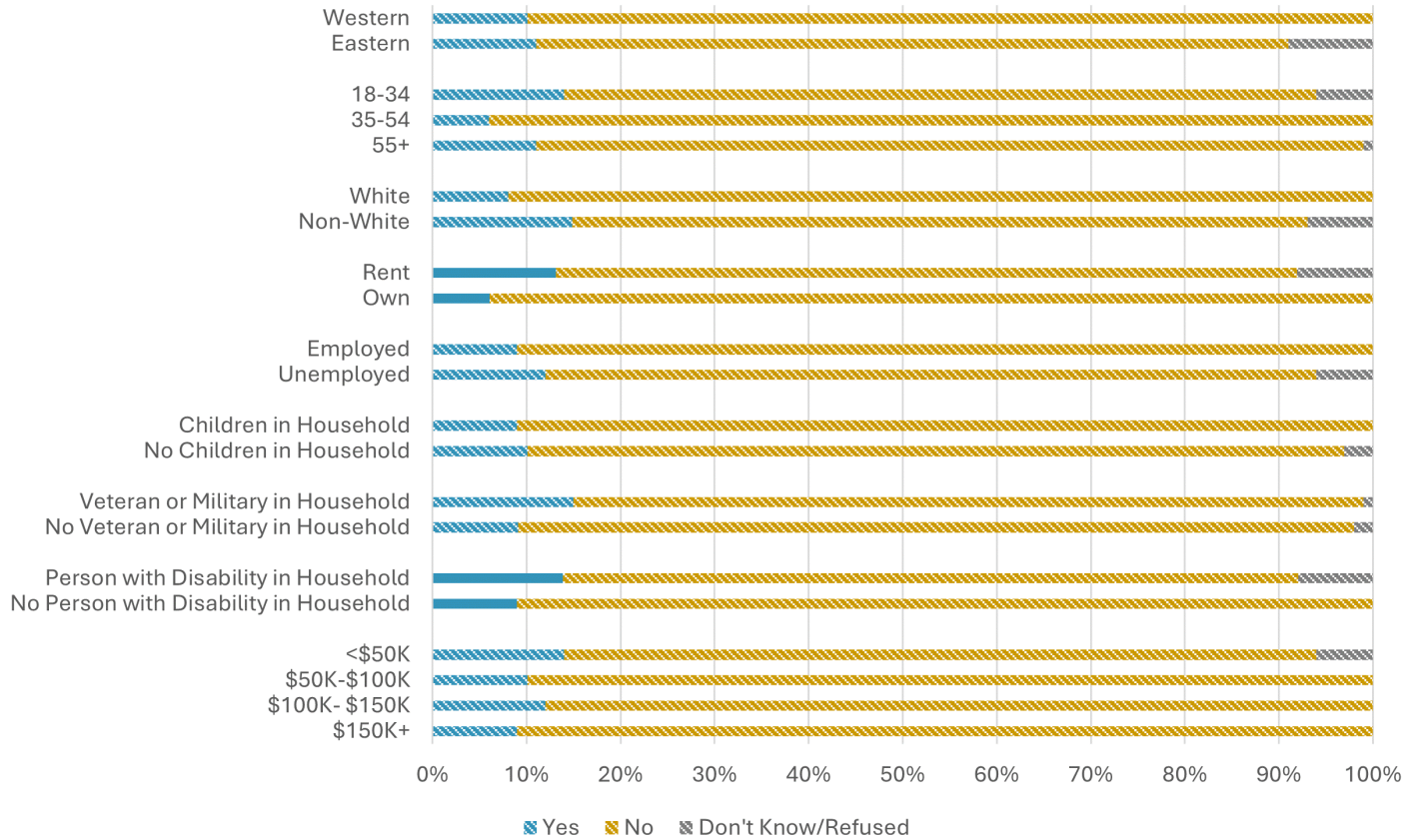
Figure 71



Category	Yes (%)	No (%)	Don't know/Refused (%)
Dutchess 2025	10	88	2
Dutchess 2022	27	68	5

Figure 72

Had Long COVID by Demographic Group, 2022-2025

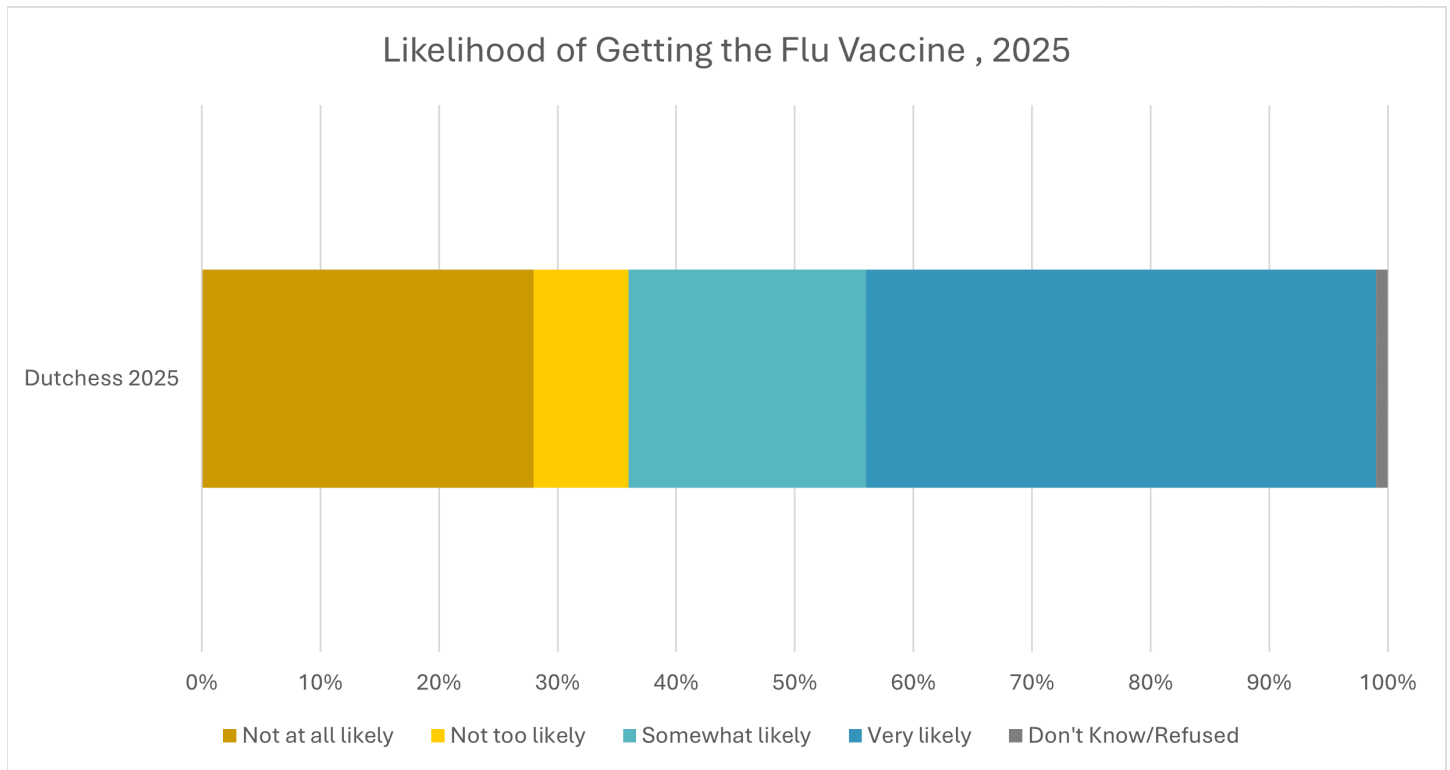


Category	Subcategory	Yes (%)	No (%)	Don't know/Refused (%)
Region	Western	10	89	0
Region	Eastern	11	80	9
Age	18-34	14	80	6
Age	35-54	6	94	0
Age	55+	11	88	1
Race/Ethnicity	White	8	91	0
Race/Ethnicity	Non-White	15	79	7
Living Arrangement	Rent	13	78	8
Living Arrangement	Own	6	93	0
Employed	Yes	9	91	0
Employed	No	12	82	6
Children in Household	Yes	9	91	0
Children in Household	No	10	86	3
Veteran/Military in Household	Yes	15	84	1
Veteran/Military in Household	No	9	88	2
Person with Disability in Household	Yes	14	79	8
Person with Disability in Household	No	9	91	0
Income	<\$50K	14	80	6
Income	\$50K-\$100K	10	89	0
Income	\$100K-\$150K	12	88	0
Income	\$150K+	9	91	0

Survey Question 41: Prior to the next respiratory virus season, how likely are you to get a flu vaccine?

Thirty-six percent of respondents in 2025 said they were not at all likely or not too likely to get the flu vaccine prior to the next respiratory virus season [see Figure 73]. Western Dutchess residents (41%) were more likely to respond that they were not at all likely or not too likely to get the flu vaccine than Eastern Dutchess residents (18%). Those age 55 and older (27%) were less likely to respond that they were not at all likely or not too likely to get the flu vaccine than other age groups [see Figure 74].

Figure 73



Category	Very likely (%)	Somewhat likely (%)	Not too likely (%)	Not at all likely (%)	Don't know/Refused (%)
Dutchess 2025	43	20	8	28	1

Figure 74

Category	Subcategory	Not at all likely (%)	Not too likely (%)	Somewhat likely (%)	Very likely (%)	Don't Know/Refused (%)
Region	Western	31	10	16	43	1
Region	Eastern	14	4	41	41	1
Gender	Male	28	10	21	39	1
Gender	Female	28	6	19	46	0
Age	18-34	26	16	32	27	0
Age	35-54	37	5	20	37	1
Age	55+	21	6	11	61	1
Race/Ethnicity	White	24	9	18	48	1
Race/Ethnicity	Non-White	38	6	23	32	1
Living Arrangement	Rent	18	19	28	34	0
Living Arrangement	Own	31	5	17	47	1
Employed	Yes	29	11	23	37	0
Employed	No	26	5	15	54	1
Children in Household	Yes	43	3	19	35	0
Children in Household	No	22	10	20	46	1
Veteran/Military in Household	Yes	17	12	15	56	1
Veteran/Military in Household	No	30	8	21	41	1
Person with Disability in Household	Yes	32	10	19	38	1
Person with Disability in Household	No	27	8	20	44	0
Income	<\$50K	24	8	32	36	1
Income	\$50K-\$100K	32	13	18	37	0
Income	\$100K- \$150K	30	7	16	47	0
Income	\$150K+	28	9	13	49	1

Survey Question 42-47: Kessler Score

Residents were asked a series of questions to get a more objective understanding of non-specific psychological distress in the county.¹ Questions asked and the scoring process are summarized in Table 3 through Table 5.

Table 3

Questions Asked: About how often in the past 30 days did you feel...
Nervous
Hopeless
Restless or fidgety
So depressed that nothing could cheer you up
That everything was an effort
Worthless

Table 4

Kessler Score Response Options	Associated Score
All of the time	4
Most of the time	3
Some of the time	2
A little of the time	1
None of the time	0

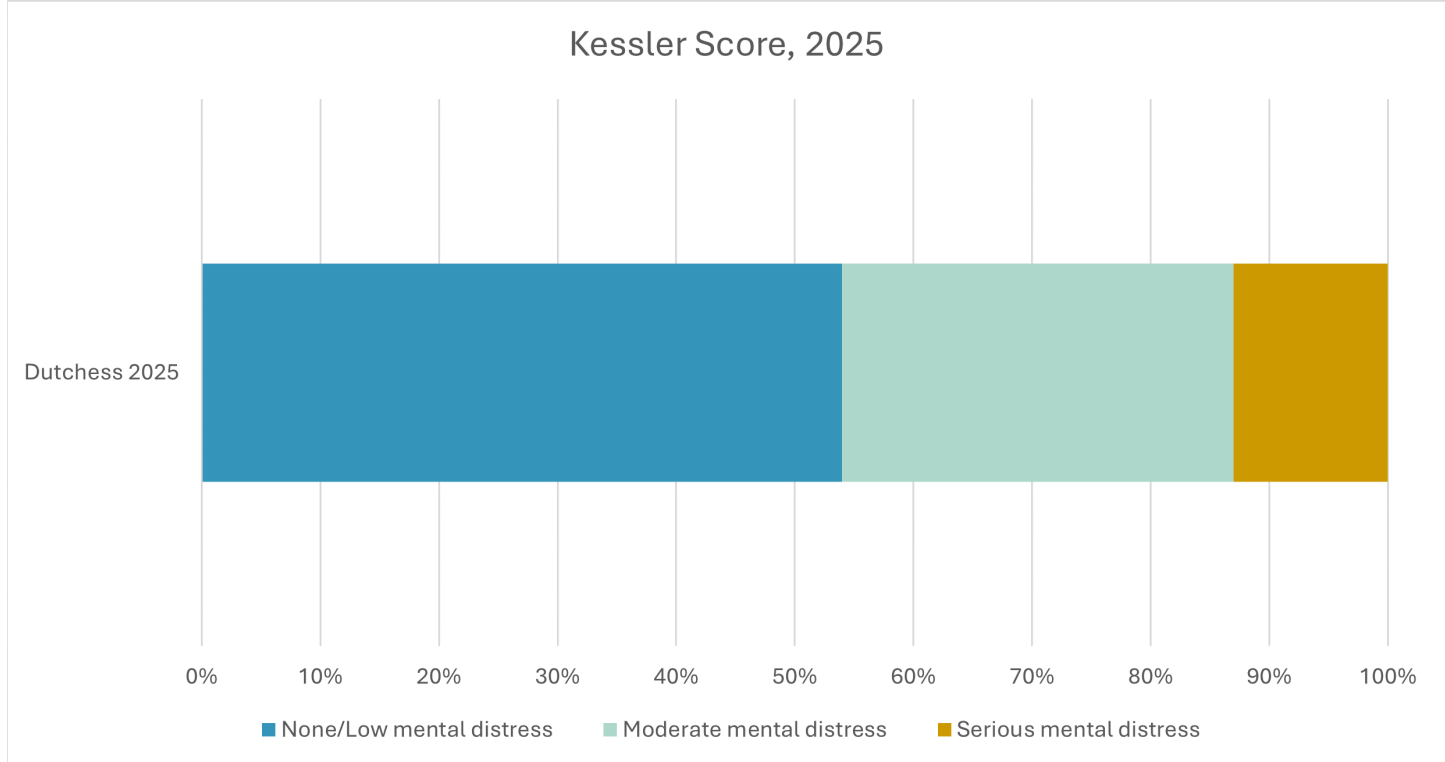
Table 5

Mental Distress Level	Associated Index Score
Severe	≥13
Moderate	5 – 12
None/Low	≤5

¹ Kessler, R. C., Andrews, G., Colpe, L. J., Hiripi, E., Mroczek, D. K., Normand, S.-L. T., Walters, E. E., & Zaslavsky, A. M. (2002). *Kessler Psychological Distress Scale (K6, K10)* [Database record]. APA PsycTests. <https://doi.org/10.1037/t08324-000>

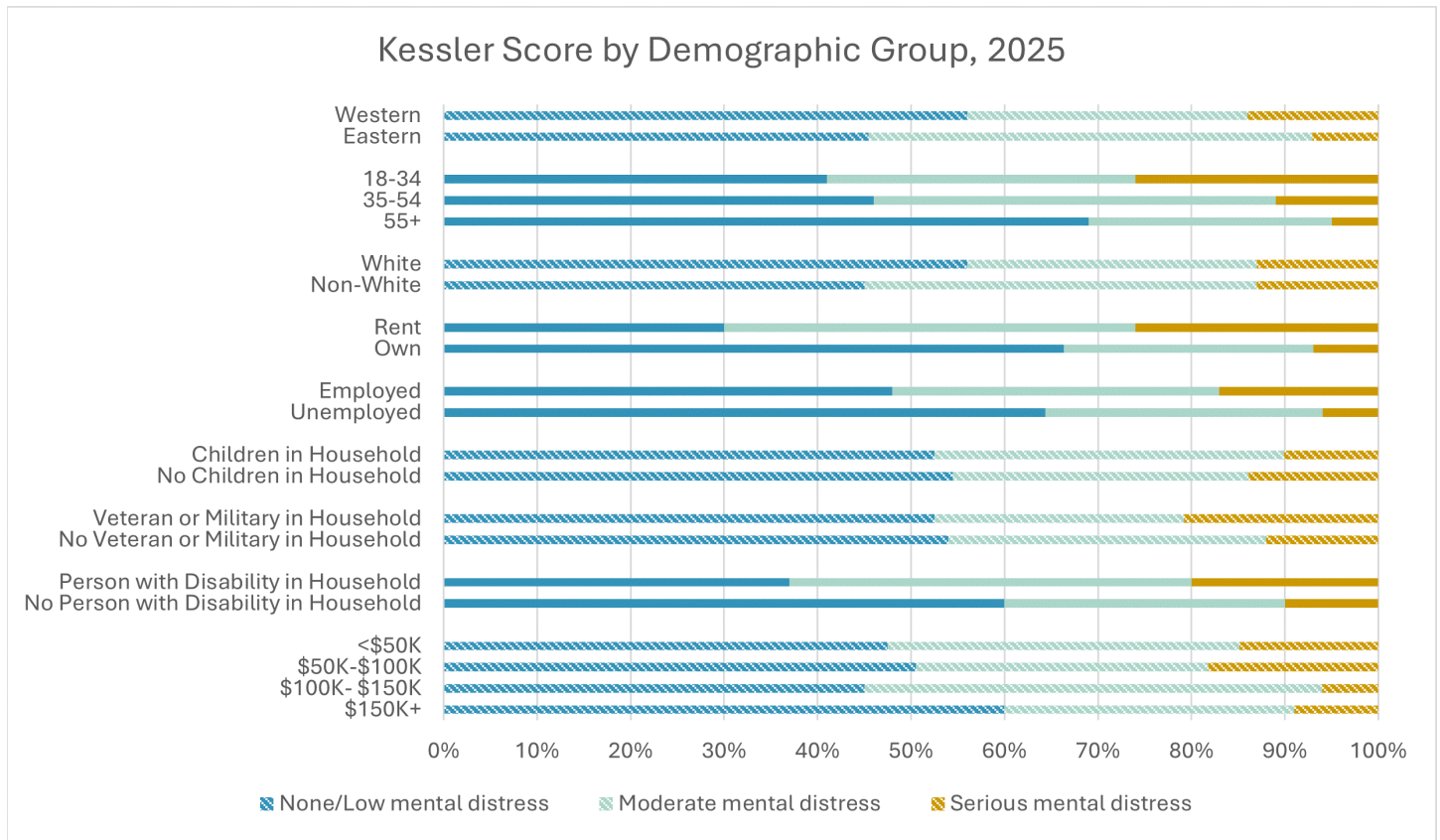
The majority of residents (54%) had none or low mental distress, with 33% reported moderate mental distress and only 13% reporting severe mental distress [see Figure 75]. Severe mental distress was more commonly reported by younger residents (18-34 years old), renters, employed residents, and those living with someone with a disability in their household [see Figure 76].

Figure 75



Category	None/Low mental distress (%)	Moderate mental distress (%)	Serious mental distress (%)
Dutchess 2025	54	33	13

Figure 76



Category	Subcategory	None/Low mental distress (%)	Moderate mental distress (%)	Serious mental distress (%)
Region	Western	56	30	14
Region	Eastern	45	47	7
Age	18-34	41	33	26
Age	35-54	46	43	11
Age	55+	69	26	5
Race/Ethnicity	White	56	31	13
Race/Ethnicity	Non-White	45	42	13
Living Arrangement	Rent	30	44	26
Living Arrangement	Own	67	27	7
Employed	Yes	48	35	17
Employed	No	65	30	6
Children in Household	Yes	52	37	10
Children in Household	No	55	32	14
Veteran/Military in Household	Yes	53	27	21
Veteran/Military in Household	No	54	34	12
Person with Disability in Household	Yes	37	43	20
Person with Disability in Household	No	60	30	10
Income	<\$50K	48	38	15
Income	\$50K-\$100K	50	31	18
Income	\$100K-\$150K	45	49	6
Income	\$150K+	60	31	9

PERCEPTION OF COMMUNITY

The way Dutchess County residents feel about their community varies. Overall, older residents and residents who own their home tended to have a more positive view of their community compared to younger residents and renters.

When considering the safety of their community, residents more often felt that their community was a safe place to live, but that there weren't enough safe places to walk or bicycle. This likely indicates the need for improving the walkability of Dutchess County communities, which could also help improve perceived quality of life and access to resources.

PERCEPTION OF PHYSICAL HEALTH

There were only two questions in the survey directly relating specifically to residents' physical health: overall rating of physical health and long-COVID. The disparities for these questions are similar. Both renters and those living with someone with a disability in their household reported poorer physical health and higher rates of long-COVID. It is important to note that the definition of long-COVID evolved from 2022 to 2025 and, thus, the phrasing of the question, which may have contributed to the overall decrease.

Sections "Access to Resources" and "Healthcare Utilization" below delve deeper into access and utilization of physical health resources that may provide deeper insight into factors impacting physical health for Dutchess County Residents.

PERCEPTION OF MENTAL HEALTH

Questions related to mental health included overall mental health, average stress level, frequency of quality encounters, and mental distress level. Similar demographic groups have poorer outcomes related to mental health across these questions. Younger residents (18 – 34) report higher rates of fair or poor overall mental health, higher rates of stress, and higher rates of serious mental distress. This is similar to renters and residents living with someone with a disability in their household. These groups should be considered as possible priority populations when designing and implementing mental health related programs/activities.

Sections "Access to Resources" and "Healthcare Utilization" below delve deeper into access and utilization of mental health resources that may provide deeper insight into factors impacting mental health for Dutchess County Residents.

HEALTH BEHAVIORS

Survey results show notable challenges in maintaining consistent healthy behaviors in 2025. Nearly three in ten respondents reported eating a healthy diet three or fewer days per week, a sharp increase from

2018. Over half of respondents engage in at least 30 minutes of activity three or fewer days weekly. Sleep quality remained stagnant compared to prior years, with 40% reporting seven to nine hours of rest on three or fewer nights per week. These behaviors were unevenly distributed across demographics, with younger adults, lower-income groups, households with children or disabilities, and certain regional populations more likely to report limited healthy diet, exercise, and sleep habits.

Substance use and preventive health behaviors also revealed mixed trends. Alcohol consumption remained stable, with 28% drinking more than once per week, while non-medical drug use more than doubled since 2018, reaching 16%. Cannabis use was reported by 17% of respondents, with younger adults showing significantly higher rates. Preventive health attitudes were divided: over one-third of respondents indicated they were unlikely to get the flu vaccine, with Western Dutchess residents and younger age groups showing greater hesitancy compared to older adults and Eastern Dutchess residents. Together, these findings highlight persistent disparities in health behaviors across demographic and socioeconomic lines, as well as growing concerns around substance use and vaccine uptake.

ACCESS TO RESOURCES

Survey results from 2025 show that while access to essential resources has generally improved compared to 2018 and 2022, notable gaps remain. Fewer respondents reported being unable to obtain food (8%), utilities (7%), medicine (12%), housing (5%), childcare (6%), or transportation (13%) when needed, reflecting declines from earlier years. However, disparities persist across demographic groups. Renters, younger adults, non-white populations, and households with children or disabilities were often more likely to face challenges in securing food, housing, transportation, and medicine. Access to phones and internet also showed differences, with renters and lower-income households more likely to report difficulties.

Healthcare and employment presented more significant barriers. In 2025, 15% of respondents were unable to get dental care, 16% were unable to access mental healthcare, and 13% were unable to obtain physical healthcare when needed, with higher rates among renters, younger adults, non-white populations, and households with disabilities. Employment stability was also a concern, with 20% reporting difficulty maintaining suitable work, particularly among females, younger adults, renters, and lower-income groups. Additionally, 30% of households with a person with a disability reported being unable to obtain needed care for that individual. Overall, while resource access has improved over time, certain groups continue to experience disproportionate challenges.

HEALTHCARE UTILIZATION

In 2025, healthcare utilization patterns showed both stability and change across different types of services. About three-quarters of respondents (74%) reported visiting a primary care physician for a routine checkup in the past year, a slight decline from earlier years. Dental visits remained steady, with 71% reporting a checkup, consistent with prior surveys. Emergency room use for non-emergencies was relatively low at 6%, with no major demographic differences. Mental health care utilization, however,

increased notably, with 30% of respondents reporting a visit to a mental health provider compared to 23% in 2022. Younger adults, renters, and those with household disabilities were less likely to access routine physical or dental care, while older adults and homeowners were less likely to seek mental health services.

Attitudes toward telehealth highlighted its growing importance, with 40% of respondents saying access was very important. This view was especially common among younger adults, non-white populations, renters, and households with children. Overall, the survey suggests that while most respondents continue to access routine physical and dental care, mental health utilization is rising, and telehealth is increasingly valued, particularly among groups that may face barriers to traditional in-person care.

ZIPCODE: From sample file

COUNTY2:

What county in New York State do you live in?[DO NOT READ LIST]

Albany.....	001
Allegany.....	003
Bronx	005
Broome	007
Cattaraugus	009
Cayuga	011
Chautauqua	013
Chemung.....	015
Chenango	017
Clinton	019
Columbia.....	021
Cortland	023
Delaware	025
Dutchess.....	027
Erie.....	029
Essex	031
Franklin.....	033
Fulton	035
Genesee.....	037
Greene.....	039
Hamilton	041
Herkimer.....	043
Jefferson.....	045
Kings - Brooklyn	047
Lewis.....	049
Livingston	051
Madison	053
Monroe.....	055
Montgomery.....	057
Nassau.....	059
New York - Manhattan	061
Niagara.....	063
Oneida.....	065
Onondaga.....	067
Ontario	069
Orange.....	071
Orleans	073
Oswego	075
Otsego	077
Putnam	079
Queens	081
Rensselaer	083
Richmond - Staten Island.....	085
Rockland	087
St. Lawrence	089
Saratoga	091
Schenectady	093
Schoharie	095
Schuyler	097
Seneca	099
Steuben	101

Suffolk	103
Sullivan.....	105
Tioga.....	107
Tompkins.....	109
Ulster.....	111
Warren	113
Washington	115
Wayne	117
Westchester.....	119
Wyoming	121
Yates	123
Don't know/Refused.....	999

DZIPC:

What is your zip code?[ENTER 5 DIGIT ZIP CODE IN BOX AT BOTTOM OF SCREEN]

12501	12501
12504	12504
12506	12506
12507	12507
12508	12508
12510	12510
12511	12511
12512	12512
12514	12514
12522	12522
12524	12524
12527	12527
12531	12531
12533	12533
12537	12537
12538	12538
12540	12540
12545	12545
12546	12546
12564	12564
12567	12567
12569	12569
12570	12570
12571	12571
12572	12572
12574	12574
12578	12578
12580	12580
12581	12581
12582	12582
12583	12583
12585	12585
12590	12590
12592	12592
12594	12594
12601	12601
12602	12602
12603	12603
12604	12604
Other (specify)	99998

PZIPC:

What is your zip code?[ENTER 5 DIGIT ZIP CODE IN BOX AT BOTTOM OF SCREEN]

- 10509 10509
 - 10512 10512
 - 10516 10516
 - 10524 10524
 - 10537 10537
 - 10541 10541
 - 10542 10542
 - 10579 10579
 - 10588 10588
 - 12531 12531
 - 12533 12533
 - 12563 12563
 - 12582 12582
 - Other (specify) 99998
-
-

Q4:

How long have you lived in <county2> County?[READ LIST]

- Less than 1 year 1
 - At least 1 year but less than 2 years 2
 - At least 2 years but less than 5 years 3
 - 5 years or more 4
 - [DO NOT READ] Don't know/Refused 9
-
-

Q1:

Overall, how would you rate the quality of life in your community?[READ LIST]

- Excellent 1
 - Good 2
 - Fair 3
 - Poor 4
 - [DO NOT READ] Don't know 8
 - [DO NOT READ] Refused 9
-
-

Q2:

Thinking now about the job county agencies are doing here in <county2> County how would you rate the job county agencies are doing providing information to <county2> County residents...during weather emergencies?

Would you say they are doing an excellent job, good, fair, or poor job?

- Excellent 1
 - Good 2
 - Fair 3
 - Poor 4
 - [DO NOT READ] Don't know 8
 - [DO NOT READ] Refused 9
-
-

Q3:

during public health emergencies? Would you say they are doing an excellent job, good, fair, or poor job?

- Excellent 1
 - Good 2
 - Fair 3
 - Poor 4
 - [DO NOT READ] Don't know 8
 - [DO NOT READ] Refused 9
-
-

QWALKKEY:

For each of the following two statements about your neighborhood, please tell me to what degree you agree or disagree with each.

Continue..... 1

Q4A:

There are places to walk or bicycle in my neighborhood that are safe from traffic. [IF NEEDED: Do you strongly agree, agree, disagree or strongly disagree?]

- Strongly agree 1
 - Agree..... 2
 - Disagree 3
 - Strongly disagree 4
 - [DO NOT READ] Don't know 8
 - [DO NOT READ] Refused..... 9
-

Q4C:

My neighborhood is a safe place to live.[IF NEEDED: Do you strongly agree, agree, disagree or strongly disagree?]

- Strongly agree 1
 - Agree..... 2
 - Disagree 3
 - Strongly disagree 4
 - [DO NOT READ] Don't know 8
 - [DO NOT READ] Refused..... 9
-

Q5:

Overall, how would you rate the community you live in as a place for people to live as they age?[READ LIST]

- Excellent 1
 - Good 2
 - Fair..... 3
 - Poor..... 4
 - [DO NOT READ] Don't know 8
 - [DO NOT READ] Refused..... 9
-

Q7:

In general, how would you rate your physical health? Would you say that your physical health is excellent, good, fair or poor?

- Excellent 1
 - Good 2
 - Fair..... 3
 - Poor..... 4
 - [DO NOT READ] Don't know 8
 - [DO NOT READ] Refused..... 9
-

Q8:

Mental health involves emotional, psychological and social wellbeing. How would you rate your overall mental health? Would you say that your mental health is excellent, good, fair or poor?[IF NEEDED: including things like hopefulness, level of anxiety and depression.]

- Excellent 1
- Good 2
- Fair 3
- Poor 4
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q9KEY:

Thinking back over the past 12 months, for each of the following statements I read, tell me how many days in an AVERAGE WEEK you did each.

- Continue..... 1

Q9A:

Over the past 12 months how many days in an average week did you eat a balanced, healthy diet?

- 0 days 1
- 1 to 3 days 2
- 4 to 6 days 3
- All 7 days 4
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q9B:

Over the past 12 months how many days in an average week did you exercise for 30 minutes or more a day?

- 0 days 1
- 1 to 3 days 2
- 4 to 6 days 3
- All 7 days 4
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q9C:

Over the past 12 months how many days in an average week did you get 7 to 9 hours of sleep in a night?

- 0 days 1
- 1 to 3 days 2
- 4 to 6 days 3
- All 7 days 4
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q10:

On an average day, how stressed do you feel?[READ LIST][IF NEEDED: Stress is when someone feels tense, nervous, anxious, or can't sleep at night because their mind is troubled.]

- Not at all stressed 1
- Not very stressed 2
- Somewhat stressed 3
- Very stressed 4
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q11:

In your everyday life, how often do you feel that you have quality encounters with friends, family, and neighbors that make you feel that people care about you?[READ LIST][IF NEEDED: For example, talking to friends on the phone, visiting friends or family, going to church or club meetings]

- Less than once a week..... 1
- 1 to 2 times a week 2
- 3 to 5 times a week 3
- More than 5 times a week 4
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q12:

How frequently in the past year, on average, did you drink alcohol?[READ LIST]

- Never..... 1
- Less than once per month 2
- More than once per month, but less than weekly..... 3
- More than once per week, but less than daily 4
- Daily 5
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q14:

How frequently in the past year have you used a drug whether it was a prescription medication or not, for non-medical reasons?[READ LIST]

- Never..... 1
- Less than once per month 2
- More than once per month, but less than weekly..... 3
- More than once per week, but less than daily 4
- Daily 5
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

QCANN:

How frequently in the past year did you consume cannabis ... [READ LIST]

- Never..... 1
- Less than once per month 2
- More than once per month, but less than weekly..... 3
- More than once per week, but less than daily 4
- Daily 5
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16KEY:

In the past 12 months, have you or any other member of your household been unable to get any of the following when it was really needed? Please answer yes or no for each item.

- Continue..... 1

Q16A:

Food[IF NEEDED: Have you or any other member of your household been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16B:

Utilities, including heat and electric[IF NEEDED: Have you or any other member of your household been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16C:

Medicine[IF NEEDED: Have you or any other member of your household been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16E:

Phone[IF NEEDED: Have you or any other member of your household been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16F:

Transportation[IF NEEDED: Have you or any other member of your household been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16G:

Housing[IF NEEDED: Have you or any other member of your household been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16H:

Childcare[IF NEEDED: Have you or any other member of your household been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16I:

Access to the internet[IF NEEDED: Have you or any other member of your household been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16J:

Have you or any member of your household been unable to maintain suitable employment paying a living wage?

- Yes 1
- No 2
- [DO NOT READ] I don't need to work to meet my financial needs 3
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16KEY2:

How about for yourself, in the past 12 months, have you been unable to get any of the following when it was really needed? Please answer yes or no for each item.

- Continue..... 1

Q16K:

Dental care[IF NEEDED: Have you been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16M:

Mental health care[IF NEEDED: Have you been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q16N:

Physical health care like primary or specialty medical care[IF NEEDED: Have you been unable to get any of the following when it was really needed?]

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

DISAB:

Do you or anyone in your household have a disability?

- Yes 1
- No 2
- [DO NOT READ] Refused 9

Q160:

Have you been unable to obtain care to meet the needs of any member of your household with a disability when it was really needed?

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q17:

Have you visited a primary care physician for a routine physical or checkup within the last 12 months?

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q18_M1-Q18_M7:

In the last 12 months, were any of the following reasons that you did not visit a primary care provider for a routine physical or checkup?INTERVIEWER: Read each choice and get a Yes or No response for each

- I did not have insurance 01
- I did not have enough money [IF NEEDED: For things like co-payments, medications, etc] 02
- I did not have transportation 03
- I did not have time 04
- I chose not to go for another reason 06
- I couldn't get an appointment for a routine physical or checkup 07
- [DO NOT READ] Other (specify) 97
- [DO NOT READ] Don't know 98
- [DO NOT READ] Refused 99

Q19:

Have you visited a dentist for a routine check-up or cleaning within the last 12 months?

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q20_M1-Q20_M7:

In the last 12 months, were any of the following reasons that you did not visit a dentist for a routine check-up or cleaning?INTERVIEWER: Read each choice and get a Yes or No response for each

- I did not have insurance 01
- I did not have enough money [IF NEEDED: For things like co-payments, medications, etc] 02
- I did not have transportation 03
- I did not have time 04
- I chose not to go for another reason 06
- I couldn't get an appointment for a routine check-up or cleaning 07
- [DO NOT READ] Other (specify) 97
- [DO NOT READ] Don't know 98
- [DO NOT READ] Refused 99

Q21:

Sometimes people visit the emergency room for medical conditions or illnesses that are not emergencies; that is, for health-related issues that may be treatable in a doctor’s office. Have you visited an emergency room for a medical issue that was not an emergency in the last 12 months?

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q22_M1-Q22_M7:

In the last 12 months, for which of the following reasons did you visit the emergency room for a health-related issue or injury that was NOT an emergency? INTERVIEWER: Read each choice and get a Yes or No response for each

- I do not have a regular doctor/primary care doctor 01
- The emergency room was more convenient because of location 02
- The emergency room was more convenient because of cost 03
- The emergency room was more convenient because of hours of operation 04
- At the time I thought it was a health-related emergency, though I later learned it was NOT an emergency 05
-
- My primary care doctor was not available 06
- [DO NOT READ] Don't know 98
- [DO NOT READ] Refused 99

Q23:

Have you visited a mental health provider, such as a psychiatrist, psychologist, social worker, therapist for 1-on-1 appointments or group-sessions (either in-person or online), etc. within the last 12 months?

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q24_M1-Q24_M7:

In the last 12 months, were any of the following reasons that you did not visit a mental health provider? [READ LIST] INTERVIEWER: Read each choice and get a Yes or No response for each

- I did not have a need for mental health services 01
- I did not have insurance 02
- I did not have enough money [IF NEEDED: For things like co-payments, medications, etc] 03
- I did not have transportation 04
- I did not have time 05
- I chose not to go 06
- A mental health provider was not available 07
- [DO NOT READ] Other (specify) 97
- [DO NOT READ] Don't know 98
- [DO NOT READ] Refused 99

QTELHTH:

How important is having access to telehealth services to maintain your health? [READ LIST]

- Very important 1
- Somewhat important 2
- Not too important 3
- Not important at all 4
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q29:

Have you or any other household member had ongoing COVID symptoms - otherwise known as long-COVID?

- Yes 1
- No 2
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

QVACKEY:

Prior to the next respiratory virus season, how likely are you to get the following vaccines?[IF NEEDED: Vaccines are typically given between September and December]

- Continue..... 1

QFLUV:

Prior to the next respiratory virus season, how likely are you to get a flu vaccine?[READ LIST][IF NEEDED: Vaccines are typically given between September and December]

- Very likely 1
- Somewhat likely 2
- Not too likely 3
- Not at all likely 4
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q31KEY:

The next questions are about how you have been feeling during the past 30 days. Thinking back over the past 30 days, please tell me if you felt this way all of the time, most of the time, some of the time, a little of the time, or none of the time.

- Continue..... 1

Q31A:

About how often during the past 30 days did you feel nervous?

- All of the time 1
- Most of the time 2
- Some of the time 3
- A little of the time 4
- None of the time 5
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q31B:

About how often during the past 30 days did you feel hopeless?

- All of the time 1
- Most of the time 2
- Some of the time 3
- A little of the time 4
- None of the time 5
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q31C:

About how often during the past 30 days did you feel restless or fidgety?

- All of the time 1
- Most of the time 2
- Some of the time 3
- A little of the time 4
- None of the time 5
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q31D:

About how often during the past 30 days did you feel so depressed that nothing could cheer you up?

- All of the time 1
- Most of the time 2
- Some of the time 3
- A little of the time 4
- None of the time 5
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q31E:

About how often during the past 30 days did you feel that everything was an effort?

- All of the time 1
- Most of the time 2
- Some of the time 3
- A little of the time 4
- None of the time 5
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q31F:

About how often during the past 30 days did you feel worthless?

- All of the time 1
- Most of the time 2
- Some of the time 3
- A little of the time 4
- None of the time 5
- [DO NOT READ] Don't know 8
- [DO NOT READ] Refused 9

Q31AR:

About how often during the past 30 days did you feel nervous?

- All of the time 4
- Most of the time 3
- Some of the time 2
- A little of the time 1
- None of the time 0

Q31BR:

About how often during the past 30 days did you feel hopeless?

- All of the time 4
- Most of the time 3
- Some of the time 2
- A little of the time 1
- None of the time 0

Q31CR:

About how often during the past 30 days did you feel restless or fidgety?

- All of the time 4
- Most of the time 3
- Some of the time 2
- A little of the time 1
- None of the time 0

Q31DR:

About how often during the past 30 days did you feel so depressed that nothing could cheer you up?

- All of the time 4
- Most of the time 3
- Some of the time 2
- A little of the time 1
- None of the time 0

Q31ER:

About how often during the past 30 days did you feel that everything was an effort?

- All of the time 4
- Most of the time 3
- Some of the time 2
- A little of the time 1
- None of the time 0

Q31FR:

About how often during the past 30 days did you feel worthless?

- All of the time 4
- Most of the time 3
- Some of the time 2
- A little of the time 1
- None of the time 0

K6SCORE:

Kessler K6

CELLL:

Is there at least one telephone INSIDE your home that is currently working and is not a cell phone?

- No (Landline Only)..... 1
- Yes 2
- No 3
- [DO NOT READ] Refused 9

LLCELL:

Do you have a working cell phone?
Yes 2
No 1
No (Cell Phone Only) 3
[DO NOT READ] Refused 9

PHONETYP:

Landline or Cell Phone
Landline Only 1
Landline and Cell Phone 2
Cell Phone Only 3
[DO NOT READ] Refused 9

BYR2:

In what year were you born?INTERVIEWER: ENTER ALL FOUR DIGITS OF THE RESPONDENT'S BIRTH YEAR IN BOX AT BOTTOM OF SCREEN[IF NEEDED: This is just used to compute your age.]
REFUSAL..... RF

AGE:

AGE.

QAGERF:

What is your age? Are you...[READ LIST]
18 to 34 1
35 to 49 2
50 to 64 3
65 or older..... 4
[DO NOT READ] Refused 9

AGER:

AGE GROUPEd
18 to 34 1
35 to 49 2
50 to 64 3
65 and older 4
[DO NOT READ] Refused 9

RACE_M1-RACE_M7:

Would you consider yourself:[IF "Biracial" or "Multi-racial" ask: "What races would that be?"]
African American or Black 01
American Indian or Alaska Native..... 02
Asian 03
Hispanic or Latino 04
Middle Eastern or North African 05
Native Hawaiian or Other Pacific Islander 06
White..... 07
[DO NOT READ] Other/Something else (specify) 97
[DO NOT READ] Refused 99

AGESNY:

AGE GROUPED - SNY

18 to 34	1
35 to 54	2
55 and older	3
[DO NOT READ] Refused	9

OWN:

What is your living arrangement? Do you...

Rent an apartment or home	1
Own your home	2
Other living arrangement	3
[DO NOT READ] Refused	9

EMPLOY:Which of the following categories best describes your current employment situation?[IF self-employed:
"Would that be full-time or part-time?"]

Employed full-time	1
Employed part-time	2
Underemployed, below my skill or pay level	3
Unemployed, looking for work	4
Unemployed, not looking for work	5
Retired	6
Vol: Disabled	7
Other (specify)	8
[DO NOT READ] Refused	9

CHILD:

Are there children under the age of 18 living in your household?

Yes	1
No	2
[DO NOT READ] Refused	9

MILITARY:

Are you or anyone in your household a veteran or a member of active duty military service?

Yes	1
No	2
[DO NOT READ] Refused	9

INCOME:

About how much is your total household income, before any taxes? Include your own income, as well as your spouse or partner, or any other income you may receive, such as through government benefit programs. Please stop me when I get to your category. Is it...[IF NEEDED: "I just want to remind you that you are completely anonymous. We only use this information in aggregate form to ensure we have a representative group of New Yorkers."]

Less than \$25,000	1
\$25,000 to just under \$50,000	2
\$50,000 to just under \$100,000	3
\$100,000 to just under \$150,000	4
\$150,000 or more	5
[DO NOT READ] Refused	9

GENDER:

How do you describe your gender? Do you..

Identify as a man..... 1
Identify as a woman..... 2
Identify as gender queer, gender nonconforming or non-binary..... 3
Identify as transgender, man 4
Identify as transgender, woman 5
Identify as transgender, gender non-conforming 6
Identify as another Gender not listed, please specify..... 7
[DO NOT READ]Don't know/Refused 9

WEIGHT

Weight variable

APPENDIX B – SIENA COLLEGE RESEARCH INSTITUTE METHODOLOGY AND DUTCHESS COUNTY RESULT CROSSTABS

This Siena College Poll was conducted May 1 - 20, 2025, among 500 Dutchess County Residents. Of the 500 respondents, 500 were contacted through a dual frame (landline and cell phone) mode (167 completed via text to web). Telephone calls were conducted in English & Spanish and respondent sampling was initiated by asking for the youngest person in the household. Telephone sampling was conducted via a stratified dual frame probability sample of landline and cell phone telephone numbers weighted to reflect known population patterns. The landline telephone sample was obtained from ASDE and the cell phone sample was obtained from MSG. Data from collection modes was statistically adjusted by age, race/ethnicity, income, and gender to ensure representativeness. It has an overall margin of error of +/- 6.4 percentage points including the design effects resulting from weighting.

Result crosstabs provided by Siena Research Institute begin on the next page.

Siena College Poll Conducted by the Siena College Research Institute
 May 1 - 20, 2025
 500 Dutchess County Residents
 MOE +/- 6.4%

Q1. How long have you lived in Dutchess County?																												
	MOE	6.4%	4.1%	5.2%	5.5%	7.2%	15.3%	9.5%	8.9%	15.9%	14.6%	7.6%	6.9%	15.8%	15.8%	7.2%	9.3%	9.0%	14.4%	7.2%	15.2%	7.0%	12.8%	7.4%	15.5%	12.6%	14.4%	13.2%
		Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Less than 1 year		1%			1%	1%	1%	2%	1%	2%	2%	1%	2%	0%	2%	1%	2%	1%	2%	1%	1%	1%	2%	1%	0%	0%	0%	5%
At least 1 year but less than 2 years		3%			2%	1%	10%	4%	2%	6%	3%	0%	1%	9%	8%	2%	2%	5%	3%	3%	0%	3%	0%	1%	6%	2%	1%	2%
At least 2 years but less than 5 years		14%			15%	14%	16%	17%	10%	23%	15%	5%	10%	24%	20%	15%	17%	8%	21%	11%	1%	16%	13%	14%	19%	14%	11%	10%
5 years or more		82%			83%	84%	72%	77%	86%	69%	80%	94%	87%	67%	69%	82%	79%	86%	74%	85%	98%	79%	78%	83%	73%	84%	88%	83%
Don't know/Refused		0%			0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	1%	0%	0%	0%
Q2. Overall, how would you rate the quality of life in your community?																												
		Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Excellent		26%			34%	29%	16%	24%	29%	22%	29%	28%	29%	17%	11%	28%	28%	23%	20%	29%	42%	24%	18%	29%	16%	25%	29%	39%
Good		51%			50%	50%	57%	53%	49%	53%	41%	57%	50%	54%	50%	56%	48%	57%	55%	50%	42%	53%	42%	54%	52%	51%	45%	51%
Fair		19%			12%	17%	26%	17%	19%	18%	26%	13%	18%	22%	26%	14%	20%	17%	19%	19%	16%	19%	39%	13%	26%	23%	26%	6%
Poor		4%			4%	5%	1%	5%	3%	6%	3%	3%	7%	13%	2%	4%	3%	7%	3%	0%	5%	1%	5%	5%	1%	1%	4%	4%
Don't know		0%			0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Refused		0%			0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q3. Thinking now about the job county agencies are doing here in Dutchess County how would you rate the job county agencies are doing providing information to Dutchess County residents... during weather emergencies? Would you say they are doing an excellent job, good, fair, or poor job?																												
		Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Excellent		18%			19%	20%	12%	18%	19%	22%	18%	15%	19%	17%	8%	16%	22%	10%	14%	20%	26%	17%	12%	20%	21%	22%	13%	16%
Good		41%			42%	42%	33%	43%	40%	37%	39%	44%	41%	38%	50%	40%	39%	43%	41%	40%	35%	41%	39%	41%	37%	43%	51%	42%
Fair		24%			25%	22%	30%	20%	25%	22%	30%	20%	24%	22%	14%	28%	26%	21%	33%	20%	24%	24%	26%	23%	27%	25%	20%	22%
Poor		7%			7%	7%	10%	9%	6%	8%	7%	6%	6%	10%	13%	6%	8%	6%	6%	8%	2%	8%	6%	7%	4%	4%	11%	6%
Don't know		10%			7%	9%	14%	10%	10%	11%	5%	13%	9%	13%	14%	8%	5%	19%	5%	12%	11%	10%	15%	8%	11%	6%	3%	15%
Refused		1%			0%	1%	0%	1%	1%	0%	1%	1%	1%	0%	0%	1%	0%	1%	1%	1%	1%	1%	1%	0%	0%	2%	0%	0%
Q4. during public health emergencies? Would you say they are doing an excellent job, good, fair, or poor job?																												
		Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Excellent		13%			18%	14%	7%	13%	13%	15%	13%	11%	14%	8%	9%	11%	14%	11%	10%	14%	26%	11%	9%	14%	14%	14%	9%	15%
Good		42%			41%	43%	36%	44%	41%	38%	40%	46%	43%	38%	41%	45%	42%	40%	39%	42%	33%	43%	35%	44%	46%	50%	49%	31%
Fair		23%			24%	23%	26%	20%	25%	24%	22%	23%	23%	23%	24%	26%	26%	18%	25%	22%	22%	23%	20%	24%	23%	19%	22%	28%
Poor		10%			8%	7%	25%	14%	8%	20%	7%	6%	9%	17%	17%	9%	10%	11%	16%	8%	8%	11%	18%	8%	9%	8%	9%	13%
Don't know		12%			10%	13%	5%	9%	13%	3%	15%	14%	11%	13%	11%	11%	7%	19%	8%	13%	12%	11%	15%	10%	9%	9%	8%	14%
Refused		1%			0%	1%	0%	1%	0%	0%	1%	1%	0%	2%	0%	1%	1%	0%	2%	0%	0%	1%	2%	0%	0%	0%	3%	0%
For each of the following two statements about your neighborhood, please tell me to what degree you agree or disagree with each.																												
Q5. There are places to walk or bicycle in my neighborhood that are safe from traffic.																												
		Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Strongly agree		30%			31%	30%	26%	32%	28%	24%	38%	26%	31%	24%	20%	34%	31%	28%	32%	29%	30%	30%	27%	31%	16%	30%	40%	42%
Agree		40%			33%	38%	45%	42%	39%	35%	35%	48%	38%	44%	38%	39%	36%	46%	44%	38%	46%	39%	52%	36%	53%	43%	32%	27%
Disagree		18%			16%	17%	22%	17%	19%	27%	13%	16%	18%	19%	23%	14%	19%	15%	13%	20%	17%	18%	10%	20%	18%	23%	14%	19%
Strongly disagree		12%			19%	13%	7%	9%	14%	14%	8%	12%	12%	19%	12%	14%	8%	8%	10%	13%	6%	13%	9%	13%	12%	4%	14%	12%
Don't know		1%			1%	1%	0%	1%	1%	0%	2%	1%	1%	1%	1%	1%	0%	2%	0%	1%	1%	1%	1%	1%	1%	0%	1%	0%
Refused		0%			0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	1%	1%	0%	0%	0%	1%	0%	0%	0%	0%	0%

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Q6. My neighborhood is a safe place to live.																											
	Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Strongly agree	46%			62%	45%	49%	48%	44%	50%	44%	45%	46%	44%	32%	54%	49%	41%	47%	46%	41%	47%	39%	48%	39%	47%	37%	56%
Agree	49%			35%	49%	51%	45%	53%	44%	51%	50%	49%	49%	52%	45%	47%	53%	48%	49%	51%	49%	54%	48%	55%	52%	59%	40%
Disagree	4%			3%	5%	0%	5%	3%	6%	3%	3%	4%	3%	11%	1%	3%	5%	2%	5%	7%	3%	7%	3%	0%	3%	3%	
Strongly disagree	1%			1%	1%	0%	2%	0%	0%	3%	0%	0%	4%	0%	0%	1%	0%	3%	0%	0%	1%	0%	1%	3%	0%	0%	
Don't know	0%			0%	1%	0%	0%	0%	0%	0%	1%	0%	0%	1%	0%	0%	1%	0%	0%	1%	0%	0%	0%	1%	0%	0%	
Refused	0%			0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	
Q7. Overall, how would you rate the community you live in as a place for people to live as they age?																											
	Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Excellent	24%			30%	25%	26%	32%	18%	35%	24%	19%	20%	38%	24%	25%	27%	20%	26%	24%	20%	25%	17%	27%	26%	21%	23%	24%
Good	39%			35%	38%	39%	37%	40%	27%	37%	47%	42%	26%	30%	47%	37%	41%	40%	38%	33%	39%	39%	38%	27%	45%	41%	42%
Fair	27%			26%	27%	25%	21%	31%	28%	26%	27%	27%	24%	28%	22%	26%	29%	23%	28%	34%	26%	31%	25%	35%	28%	25%	23%
Poor	8%			9%	8%	9%	7%	10%	8%	10%	7%	8%	11%	16%	5%	8%	9%	9%	8%	6%	9%	11%	7%	11%	3%	9%	7%
Don't know	2%			1%	2%	1%	2%	1%	2%	3%	1%	3%	1%	2%	1%	2%	2%	2%	2%	7%	1%	2%	2%	1%	2%	2%	4%
Refused	0%			0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q8. In general, how would you rate your physical health? Would you say that your physical health is excellent, good, fair or poor?																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Excellent	22%	19%	36%	31%	24%	13%	22%	22%	21%	27%	17%	21%	24%	10%	26%	23%	18%	30%	18%	19%	22%	10%	26%	27%	12%	19%	31%
Good	56%	54%	50%	51%	53%	70%	58%	54%	55%	55%	59%	59%	48%	49%	57%	58%	55%	48%	60%	62%	56%	50%	58%	51%	59%	62%	57%
Fair	17%	21%	11%	14%	17%	16%	16%	17%	18%	14%	20%	15%	22%	35%	14%	15%	20%	18%	16%	15%	17%	30%	13%	13%	28%	16%	8%
Poor	4%	4%	4%	4%	5%	1%	2%	7%	6%	4%	4%	4%	6%	7%	2%	3%	7%	2%	5%	4%	4%	10%	2%	8%	1%	0%	4%
Don't know	0%	0%	0%	0%	0%	0%	1%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	2%	0%
Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%
Q9. Mental health involves emotional, psychological and social wellbeing. How would you rate your overall mental health? Would you say that your mental health is excellent, good, fair or poor?																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Excellent	30%	25%	49%	35%	29%	30%	28%	32%	18%	25%	39%	31%	24%	11%	40%	27%	34%	33%	28%	21%	31%	20%	33%	24%	25%	31%	36%
Good	45%	44%	37%	43%	45%	49%	45%	46%	37%	52%	47%	47%	42%	38%	48%	47%	42%	51%	43%	51%	45%	38%	47%	47%	44%	43%	50%
Fair	18%	22%	11%	18%	20%	14%	19%	16%	29%	20%	10%	15%	29%	41%	10%	18%	19%	13%	21%	14%	19%	33%	14%	16%	24%	23%	10%
Poor	6%	8%	2%	5%	6%	6%	6%	5%	15%	3%	3%	7%	5%	10%	2%	8%	4%	3%	8%	14%	5%	8%	6%	12%	7%	0%	3%
Don't know	0%	0%	0%	0%	0%	0%	1%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	2%	0%
Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	1%	0%	0%	1%	0%	0%	0%	1%	0%	0%	0%
Thinking back over the past 12 months, for each of the following statements I read, tell me how many days in an AVERAGE WEEK you did each.																											
Q10. Over the past 12 months how many days in an average week did you eat a balanced, healthy diet?																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
0 days	3%	5%	2%	1%	3%	1%	3%	3%	2%	4%	2%	2%	5%	6%	2%	3%	3%	2%	3%	3%	3%	8%	1%	1%	3%	1%	4%
1 to 3 days	25%	23%	14%	19%	23%	30%	26%	22%	39%	26%	13%	19%	44%	36%	18%	27%	20%	26%	24%	13%	26%	34%	22%	34%	26%	17%	18%
4 to 6 days	48%	43%	44%	51%	49%	46%	50%	46%	54%	46%	46%	54%	31%	43%	49%	54%	37%	46%	49%	58%	47%	36%	52%	41%	53%	55%	59%
All 7 days	24%	28%	39%	27%	24%	23%	20%	29%	5%	22%	38%	25%	20%	14%	30%	15%	40%	25%	24%	26%	24%	22%	25%	22%	18%	25%	20%
Don't know	1%	2%	1%	2%	1%	0%	1%	0%	0%	1%	0%	1%	0%	1%	1%	1%	0%	1%	0%	1%	1%	0%	1%	1%	0%	3%	0%
Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%

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Q11. Over the past 12 months how many days in an average week did you exercise for 30 minutes or more a day?	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
0 days	11%	17%	15%	9%	13%	5%	10%	13%	3%	13%	17%	11%	13%	12%	12%	9%	17%	12%	11%	16%	11%	21%	8%	12%	16%	4%	10%
1 to 3 days	42%	43%	39%	43%	42%	47%	38%	47%	51%	44%	36%	38%	54%	48%	44%	44%	40%	55%	37%	34%	44%	45%	42%	40%	40%	53%	45%
4 to 6 days	36%	27%	26%	37%	36%	39%	39%	35%	40%	36%	33%	40%	25%	36%	34%	39%	33%	27%	41%	34%	37%	27%	40%	36%	34%	36%	39%
All 7 days	9%	12%	19%	10%	9%	9%	13%	6%	5%	6%	15%	9%	8%	4%	9%	8%	10%	7%	10%	17%	8%	7%	10%	10%	10%	7%	5%
Don't know	1%	1%	1%	1%	0%	0%	0%	0%	1%	1%	0%	1%	0%	0%	0%	1%	0%	0%	1%	0%	1%	0%	1%	0%	0%	0%	1%
Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q12. Over the past 12 months how many days in an average week did you get 7 to 9 hours of sleep in a night?																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
0 days	12%	12%	12%	17%	13%	5%	11%	12%	8%	11%	16%	11%	13%	13%	11%	10%	16%	14%	12%	13%	11%	9%	9%	10%	17%		
1 to 3 days	28%	28%	25%	24%	25%	39%	29%	26%	36%	32%	19%	25%	42%	40%	21%	31%	23%	28%	28%	17%	30%	37%	25%	34%	24%	37%	25%
4 to 6 days	37%	36%	34%	39%	36%	41%	38%	36%	38%	36%	35%	37%	33%	28%	44%	41%	29%	48%	32%	27%	38%	27%	40%	40%	38%	28%	39%
All 7 days	23%	21%	29%	19%	25%	14%	21%	25%	17%	21%	29%	26%	12%	18%	23%	18%	31%	10%	28%	43%	20%	22%	23%	13%	30%	25%	20%
Don't know	1%	2%	1%	1%	0%	1%	0%	1%	1%	0%	2%	1%	1%	1%	1%	1%	2%	0%	1%	1%	1%	1%	3%	0%	0%	0%	0%
Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q13. On an average day, how stressed do you feel?																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Not at all stressed	6%	7%	11%	11%	5%	6%	6%	6%	0%	2%	12%	6%	4%	3%	6%	1%	14%	2%	7%	10%	5%	4%	7%	5%	7%	5%	3%
Not very stressed	19%	23%	24%	21%	20%	15%	21%	18%	6%	18%	30%	23%	7%	10%	25%	15%	26%	14%	21%	24%	18%	13%	21%	11%	16%	20%	32%
Somewhat stressed	52%	51%	50%	49%	53%	53%	47%	57%	64%	50%	47%	53%	52%	44%	53%	57%	44%	54%	52%	53%	52%	54%	52%	52%	54%	55%	52%
Very stressed	22%	19%	14%	19%	20%	27%	24%	19%	31%	27%	11%	18%	34%	43%	15%	26%	15%	26%	20%	13%	23%	26%	20%	29%	23%	18%	13%
Don't know	1%	0%	0%	1%	1%	0%	1%	1%	0%	3%	0%	0%	3%	0%	1%	0%	2%	3%	0%	0%	1%	3%	0%	3%	0%	2%	0%
Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q14. In your everyday life, how often do you feel that you have quality encounters with friends, family, and neighbors that make you feel that people care about you?																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Less than once a week	9%	12%	5%	9%	9%	11%	9%	10%	15%	9%	6%	6%	21%	23%	6%	9%	10%	10%	9%	1%	11%	14%	8%	9%	13%	8%	10%
1 to 2 times a week	26%	23%	15%	17%	26%	25%	28%	23%	35%	24%	21%	26%	28%	35%	20%	31%	16%	29%	24%	33%	25%	25%	26%	24%	36%	19%	26%
3 to 5 times a week	27%	25%	29%	34%	26%	28%	33%	21%	19%	27%	31%	29%	19%	13%	31%	24%	31%	27%	26%	46%	24%	27%	26%	27%	27%	33%	19%
More than 5 times a week	38%	38%	51%	40%	38%	37%	30%	46%	31%	41%	40%	39%	31%	29%	44%	36%	43%	34%	40%	20%	41%	33%	40%	39%	24%	39%	45%
Don't know	0%	1%	0%	1%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%
Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q15. How frequently in the past year, on average, did you drink alcohol?																											
	Dutchess 2025	Dutchess 2022		Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Never	26%	26%		23%	27%	19%	25%	27%	15%	27%	30%	22%	37%	16%	27%	18%	40%	26%	25%	27%	25%	37%	22%	29%	27%	17%	21%
Less than once per month	22%	22%		21%	20%	30%	20%	23%	28%	20%	19%	21%	23%	26%	20%	23%	21%	19%	23%	28%	21%	22%	22%	27%	17%	25%	22%
More than once per month, but less than weekly	23%	24%		23%	22%	30%	23%	24%	27%	28%	18%	23%	25%	18%	25%	27%	17%	36%	18%	23%	24%	22%	24%	21%	24%	32%	27%
More than once per week, but less than daily	23%	21%		26%	25%	18%	23%	24%	30%	20%	22%	27%	13%	37%	21%	28%	15%	18%	26%	18%	24%	11%	27%	20%	23%	22%	24%
Daily	5%	7%		7%	6%	3%	9%	2%	0%	4%	11%	6%	2%	3%	6%	4%	7%	2%	7%	2%	6%	9%	4%	3%	9%	5%	6%
Don't know	0%	0%		0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Refused	0%	0%		0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	1%	0%	0%	1%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%

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Q16. How frequently in the past year have you used a drug whether it was a prescription medication or not, for non-medical reasons? (2018: How frequently in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?)																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Never	72%	70%	86%	75%	71%	77%	75%	69%	52%	81%	77%	71%	72%	62%	78%	67%	80%	72%	72%	61%	73%	76%	70%	52%	81%	74%	72%
Less than once per month	7%	9%	4%	6%	9%	2%	6%	9%	19%	3%	4%	5%	14%	10%	6%	9%	4%	11%	6%	2%	8%	4%	8%	15%	4%	4%	9%
More than once per month, but less than weekly	5%	5%	2%	5%	5%	6%	4%	6%	10%	4%	2%	4%	7%	5%	2%	6%	3%	5%	5%	16%	3%	4%	5%	5%	1%	12%	8%
More than once per week, but less than daily	5%	4%	3%	4%	4%	9%	4%	7%	7%	5%	3%	6%	1%	8%	5%	7%	2%	4%	5%	2%	5%	1%	6%	14%	1%	1%	3%
Daily	11%	11%	4%	9%	11%	6%	12%	9%	12%	7%	14%	13%	5%	15%	8%	10%	11%	8%	12%	18%	10%	13%	10%	14%	13%	9%	9%
Don't know	0%	1%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%
Refused	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q17. How frequently in the past year did you consume cannabis ...																											
	Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Never	69%			73%	69%	71%	74%	64%	43%	73%	82%	68%	69%	49%	81%	60%	84%	74%	66%	67%	69%	71%	68%	52%	67%	75%	78%
Less than once per month	10%			9%	9%	14%	8%	11%	17%	6%	8%	10%	10%	10%	7%	12%	6%	9%	10%	11%	9%	6%	11%	15%	6%	13%	9%
More than once per month, but less than weekly	4%			4%	5%	0%	5%	3%	8%	5%	1%	4%	5%	14%	2%	6%	1%	5%	4%	0%	5%	4%	4%	3%	11%	3%	2%
More than once per week, but less than daily	8%			5%	8%	8%	4%	12%	12%	8%	5%	7%	11%	5%	7%	10%	3%	9%	7%	8%	8%	7%	8%	14%	6%	6%	8%
Daily	9%			8%	10%	6%	9%	9%	20%	7%	4%	11%	5%	22%	2%	11%	6%	2%	12%	14%	9%	12%	8%	16%	10%	3%	3%
Don't know	0%			0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Refused	0%			1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
In the past 12 months, have you or any other member of your household been unable to get any of the following when it was really needed? Please answer yes or no for each item.																											
Q18. Food																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Yes	8%	12%	17%	8%	9%	4%	7%	8%	7%	13%	5%	6%	15%	19%	5%	8%	8%	11%	7%	0%	9%	12%	7%	11%	5%	5%	5%
No	92%	88%	82%	92%	91%	96%	93%	92%	93%	87%	95%	94%	85%	81%	95%	92%	92%	89%	93%	100%	91%	88%	93%	89%	95%	95%	95%
Don't know	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q19. Utilities, including heat and electric																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Yes	7%	11%	17%	7%	8%	3%	9%	4%	5%	12%	3%	5%	12%	15%	3%	7%	7%	9%	6%	1%	7%	11%	5%	12%	2%	5%	4%
No	93%	89%	83%	92%	92%	97%	91%	96%	95%	88%	97%	95%	88%	85%	97%	93%	93%	91%	94%	99%	93%	89%	95%	88%	98%	95%	96%
Don't know	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q20. Medicine																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Yes	12%	15%	16%	8%	13%	11%	12%	8%	12%	13%	19%	5%	10%	20%	14%	10%	12%	12%	17%	1%	14%	21%	10%	20%	13%	8%	9%
No	87%	85%	83%	92%	87%	89%	86%	88%	87%	81%	94%	90%	80%	86%	90%	88%	87%	83%	89%	99%	86%	79%	90%	80%	87%	92%	91%
Don't know	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Refused	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q21. Phone																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Yes	7%	9%	13%	5%	8%	1%	6%	8%	9%	10%	3%	5%	14%	20%	4%	7%	7%	8%	7%	2%	8%	8%	7%	9%	5%	2%	5%
No	93%	91%	87%	95%	91%	99%	94%	92%	91%	90%	96%	95%	86%	80%	96%	93%	92%	92%	93%	98%	92%	92%	93%	91%	95%	98%	95%

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 500 Dutchess County Residents
 MOE +/- 6.4%

	Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Yes	16%			10%	15%	21%	13%	17%	29%	17%	6%	13%	27%	38%	7%	16%	15%	16%	16%	12%	17%	27%	12%	26%	19%	11%	9%
No	83%			88%	84%	79%	85%	82%	71%	82%	92%	85%	73%	61%	92%	83%	82%	83%	83%	84%	83%	71%	87%	73%	80%	86%	91%
Don't know	1%			2%	1%	0%	1%	0%	0%	1%	1%	1%	0%	0%	1%	0%	1%	1%	0%	2%	0%	2%	0%	1%	0%	2%	0%
Refused	0%			0%	1%	0%	1%	0%	0%	0%	1%	1%	0%	1%	1%	0%	1%	0%	1%	1%	0%	0%	1%	0%	0%	0%	0%
Q29. Physical health care like primary or specialty medical care																											
	Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Yes	13%			14%	15%	7%	11%	14%	9%	23%	7%	11%	21%	21%	12%	12%	15%	20%	10%	7%	14%	17%	12%	13%	15%	10%	14%
No	85%			86%	85%	84%	85%	86%	85%	76%	88%	88%	73%	71%	88%	87%	80%	79%	87%	91%	84%	75%	88%	81%	85%	88%	86%
Don't know	2%			0%	0%	9%	4%	0%	6%	1%	0%	0%	7%	8%	1%	1%	5%	1%	2%	2%	2%	8%	0%	6%	0%	2%	0%
Refused	0%			0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q30. (If disability in household) Have you been unable to obtain care to meet the needs of any member of your household with a disability when it was really needed?																											
	Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Yes	30%			29%	24%	48%	28%	31%	49%	35%	16%	23%	45%	32%	26%	24%	34%	26%	31%	23%	31%	30%	0%	40%	26%	30%	11%
No	70%			70%	76%	52%	72%	69%	51%	65%	84%	77%	55%	68%	74%	76%	66%	74%	69%	77%	69%	70%	0%	60%	74%	70%	89%
Don't know	0%			1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Refused	0%			0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q31. Have you visited a primary care physician for a routine physical or checkup within the last 12 months?																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Yes	74%	78%	84%	82%	75%	69%	74%	74%	49%	77%	90%	74%	75%	65%	82%	67%	87%	73%	75%	73%	75%	73%	75%	73%	68%	76%	78%
No	25%	22%	16%	18%	25%	26%	26%	24%	48%	23%	10%	26%	22%	31%	18%	31%	13%	24%	25%	27%	24%	27%	24%	27%	29%	24%	22%
Don't know	1%	0%	0%	0%	0%	5%	0%	2%	3%	0%	0%	0%	3%	4%	0%	1%	0%	3%	0%	0%	1%	0%	1%	0%	4%	0%	0%
Refused	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Q32. (If did not visit primary care provider in the past year) In the last 12 months, were any of the following reasons that you did not visit a primary care provider for a routine physical or checkup?																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
I did not have insurance	23%	10%	20%	11%	29%	0%	25%	23%	40%	0%	13%	25%	16%	61%	11%	28%	5%	2%	32%	0%	27%	22%	24%	16%	48%	2%	0%
I did not have enough money	24%	14%	10%	11%	24%	22%	16%	30%	40%	2%	8%	25%	19%	44%	11%	27%	6%	3%	32%	29%	22%	25%	23%	30%	51%	0%	0%
I did not have transportation	2%	6%	2%	4%	2%	0%	1%	3%	0%	0%	13%	2%	3%	3%	3%	0%	11%	4%	1%	0%	2%	5%	1%	7%	0%	0%	0%
I did not have time	37%	34%	19%	37%	33%	56%	30%	47%	46%	39%	7%	34%	48%	0%	40%	44%	11%	50%	32%	40%	37%	38%	37%	41%	30%	59%	47%
I chose not to go for another reason	31%	34%	44%	42%	31%	29%	32%	31%	14%	48%	57%	26%	47%	19%	39%	23%	64%	32%	31%	21%	33%	59%	20%	18%	37%	39%	42%
I couldn't get an appointment for a routine physical or checkup	22%	20%		23%	20%	31%	19%	26%	21%	28%	11%	21%	26%	19%	22%	21%	27%	32%	18%	47%	17%	15%	25%	36%	6%	11%	29%
Other	2%	12%	12%	2%	0%	10%	0%	4%	0%	6%	0%	0%	8%	0%	4%	0%	10%	6%	0%	0%	2%	7%	0%	0%	6%	0%	0%
Don't know	5%	3%	2%	4%	5%	2%	4%	4%	2%	7%	6%	5%	3%	0%	8%	5%	5%	9%	3%	0%	6%	0%	7%	0%	7%	9%	5%
Refused	0%	1%	4%	2%	1%	0%	1%	0%	0%	0%	3%	1%	0%	0%	1%	0%	2%	0%	1%	3%	0%	1%	0%	2%	0%	0%	0%
Q33. Have you visited a dentist for a routine check-up or cleaning within the last 12 months?																											
	Dutchess 2025	Dutchess 2022	Dutchess 2018	Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+
Yes	71%	69%	71%	80%	71%	71%	64%	78%	63%	71%	77%	74%	61%	53%	80%	72%	68%	74%	69%	79%	69%	55%	76%	59%	68%	84%	80%
No	29%	31%	29%	20%	29%	29%	36%	22%	37%	29%	23%	26%	39%	47%	20%	28%	32%	26%	31%	21%	31%	45%	24%	41%	32%	16%	20%

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Q47. About how often during the past 30 days did you feel worthless?																												
	Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+	
All of the time	1%			2%	1%	1%	2%	0%	0%	3%	1%	1%	2%	2%	1%	2%	1%	2%	3%	1%	3%	1%	3%	1%	0%	0%	0%	3%
Most of the time	4%			2%	3%	6%	3%	4%	8%	2%	2%	4%	2%	5%	1%	4%	4%	1%	5%	8%	3%	4%	3%	9%	4%	0%	1%	
Some of the time	8%			6%	10%	1%	7%	9%	9%	10%	6%	7%	12%	22%	5%	9%	7%	6%	9%	7%	8%	14%	6%	4%	17%	9%	3%	
A little of the time	14%			5%	14%	13%	12%	15%	15%	20%	8%	15%	16%	15%	12%	17%	8%	14%	14%	8%	15%	15%	13%	14%	11%	18%	14%	
None of the time	73%			84%	71%	79%	76%	72%	68%	65%	84%	73%	68%	55%	81%	69%	80%	77%	71%	74%	73%	63%	77%	71%	69%	73%	79%	
Don't know	0%			1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	
Refused	0%			0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	
Q42-47. Kessler Score																												
	Dutchess 2025			Putnam 2025	Western	Eastern	Male	Female	18-34	35-54	55+	White	Non-White	Rent	Own	Employed - Yes	Employed - No	Children in HH - Yes	Children in HH - No	Vet/Mil in HH-Yes	Vet/Mil in HH-No	Disab in HH-Yes	Disab in HH-No	<\$50K	\$50K-\$100K	\$100K-\$150K	\$150K+	
None/Low mental distress	54%			62%	56%	45%	55%	54%	41%	46%	69%	56%	45%	30%	67%	48%	65%	52%	55%	53%	54%	37%	60%	48%	50%	45%	60%	
Moderate mental distress	33%			29%	30%	47%	34%	33%	33%	43%	26%	31%	42%	44%	27%	35%	30%	37%	32%	27%	34%	43%	30%	38%	31%	49%	31%	
Serious mental distress	13%			9%	14%	7%	12%	13%	26%	11%	5%	13%	13%	26%	7%	17%	6%	10%	14%	21%	12%	20%	10%	15%	18%	6%	9%	