



# North Country Health and Healthcare

*With special emphasis on Menstrual Health and Childhood Experiences.*

April 6, 2026

## **The Study:**

The Center for Community Studies at SUNY Jefferson Community College, located in Watertown, New York, completes community-based research to assist in better understanding life in the “North Country” and provide scientific and rigorously collected and analyzed data to inform decisions that impact resident quality-of-life. SUNY Plattsburgh contracted with the Center for Community Studies to assist in the design of a study to investigate health and healthcare in rural Northern New York State, including emphases on women’s menstrual health, and experiences while growing up. The Center also completed all data collection in this adult survey study, and all data curation and analysis. The population of interest in this study included all adults residing in the five-county region in the northern-most section of New York State (Jefferson, St. Lawrence, Franklin, Essex, and Clinton Counties) is comprised of the approximately 300,000 adult residents of the counties. A mixed-mode sampling design was employed during February of 2026 to collect all survey data and the result of sampling was n=2,991 completed surveys. This representative sample includes 853 residents of Jefferson County, 580 from St. Lawrence County, 469 from Franklin County, 469 from Essex County, and 438 from St. Lawrence County. A three-modality mixed-mode sampling methodology was employed in this study to maximize the representativeness of the sample. The three sampling modes included random email invitations to complete the survey online, random MMS text message invitations to complete the survey online, and live intercept sampling on post at Fort Drum, New York. The interviews for the study were comprised of a collection of approximately 85 survey questions. Approximately ten demographic characteristics were additionally recorded for each anonymous participant. The group of approximately 95 survey questions for this study can be categorized into the five sections (and 23 subsections) shown on the

preceding page, with an overall goal of addressing all four of the following research areas: Participants’ Health Conditions, Menstrual Health and Healthcare, Adverse Childhood Experiences – ACEs, and Challenges Accessing Healthcare. The

### **Participants’ Health Conditions (among all participants)**

- 1. Self-Assessment of Personal Physical, Mental/Behavioral, Dental Health**
- 2. Diagnosed Chronic Health Conditions**
- 3. Use of Nicotine Products, Alcohol, and/or Illegal Drugs**
- 4. Experiencing Depression**

### **Menstrual Health**

- 5. Have you ever menstruated (had a period)?**

Among those who’ve ever menstruated:

- 6. Age Starting One’s Periods**
- 7. Common Menstrual Problems**
- 8. Hormonal Medication to Treat Menstrual Issues**
- 9. Diagnosis with Menstrual Conditions**

Among only those who’ve been diagnosed with PCOS:

- 10. How Diagnosed with PCOS?**
- 11. Prevalence of Frequent, Infrequent, Absent, or Irregular Periods**
- 12. Prevalence of Hair, Acne, and/or Weight Gain Issues**

Among those who’ve ever menstruated:

- 13. SUMMARY – Prevalence of Key Menstrual Health Metrics**

### **Adverse Childhood Experiences – ACEs (among all participants)**

- 14. Witnessed Parental Distress**
- 15. Experienced Emotional Abuse**
- 16. Experienced Physical Abuse**
- 17. Experienced Nutritional Neglect and Insecurity**
- 18. Experienced Emotional Neglect**
- 19. Experienced Peer Physical/Emotional Abuse**
- 20. SUMMARY – Prevalence of Key Adverse Childhood Experience Metrics**

### **Challenges Accessing Healthcare (among all participants)**

- 21. Common Healthcare Services - Prevalence of Access Challenges Locally**
- 22. Greatest Challenges Experienced, or Difficulties, in Healthcare Access**

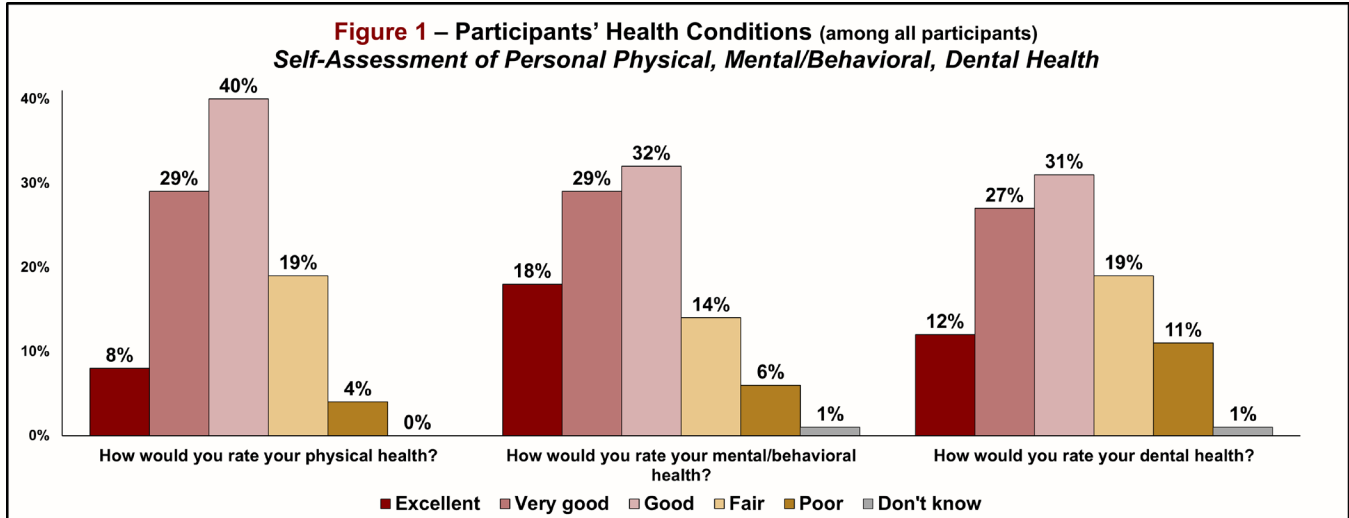
### **Socio-demographic Characteristics of Participants**

- 23. Gender, Age, Educational Attainment, Annual Household Income, Military Affiliation, Disability Status, Racial Background**

following report is a topline summary of study findings, with a very detailed correlative-investigation of key driver and explanatory cross-tabulations included as Appendix I of this report to attempt to model results for all included health-related and childhood experiences outcome variables. Models will be investigated with potential explanatory variables that are socio-demographic, health status related, and/or social determinant.

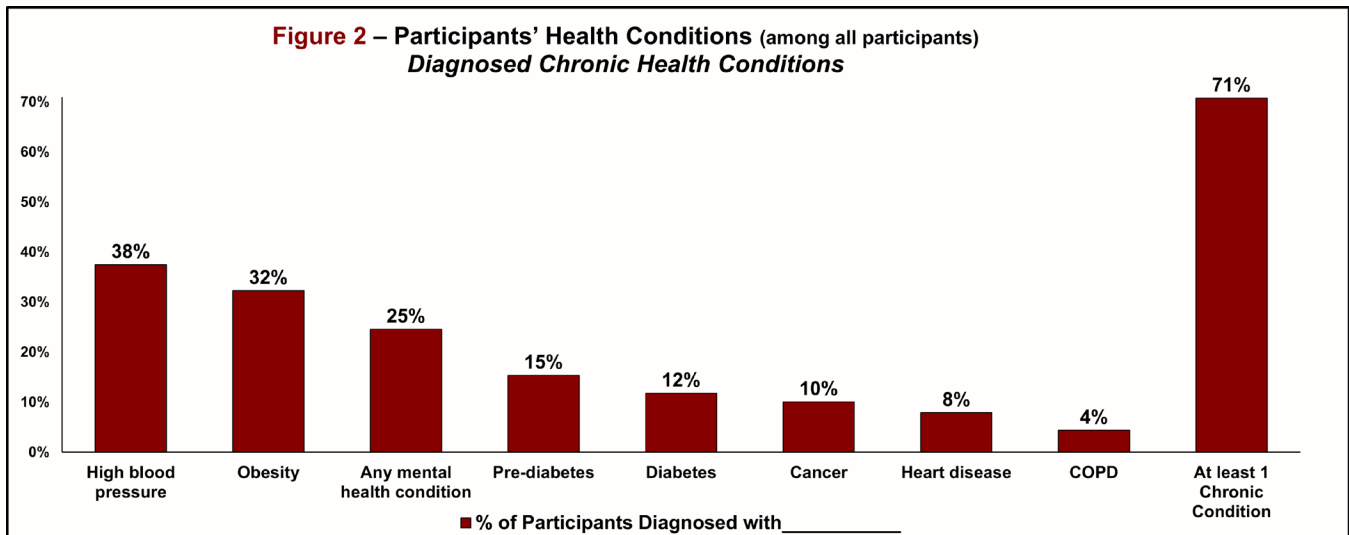
## Detailed Study Results – Participants’ Health Conditions (Tables 1-8)

### 1. Self-Assessment of Personal Physical, Mental/Behavioral, Dental Health



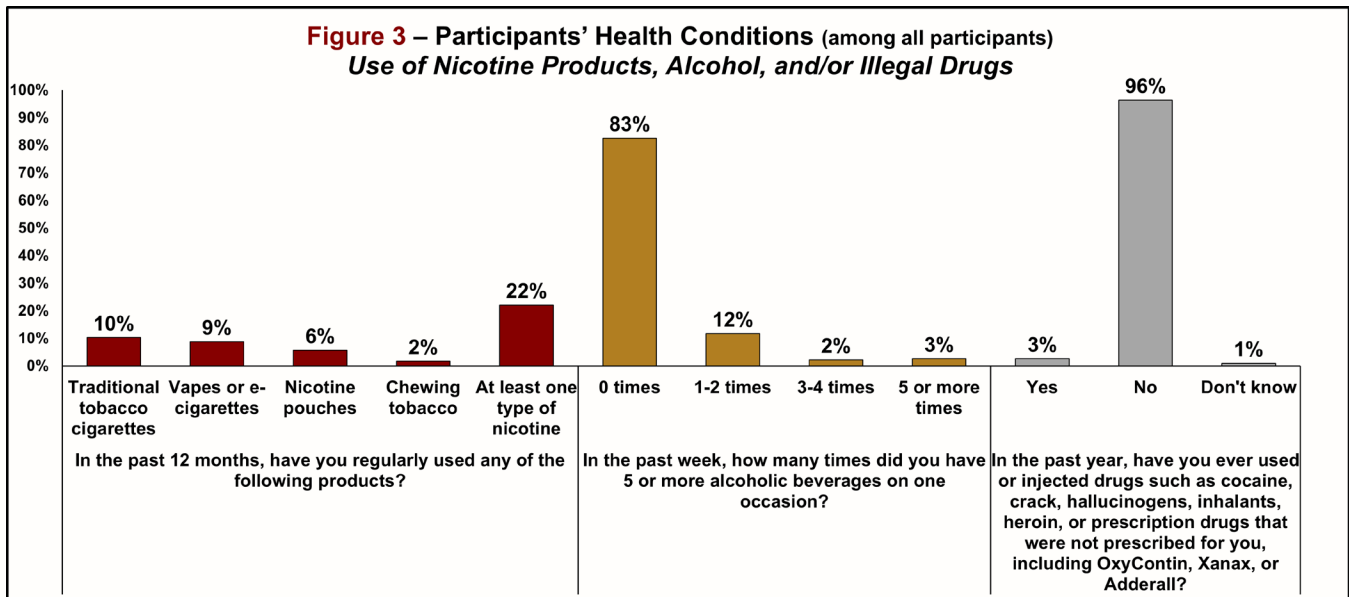
More than three-fourths of North Country adults (77%) self-assess their *physical* health as “at least good” (with 37% indicating “excellent or very good”, and 23% responding “fair or poor”). Almost four-in-five North Country adults (79%) self-assess their *mental* health as “at least good” (with 47% indicating “excellent or very good”, and 20% responding “fair or poor”). North Country residents are slightly less positive in their self-assessment of their *dental* health, with only 70% rating as “at least good” (39% indicating “excellent or very good”, however, a larger 30% responding “fair or poor”). (Tables 1-3)

### 2. Diagnosed Chronic Health Conditions



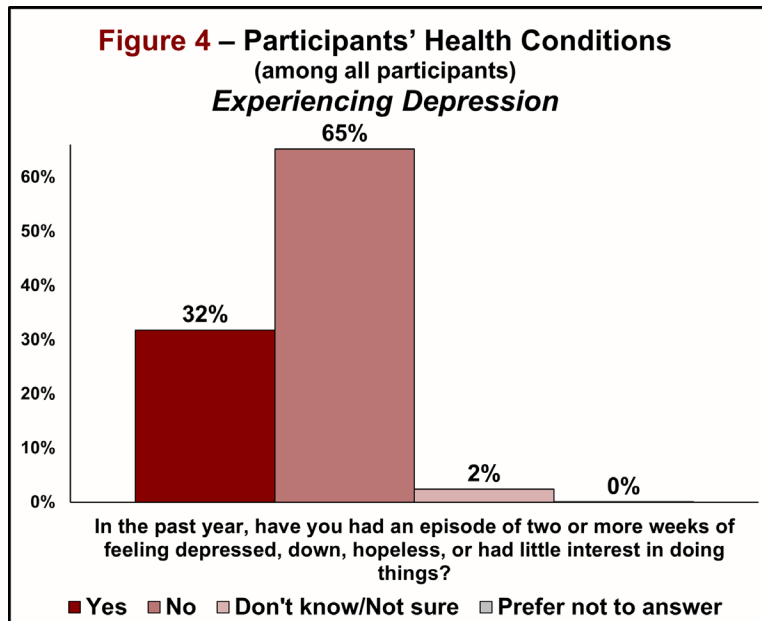
Approximately seven-in-ten North Country residents (71%) have been diagnosed with at least one of eight chronic health conditions that were investigated in this study (the eight conditions are cited in Figure 2). High blood pressure (38% of participants, obesity (32% of participants), and any mental health condition (25% of participants), are the three most commonly reported diagnosed chronic health conditions. (Table 4)

### 3. Use of Nicotine Products, Alcohol, and/or Illegal Drugs



Almost one-in-four North Country adult residents (22%) regularly use at least one nicotine product, with traditional tobacco cigarettes (10%) and vapes/e-cigarettes (9%) the most commonly used products. For the purposes of this study, binge drinking of alcohol was defined as “5 or more alcoholic beverages consumed on one occasion”, and approximately one-in-six North Country adults (17%) indicate that *in the past week* they have experienced binge drinking at least once, with 5% reporting to have done so three or more times in the past week. Considering use of illegal drugs, when asked “*In the past year, have you ever used or injected drugs such as cocaine, crack, hallucinogens, inhalants, heroin, or prescription drugs that were not prescribed for you, including OxyContin, Xanax, or Adderall?*”, approximately 3% respond “yes”. (Tables 5-7)

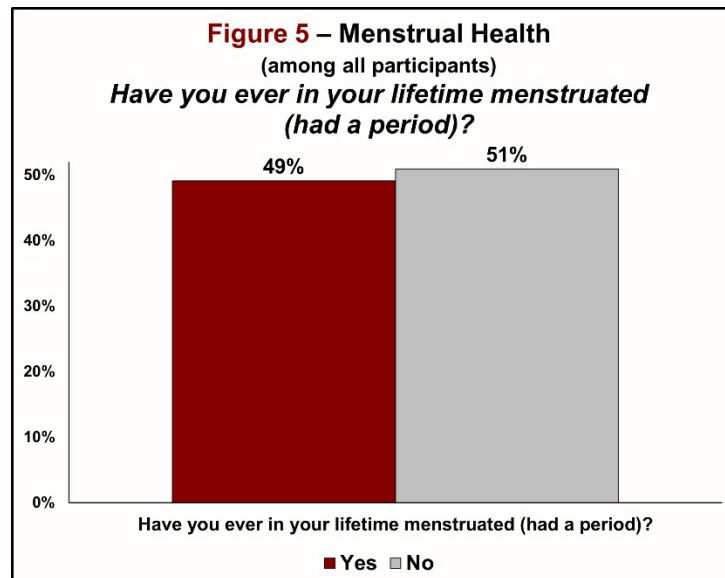
### 4. Experiencing Depression



*In the past year*, approximately one-third of North Country adults (32%) have had an episode of *two or more weeks* of feeling depressed, down, hopeless, or having little interest in doing things. (Table 8)

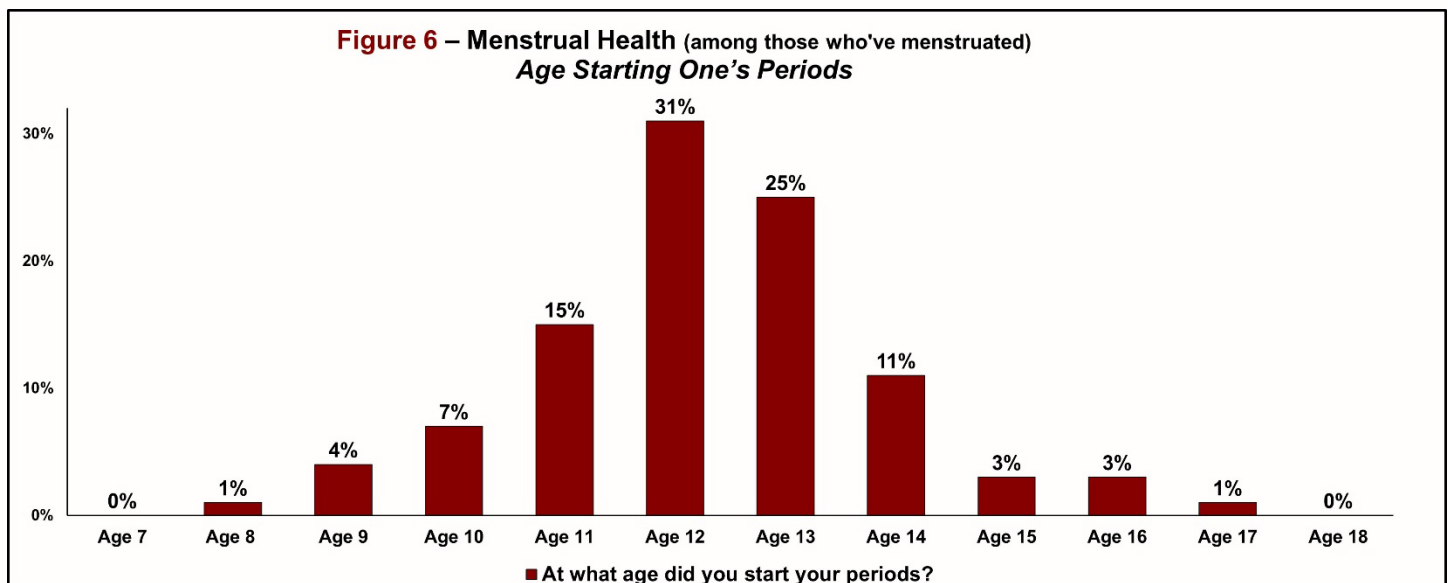
## Detailed Study Results – Menstrual Health (Tables 9-24)

### 5. Have you ever menstruated (had a period)?



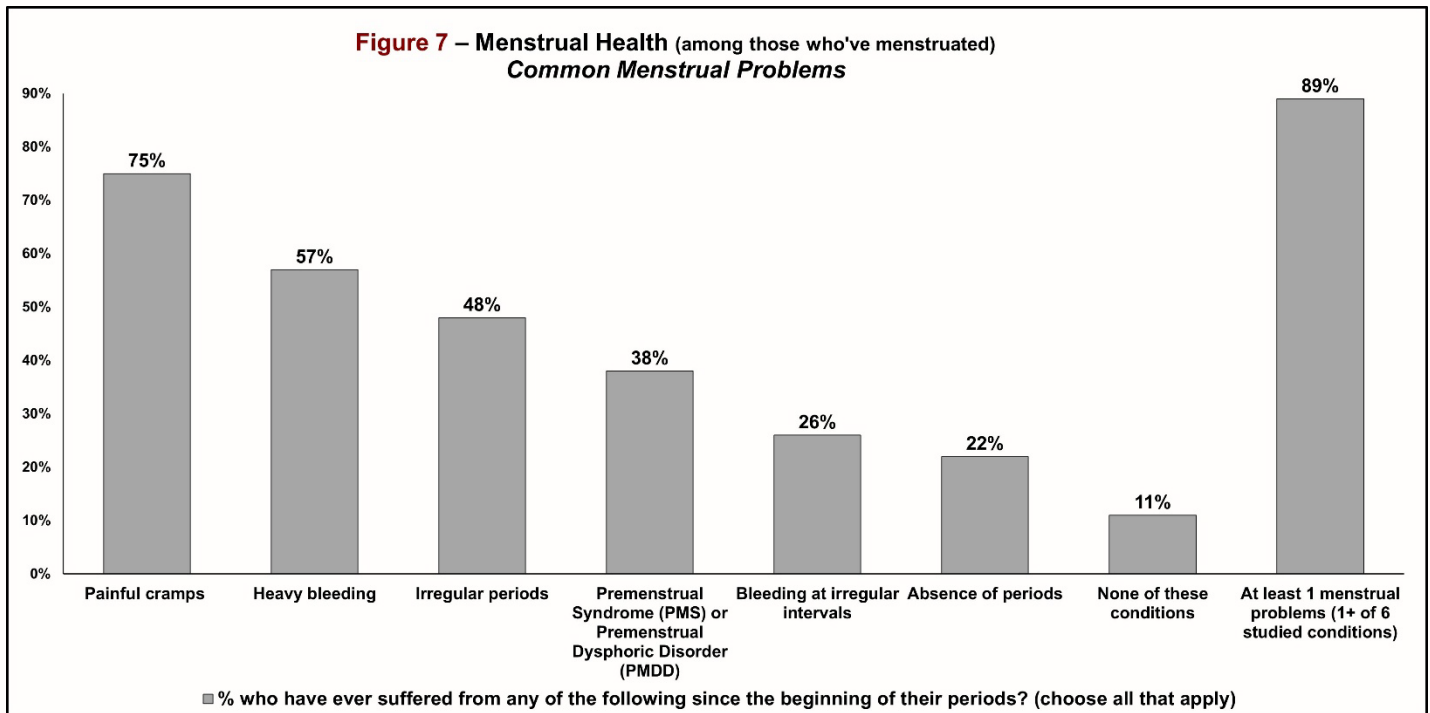
This North Country study accurately represented the adult gender distribution in the region, with 49% of participants indicating that they had menstruated (had a period) at least once in their lifetime. This variable was used as a screener to determine which participants received subsequent survey questions related to menstrual health. Many survey questions were only relevant for only those who had menstruated in their lifetime. Of note, among those participants who indicate that they *have menstruated* in their lifetime, 0.7% indicate that they currently identify as a *man*. Also, among those participants who indicate that they *have not menstruated* in their lifetime, 2.8% indicate that they currently identify as a *woman*. Combined, these two groups represent approximately 1.5% of the sample of n=2,991 North Country adults. (Table 9)

### 6. Age Starting One's Periods (only among those who've menstruated)



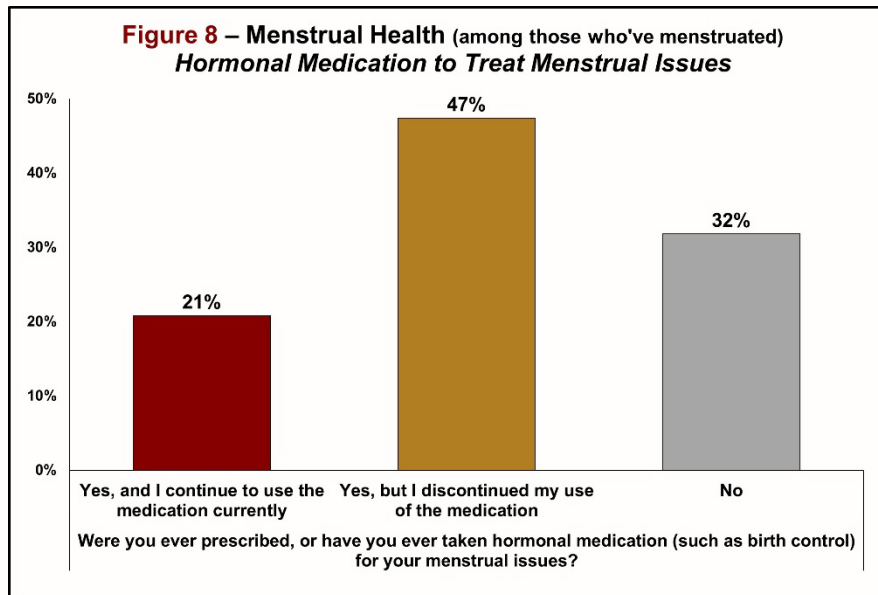
The most common ages at which one indicates that they started their periods are age 12 (31%), and age 13 (25%), collectively accounting for well over one-half of participants who've menstruated. The sample age distribution shown for this North Country study in Figure 6 is very similar to that which has been found in virtually all previous published menstruation studies. (Table 10)

## 7. Common Menstrual Problems (only among those who've menstruated)



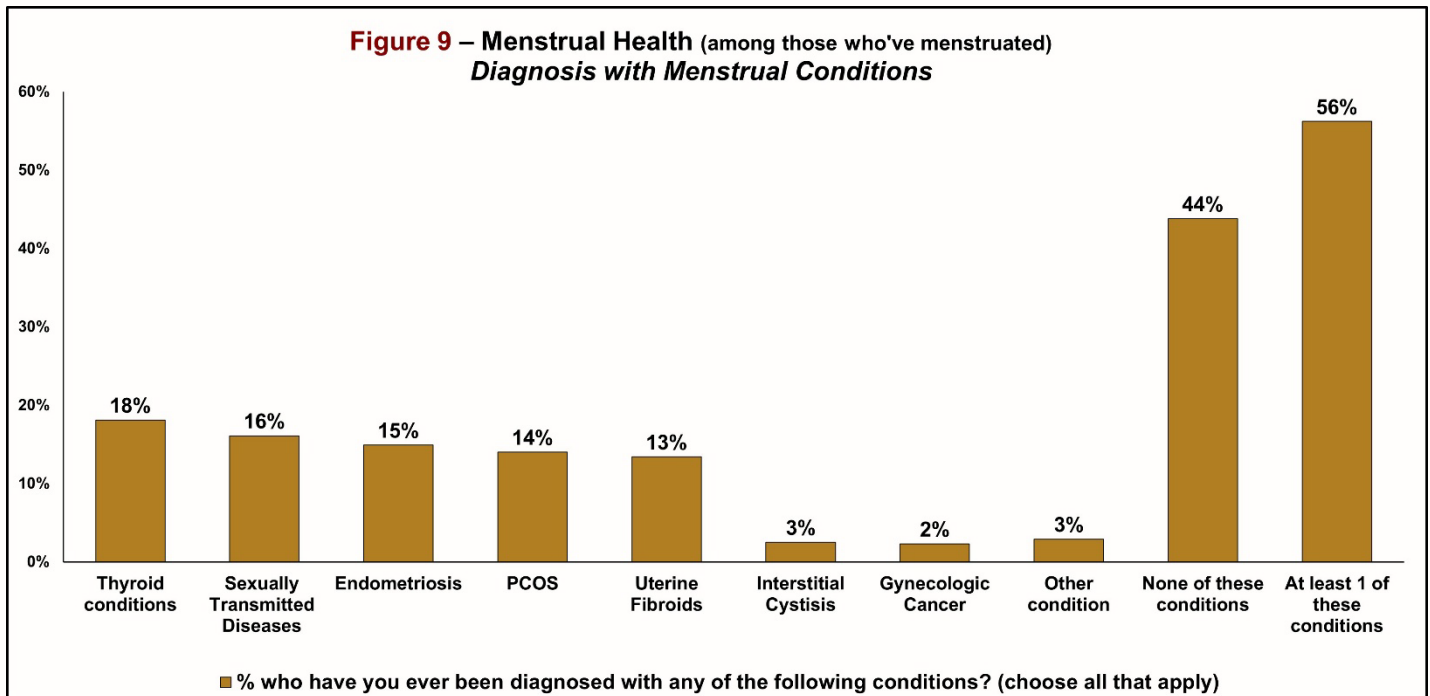
North Country residents who've menstruated in their lifetime were asked whether they have *suffered* from any of six separate common menstrual difficulties since the beginning of their periods. By far, “painful cramps” was most commonly indicated, with three-fourths of these participants (75%) citing having suffered this condition, followed in prevalence by “heavy bleeding” (57%), and “irregular periods” (48%). The vast majority of participants who have menstruated (89% among this group) indicate that they've suffered *at least one* of these six difficulties, with only one-in-nine (11%) having suffered none of the six conditions. (Table 11)

## 8. Hormonal Medication to Treat Menstrual Issues (only among those who've menstruated)



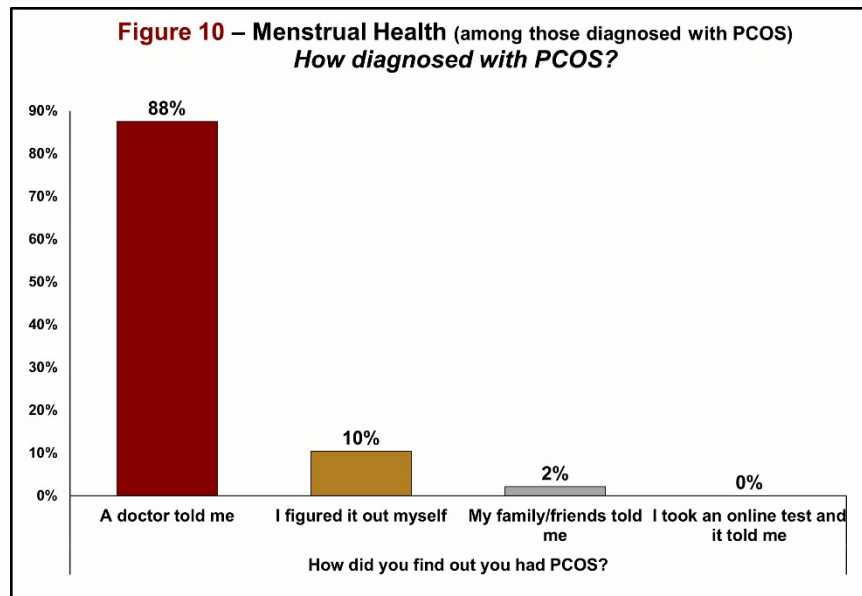
Among North Country residents who've menstruated in their lifetime, approximately two-thirds (68% among these individuals) were ever prescribed, or have you ever taken, hormonal medication (such as birth control) for their menstrual issues. This 68% ever prescribed and/or consumed hormone medication further breaks down to 21% who are currently taking the hormone medication, and 47% who took it in the past but have discontinued the medication. (Table 12)

## 9. Diagnosis with Menstrual Conditions (only among those who've menstruated)



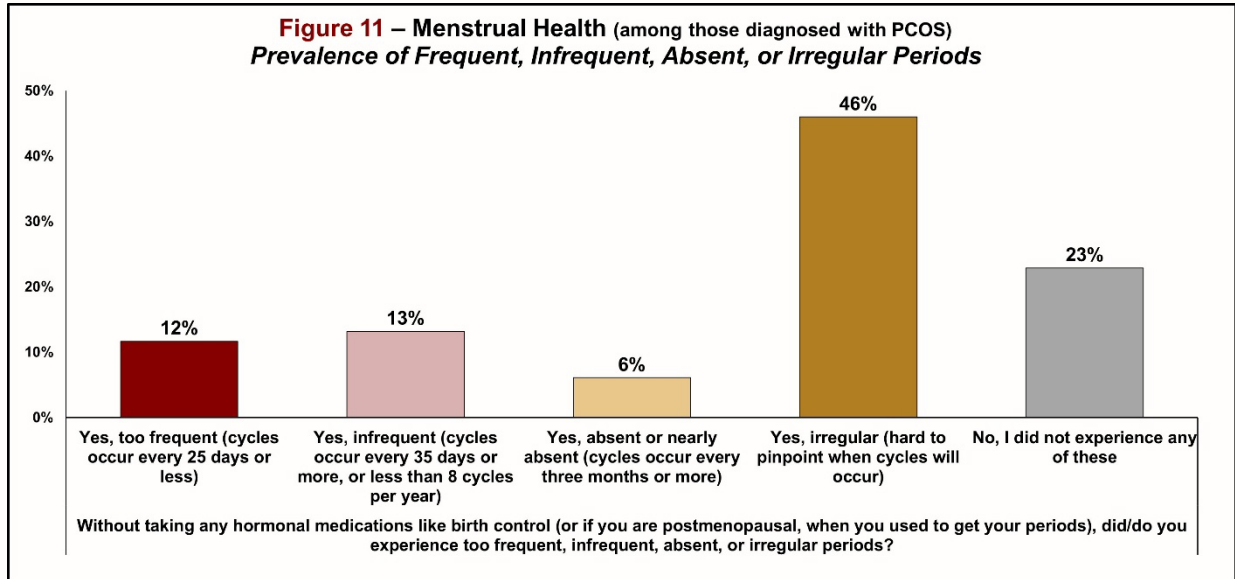
North Country residents who've menstruated in their lifetime were asked whether they have ever been *diagnosed* from any of eight separate common menstrual conditions. “Thyroid conditions” was most commonly reported (18% among those who've menstruated), followed by “sexually transmitted diseases” (16%), “endometriosis” (15%), “polycystic ovarian syndrome, or PCOS” (14%), and “uterine fibroids” (13%). A majority of participants who have menstruated (56% among this group) indicate that they've suffered at least one of these eight conditions, with less than one-half (44%) having suffered none of the eight conditions. (Table 13)

## 10. How Diagnosed with PCOS? (only among those diagnosed with PCOS)



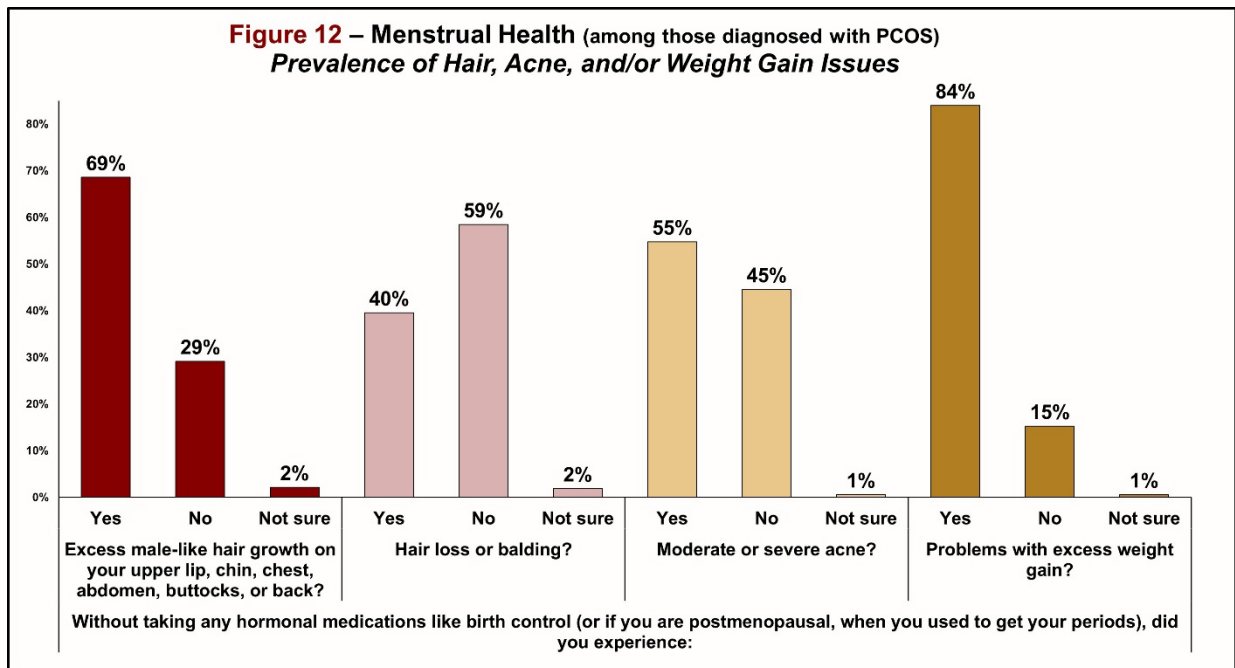
North Country residents who report to have been diagnosed with PCOS were asked *how they found out that they had PCOS*. Almost nine-in-ten of these residents (88%) report that they were told that they had PCOS by a doctor, however, 12% indicated a different source than a doctor (10% “figured it out themselves”, and 2% were told by “family/friends”). *None* of the 156 participants who reported to have been diagnosed with PCOS indicate that the diagnosis was the result of taking an online test. (Table 14)

## 11. Prevalence of Frequent, Infrequent, Absent, or Irregular Periods (only among those diagnosed with PCOS)



North Country residents who report to have been diagnosed with PCOS were asked whether without taking any hormonal medications like birth control (or if you are postmenopausal, when you used to get your periods): *Did/Do you experience too frequent, infrequent, absent, or irregular periods?* More than three-fourths (77%) among those with diagnosed PCOS report irregular periods of some sort. By far, “hard to pinpoint when cycles will occur” was most commonly indicated (46%), followed in prevalence by “infrequent cycles occurring every 35 days or more, or less than 8 cycles per year” (13%), “too frequent cycles occurring every 25 days or less” (12%), and “absent or nearly absent cycles” (6%). (Table 15)

## 12. Prevalence of Hair, Acne, and/or Weight Gain Issues (only among those diagnosed with PCOS)



North Country residents who report to have been diagnosed with PCOS were asked whether they have suffered from four common hair, acne, and weight gain problems. any of six separate common menstrual difficulties since the beginning of their periods. By far, “problems with excess weight gain” was most commonly indicated, with 84% of these participants (75%) citing having suffered this condition, followed in prevalence by “excess male-like hair growth” (69%), “moderate or severe acne” (55%), and “hair-loss or balding” (48%). (Table 16-19)

## 13. SUMMARY – Prevalence of Key Menstrual Health Metrics (only among those who've menstruated)

### Definitions of Five Key Menstrual Health Metrics:

The following five measurements of menstrual health and experiences have been defined and analyzed with the North Country data collected in this study from adult residents who have ever menstruated. These five variables (or, “metrics”) will subsequently be further explored and analyzed as both dependent or outcome variables (adding to the body of knowledge regarding menstrual health), as well as independent or explanatory variables (potentially identifying links between menstrual health and other health and healthcare outcomes).

1. Menstrual Problems

Have suffered *at least one* of the following six conditions since the beginning of their periods - painful cramps, heavy bleeding, irregular periods, premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD), bleeding at irregular intervals, or absence of periods. (Tables 11, 20)

2. Thyroid Condition

Have ever been diagnosed with a thyroid condition. (Tables 13, 21)

3. Endometriosis

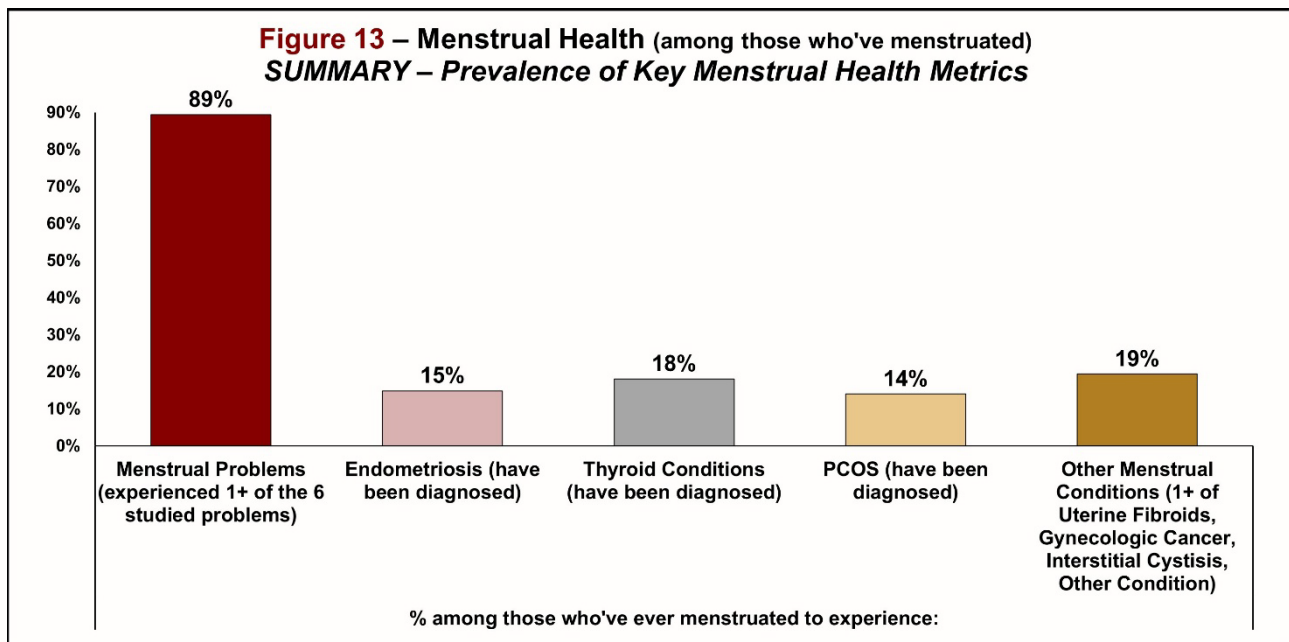
Have ever been diagnosed with endometriosis. (Tables 13, 22)

4. PCOS (confirmed/potential)

Have self-reported to ever have been diagnosed with Polycystic Ovary Syndrome (PCOS), *or*, responded affirmatively to both experiencing irregular periods as well as having been diagnosed with obesity. (Tables 4, 11, 13, 23)

5. Other Menstrual Conditions

Have suffered *at least one* of the following four conditions - uterine fibroids, gynecologic cancer (cervical, ovarian, uterine, vaginal, or vulvar cancer), interstitial cystitis, or other menstrual conditions. (Tables 13, 24)



### Observations Regarding Five Key Menstrual Health Metrics:

Individuals who have ever menstruated very commonly report (89% among these individuals) to have experienced *at least one* of the following six menstrual problems since the beginning of their periods - painful cramps, heavy bleeding, irregular periods, premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD), bleeding at irregular intervals, or absence of periods. It is much less common that these individuals report to have been diagnosed with more serious conditions such as thyroid condition (18%), endometriosis (15%), PCOS (14%), or conditions such as fibroids, interstitial cystitis, or cancer (19%). (Tables 20-24)

# **Detailed Study Results – Adverse Childhood Experiences – ACEs**

## **(Tables 25-51)**

### **Definitions of Six Key Adverse Childhood Experience (ACE) Metrics:**

The following six measurements of adverse childhood experiences have been defined and analyzed with the North Country data collected in this study from all adult resident participants. These six variables (or, “metrics”) will subsequently be further explored and analyzed as both dependent or outcome variables (adding to the body of knowledge regarding prevalence and severity of adverse childhood experiences), as well as independent or explanatory variables (potentially identifying links between adverse childhood experiences, and menstrual health and other health and healthcare outcomes).

1. Witnessed Parental Distress

Have experienced *at least one* of the following eight situations with parents or adults in your home before you were the age of 18: did they ever hit, punch, beat, or threaten to harm each other; or, at least one adult was: a problem drinker or alcoholic, used marijuana, used prescription drugs that were not prescribed to them, used heroin or other opioids, was depressed or mentally ill, attempted suicide, or went to prison. (Tables 32-33)

2. Experienced Emotional Abuse

During the first 18 years of life, reports that a parent or other adult in the household swore at, insulted, or put them down at least occasionally (occasionally, often, and very often, combined). (Table 34)

3. Experienced Physical Abuse

During the first 18 years of life, report that a parent or other adult in the household subjected them to *at least one* of the following three situations at least occasionally (occasionally, often, and very often, combined): acted in a way that made them afraid that they would be physically hurt; pushed, grabbed, shoved, or slapped them; or hit them so hard that they had marks or were injured. (Tables 35, 36, 37, 48)

4. Experienced Nutritional Neglect and Insecurity

During the first 18 years of life, describes their food situation as “We could always afford to eat but were not given good and nutritious meals,” or “Sometimes we could not afford enough to eat,” or “Often we could not afford enough to eat.” (Tables 39, 49)

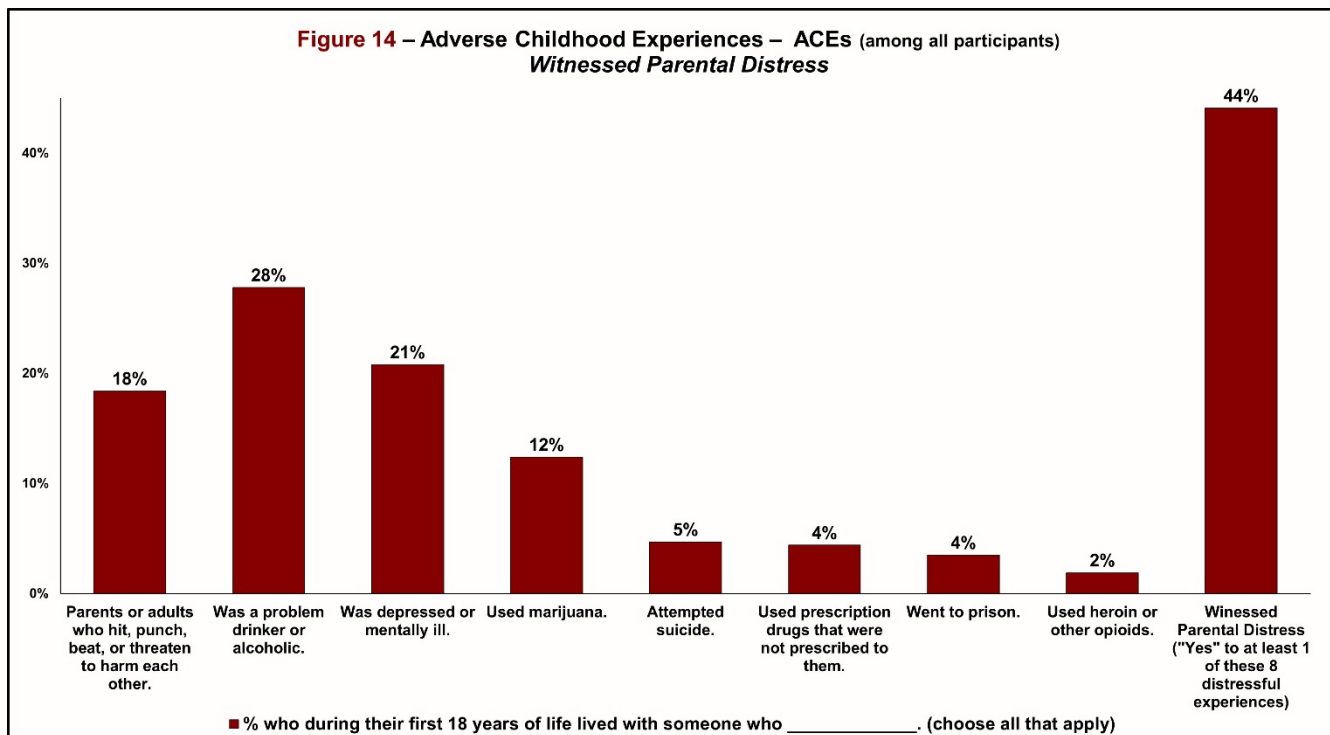
5. Experienced Emotional Neglect

During the first 18 years of life, report to have often felt *at least one of*: that they didn’t have enough to eat, had to wear dirty clothes, and had no one to protect them, or, had parents/caregivers who were unable to take care of them or take them to the doctor if needed, or, had parents/caregivers who did not send them to school even when it was available, or individuals report that they definitely or probably did not often feel loved and made to feel special by their mother/mother-like figure, or definitely or probably did not often feel loved and made to feel special by their father/ father-like figure. If any or all of these five experiences were reported, then the participant met the criteria for experiencing emotional neglect. (Tables 38, 41, 42, 50)

6. Experienced Peer Physical/Emotional Abuse

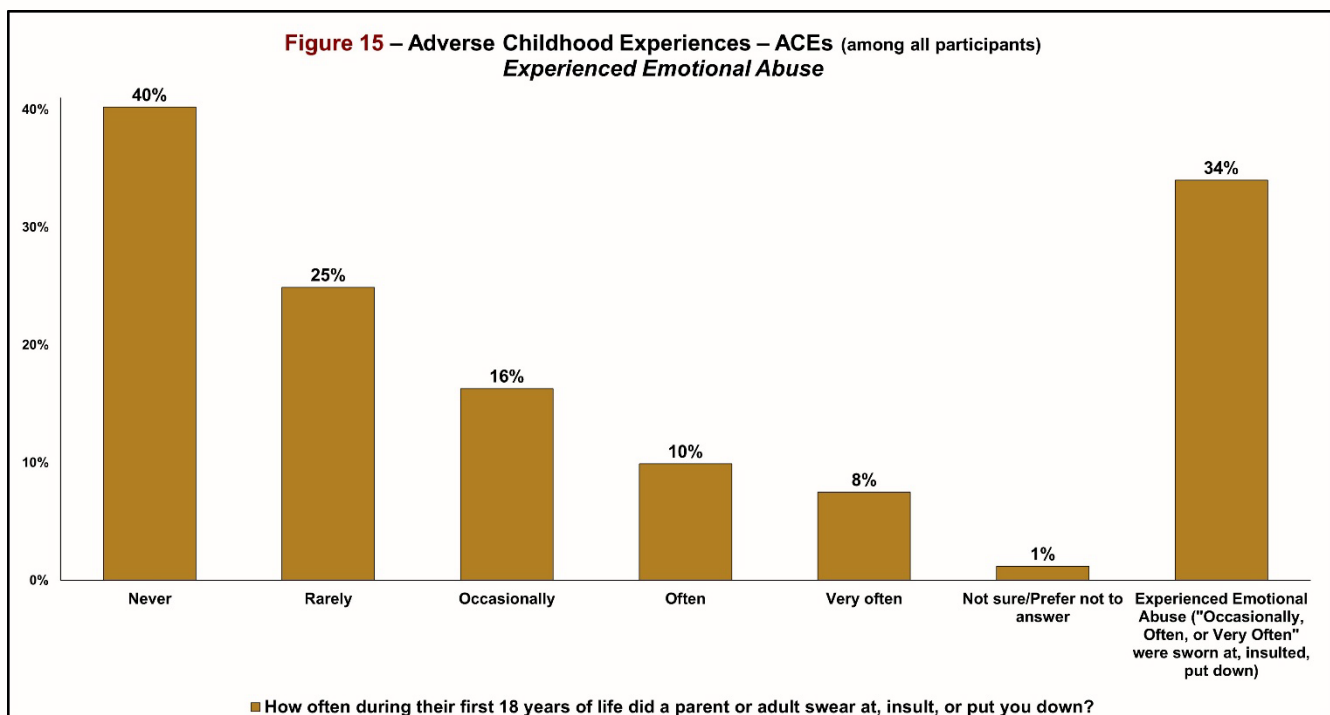
During the first 18 years of life, they were often bullied by peers or classmates. (Tables 44,51)

## 14. Witnessed Parental Distress



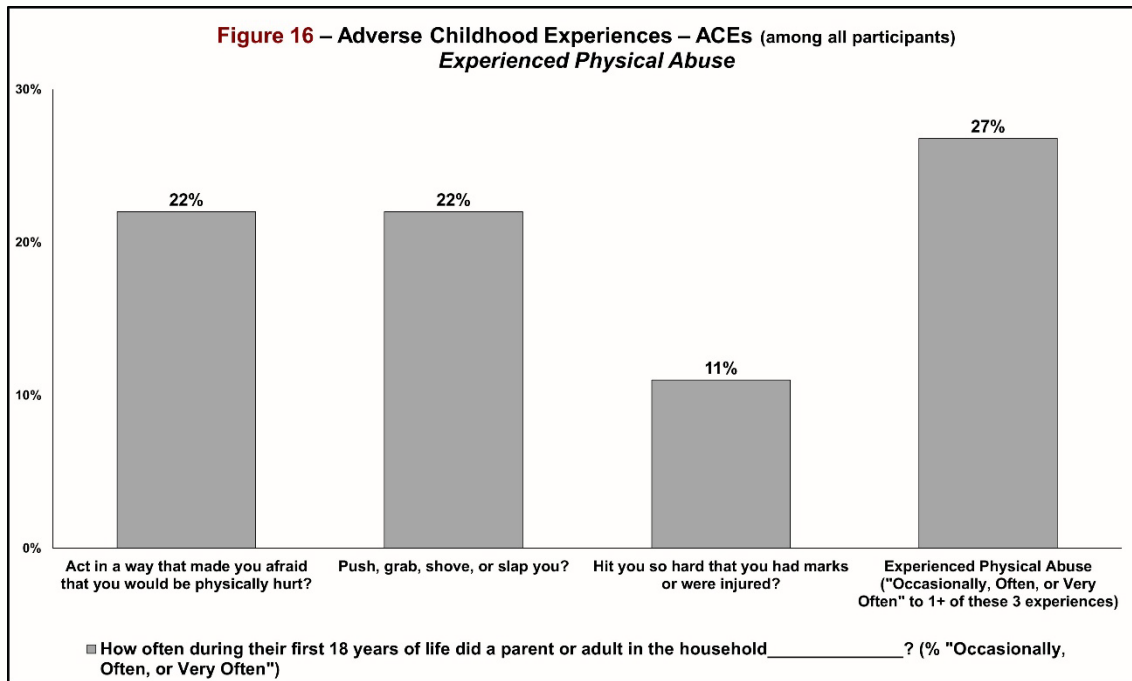
Almost one-half of North Country residents (44%) report to have (during their first 18 years of life) lived with an adult who caused the participant to **witness parental distress**. The most common distressful experience reported is to have lived with an adult who was a problem drinker or alcoholic, with almost three-in-ten participants reporting this situation. Second and third most common, respectively, are living with an adult who was depressed or mentally ill (21%) and having parents or adults in their home who hit, punched, beat, or threatened to harm each (18%). (Tables 32,33, 46)

## 15. Experienced Emotional Abuse



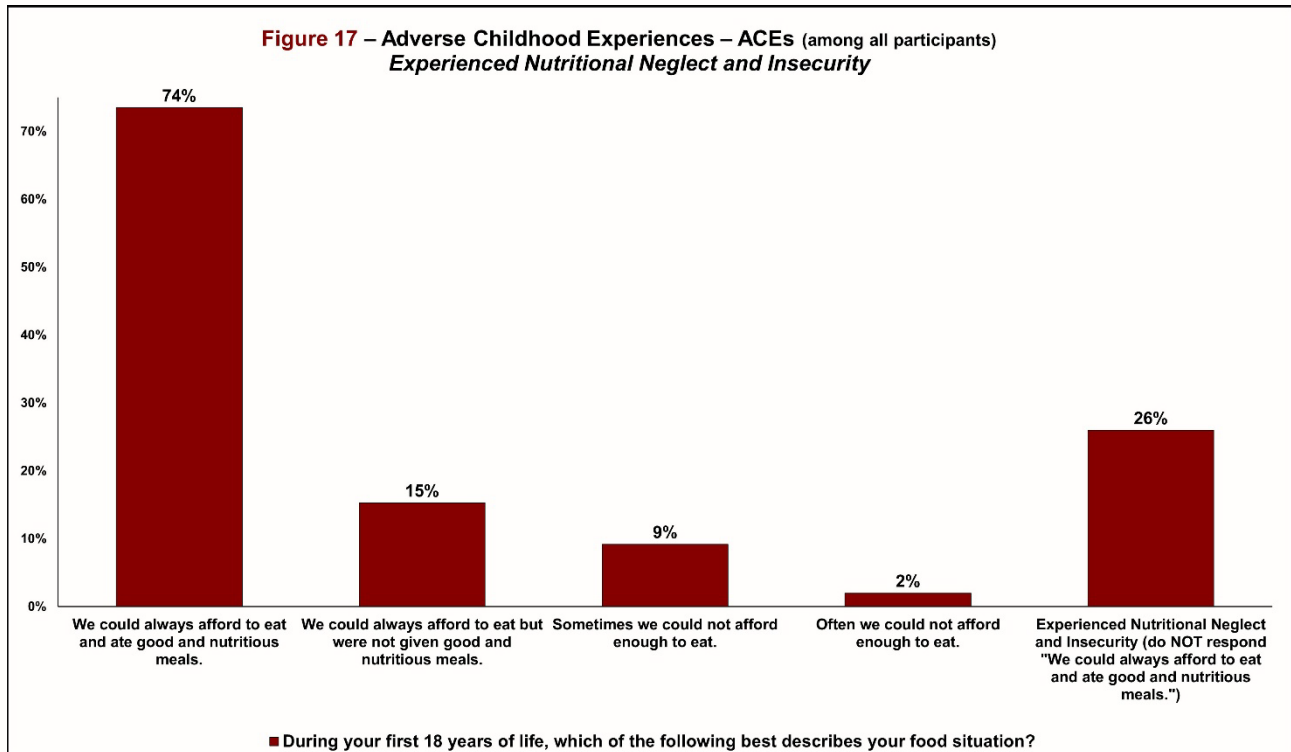
Approximately one-third of North Country residents (34%) report to have (during their first 18 years of life) lived with an adult or parent who caused the participant to **experience emotional abuse**, by reporting that the adult swore at, insulted, or put them down occasionally (16%), or often (10%), or very often (8%). (Tables 34, 47)

## Experienced Physical Abuse



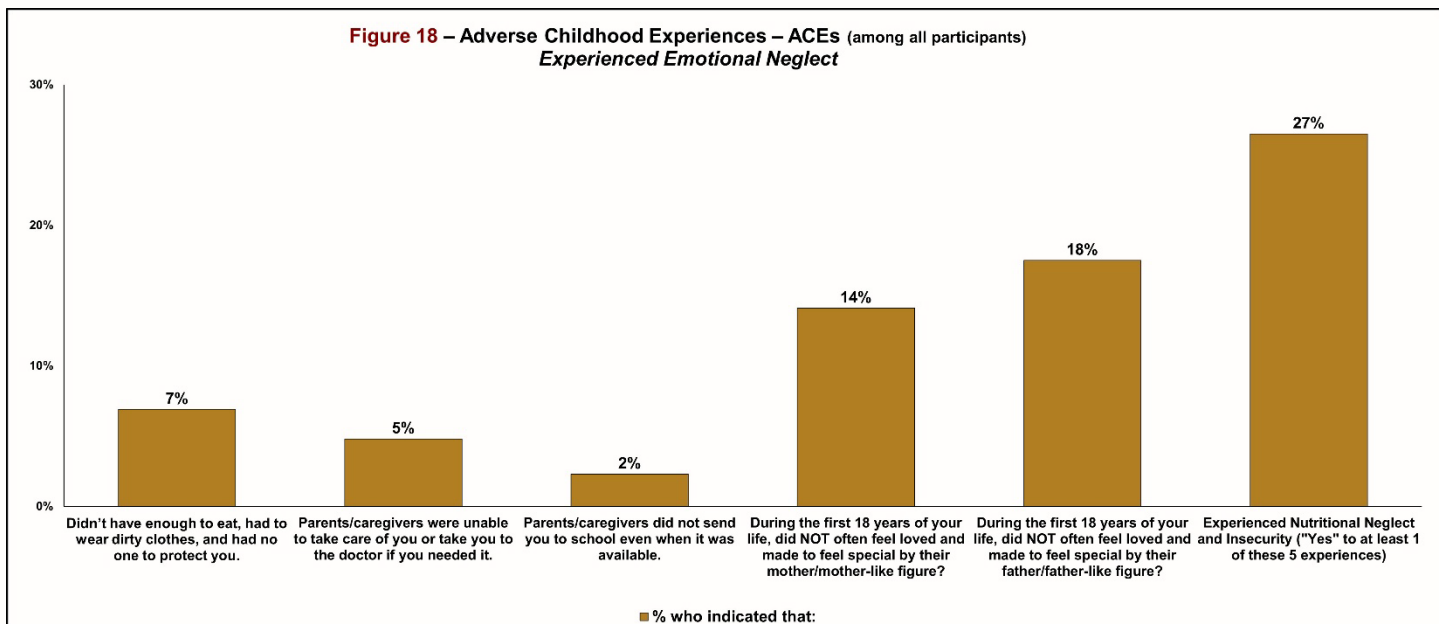
Approximately one-in-four North Country residents (27%) report to have (during their first 18 years of life) lived with an adult or parent who caused the participant to **experience physical abuse**. The most common physically abusive experiences reported are to have lived with an adult or parent who acted in a way that made them afraid that they would be physically hurt (22% indicate occasionally, often, or very often), and to have lived with an adult or parent who pushed, grabbed, shoved, or slapped them (22% indicate occasionally, often, or very often). (Tables 35, 36, 37, 48)

## 16. Experienced Nutritional Neglect and Insecurity



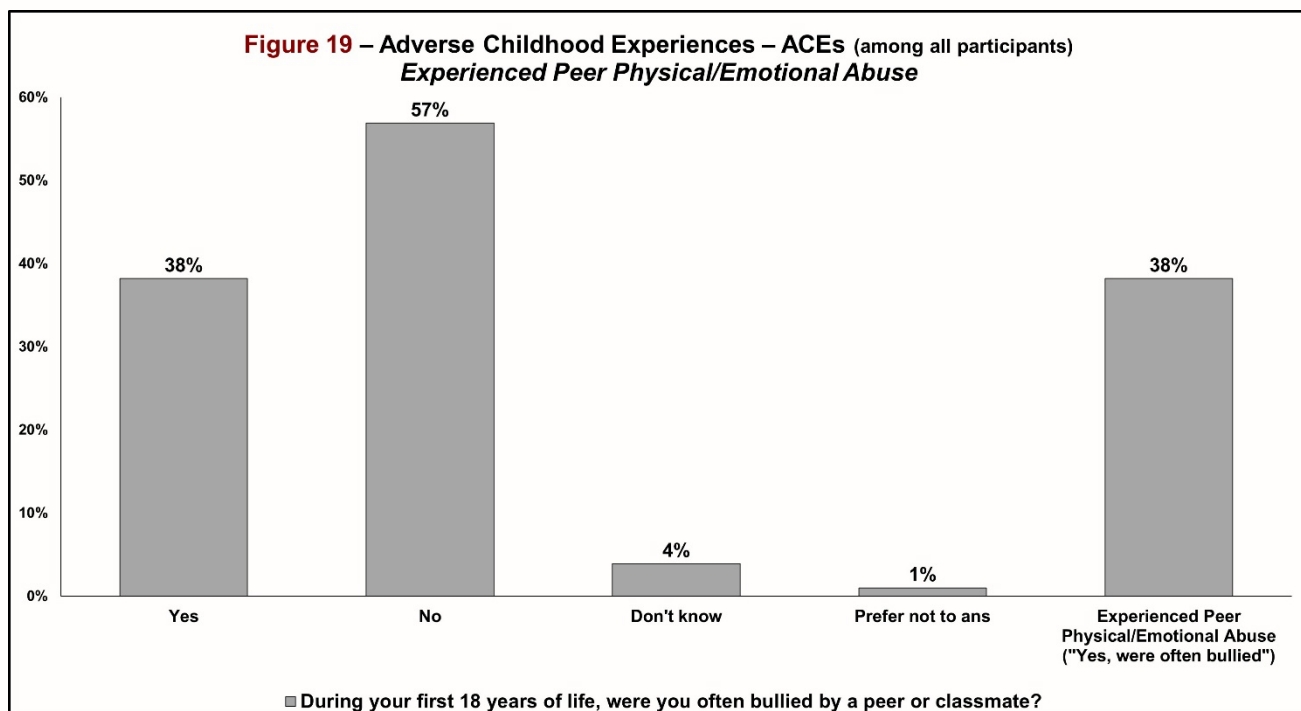
Approximately one-in-four North Country residents (26%) report to have (during their first 18 years of life) **experienced nutritional neglect and insecurity**. Only 74% of participants report that their household could always afford to eat, and they ate good and nutritious meals. Approximately one-in-nine participants (11%) indicate that they sometimes or often could not afford enough to eat. (Tables 39, 49)

## 17. Experienced Emotional Neglect



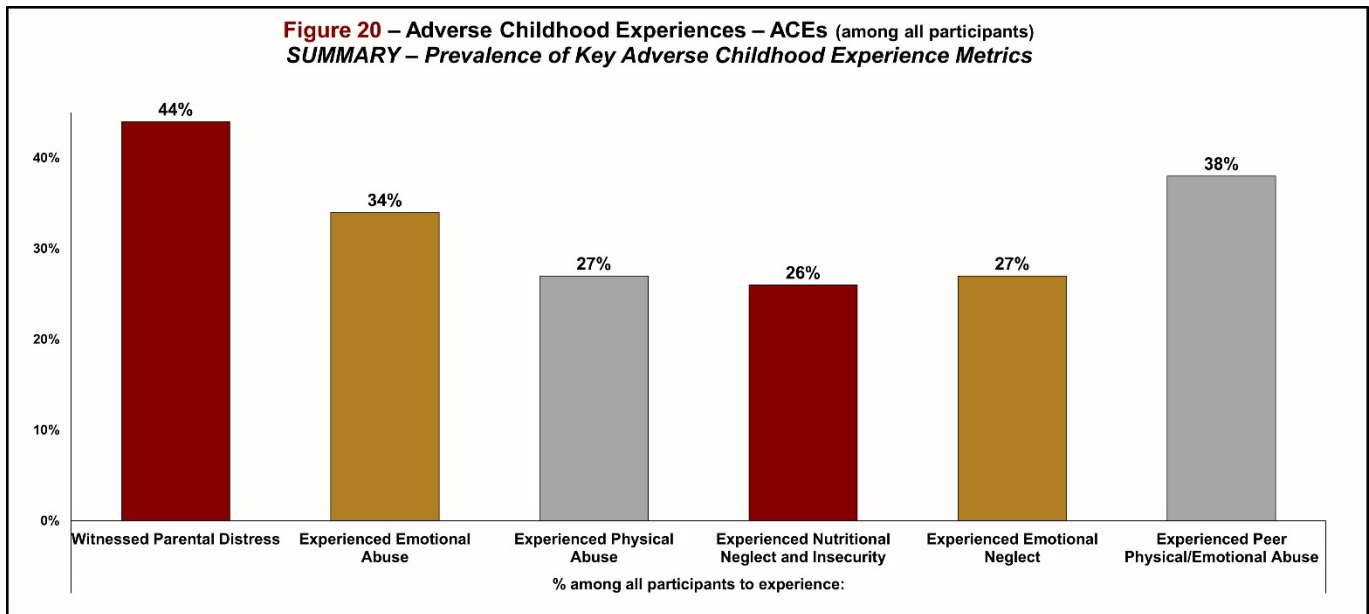
Approximately one-fourth of North Country residents (27%) report to have (during their first 18 years of life) lived with an parent, caregiver, or adult who caused the participant to **experience emotional neglect**. The most common emotionally neglectful experience reported is to not often have felt loved and made to feel special by their father/father-like figure (18%), followed by not often have felt loved and made to feel special by their mother/mother-like figure (14%). (Tables 38, 41, 42, 50)

## 18. Peer Physical/Emotional Abuse



Almost two-in-five North Country residents (38%) report to have (during their first 18 years of life) **experienced peer physical/emotional abuse**, by indicating that they were *often* bullied by a peer or classmate. (Tables 44, 51)

## 19. SUMMARY – Prevalence of Key Adverse Childhood Experience Metrics

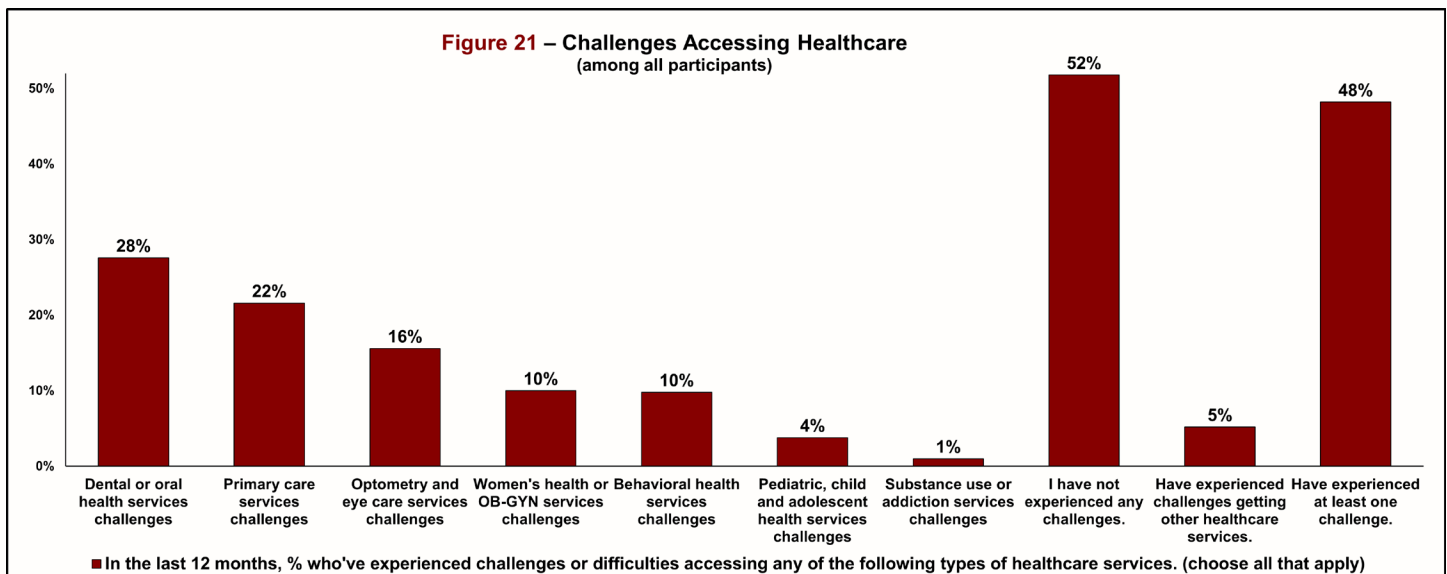


### Observations Regarding Six Key Adverse Childhood Experience (ACE) Metrics:

Among the six domains of adverse childhood experiences investigated among North Country adults, each was reported as experienced by more than one-fourth of the study participants (over 26% for each). The most common adverse childhood experiences among North Country adults are “Witnessed Parental Distress” (reported by 44% of participants), “Experienced Peer Physical/Emotional Abuse” (reported by 38% of participants), and “Experienced Emotional Abuse” (reported by 34% of participants). (Tables 46-51)

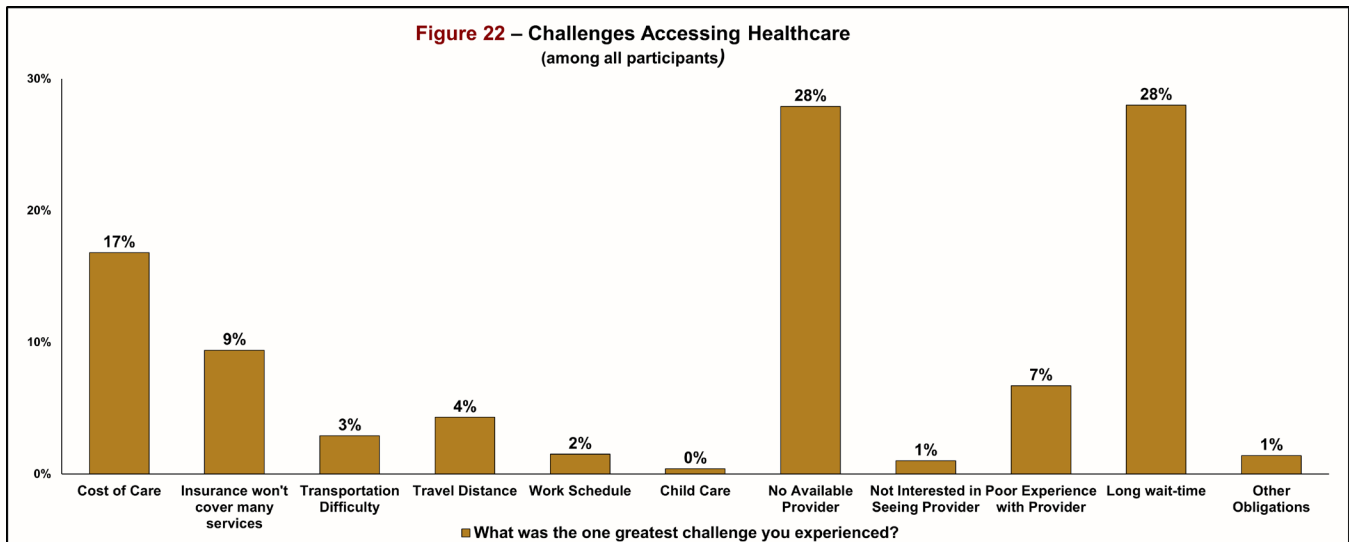
## Detailed Study Results – Challenges Accessing Healthcare (Tables 52-53)

## 20. Common Healthcare Services - Prevalence of Access Challenges Locally



Approximately one-half of North Country adult residents (48%) have experienced *challenges in receiving at least one type of healthcare service locally* in the past 12 months. Most commonly, approximately one-in-four adult residents have experienced challenges or difficulties in the past 12 months in locally receiving dental or oral health services (28%), and in locally receiving primary care services (22%). (Table 52)

## 21. Greatest Challenges Experienced, or Difficulties, in Healthcare Access



Participants who reported experiencing challenges or difficulties in receiving at least one type of healthcare service locally in the past 12 months were further asked the *greatest* challenge to receiving this healthcare locally. The most common responses by far are “long wait time” (28%) and “no provider available” (28%), followed by “cost of care” (17%). These data suggest that it is much more of an *availability of providers* issue in the North Country, rather than due to other challenging factors such as cost, insurance, childcare, transportation, or past bad experiences. (Table 53)

### Study Methodology

#### Methodology:

The Center for Community Studies at Jefferson Community College is one of approximately 1,500 colleges, universities, and polling businesses in North America that are members of the American Association of Public Opinion Research (AAPOR). AAPOR is the leading public opinion professional association in the world. Further, the Center is one of approximately 100 AAPOR members that has been granted membership to the Transparency Initiative (TI) of AAPOR. As a member of the TI, the Center pledges to utilize best practices in the industry in both data collection methodology and data analytics techniques. Additionally, the Center is a member of the Association of Academic Survey Research Organizations (AASRO), a professional association exclusive to colleges and universities in the United States that complete public opinion research in an academic (higher education, not profit-centered) setting. A total of 2,991 Northern New York adult residents were interviewed (surveyed) in this study ( $n_{\text{total}}=2,991$ ). The methodology used in this study of the state of North Country health and healthcare includes a mixed-mode sampling methodology using a combination of random email invitation of residents to complete the survey online via a nonprobability panel ( $n_{\text{email}}=1,470$ ), random MMS text messages sent to cellular phones with invitations to complete the survey online ( $n_{\text{MMS}}=1,433$ ), and intercept surveying of the difficult-to-access subpopulation of military members and their dependents on Fort Drum ( $n_{\text{int}}=88$ ). All interviews were completed between February 3 and February 14, 2026. To adjust for sampling nonresponse error, the data were weighted within county for gender, age, education, and race, with further weighting for military affiliation in Jefferson County. All county-specific weight targets were sourced from the U.S. Census and the U.S. Department of Defense. A further weight for county population size was applied to generate five-county aggregate North Country estimates as a region. The county-specific weighted demographic distributions of the characteristics, or nature, of the samples collected in this study are summarized in Table 54 of Appendix I of this report. The data were calibrated for sampling modality, and finally weights were trimmed to minimize the design effect, generating a final design effect for the study of approximately 2.0. After all data compilation, cleansing, transforming, weighting, calibrating, and trimming the overall approximate margin of error for this study when analyzing the five-county region-wide results for 2,991 participants is  $\pm 2.0\%$ . When investigating on a county-specific basis the margin of error is greater due to smaller county-specific sample sizes. The approximate margins of error within each county are  $\pm 3.8\%$  in Jefferson County,  $\pm 4.6\%$  in St. Lawrence County,  $\pm 6.0\%$  in Franklin County,  $\pm 5.4\%$  in Essex County, and  $\pm 3.9\%$  in Clinton County (county sample sizes are:  $n_j=853$ ,  $n_s=580$ ,  $n_f=339$ ,  $n_e=424$ ,  $n_c=795$ ). Investigation of demographic subgroups, such as only participants under the age of 45, will also result with margins of error of greater than  $\pm 2.0\%$ . The margin error is a measurement of random error, error due to simply the random chance of sampling. When surveying humans there are other potential sources of error in addition to random error (which is the only error encompassed by the margin of error). Response error, nonresponse error, process error, bias in sample selection, bias in question-phrasing, lack of clarity in question-phrasing, social desirability bias, acquiescence bias, satisficing, and undercoverage are common sources of other-

than-random error. Methods that should be, and have been in this study, employed to minimize these other sources of error include: maximum effort to select the sample randomly, piloting and testing of utilized survey questions, extensive training of all data collectors (interviewers), thorough cleansing of data, calibration of data, and application of post-stratification algorithms to the resulting sampled data. Hence, when using this study data to make estimates to the entire North Country adult populations, as is the case in standard survey research practices, the margin of error will be the only error measurement cited and interpreted. Finally, in the reporting of study findings, percentage points are rounded off to the nearest tenth of percentage points. As a result, percentages in a table column may total slightly higher or lower than 100%. In questions that permit multiple responses, columns may total to substantially more than 100%, depending on the number of different responses offered by each respondent.

**Detailed Cross-tabulations:**

Complete analyses of all cross-tabulations for this study are included in Appendix I of this report. These cross-tabulations allow readers to investigate county comparisons, and demographic subgroup comparisons, for every survey question used in this study. These comparisons allow for a more rich and meaningful perspective and interpretation of the current North Country study results. Below is one example of using a table (Table 13 from Appendix I) to illustrate the cross-tabulation results for the “Have you ever been diagnosed with any of the following menstrual conditions? (among those who’ve ever menstruated, choose all that apply)” survey item, with 12 potential menstrual-health related and adverse-childhood-experience related explanatory (independent) variables.

**2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations**

Table 13	All North Country		Witnessed Parental Divorce		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Sexual and Incestuous		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1-4) studied conditions		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
	Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Have you ever been diagnosed with any of the following menstrual conditions? (choose all that apply)	18.1%	17.5%	18.7%	17.2%	18.7%	18.2%	19.0%	18.1%	18.1%	20.8%	18.9%	18.5%	12.8%	18.1%	0.0% <sup>1</sup>	18.4%	15.8%	25.8%	18.9%	100.0% <sup>2</sup>	0.0% <sup>2</sup>	17.8%	16.2%	24.9%	18.8%	
Thyroid conditions	18.1%	17.5%	18.7%	17.2%	18.7%	18.2%	19.0%	18.1%	18.1%	20.8%	18.9%	18.5%	12.8%	18.1%	0.0% <sup>1</sup>	18.4%	15.8%	25.8%	18.9%	100.0% <sup>2</sup>	0.0% <sup>2</sup>	17.8%	16.2%	24.9%	18.8%	
Sexually Transmitted Diseases	16.1%	19.7%	12.8%	19.8%	13.8%	18.1%	15.3%	21.2%	14.2%	19.8%	14.4%	19.0%	14.2%	16.1%	0.0% <sup>1</sup>	11.3%	15.4%	18.3%	13.2%	16.8%	24.2%	14.8%	17.0%	15.8%		
Endometriosis	14.0%	16.8%	13.9%	19.8%	13.8%	17.1%	13.8%	19.8%	14.8%	19.8%	13.9%	14.0%	15.9%	14.8%	0.0% <sup>1</sup>	19.8%	6.3%	100.0% <sup>2</sup>	0.0% <sup>2</sup>	21.1%	13.8%	19.8%	14.1%	28.8%	12.2%	
PCOS	14.0%	15.2%	15.9%	19.8%	9.7%	18.8%	11.8%	20.8%	11.8%	20.8%	19.8%	21.4%	8.8%	14.8%	0.0% <sup>1</sup>	15.8%	1.4%	19.8%	13.2%	13.8%	100.0% <sup>2</sup>	0.0% <sup>2</sup>	14.1%	14.8%		
Uterine Fibroids	13.4%	13.1%	13.8%	13.8%	13.1%	15.2%	12.8%	11.8%	13.8%	15.1%	12.3%	13.9%	13.3%	13.4%	0.0% <sup>1</sup>	14.8%	3.8%	23.9%	11.8%	19.7%	12.1%	13.8%	13.4%	18.2%	6.8%	
Menstrual Cycles	2.8%	3.4%	1.7%	4.4%	3.2%	5.8%	1.4%	3.8%	2.8%	3.8%	3.2%	2.1%	2.8%	2.1%	0.0% <sup>1</sup>	2.1%	0.7%	4.7%	1.8%	4.7%	2.2%	5.8%	2.8%	15.8%	6.8%	
Gynecologic Cancer	2.3%	2.4%	3.1%	2.3%	2.7%	2.1%	2.9%	2.8%	1.9%	2.4%	2.4%	2.3%	0.0% <sup>1</sup>	2.1%	3.2%	4.8%	1.9%	2.3%	2.2%	0.8%	2.8%	0.8%	2.8%	11.8%	8.8%	
Other condition	2.9%	3.2%	2.4%	3.8%	2.4%	3.1%	2.8%	4.2%	2.4%	3.1%	2.7%	2.9%	2.8%	2.9%	0.0% <sup>1</sup>	3.8%	1.9%	4.3%	2.8%	3.2%	2.7%	2.8%	14.7%	8.8%		
None of these conditions	41.8%	41.2%	48.3%	38.7%	47.3%	38.4%	46.1%	37.1%	48.1%	38.7%	47.3%	39.2%	48.9%	43.8%	0.0% <sup>1</sup>	41.8%	63.8%	63.8%	61.4%	63.8%	63.8%	53.4%	63.8%	63.8%	63.8%	64.3%
At least 1 of these conditions	58.2%	58.8%	51.7%	61.3%	52.7%	61.8%	53.9%	62.9%	51.9%	64.3%	52.7%	60.8%	51.1%	56.2%	0.0% <sup>1</sup>	58.4%	36.2%	36.2%	38.6%	36.2%	36.2%	46.6%	36.2%	36.2%	36.2%	35.7%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	1514	823	1091	630	1276	487	1423	374	1333	498	1416	633	1276	1914	0	1839	275	316	1988	410	1584	181	1793	478	1488	

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# Appendix I

## North Country Health and Healthcare

### March 2026

Dates of Data Collection: February 2-14, 2026

Sample Sizes: n=2,991 for the combined five-county region, with n=853 in Jefferson County, n=580 in St. Lawrence County, n=339 in Franklin County, n=424 in Essex County, and n=795 in Clinton County

Sampling Modalities: MMS text messages with SMS text message reminders to complete survey online, email invitations with reminders to complete survey online, and intercept surveys at Fort Drum (n=1,470 email; n=1,433 MMS/SMS; n=88 Intercept)

Weighting Procedures: Within Counties - weighted by gender, age, educational attainment, race/ethnicity, and military affiliation (only in Jefferson); Regionally - an additional weight for county population size

Calibration: data were calibrated for sampling modality

Design Effect: weights have been trimmed to a maximum of 8, resulting with a study Design Effect of approximately 2.0

Margins of Error: Regionally ME=2.0%; Within Counties: Jefferson ME=3.8%, St. Lawrence ME=4.6%, Franklin ME=6.0%, Essex ME=5.4%, Clinton ME=3.9%

Cross-tabulations: use only the current 2026 results, including the entire regional combined sample. County-specific cross-tabulations are available by request.

Statistical Tests of Significance: Values in the same row and subtable not sharing the same subscript are significantly different at p < .05 in the two-sided test of equality for column proportions.

Cells with no subscript are not included in the test. Tests assume equal variances.

Tests are adjusted for all pairwise comparisons within a row of each innermost subtable using the Bonferroni correction.

NOTE: Percentages in tables are rounded off to the nearest tenth of a %. As a result, percentages in a given table column may total slightly higher or lower than 100%.

In questions that permit multiple responses, columns may total substantially more than 100%, depending on the number of different responses offered by each respondent.



## Participants' Health Conditions (among all participants)

Table 1	All North Country Participants	County of Residence					Gender			Age Groups			Education Level		Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?			
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSD or less	Post HSD, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$10,000	\$10,000-\$14,999	\$15,000-\$24,999	\$25,000-\$39,999	\$40,000-\$59,999	\$60,000 or greater	Yes	No
Physical Health Self-assessment	Excellent	8.1%	12.6%	4.5%	7.9%	14.9%	11.0%	5.0%	0.4%	10.7%	6.7%	5.1%	8.2%	4.8%	12.0%	6.8%	21.9%	4.7%	8.9%	4.7%	6.9%	7.8%	14.2%	18.4%	18.4%	6.1%	13.0%
	Very good	28.6%	29.8%	26.0%	24.9%	34.9%	30.9%	26.1%	27.6%	24.9%	32.6%	21.9%	29.7%	24.9%	27.9%	30.6%	28.7%	26.6%	12.4%	26.2%	32.3%	33.9%	38.0%	38.0%	37.2%	32.1%	
	Good	40.1%	38.4%	42.9%	41.9%	35.1%	40.0%	42.6%	57.6%	38.0%	41.7%	43.9%	41.7%	40.2%	39.3%	40.7%	38.6%	40.7%	38.6%	37.3%	42.3%	42.2%	41.3%	32.4%	41.9%	36.1%	
	Fair	18.9%	16.9%	23.2%	19.8%	17.0%	17.1%	20.6%	3.2%	21.2%	20.6%	17.3%	15.9%	11.3%	20.3%	15.1%	19.7%	10.8%	10.8%	23.2%	24.1%	19.1%	16.1%	11.6%	10.6%	20.6%	14.0%
	Poor	4.3%	3.2%	3.5%	6.9%	3.6%	6.1%	2.9%	8.6%	11.2%	5.2%	3.4%	3.4%	6.2%	2.9%	4.4%	3.7%	4.3%	3.1%	13.2%	3.6%	1.4%	3.0%	0.7%	4.2%	4.2%	
	Don't know	0.1%	0.1%	0.0%	0.0%	0.0%	0.3%	0.0%	0.1%	0.0%	0.0%	0.0%	0.1%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.1%	0.1%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2990	851	578	338	422	791	1016	181	11	470	1108	133	687	860	1358	2161	814	2750	140	389	682	988	805	202	2039	864

Table 1	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1* Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
Physical Health Self-assessment	Excellent	8.1%	22.0%	6.0%	16.0%	1.9%	17.2%	2.3%	3.8%	18.3%	2.3%	10.0%	2.1%	10.9%	8.9%	6.7%	7.4%	9.3%	8.2%	1.6%	10.3%	3.0%
	Very good	28.6%	78.0%	6.0%	42.3%	16.6%	42.9%	19.0%	23.0%	42.1%	14.3%	33.3%	18.1%	35.0%	30.7%	21.0%	28.9%	29.5%	6.7%	34.3%	17.3%	39.5%
	Good	40.1%	60.0%	63.3%	32.8%	46.5%	28.6%	47.4%	43.6%	31.6%	46.3%	44.7%	39.4%	28.4%	42.4%	40.7%	38.9%	39.5%	82.4%	39.1%	41.6%	41.8%
	Fair	18.9%	0.0%	29.8%	8.9%	27.7%	8.8%	25.2%	6.0%	27.7%	16.0%	30.6%	13.3%	17.0%	25.4%	18.6%	19.9%	18.7%	25.1%	14.2%	28.9%	28.9%
	Poor	4.3%	0.0%	6.7%	1.6%	7.1%	1.6%	6.0%	24.2%	2.6%	7.4%	2.6%	4.3%	4.1%	4.6%	2.7%	4.0%	14.8%	2.0%	9.2%	2.0%	2.0%
	Don't know	0.1%	0.0%	0.1%	0.0%	0.0%	0.0%	0.1%	0.1%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2990	1231	1749	1686	1282	1076	1089	2228	762	895	2385	948	2022	2653	427	2533	423	2920	35	2181	705

Table 1	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Physical Health Self-assessment	Excellent	8.1%	6.2%	5.9%	5.0%	9.4%	6.2%	8.5%	7.8%	8.7%	4.3%	9.5%	6.4%	8.1%	4.8%	11.2%	4.4%	8.2%	3.9%	5.0%	1.8%	5.5%	0.9%	5.4%	4.6%	4.8%
	Very good	28.6%	24.3%	32.0%	24.1%	31.0%	23.1%	31.2%	21.9%	31.1%	22.8%	31.9%	26.3%	30.8%	25.9%	28.6%	24.2%	26.7%	25.8%	26.4%	13.9%	28.4%	25.6%	25.6%	26.9%	26.9%
	Good	40.1%	41.8%	38.7%	40.3%	40.9%	39.9%	41.0%	40.0%	39.7%	40.2%	40.8%	41.5%	40.7%	48.5%	43.3%	41.3%	37.7%	39.6%	42.4%	40.7%	42.2%	40.4%	41.8%	41.8%	
	Fair	18.9%	21.4%	16.9%	26.3%	16.2%	23.0%	17.2%	22.7%	17.6%	23.7%	16.0%	21.2%	16.7%	22.0%	19.9%	23.0%	20.8%	23.6%	36.2%	18.7%	22.0%	21.0%	21.0%	21.0%	
	Poor	4.3%	6.2%	2.7%	6.3%	2.2%	6.2%	3.5%	7.5%	3.0%	8.2%	2.7%	6.4%	2.9%	6.4%	3.3%	5.6%	5.1%	11.7%	4.9%	11.7%	5.1%	7.4%	5.7%	5.7%	
	Don't know	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.1%	0.1%	0.0%	0.0%	0.2%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2990	1180	1800	886	2090	719	2264	577	2389	696	2284	948	2023	1913	1067	1636	275	315	1596	408	1003	161	1780	477	1434

Table 1	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges		Have experienced challenges getting other healthcare services		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Physical Health Self-assessment	Excellent	8.1%	5.1%	10.0%	2.8%	3.1%	9.0%	10.7%	7.9%	4.0%	8.5%	2.3%	8.7%	7.0%	8.1%	11.6%	4.3%	1.3%	8.4%	
	Very good	28.6%	25.2%	29.4%	19.3%	32.0%	28.1%	25.4%	28.6%	22.4%	29.1%	17.6%	29.6%	24.6%	28.5%	33.1%	23.4%	19.6%	28.9%	
	Good	40.1%	38.2%	41.4%	42.3%	39.5%	40.1%	40.3%	35.5%	40.9%	40.3%	40.9%	41.2%	40.5%	40.1%	40.6%	46.1%	40.9%	46.1%	
	Fair	18.9%	25.1%	17.2%	22.6%	15.4%	20.8%	18.2%	18.9%	25.7%	18.0%	25.0%	18.2%	27.3%	18.8%	13.0%	26.2%	27.1%	18.4%	
	Poor	4.3%	8.3%	3.2%	7.5%	3.0%	8.9%	3.4%	8.5%	4.1%	6.6%	4.0%	6.8%	4.0%	0.0%	2.1%	6.6%	5.8%	4.2%	
	Don't know	0.1%	0.1%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.1%	0.0%	0.3%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.1%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2990	488	2445	642	2291	465	2478	91	2802	264	2669	207	2728	13	2620	1620	1300	174	2759

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 2	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?			
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <1-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000-\$74,999	\$75,000-\$99,999	\$100,000-\$199,999	\$200,000 or greater	Yes	No		
Mental Health Self-assessment	Excellent	17.7%	22.7%	14.9%	17.1%	17.9%	18.4%	28.0%	16.1%	3.2%	11.3%	18.9%	28.1%	16.7%	17.7%	19.7%	17.6%	17.9%	17.0%	23.0%	12.8%	13.3%	18.1%	23.4%	28.6%	16.0%	22.4%	
	Very good	29.2%	27.3%	27.4%	29.4%	36.4%	30.9%	32.6%	25.1%	27.1%	18.9%	34.3%	40.8%	23.7%	30.9%	33.1%	28.9%	29.3%	24.6%	29.0%	25.9%	32.4%	32.1%	17.4%	30.9%	25.1%		
	Good	32.1%	32.9%	34.9%	29.1%	27.1%	32.2%	29.2%	35.7%	34.6%	38.3%	30.1%	24.1%	33.4%	33.9%	30.0%	31.9%	33.0%	32.2%	33.9%	27.1%	37.1%	32.9%	36.6%	27.7%	31.7%	34.1%	
	Fair	14.4%	16.9%	16.3%	16.1%	16.6%	8.3%	19.7%	23.8%	20.3%	12.8%	5.6%	16.6%	13.8%	12.6%	16.0%	12.8%	15.3%	6.9%	22.6%	17.1%	11.9%	11.9%	6.1%	16.7%	11.1%		
	Poor	6.1%	6.9%	7.2%	9.4%	1.4%	4.3%	3.1%	8.1%	11.3%	11.0%	2.9%	1.1%	9.6%	4.3%	6.9%	6.4%	6.7%	10.7%	16.2%	6.6%	4.7%	1.9%	3.0%	6.1%	6.1%		
	Don't know	0.9%	0.1%	0.7%	0.1%	0.1%	1.3%	0.8%	0.2%	0.0%	0.0%	0.0%	0.0%	1.3%	0.3%	0.1%	0.5%	0.5%	0.8%	1.0%	0.4%	0.8%	0.2%	1.2%	0.6%	0.5%		
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2971	850	878	337	420	786	1015	1874	10	469	1109	1324	600	808	1359	2150	816	2742	139	366	877	886	806	202	2029	865	

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 2	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
Mental Health Self-assessment	Excellent	17.7%	32.1%	9.2%	37.7%	14.4%	30.3%	9.7%	14.4%	25.8%	12.1%	20.3%	16.4%	16.1%	17.4%	16.9%	15.1%	17.4%	16.9%	18.2%	1.6%	25.9%
	Very good	29.2%	41.1%	22.4%	62.3%	0.0%	41.8%	21.8%	27.2%	34.8%	8.7%	35.9%	21.7%	32.8%	31.2%	22.2%	29.6%	30.7%	29.6%	30.8%	38.8%	9.7%
	Good	32.1%	21.9%	38.1%	0.0%	69.9%	19.7%	40.0%	33.8%	28.9%	40.2%	29.5%	37.6%	29.6%	31.6%	33.9%	32.7%	30.7%	32.5%	37.1%	29.3%	37.2%
	Fair	14.4%	4.0%	20.4%	0.0%	6.4%	19.4%	17.0%	8.1%	33.2%	18.8%	8.2%	19.8%	13.9%	17.7%	15.1%	10.9%	14.4%	9.6%	5.3%	33.5%	
	Poor	6.1%	0.7%	9.2%	0.0%	11.4%	1.8%	8.8%	7.5%	2.4%	17.1%	2.4%	8.7%	4.8%	6.0%	8.9%	6.3%	5.1%	31.3%	0.6%	17.7%	
	Don't know	0.9%	0.1%	0.8%	0.0%	1.0%	0.3%	0.7%	0.2%	1.0%	0.0%	0.3%	0.0%	0.3%	1.2%	0.9%	0.4%	0.9%	0.0%	0.0%	0.8%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2971	2227	1741	1689	1282	1376	1586	2221	790	594	2377	947	2024	2644	427	2526	421	2911	35	2174	704

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 2	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions			
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
Mental Health Self-assessment	Excellent	17.7%	19.8%	23.1%	8.9%	21.9%	10.7%	20.9%	12.0%	19.6%	10.3%	20.9%	12.0%	21.3%	10.3%	24.9%	9.2%	16.9%	11.7%	10.0%	12.0%	9.9%	5.7%	11.0%	12.6%	8.7%	
	Very good	29.2%	24.0%	33.3%	16.7%	34.6%	29.2%	32.6%	20.7%	31.9%	20.1%	32.6%	23.7%	32.3%	24.8%	33.5%	23.6%	24.4%	23.9%	24.9%	16.0%	26.1%	27.8%	34.0%			
	Good	32.1%	36.4%	38.7%	38.1%	29.2%	38.7%	28.8%	34.1%	31.6%	30.9%	33.4%	31.6%	38.6%	36.0%	35.9%	37.0%	33.4%	36.4%	38.6%	31.6%	41.9%	36.0%	36.7%	36.1%		
	Fair	14.4%	18.9%	10.8%	20.7%	11.2%	17.9%	13.1%	19.4%	12.7%	19.6%	12.4%	20.2%	10.9%	19.1%	9.9%	20.4%	7.7%	23.6%	18.3%	18.1%	19.3%	15.8%	19.8%	18.9%		
	Poor	6.1%	9.2%	3.6%	12.9%	2.7%	12.0%	3.9%	13.3%	3.8%	14.6%	2.9%	10.4%	3.4%	9.9%	10.6%	2.9%	4.4%	10.7%	7.0%	10.4%	29.9%	8.0%	3.7%	11.2%		
	Don't know	0.9%	0.7%	0.8%	0.8%	0.4%	0.6%	0.6%	0.1%	0.7%	0.3%	0.6%	0.2%	0.8%	0.2%	0.0%	0.0%	0.4%	0.2%	0.3%	0.2%	0.0%	0.3%	0.4%	0.2%		
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2971	1180	1791	885	2074	719	2247	576	2382	696	2275	949	2013	1906	1069	1632	272	316	1588	404	1500	161	1743	475	1429	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 2	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges		Have experienced challenges getting other healthcare services		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Mental Health Self-assessment	Excellent	17.7%	11.7%	19.3%	9.1%	20.9%	12.0%	18.7%	8.6%	18.0%	4.8%	19.1%	1.7%	19.4%	1.4%	17.8%	23.4%	11.8%	16.4%	17.7%
	Very good	29.2%	24.4%	30.3%	22.1%	31.7%	22.9%	30.2%	16.2%	29.9%	17.3%	30.3%	7.2%	31.4%	9.8%	29.2%	33.7%	24.0%	27.2%	29.1%
	Good	32.1%	28.1%	33.4%	36.1%	31.1%	28.4%	32.7%	49.8%	31.9%	28.9%	32.8%	32.2%	18.9%	32.4%	32.1%	32.3%	40.4%	31.9%	
	Fair	14.4%	23.2%	12.1%	21.4%	11.9%	12.9%	23.3%	29.7%	14.2%	29.6%	12.9%	38.8%	12.7%	27.7%	14.4%	8.3%	21.1%	11.0%	14.7%
	Poor	6.1%	12.1%	4.4%	11.1%	4.2%	11.6%	5.1%	4.8%	6.1%	20.6%	4.6%	26.9%	3.8%	11.3%	2.1%	10.3%	5.0%	6.1%	
	Don't know	0.9%	0.6%	0.8%	1.2%	0.3%	1.2%	0.4%	0.0%	0.6%	0.0%	1.5%	0.4%	14.8%	0.4%	0.4%	0.7%	0.0%	0.6%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2971	486	2429	643	2281	463	2471	80	2074	265	2059	207	2717	13	2911	1629	1298	173	2781

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 3	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income						Childhood grew up in the North Country?	
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <16-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000-\$74,999	\$75,000-\$99,999	\$100,000-\$199,999	\$200,000 or greater	Yes	No	
		11.7%	16.2%	8.1%	10.4%	12.6%	13.2%	12.7%	10.4%	3.2%	10.8%	12.0%	12.6%	7.1%	19.1%	19.7%	10.0%	16.3%	11.0%	17.2%	6.2%	8.1%	13.5%	14.2%	25.3%	10.1%	13.3%
Excellent	11.7%	16.2%	8.1%	10.4%	12.6%	13.2%	12.7%	10.4%	3.2%	10.8%	12.0%	12.6%	7.1%	19.1%	19.7%	10.0%	16.3%	11.0%	17.2%	6.2%	8.1%	13.5%	14.2%	25.3%	10.1%	13.3%	
Very good	26.8%	25.8%	23.3%	24.4%	23.1%	23.2%	28.1%	23.7%	15.9%	23.6%	28.7%	30.8%	19.8%	25.9%	26.3%	25.9%	23.2%	26.5%	27.0%	14.6%	21.4%	27.4%	35.9%	35.9%	28.5%	28.0%	
Good	30.9%	32.7%	33.0%	29.0%	30.5%	27.2%	30.5%	31.1%	22.7%	30.8%	30.4%	31.4%	31.3%	32.9%	30.8%	31.4%	30.6%	33.8%	30.6%	33.8%	25.3%	34.1%	29.6%	31.6%	31.6%	29.0%	
Fair	18.6%	15.1%	23.1%	19.2%	21.6%	15.4%	18.4%	19.3%	0.0%	20.0%	18.7%	16.8%	23.3%	20.7%	11.1%	19.8%	15.3%	19.0%	12.5%	27.7%	23.0%	21.8%	13.2%	6.7%	19.3%		
Poor	11.1%	9.6%	10.7%	14.4%	6.1%	14.1%	9.0%	12.8%	87.2%	13.0%	13.0%	8.6%	16.9%	11.0%	4.4%	12.5%	7.0%	11.3%	7.8%	23.0%	14.3%	7.8%	5.2%	3.6%	11.4%		
Don't know	0.9%	0.6%	0.7%	2.8%	0.1%	0.9%	1.9%	0.7%	0.7%	1.8%	0.2%	1.7%	0.5%	0.8%	0.8%	1.0%	0.3%	1.7%	3.2%	1.3%	0.2%	0.0%	0.0%	1.0%	0.5%		
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	2968	850	876	334	419	789	1011	1875	10	468	1109	1222	681	807	1355	2149	814	2741	138	385	877	988	803	202	2029	862	

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 3	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
		11.7%	20.9%	6.3%	19.2%	30.3%	0.0% <th>9.2% <th>17.8% <th>7.4% <th>13.1% <th>7.4% <th>13.7% <th>12.8% <th>7.7% <th>11.3% <th>11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th></th></th></th></th></th></th></th></th></th></th>	9.2% <th>17.8% <th>7.4% <th>13.1% <th>7.4% <th>13.7% <th>12.8% <th>7.7% <th>11.3% <th>11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th></th></th></th></th></th></th></th></th></th>	17.8% <th>7.4% <th>13.1% <th>7.4% <th>13.7% <th>12.8% <th>7.7% <th>11.3% <th>11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th></th></th></th></th></th></th></th></th>	7.4% <th>13.1% <th>7.4% <th>13.7% <th>12.8% <th>7.7% <th>11.3% <th>11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th></th></th></th></th></th></th></th>	13.1% <th>7.4% <th>13.7% <th>12.8% <th>7.7% <th>11.3% <th>11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th></th></th></th></th></th></th>	7.4% <th>13.7% <th>12.8% <th>7.7% <th>11.3% <th>11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th></th></th></th></th></th>	13.7% <th>12.8% <th>7.7% <th>11.3% <th>11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th></th></th></th></th>	12.8% <th>7.7% <th>11.3% <th>11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th></th></th></th>	7.7% <th>11.3% <th>11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th></th></th>	11.3% <th>11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th></th>	11.5% <th>4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th></th>	4.4% <th>14.5% <th>5.6% <th>14.5% </th></th></th>	14.5% <th>5.6% <th>14.5% </th></th>	5.6% <th>14.5% </th>	14.5%
Excellent	11.7%	20.9%	6.3%	19.2%	30.3%	0.0%	9.2%	17.8%	7.4%	13.1%	7.4%	13.7%	12.8%	7.7%	11.3%	11.5%	4.4%	14.5%	5.6%	14.5%	
Very good	26.8%	43.3%	17.4%	39.9%	69.7%	0.0%	24.6%	32.4%	17.0%	30.1%	21.9%	29.2%	30.3%	14.8%	27.1%	26.2%	27.7%	3.3%	31.7%	17.8%	
Good	30.9%	24.0%	35.0%	23.8%	37.3%	0.0%	33.1%	25.8%	29.7%	31.3%	35.8%	28.7%	30.5%	32.7%	30.7%	33.2%	30.8%	84.8%	29.7%	32.6%	
Fair	18.6%	8.6%	24.4%	12.7%	0.0%	30.2%	19.8%	15.6%	23.6%	21.8%	10.1%	16.9%	8.8%	19.2%	18.3%	20.1%	18.3%	24.3%	17.3%	17.3%	
Poor	11.1%	3.2%	15.6%	4.0%	0.0%	18.0%	12.6%	7.3%	20.4%	13.4%	8.0%	13.4%	8.8%	19.2%	11.6%	7.9%	10.8%	13.2%	6.4%	21.0%	
Don't know	0.9%	0.0%	1.4%	0.4%	1.3%	0.0%	1.4%	0.7%	1.3%	1.9%	0.8%	0.1%	1.3%	0.8%	1.3%	0.9%	1.0%	0.9%	0.0%	0.4%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	2968	3223	1742	1684	1279	1379	1590	2219	749	694	2374	946	3022	2542	426	2522	422	2909	35	2173	

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 3	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
		11.7%	9.2%	13.7%	8.2%	13.3%	7.6%	13.1%	6.6%	13.0%	7.0%	13.4%	9.5%	13.1%	10.4%	12.9%	10.5%	9.5%	11.5%	13.0%	13.0%	9.4%	10.8%	10.3%	14.5%
Excellent	11.7%	9.2%	13.7%	8.2%	13.3%	7.6%	13.1%	6.6%	13.0%	7.0%	13.4%	9.5%	13.1%	10.4%	12.9%	10.5%	9.5%	11.5%	13.0%	13.0%	9.4%	10.8%	10.3%	14.5%	
Very good	26.8%	23.0%	28.9%	21.6%	29.5%	19.3%	28.6%	20.9%	28.7%	19.6%	30.1%	23.0%	28.0%	25.6%	30.6%	25.1%	30.2%	26.7%	25.9%	27.4%	25.3%	19.9%	27.4%	27.6%	
Good	30.9%	28.0%	32.9%	28.5%	32.3%	28.1%	31.7%	26.2%	32.7%	29.2%	31.6%	27.8%	33.3%	31.5%	30.4%	30.5%	40.1%	31.0%	31.6%	29.2%	33.3%	31.7%	27.4%	32.5%	
Fair	18.6%	24.2%	14.1%	25.8%	14.9%	26.7%	15.6%	23.6%	16.9%	28.9%	15.4%	22.0%	16.4%	19.4%	20.1%	13.0%	21.2%	19.1%	18.7%	19.6%	23.3%	18.8%	16.9%	19.5%	
Poor	11.1%	13.9%	8.8%	15.3%	8.9%	15.4%	9.1%	20.7%	7.3%	18.2%	8.4%	16.5%	7.7%	12.3%	9.9%	13.9%	6.0%	9.4%	12.9%	11.7%	12.4%	25.1%	11.0%	12.6%	
Don't know	0.9%	0.8%	1.0%	0.7%	1.0%	1.0%	0.9%	0.5%	2.1%	0.4%	0.4%	1.0%	0.8%	1.0%	0.8%	1.1%	0.3%	0.9%	0.0%	1.4%	0.0%	1.0%	0.5%	0.9%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	2968	1179	1789	885	2059	717	2245	575	2379	696	2272	949	2010	1907	1061	1631	274	316	1589	406	1499	161	1744	475	1429

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 3	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
		7.6%	12.7%	3.0%	14.9%	7.3%	12.4%	11.1%	11.6%	7.7%	12.0%	4.1%	12.4%	3.5%	11.7%	15.9%	7.0%	9.7%	11.7%
Excellent	7.6%	12.7%	3.0%	14.9%	7.3%	12.4%	11.1%	11.6%	7.7%	12.0%	4.1%	12.4%	3.5%	11.7%	15.9%	7.0%	9.7%	11.7%	
Very good	19.7%	28.7%	11.2%	32.7%	20.7%	27.9%	18.1%	27.1%	20.9%	27.4%	17.2%	27.8%	2.9%	27.0%	32.4%	20.8%	31.2%	28.0%	
Good	30.9%	31.8%	30.6%	29.0%	31.6%	30.2%	31.0%	47.3%	30.2%	30.8%	30.8%	34.8%	30.4%	72.1%	30.5%	31.0%	30.8%	25.3%	31.2%
Fair	18.6%	23.7%	17.4%	22.8%	13.4%	24.9%	17.7%	18.2%	18.9%	19.6%	18.4%	19.8%	6.6%	18.9%	13.6%	24.4%	23.3%	18.0%	
Poor	11.1%	16.1%	5.7%	23.1%	6.8%	16.2%	4.7%	11.3%	19.5%	10.1%	25.0%	5.6%	14.8%	11.0%	6.5%	16.0%	7.9%	11.3%	
Don't know	0.9%	1.0%	0.9%	1.0%	0.9%	0.7%	1.8%	0.0%	1.3%	0.5%	1.0%	0.5%	1.0%	0.0%	0.9%	2.7%	0.8%	0.8%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	2968	487	2434	643	2278	468	2488	91	2870	265	2056	207	2714	13	2908	1623	1298	174	2747

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 4	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSD or less	Post HSD, but <col grad	College Grad. (at least)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$10,000	\$10,000-\$14,999	\$15,000-\$19,999	\$20,000-\$29,999	\$30,000-\$39,999	\$40,000 or greater	Yes	No
Have you ever been diagnosed with _____?																											
High blood pressure	37.8%	31.0%	41.0%	44.3%	42.0%	36.0%	43.1%	6.4%	17.7%	43.9%	64.4%	36.9%	41.9%	32.9%	41.7%	25.7%	37.0%	28.5%	40.1%	36.4%	37.2%	37.6%	28.9%	38.3%	38.3%	32.2%	33.2%
Obesity	32.3%	28.4%	34.6%	33.5%	33.1%	24.9%	40.8%	36.8%	32.8%	34.2%	38.4%	32.7%	36.3%	28.3%	33.4%	28.2%	33.1%	30.0%	33.1%	35.9%	32.3%	32.4%	32.4%	22.6%	35.0%	28.4%	
+ mental health condition	24.6%	21.3%	28.1%	25.4%	18.2%	27.2%	14.8%	35.0%	35.4%	22.1%	8.4%	27.8%	21.1%	26.6%	24.3%	25.6%	26.8%	18.3%	25.6%	21.8%	21.5%	21.1%	17.3%	25.4%	23.6%		
Pre-diabetes	15.4%	10.4%	16.9%	22.7%	21.0%	14.4%	14.7%	15.8%	36.8%	9.9%	17.4%	22.8%	16.3%	14.1%	16.6%	12.6%	15.8%	12.1%	18.0%	17.4%	12.8%	14.9%	9.8%	16.3%	12.6%		
Diabetes	11.8%	9.5%	11.4%	11.6%	13.8%	13.8%	9.8%	25.2%	6.8%	11.4%	15.0%	13.8%	12.8%	8.6%	12.8%	9.4%	11.6%	13.0%	16.6%	13.0%	10.1%	10.0%	12.5%	15.0%	12.5%		
Cancer	10.1%	8.5%	11.4%	9.8%	7.9%	11.6%	10.7%	3.2%	2.4%	11.7%	21.8%	8.0%	10.6%	11.6%	10.3%	9.3%	6.9%	11.2%	8.0%	9.4%	9.8%	9.4%	8.8%	15.0%	9.6%		
Heart disease	7.9%	6.0%	7.9%	9.7%	12.3%	7.9%	10.2%	5.9%	3.2%	6.7%	8.8%	8.8%	6.7%	8.9%	6.7%	6.7%	8.0%	6.2%	10.8%	8.2%	7.6%	6.3%	6.1%	8.0%	7.4%		
Heart disease	7.9%	6.0%	7.9%	9.7%	12.3%	7.9%	10.2%	5.9%	3.2%	6.7%	8.8%	8.8%	6.7%	8.9%	6.7%	6.7%	8.0%	6.2%	10.8%	8.2%	7.6%	6.3%	6.1%	8.0%	7.4%		
COVD	4.4%	3.1%	6.3%	4.9%	2.9%	3.9%	4.0%	5.0%	3.7%	11.2%	1.9%	4.6%	9.5%	6.6%	4.9%	1.8%	6.1%	2.1%	4.7%	0.6%	11.2%	4.6%	3.2%	2.9%	0.8%		
No chronic health condition diagnoses	29.2%	37.4%	24.9%	25.9%	29.1%	38.0%	33.9%	25.1%	23.2%	39.9%	26.1%	14.2%	28.4%	32.9%	28.8%	36.1%	27.9%	43.4%	20.8%	27.8%	32.6%	31.0%	37.4%	28.6%	37.0%		
+ Diagnosed Chronic Health Condition	70.8%	62.6%	75.1%	74.0%	70.9%	73.5%	66.0%	74.9%	76.8%	60.1%	73.9%	85.8%	72.6%	71.6%	67.2%	73.2%	63.9%	72.1%	56.6%	79.2%	72.2%	67.4%	69.0%	62.6%	73.2%		
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	2991	893	590	339	424	799	1024	1884	11	471	1111	1340	690	863	1382	2167	819	2760	141	372	886	988	908	303	2044	870	

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 4	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		+ Diagnosed Chronic Health Condition		Diagnosed with + mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (if beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
		Excellent or Very Good	Less than E or V Good	Excellent or Very Good	Less than E or V Good	Excellent or Very Good	Less than E or V Good	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
Have you ever been diagnosed with _____?																					
High blood pressure	37.8%	27.7%	43.2%	40.9%	34.1%	39.0%	53.0%	0.0%	38.3%	37.9%	52.4%	30.4%	39.8%	29.3%	37.9%	36.3%	34.2%	40.6%	31.3%	41.1%	
Obesity	32.3%	15.2%	42.3%	23.4%	24.6%	37.2%	45.7%	0.0%	46.3%	27.8%	100.0%	0.0%	33.9%	28.9%	33.4%	28.9%	32.0%	87.0%	28.3%	61.1%	
+ mental health condition	24.6%	11.2%	32.5%	5.0%	42.1%	15.7%	30.4%	34.8%	100.0%	0.0%	100.0%	23.1%	30.0%	28.6%	19.7%	23.4%	62.0%	11.0%	83.5%	41.1%	
Pre-diabetes	15.4%	9.8%	18.7%	14.1%	16.8%	17.2%	21.8%	18.3%	14.5%	28.0%	9.4%	16.9%	10.3%	16.4%	15.0%	27.4%	14.2%	17.7%	17.7%		
Diabetes	11.8%	3.8%	16.4%	10.8%	12.7%	14.0%	16.6%	0.0%	13.1%	11.3%	22.8%	6.6%	11.0%	12.7%	12.7%	7.7%	11.4%	29.7%	11.0%		
Cancer	10.1%	8.2%	11.1%	11.8%	8.8%	10.6%	9.6%	14.2%	8.6%	14.2%	7.3%	11.0%	8.8%	10.2%	8.9%	10.4%	1.8%	11.4%	7.0%		
Heart disease	7.9%	3.6%	10.4%	9.3%	6.7%	9.0%	11.2%	0.0%	4.4%	9.0%	11.0%	6.4%	8.4%	6.2%	7.9%	7.6%	8.1%	4.2%	8.7%		
COVD	4.4%	1.1%	6.4%	3.7%	4.8%	5.3%	6.2%	0.0%	2.3%	4.8%	3.7%	5.3%	3.7%	6.7%	4.6%	3.0%	4.4%	1.5%	3.8%		
No chronic health condition diagnoses	29.2%	48.1%	18.3%	37.1%	22.3%	37.9%	23.8%	0.0%	100.0%	0.0%	0.0%	38.2%	0.0%	43.2%	27.3%	36.1%	28.0%	33.6%	29.2%		
+ Diagnosed Chronic Health Condition	70.8%	51.9%	81.7%	62.9%	77.7%	62.1%	76.2%	100.0%	0.0%	100.0%	61.2%	100.0%	72.7%	63.9%	72.9%	66.6%	70.8%	84.4%	67.1%		
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%		
Unweighted n	2991	1231	1749	1689	1282	1379	1690	2237	754	695	2396	982	2039	2661	430	2543	424	2931	35	2189	

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 4	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Have you ever been diagnosed with _____?																										
High blood pressure	37.8%	32.9%	41.2%	33.2%	39.8%	32.3%	39.8%	27.7%	41.2%	31.7%	39.7%	32.7%	40.3%	32.2%	42.6%	31.9%	35.6%	44.9%	30.0%	39.1%	30.7%	41.2%	30.8%	39.1%	30.6%	
Obesity	32.3%	33.0%	31.8%	38.3%	39.4%	36.7%	30.8%	36.6%	30.8%	37.7%	30.3%	40.9%	27.2%	41.1%	23.9%	42.3%	30.9%	45.0%	40.4%	46.2%	40.0%	41.1%	71.9%	36.1%	43.5%	
+ mental health condition	24.6%	36.9%	14.9%	43.2%	15.3%	38.6%	19.6%	34.7%	21.2%	42.1%	18.0%	36.4%	17.5%	35.6%	14.1%	38.0%	15.3%	33.4%	36.0%	36.0%	35.6%	56.4%	32.2%	36.9%		
Pre-diabetes	15.4%	15.9%	16.0%	14.6%	15.8%	16.0%	14.9%	15.6%	15.5%	15.8%	16.4%	14.5%	16.4%	14.5%	16.0%	16.8%	12.4%	22.8%	15.3%	20.4%	15.2%	14.8%	16.3%	15.3%		
Diabetes	11.8%	10.8%	12.6%	10.6%	11.7%	11.3%	10.2%	11.7%	11.8%	11.7%	11.0%	10.2%	11.8%	10.0%	12.1%	13.4%	9.7%	16.9%	13.4%	18.7%	13.8%	14.5%	14.5%	9.2%		
Cancer	10.1%	8.1%	11.6%	7.9%	11.3%	9.3%	10.3%	8.0%	10.7%	7.6%	11.7%	7.6%	11.8%	9.3%	10.8%	8.0%	12.4%	12.4%	8.8%	14.0%	8.3%	6.9%	9.7%	18.9%		
Heart disease	7.9%	6.2%	9.2%	6.8%	8.8%	7.2%	8.1%	6.4%	8.4%	7.5%	8.0%	5.4%	9.4%	6.0%	8.9%	5.4%	10.9%	7.9%	5.6%	6.8%	5.7%	5.9%	6.4%	5.8%		
COVD	4.4%	4.0%	4.6%	5.0%	4.1%	5.0%	4.1%	5.5%	3.9%	6.0%	3.7%	4.1%	4.6%	4.1%	4.6%	4.2%	3.7%	6.1%	4.0%	6.2%	3.7%	4.9%	4.0%	3.6%		
No chronic health condition diagnoses	29.2%	26.4%	31.5%	22.2%	32.7%	31.6%	26.9%	29.9%	19.7%	32.8%	25.4%	22.8%	24.5%	33.9%	23.5%	32.7%	16.7%	25.8%	31.6%	21.8%	27.3%	16.5%	27.3%	16.5%		
+ Diagnosed Chronic Health Condition	70.8%	73.6%	68.5%	77.8%	67.3%	77.7%	68.4%	73.1%	70.1%	80.3%	67.2%	74.6%	68.2%	75.5%	66.1%	76.5%	67.3%	83.3%	74.2%	83.5%	73.8%	93.0%	72.7%	81.5%		
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	2991	1184	1807	887	2090	719	2265	979	2399	696	2295	961	2051	1916	1075	1639	275	316	1988	410	1604	161	1763	478	1436	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 4	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges		Have experienced challenges getting other healthcare services	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
Have you ever been diagnosed with _____?																			
High blood pressure	37.8%	31.1%	38.9%	33.3%	38.7%	34.1%	37.8%	28.0%	37.7%	22.8%	38.9%	34.1%	38.7%	8.9%	27.8%	35.9%	35.9%		
Obesity	32.3%	38.3%	31.0%	42.6%	38.7%	34.6%	32.2%	36.2%	32.4%	43.8%	31.3%	47.2%	31.0%	40.7%	32.5%	24.6%	41.2%		
+ mental health condition	24.6%	34.6%	22.1%	38.5%	19.5%	31.4%	23.6%	45.2%	24.0%	54.7%	21.4%	70.8%	19.8%	51.5%</					

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 5	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income						Childhood grew up in the North Country?	
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HS or less	Post HS, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$10,000	\$10,000-\$14,999	\$15,000-\$19,999	\$20,000-\$29,999	\$30,000 or greater	Yes	No
			10.3%	12.4%	8.0%	13.2%	8.9%																				
Traditional tobacco cigarettes	10.3%	12.4%	8.0%	13.2%	8.9%	9.7%	10.6%	10.0%	23.6%	10.2%	13.7%	6.0%	13.1%	11.9%	6.1%	11.6%	6.6%	10.6%	8.2%	16.1%	10.8%	8.9%	9.4%	4.1%	10.4%	10.2%	
Vapes or e-cigarettes	8.9%	13.9%	7.0%	8.3%	6.6%	6.9%	10.6%	10.0%	29.6%	15.2%	5.4%	1.6%	12.9%	8.7%	3.8%	9.2%	7.9%	15.9%	11.3%	12.9%	12.5%	3.6%	8.7%	0.0%	8.1%	6.1%	
Nicotine pouches	5.7%	7.4%	8.2%	2.7%	1.1%	4.2%	9.9%	1.3%	23.9%	10.3%	3.1%	1.0%	8.3%	6.2%	3.8%	4.2%	10.0%	5.6%	8.3%	3.3%	7.2%	5.6%	5.2%	9.8%	5.3%	7.3%	
Chewing tobacco	1.7%	2.2%	2.0%	0.8%	3.1%	0.4%	3.1%	0.3%	3.2%	1.8%	2.1%	0.7%	3.0%	0.9%	1.0%	1.8%	1.5%	1.6%	1.9%	0.9%	1.5%	1.4%	1.4%	1.7%	1.8%	2.2%	
Use at least 1 type	22.1%	27.7%	21.8%	21.4%	18.5%	24.7%	19.3%	26.8%	29.8%	21.3%	8.4%	30.2%	21.9%	12.2%	2.8%	21.4%	21.8%	25.9%	26.7%	28.2%	21.9%	19.8%	20.7%	22.8%	20.0%	20.0%	
Use NO nicotine products	77.9%	72.3%	78.2%	78.6%	84.9%	81.5%	75.3%	80.7%	73.2%	70.2%	78.7%	91.6%	69.8%	78.1%	87.8%	77.6%	78.9%	74.1%	73.3%	74.8%	82.9%	80.2%	79.3%	77.2%	80.0%	80.0%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	2991	953	550	339	424	725	1024	1804	11	471	1111	130	550	853	1303	2107	819	2760	141	372	855	558	558	333	2044	870	

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 5	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
			10.3%	6.7%	12.3%	9.3%	11.2%	5.9%	13.1%	10.2%	10.5%	11.2%	10.0%	8.8%	11.0%	0.0%	46.6%	9.2%	15.7%	10.0%	23.7%	9.7%
Traditional tobacco cigarettes	10.3%	6.7%	12.3%	9.3%	11.2%	5.9%	13.1%	10.2%	10.5%	11.2%	10.0%	8.8%	11.0%	0.0%	46.6%	9.2%	15.7%	10.0%	23.7%	9.7%	11.6%	
Vapes or e-cigarettes	8.4%	6.5%	10.1%	4.7%	12.5%	5.0%	11.3%	8.1%	10.8%	15.9%	6.5%	7.5%	9.5%	0.0%	40.1%	7.5%	14.9%	10.8%	6.1%	14.3%		
Nicotine pouches	5.7%	5.7%	5.7%	5.8%	5.6%	4.4%	6.5%	4.1%	9.6%	5.9%	5.7%	6.0%	5.6%	0.0%	26.0%	4.7%	10.9%	5.2%	23.8%	5.4%	5.8%	
Chewing tobacco	1.7%	2.6%	1.2%	1.8%	1.1%	1.1%	2.0%	1.6%	2.0%	2.2%	0.6%	2.2%	1.0%	0.0%	7.6%	1.0%	6.5%	1.8%	0.0%	2.0%	1.1%	
Use at least 1 type	22.1%	16.6%	25.1%	17.5%	26.0%	12.7%	27.9%	19.9%	27.2%	26.9%	20.5%	18.3%	23.8%	0.0%	100.0%	18.9%	37.7%	20.9%	68.2%	19.2%	27.7%	
Use NO nicotine products	77.9%	83.4%	74.9%	82.5%	74.0%	87.3%	72.1%	80.1%	72.8%	73.1%	79.5%	81.7%	76.2%	100.0%	0.0%	81.1%	62.3%	79.1%	41.8%	80.8%	72.3%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	2991	1231	1749	1689	1282	1378	1690	2237	794	595	2396	962	2039	2661	430	2543	424	2931	35	2189	707	

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 5	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (past a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
		Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
			10.3%	12.0%	8.9%	12.6%	9.0%	12.7%	9.3%	13.6%	9.2%	12.7%	9.4%	12.2%	9.2%	9.7%	10.8%	9.9%	7.8%	11.1%	9.8%	9.7%	9.7%	10.3%	9.6%
Traditional tobacco cigarettes	10.3%	12.0%	8.9%	12.6%	9.0%	12.7%	9.3%	13.6%	9.2%	12.7%	9.4%	12.2%	9.2%	9.7%	10.8%	9.9%	7.8%	11.1%	9.8%	9.7%	9.7%	10.3%	9.6%	11.7%	9.2%
Vapes or e-cigarettes	8.9%	10.9%	7.2%	13.1%	6.6%	10.6%	8.1%	9.7%	8.6%	12.0%	7.7%	12.3%	6.7%	10.9%	6.9%	11.9%	5.7%	11.4%	11.4%	9.2%	11.3%	19.1%	9.6%	6.6%	12.0%
Nicotine pouches	5.7%	7.2%	4.6%	6.1%	5.4%	5.9%	5.6%	5.1%	6.0%	7.0%	5.1%	6.1%	5.5%	1.8%	9.5%	2.1%	0.0%	0.9%	2.0%	0.9%	2.5%	5.9%	1.2%	0.3%	2.2%
Chewing tobacco	1.7%	1.6%	1.8%	2.1%	1.0%	1.9%	1.6%	1.3%	1.9%	1.4%	1.8%	1.6%	1.8%	0.3%	3.1%	0.1%	1.4%	0.0%	0.3%	0.0%	0.0%	0.0%	0.3%	0.8%	0.1%
Use at least 1 type	22.1%	26.4%	18.6%	26.9%	19.7%	25.3%	20.8%	24.6%	21.3%	27.2%	20.1%	25.7%	19.9%	19.9%	24.9%	20.2%	13.9%	17.7%	19.8%	17.8%	19.9%	25.9%	18.9%	18.1%	19.8%
Use NO nicotine products	77.9%	73.6%	81.4%	73.0%	80.3%	74.7%	79.2%	75.4%	78.7%	72.8%	79.9%	74.3%	80.1%	80.8%	75.9%	79.8%	86.1%	82.3%	80.2%	82.2%	85.1%	74.1%	81.9%	81.9%	80.2%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2991	1184	1807	887	2090	719	2265	579	2399	806	2295	951	2031	1916	1075	1639	275	316	1098	410	1004	161	1753	478	1426

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 5	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
			10.3%	14.9%	9.0%	15.0%	8.5%	13.9%	9.6%	4.5%	10.8%	16.7%	9.5%	12.9%	10.0%	14.8%	10.2%	7.7%	13.0%
Traditional tobacco cigarettes	10.3%	14.9%	9.0%	15.0%	8.5%	13.9%	9.6%	4.5%	10.8%	16.7%	9.5%	12.9%	10.0%	14.8%	10.2%	7.7%	13.0%	9.0%	10.3%
Vapes or e-cigarettes	8.9%	10.4%	8.4%	10.0%	8.2%	7.8%	9.0%	8.2%	8.6%	16.0%	8.0%	13.5%	8.3%	59.3%	8.3%	7.7%	10.1%	10.9%	8.7%
Nicotine pouches	5.7%	11.6%	4.2%	8.8%	4.6%	3.3%	6.2%	13.3%	5.5%	6.0%	5.7%	7.7%	5.6%	0.0%	5.8%	4.3%	7.3%	1.2%	6.0%
Chewing tobacco	1.7%	2.3%	1.9%	1.6%	1.4%	1.4%	1.4%	0.9%	1.4%	0.9%	0.7%	1.8%	1.8%	0.0%	1.7%	2.1%	1.3%	0.0%	1.6%
Use at least 1 type	22.1%	31.9%	19.3%	29.6%	19.1%	23.3%	21.8%	31.7%	21.4%	32.3%	20.9%	31.6%	21.0%	74.1%	21.5%	17.8%	26.6%	18.0%	22.2%
Use NO nicotine products	77.9%	68.1%	80.7%	70.4%	80.9%	76.7%	78.2%	68.3%	78.4%	67.7%	79.1%	68.9%	79.0%	25.9%	78.5%	82.2%	73.5%	82.0%	77.8%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2991	490	2454	644	2300	457	2447	51	2893	265	2679	207	2737	13	2931	1641	1303	175	2769

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 6	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income						Childhood grew up in the North Country?	
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <1-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000-\$74,999	\$75,000-\$99,999	\$100,000-\$199,999	\$200,000 or greater	Yes	No	
		Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants
In the past week, how many times did you have 5 or more alcoholic beverages on one occasion?	82.6%	80.9%	83.0%	89.3%	78.4%	84.3%	80.3%	85.2%	41.7%	81.4%	86.4%	87.4%	82.3%	81.6%	84.4%	82.7%	82.2%	83.8%	89.7%	88.2%	82.7%	86.1%	80.8%	77.6%	82.2%	83.8%	
0 times	11.7%	11.8%	12.3%	6.8%	18.6%	11.3%	12.4%	10.6%	38.3%	12.3%	13.5%	8.4%	9.8%	12.3%	11.8%	11.5%	11.2%	17.7%	8.2%	11.4%	11.6%	13.9%	13.7%	12.4%	9.8%		
1-2 times	2.2%	1.9%	2.8%	4.9%	2.7%	2.7%	2.6%	1.6%	0.0%	1.6%	3.5%	1.2%	1.6%	2.9%	1.7%	2.2%	2.0%	3.1%	1.0%	2.4%	1.7%	2.8%	1.2%	2.2%	1.5%		
3-4 times	2.6%	4.0%	2.9%	1.7%	1.8%	1.1%	3.2%	2.0%	0.0%	3.2%	2.2%	2.0%	4.3%	1.7%	1.8%	2.3%	3.3%	2.4%	4.4%	2.0%	2.9%	1.6%	2.3%	7.6%	2.7%		
5 or more times	1.0%	1.6%	0.9%	0.6%	0.0%	0.6%	1.4%	0.6%	0.0%	1.6%	0.4%	0.9%	2.0%	0.6%	0.3%	1.3%	0.1%	0.5%	4.5%	1.1%	1.1%	0.2%	0.0%	0.9%	2.4%		
Don't know/Not sure	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Total	2987	851	508	338	423	794	1021	1053	11	479	1110	1338	508	962	1362	2165	817	2707	140	372	684	588	508	322	2042	668	
Unweighted n																											

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 6	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
		Excellent or Very Good	Less than E or V Good	Excellent or Very Good	Less than E or V Good	Excellent or Very Good	Less than E or V Good	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
		Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants
In the past week, how many times did you have 5 or more alcoholic beverages on one occasion?	82.6%	81.1%	83.4%	82.0%	83.1%	82.6%	82.6%	83.9%	79.3%	85.9%	81.5%	85.2%	81.3%	85.9%	70.7%	100.0%	0.0%	83.1%	74.0%	82.9%	82.9%
0 times	11.7%	13.0%	11.1%	12.3%	11.3%	12.3%	10.9%	10.9%	13.9%	8.9%	12.6%	10.1%	12.6%	10.2%	17.1%	0.0%	71.3%	11.8%	7.6%	11.3%	12.3%
1-2 times	2.2%	2.0%	2.3%	2.1%	2.3%	2.3%	1.7%	3.5%	1.9%	1.4%	2.4%	1.9%	2.3%	4.0%	0.0%	13.1%	2.6%	8.6%	2.2%	2.9%	
3-4 times	2.6%	2.4%	2.6%	2.4%	2.6%	1.9%	2.9%	2.9%	1.5%	2.8%	2.5%	2.7%	2.5%	1.3%	7.0%	0.0%	16.6%	2.3%	11.0%	2.6%	2.4%
5 or more times	1.0%	1.5%	0.7%	1.2%	0.7%	1.3%	0.8%	0.6%	1.8%	0.9%	1.2%	1.4%	1.9%	1.1%	0.9%	0.0%	0.8%	0.0%	1.0%	0.4%	
Don't know/Not sure	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Total	2987	1228	1748	1688	1282	1374	1680	2235	762	896	2392	962	2035	2887	430	2543	424	2928	35	2186	707
Unweighted n																					

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 6	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (at a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
		Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants
In the past week, how many times did you have 5 or more alcoholic beverages on one occasion?	82.6%	83.9%	81.5%	81.1%	83.4%	82.8%	82.6%	83.3%	82.3%	83.9%	82.1%	84.5%	81.7%	85.9%	79.5%	88.0%	92.8%	84.5%	86.1%	89.7%	85.0%	85.7%	86.8%	86.0%	86.0%
0 times	11.7%	10.3%	12.9%	12.4%	11.3%	10.6%	12.1%	10.6%	12.3%	10.1%	12.4%	10.4%	12.2%	10.1%	13.3%	10.6%	8.7%	9.2%	10.7%	7.2%	10.7%	8.9%	10.2%	9.6%	
1-2 times	2.2%	2.0%	1.9%	2.1%	2.3%	1.9%	2.4%	2.0%	2.2%	1.6%	2.4%	1.8%	2.4%	1.7%	2.6%	1.7%	1.4%	2.0%	1.7%	0.6%	1.9%	1.3%	1.8%	0.6%	
3-4 times	2.6%	2.5%	2.1%	3.2%	2.2%	3.6%	2.2%	2.7%	2.6%	3.0%	2.4%	2.3%	2.7%	1.8%	3.3%	2.9%	0.2%	2.2%	1.5%	0.4%	2.1%	4.0%	1.6%	1.8%	
5 or more times	1.0%	0.9%	1.0%	1.2%	0.7%	1.6%	0.8%	2.0%	0.6%	1.4%	0.8%	1.0%	0.9%	1.3%	0.7%	0.9%	0.0%	2.1%	0.3%	2.1%	0.3%	0.0%	0.2%	0.7%	
Don't know/Not sure	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Total	2987	1183	1804	886	2087	717	2263	878	2385	1183	895	2292	951	2027	1915	1072	1638	278	316	1987	409	1804	161	1762	478
Unweighted n																									

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 6	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges		Have experienced challenges getting other healthcare services	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
		Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants	Participants
In the past week, how many times did you have 5 or more alcoholic beverages on one occasion?	82.6%	78.5%	83.7%	82.4%	82.6%	76.8%	83.6%	77.5%	82.7%	80.5%	82.8%	75.8%	83.3%	82.4%	82.8%	83.2%	81.9%	89.1%	82.2%
0 times	11.7%	11.1%	11.9%	10.8%	12.0%	15.0%	11.1%	8.4%	11.9%	13.3%	11.5%	17.4%	11.1%	8.6%	11.7%	11.6%	6.8%	12.0%	9.8%
1-2 times	2.2%	3.1%	1.9%	2.2%	2.2%	3.2%	2.0%	4.9%	2.1%	2.9%	2.1%	2.9%	2.1%	10.3%	2.1%	2.3%	2.6%	2.1%	
3-4 times	2.6%	6.8%	1.4%	4.2%	2.0%	4.6%	2.2%	10.7%	2.3%	3.2%	2.5%	3.9%	2.5%	28.8%	2.4%	1.3%	2.7%	2.1%	
5 or more times	1.0%	0.4%	1.1%	0.4%	1.1%	1.6%	1.1%	1.6%	1.0%	0.2%	1.1%	0.0%	1.1%	0.0%	1.0%	1.4%	0.9%	0.1%	
Don't know/Not sure	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Total	2987	493	2493	544	2295	457	2433	51	2898	263	2635	207	2733	13	2827	1637	1350	178	2765
Unweighted n																			

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 7	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?			
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No		
In the past year, have you ever used or injected drugs such as cocaine, crack, hallucinogens, inhalants, heroin, or prescription drugs that were not prescribed for you, including OxyContin, Xanax, or Adderall?	Yes	2.6%	2.2%	3.0%	3.3%	2.7%	2.3%	3.0%	2.3%	0.0%	4.9%	1.0%	0.5%	5.2%	1.6%	0.9%	2.3%	3.7%	2.3%	5.9%	4.3%	3.6%	2.2%	1.4%	0.5%	3.3%	0.8%	
	No	96.4%	96.8%	94.8%	96.7%	97.6%	97.4%	96.6%	96.1%	100.0%	93.4%	94.6%	99.3%	93.3%	97.7%	98.2%	96.6%	95.9%	96.8%	93.2%	93.6%	94.7%	98.2%	99.5%	95.7%	98.2%		
	Don't know/Not sure	0.0%	0.8%	0.9%	0.0%	0.2%	0.2%	0.9%	0.0%	0.0%	0.9%	0.5%	0.1%	0.7%	0.5%	0.6%	0.6%	0.2%	0.4%	0.9%	2.2%	0.5%	0.1%	0.3%	0.6%	0.6%		
	Prefer not to answer.	0.0%	0.2%	1.3%	0.0%	0.1%	0.2%	0.8%	0.2%	0.8%	0.3%	0.0%	0.8%	0.2%	0.4%	0.6%	0.5%	0.0%	0.0%	0.0%	0.0%	1.2%	0.3%	0.2%	0.0%	0.4%		
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2985	851	578	339	423	794	1022	1890	11	468	1110	1338	689	860	1361	2163	817	2755	140	389	883	588	808	203	2041	867	

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 7	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
In the past year, have you ever used or injected drugs such as cocaine, crack, hallucinogens, inhalants, heroin, or prescription drugs that were not prescribed for you, including OxyContin, Xanax, or Adderall?	Yes	2.6%	0.6%	3.5%	1.2%	3.9%	0.5%	4.0%	3.1%	1.4%	6.7%	1.3%	4.6%	1.7%	1.4%	6.9%	2.4%	4.2%	0.0%	100.0%	0.9%	6.2%
	No	96.4%	98.9%	94.8%	97.9%	94.9%	98.6%	94.9%	96.4%	96.4%	92.2%	97.7%	95.0%	97.0%	97.9%	91.1%	96.9%	94.0%	100.0%	0.0%	98.7%	92.4%
	Don't know/Not sure	0.0%	0.3%	0.6%	0.6%	0.5%	0.4%	0.5%	0.3%	1.1%	0.6%	0.5%	0.3%	0.6%	0.3%	0.3%	1.5%	1.5%	0.0%	0.2%	0.2%	1.4%
	Prefer not to answer.	0.0%	0.2%	0.7%	0.2%	0.7%	0.4%	0.5%	0.2%	1.1%	0.4%	0.5%	0.0%	0.7%	1.7%	0.5%	0.4%	0.0%	0.0%	0.2%	1.0%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2985	1228	1746	1687	1279	1376	1586	2234	791	592	2393	982	3033	2659	430	2540	423	2931	35	2187	704

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 7	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions			
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
In the past year, have you ever used or injected drugs such as cocaine, crack, hallucinogens, inhalants, heroin, or prescription drugs that were not prescribed for you, including OxyContin, Xanax, or Adderall?	Yes	2.6%	5.5%	0.4%	4.8%	1.5%	5.9%	1.5%	4.9%	1.8%	5.7%	1.5%	2.5%	2.8%	2.7%	2.6%	2.9%	0.8%	0.9%	3.0%	1.1%	3.0%	10.4%	1.4%	0.9%	3.1%	
	No	96.4%	93.8%	98.6%	93.8%	97.6%	92.7%	97.7%	93.5%	97.4%	93.3%	97.5%	96.2%	96.4%	96.0%	96.7%	96.8%	98.0%	97.5%	95.8%	98.8%	95.4%	85.7%	97.7%	98.2%	95.5%	
	Don't know/Not sure	0.0%	0.8%	0.4%	0.9%	0.3%	1.3%	0.3%	0.9%	0.4%	0.7%	0.5%	1.0%	0.3%	0.6%	0.6%	0.5%	1.2%	0.9%	0.5%	0.1%	0.7%	1.8%	0.4%	0.9%	0.6%	
	Prefer not to answer.	0.0%	0.2%	0.7%	0.4%	0.6%	0.2%	0.6%	0.8%	0.4%	0.3%	0.5%	0.4%	0.5%	0.7%	0.2%	0.5%	0.0%	0.7%	0.0%	0.9%	2.0%	0.5%	0.0%	0.9%		
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2985	1180	1805	885	2086	716	2262	577	2394	695	2290	950	2027	1912	1073	1636	274	315	1595	409	1501	161	1749	477	1433	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 7	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
In the past year, have you ever used or injected drugs such as cocaine, crack, hallucinogens, inhalants, heroin, or prescription drugs that were not prescribed for you, including OxyContin, Xanax, or Adderall?	Yes	2.6%	6.9%	1.4%	7.2%	0.9%	0.2%	3.0%	20.0%	1.9%	7.4%	2.1%	16.6%	1.1%	27.3%	2.4%	0.6%	4.7%	0.4%	2.7%
	No	96.4%	91.9%	97.6%	92.0%	98.1%	99.7%	96.8%	78.0%	97.1%	89.7%	97.1%	80.4%	98.1%	71.2%	96.6%	98.5%	94.2%	99.6%	96.2%
	Don't know/Not sure	0.0%	0.8%	0.5%	0.7%	0.5%	0.1%	0.6%	1.6%	0.5%	2.9%	0.3%	2.9%	0.3%	1.5%	0.5%	0.3%	0.8%	0.0%	0.6%
	Prefer not to answer.	0.0%	0.4%	0.5%	0.1%	0.6%	0.0%	0.6%	0.0%	0.5%	0.0%	0.5%	0.0%	0.0%	0.5%	0.7%	0.3%	0.0%	0.5%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2985	489	3499	644	2294	454	2444	51	2897	265	2973	206	2732	13	2925	1638	1300	175	2763

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 8	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
In the past year, have you had an episode of two or more weeks of feeling depressed, down, hopeless, or had little interest in doing things?	Yes	31.8%	30.8%	34.4%	33.8%	35.0%	31.3%	25.4%	38.7%	91.2%	47.0%	26.2%	12.4%	40.1%	27.4%	39.5%	30.7%	35.0%	32.7%	28.3%	60.1%	37.1%	27.6%	26.7%	12.8%	33.0%	29.7%
	No	65.2%	65.2%	64.0%	62.8%	69.6%	66.2%	71.2%	58.9%	8.8%	49.8%	72.2%	83.8%	57.1%	69.5%	67.8%	66.1%	62.6%	64.8%	66.1%	44.9%	58.8%	70.8%	73.0%	84.1%	64.5%	66.1%
	Don't know/Not sure	2.4%	2.9%	1.6%	3.2%	3.8%	1.8%	2.7%	2.0%	0.0%	2.7%	1.2%	3.4%	1.9%	2.7%	2.4%	2.7%	2.0%	4.6%	3.8%	3.1%	1.4%	1.2%	2.9%	2.2%	3.0%	
	Prefer not to answer.	0.6%	1.1%	0.9%	0.2%	0.6%	0.7%	0.7%	0.6%	0.0%	0.5%	0.6%	0.6%	0.9%	0.4%	0.3%	0.5%	0.6%	0.5%	1.0%	1.2%	1.0%	0.1%	0.2%	0.3%	1.2%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2983	848	580	339	422	794	1021	1879	11	467	1110	1337	688	858	1362	2160	818	2766	137	371	682	885	808	203	2041	865

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 8	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (9+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
In the past year, have you had an episode of two or more weeks of feeling depressed, down, hopeless, or had little interest in doing things?	Yes	31.8%	17.6%	40.0%	7.3%	53.4%	19.4%	38.6%	35.9%	22.9%	68.9%	19.6%	40.4%	27.7%	29.5%	39.9%	31.9%	32.4%	30.9%	74.4%	0.0%	100.0%
	No	65.2%	79.5%	57.0%	89.9%	43.5%	78.5%	57.0%	61.8%	73.6%	28.9%	77.1%	57.0%	69.2%	67.6%	66.9%	65.4%	63.8%	66.8%	22.8%	100.0%	0.0%
	Don't know/Not sure	2.4%	2.1%	2.7%	2.0%	2.8%	1.2%	3.1%	2.3%	2.7%	2.0%	2.2%	2.6%	2.6%	2.2%	2.3%	2.8%	2.2%	1.8%	0.0%	0.0%	
	Prefer not to answer.	0.6%	0.9%	0.4%	0.8%	0.3%	0.9%	0.3%	0.4%	0.8%	0.1%	0.7%	0.5%	0.6%	0.4%	1.1%	0.4%	1.0%	0.5%	1.0%	0.0%	0.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2983	1229	1743	1684	1279	1373	1687	2232	791	895	2388	951	2032	2654	429	2540	420	2924	35	2189	707

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 8	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
In the past year, have you had an episode of two or more weeks of feeling depressed, down, hopeless, or had little interest in doing things?	Yes	31.8%	42.2%	23.6%	50.1%	22.6%	46.6%	26.6%	44.8%	27.3%	47.4%	25.9%	46.7%	22.7%	38.4%	25.4%	40.8%	18.8%	33.2%	39.4%	38.5%	38.5%	47.8%	36.9%	38.2%	38.5%
	No	65.2%	55.4%	73.0%	46.5%	74.6%	60.4%	70.5%	51.5%	70.0%	60.1%	70.9%	50.8%	74.1%	68.9%	71.3%	67.1%	74.2%	61.3%	68.0%	69.5%	58.8%	51.1%	60.2%	60.5%	66.6%
	Don't know/Not sure	2.4%	1.9%	2.9%	2.9%	2.2%	2.4%	2.5%	3.1%	2.2%	2.1%	2.6%	2.2%	2.6%	2.2%	1.7%	1.7%	1.7%	1.7%	1.2%	1.2%	2.3%	1.7%	1.0%	2.4%	
	Prefer not to answer.	0.6%	0.6%	0.5%	0.8%	0.6%	0.6%	0.5%	0.6%	0.6%	0.4%	0.6%	0.4%	0.7%	0.9%	0.6%	0.3%	1.4%	0.8%	0.4%	0.8%	0.4%	0.0%	0.5%	0.3%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2983	1180	1803	886	2083	717	2259	576	2393	695	2288	960	2024	1911	1072	1624	275	315	1694	410	1489	161	1748	478	1431

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 8	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
In the past year, have you had an episode of two or more weeks of feeling depressed, down, hopeless, or had little interest in doing things?	Yes	31.8%	47.1%	27.9%	46.5%	26.9%	43.3%	30.0%	48.3%	31.4%	56.2%	29.4%	82.1%	26.6%	76.8%	31.6%	21.4%	43.6%	32.6%	32.1%
	No	65.2%	50.6%	69.0%	51.9%	70.1%	63.0%	67.2%	50.1%	65.6%	40.3%	67.8%	14.8%	70.5%	16.0%	65.5%	75.6%	63.7%	65.2%	65.0%
	Don't know/Not sure	2.4%	2.2%	2.4%	2.4%	2.4%	2.7%	2.3%	1.6%	2.4%	3.3%	2.3%	3.2%	2.3%	6.9%	2.3%	2.4%	1.7%	2.4%	
	Prefer not to answer.	0.6%	0.1%	0.7%	0.3%	0.6%	0.5%	0.5%	0.0%	0.6%	0.2%	0.6%	0.2%	0.6%	1.6%	0.5%	0.7%	0.4%	0.5%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2983	489	2447	644	2292	465	2481	51	2885	265	2671	207	2729	13	2923	1635	1301	175	2761

# Menstrual Health

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 9	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
Have you ever in your lifetime menstruated (had a period)?	Yes	49.1%	47.7%	49.2%	47.9%	51.1%	50.3%	2.1%	58.2%	37.4%	81.9%	50.7%	40.9%	47.6%	48.0%	51.7%	50.6%	44.6%	50.1%	38.9%	62.3%	49.6%	49.1%	43.2%	42.7%	50.7%	44.1%
	No	50.9%	52.3%	50.8%	52.1%	48.9%	49.7%	1.9%	41.8%	62.6%	18.1%	59.3%	52.4%	52.4%	48.3%	48.4%	49.4%	55.4%	49.9%	61.1%	37.7%	50.4%	50.9%	56.8%	57.3%	49.3%	55.9%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2991	953	505	339	424	795	1024	1894	11	471	1111	1340	609	863	1383	2167	819	2760	141	372	896	958	908	233	2044	870

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 9	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
		Participants																				
Have you ever in your lifetime menstruated (had a period)?	Yes	48.1%	41.7%	53.5%	36.7%	60.1%	40.9%	51.2%	52.4%	41.0%	70.9%	41.9%	62.3%	42.7%	50.7%	43.4%	51.0%	42.7%	48.0%	49.5%	44.3%	59.3%
	No	51.9%	58.3%	46.5%	63.3%	39.9%	59.0%	48.8%	47.6%	59.0%	29.1%	58.1%	37.7%	57.3%	49.3%	56.6%	49.0%	59.3%	51.1%	50.5%	55.7%	40.7%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2991	1231	1749	1689	1282	1378	1590	2237	754	895	2396	992	2039	2861	430	2543	424	2931	35	2189	707

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 9	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Participants																								
Have you ever in your lifetime menstruated (had a period)?	Yes	49.1%	55.8%	43.7%	61.1%	43.0%	57.1%	46.2%	52.2%	48.1%	59.6%	45.1%	53.2%	46.7%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	No	50.9%	44.2%	56.3%	38.9%	57.0%	42.9%	53.8%	47.8%	51.9%	40.4%	54.9%	46.8%	53.3%	0.0%	100.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2991	1164	1607	887	2090	719	2285	878	2399	695	2295	861	2031	1916	1075	1639	279	316	1998	410	1864	161	1753	478	1436

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 9	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Participants																		
Have you ever in your lifetime menstruated (had a period)?	Yes	49.1%	50.9%	48.5%	58.9%	45.2%	59.8%	47.0%	51.5%	48.9%	88.2%	44.7%	64.1%	47.4%	73.8%	48.8%	41.1%	57.5%	45.0%	49.2%
	No	50.9%	49.1%	51.5%	41.1%	54.8%	49.2%	53.0%	48.5%	51.1%	11.8%	55.3%	35.9%	52.6%	26.2%	51.2%	58.9%	42.5%	55.0%	50.8%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2991	490	2454	644	2300	457	2487	91	2893	265	2679	207	2737	13	2931	1641	1303	175	2769

# Among those who've ever menstruated:

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 10	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income						Childhood grew up in the North Country?		
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000-\$74,999	\$75,000-\$99,999	\$100,000-\$199,999	\$200,000 or greater	Yes	No	
At what age did you start your periods?																												
7	0.1%	0.0%	0.0%	0.0%	0.2%	0.4%	0.0%	0.1%	0.0%	0.2%	0.0%	0.1%	0.0%	0.3%	0.0%	0.0%	0.4%	0.1%	0.0%	0.7%	0.0%	0.0%	0.0%	0.0%	0.0%	0.2%	0.0%	
8	0.7%	0.7%	1.0%	0.9%	0.8%	0.8%	0.0%	0.8%	0.0%	0.7%	0.8%	0.9%	1.0%	0.6%	0.0%	0.7%	0.8%	0.4%	0.6%	0.7%	1.9%	0.3%	0.1%	0.0%	0.0%	0.8%	1.0%	
9	3.8%	2.1%	4.3%	3.2%	3.0%	4.2%	0.0%	3.8%	0.0%	3.8%	3.0%	2.8%	3.1%	5.0%	3.6%	3.8%	3.8%	3.8%	3.8%	8.4%	2.9%	6.2%	1.1%	0.0%	4.2%	3.0%	4.8%	
10	6.7%	6.1%	6.8%	6.3%	4.0%	6.5%	0.0%	6.5%	0.0%	7.5%	5.9%	4.1%	6.1%	6.7%	6.4%	7.7%	3.5%	6.4%	6.6%	4.9%	7.2%	7.9%	6.4%	2.1%	6.8%	4.8%	6.8%	
11	15.3%	13.4%	15.8%	12.4%	17.9%	17.7%	0.0%	14.0%	0.0%	16.0%	16.8%	14.0%	13.1%	16.3%	16.9%	16.1%	16.1%	15.0%	10.8%	13.6%	14.7%	16.8%	16.2%	23.7%	15.2%	16.2%	16.2%	16.2%
12	30.7%	28.0%	28.1%	33.3%	35.6%	31.3%	28.9%	30.7%	0.0%	35.6%	23.3%	30.1%	33.7%	29.0%	38.7%	30.9%	30.0%	31.2%	21.1%	34.7%	31.0%	27.7%	29.3%	39.5%	39.9%	32.1%	30.5%	
13	24.6%	25.7%	28.8%	15.8%	22.2%	23.3%	22.1%	24.7%	0.0%	29.8%	28.6%	27.7%	24.7%	24.8%	24.6%	26.2%	23.6%	24.6%	25.0%	18.1%	26.7%	24.9%	28.9%	27.6%	24.0%	27.4%	24.0%	27.4%
14	10.6%	14.1%	7.0%	16.9%	9.0%	8.4%	0.0%	10.9%	9.9%	9.3%	12.8%	11.1%	10.1%	10.0%	12.3%	9.3%	14.8%	10.3%	15.0%	7.1%	11.8%	10.2%	12.4%	11.8%	11.1%	9.5%	11.1%	
15	3.4%	2.6%	3.0%	2.1%	7.9%	3.4%	0.0%	3.6%	0.0%	2.9%	4.3%	3.8%	3.4%	3.9%	2.9%	3.9%	1.8%	3.6%	1.2%	3.8%	2.4%	3.3%	4.7%	1.7%	3.8%	2.3%	3.8%	
16	2.8%	4.4%	3.0%	2.7%	1.3%	1.3%	0.0%	2.9%	0.0%	2.7%	2.4%	4.1%	3.4%	2.9%	2.2%	2.6%	3.6%	2.7%	4.9%	5.7%	1.5%	0.4%	3.7%	4.7%	3.1%	2.9%	3.1%	
17	1.0%	0.9%	1.5%	1.2%	0.6%	0.8%	1.9%	1.1%	0.0%	0.3%	1.6%	2.0%	1.5%	0.4%	1.5%	1.0%	1.9%	1.0%	1.9%	1.0%	1.6%	0.9%	0.7%	0.9%	0.9%	1.6%	1.6%	
18	0.2%	0.0%	0.6%	0.0%	0.0%	0.2%	0.0%	0.2%	0.0%	0.0%	0.6%	0.1%	0.0%	0.4%	0.2%	0.1%	0.7%	0.2%	0.0%	0.2%	0.1%	0.9%	0.0%	0.0%	0.3%	0.0%	0.0%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	1999	468	307	176	215	433	7	1553	3	262	660	642	348	493	722	1196	401	1492	63	238	499	314	397	84	1150	410		

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 10	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
At what age did you start your periods?																					
7	0.1%	0.0%	0.2%	0.0%	0.2%	0.3%	0.0%	0.2%	0.0%	0.3%	0.0%	0.2%	0.0%	0.2%	0.0%	0.1%	0.0%	0.1%	0.0%	0.0%	0.3%
8	0.7%	0.4%	0.8%	0.0%	1.0%	0.8%	0.7%	1.2%	0.3%	1.1%	0.4%	0.8%	0.2%	0.8%	0.2%	0.7%	0.4%	0.6%	2.4%	0.3%	1.3%
9	3.8%	3.1%	4.2%	2.2%	4.7%	3.0%	4.3%	4.6%	1.4%	5.0%	3.2%	6.3%	2.0%	4.2%	2.8%	3.5%	3.7%	3.6%	1.3%	4.1%	3.8%
10	6.7%	3.8%	7.9%	6.3%	8.5%	4.8%	7.7%	7.1%	6.3%	7.0%	6.1%	7.0%	6.8%	6.0%	6.8%	6.0%	6.7%	6.5%	6.7%	8.0%	
11	15.3%	14.6%	16.7%	17.2%	14.4%	16.4%	14.9%	16.4%	11.9%	14.9%	15.6%	20.3%	11.8%	16.4%	15.2%	16.3%	9.4%	15.8%	6.0%	15.9%	14.4%
12	30.7%	29.0%	31.3%	28.6%	31.4%	31.0%	30.6%	31.1%	29.4%	32.1%	29.9%	31.4%	29.9%	34.1%	30.7%	32.0%	30.8%	32.6%	30.8%	28.8%	32.9%
13	24.6%	28.4%	23.0%	25.1%	24.4%	26.4%	23.7%	23.0%	29.6%	23.7%	25.2%	23.2%	26.7%	26.2%	18.1%	24.7%	24.5%	25.2%	9.8%	26.7%	22.4%
14	10.6%	10.9%	10.9%	12.0%	9.9%	9.4%	11.2%	9.7%	13.6%	8.6%	11.8%	9.2%	11.6%	10.0%	13.2%	10.2%	14.2%	10.1%	32.8%	11.4%	9.6%
15	3.4%	4.9%	2.7%	3.9%	3.1%	3.7%	3.2%	3.2%	3.9%	3.3%	3.4%	1.4%	4.8%	3.0%	5.2%	2.9%	6.2%	3.0%	26.3%	3.4%	3.6%
16	2.8%	3.4%	2.6%	3.2%	2.9%	2.6%	2.9%	2.3%	4.6%	2.4%	3.1%	1.6%	3.7%	2.9%	4.3%	2.7%	4.0%	2.9%	2.5%	2.0%	3.6%
17	1.0%	1.5%	0.8%	1.8%	0.7%	1.8%	0.6%	1.3%	0.2%	0.7%	1.2%	0.7%	1.3%	1.0%	1.0%	1.1%	0.9%	1.1%	0.0%	1.0%	0.4%
18	0.2%	0.1%	0.8%	0.5%	0.0%	0.0%	0.3%	0.2%	0.1%	0.3%	0.1%	0.3%	0.2%	0.1%	0.2%	0.1%	0.2%	0.0%	0.0%	0.3%	0.1%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	1999	618	979	800	793	738	869	1210	389	421	1178	603	996	1592	207	1403	187	1066	19	1168	455

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 10	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
At what age did you start your periods?																										
7	0.1%	0.2%	0.1%	0.2%	0.0%	0.3%	0.0%	0.4%	0.0%	0.0%	0.2%	0.2%	0.0%	0.1%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.1%	0.1%	0.1%	
8	0.7%	1.2%	0.1%	1.7%	0.1%	1.7%	0.2%	1.9%	0.2%	1.7%	0.1%	1.3%	0.2%	0.7%	0.4%	0.5%	0.4%	0.7%	1.3%	0.4%	0.7%	0.4%	0.7%	0.1%	0.8%	
9	3.8%	4.8%	2.8%	5.1%	3.0%	6.7%	2.6%	5.9%	3.1%	5.0%	3.0%	6.6%	1.8%	3.8%	0.0%	4.2%	0.6%	7.0%	3.3%	4.3%	3.7%	5.7%	3.8%	5.4%		
10	6.7%	8.7%	4.6%	8.4%	5.9%	6.7%	6.1%	6.7%	6.7%	6.1%	6.9%	5.3%	6.0%	6.7%	0.0%	7.0%	6.8%	6.2%	6.7%	6.0%	6.4%	7.7%	6.4%	7.7%		
11	15.3%	15.4%	16.3%	16.8%	15.1%	16.9%	14.9%	15.7%	15.2%	18.4%	13.9%	19.8%	12.4%	16.3%	0.0%	16.0%	9.1%	10.9%	16.1%	17.0%	15.0%	24.9%	13.9%	16.4%		
12	30.7%	31.0%	30.4%	28.0%	32.5%	30.6%	30.0%	30.6%	27.8%	32.1%	30.7%	30.7%	30.7%	30.9%	0.0%	30.9%	28.9%	37.1%	29.0%	30.8%	30.6%	30.6%	30.3%	30.8%		
13	24.6%	21.9%	27.3%	23.9%	25.0%	21.1%	26.1%	24.1%	24.9%	23.3%	25.3%	21.9%	26.9%	24.6%	0.0%	24.2%	28.9%	18.6%	25.7%	24.6%	24.6%	13.9%	26.4%	23.6%		
14	10.6%	9.0%	12.3%	9.7%	11.3%	10.6%	9.7%	11.6%	11.8%	9.2%	11.3%	8.6%	12.1%	10.6%	0.0%	10.0%	16.4%	6.2%	11.4%	9.3%	10.9%	10.7%	9.3%	10.9%		
15	3.4%	3.7%	3.1%	3.6%	3.3%	3.8%	4.1%	3.3%	3.4%	3.2%	3.5%	4.7%	3.4%	3.9%	0.0%	3.5%	4.4%	4.8%	3.1%	1.4%	3.8%	4.2%	3.3%	4.4%		
16	2.8%	2.7%	2.9%	3.0%	2.7%	2.9%	2.8%	3.4%	2.6%	3.2%	2.7%	3.8%	2.1%	2.8%	0.0%	2.7%	3.9%	1.7%	3.8%	2.8%	2.9%	0.9%	3.1%	2.9%		
17	1.0%	0.8%	1.3%	1.1%	1.0%	1.1%	1.0%	1.2%	0.9%	1.1%	0.9%	1.3%	1.0%	0.9%	0.0%	0.8%	0.8%	0.5%	1.1%	0.8%	1.1%	0.1%	1.2%	0.9%		
18	0.2%	0.4%	0.0%	0.0%	0.3%	0.3%	0.2%	0.0%	0.3%	0.1%	0.3%	0.1%	0.3%	0.2%	0.0%	0.2%	0.2%	0.2%	0.0%	0.0%	0.0%	0.0%	0.2%	0.0%		
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	1999	695	904	821	1072	397	1199	310	1283	416	1193	637</														

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 11	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
Have you ever suffered from any of the following since the beginning of your periods? (choose all that apply)																											
Painful cramps during periods	75.4%	76.6%	76.6%	72.8%	67.2%	79.0%	66.8%	76.1%	91.6%	83.6%	72.7%	63.6%	80.2%	77.7%	70.1%	75.9%	73.7%	76.6%	72.0%	80.1%	77.9%	74.0%	73.9%	69.8%	76.7%	74.4%	
Heavy bleeding, including prolonged menstrual periods or excessive bleeding during a normal-length period	56.6%	60.9%	51.5%	54.8%	56.6%	59.0%	36.2%	57.5%	100.0%	60.1%	66.6%	44.2%	63.3%	54.5%	53.8%	57.9%	52.7%	57.7%	48.5%	64.7%	52.9%	54.8%	58.4%	60.3%	58.8%	51.6%	
Irregular periods	47.5%	47.1%	43.6%	48.5%	41.6%	54.4%	15.2%	48.5%	100.0%	56.4%	47.8%	27.4%	48.4%	46.8%	49.0%	47.4%	47.7%	48.1%	44.6%	49.7%	44.7%	43.9%	53.6%	50.4%	48.9%	44.7%	
Premenstrual Syndrome (PMS) or Premenstrual Dysphoric Disorder (PMDD)	37.8%	37.5%	37.9%	37.8%	37.2%	38.2%	44.3%	38.2%	43.3%	47.6%	38.0%	16.1%	35.6%	40.3%	38.6%	36.1%	43.2%	38.2%	41.6%	34.2%	33.9%	43.8%	43.1%	41.7%	39.6%	33.9%	
Bleeding at irregular intervals, particularly between expected menstrual periods	26.3%	26.7%	27.0%	17.6%	20.0%	33.1%	13.7%	27.1%	69.9%	34.1%	27.1%	9.1%	30.6%	24.8%	25.9%	28.0%	21.3%	27.6%	19.1%	25.6%	27.6%	23.1%	29.3%	29.4%	29.5%	18.9%	
Absence of periods	22.2%	21.2%	18.8%	19.8%	21.7%	29.5%	0.0%	23.0%	55.6%	30.4%	20.1%	7.8%	22.1%	21.9%	24.3%	22.1%	22.5%	21.9%	32.2%	28.6%	19.7%	24.4%	21.4%	22.8%	23.3%	20.9%	
None of these conditions	10.6%	11.3%	8.9%	13.0%	13.8%	8.9%	33.2%	9.7%	0.0%	5.2%	11.0%	20.8%	7.9%	10.2%	12.3%	10.6%	11.6%	10.6%	9.9%	8.7%	11.3%	10.7%	10.7%	9.7%	11.6%	11.6%	
Menstrual Problems (1+ of 6 studied conditions)	89.4%	88.7%	91.1%	87.0%	86.2%	91.1%	66.8%	90.3%	100.0%	94.8%	89.0%	79.2%	92.1%	89.8%	87.7%	89.2%	90.1%	90.0%	88.4%	89.5%	90.1%	91.3%	88.7%	89.3%	90.3%	88.4%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	1914	548	374	214	288	510	13	1854	5	306	766	802	412	564	894	1413	498	1787	76	276	587	379	474	118	1353	515	

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 11	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
Have you ever suffered from any of the following since the beginning of your periods? (choose all that apply)																						
Painful cramps during periods	75.4%	69.2%	78.2%	65.3%	89.8%	72.6%	77.0%	77.5%	68.6%	88.4%	68.2%	76.1%	74.9%	73.6%	82.0%	75.4%	75.0%	75.4%	90.4%	70.6%	84.3%	
Heavy bleeding, including prolonged menstrual periods or excessive bleeding during a normal-length period	56.6%	50.1%	59.6%	51.0%	59.8%	51.4%	58.6%	60.3%	45.4%	66.6%	51.2%	62.0%	52.9%	57.3%	53.9%	55.7%	61.6%	56.5%	70.6%	61.2%	65.6%	
Irregular periods	47.5%	41.0%	50.3%	38.2%	52.6%	44.9%	49.1%	49.3%	41.7%	53.9%	43.9%	56.1%	41.4%	47.8%	46.1%	47.6%	45.6%	47.2%	51.6%	43.0%	55.9%	
Premenstrual Syndrome (PMS) or Premenstrual Dysphoric Disorder (PMDD)	37.8%	34.8%	39.2%	27.5%	43.3%	33.1%	40.4%	39.4%	32.7%	50.5%	30.7%	44.8%	32.8%	35.7%	46.4%	36.9%	45.0%	37.8%	45.7%	30.5%	49.0%	
Bleeding at irregular intervals, particularly between expected menstrual periods	26.3%	21.7%	28.5%	17.7%	31.1%	23.6%	28.0%	27.8%	22.0%	38.1%	19.9%	29.0%	24.5%	26.1%	27.2%	26.0%	27.5%	25.1%	44.9%	19.6%	37.7%	
Absence of periods	22.2%	17.4%	24.4%	16.8%	25.2%	20.0%	23.6%	24.3%	15.8%	27.2%	19.4%	29.1%	17.4%	21.7%	24.4%	21.7%	25.7%	21.9%	31.7%	18.1%	29.8%	
None of these conditions	10.6%	12.8%	9.5%	15.9%	7.6%	11.6%	9.9%	8.4%	14.1%	4.9%	13.9%	7.9%	12.4%	11.3%	9.9%	7.5%	11.4%	10.8%	3.1%	13.3%	5.2%	
Menstrual Problems (1+ of 6 studied conditions)	89.4%	87.2%	90.5%	84.1%	92.4%	88.4%	90.1%	90.6%	85.9%	95.5%	86.1%	92.1%	87.6%	88.7%	92.5%	88.6%	94.4%	89.2%	96.9%	86.7%	94.8%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	1914	751	1160	978	929	852	1023	1437	477	482	1432	899	1215	1665	249	1679	226	1872	25	1338	524	

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 11	All North Country Participants	Witnessed Parental Distress		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions						
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No					
Have you ever suffered from any of the following since the beginning of your periods? (choose all that apply)																										
Painful cramps during periods	75.4%	81.1%	69.6%	83.2%	69.8%	82.2%	72.2%	80.7%	73.2%	84.3%	71.0%	81.3%	71.2%	75.4%	0.0%	84.3%	0.0%	86.6%	73.4%	82.8%	73.8%	87.8%	73.4%	83.1%	73.5%	
Heavy bleeding, including prolonged menstrual periods or excessive bleeding during a normal-length period	56.6%	62.7%	50.6%	65.2%	50.5%	61.3%	54.5%	66.0%	82.9%	64.5%	52.8%	65.8%	50.2%	56.6%	0.0%	63.3%	0.0%	76.6%	83.2%	69.9%	55.9%	71.7%	54.2%	72.1%	52.9%	
Irregular periods	47.5%	50.9%	44.0%	55.2%	41.9%	50.6%	46.1%	53.4%	45.1%	50.0%	46.2%	56.7%	40.9%	47.5%	0.0%	53.1%	0.0%	58.0%	45.6%	53.9%	46.0%	78.2%	42.5%	55.4%	45.5%	
Premenstrual Syndrome (PMS) or Premenstrual Dysphoric Disorder (PMDD)	37.8%	42.7%	32.8%	45.5%	32.4%	44.7%	34.7%	42.9%	35.7%	47.8%	32.8%	48.1%	30.5%	37.8%	0.0%	42.2%	0.0%	46.2%	36.3%	32.1%	39.0%	55.3%	34.9%	41.7%	36.8%	
Bleeding at irregular intervals, particularly between expected menstrual periods	26.3%	30.8%	21.7%	34.2%	20.7%	30.3%	24.6%	29.0%	25.2%	31.6%	23.7%	30.4%	23.6%	26.3%	0.0%	29.9%	0.0%	39.3%	24.1%	30.2%	25.5%	45.9%	23.2%	37.1%	23.8%	
Absence of periods	22.2%	23.8%	20.6%	27.5%	18.3%	24.4%	21.2%	29.7%	19.4%	25.6%	20.5%	28.6%	17.7%	22.2%	0.0%	24.9%	0.0%	19.8%	22.7%	22.4%	22.2%	46.3%	18.3%	20.6%	22.6%	
None of these conditions	10.6%	6.9%	14.2%	6.6%	14.1%	5.5%	12.9%	7.9%	11.6%	6.2%	12.7%	7.0%	13.1%	10.6%	0.0%	100.0%	0.0%	11.6%	11.4%	10.9%	11.1%	1.1%	12.1%	6.0%	11.9%	
Menstrual Problems (1+ of 6 studied conditions)	89.4%	93.1%	85.8%	94.6%	85.9%	94.5%	87.1%	92.1%	88.4%	93.8%	87.3%	93.0%	85.9%	89.4%	0.0%	100.0%	0.0%	95.6%	88.4%	90.9%	89.1%	98.9%	87.9%	95.0%	88.1%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	1914	823	1091	630	1276	487	1423	374	1533	498	1416	633	1276	1914	0	1639	276	316	1598	410	1004	161	1753	478	1436	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 11	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
		Participants		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes
Were you ever prescribed, or have you ever taken hormonal medication (such as birth control) for your menstrual issues?	20.8%	82.6%	73.8%	82.7%	72.3%	80.7%	74.6%	92.2%	75.1%	84.0%	74.0%	84.9%	74.5%	90.0%	75.0%	69.5%	80.6%	82.6%	75.5%
Yes, and I continue to use the medication currently	47.4%	60.3%	56.0%	62.4%	54.3%	62.9%	55.6%	69.2%	56.5%	69.7%	56.4%	59.3%	56.6%	49.3%	57.1%	50.6%	61.8%	56.6%	57.0%
Yes, but I discontinued my use of the medication	31.8%	48.7%	47.3%	53.9%	44.5%	49.5%	47.2%	67.5%	46.8%	49.1%	47.3%	50.5%	47.2%	47.4%	47.6%	44.7%	49.9%	32.0%	48.4%
No	10.6%	49.4%	34.7%	44.4%	34.8%	44.0%	36.6%	47.3%	37.6%	50.1%	35.4%	60.5%	34.7%	94.0%	37.2%	29.5%	44.6%	46.6%	37.6%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	1914	333	1554	474	1413	327	1560	35	1852	255	1632	189	1728	10	1877	941	946	115	1772

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 12	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Annual HH Income					Childhood grew up in the North Country?			
		Participants					Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes
Were you ever prescribed, or have you ever taken hormonal medication (such as birth control) for your menstrual issues?	20.8%	22.6%	18.4%	21.3%	23.7%	20.0%	18.0%	21.6%	47.1%	33.4%	13.6%	3.4%	22.1%	18.1%	23.5%	19.9%	24.0%	21.6%	14.9%	17.6%	27.0%	15.5%	19.3%	25.6%	21.2%	20.4%
Yes, and I continue to use the medication currently	47.4%	42.3%	51.6%	47.3%	43.1%	50.9%	51.0%	47.4%	82.9%	49.1%	50.4%	38.9%	43.4%	51.6%	47.6%	48.6%	43.7%	48.1%	39.6%	46.1%	41.7%	52.2%	62.6%	61.0%	48.2%	45.9%
Yes, but I discontinued my use of the medication	31.8%	35.2%	30.1%	31.4%	33.2%	29.0%	31.0%	31.6%	60.9%	17.6%	36.0%	57.7%	34.6%	30.3%	28.8%	31.6%	32.2%	30.3%	45.5%	36.3%	31.3%	32.3%	28.1%	23.4%	30.6%	33.8%
No	10.6%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	1901	544	372	210	267	508	11	1845	5	306	762	794	412	588	888	1403	495	1776	75	272	582	378	473	117	1348	609

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 12	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)			
		Participants		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	0 times	1+ times	No
Were you ever prescribed, or have you ever taken hormonal medication (such as birth control) for your menstrual issues?	20.8%	16.7%	22.7%	13.3%	24.8%	19.7%	21.5%	20.2%	22.8%	22.4%	19.9%	22.6%	19.6%	20.5%	21.9%	20.9%	23.9%	21.3%	17.4%	19.2%	23.4%	19.2%	23.4%
Yes, and I continue to use the medication currently	47.4%	47.8%	47.3%	45.0%	48.8%	48.6%	46.9%	49.8%	40.1%	56.5%	42.4%	49.1%	46.3%	47.7%	46.2%	47.2%	48.7%	46.7%	55.2%	45.6%	51.5%	45.6%	51.5%
Yes, but I discontinued my use of the medication	31.8%	35.9%	30.0%	41.7%	26.3%	31.7%	31.7%	30.0%	37.2%	21.1%	37.7%	28.3%	34.2%	31.7%	32.0%	32.4%	27.5%	32.1%	27.0%	35.2%	25.1%	35.2%	25.1%
No	10.6%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	1901	745	1153	965	926	873	1019	1428	473	480	1421	695	1206	1654	247	1668	224	1859	25	1327	522		

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 12	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
		Participants		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes
Were you ever prescribed, or have you ever taken hormonal medication (such as birth control) for your menstrual issues?	20.8%	23.2%	18.4%	24.2%	18.2%	20.4%	21.0%	25.9%	18.7%	21.8%	20.3%	26.7%	16.7%	20.8%	0.0% <sup>1,2</sup>	22.8%	4.0%	15.9%	21.7%	14.8%	22.1%	30.9%	19.1%	13.7%	22.5%
Yes, and I continue to use the medication currently	47.4%	50.7%	44.2%	52.4%	43.9%	53.6%	44.6%	48.4%	47.1%	52.6%	44.9%	48.8%	46.4%	47.4%	0.0% <sup>1,2</sup>	49.5%	29.7%	62.4%	44.8%	52.4%	46.3%	55.0%	46.2%	59.2%	44.6%
Yes, but I discontinued my use of the medication	31.8%	26.1%	37.5%	23.4%	37.9%	26.0%	34.5%	25.7%	34.2%	25.6%	34.8%	24.6%	36.9%	31.8%	0.0% <sup>1,2</sup>	27.7%	66.3%	22.1%	33.6%	32.8%	31.6%	14.1%	34.7%	27.1%	32.9%
No	10.6%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	1901	818	1083	625	1268	485	1412	370	1524	493	1408	628	1268	1901	0	1630	271	316	1585	406	1496	160	1741	475	1426

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 12	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
		Participants		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes
Were you ever prescribed, or have you ever taken hormonal medication (such as birth control) for your menstrual issues?	20.8%	22.2%	20.7%	25.7%	19.7%	20.6%	21.1%	26.6%	20.6%	29.6%	19.1%	25.7%	20.5%	47.1%	20.6%	19.1%	22.6%	11.0%	21.9%
Yes, and I continue to use the medication currently	47.4%	54.3%	45.4%	51.9%	45.2%	52.4%	46.3%	68.3%	46.6%	43.5%	48.3%	52.6%	46.7%	13.1%	48.0%	41.7%	51.8%	50.3%	47.3%
Yes, but I discontinued my use of the medication	31.8%	23.4%	33.9%	22.4%	36.1%	27.0%	32.6%	4.9%	32.7%	26.7%	32.6%	21.7%	33.0%	39.8%	31.4%	39.2%	25.7%	38.7%	31.2%
No	10.6%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	1901	330	1545	471	1404	324	1551	35	1840	255	1620	189	1716	10	1865	936	939	114	1761

Table 13		2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations																											
		All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?			
			Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSD or less	Post HSD, but <4YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$20,000	\$20,000-\$39,999	\$40,000-\$59,999	\$60,000-\$79,999	\$80,000 or greater	Yes	No		
Have you ever been diagnosed with any of the following menstrual conditions? (choose all that apply)	18.1%	20.6%	16.3%	16.1%	14.6%	20.2%	9.8%	18.1%	39.6%	12.1%	23.2%	23.9%	18.9%	19.9%	17.4%	18.7%	18.6%	15.6%	3.9%	26.9%	17.3%	14.2%	16.9%	10.8%	17.5%	20.1%			
Thyroid conditions	16.1%	18.0%	18.5%	15.5%	16.1%	18.9%	0.0%	16.5%	60.4%	21.5%	13.5%	29.2%	12.1%	17.0%	16.2%	16.0%	16.6%	12.2%	19.9%	15.5%	15.5%	15.2%	17.4%	6.4%	17.0%	14.9%			
Sexually Transmitted Diseases	14.9%	13.9%	11.9%	17.9%	21.1%	16.5%	16.0%	14.7%	0.0%	9.2%	20.1%	18.7%	11.4%	16.4%	19.0%	13.5%	16.7%	9.1%	14.4%	19.0%	14.5%	14.1%	15.0%	16.8%	7.5%	16.9%	10.6%		
Endometriosis	14.0%	13.3%	14.9%	14.2%	9.9%	16.2%	44.3%	13.6%	8.6%	21.7%	10.2%	3.3%	16.7%	14.3%	11.6%	14.6%	12.2%	14.1%	17.3%	16.8%	16.4%	11.1%	16.3%	8.1%	18.5%	9.5%			
PCOS	13.4%	15.1%	12.3%	14.9%	7.1%	15.2%	0.0%	13.7%	1.1%	6.1%	20.9%	9.6%	15.7%	14.7%	11.0%	13.1%	17.3%	11.9%	11.9%	16.3%	14.5%	11.9%	16.3%	14.5%	13.1%	14.9%			
Uterine Fibroids	2.9%	2.0%	1.1%	3.4%	4.8%	3.3%	0.0%	2.6%	8.8%	0.8%	3.8%	2.4%	2.3%	3.0%	2.7%	2.0%	2.5%	3.7%	1.9%	2.9%	3.6%	1.7%	2.2%	2.3%	3.2%				
Interstitial Cystitis	2.3%	1.7%	2.2%	2.7%	1.9%	3.0%	0.0%	2.3%	8.0%	1.0%	3.7%	2.2%	2.2%	2.3%	2.5%	2.0%	2.0%	3.0%	2.0%	2.0%	1.7%	2.0%	2.1%	2.0%	2.1%				
Gynecologic Cancer	2.9%	2.7%	3.0%	1.9%	2.3%	3.8%	0.0%	2.9%	0.0%	2.8%	3.1%	2.8%	3.0%	3.0%	3.0%	2.9%	3.0%	2.4%	3.1%	3.0%	3.1%	3.2%	3.0%	1.9%	2.9%	2.8%			
Other condition	43.8%	44.0%	43.2%	48.5%	46.3%	40.3%	31.1%	44.3%	0.0%	48.7%	38.4%	41.6%	44.1%	42.1%	46.3%	42.8%	47.0%	43.7%	47.2%	46.7%	42.3%	43.5%	39.3%	61.2%	42.4%				
None of these conditions	56.2%	56.0%	56.8%	51.5%	53.7%	68.9%	68.9%	55.7%	100.0%	51.3%	61.6%	58.4%	55.9%	59.7%	57.2%	53.0%	56.3%	52.8%	57.3%	56.5%	60.7%	57.8%	57.6%	60.7%	57.6%	51.9%			
At least 1 of these conditions	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%			
Total	1914	548	374	214	264	810	13	1854	5	306	766	802	412	564	894	1413	498	1787	76	276	597	279	474	118	1353	815			
Unweighted n																													

Table 13		2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations																											
		All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (1+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)								
			Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes							
Have you ever been diagnosed with any of the following menstrual conditions? (choose all that apply)	18.1%	16.1%	19.0%	17.8%	20.3%	18.8%	20.6%	18.0%	20.6%	12.2%	18.3%	18.0%	20.4%	16.9%	18.5%	18.6%	18.9%	10.9%	16.6%	18.7%	7.4%	18.3%	18.2%						
Thyroid conditions	16.1%	9.8%	19.1%	9.2%	19.9%	16.9%	17.9%	16.9%	12.6%	24.9%	11.3%	17.8%	19.2%	14.4%	23.4%	11.6%	11.7%	15.6%	34.9%	11.9%	22.7%	18.9%							
Sexually Transmitted Diseases	14.9%	13.8%	16.6%	16.9%	16.8%	14.6%	16.8%	10.2%	14.0%	24.9%	11.4%	18.8%	14.8%	14.7%	14.7%	14.8%	14.7%	14.8%	15.4%	12.8%	17.4%	17.4%							
Endometriosis	14.0%	6.6%	17.4%	6.7%	16.9%	10.6%	16.0%	16.0%	22.2%	9.6%	24.8%	6.7%	12.9%	18.6%	14.0%	14.7%	12.8%	16.6%	55.1%	12.2%	17.4%	17.4%							
PCOS	13.4%	13.7%	13.3%	16.9%	11.5%	16.7%	12.1%	14.3%	10.8%	12.3%	14.0%	14.8%	12.6%	13.9%	11.3%	12.9%	16.9%	13.7%	6.6%	14.3%	12.5%	12.5%							
Uterine Fibroids	2.9%	2.0%	2.8%	1.9%	2.1%	2.8%	2.4%	2.0%	3.2%	2.1%	2.0%	2.2%	2.8%	2.4%	2.1%	2.9%	2.4%	2.1%	2.5%	2.2%	2.8%	2.8%							
Interstitial Cystitis	2.3%	2.4%	2.2%	3.2%	1.7%	2.6%	2.0%	2.8%	0.7%	2.4%	2.1%	1.8%	2.5%	2.2%	2.7%	2.4%	1.3%	2.3%	0.0%	2.6%	2.0%	2.0%							
Gynecologic Cancer	2.9%	1.8%	3.4%	1.8%	2.9%	2.9%	2.8%	3.2%	1.8%	4.8%	1.8%	3.7%	2.2%	2.9%	2.9%	2.9%	2.9%	3.0%	0.0%	2.0%	4.3%	4.3%							
Other condition	43.8%	54.1%	39.0%	46.0%	41.4%	46.9%	41.9%	39.9%	35.5%	48.3%	34.3%	50.4%	46.0%	34.4%	42.7%	50.9%	44.4%	26.8%	46.7%	29.3%	29.3%	29.3%							
None of these conditions	56.2%	45.9%	61.0%	52.0%	58.6%	63.1%	68.1%	61.0%	40.1%	64.6%	61.7%	65.7%	49.6%	54.0%	65.6%	67.3%	48.1%	55.2%	73.2%	63.3%	60.7%	60.7%							
At least 1 of these conditions	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%				
Total	1914	751	1160	975	929	882	1023	1437	477	482	1432	899	1215	1665	249	1679	226	1872	25	1338	624	624							
Unweighted n																													

Table 13		2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations																											
		All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions				
			Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No			
Have you ever been diagnosed with any of the following menstrual conditions? (choose all that apply)	18.1%	17.0%	18.7%	17.2%	18.7%	18.7%	18.0%	18.1%	20.6%	16.9%	18.5%	17.9%	18.1%	0.0%	18.4%	16.6%	25.0%	16.8%	100.0%	0.0%	17.8%	18.2%	24.9%	16.5%					
Thyroid conditions	16.1%	19.7%	12.6%	19.8%	13.6%	18.1%	16.3%	21.2%	14.2%	19.6%	14.4%	19.0%	14.2%	16.1%	0.0%	16.7%	11.3%	15.4%	16.3%	13.2%	16.8%	24.2%	14.8%	17.5%	15.8%				
Sexually Transmitted Diseases	14.9%	16.8%	13.0%	16.8%	13.6%	17.1%	13.9%	15.4%	14.0%	13.6%	15.0%	14.0%	13.6%	14.9%	0.0%	15.9%	6.3%	100.0%	0.0%	21.1%	13.5%	19.8%	14.1%	25.6%	12.3%				
Endometriosis	14.0%	16.2%	12.7%	18.9%	8.7%	18.8%	11.8%	20.8%	10.5%	13.0%	21.4%	18.0%	14.0%	0.0%	15.9%	1.4%	18.6%	13.2%	13.8%	18.0%	100.0%	0.0%	14.1%	14.0%					
PCOS	13.4%	13.1%	13.8%	13.8%	15.1%	16.2%	12.6%	11.6%	13.9%	15.3%	13.3%	13.4%	13.3%	0.0%	14.6%	3.5%	23.9%	11.6%	19.2%	12.0%	19.2%	13.6%	69.2%	0.0%					
Uterine Fibroids	2.9%	3.4%	1.7%	4.4%	1.2%	5.0%	1.4%	3.9%	2.6%	3.8%	3.2%	2.1%	2.9%	0.0%	2.7%	0.7%	1.8%	4.1%	2.2%	8.9%	2.0%	13.0%	0.0%						
Interstitial Cystitis	2.3%	2.4%	2.1%	2.3%	2.7%	2.7%	2.7%	2.9%	1.9%	2.4%	2.6%	2.4%	2.3%	0.0%	2.1%	2.3%	2.0%	2.2%	0.0%	2.5%	11.6%	0.0%	11.6%	0.0%					
Gynecologic Cancer	2.9%	3.3%	2.4%	3.1%	2.8%	4.2%	2.4%	3.1%	2.7%	2.9%	2.9%	2.9%	2.9%	0.0%	3.0%	1.9%	4.3%	2.6%	3.3%	2.8%	2.7%	3.4%	1.7%	0.0%					
Other condition	43.8%	41.2%	46.3%	38.3%	47.7%	38.4%	46.1%	37.7%	46.3%	35.7%	47.7%	39.2%	46.9%	43.8%	0.0%	41.6%	61.8%	0.0%	61.4%	0.0%	53.4%	0.0%	50.9%	0.0%					
None of these conditions	56.2%	58.8%	53.7%	61.7%	52.3%	61.6%	63.9%	62.3%	63.7%	64.3%	62.3%	68.8%	63.1%	56.2%	0.0%	58.4%	38.2%	100.0%	48.6%	100.0%	46.6%	49.1%	100.0%	45.7%					
At least 1 of these conditions	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%				
Total	1914	823	1091	630	1276	487	1423	374	1633	498	1416	633	1276	1914	0	1629	275	316	1898	410	1504	161	1763	478	1436				
Unweighted n																													

Table 13		2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations																											
		All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges		Have experienced challenges getting other healthcare services										
			Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No									
Have you ever been diagnosed with any of the following menstrual conditions? (choose all that apply)	18.1%	16.6%	18.8%	17.4%	18.4%	20.9%	17.4%	15.9%	18.2%	12.7%	19.3%	17.4%	18.2%	2.9%	18.3%	18.4%	17.8%	20.2%	18.0%										
Thyroid conditions	16.1%	20.1%	15.0%	21.1%	13.6%	20.0%	15.2%	31.6%	15.8%	26.0%	13.9%	19.8%	13.6%	30.7%	15.9%	11.1%	20.0%	22.1%	15.8%										
Sexually Transmitted Diseases	14.9%	9.9%	16.2%	16.0%	14.2%	19.1%	13.8%	13.1%	14.9%	16.3%	14.8%	12.4%	16.2%	9.8%	14.9%	14.2%	12.8%	14.9%	15.7%										
Endometriosis	14.0%	22.8%	11.7%	23.9%	9.8%	13.9%	14.4%	28.6%	13.6%	12.9%	24.2%	12.7%	38.9%	13.9%	18.8%	8.4%	18.8%	11.4%	14.3%										
PCOS	13.4%	12.9%	13.7%	12.8%	13.6%	13.9%	13.3%	8.8%	13.9%	9.9%	14.1%	12.9%	13.9%	1.9%	13.5%	13.5%	12.2%	17.2%	12.1%										

# Among only those who've been diagnosed with PCOS:

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 14	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
How did you find out you had PCOS?																											
A doctor told me	87.6%	95.1%	82.1%	98.0%	89.2%	89.4%	69.0%	89.2%	100.0%	85.6%	93.0%	97.5%	87.3%	87.1%	89.9%	87.5%	87.0%	87.0%	97.1%	100.0%	85.1%	87.9%	85.5%	85.4%	86.7%	84.1%	
I figured it out myself	10.4%	4.9%	17.9%	2.0%	48.8%	2.2%	0.0%	16.6%	0.0%	11.4%	7.9%	2.5%	7.2%	12.9%	10.1%	12.9%	2.4%	16.7%	2.9%	0.0%	9.0%	12.1%	14.7%	44.6%	10.8%	9.9%	
My family/friends told me	2.1%	0.0%	0.0%	0.0%	0.0%	8.4%	31.0%	0.0%	0.0%	3.0%	0.0%	0.0%	5.8%	0.0%	0.0%	0.0%	0.0%	2.3%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	2.9%	0.0%	
I took an online test and it told me	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%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	156	43	28	23	12	50	2	182	1	57	71	27	40	51	64	126	30	147	8	31	38	35	42	7	122	33	

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 14	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (≥ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
How did you find out you had PCOS?																						
A doctor told me	87.6%	95.2%	86.2%	96.9%	84.9%	95.4%	84.7%	87.0%	90.2%	84.1%	84.3%	96.8%	91.9%	75.2%	88.6%	81.3%	88.4%	75.7%	85.3%	89.5%		
I figured it out myself	10.4%	4.8%	11.3%	3.1%	12.4%	4.6%	12.4%	10.7%	5.8%	6.1%	15.9%	12.7%	4.2%	6.2%	24.8%	9.0%	18.7%	11.6%	4.4%	14.7%	6.1%	
My family/friends told me	2.1%	0.0%	2.8%	0.0%	2.7%	0.0%	2.9%	2.3%	0.0%	3.9%	2.9%	0.0%	2.9%	0.0%	0.0%	2.5%	0.0%	0.0%	20.0%	4.4%	4.4%	
I took an online test and it told me	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%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%		
Unweighted n	156	39	117	61	95	66	90	140	16	68	88	104	52	132	24	138	18	147	5	93	61	

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 14	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
How did you find out you had PCOS?																									
A doctor told me	87.6%	87.7%	87.3%	90.3%	83.0%	91.9%	84.3%	84.1%	89.8%	93.9%	81.3%	82.3%	96.7%	87.5%	0.0%	87.4%	100.0%	88.1%	84.9%	97.7%	85.3%	87.8%	0.0%	98.2%	84.9%
I figured it out myself	10.4%	8.5%	12.7%	6.2%	17.0%	3.1%	15.7%	10.2%	1.9%	18.1%	14.3%	3.3%	10.4%	0.0%	10.9%	1.9%	12.4%	1.9%	2.3%	12.1%	10.4%	0.0%	1.8%	12.5%	
My family/friends told me	2.1%	3.8%	0.0%	3.5%	0.0%	5.0%	0.0%	5.2%	0.0%	4.3%	0.0%	0.0%	2.1%	0.0%	2.1%	0.0%	2.7%	0.0%	2.1%	2.1%	0.0%	0.0%	0.0%	2.6%	
I took an online test and it told me	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%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%
Unweighted n	156	81	75	80	75	87	99	53	102	99	97	85	71	156	0	152	4	41	115	38	118	156	0	46	110

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 14	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other health care services.	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
How did you find out you had PCOS?																			
A doctor told me	87.6%	94.0%	84.5%	89.9%	85.3%	85.0%	83.0%	88.3%	85.5%	88.6%	88.2%	88.2%	87.8%	100.0%	87.4%	87.1%	88.2%	88.2%	
I figured it out myself	10.4%	0.0%	15.6%	16.1%	9.9%	3.4%	11.5%	16.5%	9.4%	14.2%	8.5%	1.9%	12.2%	0.0%	10.4%	12.9%	9.0%	19.3%	9.6%
My family/friends told me	2.1%	6.0%	0.0%	0.0%	4.8%	0.0%	2.6%	0.0%	2.3%	0.0%	2.9%	9.9%	0.0%	0.0%	2.2%	0.0%	2.9%	0.0%	2.2%
I took an online test and it told me	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%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	156	39	116	60	95	37	118	7	148	34	121	21	134	1	154	53	102	12	143

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 15	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSD or less	Post HSD, but <4YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$16,000	\$16,000- \$19,999	\$20,000- \$29,999	\$30,000- \$39,999	\$40,000 or greater	Yes	No	
		Participants																									
Without taking any hormonal medications like birth control (or if you are postmenopausal, when you used to get your periods): Did you experience too frequent, infrequent, absent, or irregular periods?	11.7%	18.9%	19.0%	3.2%	2.0%	3.2%	0.0%	12.7%	0.0%	11.6%	10.1%	22.8%	14.0%	3.8%	20.3%	12.2%	10.2%	12.9%	0.0%	3.3%	17.6%	20.2%	5.9%	11.4%	8.9%	26.9%	
Yes, too frequent (cycles occur every 25 days or less)																											
Yes, infrequent (cycles occur every 35 days or more, or less than 8 cycles per year)	13.2%	10.3%	7.2%	9.2%	15.9%	24.1%	0.0%	13.8%	0.0%	14.3%	10.3%	3.5%	2.3%	20.3%	18.5%	15.0%	4.6%	13.8%	2.9%	14.1%	3.3%	13.7%	26.8%	0.0%	13.8%	8.1%	
Yes, absent or nearly absent (cycles occur every three months or more)	6.1%	2.1%	4.9%	7.3%	0.0%	13.2%	0.0%	6.6%	0.0%	5.0%	10.0%	3.0%	8.5%	2.7%	7.7%	6.9%	3.5%	6.2%	6.2%	9.2%	2.8%	3.3%	9.2%	14.2%	4.8%	13.3%	
Yes, irregular (hard to pinpoint when cycles will occur)	46.0%	32.9%	42.8%	62.3%	76.4%	46.0%	31.0%	47.2%	100.0%	46.3%	48.4%	34.2%	50.3%	44.7%	42.3%	48.2%	37.9%	47.5%	33.2%	50.4%	48.8%	39.3%	38.9%	74.4%	49.0%	31.5%	
No, I did not experience any of these	22.9%	35.9%	26.1%	17.9%	5.6%	13.5%	69.0%	19.6%	0.0%	22.8%	21.1%	36.0%	24.8%	29.5%	11.1%	17.3%	43.8%	19.7%	87.7%	23.1%	27.4%	23.4%	19.2%	0.0%	23.5%	20.4%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	159	45	29	23	12	50	2	150	1	57	72	29	41	51	65	128	31	100	0	31	39	35	44	7	123	35	

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 15	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (≥1 beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
		Participants																			
Without taking any hormonal medications like birth control (or if you are postmenopausal, when you used to get your periods): Did you experience too frequent, infrequent, absent, or irregular periods?	11.7%	23.0%	9.8%	15.5%	10.7%	11.7%	11.8%	12.0%	8.6%	12.2%	11.1%	8.4%	20.2%	12.8%	8.8%	12.6%	6.7%	12.1%	0.0%	8.6%	14.8%
Yes, too frequent (cycles occur every 25 days or less)																					
Yes, infrequent (cycles occur every 35 days or more, or less than 8 cycles per year)	13.2%	17.0%	12.5%	12.5%	13.4%	11.5%	13.8%	12.0%	29.4%	13.2%	13.2%	14.7%	9.4%	13.2%	13.2%	13.4%	12.0%	14.7%	4.4%	17.3%	9.2%
Yes, absent or nearly absent (cycles occur every three months or more)	6.1%	9.9%	5.5%	5.9%	6.3%	11.8%	4.1%	6.0%	7.5%	6.3%	6.0%	3.4%	13.1%	7.0%	3.6%	7.2%	0.0%	7.2%	0.0%	5.1%	7.3%
Yes, irregular (hard to pinpoint when cycles will occur)	46.0%	37.3%	47.6%	44.2%	46.6%	49.0%	45.0%	47.3%	24.0%	41.5%	51.9%	51.3%	32.7%	48.6%	38.9%	45.4%	49.8%	46.0%	50.4%	39.6%	52.0%
No, I did not experience any of these	22.9%	12.8%	24.6%	22.2%	23.1%	16.0%	25.3%	22.3%	30.5%	26.9%	17.8%	22.2%	24.7%	18.4%	35.5%	21.4%	31.5%	20.0%	45.2%	29.4%	16.6%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	159	41	118	62	97	68	91	142	17	69	90	105	54	135	24	140	19	149	5	96	61

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 15	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Participants																								
Without taking any hormonal medications like birth control (or if you are postmenopausal, when you used to get your periods): Did you experience too frequent, infrequent, absent, or irregular periods?	11.7%	14.0%	9.0%	9.6%	15.2%	9.9%	13.1%	6.3%	15.1%	11.4%	12.1%	12.4%	10.5%	11.7%	0.0%	11.9%	0.0%	9.0%	12.4%	13.6%	11.3%	11.7%	0.0%	15.7%	10.8%	
Yes, too frequent (cycles occur every 25 days or less)																										
Yes, infrequent (cycles occur every 35 days or more, or less than 8 cycles per year)	13.2%	11.4%	15.4%	7.3%	22.4%	3.8%	20.0%	12.7%	13.6%	5.4%	20.8%	14.3%	11.3%	13.2%	0.0%	13.3%	0.0%	13.9%	13.0%	22.6%	11.1%	13.2%	0.0%	7.4%	14.6%	
Yes, absent or nearly absent (cycles occur every three months or more)	6.1%	8.7%	3.0%	5.8%	6.7%	4.6%	7.3%	6.8%	5.7%	6.0%	6.2%	4.2%	9.6%	6.1%	0.0%	6.1%	12.0%	6.1%	6.1%	7.4%	5.9%	6.1%	0.0%	3.8%	6.7%	
Yes, irregular (hard to pinpoint when cycles will occur)	46.0%	49.7%	41.6%	52.7%	35.0%	47.0%	45.3%	57.0%	38.7%	48.7%	43.5%	48.8%	41.2%	46.0%	0.0%	46.6%	0.0%	49.9%	45.1%	37.3%	48.0%	46.0%	0.0%	59.4%	42.8%	
No, I did not experience any of these	22.9%	16.3%	31.0%	24.5%	20.7%	34.6%	14.3%	17.3%	26.8%	28.6%	17.3%	20.3%	27.4%	22.9%	0.0%	22.2%	88.0%	21.0%	23.4%	19.2%	23.7%	22.9%	0.0%	13.8%	25.1%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	159	81	78	80	78	57	102	53	105	59	100	86	73	159	0	154	5	42	117	39	120	159	0	47	112	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 15	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges		Have experienced challenges getting other healthcare services		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Participants																		
Without taking any hormonal medications like birth control (or if you are postmenopausal, when you used to get your periods): Did you experience too frequent, infrequent, absent, or irregular periods?	11.7%	18.3%	8.2%	11.7%	11.9%	6.2%	13.0%	16.5%	11.4%	4.3%	14.4%	10.4%	12.2%	0.0%	12.3%	9.9%	12.4%	0.0%	12.3%	
Yes, too frequent (cycles occur every 25 days or less)																				
Yes, infrequent (cycles occur every 35 days or more, or less than 8 cycles per year)	13.2%	3.4%	18.0%	7.9%	19.0%	27.5%	9.6%	22.4%	12.0%	11.6%	13.3%	10.1%	13.6%	5.1%	13.2%	19.6%	10.5%	6.4%	13.1%	
Yes, absent or nearly absent (cycles occur every three months or more)	6.1%	5.9%	6.3%	4.8%	7.9%	8.7%	5.6%	5.3%	6.2%	6.4%	6.1%	1.0%	7.6%	0.0%	6.4%	7.9%	5.9%	12.4%	5.9%	
Yes, irregular (hard to pinpoint when cycles will occur)	46.0%	34.4%	52.7%	42.0%	51.4%	32.1%	49.4%	55.8%	45.4%	41.3%	47.9%	47.0%	46.0%	0.0%	48.2%	54.0%	43.5%	35.9%	46.6%	
No, I did not experience any of these	22.9%	38.0%	14.8%	33.6%	9.7%	25.4%	22.4%	0.0%	25.0%	36.4%	18.3%	31.4%	20.7%	94.9%	19.9%	8.6%	28.1%	45.3%	22.1%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	159	39	119	61	97	37	121	7	161	34	124	21	137	2	166	54	104	12	146	

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 16	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
Experience excess male-like hair growth on your upper lip, chin, chest, abdomen, buttocks, or back?	Yes	68.6%	65.6%	74.7%	61.6%	84.5%	63.3%	100.0%	66.1%	100.0%	73.5%	57.1%	47.9%	77.6%	69.5%	52.7%	68.6%	68.8%	67.6%	78.7%	64.9%	77.7%	61.1%	62.7%	68.5%	69.4%	63.7%
	No	29.2%	32.9%	23.5%	31.2%	15.5%	35.7%	0.0%	31.6%	0.0%	24.5%	39.7%	52.1%	22.4%	28.9%	45.2%	29.3%	28.8%	30.1%	21.3%	32.8%	22.3%	35.4%	32.6%	31.5%	29.7%	27.5%
	Not sure	2.2%	1.9%	1.7%	7.2%	0.0%	1.1%	0.0%	2.3%	0.0%	2.0%	3.2%	0.0%	0.0%	4.6%	2.1%	2.1%	2.4%	2.4%	0.0%	2.3%	0.0%	3.6%	4.7%	0.0%	0.9%	8.8%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	159	45	29	23	12	50	2	155	1	57	72	29	41	51	65	128	31	150	6	31	39	35	44	7	123	35

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 16	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
Experience excess male-like hair growth on your upper lip, chin, chest, abdomen, buttocks, or back?	Yes	68.6%	75.2%	67.5%	69.0%	71.0%	68.6%	72.1%	68.8%	65.3%	65.3%	72.8%	74.6%	53.1%	60.1%	92.4%	69.6%	62.6%	67.0%	91.0%	69.4%	68.8%
	No	29.2%	24.8%	30.0%	37.7%	28.9%	38.4%	26.0%	28.8%	34.7%	32.6%	24.9%	22.3%	46.9%	36.9%	7.6%	28.4%	33.9%	0.0%	29.6%	22.7%	31.5%
	Not sure	2.2%	0.0%	2.5%	2.3%	2.1%	3.0%	1.9%	2.3%	0.0%	2.1%	2.3%	3.0%	0.0%	2.9%	0.0%	1.9%	3.5%	1.5%	8.5%	1.0%	3.5%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	159	41	116	62	97	68	91	142	17	69	90	106	64	135	24	140	19	149	6	96	61

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 16	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions			
		Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Experience excess male-like hair growth on your upper lip, chin, chest, abdomen, buttocks, or back?	Yes	68.6%	64.0%	74.2%	72.1%	64.3%	71.8%	66.3%	59.7%	74.6%	75.7%	61.7%	69.7%	66.7%	68.6%	0.0%	68.6%	71.6%	40.7%	75.6%	55.5%	71.5%	68.6%	68.6%	55.5%	52.3%	72.6%
	No	29.2%	32.9%	24.7%	25.1%	34.5%	24.9%	32.4%	38.1%	23.3%	21.9%	36.3%	27.3%	32.6%	29.2%	0.0%	29.2%	28.4%	56.9%	22.3%	38.8%	27.1%	29.2%	2.2%	47.7%	24.7%	
	Not sure	2.2%	3.0%	1.1%	2.8%	1.3%	3.3%	1.3%	2.2%	2.2%	2.4%	2.0%	0.7%	2.2%	0.0%	2.2%	0.0%	2.2%	2.1%	1.4%	2.1%	1.4%	2.5%	5.6%	0.0%	2.7%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	159	81	78	80	79	57	102	53	105	59	100	86	73	159	0	154	5	42	117	39	120	159	0	47	112	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 16	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Experience excess male-like hair growth on your upper lip, chin, chest, abdomen, buttocks, or back?	Yes	68.6%	70.8%	67.2%	70.3%	66.2%	42.5%	68.0%	68.0%	53.1%	73.8%	54.6%	72.2%	94.9%	67.3%	69.6%	68.1%	78.2%	68.1%	
	No	29.2%	29.2%	29.5%	26.7%	32.7%	56.0%	23.5%	31.5%	29.2%	45.9%	23.7%	41.2%	26.1%	5.1%	30.4%	28.6%	29.7%	21.0%	
	Not sure	2.2%	0.0%	3.4%	3.0%	1.1%	1.5%	2.3%	0.0%	1.5%	2.6%	4.2%	1.6%	0.0%	2.3%	2.0%	2.3%	0.0%	2.3%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	159	39	119	61	97	37	121	7	151	34	124	21	137	2	156	64	104	12	146

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 17	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?	
	Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
Experience hair loss or balding? Yes	39.6%	24.9%	45.4%	51.4%	56.0%	23.4%	0.0%	42.0%	100.0%	42.3%	37.6%	7.5%	44.0%	38.7%	34.5%	46.8%	12.7%	42.6%	9.1%	56.5%	45.5%	28.5%	29.5%	50.2%	39.4%	41.3%
No	58.5%	73.1%	55.6%	41.4%	7.5%	76.6%	100.0%	55.4%	0.0%	55.7%	60.3%	92.8%	55.2%	58.8%	62.5%	51.7%	83.9%	55.2%	90.9%	42.0%	58.9%	61.7%	70.1%	48.8%	58.9%	55.4%
Not sure	1.9%	2.0%	0.0%	7.2%	6.6%	0.0%	0.0%	2.1%	0.0%	2.0%	2.1%	0.0%	0.8%	2.5%	3.0%	1.5%	2.4%	2.1%	0.0%	1.4%	0.6%	9.8%	0.0%	0.0%	1.7%	3.2%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	156	44	29	23	11	49	2	152	1	57	71	27	41	50	63	125	31	147	6	29	39	35	43	7	121	34

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 17	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
	Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
Experience hair loss or balding? Yes	39.6%	25.3%	42.0%	12.0%	47.2%	27.3%	43.9%	41.0%	14.0%	39.8%	39.3%	44.7%	26.4%	40.8%	36.2%	39.9%	37.8%	38.3%	39.0%	31.2%	47.3%
No	58.5%	73.3%	56.0%	87.0%	50.6%	68.8%	54.9%	56.4%	86.0%	58.6%	58.4%	52.6%	73.6%	57.0%	62.6%	58.5%	58.7%	59.8%	61.0%	66.0%	51.6%
Not sure	1.9%	1.4%	2.0%	0.9%	2.2%	3.9%	1.2%	2.1%	0.0%	1.6%	2.3%	2.7%	0.0%	2.2%	1.1%	1.6%	3.5%	1.9%	0.0%	2.8%	1.1%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	156	40	116	60	96	67	89	129	17	67	89	103	53	132	24	137	19	146	6	94	60

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 17	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
	Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Experience hair loss or balding? Yes	39.6%	41.8%	36.8%	47.9%	27.5%	38.3%	40.5%	53.9%	29.8%	44.3%	34.5%	41.7%	35.9%	39.6%	0.0%	39.9%	12.0%	30.6%	41.8%	48.1%	39.6%	0.0%	41.2%	39.2%	
No	58.5%	56.9%	60.5%	50.9%	69.4%	59.2%	58.0%	46.1%	66.9%	55.2%	61.7%	56.8%	61.6%	58.5%	0.0%	58.2%	88.0%	69.4%	55.8%	49.1%	60.6%	58.5%	0.0%	56.3%	59.1%
Not sure	1.9%	1.3%	2.7%	1.2%	3.1%	2.4%	1.6%	0.0%	3.2%	0.0%	2.7%	1.6%	2.5%	1.9%	0.0%	1.9%	0.0%	0.0%	1.9%	2.8%	1.7%	1.9%	0.0%	2.6%	1.8%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	156	79	77	78	77	55	101	52	103	59	98	86	70	156	0	151	5	40	116	39	117	156	0	46	110

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 17	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
	Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Experience hair loss or balding? Yes	39.6%	31.2%	44.4%	46.4%	32.6%	29.0%	42.1%	66.9%	37.3%	44.0%	38.3%	35.0%	41.0%	0.0%	41.4%	32.6%	42.2%	28.1%	40.2%
No	58.5%	68.8%	52.6%	54.0%	63.7%	69.9%	55.8%	33.1%	60.8%	56.0%	59.2%	65.0%	56.5%	100.0%	56.6%	61.9%	57.1%	71.9%	57.8%
Not sure	1.9%	0.0%	3.0%	0.5%	3.6%	1.1%	2.1%	0.0%	1.9%	0.0%	2.6%	0.0%	2.4%	0.0%	2.0%	5.4%	0.7%	0.0%	2.0%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	156	38	117	60	95	36	119	7	148	33	122	20	135	2	153	62	103	12	143

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 18	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
			54.8% <sup>1</sup>	36.2%	72.6%	75.2%	40.8% <sub>ab</sub>	48.4% <sub>ab</sub>	100.0% <sup>2</sup>	51.9%	0.0% <sup>2,3</sup>	61.7%	41.3%	19.7%	49.6%	62.7%	52.7%	53.1%	61.3%	58.2%	21.9%	66.6% <sub>ab</sub>	66.5%	35.9%	39.9% <sub>c</sub>	54.3% <sub>ab</sub>	54.7%
Experience moderate or severe acne?	Yes	44.6% <sup>1</sup>	62.9%	27.4%	24.8%	57.5% <sub>ab</sub>	0.0% <sup>2</sup>	47.5%	100.0% <sup>2,3</sup>	38.3%	58.7%	67.1% <sub>ab</sub>	50.0%	36.2%	47.3%	46.2%	38.7%	41.2%	78.1%	32.7% <sub>ab</sub>	32.8%	36.2%	62.9% <sub>ab</sub>	60.1%	45.7% <sub>ab</sub>	44.9%	42.0%
	No	0.6% <sup>1</sup>	0.9%	0.9% <sup>2</sup>	0.0% <sup>2</sup>	2.0%	0.7%	0.0% <sup>2</sup>	0.6%	0.0% <sup>2,3</sup>	0.0% <sup>2</sup>	13.1%	0.4%	1.1%	0.0% <sup>2</sup>	0.7%	0.0% <sup>2</sup>	0.6%	0.0% <sup>2</sup>	100.0%	100.0%	100.0%	100.0%	100.0%	0.5%	1.0%	
	Not sure	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Total	157	45	29	22	11	50	2	153	1	57	72	27	41	50	64	126	31	148	6	29	39	35	44	7	123	33
	Unweighted n																										

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 18	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
		54.8% <sup>1</sup>	50.1%	55.6%	39.0%	59.2%	39.5%	60.3%	57.2%	23.4%	63.2%	44.1%	60.3%	40.8%	51.6%	63.8%	61.7%	14.2%	54.4%	63.3%	45.9%	63.6%
Experience moderate or severe acne?	Yes	44.6% <sup>1</sup>	48.8%	43.9%	59.2%	40.6%	59.9%	39.2%	42.2%	76.6%	36.5%	59.2%	47.6%	36.2%	47.6%	37.6%	85.8%	45.0%	63.8%	36.7%	58.8%	36.1%
	No	0.6% <sup>1</sup>	1.1%	0.5%	1.9%	0.2%	0.6%	0.5%	0.6%	0.0% <sup>2</sup>	0.3%	0.9%	0.0% <sup>2</sup>	0.8%	0.0% <sup>2</sup>	0.7%	0.0% <sup>2</sup>	0.0%	0.0% <sup>2</sup>	0.3%	0.3%	
	Not sure	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Total	157	39	118	60	97	67	90	140	17	68	89	104	53	133	24	138	19	147	6	95	60
	Unweighted n																					

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 18	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		54.8% <sup>1</sup>	63.1%	54.9%	55.2%	63.1%	43.0%	64.4%	47.9%	60.0%	51.4%	65.9%	44.1%	59.6%	46.4%	54.8%	0.0% <sup>3</sup>	55.4%	0.0% <sup>2</sup>	53.3%	55.2%	50.8%	55.7%	54.8%	0.0% <sup>3</sup>	41.1%
Experience moderate or severe acne?	Yes	44.6% <sup>1</sup>	45.9%	43.6%	36.7%	55.9%	35.3%	51.4%	40.0%	48.0%	34.1%	54.8%	39.8%	53.2%	44.6%	0.0% <sup>3</sup>	44.0%	100.0% <sup>2</sup>	45.9%	44.4%	48.3%	43.8%	44.6%	0.0% <sup>3</sup>	58.0%	41.3%
	No	0.6% <sup>1</sup>	0.0% <sup>2</sup>	1.2%	0.3%	1.0%	0.4%	0.7%	0.0% <sup>2</sup>	1.1%	0.6%	0.0% <sup>3</sup>	0.4%	0.6%	0.0% <sup>3</sup>	0.6%	0.0% <sup>2</sup>	1.2%	0.4%	0.9%	0.5%	0.6%	0.0% <sup>3</sup>	0.8%	0.5%	
	Not sure	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Total	157	81	76	79	77	55	101	53	103	59	98	86	71	157	0	152	5	42	115	39	118	157	0	46	111
	Unweighted n																									

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 18	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		54.8% <sup>1</sup>	62.4%	51.0%	65.6%	41.8%	53.9%	55.3%	79.7%	52.8%	43.2%	59.2%	39.3%	59.3%	0.0% <sup>2</sup>	57.4%	34.2%	62.4%	30.8%	56.0%
Experience moderate or severe acne?	Yes	44.6% <sup>1</sup>	37.6%	48.1%	34.4%	57.0%	46.1%	44.0%	20.3%	46.6%	56.8%	45.1%	60.7%	40.0%	100.0% <sup>2</sup>	42.0%	63.7%	37.6%	69.2%	43.4%
	No	0.6% <sup>1</sup>	0.0% <sup>2</sup>	0.9%	1.3%	0.0% <sup>2</sup>	0.7%	0.0% <sup>2</sup>	0.6%	0.0% <sup>2</sup>	0.0% <sup>2</sup>	0.8%	0.0% <sup>2</sup>	0.7%	0.0% <sup>2</sup>	0.6%	2.2%	0.0% <sup>2</sup>	0.0% <sup>2</sup>	0.6%
	Not sure	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Total	157	39	117	61	95	37	119	7	149	34	122	21	135	2	154	52	104	12	144
	Unweighted n																			

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 19	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
Have problems with excess weight gain?	Yes	84.0% <sup>1</sup>	70.6%	95.6%	94.0% <sup>1,3</sup>	94.4% <sup>1,3</sup>	76.8%	100.0% <sup>2</sup>	82.7%	100.0% <sup>2,3</sup>	88.0%	77.8% <sup>1,3</sup>	50.9%	85.6%	85.6%	78.8%	82.7%	89.0%	84.6%	78.7%	86.7%	86.3%	74.4%	84.1%	88.6%	85.8%	74.4%
	No	15.3% <sup>2</sup>	27.4%	4.4%	6.0% <sup>1,3</sup>	5.6% <sup>1,3</sup>	22.7%	0.0% <sup>2</sup>	16.6%	0.0% <sup>2,3</sup>	11.3%	21.7% <sup>1,3</sup>	49.8%	14.5%	22.7%	18.5%	17.1%	8.6%	14.8%	21.3%	13.3%	13.4%	22.1%	16.9%	11.4%	14.1%	22.4%
	Not sure	0.6% <sup>2</sup>	1.9%	0.0% <sup>2</sup>	0.0% <sup>2</sup>	0.0% <sup>2</sup>	0.5%	0.0% <sup>2</sup>	0.7%	0.0% <sup>2,3</sup>	0.7%	0.6%	0.0% <sup>2</sup>	0.0% <sup>2</sup>	0.0% <sup>2</sup>	2.7%	0.2%	0.7%	0.0% <sup>2</sup>	0.0% <sup>2</sup>	0.0% <sup>2</sup>	0.4%	3.6%	0.0% <sup>2</sup>	0.0% <sup>2</sup>	0.2%	3.2%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	158	45	29	23	11	50	2	154	1	57	72	28	41	50	65	127	31	149	6	30	39	35	44	7	123	34

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 19	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
Have problems with excess weight gain?	Yes	84.0% <sup>1</sup>	81.7%	84.4%	71.8%	87.4%	76.8%	86.6%	86.2%	85.3%	85.1%	82.6%	92.9%	61.3%	80.5%	94.0%	85.4%	75.7%	81.0%	100.0% <sup>2</sup>	83.2%	84.0%
	No	15.3% <sup>2</sup>	17.4%	15.0%	27.6%	11.9%	20.8%	13.4%	13.1%	14.9%	15.9%	6.4%	11.9%	38.3%	18.7%	6.0%	14.4%	20.8%	17.3%	0.0% <sup>2</sup>	16.6%	14.9%
	Not sure	0.6% <sup>2</sup>	0.9%	0.6%	0.6%	0.7%	2.4%	0.0% <sup>2</sup>	0.7%	0.0% <sup>2</sup>	1.5%	0.7%	0.5%	0.9%	0.0% <sup>2</sup>	0.2%	3.5%	0.8%	0.0% <sup>2</sup>	0.3%	1.1%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	158	40	116	61	97	68	90	141	17	68	90	106	53	134	24	139	19	148	6	95	61

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 19	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
Have problems with excess weight gain?	Yes	84.0% <sup>1</sup>	85.7%	82.0%	88.3%	77.2%	84.0%	80.8%	86.2%	87.9%	85.2%	83.8%	84.0%	84.0%	0.0% <sup>3</sup>	84.3%	66.8%	76.0%	85.4%	75.2%	86.0%	84.0%	0.0% <sup>3</sup>	69.1%	87.7%	
	No	15.3% <sup>2</sup>	13.4%	17.7%	10.8%	22.5%	14.8%	15.7%	19.2%	12.7%	12.1%	18.5%	16.2%	16.0%	16.3%	0.0% <sup>3</sup>	15.0%	43.2%	22.9%	13.4%	22.0%	13.9%	15.3%	0.0% <sup>3</sup>	30.9%	11.5%
	Not sure	0.6% <sup>2</sup>	0.9%	0.3%	0.8%	0.3%	1.2%	0.2%	0.0% <sup>2</sup>	1.1%	0.0% <sup>2</sup>	1.3%	1.0%	0.0% <sup>2</sup>	0.6%	0.0% <sup>3</sup>	0.6%	0.0% <sup>2</sup>	0.7%	0.6%	0.2%	0.6%	0.0% <sup>3</sup>	0.0% <sup>2</sup>	0.8%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	158	81	77	80	77	57	101	53	104	99	86	72	158	0	153	5	42	116	39	119	158	0	47	111	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 19	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Have problems with excess weight gain?	Yes	84.0% <sup>1</sup>	82.8%	84.6%	86.2%	81.1%	74.5%	86.0%	100.0% <sup>2</sup>	82.9%	81.1%	84.9%	75.6%	82.2%	84.9%	83.5%	82.0%	84.7%	
	No	15.3% <sup>2</sup>	17.2%	14.4%	13.8%	17.4%	25.0%	13.2%	0.0% <sup>2</sup>	16.8%	18.9%	14.2%	24.4%	12.9%	5.1%	15.8%	15.0%	14.5%	
	Not sure	0.6% <sup>2</sup>	0.0% <sup>2</sup>	1.0%	0.0% <sup>2</sup>	1.5%	0.0% <sup>2</sup>	0.8%	0.0% <sup>2</sup>	0.3%	0.0% <sup>2</sup>	0.9%	0.0% <sup>2</sup>	0.8%	0.0% <sup>2</sup>	2.5%	0.0% <sup>2</sup>	0.7%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	158	39	119	61	96	37	120	7	150	34	123	21	136	2	155	53	104	

# Among those who've ever menstruated:

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 20	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HI Income					Childhood grew up in the North Country?			
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000-\$74,999	\$75,000-\$99,999	\$100,000-\$199,999	\$200,000 or greater	Yes	No	
			89.4%	88.7%	91.1%	87.0%	86.2%	91.1%	86.0%	90.3%	100.0%	94.8%	89.0%	79.2%	92.1%	89.8%	87.7%	89.2%	90.1%	90.0%	88.4%	89.9%	90.1%	91.3%	88.7%	89.3%	90.3%	88.4%
Menstrual Problems (1+ of 6 studied conditions)	Yes	10.6%	11.3%	8.9%	13.0%	8.9%	13.3%	9.7%	0.0%	5.2%	11.0%	20.8%	7.9%	10.2%	12.3%	10.8%	9.9%	10.7%	11.6%	10.9%	10.9%	10.9%	10.9%	10.9%	10.9%	10.9%	11.8%	9.7%
	No	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Total	1914	548	374	214	258	510	13	1854	6	306	766	302	412	564	894	1413	499	1787	76	276	997	379	474	118	1353	516	
	Unweighted n																											

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 20	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
		Participants																				
Menstrual Problems (1+ of 6 studied conditions)	Yes	89.4%	87.2%	90.9%	84.1%	92.4%	88.4%	90.1%	90.0%	85.0%	95.0%	86.1%	92.1%	87.0%	88.7%	92.9%	88.0%	94.4%	89.2%	92.9%	86.7%	94.9%
	No	10.6%	12.8%	9.0%	15.9%	7.6%	11.6%	9.9%	9.4%	14.1%	4.0%	13.9%	7.9%	12.4%	11.3%	7.9%	11.4%	5.6%	10.8%	3.1%	13.3%	5.2%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	791	1169	975	929	882	1023	1437	477	482	1432	699	1215	1665	249	1679	226	1872	25	1338	524

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 20	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Participants																								
Menstrual Problems (1+ of 6 studied conditions)	Yes	93.1%	88.9%	94.5%	85.9%	94.5%	87.1%	92.1%	88.4%	93.8%	87.3%	93.0%	86.9%	89.4%	0.0%	100.0%	0.0%	95.6%	88.4%	90.9%	89.1%	98.9%	87.9%	95.0%	88.1%	
	No	6.9%	14.2%	5.5%	14.1%	5.5%	12.9%	7.9%	11.6%	6.2%	12.7%	7.0%	13.1%	10.6%	0.0%	0.0%	100.0%	4.4%	11.6%	9.1%	10.9%	1.1%	12.1%	5.0%	11.9%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	823	1091	620	1276	487	1423	374	1033	498	1416	633	1276	1914	0	1639	279	316	1998	410	1064	161	1753	478	1426

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 20	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Participants																		
Menstrual Problems (1+ of 6 studied conditions)	Yes	92.7%	88.8%	93.8%	87.6%	93.6%	88.7%	92.9%	89.0%	94.9%	88.5%	96.6%	88.6%	100.0%	89.5%	85.6%	92.7%	89.8%	89.6%	
	No	7.3%	11.2%	6.2%	12.4%	6.4%	11.3%	7.1%	10.9%	5.1%	11.5%	3.4%	11.4%	0.0%	10.5%	14.4%	7.3%	10.2%	10.4%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	333	1564	474	1413	327	1580	30	1852	205	1832	199	1728	10	1877	941	946	115	1772	

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 21	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
Endometriosis	Yes	14.9% <sup>1</sup>	13.9% <sup>1</sup>	11.9%	17.5% <sup>1</sup>	21.1%	15.5% <sup>1</sup>	15.0%	14.7%	0.0% <sup>2</sup>	9.2%	20.1%	16.7%	11.6%	18.4%	13.5% <sup>1</sup>	16.7%	9.1%	14.4%	19.0%	14.5%	14.1%	15.0%	16.8%	7.5%	15.9%	10.6%
	No	85.1% <sup>1</sup>	86.1% <sup>1</sup>	88.1%	82.5% <sup>1</sup>	78.9%	84.5% <sup>1</sup>	85.0%	85.3%	100.0% <sup>2</sup>	90.8%	79.9%	83.3%	88.4%	81.6%	86.5% <sup>1</sup>	83.3%	90.9%	85.6%	81.0%	85.5%	85.9%	85.0%	83.2%	82.5%	84.1%	89.4%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	548	374	214	268	510	13	1854	5	306	756	802	412	564	894	1413	498	1787	76	276	827	379	474	118	1353	515

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 21	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
Endometriosis	Yes	14.9% <sup>1</sup>	13.0%	16.6%	16.3%	14.2%	15.8%	14.4%	16.4%	10.2%	14.0%	15.4%	16.3%	13.9%	15.2%	13.5%	14.7%	14.7%	14.9%	5.1%	15.4%	12.8%
	No	85.1% <sup>1</sup>	86.9%	84.4%	83.7%	85.8%	84.2%	85.6%	83.6%	89.8%	86.0%	84.6%	83.7%	86.1%	84.8%	86.5%	85.3%	85.3%	85.1%	94.9%	84.6%	87.2%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	751	1160	975	929	882	1023	1437	477	482	1432	899	1215	1665	349	1679	226	1872	25	1338	524

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 21	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Endometriosis	Yes	14.9% <sup>1</sup>	16.8%	13.0%	16.8%	13.6%	17.1%	13.9%	15.4%	14.0%	17.0%	13.9%	14.0%	15.0%	14.9%	0.0% <sup>2,3</sup>	15.9%	6.3%	100.0% <sup>2</sup>	0.0% <sup>2</sup>	21.1%	13.5%	19.8%	14.1%	25.6%	12.3%
	No	85.1% <sup>1</sup>	83.2%	87.0%	83.2%	86.4%	82.9%	86.1%	84.6%	85.0%	83.0%	86.1%	86.0%	84.0%	85.1%	0.0% <sup>2,3</sup>	84.1%	93.7%	0.0% <sup>2</sup>	100.0% <sup>2</sup>	78.9%	86.5%	80.2%	85.9%	74.4%	87.7%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	823	1091	630	1276	487	1423	374	1533	498	1416	633	1276	1914	0	1639	275	316	1598	410	1504	161	1753	478	1436

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 21	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Endometriosis	Yes	14.9% <sup>1</sup>	9.9%	16.2%	16.0%	14.2%	19.1%	13.8%	13.1%	14.9%	16.3%	14.9%	12.4%	15.2%	9.6%	14.9%	16.7%	14.2%	12.9%	14.9%
	No	85.1% <sup>1</sup>	90.1%	83.8%	84.0%	85.8%	80.9%	86.2%	86.9%	85.1%	83.7%	85.0%	87.6%	84.8%	90.4%	85.1%	84.3%	85.8%	87.2%	85.1%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	333	1554	474	1413	327	1560	35	1882	265	1632	189	1728	10	1877	941	946	115	1772

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 22	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
Thyroid Conditions	Yes	18.1% <sup>1</sup>	20.6%	16.3%	16.1%	14.6%	20.2%	9.5%	18.1%	39.6%	12.1%	23.2%	23.9%	16.6%	19.8%	17.4%	18.5%	16.6%	18.5%	9.9%	26.6%	17.3%	14.2%	16.0%	10.8%	17.5%	20.1%
	No	81.9% <sup>2</sup>	79.4%	83.7%	83.9%	85.4%	79.8%	90.5%	81.9%	60.4%	87.9%	76.8%	76.8%	83.2%	80.2%	82.6%	81.5%	83.4%	81.5%	90.1%	73.4%	82.7%	85.8%	82.0%	89.2%	82.5%	79.9%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	548	374	214	268	510	13	1854	5	306	766	802	412	564	894	1413	498	1787	76	276	807	379	474	118	1353	515

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 22	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
Thyroid Conditions	Yes	18.1% <sup>1</sup>	16.1%	19.0%	18.5%	17.8%	20.3%	16.8%	20.0%	12.2%	18.3%	18.0%	20.4%	16.5%	18.5%	16.6%	18.9%	10.9%	18.4%	7.4%	18.3%	18.2%
	No	81.9% <sup>2</sup>	83.9%	81.0%	81.5%	82.2%	79.7%	83.2%	80.0%	87.8%	81.7%	82.0%	79.6%	83.5%	81.5%	83.4%	81.1%	89.1%	81.6%	92.6%	81.7%	81.8%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	751	1160	975	929	882	1023	1437	477	482	1432	899	1215	1665	349	1679	226	1872	25	1338	524

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 22	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Thyroid Conditions	Yes	18.1% <sup>1</sup>	17.0%	18.7%	17.2%	16.7%	19.0%	18.1%	18.1%	20.6%	16.9%	18.0%	17.9%	18.1%	0.0% <sup>3</sup>	18.4%	15.6%	25.0%	16.8%	100.0% <sup>2</sup>	0.0% <sup>2</sup>	17.8%	18.2%	24.9%	16.5%	
	No	81.9% <sup>2</sup>	82.0%	81.3%	82.8%	81.3%	83.8%	81.0%	81.9%	79.4%	83.1%	81.8%	82.1%	81.9%	0.0% <sup>3</sup>	81.6%	84.4%	74.4%	83.2%	0.0% <sup>2</sup>	100.0% <sup>2</sup>	82.2%	81.8%	75.1%	83.5%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	1914	823	1091	630	1276	487	1423	374	1533	498	1416	633	1276	1914	0	1639	275	316	1598	410	1504	161	1753	478	1436

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 22	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Thyroid Conditions	Yes	18.1% <sup>1</sup>	16.6%	18.9%	17.4%	18.4%	20.9%	17.4%	15.9%	18.2%	12.7%	19.3%	17.4%	18.2%	2.9%	18.3%	18.4%	17.8%	20.2%	18.0%
	No	81.9% <sup>2</sup>	83.4%	81.0%	82.6%	81.6%	79.1%	82.6%	84.1%	81.8%	87.3%	80.7%	82.6%	81.8%	97.1%	81.7%	81.6%	82.2%	79.8%	82.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	333	1554	474	1413	327	1560	35	1882	265	1632	109	1728	10	1877	941	946	115	1772

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 23	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
PCOS	Yes	14.0%	13.3%	14.5%	14.2%	9.9%	16.2%	44.3%	13.6%	8.5%	21.7%	10.2%	3.3%	16.7%	14.3%	11.6%	14.6%	12.2%	14.1%	17.3%	16.8%	15.4%	11.1%	16.3%	8.1%	15.8%	9.6%
	No	86.0%	86.7%	85.5%	85.8%	90.1%	83.8%	55.7%	86.4%	91.5%	78.3%	89.8%	96.7%	83.3%	85.7%	88.4%	85.4%	87.8%	85.9%	82.7%	83.2%	84.6%	88.9%	84.7%	91.9%	84.2%	90.4%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	548	374	214	268	510	13	1854	5	306	766	802	412	564	894	1413	498	1787	76	276	827	379	474	118	1353	515

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 23	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
PCOS	Yes	14.0%	6.5%	17.4%	8.7%	16.9%	10.4%	16.0%	17.2%	4.0%	22.2%	9.5%	24.0%	6.7%	12.9%	18.6%	14.0%	14.7%	12.9%	85.1%	12.2%	17.4%
	No	86.0%	93.5%	82.6%	91.3%	83.1%	89.6%	84.0%	82.8%	96.0%	77.8%	90.5%	75.0%	93.3%	87.1%	81.4%	86.0%	85.3%	87.0%	44.9%	87.8%	82.6%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	751	1160	975	929	882	1023	1437	477	482	1432	899	1215	1665	349	1679	226	1872	25	1338	524

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 23	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions			
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
PCOS	Yes	14.0%	15.2%	12.7%	19.9%	9.7%	18.8%	11.8%	20.5%	11.0%	20.5%	10.8%	21.4%	5.8%	14.0%	0.0% <sup>2,3</sup>	15.9%	1.4%	18.0%	13.2%	13.8%	14.0%	100.0% <sup>2</sup>	0.0% <sup>2</sup>	14.1%	14.0%	
	No	86.0%	84.8%	87.3%	80.1%	90.3%	81.2%	88.2%	79.5%	88.0%	79.5%	89.2%	78.6%	91.2%	86.0%	0.0% <sup>2,3</sup>	84.9%	98.6%	81.4%	86.8%	86.2%	86.0%	0.0% <sup>2</sup>	100.0% <sup>2</sup>	85.9%	86.0%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	823	1091	630	1276	487	1423	374	1633	498	1416	633	1276	1914	0	1639	275	316	1598	410	1504	161	1753	478	1436	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 23	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
PCOS	Yes	14.0%	22.6%	11.7%	23.5%	9.5%	13.3%	14.4%	28.9%	13.9%	19.9%	12.9%	24.2%	12.7%	38.9%	13.8%	6.4%	18.0%	11.4%	14.3%
	No	86.0%	77.4%	88.3%	76.5%	90.5%	86.7%	85.6%	71.2%	86.4%	80.1%	87.1%	75.8%	87.3%	61.1%	86.2%	91.6%	81.0%	88.6%	85.7%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	333	1554	474	1413	327	1560	35	1882	265	1632	109	1728	10	1877	941	946	115	1772

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 24	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
Other Menstrual Conditions	Yes	19.4%	19.9%	17.8%	20.4%	15.7%	22.0%	0.0% <sup>2</sup>	19.9%	9.6%	10.5%	26.7%	27.4%	16.3%	21.6%	20.6% <sub>1,2</sub>	20.6%	15.3%	19.0%	21.9%	17.1%	17.9%	21.5%	20.6%	17.7%	18.8%	20.5%
	No	80.6%	80.1%	82.2%	79.6%	84.3%	78.0%	100.0% <sup>2</sup>	80.2%	90.4%	89.5%	73.3%	72.6%	84.7%	78.4%	79.4% <sub>1,2</sub>	79.4%	84.7%	81.0%	78.1%	82.9%	82.1%	78.9%	79.4%	82.3%	81.2%	79.5%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	1914	548	374	214	268	510	13	1854	5	306	766	802	412	564	894	1413	498	1787	76	276	807	379	474	118	1353	515

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 24	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)			
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes		
Other Menstrual Conditions	Yes	19.4%	18.8%	19.7%	22.4%	17.8%	22.8%	17.5%	20.9%	14.6%	20.1%	19.0%	22.4%	20.5%	18.6%	19.7%	18.0%	19.2%	21.1%	19.9%	6.8%	20.0%	19.3%
	No	80.6%	81.2%	80.3%	77.6%	82.2%	77.2%	82.5%	79.1%	85.4%	79.9%	81.0%	79.5%	81.4%	80.3%	82.0%	80.8%	78.9%	80.1%	83.2%	80.0%	80.7%	80.7%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	751	1160	975	929	882	1023	1437	477	482	1432	899	1215	1665	349	1679	226	1872	25	1338	524	

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 24	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Other Menstrual Conditions	Yes	19.4%	19.7%	19.0%	21.1%	18.1%	23.4%	17.6%	20.6%	18.7%	21.7%	18.2%	19.2%	19.4%	19.4%	0.0% <sup>2,3</sup>	20.6%	9.1%	33.3%	16.9%	26.7%	17.8%	19.0%	19.4%	100.0% <sup>2</sup>	0.0% <sup>2</sup>
	No	80.6%	80.3%	81.0%	78.9%	81.9%	76.6%	82.4%	79.4%	81.3%	78.3%	81.8%	80.8%	80.6%	80.6%	0.0% <sup>2,3</sup>	79.4%	90.9%	66.7%	83.1%	73.3%	82.2%	80.5%	80.6%	0.0% <sup>2</sup>	100.0% <sup>2</sup>
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	1914	823	1091	630	1276	487	1423	374	1533	498	1416	633	1276	1914	0	1639	275	316	1598	410	1504	161	1753	478	1436

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 24	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Other Menstrual Conditions	Yes	19.4%	19.4%	19.2%	19.2%	20.9%	18.8%	11.5%	19.0%	16.4%	19.8%	21.0%	19.0%	1.9%	19.5%	18.2%	20.0%	21.6%	19.1%	
	No	80.6%	80.6%	80.8%	80.8%	79.1%	81.2%	88.5%	80.6%	83.6%	80.2%	79.0%	81.0%	98.1%	80.5%	81.8%	80.0%	78.4%	80.9%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	1914	333	1554	474	1413	327	1560	35	1882	265	1632	109	1728	10	1877	941	946	115	1772

# Childhood Experiences – ACE's (among all participants)

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 25	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSD or less	Post-HSD, but <2-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$30,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
		Participants																									
Who was (were) your primary caregiver(s) or person(s) who looked after you when you were growing up? (choose all that apply)	Birth mother	91.0%	90.3%	91.1%	88.6%	94.1%	91.6%	90.0%	91.6%	92.4%	88.5%	91.8%	94.1%	90.4%	94.1%	89.2%	93.4%	91.2%	90.4%	90.7%	92.6%	87.6%	88.5%	93.0%	91.5%	91.0%	90.0%
	Birth father	64.4%	63.4%	65.9%	67.1%	65.1%	61.6%	64.3%	64.8%	69.4%	64.8%	63.7%	64.9%	60.4%	64.9%	69.0%	62.4%	69.7%	65.0%	55.2%	66.8%	60.0%	67.3%	71.2%	66.4%	63.3%	67.3%
	Mother figure (step mother, aunt, grandmother, adoptive mother, etc)	12.0%	11.8%	14.0%	12.1%	9.5%	10.9%	11.2%	13.2%	8.7%	14.8%	11.0%	8.7%	10.8%	14.9%	10.4%	12.3%	11.1%	12.2%	11.0%	12.7%	16.6%	10.9%	8.0%	8.7%	11.4%	13.6%
	Father figure (step father, uncle, grandfather, adoptive father, etc)	10.3%	9.9%	12.1%	6.6%	5.4%	12.7%	10.7%	9.9%	0.0%	14.3%	7.8%	6.0%	10.8%	11.8%	7.9%	9.9%	11.4%	10.0%	13.1%	8.0%	17.3%	10.1%	4.3%	4.2%	10.8%	8.9%
	I was adopted or fostered	3.2%	4.5%	1.5%	5.7%	2.8%	3.7%	2.9%	0.0%	4.2%	3.1%	1.7%	3.4%	4.0%	2.2%	2.6%	4.9%	3.1%	4.3%	0.1%	4.3%	3.1%	4.6%	1.9%	4.9%	3.0%	4.0%
	Other person	0.0%	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2988	862	580	337	422	794	1020	1882	11	470	1111	1336	687	862	1362	2163	818	2706	140	369	884	688	808	203	2041	868

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 25	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or Vg	Excellent or Very Good	Less than E or Vg	Excellent or Very Good	Less than E or Vg	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
		Participants																				
Who was (were) your primary caregiver(s) or person(s) who looked after you when you were growing up? (choose all that apply)	Birth mother	91.0%	93.4%	89.6%	91.6%	90.4%	93.7%	91.1%	90.8%	89.8%	91.4%	90.0%	91.6%	91.3%	89.9%	91.2%	89.9%	91.6%	82.7%	91.6%	90.8%	
	Birth father	64.4%	67.7%	62.4%	66.3%	62.7%	70.4%	60.6%	63.3%	67.0%	60.1%	65.8%	65.6%	63.8%	66.1%	68.2%	63.9%	67.5%	65.7%	31.8%	65.1%	63.0%
	Mother figure (step mother, aunt, grandmother, adoptive mother, etc)	12.0%	9.4%	13.6%	9.7%	14.1%	9.9%	13.4%	13.0%	9.6%	17.3%	10.3%	14.6%	10.9%	12.2%	11.4%	12.2%	10.3%	11.9%	15.9%	11.2%	13.4%
	Father figure (step father, uncle, grandfather, adoptive father, etc)	10.3%	9.4%	10.8%	7.2%	13.0%	7.5%	12.1%	11.2%	7.9%	12.8%	9.4%	12.8%	9.2%	9.0%	14.8%	10.8%	7.8%	10.4%	7.0%	9.7%	11.5%
	I was adopted or fostered	3.2%	3.0%	3.8%	3.8%	2.7%	3.2%	3.3%	2.9%	3.3%	2.9%	3.3%	3.0%	3.2%	3.9%	2.9%	3.4%	2.6%	16.9%	3.6%	2.6%	0.0%
	Other person	0.0%	0.0%	0.0%	0.1%	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%	0.0%	0.0%	0.0%	0.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2988	1231	1743	1688	1277	1378	1684	2232	783	584	2381	951	2034	2568	429	2539	422	2925	38	2187	705

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 25	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Participants																								
Who was (were) your primary caregiver(s) or person(s) who looked after you when you were growing up? (choose all that apply)	Birth mother	91.0%	91.7%	90.5%	89.2%	87.1%	82.4%	87.4%	92.2%	85.6%	92.0%	88.9%	92.2%	91.5%	90.5%	91.2%	93.8%	90.4%	91.7%	90.7%	91.7%	90.7%	91.6%	90.0%	91.9%	
	Birth father	64.4%	58.2%	69.2%	67.8%	67.8%	61.6%	68.9%	69.9%	60.3%	69.6%	63.9%	64.8%	64.3%	64.4%	64.9%	62.9%	58.1%	65.4%	58.8%	65.6%	55.6%	65.8%	60.0%	65.4%	
	Mother figure (step mother, aunt, grandmother, adoptive mother, etc)	12.0%	14.3%	10.2%	16.3%	9.9%	19.1%	9.4%	15.6%	10.8%	18.3%	13.8%	10.7%	13.4%	10.7%	14.0%	8.0%	16.2%	12.9%	13.5%	13.4%	12.8%	12.6%	11.3%	13.9%	
	Father figure (step father, uncle, grandfather, adoptive father, etc)	10.3%	13.1%	8.0%	13.5%	8.6%	13.0%	9.2%	14.6%	8.8%	16.6%	8.6%	10.7%	9.8%	11.9%	3.6%	13.9%	10.2%	7.4%	11.4%	20.9%	5.0%	11.2%	10.5%		
	I was adopted or fostered	3.2%	3.6%	2.9%	3.6%	2.9%	5.4%	2.4%	5.9%	2.2%	6.4%	2.2%	3.2%	3.2%	2.6%	3.9%	1.5%	5.8%	2.5%	3.3%	2.7%	1.4%	3.1%	3.2%	2.7%	
	Other person	0.0%	0.1%	0.0%	0.1%	0.0%	0.1%	0.0%	0.1%	0.0%	0.0%	0.1%	0.0%	0.1%	0.0%	0.0%	0.3%	0.0%	0.2%	0.1%	0.0%	0.0%	0.1%	0.0%	0.1%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2988	1184	1801	885	2086	717	2261	576	2395	695	2290	951	2026	1913	1072	1637	275	316	1696	410	1502	161	1761	477	1435

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 25	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Participants																		
Who was (were) your primary caregiver(s) or person(s) who looked after you when you were growing up? (choose all that apply)	Birth mother	91.0%	86.6%	92.2%	89.5%	91.4%	94.6%	90.2%	93.0%	90.8%	91.2%	90.9%	85.7%	91.0%	98.6%	90.8%	91.7%	90.0%	91.4%	90.9%
	Birth father	64.4%	60.9%	65.3%	55.8%	67.5%	58.0%	65.6%	60.5%	64.5%	62.1%	64.6%	48.1%	66.2%	68.5%	64.3%	67.1%	61.5%	68.9%	64.1%
	Mother figure (step mother, aunt, grandmother, adoptive mother, etc)	12.0%	13.8%	11.6%	17.5%	10.0%	12.1%	12.1%	12.6%	12.1%	20.6%	11.1%	18.2%	11.4%	7.3%	12.1%	9.5%	14.9%	14.0%	12.0%
	Father figure (step father, uncle, grandfather, adoptive father, etc)	10.3%	11.5%	9.9%	16.6%	7.8%	10.8%	10.1%	15.7%	10.0%	15.8%	9.6%	14.6%	9.7%	2.1%	10.3%	7.8%	12.8%	7.6%	10.4%
	I was adopted or fostered	3.2%	4.3%	2.9%	4.7%	2.7%	1.7%	3.5%	6.8%	3.1%	3.0%	3.2%	5.1%	3.0%	0.0%	3.3%	3.1%	3.4%	0.8%	3.4%
	Other person	0.0%	0.1%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2988	490	2448	642	2298	454	2444	51	2887	265	2973	207	2731	13	2825	1638	1300	175	2753

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 26	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4-YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
During your childhood, did any of your parents/caregivers receive government assistance (such as unemployment benefit, single parent support, disability assistance, etc.)?	Yes	21.8%	21.4%	24.5%	21.8%	17.4%	21.1%	20.3%	23.4%	45.7%	27.8%	19.8%	13.6%	25.7%	21.5%	18.1%	24.8%	13.6%	20.6%	35.0%	26.4%	24.9%	21.0%	19.7%	12.2%	22.9%	19.3%
	No	76.4%	71.1%	68.4%	73.1%	71.6%	69.9%	73.0%	68.1%	26.5%	62.2%	73.8%	89.9%	63.6%	71.0%	77.4%	67.2%	79.3%	71.8%	55.5%	62.1%	66.4%	70.8%	76.2%	86.0%	69.3%	73.2%
	Don't know	7.6%	7.1%	7.0%	5.1%	11.1%	9.0%	6.5%	8.4%	28.8%	9.7%	6.3%	5.4%	10.5%	7.4%	4.4%	7.9%	6.8%	7.5%	9.2%	11.2%	8.8%	8.1%	5.2%	1.8%	7.6%	7.2%
	Prefer not to answer	0.2%	0.4%	0.1%	0.0%	0.0%	0.0%	0.2%	0.1%	0.0%	0.2%	0.1%	0.1%	0.2%	0.2%	0.1%	0.1%	0.4%	0.2%	0.2%	0.3%	0.1%	0.0%	0.0%	0.1%	0.4%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2976	849	579	336	420	752	1015	1878	11	468	1108	1331	682	861	1358	2158	814	2747	140	389	878	587	806	202	2037	862

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 26	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
During your childhood, did any of your parents/caregivers receive government assistance (such as unemployment benefit, single parent support, disability assistance, etc.)?	Yes	21.8%	17.0%	24.7%	17.7%	25.6%	14.6%	26.5%	22.9%	19.1%	31.8%	18.6%	28.9%	19.4%	20.3%	27.3%	21.7%	22.3%	21.4%	35.1%	19.6%	27.6%
	No	76.4%	76.4%	66.9%	76.3%	65.0%	78.1%	63.3%	69.9%	71.7%	60.1%	73.7%	66.2%	72.4%	72.4%	63.3%	70.9%	70.2%	71.1%	55.7%	73.0%	64.8%
	Don't know	7.6%	6.5%	8.3%	6.8%	9.3%	7.1%	9.0%	7.1%	9.0%	8.0%	7.5%	6.9%	8.0%	7.3%	8.8%	7.7%	7.0%	7.4%	9.2%	7.3%	7.6%
	Prefer not to answer	0.2%	0.2%	0.1%	0.2%	0.1%	0.2%	0.1%	0.1%	0.2%	0.1%	0.2%	0.0%	0.6%	0.0%	0.6%	0.1%	0.6%	0.1%	0.0%	0.0%	0.2%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2976	1225	1740	1680	1277	1372	1582	2230	746	592	2384	961	3025	2649	427	2532	422	2917	35	2181	702

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 26	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your childhood, did any of your parents/caregivers receive government assistance (such as unemployment benefit, single parent support, disability assistance, etc.)?	Yes	21.8%	31.2%	14.4%	32.3%	16.5%	35.8%	16.6%	44.8%	13.8%	36.1%	16.5%	28.6%	17.7%	23.1%	20.6%	24.7%	9.3%	22.9%	23.2%	21.4%	23.8%	26.7%	22.6%	26.6%	22.3%
	No	76.4%	59.2%	78.2%	59.0%	76.2%	55.2%	76.0%	44.0%	79.7%	56.7%	75.6%	63.3%	74.7%	68.3%	72.4%	66.9%	78.6%	71.7%	67.7%	71.7%	67.5%	68.7%	68.8%	68.8%	
	Don't know	7.6%	9.6%	6.1%	8.6%	7.2%	8.9%	7.2%	10.9%	6.6%	7.2%	7.4%	8.0%	7.4%	8.6%	6.7%	8.3%	11.1%	5.4%	9.1%	6.8%	8.9%	7.8%	8.7%	7.6%	8.6%
	Prefer not to answer	0.2%	0.0%	0.3%	0.1%	0.2%	0.1%	0.2%	0.1%	0.1%	0.2%	0.1%	0.1%	0.1%	0.1%	0.2%	0.1%	0.0%	0.1%	0.0%	0.1%	0.0%	0.1%	0.0%	0.1%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2976	1180	1796	883	2080	716	2253	576	2387	694	2282	949	2018	1910	1066	1634	274	314	1594	408	1500	160	1748	476	1432

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 26	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your childhood, did any of your parents/caregivers receive government assistance (such as unemployment benefit, single parent support, disability assistance, etc.)?	Yes	21.8%	26.0%	20.8%	30.7%	19.6%	26.4%	21.1%	22.0%	21.9%	27.1%	21.4%	29.7%	21.1%	21.1%	22.0%	17.9%	26.4%	26.3%	21.7%
	No	76.4%	67.5%	71.1%	60.2%	74.2%	66.2%	71.1%	69.9%	70.3%	63.7%	71.1%	66.7%	71.4%	76.9%	70.3%	74.9%	65.0%	70.1%	70.3%
	Don't know	7.6%	6.5%	7.9%	8.9%	7.1%	7.1%	7.7%	8.1%	7.6%	9.2%	7.4%	9.6%	7.4%	2.1%	7.6%	7.2%	8.0%	3.6%	7.8%
	Prefer not to answer	0.2%	0.0%	0.2%	0.1%	0.2%	0.1%	0.0%	0.0%	0.2%	0.0%	0.2%	0.0%	0.2%	0.0%	0.2%	0.1%	0.0%	0.2%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2976	490	3439	641	2289	455	2474	50	2879	265	2664	207	2722	13	2916	1631	1298	173	2756

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 27	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?				
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000-\$74,999	\$75,000-\$99,999	\$100,000-\$199,999	\$200,000 or greater	Yes	No			
What was the highest educational qualification of any of your parents/caregivers during your childhood?	Less than high school	8.4%	7.4%	8.4%	9.5%	9.1%	8.7%	8.6%	8.4%	0.0%	5.6%	8.1%	14.6%	11.9%	8.8%	4.1%	11.4%	0.0%	7.8%	16.0%	12.6%	8.1%	9.8%	7.0%	3.4%	7.8%	10.5%		
	High School graduate	48.8%	51.7%	50.2%	48.9%	49.1%	48.1%	49.0%	3.2%	42.5%	50.9%	56.8%	62.3%	47.8%	33.6%	66.2%	49.9%	48.9%	55.3%	51.5%	44.7%	45.6%	33.3%	51.2%	40.8%				
	Associates	16.6%	16.8%	16.3%	16.7%	21.8%	14.8%	14.9%	18.3%	16.8%	18.1%	19.1%	10.3%	10.4%	23.8%	22.8%	0.0%	16.4%	19.8%	11.7%	15.6%	15.7%	21.3%	19.8%	17.0%	15.8%			
	Bachelors	15.9%	16.4%	15.6%	14.4%	21.0%	14.0%	17.0%	14.3%	21.9%	21.9%	11.2%	10.9%	10.8%	14.4%	23.4%	0.0%	60.8%	15.9%	20.7%	13.4%	16.7%	18.3%	14.6%	18.4%	14.6%	19.9%		
	Masters	8.4%	6.4%	7.5%	10.7%	8.0%	11.0%	9.4%	7.4%	16.3%	10.1%	8.9%	5.4%	4.1%	4.4%	19.0%	0.0%	31.9%	8.4%	10.3%	6.1%	6.1%	10.0%	9.6%	19.6%	8.1%	9.7%		
	Ph.D.	2.0%	1.6%	1.9%	0.8%	4.0%	2.4%	1.9%	2.1%	0.0%	1.7%	2.1%	2.3%	0.8%	0.8%	5.1%	0.0%	7.6%	2.1%	0.4%	2.1%	1.5%	1.9%	5.4%	1.4%	3.7%			
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%		
	Unweighted n	2966	861	580	339	423	793	1022	1881	11	471	1111	1335	689	860	1362	2167	819	2755	141	371	883	907	203	2043	866			

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 27	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
What was the highest educational qualification of any of your parents/caregivers during your childhood?	Less than high school	8.4%	7.5%	8.8%	7.0%	6.7%	9.3%	8.8%	7.2%	7.4%	8.7%	8.6%	8.3%	7.7%	10.7%	8.7%	6.3%	14.1%	8.6%	7.4%		
	High School graduate	48.8%	45.8%	50.6%	48.8%	48.8%	43.6%	51.5%	42.2%	48.5%	48.9%	51.3%	47.6%	49.0%	47.9%	49.4%	44.2%	48.5%	44.2%	50.0%	45.6%	
	Associates	16.6%	16.3%	16.7%	14.6%	18.3%	18.9%	18.5%	18.4%	16.9%	18.1%	16.4%	18.6%	16.7%	16.2%	16.6%	21.3%	17.1%	17.1%	16.1%	18.0%	
	Bachelors	15.9%	17.4%	14.9%	15.9%	15.7%	15.9%	13.9%	20.9%	15.9%	15.9%	16.1%	15.8%	16.7%	16.7%	15.9%	18.9%	15.9%	22.1%	15.8%	17.0%	
	Masters	8.4%	10.1%	7.4%	9.1%	7.9%	12.4%	8.0%	9.4%	9.0%	8.2%	9.1%	8.9%	6.6%	8.9%	8.5%	8.4%	8.2%	13.0%	7.9%	9.9%	
	Ph.D.	2.0%	2.9%	1.5%	1.9%	2.2%	3.1%	1.3%	1.9%	2.2%	2.9%	0.8%	2.6%	2.0%	1.9%	2.3%	1.0%	2.0%	1.3%	1.9%	2.1%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2966	1230	1745	1688	1200	1378	1507	2233	793	904	2392	950	2038	2556	430	3339	424	2928	35	2185	706

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 27	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions				
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No			
What was the highest educational qualification of any of your parents/caregivers during your childhood?	Less than high school	8.4%	9.2%	7.7%	10.0%	6.4%	7.5%	12.7%	6.8%	14.2%	6.4%	12.2%	6.9%	8.6%	8.3%	8.5%	8.3%	8.2%	10.6%	7.8%	6.6%	12.2%	7.6%	7.9%	8.6%	11.0%	7.8%	
	High School graduate	48.8%	46.6%	50.4%	49.0%	48.6%	46.7%	49.4%	48.2%	49.7%	47.1%	49.4%	43.3%	52.4%	49.2%	48.3%	49.7%	44.6%	56.2%	48.0%	51.5%	48.7%	51.0%	48.9%	55.2%	47.7%		
	Associates	16.6%	18.9%	14.7%	18.6%	15.6%	17.2%	16.4%	18.1%	16.0%	18.1%	16.0%	21.0%	15.9%	17.4%	14.9%	17.9%	22.3%	21.3%	17.9%	14.2%	13.9%	18.3%	14.8%	14.9%	19.2%		
	Bachelors	15.9%	15.7%	16.1%	16.0%	15.8%	15.9%	12.1%	17.3%	16.0%	15.7%	17.3%	15.1%	14.6%	17.2%	14.7%	13.9%	9.9%	15.4%	12.7%	15.0%	13.3%	17.8%	14.8%	9.1%	15.9%		
	Masters	8.4%	7.7%	9.0%	5.9%	9.9%	6.9%	9.1%	8.3%	9.2%	5.6%	8.3%	8.5%	7.4%	9.4%	7.4%	7.2%	4.0%	8.0%	5.0%	7.8%	6.8%	7.5%	8.1%	7.3%			
	Ph.D.	2.0%	1.8%	2.1%	1.0%	2.0%	0.9%	2.4%	0.9%	2.4%	0.8%	2.4%	1.6%	2.3%	1.9%	2.1%	2.0%	1.4%	0.8%	2.1%	3.9%	1.8%	0.7%	2.1%	1.7%	2.0%		
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2966	1162	1804	888	2087	717	2282	878	2397	693	2393	950	2027	1913	1073	1638	279	318	1996	408	1903	161	1750	478	1438		

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 27	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
What was the highest educational qualification of any of your parents/caregivers during your childhood?	Less than high school	8.4%	8.4%	8.7%	8.3%	4.9%	9.1%	0.5%	8.7%	8.3%	8.4%	6.5%	8.6%	0.0%	8.5%	8.5%	8.3%	10.7%	8.3%	
	High School graduate	48.8%	43.9%	49.9%	46.8%	45.9%	49.1%	50.9%	49.5%	40.3%	49.5%	43.9%	49.1%	27.7%	48.8%	50.5%	46.9%	55.0%	48.2%	
	Associates	16.6%	14.8%	17.1%	17.8%	16.2%	21.1%	15.8%	12.3%	16.8%	22.7%	15.9%	19.4%	16.3%	28.2%	16.5%	15.9%	17.4%	16.7%	
	Bachelors	15.9%	21.7%	14.3%	17.8%	15.2%	16.9%	15.7%	14.2%	16.0%	20.9%	15.4%	16.6%	15.8%	37.6%	15.6%	15.6%	16.2%	16.2%	
	Masters	8.4%	10.0%	8.1%	7.1%	9.0%	8.2%	17.6%	8.1%	6.9%	8.7%	11.9%	8.1%	6.5%	8.6%	7.6%	9.4%	9.9%	8.6%	
	Ph.D.	2.0%	1.2%	2.2%	1.8%	2.0%	1.4%	2.1%	1.4%	1.9%	2.1%	1.8%	2.0%	6.0%	2.0%	1.9%	2.1%	3.2%	1.9%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2966	490	2449	643	2296	456	2483	51	2888	265	2874	207	2732	13	2826	1638	1301	174	2765

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 28	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?	
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
		27.6% <sup>1</sup>	27.7%	26.7%	30.2%	22.4%	29.7%	28.2%	29.9%	34.2%	28.5%	14.7%	34.3%	26.8%	31.4%	28.5%	24.9%	27.1%	35.9%	36.1%	28.5%	23.6%	26.6%	18.0%	25.8%	33.6%
During your childhood, did your parents divorce or permanently separate?	Yes	66.0% <sup>2</sup>	65.9%	66.1%	65.7%	71.0%	64.4%	67.1%	64.6%	66.6%	63.9%	64.2%	66.6%	63.9%	66.9%	64.6%	70.2%	67.0%	62.0%	64.4%	61.6%	72.2%	67.7%	80.0%	66.9%	62.0%
	No	1.2% <sup>1</sup>	1.3%	1.3%	0.8%	1.7%	0.8%	1.4%	1.0%	0.0% <sup>2</sup>	1.9%	0.9%	0.2%	1.4%	1.3%	0.9%	0.8%	2.1%	1.2%	0.2%	1.7%	2.4%	0.3%	0.4%	0.1%	1.3%
	I was not raised by my parents	5.2% <sup>1</sup>	5.5%	6.0%	3.4%	4.9%	5.1%	6.3%	5.2%	22.0%	9.7%	2.0%	1.5%	7.7%	5.0%	2.9%	6.1%	2.9%	4.7%	11.9%	7.8%	7.4%	4.0%	3.4%	1.8%	6.0%
	I was raised by a single parent since I was a baby	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Total	2989	853	500	339	424	793	1024	1892	11	471	1111	1338	689	863	1362	2165	819	2758	141	371	885	988	808	203	2042
	Unweighted n																									

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 28	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)			
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes		
		27.6% <sup>1</sup>	27.4%	27.6%	23.9%	30.8%	23.5%	30.1%	26.9%	29.9%	32.6%	25.9%	27.7%	27.6%	35.1%	32.7%	28.3%	23.6%	27.3%	28.2%	24.8%	34.2%	
During your childhood, did your parents divorce or permanently separate?	Yes	66.0% <sup>2</sup>	70.9%	63.6%	72.0%	60.7%	60.7%	61.6%	64.3%	55.4%	69.5%	63.2%	67.4%	69.2%	64.9%	64.9%	64.9%	62.8%	64.9%	71.8%	66.9%	37.4%	70.6%
	No	1.2% <sup>1</sup>	0.4%	1.6%	0.7%	1.6%	0.8%	1.4%	0.7%	2.9%	0.6%	2.0%	0.8%	0.8%	2.9%	1.1%	1.4%	0.9%	6.2%	1.0%	1.3%	1.0%	
	I was not raised by my parents	5.2% <sup>1</sup>	1.7%	7.3%	3.3%	7.0%	2.7%	6.9%	5.1%	5.9%	9.2%	3.9%	7.0%	4.4%	3.9%	9.8%	5.7%	3.3%	4.4%	28.2%	3.6%	8.2%	
	I was raised by a single parent since I was a baby	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Total	2989	1230	1748	1688	1282	1377	1589	2236	763	895	2394	982	2037	2559	430	2542	423	2930	35	2188	706	
	Unweighted n																						

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 28	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		27.6% <sup>1</sup>	37.8%	28.1%	40.1%	21.3%	40.9%	22.7%	42.7%	22.4%	46.9%	20.7%	33.2%	24.2%	29.1%	26.1%	30.9%	17.7%	35.2%	28.1%	30.8%	28.8%	28.0%	29.5%	28.3%	29.3%
During your childhood, did your parents divorce or permanently separate?	Yes	66.0% <sup>2</sup>	52.1%	77.0%	49.4%	74.4%	47.3%	74.0%	41.6%	75.2%	58.2%	70.7%	64.6%	70.7%	64.6%	62.8%	79.7%	57.1%	68.6%	68.0%	63.8%	66.0%	66.9%	64.9%	64.5%	
	No	1.2% <sup>1</sup>	1.5%	0.9%	2.4%	0.6%	2.8%	0.6%	2.4%	0.7%	3.2%	0.4%	1.7%	0.8%	1.6%	0.9%	1.6%	1.3%	1.6%	0.7%	1.8%	1.0%	1.0%	1.5%	1.6%	
	I was not raised by my parents	5.2% <sup>1</sup>	9.3%	2.0%	8.2%	3.8%	9.0%	3.9%	11.9%	2.9%	9.4%	3.6%	6.9%	4.2%	4.7%	5.7%	5.2%	0.7%	6.3%	4.5%	0.7%	5.6%	19.7%	3.8%	5.4%	
	I was raised by a single parent since I was a baby	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Total	2989	1183	1996	887	2089	719	2263	978	2398	696	2293	951	2030	1914	1075	1639	273	318	1996	409	1993	161	1761	477	1430
	Unweighted n																									

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 28	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		27.6% <sup>1</sup>	34.0%	26.1%	34.9%	25.1%	33.9%	26.8%	18.6%	28.2%	37.0%	26.8%	36.9%	26.9%	34.8%	27.7%	25.1%	30.7%	18.3%	28.3%
During your childhood, did your parents divorce or permanently separate?	Yes	66.0% <sup>2</sup>	56.8%	68.2%	51.0%	71.3%	61.7%	66.6%	59.6%	66.0%	62.8%	67.2%	47.3%	67.7%	50.4%	65.9%	72.0%	59.0%	71.9%	65.4%
	No	1.2% <sup>1</sup>	2.5%	0.8%	2.1%	0.8%	0.4%	1.3%	5.9%	1.0%	1.9%	1.1%	2.1%	1.1%	0.0% <sup>2</sup>	1.2%	0.7%	1.7%	2.4%	1.1%
	I was not raised by my parents	5.2% <sup>1</sup>	6.7%	4.9%	12.0%	2.7%	4.4%	5.4%	15.8%	4.9%	8.4%	4.9%	13.8%	4.4%	14.9%	5.2%	2.2%	8.6%	7.4%	5.2%
	I was raised by a single parent since I was a baby	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Total	2989	490	2452	644	2298	456	2466	51	2891	265	2677	207	2735	13	2929	1640	1302	175	2767
	Unweighted n																			

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 29	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?	
	Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000-\$74,999	\$75,000-\$99,999	\$100,000-\$199,999	\$200,000 or greater	Yes	No
If your parents did divorce or separate, how old were you when this occurred?	70.3%	68.6%	71.1%	68.5%	77.3%	69.2%	71.6%	68.0%	77.5%	61.6%	70.8%	85.1%	61.6%	71.3%	78.1%	68.8%	74.7%	70.9%	61.5%	61.9%	68.4%	74.5%	69.5%	81.6%	71.6%	66.9%
Not Applicable - my parents did not divorce or separate, or I was not raised by two parents.																										
0-6 years old	12.9%	13.4%	13.4%	12.6%	9.1%	13.7%	10.7%	15.1%	17.6%	18.4%	11.5%	4.6%	18.6%	11.7%	7.9%	14.3%	8.8%	12.8%	15.0%	16.2%	16.0%	11.3%	10.6%	7.7%	12.7%	13.8%
7-12 years old	9.2%	10.7%	5.6%	8.7%	6.1%	8.6%	10.2%	8.5%	4.9%	12.6%	9.1%	3.5%	11.5%	10.3%	5.6%	9.9%	7.3%	9.0%	13.4%	12.7%	8.1%	7.9%	10.8%	6.8%	8.5%	11.8%
13-18 years old	7.6%	7.4%	5.9%	10.2%	7.5%	8.5%	7.5%	7.9%	0.0%	7.4%	8.6%	6.8%	8.1%	6.7%	8.4%	7.0%	7.4%	7.4%	9.7%	9.2%	7.5%	6.3%	9.0%	3.9%	7.2%	8.9%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2975	851	576	336	423	789	1020	1873	11	468	1106	1333	684	859	1358	2151	819	2747	139	370	878	566	805	203	2032	867

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 29	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
	Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
If your parents did divorce or separate, how old were you when this occurred?	70.3%	71.7%	69.5%	74.3%	66.7%	75.7%	66.8%	71.1%	68.5%	62.9%	72.7%	69.9%	70.5%	72.6%	62.0%	69.4%	75.4%	71.0%	44.2%	73.9%	62.4%
Not Applicable - my parents did not divorce or separate, or I was not raised by two parents.																					
0-6 years old	12.9%	11.4%	13.8%	10.4%	15.2%	9.2%	16.3%	12.9%	14.0%	17.2%	11.5%	11.9%	13.4%	11.6%	17.5%	13.9%	9.8%	12.3%	40.0%	11.9%	15.3%
7-12 years old	9.2%	8.2%	9.8%	8.0%	10.2%	7.9%	10.0%	8.1%	11.9%	10.9%	8.7%	9.3%	9.2%	7.8%	14.4%	9.6%	7.4%	9.3%	6.0%	7.0%	13.5%
13-18 years old	7.6%	8.7%	6.9%	7.3%	7.9%	7.2%	7.9%	8.3%	5.7%	9.0%	7.1%	8.9%	7.0%	8.0%	6.1%	7.4%	7.4%	9.3%	6.7%	8.8%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2975	1226	1738	1683	1274	1374	1578	2223	762	690	2385	946	2029	2550	426	2530	421	2916	35	2178	703

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 29	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
	Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
If your parents did divorce or separate, how old were you when this occurred?	70.3%	59.0%	79.2%	56.3%	77.3%	54.1%	76.2%	51.6%	76.8%	49.7%	78.0%	64.7%	73.6%	68.8%	71.8%	67.2%	82.3%	61.0%	70.1%	69.5%	68.6%	66.2%	69.2%	70.1%	68.4%	
Not Applicable - my parents did not divorce or separate, or I was not raised by two parents.																										
0-6 years old	12.9%	18.8%	8.2%	19.9%	9.4%	21.9%	9.7%	22.7%	9.5%	22.2%	9.5%	15.0%	11.7%	15.3%	16.0%	11.3%	16.0%	15.2%	15.2%	15.2%	15.3%	15.5%	15.2%	16.6%	15.0%	
7-12 years old	9.2%	13.1%	6.1%	12.7%	7.8%	12.7%	7.9%	14.4%	7.4%	17.9%	6.0%	9.8%	8.9%	5.4%	10.0%	9.0%	3.1%	8.9%	8.3%	6.0%	8.9%	10.6%	8.0%	6.3%	8.9%	
13-18 years old	7.6%	9.0%	6.4%	11.1%	5.8%	11.3%	6.2%	11.4%	6.3%	10.2%	6.4%	10.5%	5.8%	7.6%	7.6%	8.1%	3.3%	14.2%	6.4%	9.3%	7.2%	7.6%	7.6%	7.0%	7.7%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2975	1177	1798	882	2089	715	2283	572	2399	691	2284	946	2021	1904	1071	1632	270	314	1588	407	1495	160	1742	475	1427	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 29	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges		Have experienced challenges getting other healthcare services		
	Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
If your parents did divorce or separate, how old were you when this occurred?	70.3%	63.2%	72.0%	60.7%	73.6%	65.6%	70.9%	69.6%	70.1%	61.6%	71.0%	54.7%	71.7%	65.2%	70.1%	74.1%	65.7%	79.1%	69.4%	
Not Applicable - my parents did not divorce or separate, or I was not raised by two parents.																				
0-6 years old	12.9%	17.2%	11.9%	21.0%	10.0%	17.2%	12.2%	22.2%	12.6%	21.9%	12.0%	26.6%	11.9%	5.9%	13.1%	10.9%	15.7%	12.6%	13.0%	
7-12 years old	9.2%	14.5%	7.9%	10.1%	9.0%	9.3%	9.3%	5.6%	9.5%	10.5%	9.2%	10.2%	9.2%	22.7%	9.2%	7.2%	11.6%	4.6%	9.6%	
13-18 years old	7.6%	5.1%	8.3%	8.2%	7.4%	8.0%	7.5%	2.7%	7.8%	6.0%	7.8%	8.5%	7.5%	6.3%	7.6%	8.2%	7.0%	3.8%	7.8%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	2975	487	2442	639	2299	454	2475	51	2878	265	2654	206	2723	13	2916	1635	1294	173	2756	

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 30	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?			
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
How many siblings do you have?																												
0	7.1%	5.9%	6.5%	7.1%	9.7%	8.2%	6.8%	7.3%	22.2%	9.9%	5.1%	4.4%	7.4%	8.5%	6.1%	7.2%	6.9%	6.9%	9.9%	8.3%	7.4%	4.8%	5.9%	10.7%	7.7%	6.5%		
1	24.0%	28.9%	24.1%	23.5%	26.6%	27.2%	24.1%	24.1%	24.4%	4.9%	27.9%	24.8%	16.9%	20.9%	21.9%	21.8%	30.4%	25.3%	13.8%	20.9%	21.4%	22.7%	28.1%	35.8%	24.4%	23.6%		
2	24.9%	25.1%	22.4%	25.7%	28.3%	26.0%	24.2%	25.4%	8.8%	26.5%	25.9%	20.0%	24.6%	22.8%	27.2%	24.0%	27.5%	25.0%	16.8%	26.6%	22.1%	22.5%	28.1%	30.2%	28.6%	27.6%		
3	18.0%	21.8%	16.7%	17.5%	19.3%	13.9%	17.4%	18.0%	16.0%	8.6%	17.6%	19.5%	17.5%	18.5%	17.5%	18.4%	18.9%	17.0%	25.6%	17.1%	17.6%	18.4%	17.7%	18.2%	17.1%	17.6%		
4	10.8%	11.8%	11.3%	9.9%	7.7%	11.1%	12.0%	9.5%	0.0%	8.8%	11.7%	12.8%	10.6%	12.4%	8.8%	11.4%	9.0%	10.6%	12.5%	9.8%	12.4%	11.6%	9.9%	6.6%	10.7%	11.0%		
5	4.9%	5.8%	2.8%	4.1%	3.8%	5.9%	4.3%	4.8%	0.0%	1.6%	4.8%	9.5%	3.8%	5.8%	4.6%	5.8%	1.6%	4.6%	5.8%	4.4%	6.2%	4.8%	2.6%	1.2%	4.2%	5.4%		
6	3.9%	3.2%	5.4%	3.6%	3.4%	3.5%	3.5%	4.4%	0.0%	2.8%	3.6%	6.7%	3.2%	5.4%	3.0%	4.4%	2.7%	3.8%	5.9%	3.8%	6.0%	2.3%	1.1%	0.2%	1.8%	1.6%		
7	2.7%	1.8%	4.7%	2.7%	2.7%	2.8%	2.7%	2.8%	0.0%	1.6%	3.0%	4.4%	1.2%	1.6%	3.4%	3.0%	0.5%	3.0%	3.2%	3.4%	3.7%	1.7%	2.6%	3.0%	3.0%	2.1%		
8	1.7%	2.9%	1.8%	1.6%	0.8%	0.7%	2.2%	1.3%	0.0%	1.2%	1.3%	3.5%	2.1%	2.3%	0.7%	2.0%	1.0%	1.6%	3.3%	1.9%	2.0%	2.7%	1.1%	0.2%	1.8%	1.6%		
9	1.0%	0.5%	2.0%	0.4%	0.0%	1.0%	0.9%	1.0%	0.0%	0.3%	1.6%	1.3%	1.5%	0.8%	0.5%	1.3%	0.1%	1.0%	1.3%	1.2%	1.0%	0.5%	0.6%	1.2%	0.2%	1.9%		
10	0.7%	0.2%	1.7%	0.3%	1.0%	0.9%	0.9%	0.4%	0.0%	1.1%	0.0%	0.9%	0.3%	1.3%	0.4%	0.3%	0.3%	0.3%	4.4%	0.3%	0.2%	0.7%	1.7%	0.0%	0.2%	1.9%		
More than 10	0.7%	0.6%	0.6%	1.7%	0.1%	0.7%	0.8%	0.8%	0.0%	0.6%	0.7%	1.1%	1.3%	0.6%	0.2%	0.9%	0.1%	0.9%	2.9%	1.4%	0.8%	1.4%	0.0%	0.8%	0.7%	0.7%		
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%		
Unweighted n	2886	824	570	331	402	769	860	1839	10	461	1077	1296	671	836	1320	2090	793	2676	137	365	862	872	777	197	1822	844		

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 30	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (≥ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
How many siblings do you have?																						
0	7.1%	4.9%	8.3%	5.4%	5.9%	27.0%	22.1%	24.7%	22.0%	6.7%	7.2%	8.6%	6.4%	4.7%	8.6%	6.7%	9.0%	7.3%	2.3%	7.2%	6.9%	
1	24.0%	23.3%	24.0%	23.7%	24.5%	27.0%	22.1%	24.7%	22.0%	30.9%	22.1%	24.8%	24.0%	24.2%	24.9%	23.1%	25.6%	24.0%	17.9%	22.6%	27.9%	
2	24.9%	25.4%	24.8%	23.8%	27.1%	24.3%	26.4%	23.7%	27.8%	29.0%	23.6%	21.1%	26.7%	24.8%	26.9%	24.3%	28.4%	24.4%	42.8%	23.7%	26.8%	
3	18.0%	20.2%	16.6%	20.1%	16.0%	17.8%	18.0%	17.6%	18.9%	13.1%	19.6%	18.9%	17.6%	17.9%	18.6%	18.0%	16.3%	18.2%	16.0%	18.7%	15.8%	
4	10.8%	11.5%	10.4%	10.5%	11.1%	10.7%	10.9%	10.3%	11.8%	9.9%	11.1%	11.3%	10.5%	10.8%	10.9%	10.8%	10.9%	10.9%	2.2%	10.8%	11.0%	
5	4.9%	4.3%	4.6%	5.0%	3.6%	4.8%	4.3%	4.9%	3.4%	3.2%	4.9%	4.9%	4.2%	4.8%	3.3%	4.9%	1.8%	4.5%	3.3%	5.1%	3.4%	
6	3.9%	3.8%	4.1%	4.1%	3.9%	3.0%	4.6%	4.4%	2.9%	2.8%	4.3%	5.2%	3.4%	4.2%	3.1%	3.9%	3.8%	3.9%	2.4%	4.8%	2.7%	
7	2.7%	1.9%	3.2%	2.7%	2.8%	2.2%	3.1%	3.2%	1.6%	2.9%	2.8%	2.7%	2.8%	2.7%	2.9%	3.1%	1.0%	2.8%	2.9%	2.9%	3.2%	
8	1.7%	1.0%	2.1%	2.0%	1.1%	1.4%	2.0%	1.7%	1.6%	0.9%	2.0%	1.9%	1.9%	1.6%	2.2%	1.5%	3.2%	1.6%	12.4%	2.1%	1.1%	
9	1.0%	1.1%	0.9%	1.1%	0.8%	0.6%	1.2%	1.0%	0.8%	1.0%	1.3%	0.8%	0.6%	1.0%	0.7%	1.0%	0.8%	1.0%	0.0%	1.2%	0.8%	
10	0.7%	1.6%	0.1%	1.1%	0.3%	1.0%	0.5%	0.4%	1.4%	0.3%	0.8%	0.2%	0.9%	0.8%	0.1%	0.8%	0.0%	0.7%	0.0%	0.9%	0.2%	
More than 10	0.7%	1.1%	0.9%	0.6%	0.7%	0.7%	0.6%	0.7%	0.7%	0.8%	0.6%	0.6%	0.6%	0.5%	1.4%	0.7%	0.0%	0.7%	0.0%	0.7%	0.2%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	2886	1188	1097	1626	1251	1326	1548	2169	728	666	2310	928	1969	2479	417	2470	404	2838	34	2116	691	

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 30	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime mistreated (had a period)?		Menstrual Problems (1+ of studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
How many siblings do you have?																										
0	7.1%	6.7%	7.4%	6.1%	7.7%	6.2%	7.4%	5.4%	7.4%	6.9%	7.5%	8.6%	6.2%	7.8%	6.4%	7.5%	8.0%	7.3%	7.5%	4.7%	8.5%	12.9%	7.0%	4.4%	8.6%	
1	24.0%	22.8%	25.0%	23.4%	24.4%	19.8%	25.7%	24.4%	26.9%	20.9%	25.2%	27.6%	21.9%	24.0%	24.1%	24.6%	20.0%	21.2%	24.5%	22.3%	24.3%	25.8%	23.7%	25.0%	23.8%	
2	24.9%	25.7%	24.3%	25.8%	24.6%	26.1%	24.8%	27.3%	24.2%	22.6%	25.9%	23.4%	26.0%	25.1%	24.7%	26.6%	21.1%	24.2%	25.3%	22.6%	25.7%	26.4%	24.9%	22.0%	25.9%	
3	18.0%	18.9%	17.2%	19.8%	16.9%	17.8%	17.5%	16.3%	18.4%	19.0%	17.6%	15.4%	18.7%	18.7%	18.0%	18.2%	20.2%	18.4%	17.2%	19.3%	18.4%	17.2%	18.1%	17.1%	19.1%	
4	10.8%	10.6%	10.9%	10.6%	10.9%	12.7%	10.1%	12.9%	10.1%	13.1%	9.9%	10.7%	10.9%	9.4%	12.1%	9.5%	7.7%	10.4%	9.3%	12.6%	8.7%	7.8%	9.7%	12.8%	8.6%	
5	4.9%	3.9%	4.9%	4.3%	4.4%	4.8%	4.4%	4.4%	4.4%	5.4%	4.1%	4.6%	4.4%	4.6%	4.3%	4.5%	5.3%	4.1%	4.7%	5.7%	4.4%	3.1%	4.9%	4.8%	4.6%	
6	3.9%	4.9%	3.2%	3.2%	4.4%	3.7%	4.1%	4.8%	3.6%	4.9%	3.6%	4.7%	3.5%	4.4%	3.5%	4.5%	3.2%	4.2%	4.4%	3.0%	4.7%	1.4%	4.9%	6.0%	4.0%	
7	2.7%	2.4%	3.0%	2.6%	2.9%	2.6%	2.7%	2.6%	2.8%	2.7%	2.8%	2.1%	3.2%	2.7%	2.8%	2.5%	4.6%	4.1%	2.5%	3.0%	3.2%	2.7%	2.9%	3.6%	2.6%	
8	1.7%	2.4%	1.2%	2.5%	1.3%	2.9%	1.3%	3.0%	1.3%	2.0%	1.4%	1.6%	1.8%	1.3%	2.2%	1.3%	1.1%	0.7%	1.4%	1.7%	1.2%	0.1%	1.6%	1.2%	1.6%	
9	1.0%	0.6%	1.2%	0.8%	1.0%	0.6%	1.0%	0.6%	1.1%	1.2%	0.8%	0.8%	1.0%	0.9%	1.0%	0.7%	3.0%	1.4%	0.9%	0.8%	1.0%	0.9%	0.8%	1.7%	3.7%	
10	0.7%	0.3%	0.9%	0.2%	0.9%	0.1%	0.9%	1.8%	0.2%	0.4%	0.8%	0.1%	1.0%	0.4%	0.9%	0.4%	0.7%	1.2%	0.3%	0.8%	0.4%	0.0%	0.6%	0.2%	0.6%	
More than 10	0.7%	0.7%	0.9%	0.2%	0.6%	1.7%	0.3%	1.7%	0.3%	1.2%	0.5%	0.5%	0.8%	0.8%	1.1%	0.9%	0.6%	0.7%	0.6%	0.6%	0.7%	0.6%	0.8%	0.8%	0.7%	0.8%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2886	1153	1743	871	2011	708	2101	564	2319	688	2211	931	1958	1889	1027	1897	270	308	1559	401	1466	161	1708	469	1398	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 30	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye	
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2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 31	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post-HSG, but <4-YD	College Grad. (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
Were any of your siblings adopted or fostered by your family?	Yes, at least 1 sibling was adopted or fostered	5.6%	6.0%	4.9%	7.3%	3.7%	5.4%	6.3%	4.6%	11.9%	5.8%	6.1%	4.0%	7.1%	4.1%	5.4%	5.5%	5.4%	5.4%	6.8%	6.7%	6.2%	4.4%	4.1%	9.5%	4.7%	7.7%
	No, none of your siblings were adopted or fostered	87.0%	87.4%	88.3%	85.8%	86.5%	85.8%	86.6%	87.7%	66.1%	84.0%	89.0%	90.2%	85.2%	87.0%	89.0%	86.7%	87.9%	87.3%	83.1%	82.9%	86.4%	90.4%	90.1%	78.4%	87.0%	86.8%
	No, you had NO SIBLINGS.	7.5%	6.6%	6.9%	6.9%	9.8%	8.9%	7.0%	7.8%	22.0%	10.1%	5.0%	5.8%	7.8%	8.9%	5.6%	7.9%	6.8%	7.3%	10.1%	10.3%	7.4%	5.2%	5.8%	12.1%	8.2%	5.5%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2954	844	571	334	420	785	1009	1862	11	470	1097	1318	678	850	1351	2138	811	2728	138	364	878	880	801	201	2014	854

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 31	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
Were any of your siblings adopted or fostered by your family?	Yes, at least 1 sibling was adopted or fostered	5.6%	5.5%	5.5%	5.6%	5.4%	5.5%	5.2%	5.5%	5.4%	7.4%	4.8%	3.8%	6.3%	5.0%	7.0%	5.5%	4.0%	5.4%	6.2%	5.0%	6.8%
	No, none of your siblings were adopted or fostered	87.0%	89.1%	85.8%	88.1%	86.1%	87.9%	86.8%	86.9%	87.2%	85.5%	87.5%	87.7%	86.7%	87.8%	84.2%	87.1%	86.6%	87.0%	91.9%	87.5%	86.1%
	No, you had NO SIBLINGS.	7.5%	5.5%	8.7%	6.3%	8.5%	6.8%	7.9%	7.5%	7.5%	7.1%	7.7%	8.4%	7.1%	7.1%	8.9%	7.1%	9.4%	2.0%	7.8%	7.6%	7.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2954	1219	1724	1668	1288	1369	1687	2208	748	588	2366	939	2018	2528	420	2512	418	2894	38	2188	793

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 31	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions			
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
Were any of your siblings adopted or fostered by your family?	Yes, at least 1 sibling was adopted or fostered	5.6%	7.8%	3.6%	8.0%	4.2%	9.5%	4.0%	9.3%	4.1%	10.1%	3.7%	6.6%	4.8%	5.0%	4.9%	5.2%	4.1%	4.0%	3.2%	3.4%	5.4%	2.5%	5.5%	5.3%	5.0%	
	No, none of your siblings were adopted or fostered	87.0%	84.8%	88.8%	85.3%	87.8%	83.3%	88.3%	84.8%	88.1%	82.8%	88.6%	83.6%	89.0%	86.9%	87.2%	86.7%	87.8%	88.5%	86.6%	91.2%	85.9%	85.0%	87.2%	89.5%	86.2%	
	No, you had NO SIBLINGS.	7.5%	7.4%	7.6%	6.8%	7.9%	7.1%	7.7%	6.0%	7.8%	7.1%	7.7%	9.7%	6.2%	8.1%	7.0%	8.1%	8.1%	7.4%	8.2%	5.4%	8.7%	12.6%	7.4%	5.2%	8.8%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2954	1176	1778	862	2061	712	2238	877	2385	692	2282	940	2095	1896	1058	1624	270	313	1081	404	1490	158	1736	472	1422	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 31	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Were any of your siblings adopted or fostered by your family?	Yes, at least 1 sibling was adopted or fostered	8.9%	7.2%	5.0%	6.6%	6.8%	6.2%	5.8%	5.4%	5.9%	5.4%	9.2%	5.0%	24.1%	5.3%	4.7%	6.3%	7.2%	5.4%	
	No, none of your siblings were adopted or fostered	87.0%	82.2%	88.3%	82.0%	88.9%	82.1%	87.9%	83.7%	87.1%	85.2%	87.2%	86.3%	87.1%	72.2%	87.1%	89.0%	84.8%	87.1%	87.0%
	No, you had NO SIBLINGS.	7.5%	10.8%	6.7%	11.4%	5.1%	11.1%	6.9%	10.5%	7.4%	8.9%	7.4%	4.5%	7.9%	3.7%	7.6%	6.3%	8.9%	5.7%	7.7%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2954	486	2421	635	2272	452	2458	49	2858	263	2644	206	2791	13	2894	1620	1287	173	2734

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 32	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
During your first 18 years of life, did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	Yes	18.4%	18.1%	17.8%	18.3%	18.1%	20.0%	14.2%	22.9%	17.6%	22.3%	17.4%	12.4%	22.4%	17.8%	15.0%	19.7%	14.7%	18.2%	21.8%	25.8%	20.5%	17.2%	15.5%	10.8%	18.8%	17.8%
	No	78.9%	78.8%	78.6%	80.3%	80.8%	75.9%	82.1%	75.0%	38.8%	74.6%	79.4%	84.9%	73.3%	79.0%	83.6%	77.1%	82.6%	79.0%	72.2%	68.9%	75.3%	81.1%	82.6%	88.5%	78.2%	79.1%
	Prefer not to answer	3.0%	3.2%	3.6%	1.4%	1.1%	4.1%	3.7%	2.1%	43.6%	3.1%	3.2%	2.6%	4.4%	3.1%	1.4%	3.1%	2.9%	2.8%	6.1%	5.3%	4.3%	1.7%	2.0%	0.6%	3.0%	3.1%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2979	848	880	334	424	793	1022	1874	11	470	1108	1332	686	859	1359	2157	817	2760	139	370	881	886	805	203	2034	868

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 32	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
During your first 18 years of life, did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	Yes	18.4%	11.7%	22.3%	12.1%	24.0%	13.6%	22.1%	28.9%	13.3%	31.0%	14.1%	21.4%	17.0%	16.9%	23.9%	16.3%	16.3%	17.2%	82.4%	12.4%	39.6%
	No	78.9%	88.8%	74.3%	85.5%	72.4%	85.1%	74.4%	76.2%	84.1%	65.2%	82.9%	74.9%	89.3%	80.5%	71.5%	78.6%	79.2%	79.7%	45.0%	84.7%	66.4%
	Prefer not to answer	3.0%	2.5%	3.4%	2.4%	3.6%	2.3%	3.5%	3.2%	2.6%	3.3%	3.0%	3.9%	2.7%	2.6%	4.7%	3.1%	2.5%	3.1%	2.6%	2.9%	3.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2979	1227	1741	1681	1278	1373	1604	2227	762	593	2386	948	2034	2569	429	2333	423	2919	35	2180	795

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 32	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions			
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
During your first 18 years of life, did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	Yes	18.4%	41.7%	0.0%	41.7%	8.6%	48.1%	7.2%	38.3%	11.3%	46.0%	8.0%	23.9%	16.1%	22.8%	14.2%	24.3%	10.6%	30.6%	21.0%	23.1%	22.8%	26.4%	22.3%	28.0%	21.6%	
	No	78.9%	54.8%	97.6%	53.2%	91.4%	45.0%	90.8%	67.4%	86.1%	60.1%	89.2%	73.1%	81.8%	75.0%	81.9%	73.6%	86.9%	68.1%	76.2%	74.5%	75.1%	73.2%	75.3%	71.2%	75.9%	
	Prefer not to answer	3.0%	3.8%	2.4%	5.1%	2.0%	5.9%	2.0%	4.3%	2.6%	3.1%	2.7%	3.1%	3.1%	2.2%	3.9%	2.1%	2.6%	1.3%	2.3%	2.4%	2.1%	0.4%	2.8%	0.8%	2.6%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2979	1179	1800	884	2081	718	2264	576	2389	696	2283	948	2021	1906	1073	1633	271	313	1591	409	1495	161	1743	475	1429	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 32	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.			
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
During your first 18 years of life, did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	Yes	18.4%	25.0%	16.6%	30.3%	14.1%	21.6%	18.0%	18.0%	18.0%	18.6%	33.1%	16.9%	42.0%	16.0%	58.0%	18.2%	11.7%	25.9%	17.6%	18.6%
	No	78.9%	79.4%	80.9%	64.9%	83.5%	73.1%	79.3%	76.1%	78.4%	63.9%	80.0%	51.9%	81.2%	26.7%	79.9%	85.9%	70.3%	73.6%	78.6%	78.6%
	Prefer not to answer	3.0%	4.8%	2.8%	4.9%	2.4%	5.4%	2.7%	5.4%	3.0%	2.9%	3.1%	6.1%	2.8%	14.8%	3.0%	2.4%	3.8%	8.8%	2.8%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2979	468	2444	643	2289	487	2475	51	2881	264	2668	207	2726	13	2919	1639	1297	172	2760	



2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 34		All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000-\$74,999	\$75,000-\$99,999	\$100,000-\$199,999	\$200,000 or greater	Yes	No	
During your first 18 years of life, how often did a parent or other adult in the household swear at, insult, or put you down?		Never	40.2%	38.9%	40.0%	41.7%	46.0%	38.0%	41.9%	37.9%	27.1%	33.1%	40.6%	51.6%	32.8%	48.0%	41.8%	39.1%	43.4%	40.0%	37.7%	29.8%	37.7%	40.4%	46.1%	45.9%	41.4%	35.0%
		Rarely	24.9%	24.7%	28.0%	25.4%	22.5%	26.0%	30.6%	19.3%	6.8%	23.4%	27.0%	25.3%	23.8%	23.7%	28.1%	24.1%	27.2%	25.1%	23.3%	21.4%	26.8%	24.1%	24.4%	30.7%	24.7%	26.0%
		Occasionally	16.3%	16.9%	16.6%	14.2%	14.8%	18.2%	14.3%	18.7%	13.7%	17.2%	16.9%	14.4%	17.5%	14.5%	17.6%	17.2%	13.6%	16.8%	13.3%	19.1%	14.3%	13.6%	19.5%	16.0%	16.0%	17.3%
		Often	9.9%	9.3%	10.0%	10.4%	9.6%	7.7%	11.8%	8.6%	7.7%	11.0%	8.2%	14.5%	7.6%	4.4%	11.0%	8.2%	7.0%	8.7%	13.1%	17.1%	9.2%	13.7%	6.5%	2.9%	8.7%	10.6%
		Very often	7.9%	8.7%	7.6%	6.8%	6.7%	6.5%	4.2%	11.2%	0.0%	11.3%	5.7%	3.1%	10.7%	6.9%	4.9%	7.2%	8.2%	7.3%	11.7%	10.9%	10.9%	5.8%	4.3%	3.3%	7.3%	8.6%
		Not sure/Prefer not to answer	1.2%	1.5%	1.8%	1.6%	0.4%	1.3%	0.4%	0.0%	0.9%	2.1%	1.2%	1.8%	1.1%	0.6%	1.4%	0.9%	1.2%	1.0%	1.2%	1.1%	1.1%	2.4%	1.1%	0.9%	2.9%	
		Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
		Unweighted n	2977	947	680	337	422	791	1018	1876	11	468	1110	1330	664	860	1350	2158	814	2749	138	368	881	955	806	203	2037	863

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 34		All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
During your first 18 years of life, how often did a parent or other adult in the household swear at, insult, or put you down?		Never	48.2%	48.1%	37.4%	61.3%	30.9%	62.9%	33.9%	39.2%	42.8%	22.3%	46.1%	38.9%	40.9%	42.3%	32.7%	41.1%	40.0%	10.6%	47.6%	25.3%
		Rarely	24.9%	27.5%	23.3%	27.4%	22.5%	22.9%	26.0%	22.4%	30.9%	17.7%	27.3%	19.8%	27.3%	24.7%	26.6%	26.6%	22.2%	25.2%	28.0%	26.8%
		Occasionally	16.3%	14.7%	17.3%	12.3%	19.8%	15.0%	17.2%	16.7%	15.7%	20.9%	14.7%	17.3%	16.7%	16.6%	16.6%	16.0%	16.2%	10.9%	13.4%	21.2%
		Often	9.9%	8.6%	10.6%	5.2%	14.0%	7.2%	11.6%	11.7%	5.6%	19.8%	6.7%	12.7%	8.6%	9.1%	12.9%	9.7%	10.3%	9.4%	27.6%	6.9%
		Very often	7.9%	3.5%	9.8%	2.4%	12.0%	4.0%	9.7%	8.8%	4.3%	18.1%	4.0%	9.8%	6.4%	6.1%	12.2%	7.4%	8.1%	7.1%	22.9%	3.8%
		Not sure/Prefer not to answer	1.2%	0.6%	1.6%	1.4%	1.1%	0.9%	1.5%	1.4%	0.7%	1.1%	1.3%	1.5%	1.1%	1.2%	1.2%	1.4%	0.3%	1.1%	0.0%	1.4%
		Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
		Unweighted n	2977	1234	1742	1678	1381	1371	1683	2228	749	895	2382	948	2029	2549	428	2533	420	2917	35	2175

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 34		All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your first 18 years of life, how often did a parent or other adult in the household swear at, insult, or put you down?		Never	40.2%	18.8%	57.2%	0.0%	60.6%	3.8%	63.6%	15.2%	47.7%	9.3%	51.8%	29.9%	46.3%	37.6%	42.8%	35.1%	68.7%	33.0%	38.4%	40.7%	36.9%	28.1%	39.1%	33.9%	38.5%
		Rarely	24.9%	23.0%	26.4%	0.0%	37.6%	12.2%	29.6%	20.1%	26.0%	14.8%	28.7%	23.7%	24.9%	19.3%	30.3%	19.0%	17.3%	19.0%	18.0%	19.0%	12.2%	20.6%	18.8%	19.4%	
		Occasionally	16.3%	23.0%	10.0%	48.3%	0.0%	30.0%	21.7%	21.7%	23.3%	13.4%	18.5%	18.0%	14.6%	18.0%	13.3%	21.0%	17.4%	18.2%	17.9%	24.0%	17.0%	16.3%	18.4%		
		Often	9.9%	18.7%	3.0%	29.5%	0.0%	28.0%	3.1%	20.8%	6.1%	26.3%	3.8%	14.4%	7.2%	12.7%	13.6%	4.7%	12.6%	12.7%	8.2%	12.7%	7.3%	12.1%	13.6%	12.4%	
		Very often	7.9%	14.6%	1.8%	22.2%	0.0%	24.0%	1.2%	17.3%	4.0%	23.7%	1.4%	12.4%	4.4%	11.2%	3.8%	12.1%	3.9%	13.0%	10.9%	13.4%	10.4%	9.9%	16.7%	10.2%	
		Not sure/Prefer not to answer	1.2%	1.4%	1.1%	0.0%	1.8%	0.9%	1.3%	0.9%	1.3%	2.0%	0.9%	1.0%	1.3%	1.2%	1.2%	1.1%	2.1%	1.6%	1.2%	1.4%	1.2%	0.0%	1.4%	1.1%	
		Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
		Unweighted n	2977	1181	1796	887	2090	715	2280	875	2389	693	2384	949	2019	1908	1089	1634	272	316	1090	407	1489	160	1746	478	1430

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 34		All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your first 18 years of life, how often did a parent or other adult in the household swear at, insult, or put you down?		Never	40.2%	33.4%	41.9%	27.0%	44.4%	35.9%	40.0%	28.0%	40.2%	27.7%	41.1%	17.0%	42.2%	6.9%	40.1%	45.9%	33.2%	46.1%	39.4%
		Rarely	24.9%	29.8%	26.3%	22.9%	28.2%	21.7%	26.0%	36.6%	24.7%	12.0%	26.6%	17.1%	26.0%	7.8%	26.3%	27.7%	22.4%	17.9%	28.0%
		Occasionally	16.3%	16.8%	16.3%	19.4%	16.2%	20.2%	16.7%	22.4%	16.1%	21.0%	15.9%	23.9%	16.6%	34.2%	16.2%	14.3%	18.6%	20.2%	16.2%
		Often	9.9%	13.7%	8.9%	15.0%	8.0%	14.8%	9.0%	3.0%	10.2%	16.8%	9.2%	19.8%	8.9%	1.4%	10.0%	7.5%	12.9%	7.6%	10.1%
		Very often	7.9%	14.6%	5.7%	14.6%	4.9%	9.5%	8.0%	9.9%	7.5%	22.0%	5.9%	22.3%	6.0%	49.9%	7.2%	3.3%	12.2%	8.3%	7.5%
		Not sure/Prefer not to answer	1.2%	0.8%	1.4%	1.2%	1.1%	1.9%	1.1%	0.0%	1.4%	0.5%	1.3%	0.0%	0.0%	1.2%	1.3%	1.1%	0.0%	0.0%	1.3%
		Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
		Unweighted n	2977	488	2442	642	2288	455	2475	50	2880	262	2668	207	2723	13	2917	1634	1296	173	2757

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 35	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income						Childhood grew up in the North Country?	
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
		Participants																									
During your first 18 years of life, how often did a parent or other adult in the household act in a way that made you afraid that you would be physically hurt?	Never	59.4%	59.1%	59.2%	62.9%	60.8%	67.7%	61.7%	56.8%	33.8%	61.4%	61.6%	70.3%	56.3%	59.1%	63.2%	58.3%	62.6%	58.0%	69.7%	47.4%	58.1%	63.3%	60.9%	70.4%	59.6%	67.8%
	Rarely	18.1%	18.0%	19.4%	14.8%	18.8%	18.0%	19.8%	16.8%	20.5%	17.4%	16.2%	17.0%	18.0%	18.1%	17.9%	19.0%	18.1%	17.9%	10.1%	17.0%	16.8%	21.1%	13.3%	18.1%	18.3%	
	Occasionally	11.9%	10.8%	11.4%	11.7%	10.3%	13.0%	10.2%	12.7%	61.2%	13.0%	11.6%	9.1%	13.6%	10.3%	11.2%	12.3%	9.2%	11.7%	12.2%	15.8%	10.7%	9.4%	12.7%	9.8%	11.0%	
	Often	6.9%	5.3%	6.1%	6.3%	4.8%	7.5%	6.3%	6.0%	0.0%	8.9%	5.0%	2.4%	4.1%	6.6%	2.7%	5.8%	6.1%	5.8%	7.7%	14.0%	6.1%	5.9%	2.8%	4.0%		
	Very often	4.1%	5.2%	2.9%	4.6%	5.3%	3.6%	1.9%	6.6%	0.0%	5.6%	3.9%	2.5%	5.7%	3.6%	3.2%	4.2%	3.8%	3.7%	9.9%	6.0%	6.3%	4.1%	1.8%	4.0%		
	Not sure/Prefer not to answer	1.0%	1.8%	1.1%	1.1%	0.1%	1.1%	0.7%	0.0%	1.0%	1.0%	0.6%	0.3%	1.6%	0.7%	1.2%	0.4%	0.9%	0.4%	0.8%	0.3%	0.3%	0.8%	0.7%	1.0%		
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2976	945	679	337	423	791	1018	1876	11	468	1110	1329	663	809	1389	2156	814	2749	137	369	878	966	806	203	2039	

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 35	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
		Participants																				
During your first 18 years of life, how often did a parent or other adult in the household act in a way that made you afraid that you would be physically hurt?	Never	89.4%	86.3%	86.9%	71.2%	86.1%	88.9%	83.7%	67.7%	63.9%	48.9%	55.5%	54.9%	61.9%	61.2%	53.1%	52.7%	58.8%	60.0%	35.4%	67.7%	42.9%
	Rarely	18.1%	16.4%	16.8%	14.0%	21.4%	16.7%	18.4%	17.6%	19.3%	22.1%	16.8%	18.7%	17.8%	17.6%	18.1%	18.3%	18.7%	3.9%	15.5%	24.2%	
	Occasionally	11.9%	9.9%	12.0%	8.2%	14.4%	8.5%	13.6%	11.8%	10.6%	15.6%	10.1%	12.8%	11.2%	10.7%	12.4%	11.3%	10.8%	8.9%	16.3%		
	Often	6.9%	3.8%	7.2%	3.0%	8.6%	3.3%	7.6%	7.2%	2.8%	12.2%	3.9%	7.7%	5.1%	6.3%	8.1%	6.9%	4.6%	6.2%	30.8%		
	Very often	4.1%	2.3%	5.2%	2.4%	5.7%	2.6%	6.1%	4.6%	3.0%	8.2%	2.8%	5.9%	3.3%	4.0%	4.6%	3.9%	5.8%	3.8%	16.7%		
	Not sure/Prefer not to answer	1.0%	1.3%	0.8%	1.2%	0.7%	1.4%	0.7%	1.0%	0.9%	0.9%	1.0%	1.2%	0.8%	1.2%	0.0%	1.2%	0.9%	2.0%	1.1%		
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%		
	Unweighted n	2976	1223	1741	1678	1279	1371	1682	2226	749	895	2380	948	2027	2546	429	2533	410	2915	35		

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 35	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
		Participants																								
During your first 18 years of life, how often did a parent or other adult in the household act in a way that made you afraid that you would be physically hurt?	Never	59.4%	37.4%	76.8%	17.4%	60.7%	8.6%	78.0%	33.6%	68.9%	21.9%	73.5%	45.8%	67.7%	56.2%	62.6%	54.2%	73.5%	51.9%	56.9%	62.2%	54.9%	44.7%	58.1%	49.3%	57.9%
	Rarely	18.1%	20.8%	15.9%	24.7%	14.8%	10.7%	20.8%	17.3%	18.4%	19.2%	17.7%	21.4%	16.1%	16.3%	19.8%	17.2%	9.1%	16.0%	16.4%	11.0%	17.5%	16.8%	12.3%	19.5%	
	Occasionally	11.9%	20.8%	4.3%	27.7%	3.2%	42.8%	0.0%	23.0%	7.3%	25.4%	6.2%	16.6%	3.2%	12.5%	8.4%	12.6%	11.2%	14.7%	12.1%	10.4%	12.9%	13.8%	12.2%	12.8%	
	Often	6.9%	11.2%	1.7%	17.5%	0.1%	22.1%	0.0%	14.8%	2.9%	19.0%	1.0%	9.6%	3.8%	7.6%	4.3%	0.9%	7.3%	7.7%	10.5%	3.8%	7.6%	7.7%	6.7%	7.1%	
	Very often	4.1%	8.5%	0.7%	12.2%	0.0%	15.4%	0.0%	10.5%	1.9%	13.3%	0.7%	5.6%	3.3%	6.4%	1.9%	6.9%	2.1%	8.0%	6.2%	5.0%	6.6%	10.9%	5.8%	10.1%	
	Not sure/Prefer not to answer	1.0%	1.5%	0.5%	0.4%	1.2%	0.4%	1.2%	0.7%	0.7%	1.1%	0.9%	1.2%	0.8%	0.9%	1.0%	0.7%	3.3%	2.0%	0.9%	0.4%	1.1%	0.9%	0.9%	1.0%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2976	1179	1796	884	2086	716	2289	676	2386	692	2383	961	2015	1906	1069	1631	273	315	1089	408	1486	161	1743	476	1429

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 35	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
		Participants																	
During your first 18 years of life, how often did a parent or other adult in the household act in a way that made you afraid that you would be physically hurt?	Never	59.4%	49.5%	61.9%	44.5%	64.7%	50.5%	60.7%	61.7%	59.0%	43.8%	60.8%	32.8%	62.0%	23.5%	59.5%	67.9%	49.7%	54.4%
	Rarely	18.1%	18.2%	18.2%	19.5%	17.7%	24.1%	17.1%	24.2%	17.9%	18.2%	18.2%	18.0%	18.2%	18.2%	16.0%	20.9%	16.0%	33.0%
	Occasionally	11.9%	13.6%	11.0%	16.0%	9.9%	15.4%	10.8%	6.2%	11.8%	16.4%	11.0%	22.7%	10.3%	7.0%	11.6%	8.9%	14.0%	15.2%
	Often	6.9%	11.0%	4.6%	10.1%	4.4%	6.2%	6.0%	0.5%	6.2%	11.9%	5.3%	10.1%	9.5%	24.1%	8.8%	3.5%	8.3%	
	Very often	4.1%	7.2%	3.4%	9.1%	2.3%	3.4%	4.4%	7.4%	4.1%	9.7%	3.6%	15.9%	2.9%	27.3%	4.0%	2.1%	6.4%	
	Not sure/Prefer not to answer	1.0%	0.6%	1.0%	0.7%	1.0%	0.5%	1.0%	0.0%	1.0%	1.1%	0.5%	1.0%	0.0%	1.0%	1.3%	0.5%	0.0%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2976	488	2441	639	2290	453	2476	51	2878	264	2666	207	2722	13	2916	1633	1296	

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 36	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
During your first 18 years of life, how often did a parent or other adult in the household push, grab, shove, or slap you?	Never	53.9%	53.9%	52.3%	54.9%	56.5%	53.8%	53.6%	54.1%	54.0%	56.0%	48.5%	55.7%	57.1%	52.8%	56.9%	54.1%	46.9%	45.8%	51.8%	57.9%	56.2%	58.6%	54.2%	52.3%	54.2%	52.3%
	Rarely	22.9%	22.2%	22.5%	21.2%	24.7%	24.5%	25.9%	19.7%	22.6%	20.6%	24.3%	25.8%	23.5%	20.0%	25.9%	23.1%	21.4%	22.1%	23.2%	20.9%	24.9%	22.8%	22.9%	22.9%	23.3%	23.3%
	Occasionally	13.9%	11.7%	16.4%	14.1%	11.2%	14.7%	13.8%	19.9%	14.8%	13.7%	12.6%	16.3%	14.1%	11.0%	14.7%	11.7%	14.1%	12.8%	14.9%	13.9%	12.4%	16.0%	13.2%	13.7%	14.4%	
	Often	5.8%	7.4%	5.5%	7.5%	2.2%	4.1%	4.3%	7.1%	23.6%	8.4%	4.2%	2.7%	2.2%	6.6%	3.1%	6.8%	5.1%	13.2%	11.6%	7.6%	4.8%	2.0%	3.4%	6.8%	6.8%	
	Very often	2.8%	3.1%	2.2%	1.3%	5.2%	2.8%	1.0%	4.8%	0.0%	3.3%	2.9%	1.8%	3.3%	2.8%	2.7%	2.9%	2.3%	2.6%	5.3%	4.7%	2.9%	3.7%	1.7%	0.9%	2.4%	
	Not sure/Prefer not to answer	1.0%	1.7%	1.2%	1.0%	0.2%	0.1%	1.3%	0.6%	0.0%	1.0%	0.8%	1.1%	0.3%	2.0%	0.2%	1.1%	0.6%	1.0%	0.4%	0.9%	0.6%	0.8%	1.2%	1.1%	0.3%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2976	946	679	334	423	794	1017	1877	11	468	1109	1331	663	858	1361	2155	816	2749	138	368	877	987	808	203	2036	864

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 36	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
During your first 18 years of life, how often did a parent or other adult in the household push, grab, shove, or slap you?	Never	53.9%	56.9%	51.9%	60.3%	46.1%	59.9%	52.2%	57.7%	41.1%	58.9%	51.1%	55.1%	55.7%	47.3%	53.8%	54.5%	54.7%	23.8%	59.2%	42.7%	42.7%
	Rarely	22.9%	22.8%	22.8%	24.4%	21.5%	24.9%	21.6%	22.1%	24.9%	22.4%	21.1%	23.8%	21.9%	26.5%	23.1%	22.2%	23.4%	15.9%	22.1%	24.3%	24.3%
	Occasionally	13.9%	12.4%	14.8%	16.3%	17.1%	9.9%	16.4%	14.6%	12.1%	17.6%	15.2%	13.3%	9.8%	14.2%	13.8%	14.2%	12.2%	13.2%	27.7%	11.7%	16.3%
	Often	5.8%	3.2%	7.1%	3.0%	8.8%	2.6%	7.6%	6.9%	2.6%	13.2%	3.1%	7.0%	5.9%	4.6%	9.2%	6.4%	6.0%	5.1%	22.7%	3.9%	9.4%
	Very often	2.8%	1.2%	3.7%	1.8%	3.7%	1.9%	3.3%	3.3%	1.5%	5.0%	2.0%	4.5%	1.9%	2.9%	2.2%	2.6%	4.0%	2.7%	7.9%	2.0%	4.4%
	Not sure/Prefer not to answer	1.0%	1.5%	0.7%	1.2%	0.8%	1.2%	0.9%	0.8%	1.4%	0.7%	1.1%	1.1%	1.0%	1.1%	0.6%	1.0%	1.1%	1.0%	2.0%	1.2%	0.8%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2976	1223	1742	1679	1278	1373	1682	2229	747	894	2382	949	2027	2549	427	2532	420	2917	35	2175	707

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 36	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions			
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
During your first 18 years of life, how often did a parent or other adult in the household push, grab, shove, or slap you?	Never	53.9%	35.4%	68.4%	18.4%	71.8%	5.1%	71.7%	33.7%	61.2%	23.2%	65.4%	42.1%	61.0%	53.3%	54.3%	51.9%	68.8%	49.6%	53.9%	57.2%	52.4%	42.6%	55.0%	44.5%	55.4%	
	Rarely	22.9%	24.4%	21.7%	24.7%	22.0%	11.6%	27.0%	21.7%	23.4%	22.2%	24.6%	24.6%	21.9%	20.1%	25.6%	20.9%	17.5%	19.9%	20.2%	17.9%	20.7%	22.9%	19.7%	24.0%	19.2%	
	Occasionally	13.9%	22.6%	7.0%	31.8%	4.7%	51.8%	0.0%	23.8%	10.4%	27.3%	8.8%	19.2%	10.6%	13.7%	14.0%	14.3%	8.3%	14.9%	13.5%	11.5%	14.2%	15.2%	14.0%	15.3%	13.3%	
	Often	5.8%	10.9%	1.4%	16.4%	0.2%	21.0%	0.0%	12.3%	3.3%	17.3%	1.2%	8.6%	3.8%	7.5%	3.8%	8.1%	2.7%	7.9%	7.5%	7.8%	3.8%	12.3%	6.8%	7.4%	7.6%	
	Very often	2.8%	5.5%	0.6%	8.2%	0.0%	10.3%	0.0%	7.5%	1.1%	9.0%	0.4%	4.5%	1.7%	4.6%	1.0%	5.1%	0.9%	6.5%	4.3%	5.3%	4.7%	7.1%	4.2%	8.3%	3.7%	
	Not sure/Prefer not to answer	1.0%	1.3%	0.8%	0.5%	1.3%	0.2%	1.3%	1.1%	0.6%	1.0%	1.0%	1.1%	1.0%	0.7%	1.3%	0.5%	1.9%	1.2%	0.6%	0.4%	0.8%	0.0%	0.8%	0.5%	0.7%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2976	1188	1796	884	2094	716	2280	576	2386	692	2384	951	2016	1908	1060	1532	274	315	1591	409	1487	161	1745	478	1430	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 36	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your first 18 years of life, how often did a parent or other adult in the household push, grab, shove, or slap you?	Never	53.8%	49.1%	54.9%	43.7%	57.3%	48.8%	63.6%	53.2%	44.5%	54.6%	32.0%	55.9%	20.7%	53.9%	58.8%	48.0%	49.4%	53.8%	
	Rarely	22.9%	20.8%	23.6%	21.3%	23.6%	24.0%	22.8%	25.7%	22.9%	21.2%	23.2%	21.0%	18.6%	23.0%	22.8%	23.2%	24.1%	22.9%	
	Occasionally	13.9%	13.8%	13.9%	17.6%	12.5%	18.3%	13.1%	3.4%	14.3%	15.9%	13.7%	23.9%	12.9%	9.3%	14.0%	12.2%	16.8%	16.6%	
	Often	5.8%	12.8%	3.8%	10.8%	3.8%	5.7%	8.7%	0.0%	5.9%	12.2%	5.0%	15.0%	4.7%	51.4%	5.3%	3.5%	8.1%	3.4%	
	Very often	2.8%	3.6%	2.6%	6.0%	1.6%	2.5%	2.9%	7.4%	2.6%	6.6%	2.4%	8.0%	2.2%	6.0%	1.4%	4.3%	3.4%	2.6%	
	Not sure/Prefer not to answer	1.0%	0.3%	1.2%	0.6%	1.2%	0.7%	1.1%	0.0%	1.1%	0.5%	1.1%	0.5%	1.1%	0.0%	1.0%	1.4%	0.6%	1.2%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2976	486	2444	639	2291	453	2477	51	2879	264	2666	206	2724	13	2917	1635	1295	173	2757

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 37		All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income						Childhood grew up in the North Country?	
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000-\$74,999	\$75,000-\$99,999	\$100,000-\$199,999	\$200,000 or greater	Yes	No	
During your first 18 years of life, how often did a parent or other adult in the household hit you so hard that you had marks or were injured?		Never	76.4%	75.4%	74.9%	79.5%	79.1%	76.8%	80.2%	72.6%	46.9%	72.0%	77.4%	83.3%	71.3%	76.7%	82.0%	76.3%	77.1%	77.4%	63.4%	65.5%	76.2%	76.1%	80.0%	84.9%	77.2%	74.0%
		Rarely	11.8%	12.2%	12.8%	9.0%	10.9%	12.1%	11.9%	11.6%	29.5%	13.7%	10.8%	9.6%	12.9%	11.8%	10.4%	11.1%	13.7%	13.9%	14.2%	9.0%	11.3%	14.5%	12.1%	11.6%	12.7%	
		Occasionally	5.9%	6.7%	7.0%	4.3%	3.1%	6.0%	4.2%	7.7%	23.6%	6.0%	7.3%	4.2%	7.4%	6.5%	3.8%	6.9%	3.3%	5.8%	9.0%	7.0%	7.7%	7.1%	3.6%	2.2%	3.1%	
		Often	2.9%	2.2%	2.1%	0.7%	3.2%	2.3%	0.0%	4.5%	2.1%	1.1%	4.3%	1.1%	4.3%	2.9%	1.6%	3.0%	2.7%	2.7%	6.3%	4.3%	3.0%	2.9%	0.8%	0.0%	0.7%	
		Very often	2.1%	2.9%	1.7%	0.9%	3.7%	1.6%	0.8%	3.6%	0.0%	2.9%	1.7%	1.3%	3.1%	1.9%	1.8%	1.9%	2.8%	1.6%	7.3%	3.6%	3.1%	1.7%	0.9%	2.1%	2.5%	
		Not sure/Prefer not to answer	0.8%	0.6%	1.6%	0.6%	0.1%	0.5%	0.5%	0.9%	0.0%	0.9%	0.7%	0.6%	1.0%	0.6%	0.4%	0.9%	0.5%	0.8%	0.0%	1.1%	0.9%	0.9%	0.1%	0.0%	0.5%	
		Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
		Unweighted n	2971	946	678	335	422	793	1016	1874	11	468	1109	1328	664	858	1355	2158	808	2745	138	369	880	961	806	203	2036	860

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 37		All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
During your first 18 years of life, how often did a parent or other adult in the household hit you so hard that you had marks or were injured?		Never	76.4%	83.3%	72.9%	84.9%	83.3%	84.9%	71.4%	74.2%	81.6%	63.0%	80.8%	69.3%	79.9%	78.5%	69.3%	77.2%	72.8%	77.7%	40.7%	81.5%	65.9%
		Rarely	11.8%	9.4%	13.2%	7.8%	15.3%	8.2%	14.1%	12.1%	11.1%	16.5%	10.3%	14.9%	16.3%	16.4%	16.7%	11.6%	13.6%	11.3%	18.5%	10.6%	16.0%
		Occasionally	5.9%	4.1%	7.1%	4.3%	7.4%	4.7%	6.8%	6.5%	4.6%	9.1%	4.9%	7.7%	5.1%	6.9%	6.0%	5.6%	5.7%	11.4%	6.9%	8.2%	
		Often	2.9%	2.2%	3.3%	1.6%	4.2%	1.1%	4.1%	3.5%	1.6%	5.2%	2.1%	3.2%	2.8%	3.7%	3.4%	2.8%	2.4%	2.3%	13.2%	1.6%	6.4%
		Very often	2.1%	2.9%	1.7%	0.9%	3.7%	1.1%	2.9%	2.6%	1.0%	4.7%	1.3%	3.2%	1.6%	1.9%	2.7%	1.6%	5.0%	1.7%	16.2%	1.1%	4.1%
		Not sure/Prefer not to answer	0.8%	0.6%	0.9%	0.6%	1.0%	0.6%	0.9%	1.0%	0.2%	1.4%	0.5%	1.8%	0.3%	0.9%	0.2%	0.9%	0.7%	0.8%	0.0%	0.9%	0.5%
		Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
		Unweighted n	2971	1218	1742	1676	1277	1367	1683	2225	746	593	2378	948	2023	2542	429	2520	419	2911	35	2170	706

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 37		All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your first 18 years of life, how often did a parent or other adult in the household hit you so hard that you had marks or were injured?		Never	76.4%	61.6%	88.3%	44.7%	92.6%	29.3%	93.8%	54.4%	84.3%	43.8%	88.7%	69.0%	81.0%	72.0%	80.7%	70.1%	88.4%	69.9%	72.4%	72.4%	72.0%	57.9%	74.3%	67.9%	73.0%
		Rarely	11.8%	16.6%	8.0%	23.6%	5.9%	28.6%	5.7%	18.4%	9.5%	23.1%	7.6%	14.8%	10.2%	12.7%	11.0%	13.4%	6.2%	10.0%	13.0%	11.4%	12.9%	22.7%	11.0%	13.4%	12.5%
		Occasionally	5.9%	11.1%	1.8%	16.0%	0.8%	22.1%	0.0%	12.7%	3.5%	15.2%	1.8%	8.4%	4.2%	7.5%	4.4%	8.0%	3.8%	7.7%	7.5%	8.4%	7.4%	8.2%	7.4%	8.0%	3.4%
		Often	2.9%	5.6%	0.7%	8.5%	0.1%	10.8%	0.0%	8.0%	1.1%	9.6%	0.4%	4.2%	2.1%	3.2%	2.6%	3.5%	1.1%	6.2%	2.7%	4.6%	3.5%	2.9%	3.4%	7.0%	
		Very often	2.1%	4.0%	0.6%	6.1%	0.1%	7.8%	0.0%	5.5%	0.9%	7.3%	0.2%	2.9%	3.4%	3.4%	0.8%	3.8%	0.5%	3.6%	3.4%	3.0%	3.6%	9.6%	2.4%	7.0%	
		Not sure/Prefer not to answer	0.8%	1.1%	0.6%	1.1%	0.6%	1.4%	0.5%	1.1%	0.7%	1.0%	0.7%	0.6%	0.9%	1.1%	0.9%	1.2%	0.9%	2.1%	0.9%	0.3%	1.3%	0.0%	1.3%	0.8%	1.1%
		Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
		Unweighted n	2971	1189	1791	883	2081	715	2286	574	2384	691	2280	948	2014	1905	1066	1628	275	314	1989	409	1484	161	1742	475	1428

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 37		All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your first 18 years of life, how often did a parent or other adult in the household hit you so hard that you had marks or were injured?		Never	76.4%	67.1%	78.9%	64.1%	81.0%	71.7%	77.2%	86.7%	75.9%	63.4%	77.8%	52.4%	78.9%	35.6%	76.7%	82.9%	69.2%	73.4%	76.0%
		Rarely	11.8%	14.8%	11.0%	14.6%	10.8%	14.6%	11.4%	14.9%	13.9%	11.6%	17.1%	11.3%	13.0%	13.0%	11.8%	9.6%	14.3%	13.3%	11.8%
		Occasionally	5.9%	8.0%	5.3%	8.2%	5.2%	7.9%	5.7%	6.6%	6.2%	5.6%	11.6%	5.4%	24.1%	5.8%	4.6%	7.5%	4.3%	6.1%	
		Often	2.9%	5.3%	2.3%	6.1%	1.7%	2.5%	3.0%	0.9%	3.0%	5.9%	2.6%	7.9%	2.4%	0.0%	3.0%	1.7%	4.3%	2.7%	
		Very often	2.1%	4.2%	1.6%	5.6%	0.9%	1.4%	2.3%	6.9%	2.6%	7.4%	1.6%	9.9%	1.3%	27.3%	1.9%	0.9%	3.6%	0.6%	
		Not sure/Prefer not to answer	0.8%	0.1%	0.9%	1.6%	0.4%	2.0%	0.5%	1.7%	0.7%	0.0%	0.8%	1.0%	0.7%	0.0%	0.8%	0.4%	1.1%	5.6%	
		Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
		Unweighted n	2971	487	2438	640	2286	456	2470	50	2875	264	2661	206	2719	13	2912	1628	1297	174	2751

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 38	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
During your first 18 years of life, did you often feel that (choose all that apply):	6.9%	4.3%	7.4%	12.2%	7.4%	6.3%	6.3%	8.9%	6.0%	9.9%	6.0%	12.2%	12.0%	5.1%	3.9%	7.5%	4.9%	7.2%	5.4%	14.7%	7.6%	4.5%	5.3%	1.2%	7.2%	6.7%	
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?	4.8%	5.1%	4.4%	6.3%	4.0%	4.4%	2.0%	7.8%	6.0%	7.4%	3.6%	1.9%	7.3%	4.6%	2.6%	6.5%	2.9%	4.7%	7.1%	9.1%	5.4%	4.6%	3.1%	1.2%	4.7%	6.4%	
Your parents/caregivers were unable to take care of you or take you to the doctor if you needed it?	2.3%	1.3%	3.7%	1.6%	3.4%	1.6%	1.5%	3.2%	0.0%	4.6%	0.9%	0.1%	4.0%	2.2%	0.6%	2.1%	2.6%	2.6%	0.0%	4.0%	2.2%	3.5%	1.5%	0.0%	2.4%	2.1%	
Your parents/caregivers did not send you to school even when it was available?	96.1%	98.6%	90.0%	86.9%	90.9%	91.3%	93.1%	86.6%	95.0%	85.0%	92.4%	96.0%	84.0%	91.7%	94.5%	88.7%	94.3%	90.0%	89.5%	78.8%	90.3%	90.8%	92.9%	96.6%	89.8%	90.0%	
None of these situations	9.9%	9.4%	10.0%	13.1%	9.1%	8.7%	6.9%	13.4%	8.0%	15.0%	7.6%	4.0%	16.0%	8.3%	6.5%	11.3%	6.7%	10.0%	10.6%	21.2%	9.7%	8.3%	9.2%	7.1%	1.4%	10.2%	10.0%
Experienced at least one of these.	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total	2990	883	580	339	424	794	1024	1583	11	471	1111	1339	689	863	1363	2166	819	2769	141	372	885	688	203	2043	870		
Unweighted n																											

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 38	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (6+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No
During your first 18 years of life, did you often feel that (choose all that apply):	6.9%	3.1%	5.1%	2.7%	10.7%	2.2%	9.9%	7.8%	4.7%	14.7%	4.3%	8.0%	6.4%	5.9%	10.5%	6.3%	9.2%	6.1%	26.4%	3.9%	12.8%
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?	4.8%	1.9%	6.5%	1.6%	7.7%	1.8%	6.7%	5.9%	2.2%	11.9%	2.5%	6.2%	4.1%	4.7%	6.1%	4.5%	5.0%	4.4%	14.7%	2.1%	10.7%
Your parents/caregivers were unable to take care of you or take you to the doctor if you needed it?	2.3%	1.0%	3.0%	0.7%	3.7%	0.4%	3.5%	2.5%	1.7%	6.1%	1.1%	2.0%	2.4%	1.8%	3.9%	2.0%	4.1%	1.7%	23.9%	1.2%	4.7%
Your parents/caregivers did not send you to school even when it was available?	96.1%	98.5%	87.0%	95.7%	85.1%	96.0%	86.0%	88.9%	93.0%	78.9%	93.8%	89.6%	90.4%	91.6%	84.8%	90.6%	88.1%	91.1%	63.6%	94.3%	81.3%
None of these situations	9.9%	4.5%	13.0%	4.3%	14.9%	3.5%	14.0%	11.1%	7.0%	21.1%	6.2%	10.4%	9.6%	8.4%	15.2%	9.4%	11.9%	8.9%	36.4%	5.7%	18.7%
Experienced at least one of these.	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total	2990	1231	1748	1689	1282	1378	1589	2236	764	895	2395	952	2038	2360	430	2542	424	2930	35	2188	707
Unweighted n																					

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 38	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
During your first 18 years of life, did you often feel that (choose all that apply):	6.9%	14.6%	0.8%	18.3%	1.1%	22.6%	1.1%	24.6%	0.6%	25.2%	0.0%	11.0%	4.4%	8.6%	5.2%	9.2%	3.1%	14.0%	7.7%	12.2%	7.8%	13.2%	7.9%	11.3%	8.0%	
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?	4.8%	9.7%	1.9%	12.4%	0.9%	13.4%	1.6%	16.2%	0.7%	17.6%	0.0%	8.2%	2.7%	8.2%	1.6%	8.5%	2.6%	9.0%	6.0%	9.9%	7.8%	13.3%	7.3%	9.6%	7.8%	
Your parents/caregivers were unable to take care of you or take you to the doctor if you needed it?	2.3%	5.0%	0.1%	5.8%	0.5%	7.0%	0.6%	7.9%	0.3%	8.4%	0.0%	3.5%	1.5%	3.4%	1.2%	3.8%	0.0%	1.1%	3.8%	1.6%	3.8%	4.6%	3.2%	1.9%	3.8%	
Your parents/caregivers did not send you to school even when it was available?	96.1%	79.9%	98.2%	74.9%	97.8%	71.0%	97.1%	66.4%	98.6%	63.8%	100.0%	84.1%	93.8%	86.8%	93.3%	85.9%	94.6%	81.8%	87.7%	85.1%	87.2%	80.8%	87.8%	85.2%	87.2%	
None of these situations	9.9%	20.1%	1.8%	25.1%	2.2%	28.0%	2.9%	33.6%	1.4%	36.2%	0.0%	16.9%	6.2%	13.2%	6.7%	14.1%	6.4%	18.2%	12.3%	14.9%	12.8%	19.2%	12.2%	14.8%	12.8%	
Experienced at least one of these.	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total	2990	1184	1806	887	2099	719	2264	578	2389	696	2294	951	2030	1915	1075	1639	274	316	1597	409	1504	161	1752	477	1436	
Unweighted n																										

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 38	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your first 18 years of life, did you often feel that (choose all that apply):	6.9%	10.4%	6.0%	13.7%	4.4%	10.7%	6.3%	9.0%	6.9%	15.2%	6.1%	21.0%	5.5%	6.0%	7.1%	3.7%	10.6%	8.6%	6.9%
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?	4.8%	8.2%	4.0%	8.3%	3.6%	7.9%	4.3%	8.5%	4.7%	9.1%	4.4%	16.6%	3.6%	3.8%	4.9%	2.0%	7.9%	6.0%	4.9%
Your parents/caregivers were unable to take care of you or take you to the doctor if you needed it?	2.3%	5.9%	1.3%	4.8%	1.4%	2.7%	2.3%	7.0%	2.1%	6.8%	1.8%	7.9%	1.7%	22.7%	2.1%	0.8%	4.0%	0.8%	2.4%
Your parents/caregivers did not send you to school even when it was available?	96.1%	84.8%	91.5%	82.5%	92.8%	86.0%	90.7%	86.6%	90.1%	79.0%	91.2%	74.4%	91.7%	73.6%	90.1%	94.6%	85.0%	90.3%	90.0%
None of these situations	9.9%	15.6%	8.5%	17.5%	7.2%	14.0%	9.3%	13.4%	9.9%	21.0%	8.8%	25.6%	8.3%	26.4%	9.9%	5.4%	15.0%	9.7%	10.0%
Experienced at least one of these.	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Total	2990	490	2453	644	2299	457	2486	51	2892	265	2678	207	2758	13	2930	1640	1303	176	2768
Unweighted n																			

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 39	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
During your first 18 years of life, which of the following best describes your FOOD situation?	We could always afford to eat and ate good and nutritious meals.	73.9%	72.8%	74.2%	72.9%	73.1%	74.0%	75.0%	72.1%	43.8%	63.5%	78.8%	84.7%	69.0%	72.7%	79.3%	71.0%	80.6%	75.3%	55.3%	61.7%	72.9%	74.3%	76.9%	85.4%	74.1%	71.2%
	We could always afford to eat but were not given good and nutritious meals.	15.3%	15.3%	14.5%	13.3%	14.6%	17.8%	14.8%	15.3%	91.3%	22.0%	11.2%	8.0%	15.0%	15.8%	15.1%	16.5%	11.6%	14.3%	24.4%	18.5%	16.4%	15.4%	14.2%	12.5%	15.4%	15.1%
	Sometimes we could not afford enough to eat.	9.2%	9.5%	9.9%	11.4%	8.5%	6.8%	8.5%	10.0%	5.0%	10.8%	8.9%	6.7%	12.8%	9.3%	4.9%	10.3%	6.0%	8.3%	18.8%	15.5%	9.2%	8.6%	7.8%	2.0%	8.3%	11.9%
	Often we could not afford enough to eat.	2.0%	2.3%	1.4%	2.4%	3.8%	1.4%	1.6%	2.6%	0.0%	3.6%	1.1%	0.8%	3.1%	2.3%	0.7%	2.1%	1.7%	2.1%	1.5%	4.3%	2.9%	1.7%	1.1%	0.1%	2.2%	1.8%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2977	850	576	338	423	790	1018	1877	11	469	1109	1332	687	857	1360	2156	817	2749	141	372	880	586	806	203	2034	850

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 39	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
During your first 18 years of life, which of the following best describes your FOOD situation?	We could always afford to eat and ate good and nutritious meals.	73.9%	79.2%	70.2%	81.1%	66.7%	80.9%	68.8%	72.7%	75.6%	62.8%	77.0%	70.0%	75.2%	74.3%	70.6%	73.2%	76.2%	74.3%	51.0%	79.0%	62.8%
	We could always afford to eat but were not given good and nutritious meals.	15.3%	11.9%	17.3%	10.3%	19.8%	11.2%	17.9%	15.0%	13.6%	19.6%	13.9%	19.3%	13.3%	15.4%	14.8%	15.7%	13.6%	15.4%	11.4%	12.3%	21.1%
	Sometimes we could not afford enough to eat.	9.2%	8.1%	9.8%	7.2%	11.0%	7.3%	10.4%	9.6%	8.2%	13.2%	7.9%	8.7%	9.4%	8.6%	11.4%	9.1%	8.0%	8.8%	15.9%	7.4%	12.6%
	Often we could not afford enough to eat.	2.0%	0.8%	2.8%	1.4%	2.6%	0.6%	2.9%	1.8%	2.7%	4.4%	1.3%	1.9%	2.1%	1.7%	3.2%	1.9%	2.1%	1.5%	21.6%	1.3%	3.5%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2977	1224	1742	1680	1278	1371	1683	2226	781	893	2384	946	2032	2548	429	2531	422	2917	35	2179	754

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 39	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions			
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
During your first 18 years of life, which of the following best describes your FOOD situation?	We could always afford to eat and ate good and nutritious meals.	73.9%	60.9%	83.4%	53.2%	84.0%	47.4%	83.2%	0.0%	100.0%	45.5%	84.1%	62.9%	80.0%	71.9%	75.1%	71.0%	79.1%	70.6%	72.1%	71.9%	71.9%	58.8%	74.0%	69.9%	72.3%	
	We could always afford to eat but were not given good and nutritious meals.	15.3%	28.9%	10.9%	25.9%	9.9%	26.5%	11.2%	57.6%	0.0%	27.3%	10.7%	22.0%	11.2%	15.5%	15.1%	15.7%	13.4%	14.1%	15.7%	12.5%	16.2%	26.1%	13.8%	14.2%	15.5%	
	Sometimes we could not afford enough to eat.	9.2%	13.9%	5.5%	16.0%	5.5%	19.6%	5.2%	34.7%	0.0%	20.5%	4.9%	12.8%	6.9%	9.9%	8.5%	10.2%	7.2%	13.6%	9.2%	11.8%	9.5%	10.6%	9.8%	12.8%	9.2%	
	Often we could not afford enough to eat.	2.0%	4.4%	0.2%	4.9%	0.6%	6.5%	0.4%	7.7%	0.0%	6.7%	0.3%	2.3%	1.9%	2.8%	1.3%	3.0%	0.4%	1.6%	3.0%	3.9%	2.5%	4.5%	2.5%	3.1%	2.7%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2977	1180	1797	863	2081	717	2283	978	2399	693	2284	947	2022	1909	1060	1633	274	312	1595	408	1499	160	1747	473	1434	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 39	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your first 18 years of life, which of the following best describes your FOOD situation?	We could always afford to eat and ate good and nutritious meals.	73.9%	64.2%	76.0%	61.7%	77.9%	66.6%	74.7%	72.3%	73.4%	84.4%	75.5%	51.2%	75.8%	69.4%	73.4%	80.6%	65.7%	76.6%	73.2%
	We could always afford to eat but were not given good and nutritious meals.	15.3%	19.4%	14.1%	19.6%	13.6%	18.8%	14.6%	14.3%	15.3%	26.6%	14.0%	25.0%	14.2%	6.6%	15.4%	11.3%	19.8%	15.5%	15.3%
	Sometimes we could not afford enough to eat.	9.2%	12.1%	8.4%	14.3%	7.3%	12.4%	8.7%	7.1%	9.3%	15.8%	8.5%	17.0%	8.4%	24.0%	9.1%	7.6%	11.0%	3.6%	9.6%
	Often we could not afford enough to eat.	2.0%	4.3%	1.5%	4.4%	1.2%	2.1%	2.1%	6.0%	1.9%	3.1%	2.0%	6.8%	1.5%	0.0%	2.1%	0.4%	3.9%	4.3%	1.9%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2977	489	2442	644	2287	456	2475	90	2881	264	2687	206	2725	12	2919	1631	1300	174	2757

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 40	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income						Childhood grew up in the North Country?	
	Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
During your first 18 years of life, how often did you feel anxious, having to please and prioritize your parents and siblings?	Never	32.2%	32.6%	30.9%	35.8%	30.6%	32.0%	36.1%	27.4%	25.8%	22.1%	36.5%	44.6%	34.2%	33.9%	27.2%	34.7%	25.1%	32.1%	30.0%	26.3%	33.7%	30.9%	34.2%	30.9%	33.1%	28.2%
	Rarely	19.2%	19.2%	19.1%	19.0%	16.6%	20.5%	24.2%	14.2%	14.2%	16.9%	19.0%	23.4%	16.6%	21.1%	20.7%	17.4%	19.4%	16.7%	14.2%	14.0%	25.1%	21.9%	26.8%	24.2%	20.1%	16.7%
	Occasionally	19.2%	17.1%	20.7%	19.9%	25.1%	16.9%	19.2%	3.6%	20.4%	18.7%	18.3%	18.3%	17.9%	22.3%	19.1%	19.7%	19.0%	17.7%	20.4%	13.8%	22.0%	19.9%	19.3%	18.1%	22.8%	
	Often	11.6%	13.8%	10.7%	9.8%	8.5%	11.7%	8.9%	14.1%	84.9%	14.1%	12.0%	6.8%	9.3%	10.8%	13.6%	11.7%	10.6%	14.2%	11.9%	10.7%	13.9%	10.8%	12.4%	10.8%	14.3%	
	Very often	15.6%	14.2%	15.8%	15.3%	14.3%	18.1%	8.6%	23.3%	0.0%	24.3%	11.6%	4.8%	19.3%	13.6%	14.2%	15.2%	16.8%	15.1%	22.8%	22.7%	17.6%	17.9%	9.9%	8.9%	15.8%	
	Not sure/Prefer not to answer	2.2%	3.1%	2.8%	0.2%	3.9%	0.8%	2.7%	1.7%	11.2%	2.1%	2.4%	2.4%	3.2%	1.7%	1.6%	2.8%	0.9%	2.1%	2.2%	2.1%	2.9%	1.3%	1.7%	2.2%	2.4%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2983	951	677	338	424	793	1023	1879	11	470	1108	1338	689	860	1381	2162	816	2756	140	372	884	568	807	201	2040	868

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 40	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
	Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
During your first 18 years of life, how often did you feel anxious, having to please and prioritize your parents and siblings?	Never	32.2%	34.9%	39.9%	45.9%	32.1%	37.9%	28.9%	32.2%	13.3%	38.4%	33.9%	31.9%	33.9%	27.6%	31.4%	30.0%	32.9%	5.2%	39.9%	16.2%	
	Rarely	19.2%	23.8%	16.4%	25.1%	23.9%	16.7%	16.7%	25.0%	9.5%	22.3%	13.8%	21.7%	19.0%	18.5%	18.3%	23.6%	19.1%	20.9%	22.3%	12.8%	
	Occasionally	19.2%	17.2%	20.8%	16.6%	17.0%	20.7%	18.4%	21.3%	19.1%	19.3%	17.0%	20.0%	19.5%	19.3%	20.2%	14.3%	19.0%	32.6%	16.1%	20.9%	
	Often	11.6%	9.7%	12.7%	6.9%	15.7%	9.7%	12.6%	11.7%	11.2%	19.4%	9.0%	13.1%	10.8%	14.3%	11.6%	11.8%	11.8%	3.6%	8.4%	18.6%	
	Very often	15.6%	12.0%	17.8%	6.0%	24.2%	10.7%	18.9%	18.7%	8.2%	37.5%	8.5%	19.6%	15.0%	17.9%	16.2%	12.3%	14.9%	38.1%	8.6%	30.3%	
	Not sure/Prefer not to answer	2.2%	2.9%	2.1%	1.8%	2.6%	1.9%	2.4%	2.3%	2.2%	1.1%	2.6%	3.1%	1.8%	2.2%	2.0%	2.3%	0.0%	0.0%	2.7%	1.1%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2983	1226	1746	1683	1281	1373	1687	2223	790	895	2388	961	2022	2553	430	2539	421	2923	35	2182	797

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 40	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
	Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your first 18 years of life, how often did you feel anxious, having to please and prioritize your parents and siblings?	Never	32.2%	15.3%	45.6%	7.2%	44.7%	9.3%	40.4%	15.1%	38.6%	8.0%	41.3%	29.9%	39.0%	27.2%	36.9%	25.0%	45.8%	24.2%	27.7%	30.4%	26.5%	29.4%	28.3%	19.7%	29.0%
	Rarely	19.2%	16.9%	21.0%	9.6%	24.0%	9.1%	22.9%	12.6%	21.2%	8.3%	23.2%	17.1%	20.4%	14.2%	23.9%	13.6%	18.6%	10.8%	14.8%	17.6%	13.4%	14.2%	14.6%	17.2%	13.5%
	Occasionally	19.2%	21.7%	17.3%	19.8%	19.0%	20.9%	18.7%	19.9%	19.0%	17.9%	19.7%	20.2%	19.0%	18.9%	19.6%	19.0%	14.3%	23.6%	18.1%	16.6%	19.6%	17.8%	19.6%	22.0%	18.2%
	Often	11.6%	16.2%	7.9%	21.0%	6.7%	19.7%	8.6%	19.9%	9.6%	20.2%	8.3%	16.2%	8.8%	14.8%	8.5%	15.0%	12.3%	13.1%	15.0%	10.3%	14.8%	14.9%	13.0%	15.2%	
	Very often	15.6%	27.9%	6.2%	39.8%	3.4%	38.6%	7.2%	33.9%	9.3%	43.0%	5.4%	24.1%	10.9%	23.1%	8.4%	25.0%	7.5%	27.3%	22.4%	22.9%	23.2%	34.3%	21.4%	27.3%	22.2%
	Not sure/Prefer not to answer	2.2%	2.3%	2.2%	2.6%	2.1%	2.4%	2.2%	1.8%	2.4%	2.0%	2.1%	1.5%	2.7%	1.8%	2.7%	1.8%	1.2%	1.0%	1.9%	2.3%	1.7%	2.4%	1.7%	0.8%	2.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2983	1183	1920	898	2094	718	2298	576	2397	695	2283	949	2028	1919	1073	1524	274	315	1593	409	1489	161	1747	478	1432

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 40	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
	Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During your first 18 years of life, how often did you feel anxious, having to please and prioritize your parents and siblings?	Never	32.2%	22.4%	34.9%	20.2%	36.3%	24.9%	33.2%	10.4%	32.7%	16.7%	33.6%	7.6%	34.9%	8.4%	32.1%	39.0%	24.2%	35.0%	31.0%
	Rarely	19.2%	18.5%	19.4%	17.4%	19.9%	21.3%	18.0%	10.4%	18.4%	9.9%	20.2%	10.1%	20.2%	8.0%	19.3%	21.9%	16.3%	13.9%	19.0%
	Occasionally	19.2%	17.4%	19.9%	19.0%	19.5%	16.3%	19.9%	20.6%	19.3%	19.1%	19.4%	18.4%	19.4%	7.0%	19.4%	19.6%	14.9%	19.6%	19.6%
	Often	11.6%	17.9%	9.9%	15.7%	10.1%	21.4%	9.9%	8.7%	11.8%	19.2%	10.8%	24.3%	10.3%	19.9%	11.6%	7.3%	16.3%	15.1%	11.0%
	Very often	15.6%	22.4%	13.8%	26.0%	11.8%	14.9%	16.9%	19.6%	15.9%	34.4%	13.6%	38.7%	13.2%	36.7%	15.3%	9.4%	22.4%	16.9%	16.0%
	Not sure/Prefer not to answer	2.2%	1.4%	2.8%	1.7%	2.9%	1.5%	2.4%	0.9%	2.3%	2.4%	0.9%	2.4%	0.0%	2.3%	2.7%	1.7%	7.7%	1.9%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2983	488	2450	644	2294	456	2442	51	2887	265	2673	207	2731	13	2925	1637	1301	175	2763

Table 41		2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations																									
		All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?	
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
During the first 18 years of your life, did you often feel loved and made to feel special by your mother/mother-like figure?	Definitely yes	58.9%	59.6%	56.6%	60.2%	61.5%	69.0%	65.6%	61.7%	39.0%	61.5%	62.6%	66.9%	59.6%	59.8%	66.1%	66.2%	66.8%	68.4%	69.2%	48.7%	54.4%	56.8%	66.1%	76.7%	58.8%	67.4%
	Probably yes	20.1%	20.1%	21.5%	16.7%	16.7%	19.2%	17.3%	23.1%	23.6%	20.9%	20.7%	18.4%	22.3%	24.2%	16.8%	20.3%	21.9%	15.0%	20.9%	17.6%	21.0%	18.4%	22.8%	17.1%	20.2%	20.6%
	Not sure	6.0%	6.2%	4.4%	6.1%	3.8%	4.9%	3.7%	6.3%	14.4%	7.0%	4.3%	2.2%	5.7%	4.1%	5.6%	4.9%	5.3%	5.1%	4.9%	6.2%	4.9%	6.2%	3.3%	0.8%	6.0%	5.3%
	Probably no	6.9%	6.0%	8.4%	6.9%	7.2%	6.6%	6.8%	7.1%	0.4%	8.2%	5.1%	7.1%	7.9%	7.8%	4.6%	7.0%	6.6%	7.0%	5.1%	10.8%	8.7%	7.2%	3.9%	1.6%	6.8%	7.5%
	Definitely no	7.2%	6.2%	7.5%	10.4%	4.5%	7.7%	4.5%	10.4%	6.0%	10.3%	5.9%	3.9%	10.0%	8.9%	3.0%	8.0%	4.9%	7.1%	10.9%	13.0%	6.8%	10.8%	4.0%	3.5%	7.2%	7.9%
	Prefer not to answer.	1.3%	1.0%	1.4%	0.8%	1.2%	2.3%	1.2%	1.3%	1.7%	1.6%	0.9%	1.4%	1.3%	2.1%	1.3%	1.0%	1.3%	1.0%	2.4%	1.0%	1.0%	0.7%	1.0%	0.0%	1.5%	1.0%
	Not Applicable (was not raised by a mother figure)	0.0%	0.0%	0.1%	1.2%	0.2%	0.2%	0.9%	0.1%	0.0%	0.0%	0.8%	0.0%	0.3%	1.0%	0.1%	0.5%	0.3%	0.6%	0.4%	1.7%	0.1%	0.2%	0.3%	0.6%	0.4%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2981	851	875	339	423	793	1022	1877	11	469	1111	1333	688	862	1357	2162	814	2752	140	369	884	987	808	203	2036	869

Table 41		2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations																									
		All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)						
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes					
During the first 18 years of your life, did you often feel loved and made to feel special by your mother/mother-like figure?	Definitely yes	58.9%	63.8%	54.9%	69.6%	49.4%	66.9%	54.1%	56.1%	65.6%	40.6%	64.9%	52.4%	62.0%	60.6%	62.7%	67.3%	66.3%	59.6%	28.8%	64.5%	47.7%					
	Probably yes	20.1%	17.9%	21.4%	18.8%	21.3%	20.4%	20.6%	20.3%	19.6%	23.9%	18.9%	24.1%	18.2%	20.2%	20.0%	21.8%	17.6%	20.0%	26.3%	19.6%	21.0%					
	Not sure	6.0%	4.9%	5.1%	2.6%	7.1%	4.7%	6.2%	6.4%	4.0%	8.9%	3.7%	6.1%	4.5%	6.0%	5.0%	6.1%	4.8%	4.9%	7.7%	4.2%	7.1%					
	Probably no	6.9%	5.8%	7.6%	4.8%	8.8%	3.7%	9.0%	8.2%	3.7%	11.1%	5.9%	8.3%	6.2%	6.0%	10.0%	7.6%	3.0%	6.9%	10.4%	6.0%	9.4%					
	Definitely no	7.2%	4.5%	8.8%	3.1%	10.9%	3.8%	9.4%	8.3%	4.5%	13.7%	5.1%	7.4%	7.2%	6.6%	9.6%	7.8%	5.8%	6.8%	24.8%	4.1%	13.7%					
	Prefer not to answer.	1.3%	0.4%	1.9%	0.6%	2.1%	0.3%	1.9%	1.1%	1.6%	1.7%	1.2%	1.0%	1.1%	2.2%	0.9%	3.1%	1.1%	1.1%	1.1%	1.1%						
	Not Applicable (was not raised by a mother figure)	0.0%	0.7%	0.4%	0.6%	0.4%	0.7%	0.4%	0.4%	0.8%	0.1%	0.6%	0.7%	0.4%	0.6%	0.4%	0.6%	0.0%	0.6%	0.0%	0.1%						
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%						
	Unweighted n	2981	1228	1743	1884	1279	1376	1683	2230	781	894	2387	990	2091	2862	429	2535	422	2921	35	2182	704					

Table 41		2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations																									
		All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Fear Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During the first 18 years of your life, did you often feel loved and made to feel special by your mother/mother-like figure?	Definitely yes	58.9%	44.2%	70.0%	25.6%	79.9%	29.8%	69.6%	34.2%	67.6%	20.2%	73.5%	48.7%	66.1%	50.9%	66.6%	48.9%	67.8%	48.4%	61.3%	60.3%	51.0%	42.0%	62.3%	49.8%	61.1%	
	Probably yes	20.1%	22.3%	18.4%	27.6%	16.2%	24.3%	18.6%	23.7%	19.1%	18.9%	20.6%	22.2%	18.9%	22.9%	17.4%	23.7%	16.6%	25.0%	19.4%	23.7%	22.9%	19.4%	23.8%	20.8%	23.6%	
	Not sure	6.0%	7.5%	3.0%	10.2%	2.4%	9.4%	3.4%	9.2%	3.4%	7.3%	4.1%	6.7%	4.0%	7.0%	3.1%	7.2%	6.0%	6.2%	7.1%	9.9%	6.4%	7.9%	6.6%	6.8%		
	Probably no	6.9%	10.2%	4.3%	14.9%	2.9%	15.3%	3.8%	13.0%	4.8%	25.3%	0.0%	9.5%	7.8%	6.1%	8.1%	5.1%	6.4%	8.2%	8.6%	11.9%	6.1%	7.8%	7.1%	8.3%	7.5%	
	Definitely no	7.2%	13.8%	2.3%	19.2%	1.1%	18.9%	3.0%	17.4%	3.6%	26.4%	0.0%	11.2%	4.8%	9.8%	4.7%	10.6%	3.4%	10.8%	9.7%	9.9%	9.9%	12.6%	9.4%	11.2%	9.5%	
	Prefer not to answer.	1.3%	2.1%	0.7%	2.3%	0.8%	1.9%	1.0%	2.1%	1.6%	1.2%	1.3%	1.4%	1.4%	1.2%	1.4%	1.3%	3.8%	1.0%	2.2%	1.3%	1.4%	1.6%	1.2%	1.5%		
	Not Applicable (was not raised by a mother figure)	0.0%	0.2%	0.7%	0.2%	0.6%	0.3%	0.6%	0.8%	0.4%	0.4%	0.5%	0.4%	0.5%	0.1%	0.9%	0.1%	0.0%	0.2%	0.4%	0.1%	0.2%	0.1%	0.1%			
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2981	1179	1802	886	2082	718	2286	877	2392	696	2285	948	2025	1909	1072	1634	273	316	1592	407	1900	161	1746	475	1432	

Table 41		2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations																									
		All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.								
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No							
During the first 18 years of your life, did you often feel loved and made to feel special by your mother/mother-like figure?	Definitely yes	58.9%	52.7%	69.3%	46.7%	63.2%	59.4%	68.9%	45.7%	69.2%	45.2%	60.1%	41.8%	69.6%	46.1%	68.7%	66.4%	61.4%	53.1%	58.9%							
	Probably yes	20.1%	17.0%	21.2%	22.3%	19.2%	20.1%	20.3%	37.6%	19.6%	20.4%	20.2%	27.9%	19.9%	23.7%	20.2%	18.9%	22.1%	24.7%	20.0%							
	Not sure	6.0%	6.7%	4.6%	4.7%	5.1%	4.9%	6.0%	4.7%	5.0%	9.4%	4.5%	12.2%	4.2%	5.6%	5.0%	4.4%	5.6%	2.9%	5.1%							
	Probably no	6.9%	8.8%	6.4%	10.2%	5.7%	6.1%	7.1%	6.3%	6.9%	3.9%	7.3%	2.2%	7.4%	6.0%	7.6%	6.5%	8.4%	11.0%	6.7%							
	Definitely no	7.2%	13.8%	5.5%	13.3%	5.6%	7.4%	7.3%	6.7%	7.4%	20.3%	5.9%	16.6%	6.3%	22.7%	7.2%	4.1%	10.8%	4.4%	7.5%							
	Prefer not to answer.	1.3%	0.9%	1.5%	1.7%	1.2%	1.8%	1.2%	0.0%	1.4%	0.8%	1.4%	0.9%	1.5%	0.9%	1.4%	1.4%	1.2%	1.3%								
	Not Applicable (was not raised by a mother figure)	0.0%	0.1%	0.6%	0.2%	0.6%	0.4%	0.5%	0.0%	0.6%	0.0%	0.6%	0.0%	0.6%	0.0%	0.5%	0.5%	2.7%	0.4%								
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%							
	Unweighted n	2981	488	2447	643	2292	457	2478	51	2884	266	2670	207	2728	13	2922	1634	1301	175	2760							

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations																											
Table 42		All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?	
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
During the first 18 years of your life, did you often feel loved and made to feel special by your father/father-like figure?	Definitely yes	46.0%	46.4%	43.3%	49.1%	52.9%	43.8%	48.4%	43.3%	33.4%	39.5%	47.4%	55.0%	36.3%	48.1%	53.2%	44.0%	51.8%	46.2%	38.1%	39.6%	44.5%	42.7%	49.8%	51.3%	45.3%	46.1%
	Probably yes	23.5%	21.1%	26.1%	23.5%	25.2%	23.4%	23.7%	17.6%	23.9%	24.4%	22.0%	20.1%	26.7%	20.9%	23.6%	23.3%	24.2%	24.1%	18.7%	18.4%	24.0%	24.3%	26.6%	22.6%	24.5%	21.3%
	Not sure	7.4%	9.1%	8.3%	4.3%	8.4%	8.2%	6.7%	8.7%	8.7%	6.3%	6.7%	7.5%	7.4%	7.4%	7.5%	7.9%	6.1%	6.8%	13.4%	7.7%	6.7%	9.9%	6.7%	7.9%	7.8%	6.5%
	Probably no	7.5%	8.0%	6.9%	7.2%	6.4%	8.4%	7.5%	6.0%	8.0%	7.3%	7.2%	6.4%	8.9%	8.6%	6.4%	8.1%	6.8%	7.9%	4.7%	10.8%	8.2%	8.9%	6.1%	9.2%	7.3%	8.2%
	Definitely no	10.0%	10.9%	11.1%	9.8%	6.8%	9.2%	13.2%	12.7%	10.1%	5.3%	14.6%	9.3%	6.0%	10.4%	8.9%	10.1%	11.9%	16.2%	10.2%	12.2%	12.2%	7.4%	5.3%	9.0%	13.6%	
	Prefer not to answer.	1.3%	1.5%	1.4%	0.8%	0.3%	2.0%	1.4%	0.0%	1.2%	1.3%	2.0%	1.3%	2.0%	1.3%	1.6%	1.4%	1.2%	1.3%	2.3%	1.3%	1.1%	0.7%	0.3%	1.4%	1.1%	
Not Applicable (was not raised by a father figure)	4.2%	3.1%	2.9%	5.7%	5.2%	6.0%	4.2%	4.3%	0.0%	6.0%	3.0%	2.6%	6.6%	3.2%	2.9%	4.6%	2.9%	3.5%	12.0%	5.1%	4.7%	4.1%	3.8%	3.3%	4.6%	3.2%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n		2981	850	578	339	421	793	1021	1878	11	467	1110	1336	687	861	1359	2162	815	2753	139	369	883	987	807	203	2041	865

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations																							
Table 42		All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
During the first 18 years of your life, did you often feel loved and made to feel special by your father/father-like figure?	Definitely yes	46.0%	52.7%	42.1%	65.6%	37.4%	40.8%	43.0%	52.0%	30.1%	51.1%	41.2%	48.3%	47.8%	39.4%	45.2%	49.8%	46.3%	10.3%	51.1%	35.0%		
	Probably yes	23.5%	22.7%	24.0%	20.8%	26.9%	23.4%	23.6%	23.8%	25.1%	23.0%	28.9%	22.4%	22.8%	26.2%	23.9%	22.4%	22.8%	23.7%	22.7%	25.7%		
	Not sure	7.4%	8.6%	6.9%	6.0%	8.3%	6.1%	8.3%	7.6%	7.1%	7.8%	7.4%	7.7%	7.3%	7.6%	6.9%	7.5%	6.2%	7.6%	2.7%	8.0%	6.2%	
	Probably no	7.5%	5.7%	8.6%	6.7%	8.3%	6.8%	8.1%	8.6%	6.2%	11.3%	6.3%	7.3%	7.6%	7.0%	9.2%	7.8%	9.8%	6.7%	7.6%	9.8%	6.7%	
	Definitely no	10.0%	6.8%	12.0%	6.0%	13.7%	5.1%	13.2%	11.6%	6.3%	18.7%	7.2%	12.4%	8.9%	9.9%	10.4%	10.1%	10.2%	9.7%	27.0%	6.4%	18.0%	
	Prefer not to answer.	1.3%	0.7%	1.6%	0.8%	1.8%	0.7%	1.7%	1.2%	1.5%	1.7%	1.2%	1.5%	1.2%	1.0%	2.3%	0.9%	2.3%	1.2%	0.0%	1.3%	1.0%	
Not Applicable (was not raised by a father figure)	4.2%	2.9%	4.9%	3.6%	4.7%	3.9%	4.3%	4.2%	4.1%	5.9%	3.8%	3.9%	4.3%	3.8%	5.6%	4.1%	4.8%	3.6%	26.8%	3.8%	4.8%		
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%		
Unweighted n		2981	1227	1744	1686	1276	1376	1683	2230	781	892	2389	949	2032	2564	427	2535	422	2922	35	2184	702	

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations																										
Table 42		All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Fear Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
		Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
During the first 18 years of your life, did you often feel loved and made to feel special by your father/father-like figure?	Definitely yes	46.0%	29.6%	58.9%	16.4%	69.9%	17.0%	56.6%	22.1%	64.3%	11.1%	59.0%	37.1%	51.2%	42.8%	49.2%	40.7%	57.8%	37.4%	43.4%	42.8%	42.5%	33.3%	44.0%	38.9%	43.4%
	Probably yes	23.5%	23.9%	23.6%	28.7%	20.8%	24.9%	23.0%	23.7%	13.4%	27.4%	23.7%	23.6%	24.1%	23.0%	24.6%	20.1%	21.2%	24.6%	19.7%	25.0%	24.1%	23.2%	24.2%	25.4%	23.8%
	Not sure	7.4%	9.5%	5.8%	9.7%	6.4%	7.9%	7.3%	9.0%	6.9%	4.6%	8.5%	8.8%	6.7%	6.9%	8.3%	6.8%	4.3%	7.3%	6.4%	8.1%	6.2%	8.1%	6.3%	6.2%	6.6%
	Probably no	7.5%	10.3%	5.3%	11.5%	11.2%	10.0%	6.7%	11.2%	10.0%	27.6%	0.0%	10.8%	5.7%	7.2%	8.0%	6.6%	7.3%	7.9%	10.4%	7.3%	7.8%	7.0%	8.0%	8.9%	7.7%
	Definitely no	10.0%	19.0%	2.9%	25.5%	2.2%	30.4%	2.6%	23.9%	5.1%	36.8%	0.0%	14.4%	7.4%	13.4%	6.8%	14.2%	6.2%	17.9%	12.6%	14.3%	13.2%	24.0%	11.7%	15.6%	12.9%
	Prefer not to answer.	1.3%	2.0%	0.8%	2.2%	1.1%	1.9%	1.1%	2.0%	1.1%	1.6%	1.2%	1.1%	1.4%	1.3%	1.3%	1.0%	1.0%	0.0%	2.0%	1.6%	1.3%	1.4%	1.4%	1.4%	
Not Applicable (was not raised by a father figure)	4.2%	6.0%	2.8%	6.0%	3.3%	6.7%	3.3%	8.4%	2.4%	4.9%	3.9%	4.3%	4.1%	4.3%	4.1%	4.3%	4.1%	5.9%	4.0%	2.6%	4.6%	4.6%	4.2%	4.2%	4.3%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n		2981	1181	1800	883	2084	717	2287	876	2393	694	2287	948	2025	1910	1071	1633	275	316	1593	409	1499	160	1748	476	1432

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations																							
Table 42		All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.				
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No			
During the first 18 years of your life, did you often feel loved and made to feel special by your father/father-like figure?	Definitely yes	46.0%	40.7%	47.1%	34.3%	50.0%	43.4%	46.1%	34.4%	46.1%	38.7%	46.8%	23.8%	48.1%	47.9%	45.7%	51.8%	39.1%	38.2%	46.1%			
	Probably yes	23.5%	21.9%	24.2%	24.2%	23.5%	20.4%	24.2%	41.2%	22.9%	23.9%	20.7%	23.9%	5.9%	23.8%	23.2%	24.0%	26.6%	23.9%				
	Not sure	7.4%	7.1%	7.5%	6.7%	7.7%	6.3%	7.6%	1.8%	7.3%	7.0%	7.5%	10.6%	7.1%	6.0%	7.8%	7.3%	7.6%	8.7%	7.2%			
	Probably no	7.5%	8.6%	7.3%	7.4%	7.6%	10.4%	7.0%	11.8%	7.4%	6.4%	7.7%	16.8%	7.2%	7.6%	6.3%	8.9%	7.1%	7.6%				
	Definitely no	10.0%	16.1%	8.5%	16.5%	7.0%	13.4%	8.6%	4.1%	10.4%	14.7%	9.7%	22.2%	8.9%	30.1%	10.0%	6.5%	14.1%	10.9%				
	Prefer not to answer.	1.3%	1.2%	1.4%	1.9%	1.1%	2.2%	1.2%	0.0%	1.4%	2.0%	1.3%	0.8%	1.4%	0.9%	1.3%	1.3%	1.4%	1.3%				
Not Applicable (was not raised by a father figure)	4.2%	4.8%	4.1%	6.9%	3.2%	4.9%	4.3%	6.6%	4.1%	7.3%	3.9%	11.6%	3.4%	16.4%	4.1%	3.6%	4.8%	7.2%	4.1%				
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%				
Unweighted n		2981	488	2447	642	2293	455	2400	49	2886	262	2673	204	2731	11	2924	1637	1288	175	2760			

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 43	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?		
	Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000-\$74,999	\$75,000-\$99,999	\$100,000-\$199,999	\$200,000 or greater	Yes	No	
During the first 18 years of your life, when you were lonely, how often did you have people other than your parents whom you could talk to?	Never	10.7%	11.3%	7.7%	8.8%	12.7%	13.2%	8.3%	0.4%	10.3%	9.0%	14.3%	13.8%	16.6%	7.6%	10.9%	10.0%	9.5%	23.8%	11.0%	11.7%	10.1%	5.3%	13.5%	10.4%	11.9%	
	Rarely	16.7%	16.1%	18.9%	17.8%	14.0%	15.2%	18.4%	15.1%	18.1%	14.8%	16.6%	21.1%	18.4%	13.7%	17.9%	13.2%	10.9%	18.8%	18.8%	19.7%	18.6%	13.8%	7.6%	16.9%	16.2%	
	Sometimes	26.2%	25.6%	27.8%	25.5%	23.6%	24.8%	27.6%	95.8%	31.2%	22.5%	22.8%	27.7%	26.0%	25.6%	25.3%	28.9%	26.9%	35.8%	30.6%	23.1%	19.9%	16.0%	27.1%	24.8%		
	Often	21.4%	18.8%	23.1%	22.2%	26.7%	19.7%	23.3%	0.0%	19.8%	23.3%	21.1%	17.4%	21.1%	26.0%	21.2%	21.8%	21.7%	16.6%	17.7%	17.0%	25.8%	23.3%	32.5%	21.3%	21.4%	
	Always	24.0%	26.0%	21.8%	25.5%	22.0%	24.4%	25.0%	3.8%	19.6%	28.9%	24.4%	18.4%	26.2%	26.6%	23.4%	25.6%	23.7%	24.3%	15.6%	19.9%	20.4%	33.6%	30.4%	23.5%	24.0%	
	Prefer not to answer.	1.0%	2.4%	0.7%	0.1%	0.9%	0.0%	1.5%	0.0%	1.0%	1.1%	1.1%	1.6%	0.9%	0.5%	1.2%	0.4%	0.9%	1.0%	1.0%	2.1%	0.4%	0.0%	0.8%	1.7%		
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2972	848	577	338	420	789	1016	1876	11	468	1109	1329	686	861	1353	2155	812	2747	139	369	883	666	803	201	2032	867

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 43	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
	Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
During the first 18 years of your life, when you were lonely, how often did you have people other than your parents whom you could talk to?	Never	10.7%	11.0%	10.4%	10.3%	10.7%	10.5%	10.0%	10.6%	8.1%	11.5%	10.0%	11.0%	10.6%	10.7%	9.6%	10.6%	10.7%	10.6%	18.6%	10.8%	10.6%
	Rarely	16.7%	15.2%	17.6%	12.7%	20.3%	11.8%	19.8%	17.1%	15.9%	20.4%	15.5%	15.3%	17.4%	17.0%	15.8%	17.4%	13.1%	11.1%	38.9%	13.4%	22.2%
	Sometimes	26.2%	20.6%	28.6%	21.2%	30.7%	21.2%	28.9%	27.2%	24.0%	36.4%	22.9%	26.0%	24.9%	31.0%	26.9%	26.9%	26.1%	32.7%	22.9%	33.7%	
	Often	21.4%	23.7%	20.1%	23.1%	20.0%	26.3%	19.0%	21.3%	21.0%	20.2%	21.8%	20.4%	21.9%	22.0%	19.2%	22.0%	17.9%	21.9%	4.9%	23.5%	
	Always	24.0%	28.0%	21.6%	30.6%	18.2%	28.6%	21.2%	23.6%	25.0%	14.5%	27.1%	24.5%	23.8%	24.7%	21.6%	23.7%	26.4%	4.9%	28.3%	15.3%	
	Prefer not to answer.	1.0%	1.8%	0.7%	1.9%	0.6%	1.5%	0.6%	0.9%	1.3%	0.4%	1.2%	1.0%	1.0%	0.9%	1.6%	0.9%	1.9%	1.0%	0.0%	1.1%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2972	1220	1741	1673	1200	1369	1502	2224	748	595	2377	948	2024	2544	428	3529	429	2913	35	2174	755

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 43	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
	Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During the first 18 years of your life, when you were lonely, how often did you have people other than your parents whom you could talk to?	Never	10.7%	10.7%	10.6%	10.8%	10.6%	13.6%	9.6%	15.4%	8.9%	13.6%	9.6%	10.1%	11.0%	7.6%	13.6%	7.8%	5.9%	9.0%	5.7%	8.0%	10.0%	7.2%	8.3%	7.4%	
	Rarely	16.7%	24.1%	10.9%	27.8%	11.2%	28.8%	12.3%	27.1%	13.1%	31.5%	11.2%	23.0%	12.9%	14.9%	18.5%	14.8%	15.5%	21.5%	13.7%	16.5%	14.6%	17.0%	14.6%	15.3%	14.8%
	Sometimes	26.2%	28.6%	24.3%	33.3%	22.6%	30.9%	24.6%	29.9%	24.7%	32.5%	23.9%	31.0%	24.3%	24.3%	28.9%	23.7%	29.0%	28.0%	23.4%	26.5%	28.6%	41.8%	26.0%	30.5%	27.6%
	Often	21.4%	20.3%	22.2%	18.1%	23.1%	17.8%	22.7%	15.7%	23.4%	16.3%	23.3%	20.0%	22.3%	23.1%	19.7%	23.1%	22.8%	20.9%	23.4%	26.5%	22.3%	18.6%	23.8%	22.0%	23.3%
	Always	24.0%	15.5%	30.7%	9.8%	31.1%	8.6%	29.9%	11.2%	28.8%	5.0%	30.8%	15.7%	28.9%	25.7%	22.3%	23.8%	41.9%	24.9%	25.9%	24.2%	28.1%	12.6%	27.9%	23.0%	26.2%
	Prefer not to answer.	1.0%	0.8%	1.1%	0.3%	1.4%	0.2%	1.3%	0.6%	1.2%	0.3%	1.2%	0.2%	1.5%	0.9%	1.0%	0.9%	0.3%	0.6%	0.0%	0.6%	0.6%	0.0%	0.2%	0.6%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2972	1180	1792	888	2073	717	2248	874	2385	694	2278	949	2016	1908	1064	1633	271	318	1990	409	1497	161	1745	476	1420

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 43	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
	Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
During the first 18 years of your life, when you were lonely, how often did you have people other than your parents whom you could talk to?	Never	10.7%	8.8%	11.3%	10.7%	10.8%	11.1%	8.8%	11.1%	7.4%	11.1%	10.8%	10.8%	27.3%	10.6%	10.8%	10.7%	13.6%	10.6%	
	Rarely	16.7%	24.0%	14.7%	21.7%	18.6%	16.4%	29.9%	16.2%	28.7%	15.4%	29.7%	16.3%	1.6%	16.9%	13.9%	19.8%	16.2%	16.8%	
	Sometimes	26.2%	31.8%	24.9%	32.2%	33.2%	25.2%	33.9%	26.1%	28.5%	26.2%	34.0%	25.6%	48.3%	26.2%	22.0%	31.2%	17.6%	26.9%	
	Often	21.4%	17.1%	22.6%	19.7%	22.0%	20.9%	21.0%	25.1%	21.2%	14.1%	22.2%	15.1%	22.0%	22.9%	22.9%	19.8%	28.6%	21.0%	
	Always	24.0%	18.1%	25.2%	16.4%	26.8%	18.2%	24.7%	16.8%	24.2%	20.5%	16.0%	25.2%	0.0%	23.9%	28.5%	18.2%	24.2%	23.7%	
	Prefer not to answer.	1.0%	0.2%	1.2%	0.2%	1.3%	0.4%	1.1%	0.0%	1.1%	0.8%	1.0%	0.4%	0.0%	1.0%	1.5%	0.4%	0.0%	1.1%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2972	488	3440	642	2286	455	2473	50	2878	265	2963	207	2721	13	2815	1520	1298	174	2754

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 44		All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?	
		Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
During your first 18 years of life, were you often bullied by a peer or classmate?	Yes	38.2%	37.6%	38.6%	45.7%	31.4%	37.4%	35.7%	40.9%	91.8%	45.5%	41.1%	22.0%	36.7%	41.9%	36.6%	37.8%	39.4%	39.3%	32.2%	55.6%	37.6%	40.6%	31.8%	30.0%	39.9%	35.2%
	No	56.9%	56.6%	58.5%	51.5%	60.9%	56.1%	59.6%	54.0%	8.2%	48.3%	55.7%	73.4%	56.5%	53.6%	60.1%	57.1%	56.0%	55.6%	64.3%	39.6%	56.6%	52.9%	64.2%	69.5%	55.2%	59.8%
	Don't know	3.9%	4.6%	2.4%	2.7%	7.3%	4.4%	3.3%	4.5%	0.0%	5.8%	2.3%	2.8%	5.8%	2.9%	3.0%	3.8%	4.3%	4.0%	3.0%	3.6%	4.9%	5.2%	3.0%	0.5%	3.7%	
	Prefer not to answer	1.0%	1.3%	0.6%	0.2%	0.4%	2.1%	1.4%	0.7%	0.0%	0.8%	0.9%	1.8%	1.0%	1.6%	0.3%	1.3%	0.3%	1.1%	0.5%	1.3%	0.9%	1.4%	1.0%	0.0%	1.2%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2982	847	679	339	423	794	1021	1879	11	470	1108	1336	690	869	1359	2160	817	2764	139	370	682	687	807	203	2039	867

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 44		All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (9+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
		Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
During your first 18 years of life, were you often bullied by a peer or classmate?	Yes	38.2%	39.8%	42.6%	29.2%	46.2%	32.4%	42.0%	40.3%	33.8%	56.2%	32.3%	48.1%	33.4%	36.4%	44.4%	39.0%	34.2%	38.1%	35.0%	29.8%	56.1%
	No	56.9%	65.6%	51.9%	67.6%	47.2%	64.2%	54.7%	62.1%	39.0%	62.7%	47.7%	61.3%	58.7%	60.5%	57.0%	56.1%	57.0%	58.4%	66.0%	38.4%	
	Don't know	3.9%	3.9%	4.8%	2.2%	5.6%	2.2%	4.9%	4.0%	3.8%	4.1%	3.8%	4.2%	4.1%	3.6%	3.2%	3.9%	3.9%	6.2%	3.0%	5.2%	
	Prefer not to answer	1.0%	1.6%	1.0%	0.9%	1.1%	1.3%	0.9%	1.0%	1.2%	0.7%	1.2%	1.2%	0.9%	1.6%	0.8%	2.2%	1.0%	0.0%	1.2%	0.3%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2982	1226	1745	1663	1279	1373	1688	2230	762	895	2387	951	2031	2563	429	2540	418	2923	35	2183	704

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 44		All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (last 4 periods)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
		Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
During your first 18 years of life, were you often bullied by a peer or classmate?	Yes	38.2%	45.6%	32.3%	51.5%	31.6%	53.9%	32.6%	53.3%	32.6%	54.2%	32.2%	100.0%	0.0%	41.3%	35.1%	43.0%	27.3%	38.9%	41.8%	42.1%	41.2%	63.3%	37.8%	41.1%	41.4%
	No	56.9%	49.3%	62.8%	44.4%	63.0%	41.3%	62.4%	41.4%	62.6%	42.2%	62.4%	0.0%	92.0%	53.5%	60.1%	51.8%	67.8%	56.6%	62.9%	55.6%	53.0%	33.7%	56.7%	56.8%	62.7%
	Don't know	3.9%	3.9%	4.0%	3.7%	4.1%	4.2%	3.9%	4.8%	3.7%	3.7%	4.3%	0.0%	6.4%	4.9%	3.3%	4.5%	4.9%	2.8%	4.9%	1.2%	5.3%	1.4%	5.1%	1.9%	5.2%
	Prefer not to answer	1.0%	1.2%	0.9%	0.8%	1.3%	0.6%	1.2%	0.6%	1.2%	0.6%	1.2%	0.0%	1.7%	0.6%	1.4%	0.7%	0.0%	1.7%	0.5%	1.1%	0.5%	1.6%	0.5%	0.2%	0.8%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2982	1182	1800	885	2085	717	2268	676	2293	694	2288	961	2031	1911	1071	1626	273	315	1694	409	1500	161	1748	476	1433

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 44		All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
During your first 18 years of life, were you often bullied by a peer or classmate?	Yes	38.2%	43.4%	37.1%	46.2%	35.9%	42.2%	37.7%	47.0%	38.1%	54.2%	36.7%	55.4%	36.6%	44.4%	38.4%	32.2%	45.1%	62.4%	37.7%
	No	56.9%	50.6%	58.3%	48.6%	59.4%	60.1%	57.9%	48.6%	57.0%	38.6%	56.7%	39.9%	58.5%	55.6%	56.7%	62.8%	50.1%	45.1%	57.3%
	Don't know	3.9%	5.1%	3.5%	4.4%	3.7%	6.0%	3.5%	4.8%	3.6%	3.6%	3.6%	4.9%	3.8%	0.0%	3.9%	3.7%	4.0%	1.4%	4.0%
	Prefer not to answer	1.0%	0.9%	1.1%	0.8%	1.1%	1.8%	0.9%	0.0%	1.1%	0.6%	1.1%	0.1%	1.1%	0.0%	1.0%	1.3%	0.8%	1.1%	1.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2982	490	2446	643	2293	465	2481	51	2885	265	2671	207	2729	13	2923	1626	1300	174	2762

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 45	All North Country	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?	
	Participants	Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
During the first 18 years of your life, did anyone attempt to have or actually had any type of sexual intercourse (oral, anal, or vaginal) No with you OR touch you in a sexual way OR have you touch their body in a sexual way OR attempt to show you sexual imag	35.6%	31.7%	38.3%	38.0%	33.5%	35.6%	27.2%	44.4%	65.3%	40.6%	38.3%	22.8%	38.6%	36.8%	32.6%	36.3%	33.1%	36.1%	33.2%	37.7%	36.1%	36.8%	34.3%	36.3%	37.7%	38.6%
Don't know/Not sure	67.4%	60.4%	54.0%	56.2%	61.7%	56.7%	66.9%	47.8%	33.4%	49.9%	55.9%	73.2%	53.3%	57.1%	61.9%	56.2%	60.8%	57.6%	62.6%	52.5%	57.4%	57.1%	58.3%	56.1%	55.9%	60.7%
Prefer not to answer.	3.6%	2.9%	5.3%	2.8%	2.4%	2.8%	2.7%	4.3%	11.2%	5.2%	2.4%	1.9%	4.5%	3.6%	2.4%	3.4%	3.9%	3.2%	7.0%	3.6%	3.7%	2.7%	4.6%	1.6%	2.8%	5.7%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2976	850	578	338	419	791	1020	1875	11	468	1106	1335	687	858	1358	2159	813	2749	139	370	879	586	806	203	2035	866

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 45	All North Country	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
	Participants	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
During the first 18 years of your life, did anyone attempt to have or actually had any type of sexual intercourse (oral, anal, or vaginal) No with you OR touch you in a sexual way OR have you touch their body in a sexual way OR attempt to show you sexual imag	35.6%	28.0%	39.9%	25.1%	44.7%	28.9%	39.7%	38.4%	28.8%	58.7%	28.8%	41.4%	32.6%	33.1%	43.9%	35.0%	39.2%	34.6%	71.0%	29.2%	50.4%
Don't know/Not sure	67.4%	65.6%	52.6%	68.4%	47.5%	64.0%	53.1%	54.1%	65.0%	37.0%	64.1%	50.9%	60.9%	59.9%	48.7%	58.1%	53.1%	58.6%	27.0%	64.1%	43.1%
Prefer not to answer.	3.6%	3.1%	3.8%	3.6%	3.9%	3.9%	3.3%	3.7%	3.1%	3.4%	3.6%	4.3%	3.2%	3.6%	3.1%	3.5%	3.6%	3.5%	2.6%	3.4%	3.3%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2976	1224	1741	1681	1276	1372	1582	2228	748	594	2382	948	2028	2551	425	2534	418	2916	35	2180	703

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 45	All North Country	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
	Participants	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
During the first 18 years of your life, did anyone attempt to have or actually had any type of sexual intercourse (oral, anal, or vaginal) No with you OR touch you in a sexual way OR have you touch their body in a sexual way OR attempt to show you sexual imag	35.6%	47.8%	25.7%	53.8%	26.3%	63.2%	28.0%	43.4%	32.8%	55.5%	28.0%	43.8%	30.4%	44.2%	27.0%	46.3%	26.6%	42.8%	44.9%	41.9%	44.8%	56.6%	42.2%	46.5%	43.7%
Don't know/Not sure	67.4%	44.6%	67.6%	38.6%	66.8%	38.8%	64.2%	45.9%	61.6%	36.9%	65.1%	50.0%	62.2%	48.0%	66.5%	46.0%	64.2%	46.0%	48.3%	47.3%	48.1%	38.0%	48.9%	44.9%	48.7%
Prefer not to answer.	3.6%	4.3%	2.8%	3.7%	3.5%	3.9%	3.4%	5.2%	2.9%	3.9%	3.4%	2.9%	3.9%	3.2%	3.9%	3.4%	4.1%	3.8%	6.6%	3.3%	3.8%	3.8%	6.9%	3.2%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2976	1177	1799	883	2079	717	2282	873	2391	693	2283	948	2021	1906	1070	1632	272	316	1589	408	1496	161	1743	476	1423

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 45	All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
	Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
During the first 18 years of your life, did anyone attempt to have or actually had any type of sexual intercourse (oral, anal, or vaginal) No with you OR touch you in a sexual way OR have you touch their body in a sexual way OR attempt to show you sexual imag	35.6%	45.0%	33.1%	48.2%	39.9%	43.9%	34.2%	52.8%	35.0%	48.4%	34.2%	68.0%	32.1%	81.0%	35.2%	28.9%	43.4%	39.6%	35.4%
Don't know/Not sure	67.4%	46.3%	60.3%	44.4%	62.2%	51.4%	58.4%	37.3%	58.1%	45.0%	58.7%	26.1%	60.7%	16.7%	57.7%	64.2%	49.9%	55.8%	57.4%
Prefer not to answer.	3.6%	4.4%	3.3%	4.0%	3.3%	2.5%	3.7%	10.2%	3.2%	4.1%	3.4%	5.1%	3.3%	0.0%	3.6%	3.4%	3.6%	1.6%	3.6%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2976	487	2444	641	2290	456	2475	50	2881	263	2668	206	2725	12	2919	1634	1297	175	2756

Table 46		All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HI Income					Childhood grew up in the North Country?	
			Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (>4-YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
Witnessed Parental Distress	Yes	44.1%	43.9%	45.4%	35.4%	45.9%	47.4%	37.8%	50.1%	93.0%	83.8%	40.6%	30.9%	51.9%	38.6%	42.8%	44.8%	42.3%	43.8%	49.1%	60.5%	43.8%	46.1%	43.0%	34.1%	44.3%	44.0%
	No	55.9%	56.1%	54.6%	64.6%	55.0%	62.2%	49.9%	7.0%	46.2%	54.6%	69.1%	68.8%	48.1%	61.4%	57.2%	55.2%	57.7%	56.2%	50.9%	49.5%	56.2%	53.9%	57.0%	65.9%	55.7%	56.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n		2991	853	580	339	424	795	1024	1684	11	471	1111	1340	890	863	1363	2167	819	2760	141	372	886	588	203	2644	870	

Table 46		All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
			Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
Witnessed Parental Distress	Yes	44.1%	36.7%	48.4%	32.8%	54.2%	36.9%	48.8%	45.9%	39.8%	66.1%	36.9%	45.1%	43.7%	41.6%	82.9%	44.8%	40.9%	42.7%	81.0%	37.5%	58.5%
	No	55.9%	63.3%	51.6%	67.2%	45.8%	63.1%	51.2%	54.1%	60.2%	33.9%	63.1%	54.9%	56.3%	58.4%	47.1%	55.2%	59.1%	57.3%	8.5%	62.5%	41.5%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n		2991	1231	1749	1689	1282	1378	1690	2237	754	595	2396	962	2039	2561	430	2543	424	2931	35	2189	707

Table 46		All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (past a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
			Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Witnessed Parental Distress	Yes	44.1%	100.0%	0.0%	74.6%	28.5%	76.3%	32.4%	65.0%	36.6%	74.8%	32.6%	52.8%	39.0%	50.2%	39.2%	82.3%	33.0%	56.6%	49.1%	48.5%	50.6%	54.7%	49.0%	51.1%	50.0%	
	No	55.9%	0.0%	100.0%	25.4%	71.2%	23.7%	67.6%	35.0%	63.4%	25.2%	67.4%	47.2%	61.0%	49.8%	61.8%	47.7%	67.0%	43.4%	50.9%	51.5%	49.4%	45.3%	50.5%	48.9%	50.0%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n		2991	1184	1807	887	2090	719	2265	579	2399	696	2295	951	2031	1916	1075	1639	275	316	1598	410	1504	161	1753	478	1436	

Table 46		All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
			Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Witnessed Parental Distress	Yes	44.1%	49.3%	42.9%	57.9%	39.1%	51.9%	42.9%	72.3%	43.2%	62.1%	42.3%	73.2%	41.2%	75.4%	44.0%	37.2%	62.0%	42.0%	44.4%
	No	55.9%	50.7%	57.1%	42.1%	60.9%	48.1%	67.1%	27.7%	56.8%	37.9%	57.7%	26.8%	58.8%	24.6%	56.0%	62.8%	48.0%	57.4%	55.6%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n		2991	490	2454	644	2300	457	2407	51	2893	265	2679	207	2737	13	2931	1641	1303	175	2769

Table 47		All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HI Income					Childhood grew up in the North Country?	
			Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (>4-YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
Experienced Emotional Abuse	Yes	33.3%	35.0%	33.2%	31.4%	31.1%	35.1%	26.2%	41.1%	66.2%	43.0%	30.3%	21.8%	41.9%	30.2%	35.4%	35.4%	33.7%	38.0%	47.0%	34.5%	33.1%	30.3%	22.2%	33.0%	36.0%	
	Not yes	66.3%	65.0%	66.8%	68.6%	68.9%	64.9%	73.8%	58.3%	33.8%	57.0%	69.7%	78.2%	58.1%	69.8%	70.4%	64.6%	71.3%	66.3%	62.0%	53.0%	65.5%	66.9%	69.7%	77.8%	67.0%	63.5%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n		2977	847	580	337	422	791	1018	1876	11	468	1110	1330	884	860	1358	2158	814	2749	138	368	891	585	806	203	2037	863

Table 47		All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
			Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
Experienced Emotional Abuse	Yes	33.3%	26.8%	37.7%	19.9%	45.9%	26.2%	38.6%	37.0%	25.4%	58.8%	25.4%	39.8%	30.7%	31.7%	40.5%	33.1%	36.4%	32.8%	61.4%	24.1%	53.0%
	Not yes	66.3%	73.2%	62.3%	80.1%	54.1%	73.8%	61.5%	63.0%	74.4%	41.2%	74.6%	69.2%	69.3%	68.3%	59.5%	66.9%	63.6%	67.2%	38.6%	75.9%	47.0%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n		2977	1224	1742	1678	1281	1371	1563	2228	749	595	2382	948	2029	2549	428	2533	420	2917	35	2175	707

Table 47		All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (past a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
			Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Experienced Emotional Abuse	Yes	33.3%	58.8%	18.3%	100.0%	0.0%	83.1%	16.0%	99.8%	24.4%	73.8%	18.6%	45.4%	26.0%	41.9%	25.7%	44.2%	21.9%	47.1%	41.0%	39.9%	42.3%	59.7%	39.0%	45.6%	41.0%	
	Not yes	66.3%	43.2%	81.7%	0.0%	100.0%	16.9%	84.5%	40.2%	75.6%	26.2%	81.4%	54.6%	73.5%	58.1%	74.3%	55.8%	78.1%	52.9%	59.0%	60.1%	57.7%	40.3%	61.0%	54.4%	59.0%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n		2977	1181	1796	887	2090	715	2280	575	2389	693	2284	949	2019	1908	1069	1634	272	316	1590	407	1499	160	1746	476	1430	

Table 47		All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
			Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Experienced Emotional Abuse	Yes	33.3%	45.0%	39.8%	48.9%	39.2%	46.0%	32.7%	34.9%	33.9%	60.3%	31.0%	65.4%	30.4%	55.6%	33.4%	25.1%	43.3%	36.1%	33.9%
	Not yes	66.3%	55.0%	60.2%	51.1%	71.8%	59.5%	67.3%	65.1%	66.1%	39.7%	69.0%	34.6%	69.6%	14.4%	66.6%	74.9%	56.7%	63.9%	66.2%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n		2977	488	2442	642	2288	455	2475	50	2880	262	2668	207	2723	13	2917	1634	1296	173	2767

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 48	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HI Income						Childhood grew up in the North Country?	
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (>4YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
Experienced Physical Abuse	Yes	26.8%	26.1%	27.9%	26.0%	24.1%	28.2%	23.1%	30.9%	61.2%	31.8%	25.3%	20.9%	33.7%	25.4%	31.7%	27.9%	23.8%	26.1%	39.0%	38.7%	28.5%	26.1%	21.9%	21.7%	26.1%	29.6%
	No	73.2%	73.9%	72.1%	74.0%	75.9%	71.8%	76.9%	69.1%	38.8%	68.2%	74.7%	79.1%	66.3%	74.6%	78.3%	72.1%	76.2%	73.9%	61.0%	61.3%	71.5%	73.9%	78.1%	78.3%	73.9%	70.4%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2984	849	580	337	424	794	1021	1880	11	469	1110	1338	886	861	1362	2163	816	2756	138	369	883	927	808	203	2041	866

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 48	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
Experienced Physical Abuse	Yes	26.8%	21.6%	30.0%	17.8%	34.9%	18.9%	32.0%	29.4%	20.6%	42.0%	21.9%	30.4%	25.1%	25.7%	30.8%	26.9%	25.7%	25.7%	69.4%	20.8%	39.3%
	No	73.2%	78.4%	70.0%	82.2%	65.1%	81.1%	68.0%	70.6%	78.1%	68.0%	78.1%	69.6%	74.9%	74.3%	69.2%	73.1%	74.3%	74.3%	40.6%	79.2%	60.7%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2984	1227	1746	1684	1281	1375	1667	2233	761	595	2389	960	2034	2555	429	2539	421	2924	35	2182	797

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 48	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (past a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Experienced Physical Abuse	Yes	26.8%	46.4%	11.4%	66.2%	6.8%	100.0%	0.0%	53.7%	17.4%	63.4%	13.1%	37.9%	20.1%	31.2%	22.6%	33.0%	16.3%	35.9%	30.4%	27.9%	31.9%	41.9%	28.0%	37.7%	29.7%
	No	73.2%	53.6%	88.6%	33.8%	93.2%	0.0%	100.0%	46.3%	82.6%	36.6%	86.9%	62.1%	79.9%	68.8%	77.4%	67.0%	83.7%	64.2%	69.6%	72.1%	68.1%	58.1%	70.0%	62.3%	70.3%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2984	1183	1801	886	2089	719	2265	576	2394	694	2290	951	2024	1912	1072	1635	275	316	1594	409	1501	161	1749	477	1433

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 48	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Experienced Physical Abuse	Yes	26.8%	34.8%	24.9%	38.9%	22.5%	36.1%	26.9%	15.9%	27.0%	40.9%	25.9%	52.4%	24.3%	66.2%	26.7%	21.4%	33.1%	30.0%	26.9%
	No	73.2%	65.2%	75.1%	77.5%	69.9%	73.6%	84.9%	72.9%	59.1%	74.5%	47.6%	75.7%	33.8%	73.3%	78.6%	66.9%	69.4%	73.1%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2984	488	2449	642	2295	455	2482	51	2886	264	2673	207	2730	13	2924	1637	1300	174	2763

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 49	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HI Income						Childhood grew up in the North Country?	
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (>4YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
Experienced Nutritional Neglect and Insecurity	Yes	26.8%	27.2%	28.6%	27.1%	25.9%	26.0%	25.0%	27.9%	66.2%	36.5%	21.2%	15.3%	31.0%	27.3%	29.0%	29.0%	24.7%	19.4%	44.7%	38.3%	27.1%	25.7%	23.1%	14.6%	25.9%	28.0%
	No	73.2%	72.8%	71.4%	72.9%	74.1%	74.0%	75.0%	72.1%	43.8%	63.5%	78.8%	84.7%	69.0%	72.7%	70.6%	71.0%	80.6%	75.3%	55.3%	61.7%	72.9%	74.3%	76.9%	85.4%	74.1%	71.2%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2977	850	576	338	423	790	1018	1877	11	469	1109	1332	687	857	1360	2156	817	2749	141	372	800	566	806	203	2034	868

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 49	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
Experienced Nutritional Neglect and Insecurity	Yes	26.8%	20.8%	29.8%	18.9%	33.3%	19.1%	31.2%	27.3%	24.8%	37.2%	23.0%	30.0%	24.8%	25.7%	29.4%	26.8%	23.8%	25.7%	49.0%	21.0%	37.2%
	No	73.2%	79.2%	70.2%	81.1%	66.7%	80.9%	68.8%	72.7%	75.0%	62.8%	77.0%	70.0%	75.2%	74.3%	70.6%	73.2%	76.2%	74.3%	51.0%	79.0%	62.8%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2977	1224	1742	1680	1278	1371	1563	2226	761	593	2384	945	2032	2548	429	2531	422	2917	35	2179	704

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 49	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (past a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions			
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
Experienced Nutritional Neglect and Insecurity	Yes	26.8%	39.1%	16.6%	46.8%	16.0%	82.6%	16.8%	100.0%	0.0%	84.6%	15.9%	37.1%	20.0%	38.1%	24.9%	29.0%	20.9%	29.4%	27.9%	28.1%	28.1%	41.2%	26.0%	30.1%	27.7%	
	No	73.2%	60.9%	83.4%	53.2%	84.0%	47.4%	83.2%	0.0%	100.0%	62.9%	84.1%	62.9%	80.0%	71.9%	75.1%	71.0%	79.1%	70.6%	72.1%	71.9%	71.9%	58.8%	74.0%	69.9%	72.3%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2977	1180	1797	883	2081	717	2283	579	2389	693	2284	947	2022	1909	1068	1633	274	312	1595	408	1499	160	1747	473	1434	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 49	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Experienced Nutritional Neglect and Insecurity	Yes	26.8%	35.8%	24.0%	38.3%	22.1%	33.4%	26.3%	27.7%	26.0%	45.6%	24.9%	48.8%	24.2%	30.6%	26.6%	19.4%	34.3%	23.4%	26.9%
	No	73.2%	64.2%	76.0%	67.9%	77.9%	66.6%	74.7%	72.3%	73.4%	54.4%	75.0%	51.2%	75.8%	69.4%	73.4%	80.6%	65.7%	76.6%	73.2%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2977	489	2442	644	2287	456	2475	50	2881	264	2667	206	2725	12	2919	1631	1300	174	2767

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations																											
Table 50	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HI Income					Childhood grew up in the North Country?		
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (>4YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No	
Experienced Emotional Neglect	Yes	27.3%	26.4%	30.6%	28.2%	22.4%	26.0%	22.4%	32.7%	40.3%	33.6%	25.0%	19.6%	35.4%	28.1%	17.9%	28.6%	23.4%	27.3%	31.6%	40.5%	30.0%	28.0%	20.7%	15.7%	26.7%	30.3%
	No	72.7%	73.6%	69.4%	71.8%	77.6%	74.0%	77.6%	67.3%	59.7%	66.4%	75.0%	80.4%	64.6%	71.9%	82.1%	71.4%	76.6%	72.7%	68.4%	59.5%	70.0%	72.0%	79.3%	84.3%	73.3%	69.7%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2991	853	580	339	424	795	1024	1884	11	471	1111	1340	890	863	1363	2167	819	2760	141	372	886	588	203	2844	870	

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations																						
Table 50	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
Experienced Emotional Neglect	Yes	27.3%	19.6%	31.9%	17.7%	35.9%	16.8%	34.1%	30.9%	18.4%	46.7%	20.9%	31.8%	25.1%	25.9%	33.7%	27.7%	24.4%	26.4%	68.8%	21.0%	40.7%
	No	72.7%	80.4%	68.1%	82.3%	64.1%	83.2%	65.9%	69.1%	81.6%	53.3%	79.1%	68.2%	74.9%	74.5%	66.3%	72.3%	75.6%	73.6%	41.2%	79.0%	59.3%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2991	1231	1749	1689	1282	1378	1590	2237	754	595	2396	962	2039	2561	430	2543	424	2931	35	2189	707

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations																											
Table 50	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (past a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions			
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No		
Experienced Emotional Neglect	Yes	27.3%	46.3%	12.3%	59.9%	10.8%	64.6%	13.6%	56.9%	17.0%	100.0%	0.0%	38.8%	20.2%	33.1%	21.6%	34.8%	19.6%	37.8%	32.3%	37.7%	32.2%	45.6%	30.6%	37.2%	32.3%	
	No	72.7%	53.7%	87.7%	40.1%	89.2%	35.4%	86.4%	43.7%	83.0%	0.0%	100.0%	61.2%	79.8%	66.9%	78.4%	65.2%	80.4%	62.2%	67.7%	62.3%	67.8%	51.4%	69.4%	62.8%	67.8%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2991	1184	1807	887	2090	719	2265	579	2399	696	2295	951	2031	1916	1075	1639	275	316	1598	410	1004	161	1753	478	1436	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations																				
Table 50	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Experienced Emotional Neglect	Yes	27.3%	39.8%	24.2%	41.6%	22.3%	31.5%	26.9%	25.9%	27.7%	43.3%	28.9%	48.4%	25.3%	55.3%	27.3%	19.8%	36.0%	27.1%	27.6%
	No	72.7%	60.2%	75.8%	58.4%	77.7%	68.5%	73.1%	74.1%	72.3%	56.7%	71.1%	51.6%	74.7%	44.7%	72.7%	80.2%	64.0%	72.9%	72.4%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2991	490	2454	644	2300	457	2487	51	2893	265	2679	207	2737	13	2931	1641	1303	175	2769

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations																												
Table 51	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HI Income					Childhood grew up in the North Country?			
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4-YD	College Grad (>4YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No		
Experienced Peer Physical/Emotional Abuse	Yes	38.2%	37.6%	38.6%	45.7%	31.4%	37.4%	35.7%	40.9%	91.8%	45.5%	41.1%	22.0%	36.7%	41.9%	36.6%	39.3%	39.4%	39.3%	37.6%	45.6%	31.8%	32.2%	31.8%	30.0%	39.9%	35.2%	
	Not yes	61.8%	62.4%	61.4%	54.3%	68.6%	62.6%	64.3%	59.2%	8.2%	54.5%	58.9%	78.0%	63.3%	58.1%	63.4%	62.2%	60.6%	60.7%	67.8%	44.4%	62.4%	59.4%	68.2%	70.0%	60.1%	64.8%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2982	847	579	339	423	794	1021	1879	11	470	1108	1336	890	859	1359	2160	817	2754	139	370	882	587	207	2833	867		

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations																						
Table 51	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)		
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes	
Experienced Peer Physical/Emotional Abuse	Yes	38.2%	30.9%	42.6%	29.2%	46.2%	32.4%	42.0%	40.3%	33.0%	56.2%	32.3%	48.1%	33.4%	36.4%	44.4%	39.0%	34.2%	38.1%	35.6%	29.8%	55.1%
	Not yes	61.8%	69.0%	57.4%	70.8%	53.8%	67.6%	58.0%	59.7%	67.0%	43.8%	67.7%	51.9%	63.6%	63.6%	61.0%	65.8%	61.9%	65.8%	61.9%	70.2%	44.9%
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2982	1228	1745	1683	1279	1373	1566	2230	762	595	2387	951	2031	2553	429	2540	418	2923	35	2183	704

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations																										
Table 51	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (past a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Experienced Peer Physical/Emotional Abuse	Yes	38.2%	45.6%	32.3%	51.5%	31.6%	63.9%	32.6%	63.3%	32.6%	84.2%	32.2%	41.3%	35.1%	43.0%	27.3%	38.9%	41.8%	42.1%	41.2%	63.3%	37.8%	41.1%	41.4%	41.4%	
	Not yes	61.8%	54.4%	67.7%	48.5%	68.4%	46.7%	67.4%	36.7%	67.4%	15.8%	67.8%	58.7%	64.9%	57.0%	72.7%	61.1%	58.2%	57.9%	58.8%	36.7%	62.2%	58.9%	58.6%	58.6%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Unweighted n	2982	1182	1800	885	2083	717	2288	576	2393	694	2288	951	2031	1911	1071	1636	273	315	1594	409	1000	161	1748	476	1433

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations																				
Table 51	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Experienced Peer Physical/Emotional Abuse	Yes	38.2%	43.4%	37.1%	45.2%	37.9%	42.2%	37.7%	47.0%	38.1%	64.2%	36.7%	55.4%	36.6%	44.4%	38.4%	32.2%	45.1%	37.7%	
	Not yes	61.8%	56.6%	62.9%	54.8%	64.1%	57.8%	62.3%	53.0%	61.9%	45.8%	63.3%	44.6%	63.4%	55.6%	61.6%	67.8%	54.9%	47.6%	
	Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	Unweighted n	2982	490	2446	643	2293	455	2481	51	2885	265	2671	207	2729	13	2923	1636	1300	174	2762

# Challenges Accessing Healthcare (among all participants)

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 52	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?	
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post HSG, but <4 YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$36,000	\$36,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
Dental or oral health services challenges	27.6%	28.7%	30.3%	32.2%	28.1%	30.2%	22.3%	32.8%	70.6%	35.4%	26.4%	14.1%	31.4%	28.0%	22.6%	27.9%	27.9%	27.3%	31.3%	37.2%	32.6%	28.6%	22.0%	28.9%	27.9%	26.8%
Primary care services challenges	21.6%	21.1%	25.2%	24.9%	17.2%	18.0%	21.3%	21.7%	48.6%	28.7%	19.1%	11.4%	23.8%	20.1%	20.9%	19.7%	27.0%	22.0%	18.2%	24.6%	22.7%	24.0%	17.8%	23.7%	21.7%	21.9%
Optometry and eye care services challenges	15.6%	11.0%	17.2%	13.6%	17.3%	18.9%	12.3%	18.7%	59.4%	15.9%	17.8%	12.3%	16.2%	15.1%	16.7%	15.2%	16.6%	15.8%	13.9%	21.0%	15.4%	13.2%	14.5%	18.7%	14.9%	17.8%
Women's health or OB-GYN services challenges	10.0%	7.3%	10.9%	10.1%	9.2%	12.8%	1.8%	18.7%	15.0%	12.8%	1.8%	11.0%	8.0%	11.7%	9.3%	16.0%	9.9%	12.2%	14.1%	10.4%	8.0%	12.2%	9.6%	8.2%	9.6%	8.6%
Behavioral health services challenges	9.8%	10.5%	9.3%	11.4%	11.1%	8.1%	6.5%	12.9%	48.6%	15.6%	7.5%	2.1%	11.7%	8.3%	9.8%	9.3%	11.2%	9.7%	11.8%	12.0%	11.7%	8.7%	8.7%	5.0%	9.3%	11.6%
Pediatric, child and adolescent health services challenges	3.8%	3.0%	6.4%	0.5%	4.0%	3.2%	3.6%	4.0%	5.0%	7.6%	1.4%	0.1%	4.0%	2.1%	5.9%	3.3%	5.2%	4.1%	1.6%	2.6%	3.2%	4.4%	3.6%	10.2%	4.3%	2.6%
Substance use or addiction services challenges	1.0%	1.1%	1.1%	0.4%	1.7%	0.7%	0.5%	1.5%	0.0%	1.8%	0.5%	0.1%	2.2%	0.2%	0.6%	0.7%	1.6%	0.7%	3.4%	2.6%	1.0%	0.4%	0.3%	1.3%	1.1%	0.4%
I have not experienced any challenges.	51.8%	57.7%	48.1%	49.6%	51.0%	50.3%	59.6%	43.7%	26.2%	43.6%	53.0%	65.8%	52.2%	52.3%	50.3%	52.7%	49.2%	50.9%	59.1%	43.1%	48.3%	56.0%	56.2%	50.1%	51.3%	52.9%
Have experienced challenges getting other healthcare services.	5.2%	4.6%	6.8%	7.4%	3.2%	3.6%	5.6%	4.8%	3.2%	4.0%	5.5%	7.1%	4.8%	5.1%	5.9%	5.6%	3.9%	5.4%	3.5%	4.5%	5.9%	4.5%	5.2%	6.4%	5.0%	5.9%
Have experienced at least one challenge.	48.2%	42.3%	51.9%	50.4%	48.0%	49.7%	40.4%	56.3%	73.8%	56.4%	47.0%	34.6%	47.8%	47.7%	49.7%	47.3%	50.8%	49.1%	40.9%	56.9%	51.7%	44.0%	43.8%	49.9%	48.7%	47.9%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2944	944	569	333	413	785	1024	1894	11	471	1111	1340	690	863	1383	2131	809	2760	141	372	686	958	808	203	2044	870

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 52	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
Dental or oral health services challenges	27.6%	16.7%	33.8%	18.5%	35.7%	10.2%	38.6%	30.8%	19.8%	42.9%	22.5%	36.1%	23.5%	24.9%	37.1%	27.6%	28.8%	26.4%	76.3%	22.1%	39.3%
Primary care services challenges	21.6%	17.9%	23.7%	16.7%	25.9%	15.4%	25.0%	22.6%	19.2%	30.2%	18.8%	28.0%	19.8%	18.9%	31.4%	20.6%	27.8%	20.7%	57.3%	16.9%	31.8%
Optometry and eye care services challenges	15.6%	12.0%	17.6%	11.5%	19.1%	11.4%	18.3%	16.6%	13.2%	19.8%	14.2%	16.6%	15.1%	16.4%	16.5%	14.5%	21.6%	16.1%	1.4%	12.8%	21.0%
Women's health or OB-GYN services challenges	10.0%	7.2%	11.6%	4.9%	14.7%	7.5%	11.7%	10.9%	7.8%	22.1%	6.0%	13.8%	8.3%	8.7%	14.7%	9.9%	11.7%	9.4%	28.6%	6.2%	17.6%
Behavioral health services challenges	9.8%	5.4%	12.4%	1.9%	16.9%	5.5%	12.6%	12.0%	4.5%	28.1%	3.8%	14.2%	7.7%	8.6%	14.1%	9.0%	14.5%	8.2%	63.0%	2.2%	25.2%
Pediatric, child and adolescent health services challenges	3.8%	3.8%	3.8%	2.0%	5.4%	3.0%	4.4%	3.9%	3.5%	6.9%	2.8%	4.2%	3.6%	3.3%	5.6%	3.6%	4.8%	3.1%	30.1%	2.9%	5.8%
Substance use or addiction services challenges	1.0%	0.8%	1.1%	0.2%	1.6%	0.2%	1.5%	1.0%	0.9%	2.0%	0.6%	1.2%	0.9%	0.3%	3.3%	0.6%	2.8%	0.7%	10.3%	0.2%	2.3%
I have not experienced any challenges.	51.8%	63.4%	45.0%	63.3%	41.6%	64.9%	43.4%	47.1%	63.0%	31.4%	58.5%	39.1%	57.9%	54.6%	41.9%	62.1%	48.4%	52.9%	12.2%	60.1%	34.4%
Have experienced challenges getting other healthcare services.	5.2%	3.0%	6.5%	4.8%	5.9%	5.5%	6.2%	2.8%	5.1%	5.2%	7.4%	4.1%	5.9%	4.2%	5.6%	3.4%	5.4%	0.8%	5.2%	5.3%	
Have experienced at least one challenge.	48.2%	36.6%	55.0%	36.7%	58.4%	35.1%	56.6%	52.9%	37.0%	68.6%	41.5%	60.9%	42.1%	45.4%	58.1%	47.9%	51.6%	47.1%	87.8%	39.9%	65.6%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2944	1208	1725	1689	1265	1356	1565	2202	742	689	2355	944	2000	2524	420	2553	417	2886	33	2102	701

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 52	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions		
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Dental or oral health services challenges	27.6%	36.0%	20.9%	39.9%	21.4%	39.7%	23.1%	40.6%	23.3%	41.6%	22.3%	32.9%	24.6%	22.2%	34.7%	20.0%	35.9%	32.7%	31.9%	33.4%	33.2%	55.1%	29.6%	34.7%	33.1%	33.2%
Primary care services challenges	21.6%	24.1%	19.7%	28.8%	19.0%	27.9%	19.3%	29.3%	19.0%	31.2%	18.0%	28.6%	20.0%	22.5%	20.8%	23.2%	15.8%	15.1%	23.8%	20.7%	22.9%	35.8%	20.3%	22.6%	22.4%	
Optometry and eye care services challenges	15.6%	18.3%	13.5%	18.7%	14.1%	17.4%	14.9%	19.7%	14.2%	17.8%	14.8%	17.1%	14.7%	19.1%	12.3%	19.9%	11.8%	24.5%	18.1%	22.0%	18.4%	17.9%	19.2%	20.7%	18.7%	
Women's health or OB-GYN services challenges	10.0%	14.0%	6.8%	17.8%	6.0%	8.1%	17.2%	7.4%	15.7%	7.8%	14.2%	7.5%	18.0%	2.3%	19.1%	8.8%	19.9%	17.7%	12.7%	19.2%	25.3%	16.8%	15.4%	18.7%		
Behavioral health services challenges	9.8%	16.2%	4.7%	19.0%	5.2%	19.1%	6.4%	18.0%	6.9%	17.3%	7.0%	14.2%	12.9%	6.9%	13.9%	4.2%	10.8%	13.2%	12.4%	13.0%	12.9%	11.4%	14.1%	12.6%		
Pediatric, child and adolescent health services challenges	3.8%	6.2%	1.9%	3.9%	3.8%	2.2%	4.4%	3.9%	3.7%	3.6%	3.9%	4.7%	3.3%	4.0%	3.6%	4.1%	2.7%	3.5%	4.1%	3.6%	4.1%	8.1%	3.3%	2.4%	4.4%	
Substance use or addiction services challenges	1.0%	1.7%	0.4%	2.6%	0.2%	2.4%	0.5%	1.1%	0.9%	2.0%	0.6%	1.1%	0.9%	1.5%	0.6%	1.6%	0.9%	1.0%	1.6%	0.2%	1.7%	4.1%	1.8%	0.1%	1.8%	
I have not experienced any challenges.	51.8%	43.4%	58.4%	38.3%	58.6%	48.8%	56.8%	37.5%	56.7%	37.1%	57.4%	43.8%	57.1%	43.4%	59.8%	41.4%	60.3%	45.8%	42.9%	44.2%	43.2%	25.9%	46.3%	41.0%	43.9%	
Have experienced challenges getting other healthcare services.	5.2%	5.0%	5.3%	5.9%	5.0%	5.9%	4.9%	5.4%	5.1%	5.2%	6.8%	3.9%	4.9%	5.6%	4.9%	4.7%	4.1%	4.9%	5.3%	4.6%	3.8%	4.9%	5.4%	4.6%		
Have experienced at least one challenge.	48.2%	56.6%	41.6%	61.7%	41.4%	59.2%	44.2%	62.5%	43.3%	62.9%	42.6%	56.8%	42.9%	56.6%	40.2%	58.6%	39.7%	54.2%	57.1%	55.8%	56.8%	74.1%	53.7%	59.0%	56.1%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2944	1170	1774	878	2062	713	2224	570	2361	693	2261	941	1995	1889	1055	1619	288	312	1575	406	1481	160	1727	471	1416	

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 52		2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations																		
		All North Country	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
		Participants	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
in the last 12 months, have you experienced challenges or difficulties accessing any of the following types of healthcare services? (choose all that apply)	Dental or oral health services challenges	27.6%	66.1%	19.7%	100.0%	0.0%	63.4%	21.0%	75.9%	25.7%	66.6%	24.4%	62.3%	23.8%	59.9%	27.3%	0.0%	57.2%	16.4%	28.2%
	Primary care services challenges	21.6%	100.0%	0.0%	44.0%	13.1%	45.5%	17.2%	50.0%	20.5%	50.8%	18.4%	48.1%	18.7%	61.6%	21.2%	0.0%	44.9%	13.0%	22.1%
	Optometry and eye care services challenges	15.6%	32.8%	10.9%	35.9%	7.9%	100.0%	0.0%	27.3%	15.1%	32.7%	13.7%	32.4%	13.8%	17.9%	15.6%	0.0%	32.4%	10.6%	15.9%
	Women's health or OB-GYN services challenges	10.0%	23.5%	6.3%	20.5%	6.0%	21.0%	8.0%	30.1%	9.2%	100.0%	0.0%	36.0%	7.2%	59.3%	9.6%	0.0%	20.8%	1.9%	10.5%
	Behavioral health services challenges	9.8%	21.9%	6.5%	22.2%	5.1%	20.4%	7.9%	35.3%	8.8%	35.3%	7.0%	100.0%	0.0%	74.3%	9.2%	0.0%	20.4%	4.0%	10.1%
	Pediatric, child and adolescent health services challenges	3.8%	8.8%	2.4%	10.5%	1.3%	6.6%	3.3%	100.0%	0.0%	11.5%	3.0%	13.7%	2.7%	5.6%	3.8%	0.0%	7.9%	0.3%	4.0%
	Substance use or addiction services challenges	1.0%	2.8%	0.5%	2.1%	0.6%	1.1%	1.0%	1.4%	1.0%	5.8%	0.4%	7.4%	0.3%	100.0%	0.0%	0.0%	2.0%	0.0%	1.0%
	I have not experienced any challenges.	51.8%	0.0%	66.1%	0.0%	71.5%	0.0%	61.4%	0.0%	53.8%	0.0%	57.5%	0.0%	57.4%	0.0%	52.3%	100.0%	0.0%	0.0%	54.6%
Have experienced challenges getting other healthcare services.	5.2%	3.1%	5.8%	3.1%	6.0%	3.5%	5.5%	0.4%	1.0%	5.6%	2.1%	5.5%	0.0%	5.2%	0.0%	10.7%	100.0%	0.0%		
Have experienced at least one challenge.	48.2%	100.0%	33.9%	100.0%	28.5%	100.0%	38.6%	100.0%	46.2%	100.0%	42.5%	100.0%	42.6%	100.0%	47.7%	0.0%	100.0%	100.0%	45.4%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	2944	490	2454	644	2300	457	2487	51	2893	265	2679	207	2737	13	2931	1641	1303	175	2769	

2026 Five-county North Country Region Combined Socio-Demographic Cross-tabulations

Table 53	All North Country Participants	County of Residence					Gender			Age Groups			Education Level			Parents' Education Level		Racial Background		Annual HH Income					Childhood grew up in the North Country?	
		Jefferson	St. Lawrence	Franklin	Essex	Clinton	Man	Woman	Other	18-44	45-64	65+	HSG or less	Post-HSG, but <4-YD	College Grad (4+YD)	Less than 4-YD	4-YD or higher	White	BIPOC	Less than \$35,000	\$35,000- \$74,999	\$75,000- \$99,999	\$100,000- \$199,999	\$200,000 or greater	Yes	No
		Cost of Care	16.8%	20.7%	5.7%	16.0%	20.2%	21.3%	12.8%	73.7%	20.7%	12.9%	11.6%	17.9%	22.8%	6.1%	17.8%	14.0%	16.2%	24.3%	14.8%	24.9%	16.3%	5.6%	5.6%	18.0%
Insurance won't cover many services	9.4%	8.9%	5.9%	9.7%	6.4%	15.9%	9.1%	9.8%	8.9%	8.5%	13.6%	11.9%	9.5%	6.4%	11.2%	4.4%	9.5%	7.6%	17.1%	9.4%	6.4%	7.7%	1.6%	10.7%	5.6%	
Transportation Difficulty	2.9%	1.6%	2.2%	7.1%	5.1%	1.5%	6.1%	1.2%	0.9%	5.0%	0.4%	6.6%	1.9%	0.1%	2.8%	3.1%	2.7%	4.7%	11.8%	1.9%	0.9%	0.4%	0.0%	3.3%	1.3%	
Travel Distance	4.3%	1.8%	5.6%	3.4%	3.4%	4.4%	4.2%	0.0%	4.1%	4.0%	5.6%	5.9%	2.2%	6.0%	4.7%	3.2%	4.2%	5.9%	3.4%	6.2%	4.8%	2.9%	0.5%	3.1%	7.8%	
Work Schedule	1.6%	1.5%	0.9%	1.2%	3.8%	1.3%	1.7%	0.0%	1.7%	1.5%	0.0%	0.7%	1.7%	2.1%	1.0%	2.7%	1.5%	1.3%	0.7%	2.4%	1.8%	1.1%	0.3%	1.6%	1.3%	
Child Care	0.4%	0.2%	1.1%	0.9%	0.9%	0.9%	0.7%	0.0%	0.7%	0.0%	0.0%	0.0%	1.9%	0.0%	0.5%	0.0%	0.4%	0.0%	0.0%	1.1%	0.0%	0.0%	0.0%	0.4%	0.2%	
No Available Provider	27.9%	29.9%	38.0%	28.7%	24.1%	28.7%	27.8%	19.9%	21.9%	36.8%	30.0%	28.2%	32.9%	26.6%	31.2%	27.4%	30.6%	23.9%	22.1%	30.4%	33.0%	42.3%	28.9%	28.9%	28.9%	
Not Interested in Seeing Provider	1.0%	0.8%	2.5%	0.0%	0.4%	0.1%	0.4%	1.5%	0.0%	1.0%	0.7%	0.1%	2.6%	0.2%	1.3%	0.2%	1.0%	0.0%	3.1%	0.0%	0.0%	1.6%	1.7%	1.2%	0.5%	
Poor Experience with Provider	6.7%	8.0%	8.3%	6.3%	4.8%	4.7%	6.1%	7.3%	0.9%	7.1%	5.6%	7.6%	5.8%	7.4%	7.0%	6.1%	6.9%	3.8%	5.8%	7.6%	5.7%	7.3%	4.0%	5.6%	10.3%	
Long wait-time	28.0%	34.7%	25.9%	29.7%	24.9%	24.1%	22.8%	32.6%	6.7%	27.4%	28.0%	30.7%	23.9%	23.8%	26.4%	32.4%	28.7%	21.7%	19.2%	22.0%	34.6%	34.9%	44.1%	27.9%	28.8%	
Other Obligations	1.4%	0.8%	1.9%	0.9%	1.6%	1.9%	1.1%	0.0%	1.0%	1.6%	0.8%	1.8%	1.9%	0.7%	1.6%	0.7%	1.9%	0.0%	0.7%	2.4%	0.2%	1.6%	0.9%	1.4%	1.4%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
Unweighted n	1290	309	276	162	176	367	349	926	6	299	661	472	233	390	696	629	389	1290	63	194	403	245	326	93	691	389

2026 Five-county North Country Region Combined Individual Health Situation Cross-tabulations

Table 53	All North Country Participants	Physical Health Self-assessment		Mental Health Self-assessment		Dental Health Self-assessment		1+ Diagnosed Chronic Health Condition		Diagnosed with 1+ mental health condition		Diagnosed with Obesity		Nicotine Product Use		Alcohol Use (5+ beverages on one occasion in past week)		Illegal Drug Use (in past year)		Depression (in past year, for 2+ weeks)	
		Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Excellent or Very Good	Less than E or VG	Yes	No	Yes	No	Yes	No	Use none	Use 1+ Type	0 times	1+ times	0 times	1+ times	No	Yes
		Cost of Care	16.8%	19.2%	15.9%	14.9%	18.0%	8.9%	19.7%	14.8%	23.8%	12.3%	19.2%	13.2%	19.2%	15.8%	19.3%	15.9%	20.7%	17.1%	14.2%
Insurance won't cover many services	9.4%	6.3%	10.4%	8.7%	9.8%	8.1%	9.9%	10.1%	7.0%	8.3%	10.9%	8.3%	8.1%	9.0%	10.3%	5.4%	9.9%	0.7%	8.3%	10.8%	10.8%
Transportation Difficulty	2.9%	0.3%	3.8%	1.4%	3.7%	0.3%	3.8%	3.2%	1.8%	5.4%	1.5%	3.5%	2.4%	1.2%	7.4%	3.3%	1.0%	2.3%	13.1%	0.4%	6.0%
Travel Distance	4.3%	1.9%	5.0%	4.3%	4.1%	2.9%	3.7%	4.6%	3.4%	5.2%	3.7%	4.6%	2.9%	4.6%	4.8%	1.8%	4.3%	4.9%	4.9%	4.9%	4.9%
Work Schedule	1.6%	2.4%	1.1%	0.6%	2.0%	1.6%	1.4%	1.4%	1.8%	1.9%	1.6%	1.0%	1.8%	1.1%	2.4%	0.8%	4.7%	1.6%	0.0%	0.8%	2.4%
Child Care	0.4%	0.2%	0.4%	0.6%	0.6%	0.6%	0.4%	0.3%	0.2%	0.6%	0.8%	0.1%	0.5%	0.0%	0.0%	0.3%	0.0%	0.7%	0.0%	0.0%	0.0%
No Available Provider	27.9%	29.4%	27.4%	32.8%	28.2%	32.2%	26.3%	28.9%	24.2%	27.2%	28.2%	28.2%	27.6%	28.1%	27.2%	26.3%	35.4%	27.3%	43.0%	27.8%	28.5%
Not Interested in Seeing Provider	1.0%	0.6%	1.1%	1.8%	0.6%	1.0%	1.0%	0.6%	2.7%	0.9%	1.0%	0.2%	1.6%	0.9%	1.2%	1.1%	0.0%	0.6%	0.0%	0.3%	0.9%
Poor Experience with Provider	6.7%	6.6%	6.7%	6.2%	7.5%	8.1%	6.2%	7.0%	5.5%	9.8%	5.0%	6.3%	7.0%	8.1%	2.8%	7.5%	2.3%	6.8%	6.4%	6.4%	7.4%
Long wait-time	28.0%	31.6%	26.7%	30.3%	26.7%	36.0%	25.0%	28.1%	27.8%	25.3%	29.5%	28.0%	28.0%	29.5%	24.1%	28.0%	28.6%	28.4%	22.6%	32.2%	23.2%
Other Obligations	1.4%	1.4%	1.3%	0.6%	1.9%	1.0%	1.5%	1.2%	1.7%	1.2%	1.4%	1.6%	0.6%	3.3%	1.7%	0.0%	1.4%	0.0%	1.8%	0.9%	1.8%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	1290	429	558	679	704	473	812	1010	280	378	912	489	801	1067	223	1094	188	1287	20	806	440

2026 Five-county North Country Region Combined Adverse Childhood Experiences (ACEs) and Menstrual Health Cross-tabulations

Table 53	All North Country Participants	Witnessed Parental Distress		Experienced Emotional Abuse		Experienced Physical Abuse		Experienced Nutritional Neglect and Insecurity		Experienced Emotional Neglect		Experienced Peer Physical/Emotional Abuse		Have you ever in your lifetime menstruated (had a period)?		Menstrual Problems (1+ of 6 studied conditions)		Endometriosis		Thyroid Conditions		PCOS		Other Menstrual Conditions	
		Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	Not yes	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
		Cost of Care	16.8%	15.1%	18.8%	18.9%	15.1%	22.2%	14.0%	20.3%	15.0%	19.2%	15.3%	14.7%	17.8%	12.9%	22.0%	13.6%	4.3%	14.6%	12.6%	10.8%	13.3%	18.6%	11.6%
Insurance won't cover many services	9.4%	10.3%	8.4%	12.0%	7.3%	10.8%	8.8%	12.8%	7.7%	12.0%	7.9%	12.2%	7.1%	10.2%	8.2%	10.8%	6.1%	6.9%	10.8%	8.1%	10.7%	8.5%	10.6%	8.9%	10.6%
Transportation Difficulty	2.9%	4.9%	0.6%	5.6%	0.9%	3.9%	2.3%	4.9%	1.2%	4.6%	1.9%	3.9%	4.6%	1.4%	0.3%	1.2%	4.6%	3.0%	3.0%	3.0%	3.0%	0.8%	1.3%	1.3%	
Travel Distance	4.3%	5.9%	2.5%	5.9%	3.0%	7.2%	2.8%	4.8%	3.9%	6.2%	3.1%	4.3%	4.3%	4.3%	4.2%	3.4%	3.0%	4.5%	5.8%	4.0%	6.9%	3.7%	5.1%	4.1%	
Work Schedule	1.6%	1.1%	1.9%	1.0%	1.9%	0.8%	1.8%	2.4%	1.0%	1.9%	1.6%	2.1%	1.8%	1.6%	1.3%	2.0%	0.7%	1.8%	1.8%	1.6%	1.1%	1.8%	1.7%	1.6%	
Child Care	0.4%	0.0%	0.8%	0.7%	0.1%	1.0%	0.1%	0.0%	0.6%	0.0%	0.0%	0.7%	0.7%	0.0%	0.7%	0.0%	0.0%	0.8%	0.0%	0.0%	0.8%	0.0%	0.0%	0.8%	
No Available Provider	27.9%	29.1%	26.9%	25.1%	30.0%	26.3%	28.6%	25.6%	29.0%	29.5%	29.2%	27.2%	28.6%	28.0%	28.6%	30.6%	27.6%	27.1%	28.2%	27.3%	31.4%	27.3%	26.3%	28.5%	
Not Interested in Seeing Provider	1.0%	1.5%	0.5%	1.6%	0.5%	2.1%	0.4%	1.3%	0.8%	1.8%	0.6%	1.6%	0.5%	0.9%	1.2%	0.9%	0.0%	1.0%	0.9%	0.0%	1.1%	0.1%	1.0%	0.6%	0.9%
Poor Experience with Provider	6.7%	7.3%	6.0%	7.2%	6.3%	7.4%	6.3%	9.7%	5.0%	9.7%	8.3%	5.4%	7.2%	6.0%	7.1%	7.6%	6.3%	7.3%	9.2%	6.1%	5.9%	7.5%	6.6%	7.3%	
Long wait-time	28.0%	23.1%	33.4%	20.6%	33.7%	16.9%	33.6%	16.9%	33.9%	17.5%	34.0%	16.9%	32.6%	32.6%	30.7%	48.2%	35.3%	31.4%	32.0%	33.7%	36.2%	30.9%	36.2%	30.9%	
Other Obligations	1.4%	1.7%	1.0%	1.4%	1.3%	1.8%	1.2%	2.5%	0.8%	1.7%	1.2%	1.1%	1.6%	1.0%	1.8%	1.1%	0.0%	2.0%	0.9%	1.2%	0.3%	1.2%	0.0%	1.3%	
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
Unweighted n	1290	610	680	600	764	386	901	330	987	399	891	814	773	937	363	838	98	160	776	198	738	106	630	250	686

2026 Five-county North Country Region Combined Healthcare Access Challenges Cross-tabulations

Table 53	All North Country Participants	Primary care services challenges		Dental or oral health services challenges		Optometry and eye care services challenges		Pediatric, child and adolescent health services challenges		Women's health or OB-GYN services challenges		Behavioral health services challenges		Substance use or addiction services challenges		I have not experienced any challenges.		Have experienced challenges getting other healthcare services.	
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
		Cost of Care	16.8%	23.1%	11.6%	21.3%	10.7%	16.1%	17.7%	7.1%	19.3%	13.9%	17.5%	8.1%	16.9%	0.0%	16.8%	8.5%	17.8%
Insurance won't cover many services	9.4%	5.4%	12.6%	10.9%	7.3%	9.7%	9.2%	6.7%	17.0%	9.0%	4.6%	10.6%	22.7%	9.1%	0.0%	13.2%	8.9%	13.2%	
Transportation Difficulty	2.9%	3.2%	2.6%	4.4%	0.9%	1.6%	3.6%	0.0%	3.1%	7.8%	1.5%	5.2%	2.2%	20.7%	2.9%	2.9%	1.0%	3.1%	
Travel Distance	4.3%	2.0%	4.1%	4.4%	4.0%	4.7%	4.0%	3.3%	4.3%	2.0%	4.8%	3.4%	4.5%	4.3%	2.9%	4.3%	10.3%	3.5%	
Work Schedule	1.6%	1.6%	1.4%	1.8%	1.2%	2.6%	0.9%	0.7%	1.5%	2.0%	1.3%	2.3%	1.3%	0.0%	1.5%	0.0%	1.7%	0.0%	
Child Care	0.4%	0.8%	0.0%	0.6%	0.1%	1.2%	0.0%	0.4%	1.8%	0.1%	0.3%	0.4%	0.0%	0.4%	0.0%	0.4%	0.0%	0.4%	
No Available Provider	27.9%	25.6%	29.7%	28.2%	27.4%	26.7%	28.4%	36.9%	27.1%	24.3%	28.9%	35.0%	26.0%	13.2%					

# The Nature of the Participants in this Study

Demographic Characteristics of Participants in Each County (weighted)

Table 54	All Study Participants in March 2026	County of Residence				
		Jefferson	St. Lawrence	Franklin	Essex	Clinton
What is your age group?						
18-44 years of age	45%	53%	44%	42%	33%	42%
45-64 years of age	32%	29%	34%	33%	36%	32%
65+ years of age	23%	18%	23%	25%	32%	23%
What gender do you identify with?						
Man	50%	52%	49%	51%	48%	49%
Woman	47%	47%	48%	47%	47%	48%
Other	1%	0%	0%	0%	1%	1%
Prefer not to say	2%	1%	3%	2%	4%	2%
What is your race?						
White or Caucasian	91%	85%	93%	95%	95%	92%
Black or African American	2%	3%	2%	0%	0%	1%
Latinx or Hispanic	2%	2%	0%	1%	1%	1%
Asian	1%	1%	1%	0%	1%	2%
Native or Indigenous American	2%	1%	3%	4%	2%	0%
Middle Eastern or North African	0%	0%	0%	0%	0%	0%
Bimulti-racial	2%	3%	1%	0%	1%	3%
What is your employment status?						
Student	3%	3%	3%	5%	1%	2%
Employed full-time	50%	53%	51%	46%	43%	53%
Employed part-time	6%	8%	4%	8%	5%	4%
Self-employed	6%	6%	4%	4%	12%	6%
Unemployed	4%	6%	4%	3%	2%	2%
Retired	27%	21%	28%	32%	31%	28%
Unable to Work	5%	4%	5%	4%	5%	5%
What is your approximate household income?						
Up to \$34,999	14%	14%	14%	22%	12%	12%
\$35,000-\$74,999	33%	36%	33%	34%	34%	31%
\$75,000-\$99,999	19%	21%	21%	15%	19%	14%
\$100,000-\$199,999	28%	26%	28%	25%	29%	30%
\$200,000 or more	6%	4%	5%	3%	6%	13%
What level of education have you completed?						
Not a College Graduate	71%	75%	75%	73%	61%	65%
College Graduate (4+ YD)	29%	25%	25%	27%	39%	35%
Spend any of your childhood growing up in North Country?						
Yes	74%	65%	80%	73%	71%	79%
No	26%	35%	20%	27%	29%	21%
Anyone who is currently active duty stationed at Fort Drum living in your household?						
Yes	6%	22%	0%	0%	0%	0%
No	94%	78%	100%	100%	100%	100%
Sampling Modality						
MMS Cell Text Invitation to Online	48%	43%	51%	50%	50%	50%
Email Invitation Online	48%	42%	49%	50%	50%	50%
Intercept Survey at Fort Drum	4%	15%	0%	0%	0%	0%
Sample Size (unweighted)	2,991	853	580	339	424	795