


# 2021 Mountain State Assessment of Trends in Community Health (MATCH)

## BERKELEY COUNTY FINDINGS


MATCH is a statewide survey designed to understand the health of West Virginia adults and to match community health needs with resources specifically designed to meet those needs.

Most Berkeley County adults said they were in good health:




Almost **5 out of 6 (82%)** said they had **good to excellent** general health.


More than **1 out of 4 (28%)** said someone in their household was on **Medicaid**, and **1 in 5 (20%)** said they were on Medicaid.



But some also reported physical health challenges:



Almost **1 in 4 (24%)** said they experienced chronic pain.




More than **1 in 8 (14%)** had diabetes.

And not always engaging in healthy activities:



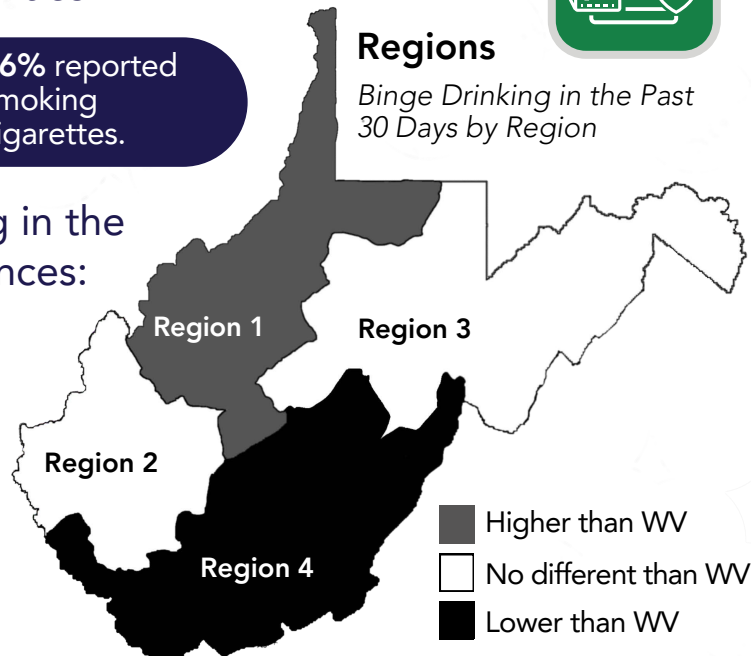
Almost **1 in 3 (31%)** had not engaged in exercise in the past 30 days.



**16%** reported smoking cigarettes.

While some reported unhealthy drinking in the past 30 days, most had not used substances:

- **15%** in Region 3 reported binge drinking.
- **8%** in Region 3 reported heavy drinking.
- **64%** in Berkeley County had not drunk alcohol in the past 30 days.
- **73%** in Berkeley County had not used drugs in the past 12 months.



## Most Berkeley County adults said they had good mental health:



More than **4 out of 5 (81%)** reported good to excellent mental health.

## But also reported economic challenges:



More than **1 in 4 (26%)** reported paying for housing got harder in the past 12 months.



Almost **1 in 3 (30%)** said buying food got harder in the past 12 months.

## And some reported mental health challenges:



About **1 in 3 (33%)** said they had needed mental health care in the past 12 months.



More than **1 in 4 (28%)** said they ever thought about, planned, or attempted suicide.

## YOUR COMMUNITY, YOUR VOICE!

- MATCH survey coming soon...
- At least 88,000 invitations will be mailed. If selected, you will receive a mailed invitation.
- Take the survey to help improve the health of your community.

**988** SUICIDE & CRISIS LIFELINE

If you or someone you know needs support now, call or text **988** or chat **988lifeline.org**.

## But most Berkeley County adults also said they had been asked about their mental health and had received emotional support:



About **2 in 3 (66%)** said a healthcare provider asked them about their mental health.



Almost **5 in 8 (62%)** said they always or usually received the emotional support that they needed.

## Want to learn more about your county's health?

More information about WV and your community is available through the **Data Explorer**. It is free to use and accessible at **WVMATCHSurvey.org**.



**Notes about MATCH:** Between August 2021 and February 2022, the MATCH survey was administered by WVU Health Affairs Institute and funded by the WV Department of Human Services,\* with input from the WV Department of Health,\* to 88,004 adults across all WV counties, and 20% (16,185) responded. The results have been weighted and are representative of all WV adults. For more information, visit **WVMATCHSurvey.org**.

\*Formerly part of the WV Department of Health and Human Resources.