

Community Perception Survey 2018

Q1. In general, how would you rate the overall health of our community?

Answer Choices	Responses	
Very Unhealthy	2.49%	5
Unhealthy	23.88%	48
Somewhat Healthy	57.21%	115
Healthy	15.42%	31
Very Healthy	1.00%	2
	Answered	201
	Skipped	1

Q2. If you said “Unhealthy” or “Very Unhealthy,” please tell us why:

Answered	76
Skipped	126

Responses

Obesity, tobacco, food insecurity

Too many fast food restaurants in our community and not enough fitness places

a lot of people does not make time to exercise

A lot of smokers, Price of gym memberships and healthy food

Lots of overweight people; poverty; not enough access to healthcare or education

I have some weight to lose.

I think a lot of people in Geary County have a hard time finding the energy to exercise especially in the winter.

There are limited Gyms that have courts/work out equipment around.

Everyone (including me) is over weight and/or smokes

Communities infrastructure is not set up for people to walk, run, or transport themselves with bikes

No healthy restaurants in the area, natural living stores,

Lack of fast options for healthier food

To many fast food places and not enough healthy places to eat at

Not enough places to get nutritional options for families. Then you buy fruit and vegetables for the local markets and they don't seem to stay good.

There aren't a lot of healthy options for eating out

Lots of eating out and taking the health option on the menu

we weigh too much

Low socio-economic condition of the community; too many people are struggling to survive with little time / energy for planning / living a healthy lifestyle

Healthy eating choices are limited; pathways and trails are disjointed and unconnected; a very unwalkable and bike dangerous city.

We are a poor community and I think most residents live on fast food

obesity, exercise not part of daily life for many

I worry about the number of people I see using tobacco products and obesity

Obesity everywhere and lack of healthy food options

this area has limited resources and many families struggle to survive and be healthy

too many people still smoking and not eating healthy or exercising

The social and emotional health is of huge concern to me!

Poverty level does not always result in healthy eating choices.

As a new person to the community, I'm not sure what is all available and it's not easy to find out.

High obesity, low physical activity for large portion of population

Lots of obesity, not enough healthy food choices

Need sidewalks for safety

People need to eat healthy. They do not know how or follow what they learned at a younger age

Needs more nutrition ed

Too many overweight and smokers

just look around obesity, stature, can't focus on point of interest, etc.

We don't have enough stores and doctors

Geared to military. Community needs to look at welfare of civilians too

I think there are many that eat nothing but fast or prepared food.

Limited workout facilities. Move existing YMCA to current high school location

Too much obesity. Very few people outside exercising,

Many people in the community either do not have access to food or cannot afford amount of food needed for their family each month.

too many fast food restaurants

Very few health food shopping and eating out options

See overweight people, smokers and consumers of sugar based drinks

Data reflects high poverty, food insecurity, high obesity and tobacco use rates.

Obese, low income and low health care

most of them have state insurance & this does not cover the whole family

A large portion of our community is uninsured or underinsured, and have many barriers to obtaining appropriate healthy resources

We've got a lot of issues with drug abuse that isn't being properly handled. Mental health is a big issue that isn't receiving enough attention or support.

I feel most don't pursue preventive health, instead of waiting for problems to arise.
smokers and fat people

In general JC does not place much priority on good health vs other communities

The number of overweight people you see around town

High rate of obesity, few grocery stores, a lot of fast food restaurants, access to outdoor exercise has improved, but limited indoor exercise, high smoking rate, decreased access to medical services

There are people that are super healthy and people that are very unhealthy and there's a big difference and you can tell that too
not very fit

obesity, poverty, smoking, access to healthy foods, lots of unhealthy restaurants, limited healthy restaurants, limited sidewalks, limited safe places to walk/run/exercise, no large gyms, I work with people everyday that are obese, smoking, eating junk food, not exercising, not taking vitamins, JC doesn't have a healthy vibe - there's limited events supporting a healthy lifestyle

Lot of overweight people in the county.

unhealthy because I feel as if a lot goes on in our community and seems as if nobody cares about what goes on around us. Everyone cares about only their selves and not others.

I said somewhat healthy, I don't really know the overall health of the community since I'm new here but everyone seems to be in decent shape, besides stress.

Poor collaboration with agencies; Hospital is "for profit" and patients afraid to go due to bill; Uninsured and self-pay patients treated poorly if at all by all private providers; thus no motivation/incentive for population to change lifestyle choices. Having fort close, isn't advantage; no records or hard to obtain medical records to assist with population; transient population; trafficking; children not enrolled in Medicaid, parents don't know or don't care; children suffer unnecessarily; adults/community partners who attempt to make a difference are the same ones in every coalition/agency/meeting. There's a lot of talk, little action by same people trying to make a difference. Is it possible to change the health status for a transient population?

High % of persons overweight/use tobacco

I see plenty of obese citizens; most community functions serve unhealthy foods; doughnut shops continue to sprout

Mental health is startlingly poor and there are not many sports opportunities for children nor adults that don't cost an arm and a leg

There is no desire by the community to be healthy. The ones who need to make the biggest changes are in survival mode.

There are a lot of things going on to try to improve the health of the community

I know the numbers

Health data reflects serious issues with the use of tobacco, alcohol, and obesity.

The high number of citizens who use tobacco products

Q3. How much exercise/physical activity do you generally get in a day?

Answer Choices	Responses
60 minutes or more	17.09% 34

30-60 minutes	41.21%	82
30 minutes or less	37.19%	74
None	4.52%	9
Answered		199
Skipped		3

Q4. Please rate your level of agreement with the following statements: In general, my community has sufficient opportunities for physical activity.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	5.53% 11	17.59% 35	30.65% 61	41.21% 82	5.03% 10

Q5. It is recommended that adults eat 1 ½ -2 cups (3-4 servings) of fruit per day and 2-3 cups of vegetables (4-6 servings) of vegetables per day. Do you feel like you're meeting those recommendations?

Answer Choices	Responses
No	51.26% 102
Yes	38.69% 77
Unsure	10.05% 20
Answered	199
Skipped	3

Q6. What are some of the barriers to eating the daily recommended amounts of fruits and vegetables?

Answered	167
Skipped	35

Responses

Can be cost prohibitive for some

Poor effort

Fruits go bad so quickly. Also lunch and breakfast are needing to be quick so don't have time to eat them.

Time and commitment to eating healthy

Laziness

Cannot eat that much along with some meat as I fill up and am uncomfortable

no time

Price of food

too much stress; time and easy access to junk and processed food

LACK OF TAKING TIME TO PREPARE.

cost, not liking vegetables especially kids

Cost

Time

Fruits and vegetables can be expensive.

easy access to fresh foods

Time

Transportation to grocery stores.

Prep time

cost

gastric surgery- have to make sure i get proteins in first

COST

COST

More expensive

Laziness

Busy schedule, lack of cooking routine.

Prep time. Poor habits.

Cost

just don't eat or buy fresh/canned fruit products

finding quality fresh fruits and vegetables in grocery stores

Lack of prep time

Quality and costs. Also limited vendor options

Time

Availability and quickness to unhealthy options

Price

Busy schedule

Cost, availability

Laziness

Time and lack of commitment
Cost and access
Laziness
Personal choice
Cost
One to two cups at for both
Unsure
Price and taste
Lack of quality, affordable fresh produce
Cost
Just having enough fresh options
I don't like the taste
I don't like a lot of veggies. My daughter always eat the fruits before I can get to them.
Not enough time
Not having the funds to purchase them
price
I choose to not eat that much fruit. Fresh food seems harder to get than I'm used to in a larger city.
too much food
Just don't always work them in.
Diet restrictions - low carb/ sugar. Fruit doesn't mix in with diet
expensive and perish rapidly.
Live alone and don't fix big meals
I am never hunger
limited restaurant menus
time to cook
Prep time. Veggies and fruits that are cut and ready to eat are very expensive. Life is soooooo busy
Availability / time
Time constraints and access to a strong produce market. Local options are shabby and generic.
Often to busy to have a sit down meal and grab something on the go. Aware of healthy eating and try to eat healthy
shopping habits, costs, desire
Self- choice
planning and prep time
preparing them
I just don't eat them
Cost of fresh fruits and vegetables
Not enough healthy AND convenient options
None
Not all employers are able to offer both or none- or they choose unhealthy items..donuts, vending machines
I think it would be money and not thinking it is an important part of your diet
Due to surgery I have had issues tolerating the daily requirement, however, I do make efforts to meet the recommendation.

fixing it buying it

I don't like many vegetables.

Trying to avoid sugar, even natural sugar.

Cost of fresh fruits and vegetables as well as places to buy quality fresh foods

Cost

Forgetfulness

Work

Make it a habit. So hard to do!

income and appetite

Nothing

Busy schedule

Don't like most veggies

Price

Cost and access

Availability

High cost, low quality

Not using up fruits and vegetables fast enough

Time

Meat is better

Cheap cost of fast food vs. fruits and veg

Not preparing in advance

Not able to buy this food

Lack of appetite

Fresh fruit is way too expensive and not good.

Location, transportation, too expensive for low income

Keeping items fresh

Time

Flavor

Lack of motivation, picky eater

Time

Time, taste and price

I prefer carbohydrates unfortunately

Fruits and vegetables cost more and that limits amount for other household needs if purchased

Limited fresh market

Cost

Availability of local fruits that are sold

For me it is making choices

Preparation time.

In other families, not enough access or inability to pay.

too many fast food restaurants none of them have a healthy menu

Always on the go and in a hurry, grab the first thing I see
need for preplanning for meals and snacks

Choice; habits of eating certain foods that do not include fruits and vegetables

Access to healthy produce is difficult for some families.

not health conscience at times

cost

money

Busy schedule, commute

time

Time. We're all overworked economic slaves. No one has time to cook decent food or remember to eat. A cheeseburger costs less than fresh produce and takes a lot less time to prepare.

cost, time to prepare

unsure

It is easier or faster to grab a bag of chips

prices too high

No time for preparation

Time, work

Time, gardens, local produce

availability of food stamps

some not good

Always on the go

prices too high

No time for preparation

prices too high

cost - availability in small communities

Money

Availability of local fruits that are sold

eating recommended amounts of vegetables plus some, but not meeting fruit recommendations. We do not have access to a variety of decent fresh seasonal fruits.

some of the barriers are that i might not have it at my house or just not in the mood to eat fruits or vegetables at the time

prices

expense

access, affordability, knowing how to use/prepare fruits or veg, passing on to children that they are "gross", expecting kids to eat fruit or veg at school then blame the school lunch program saying well of course they don't eat them they aren't like the fruits or veg at home when in reality those kids aren't eating fruits or veg at home, lack of education, easier to hit a drive thru on the way home than to prepare a meal & limited drive thru options with fruit or veg

Don't take the time to do it.

Some fruits are too expensive to buy.

Vending machines and easy snacks to eat are carbs

some people might think as if they dont need fruits or vegetables in life so some barriers could be not thinking its important or just plainly not thinking about the food thats good for you.

All of the fast food places

I think it's the fact that I don't have much time to or that my mind is on other things like the overload of school work.

Business- it is more convient to grab something unhealthy

Affordable fruits and vegetables

Money, convenience, habits

Cost and availability.

me making sure that I pack them in my bag for work

frequent trips to purchase items if you want fresh and not frozen or canned

Time

cost and availability especially in the winter months

The stigma of eating healthy, access, cost

Produce selection and keeping fruits on hand.

work

Access to grocery stores where produce may be purchased. Cost of healthy foods is also a barrier for some families.

Affordable access to fresh fruits and vegetables

Q7. Please rate your level of agreement with the following statement: In general, my community has sufficient options for healthy eating.

	Strongly Disagree		Disagree		Neutral		Agree		Strongly Agree	
I have access to fresh fruits and vegetables in my community	1.55%	3	10.88%	21	17.10%	33	52.33%	101	18.13%	35
In general, my community has sufficient options for healthy eating	4.62%	9	28.21%	55	25.13%	49	33.85%	66	8.21%	16

Q8. Do you currently use tobacco of any kind? (cigarettes, chewing tobacco, e-cigarettes)

Answer Choices	Responses	
No	80.00%	160
Yes	20.00%	40
	Answered	200
	Skipped	2

Q9. Are you aware of efforts in your community to promote smoking cessation (i.e. quitting smoking)?

Answer Choices	Responses	
No	22.61%	45
Yes	64.32%	128
Unsure	13.07%	26
	Answered	199
	Skipped	3

Q10. Please rate your level of support for policies that prohibit tobacco use (i.e. smoking and chewing tobacco) in the following settings:

	Definitely not supportive		Not Supportive		Neutral		Supportive		Very Supportive	
Athletic Fields	4.48%	9	2.49%	5	10.45%	21	18.41%	37	64.18%	129
Local Parks	3.47%	7	6.44%	13	10.40%	21	22.77%	46	56.93%	115
School grounds	4.98%	10	1.00%	2	3.48%	7	18.41%	37	72.14%	145
Hospital grounds	4.50%	9	2.00%	4	3.50%	7	19.00%	38	71.00%	142
Worksites	1.50%	3	5.00%	10	14.00%	28	24.00%	48	55.50%	111
Other (please specify)										

Answered
Skipped

Q11. Were you aware of the Pathways to a Healthy Kansas Initiative that is being implemented by Live Well Geary County in your community?

Answer Choices	Responses	
No	38.81%	78
Yes	49.75%	100
<input type="checkbox"/> Unsure	11.44%	23
	Answered	201

Skipped 1

Q12. Age:

Answer Choices	Responses	
Less than 25	9.50%	19
25 - 39	36.00%	72
40 - 54	20.00%	40
55 - 64	17.00%	34
65 or over	17.50%	35
	Answered	200
	Skipped	2

Q13. Gender:

Answer Choices	Responses	
Male	22.00%	44
Female	78.00%	156
	Answered	200
	Skipped	2

Q14. Ethnic group you most identify with:

Answer Choices	Responses	
African American / Black	6.47%	13
Asian / Pacific Islander	1.49%	3
Hispanic / Latino	6.97%	14
Native American	1.99%	4
White / Caucasian	76.12%	153
Other _____	6.97%	14
	Answered	201
	Skipped	1

Q15. Education

Answer Choices	Responses	
Less than high school	5.47%	11
High school diploma or GED	9.95%	20
Some college/Associate's degree	30.85%	62
Bachelor's degree or higher	52.24%	105
Other _____	1.49%	3
	Answered	201
	Skipped	1

Q16. Where / how you got this survey: (check one)

Answer Choices	Responses	
Church	0.50%	1
Community Event	26.24%	53
Community Meeting	3.96%	8
Email	21.29%	43
Facebook or other social media	15.35%	31
Grocery Store / Shopping Mall	0.00%	0
Mail	0.00%	0
Newspaper	0.00%	0
Newsletter	0.50%	1
Personal Contact	7.92%	16
Workplace	20.30%	41
Other _____	3.96%	8
	Answered	202
	Skipped	0