

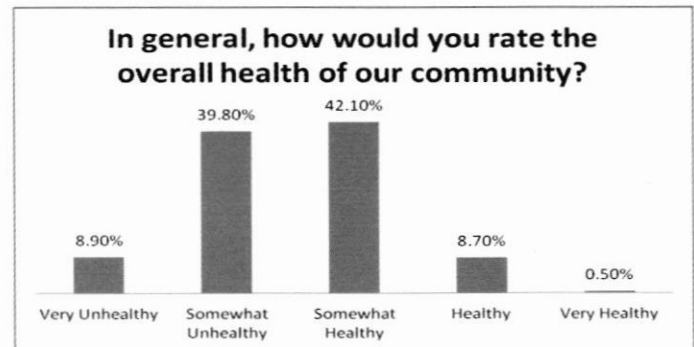
Survey Results Guide Action Toward Healthy Options

In 2016, Healthy Bourbon Action Team conducted a survey to examine the perceptions of Bourbon County community members about the issues of healthy eating, active living, and tobacco cessation. The survey was a part of the *Pathways to a Healthy Kansas* grant that was received by the Healthy Bourbon Action Team in coordination with the Mercy Hospital Community Health Needs Assessment and Improvement Plan. *Pathways* is a Blue Cross and Blue Shield of Kansas initiative.

575 community members took the time to complete the survey. Here are a few key findings from the survey results.

Finding #1: In the Bourbon County community, almost half of the survey respondents rated their community 'unhealthy' or 'very unhealthy'.

Action being taken: The Healthy Bourbon County Action Team is working in areas where community members spend the most of their time-*where we work, eat, and play*-to make the healthy choice an option.



Finding #2: Over two-thirds of our community members disagreed or somewhat disagreed that

our community had adequate street lighting for walking at night.

Action being taken: The schools, worksite and community policy pathways will address ways improve access to outdoor recreation. We are working to complete a bikeability/walkability assessment with PedNet that will include an examination of lighting and sidewalk needs.

Finding #3: Only fifteen percent of respondents agreed or somewhat agreed that restaurants encourage healthy habits and 27.4% of respondents agreed that grocery stores are a place that encourages healthy habits.

Action being taken: We will be able offer incentives to local grocery stores and restaurants to offer healthy options. Sherise Beckham,

Mercy Hospital Dietician points out, "Access to a variety of healthy choices is an essential ingredient to promoting healthy habits."

The community perception survey is key to helping to identify are community's true needs. The Healthy Bourbon County Action Team will focus our efforts on where there is a need in physical activity, healthy eating, and tobacco cessation. Come join the movement with us!!

*For more information about the survey or the Pathways initiative, contact:
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