

# Results from The Everybody Survey



You said it. We listened. Almost 3,000 residents of the Barren River Area Development District responded to *The Everybody Survey* in summer 2007. Here's what you said about the health status of our local population, about your own health, and about our community assets and challenges.

## I. Your Community - Assets and Challenges

**Question 5.** Think about your home county for a minute. If you think about services provided by local government agencies, businesses, and organizations, which are most successful? Which are least successful?

### Most Successful Services

- #1 Good Schools
- #2 Parks and recreation
- #3 Safe water supply
- #4 Garbage disposal & recycling
- #5 Low crime / safe neighborhoods

### Services Needing Improvement

- #1 Roads and traffic flow
- #2 Affordable childcare & activities for teens
- #3 Good jobs and healthy economy
- #4 Affordable housing
- #5 Healthcare & other Services

**Question 7.** Here are some ways that a community can support the physical and mental health of its residents.

Which are most successful in your home county?

Which need the most improvement?

### Community Supports That Need Improvement

- #1 Jobs with health insurance
- #2 Healthy behaviors and lifestyles
- #3 Tolerance for Diversity
- #4 Feeling safe in your neighborhood

### Most Successful Community Supports for Physical & Mental Health

- #1 Religious or spiritual values
- #2 Feeling safe in your neighborhood
- #3 Opportunities for community involvement or volunteer work
- #4 Family support for each other

## II. Health Issues Within Your Community

**Question 10.** Which of these are the most serious health problems in your home county?

*Most serious equals those problems that have the greatest impact on overall community health.*

| Most Serious Health Problems |   | % Who Chose It |
|------------------------------|---|----------------|
| #1                           | <b>Overweight / Obesity</b>               | 78%            |
| #2                           | Alcohol & drug addiction                  | 72%            |
| #3                           | Heart attack, stroke, high blood pressure | 60%            |
| #4                           | Cancer                                    | 58%            |
| #5                           | Diabetes                                  | 41%            |

| We Should Improve These Problem Health Behaviors |                              | % Who Chose It |
|--|------------------------------|----------------|
| #1   | <b>Alcohol or drug abuse</b> | 62%            |
| #2   | Not enough physical activity | 50%            |
| #3   | Tobacco use                  | 48%            |
| #4   | Poor diet                    | 44%            |

**Question 11.** These health behaviors are related to some common health problems. Those health problems can lead to early death, disability, family suffering, cost for care, and the overall economy. Which should we work to improve in your home county?

**Question 12.** Here are some factors related to injury. Which are the most serious safety problems for people in your home county?

| Most Serious Injury Risk Behaviors |                                       | % Who Chose It |
|------------------------------------|---------------------------------------|----------------|
| #1                                 | <b>Drunk and drugged driving</b>      | <b>75%</b>     |
| #2                                 | Unsafe driving (speed, distractions)  | 70%            |
| #3                                 | Drug related violence                 | 52%            |
| #4                                 | Unsafe roads (traffic, hills, curves) | 44%            |
| #5                                 | Domestic violence                     | 40%            |

| I Worry About These Environmental Health Risks |   | % Who Chose It |
|--|---|----------------|
| #1   | <b>Diseases from mosquitoes and ticks</b>                                     | <b>67%</b>     |
| #2   | Molds   | 59%            |
| #3   | Food poisoning illness (at home, in restaurants, from ready-to-eat groceries) | 52%            |
| #4   | Groundwater pollution from failing septic systems                             | 42%            |
| #5   | Radon   | 38%            |

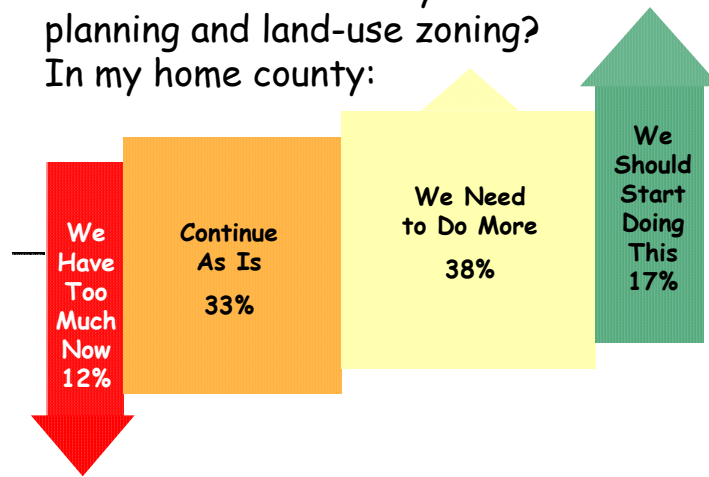
**Question 13.** Do any of these environmental health issues concern or worry you?

**Question 14.** Which of these environmental health behaviors should we work to improve in your home county?

| We Should Improve These Environmental Behaviors |                                   | % Who Chose It |
|---|-----------------------------------|----------------|
| #1  | <b>Illegal dumping of garbage</b> | <b>68%</b>     |
| #2  | Second-hand smoke                 | 65%            |
| #3  | Unsafe food handling practices    | 62%            |
| #4  | Industries polluting the water    | 42%            |

**Question 15.** Community Planning and Land-use Zoning.

What about community planning and land-use zoning? In my home county:



### III. Physical Activity Facilities

**Question 33.** Does your home county have enough of these physical activity opportunities available?

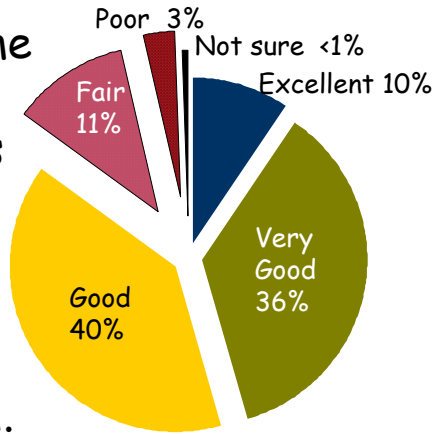
| We Need These Physical Activity Opportunities... |                                | % Who Said It |
|--|--------------------------------|---------------|
| #1   | <b>Sidewalks</b>               | <b>67%</b>    |
| #2   | Bicycle paths                  | 63%           |
| #3   | Walking or hiking trails       | 59%           |
| #4   | Community swimming pools       | 49%           |
| #5   | Dancing                        | 38%           |
| #6   | Horseback riding facilities    | 36%           |
| #7   | Health/fitness clubs           | 34%           |
| #8   | Places for yoga, tai-chi, etc. | 32%           |

## IV. Your Personal Health Status

**Question 17.**  
 Would you say that in general your health is:

Excellent  
 Very Good  
 Good  
 Fair  
 Poor

Across the BRADD, some 14% of respondents described themselves as being in 'fair or 'poor' health.



Fair or Poor  
 U.S. average = 15%  
 Kentucky = 23%  
 BRFSS survey, 2006

| I've Been Told That I Have...                        | % Who Said It |
|--|---------------|
| <b>#1 Overweight / Obesity</b>                       | <b>33%</b>    |
| #2 High blood pressure                               | 28%           |
| #3 Arthritis   | 22%           |
| #4 Hearing / Vision Loss                             | 15%           |
| #5 Risk factors for stroke or heart attack           | 14%           |
| #6 Lung Disease / Asthma                             | 10%           |
| #7 Diabetes  | 9%            |
| <i>None of These (a total of 11 diseases listed)</i> | <i>33%</i>    |

**Question 18.** Have you ever been told by a doctor, nurse, or other health professional that you had any of the following chronic illnesses?

**Question 19.** How many days in the past month were you not able to work or do your daily activities because of illness?

More than one in six respondents said they had been unable to perform daily activities at least one day in the past month due to illness.

