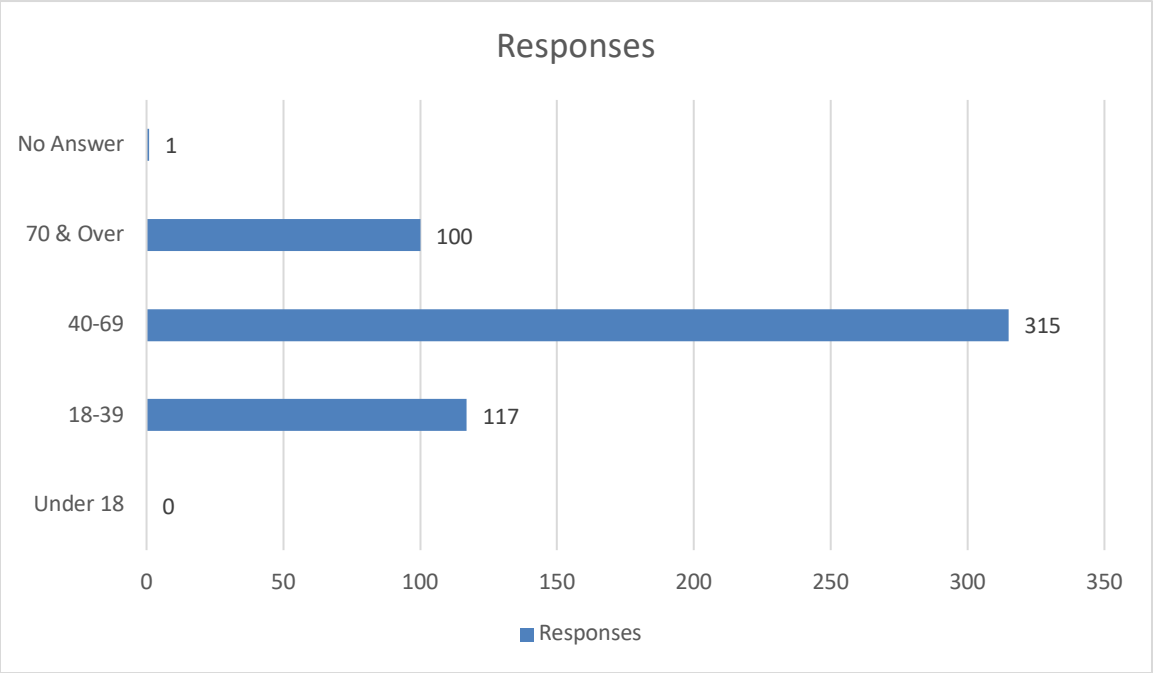


2020 COMMUNITY HEALTH ASSESSMENT SURVEY RESULTS

533 Total Responses
Survey Period was 5/18 to 5/31

Note: Calloway County Health Department is not responsible for the comments made in this document which were provided by the general public.

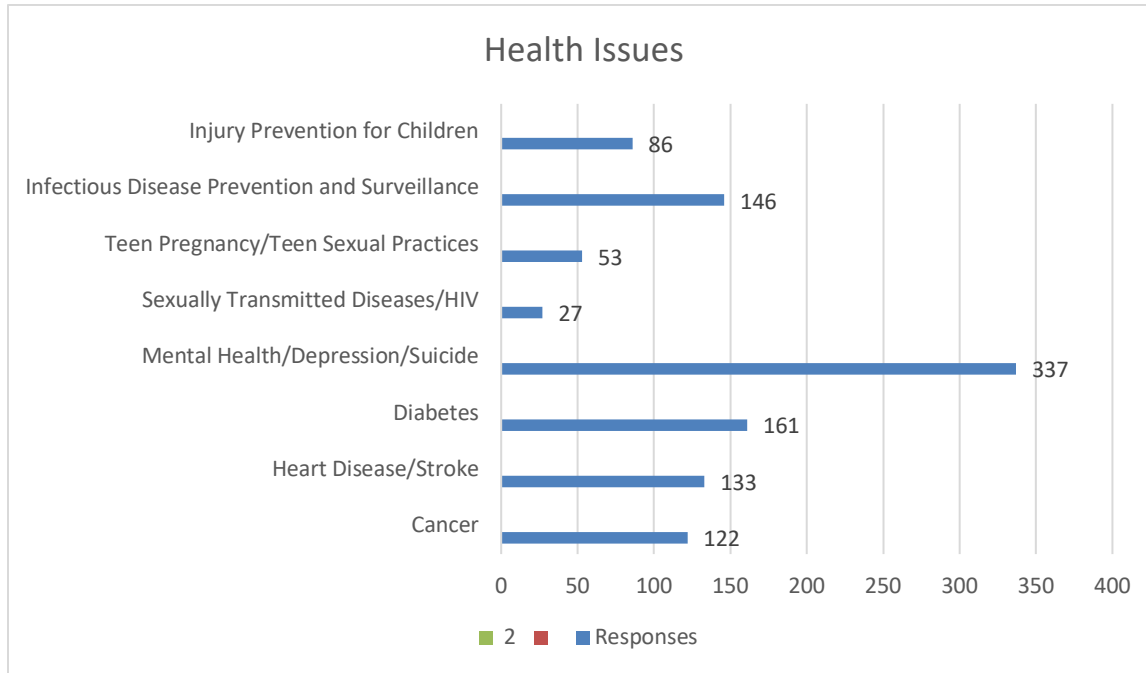
What is your age:



What is your estimated total household income?

Less than \$20,000	51
\$20,000 to \$49,999	147
\$50,000 and over	267
Prefer Not to Answer	63
No Answer	5

In the previous survey, obesity and substance use (drugs/alcohol/tobacco) disorder were identified as top concerns. Select two additional health issues that need to be addressed:



Other:

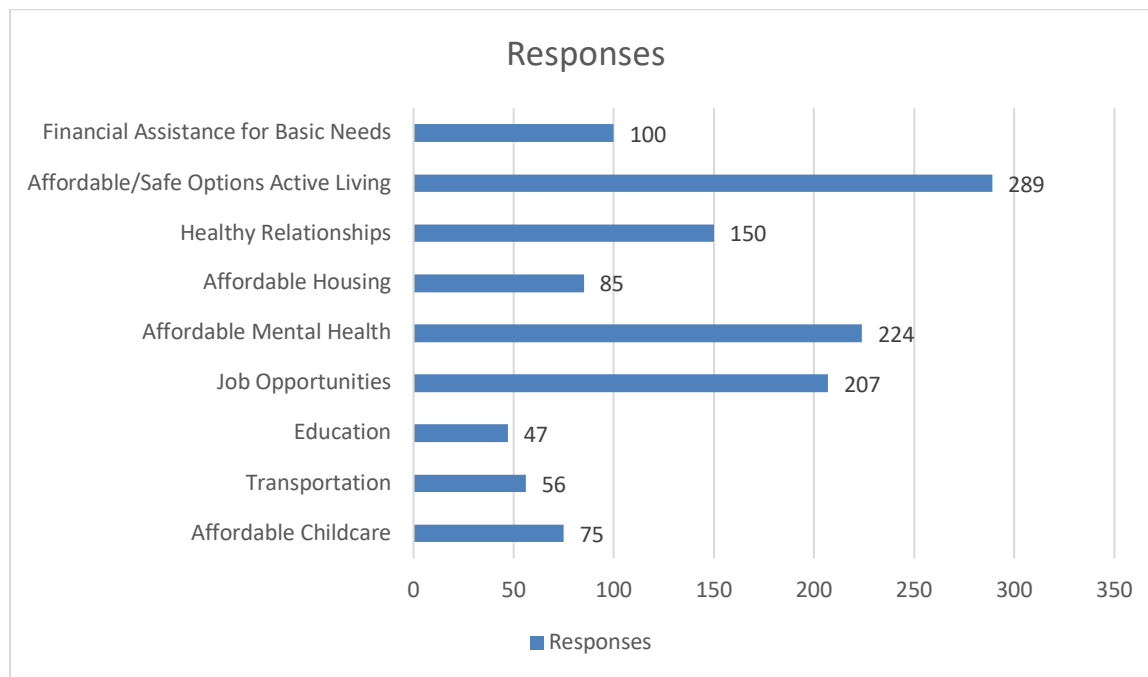
Childhood vaccinations, Juuling/E cig dangers, Covid-19, Alzheimer's/dementia, Low immune systems, Obesity, Ways to properly workout without causing injury, Pre existing conditions, Abstinence, Government intrusion and excessive taxation, COPD, Psychiatric services (not group therapy), parkinson's, Chrones disease, dental for disabled and social security, Allergies/Asthma/Breathing problems, do not approve of abortion(taxes for),

Select the top 2 issues below that negatively impact health in Calloway County:

Level of Substance Abuse	247
Level of Family Structure/Nurturing Environments	146
Lack of Walking/Biking Areas	89
Changes in our Economy	172
Lack of Fresh Food Availability/Healthy Food Vendors	39
Lack of Education or Awareness on Health Issues	54
Limited Mental Health Care Services/Providers	204
Lack of Personal Values/Accountability/Character	110

Comments: No access to parks/pools, too many programs that enable poor behavior, too many taxes, fear of COVID, level of substance abuse and lack of consequences, poverty, lack of acceptance for minorities (LGBTQ, people of color, differently abled people), no psychiatric services, “This town is clickish they treat others like they don’t belong here”, refusal of medical help based on lack of health insurance

Select the top 3 areas below that would impact your life in a positive manner:

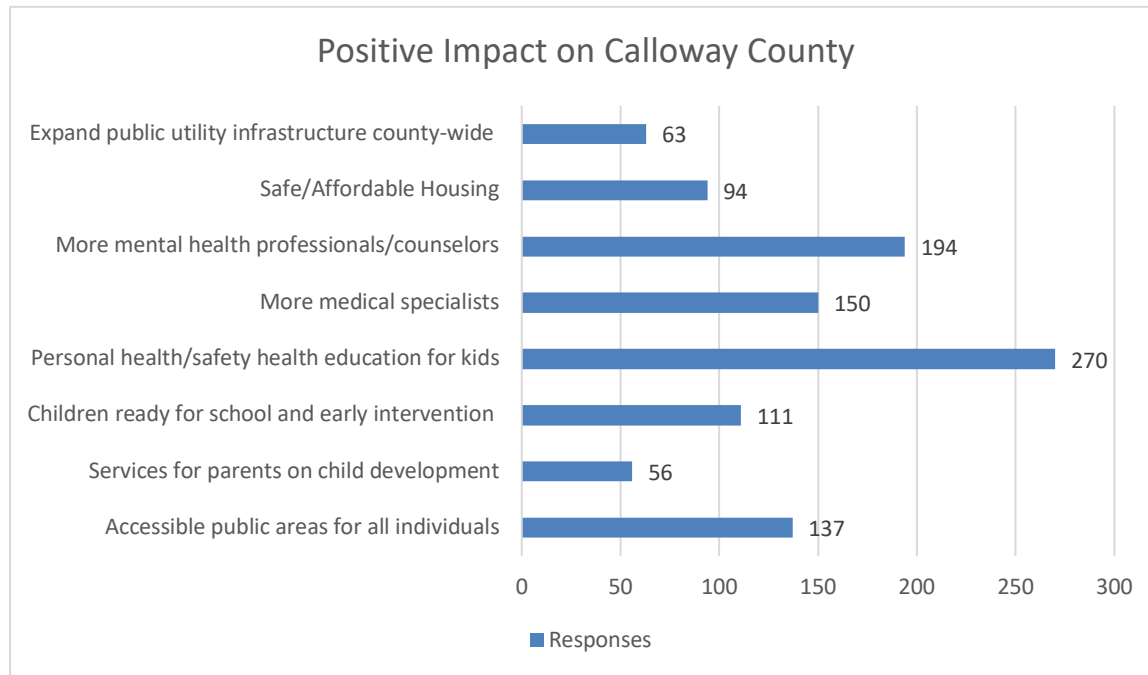


Comments:

Less Big Government, Less public assistance, less tax burden, increase homestead exemption tax for senior retirees, affordable health insurance, cheaper healthy foods, affordable prescriptions, bike lanes and education for motorists, more art/music events, more deliver/curbside, online options with local businesses,

more senior citizen services, more affordable quality medical services, access to affordable assisted living, healthier restaurant options, clean up the downtown area, smarter less political government leaders, affordable assistance to help seniors stay in their homes, dental, access to basic utilities, better rural county roads.

Select 2 areas below that would positively impact the health of Calloway County:



Comments:

- Help for those on social security and affordable housing for seniors
- Quality/affordable childcare for those that don't "qualify"
- More biking/walking areas/enhanced physical activity programs for all youth
- Less Big Gov't/less government intrusions
- Need ENT physicians/dermatologists/Endocrinologists Doctors that are willing to see patients because they need help
- Lower high sewer bills
- Teach personal responsibility
- Better paying jobs
- County wide internet/Free WiFi availability
- More Psychiatric help
- Dental for disabled
- Expand natural gas
- More money and support for DCBS

What do you think is the biggest barrier for people to improve their personal health?

(NOTE: Took all the comments and categorized them by main subject.)

Lack of Money/Financial Resources/Costs of health care visits-prescriptions/Costs of insurance/ Costs of Healthy Foods and Gyms/Lack of Employment that has health insurance/Poverty/Economy/Politics

Lack of county wide utilities:

Lack of time

Lack of good paying jobs/poverty

Lack of health care providers/specialists/wait time of seeing a specialists/lack of knowledgeable doctors/ Access to licensed therapists or counselors/Doctors that are willing to treat patients Because it's what they studied and it's the right thing to do Instead of just signing in to whatever health network is going to compensate them the most for all of their efforts in the medical field/ Working with physicians to be more focused on listening to patients and giving them more time to meet with the patients they see."

Lack of pain management. Docs seem scared to even prescribe pain management for neuropathy never mind the rest."

Poor eating habits/Personal culture/People see so many others that are obese that it is becoming the norm and so they don't see any incentive to try not to overeat.

Lack of knowledge/education/access/awareness of physical health resources at all age levels.

Personal Decision/Attitudes/Willpower/Habits/Fear/Afraid to Change

Fear of large medical bills/debt

Lack of physical activity/Lack of sidewalks/bike trails/Limited physical activity options for families to do together outside/lack of playground equipment for all age groups/bike routes/ Need to put more community dollars in to the Park system/There are no sidewalks in residential areas that aren't immediately down town/lack of outdoor facilities with ample parking

Lack of stable, affordable housing

Lack of personal transportation

The prevalence of social media, virtual games, and tv

Racism

No incentives; No help to break habits

Drug abuse/alcohol/tobacco/ Need for community-based rehab centers

covid closures

Too many fast food restaurants

Lack of confidence/Lack of support/ Uneducated parents/Need for health coaches/Being ashamed and/or embarrassed to admit they need help.

Culture of shame and toxic family structure/Difficulties in developing communal support networks/Listening to wrong advice/sources

Laziness/Lack of Discipline/Lack of self denial/Need for instant gratification/Complacency/Have a closed mind/"Me" attitude

Mental health/depression/low self esteem/overly stressed/low coping skills/So many people I know in Calloway County struggle with depression and then fall into substance abuse. I believe if we had more programs, led by addiction survivors, in Calloway, we might be able to curb that problem.

"Maybe a county wide weight loss program would be a good idea."

"Lack of stable income and sometimes government assistance (due to lack of motivation). When people do not have a job and feel good about their daily work/life, have a good routine with stable income, they do not prioritize healthy choices (food, exercise, health promotion and disease prevention). They continue in survival mode and do not see an end in sight. Getting people off government assistance and back to work is extremely important. If not, it becomes cyclic."

"It seems to be almost an hereditary slant towards unhealthy eating and habits. I know farmers who don't smoke yet grow tobacco. There is a disconnect between what folks know to be fact and what they do. Why is that?"

"Ease of access to medical, dental and mental health clinics. In my experience lower income people sometimes find accessing these services to be complicated and mystifying."

"Lack of resources that don't have a bad or questionable reputation. This pertains to physical health, mental health, spiritual health, etc. It mostly applies to minorities in our community, especially LGBTQ people, people of color, differently abled people, and even more the intersectionality of persons who cross over with multiple minority statuses."

"I recently moved to Murray and built a new house only 4 miles away from MSU. I was "thunder-struck" when i discovered my road had NO access to water, telephone, cable, or the internet. There are children and families in East Calloway living w/o water and electricity...how can a human being be healthy w/o the basic necessities to survive?..."

"Poverty - when looking at the root cause of most health issues, poverty is the contributing factor. Can do so the health education you want but unless you're able to provide the basic needs according to Maslow, nothing will change. Collaborations between Chamber of Commerce, Economic Development, Health Department, Transportation, and Non-profit organizations needs to occur in order to better serve our families in poverty to provide them the resources to change their situation - better jobs, expanded transportation routes, more affordable housing, better access to fresh produce, having a sense of belonging, etc."

“We are told as obese, unhealthy people to eat healthy, to make healthy choices. All of the so called healthy foods are the most expensive things in the grocery stores! I can buy 2 or 3 cans of spaghetti sauce, a box of noodles and some cheese for \$5 to feed my family of 4. I can't buy anything that would feed us that is healthy for that same amount. There HAS to be a better way! Those of us that want to eat healthy can't!”

“People in this area is clickish and they treat people like sh@# I grew up here I moved away for 13 years and came back this is when I realized how me and my children was not accepted and bullied and how teachers bully too cause a child has more money than the other they won't discipline them.”

“Cost of medical services and medications, insurance with high deductibles. When your budget is tight people choose to put off seeking medical care until things reach a point that they have to go to the doctor instead of going when the issue first arises and could possibly be treated easier and less expensively but paying 5000 or more out of pocket before insurance covers anything is a big incentive to just tough it out and hope you get better.”

In order to prevent HIV/Hepatitis C, prevent an opioid crisis in our county, and reduce the number of non-sterile syringes/needles in public places, would you support the establishment of a syringe exchange program at the Calloway County Health Department that would provide people who inject drugs with sterile syringes, HIV/STD testing, counseling on safe practices, treatment options, and community resource referrals?

Yes	294
No	96
Need more information	133
No answer	10

Comments:

No syringes! That will encourage more drug use/addresses the wrong part of the problem/enabling, needles should be used by trainer personnel

No syringes w/o counseling/ treatment, mandatory mental health counseling

Include syringes for diabetics, place for safe disposal of needles

Absolutely not/hell no/If they are stupid enough to take drugs let them die don't spent my tax dollars feeding their habit!, support at the jail, as in arrest them.

At some cost to them would be nice, taxpayers shouldn't have to pay for everything for people wanting to do this crap with their life.

Encouraging treatment instead of incarceration.

Legalize marijuana

To reduce the harm that addiction/substance use causes, select your top 2 methods that would have the greatest impact:

More substance abuse prevention education programs for elementary age children	28
More substance abuse prevention education programs for middle school age children	84
More substance abuse prevention education programs for high school age children	53
More education for all ages about addiction	224
More awareness about available treatment options for those seeking help	165
Better restrictions on the number of prescription pain killers that are ordered by medical providers	104

More support for youths living in a home with an addicted parent/sibling	180
More education about HIV and Hepatitis C	16
More after-school programs	60
More education about the dangers of vaping/e-cigarettes	88
More parent education about recognizing early warning signs of substance abuse	119

Comments:

Help people on social security

More mental health and coping skills, mental health-Hit it at the root, fix the issue causing people to turn to addiction, not controlling how they get their drugs.

Better & more affordable education/counseling reaching those who doesn't necessarily seek help maybe even through employers

More Jail, harsher consequences for offenders

Return to Biblical values and away from government interference, I give up..some just don't care..

No same sex marriage, get back to biblical morals and values, morals, hold professional educators more accountable

Reduce the number of children being born into these environments. Need to emphasis stable 2 parent homes.

More substance abuse treatment, destigmatize addiction

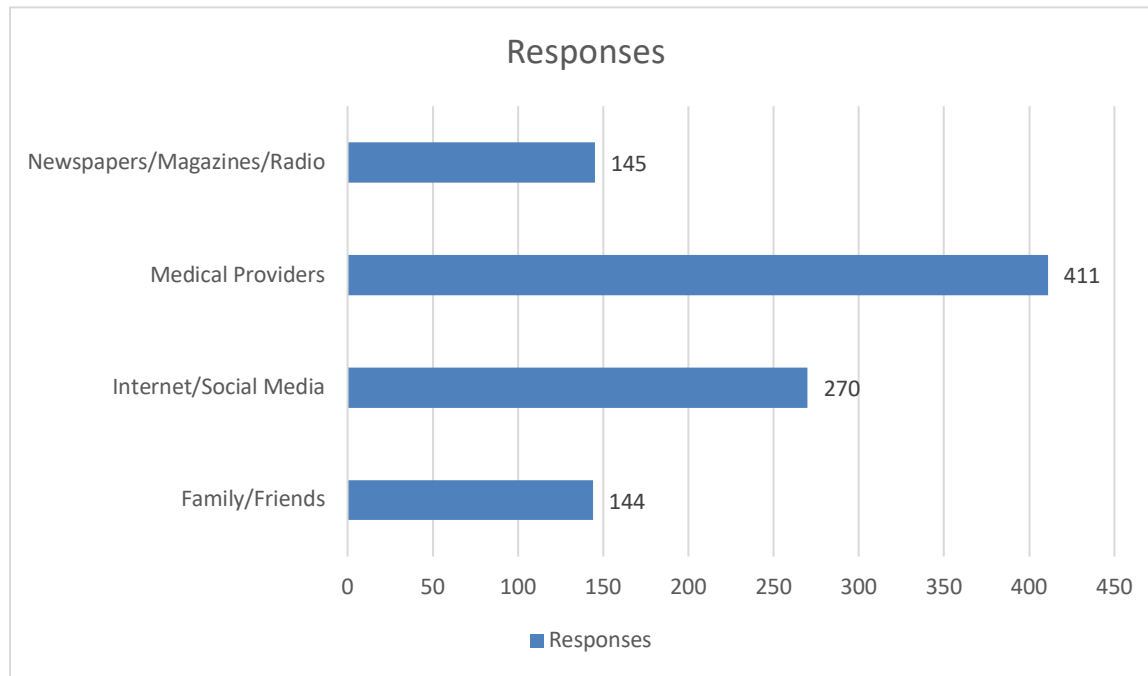
Open advertising for AA and other free programs, Mutual aid programs

Referral to therapies for pain management, For doctors and others not to treat everyone as drug seekers

Legalize Marijuana Statewide/relaxed alcohol restrictions has shown to reduce larger drug issues such as meth addiction

Affordable after school programs

Where do you get your information about health?



Comments:

Reading medical publications, Scholarly research, personal research, Bible

Professional development, Own medical background, own education, friends who are medical providers

If you have any other comments/suggestions about improving the health of Calloway County, please share in the space provided:

Character/Morals/Responsibility/Family:

- Need to empower the citizens to take responsibility for their own health and wellbeing by educating them on where and how to seek care/advice.
- We face a crisis in our culture in that we "Medicalize or victimize" the ultimate lack of personal responsibility and values. Programs cannot eradicate this vacuum. Education, while important, cannot substitute for inculcation of honor, responsibility, empathy, honesty and work ethic. I fear our society and culture is on a continuing downward spiral in which govt programs are merely well intentioned bandaids on fatal hemorrhaging.
- Find a way to make parents responsible for taking care of their children!
- I am concerned about family values and the fact that there is so much violence around us.
- More family involvement activities would be a great idea to bring families in and provide information for resources for families

Financial/Governmental:

- Less taxes
- Better Pay
- Provide our seniors with lower prescription prices and healthcare costs.
- Quit taxing working people to pay those too lazy to work and quit teaching those with problems to be victims
- Quit paying those who are able to work not to
- Revamp the Welfare system.

Health Education/Healthy Living/Active Living:

- Community garden opportunities and working with local farmers to provide food to those most in need.
- Wider roads with ample shoulders or bike/walking paths into the county not just downtown
- Sidewalks/bike paths
- It would be great to have safer opportunities for cycling in Calloway County. Bike lanes in Murray would help, as would additional signage and education for motorists. Drivers should understand that bicycles are vehicles that have the right to use the roads they use, and they must respect the safety of cyclists. A county wide leash law would also help protect cyclists.
- Most classes and extra things the county offers are during the day when parents work or right after school when we are still working
- More health education----very important!!!!!!
- Need affordable physical activities for all age groups including the elderly in our community
- Place benches in different areas to encourage people to walk more. Many people need to take breaks during a walk. Knowing that benches are available would encourage more people to use walking areas.
- Take a look at some of the healthiest communities across the nation and work to bring some of their ideas to our community.
- More restaurants serving healthy food.
- Think because of all the changes children and older adults will have to be re-educated and given safe areas to interact-learn to interact.
- Health is a personal decision. The lifestyle habits of many here are overeating, eating the wrong kinds of foods and lack of exercise. We have all the resources we need here, it's just the personal responsibility of each family to want to use them. Education the youth, in my opinion, at least starts the newer generation on a possible better path. Walking trails don't matter. You can walk anywhere. We have plenty of food here, choices are the key. Again, it's personal decisions and I appreciate the health dept having the heart to educate. That's so important."
- Areas in our community that promote activity especially programs for teens.
- Healthy Living is expensive and there are no programs, resources, interventions, alternative health providers, outside of schools & their resources for parents and children; and none for other populations of individuals who would be healthier if they actually had the money to do so and were encouraged and supported in changing their cultural habits.
- We must do a better job of educating folks about eating habits and smoking. Obesity and smoking are areas that need focused attention.

Education/School Issues:

- Better education
- It's simply all about education.
- More Education/volunteer opportunities
- Start programs in middle or elementary school. High school is too late to learn about these things!
- We have a huge problem in Calloway schools of kids bullying, cutting and attempting suicide. This has GOT to be addressed!!!!!! 7th grade girls are cutting themselves and teachers/counselors know but are not reporting. This is not ok. Mental health counselors are not returning calls or readily

available to children. This is also a huge problem. We need the community to come together to push for more resources at school and for accountability to teachers/principals/school board members. We need more activities for all kids with focus being put towards each activity, not just football/basketball.

- Provide a nurse for every school.
- More life skills being taught in the school system (stress management, money management, keeping yourself safe, bullying, cooking, gardening, sewing, health education, mental health education).

Substance Abuse:

- More substance abuse resources
- Legalize medical marijuana
- The lack of consequences and the lack of fear for being caught, even repeatedly, fuels the rebellious attitude of doing the drugs as well as selling the drugs.... they have a very small concern with being caught because they know that in the end there is basically no consequences.
- Addicted parents would need to be held more accountable. Some parents just don't need to have their children in their care. I work with at risk families and these parents can't, won't, or don't know how to not inflict their bad choices on their children. Any resources and mandatory free parenting classes for teens and at risk parents would be great.
- Increase in police presence to deter the drug cookers and dealers couldn't hurt.
- I believe that a lot of people that live here don't recognize or realize how many people in the community are affected by addiction, they don't believe that drugs are an issue in Murray. There needs to be more awareness and resources available for the general public.
- I've noticed that while in transition, many people need a place to go after being arrested, released from the hospitals, etc and it seems there's no places for them to go. I'm not suggesting we build an extravagant house, but I think the city could consider purchasing a house to turn into a transitional halfway home.
- Education regarding substance abuse/addiction will have very little impact. Those of my friends & family with these types of issues are already well aware of the end results of substance abuse & they do it anyway. Resources will always be limited for fighting substance abuse. We need methods that work.
- I believe mental health is failing amongst the youth in this area. I would personally love to help talk to people who are struggling because I know what it's like. I don't know who reads these, but I hope that my responses are carefully read.

Healthcare Needs/Community Resources:

- Free birth control to prevent so many people having children that don't want to take care of them because they would rather take drugs!
- Make it more difficult to get cigarettes/e-cigs-higher taxes
- Free cancer screenings of all kinds/other free health care screenings such as checking your heart/dental/eye care/ bloodwork.
- More mental health
- Access to vaccines, preventative care, mental health services
- Hire better & knowledgeable doctors.
- The biggest problem for Western Kentucky no real Psychiatrists! You end up in group therapy or seeing an addiction counselor if you are an addict or not. You can move into this area and have a reoccurrence of an old problem, know what meds you need but not be able to find a doctor that knows enough to prescribe the meds you know you need. That is just plain awful and wrong.
- We need to come up with a way to reach out to those who may not necessarily recognize a problem with addiction and/or mental health issues

- I think just letting people know what programs are out there for any person in our population. Those with private insurance end up getting a lot of out of pocket cost that they cannot afford. They end up having to choose do I get my medicine or food at times. Especially those with limited incomes. I have been a resident of Calloway County and am not aware of some of the programs that are out there. Thankfully my family is very lucky. However, we may know someone who could use a program and could help them find out about it to get the assistance they need.
- How about an article on health issues, facts about the selected subject. In short, informing the public on the selected subject of the month. The information needs to come from the expert of the selected subject. This could be on a weekly or monthly article on the newspaper. I would have loved to see articles on the hospital's readiness for the epidemic we are going through at the beginning of the epidemic so that we would be psychologically more ready.
- We need more health professionals who aren't racist, sexist, and homophobic. If you're not a white man, it's hard to get appropriate care.
- Calloway County needs some type of education and support program on birth control to reach mothers who have babies year after year and those babies are removed from them after each birth.
- More public awareness of where to take unused or leftover prescription drugs and insulin syringes/needles to dispose of them
- Preventative education
- I cannot stress the need for low cost dental care for people on medicare

General/Health Department/COVID:

- Thank you for providing the opportunity to share opinions on matters affecting our community.
- My understanding is that we are told to use bleach to clean surfaces to keep from spreading Covid-19 and we are now being told by the Experts that the pool in the wellness center won't have classes because we might spread the Virus. I would have thought that the pool would be one of the safest places since you are in water with bleach in it and are breathing the fumes. So, I'm now to assume that chlorine works everywhere but the pool at the wellness center against the virus.
- So many of our programs are gender race age or income specific for the people that they can help. Why not make the treatment of whatever is the reason people seek medical help be the first thing that a receptionist guides them into instead of payment options. This is strangely true even at the health department which is simply a matter of fact and not merely a criticism although be sure it is a criticism of the system but not one personally directed at any individual working
- I believe it would be helpful if you could ask people that you find with Covid if you could share their name with their permission. I bet they would say yes if it helped others. If not, then the places that they shopped, went to church or have eaten. I say this because sometimes the sick person might not remember exactly who they were around or where they had been. BUT if they allow you to post their name with their permission, anyone that KNOWS they were around that sick person can get tested. Thank you for trying to keep everyone posted as knowledgeably as possible.
- I've never filled out one of these surveys before, but I guess you've asked the public to participate in the past. I filled it out b/c I saw the ad in the newspaper. // I know the health dept. has been busy with the COVID-19 but I am wondering what the plans are for ongoing measures to keep our numbers down.
- Figure out the funding at the end of whatever it is that people needed help for I was turned away at the health department at walk in clinic at the Murray medical Associates for something basic that I need an antibiotic for but didn't have the exorbitant amount out of pocket to be seen and was only able to be seen because COVID-19 meant that nobody wanted to touch anybody else's money or cards so now I just have a bill. The irony is that it's possible what I need to be seen for could've been Covid related and now nobody May know"
- A restaurant is stating they will not be requiring their employees to wear masks during their shifts. Please follow through to see if this follows regulations given to restaurants.

- Our health department does a good job in communicating information to residents. It would be helpful if people would pay attention. Greater Ledger and Times readership and internet communication....FaceBook etc..
- Love our Health Department!
- We need more resources. More mental health options with more availability. More access for people of all ages to get help with mh and addiction.
- Health Dept needs to be more accessible. The atmosphere seems to be for low income clients only. Resources should be for everyone in County.
- Keep the appointment times at the Health Department. Not once have I been there and not waited an extended time past my appointment time. It could be 30 minutes or 2 hours, you never know what is going on.
- Thank you for the hard work of the local health department. Public health is challenging but also very important.
- The Calloway County Health Department has been doing an excellent job of keeping the public informed during the Covid-19 pandemic and their diligence with tracing contacts from the cases we have had in our county has helped tremendously to keep our infection/death rate to a minimum. Your efforts are appreciated!!
- Thank you for caring. Keep up the good work.
- Bridging the gap between those that need/use health department programs and those that don't.
- You all do a FANTASTIC job, and most especially during the Covid-19 epidemic.
- Thank you for this opportunity to participate.