

**STEVENS COUNTY COMMUNITY ASSESSMENT  
SUMMARY OF KEY INFORMANT INTERVIEWS**

1. What are the factors that currently have the most negative impact on the health of the residents of our 3 counties?
  - Unhealthy lifestyles
    - Living a busy pace and the associated stressors
    - Making poor choices regarding diet, exercise and use of ATOD
    - Ready access to affordable fast food options
    - High cost of healthy food options, physical fitness facilities/classes
  - Mental health issues - II
    - Increase in group home residents
  - Use of alcohol and other drugs
    - Often but not always associated with mental health issues
    - Negative influences of drugs, alcohol in high schools and colleges
  - Lack of health insurance
  - Poverty – II
  - Language barriers
  - Lack of transportation
    - Current public transportation options limited in hours of service and availability
    - Long distances to travel to health care providers
  - Obesity
2. What motivates people to make healthy lifestyle choices?
  - Incentives
    - Reduced insurance premiums
    - Employer-sponsored gym memberships
  - Group activities
  - Concern about future health status
    - Motivated by desire to feel good and live longer to enjoy families
    - Recent health scare by self or family member
    - Getting a “second chance” after an actual health event
  - Positive role modeling and support
  - Access to healthy food, exercise options - II
  - Doctor’s order
  - Negative family hereditary factors
3. What about this community makes it easier for people to choose healthy lifestyles?
  - Access to exercise facilities
    - Regional Fitness Center, Snap Fitness - IIII
    - Bike trails- IIII
    - Ability to utilize school facilities for walking
    - Mandatory Physical Education in the schools
  - Peer pressure to be physically fit

- Access to healthy food options
    - WIC program
    - Nutrition stores (Food Co-op) - II
    - Access to full service grocery stores
    - Farmer's Markets
  - Strong health care providers
    - Public Health, Home health services are coordinated
  - Safety
    - Safe for biking, walking
4. What's lacking or missing in this community that encourage healthy lifestyles?
- Commitment to the community
    - Number of people that work in the community but do not live in the community
  - Service gaps:
    - Detox unit
    - Transportation
    - Volunteers
    - Drive-through eating establishments with healthy food options - II
    - Access to variety of fresh foods (meat and produce)
    - Nutrition counselors in the grocery stores
  - Individual motivation
    - Do not prioritize time
  - Facility gaps:
    - Outdoor pool – III
    - Bike rental program
5. If you looked ahead, what will be the greatest health risks?
- Workforce Issues
    - Shortage of qualified health care workers
    - Lack of compassionate workers to care for the elderly
  - Stress
    - Time constraints; excessive demands
  - Drug and alcohol use
    - Tobacco use
  - Health related conditions:
    - Antibiotic resistance
    - New flu strains
    - Affects of obesity
    - Negative effects of diet foods and artificial ingredients
  - Global warming – Changing weather patterns
  - Changing demographics
    - Aging population
    - Increase in non-English speaking population/language barriers
  - Inadequate state and federal funding
  - Probably same as now: Mental illness and drug/alcohol use
  - Need to travel out of town for health care