

# **Mono County Health Survey Results**

May 2014

Thank you to everyone in the community who took time to complete the Mono County Health Survey. There were over 150 responses coming from individuals residing in all parts of the County and working in a variety of fields. The following was evident from the survey results:

1. Some community members have a difficult time obtaining dental care.
2. Residents believe that overweight and obesity is a local concern and should be addressed.
3. Some local infants are put in unsafe sleep environments, increasing the risk of Sudden Infant Death Syndrome (SIDS).

Below you will find the condensed version of survey responses addressing what can be done to improve these three areas. The responses are not weighted or prioritized, rather similar ideas or themes are grouped together by bullet point. The next step will be to meet with other organizations and agencies to determine which of these recommendations can realistically be implemented taking into account local capacity, funding, and resources.

## **Dental Care**

45% of survey respondents knew someone locally who was not able to receive dental care in Mono County when they wanted or needed it. Suggestions on how residents could obtain the dental care they needed include:

- Universal, affordable dental insurance with better coverage.
- Reduce barriers for low-income individuals to obtain dental insurance.
- Transportation to go to the dentist, mobile dental service that travels up and down Hwy 395, or a dental clinic one day a week in Bridgeport.
- Dental checkups for children in school.
- Locals discount or coupons for dental services.
- Payment plan options, fees based on a sliding scale, or low cost dental financing.
- Free service days offered either by local providers or dental students which include exams, cleanings, treatment, and urgent/emergency services.
- Travel out of Mono County for less expensive services: Hawthorne, Carson City, Bishop, Mexico.
- Increase public awareness of local services available via the schools, pediatric offices, and local media, and the importance of going to the dental office twice a year.
- Provide dental hygiene education in schools including the consequences poor oral hygiene.

## **Overweight and Obesity**

78% of survey respondents believe that overweight and obesity is a concern in Mono County. Ideas for encouraging healthy lifestyle choices (like eating nutritious foods and exercising) or how to reduce local rates of overweight and obesity include:

- Have events with fun, interactive activities for all-ages and awards for participating.
- Offer community classes or on nutrition, cooking, gardening, or local agriculture/farms.

- A weekly support group with a nutritionist to provide suggestions for meal planning, shopping, and food choices.
- Provide education to families regarding no soda/sugary drinks, exercise for health and mental well-being, reducing screen time, and not eating processed foods.
- Have motivational speakers who have been successful in healthy weight loss.
- K1-12 education on topics such as diabetes, obesity, what to eat and how to exercise, making healthy choices, and cooking. Students can then teach their parents.
- Maintain PE classes in school, and increase athletic programs after-school including scholarships and rides home for children.
- School trips to food growers, producers, preparers, and suppliers.
- Improve foods offered in schools, limit the amount of TV and dessert foods eaten in the classroom, and remove all soda/sugary drink machines from schools and community buildings.
- Offer affordable sports or exercise programs for adults, and a locals discount for gym memberships or classes.
- Encourage local recreational activities, exercise with community members or friends, or offer community exercise classes.
- Create, improve, or make available to the community a variety of recreational facilities.
- Develop community gardens, cooking clubs, and potluck dinners.
- Become a “Blue Zone” and get funding to be one of their communities encouraging people to have healthier life style habits all around.
- Make healthy and nutritious foods available at reasonable cost through subsidizing local agriculture, lowering the cost of community shared agriculture programs, food co-ops, farm-to-fork school campaigns, selling locally raised meats to the public.
- Improve food choices though SNAP and increase food bank assistance.
- Tax sugary drinks, tobacco, and fast food.
- Offer a locals discount at Vons.

## **Safe Sleep for Infants**

55% of survey respondents have seen or heard of local parents or caregivers putting an infant at risk in an unsafe sleep environment. Suggestions for information or training that would be helpful to increase understanding of keeping infants safe while sleeping include:

- Online training classes or videos.
- PSA campaigns on infant care and SIDS via TV, radio, social media, and flyers at public location.
- Education through community partners:
  - First 5: Welcome Baby! Home Visiting, Prenatal classes, Peapod groups
  - Mammoth Hospital: Post safe sleep posters, Women’s Clinic (prenatal and postnatal appointments), Labor & Delivery (before discharge), Pediatric ( initial appointment)
  - Wild Iris: Parenting classes
  - Preschools: Provider or parent training
  - Schools: Many students babysit
  - Behavior Health: AOD program
  - WIC