

LISTENING SESSION SUMMARY
Report to the 2008 Health Summit
November 7, 2008

Number of sessions scheduled:	5
Number of sessions attended:	4*

Number of participants:	29
*No one showed for the session targeting uninsured	

Populations targeted:	Saluda and elderly (8)
	Mill Spring area (7)
	Uninsured (0)
	Public Safety Staff (3)
	African Americans (11)

Age:	Under 18 (2)	7%
	18-34 (1)	3%
	35-54 (16)	55%
	55-74 (8)	28%
	75+ (2)	7%

Gender:	Female (23)	79%
	Male (6)	21%

Race:	White (18)	62%
	African American (11)	38%

Education:	High school (5)	17%
	Assoc degree (3)	10%
	Bachelors (2)	7%
	Graduate (5)	17%
	Some college (13)	45%

Community	Mill Spring (10)	34%
	Saluda (7)	24%
	Shelby/Forest City(4)	14%
	Green Creek (3)	10%
	No answer/other (3)	10%
	Columbus (1)	3%
	Pea Ridge (1)	3%

Live in Polk County:	Less than 10 years (4)	14%
	More than 10 yrs (19)	66%
	No answer (1)	3%
	Not resident (5)	17%

Work in county:	Polk (23)	79%
	Rutherford (3)	10%
	Other (2)	7%
	Henderson (1)	3%

Income	Under \$15000 (4)	14%
	\$15000-25000 (3)	10%
	\$25000-35000 (8)	28%
	\$35000-45000 (6)	21%
	\$55000-65000 (2)	7%
	\$75000 -100000 (1)	1%
	\$100000+ (1)	1%
	No answer (4)	14%

Insurance	Yes (13)	45%
	No (12)	41%
	No answer (4)	14%

1. What do you think is the best thing about living in this community?		
	Community (36)	"less complicated world" "Didn't come here for the Wal-Mart"
	The people (16)	"People are generous, kind, considerate, greet you with open arms"
	Commitment to help (10)	"we can handle anything in this community if we can get everyone together"
	Services (7)	"Saluda Medical Center has been wonderful to help me"
	Schools (5)	"education system is really good for small community"

2. What do people in this community do to stay healthy?		
	Walk (19)	"walk at Harmon Field" "Roads are good to walk on"
	Exercise (16)	"work out at home" "ride bikes"
	Healthy lifestyle (13)	"be healthy to be a good example to others" "try to stay active"
	Work out at gym (4)	"go to gym in Tryon"

3. What are the serious problems that affect health in your community? What are some of the causes of these problems?		
	Mental Health (45)	"now no place to go" "large issue – touching young, old, families and individuals" "Can't separate mind and body" "went to Hendersonville to get help" "daughter needs mental health services – she is bipolar"
	Economy (27)	"plants closing down" "unemployment up" "just lost my job" "just getting by" "hard to make money here and expensive to buy a house" "lean times"
	Insurance (24)	"even if you have insurance, you can't afford to use it" "don't go for regular checkups" "use to be afraid to tell people that I am not insured but now realize that most people are uninsured" "medical mcDonalds – get procedure and they kick you out in your hospital gown"
	Access Issues (20)	"people don't know where to go to get help" "very little specialty care, no pediatrics"
	Substance Abuse (18)	"drugs are very available" "get a 2 second blurb on abstinence in PE" "bigger problem with prescription drugs than illegal"
	No facilities to work out in (18)	"there is nothing for Green Creek area residents" "lack of recreational facilities" "YMCA fell through for county"
	Lifestyle (17)	"we eat and lay down or watch tv" "don't want to cook so go to McDonalds"
	Kids are not active (12)	"kids have nothing to do" "video games are tv are bad influences"
	Lack of personal responsibility (11)	"attitude of "I have a Medicaid card and get a free ride"" "Medicaid card is known as "visa blue"
	Laziness (8)	"we want a quick fix" "people want others to do the work for them"
	Services from the schools (8)	"have been battling so much with school for special services" "I had to have

		private testing for my child"
	Availability of doctors (7)	"Not enough Vikki (at SMC) when she goes on vacation" "prefer a woman to do my pap"
	Dental access (6)	"issue getting dental services – fixed income and no insurance" "I have a problem with my tooth – I clean tooth myself" "how can we address adults and senior need for dental care?"
	Lack of Parent Involvement (6)	"Who is the grown up here? Dad is playing videos too"
	Work Stress (5)	"jobs are creating more stress and cause problems to try to handle stress"
	Location (4)	"gyms too far away "
	Obesity (3)	"we don't push back from the table"
	Poor eating habits (3)	"we eat unhealthy"
	Affordable healthcare (3)	"had to use grocery money to pay for medical services"
	No specialty care (3)	"need access to specialized care"
	Smoking (1)	"smoking is one of the worse problems"

4. What can be done to solve these problems?		
	Promote healthy living (19)	"challenge people to be healthier – have you exercised today?" "our church did a cookbook with healthy recipes"
	Learn new ways to eat/move (16)	"re-educate about eating" "need a health information center" "key is discipline – set goals and stick to it" "break the chain" "everyone needs to move more"
	Parent Involvement (14)	"family is backbone – if you lose the backbone you are paralyzed" "set good example" "health starts at home"
	Incentive Programs (11)	"get incentives for not smoking" "some insurances pay for health club membership"
	Need activities (10)	"need sidewalks" "need for recreation that is accessible & affordable"
	Creative Services (9)	"mobile doc office – doc, dentist, counselors" "urgent care services on weekend" "integrated care program" "teen hotline"
	Community (8)	"need gym" "church can build a fellowship hall" "utilize old Green Creek School"
	Schools (6)	"have drug education in schools" "educate the kids at school on healthy choices"
	System Change (3)	"society issue"

5. Is there any group not receiving healthcare?		
	Me!!	"I can't work due to my health and I don't have insurance"
	Uninsured (6)/Underinsured (1)	"we don't qualify for Medicaid or NC Healthchoice" "even when on Medicare you don't qualify for certain services"
	People with need for specialist (4)	"patients have to go out of county sometimes far away to see a specialist"
	People with no doctors (3)	"many people don't know where to go" "use emergency department as primary physician"
	Specific workers (3)	"brick masons, home health workers, temp workers"
	Elderly (3)	"poor and old don't have enough money to do anything"
	Mentally Ill (2)	"not getting the mental health services I need"
	Kids (1)	"Kids may not get care they need"
	Self Employed (1)	"construction job can be \$4000 one month and \$200 the next with no insurance"
	Other (1)	"people who fall through the cracks are the worse off"

6. Is there anything else about the health of our community that you would like to add, or think would be helpful for us to know?		
	Things have to change (12)	"the health of our community has just gotten better since we came together" "decisions are made whether you are there are not – need to be there!" "stop focusing on illness and focus on wellness" "focus on prevention"
	Awareness of Resources (11)	"learn what is available to us" "information is not properly distributed"
	Access to exercise (5)	"no sidewalks" "nothing in community to exercise" "putting a facility in Columbus does not help people in Saluda"
	Community involvement (4)	"As a community, commit do something that children can come together, walking trail, playground, designated place to come and get exercise."
	Healthy is more than physical (4)	"Environment you are in impacts your health" "More than our health. Not just the outcome of being sick. Status of home makes health problems (fighting at home, stress, not clean)."
	Cost of healthcare (4)	"when you have to pay for your own insurance, it is hard"
	Access to healthcare (3)	"make dental services available" "we need a health center down here"
	Need more activities (3)	"Not having a yard to play in – that affects your health"
	County responsibility (2)	"what can county commissioners do to help"