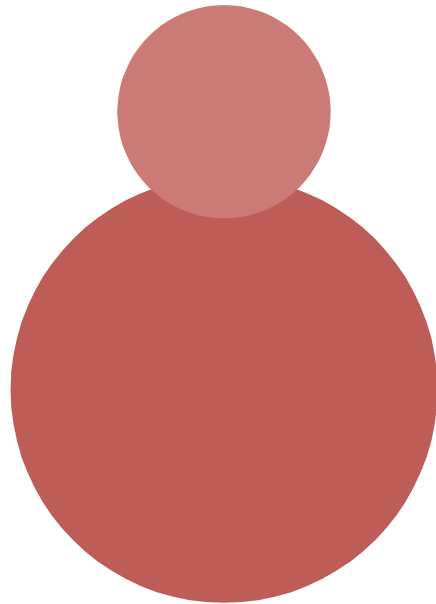




BENIN STATE LIES CLIV

community forum



2012 Regional Prioritized Findings

As a result of extensive primary and secondary research over an eight-month time period, community members, community leaders, and project leadership identified three regional priorities. The findings show that there is a need for additional information and services that promote healthy lifestyles and make health education and healthcare easier to access. However, each hospital's findings are unique to their service area and patient population.

1) Promotion of Healthy Lifestyles

Living a healthy lifestyle which includes a balanced diet and regular exercise is a critical component of overall well being and longevity. Statistical analysis of input from community residents and leadership of South Central Pennsylvania combined with secondary data showed identified that there is a need to promote healthy lifestyles to area residents. Specifically, it was identified that more information about health and nutrition along with creating new or expanding existing programs about diet/nutrition and physical activity are





Primary Research Findings



Tripp Umbach employed a hand-distribution methodology to disseminate surveys to individuals throughout the study area. A work session was held with members of the collaborative workgroup to create a survey that would be utilized to collect input from under-served populations. The survey was designed to capture and identify the health risk factors and health needs of those within the study area. The survey was finalized in March 2012, and was available in both English and in Spanish.

Tripp Umbach, working through community-based organizations, distributed the surveys to end-users in the under-served populations. Engagement of local community organizations was vital to the survey distribution process. In total, 1,279 surveys were used for analysis. 1,175 surveys were collected in English, and 104 surveys were collected in Spanish.

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