

Fairfield County Fact Sheet

Community Needs Assessment



Public Health
Prevent. Promote. Protect.

Fairfield Department of Health

Did you know...

- Fairfield Department of Health did a Needs Assessment in 2016 and 2017
- Data was from the Community Health Assessment (CHA) with other community agencies and the Maternal Child Health (MCH) program
- Questions were asked on health ratings, diseases, and barriers to fresh produce and exercise

The Facts...

- Barriers to fresh produce were listed as: being busy, schedule, time, forgetting, and cost
- Barriers to exercise were listed as: school/work, weather, no place to go, and time
- Women surveyed expressed interest in walking, dancing biking, weights, and other similar activities
- For the CHA, adults stated the reasons they chose the types of food they ate were: taste (57%), enjoyment (53%), cost (49%), healthiness of food (47%), time (38%), food they were used to (31%), availability (28%), nutrition content (28%), what their spouse prefers (25%), calorie content (22%), organic (12%), or other reasons ^[1]

The Problems it Causes...

- Not eating right and exercising can lead to chronic disease such as heart disease and diabetes
- In 2016, 41% of Fairfield County adults were obese ^[1].

The Good News!

- A summer event is coming for women of child-bearing age and children under 5 on fresh fruits and vegetables from the Fairfield Department of Health, Fairfield County Library, and OSU Extension Office
- Community agencies are partnering to expand access to fresh produce and safe areas to exercise

Tips

- Continue to provide feedback on your obstacles in getting fresh produce and exercise
- Attend classes or events that show how to prepare fresh fruits and vegetables
- Go to farmer's markets
- Attend classes or events on gardening



References

1. 2016 Fairfield County Community Health Assessment.

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