



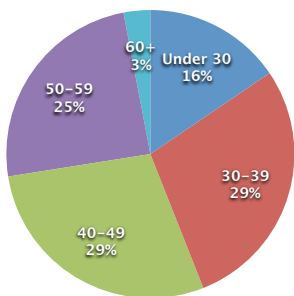
Community Health Assessment • Spring 2011

Members of the Mebane on the Move initiative conducted a Community Health Assessment from the Summer of 2010 through the Spring of 2011 in order to better understand how to help local citizens attain a healthy lifestyle. The assessment included key informant interviews, focus groups, and community surveys. Surveys (N=207) were conducted at local festivals and worksites, in businesses, via newsletters and listservs, and using social media. The results of the comprehensive community assessment are provided here.

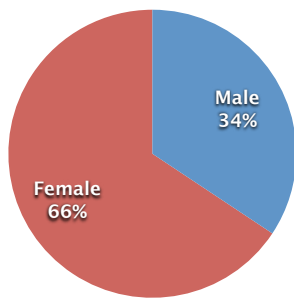
More information about Mebane on the Move can be obtained by visiting www.mebaneonthemove.com or by emailing us at motmprograms@gmail.com.



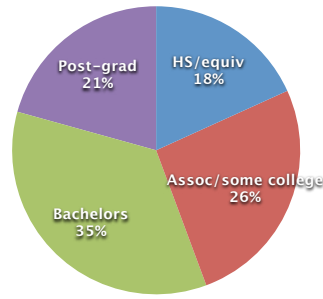
Whose opinions are represented here?



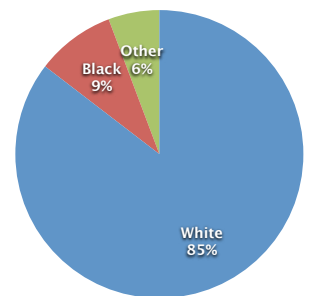
Age



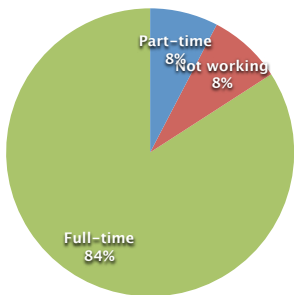
Gender



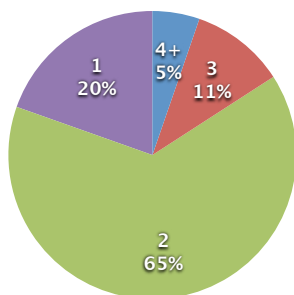
Education



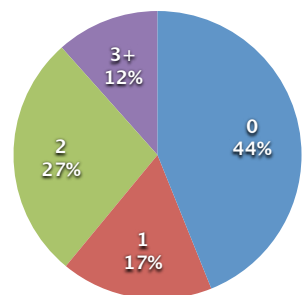
Race



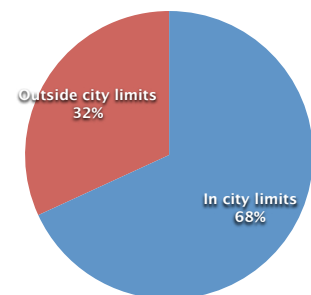
Employment



Adults in the home



Children in the home



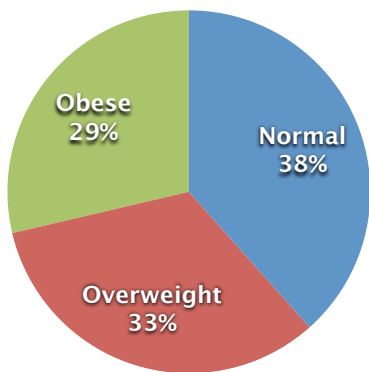
Location

Obesity is a problem affecting North Carolina - we are ranked as the 10th heaviest state in the nation (Trust for America, 2010). Obesity can be prevented by increasing activity levels and eating a healthy diet.

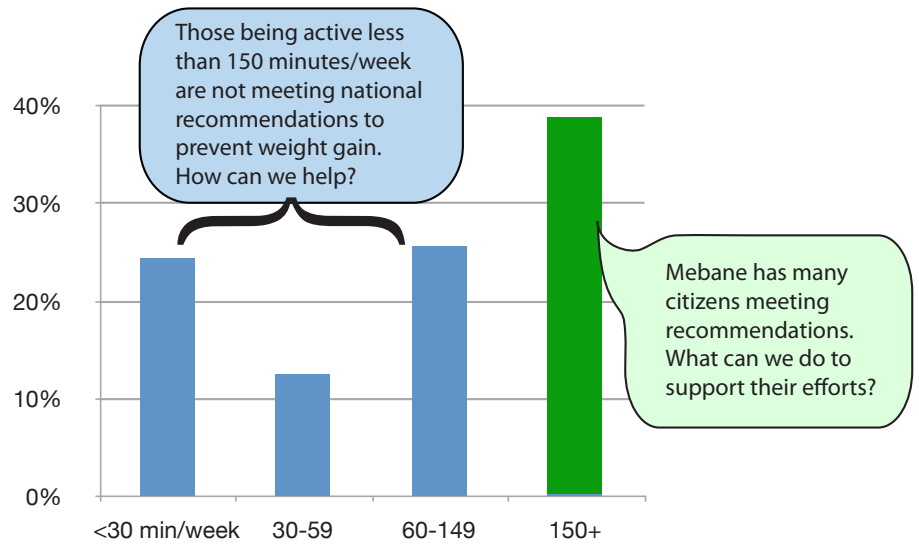
The American College of Sports Medicine recommends a minimum of 150 minutes per week of moderate to vigorous physical activity for optimal health. More than 150 minutes/week of moderate-intensity physical activity is associated with modest weight loss.

Many agencies, including the World Health Organization suggest that fruit and vegetable intake is an important factor in reducing the risk of obesity, diabetes and cardiovascular disease.

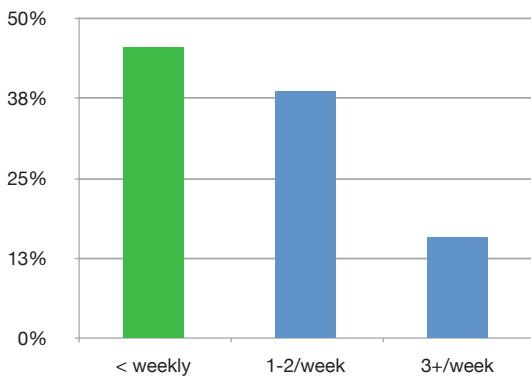
How can Mebane support the efforts of its citizens in making better choices towards health?



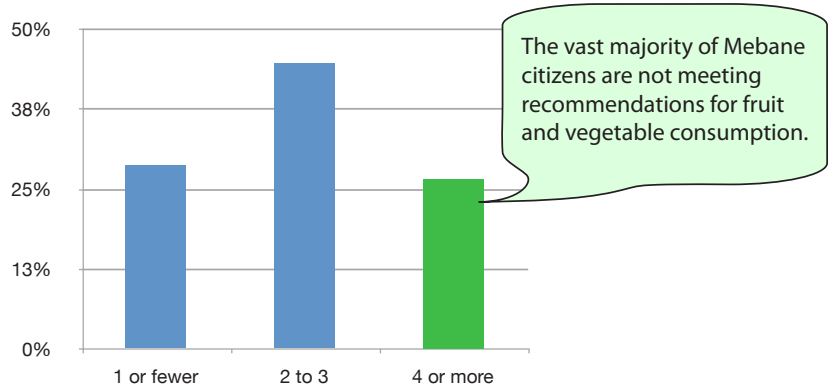
BMI category of respondents



Minutes per week of physical activity

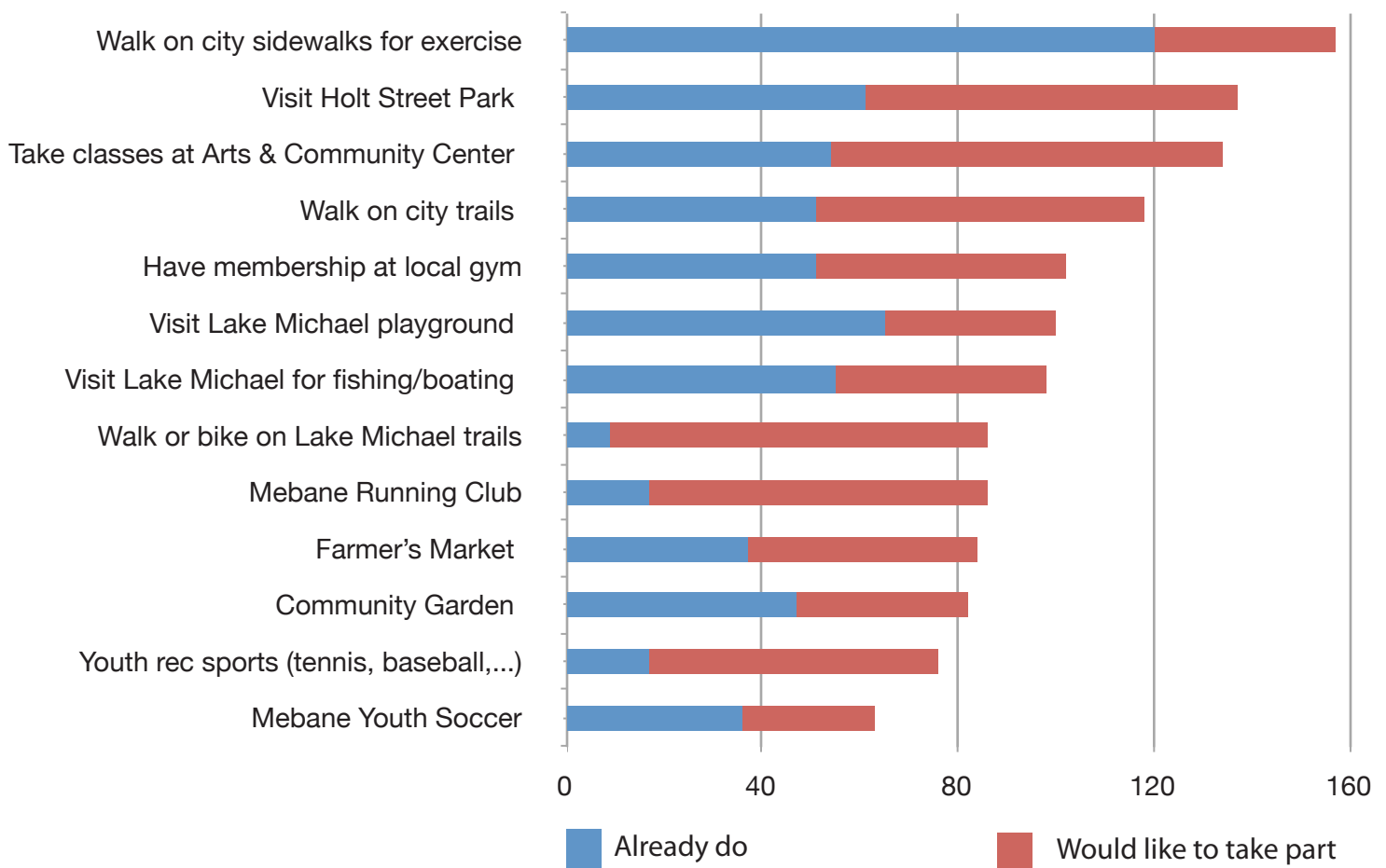


Fast food consumption per week



Servings of fruits/vegetables per week

What are people doing or wanting to do for physical activity?



What are the barriers to taking part in local opportunities for activity?

Unaware /cannot get information

City trails or park offerings	28%
MACC class offerings	14%
Community garden	10%
Farmer's market	8%

No place to be active with dogs

11%

No place to be active with bikes

4%

Poor quality/selection

Sidewalks/trails 2%

Farmer's market 12%

MACC classes 14%

Have no time/schedule issues

Running club 10%

Farmer's market or garden 6%

MACC classes 11%

Youth sports 2%

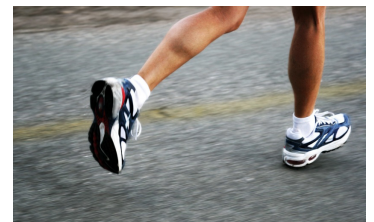
Safety

Streets/sidewalks 5%

Parks or entry to parks 6%

Expense

Gym 4%



"Many of these things I haven't even heard of, and I've noticed that "getting the word out" is non-existent ... "

"If there were some classes like Zumba, pilates, or yoga ... that were held at a good time for working people, that would be great!"

"We have two dogs we take hiking with us. We have to drive all the way to Hillsborough or Durham to take them hiking on the Poet's Walk or Eno River trails. We won't be visiting Lake Michael anymore because of this. "

"I plan on moving back to Durham or to Hillsborough in the next couple years because of the lack of organic/local food"

How can Mebane support its citizens in adopting or maintaining healthier choices?

In the spring of 2009, key informants in Mebane and focus group participants helped the Mebane on the Move committee identify opportunities for improved health in our community. The options were listed on the community health assessment and respondents (207) indicated whether they thought each item would actually improve the chances that they or someone in their home would become more active or eat healthier foods.

Responses are separated by those that are already meeting guidelines for an active lifestyle and those that are not.

