

Community Health Assessment

{Community Voice}



Davis
C O U N T Y

September 2012

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Three focus groups were conducted with participants from the Davis Community Learning Center and Head Start, with the intention that many recruited would represent low-income families in Davis County. The focus groups were designed to help us understand factors that affect the health of families who struggle financially. The information gathered in these focus groups will be used to assess health needs, gain understanding of community values, identify unique issues, and guide future planning efforts. We have many health statistics for a Davis County community health assessment, but we were missing the community perspective.

KEY FINDINGS

- Surprisingly, main health concerns were all over the board from participants. There were not many standout themes identified when they told us their general health concerns.
- Many low-income individuals and families are not concerned about the “big picture” or the future when it comes to health issues and factors. They worry about day to day problems, so the main concerns are things that affect their daily life.
- Participants often spoke about their tough financial circumstances. They have very little disposable money, no savings, and are not prepared for future emergencies.
- The participants experience housing problems: small space, old pipes, tobacco use by neighbors, bad landlords, fungus, insects, strange neighbors, etc. Some have moved in with relatives because they cannot afford housing.
- Overall, Davis County has an excellent environmental health system. Participants mentioned good sewer, sanitation and waste management, safe restaurants, safe water supply, safe neighborhoods, and good roads. Their main concern is air quality. Some residents are concerned about the aesthetics of their water.
- Availability of fresh foods, recreational opportunities, and medical/dental care is not a problem in Davis County. All agree these resources are easily found in their community. Lack of disposable income makes accessing the resources a barrier for some families. For others accessing the resources is not a priority.
- Asthma was not mentioned as a main health concern, however; it was brought up many times in conversations concerning air quality, tobacco smoke, and health care and health expenses.
- More than half of the participants mentioned being smokers or former smokers. This is very different from the general adult population in Davis County where the smoking rate is low, only 7.9%. This finding is consistent with data that shows smoking rates are higher in low socioeconomic status (SES) communities. This is very concerning considering they have so little disposable income. Participants mentioned high cost of cigarettes. They admit that money used for tobacco takes away from things they could buy for their children such as healthy food, dance lessons, and even better living conditions/housing.
- Members of the community are very resourceful. They are aware of how to access free or low cost medical services. They participate in government programs. Many participants grow their own produce, participate in co-ops, find deals on KSL classified ads, and shop case lot sales. Families also take advantage of free and low-cost recreation and participate in community events.
- Residents of the north end of the county frequently access resources in Weber County.

ASSESSMENT INTRODUCTION

Below is a brief description of the processes used in gathering the information and data included in this report. The question selection process, recruitment strategies, and focus group demographics are presented in this section.

RECRUITING PROCESS

The Davis County Health Department is fortunate to have wonderful community partners who were able to aid us in recruiting participants for the focus groups and provide facilities for conducting the discussions. One partner, the Davis Community Learning Center, just finished construction on a new building and facility for their program. After meeting with the director of the center, we were invited to recruit in person at their ribbon cutting ceremony. This opportunity was most valuable. We had such a large number of interested individuals; we scheduled a third focus group.

Another community partner, Head Start, had a regular policy council meeting for preschool class parents, where they invited them to participate in the focus groups. They also had a great response. Due to excellent recruiting resources, we had a large interest in the focus groups.

QUESTIONS SELECTION PROCESS

With input from community partners and staff working on various programs within the health department, we decided to target low-income families. We included general health questions to help with an overall county health assessment and also included questions from the Community Transformation Grant (CTG) focus areas – active living, healthy eating, and tobacco-free living. We contacted topic specialists from a variety of health programs to receive their input on the types of questions that would be most valuable.

When we had the topic guide completed, the questions were piloted with six individuals between the ages of 13-53. After assessing the information gained from the piloted questions, we were able to dismiss certain questions and further emphasize others. We originally included questions about safe communities, but due to a lack of time and because safety issues were brought up through other questions, we eliminated them.

PARTICIPANT DESCRIPTION AND GROUP DYNAMICS

Since the recruiting was done with Head Start (a preschool program) and the Davis Community Learning Center (housed in an elementary school), most participants had young children.

Many participants reported they came to Utah from other states including: California, Massachusetts, Montana, Oklahoma, Oregon, and Washington. Some had moved to the county from Weber County and Salt Lake County. See the chart below for participant demographics.

	FG 1 9-26-12	FG 2 9-27-12 (am)	FG 3 9-27-12 (pm)	Totals
# of participants	8	10	6	24
Male	2	0	2	4
Female	6	10	4	20

FAVORITE PART ABOUT LIVING IN DAVIS COUNTY

THEMES

1. The majority of participants feel Davis County is a very safe place to live. They also enjoy the large amount of community involvement the county has and that the people are friendly.
2. Participants enjoy the many recreational opportunities like mountains, lakes, fishing ponds, walking trails, bike paths, parks and sports programs.
3. Living in Davis County; you are close to everything you need like schools, shopping, and medical care, without being in a big city.
4. Several attendees mentioned how clean Davis County is compared to other places.

QUOTES

1. "I live in Layton and have lived in Davis County for 25 years. My favorite thing about the county is you get a 'big city feel' without living in the big city."
2. "I moved to Davis County from California. I lived there my whole life and moved here three years ago, and I love it here. It is a very clean place and the people are so nice. I love that it is a family oriented community."

NOTES

City	Time in Davis County	Favorite Thing(s)
1. Clearfield	2 months	No favorite things yet
2. Clearfield	12 years	Community, love everything
3. Clearfield	1 year	Close to shopping, mountains
4. Clearfield	11 years	Lots of ponds to fish in that are close
5. Clearfield	2 years	Close to work, community sports
6. Clearfield	35 years	Close to family
7. Clearfield	3 years	Safe to live in
8. Clearfield	4 years	Bike trails
9. Clearfield	3 years	Fishing spots
10. Clearfield	30 years	Mountains
11. Clearfield	20 years	Mountains
12. Clearfield	50 years	Mountains
13. Clinton	20 years	Community involvement
14. Layton	25 years	Clean, safe community
15. Layton	22 years	People are nice
16. Layton	26 years	"Big city feel"
17. Layton	3 years	Really clean, family oriented
18. Layton	12 years	Bike trails, hiking, parks
19. NSL	4 years	Lakes, Bountiful lake
20. NSL	3 years	Sports programs
21. Sunset	10 years	Safe community, close to shopping
22. Syracuse	20 years	School systems
23. Syracuse	15 years	Close to shopping, clinics, hospitals
24. Woods Cross	8 years	Safe schools, safe community

WHAT MAKES DAVIS COUNTY A HEALTHY PLACE TO LIVE?

THEMES

1. Hospitals and clinics are available nearby. Some offer care to those without health insurance and provide low-cost services.
2. Farms and other agriculture nearby
3. Garbage, sanitation, and recycling services are good
4. Good law and code enforcement
5. Parks, mountains, and community events available

QUOTES

1. "I feel like when I needed healthcare, I was able to get it easily."
2. "I really enjoy taking my family to all the parks, both for sports and for recreation."
3. "There are a lot of resources. Midtown Clinic is nice and a great resource if you have no money or insurance."
4. "The awareness is there. Everywhere I go; there are banners to make people aware. My husband and I don't have health insurance so we are aware that we can go to a certain place on a certain day to receive free services."

NOTES

- Close to hospitals
- Good resources
 - "211"
- Midtown Clinic
- Garbage, sanitation, recycling, dump organization, affordable
- Good law enforcement
- Code enforcement – some need to be educated
- Illness awareness – flu
- Sporting & community events
- Farms/ farmers markets
- Mountain activities
 - Keep inversion in valley
- Produce co-op's
- Clean drinking water
 - Some feel it is dirty and hard
- Refineries – air quality
- Improved public transportation – still can be better
- Parks
- Road conditions
- Good health access for seniors
- Lower cost of living
- Neighborhood involvement
- Mosquitoes & wasps



MAIN HEALTH CONCERNS

THEMES

1. Many low-income individuals and families are not concerned about the big picture when it comes to health. They focus on day to day issues, so the main concerns they have are things that affect their daily life.
2. Many participants are concerned with the air quality in Davis County.
3. There are mixed reviews from participants on the drinking water in Davis County. Some feel it is a health concern if there are extra chemicals added, however; some participants are extremely satisfied with their water.
4. Recycling was mentioned as a health concern. Some participants cannot afford to recycle, yet they want to help the environment.
5. Several attendees mentioned the need for free or low-cost dental care in the area.

QUOTES

1. "I hate the water in Davis County. My water is disgusting. It is cloudy and smells like chemicals."
2. "Health is expensive and people can use all the help they can get."
3. "Where we are in North Salt Lake, the inversion and air quality is really bad. The refineries are contributing to the poor air. You can see flames shooting up, and when they aren't flaming and just sending smoke up, it's even worse. There are also the rock and gravel pits that add to the dirty air."
4. "The problem I have with the mountains is that they keep the inversion in. My kids have asthma so that keeps them inside. So I love the mountains, but I hate the mountains."

NOTES

- West Nile
- Flu shots – some can't afford shots and are coming to school sick
- Insurance – cost of access and prescriptions
- More education & more prevention on infections and diseases
- Dental care is available but without health insurance is not affordable
 - Midtown Dental Clinic is affordable but appointments are scheduled months out
 - What about urgent care needs
 - Medicaid doesn't include dental care
- Inversions – air quality
- Lead & asbestos education and removal – older homes in Clearfield
- Yard care – neighbors don't keep weeds, lawns under control
- Runoff water – does it harm wildlife?
- Recycling – costs to recycle



MAIN HEALTH CONCERNS FOR CHILDREN/YOUNG PEOPLE

THEMES

1. Infectious diseases are a concern of the participants.
2. A few participants mentioned the need for better education on sexual activity and drug use for young people. They feel the parents also need to be educated to increase communication between parents and children.
3. Many participants are concerned with their children being around cigarette litter and secondhand smoke. They have noticed people smoking in their cars and near schools and parks.
4. Obesity in children was mentioned as a concern. Several individuals mentioned having overweight children or children who are big for their age.
5. Affordable dental care and availability of dental insurance are concerns of the participants.

QUOTES

1. "I would like to see more information given out for different diseases and infections going around. Some children have compromised immune systems and that extra knowledge would be helpful."
2. "I feel like the education could be better on sex. I think they should focus on prevention also, instead of just teaching abstinence because it isn't informing the kids about consequences. Parents need to be informed because it isn't being talked about at home. Kids need to feel comfortable to talk about sex with their parents."
3. "I think obesity is on the rise. My daughter is big for her age. She is young but I am already concerned about it. I don't want her to be the girl in school that is picked on because she is fat."
4. "Dental care is really hard to get for cheap. If you don't have insurances, then most of the time you don't get dental care because you can't afford it."

"I think obesity is on the rise. My daughter is big for her age. She is young but I am already concerned about it. I don't want her to be the girl in school who is picked on because she is fat."

NOTES

- Awareness of winter help – coats, boots, etc.
- Hand, foot, mouth disease, Lice, Ringworm
- Sex education, teen pregnancy – education
- Parent/teacher education for sick child protocol
- Cigarette smoke – 2nd hand smoke, litter
- Neighborhood parks/trails – kids being alone
- Accessible sidewalks – consistency in sidewalks throughout the city
- Obesity awareness
- Free community/events advertisement
- Early onset puberty
- Dental care – awareness and access
 - Clearfield Dental Care Center is a resource
- Vision Coverage
- Teen suicide prevention
- Street quality
- Unattended children – left at home alone

WHERE DOES THE FOOD YOUR FAMILY EATS COME FROM?

THEMES

1. Many participants said they are frequently disappointed with the quality of produce and meats that come from Wal-Mart.
2. The majority of participants have children eating one or more meals in the school setting every day. There was some conflicting information about the types of food served at school. Some are satisfied with new regulations on healthier choices, however; some are not.
3. Many participants purchase frozen fruits and vegetables. They voiced how fresh produce goes bad too quickly, so frozen options work better for them.
4. Several attendees grow their own gardens.
5. Participants named a wide variety of grocery stores, markets, restaurants, convenient stores, fast foods, and their own backyard as to where their food comes from.

QUOTES

1. "Fast food is everywhere. When you drive down the road and smell fast food, it makes you want it. And it makes your kids want it, too!"
2. "We don't eat out a lot. My opinion is if you're eating a home cooked meal, it's healthy."
3. "I have my own garden and I can my own food. I like to have fresh foods and want my family to eat fresh, healthy foods."



NOTES

- Grocery Stores/Markets
 - Kent's, Wal-Mart, Smith's, Don's Meats, Costco, Sacco's, Harmons, Hostess Store, Winegars
 - Mexican Market, Asian Market,
 - Smith's – case lot sales, good coupons
 - Wal-Mart = not good produce
- Restaurants/Fast Food
 - McGrath's, Texas Road House, Olive Garden, Red Lobster, McDonald's, Subway, Costa Vida, Dominos, Star Café, Thai Jasmine, Burger King, Little Caesar's, Café Rio
- Convenient Stores
 - 7 – 11
 - Conoco
 - Maverick
 - Starbucks
- Home cooking, frozen vegetables don't go bad
- Family gardens, farmers markets
- Food stamps/WIC
- School breakfast/lunch, home lunches
- Winder Dairy
- Bountiful Basket
- Utah Co-Op
- Day Farms
- Home gardens, fruit trees, nut trees, berry bushes
- Canning
- KSL deals on local produce
- Hunting
- Purchasing beef & buffalo each year
- Crystal Light – not Kool Aid
- Vegetarians in group
- Enjoy dinner together around the table

ACCESS TO HEALTHY FOODS

THEMES

1. Most participants of the focus groups felt that healthy foods are very accessible in Davis County. They mentioned specific grocery stores, produce stands, ethnic markets, farms, and personal gardens where they are able to find fresh fruit and vegetables and other healthy food options.
2. Participants from North Salt Lake feel that they don't have access to farms or produce stands that are available in other parts of the county.
3. A few participants mentioned how they prefer when restaurants/fast food establishments post nutritional values on menus. They feel this helps them make healthier choices.

QUOTES

1. "I think it is very easy to find healthy foods. We are lucky to have farms close by and a lot of farmers markets to buy fresh produce."

NOTES

- Consensus of all participants in all groups that healthy foods are very easy to find in Davis County.

GROCERY STORES & MARKETS

- Wal-Mart
- Smith's
- WinCo
- Don's Meats
- Kent's
- Harmons
- Hostess Store
- Costco
- Winegars
- Mexican Market
- Asian Market

LOCAL AGRICULTURE

- Produce Stands
- Farmers Markets
- Bountiful Basket
- Utah Co-Op
- Personal Gardens
- Fruit Trees
- Nut Trees
- Berry Bushes
- Canning
- Hunting

BARRIERS TO HEALTHY EATING

THEMES

1. Some participants feel that healthy foods can be quite expensive and go bad quickly.
2. Food stamps and WIC were mentioned as factors that may limit options for purchasing healthy foods.
3. Some single parents commented on how they do not take their children out to eat, but when the children are with the other parent they eat fast food frequently.
4. A few participants mentioned they do not know how to cook, and this is a barrier to healthy eating. They eat fast food more often.
5. Participants voiced that busy schedules of adults and children are a barrier to eating healthy. They do not have time to go home and make dinner in between work and after school/evening activities.
6. Participants say that taking the time to make a meal plan is a barrier. They don't have much time or know enough recipes to make a healthy meal plan.

QUOTES

1. "When you live below the poverty level, your kids eat what is cheap and affordable."
2. "For quite a few years, my grocery budget was \$50 a week to feed four of us. And most often we would have money left over! If you just buy produce and grains, it is so easy to stay under that. So I really don't think it is that expensive. It's the filler stuff, like potato chips, that you spend a lot of money on."
3. "I think it is easy to find healthy food, but the issue is paying for it a lot of the time."

NOTES

- Time schedules
- Convenience & variety of restaurants & fast food
- Cost
- Sometimes less variety of healthy foods in stores
- Meal plan ideas
- Food stamps – cannot buy certain foods with food stamps
- Distance – not within walking distance
 - Some do not have transportation
- Health conditions – depression, allergies
- Convenience/inconvenience
- Taste of healthy foods – unhealthy foods taste better
- Not knowing how to cook



ACCESS TO RECREATIONAL ACTIVITIES

THEMES

1. All participants think it is very easy to find recreation and to be physically active in Davis County. All commented on the many hiking, biking, and walking trails, parks, fishing ponds, swimming pools, city recreation activities, and organized sports for them and their families to access.
2. A few participants feel there are a lot of community events, fun-runs, and walks, and other awareness activities available in individual cities, which are great ways to get kids and adults active.

QUOTES

1. "I really like how there are so many trails and hiking options. They have lots of trails that are all different levels of difficulty which is nice because I can do them with my kids."
2. "The Farmington trail is really great. It links with the Legacy trail and all sorts of different parks and ponds."
3. "Our family saved for a while and we all just bought bikes. We like to all go out together and ride our bikes as a family."
4. "Zumba is a really fun way to exercise. I really like it because my daughter and I can go together. We can spend time together and become healthier. It's a great work out!"
5. "Working out is about competition to me. I can't motivate myself very well just being on a machine. But if I am in a class and see other women doing better than me, it motivates me to do my best."



NOTES

- Lots of sports, hiking, walking trails, bike paths, parks
 - Clearfield Bike Trail
- Trails for all levels of fitness
- Lack of time/transportation
- E-studio/fitness classes
- Would like more ATV trails
- Like Legacy trail
- Kaysville water pad is great
- Lots of community races/5K
- Skate parks in the area
- Recreation centers for swimming
 - Clearfield Aquatic Center
 - Swimming/splash pads
- Fishing, lakes, ponds
- "Tiny Tots" – gym for kids
- Adult sports
- Hill AFB gym
- Housing communities
- Need more family parks – not just ball fields but more pavilions and playgrounds
- Aquatic center in Clearfield
- Nice park on 300 N in Clearfield
- My Fitness in Layton – gym for kids



BARRIERS THAT KEEP YOU/YOUR FAMILY FROM BEING PHYSICALLY ACTIVE

THEMES

1. Participants voiced need for more free or low-cost recreation centers. This would allow them to attend exercise classes, learn new things, and be physically active with their children.
2. Other barriers to physical activity mentioned were: distractions of daily life, work schedules, not wanting to put children in child care at the gym, and children who prefer to stay indoors.
3. Health issues such as depression and asthma were also mentioned by participants as barriers that keep them from being physically active.
4. Some participants voiced that they travel outside of Davis County to attend recreation centers or gyms. They wish there were other options closer to them.

QUOTES

1. "Over the summer when my husband and I were both working two jobs, all my kids had to stay inside and couldn't go out and play. They didn't get as much healthy food and they gained weight because they weren't being active."
2. "I like to focus on free fun. We have no money. I'm serious, we are broke. We get our kids and take them to go play at the park or just take them on a walk."

NOTES

- Bank account issues
- More options to low cost centers
- Kids gym options
- Can't take children to be active
- Laziness/tired
- Depression issues, health issues, body pains
- No contract for gyms
- Cost
- No recreation department in Sunset
- Winter weather
- Time
- Gas prices
- Video games, TV
- Family distractions
- Distance – travel outside the county
- No transportation
- Canal trail in Clearfield
 - Stickers (goat heads) on trails
 - Doesn't feel safe and isn't well lit

Residents would like –

- ❖ CHILD FRIENDLY GYMS
- ❖ MORE FAMILY ORIENTED PARKS
- ❖ NO CONTRACT TO JOIN GYMS
- ❖ EXERCISE CLASSES
- ❖ CLOSE GYMS IN CITIES
- ❖ SPLASH PAD IN CLEARFIELD

WHAT HAVE YOU NOTICED ABOUT TOBACCO USE AND TOBACCO PRODUCTS IN YOUR COMMUNITY?

THEMES

1. Most all participants think Davis County is a great place to live because of low tobacco use.
2. More than half of participants identified themselves as a smoker or a former smoker.
3. Most all participants, smokers and non-smokers, think there is an excess of litter from cigarette butts.
4. Participants have noticed that policies restricting smoking have become more evident. Specifically policies for worksites, parks, and housing units.
5. Participants voiced concerns about people who smoke in their cars when they are close to schools or parks.

QUOTES

1. "Cigarettes have gotten so expensive that sometimes it comes down to me buying cigarettes for myself and my kids having to go without healthy food or other fruits and veggies."
2. "I will be honest. I am a smoker, but I don't smoke around my kids. And I really don't want other people smoking around my kids."
3. "I smoke, but I don't litter and I don't like it when other people just throw their butts on the ground."

"I will be honest. I am a smoker, but I don't smoke around my kids. And I really don't want other people smoking around my kids."

NOTES

- Policies in place
 - Parks, schools, worksites, restaurants, businesses, housing units
- Good enforcement of policies
- Cessation options mentioned
 - Information from Health Department, nicotine gum/patches, e-cigarettes, body cleansing diets, smoke away
- It is hard to quit
 - Many have tried several options, many times
 - High cost of quit aids
 - Savings chart may help
- Smoking is expensive
- Rare in some neighborhoods
- Excess of litter
 - Children pick up litter
- Poor location of disposal containers – next to entrances of public buildings
- Smells of cigarettes in homes/apartments
- High taxes are exploiting the smokers
- "Not a bad parent/person, unhealthy habit"
- More youth education needed
 - Valley View Elementary smoking graphic on student planners
- Designated smoking areas at Lagoon are too close to children and are too close to popular rides

ENVIRONMENTAL HEALTH CONCERNS

THEMES

1. Many participants are concerned with air quality in Davis County.
2. Water quality was a concern of several participants. They are concerned about color, smell, and taste of the drinking water.
3. Infrastructure is a main concern for the residents of Clearfield. They feel old water lines, sewer lines, and roads need to be updated.

Top Concerns

- ✓ *Air Quality*
- ✓ *Drinking Water Quality*
- ✓ *Infrastructure Updates*

QUOTES

1. "I love absolutely everything about Davis County. Everything is better here, except the air quality."
2. "Because of the inversion in the area, my asthma is significantly worse. My kids have the same problem. They can't even go outside to play at school because the air is so bad."
3. "I do not like the water quality in Davis County, especially in Clearfield. My kids won't even drink water from the tap. We drive to Ogden to "The Tree." It is a natural runoff water supply that is clean and it is free."
4. "I really like getting a water quality report each year. It shows me exactly what is in the water we drink."



NOTES

- Air quality & inversion
- Sewer quality – old piping & backup problems
- Refineries & rock extraction plants in North Salt Lake
- Burn regulations
- Drinking water quality
 - Some receive water quality reports
 - Some would like to receive water quality reports
 - Chemicals in water – makes it smell
 - Hard water
 - Cloudy water
 - Old water pipes
 - "The Stump" in South Ogden used as water source
- Old water pipes, sewer lines, & electrical wiring need upgrading
 - Problems need to be fixed correctly
- Old plumbing in houses
- Mosquitoes, gnats, wasps

MAIN EMERGENCY PREPAREDNESS CONCERN

THEMES

1. Participants acknowledge their need to become prepared for an emergency situation. They have received information, but have not acted on it.
2. Participants are most concerned with warmth, shelter, food, and medication in the event of an emergency.
3. Case lot sales at local grocery stores were frequently mentioned as means to obtain food storage.
4. According to participants, churches in Davis County are prepared to help community members in case of an emergency.
5. CERT (Community Emergency Response Teams) was mentioned as a program/training that is available in the community.
6. Participants feel that neighborhood relationships play a large role in being prepared for an emergency. Many stated they feel confident that neighbors will come together and share resources they have to make sure everyone has what they need.
7. Participants would like to know what the county and cities have done to prepare.

QUOTES

1. "I'm sorry; I'm not going to spend \$200 on a (72-hour) pack when I don't know if I'll ever need it. I have a hard time taking that out of my current budget. I can't afford to go out and stock up on every single thing."
2. "My street has the nicest neighbors. Knowing your neighbors is helpful and can be helpful in an emergency."
3. "Honestly, I don't want to know my neighbors. There are too many untrustworthy people out there. If an emergency happens, I will rely on my family. That's why you have family."
4. "CERT is really good. I think everyone should do it. We have community watch and we have little block parties so people can get to know each other. CERT is a really great program."
5. "My main concern is where to start when it comes to getting prepared. We hear about it, but we don't go out and do it."
6. "I live in a tiny two bedroom home, and I just don't have the space available to store food, water, and other things for an emergency."

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"CERT is really good. I think everyone should do it. We have community watch and we have little block parties so people can get to know each other. CERT is a really great program."

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NOTES

CONCERNS

- Food
- Shelter
- Water
- Warmth
- Safety
- Medicine
 - Children with special healthcare needs
- Money
- Transportation
- Communication
- Electricity
- Hygiene
- Waste disposal
- Cooking
- Community meeting locations
- Citizen panic
- Only one statewide earthquake drill they can remember

STEPS TO PREPARE

- Get to know neighbors
- CERT training
- Family plans
- Know community plan
- Conduct emergency drills
- Have food storage & storage space
- Buy food storage items at case lot sales when funds are available
- Attend preparedness trainings, classes, & fairs throughout the community
- Bring together neighborhood resources to meet family needs during an emergency

WOULD LIKE MORE INFORMATION ABOUT:

- Church relief & preparedness programs
- Community plans & accommodations for citizens in an emergency
- Emergency response plans for medical care on a city level
- Hill Air Force Base accidents
 - Are there evacuation plans?
- Neighborhood programs
 - “Block Captains”
- City “call outs” for help
 - Volunteers who can help with CPR & other medical needs

LESSONS LEARNED & RECOMMENDATIONS

LESSONS LEARNED

1. Focus groups are helpful to learn the struggles and situations residents of the community face on a daily basis. Their perspective gives context to health statistics and helps add to the true story of health in our community.
2. In person recruiting and community partners are very valuable tools in forming focus groups. We did not have anyone sign up just through receiving a flyer.
3. About 1/3 of participants who signed up to participate did not show up, even with reminder calls before the event. This is typical when targeting low-income populations. We suggest recruiting more participants than you need with the knowledge that some of them won't be able to attend.
4. Holding the focus group in a location the participants were familiar with helped eliminate some barriers for attendance and made for a more comfortable atmosphere for the discussion.
5. Next time, we would like to consider using a brief demographic survey so that we can better describe and understand participants.
6. Questions about healthy eating did not help us to really understand portion sizes, frequency of meals, or other unhealthy eating habits.
7. We would add questions that focus on emotional and mental health for future focus groups. We would gain additional information that could be valuable by asking those questions.
8. Many issues regarding teenagers and young adults were not mentioned as topics of concern. We believe this is due to the fact that the participants were mainly parents of young children. Head Start and the Davis Community Learning Center are both programs for families with young children.
9. While health professionals and those serving vulnerable clients feel that access to dental care is a main health concern for low income families, we found that some participants, even those who are most impacted by poor dental health, may not consider it a need or priority.

RECOMMENDATIONS

1. Communication from the Davis County School District about the new federal school nutrition guidelines is needed. Many parents are not aware or do not understand the changes.
2. The Davis County Health Department could partner with cities and organizations to encourage, support, and sponsor community recreation and/or produce stands.
3. Work with partner organizations, to have community showings of the HBO series "The Weight of the Nation" and/or PBS series "Unnatural Causes" as a way to mobilize partners and the community.
4. Compile a list and promote all water and swimming activities in Davis County. This would include water parks, splash pads, and swimming pools. Also promote community lakes and ponds for recreation. Include activities available like fishing, kayaking, etc.
5. Additional focus groups with other target populations would be valuable in the future including: youth, teachers, middle income/middle age, seniors, community leaders, etc.
6. Additional focus groups will also be necessary as priorities are chosen through a community health improvement plan.