

Riley County Community Needs Assessment

PHYSICAL HEALTH FINDINGS

87%

of respondents indicated their health was **GOOD, VERY GOOD OR EXCELLENT**

DIAGNOSIS BY A HEALTH PROFESSIONAL

 **23%** **HIGH BLOOD PRESSURE**

 **23%** **HIGH CHOLESTEROL**

 **12%** **MENTAL HEALTH**

 **8%** **DIABETES**

 **7%** **CANCER**

 **5%** **HEART DISEASE**



79% can access the health care they need

TOP THREE HEALTH NEEDS

Affordable Health Care

Affordable Health Insurance

Facilities for Physical Activity

(parks, trails, rec centers)

REASONS RESPONDENTS DON'T EXERCISE

Medical Condition/Disability
Lack of Access to Facilities
Don't have time
Don't like to exercise
Costs too much

60%

engage in less than 3 hours per week of physical activity



62% THINK THERE ARE ENOUGH OPTIONS FOR PHYSICAL ACTIVITY, AND **63%** THINK THAT THE COMMUNITY VALUES PHYSICAL ACTIVITY



73%

eat healthy overall



44%

think that the community values healthy eating



75%

have access to healthy food

REASONS RESPONDENTS DON'T EAT ENOUGH FRUITS AND VEGGIES

Cost
Not enough time to prepare
Don't like them



88% DO NOT USE TOBACCO PRODUCTS

Riley County Community Needs Assessment

PHYSICAL HEALTH FINDINGS

The 2014 Riley County Community Needs Assessment, conducted by Wichita State University Center for Community Support and Research, included the compilation of selected secondary data, administration of a community survey, key informant interviews, and focus groups with persons who were underrepresented in the survey. The following key findings related to physical health were drawn from the methods above as noted.

According to the Robert Wood Johnson Foundation's 2014 County Health Rankings, Riley County is ranked as the second healthiest county in Kansas (out of 98) based on 29 indicators including smoking, education, employment, physical inactivity, and access to healthy foods. Rates of numerous serious diseases and conditions (e.g., hypertension, cancer, diabetes, etc.) are lower than state averages as are rates for many health risks (e.g., obesity, inactivity, smoking, etc.). Additionally, fewer adults than average for Kansas rate their health as fair or poor or lack health care coverage in Riley County.

Personal Health	Riley County	Kansas	Source
Percent of adults with fair or poor self-perceived health status, 2013	8.7%	15.4%	BRFSS
Percent of population without health insurance, 2013	6.2%	12.3%	US Census Bureau American Community Survey
Percent of adults not doing enough physical activity to meet both aerobic and strengthening exercise recommendations, 2013	39.0%	42.0%	BRFSS
Percent of adults who reported consuming fruit less than one time per day, 2013	44.6%	41.7%	BRFSS
Percent of adults who reported consuming vegetables less than one time per day, 2013	27.3%	22.9%	BRFSS
Percent of adults who currently smoke cigarettes, 2013	19.8%	20.0%	BRFSS

For the full report, go to: www.rileycountycommunityneedsassessment.org