

King's Daughters' Health Community Needs Assessment

Conducted November 2013

Among Individuals attending a
Free Senior Citizen Exercise Class

Informal Discussion

Background on Meeting to Obtain Input Specifically From Seniors

- Carri Dirksen attended a Senior Citizen's Exercise Class on November 25, 2013 at the Brown Gym in Downtown Madison.
- There were 19 seniors present - both males & females. They had the opportunity to respond to open-end questions about healthy lifestyles in general, health issues, services needed at KDH and any other general health issues.
- There is no charge to attend the exercise class. It is co-sponsored by Lifetime Resources and R.S.V.P.

General Comments from the Seniors

- **Rating of Health Issues** (*ratings are a consensus from the group as to whether they feel the health issue is a major problem, minor problem or not a problem for senior citizens and for other residents in the community*)
 - Getting enough exercise or physical activity for good health **Major Issue**
 - Being overweight or obese **Major Issue**
 - Using tobacco **Minor Issue**
 - Getting mental health care **Major Issue**
 - Getting flu or pneumonia shots **Minor Issue**
 - Getting an appointment to see a doctor when you need one **Minor Issue**
 - Chronic diseases such as kidney, heart or lung diseases **Major Issue**
- Several said that they know several of their friends who are not physically active.
- All in attendance felt obesity is a major issue in the area.
- The consensus of the group was that tobacco is less of a health concern in the community.
- Mental health is a major health issue in the area.
- Only 15% of those interviewed have access to the Internet. Only 10% check their email on a regular basis. They said the newspaper is the best way to communicate with them. A few stated that they wish there was one central ad that listed all the activities available to them.
- All of those interviewed have utilized a physician whom is affiliated with KDH.
- Many who attend the exercise class, also exercise by walking (the sidewalk between State St & Michigan Rd and the roads throughout the Veteran's Cemetery were mentioned as locations) and attending the weekly senior dances in Madison, Scottsburg and North Vernon.
- Cancer was cited as one of the chronic diseases they hear most among their friends and acquaintances.

Suggestions and Comments from the Seniors regarding KDH

Suggestions for services include:

- Conduct quarterly free health fairs specifically for seniors which offer:
 - Screenings
 - Blood pressure
 - Hearing
 - Blood Sugar
 - Cholesterol
 - Skin Cancer Check (offered once a year)
 - Breakout Sessions
 - Ask the pharmacist.
 - Better nutrition with dietician focusing on cooking small portions and healthier eating
 - Other Services
 - Beautician offering free hair trim
 - Chiropractor/mini-massages
 - Dentistry

Other Suggestions:

- Add more specialists (currently travelling to Columbus and Louisville to visit these types of specialists):
 - Dermatologist
 - Rheumatologist

Comments:

- Convenient Care has been wonderful for the community.
- Sometimes it takes too long to get in to see a new doctor.
- "I've been going to a support group for caregivers of family members with mental health problems sponsored by NAMI (National Alliance for Mental Illness). The group meets now at the Faith Lutheran Church. It would be great if KDH would give our group space to meet in." Jessica Montgomery was cited as the contact at NAMI - (812)292-0949.