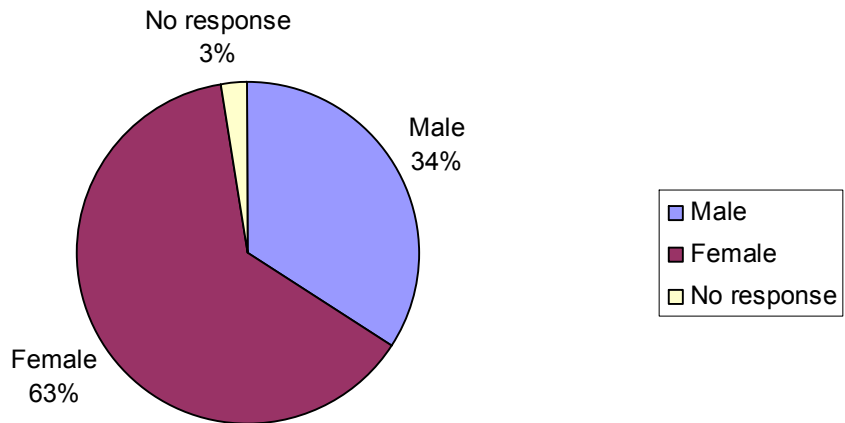
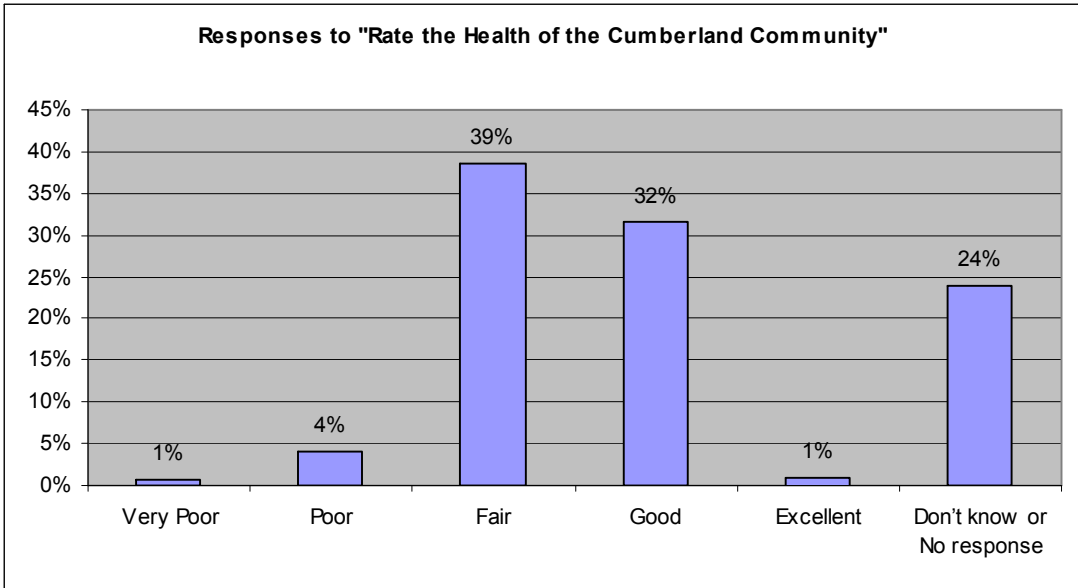
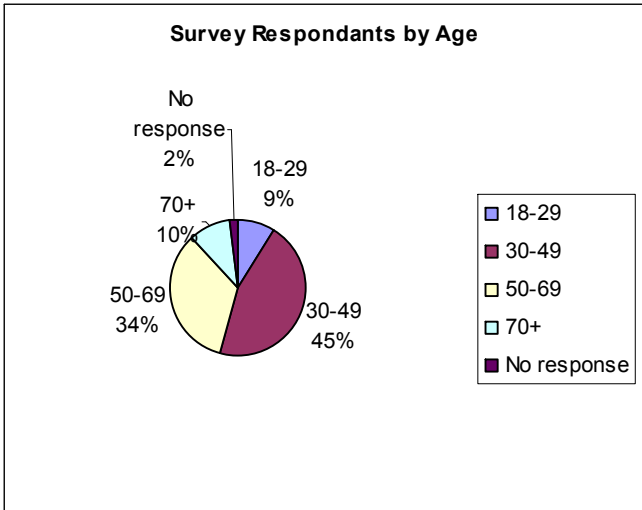
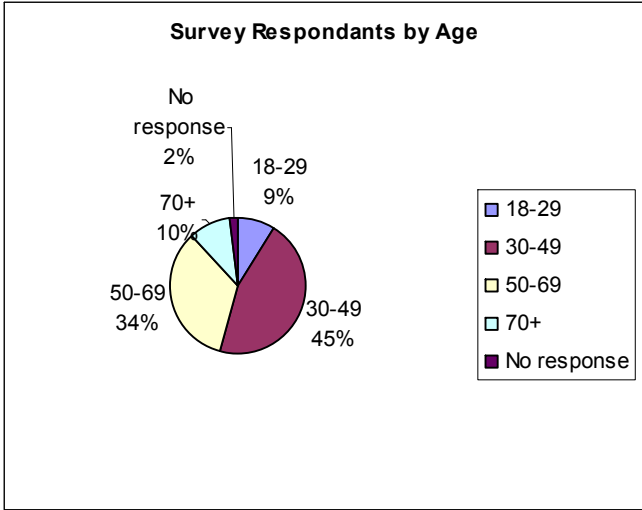


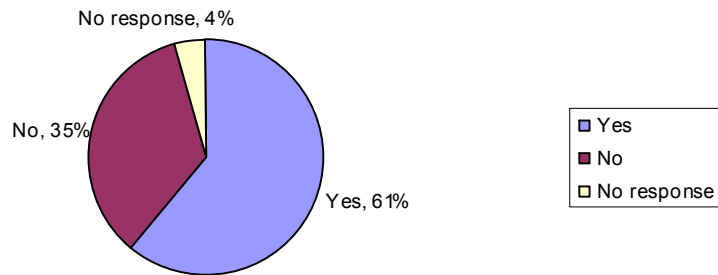
Survey Respondants by zipcode

Survey Respondants by Gender

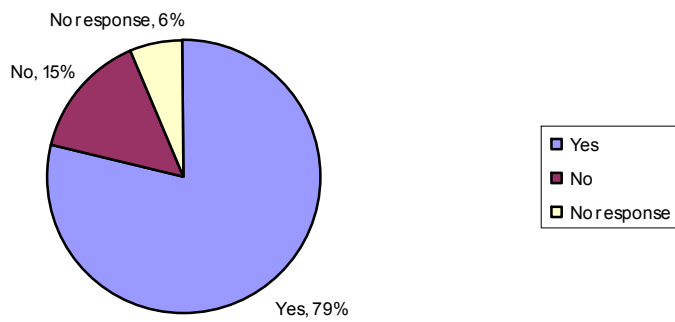




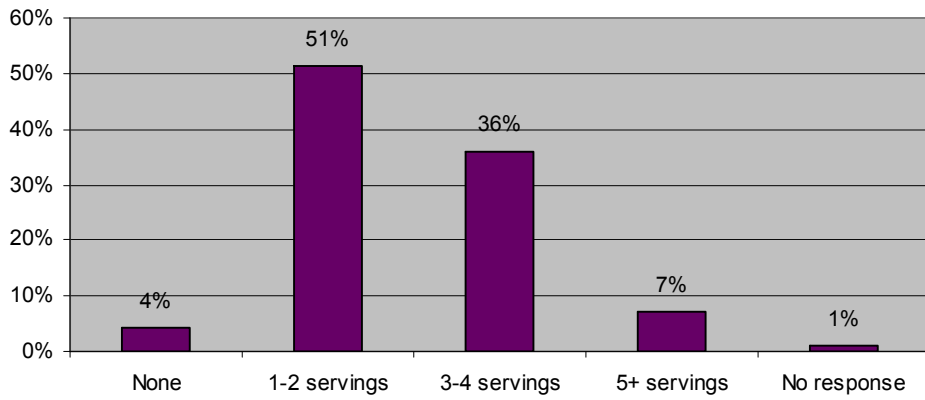
Responses to "Do you know your cholesterol?"



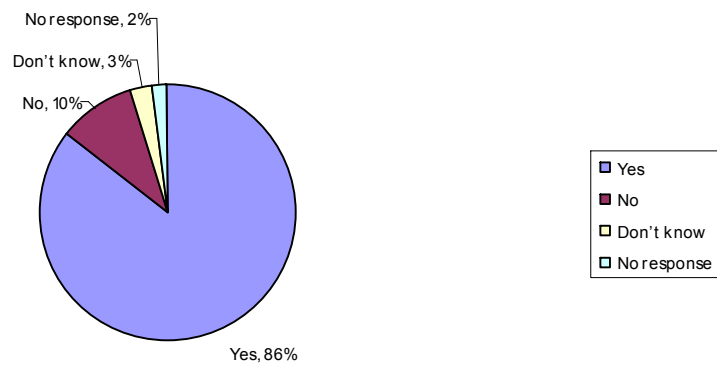
Responses to "Do you know your blood pressure?"



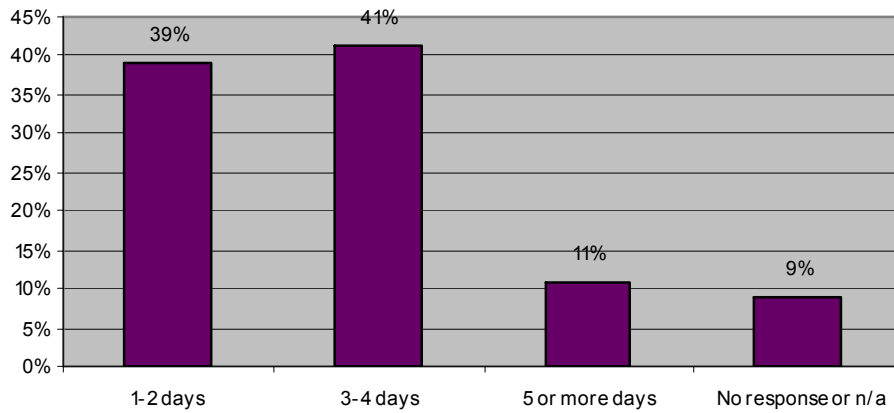
Number of servings of fruits and vegetables eaten each day



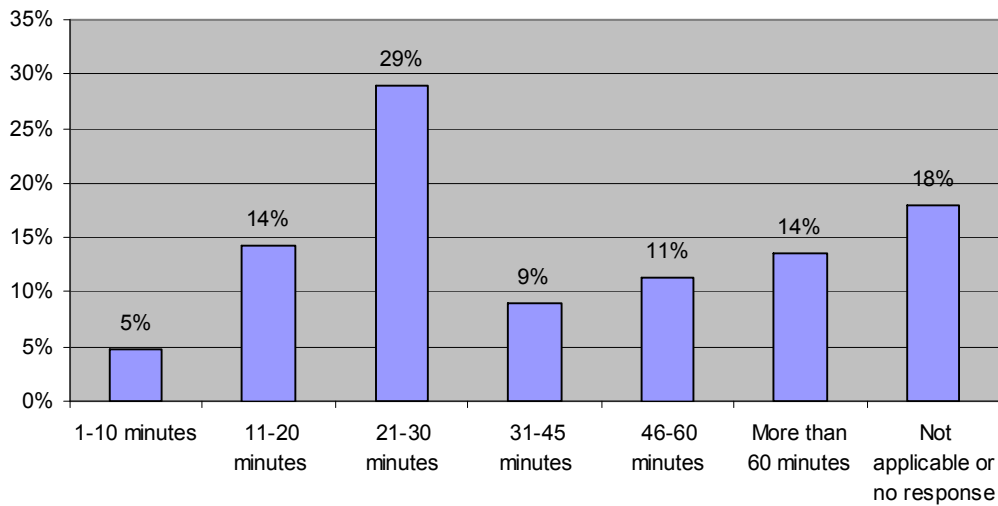
Responses to "Do you participate in moderately vigorous activity for at least 10 minutes at a time?"



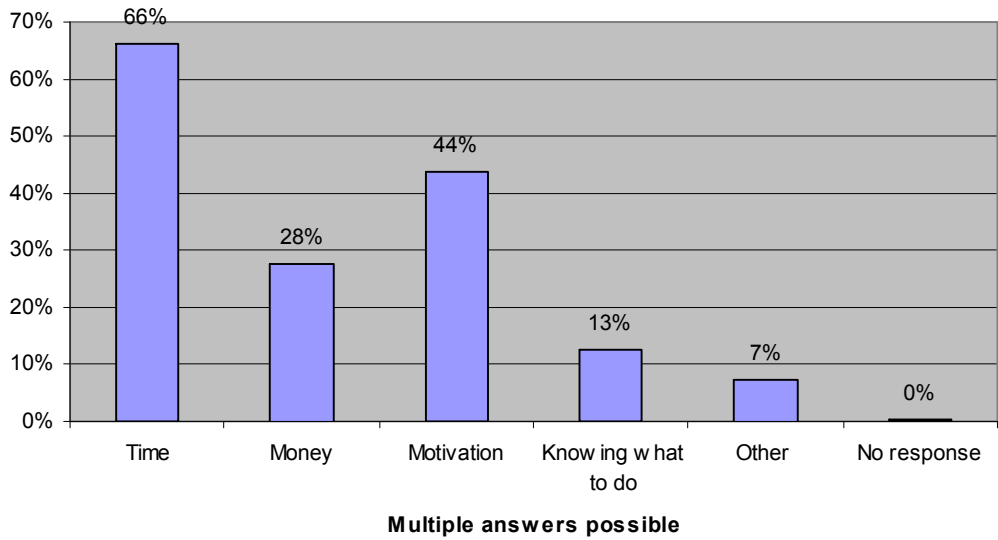
Responses to "How many days of the week do you do moderate/vigorous physical activity?"



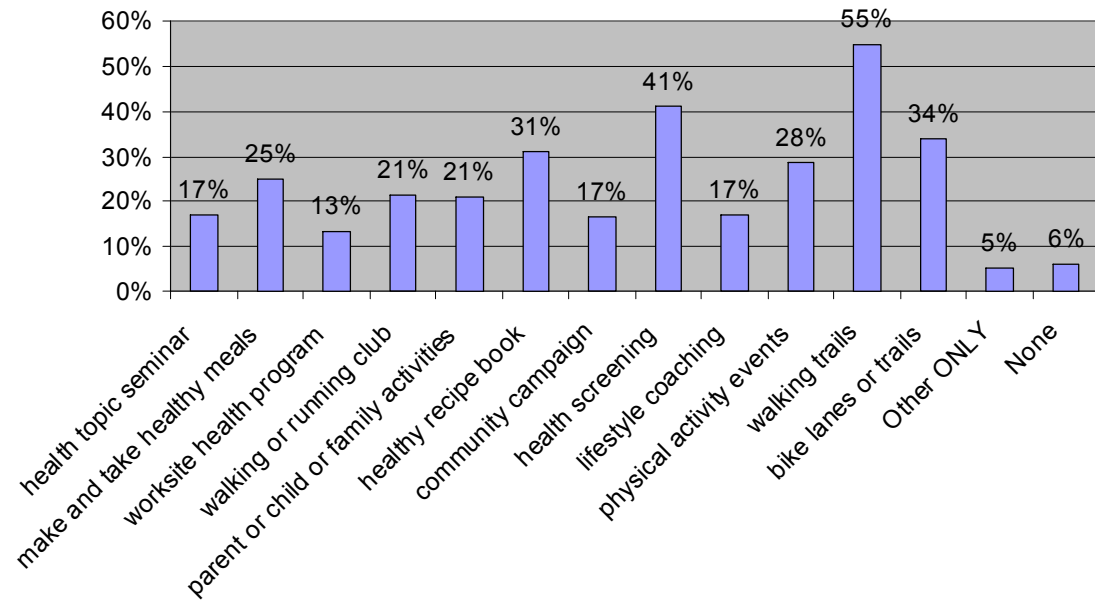
On days you do moderate/vigorous physical activities, how much total time do you spend doing these activities?

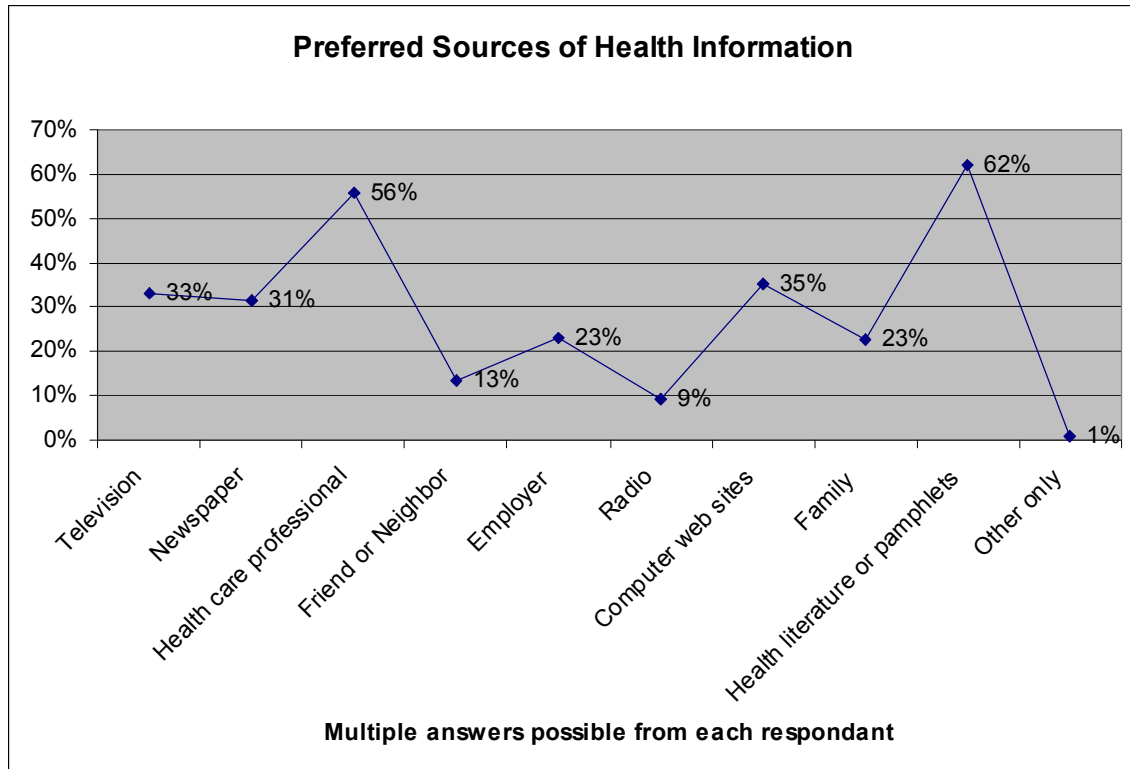



What are the most important barriers that get in the way or make a healthy lifestyle difficult for you or your family?



What would you use or participate in if offered here in Cumberland?







***“When you hear ‘Healthier Cumberland’
what do you think of?”***

- Cleaner; Clean streets; not so much pollution
- People are more healthy
- Not missing school or being sick
- Making better choices
- Awareness; Knowledge for change
- Physical, Emotional, Social Health
- A safe place to live
- Active community; People out jogging and riding bikes instead of driving
- All ages
- School system making changes with kids that could last a lifetime

“What would be the most valuable thing we could do here in Cumberland to improve health?”

Healthier Cumberland
Taking Steps to a Healthier Community



School responses

Healthy food
Less grease on the pizza
Bring back DARE
Offer new foods
No candy
School Walking Club
50 mile end-of-year walk
Jump rope or bike groups

Other

Gymnastics
Activity bus/provide transport
Hike at the ski trails
Educate about healthy snacking
Farmers' Market
Ticket people that don't stop for pedestrians in crosswalks
Have stoplights and safe crossing at Hwy 48/8th Ave.
Improve the safety of walking/biking around the lake
Address Stress
Family events (seasonal)
Mentoring for overweight or inactive school kids

Community responses

Provide things for kids to do (teens)
Educational displays (Parent-Teacher Conferences)
Talk about sexually transmitted diseases
Parents lead by example
Non-formal athletics for kids
Use the beach: have activities near the lake
City "Rec" Director
Charity Marathon
City-wide walk/exercise days
Tournaments (3 on 3)

“What are the challenges you and your family face in attempting to be more physically active?”

Healthier Cumberland
Taking Steps to a Healthier Community



TV	Need to prioritize/set a time to exercise
Video games	Help kids develop good habits when they are young
Books	Just getting started
Rain	Finding a place you're comfortable
Time	Getting into the routine

“What are the challenges you and your family face in attempting to eat healthy food?”

Having junk food
Kids cooking for themselves
Lack of family guidance
Not having fruits and vegetables available
Affordability of fruits and vegetables
Quick Meals
Time
Nutrition education of parents
Modeling of parents
Emotional health
Priorities



What would you like to see changed about foods and beverages offered in school or the community?

Not as greasy	Offer new foods
More fruits	Go to salad bar more than once
Fruit for dessert	All wash hands b/f eating
More variety of fruits	Healthier foods in stores
Cover the Salad bar	Healthier restaurants
Recess before lunch	Nutrition information
	/recipes



What would be most helpful to motivate or support you in being more physically active?

Pedometers
Sports/track/swimming
Encourage others to go out for sports
Chart/track progress
More Phy Ed
More time outside
Bike Trails
Skate park
Pool
More organized sports
Increase physical activity at recess and breaks
Support and educate parents

**red responses indicate a frequent comment*