

## PARISH-WIDE HEALTH SURVEY SUMMARY

The Health Advocacy Committee of St. Aloysius and St. Patrick parish is excited to report on the results and next steps related to the survey that the parish community completed last fall to gain a deeper understanding of your health needs and to determine how to best focus our efforts to meet the needs of the parish and its community.

### WHO DID WE REACH?

- 218 people during mass at St. Aloysius and St. Patrick, and through the St. Dominic's outreach center
- 124 females and 94 males
- 48201 (St. Patrick/Midtown area), 48226 (St. Aloysius/Downtown area), 48202 (New Center area), and 48067 (Royal Oak) were the zip codes most commonly cited as "home"
- More than half of those who took the survey said they have been coming to one of the churches for more than 5 years
- Over 91% of those who took the survey said they had some form of health insurance

### WHAT DID PEOPLE SHARE ABOUT THEIR INTEREST IN HEALTH TOPICS AND HEALTH PROGRAMS?

- Nearly 42% of those who took the survey indicated that they had health worries
- Nearly 86% would like to have an invited speaker discuss health concerns
- Nearly 30% would be interested in a group exercise program, 26% have an interest in health screening activities, and 20% would like to participate in activities related to mental health
- Many of those with an interest in **chronic medical conditions** like diabetes, hypertension, and heart disease as well as **mental health issues** like depression and anxiety, also had an interest in **group exercise**
- Several people with an interest in **dental health** and hygiene, also had an interest in participating in health **screening** activities
- Of those interested in having a visiting **speaker**, cancer, health promotion, and dental health/hygiene were the topics of greatest interest
- Nearly 21% of people would like to learn **CPR**

### WHAT DOES THE HEALTH ADVOCACY COMMITTEE PLAN TO DO?

- Develop opportunities for a periodic **dental health screening** program
- Identify a **guest speaker** on a semi-annual basis to speak about the health topics in which people were most interested
- Continue working on **group exercise opportunities** and focus on health maintenance strategies for those with chronic medical conditions
- Provide **basic life support** education (CPR and AED use) for key people affiliated with St. Aloysius and St. Patrick parish

We are honored to be doing the work of the Lord through the activities of this Committee and look forward to developing opportunities and programs that will benefit those in the St. Aloysius, St. Patrick, and St. Dominic communities.

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