



**Results of the  
Lunenburg County Community Health Board's  
Community Input Survey**

**Submitted to:**

**South Shore District Health Authority  
Lunenburg County Community Health Board**

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## INTRODUCTION TO SURVEY REPORT

The following report summarizes the results of the Lunenburg County Community Health Board (CHB) Community Input Survey completed in the fall of 2006. For ease of interpretation, this report is organized by demographic results (question 1 & questions 10-15) and the results of key survey questions (questions 2-9). A brief summary piece follows the results of each section, and a final overall survey results summary is included at the end of the report.

Survey results are presented in this report as a) the number of responses/respondents (frequencies) for each question item and b) the percentage of responses/respondents (valid percents) for each question item. The most frequent response(s) to each question is highlighted in **bold**. Where appropriate, differences in response patterns between the various respondent demographic groups have been summarized (valid cross-tabulations)<sup>1</sup>.

## SURVEY RESPONSE RATES & DEMOGRAPHICS

### Overall Response Rate

A total of **977** community members participated in the Lunenburg County CHB community input survey. The demographic profile of the survey participants is outlined in the following seven sections.

### Role of Participants (Question 1)

Role	Number of Respondents	Percentage of Respondents
<b>A resident of Lunenburg County</b>	<b>922</b>	<b>95.8</b>
A member of an organization/service	40	4.2
<i>Total</i>	962	100.0

### Gender of Participants (Question 10)

Gender	Number of Respondents	Percentage of Respondents
Male	263	33.7
<b>Female</b>	<b>517</b>	<b>66.3</b>
<i>Total</i>	780	100.0

<sup>1</sup> Please note that only the cross-tabulations that highlight differences between the results of different demographic groups are included. All other cross-tabulations have been excluded, as no differences were found between the groups (types of survey respondents).

### Age of Participants (Question 11)

Age	Number of Respondents	Percentage of Respondents
<b>15-19 years</b>	<b>346</b>	<b>43.6</b>
20-29 years	31	3.9
30-39 years	56	7.1
40-49 years	97	12.2
50-59 years	129	16.2
60-69 years	86	10.8
70-79 years	37	4.7
80+ years	12	1.5
<i>Total</i>	<i>794</i>	<i>100.0</i>

### Household Income of Participants (Question 12)

Household Income	Number of Respondents	Percentage of Respondents
\$0-\$9,999	87	14.0
\$10,000-\$19,999	69	11.1
\$20,000-\$29,999	65	10.4
\$30,000-\$39,999	70	11.2
\$40,000-\$49,999	77	12.4
<b>\$50,000+</b>	<b>255</b>	<b>40.9</b>
<i>Total</i>	<i>623</i>	<i>100.0</i>

### Employment Status of Participants (Question 13)

Employment Status	Number of Respondents	Percentage of Respondents
Full-time	148	18.9
Part-time	118	15.1
Casual	32	4.1
Seasonal	22	2.8
Retired	116	14.8
Unemployed	46	5.9
<b>Student</b>	<b>223</b>	<b>28.5</b>
Self-employed	43	5.5
Homemaker	35	4.5
<i>Total</i>	<i>783</i>	<i>100.0</i>

### Education of Participants (Question 14)

Education Level	Number of Respondents	Percentage of Respondents
<b>Less than grade 12</b>	<b>357</b>	<b>45.5</b>
Grade 12	116	14.8
Some college or university	96	12.2
College graduate	79	10.1
University graduate	137	17.5
<i>Total</i>	<i>785</i>	<i>100.0</i>

### Participants' Community of Residence (Question 15)

Community of Residence	Number of Respondents	Percentage of Respondents
Blandford	22	3.3
<b>Bridgewater</b>	<b>233</b>	<b>34.7</b>
Chelsea	5	0.7
Chester	101	15.0
LaHave	28	4.2
Lunenburg	84	12.5
Mahone Bay	119	17.7
New Germany	19	2.8
New Ross	26	3.9
Riverport	31	4.6
Springfield	4	0.6
<i>Total</i>	<i>672</i>	<i>100.0</i>

### Key Findings

The most frequent survey demographic groups included:

- People who were responding to the survey as residents of Lunenburg County (95.8%, 922);
- Females (66.3%, 517);
- People between the ages of 15-19 years (43.6%, 346);
- People with a household income of \$50,000 or more (40.9%, 255);
- Students (28.5%, 223);
- People with less than a grade 12 education (45.5%, 357); and
- Residents of Bridgewater (34.7%, 233).

## SURVEY QUESTION 2

*In your experience, what health/wellness issues are a priority for the people of your community? Please choose your top four priorities.*

### Survey Results

Priority Issues	Number of Responses	Percentage of Responses
<b>Crime/violence</b>	<b>284</b>	<b>9.7</b>
Lack of transportation	159	5.4
Food security	80	2.7
Literacy levels	41	1.4
<b>Income levels</b>	<b>211</b>	<b>7.2</b>
Education	147	5.0
Healthy child development	29	1.0
<b>Lack of exercise</b>	<b>259</b>	<b>8.8</b>
Genetics	20	0.7
Physical environment	163	5.5
Stress/mental health	160	5.4
<b>Addiction</b>	<b>254</b>	<b>8.6</b>
Isolation/loneliness	59	2.0
<b>Health services</b>	<b>208</b>	<b>7.1</b>
Chronic disease	151	5.1
Culture	27	0.9
Sexual health	75	2.5
Poor nutrition	161	5.5
Housing	114	3.9
Injuries	49	1.7
<b>Obesity</b>	<b>210</b>	<b>7.1</b>
Employment conditions	53	1.8
Other	28	1.0
<i>Total</i>	<i>2942</i>	<i>100.0</i>

### *Other Specify*

Other Issues	Number of Responses	Percentage of Responses
High cost of basics for low income seniors	1	3.1
Seniors' care	1	3.1
Crime and seniors' safety (e.g., freedom from harassment, panhandling)	1	3.1
<b>Home care and after-discharge care of seniors</b>	<b>2</b>	<b>6.3</b>
Too few doctors in rural areas	1	3.1
Lack of school nurses	1	3.1
Lack of supports (e.g., specialists for early years in school)	1	3.1

<b>Other Issues</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
No kidney dialysis in Bridgewater	1	3.1
Hostile service providers at SSRH	1	3.1
<b>Racist/sexist/homophobic culture</b>	<b>3</b>	<b>9.4</b>
Greater universality	1	3.1
One-stop healthcare	1	3.1
Health and disability definitions in the Health Act	1	3.1
No ramps for participation of disabled persons	1	3.1
Youth services	1	3.1
Housing for teens	1	3.1
Youth self-esteem	1	3.1
<b>No jobs</b>	<b>2</b>	<b>6.3</b>
Cost of power	1	3.1
Lack of Internet access	1	3.1
Lack of recreation programs	1	3.1
No bike lanes on paved roads	1	3.1
Bad information/media	1	3.1
Break-ins	1	3.1
More police enforcement	1	3.1
Noise pollution	1	3.1
Lack of value of learning/learning culture	1	3.1
Too busy lifestyle for good nutrition and exercise	1	3.1
<i>Total</i>	<i>32</i>	<i>100.0</i>

### **Key Findings**

The most frequent health/wellness priority areas identified by survey participants were:

- Crime/violence (9.7%, 284);
- Lack of exercise (8.8%, 259);
- Addiction (8.6%, 254);
- Income levels (7.2%, 211);
- Health services (7.1%, 208); and
- Obesity (7.1%, 210).

## SURVEY QUESTION 3

*In your experience, which one of the priorities you chose above is the most important for the Community Health Board to work on?*

### Survey Results

Priority 1 (Most Important)	Number of Respondents	Percentage of Respondents
<b>Crime/violence</b>	<b>90</b>	<b>11.4</b>
Lack of transportation	49	6.2
Food security	22	2.8
Literacy levels	7	0.9
Income levels	54	6.8
Education	43	5.4
Healthy child development	6	0.8
Lack of exercise	56	7.1
Genetics	1	0.1
Physical environment	46	5.8
Stress/mental health	37	4.7
<b>Addiction</b>	<b>72</b>	<b>9.1</b>
Isolation/loneliness	9	1.1
<b>Health services</b>	<b>112</b>	<b>14.2</b>
Chronic disease	34	4.3
Culture	3	0.4
Sexual health	18	2.3
Poor nutrition	23	2.9
Housing	15	1.9
Injuries	2	0.3
<b>Obesity</b>	<b>70</b>	<b>8.8</b>
Employment conditions	8	1.0
Other	14	1.8
<i>Total</i>	<i>791</i>	<i>100.0</i>

It is interesting to note the following demographic trends in survey responses:

#### Age Trends

- A higher percentage of 20-29 year olds (20.7%, 6) and 80+ year olds (18.2%, 2) identified **crime/violence** as their #1 priority than the other age groups;
- A higher percentage of 20-29 year olds (17.2%, 5) and 80+ year olds (18.2%, 2) identified **lack of transportation** as their #1 priority than the other age groups;
- A higher percentage of 15-19 year olds (17.2%, 55) identified **addiction** as their #1 priority than the other age groups;
- A higher percentage of 80+ year olds (9.1%, 1) identified **isolation/loneliness** as their #1 priority than the other age groups;

- A lower percentage of 15-19 year olds (4.4%, 14) identified **health services** as their #1 priority than the other age groups;
- A higher percentage of 60-69 year olds (10.7%, 9) and 80+ year olds (9.1%, 1) identified **chronic disease** as their #1 priority than the other age groups;
- A higher percentage of 70-79 year olds (11.1%, 4) identified **housing** as their #1 priority than the other age groups; and
- A higher percentage of 15-19 year olds (14.7%, 47) identified **obesity** as their #1 priority than the other age groups.

### Income Trends

- A higher percentage of people with incomes of \$0-\$9,999 (13.9%, 11) and \$10,000-\$19,999 (11.9%, 8) identified **lack of transportation** as their #1 priority than the other income groups; and
- A higher percentage of people with incomes of \$30,000-\$39,999 (21.5%, 14), \$40,000-\$49,999 (16.0%, 12), and \$50,000+ (16.0%, 39) identified **health services** as their #1 priority than the other income groups.

### Employment Trends

- A higher percentage of people employed part-time (10.6%, 15), people who are unemployed (6.8%, 3), and people who are self-employed (9.5%, 4) identified **income levels** as their #1 priority than the other employment groups;
- A higher percentage of people employed full-time (10.2%, 11) and students (11.9%, 25) identified **lack of exercise** as their #1 priority than the other employment groups;
- A higher percentage of people employed part-time (8.5%, 12) and people who are unemployed (9.1%, 4) identified **stress/mental health** as their #1 priority than the other employment groups;
- A higher percentage of retired people (33.6%, 38) and homemakers (30.3%, 10) identified **health services** as their #1 priority than the other employment groups; and
- A higher percentage of people employed casually (13.3%, 4), employed seasonally (19.0%, 4), and students (13.8%, 29) identified **obesity** as their #1 priority than the other employment groups.

### Education Trends

- A higher percentage of college graduates (9.2%, 7) and university graduates (6.2%, 8) identified **stress/mental health** as their #1 priority than the other education groups;
- A higher percentage of people with less than grade 12 (13.2%, 44) and grade 12 completed (12.6%, 14) identified **addiction** as their #1 priority than the other education groups;
- A higher percentage of people with some college/university (21.1%, 20), college graduates (22.4%, 17), and university graduates (22.3%, 29) identified **health services** as their #1 priority than the other education groups; and
- A higher percentage of people with less than grade 12 (12.3%, 41) identified **obesity** as their #1 priority than the other education groups.

## Key Findings

The most frequent health/wellness areas identified as the #1 priority of survey participants were:

- Health services (14.2%, 112);
- Crime/violence (11.4%, 90);
- Addiction (9.1%, 72); and
- Obesity (8.8%, 70).

## SURVEY QUESTION 4

*For each of your priorities, please specify the biggest issue.*

### Survey Results

Issues Specified for Priority Areas	Number of Responses	Percentage of Responses
<b>CRIME/VIOLENCE</b>		
<b>Crime/violence (in general)</b>	<b>97</b>	<b>4.6</b>
<b>Vandalism</b>	<b>49</b>	<b>2.3</b>
<b>Youth crime/violence</b>	<b>20</b>	<b>1.0</b>
Verbal abuse	12	0.6
Punishment not serious enough	11	0.5
Violent crime	10	0.5
Break and enter	10	0.5
Home invasion	3	0.1
<b>LACK OF TRANSPORTATION</b>		
<b>Lack of public/affordable transportation (in general)</b>	<b>61</b>	<b>2.9</b>
<b>Bus service</b>	<b>31</b>	<b>1.5</b>
Transportation to medical appointments and to Halifax	17	0.8
Rural routes for transportation	15	0.7
Transportation for seniors/disabled	14	0.7
Tancook needs a car ferry	5	0.2
Transportation along Mahone Bay to Lunenburg/Bridgewater route	2	0.1
<b>FOOD SECURITY</b>		
<b>High cost of healthy food</b>	<b>73</b>	<b>3.5</b>
Food security (in general)	8	0.4
Food bank	5	0.2
<b>LITERACY LEVELS</b>		
<b>Literacy issues (in general)</b>	<b>19</b>	<b>0.9</b>
Adults and child literacy	3	0.1
Access to reading	1	0.0

<b>Issues Specified for Priority Areas</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
<b>INCOME LEVELS</b>		
<b>Income too low for cost of living</b>	<b>47</b>	<b>2.2</b>
<b>Income (in general)</b>	<b>41</b>	<b>1.9</b>
<b>Can't afford medication</b>	<b>26</b>	<b>1.2</b>
Raising children without money	9	0.4
Income for rural women and pensioners	2	0.1
<b>EDUCATION</b>		
<b>Education (in general)</b>	<b>64</b>	<b>3.0</b>
<b>High cost of education</b>	<b>17</b>	<b>0.8</b>
<b>Chronic disease/health promotion education</b>	<b>14</b>	<b>0.7</b>
Education is essential at school and at home	9	0.4
Adult learners	3	0.1
<b>HEALTHY CHILD DEVELOPMENT</b>		
<b>Early healthy childhood development detection is needed</b>	<b>18</b>	<b>0.9</b>
<b>LACK OF EXERCISE</b>		
<b>No facilities/place to exercise in small communities</b>	<b>54</b>	<b>2.6</b>
<b>Lack of exercise in teens and adults</b>	<b>38</b>	<b>1.8</b>
<b>Lack of exercise leads to obesity</b>	<b>33</b>	<b>1.6</b>
Lack of physical education in schools	14	0.7
Lack of exercise in children	11	0.5
<b>PHYSICAL ENVIRONMENT</b>		
<b>Sports/recreation facilities</b>	<b>52</b>	<b>2.5</b>
<b>Water quality (in general)</b>	<b>26</b>	<b>1.2</b>
<b>Physical environment (in general)</b>	<b>22</b>	<b>1.0</b>
Parks	16	0.8
No affordable centres for teens	10	0.5
Air quality	6	0.3
Water quality (arsenic and uranium testing)	1	0.0
<b>STRESS/MENTAL HEALTH</b>		
<b>Stress (in general)</b>	<b>33</b>	<b>1.6</b>
<b>Depression</b>	<b>22</b>	<b>1.0</b>
<b>Mental health (in general)</b>	<b>19</b>	<b>0.9</b>
Self-esteem issues	11	0.5
Teen mental health issues	4	0.2
<b>ADDICTION</b>		
<b>Drugs</b>	<b>65</b>	<b>3.1</b>
<b>Alcohol</b>	<b>44</b>	<b>2.1</b>
<b>Addictions (in general)</b>	<b>37</b>	<b>1.8</b>
<b>Tobacco (in general)</b>	<b>27</b>	<b>1.3</b>
Gambling	20	1.0
Tobacco addiction in youth	7	0.3

<b>Issues Specified for Priority Areas</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
<b>HEALTH SERVICES</b>		
<b>Wait times (in general)</b>	<b>65</b>	<b>3.1</b>
<b>Recruitment of health professionals</b>	<b>46</b>	<b>2.2</b>
<b>Health services (in general)</b>	<b>36</b>	<b>1.7</b>
<b>Wait lists for family doctors/specialists</b>	<b>23</b>	<b>1.1</b>
Health services in isolated areas	16	0.8
Increasing health service costs/management costs	8	0.4
Nurse practitioners needed	7	0.3
Home care for seniors	6	0.3
More mental health staff	1	0.0
<b>CHRONIC DISEASE</b>		
<b>Chronic disease prevention/health promotion (in general)</b>	<b>82</b>	<b>4.0</b>
Cancer	20	1.0
Heart disease	15	0.7
<b>POOR NUTRITION</b>		
<b>Nutrition (in general)</b>	<b>54</b>	<b>2.6</b>
<b>Too much junk food/fast food</b>	<b>34</b>	<b>1.6</b>
Lack of time/education for preparing good meals	17	0.8
<b>HOUSING</b>		
<b>High taxes</b>	<b>74</b>	<b>3.5</b>
<b>Low cost housing needed</b>	<b>62</b>	<b>3.0</b>
Rental expense	9	0.4
High cost of heat	2	0.1
<b>INJURIES</b>		
<b>Injuries (in general)</b>	<b>14</b>	<b>0.7</b>
Medical attention for injuries	2	0.1
Falls prevention	2	0.1
<b>OBESITY</b>		
<b>South Shore has high obesity rates</b>	<b>51</b>	<b>2.4</b>
Obesity in youth	17	0.8
<b>EMPLOYMENT CONDITIONS</b>		
<b>Employment opportunities (in general)</b>	<b>28</b>	<b>1.3</b>
Employment conditions (in general)	18	0.9
<b>MISCELLANEOUS</b>		
<b>Loneliness/isolation (in general)</b>	<b>34</b>	<b>1.6</b>
<b>Sexual health (in general)</b>	<b>24</b>	<b>1.1</b>
<b>Lifestyle issues</b>	<b>23</b>	<b>1.1</b>
Culture (in general)	14	0.7
Lack of supports for families	6	0.3
Mismanagement of tax dollars	2	0.1
Rights of the disabled	1	0.0
<i>Total</i>	<i>2101</i>	<i>100.0</i>

## **Key Findings**

The most frequent issues respondents identified with their priority areas were:

### Crime/Violence

- Crime/violence (in general) (4.6%, 97);
- Vandalism (2.3%, 49); and
- Youth crime/violence (1.0%, 20).

### Lack of Transportation

- Lack of public/affordable transportation (in general) (2.9%, 61); and
- Bus service (1.5%, 31).

### Food Security

- High cost of healthy food (3.5%, 73).

### Literacy Levels

- Literacy issues (in general) (0.9%, 19).

### Income Levels

- Income too low for cost of living (2.2%, 47);
- Income (in general) (1.9%, 41); and
- Can't afford medication (1.2%, 26).

### Education

- Education (in general) (3.0%, 64);
- High cost of education (0.8%, 17); and
- Chronic disease/health promotion education (0.7%, 14).

### Healthy Child Development

- Early healthy childhood development detection is needed (0.9%, 18).

### Lack of Exercise

- No facilities/place to exercise in small communities (2.6%, 54);
- Lack of exercise in teens and adults (1.8%, 38); and
- Lack of exercise leads to obesity (1.6%, 33).

### Physical Environment

- Sports/recreation facilities (2.5%, 52);
- Water quality (in general) (1.2%, 26); and
- Physical environment (in general) (1.0%, 22).

### Stress/Mental Health

- Stress (in general) (1.6%, 33);
- Depression (1.0%, 22); and
- Mental health (in general) (0.9%, 19).

### Addiction

- Drugs (3.1%, 65);
- Alcohol (2.1%, 44);
- Addictions (in general) (1.8%, 37); and
- Tobacco (in general) (1.3%, 27).

### Health Services

- Wait times (in general) (3.1%, 65);
- Recruitment of health professionals (2.2%, 46);
- Health services (in general) (1.7%, 36); and
- Wait lists for family doctors/specialists (1.1%, 23).

### Chronic Disease

- Chronic disease prevention/health promotion (in general) (4.0%, 82).

### Poor Nutrition

- Nutrition (in general) (2.6%, 54); and
- Too much junk food/fast food (1.6%, 34).

### Housing

- High taxes (3.5%, 74); and
- Low cost housing needed (3.0%, 62).

### Injuries

- Injuries (in general) (0.7%, 14).

### Obesity

- South Shore has high obesity rates (2.4%, 51).

### Employment Conditions

- Employment opportunities (in general) (1.3%, 28).

### Miscellaneous/Other Issues

- Loneliness/isolation (in general) (1.6%, 34);
- Sexual health (in general) (1.1%, 24); and
- Lifestyle issues (1.1%, 23).

## SURVEY QUESTION 5

*Look at your first priority, above in Question 3. In your experience, what is the best way to address this important priority? (What can we do to make things better?)*

### Survey Results

Ways to Address Priority #1	Number of Responses	Percentage of Responses
<b>CRIME/VIOLENCE</b>		
<b>More police presence/increased surveillance</b>	<b>29</b>	<b>3.1</b>
<b>Stricter sentences for crimes (in general)</b>	<b>20</b>	<b>2.2</b>
Other (general) comments	12	1.3
Stricter sentences for crimes for young offenders	10	1.1
Changes to Young Offenders Act	6	0.6
Neighborhood watch programs	4	0.4
<b>LACK OF TRANSPORTATION</b>		
<b>Public transportation (in general)</b>	<b>25</b>	<b>2.7</b>
<b>Public transit buses</b>	<b>20</b>	<b>2.2</b>
Car ferry for Tancook Island	3	0.3
Transit system to/from Bridgewater/Lunenburg	2	0.2
Provide low cost transportation to Halifax for medical appointments	1	0.1
<b>FOOD SECURITY</b>		
<b>Make healthy food affordable</b>	<b>27</b>	<b>2.9</b>
Healthy food at food banks	1	0.1
<b>LITERACY LEVELS</b>		
<b>Literacy programs made affordable to families (and night classes)</b>	<b>10</b>	<b>1.1</b>
<b>INCOME LEVELS</b>		
<b>Assist low income families to cover basic necessities (e.g., social assistance funding)</b>	<b>25</b>	<b>2.7</b>
Financial help to buy medications	9	1.0
Increase minimum wage	6	0.6
Education on budgeting/money management for families	4	0.4
<b>EDUCATION</b>		
<b>Education (in general)</b>	<b>45</b>	<b>4.8</b>
<b>Education on healthy lifestyles (e.g., begin early and continue at all grade levels)</b>	<b>34</b>	<b>3.7</b>
Lower cost of college/university tuition and provide assistance for students	4	0.4
Education on bullying and zero bullying tolerance	3	0.3
Stress management education for children in school	3	0.3

<b>Ways to Address Priority #1</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
<b>HEALTHY CHILD DEVELOPMENT</b>		
<b>Classes for training new parents on child rearing</b>	<b>6</b>	<b>0.6</b>
<b>LACK OF EXERCISE</b>		
<b>Better access to exercise programs (e.g., transportation, low cost, daycare services)</b>	<b>28</b>	<b>3.0</b>
<b>Physical activity programming in school for all children, including teens</b>	<b>21</b>	<b>2.3</b>
Exercise (in general)	19	2.0
<b>PHYSICAL ENVIRONMENT</b>		
<b>Recreation complex for families</b>	<b>22</b>	<b>2.4</b>
<b>Place for teens to have activities/youth programming</b>	<b>17</b>	<b>1.8</b>
Improve parks/trails to promote exercise	10	1.1
Improve water quality	8	0.9
Lower cost of water testing	3	0.3
Accessibility for the disabled	1	0.1
<b>STRESS/MENTAL HEALTH</b>		
<b>Mental health promotion programs/early intervention</b>	<b>15</b>	<b>1.6</b>
Increase counselling services	10	1.1
<b>ADDICTION</b>		
<b>Better laws/policies for addictions</b>	<b>18</b>	<b>1.9</b>
<b>Addiction education programs</b>	<b>15</b>	<b>1.6</b>
Addiction programs in schools for teens	8	0.9
Increased accessibility to programs for addictions (e.g., smoking cessation)	6	0.6
<b>ISOLATION/LONELINESS</b>		
<b>More community social/recreational activities</b>	<b>5</b>	<b>0.5</b>
Employ seniors in needed community activities	3	0.3
<b>HEALTH SERVICES</b>		
<b>More physicians/more specialists</b>	<b>51</b>	<b>5.5</b>
<b>Improve wait lists (e.g., better appointment scheduling)</b>	<b>18</b>	<b>1.9</b>
<b>Better management of government dollars for health care services</b>	<b>17</b>	<b>1.8</b>
Increase clinics, community health centres, and outreach programs in rural areas	14	1.5
More walk-in clinics with extended hours	10	1.1
Increase services in local areas (e.g., have to travel to Halifax)	9	1.0
More hospital/nursing home beds	9	1.0
Train/hire more nurse practitioners	7	0.8

<b>Ways to Address Priority #1</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
<b>HEALTH SERVICES CONTINUED</b>		
Primary health care (e.g., care by broad system of health professionals, prevention as well as treatment)	7	0.8
Insufficient healthcare workers (e.g., burnout of staff and doctors)	7	0.8
Access to home care/home visits	7	0.8
Other (general) comments	7	0.8
Train/promote training of health staff	3	0.3
Health care professionals should model good lifestyles	2	0.2
Respite care for seniors	1	0.1
<b>CHRONIC DISEASE</b>		
<b>Education on healthy lifestyles</b>	<b>30</b>	<b>3.2</b>
Other (general) comments	7	0.8
Early detection and diagnosis of illnesses	4	0.4
More media about healthy lifestyles and exercise	4	0.4
<b>SEXUAL HEALTH</b>		
<b>Sexual health education</b>	<b>10</b>	<b>1.1</b>
Other (general) comments	5	0.5
<b>POOR NUTRITION</b>		
<b>Other (general) comments</b>	<b>20</b>	<b>2.2</b>
<b>Healthy foods in hospitals, public institutions, and schools</b>	<b>17</b>	<b>1.8</b>
Promote organic food through policy/legislation (e.g., preservatives, local foods in stores)	8	0.9
<b>HOUSING</b>		
<b>Build affordable, low-cost housing</b>	<b>10</b>	<b>1.1</b>
Monitor landlords and rental housing for living conditions	2	0.2
Youth shelters	1	0.1
<b>OBESITY</b>		
<b>Education to change the cultural norms around obesity/good nutrition</b>	<b>13</b>	<b>1.4</b>
<b>EMPLOYMENT CONDITIONS</b>		
<b>Better employment opportunities and improved wages</b>	<b>20</b>	<b>2.2</b>
Government should encourage business to locate here for better employment opportunities	4	0.4
Better treatment of employees (e.g., safety, work conditions)	3	0.3

Ways to Address Priority #1	Number of Responses	Percentage of Responses
<b>MISCELLANEOUS</b>		
<b>Changes in policy/laws</b>	<b>18</b>	<b>1.9</b>
<b>More community involvement/consultation</b>	<b>17</b>	<b>1.8</b>
<b>More programs for rural areas</b>	<b>13</b>	<b>1.4</b>
Reduce fees and taxes	8	0.9
Hire more trained (unspecified) professionals	7	0.8
More research	6	0.6
Staff (unspecified) not caring/respectful	5	0.5
Reduce social stigma	4	0.4
Increased access to programs by offering at more times (e.g., evenings, weekends)	2	0.2
Peer support groups	2	0.2
<i>Total</i>	<i>927</i>	<i>100.0</i>

## Key Findings

The most frequent suggestions for addressing the priorities of respondents were:

### Crime/Violence

- More police presence/increased surveillance (3.1%, 29); and
- Stricter sentences for crimes (in general) (2.2%, 20).

### Lack of Transportation

- Public transportation (in general) (2.7%, 25); and
- Public transit buses (2.2%, 20).

### Food Security

- Make healthy food affordable (2.9%, 27).

### Literacy Levels

- Literacy programs made affordable to families (and night classes) (1.1%, 10).

### Income Levels

- Assist low income families to cover basic necessities (e.g., social assistance funding) (2.7%, 25).

### Education

- Education (in general) (4.8%, 45); and
- Education on healthy lifestyles (e.g., begin early and continue at all grade levels) (3.7%, 34).

### Healthy Child Development

- Classes for training new parents on child rearing (0.6%, 6).

### Lack of Exercise

- Better access to exercise programs (e.g., transportation, low cost, daycare services) (3.0%, 28); and
- Physical activity programming in school for all children, including teens (2.3%, 21).

### Physical Environment

- Recreation complex for families (2.4%, 22); and
- Place for teens to have activities/youth programming (1.8%, 17).

### Stress/Mental Health

- Mental health promotion programs/early intervention (1.6%, 15).

### Addiction

- Better laws/policies for addictions (1.9%, 18); and
- Addiction education programs (1.6%, 15).

### Isolation/Loneliness

- More community social/recreational activities (0.5%, 5).

### Health Services

- More physicians/more specialists (5.5%, 51);
- Improve wait lists (e.g., better appointment scheduling) (1.9%, 18); and
- Better management of government dollars for health care services (1.8%, 17).

### Chronic Disease

- Education on healthy lifestyles (3.2%, 30).

### Sexual Health

- Sexual health education (1.1%, 10).

### Poor Nutrition

- Other (general) comments (2.2%, 20); and
- Healthy foods in hospitals, public institutions, and schools (1.8%, 17).

### Housing

- Build affordable, low-cost housing (1.1%, 10).

### Obesity

- Education to change the cultural norms around obesity/good nutrition (1.4%, 13).

### Employment Conditions

- Better employment opportunities and improved wages (2.2%, 20).

### Miscellaneous/Other Suggestions

- Changes in policy/laws (1.9%, 18);
- More community involvement/consultation (1.8%, 17); and
- More programs for rural areas (1.4%, 13).

## SURVEY QUESTION 6

*In your experience, what helps people make good lifestyle choices?*

### Survey Results

<b>Ideas of What Helps People Make Good Lifestyle Choices</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
<b>Education/information to bring awareness of the benefits of diet and exercise (e.g., classes, sessions with dietitians)</b>	<b>300</b>	<b>25.4</b>
<b>Money (e.g., support to low-income families, financial incentives like tax breaks, funding for exercise programs)</b>	<b>148</b>	<b>12.5</b>
<b>Lead by example (e.g., good role models like parents, teachers, and professionals)</b>	<b>99</b>	<b>8.4</b>
<b>Effective advertising on what is available to help people have healthy lifestyles (e.g., through Internet, TV, newspapers, etc.)</b>	<b>62</b>	<b>5.2</b>
<b>Support from community members, family, and relationships</b>	<b>58</b>	<b>4.9</b>
<b>Easy accessibility to exercise facilities and support groups that encourage lifestyle changes</b>	<b>53</b>	<b>4.5</b>
<b>Healthier eating choices in schools with increased physical education</b>	<b>52</b>	<b>4.4</b>
Stricter non-smoking laws	46	3.9
Stricter government regulations	41	3.5
Make healthy food less expensive so people can afford to make healthier choices and tax junk food and cigarettes more	39	3.3
Involvement in inexpensive (or free) activities for all ages/groups instead of watching TV or playing video games	39	3.3

<b>Ideas of What Helps People Make Good Lifestyle Choices</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
When society and peers declare it normal	35	3.0
Providing examples of what bad lifestyle choices can do to people and show alternatives to these bad habits	34	2.9
Self-esteem helps people keep a positive attitude and make individual changes (and have a fun way of life)	32	2.7
Introduction to exercise	26	2.2
Freedom of choice (e.g., let people do what they want, they are going to make their own choices anyway)	22	1.9
Ensure an approach that targets multiple issues	18	1.5
Reduced advertising that promotes poor habits	17	1.4
Have information simple, available, and geared to specific people's way of life	16	1.4
Discipline (e.g., the use of force to make people be healthier)	12	1.0
Having good health literacy skills	11	0.9
Necessity (e.g., a health scare)	8	0.7
Clean, safe environments	6	0.5
More jobs with higher wages for unskilled laborers	4	0.3
Time management (e.g., time to cook as opposed to ordering take-out)	2	0.2
Proper work ethic (e.g., working teaches discipline)	2	0.2
<i>Total</i>	<i>1182</i>	<i>100.0</i>

## **Key Findings**

The most frequent respondent ideas of what helps people make good lifestyle choices were:

- Education/information to bring awareness of the benefits of diet and exercise (e.g., classes, sessions with dietitians) (25.4%, 300);
- Money (e.g., support to low-income families, financial incentives like tax breaks, funding for exercise programs) (12.5%, 148);
- Lead by example (e.g., good role models like parents, teachers, and professionals) (8.4%, 99);
- Effective advertising on what is available to help people have healthy lifestyles (e.g., through Internet, TV, newspapers, etc.) (5.2%, 62);
- Support from community members, family, and relationships (4.9%, 58);
- Easy accessibility to exercise facilities and support groups that encourage lifestyle changes (4.5%, 53); and
- Healthier eating choices in schools with increased physical education (4.4%, 52).

## SURVEY QUESTION 7

*In your experience, what prevents people from making good lifestyle choices?*

### Survey Results

<b>Ideas of What Prevents People From Making Good Lifestyle Choices</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
<b>Lack of information/education (and access to)</b>	<b>219</b>	<b>17.6</b>
<b>Money (e.g., good health is costly)</b>	<b>209</b>	<b>16.8</b>
<b>Limited access to/information on facilities or resources (free or otherwise)</b>	<b>108</b>	<b>8.7</b>
<b>Lack of interest, initiative, motivation, self-esteem, or self-discipline</b>	<b>107</b>	<b>8.6</b>
<b>Bad choices are easier/cheaper to make than good choices (e.g., junk food tastes better than healthy food, people are too lazy)</b>	<b>82</b>	<b>6.6</b>
<b>Peer pressure</b>	<b>73</b>	<b>5.9</b>
Lack of support from family or community (e.g., no one to turn to)	52	4.2
Insufficient advertising (e.g., what is out there is poor and promotes an unhealthy lifestyle)	51	4.1
Lack of inexpensive transportation	50	4.0
Poor role models (e.g., health personnel, family)	49	3.9
Ingrained poor habits passed down (e.g., upbringing)	48	3.9
Lack of time	34	2.7
Limited choices or free activities available	28	2.2
Stress/mental pressures (e.g., being overworked)	25	2.0
Socioeconomic status	20	1.6
Denial of the consequences of their bad choices	20	1.6
Drugs and alcohol	17	1.4
TV, video games, and listening to music leads to a sedentary lifestyle	12	1.0
Lack of government accountability (e.g., government is not helping)	11	0.9
Needs to be healthier choices everywhere, especially in schools (e.g., less junk food)	8	0.6
Conflict with others/authorities	6	0.5
Lack of safe/steady employment and high income	5	0.4
Lack of fun programs (e.g., sports programs, facilities)	5	0.4
Unsafe environments	5	0.4
Economic competition between neighbours and communities	1	0.1
<i>Total</i>	<i>1245</i>	<i>100.0</i>

## Key Findings

The most frequent respondent ideas of what prevents people from making good lifestyle choices were:

- Lack of information/education (and access to information) (17.6%, 219);
- Money (e.g., good health is costly) (16.8%, 209);
- Limited access to/information on facilities or resources (free or otherwise) (8.7%, 108);
- Lack of interest, initiative, motivation, self-esteem, or self-discipline (8.6%, 107);
- Bad choices are easier/cheaper to make than good choices (e.g., junk food tastes better than healthy food, people are too lazy) (6.6%, 82); and
- Peer pressure (5.9%, 73).

## SURVEY QUESTION 8

*What would help people feel safe and secure in your community... a) in their personal relationships; b) in schools; c) at their workplace?*

### Survey Results

#### Personal Relationships

<b>Ideas of What Would Help People Feel Safe &amp; Secure in their Personal Relationships</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
<b>Support from families and communities, counsellors for someone to talk to</b>	<b>130</b>	<b>24.5</b>
<b>Education and awareness of the issues</b>	<b>68</b>	<b>12.8</b>
<b>Respect for others and for oneself (e.g., self-esteem)</b>	<b>56</b>	<b>10.5</b>
<b>Having a healthy, committed relationship</b>	<b>37</b>	<b>7.0</b>
<b>Knowing there are other options available</b>	<b>37</b>	<b>7.0</b>
<b>Tougher laws (e.g., harassment, violence)</b>	<b>35</b>	<b>6.6</b>
<b>People have to feel safe, secure, and independent in their homes and communities</b>	<b>33</b>	<b>6.2</b>
Communication is key	28	5.3
Trust is important	25	4.7
Improved services/programs for those with problems	25	4.7
More time to engage in activities with each other, as well as more activities to engage in	14	2.6
Accountability (e.g., taking responsibility for one's actions)	13	2.4
Money (e.g., better employment, affordable child care, free counseling)	13	2.4
Healthy choices (e.g., better nutrition, no drugs)	10	1.9
Leave people alone (e.g., listen, don't judge)	7	1.3
<i>Total</i>	<i>531</i>	<i>100.0</i>

## Schools

<b>Ideas of What Would Help People Feel Safe &amp; Secure in Schools</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
<b>Safety and security (e.g., police presence, metal detectors, video cameras)</b>	<b>185</b>	<b>30.0</b>
<b>Supportive teachers who are available/willing to listen, yet still strict and in control</b>	<b>99</b>	<b>16.1</b>
<b>Stricter anti-bullying programs</b>	<b>86</b>	<b>14.0</b>
<b>Support from friends and community (e.g., less peer pressure)</b>	<b>50</b>	<b>8.1</b>
<b>Stricter discipline (e.g., make people accountable for their actions)</b>	<b>50</b>	<b>8.1</b>
Educate/inform kids about safety issues	31	5.0
Stricter policies on drugs, smoking, and gun use	27	4.4
More choice (e.g., in physical activity/healthy eating)	24	3.9
Respect for teachers and vice versa	20	3.2
Parents who care about communities and the future of their children	19	3.1
Clean, healthy facilities which are large enough	9	1.5
Having funds available for different programs	6	1.0
Reduce the risk of students “standing out” (e.g., have school uniforms)	4	0.6
Transportation	4	0.6
More hands on learning experiences	2	0.3
<i>Total</i>	<i>616</i>	<i>100.0</i>

## Workplace

<b>Ideas of What Would Help People Feel Safe &amp; Secure in the Workplace</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
<b>Safe, secure, and healthy environment with updated equipment and less stress</b>	<b>190</b>	<b>35.3</b>
<b>Positive support from co-workers/employers</b>	<b>68</b>	<b>12.6</b>
<b>Clear, stricter policies/procedures regarding sexual harassment and health/safety regulations</b>	<b>66</b>	<b>12.2</b>
<b>Fair, effective, and progressive employers who respect confidentiality</b>	<b>43</b>	<b>8.0</b>
Respect for management and co-workers leads to higher morale	38	7.1
More information on personal rights	33	6.1
Job security	31	5.8
Fair/competitive wages with rewards and bonuses	15	2.8
Enforced labour laws	14	2.6

<b>Ideas of What Would Help People Feel Safe &amp; Secure in the Workplace</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
Adequate training to do job	13	2.4
Staff input	10	1.9
Feeling that one's job is valued	7	1.3
Promote exercise more along with healthy eating	4	0.7
Outside resources	3	0.6
Lighter work load	3	0.6
Job variety so that one feels challenged	1	0.2
<i>Total</i>	<i>539</i>	<i>100.0</i>

### **Key Findings**

The most frequent respondent ideas of what would help people feel safe and secure in their personal relationships included:

- Support from families and communities, counsellors for someone to talk to (24.5%, 130);
- Education and awareness of the issues (12.8%, 68);
- Respect for others and for oneself (e.g., self-esteem) (10.5%, 56);
- Having a healthy, committed relationship (7.0%, 37);
- Knowing there are other options available (7.0% 37);
- Tougher laws (e.g., harassment, violence) (6.6%, 35); and
- People have to feel safe, secure, and independent in their homes and communities (6.2%, 33).

The most frequent respondent ideas of what would help people feel safe and secure in schools included:

- Safety and security (e.g., police presence, metal detectors, video cameras) (30.0%, 185);
- Supportive teachers who are available/willing to listen, yet still strict and in control (16.1%, 99);
- Stricter anti-bullying programs (14.0%, 86);
- Support from friends and community (e.g., less peer pressure) (8.1%, 50); and
- Stricter discipline (e.g., make people accountable for their actions) (8.1%, 50).

The most frequent respondent ideas of what would help people feel safe and secure in their workplace included:

- Safe, secure, and healthy environment with updated equipment and less stress (35.3%, 190);
- Positive support from co-workers/employers (12.6%, 68);
- Clear, stricter policies/procedures regarding sexual harassment and health/safety regulations (12.2%, 66); and
- Fair, effective, and progressive employers who respect confidentiality (8.0%, 43).

## SURVEY QUESTION 9

*Is there anything else you think we should know?  
Any other comments for the LCCHB to consider?*

### Survey Results

Other Comments to Consider	Number of Responses	Percentage of Responses
<b>Need to make communities and schools safer for individuals (e.g. more police, community watch, street lighting)</b>	<b>343</b>	<b>41.1</b>
<b>More activities for youth and promote them (e.g., accessible, affordable, resources programs)</b>	<b>93</b>	<b>11.2</b>
<b>Focus more on specific issues (e.g., mental health, drugs, welfare, environment, obesity, rules for violent offenders)</b>	<b>87</b>	<b>10.4</b>
<b>Get to know people in your community and treat everyone as equals</b>	<b>50</b>	<b>6.0</b>
More support (financial and community) for services/programs	33	4.0
More support for seniors (e.g., tax increases difficult, need more financial help, adequate home care)	32	3.8
Individuals feel safe already in their communities	31	3.7
Low income has a great impact on physical and mental health	24	2.9
Increase amount/quality of available medical personnel (e.g., more doctors/clinics, expand VON program)	23	2.8
Give examples to people of what will happen if they make the wrong choices (e.g., everyone needs to look after their own health and we have to make them want to make healthy choices)	22	2.6
Need for reduced wait time for treatments	19	2.3
CHB needs to actually do something (e.g., get practical, be present at the school level, fund existing programs instead of creating new ones)	16	1.9
Need more affordable public transportation options	15	1.8
Need to provide daily fitness and healthy nutrition to help promote active, healthy lifestyles	10	1.2
Create volunteer program so that shut-ins can receive social contact on daily or weekly basis	9	1.1
Keep up the good work, CHB!	7	0.8

<b>Other Comments to Consider</b>	<b>Number of Responses</b>	<b>Percentage of Responses</b>
Need to treat others with more respect	5	0.6
The survey was too specific (e.g., personal information needed to be toned down)	3	0.4
Educate individuals on the cost of health care	3	0.4
Bring South Shore Health into the 21 <sup>st</sup> century (e.g., updated equipment)	2	0.2
Need to have honest, open communications with youth	2	0.2
Need food security	2	0.2
Large, non-local businesses highly detrimental to the community (e.g., takes away from the locals)	1	0.1
Need stricter laws and bylaws	1	0.1
Healthy lifestyles involve personal interests and time to enjoy them (e.g., need to promote a “slow down” attitude)	1	0.1
<i>Total</i>	<i>834</i>	<i>100.0</i>

### **Key Findings**

The most frequent additional comments provided by respondents included:

- Need to make communities and schools safer for individuals (e.g. more police, community watch, street lighting) (41.1%, 343);
- More activities for youth and promote them (e.g., accessible, affordable, resources programs) (11.2%, 93);
- Focus more on specific issues (e.g., mental health, drugs, welfare, environment, obesity, rules for violent offenders) (10.4%, 87); and
- Get to know people in your community and treat everyone as equals (6.0%, 50).

## **SUMMARY OF OVERALL SURVEY FINDINGS**

### **Priority Health/Wellness Areas**

The survey results suggested that the most important health/wellness priority areas for the CHB to consider are:

#### Crime/Violence

Crime/violence was the most frequently identified community priority issue (9.7%, 284). In fact, crime/violence was identified as the number one priority in 11.4% (90) of the survey responses. The most prevalent issues identified by respondents were:

- Crime/violence (in general) (4.6%, 97);
- Vandalism (2.3%, 49); and
- Youth crime/violence (1.0%, 20).

Suggestions for addressing this priority issue included increasing police presence/surveillance (3.1%, 29) and having stricter sentences for crimes (2.2%, 20).

### Lack of Exercise

Lack of exercise was the second most frequently identified community priority issue (8.8%, 259). The most prevalent issues identified by respondents were:

- No facilities/place to exercise in small communities (2.6%, 54);
- Lack of exercise in teens and adults (1.8%, 38); and
- Lack of exercise leads to obesity (1.6%, 33).

Suggestions for addressing this priority issue included increasing access to exercise programs (e.g., transportation, low cost, daycare services) (3.0%, 28) and increasing physical activity programming in schools (2.3%, 21).

### Addiction

Addiction was the third most frequently identified community priority issue (8.6%, 254). In fact, addiction was identified as the number one priority in 9.1% (72) of the survey responses. The most prevalent issues identified by respondents were:

- Drugs (3.1%, 65);
- Alcohol (2.1%, 44);
- Addictions (in general) (1.8%, 37); and
- Tobacco (1.3%, 27).

Suggestions for addressing this priority issue included having better laws/policies for addictions (1.9%, 18) and providing addiction education programs (1.6%, 15).

### Income Levels

Income levels was the fourth most frequently identified community priority issue (7.2%, 211). The most prevalent issues identified by respondents were:

- Income too low for cost of living (2.2%, 47);
- Income (in general) (1.9%, 41); and
- Can't afford medication (1.2%, 26).

Assisting low income families to cover basic necessities (e.g., social assistance funding) (2.7%, 25) was suggested as an approach for addressing this priority issue.

### Health Services

Health services was the fifth most frequently identified community priority issue (7.1%, 208). In fact, health services was identified as the number one priority in 14.2% (112) of the survey responses. The most prevalent issues identified by respondents were:

- Wait times (in general) (3.1%, 65);
- Recruitment of health professionals (2.2%, 46);
- Health services (in general) (1.7%, 36); and
- Wait lists for family doctors/specialists (1.1%, 23).

Suggestions for addressing this priority issue included increasing the number of physicians/specialists (5.5%, 51), improving wait lists (1.9%, 18), and ensuring better management of government dollars for health care services (1.8%, 17).

### Obesity

Obesity was the sixth most frequently identified community priority issue (7.1%, 210). In fact, obesity was identified as the number one priority in 8.8% (70) of the survey responses. The most prevalent issue identified by respondents was the fact that the South Shore has high obesity rates (2.4%, 51). Education to change the cultural norms around obesity/good nutrition (1.4%, 13) was suggested as an approach for addressing this priority issue.

### **Supportive Community Healthy Lifestyle Issues**

The most prevalent survey findings about what helps people make good lifestyle choices were:

- Education/information to bring awareness of the benefits of diet and exercise (e.g., classes, sessions with dietitians) (25.4%, 300);
- Money (e.g., support to low-income families, financial incentives like tax breaks, funding for exercise programs) (12.5%, 148);
- Lead by example (e.g., good role models like parents, teachers, and professionals) (8.4%, 99);
- Effective advertising on what is available to help people have healthy lifestyles (e.g., through Internet, TV, newspapers, etc.) (5.2%, 62);
- Support from community members, family, and relationships (4.9%, 58);
- Easy accessibility to exercise facilities and support groups that encourage lifestyle changes (4.5%, 53); and
- Healthier eating choices in schools with increased physical education (4.4%, 52).

### **Detrimental Community Healthy Lifestyle Issues**

The most prevalent survey findings about what prevents people from making good lifestyle choices were:

- Lack of information/education (and access to information) (17.6%, 219);
- Money (e.g., good health is costly) (16.8%, 209);
- Limited access to/information on facilities or resources (free or otherwise) (8.7%, 108);
- Lack of interest, initiative, motivation, self-esteem, or self-discipline (8.6%, 107);
- Bad choices are easier/cheaper to make than good choices (e.g., junk food tastes better than healthy food, people are too lazy) (6.6%, 82); and
- Peer pressure (5.9%, 73).

## **Community Safety/Security Issues**

The most frequent survey findings of what would help people feel safe and secure in their personal relationships included:

- Support from families and communities, counsellors for someone to talk to (24.5%, 130);
- Education and awareness of the issues (12.8%, 68);
- Respect for others and for oneself (e.g., self-esteem) (10.5%, 56);
- Having a healthy, committed relationship (7.0%, 37);
- Knowing there are other options available (7.0% 37);
- Tougher laws (e.g., harassment, violence) (6.6%, 35); and
- People have to feel safe, secure, and independent in their homes and communities (6.2%, 33).

The most frequent survey findings of what would help people feel safe and secure in schools included:

- Safety and security (e.g., police presence, metal detectors, video cameras) (30.0%, 185);
- Supportive teachers who are available/willing to listen, yet still strict and in control (16.1%, 99);
- Stricter anti-bullying programs (14.0%, 86);
- Support from friends and community (e.g., less peer pressure) (8.1%, 50); and
- Stricter discipline (e.g., make people accountable for their actions) (8.1%, 50).

The most frequent survey findings of what would help people feel safe and secure in their workplace included:

- Safe, secure, and healthy environment with updated equipment and less stress (35.3%, 190);
- Positive support from co-workers/employers (12.6%, 68);
- Clear, stricter policies/procedures regarding sexual harassment and health/safety regulations (12.2%, 66); and
- Fair, effective, and progressive employers who respect confidentiality (8.0%, 43).

### **Additional Note: Survey Response Rates**

Although the overall survey had a very good response rate (977 completed), the reader is cautioned that the results are heavily weighted in favour of the demographic groups who most frequently participated in the survey, including:

- Residents of Lunenburg County (95.8%, 922) versus members of community organizations/services;
- Females (66.3%, 517) versus males;
- People aged 15-19 years (43.6%, 346) versus other age groups;
- People with a household income of \$50,000 or more (40.9%, 255) versus people with lower household incomes;
- Students (28.5%, 223) versus people with other employment statuses;
- People with less than a grade 12 education (45.5%, 357) versus people with other education levels; and
- Residents of Bridgewater (34.7%, 233) versus other communities in the county.