

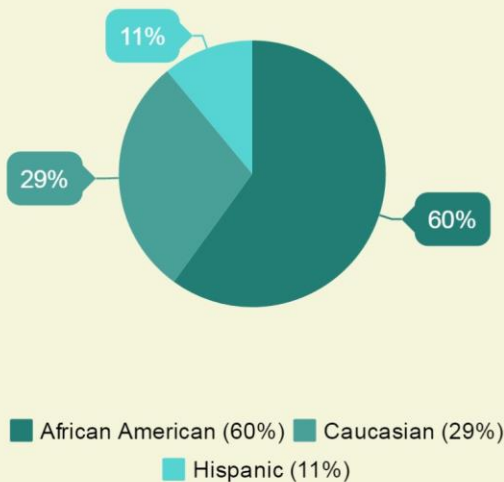
2015 Pontiac Community Survey



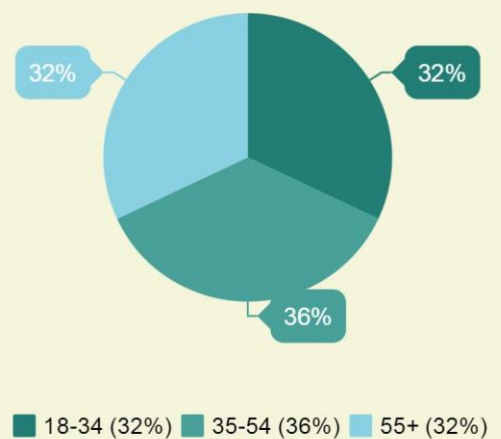
In 2015, 238 Pontiac residents responded to the Pontiac Community Survey, sharing their thoughts on health and wellness in our community.

Participant Demographics

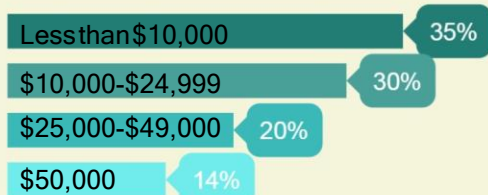
Race/Ethnicity



Age



Household Income



Number of Children

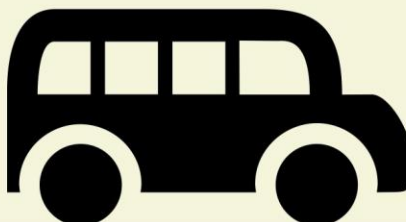


2015 Pontiac Community Survey Transportation

61% drive



31% use public transportation



42% reported barrier to public transportation



Transportation Type



Barriers to Public Transportation



19% say there is no public transportation in neighborhood



29% say bus stop is too far to walk

Other problems include lack of snow removal, and feeling unsafe

17% say the bus doesn't go where they need

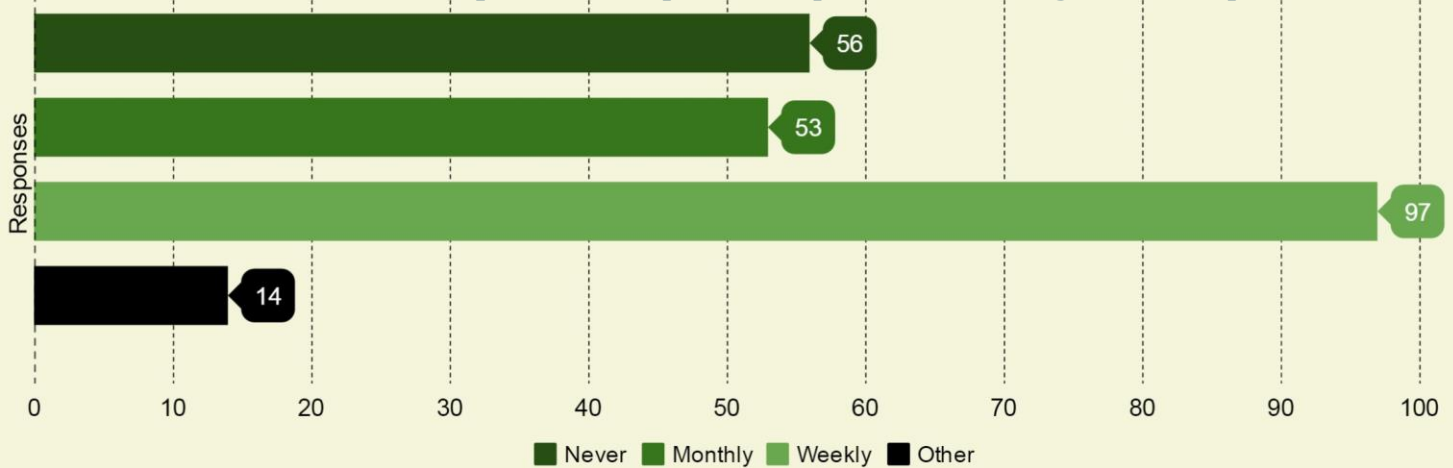


10% say public transportation is too expensive

2015 Pontiac Community Survey Parks & Green Space



How often do you use public parks and green space?



62% report barrier to using public parks and green space



65% don't feel safe



43% say there were no public parks in their neighborhood

People also say that parks not being maintained and a lack of restrooms are barriers to using public parks.



26% don't participate in outdoor activities

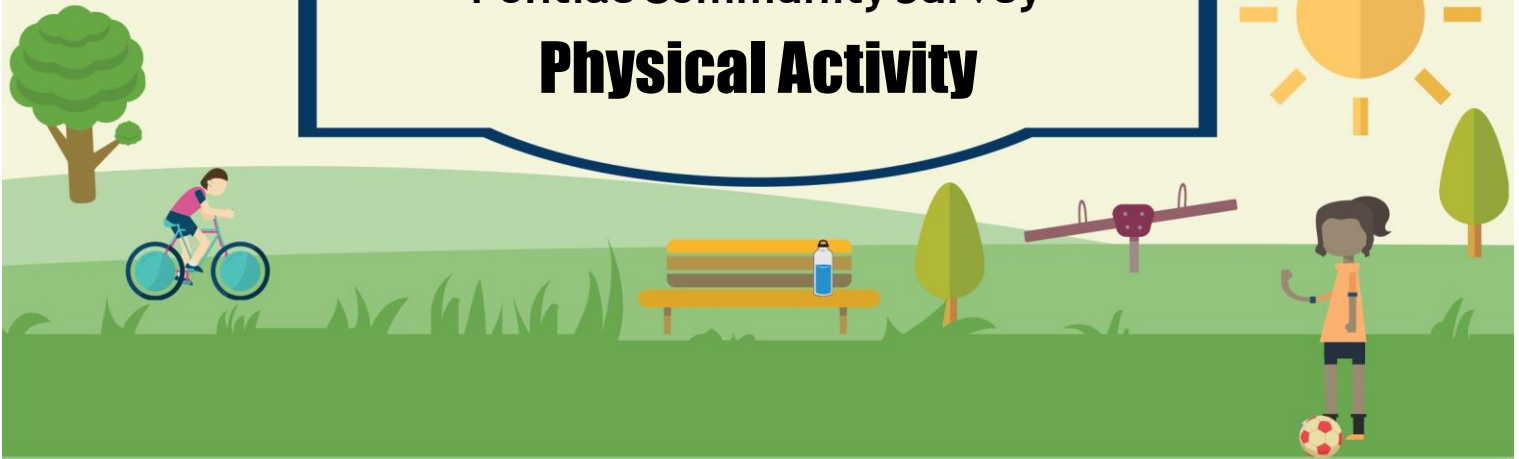


27% don't have time

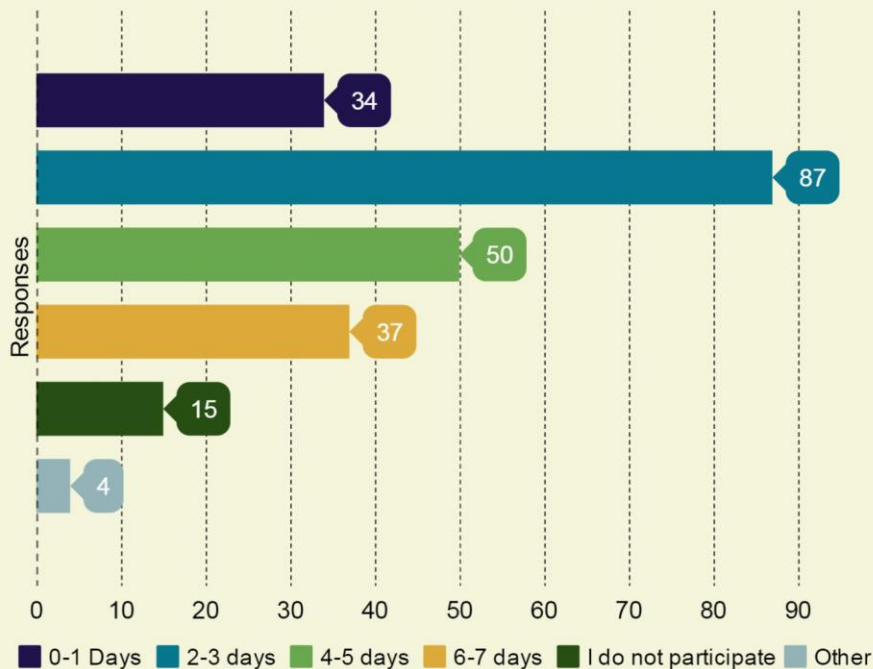


In 2015, 238 Pontiac residents shared their thoughts on health and wellness in the Pontiac Community Survey.

2015 Pontiac Community Survey Physical Activity



Participation in physical activity (at least 30 minutes per day)



49% are active at home



Almost 40% are meeting the recommended amount of daily physical activity



34% are active on neighborhood sidewalks or walking paths

48% report barriers to physical activity



12% don't enjoy exercise



21% don't have a place for physical activity



28% don't have time for physical activity



19% say it's uncomfortable



8% don't know how to be physically active



13% indicate "other" responses such as safety concerns and the weather



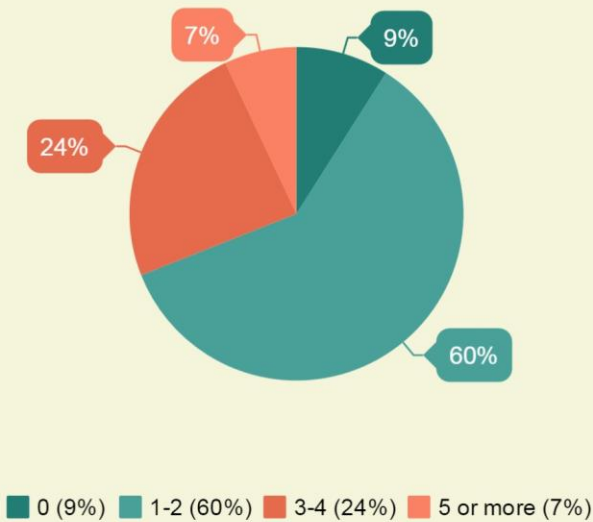
Healthy Pontiac, We Can!

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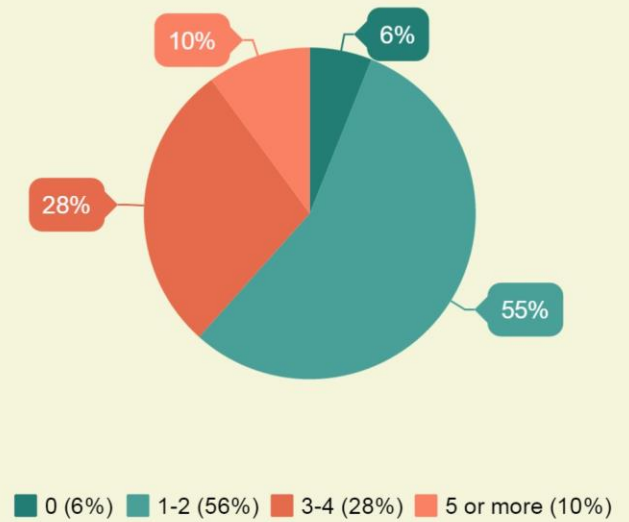
2015 Pontiac Community Survey Nutrition



Fruit Consumption



Vegetable Consumption



Where do you get your food?



82% buy fruits and vegetables from the grocery store

20% buy fruits and vegetables from farmers markets

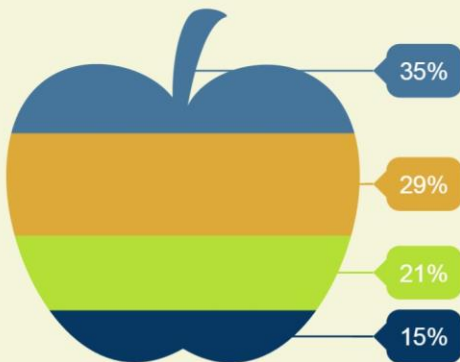
32% currently garden

31% plan to grow their own fruits and vegetables in the summer



2015 Pontiac Community Survey Nutrition

How easy is it for you to get to a grocery store that has a good variety of fruits and vegetables?



■ Difficult (15%)
 ■ Neutral (21%)
 ■ Easy (29%)
 ■ Very easy (35%)



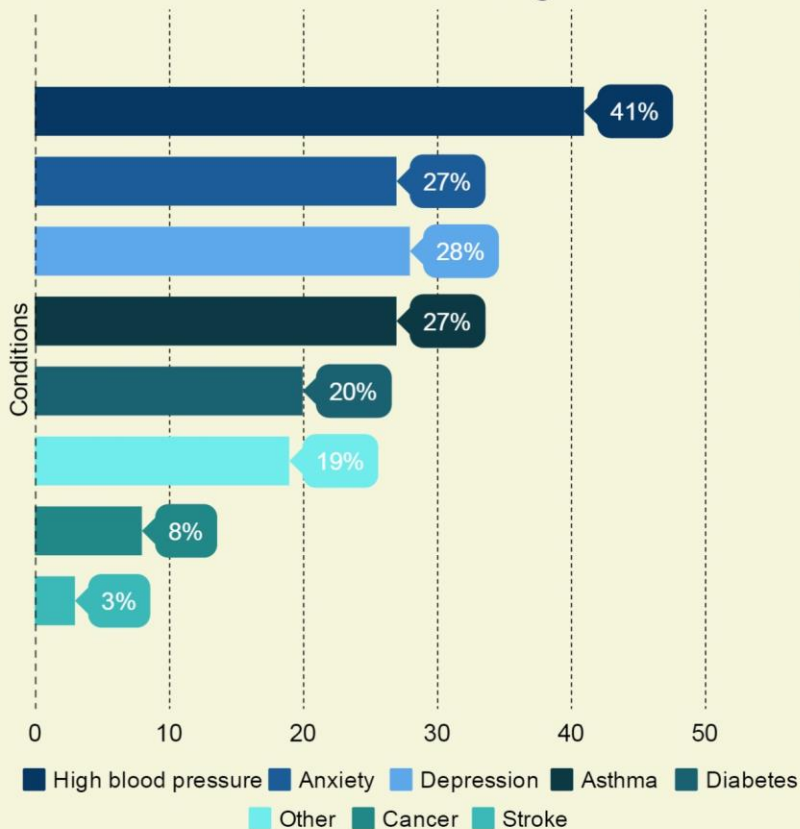
63% feel stressed always, most of the time and sometimes about having enough money to buy food

41% Reported barriers to buying fruits and vegetables



2015 Pontiac Community Survey Community Health

Have you ever been diagnosed by your doctor as having:



34% say their physical health is poor or fair



22% say their emotional or mental health is poor or fair



45% see a doctor's office and 32% go to the ER when they have a health problem

To improve community health, Pontiac wants...



Safer neighborhoods (65%)



Improved nutrition (50%)



More community events (60%)



More smoke free public spaces (20%)



More exercise opportunities (68%)



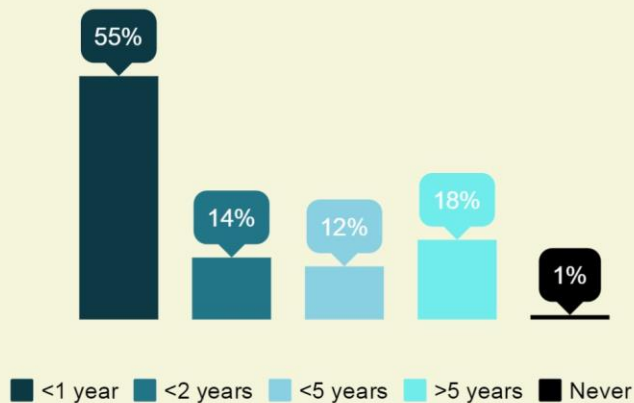
Improved access to healthcare (39%)



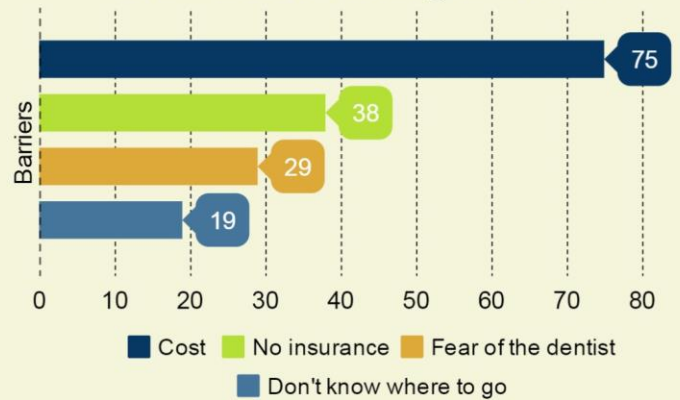
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2015 Pontiac Community Survey Dental Care and Tobacco Use

Time since last dentist visit



Barriers to visiting a dentist



76% receive dental care at a private dentist's office



5% go to the emergency room



Others go to the VA hospital or the Bernstein Center



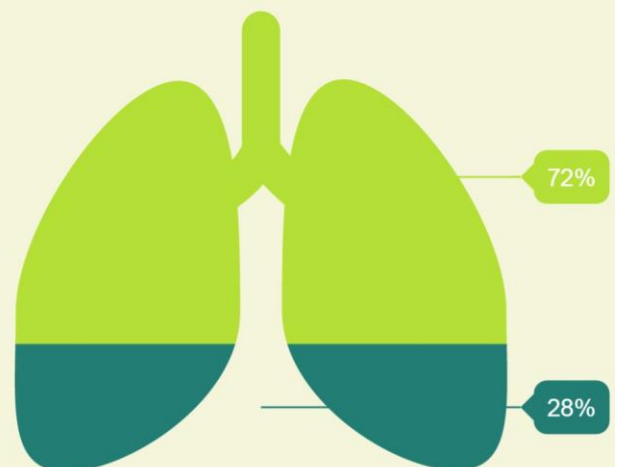
34% smoke cigarettes on some or all days

20% who smoke have been smoking for more than 10 years



13% of smokers have been smoking for less than 5 years

Have you ever attempted to quit smoking?



No (28%) Yes (72%)



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Recommendations



Transportation

Adopt a Complete Streets Program.
Increase access to public transportation.
Improve sidewalks & streets.



Nutrition

Increase access to affordable produce & alternative retail food outlets.
Increase communication and education about healthy eating.



Physical Activity

Increase green space.
Improve local parks & trails for biking and/or walking.
Enhanced physical education class, recess, and other opportunities in schools.
Increase community recreation opportunities.



Neighborhood Safety

Create positive community connections.
Improve perception of safety (working streetlights, remove blight).



Smoking Cessation

Create more smoke-free public spaces.
Enforce non-smoking ordinances.



Health Care

Provide information on how to sign up for health insurance.
Provide information about local health clinics.



Healthy Pontiac, We Can!

If you want to be a change champion and create a vibrant community for all of Pontiac please contact us:

