

## **ST. JOHN PAUL II PRISH**

### **HEALTH SURVEY RESULTS**

Back in March the Health Ministry Committee conducted a parish health survey for the purpose of identifying both needs and interests of parishioners with regard to health and wellness. We are thankful to all who took the time to complete the survey. The survey has certainly provided a direction as we plan future activities. We promised at the time of the survey that we would communicate to you the results. Here are some of the trends that emerged:

Two thirds of our respondents were women.

79% of our respondents were 60 – 90 years of age.

The responses were varied regarding the best day of the week and best time of day for programming. Of all the days of the week, Wednesday received the most votes while respondents slightly favored afternoon or evening sessions, but mornings received quite a few votes. It is obvious we will need to vary times for future programs.

The top votes for topics regarding physical health were Aging, Weight Control, Women's Health, Exercise, Nutrition, and Blood Pressure.

The top votes for emotional health were Stress, Anxiety/Depression, and Grief/Loss.

The top family health topics were Caregiving and End of Life Issues.

Other topics gaining significant votes were Advanced Directives and Environmental Issues.

Thank you again for your participation in the survey. Stay tuned for further announcements regarding programs and activities that address the issue of health and wellness. We will take into consideration the survey results we make future plans.