

Health Needs Survey
Smyrna United Church of Christ
May, 2017

The Health Committee is seeking your opinions on the health needs of our congregation and community, as we look toward future planning. Please answer the questions below and check all items that apply. Thank you!

Please check the following existing programs you would like to see continued.

Physical:

1. Tai Chi
2. Aging Backwards
3. Blood Pressure checks
4. First aid kits available and stocked
5. AA/Anon
6. Overeaters Anonymous
7. CPR-AED classes
8. Emergency Preparedness
9. Frozen Assets

Emotional:

1. Prayer Shawls
2. Memory Café

3. __ Stitch Club
4. __ Coffee and Friends
5. __ Coffee Hour
6. __ Mustard Seed Parenting
7. __ Homebound Visitation
8. __ Women's Fellowship Luncheon
9. __ Lenten Soup Suppers

Check the topics you might like to see started as part of the health ministry of this congregation:

1. __ nutrition information
2. __ stress management
3. __ chronic disease management:
 - a. __ diabetes
 - b. __ heart disease
 - c. __ arthritis
 - d. __ stroke recovery
 - e. __ other (please specify) _____
4. __ relationships
5. __ parenting
6. __ sex education classes for youth
7. __ men's health issues

- 8. __ women's health issues
- 9. __ mental health issues
- 10. __ domestic violence
- 11. __ dental health
- 12. __ spiritual topics
- 13. __ hospice, end-of-life issues
- 14. __ insurance/Medicare/Medicaid
- 15. __ other (please specify) _____

Do you see a need for health events in the congregation?

yes _____ no _____

If so, which should be started?

- 1. __ blood drives
- 2. __ health screenings
 - b. __ cholesterol
 - c. __ diabetes
 - d. __ mental health screenings
 - e. __ bone density
 - f. __ vision
 - g. __ hearing
 - h. __ lung function
 - i. __ mammograms
 - j. __ PSA testing (prostate cancer screening)

k. __ dental screening

l. __ lead poisoning

Do you see a need for support groups in the congregation?

yes _____

no _____

If so, which should be started (or continued)?

1. __ caregivers support

2. __ grief support

3. __ parenting support

4. __ pain management support (arthritis, osteoporosis, back, etc.)

5. __ other (please specify)

In your opinion, the health committee should:

1. __ provide educational health moments in the worship service

2. __ provide educational health materials in the bulletin

3. __ provide educational health materials in the newsletter

4. __ provide educational health materials on a bulletin board

5. __ provide health counseling to individuals

6. __ provide spiritual support

7. __ make the congregation aware of social and/or legislative health-care issues

8. __ refer to appropriate community and/or medical services as needed

Thank you for your time and suggestions!

Health Committee, Smyrna United Church of Christ