

# 2023 2024

# Rockingham County Community Health Assessment Physical Activity & Nutrition



## The Issue

The Rockingham County community has identified **physical activity** and **nutrition** as top issues in the Rockingham County Community Health Assessment (CHA). These are vital to good health because they help people live longer lives with fewer health problems like **heart disease, type 2 diabetes, obesity**, and even **some cancers**. There's particular concern that some residents in Rockingham County are struggling with nutrition because of **food access** issues.

## Community Health Opinion Survey

**340 Rockingham County residents** participated in the CHA process by responding to the Community Health Opinion Survey. Among those respondents:

- **37%** said that they do not typically engage in any **vigorous physical activity**.
- **56%** said that they consume fewer than 3 servings of **fruit** and **vegetables** per day.
- **41%** said that **cost** affected their ability to access food, and **26%** said that their **income** was a factor.

*"After working 9+ hours and coming home, cooking dinner, then clearing up, I'm tired and don't feel like exercising."*

-Survey respondent



## Food Access

Food access issues include things like the **price** of food, how much money people can **budget** for food, how **far** people live from places that sell nutritious food, and how **easy** it is to get to those places. Some people live in "**food deserts**" where there are no convenient places to buy food, and some people live in "**food swamps**" where the places that do sell food only have unhealthy options.

## Organizations Promoting Physical Activity & Nutrition

- YMCAs in Eden and Reidsville
- Madison-Mayodan **Recreation Department**
- Rockingham County **Tennis Association**
- **Reidsville Senior Center**
- **Aging, Disability & Transit Services (ADTS)**
- **Second Harvest Food Bank** of Northwest NC
- Rockingham County **Public Health**
- Rockingham County **WIC**
- Rockingham County **Cooperative Extension**

*Read the entire CHA:*

