

Focus Group Analysis – Faith Community

Concepts	Quotes	Themes
Community Gardens	<ul style="list-style-type: none"> • I think it's just because people would work together for a common goal. • Most people out here have areas that they can actually put a garden. • I know there's one in Garden. They rent the plots. • There was a, for a short period of time there was a small community garden connected with the Methodist Church behind the parsonage of the Methodist preacher and I think that has ceased and I think that was mainly an interest of the pastor at the time. • Most of the churches have some extra land either by the churches or behind the parsonages • Are they talking about a vegetable garden? I could see a flower garden as being something else that people would want to get together and do. • I know the Catholic Church has a lot of land right there, the Methodist Church would have some probably. Baptist has a little bit. I don't really know the churches over here in Sublette. • This gives them (elderly, retired) some purpose, give them some meaning, it gives them something where they're productive, so I would think some of the retired elderly people would want to do that. And they would have limited times, they don't have to have, you don't have to come work eight hours, you can work an hour, two hours. • I could see some of the kids enjoying it too. And maybe in the summer time when gardening is big but parents don't have time to take care of it, could see like a mentoring relationship there too between the older and the younger generation. • What I could imagine in my head is maybe some of the youth groups or some of the younger kids planting the seeds, they could probably add some stories along with planting and sowing and stuff like that and get the kids involved with the starter kits of the plants or the fruits and vegetables, and then once those plants grow then once it's spring time planting those outside and watching them actually 	<ul style="list-style-type: none"> • A lot of people already garden, so the community garden may serve the purpose of social connection • All ages can be involved in gardening • Produce can be either kept by gardeners, sold at farmers' market, food pantry, or given to community members in need • Resources include Extension Office, farmers, and current gardeners

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	<p>harvest a fruit and letting them see that process all the way through and I think some people find that very rewarding.</p> <ul style="list-style-type: none"> • And work it because kids think that's fun pulling weeds but it gives them something to do as well. • If you had some success with the garden why not bring it to the farmers' market if you wanted to go even a step further. • The Satanta FFA program started a bee farm last year, she got a grant for that, but I think she planted some stuff out there too just so the bees would have something, but that might be a possibility even with the FFA programs because I know Sublette now has one, just having the kids help and everything. And they're learning along with it. • I think there's probably pros and cons to both. If you have the ownership of yours and you see it all the way through, that is something. On the other hand, you can promote a lot of teamwork on the one where multiple people take care of it and try to figure out how you are going to work with a group of people to see something through. • Even just to have the fresh produce there maybe for like the elderly, the shut-ins, those that can't go. • Programs called God's Little Acre where they would do that, communities would get together and they would have and then the produce would go to those who can't afford or need assistance or whatever, and I think that's a good way of, one, promoting the community and one, of lifting one another up. • I know Satanta does have a food pantry at the Methodist Church. I'm assuming Sublette does. • Resources would be the Extension Office and farmers. Also lots of people who already garden 	
Classes on health topics	<ul style="list-style-type: none"> • Sometimes people are more inclined to go to a church in a sense because they are not being "judgey" I guess, so I don't know. • The church might give information like next week on Friday at 3:00 pm the health 	<ul style="list-style-type: none"> • Churches are meeting places for a large part of the population and people may go there for health education or

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	<p>department is going to have a class. More like advertising I think.</p> <ul style="list-style-type: none"> • Diabetes, the dementia and Alzheimer's because I know there's a lot of misinformation out there and people get them confused or they think they're the same thing, and there's some slight variations in them too. Weight loss, everybody is interested in weight loss, especially for older people, they start getting that and what do I do and what's best for me, what can I eat, healthy diets, some things like that. • Allergy prevention. • I think retirement planning, even somebody my age • Health care versus caregiver support, whether it be for dementia or Alzheimer's but just caregiver. • Emergency preparedness • I still think drug and alcohol awareness is a much needed, very much needed because that is the quiet killer, people are like, I don't have a problem. • And I think sometimes like with couponing, how can you use that, the faith community definitely can use that, how can you use that to benefit others? Yeah, you can stock up on shampoo for a year but you don't need to do that every time a good sale comes on, but if you do that every time a good sale comes on how can you share that with others. I mean you are being a good steward of the resources you have been given so how can you share that, not just stockpile for doomsday. • Support groups for moms - But that's always good because then you know those moms that do stay home with their kids, they have an outlet at least once a month or twice a month. • The social part of the health that some of the programs offer like for the moms they have a MOPS program, and some of them might have like mother's day out programs or something like that. • All I hear about is interested in that, it's just being motivated to go through with it. • Having good sleep or a sleep disorder 	<p>health screening when they wouldn't go somewhere else</p> <ul style="list-style-type: none"> • Many possible topics were identified • People have to be motivated to participate or classes will fail • Social and mental/emotional health were identified as needs • Men's groups are challenging to schedule successfully • Health screenings may be most valuable for adults with chronic diseases who need to monitor blood pressure, blood sugar, etc.

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	<ul style="list-style-type: none"> • Our church has done several sessions on Dave Ramsey, but they weren't super well attended. Dave Ramsey is very big on no debt, no debt, no debt, and in a farming community you almost have to have some type of debt, as long as it's a healthy debt, but I know sometimes you can get, how do I want to say this, turned away maybe. • Active shooter training • Blood pressure and blood sugar screening - I think sometimes people may be more apt to go to something at a church if they knew they weren't going to be preached at, it was just a free service, a community, because churches are meeting places. • There's been a couple of churches that tried to do some men's Bible study groups in the evenings and would try to be cognizant of all the activities that go on and made it later like after the kids could be put down, so it was a later study group but had that emotional and social support of other men that may be in similar situations and again breaking down that vulnerability and being able to talk to people that are in similar situations. • But it's difficult to get that because men being men don't want to commit. It's hard to get there. • The Gospel Mennonite Church is really involved here in Sublette with a couple of things, and Men's Encounter is a big part, and I know there's other people from other churches that have been involved in Encounter, there's Women's and Men's Encounters and the Gospel Mennonite Church here has hosted a lot of the departures, we go away and for a weekend and then, but the church is usually involved in that, and the Mennonite Church has been one that has been real open to a lot of different denominations and very welcoming to the community as a whole, and that kind of made me think of that and they were open to allowing the chamber to use their building for the banquet that they had Monday night. • As a community having the health fairs and stuff like that, but we only do our 	

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	<p>health fairs every two years and I have wondered why and thought about having them every year, I know that the cost associated with having health fairs is there.</p> <ul style="list-style-type: none"> I think the older people, people that have, that already know they have the issues, whether it be blood sugars, diabetes or cholesterol, things like that, some of them use that as a time to get their annual or maybe they use it as their quarterly checkup to get their blood taken and tested at a discounted rate, so I think it's used for that purpose too because they are heavily discounted or some of them are free, and so people use it as I was going to have to get this done anyway. 	
Physical activity opportunities with other members	<ul style="list-style-type: none"> Men's softball has been a big thing at other places, but softball and baseball aren't a huge thing. This would be the perfect time to have had something like that, with the Olympics coming up just in a couple of weeks or week and a half or something like that. We could have had a church Olympics in the communities where bowling, ping pong Something where you could get the older people involved, have some kind of trivia, biblical, historical and sports so you have multiple items. I don't know the Bible very well but I know about sports, maybe get some people like that involved. Even people that aren't attached to churches might be interested in something like that. I know when I was growing up there was a church basketball league that probably involved the county and we have a gym and I remember there being ball games when I was growing up, and we used to have a men's softball team, but I don't know if I have really heard of anything even now. Just stupid silly games that youth would play and get the adults to play them would be a blast, and I think if you would do it and have a healthy competition amongst the churches, I think that would be great We could do a color run - it's like a 5K and there's like at different spots there's like 	<ul style="list-style-type: none"> There have been church-sponsored softball teams in the past, but none currently exist Some vacation Bible school programs have games built into curriculum, but not all Prayer walk idea was explained

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	<p>bombs of color that like burst or something. There are people that are like encouraging them on like at different mile markers and stuff, people will throw paint at them and stuff like that.</p> <ul style="list-style-type: none"> • They all start out in white and then at the end it's like all different colors. • I know they were talking about doing some kind of a physical fitness at the church. There was some interest in that. • There used to be a softball tournament over Satanta Days, this year we did a kickball tournament, but I think more like, I know the senior site in Satanta does an exercise class in the morning, and it is good because it gets them active but also it's time of interaction, it's a social time too because they need the social aspect as much as the kids do, but it does get them moving and everything. • Vacation Bible School - We do ours right after school's done, but Sublette I know they have several during the summer of different churches that are doing it. Like I remember in Bible school we had a specific game time but I don't know if they do that really anymore. • They can walk around the property of the church, that's a pretty good little jaunt. • Probably three years ago or so, our pastor said one Sunday next Sunday wear your walking clothes or bring your tennis shoes or whatever, but we all went to Satanta and we did a prayer walk around town and it was a very neat idea. We split up and we all went in different directions and just prayed for people that we knew that lived there. Some went directly to the school and that was really neat. Some of them were limited walking so he did have a vehicle available so they could still participate, just didn't have to walk. • I've started trying to think about including physical activity in my Sunday School lessons and the kids love it! • I notice that for my kids, we're so protective anymore of what they do that we are limiting to be active and we put a lot of the blame on the kids nowadays of 	

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	<p>not being active, but we have kind of ingrained that in them too not to go out and play in the streets and ride their bikes and do all this stuff because we are afraid of them getting hurt or getting kidnapped or all these fears that we've got in our head that might happen, but as adults we're not encouraging them enough to have that physical activity</p> <ul style="list-style-type: none"> • It's really hard for a lot of people who are in those types of positions where you can't get into your mind to program that set where hey I need to get up and be active for a little bit and move around. We have to change our way of thinking with adults too • I think that's why it's a big thing if we have the community events and have the community Olympics, that way get the kids involved and get the adults involved. • I think scavenger hunts would be good and fun and competitive and for a community event you don't say all right grab your team you assigned, you just randomly pick names out of a hat and all right this is your team and that way you get to learn people that you don't know. Learn people. • Simple Simon is a great game for all ages • Maybe we do something as a community initiative or even start out at a church level or something and say okay, so how many five minute bursts of activity did you do. 	
Access to healthy food options at church	<ul style="list-style-type: none"> • Well it seems like, well I know every time I came and was candidating, they had a meal and my first Sunday here we had a meal, and it's all good food. Just not good for you. • We grew up on donuts at church • They alternate on who makes the breakfast and stuff, but sometimes they'll put some fruit and stuff out there but a lot of times they will have like some casseroles, donuts, muffins, stuff like that, but I think the majority of people like when there is a hot casserole, it's sausage and eggs and cheese and stuff like that as opposed to just the cantaloupe or melons or fruit options that are there. • It's hard because you always have, I pretty 	<ul style="list-style-type: none"> • Traditional pot lucks are common, with a majority of options not particularly healthy • One church reversed the order of pot luck and offer salads first and end with entrees to reduce portions. • Haskell County is beef country, so most meat options are beef • VBS tend to offer healthier options • Portion size is a challenge

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	<p>much know what's going to be at one of our potlucks because everyone pretty much makes the same thing.</p> <ul style="list-style-type: none"> • But some things when you start cooking healthy and eating healthy it is more expensive, so it all goes back together so there is that community garden, well maybe you can use more things, like I just got a spiralizer and I am kind of excited to use it at some point. • I think portion sizes is another thing that needs to be • A lot of it is just the people who are purchasing snacks, make them healthier. • It's a cornucopia of all sorts of things, good vegetables, fresh vegetables, and then you also have a lot of starches and calories and things, probably too many desserts, and this is from somebody that likes desserts. • We have had like potato bars. It's not healthy it's just a mix of potluck. • I think it is hard out here because it's beef country. There's very little chicken or turkey and stuff like that, so even just meat options, most everything is going to be beef. • If you bring up chicken or anything that's not beef, people give you heck about it. • Most of the time the food is there so you can choose, have a little bit of this, a little bit of that, and just keep adding and adding. • We have a good selection of salads versus casseroles or main dishes and sometimes we have more salads than main dishes. We used to always have the meat first, main dishes first and then the salads. Well, we've flipped them. So we fill up now with salads so by the time you get to the main dishes, and for some of us that don't like our stuff to touch very much there's not a lot more room for the main dish. • VBS - They use group curriculum and group is really good at giving them snack options and so there's usually a lot of fruit, I was trying to think, they usually seem to be pretty healthy. One day they have like 	

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	mini pizzas, cheese sticks but usually there's at least one or two days where they want fresh fruit and so they're usually fairly healthy.	
Other concerns	<ul style="list-style-type: none">• Mental and emotional well-being is a big deal.• Resources for addictions• Social Health	