

Q1	How old are you?						
	18 and under	0.19%	1	<i>Answered</i>	540		
	19 to 39	9.26%	50	<i>Skipped</i>	0		
	40 to 59	30.00%	162				
	60 to 69	22.96%	124				
	70 to 84	30.19%	163				
	85 and over	7.41%	40				
Q2	What is your gender?						
	Male	25.47%	136	<i>Answered</i>	534		
	Female	74.53%	398	<i>Skipped</i>	6		
	Transgender	0.00%	0				
	Other (please specify)	0.00%	0				
Q3	Which of the following best describes your current relationship status?						
	Married	64.19%	346	<i>Answered</i>	539		
	Widowed	12.43%	67	<i>Skipped</i>	1		
	Divorced	11.13%	60				
	Separated	0.37%	2				
	In a domestic partnership or civil union	2.23%	12				
	Single, but cohabiting with a significant other	4.82%	26				
	Single, never married	4.82%	26				
Q4	What is the highest level of education you have completed?						
	Did not attend school	0.00%	0	<i>Answered</i>	539		
	Less than high school	1.30%	7	<i>Skipped</i>	1		
	Graduated from high school	9.65%	52				
	Received GED	1.86%	10				
	Trade/Technical school	2.97%	16				
	Some college, no degree	13.17%	71				
	Associates Degree	8.91%	48				
	Bachelor's Degree	20.41%	110				
	Some graduate school	8.53%	46				
	Advanced degree (Master's, PhD)	33.21%	179				
Q5	Which of the following categories best describes your employment status?						
	Employed, working full-time	41.39%	221	<i>Answered</i>	534		
	Employed, working part-time	11.24%	60	<i>Skipped</i>	6		
	Not employed, looking for work	0.56%	3				
	Not employed, NOT looking for work	1.87%	10				
	Student	0.00%	0				
	Retired	40.64%	217				
	Disabled, not able to work	2.81%	15				
	Other:	1.50%	8				
Q6	In what ZIP code is your home located?			<i>Answered</i>	540	<i>Skipped</i>	0
	03257	84	03605	5	03766	14	03234
	03753	37	03750	4	03745	12	03244
	03743	36	03233	2	03273	11	03266
	03773	33	03240	2	03741	11	03280
	03255	28	03268	2	03216	10	03573
	03784	26	03281	2	03284	10	03770
	03755	24	03301	2	03603	9	03776
	03782	22	03601	2	03230	7	03777
	03287	21	03746	2	03602	6	03785
	03278	19	03751	2	03752	6	03224
	03221	18	03781	2	03748	16	03229
	03260	17	Outside NH	25			

Q7 In your home, do you:

Live alone	21.58%	115	<i>Answered</i>	533
Live with spouse	47.47%	253	<i>Skipped</i>	7
Live with spouse and child(ren)	16.70%	89		
Live with your child(ren)	3.94%	21		
Live with relative(s)	1.69%	9		
Live with non-relative(s)	2.06%	11		
Other (please specify)	6.57%	35		

Q8 If you have children or other dependents in your care, what is your family situation? (choose all that apply)

Single Mom	1.57%	8	<i>Answered</i>	511
Single Dad	0.78%	4	<i>Skipped</i>	29
Shared custody	2.15%	11		
Two parents within the home	17.42%	89		
Foster Parents	0.20%	1		
Raising own kids and kids of others	0.39%	2		
Raising kids of other family members (as a grandparent, aunt, uncle, etc)	1.57%	8		
Raising someone else's kids, not family	0.20%	1		
No children in my care	75.73%	387		

Q9 Which of the following is your MAIN source of health insurance coverage?

Plan through your or spouse's employer	43.34%	231	<i>Answered</i>	533
Plan you purchased yourself	5.07%	27	<i>Skipped</i>	7
Medicare	42.96%	229		
Medicaid (NH Healthy Families, Green Mountain Care, etc.)	2.06%	11		
Veteran's Administration or other military health care	2.44%	13		
Not covered by health insurance	1.31%	7		
Other (please specify):	2.81%	15		

Q10 Does a disability, handicap or chronic disease keep you and/or your spouse/partner from fully participating in work, school, housework, or other life activities?

Yes, Me	15.69%	83	<i>Answered</i>	529
Yes, My Spouse/Partner	5.86%	31	<i>Skipped</i>	11
Yes, Me and My Spouse/Partner	1.70%	9		
No	76.75%	406		

Q11 Outside of routine health care appointments, please share your personal situation over the last 12 months. (choose all that apply)

		I have experienced a need.		I have received help.
Dental care	49.86%	172	49.57%	171
Mental health care	12.17%	42	13.91%	48
Parenting support	3.77%	13	4.06%	14
Pediatric services	6.09%	21	8.12%	28
Health care for seniors	21.16%	73	20.87%	72
Aging in a safe and supportive environment	13.04%	45	15.07%	52
Elder abuse	0.58%	2	0.87%	3
Adequate, affordable health insurance	24.64%	85	18.55%	64
Disability counseling	4.93%	17	4.35%	15
Affordable prescription drugs	32.75%	113	26.09%	90
Alcohol, drug or pain medication misuse	2.03%	7	2.61%	9
Need for recreational opportunities and active living	18.84%	65	11.01%	38
Poor nutrition/unhealthy food habits	8.70%	30	4.93%	17
Income, poverty and family stress	12.46%	43	4.06%	14
Access to healthy food	11.01%	38	12.17%	42
	<i>Answered</i>	345	<i>Skipped</i>	195

Question 11 Comments:

Need activities that don't involve food! I have to wear a mask.

Chiropractic care for back

Received help with home maintenance & heat

My health care has been routine

caregivers that come in daily

My mother lives with my brother and is in need of daily care and assistance with house cleaning

in home care after surgery

NONE

Physical therapy

help took the form of the ACA

only income social security

I do have health insurance and have an active lifestyle. I would not assess as a need because I have them

In the near future I will surrender my driver's license. What then?

I am fortunate to be able to retire with adequate financial resources. Arthritis and back pain are problems and inhibit my activity, but overall, i am very fortunate.

Help finding a health care provider who is accepting new patients.

fortunately, none of the above

It would be helpful to attend a group with others who are caring for an elderly/disabled spouse.

bad at comprehension,vocab,etc

medical specialists

Not enough money to take care of my responsibilities.

Question 11 Comments:

Access to grief concealing

Didn't need any services .

No needs over past year for either of us

knee replaced in July - needed help and got it

Appts covered by insurances, medical, dental, vision, etc

Because of surgery, and some continuing physical issues, I have need and received help with outdoor work I can no longer do myself.

good insurance no problems

We are lucky!

Events in the daytime close to home

Legally Blind

living with cancer

Transportation needs

Q12 If you were unable to receive assistance for any issue identified in the previous question, what barrier(s) prevented you?
(choose all that apply)

Barrier	Percentage	Count	Response Type	Count
Had no transportation	5.39%	9	Answered	167
Had no childcare	1.80%	3	Skipped	373
Did not know where or how to get help	16.17%	27		
Service I needed was not available in my area	11.98%	20		
Service was available, but agency could not meet my need	4.79%	8		
Waiting time for an appointment was too long	10.18%	17		
Was not eligible for the service	16.77%	28		
Had no health insurance	8.38%	14		
Could not afford it	38.32%	64		
Could not get time off from work	9.58%	16		
Did not want people to know I needed help	10.78%	18		
Additional Comments:	39.52%	66		

Question 12 Comments:

Did not know I was ill.
On weekends & at night, no buses.
over income limit for tax (real estate) deduction
Young people think they never will be old
I got help I needed
Needed new dentures not covered by insurance
None
can't find a time that works with re: to job and family
Above pertains to finding care/appropriate living situation for aging parent with dementia
Quality Provider
I'm doing ok.
huge deductible
I have a daughter nearby plus two hired young women who come to clean/cook alternate days. And, check on my medications. I am a happy fortunate woman. Plus, I have a dog and cat. The three of us are a contented family. Mostly, I am blessed to have a caring daughter. We talk every day. My other daughters are attentive but live at a distance and come when possible.
Needed Doctor's recommendation to get Visiting Nurse to help my family, After THREE YEARS I finally got help
Income guidelines for ACA-eligible early retiree are dysfunctional
I did not look for information on groups.
assistance navigating disability and social security paperwork. VERY difficult to understand and prepare in advance all the paperwork with a spouse that has terminal illness
many medical needs are not covered by insurance but I have paid out of pocket at financial sacrifice
did not have barriers
Just not enough income.
Would like to have dental insurance with vision
I have looked. There is no help available for me
Thankfully doing well
Was able to receive the care I needed
requested referral from physician for DHMC mental health and nutrition issues - no one called me back
needed a physical and after I had care my secondary insurance would not cover it
No dental insurance
NH/VT state line changes.
Waiting for ramp to be built through a grant. Took from Sept to end Oct to get a walker.
This is too long a survey for people who are sick.
Spouse's dementia
Lake Sunapee - VNA - available 100%
No one to rely on
I need to get to my dentist and eye Dr but I have been too weak to do so.
Travel to endodontist
A separate, more serious health condition
need teeth - can't afford

Q13 Please choose all statements that apply to you:

		Yes		No		Sometimes
I exercise at least 3x per week	56.53%	303	14.18%	76	27.05%	145
I smoke tobacco products (cigars, cigarettes)	4.29%	23	87.13%	467	1.49%	8
I eat at least 5 fruits/vegetables each day	39.74%	213	19.96%	107	38.06%	204
I chew tobacco	0.56%	3	89.37%	479	0.00%	0
I receive a flu shot each year	75.93%	407	17.91%	96	5.04%	27
I use e-cigarettes and/or vape instead of tobacco products	1.31%	7	90.11%	483	0.56%	3
I eat fast food more than once a week	4.66%	25	80.41%	431	9.70%	52
I use sunscreen or protective clothing for planned time in the sun	56.53%	303	16.42%	88	23.88%	128
I use illegal drugs	0.56%	3	91.79%	492	0.93%	5
I have access to a wellness program through my employer	33.02%	177	54.48%	292	1.87%	10
I overuse prescription drugs	0.19%	1	92.35%	495	0.37%	2
I drink more than 3 alcoholic drinks per day	1.87%	10	87.13%	467	5.04%	27
I have skipped taking my prescribed medications, or delayed getting prescriptions filled, due to the expense.	7.09%	38	84.14%	451	2.80%	15

Answered 536 *Skipped* 4

Q14 Which of the following preventive procedures have you had in the past 12 months? (choose all that apply)

Physical exam	83.77%	449	<i>Answered</i>	536
Blood pressure check	83.58%	448	<i>Skipped</i>	4
Dental cleaning/X-rays	78.92%	423		
Flu shot	72.76%	390		
Vision screening	64.74%	347		
Cholesterol screening	50.93%	273		
Blood sugar check	48.32%	259		
Mammogram	43.84%	235		
Skin cancer screening	35.45%	190		
Cardiovascular screening	24.44%	131		
Pap smear	18.10%	97		
Hearing screening	13.99%	75		
Colon/Rectal exam	12.50%	67		
Bone density test	9.89%	53		
Prostate screening	7.65%	41		
None of the above	1.31%	7		

Q15 What services or resources do YOU lack to be as healthy as possible? (choose all that apply)

Social activities	26.94%	59	<i>Answered</i>	219
Recreational activities	24.66%	54	<i>Skipped</i>	321
Affordable primary health care	18.26%	40		
Affordable specialty health care	16.44%	36		
Affordable prescription drugs	17.81%	39		
Nutritional counseling	12.79%	28		
Healthy food	9.59%	21		
Proper understanding of my medications	1.37%	3		
Mental health counseling or treatment	11.87%	26		
Alcohol or drug counseling or treatment	0.91%	2		
Stress reduction resources	26.03%	57		
Parenting support	3.20%	7		
Pediatric services	0.00%	0		
In-home care/services	6.85%	15		
Additional Comments:	26.48%	58		

Question 15 Comments:

Grocery Store - local

Social activities and recreational activities with transportation and not involved food.

Dental & med. marijuana

The VNA could provide & market a better program.

Exercise, diet

none of the above

Ramp to get out more often

attitude-just do it

Lack of local facility with a pool for exercise

finding a doctor for specific needs

Access to repair, house management services

have avoided going to cardiologist for annual echo and tests due to huge deductible- when last went to cardiologist

paid almost \$900 out of pocket

Teeth

I have 5 caring daughters; one in town

Affordable routine dental

Aging parents

Farm families that make connection to food part of the community

Assistance with adult son with disabilities; supportive housing so he can live separately

time from my work to be more active

I am lucky....services meet my needs

Self motivation to exercise

Time

child care so I can participate in adult activities - exercise

I receive monthly infusions that Medicare only covers 80% of. I wish there was a service that adequately explained

all of the Medicare options and helped me to figure out which would be the best for my situation.

I need to lose 100 pounds.

Transportation, mowing, plowing shoveling help with adl's, legal assistance, pain management

None at the moment

Affordable dental care

Doing ok and not feeling like I have needs not met at this time

Food will power

I work directly with DHMC due to organs being removed

More time to do healthy things (cooking health meals, exercise, etc.)

left message twice for annual internal exam - no one called back

Q16 What health screenings, education, information or services are lacking in your Community? (choose all that apply)

Mental health	28.28%	69		
Alzheimers/Dementia support	23.36%	57	Skipped	296
Caregiver support & respite	22.95%	56	Answered	244
Substance abuse	18.44%	45		
Telemedicine	16.39%	40		
Health insurance	15.98%	39		
Home safety assessment	14.75%	36		
Active living	14.34%	35		
Emergency preparedness	13.93%	34		
Eating healthy	13.52%	33		
Eating disorders	11.07%	27		
Falls prevention	9.84%	24		
Parenting	9.84%	24		
Smoking cessation	9.43%	23		
Medication management assistance	8.61%	21		
Cholesterol	5.74%	14		
Prenatal care	5.74%	14		
Diabetes	5.33%	13		
Pediatric care	4.92%	12		
Blood pressure	3.69%	9		
Additional Comments:	28.69%	70		

Question 16 Comments:

Surveys for non-English speaking community members
 Needs more Primary Care Drs.
 I'm not sure what all is available. Most are.
 Lacking in my town but most are available in the region
 No knowledge
 Medicare insurance we can rely on - costs covered
 am not sure about telemedicine
 many of these are available but one would not know if they did not go actively looking
 Not sure if any are lacking
 Not sure because I haven't needed any.
 support for parents of adult children with mental health issues
 resources, support and education around sexual harassment/assault and domestic violence
 there is help if needed and am willing to get it
 There is some of all of this but not enough of any of it because of NH's taxation and services realities.
 Free dental care for children
 I'm not sure about all of these. Define Community! Most are available in the region thru hospitals.
 no services in community--only in area
 Don't understand the question. Why would a small town have these?
 i don't know enough about what is available to respond to this question
 Activities for developmentally disabled adults
 Home care for the paraplegic/quadruplegic - hard to find caregivers
 All are available in this area.
 I don't know if services are lacking.
 Honestly didn't know any of these things were available.
 Community transportation for seniors
 Don't know what is available in my community
 Inadequate wrap around services for those with developmental and mental health disabilities
 I don't know of any because I have had my needs met.
 ? Health insurance-may have more folks on Medicaid (?)
 DHMC and all its services are less than 20 minutes away.
 Home health care, personal care, transportation, basic home and yard care,
 Not really sure because I haven't tried to receive any
 not sure what is/ is not available. Maybe telemedicine.
 transportation to get to medical care
 I doubt that any of these are available in the community where I live, which is a very small NH town.
 Many services available but not known or not available to many who need them
 Very small town
 I don't know what is available in the area
 ALL OF THE ABOVE AS FAR AS I KNOW
 Elder daycare
 I am not aware of all of the above in my community

Q17 As you age, how important is it for you to remain in your COMMUNITY (where your current home is located)?

Extremely Important	42.29%	225	Answered	532
Very Important	28.20%	150	Skipped	8
Somewhat Important	18.61%	99		
Not Very Important	7.89%	42		
Not At All Important	3.01%	16		

Q18 How important is it for you to remain in your own HOME as you age?

Extremely Important	44.17%	231	Answered	523
Very Important	31.36%	164	Skipped	17
Somewhat Important	16.63%	87		
Not Very Important	5.16%	27		
Not At All Important	2.68%	14		

Q19 What are (or anticipated to be) the biggest barriers to aging safely in your own home? (choose all that apply)

Ability to perform activities of daily living (bathing, housekeeping, meal prep, etc)	49.41%	208	Answered	421
Cost of necessary home support services	38.00%	160	Skipped	119
Home is not equipped with assistive devices (grab bars, stair lift, etc)	28.74%	121		
Structural or environmental issues (roof, stairs, lighting, mold, HVAC, etc)	26.60%	112		
Fear of falling	23.52%	99		
Lack of family support	22.33%	94		
Memory Loss	19.95%	84		
Additional Notations	14.49%	61		
Vision Disability	7.84%	33		
Hearing Disability	5.46%	23		
Taking medications properly	4.75%	20		

Additional Comments:

Caregiver coming & wanting to do nothing
not able to drive would be a major barrier
None, concerned about my mother 's home
Already in assisted living
social contact
Ability to take care of my home
I have a medical alert.
being able to pay property taxes
Transportation
not sure
not sure-don't know what I don't know
Cost of mortgage on fixed income
money
Just the ability to maintain the house and grounds even with help
transportation
Not there yet..but these would worry me.
The cost of staying in your own home keeps going up
Simple things like changing sheets, carrying heavy objects, gardening must hire someone but regular care is too expensive
regular home maintenance costs
transportation
Transportation
lack of home support services
Travel (driving) to shopping areas, etc.
Possibility of more of the above depending on aging process
Taxes!
Not applicable
time when I can no longer drive
Being able to afford to hire outside help to maintain shoveling, lawn mowing and any other house upkeep
cost of home maintenance
none in foreseeable futur
I live in a mobile home with a bathtub which I do not use. I feel like an accident waiting to happen because of difficulty
getting in and out of the shower...need it taken out and a shower pan installed. No funds for this.
Education to prepare against barriers as we age.
cost
dealing with ice and snow in winter.
stairs to main level
Afford the upkeep-and able to take care of home properly-in and out
transportation
Losing my home to reverse mortgage company, inability to pay property taxes, poverty
need all essentials o1 level. Need to rearrange rooms.
No tax relief for seniors on limited/fixed incomes
Can I afford it?

Question 16 Comments:

Cost of living

Have taken steps to be able to age in place.

Lack of transportation

Not sure at this stage

transportation

Housekeeping and in case of power outage, someone to start generator

Availability of appropriate home support services

PLOWING, SHEVELING SNOW, DRIVE WAY ISSUES

I am not experiencing anything right now..but who knows what the future holds

a lot of stairs to get to apartment

being able to afford future health care needs

Having to drive anywhere.

Q20 How frequently do you interact (by phone or in person) with your friends, family or neighbors in your community?

More than once a day	45.88%	245	Answered	534
About once a day	17.04%	91	Skipped	6
Several times a week	24.91%	133		
Once a week	7.49%	40		
Once every 2 or 3 weeks	2.62%	14		
Once a month	1.50%	8		
Less than monthly	0.37%	2		
Never	0.19%	1		

Q21 When considering your support system to rely upon in times of need, you would: (choose all that apply)

Reach out to family for assistance	82.40%	440	Answered	534
Reach out to friends for assistance	64.04%	342	Skipped	6
Reach out to your faith community for assistance	18.91%	101		

Not ask for help from anyone 8.61% 46

Other (please specify): 6.74% 36

VAMC HBPC

Contact local resources

The only support I have is mental health therapist & homemaker - 2 hours per week.

Local Senior Center

Mascoma Senior Center

Primary Care DMC

Senior Aging Resource Center

Call 911

LSRVNA and healthcare providers at New London Hospital

Caregivers

Assisted living helps with this

VA

work community

WHe have a small coffee club that replaces family that is at least 2 hours away.

Our medical providers

difficult to find available services or people

Not sure

rely on my spouse

I am concerned about this as I age as I am not inclined to go to a church community at all

when at school talk to case manager, school counselor,mom

Local senior senior and servicelink

Hard to ask for help

My therapist

"reach out to friends" should also include neighbors!

spouse

Reach out to community organization (CommunityCare of Lyme)

any available community resources as needed

Keep close to heavenly Father/Creator

Hired help through Community Bridges

My fiance

Q22 A routine check up is a general physical exam, not an exam for a specific injury, illness or condition. About how long has it been since you last received:

	Less than a year ago	1-2 years ago	3-4 years ago
A Routine Check Up	77.44% 412	14.29% 76	3.57% 19
A Dental Check Up	79.70% 424	7.14% 38	3.95% 21
An Eye Exam	62.59% 333	24.44% 130	5.64% 30
	5 or more years ago	Unsure	Never
A Routine Check Up	3.20% 17	0.94% 5	0.19% 1
A Dental Check Up	5.45% 29	1.13% 6	0.75% 4
An Eye Exam	3.76% 20	1.13% 6	1.13% 6
Answered	532	<i>Skipped</i>	8

Q23 In the past 3 years, has a doctor, nurse or other health care provider diagnosed and treated you for: (choose all that apply)

	I have been diagnosed.	The condition is managed through exercise/lifestyle changes.	I am currently taking prescribed medications for the condition.	I have not sought medical treatment.
High Blood Pressure	30.99% 119	12.24% 47	38.28% 147	14.06% 54
High Cholesterol	24.22% 93	15.89% 61	23.18% 89	14.84% 57
Heart condition or Heart Disease	16.15% 62	6.51% 25	12.50% 48	16.93% 65
Mental Health condition, such as anxiety, OCD, PTSD, or depression?	14.32% 55	7.03% 27	13.28% 51	18.75% 72
Diabetes, either Pre-, Type 1 or Type 2	12.50% 48	6.51% 25	9.11% 35	20.57% 79
Asthma	10.68% 41	3.39% 13	7.55% 29	20.31% 78
Chronic Pain	17.19% 66	11.20% 43	11.46% 44	16.67% 64
Answered	384	<i>Skipped</i>	156	

Q24 Please check the TOP 3 primary sources you access for health information or clarification on health related issues?

Doctor	93.76%	496	<i>Answered</i>	529
School	0.95%	5	<i>Skipped</i>	11
Religious organization	0.19%	1		
Radio	1.70%	9		
Dept of Health/Public Health Network	6.99%	37		
Hospital	23.63%	125		
Home Care agency	7.75%	41		
Library	5.48%	29		
Internet	72.40%	383		
Family/Friends	38.94%	206		
Newspaper/Magazine	9.45%	50		
Social Media	4.35%	23		
Television	5.10%	27		
Not Sure	1.70%	9		
Additional Comments:	6.81%	36		
<i>Medical Journal</i>				
<i>Merck Manual</i>				
<i>Homeopathic Practitioner</i>				
<i>Books that I buy.</i>				
<i>Use Visiting Nurse often at Quail Hollow</i>				
<i>Case manager</i>				
<i>My insurance sends out monthly flyers</i>				
<i>Reports from medical school publications</i>				
<i>Wellness plan with our insurance</i>				
<i>I do a lot of my own research</i>				
<i>school nurse</i>				
<i>Books</i>				
<i>self- I'm a nurse</i>				
<i>Local pharmacist</i>				
<i>local clinic</i>				
<i>Dartmouth College Benefits Office</i>				
<i>Dedical School Newsletters (Harvard; Mayo, etc)</i>				
<i>physical therapists</i>				
<i>Medical literature, medline, etc</i>				

my health insurance website
 Friends in the medical profession
 self
 Holistic Nutritionist
 dont understand question
 published research
 medical literature
 Pharmacy
 Google
 Therapist
 Dartmouth-Hitchcock
 Colleagues
 Experts in specific areas of health/wellbing need (local if possible)
 licensed nutritionist

Q25 Does the community where you live have the following: (choose all that apply)

Activities that are affordable for me	80.82%	375	Answered	464
Variety of cultural activities	63.15%	293	Skipped	76
Continuing education classes	57.11%	265		
Volunteer activities	86.21%	400		
Activities for older adults	76.29%	354		
Activities that offer senior discounts	42.24%	196		
Conveniently located venues for entertainment	50.00%	232		
Local schools that involve older adults in events and activities	31.03%	144		
Social clubs, such as gardening, books, crafts or hobbies	70.47%	327		
Accurate and widely publicized information about social activities	58.62%	272		

Q26 Where would you access information if you, a family member or friend were seeking services for older adults, such as home delivered meals, home repair, medical transporting, caregiver services or social activities? (choose all that apply)

Local senior center	71.73%	378	Answered	527
Family or friend referral	60.72%	320	Skipped	13
AARP	17.27%	91		
Faith based organization	18.03%	95		
Internet	53.70%	283		
Phone book	16.13%	85		
Physician or other health care professional	60.91%	321		
Local government office	18.22%	96		
Library	15.75%	83		
Hospital/other health care agency	49.53%	261		
Newspaper/Magazine	14.23%	75		
Radio	3.23%	17		
Social Media	14.99%	79		
Additional Notations	9.11%	48		

ServiceLink
 Dartmouth Aging Center
 VA
 VNA
 LSRVNA!!
 shopper
 community staff
 Banker
 community action program
 Community Nurse, Upper Valley Community Nursing Project
 Council on Aging
 211
 visiting nurses, public health council, town manager
 State government etc Servicelink
 Upper valley

I looked. There is no help for me
 Not sure
 DHMC council on aging
 Dartmouth-Hitchcock
 ServiceLink; Senior Solutions
 Local VNA
 Community-based organization (CommunityCare of Lyme)
 Senior Solutions VT
 TOWN OFFICE
 Senior Referral Telephone # - prepares for future
 Kearsarge Visiting Nurse

Q27 Are you currently the primary caregiver for a loved one (someone who cannot fully care for themselves)?

Yes	9.70%	51	Answered	526
No	88.02%	463	Skipped	14
Unsure	2.28%	12		

Q28 Do you anticipate being a primary caregiver in the near future?

Yes	20.27%	105	Answered	518
No	59.46%	308	Skipped	22
Unsure	20.27%	105		

Q29 If you are a primary caregiver for a loved one, do you reside with the person you are caring for?

Yes	22.35%	59	Answered	264
No	40.15%	106	Skipped	276
It is in the future plans.	26.89%	71		
Other (please specify)	10.61%	28		

Not a primary caregiver
Uncertain but may reside with me in future
My daughter and I may have to care for each other
Hoping to have a decade or so before I have to cross that bridge...
I am not a caregiver yet
There are 2 people I am responsible for. I reside with one and the other is in Assisted Living facility.
loved one in assisted living facility
Not a care giver
I have in the past
Did up until two weeks ago
They live out of state and I travel there frequently
No - cared for my Mother - Ass't. Living

Q30 If you are a primary caregiver for a loved one, what are your concerns about doing that successfully? (choose all that apply)

Balancing work, family and caregiving responsibilities	50.28%	91	Answered	181	Skipped	359
Burnout for myself	53.59%	97				
Unwillingness of loved one to accept care	25.41%	46				
Availability of professional staff to lend support	30.39%	55				

Lack of knowledge regarding local resources and services 20.99% 38
 Cost 38.67% 70
 Other (please specify) 22.65% 41
Not a primary caregiver--but if so, I would have these concerns.
In the future
Strength to do what I must & how to survive my own illnesses
Not primary caregiver
Physically being able to lift the loved one etc.
I am not but checked the boxes if I were
When I was recently, the biggest concern was burnout. After 4 years of live—in caregiving, I did not want to do it any more. (Sick of urine smell too.)
person in assisted living
Not a caregiver

based on prior role
 These were concerns when I cared for my husband before his death.
 not applicable yet but cancer caregiving is near
 Self care; not burnout
 raising the kids in a balanced environment
 Stigma regarding mental health issues
 loved one in assisted living center
 not one
 myself getting older
 Not a primary caregiver
 Not a caregiver
 Do best of my ability

Q31 If you could change one thing that you believe would contribute to better health in your COMMUNITY, what would you change?

Response	Percentage	Count	Answered	Skipped	Total
Affordability and availability of prevention and immediate services to support a healthy lifestyle (food, insurance, medical and mental health services and management)	51.42%	163	317	223	
Improvements to our Exterior Infrastructure and Access to those Opportunities (walking/bicycling trails, sidewalks, internet)	11.99%	38			
Aging in One's Home	8.20%	26			
Affordable and greater accessibility to more public transportation options	12.30%	39			
Philosophical, Abstract Societal Improvements; "nice weather", "more patience", "Making farmers more valued"	3.47%	11			
Content/Happy with Status Quo	5.05%	16			
Unsure	4.73%	15			
Personal Choices "It is more a personal change vs. community that is needed for me"	2.84%	9			
Provide outreach to the diverse ethnic minorities in our community.					
Cost of health support					
More help with getting needed IDMs, walker, ramp. Limited, long wait, much paperwork, run around, stress.					
Lower taxes!					
Super Market					
Transportation - Home Visitors					
Transportation availability for those who cannot drive					
Dartmouth-Hitchcock is too busy to see regular patients. Even in complicated cases, they are sending you to Urgent Care!					
More senior housing, there is a waiting list, many people are forced to stay in houses that are too big & expensive. Also lack of public transportation, hard to get around if you don't drive.					
Better internet					
Walk in Clinic. Outpatient in Emergency room so expensive & not necessary for many illnesses or accidents.					
New President					
insurance prices					
whole foods					
A little more kindness to each other					
A better dietary meal plan. A better marketed wellness program.					
Affordable living situations					
Better meals					
More info about services available & how to access them					
What people eat. Cut out junk & prepared food. No sugar. Go Mediterranean.					
Wellness checks					
More safe walking paths					
I believe all that is required if being done in this area of many medical providers, activities, etc					
Broadband Internet service (which would enable telemedicine). Our town and its broadband committee (I'm a member) has been trying for SIX YEARS to get Internet access for all of our residents, but the broadband companies don't want to bother with us because of our small size and rugged geography. There is service along some of the main roads, but only for a fraction of the population. We are stuck in a last-century life while trying to exist in a digital 21st century world.					
I would like to see fewer smoke.					
Move closer to family					
Metal bars in bathtub/shower					
better transportation. Better ride service for those who can not drive.					

More support for helping those with health issues while living in homes that are dirty and unsafe
Access to affordable housekeepers
Free exercise i.e. gyms & pools
Social interaction and acceptance of each other as individuals yet sharing the same basic needs as we age.
A more engaging senior program.
More walking trails
Low cost or no cost help for seniors without HHS
Single Payer/Medicare for All
Availability of geriatric care
More access to addiction treatment, opiate abuse treatment programs, more mental health resources
Less isolation in winter, more planned social activities during winter months.
local outdoor activity in which everyone could participate like Tai Chi or local walks
The weather
start school later in the day. We get up too early.

More low-cost opportunities for NON-elderly, low-income population, in the age ranges of 20-60 years old. It seems to me that the number one group that suffers from lack of resources is this area of adults mostly in their 30s & 40s. They don't know where to go to get help, they are afraid to ask for help (or embarrassed to), and the community seems to focus on the elderly so much more, when, in my opinion, focusing on this lower age group would help ease the burden and break the cycle of "too many elderly adults in need of proper care" in the future!
More local venues for entertainment
I'm pleased with the current state of the community
Juice bar / healthy, organic restaurant
Fewer guns.
Being able to telecommunicate with a community based health center
Better and more accessible healthcare. We often travel to concord for health care because it's more available and they are willing to see and treat us. Love how we are getting walking trails!
More people being involved to help the elderly and people with disabilities of any age.
Community transportation that connects a larger region (not just one town but maybe to concord or Lebanon) so that more options for wellness, accessibility to shopping and recreational activities
Day time programs for the elderly or mentally ill or disabled
It is more a personal change vs. community that is needed for me.
Programming for KRSD students on sexual harassment/assault and domestic violence.
walking club
more education
great question--more of a "closeness" feeling--connections & sense of real community
Better communication
People's understanding of how bad carbohydrates and sugars are for us and how good healthy fats are for us. Perhaps laws about how close candy could be to cash registers.
More evening learning, physical activities and social activities for 55+ adults.
More access to exercise; gyms, fitness centers
Better early intervention support for families with young children, or children with disabilities.
increase focus on Wellness activities and access to affordable health/dental clinic
More cultural/educational offerings
affordable healthy food
More opportunities for casual and regular social activities.
The annual physical is a cursory check. A full check-up is preferred.
single-payer health insurance, or at least preserve the ACA
More in-home care givers
Less wait time for doctor appointment
regular check by friends/staff on 'what's going on'.....phone call every other week or so
Lack of services, if there are services available, no one knows it
Reduce health insurance costs
Free flu shot day at New London Hospital. Right now we have to drive to Dartmouth Hospital to receive a free flu shot.
Better rates for community Centers
Communication on available resources
Health care through more primary physicians
discussion, sessions, information on diet
Opioid addiction treatment
Safer sidewalks -- i.e., keep cyclists off of sidewalks!
senior housing, health clinic
Shopping trips in case we can no longer drive ourselves
handicapped accessibility
Transportation system & town paid nurse to check on people
access to affordable health care for everyone
Walking trails and parks
Repair sidewalks so that we could walk safely.
Better walkability, more sidewalks.
Better information disbursement

Outreach programs and health initiatives

Complete the bike railtrail system from Concord to Lebanon

Smoking cessation! Too many people smoke.

provide more open community education in a variety of topics, better transportation to get to the services

eliminate poverty

More home health care aides for the home-bound and disabled citizens.

support for seniors, who want to stay in their homes.

MORE FINANCIAL ASSISTANCE FOR THOSE THAT DON'T QUALIFY FOR MEDICARE/MEDICAID

more efforts for senior care in Sullivan county

ability to go places when you want to without having to spend money to get there.

Improve transportation options

A formal exercise program with equipment as part of a Wellness Program.

Bus trips to Boston, Portland, etc.

Activities and exercise classes in Sunapee that are more affordable

We have long term care insurance and it is substantial. Would like some counseling about how it fits into our future budget and what services it is likely to cover. Probably available at the insurance company (GE) Haven't spent time studying or researching this.

Affordable HEALTHY food.

more patience

Less dominance of DHMC in the healthcare market with more readily available primary care.

Elder Check In rather like a neighborhood watch - so many elders are isolated and not connected to services increasing risk of depression and misusing meds

Big question! Right now the community is very full of good choices so I truthfully can not think of "one single thing" to make it better.

Nutrition education for children and parents to fight obesity (maybe this exists and I don't know it). ~~DR~~ Improved Medicare for All

Do not make town too expensive to live in. Town government and schools are getting larger and larger - every little thing is "commendable" on its own but cumulatively they are out of control and contribute to rising taxes.

We live in a wonderful community with multiple resources.

better info on what is happening in our total community

Urgent care clinic

More programs for the aging population

Better support for low income families and individuals-- follow through on supports for health care/home care, free or reduced dental care,

and more resources to address the opiate abuse epidemic

one stop shopping to access services

More promotion of what COA and VNA have to offer.

Can't think of anything - this is a great community!

Elderly daycare opportunities

more availability of services and personnel and better communication about the resources

A house for seniors to live with in house nursing.

This way they can stay in the town where they lived and be with their life long friends and family.

Better access to information about lower meds cost and doctor's appointments.

More doctors. My primary care physician is SO busy – difficult to schedule an appointment.

More physical and social activities for elders and transportation to get them there...or, at elder facilities themselves, including balance training

Dental problems for seniors. ~~With~~ financial issues need to be able to find care and there needs to be public community transportation

Easier access for seniors to small help for things like going to doc appointments, shopping, small repairs

Active aging in place cooperative support

Ban smoking everywhere in our town

A local grocery store and/or a food pantry that distributes WIC or senior food stuffs or meals on wheels.

more fun events and happier people to be around

Increased home care services

Community Nursing program

Taking care of the health of health care providers.

Provide more athletic opportunities for elderly.

A system to check in with and help seniors.

Meeting place for young adults with disabilities

ACCESS TO SERVICES

making Farmers more valued. they should be paid better and supported more.

offer organize group (public) exercise opportunities for all levels

easy access to licensed therapists

More health focused activities for young local adults who don't go away to college, supportive housing for those with disabilities, more

community building for those on margins

Helping Seniors and Self-Contractors understand health insurance options

More self discipline about healthy living, especially weight control.

Get Dunkin Donuts out of Sunapee Harbour

Assistance with substance abuse

better coordination of existing Health Care resources....e.g., VNA, hospital/practices/COA, others

Affordable private duty home health aide/ homemaker services

Our community has excellent resources. Educating more people to use the resources would be a goal.

Tax processed foods
Healthier food in grocery stores.
Smoking cessation programs
More training of caregivers to take care of family and friends. Basic skill development for caregivers.
Edible gardens instead of lawns.
The hospital should become more involved in our community
Find some way to assist elders in overcoming denial of needs
Focus on wellness efforts
The elderly lose close friends as they age, (my husband has lost 4 dear friends within the last two years) and misses those friendships. If the community offered more events and groups to become involved in it would help so much.
easier access to healthy food
Increase available in home affordable services
Have a community center which would serve as a central location for recreation, elder activities, entertainment, volunteering, clinics, etc.
More resources, community events
Access to public transportation
I don't know because we have fabulous trails for biking, numerous scenic roads for walking/running, and a lake for water sports.
More activities for your adults
A greater variety of social options, particularly for young adults who feel isolated in these rural communities.
add a walk-in clinic
Easier access to transportation
More public forums about basic health related issues or issues that are currently a problem in our society.
Have a COA in Sunapee like New London has
More outreach to isolated community members
Lower taxes. The tax rate in Newport is among the highest in the state; in many cases, the money seems to not be managed well. If the money were managed better and taxes lowered, families would have more money for quality-of-life matters. The town may also attract more businesses, which would provide a more robust social situation for residents.
Public transportation access in Grantham.
Free exercise/gym building rather than having to pay for it
more available transportation
more community/parish nursing services for local communities (we are lucky enough to have one) or longterm using for folks who don't meet medicare criteria
Additional affordable home care services to allow the senior population to stay in their homes longer.
insurance
To make it less expensive to have devices such as eye glasses, hearing aids and dentures on limited incomes.
Affordable health care
Education of services, acceptance of help(overcoming pride) Healthy aging is a personnel responsibility.
Quicker access to mental health services
More resources / money
Having a support group for caregivers, where stories can be shared and learn what other caregivers do.
Willing Hands mobile van to deliver fresh produce to our seniors / shut ins.
More community exercise/events
Better mental health services available very expensive costs
Free exercise class
Give more people sophisticated tools and support. e.g. Life Planning mini-retreats, RN health advocates/coaches
Better access to transportation.
Affordable exercise classes and activities for the whole family.
Affordable healthcare coverage that covers our needs
More socialization for elders in the community-
Transportation options
Enfield needs more for our Senior Citizens. Nothing in Enfield for Senior Citizens.
more senior programs. Enfield does not have much for seniorcitizen.
Better communication between healthcare facilities...Drs.,Hospitals, Specialists, Pharmacies, etc.
Available elder services for impoverished seniors
Less drugs, more living.
Walk in clinic
I would offer a wide variety of classes for people of all ages.
homemakers regardless of income
Not sure. We have lots of resources and services available. Sometimes we aren't aware of what we are lacking until we need it.
Community gym, pool and track in our immediate community with early and late hours
Better communication on what is available, where and at what costs
I would try to have more outdoor gatherings and fun events to get folks OUTDOORS AND OFF CELL PHONES/COMPUTERS AND TABLETS !
Better mental health services
Cost of health care and dental care
universal health insurance / health care - no out of pocket fees or deductibles
More information regarding health issues sponsored by the hospital.
Healthcare all affordable
organized walking group
More activities for Sr

Transportation to medical services

Public health services provided through community health care center

I cannot think of one change. I am fortunate to live in a community with numerous avenues for healthcare. One universal issue to address would be aging at home.

mental health care

More activities for seniors

Greater access to free health screenings. Free flu clinics by DHMC wonderful but only offering once. Senior discounts for services like housecleaning. Food delivery services or help with shopping. Brochure to seniors on services provided within community with contact numbers/info.

visiting nurse visits

Better, more help with drug abuse/use in our communities.

Dog park for more walking and social interaction

To have regular professional environmental check-up: air and water

Focus on the younger population.

Communication

Accessibility to transportation and services

Affordable health insurance

affordable health care for ALL, including mental health

More community transportation.

A pharmacy closer to home

support services for people who live alone, have limited funds/resources

more people to provide in home non-medical care at an affordable rate. More community/parish nurses

Affordable public transportation is needed

Free interactive education for young adults

better defined sidewalks on some of our major roads so that it is safer to walk places

Cost of Health Care

Rid the community of the low income drug addicts

Way for elderly to go to events and someone driveor each family of elder person have another contact person to use as a backup until problem/concern is under control.....

Change a light bulb, start a lawn mower, help if you fall but not injured, check on in a storm....i.e. Like a good neighbor

Money for in-home care for those who need it

Public transportation - Uber, Lyft, etc.

Public transportation for people who cannot drive.☐

Health care system/organizations engaging and supporting community-based/grass roots health and well being supports.

More home health care that is reliable

Opportunities to meet your neighbors & socialize more

access to affordable healthy food.

More services within the community. Everything we need is located outside of the community.

employ a nurse

Transportation issues

affordable dental care and/or universal "medical" coverage that includes dental

Services for those who cannot afford reliable hired caregivers!!!!!!!!!!

Affordable Sr housing when no longer able to stay home

PROVIDE ACTIVITIES FOR OUR ELDERS AND PROGRAMS

At this time in my life, I am healthy and not in need of services just yet. Who knows what I may need and NOT find accessible here.

affordable respite help for families with members with disabilities or elder issues

Free birth control

affordable health care; healthy eating establishments, affordable

affordable healthcare

Cost

Affordable health insurance

Affordable housing

Elder daycare

Better communication of services, facilities, events.

increased social activities for people of all ages

Transportation - no matter how many great opportunities there are for receiving food or exercise or other social activities it won't matter if no one can actually get there.. Transportation is a huge issue

Better integration of resources and systems.☐Making these person centered.

Affordable and easily accessible transportation

Extended care facility at the hospital

Transportation

a better hospital

more and more affordable housing options for people as they age

Q32 If you could change one thing that you believe would contribute to better health FOR YOU, what would that change be?

Affordability and availability of prevention and immediate services to support a healthy lifestyle (food, insurance, medical and mental health services and management)	23.05%	77	Answered	334	Skipped	206
Improvements to our Exterior Infrastructure and Access to those Opportunities (walking/bicycling trails, sidewalks, internet)	2.10%	7				
Aging in One's Home	4.49%	15				
Affordable and greater accessibility to more public transportation options	2.10%	7				
Specifically cited : Weight loss; increase exercise commitment; Change eating habits	33.83%	113				
Philosophical or tangible self-improvements (Move, Less work, more sleep, Organize, etc)	24.25%	81				
Content/Happy with Status Quo	8.68%	29				
Unsure	1.50%	5				
<i>More exercise</i>						
<i>Insurance</i>						
<i>Ability to sleep without interruption, 8 hrs.</i>						
<i>Move to another area</i>						
<i>Less costly gym access</i>						
<i>Eat less.</i>						
<i>More support for home and yard care</i>						
<i>A larger food store with more variety closer to our town. (Now a 1/2 hr. drive.)</i>						
<i>More \$ after taxes (elderly tax deduction)</i>						
<i>Better eating habits</i>						
<i>I wish there was a medication for arthritis that wasn't an opioid but more effective than ASA or Tylenol etc.</i>						
<i>family who has forgotten me</i>						
<i>eat less chocolate</i>						
<i>healthy eating..not binging</i>						
<i>better nutrition</i>						
<i>Taking more time for myself</i>						
<i>More exercise & diet</i>						
<i>At moment need nothing more than have.</i>						
<i>More exercise</i>						
<i>Elimination or relative lack of public transportation.</i>						
<i>Be allowed to have a pet</i>						
<i>We have excellent resources for health care</i>						
<i>Lose more weight</i>						
<i>That lifesaving and life-enhancing medical advances will happen by the time my family and friends and I need them!</i>						
<i>Better communication with spouse.</i>						
<i>Exercise</i>						
<i>Back door access in winter</i>						
<i>More local information access - at library of local town office.</i>						
<i>someone to exercise regularly with me in my home.</i>						
<i>My job</i>						
<i>Reduce alcohol intake</i>						
<i>Access to affordable housekeepers</i>						
<i>More money</i>						
<i>Being closer to family members.</i>						
<i>Exercising more routinely. Eating habits.</i>						
<i>Affordable grains and vegetables</i>						
<i>Less work, more time to recreate!</i>						
<i>Don't know, except maybe a way to afford things not covered financially for needed help once in a while. Future security for Social Security & Health Care.</i>						
<i>Medicare for All that would cover dental care</i>						
<i>Successful treatment of peripheral neuropathy</i>						
<i>more choices of Dr.s in Newport and being able to get an appointment sooner</i>						
<i>More time for exercise</i>						
<i>Regular counseling.</i>						
<i>more outdoor activity locally</i>						

Bowling ally
More local friendships
Less carbs, more cardio
Oh, well, that's easy...that's all down to me and making the time and/or sacrificing time elsewhere to commit to my own health needs. I need to see doctors more frequently and stay on track. I truly am my own worst enemy in this regard, while I bend over backwards to help my friends and family with these same issues!
I am satisfied and my health is excellent
I could be more regular about exercising.
Need to exercise more, again.
So far, I'm pretty healthy and doing all I can to remain so.
Smaller portion sizes and consistent outdoor physical activity same as above
quit smoking
Less work.
Exercise more frequently
The opportunity to walk and ride safely around town. Not many sidewalks to promote walking or riding.
Take more time for myself to do healthful things like yoga or exercising
More healthy fresh and prepared food options so that fast food isn't the only option
more exercise
Eat less, exercise more
I would have to prioritize time for me for exercise and socialization.
reengaging in a yoga class
eating healthier
the ability to see a specialist without having to pay a large amount of money out of pocket
having a doctor who trusts you, and trusting them.
eat less/move more and know why I need do this
Childcare to allow time to exercise
Better/more choices for activities available.
Exercise
More physical activity
More support for me, child care for my disabled child.
Affordable access to fitness center, gym memberships
More time for self-care!
More regular access to exercise and health options in my area
More exercise & upper body strength exercises
More exercise more frequently
More exercise
lose weight
Better mental health care in the region
Lower cost of health care
more exercise
drink a little less alcohol
My outlook on life, work and relationships
Reduce health insurance costs
I would like New London Hospital to have free seminars on health like Dartmouth Hospital has. For example, a seminar on how to cope/live with rheumatoid arthritis.
Exercise incentives
my own commitment to exercise and diet
Getting/ raking my asthma meds
Support on elder care
more exercise
More time for exercise
Having a regular walking partner
health clinic
doctors time to go over personal issues.
I am an amputee and would like a mechanical ankle
A place to walk in the winter months
More varied exercise
I'm doing well.
working less, moving more
Nutrition guidance
More walking.
More availability of social and recreational events for younger people in my area.

*I would join the community center
Eating cleaner
Spend more time exercising
All good here.
make time to exercise
eliminate arthritis
Stress reduction
More free indoor exercise venues.
lower real estate taxes, then I wouldn't worry about the future. It's stressful!!
SAME AS ABOVE
more affordable health care
Exercise more often
feel doing it
Local handyman
More leisure & more \$
Same answer as former question.
I would not change a thing! Except!! be closer to my family.
exercise more
more time to exercise
More exercise and a better diet.
Knowing I could get to shopping and medical services if I could not drive.
detach EATING from PROCRASTINATION and walk more
In home help
Greater emphasis and time for yoga, religious activities, etc.
Exercise more
Nothing so far - Grateful to have the means to keep me healthy and happy
Allowing myself to set goals I can actually reach while most of my time is needed to take care of my spouse. I need to keep
from doing too much else and spend more energy on finding calm in our lives and time to properly rest.
Be more consistent about exercise and healthy diet.
social connection
An actual clinic or access to doctors who are not affiliated with hospital. So you could go and get a quick prescription without
having to go to ER or have a primary care office that just serves as a test referral service to the hospital and doles out
outdated opinions on nutrition, birth control (not an issue anymore) and weight.
Relief from chronic pain would allow me to be more physically active
quit drinking
More options for elder care. Since the Clough closed it's been rough for older folks who might need skilled nursing
Work fewer hours during the week to get outside more
A cure for Neuropathy !!!
Get someone to talk to
Walking 2 plus miles per day.
Controlled pain.
Less expenses
nothing, feel very blessed so far
Lower cost.
To not get cancer again.
More affordable insurance. Terrified of the future when I stop or slow down with work.
More exercise
Ban smoking everywhere, get the asshole drivers off the road
Mobility
Single payer health care
Lose another 10 lbs.
Affordable gym access
MORE REASONABLE HEALTH CARE
more local foods
Less stress due to financial concerns
more unscheduled time
Effective, enduring supportive housing for loved one
More self discipline about exercise and diet control. Less cndy
more self discipline!!
retire
closer exercise facility
I wish I could walk more and drive less but not possible given where I live.
More garlic
General community trading of basic caregiving skills.*

Exercise on a more regular basis
More services for seniors
Greater physical (aerobic) exercise.
Make time for more exercise
I need to make more of an effort to seek out and participate in activities even though my caregiver responsibilities take up much of my time. Working part-time is a help.
non judgment
Organize myself
Find a way to be less busy so I could more easily make time to exercise.
more affordable healthcare, dental insurance, and medications
Access to public transportation
I would take a yoga class.
Go back to work for both financial and social reasons.
Working less
Affordable preventative opportunities to combine social and wellness benefits, such as affordable fitness classes.
Retire
Having someone that could watch my kids so I could participate in a class or activity.
working fewer hours- more down time
If I could figure out how to voice my concerns about family issues without offending my wife and starting an argument so that we could problem-solve more effectively, that would greatly reduce my stress.
Expanding my physical activities
Not drinking Alcohol
Increased activity/exercise.
To be able to have TWO hearing aids (I have one) and to be able to afford bottom dentures when that time comes.
Motivation to practice what I know for my health.
better sleep
Win the lottery!
To say no! As a caregiver we are always wanting to do it to make others feel better but we then get overworked and burned out.
Shorter work week, more time to exercise and spend time with my family.
Time to myself
More exercise, group
More time to being outdoors, active, with friends and family.
Lose 15 pounds.
Assistance for behavior change for less snacking.
More free time to enjoy life!!!!!!!!!!!!!!
I need to retire soon!
I should make myself to get out and be more active.
Less pain
More play time
To be able to afford decent healthcare, very stressful worrying about the near future
Need to lose weight. More my change than anyone else's. Easy recipes for healthier eating, crockpot ideas. Not always time to make healthy food.
I don't eat vegetables which I am told are important but no one gives me any alternatives
Getting away from the screens - not on cell phone, computer, etc. and designating time for exercise every day.
Group counseling sessions
Lose 20 lbs
More exercise, less ice cream!
Be more active
Transportation to area recreational opportunities - like in Hanover
Lower cost insurance
I have the best care possible.
taking time to exercise daily
Get more exercise - not good at it.
Less worry about being able to afford long-term health care for myself (and my husband, too) in future. Long-term health care is terribly expensive and quite unaffordable. Major concerns about long-term health care when I (or my spouse) are no longer able to care for ourselves in our home.
to have a visiting nurse come
Better life-work balance with employers.
I would get a "first alert"
Nutritional counseling
Continue to lose weight
Less stressing
Create programs or items that will be focused on younger populations and older, not simply older.

Really Listening to what I have to say
I am healthy weight but: I should drink more water and consume less sugar!
a cook
closer proximity to an exercise facility
Low cost fitness classes at a wider range of hours. Such as 5:30 and later.
more time in the day! or more help with caregiving for my infant/ideas for how to incorporate her into exercise
More opportunities for group physical fitness
Place and transport for one hot meal a week with people to socialize
Better work life balance
Expanded nutritional options - better, healthier selections than Hannaford offers, more restaurant/deli choices
Retirement
More paid work
Stress reduction opportunities
Take time for a vacation
find more social activities.
More affordable recreational/wellness activities.
continued good recovery from knee(s) replacement
Priorities
Get myself to exercise more (totally within my control)
Medicare coverage for acupuncture, massage, Reiki, Ayurveda which are my main health care system.
Not an issue @ this time
MORE TIME FOR MYSELF TO KEEP MY HEALTH GOING.
As stated above....I am not there yet
Better cost subsidized according to income
More time off from work to allow for a better work life balance.
A real president and a congress that cares
Affordability of health care. Appointments, Rx, etc.
Affordability of complementary medicine and quality supplements.
Decrease arthritic pain
Free dentures
Get a trainer!
Take more time for exercise and less screen time
My own consistent lifestyle behaviors
Better hearing. I am quite deaf even with hearing aids.
Exercise without pain or with others of similar ability
be more active and eat a better diet (less butter!!)
Transportation to evening social events