

On 1/6/16 Vision Russell Neighborhood Outreach Workers (NOWs) facilitated a conversation on health in the Russell Apartments Idea Center. Fifteen residents came for lunch and to discuss health in the Russell Neighborhood. In addition to the residents we had two NOW's facilitating, a resident service coordinator from New Directions Housing Corporation, an observer from Center for Neighborhoods and an observer from Louisville Metro Government Department of Public Health. The demographics of the residents were all African American and mostly elderly and disabled.

The first topic we discussed was Healthy Eating.

The facilitators asked the respondents "What is healthy eating?"

One resident responded two veggies and a protein. Another said vegetables and fruit, two to three servings of each per day. One participant said that they could not afford produce and that they only get one or fewer servings per day. Another resident noted that Sunday meals tend to be the healthiest because they cook.

The facilitators asked if the group thought that eating healthier would improve chronic conditions and the group responded that they knew it would help their chronic conditions. Specifically, one participant noted that it would help their blood pressure.

The facilitators then asked if the group knew how to cook healthy foods and did express interest in participating in healthy cooking classes. The consensus to this was yes, they know how to cook healthy foods but that the foods are not affordable.

The facilitators then asked if the participants were aware of the mini traveling farmers markets such as Fresh Stop that come to the neighborhood. Some of the participants had heard about it but they said it was too expensive and that they didn't like that you had to pay in advance and couldn't afford the service.

When asked where the participants buy their groceries they responded that they bought them at Kroger, Pic-Pac, and Save-a-lot. When asked why they shopped where they do they said that because those places have appropriate food, it's convenient to get to, and that there were suitable fruits and vegetables collections.

The next topic the facilitators discussed with the groups was Physical Activity.

The facilitators started by asking what types of physical activities participants currently get. A couple of the participants said that they walk for exercise and one participant said she goes to classes at Elderserve.

When asked if they go to the YMCA at 10th and Chestnut the respondents said no because of the cost. When asked about the new YMCA development some of the participants were aware of it and interested in going if it were affordable to them. When asked if they participate in

classes at Baxter Community Center or if they utilize public parks in or around the neighborhood the participants said they did not because of fear and because they feel unsafe in those areas. When asked if they would be willing to participate in classes if they were in the Russell Idea Center the participants said they would be interested and like to participate in something that would come to them as opposed to leaving their home. When asked what type of classes they would like to participate in the group responded that they would like to see a hip hop aerobics, yoga and Zumba.

The facilitators then asked the group how they accomplished their daily errands some used TARC and said that their daily errands are easy to complete on TARC others drove themselves or had a friend or family member drive them. When asked specifically about TARC's convenience the groups said in general TARC is convenient except needing more service at 21st and Market Street.

The NOW's then moved on the the final topic, Access to Healthcare. When asked where people get healthcare two participants said they went to the UofL Health Center, five said private doctors, one said immediate care centers, two go to an emergency room, one goes to the Portland Clinic and one goes to the Park Duvalle Community Health Center. Most participants said they were satisfied with the services and treatment they receive. Participants also noted that they would be interested in going to a health center in Russell. Only one of the participants went to a dentist in Russell. Participants noted that there is no access to mental health services in Russell.