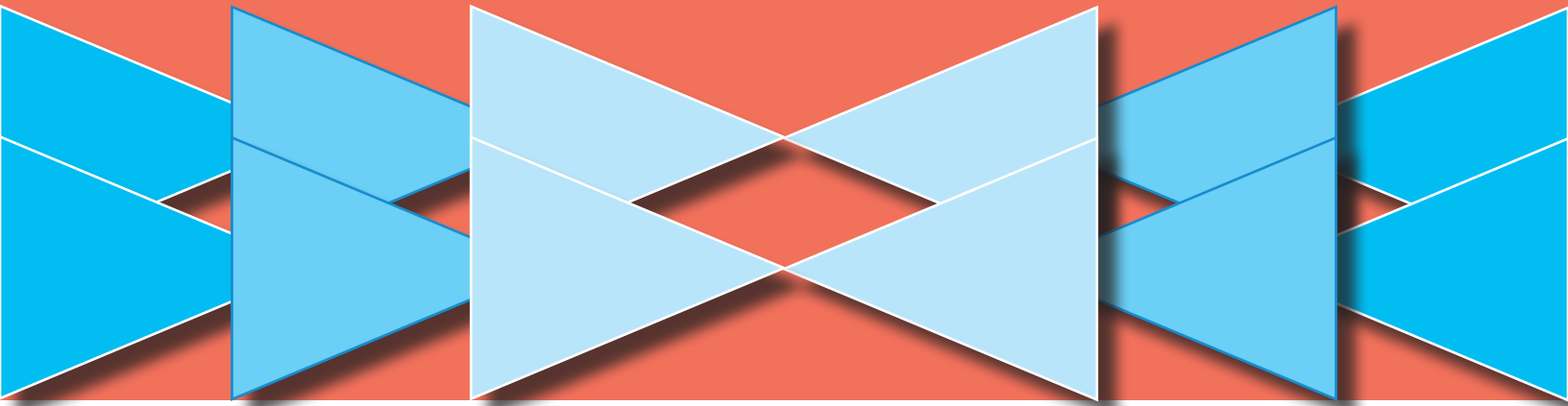


**Key Findings**  
from the  
**Toiyabe Indian Health Project**  
**Community Survey**  
**2016**



# About the Community Survey



The project was advertised to adults, **18 years or older**, who identified as American Indian or Alaska Native via flyers, poster, website, and radio.



**Telephone interviews** with **tribal members** were conducted by **Public Health Institute interviewers**.



Interviews took place **March through September 2016**



Residents from **Mono, Inyo, and Alpine Counties** participated.



The goal was **to learn** about familiarity and satisfaction with TIHP, current health status, community strengths, and community needs.

# Key Findings



**9 out of 10** agreed that adults in their community support **eating a lot of fruits and vegetables** (89%)



Nearly all agreed that **cultural food traditions** should be preserved (95%)



**9 out of 10** were **overweight or obese** (91%)



**9 out of 10** agreed that adults in their community support **being physically active** (85%)



**2 out of 5** reported fair or poor health (41%)



**1 in 3** had been diagnosed with **high blood pressure** (32%)



**1 in 3** had been diagnosed with **Type 2 Diabetes** (32%)




**2 in 3** supported a **total ban on smoking** in their community, except in one's home (65%)



## Top Recommendations

1. Continue to rely on the tribal community's strong social support for healthy eating, active living, smoke-free areas, preserving cultural traditions, and providing tailored services to youth and Elders.
2. Increase advertising of Toiyabe Indian Health Project clinic and community wellness services.
3. Focus additional outreach on communities outside of Bishop and Big Pine reservation areas.
4. Continue to incorporate traditional foods, practices, and Elders in program planning and implementation.
5. If further information is needed, conduct door-to-door interviews to include more tribal community members to identify priority health needs and highlight strengths.

## Community Feedback on TIHP Services



I like this program through Preventive Medicine [Community Wellness] - where you earn points to get bus passes, certificates for farmers market or Vons.

I like that they deliver our meds to our homes. Sometimes we get neglected out here because we live in the middle of nowhere.

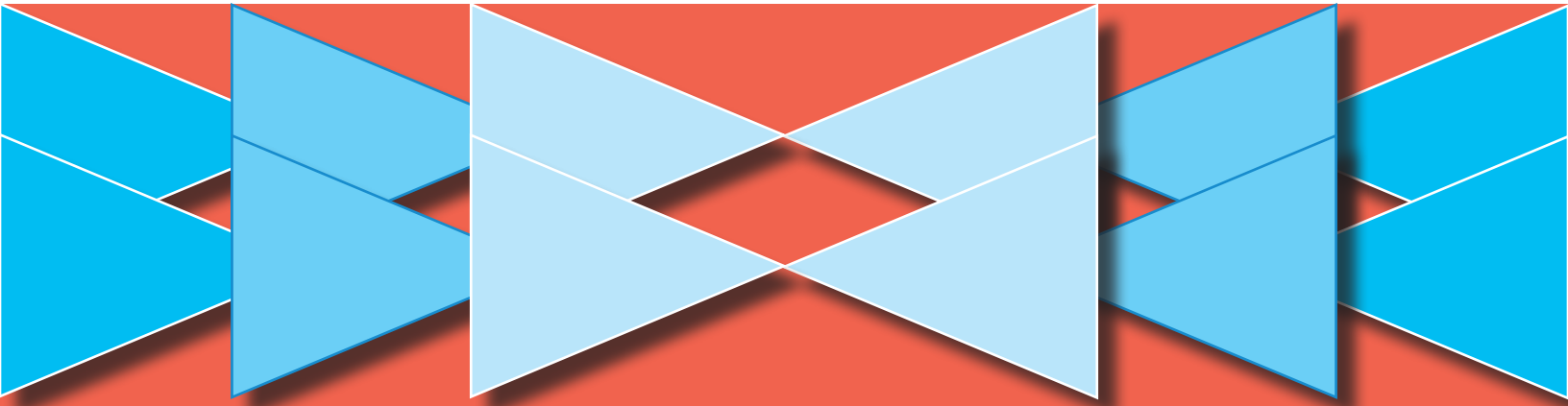
I appreciate the other services that Toiyabe offers – like providing transportation to appointments, outpatient services, and optical care.

I love how the CHR (Community Health Representative) comes down to our tribe and checks on our community - like blood pressure, blood sugar check, etc. Very courteous and respectful.

I really liked the Diabetes program and found it very useful.

They're providing excellent services to our community and always trying to improve.

All the services I've received have been excellent – I'm very satisfied with Toiyabe.



Survey Research Group  
a program of the Public Health Institute  
1825 Bell Street  
Suite 102  
Sacramento, CA 95825  
Phone: 916.779.0338  
[www.s-r-g.org](http://www.s-r-g.org)  
[www.phi.org](http://www.phi.org)