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## Fast way to health

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# Fast Food Restaurants Super Sizing Our Community?

HEA 356: Health Promotion Programming Photovoice Research Project – Fall Semester 2016  
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## The Problem:

- What is the basic problem?
  - Increase obesity due to food choices and low gym attendance
- How big of a problem is obesity?
  - Kentucky is the 5<sup>th</sup> obese state in the U.S.
  - 29% of adults in Calloway County are obese
  - 17.5% of children between ages 2 and 4 are considered obese
- Who is impacted?
  - The entire Murray population and surrounding place that visit Murray on a daily basis
- Why is this a public and community health issue/concern?
  - With more fast food chain the more obesity will be on the rise. This is because there are few places one could have a healthy meal on the go

## Research Methodology:

Photovoice is a research method that “employs a participatory action technique that allows individuals to photograph their everyday realities and highlight factors that may enhance or diminish their individual health status or that of the community” (Doyle, Ward, Oomen-Early, 2010)

Murray has limited healthy places to grab a bit to eat at but on the other hand Murray always has room to continually add new unhealthy fast food restaurants. Thus coming soon Arby’s and eventually Rally’s.

## Assets:



## Conclusions & Recommendations:

This situation happens because either they don't have time to sit and eat or they just don't want to. This relates to my health issue because people don't have the time to sit and eat a healthy meal or even plan a meal of their own. This is effecting the community negatively because as time goes on people are getting comfortable with eating on the go.

## Resources Available:

- Grocery stores
- Community walking trails
- Murray State Wellness Center
- Murray-Calloway County Center for Health and Wellness
- Medical clinics
- Farmers' Market

## Barriers:



## References:

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Wang, C. & Burris, M.A. (1997). Photovoice: Concept, Methodology, and Use for Participatory Needs Assessment. *Health Education & Behavior*, 24(3), 369-387.