

Health nutrition in Murray KY

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There are many health related issues that affect a community. One of those issues that affect Murray, KY is the poor nutrition. People are uneducated or ignorant to some of the health issues in their community because they do not take the time to find out. Learning more about health nutrition could be easier for all age groups. Some people are not equipped with the best education, but are still able to get educated by using local resources. In Murray, there are three places someone could find more information about nutrition. Those places include the Murray Calloway-County hospital, Primary Care, and the Calloway County Health department. If someone sets up an appointment, they could get nutritional help that could help them start a new diet or lifestyle change. Using ArcGIS, we were able to place the exact locations in Murray based on the addresses of where the health educators are located. If people are given the resources, more people can try to make the decision to make better health decisions. Some factors that could hinder the health education include the multitude of restaurants in the area; not having transportation, or time conflicts. The good thing about all of the locations shown is the map is that they are close in proximity so it makes it very accessible for most people.