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McLennan County

Public Health District Partners with Baylor University in Conducting Healthy Habits Survey

Waco, Texas (March 18, 2015) – The Waco-McLennan County Public Health District is partnering with Baylor University to learn more about healthy habits and attitudes in Waco. Health District and Baylor representatives will be conducting a survey of residents in the 76704 zip code area of Waco on Saturday, March 20th. Fifteen teams of volunteers and Health District staff will go door-to-door in the neighborhoods of the 76704 zip code between the hours of 9 a.m. to 4 p.m.

The Community Assessment for Public Health Emergency Response or CASPER is a household community assessment approach used by the Centers for Disease Control and Prevention. CASPERs are most often used during natural disaster situations, but the Health District will be utilizing this survey tool to learn more about healthy living.

The survey will focus on understanding attitudes toward physical activity and healthy eating habits by asking questions similar to those below:

- How many servings of fruits and vegetables are eaten on a regular basis in the home?
- Do members of the household enjoy eating healthy foods?
- How often are residents involved with physical exercise?
- Do residents enjoy physical exercise?

The information obtained using the CASPER survey will be compiled and used by the Health District to develop community interventions that promote physical activity and healthy eating habits.

For more information about the survey, contact Kelly Craine, Health Planner and Public Information Officer for the Waco-McLennan County Public Health District at 750-5429 or email her at kellyc@wacotx.gov.

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