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Comment

1. A community that is pedestrian and bike friendly encourages people to use alternative modes of transportation. This results in a healthier community
2. This will help reduce the risk of heart disease and diabetes
3. Help them help themselves, get them interested in getting healthy
4. School food should change.
5. I don't want to be fat.
6. We need to start having more healthy fast food places and sell more health foods in schools.
7. Make physical education more important in schools; go back to non-coed P.E. classes. Make classes more vigorisly.
8. I'm fat, who cares?
9. WHO CARES?
10. These questions don't make sense.
11. What a waste of money and our taxes to pay for mistakes.
12. It's the people's choice if they want to continue eating unhealthy, let them!
13. That would be a great idea because obese people do need help.
14. I kind of agree and then I kind of disagree about the first comment. I don't think you can stop anybody from obesity but you can try.
15. People don't need to be obese.
16. Everyone has their own choices, if they don't care leave them alone.
17. Let's not focus on making people look better, but on helping people to feel better. The better the person feels, the more likely that they will get up and help out as well.
18. Health is very important, so hopefully people take programs serious and really get involved.
19. To create healthy community programs and encourage people to join, would encourage decreaseon of obesity. A healthy community program would create another thing for families.



- 20.** I think that sometimes obesity is upon the person itself. Some people decide that the way your body looks is not important. We need to leave those people alone and not obsess over it.
- 21.** We need to decrease the obesity in children.
- 22.** Good health is important but unless we take soda and candy out of schools, there isn't much to be done.
- 23.** If they are fat, get help or shut up and deal with it! But don't punish others by taking soda, candy, chips etc. out of schools.
- 24.** The people need to learn about how all these fast food places are affecting our health.
- 25.** It really doesn't matter what is put on the TV about health, people will still be fat!!!
- 26.** We need healthier foods at school.
- 27.** Computer games-have ruined this generation...P.E. has to be a major part of kids' lives...
- 28.** There are already programs in effect that should emphasize this health class, health seminar, physical education, continue publicity in news and school papers, and the use of coed sports celebrities.
- 29.** It's incredible to see how many people smoke in Bakersfield.
- 30.** personal responsibility
- 31.** this has to be the most obese city in america. if you can find a way to fix that, you're a god!
- 32.** This begins at home. Schools need to go back to everyone having PE every year. Some kids don't get any exercise because they sit in front of the TV or Computer. Again that's where the parents have to do something to keep them active in a positive way.
- 33.** More parks with more amenities (tennis, volleyball, etc.) and lots of trees (for shade). More community recreation centers.
- 34.** Health and Wellness begin in the home. Health Education is the key to children at a young age.
- 35.** More parks and recreation programs?
- 36.** As I count the number of fast food places in Bakersfield, I don't think we are doing much to discourage obesity. How about subsidizing a Whole Foods Market, or making a rule that like junk cars or junk-yard dogs, you can't have more than two fast food places per square mile? Yeah, right.
- 37.** You will decrease childhood obesity when you get PE programs back in the schools from K thru 12. You can take all the junk food out of the schools but, like booze, cigarettes, and drugs, these kids will just go somewhere else to get it. We had junk food in school and we weren't fat! We even went to Dewar's for lunch! However, we weren't sitting in front of the TV or a computer or a TV playing video games. We were outside playing! What a concept. If the parents don't take responsibility for their children's well being - tuff. I do not feel it is the community's responsibility to promote something that is common sense - more government in our lives we do not need. Make people take responsibility for themselves and their children.
- 38.** Please help seniors, to have a good health insurance, without making them go into the poor house.
- 39.** Build more bike paths and an awareness program for cyclists and motorists to enjoy the road together.
- 40.** Speaking of which...where are all of our bicycle lanes. The bike path is great, but how do we ride a bike to the path? Commute to work via bicycle? There are many good reasons to have bike lanes!!
- 41.** Encourage health professionals in diverse specialties to move to Kern County and establish their practices. Encourage affordable health care for all social-economic groups in the community. Need to deal with the shortage of emergency care in the community. This is not totally a government issue - the private sector needs to assume some responsibility.
- 42.** I would put the "major" in the programs, not the marketing.
- 43.** Get people walking and riding bikes for transportation. This requires more bike trails, more shade trees (so that it is tolerable to be outside). As of this date, Bakersfield is almost "unwalkable" - I live near Calif. and Mohawk, in an area close to many stores. I walk to them some of the time. Drivers do not even look for pedestrians anymore, even with walk lights and in a crosswalk. Speeding is rampant and needs to be controlled more.



- 44.** How? SOUNDS good. Walk and bike to destinations. What do you do with your bike when you get there. Can't ride if it isn't safe and you can't protect your bike after you get there. So, how to accomplish this goal?
- 45.** We need to bring physical education back to the school system. What we have now is embarrassing.
- 46.** We so much need to get the childhood obesity rate down. This generation may very well not outlive their own parents.
- 47.** Can this be done by better development planning? Can we develop a healthier community by addressing the air, too - I don't want to do any exercising out there some days.
- 48.** Re marketing campaigns: Just like the new Bakersfield slogan - it's unclear to me how effective those types of marketing campaigns actually are. Do we have feedback on this?
- 49.** lets don't waste tax payers money on these type of issues.
- 50.** govt should realize the difference between protecting the people and intruding on them. If you were truly concerned with the obesity problem then why are there so many fast food restaurants here in bakersfield? Who Approved them? Who let them put one on each corner and sometimes right next to each other? If an adult doesn't want to walk, jog or run that's there fault but that doesn't mean that we have to spen money to change what we already know...they have to do it themself. Stop the building of fast food places, that's a start toward a healtier community!
- 51.** marketing is not the answer. education is. we need to get people away from "marketing" PR and mass media and have them start thinking for themselves and being responsible for their own decision-making.
- 52.** Absolutely, and Active Community Environments can play a big part. It's not just poor food choices, but also suburban design that designs activity out of life, that has contributed to the obesity epidemic. Much cheaper to prevent this by good design than to treat an epidemic, as we are finding out -- a bit too late.
- 53.** As long as people continue to watch TV, play video games, and drive 1/4 mile to the corner liquor store, they are going to be fat - and any money the county spends on that will be wasted. Maybe an indoor rec area would be nice - for times when it's too hot to really be active outdoors, especially for those of us sensitive to the heat.
- 54.** It is not the job of local government to be in the healthcare business. People are responsible for their own obesity. Let them pay.
- 55.** Those with the problem don't care. All the advertising in the world isn't going to change that. Don't waste any more of my tax dollars on free programs that are abused or people that don't care. Politicians are the only ones who gain anything because they LOOK like they care and are doing something. The only thing they're doing is spending more of my money*
- 56.** The Get Moving Kern campaign has been slow to take off, but it will get a huge boost from the nutrition and physical activity policies coming down the pipeline from the State of California through the schools and cities. This will help expedite awareness. Beginning with the children will hopefully generate a much healthier next generation.
- 57.** The purpose of our coalition, GET MOVING KERN - Building a Healthy Community is to do just what these questions are addressing. We started a web page but we ran out of money and can't even update it at the moment. We sure could use some community support to continue our efforts. The long term goal of our webpage is to be a "clearninghouse" of info. on wellness events and activities for the community. We went health professionals to find wt. management classes to refer patients to or nutritional counseling for a family that is affordable. Also which agencies are having an event or meeting that can be posted on our web page. Other things too like how to find the closest park, hours of pool time, walking and biking trails to use, etc. etc. We just need support and help from other interested community leaders and citizens (we need funds, we need a web master who can take on this project, etc.) Any suggestions?
- 58.** I believe people know what they need to do to become healthy, it is having the time and opportunity to make it happen that is difficult. Building a community with opportunities to work and live in the same areas and promoting bike riding and walking to work will help increase healthy lifestyles and reduce polluted air. Encouraging employers to offer flexible work schedules will also help reduce pollution and allow people to better schedule physical activity into their day.
- 59.** Bakersfield residents are obviously getting larger.
- 60.** Need several YMCA and YWCA facilities in various parts of the city that are affordable for all. The heat in this valley makes it difficult for people to exercise outdoors during many times of the year and the high



crime areas make it difficult to exercise in the evenings.

- 61.** GOVERNMENT should not be telling me what kind of lifestyle I should have! If you want me to be more healthy, clean up this horrible air
- 62.** What are we marketing? Isn't Bakersfield large enough already?
- 63.** Health is much more than a marketing campaign. It is important to invest in prevention. Obesity and other medical conditions are easier to prevent than to treat.
- 64.** City/county resources should be coming from Federal or state grants because it is a national epidemic not a local one.
- 65.** Include schools in this campaign. Remove soda and snack machines from all school campuses. Provide only healthy lunches. Limit number of fast foods businesses in any one area or neighborhood.
- 66.** Provide recreational opportunities in safe places. Enhance and protect the trails system and protect the riverbed. Keep opportunities for all users on trails, not just bikes, walkers and skaters. There are horseback riders on the west side who are being pushed out, and the bluffs development, even with trails preserved, will likely end up being of little use to equestrians because of dangerous road crossings and lack of separation from walkers, bicyclists, and out-of control children. Those using bike paths need to be educated about how to use the trail, like being aware of their surroundings and allowing others to pass, etc.
- 67.** Natural selection is alive and well. What happened to personal responsibility?
- 68.** There are alternatives already available for those who are making choices about their health. This is not a community issue - even if you focus on the costs and infrastructure of health care to the community. Encourage healthiness, sure. Start by cleaning up the air.
- 69.** Marketing campaign? Why should this city spend money on what is already advertised and published on TV, Radio, magazines, etc? There has been billions of dollars spent on campaigns and apparently it hasn't helped the people of Bakersfield. Does Bakersfield think that it has a better plan? If so, the networks would love to hear about it and so would all the health food companies.
- 70.** Very important focus here as we are growing older in larger numbers.
- 71.** Parks, parkways, trails promote health.
- 72.** If there are subways people will have to walk more. Ever see an over wight person in New York. NO! I have been I know.
- 73.** we needs more beautiful pathways, perhaps next to bodies of water or tropical surroundings, to encourage walking or running, spead out over the Bakersfield area.
- 74.** Good health is the responsibility of the individual. If you are going to create programs, they should be equally available to rich and poor alike, and they should not be free for just the poor. If people have an investment in something, they tend to take it more seriously. Mary Rich and Mary Poor should pay the same \$5 or the same \$200 to participate in a healthy lifestyle program.
- 75.** Our country is doing an excellent job in the obesity prevention campaign, I love it, keep it coming!!
- 76.** Need a "network" of "safe" bike paths. It's scary to use the bike lane when the traffic speed is more than 25 MPH.
- 77.** Telling someone that they are fat and need to lose weight is not going to make them drop the pounds. They know it and they are the only ones that are going to have to come to terms and their choice to lose the weight.
- 78.** Maybe if there were more activities for our kids, they wouldn't be as obese (see previous comments). =)
- 79.** This is not the charter of the City or County. The city should focus on prviding the essential services of a community: traffic, fire, police, and other emergency services, etc.
- 80.** Again, why is BCSD cutting their minutes in p.e. from 400 minutes a week to 200 minutes a week when we are so concerned with obesity?
- 81.** This partially goes along with development - encourage a walking friendly community.
- 82.** You can campaign all you want, but the time and effort to actually motivate someone to action could be



better used elsewhere at this time. I would say to rely on national campaigns for this issue.

- 83.** I would not spend a ton of money here...it is a problem but I don't know if it is a problem a city can solve.
- 84.** See previous comment.
- 85.** Is there some reason government should try to make people aware of the obvious. People are responsible for their health and need to make healthy decisions without government playing nanny.
- 86.** I think that the problem today in schools we do not make students take PE all four years. They need to explain that your body will change throughout your life and exercise is not only to keep you fit now but to assist in future illnesses.
- 87.** Continue to support the bike path development as a focal point for wellness activities.
- 88.** As evidenced by the sharp increase in home prices, we don't need to encourage growth, except possibly in areas where the city economy doesn't provide certain services...
- 89.** Stop selling junk and the pounds will come off.
- 90.** Childhood obesity is an issue that needs to be seriously addressed, especially in the school cafeteria.
- 91.** Highschool students should have more stringent physical education programs all four years.
- 92.** again, crank is bad.
- 93.** There are places government just doesn't need to go. Make this a decent place to get around as a pedestrian/bicyclist. Additionally, seriously look into light rail (my parents referred to them as streetcars) to get people efficiently from one area of town to the next. That way we don't have to muck up our already overcrowded steets with this deplorable bus system.
- 94.** Discourage Fast Food Chains and incourage new healthy choices. People choose fast food chains because they can even be cheaper than the grocery stores. It's a known fact that healthy food costs more and what with everything going up people sometimes have to make choices that are not good for them just to keep a roof over their head. Bakersfield is not keeping up with the cost of living as far as wages!
- 95.** WALK, WALK, WALK
- 96.** You can't focus on everything. These are personal responsibilities.
- 97.** Lead by example. Teach by example. Live simply.
- 98.** Use local media for healthy lifestyle campaign, school lunch program. Discuss with large employers in both public and private sector. Use Health Care Providers anad Insurance Companies to promote wellness programs.
- 99.** We should be expanding and promoting the Bike Trail along the river. The river should be cleaned up and made safe at Heart Park so families will utilize this great resource rather than fear the biohazard of garbage that is out there and the gangsters. The county should be ticketing those people who trash up Heart Park. And it should be better maintained. Also, the bike path should be promoted to children. Also, we need walking trails on/along the river to promote walking and enjoying our natural landscape.
- 100.** stop approving drive-thrus, then people will have to get out of their cars and walk a little bit!
- 101.** How about education the public on health lifestyle. For example on Mt Vernon there putting up all this fast foods. Why so many fast foods in one location?
- 102.** Health community programs usually only attract people who are active to begin with. If you're going to do such a thing target and develop couch potatos.
- 103.** I think that continued support and involvement in Walks, Runs and activities that benefit various non-profit agencies is valuable, educational and healthy. There has been an increase in these events over the past 5 years in Bakersfield along with an increase attendance. Greater support by community leaders could only create continued growth of these events and programs
- 104.** what is it about "I'm not responsible for you" that you don't understand. We need to let more people be responsible for themselves.
- 105.** To reduce the walfare roles of individuals with disabilities improvementy in accessibility must be achieved.



- 106.** How? with jobs with minimum salaries, Part time jobs, Dirty air to walk, crime, no way you can control obesity with out cosing many other probles if you put people going to have the operations make the doctors..... Waist of money with campaign, if you do not take care mayor problems first.
- 107.** Let Weight Watchers do this. Waste of money.
- 108.** Don't waste time on this because we do not have economical means to promote such things, nor the knowledge of procedures to use.
- 109.** We live in a car culture. People do not want to be inconvenienced. We're depending on and enjoying large cars and motorized play toys at an alarming level. (I am not.) I'm lucky I have not been run over crossing the intersection at Coffee and Hageman to buy groceries at Vons or walk the kids to school. Bakersfield seems to be in the negative when it comes to walking to a destination unfortunately.
- 110.** People are in charge of themselves. The community is responsible for the safety of its citizens, not telling people what to eat, how much, when, where!!!
- 111.** Both are very important but don't nag this is a wonderful world of differences "thank goodness" it would be rather dull if we all looked or was the same size, color or race.
- 112.** This is an individual decision. Allocate resources to more pressing issues.
- 113.** Health issues may be because people have a lack of oppportunity for proper healthcare.
- 114.** In my opinion, this choice comes from within each person because of their own circumstances and not because they see ads or billboards around town. I would like to use funding for other things. People need to take responsibility for their own health.
- 115.** Even with all the Spanish-language advertising and promotion of many free health fairs and services to them, this "minority" group, as a whole, still doesn't "get it"! See my earlier comments about lifestyle, health and education issues, esp. in the Hispanic community. This is a cultural issue and may be best resolved within their own communities.
- 116.** Why is this a concern of local government???
- 117.** good luck on this one!
- 118.** How about One fit Bakersfield. I am appalled at the weight I see on children today. I struggle with my own weight and fitness but I do something about it, constantly concious of what I eat and how much exercise I get. I was shocked to find that when my son entered his Junior year of highscool that PE was no longer required. He was proactive and began swimming, Club in the fall, at our own expense and the school swim team in spring. Not all kids need to be involved in a highly competitive sport, but with PE not required the last two years of highscool, there aren't much exercise options available. What in the world are we telling our kids with this kind of example. We spare no expense on Gate and AP instruction, but what's the good of an exercised mind if it doesn't have the body to support it?
- 119.** If these questions are directed at further education at elementary school level and up I'm for it. Adults have already chosen their lifestyle
- 120.** Again, people should be accountable for thier own actions. Why should I have to pay for those who can't control their eating or lack of activity?
- 121.** Give me a break!!! What's next. How to go to the bathroom?
- 122.** The creation of healthy program will not help those that don;t want the help just look around we are a society with more information and misinformationon health and yet we continue to increase in girth.
- 123.** Who do you think you people are? Where does it say that you have the right to decide who is obese? You can promote a healthy lifestyle without discriminating against the obese! DDoes this mean that you are going to pick on the FAT people, force kids to eat something at school they don't like eating? Stay away from promoting obesity as a bad thing! Kids and adults already worry about this issue. You do not need to push it into the public view! There are people out there who are to thin also! Are you going to push into the public eye stick people are not healthy? Shame on you!
- 124.** Good health requires major improvements in air quality. If we improve that and create an exceptional educational system, there will be no need for marketing....they will come. Then we'll have to focus on improving our roads to handle the traffic.
- 125.** These strategies are super broad. I think this community will need to tackle this differntly to change behaviors like start a business competition of walkers, tackle behaviors. It also needs to become



something the community really cares about. It seems that the community does not see this has a problem that can be addressed. Where does one start? Is the feeling people get. I think you might need to consult with some Behavior Change and Health Educators to tackle this.

126. Obesity has been a problem, especially in children so they need all the encouragement they can get to eat right. There are to many health problems in children that usually doesn't happen to people until they are in their 40's. Anything helps.

127. Another great opportunity for cross-functional and cross-disciplinary collaboration to achieve noble ends.

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