

WHAT MAKES COMMUNITIES HEALTHY?

Ag Resources

Environmental Health

LOCAL FIELDS AND PASTURES



Person(s) Interviewed: Local farmer/rancher and a USDA-Natural Resources Conservation Service employee

What are indicators of health that we saw or heard about?

- a. Rain water harvesting
- b. Air quality
- c. Productive soil
- d. Open spaces and views
- e. Water quality
- f. Unity within the community, sense of home, and respect (clean neighborhoods)
- g. Willingness to look into other greener methods of accomplishing the objectives (rainwater collection, soil preservation, etc)
- h. Space for development, as well as plans for development
- i. Concern for water and soil conservation

What are indicators of unhealth that we witnessed or heard about?

- a. Individualism
- b. Lack of trees
- c. Having a ground cover or more grass on agricultural land plots
- d. Lack of awareness about water conservation
- e. Groundwater depletion
- f. Drought conditions

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- a. Drip system
- b. Plenty of room & open space
- c. Sense of unity between people and community, and willingness to improve in the future
- d. People having the respect and pride for their community to have an organized and decorated homes in the neighborhood
- e. Rain water collection – even on a small scale can make a huge difference in the community and conservation of natural resources
- f. Water conservation is very important

What does this dimension of health look like in your town?

- a. It is good to an extent; but water collection and conservation could be taken to a more serious level.
- b. People do their part, some on a small scale and others to a larger
- c. Not good, on either scale
- d. Outside of the Loop (Lubbock, TX) is completely separated from the TTU campus and college community, and inside by campus people don't care about the people outside; need to unify both groups to create a real and supportive community.
- e. Need new rain water collection, other than playa lakes.

WHAT MAKES COMMUNITIES HEALTHY?

Cultural & Historical

Social Health

HOME MERC & MUSEUM



Person(s) Interviewed:

Local Museum Volunteer

What are indicators of health that we saw or heard about?

- | | |
|--|--|
| a. Well-maintained facility | f. Community Participation – Annual Pioneer Day in July |
| b. Abundant Family stories | g. Facilities in good repair |
| c. Wheelchair access | h. Outdoor Plaques indicate financial support of local families |
| d. Memorials, anniversaries, birthdays | i. Museum rules are posted |
| e. Well-preserved Heritage – family and individual | j. Obvious community involvement – gifts of time, treasure, and talent |

What are indicators of unhealth that we witnessed or heard about?

- | | |
|---|--|
| a. Scarce resources – hard to raise money | e. Limited hours the facilities are open to the public |
| b. A certain lack of community support | f. Parking lot could use repair |
| c. No younger folks interested—shortage of volunteers | g. Shortage of volunteers – especially youth |
| d. How to promote or garner interest | |

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- Generational items need to be preserved
- Reunion and weddings are great times to connect to museums
- The question of how to attract support from a younger generation
- How does such a small community maintain enough volunteer hours, money etc, for all community activities?
- How do we build a Succession Plan for such facilities?

What does this dimension of health look like in your town?

- We don't have a county historical museum – we have two historic homes that are museums

WHAT MAKES COMMUNITIES HEALTHY?

Daily Nutrition

Physical Health

NISD CAFETERIA, NAZ STOP,
19TH HOLE CAFE



Person(s) Interviewed:

the Naz Stop, the 19th Hole, Nazareth Schools Cafeteria

What are indicators of health that we saw or heard about?

- a. Consciousness about good healthy eating.
- b. Availability of fresh produce in offseason.
- c. Bread, frozen sausage, milk, eggs, apple juice are available
- d. Most kids don't order tons of soda pop
- e. Steak, burgers, pork chops, salads

What are indicators of unhealth that we witnessed or heard about?

- a. Children and adults still make bad choices
- b. Tons of sugar-loaded products, energy drinks, chocolate, starch, potato, onion rings

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- a. Sharing of the wealth of fresh produce
- b. Acted on – too much sugar and fat products in snack foods

What does this dimension of health look like in your town?

- a. Healthy options are always more expensive
- b. Limited opportunities for healthy eating

WHAT MAKES COMMUNITIES HEALTHY?

Emergency Medical Services

Social Health

Nazareth Volunteer Fire Dept.



Person(s) Interviewed:

Local Volunteer Fire Chief

What are indicators of health that we saw or heard about?

Community Safety is being maintained through the volunteer fire dept.

What are indicators of unhealth that we witnessed or heard about?

The community has always had strong commitment to service to do what are paid jobs in larger cities. The volunteers have come forward to fill roles that are important to the health and welfare in Nazareth.

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

The Fire Chief is concerned that the volunteers that staff the fire dept and the emergency response team are almost all "older" men who have been active for a long time but are running out of energy to continue with this community service. The younger men are not acting interested.

What does this dimension of health look like in your town?

We don't have a volunteer fire department

WHAT MAKES COMMUNITIES HEALTHY?

Handicap Accessibility

Social Health

HOLY FAMILY INN, CITY HALL, HOME MERC,
SENIOR CITIZENS, COMMUNITY HALL



Person(s) Interviewed:

Holy Family Inn, Nazareth Senior Citizens,
Home Mercantile, and Nazareth Community Hall

What are indicators of health that we saw or heard about?

- a. Awareness of need for wheel chair accessibility
- b. Handicap ramp at Holy Family Inn
- c. Good accessibility at Nazareth Senior Center

What are indicators of unhealth that we witnessed or heard about?

- a. Nazareth City Hall difficult to enter by one person in a wheelchair – needs handicap parking area painted

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- a. Nazareth has done a good job on handicap accessibility

What does this dimension of health look like in your town?

- a. Amarillo is working on it.
- b. Lubbock has curb cuts w/o sidewalk

WHAT MAKES COMMUNITIES HEALTHY?

Local Businesses

Economic Health

INTERSECTION AUTO &
NAZ FEED AND SUPPLY



Person(s) Interviewed: Two local business owners

What are indicators of health that we saw or heard about?

- a. Enthusiasm for their work!!! WOW
- b. Pride in their work and community
- c. Proud family relations
- d. Businesses are kept very busy

What are indicators of unhealth that we witnessed or heard about?

- a. Work environments can be conducive to accidents
- b. Long distances from hospital
- c. Lack of laborers

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- a. Retention of youth/bring new youth into small communities and the small business opportunities

What does this dimension of health look like in your town?

- a. I don't know many people so proud and happy with work situations as these two business owners. We probably have much cleaner workplaces and far more stressed owners.

WHAT MAKES COMMUNITIES HEALTHY?

Local Businesses

HOELTING SUPPLY &
BETWEEN FRIENDS

Economic Health



Person(s) Interviewed:
Owners of the businesses

What are indicators of health that we saw or heard about?

- Community relations and pride to sustain community
- Support of community by local business owners
- Community Relations – all of the businesses and people are very close and supportive of one another
- Pride-the citizens have so much respect for their property and overall look of town

What are indicators of unhealth that we witnessed or heard about?

- Lack of new job opportunities
- Weak economic growth

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- The people we talked to were very helpful, humble, and full of pride.
- I think every community could visit Nazareth to learn something valuable.
- Details and struggles of small businesses in small towns

What does this dimension of health look like in your town?

- It looks to be a strong growing community. Strong community surrounded by churches and schools
- The health in my town is lacking. It looks very run down, there is little pride, and it's hard to keep help at the businesses

WHAT MAKES COMMUNITIES HEALTHY?

Local Celebrations

NAZ COMMUNITY HALL

Social Health



Person(s) Interviewed:

two local citizen-leaders

What are indicators of health that we saw or heard about?

- a. **Spiritual Customs are mostly oriented around local Catholic church**
- b. **Events during summer skyrocket...from Memorial Day to Labor Day**

What are indicators of unhealth that we witnessed or heard about?

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

What does this dimension of health look like in your town?

WHAT MAKES COMMUNITIES HEALTHY?

OGALLALA COMMONS PLAYA CLASSROOM

Local Ecosystems *Environmental Health*



Person(s) Interviewed:

Playa educator

What are indicators of health that we saw or heard about?

- a. 300 potential species of plants in playas
- b. Wildlife around playas
- c. Calling awareness to playas
- d. Recharge to the aquifer via playas
- e. Only classroom about playas in the world

What are indicators of unhealth that we witnessed or heard about?

- a. Groundwater depletion
- b. More education efforts are needed
- c. People need to take care of playas since they recharge the aquifer

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- a. The fact that the Playa Classroom is located where it is...it's very awesome!
- b. The amount of people visiting the classroom

What does this dimension of health look like in your town?

- a. Nothing like this...other communities need to come to Nazareth to gain insight of taking care of playas.

WHAT MAKES COMMUNITIES HEALTHY?

Local Food Production

Physical Health



Person(s) Interviewed: Local Gardener

What are indicators of health that we saw or heard about?

- a. **The influence of her garden on her community in promoting growing and sharing.**
- b. **Her garden and the history of the community**
- c. **7 raised beds for vegetable production.**

What are indicators of unhealth that we witnessed or heard about?

- a. **Pest invasion (potatoes)**
- b. **The death of some of plants by weed spray drift from neighboring facilities**

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- a. **More community involvement in growing and sharing the garden**
- b. **The importance of sharing the food that you grow with your community**
- c. **Working with other home gardeners to share produce (trade apples for corn for example)**

What does this dimension of health look like in your town?

- a. **Early community garden development-- It is available to those who have the land and should be promoted with those who do not have land like someone who lives in an apartment.**
- b. **Need to have a healthy sense of use of yard space and avoidance of chemical drift and toxic smoke from trash burning**

WHAT MAKES COMMUNITIES HEALTHY?

Mental & Emotional

Mental and Emotional Health

CEMETERY, RECTORY, AMERICAN LEGION



Person(s) Interviewed:

Community family-member of suicide victim, and social worker

What are indicators of health that we saw or heard about?

- Community pulled together with a bereaved family after a suicide. offering physical support like food, shared work, respite care, etc.
-emotional support as the grieving process went on
-supportive spiritual care, especially funeral and burial with love and dignity
- Prior to suicide, many relatives, friends, and clergy were helpful with depressed person and the family
- Community still has many aspects of family support for those in stressful situations
- In emergencies, community pitches in to help each other, e.g. plowing or harvesting while family is in crisis
- Local pastors do some counseling or also help with referrals to mental health professionals in area cities.
- Alcoholics Anonymous (AA) and Alanon groups are available in the county

What are indicators of unhealth that we witnessed or heard about?

- No mental health professionals in community or surrounding small communities, must go at least an hour away for help
- Problems of mental health are covered up by denial, family secretiveness
- Issues of dependency and co-dependency are noted in small community but not faced as such
- Issues of domestic violence, neglect, and bullying, are not commonly dealt with

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- More professional mental health resources needed in rural areas
- Information about mental health problems and dealing with them need to be disseminated through clubs and churches in rural areas
- Spanish speaking AA and Alanon needed
- Emergency responders (all volunteers) might have some training in emotional support responses and in helping to activate follow-up connections for support

What does this dimension of health look like in your town?

- Larger city has some professional help available but not rural communities
- Rural communities have to face the facts that they will have to find alternative support plans and responses in mental health areas.

WHAT MAKES COMMUNITIES HEALTHY?

Physical Activity & Outdoor Exercise

Social Health



NAZ FAMILY PARK
DEBBIE KING



Person(s) Interviewed: Local Citizen Leader

What are indicators of health that we saw or heard about?

- a. People walking out in the country on county roads
- b. People out walking on the streets of the village
- c. Beautiful weather during much of the year
- d. Fitness room at Plains Memorial Hospital in Dimmitt, TX
- e. Increased exercise activity because of aging and more sedentary lifestyles

What are indicators of unhealth that we witnessed or heard about?

- a. No all weather track or trail for people to use during wet weather
- b. No fitness gym that is available to the public
- c. No lake, no fishing activities

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- a. Seeing senior citizens and Boy Scouts work together to maintain the Naz Family Park
- b. Want to see a city park established in our town
- c. Like to have a playa classroom in our town

What does this dimension of health look like in your town?

In Lubbock and Amarilo we have nice parks for recreation and affordable activites at the YWCA.

WHAT MAKES COMMUNITIES HEALTHY?

NAZARETH SCHOOLS 101 SOUTH 1ST STREET

Public Education *Social Health*



Person(s) Interviewed:

local teacher

What are indicators of health that we saw or heard about?

- a. Small school achieving great things
- b. Using technology
- c. Good pass rate and mandatory health class
- d. Many student leadership opportunities
- e. Low turnover in teachers
- f. Students look after each other
- g. Strong science program
- h. Financial condition is good – school board has worked well to accomplish this
- i. Strong parental involvement
- h. Financial condition is good – school board has worked well to accomplish this
- i. Strong parental involvement
- j. Good professional development opportunities
- k. Elementary has daily physical activity 45 minutes
- l. Pleasant people, helpful
- m. Clean building
- n. Pictures on the walls
- o. Smart boards
- p. All teachers trained to help student who may need medical attention

What are indicators of unhealth that we witnessed or heard about?

- a. Teacher stress level
- b. Need for dual credit classes
- c. Alcohol issues/student drinking problems
- d. Communication between administration-staff-parents
- e. Pressure from state and federal mandates on teachers-parents-staff

What does this dimension of health look like in your community?

- a. Very similar
- b. Needs much work. Youth are very disconnected with community
- c. Overall the school is well run

WHAT MAKES COMMUNITIES HEALTHY?

Community Water Works

Physical Health

NAZ WASTEWATER TREATMENT &
CITY HALL TO VIEW WATER STORAGE



Person(s) Interviewed: Mayor of Nazareth

What are indicators of health that we saw or heard about?

- City water supply supplied by well water
- Chlorination of water before use

What are indicators of unhealth that we witnessed or heard about?

- Blowing Trash
- Water Shortages

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- Need to move wells further away from city
- Need for alternative sources of water
- Need for changes in water use – gardens, grass, xeric
- Water is harder to get
- Kids are leaving town
- Vol. Fire dept. – Keeping a working crew
- Lack of water and need to tap new wells to the south of town

What does this dimension of health look like in your town?

- Similar water issues
- Schools not well supported
- Water is an issue.
- Many are unaware of the need to protect the resource of water.
- Responsible use – do not water sidewalks.

WHAT MAKES COMMUNITIES HEALTHY?

ROADS & TRAVEL INFRASTRUCTURE

Economic/Social Health

Precinct 4 Barn



Person(s) Interviewed:

County Commissioner

What are indicators of health that we saw or heard about?

Community infrastructure is in good shape with necessary equipment and training. The roads and bridges are well maintained. The Commissioner is proud of the quality of service that is delivered with a very small but committed staff.

What are indicators of unhealth that we witnessed or heard about?

Because of the States financial crisis, there will be less available help for small counties and towns. Replacing equipment and training staff have been paid for with financial help from the State.

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- a. Rural communities must maintain a cohesion of purpose and a value of service to the community if the quality of life is to be upheld and passed on to future generations.
- b. Small rural communities can be very fragile or they can grow an attitude of resilience. The difference is in leadership and vision. The group felt that there is a vision for the Nazareth community and we were impressed with the dialogue of the individual interviewed.
- d. Rural communities that are inclined to work together and share a long-term vision will have a better and more sustainable future than those who don't.

What does this dimension of health look like in your town?

Most of the participants in this group were students at the University and from larger urban communities. I think they came away with a new appreciation of the effort it takes to hold community together, not to mention the financing and other logistics. As planners, they were interested in this aspect of infrastructure and community service.

WHAT MAKES COMMUNITIES HEALTHY?

Senior Care Infrastructure

Social Health

NAZARETH SENIOR CITIZENS BUILDING



Person(s) Interviewed:

Local Volunteers at the Senior Citizens Center

What are indicators of health that we saw or heard about?

- They take care of each other
- Efforts to build assisted living center
- Meals-on-Wheels delivery
- Outreach and support from Holy Family Church
- Community cohesion
- Shared spiritual values

What are indicators of unhealth that we witnessed or heard about?

- | | |
|---|--------------------------------------|
| a. Isolation of the house-bound elderly as younger generation spreads out | d. More group activities are needed. |
| b. Loss of elderly and their culture as they move in with their children in other towns | e. Need for senior transportation |
| c. Need for assisted living housing | f. No sidewalks |
| | g. No assisted living facility |
| | h. No clinic |
| | i. Maybe meals on wheels everyday |

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- Meals-on-Wheels delivered two times a week
- Recreation and socialization activities held two times a week at Senior Center
- Smaller town tends to take care of each other
- There is a meal each Wednesday--this encourages fellowship

What does this dimension of health look like in your town?

- More housing for teachers, so teacher would stay in our towns
- In my town, there are more resources, more activity and opportunity for involvement--People have a choice either to be involved or not.
- Our town has a centralized medical nursing presence

WHAT MAKES COMMUNITIES HEALTHY?

SPIRITUAL CARE

Spiritual Health



HOLY FAMILY CHURCH & CCD BUILDING



Person(s) Interviewed: Local Clergy

What are indicators of health that we saw or heard about?

- As the Catholic enclave of Nazareth has changed demographically, the need has been recognized to integrate “non-Catholics” into the community and some procedures to address this need are being implemented.
- There seems to be an awareness of a need to be a welcoming community so that outsiders can experience the benefits of the wonderful reality of the tradition of this community.
- For members of the Nazareth community there is a cradle to grave support for spiritual/religious needs.

What are indicators of unhealth that we witnessed or heard about?

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

What does this dimension of health look like in your town?

WHAT MAKES COMMUNITIES HEALTHY?

Community Waste Removal & Recycling

CITY TRASH DISPOSAL

Environmental Health



Person(s) Interviewed:
Mayor of Nazareth

What are indicators of health that we saw or heard about?

- Trash collection
- Places for community to deal with trash
- Places to deal with yard clippings
- Central location of trash collection to ready it for transport

What are indicators of unhealth that we witnessed or heard about?

- Landfill instead of recycling
- Blowing trash

What did you see or learn that impacted you most and needs to be shared...or acted upon in your community?

- No composting or chipping
- Chipping of wood and composting clippings use in neighborhoods
- Recycle everything possible
- Burning of trash-not using it for mulch or compost

What does this dimension of health look like in your town?

- We have recycling and compost and wood chipping and xeriscaping
- City facility for collection and chipping that anyone can use
- Still a problem...hard to change the "mindset"