

November 5, 2022

Dear Peru Residents:

The New England Rural Health Association (NERHA) has started an initiative to address health equity issues in Berkshire County's rural towns by providing funding for local programs. These funds are meant to address common but serious concerns people have in the wake of the COVID-19 pandemic such as: paying for transportation to doctor's visits, affording healthy food, finding childcare, and more. These funds are designed to provide services other than the standard public health nursing services such as vaccine clinics and infectious disease monitoring

The Town of Peru is partnering with Berkshire Regional Planning Commission to discuss how our Peru community could benefit from funds to address concerns in our community. The Peru Board of Health is interested in hearing from you how we can utilize these limited funds to best meet the needs and interests of our residents. We have also started conversation with Morgan Ovitsky from Berkshire Bounty regarding the feasibility of starting a pop up food pantry in Peru with their support in providing the food. This effort will require willing volunteers who can dedicate time and be able to lift and haul. Please reach out separately if you are willing and interested in working to make the food pantry become a reality if the need is identified.

Please complete the brief questionnaire below to help us assess your needs and interests. We are requesting that you return your response 2 weeks after you have received the survey. All answers are anonymous. Please return to the Town Clerk drop box or mail to Peru Board of Health Peru Town Hall 3 E Main Road Suite 103 Attention Survey Peru, MA 01235.

If you have any further questions feel free to reach out to Nanette Mone 413-655-0053, Peggy White 413-655-2020 or Darryl Darby 413-655-8524.

Sincerely,
Peru Board of Health

Rural Health Equity Survey for the Town of Peru

1. What public health issues that impact you by living in a small rural town ? Please rank the four top choices 1 being most important to 4 least important or N/A

- a.) Social isolation _____
- b.) Lack of fitness facilities or classes _____
- c.) Food insecurity _____
- d.) Nutrition Education _____
- e.) Opioid awareness _____
- f.)Smoking cessation _____
- g.) Weight loss _____
- h.) Transportation _____
- i.) Health screenings ie Blood Pressure and Hypertension education
- j.) other _____

2. Would you take advantage of a food pantry if located in Peru? Yes/No Do you have the time and interest and ability to volunteer working at the food pantry? Yes/No

3. If you identified fitness as a need please rank your choice of activity 1 as most interested to 4 as least interested

- a.) Fall Safety and exercise program to improve balance _____
- b.) Seated exercise classes _____
- c.) yoga _____
- d.) zumba or dance _____
- e.) other _____

3. If you identified any of the above issues relevant for you would you be likely to attend a one time program or a class for several sessions? Yes/ No

4. If you would attend what is the best time? Please answer 1 as best time to 5 as least favorite time.

- a.) Week day morning _____
- b.) Week day afternoon_____
- c.) Week day evening _____
- d.) Saturday morning_____
- e.) Saturday afternoon_____

5. If you identified transportation would receiving a gas card be helpful? Yes/No

Would you pick the gas card up at Town Hall yes___ no___ the Transfer station yes___ no___

If you have public health issues and concerns not addressed here please add your comments on the back of this paper. Thank you for your participation in this survey to better meet the needs of the town.

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Thank you for your time and participation in this survey.

The Peru Board of Health,
Nanette Mone, Peggy White or Darryl Darby.