

Data from survey data – reviewed June 2014.

Data	Summary statements from data	Alignment with opportunities to improve health and wellness of our community used in Y1 and 2 Plans. Driving forces:	Generalized statement in 5 year plan
<p>2010 BRFSS: 56% of WW smokes everyday compared to 34% in Washtenaw County and 74% of these respondents have tried to quit, smoke on average 15.5 cigarettes per day. The computed smoking status was 20% current smokers(13% county wide)</p> <p>2012 MiPHY tobacco use in HS students The following data were up compared to 2010 and higher than in the whole county: Access – bought in a store Access – gave \$ to adult to buy Access – given by adult Access – stole from home Recent cigar use</p>	<p>Western Washtenaw has a high number of smokers and most have tried to quit.</p> <p>There was a rise in use of tobacco in youth and students have access to cigarettes in stores, adults that give them to students or buy them for students, stolen from home.</p>	<p>Reduce current adult smoker rate of 21%</p>	<p>Decrease the use and abuse of unhealthy substances</p>
<p>2010 BRFSS: 15% of WW binge drank in the last week/month compared to 13% in Washtenaw County, but only 4% consider themselves Heavy drinkers. 53% have has a least 1 drink in the last 30 days, average 7.6 drinks a month.</p> <p>2012 MiPHY High school student use of alcohol up compared to 2010 but at the county average High school student binge drinking up (lower than county average) HS students stole alcohol from home is up and higher than county average</p>	<p>Western Washtenaw has issues with binge drinking but most do not consider themselves heavy drinkers.</p> <p>For high school students, there was an increase from 2010 to 2012 in the use of alcohol and in binge drinking. Data indicates students get (steal) alcohol from home.</p>	<p>Reduce current alcohol drinking rates (37% of teenagers and binge drinking in 34% of adults)</p> <p>Increase the age of onset that youth report first use of alcohol and other drugs (new in Y2)</p>	
<p>2012 MiPHY – Marijuana – HS students responses Ease of access is up and higher than county average Peer group use is up and similar to county Lifetime use up and higher than county Recent use up and higher than county</p>	<p>For high school students, marijuana use was up compared to 2010. Also an increase in club drugs, but not other drugs like heroin, cocaine, prescription pain meds, etc.</p>	<p>Reduce percentage of youth reporting alcohol or marijuana use in the past month (new in Y2)</p>	
<p>201 MiPHY other drugs HS students response Recent use of club drugs is up – similar to county Offered/sold at school is up and higher than county</p>			

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<p>2010 BRFSS: WW averages 6.4 days of poor physical or mental health per month, average of 3 days per month because of stress, depression and problems with emotions, average 8.5 days of not enough rest.</p>	<p>Some evidence that Western Washtenaw residents may have a higher rate of some mental illness but a much lower rate of seeking treatment</p>		<p>Provide support and strategies for social and emotional wellbeing</p>
<p>2010 BRFSS: 46% of WW indicated they get the social and emotional support they need (same as county wide), but 7% responded they never get the social and emotional support they need (compared to only 4% county wide)</p>			
<p>2010 BRFSS: 45% of WW indicated they were very satisfied with their life (44% county wide), but 5% indicated they were very dissatisfied (2% county wide)</p>			
<p>2010 BRFSS: 30% WW indicated they were limited in an activity(s) by physical, mental or emotional problems (21% county wide), 14% indicated they require special equipment such as a cane, wheelchair, special bed or telephone, the computed number of days mental health not good in last month was 47% (55% county wide)</p>			
<p>2010 BRFSS: Only 4% of WW indicated they were currently seeing someone for mental health problems (13% county wide). 15% indicated they have been told they have anxiety disorder, 21% have been told they have depressive disorder</p>			
<p>2010 BRFSS: Distance to nearest grocery store / healthy food source 94% responded greater than one mile</p>	<p>Some evidence that Western Washtenaw residents do not eat enough fruits and vegetables which may be due to the distance to healthy food sources.</p>	<p>Increase awareness for balance diet, particularly five or more fruits and vegetables daily</p>	<p>Improve the availability and consumption of healthy foods</p>
<p>2010 BRFSS: Number of servings of fruits/vegetables per day. The average for WW was 2.9 and 3.1 county wide. 8% get the recommended 5 or more servings per day. Youth – 3.9 servings per day is the average for WW (3.3 county wide)</p>	<p>In 2010 there was 9% with food insecurity, need to investigate if this was due to the economy and high unemployment or if this is still the case.</p>		
<p>2012 NEAT: Fast food restaurants are not at all supportive of healthy eating choices (convenient stores are fully supportive!) Family Style restaurants , grocery store are partially supportive Worksite are partially supportive of healthy eating and healthy eating education Schools, meal programs are mostly supportive, but policies and community are only partially supportive. {Community programs are fully supportive}</p>	<p>Fast food restaurants are not at all supportive of providing a healthy eating environment Other restaurants, grocery store, school meal programs and worksites are partially supportive</p>	<p>Increase access to healthy options when there are geographic and/or financial barriers. Engage and improve health food options with restaurants and grocery stores.</p>	
<p>Did you or other adults in your family ever cut the size of your meals or skip meals because there wasn't enough money for food Yes – 9% of WW, 4% county wide.</p>			

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<p>2010 BRFSS have been given advice about your weight from a health professional. 20% lose weight for WW, 19% county wide. Adult BMI category: Not overweight or obese = 38% (43% in county) Overweight = 44% (34% county) Obese = 19% (23% in county)</p> <p>Children BMI Normal = 61% (84% county wide) Overweight = 31% (8% county wide) Obese = 8% (8% county wide)</p>	<p>WW residents are more overweight than residents' county wide. Data looks like there are more in the overweight category than obese category.</p>	<p>Reduce current combined overweight and obesity rates (39% of youth ; 63% of adults)</p>	<p>Reduce the percentage of residents who are overweight or obese</p>
<p>2010 BRFSS questions about walking in neighborhood: Are there pedestrian sidewalks, walking paths or trails in or near my neighborhood? 28% strongly disagree (12% county wide) 21% somewhat disagree (10% county wide) 32% somewhat agree (22% county wide) 19% Strongly agree (56% county wide)</p> <p>Feel safe walking in my neighborhood: 7% Strongly disagree (3%) 14% somewhat disagree (6%) 23% Somewhat agree (19%) 55% strongly agree (71%)</p> <p>In an average week, how many days does your child walk or bike to school? Average 0.3 for WW (2.6 for county)</p> <p>Average minutes children engage in active play 149.3 minutes for WW (193.8 county wide)</p> <p>How many minutes does child watch TV, watch vidoes, play video games or use computer outside of school? Average of 133 minutes in WW , 117 min county wide.</p>	<p>Chelsea scores pretty well on the PAC survey compared to other small towns.</p> <p>In comparison to other towns/cities in Washtenaw county, Chelsea (Western Washtenaw) does not score as well. Almost 50% of WW does not have walking opportunities in their neighborhood, 21% don't feel safe walking in their neighborhood.</p> <p>Children in WW seldom walk/bike to school and get about 25% less active play time per day children county wide.</p>	<p>Improve sidewalks, paths and/or trails to neighborhoods, schools and the business district</p> <p>Increase awareness and use of community resources for walking, running and biking</p> <p>Manage and reduce screen time of electronic devices with youth.</p>	<p>Increase awareness & opportunities for outdoor activity</p>

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<p>2012 PAC – Chelsea is at a silver level in this survey ,</p> <p>Community policies and planning was 59.1%. Average for small communities was 52.5 and for medium was 69.4</p> <p>Programming and Promotion was 73.4% compare to 56.4% for other small communities and 64.9% for other medium communities</p> <p>Current environment – 73.5% compare to 62.7% for other small communities and 72.3% for other medium communities</p>			
<p>2010 BRFSS. Was your child ever breastfed or fed breast milk? 24% no for WW (16% for county).</p>			
		<p>Increase physical activity in the workplace for adults</p>	
		<p>Recruit and retain a network of community volunteers for organizations and services supporting healthy living</p>	
		<p>Reduce current teenage bullying (experience by 78-94% of youth)</p>	
		<p>Increase access to healthy options when there are geographic and/or financial barriers</p>	