

## Chelsea Wellness Indicators – Suggested Areas of Improvement

<p><b>MOVE MORE</b></p> <p>HIP –</p> <ul style="list-style-type: none"> <li>• 50% of adults get recommended 150 minutes of exercise per week</li> <li>• 85% of children never bike or walk to school</li> <li>• 58% of adults are overweight/obese</li> </ul> <p>MiPHY –</p> <ul style="list-style-type: none"> <li>• 25.5% of high school students are overweight or obese</li> <li>• 14.5% of high school students watch 3 or more hours of TV per day</li> </ul> <p>PAC Recommendations –</p> <ul style="list-style-type: none"> <li>• Increased Safe Routes to School promotion and programming</li> <li>• School policies that specify physical activity policies</li> <li>• Increased physical activity promotion at worksites</li> </ul>	<p><b>EAT BETTER</b></p> <p>HIP –</p> <ul style="list-style-type: none"> <li>• 78% of adults consume less than the recommended 5 servings of fruits and vegetables per day</li> </ul> <p>MiPHY –</p> <ul style="list-style-type: none"> <li>• 24.4% of high schools students ate 5+ servings of fruit or vegetables per day in the past 7 days; 34.4% of middle schoolers</li> </ul> <p>NEAT Recommendations –</p> <ul style="list-style-type: none"> <li>• Increased worksite healthy eating education and support</li> <li>• More involvement of the school community in healthy eating initiative (creating a committee to oversee health programs that meet twice a year, promoting parental involvement in school nutrition)</li> </ul>
<p><b>CONNECT WITH OTHERS</b></p> <p>HIP –</p> <ul style="list-style-type: none"> <li>• 10% of adults diagnosed with an anxiety disorder</li> <li>• 17% of adults have been diagnosed with a depressive disorder</li> </ul> <p>MiPHY –</p> <ul style="list-style-type: none"> <li>• 22.2% of high schoolers have been bullied on school property in the past 12 months</li> <li>• 13.6% of high schoolers have been electronically bullied in the past 12 months</li> </ul>	<p><b>AVOID UNHEALTHY SUBSTANCES</b></p> <p>HIP –</p> <ul style="list-style-type: none"> <li>• 6% of adults report smoking every day</li> <li>• 2% of adults report using e-cigarettes</li> </ul> <p>MiPHY –</p> <ul style="list-style-type: none"> <li>• 63.4% of high schoolers report it is easy or very easy to obtain alcohol. Increase in overestimation of peer use</li> <li>• 41.4% of high schoolers report it is easy or very easy to obtain marijuana. Negative trends for low perception of risk and peer disapproval</li> <li>• 37.2% of high schoolers report it is easy or very easy to obtain cigarettes. Increase in e-cigarette use among teens.</li> </ul>