

Chelsea Wellness Indicators – Suggested Areas of Improvement

<p>MOVE MORE</p> <p>HIP –</p> <ul style="list-style-type: none"> • 50% of adults get recommended 150 minutes of exercise per week • 85% of children never bike or walk to school – though new walk to school initiative☺! • 58% of adults are overweight/obese <p>MiPHY –</p> <ul style="list-style-type: none"> • 25.8% of middle school students and 25.2% of high school students are overweight or obese • 20.5% of middle school students and 32.7% of high school students played non-school related video or computer games 3 or more hours per day <p>PAC Recommendations –</p> <ul style="list-style-type: none"> • Community Policies and Planning – safety and security policies & education • More physical activity programming and promotion for parks • Increased the number of bicycle facilities 	<p>EAT BETTER</p> <p>HIP –</p> <ul style="list-style-type: none"> • 78% of adults consume less than the recommended 5 servings of fruits and vegetables per day <p>MIPHY –</p> <ul style="list-style-type: none"> • 38% of middle school students and 28.8% of high school students ate 5+ servings of fruit or vegetables per day in the past 7 days <p>NEAT Recommendations –</p> <ul style="list-style-type: none"> • Convenience stores – more fresh fruits and vegetables and healthy option signage • Food pantry – develop written policies to increase healthful foods for donated and procured items • Grocery store – increase healthful eating incentives (lower prices, etc.) • Out-of-school programming – communicate with parents about healthful eating and staff modeling of healthy eating policies • Restaurants – healthier options for kids meals and signage
<p>CONNECT WITH OTHERS</p> <p>HIP –</p> <ul style="list-style-type: none"> • 19% had 1-9 poor mental health days per month • 17% of adults have been diagnosed with a depressive disorder <p>MiPHY –</p> <ul style="list-style-type: none"> • 27.4% of high schoolers felt so hopeless or sad every day for the past two weeks that they stopped doing some of the usual activities • 10.7% of high schoolers have made plans for how they would attempt suicide 	<p>AVOID UNHEALTHY SUBSTANCES</p> <p>HIP –</p> <ul style="list-style-type: none"> • 6% of adults report smoking every day <p>MiPHY –</p> <ul style="list-style-type: none"> • 66.7% of high school students report it is sort of or very easy to obtain alcohol • Only 47.9% of high school students reported smoking marijuana once or twice a week to be of moderate or great risk • 27.9% of high school students reported using an electronic vapor product during the past 30 days.

KEY

Improvement from the last survey

Worsened from the last survey