

Chelsea Wellness Indicators – Suggested Areas of Improvement

MOVE MORE

HIP –

- 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

MiPHY –

- 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

PAC Recommendations –

- Community Policies and Planning – Implement Regional Transportation Plan, create Non-Motorized Transportation Plan/Bicycle/Pedestrian Master Plan, Conduct a walkability and bikeability audit
- Programming and Promotion for Physical Activity - Ensure parks meet standards of the ADA
- Current Environment - create on-street bike lanes, adopt written policies for physical activity programs, increase amount of physical education in schools, offer more ways to promote physical activity to employees, encourage the use of stairways in buildings where stairways are present

EAT BETTER

HIP –

- 78% of adults consume less than the recommended 5 servings of fruits and vegetables per day

MIPHY –

- 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

NEAT Recommendations –

- Convenience Stores -Offer more fresh fruits and vegetables, Depict healthy options in signage, Accept state and federal supplement programs such as SNAP, WIC and Double Up Food Bucks, Offer a variety of price incentives for selecting healthy food/beverage options (coupons, bundling, lower prices or Double Up Food Bucks)
- Food Pantry - Establish written policies to increase healthful foods for donated and procured items, Establish nutrition standards for donated and procured food items
- Grocery Stores - Include healthful eating in signage, Increase healthful eating incentives (lower prices, bundling, etc.), Feature predominantly healthy foods close to the cash register stations
- Out-of-School Programs- Policies that prohibit bringing in unhealthy foods, Include staff modeling of healthful eating policy
- Restaurants -Offer healthier options for kids meals, Depict healthful eating in signage and displays, Make nutritional information for menu items available

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CONNECT WITH OTHERS

HIP –

- 19% had 1-9 poor mental health days per month
- 17% of adults have been diagnosed with a depressive disorder

MiPHY –

- **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

AVOID UNHEALTHY SUBSTANCES

HIP –

- 6% of adults report smoking every day

MiPHY –

- **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