

February 2014
Grass Lake Data from Health Surveys
and Community Assessments



List of data

- BRFSS – Behavior Risk Factor Surveillance System
 - 2011 CWF had the survey done for Grass Lake
 - 2015 survey will be repeated, data available early 2016
- MiPHY Michigan Profile for Healthy Youth
 - 2010 data available
 - 2014 survey results available June 30, 2014
- Neat Nutritional Environments Assessment Tool
 - 2012 data available
 - 2014 data available late 2014
- PAC – Promoting Healthy Communities
 - 2012 Data available (no slides, Matt will provide highlights)
 - 2014 data available late 2014

NEAT – has 3 sections

Section 1: Community Policy and Environment.

To promote a healthy community, the places where community residents shop for food must provide health food choices at reasonable prices.

These are the businesses surveyed:

- Restaurants – Grass Lake Diner, Village Inn, Ryan’s Restaurant
- Fast food – Subway, Marco’s Pizza, Grass Lake Pizza Time
- Grocery stores – Frank’s Shop Rite
- Convenient stores – Save Time Store, BP, Mugg and Bopps
- Media - Grass Lake Times
- Medical Practice – Grass Lake Medical Center

NEAT

Section 1: Community Policy & Environment

1. **Overall Score**: : **not at all supportive**
2. Family Style Restaurants – **Partially Supportive**
3. Fast Food Restaurants – **not at all supportive**
4. Grocery Stores/supermarket – **not at all supportive**
5. Convenience Stores – **not at all supportive**
6. Fruits/vegetables from alternative sources – **not at all supportive**
7. Community Programs – **not at all supportive**
8. Local Media – **not at all supportive**
9. Medical Practices – **Partially Supportive**

NEAT

Section 2: Worksite Policies and Environment

Overall Score: : not at all supportive

Business in the survey:

- Largest employers – Grass Lake Community Schools, Tenneco, American Tooling Center

- 1. Worksite healthy Eating Support – **not at all supportive**
- 2. Worksite healthy eating education – **not at all supportive**

NEAT

Section 3: School Policies & Environment

Overall Score: Partially supportive

These schools were surveyed:

- George Long -
- Grass Lake Middle
- Grass Lake High

School Meal Programs – Partially supportive

1. School Meals - Partially Supportive
2. School Policies – Partially Supportive
3. School Community – Mostly Supportive

MiPHY

- Given to 7th, 9th and 11th graders
- What data is collected?
 - Health risk behaviors including substance use, violence , physical activity, nutrition sexual behavior and emotional health
- What's it for?
 - Data for Title IV Safe and Drug Free Schools program of the No Child Left Behind Act of 2001 as well as other programs

Grass Lake MiPHY

- The average age of first alcohol use was 12.1 for 9th graders, 14.4 for 11th graders
- Marijuana: 44% of 11th graders have tried it, 18% have used in within the last month (MI data is 45% and 26%)
- Cigarettes: 46% smoked a whole cigarette, 23% have smoked in the last 30 days (MI data is 52% and 21%)
- Other substances: 0.6% heroin, 1% club drugs, 3% inhalants, 3% steroids, 2% barbiturates, 2% methamphetamines, 2% cocaine, 14\$ RX painkillers, 3% other RX meds (MI – all higher except Steroids which is the same, no data for RX painkillers and RX other

Grass Lake MiPHY

- Perceived risk: above 50% up to 87% for tobacco, marijuana, alcohol and Meth, similar for all grades
- Perceived use by other students of alcohol, marijuana, tobacco: 9th graders think more students use these than 11th graders. About half over estimate the use.
- Think it is wrong or very wrong to use:
 - 7th grade – 99% for alcohol, marijuana and tobacco,
 - 9th grade, 68% for alcohol, 81% for marijuana, 78% for tobacco
 - 11th grade – 42% for alcohol, 56% for marijuana, 47% for tobacco

Grass Lake MiPHY

- 66% say it is easy to get alcohol
- 48% say it is easy to get marijuana
- Perceived thoughts of parents on alcohol, marijuana, tobacco use.
- 7th grade – 97%+ wrong for all three
- 9th grade – 92% + wrong for all three
- 11th grade 78% wrong to use alcohol, 93% marijuana, 89% tobacco.

Grass Lake MiPHY

- 80% teens enjoy spending time with parents
- 70% ask parents to help with personal problems
- 50% feel included in family decisions

Grass Lake MiPHY

- 52% teens get 60+ minutes of physical activity a day
- 31% watch 3+ hours of TV
- 46% of 7th graders eat 5+ fruits and vegetables per day
- 24% of HS students eat 5+ fruits/vegetables per day
- Less than 30% drink 3 glasses of milk per day

Grass Lake MiPHY

- Over 40% of students are trying to lose weight even though less than 30% think they are overweight
- 18% of the 11th grade students report having considering, planning or attempted suicide in last 12 months (MI data = 10% for attempted, 18% for considered or planned)
- 86% of 7th graders feel safe, 83% HS students feel safe

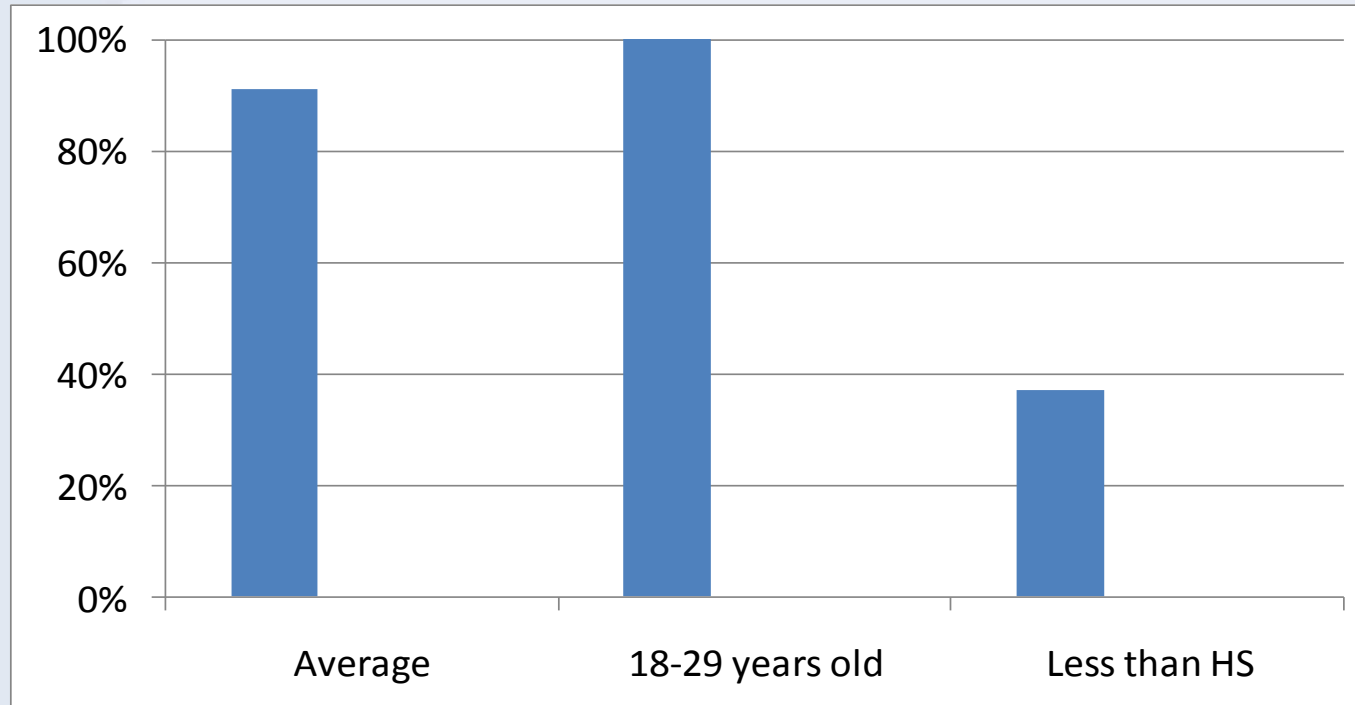
Grass Lake MiPHY

- Bullying
- 37% of 7th graders report being bullied, 25% of HS students
- Greater than 90% have witness some else being bullies
- 28% of 11th graders read threatening emails
- 47% of 11th graders read emails that spread rumors

2010 BRFSS data



Good Health



2.3 days per month physical health isn't good,
3.2 days mental health is not good
63% get routine health care each year
73% have been to a dentist

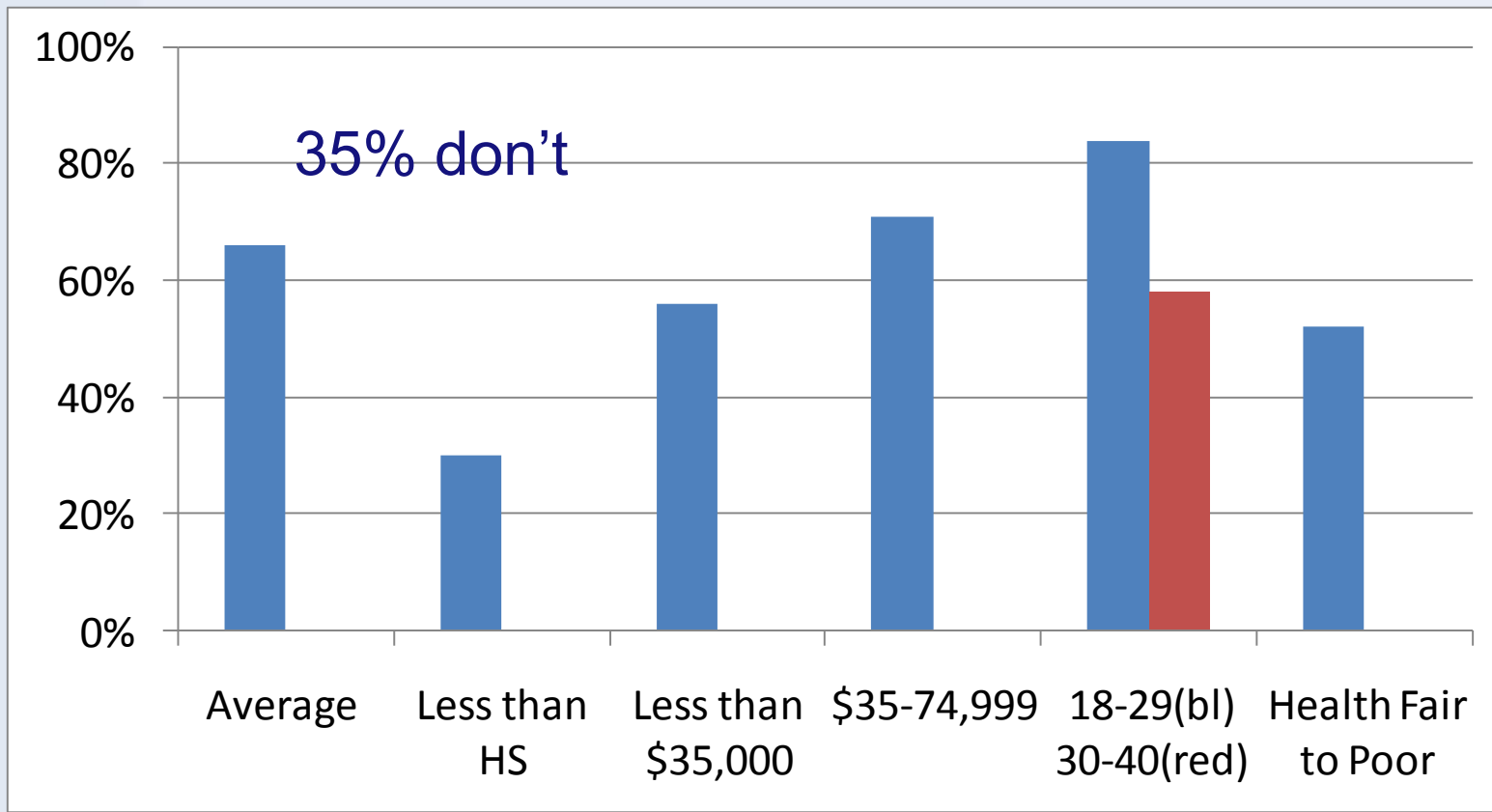
BRFSS – 2010

- 96% are satisfied or very satisfied with their life
- 75% usually or always get the social & emotional support they need
- 9% smoke everyday, average 15 cigarettes per day,
 - MI – 18.9%, US – slightly less
- 41% of these have tried to quit within last 12 months
- Average 8.8 drinks per month
 - 4% qualify as heavy drinkers
 - 2% drive under the influence (MI data = 2.3%)
 - ~ 20% age 18-49 binge drink (4-5 drinks in 2 hours)

BRFSS – 2010

- 3% use medicines, drugs, etc to get high or feel good
 - 9% for 18-29 year olds
- 30% appropriate weight
- 35% overweight
- 35% obese (MI = 31%, US = 28%)
- Adults eat an average of 2.7 servings fruits/veggies per day
- 49% eat at fast food at least once per

Physical Activity Outside Work (in the last month)



BRFSS – 2010

- 71% strongly agree safe to walk in their neighborhood
- 43% don't believe neighborhoods have enough trails. paths
- Adult Screen time outside work = 2.5 hours per day

Disease

- Depression 14% (9.4% in MI)
- Hypertension (high blood pressure) 22%
- Diabetes 5% (10.1% in MI)
- Heart Disease
 - Heart attack 6% (4.9% in MI)
 - Angina or coronary heart disease 5% (5.3% in MI)
 - High cholesterol 28%