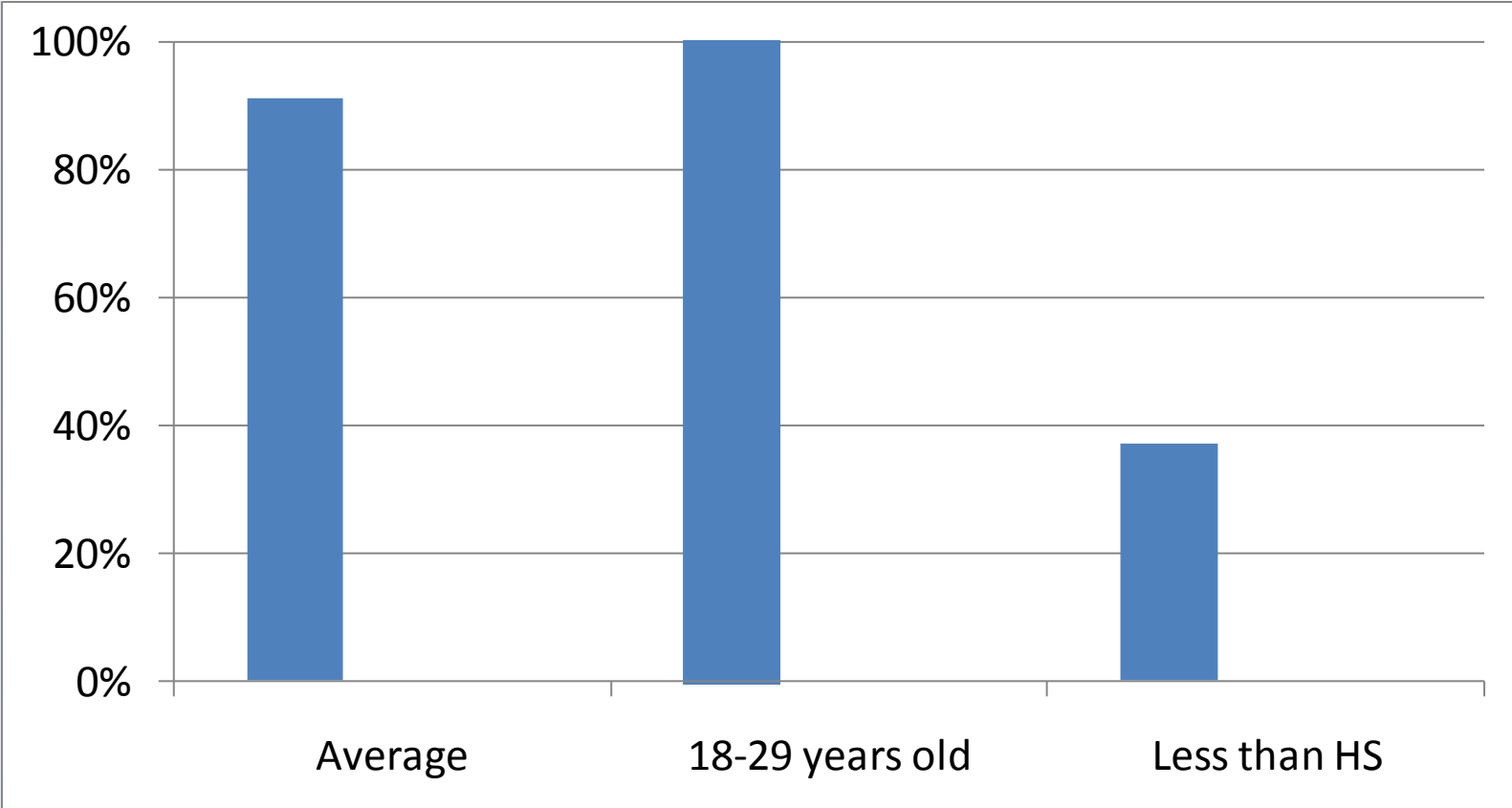


Grass Lake Township Health Data

2010



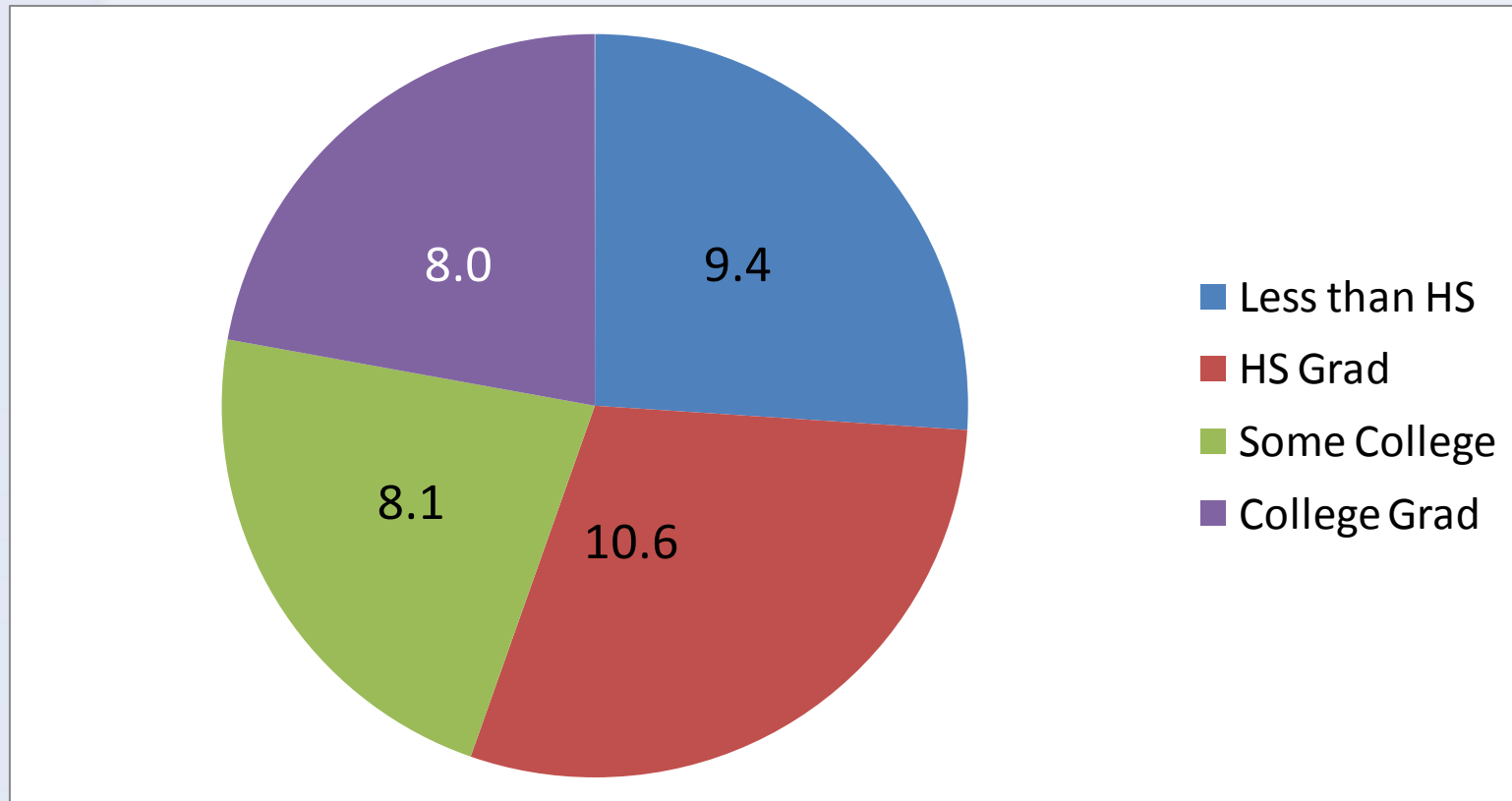
General Health Good to Excellent



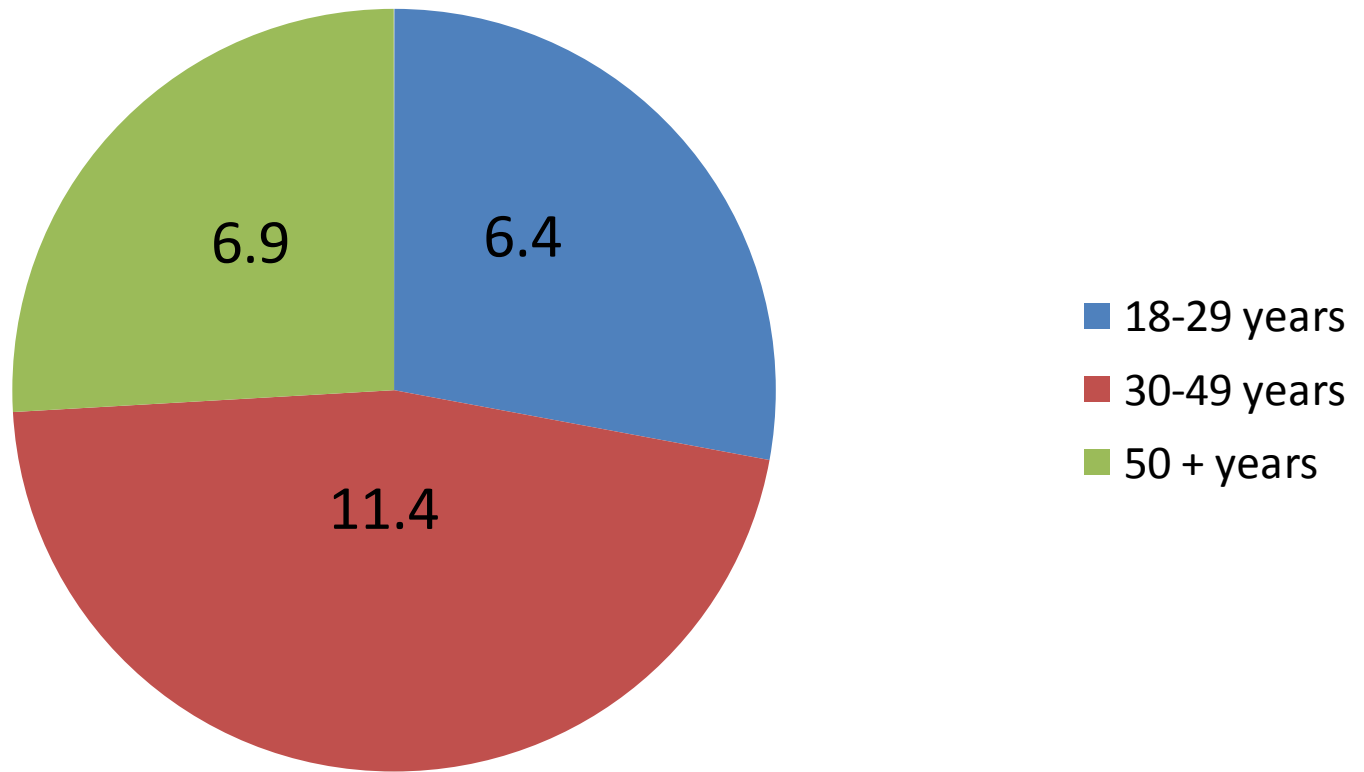
General Health

- Average of 2.3 days per month physical health isn't good (10.3 for those who rank health as fair to poor)
- Average of 3.2 days per month mental health isn't good
- 63% have visited their doctor for routine care in the last 12 months
- 73% have been to the dentist
- Inadequate sleep 8.7 nights out of 30

Days Without Enough Sleep (out of 30) by Education Level



Days Without Enough Sleep (out of 30) by Age





Other Health Measures

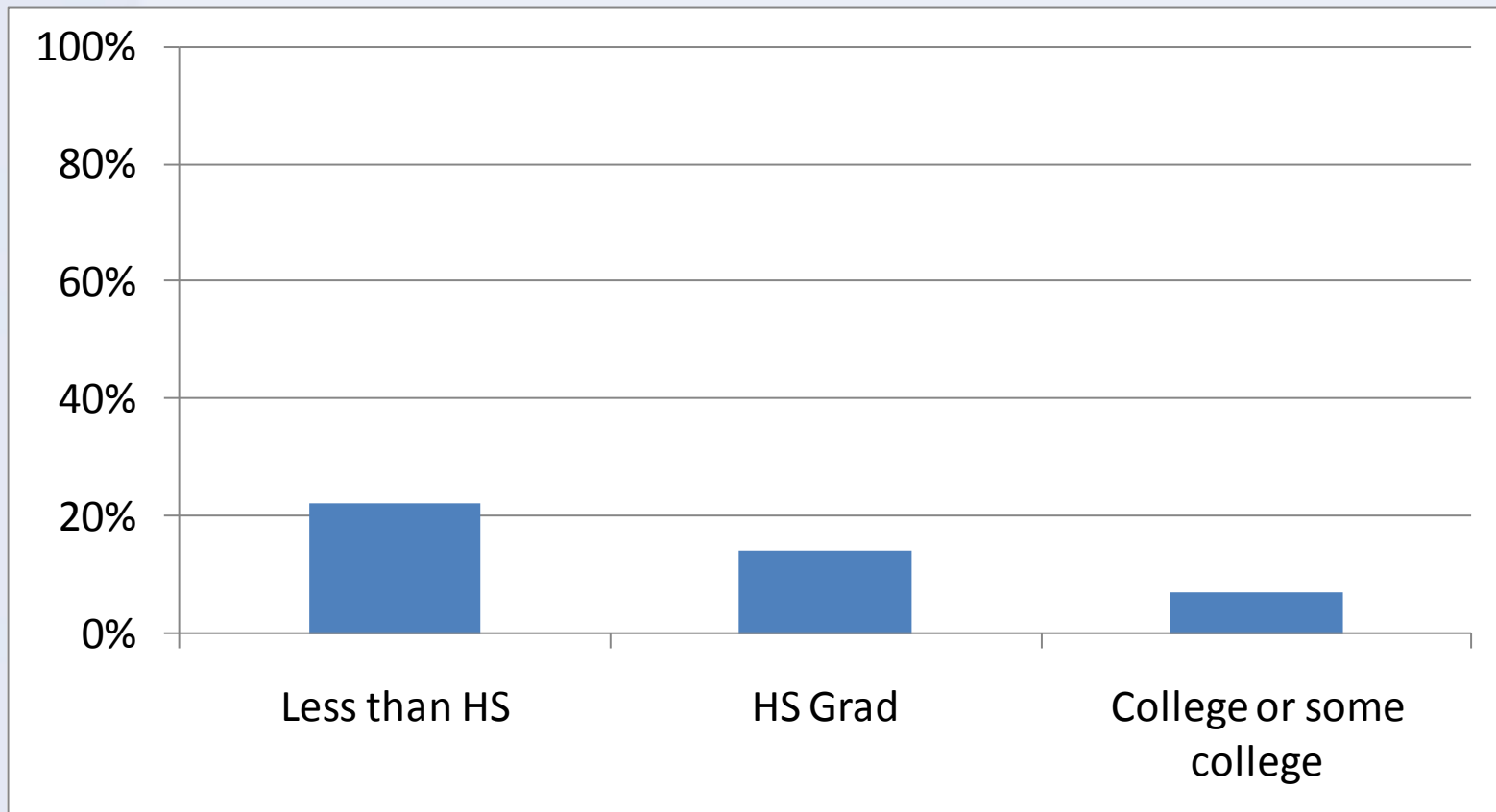
- 96% are satisfied or very satisfied with their life
- 75% usually or always get the social & emotional support they need
 - 36% with less than a H.S. diploma
 - 94% of those age 18-29 years
 - 62% of those who rank health as fair or poor



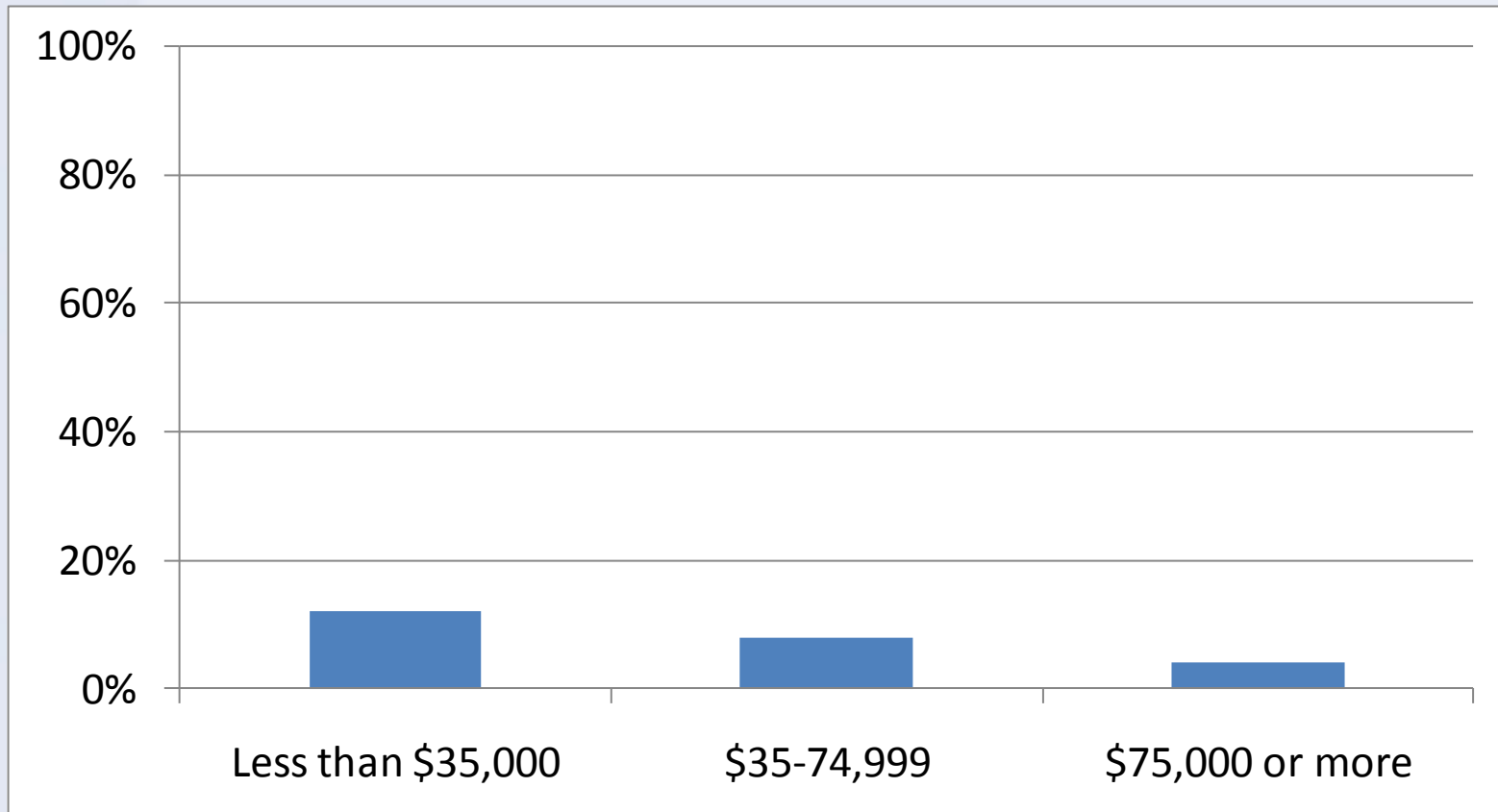
Smoking (Never quit quitting!)

- 9% of Grass Lake Township residents smoke every day
 - 23% of those who say health is fair to poor
 - 22% of those with less than a HS diploma
- Only 41% of those who smoke tried to quit in the last year
 - 55% with an income of \$35-75,000
 - 47% of men who smoke
 - 33% of women
- Average 15 cigarettes/day
 - Those who say health is fair to poor smoke 21/day

Smoking: Percent of those who smoke by education level



Smoking: Percent of those who smoke by Income

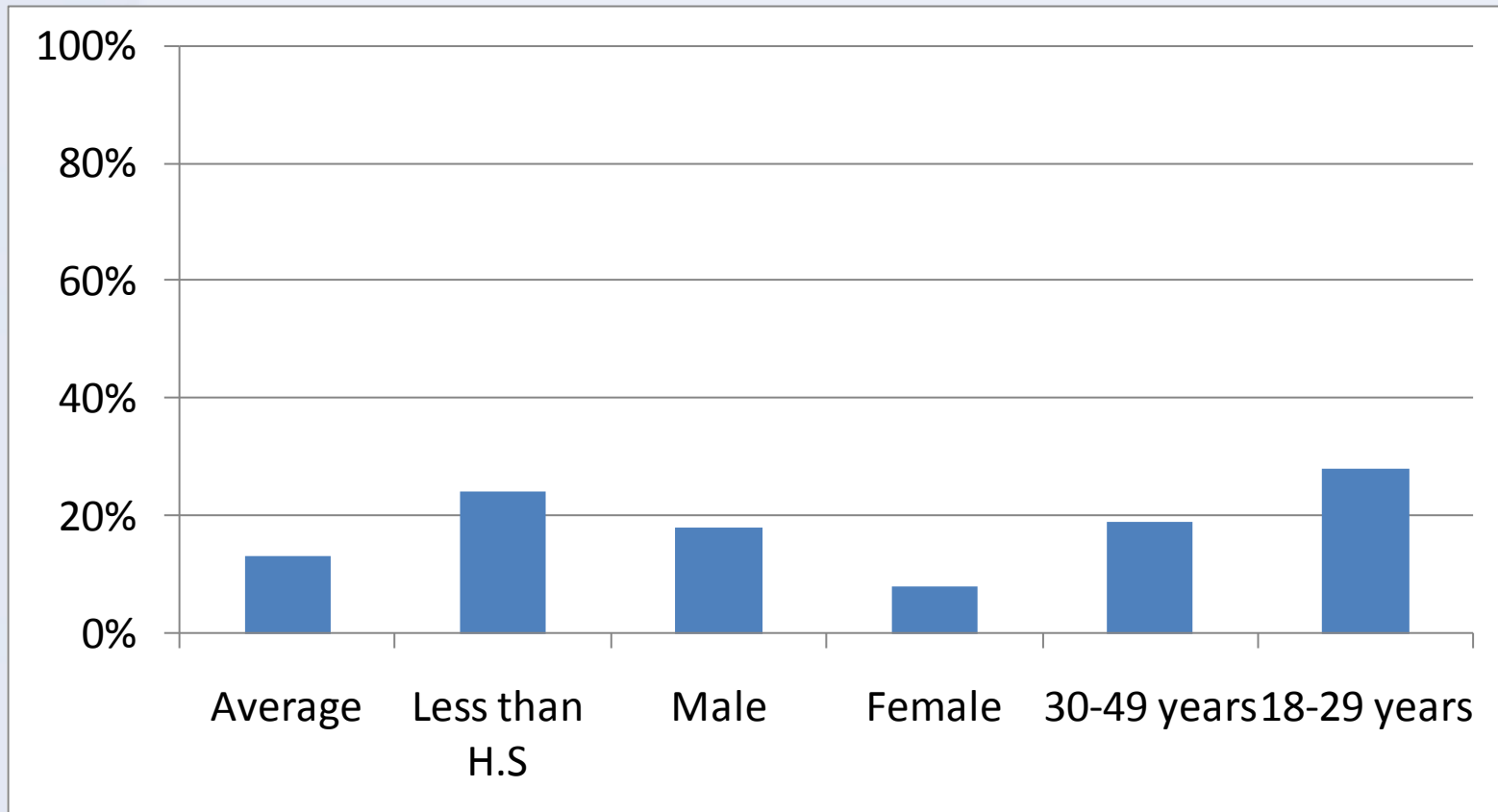




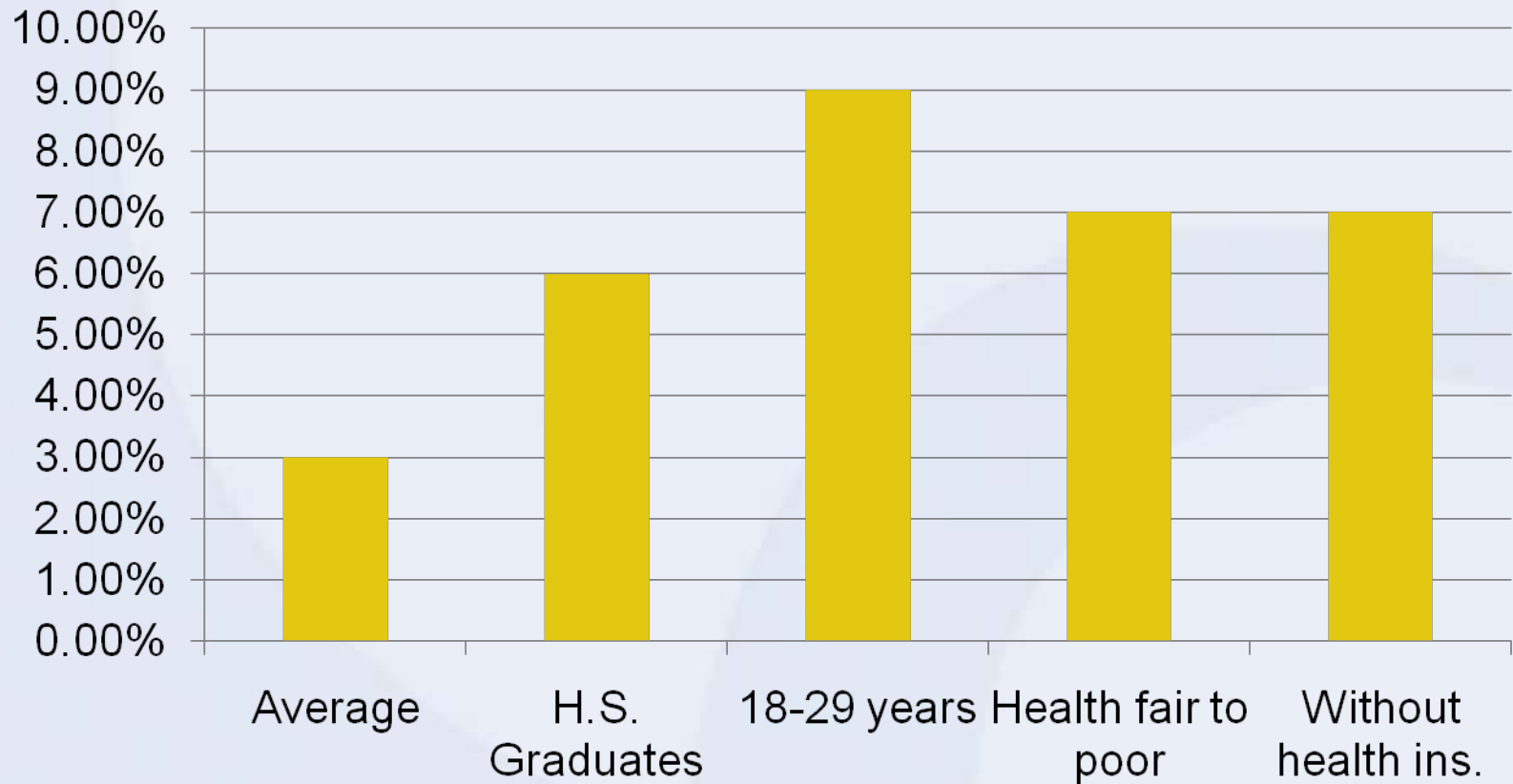
Drinking

- Average 8.8 drinks per month
- 4% of respondents qualify as 'heavy' drinkers
 - 4% of men
 - 5% of women
- 2% of residents drove under the influence in the last month

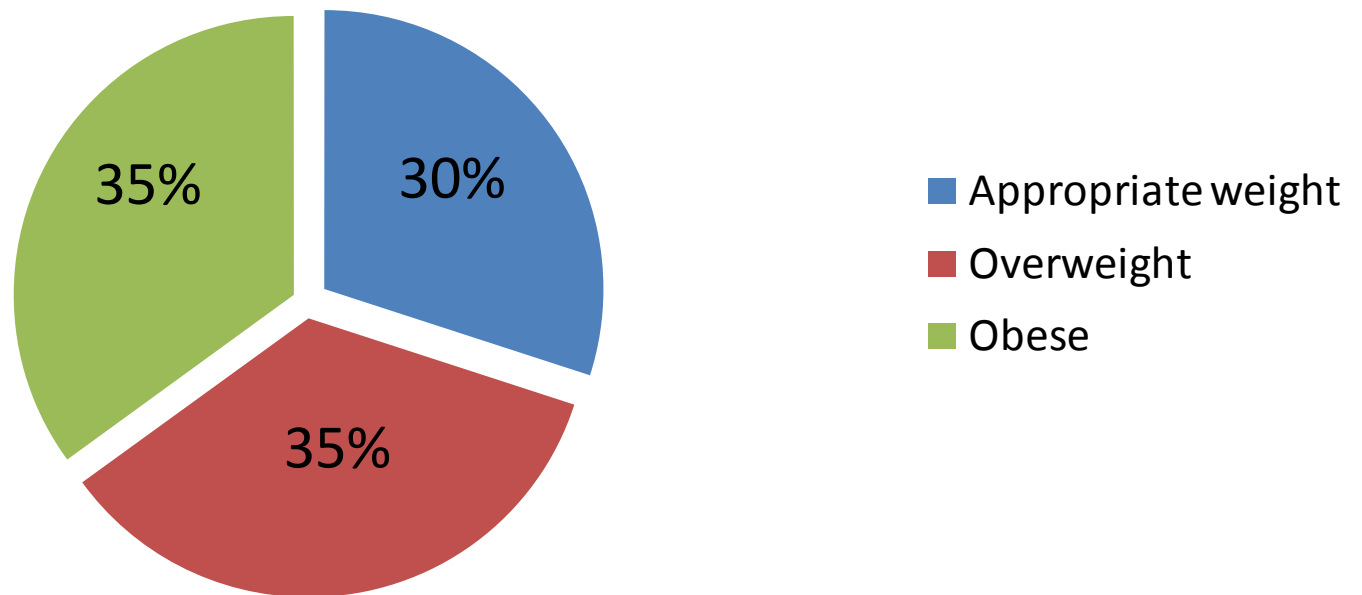
Binge Drinking (4-5 drinks in 2 hours)



Use of medicines, drugs or substances to get high or feel good



Weight

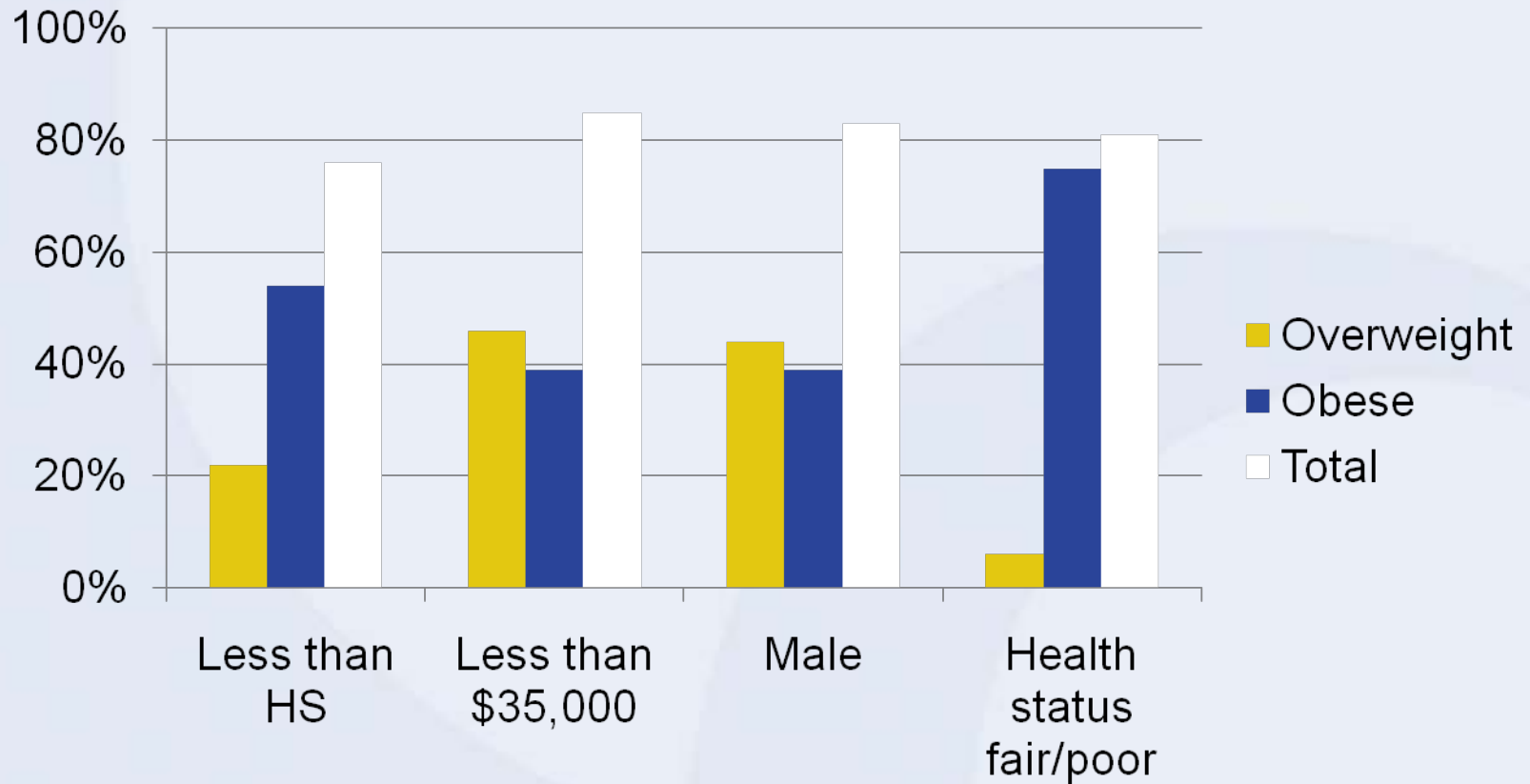




Weight

- 35% overweight
 - 39% of college grads
 - 46% making less than \$35,000
 - 44% of men
- 35% obese
 - 54% with less than a HS diploma
 - 75% of those who say health is fair to poor

Weight

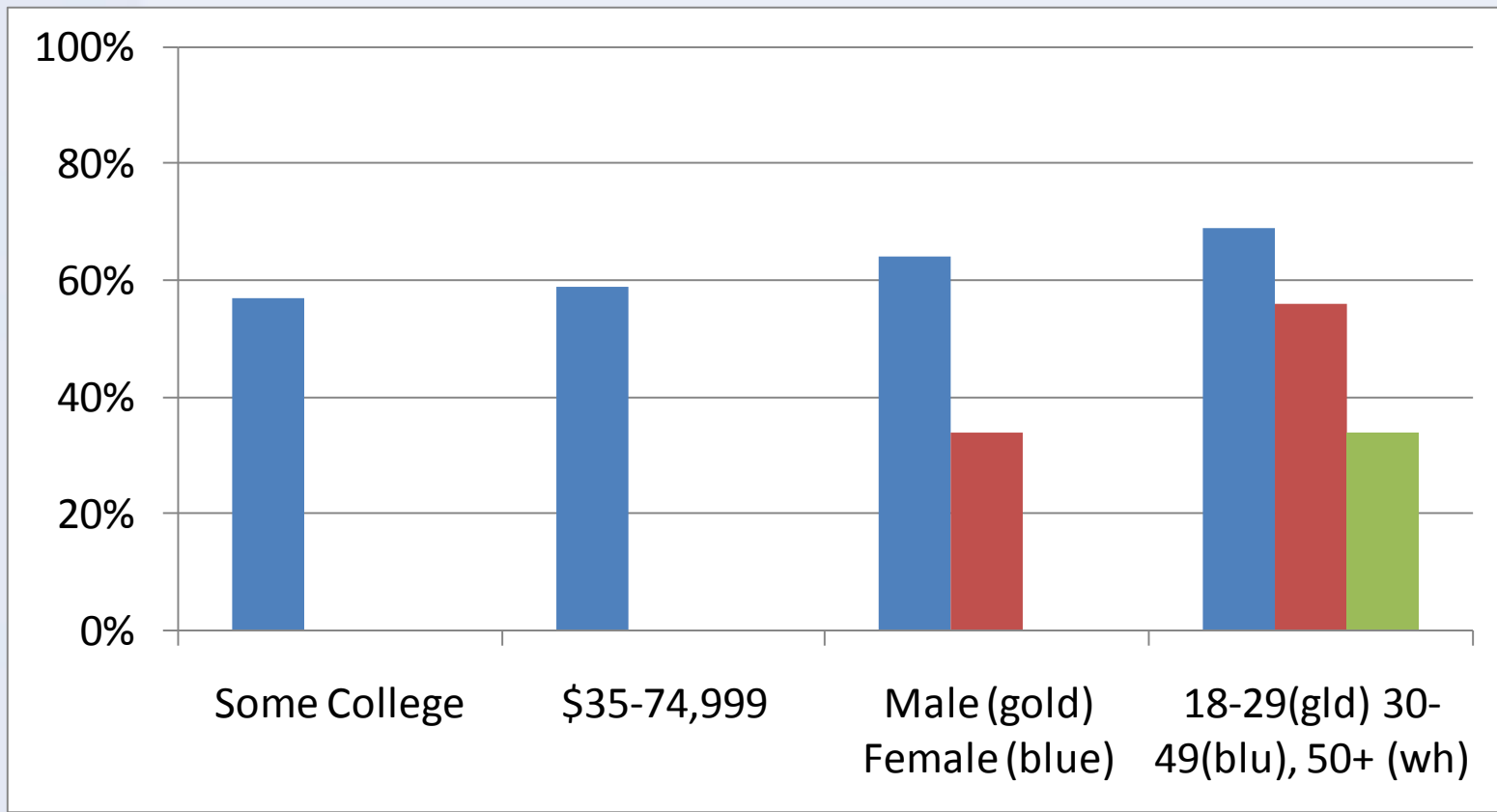


Fruit and Vegetables*

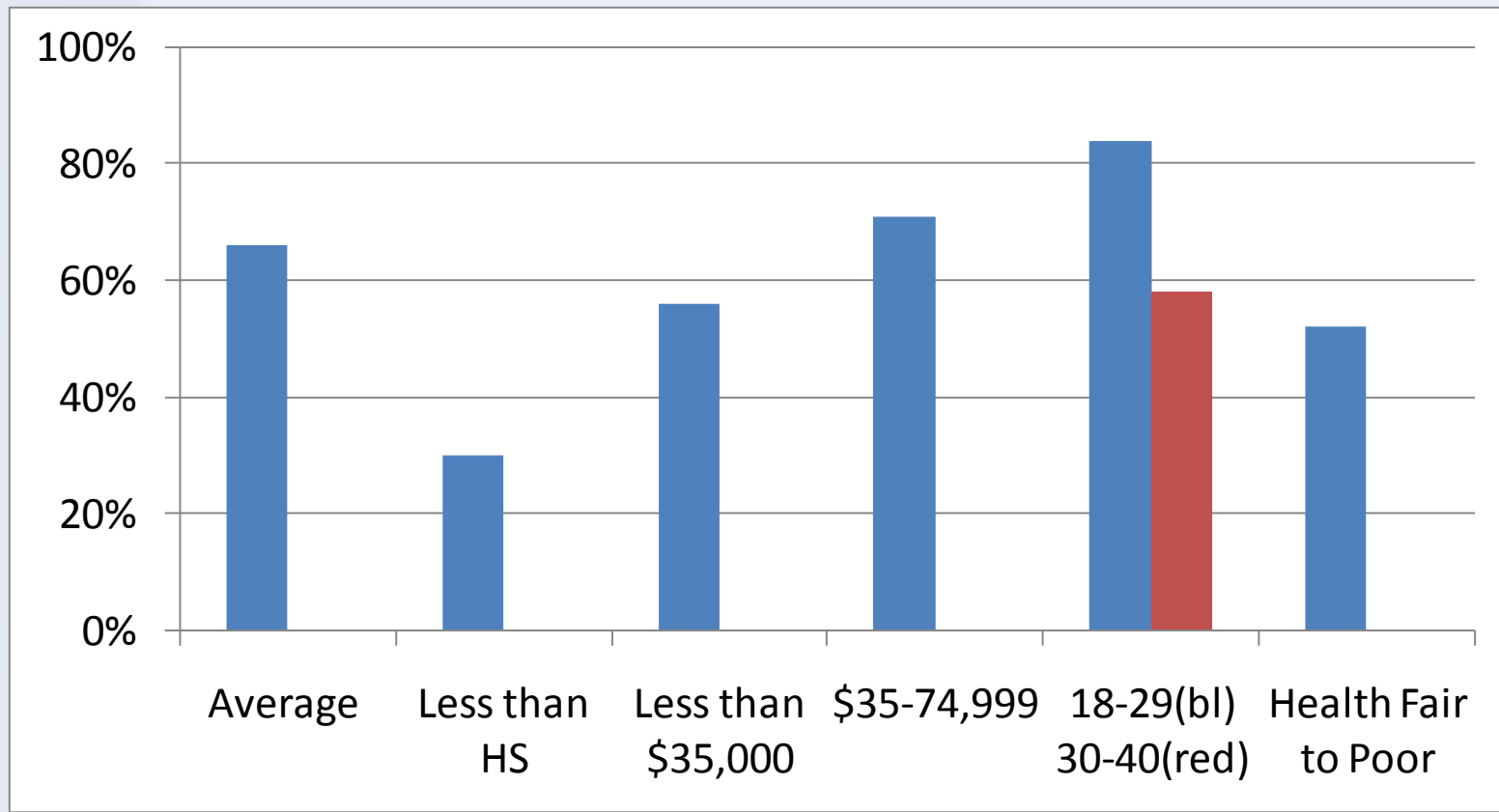
- Adults in Grass Lake Township eat an average of 2.7 servings of fruit & vegetables daily
 - 3.2 servings for residents who graduated from college
 - 1.8 for those who describe health as fair to poor

* At least 5-7 servings are recommended

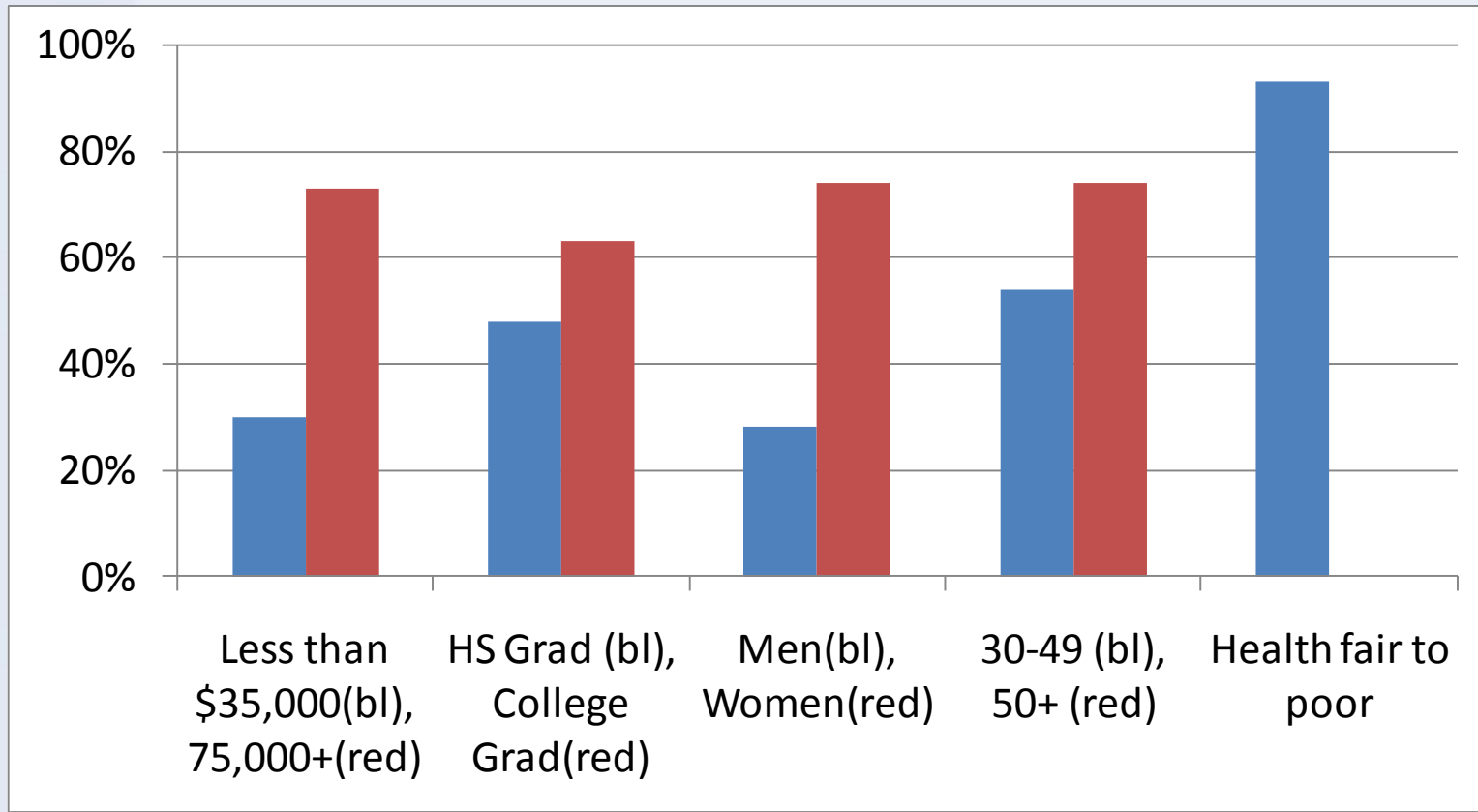
49% Eat Fast Food at Least Once per Week



Physical Activity Outside Work (in the last month)



Sedentary at Work

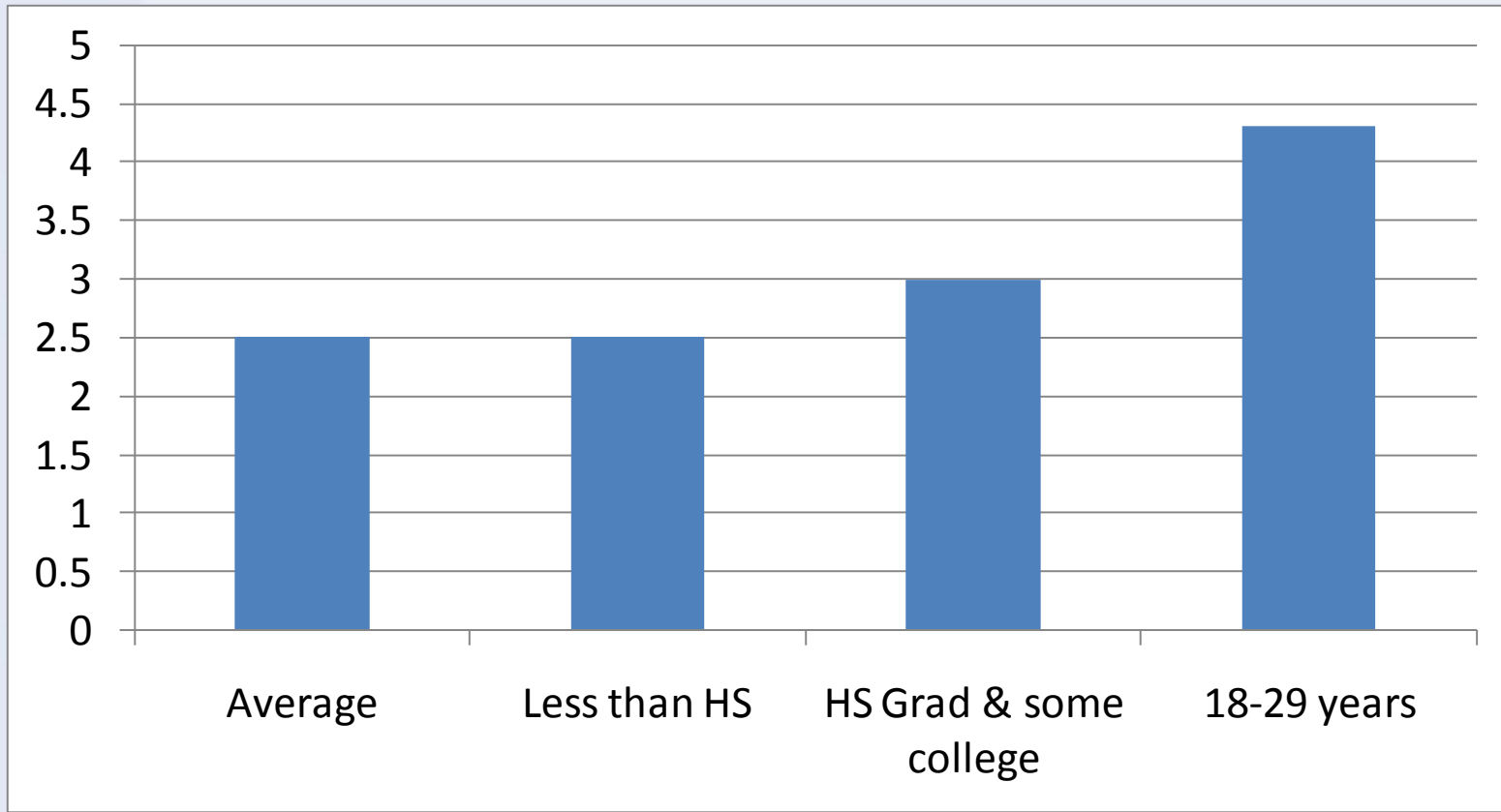




Walking & Biking

- On average, residents say they walk or bike for transportation 12 times a week
 - Increases with education and income (less education & income, more walking & biking)
 - 43% don't believe the neighborhood has sidewalks, trails & paths to accommodate non-motorized travel
 - 71% strongly agree they are safe walking in their neighborhood

Adult Screen Time in Hours (outside of work)





Disease

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

Questions

- About how the data was collected & by whom
- About what we will do with the information, now
- Any other questions