

2015 HIP DATA: GRASS LAKE LAKE



OVERVIEW

- The HIP survey has been conducted every five years since 1995. It is a local version of the CDC's Behavioral Risk Factor Survey.
 - Used to determine priorities for interventions in our 5H communities
 - Evaluate impact of interventions
- Grass Lake and Stockbridge
 - Survey responses were collected from June-August 2015
- Calls, analysis, and datasets were provided by the University of Missouri

5H BREAKDOWN

| Region | Target # | Surveys Final |
|----------------|-------------------------|---------------|
| Chelsea/Dexter | 450 (300 extra sampled) | 425 |
| Manchester | 250 (200 extra sampled) | 220 |
| Grass Lake | 250 (200 extra sampled) | 195 |
| Stockbridge | 250 (200 extra sampled) | 156 |



CHALLENGES

- ▶ Timeline
- ▶ Sample Size
- ▶ Trends



INDICATORS OF WELLNESS

1. Maintain a healthy weight
2. Engage in an appropriate level of physical activity
3. Eat more fruits and vegetables
4. Provide strategies and support for managing stress, for having a good self –perception and for finding healthy companionships
5. Offer strategies and alternatives to using unhealthy substances and decrease the availability of addictive substances.

MAINTAIN A HEALTHY
WEIGHT



ABOUT HOW MUCH DO YOU WEIGH WITHOUT SHOES? ABOUT HOW TALL ARE YOU WITHOUT SHOES? OVERWEIGHT/OBESE

| Region | 2015 | | | 2010 | | |
|----------------|----------------------|------------|-------|----------------------|------------|-------|
| | Not overweight/obese | Overweight | Obese | Not overweight/obese | Overweight | Obese |
| Chelsea/Dexter | 42% | 35% | 23% | 38% | 44% | 19% |
| Manchester | 32% | 47% | 21% | 38% | 44% | 19% |
| Grass Lake | 26% | 37% | 37% | 30% | 35% | 35% |
| Stockbridge | 23% | 36% | 41% | 13% | 40% | 47% |

ENGAGE IN AN APPROPRIATE LEVEL
OF PHYSICAL ACTIVITY



150 MINUTES OF PHYSICAL ACTIVITY

| Region | 2015 | | |
|----------------|--------------|---------------|-----------|
| | 150+ minutes | 1-149 minutes | 0 minutes |
| Chelsea/Dexter | 50% | 22% | 28% |
| Manchester | 55% | 27% | 18% |
| Grass Lake | 67% | 19% | 14% |
| Stockbridge | 68% | 10% | 22% |

IN AN AVERAGE WEEK, ON HOW MANY DAYS DOES THIS CHILD GET A TOTAL OF 60 MINUTES OR MORE OF EXERCISE? IT DOES NOT HAVE TO BE ALL AT ONCE.

| Region | 2015 | | | 2010 | | |
|----------------|----------|----------|----------|----------|----------|----------|
| | 0-1 days | 2-4 days | 5-7 days | 0-1 days | 2-4 days | 5-7 days |
| Chelsea/Dexter | 13% | 23% | 64% | 5% | 26% | 69% |
| Manchester | 1% | 26% | 74% | 5% | 26% | 69% |
| Grass Lake | 3% | 29% | 68% | 15% | 36% | 49% |
| Stockbridge | 19% | 15% | 67% | 9% | 69% | 49% |

DURING THE PAST MONTH, OTHER THAN YOUR REGULAR JOB, DID YOU PARTICIPATE IN ANY PHYSICAL ACTIVITIES OR EXERCISES SUCH AS RUNNING, CALISTHENICS, GOLF, GARDENING, OR WALKING FOR EXERCISE?

| Region | 2015 | | 2010 | |
|----------------|------|-----|------|-----|
| | yes | no | yes | no |
| Chelsea/Dexter | 75% | 25% | 79% | 21% |
| Manchester | 84% | 16% | 79% | 21% |
| Grass Lake | 87% | 13% | 66% | 34% |
| Stockbridge | 81% | 19% | 59% | 41% |

ON A USUAL DAY, ABOUT HOW MANY MINUTES OR HOURS DOES THIS CHILD ENGAGE IN ACTIVE PLAY?

| Region | 2015 | | | | 2010 | | | |
|----------------|----------------------|-----------|-----------|----------|---------------|-------------|-------------|----------|
| | Less than 60 minutes | 1-2 hours | 3-4 hours | 5+ hours | 10-60 minutes | 1.5-3 hours | 3-4.5 hours | 5+ hours |
| Chelsea/Dexter | 47% | 15% | 36% | 2% | 16% | 74% | 3% | 7% |
| Manchester | 92% | 8% | 0% | 0% | 16% | 74% | 3% | 7% |
| Grass Lake | 0% | 0% | 43% | 57% | 14% | 53% | 2% | 28% |
| Stockbridge | 0% | 50% | 0% | 50% | 16% | 48% | 3% | 33% |

IN AN AVERAGE SCHOOL WEEK, HOW MANY DAYS DOES THIS CHILD WALK OR BIKE TO SCHOOL?

| Region | 2015 | | 2010 | |
|----------------|------|-----------|------|-----------|
| | None | 1 or more | None | 1 or more |
| Chelsea/Dexter | 85% | 15% | 94% | 6% |
| Manchester | 79% | 21% | 94% | 6% |
| Grass Lake | 95% | 5% | 89% | 11% |
| Stockbridge | 94% | 6% | 72% | 28% |

EAT MORE FRUIT AND VEGETABLES

The image features a solid blue background with a gradient from light to dark. In the bottom right corner, there are several white, parallel diagonal lines of varying lengths, creating a sense of movement or a modern design element.

FRUIT AND VEGETABLE RECOMMENDATION

| Region | 2015 | | 2010 | |
|----------------|---------------------------|---------------------|---------------------------|---------------------|
| | Consumes <5 times per day | Consumes 5+ per day | Consumes <5 times per day | Consumes 5+ per day |
| Chelsea/Dexter | 78% | 22% | 91% | 9% |
| Manchester | 75% | 25% | 91% | 9% |
| Grass Lake | 84% | 16% | 90% | 10% |
| Stockbridge | 81% | 19% | 89% | 11% |

IN TOTAL, ABOUT HOW MANY SERVINGS OF FRUITS AND VEGETABLES DOES THIS CHILD HAVE, ON AVERAGE, EACH DAY?

| Region | 2015 | | |
|----------------|--------------|--------------|--------------------|
| | 0-1 servings | 2-4 servings | 5 or more servings |
| Chelsea/Dexter | 13% | 64% | 23% |
| Manchester | 7% | 93% | 0% |
| Grass Lake | 21% | 48% | 31% |
| Stockbridge | 9% | 74% | 17% |

Provide strategies and support for managing stress, for having a good self – perception and for finding healthy companionships

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NOW THINKING ABOUT YOUR MENTAL HEALTH, WHICH INCLUDES STRESS, DEPRESSION, AND PROBLEMS WITH EMOTIONS, FOR HOW MANY DAYS DURING THE PAST 30 DAYS WAS YOUR MENTAL HEALTH NOT GOOD?

| Region | 2015 | | | 2010 | | |
|--------------------|------|----------|----------|------|----------|----------|
| | None | 1-9 days | 10+ days | None | 1-9 days | 10+ days |
| Chelsea/ Dexter | 74% | 19% | 7% | 47% | 43% | 10% |
| Manchester | 69% | 14% | 18% | 47% | 43% | 10% |
| Grass Lake | 70% | 18% | 11% | 63% | 27% | 9% |
| Stockbridge | 74% | 7% | 18% | 66% | 20% | 14% |

HAVE YOU SERIOUSLY THOUGHT ABOUT COMMITTING SUICIDE AT ANY TIME IN THE PAST 12 MONTHS?

| Region | 2015 | | 2010 | |
|----------------|------|------|------|------|
| | Yes | No | Yes | No |
| Chelsea/Dexter | 2% | 98% | 0% | 100% |
| Manchester | 1% | 99% | 0% | 100% |
| Grass Lake | 0% | 100% | 4% | 96% |
| Stockbridge | 4% | 96% | 0% | 100% |

HOW OFTEN DO YOU GET THE SOCIAL AND EMOTIONAL SUPPORT YOU NEED?

| Region | 2015 | | | 2010 | | |
|----------------|-------------------|-----------|-----------------|-------------------|-----------|-----------------|
| | Always or usually | Sometimes | Rarely or Never | Always or usually | Sometimes | Rarely or Never |
| Chelsea/Dexter | 88% | 8% | 3% | 86% | 7% | 7% |
| Manchester | 70% | 22% | 9% | 86% | 7% | 7% |
| Grass Lake | 85% | 15% | 0% | 75% | 16% | 9% |
| Stockbridge | 84% | 14% | 3% | 84% | 10% | 5% |

HAS A DOCTOR OR OTHER HEALTHCARE PROVIDER EVER TOLD YOU THAT YOU HAVE AN ANXIETY DISORDER?

| Region | 2015 | | 2010 | |
|----------------|------|-----|------|-----|
| | Yes | No | Yes | No |
| Chelsea/Dexter | 10% | 90% | 15% | 85% |
| Manchester | 26% | 74% | 15% | 85% |
| Grass Lake | 12% | 88% | 7% | 93% |
| Stockbridge | 11% | 89% | 12% | 88% |

HAS A DOCTOR OR OTHER HEALTHCARE PROVIDER EVER TOLD YOU THAT YOU HAVE A DEPRESSIVE DISORDER INCLUDING DEPRESSION, MAJOR DEPRESSION, DYSTHYMIA, OR MINOR DEPRESSION?

| Region | 2015 | | 2010 | |
|----------------|------|-----|------|-----|
| | Yes | No | Yes | No |
| Chelsea/Dexter | 17% | 83% | 21% | 79% |
| Manchester | 24% | 76% | 21% | 79% |
| Grass Lake | 24% | 76% | 14% | 86% |
| Stockbridge | 12% | 88% | 20% | 80% |

HAS THIS CHILD EVER BEEN DIAGNOSED WITH DEPRESSION?

| Region | 2015 (ages 6+) | | 2010 (ages 10+) | |
|----------------|----------------|------|-----------------|------|
| | yes | no | yes | no |
| Chelsea/Dexter | 4% | 96% | 5% | 95% |
| Manchester | 6% | 94% | 5% | 95% |
| Grass Lake | 6% | 94% | 5% | 95% |
| Stockbridge | 0% | 100% | 0% | 100% |


IN GENERAL, HOW SATISFIED ARE YOU WITH YOUR LIFE?

| Region | 2015 | | 2010 | |
|----------------|--------------------------|--------------------------------|--------------------------|--------------------------------|
| | Satisfied/very satisfied | Dissatisfied/very dissatisfied | Satisfied/very satisfied | Dissatisfied/very dissatisfied |
| Chelsea/Dexter | 95% | 5% | 93% | 7% |
| Manchester | 99% | 1% | 93% | 7% |
| Grass Lake | 96% | 4% | 98% | 2% |
| Stockbridge | 93% | 7% | 96% | 4% |

I AM GOING TO ASK YOU HOW MUCH YOU AGREE OR DISAGREE WITH THIS STATEMENT ABOUT YOUR NEIGHBORHOOD OR COMMUNITY: "PEOPLE IN MY NEIGHBORHOOD HELP EACH OTHER OUT." WOULD YOU SAY THAT YOU...

| Region | 2015 | | 2010 | | Neutral |
|----------------|--------------------------|-----------------------------|--------------------------|-----------------------------|---------|
| | Strongly/some what agree | Strongly/some what disagree | Strongly/some what agree | Strongly/some what disagree | |
| Chelsea/Dexter | 91% | 9% | 81% | 14% | 4% |
| Manchester | 92% | 8% | 81% | 14% | 4% |
| Grass Lake | 97% | 3% | 87% | 12% | 0% |
| Stockbridge | 86% | 14% | 80% | 20% | 0% |

OFFER STRATEGIES AND ALTERNATIVES TO
USING UNHEALTHY SUBSTANCES AND
DECREASE THE AVAILABILITY OF ADDICTIVE
SUBSTANCES.

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BINGE DRINKING IN PAST 30 DAYS

| Region | 2015 | | 2010 | |
|----------------|------|-----|------|-----|
| | Yes | No | Yes | No |
| Chelsea/Dexter | 11% | 89% | 15% | 84% |
| Manchester | 10% | 90% | 15% | 84% |
| Grass Lake | 16% | 84% | 13% | 86% |
| Stockbridge | 9% | 91% | 19% | 80% |

HEAVY ALCOHOL CONSUMPTION

| Region | 2015 | | 2010 | |
|----------------|------|-----|------|-----|
| | Yes | No | Yes | No |
| Chelsea/Dexter | 5% | 95% | 4% | 96% |
| Manchester | 2% | 98% | 4% | 96% |
| Grass Lake | 1% | 99% | 9% | 91% |
| Stockbridge | 6% | 94% | 4% | 96% |

DURING THE LAST 30 DAYS, ON HOW MANY DAYS (IF ANY) HAVE YOU USED AN ELECTRONIC NICOTINE VAPORIZER SUCH AS AN E-CIGARETTE?

| Region | 2015 | |
|----------------|------|------------------|
| | None | One or more days |
| Chelsea/Dexter | 98% | 2% |
| Manchester | 99% | 1% |
| Grass Lake | 94% | 6% |
| Stockbridge | 100% | 0% |

DO YOU NOW SMOKE CIGARETTES EVERY DAY, SOME DAYS, OR NOT AT ALL? (*100 CIGARETTES IN YOUR LIFETIME)

| Region | 2015 | | | *Former | 2010 | | |
|----------------|-----------|------------|-------|---------|-----------|------------|-------------|
| | *Everyday | *Some Days | Never | | *Everyday | *Some Days | *Not at All |
| Chelsea/Dexter | 6% | 5% | 65% | 24% | 56% | 5% | 39% |
| Manchester | 4% | 1% | 66% | 29% | 56% | 5% | 39% |
| Grass Lake | 13% | 6% | 51% | 31% | 20% | 7% | 72% |
| Stockbridge | 10% | 0% | 53% | 37% | 29% | 8% | 63% |

IN THE PAST 12 MONTHS, HAVE YOU USED ANY MEDICINES, DRUGS, OR SUBSTANCES, TO GET HIGH OR TO MAKE YOU FEEL GOOD, WITHOUT A PRESCRIPTION OR WITH GREATER FREQUENCY OR QUANTITY THAN PRESCRIBED?

| Region | 2015 | | 2010 | |
|----------------|------|-----|------|-----|
| | Yes | No | Yes | No |
| Chelsea/Dexter | 2% | 98% | 2% | 98% |
| Manchester | 3% | 97% | 2% | 98% |
| Grass Lake | 1% | 99% | 3% | 97% |
| Stockbridge | 6% | 94% | 2% | 98% |

OTHER DATA TO NOTE



NOW THINKING ABOUT YOUR PHYSICAL HEALTH, WHICH INCLUDES PHYSICAL ILLNESS AND INJURY, FOR HOW MANY DAYS DURING THE PAST 30 DAYS WAS YOUR PHYSICAL HEALTH NOT GOOD?

| Region | 2015 | | | 2010 | | |
|--------------------|------|----------|----------|------|----------|----------|
| | None | 1-9 days | 10+ days | None | 1-9 days | 10+ days |
| Chelsea/ Dexter | 72% | 21% | 7% | 67% | 16% | 16% |
| Manchester | 72% | 20% | 7% | 67% | 16% | 16% |
| Grass Lake | 66% | 19% | 15% | 71% | 21% | 7% |
| Stockbridge | 80% | 6% | 14% | 62% | 28% | 10% |

HAS A DOCTOR, NURSE, OR OTHER HEALTH PROFESSIONAL EVER TOLD YOU THAT... YOU HAD DIABETES?

| Region | 2015 | | 2010 | |
|----------------|------|-----|------|-----|
| | Yes | No | Yes | No |
| Chelsea/Dexter | 6% | 94% | 2% | 98% |
| Manchester | 6% | 94% | 2% | 98% |
| Grass Lake | 8% | 92% | 5% | 95% |
| Stockbridge | 18% | 82% | 9% | 91% |

HAVE YOU EVER TAKEN A COURSE OR CLASS IN HOW TO MANAGE YOUR DIABETES YOURSELF?

| Region | 2015 | |
|----------------|------|-----|
| | Yes | No |
| Chelsea/Dexter | 57% | 43% |
| Manchester | 68% | 32% |
| Grass Lake | 64% | 36% |
| Stockbridge | 63% | 37% |