
2015 HIP DATA

STOCKBRIDGE AREA WELLNESS COALITION



WHAT IS HIP?

- 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



SURVEYING ACROSS 5H

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



THINGS TO NOTE

- Timeline
- Sample Size
- Trends



5 YEAR PLAN

1. Know how to and maintain a healthy weight
2. Engage in daily physical activity
3. Eat lots of fruits and vegetables
4. Practice strategies for managing stress and for having healthy companionships
5. Support and assist programs to offer our youth and adults strategies and alternatives to using healthy substances



KNOW HOW TO AND 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 DAILY 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. (AGES 6-17)

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? (AGES 2-5)

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 LOTS OF FRUITS AND VEGETABLES

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%

FRESH FRUITS/VEGETABLES LIMITED BY DISTANCE TO GROCERY STORE

Region	2015		
	Always or usually	Sometimes or rarely	Never
Chelsea/Dexter	6%	13%	80%
Manchester	10%	24%	65%
Grass Lake	10%	27%	64%
Stockbridge	6%	24%	70%



PRACTICE STRATEGIES FOR MANAGING STRESS AND FOR HAVING HEALTHY COMPANIONSHIPS

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/somewh at agree	Strongly/somewh at disagree	Strongly/somewh at agree	Strongly/somewh at 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%

SUPPORT AND ASSIST PROGRAMS TO OFFER OUR YOUTH AND
ADULTS STRATEGIES AND ALTERNATIVES TO USING HEALTHY
SUBSTANCES

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

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%

HIGHLIGHTS

■ Strengths

- 100% never used an e-cigarette
- Highest percentage of people who get 150+ minutes per week
- Lowest percentage of respondents who were diagnosed with a depressive disorder
- 0% reported that their children had been diagnosed with depression
- Lowest percentage of those who reported binge drinking

■ Areas of improvement

- Highest percentage of respondents who had been diagnosed with diabetes
- Highest percentage of respondents who reported that they were overweight/obese
- Highest percentage of respondents who reported 10 or more poor mental health days in the past month
- Greatest increase in the percentage of people who considered committing suicide in past 12 months

QUESTIONS??????