



Health Improvement Plan of Washtenaw County

Pocket Profile 2005 HIP Survey Results

The Health Improvement Plan

Beginning in 1995, the Washtenaw County Public Health Department has led a countywide partnership called the Health Improvement Plan (HIP). Its purpose is to improve individual and community health by building partnerships, providing information, and developing strategies. HIP partners include health systems, community agencies, government, universities, and residents.

The HIP Survey

HIP partners conducted a behavioral risk factor survey (BRFS) in 1995, 2000, and 2005. It is modeled after the Michigan and U.S. BRFS, is telephone-based, and is administered to over 2000 Washtenaw County households. Both adult and child data are gathered with adults serving as proxies for children. It includes an oversample of African Americans, Asian Americans, and western region residents (Chelsea, Manchester and Dexter). The 2005 HIP survey was funded by Chelsea Community Hospital, Saint Joseph Mercy and University of Michigan Health Systems, Pfizer, United Way, and Washtenaw County Public Health.

Results

Results are for adults (18 years and older) except the Child Data category

General Health, Disability, and Income Insecurity

- General health excellent, very good, or good – 92%
- Ten or more poor physical health days in past month – 10%
- Ten or more days where activities were limited by poor physical or mental health in past month – 8%
- Daily activities limited by physical, mental or emotional problems – 14%
- Health problems requiring special equipment – 7%
- Family in need of adult day care/home services – 12%
- Not enough money for housing or utilities during past year – 15%
- Concerned with having enough food for self or family during past year – 5%

Healthy Lifestyles

- Fruits and vegetables five or more times per day – 25%
- Does not get 10 minutes at a time of moderate physical activity during usual week – 15%
- Does not get 10 minutes at a time of vigorous physical activity during usual week – 41%
- Gets at least 30 minutes of moderate physical activity five days per week OR 20 minutes of vigorous three days per week – 49%
- Mostly sits or stands at work – 73%
- Ever used a pedometer – 10%
- Electronic entertainment used two or more hours per day – 73%

Mental Health and Substance Abuse

- Ten or more poor mental health days in past month – 10%
- Dissatisfied or very dissatisfied with life – 4%
- Currently seeing mental health professional – 9%
- Ever smoked cigarettes – 38%
- Current smoker – 16%
- Any alcoholic beverage in past month – 58%
- Binge drinking in past month – 14%
- Illicit drug use in past year – 7%
- Rarely or never gets social support needed – 9%
- Ten or more days with insufficient rest or sleep in past month – 35%

Communicable Disease

- Influenza vaccine in past year – 28%
- Ever had pneumonia vaccine – 21%
- Health provider talked about preventing sexually transmitted infections with condoms – 11%
- More than one sex partner during past year – 8%
- Ever tested for HIV – 48%

Chronic Disease

- Overweight (BMI \geq 25) – 50%
- Consider self overweight – 41%
- Arthritis symptoms in past month – 38%
- Ever diagnosed with:
 - diabetes – 9%
 - high blood pressure – 19%
 - high cholesterol – 32%
 - angina or coronary heart disease – 2%
 - stroke – 2%
 - asthma – 16%
 - arthritis, gout, lupus, or fibromyalgia – 20%
- Ever had:
 - cholesterol checked – 77%
 - heart attack – 3%
 - health professional give advice about losing weight – 11%

Access to Care

- No health insurance – 7%
- No usual health care provider – 18%
- Did not see doctor because of cost in past year – 9%
- Did not have routine checkup in past year – 33%
- Did not visit dentist during past year – 29%

Injury

- Firearms kept in and around the home – 22%
- Firearms kept loaded and unlocked in home – 2%
- Ever threatened violence by intimate partner – 9%
- Experienced physical violence or unwanted sex by intimate partner in past year – 1%

Environment

- Strongly/somewhat disagree that there are sidewalks, paths or trails for walking in my neighborhood – 21%
- Strongly/somewhat disagree that there are stores, restaurants or other walkable destinations in my neighborhood – 43%
- Strongly/somewhat disagree that I feel safe walking in my neighborhood – 7%
- Five or more short trips (mile or less) walked during past week – 37%
- Ate at restaurant three or more times in past week – 41%

Child Data

- Overweight (6-11 yrs) – 16%
- Overweight (12-17 yrs) – 9%
- Does not walk or bike to school (6-17 yrs) – 86%
- Two or more sweetened beverages per day (2-17 yrs) – 12%
- Five or more servings of fruits/vegetables per day (0-17 yrs) – 13%
- Ever diagnosed with asthma (0-17 yrs) – 23%
- Two or more hours per day viewing a screen (TV, computer) (2-17 yrs) – 19%
- Child was breastfed – 73%

For complete survey results, contact Washtenaw County Public Health at 734-544-6700, or go to <http://hip.ewashtenaw.org>

