



**FOR IMMEDIATE RELEASE**

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**LOCAL HEALTH SURVEY REVEALS DIFFERENCES IN HEALTH  
WITHIN WASHTENAW COUNTY**  
*Results of 2010 Health Improvement Plan Survey Released*

YPSILANTI, Mich., Nov 9, 2011 – Smoking rates among Washtenaw County adults in 2010 are only about half of what they were in 1995. The number of county adults who report eating at least five servings of fruits and vegetables daily has declined 7% since 2005. These statistics are from the local Health Improvement Plan (HIP) Survey. Washtenaw County Public Health and its partners are pleased to announce the release of the 2010 HIP Survey results.

The 2010 HIP Survey marks the fourth time the survey of 2,000 local households has been completed. Health trends from 1995-2010 are now available at <http://hip.ewashtenaw.org>, and a searchable database of the 2010 results is coming soon to the same site. In the meantime, Public Health staff members are available to provide 2010 results upon request.

“As a whole, Washtenaw County looks pretty healthy; however, the HIP Survey provides us with critical insight into the various factors that impact the health of local residents. For example, HIP data tell us that things like income and education are significant contributors to the disparities in health outcomes that we see within the County,” says Dr. Monique Reeves, MD, MPH, Medical Director for Washtenaw County Public Health.

Area residents participating in the survey dedicated approximately 25 minutes of their time to answering detailed questions about themselves or, in some cases, their minor children. Public

Health and its partners are extremely grateful for their voluntary participation. The HIP database serves as a resource for the entire community – one that translates data into actions that support policies, systems and environments that improve health.

Additional findings include:

- More Ann Arbor adults (13%) report using illicit drugs in the past year than in the county as a whole (7%) or in other geographic areas.
- Eighty-four percent of Washtenaw mothers surveyed report breastfeeding their babies. The percentage drops to 76% among African American mothers. Residents earning less than \$35,000 per year were more likely to report having breastfed (85%) than those earning between \$35,000 and \$75,000 (76%).
- The number of adults reporting ten or more poor mental health days in the past month increased from 10% in 2005 to 14% in 2010. The most recent survey also indicates that 22% of all county adults reported having been diagnosed with depression.

“The HIP Survey is like a check up for the whole community – it helps us understand health at a broader, or population level. We can then work with partner organizations to create communities that support healthier choices,” says Keven Mosley-Koehler, MS, MPH, Senior Health Analyst and HIP Coordinator. “While individuals need to make good choices for themselves, these results show that opportunities to do so are not the same for everyone in our community. Some face more barriers than others,” she continued.

HIP is a public-private partnership of over 25 organizations and 300 individuals, led by Washtenaw County Public Health. The HIP Survey has been conducted every five years since 1995. With solid data, the partnership has helped leverage millions of dollars into the community for health improvement projects aimed at creating healthier opportunities across all sectors of the county. Visit the HIP website for details at <http://hip.ewashtenaw.org>, or contact Keven Mosley-Koehler by phone at 734-544-3078 or by email at [koeblerk@ewashtenaw.org](mailto:koeblerk@ewashtenaw.org).

For more information about Washtenaw County Public Health, please visit <http://publichealth.ewashtenaw.org>, or call us at 734-544-6700. Washtenaw County Public Health promotes health and works to prevent disease or injury in our community.

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