

2005 Survey Washington County 400 Adults



The survey asked what people thought were the top health problems in the community from the *2010 Healthy People* categories.

The categories most picked:

- **Overweight, Obesity, and Lack of Physical Activity**
- **Alcohol and Other Drug Abuse**
- **Tobacco Use and Second-hand Smoke exposure**
- **Unhealthy Food Choices**

The same survey also showed that individuals and families in Washington County could do more to be ready for emergencies and disasters.



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2006-2010 Washington County Community Health Improvement Plan **Priorities**

- **Obesity: nutrition & physical activity**
- **Addictions: tobacco, alcohol & other drugs**
- **Preparedness: proactive measures**

Healthy Washington County 2010

The federal health plan, *Healthy People 2010*, is designed to focus on increasing quality and years of healthy life while eliminating health disparities. Wisconsin and Washington County also have similar plans that contain health indicator categories impacting many diseases & injuries.



Health Indicator Categories:

- Access to health services
- Nutrition
- Alcohol abuse
- Environmental Health
- Communicable Diseases
- High risk sexual behavior
- Injuries and violence
- Mental Health
- Physical activity and Obesity
- Social and Economic factors
- Tobacco

2010 Indicator Categories that Significantly Impact Health



Access to Healthcare

In 2005, Washington ranked 12th out of 72 Wisconsin counties for access to healthcare. Three (3%) of county residents do not have health insurance.

Nutrition

Washington County is ranked 6th overall in nutrition with 61% of its residents reporting eating the recommended two servings of fruit a day and 23% eating three servings of vegetables a day.

Physical Activity & Obesity

Washington County is ranked 35th for physical activity, with 36% of the community getting the recommended amount of physical activity (30 minutes per day; five times a week). Washington County is ranked 15th out of 72 Wisconsin Counties for obesity with 59% of the community reported as overweight or obese.

Environmental Health

Washington County ranks 29th out of 72 Wisconsin counties in 2005 for physical environment. Physical environment includes air quality measures, ozone levels, nitrate levels, and lead poisoning in children. Poor physical environment measures can contribute to health risks including respiratory illness such as asthma, heart disease, and certain types of cancers.

Communicable Diseases

In the past several years, the Health Department has responded to a variety of new and emerging infectious diseases such as monkey pox, SARS, pertussis, and recently mumps. Communicable diseases will always be prevalent in the community; continued effort is needed to maintain the low level of disease.

High Risk Sexual Behavior

In 2005, Washington County was ranked 44th out of 72 counties for STI's: an improvement from its 2004 ranking of 54th.

Alcohol Abuse

Binge drinking is defined as five or more drinks on a single occasion. In 2005, Washington County ranked 15th out of 72 Wisconsin Counties for binge drinking. 21% of the population reported binge drinking once in the past month.

Injuries and Violence

In 2005, Washington County ranked 25th out of 72 Wisconsin Counties for deaths due to motor vehicle crashes. This is an improvement from the rank of 34th in 2004. Washington County was ranked 11th in 2004 and 2005 for the rate of violent crimes.

Mental Health

Depression is the most common mental health disorder, and is the leading cause of suicide. In 2005, 4% of Washington residents reported symptoms of depression.

Social and Economic Factors

Washington County is ranked 4th in 2005 for socioeconomic factors (which includes: high school graduation rate, level of education, household poverty ratio, and divorce rate).

Tobacco Use and Exposure

Tobacco use is the single most preventable cause of disease and premature death in Washington County. Washington County has fallen to a ranking of 14th in 2005 which is slightly worse than the ranking of 9th in 2004. In 2005, approximately 20% of the county smoked.