

WELLNESS RX COMMUNITY PROGRESS REPORT



HEALTH BEHAVIORS

• TOBACCO USE 2017

64.2% of participants had used a tobacco product in the last 30 days



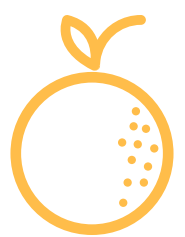
2018

11.5% of participants had used a tobacco product in the last 30 days

The reduction of tobacco use is a positive trend for preventive health measures

• HEALTHY EATING

Participants have maintained the consumption of 1 to 3 servings of fruits and vegetables daily



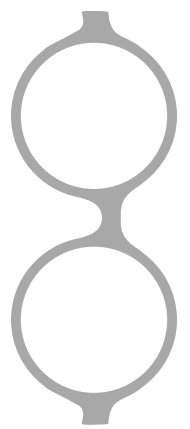
• PHYSICAL ACTIVITY & SLEEP

- Participants have maintained engagement in physical activity (about 60 minutes a week)
- Participants are getting approximately the same amount of sleep (4 to 6 hours a night)



KNOWLEDGE

- 90.6% of participants know the ideal adult blood pressure (120/80)
- 92.5% know that heart disease can be caused by eating too many fatty foods
- 90.6% know that certain foods are related to high blood pressure and diabetes
- 31 residents participated in a blood pressure monitoring program, 4 saw significant change



These are promising trends for preventive health measures

LESSONS LEARNED & NEXT STEPS

Through Wellness Rx educational programs, there has been an increase in health knowledge. However, there are opportunities to put that knowledge into action.

There is an opportunity to provide additional information to turn knowledge into action:

- Increase confidence for preparing healthy, balanced meals that include 5 to 9 servings of fresh fruits and vegetables daily
- Create strategies to increase sleep to 7 to 9 hours each night, the suggested amount for adults by the National Sleep Foundation
- Identify opportunities to get 150 minutes of physical activity weekly through activities such as Zumba, yoga, or cycling