Healthy Lifestyles in Forest County, Wisconsin

This factsheet compares healthy lifestyle indicators in Forest to those of the entire state of Wisconsin and its best-performing counties. This comparison will help highlight any disparities and reveal opportunities for improvement. Health is influenced by both individual health behavior and the systems which produce the environments and choices available to us. This is especially true for children. Overall population health may be indicative of the ability of children to live healthy lifestyles, while socioeconomic factors determine the resources available for health.

Table: Population Risk Factors for Obesity   **Best in WI (of 72 counties)**

	Forest	WI average	Best county	County name
Overall population health				
% of adults obese	29	25	24	Dane
ADULT OBESITY RANK	*55*		*1*	*Dane*
% of adults with diabetes	9.9		6	Dane
% of low-income preschoolers obese	19.3		7.1	Marinette
HEALTH OUTCOMES RANK	*65*		*1*	*Ozaukee*
Socioeconomic factors				
% of children in poverty	24	15	4	Waukesha
income inequality: Gini coefficient	43	42	36	Calumet
% single-parent households	11.1	8.8	4.6	Ozaukee
SOCIOECONOMIC RANK	*70*		*1*	*Ozaukee*
Nutrition environment				
% low income & >1 mile to store	28.4		4.2	Milwaukee
grocery stores per 10,000 people	2		5.4	Washburn
fast-food restaurants per 10,000 people	3.1		0	Menominee
farmers markets per 10,000 people	0		3.4	Bayfield
% low-income receiving SNAP*	17		49	Milwaukee
stores accepting SNAP* per 10,000 people	8.1		9.7	Rusk
stores accepting WIC* per 10,000 people	6.1		6.5	Iron
% of zip codes with a healthy food outlet	40	46	100	Kewaunee
Physical activity environment				
# of air pollution-particulate matter days	0	2	0	##
# of air pollution-ozone days	3	4	0	##
recreation & fitness facilities per 10,000	3.1		3.7	Vilas
PHYSICAL ENVIRONMENT RANK	*57*		*1*	*Eau Claire*

* SNAP=Supplemental Nutrition Assistance Program; * WIC=Women, Infants and Children; Best county: ## denotes a tie for Best county
Rankings: 1 is best; HEALTH OUTCOMES RANK: self-reported health, physically and mentally unhealthy days, low birth weight, premature death
SOCIOECONOMIC RANK: highschool and college education, child poverty, income inequality, social support, single parent households, violent crime or homicide
PHYSICAL ENVIRONMENT: healthy food and liquor store densities, unhealthy air quality days

KNOW THE PURPOSE: WHY A COUNTY FACTSHEET?

The purpose of this Factsheet is to make relevant data **more readily** available to local advocates and decision-makers. Though the data are available in other formats, to access and use them, it is time consuming to find specific indicators and comparisons. The Factsheet lays out many of the indicators relevant to healthy lifestyles and prompts users to further explore the data at their sources. Also, we often use averages as our benchmarks. In this Factsheet, however, we include the "Best" county as an additional benchmark. By knowing the best county, you will know where to look for **best practices**. Ideally, your county's numbers will fall somewhere between the statewide average and the best county.

KNOW THE SOURCE: WHERE DO THE DATA COME FROM?

The data come from two sources: the **County Health Rankings** and the **Food Environment Atlas**. Both are freely and publically available datasets which in turn are compilations of indicators from a number of different sources. For survey data, users should realize that indicator values are estimates and actual values could be higher or lower than the estimates.

The **County Health Rankings** data are compiled by the University of Wisconsin Population Health Institute through a collaboration with the Robert Wood Johnson Foundation. The data include percentages, rates and rankings for each county within the 50 states according to its health outcomes and multiple health factors. Data sources include the U.S. Census and the Behavioral Risk Factor Surveillance System, among others.

The **Food Environment Atlas** is a project of the US Department of Agriculture (USDA) Economic Research Service (ERS) which aggregates statistics on food choices, health and well-being, and community characteristics. This resource does not provide state averages. Data sources include the U.S. Census and USDA.

Both the County Health Rankings and Food Environment Atlas have online mapping tools, data dictionaries and other resources to understand the origin and meaning of the indicators on their respective websites: www.countyhealthrankings.org and www.ers.usda.gov/FoodAtlas.

KNOW THE ANALYSIS: WHAT DOES THIS MEAN?

For each indicator, the Factsheet highlights differences between your county, the state average, and the best performing county in your state. The indicators include percents, number of items or events per a given denominator, and ranks. Note that the values of the best county have the lowest score for negative indicators (such as % of adults obese) and the highest score for positive indicators (such as grocery stores per 10,000 people). Also, ranking indicators are highlighted in italics and the best county always has a rank value of 1.

KNOW THE CONTEXT: HOW DO I APPLY THIS?

As an advocate or local decision-maker, you will not be able to address every issue highlighted by this factsheet. However, it is important to realize that many of the indicators are related, in that addressing one may also yield improvements in other areas. For example, it is well known that poverty is directly related to environments and conditions for health outcomes. Your goal is to identify the most pressing yet actionable issue or set of issues in your county or region, then work together with a diverse group of partners to improve the policy and built environments for healthy lifestyles. The National Initiative for Children's Healthcare Quality and many partners – including those locally and in the trenches – have created and excellent Advocacy Resource Guide to help you move from data to action: http://www.nichq.org/advocacy