

The results are in!



Recently, 52.2% of residents at the Hikone, Creekside, and Green Baxter Court communities participated in a survey for CAN about health status. Here is what we learned:



Nearly 80% of respondents consider their health 'very good' or 'excellent'!



40% care for an elderly, ill, or disabled family member



38% said they were sad, blue, or depressed for 10 or more days in the last 30 days



43% of people reported not getting enough sleep or not getting quality sleep



The majority of respondents (55%) do not engage in rigorous physical activity for at least 20 minutes a day



Slightly less than half ate fruits or vegetables 5 or less times a week

CAN is committed to addressing health disparities in the communities we serve. Please look out for communications from your CAN community center to hear what we are doing. Let us know if you have any questions about these findings!

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