The Survey of the Health of Wisconsin has been monitoring health in Wisconsin since 2008. Over 3,500 people in Wisconsin have joined SHOW. SHOW studies health, and how it changes, from many different angles. SHOW shares information and findings with researchers and public health leaders to help take action. The information SHOW collects is used to make informed decisions about improving health. A sample of health research from SHOW is shared here.

**Healthy Neighborhoods**

SHOW studies our neighborhoods for safety, access to fresh foods, opportunities to exercise, and more.

- 13% of SHOW participants live in ‘highly-walkable’ neighborhoods.
- 91% of participants think their neighborhood is safe from traffic for walking or biking.

**Health & Disease**

SHOW collects information about the health of Wisconsin residents and families.

- 10% of adults have diabetes
- 35% of people have high blood pressure
- 32% of adults felt they often do not get enough sleep
- 43% of adults received a flu shot in the last year
Access to Healthy Food

SHOW looks at what people eat and also if fresh healthy foods are available in our communities.

Families in some areas of Wisconsin have more access to fast food than to fresh food.

On average, Wisconsinites eat 2.5 cups of fruits & vegetables a day. (5 cups are recommended.)

Approximately 13% of adults feel they did not get the food they needed in the last year.

Physical Activity & Obesity

39% of adults in Wisconsin are considered obese.

74% say that they would like to lose weight.

About 15% report they do not exercise at all.

About 60% report levels of exercise that meet federal health guidelines.

DNA & Genetics

Health research is making many new health advances with genetic studies. SHOW has built one of the nation’s first statewide biological sample banks for public health research.

Dental Health

SHOW provided Wisconsin’s first adult dental health screening in 2012.

15% of adults in Wisconsin had untreated cavities.

20% of adults in Wisconsin feel they do not get the dental care they need.

Health Equity

Equal access to health care is an important goal for Wisconsin’s health.

10% of adults, ages 21-74 in Wisconsin had no health insurance in 2008-2009. This was less than the national average for adults less than 65.