

Quarterly Health of Wisconsin Report



Wisconsin's New Year's Health Resolutions

Aurora Health Care asked consumers in Wisconsin about their new year's resolutions, both for this past year and the year ahead. Here's what they had to say.

21%

of Wisconsin residents made a health and wellness resolution at the beginning of 2015



37%

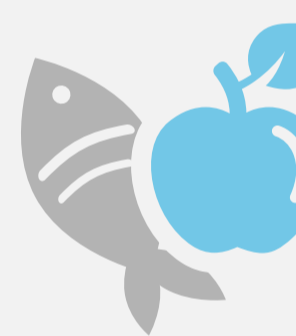
plan to set one for 2016

Top 2015 health and wellness resolutions set by Wisconsin residents:

70%

exercise more

61%

eat healthier

19%

relax more

How they did:

31%

say they maintained their resolution all year

26%

stayed on track for 1 to 3 months

15%

fell off track in less than a month

3

Strategies

to stay on track for 2016

1



Break your goal into achievable benchmarks

Don't try to do it all at once. Set milestones that are realistic.

2



Set a schedule

Not only for your new healthy habit, but also to check on how you're doing. Be accountable.

3



Measure it

Track your progress, whether that's using an app, a notebook or a bulletin board.

To learn more about the Quarterly Health of Wisconsin Report, visit aurora.org/healthreport.

The margin of error for the study is +/- 3.6 percent.