



## Adult Physical Activity in Murray County Findings from the 2015 Southwest Minnesota Healthy Communities Survey

The 2015 Southwest Minnesota Healthy Communities Survey was conducted to learn about the health and health habits – physical activity, nutrition, tobacco use, dental health, and mental health – of residents living in 16 counties in southwest Minnesota. Southwest Health and Human Services contracted with Wilder Research to produce summary reports for each of the six counties in their service area. This fact sheet summarizes survey results related to the physical activity of adult residents in Murray County.

The survey was conducted April through July 2015 and was sponsored in part by the participating counties' grants from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).

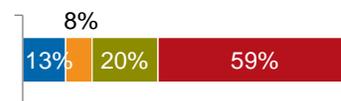
In the following report, when it is stated that respondents' answers to a survey item increased or decreased, this refers to a change of 10 percentage points or more in respondents' answers from the 2010 to the 2015 county survey. Similarly, when response percentages are reported as higher or lower in the county compared to the 16-county region this refers to a difference of 10 percentage points or more.

### *Current levels of physical activity*

Regular physical activity helps improve one's overall health and fitness and reduces the risk of chronic disease. The recommended amount of physical activity per week for adults is at least 30 minutes of moderate physical activity on 5 or more days or at least 20 minutes of vigorous physical activity on 3 or more days.

In Murray County, 20 percent of respondents met both moderate and vigorous physical activity recommendations while 59 percent met neither. Additionally, 24 percent of respondents said they did not participate in any physical activity or exercise other than their regular job in the past 30 days.

### RESPONDENTS' PHYSICAL ACTIVITY (N=383)



- Meet moderate recommendation only
- Meet vigorous recommendation only
- Meet both moderate and vigorous recommendations
- Meet neither exercise recommendation

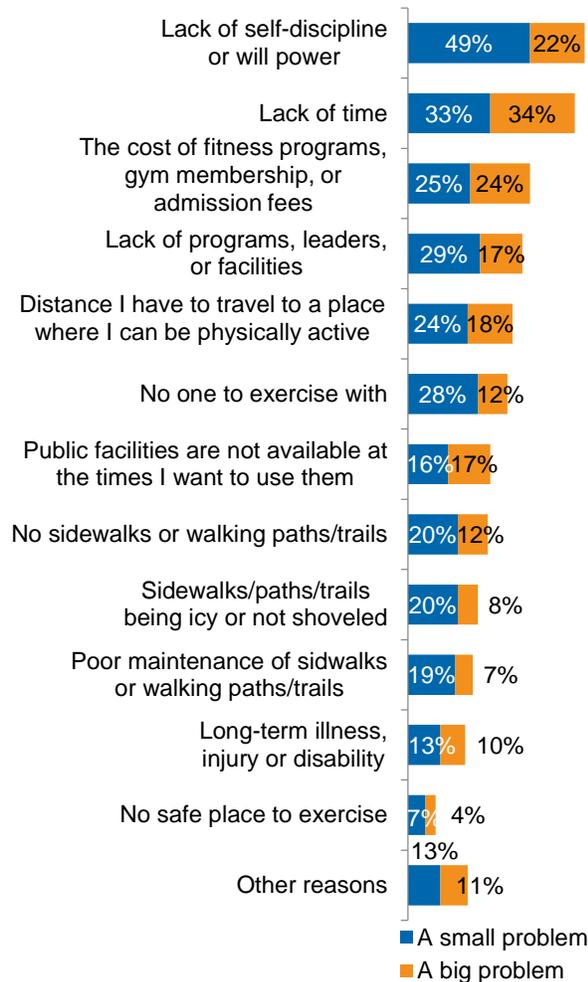
### *Screen time*

When asked about daily “screen time” – total time spent watching TV and using the computer for non-work-related purposes such as surfing the internet or social networking – half (50%) of respondents reported over 2 hours of screen time per day, a decrease from 70 percent in 2010. One-quarter (24%) of respondents reported 1 hour or less of screen time per day.

### *Barriers to physical activity*

The biggest self-reported barriers to getting physical activity are: lack of self-discipline or will power, lack of time, and the cost of programs. These are the same top barriers that were reported in 2010.

**RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY**  
(N=265-378)



**Access to community resources**

Respondents were asked about their access to and use of various public amenities. Most residents live in communities that have a limited variety of resources for physical activity. The most commonly used resources are parks or sport fields and nearby waterways. The use of walking paths or trails and schools open for public use has increased and the use of public recreation or community centers has decreased since 2010.

**RESPONDENTS' ACCESS TO AND USE OF COMMUNITY RESOURCES FOR PHYSICAL ACTIVITY** (N=290-353)



**Compared with the region...**

Murray County residents are less likely than residents of the region to have: 1) walking paths or trails, 2) bicycle paths, 3) shared use paths or bike lanes, 4) public recreation or community centers, and 5) shopping malls or stores for physical activity.



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**For more information**

This summary presents findings from the 2015 Southwest Minnesota Healthy Communities Survey. For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682. For access to other reports, visit <http://www.swmhhs.com/public-health-assessment-and-planning/>

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