



Adult Physical Activity in Lyon 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 Lyon 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).

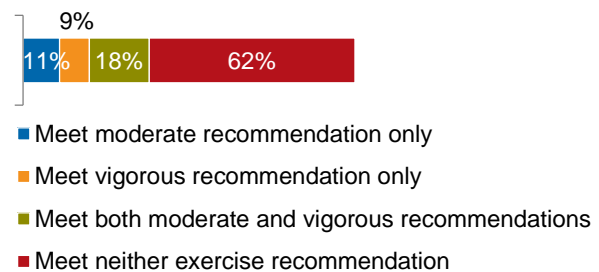
In the following report, when it is stated that respondents' answers to a survey item increased or decreased, this refers to a change of 10 percentage points or more in respondents' answers from the 2010 to the 2015 county survey. Similarly, when response percentages are reported as higher or lower in 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 Lyon County, 18 percent of respondents met both moderate and vigorous physical activity recommendations while 62 percent met neither. Additionally, 16 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=320)



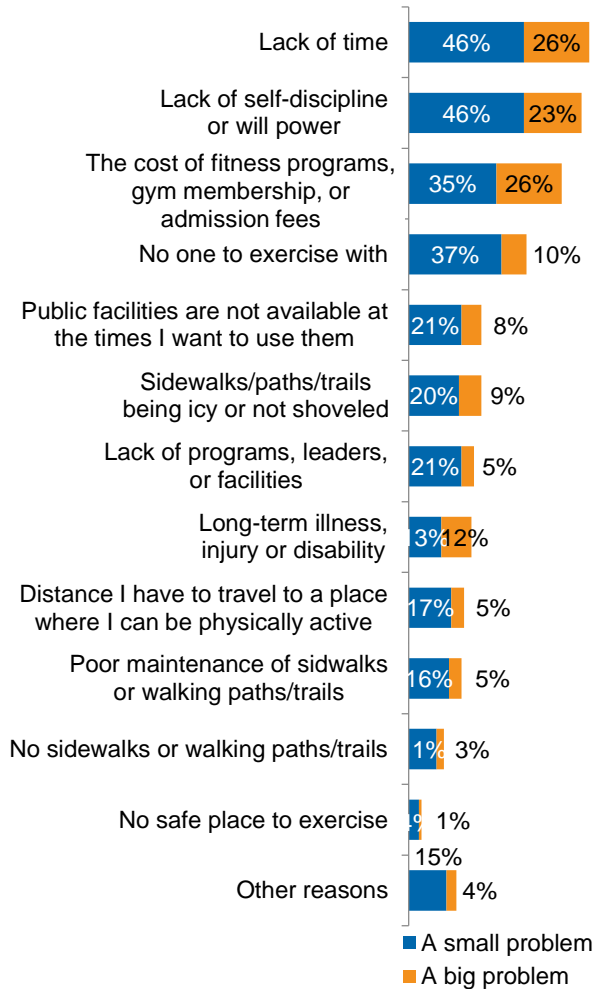
Screen time

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 – over half (53%) of respondents reported over 2 hours of screen time per day, a decrease from 75 percent in 2010. Twenty-one percent 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 time, lack of self-discipline or will power, and the cost of fitness programs. These are the same top barriers that were reported in 2010.

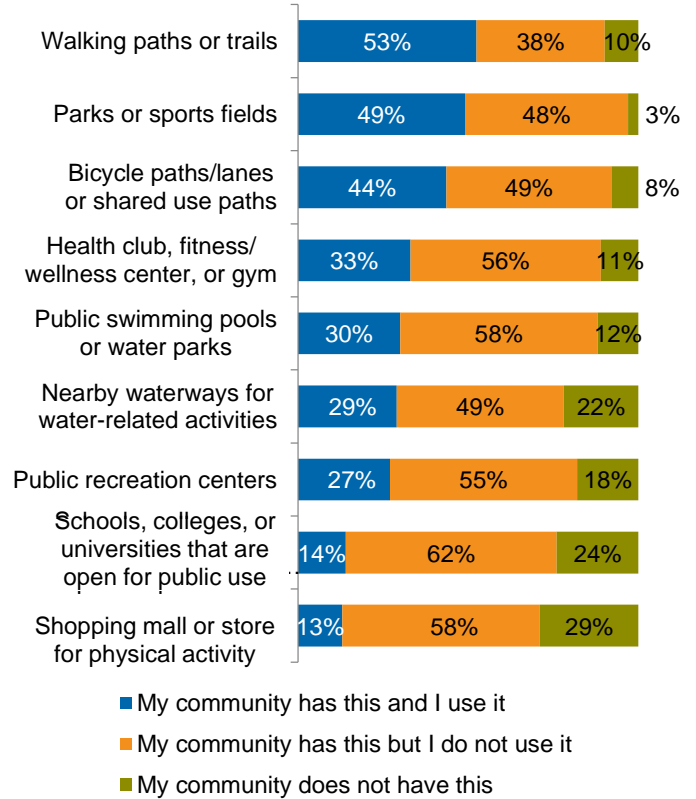
RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY (N=241-319)



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 walking paths or trails, parks or sport fields, and bicycle paths. Since 2010, Lyon County residents' use of walking paths and trails and bicycle paths has increased.

RESPONDENTS' ACCESS TO AND USE OF COMMUNITY RESOURCES FOR PHYSICAL ACTIVITY (N=253-306)



Compared with the region...

Lyon County residents are more 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, 5) and shopping malls or stores for physical activity, but are less likely to have nearby waterways for water-related activities.



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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 Martin Rogers 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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