



## Adult Nutrition 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 nutrition habits 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).

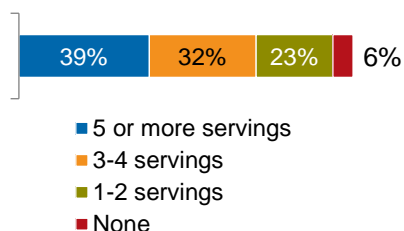
In the reporting of results that follows, when it is stated that respondents' answers to a survey item increased or decreased, this is referring to a change of 10 percentage points or more in respondents' answers from the 2010 to the 2015 county survey.

#### *Eating habits*

##### Fruits and vegetables

The CDC recommends that most adults eat five or more servings of fruits and vegetables every day. On the day prior to taking the survey, 39 percent of Murray County residents ate five or more servings of fruits and vegetables. Unfortunately, 2015 data regarding fruit and vegetable consumption is not comparable to 2010 data due to question wording.

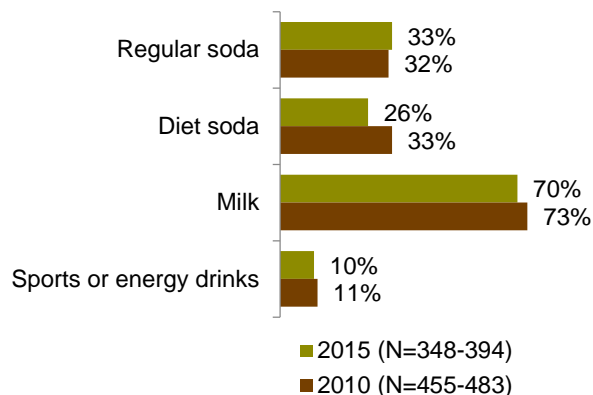
#### NUMBER OF SERVINGS OF FRUITS AND VEGETABLES ATE YESTERDAY (N=367)



#### Beverages

Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine, and regular soda has approximately 150 calories per serving, with no nutritional value. In addition, the high amount of sugar in regular soda has become a health concern. Thirty-three percent of Murray County residents drank regular soda on the day prior to taking the survey and 26 percent drank diet soda.

#### BEVERAGES CONSUMED YESTERDAY

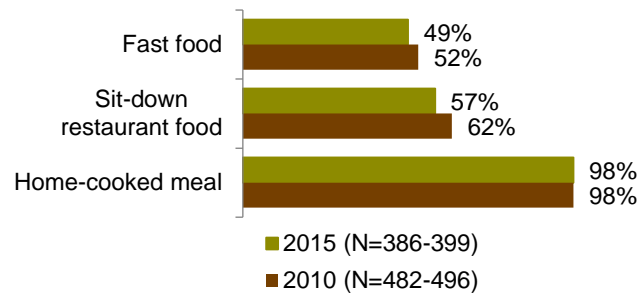


#### Eating out and eating in

Forty-nine percent of Murray County residents eat fast food at least once in a typical week. More than half (57%) eat at least once per week at a restaurant that is not fast food. The vast majority of residents who eat out do so only once or twice per week.

Nearly all (98%) of Murray County residents eat at least one home-cooked meal in a typical week, but only half (55%) eat a home-cooked meal every day. Twenty percent of Murray County residents watch TV while eating a meal daily, while 28 percent never watch TV while eating a meal. All of these factors are related to the degree to which an individual is likely to meet their nutritional needs.

#### EATING OUT AND EATING IN ONE TIME OR MORE IN AN AVERAGE WEEK



### Access to nutritious food

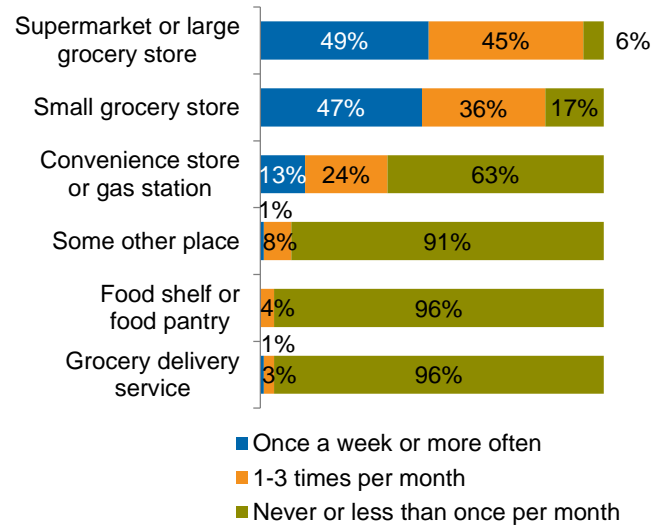
One focus of the Statewide Health Improvement Program (SHIP) is to increase access to community resources and support by improving policies, systems, and environments. Nutrition and healthy eating is a key focus area of SHIP.

#### Grocery shopping

While 94 percent of residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop,” and 88 percent agree that “The fresh fruits and vegetables where I usually shop are of high quality,” 59 percent report that fruits and vegetables are too expensive where they shop.

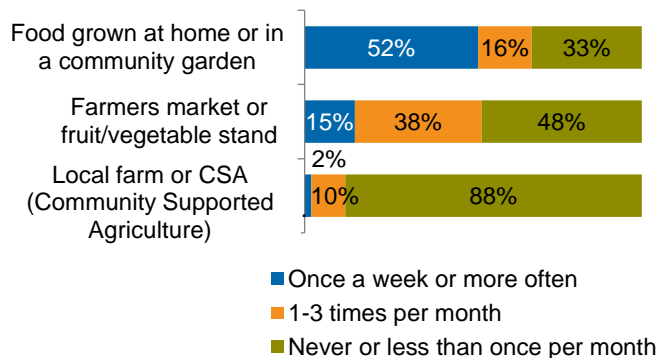
Forty-two percent of Murray County residents travel more than 20 miles (one way) to get their groceries. Most respondents shop for groceries at a supermarket or large grocery store or a small grocery store once a week or more often.

#### IN A TYPICAL MONTH, HOW OFTEN DO YOU BUY OR GET FOOD FROM A...(N=365-400)



During the growing season, about half of Murray County residents get food from a home or community garden, but far fewer get food from farmers markets and Community Supported Agriculture.

#### DURING THE GROWING SEASON, HOW OFTEN DO YOU BUY OR GET FOOD FROM A...(N=381-394)



#### Food insecurity

Thirteen percent of Murray County residents reported that in the past 12 months they often or sometimes worried that their food would run out before they had money to buy more, and 4 percent said that they had used a community food shelf program in the past 12 months.



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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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