



Adult Health in Murray County

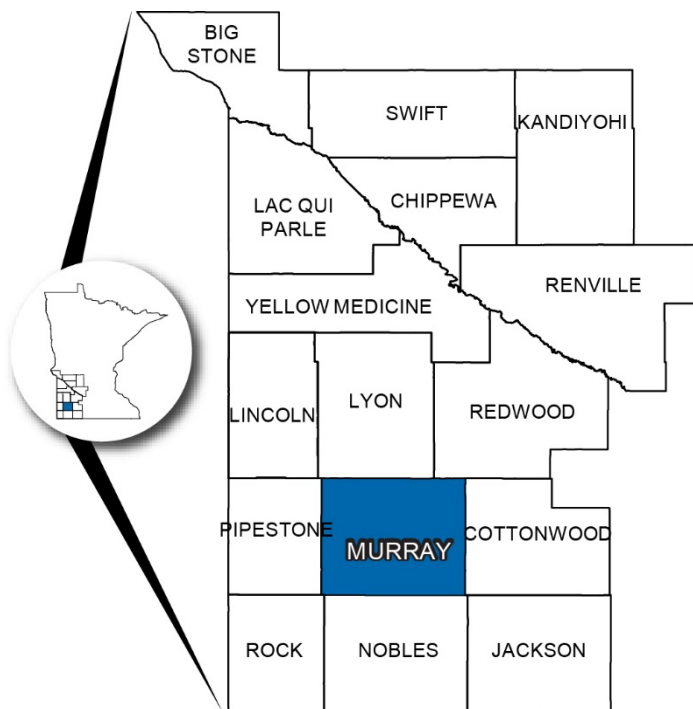
Findings from the 2015 Southwest Minnesota Healthy Communities Survey

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 (Big Stone, Chippewa, Cottonwood, Jackson, Kandiyohi, Lac qui Parle, Lincoln, Lyon, Murray, Nobles, Pipestone, Redwood, Renville, Rock, Swift, and Yellow Medicine counties). 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 provides an overview of survey results of adult residents in Murray County.

The survey was conducted April through July 2015. It was sponsored in part by the participating counties’ grants from the Minnesota Department of Health’s Statewide Health Improvement Program (SHIP), which aims to help Minnesotans live longer, healthier lives by reducing the burden of chronic disease.

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 or in Minnesota, this refers to a difference of 10 percentage points or more.

MAP OF THE 16-COUNTY REGION



Overall health

Based on a scale that ranks from excellent to poor, most Murray County residents say their health is “very good” or “good.” Murray County residents are less likely to say their health is excellent compared with the state as a whole.

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

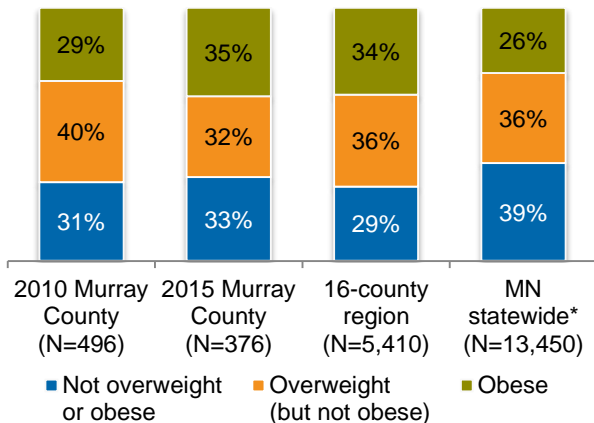
	Murray County (N=393)	16-county region (N=5,623)	MN statewide* (N=12,896)
Excellent	10%	13%	22%
Very good	43%	40%	36%
Good	35%	36%	29%
Fair	9%	10%	10%
Poor	2%	2%	3%

* Source: 2013 Behavioral Risk Factor Surveillance System (BRFSS) MN data

Obesity

Respondents' Body Mass Index, or BMI (which was calculated based on their self-reported height and weight), indicates that two-thirds of Murray County residents are overweight or obese. The percentage of overweight and obese respondents in Murray County is comparable to that of the region and Minnesotans statewide. There have been no significant changes in the percentage of overweight and obese residents in Murray County since 2010.

RESPONDENTS' BODY MASS INDEX



* Source: 2013 BRFSS MN data

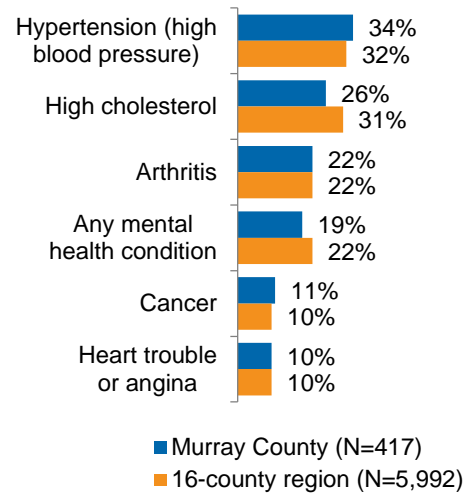
Although 35 percent of all Murray County respondents are obese, 9 percent of Murray County respondents have ever been told by a doctor or other health care professional that they are obese. Over half (57%) of respondents consider themselves to be about the right weight.

Chronic health conditions

Respondents were asked if they have ever been told by a health care provider that they have any of several chronic health conditions, all of which are related to poor nutrition, inadequate physical activity, or tobacco use. The data from this survey will serve as a baseline against which SHIP initiatives and related efforts can be evaluated for their impact on these chronic conditions, and associated factors, such as quality of life and health care costs.

The chart below shows the six most common chronic health conditions among adults in Murray County.

HAVE YOU EVER BEEN TOLD BY A DOCTOR OR OTHER HEALTH CARE PROFESSIONAL THAT YOU HAVE...



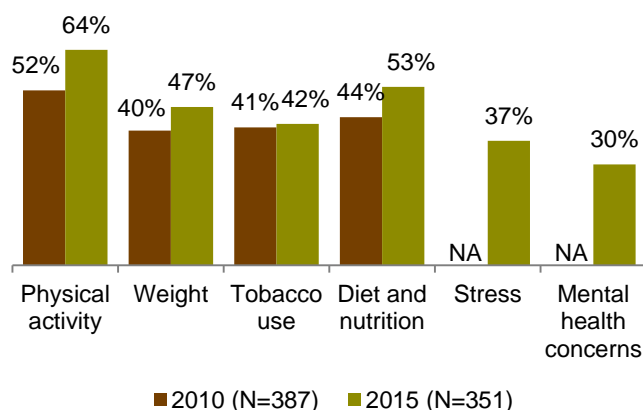
Support provided by health care providers

Eighty-three percent of respondents said they have seen a health care provider about their own health in the past 12 months.

Respondents who had visited a health care provider in the past year were asked if the provider talked with them about their physical activity, diet and nutrition, weight, tobacco use, stress, and mental health concerns. Since 2010, there has been an increase in the proportion of respondents who said they were asked about physical activity. Stress and mental health concerns were not asked about on the 2010 survey. However, in 2015, 37 percent of respondents were asked about stress and 30 percent were asked about mental health concerns.

The results indicate that, despite a slight improvement since 2010, a considerable proportion of adults do not recall speaking with their health care provider about any of these issues, which are related to prevention and maintenance of chronic diseases and conditions.

OF THOSE WHO VISITED A HEALTH CARE PROVIDER IN THE PAST 12 MONTHS, DID THE PROVIDER ASK ABOUT YOUR...



Nutrition

Thirty-nine percent of Murray County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. However, over half of residents (59%) agree that fresh fruits and vegetables where they usually shop are too expensive.

According to survey responses, there have been no significant changes in fruit and vegetable or beverage consumption in Murray County since 2010.

Nearly all Murray County residents eat at least one home-cooked meal in a typical week, but about half (55%) eat a home-cooked meal every day. Half (49%) of respondents eat fast food at least once per week. However, since 2010, there has been an increase in the percentage of respondents in Murray County who eat a home-cooked meal seven or more times per week.

For more information about adult nutrition in Murray County, please see the fact sheet on this topic.

Physical activity

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.

Half (50%) of respondents reported over two hours of “screen time” (time spent watching TV or movies or using the computer for non-work purposes) per day, down from 70 percent in 2010.

Since 2010, respondents indicate an increase in the use of walking paths or trails and a decrease in the use of public recreation or community centers. The biggest self-reported barriers to more physical activity are: lack of self-discipline or willpower, lack of time, and the cost of programs.

For more information about adult physical activity in Murray County, please see the fact sheet on this topic.

Tobacco use

Sixty-four percent of Murray County residents have never smoked, 25 percent no longer smoke, and 11 percent are current smokers. Since 2010, Murray County residents are more likely to have stopped smoking for one day or longer because they were trying to quit. The most common and successful quitting method used was to quit without any assistance from nicotine-replacement medications, counseling, or other forms of quitting support.

For more information about adult tobacco use in Murray County, please see the fact sheet on this topic.

Alcohol use

Forty-one percent of Murray County residents reported they have engaged in binge drinking in the past 30 days (5+ drinks for males and 4+ drinks for females on an occasion). According to responses, 11 percent participate in heavy drinking (60+ drinks for males and 30+ drinks for females in the past 30 days). Respondents age 35-44 are most likely to engage in heavy drinking. Alcohol use in Murray County is comparable to alcohol use in the 16-county region.

Mental health

Fourteen percent of Murray County residents have been told by a doctor that they have depression, 11 percent have been told they have anxiety or panic attacks, and 4 percent have been told they have other mental health problems. In the past year, 1 in 10 respondents said that they did not get or delayed getting needed mental health care. The most common reasons for not seeking

help were because they did not think it was serious enough, it cost too much, and they were too nervous or afraid.

For more information about mental health in Murray County, please see the fact sheet on this topic.

Dental health

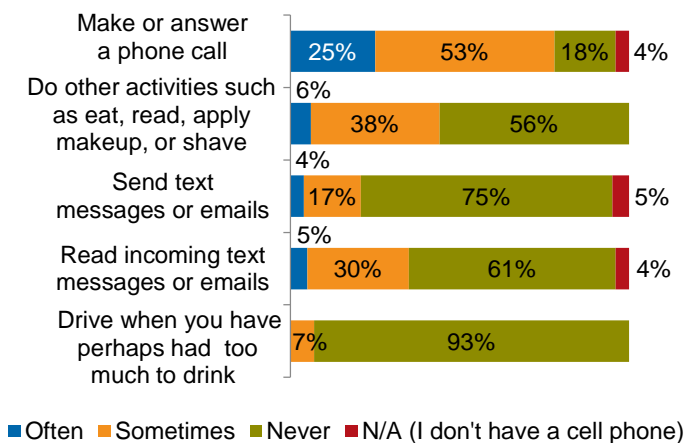
Three-quarters (74%) of Murray County residents reported that they had their last dental exam or teeth cleaning within the past year. Twenty percent of respondents said that during the past 12 months, there was a time when they needed dental care, but did not get it or delayed getting it. The most common reasons for not getting dental care were because it cost too much and because they did not have insurance.

For more information about dental health in Murray County, please see the fact sheet on this topic.

Distracted or impaired driving

Seventy-eight percent of Murray County residents make or answer phone calls while they are driving and nearly half do other activities such as eat, read, apply makeup, or shave.

WHEN DRIVING A CAR OR OTHER VEHICLE, HOW OFTEN DO YOU...(N=371-378)



Methods

The survey was conducted by mail. Households were randomly selected using Address-Based Sampling, and the “most recent birthday” method of within-household respondent selection was used to randomly select one adult from each sampled household. Incentives were not offered to participate in this survey. A total of 1,200 people in Murray County were invited to participate and 418 completed the survey, for a response rate of 35 percent. This results in a sampling error of +/- 6 percent. Survey respondents are representative of the adult population of Murray County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Respondent characteristics (weighted)	Murray County (N=418)
Gender	
Female	51%
Male	49%
Age	
18-34	20%
35-44	13%
45-54	20%
55-64	19%
65-74	13%
75+	15%
Education	
Less than HS diploma, no GED	4%
High school diploma or GED	33%
Some college/trade school or associate degree	37%
Bachelor's degree or higher	27%
Household income	
Less than \$20,000	11%
\$20,000 - \$34,999	15%
\$35,000 - \$49,999	18%
\$50,000 - \$74,999	28%
\$75,000 or more	28%

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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