



## Adult Health in Redwood County

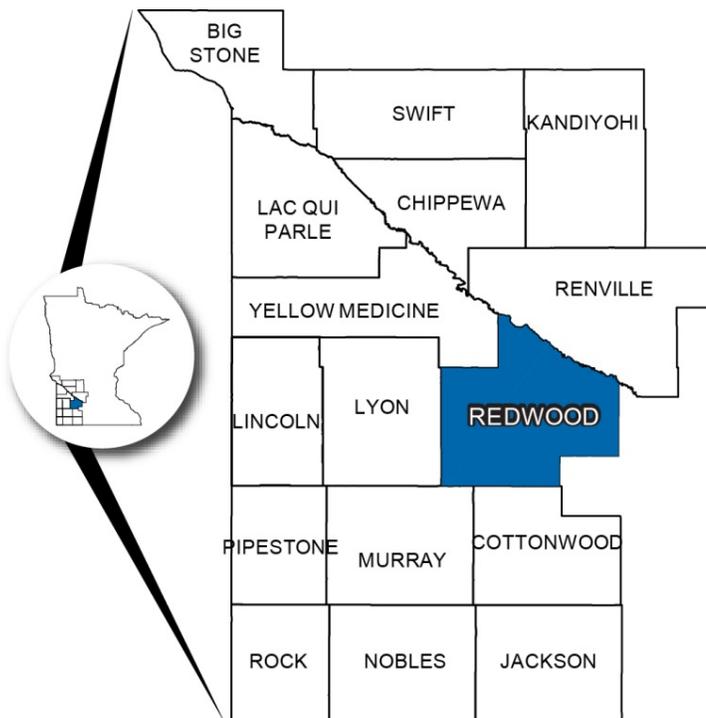
### Findings from the 2015 Southwest Minnesota Healthy Communities Survey

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 Redwood 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 Redwood County residents say their health is “very good” or “good.” Redwood County residents are less likely to say their health is excellent compared with the state as a whole.

#### RESPONDENTS' RATINGS OF THEIR OVERALL HEALTH

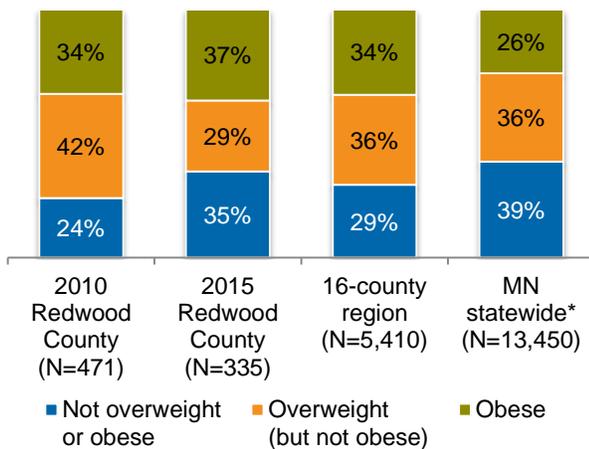
	Redwood County (N=343)	16-county region (N=5,623)	MN statewide* (N=12,896)
Excellent	9%	13%	22%
Very good	41%	40%	36%
Good	39%	36%	29%
Fair	10%	10%	10%
Poor	1%	2%	3%

\* 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 Redwood County residents are overweight or obese. Redwood County residents are more likely to be obese than Minnesotans statewide. Since 2010, the proportion of those who are overweight, but not obese, in Redwood County has decreased and the proportion who are not overweight has increased.

RESPONDENTS' BODY MASS INDEX



\* Source: 2013 BRFSS MN data

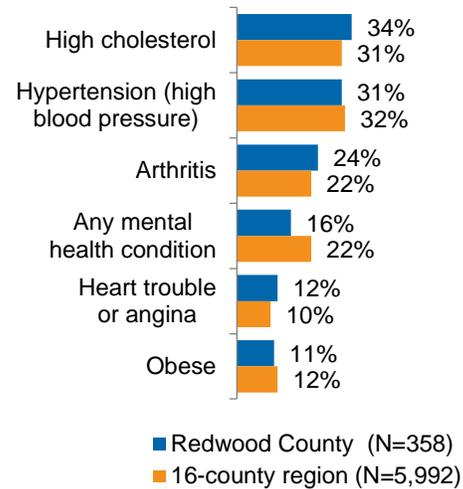
Although 37 percent of all Redwood County respondents are obese, 11 percent of Redwood County respondents have ever been told by a doctor or other health care professional that they are obese. Over half (55%) of respondents consider themselves to be about the right weight.

## 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 Redwood County.

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



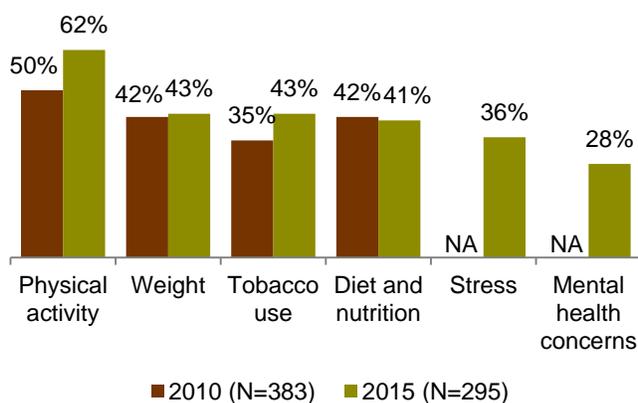
## Support provided by health care providers

Eighty 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, 36 percent were asked about stress and 28 percent were asked about mental health concerns.

The results indicate that, despite an 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-eight percent of Redwood County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey.

Since 2010, there has been a decrease in the proportion of Redwood County residents that agree that fruits and vegetables are too expensive and an increase in the proportion that agree there is a large selection where they shop. This change may be due to changes in the economic environment since the recession. Changes may also be attributed to efforts implemented by the Statewide Health Improvement Program (SHIP). According to survey responses, consumption of regular soda, diet soda, and sports or energy drinks has stayed the same since 2010, and milk consumption has decreased.

Nearly all Redwood County respondents eat at least one home-cooked meal in a typical week, but only about half eat a home-cooked meal every day.

For more information about adult nutrition in Redwood 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 Redwood County 18 percent of respondents met both moderate and vigorous physical activity recommendations while 56 percent met neither.

Fifty-five percent 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 69 percent in 2010.

Since 2010, respondents indicate an increase in availability or use of bike paths, shared use paths, and bike lanes. 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 Redwood County, please see the fact sheet on this topic.

**Tobacco use**

Sixty-six percent of Redwood County residents have never smoked, 26 percent no longer smoke, and 8 percent are current smokers. Redwood residents are more likely to have tried quitting smoking in the past 12 months than residents of the region. 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 Redwood County, please see the fact sheet on this topic.

**Alcohol use**

Thirty-nine percent of Redwood 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, 14 percent participate in heavy drinking (60+ drinks for males and 30+ drinks for females in the past 30 days). Respondents age 18-44 are most likely to engage in heavy drinking. Alcohol use in Redwood County is comparable to alcohol use in the 16-county region.

**Mental health**

Thirteen percent of Redwood County residents have been told by a doctor that they have depression, 8 percent have been told they have anxiety or panic attacks, and 1 percent have been told they have other mental health problems. In the past year, nearly 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 and because it cost too much.

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

### Dental health

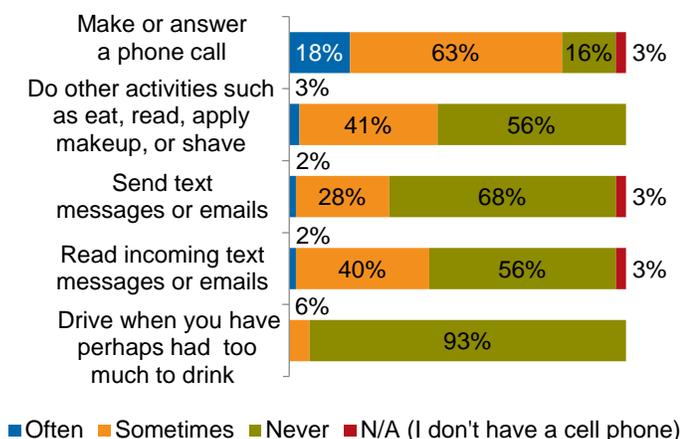
More than three-quarters of Redwood County residents reported that they had their last dental exam or teeth cleaning within the past year. Nearly one-quarter of respondents said that during the past 12 months, there was a time when they needed dental care, but did not get it or delayed getting it. The most common reasons for not getting dental care were because it cost too much and they did not have insurance.

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

### Distracted or impaired driving

Eighty-one percent of Redwood 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=325-330)



### 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 Redwood County were invited to participate and 361 completed the survey, for a response rate of 31 percent. This results in a sampling error of +/- 7 percent. Survey respondents are representative of the adult population of Redwood County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Respondent characteristics (weighted)	Redwood County (N=361)
<b>Gender</b>	
Female	51%
Male	49%
<b>Age</b>	
18-34	22%
35-44	15%
45-54	20%
55-64	17%
65-74	12%
75+	14%
<b>Education</b>	
Less than HS diploma, no GED	6%
High school diploma or GED	25%
Some college/trade school or associate degree	37%
Bachelor's degree or higher	31%
<b>Household income</b>	
Less than \$20,000	12%
\$20,000 - \$34,999	12%
\$35,000 - \$49,999	15%
\$50,000 - \$74,999	35%
\$75,000 or more	26%

#### 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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