



Adult Nutrition in Rock 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 Wilder Research to produce summary reports for each of the six counties in their service area. This fact sheet summarizes survey results related to nutrition habits of adult residents in Rock 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).

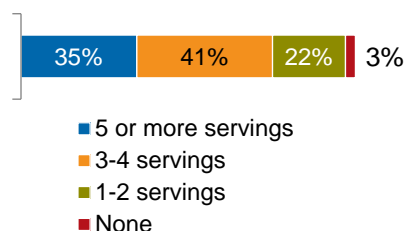
In the reporting of results that follows, when it is stated that respondents’ answers to a survey item increased or decreased, this is referring to a change of 10 percentage points or more in respondents’ answers from the 2010 to the 2015 county survey. Rock County does not have comparable data from 2010 as Rock County did not participate in the 2010 Southwest/South Central Adult Health 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, over one-third (35%) of Rock County residents ate five or more servings of fruits and vegetables.

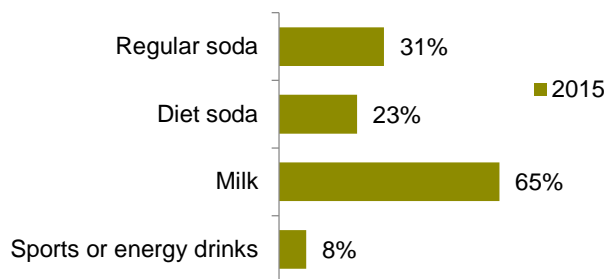
NUMBER OF SERVINGS OF FRUITS AND VEGETABLES ATE YESTERDAY (N=340)



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-one percent of Rock County residents drank regular soda and 23 percent drank diet soda on the day prior to taking the survey. Sixty-five percent of respondents drank milk and 8 percent drank a sports or energy drink.

BEVERAGES CONSUMED YESTERDAY (N=315-347)



Eating out and eating in

Sixty-three percent of Rock County residents eat fast food at least once in a typical week and 63 percent eat at least once at a restaurant that is not fast food. The vast majority of residents who eat out do so two times or less per week.

Nearly all (97%) Rock County residents eat at least one home-cooked meal in a typical week, but only half (49%) eat a home-cooked meal every day. Seventeen percent of Rock County residents watch TV while eating a meal daily, while one-quarter (25%) of residents 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 (N=339-347)



Access to nutritious food

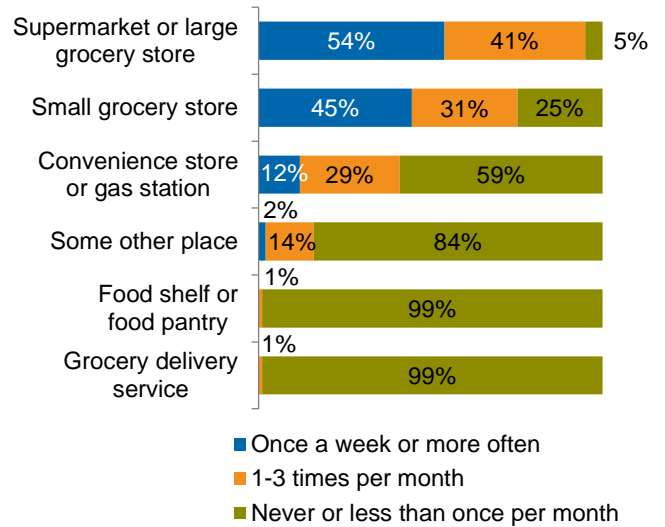
One focus of the Statewide Health Improvement Program (SHIP) is to increase access to community resources and support by improving policies, systems, and environments. Nutrition and healthy eating is a key focus area of SHIP.

Grocery shopping

Ninety-seven percent of residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And 92 percent of residents agree that, “The fresh fruits and vegetables where I usually shop are of high quality.” However, 72 percent of residents also agree with the statement, “The fresh fruits and vegetables where I shop are too expensive.” Rock County residents are more likely than residents of the region to agree that fresh fruits and vegetables where they shop are too expensive.

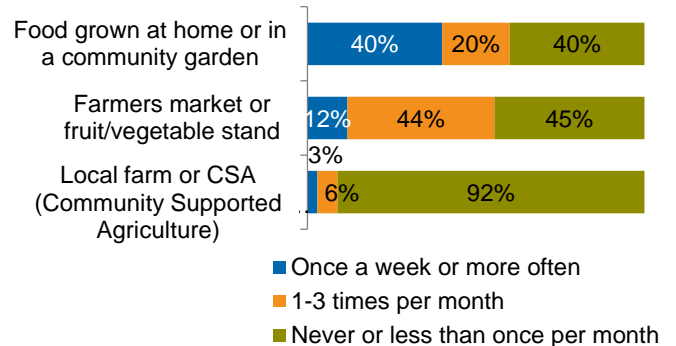
Twenty-nine percent of Rock County residents travel more than 20 miles (one way) to get their groceries. Most respondents shop for groceries at a supermarket or large grocery store and small grocery store once a week or more often.

IN A TYPICAL MONTH, HOW OFTEN DO YOU BUY OR GET FOOD FROM A...(N=304-349)



During the growing season, about half of Rock 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=323-345)



Food insecurity

Twelve percent of Rock 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 2 percent said that they had used a community food shelf program in the past 12 months.



Wilder Research

Information. Insight. Impact.

AMHERST H
WILDER
FOUNDATION
ESTABLISHED 1906

Here for good.

451 Lexington Parkway North
Saint Paul, Minnesota 55104
651-280-2700
www.wilderresearch.org

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/>

Authors: Anna Bartholomay and Nicole MartinRogers
APRIL 2016