



## Adult Health in Rock County

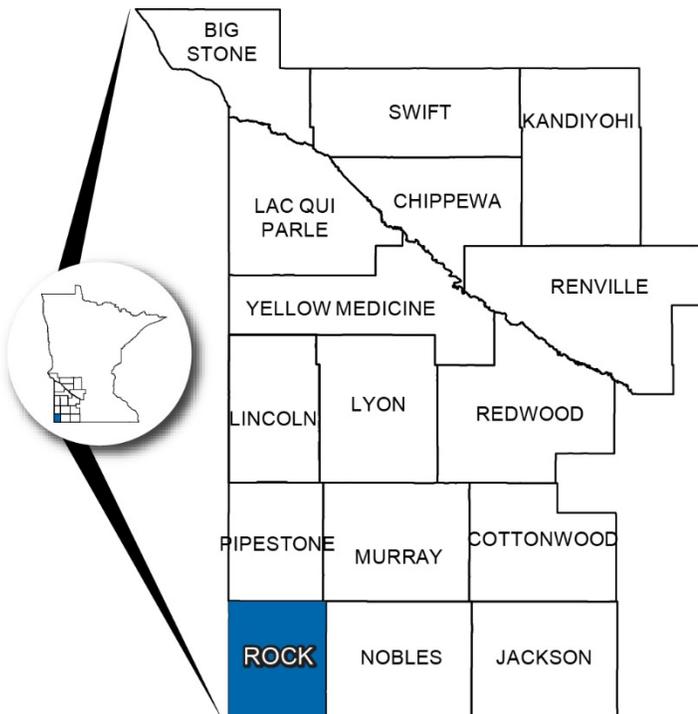
### Findings from the 2015 Southwest Minnesota Healthy Communities Survey

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 (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 Rock 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 are 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. Rock County does not have comparable data from 2010 as Rock County did not participate in the 2010 Southwest/South Central Adult Health Survey.

#### MAP OF THE 16-COUNTY REGION



#### Overall health

Based on a scale that ranks from excellent to poor, most Rock County residents say their health is “very good” or “good.” Rock County overall health ratings are comparable to the 16-county region and the state as a whole.

#### RESPONDENTS' RATINGS OF THEIR OVERALL HEALTH

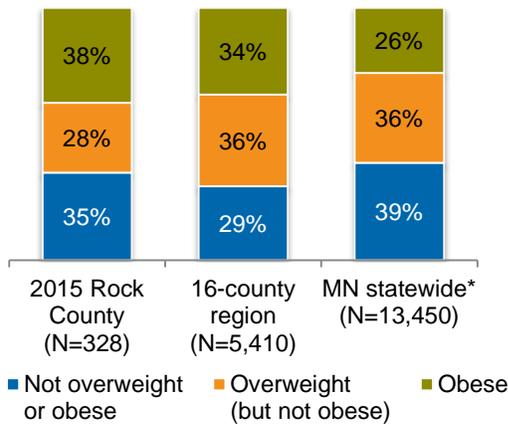
	Rock County (N=335)	16-county region (N=5,623)	MN statewide* (N=12,896)
Excellent	17%	13%	22%
Very good	39%	40%	36%
Good	36%	36%	29%
Fair	7%	10%	10%
Poor	2%	2%	3%

\* 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 nearly two-thirds of Rock County residents are overweight or obese. Rock County residents are more likely to be obese than Minnesotans statewide.

### RESPONDENTS' BODY MASS INDEX



\* Source: 2013 BRFSS MN data

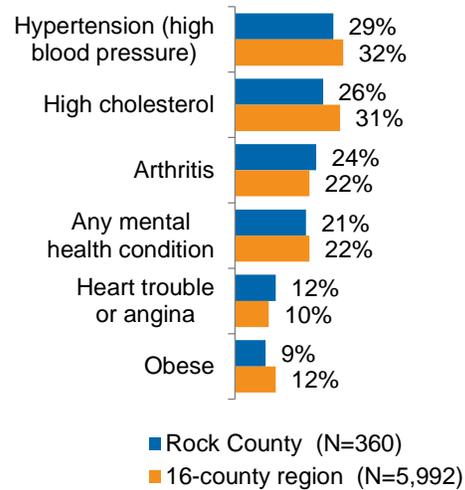
Although 38 percent of all Rock County respondents are obese, 9 percent of Rock County respondents have ever been told by a doctor or other health care professional that they are obese. Over half (57%) of respondents consider themselves to be about the right weight.

## 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, and/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 following chart shows the six most common chronic health conditions among adults in Rock County.

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



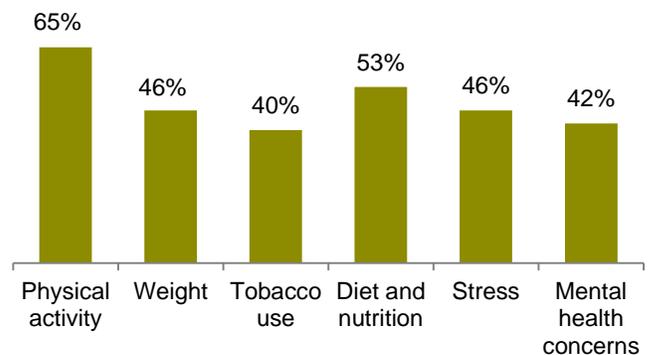
## Support provided by health care providers

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. While over half of respondents reported having been asked about physical activity or diet and nutrition, less than half were asked about weight, tobacco use, stress, and other mental health concerns.

A considerable proportion of adults do not recall being asked by 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...(N=304)



## *Nutrition*

Thirty-five percent of Rock County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. Most residents (72%) agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.” Nearly all respondents (97%) agree that there is a large selection of fruits and vegetables where they usually shop and 92 percent agree that the fresh fruits and vegetables available are of high quality.

Nearly all (99%) of Rock County residents eat at least one home-cooked meal in a typical week, but only 52 percent eat a home-cooked meal every day. Sixty-three percent of respondents eat fast food at least once per week and 63 percent eat a meal out at a restaurant that is not a fast food place at least once per week.

For more information about adult nutrition in Rock 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.

Forty-eight percent of respondents reported over two hours of “screen time” (time spent watching TV or movies or using the computer for non-work purposes) on average daily. In Rock County, 16 percent of respondents met both moderate and vigorous physical activity recommendations while 66 percent met neither.

Residents of Rock County are more likely to have and use walking paths or trails, parks and sports fields, and bicycle paths for physical activity than the residents of the 16-county region as a whole. 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 Rock County, please see the fact sheet on this topic.

## *Tobacco use*

Sixty-nine percent of Rock County residents have never smoked, 22 percent no longer smoke, and 9 percent are current smokers. 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 Rock County, please see the fact sheet on this topic.

## *Alcohol use*

Forty-two percent of Rock 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, 8 percent participate in heavy drinking (60+ drinks for males and 30+ drinks for females in the past 30 days). Alcohol use in Rock County is comparable to alcohol use in the 16-county region.

## *Mental health*

Nearly 1 in 5 Rock County respondents have been told by a doctor that they have depression; fewer (10%) have been told they have anxiety or panic attacks, and 2 percent have been told they have other mental health problems. In the past year, 1 out of 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 it cost too much, they didn't know where to go, they did not think it was serious enough, or they were too nervous or afraid.

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

## Dental health

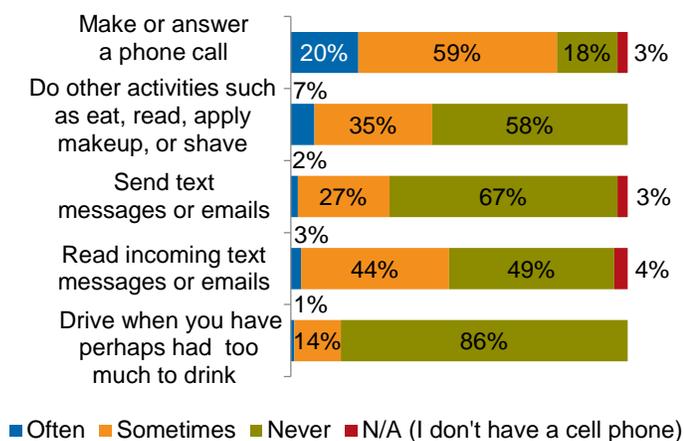
More than half (58%) of Rock County residents reported that they had their last dental exam or teeth cleaning within the past year. More than one-quarter (27%) of respondents said that during the past 12 months, there was a time when they needed dental care, but did not get it or delayed getting it. 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 Rock County, please see the fact sheet on this topic.

## Distracted or impaired driving

Seventy-nine percent of Rock County respondents make or answer phone calls while they are driving and 42 percent do other activities such as eat, read, apply makeup, or shave.

WHEN DRIVING A CAR OR OTHER VEHICLE, HOW OFTEN DO YOU...(N=312-322)



## 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 Rock 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 Rock County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Respondent characteristics (weighted)	Rock County (N=361)
<b>Gender</b>	
Female	52%
Male	48%
<b>Age</b>	
18-34	22%
35-44	15%
45-54	20%
55-64	18%
65-74	11%
75+	15%
<b>Education</b>	
Less than HS diploma, no GED	7%
High school diploma or GED	23%
Some college/trade school or associate degree	43%
Bachelor's degree or higher	27%
<b>Household income</b>	
Less than \$20,000	10%
\$20,000 - \$34,999	18%
\$35,000 - \$49,999	11%
\$50,000 - \$74,999	31%
\$75,000 or more	30%



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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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