



Adult Physical Activity 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 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 physical activity 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 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.

Current levels of physical activity

Regular physical activity helps improve one's overall health and fitness and reduces the risk of chronic disease. 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 Rock County, 16 percent of respondents met both moderate and vigorous physical activity recommendations while 66 percent met neither. Additionally, 21 percent of respondents said they did not participate in any physical activity or exercise other than their regular job in the past 30 days.

RESPONDENTS' PHYSICAL ACTIVITY (N=339)



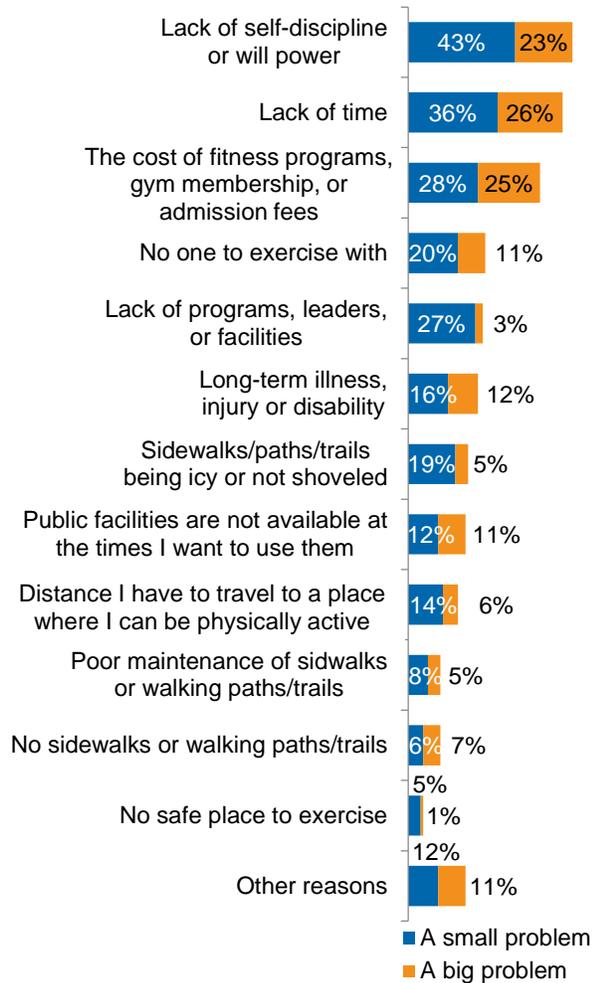
Screen time

When asked about daily “screen time” – total time spent watching TV and using the computer for non-work-related purposes such as surfing the internet or social networking – about half (48%) of respondents reported over 2 hours of screen time per day. Over one-quarter (27%) of respondents reported 1 hour or less of screen time per day.

Barriers to physical activity

The biggest self-reported barriers to getting physical activity are lack of self-discipline or will power, lack of time, and the cost of programs. These are the same top barriers that were reported in 2010.

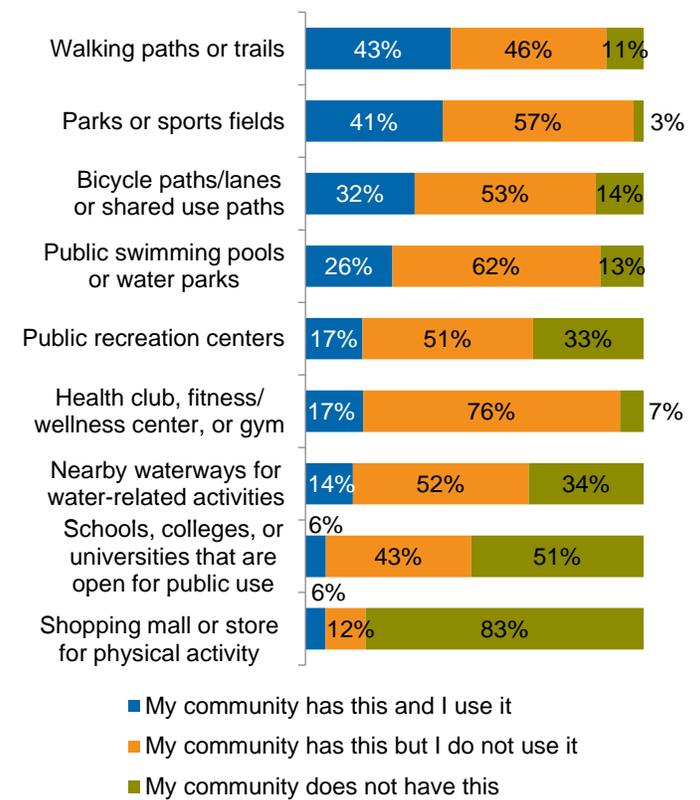
**RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY
(N=257-333)**



Access to community resources

Respondents were asked about their access to and use of various public amenities. Most residents live in communities that have a limited variety of resources for physical activity. The most commonly used resources are walking paths or trails and parks or sports fields. The least commonly used resources are schools, colleges, universities, and shopping malls. Many available resources in the community for physical activity are underutilized.

**RESPONDENTS' ACCESS TO AND USE OF COMMUNITY
RESOURCES FOR PHYSICAL ACTIVITY (N=268-314)**



Compared with the region...

Rock County residents are more likely than residents of the region to have: 1) walking paths or trails, 2) bicycle paths, 3) shared use paths or bike lanes, 4) public swimming pools or water parks, and 5) health clubs, and are less likely to have shopping malls for physical activity or walking and nearby waterways for water-related activities.



**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