

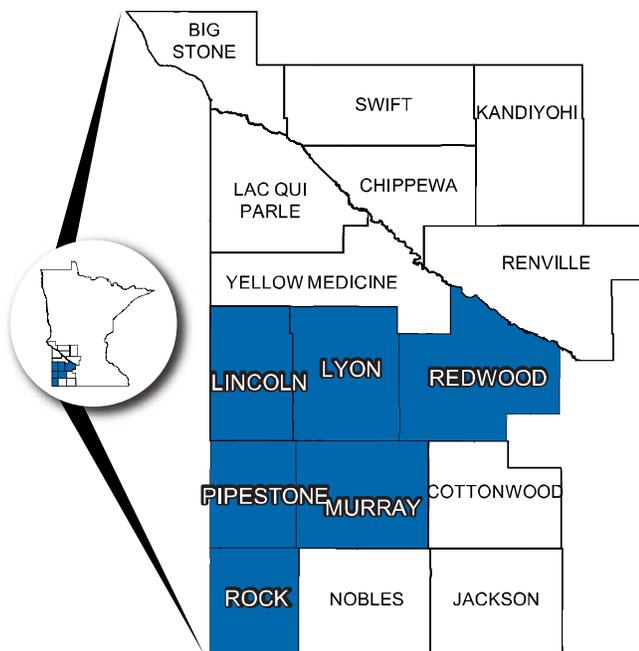


Adult Health in Southwest Health & Human Services Service Area

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 (SWHHS) 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 the SWHHS 6-county region.

MAP OF THE 16-COUNTY REGION



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 SWHHS region compared to the 16-county region or in Minnesota, this refers to a difference of 10 percentage points or more.

Overall health

Based on a scale that ranks from excellent to poor, most respondents from the SWHHS region say their health is “very good” or “good.” Respondents’ overall health ratings are comparable to self-reported health ratings from residents of the 16-county region and Minnesotans statewide.

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

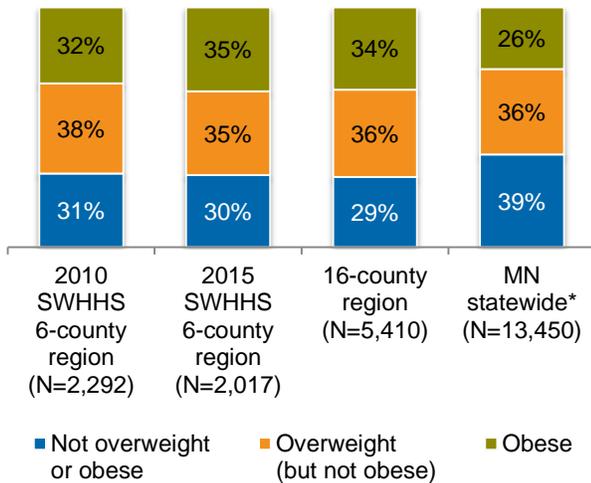
	SWHHS region (N=2,076)	16-county region (N=5,623)	MN statewide* (N=12,896)
Excellent	14%	13%	22%
Very good	40%	40%	36%
Good	36%	36%	29%
Fair	9%	10%	10%
Poor	1%	2%	3%

* 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 over two-thirds (71%) of residents in the SWHHS region are overweight or obese. There have been no significant changes in the percentage of overweight and obese residents in the SWHHS region since 2010.

RESPONDENTS' BODY MASS INDEX



* Source: 2013 BRFSS MN data

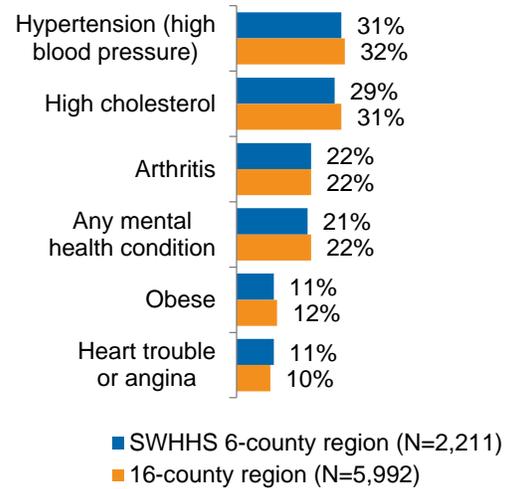
Although 35 percent of all SWHHS respondents are obese, 11 percent of all respondents have ever been told by a doctor or other health care professional that they are obese. Over half (56%) of respondents consider themselves to be about the right weight.

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 the SWHHS region.

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



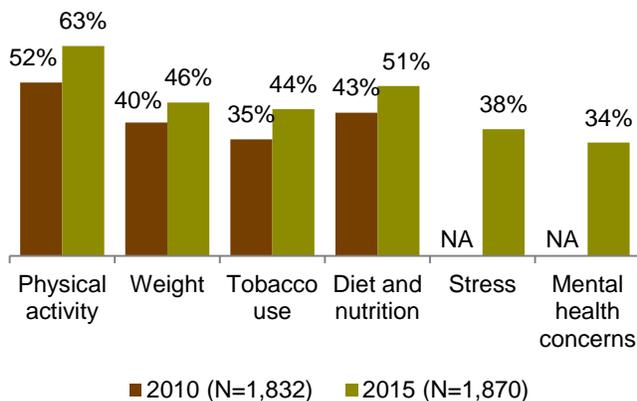
Support provided by health care providers

The percentage of respondents that said they have seen a health care provider about their own health in the past 12 months increased from 71 percent in 2010 to 82 percent in 2015.

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, 38 percent were asked about stress and 34 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-six percent of residents in the SWHHS region ate five or more servings of fruits and vegetables on the day prior to taking the survey. Thirty-two percent of residents in the SWHHS region drank regular soda on the day prior to taking the survey. Over half of respondents (59%) agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

Nearly all (98%) SWHHS residents eat at least one home-cooked meal in a typical week and over half eat a home-cooked meal every day. Fifty-seven percent of residents eat fast food at least once in a typical week and 54 percent eat at least once per week at a restaurant that is not fast food.

For more information about adult nutrition in the SWHHS region, 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 the SWHHS region, 18 percent of respondents met both moderate and vigorous physical activity recommendations while 60 percent met neither.

Half (51%) 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 72 percent of respondents in 2010.

The most commonly used resources are parks or sports fields and walking paths or trails. Since 2010, residents in the SWHHS region have increased their use of walking paths and trails. The biggest self-reported barriers to more physical activity are lack of self-discipline or will power and lack of time.

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

Tobacco use

Sixty-five percent of SWHHS residents have never smoked, 25 percent are former smokers, and 10 percent are current smokers. Of the 35 percent who are current and former smokers, 50 percent said they had stopped smoking for one day or longer in the past year 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 the SWHHS region, please see the fact sheet on this topic.

Alcohol use

Thirty-five percent of respondents from the SWHHS region 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 engage in heavy drinking (60+ drinks for males and 30+ drinks for females in the past 30 days). Respondents age 18-44 are the most likely to engage in heavy drinking. Alcohol use in the SWHHS region is comparable to alcohol use in the 16-county region.

Mental health

Sixteen percent of respondents from the SWHHS region have been told by a doctor that they have depression and 13 percent have been told they have anxiety. Fewer (3%) have been told they have other mental health problems. In the past year, 9 percent of 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 the SWHHS region, please see the fact sheet on this topic.

Dental health

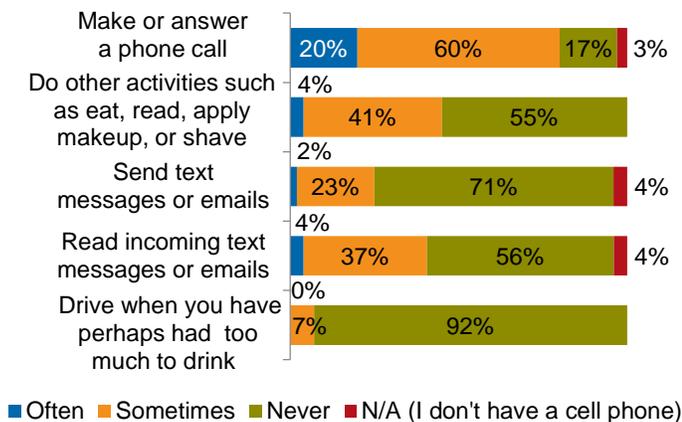
Sixty-nine percent of respondents from the SWHHS region reported that they had their last dental exam or teeth cleaning within the past year. One-quarter (24%) of respondents said that during the past 12 months, there was a time when they needed dental care, but did not get it or delayed getting it. 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 the SWHHS region, please see the fact sheet on this topic.

Distracted or impaired driving

Eighty percent of respondents from the SWHHS region make or answer phone calls while they are driving and 45 percent do other activities such as eat, read, apply makeup, or shave.

WHEN DRIVING A CAR OR OTHER VEHICLE, HOW OFTEN DO YOU...(N=1,950-1,977)



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 7,200 people in the SWHHS 6-county region were invited to participate and 2,219 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 the SWHHS 6-county region. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Respondent characteristics (weighted)	SWHHS region (N=2,219)
Gender	
Female	52%
Male	48%
Age	
18-34	25%
35-44	15%
45-54	19%
55-64	17%
65-74	11%
75+	14%
Education	
Less than HS diploma, no GED	5%
High school diploma or GED	25%
Some college/trade school or associate degree	37%
Bachelor's degree or higher	33%
Household income	
Less than \$20,000	13%
\$20,000 - \$34,999	14%
\$35,000 - \$49,999	16%
\$50,000 - \$74,999	27%
\$75,000 or more	30%

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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