

Adult Health in Big Stone County

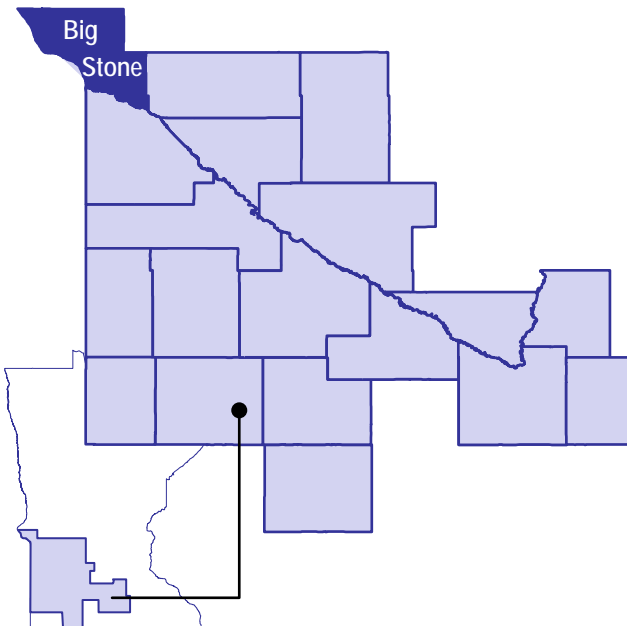
Findings from the 2010 Southwest/South Central Adult Health Survey

The 2010 Southwest/South Central Adult Health Survey was conducted to learn about the health and health habits – nutrition, physical activity, and tobacco use – of residents living in 19 counties in southwest and south central Minnesota (Big Stone, Blue Earth, Brown, Chippewa, Cottonwood, Jackson, Kandiyohi, Lac qui Parle, Le Sueur, Lincoln, Lyon, Murray, Nicollet, Pipestone, Redwood, Renville, Swift, Waseca, and Yellow Medicine Counties).

Wilder Research conducted the survey between April and July, 2010. It was sponsored by eight public health agencies, and funded by the Minnesota Department of Health as part of the Statewide Health Improvement Program (SHIP), which aims to help Minnesotans live longer, healthier lives by reducing the burden of chronic disease.

This fact sheet provides an overview of survey results of adult residents in Big Stone County.

MAP OF THE 19-COUNTY REGION



Overall health

Based on a scale that ranks from excellent to poor, most Big Stone County residents say their health is “very good” or “good,” which is better than the region and the state as a whole.

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Big Stone County	19-county region	MN statewide*
Excellent	7%	13%	22%
Very good	42%	38%	41%
Good	39%	37%	27%
Fair	9%	10%	7%
Poor	2%	2%	3%

**Source: 2009 BRFSS MN data.*

Obesity

Respondents’ Body Mass Index, or BMI (which was calculated based on their self-reported height and weight), indicates that 7 out of 10 Big Stone County residents are overweight, including nearly one-third who are obese. Big Stone County residents are slightly more likely to be overweight than the residents of Minnesota and the region.

RESPONDENTS’ BODY MASS INDEX

	Big Stone County	19-county region	MN statewide*
Not overweight or obese	30%	34%	37%
Overweight (but not obese)	39%	36%	38%
Obese	31%	31%	25%

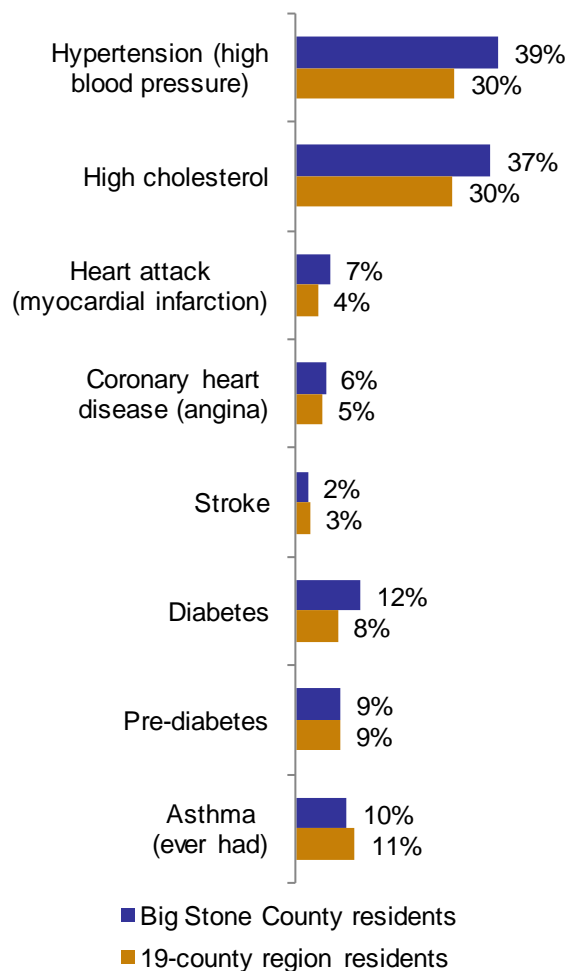
**Source: BRFSS-MN data.*

Yet, about half of residents consider themselves to be about the right weight. Fifty-eight percent of women and 42 percent of men say they are now trying to lose weight.

Chronic health conditions

Respondents were asked if they have ever been told by a health care provider that they have any of the following 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 in terms of their impact on these chronic diseases, and associated factors, such as quality of life and health care costs.

RESPONDENTS' SELF-REPORTED CHRONIC HEALTH CONDITIONS



*HEART DISEASE AND RELATED CONDITIONS

Compared with residents of the region, residents of Big Stone County are more likely to have high blood pressure and high cholesterol.

*Diabetes

Residents of Big Stone County are more likely to have diabetes, and have similar rates of pre-diabetes as residents of the region.

*Asthma

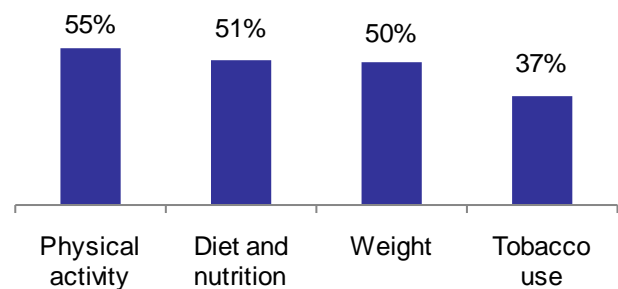
Ten percent of residents have ever had asthma, and of those, three-quarters still have asthma.

Support provided by health care providers

Approximately three-quarters of residents said they have seen a health care provider about their own health in the past 12 months, which is slightly higher than the regional average.

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, and tobacco use. The results indicate that between one-third and half 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

Just over one-quarter of Big Stone County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. Almost 7 out of 10 residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

One-third of Big Stone County residents drank regular soda and/or diet soda on the day prior to taking the survey.

Most Big Stone County residents eat at least one home-cooked meal in a typical week, but only half eat a home-cooked meal every day.

For more information about adult nutrition in Big Stone County, please see the fact sheet on this topic.

Physical activity

Forty-five percent of Big Stone County residents get the recommended amount of moderate activity and less than one-quarter get the recommended amount of vigorous activity each week. Less than one-quarter said they had not done *any* physical activity other than their job in the past 30 days.

About two-thirds 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.

Most residents live in communities that have a variety of resources for physical activity. The most commonly used are waterways for water-related activities, which are used by nearly 4 out of 10 residents. The biggest self-reported barriers to getting physical activity are: lack of self-discipline or willpower, the cost of programs, and lack of time.

For more information about adult physical activity in Big Stone County, please see the fact sheet on this topic.



Tobacco use

Over half of Big Stone County residents have never smoked, and about one-third no longer smoke. Of the 43 percent who are current and former smokers, about 6 out of 10 said they had tried to quit within the past 12 months.

Of former smokers and current smokers who had stopped smoking for one day or longer during the past 12 months because they were trying to quit, the most common quitting method used was to quit *without any assistance* from nicotine replacement medications, counseling, or other forms of quitting support.

Only seven percent of residents allow regular smoking in their homes (by themselves or someone else) and less than 20 percent report they rode in a vehicle with someone who was smoking in the past week. Just over one-third of respondents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week.

For more information about adult tobacco use in Big Stone County, please see the fact sheet on this topic.

Methods

The survey was conducted by mail, and each potential respondent received up to two reminders following the initial mailing. 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. As an incentive to participate, respondents were invited to enter a drawing for a chance to win one of four \$25 grocery gift cards that were given away in each county.

A total of 1,600 people in Big Stone County were invited to participate and 504 completed a survey, for a response rate of 31.5 percent. This results in a sampling error of +/-4.1 percent. Survey respondents are representative of the adult population of Big Stone County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Respondent characteristics	Big Stone (N=504)
Gender	
Female	54%
Male	46%
Age	
18-34	15%
35-64	53%
65+	32%
Race	
White	99%
People of color	1%
Average household size	2.5
Location of home	
City (pop. 10,000+)	1%
Town (pop. <10,000)	58%
Rural area	42%
Education	
Less than high school	7%
High school diploma or GED	32%
Some college / trade or AA degree	38%
Bachelor's degree or higher	23%
Household income	
Less than \$15,000	12%
\$15,000 to \$35,000	28%
\$35,001 to \$65,000	32%
More than \$65,000	28%



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Additional survey results are available at:

www.wilder.org/report.html?id=2357

For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682 or Countryside Public Health at 320-564-3010.

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DECEMBER 2010

Adult Nutrition in Big Stone County

Findings from the 2010 Southwest/South Central Adult Health Survey

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This fact sheet summarizes survey results related to the nutrition habits of adult residents in Big Stone County.

Eating habits

***Breakfast**

According to the Centers for Disease Control and Prevention (CDC), eating breakfast improves concentration, memory, and mood. Half of Big Stone County residents eat breakfast every day in a typical week.

***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, just over one-quarter of Big Stone County residents ate five or more servings of fruits and vegetables.

***Beverages**

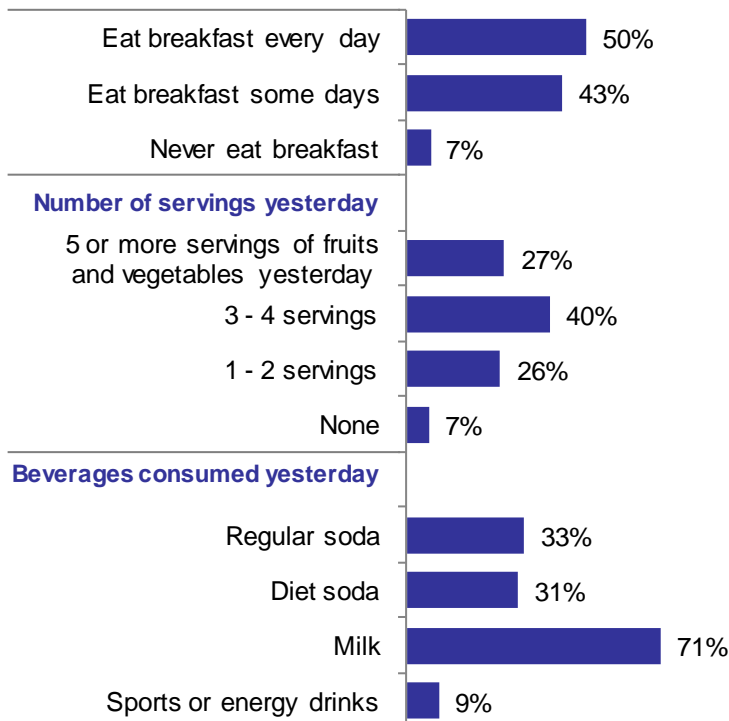
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. One-third of Big Stone County residents drank regular and/or diet soda on the day prior to taking the survey.

Soda consumption varies by age: for regular soda, younger adults (age 18-34) are more likely to drink one to four regular sodas per day. Middle-aged adults (age 35-44) are more likely to drink one to four diet sodas per day, and older adults (age 65+) are more likely to not drink any soda.

***Eating out and eating in**

Less than half of Big Stone County residents eat fast food at least once in a typical week. In addition, approximately half eat at least once at a restaurant that is *not* fast food. The vast majority of residents who eat out do this only once or twice per week. Eating out is less common in Big Stone County compared with the region.

RESPONDENTS' EATING HABITS

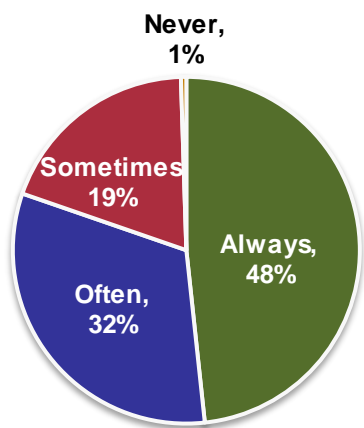


Nearly all Big Stone County residents eat at least one home-cooked meal in a typical week, but only half eat a home-cooked meal every day. About 2 out of 10 Big Stone County residents watch TV while eating a meal daily. Only 3 out of 10 residents *never* watch TV while eating a meal. All of these factors are related to the degree to which an individual is likely to meet their nutritional and psychological needs.

*Fresh fruits and vegetables in the home

Eight out of 10 residents say they “always” or “often” have fresh fruits and vegetables in their home.

HOW OFTEN DO YOU HAVE FRESH FRUITS AND VEGETABLES IN YOUR HOME?



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.

Eight out of 10 residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And more than 7 out of 10 residents agree that “The fresh fruits and vegetables where I usually shop are of high quality.” However, almost 7 out of 10 of residents also agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

Use of community resources

Big Stone County residents use community supported agriculture (CSAs) slightly less than residents of the 19-county region. About half of Big Stone County residents say they use farmers’ markets and 22 percent say they use CSAs once a month or more often.

Methods

The survey was conducted by mail. A total of 1,600 people in Big Stone County were invited to participate and 504 completed a survey, for a response rate of 31.5 percent. This results in a sampling error of +/- 4.1 percent. Survey respondents are representative of the adult population of Big Stone County.



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Adult Physical Activity in Big Stone County

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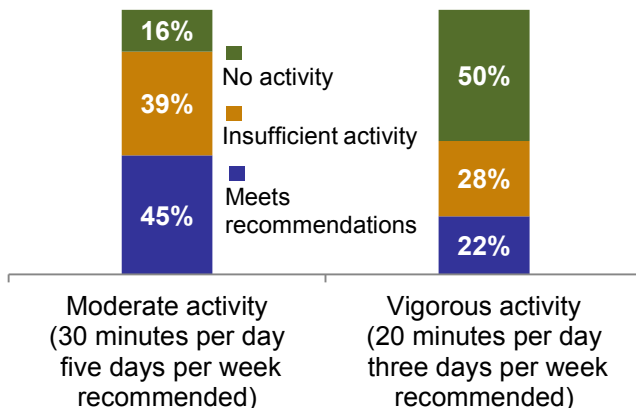
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Current levels of physical activity

Forty-five percent of residents get the recommended amount of moderate activity and less than one-quarter get the recommended amount of vigorous activity each week. Less than one-quarter said they had not done *any* physical activity other than their job in the past 30 days.

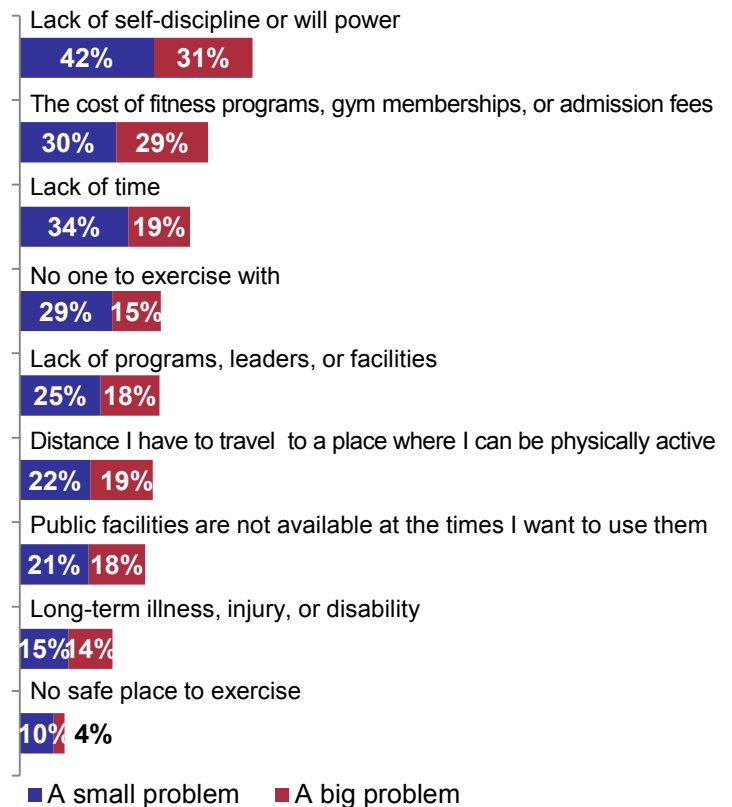
RESPONDENTS' PHYSICAL ACTIVITY



Barriers to physical activity

The biggest self-reported barriers to getting physical activity are: lack of self-discipline or willpower, the cost of programs, and lack of time.

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



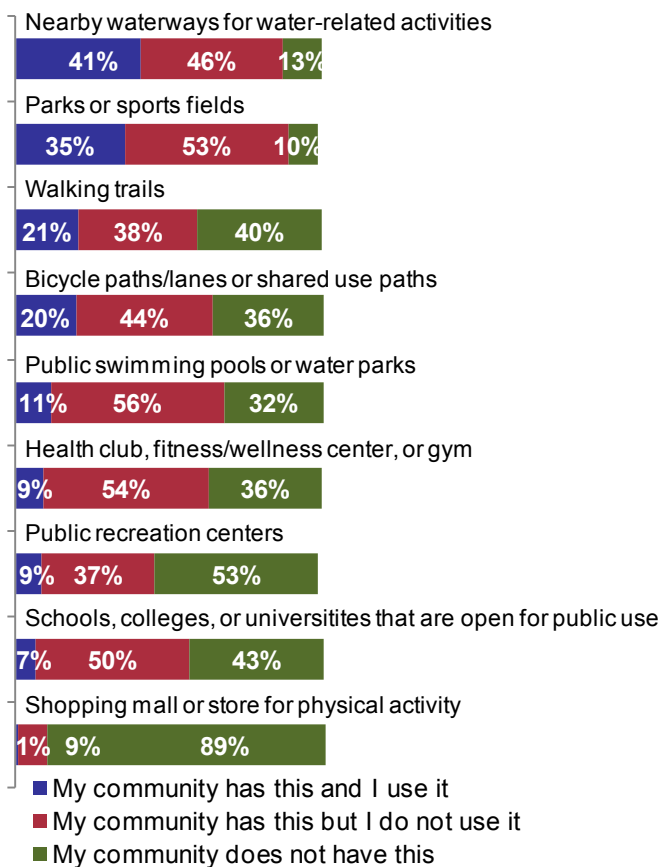
Screen time

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 two-thirds of respondents reported over two hours of screen time per day. Only 8 percent of respondents reported an hour or less of screen time per day.

Access to community resources

One focus of the Statewide Health Improvement Program (SHIP) is to increase access to community resources and support by improving policies, systems, and environments. We asked respondents about their access to and use of various public amenities. Most residents live in communities that have a variety of resources for physical activity. The most commonly used are waterways for water-related activities, which are used by 4 out of 10 residents.

RESPONDENTS' ACCESS TO AND USE OF COMMUNITY RESOURCES FOR PHYSICAL ACTIVITY



Compared with the region...

Big Stone County residents' vigorous physical activity levels are less than that of adult residents in the region. Big Stone County residents are less likely to report having various resources or amenities available in their community for physical activity opportunities compared with residents of the 19-county region.

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Adult Tobacco Use in Big Stone County Findings from the 2010 Southwest/South Central Adult Health Survey

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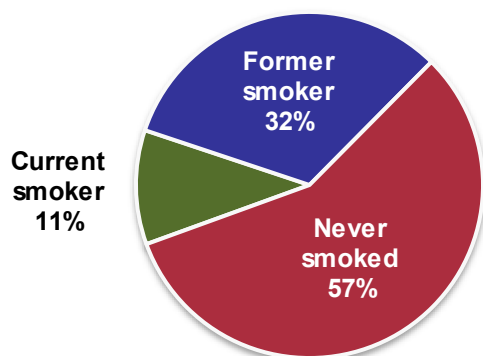
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This fact sheet summarizes survey results about the tobacco use of adult residents in Big Stone County.

Current tobacco use

Over half of the county's residents have never smoked, and about one-third no longer smoke. Of the 43 percent who are current and former smokers, about 6 out of 10 said they had tried to quit within the past 12 months.

RESPONDENTS' SMOKING STATUS



Exposure to secondhand smoke

***At home**

Only 7 percent of residents allow regular smoking in their homes (by themselves or someone else). Middle-aged adults (age 35-44) are more likely to live in households where someone regularly smokes inside.

***At work**

Of those who work, about one-third report that people smoke in outdoor smoking areas that are at least 20 feet from doors and/or just outside their workplace door. Smoking in other areas is less common.

***In a vehicle**

Fewer than 2 out of 10 residents report they rode in a vehicle with someone who was smoking in the past week.

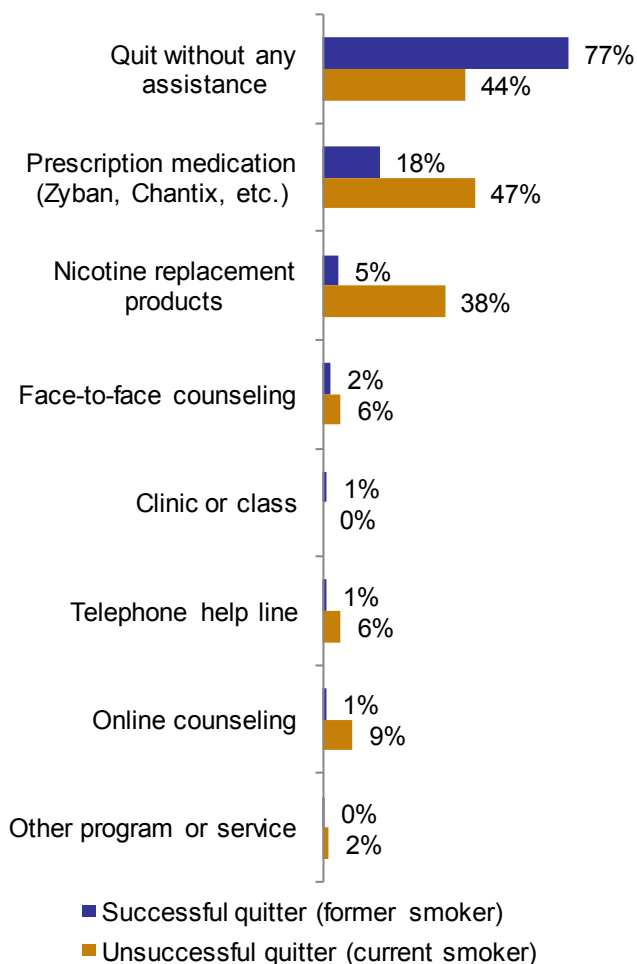
***In public places**

Just over one-third of residents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. One-quarter of respondents indicated they had been exposed to secondhand smoke multiple times in the past week.

Quitting

Of former smokers and current smokers who had stopped smoking for one day or longer during the past 12 months because they were trying to quit, the most common quitting method used was to quit without any assistance from nicotine replacement medications, counseling, or other forms of quitting support. "Quitting without any assistance" was more commonly used among successful quitters (those who are now former smokers and who quit within the past 12 months) than among unsuccessful quitters (current smokers who tried to quit at least once during the past 12 months).

RESPONDENTS' USE OF VARIOUS TOBACCO CESSATION METHODS



Compared with the region...

On average, Big Stone County residents are less likely than residents of the 19-county region to use tobacco products other than cigarettes (includes smokeless tobacco, cigars, and pipes). In addition, Big Stone County residents are equally as likely as residents of the region to be exposed to secondhand smoke in public places.

Regarding methods for quitting smoking, Big Stone County residents are less likely than residents of the region to use a nicotine replacement product or to attempt to quit without assistance, and they are more likely to use a prescription medication to help them quit.

Methods

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