

Adult Health in Blue Earth County

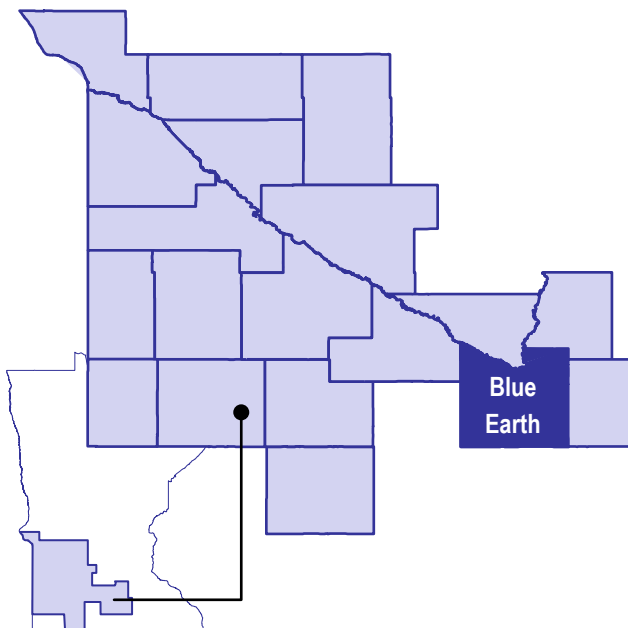
Findings from the 2010 Southwest/South Central Adult Health Survey

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 Blue Earth County.

MAP OF THE 19-COUNTY REGION



Overall health

Based on a scale from excellent to poor, most Blue Earth County residents say their health is “very good” or “good,” slightly better than the region and similar to the state as a whole.

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

| | Blue Earth County | 19-county region | MN statewide* |
|-----------|-------------------|------------------|---------------|
| Excellent | 15% | 13% | 22% |
| Very good | 41% | 38% | 41% |
| Good | 35% | 37% | 27% |
| Fair | 6% | 10% | 7% |
| Poor | 4% | 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 a little more than half of Blue Earth County residents are overweight, including 24 percent who are obese. Blue Earth County residents are less likely to be overweight and obese than the average resident of Minnesota or the region.

RESPONDENTS’ BODY MASS INDEX

| | Blue Earth County | 19-county region | MN statewide* |
|----------------------------|-------------------|------------------|---------------|
| Not overweight or obese | 45% | 34% | 37% |
| Overweight (but not obese) | 31% | 36% | 38% |
| Obese | 24% | 31% | 25% |

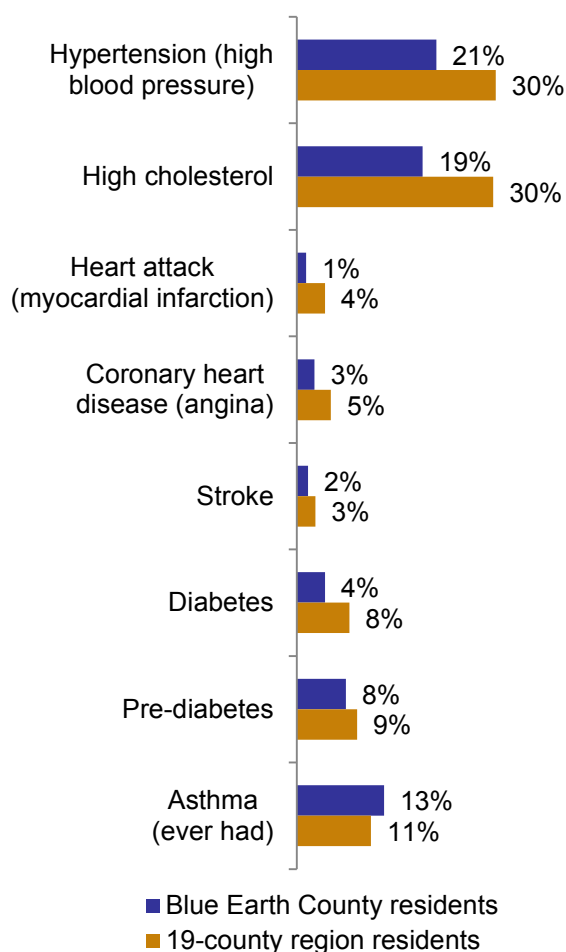
**Source: BRFSS-MN data.*

Yet, when asked, nearly 60 percent of respondents consider themselves to be about the right weight. About 7 out of 10 women and more than 4 out of 10 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 Blue Earth County are less likely to have heart disease and related conditions, particularly high blood pressure and high cholesterol.

*Diabetes

Residents of Blue Earth County are less likely than residents of the region to have diabetes, although the incidence of pre-diabetes is comparable.

*Asthma

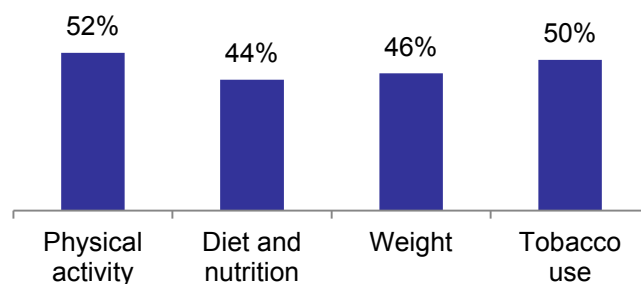
Thirteen percent of respondents have ever had asthma, and of those, about one-third still has asthma.

Support provided by health care providers

Just under two-thirds of respondents said they have seen a health care provider about their own health in the past 12 months, which is lower 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 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

Three out of 10 Blue Earth County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. Nearly 6 out of 10 residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

Nearly 4 out of 10 Blue Earth County residents drank regular soda and 3 out of 10 drank diet soda on the day prior to taking the survey.

Almost all Blue Earth County residents eat at least one home-cooked meal in a typical week, but only one-third eat a home-cooked meal every day.

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

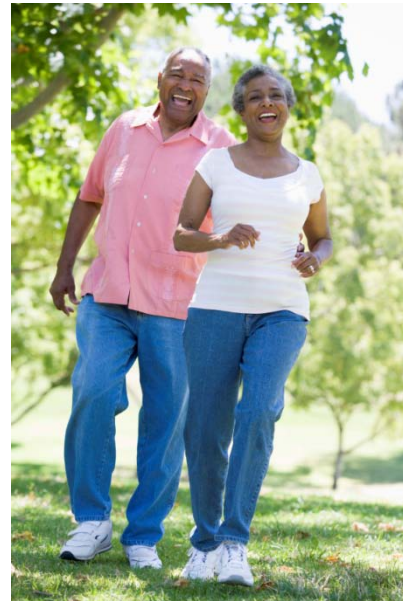
Physical activity

Just over 40 percent of residents get the recommended amount of moderate activity and just over one-third get the recommended amount of vigorous activity each week. Fourteen percent said they had not done *any* physical activity other than their job in the past 30 days.

Over 80 percent 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 walking trails and parks/sports fields, which are used by over half of all residents. The biggest self-reported barriers to getting 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 Blue Earth County, please see the fact sheet on this topic.



Tobacco use

Nearly 60 percent of residents have never smoked, and about one-quarter no longer smoke. About 4 out of 10 current and former smokers 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.

Eleven percent of residents allow regular smoking in their homes (by themselves or someone else) and about 20 percent report they rode in a vehicle with someone who was smoking in the past week. About 40 percent 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 Blue Earth 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 Blue Earth County were invited to participate and 412 completed a survey, for a response rate of 25.8 percent. This results in a sampling error of +/-4.8 percent. Survey respondents are representative of the adult population of Blue Earth County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Blue Earth
County
(N=412)

| Respondent characteristics | Blue Earth County (N=412) |
|-----------------------------------|---------------------------------|
| Gender | |
| Female | 50% |
| Male | 40% |
| Age | |
| 18-34 | 42% |
| 35-64 | 42% |
| 65+ | 15% |
| Race | |
| White | 95% |
| People of color | 5% |
| Average household size | 2.67 people |
| Location of home | |
| City (pop. 10,000+) | 67% |
| Town (pop. <10,000) | 17% |
| Rural area | 17% |
| Education | |
| Less than high school | 2% |
| High school diploma or GED | 20% |
| Some college / trade or AA degree | 43% |
| Bachelor's degree or higher | 36% |
| Household income | |
| Less than \$15,000 | 22% |
| \$15,000 to \$35,000 | 25% |
| \$35,001 to \$65,000 | 24% |
| More than \$65,000 | 30% |



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For more information

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 Blue Earth Public Health at 507-304-4215.

This report was produced by Wilder Research.

DECEMBER 2010

Adult Nutrition in Blue Earth 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 Blue Earth County.

Eating habits

***Breakfast**

According to the Centers for Disease Control and Prevention (CDC), eating breakfast improves concentration, memory, and mood. About 4 out of 10 Blue Earth 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, 30 percent of Blue Earth County residents ate five or more servings of fruits and vegetables.

***Beverages**

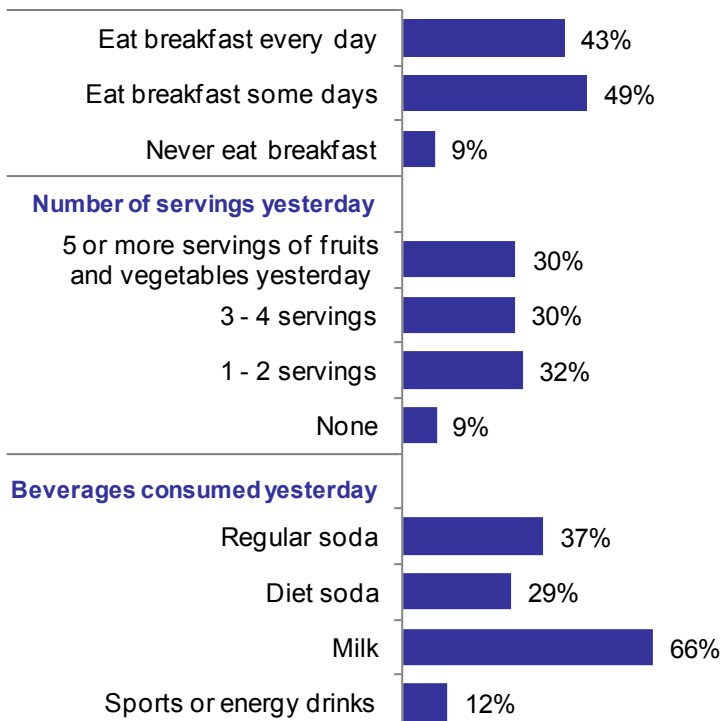
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. Nearly 4 out of 10 Blue Earth County residents drank regular soda and 3 out of 10 drank diet soda on the day prior to taking the survey.

Soda consumption varies by age: middle-aged adults (age 35-74) are more likely to drink diet soda, whereas younger adults (age 18-34) are more likely to drink regular soda. Older adults (age 75+) are most likely to not drink any regular soda, although they drink more diet soda than younger adults.

***Eating out and eating in**

Over 60 percent of Blue Earth County residents eat fast food at least once in a typical week. In addition, over half of residents eat at least once a week at a restaurant that is *not* fast food. Most residents who eat out do this only once or twice per week, although 13 percent of residents eat fast food three or more times per week.

RESPONDENTS' EATING HABITS

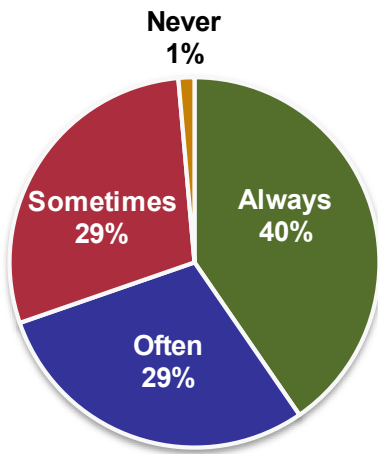


Nearly all Blue Earth County residents eat at least one home-cooked meal in a typical week, but only one-third eat a home-cooked meal every day. Sixteen percent of Blue Earth County residents watch TV while eating a meal daily. Only 2 out of 10 residents *never* watch TV while eating a meal. All of these 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**

Seven out of 10 residents say the “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.

Fewer than 2 percent of residents disagree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And nearly 9 out of 10 residents agree that “The fresh fruits and vegetables where I usually shop are of high quality.” However, nearly 6 out of 10 residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

Use of community resources

Blue Earth County residents use farmers’ markets, community supported agriculture (CSAs), and community gardens less than the average resident of the 19-county region. Only 51 percent use farmers’ markets and only 11 percent use CSAs once a month or more often.

Methods

The survey was conducted by mail. A total of 1,600 people in Blue Earth County were invited to participate and 412 completed a survey, for a response rate of 25.8 percent. This results in a sampling error of +/-4.8 percent. Survey respondents are representative of the adult population of Blue Earth County.



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Adult Physical Activity in Blue Earth County

Findings from the 2010 Southwest/South Central Adult Health Survey

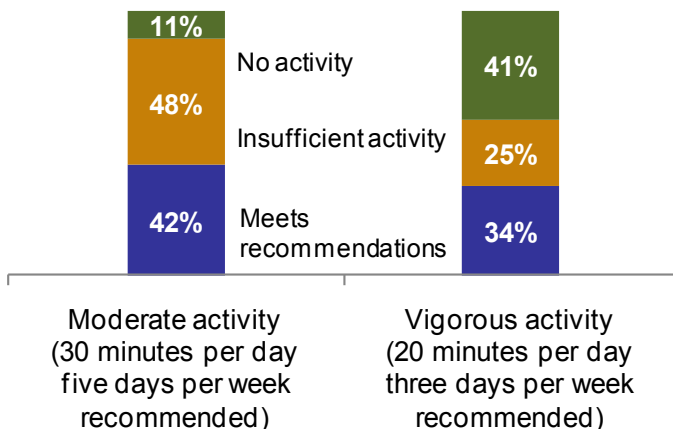
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Current levels of physical activity

Just over 40 percent of residents get the recommended amount of moderate activity and just over one-third get the recommended amount of vigorous activity each week. Fourteen percent said they had not done *any* physical activity other than their job in the past 30 days.

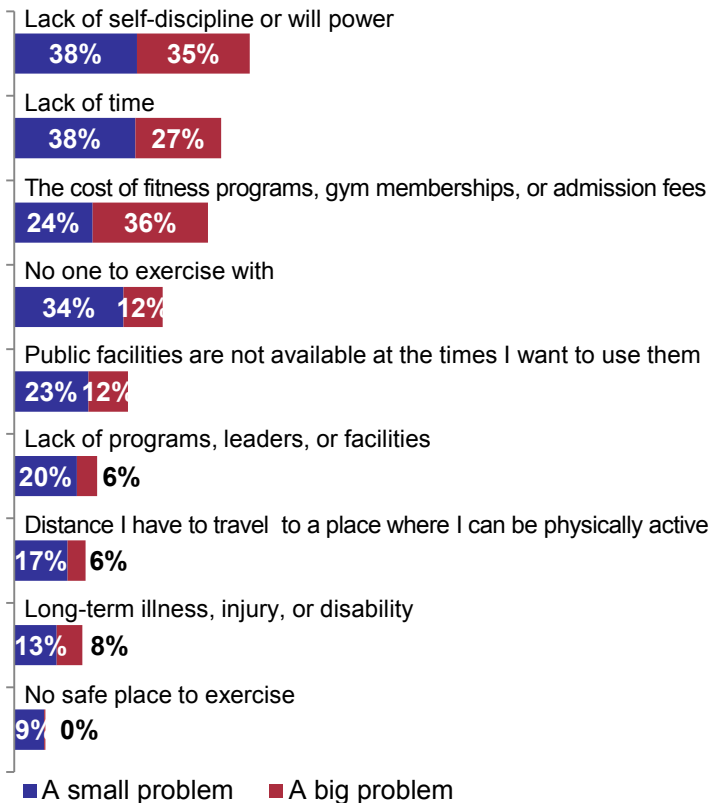
RESPONDENTS' PHYSICAL ACTIVITY



Barriers to physical activity

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

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



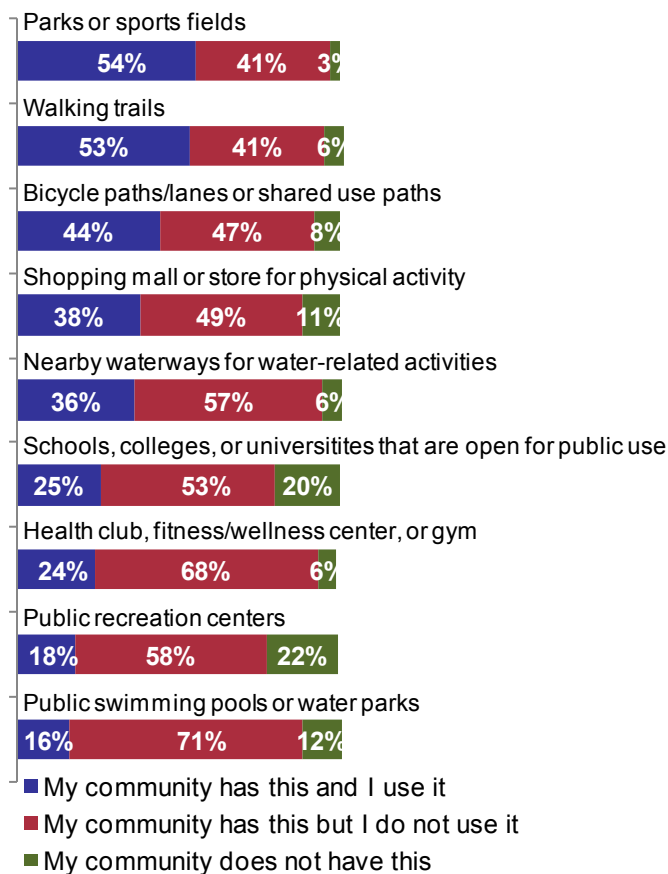
Screen time

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 – over 80 percent of respondents reported over two hours of screen time per day. Only 5 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 parks/sports fields and walking trails, which are used by over 50 percent of residents.

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



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Compared with the region...

Blue Earth County residents get slightly less screen time compared with adults in the 19-county region. Their levels of physical activity and their perceptions of the area around their home as a place to get physical activity are also very comparable to the average adult resident of the 19-county area. Finally, Blue Earth County residents are more 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 Blue Earth County

Findings from the 2010 Southwest/South Central Adult Health Survey

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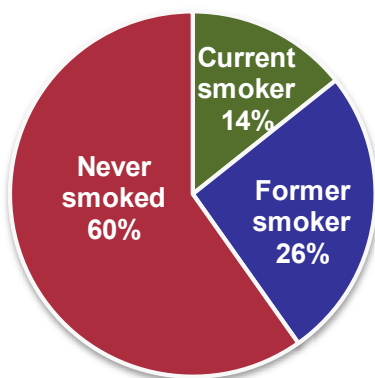
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This fact sheet summarizes survey results about the tobacco use of adult residents in Blue Earth County.

Current tobacco use

Sixty percent of residents have never smoked, and about one-quarter no longer smokes. Of the respondents who are current or former smokers, about 4 out of 10 said they had tried to quit within the past 12 months.

RESPONDENTS' SMOKING STATUS



Exposure to secondhand smoke

***At home**

Eleven percent of residents allow regular smoking in their homes (by themselves or someone else). Males are more likely to live in households where someone regularly smokes inside.

***At work**

Of those who work, over one-third report that people smoke in outdoor areas that are at least 20 feet from doors and just outside the doors. Smoking in other areas is less common.

***In a vehicle**

About 20 percent of respondents rode in a vehicle with someone who was smoking in the past week.

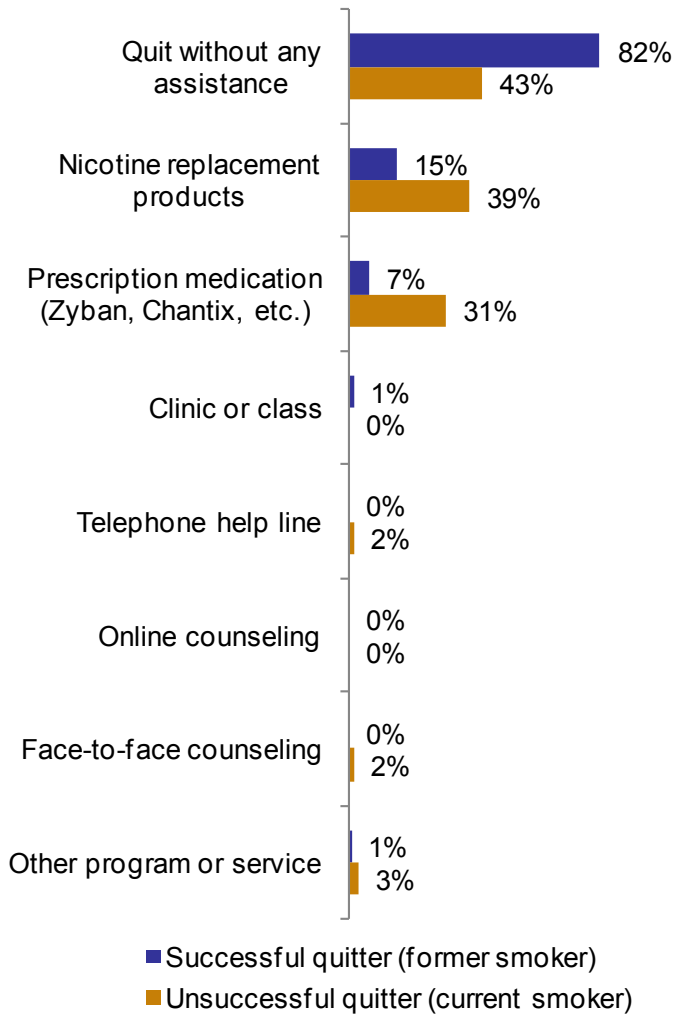
***In public places**

About 40 percent of respondents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. Many respondents indicated they had been exposed to secondhand smoke in several public places during the past week, although sidewalks and building entrances were the most common place.

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, Blue Earth County residents are more likely than residents of the 19-county region to be exposed to secondhand smoke in public places, particularly around sidewalks and building entrances.

Regarding methods for quitting smoking, Blue Earth County residents are equally as likely as other residents of the region to use prescription medications to help them quit, and they are slightly more likely to use nicotine replacement products.

Methods

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