

Adult Health in Chippewa County

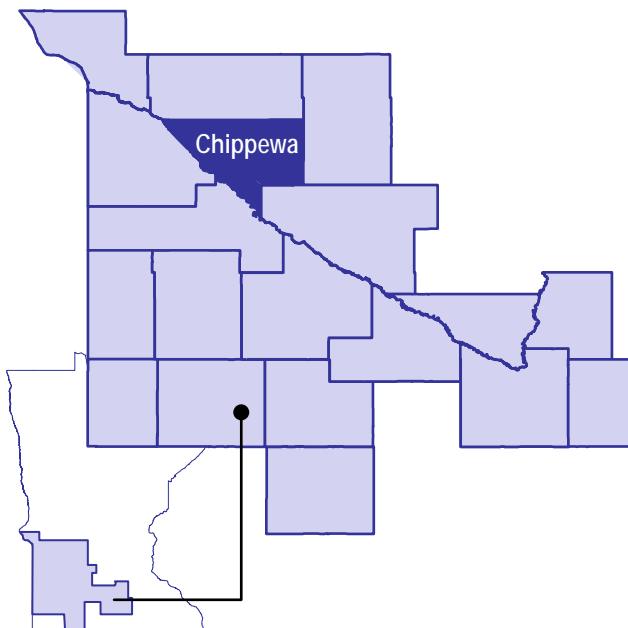
Findings from the 2010 Southwest/South Central Adult Health Survey

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 Chippewa County.

MAP OF THE 19-COUNTY REGION



Overall health

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

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Chippewa County	19- county region	MN statewide*
Excellent	8%	13%	22%
Very good	32%	38%	41%
Good	44%	37%	27%
Fair	14%	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 three-quarters of Chippewa County residents are overweight, including 39 percent who are obese. Chippewa County residents are more likely to be obese than the average resident of Minnesota and the region.

RESPONDENTS’ BODY MASS INDEX

	Chippewa County	19- county region	MN statewide*
Not overweight or obese	24%	34%	37%
Overweight (but not obese)	37%	36%	38%
Obese	39%	31%	25%

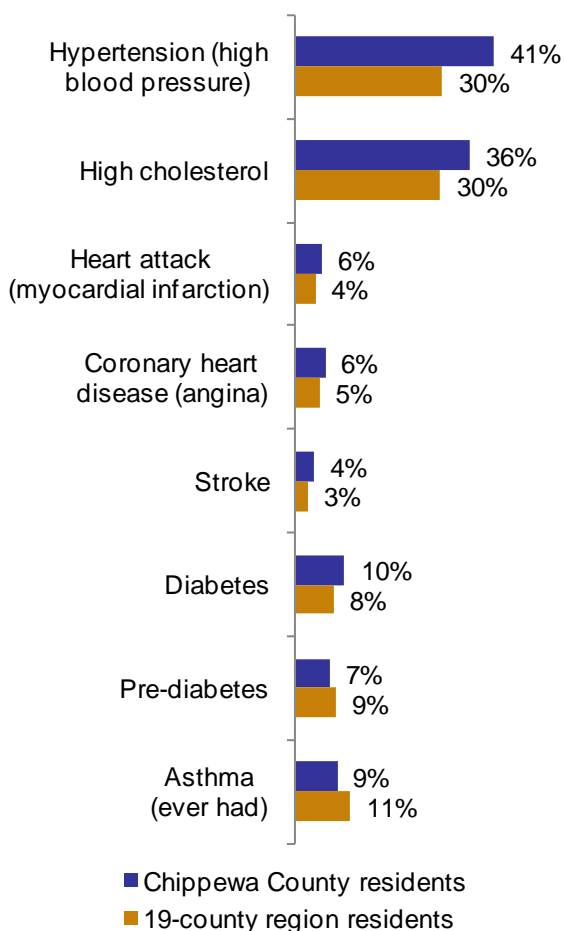
**Source: BRFSS-MN data.*

Yet, when asked, half of respondents consider themselves to be about the right weight. Sixty-five percent of women and 46 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 Chippewa County are more likely to have high blood pressure and high cholesterol.

*Diabetes

Compared to the region, residents of Chippewa County have similar rates of diabetes and pre-diabetes.

*Asthma

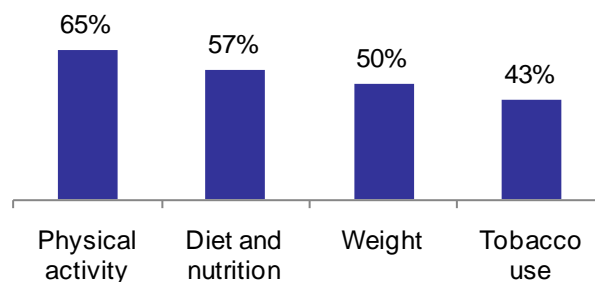
Nine percent of respondents have ever had asthma, and, of those, 9 out of 10 still have asthma.

Support provided by health care providers

Seventy-two 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, and tobacco use. The results indicate that for each issue a considerable proportion of adults do not recall speaking with their health care provider about them. These issues 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 Chippewa County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. Six out of 10 residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

Four out of 10 Chippewa County residents drank regular soda and 3 out of 10 drank diet soda on the day prior to taking the survey.

Nearly all Chippewa 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 Chippewa County, please see the fact sheet on this topic.

Physical activity

Just over one-third of Chippewa County residents get the recommended amount of moderate activity and about one-quarter get the recommended amount of vigorous activity each week. One-quarter said they had not done *any* physical activity other than their job in the past 30 days.

Over three-quarters 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 parks and sports fields, which are used by 4 out of 10 residents. The biggest self-reported barriers to getting physical activity are: lack of self-discipline or willpower, the cost of fitness programs, and the lack of time.

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



Tobacco use

Half of Chippewa County residents have never smoked, and 3 out of 10 no longer smoke. Of the 51 percent who are current and former smokers, nearly half said they had tried to quit within the past 12 months.

Of the former 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.

Sixteen percent of residents allow regular smoking in their homes (by themselves or someone else), and 22 percent report they rode in a vehicle in the past week with someone who was smoking. About 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 Chippewa 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 Chippewa County were invited to participate and 442 completed a survey, for a response rate of 27.6 percent. This results in a sampling error of +/- 4.6 percent. Survey respondents are representative of the adult population of Chippewa County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Chippewa
County
(N=442)

Respondent characteristics	
Gender	
Female	53%
Male	47%
Age	
18-34	20%
35-64	55%
65+	25%
Race	
White	97%
People of color	3%
Average household size	2.5
Location of home	
City (pop. 10,000+)	4%
Town (pop. <10,000)	71%
Rural area	25%
Education	
Less than high school	5%
High school diploma or GED	33%
Some college / trade or AA degree	39%
Bachelor's degree or higher	23%
Household income	
Less than \$15,000	13%
\$15,000 to \$35,000	34%
\$35,001 to \$65,000	27%
More than \$65,000	26%



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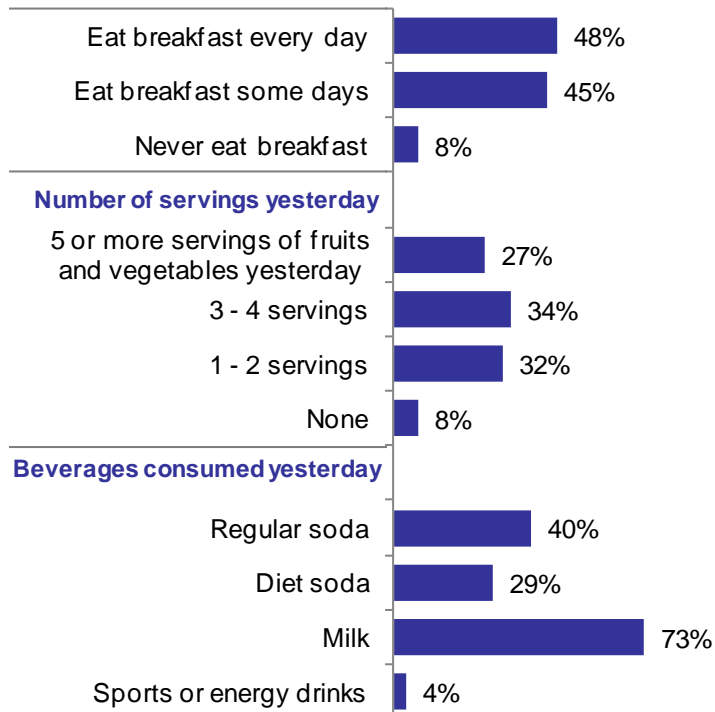
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This fact sheet summarizes survey results related to the nutrition habits of adult residents in Chippewa County.

RESPONDENTS' EATING HABITS



Eating habits

***Breakfast**

According to the Centers for Disease Control and Prevention (CDC), eating breakfast improves concentration, memory, and mood. About half of Chippewa 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 Chippewa 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. Four out of 10 Chippewa 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: adults age 18-44 are more likely to drink at least one regular soda a day compared to other age groups. Middle-aged adults (age 35-54) are more likely to drink 5 or more regular or diet sodas a day, and older adults (age 75+) are more likely to not drink any soda.

***Eating out and eating in**

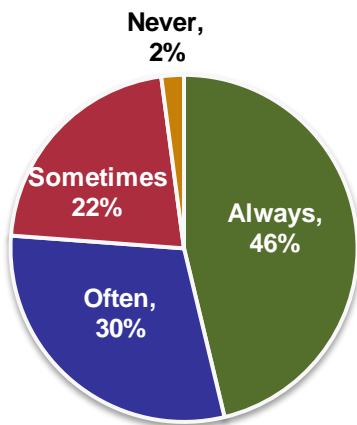
Almost 6 out of 10 Chippewa County residents eat fast food at least once in a typical week. Fifty-five percent also eat at a restaurant that is *not* fast food at least once a week. The vast majority of residents who eat out do this only once or twice per week. These rates are similar to those of the region.

Nearly all Chippewa County residents eat at least one home-cooked meal in a typical week, but only one-third eat a home-cooked meal every day. Two out of 10 Chippewa County residents watch TV while eating a meal every day of the week. Twenty-two percent of 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**

Three-quarters of 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.

Nine out of 10 residents agrees with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And more than 8 out of 10 residents agree that “The fresh fruits and vegetables where I usually shop are of high quality.” However, 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

Fifty-six percent of Chippewa County residents say they use farmers’ markets, and 17 percent say they use community supported agriculture (CSAs) once a month or more often. This is similar to the 19-county region.

Methods

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Adult Physical Activity in Chippewa County Findings from the 2010 Southwest/South Central Adult Health Survey

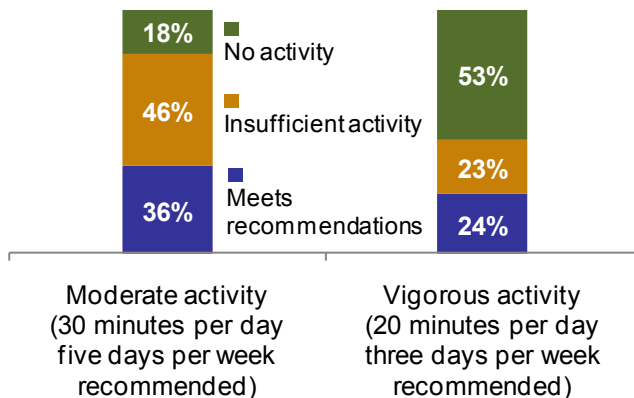
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Current levels of physical activity

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

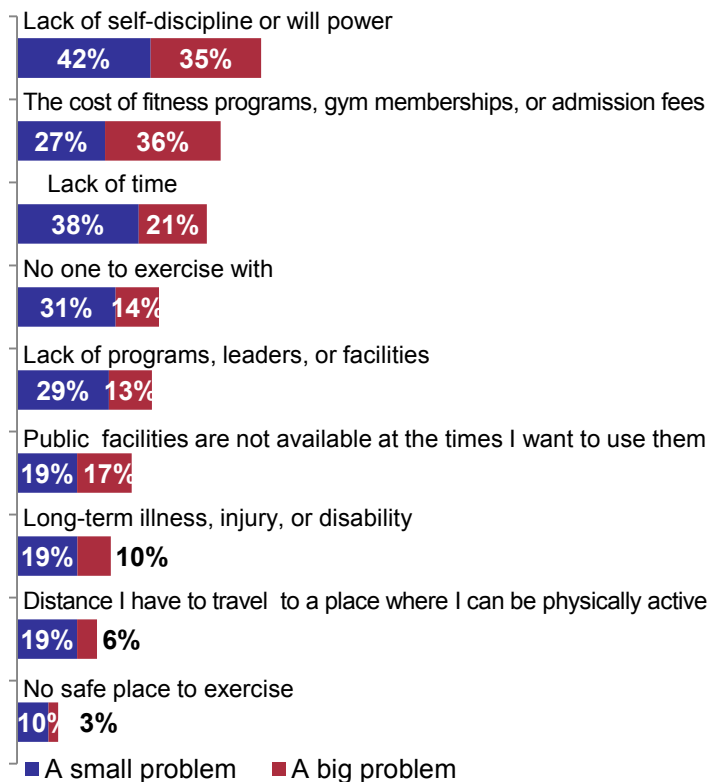
RESPONDENTS' PHYSICAL ACTIVITY



Barriers to physical activity

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

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



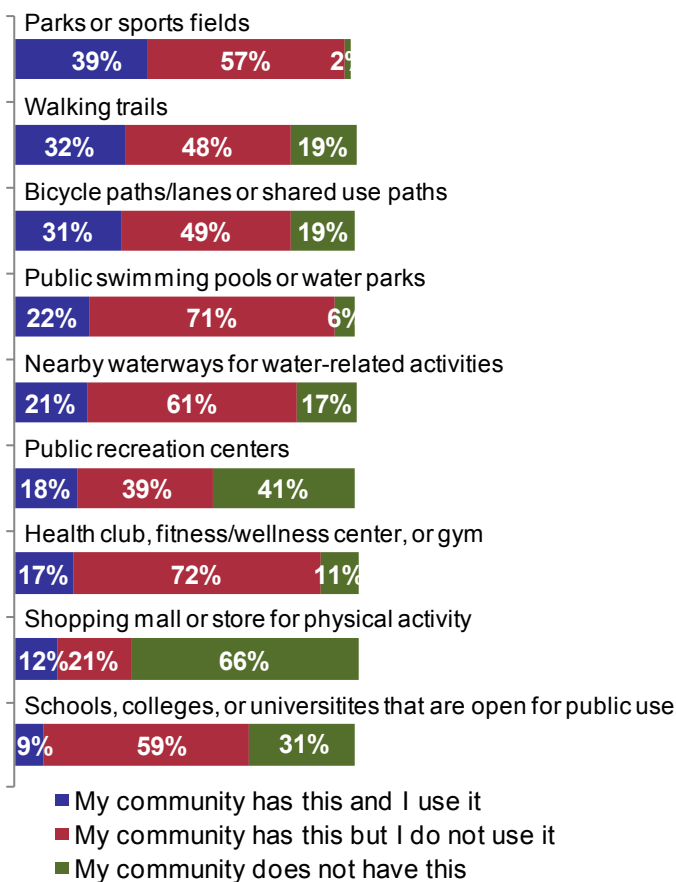
Screen time

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 and social networking – over three-quarters of residents reported over two hours of screen time per day. Only 9 percent of residents 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 residents 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 and sports fields, which are used by 4 out of 10 residents.

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



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Compared with the region...

Chippewa County residents' physical activity levels are slightly lower than that of residents within the 19-county area. Chippewa County residents report similar access to resources or amenities in their community for physical activity compared with residents of the 19-county region. However, they reported somewhat less access to public recreation centers and shopping malls for walking and more access to swimming pools compared to the region.

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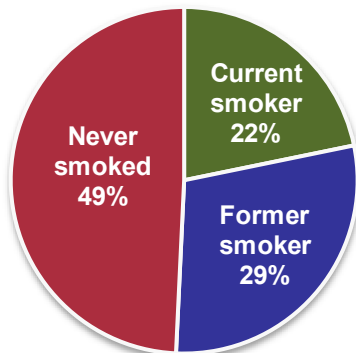
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This fact sheet summarizes survey results about the tobacco use of adult residents in Chippewa County.

Current tobacco use

Half of the county's residents have never smoked, and three out of 10 no longer smoke. Of the 51 percent who are current and former smokers, nearly half said they had tried to quit within the past 12 months.

RESPONDENTS' SMOKING STATUS



Exposure to secondhand smoke

***At home**

Sixteen percent of residents allow regular smoking in their homes (by themselves or someone else). Young adults (age 18-34) are more likely to live in households where someone regularly smokes inside.

***At work**

Of those who work, three-quarters report that people smoke in outdoor smoking areas that are at least 20 feet from doors and 30 percent said people smoke just outside their workplace door. Smoking in other areas is less common.

***In a vehicle**

Twenty-two percent of respondents report they rode in a vehicle with someone who was smoking in the past week.

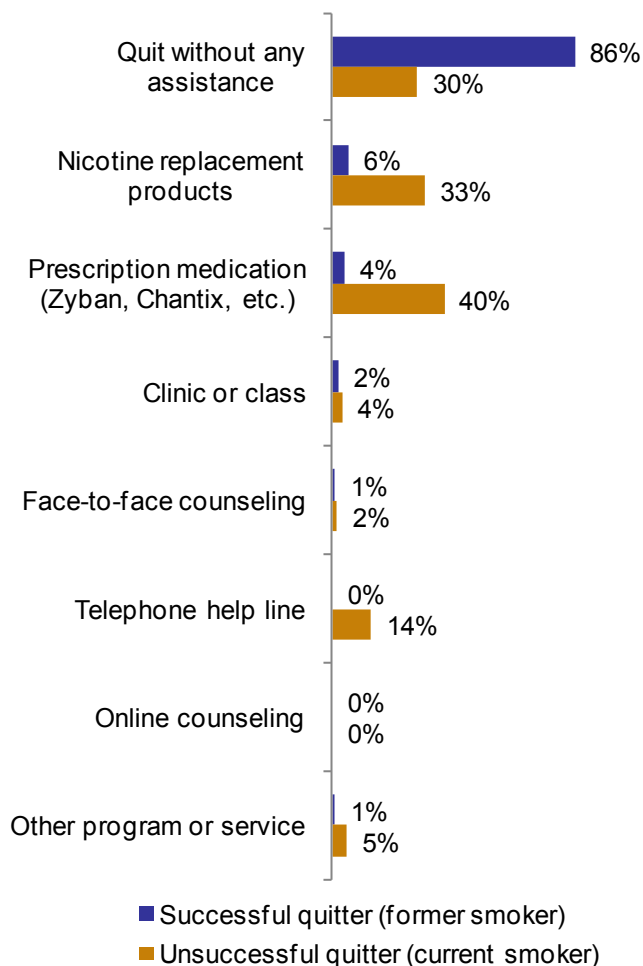
***In public places**

About one-third of residents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during 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, Chippewa County residents are slightly more likely than residents of the 19-county region to use tobacco products other than cigarettes (includes smokeless tobacco, cigars, and pipes). Also, a smaller proportion of Chippewa County residents than residents of the region have tried to quit smoking during the past 12 months. Finally, Chippewa County residents are less likely than residents of the region to be exposed to secondhand smoke in public places.

Regarding methods for quitting smoking, Chippewa County residents are more likely to quit without any assistance, and they are less likely than residents of the region to use nicotine replacement products to help them quit.

Methods

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