

## Adult Health in Cottonwood County

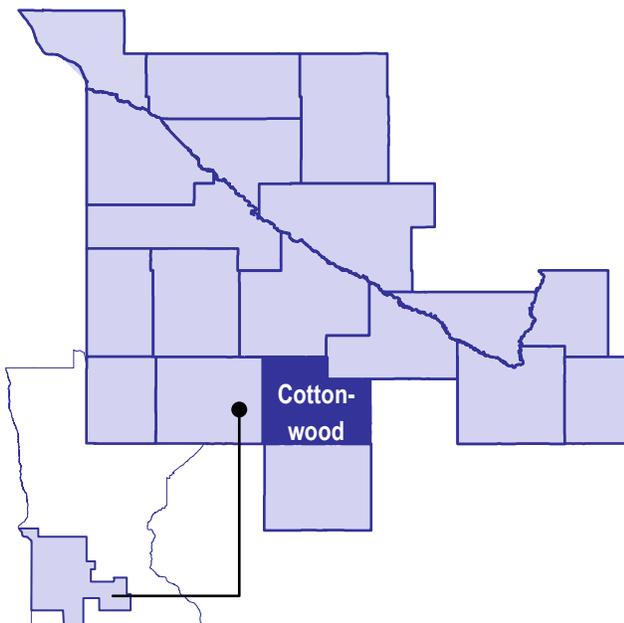
### Findings from the 2010 Southwest/South Central Adult Health Survey

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 Cottonwood County.

#### MAP OF THE 19-COUNTY REGION



#### Overall health

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

#### RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Cottonwood County	19- county region	MN statewide*
Excellent	11%	13%	22%
Very good	42%	38%	41%
Good	30%	37%	27%
Fair	14%	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 about two-thirds of Cottonwood County residents are overweight, including 32 percent who are obese. Men in Cottonwood County are more often overweight or obese (75%) than women (61%). Cottonwood County residents are more likely to be obese than the average resident of Minnesota or the region.

#### RESPONDENTS’ BODY MASS INDEX

	Cottonwood County	19- county region	MN statewide*
Not overweight or obese	32%	34%	37%
Overweight (but not obese)	36%	36%	38%
Obese	32%	31%	25%

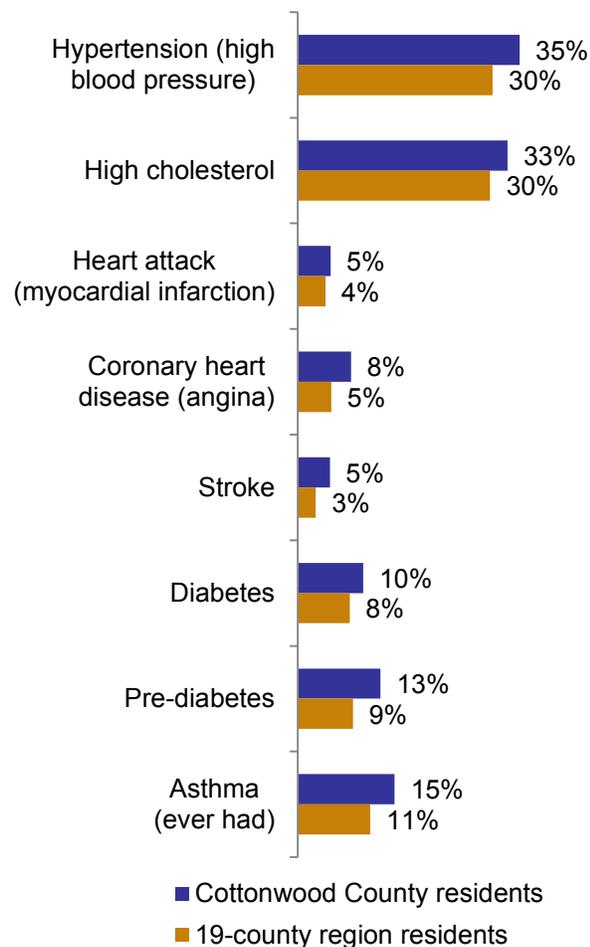
*\*Source: BRFSS-MN data.*

Yet, when asked, 54 percent of respondents consider themselves to be about the right weight. Two-thirds of women and 44 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 Cottonwood County are slightly more likely to have high blood pressure, high cholesterol and have had a heart attack.

#### **\*Diabetes**

Residents of Cottonwood County are slightly more likely than residents of the region to have diabetes and pre-diabetes.

#### **\*Asthma**

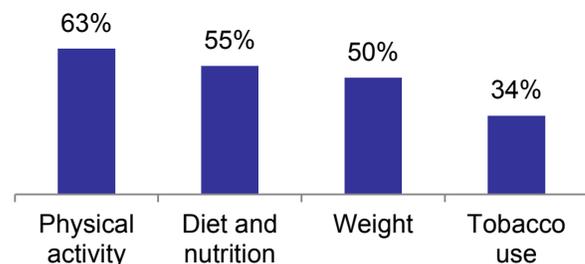
Fifteen percent of respondents have ever had asthma, and of those, three-quarters still have asthma.

### *Support provided by health care providers*

Three-fourths of respondents said they have seen a health care provider about their own health in the past 12 months, which is greater 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 Cottonwood 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.”

Three out of 10 Cottonwood County residents drank regular soda and/or diet soda on the day prior to taking the survey.

Most Cottonwood County residents eat at least one home-cooked meal in a typical week, but only 40 percent eat a home-cooked meal every day.

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

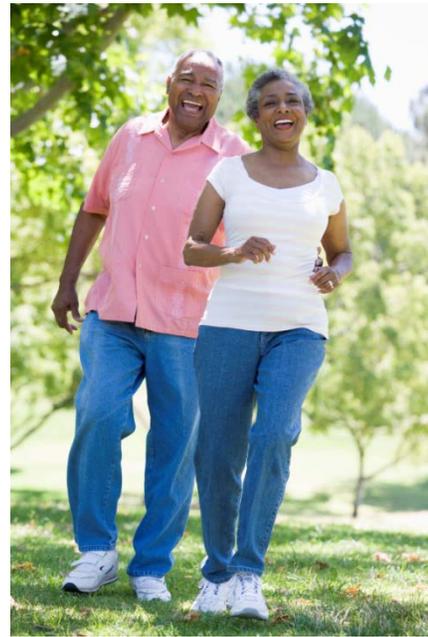
## *Physical activity*

One in 4 Cottonwood County residents get the recommended amount of moderate activity and slightly more than 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.

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 about 4 out of 10 residents. The most frequently 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 Cottonwood County, please see the fact sheet on this topic.



## *Tobacco use*

Sixty percent of Cottonwood County residents have never smoked, and another quarter no longer smokes. Of the 40 percent who are current or former smokers, 5 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, with 7 out of 10 reporting no assistance.

About 12 percent of residents allow regular smoking in their homes (by themselves or someone else) and 21 percent report they rode in a vehicle with someone who was smoking in the past week. About 4 out of 10 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 Cottonwood 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 Cottonwood County were invited to participate and 503 completed a survey, for a response rate of 31.4 percent. This results in a sampling error of +/-4.2 percent. Survey respondents are representative of the adult population of Cottonwood County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Cottonwood  
County  
(N=503)

Respondent characteristics	
<b>Gender</b>	
Female	54%
Male	47%
<b>Age</b>	
18-34	18%
35-64	56%
65+	26%
<b>Race</b>	
White	96%
People of color	4%
<b>Average household size</b>	2.57 people
<b>Location of home</b>	
City (pop. 10,000+)	3%
Town (pop. <10,000)	65%
Rural area	32%
<b>Education</b>	
Less than high school	6%
High school diploma or GED	31%
Some college / trade or AA degree	42%
Bachelor's degree or higher	21%
<b>Household income</b>	
Less than \$15,000	11%
\$15,000 to \$35,000	26%
\$35,001 to \$65,000	33%
More than \$65,000	31%



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### For more information

Additional survey results are available at:  
[www.wilder.org/report.html?id=2357](http://www.wilder.org/report.html?id=2357)

For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682 or Cottonwood Public Health at 507-847-2366.

This report was produced by Wilder Research.  
DECEMBER 2010

## Adult Nutrition in Cottonwood 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).

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

#### *Eating habits*

##### **\*Breakfast**

According to the Centers for Disease Control and Prevention (CDC), eating breakfast improves concentration, memory, and mood. Sixty percent of Cottonwood 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, 3 out of 10 Cottonwood County residents ate five or more servings of fruits and vegetables.

##### **\*Beverages**

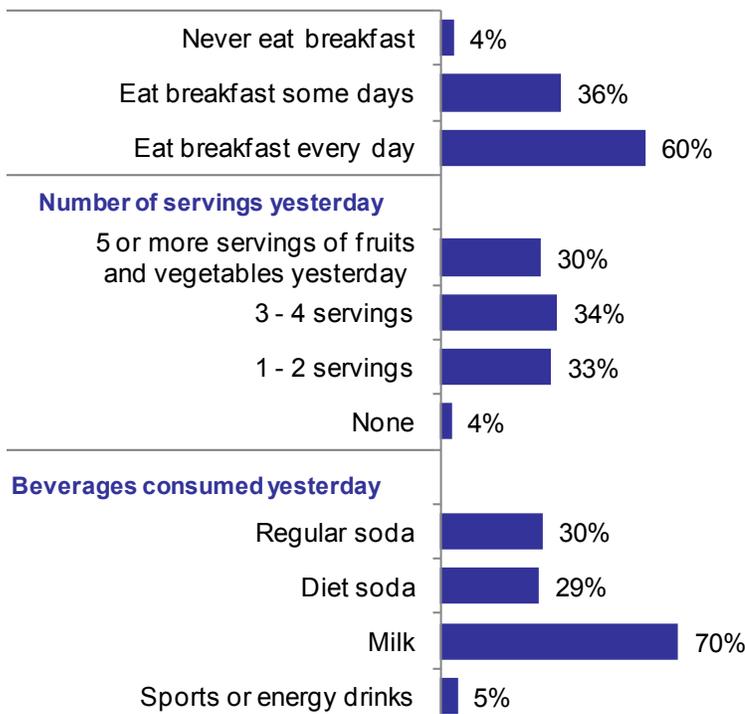
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. Three out of 10 Cottonwood County residents drank regular soda 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 5-6 sodas per day, and middle-aged adults (age 35-44) are more likely to drink one or two sodas per day. For diet soda, adults age 45-54 were more likely to drink 1-2 sodas a day. Older adults (age 65+) are more likely to not drink any soda.

##### **\*Eating out and eating in**

Sixty percent of Cottonwood County residents eat fast food at least once in a typical week. In addition, half also 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 slightly less common compared with the region.

#### **RESPONDENTS' EATING HABITS**

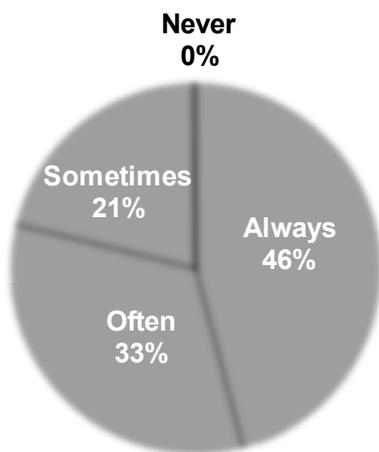


Most Cottonwood County residents eat at least one home-cooked meal in a typical week, but only 39 percent eat a home-cooked meal every day. Fifteen percent of Cottonwood County residents watch TV while eating a meal daily. One-third of residents *never* watch TV while eating a meal. All of these factors 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

About 8 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.

Nine out of 10 residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And 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*

Cottonwood County residents use farmers’ markets slightly less than the average resident of the 19-county region, and use community supported agriculture (CSAs) more often compared to residents of the region. Fifty-four percent say they use farmers’ markets and 20 percent say they use CSAs at least once a month.

### *Methods*

The survey was conducted by mail. A total of 1,600 people in Cottonwood County were invited to participate and 503 completed a survey, for a response rate of 31.4 percent. This results in a sampling error of +/-4.2 percent. Survey respondents are representative of the adult population of Cottonwood County.



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## Adult Physical Activity in Cottonwood County

### Findings from the 2010 Southwest/South Central Adult Health Survey

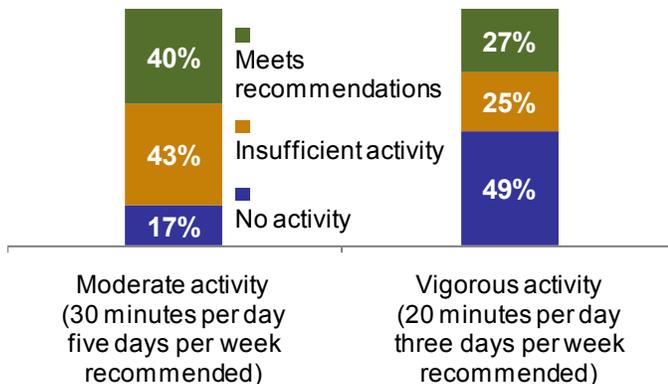
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#### Current levels of physical activity

Forty percent of residents get the recommended amount of moderate activity and slightly more than 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.

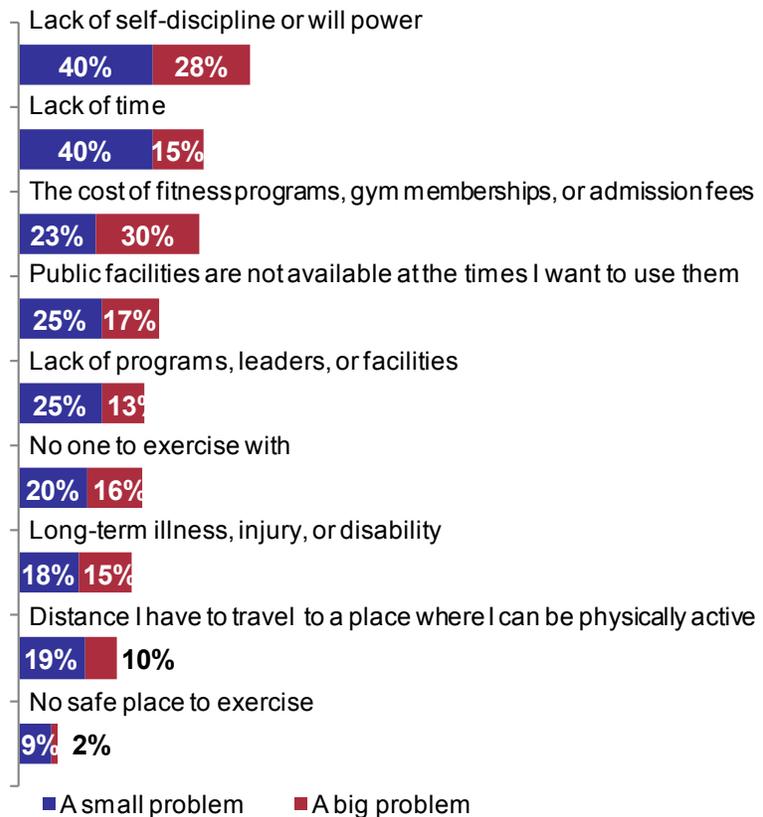
#### RESPONDENTS' PHYSICAL ACTIVITY



#### Barriers to physical activity

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

#### RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



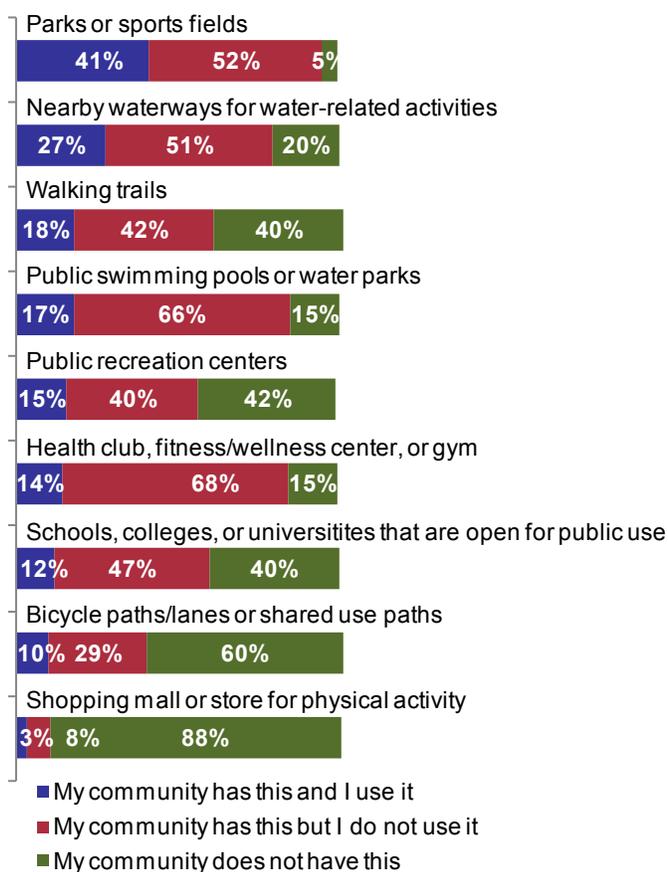
#### Screen time

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

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



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## Compared with the region...

Rates of screen time among Cottonwood County residents are very comparable to those of adults in the 19-county region. However, Cottonwood County residents participated in physical activity other than their regular job less than the average adult resident of the 19-county area. Finally, Cottonwood 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.

## Methods

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## **Adult Tobacco Use in Cottonwood County**

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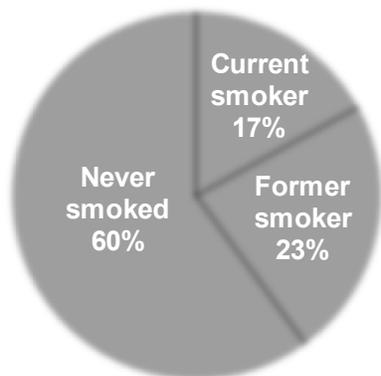
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This fact sheet summarizes survey results about the tobacco use of adult residents in Cottonwood County.

#### ***Current tobacco use***

Sixty percent of the county's residents have never smoked, and nearly another quarter no longer smokes. Of the 40 percent who are current and former smokers, 5 out of 10 said they had tried to quit within the past 12 months.

#### **RESPONDENTS' SMOKING STATUS**



#### ***Exposure to secondhand smoke***

##### **\*At home**

Twelve percent of residents allow regular smoking in their homes (by themselves or someone else). Males and young adults (age 18-34) are slightly 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. Smoking in other areas is less common.

##### **\*In a vehicle**

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

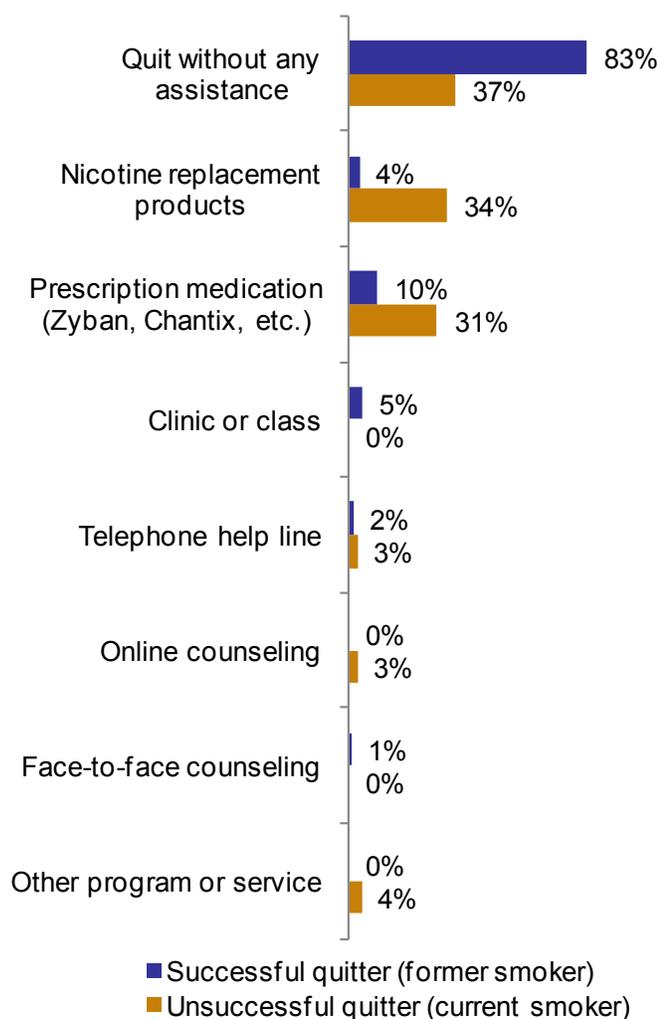
##### **\*In public places**

Thirty-nine percent of respondents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. Two out of 10 respondents had been exposed to secondhand smoke multiple times 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 far 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...

Cottonwood County residents are as likely as residents of the 19-county region to use tobacco products other than cigarettes (includes smokeless tobacco, cigars, and pipes). Also, a lower proportion of Cottonwood County residents than residents of the region have tried to quit smoking during the past 12 months. Finally, Cottonwood County residents are as likely as residents of the region to be exposed to secondhand smoke in public places.

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

## Methods

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