

Adult Health in Kandiyohi County

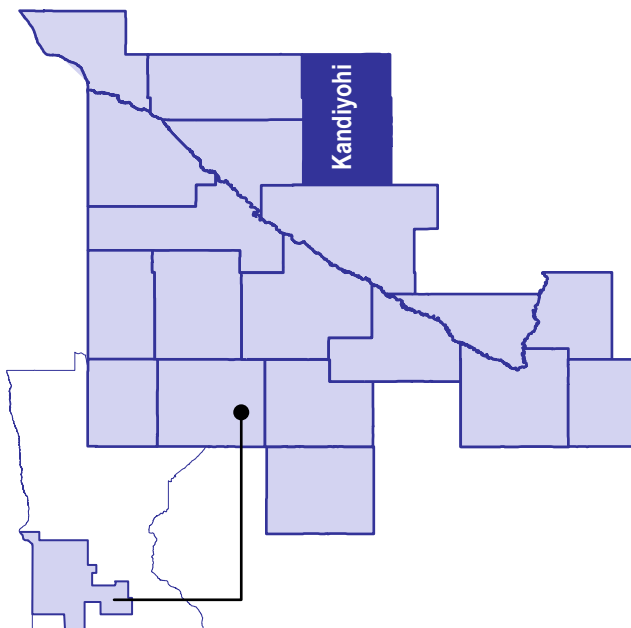
Findings from the 2010 Southwest/South Central Adult Health Survey

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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 Kandiyohi County.

MAP OF THE 19-COUNTY REGION



Overall health

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

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

| | Kandiyohi County | 19- county region | MN statewide* |
|-----------|---------------------|-------------------------|------------------|
| Excellent | 17% | 13% | 22% |
| Very good | 36% | 38% | 41% |
| Good | 38% | 37% | 27% |
| Fair | 9% | 10% | 7% |
| Poor | 1% | 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 Kandiyohi County residents are overweight, including 30 percent who are obese. Kandiyohi County residents are somewhat more likely to be obese compared to the state as a whole.

RESPONDENTS’ BODY MASS INDEX

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

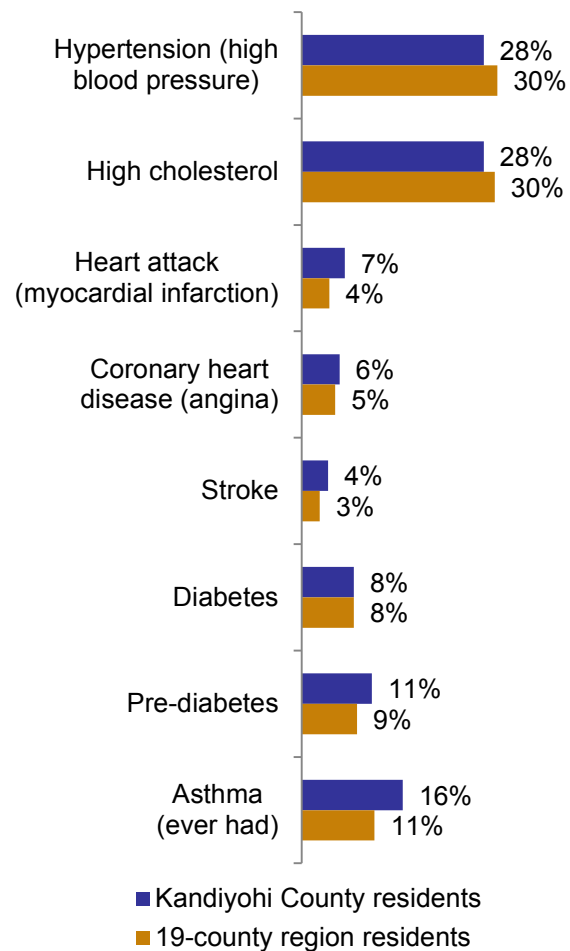
**Source: BRFSS-MN data.*

Yet, when asked, more than half of respondents consider themselves to be about the right weight. About 60 percent of women and 43 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 Kandiyohi County report similar levels of heart disease and related conditions.

*Diabetes

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

*Asthma

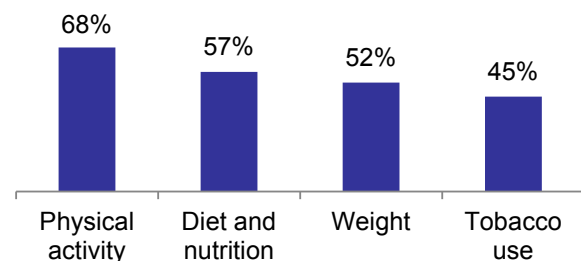
Sixteen percent of respondents have ever had asthma, and of those, about 5 out of 10 still have asthma.

Support provided by health care providers

About 7 out of 10 respondents said they have seen a health care provider about their own health in the past 12 months, which is consistent with 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

Fewer than 4 out of 10 Kandiyohi 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.”

More than one-third of Kandiyohi County residents drank regular soda and/or diet soda on the day prior to taking the survey.

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

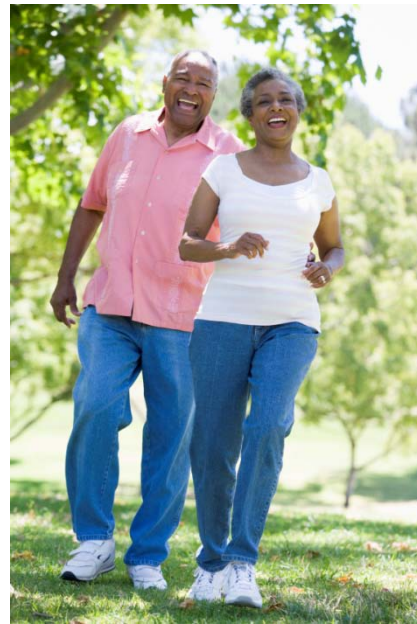
Physical activity

Forty-four percent of residents get the recommended amount of moderate activity and slightly more than one-third get the recommended amount of vigorous activity each week. Eighteen percent said they had not done *any* physical activity other than their job in the past 30 days.

Seventy-one 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 nearby waterways for water-related activities, which are used by more than half of 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 Kandiyohi County, please see the fact sheet on this topic.



Tobacco use

Fifty-six percent county’s residents have never smoked, and about 30 percent no longer smoke. Of the 44 percent who are current or former smokers, more than half 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.

Fewer than 1 in 10 residents allow regular smoking in their homes (by themselves or someone else) and about 16 percent report they rode in a vehicle with someone who was smoking in the past week. 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 Kandiyohi 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 Kandiyohi were invited to participate and 426 completed a survey, for a response rate of 26.6 percent. This results in a sampling error of +/-4.7 percent. Survey respondents are representative of the adult population of Kandiyohi County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Kandiyohi
County
(N=426)

| Respondent characteristics | |
|-----------------------------------|-------------|
| Gender | |
| Female | 51% |
| Male | 49% |
| Age | |
| 18-34 | 27% |
| 35-64 | 52% |
| 65+ | 21% |
| Race | |
| White | 95% |
| People of color | 5% |
| Average household size | 2.65 people |
| Location of home | |
| City (pop. 10,000+) | 49% |
| Town (pop. <10,000) | 16% |
| Rural area | 35% |
| Education | |
| Less than high school | 4% |
| High school diploma or GED | 20% |
| Some college / trade or AA degree | 43% |
| Bachelor's degree or higher | 33% |
| Household income | |
| Less than \$15,000 | 11% |
| \$15,000 to \$35,000 | 18% |
| \$35,001 to \$65,000 | 35% |
| More than \$65,000 | 36% |



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

For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682 or Kandiyohi Public Health at 320-231-7860.

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Adult Nutrition in Kandiyohi County

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

Eating habits

***Breakfast**

According to the Centers for Disease Control and Prevention (CDC), eating breakfast improves concentration, memory, and mood. A little over half of Kandiyohi 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, fewer than 4 out of 10 Kandiyohi County residents ate five or more servings of fruits and vegetables.

***Beverages**

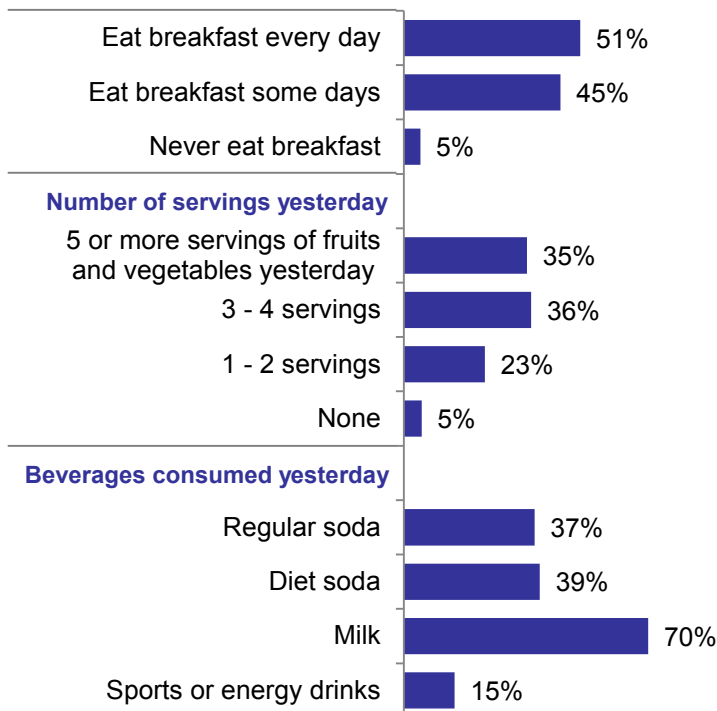
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. More than one-third of Kandiyohi 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 one or two sodas per day. Middle-aged adults (age 35-54) are more likely to drink three or more regular and/or diet sodas per day, and older adults (age 75+) are more likely to not drink any soda.

***Eating out and eating in**

Two-thirds of Kandiyohi County residents eat fast food at least once in a typical week. In addition, just under two-thirds 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 more common in Kandiyohi County compared with the region.

RESPONDENTS' EATING HABITS

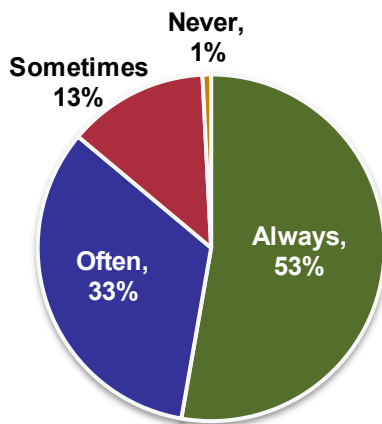


Nearly all Kandiyohi residents eat at least one home-cooked meal in a typical week, but only one-third eat a home-cooked meal every day. Fifteen percent of Kandiyohi residents watch TV while eating a meal daily. Only 3 out of 10 residents *never* watch TV while eating a meal. All of these factors are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

*Fresh fruits and vegetables in the home

Nearly 9 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.

Ninety-seven percent of Kandiyohi residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” Nine out of 10 residents also 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

Kandiyohi County residents use farmers’ markets more often than the average resident of the 19-county region. The use of CSAs by Kandiyohi residents is comparable to that of the 19-county region.

Methods

The survey was conducted by mail. A total of 1,600 people in Kandiyohi County were invited to participate and 426 completed a survey, for a response rate of 26.6 percent. This results in a sampling error of +/-4.7 percent. Survey respondents are representative of the adult population of Kandiyohi County.



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Adult Physical Activity in Kandiyohi County

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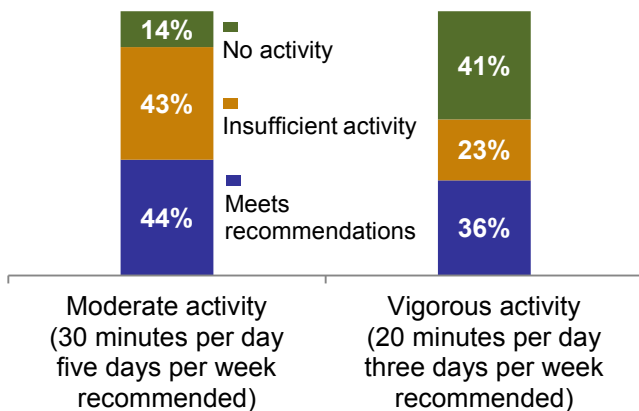
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Current levels of physical activity

Forty-four percent of residents get the recommended amount of moderate activity and slightly more than one-third get the recommended amount of vigorous activity each week. Eighteen percent said they had not done *any* physical activity other than their job in the past 30 days.

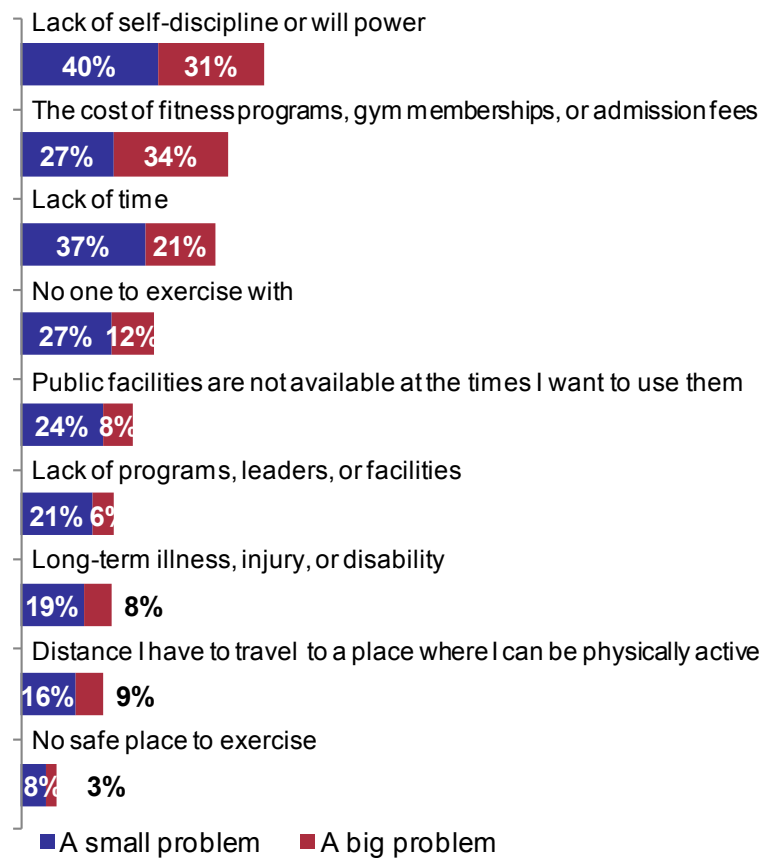
RESPONDENTS' PHYSICAL ACTIVITY



Barriers to physical activity

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

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



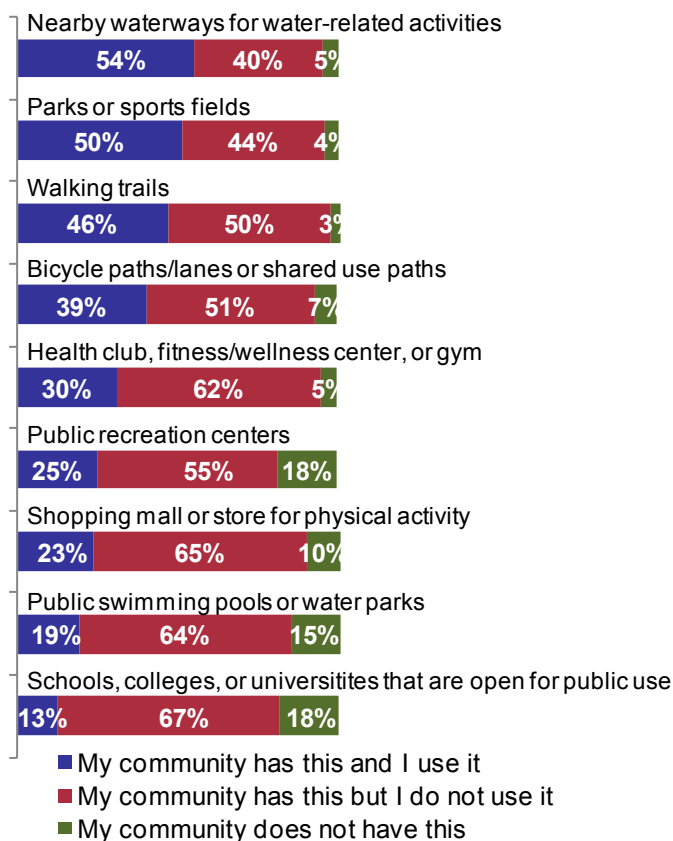
Screen time

When asked about daily "screen time" -- total time spent watching TV and using the computer for non-work-related things such as surfing the internet, social networking, etcetera, 71 percent of respondents reported over two hours of screen time per day. Only about 9 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 nearby waterways for water-related activities, which are used by more than half of residents.

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



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Compared with the region...

Overall, Kandiyohi County residents daily screen time is comparable to that of adults in the 19-county region. However, a higher percentage of Kandiyohi County adults have six to 10 hours of screen time per day. Their levels of physical activity are slightly higher than the average adult resident of the 19-county area. Finally, Kandiyohi County residents are somewhat more likely to report having various resources or amenities available in their community for physical activity opportunities except for swimming pools and parks/sports fields compared with residents of the 19-county region.

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Adult Tobacco Use in Kandiyohi County

Findings from the 2010 Southwest/South Central Adult Health Survey

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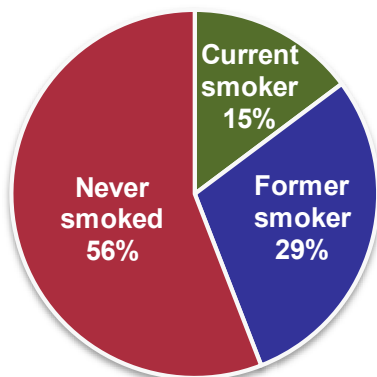
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This fact sheet summarizes survey results about the tobacco use of adult residents in Kandiyohi County.

Current tobacco use

Fifty-six percent of the county's residents have never smoked, and 29 percent no longer smoke. Of the 44 percent who are current and former smokers, more than half said they had tried to quit within the past 12 months.

RESPONDENTS' SMOKING STATUS



Exposure to secondhand smoke

***At home**

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

***At work**

Of those who work, about one-quarter said that someone smokes just outside their workplace door and/or in outdoor smoking areas at least 20 feet from the doors. Smoking in other areas is less common.

***In a vehicle**

About 16 percent of respondents report they rode in a vehicle in the past week with someone who was smoking.

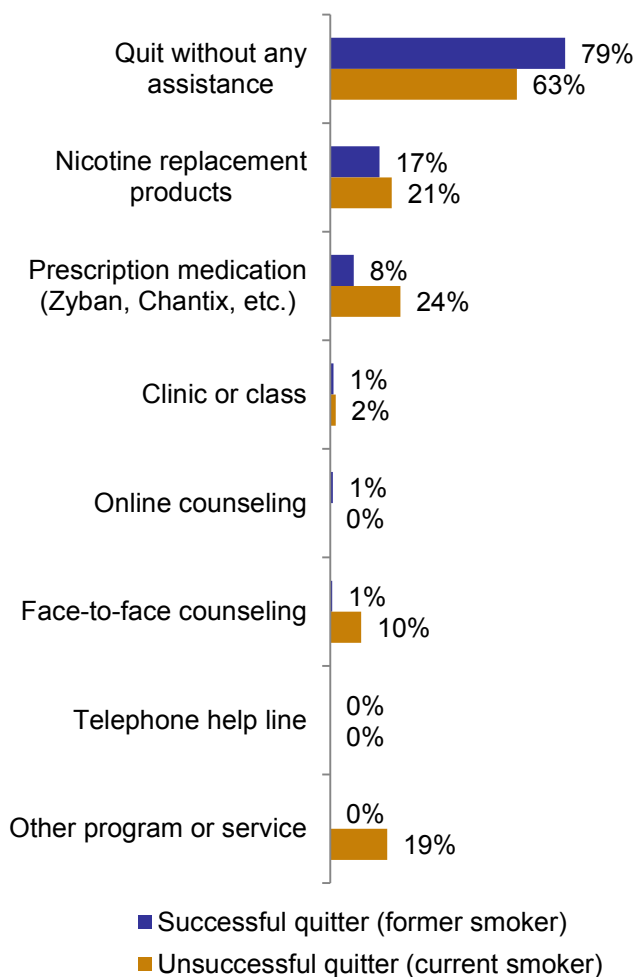
***In public places**

Over one-third of respondents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. Nearly one-third of respondents indicated they 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 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, Kandiyohi 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 greater proportion of Kandiyohi County residents have tried to quit smoking during the past 12 months compared to residents of the region. Finally, Kandiyohi residents are less likely than residents of the region to be exposed to secondhand smoke in public places.

Regarding methods for quitting smoking, Kandiyohi County residents are less likely than residents of the region to use a quit smoking telephone line or an online counseling service to help them quit. They are more likely to attempt to quit without any assistance.

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