

Adult Health in Lac qui Parle County

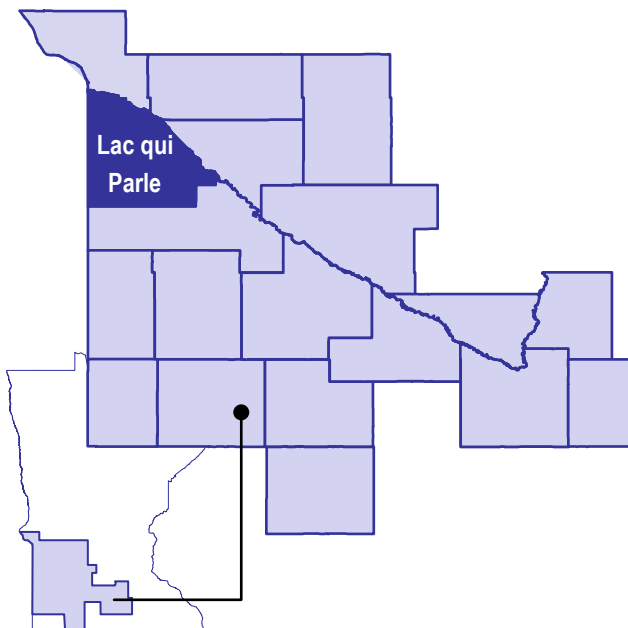
Findings from the 2010 Southwest/South Central Adult Health Survey

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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 Lac qui Parle County.

MAP OF THE 19-COUNTY REGION



Overall health

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

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Lac qui Parle	19-county region	MN statewide*
Excellent	12%	13%	22%
Very good	37%	38%	41%
Good	37%	37%	27%
Fair	11%	10%	7%
Poor	3%	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 Lac qui Parle residents are overweight, including 34 percent who are obese. Lac qui Parle County residents are more likely to be obese than the average resident of Minnesota or the region.

RESPONDENTS’ BODY MASS INDEX

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

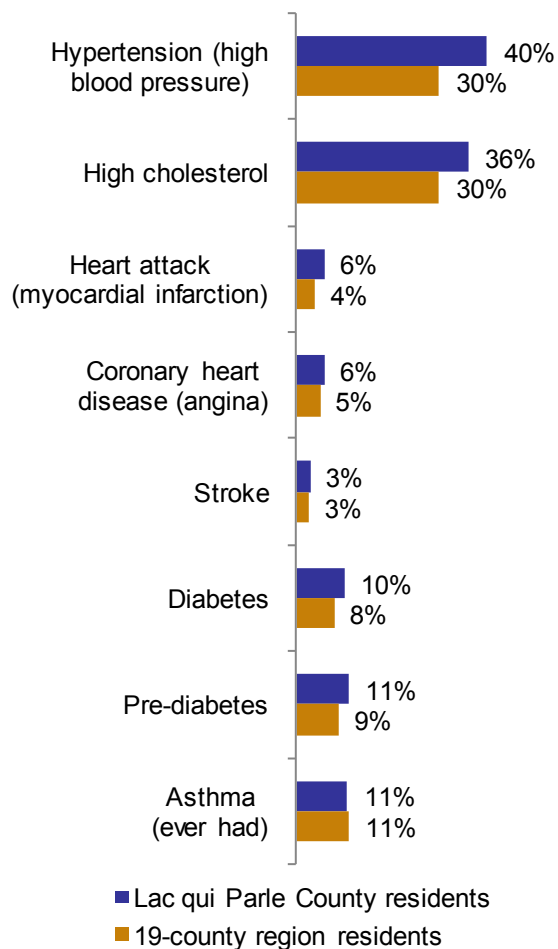
**Source: BRFSS-MN data.*

Yet, when asked, about half of respondents consider themselves to be about the right weight. Fifty-seven 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 Lac qui Parle County are somewhat more likely to have heart disease and related conditions, particularly high blood pressure and high cholesterol.

***Diabetes**

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

***Asthma**

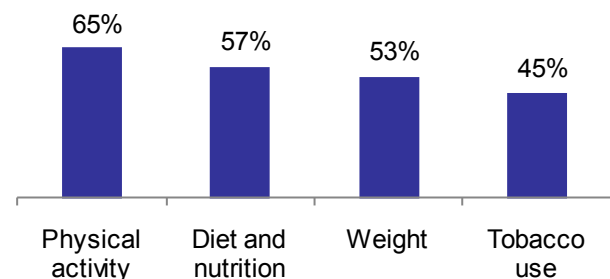
Eleven percent of respondents have ever had asthma, and of those, about 8 out of 10 still have asthma.

Support provided by health care providers

About three-quarters of respondents 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 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

About one-quarter of Lac qui Parle 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.”

Almost 4 out of 10 Lac qui Parle County residents drank regular soda and one-third drank diet soda on the day prior to taking the survey.

Most Lac qui Parle County residents eat at least one home-cooked meal in a typical week, but less than half eat a home-cooked meal every day.

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

Physical activity

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

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

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



Tobacco use

Nearly 6 out of 10 residents have never smoked, and one-quarter no longer smoke. Of the 42 percent who are current and former smokers, more than one-third 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 14 percent of residents allow regular smoking in their homes (by themselves or someone else) and 20 percent report they rode in a vehicle with someone who was smoking in the past week. Just under 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 Lac qui Parle 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 Lac qui Parle County were invited to participate and 530 completed a survey, for a response rate of 33.1 percent. This results in a sampling error of +/-4.1 percent. Survey respondents are representative of the adult population of Lac qui Parle. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Lac qui Parle
County
(N=530)

Respondent characteristics	
Gender	
Female	53%
Male	47%
Age	
18-34	15%
35-64	56%
65+	29%
Race	
White	99%
People of color	1%
Average household size	2.5 people
Location of home	
City (pop. 10,000+)	1%
Town (pop. <10,000)	57%
Rural area	42%
Education	
Less than high school	7%
High school diploma or GED	30%
Some college / trade or AA degree	43%
Bachelor's degree or higher	20%
Household income	
Less than \$15,000	18%
\$15,000 to \$35,000	25%
\$35,001 to \$65,000	33%
More than \$65,000	25%



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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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Adult Nutrition in Lac qui Parle County

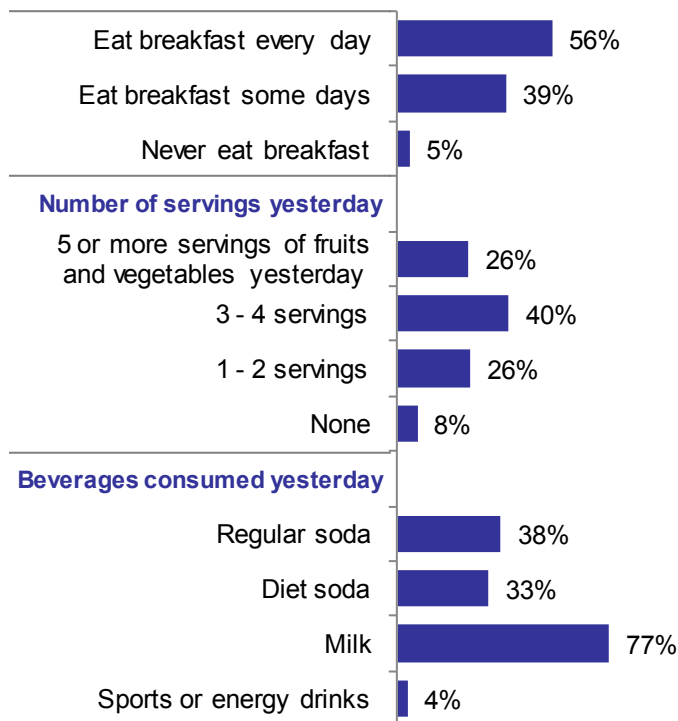
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This fact sheet summarizes survey results related to the nutrition habits of adult residents in Lac qui Parle County.

RESPONDENTS' EATING HABITS



Eating habits

***Breakfast**

According to the Centers for Disease Control and Prevention (CDC), eating breakfast improves concentration, memory, and mood. Over half of Lac qui Parle 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, one-quarter of Lac qui Parle 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. Almost 4 out of 10 Lac qui Parle County residents drank regular soda and one-third drank 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 35-44) are more likely to drink one to four diet sodas per day, and older adults (age 75+) are more likely to not drink any soda.

***Eating out and eating in**

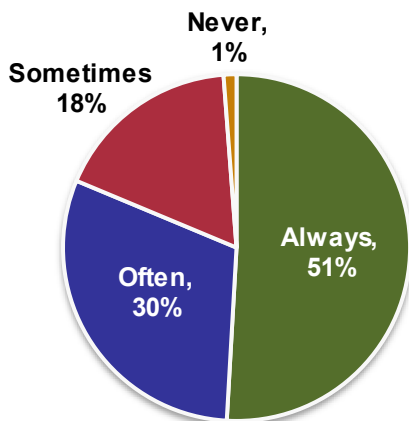
About 4 out of 10 Lac qui Parle County residents eat fast food at least once in a typical week. In addition, over half eat at least once at a restaurant that is *not* fast food. The vast majority of residents who eat out do this only once or twice per week. Eating fast food is much less common in Lac qui Parle County compared with the region.

Most Lac qui Parle County residents eat at least one home-cooked meal in a typical week, but less than half eat a home-cooked meal every day. Nearly 2 out of 10 Lac qui Parle 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**

More than 8 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.

About 2 out of 10 residents disagree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And two-thirds of residents agree that “The fresh fruits and vegetables where I usually shop are of high quality.” However, over 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

Lac qui Parle County residents use farmers’ markets less than the average resident of the 19-county region. However, Lac qui Parle residents’ use of community supported agriculture (CSAs) is comparable to the average resident of the region.

Methods

The survey was conducted by mail. A total of 1,600 people in Lac qui Parle County were invited to participate and 530 completed a survey, for a response rate of 33.1 percent. This results in a sampling error of +/-4.1 percent. Survey respondents are representative of the adult population of Lac qui Parle County.



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Adult Physical Activity in Lac qui Parle County Findings from the 2010 Southwest/South Central Adult Health Survey

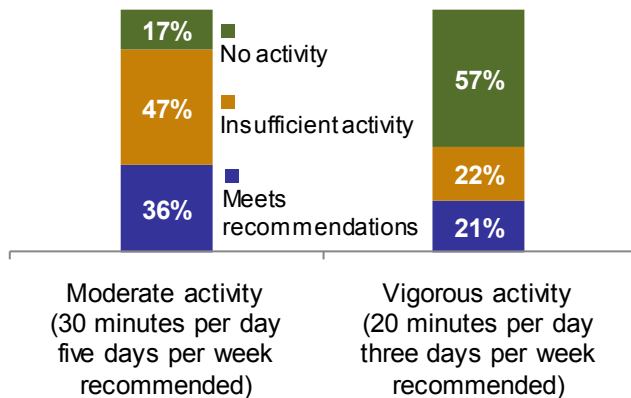
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Current levels of physical activity

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

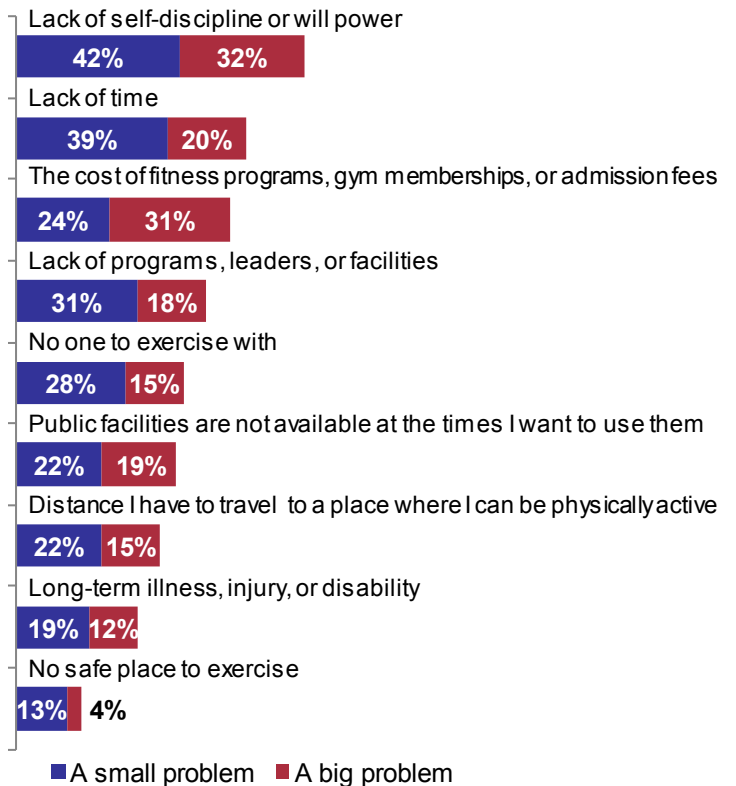
RESPONDENTS' PHYSICAL ACTIVITY



Barriers to physical activity

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

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



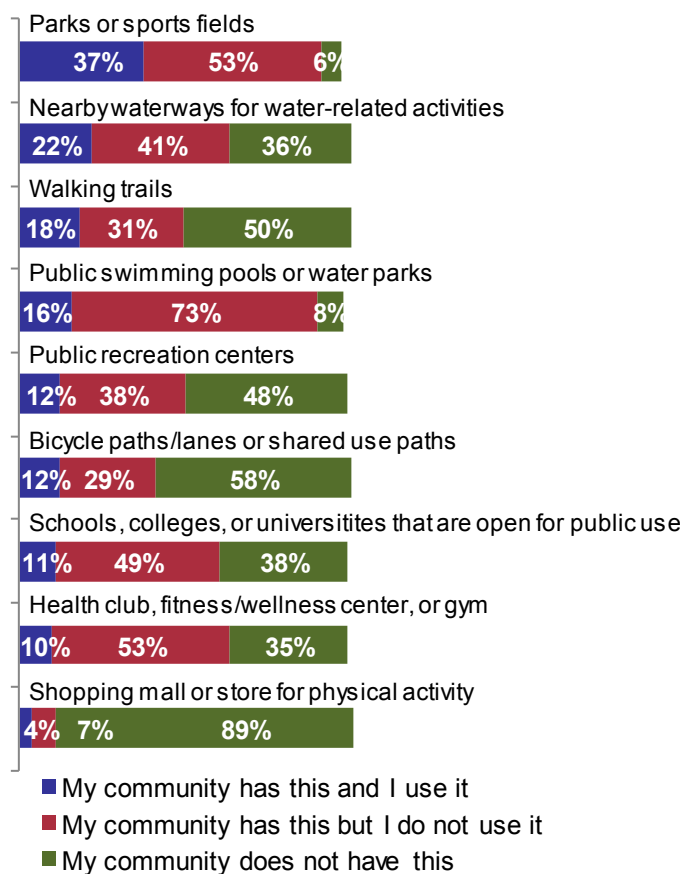
Screen time

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 – almost three-quarters of respondents reported over two hours of screen time per day. Only 6 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 almost 4 out of 10 residents.

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



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Compared with the region...

Lac qui Parle County residents' screen time and perceptions of the area around their home as a place to walk are very comparable to the average resident of the 19-county area. However, their actual physical activity levels are slightly lower. Lac qui Parle County residents are less likely to report having walking trails, bicycle and shared use paths, public recreation centers, and health clubs or fitness centers available in their community for physical activity opportunities compared with residents of the 19-county region.

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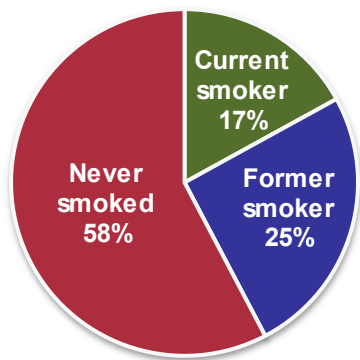
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This fact sheet summarizes survey results about the tobacco use of adult residents in Lac qui Parle County.

Current tobacco use

Nearly 6 out of 10 residents have never smoked, and one-quarter no longer smoke. Of the 42 percent who are current or former smokers, more than one-third said they had tried to quit within the past 12 months.

RESPONDENTS' SMOKING STATUS



Exposure to secondhand smoke

***At home**

Only 14 percent of residents allow regular smoking in their homes (by themselves or someone else). Males and middle-aged (age 45-54) adults are slightly more likely to live in households where someone regularly smokes inside.

***At work**

Of those who work, about one-quarter report that people smoke in outdoor smoking areas that are at least 20 feet from the doors.

***In a vehicle**

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

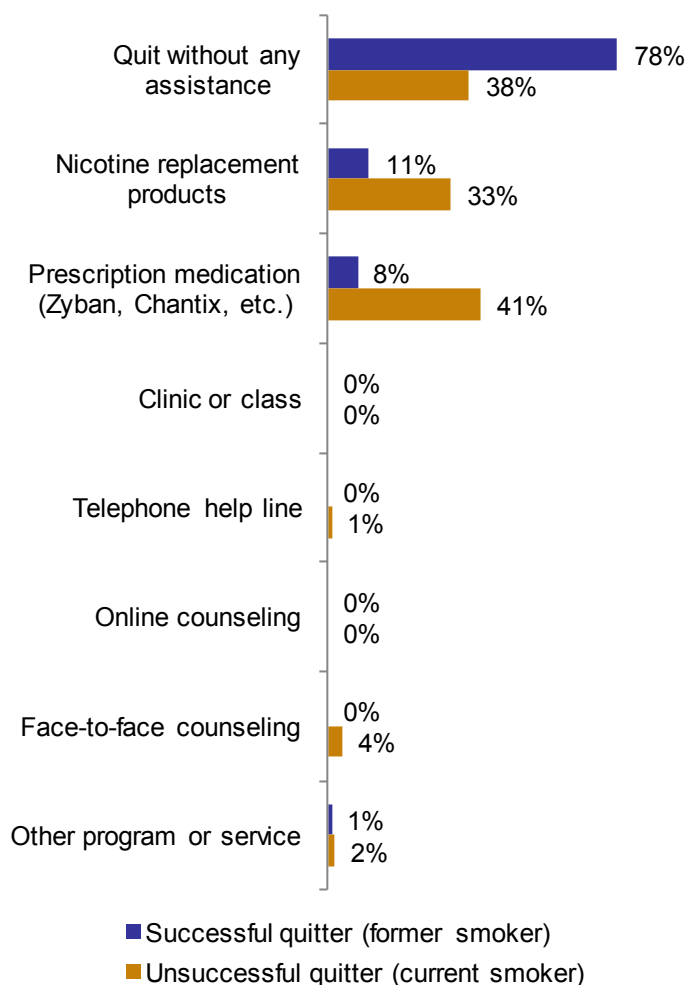
***In public places**

Just under one-third of residents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. About 2 out of 10 respondents reported being 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, Lac qui Parle 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). They are also less likely than residents of the region to have tried to quit smoking during the past 12 months. Lac qui Parle residents, however, are less likely to be exposed to secondhand smoke in public places.

Regarding methods for quitting smoking, Lac qui Parle County residents are less likely than residents of the region to try quitting without any assistance, or to use a quit-smoking clinic, class or telephone help line to help them quit.

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