

Adult Health in Le Sueur County

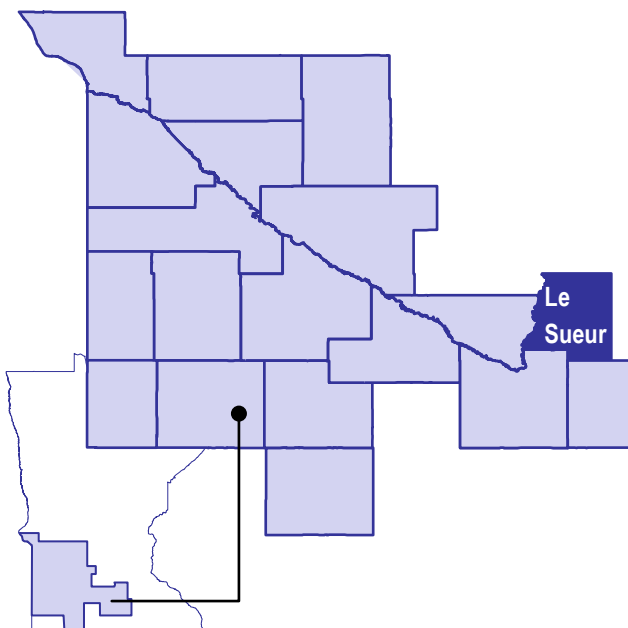
Findings from the 2010 Southwest/South Central Adult Health Survey

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 Le Sueur County.

MAP OF THE 19-COUNTY REGION



Overall health

Based on a scale that ranks from excellent to poor, most Le Sueur County residents say their health is “very good” or “good.”

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Le Sueur County	19- county region	MN statewide*
Excellent	13%	13%	22%
Very good	42%	38%	41%
Good	33%	37%	27%
Fair	10%	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 about two-thirds of Le Sueur County residents are overweight, including 34 percent who are obese. Le Sueur County residents are less likely to be overweight but more likely to be obese than the average resident of Minnesota or the region.

RESPONDENTS’ BODY MASS INDEX

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

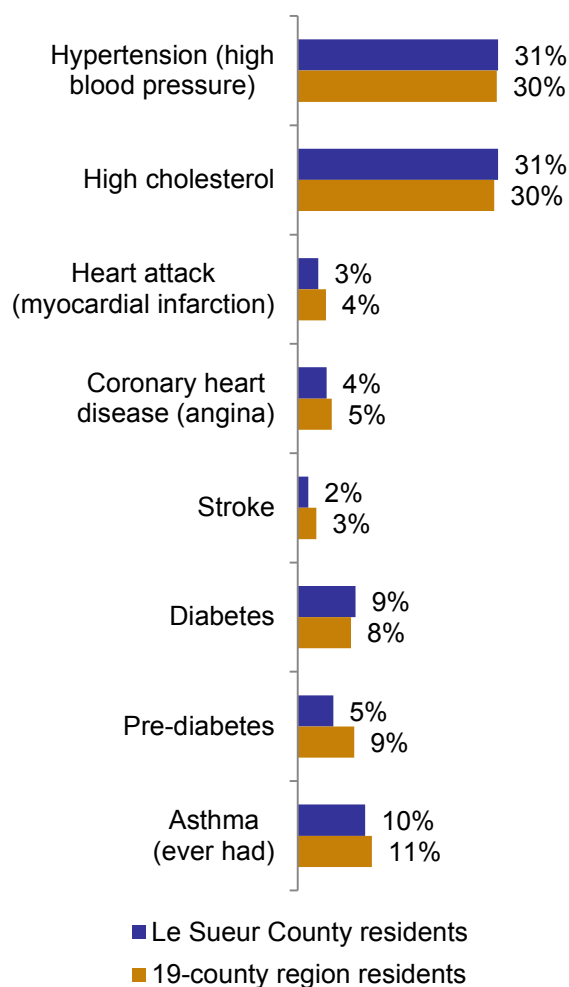
**Source: BRFSS-MN data.*

Yet, when asked, approximately half of respondents consider themselves to be about the right weight. About 65 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 Le Sueur County report similar rates of high blood pressure and high cholesterol, and are as likely to have had a heart attack or a stroke.

*Diabetes

Residents of Le Sueur County are somewhat less likely than residents of the region to have pre-diabetes, although the rate of diabetes is comparable for Le Sueur County and the region.

*Asthma

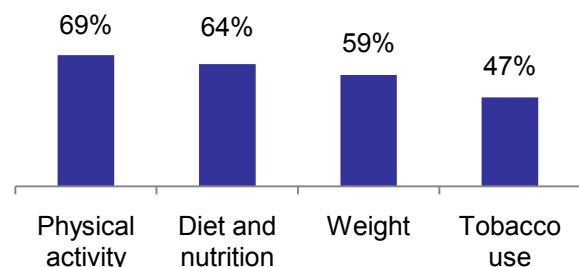
Ten percent of respondents have ever had asthma, and of those, three-quarters still have asthma.

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 comparable to 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...



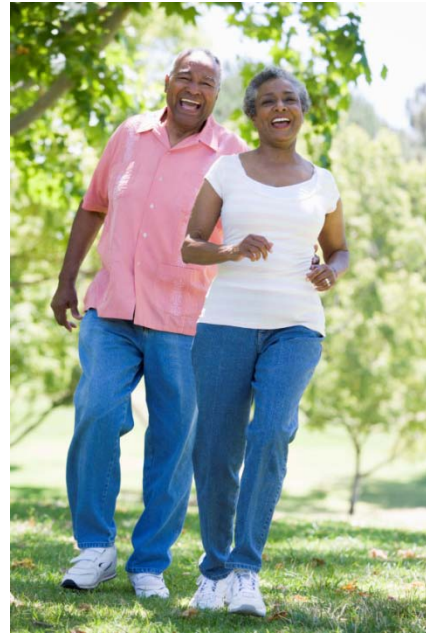
Nutrition

About 3 out of 10 Le Sueur County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. More than 6 out of 10 residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

One-third of Le Sueur County residents drank regular soda and/or diet soda on the day prior to taking the survey.

The vast majority of Le Sueur 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 Le Sueur County, please see the fact sheet on this topic.



Physical activity

Over one-third of Le Sueur County residents get the recommended amount of moderate activity and about one-third get the recommended amount of vigorous activity each week. About 2 out of 10 residents 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, including nearly one-third who get *over four hours* of screen time 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, lack of time, and the cost of programs.

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

Tobacco use

Over half of Le Sueur County residents have never smoked, and 30 percent no longer smoke. Of the 45 percent who are current or former smokers, a little over 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.

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. Forty 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 Le Sueur 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 Le Sueur County were invited to participate and 400 completed a survey, for a response rate of 25 percent. This results in a sampling error of +/-4.9 percent. Survey respondents are representative of the adult population of Le Sueur County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Le Sueur County
(N=400)

Respondent characteristics	
Gender	
Female	50%
Male	50%
Age	
18-34	26%
35-64	56%
65+	19%
Race	
White	96%
People of color	4%
Average household size	2.8 people
Location of home	
City (pop. 10,000+)	2%
Town (pop. <10,000)	59%
Rural area	39%
Education	
Less than high school	6%
High school diploma or GED	24%
Some college / trade or AA degree	45%
Bachelor's degree or higher	26%
Household income	
Less than \$15,000	11%
\$15,000 to \$35,000	18%
\$35,001 to \$65,000	27%
More than \$65,000	44%



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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 Le Sueur-Waseca Public Health at 507-835-0685.

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DECEMBER 2010

Adult Nutrition in Le Sueur 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 Le Sueur County.

Eating habits

***Breakfast**

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

***Beverages**

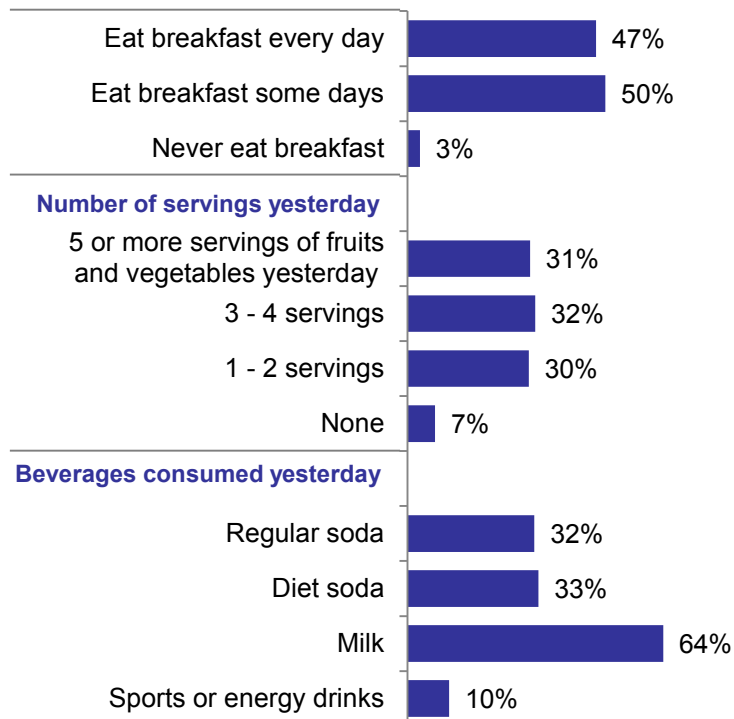
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. One-third of Le Sueur County residents drank regular 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 to two sodas per day. Middle-aged adults (age 35-44) are more likely to drink one to two diet sodas per day, and older adults (age 75+) are more likely to not drink any soda.

***Eating out and eating in**

About 6 out of 10 Le Sueur County residents eat fast food at least once in a typical week. In addition, over half also eat at least once at a restaurant that is *not* fast food. The majority of residents who eat out do this only once or twice per week. Eating out is slightly more common in Le Sueur County compared with the region.

RESPONDENTS' EATING HABITS

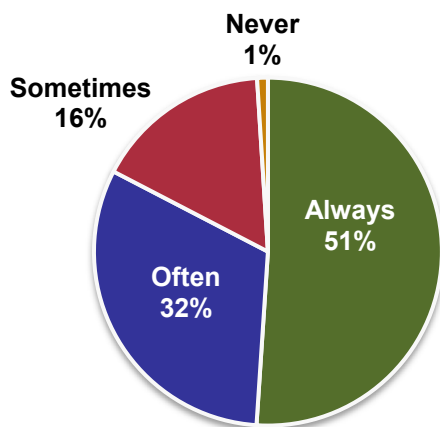


The vast majority of Le Sueur County residents eat at least one home-cooked meal in a typical week, but only one-third eat a home-cooked meal every day. Fifteen percent of Le Sueur County residents watch TV while eating a meal daily. Only one-quarter of residents *never* watch TV while eating a meal. 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

More than 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.

Only about 1 out of 20 residents disagrees 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, more than 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

Le Sueur County residents use farmers’ markets slightly less than the average resident of the 19-county region, and use community supported agriculture (CSAs) slightly more often. Residents of Le Sueur County are more likely to get food two times per week or more from a home or community garden compared with residents of the region (38% vs. 31%).

Methods

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Adult Physical Activity in Le Sueur County

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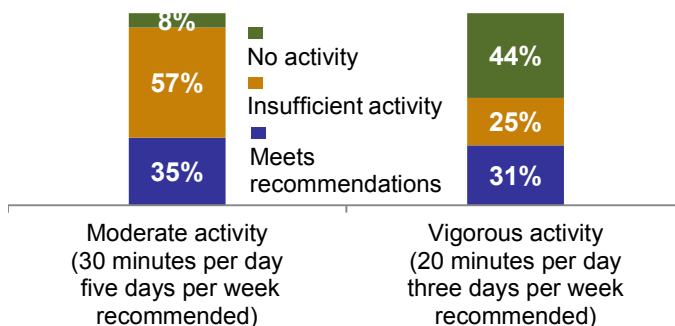
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Current levels of physical activity

Over one-third of residents get the recommended amount of moderate activity and about one-third get the recommended amount of vigorous activity each week. About 2 out of 10 residents 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



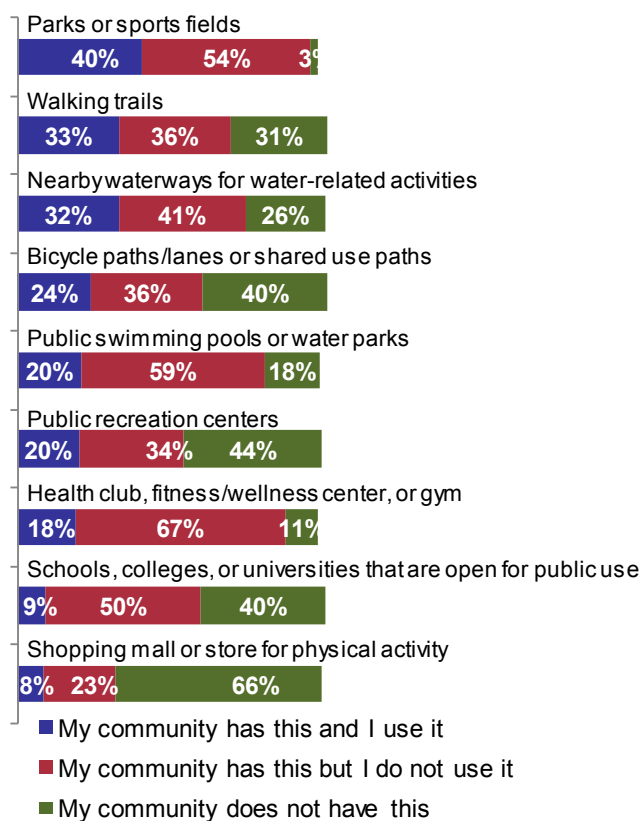
Screen time

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 – about three-quarters of respondents reported over two hours of screen time per day, including nearly one-third of residents who get *over four hours* 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 4 out of 10 residents.

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



Compared with the region...

Le Sueur County residents get similar amounts of screen time compared with adults in the 19-county region. They also engage in similar amounts of physical activity compared to the average adult resident of the 19-county area. Finally, Le Sueur County residents are somewhat 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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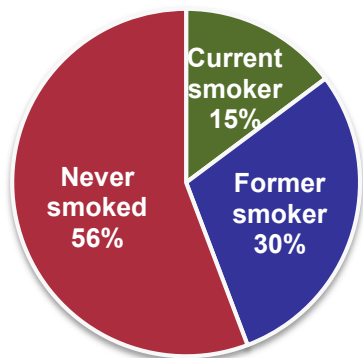
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This fact sheet summarizes survey results about the tobacco use of adult residents in Le Sueur County.

Current tobacco use

Over half of the county's residents have never smoked, and 30 percent no longer smoke. Of the 45 percent who are current or former smokers, a little over half 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). Females are slightly more likely to live in households where someone regularly smokes inside.

***At work**

Of those who work, over one-quarter report that people smoke just outside their workplace door and/or in smoking areas that are at least 20 feet from doors. Smoking in other areas is less common.

***In a vehicle**

About 2 out of 10 respondents rode in a vehicle with someone who was smoking in the past week.

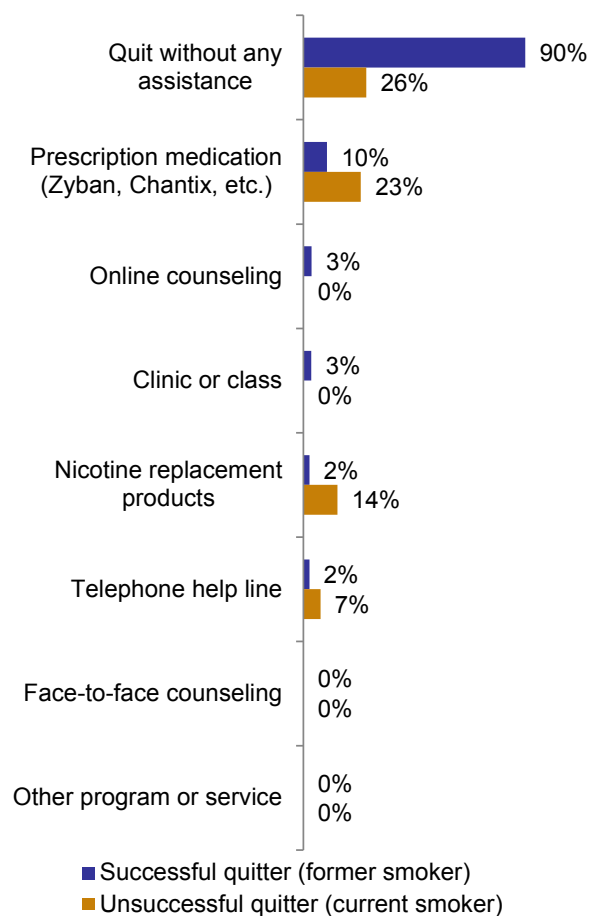
***In public places**

Forty percent of respondents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. Sidewalks and building entrances were the most likely places for exposure.

Quitting

Of former 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...

Le Sueur 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). However, a slightly greater percentage of Le Sueur County residents have tried to quit smoking during the past 12 months compared to residents of the region. Finally, Le Sueur County residents are more likely than residents of the region to be exposed to secondhand smoke in public places.

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

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