

Adult Health in Lincoln County

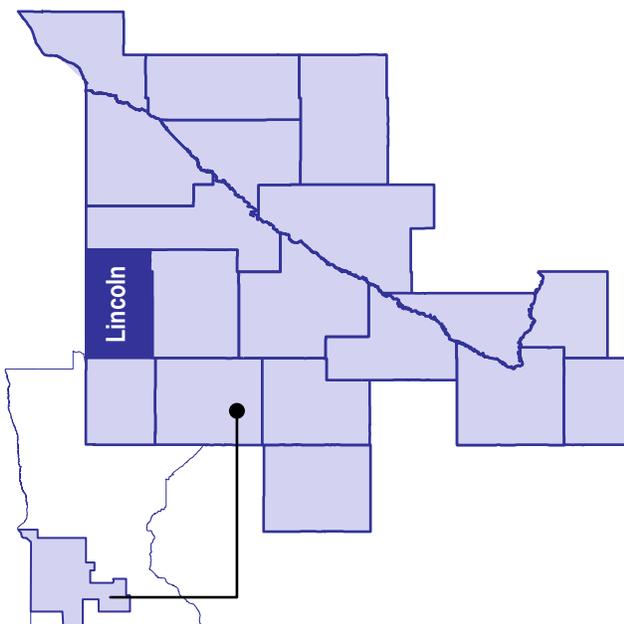
Findings from the 2010 Southwest/South Central Adult Health Survey

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 Lincoln County.

MAP OF THE 19-COUNTY REGION



Overall health

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

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Lincoln County	19-county region	MN statewide*
Excellent	7%	13%	22%
Very good	37%	38%	41%
Good	43%	37%	27%
Fair	11%	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 nearly 7 out of 10 of Lincoln County residents are overweight or obese. Lincoln County residents are more likely to be overweight or obese than the average resident of Minnesota.

RESPONDENTS’ BODY MASS INDEX

	Lincoln County	19-county region	MN statewide*
Not overweight or obese	32%	34%	37%
Overweight (but not obese)	41%	36%	38%
Obese	27%	31%	25%

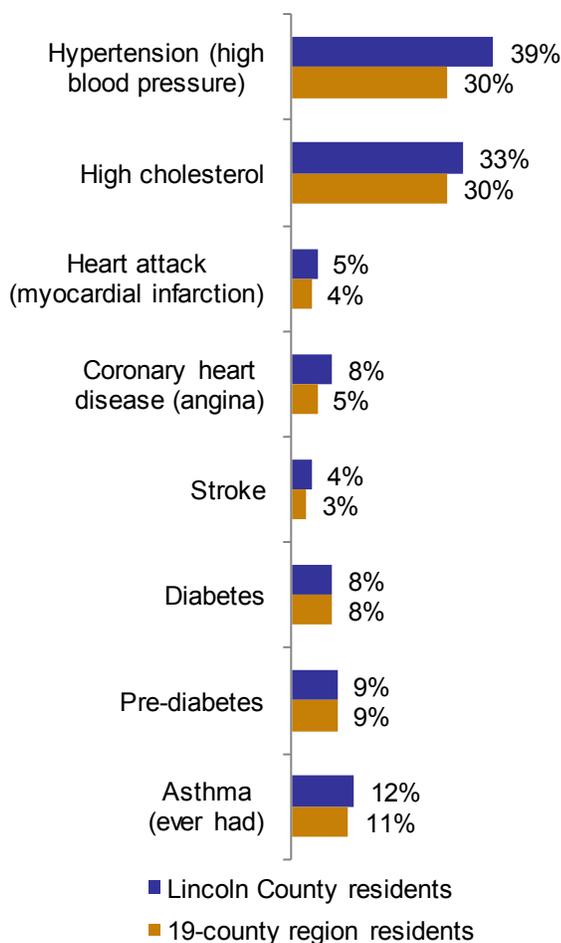
**Source: BRFSS-MN data.*

Yet, about 6 out of 10 residents in Lincoln County consider themselves to be about the right weight. Sixty-four percent of women and 43 percent of men are currently 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 Lincoln County are somewhat more likely to have heart disease and related conditions, particularly high blood pressure and high cholesterol.

*Diabetes

Residents of Lincoln County are equally likely to have diabetes and pre-diabetes as are other residents of the region.

*Asthma

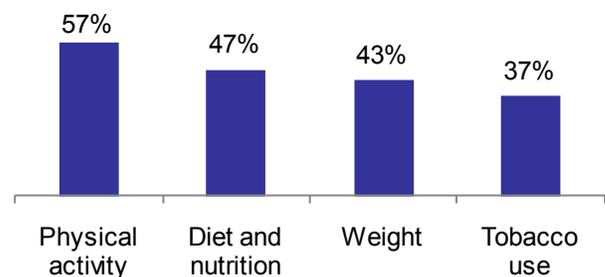
Twelve percent of respondents have ever had asthma, and of those, 7 out of 10 still have asthma.

Support provided by health care providers

Nearly three-quarters of Lincoln County residents 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

One-quarter Lincoln County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. Over half of the residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

About 4 out of 10 of Lincoln County residents drank regular soda and 3 out of 10 drank diet soda on the day prior to taking the survey.

Most Lincoln County residents eat at least one home-cooked meal in a typical week, but only 45 percent eat a home-cooked meal every day.

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

Physical activity

Four out of 10 of Lincoln County residents get the recommended amount of moderate activity and only 3 out of 10 get the recommended amount of vigorous activity each week. Two out of 10 residents said they had not done *any* physical activity other than their job in the past 30 days.

More than two-thirds of residents 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 and nearby waterways, which are used by about 4 out of 10 residents. The biggest self-reported barriers to getting physical activity are: lack of self-discipline, lack of time, and the cost of programs.

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



Tobacco use

Over half of the county’s residents have never smoked, and about another third no longer smoke. Of the 45 percent who are current or former smokers, nearly 6 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.

Fewer than 1 out of 10 residents allow regular smoking in their homes (by themselves or someone else) and about 2 out of 10 report they rode in a vehicle with someone who was smoking in the past week. About 3 out of 10 residents 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 Lincoln 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 Lincoln County were invited to participate and 493 completed a survey, for a response rate of 30.8 percent. This results in a sampling error of +/-4.2 percent. Survey respondents are representative of the adult population of Lincoln County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Lincoln County
(N=493)

Respondent characteristics	
Gender	
Female	51%
Male	49%
Age	
18-34	21%
35-64	48%
65+	32%
Race	
White	99%
People of color	1%
Average household size	2.49 people
Location of home	
City (pop. 10,000+)	1%
Town (pop. <10,000)	57%
Rural area	42%
Education	
Less than high school	5%
High school diploma or GED	35%
Some college / trade or AA degree	40%
Bachelor's degree or higher	20%
Household income	
Less than \$15,000	13%
\$15,000 to \$35,000	29%
\$35,001 to \$65,000	34%
More than \$65,000	24%



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For more information

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 Lincoln, Lyon, Murray, Pipestone Public Health Services at 507-537-6713.

This report was produced by Wilder Research.

DECEMBER 2010

Adult Nutrition in Lincoln 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 Lincoln County.

Eating habits

***Breakfast**

According to the Centers for Disease Control and Prevention (CDC), eating breakfast improves concentration, memory, and mood. Over half of Lincoln 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 Lincoln County residents ate five or more servings of fruits and vegetables.

***Beverages**

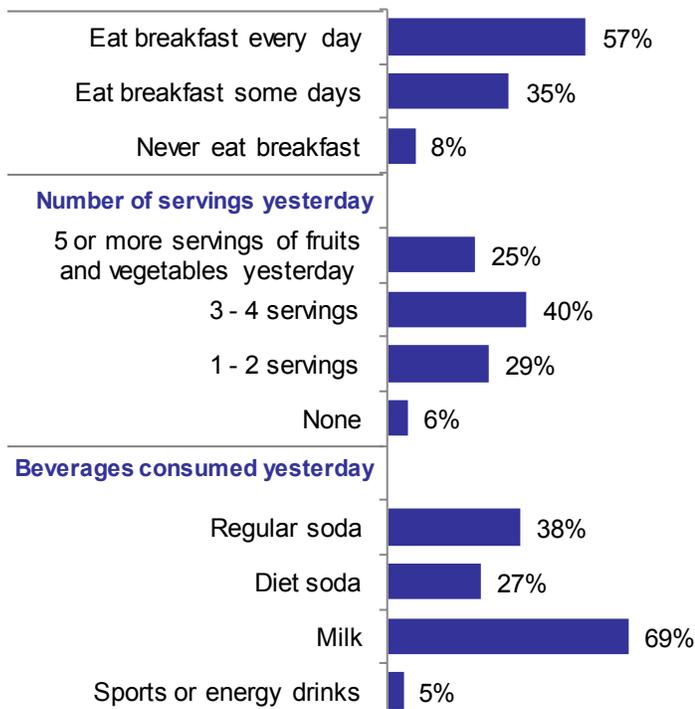
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. About 4 out of 10 Lincoln County residents drank regular soda and nearly 3 out of 10 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 more regular sodas each day but, along with older adults (age 65-74), are less likely to drink diet soda. Older adults (age 65+) are more likely to not drink any soda.

***Eating out and eating in**

Nearly half of Lincoln 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 less common in Lincoln County compared with the region.

RESPONDENTS' EATING HABITS

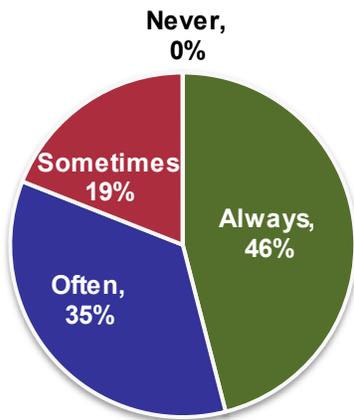


Nearly all Lincoln County residents eat at least one home-cooked meal in a typical week, but only 45 percent eat a home-cooked meal every day. About 2 out of 10 Lincoln County residents watch TV while eating a meal daily. About 3 out of 10 residents *never* watch TV while eating a meal. All of these 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

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.

Eight out of 10 residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” Eight out of 10 residents also agree that “The fresh fruits and vegetables where I usually shop are of high quality.” However, more than half of residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

Use of community resources

Lincoln County residents use farmers’ markets and community supported agriculture (CSAs) more often than the average resident of the 19-county region. Over half say they use farmers’ markets and about 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 Lincoln County were invited to participate and 493 completed a survey, for a response rate of 30.8 percent. This results in a sampling error of +/- 4.2 percent. Survey respondents are representative of the adult population of Lincoln County.



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Adult Physical Activity in Lincoln County

Findings from the 2010 Southwest/South Central Adult Health Survey

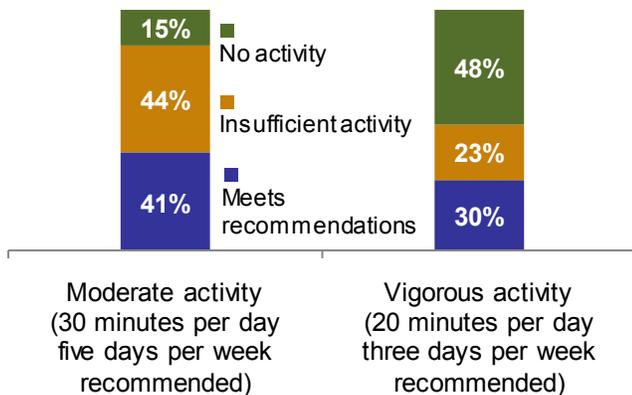
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Current levels of physical activity

Four out of 10 residents get the recommended amount of moderate activity and 3 out of 10 get the recommended amount of vigorous activity each week. Two 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: the lack of self-discipline or willpower, the lack of time, and the cost of fitness programs.

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



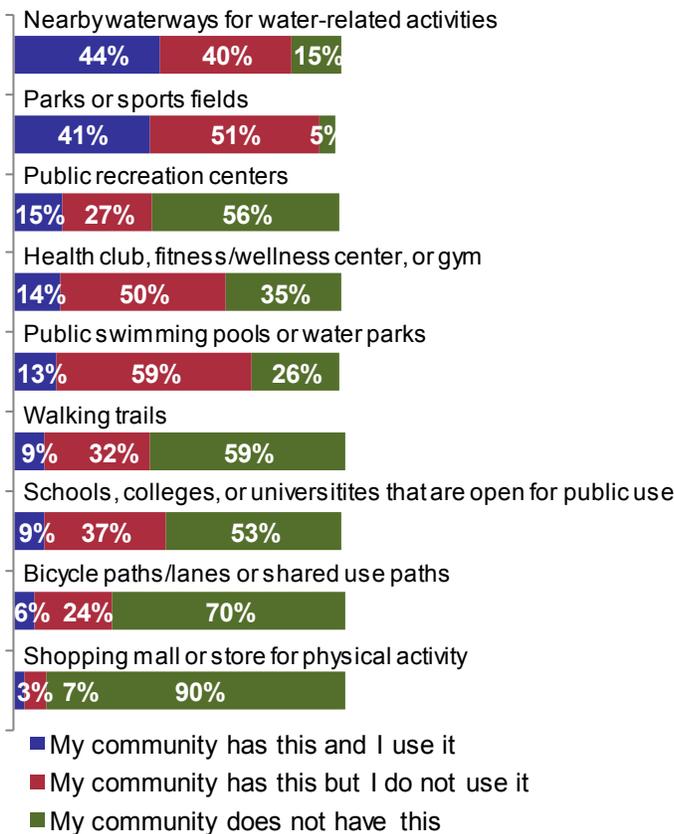
Screen time

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 – more than two-thirds of respondents 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 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 waterways for water-related activities and 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...

Lincoln County residents get comparable amounts of physical activity, and their perceptions of the area around their home as a place to get physical activity are also very similar to the average adult resident of the 19-county area. Finally, Lincoln 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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For more information

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Adult Tobacco Use in Lincoln County

Findings from the 2010 Southwest/South Central Adult Health Survey

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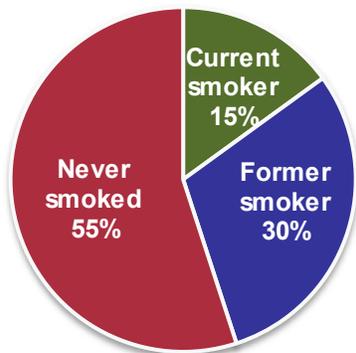
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This fact sheet summarizes survey results about the tobacco use of adult residents in Lincoln County.

Current tobacco use

Over half of the county's residents have never smoked, and about another third no longer smoke. Of the 45 percent who are current or former smokers, over half said they had tried to quit within the past 12 months.

RESPONDENTS' SMOKING STATUS



Exposure to secondhand smoke

***At home**

Fewer than 1 out of 10 residents allow regular smoking in their homes (by themselves or someone else). Middle-aged residents (age 45-54) are slightly more likely to allow smoking in their homes.

***At work**

Of those who work, nearly 30 percent report that people smoke in outdoor smoking areas at least 20 feet from doors. About 4 out of 10 residents said that no one smokes anywhere at their worksite.

***In a vehicle**

About 2 out 10 residents report they rode in a vehicle in the past week with someone who was smoking.

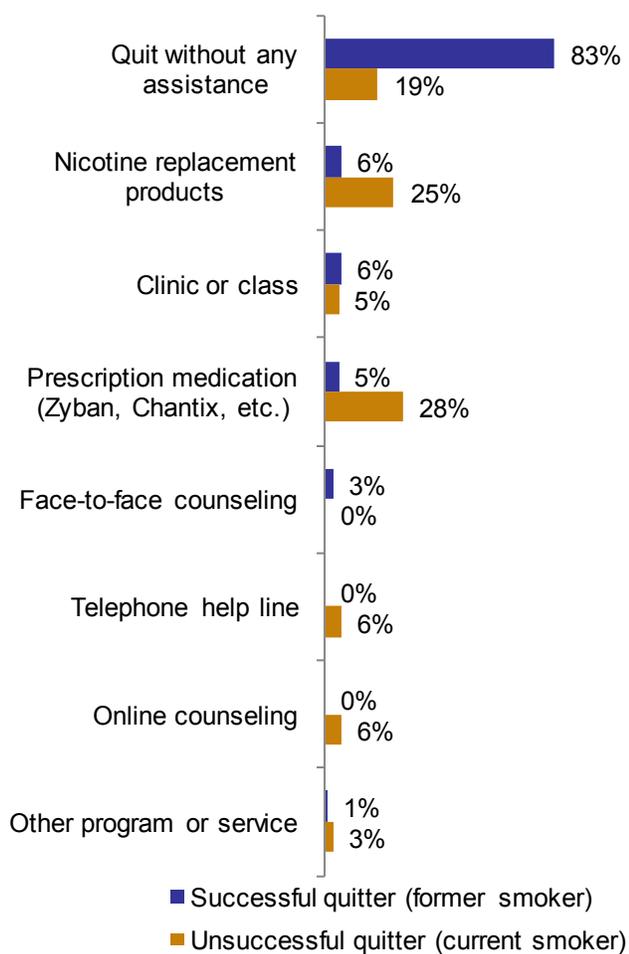
***In public places**

About 3 out of 10 residents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. Sidewalks or building entrances were commonly reported locations for exposure.

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

Regarding methods for quitting smoking, Lincoln County residents are more likely than residents of the region to try a quit-smoking clinic or class and slightly less likely to attempt to quit without any assistance.

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