

Adult Health in Lyon County

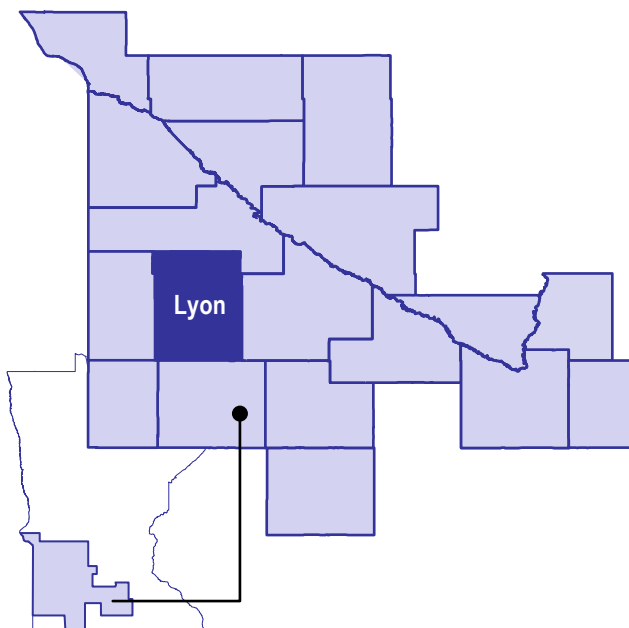
Findings from the 2010 Southwest/South Central Adult Health Survey

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 Lyon County.

MAP OF THE 19-COUNTY REGION



Overall health

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

RESPONDENTS' RATINGS OF THEIR OVERALL HEALTH

	Lyon County	19-county region	MN statewide*
Excellent	8%	13%	22%
Very good	41%	38%	41%
Good	39%	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 two-thirds of Lyon County residents are overweight, including one-third who are obese. Lyon County residents are more likely to be obese than the average resident of Minnesota or the region.

RESPONDENTS' BODY MASS INDEX

	Lyon County	19-county region	MN statewide*
Not overweight or obese	33%	34%	37%
Overweight (but not obese)	34%	36%	38%
Obese	33%	31%	25%

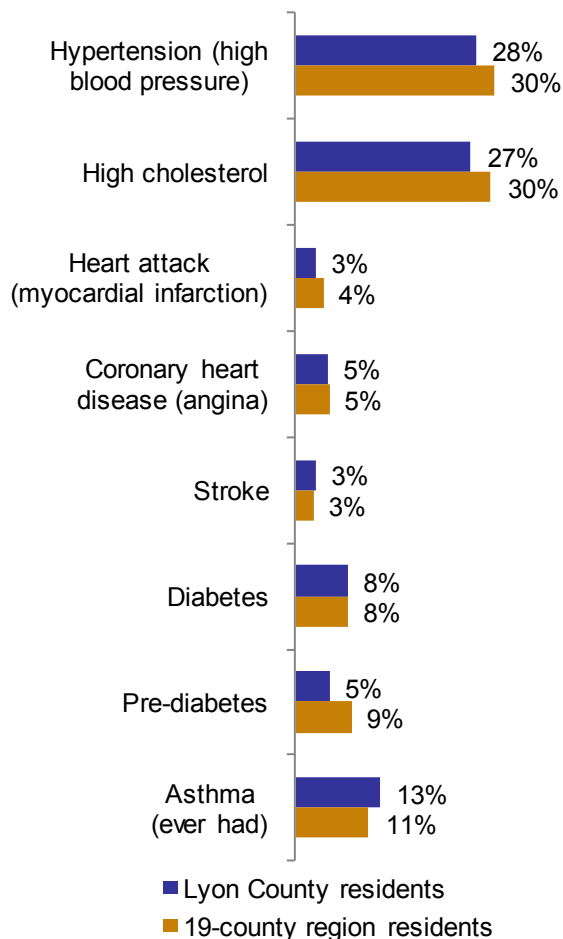
**Source: BRFSS-MN data.*

Yet, when asked, over half of respondents consider themselves to be about the right weight. However, 61 percent of women and 57 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 Lyon County are somewhat less likely to have high blood pressure, high cholesterol, or have had a heart attack. They are as likely as residents of the region, however, to have angina or have had a stroke.

*Diabetes

Residents of Lyon County are equally as likely as residents of the region to have diabetes.

*Asthma

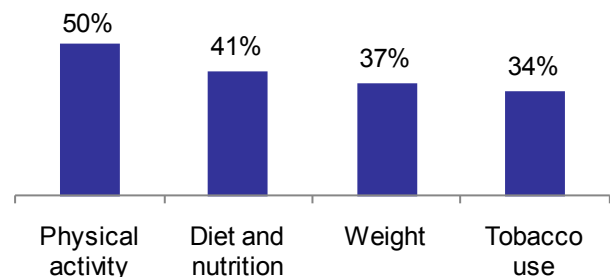
Thirteen percent of respondents have ever had asthma, and of those, about 6 out of 10 still have asthma.

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 the same as 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 Lyon 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.”

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

Most Lyon 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 Lyon County, please see the fact sheet on this topic.

Physical activity

Only 38 percent of Lyon County residents get the recommended amount of moderate activity and about 3 out of 10 get the recommended amount of vigorous activity each week. Almost one-quarter said they had not done *any* physical activity other than their job in the past 30 days.

Three-quarters of Lyon County respondents reported over two hours of screen time per day. Only 8 percent of respondents reported an hour or less 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 45 percent of residents. The biggest self-reported barriers to getting physical activity are: the cost of programs, lack of self-discipline or willpower, and lack of time.

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



Tobacco use

Over half of Lyon County residents have never smoked, and about another third no longer smoke. Of the 42 percent who are current and former smokers, about 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.

Only 7 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. 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 Lyon 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 Lyon County were invited to participate and 406 completed a survey, for a response rate of 25.4 percent. This results in a sampling error of +/-4.8 percent. Survey respondents are representative of the adult population of Lyon County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Respondent characteristics	Lyon County (N=406)
Gender	
Female	53%
Male	47%
Age	
18-34	30%
35-64	49%
65+	20%
Race	
White	94%
People of color	6%
Average household size	2.58 people
Location of home	
City (pop. 10,000+)	52%
Town (pop. <10,000)	25%
Rural area	23%
Education	
Less than high school	7%
High school diploma or GED	26%
Some college / trade or AA degree	33%
Bachelor's degree or higher	35%
Household income	
Less than \$15,000	12%
\$15,000 to \$35,000	26%
\$35,001 to \$65,000	30%
More than \$65,000	32%



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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 Lyon Public Health at 507-537-6709

This report was produced by Wilder Research.

DECEMBER 2010

Adult Nutrition in Lyon 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 Lyon County.

Eating habits

***Breakfast**

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

***Beverages**

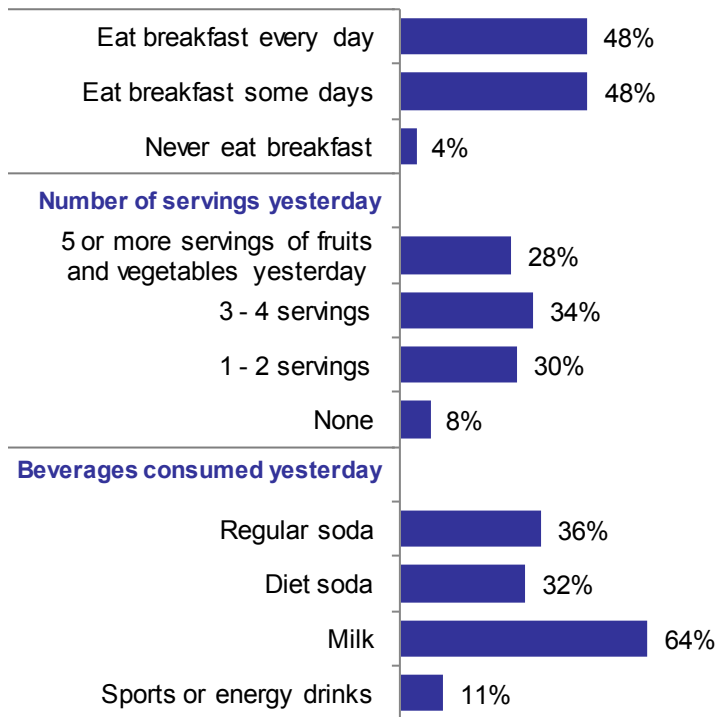
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. More than one-third of Lyon County residents drank regular soda and one-third drank diet soda on the day prior to taking the survey.

Soda consumption varies by age: younger adults (age 18-44) are more likely to drink regular soda. Older adults (age 65-74) are more likely to drink one to two diet sodas per day. Adults age 75+ are more likely not to drink any soda.

***Eating out and eating in**

Two-thirds of Lyon County residents eat fast food at least once in a typical week. In addition, nearly 6 out of 10 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 Lyon County compared with to region.

RESPONDENTS' EATING HABITS

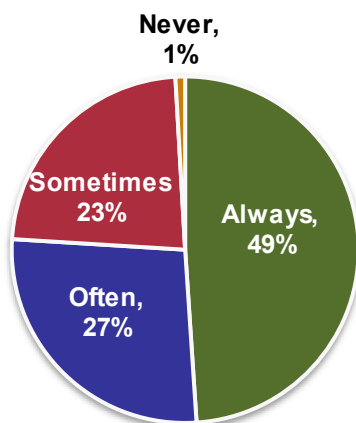


Most Lyon County residents eat at least one home-cooked meal in a typical week, but only one-third eat a home-cooked meal every day. About 1 out of 10 Lyon County residents watch TV while eating a meal daily. Only 27 percent of residents *never* watch TV while eating a meal. All of these factors are related to the degree to which an individual is likely to meet their nutritional and psychological needs.

*Fresh fruits and vegetables in the home

Three-quarters of 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 1 out of 25 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, 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

Lyon County residents use farmers’ markets less than the average resident of the 19-county region, and they use community supported agriculture (CSAs) at the same rate. Only half of Lyon County residents say they use farmers’ markets and 16 percent use CSAs at least once a month.

Methods

The survey was conducted by mail. A total of 1,600 people in Lyon County were invited to participate and 406 completed a survey, for a response rate of 25.4 percent. This results in a sampling error of +/- 4.8 percent. Survey respondents are representative of the adult population of Lyon County.



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Adult Physical Activity in Lyon County

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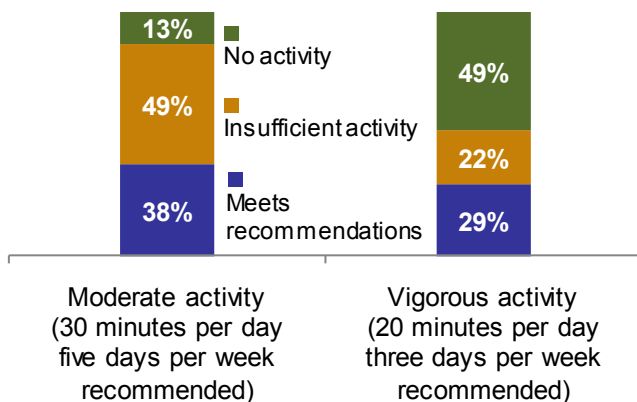
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Current levels of physical activity

Only 38 percent of residents get the recommended amount of moderate activity and about 3 out of 10 get the recommended amount of vigorous activity each week. Almost 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 cost.

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



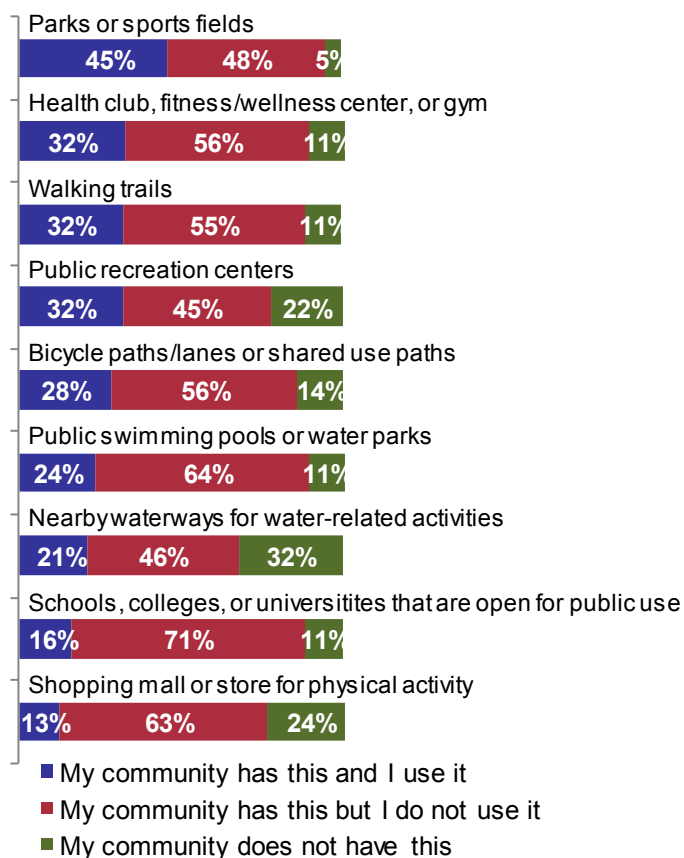
Screen time

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 or social networking – three-quarters of respondents reported over two hours of screen time per day. Only 8 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 or sports fields, which are used by 45 percent of residents.

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



Compared with the region...

Lyon County residents get slightly less screen time compared with adults in the 19-county region. However, their levels of physical activity are lower than that of the average adult resident of the 19-county area. Finally, Lyon County residents are more likely to report having various resources or amenities available in their community for physical activity opportunities compared with residents of the 19-county region, with the exception of waterways for water-related activities.

Methods

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Adult Tobacco Use in Lyon County

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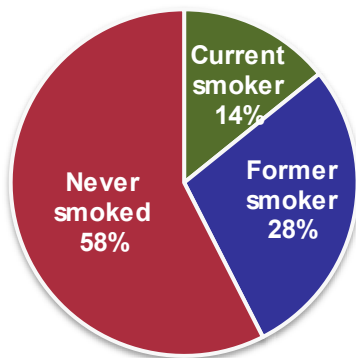
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This fact sheet summarizes survey results about the tobacco use of adult residents in Lyon County.

Current tobacco use

Over half of the county's residents have never smoked, and about another third no longer smoke. Of the 42 percent who are current and former smokers, about 6 out of 10 said they had tried to quit within the past 12 months.

RESPONDENTS' SMOKING STATUS



Exposure to secondhand smoke

***At home**

Only 7 percent of residents allow regular smoking in their homes (by themselves or someone else). Males and middle-aged (age 35-54) adults 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 just outside their workplace door and in outdoor smoking areas that are at least 20 feet from doors. Smoking in other areas is less common.

***In a vehicle**

About 20 percent of respondents report they rode in a vehicle in the past week with someone who was smoking.

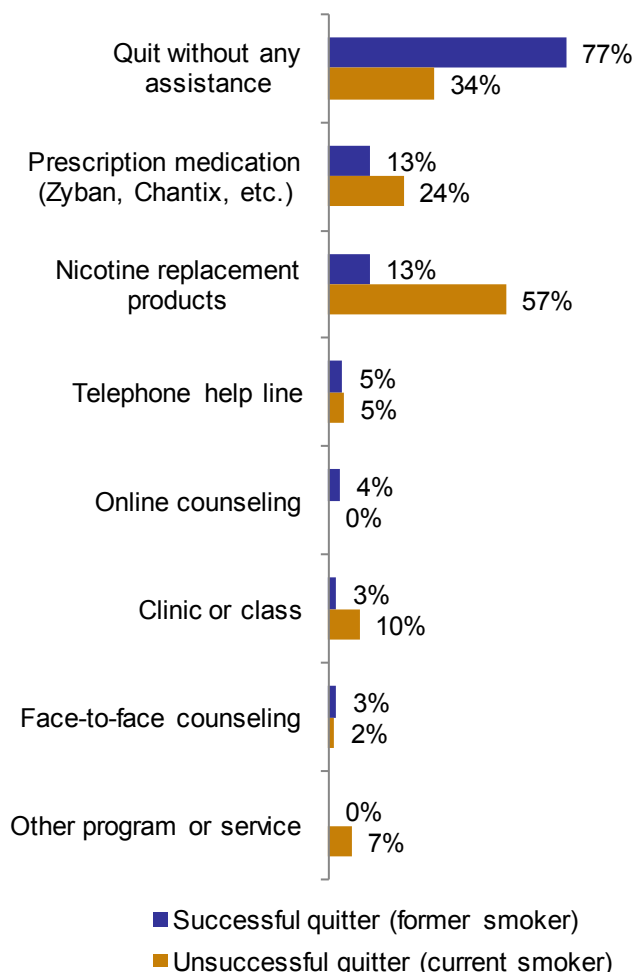
***In public places**

One-third of respondents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. Over one-quarter of respondents indicated they had been exposed to secondhand smoke multiple times during the past week.

Quitting

Of former smokers and current smokers, 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, Lyon County residents are slightly less likely than residents of the 19-county region to allow regular smoking in their homes (by themselves or someone else). Also, a higher proportion of Lyon County residents than residents of the region have tried to quit smoking during the past 12 months. Finally, Lyon County residents are less likely than residents of the region to be exposed to secondhand smoke in public places.

Regarding methods for quitting smoking, Lyon County residents are slightly less likely than residents of the region to attempt to quit without assistance, and they are more likely to use nicotine replacement products, prescription medications, and face-to-face or online counseling to help them quit.

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