

Adult Health in Murray County

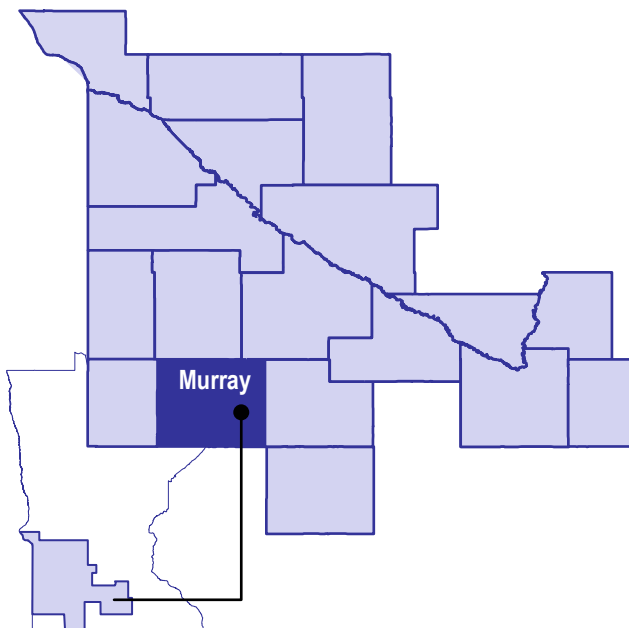
Findings from the 2010 Southwest/South Central Adult Health Survey

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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 Murray County.

MAP OF THE 19-COUNTY REGION



Overall health

Based on a scale that ranks from excellent to poor, most Murray County residents say their health is “very good” or “good,” slightly better than the region.

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Murray County	19-county region	MN statewide*
Excellent	10%	13%	22%
Very good	45%	38%	41%
Good	35%	37%	27%
Fair	9%	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 4 out of 10 residents of Murray County are overweight and another 3 out of 10 are obese. Murray County residents are slightly more likely to be overweight than the average resident of Minnesota.

RESPONDENTS’ BODY MASS INDEX

	Murray County	19-county region	MN statewide*
Not overweight or obese	31%	34%	37%
Overweight (but not obese)	40%	36%	38%
Obese	29%	31%	25%

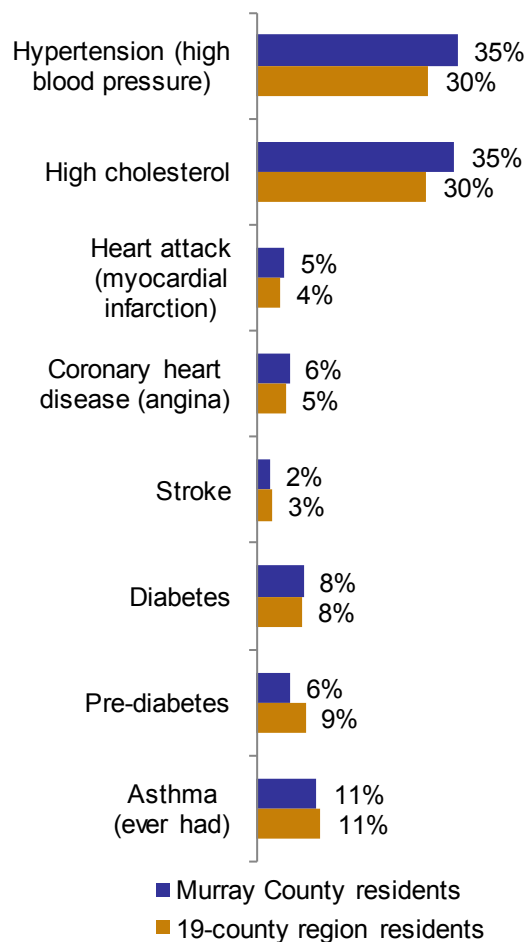
**Source: BRFSS-MN data.*

Yet, when asked, over half of respondents consider themselves to be about the right weight. Sixty percent of women and almost half 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 Murray County are somewhat more likely to have heart disease and related conditions, particularly hypertension and high cholesterol.

***Diabetes**

Residents of Murray County are as likely as residents of the 19-county region to have diabetes.

***Asthma**

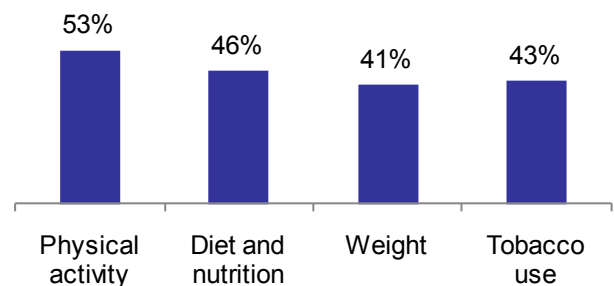
Eleven percent of residents have ever had asthma, and of those, 55 percent still have asthma.

Support provided by health care providers

About 70 percent of Murray County residents 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.

Residents 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

Only 3 out of 10 Murray 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.”

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

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

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

Physical activity

Just 4 out of 10 Murray County residents get the recommended amount of moderate activity and only 2 out of 10 get the recommended amount of vigorous activity each week. Slightly less than one-quarter said they had not done *any* physical activity other than their job in the past 30 days.

Seventy 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 parks and sports fields, which are used by 36 percent of 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 Murray County, please see the fact sheet on this topic.



Tobacco use

Sixty percent of Murray County residents have never smoked, and about another third no longer smoke. Of the 41 percent who are current and former smokers, 3 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.

Ten 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. 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 Murray 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 Murray County were invited to participate and 506 completed a survey, for a response rate of 31.6 percent. This results in a sampling error of +/-4.2 percent. Survey respondents are representative of the adult population of Murray County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Respondent characteristics	Murray County (N=506)
Gender	
Female	51%
Male	49%
Age	
18-34	19%
35-64	53%
65+	28%
Race	
White	97%
People of color	3%
Average household size	2.6 people
Location of home	
City (pop. 10,000+)	<1%
Town (pop. <10,000)	50%
Rural area	50%
Education	
Less than high school	9%
High school diploma or GED	29%
Some college / trade or AA degree	38%
Bachelor's degree or higher	25%
Household income	
Less than \$15,000	7%
\$15,000 to \$35,000	27%
\$35,001 to \$65,000	30%
More than \$65,000	36%



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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 Murray Public Health, 507-537-6709.

This report was produced by Wilder Research.

DECEMBER 2010

Adult Nutrition in Murray County

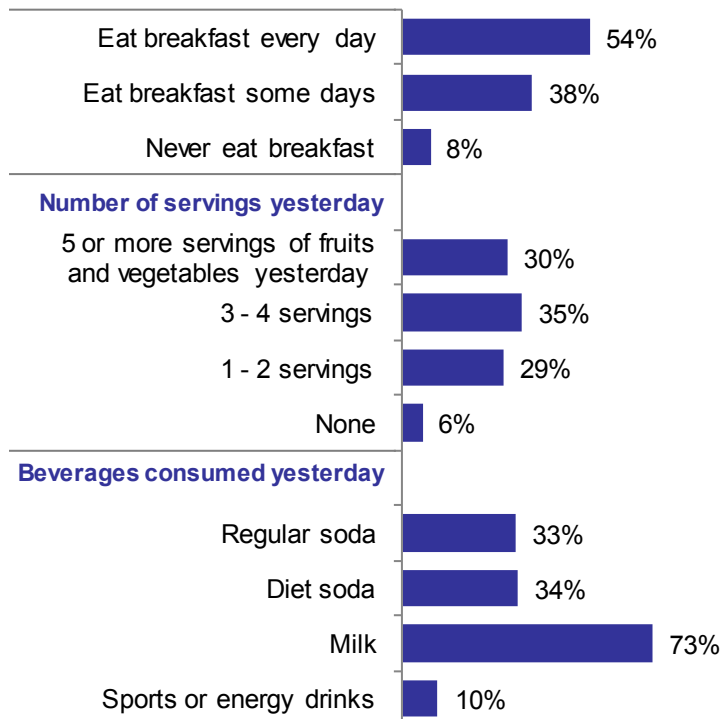
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This fact sheet summarizes survey results related to the nutrition habits of adult residents in Murray County.

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 Murray 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, only 3 out of 10 Murray 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 a large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. One-third of Murray County residents drank regular soda and/or diet soda on the day prior to taking the survey.

Soda consumption varies by age: younger adults (age 18-34) are more likely to drink 1 to 6 regular sodas per day. Middle-aged adults (age 35-54) are more likely to drink 1 or more diet sodas per day.

***Eating out and eating in**

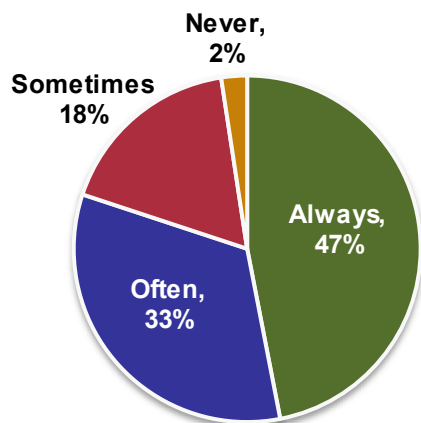
Half of Murray County residents eat fast food at least once in a typical week. In addition, 6 out of 10 residents also eat at least once at a restaurant that is *not* fast food. The vast majority of residents who eat out do this only once or twice per week. Eating out at fast food restaurants is slightly less common in Murray County compared with the region.

Most Murray County residents eat at least one home-cooked meal in a typical week, but only 45 percent of residents eat a home-cooked meal every day. Fourteen percent of Murray County residents watch TV while eating a meal daily. Only one-third *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**

Eight 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.

More than 90 percent of Murray County residents agree 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

Murray County residents use farmers’ markets slightly less often than the average resident of the 19-county region, but they use home/community gardens more often. Less than half say they use farmers’ markets and 2 out of 10 report using community supported agriculture (CSAs) once a month or more often.

Methods

The survey was conducted by mail. A total of 1,600 people in Murray County were invited to participate and 506 completed a survey, for a response rate of 31.6 percent. This results in a sampling error of +/- 4.2 percent. Survey respondents are representative of the adult population of Murray County.



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Adult Physical Activity in Murray County

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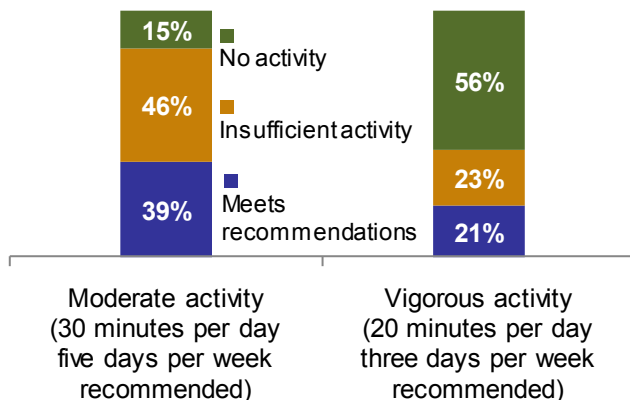
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Current levels of physical activity

Just 4 out of 10 residents get the recommended amount of moderate activity and only 2 out of 10 get the recommended amount of vigorous activity each week. Slightly less than one-quarter said they had not done *any* physical activity other than their job in the past 30 days.

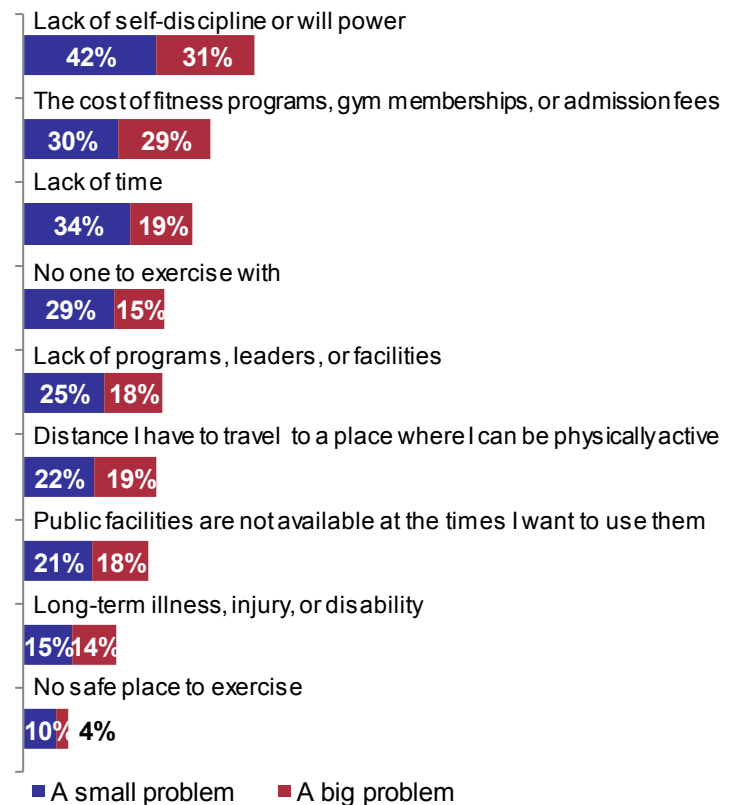
RESPONDENTS' PHYSICAL ACTIVITY



Barriers to physical activity

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

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



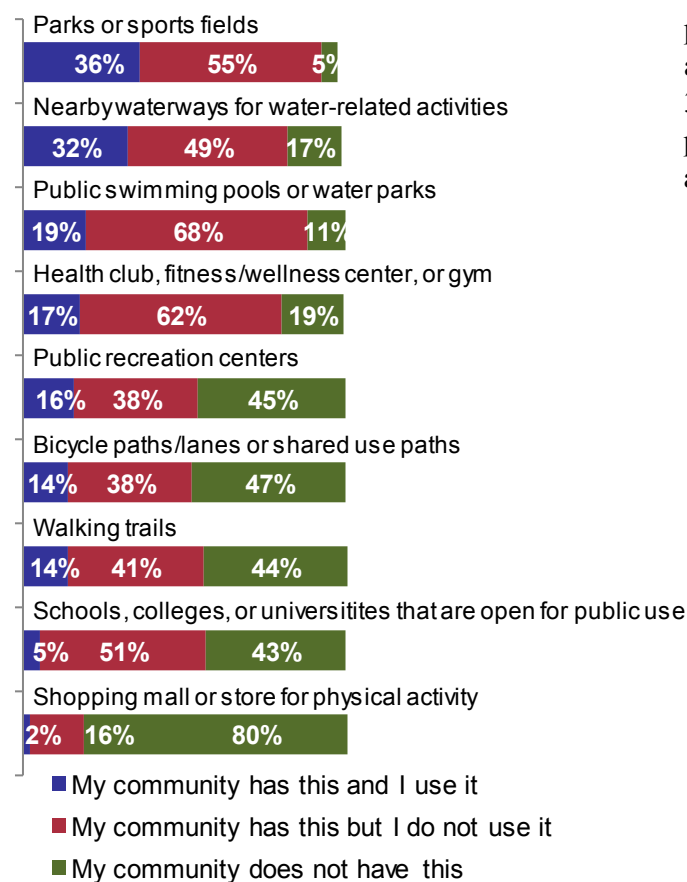
Screen time

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 – 70 percent of respondents reported over two hours of screen time per day. Only 12 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 36 percent of residents.

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



Compared with the region...

Murray County residents get about the same amount of screen time as adults in the 19-county region. However, their levels of vigorous physical activity are slightly less than the average adult resident of the 19-county area. Finally, Murray 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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Adult Tobacco Use in Murray County Findings from the 2010 Southwest/South Central Adult Health Survey

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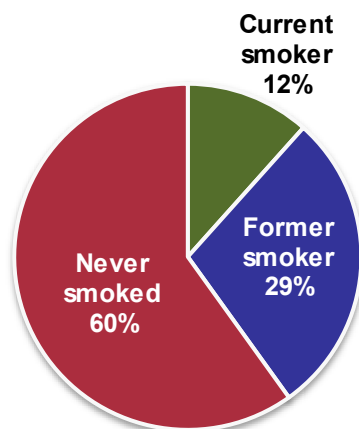
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This fact sheet summarizes survey results about the tobacco use of adult residents in Murray County.

Current tobacco use

Sixty percent of the county’s residents have never smoked and about another third no longer smoke. Of the 41 percent who are current and former smokers, 3 out of 10 said they had tried to quit within the past 12 months.

RESPONDENTS’ SMOKING STATUS



Exposure to secondhand smoke

***At home**

Ten percent of residents allow regular smoking in their homes (by themselves or someone else).

***At work**

Of those who work, about 3 out of 10 residents report that people smoke in outdoor smoking areas that are at least 20 feet from doors. One-quarter indicate that people smoke just outside the doors.

***In a vehicle**

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

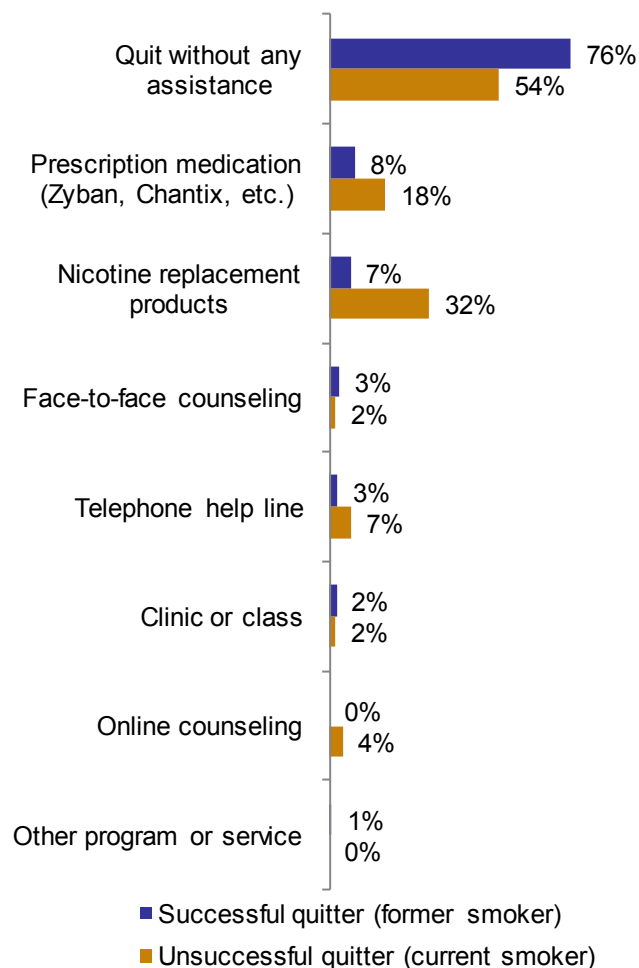
***In public places**

About 3 out of 10 residents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week.

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, Murray County residents are equally as likely as residents of the 19-county region to use tobacco products other than cigarettes (includes smokeless tobacco, cigars, and pipes). Also, a considerably smaller proportion of Murray County residents than residents of the region have tried to quit smoking during the past 12 months. Finally, Murray County residents are less likely than residents of the region to be exposed to secondhand smoke in public places.

Regarding methods for quitting smoking, Murray County residents are less likely than residents of the region to use a nicotine replacement product or to attempt to quit without assistance. Murray County residents are slightly more likely to use a prescription medication or a quit-smoking telephone help line to help them quit.

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