

Adult Health in Nicollet County

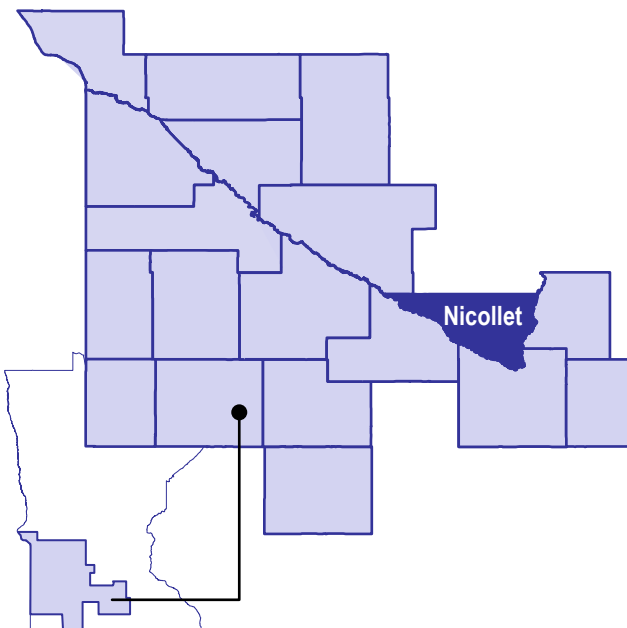
Findings from the 2010 Southwest/South Central Adult Health Survey

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 Nicollet County.

MAP OF THE 19-COUNTY REGION



Overall health

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

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Nicollet County	19-county region	MN statewide*
Excellent	23%	13%	22%
Very good	40%	38%	41%
Good	30%	37%	27%
Fair	7%	10%	7%
Poor	1%	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 Nicollet County residents are overweight, including 25 percent who are obese. Nicollet County residents are as likely as the average resident of Minnesota to be obese.

RESPONDENTS’ BODY MASS INDEX

	Nicollet County	19-county region	MN statewide*
Not overweight or obese	35%	34%	37%
Overweight (but not obese)	40%	36%	38%
Obese	25%	31%	25%

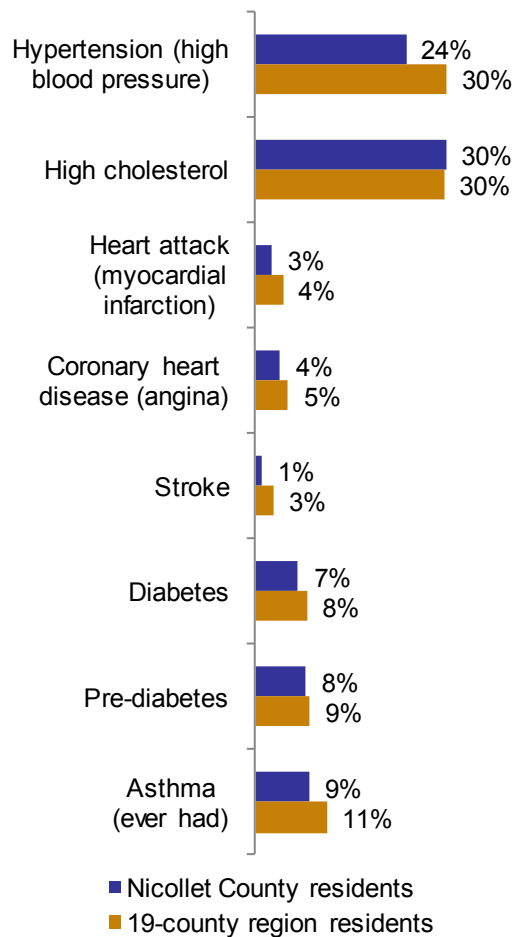
**Source: BRFSS-MN data.*

Yet, when asked, 6 out of 10 respondents consider themselves to be about the right weight. Sixty-two percent of women and 43 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 Nicollet County are slightly less likely to have heart disease and related conditions, particularly high blood pressure.

***Diabetes**

Residents of Nicollet County are about as likely as residents of the region to have diabetes and pre-diabetes.

***Asthma**

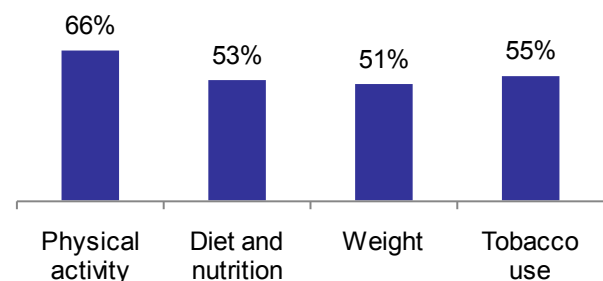
Nine percent of respondents have ever had asthma, and of those, three-quarters still have asthma.

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 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

Fewer than 4 out of 10 Nicollet County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. Half of residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

One-quarter of Nicollet County residents drank regular soda and nearly one-third drank diet soda on the day prior to taking the survey.

Almost all Nicollet County residents eat at least one home-cooked meal in a typical week, but only 3 out of 10 eat a home-cooked meal every day.

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

Physical activity

Slightly less than half of Nicollet County residents get the recommended amount of moderate activity and slightly over one-third gets the recommended amount of vigorous activity each week. Thirteen percent 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 about 6 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 Nicollet County, please see the fact sheet on this topic.



Tobacco use

Nearly 60 percent of Nicollet County residents have never smoked, and about another quarter no longer smoke. Of the 40 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.

Fewer than 5 percent of residents allow regular smoking in their homes (by themselves or someone else) and 15 percent report they rode in a vehicle with someone who was smoking in the past week. Thirty-six 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 Nicollet 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 Nicollet County were invited to participate and 463 completed a survey, for a response rate of 28.9 percent. This results in a sampling error of +/-4.5 percent. Survey respondents are representative of the adult population of Nicollet County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Nicollet County
(N=463)

Respondent characteristics	
Gender	
Female	53%
Male	48%
Age	
18-34	31%
35-64	51%
65+	18%
Race	
White	96%
People of color	4%
Average household size	2.8 people
Location of home	
City (pop. 10,000+)	53%
Town (pop. <10,000)	27%
Rural area	20%
Education	
Less than high school	3%
High school diploma or GED	19%
Some college / trade or AA degree	36%
Bachelor's degree or higher	43%
Household income	
Less than \$15,000	11%
\$15,000 to \$35,000	15%
\$35,001 to \$65,000	30%
More than \$65,000	44%



**Wilder
Research**

Information. Insight. Impact.

451 Lexington Parkway North
Saint Paul, Minnesota 55104
651-280-2700
www.wilderresearch.org



Public Health
Prevent. Promote. Protect.



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 Brown Public Health at 507-934-4140.

This report was produced by Wilder Research.

DECEMBER 2010

Adult Nutrition in Nicollet County

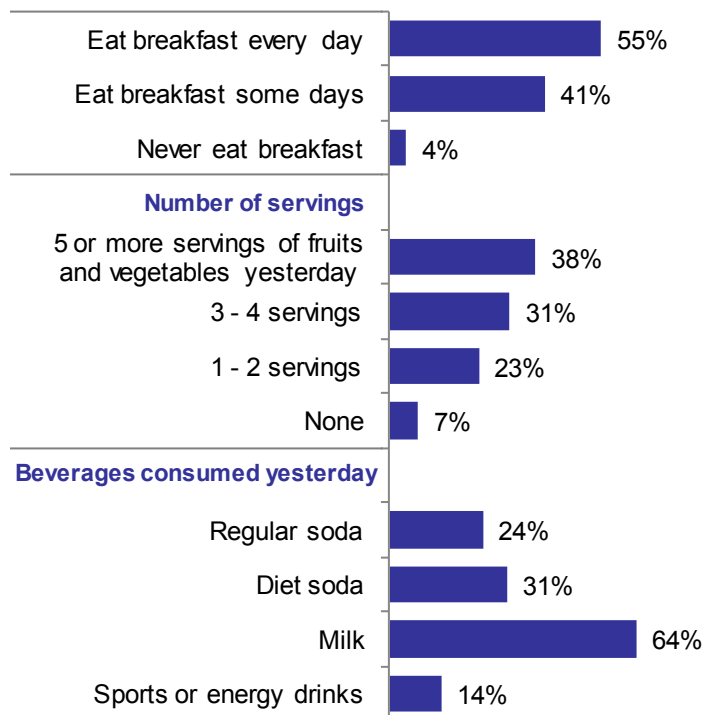
Findings from the 2010 Southwest/South Central Adult Health Survey

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 summarizes survey results related to the nutrition habits of adult residents in Nicollet 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 Nicollet 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, fewer than 4 out of 10 Nicollet 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-quarter of Nicollet County residents drank regular soda and nearly one-third drank diet soda on the day prior to taking the survey.

Soda consumption varies by age: middle-aged adults (age 35-44) are more likely to drink one to four regular sodas per day. Older adults (age 65-74) are more likely to drink one to two diet sodas per day. Adults age 75+ are more likely to not drink any regular soda.

***Eating out and eating in**

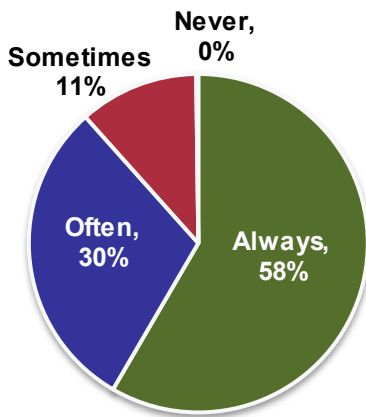
Nearly two-thirds of Nicollet County residents eat fast food at least once in a typical week. In addition, over half eat at least once at a restaurant that is *not* fast food. The vast majority of residents who eat out do this only once or twice per week.

Almost all Nicollet County residents eat at least one home-cooked meal in a typical week, but only 3 out of 10 eat a home-cooked meal every day. Ten percent of Nicollet 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**

Nearly 9 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.

Almost all residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And more than 9 out of 10 residents agree that “The fresh fruits and vegetables where I usually shop are of high quality.” However, half of residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

Use of community resources

Nicollet County residents use farmers’ markets and community supported agriculture (CSAs) as often as the average resident of the 19-county region, but use food grown at home or in a community garden slightly less. Only 57 percent say they use farmers’ markets and 12 percent say they use CSAs once a month or more often.

Methods

The survey was conducted by mail. A total of 1,600 people in Nicollet County were invited to participate and 463 completed a survey, for a response rate of 28.9 percent. This results in a sampling error of +/- 4.5 percent. Survey respondents are representative of the adult population of Nicollet County.



**Wilder
Research**

Information. Insight. Impact.

451 Lexington Parkway North
Saint Paul, Minnesota 55104
651-280-2700
www.wilderresearch.org



Public Health
Prevent. Promote. Protect.



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 Brown Public Health at 507-934-4140.

This report was produced by Wilder Research.

DECEMBER 2010

Adult Physical Activity in Nicollet County

Findings from the 2010 Southwest/South Central Adult Health Survey

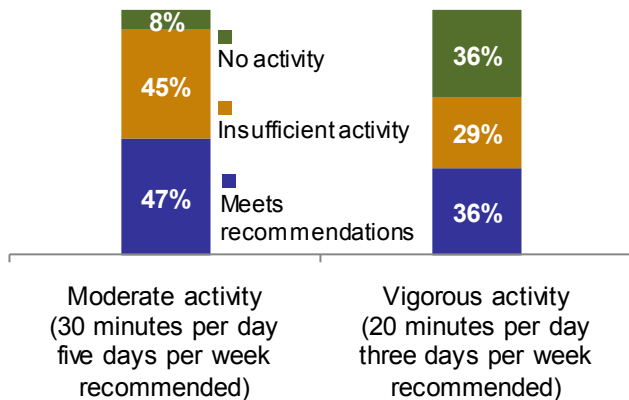
The 2010 Southwest/South Central Adult Health Survey was conducted to learn about the health and health habits -- nutrition, physical activity, and tobacco use -- of residents living in 19 counties in southwest and south central Minnesota (Big Stone, Blue Earth, Brown, Chippewa, Cottonwood, Jackson, 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 report summarizes survey results about the physical activity of adult residents in Nicollet County.

Current levels of physical activity

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

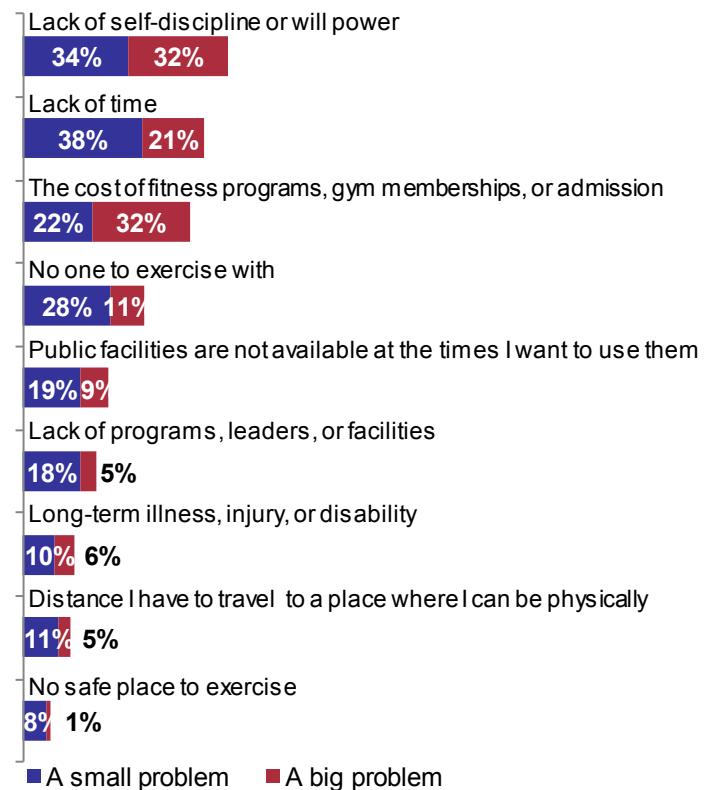
RESPONDENTS' PHYSICAL ACTIVITY



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 11 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 about 6 out of 10 residents.

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



Compared with the region...

Nicollet County residents get about the same amount of screen time compared with adults in the 19-county region. However, their levels of physical activity are greater than that of the average adult resident of the 19-county area. Finally, Nicollet 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.

Methods

The survey was conducted by mail. A total of 1,600 people in Nicollet County were invited to participate and 463 completed a survey, for a response rate of 28.9 percent. This results in a sampling error of +/-4.5 percent. Survey respondents are representative of the adult population of Nicollet County.



**Wilder
Research**

Information. Insight. Impact.

451 Lexington Parkway North
Saint Paul, Minnesota 55104
651-280-2700
www.wilderresearch.org



Public Health
Prevent. Promote. Protect.



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 Brown Public Health at 507-934-4140.

This report was produced by Wilder Research.
DECEMBER 2010

Adult Tobacco Use in Nicollet 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).

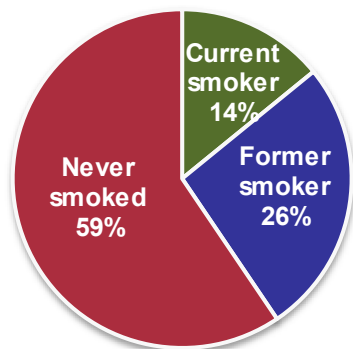
Wilder Research conducted the survey between April and July, 2010. It was sponsored by eight public health agencies, and funded by the Minnesota Department of Health as part of the Statewide Health Improvement Program (SHIP), which aims to help Minnesotans live longer, healthier lives by reducing the burden of chronic disease.

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

Current tobacco use

Nearly 60 percent of the county's residents have never smoked, and about another quarter no longer smoke. Of the 40 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**

Fewer than 5 percent of residents allow regular smoking in their homes (by themselves or someone else).

***At work**

Of those who work, 37 percent report that people smoke in outdoor areas that are at least 20 feet from doors. Thirty percent report that people smoke just outside their workplace door.

***In a vehicle**

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

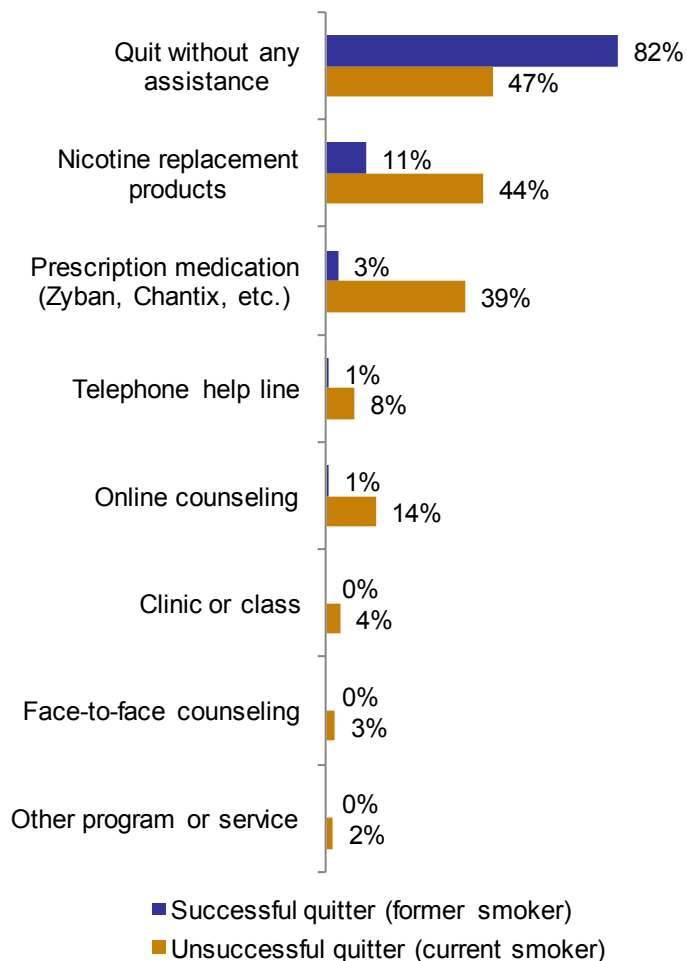
***In public places**

Thirty-six percent of respondents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. Many respondents had been exposed to secondhand smoke in multiple locations 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, a slightly higher proportion of Nicollet County residents than residents of the region have tried to quit smoking during the past 12 months. Nicollet County residents are slightly less likely than residents of the region to report that someone smokes regularly inside their home.

Regarding methods for quitting smoking, Nicollet County residents are as likely as residents of the region to quit without any assistance, and they are slightly more likely to use a nicotine replacement product.

Methods

The survey was conducted by mail. A total of 1,600 people in Nicollet County were invited to participate and 463 completed a survey, for a response rate of 28.9 percent. This results in a sampling error of +/- 4.5 percent. Survey respondents are representative of the adult population of Nicollet County.



**Wilder
Research**

Information. Insight. Impact.

451 Lexington Parkway North
 Saint Paul, Minnesota 55104
 651-280-2700
www.wilderresearch.org



Public Health
 Prevent. Promote. Protect.



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 Brown Public Health at 507-934-4140.

This report was produced by Wilder Research.
 DECEMBER 2010