

## Adult Health in Pipestone County

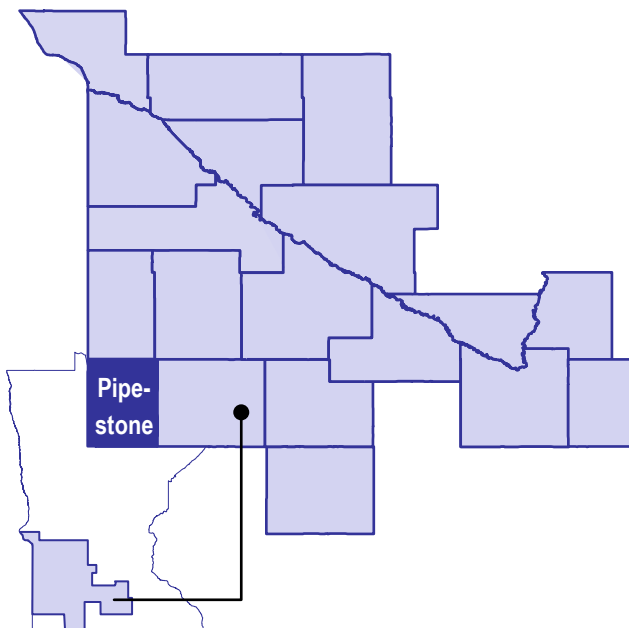
### Findings from the 2010 Southwest/South Central Adult Health Survey

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 Pipestone County.

#### MAP OF THE 19-COUNTY REGION



#### Overall health

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

#### RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Pipestone County	19- county region	MN statewide*
Excellent	12%	13%	22%
Very good	33%	38%	41%
Good	42%	37%	27%
Fair	12%	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 over two-thirds of Pipestone County residents are overweight, including 30 percent who are obese. Pipestone County residents are more likely to be obese than the average resident of Minnesota.

#### RESPONDENTS’ BODY MASS INDEX

	Pipestone County	19- county region	MN statewide*
Not overweight or obese	32%	34%	37%
Overweight (but not obese)	38%	35%	38%
Obese	30%	31%	25%

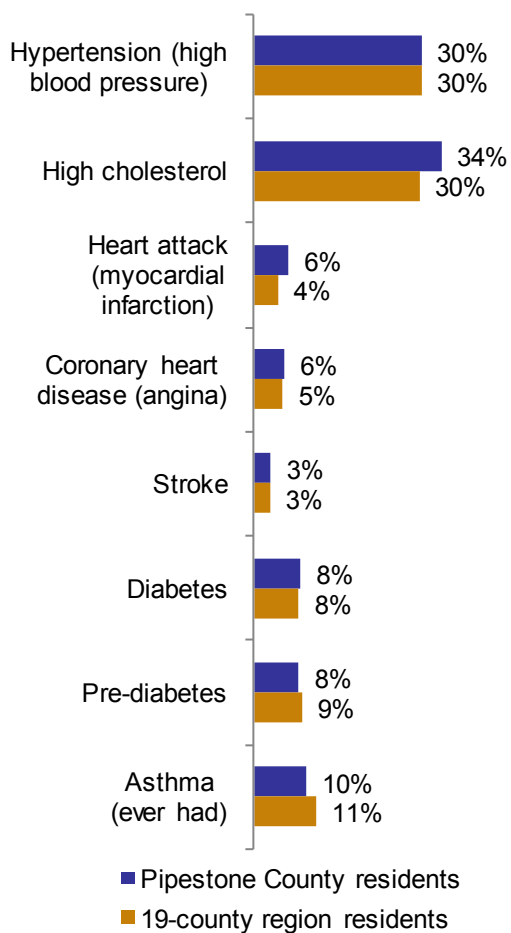
*\*Source: BRFSS-MN data.*

Yet, when asked, more than half of respondents consider themselves to be about the right weight. Sixty percent of women and 42 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 Pipestone County are slightly more likely to have high cholesterol or have had a heart attack.

#### \*Diabetes

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

#### \*Asthma

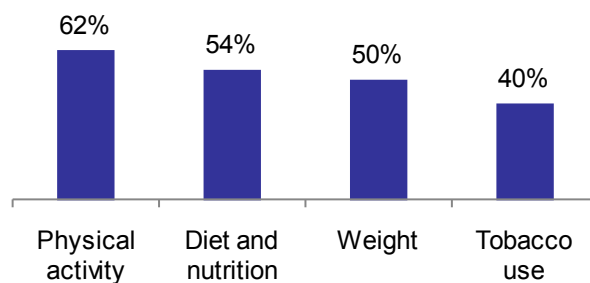
Ten percent of respondents have ever had asthma, and of those, about 6 out of 10 still have asthma.

#### Support provided by health care providers

Seventy-two percent of 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*

Only one-quarter of Pipestone 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.”

Nearly 40 percent of Pipestone County residents drank regular soda and one-quarter drank diet soda on the day prior to taking the survey.

Most Pipestone County residents eat at least one home-cooked meal in a typical week, but only 43 percent eat a home-cooked meal every day.

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

## *Physical activity*

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

Nearly 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.

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 nearly 4 out of 10 residents. The biggest self-reported barriers to getting physical activity are: lack of self-discipline or willpower, the cost of programs, and lack of time.

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



## *Tobacco use*

Nearly 60 percent of Pipestone County residents have never smoked, and another quarter no longer smoke. Of the 42 percent who are current and former smokers, two-thirds 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 21 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 Pipestone 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 Pipestone County were invited to participate and 470 completed a survey, for a response rate of 29.4 percent. This results in a sampling error of +/-4.4 percent. Survey respondents are representative of the adult population of Pipestone County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Pipestone  
County  
(N=470)

Respondent characteristics	Pipestone County (N=470)
<b>Gender</b>	
Female	53%
Male	47%
<b>Age</b>	
18-34	22%
35-64	51%
65+	27%
<b>Race</b>	
White	97%
People of color	3%
<b>Average household size</b>	2.71 people
<b>Location of home</b>	
City (pop. 10,000+)	3%
Town (pop. <10,000)	67%
Rural area	30%
<b>Education</b>	
Less than high school	12%
High school diploma or GED	30%
Some college / trade or AA degree	36%
Bachelor's degree or higher	22%
<b>Household income</b>	
Less than \$15,000	15%
\$15,000 to \$35,000	31%
\$35,001 to \$65,000	32%
More than \$65,000	22%



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### For more information

Additional survey results are available at:  
[www.wilder.org/report.html?id=2357](http://www.wilder.org/report.html?id=2357)

For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682 or Pipestone Public Health at 507-537-6709.

This report was produced by Wilder Research.  
DECEMBER 2010

## Adult Nutrition in Pipestone 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 Pipestone County.

#### *Eating habits*

##### **\*Breakfast**

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

##### **\*Beverages**

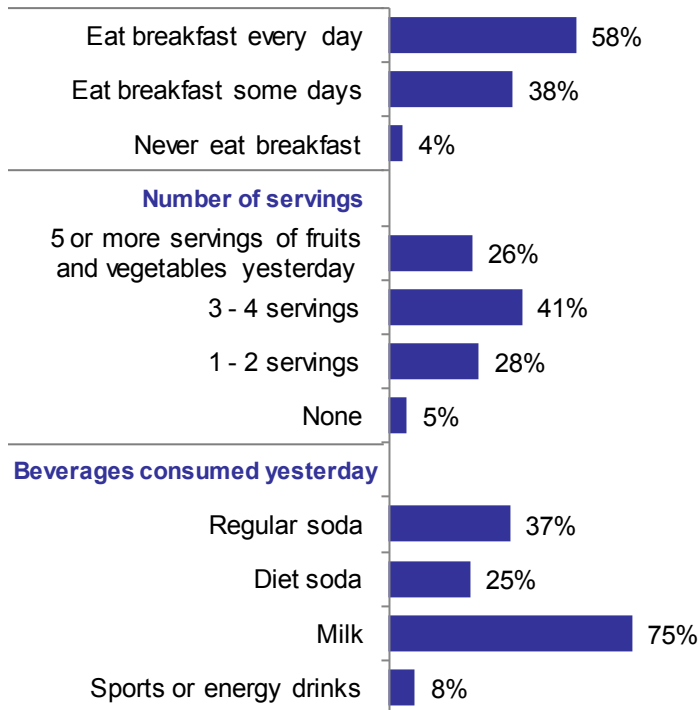
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. Nearly 40 percent of Pipestone County residents drank regular soda and one-quarter drank 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 one to two regular sodas per day. Older adults (age 55-64) are more likely to drink one to two diet sodas per day. Adults age 75+ are more likely to not drink any soda.

##### **\*Eating out and eating in**

Sixty percent of Pipestone 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 vast majority of residents who eat out do this only once or twice per week. Eating fast food is slightly more common in Pipestone County compared with the region.

#### **RESPONDENTS' EATING HABITS**

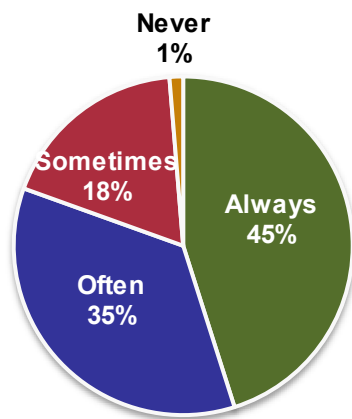


Most Pipestone County residents eat at least one home-cooked meal in a typical week, but only 43 percent eat a home-cooked meal every day. Fifteen percent of Pipestone County residents watch TV while eating a meal daily. Only one-third of residents *never* watch TV while eating a meal. All of these factors 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**

Eight out of 10 residents say the “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.

Ninety-four percent of 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*

Pipestone County residents use farmers’ markets and community supported agriculture (CSAs) less than the average resident of the 19-county region. Only 44 percent say they use farmers’ markets and 13 percent say they use CSAs at least once a month.

*Methods*

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## Adult Physical Activity in Pipestone County

### Findings from the 2010 Southwest/South Central Adult Health Survey

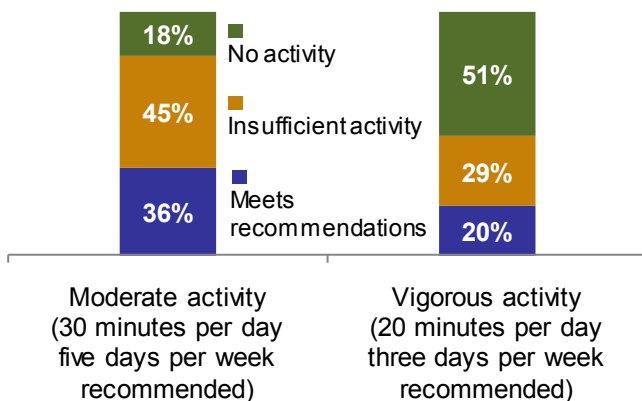
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### *Current levels of physical activity*

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

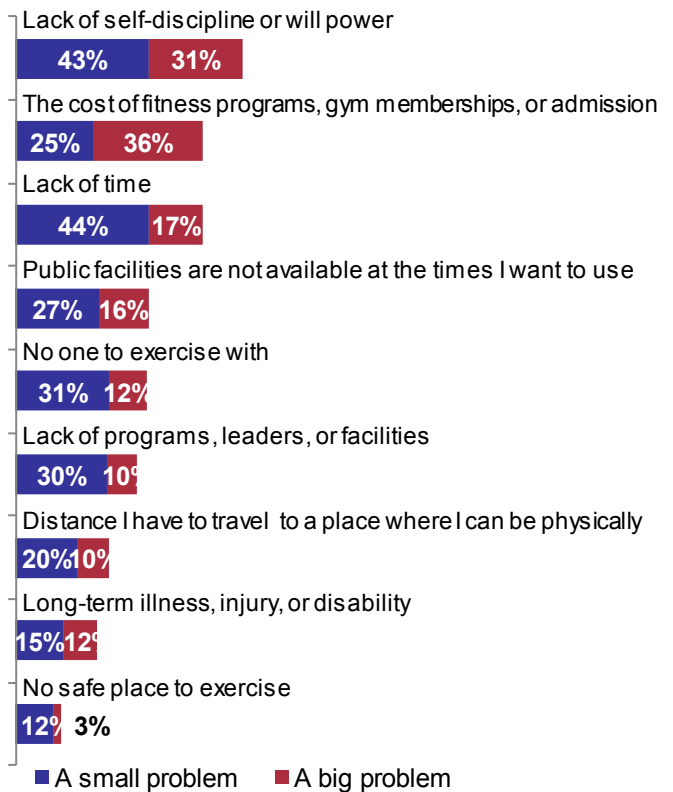
#### RESPONDENTS' PHYSICAL ACTIVITY



### *Barriers to physical activity*

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

#### RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



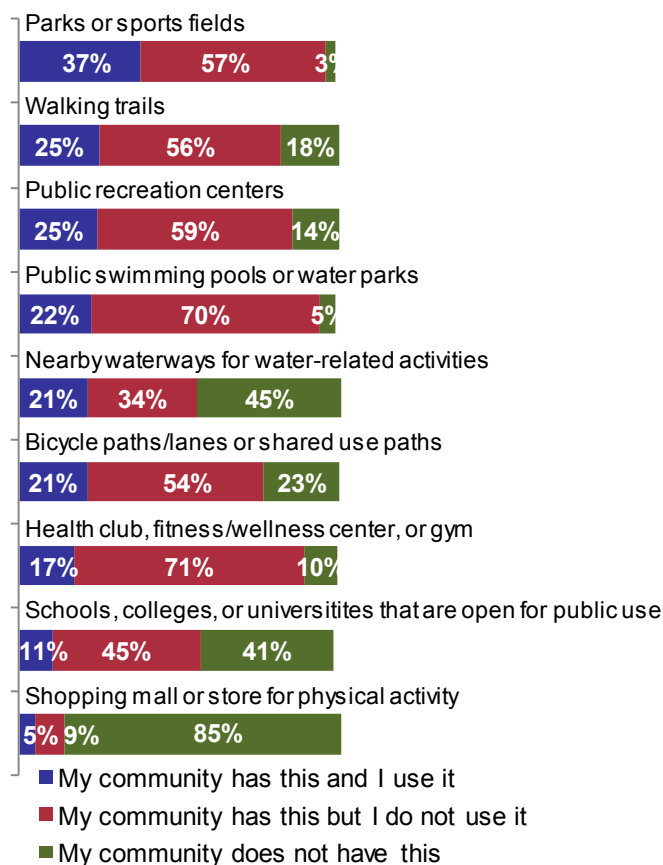
### *Screen time*

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 – nearly three-quarters of respondents reported over two hours of screen time per day. Only 10 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 nearly 4 out of 10 residents.

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



## Compared with the region...

Pipestone County residents get slightly less screen time compared with adults in the 19-county region. However, they engage in physical activity less often than the average adult resident of the 19-county area. Finally, Pipestone 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 schools open for public use for exercise, shopping malls, and waterways for water-related activities.

## Methods

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## **Adult Tobacco Use in Pipestone County** Findings from the 2010 Southwest/South Central Adult Health Survey

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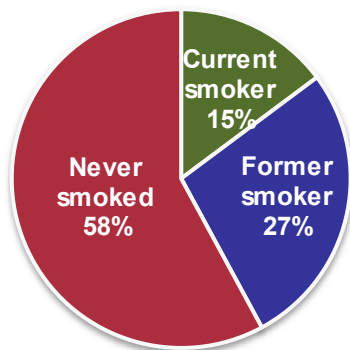
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This fact sheet summarizes survey results about the tobacco use of adult residents in Pipestone County.

### *Current tobacco use*

Nearly 60 percent of the county's residents have never smoked, and another quarter no longer smoke. Of the 42 percent who are current and former smokers, two-thirds 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). Females and younger adults (age 18-34) are slightly more likely to live in households where someone regularly smokes inside.

#### **\*At work**

Of those who work, one-quarter report that people smoke in outdoor areas that are at least 20 feet from doors. Smoking in other areas is less common.

#### **\*In a vehicle**

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

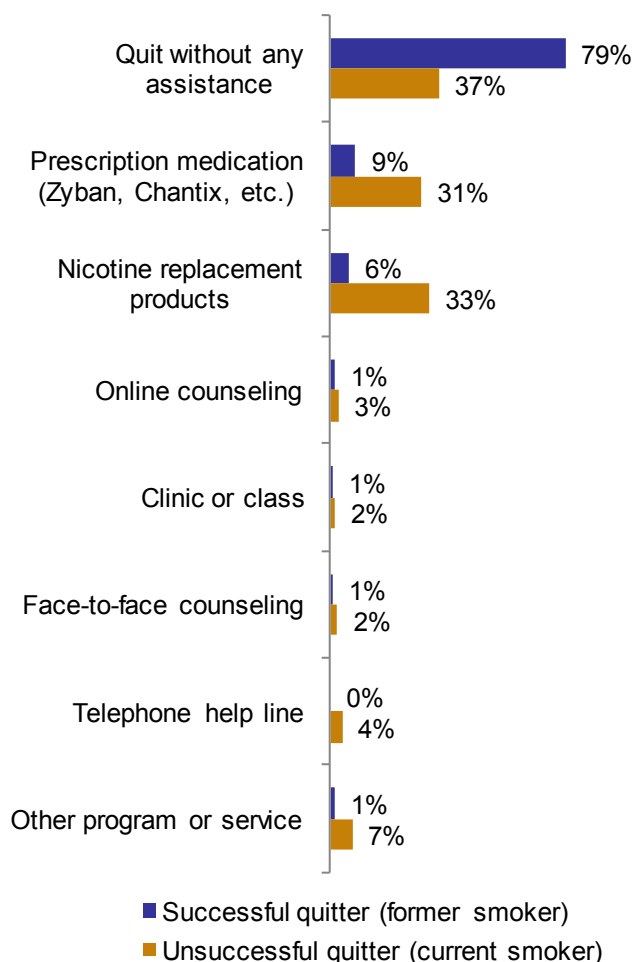
#### **\*In public places**

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 had been exposed to secondhand smoke multiple times 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...

Pipestone 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). Also, a higher proportion of Pipestone County residents than residents of the region have tried to quit smoking during the past 12 months. Finally, Pipestone County residents are more likely than residents of the region to report they rode in a vehicle in the past week with someone who was smoking.

Regarding methods for quitting smoking, Pipestone County residents are slightly more likely than residents of the region to use prescription medications to help them quit, and they are less likely to use a nicotine replacement product or to attempt to quit without assistance.

## Methods

The survey was conducted by mail. A total of 1,600 people in Pipestone County were invited to participate and 470 completed a survey, for a response rate of 29.4 percent. This results in a sampling error of +/- 4.4 percent. Survey respondents are representative of the adult population of Pipestone County.



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