

## Adult Health in Redwood County

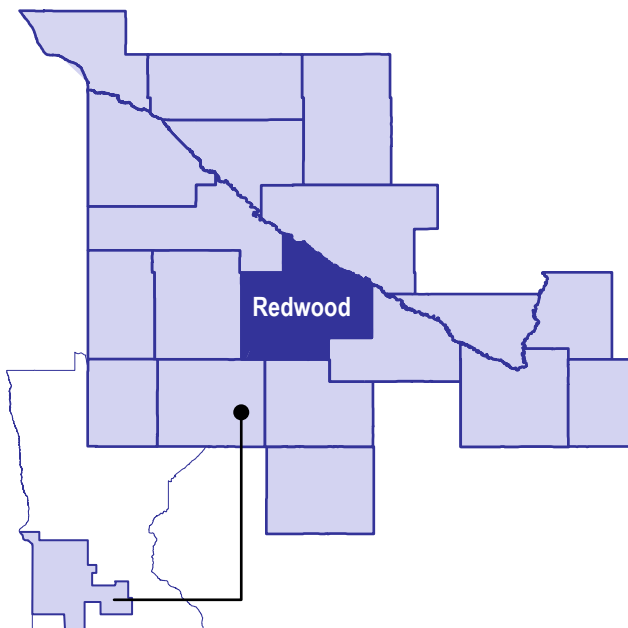
### Findings from the 2010 Southwest/South Central Adult Health Survey

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 Redwood County.

#### MAP OF THE 19-COUNTY REGION



#### Overall health

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

#### RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Redwood County	19- county region	MN statewide*
Excellent	14%	13%	22%
Very good	36%	38%	41%
Good	34%	37%	27%
Fair	12%	10%	7%
Poor	3%	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 three-quarters of Redwood County residents are overweight, including 34 percent who are obese. Redwood County residents are more likely to be overweight and obese than the average resident of Minnesota or the region.

#### RESPONDENTS’ BODY MASS INDEX

	Redwood County	19- county region	MN statewide*
Not overweight or obese	25%	34%	37%
Overweight (but not obese)	42%	36%	38%
Obese	34%	31%	25%

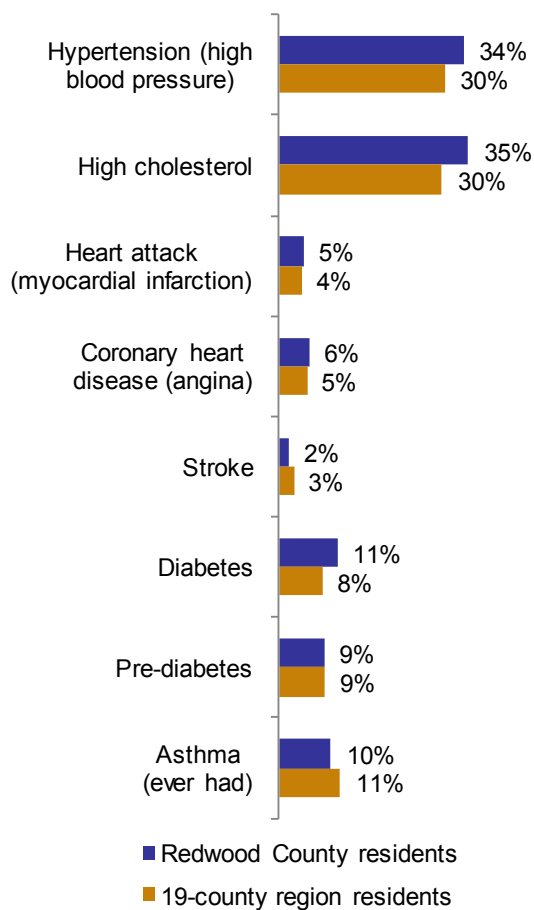
*\*Source: BRFSS-MN data.*

Yet, when asked, about half of respondents consider themselves to be about the right weight. Sixty-three percent of women and 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 Redwood County are slightly more likely to have high blood pressure, high cholesterol, and have had a heart attack.

#### **\*Diabetes**

Residents of Redwood County are more likely than residents of the region to have diabetes.

#### **\*Asthma**

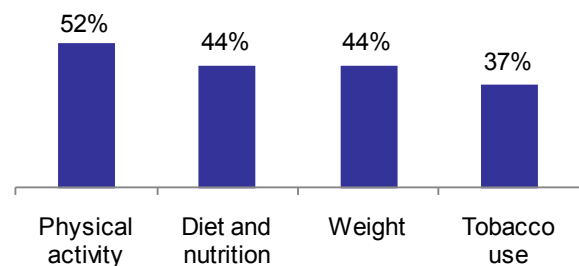
Ten percent of respondents have ever had asthma, and of those, three-quarters still have asthma.

### *Support provided by health care providers*

Three-quarters 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-third of Redwood County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. Seventy percent of residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

Three out of 10 Redwood County residents drank regular soda and/or diet soda on the day prior to taking the survey.

Nearly all Redwood County residents eat at least one home-cooked meal in a typical week, but only 4 out of 10 eat a home-cooked meal every day.

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

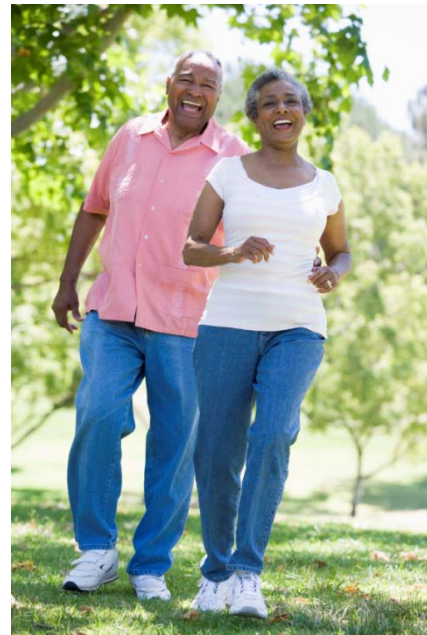
## *Physical activity*

Four out of 10 residents get the recommended amount of moderate activity and only one-quarter 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.

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 limited 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: lack of self-discipline or willpower, lack of time, and the cost of programs.

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



## *Tobacco use*

Sixty percent of Redwood County residents have never smoked, and almost 30 percent no longer smoke. Of the 41 percent who are current and former smokers, more than 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.

Seven percent of residents allow regular smoking in their homes (by themselves or someone else) and 13 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 Redwood 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 Redwood County were invited to participate and 488 completed a survey, for a response rate of 30.5 percent. This results in a sampling error of +/-4.3 percent. Survey respondents are representative of the adult population of Redwood County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Redwood  
County  
(N=488)

Respondent characteristics	Redwood County (N=488)
<b>Gender</b>	
Female	52%
Male	48%
<b>Age</b>	
18-34	20%
35-64	53%
65+	27%
<b>Race</b>	
White	97%
People of color	3%
<b>Average household size</b>	2.9 people
<b>Location of home</b>	
City (pop. 10,000+)	1%
Town (pop. <10,000)	64%
Rural area	35%
<b>Education</b>	
Less than high school	7%
High school diploma or GED	33%
Some college / trade or AA degree	33%
Bachelor's degree or higher	27%
<b>Household income</b>	
Less than \$15,000	10%
\$15,000 to \$35,000	25%
\$35,001 to \$65,000	35%
More than \$65,000	31%



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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 Redwood Public Health at 320-523-2570.

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DECEMBER 2010

## Adult Nutrition in Redwood 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 Redwood County.

#### *Eating habits*

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

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

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

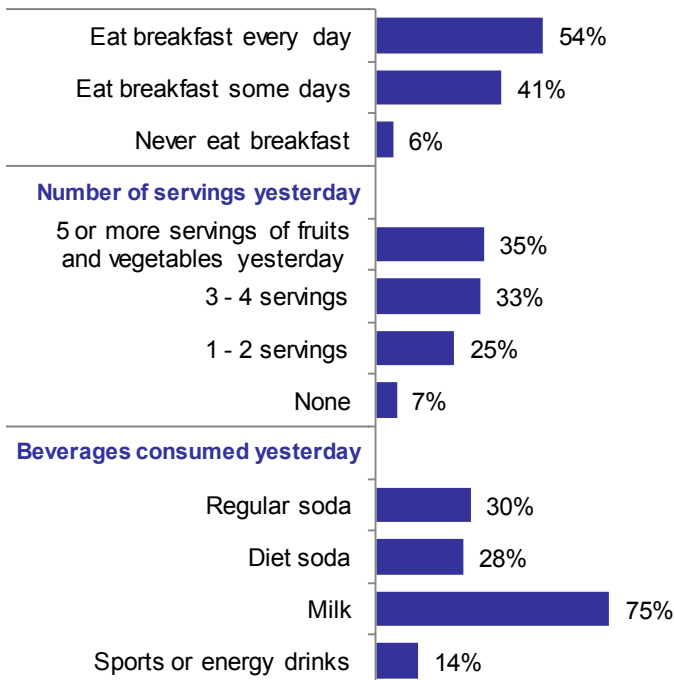
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. Three out of 10 Redwood County residents drank regular soda and/or 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 to four sodas per day. Middle-aged adults (age 35-54) are more likely to drink one to six diet sodas per day.

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

Over half of Redwood County residents eat fast food at least once in a typical week. In addition, about 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 out is less common in Redwood County compared with the region.

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

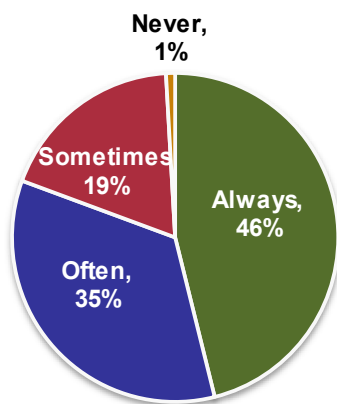


Nearly all Redwood County residents eat at least one home-cooked meal in a typical week, but only 4 out of 10 eat a home-cooked meal every day. About 1 out of 10 Redwood County residents watch TV while eating a meal daily, while one-third of residents *never* watch TV while eating a meal. All of these 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 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.

Twelve percent of residents disagree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And 8 out of 10 residents agree that “The fresh fruits and vegetables where I usually shop are of high quality.” However, 70 percent of residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

*Use of community resources*

Redwood County residents use farmers’ markets about the same and as the average resident of the 19-county region, and use community supported agriculture (CSAs) slightly more than residents of the region. Over half say they use farmers’ markets while slightly more than 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 Redwood County were invited to participate and 488 completed a survey, for a response rate of 30.5 percent. This results in a sampling error of +/- 4.3 percent. Survey respondents are representative of the adult population of Redwood County.



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## Adult Physical Activity in Redwood County

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

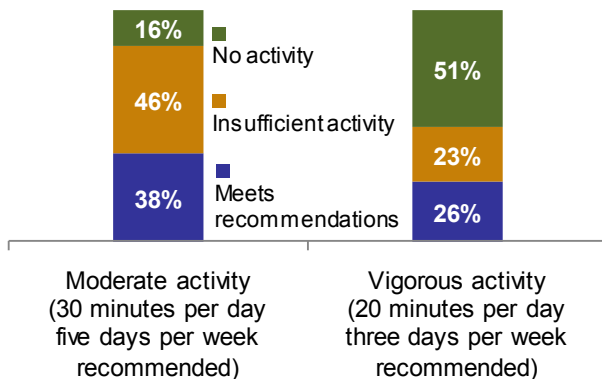
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### *Current levels of physical activity*

About 4 out of 10 residents get the recommended amount of moderate activity and only one-quarter 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.

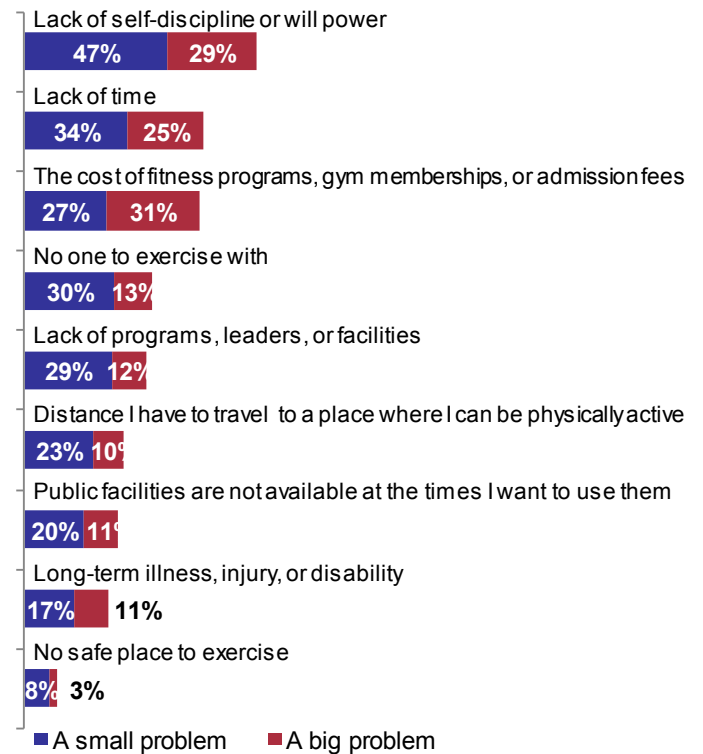
#### RESPONDENTS' PHYSICAL ACTIVITY



### *Barriers to physical activity*

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

#### RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



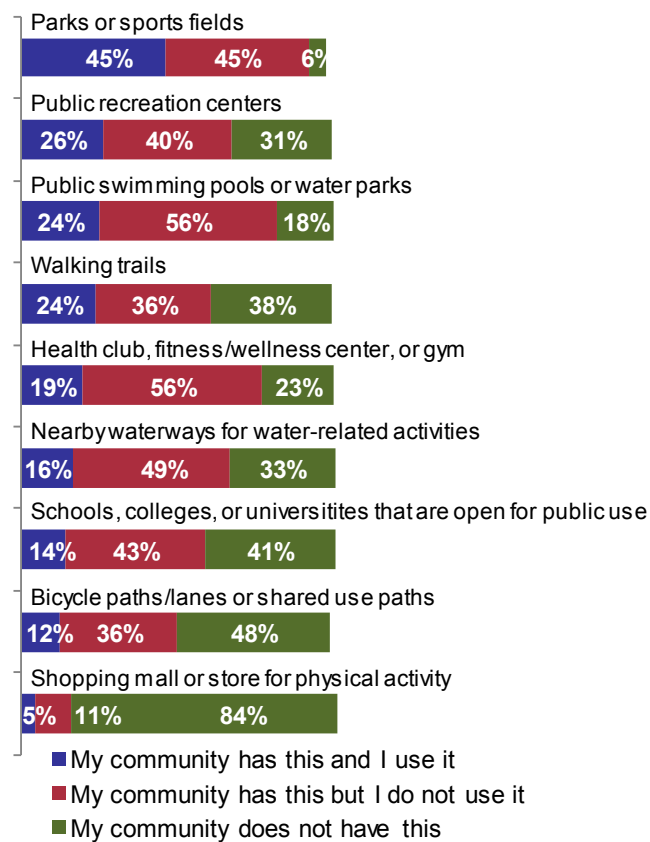
### *Screen time*

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 – about 70 percent reported over two hours of screen time per day. Only 13 percent of respondents reported one 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 limited variety of resources for physical activity. The most commonly used are parks and 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...

Redwood County residents get the same amount of screen time and equal levels of physical activity as adults in the 19-county region. Redwood County residents are much 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 Redwood County** Findings from the 2010 Southwest/South Central Adult Health Survey

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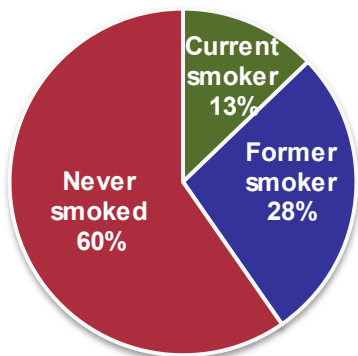
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This fact sheet summarizes survey results about the tobacco use of adult residents in Redwood County.

### *Current tobacco use*

Sixty percent of the county's residents have never smoked, and almost 30 percent no longer smoke. Of the 41 percent who are current and former smokers, more than 6 out of 10 said they had tried to quit within the past 12 months.

#### **RESPONDENTS' SMOKING STATUS**



### *Exposure to secondhand smoke*

#### **\*At home**

Seven percent of residents allow regular smoking in their homes (by themselves or someone else). Older adults (age 55-74) are slightly more likely to live in households where someone regularly smokes inside.

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

Of those who work, 2 out of 10 report that people smoke in outdoor smoking areas that are at least 20 feet from the doors or just outside the door. Smoking in other areas is less common.

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

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

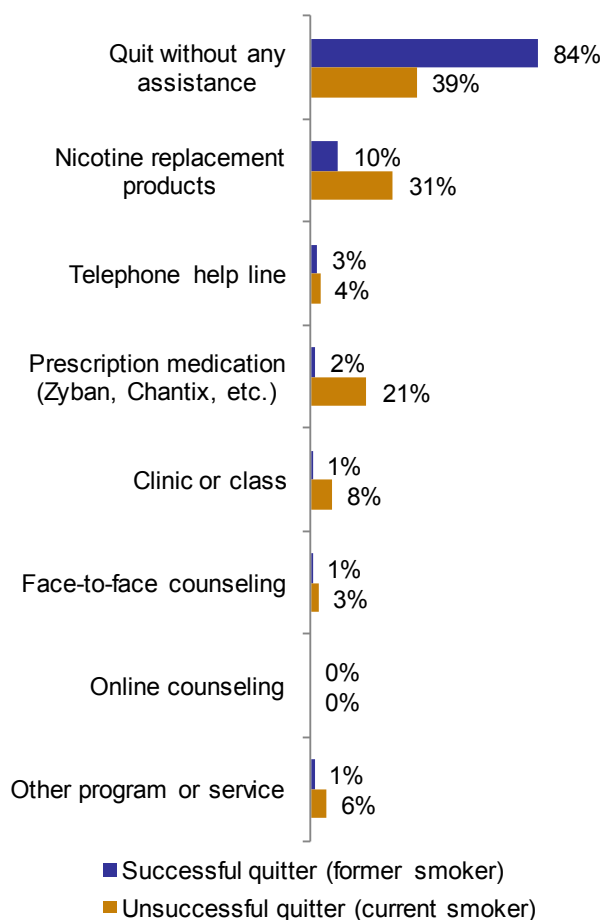
#### **\*In public places**

Thirty-six percent of respondents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week.

### *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, Redwood County residents are more likely than residents of the 19-county region to have tried to quit smoking during the past 12 months. However, residents of Redwood County are as likely as residents of the region to be exposed to secondhand smoke in public places.

Regarding methods for quitting smoking, Redwood County residents are slightly less likely than residents of the region to use prescription medications to help them quit.

## Methods

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