

Adult Health in Renville County

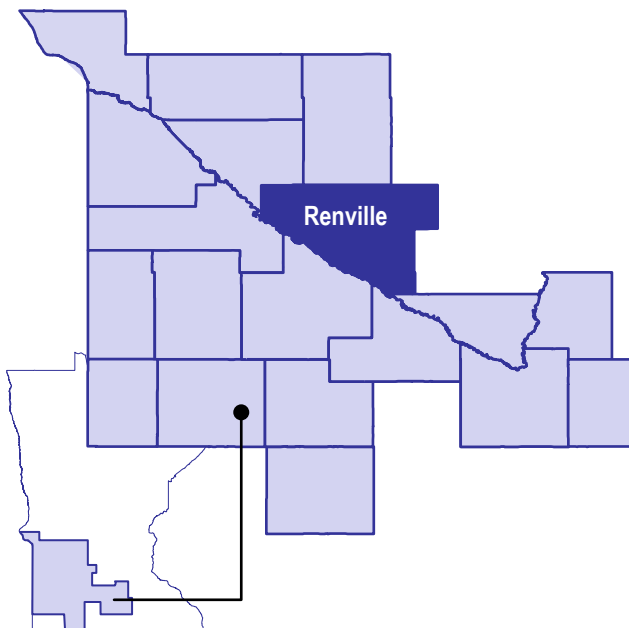
Findings from the 2010 Southwest/South Central Adult Health Survey

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 Renville County.

MAP OF THE 19-COUNTY REGION



Overall health

Based on a scale that ranks from excellent to poor, most Renville County residents say their health is “very good” or “good.” Fewer residents responded “excellent” compared to the region and the state as a whole.

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Renville County	19-county region	MN statewide*
Excellent	8%	13%	22%
Very good	36%	38%	41%
Good	45%	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 7 out of 10 Renville County residents are overweight, including 34 percent who are obese. Renville County residents are more likely to be obese than the average resident of Minnesota or the region.

RESPONDENTS’ BODY MASS INDEX

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

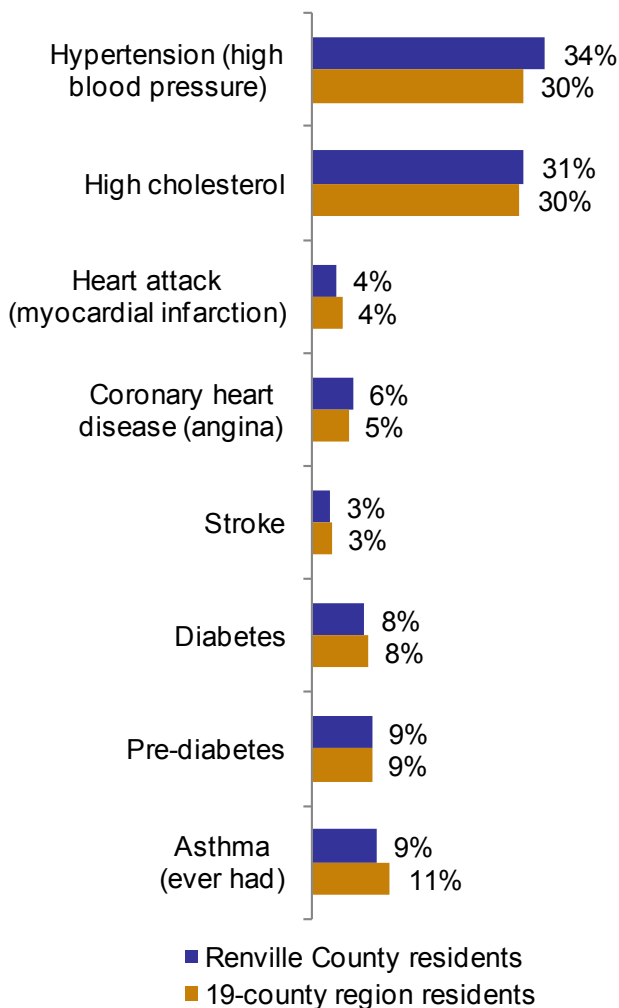
**Source: BRFSS-MN data.*

Yet, when asked, over half of respondents consider themselves to be about the right weight. Sixty percent of women and 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 Renville County are slightly more likely to have heart disease and related conditions, particularly high blood pressure.

***Diabetes**

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

***Asthma**

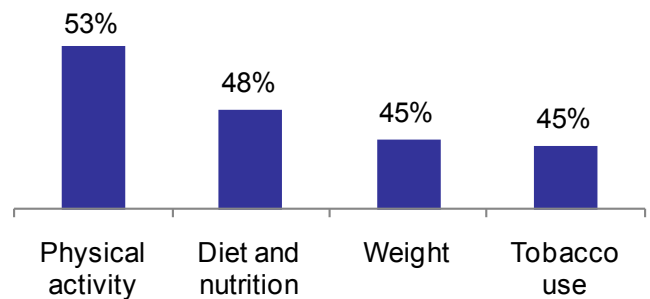
Nine percent of respondents have ever had asthma, and, of those, about three-quarters still have asthma.

Support provided by health care providers

Sixty-eight percent of respondents said they have seen a health care provider about their own health in the past 12 months, which is similar 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 for each issue, roughly half of adults do not recall speaking with their health care provider about them. These issues 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

One-quarter of Renville County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. Nearly two-thirds of residents agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.”

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

Nearly all Renville 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 Renville County, please see the fact sheet on this topic.

Physical activity

Just over one-third of residents get the recommended amount of moderate activity and only about 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.

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 about 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 Renville County, please see the fact sheet on this topic.



Tobacco use

Half of Renville County residents have never smoked, and about another third no longer smoke. Of the 50 percent who are current and former smokers, slightly less than half 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.

Eighteen percent of residents allow regular smoking in their homes (by themselves or someone else) and 24 percent report they rode in a vehicle in the past week with someone who was smoking. Forty 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 Renville 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 Renville County were invited to participate and 468 completed a survey, for a response rate of 29.3 percent. This results in a sampling error of +/-4.4 percent. Survey respondents are representative of the adult population of Renville County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Renville County
(N=468)

Respondent characteristics	
Gender	
Female	50%
Male	50%
Age	
18-34	22%
35-64	54%
65+	24%
Race	
White	95%
People of color	5%
Average household size	2.0 people
Location of home	
City (pop. 10,000+)	3%
Town (pop. <10,000)	59%
Rural area	38%
Education	
Less than high school	7%
High school diploma or GED	28%
Some college / trade or AA degree	45%
Bachelor's degree or higher	20%
Household income	
Less than \$15,000	10%
\$15,000 to \$35,000	26%
\$35,001 to \$65,000	35%
More than \$65,000	30%



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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 Renville Public Health at 320-523-2570.

This report was produced by Wilder Research.

DECEMBER 2010

Adult Nutrition in Renville 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 Renville County.

Eating habits

***Breakfast**

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

***Beverages**

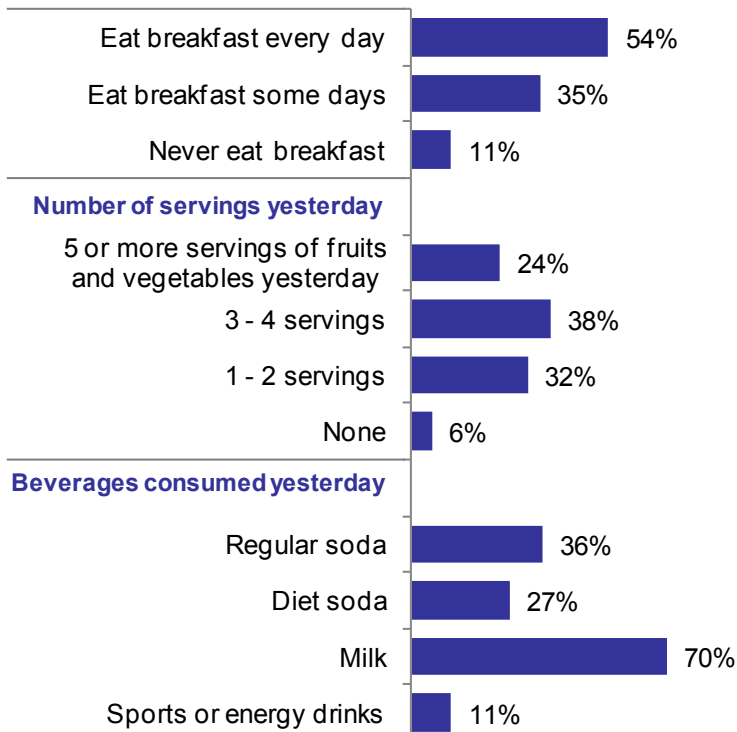
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. One-third of Renville 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 or more regular sodas per day. Adults (age 35-44) are more likely to drink five to six diet sodas per day, and older adults (age 75+) are more likely not to drink any soda.

***Eating out and eating in**

Over half of Renville County residents eat fast food at least once in a typical week. Also, 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. Eating out is slightly less common in Renville County compared with the region.

RESPONDENTS' EATING HABITS

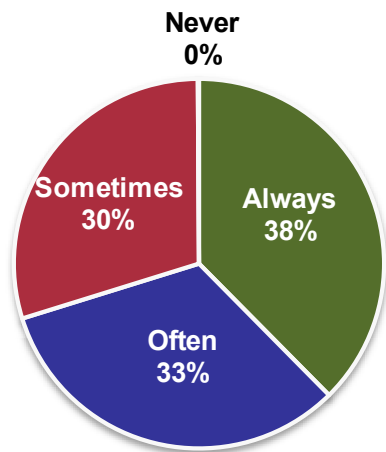


Nearly all Renville County residents eat at least one home-cooked meal in a typical week; 4 out of 10 eat a home-cooked meal every day. About 1 out of 10 Renville County residents watch TV while eating a meal every day of the week. Four out of 10 residents *never* watch TV while eating a meal. All of 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**

Seven 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.

Nine out of 10 residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And more than 8 out of 10 residents agree that “The fresh fruits and vegetables where I usually shop are of high quality.” However, nearly two-thirds of residents agree that “The fresh fruits and vegetables where I usually shop are too expensive.”

Use of community resources

Half of Renville County residents use farmers’ markets while slightly under 20 percent say they use community supported agriculture (CSAs) at least once a month. This is similar to the 19-county region.

Methods

The survey was conducted by mail. A total of 1,600 people in Renville County were invited to participate and 468 completed a survey, for a response rate of 29.3 percent. This results in a sampling error of +/- 4.4 percent. Survey respondents are representative of the adult population of Renville County.



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Adult Physical Activity in Renville County

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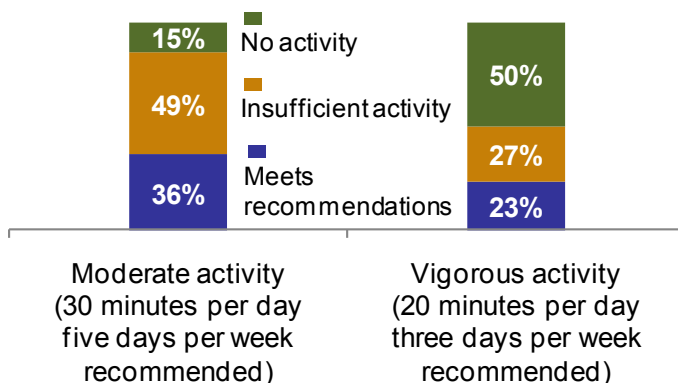
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Current levels of physical activity

Just over one-third of residents get the recommended amount of moderate activity and only about 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.

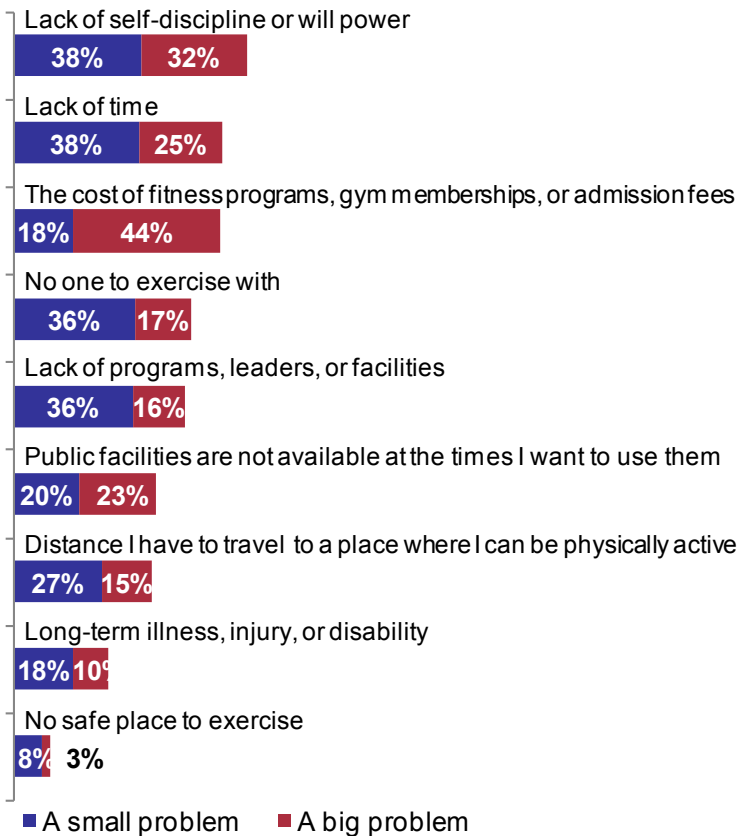
RESPONDENTS' PHYSICAL ACTIVITY



Barriers to physical activity

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

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



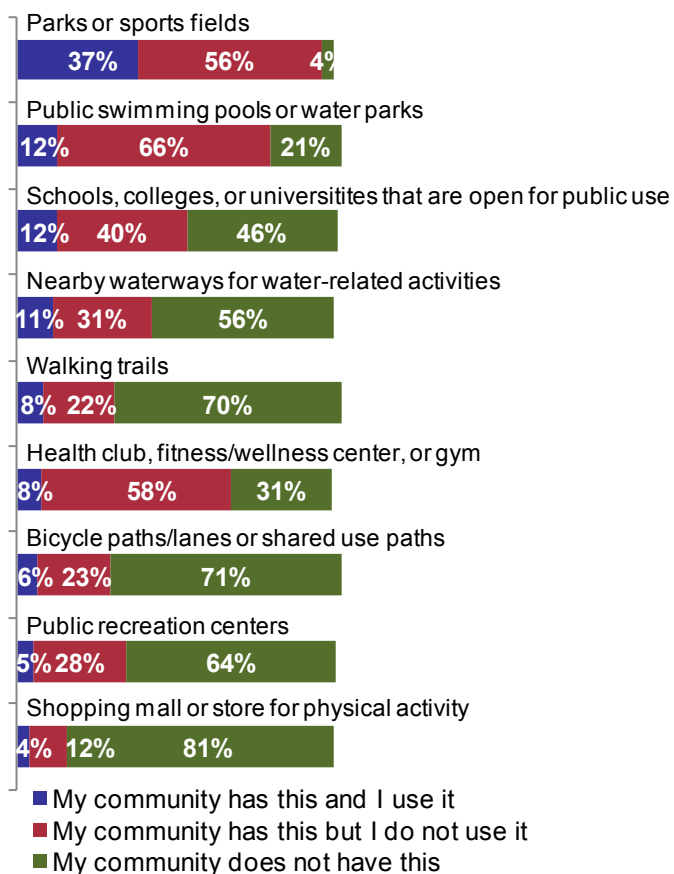
Screen time

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 – 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 and sports fields, which are used by about 4 out of 10 residents.

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



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Compared with the region...

Renville County residents get the same amount of screen time as adults in the 19-county region. However, their levels of physical activity are slightly lower than the average adult resident of the 19-county area. Finally, Renville 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.

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Adult Tobacco Use in Renville County

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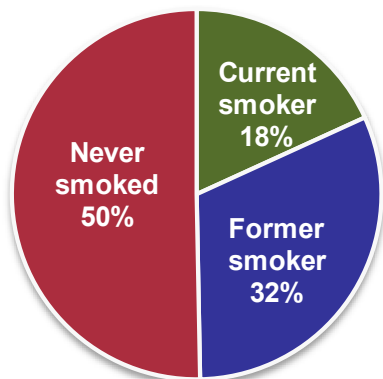
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This fact sheet summarizes survey results about the tobacco use of adult residents in Renville County.

Current tobacco use

Half of the county's residents have never smoked, and about another third no longer smoke. Of the 50 percent who are current and former smokers, slightly less than half said they had tried to quit within the past 12 months.

RESPONDENTS' SMOKING STATUS



Exposure to secondhand smoke

***At home**

Eighteen percent of residents allow regular smoking in their homes (by themselves or someone else). Males and adults under the age of 45 are slightly more likely to live in households where someone regularly smokes inside.

***At work**

Of those who work, about 3 out of 10 report that people smoke in outdoor smoking areas that are at least 20 feet from the doors and 2 out of 10 report smoking just outside the door. Smoking in other areas is less common.

***In a vehicle**

One-quarter of respondents report they rode in a vehicle in the past week with someone who was smoking.

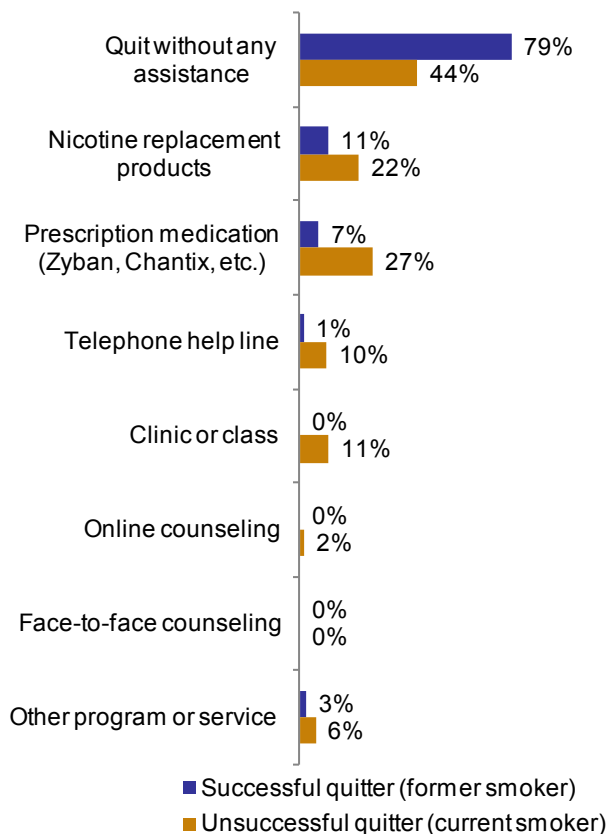
***In public places**

Forty 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...

Renville County residents are similar to the region as a whole in tobacco use and secondhand exposure.

Regarding methods for quitting smoking, Renville County residents who are current smokers are less likely than residents of the region to use nicotine replacement products and more likely to use a clinic or class or a telephone help line to help them quit.

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