



Adult Health in Murray County

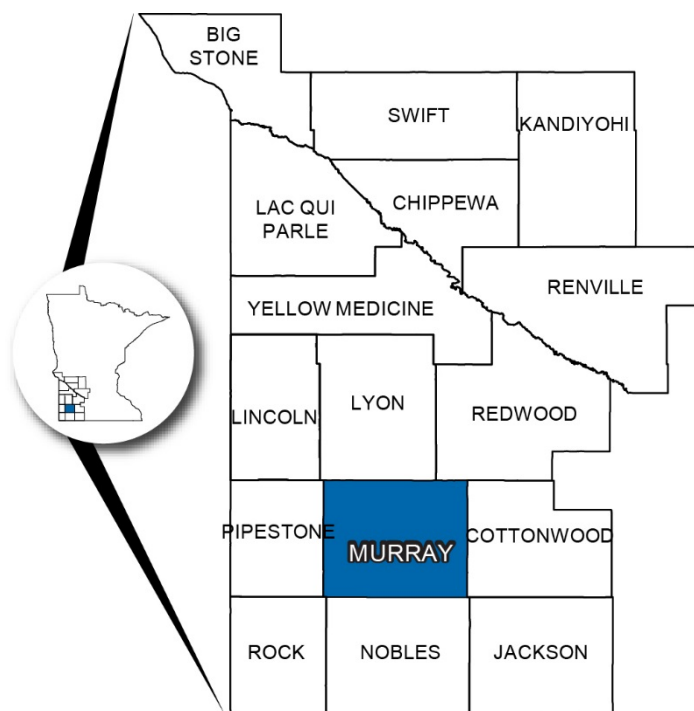
Findings from the 2015 Southwest Minnesota Healthy Communities Survey

The 2015 Southwest Minnesota Healthy Communities Survey was conducted to learn about the health and health habits – physical activity, nutrition, tobacco use, dental health, and mental health – of residents living in 16 counties in southwest Minnesota (Big Stone, Chippewa, Cottonwood, Jackson, Kandiyohi, Lac qui Parle, Lincoln, Lyon, Murray, Nobles, Pipestone, Redwood, Renville, Rock, Swift, and Yellow Medicine counties). Southwest Health and Human Services contracted with Wilder Research to produce summary reports for each of the six counties in their service area. This fact sheet provides an overview of survey results of adult residents in Murray County.

The survey was conducted April through July 2015. It was sponsored in part by the participating counties' grants from the Minnesota Department of Health's Statewide Health Improvement Program (SHIP), which aims to help Minnesotans live longer, healthier lives by reducing the burden of chronic disease.

In the following report, when it is stated that respondents' answers to a survey item increased or decreased, this refers to a change of 10 percentage points or more in respondents' answers from the 2010 to the 2015 county survey. Similarly, when response percentages are reported as higher or lower in the county compared to the 16-county region or in Minnesota, this refers to a difference of 10 percentage points or more.

MAP OF THE 16-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." Murray County residents are less likely to say their health is excellent compared with the state as a whole.

RESPONDENTS' RATINGS OF THEIR OVERALL HEALTH

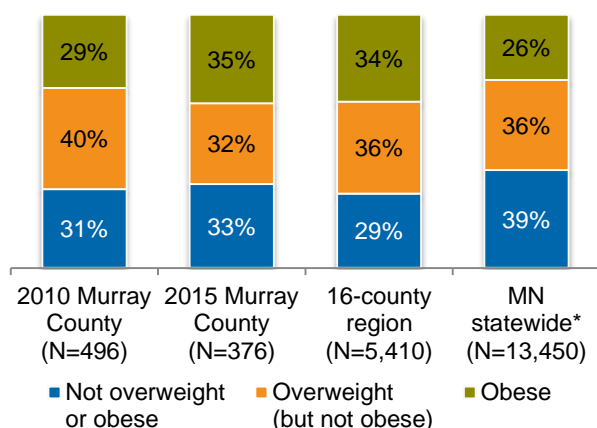
	Murray County (N=393)	16-county region (N=5,623)	MN statewide* (N=12,896)
Excellent	10%	13%	22%
Very good	43%	40%	36%
Good	35%	36%	29%
Fair	9%	10%	10%
Poor	2%	2%	3%

* Source: 2013 Behavioral Risk Factor Surveillance System (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 Murray County residents are overweight or obese. The percentage of overweight and obese respondents in Murray County is comparable to that of the region and Minnesotans statewide. There have been no significant changes in the percentage of overweight and obese residents in Murray County since 2010.

RESPONDENTS' BODY MASS INDEX



* Source: 2013 BRFSS MN data

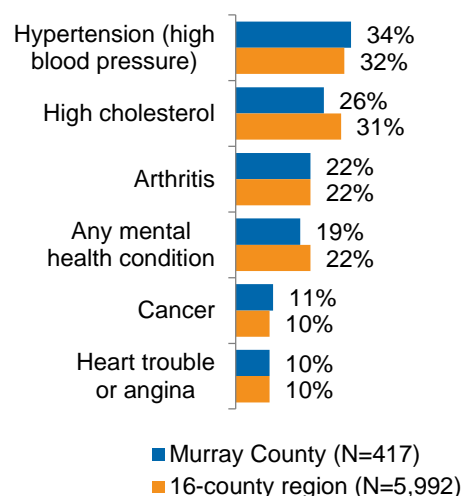
Although 35 percent of all Murray County respondents are obese, 9 percent of Murray County respondents have ever been told by a doctor or other health care professional that they are obese. Over half (57%) of respondents consider themselves to be about the right weight.

Chronic health conditions

Respondents were asked if they have ever been told by a health care provider that they have any of several chronic health conditions, all of which are related to poor nutrition, inadequate physical activity, or tobacco use. The data from this survey will serve as a baseline against which SHIP initiatives and related efforts can be evaluated for their impact on these chronic conditions, and associated factors, such as quality of life and health care costs.

The chart below shows the six most common chronic health conditions among adults in Murray County.

HAVE YOU EVER BEEN TOLD BY A DOCTOR OR OTHER HEALTH CARE PROFESSIONAL THAT YOU HAVE...



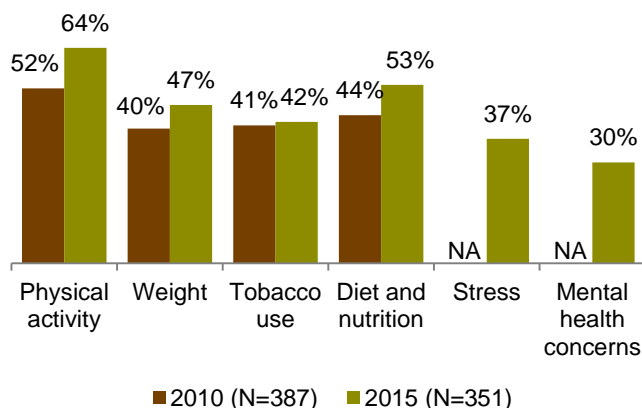
Support provided by health care providers

Eighty-three percent of respondents said they have seen a health care provider about their own health in the past 12 months.

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, tobacco use, stress, and mental health concerns. Since 2010, there has been an increase in the proportion of respondents who said they were asked about physical activity. Stress and mental health concerns were not asked about on the 2010 survey. However, in 2015, 37 percent of respondents were asked about stress and 30 percent were asked about mental health concerns.

The results indicate that, despite a slight improvement since 2010, 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

Thirty-nine percent of Murray County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. However, over half of residents (59%) agree that fresh fruits and vegetables where they usually shop are too expensive.

According to survey responses, there have been no significant changes in fruit and vegetable or beverage consumption in Murray County since 2010.

Nearly all Murray County residents eat at least one home-cooked meal in a typical week, but about half (55%) eat a home-cooked meal every day. Half (49%) of respondents eat fast food at least once per week. However, since 2010, there has been an increase in the percentage of respondents in Murray County who eat a home-cooked meal seven or more times per week.

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

Physical activity

The recommended amount of physical activity per week for adults is at least 30 minutes of moderate physical activity on 5 or more days or at least 20 minutes of vigorous physical activity on 3 or more days. In Murray County, 20 percent of respondents met both moderate and vigorous physical activity recommendations while 59 percent met neither.

Half (50%) 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, down from 70 percent in 2010.

Since 2010, respondents indicate an increase in the use of walking paths or trails and a decrease in the use of public recreation or community centers. The biggest self-reported barriers to more 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-four percent of Murray County residents have never smoked, 25 percent no longer smoke, and 11 percent are current smokers. Since 2010, Murray County residents are more likely to have stopped smoking for one day or longer because they were trying to quit. The most common and successful quitting method used was to quit without any assistance from nicotine-replacement medications, counseling, or other forms of quitting support.

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

Alcohol use

Forty-one percent of Murray County residents reported they have engaged in binge drinking in the past 30 days (5+ drinks for males and 4+ drinks for females on an occasion). According to responses, 11 percent participate in heavy drinking (60+ drinks for males and 30+ drinks for females in the past 30 days). Respondents age 35-44 are most likely to engage in heavy drinking. Alcohol use in Murray County is comparable to alcohol use in the 16-county region.

Mental health

Fourteen percent of Murray County residents have been told by a doctor that they have depression, 11 percent have been told they have anxiety or panic attacks, and 4 percent have been told they have other mental health problems. In the past year, 1 in 10 respondents said that they did not get or delayed getting needed mental health care. The most common reasons for not seeking

help were because they did not think it was serious enough, it cost too much, and they were too nervous or afraid.

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

Dental health

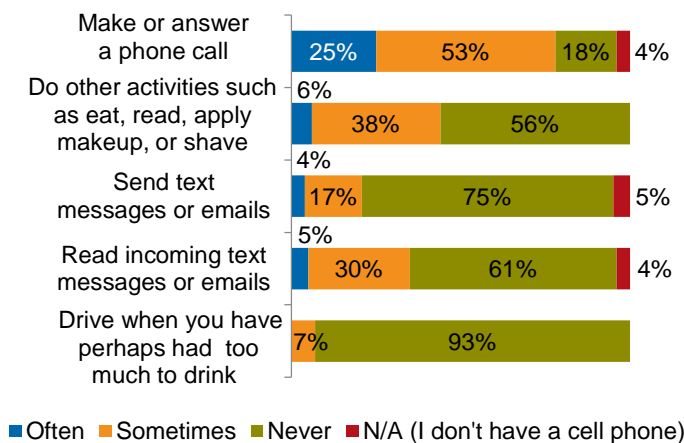
Three-quarters (74%) of Murray County residents reported that they had their last dental exam or teeth cleaning within the past year. Twenty percent of respondents said that during the past 12 months, there was a time when they needed dental care, but did not get it or delayed getting it. The most common reasons for not getting dental care were because it cost too much and because they did not have insurance.

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

Distracted or impaired driving

Seventy-eight percent of Murray County residents make or answer phone calls while they are driving and nearly half do other activities such as eat, read, apply makeup, or shave.

WHEN DRIVING A CAR OR OTHER VEHICLE, HOW OFTEN DO YOU...(N=371-378)



Methods

The survey was conducted by mail. 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. Incentives were not offered to participate in this survey. A total of 1,200 people in Murray County were invited to participate and 418 completed the survey, for a response rate of 35 percent. This results in a sampling error of +/- 6 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 (weighted)	Murray County (N=418)
Gender	
Female	51%
Male	49%
Age	
18-34	20%
35-44	13%
45-54	20%
55-64	19%
65-74	13%
75+	15%
Education	
Less than HS diploma, no GED	4%
High school diploma or GED	33%
Some college/trade school or associate degree	37%
Bachelor's degree or higher	27%
Household income	
Less than \$20,000	11%
\$20,000 - \$34,999	15%
\$35,000 - \$49,999	18%
\$50,000 - \$74,999	28%
\$75,000 or more	28%



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Authors: Anna Bartholomay and Nicole MartinRogers
APRIL 2016



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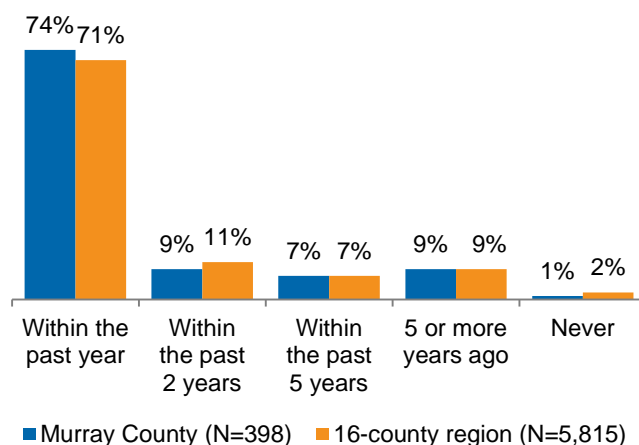
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Current dental care

Nearly three-quarters (74%) of residents from Murray County reported that they had their last dental exam or teeth cleaning within the past year.

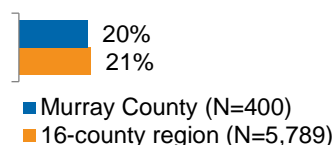
LAST TIME RESPONDENTS HAD A DENTAL EXAM OR TEETH CLEANING



Barriers to accessing dental care

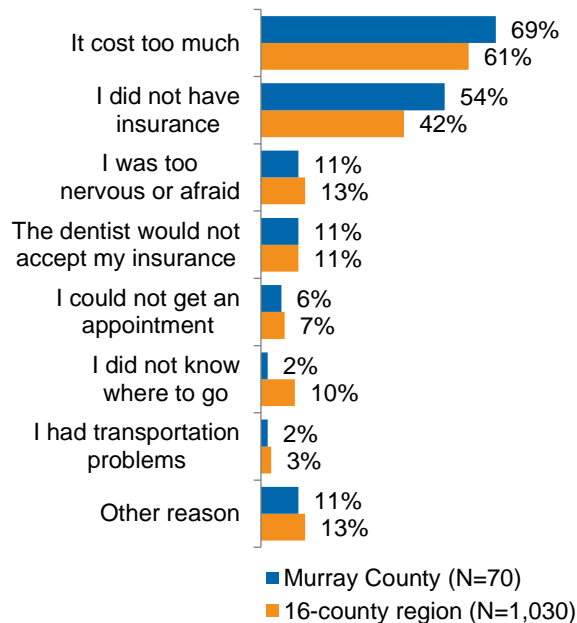
Twenty percent of respondents from Murray County reported that during the past 12 months, there was a time they needed dental care but did not get it or delayed getting it. There is no significant difference in delayed dental care between the county and the region.

RESPONDENTS WHO DID NOT GET OR DELAYED GETTING DENTAL CARE IN THE PAST 12 MONTHS



Of those who did not get or delayed getting dental care in the past 12 months, the most common reasons were because it cost too much and because they did not have insurance.

REASONS FOR NOT GETTING OR DELAYING DENTAL CARE



Compared with the region...

Overall, the dental health of Murray County residents is comparable to the dental health of residents of the region. However, residents of Murray County were more likely than residents of the region to have not gotten or delayed getting dental care because they did not have insurance.



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Adult Mental Health in Murray County

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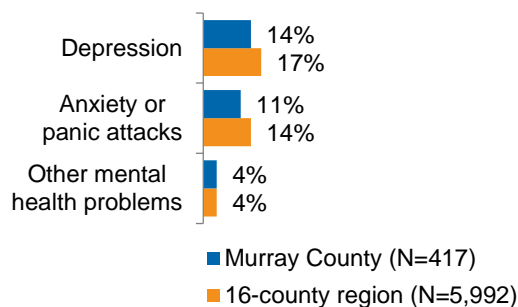
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Mental health history

Fourteen percent of Murray County residents have been told by a doctor that they have depression and 11 percent had been told by a doctor that they have anxiety or panic attacks. Four percent of Murray County residents have been told they have other mental health problems.

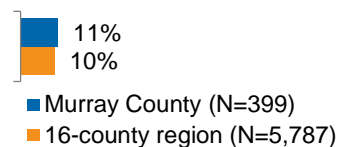
HAVE YOU EVER BEEN TOLD BY A DOCTOR THAT YOU HAD...



Barriers to accessing mental health care

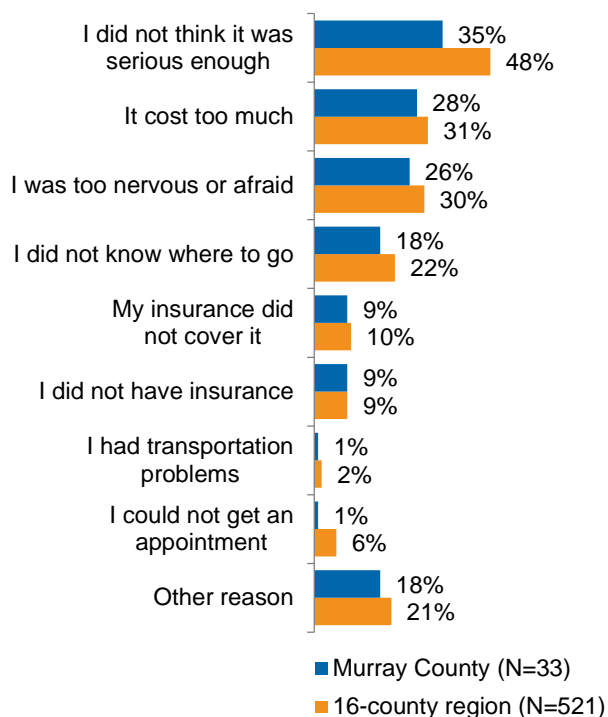
Eleven percent of Murray County residents said that they did not get or delayed getting mental health care when they needed it in the past year. There is no significant difference in mental health between the county and region.

OF THOSE WHO FELT THEY NEEDED TO TALK TO SOMEONE - RESPONDENTS WHO DID NOT GET OR DELAYED GETTING MENTAL HEALTH CARE IN THE PAST 12 MONTHS



Nearly one-third (35%) of respondents who did not get or delayed getting mental health care did so because they did not think it was serious enough. Twenty-eight percent of respondents did not get or delayed getting the mental health care they needed because it cost too much, while 26 percent said they were too nervous or afraid.

REASONS FOR NOT GETTING OR DELAYING MENTAL HEALTH CARE



Survey respondents who had seen a doctor, nurse, or other health professional about their own health in the past 12 months were asked whether they were asked by their health professional about a series of topics. Thirty-seven percent said their doctor asked them about stress and 30 percent said they were asked about mental health concerns.

Compared with the region...

Overall, the mental health of residents in Murray County is comparable to the mental health of residents in the region. However, residents of Murray County were less likely than residents of the region to have not gotten or delayed getting the mental health care they needed because they did not think it was serious enough.



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Adult Nutrition in Murray County

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Southwest Health and Human Services contracted with Wilder Research to produce summary reports for each of the six counties in their service area. This fact sheet summarizes survey results related to the nutrition habits of adult residents in Murray County.

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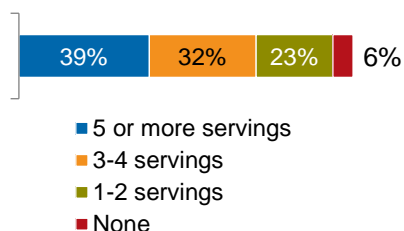
In the reporting of results that follows, when it is stated that respondents' answers to a survey item increased or decreased, this is referring to a change of 10 percentage points or more in respondents' answers from the 2010 to the 2015 county survey.

Eating habits

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, 39 percent of Murray County residents ate five or more servings of fruits and vegetables. Unfortunately, 2015 data regarding fruit and vegetable consumption is not comparable to 2010 data due to question wording.

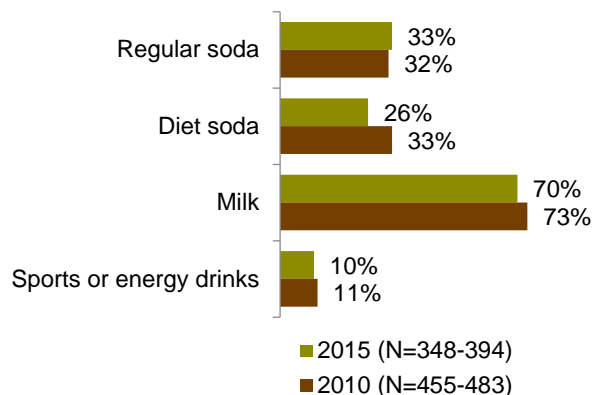
NUMBER OF SERVINGS OF FRUITS AND VEGETABLES ATE YESTERDAY (N=367)



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. In addition, the high amount of sugar in regular soda has become a health concern. Thirty-three percent of Murray County residents drank regular soda on the day prior to taking the survey and 26 percent drank diet soda.

BEVERAGES CONSUMED YESTERDAY

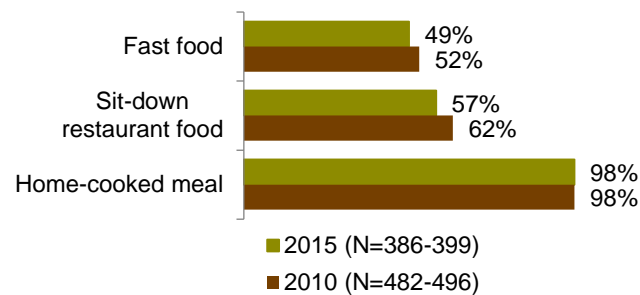


Eating out and eating in

Forty-nine percent of Murray County residents eat fast food at least once in a typical week. More than half (57%) eat at least once per week at a restaurant that is not fast food. The vast majority of residents who eat out do so only once or twice per week.

Nearly all (98%) of Murray County residents eat at least one home-cooked meal in a typical week, but only half (55%) eat a home-cooked meal every day. Twenty percent of Murray County residents watch TV while eating a meal daily, while 28 percent 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 needs.

EATING OUT AND EATING IN ONE TIME OR MORE IN AN AVERAGE WEEK



Access to nutritious food

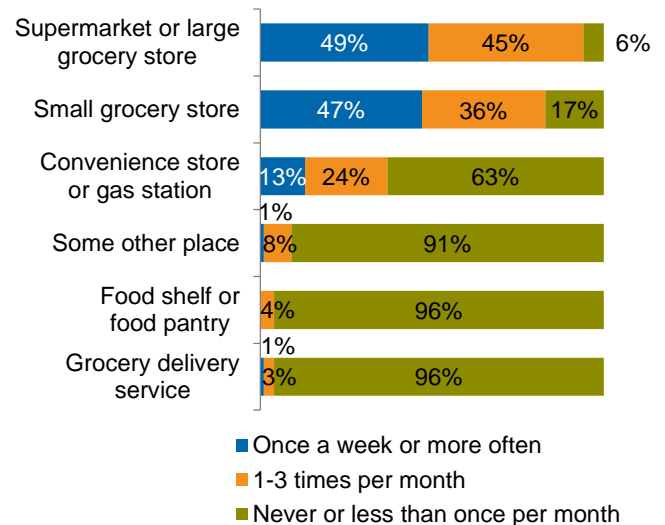
One focus of the Statewide Health Improvement Program (SHIP) is to increase access to community resources and support by improving policies, systems, and environments. Nutrition and healthy eating is a key focus area of SHIP.

Grocery shopping

While 94 percent of residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop,” and 88 percent agree that “The fresh fruits and vegetables where I usually shop are of high quality,” 59 percent report that fruits and vegetables are too expensive where they shop.

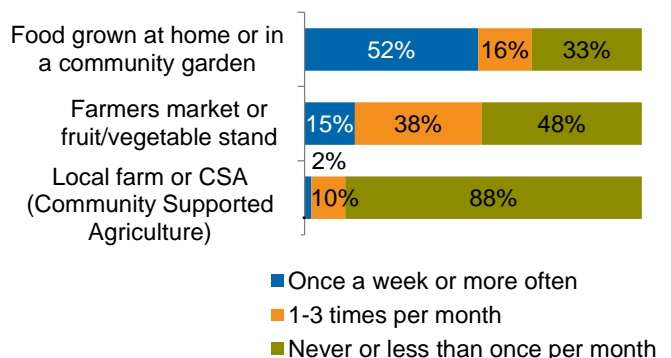
Forty-two percent of Murray County residents travel more than 20 miles (one way) to get their groceries. Most respondents shop for groceries at a supermarket or large grocery store or a small grocery store once a week or more often.

IN A TYPICAL MONTH, HOW OFTEN DO YOU BUY OR GET FOOD FROM A...(N=365-400)



During the growing season, about half of Murray County residents get food from a home or community garden, but far fewer get food from farmers markets and Community Supported Agriculture.

DURING THE GROWING SEASON, HOW OFTEN DO YOU BUY OR GET FOOD FROM A...(N=381-394)



Food insecurity

Thirteen percent of Murray County residents reported that in the past 12 months they often or sometimes worried that their food would run out before they had money to buy more, and 4 percent said that they had used a community food shelf program in the past 12 months.



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Adult Physical Activity in Murray County

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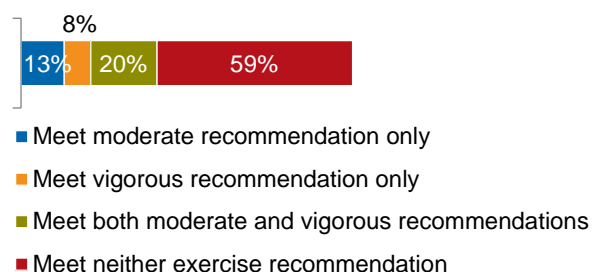
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Current levels of physical activity

Regular physical activity helps improve one's overall health and fitness and reduces the risk of chronic disease. The recommended amount of physical activity per week for adults is at least 30 minutes of moderate physical activity on 5 or more days or at least 20 minutes of vigorous physical activity on 3 or more days.

In Murray County, 20 percent of respondents met both moderate and vigorous physical activity recommendations while 59 percent met neither. Additionally, 24 percent of respondents said they did not participate in any physical activity or exercise other than their regular job in the past 30 days.

RESPONDENTS' PHYSICAL ACTIVITY (N=383)



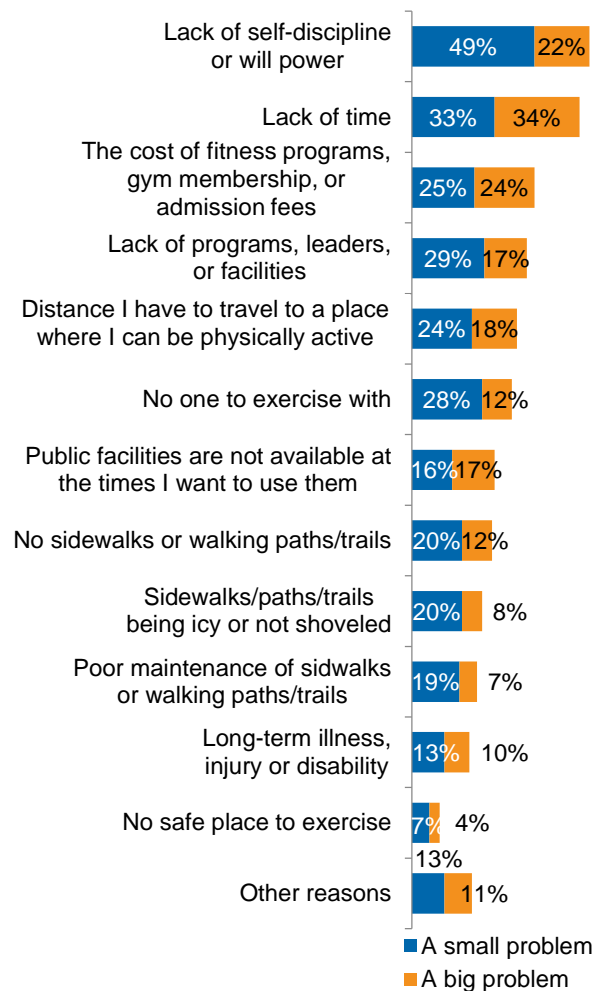
Screen time

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 – half (50%) of respondents reported over 2 hours of screen time per day, a decrease from 70 percent in 2010. One-quarter (24%) of respondents reported 1 hour or less of screen time per day.

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 programs. These are the same top barriers that were reported in 2010.

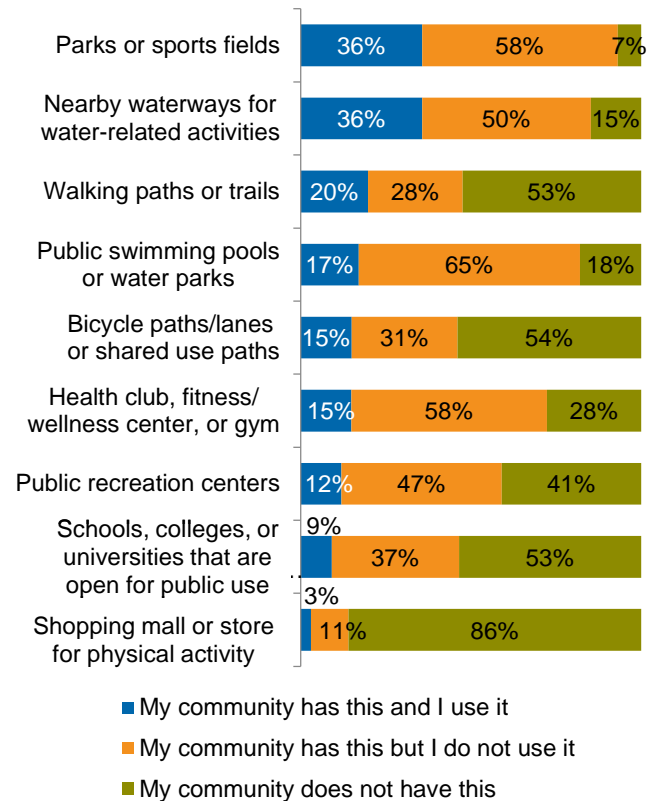
RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY (N=265-378)



Access to community resources

Respondents were asked 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 resources are parks or sport fields and nearby waterways. The use of walking paths or trails and schools open for public use has increased and the use of public recreation or community centers has decreased since 2010.

RESPONDENTS' ACCESS TO AND USE OF COMMUNITY RESOURCES FOR PHYSICAL ACTIVITY (N=290-353)



Compared with the region...

Murray County residents are less likely than residents of the region to have: 1) walking paths or trails, 2) bicycle paths, 3) shared use paths or bike lanes, 4) public recreation or community centers, and 5) shopping malls or stores for physical activity.



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Adult Tobacco Use in Murray County

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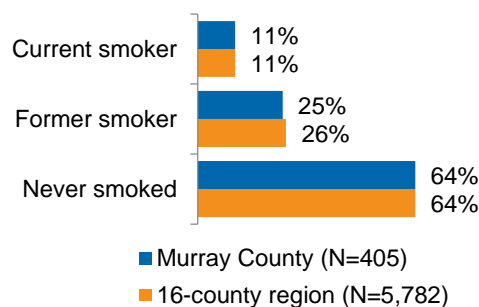
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Current tobacco use

Sixty-four percent of Murray County residents have never smoked and 25 percent are former smokers. Eleven percent of respondents from Murray County are current smokers.

RESPONDENTS' SMOKING STATUS



E-cigarettes

Three percent of respondents said they are e-cigarette users. Forty-five percent of respondents reported ever having seen someone smoke an e-cigarette in Minnesota. Those who had ever seen someone smoke an e-cigarette were most likely to have seen them being used in a bar or restaurant, or in someone's home or car (including their own).

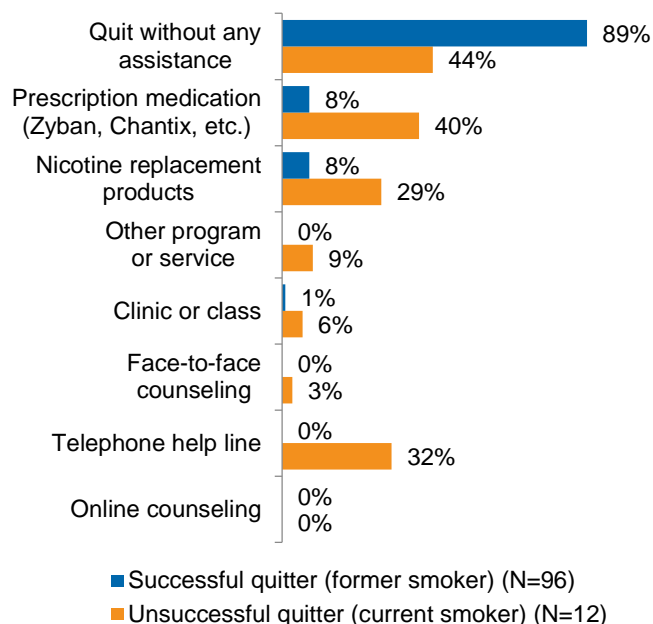
Quitting

Of the 36 percent who are current and former smokers, 44 percent said they had stopped smoking for one day or longer in the past year because they were trying to quit.

Since 2010, a proportion of Murray County residents have stopped smoking for one day or longer because they were trying to quit has increased.

Of former 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.

RESPONDENTS' USE OF VARIOUS TOBACCO CESSATION METHODS (OF CURRENT AND FORMER SMOKERS WHO HAD TRIED TO QUIT IN THE PAST 12 MONTHS)



“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).

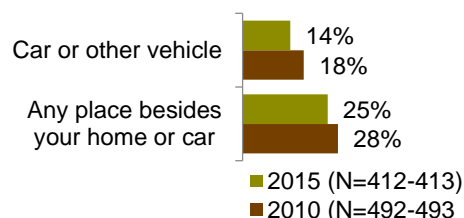
There have been no significant changes in quit methods used by Murray County residents since 2010.

Exposure to smoking

Nine percent of Murray County respondents allow regular smoking in their homes (by themselves or someone else) compared with 10 percent of respondents from the region. Fourteen percent of Murray County respondents report they rode in a vehicle with someone who was smoking in the past week and 28 percent say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week.

There has been no significant change in exposure to secondhand smoke in Murray County since 2010.

RESPONDENTS' EXPOSURE TO SECONDHAND SMOKE IN THE PAST 7 DAYS



Compared with the region...

There are no significant differences in tobacco use in Murray County compared with tobacco use in the 16-county region.



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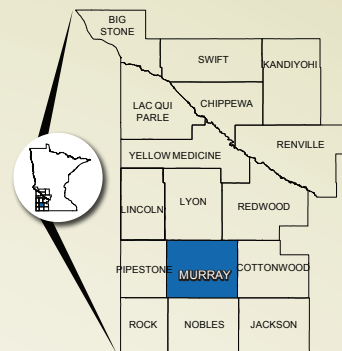
This summary presents findings from the 2015 Southwest Minnesota Healthy Communities Survey. For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682. For access to other reports, visit <http://www.swmhhs.com/public-health-assessment-and-planning/>

Authors: Monzong Cha, Anna Bartholomay, and Nicole MartinRogers
APRIL 2016

Adult Health in Murray County

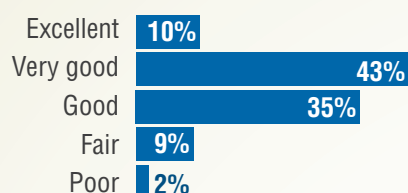
2015 Southwest Minnesota Healthy Communities Survey

The 2015 Southwest Minnesota Healthy Communities Survey was conducted to learn about the health and health habits of residents living in 16 counties in southwest Minnesota. This fact sheet shows the key findings from Murray County.



NUTRITION AND EXERCISE

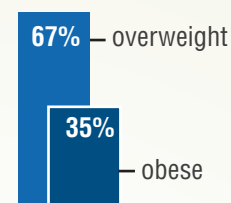
Murray County adult residents' ratings of their overall health:



Murray County adult residents are less likely to say their health is "excellent" compared with the state as a whole



39% ate **five or more servings of fruits and vegetables** on the day prior to taking the survey

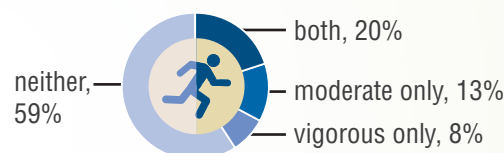


67% of adults in Murray County **ARE OVERWEIGHT**
Based on self-reported height and weight, including **35% WHO ARE OBESE**

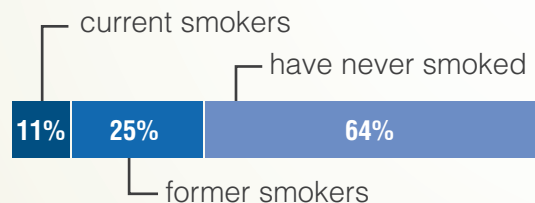


57% consider themselves to be **about the right weight**

Did residents meet moderate and/or vigorous exercise recommendations?



TOBACCO USE



OTHER



14% have been told by a doctor that **they had depression**

11% delayed or did not get mental health care when they felt they needed it in the past year

Supported by the Statewide Health Improvement Program, Minnesota Department of Health

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