

Adult Health in Swift County

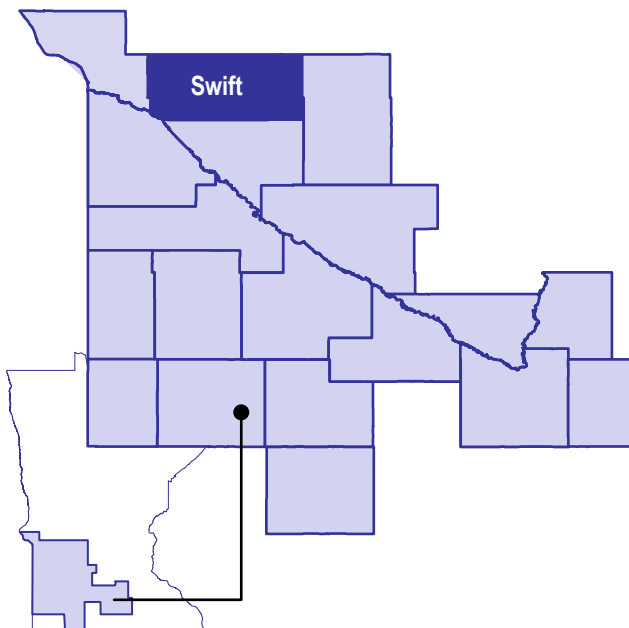
Findings from the 2010 Southwest/South Central Adult Health Survey

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 Swift County.

MAP OF THE 19-COUNTY REGION



Overall health

Based on a scale that ranks from excellent to poor, most Swift 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

	Swift County	19- county region	MN statewide*
Excellent	9%	13%	22%
Very good	30%	38%	41%
Good	47%	37%	27%
Fair	13%	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 about three-quarters of Swift County residents are overweight, including 41 percent who are obese. Swift County residents are more likely to be obese than residents of Minnesota or the region.

RESPONDENTS’ BODY MASS INDEX

	Swift County	19- county region	MN statewide*
Not overweight or obese	27%	34%	37%
Overweight (but not obese)	32%	36%	38%
Obese	41%	31%	25%

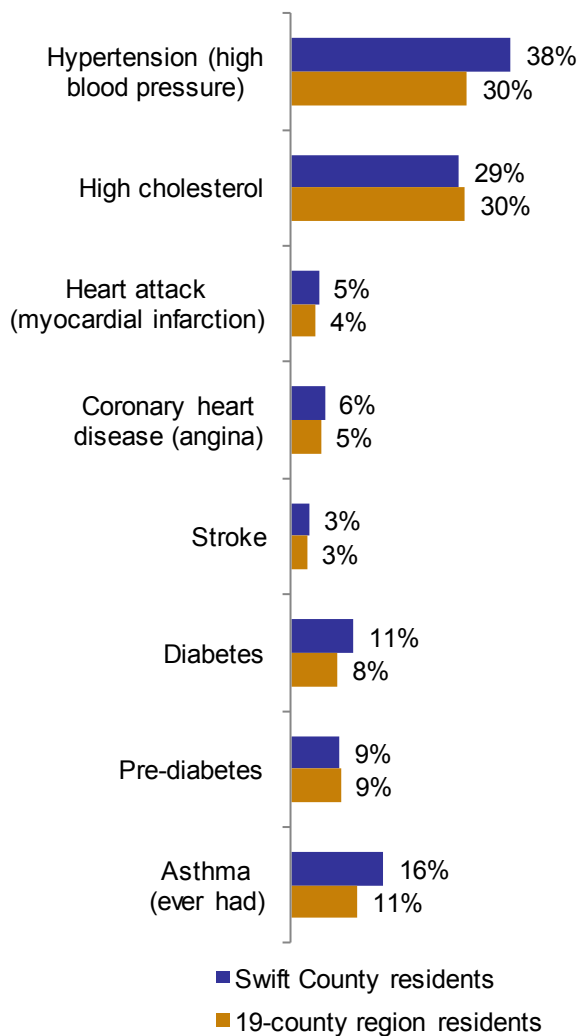
**Source: BRFSS-MN data.*

Yet, when asked, half of respondents consider themselves to be about the right weight. Sixty percent of women and 53 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 Swift County are somewhat more likely to have high blood pressure and angina, or have had a heart attack.

*Diabetes

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

*Asthma

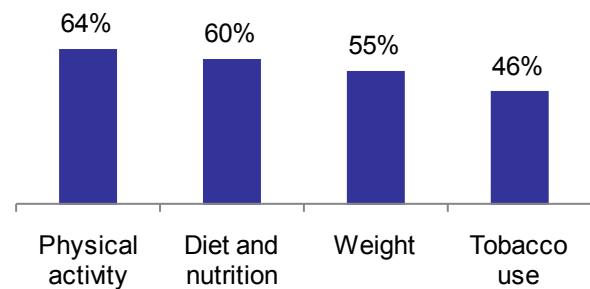
Sixteen percent of respondents have ever had asthma, and, of those, 7 out of 10 still have asthma.

Support provided by health care providers

Almost three-quarters of respondents said they have seen a health care provider about their own health in the past 12 months, similar to the region as a whole.

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 many 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

About 3 out of 10 Swift 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.”

Almost 3 out of 10 Swift County residents drank regular soda and nearly 4 out of 10 drank diet soda on the day prior to taking the survey.

Almost all Swift County residents eat at least one home-cooked meal in a typical week, but only one-third eat a home-cooked meal every day.

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

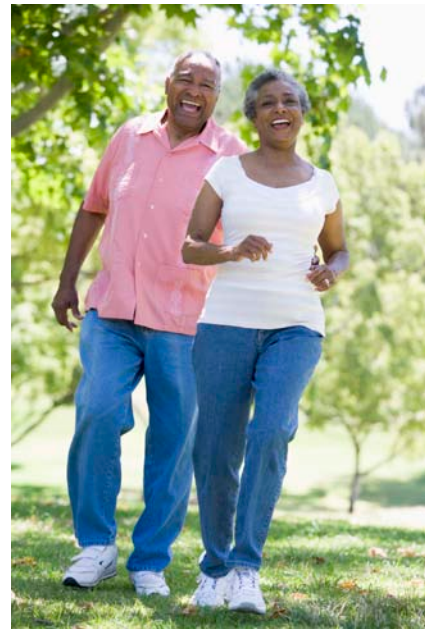
Physical activity

Just 4 out of 10 Swift County residents get the recommended amount of moderate activity and nearly 3 out of 10 get the recommended amount of vigorous activity each week. Two out of 10 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 4 out of 10 residents. The biggest self-reported barriers to getting physical activity are: the cost of programs, lack of self-discipline or willpower, and lack of time.

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



Tobacco use

Over half of Swift County residents have never smoked, and about another quarter no longer smoke. Of the 45 percent who are current and former smokers, about 4 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.

Eleven percent of residents allow regular smoking in their homes (by themselves or someone else), and 23 percent report they rode in a vehicle with someone who was smoking in the past week. One-quarter 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 Swift 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 Swift County were invited to participate and 459 completed a survey, for a response rate of 28.7 percent. This results in a sampling error of +/-4.5 percent. Survey respondents are representative of the adult population of Swift County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Respondent characteristics	Swift County (N=459)
Gender	
Female	46%
Male	54%
Age	
18-34	18%
35-64	57%
65+	25%
Race	
White	97%
People of color	3%
Average household size	2.5 people
Location of home	
City (pop. 10,000+)	2%
Town (pop. <10,000)	66%
Rural area	32%
Education	
Less than high school	7%
High school diploma or GED	28%
Some college / trade or AA degree	41%
Bachelor's degree or higher	24%
Household income	
Less than \$15,000	12%
\$15,000 to \$35,000	24%
\$35,001 to \$65,000	32%
More than \$65,000	33%



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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 Countryside Public Health at 320-564-3010.

This report was produced by Wilder Research.

DECEMBER 2010

Adult Nutrition in Swift 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 Swift County.

Eating habits

***Breakfast**

According to the Centers for Disease Control and Prevention (CDC), eating breakfast improves concentration, memory, and mood. Half of Swift 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, about 3 out of 10 Swift County residents ate five or more servings of fruits and vegetables.

***Beverages**

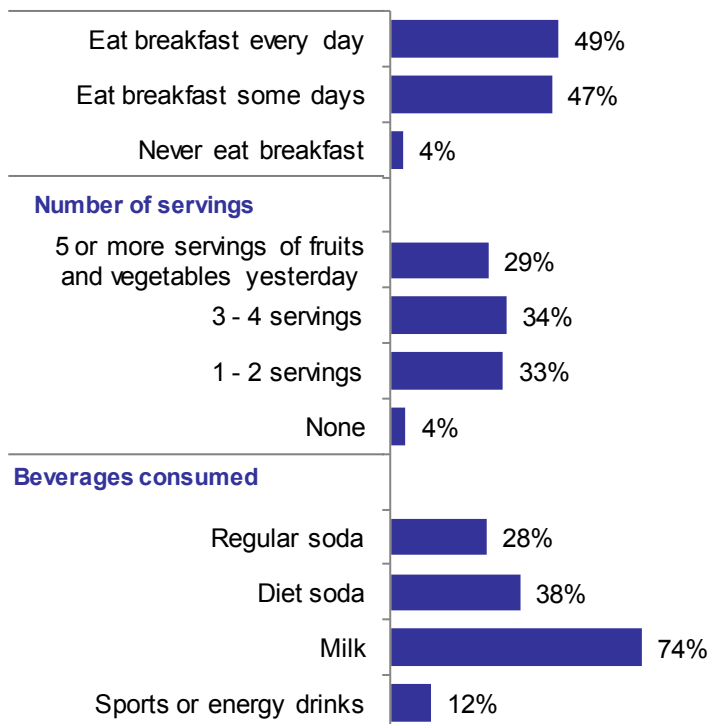
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. Almost 3 out of 10 Swift County residents drank regular soda and nearly 4 out of 10 drank diet soda on the day prior to taking the survey.

Soda consumption varies by age: for regular soda, middle-aged adults (age 35-44) are more likely to drink one to two sodas per day. Younger adults (age 18-34) are more likely to drink one or more diet sodas per day, and older adults (75+) are more likely to not drink any soda.

***Eating out and eating in**

Over half of Swift County residents eat fast food at least once in a typical week, and slightly 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. These figures are similar to the region as a whole.

RESPONDENTS' EATING HABITS

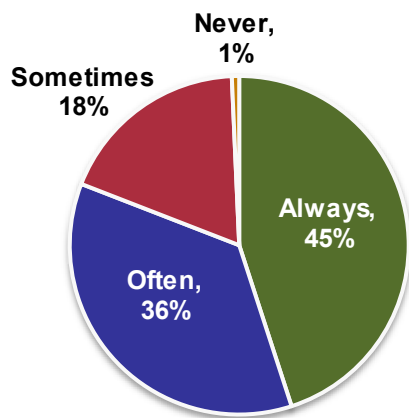


Nearly all Swift County residents eat at least one home-cooked meal in a typical week, but only one-third eat a home-cooked meal every day. One out of 10 Swift County residents watches TV while eating a meal every day of the week. Only 3 out of 10 residents *never* watch TV while eating a meal. All of 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**

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.

Eight out of 10 residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop” and agree that they 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

Forty-eight percent of Swift County residents use farmers’ markets at least once a month, slightly less than residents of the 19-county region. Sixteen percent say they use community supported agriculture (CSAs) at least once a month, similar to the region as a whole.

Methods

The survey was conducted by mail. A total of 1,600 people in Swift County were invited to participate and 459 completed a survey, for a response rate of 28.7 percent. This results in a sampling error of +/- 4.5 percent. Survey respondents are representative of the adult population of Swift County.



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Adult Physical Activity in Swift County Findings from the 2010 Southwest/South Central Adult Health Survey

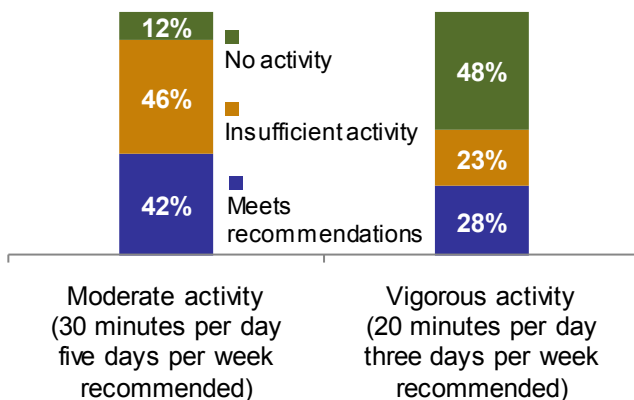
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Current levels of physical activity

Four out of 10 residents get the recommended amount of moderate activity and nearly 3 out of 10 get the recommended amount of vigorous activity each week. Two out of 10 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: the cost of programs, lack of self-discipline or willpower, and lack of time.

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



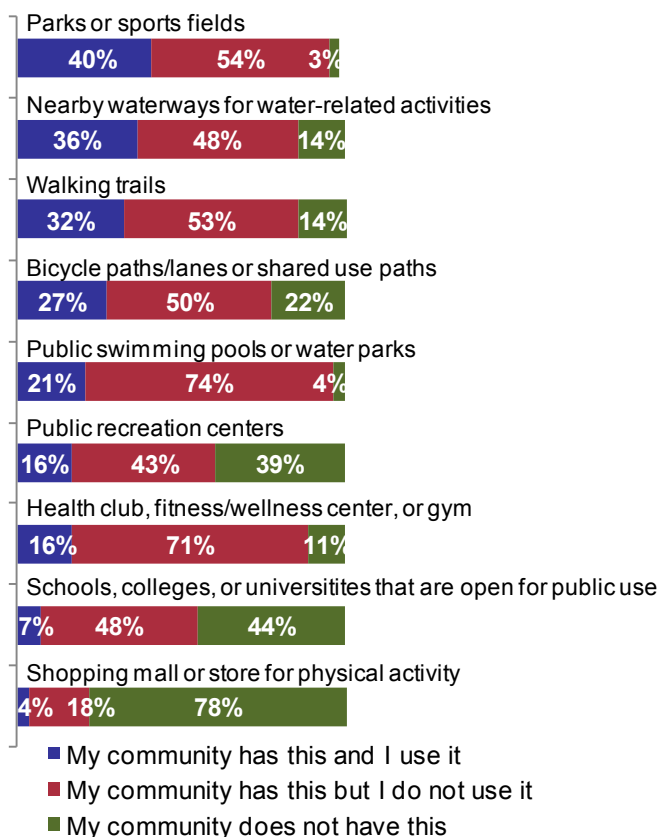
Screen time

When asked about daily "screen time" – total time spent watching TV and using the computer for non-work-related things such as surfing the internet or social networking – 70 percent of respondents reported over two hours of screen time per day. Only about 9 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 4 out of 10 residents.

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



Compared with the region...

Swift County residents get the same amount of screen time as adults in the 19-county region. In addition, their levels of physical activity are similar to the region. Finally, Swift County residents felt they had more access to public swimming pools and less access to recreation centers, schools, and shopping malls for physical activity opportunities.

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Adult Tobacco Use in Swift County

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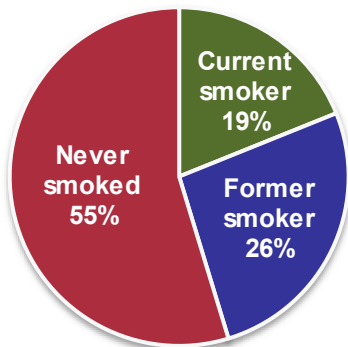
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This fact sheet summarizes survey results about the tobacco use of adult residents in Swift County.

Current tobacco use

Over half of the county's residents have never smoked, and about another quarter no longer smoke. Of the 45 percent who are current and former smokers, about 4 out of 10 said they had tried to quit within the past 12 months.

RESPONDENTS' SMOKING STATUS



Exposure to secondhand smoke

***At home**

Eleven percent of residents allow regular smoking in their homes (by themselves or someone else). Middle-aged adults (age 35-64) are more likely to live in households where someone regularly smokes inside.

***At work**

Of those who work, one-third report that people smoke in outdoor areas that are at least 20 feet from doors and/or right outside the door. Smoking in other areas is less common.

***In a vehicle**

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

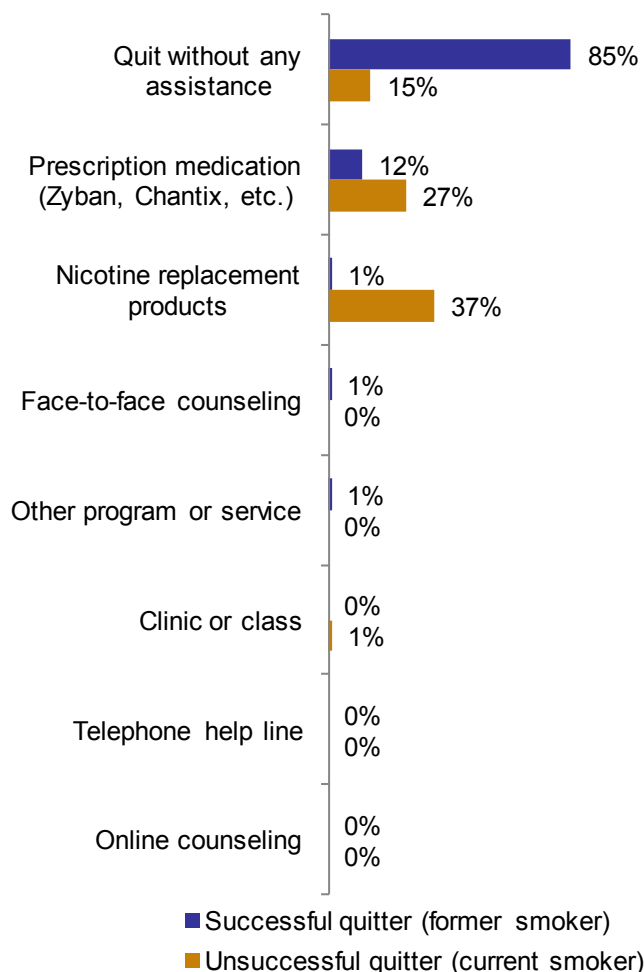
***In public places**

One-quarter of respondents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. Three out of 10 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 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...

A smaller proportion of Swift County residents than residents of the region have tried to quit smoking during the past 12 months. Swift County residents are also less likely than residents of the region to be exposed to secondhand smoke in public places.

Regarding methods for quitting smoking, Swift County residents are less likely than residents of the region to use nicotine replacement products, and they are more likely to use a prescription medication to help them quit or to quit without any assistance.

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