

## Adult Health in Waseca County

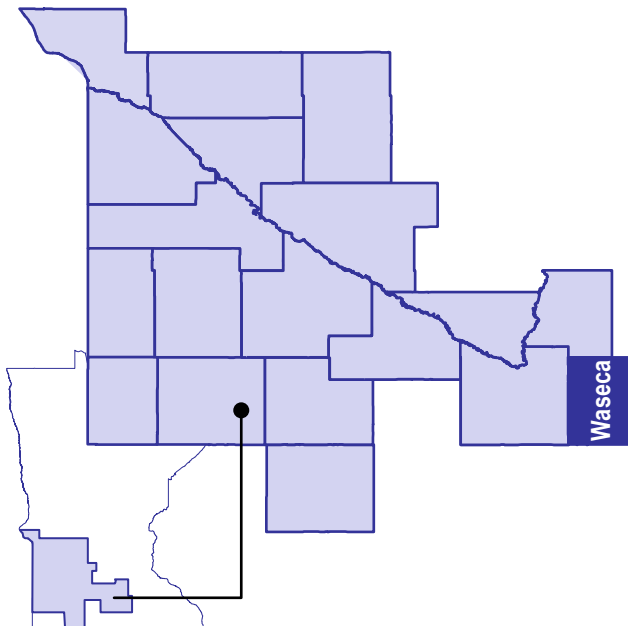
### Findings from the 2010 Southwest/South Central Adult Health Survey

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 Waseca County.

#### MAP OF THE 19-COUNTY REGION



#### Overall health

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

	Waseca County	19- county region	MN statewide*
Excellent	7%	13%	22%
Very good	37%	38%	41%
Good	41%	37%	27%
Fair	14%	10%	7%
Poor	1%	2%	3%

*\*Source: 2009 BRFSS MN data.*

#### Obesity

Residents’ Body Mass Index, or BMI (which was calculated based on their self-reported height and weight), indicates that two-thirds of Waseca County residents are overweight, including 36 percent who are obese. Waseca County residents are more likely to be obese than the average resident of Minnesota or the region.

#### RESPONDENTS’ BODY MASS INDEX

	Waseca County	19- county region	MN statewide*
Not overweight or obese	32%	34%	37%
Overweight (but not obese)	33%	36%	38%
Obese	36%	31%	25%

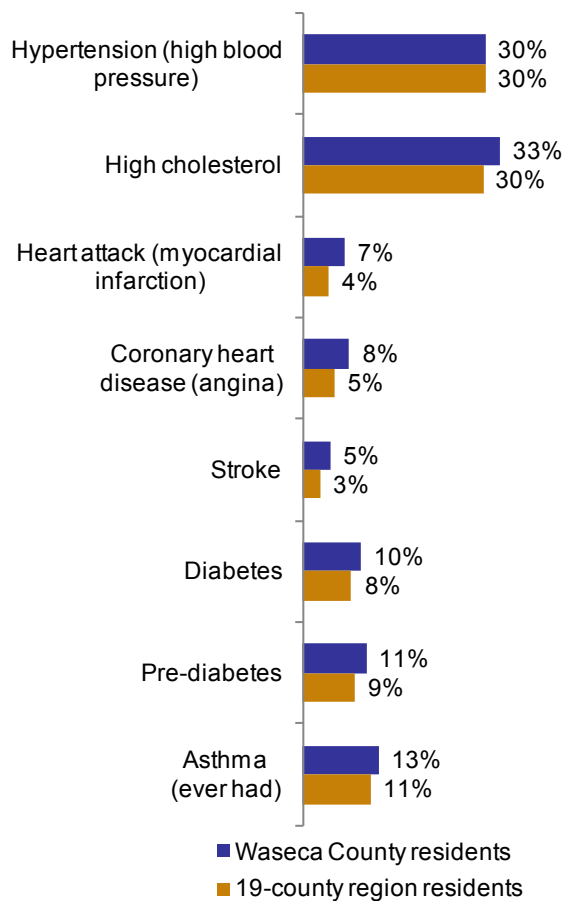
*\*Source: BRFSS-MN data.*

Yet, when asked, 47 percent of residents consider themselves to be about the right weight. Almost two-thirds of women and half of men say they are now trying to lose weight.

### Chronic health conditions

Residents 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 Waseca County are slightly more likely to have heart disease and related health conditions.

#### \*Diabetes

Residents of Waseca County are slightly more likely to have diabetes and pre-diabetes compared to the region as a whole.

#### \*Asthma

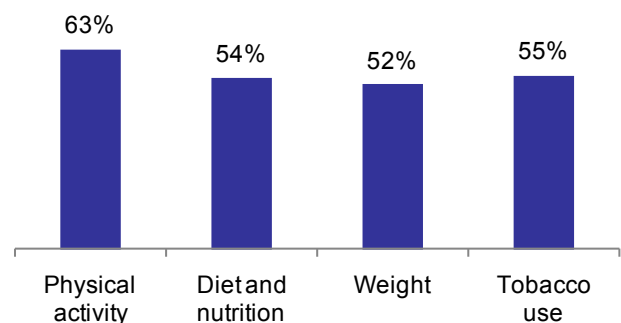
Thirteen percent of residents have ever had asthma, and, of those, about three-quarters still have asthma.

#### Support provided by health care providers

About two-thirds of residents said they have seen a health care provider about their own health in the past 12 months, which is slightly lower than the regional average.

Residents 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*

About 3 out of 10 Waseca 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.”

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

Nearly all Waseca County residents eat at least one home-cooked meal in a typical week, but only 3 out of 10 eat a home-cooked meal every day.

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

## *Physical activity*

Forty-two percent of Waseca County residents get the recommended amount of moderate activity and about one-third get 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.

Three-quarters of residents reported over 2 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 half 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 Waseca County, please see the fact sheet on this topic.



## *Tobacco use*

Over half of Waseca County residents have never smoked, and another 31 percent no longer smoke. Of the 45 percent who are current or former smokers, about 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.

Only 9 percent of residents allow regular smoking in their homes (by themselves or someone else) and just over 20 percent report they rode in a vehicle with someone who was smoking in the past week. About 40 percent of residents 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 Waseca 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, residents 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 Waseca County were invited to participate and 408 completed a survey, for a response rate of 25.5 percent. This results in a sampling error of +/- 4.8 percent. Survey residents are representative of the adult population of Waseca County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Waseca County  
(N=408)

Respondent characteristics	Waseca County (N=408)
<b>Gender</b>	
Female	48%
Male	52%
<b>Age</b>	
18-34	27%
35-64	54%
65+	19%
<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+)	9%
Town (pop. <10,000)	60%
Rural area	31%
<b>Education</b>	
Less than high school	4%
High school diploma or GED	27%
Some college / trade or AA degree	43%
Bachelor's degree or higher	26%
<b>Household income</b>	
Less than \$15,000	9%
\$15,000 to \$35,000	21%
\$35,001 to \$65,000	37%
More than \$65,000	33%



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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 Le Sueur-Waseca Public Health at 507-835-0685.

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DECEMBER 2010

## Adult Nutrition in Waseca County

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This fact sheet summarizes survey results related to the nutrition habits of adult residents in Waseca County.

#### *Eating habits*

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

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

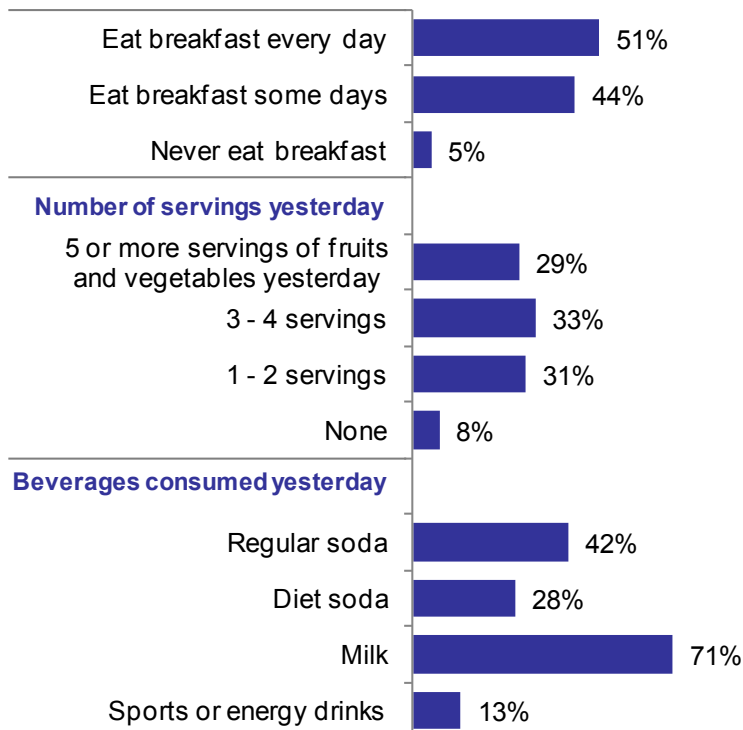
##### **\*Beverages**

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. About 4 out of 10 Waseca County residents drank regular soda and nearly 3 out of 10 drank diet soda on the day prior to taking the survey. Younger adults (age 18-34) are more likely than older age groups to drink five or more regular or diet sodas per day.

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

About two-thirds of Waseca County residents eat fast food at least once in a typical week. Slightly over half eat at a restaurant that is *not* fast food at least once in a typical week. Eating fast food is slightly more common in Waseca County compared with the region.

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

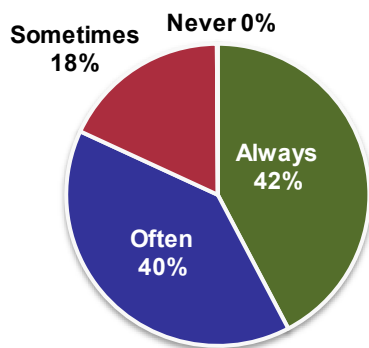


Nearly all Waseca County residents eat at least one home-cooked meal in a typical week, but only 3 out of 10 eat a home-cooked meal every day. Thirteen percent of Waseca County residents watch TV while eating a meal every day of the week. Three out of 10 residents *never* watch TV while eating a meal. 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.

Ninety-six percent of residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And almost 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*

Fifty-six percent of Waseca County residents say they use farmers’ markets and 14 percent say they use community supported agriculture (CSAs) at least once a month, similar to the 19-county region.

### *Methods*

The survey was conducted by mail. A total of 1,600 people in Waseca County were invited to participate and 408 completed a survey, for a response rate of 25.5 percent. This results in a sampling error of +/- 4.8 percent. Survey respondents are representative of the adult population of Waseca County.



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## Adult Physical Activity in Waseca County

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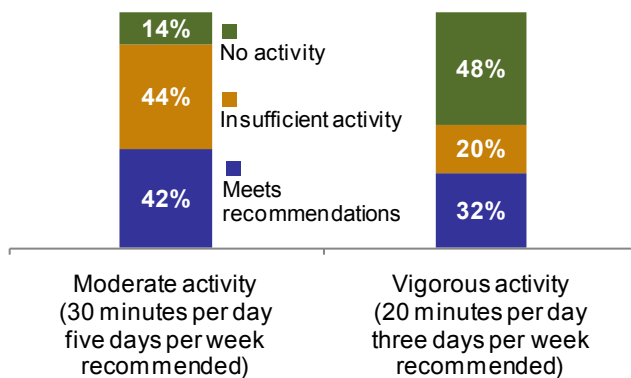
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### *Current levels of physical activity*

Forty-two percent of residents get the recommended amount of moderate activity and about one-third get 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 willpower, lack of time, and the cost of programs.

#### RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



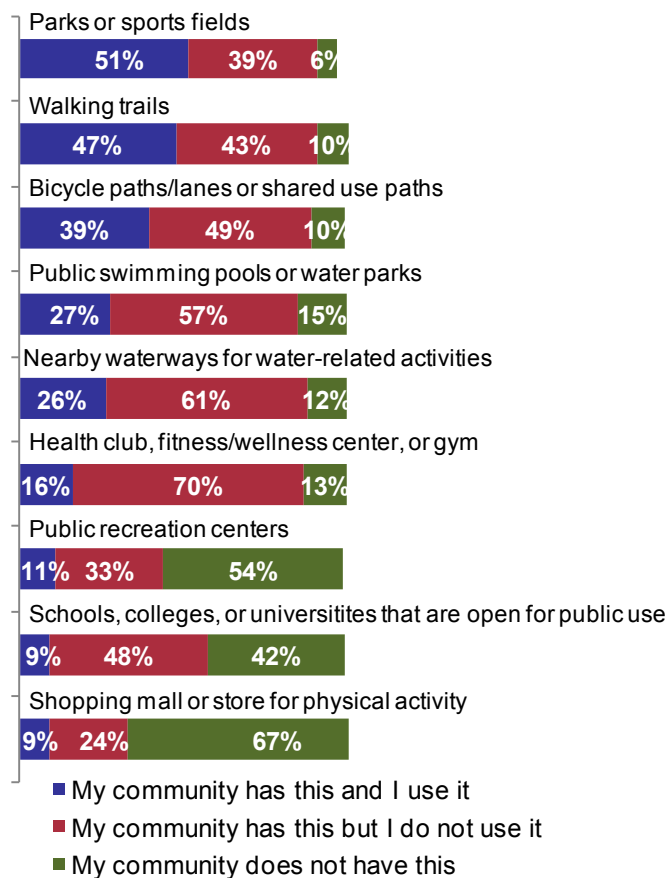
### *Screen time*

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 – three-quarters reported over two hours of screen time per day. Only 7 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 half of residents.

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



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## Compared with the region...

Waseca County residents' physical activity levels are comparable to those of residents of the 19-county region. Compared with the region, Waseca County residents are less likely to report having public recreation centers to use for physical activity, but more likely to have walking trails, bicycle paths, and nearby waterways.

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

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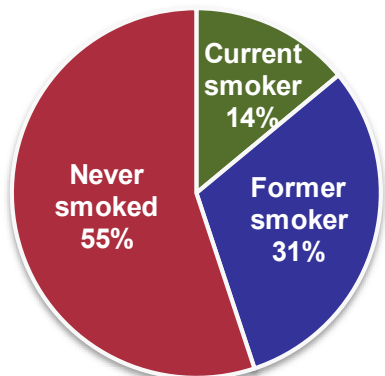
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This fact sheet summarizes survey results about the tobacco use of adult residents in Waseca County.

### *Current tobacco use*

Over half of the county's residents have never smoked, and another 31 percent no longer smoke. Of the 45 percent who are current and former smokers, about 6 out of 10 said they had tried to quit within the past 12 months.

#### RESPONDENTS' SMOKING STATUS



### *Exposure to secondhand smoke*

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

Only 9 percent of residents allow regular smoking in their homes (by themselves or someone else). Older adults (age 75+) are less likely to live in households where someone regularly smokes inside.

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

Of those who work, about one-third report that people smoke in outdoor smoking areas that are at least 20 feet from doors, as well as just outside their workplace door. Smoking in other areas is less common.

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

Just over 20 percent of respondents report they rode in a vehicle with someone who was smoking in the past week.

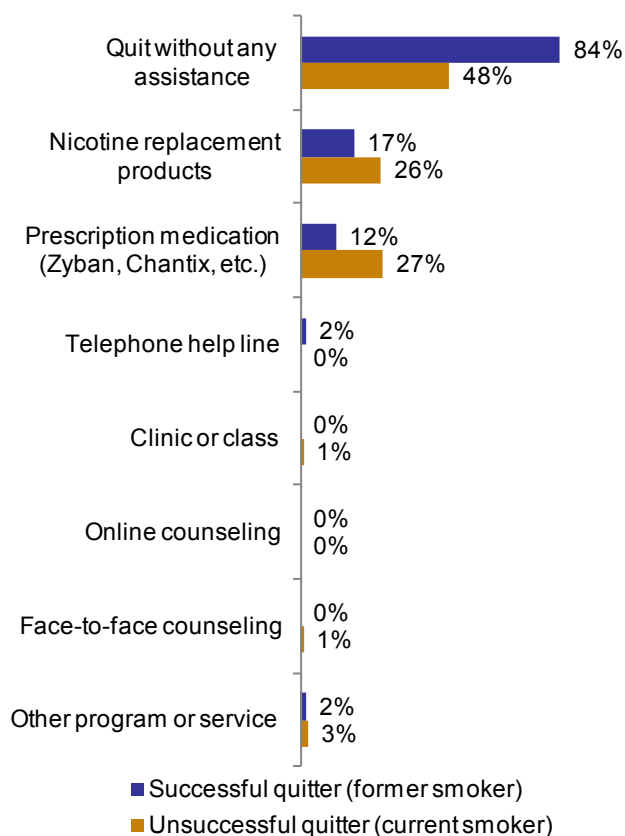
#### **\*In public places**

About 40 percent of residents 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, Waseca County residents are slightly more likely than residents of the 19-county region to use tobacco products other than cigarettes (includes smokeless tobacco, cigars, and pipes). Also, a higher proportion of Waseca County residents than residents of the region have tried to quit smoking during the past 12 months. Finally, Waseca County residents are slightly more likely than residents of the region to be exposed to secondhand smoke in public places.

Regarding methods for quitting smoking, Waseca County residents are more likely to use a nicotine replacement product or a prescription medication to help them quit, or to attempt to quit without assistance.

## Methods

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