

Adult Health in Yellow Medicine County

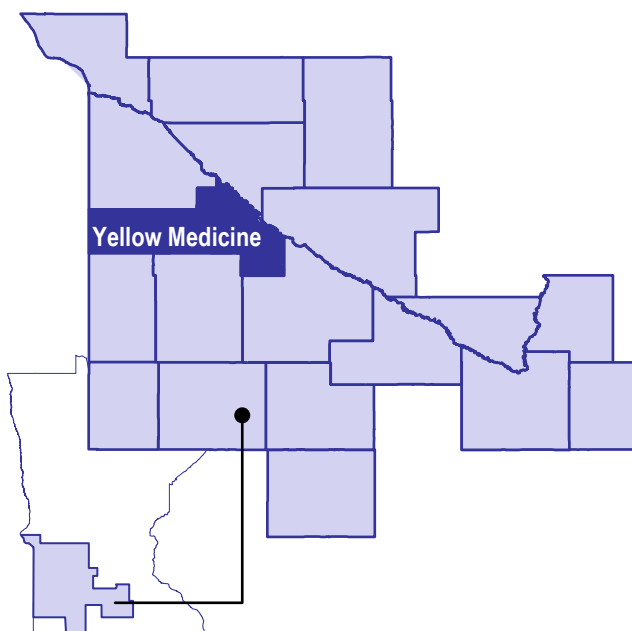
Findings from the 2010 Southwest/South Central Adult Health Survey

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 Yellow Medicine County.

MAP OF THE 19-COUNTY REGION



Overall health

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

	Yellow Medicine County	19- county region	MN statewide*
Excellent	10%	13%	22%
Very good	35%	38%	41%
Good	42%	37%	27%
Fair	11%	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 about 7 out of 10 Yellow Medicine County residents are overweight, including 35 percent who are obese. Yellow Medicine County residents are more likely to be obese than the average resident of Minnesota or the region.

RESPONDENTS' BODY MASS INDEX

	Yellow Medicine County	19- county region	MN statewide*
Not overweight or obese	29%	34%	37%
Overweight (but not obese)	36%	36%	38%
Obese	35%	31%	25%

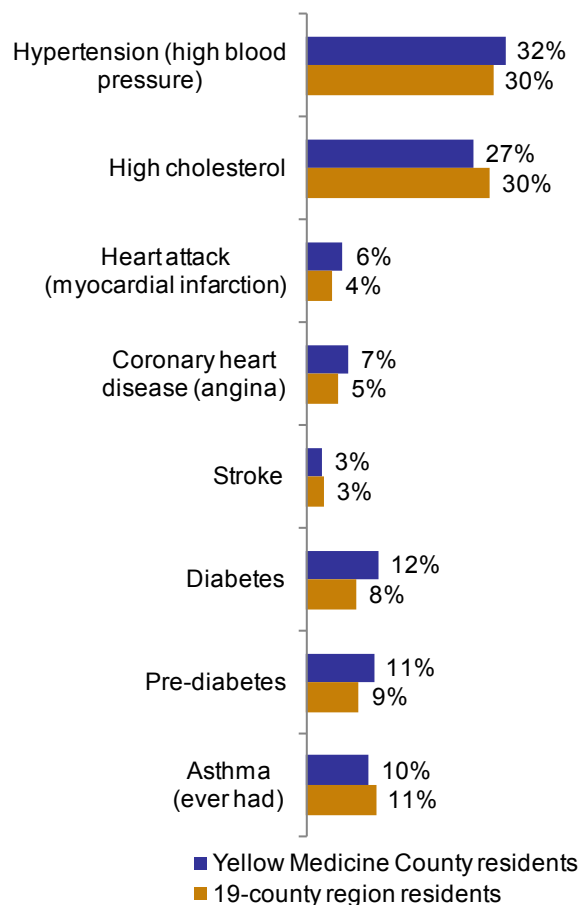
**Source: BRFSS-MN data.*

Yet, when asked, half of respondents consider themselves to be about the right weight. Sixty-two 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 Yellow Medicine County are somewhat more likely to have heart disease and related conditions, with the exception of high cholesterol.

***Diabetes**

Residents of Yellow Medicine County are somewhat more likely than residents of the region to have diabetes and pre-diabetes.

***Asthma**

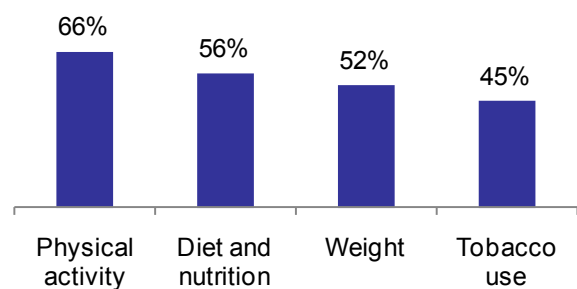
Ten percent of respondents have ever had asthma, and of those, 8 out of 10 still have asthma.

Support provided by health care providers

About 7 out of 10 respondents said they have seen a health care provider about their own health in the past 12 months, which is the same as 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

Fewer than 3 out of 10 Yellow Medicine 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.”

Three out of 10 Yellow Medicine County residents drank regular soda and over one-third drank diet soda on the day prior to taking the survey.

Most Yellow Medicine County residents eat at least one home-cooked meal in a typical week, but only slightly more than one-third eat a home-cooked meal every day.

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

Physical activity

About 4 out of 10 Yellow Medicine County residents get the recommended amount of moderate activity and only 3 out of 10 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.

Two-thirds 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 46 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 Yellow Medicine County, please see the fact sheet on this topic.



Tobacco use

Over half of Yellow Medicine County residents have never smoked, and about another quarter no longer smokes. Of the 44 percent of residents 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.

Fewer than 10 percent of residents allow regular smoking in their homes (by themselves or someone else) and about 20 percent report they rode in a vehicle with someone who was smoking in the past week. About 40 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 Yellow Medicine 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 Yellow Medicine County were invited to participate and 450 completed a survey, for a response rate of 28.1 percent. This results in a sampling error of +/-4.5 percent. Survey respondents are representative of the adult population of Yellow Medicine County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Yellow Medicine
County
(N=450)

Respondent characteristics	
Gender	
Female	51%
Male	49%
Age	
18-34	23%
35-64	50%
65+	27%
Race	
White	97%
People of color	3%
Average household size	2.8 people
Location of home	
City (pop. 10,000+)	1%
Town (pop. <10,000)	64%
Rural area	35%
Education	
Less than high school	6%
High school diploma or GED	27%
Some college / trade or AA degree	39%
Bachelor's degree or higher	28%
Household income	
Less than \$15,000	14%
\$15,000 to \$35,000	21%
\$35,001 to \$65,000	36%
More than \$65,000	30%



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For more information

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.

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DECEMBER 2010

Adult Nutrition in Yellow Medicine 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 Yellow Medicine County.

Eating habits

***Breakfast**

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

***Beverages**

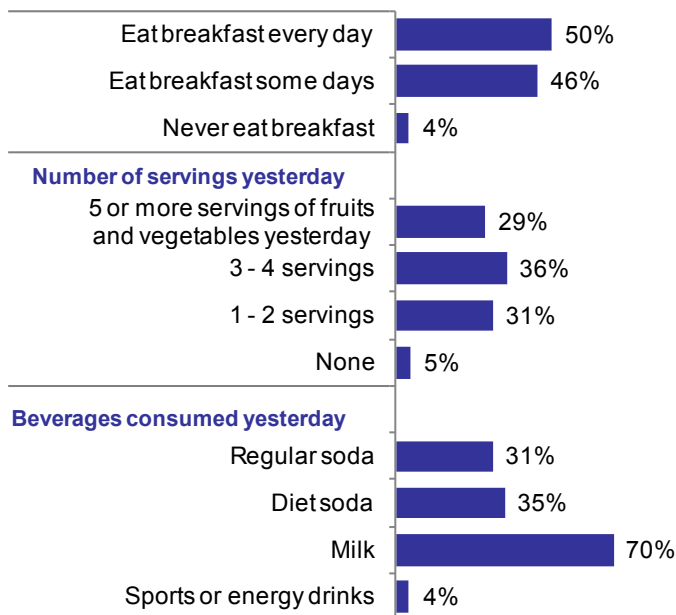
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. Three out of 10 Yellow Medicine County residents drank regular soda and over one-third drank 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 or two sodas per day. For diet soda, middle-aged adults (age 45-54) are more likely to drink three to four sodas per day. Older adults (age 65+) are more likely to not drink any soda.

***Eating out and eating in**

Almost 6 out of 10 Yellow Medicine County residents eat fast food at least once in a typical week. In addition, over 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 as common in Yellow Medicine County as in the region.

RESPONDENTS' EATING HABITS

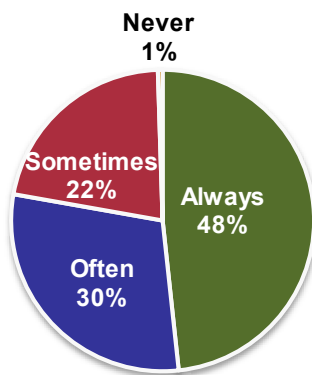


Most Yellow Medicine County residents eat at least one home-cooked meal in a typical week, but only slightly more than one-third eat a home-cooked meal every day. About 1 out of 10 Yellow Medicine County residents watch TV while eating a meal daily, while 3 out of 10 residents *never* watch TV while 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**

About 8 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.

Only about 1 out of 20 residents disagrees 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, almost 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

Yellow Medicine County residents use farmers’ markets or community supported agriculture (CSAs) slightly more than residents of the 19-county region, but only 55 percent say they use farmers’ markets and 21 percent say they use CSAs once a month.

Methods

The survey was conducted by mail. A total of 1,600 people in Yellow Medicine County were invited to participate and 450 completed a survey, for a response rate of 28.1 percent. This results in a sampling error of +/-4.5 percent. Survey respondents are representative of the adult population of Yellow Medicine County.



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

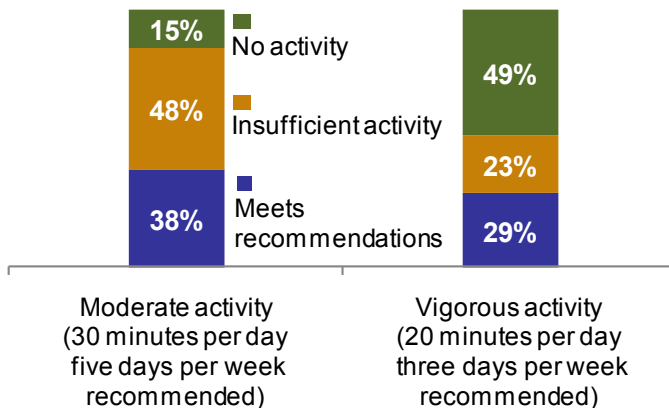
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Current levels of physical activity

About 4 out of 10 residents get the recommended amount of moderate activity and only 3 out of 10 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.

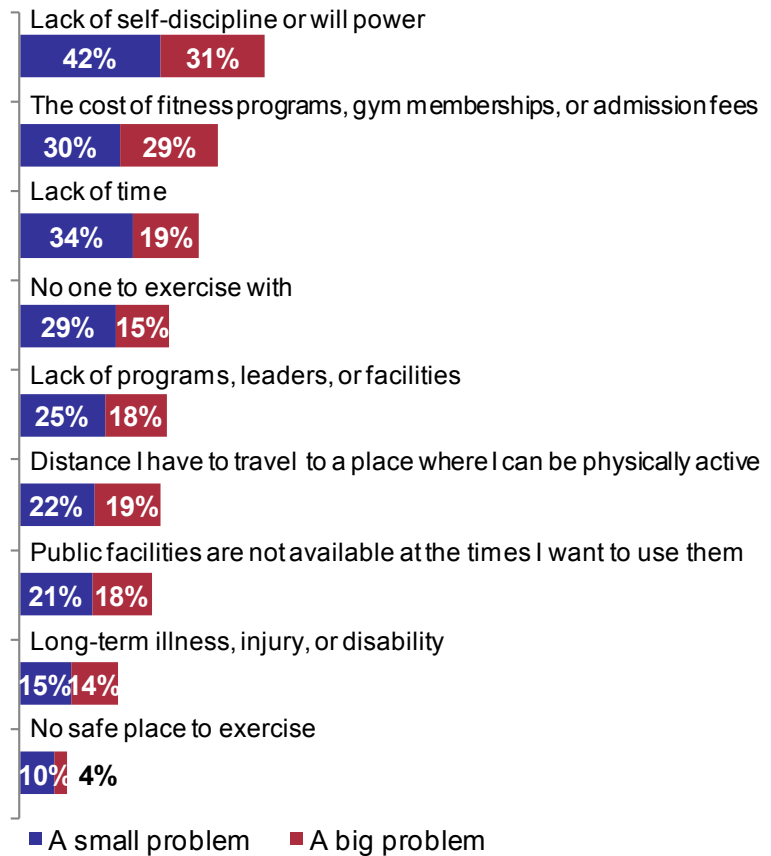
RESPONDENTS' PHYSICAL ACTIVITY



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



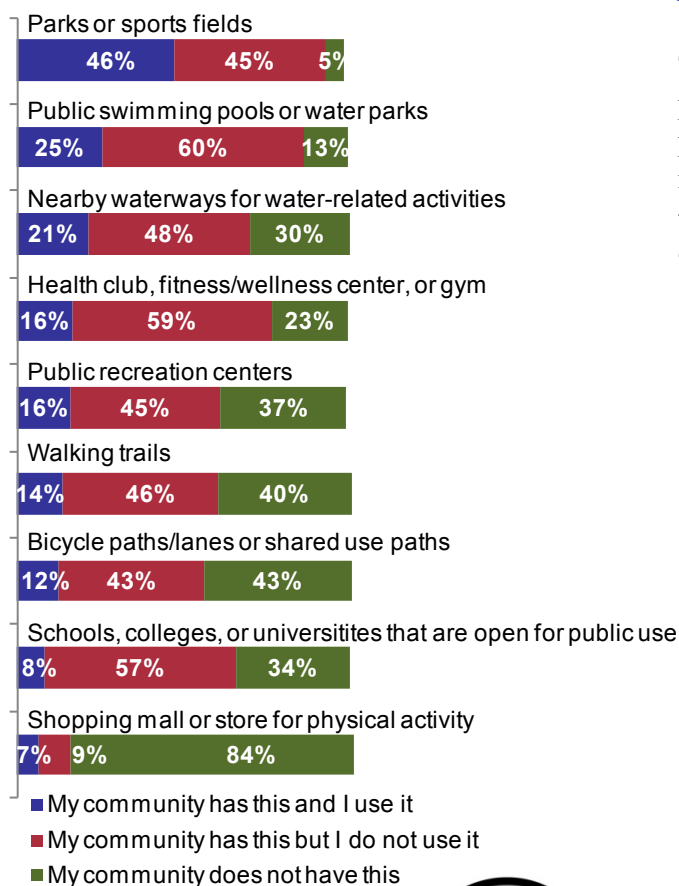
Screen time

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 – two-thirds of respondents reported over two hours of screen time per day. Only 8 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 variety of resources for physical activity. The most commonly used are parks or sports fields, which are used by 46 percent of residents.

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



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Compared with the region...

Yellow Medicine County residents get slightly less screen time compared with adults in the 19-county region. However, their levels of physical activity and their perceptions of the area around their home as a place to get physical activity are very comparable to residents of the 19-county area. Finally, Yellow Medicine County residents are 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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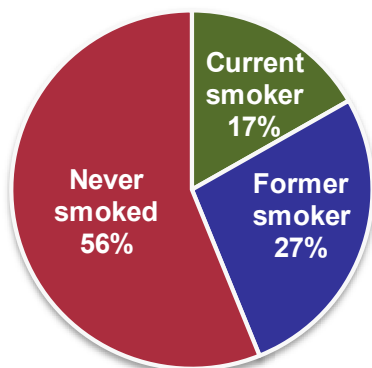
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This fact sheet summarizes survey results about the tobacco use of adult residents in Yellow Medicine County.

Current tobacco use

Over half of the county's residents have never smoked, and about another quarter no longer smokes. Of the 44 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**

Fewer than 10 percent of residents allow regular smoking in their homes (by themselves or someone else). Males and middle-aged adults (age 35-64) are slightly more likely to live in households where someone regularly smokes inside.

***At work**

Of those who work, almost 3 out of 10 report that people smoke just outside their workplace door. Smoking in other areas is less common.

***In a vehicle**

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

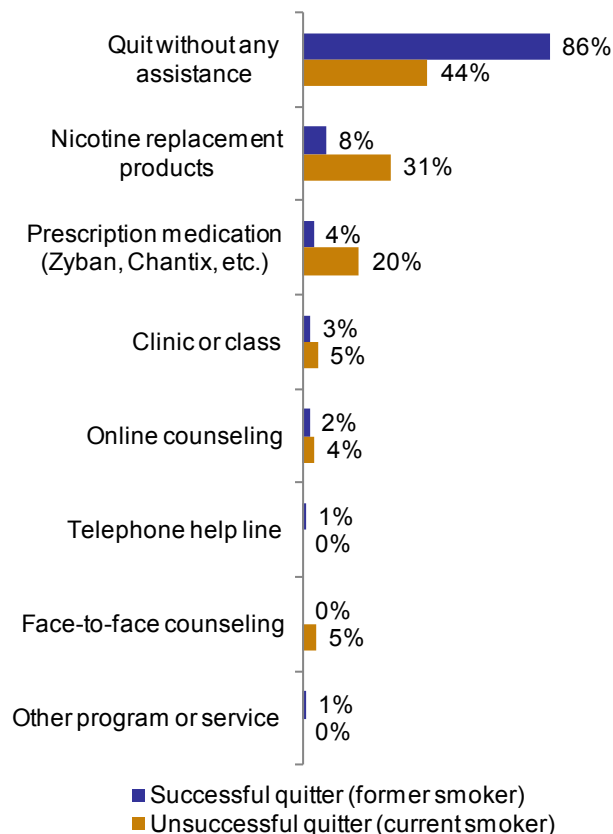
***In public places**

About 40 percent of respondents say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week. Many respondents indicated they 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 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, Yellow Medicine 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 lower proportion of Yellow Medicine County residents than residents of the region have tried to quit smoking during the past 12 months. Finally, Yellow Medicine County residents are more likely than residents of the region to be exposed to secondhand smoke in public places.

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

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