

Adult Health in Brown County

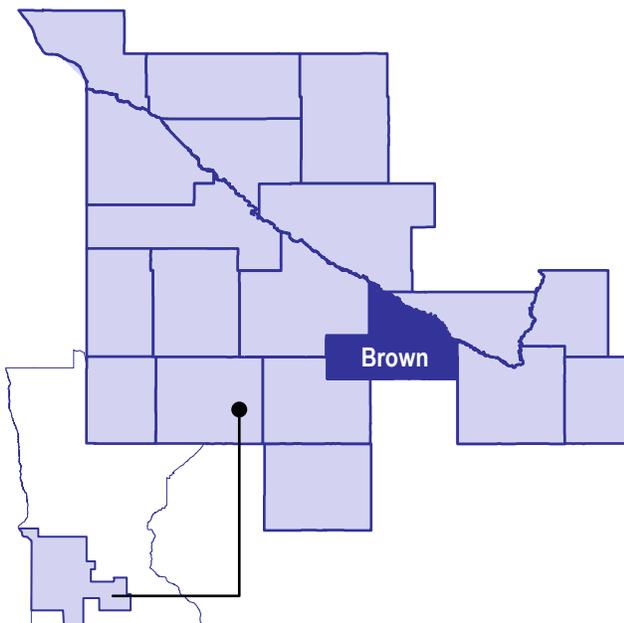
Findings from the 2010 Southwest/South Central Adult Health Survey

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 Brown County.

MAP OF THE 19-COUNTY REGION



Overall health

Based on a scale that ranks from excellent to poor, most Brown County residents say their health is “very good” or “good,” which is comparable to the region and slightly lower than the state as a whole.

RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

	Brown County	19-county region	MN statewide*
Excellent	13%	13%	22%
Very good	38%	38%	41%
Good	37%	37%	27%
Fair	10%	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 two-thirds of Brown County residents are overweight, including 28 percent who are obese. Brown County residents are more likely to be overweight but less likely to be obese than the average resident of the region and more likely to be overweight or obese than the average resident of Minnesota.

RESPONDENTS’ BODY MASS INDEX

	Brown County	19-county region	MN statewide*
Not overweight or obese	33%	34%	37%
Overweight (but not obese)	39%	36%	38%
Obese	28%	31%	25%

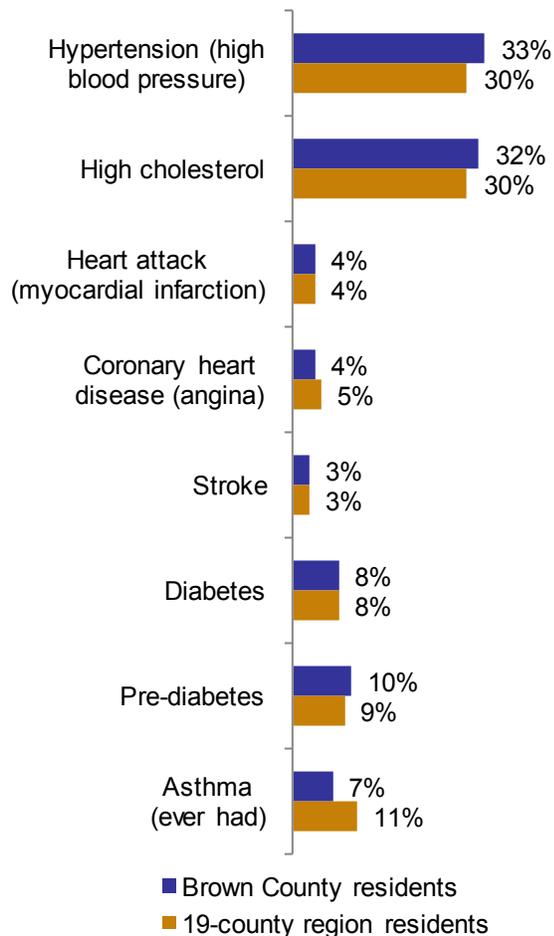
**Source: BRFSS-MN data.*

Yet, when asked, only about 4 out of 10 respondents consider themselves to be overweight. However, nearly 7 out of 10 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 Brown County are slightly more likely to have high cholesterol and blood pressure.

*Diabetes

Residents of Brown County are as likely as residents of the region to have diabetes.

*Asthma

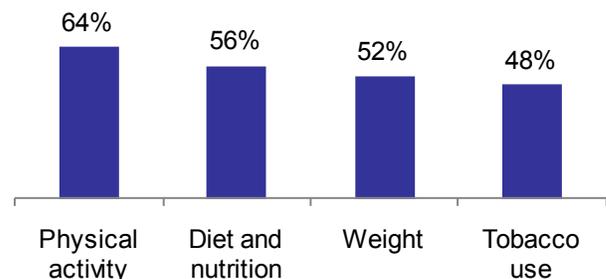
Seven percent of residents have ever had asthma, and of those, more than 7 out of 10 still have asthma.

Support provided by health care providers

Over 7 out of 10 respondents said they have seen a health care provider about their own health in the past 12 months, which is slightly higher 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 Brown 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.”

One-third of Brown County residents drank regular and/or diet soda on the day prior to taking the survey.

Nearly all Brown County residents eat at least one home-cooked meal in a typical week, but less than one-third eat a home-cooked meal every day.

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

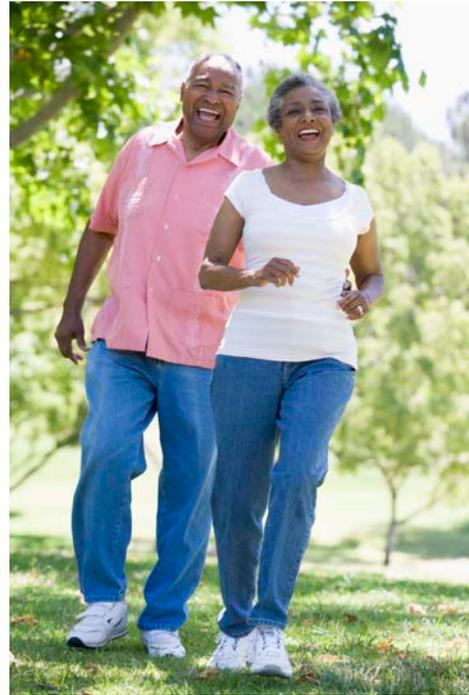
Physical activity

Nearly half of Brown County residents get the recommended amount of moderate activity and about one-third get the recommended amount of vigorous activity each week. More than 2 out of 10 said they had not done *any* physical activity other than their job in the past 30 days.

Over 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 about 4 out of 10 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 Brown County, please see the fact sheet on this topic.



Tobacco use

Over half of the county’s residents have never smoked, and about one-third no longer smoke. Of the 45 percent who are current or former smokers, about 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.

About 6 percent of residents allow regular smoking in their homes (by themselves or someone else) and 16 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 Brown 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 Brown County were invited to participate and 521 completed a survey, for a response rate of 32.6 percent. This results in a sampling error of +/-4.2 percent. Survey respondents are representative of the adult population of Brown County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

**Brown County
(N=521)**

Respondent characteristics	
Gender	
Female	51%
Male	49%
Age	
18-34	23%
35-64	53%
65+	24%
Race	
White	96%
People of color	4%
Average household size	2.67
Location of home	
City (pop. 10,000+)	52%
Town (pop. <10,000)	28%
Rural area	19%
Education	
Less than high school	9%
High school diploma or GED	29%
Some college / trade or AA degree	37%
Bachelor's degree or higher	26%
Household income	
Less than \$15,000	12%
\$15,000 to \$35,000	24%
\$35,001 to \$65,000	30%
More than \$65,000	35%



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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 Brown Public Health at 507-934-4140.

This report was produced by Wilder Research.

NOVEMBER 2010

Adult Nutrition in Brown 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 Brown County.

Eating habits

***Breakfast**

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

***Beverages**

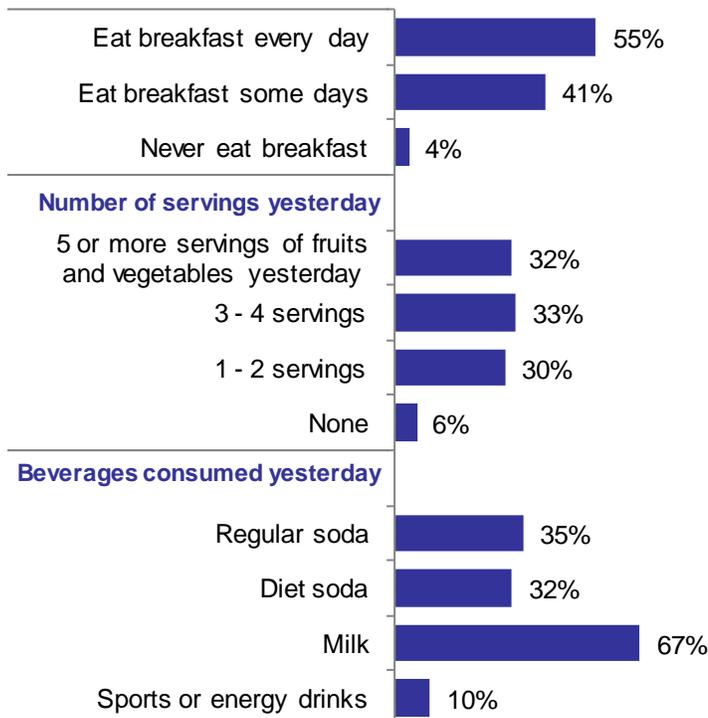
Soda consumption has been linked to lower levels of calcium in the body, which is a contributing factor in osteoporosis in adults and broken bones in children. Many sodas have large amounts of caffeine and regular soda has approximately 150 calories per serving with no nutritional value. One-third of Brown County residents drank regular and/or 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 five to six regular sodas per day, and adults (age 55-64) are more likely to drink one to two diet sodas per day. Older adults (age 75+) are more likely to not drink any soda.

***Eating out and eating in**

Over half of Brown County residents eat fast food and/or eat at a restaurant at least once in a typical week. The vast majority of residents who eat out do this only once or twice per week. Eating out is slightly less common in Brown County compared with the region.

RESPONDENTS' EATING HABITS

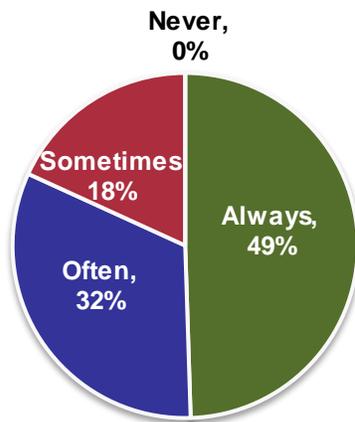


Nearly all Brown County residents eat at least one home-cooked meal in a typical week, but less than one-third eat a home-cooked meal every day. About 1 out of 10 Brown County residents watch TV while eating a meal daily. Nearly 4 out of 10 residents never watch TV while eating a meal. All of these factors 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**

More than 8 out of 10 residents say the “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.

About 9 out of 10 residents agree with the statements, “There is a large selection of fresh fruits and vegetables where I usually shop” and “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

Brown County residents use farmers’ markets and community supported agriculture about as much as the average resident of the 19-county region. Over half of Brown County residents use farmers’ markets and about 2 out of 10 use CSAs at least once a month.

Methods

The survey was conducted by mail. A total of 1,600 people in Brown County were invited to participate and 521 completed a survey, for a response rate of 32.6 percent. This results in a sampling error of +/- 4.2 percent. Survey respondents are representative of the adult population of Brown County.



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DECEMBER 2010

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

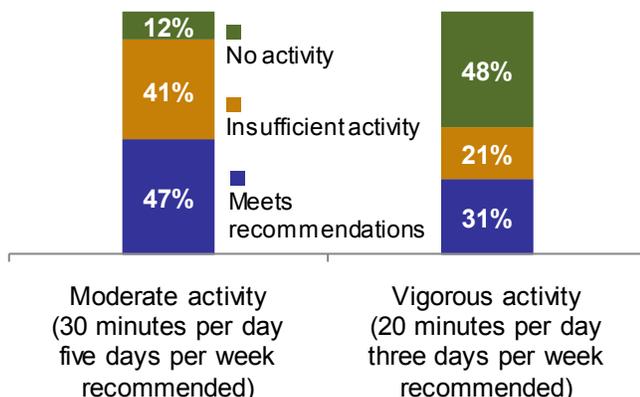
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Current levels of physical activity

Nearly half of Brown County residents get the recommended amount of moderate activity and about one-third get the recommended amount of vigorous activity each week. More than 2 out of 10 said they had not done *any* physical activity other than their job in the past 30 days.

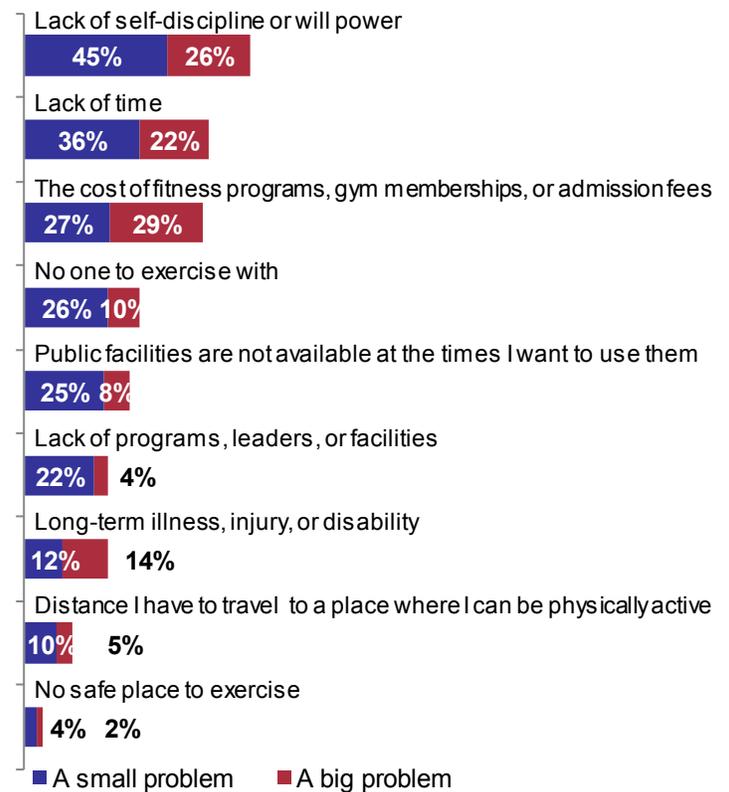
RESPONDENTS' PHYSICAL ACTIVITY



Barriers to physical activity

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

RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY



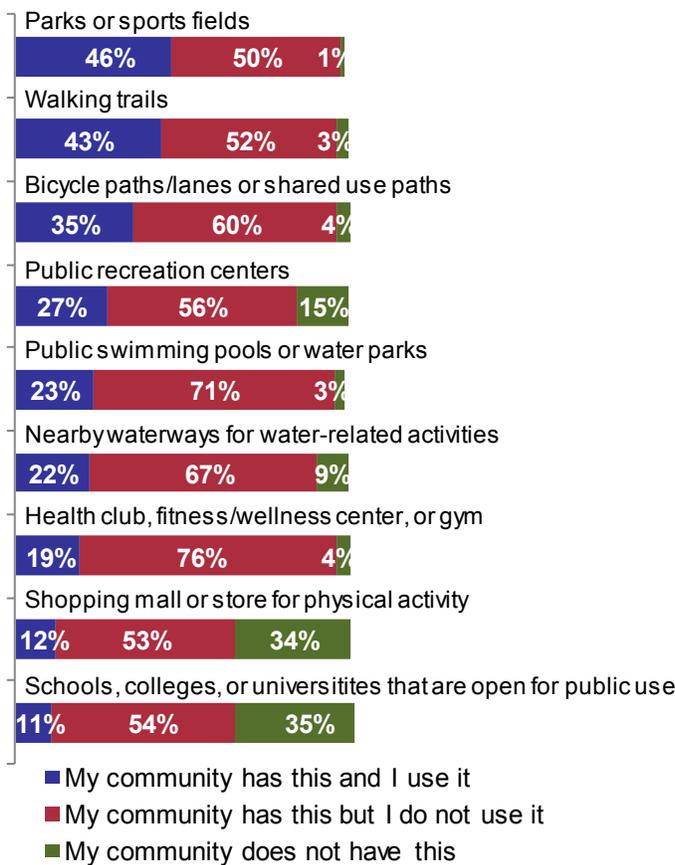
Screen time

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 - more than two-thirds of residents reported over two hours of screen time per day. Only about 9 percent of residents 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 more than 4 out of 10 residents.

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



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Compared with the region...

Brown County residents' actual physical activity levels and their perceptions of the area around their home as a place to get physical activity are slightly higher than the average adult resident of the 19-county region. Brown County residents are somewhat more likely to report having various resources or amenities available in their community for physical activity opportunities.

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DECEMBER 2010

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

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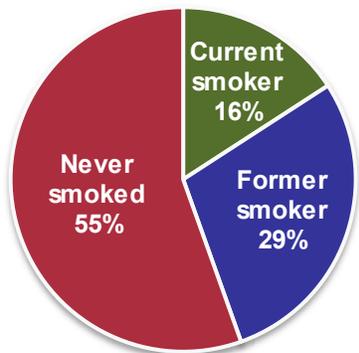
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This fact sheet summarizes survey results about the tobacco use of adult residents in Brown County.

Current tobacco use

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

RESPONDENTS' SMOKING STATUS



Exposure to secondhand smoke

***At home**

Only 6 percent of residents allow regular smoking in their homes (by themselves or someone else). Females and middle-aged (age 35-44) adults are slightly more likely to live in households where someone regularly smokes inside.

***At work**

Of those who work, about one-third report that people smoke in designated outdoor smoking areas and/or just outside their workplace door. About 4 out of 10 residents said that no one smokes anywhere at their worksite.

***In a vehicle**

Fewer than 2 out of 10 residents report that they rode in a vehicle in the past week with someone who was smoking.

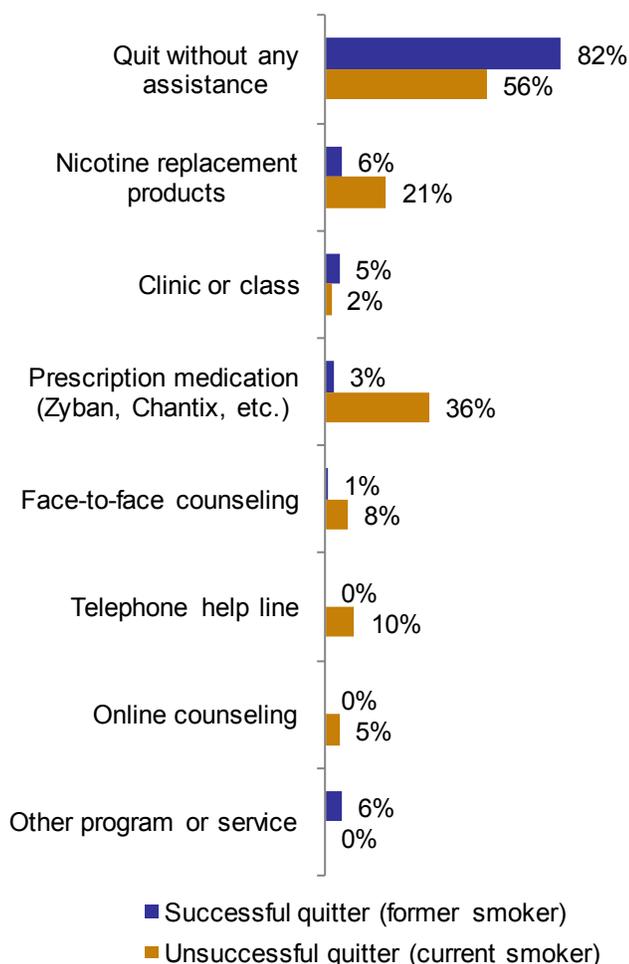
***In public places**

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).

RESIDENTS' USE OF VARIOUS TOBACCO CESSATION METHODS



Compared with the region...

On average, Brown County residents are as likely as residents of the 19-county region to use tobacco products other than cigarettes (includes smokeless tobacco, cigars, and pipes). However, Brown County residents are more likely than residents of the region to be exposed to secondhand smoke in public places.

Regarding methods for quitting smoking, Brown County residents are less likely than residents of the region to use prescription medications to help them quit, and they are more likely to attempt to quit without any assistance or use face-to-face counseling, a quit-smoking clinic or class, or a quit-smoking telephone help line.

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