



## Adult Health in Lincoln County

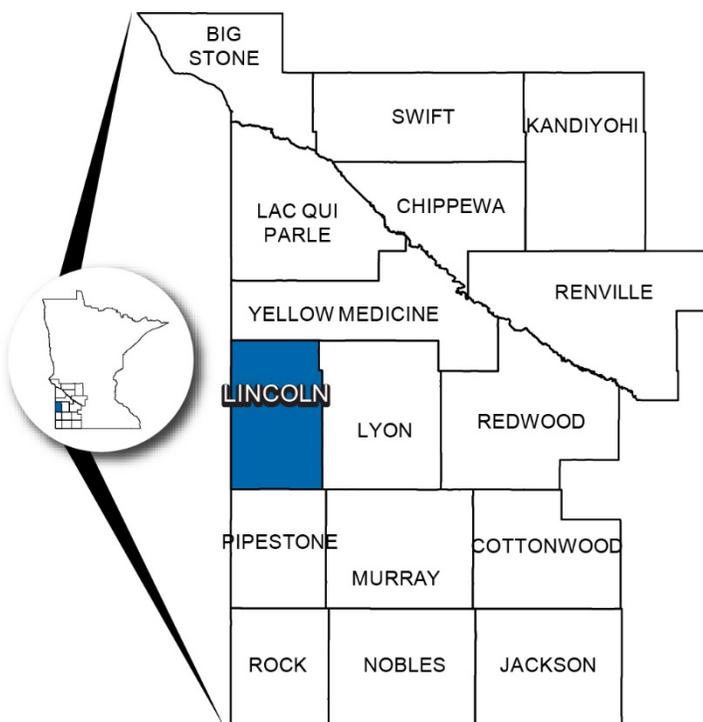
### Findings from the 2015 Southwest Minnesota Healthy Communities Survey

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 Lincoln 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 Lincoln County residents say their health is “very good” or “good.” Lincoln County residents are less likely to say their health is excellent compared with the state as a whole.

#### RESPONDENTS’ RATINGS OF THEIR OVERALL HEALTH

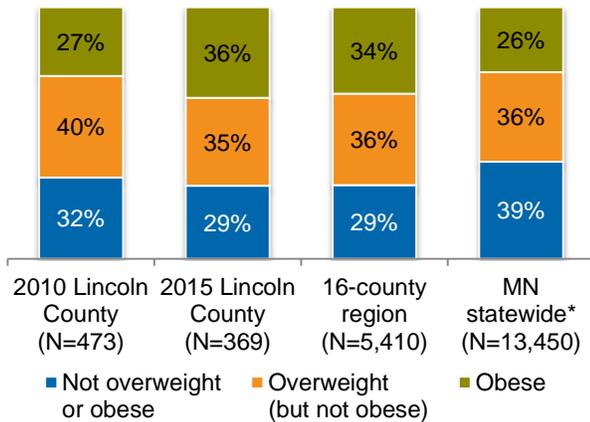
|           | Lincoln County<br>(N=391) | 16-county region<br>(N=5,623) | MN statewide*<br>(N=12,896) |
|-----------|---------------------------|-------------------------------|-----------------------------|
| Excellent | 12%                       | 13%                           | 22%                         |
| Very good | 34%                       | 40%                           | 36%                         |
| Good      | 38%                       | 36%                           | 29%                         |
| Fair      | 14%                       | 10%                           | 10%                         |
| Poor      | 3%                        | 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 over two-thirds (71%) of Lincoln County residents are overweight or obese. Lincoln County residents are more likely to be obese and less likely to not be overweight or obese than Minnesotans statewide. There have been no significant changes in the percentage of overweight and obese residents in Lincoln County since 2010.

RESPONDENTS' BODY MASS INDEX



\* Source: 2013 BRFSS MN data

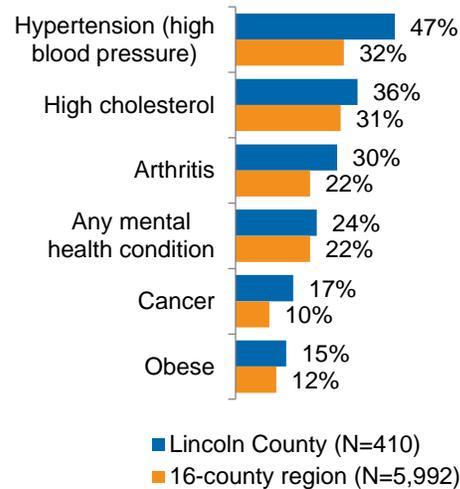
Although 36 percent of all Lincoln County respondents are obese, 15 percent of all respondents have ever been told by a doctor or other health care professional that they are obese. Over half (54%) of respondents consider themselves to be about the right weight.

## 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 Lincoln County. Lincoln County residents were more likely than residents of the region to have been told they have hypertension (high blood pressure).

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



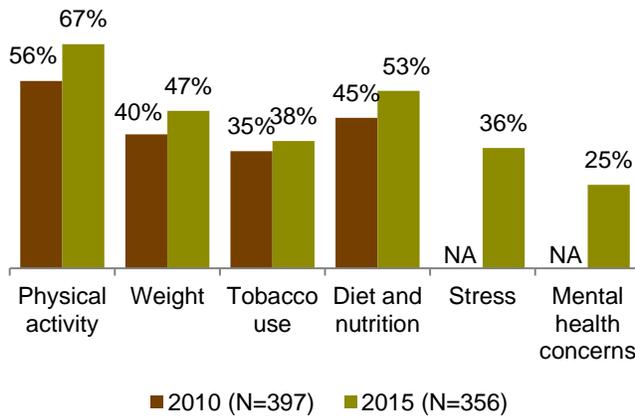
## Support provided by health care providers

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, 36 percent of respondents said they were asked about stress and 25 percent said they 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 percent of Lincoln County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. Over half of respondents (57%) agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.” Thirty-three percent of Lincoln County residents drank regular soda on the day prior to taking the survey.

Nearly all (97%) Lincoln County residents eat at least one home-cooked meal in a typical week and over half eat a home-cooked meal every day. Fifty-one percent of Lincoln County residents eat fast food at least once in a typical week and 59 percent eat at least once per week at a restaurant that is not fast food.

For more information about adult nutrition in Lincoln 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 Lincoln County, 19 percent of respondents met both moderate and vigorous physical activity recommendations while 59 percent met neither. Over half (55%) 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 of respondents in 2010.

Since 2010, Lincoln County residents’ use of walking paths and trails and bicycle paths has increased and the use of parks or sports fields has decreased. The biggest self-reported barriers to more physical activity are: lack of self-discipline or will power and lack of time.

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

***Tobacco use***

Sixty-three percent of Lincoln County residents have never smoked, 26 percent are former smokers, and 11 percent are current smokers. Lincoln County residents are less likely than residents of the region 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 Lincoln County, please see the fact sheet on this topic.

***Alcohol use***

Thirty-eight percent of Lincoln 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, 10 percent engage in heavy drinking (60+ drinks for males and 30+ drinks for females in the past 30 days). Respondents age 35-44 are the most likely to engage in heavy drinking. Alcohol use in Lincoln County is comparable to alcohol use in the 16-county region.

***Mental health***

Seventeen percent of Lincoln County residents have been told by a doctor that they have depression and 17 percent have been told they have anxiety. Fewer (7%) 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 and because it cost too much.

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

### Dental health

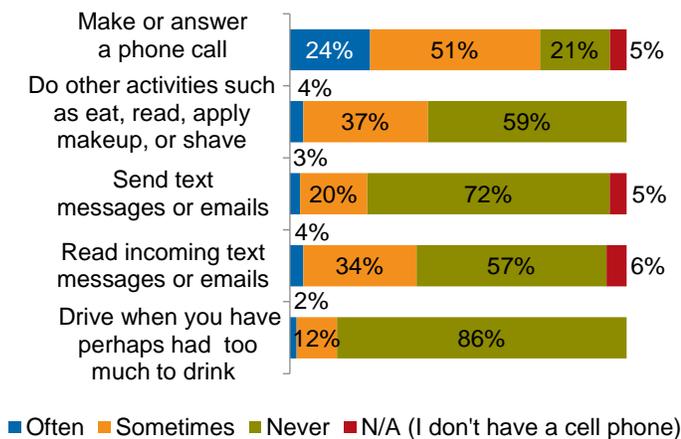
Sixty-one percent of Lincoln County residents reported that they had their last dental exam or teeth cleaning within the past year. One-quarter of respondents said that during the past 12 months, there was a time when they needed dental care, but did not get it or delayed getting it. The most common 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 Lincoln County, please see the fact sheet on this topic.

### Distracted or impaired driving

Three-quarters (75%) of Lincoln County respondents make or answer phone calls while they are driving and 41 percent do other activities.

#### WHEN DRIVING A CAR OR OTHER VEHICLE, HOW OFTEN DO YOU...(N=356-359)



### 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 Lincoln County were invited to participate and 412 completed the survey, for a response rate of 35 percent. This results in a sampling error of +/- 7 percent. Survey respondents are representative of the adult population of Lincoln County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

| Respondent characteristics (weighted)         | Lincoln County (N=412) |
|---|------------------------|
| <b>Gender</b>                                 |                        |
| Female  | 50%                    |
| Male  | 50%                    |
| <b>Age</b>                                    |                        |
| 18-34   | 20%                    |
| 35-44   | 13%                    |
| 45-54   | 18%                    |
| 55-64   | 17%                    |
| 65-74   | 14%                    |
| 75+   | 18%                    |
| <b>Education</b>                              |                        |
| Less than HS diploma, no GED                  | 7%                     |
| High school diploma or GED                    | 29%                    |
| Some college/trade school or associate degree | 40%                    |
| Bachelor's degree or higher                   | 24%                    |
| <b>Household income</b>                       |                        |
| Less than \$20,000                            | 18%                    |
| \$20,000 - \$34,999                           | 14%                    |
| \$35,000 - \$49,999                           | 18%                    |
| \$50,000 - \$74,999                           | 26%                    |
| \$75,000 or more                              | 24%                    |

#### For more information

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/>

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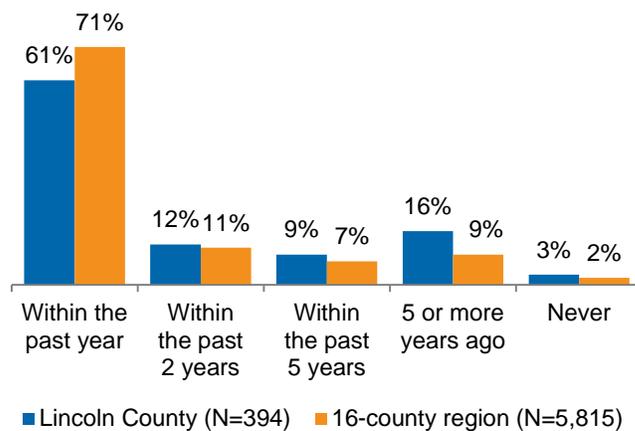
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In the following report, when response percentages are reported as higher or lower in the county compared to the 16-county region, this refers to a difference of 10 percentage points or more.

#### *Current dental care*

Sixty-one percent of respondents from Lincoln County reported that they had their last dental exam or teeth cleaning within the past year. Lincoln County residents were less likely than residents of the region to have had a dental exam or teeth cleaning within the past year.

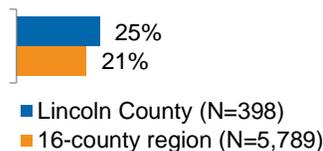
#### LAST TIME RESPONDENTS HAD A DENTAL EXAM OR TEETH CLEANING



#### *Barriers to accessing dental care*

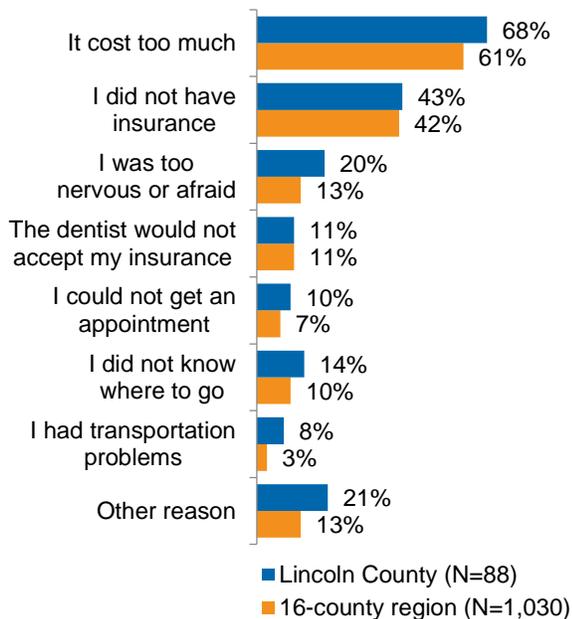
One-quarter (25%) of respondents from Lincoln County said that during the past 12 months, there was a time when they needed dental care, but did not get it or delayed getting it. There is no significant difference in delayed dental care between the county and the region.

#### 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 Lincoln County residents is comparable to the dental health of residents of the region. However, Lincoln County residents are less likely than residents of the region to have had a dental exam or teeth cleaning in the past year.



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## Adult Mental Health in Lincoln County

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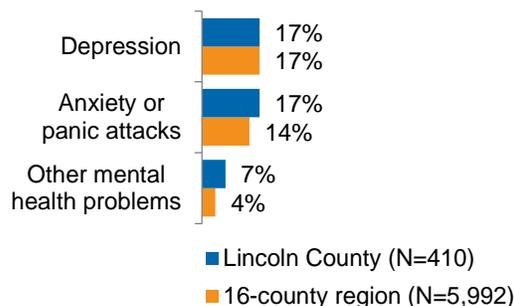
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### *Mental health history*

Seventeen percent of Lincoln County residents have been told by a doctor that they have depression and 17 percent have been told they have anxiety or panic attacks. Seven percent of Lincoln County residents have been told that they have other mental health problems.

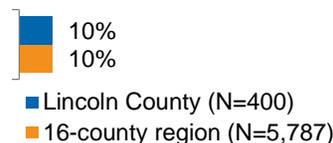
### HAVE YOU EVER BEEN TOLD BY A DOCTOR THAT YOU HAD...



### *Barriers to accessing mental health care*

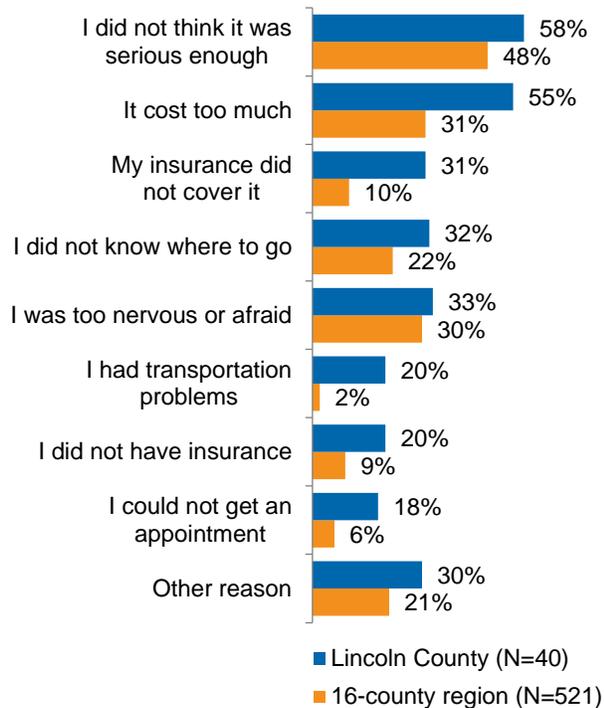
Ten percent of respondents said they did not get or delayed getting mental health care when they needed it in the past year. There is no difference in delayed mental health care between the county and the region.

### 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



Over half (58%) of residents who did not get or delayed getting mental health care did so because they did not think it was serious enough and half (55%) did so because it cost too much. Nearly one-third of Lincoln County respondents did not get or delayed getting the mental health care they needed for each of these reasons: they didn't have insurance that covered mental health, they did not know where to go, or they felt 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 had been asked by their health professional about a series of topics. Thirty-six percent said their doctor asked them about their stress, and 25 percent said they were asked about other mental health concerns.

## Compared with the region...

Overall, the mental health of residents in Lincoln County is comparable to the mental health of residents in the region. However, residents of Lincoln County were more likely than residents of the region to have not gotten or delayed getting the mental health care they needed for all but two of the reasons listed.



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## Adult Nutrition in Lincoln County

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The survey was conducted April through July 2015 and was sponsored in part by the participating counties’ grants from the Minnesota Department of Health’s Statewide Health Improvement Program (SHIP).

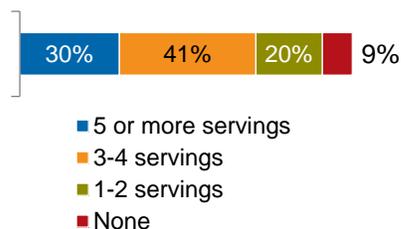
In the reporting of results that follows, when it is stated that respondents’ answers to a survey item increased or decreased, this is referring to a change of 10 percentage points or more in respondents’ answers from the 2010 to the 2015 county survey.

### *Eating habits*

#### **Fruits and vegetables**

The CDC recommends that adults eat five or more servings of fruits and vegetables every day. On the day prior to taking the survey, less than one-third of Lincoln 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.

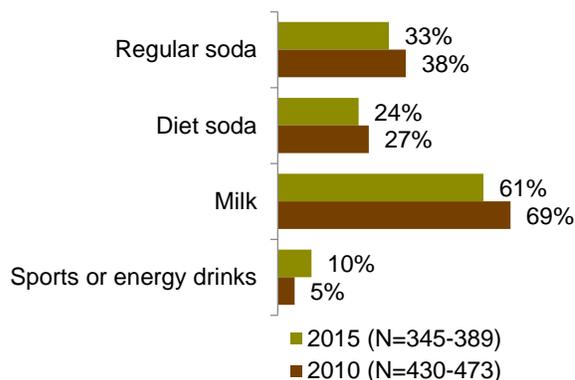
#### NUMBER OF SERVINGS OF FRUITS AND VEGETABLES ATE YESTERDAY (N=368)



#### **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 Lincoln County residents drank regular soda on the day prior to taking the survey.

#### BEVERAGES CONSUMED YESTERDAY

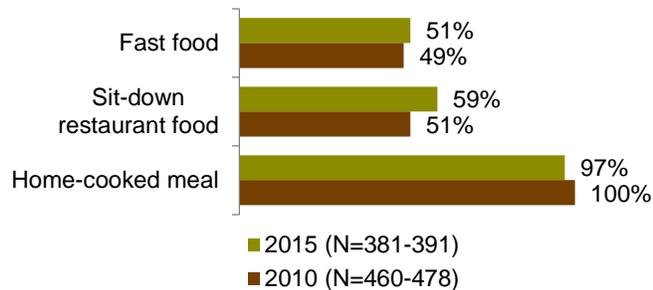


#### **Eating out and eating in**

Over half of Lincoln County residents eat fast food at least once in a typical week. Over half eat at least once at a restaurant that is not fast food in a typical week. Most respondents who eat out do so twice per week or less.

Nearly all (97%) of Lincoln County residents eat at least one home-cooked meal in a typical week and over half (54%) eat a home-cooked meal every day. Twenty-one percent of Lincoln County residents watch TV while eating a meal daily, while over one-quarter (29%) of 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 needs.

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



### Access to nutritious food

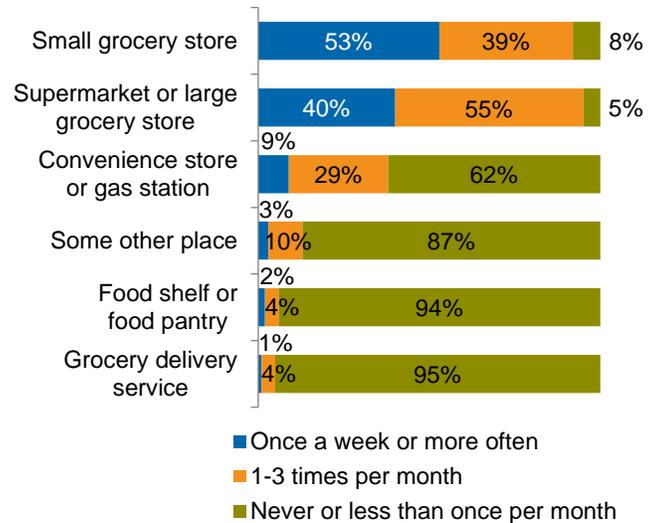
One focus of the Statewide Health Improvement Program (SHIP) is to increase access to community resources and support by improving policies, systems, and environments. Nutrition and healthy eating is a key focus area of SHIP.

#### Grocery shopping

Eighty-eight percent of residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And 86 percent of residents agree that the fresh fruits and vegetables where they shop are of high quality. However, 57 percent of residents also agree with the statement, “The fresh fruits and vegetables where I shop are too expensive.”

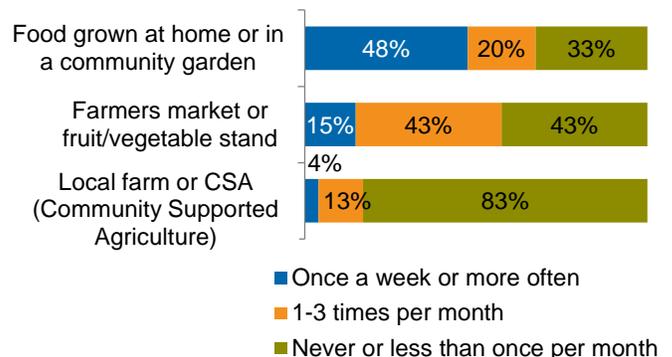
Over half (52%) of Lincoln County residents travel more than 20 miles (one way) to get their groceries. Respondents are most likely to shop once a week or more for food at a grocery store or supermarket.

#### IN A TYPICAL MONTH, HOW OFTEN DO YOU BUY OR GET FOOD FROM A...(N=340-385)



During the growing season, about half of Lincoln 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=360-384)



#### Food insecurity

Seventeen percent of Lincoln 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 9 percent said that they had used a community food shelf program in the past 12 months.



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## Adult Physical Activity in Lincoln County

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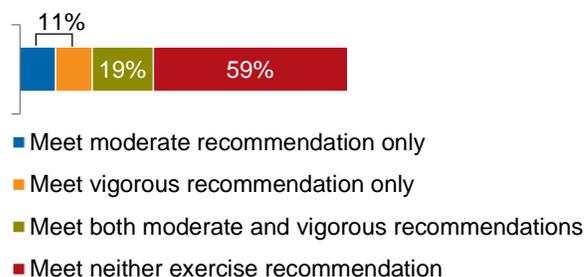
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### *Current levels of physical activity*

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 Lincoln County, 19 percent of respondents met both moderate and vigorous physical activity recommendations while 59 percent met neither. Additionally, 18 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=380)



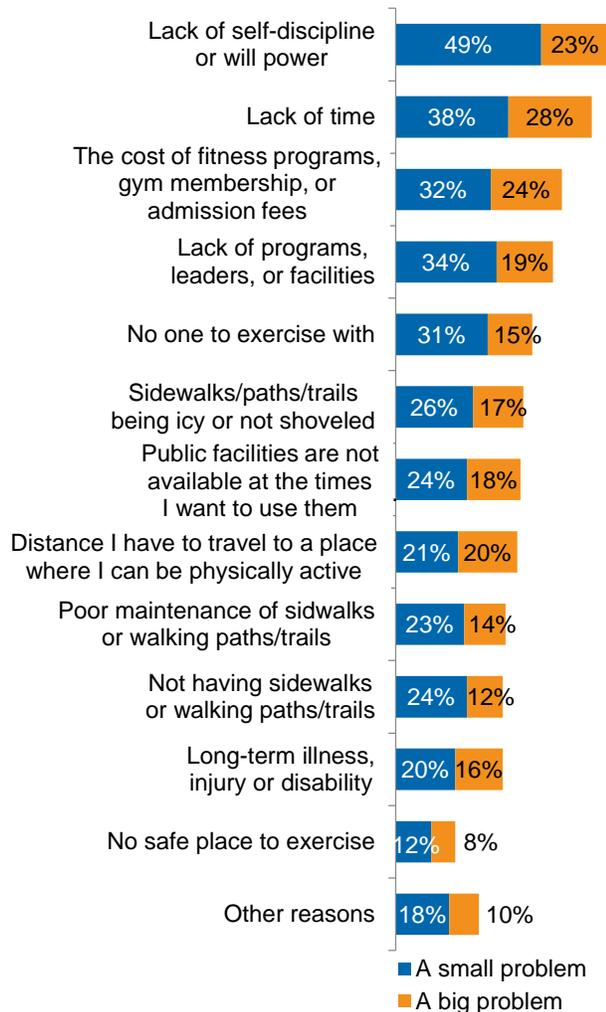
### *Screen time*

When asked about daily “screen time” – total time spent watching TV and using the computer for non-work-related purposes – 55 percent of respondents reported over 2 hours of screen time per day, a decrease from 70 percent in 2010. Twenty-three percent of respondents reported 1 hour or less of screen time per day.

### *Barriers to physical activity*

The most self-reported barriers to getting physical activity are lack of self-discipline or will power and lack of time. These are the same top barriers reported in 2010.

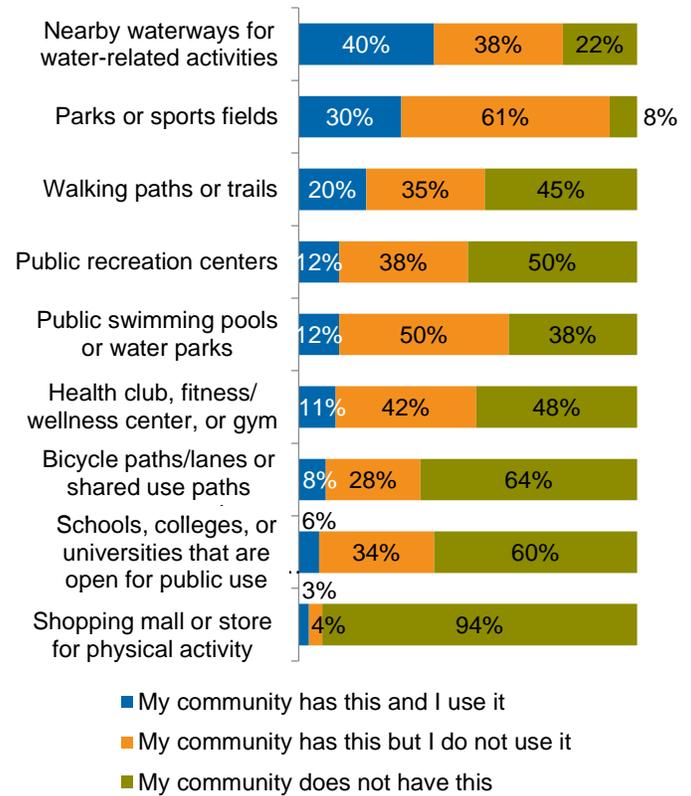
**RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY  
(N=256-358)**



**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 in Lincoln County are nearby waterways for water-related activities and parks or sports fields. Since 2010, Lincoln County residents' use of walking paths and trails and bicycle paths has increased and the use of parks or sports fields has decreased.

**RESPONDENTS' ACCESS TO AND USE OF COMMUNITY RESOURCES FOR PHYSICAL ACTIVITY (N=295-347)**



**Compared with the region...**

Lincoln County residents are less likely than residents of the region to report that they have: 1) walking paths or trails, 2) bicycle paths, shared use paths, or bike lanes, 3) swimming pools or water parks, 4) public recreation or community centers, 5) shopping malls or stores for physical activity or walking, and 6) health clubs, fitness centers, or wellness centers in their community, but are more likely to report that they have nearby waterways for water-related activities.



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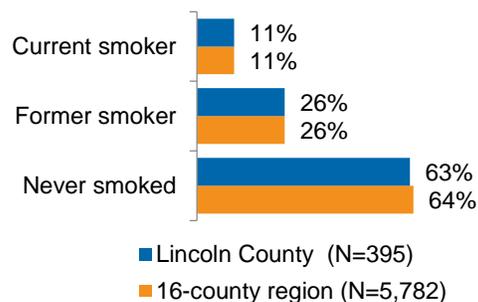
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In the following report, when it is stated that respondents' answers to a survey item increased or decreased, this refers to a change of 10 percentage points or more in respondents' answers from the 2010 to the 2015 county survey. Similarly, when response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

### *Current tobacco use*

Sixty-three percent of Lincoln County residents have never smoked and 26 percent are former smokers. Eleven percent of participants in Lincoln County are current smokers.

### RESPONDENTS' SMOKING STATUS



### *E-cigarettes*

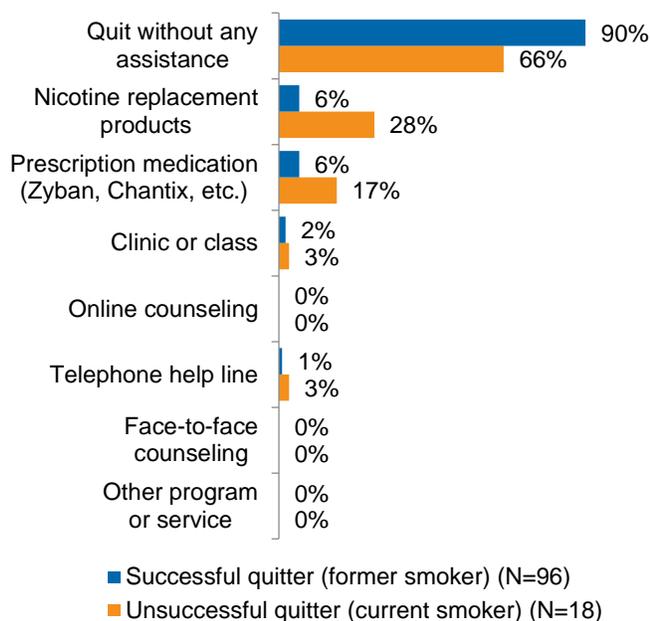
Four percent of respondents said they are e-cigarette users. Less than half (47%) of respondents reported ever having seen someone smoke an e-cigarette in Minnesota. Younger respondents (age 18-54) were more likely than older respondents (age 55+) to have ever seen someone smoking e-cigarettes (56% vs. 27%).

### *Quitting*

Of the 37 percent who are current and former smokers, 38 percent said they had stopped smoking for one day or longer in the past year because they were trying to quit. Lincoln County respondents were less likely than residents of the 16-county region to have tried quitting in the past 12 months (38% versus 51%).

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 and successful 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)**



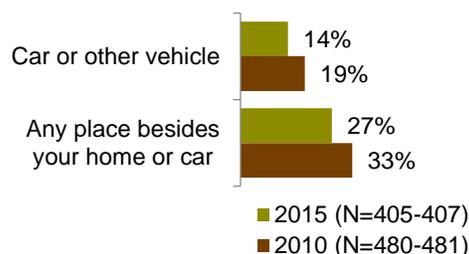
“Quitting without any assistance” was more commonly used among successful quitters (those who are now former smokers and who quit within the past 12 months) than among unsuccessful quitters (current smokers who tried to quit at least once during the past 12 months).

Since 2010, the proportion of current smokers who have tried to quit in the past 12 months has decreased.

**Exposure to smoking**

Nine percent of Lincoln County respondents allow regular smoking in their homes (by themselves or someone else) compared with 7 percent of respondents from the region. Fourteen percent of Lincoln County respondents report they rode in a vehicle with someone who was smoking in the past week and one-quarter (27%) say they were exposed to secondhand smoke in a public place in Minnesota during the past week.

**RESPONDENTS' EXPOSURE TO SECONDHAND SMOKE IN PAST 7 DAYS**



**Compared with the region...**

Overall, tobacco use in Lincoln County is comparable to tobacco use in the region. However, Lincoln County residents are less likely than residents of the region to have stopped smoking for one day or longer in the past 12 months because they were trying to quit.



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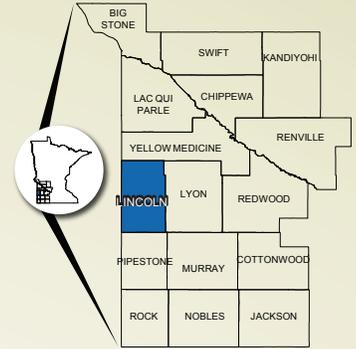
This summary presents findings from the 2015 Southwest Minnesota Healthy Communities Survey. For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682. For access to other reports, visit <http://www.swmhhs.com/public-health-assessment-and-planning/>

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

# Adult Health in Lincoln County

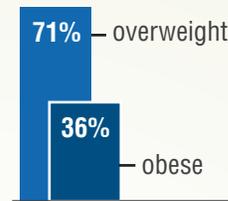
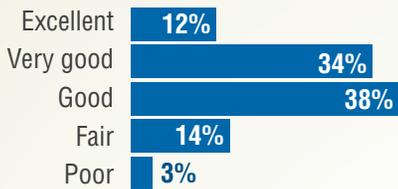
## 2015 Southwest Minnesota Healthy Communities Survey

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 Lincoln County.



## NUTRITION AND EXERCISE

### Lincoln County adult residents' ratings of their overall health:



**71%** of adults in Lincoln County **ARE OVERWEIGHT**  
Based on self-reported height and weight, including **36% WHO ARE OBESE**



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

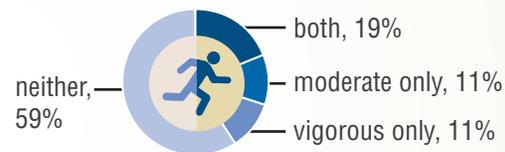


**54%** consider themselves to be **about the right weight**

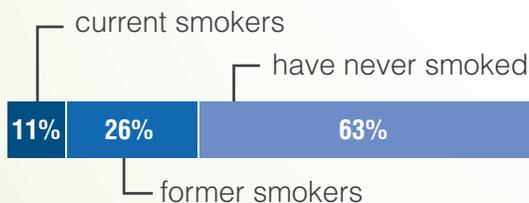


**30%** ate **five or more servings of fruits and vegetables** on the day prior to taking the survey

### Did residents meet moderate and/or vigorous exercise recommendations?



## TOBACCO USE



## OTHER



**17%** have been told by a doctor that **they had depression**

**10%** 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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### For more information

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April 2016