



## Adult Health in Rock County

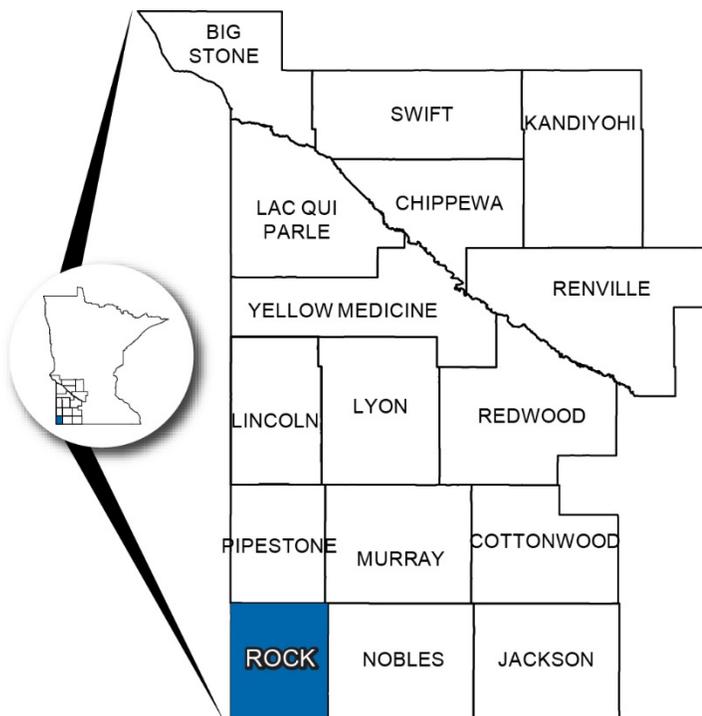
### Findings from the 2015 Southwest Minnesota Healthy Communities Survey

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 Rock 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 are 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. Rock County does not have comparable data from 2010 as Rock County did not participate in the 2010 Southwest/South Central Adult Health Survey.

#### MAP OF THE 16-COUNTY REGION



#### Overall health

Based on a scale that ranks from excellent to poor, most Rock County residents say their health is “very good” or “good.” Rock County overall health ratings are comparable to the 16-county region and the state as a whole.

#### RESPONDENTS' RATINGS OF THEIR OVERALL HEALTH

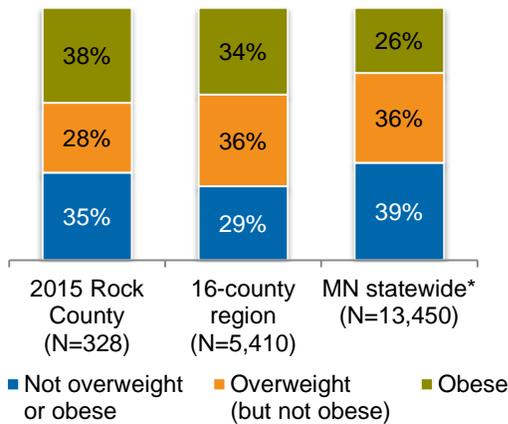
	Rock County (N=335)	16-county region (N=5,623)	MN statewide* (N=12,896)
Excellent	17%	13%	22%
Very good	39%	40%	36%
Good	36%	36%	29%
Fair	7%	10%	10%
Poor	2%	2%	3%

\* 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 nearly two-thirds of Rock County residents are overweight or obese. Rock County residents are more likely to be obese than Minnesotans statewide.

### RESPONDENTS' BODY MASS INDEX



\* Source: 2013 BRFSS MN data

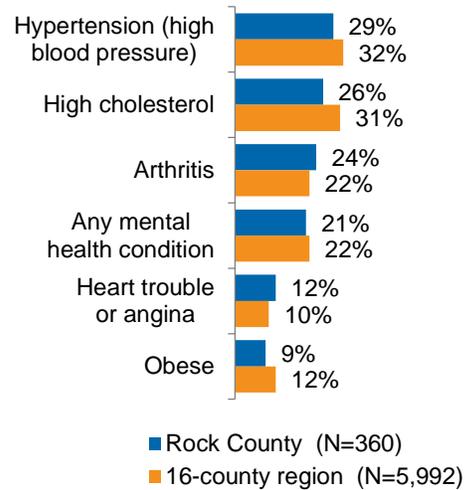
Although 38 percent of all Rock County respondents are obese, 9 percent of Rock County respondents have ever been told by a doctor or other health care professional that they are obese. Over half (57%) of respondents consider themselves to be about the right weight.

## 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, and/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 following chart shows the six most common chronic health conditions among adults in Rock County.

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



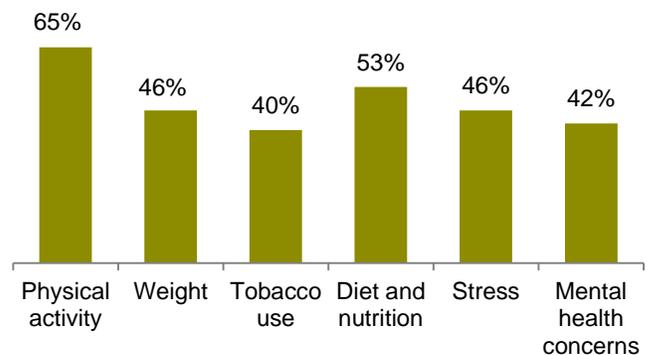
## Support provided by health care providers

Eighty 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. While over half of respondents reported having been asked about physical activity or diet and nutrition, less than half were asked about weight, tobacco use, stress, and other mental health concerns.

A considerable proportion of adults do not recall being asked by 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...(N=304)



## *Nutrition*

Thirty-five percent of Rock County residents ate five or more servings of fruits and vegetables on the day prior to taking the survey. Most residents (72%) agree with the statement, “The fresh fruits and vegetables where I usually shop are too expensive.” Nearly all respondents (97%) agree that there is a large selection of fruits and vegetables where they usually shop and 92 percent agree that the fresh fruits and vegetables available are of high quality.

Nearly all (99%) of Rock County residents eat at least one home-cooked meal in a typical week, but only 52 percent eat a home-cooked meal every day. Sixty-three percent of respondents eat fast food at least once per week and 63 percent eat a meal out at a restaurant that is not a fast food place at least once per week.

For more information about adult nutrition in Rock 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.

Forty-eight percent of respondents reported over two hours of “screen time” (time spent watching TV or movies or using the computer for non-work purposes) on average daily. In Rock County, 16 percent of respondents met both moderate and vigorous physical activity recommendations while 66 percent met neither.

Residents of Rock County are more likely to have and use walking paths or trails, parks and sports fields, and bicycle paths for physical activity than the residents of the 16-county region as a whole. The biggest self-reported barriers to more 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 Rock County, please see the fact sheet on this topic.

## *Tobacco use*

Sixty-nine percent of Rock County residents have never smoked, 22 percent no longer smoke, and 9 percent are current smokers. 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 Rock County, please see the fact sheet on this topic.

## *Alcohol use*

Forty-two percent of Rock 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, 8 percent participate in heavy drinking (60+ drinks for males and 30+ drinks for females in the past 30 days). Alcohol use in Rock County is comparable to alcohol use in the 16-county region.

## *Mental health*

Nearly 1 in 5 Rock County respondents have been told by a doctor that they have depression; fewer (10%) have been told they have anxiety or panic attacks, and 2 percent have been told they have other mental health problems. In the past year, 1 out of 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 it cost too much, they didn't know where to go, they did not think it was serious enough, or they were too nervous or afraid.

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

## Dental health

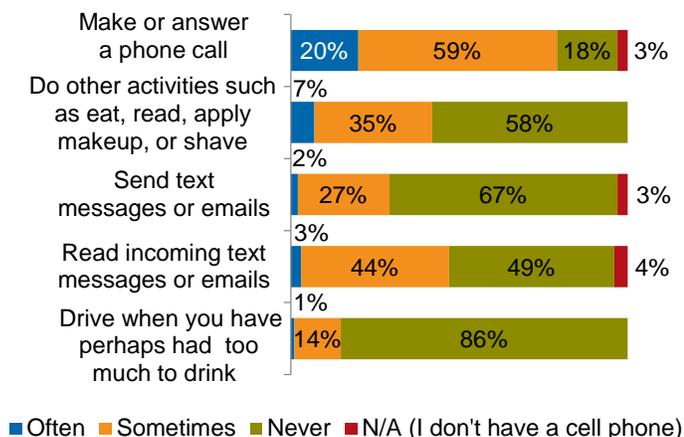
More than half (58%) of Rock County residents reported that they had their last dental exam or teeth cleaning within the past year. More than one-quarter (27%) of respondents said that during the past 12 months, there was a time when they needed dental care, but did not get it or delayed getting it. The most common reasons for not getting dental care were because it cost too much and they did not have insurance.

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

## Distracted or impaired driving

Seventy-nine percent of Rock County respondents make or answer phone calls while they are driving and 42 percent do other activities such as eat, read, apply makeup, or shave.

WHEN DRIVING A CAR OR OTHER VEHICLE, HOW OFTEN DO YOU...(N=312-322)



## 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 Rock County were invited to participate and 361 completed the survey, for a response rate of 31 percent. This results in a sampling error of +/- 7 percent. Survey respondents are representative of the adult population of Rock County. Post-stratification weighting was used, based on gender and age, to ensure representativeness.

Respondent characteristics (weighted)	Rock County (N=361)
<b>Gender</b>	
Female	52%
Male	48%
<b>Age</b>	
18-34	22%
35-44	15%
45-54	20%
55-64	18%
65-74	11%
75+	15%
<b>Education</b>	
Less than HS diploma, no GED	7%
High school diploma or GED	23%
Some college/trade school or associate degree	43%
Bachelor's degree or higher	27%
<b>Household income</b>	
Less than \$20,000	10%
\$20,000 - \$34,999	18%
\$35,000 - \$49,999	11%
\$50,000 - \$74,999	31%
\$75,000 or more	30%



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Authors: Anna Bartholomay and Nicole MartinRogers  
APRIL 2016



## Adult Dental Health in Rock County

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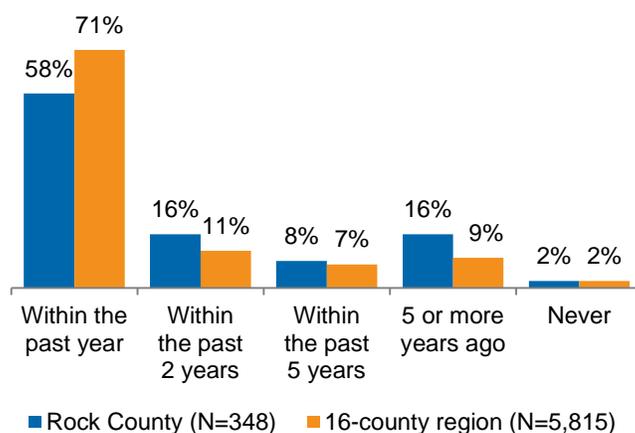
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#### *Current dental care*

Over half (58%) of respondents from Rock County reported that they had their last dental exam or teeth cleaning within the past year. Rock County residents were less likely than residents of the region to have had a dental exam or teeth cleaning within the past year.

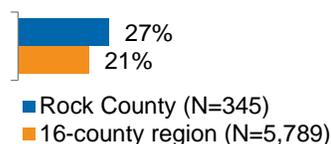
#### LAST TIME RESPONDENTS HAD A DENTAL EXAM OR TEETH CLEANING



#### *Barriers to accessing dental care*

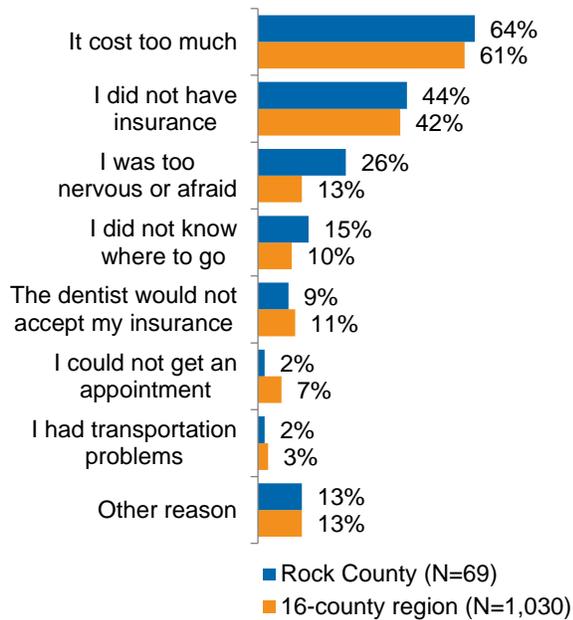
Over one-quarter (27%) of respondents from Rock County reported that during the past 12 months, there was a time they needed dental care but did not get it or delayed getting it. There is no significant difference in delayed dental care between the county and the region.

#### 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 they did not have insurance.

#### REASONS FOR NOT GETTING OR DELAYING DENTAL CARE



#### *Compared with the region...*

Overall, the dental health of Rock County residents is comparable to the dental health of residents of the region. However, residents of Rock County were less likely than residents of the region to have had a dental exam or had their teeth cleaned within the past year. Rock County residents were more likely to have not gotten or delayed getting dental care because they were too nervous or afraid.



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



## Adult Mental Health in Rock County

Findings from the 2015 Southwest Minnesota Healthy Communities Survey

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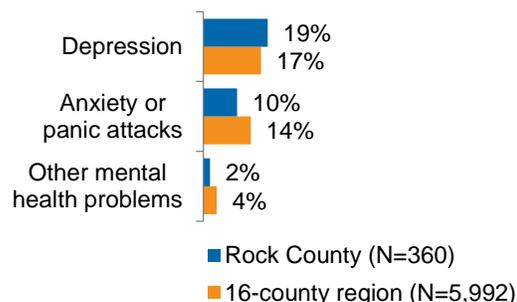
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In the following report, when response percentages are reported as higher or lower in the county compared to the 16-county region, this refers to a difference of 10 percentage points or more.

### *Mental health history*

Nineteen percent of Rock County residents have been told by a doctor that they have depression. Ten percent have been told by a doctor that they have anxiety or panic attacks.

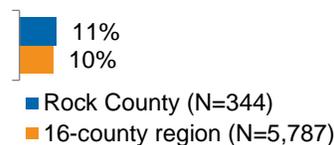
### HAVE YOU EVER BEEN TOLD BY A DOCTOR THAT YOU HAD...



### *Barriers to accessing mental health care*

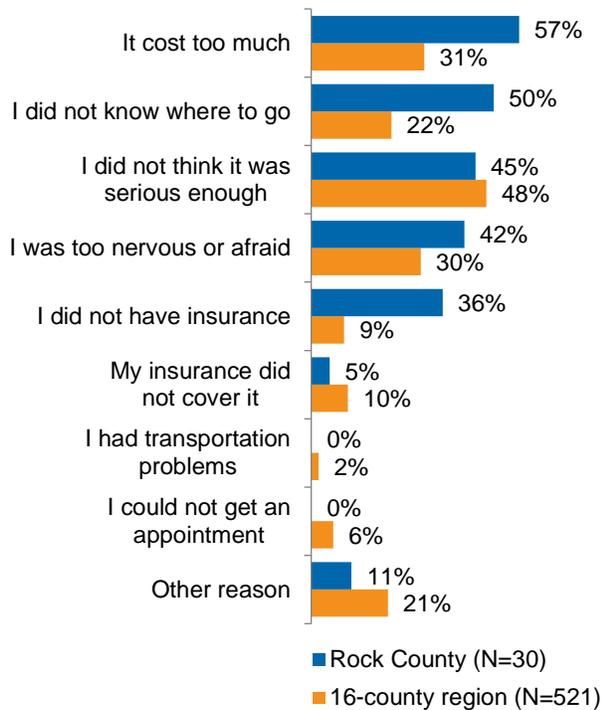
Eleven percent of Rock County residents said that they did not get or delayed getting mental health care when they needed it in the past year. There is no significant difference between the county and the region here.

### 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 (57%) of respondents who did not get or delayed getting mental health care did so because it cost too much and half (50%) did so because they did not know where to go. Forty-five percent of respondents did not get or delayed getting mental health care because they did not think it was serious enough and 42 percent did so because they were 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 were asked by their health professional about a series of topics. Forty-six percent said their doctor asked them about stress and 42 percent said they were asked about mental health concerns.

## Compared with the region...

Overall, the mental health of residents in Rock County is comparable to the mental health of residents in the region. However, residents of Rock County were more likely than residents of the region to have not gotten or delayed getting the mental health care they needed because it cost too much, they did not know where to go, they were too nervous or afraid, and they did not have insurance.



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## Adult Nutrition in Rock 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).

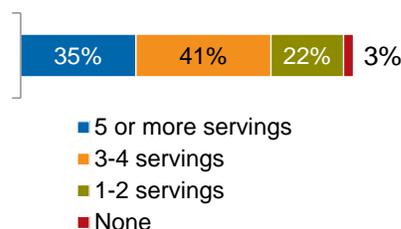
In the reporting of results that follows, when it is stated that respondents’ answers to a survey item increased or decreased, this is referring to a change of 10 percentage points or more in respondents’ answers from the 2010 to the 2015 county survey. Rock County does not have comparable data from 2010 as Rock County did not participate in the 2010 Southwest/South Central Adult Health Survey.

#### *Eating habits*

##### 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, over one-third (35%) of Rock County residents ate five or more servings of fruits and vegetables.

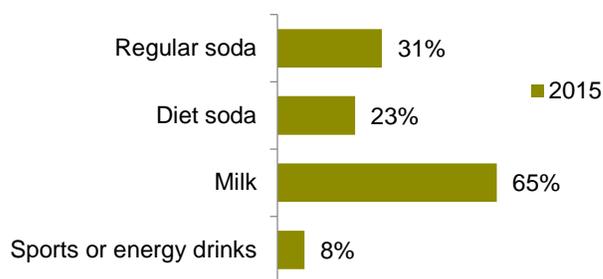
##### NUMBER OF SERVINGS OF FRUITS AND VEGETABLES ATE YESTERDAY (N=340)



##### 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-one percent of Rock County residents drank regular soda and 23 percent drank diet soda on the day prior to taking the survey. Sixty-five percent of respondents drank milk and 8 percent drank a sports or energy drink.

##### BEVERAGES CONSUMED YESTERDAY (N=315-347)



##### Eating out and eating in

Sixty-three percent of Rock County residents eat fast food at least once in a typical week and 63 percent eat at least once at a restaurant that is not fast food. The vast majority of residents who eat out do so two times or less per week.

Nearly all (97%) Rock County residents eat at least one home-cooked meal in a typical week, but only half (49%) eat a home-cooked meal every day. Seventeen percent of Rock County residents watch TV while eating a meal daily, while one-quarter (25%) 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 (N=339-347)



### Access to nutritious food

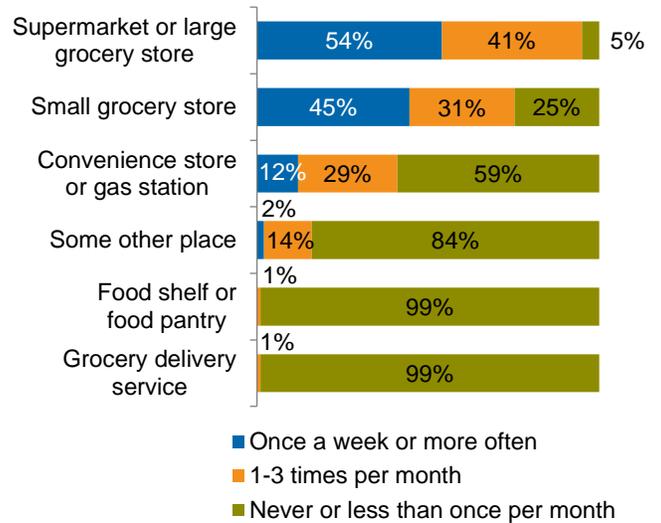
One focus of the Statewide Health Improvement Program (SHIP) is to increase access to community resources and support by improving policies, systems, and environments. Nutrition and healthy eating is a key focus area of SHIP.

#### Grocery shopping

Ninety-seven percent of residents agree with the statement, “There is a large selection of fresh fruits and vegetables where I usually shop.” And 92 percent of residents agree that, “The fresh fruits and vegetables where I usually shop are of high quality.” However, 72 percent of residents also agree with the statement, “The fresh fruits and vegetables where I shop are too expensive.” Rock County residents are more likely than residents of the region to agree that fresh fruits and vegetables where they shop are too expensive.

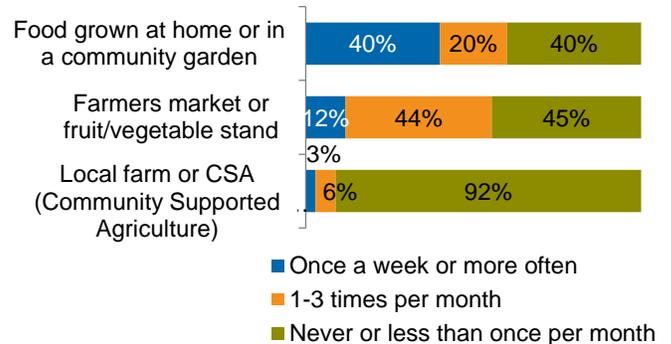
Twenty-nine percent of Rock County residents travel more than 20 miles (one way) to get their groceries. Most respondents shop for groceries at a supermarket or large grocery store and small grocery store once a week or more often.

#### IN A TYPICAL MONTH, HOW OFTEN DO YOU BUY OR GET FOOD FROM A...(N=304-349)



During the growing season, about half of Rock 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=323-345)



#### Food insecurity

Twelve percent of Rock 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 2 percent said that they had used a community food shelf program in the past 12 months.



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## Adult Physical Activity in Rock 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. 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 summarizes survey results related to the physical activity of adult residents in Rock County.

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).

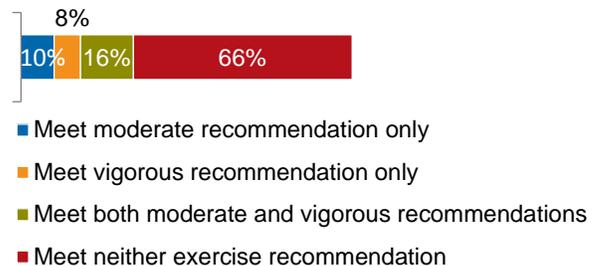
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### *Current levels of physical activity*

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 Rock County, 16 percent of respondents met both moderate and vigorous physical activity recommendations while 66 percent met neither. Additionally, 21 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=339)



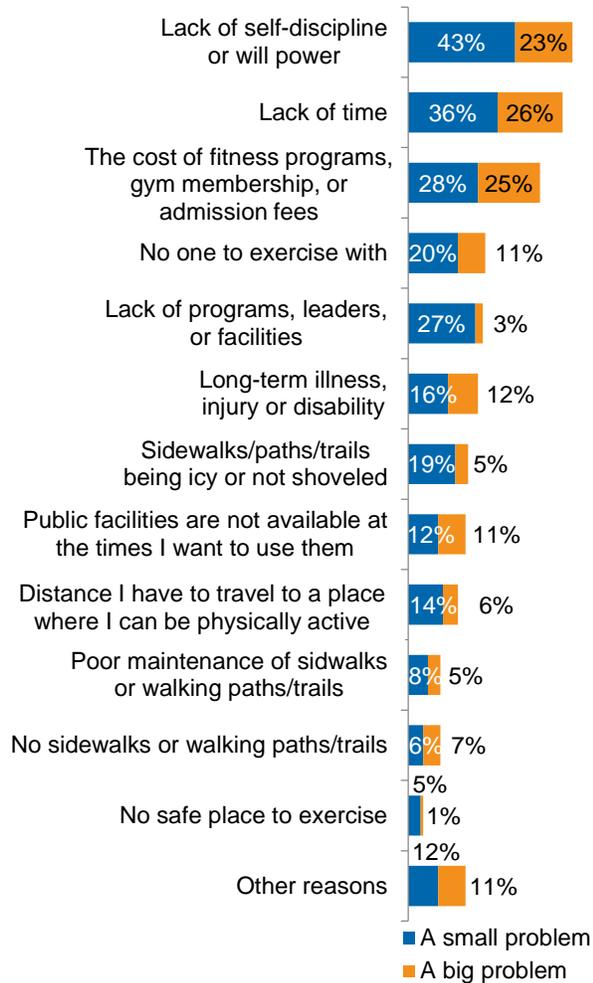
### *Screen time*

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 – about half (48%) of respondents reported over 2 hours of screen time per day. Over one-quarter (27%) of respondents reported 1 hour or less of screen time per day.

### *Barriers to physical activity*

The biggest self-reported barriers to getting physical activity are lack of self-discipline or will power, lack of time, and the cost of programs. These are the same top barriers that were reported in 2010.

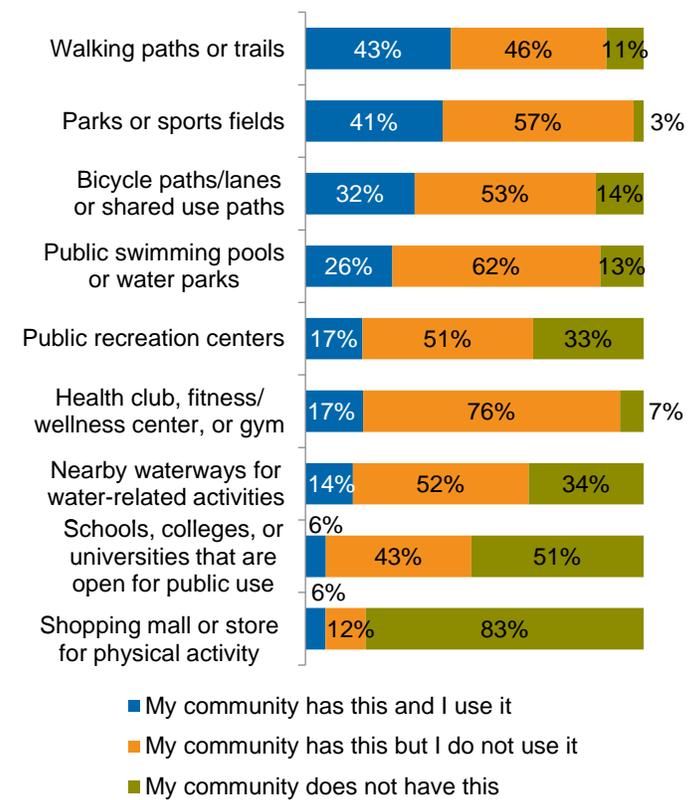
**RESPONDENTS' BARRIERS TO PHYSICAL ACTIVITY (N=257-333)**



**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 are walking paths or trails and parks or sports fields. The least commonly used resources are schools, colleges, universities, and shopping malls. Many available resources in the community for physical activity are underutilized.

**RESPONDENTS' ACCESS TO AND USE OF COMMUNITY RESOURCES FOR PHYSICAL ACTIVITY (N=268-314)**



**Compared with the region...**

Rock County residents are more likely than residents of the region to have: 1) walking paths or trails, 2) bicycle paths, 3) shared use paths or bike lanes, 4) public swimming pools or water parks, and 5) health clubs, and are less likely to have shopping malls for physical activity or walking and nearby waterways for water-related activities.



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## Adult Tobacco Use in Rock County

Findings from the 2015 Southwest Minnesota Healthy Communities Survey

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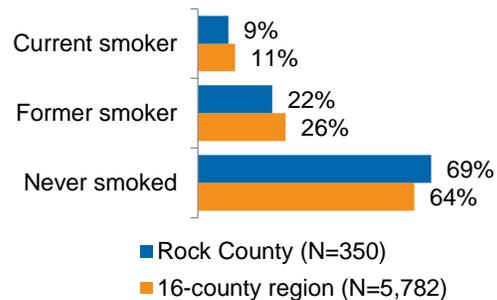
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### *Current tobacco use*

Sixty-nine percent of respondents from Rock County have never smoked and 22 percent are former smokers. Nine percent of Rock County respondents are current smokers.

### RESPONDENTS' SMOKING STATUS



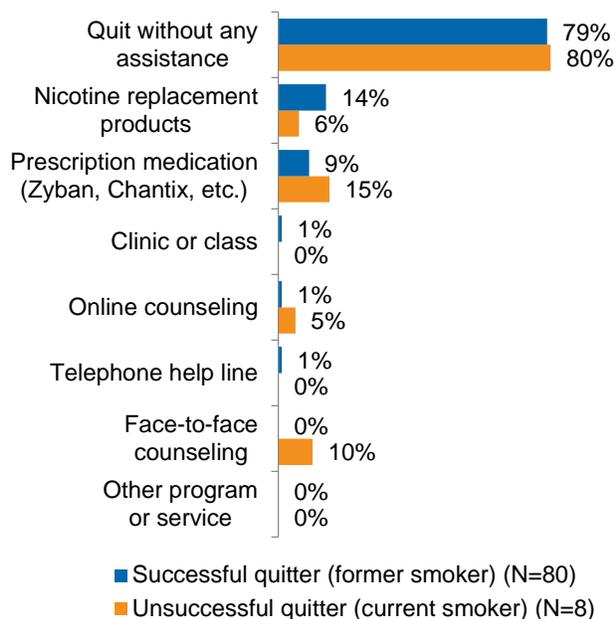
### *E-cigarettes*

One percent of respondents said they are e-cigarette users. Forty-six percent of respondents reported ever having seen someone smoke an e-cigarette in Minnesota. The greatest proportion of respondents have seen people smoke e-cigarettes in a park or outdoor recreation area (32%), someone's home or car (29%), a parking lot (28%), and at a restaurant or bar (27%).

### *Quitting*

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 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)**

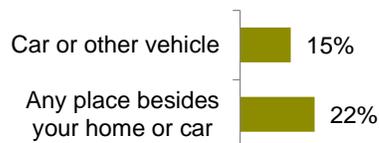


For most counties in the 16-county region “quitting without any assistance” was more commonly used among successful quitters (those who are now former smokers and who quit within the past 12 months) than among unsuccessful quitters (current smokers who tried to quit at least once during the past 12 months). Of respondents who had tried to quit in the past 12 month only eight were unsuccessful quitters, therefore, we cannot draw conclusions from the data.

**Exposure to smoking**

Seven percent of Rock County respondents allow regular smoking in their homes (by themselves or someone else). Fifteen percent report they rode in a vehicle with someone who was smoking in the past week and 22 percent say they were exposed to secondhand smoke in a public (outdoor) place in Minnesota during the past week.

**RESPONDENTS' EXPOSURE TO SECONDHAND SMOKE IN PAST 7 DAYS (N=346-354)**



**Compared with the region...**

There are no significant differences in tobacco use in Rock County compared with tobacco use in the 16-county region.



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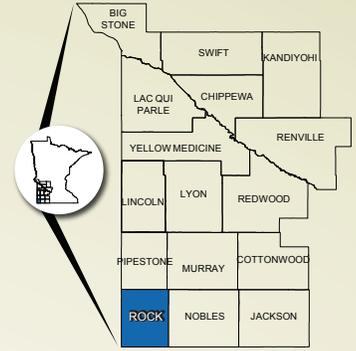
This summary presents findings from the 2015 Southwest Minnesota Healthy Communities Survey. For more information about the survey, contact Nicole MartinRogers at Wilder Research, 651-280-2682. For access to other reports, visit <http://www.swmhhs.com/public-health-assessment-and-planning/>

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

# Adult Health in Rock County

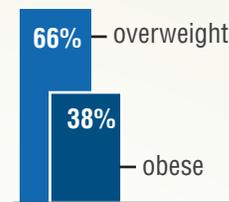
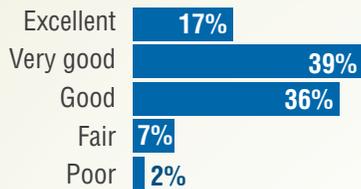
## 2015 Southwest Minnesota Healthy Communities Survey

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 Rock County.



## NUTRITION AND EXERCISE

### Rock County adult residents' ratings of their overall health



**66%** of adults in Rock County **ARE OVERWEIGHT**  
Based on self-reported height and weight, including **38% WHO ARE OBESE**



Rock County overall health ratings are comparable to the region and the state as a whole

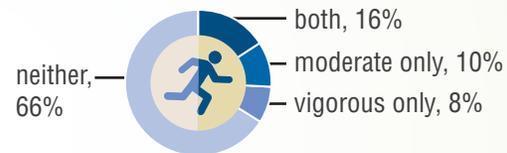


**35%** ate **five or more servings of fruits and vegetables** on the day prior to taking the survey

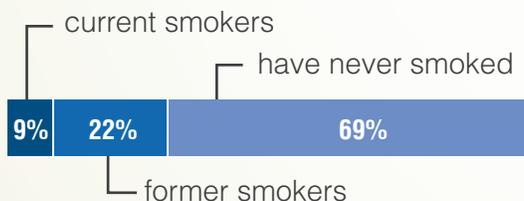


**57%** consider themselves to be **about the right weight**

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



## TOBACCO USE



## OTHER



**19%** have been told by a doctor that **they had depression**

**11%** 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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