

Le Sueur and Waseca Counties

Results from the 2016 Community Health Survey

Move More. Eat Well. Breathe Easy.



Healthy Together

A Partnership of Brown, Nicollet, Le Sueur, and Waseca Counties

The 2016 South Central Minnesota Community Health Survey was conducted to learn about the health and health behaviors of residents of Le Sueur and Waseca Counties. Although many topics are covered in the survey, this summary report will focus on results related to general health, chronic illness, nutrition, exercise, tobacco use, alcohol use, mental health, and health care delay. The survey was sponsored by the Minnesota Department of Health Statewide Health Improvement Program (SHIP). This report was prepared by The Improve Group.

About the data

The 2016 South Central Minnesota Community Health Survey was distributed to Le Sueur and Waseca County Residents between April 20 and June 17, 2016. A total of 4000 adult residents in Le Sueur and Waseca Counties were invited to participate and 875 completed a survey, for a response rate of 21.9 percent. Data preparation, cleaning, and statistical weighting was conducted by the Minnesota Department of Health and data analysis and reporting was conducted by The Improve Group.

Demographics of Respondents

Age	%	Annual Income	%
18 – 34	26%	Less than \$35,000	22%
35 – 44	16%	\$35,000 - \$49,999	12%
45 – 54	20%	\$50,000 - \$74,999	21%
55 – 64	18%	\$75,000 or more	45%
65 +	20%		

Methods

The 2016 South Central Minnesota Community Health Survey was conducted by mail, and each potential respondent received up to 2 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.

General Health

Le Sueur and Waseca Counties Results from the 2016 Community Health Survey

Le Sueur and Waseca County Residents were asked to rate their health, with the option of choosing “Poor,” “Fair,” “Good,” “Very Good,” or “Excellent.” Responses to this question are summarized in the tables below.

Year	Poor/Fair	Good, Very Good or Excellent
2010	14%	86%
2013	9%	91%
2016	10%	90%

Age and Ratings of Health

In Le Sueur and Waseca Counties, 10% of residents rate their health as “poor” or “fair.”

Age	Poor/Fair	Good, Very Good or Excellent
18 - 34	6%	94%
35 - 44	6%	94%
45 - 54	7%	93%
55 - 64	13%	87%
65+	20%	80%

In general, ratings of general health as “poor” or “fair” increases with age.

All Residents 10%

Income and Ratings of Health

Residents who earn less than \$35,000 a year are more likely to rate their health as poor or fair.

Income	Poor/Fair	Good, Very Good or Excellent
Less than \$35k	23%	77%
\$35k - \$49,999	10%	90%
\$50k - \$74,999	9%	91%
\$75k or more	4%	96%

Nearly one-quarter of residents who earn less than \$35,000 a year rate their health as “poor” or “fair.”

All Residents 10%

Healthy Weight, based on BMI and Diagnosis

Body Mass Index (BMI) is a health metric that is calculated by comparing a person’s weight to their height, and is used as an indicator of being overweight or obese. A BMI under 25 is considered not overweight, a BMI between 25 and 30 is considered overweight, and a BMI over 30 is considered obese. BMI for Le Sueur and Waseca County Residents was calculated based on information they provided about their weight and height. Additionally, Le Sueur and Waseca County Residents were asked if they had ever been told by a health professional if they are overweight or obese. The BMI of Le Sueur and Waseca County Residents, as well as rates of diagnoses of being overweight or obese, are presented below.

Based on BMI, 32% of residents are overweight and 38% of residents are obese. However, 37% of residents have been diagnosed as overweight and only 13% have been diagnosed as obese.

Year	Overweight	Obese
2010	33%	35%
2013	35%	37%
2016	32%	38%

Age and Healthy Weight

Age	Overweight	Obese	
18 - 34	31%	24%	Based on BMI
	23%	5%	Informed by health professional
35 - 44	19%	52%	
	42%	21%	
45 - 54	32%	46%	
	43%	13%	
55 - 64	33%	43%	
	45%	18%	
65+	42%	34%	
	41%	13%	

Rates of obesity based on BMI are higher than rates of diagnosed obesity.

Income and Healthy Weight

Income	Overweight	Obese	
Less than \$35k	27%	44%	Based on BMI
	37%	18%	Informed by health professional
\$35k - \$49,999	36%	45%	
	47%	18%	
\$50k - \$74,999	27%	46%	
	43%	15%	
More than \$75k	34%	31%	
	33%	10%	

Rates of obesity (based on BMI) is highest for residents who earn between \$50,000 and \$74,999 annually.

Chronic Illness

Le Sueur and Waseca Counties Results from the 2016 Community Health Survey

Le Sueur and Waseca County Residents were provided with a list of chronic illnesses and asked if they had ever been diagnosed with these conditions by a health professional. The rates of these chronic illnesses in Le Sueur and Waseca Counties are summarized in the tables below.

Year	High Blood Pressure	Diabetes	Asthma	Depression
2010	30%	9%	11%	No 2010 data
2013	32%	7%	8%	16%
2016	33%	11%	6%	21%

Age and Chronic Illness

Condition	18-34	35-44	45-54	55-64	65+	Avg
High blood pressure or hypertension	11%	19%	31%	43%	62%	33%
High cholesterol or triglycerides	8%	23%	26%	49%	51%	30%
Diabetes	2%	5%	9%	16%	23%	11%
Cancer	2%	7%	9%	14%	24%	11%
Chronic lung disease	0%	0%	2%	5%	10%	3%
Heart trouble or angina	4%	1%	5%	8%	24%	8%
Stroke or stroke-related health problems	2%	0%	2%	2%	8%	3%
Depression	24%	22%	20%	25%	15%	21%
Anxiety or panic attacks	24%	23%	15%	17%	11%	18%
Other mental health problems	7%	3%	2%	4%	2%	4%
Memory loss, Alzheimer's or other form of dementia	2%	0%	1%	1%	5%	2%
Asthma	5%	11%	5%	4%	8%	6%

Income and Chronic Illness

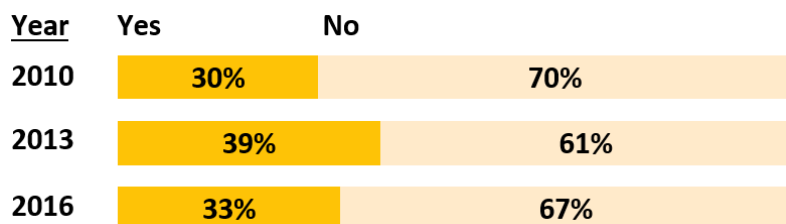
Condition	<\$35,000	\$35,000-\$49,999	\$50,000-\$74,999	\$75,000 +
High blood pressure or hypertension	51%	38%	30%	22%
High cholesterol or triglycerides	41%	26%	34%	23%
Diabetes	17%	15%	12%	4%
Cancer	13%	11%	12%	8%
Chronic lung disease	7%	5%	1%	2%
Heart trouble or angina	18%	9%	6%	5%
Stroke or stroke-related health problems	4%	6%	4%	1%
Depression	28%	33%	21%	16%
Anxiety or panic attacks	25%	24%	21%	13%
Other mental health problems	10%	2%	3%	1%
Memory loss, Alzheimer's or other form of dementia	3%	1%	3%	0%
Asthma	7%	9%	5%	6%

Nutrition

Le Sueur and Waseca Counties Results from the 2016 Community Health Survey

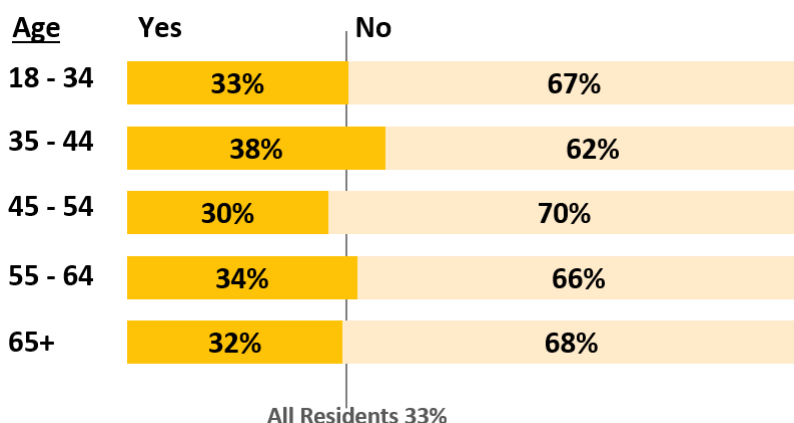
Fruits and Vegetables

The recommended amount of fruits and vegetables to be eaten daily is 5 servings. Residents of Le Sueur and Waseca Counties were asked how many fruits and vegetables they had eaten on the previous day. Rates of fruit and vegetable consumption is presented below.



Age and consumption

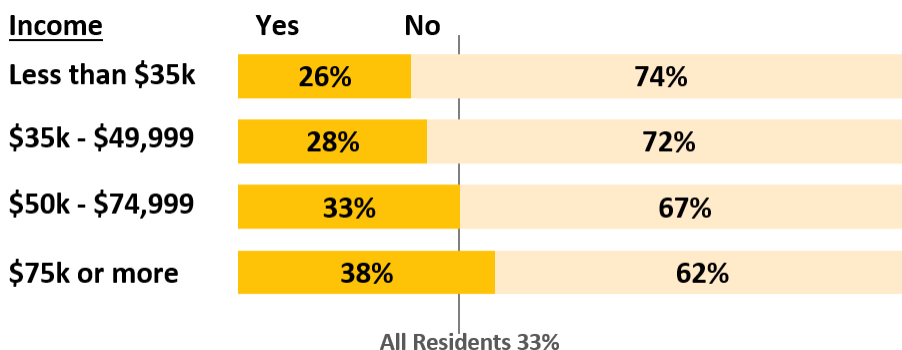
In Le Sueur and Waseca Counties, 33% of residents eat the recommended amount of fruits and vegetables.



Rates of eating the recommended amount of fruits and vegetables are highest for residents aged 35 - 44.

Income and consumption

Residents who earn less than \$35,000 a year have the lowest rates of consuming the recommended amount of fruits and vegetables.



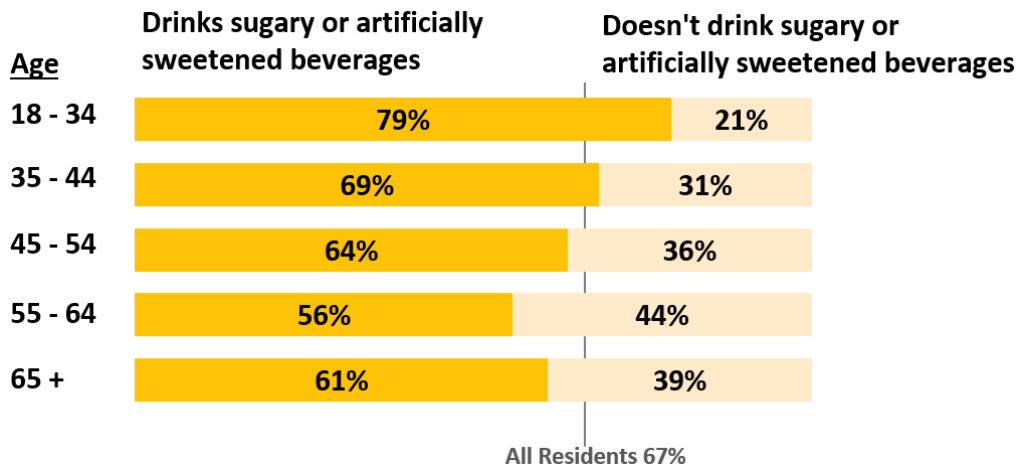
Rates of eating the recommended amount of fruits and vegetables increases as income increases.

Sugary and Artificially Sweetened Beverages

Residents were asked how many sugary and artificially sweetened beverages they drank during the previous day. These beverages include soda, diet soda, sports and energy drinks, and other sugar-sweetened beverages. Currently, 67% of residents reported drinking at least 1 glass of soda, diet soda, sports/energy drinks, and/or other sugar-sweetened beverages during the previous day. Rates for sugary and artificially sweetened beverage consumption are presented in the charts below.

Age and consumption

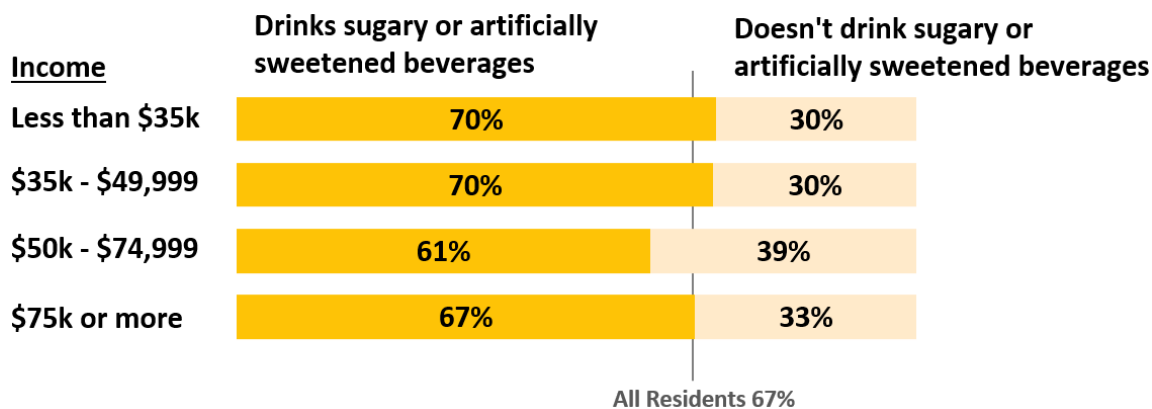
In Le Sueur and Waseca Counties, 67% of residents drink sugary and artificially sweetened beverages.



Rates of drinking sugary or artificially sweetened drinks are highest for younger residents (aged 18 – 34).

Income and consumption

Residents who earn less than \$50,000 a year have the highest rates of drinking sugary or artificially sweetened beverages.



Rates of drinking sugary or artificially sweetened beverages are lowest for residents who earn between \$50,000 and \$74,999 a year.

Food security

Residents were asked if they had, at any time during the previous 12 months, worried that they would run out of food before having money to buy more, which serves as an indicator for food insecurity.

Year	Yes	No
2013	15%	83%
2016	9%	89%

Age and food security

In Le Sueur and Waseca Counties, 9% of residents have experienced food insecurity in the past year.

Age	Yes	No
18 - 34	13%	87%
35 - 44	14%	86%
45 - 54	9%	91%
55 - 64	5%	95%
65 +	4%	96%
All Residents		9%

More than one in ten residents aged 18 – 44 experienced food insecurity during the past year.

Income and food security

Residents make less than \$35,000 a year have the highest rates of food insecurity.

Income	Yes	No
Less than \$35k	23%	77%
\$35k - \$49,999	19%	81%
\$50k - \$74,999	6%	94%
\$75k or more	2%	98%
All Residents		9%

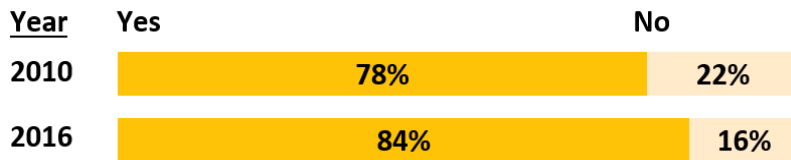
Nearly one-quarter of residents who make less than \$35,000 a year have experienced food insecurity in the past year.

Employment status appears to impact the experience of food security. More unemployed residents reported experiencing food insecurity (14%) than employed residents (8%).

Exercise

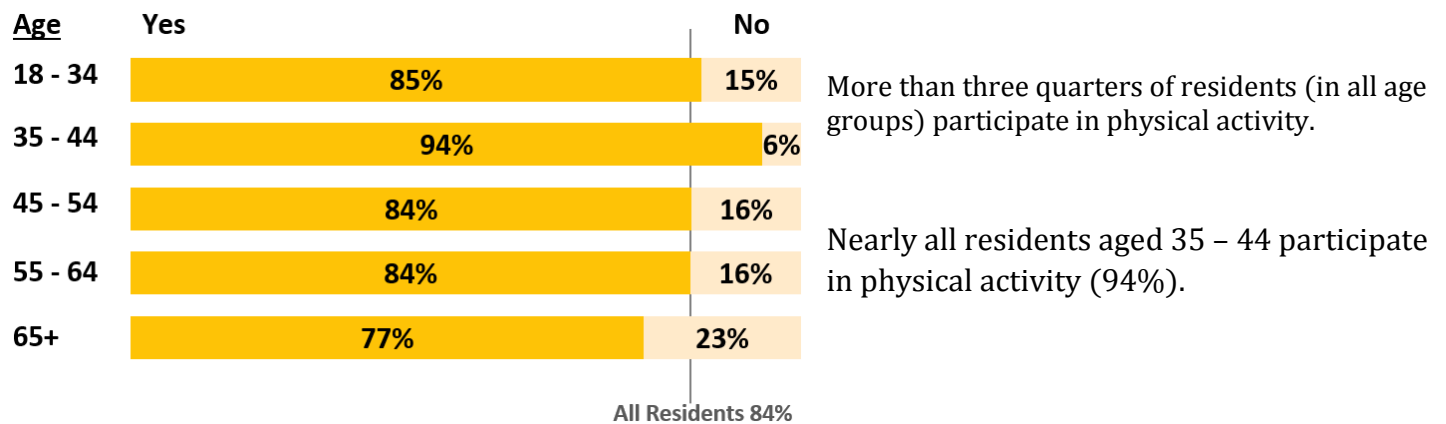
Le Sueur and Waseca Counties Results from the 2016 Community Health Survey

Le Sueur and Waseca County Residents were asked if they had participated in physical activity (e.g. running, calisthenics, golf, gardening, walking, or exercise) during the previous 30 days. Rates of participating in physical activity are summarized below.



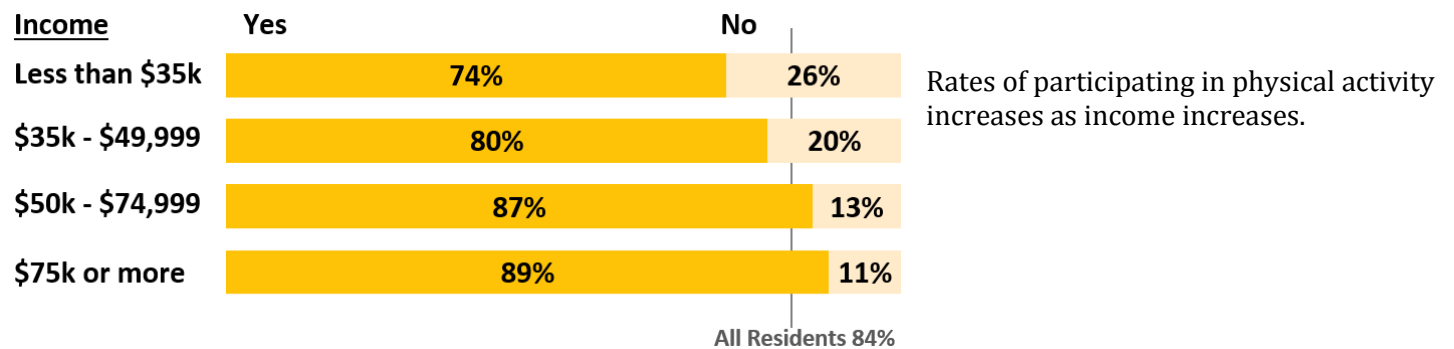
Age and Exercise

In Le Sueur and Waseca Counties, 84% of residents participate in physical activity.



Income and Exercise

In Le Sueur and Waseca Counties, residents who earn less than \$35,000 a year exercise less frequently.



Tobacco Use

Le Sueur and Waseca Counties Results from the 2016 Community Health Survey

Tobacco use

Residents were asked if they use tobacco products, including cigarettes, cigars, cigarillos, little cigars, pipes, electronic cigarettes, snuff, snus, or chewing tobacco. Rates of residents who use tobacco products is summarized below.

Year	Yes	No
2010	21%	79%
2013	17%	83%
2016	18%	82%

Age and Tobacco Use

In Le Sueur and Waseca Counties, 18% of residents use tobacco.

Age	Yes	No
18 - 34	26%	74%
35 - 44	22%	78%
45 - 54	21%	79%
55 - 64	13%	87%
65 +	9%	91%

All Residents 18%

Rates of all types of tobacco use is highest for young residents. Over one quarter of residents aged 18 – 34 use tobacco products.

Use of tobacco products decreases as age increases.

Income and Tobacco Use

Tobacco use is most prevalent among residents who earn less than \$50,000 a year.

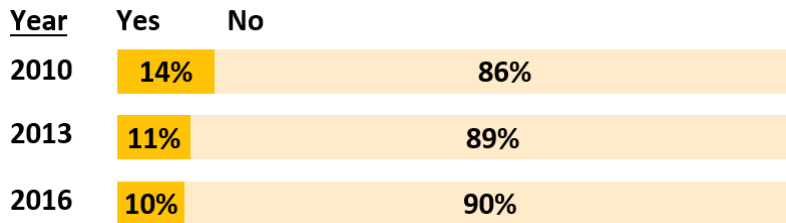
Income	Yes	No
Less than \$35k	20%	80%
\$35k - \$49,999	28%	72%
\$50k - 74,999	15%	85%
\$75k or more	18%	82%

All Residents 18%

Over one-quarter of residents who earn between \$35,000 and \$49,999 a year use tobacco products.

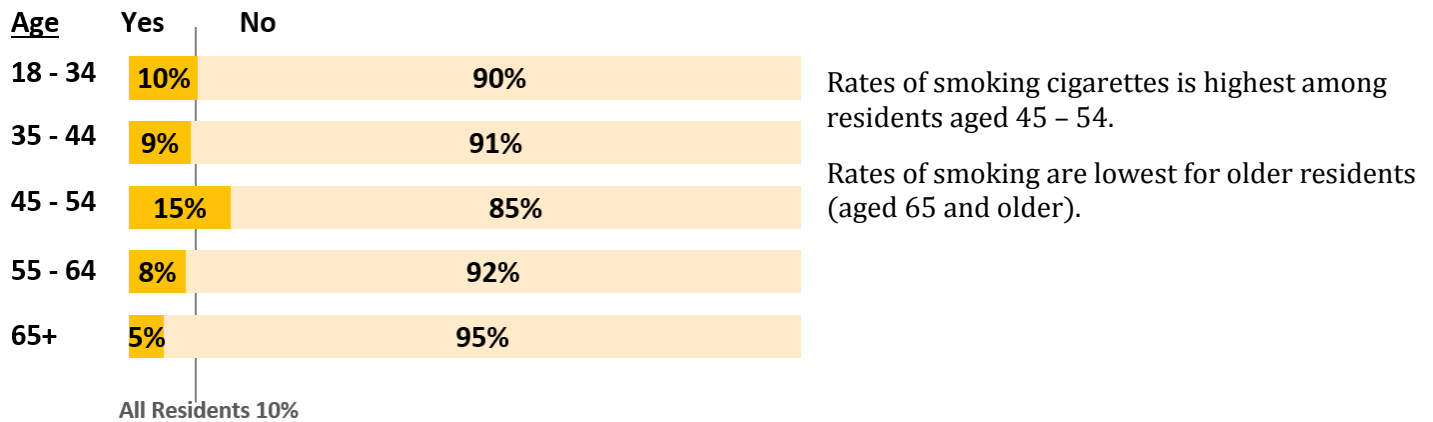
Cigarette Smoking

Residents of Le Sueur and Waseca Counties were asked if they smoke cigarettes, and if so, how frequently they smoke. Individuals who reported that they have smoked at least 100 cigarettes in their life and currently smoke every day or some days are considered cigarette smokers. The rates of cigarettes smoking are summarized below.



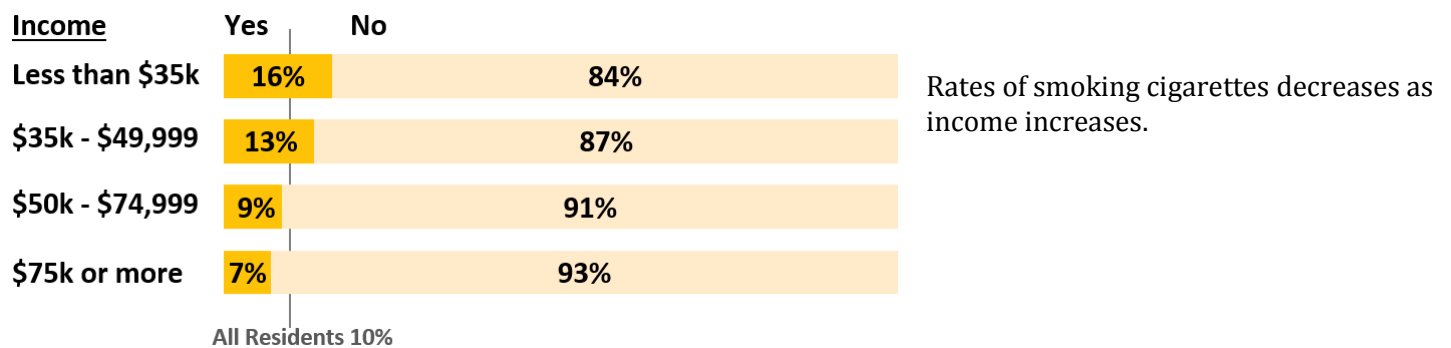
Age and Cigarette Smoking

In Le Sueur and Waseca Counties, 10% of residents smoke cigarettes.



Income and Cigarette Smoking

Residents who make less than \$35,000 a year have the highest rates of smoking cigarettes.



Alcohol Use

Le Sueur and Waseca Counties Results from the 2016 Community Health Survey

Heavy Drinking

Le Sueur and Waseca County Residents were asked how often they drink alcohol. A male is considered to be a heavy drinker if he consumes 60 alcoholic beverages in 30 days, and a female is considered a heavy drinker if she consumes 30 alcoholic beverages in 30 days. Rates of heavy drinking are summarized below.

Year	Yes	No
2013	10%	90%
2016	9%	91%

Age and Heavy Drinking

In Le Sueur and Waseca Counties, 9% of residents engage in heavy drinking.

Age	Yes	No
18 - 34	5%	95%
35 - 44	15%	85%
45 - 54	13%	87%
55 - 64	12%	88%
65+	5%	95%

All Residents 9%

Younger residents (aged 18 – 34) and older residents (age 65 and older) have the lowest rates of heavy drinking (3%).

Income and Heavy Drinking

Heavy drinking is more common for residents who earn more than \$75,000 a year.

Income	Yes	No
Less than \$35k	4%	96%
\$35k - \$49,999	6%	94%
\$50k - \$74,999	9%	91%
\$75k or more	13%	87%

All Residents 9%

Rates of heavy drinking are highest for residents who earn \$75,000 or more annually.

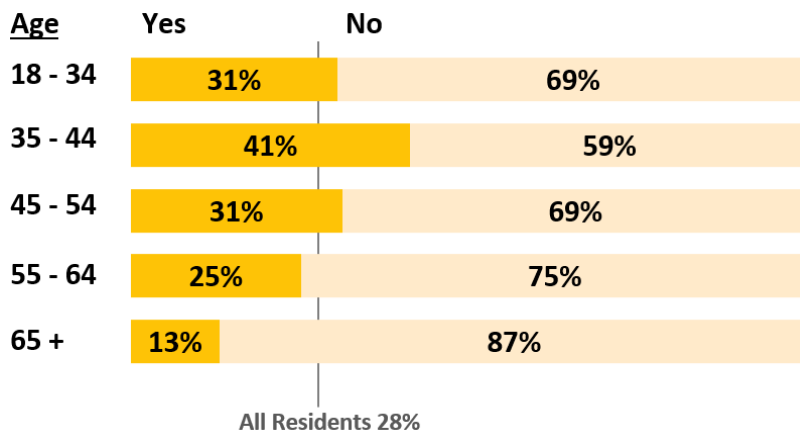
Binge Drinking

Le Sueur and Waseca County Residents were asked how often they drink alcohol. A male is considered to be a binge drinker if he typically consumes 5 or more alcoholic beverages when he drinks, and a female is considered a binge drinker if she typically consumes 4 or more alcoholic beverages when she drinks. Rates of binge drinking are summarized below.

Year	Yes	No
2013	32%	68%
2016	28%	72%

Age and Binge Drinking

In Le Sueur and Waseca Counties, 28% of residents engage in binge drinking.

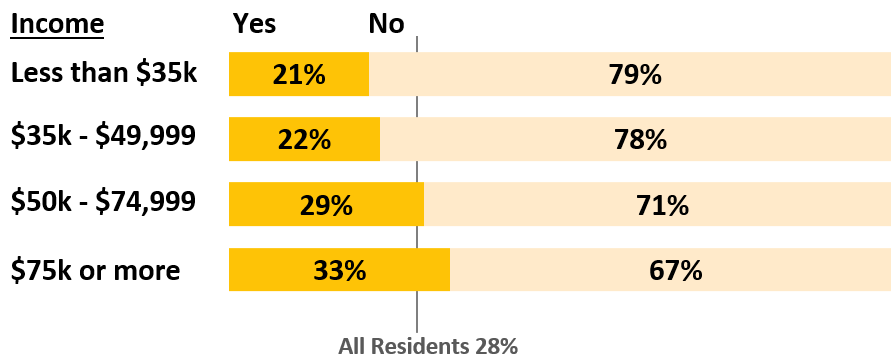


Rates of binge drinking are highest for residents aged 35 – 44.

Rates of binge drinking are lowest for older residents (age 65 and older).

Income and Binge Drinking

Binge drinking is more common for residents who earn more than \$75,000 a year.



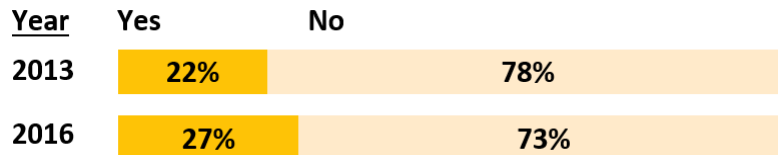
Approximately one-third of residents who earn \$75,000 or more annually engage in binge drinking.

Mental Health

Le Sueur and Waseca Counties Results from the 2016 Community Health Survey

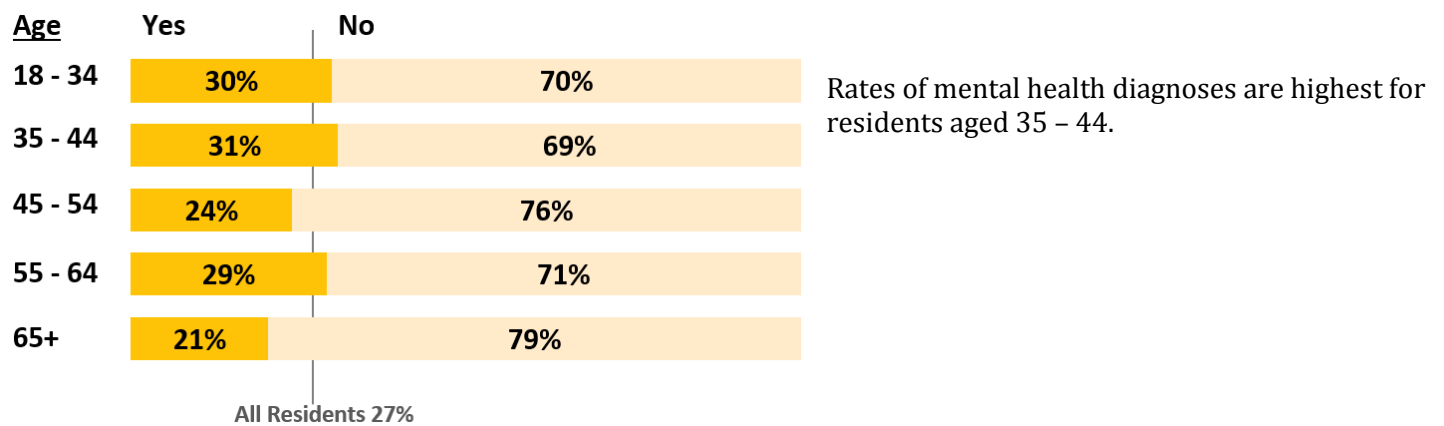
Mental Health

Residents of Le Sueur and Waseca Counties were asked if they had been diagnosed with depression, anxiety, or any other mental health condition by a health professional. Rates of mental illness are summarized below.



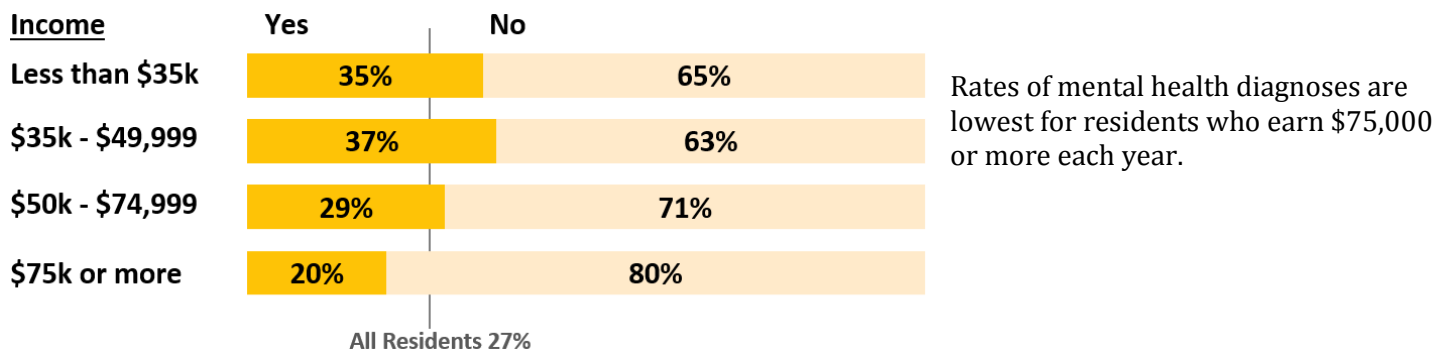
Age and Mental Health

In Le Sueur and Waseca Counties, 27% of residents have received a mental health diagnosis.



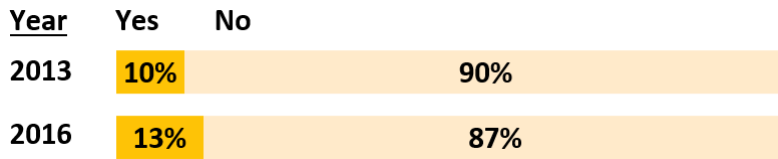
Income and Mental Health

Residents who earn less than \$50,000 a year have higher rates of mental health diagnoses.



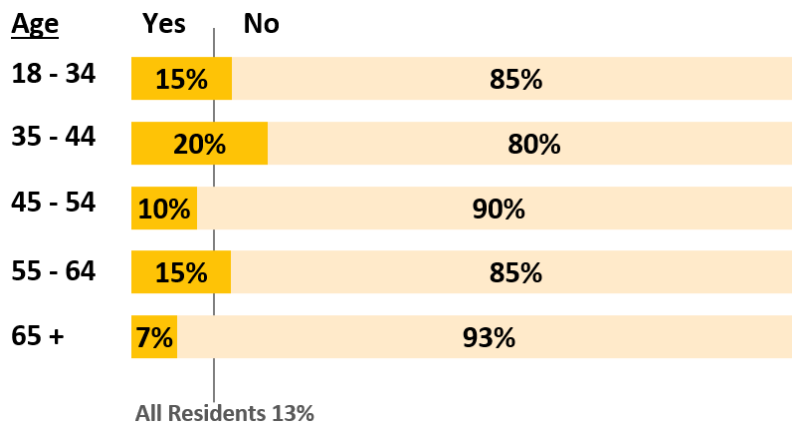
Mental Health Care Delay

Residents of Le Sueur and Waseca Counties were asked if, during the past year, they had wanted to see a mental health professional but had delayed seeking treatment. Rates of mental health care delay are summarized below.



Age and Mental Health Care Delay

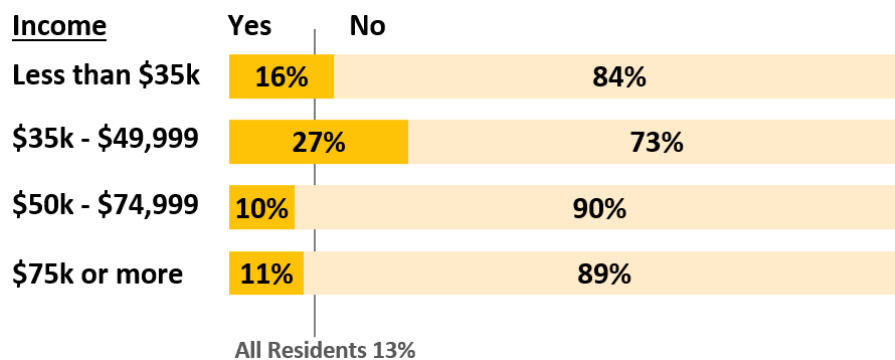
In Le Sueur and Waseca Counties, 13% of residents have delayed treatment for a mental health problem.



Mental health care delay is highest amongst residents aged 35 – 44. Nearly one-fifth of residents in this age group have delayed treatment for a mental health problem.

Income and Mental Health Care Delay

Residents who earn between \$35,000 and \$49,999 a year are more likely to delay mental health treatment.



Over one-quarter of residents who earn between \$35,000 and \$49,999 a year have delayed mental health treatment.

Reason for Mental Health Care Delay

Le Sueur and Waseca County Residents were asked why they had delayed seeking help for a mental health issue. A summary of these reasons, including the five most common reasons, is presented below.

	Yes	No
I did not think it was serious enough	35%	65%
It cost too much	34%	66%
I was too nervous or afraid	25%	75%
I did not know where to go	19%	81%
Not covered by insurance	7%	93%

Age and Mental Health Care Delay Reasons

Condition	18-34	35-44	45-54	55-64	65+
I could not get an appointment	0%	11%	13%	9%	0%
I did not think it was serious enough	32%	30%	38%	27%	64%
I had transportation problems	0%	0%	6%	0%	0%
I was too nervous or afraid	29%	37%	13%	23%	18%
It cost too much	52%	33%	20%	27%	9%
I did not have insurance	0%	0%	0%	9%	0%
Not covered by insurance	0%	7%	6%	18%	0%
I did not know where to go	6%	44%	19%	14%	9%
Other reason	6%	15%	13%	9%	9%

Income and Mental Health Care Delay Reasons

Condition	<\$35,000	\$35,000-\$49,999	\$50,000-\$74,999	\$75,000 +
I could not get an appointment	4%	4%	25%	3%
I did not think it was serious enough	37%	14%	38%	44%
I had transportation problems	4%	0%	0%	0%
I was too nervous or afraid	33%	26%	13%	23%
It cost too much	26%	73%	31%	18%
I did not have insurance	7%	0%	0%	0%
Not covered by insurance	19%	9%	6%	0%
I did not know where to go	19%	5%	19%	28%
Other reason	7%	9%	0%	15%

Suicidal Thoughts

Le Sueur and Waseca County Residents were asked if they had thought about committing suicide during the past year. Rates of suicidal thoughts are summarized below.

Year	Yes	No
2013	2%	98%
2016	2%	98%

Age and Suicidal Thoughts

In Le Sueur and Waseca Counties, 2% of residents have experienced suicidal thoughts.

Age	Yes	No
18 - 34	2%	98%
35 - 44	2%	98%
45 - 54	1%	99%
55 - 64	1%	99%
65 +	1%	99%

All Residents 2%

Rates of experiencing suicidal thoughts is fairly evenly distributed amongst age groups.

Income and Suicidal Thoughts

Suicidal thoughts are higher for residents who earn between \$35,000 and \$49,999 a year.

Income	Yes	No
Less than \$35k	3%	97%
\$35k - \$49,999	5%	95%
\$50k - \$74,999	1%	99%
\$75k or more		100%

All Residents 2%

Residents who earn \$35,000 - \$49,999 a year have higher rates of experiencing suicidal thoughts (5%), then residents from other income brackets.

No residents who earn \$75,000 a year or more reported experiencing suicidal thoughts in the past year.

Health Care Delay

Le Sueur and Waseca Counties Results from the 2016 Community Health Survey

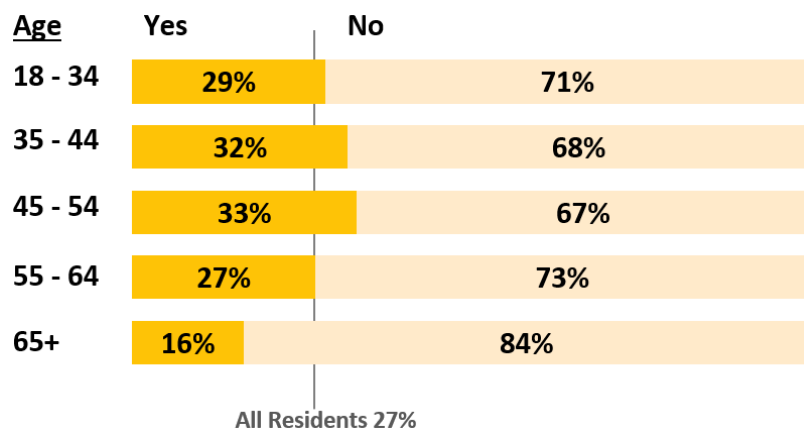
Health Care Delay

Le Sueur and Waseca County Residents were asked if they had, during the past 12 months, delayed getting health care that they thought they needed. Rates of health care delay are summarized below.



Age and Health Care Delay

In Le Sueur and Waseca Counties, 27% of residents have delayed seeking health care.

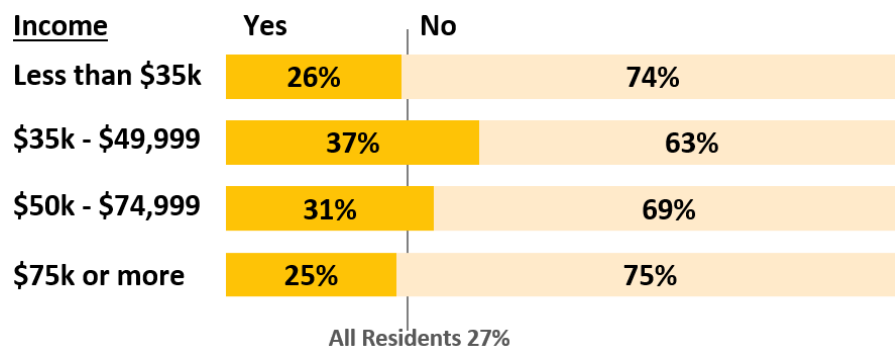


Residents aged 45 – 54 have the highest rates of delaying health care.

Older residents (aged 65 and older) have the lowest rates of delaying health care.

Income and Health Care Delay

Residents who earn between \$35,000 and \$49,999 a year have the highest rates of delaying health care.



Over one-third of residents who earn between \$35,000 and \$49,999 a year or more have delayed health care.

Reason for Health Care Delay

Le Sueur and Waseca County Residents were asked why they had delayed seeking health care if they thought they needed it. A summary of these reasons, including the five most common reasons, is presented below.

	Yes	No
I did not think it was serious enough	49%	51%
It costs too much	31%	69%
I could not get an appointment	20%	80%
My insurance did not cover it	17%	83%
I did not have insurance	2%	98%

Age and Health Care Delay Reasons

Reason	18-34	35-44	45-54	55-64	65+
I could not get an appointment	10%	21%	20%	30%	29%
I did not think it was serious enough	57%	57%	46%	35%	41%
I had transportation problems	0%	0%	2%	3%	7%
It cost too much	30%	37%	33%	33%	14%
I did not have insurance	0%	2%	4%	5%	0%
My insurance did not cover it	25%	10%	16%	20%	4%
Other reason	8%	9%	11%	13%	14%

Income and Health Care Delay Reasons

Reason	<\$35,000	\$35,000-\$49,999	\$50,000-\$74,999	\$75,000 +
I could not get an appointment	15%	24%	25%	19%
I did not think it was serious enough	40%	37%	36%	66%
I had transportation problems	6%	0%	0%	1%
It cost too much	33%	38%	35%	24%
I did not have insurance	7%	3%	2%	0%
My insurance did not cover it	13%	35%	21%	8%
Other reason	13%	9%	6%	12%