

Blue Earth County



Results from the 2016 Community Health Survey

The 2016 South Central Minnesota Community Health Survey was conducted to learn about the health and health behaviors of residents of Blue Earth County. 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. This survey was initiated by the Mayo Clinic Health System and nine county public health departments. Staff from the Minnesota Department of Health provided technical assistance in design, administration and analysis.

About the data

The 2016 South Central Minnesota Community Health Survey was distributed to Blue Earth County residents between April and June 2016. Nearly 2,000 households in Blue Earth County were invited to participate and 450 completed a survey, for a response rate of 22.5 percent.

Demographics of Respondents

Age	%	Annual Income	%
18 – 34	45%	<\$20,000	27%
35 – 44	12%	\$20,000-\$34,999	13%
45 – 54	14%	\$35,000-\$49,999	13%
55 – 64	13%	\$50,000-\$74,999	13%
65 – 74	8%	\$75,000-\$99,999	14%
75+	8%	\$100,000+	20%

Methods

The 2016 South Central Minnesota Community Health 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. Post-stratification weighting was used, based on gender and age, to ensure representativeness. Data preparation, cleaning, and statistical weighting was conducted by the Minnesota Department of Health and data reporting was conducted by The Improve Group.

General Health

Blue Earth County Results from the 2016 Community Health Survey

Blue Earth 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	10%	90%
2013	9%	91%
2016	13%	87%

In Blue Earth County, 13% of residents rate their health as “poor” or “fair.”

Age and Ratings of Health

The percentage of residents that rate their health as “poor” or “fair” decreases with age between the ages of 18 and 54, then increase with age after the age of 55.

Age	Poor/Fair	Good, Very Good or Excellent
18 - 34	14%	86%
35 - 44	10%	90%
45 - 54	4%	96%
55 - 64	11%	89%
65 - 74	14%	86%
75+	25%	75%

All Residents 13%

One quarter of adults over the age of 75 rate their general health as “poor” or “fair.”

Income and Ratings of Health

Residents who earn less than \$20,000 a year are more likely to rate their health as “poor” or “fair.”

Income	Poor/Fair	Good, Very Good or Excellent
Less than \$20k	27%	73%
\$20k - \$34,999	12%	88%
\$35k - \$49,999	13%	87%
\$50k - \$74,000	7%	93%
\$75k - \$99,000	3%	97%
More than \$100k	4%	96%

All Residents 13%

Over one quarter of residents who earn less than \$20,000 a year rate their health as “poor” or “fair.”

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 Blue Earth County residents was calculated based on information they provided about their weight and height. Additionally, Blue Earth County residents were asked if they had ever been told by a health professional if they are overweight or obese. The BMI of Blue Earth 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 30% of residents are obese. However, only 13% of residents have been diagnosed as obese while 36% have been diagnosed as overweight.

Year	Overweight	Obese
2010	31%	24%
2013	38%	30%
2016	32%	30%

*Based on BMI

Age and Healthy Weight

Age	Overweight	Obese	
18 - 34	24%	27%	Informed by health professional
	30%	9%	Based on BMI
35 - 44	37%	29%	
	39%	19%	
45 - 54	37%	35%	
	46%	12%	
55 - 64	35%	38%	
	45%	21%	
65 - 74	42%	36%	
	41%	22%	
75+	49%	21%	
	31%	10%	

Over one-third of residents between the ages of 45 and 74 are obese, based on BMI.

Rates of obesity based on BMI are higher than rates of diagnosed obesity. In contrast, rates of overweight based on BMI are lower than rates of diagnosed overweight (except for residents aged 75 or older).

Income and Healthy Weight

Income	Overweight	Obese	
Less than \$20k	28%	34%	Based on BMI
	31%	13%	Informed by health professional
\$20k - \$34,999	24%	46%	
	49%	8%	
\$35k - \$49,999	36%	31%	
	39%	21%	
\$50k - \$74,999	22%	30%	
	32%	14%	
\$75k - \$99,999	38%	16%	
	32%	12%	
More than \$100K	42%	25%	
	41%	15%	

Rates of obesity based on BMI are highest for residents that earn less than \$35,000 per year.

While 46% of residents who earn between \$20,000 and \$34,999 per year are obese based on BMI, only 8% have been told by a doctor that they are obese.

Chronic Illness

Blue Earth County Results from the 2016 Community Health Survey

Blue Earth 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 Blue Earth County are summarized in the tables below.

Year	High Blood Pressure	Diabetes	Asthma
2010	21%	4%	13%
2013	22%	7%	9%
2016	22%	8%	14%

Age and Chronic Illness

Condition	18-34	35-44	45-54	55-64	65-74	74+	Avg
High blood pressure or hypertension	8%	14%	20%	40%	49%	57%	22%
Diabetes	2%	10%	10%	14%	21%	17%	8%
Cancer	3%	2%	1%	8%	19%	25%	6%
Chronic lung disease	0%	4%	3%	7%	13%	11%	4%
Heart trouble or angina	1%	6%	12%	12%	15%	22%	7%
Stroke or stroke-related health problems	4%	2%	4%	5%	6%	7%	4%
High cholesterol or triglycerides	3%	18%	24%	50%	59%	52%	22%
Asthma	16%	20%	11%	7%	13%	10%	14%
Depression	43%	32%	34%	21%	21%	17%	34%
Anxiety or panic attacks	47%	31%	28%	11%	17%	11%	33%
Memory loss, Alzheimer's or other form of dementia	0%	8%	0%	4%	3%	9%	2%
Other mental health problems	37%	15%	13%	6%	5%	5%	22%

Income and Chronic Illness

Condition	<\$20K	\$20k - \$34,999	\$35k - \$49,999	\$50k - \$74,999	\$75k - \$99,999	≥\$100K	Avg
High blood pressure or hypertension	12%	45%	32%	23%	16%	15%	22%
Diabetes	5%	11%	14%	8%	11%	3%	8%
Cancer	2%	9%	4%	14%	10%	4%	6%
Chronic lung disease	4%	10%	3%	5%	1%	0%	4%
Heart trouble or angina	5%	16%	3%	11%	3%	8%	7%
Stroke or stroke-related health problems	9%	6%	1%	2%	0%	4%	4%
High cholesterol or triglycerides	12%	37%	24%	34%	27%	15%	22%
Asthma	30%	10%	12%	7%	6%	6%	14%
Depression	65%	20%	32%	29%	27%	10%	34%
Anxiety or panic attacks	61%	13%	51%	12%	27%	13%	33%
Memory loss, Alzheimer's or other form of dementia	3%	7%	4%	1%	0%	0%	2%
Other mental health problems	55%	28%	9%	0%	13%	4%	22%

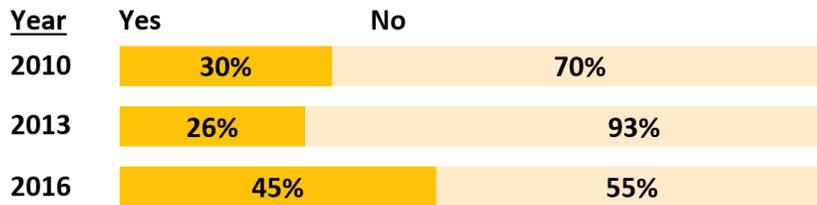
Nutrition

Blue Earth County Results from the 2016 Community Health Survey

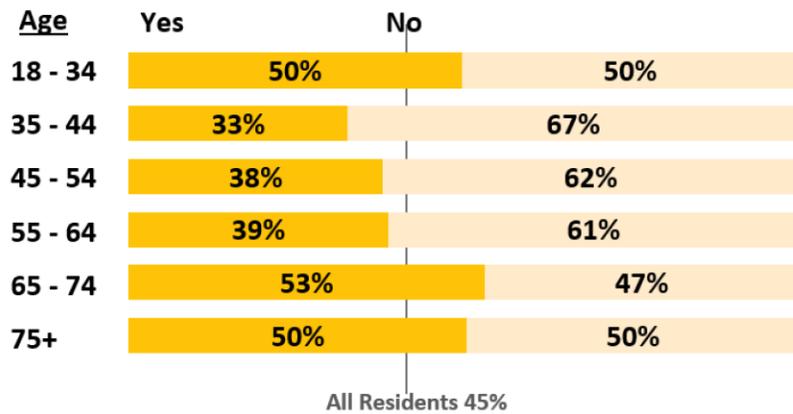
Fruits and Vegetables

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

In Blue Earth County, 45% of residents eat the recommended amount of fruits and vegetables.



Age and Fruit and Vegetable Consumption

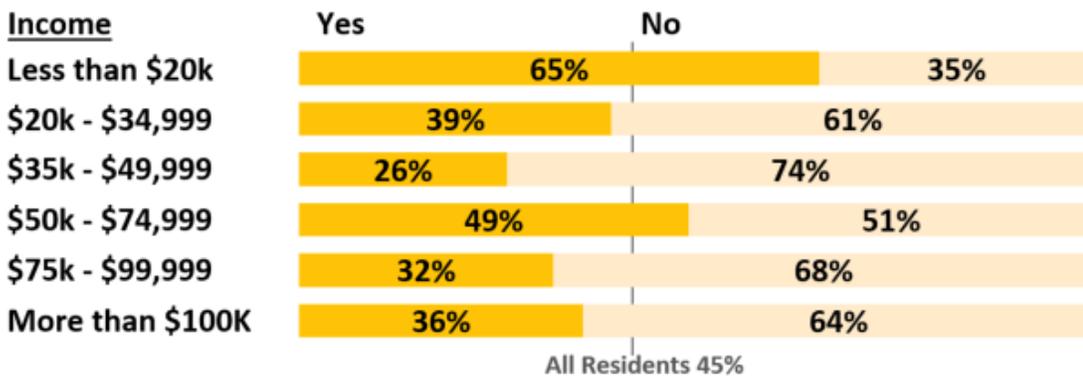


Rates of eating the recommended amount of fruits and vegetables are lowest for residents aged 35 - 44.

Half of all residents aged 65 and older eat the recommended amount of fruits and vegetables.

Income and Fruit and Vegetable Consumption

Consumption of the recommended amount of fruits and vegetables is highest among residents who earn \$20,000 or less annually.

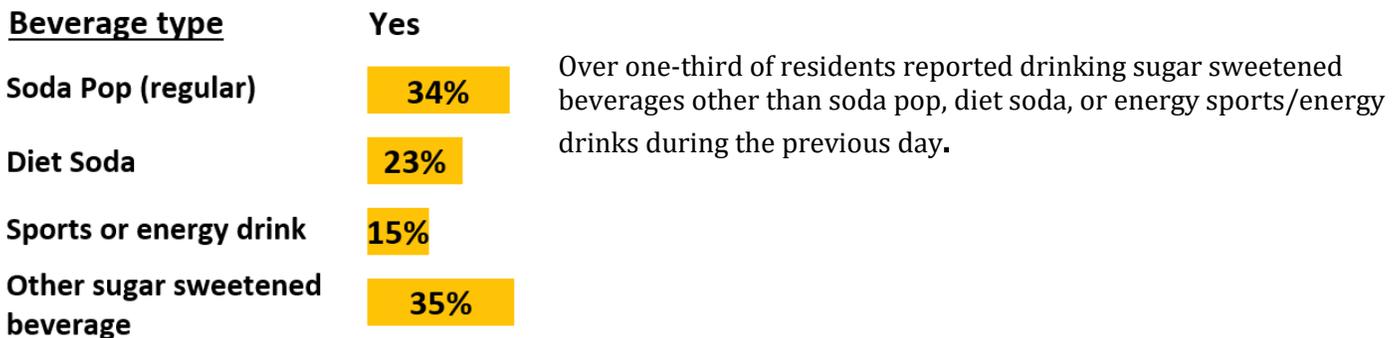


Less than one-third of residents who earn \$35k-\$49,000 a year eat the recommended amount of fruits and vegetables.

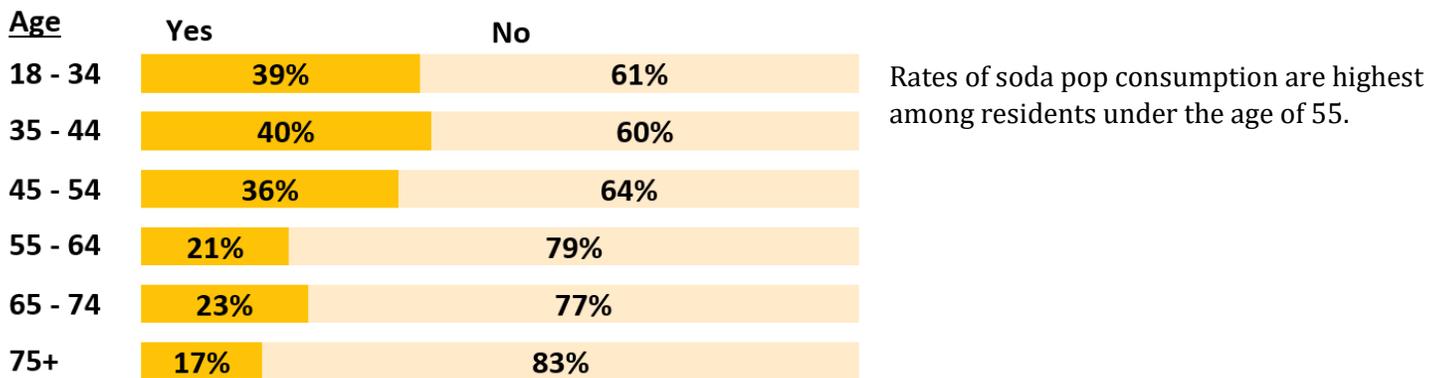
Sugary and Artificially Sweetened Beverages

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. Rates for sugary and artificially sweetened beverage consumption are presented in the charts below.

In Blue Earth County, one third of residents reported drinking regular soda pop or other sugar sweetened beverages during the previous day.

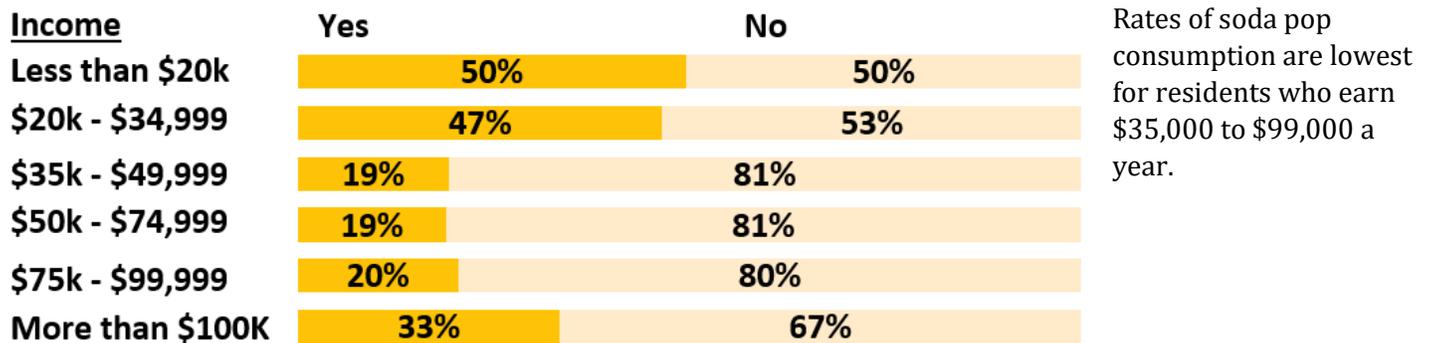


Age and Soda Pop Consumption



Income and Soda Pop Consumption

Residents who earn less than \$35,000 a year have the highest rates of soda pop consumption.



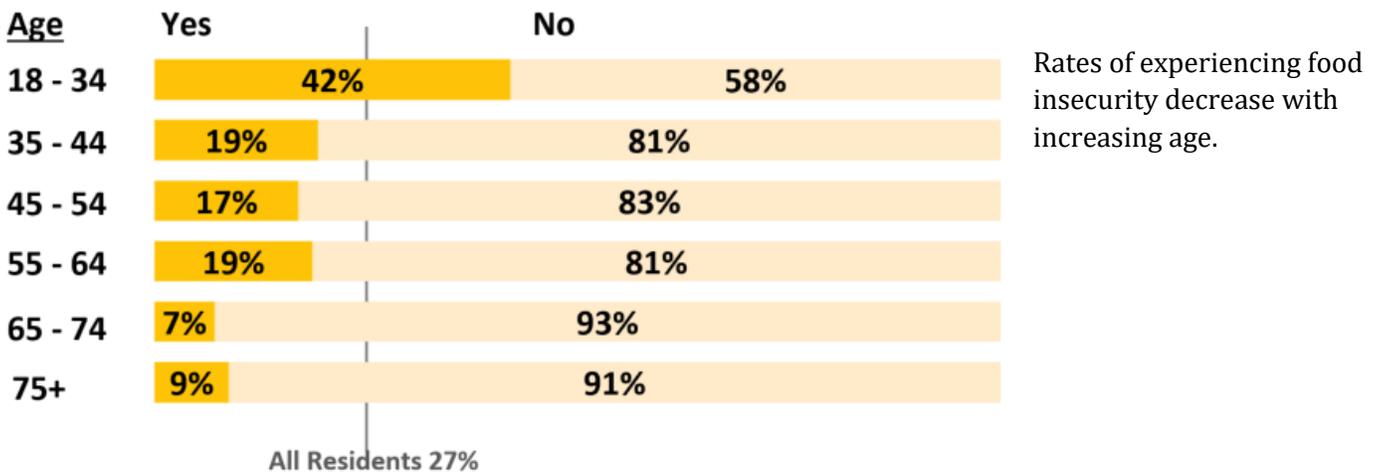
Food security

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	27%	73%
2016	27%	73%

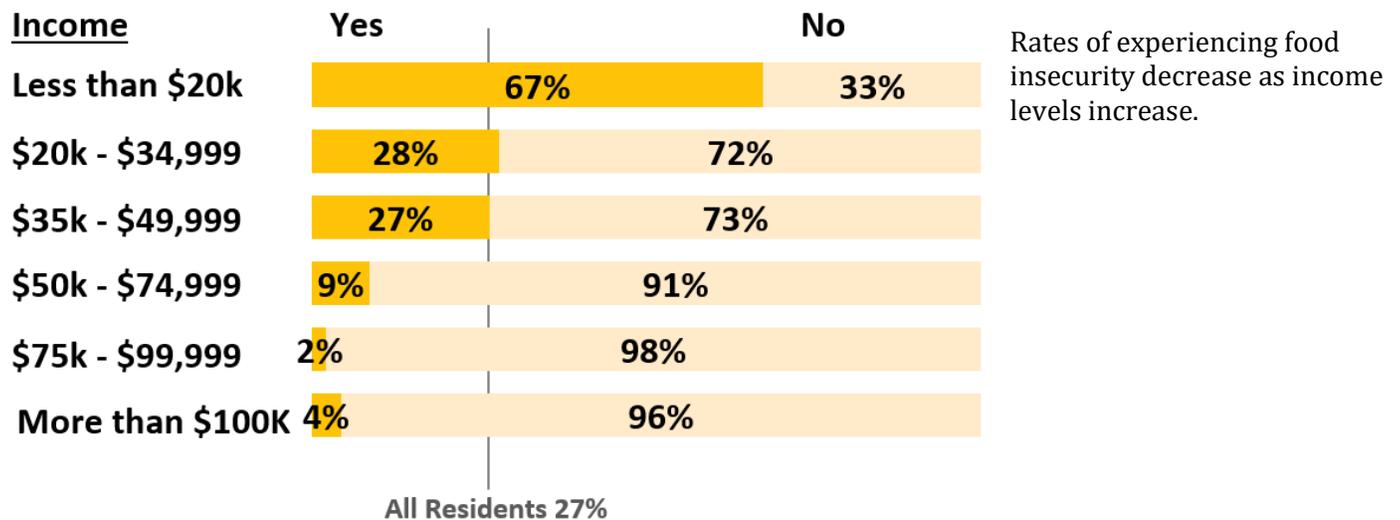
Age and Food Security

Blue Earth County residents ages 18-34 experience the highest rates food insecurity.



Income and Food Security

Two out of three residents who make less than \$20,000 a year experience food insecurity.

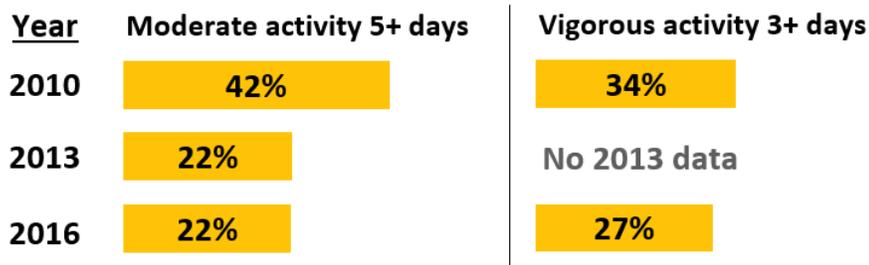


Physical Activity

Blue Earth County Results from the 2016 Community Health Survey

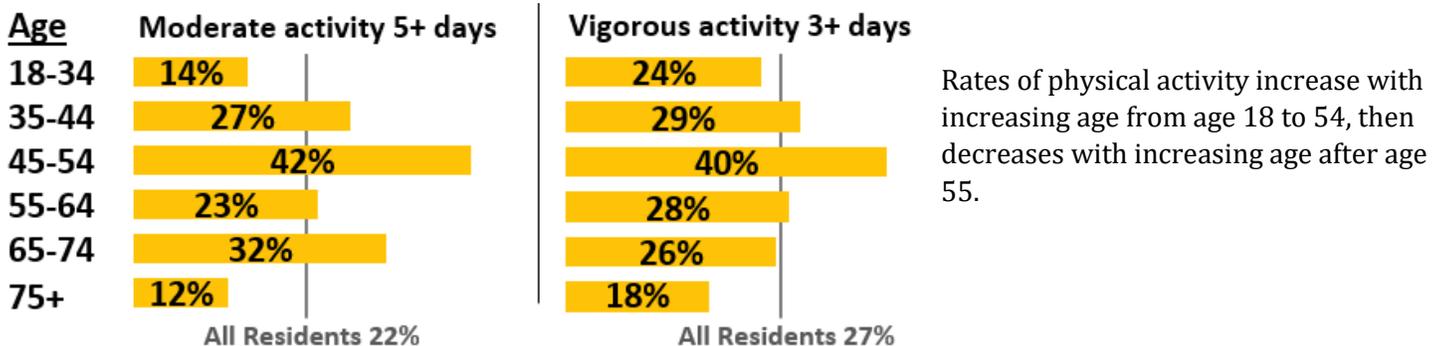
Blue Earth County residents were asked about how often and for how long they participate in moderate and vigorous exercise per week. Rates of physical activity are summarized below. Guidelines for physical activity include participating in at least 30 minutes of moderate exercise on five or more days per week or 20 minutes of vigorous exercise on three or more days a week.

In Blue Earth County, 22% of residents meet physical activity guidelines for moderate activity, 27% meet guidelines for vigorous activity, and 35% meet guidelines for either or both moderate and vigorous activity.



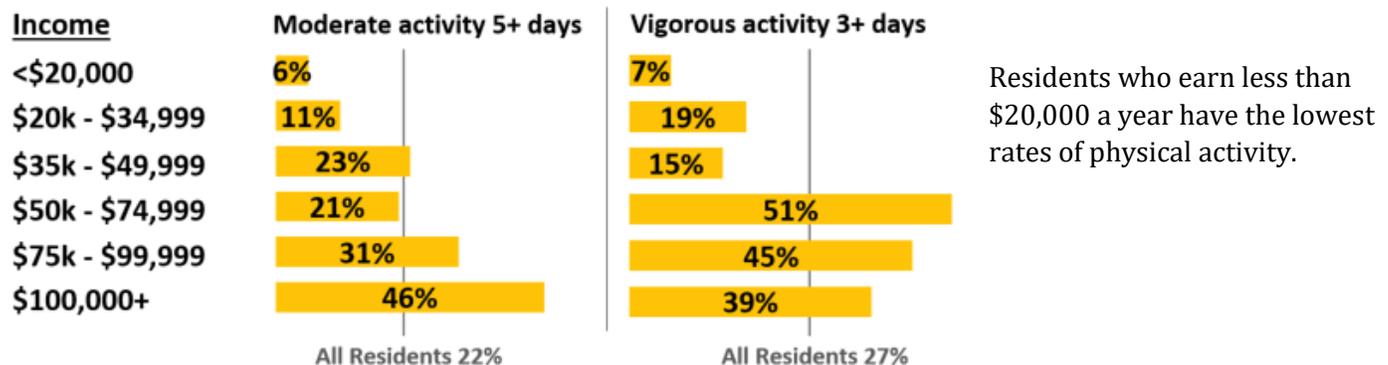
Age and Exercise

In Blue Earth County, over 40% of residents aged 45-54 meet physical activity guidelines.



Income and Exercise

In general, rates of physical activity increase with increasing income.



Tobacco Use

Blue Earth County Results from the 2016 Community Health Survey

Tobacco use

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

In Blue Earth County, 8% of residents are current smokers.

Year	Yes	No
2010	14%	86%
2013	13%	92%
2016	8%	92%

In Blue Earth County, 24% of residents use products of any kind.

Product type	Yes
E-cigarettes	10%
Cigarettes	8%
Other tobacco	8%
Cigar	5%
Smokeless	4%
Pipe	3%
Marijuana	14%

E-cigarettes are the most commonly used product.

14% of residents use marijuana.

Age and Smoking Status

Smoking rates are highest among residents aged 35 to 44 years old.

Age	Yes	No
18 - 34	4%	96%
35 - 44	17%	83%
45 - 54	11%	89%
55 - 64	13%	87%
65-74	6%	94%
75+	2%	98%

After age 64, smoking rates decrease as age increases.

All Residents 8%

Income and Smoking Status

Smoking is most prevalent among residents who earn \$35,000 to \$49,999 a year.

Income	Yes	No
Less than \$20k	6%	94%
\$20k - \$34,999	9%	91%
\$35k - \$49,999	12%	88%
\$50k - \$74,999	10%	90%
\$75k - \$99,999	10%	90%
\$100,000+	4%	96%

One in ten residents who make between \$35,000 and \$99,999 per year currently smoke.

All Residents 8%

Alcohol Use

Blue Earth County Results from the 2016 Community Health Survey

Heavy Drinking

Blue Earth 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	8%	92%

Age and Heavy Drinking

In Blue Earth County, 8% of residents engage in heavy drinking.

Age	Yes	No
18 - 34	8%	92%
35 - 44	4%	96%
45 - 54	14%	86%
55 - 64	9%	91%
65 - 74	5%	95%
75+	2%	98%

All Residents 8%

Residents aged 45 - 54 have the highest rates of heavy drinking.

Income and Heavy Drinking

Residents who earn \$75,000 a year or more have the highest rates of heavy drinking.

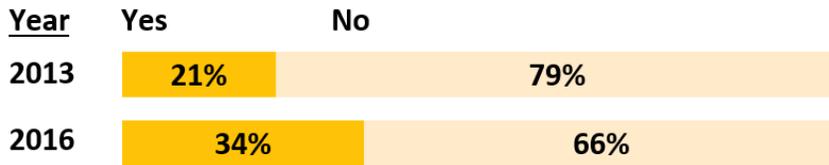
Income	Yes	No
Less than \$20k	7%	93%
\$20k - \$34,999	9%	91%
\$35k - \$49,999	2%	98%
\$50k - \$74,999	6%	94%
\$75k - \$99,999	13%	87%
\$100k or more	10%	90%

All Residents 8%

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

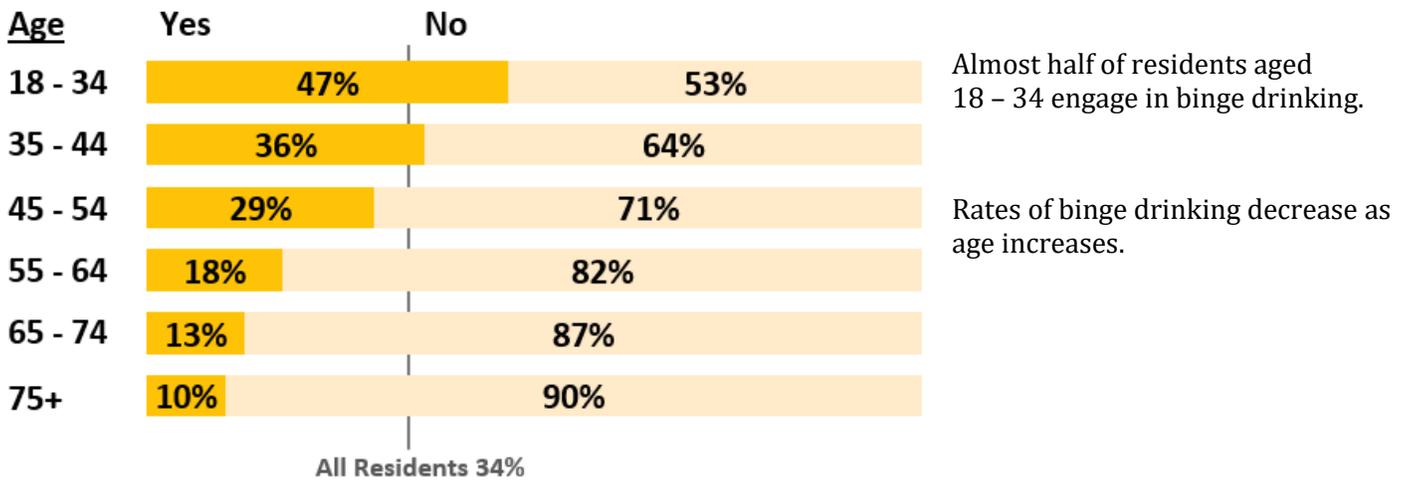
Binge Drinking

A male is considered 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.



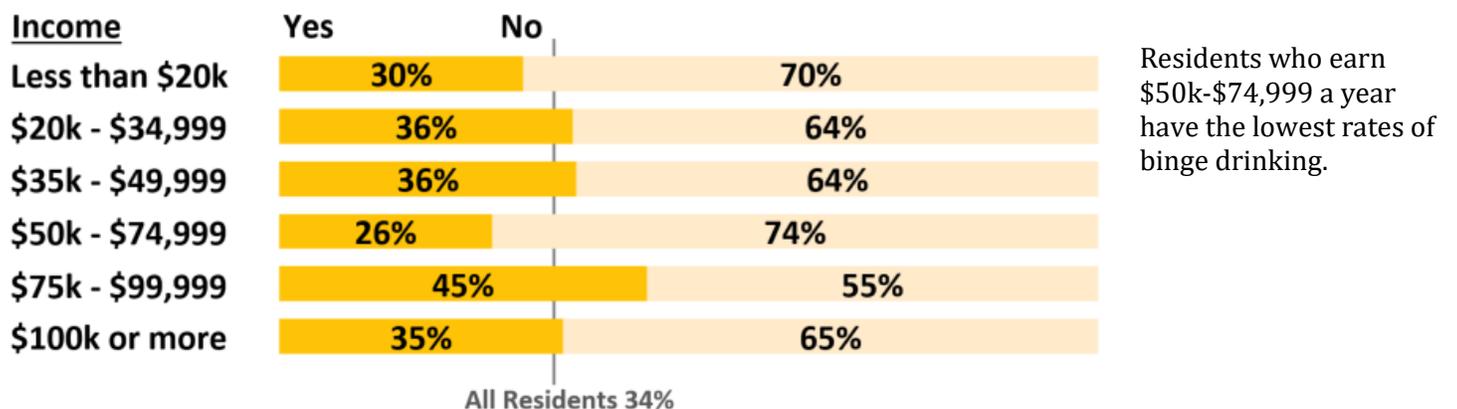
Age and Binge Drinking

In Blue Earth County, 27% of residents engage in binge drinking.



Income and Binge Drinking

Rates of binge drinking are highest for residents who earn between \$75,000 and \$99,999 a year.



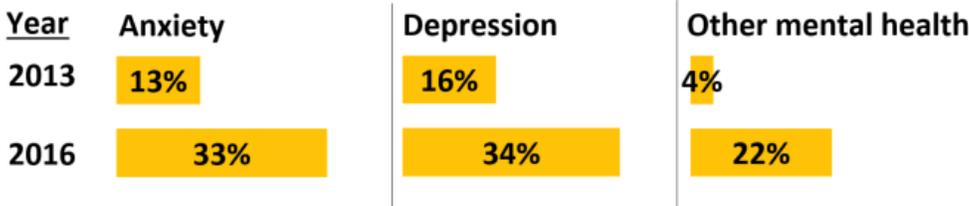
Mental Health

Blue Earth County Results from the 2016 Community Health Survey

Mental Health

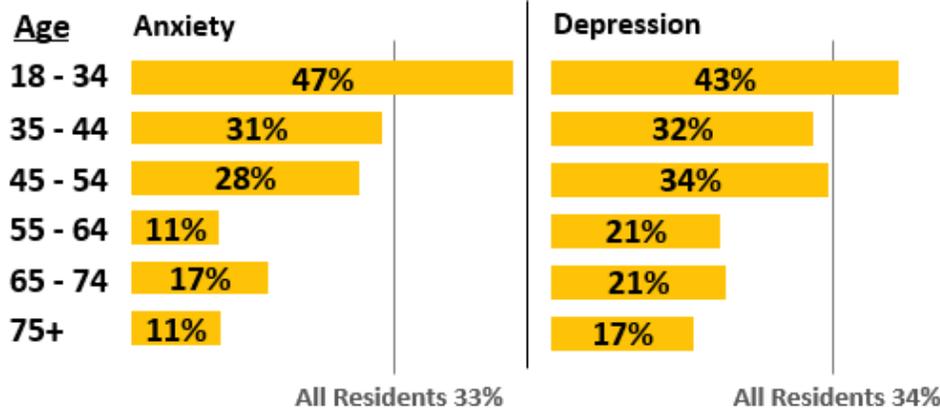
Residents of Blue Earth County were asked if they had been diagnosed with depression, anxiety, or any other mental health condition by a health professional. Rates of mental illness are summarized below.

In Blue Earth County, 44% of residents have received a mental health diagnosis.



Age and Mental Health

Anxiety and depression are most prevalent among residents ages 18-34.

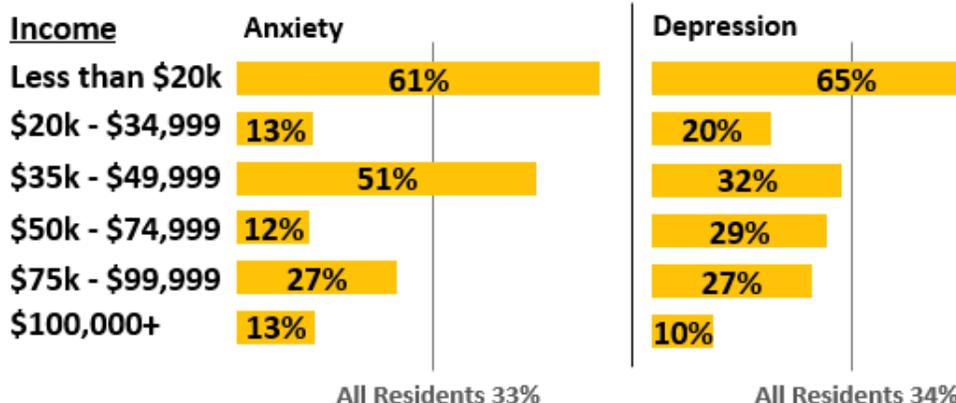


Almost 50% of residents aged 18-34 have received a diagnosis of anxiety.

Rates of anxiety and depression among residents aged 18-34 are twice as high as rates of depression and anxiety among residents aged 55 and older.

Income and Mental Health

Residents who earn less than \$20,000 a year have highest rates of mental health diagnoses.



Over half of all residents who earn less than \$20,000 a year have a mental health diagnosis.

Rates of mental health diagnoses generally decrease as income increases.

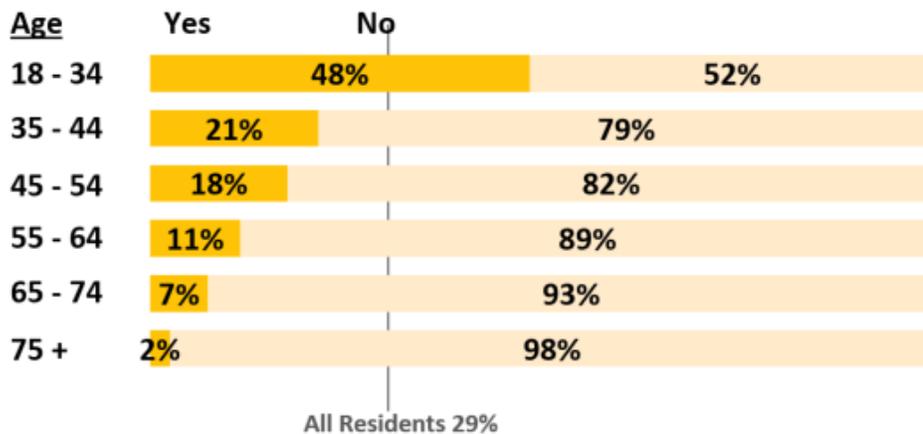
Mental Health Care Delay

Residents of Blue Earth County 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.

Year	Yes	No
2013	13%	87%
2016	29%	71%

Age and Mental Health Care Delay

In Blue Earth County, 29% of residents have delayed treatment for a mental health problem.

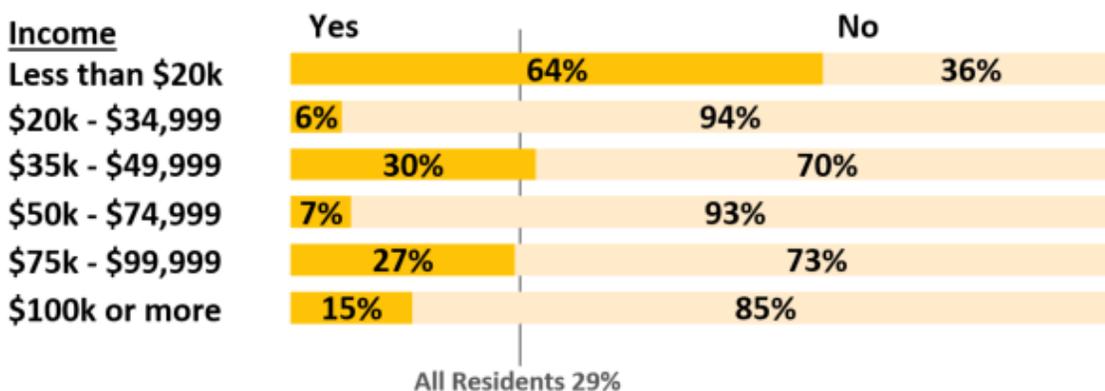


Nearly one in two younger residents (aged 18 – 34) have delayed treatment for a mental health problem.

Rates of delaying mental health treatment decrease as age increases.

Income and Mental Health Care Delay

Residents who earn less than \$20,000 a year have the highest rates of delaying mental health treatment.

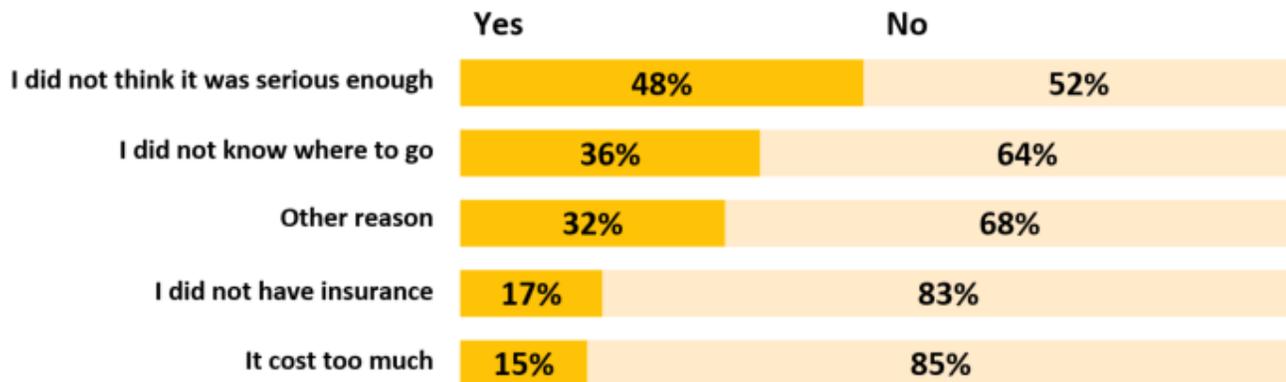


Nearly two-thirds of residents who earn less than \$20,000 a year have delayed treatment for a mental health problem.

Rates of delaying mental health treatment decrease as income increases.

Reason for Mental Health Care Delay

Blue Earth 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.



Age and Mental Health Care Delay Reasons

Condition	18-34	35-44	45-54	55-64	65-74	75+	Avg
I could not get an appointment	0%	0%	7%	14%	0%	0%	1%
I did not think it was serious enough	46%	50%	72%	25%	75%	67%	48%
I had transportation problems	1%	0%	7%	7%	0%	0%	2%
I was too nervous or afraid	6%	38%	14%	30%	42%	0%	12%
It cost too much	13%	56%	0%	7%	0%	0%	15%
I did not have insurance	22%	9%	0%	0%	0%	0%	17%
My insurance did not cover it	5%	32%	0%	14%	0%	0%	7%
I did not know where to go	45%	14%	0%	23%	0%	0%	36%
Other reason	58%	0%	10%	0%	10%	0%	32%

Income and Mental Health Care Delay Reasons

Condition	<\$20k	\$20k - \$34,999	\$35k - \$49,999	\$50k - \$74,999	\$75k - \$99,999	≥\$100k	Avg
I could not get an appointment	1%	0%	5%	0%	0%	0%	1%
I did not think it was serious enough	35%	52%	64%	14%	84%	69%	48%
I had transportation problems	3%	0%	0%	0%	0%	0%	2%
I was too nervous or afraid	3%	48%	29%	12%	23%	15%	12%
It cost too much	8%	30%	44%	0%	23%	15%	15%
I did not have insurance	28%	30%	0%	0%	0%	0%	17%
My insurance did not cover it	6%	0%	0%	12%	13%	15%	7%
I did not know where to go	58%	0%	10%	0%	10%	0%	36%
Other reason	33%	18%	55%	14%	0%	0%	32%

Suicidal Thoughts

Blue Earth County residents were asked if they had thought about committing suicide during the past year. Rates of suicidal thoughts are summarized below.

<u>Year</u>	Yes	No
2013	3%	97%
2016	3%	97%

Age and Suicidal Thoughts

In Blue Earth County, 3% of residents have experienced suicidal thoughts.

<u>Age</u>	Yes	No
18 - 34	2%	98%
35 - 44	5%	95%
45 - 54	4%	96%
55 - 64	2%	98%
65 - 74	0%	100%
75+	4%	96%

Residents aged 35 to 44 years old have the highest rates of suicidal thoughts, though their rates are only slightly higher than residents aged 45-54 and 75 years and older.

All Residents 3%

Income and Suicidal Thoughts

Suicidal thoughts are highest for residents who earn between \$75,000 and \$99,000 a year.

<u>Income</u>	Yes	No
Less than \$20k	4%	96%
\$20k - \$34,999	3%	97%
\$35k - \$49,999		100%
\$50k - \$74,999	1%	99%
\$75k - \$99,999	7%	93%
\$100k or more	0%	100%

Few residents who earned between \$35,000 and \$74,999 or over \$99,000 expressed having suicidal thoughts.

All Residents 3%

Health Care Delay

Blue Earth County Results from the 2016 Community Health Survey

Health Care Delay

Blue Earth 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.

Year	Yes	No
2013	26%	75%
2016	29%	71%

Age and Health Care Delay

In Blue Earth County, 29% of residents have delayed seeking health care.

Age	Yes	No
18 - 34	34%	66%
35 - 44	32%	68%
45 - 54	25%	75%
55 - 64	25%	75%
65 - 74	14%	86%
75+	17%	83%
All Residents 29%		

Over one third of residents under age 45 report that they have delayed seeking health care.

Rates of delaying care generally decrease as age increases.

Income and Health Care Delay

Residents who earn less than \$20,000 a year have the highest rates of delaying health care.

Income	Yes	No
Less than \$20k	37%	63%
\$20k - \$34,999	27%	73%
\$35k - \$49,999	32%	68%
\$50k - \$74,999	20%	80%
\$75k - \$99,999	24%	76%
\$100k or more	26%	74%
All Residents 29%		

Over one quarter of residents who earn more than \$35,000 a year have delayed getting health care.

Reason for Health Care Delay

Blue Earth 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	59%	41%
It costs too much	26%	74%
I did not have insurance	19%	81%
I could not get an appointment	16%	84%
My insurance did not cover it	8%	92%

Age and Health Care Delay Reasons

Reason	18-34	35-44	45-54	55-64	65-74	75+	Avg
I could not get an appointment	18%	19%	15%	3%	17%	33%	16%
I did not think it was serious enough	58%	69%	53%	62%	50%	57%	59%
I had transportation problems	2%	0%	5%	3%	4%	0%	2%
It cost too much	14%	53%	47%	41%	13%	0%	26%
I did not have insurance	28%	34%	0%	0%	0%	0%	19%
My insurance did not cover it	4%	25%	0%	19%	8%	0%	8%
Other reason	4%	0%	0%	12%	34%	5%	5%

Income and Health Care Delay Reasons

Income	<\$20k	\$20k - \$34,999	\$35k - \$49,999	\$50k - \$74,999	\$75k - \$99,999	≥\$100k	Avg
I could not get an appointment	17%	0%	4%	6%	24%	37%	16%
I did not think it was serious enough	52%	67%	70%	73%	60%	51%	59%
I had transportation problems	6%	1%	0%	0%	0%	0%	2%
It cost too much	19%	37%	26%	17%	20%	42%	26%
I did not have insurance	43%	22%	0%	0%	0%	11%	19%
My insurance did not cover it	2%	11%	18%	2%	4%	15%	8%
Other reason	0%	6%	3%	7%	3%	13%	5%