A grassroots community health and wellness movement led and funded by Crow Wing Energized.

Summary
Crow Wing County adults believe they are healthy but a majority have poor eating and exercise habits that contribute to existing health conditions.

Methodology
Crow Wing County was well represented:
- Survey instrument developed by Crow Wing Energized, Minnesota Department of Health, Essentia Health and Crow Wing County Community Health
- Mail survey: mailed to 4,000 Crow Wing County addresses
- 27.1% response rate
- Data statistically adjusted to represent the adult population of Crow Wing County

89% self report good to excellent health status.

Is Crow Wing County really that healthy?
The reality is a disconnection. The top health conditions reported by survey participants include:

- Overweight/Obesity: 66%
- High Blood Pressure: 38%
- High Cholesterol: 31%
- Mental Health Conditions: 28%
- Arthritis: 26%
- Diabetes: 14%

Crow Wing Energized increased its visibility from 4% to 24% of adults now familiar with Crow Wing Energized Initiatives.

Over 1 in 3 (37.8%) have high blood pressure.

Nearly 1 in 3 (30.8%) have high cholesterol.

Health Indicators

Summary results continued on next page.
Tobacco users report notably higher rates of obesity, depression, and anxiety.

More than 1 in 4 (28.2%) adults in Crow Wing County are impacted by mental illness. Depression and anxiety are more common than diabetes.

2 out of 3 adults (65.7%) are not eating 5 or more fruits and vegetables a day.
- There has been no change since the 2014 survey results.

2 out of 3 adults (64.1%) are not meeting the recommended moderate or vigorous physical activity recommendations.
- Lack of time and motivation were the main barriers.
  - Moderate exercise: light sweating & small increase in breathing or heart rate.
  - Vigorous exercise: heavy sweating & large increase in breathing or heart rate.

Nearly 1 in 4 (23.3%) use tobacco.
- Since 2014, tobacco use has increased from 17.6% to 23.3%.
- Less than half of cigarette smokers are trying to quit – 1/3 fewer than in 2014.
- Tobacco users report notably higher rates of obesity, depression, and anxiety.

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- Lack of time and motivation were the main barriers.
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Got Plans?

25% of all adults in Crow Wing County have an advanced care directive.
- 50% of our 75 and older adults have plans.
- 60% of the plans are given to the healthcare provider.

Health Disparities

44% of smokers have a household income of less than $20,000.

17% of adults have worried about food running out in the past 12 months.
- This is an improvement over 2014 when 30% felt that concern.

Health Concerns

Our lack of physical activity and healthy eating choices shows as we age.

51% of Crow Wing County adults age 45 and over have high blood pressure.

42% of Crow Wing County adults age 45 and over have high cholesterol.