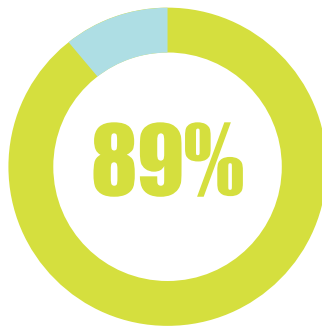


Summary

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



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%

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

IMPROVED

Awareness



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

Health Indicators



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

Nearly 1 in 3 (30.8%) have high cholesterol

A grassroots community health and wellness movement led and funded by

Summary results continued on next page



Healthy Eating



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

Physical Activity



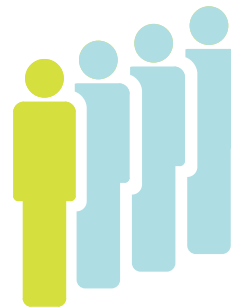
2 out of 3 adults (64.1%) are not meeting the recommended moderate or vigorous physical activity recommendations

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

GETTING WORSE

Tobacco Use



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

NEW

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

IMPROVED

Mental Health



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

NEW

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