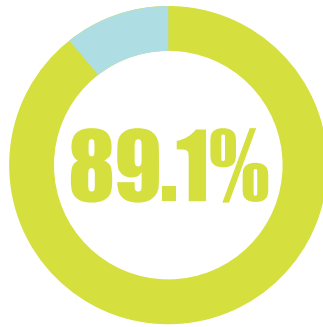


Crow Wing County was well represented

- Survey instrument developed by Crow Wing Energized coordinator and Minnesota Department of Health consultant with assistance from Essentia Health and Crow Wing County Community Health staff
- Mail survey: survey packets mailed to 2,400 Crow Wing County addresses
- 764 adults completed surveys received; 32% response rate
- Data statistically adjusted to accurately represent the adult population of Crow Wing County



89.1% self report good to excellent health status

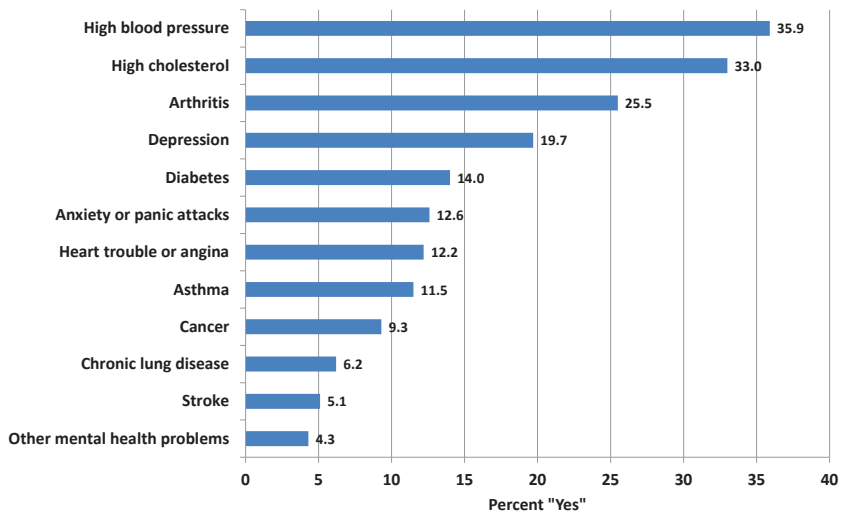
Is Crow Wing County *really* that healthy?...

The reality is a disconnection...The top health conditions reported by survey participants include:

Overweight/Obesity	65%
High Blood Pressure	36%
High Cholesterol	33%
Arthritis	26%
Mental Health Conditions	25%



Have you *ever* been told by a health professional that you had any of the following health conditions?



A grassroots community health and wellness movement led and funded by

Summary results continued on next page



Crow Wing *energized*

Crow Wing County Health Survey
summary results continued –



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

Moderate DEFINED: "Moderate activities cause only light sweating and a small increase in breathing or heart rate."

Vigorous DEFINED: "Vigorous activities cause heavy sweating and a large increase in breathing and heart rate."



2 out of 3 adults are not eating 5 or more fruits and vegetables a day

- More than half (58.2%) of adults who currently smoke only eat 0-2 total fruits and vegetables
- 2 out of 3 adults who are not meeting the recommended daily allowance of fruit and vegetables are overweight or obese

Summary

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

Health disparity

is prevalent in dental care and food access



Nearly 1 in 3 (28%) adults delayed or did not get needed dental care in the past 2 years

Of those who delayed or did not get needed dental care in the past year 74.9% responded that it cost too much and 39.8% responded that they do not have dental insurance

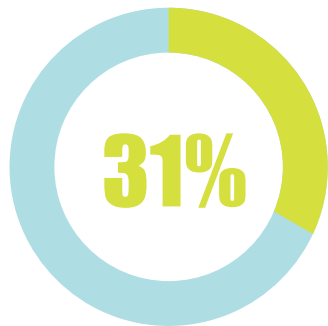


1 out of 3 adults in our County have worried about food running out during the past 12 months



Mental health conditions

such as depression or anxiety are impacting 1 out of 4 adults in our County



Binge drinking takes place by 31% of the adults in our County

(binge drinking DEFINED: 4+ drinks for women or 5+ drinks for men on one occasion)



Nearly 1 out of 5 (18%) adults in Crow Wing County use tobacco

(70.8% of current cigarette smokers stopped smoking for 1 or more days in the past 12 months because they were trying to quit)