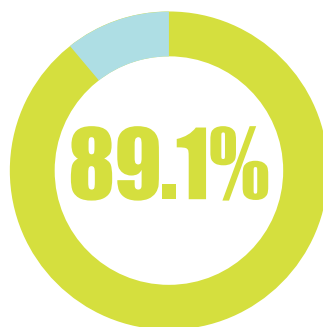


**Crow Wing County was well represented**

- 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

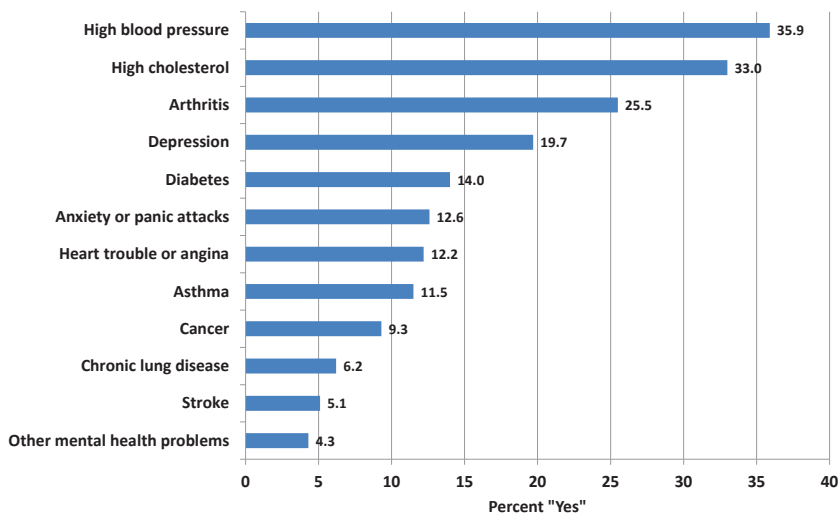
### Is Crow Wing County really that healthy?

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

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



### 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***



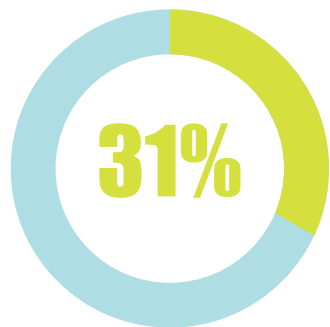
**Nearly 1 in 3 (28%) adults delayed or did not get needed dental care in the past 2 years**

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



## 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)



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