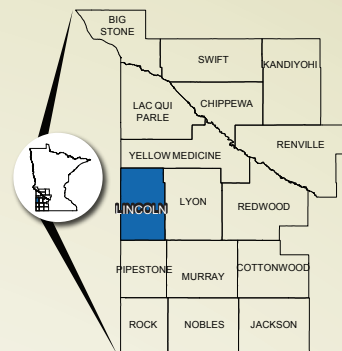


Adult Health in Lincoln County

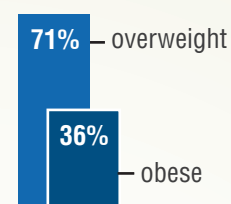
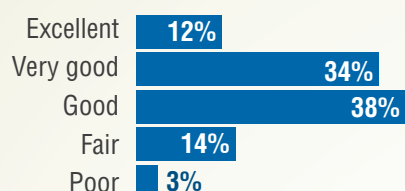
2015 Southwest Minnesota Healthy Communities Survey

The 2015 Southwest Minnesota Healthy Communities Survey was conducted to learn about the health and health habits of residents living in 16 counties in southwest Minnesota. This fact sheet shows the key findings from Lincoln County.



NUTRITION AND EXERCISE

Lincoln County adult residents' ratings of their overall health:



71% of adults in Lincoln County **ARE OVERWEIGHT**
Based on self-reported height and weight, including **36% WHO ARE OBESE**



Lincoln County adult residents are less likely to say their health is "excellent" compared with the state as a whole

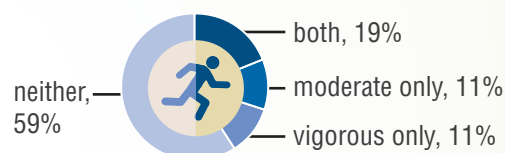


54% consider themselves to be **about the right weight**

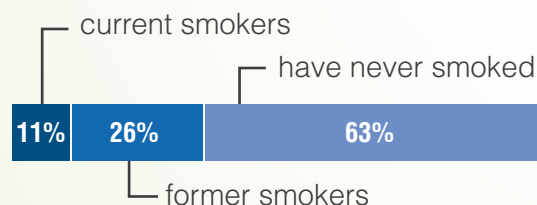


30% ate **five or more servings of fruits and vegetables** on the day prior to taking the survey

Did residents meet moderate and/or vigorous exercise recommendations?



TOBACCO USE



OTHER



17% have been told by a doctor that **they had depression**

10% delayed or did not get mental health care when they felt they needed it in the past year

Supported by the Statewide Health Improvement Program, Minnesota Department of Health

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