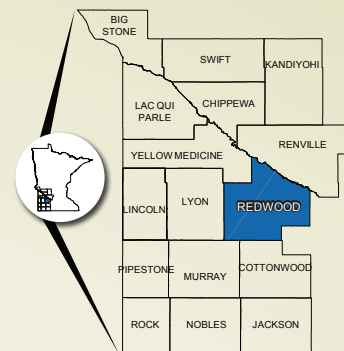


Adult Health in Redwood County

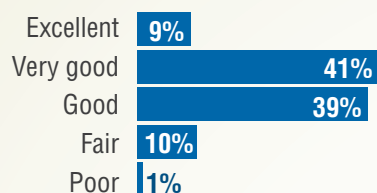
2015 Southwest Minnesota Healthy Communities Survey

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 Redwood County.



NUTRITION AND EXERCISE

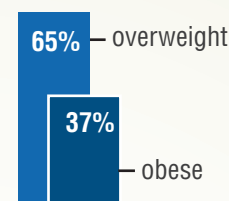
Redwood County adult residents' ratings of their overall health



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



38% ate **five or more servings of fruits and vegetables** on the day prior to taking the survey

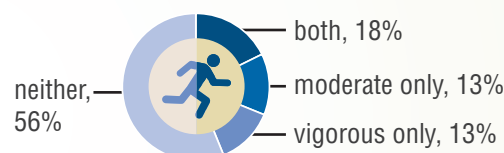


65% of adults in Redwood County **ARE OVERWEIGHT**
Based on self-reported height and weight, including **37% WHO ARE OBESE**

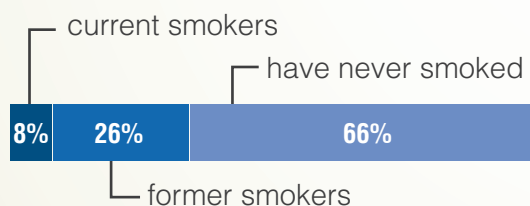


55% consider themselves to be **about the right weight**

Did residents meet moderate and/or vigorous exercise recommendations?



TOBACCO USE



OTHER



13% have been told by a doctor that **they had depression**

8% delayed or did not get mental health care when they felt they needed it in the past year

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