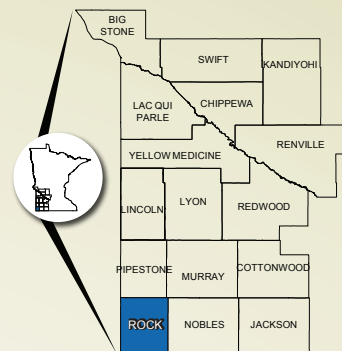


Adult Health in Rock County

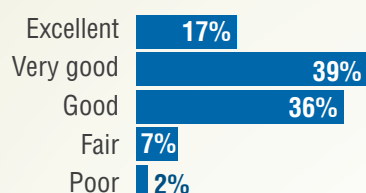
2015 Southwest Minnesota Healthy Communities Survey

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 Rock County.



NUTRITION AND EXERCISE

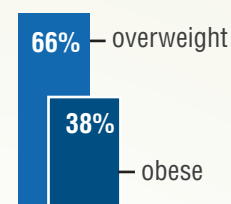
Rock County adult residents' ratings of their overall health



Rock County overall health ratings are comparable to the region and the state as a whole



35% ate **five or more servings of fruits and vegetables** on the day prior to taking the survey

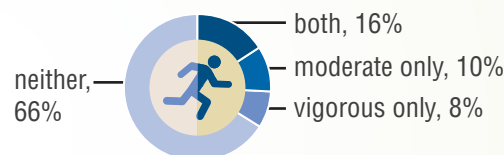


66% of adults in Rock County **ARE OVERWEIGHT**
Based on self-reported height and weight, including **38% WHO ARE OBESE**

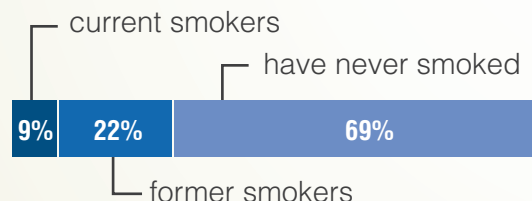


57% consider themselves to be **about the right weight**

Did residents meet moderate and/or vigorous exercise recommendations?



TOBACCO USE



OTHER



19% have been told by a doctor that **they had depression**

11% **delayed or did not get mental health care** when they felt they needed it in the past year

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