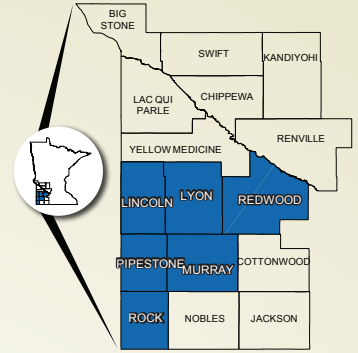


Adult Health in the SWHHS 6-county service area

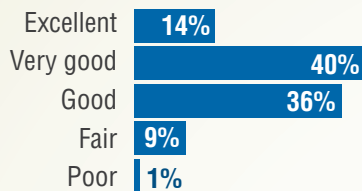
2015 Southwest Minnesota Healthy Communities Survey

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 the SWHHS 6-county service area.



NUTRITION AND EXERCISE

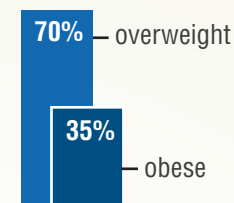
Respondents from the SWHHS 6-county service area ratings of their overall health:



SWHHS 6-county region overall health ratings are comparable to the larger 16-county region and the state as a whole



36% ate **five or more servings of fruits and vegetables** on the day prior to taking the survey

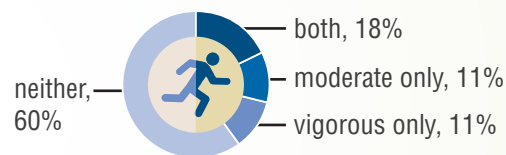


70% of respondents in SWHHS 6-county service area **ARE OVERWEIGHT** Based on self-reported height and weight, including **35% WHO ARE OBESE**

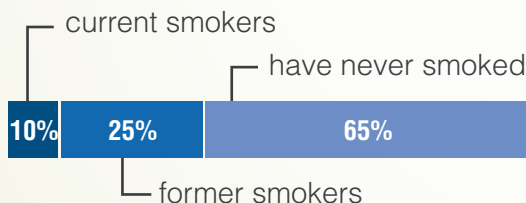


56% consider themselves to be **about the right weight**

Did residents meet moderate and/or vigorous exercise recommendations?



TOBACCO USE



OTHER



16% have been told by a doctor that **they had depression**

9% 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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