



# 2015 Wright County Community Health Survey

*Acknowledgement: Allina Health - Buffalo Hospital, CentraCare Health – Monticello and Ann Kinney at the Minnesota Department of Health*

**Public Health**  
Prevent. Promote. Protect.

## Top 5 Health Issues Facing Wright County

2015	Moderate/Serious Problem
1. Distracted Driving	<b>78.4%</b>
2. Obesity	<b>68.2%</b>
3. Lack of Physical Activity	<b>62.6%</b>
4. Illegal drug use among teens	<b>60.3%</b>
5. Illegal drug use among adults	<b>56.6%</b>

**2012 Top 5: Obesity (72.2%), Lack of Physical Activity (63.5%), Smoking/Tobacco use (61.8%), Alcohol use among those under 21 (58.6%), Illegal drug use among teens (58.2%)**

According to height and weight status that respondents provided us in their survey, it shows that **28.6%** are considered obese. When you combine those who are overweight, with obese – that represents 2 in 3 adults, here in Wright County.

### Why is that?

- **35.7%** of people reported consuming at least 5 servings of fruit and vegetables, meaning nearly 2/3 thirds of our adult residents are not meeting the recommendation.
- **25%** of adults report meeting the federal guideline of moderate physical activity (30 days minutes, 5 days a week, activity that results in sweating) on a weekly basis. Nearly 1 in 10 (**9.4%**) reported no moderate physical activity in the past week.

### There is always more to the story...

- **17%** worry about running out of food (sometimes, often). Food insecurity and obesity are directly linked.
- **17.1%** report no physical activity or exercise in the past month. Yet, the majority, **80.8%** of people feel there are adequate programs, leaders and facilities in place for exercising.

*\*\*\* Wright County Public Health is a recipient of a Statewide Health Improvement Program (SHIP) grant and has been working with community partners to implement evidence based strategies to create healthier communities.\*\*\**

### What else is the survey telling us?

1. People feel that distracted driving is a problem/an issue in their community, yet many continue to acknowledge they engage in distracting activities while driving.
  - **43.2%** report reading or send texts (often and sometimes)
  - **83.9%** report making or answering a phone call (often and sometimes)
  - **45.3%** report eat, shave or put on make-up, other activities (often and sometimes)
2. More than 1 in 4 adults (**26.4%**) of adults report ever being told by a doctor that they have a mental illness.
3. Fewer people are smoking, while the overall percent of people using tobacco isn't. **11.5%** of adults report being smokers, **25%** report any tobacco use.
4. **76.3%** of adults report drinking any alcohol in the past month. **33.2%** report any binge drinking in the past month (4 or more drinks on an occasion for females, 5 or more drinks on an occasion for males.)
5. **59.4%** prefer newspaper as their preferred way to hear about health and wellness (**37.7%** Doctor, **37%** Website, **33%** e-mail...)