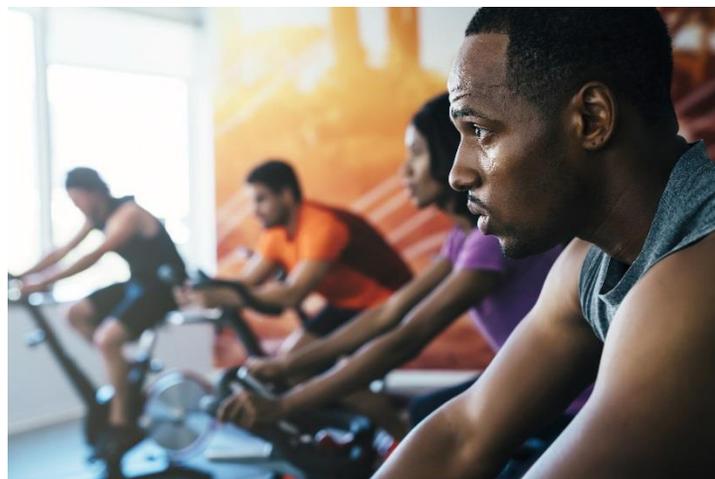


# Adult Health Habits in Anoka County



In 2018, Anoka County Public Health and Environmental Services contracted with Wilder Research to administer a survey to learn more about the overall health of Anoka County residents. This survey is conducted every five years and informs public health programs and services provided by the County. This year, the County partnered with Allina Health – Mercy Hospital and, together, they will use the survey findings to help improve the health of Anoka County residents. This fact sheet summarizes survey results related to health habits. For more detail, visit Community Health Reports on [Anoka County's webpage](#) for a data book that includes all the survey questions and responses.

*The survey was conducted in September-October 2018 and was funded by the Minnesota Department of Health's Statewide Health Improvement Partnership (SHIP). The survey was conducted by mail with a web option. A total of 4,000 people were invited to participate and 857 completed the survey for a response rate of 22 percent. Survey data were adjusted using statistical weighting procedures to ensure that the data are representative of all residents in Anoka County. In this report, Ns are unweighted and percentages are weighted.*

*In the following report, when a difference in responses across demographic subgroups is described, it is because there is a difference of 10 percentage points or more. These differences have not been tested for statistical significance, but may have practical significance for informing public health efforts.*

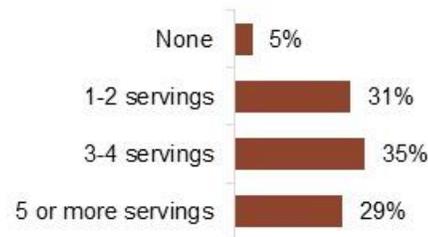
*It is important to be aware of the limitations of the data. When looking at differences between white respondents and respondents of color, keep in mind that survey respondents of color were younger, on average. The same is true for respondents living in households with children compared with households without children. Differences between these demographic groups could be attributed to differences in the age of respondents and the health issues associated with aging, rather than being attributed to differences caused by race or household type. We acknowledge that systematic racism and structural factors contribute to the differences we observe across demographic subgroups throughout this report.*

## Eating habits

### Fruits and vegetables

The CDC recommends that adults eat five or more servings of fruits and vegetables every day. *On the day prior to taking the survey, 29 percent of Anoka County residents ate five or more servings of fruits and vegetables.* Since 2013, there has been no notable change in fruit and vegetable consumption.

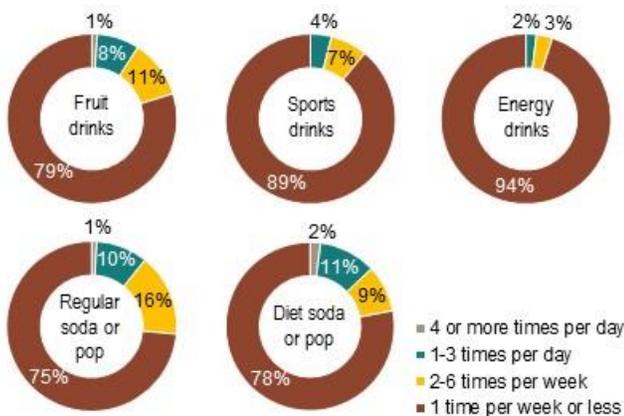
#### TOTAL SERVINGS OF FRUITS AND VEGETABLES YESTERDAY (N=829)



### Sugar-sweetened beverages

Anoka County residents were asked how often they drink sugar-sweetened beverages. The largest proportion of survey respondents reported that they consume these types of beverages once a week or less often. Respondents were more likely to report consuming regular and diet soda than other types of sugar-sweetened beverages.

#### FREQUENCY OF SUGAR-SWEETENED BEVERAGE INTAKE (N=841-849)

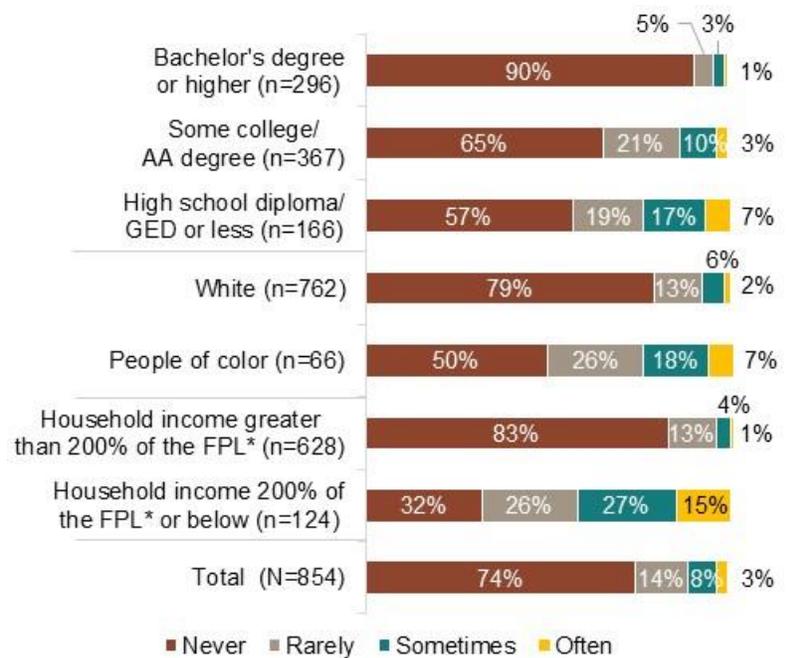


Note. Totals may not equal 100% due to rounding.

## Food insecurity

Survey respondents were asked how often in the past 12 months they worried they would run out of food before they had money to buy more. *Three-fourths of respondents never worried about running out of food in the past 12 months.* Low-income respondents (200% of the federal poverty level or below), people of color, and those with a high school diploma/GED or did not complete high school worried about running out of food more often compared to white, higher income, and respondents with more education.

#### FREQUENCY OF WORRY ABOUT RUNNING OUT OF FOOD IN THE PAST 12 MONTHS



Note. Totals may not equal 100% due to rounding.

\* FPL=federal poverty level

*Nine percent of Anoka County residents reported using a community food shelf program or a supplemental food program like SNAP or WIC in the past 12 months.* People of color (30%) and those who are low-income (47%) were more likely to indicate that they used these types of services compared with white (5%) and higher income (2%) respondents.

## Physical activity

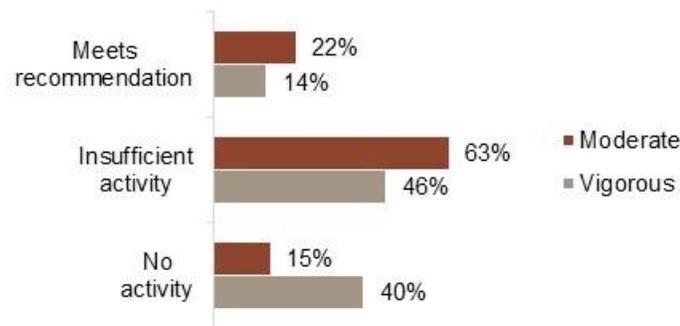
Three-quarters of Anoka County residents (78%) reported they participated in physical activity or exercise in the past 30 days.

### ANY PARTICIPATION IN PHYSICAL ACTIVITY OR EXERCISE IN THE PAST 30 DAYS



The CDC recommends 30 or more minutes of moderate activity per day five or more days per week and 20 or more minutes of vigorous activity per day four or more days per week. One-quarter of respondents met the CDC recommendation for moderate physical activity while 14 percent of respondents met the recommendation for vigorous physical activity. Forty percent of respondents reported no vigorous physical activity.

### PERCENTAGE OF RESPONDENTS MEETING RECOMMENDED MODERATE OR VIGOROUS PHYSICAL ACTIVITY RECOMMENDATIONS (N=834-837)



Moderate/high-income respondents were more likely than low-income respondents to meet the CDC recommendations for moderate (23% versus 16%, respectively) or vigorous (17% versus 5%, respectively) physical activity.

## Weight status

More than one-third of Anoka County residents are obese and one-third are overweight. The proportion of obese and overweight did not change notably from 2013 and is comparable to Minnesotans overall.

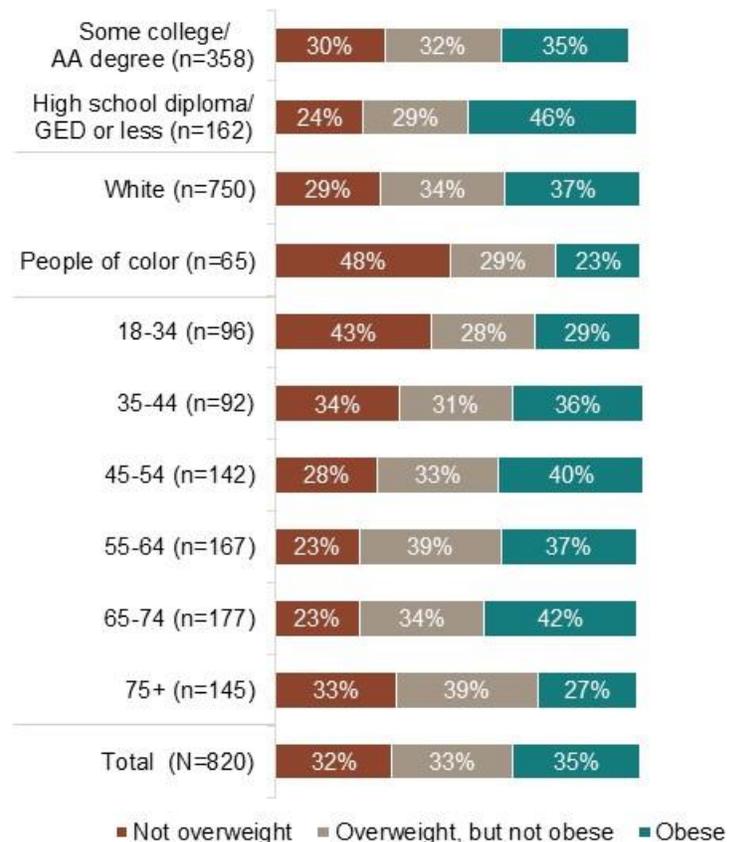
### BODY MASS INDEX (BMI)

	Anoka County 2013 (N=543)	Anoka County 2018 (N=820)	Minnesota overall 2017 (N=15,445) <sup>a</sup>
Not overweight	34%	32%	35%
Overweight, but not obese	37%	33%	37%
Obese	29%	35%	28%

<sup>a</sup> Behavioral Risk Factor Surveillance System (BRFSS) 2017

Respondents who are white, older, and have a lower level of education are more likely to be overweight or obese compared to respondents of color, younger respondents, and those with a higher level of education.

### BODY MASS INDEX (BMI) BY DEMOGRAPHIC SUBGROUP



Note. Totals may not equal 100% due to rounding.

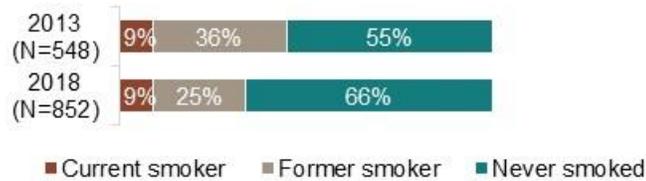
## Tobacco use

### Current tobacco use

To determine the smoking status of Anoka County residents, a variable was calculated based on respondents' answers to whether they had smoked at least 100 cigarettes in their lifetime and whether or not they currently smoke.

*Two-thirds of Anoka County residents reported that they have never smoked cigarettes, which is an increase from 2013.* Nine percent of Anoka County residents are current smokers, which is the same as 2013.

### CURRENT SMOKING STATUS

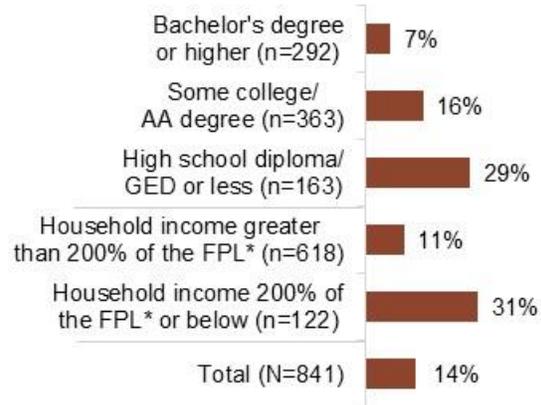


Low-income respondents (18%) are more likely than moderate/high income respondents (8%) to be a current smoker. Residents with lower education levels (a high school diploma/GED or less) (17%) are more likely to be current smokers than respondents with some college or associate degree (10%) or a bachelor's degree or higher (4%).

Respondents who had smoked 100 cigarettes in their lifetime were asked if they had stopped smoking for one day or longer during the past 12 months because they were trying to quit. *Nearly two-thirds of respondents attempted to quit smoking in the past 12 months.*

Additionally, higher proportions of lower-income respondents and those with lower educational attainment live with someone who smokes.

### RESPONDENTS WHO LIVE WITH SOMEONE WHO SMOKES



\* FPL=federal poverty level

### Other tobacco products

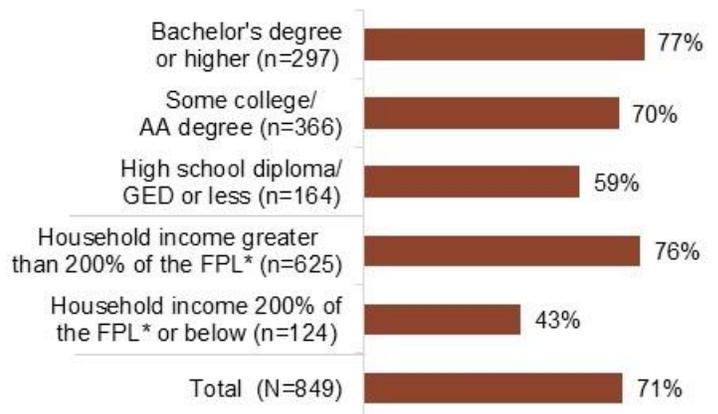
*A very small proportion of adults in Anoka County reported using snuff, snus, or chewing tobacco (2%), e-cigarettes (3%), and cigars or cigarillos (4%).*

## Alcohol use

### Alcohol consumption

*Seventy-one percent of adults in Anoka County reported having at least one alcoholic drink in the past 30 days.* Respondents who have lower incomes and less education were less likely to report drinking in the past 30 days compared with those who had higher incomes and education levels.

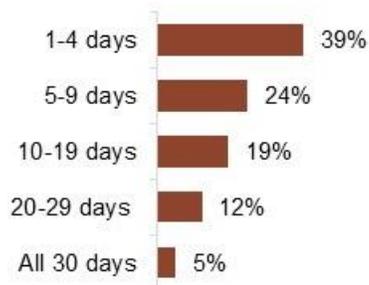
### PERCENTAGE OF RESPONDENTS THAT HAD AT LEAST ONE ALCOHOLIC BEVERAGE IN THE PAST 30 DAYS



\* FPL=federal poverty level

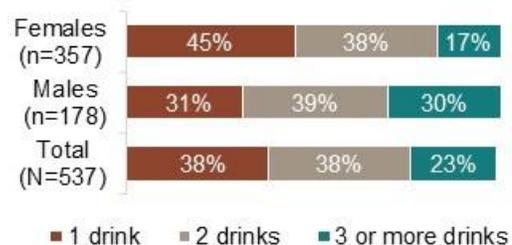
Over one-third (36%) of Anoka County residents reported drinking alcoholic beverages on at least 10 out of the past 30 days.

#### NUMBER OF DAYS CONSUMING AT LEAST ONE ALCOHOLIC BEVERAGE IN THE PAST 30 DAYS (N=564)



Respondents who reported drinking alcoholic beverages in the past 30 days were asked how many drinks they consumed on average. Of respondents who reported drinking, 38 percent reported having one drink. Nearly one-quarter of respondents (23%) reported having three or more drinks. Men were almost twice as likely as women to report consuming three or more drinks on days they drink.

#### (OF RESPONDENTS WHO DRANK IN PAST 30 DAYS) AVERAGE NUMBER OF DRINKS PER DAY ON DAYS WHEN DRINKING



Note. Totals may not equal 100% due to rounding.

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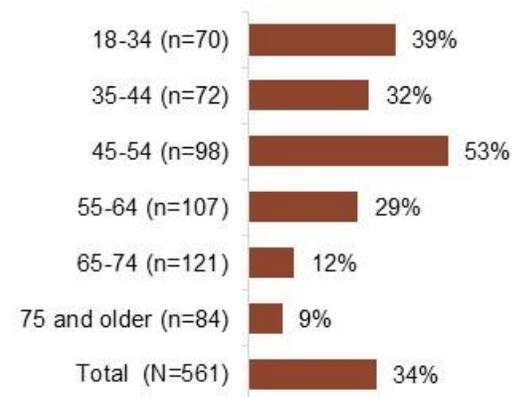
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## Binge drinking and driving under the influence

Binge drinking is defined as consuming five or more alcoholic drinks on one occasion for men and four or more alcoholic drinks on one occasion for women. *One-third (34%) of Anoka County residents reported binge drinking in the past 30 days.* Respondents age 45-54 were more likely than respondents in any other age group to report binge drinking.

#### BINGE DRINKING IN THE PAST 30 DAYS BY AGE



Very few respondents (5%) reported that they had driven after they thought they had too much to drink in the past 30 days. Respondents with some college or an associate degree (10%), respondents of color (16%), and respondents with low household incomes (23%) were more likely to report that they had driven after drinking too much.



**Anoka County**  
 HUMAN SERVICES DIVISION  
 Public Health & Environmental Services

#### For more information

This fact sheet presents findings related to health habits from the 2018 Anoka County Adult Health Survey. For more information about this report, contact Anna Granas at Wilder Research, 651-280-2701.

For access to other reports, visit <https://www.anokacounty.us/522/Public-Health-and-Environmental-Services>

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JANUARY 2019