

# Overall Adult Health 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 overall health. 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 of 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.*

## Overall health

The majority of Anoka County residents (60%) reported their health as “excellent” or “very good.” Less than 10 percent reported their health as “fair” or “poor.” This did not change notably from 2013 and is comparable to Minnesotans overall.

### SELF-REPORTED OVERALL HEALTH

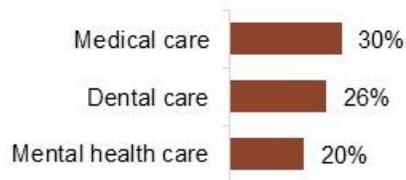
	Anoka County 2013 (N=543)	Anoka County 2018 (N=829)	Minnesota overall 2017 (N=17,060) <sup>a</sup>
Excellent	16%	13%	19%
Very good	45%	47%	36%
Good	30%	31%	32%
Fair	7%	8%	10%
Poor	2%	1%	3%

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

## Reasons for not receiving or delaying needed care

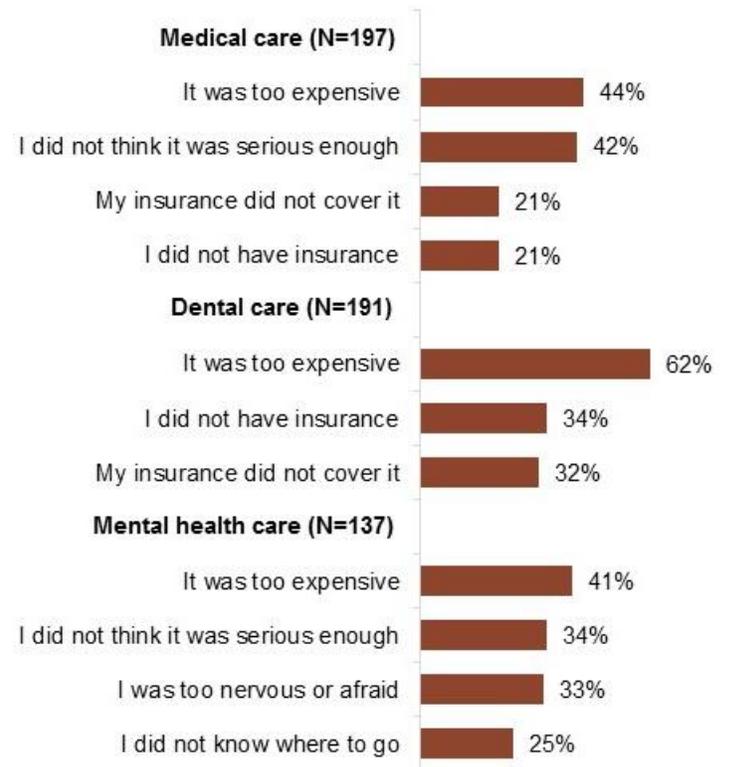
During the past year, 30 percent of respondents did not get or delayed getting medical care they thought they needed. About one-quarter of respondents did not get or delayed dental care, and one-fifth of respondents did not get or delayed getting mental health care they thought they needed.

### PERCENTAGE OF RESPONDENTS WHO DID NOT RECEIVE OR DELAYED HEALTH CARE THEY NEEDED DURING THE PAST 12 MONTHS (N=824-829)



From a list of possible reasons, respondents were asked to indicate the reasons why they did not get or delayed medical, dental, and mental health care. Respondents had the option to choose more than one reason. The most common reasons why respondents did not get or delayed health care were related to cost and health insurance: it was too expensive, they did not have insurance, or their insurance did not cover it. Additionally, the greatest proportion of respondents delayed or did not get medical or mental health care because they did not think it was serious enough. One-quarter did not receive or delayed mental health care because they did not know where to go.

### RESPONDENTS' TOP REASONS FOR NOT RECEIVING OR DELAYING NEEDED CARE



Note. This chart includes reasons reported by more than 20 percent of respondents.

## Depression or sadness

*During the past 30 days, Anoka County residents said they felt sad or depressed an average of four days. Fifteen percent reported that they have felt sad or depressed for 10 or more days in the past month.*

One-quarter (24%) of low-income respondents (with household incomes at 200% of the federal poverty level or below) reported being sad or depressed for 10 or more days during the past 30 days, compared with 10 percent of higher income respondents (with household incomes greater than 200% of the federal poverty level). Similarly, 27 percent of respondents with a high school diploma/GED or less reported feeling sad or depressed for at least 10 of the past 30 days, compared with 12 percent of respondents who had some college or an associate degree or higher.

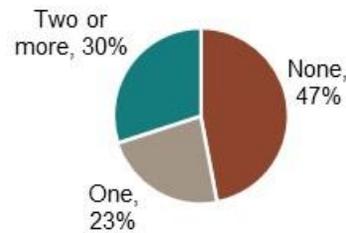
## Exposure to adverse childhood experiences (ACEs)

An adverse childhood experience (ACE) is a traumatic experience in a person's life occurring before the age of 18. Exposure to ACEs can cause toxic stress, which can have an effect on the developing brain. ACEs are associated with a wide range of health and social problems throughout a person's lifespan.<sup>1</sup>

In 2011, 55 percent of Minnesotans reported having experienced at least one ACE. The most common ACEs were emotional abuse, living with a problem drinker, separation or divorce of a parent, mental illness in the household, and physical abuse.<sup>2</sup>

Anoka County survey respondents were asked about seven different ACEs and whether they had experienced them as a child. *Over half of respondents (53%) had experienced at least one ACE. Nearly one-third (30%) had experienced two or more ACEs.*

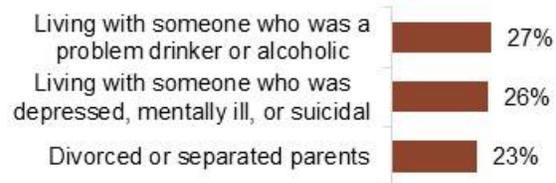
## NUMBER OF ADVERSE CHILDHOOD EXPERIENCES (ACEs) ANOKA COUNTY RESIDENTS WERE EXPOSED TO AS A CHILD (N=851)



Female respondents were more likely to have experienced two or more ACEs (35% versus 25% of male respondents).

The most common ACEs respondents experienced as children were living with someone who is a problem drinker or alcoholic; living with someone who is depressed, mentally ill, or suicidal; and having divorced or separated parents.

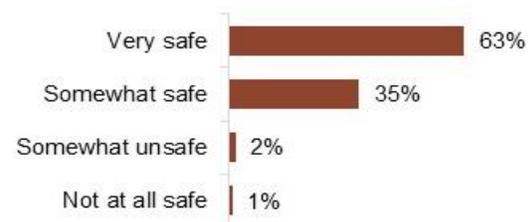
## MOST COMMON ACEs (N=854-855)



## Safety

*The vast majority of Anoka County residents (97%) reported that, in general, they feel "very safe" or "somewhat safe" from crime in their neighborhood.* There were no notable differences in perceptions of safety across demographic subgroups.

## RESPONDENTS' PERCEPTIONS OF SAFETY FROM CRIME IN THEIR NEIGHBORHOOD (N=836)

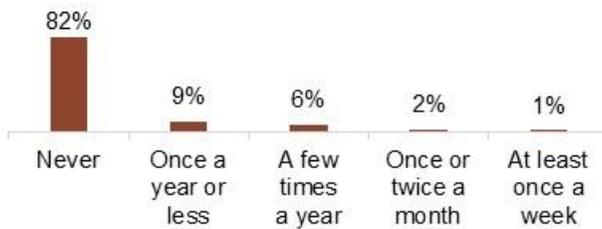


<sup>1</sup> Minnesota Department of Health. (2011). *Adverse Childhood Experiences in Minnesota*. Retrieved from <http://www.health.state.mn.us/divs/cfh/program/ace/content/document/pdf/acereport.pdf>

<sup>2</sup> Minnesota Department of Health. (2011). *Adverse Childhood Experiences in Minnesota*. Retrieved from <http://www.health.state.mn.us/divs/cfh/program/ace/content/document/pdf/acereport.pdf>

Respondents were asked how often they are in situations in Anoka County where they feel unaccepted because of their race, ethnicity, or culture. The majority of respondents (82%) answered “never.” *People of color (59%) were far more likely than white respondents (10%) to have felt unaccepted in Anoka County.*

#### FREQUENCY OF FEELING UNACCEPTED DUE TO RACE, ETHNICITY, OR CULTURE (N=832)

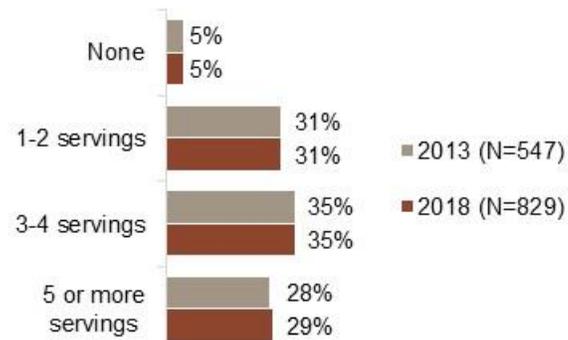


Most respondents (94%) reported they had never been in a relationship where they had been physically hurt, verbally abused, or made to feel afraid. There were no notable differences across demographic groups in response to this survey question.

## Fruit and vegetable consumption

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



## Physical activity

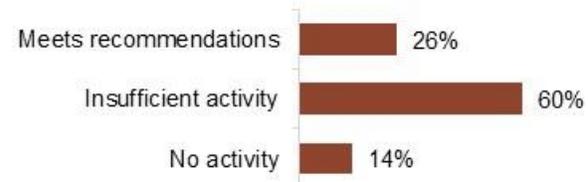
*More than three-quarters of respondents (78%) reported they had participated in any physical activity or exercise in the past 30 days.* This is a slight decrease from 2013 (85%).

#### 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 either vigorous or moderate physical activity. However, three-quarters of respondents got insufficient or no physical activity.* Since 2013, there has been no notable change in participation in physical activity.

#### PERCENTAGE OF RESPONDENTS MEETING MODERATE OR VIGOROUS PHYSICAL ACTIVITY RECOMMENDATIONS (N=830)



Moderate/high-income respondents (28%) were more likely than low-income respondents (18%) to meet the CDC recommendations for moderate or vigorous 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%

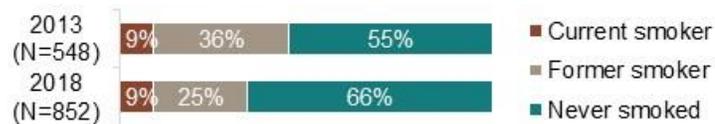
<sup>a</sup> Behavioral Risk Factor Surveillance System (BRFSS) 2017

## 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 (66%) 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

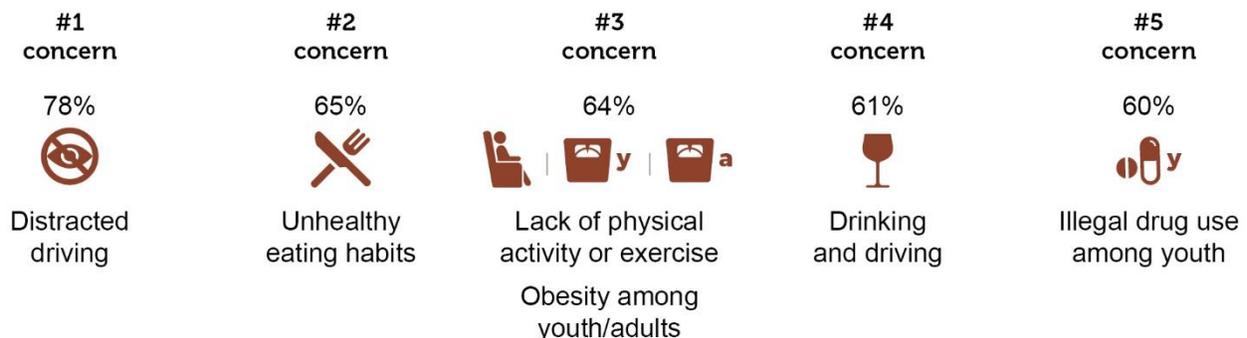


*Low-income respondents (18%) are more likely to be current smokers than respondents with moderate/high incomes (8%).*

## Top community concerns

*Respondents were given a list of potential community issues. The following issues were most often considered a community concern: distracted driving, unhealthy eating habits, lack of physical activity or exercise, obesity among youth, obesity among adults, drinking and driving, and illegal drug use among youth.* For more detail about differences in community concern perceptions by demographic groups, see the Community Concerns infographic.

### TOP 5 COMMUNITY CONCERNS (N=837)



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

### For more information

This fact sheet presents findings related to overall health 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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