



RICE COUNTY

CHRONIC DISEASE RISK FACTORS AND OUTCOMES



Healthy Lifestyle



9th Grade: Physical Activity

2016

51.0%

Improved

2013: **45.5%**

Exercise 60 minutes on 5 or more days

Recommended: 60 min. daily

9th Grade: Amount of Sleep

2016

43.7%

Improved

2013: **39.9%**

Sleep 8 or more hours on a typical night

9th Grade: Fruit and Vegetable Consumption

2016

18.8%

Improved

2013: **16.1%**

5+ vegetable/fruit servings daily

HM 2020 Goal: 30%

9th Grade: Water Consumption

2016

22.1%

Worsened

2013: **26.4%**

Drank 7 or more glasses, cans, or bottles of water yesterday

9th Grade: Sugar Sweetened Drink Consumption

2016

67.7%

No previous data

Drank 1 or more glasses, cans, or bottles of sugar sweetened beverages yesterday

Adult: Physical Activity

2016

27.9%

Worsened

2013: **32.7%**

Exercise 30 minutes 5+ days a week

Recommended: 150 min. per week

Adult: Feeling Well Rested

2016

33%

No previous data

Woke up feeling well rested all or most of the time

Adult: Fruit and Vegetable Consumption

2016

38.0%

Improved

2013: **27.9%**

5+ vegetable/fruit servings daily

Recommended: half plate fruits and vegetables



Weight Status and Anemia



WIC 0-5 year old: Anemia

2017

18.4%

Worsened

2012: **10.6%**

Low Hemoglobin: <11.1

Pregnancy: Anemia

2017

17.2%

Worsened

2012: **8.4%**

Low Hemoglobin: <11.0

HP 2020 Goal: 14.5%

WIC 2-5 year old: Obese/Very Obese

2017

13.1%

Improved

2012: **13.6%**

Obese: >95th Percentile

HP 2020 Goal: 9.4%

9th Grade Weight: Obese

2016

10.2%

Worsened

2013: **9.0%**

BMI-for-age: ≥95th percentile

HP 2020 Goal: ≤16.1%

Adult Weight: Obese

2016

28.1%

Worsened

2013: **27.2%**

BMI ≥30

HP 2020 Goal: ≤30.5%

Substance Use



9th Grade: Any Tobacco Use

2016

6.3%

No Previous Data

Any tobacco use in prior 30 days. Includes conventional tobacco, e-cigs and hookah.

HP 2020 Goal: 21% among youth in grade 9-12

Adult: Cigarette Smoking

2016

13.3%

Worsened

2013: **11.3%**

Conventional cigarette smoking status.

HM 2020 Goal: 12%

Adult: Binge Drinking

2016

34.7%

Worsened

2013: **32.8%**

4-5+ drinks/occasion in prior 30 days

HM 2020 Goal: 15.5%

Lung Disease



COPD Hospitalization Rate

2013-2015

19.8

Worsened

2012-14: **19.3**

Age adjusted rate per 10,000 people 25+ years old

Asthma Hospitalization Rate

2013-2015

5.5

Improved

2011-13: **6.9**

Age adjusted rate per 10,000, includes all age groups

Diabetes



Told by Health Care Provider: Diabetic

2016

7.9%

Worsened

2013: **7.7%**

Percent of adults who self reported a health care professional told them they have diabetes.

Heart Disease



Death Rate of Coronary Heart Disease

2014-2016

105.4

Improved

2012-14: **122.4**

Age adjusted rate per 10,000 people 35+ years old

HP 2020 Goal: 103.4

Cancer



Incidence Rate of Colorectal Cancer

2011-2014

34.8

Improved

2010-14: **36.1**

Age adjusted rate per 100,000 people

References:

CDC Interactive Atlas of Heart Disease and Stroke
Healthy Minnesota 2020
Healthy People 2020
MN Public Health Data Access
Minnesota Student Survey
Rice County Community Health Survey
Minnesota WIC Information System

Created by Rice County Public Health
Updated July 2019