

Bridge to Health Survey

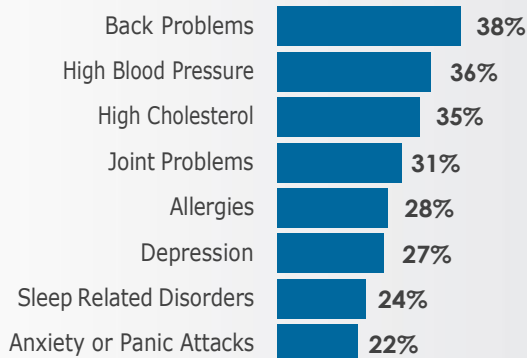


The Bridge to Health Survey is a collaborative effort of local health-related organizations. It has been conducted every 5 years since 1995 in northeast Minnesota and Douglas County, Wisconsin. The survey gathers data on important indicators of health status among adults in the region. The data below represents responses from Northern St. Louis County residents during the 2015 Bridge to Health Survey. The complete set of Bridge to Health Survey reports and data definitions are available online at bridgetohealthsurvey.com

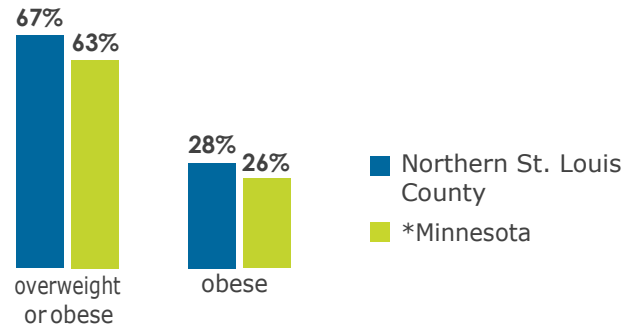
Northern St. Louis County Adults



TOP CHRONIC CONDITIONS



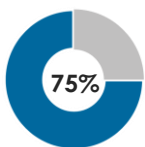
OBESITY



*2015 CDC Behavioral Risk Factor Surveillance System

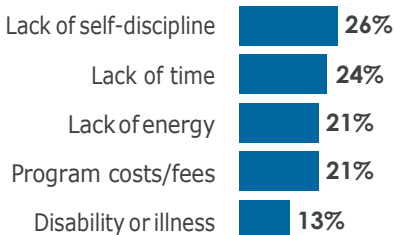


PHYSICAL INACTIVITY

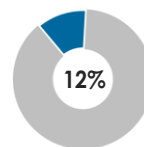


75% Met moderate and/or vigorous exercise recommendations

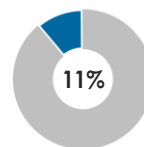
Top barriers preventing residents from being physically active



DIABETES



12% have been told they have pre-diabetes



11% have been told they have diabetes

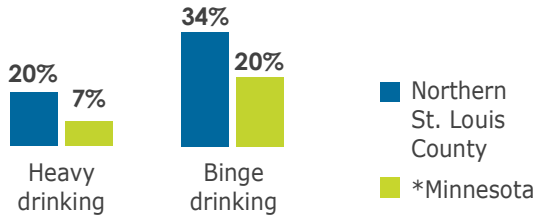


Minnesota pre-diabetes: 1% | Minnesota diabetes: 8%
2015 CDC Behavioral Risk Factor Surveillance System

Northern St. Louis County Adults



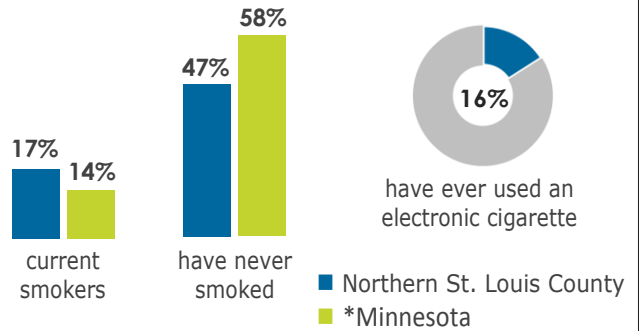
ALCOHOL



*2015 CDC Behavioral Risk Factor Surveillance System



TOBACCO

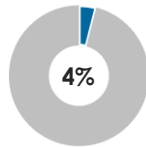


*2014 Minnesota Adult Tobacco Survey

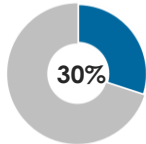


HEALTH CARE ACCESS

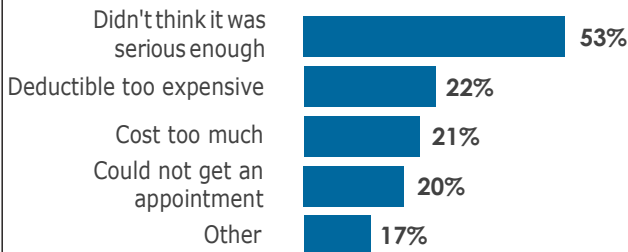
Percent of uninsured residents



Percent of respondents who failed to seek or delayed seeking medical care in the past year

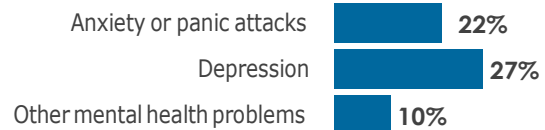


Top 5 reasons for failing/delaying seeking medical care

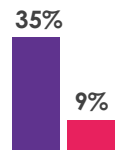


MENTAL HEALTH

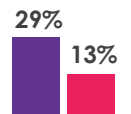
Overall, residents report having...



Residents who live in poverty were more likely to report stress, depression or problems with emotions for 14 or more days during the past month compared to **residents who are not in poverty**



Residents who live in poverty were more likely to delay seeking mental health care compared to **residents who are not in poverty**

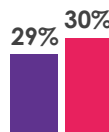


ACCESS TO HEALTHY FOOD

In the past 12 months, **residents who are in poverty** were more likely to worry "often" or "sometimes" that they would run out of food before they had money to buy more compared to **other residents**

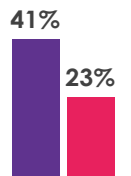


Residents who are in poverty were less likely to report eating 5 or more servings of fruit and vegetables the previous day compared to **residents who are not in poverty**



DENTAL

Residents that are in poverty delayed seeking dental care in the past year at a higher rate compared to **residents who are not in poverty**



HOUSEHOLD INCOME KEY

- Low income (200% or less of poverty level)
- Moderate/High income (more than 200% of poverty level)

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Making a difference in your community for 20 years

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