Northeastern Minnesota & Northwestern Wisconsin

Regional Health Status Survey

KOOCHICHING COUNTY

Data Tables

2015

A Collaborative Effort Among

Regional Health Organizations

Second Edition
April 2017

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Forward and Acknowledgements

The *Bridge to Health Survey* has been a trusted source of population-based health status information that numerous organizations and local coalitions have used to improve the health of people throughout the Northeast Minnesota and Northwest Wisconsin region. This is our fifth survey which has been conducted every five years since 1995.

As in the past, the survey process has been a collaborative effort. This year over 60 sponsoring organizations were involved representing public health, hospitals, clinics, health systems, health plans, non-profit organizations, government agencies, and higher education (a complete listing is included in Appendix A).

A project of this magnitude involves many key people. We wish to acknowledge the work of those working directly on the survey research team:

- Michael D. Finch, Ph.D. Principal of Finch & King and Managing Director, Medical Industry Leadership Institute, University of Minnesota, Carlson School of Management. Mike served as research consultant and facilitator of the Bridge to Health collaborative process, roles which he has had for each of the past five surveys.
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Of course this survey would not be possible without financial sponsors. We thank Generations Health Care Initiatives, Inc. for coordinating the entire survey process, as well as providing additional resources. The Minnesota Statewide Health Improvement Program (SHIP) and local public health through the two Community Health Boards were key financial sponsors. St. Luke's/St. Luke's Foundation and Essentia Health also provided major funding for the *Survey*. We wish to thank the many other organizations listed on the following page that are financial sponsors.

We are very proud of the collaborative spirit among health-related organizations in this region that support the *Bridge to Health Survey*. We are confident that these organizations together with local coalitions will use the survey information help make this region's population one of the healthiest in the nation.

Louise Anderson
2015 Bridge to Health Survey Co-chair
Carlton-Cook-Lake-St. Louis Counties
Community Health Board

Jenny Peterson
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BRIDGE TO HEALTH SURVEY 2015

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KOOCHICHING COUNTY SUMMARY

This summary report contains results from the *2015 Bridge to Health Survey* specific to Koochiching County. The Bridge to Health Survey represents a unique, collaborative effort among health care organizations in nine Northeastern Minnesota and Northwestern Wisconsin counties to better understand the health status of the region's population. The *2015 Bridge to Health Survey* data were collected between August 31 and November 10, 2015. The introductory pages of this document are replicated from the regional summary report.

Due to the smaller sample sizes on which the Koochiching County level analyses are based, this county summary report includes 95% confidence intervals (CI) for the results. These confidence intervals are calculated taking into account the complex sampling design of the survey. Confidence interval ranges appear to the right of each result within the tables. The demographic characteristics of the Koochiching County sample are shown in Tables A.1-3.

The interpretation of a 95% confidence interval is that there is a 95% probability that the true percentage for the population falls within the range of the confidence interval. In general, the smaller the sample size, the wider the confidence interval, which means the less precise the result. Because county level analyses are based on much smaller sample sizes, county level results are less precise than regional level results. When the level of analysis is the entire region, the 95% CI is approximately +/- 3.3% for responses overall. For Koochiching County, the 95% CI is approximately +/- 8.0% for responses overall. Thus, while results for the county and the Bridge to Health region may at times be similar, the county level results have considerably less precision due to smaller sample sizes. The 95% CI for subsets of responses (e.g., by gender, age, education, or poverty level) may be greater than for responses overall at both the region and county levels, due to smaller sample sizes.

An example illustrates the difference between region and county level precision. Suppose that at both the region and county level, 45% of the respondents answered "yes" to a certain question. The 95% CI for the region level could be as wide as 41.7% - 48.3%, while the 95% CI for the county level result could be as wide as 37.0% - 53.0%.

The Bridge to Health Survey team decided not to show any result based on data from fewer than 30 respondents, since results based on small numbers tend to be unstable. In the tables in this report, "NA" is displayed whenever this occurs, and at the bottom of the table a footnote appears that reads "Results by demographic factors for this geographic area are not shown when the cell size is less than 30."

INTRODUCTION

The *2015 Bridge to Health Survey* marks the fifth time this survey has been conducted in the Northeastern Minnesota/Douglas County, Wisconsin region. It was first conducted in 1995 and has been completed every five years, in 2000, 2005, 2010 and 2015.

The primary purpose of the *2015 Bridge to Health Survey* is to provide information that will 1) foster a greater understanding of the health of the region's population and 2) motivate organizations and community groups to address pressing health issues and improve the area's health status.

The major impetus for conducting the survey is the lack of local information on key health indicators. State and national health survey data often is not representative of local areas, especially rural areas. This northern region is more sparsely populated, demographically older, and has a lower median household income than either Minnesota or Wisconsin. The sample size of statewide surveys is too small to allow for county or community level analysis. The *Bridge to Health Survey* seeks to fill that gap in local data to provide a more complete picture of the region's current health status.

Similar to the past surveys, the *2015 Bridge to Health Survey* was designed to gather population-based health status data on adult residents on a variety of key health issues:

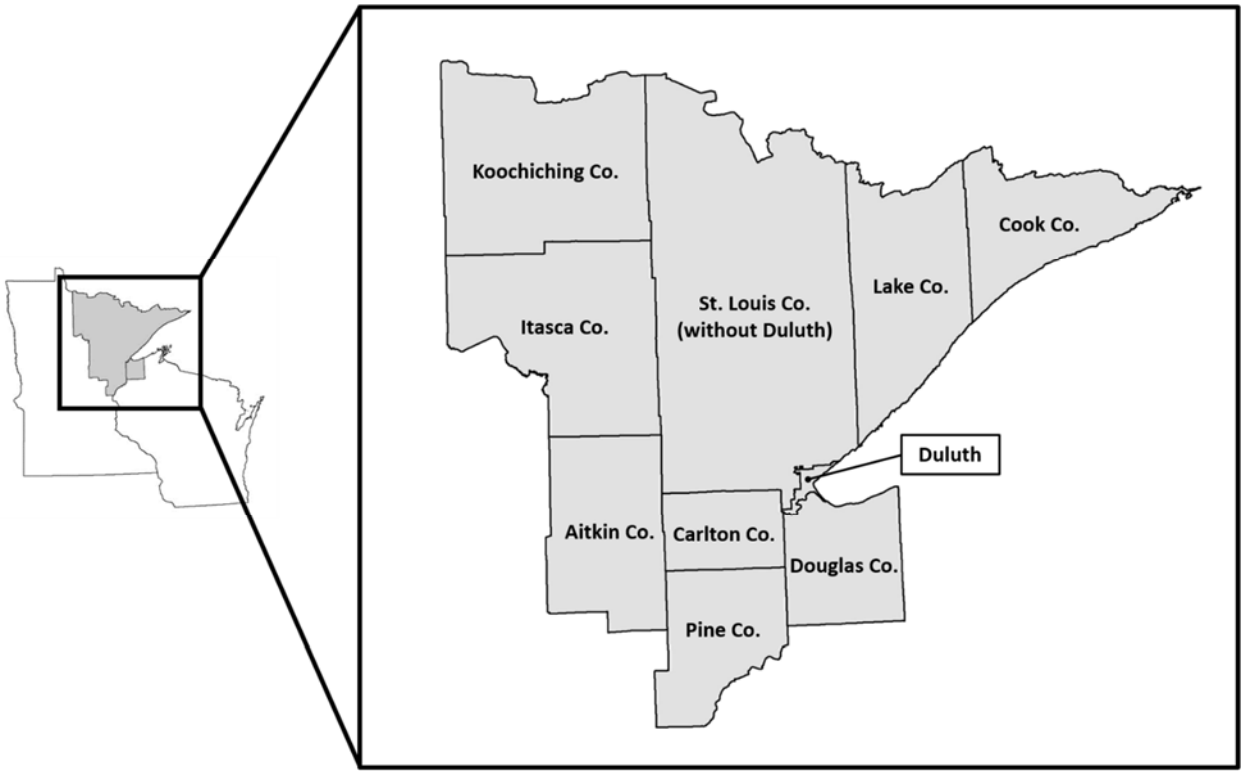
- Prevalence of medical and mental health conditions
- Health-related behavior (obesity, diet, exercise, smoking, alcohol use)
- Preventive health screenings
- Access to health and dental care
- Social determinants of health
- Emergency preparedness

Each time the *Bridge to Health Survey* has been conducted, a standard set of items has been included in the question set. However, each year there have been some modifications in the items that have been added or deleted, reflecting interest in current issues. The vast majority of questions are validated questions from national and state surveys (i.e., Behavioral Risk Factor Surveillance System, National Health Interview Survey, etc.) to allow for comparison with state and national norms.

Geographic Area

The geographic area for the *2015 Bridge to Health Survey* includes eight Northeastern Minnesota counties and Douglas County, Wisconsin (see map below). The total population is estimated at 399,634; adult population age 18 and older is estimated at 318,878 (2014 American Community Survey, U.S. Census). St. Louis County was divided into two sampling areas: the city of Duluth, and St. Louis County without the city of the Duluth. Two additional areas within St. Louis County were oversampled: the city of Virginia, and the Hillside

neighborhood of Duluth. Questionnaires were mailed to residents of both oversampled areas for the main survey as well. Data collected during the oversampling process will be presented in a separate report and are not included in the regional data set.



Collaboration Among Health Organizations

A unique feature of the *2015 Bridge to Health Survey* is that nearly all of the health-related organizations located in the region support it. These organizations represent public health, hospitals, clinics, health systems, health plans, non-profit organizations, government agencies, foundations, and higher education. A complete list of supporting sponsors is included in Appendix A.

Area organizations contributed to the *2015 Bridge to Health Survey* in many ways. Several organizations had staff actively involved in various committees overseeing the survey process (Appendix B). Twenty-seven organizations made financial contributions to the project. A list of all financial sponsors is provided on page iii.

Utilization of Bridge to Health Data

The *Bridge to Health Survey* data is in the public domain. Regional and county level data reports are available through Generations Health Care Initiatives, Inc. (www.ghci.us).

In past years, the survey data have been primarily used for:

- Developing programs and services to address identified health issues
- Program evaluation, such as developing baseline data in order to measure changes in health status over time
- Collaborating with other health organizations and community coalitions to address health issues that one organization cannot effectively do alone
- Using the data to advocate for policy, systems and environmental change
- Leveraging local, state, and national funding for programs
- Community health needs assessment requirements for public health departments and non-profit hospitals

METHODOLOGY AND DEMOGRAPHICS

The *2015 Bridge to Health Survey* data were collected between August 31 and November 10, 2015 through the use of a mailed survey administered by Wilder Research. In August, a press release was sent to the regional media to notify the general public about the project and of the possibility of being contacted as a respondent. In addition, survey sponsors designed local efforts (e.g., posters in health organizations, articles in local newspapers, and radio and television interviews) to inform their communities of the importance of the project.

Sample Design

The 2015 survey is the fifth time the *Bridge to Health Survey* has been conducted. All five *Bridge to Health* surveys (1995, 2000, 2005, 2010 and 2015) were designed with three goals in mind:

1) To provide data specific to the nine county region as a whole with sufficient sample size to detect small differences over time;

2) To allow for comparison of urban and rural respondents; and

3) To provide county level data with a sufficient level of statistical precision.

A disproportionate stratified sampling method has been employed in all five administrations of the *Bridge to Health Survey*. Like the 2005 and 2010 surveys, the 2015 survey sampled 10 geographic areas for the main *Bridge to Health Survey*. The geographic areas sampled in 2005, 2010 and 2015 were: Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, St. Louis and Pine Counties in Minnesota and Douglas County in Wisconsin. St. Louis County was split into two strata: the city of Duluth and the remainder of the county. In 2015, two additional areas within St. Louis County were oversampled separately (the city of Virginia and the Hillside neighborhood in Duluth); the results for these two areas are **not** included in the regional report.

A two-stage sampling strategy was used to obtain a statistically representative sample of adults for each of the geographic areas. For the first stage of sampling, a random sample of 2,250 residential addresses in each sampling area was purchased from a national sampling vendor (Marketing Systems Group of Horsham, PA). Address-based sampling was used so that all households would have an equal chance of being sampled for the survey, regardless of their phone status (cell-only, multiple lines, etc.) Marketing Systems Group (MSG) obtained the list of addresses from the U.S. Postal Service.

For the second stage of sampling, the "most recent birthday" method of within-household respondent selection was used to identify one adult from each sampled household to complete the survey.

Data Collection

Wilder Research used a "modified Dillman" method of survey mailing,[1] as follows: An initial survey packet that included a cover letter, the survey instrument, and a postage-paid return envelope was mailed between August 31 and September 3, 2015, to 27,000 sampled

households. A $2 bill was included in the first mailed survey packet as a small token of appreciation for taking the survey. No other incentives were given for taking the survey. Approximately two weeks after the first survey packets were mailed (September 13 and 14), a postcard was sent to all sampled households, reminding those who had not yet returned a survey to do so, and thanking those who had already responded. Ten days after the reminder postcards were mailed (September 23 and 24), another full survey packet was sent to all households that still had not returned the survey. The remaining completed surveys were received over the next eight weeks, with the final date for the receipt of surveys being November 10, 2015.

Survey Response

Completed surveys were received from 6,008 adult residents of the 10 geographic areas; the overall response rate was 28.6 percent. The 95% confidence interval for the regional level data is approximately +3.3%, which is calculated taking into account the complex sampling design of the survey. The number of surveys received from each geographic area is provided in the table below.

Geographic Area	Surveys Received
Aitkin County	599
Carlton County	629
Cook County	727
Douglas County	554
City of Duluth	541
Itasca County	577
Koochiching County	558
Lake County	710
Pine County	487
St. Louis County (without Duluth)	626
Total	6008

Additionally, 542 and 426 surveys were received from residents of the city of Virginia and the Hillside neighborhood of Duluth, respectively, for the special oversampling project. These additional surveys were not included in the regional level data. The results from the oversampling project are available in separate Virginia and Hillside analyses.

Statistical Weighting of Data

Statistical weighting of the *Bridge to Health* data was necessary due to the design of the sample. The weights account for differences in household size, differences in the size of the population in each of the geographic areas, and differences in response rates between men and women and people of different ages and education level.

A multi-step procedure was used to calculate the weights. The first step involved weighting the data by the inverse of the selection probability within the household (i.e., the number of adults age 18 and older living in the household).

In calculating weights for the *Bridge to Health* region as a whole, in the next step the data were also weighted by the actual size of the adult population in each of the strata divided by the number of respondents from each stratum. This step ensured that the data from each of the 10 geographic areas in the main survey counted toward the results for the region as a whole in the same proportion as the population from each geographic area counted toward the population in the *Bridge to Health* region as a whole. Population data were obtained from the 2009-2013 American Community Survey 5-Year Estimates.[2] (When calculating the weights for county level analysis, a similar procedure was used to calculate weights for St Louis County, as the data were collected separately for Duluth and the remainder of St Louis County.)

The next step was to adjust the data based on the American Community Survey Estimates of age, gender and education level for adults within each of the 10 geographic areas, using iterative proportional fitting, which is commonly referred to as *raking*.[3] This step adjusts for any under-representation or over-representation within the data set by gender, age or education level.

The last step was to divide the weights by a numeric constant to force the weighted total sample size to be equal to the total number of respondents in the sample.

Changes in Survey Methodology for the 2015 Survey

In 2015, several methodological changes occurred with the *Bridge to Health Survey* that impact the 2015 survey results and the ability to trend the survey results over time.

First, there was an overall change in the *Bridge to Health* data collection methodology from **telephone to mail**. The BTH survey has traditionally been conducted using telephone interviews and a sample of landline, listed telephone numbers. The change to mail mode was made mainly for budgetary reasons, as the costs for conducting telephone surveys continue to increase over time, due in large part to the need to include cell phone interviews as part of telephone data collection.

Second, a new process was used for the data weighting step that adjusts for differential response to the survey from different population groups. The survey data have always been adjusted by respondent gender and age; in 2015, respondent education level was added, reflecting the recognition of the survey research community that the underrepresentation of respondents with lower education can no longer be ignored. Including a third factor necessitated a change in the method of adjustment, from post-stratification to iterative proportional fitting ("raking").

Because of these changes in methodology, the survey results from 2015 forward **cannot** be compared "apples to apples" to survey results from previous years. Data collected in 2015 will provide a new baseline for data collected in subsequent years.

Limitations of Findings

There are several sources of bias that can affect data collected via survey, including non-response and factors related to respondents.

Non-response refers to the fact that some selected respondents did not complete and return the survey. Additionally, some respondents refused to answer specific questions on the survey. Bias can occur if those who did not respond are somehow different than those who did respond.

Other potential sources of bias relate to differences among respondents in their interpretations of questions, honesty in answering, accuracy of recall and willingness to disclose information.

Guide to Interpreting the Tables and Figures

Three different types of tables are included in this report:

1) The first type of table displays results for a single response category for a single question. In this case, the number of respondents who answered the question (n=) is listed in the column heading for the region and county or city. For an example of this type of table, see Table 1.1.A.

2) Some tables in this report reflect responses to multiple questions within a single table. The number of respondents who answered the question (n=) in this case is listed in the row above the response percentage (the percentage of respondents who answered "yes" to a question). The number of respondents answering each question may differ. For an example of this type of table, see Table 6.5.

3) The third type of table design includes the results for one question and a second part of the table includes the results for a question asked of a subset of respondents. For an example of this type of table, see Table 10.2.

On all tables, responses of "Don't know" or "Refused" are not included in the calculated percentages, as these responses occur very infrequently for most questions.

REFERENCES

1. Dillman, D.A. (2007) Mail and internet surveys: the tailored design method (2nd ed.) Hoboken, NJ: Wiley.
2. U.S. Census Bureau, 2009-2013 5-year estimates, American Community Survey http://factfinder2.census.gov/
3. Kalton, G. and Flores-Cervantes, I. (2003) Weighting methods. Journal of Official Statistics, 19:81-97.

Table A.1

Characteristics of the Sample for Koochiching County

Bridge to Health Survey 2015

Demographic Characteristics		Unweighted Sample		Weighted Sample	
		Frequency	Percent	Frequency	Percent
Overall Results		**554**	**100%**	**554**	**100%**
Gender					
	Male	172	31.0	275	49.6
	Female	382	69.0	279	50.4
Age					
	18 to 34	37	6.7	112	20.2
	35 to 44	41	7.4	76	13.7
	45 to 54	71	12.8	110	19.9
	55 to 64	146	26.4	116	21.0
	65 to 74	143	25.8	73	13.1
	75 and older	116	20.9	67	12.1
Education					
	Less than H.S.	26	4.7	64	11.5
	H.S. Graduate	122	22.0	209	37.7
	Some College	135	24.4	138	24.9
	Voc./Assoc. Degree	127	22.9	54	9.8
	College Graduate	144	26.0	89	16.0
Poverty Status*					
	200% or Less	180	35.3	201	38.6
	More than 200%	330	64.7	321	61.4

*7.9% were missing poverty status

Table A.2

Characteristics of the Sample for Koochiching County - Race

Bridge to Health Survey 2015

Demographic Characteristics	Unweighted Sample		Weighted Sample	
Overall Results	**Frequency**	**Percent**	**Frequency**	**Percent**
	n=542		n=545	
Not Hispanic or Latino Origin	538	99.3	543	99.5
Hispanic or Latino Origin	4	0.7	3	0.5
	n=552		n=553	
White	533	96.6	523	94.6
American Indian or Alaska Native	23	4.2	29	5.2
Asian or Pacific Islander	2	0.4	3	0.6
Black or African American	2	0.4	4	0.8
Other	11	2.0	11	1.9

Percentages do not add up to 100% because respondents could choose more than one response.

Table A.3

Characteristics of the Sample for Koochiching County - Employment Status

Bridge to Health Survey 2015

Demographic Characteristics	Unweighted Sample n=553		Weighted Sample n=553	
Overall Results	**Frequency**	**Percent**	**Frequency**	**Percent**
Employed fulltime	153	27.7	211	38.1
Employed part time	66	11.9	67	12.1
Self-employed or farmer	39	7.1	75	13.6
Unemployed or out of work	7	1.3	10	1.8
Homemaker or stay-at-home parent	27	4.9	43	7.8
Student	5	0.9	6	1.0
Retired	273	49.4	165	29.8
Unable to work because of a disability	47	8.5	61	11.0

Percentages do not add up to 100% because respondents could choose more than one response.

Chapter 1

HEALTH STATUS

Chapter 1: Perceived Health Status

One standard measurement for evaluating the health-related quality of life of a population is how a person perceives his/her health. Questions regarding perceived health status have become an important component of public health surveillance with the data used in service planning and intervention assessment.[1] The *2015 Bridge to Health Survey* asked participants how they would rate their health on a scale of "excellent" through "poor" to measure their perceived health status.

The following table includes national and state data from the *2013 Behavioral Risk Factor Surveillance Prevalence and Trends Data* compared to the *2015 Bridge to Health Survey*.

Perceived Health Status	BTH Region 2015	Koochiching County 2015 (CI)	BRFSS 2013[2]		
			Minnesota	Wisconsin	National
Excellent	14.5%	9.8% (5.7-13.9)	22.4%	17.1%	18.6%
Fair/ Poor	12.4%	18.0% (11.8-24.3)	12.4%	15.4%	16.7%

REFERENCES

1. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Adult and Community Health. *Measuring Healthy Days. Population Assessment of Health-Related Quality of Life.* Atlanta, Georgia: CDC, November 2000. Available at: http://www.cdc.gov/hrqol/pdfs/mhd.pdf.
2. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. *BRFSS Prevalence & Trends Data* [online]. 2015. [Accessed December 23, 2015]. URL: http://www.cdc.gov/brfss/brfssprevalence/.

Table 1.1.A

Perceived Health Status[1]

Percent Excellent

Bridge to Health Survey 2015 - Koochiching County

Question: In general, would you say that your health is: excellent, very good, good, fair, or poor? (Excellent)

Demographic Characteristics		Region n=5505		Koochiching County n=505	
		Percent	95% CI	Percent	95% CI
Overall Results		**14.5%**	**(11.1-18)**	**9.8%**	**(5.7-13.9)**
Gender					
	Male	17.6	(11.1-24)	5.9	(0.4-11.3)
	Female	11.5	(9.6-13.4)	13.7	(7.7-19.6)
Age					
	18 to 34	24.0	(13.5-34.4)	16.2	(2.7-29.7)
	35 to 44	20.7	(12.8-28.5)	13.1	(0-27.4)
	45 to 54	9.8	(5.9-13.6)	5.9	(0.7-11)
	55 to 64	9.3	(6.5-12)	10.0	(0.8-19.2)
	65 to 74	9.6	(7.1-12.2)	5.6	(1.2-9.9)
	75 and older	3.0	(1.6-4.4)	5.3	(0.5-10)
Education					
	Less than H.S.	15.5	(0-35.8)	NA	NA
	H.S. Graduate	12.3	(3.7-20.9)	7.4	(0.7-14.1)
	Some College	12.1	(7.7-16.5)	9.9	(2.5-17.2)
	Voc./Assoc. Degree	13.0	(7.4-18.7)	13.0	(0-30.9)
	College Graduate	21.3	(17.2-25.5)	14.3	(5.6-23.1)
Poverty Status					
	200% or Less	6.9	(1-12.9)	7.1	(0.8-13.4)
	More than 200%	19.3	(14.7-23.9)	10.5	(4.8-16.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 1.1.B

Perceived Health Status[1]

Percent Fair or Poor[2]

Bridge to Health Survey 2015 - Koochiching County

Question: In general, would you say that your health is: excellent, very good, good, fair, or poor? (Fair or poor)

Demographic Characteristics		Region n=5505		Koochiching County n=505	
		Percent	95% CI	Percent	95% CI
Overall Results		**12.4%**	**(10.6-14.1)**	**18.0%**	**(11.8-24.3)**
Gender					
	Male	12.5	(9.6-15.4)	16.6	(7.2-25.9)
	Female	12.3	(10.3-14.2)	19.5	(11.3-27.6)
Age					
	18 to 34	3.2	(1.1-5.3)	3.6	(0-10.7)
	35 to 44	11.0	(6.6-15.4)	24.6	(0-51.2)
	45 to 54	14.6	(9.4-19.9)	15.8	(0.9-30.6)
	55 to 64	16.8	(13.3-20.3)	24.0	(12-36.1)
	65 to 74	15.4	(11.8-18.9)	21.6	(10.8-32.3)
	75 and older	25.3	(18.7-32)	26.4	(14.6-38.2)
Education					
	Less than H.S.	26.0	(14-38.1)	NA	NA
	H.S. Graduate	14.8	(10.9-18.7)	16.2	(7.5-24.9)
	Some College	11.9	(8.9-15)	12.8	(5.2-20.4)
	Voc./Assoc. Degree	14.2	(10-18.4)	8.4	(1.6-15.2)
	College Graduate	4.0	(2.7-5.4)	1.8	(0-3.9)
Poverty Status					
	200% or Less	19.8	(16-23.6)	33.8	(19.8-47.8)
	More than 200%	8.3	(6.3-10.2)	8.0	(3.7-12.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

[2]Responses of 'fair' and ' poor' were collapsed into a single category.

Chapter 2

Chronic Medical Conditions

Chapter 2: Chronic Medical Conditions

Chronic diseases and conditions are the most common causes of morbidity and mortality in the U.S., accounting for seven of the ten leading causes of death in the U.S.[1] About half of U.S. adults have a chronic disease or condition and half of those individuals have at least two.[2] Chronic diseases and conditions consume the largest share of the U.S. health care expenditures, adding up to 86% of total health care spending in 2010.[3]

In Minnesota, prevalence of chronic diseases and conditions is higher in the northern part of the state and individuals with one or more cost, on average, eight times more in annual medical costs than individuals without a chronic condition.[4] Chronic diseases and conditions, both physical and mental, have an impact on the quality of life for individuals and their families and are among the most preventable of all health issues.

The *2015 Bridge to Health Survey* captured data on twenty-one chronic diseases and conditions. Prevalence is reported as the percentage of respondents who indicated that a physician had ever told them that they have a specific disease or medical condition. Conditions primarily related to mental health are described in Chapter 3.

The following table includes national and state data from two national health surveys and *Healthy People 2020* goals compared to selected conditions from the *2015 Bridge to Health Survey*.

Condition	BTH Region 2015	Koochiching County 2015 (CI)	BRFSS 2013[5]			NHIS 2014[6]	Healthy People 2020 Goal[7]
			MN	WI	National	National	
High cholesterol	30.9%	28.3% (22.4-34.2)	33.6%	36.3%	38.4%	N/A	13.5%
Diabetes	10.4%	10.7% (7.3-14.1)	7.4%	8.2%	9.7%	9.1%	N/A
Heart trouble or angina	11.7%	13.6% (8.9-18.3)	3.1%	4.9%	4.1%	7.9%	N/A
Stroke problems	4.7%	7.4% (3.6-11.3)	2.1%	2.2%	2.8%	2.6%	N/A
High blood pressure	33.7%	48.9% (40.9-56.9)	27.0%	32.3%	31.4%	31.0%	26.9%
Asthma	12.1%	9.4% (4.6-14.2)	11.9%	14.9%	14.1%	12.8%	N/A
Joint problems	30.9%	30.5% (24.1-36.8)	N/A	N/A	N/A	22.5%	N/A
Cancer	10.0%	10.6% (5.7-15.4)	N/A	N/A	N/A	8.5%	N/A

N/A indicates that data were not collected or available for that measure

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Table 2.1.A

Chronic and Other Medical Conditions[1]

Percent Allergies

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Allergies)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**31.5%**	**(28.4-34.7)**	**26.9%**	**(20.2-33.5)**
Gender					
	Male	31.1	(25.5-36.7)	25.4	(13.8-36.9)
	Female	32.0	(29.1-34.8)	28.3	(21.8-34.9)
Age					
	18 to 34	36.7	(27.5-46)	31.9	(9.7-54)
	35 to 44	29.0	(22.6-35.4)	22.3	(6.4-38.1)
	45 to 54	36.1	(29.1-43.1)	23.9	(9.6-38.2)
	55 to 64	27.4	(23.5-31.3)	27.5	(16.4-38.6)
	65 to 74	30.9	(26.8-35)	34.6	(23.5-45.7)
	75 and older	21.1	(16-26.3)	19.0	(10.3-27.7)
Education					
	Less than H.S.	18.6	(8.9-28.2)	NA	NA
	H.S. Graduate	29.6	(22.8-36.4)	19.9	(10.6-29.2)
	Some College	31.4	(25.5-37.2)	31.5	(21.3-41.7)
	Voc./Assoc. Degree	33.0	(26.7-39.3)	25.8	(6-45.7)
	College Graduate	39.1	(34.2-44.1)	43.4	(22.3-64.6)
Poverty Status					
	200% or Less	30.3	(24.8-35.8)	23.0	(14.3-31.7)
	More than 200%	31.5	(27.5-35.4)	29.0	(19.3-38.8)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.B

Chronic and Other Medical Conditions[1]

Percent Asthma

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Asthma)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**12.1%**	**(10.1-14.2)**	**9.4%**	**(4.6-14.2)**
Gender					
	Male	8.5	(5.4-11.6)	9.7	(1.5-18)
	Female	15.8	(13.2-18.4)	9.1	(4-14.2)
Age					
	18 to 34	15.2	(9.1-21.3)	15.4	(0-33.7)
	35 to 44	12.2	(8.2-16.3)	7.1	(0-14.1)
	45 to 54	14.2	(9.4-19)	3.8	(0-8.1)
	55 to 64	9.2	(7-11.4)	13.9	(2.7-25)
	65 to 74	11.0	(7.8-14.2)	6.4	(1.8-11.1)
	75 and older	6.8	(4.6-8.9)	7.0	(1.1-13)
Education					
	Less than H.S.	10.2	(3.7-16.7)	NA	NA
	H.S. Graduate	11.9	(7.5-16.3)	10.4	(2.1-18.7)
	Some College	13.1	(9.1-17.2)	8.7	(3.4-13.9)
	Voc./Assoc. Degree	12.3	(8.6-16)	5.8	(1.1-10.6)
	College Graduate	11.9	(8.8-15)	14.0	(0-33.4)
Poverty Status					
	200% or Less	16.3	(12.5-20.1)	9.0	(2.3-15.7)
	More than 200%	8.6	(6.8-10.4)	10.3	(3.1-17.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.C

Chronic and Other Medical Conditions[1]

Percent Back Problems

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Back problems)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**37.4%**	**(34.2-40.6)**	**39.1%**	**(31.4-46.9)**
Gender					
	Male	37.1	(31.6-42.6)	36.2	(22.9-49.5)
	Female	37.7	(34.4-40.9)	42.0	(33.9-50)
Age					
	18 to 34	28.9	(19.5-38.2)	27.2	(7.5-46.8)
	35 to 44	33.0	(25.3-40.6)	33.5	(4.6-62.3)
	45 to 54	40.6	(33.4-47.8)	37.8	(17.9-57.6)
	55 to 64	40.9	(36.4-45.5)	41.2	(28.6-53.7)
	65 to 74	43.3	(39-47.6)	49.0	(37.5-60.6)
	75 and older	46.7	(40.8-52.7)	53.5	(41.4-65.5)
Education					
	Less than H.S.	49.0	(33-64.9)	NA	NA
	H.S. Graduate	40.5	(33.6-47.3)	46.9	(32.8-60.9)
	Some College	39.9	(34.1-45.7)	40.4	(29.2-51.5)
	Voc./Assoc. Degree	40.1	(34.1-46.1)	36.9	(8.7-65.1)
	College Graduate	23.4	(20.1-26.8)	19.2	(9.9-28.4)
Poverty Status					
	200% or Less	41.8	(35.8-47.8)	50.0	(36.6-63.4)
	More than 200%	33.8	(29.9-37.7)	31.7	(22-41.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.D

Chronic and Other Medical Conditions[1]

Percent Cancer

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Cancer)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**10.0%**	**(8.4-11.7)**	**10.6%**	**(5.7-15.4)**
Gender					
	Male	9.5	(6.6-12.4)	9.3	(1.7-16.8)
	Female	10.6	(8.9-12.2)	11.8	(5.8-17.9)
Age					
	18 to 34	4.2	(0-8.8)	1.3	(0-3.3)
	35 to 44	2.1	(0.6-3.5)	0.7	(0-1.8)
	45 to 54	9.1	(5.2-13.1)	17.6	(0-36.7)
	55 to 64	11.4	(8.9-13.9)	12.5	(3.6-21.3)
	65 to 74	19.1	(15.6-22.6)	14.1	(6.8-21.4)
	75 and older	25.3	(20.8-29.9)	18.6	(9.4-27.7)
Education					
	Less than H.S.	18.7	(10.4-27.1)	NA	NA
	H.S. Graduate	10.5	(6.6-14.5)	11.2	(2-20.3)
	Some College	9.5	(6.6-12.3)	6.7	(2.8-10.7)
	Voc./Assoc. Degree	8.1	(6.1-10.2)	6.1	(1.4-10.8)
	College Graduate	7.6	(6-9.2)	4.6	(1.2-7.9)
Poverty Status					
	200% or Less	9.9	(7.8-12.1)	11.9	(3.4-20.5)
	More than 200%	8.4	(6.8-10)	9.5	(3.2-15.8)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.E

Chronic and Other Medical Conditions[1]

Percent Diabetes

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Diabetes)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**10.4%**	**(8.6-12.2)**	**10.7%**	**(7.3-14.1)**
Gender					
	Male	11.5	(8.3-14.6)	11.6	(5.7-17.5)
	Female	9.2	(7.6-10.9)	9.8	(6.2-13.5)
Age					
	18 to 34	4.2	(0-8.9)	1.3	(0-3.3)
	35 to 44	7.9	(4-11.9)	1.9	(0-4.4)
	45 to 54	10.5	(6.9-14.1)	4.8	(0-10.5)
	55 to 64	12.5	(9.4-15.6)	17.9	(7.7-28.1)
	65 to 74	16.0	(13-19)	22.7	(12.8-32.7)
	75 and older	19.5	(13.8-25.3)	20.8	(10.8-30.9)
Education					
	Less than H.S.	15.4	(6.8-24)	NA	NA
	H.S. Graduate	13.6	(9.3-17.9)	13.1	(6.2-20.1)
	Some College	9.8	(6.9-12.7)	8.4	(4.1-12.7)
	Voc./Assoc. Degree	8.0	(5.8-10.1)	6.2	(1-11.5)
	College Graduate	5.4	(3.8-7)	9.8	(2-17.6)
Poverty Status					
	200% or Less	12.3	(9.4-15.1)	13.5	(7.4-19.6)
	More than 200%	7.8	(6.3-9.4)	8.8	(4.5-13.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.F

Chronic and Other Medical Conditions[1]

Percent Pre-Diabetes

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Pre-diabetes)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**10.3%**	**(8.6-12)**	**13.8%**	**(8.4-19.3)**
Gender					
	Male	10.1	(7.2-13)	15.0	(6-24)
	Female	10.5	(8.7-12.2)	12.7	(6.3-19.1)
Age					
	18 to 34	4.1	(0-8.6)	4.9	(0-12.3)
	35 to 44	8.5	(4.6-12.4)	10.7	(0-26.6)
	45 to 54	13.4	(9.4-17.4)	21.7	(2.7-40.8)
	55 to 64	11.4	(8.8-14.1)	15.7	(6.8-24.7)
	65 to 74	18.0	(14.2-21.8)	13.9	(5.7-22)
	75 and older	12.2	(8.7-15.8)	16.0	(6.2-25.7)
Education					
	Less than H.S.	10.1	(4.3-15.9)	NA	NA
	H.S. Graduate	12.4	(8.2-16.5)	12.3	(2.8-21.7)
	Some College	10.2	(7.5-13)	15.7	(5-26.4)
	Voc./Assoc. Degree	9.4	(6.3-12.6)	6.9	(1.3-12.6)
	College Graduate	7.6	(5.6-9.6)	11.8	(3.7-19.8)
Poverty Status					
	200% or Less	9.7	(7.2-12.3)	12.0	(3.3-20.7)
	More than 200%	9.8	(8.1-11.5)	15.1	(7.5-22.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.G

Chronic and Other Medical Conditions[1]

Percent Digestive Disorders

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Digestive disorders)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.2%**	**(6.4-10)**	**9.4%**	**(5.6-13.2)**
Gender					
	Male	7.9	(4.7-11.1)	7.7	(1.5-14)
	Female	8.5	(7-10)	11.1	(6.7-15.5)
Age					
	18 to 34	7.2	(1.5-12.9)	1.3	(0-3.3)
	35 to 44	4.1	(1.8-6.4)	5.4	(0-13.4)
	45 to 54	7.5	(4.6-10.4)	9.5	(0-21.2)
	55 to 64	9.6	(7.1-12.1)	13.7	(3.8-23.6)
	65 to 74	12.3	(9.5-15)	14.0	(5.9-22.1)
	75 and older	10.6	(7.7-13.5)	15.1	(5.6-24.5)
Education					
	Less than H.S.	5.6	(2.1-9.1)	NA	NA
	H.S. Graduate	11.0	(6.2-15.7)	14.0	(5.5-22.5)
	Some College	8.2	(6-10.5)	9.0	(3.1-14.8)
	Voc./Assoc. Degree	7.4	(4.2-10.6)	5.4	(1-9.8)
	College Graduate	5.3	(3.5-7.2)	3.6	(0.4-6.9)
Poverty Status					
	200% or Less	6.9	(5-8.8)	12.0	(4.1-19.9)
	More than 200%	8.0	(5.9-10.1)	6.3	(2.6-10)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.H

Chronic and Other Medical Conditions[1]

Percent Chronic Headaches

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Chronic headaches)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**11.8%**	**(8.9-14.7)**	**9.1%**	**(5-13.1)**
Gender					
	Male	11.8	(6.5-17.2)	6.5	(1.1-12)
	Female	11.8	(9.7-13.8)	11.5	(5.6-17.4)
Age					
	18 to 34	18.8	(10-27.6)	2.5	(0-5.7)
	35 to 44	11.4	(6.2-16.5)	17.3	(0-35.9)
	45 to 54	12.9	(6.7-19)	9.0	(0-18.1)
	55 to 64	8.6	(6.4-10.8)	14.0	(3.7-24.3)
	65 to 74	6.1	(4.2-8)	6.3	(1.3-11.3)
	75 and older	4.3	(2.7-5.9)	5.3	(0-11)
Education					
	Less than H.S.	13.8	(1.9-25.8)	NA	NA
	H.S. Graduate	17.0	(9.5-24.4)	9.4	(1.5-17.4)
	Some College	9.3	(6.4-12.2)	11.7	(4.7-18.7)
	Voc./Assoc. Degree	9.5	(6.5-12.5)	4.3	(0.5-8)
	College Graduate	7.7	(5.1-10.3)	4.7	(1-8.5)
Poverty Status					
	200% or Less	13.2	(8.7-17.6)	10.2	(2.4-18)
	More than 200%	10.4	(6.7-14.2)	8.8	(3.8-13.8)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.I

Chronic and Other Medical Conditions[1]

Percent Heart Trouble or Angina

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Heart trouble or angina)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**11.7%**	**(9.8-13.7)**	**13.6%**	**(8.9-18.3)**
Gender					
	Male	14.7	(11.2-18.3)	15.4	(6.9-23.9)
	Female	8.7	(7.1-10.2)	11.9	(7.6-16.2)
Age					
	18 to 34	7.5	(1.8-13.1)	1.3	(0-3.3)
	35 to 44	4.5	(1.6-7.4)	13.8	(0-37.3)
	45 to 54	8.5	(5.3-11.7)	2.9	(0-6.3)
	55 to 64	11.0	(8.3-13.7)	20.2	(9.9-30.5)
	65 to 74	16.8	(13.6-20)	25.4	(15.1-35.7)
	75 and older	34.6	(28.4-40.7)	27.7	(17.1-38.3)
Education					
	Less than H.S.	22.8	(12.5-33.2)	NA	NA
	H.S. Graduate	14.2	(9.6-18.9)	12.8	(7-18.5)
	Some College	8.3	(6.1-10.5)	7.6	(3-12.1)
	Voc./Assoc. Degree	9.1	(6.5-11.6)	5.2	(0.4-10)
	College Graduate	9.5	(6.2-12.8)	10.2	(4-16.4)
Poverty Status					
	200% or Less	11.2	(8.6-13.8)	20.2	(9.5-30.9)
	More than 200%	9.5	(7.7-11.2)	9.2	(5.4-12.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.J

Chronic and Other Medical Conditions[1]

Percent High Blood Pressure

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (High blood pressure)

Demographic Characteristics		Region n=5923		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**33.7%**	**(31-36.5)**	**48.9%**	**(40.9-56.9)**
Gender					
	Male	35.8	(30.9-40.6)	55.8	(42-69.6)
	Female	31.7	(29-34.4)	42.2	(34.4-50.1)
Age					
	18 to 34	8.2	(3.2-13.1)	31.5	(9.1-54)
	35 to 44	23.1	(17-29.2)	44.8	(15.8-73.9)
	45 to 54	30.7	(23.9-37.5)	37.9	(18.9-56.9)
	55 to 64	47.4	(42.8-52)	53.0	(40-66)
	65 to 74	58.6	(54.4-62.9)	66.7	(56.3-77.1)
	75 and older	68.7	(63.2-74.1)	74.6	(65.2-83.9)
Education					
	Less than H.S.	37.2	(24.1-50.3)	NA	NA
	H.S. Graduate	43.4	(36.9-49.9)	51.7	(37.7-65.7)
	Some College	29.8	(25.4-34.3)	45.1	(33.4-56.8)
	Voc./Assoc. Degree	32.5	(27.4-37.7)	36.4	(8.2-64.6)
	College Graduate	23.5	(20.1-26.9)	31.9	(12.8-50.9)
Poverty Status					
	200% or Less	33.5	(28.5-38.5)	61.8	(49.3-74.3)
	More than 200%	31.6	(28.5-34.8)	40.4	(30.1-50.8)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.K

Chronic and Other Medical Conditions[1]

Percent High Cholesterol

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (High cholesterol)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**30.9%**	**(28.1-33.6)**	**28.3%**	**(22.4-34.2)**
Gender					
	Male	33.8	(28.9-38.8)	25.6	(16.2-35)
	Female	27.9	(25.3-30.4)	30.9	(24.1-37.7)
Age					
	18 to 34	5.4	(0.7-10.2)	6.1	(0-15.6)
	35 to 44	24.7	(16.8-32.7)	22.5	(3.2-41.9)
	45 to 54	34.7	(27.4-42)	17.2	(5.8-28.7)
	55 to 64	41.1	(36.6-45.6)	33.7	(22.4-45)
	65 to 74	55.4	(51.2-59.6)	50.7	(39.2-62.2)
	75 and older	52.7	(46.8-58.6)	56.4	(44.5-68.4)
Education					
	Less than H.S.	31.3	(18.9-43.7)	NA	NA
	H.S. Graduate	39.2	(32.8-45.6)	24.0	(15.1-32.9)
	Some College	28.0	(23.5-32.5)	39.6	(27.9-51.3)
	Voc./Assoc. Degree	27.7	(22.9-32.6)	18.5	(6.7-30.3)
	College Graduate	23.2	(19.6-26.9)	23.9	(12.3-35.5)
Poverty Status					
	200% or Less	27.1	(22.3-31.8)	23.8	(15-32.6)
	More than 200%	31.1	(27.8-34.5)	29.8	(21.6-38)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.L

Chronic and Other Medical Conditions[1]

Percent Joint Problems

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Joint problems)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**30.9%**	**(28.2-33.6)**	**30.5%**	**(24.1-36.8)**
Gender					
	Male	29.5	(24.9-34)	25.9	(16.4-35.5)
	Female	32.4	(29.6-35.2)	34.9	(27.2-42.6)
Age					
	18 to 34	11.4	(4.9-17.9)	8.0	(0-17.2)
	35 to 44	18.3	(12.3-24.3)	12.4	(0.5-24.3)
	45 to 54	28.0	(22.1-33.8)	25.7	(9.5-41.9)
	55 to 64	42.4	(37.9-47)	44.0	(30.9-57.2)
	65 to 74	53.4	(49.1-57.7)	51.0	(39.5-62.5)
	75 and older	58.6	(52.9-64.4)	51.0	(38.9-63.1)
Education					
	Less than H.S.	39.2	(25.4-52.9)	NA	NA
	H.S. Graduate	37.1	(31-43.2)	30.5	(19.8-41.3)
	Some College	31.4	(26.5-36.4)	33.7	(23.5-43.9)
	Voc./Assoc. Degree	30.8	(25.3-36.3)	18.0	(6.6-29.4)
	College Graduate	17.6	(15-20.1)	14.3	(5.5-23)
Poverty Status					
	200% or Less	36.1	(30.8-41.4)	36.8	(25-48.6)
	More than 200%	26.4	(23.4-29.4)	26.1	(18.3-33.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.M

Chronic and Other Medical Conditions[1]

Percent Kidney or Bladder Problems

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Kidney or bladder problems)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**11.7%**	**(9.8-13.5)**	**15.7%**	**(10.5-20.8)**
Gender					
	Male	14.1	(10.7-17.5)	19.1	(9.9-28.4)
	Female	9.2	(7.7-10.8)	12.3	(7.5-17.1)
Age					
	18 to 34	5.7	(0.9-10.6)	1.3	(0-3.3)
	35 to 44	8.3	(3-13.5)	5.7	(0-14.1)
	45 to 54	6.2	(3.9-8.6)	15.6	(0-32.8)
	55 to 64	14.0	(10.7-17.3)	19.6	(8.2-31)
	65 to 74	19.3	(16-22.5)	24.3	(14.3-34.2)
	75 and older	29.4	(23.8-34.9)	35.0	(23.1-47)
Education					
	Less than H.S.	19.3	(8.9-29.6)	NA	NA
	H.S. Graduate	13.6	(9.3-17.8)	16.8	(6.5-27.2)
	Some College	10.7	(8.2-13.2)	13.2	(7.1-19.2)
	Voc./Assoc. Degree	7.7	(5.8-9.7)	5.7	(1.2-10.2)
	College Graduate	9.0	(6.3-11.8)	7.9	(3-12.8)
Poverty Status					
	200% or Less	12.2	(9.3-15.2)	15.7	(8.6-22.8)
	More than 200%	9.1	(7.6-10.7)	15.0	(7.5-22.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.N

Chronic and Other Medical Conditions[1]

Percent Chronic Lung Problems

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Chronic lung problems)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**6.7%**	**(5.1-8.2)**	**8.9%**	**(5.3-12.6)**
Gender					
	Male	6.8	(4-9.5)	7.1	(1.7-12.6)
	Female	6.5	(5.1-8)	10.7	(5.9-15.6)
Age					
	18 to 34	3.4	(0-7.8)	5.2	(0-12.9)
	35 to 44	2.5	(0.4-4.6)	3.1	(0-8.5)
	45 to 54	5.4	(3-7.8)	6.3	(0-12.8)
	55 to 64	9.4	(6.7-12.1)	19.8	(7.9-31.8)
	65 to 74	10.4	(7.3-13.4)	11.2	(4.2-18.1)
	75 and older	14.2	(8.5-19.9)	5.2	(0.5-10)
Education					
	Less than H.S.	14.7	(5.7-23.6)	NA	NA
	H.S. Graduate	8.2	(4.4-12.1)	9.8	(2.7-16.8)
	Some College	7.0	(4.8-9.1)	12.4	(5.6-19.3)
	Voc./Assoc. Degree	3.7	(2.4-5.1)	2.7	(0-5.6)
	College Graduate	2.2	(1.4-3)	3.0	(0-6.1)
Poverty Status					
	200% or Less	8.8	(6.4-11.2)	12.5	(5.6-19.5)
	More than 200%	4.2	(3.2-5.2)	6.7	(2.2-11.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.O

Chronic and Other Medical Conditions[1]

Percent Chronic Pain

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Chronic pain)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**16.7%**	**(14.3-19)**	**13.9%**	**(9.6-18.3)**
Gender					
	Male	16.1	(12.1-20.1)	10.9	(5.1-16.7)
	Female	17.2	(15-19.5)	16.9	(10.8-23.1)
Age					
	18 to 34	10.6	(4.5-16.8)	9.9	(0-21.6)
	35 to 44	11.5	(7.5-15.5)	5.1	(0-13.1)
	45 to 54	19.7	(14.1-25.4)	10.4	(2.7-18.2)
	55 to 64	21.7	(17.9-25.5)	19.6	(9.1-30.2)
	65 to 74	19.2	(16-22.5)	20.8	(11-30.5)
	75 and older	21.6	(15.5-27.7)	19.4	(9.6-29.2)
Education					
	Less than H.S.	23.7	(12.9-34.6)	NA	NA
	H.S. Graduate	21.4	(15.8-27.1)	17.0	(8.1-25.8)
	Some College	13.8	(10.8-16.7)	12.8	(6.2-19.4)
	Voc./Assoc. Degree	20.6	(15.5-25.7)	10.5	(3.1-18)
	College Graduate	8.5	(6.5-10.5)	10.0	(2.5-17.5)
Poverty Status					
	200% or Less	23.5	(19.3-27.8)	21.0	(11.9-30.2)
	More than 200%	11.8	(9.3-14.2)	9.5	(5-13.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.P

Chronic and Other Medical Conditions[1]

Percent Risk of Falling

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Risk of falling)

Demographic Characteristics		Region n=5923		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.7%**	**(6.9-10.5)**	**9.8%**	**(5.9-13.6)**
Gender					
	Male	9.7	(6.4-12.9)	8.5	(3.4-13.7)
	Female	7.7	(6.3-9.1)	10.9	(5.3-16.6)
Age					
	18 to 34	3.0	(-1.4-7.4)	1.3	(0-3.3)
	35 to 44	1.6	(0.5-2.7)	0.5	(0-1.5)
	45 to 54	10.2	(5.2-15.2)	8.2	(0-20.8)
	55 to 64	9.6	(6.8-12.3)	13.6	(3.7-23.4)
	65 to 74	10.7	(8.2-13.2)	13.4	(5.8-20.9)
	75 and older	26.8	(20.9-32.8)	26.6	(16-37.1)
Education					
	Less than H.S.	16.9	(7.9-25.9)	NA	NA
	H.S. Graduate	12.6	(8-17.2)	11.5	(5.1-17.9)
	Some College	5.9	(4.1-7.7)	7.7	(3.5-12)
	Voc./Assoc. Degree	7.3	(4.8-9.8)	4.8	(0.2-9.4)
	College Graduate	3.9	(2.5-5.3)	2.9	(0.2-5.7)
Poverty Status					
	200% or Less	11.0	(8.5-13.5)	15.3	(6.9-23.7)
	More than 200%	6.1	(4.3-7.8)	5.8	(2.1-9.5)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.Q

Chronic and Other Medical Conditions[1]

Percent Sleep Related Disorders

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Sleep related disorders)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**23.7%**	**(21-26.4)**	**26.1%**	**(19-33.2)**
Gender					
	Male	26.3	(21.6-31)	24.4	(12.9-35.9)
	Female	21.0	(18.5-23.5)	27.8	(19.4-36.2)
Age					
	18 to 34	17.8	(10.5-25)	22.3	(5.2-39.4)
	35 to 44	20.2	(14.3-26.1)	34.3	(7.6-60.9)
	45 to 54	26.5	(20.2-32.9)	35.5	(15.6-55.5)
	55 to 64	29.5	(25.1-33.8)	20.5	(11.8-29.3)
	65 to 74	29.6	(25.4-33.8)	22.2	(12-32.4)
	75 and older	21.4	(17.3-25.6)	21.5	(11.2-31.9)
Education					
	Less than H.S.	29.4	(16.5-42.2)	NA	NA
	H.S. Graduate	28.3	(22.4-34.2)	24.0	(12.1-35.9)
	Some College	23.5	(19-28.1)	36.2	(23.7-48.8)
	Voc./Assoc. Degree	23.1	(17.9-28.4)	13.3	(4.3-22.4)
	College Graduate	14.9	(11.6-18.1)	9.0	(3.2-14.8)
Poverty Status					
	200% or Less	29.5	(24.4-34.6)	43.4	(29.9-56.9)
	More than 200%	19.5	(16.5-22.4)	16.8	(9.1-24.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 2.1.R

Chronic and Other Medical Conditions[1]

Percent Stroke Related Problems

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Stroke related problems)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.7%**	**(3.2-6.1)**	**7.4%**	**(3.6-11.3)**
Gender					
	Male	6.2	(3.4-8.9)	6.7	(1.6-11.8)
	Female	3.2	(2.4-3.9)	8.2	(2.4-13.9)
Age					
	18 to 34	2.7	(0-7)	1.3	(0-3.3)
	35 to 44	1.4	(0.4-2.5)	0.5	(0-1.5)
	45 to 54	3.4	(1.5-5.3)	8.1	(0-20.9)
	55 to 64	6.1	(3.9-8.4)	15.0	(3.9-26.1)
	65 to 74	6.0	(3.8-8.2)	9.0	(1.8-16.2)
	75 and older	12.7	(7.4-18)	9.9	(2-17.8)
Education					
	Less than H.S.	8.4	(1.7-15.1)	NA	NA
	H.S. Graduate	7.1	(3.2-10.9)	7.9	(2.1-13.7)
	Some College	3.5	(2.2-4.8)	4.3	(1-7.5)
	Voc./Assoc. Degree	2.7	(1.6-3.8)	2.1	(0-4.7)
	College Graduate	2.1	(1.2-2.9)	1.4	(0-3.7)
Poverty Status					
	200% or Less	3.7	(2.6-4.8)	11.3	(2.7-20)
	More than 200%	3.6	(2.5-4.6)	5.0	(1.4-8.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Chapter 3

Mental Health

Chapter 3: Mental Health

Mental illnesses account for more disability in developed countries than any other medical condition,[1] affecting 25% of adults in the U.S.[2] Mental Illness is frequently associated with other chronic conditions such as heart disease, diabetes, and cancer, and can negatively impact outcomes due to poor patient compliance.[3,4] Untreated mental illness is also associated with unhealthy behaviors, including alcohol and drug abuse and self-destructive behavior.

In national surveys from 2008 and 2009, 16.1% and 12.3% of U.S. adults reported ever having a diagnosis of depression or anxiety, and reported having, on average, 3.5 days of mentally unhealthy days within the past 30 days.[5] Deaths due to suicide rose in Minnesota from a low of 440 deaths in 2000 to 683 deaths in 2013, with males dying at a rate four times higher than females.[6] Wisconsin also experienced a rise in deaths due to suicides from 2004 to 2011.[7] For every death due to suicide in Wisconsin in 2014, there were 11 hospitalizations or emergency room visits for suicide attempts.[8]

2015 Bridge to Health Survey captured data on several mental health conditions. Prevalence of anxiety or panic attacks, depression, or other mental health conditions is reported as the percentage of respondents who indicated that a physician had ever told them that they had the condition. Participants were also asked questions regarding mental health screening, the number of poor mental health days they had experienced in the past 30 days, delaying or failing to seek mental health care, and social support.

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Table 3.1.A

Mental Health Conditions[1]

Percent Anxiety or Panic Attacks

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Anxiety or panic attacks)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**22.9%**	**(20.2-25.6)**	**18.6%**	**(12.2-24.9)**
Gender					
	Male	18.5	(14.1-23)	10.1	(1.7-18.5)
	Female	27.3	(24.3-30.2)	26.8	(18.2-35.4)
Age					
	18 to 34	29.8	(21.7-37.8)	28.3	(8.1-48.5)
	35 to 44	25.4	(19.4-31.4)	19.8	(0.7-38.8)
	45 to 54	25.8	(19.7-31.8)	23.6	(6.9-40.3)
	55 to 64	20.2	(16.6-23.7)	14.6	(6.4-22.8)
	65 to 74	15.3	(11.8-18.9)	11.9	(4-19.7)
	75 and older	9.3	(5.9-12.6)	6.5	(0.5-12.6)
Education					
	Less than H.S.	19.8	(10.4-29.3)	NA	NA
	H.S. Graduate	22.5	(17.2-27.9)	14.6	(4.4-24.8)
	Some College	25.4	(19.8-31.1)	21.6	(11.9-31.3)
	Voc./Assoc. Degree	25.2	(19.7-30.8)	8.7	(2.3-15.1)
	College Graduate	20.0	(15.9-24)	20.0	(1.1-39)
Poverty Status					
	200% or Less	32.1	(26.6-37.6)	30.8	(18.1-43.6)
	More than 200%	17.5	(14.7-20.3)	11.8	(5.1-18.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 3.1.B

Mental Health Conditions[1]

Percent Depression

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Depression)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**25.2%**	**(22.4-27.9)**	**20.3%**	**(14.3-26.3)**
Gender					
	Male	20.3	(15.8-24.8)	13.5	(5.5-21.6)
	Female	30.1	(27.1-33.1)	27.0	(18.8-35.1)
Age					
	18 to 34	29.0	(21-37)	18.4	(3.7-33)
	35 to 44	24.5	(18.6-30.4)	23.7	(3.6-43.8)
	45 to 54	28.6	(22.4-34.8)	28.1	(10.8-45.3)
	55 to 64	27.8	(23.6-32)	23.2	(11.8-34.6)
	65 to 74	17.2	(13.7-20.6)	16.5	(7.7-25.2)
	75 and older	13.4	(9.8-17)	6.5	(1.8-11.2)
Education					
	Less than H.S.	21.6	(11.7-31.4)	NA	NA
	H.S. Graduate	25.2	(19.7-30.7)	17.6	(7.8-27.5)
	Some College	28.3	(22.7-33.8)	29.4	(17.7-41.2)
	Voc./Assoc. Degree	30.2	(24-36.3)	11.3	(3.3-19.3)
	College Graduate	19.8	(15.9-23.6)	12.4	(4.6-20.3)
Poverty Status					
	200% or Less	36.4	(30.7-42)	32.3	(20-44.7)
	More than 200%	19.2	(16.4-21.9)	13.9	(7.7-20.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 3.1.C

Mental Health Conditions[1]

Percent Other Mental Health Problems

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Other mental health problems)

Demographic Characteristics		Region n=5924		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.1%**	**(6.2-10)**	**11.1%**	**(5.9-16.2)**
Gender					
	Male	8.9	(5.5-12.3)	5.8	(0-11.6)
	Female	7.4	(5.7-9.1)	16.2	(8.3-24.1)
Age					
	18 to 34	8.6	(3.4-13.8)	16.1	(1.7-30.5)
	35 to 44	10.2	(5.4-15)	5.4	(0-13.5)
	45 to 54	9.0	(4.3-13.7)	18.5	(2.2-34.8)
	55 to 64	8.8	(6.1-11.6)	12.8	(2.8-22.8)
	65 to 74	7.6	(4.5-10.7)	5.1	(0.2-10)
	75 and older	1.7	(0.8-2.7)	0.4	(0-0.9)
Education					
	Less than H.S.	12.5	(4.9-20)	NA	NA
	H.S. Graduate	10.6	(5.8-15.3)	8.3	(3.1-22.1)
	Some College	7.4	(4.5-10.2)	4.7	(1.8-14.8)
	Voc./Assoc. Degree	7.8	(3.8-11.8)	4.1	(0.1-9.3)
	College Graduate	3.9	(2.6-5.2)	0.0	(0.5-7.7)
Poverty Status					
	200% or Less	13.6	(10.1-17.1)	22.6	(10.8-34.5)
	More than 200%	4.7	(2.9-6.5)	4.7	(1.1-8.3)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 3.2.A

Preventive Screening: Depression and Anxiety[1]

Within Past Year

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had any screening for mental health issues such as depression or anxiety? (Within Past Year)

Demographic Characteristics		Region n=5757		Koochiching County n=533	
		Percent	95% CI	Percent	95% CI
Overall Results		**19.7%**	**(17.3-22.1)**	**14.9%**	**(9.7-20.1)**
Gender					
	Male	15.7	(11.8-19.6)	10.7	(3.4-18)
	Female	23.7	(21-26.5)	19.2	(12.1-26.3)
Age					
	18 to 34	23.6	(16.8-30.5)	18.8	(3.8-33.8)
	35 to 44	20.3	(15.1-25.5)	21.5	(2.5-40.4)
	45 to 54	20.1	(14.4-25.7)	20.2	(6.1-34.3)
	55 to 64	20.0	(16.1-23.8)	9.6	(2.3-16.8)
	65 to 74	15.3	(11.9-18.8)	10.2	(3.2-17.2)
	75 and older	11.4	(7.9-14.8)	5.8	(0.4-11.2)
Education					
	Less than H.S.	12.7	(5.4-20)	NA	NA
	H.S. Graduate	15.4	(11.4-19.5)	8.3	(1-15.7)
	Some College	23.0	(17.7-28.4)	28.0	(15.7-40.4)
	Voc./Assoc. Degree	23.7	(17.8-29.6)	5.9	(1.2-10.5)
	College Graduate	22.2	(17.9-26.4)	13.0	(4.3-21.8)
Poverty Status					
	200% or Less	24.7	(19.7-29.8)	24.1	(12.9-35.3)
	More than 200%	17.8	(15-20.6)	10.2	(5-15.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 3.2.B

Preventive Screening: Depression and Anxiety[1]

Never

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had any screening for mental health issues such as depression or anxiety? (Never)

Demographic Characteristics		Region n=5757		Koochiching County n=533	
		Percent	95% CI	Percent	95% CI
Overall Results		**60.5%**	**(57.3-63.6)**	**69.5%**	**(62-77)**
Gender					
	Male	66.0	(60.9-71.1)	73.3	(61.3-85.4)
	Female	54.9	(51.6-58.2)	65.7	(57.1-74.4)
Age					
	18 to 34	54.2	(45.1-63.3)	60.7	(38.3-83)
	35 to 44	54.5	(46.8-62.2)	59.3	(32.5-86.1)
	45 to 54	58.9	(51.9-65.9)	64.5	(46.4-82.6)
	55 to 64	62.5	(58-67)	74.0	(62.4-85.7)
	65 to 74	69.1	(64.9-73.3)	77.2	(67.7-86.7)
	75 and older	76.3	(70.9-81.8)	89.4	(82.4-96.5)
Education					
	Less than H.S.	57.6	(41.3-73.8)	NA	NA
	H.S. Graduate	67.8	(62.1-73.5)	80.3	(69.9-90.6)
	Some College	58.7	(52.8-64.5)	62.0	(49.7-74.2)
	Voc./Assoc. Degree	52.0	(45.6-58.4)	77.8	(58.8-96.7)
	College Graduate	57.2	(52.2-62.2)	66.3	(46.4-86.2)
Poverty Status					
	200% or Less	50.6	(44.3-56.9)	55.5	(41.6-69.3)
	More than 200%	64.3	(60.7-68)	76.5	(67.9-85.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 3.3

Poor Mental Health Days[1]

Frequent Mental Distress (14 or more poor mental health days in past 30 days)

Bridge to Health Survey 2015 - Koochiching County

Question: Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (14 or more days)

Demographic Characteristics		Region n=5291		Koochiching County n=463	
		Percent	95% CI	Percent	95% CI
Overall Results		**12.8%**	**(10.7-14.9)**	**14.0%**	**(8.6-19.3)**
Gender					
	Male	10.1	(7-13.2)	9.7	(2-17.4)
	Female	15.5	(12.7-18.4)	17.9	(10.8-25.1)
Age					
	18 to 34	15.7	(10.1-21.3)	12.6	(0.3-24.9)
	35 to 44	13.6	(8.2-19)	9.2	(0-20.7)
	45 to 54	14.8	(9.4-20.2)	20.2	(5.2-35.2)
	55 to 64	12.7	(9.5-15.9)	19.8	(8-31.5)
	65 to 74	6.6	(3.7-9.6)	5.6	(0-11.9)
	75 and older	4.9	(2.3-7.5)	6.2	(0-13.6)
Education					
	Less than H.S.	18.0	(5.5-30.5)	NA	NA
	H.S. Graduate	12.6	(8.1-17.1)	14.4	(4-24.8)
	Some College	14.9	(10.8-19.1)	19.9	(8.9-30.9)
	Voc./Assoc. Degree	12.5	(8.7-16.4)	8.3	(1.4-15.2)
	College Graduate	8.8	(6.4-11.2)	2.1	(0-4.2)
Poverty Status					
	200% or Less	20.6	(15.7-25.5)	28.8	(16.5-41)
	More than 200%	8.8	(6.6-11)	5.6	(1.5-9.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 3.4.A

Social and Emotional Support[1]

Always

Bridge to Health Survey 2015 - Koochiching County

Question: How often do you get the social and emotional support you need? Please include support from any source. (Always)

Demographic Characteristics		Region n=5788		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**33.1%**	**(30.1-36.1)**	**35.9%**	**(28.1-43.7)**
Gender					
	Male	32.0	(26.9-37.1)	36.9	(23.5-50.4)
	Female	34.2	(31-37.4)	34.9	(27-42.7)
Age					
	18 to 34	28.0	(20.3-35.6)	58.2	(35.9-80.5)
	35 to 44	30.0	(22-37.9)	18.5	(0-37.7)
	45 to 54	35.3	(27.9-42.8)	27.4	(12-42.9)
	55 to 64	31.1	(26.8-35.5)	31.0	(19.9-42)
	65 to 74	40.0	(35.7-44.3)	36.4	(25.2-47.6)
	75 and older	42.9	(36.9-48.9)	41.2	(28.8-53.5)
Education					
	Less than H.S.	30.8	(17-44.7)	NA	NA
	H.S. Graduate	30.2	(24.3-36.1)	22.6	(13.1-32)
	Some College	35.3	(29.6-41)	39.0	(26.8-51.1)
	Voc./Assoc. Degree	32.9	(26.8-39)	46.2	(17-75.5)
	College Graduate	35.4	(30.5-40.2)	55.9	(37.4-74.4)
Poverty Status					
	200% or Less	24.2	(19.2-29.2)	20.5	(11.3-29.6)
	More than 200%	36.1	(32.4-39.8)	43.8	(32.9-54.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 3.4.B

Social and Emotional Support[1]

Rarely or Never[2]

Bridge to Health Survey 2015 - Koochiching County

Question: How often do you get the social and emotional support you need? Please include support from any source. (Rarely or never)

Demographic Characteristics		Region n=5788		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**12.9%**	**(10.5-15.2)**	**12.0%**	**(7.5-16.5)**
Gender					
	Male	15.7	(11.4-20)	12.3	(5.3-19.4)
	Female	10.0	(8-12)	11.7	(6.1-17.3)
Age					
	18 to 34	11.4	(4-18.8)	10.1	(0-21.5)
	35 to 44	13.0	(7.7-18.2)	4.8	(0-10.8)
	45 to 54	10.8	(7.3-14.4)	12.8	(0-25.5)
	55 to 64	15.3	(11.8-18.8)	17.8	(7.6-28)
	65 to 74	14.6	(11-18.3)	15.8	(6.3-25.3)
	75 and older	13.7	(10.3-17.2)	7.9	(2.5-13.4)
Education					
	Less than H.S.	10.3	(4.3-16.3)	NA	NA
	H.S. Graduate	18.3	(12.1-24.5)	14.0	(5.3-22.6)
	Some College	13.4	(9.8-17)	15.6	(6.6-24.5)
	Voc./Assoc. Degree	10.5	(7.6-13.5)	9.4	(2.3-16.6)
	College Graduate	6.2	(4-8.3)	2.3	(0-4.7)
Poverty Status					
	200% or Less	19.4	(13.4-25.4)	20.0	(11-29.1)
	More than 200%	9.7	(7.9-11.5)	7.4	(2.2-12.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

[2]Responses for "Rarely" and "Never" were combined

Table 3.5

Failed to Seek or Delayed Seeking Help for Mental Health Problems in Past 12 Months[1]

Bridge to Health Survey 2015 - Koochiching County

Question: During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about mental health problems such as stress, depression, excess worrying, troubling thoughts, or emotional problems, but did not go or delayed talking with someone?

Demographic Characteristics		Region n=5868		Koochiching County n=549	
		Percent	95% CI	Percent	95% CI
Overall Results		**16.5%**	**(14-18.9)**	**10.9%**	**(6.5-15.2)**
Gender					
	Male	12.5	(8.5-16.6)	6.2	(2-10.5)
	Female	20.4	(17.8-23.1)	15.4	(8.3-22.5)
Age					
	18 to 34	25.4	(17.8-33)	13.4	(1.8-25.1)
	35 to 44	18.4	(12.7-24.1)	17.7	(3.2-32.3)
	45 to 54	18.0	(13.7-22.3)	14.2	(0-28.8)
	55 to 64	13.7	(10.4-17)	5.9	(1.2-10.7)
	65 to 74	6.1	(4.1-8.1)	11.2	(2.9-19.5)
	75 and older	3.5	(2-5)	2.0	(0-5)
Education					
	Less than H.S.	18.9	(1.5-36.3)	NA	NA
	H.S. Graduate	10.7	(7.7-13.6)	4.6	(1-8.2)
	Some College	20.3	(15.5-25.1)	13.2	(4.4-22)
	Voc./Assoc. Degree	20.4	(14.9-25.8)	6.9	(0.9-13)
	College Graduate	17.1	(13.6-20.5)	16.1	(6.2-26)
Poverty Status					
	200% or Less	20.9	(16.5-25.4)	15.6	(5.7-25.4)
	More than 200%	14.5	(11.3-17.7)	8.6	(4.5-12.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 3.6.A

Suicide[1]

Thought About it During the Last Year

Bridge to Health Survey 2015 - Koochiching County

Question: Have you thought about killing yourself? (During the last year)

Demographic Characteristics		Region n=5890		Koochiching County n=549	
		Percent	95% CI	Percent	95% CI
Overall Results		**7.0%**	**(4.2-9.8)**	**2.9%**	**(1.1-4.7)**
Gender					
	Male	9.0	(3.7-14.3)	2.2	(0.2-4.2)
	Female	5.0	(3.6-6.4)	3.7	(0.7-6.6)
Age					
	18 to 34	16.2	(7.1-25.4)	0.4	(0-1.3)
	35 to 44	3.1	(1.4-4.8)	3.9	(0-11.7)
	45 to 54	6.0	(1.6-10.3)	5.6	(0.2-11.1)
	55 to 64	3.6	(2.2-5)	2.7	(0.2-5.1)
	65 to 74	2.7	(1-4.4)	4.4	(0-10.4)
	75 and older	1.0	(0.4-1.7)	0.4	(0-1.2)
Education					
	Less than H.S.	11.5	(0-29.5)	NA	NA
	H.S. Graduate	8.9	(2.4-15.4)	2.3	(0-5)
	Some College	5.4	(2.8-8)	5.4	(0-10.7)
	Voc./Assoc. Degree	3.6	(2-5.3)	3.2	(0-7.1)
	College Graduate	6.2	(3.2-9.2)	2.7	(0.5-4.8)
Poverty Status					
	200% or Less	9.4	(3.4-15.4)	3.5	(0.6-6.3)
	More than 200%	6.2	(3-9.4)	2.9	(0.3-5.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 3.6.B

Suicide[1]

Thought About it More than a Year Ago

Bridge to Health Survey 2015 - Koochiching County

Question: Have you thought about killing yourself? (More than a year ago)

Demographic Characteristics		Region n=5890		Koochiching County n=549	
		Percent	95% CI	Percent	95% CI
Overall Results		**11.3%**	**(8.8-13.8)**	**12.9%**	**(6.8-19)**
Gender					
	Male	11.5	(7-16)	15.8	(5.1-26.4)
	Female	11.1	(8.9-13.3)	10.1	(4-16.1)
Age					
	18 to 34	19.3	(10.9-27.6)	16.1	(0-33.1)
	35 to 44	12.2	(8.3-16.2)	23.4	(0-47.4)
	45 to 54	10.7	(7.5-13.9)	19.6	(3-36.3)
	55 to 64	8.0	(5.6-10.4)	3.6	(0-7.6)
	65 to 74	6.6	(4.5-8.7)	7.9	(1.3-14.6)
	75 and older	1.8	(1-2.6)	6.1	(0-12.6)
Education					
	Less than H.S.	6.9	(1.7-12.2)	NA	NA
	H.S. Graduate	10.3	(4.4-16.1)	6.0	(0-12.4)
	Some College	13.6	(8.6-18.7)	13.9	(5.7-22.1)
	Voc./Assoc. Degree	15.4	(10.3-20.5)	5.0	(0.4-9.6)
	College Graduate	9.4	(7.1-11.8)	18.1	(0-37.4)
Poverty Status					
	200% or Less	14.9	(10.4-19.4)	23.2	(10.4-36)
	More than 200%	9.8	(6.5-13.1)	7.5	(1.3-13.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Chapter 4

Preventive Health Practices

Chapter 4: Preventive Health Practices

The chapter examines the self-reported behaviors of adult respondents in the areas of weight status, physical activity, and nutrition. Healthy behaviors including regular exercise and healthy eating patterns play an important role in maintaining an optimal weight. Approximately 69% of U.S. adults are overweight, 35% are considered obese, and annual medical costs for obese individuals are estimated to be $1,429 higher compared to those of normal weight.[1,2] Obese adults are at greater risk for many health conditions including cardiovascular disease, diabetes, arthritis, some cancers, mental illness, and lower quality of life.[3]

Physical activity is widely recognized as an important preventive measure against chronic disease, death and disability. In addition to aiding in maintaining a healthy weight, a regular exercise routine helps maintain normal range of motion and joint mobility prevents postural problems and decreases muscle soreness. It's estimated that greater than 80% of U.S. adults do not meet the guidelines for both aerobic and muscle-strengthening activities.[4]

Healthy eating patterns are key to good health and quality of life. The *2015-2020 Dietary Guidelines for Americans* promote the consumption of vegetables, fruits, grains, dairy, protein foods, and oils at appropriate calorie levels in forms with limited saturated fats, added sugars, and sodium.[5] Higher intake of fruits and vegetables is associated with maintaining a healthy weight and a decreased risk of many chronic diseases. According to the *State Indicator Report on Fruits and Vegetables 2013*, U.S. adults have low intake, consuming only 1.1 and 1.6 fruit and vegetable servings, respectively, per day.[6]

Weight Status

Self-reported height and weight data collected in the *2015 Bridge to Health Survey* were used to calculate Body Mass Index (BMI). BMI is defined as weight (kilograms) divided by height (meters) squared. BMI can be used as an indicator of high fatness, but it is not diagnostic for body fat or health of an individual. Its limitations include potentially overestimating body fat in individuals with a muscular build and underestimating body fat in older persons and others with lower muscle content.[7] The current BMI classifications are included in the table below.

BMI	Classification
Less than 18.5	Underweight
18.5 to 24.9	Normal
25.0 to 29.9	Overweight
30.0 or higher	Obese

Physical Activity

In the current Bridge to Health Survey, individuals were asked questions about their inactivity level, frequency of moderate and vigorous weekly activity, and barriers to exercise. Listed below are the current recommended physical activity guidelines for adults:[8]

- Avoid inactivity
- Aerobic activity:
    - 150 minutes (2 hours and 30 minutes) each week of moderate-intensity aerobic physical activity (such as brisk walking or tennis)
    - 75 minutes (1 hour and 15 minutes) each week of vigorous-intensity aerobic physical activity (such as jogging or swimming laps)
    - An equivalent combination of moderate- and vigorous-intensity aerobic physical activity
- Strengthen muscles:
    - Do muscle-strengthening activities (such as lifting weights or using resistance bands) that are moderate or high intensity and involve all major muscle groups on 2 or more days a week.

Diet and Nutrition

In the current survey, individuals were asked questions about their fruit and vegetable consumption, source of groceries, and frequency of eating home cooked meals, restaurant and fast food meals. Additional questions addressing food insecurity were asked and those data are provided in Chapter 9. Components of healthy eating patterns and recommended consumption levels can be found in the *2015-2020 Dietary Guidelines for Americans*.[5]

The following table includes national and state data from the *2013 Behavioral Risk Factor Surveillance Prevalence and Trends Data* and *Healthy People 2020* goals compared to weight status and physical activity from the *2015 Bridge to Health Survey*.

Health Measure	BTH Region 2015	Koochiching County 2015 (CI)	BRFSS 2013[9]			Healthy People 2020 Goal[10]
			Minnesota	Wisconsin	National	
Overweight (BMI 25-29.9)	36.4%	32.1% (25.0-39.3)	35.6%	36.7%	35.4%	N/A
Obese (BMI 30+)	30.8%	38.3% (29.9-46.6)	25.5%	29.8%	29.4%	30.5%
No physical activity in past month	19.3%	25.9% (18.8-33.1)	23.5%	23.8%	25.3%	32.6%

N/A indicates that data were not collected or available for that measure

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Table 4.1.A

Weight Status Based on Body Mass Index (BMI)[1]

BMI: Approximation of Body Fat Based on Weight and Height

Not Overweight

Bridge to Health Survey 2015 - Koochiching County

Question: How tall are you without shoes?
Approximately how much do you weigh without shoes?

Demographic Characteristics		Region n=5768		Koochiching County n=535	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.7%**	**(29.4-36)**	**29.6%**	**(22.7-36.6)**
Gender					
	Male	28.1	(22.3-33.9)	20.2	(9.2-31.2)
	Female	37.5	(34.3-40.7)	39.0	(30.9-47)
Age					
	18 to 34	45.3	(35.8-54.8)	50.4	(27-73.9)
	35 to 44	30.5	(22.7-38.2)	15.4	(3.3-27.4)
	45 to 54	29.3	(22.7-35.9)	22.1	(9.4-34.7)
	55 to 64	24.4	(20.7-28.2)	29.4	(17.5-41.3)
	65 to 74	23.1	(19.5-26.7)	24.4	(14.8-34)
	75 and older	35.2	(29.8-40.6)	32.2	(21.7-42.8)
Education					
	Less than H.S.	39.6	(22.2-57.1)	NA	NA
	H.S. Graduate	28.6	(21.6-35.7)	21.5	(11.9-31.1)
	Some College	27.0	(22-31.9)	33.5	(22.6-44.3)
	Voc./Assoc. Degree	31.9	(25.4-38.3)	14.0	(4.6-23.5)
	College Graduate	44.4	(39.3-49.4)	53.4	(34.8-71.9)
Poverty Status					
	200% or Less	34.5	(27.9-41.1)	30.7	(19.4-42.1)
	More than 200%	32.0	(28.2-35.9)	28.4	(19-37.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.1.B

Weight Status Based on Body Mass Index (BMI)[1]

BMI: Approximation of Body Fat Based on Weight and Height

Overweight Or Obese

Bridge to Health Survey 2015 - Koochiching County

Question: How tall are you without shoes?
Approximately how much do you weigh without shoes?

Demographic Characteristics		Region n=5768		Koochiching County n=535	
		Percent	95% CI	Percent	95% CI
Overall Results		**67.3%**	**(64-70.6)**	**70.4%**	**(63.4-77.3)**
Gender					
	Male	71.9	(66.1-77.7)	79.8	(68.8-90.8)
	Female	62.5	(59.3-65.7)	61.0	(53-69.1)
Age					
	18 to 34	54.7	(45.2-64.2)	49.6	(26.1-73)
	35 to 44	69.5	(61.8-77.3)	84.6	(72.6-96.7)
	45 to 54	70.7	(64.1-77.3)	77.9	(65.3-90.6)
	55 to 64	75.6	(71.8-79.3)	70.6	(58.7-82.5)
	65 to 74	76.9	(73.3-80.5)	75.6	(66-85.2)
	75 and older	64.8	(59.4-70.2)	67.8	(57.2-78.3)
Education					
	Less than H.S.	60.4	(42.9-77.8)	NA	NA
	H.S. Graduate	71.4	(64.3-78.4)	78.5	(68.9-88.1)
	Some College	73.0	(68.1-78)	66.5	(55.7-77.4)
	Voc./Assoc. Degree	68.1	(61.7-74.6)	86.0	(76.5-95.4)
	College Graduate	55.6	(50.6-60.7)	46.6	(28.1-65.2)
Poverty Status					
	200% or Less	65.5	(58.9-72.1)	69.3	(57.9-80.6)
	More than 200%	68.0	(64.1-71.8)	71.6	(62.1-81)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.1.C

Weight Status Based on Body Mass Index (BMI)[1]

BMI: Approximation of Body Fat Based on Weight and Height

Overweight But Not Obese

Bridge to Health Survey 2015 - Koochiching County

Question: How tall are you without shoes?
Approximately how much do you weigh without shoes?

Demographic Characteristics		Region n=5768		Koochiching County n=535	
		Percent	95% CI	Percent	95% CI
Overall Results		**36.4%**	**(33.2-39.6)**	**32.1%**	**(25-39.3)**
Gender					
	Male	39.6	(34.1-45.1)	31.8	(19.8-43.8)
	Female	33.1	(29.8-36.5)	32.4	(24.6-40.3)
Age					
	18 to 34	31.9	(22.8-40.9)	27.5	(6.8-48.1)
	35 to 44	30.4	(23.5-37.3)	15.8	(3.1-28.5)
	45 to 54	38.1	(30.4-45.7)	32.2	(13-51.4)
	55 to 64	42.3	(37.6-47)	35.4	(22.5-48.2)
	65 to 74	38.4	(34.1-42.7)	42.4	(30.6-54.3)
	75 and older	40.8	(35-46.6)	41.9	(29.6-54.3)
Education					
	Less than H.S.	36.5	(21.8-51.3)	NA	NA
	H.S. Graduate	38.7	(31.9-45.6)	33.0	(20.6-45.4)
	Some College	36.7	(30.9-42.5)	24.2	(15.7-32.8)
	Voc./Assoc. Degree	29.6	(24.1-35.2)	46.4	(16.9-75.8)
	College Graduate	36.0	(31-40.9)	29.0	(15.5-42.5)
Poverty Status					
	200% or Less	28.9	(23.6-34.3)	28.2	(16.9-39.6)
	More than 200%	39.3	(35.3-43.3)	34.0	(24.3-43.8)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.1.D

Weight Status Based on Body Mass Index (BMI)[1]

BMI: Approximation of Body Fat Based on Weight and Height

Obese

Bridge to Health Survey 2015 - Koochiching County

Question: How tall are you without shoes?
Approximately how much do you weigh without shoes?

Demographic Characteristics		Region n=5768		Koochiching County n=535	
		Percent	95% CI	Percent	95% CI
Overall Results		**30.8%**	**(28-33.7)**	**38.3%**	**(29.9-46.6)**
Gender					
	Male	32.3	(27.4-37.3)	48.0	(34.1-61.9)
	Female	29.3	(26.5-32.1)	28.6	(20.6-36.5)
Age					
	18 to 34	22.9	(15.5-30.2)	22.1	(2.1-42.1)
	35 to 44	39.1	(31.5-46.7)	68.8	(49.2-88.5)
	45 to 54	32.6	(26-39.2)	45.8	(25.6-65.9)
	55 to 64	33.3	(28.9-37.8)	35.2	(22.6-47.9)
	65 to 74	38.5	(34.2-42.8)	33.1	(21.9-44.4)
	75 and older	24.0	(18.5-29.5)	25.9	(14.4-37.3)
Education					
	Less than H.S.	23.8	(12.6-35)	NA	NA
	H.S. Graduate	32.6	(26.7-38.5)	45.5	(30.8-60.2)
	Some College	36.4	(30.6-42.2)	42.3	(30.1-54.5)
	Voc./Assoc. Degree	38.5	(32.5-44.5)	39.6	(11.1-68.1)
	College Graduate	19.7	(16.4-22.9)	17.6	(7.4-27.9)
Poverty Status					
	200% or Less	36.6	(30.9-42.3)	41.0	(26.5-55.5)
	More than 200%	28.7	(25.3-32.1)	37.5	(26.8-48.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.2.A

Source of Groceries: 1 Or More Times Per Week[1]

Supermarket or Large Grocery Store

Bridge to Health Survey 2015 - Koochiching County

Question: How often do you or others in your household buy or get food from the following places…supermarket or large grocery store?

Demographic Characteristics		Region n=5773		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**63.9%**	**(60.7-67.1)**	**65.0%**	**(56.8-73.3)**
Gender					
	Male	65.2	(59.7-70.7)	66.6	(52.4-80.8)
	Female	62.5	(59.4-65.7)	63.5	(54.9-72)
Age					
	18 to 34	54.7	(45.4-64)	51.7	(27.3-76.1)
	35 to 44	71.0	(64.8-77.2)	49.4	(21.7-77.2)
	45 to 54	62.1	(55-69.2)	69.1	(50-88.3)
	55 to 64	69.2	(65-73.4)	74.0	(62.5-85.5)
	65 to 74	69.4	(65.6-73.2)	71.1	(60.5-81.7)
	75 and older	65.5	(59.7-71.2)	75.6	(65.4-85.8)
Education					
	Less than H.S.	59.5	(42.6-76.5)	NA	NA
	H.S. Graduate	62.2	(55.9-68.5)	67.9	(53.3-82.5)
	Some College	65.4	(59.6-71.2)	69.2	(58.9-79.4)
	Voc./Assoc. Degree	63.8	(58-69.7)	41.8	(16.1-67.5)
	College Graduate	65.9	(60.8-71)	70.2	(51.1-89.2)
Poverty Status					
	200% or Less	58.1	(51.9-64.3)	58.2	(43.7-72.7)
	More than 200%	66.5	(62.6-70.4)	67.9	(57.2-78.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.2.B

Source of Groceries: 1 Or More Times Per Week[1]

Small Grocery Store

Bridge to Health Survey 2015 - Koochiching County

Question: How often do you or others in your household buy or get food from the following places…small grocery store?

Demographic Characteristics		Region n=4729		Koochiching County n=410	
		Percent	95% CI	Percent	95% CI
Overall Results		**25.2%**	**(21.7-28.7)**	**25.0%**	**(17.3-32.7)**
Gender					
	Male	28.3	(22.1-34.4)	15.1	(4.9-25.3)
	Female	22.0	(19.2-24.8)	35.4	(25.4-45.4)
Age					
	18 to 34	25.5	(16-35.1)	18.6	(3.1-34.1)
	35 to 44	27.3	(20.6-34.1)	42.6	(15.9-69.2)
	45 to 54	27.3	(20.1-34.5)	29.4	(9.1-49.6)
	55 to 64	25.1	(20.6-29.7)	19.9	(7.8-32)
	65 to 74	22.7	(18.5-27)	22.3	(9.9-34.6)
	75 and older	17.1	(12.7-21.4)	12.8	(3.2-22.4)
Education					
	Less than H.S.	8.8	(3.6-14)	NA	NA
	H.S. Graduate	32.1	(23.6-40.6)	19.9	(5.3-34.4)
	Some College	23.5	(17.9-29.1)	34.5	(20.9-48.2)
	Voc./Assoc. Degree	27.9	(21.2-34.6)	12.1	(3.2-21)
	College Graduate	21.6	(17.7-25.5)	18.8	(6.9-30.6)
Poverty Status					
	200% or Less	26.5	(19.2-33.8)	34.7	(19.6-49.7)
	More than 200%	24.5	(20.9-28.2)	19.1	(10.2-28)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.2.C

Source of Groceries: 1 Or More Times Per Week[1]

Convenience Store or Gas Station

Bridge to Health Survey 2015 - Koochiching County

Question: How often do you or others in your household buy or get food from the following places…convenience store or gas station?

Demographic Characteristics		Region n=4652		Koochiching County n=407	
		Percent	95% CI	Percent	95% CI
Overall Results		**20.5%**	**(17.1-24)**	**14.3%**	**(7.6-21)**
Gender					
	Male	25.0	(19-30.9)	15.1	(3.5-26.7)
	Female	15.9	(12.7-19)	13.5	(7.1-19.9)
Age					
	18 to 34	24.5	(15.4-33.7)	18.7	(0-38.5)
	35 to 44	28.7	(20.9-36.5)	20.0	(0-40.4)
	45 to 54	19.5	(12.6-26.5)	7.2	(0-14.4)
	55 to 64	14.9	(11.2-18.7)	19.8	(6.1-33.4)
	65 to 74	15.3	(11.1-19.4)	6.3	(0.3-12.2)
	75 and older	10.1	(6.2-14.1)	5.5	(0-14)
Education					
	Less than H.S.	28.0	(6.8-49.1)	NA	NA
	H.S. Graduate	23.3	(15.4-31.1)	8.0	(0.2-15.7)
	Some College	22.1	(16.7-27.6)	19.7	(7.1-32.2)
	Voc./Assoc. Degree	19.1	(13.4-24.9)	14.3	(0-33.5)
	College Graduate	13.3	(9.4-17.2)	16.1	(0-37)
Poverty Status					
	200% or Less	29.1	(21.3-36.9)	9.8	(2.1-17.4)
	More than 200%	16.7	(13.6-19.8)	16.9	(7.2-26.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.2.D

Source of Groceries: 1 Or More Times Per Week[1]

Food Shelf or Pantry

Bridge to Health Survey 2015 - Koochiching County

Question: How often do you or others in your household buy or get food from the following places…food shelf or pantry?

Demographic Characteristics		Region n=4480		Koochiching County n=402	
		Percent	95% CI	Percent	95% CI
Overall Results		**0.2%**	**(0-0.4)**	**0.2%**	**(0-0.6)**
Gender					
	Male	0.2	(0-0.6)	0.1	(0-0.3)
	Female	0.2	(0-0.4)	0.4	(0-1)
Age					
	18 to 34	0.0	(0-0.1)	0.0	(0-0)
	35 to 44	0.0	(0-0)	0.0	(0-0)
	45 to 54	0.3	(0-0.7)	0.9	(0-2.6)
	55 to 64	0.2	(0-0.5)	0.2	(0-0.6)
	65 to 74	0.9	(0-2.5)	0.0	(0-0)
	75 and older	0.4	(0-1)	0.0	(0-0)
Education					
	Less than H.S.	0.3	(0-0.9)	NA	NA
	H.S. Graduate	0.3	(0-0.8)	0.0	(0-0)
	Some College	0.0	(0-0.1)	0.7	(0-2.1)
	Voc./Assoc. Degree	0.2	(0-0.5)	0.4	(0-1.2)
	College Graduate	0.3	(0-0.8)	0.0	(0-0)
Poverty Status					
	200% or Less	0.1	(0-0.3)	0.6	(0-1.6)
	More than 200%	0.2	(0-0.4)	0.0	(0-0)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.2.E

Source of Groceries: 1 Or More Times Per Week[1]

Some Other Place

Bridge to Health Survey 2015 - Koochiching County

Question: How often do you or others in your household buy or get food from the following places…some other place?

Demographic Characteristics		Region n=4128		Koochiching County n=372	
		Percent	95% CI	Percent	95% CI
Overall Results		**7.6%**	**(4.6-10.6)**	**2.3%**	**(0-4.5)**
Gender					
	Male	9.9	(4.3-15.5)	0.3	(0-0.8)
	Female	5.1	(3.7-6.5)	4.3	(0-9)
Age					
	18 to 34	6.9	(-0.6-14.4)	0.5	(0-1.5)
	35 to 44	14.7	(5.4-24)	9.1	(0-22.8)
	45 to 54	8.4	(2.7-14.1)	1.6	(0-3.9)
	55 to 64	5.5	(3.1-7.9)	1.6	(0-3.6)
	65 to 74	4.9	(2.4-7.4)	0.3	(0-0.8)
	75 and older	1.7	(0.5-2.8)	0.0	(0-0)
Education					
	Less than H.S.	7.6	(-3.4-18.6)	NA	NA
	H.S. Graduate	11.4	(2.8-20)	3.1	(0-9)
	Some College	5.5	(2.5-8.5)	1.4	(0-3.4)
	Voc./Assoc. Degree	4.8	(2.5-7)	1.5	(0-3.6)
	College Graduate	6.4	(4.2-8.5)	3.4	(0-7)
Poverty Status					
	200% or Less	10.0	(2.6-17.5)	1.1	(0-2.6)
	More than 200%	6.5	(3.8-9.3)	2.9	(0-6.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.3.A

Source of Produce During Growing Season: 1 Or More Times Per Week[1]

Farmer's Market, Fruit/Vegetable Stand

Bridge to Health Survey 2015 - Koochiching County

Question: During the growing season, how often do you or others in your household buy or get food from the following places…farmer's market/produce stand?

Demographic Characteristics		Region n=5504		Koochiching County n=488	
		Percent	95% CI	Percent	95% CI
Overall Results		**9.0%**	**(7.3-10.8)**	**9.4%**	**(5.5-13.3)**
Gender					
	Male	8.0	(5-11)	8.5	(2-15.1)
	Female	10.0	(8.3-11.8)	10.3	(6.3-14.3)
Age					
	18 to 34	7.2	(2.1-12.2)	1.0	(0-2.3)
	35 to 44	7.0	(4-10)	6.9	(0-15.6)
	45 to 54	6.6	(4.2-9)	14.1	(0.8-27.4)
	55 to 64	11.5	(8.6-14.4)	11.5	(3.4-19.5)
	65 to 74	11.7	(9.1-14.4)	13.0	(4.1-21.8)
	75 and older	14.6	(8.4-20.7)	12.2	(3.9-20.5)
Education					
	Less than H.S.	8.5	(0.9-16.1)	NA	NA
	H.S. Graduate	8.5	(4.4-12.7)	8.7	(1.1-16.2)
	Some College	9.6	(6.7-12.5)	15.1	(6.6-23.7)
	Voc./Assoc. Degree	8.6	(5.7-11.4)	5.4	(0.8-10)
	College Graduate	9.4	(7.4-11.4)	9.3	(1.8-16.8)
Poverty Status					
	200% or Less	6.5	(4.4-8.6)	4.1	(0.9-7.2)
	More than 200%	8.9	(7.2-10.5)	12.5	(6.4-18.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.3.B

Source of Produce During Growing Season: 1 Or More Times Per Week[1]

Local Farm or CSA (Community Supported Agriculture)

Bridge to Health Survey 2015 - Koochiching County

Question: During the growing season, how often do you or others in your household buy or get food from the following places…local farm or CSA?

Demographic Characteristics		Region n=4886		Koochiching County n=426	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.8%**	**(1.8-3.9)**	**2.1%**	**(0.3-3.9)**
Gender					
	Male	2.9	(1-4.8)	0.8	(0-2)
	Female	2.7	(1.9-3.6)	3.3	(0-6.7)
Age					
	18 to 34	3.2	(0.4-6)	0.0	(0-0)
	35 to 44	3.2	(1.5-4.9)	4.0	(0-11.8)
	45 to 54	2.5	(0-5.1)	0.3	(0-0.9)
	55 to 64	2.9	(1.4-4.4)	4.0	(0-9.2)
	65 to 74	2.4	(1.1-3.7)	5.4	(0-12.1)
	75 and older	1.6	(0.6-2.6)	0.0	(0-0)
Education					
	Less than H.S.	0.7	(0-1.4)	NA	NA
	H.S. Graduate	1.7	(0.6-2.7)	1.3	(0-3.1)
	Some College	2.2	(0-4.9)	2.6	(0-7.7)
	Voc./Assoc. Degree	2.6	(0.5-4.7)	0.6	(0-1.7)
	College Graduate	5.9	(3.3-8.4)	1.2	(0-3.1)
Poverty Status					
	200% or Less	2.6	(0.2-5)	1.2	(0-2.8)
	More than 200%	2.9	(1.9-4)	2.8	(0-5.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.3.C

Source of Produce During Growing Season: 1 Or More Times Per Week[1]

Food Grown at Home or in a Community Garden

Bridge to Health Survey 2015 - Koochiching County

Question: During the growing season, how often do you or others in your household buy or get food from the following places…homegrown?

Demographic Characteristics		Region n=5394		Koochiching County n=492	
		Percent	95% CI	Percent	95% CI
Overall Results		**31.9%**	**(28.9-34.8)**	**40.7%**	**(32.6-48.8)**
Gender					
	Male	31.1	(25.9-36.2)	37.0	(23.1-50.8)
	Female	32.7	(29.8-35.5)	44.4	(36-52.7)
Age					
	18 to 34	23.0	(15.4-30.5)	39.5	(16-62.9)
	35 to 44	32.1	(24.3-40)	33.8	(9.4-58.2)
	45 to 54	30.1	(23.9-36.2)	32.3	(14.7-49.8)
	55 to 64	36.9	(32.4-41.4)	47.1	(33.6-60.6)
	65 to 74	42.1	(37.6-46.6)	55.0	(43.2-66.9)
	75 and older	40.0	(34-46.1)	39.4	(26.1-52.8)
Education					
	Less than H.S.	34.3	(14.9-53.7)	NA	NA
	H.S. Graduate	30.5	(24.9-36.2)	47.5	(32.2-62.9)
	Some College	29.9	(24.9-34.9)	47.1	(34.9-59.2)
	Voc./Assoc. Degree	33.1	(26.9-39.3)	53.0	(24.4-81.6)
	College Graduate	34.9	(30.3-39.5)	21.2	(10.6-31.8)
Poverty Status					
	200% or Less	22.8	(18.5-27.1)	29.8	(18-41.5)
	More than 200%	36.1	(32.1-40)	44.0	(32.7-55.3)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.4.A

Source of Meals[1]

Fast Food Place: 1 Or More Times Per Week

Bridge to Health Survey 2015 - Koochiching County

Question: In an average week, how many times do you do the following…eat or order a meal from a fast food place? (1 or more times per week)

Demographic Characteristics		Region n=5601		Koochiching County n=514	
		Percent	95% CI	Percent	95% CI
Overall Results		**51.7%**	**(48.4-55.1)**	**52.6%**	**(44.4-60.8)**
Gender					
	Male	56.6	(50.9-62.3)	59.0	(45.3-72.7)
	Female	46.8	(43.4-50.2)	46.3	(37.6-54.9)
Age					
	18 to 34	57.6	(48.4-66.9)	67.1	(45.2-88.9)
	35 to 44	59.7	(51.9-67.4)	75.2	(57.3-93.1)
	45 to 54	54.2	(47-61.5)	43.0	(23.1-63)
	55 to 64	44.6	(39.9-49.3)	46.6	(33.2-60)
	65 to 74	42.6	(38.1-47.1)	36.9	(25.5-48.3)
	75 and older	42.6	(36.3-48.9)	41.7	(28.7-54.7)
Education					
	Less than H.S.	62.4	(48.7-76.1)	NA	NA
	H.S. Graduate	48.3	(41.1-55.4)	50.4	(35.6-65.3)
	Some College	56.1	(50.4-61.9)	51.9	(40-63.8)
	Voc./Assoc. Degree	55.6	(49.4-61.9)	59.5	(30.9-88.2)
	College Graduate	45.2	(40.1-50.3)	56.2	(36.2-76.3)
Poverty Status					
	200% or Less	57.3	(51.3-63.2)	58.9	(46.1-71.7)
	More than 200%	49.8	(45.7-53.9)	49.9	(38.9-60.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.4.B

Source of Meals[1]

Restaurant Other Than Fast Food Place: 1 Or More Times Per Week

Bridge to Health Survey 2015 - Koochiching County

Question: In an average week, how many times do you do the following…eat a meal at a restaurant that is not a fast food place? (1 or more times per week)

Demographic Characteristics		Region n=5605		Koochiching County n=521	
		Percent	95% CI	Percent	95% CI
Overall Results		**63.7%**	**(60.5-66.8)**	**56.0%**	**(47.9-64.1)**
Gender					
	Male	66.2	(60.9-71.5)	64.3	(51-77.5)
	Female	61.2	(57.9-64.4)	47.8	(39.4-56.1)
Age					
	18 to 34	65.4	(56.8-73.9)	64.6	(41.5-87.7)
	35 to 44	61.5	(53.5-69.5)	52.9	(25.4-80.4)
	45 to 54	64.5	(57.6-71.5)	54.8	(35.1-74.5)
	55 to 64	60.2	(55.7-64.8)	52.1	(39-65.2)
	65 to 74	66.7	(62.5-70.9)	53.2	(40.9-65.4)
	75 and older	63.5	(57.5-69.6)	56.9	(44.5-69.2)
Education					
	Less than H.S.	51.5	(34.2-68.8)	NA	NA
	H.S. Graduate	59.3	(52.6-66.1)	62.8	(49.6-76)
	Some College	65.6	(60.2-71)	58.8	(47.5-70.1)
	Voc./Assoc. Degree	66.5	(60.7-72.2)	46.7	(17.5-75.9)
	College Graduate	70.5	(65.7-75.3)	58.5	(38.7-78.4)
Poverty Status					
	200% or Less	52.2	(45.9-58.6)	48.0	(33.8-62.1)
	More than 200%	70.3	(66.7-74)	60.0	(49.3-70.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.4.C

Source of Meals[1]

Home Cooked Meal: Less Than 5 Times Per Week

Bridge to Health Survey 2015 - Koochiching County

Question: In an average week, how many times do you do the following…eat a homecooked meal? (less than 5 times per week)

Demographic Characteristics		Region n=5826		Koochiching County n=547	
		Percent	95% CI	Percent	95% CI
Overall Results		**22.3%**	**(19.3-25.2)**	**16.5%**	**(10-22.9)**
Gender					
	Male	23.9	(18.7-29.2)	21.2	(9.2-33.2)
	Female	20.6	(17.9-23.2)	11.8	(7.7-16)
Age					
	18 to 34	26.1	(17.6-34.6)	21.3	(0.1-42.5)
	35 to 44	24.1	(17.4-30.8)	30.7	(4.5-57)
	45 to 54	26.5	(19.6-33.3)	7.9	(2.1-13.7)
	55 to 64	20.8	(16.9-24.7)	10.1	(3.2-17)
	65 to 74	12.8	(9.9-15.8)	16.7	(7.6-25.8)
	75 and older	15.3	(11.8-18.9)	17.1	(9-25.2)
Education					
	Less than H.S.	17.1	(5.9-28.3)	NA	NA
	H.S. Graduate	22.7	(16.2-29.2)	10.6	(5.1-16.1)
	Some College	24.3	(19-29.5)	13.6	(3.8-23.3)
	Voc./Assoc. Degree	21.7	(16.4-27)	28.1	(0-56.8)
	College Graduate	21.2	(16.7-25.7)	24.1	(4.7-43.5)
Poverty Status					
	200% or Less	23.6	(17.1-30.1)	15.2	(5.1-25.2)
	More than 200%	22.3	(19.1-25.4)	17.6	(8.6-26.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.5.A

Fruit and Vegetable Consumption - Number of Servings[1]

0 Servings Yesterday

Bridge to Health Survey 2015 - Koochiching County

Question: A serving of vegetables - not including french fries - is one cup of salad greens or a half cup of vegetables. How many servings of vegetables did you have yesterday? (0 servings)

A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut, or canned fruit. How many servings of fruit did you have yesterday? (0 servings)

A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday? (0 servings)

Demographic Characteristics		Region n=5815		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.2%**	**(5.9-10.5)**	**7.5%**	**(2.2-12.9)**
Gender					
	Male	10.1	(5.9-14.4)	10.1	(0.3-19.8)
	Female	6.2	(4.4-8)	5.0	(1-9)
Age					
	18 to 34	12.6	(5.1-20.2)	7.8	(0-17.3)
	35 to 44	7.8	(4.3-11.3)	13.3	(0-36.9)
	45 to 54	9.6	(5.7-13.4)	9.2	(0-25.3)
	55 to 64	6.7	(4.2-9.2)	6.3	(0.4-12.2)
	65 to 74	3.7	(2.2-5.2)	7.0	(1.2-12.9)
	75 and older	2.2	(1.1-3.3)	0.0	(0-0)
Education					
	Less than H.S.	8.2	(1.8-14.7)	NA	NA
	H.S. Graduate	8.8	(3-14.7)	9.6	(0-19.3)
	Some College	10.0	(6.3-13.7)	6.6	(0-13.3)
	Voc./Assoc. Degree	10.0	(5.3-14.7)	1.5	(0-3.1)
	College Graduate	3.9	(1.4-6.3)	1.0	(0.1-2)
Poverty Status					
	200% or Less	10.2	(6.9-13.5)	11.6	(0.8-22.5)
	More than 200%	7.0	(3.6-10.4)	5.8	(0-11.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.5.B

Fruit and Vegetable Consumption - Number of Servings[1]

5 Or More Servings Yesterday

Bridge to Health Survey 2015 - Koochiching County

Question: A serving of vegetables - not including french fries - is one cup of salad greens or a half cup of vegetables. How many servings of vegetables did you have yesterday? (5+ servings)

A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut, or canned fruit. How many servings of fruit did you have yesterday? (5+ servings)

A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday? (5+ servings)

Demographic Characteristics		Region n=5815		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.8%**	**(29.7-36)**	**31.5%**	**(24.2-38.8)**
Gender					
	Male	30.2	(24.6-35.9)	26.9	(14.7-39.2)
	Female	35.5	(32.6-38.5)	36.1	(28.4-43.8)
Age					
	18 to 34	41.8	(32.4-51.2)	29.6	(9.1-50.1)
	35 to 44	33.1	(26.3-39.9)	32.8	(10.1-55.4)
	45 to 54	26.7	(20.7-32.7)	38.3	(18.8-57.8)
	55 to 64	27.3	(23.5-31.2)	36.5	(24.1-48.9)
	65 to 74	30.7	(26.8-34.5)	20.8	(12.5-29.1)
	75 and older	32.6	(26.6-38.6)	24.1	(14.6-33.6)
Education					
	Less than H.S.	19.1	(9.3-28.8)	NA	NA
	H.S. Graduate	29.1	(22-36.1)	28.9	(15.7-42.1)
	Some College	31.0	(25.3-36.8)	32.5	(22.1-42.9)
	Voc./Assoc. Degree	28.6	(22.8-34.3)	50.5	(21.9-79.2)
	College Graduate	48.0	(42.9-53)	31.2	(17-45.4)
Poverty Status					
	200% or Less	29.3	(22.7-35.8)	26.4	(15.8-36.9)
	More than 200%	33.7	(30.1-37.2)	35.2	(25-45.5)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.6.A

Physical Activity[1]

Any Physical Activity in Past 30 Days

Bridge to Health Survey 2015 - Koochiching County

Question: During the past 30 days, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

Demographic Characteristics		Region n=5888		Koochiching County n=550	
		Percent	95% CI	Percent	95% CI
Overall Results		**80.7%**	**(78.5-83)**	**74.1%**	**(66.9-81.2)**
Gender					
	Male	82.2	(78.5-85.9)	71.8	(59.8-83.9)
	Female	79.3	(76.7-81.8)	76.3	(68.4-84.1)
Age					
	18 to 34	85.5	(79.8-91.2)	90.9	(81.2-100)
	35 to 44	79.4	(72.7-86)	66.7	(39-94.3)
	45 to 54	85.2	(81.2-89.2)	66.7	(46.3-87.1)
	55 to 64	79.9	(76.1-83.7)	74.0	(62.3-85.7)
	65 to 74	80.8	(77.6-84)	73.2	(62.6-83.8)
	75 and older	62.8	(56.5-69.1)	67.2	(55.4-79.1)
Education					
	Less than H.S.	55.7	(40.4-71.1)	NA	NA
	H.S. Graduate	76.5	(72.1-81)	70.8	(58.1-83.5)
	Some College	82.3	(78.3-86.3)	80.4	(70.5-90.3)
	Voc./Assoc. Degree	84.3	(79.7-88.9)	90.3	(83.4-97.3)
	College Graduate	92.9	(90.2-95.7)	94.8	(90.8-98.8)
Poverty Status					
	200% or Less	70.4	(65.2-75.6)	61.3	(48.2-74.4)
	More than 200%	87.0	(84.9-89.1)	80.8	(72.1-89.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.6.B

Physical Activity[1]

Moderate Or Vigorous Activity Less Than 3 Days Per Week

Bridge to Health Survey 2015 - Koochiching County

Question: During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity or at least 20 minutes of vigorous physical activity? (<3 days/week)

Demographic Characteristics		Region n=5733		Koochiching County n=532	
		Percent	95% CI	Percent	95% CI
Overall Results		**26.6%**	**(23.9-29.2)**	**26.5%**	**(19.5-33.6)**
Gender					
	Male	21.1	(17.1-25)	23.5	(12.2-34.8)
	Female	32.1	(28.8-35.4)	29.6	(21.5-37.7)
Age					
	18 to 34	22.1	(15.3-28.8)	31.1	(10-52.2)
	35 to 44	22.0	(16.4-27.6)	21.0	(1.8-40.2)
	45 to 54	26.3	(19.5-33.1)	19.6	(2.8-36.3)
	55 to 64	28.8	(24.6-33)	29.0	(16.3-41.7)
	65 to 74	29.1	(24.9-33.4)	28.5	(18-39.1)
	75 and older	39.0	(32.7-45.3)	31.0	(19.9-42)
Education					
	Less than H.S.	43.1	(26.7-59.6)	NA	NA
	H.S. Graduate	26.8	(21.7-31.9)	34.0	(20.7-47.3)
	Some College	28.7	(23.8-33.6)	25.0	(14.7-35.2)
	Voc./Assoc. Degree	24.6	(19.6-29.5)	38.3	(8.8-67.8)
	College Graduate	18.7	(14.6-22.9)	13.3	(5.1-21.5)
Poverty Status					
	200% or Less	32.8	(27.3-38.3)	33.5	(21.1-45.9)
	More than 200%	23.3	(20.2-26.3)	23.7	(14.4-33)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.6.C

Physical Activity[1]

Moderate Activity 5 Or More Days Per Week

Bridge to Health Survey 2015 - Koochiching County

Question: During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity? Moderate activities cause only light sweating and a small increase in breathing or heart rate. (5+ days/week)

Demographic Characteristics		Region n=5793		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**36.3%**	**(33-39.5)**	**40.6%**	**(32.5-48.7)**
Gender					
	Male	41.2	(35.5-47)	42.9	(28.9-56.9)
	Female	31.3	(28.4-34.2)	38.3	(30.4-46.2)
Age					
	18 to 34	38.3	(28.7-47.9)	43.6	(20.4-66.9)
	35 to 44	36.1	(28.1-44)	42.1	(13.7-70.6)
	45 to 54	31.8	(25.2-38.4)	36.3	(17.8-54.8)
	55 to 64	36.4	(32-40.8)	42.6	(29.9-55.4)
	65 to 74	40.1	(35.9-44.4)	39.4	(27.9-50.8)
	75 and older	34.9	(29.5-40.2)	38.6	(26.7-50.5)
Education					
	Less than H.S.	29.2	(11.3-47.1)	NA	NA
	H.S. Graduate	37.8	(30.8-44.9)	40.3	(25.9-54.6)
	Some College	36.5	(30.8-42.2)	34.2	(23.5-44.9)
	Voc./Assoc. Degree	32.5	(26.8-38.1)	40.2	(11-69.5)
	College Graduate	38.0	(33.2-42.7)	51.1	(30.9-71.3)
Poverty Status					
	200% or Less	34.3	(28-40.6)	36.8	(22.8-50.8)
	More than 200%	36.7	(32.8-40.6)	42.9	(32.2-53.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.6.D

Physical Activity[1]

Vigorous Activity 3 Or More Days Per Week

Bridge to Health Survey 2015 - Koochiching County

Question: During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity? Vigorous activities cause heavy sweating and a large increase in breathing and heart rate. (3+ days/week)

Demographic Characteristics		Region n=5765		Koochiching County n=533	
		Percent	95% CI	Percent	95% CI
Overall Results		**29.8%**	**(26.6-33.1)**	**29.1%**	**(21-37.2)**
Gender					
	Male	34.8	(29-40.5)	35.8	(21.8-49.8)
	Female	24.8	(22.1-27.5)	22.3	(15.6-29)
Age					
	18 to 34	39.2	(29.6-48.7)	37.4	(14-60.8)
	35 to 44	29.3	(22.7-35.8)	38.8	(10.3-67.3)
	45 to 54	29.6	(23.2-36.1)	30.1	(13-47.1)
	55 to 64	25.2	(21.2-29.2)	23.2	(11.4-34.9)
	65 to 74	24.8	(21.2-28.5)	22.2	(11.8-32.5)
	75 and older	19.9	(15-24.8)	18.9	(8.2-29.5)
Education					
	Less than H.S.	26.5	(8.4-44.6)	NA	NA
	H.S. Graduate	24.5	(17.8-31.3)	27.9	(13.7-42.1)
	Some College	30.1	(24.2-35.9)	20.0	(10.8-29.3)
	Voc./Assoc. Degree	25.7	(21-30.5)	35.8	(6-65.7)
	College Graduate	40.2	(35.2-45.3)	45.9	(25.1-66.7)
Poverty Status					
	200% or Less	25.0	(18.9-31.2)	22.6	(8.4-36.8)
	More than 200%	32.2	(28.3-36.1)	35.3	(24.7-45.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.7.A

Barriers to Physical Activity: Top 5 Reasons[1]

Lack of Self-Discipline

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply. (Lack of self-discipline)

Demographic Characteristics		Region n=5611		Koochiching County n=520	
		Percent	95% CI	Percent	95% CI
Overall Results		**25.7%**	**(23.2-28.2)**	**20.7%**	**(14.6-26.8)**
Gender					
	Male	19.1	(15.4-22.8)	14.0	(4.9-23)
	Female	32.2	(29.1-35.2)	27.6	(20-35.2)
Age					
	18 to 34	23.3	(17.1-29.4)	29.1	(8.1-50.1)
	35 to 44	28.7	(21.8-35.5)	24.5	(4.6-44.5)
	45 to 54	28.5	(22.7-34.2)	18.9	(8.2-29.6)
	55 to 64	28.3	(23.9-32.7)	13.5	(6.5-20.4)
	65 to 74	26.2	(22-30.4)	16.7	(8.8-24.6)
	75 and older	15.5	(11.6-19.4)	21.6	(11.4-31.8)
Education					
	Less than H.S.	18.4	(8.8-28.1)	NA	NA
	H.S. Graduate	22.5	(18-27)	12.1	(4.5-19.6)
	Some College	29.5	(24.4-34.6)	37.2	(24.7-49.7)
	Voc./Assoc. Degree	30.6	(24.5-36.6)	13.2	(4.3-22.1)
	College Graduate	25.3	(21.1-29.6)	30.0	(10.9-49)
Poverty Status					
	200% or Less	25.9	(21.1-30.6)	24.1	(13.2-34.9)
	More than 200%	25.9	(22.8-28.9)	18.3	(10.5-26.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.7.B

Barriers to Physical Activity: Top 5 Reasons[1]

Program Costs/Fees

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply. (Program Costs/Fees)

Demographic Characteristics		Region n=5514		Koochiching County n=497	
		Percent	95% CI	Percent	95% CI
Overall Results		**24.8%**	**(22-27.5)**	**19.6%**	**(13.3-25.9)**
Gender					
	Male	18.7	(14.4-22.9)	15.1	(5.8-24.5)
	Female	30.9	(27.8-34.1)	24.2	(16-32.4)
Age					
	18 to 34	26.4	(19-33.7)	18.7	(3.8-33.7)
	35 to 44	30.4	(23.4-37.4)	20.7	(1.8-39.6)
	45 to 54	26.5	(20.4-32.7)	26.8	(8.3-45.2)
	55 to 64	24.2	(20-28.3)	15.7	(6.4-24.9)
	65 to 74	18.1	(14.5-21.7)	12.8	(4.1-21.5)
	75 and older	15.9	(10.5-21.3)	21.1	(10-32.2)
Education					
	Less than H.S.	32.1	(17.1-47)	NA	NA
	H.S. Graduate	23.9	(19.2-28.5)	15.1	(5.2-25)
	Some College	31.7	(25.6-37.8)	31.5	(18.7-44.3)
	Voc./Assoc. Degree	23.1	(18.7-27.5)	20.6	(1.5-39.8)
	College Graduate	15.3	(12.1-18.5)	5.2	(1.1-9.2)
Poverty Status					
	200% or Less	39.7	(33.5-45.8)	33.0	(20-46)
	More than 200%	17.2	(14.5-20)	12.9	(5.8-20)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.7.C

Barriers to Physical Activity: Top 5 Reasons[1]

Lack of Energy

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply. (Lack of energy)

Demographic Characteristics		Region n=5594		Koochiching County n=514	
		Percent	95% CI	Percent	95% CI
Overall Results		**22.0%**	**(19.4-24.6)**	**19.5%**	**(13.3-25.6)**
Gender					
	Male	17.7	(13.5-21.9)	14.7	(5.4-24)
	Female	26.4	(23.4-29.4)	24.3	(16.6-31.9)
Age					
	18 to 34	24.2	(17.1-31.3)	24.8	(4.2-45.4)
	35 to 44	23.1	(17-29.3)	26.0	(5.3-46.7)
	45 to 54	26.1	(19.8-32.3)	13.8	(4.8-22.8)
	55 to 64	18.8	(15.2-22.4)	19.3	(9-29.6)
	65 to 74	16.4	(12.7-20.1)	12.5	(5.7-19.4)
	75 and older	18.8	(12.7-24.9)	20.0	(9.5-30.5)
Education					
	Less than H.S.	26.7	(13.2-40.3)	NA	NA
	H.S. Graduate	22.4	(17-27.7)	14.1	(5.9-22.2)
	Some College	24.5	(19.6-29.4)	32.7	(19.9-45.5)
	Voc./Assoc. Degree	23.2	(17.6-28.9)	29.7	(0.7-58.7)
	College Graduate	15.9	(12.5-19.4)	11.1	(3.4-18.8)
Poverty Status					
	200% or Less	29.6	(24.2-34.9)	25.9	(14.8-37)
	More than 200%	17.6	(14.6-20.6)	16.4	(8.3-24.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.7.D

Barriers to Physical Activity: Top 5 Reasons[1]

Lack of Time

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply. (Lack of time)

Demographic Characteristics		Region n=5639		Koochiching County n=514	
		Percent	95% CI	Percent	95% CI
Overall Results		**21.0%**	**(18.2-23.9)**	**30.5%**	**(21.7-39.3)**
Gender					
	Male	20.8	(15.8-25.9)	36.5	(21.4-51.6)
	Female	21.2	(18.6-23.7)	24.5	(16.6-32.3)
Age					
	18 to 34	27.7	(19.6-35.8)	58.9	(36.5-81.4)
	35 to 44	30.6	(24.2-37)	47.5	(19.3-75.7)
	45 to 54	28.7	(21.8-35.6)	32.7	(12.5-52.8)
	55 to 64	14.1	(10.8-17.4)	14.4	(3.4-25.5)
	65 to 74	6.1	(3.6-8.7)	6.3	(0.1-12.4)
	75 and older	2.1	(0.9-3.4)	5.8	(0-12.9)
Education					
	Less than H.S.	16.2	(0-34.9)	NA	NA
	H.S. Graduate	14.8	(10-19.6)	29.7	(13-46.3)
	Some College	20.9	(15.7-26)	29.9	(17.2-42.6)
	Voc./Assoc. Degree	22.3	(17.5-27.1)	59.9	(34.8-85)
	College Graduate	31.4	(26.5-36.3)	30.2	(11-49.5)
Poverty Status					
	200% or Less	14.5	(10.7-18.3)	26.2	(11.2-41.2)
	More than 200%	25.6	(21.6-29.6)	34.0	(22.2-45.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 4.7.E

Barriers to Physical Activity: Top 5 Reasons[1]

Disability or Illness

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following factors are a big problem in terms of preventing you from being more physically active? Check all that apply. (Disability or illness)

Demographic Characteristics		Region n=5595		Koochiching County n=508	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.4%**	**(11.6-15.2)**	**18.9%**	**(12.5-25.2)**
Gender					
	Male	13.7	(10.7-16.7)	20.3	(10.2-30.5)
	Female	13.1	(11.1-15)	17.4	(9.7-25.1)
Age					
	18 to 34	4.2	(1.4-6.9)	7.8	(0-19.1)
	35 to 44	10.7	(5.9-15.4)	35.5	(7.6-63.4)
	45 to 54	15.9	(10.4-21.3)	5.3	(0.1-10.6)
	55 to 64	19.5	(15.9-23.2)	29.3	(17-41.7)
	65 to 74	19.0	(15.2-22.8)	24.2	(13-35.4)
	75 and older	20.4	(16.2-24.6)	17.9	(8-27.7)
Education					
	Less than H.S.	19.2	(10.1-28.3)	NA	NA
	H.S. Graduate	15.1	(11.3-19)	20.7	(9.8-31.7)
	Some College	14.5	(11-17.9)	25.0	(13.4-36.6)
	Voc./Assoc. Degree	15.5	(10.8-20.3)	9.1	(2.2-15.9)
	College Graduate	6.2	(4.4-8.1)	3.0	(0.4-5.6)
Poverty Status					
	200% or Less	21.4	(17.4-25.4)	30.5	(17.3-43.7)
	More than 200%	8.7	(6.8-10.7)	13.2	(6.8-19.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Chapter 5

Preventive Screenings

Chapter 5: Preventive Screenings

Early detection through screening of certain health conditions can effectively improve health outcomes either through lifestyle change or treatment. A number of cancer screening tests have proven to lower the risk of dying through early treatment, including colorectal cancer tests, mammography, and Pap tests.[1] Screening tests available for chronic conditions such as diabetes, hypertension, and high cholesterol can lead to positive outcomes many times through lifestyle changes alone.

Guidelines for screening tests change over time as new knowledge is acquired regarding efficacy and effectiveness. Individuals should work with their health care provide to determine which screening tests are appropriate. Credible sources for information on health screenings include:

- U.S. Preventive Services Task Force (http://www.uspreventiveservicestaskforce.org/)
- Institute for Clinical Systems Improvement (https://www.icsi.org/guidelines__more/)
- American Cancer Society (http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/)

The *2015 Bridge to Health Survey* included questions on the frequency of health screenings for eight health conditions. The results for mental health screening can be found in Chapter 3.

The following tables include national and state data from the *2013 Behavioral Risk Factor Surveillance Prevalence and Trends Data* and *Healthy People 2020* goals compared to screening prevalence from the *2015 Bridge to Health Survey*.

Cancer Screenings	BTH Region 2015	Koochiching County 2015 (CI)	BRFSS 2012[2]			Healthy People 2020 Goal[3]
			MN	WI	National	
Breast cancer (Female 40+ yrs) Past 2 years	76.0%	67.3% (58.9-75.7)	81.5%	81.6%	77.0%	81.1% (50-74 yrs)
Cervical cancer (Female 18+ yrs) Past 3 years	61.5% (within 2 yrs)	49.0% (40.4-57.6) (within 2 yrs)	80.8%	77.3%	78.0%	93.0%
Prostate cancer* (Male 50+ yrs) Past year	49.1%	36.6% (23.9-49.4)	39.8%	41.0%	45.2%	N/A
Colorectal** (Male & Female 50+ yrs) Past 10 years	67.8% (within 5 yrs)	55.9% (47.3-64.4) (within 5 yrs)	82.9%	85.1%	81.5%	70.5%

*BRFSS = Men 40+ years within past 2 years

**combined fecal occult blood test and sigmoidoscopy

N/A indicates that data were not collected or available for that measure

REFERENCES

1. National Institutes of Health, National Cancer Institute. Cancer Screening (online). [Accessed February 29, 2016]. URL: http://www.cancer.gov/about-cancer/screening/screening-tests.
2. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. *BRFSS Prevalence & Trends Data* [online]. 2015. [Accessed December 23, 2015]. URL: http://www.cdc.gov/brfss/brfssprevalence/.
3. Healthy People 2020 [online]. Washington, DC: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. [Accessed December 31, 2015] URL: http://www.healthypeople.gov.

Table 5.1.A

Preventive Screening: Mammogram[1]

(Females Age 40 and Older)

Percent Never Had a Mammogram

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had a mammogram (women only)? (Never)

Demographic Characteristics		Region n=3312		Koochiching County n=333	
		Percent	95% CI	Percent	95% CI
Overall Results		**7.3%**	**(5.6-9)**	**13.3%**	**(5.8-20.7)**
Age					
	40 to 49	21.2	(14.9-27.5)	30.0	(9.2-50.9)
	50 to 59	4.5	(2.4-6.6)	9.2	(0-18.7)
	60 to 69	2.9	(1.1-4.6)	4.3	(0-10.9
	70 and older	3.0	(1.1-4.9)	4.6	(1-8.2)
Education					
	Less than H.S.	8.1	(1.6-14.5)	NA	NA
	H.S. Graduate	7.6	(4.5-10.6)	15.8	(0.9-30.8)
	Some College	6.7	(3.1-10.3)	16.5	(2.9-30.1)
	Voc./Assoc. Degree	6.3	(3.3-9.3)	11.1	(0.2-22.1)
	College Graduate	8.0	(4.9-11.1)	9.3	(0.2-18.5)
Poverty Status					
	200% or Less	10.4	(6.6-14.3)	21.2	(6-36.4)
	More than 200%	5.7	(3.9-7.5)	6.5	(0.3-12.8)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.1.B

Preventive Screening: Mammogram[1]

(Females Age 40 and Older)

Percent Within Past 2 Years

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had a mammogram (women only)? (Within past 2 years)

Demographic Characteristics		Region n=3312		Koochiching County n=333	
		Percent	95% CI	Percent	95% CI
Overall Results		**76.0%**	**(73.1-78.8)**	**67.3%**	**(58.9-75.7)**
Age					
	40 to 49	65.9	(58.6-73.2)	63.7	(42.7-84.8)
	50 to 59	81.6	(76.9-86.2)	57.2	(40.8-73.6)
	60 to 69	79.3	(74.6-84)	80.0	(68.5-91.5
	70 and older	74.6	(68.9-80.2)	69.7	(59.7-79.6)
Education					
	Less than H.S.	73.4	(58.5-88.3)	NA	NA
	H.S. Graduate	75.5	(70.9-80.1)	60.4	(45.3-75.5)
	Some College	76.0	(70.1-81.8)	65.1	(50.8-79.5)
	Voc./Assoc. Degree	76.3	(71.2-81.4)	65.9	(51.7-80.1)
	College Graduate	78.2	(73.6-82.8)	78.0	(65.5-90.4)
Poverty Status					
	200% or Less	68.1	(61.9-74.2)	55.1	(39.5-70.8)
	More than 200%	79.8	(76.5-83.2)	75.4	(66.2-84.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.2.A

Preventive Screening: Breast Self-Exam[1]

(Females Age 18 and Older)

Percent Never Performed Breast Self-Exam

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…performed a breast self-exam (women only)? (Never)

Demographic Characteristics		Region n=3815		Koochiching County n=363	
		Percent	95% CI	Percent	95% CI
Overall Results		**11.0%**	**(8.7-13.3)**	**10.4%**	**(4.2-16.6)**
Age					
	18 to 29	22.7	(11.7-33.6)	NA	NA
	30 to 39	11.7	(5.3-18.1)	NA	NA
	40 to 49	10.7	(6.4-15)	22.1	(0.9-43.4
	50 to 59	6.2	(3.5-8.8)	0.6	(0-1.8)
	60 to 69	9.0	(5.7-12.3)	8.7	(0.2-17.2)
	70 and older	9.4	(5.6-13.3)	11.1	(3.7-18.4)
Education					
	Less than H.S.	12.0	(3-21)	NA	NA
	H.S. Graduate	11.0	(6.6-15.3)	6.4	(1.4-11.5)
	Some College	13.4	(8-18.9)	7.8	(0-16)
	Voc./Assoc. Degree	9.1	(5.8-12.4)	4.4	(0-9.6)
	College Graduate	8.5	(5.8-11.1)	11.9	(3.2-20.6)
Poverty Status					
	200% or Less	16.4	(11.2-21.6)	19.9	(7.2-32.7)
	More than 200%	7.9	(5.8-10)	2.9	(0.6-5.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.2.B

Preventive Screening: Breast Self-Exam[1]

(Females Age 18 and Older)

Percent Performed Breast Self-Exam Within the Past Year

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…performed a breast self-exam (women only)? (Within the past year)

Demographic Characteristics		Region n=3815		Koochiching County n=363	
		Percent	95% CI	Percent	95% CI
Overall Results		**73.3%**	**(70.4-76.3)**	**71.8%**	**(64.1-79.5)**
Age					
	18 to 29	61.0	(49.2-72.7)	NA	NA
	30 to 39	70.9	(62.5-79.3)	NA	NA
	40 to 49	73.4	(66.7-80)	68.8	(47.5-90.1
	50 to 59	79.6	(74.7-84.6)	85.9	(75.5-96.3)
	60 to 69	75.7	(71-80.4)	73.7	(61.1-86.4)
	70 and older	75.7	(70.3-81.1)	66.7	(55.5-78)
Education					
	Less than H.S.	74.5	(59.7-89.2)	NA	NA
	H.S. Graduate	73.0	(67.3-78.8)	75.2	(64.4-86.1)
	Some College	73.7	(67.6-79.9)	71.2	(58.5-84)
	Voc./Assoc. Degree	75.4	(70-80.9)	84.8	(74.5-95.1)
	College Graduate	71.8	(67.4-76.1)	71.4	(59.7-83.1)
Poverty Status					
	200% or Less	67.2	(61.3-73.2)	65.5	(51.5-79.6)
	More than 200%	78.1	(75.1-81.1)	75.5	(66.8-84.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.3.A

Preventive Screening: Pap Smear[1]

(Females Age 18 and Older)

Percent Never Had a Pap Smear

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had a Pap smear (women only)? (Never)

Demographic Characteristics		Region n=3720		Koochiching County n=353	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.6%**	**(2.3-5)**	**4.0%**	**(1.4-6.5)**
Age					
	18 to 29	11.4	(4-18.8)	NA	NA
	30 to 39	1.1	(0-2.6)	NA	NA
	40 to 49	1.0	(0-2.1)	0.6	(0-1.7
	50 to 59	0.4	(0-0.8)	2.5	(0-7.2)
	60 to 69	2.4	(0.7-4.2)	13.8	(1.1-26.4)
	70 and older	8.3	(3.3-13.2)	5.1	(0.4-9.9)
Education					
	Less than H.S.	13.1	(2.5-23.7)	NA	NA
	H.S. Graduate	2.1	(0.5-3.7)	5.5	(0.6-10.4)
	Some College	3.8	(0.8-6.9)	0.5	(0-1.3)
	Voc./Assoc. Degree	0.8	(0-1.6)	0.6	(0-1.7)
	College Graduate	3.5	(1.5-5.5)	2.4	(0-5.6)
Poverty Status					
	200% or Less	4.1	(1.6-6.5)	6.1	(1.1-11)
	More than 200%	3.1	(1.4-4.8)	1.6	(0-3.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.3.B

Preventive Screening: Pap Smear[1]

(Females Age 18 and Older)

Percent Had Pap Smear Within the Past 2 Years

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had a Pap smear (women only)? (Within the past 2 years)

Demographic Characteristics		Region n=3720		Koochiching County n=353	
		Percent	95% CI	Percent	95% CI
Overall Results		**61.5%**	**(58.4-64.6)**	**49.0%**	**(40.4-57.6)**
Age					
	18 to 29	74.6	(63.7-85.5)	NA	NA
	30 to 39	77.7	(70.8-84.6)	NA	NA
	40 to 49	70.7	(63.7-77.6)	72.0	(52.3-91.6
	50 to 59	67.4	(61.3-73.6)	51.9	(35.1-68.7)
	60 to 69	51.5	(45.8-57.1)	33.2	(19-47.4)
	70 and older	23.4	(18.5-28.2)	11.3	(4.1-18.6)
Education					
	Less than H.S.	56.8	(38-75.6)	NA	NA
	H.S. Graduate	56.2	(50.3-62)	34.5	(17.6-51.3)
	Some College	59.6	(53.2-66)	55.1	(41.2-69)
	Voc./Assoc. Degree	63.8	(58.3-69.2)	61.0	(47.8-74.2)
	College Graduate	72.1	(68.1-76.1)	69.6	(58-81.2)
Poverty Status					
	200% or Less	60.1	(54.1-66.2)	39.3	(24.1-54.6)
	More than 200%	64.7	(61.1-68.2)	57.0	(47-67)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.4.A

Preventive Screening: Prostate Exam[1]
(Males Age 50 and Older)
Percent Never Had Prostate Exam
Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had a prostate exam (men only)? (Never)

Demographic Characteristics		Region n=1932		Koochiching County n=148	
		Percent	95% CI	Percent	95% CI
Overall Results		**15.3%**	**(11.6-19)**	**24.3%**	**(10.3-38.4)**
Age					
	50 to 59	23.2	(15.7-30.8)	47.7	(21.4-74.1)
	60 to 69	12.0	(7.1-17)	7.0	(0.3-13.7)
	70 and older	5.8	(2.3-9.4)	2.3	(0-6.4)
Education					
	Less than H.S.	18.3	(3.4-33.2)	NA	NA
	H.S. Graduate	19.5	(12-27.1)	25.4	(3-47.9)
	Some College	13.3	(7.7-19)	30.8	(9.5-52.2)
	Voc./Assoc. Degree	11.0	(6-16.1)	22.7	(4.1-41.4)
	College Graduate	10.3	(3.3-17.3)	5.5	(0-14.9)
Poverty Status					
	200% or Less	24.5	(14.9-34)	28.7	(9.6-47.7)
	More than 200%	13.0	(9-17)	25.0	(6.3-43.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.4.B

Preventive Screening: Prostate Exam[1]

(Males Age 50 and Older)

Percent Prostate Exam Within Past Year

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had a prostate exam (men only)? (Within past year)

Demographic Characteristics		Region n=1932		Koochiching County n=148	
		Percent	95% CI	Percent	95% CI
Overall Results		**49.1%**	**(43.9-54.2)**	**36.6%**	**(23.9-49.4)**
Age					
	50 to 59	44.8	(34.6-55.1)	19.0	(0.6-37.3)
	60 to 69	49.8	(43.1-56.5)	52.6	(32.5-72.6)
	70 and older	55.6	(48.6-62.7)	50.0	(32.3-67.7)
Education					
	Less than H.S.	45.0	(25.3-64.7)	NA	NA
	H.S. Graduate	43.2	(33.2-53.2)	37.1	(16.7-57.6)
	Some College	51.0	(41.1-60.8)	31.3	(14.4-48.1)
	Voc./Assoc. Degree	54.0	(43.5-64.6)	36.4	(17.9-54.9)
	College Graduate	58.4	(50.5-66.3)	41.7	(20.1-63.4)
Poverty Status					
	200% or Less	41.4	(29.9-52.9)	30.6	(11.8-49.5)
	More than 200%	49.6	(43.6-55.7)	35.4	(19.2-51.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.5.A

Preventive Screening: Colon Cancer[1]

(Males and Females Age 50 and Older)

Percent Never Had Colon Cancer Screening

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had any screening for colon cancer (such as fecal occult blood test, colonoscopy, barium enema, proctoscopic exam or sigmoidoscopy)? (Never)

Demographic Characteristics		Region n=4537		Koochiching County n=434	
		Percent	95% CI	Percent	95% CI
Overall Results		**17.2%**	**(14.9-19.4)**	**27.0%**	**(17.9-36.1)**
Gender					
	Male	17.7	(14.1-21.3)	31.8	(16.3-47.3)
	Female	16.6	(13.9-19.3)	21.7	(14.4-29)
Age					
	50 to 59	26.1	(21.3-30.8)	51.5	(34.5-68.6)
	60 to 69	13.5	(10.1-16.8)	13.2	(5.1-21.2)
	70 and older	7.8	(5.6-9.9)	10.7	(5-16.4)
Education					
	Less than H.S.	12.9	(5.3-20.5)	NA	NA
	H.S. Graduate	20.7	(16.4-24.9)	32.7	(17.2-48.2)
	Some College	15.8	(11.8-19.9)	17.8	(8.9-26.6)
	Voc./Assoc. Degree	15.0	(11.1-18.9)	28.6	(17.3-39.8)
	College Graduate	14.5	(10.2-18.9)	19.3	(3.1-35.4)
Poverty Status					
	200% or Less	19.7	(15.2-24.2)	19.4	(9.8-29)
	More than 200%	16.7	(13.8-19.5)	32.5	(18.9-46.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.5.B

Preventive Screening: Colon Cancer[1]

(Males and Females Age 50 and Older)

Percent Colon Cancer Screening Within Past 5 Years

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had any screening for colon cancer (such as fecal occult blood test, colonoscopy, barium enema, proctoscopic exam or sigmoidoscopy)? (Within past 5 years)

Demographic Characteristics		Region n=4537		Koochiching County n=434	
		Percent	95% CI	Percent	95% CI
Overall Results		**67.8%**	**(64.8-70.7)**	**55.9%**	**(47.3-64.4)**
Gender					
	Male	68.7	(63.9-73.5)	54.9	(40.5-69.3)
	Female	66.9	(63.4-70.4)	56.9	(48.7-65.1)
Age					
	50 to 59	64.2	(58.4-70)	39.0	(23.5-54.5)
	60 to 69	68.1	(63.9-72.3)	68.9	(56.8-81)
	70 and older	72.9	(68.8-77)	63.7	(54.3-73.1)
Education					
	Less than H.S.	71.1	(59.1-83.1)	NA	NA
	H.S. Graduate	63.1	(57.6-68.5)	50.0	(36.1-63.8)
	Some College	70.3	(65.2-75.4)	60.8	(49.1-72.4)
	Voc./Assoc. Degree	71.7	(66.8-76.5)	56.0	(43.1-69)
	College Graduate	70.8	(66-75.5)	63.1	(47.7-78.4)
Poverty Status					
	200% or Less	62.3	(55.7-68.9)	59.0	(47.5-70.5)
	More than 200%	69.6	(66.3-73)	51.3	(39.1-63.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.6.A

Preventive Screening: Blood Pressure[1]

Percent Blood Pressure Checked 5 or More Years Ago or Never

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had your blood pressure checked? (5 or more years ago or never)

Demographic Characteristics		Region n=5892		Koochiching County n=548	
		Percent	95% CI	Percent	95% CI
Overall Results		**1.8%**	**(1-2.6)**	**0.7%**	**(0-1.5)**
Gender					
	Male	1.8	(0.6-3)	0.4	(0-0.9)
	Female	1.8	(0.8-2.8)	1.1	(0-2.5)
Age					
	18 to 34	3.0	(0.5-5.5)	0.0	(0-0)
	35 to 44	1.3	(0.3-2.4)	2.6	(0-7.8)
	45 to 54	1.4	(0.2-2.7)	0.0	(0-0)
	55 to 64	1.4	(0.5-2.2)	0.4	(0-1)
	65 to 74	1.2	(0.2-2.2)	1.4	(0-3.4)
	75 and older	1.4	(0.1-2.7)	0.8	(0-2.2)
Education					
	Less than H.S.	0.6	(0-1.4)	NA	NA
	H.S. Graduate	2.2	(0.7-3.6)	0.2	(0-0.7)
	Some College	1.0	(0.2-1.8)	1.9	(0-4.9)
	Voc./Assoc. Degree	3.3	(0.3-6.4)	1.0	(0-2.2)
	College Graduate	1.9	(0-4.1)	0.3	(0-1)
Poverty Status					
	200% or Less	2.5	(1-4.1)	0.5	(0-1.3)
	More than 200%	1.4	(0.5-2.4)	0.9	(0-2.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.6.B

Preventive Screening: Blood Pressure[1]

Percent Blood Pressure Checked Within the Past Year

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had your blood pressure checked? (Within the past year)

Demographic Characteristics		Region n=5892		Koochiching County n=548	
		Percent	95% CI	Percent	95% CI
Overall Results		**89.4%**	**(87.6-91.3)**	**89.2%**	**(83.7-94.6)**
Gender					
	Male	90.0	(87.1-92.9)	87.2	(77.3-97.1)
	Female	88.9	(86.5-91.2)	91.1	(86.6-95.5)
Age					
	18 to 34	85.2	(79.7-90.7)	82.4	(64.4-100)
	35 to 44	85.4	(80.1-90.6)	92.6	(84-100)
	45 to 54	86.7	(82.7-90.8)	84.1	(67.9-100)
	55 to 64	93.5	(91.5-95.5)	88.5	(79.7-97.2)
	65 to 74	97.0	(95.7-98.4)	97.8	(95.3-100)
	75 and older	95.1	(91.7-98.4)	96.8	(94-99.5)
Education					
	Less than H.S.	94.4	(89-99.8)	NA	NA
	H.S. Graduate	90.1	(86.9-93.3)	90.9	(81.1-100)
	Some College	88.9	(84.8-92.9)	85.8	(77.4-94.2)
	Voc./Assoc. Degree	88.9	(84.6-93.3)	92.3	(85.9-98.6)
	College Graduate	87.5	(83.7-91.4)	80.5	(61-100)
Poverty Status					
	200% or Less	89.1	(85.9-92.4)	93.2	(88.2-98.3)
	More than 200%	90.0	(87.7-92.3)	86.8	(78.2-95.3)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.7.A

Preventive Screening: Cholesterol[1]

Percent Never Had Blood Cholesterol Checked

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had your blood cholesterol checked? (Never)

Demographic Characteristics		Region n=5845		Koochiching County n=538	
		Percent	95% CI	Percent	95% CI
Overall Results		**11.7%**	**(8.5-14.9)**	**11.7%**	**(6.1-17.3)**
Gender					
	Male	13.7	(7.8-19.6)	9.1	(1.2-17)
	Female	9.7	(7.6-11.9)	14.4	(6.6-22.2)
Age					
	18 to 34	33.5	(23.7-43.2)	29.3	(8.5-50.1)
	35 to 44	10.4	(5.5-15.3)	14.0	(0-31.6)
	45 to 54	3.6	(1.3-5.8)	3.9	(0-8.1)
	55 to 64	2.5	(1.3-3.7)	11.2	(1.7-20.6)
	65 to 74	1.0	(0.2-1.8)	4.3	(0-10.4)
	75 and older	1.1	(0-2.4)	1.6	(0-4.7)
Education					
	Less than H.S.	20.2	(1.2-39.1)	NA	NA
	H.S. Graduate	11.9	(4.7-19.1)	11.2	(1.7-20.6)
	Some College	11.8	(7.7-16)	13.1	(4.3-21.8)
	Voc./Assoc. Degree	9.1	(5.3-12.9)	3.4	(0-6.7)
	College Graduate	9.3	(5.9-12.6)	14.8	(0-34.5)
Poverty Status					
	200% or Less	15.3	(10.8-19.9)	20.7	(9.6-31.8)
	More than 200%	9.1	(4.8-13.4)	7.2	(0.6-13.8)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 5.7.B

Preventive Screening: Cholesterol[1]

Percent Blood Cholesterol Checked Within Past 2 Years

Bridge to Health Survey 2015 - Koochiching County

Question: When was the last time you…had your blood cholesterol checked? (Within past 2 years)

Demographic Characteristics		Region n=5845		Koochiching County n=538	
		Percent	95% CI	Percent	95% CI
Overall Results		**76.5%**	**(73.1-79.8)**	**73.2%**	**(65.3-81.2)**
Gender					
	Male	75.1	(69.2-80.9)	71.1	(57.6-84.6)
	Female	77.9	(74.8-81)	75.4	(67.2-83.6)
Age					
	18 to 34	49.9	(40.4-59.4)	44.0	(20.8-67.3)
	35 to 44	73.1	(66.5-79.8)	77.1	(57.3-96.8)
	45 to 54	85.2	(81.2-89.3)	71.6	(51.4-91.9)
	55 to 64	88.0	(84.9-91)	77.5	(65.5-89.5)
	65 to 74	93.1	(91-95.1)	89.8	(82.6-97.1)
	75 and older	93.9	(90.5-97.3)	95.5	(91.4-99.6)
Education					
	Less than H.S.	71.1	(52.4-89.9)	NA	NA
	H.S. Graduate	78.5	(71.3-85.6)	71.4	(57.3-85.6)
	Some College	79.1	(74.1-84)	76.8	(66.6-86.9)
	Voc./Assoc. Degree	76.7	(71.3-82.1)	73.1	(43.9-100)
	College Graduate	71.8	(66.7-77)	62.4	(40-84.7)
Poverty Status					
	200% or Less	76.4	(71.2-81.6)	73.6	(62-85.2)
	More than 200%	76.9	(72.5-81.3)	71.7	(60.4-83.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Chapter 6

Tobacco Use

Chapter 6: Tobacco Use

The effects of cigarette smoking and other tobacco use on health are well documented. Smoking causes harm to nearly every organ of the body, significantly contributing to heart disease, respiratory disease and many forms of cancers.[1] Smoking during pregnancy is associated with low birth weight, fetal death, SIDS, and orofacial clefts in infants.[2] Second hand smoke poses significant health risks for children and non-smokers and is responsible for an estimated 41,000 U.S. deaths annually.[1] Smoking is responsible for one of every five deaths in the U.S. where it is the leading preventable cause of death.[1]

The percentage of Minnesota and Wisconsin adult residents who smoke has declined from 16% (MN) and 21% (WI) in 2010-2011 to 14% (MN) and 17% (WI) in 2014.[3,4] Adult smokers in Minnesota and Wisconsin tend to be male and have lower incomes and education levels.[3,4] E-cigarettes, an electronic nicotine delivery system, are an emerging public health challenge with a rapidly increasing number of teens and adults reporting use of these products. While the detrimental effects of nicotine use are known, especially on youth, the benefits (e.g., smoking cessation aid) and risks of long-term e-cigarette use are unknown.[5]

The *2015 Bridge to Health Survey* includes questions on frequency and type of tobacco use, including smokeless tobacco products and e-cigarettes, and quit attempts. The table below includes data from state and national surveys and Healthy People 2020 goals compared to results from the *2015 Bridge to Health Survey*.

Adult Tobacco Use	**BTH Region 2015**	**Koochiching County 2015 (CI)**	**MATS 2014[3]**	**WI BRFSS 2014[4]**	**NHIS 2014[6]**	**Healthy People 2020 Goal[7]**
			MN	**WI**	**National**	
Current smokers	18.8%	19.9% (13.5-26.2)	14.4%	17.0%	17.6%	12.0%
Attempted to quit in last year	43.0%	51.7% (32.6-70.7)	53.4%	64.0%	48.6%	80.0%
Current smokeless tobacco use	5.0%	2.7% (0.1-5.4)	3.6%	3.0%	N/A	0.3%
Ever used e-cigarettes	17.2%	16.0% (9.7-22.2)	17.8%	12.0%	N/A	N/A

N/A indicates that data were not collected or available for that measure

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Table 6.1.A

Cigarette Smoking Status[1]

Percent Current Smoker

Bridge to Health Survey 2015 - Koochiching County

Question: Have you smoked at least 100 cigarettes in your entire life?
Do you now smoke cigarettes every day, some days or not at all?

Demographic Characteristics		Region n=5845		Koochiching County n=542	
		Percent	95% CI	Percent	95% CI
Overall Results		**18.8%**	**(16.1-21.5)**	**19.9%**	**(13.5-26.2)**
Gender					
	Male	16.4	(12.1-20.8)	16.0	(6.7-25.3)
	Female	21.2	(18-24.4)	23.9	(15.7-32.1)
Age					
	18 to 34	22.9	(15-30.8)	11.2	(0-23.8)
	35 to 44	21.5	(15.2-27.7)	29.3	(3.8-54.8)
	45 to 54	22.1	(15.8-28.3)	32.3	(14.4-50.2)
	55 to 64	20.0	(16.3-23.6)	21.5	(11.4-31.5)
	65 to 74	10.6	(8-13.2)	15.3	(7.1-23.5)
	75 and older	5.5	(2.3-8.7)	4.7	(0-9.7)
Education					
	Less than H.S.	44.1	(27-61.1)	NA	NA
	H.S. Graduate	21.1	(16.5-25.7)	14.0	(5.4-22.7)
	Some College	19.3	(15.1-23.4)	27.7	(17.6-37.7)
	Voc./Assoc. Degree	20.2	(14.5-25.9)	14.8	(0-32.1)
	College Graduate	4.4	(2.9-5.8)	4.6	(0.7-8.5)
Poverty Status					
	200% or Less	30.4	(24.7-36)	30.7	(17.8-43.6)
	More than 200%	13.4	(10.2-16.6)	14.0	(7.1-20.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 6.1.B

Cigarette Smoking Status[1]

Percent Former Smoker

Bridge to Health Survey 2015 - Koochiching County

Question: Have you smoked at least 100 cigarettes in your entire life?
Do you now smoke cigarettes every day, some days or not at all?

Demographic Characteristics		Region n=5845		Koochiching County n=542	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.4%**	**(29.2-35.6)**	**31.6%**	**(24.3-38.9)**
Gender					
	Male	36.4	(30.8-42)	37.5	(24.8-50.2)
	Female	28.5	(25.6-31.4)	25.6	(18.1-33.1)
Age					
	18 to 34	24.7	(15.3-34.2)	35.9	(12.2-59.6)
	35 to 44	25.2	(18.8-31.6)	16.7	(0-34.4)
	45 to 54	33.7	(26.2-41.2)	17.5	(2.2-32.9)
	55 to 64	34.3	(29.9-38.7)	35.9	(23.3-48.4)
	65 to 74	43.4	(39.1-47.7)	40.7	(29.1-52.3)
	75 and older	44.5	(38.7-50.4)	48.1	(35.7-60.6)
Education					
	Less than H.S.	31.6	(18.9-44.3)	NA	NA
	H.S. Graduate	35.2	(28-42.3)	33.9	(21.4-46.4)
	Some College	35.7	(29.9-41.4)	33.9	(21.6-46.2)
	Voc./Assoc. Degree	33.1	(27-39.1)	48.9	(19.9-77.9)
	College Graduate	24.1	(20.4-27.8)	13.5	(6.5-20.5)
Poverty Status					
	200% or Less	28.7	(22.5-34.8)	28.7	(16.8-40.5)
	More than 200%	34.4	(30.5-38.4)	33.3	(23.2-43.3)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 6.1.C

Cigarette Smoking Status[1]

Percent Never Smoked

Bridge to Health Survey 2015 - Koochiching County

Question: Have you smoked at least 100 cigarettes in your entire life?

Demographic Characteristics		Region n=5845		Koochiching County n=542	
		Percent	95% CI	Percent	95% CI
Overall Results		**48.7%**	**(45.5-52)**	**48.5%**	**(40.4-56.6)**
Gender					
	Male	47.2	(41.5-52.8)	46.5	(32.6-60.5)
	Female	50.3	(47-53.6)	50.5	(42.1-58.9)
Age					
	18 to 34	52.4	(42.9-61.9)	52.9	(28.9-77)
	35 to 44	53.3	(45.6-61.1)	54.0	(26.5-81.5)
	45 to 54	44.2	(37.1-51.4)	50.2	(30.3-70.1)
	55 to 64	45.7	(41.1-50.4)	42.7	(29.9-55.5)
	65 to 74	46.0	(41.7-50.4)	44.0	(32.5-55.4)
	75 and older	49.9	(44-55.9)	47.1	(35-59.3)
Education					
	Less than H.S.	24.4	(12.8-35.9)	NA	NA
	H.S. Graduate	43.7	(37-50.5)	52.0	(37.9-66.2)
	Some College	45.0	(39.1-51)	38.4	(27.3-49.5)
	Voc./Assoc. Degree	46.8	(40.6-52.9)	36.3	(13.1-59.5)
	College Graduate	71.5	(67.6-75.4)	81.9	(73-90.8)
Poverty Status					
	200% or Less	41.0	(34.9-47)	40.6	(26.7-54.5)
	More than 200%	52.2	(48.1-56.2)	52.8	(42.1-63.5)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 6.2

Cigarette Smoking: Current Smokers

Bridge to Health Survey 2015 - Koochiching County

Questions:

Is your usual cigarette brand menthol or non-menthol? (Menthol)

During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?

Are you seriously thinking of quitting smoking? (Within 30 days)

Demographic Characteristics	Region		Koochiching County	
Overall Results	**Percent**	**95% CI**	**Percent**	**95% CI**
Percent usual brand is menthol	n=781 16.9	(11.5-22.3)	n=88 13.8	(1-26.6)
Percent attempted to quit within past year	n=764 43.0	(35-50.9)	n=85 51.7	(32.6-70.7)
Percent seriously thinking of quitting within next 30 days	n=760 16.4	(11.2-21.5)	n=86 22.0	(6.8-37.2)

Table 6.3

Smokeless Tobacco Use[1]

Percent Use Smokeless Tobacco

Bridge to Health Survey 2015 - Koochiching County

Question: Do you use smokeless tobacco, such as snuff or chewing tobacco?

Demographic Characteristics		Region n=5788		Koochiching County n=532	
		Percent	95% CI	Percent	95% CI
Overall Results		**5.0%**	**(2.9-7.2)**	**2.7%**	**(0.1-5.4)**
Gender					
	Male	9.7	(5.6-13.8)	4.8	(0-9.9)
	Female	0.3	(0.1-0.5)	0.7	(0-1.8)
Age					
	18 to 34	8.9	(1.9-15.9)	0.0	(0-0)
	35 to 44	6.6	(3.2-10.1)	3.1	(0-9.1)
	45 to 54	5.3	(1.8-8.8)	7.6	(0-19)
	55 to 64	1.9	(0.7-3)	1.3	(0-2.9)
	65 to 74	2.0	(0.5-3.6)	3.8	(0-8.6)
	75 and older	1.4	(0.2-2.5)	0.0	(0-0)
Education					
	Less than H.S.	12.0	(0-30.7)	NA	NA
	H.S. Graduate	4.3	(1-7.6)	4.4	(0-10.9)
	Some College	5.0	(2.1-7.8)	1.2	(0-3.4)
	Voc./Assoc. Degree	6.9	(3.4-10.4)	2.1	(0-4.4)
	College Graduate	2.9	(1-4.7)	3.8	(0-9.4)
Poverty Status					
	200% or Less	2.8	(1.4-4.3)	0.5	(0-1.3)
	More than 200%	6.4	(3-9.7)	4.4	(0-8.8)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 6.4

E-Cigarette Use[1]

Percent Ever Tried an E-Cigarette

Bridge to Health Survey 2015 - Koochiching County

Question: Have you ever used an electronic cigarette even just one time in your entire life?

Demographic Characteristics		Region n=5827		Koochiching County n=536	
		Percent	95% CI	Percent	95% CI
Overall Results		**17.2%**	**(14.4-20.1)**	**16.0%**	**(9.7-22.2)**
Gender					
	Male	15.9	(11.1-20.7)	7.2	(0-14.5)
	Female	18.5	(15.5-21.5)	24.9	(15.7-34.1)
Age					
	18 to 34	31.8	(23-40.6)	27.8	(6.3-49.3)
	35 to 44	18.4	(12.8-24)	17.3	(0.7-33.9)
	45 to 54	16.5	(11.5-21.5)	25.1	(8.6-41.6)
	55 to 64	10.8	(8-13.7)	7.8	(2.2-13.4)
	65 to 74	5.7	(3.8-7.5)	6.4	(0.5-12.2)
	75 and older	3.1	(0.2-6.1)	3.9	(0-9)
Education					
	Less than H.S.	36.7	(18.8-54.6)	NA	NA
	H.S. Graduate	13.3	(9.7-17)	12.3	(3.2-21.4)
	Some College	23.4	(17.5-29.2)	21.9	(10.8-33)
	Voc./Assoc. Degree	14.5	(10.5-18.5)	5.3	(0.5-10)
	College Graduate	8.5	(6.1-11)	15.8	(0-35.4)
Poverty Status					
	200% or Less	28.2	(22.3-34.1)	26.5	(14.4-38.6)
	More than 200%	12.4	(9.1-15.6)	10.9	(3.4-18.3)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 6.5

E-Cigarette Use: Reasons for Use

Bridge to Health Survey 2015 - Koochiching County

Question: The following is a list of common reasons that people use e-cigarettes. For each, please indicate whether or not it is a reason you use or have used e-cigarettes.

Demographic Characteristics	Region		Koochiching County	
Overall Results	**Percent**	**95% CI**	**Percent**	**95% CI**
		n=517		n=41
To quit other tobacco products	48.0	(38.4-57.6)	43.9	(18.9-68.9)
		n=516		n=44
To cut down on other tobacco products	46.2	(36.7-55.6)	49.7	(25.7-73.7)
		n=498		n=42
Because they are affordable	24.1	(14-34.3)	24.3	(2.8-45.8)
		n=501		n=42
They are available in menthol	14.0	(4-24)	3.3	(0-10.1)
		n=502		n=42
They are available in flavors other than menthol	25.2	(15-35.3)	18.1	(0-39)
		n=506		n=42
They are allowed where other tobacco products are not	25.3	(18.3-32.3)	17.8	(2.9-32.8)
		n=514		n=43
Curioius about e-cigarettes	71.9	(64.2-79.6)	57.3	(33-81.6)
		n=508		n=42
Think they are less harmful than other tobacco products	41.4	(31.6-51.2)	17.8	(4.4-31.2)

Table 6.6.A

Attitude Toward Smoking (Including E-Cigarettes) by Location[1]

Percent That Believe Smoking Should Not Be Allowed

Apartment Buildings or Other Shared Housing

Bridge to Health Survey 2015 - Koochiching County

Question: Please indicate your opinion of whether smoking, including the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws.) (Apartment buildings or other shared housing)

Demographic Characteristics		Region n=5752		Koochiching County n=530	
		Percent	95% CI	Percent	95% CI
Overall Results		**64.4%**	**(61.4-67.4)**	**68.8%**	**(61.3-76.3)**
Gender					
	Male	64.7	(59.6-69.8)	70.2	(57.6-82.9)
	Female	64.0	(60.8-67.3)	67.4	(59.3-75.4)
Age					
	18 to 34	68.8	(60.9-76.8)	89.6	(79-100)
	35 to 44	56.2	(48.5-63.9)	40.6	(15.2-66.1)
	45 to 54	57.9	(50.5-65.3)	65.2	(46.7-83.8)
	55 to 64	60.2	(55.6-64.7)	72.1	(61.9-82.3)
	65 to 74	68.6	(64.8-72.5)	52.7	(40.7-64.8)
	75 and older	80.1	(76.2-84)	83.0	(75.5-90.5)
Education					
	Less than H.S.	59.2	(42.8-75.6)	NA	NA
	H.S. Graduate	66.8	(61.1-72.6)	70.0	(56.5-83.6)
	Some College	60.4	(54.7-66.1)	65.7	(55-76.5)
	Voc./Assoc. Degree	60.2	(53.9-66.5)	84.6	(74.3-94.9)
	College Graduate	69.9	(65.1-74.6)	77.8	(66.2-89.4)
Poverty Status					
	200% or Less	56.4	(50.2-62.6)	50.2	(36.3-64.2)
	More than 200%	68.1	(64.7-71.5)	80.5	(74.1-86.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 6.6.B

Attitude Toward Smoking (Including E-Cigarettes) by Location[1]

Percent That Believe Smoking Should Not Be Allowed

Home-Based Day Care

Bridge to Health Survey 2015 - Koochiching County

Question: Please indicate your opinion of whether smoking, including the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws.) (Home-based day care)

Demographic Characteristics		Region n=5751		Koochiching County n=525	
		Percent	95% CI	Percent	95% CI
Overall Results		**94.9%**	**(93.8-96)**	**96.6%**	**(94.7-98.5)**
Gender					
	Male	93.5	(91.6-95.4)	98.4	(96.8-99.9)
	Female	96.3	(95.4-97.2)	94.8	(91.3-98.3)
Age					
	18 to 34	97.2	(94.9-99.5)	100.0	(100-100)
	35 to 44	93.9	(90.8-97)	96.1	(88.3-100)
	45 to 54	93.6	(90.7-96.4)	97.4	(94.1-100)
	55 to 64	93.3	(91.4-95.3)	96.5	(92.5-100)
	65 to 74	94.6	(92.8-96.3)	90.0	(82-98)
	75 and older	96.2	(94.6-97.7)	97.1	(93.2-100)
Education					
	Less than H.S.	93.3	(89.1-97.5)	NA	NA
	H.S. Graduate	95.0	(93.2-96.7)	97.0	(94.1-99.8)
	Some College	94.0	(91.7-96.3)	94.5	(89.2-99.8)
	Voc./Assoc. Degree	93.1	(88.8-97.3)	97.9	(95.9-99.9)
	College Graduate	97.5	(96.4-98.6)	99.5	(98.5-100)
Poverty Status					
	200% or Less	92.5	(90-95)	96.3	(92.3-100)
	More than 200%	96.3	(95.4-97.3)	97.2	(95.2-99.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 6.6.C

Attitude Toward Smoking (Including E-Cigarettes) by Location[1]

Percent That Believe Smoking Should Not Be Allowed

Cars with Children Less Than 16 Years Old

Bridge to Health Survey 2015 - Koochiching County

Question: Please indicate your opinion of whether smoking, including the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws.) (Cars with children less than 16 years old)

Demographic Characteristics		Region n=5733		Koochiching County n=526	
		Percent	95% CI	Percent	95% CI
Overall Results		**91.5%**	**(90-93.1)**	**89.8%**	**(83.9-95.7)**
Gender					
	Male	91.0	(88.6-93.5)	86.6	(76.5-96.7)
	Female	92.0	(90.1-93.9)	93.1	(87.1-99.2)
Age					
	18 to 34	92.8	(89-96.5)	90.9	(74.2-100)
	35 to 44	85.3	(80.1-90.4)	82.8	(58.7-100)
	45 to 54	90.5	(86.6-94.5)	84.2	(69.8-98.5)
	55 to 64	92.1	(89.8-94.5)	95.5	(90.9-100)
	65 to 74	93.2	(91.3-95.1)	87.0	(77.2-96.8)
	75 and older	95.9	(94.1-97.7)	98.6	(96-100)
Education					
	Less than H.S.	87.1	(79.7-94.6)	NA	NA
	H.S. Graduate	92.5	(89.9-95.1)	97.2	(94.2-100)
	Some College	90.1	(86.6-93.5)	88.9	(81.2-96.6)
	Voc./Assoc. Degree	88.3	(83.2-93.4)	77.9	(47.8-100)
	College Graduate	95.1	(93.5-96.7)	98.1	(96.2-100)
Poverty Status					
	200% or Less	87.0	(83.5-90.6)	82.4	(69.7-95.1)
	More than 200%	93.5	(91.9-95.2)	94.2	(88-100)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 6.6.D

Attitude Toward Smoking (Including E-Cigarettes) by Location[1]

Percent That Believe Smoking Should Not Be Allowed

Hotel or Motel Rooms

Bridge to Health Survey 2015 - Koochiching County

Question: Please indicate your opinion of whether smoking, including the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws.) (Hotel or motel rooms)

Demographic Characteristics		Region n=5747		Koochiching County n=526	
		Percent	95% CI	Percent	95% CI
Overall Results		**69.3%**	**(66.4-72.3)**	**73.8%**	**(66.4-81.2)**
Gender					
	Male	68.2	(63.2-73.2)	70.7	(58.2-83.2)
	Female	70.4	(67.2-73.7)	77.0	(69.4-84.5)
Age					
	18 to 34	72.5	(65.1-79.9)	74.9	(52.6-97.3)
	35 to 44	64.2	(57-71.5)	74.4	(50-98.8)
	45 to 54	59.9	(52.1-67.7)	65.5	(46.8-84.3)
	55 to 64	65.7	(61.2-70.2)	75.8	(66.1-85.5)
	65 to 74	77.5	(74-80.9)	67.3	(55.5-79)
	75 and older	84.4	(80.7-88)	88.2	(81.7-94.7)
Education					
	Less than H.S.	55.7	(39.2-72.2)	NA	NA
	H.S. Graduate	67.7	(61.7-73.6)	80.2	(71-89.4)
	Some College	67.4	(61.9-72.8)	74.3	(64.5-84.1)
	Voc./Assoc. Degree	67.3	(61-73.5)	70.0	(41.1-98.9)
	College Graduate	80.4	(76.2-84.6)	77.3	(58.1-96.4)
Poverty Status					
	200% or Less	57.9	(51.7-64)	62.0	(48.1-75.8)
	More than 200%	74.6	(71.3-77.9)	81.2	(72.5-90)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 6.6.E

Attitude Toward Smoking (Including E-Cigarettes) by Location[1]

Percent That Believe Smoking Should Not Be Allowed

Building Entrances

Bridge to Health Survey 2015 - Koochiching County

Question: Please indicate your opinion of whether smoking, including the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws.) (Building entrances)

Demographic Characteristics		Region n=5746		Koochiching County n=525	
		Percent	95% CI	Percent	95% CI
Overall Results		**76.8%**	**(74.1-79.6)**	**78.9%**	**(71.8-86)**
Gender					
	Male	75.5	(71-79.9)	72.0	(59.4-84.6)
	Female	78.2	(74.9-81.4)	86.1	(80.5-91.7)
Age					
	18 to 34	79.9	(73.3-86.5)	93.1	(83.8-100)
	35 to 44	72.2	(65.6-78.9)	56.7	(27.2-86.2)
	45 to 54	70.3	(62.5-78.2)	77.5	(62-93.1)
	55 to 64	73.2	(69-77.4)	79.1	(69.6-88.6)
	65 to 74	82.1	(79-85.3)	71.5	(60.2-82.8)
	75 and older	88.8	(85.7-91.8)	91.2	(85.6-96.9)
Education					
	Less than H.S.	60.3	(43.7-76.9)	NA	NA
	H.S. Graduate	74.7	(69.3-80.1)	77.7	(64.2-91.2)
	Some College	78.0	(73.6-82.4)	75.9	(66.1-85.7)
	Voc./Assoc. Degree	76.9	(71.1-82.6)	93.5	(88.5-98.5)
	College Graduate	84.4	(80.6-88.2)	89.2	(82-96.3)
Poverty Status					
	200% or Less	66.0	(60-72.1)	60.7	(45.7-75.6)
	More than 200%	81.6	(78.8-84.4)	90.0	(85.3-94.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Chapter 7

Alcohol Use

Chapter 7: Alcohol Use

Excessive alcohol use is associated with increased morbidity and mortality, accounting for 1 in 10 deaths among working age U.S. adults from 2006-2010.[1] In 2010, excessive drinking costs in the U.S. were estimated to be $250 billion with three-quarters of the costs attributed to binge drinking.[2] Alcohol misuse is closely associated with several leading causes of death including cirrhosis of the liver, motor vehicle and other accidents, suicide and homicide.[3] Further, heavy consumption of alcohol is associated with an increased risk of cancer, cardiovascular conditions, depression, aggression and domestic and other abuse. During pregnancy, heavy use of alcohol contributes to adverse birth outcomes such as low birth weight, fetal death and fetal alcohol syndrome.[3] In 2013, alcohol-impaired driving accounted for about one third of all motor vehicle fatalities in the U.S.[4]

The *2015 Bridge to Health Survey* included questions related to the following indicators of alcohol use:

Abstaining from alcohol use: No alcoholic beverages in the past month.

Heavy drinking: Consuming 60 or more alcoholic drinks in the past month for men, or 30 or more for women.

Binge drinking: Consuming 5 or more drinks on a single occasion at least once in the past month for men, or 4 or more for women.

Drinking and driving: Driving or riding in a motorized vehicle in the past year when the respondent thought the driver had too much to drink.

The following table includes national and state data from the *2013 Behavioral Risk Factor Surveillance Prevalence and Trends Data* compared to data from the *2015 Bridge to Health Survey.*

Alcohol Use	BTH Region 2015	Koochiching County 2015 (CI)	BRFSS 2013[5]		
			MN	WI	National
At least one drink in the last month	67.2%	62% (54.3-69.8)	63.6%	64.6%	54.5%
Binge drinkers (On one occasion: Men, 5+ drinks; Women, 4+ drinks)	32.3%	28.9% (21.3-36.6)	21.0%	22.5%	16.8%

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Table 7.1.A

Alcohol Consumption[1]

Percent Abstained From Alcohol Use

Bridge to Health Survey 2015 - Koochiching County

Question: During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor? (Abstained from alcohol use)

Demographic Characteristics		Region n=5853		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.8%**	**(29.8-35.8)**	**38.0%**	**(30.2-45.7)**
Gender					
	Male	28.9	(23.9-33.8)	31.4	(18.7-44.1)
	Female	36.7	(33.5-40)	44.4	(36.1-52.8)
Age					
	18 to 34	23.0	(15.7-30.3)	18.5	(3.6-33.5)
	35 to 44	28.7	(21-36.3)	52.9	(25.8-80.1)
	45 to 54	33.8	(26.1-41.6)	28.4	(11.2-45.7)
	55 to 64	32.3	(28-36.6)	43.4	(30.6-56.3)
	65 to 74	39.8	(35.4-44.2)	38.9	(27.6-50.3)
	75 and older	56.4	(50.9-61.8)	60.1	(48-72.2)
Education					
	Less than H.S.	45.2	(29.5-60.9)	NA	NA
	H.S. Graduate	42.0	(35.4-48.7)	43.5	(29.3-57.7)
	Some College	30.4	(25.3-35.5)	38.9	(27.8-50.1)
	Voc./Assoc. Degree	25.0	(20.2-29.8)	17.9	(6.2-29.6)
	College Graduate	21.7	(17.3-26.1)	10.5	(4.5-16.5)
Poverty Status					
	200% or Less	40.2	(34.5-46)	64.4	(51.9-76.9)
	More than 200%	26.7	(23.1-30.3)	21.7	(14.5-29)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 7.1.B

Alcohol Consumption[1]

Percent Heavy Drinking

Bridge to Health Survey 2015 - Koochiching County

Questions: During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

(*For those who had at least on drink*) One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on average?

Demographic Characteristics		Region n=5853		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**16.8%**	**(14.7-18.9)**	**15.7%**	**(10.1-21.2)**
Gender					
	Male	16.8	(13.3-20.2)	15.2	(6.4-23.9)
	Female	16.8	(14.5-19.1)	16.1	(9.2-23)
Age					
	18 to 34	12.4	(8.1-16.8)	12.2	(1.8-22.6)
	35 to 44	16.4	(11.3-21.6)	19.4	(0-39.6)
	45 to 54	22.5	(16.3-28.6)	23.1	(6.8-39.4)
	55 to 64	21.6	(17.6-25.6)	16.0	(5.2-26.9)
	65 to 74	15.1	(12.1-18.1)	15.6	(6.6-24.5)
	75 and older	10.8	(7.4-14.1)	3.9	(0.2-7.6)
Education					
	Less than H.S.	8.1	(2.7-13.4)	NA	NA
	H.S. Graduate	13.9	(10-17.7)	19.4	(7.4-31.4)
	Some College	19.3	(14.9-23.7)	16.4	(8.4-24.5)
	Voc./Assoc. Degree	22.0	(16.5-27.5)	5.8	(1.2-10.4)
	College Graduate	18.3	(14.9-21.7)	13.8	(5.3-22.4)
Poverty Status					
	200% or Less	16.5	(12.1-21)	13.1	(4-22.1)
	More than 200%	17.5	(15.1-19.8)	17.9	(10.2-25.5)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 7.1.C

Alcohol Consumption[1]

Percent Binge Drinking

Bridge to Health Survey 2015 - Koochiching County

Questions: During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

(*For those who had at least on drink*) Considering all types of alcoholic beverages, how many times during the past 30 days did you have…4+ drinks (females) 5+ drinks (males)

Demographic Characteristics		Region n=5853		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.3%**	**(29-35.6)**	**28.9%**	**(21.3-36.6)**
Gender					
	Male	36.2	(30.5-41.9)	38.4	(24.7-52.1)
	Female	28.4	(25.3-31.5)	19.6	(13.3-25.9)
Age					
	18 to 34	43.7	(34.3-53.1)	42.6	(19.9-65.3)
	35 to 44	38.1	(30.8-45.4)	14.7	(0.2-29.1)
	45 to 54	33.3	(26.6-40)	42.7	(22.5-62.8)
	55 to 64	31.8	(27.2-36.4)	25.7	(13.8-37.7)
	65 to 74	16.6	(13.4-19.8)	22.8	(12.3-33.3)
	75 and older	10.0	(6.2-13.9)	10.1	(1.8-18.4)
Education					
	Less than H.S.	37.2	(19.1-55.2)	NA	NA
	H.S. Graduate	27.8	(21.3-34.3)	28.2	(14.4-42)
	Some College	32.2	(26.6-37.8)	23.6	(13.8-33.5)
	Voc./Assoc. Degree	39.3	(32.7-45.9)	49.3	(20.5-78.1)
	College Graduate	33.7	(28.9-38.6)	33.9	(14.5-53.2)
Poverty Status					
	200% or Less	31.1	(25.3-36.9)	18.0	(8.4-27.6)
	More than 200%	34.8	(30.6-39)	36.4	(25.4-47.3)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 7.2.A

Alcohol and Motorized Vehicles[1]

Percent Drove/Rode in Car or Truck

Bridge to Health Survey 2015 - Koochiching County

Question: In the past 12 months, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink? (Car or truck)

Demographic Characteristics		Region n=5892		Koochiching County n=548	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.1%**	**(10.4-15.7)**	**13.1%**	**(7.6-18.6)**
Gender					
	Male	13.7	(9.1-18.4)	11.2	(3.1-19.2)
	Female	12.4	(9.9-14.9)	15.0	(7.6-22.3)
Age					
	18 to 34	19.7	(11.4-28)	28.3	(7.8-48.7)
	35 to 44	11.5	(7.1-15.8)	17.0	(0-35.8)
	45 to 54	10.2	(6-14.5)	3.5	(0.5-6.5)
	55 to 64	11.2	(8.1-14.2)	12.3	(4.4-20.2)
	65 to 74	10.0	(7.7-12.4)	7.9	(2.6-13.3)
	75 and older	10.0	(6.1-13.8)	5.6	(1.8-9.3)
Education					
	Less than H.S.	19.9	(6.3-33.4)	NA	NA
	H.S. Graduate	13.0	(7-19)	6.4	(0-13.3)
	Some College	13.7	(9.6-17.9)	17.7	(7.7-27.6)
	Voc./Assoc. Degree	13.4	(8-18.8)	15.7	(0-33.4)
	College Graduate	9.7	(6.9-12.5)	21.0	(1.8-40.3)
Poverty Status					
	200% or Less	15.0	(10.6-19.4)	15.8	(5.7-26)
	More than 200%	12.4	(8.8-16)	11.4	(4.5-18.3)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 7.2.B

Alcohol and Motorized Vehicles[1]

Percent Drove/Rode on Boat or Jet Ski

Bridge to Health Survey 2015 - Koochiching County

Question: In the past 12 months, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink? (Boat or jet ski)

Demographic Characteristics		Region n=5785		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.5%**	**(2.3-6.6)**	**5.6%**	**(1.2-9.9)**
Gender					
	Male	6.1	(1.9-10.2)	4.5	(0-11.3)
	Female	2.9	(2-3.8)	6.6	(1.3-11.9)
Age					
	18 to 34	8.5	(1.3-15.8)	22.1	(2.9-41.3)
	35 to 44	2.7	(0.6-4.8)	0.5	(0-1.5)
	45 to 54	3.8	(0.5-7)	1.0	(0-2.5)
	55 to 64	4.0	(1.9-6.1)	1.5	(0-3.4)
	65 to 74	2.3	(1.2-3.5)	2.5	(0.1-4.8)
	75 and older	0.6	(0-1.2)	1.0	(0-2.3)
Education					
	Less than H.S.	0.8	(0-1.9)	NA	NA
	H.S. Graduate	5.8	(0-11.6)	0.0	(0-0)
	Some College	2.7	(0.4-4.9)	8.5	(0-17)
	Voc./Assoc. Degree	6.1	(1.1-11.1)	3.1	(0-6.4)
	College Graduate	5.4	(2.9-7.9)	14.5	(0-33.9)
Poverty Status					
	200% or Less	2.1	(1.1-3.2)	6.7	(0-13.8)
	More than 200%	6.0	(2.6-9.4)	5.3	(0-11.3)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 7.2.C

Alcohol and Motorized Vehicles[1]

Percent Drove/Rode on Snowmobile or ATV

Bridge to Health Survey 2015 - Koochiching County

Question: In the past 12 months, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink? (Snowmobile or ATV)

Demographic Characteristics		Region n=5775		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.8%**	**(1.7-6)**	**6.2%**	**(1.5-10.8)**
Gender					
	Male	4.8	(0.9-8.8)	6.2	(0-13.8)
	Female	2.8	(1.2-4.5)	6.2	(0.8-11.5)
Age					
	18 to 34	8.8	(1.2-16.3)	23.2	(3.3-43)
	35 to 44	1.8	(0.3-3.3)	4.4	(0-12.3)
	45 to 54	1.6	(0.5-2.7)	0.5	(0-1.6)
	55 to 64	3.3	(1.5-5.1)	2.1	(0-4.6)
	65 to 74	1.5	(0.6-2.3)	0.6	(0-1.4)
	75 and older	1.2	(0.1-2.4)	1.4	(0-2.8)
Education					
	Less than H.S.	6.1	(0-15.7)	NA	NA
	H.S. Graduate	5.1	(0-11)	0.0	(0-0)
	Some College	2.4	(1.1-3.6)	8.9	(0.2-17.6)
	Voc./Assoc. Degree	6.0	(1-11)	11.6	(0-29.2)
	College Graduate	2.0	(1.1-3)	12.5	(0-32)
Poverty Status					
	200% or Less	3.3	(0.8-5.8)	7.0	(0-14.2)
	More than 200%	4.2	(0.9-7.4)	6.1	(0-12.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Chapter 8

Health Care Access

Chapter 8: Health Care Access

Lack of access to health care services can have a significant effect on an individual's overall health status and quality of life. Barriers to services generally include lack of availability, high cost, lack of insurance coverage, and other social factors, often resulting in unmet health needs, delays in receiving appropriate care, inability to get preventive services, and preventable hospitalizations.[1]

Since the last *Bridge to Health Survey*, the Affordable Care Act (ACA) has been implemented, which has increased the access and affordability of health care coverage for most people. The ACA, signed by President Obama in March of 2010, put in place comprehensive health insurance reforms. The reforms include consumer protections, a health care coverage requirement, and the creation of affordable health insurance exchanges or marketplaces, like mnsure.org and healthcare.gov. The ACA requires that all individuals have health insurance beginning January 1, 2014. In addition, insurers are required to cover everyone, regardless of health status or history. Although employers are not required to offer health insurance to employees, most who employ more than 50 employees will pay an assessment if they don't offer affordable coverage that covers minimum essential health benefits.[2]

October 1, 2013 kicked off the first open enrollment when consumers could access health care coverage options and the newly-available Advanced Premium Tax Credits (APTCs) through mnsure.org and healthcare.gov, with the new coverage options taking effect January 1, 2014.

The individual mandate, creation of state-based marketplaces, new tax credits, expansion of Medical Assistance in Minnesota, non-discrimination protections, and large employer stipulations, have all contributed to a dramatic drop in the number of people without health insurance. The rates of people without health insurance has continued to decline since the initial drop in 2014 caused by the ACA.[*]

The *2015 Bridge to Health Survey* asked respondents questions regarding access to health care services including their usual source of care, prevalence of and reasons for delaying or failing to seek medical, mental health, or dental care, and insurance coverage. Results for questions regarding mental health care are provided in Chapter 3. New for 2015 are questions regarding preferred sources of health information, advance health care directive, and providing unpaid care for adults.

The following table includes national and state data from the most recent *National Health Interview Survey, American Community Survey 2010-2014*, and *Health People 2020* Goals compared to the *2015 Bridge to Health Survey*.

[*] Minnesota opted for creating its own state-based exchange, mnsure.org, for its residents. Wisconsin opted for using the federally-created exchange, healthcare.gov, for its residents.

Health Care Access	BTH Region 2015	Koochiching County 2015 (CI)	NHIS 2014[3] National	ACS 2014[4]			Healthy People 2020 Goal[1]
				National	MN	WI	
Has any kind of health care coverage/insurance	96.1%	98.3% (96.8-99.7)	85.6%	85.8%	92.1%	91.3%	100.0%
Uninsured	3.9%	1.7% (0.3-3.2)	13.2%	14.2%	7.9%*	8.7%	0.0%
Has a usual place for medical care/medical home	93.0%	96.0% (93.6-98.4)	84.6%	N/A	N/A	N/A	95.0%
Unable to obtain or delayed medical care	31.7%	32.1% (24.1-40.1)	N/A	N/A	N/A	N/A	4.2%
Unable to obtain or delayed dental care	28.3%	33.9% (25.9-41.8)	N/A	N/A	N/A	N/A	5.0%

*2015 Minnesota uninsured rate is reported to be 4.3%[5]

N/A indicates that data were not collected or available for that measure

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Table 8.1.A

Usual Place for Medical Care[1]

Percent With Usual Place for Medical Care

Bridge to Health Survey 2015 - Koochiching County

Question: Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.)

Demographic Characteristics		Region n=5872		Koochiching County n=543	
		Percent	95% CI	Percent	95% CI
Overall Results		**93.0%**	**(90.4-95.5)**	**96.0%**	**(93.6-98.4)**
Gender					
	Male	89.1	(84.3-93.9)	94.4	(90-98.8)
	Female	96.9	(95.7-98.1)	97.5	(95.6-99.5)
Age					
	18 to 34	89.0	(81.3-96.7)	99.5	(98.6-100)
	35 to 44	92.8	(87.6-97.9)	95.8	(90-100)
	45 to 54	92.2	(86-98.4)	97.9	(95-100)
	55 to 64	94.6	(92.5-96.7)	89.0	(80-98)
	65 to 74	96.9	(95.3-98.5)	95.5	(89.5-100)
	75 and older	97.9	(96.4-99.3)	99.8	(99.4-100)
Education					
	Less than H.S.	93.2	(83.2-103.1)	NA	NA
	H.S. Graduate	90.1	(83.8-96.5)	95.6	(90.5-100)
	Some College	93.9	(90-97.7)	94.9	(90.5-99.3)
	Voc./Assoc. Degree	94.5	(91.1-97.9)	95.0	(90.4-99.7)
	College Graduate	95.2	(92.6-97.8)	98.5	(96.9-100)
Poverty Status					
	200% or Less	90.5	(84.1-96.9)	95.8	(92.1-99.5)
	More than 200%	94.0	(91.8-96.3)	95.9	(92.5-99.3)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.1.B

Usual Place for Medical Care[1]

Percent Doctor's Office

Bridge to Health Survey 2015 - Koochiching County

Question: Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.) (Doctor's office)

Demographic Characteristics		Region n=5653		Koochiching County n=517	
		Percent	95% CI	Percent	95% CI
Overall Results		**77.6%**	**(74.3-80.9)**	**78.8%**	**(71.7-86)**
Gender					
	Male	70.4	(64.4-76.4)	73.9	(61.3-86.5)
	Female	84.3	(81.8-86.9)	83.6	(76.7-90.5)
Age					
	18 to 34	68.0	(58-77.9)	75.8	(53.7-97.9)
	35 to 44	71.5	(63.4-79.6)	80.5	(59.5-100)
	45 to 54	82.6	(76.8-88.3)	75.3	(57.3-93.2)
	55 to 64	82.0	(78-85.9)	78.6	(67.4-89.7)
	65 to 74	86.0	(82.7-89.2)	81.9	(73-90.8)
	75 and older	83.5	(79.4-87.6)	85.2	(78.1-92.3)
Education					
	Less than H.S.	76.6	(58.6-94.6)	NA	NA
	H.S. Graduate	75.3	(68-82.7)	78.2	(65.8-90.6)
	Some College	80.0	(75.2-84.9)	88.6	(82.5-94.7)
	Voc./Assoc. Degree	79.9	(73.7-86.1)	71.0	(40.7-100)
	College Graduate	77.0	(72.2-81.8)	71.2	(51.6-90.8)
Poverty Status					
	200% or Less	78.5	(73.8-83.2)	83.1	(74-92.3)
	More than 200%	76.1	(71.3-80.8)	75.9	(65.2-86.5)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.1.C

Usual Place for Medical Care[1]

Percent Urgent Care Center

Bridge to Health Survey 2015 - Koochiching County

Question: Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.) (Urgent care center)

Demographic Characteristics		Region n=5653		Koochiching County n=517	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.9%**	**(6-11.8)**	**2.7%**	**(0.5-4.8)**
Gender					
	Male	10.9	(5.3-16.5)	3.2	(0-7.2)
	Female	7.1	(5.2-9)	2.2	(0.6-3.7)
Age					
	18 to 34	19.1	(9.3-28.8)	0.9	(0-2.7)
	35 to 44	10.5	(5.4-15.7)	3.2	(0-9.5)
	45 to 54	5.1	(2.3-7.8)	1.3	(0-2.9)
	55 to 64	3.8	(1.5-6)	7.2	(0-16)
	65 to 74	3.7	(1.9-5.5)	0.4	(0-1.1)
	75 and older	4.1	(1.5-6.6)	2.4	(0-5.4)
Education					
	Less than H.S.	12.3	(0-31.5)	NA	NA
	H.S. Graduate	9.3	(2.9-15.8)	3.6	(0-8.4)
	Some College	6.2	(3.2-9.2)	1.0	(0-2)
	Voc./Assoc. Degree	10.1	(4.3-16)	0.9	(0-2.5)
	College Graduate	10.1	(6.1-14)	6.0	(0-12.1)
Poverty Status					
	200% or Less	7.6	(4.7-10.4)	1.2	(0-2.8)
	More than 200%	10.4	(5.9-14.9)	3.7	(0.2-7.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.1.D

Usual Place for Medical Care[1]

Percent Hospital or Outpatient Clinic

Bridge to Health Survey 2015 - Koochiching County

Question: Is there a place that you usually go to when you are sick or need medical care? (Please check only ONE answer.) (Hospital or outpatient clinic)

Demographic Characteristics		Region n=5653		Koochiching County n=517	
		Percent	95% CI	Percent	95% CI
Overall Results		**7.0%**	**(5.2-8.8)**	**13.6%**	**(6.8-20.5)**
Gender					
	Male	10.9	(7.5-14.3)	16.3	(4.3-28.4)
	Female	3.4	(2.1-4.6)	11.0	(4.3-17.6)
Age					
	18 to 34	8.2	(3.2-13.2)	22.8	(0.7-45)
	35 to 44	6.7	(3.7-9.7)	15.3	(0-35.4)
	45 to 54	8.1	(2.9-13.2)	16.4	(0-34)
	55 to 64	6.4	(3.9-8.9)	7.9	(2.3-13.6)
	65 to 74	5.1	(2.8-7.3)	6.1	(1.4-10.8)
	75 and older	6.0	(3.7-8.2)	8.5	(3-14)
Education					
	Less than H.S.	3.2	(0.8-5.5)	NA	NA
	H.S. Graduate	8.0	(3.6-12.4)	14.8	(3.1-26.4)
	Some College	5.8	(3.2-8.4)	3.1	(0.2-6.1)
	Voc./Assoc. Degree	6.2	(3.2-9.1)	23.9	(0-54.9)
	College Graduate	9.1	(5.7-12.5)	16.1	(0-35.6)
Poverty Status					
	200% or Less	6.7	(3.1-10.3)	11.5	(3.1-20)
	More than 200%	7.4	(5.3-9.6)	16.1	(5.7-26.5)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.2

How Long Since Last Visit to Health Care Professional?[1]

Percent Within the Past Year

Bridge to Health Survey 2015 - Koochiching County

Question: How long has it been since you last visited a doctor or other health care professional for any reason? (Within past year)

Demographic Characteristics		Region n=5924		Koochiching County n=552	
		Percent	95% CI	Percent	95% CI
Overall Results		**86.0%**	**(83.6-88.3)**	**84.3%**	**(77.8-90.7)**
Gender					
	Male	83.0	(78.9-87.1)	81.3	(70.2-92.4)
	Female	89.0	(86.8-91.2)	87.2	(80.4-94)
Age					
	18 to 34	81.0	(74.4-87.6)	71.3	(49.1-93.4)
	35 to 44	82.7	(76.9-88.5)	82.6	(64.2-100)
	45 to 54	82.3	(76.4-88.1)	84.2	(69.9-98.4)
	55 to 64	90.2	(87.7-92.7)	84.8	(75.3-94.3)
	65 to 74	93.5	(91.3-95.8)	95.8	(92.6-99)
	75 and older	94.2	(90.6-97.7)	94.7	(89.2-100)
Education					
	Less than H.S.	91.1	(84.6-97.6)	NA	NA
	H.S. Graduate	87.4	(82.7-92.1)	84.6	(74.1-95.1)
	Some College	86.2	(81.8-90.6)	86.2	(78-94.4)
	Voc./Assoc. Degree	83.4	(77.8-89)	66.4	(36.4-96.3)
	College Graduate	82.7	(78.3-87.2)	81.2	(61.9-100)
Poverty Status					
	200% or Less	88.1	(84-92.2)	90.8	(83-98.5)
	More than 200%	84.7	(81.8-87.7)	80.3	(70.5-90)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.3.A

Insurance Types[1,2]

Percent Private

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following types of health insurance do you have? (Private)

Demographic Characteristics		Region n=5898		Koochiching County n=552	
		Percent	95% CI	Percent	95% CI
Overall Results		**66.7%**	**(63.7-69.8)**	**61.4%**	**(53.6-69.1)**
Gender					
	Male	69.4	(64.3-74.4)	62.1	(49.1-75.1)
	Female	64.1	(60.7-67.5)	60.6	(52.2-69.1)
Age					
	18 to 34	64.4	(55.4-73.3)	81.6	(66.6-96.6)
	35 to 44	70.2	(63-77.3)	46.8	(20-73.6)
	45 to 54	73.7	(67.1-80.2)	65.3	(46.9-83.6)
	55 to 64	73.3	(69.3-77.3)	59.4	(47.1-71.7)
	65 to 74	51.7	(47.4-56.1)	42.9	(31.8-54.1)
	75 and older	59.9	(54.1-65.8)	60.9	(48.8-73)
Education					
	Less than H.S.	41.8	(25.1-58.5)	NA	NA
	H.S. Graduate	58.0	(51.3-64.7)	56.9	(42.9-70.9)
	Some College	65.2	(59.9-70.5)	58.5	(47.2-69.9)
	Voc./Assoc. Degree	75.7	(70.4-81)	85.6	(76.2-95)
	College Graduate	86.6	(83.5-89.7)	90.2	(84.5-95.8)
Poverty Status					
	200% or Less	35.0	(29.2-40.7)	25.6	(15.9-35.4)
	More than 200%	84.1	(81.8-86.4)	81.7	(75.4-87.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

[2]Respondents could select more than one type of insurance

Table 8.3.B

Insurance Types[1,2]

Percent Private No Medicare

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following types of health insurance do you have? (Private no Medicare)

Demographic Characteristics		Region n=5897		Koochiching County n=552	
		Percent	95% CI	Percent	95% CI
Overall Results		**54.5%**	**(51.3-57.7)**	**47.6%**	**(39.6-55.7)**
Gender					
	Male	57.6	(52.2-63)	52.2	(38.6-65.8)
	Female	51.4	(48.2-54.7)	43.1	(35.1-51.1)
Age					
	18 to 34	63.5	(54.5-72.5)	77.8	(61.3-94.2)
	35 to 44	67.9	(60.4-75.4)	46.8	(20-73.6)
	45 to 54	70.2	(63-77.4)	63.9	(45.4-82.3)
	55 to 64	69.8	(65.6-73.9)	57.5	(45.1-69.9)
	65 to 74	7.4	(5.1-9.7)	3.1	(0.3-5.9)
	75 and older	8.1	(3.1-13.2)	1.8	(0-4.2)
Education					
	Less than H.S.	26.4	(8.1-44.7)	NA	NA
	H.S. Graduate	40.4	(33.4-47.4)	35.7	(21.2-50.1)
	Some College	54.7	(49-60.4)	47.2	(35.3-59.1)
	Voc./Assoc. Degree	67.7	(62.1-73.3)	82.7	(71.8-93.6)
	College Graduate	79.2	(75.9-82.6)	84.6	(77.1-92.1)
Poverty Status					
	200% or Less	22.7	(17.4-27.9)	11.9	(4.3-19.5)
	More than 200%	73.4	(70.5-76.2)	71.0	(63.3-78.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

[2]Respondents could select more than one type of insurance

Table 8.3.C

Insurance Types[1,2]

Percent Medicare

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following types of health insurance do you have? (Medicare)

Demographic Characteristics		Region n=5904		Koochiching County n=552	
		Percent	95% CI	Percent	95% CI
Overall Results		**24.7%**	**(22.5-27)**	**30.3%**	**(24.3-36.3)**
Gender					
	Male	23.5	(19.9-27)	22.6	(14.7-30.4)
	Female	26.0	(23.2-28.8)	38.0	(30.3-45.7)
Age					
	18 to 34	2.3	(0-4.7)	6.3	(0-15.1)
	35 to 44	6.2	(1.8-10.7)	0.0	(0-0)
	45 to 54	9.5	(2.7-16.3)	11.4	(0-24.4)
	55 to 64	11.6	(8.6-14.6)	14.2	(5.5-22.8)
	65 to 74	88.8	(86-91.6)	94.0	(89.9-98.1)
	75 and older	88.5	(82.9-94.1)	94.9	(90.8-99.1)
Education					
	Less than H.S.	46.4	(30.8-62)	NA	NA
	H.S. Graduate	33.1	(27.8-38.4)	37.6	(26.1-49.1)
	Some College	21.9	(18.5-25.3)	25.6	(17.4-33.7)
	Voc./Assoc. Degree	16.1	(11.9-20.2)	8.5	(2.5-14.5)
	College Graduate	12.3	(10.6-14)	10.0	(5.1-14.8)
Poverty Status					
	200% or Less	31.4	(26.2-36.5)	39.1	(27.2-50.9)
	More than 200%	19.3	(17.1-21.5)	21.9	(15.7-28.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

[2]Respondents could select more than one type of insurance

Table 8.3.D

Insurance Types[1,2]

Percent Medical Assistance[3]

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following types of health insurance do you have? (Medical Assistance)

Demographic Characteristics		Region n=5895		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**11.8%**	**(9.3-14.3)**	**17.2%**	**(10-24.4)**
Gender					
	Male	9.9	(5.5-14.3)	17.7	(5.4-30)
	Female	13.7	(11.2-16.1)	16.7	(9.2-24.3)
Age					
	18 to 34	17.2	(9.3-25.1)	12.8	(0-26.2)
	35 to 44	14.2	(9.4-19)	47.2	(18.5-75.9)
	45 to 54	11.4	(6.2-16.5)	11.8	(0-24.3)
	55 to 64	9.3	(6.7-12)	17.6	(7.5-27.6)
	65 to 74	7.3	(4.3-10.3)	8.5	(1.5-15.4)
	75 and older	4.8	(2.7-6.8)	8.2	(1.7-14.6)
Education					
	Less than H.S.	19.2	(9.9-28.5)	NA	NA
	H.S. Graduate	17.8	(11.2-24.5)	22.8	(8.3-37.4)
	Some College	9.7	(6.9-12.6)	15.1	(5.9-24.2)
	Voc./Assoc. Degree	10.6	(6.1-15.1)	3.4	(0.5-6.3)
	College Graduate	3.4	(2.1-4.6)	1.9	(0-4.1)
Poverty Status					
	200% or Less	30.7	(24.5-37)	45.6	(31.7-59.6)
	More than 200%	2.1	(1.1-3)	1.1	(0-2.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

[2]Respondents could select more than one type of insurance

[3]Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)

Table 8.3.E

Insurance Types[1,2]

Percent Other Public Assistance[3]

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following types of health insurance do you have? (Other public assistance)

Demographic Characteristics		Region n=5896		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**17.0%**	**(14.2-19.8)**	**12.1%**	**(7.6-16.6)**
Gender					
	Male	18.8	(14.1-23.6)	14.6	(6.6-22.7)
	Female	15.1	(12.1-18.1)	9.6	(5.5-13.8)
Age					
	18 to 34	22.3	(14-30.6)	3.8	(0-9.3)
	35 to 44	16.1	(10.5-21.7)	17.6	(0-41.3)
	45 to 54	15.2	(8.8-21.6)	6.5	(0.9-12.1)
	55 to 64	15.6	(12.2-19)	18.4	(10.2-26.7)
	65 to 74	14.2	(11-17.3)	19.7	(10-29.3)
	75 and older	13.2	(9-17.5)	9.8	(3.7-16)
Education					
	Less than H.S.	21.8	(8.3-35.3)	NA	NA
	H.S. Graduate	22.2	(15.7-28.8)	10.6	(4.8-16.4)
	Some College	16.6	(12.4-20.7)	13.3	(6.9-19.7)
	Voc./Assoc. Degree	14.9	(10.9-18.9)	9.0	(2.2-15.7)
	College Graduate	8.8	(5.8-11.8)	7.4	(2.4-12.5)
Poverty Status					
	200% or Less	29.3	(23.8-34.9)	19.9	(9.4-30.4)
	More than 200%	9.8	(6.5-13.1)	7.2	(4-10.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

[2]Respondents could select more than one type of insurance

[3]Indian or Tribal Health Service, MinnesotaCare, BadgerCare, CHAMPUS, TRICARE, or Veteran's benefits

Table 8.4

Insurance Coverage[1]

Percent Currently Uninsured[2]

Bridge to Health Survey 2015 - Koochiching County

Question: Which of the following types of health insurance do you have? (No insurance)

Demographic Characteristics		Region n=5895		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.9%**	**(2.7-5.1)**	**1.7%**	**(0.3-3.2)**
Gender					
	Male	3.2	(1.8-4.5)	2.0	(0-4.2)
	Female	4.6	(2.6-6.6)	1.5	(0-3.4)
Age					
	18 to 34	5.2	(1.5-8.8)	0.0	(0-0)
	35 to 44	3.3	(0.3-6.3)	2.6	(0-7.8)
	45 to 54	5.7	(3.3-8.1)	3.1	(0-7.3)
	55 to 64	4.3	(2.3-6.3)	3.5	(0-7.9)
	65 to 74	0.8	(0-1.6)	0.0	(0-0)
	75 and older	0.7	(0-1.5)	0.2	(0-0.6)
Education					
	Less than H.S.	9.3	(0-18.8)	NA	NA
	H.S. Graduate	3.7	(2.1-5.4)	2.0	(0-4.7)
	Some College	5.0	(2.6-7.5)	3.2	(0-7)
	Voc./Assoc. Degree	2.6	(0.6-4.7)	1.8	(0-4)
	College Graduate	1.2	(0.4-1.9)	0.2	(0-0.5)
Poverty Status					
	200% or Less	5.8	(3-8.7)	2.2	(0-4.6)
	More than 200%	3.0	(1.7-4.2)	1.6	(0-3.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

[2]Respondents categorized as "Currently Uninsured" answered "no" to having any of the listed insurance types and "yes" to "I don't have health insurance"

Table 8.5

Delayed or Failed to Seek Medical Care[1]

Percent Delayed or Failed to Seek Medical Care in Past Year

Bridge to Health Survey 2015 - Koochiching County

Question: During the past 12 months, was there a time when you thought you needed medical care but did not get it or delayed getting it?

Demographic Characteristics		Region n=5871		Koochiching County n=546	
		Percent	95% CI	Percent	95% CI
Overall Results		**31.7%**	**(28.3-35)**	**32.1%**	**(24.1-40.1)**
Gender					
	Male	30.2	(24.3-36.1)	34.0	(20.4-47.6)
	Female	33.1	(29.9-36.3)	30.2	(21.9-38.5)
Age					
	18 to 34	43.3	(33.8-52.7)	38.1	(15.3-61)
	35 to 44	35.4	(27.5-43.4)	36.4	(9.4-63.5)
	45 to 54	34.7	(27.8-41.7)	52.3	(32.8-71.9)
	55 to 64	27.0	(22.9-31.1)	21.0	(11.7-30.3)
	65 to 74	18.5	(14.5-22.5)	20.4	(10.2-30.7)
	75 and older	12.7	(8.4-17.1)	15.2	(6.9-23.4)
Education					
	Less than H.S.	33.2	(16.3-50.2)	NA	NA
	H.S. Graduate	30.3	(23.3-37.2)	29.5	(15.6-43.5)
	Some College	36.2	(30-42.3)	36.2	(24.8-47.5)
	Voc./Assoc. Degree	31.0	(25.2-36.9)	32.0	(3.6-60.5)
	College Graduate	27.4	(22.8-32.1)	26.4	(7.3-45.5)
Poverty Status					
	200% or Less	36.3	(30.4-42.3)	37.5	(23.7-51.3)
	More than 200%	30.2	(25.8-34.7)	28.8	(18.2-39.5)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.6

Failed to Fill a Prescription[1]

Percent Failed to Fill a Prescription in Past 6 Months

Bridge to Health Survey 2015 - Koochiching County

Question: In the past 6 months which statement best describes medications prescribed for you?

- I had no medications prescribed for me
- I had medications prescribe for me and I filled them all
- **I had medications prescribed for me and I did not fill at least one**

Demographic Characteristics		Region n=5872		Koochiching County n=548	
		Percent	95% CI	Percent	95% CI
Overall Results		**6.3%**	**(4.9-7.8)**	**3.9%**	**(1.3-6.6)**
Gender					
	Male	5.2	(3-7.3)	3.2	(0-7.8)
	Female	7.5	(5.7-9.4)	4.7	(2.1-7.3)
Age					
	18 to 34	8.8	(4.7-12.8)	0.9	(0-2.3)
	35 to 44	7.6	(3.1-12.1)	1.9	(0-4.7)
	45 to 54	6.0	(3.6-8.5)	9.2	(0-21)
	55 to 64	6.4	(3.9-8.9)	3.5	(0.3-6.7)
	65 to 74	3.1	(1.7-4.5)	4.0	(0.6-7.4)
	75 and older	2.4	(0.7-4)	3.0	(0-6.1)
Education					
	Less than H.S.	5.3	(0-12.5)	NA	NA
	H.S. Graduate	4.4	(2.3-6.5)	4.7	(0-11)
	Some College	8.0	(5-11)	3.8	(0-7.6)
	Voc./Assoc. Degree	6.4	(3.5-9.2)	4.9	(0.1-9.6)
	College Graduate	7.3	(4.3-10.3)	3.4	(0.4-6.5)
Poverty Status					
	200% or Less	8.3	(5.3-11.2)	8.0	(1-15)
	More than 200%	5.4	(3.9-7)	1.6	(0.3-2.9)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.7

Delayed or Failed to Seek Dental Care[1]

Percent Delayed or Failed to Seek Dental Care in Past Year

Bridge to Health Survey 2015 - Koochiching County

Question: During the past 12 months, was there a time when you thought you needed dental care but did not get it or delayed getting it?

Demographic Characteristics		Region n=5876		Koochiching County n=548	
		Percent	95% CI	Percent	95% CI
Overall Results		**28.3%**	**(25.4-31.1)**	**33.9%**	**(25.9-41.8)**
Gender					
	Male	26.3	(21.6-31.1)	35.4	(22-48.8)
	Female	30.3	(27.3-33.3)	32.4	(23.8-40.9)
Age					
	18 to 34	32.0	(24.2-39.8)	71.4	(51.6-91.3)
	35 to 44	30.2	(22.8-37.7)	13.3	(0.8-25.8)
	45 to 54	34.9	(27.8-42)	30.7	(13.2-48.2)
	55 to 64	27.6	(23.4-31.7)	30.3	(17.8-42.8)
	65 to 74	21.3	(17.3-25.2)	26.4	(15.4-37.5)
	75 and older	12.7	(9-16.4)	15.5	(6.2-24.8)
Education					
	Less than H.S.	26.6	(15-38.2)	NA	NA
	H.S. Graduate	26.5	(21.4-31.7)	24.2	(13.1-35.4)
	Some College	35.1	(29-41.1)	38.7	(26.8-50.6)
	Voc./Assoc. Degree	29.3	(23.7-34.9)	40.5	(11.2-69.8)
	College Graduate	22.0	(17.6-26.5)	44.6	(22.7-66.5)
Poverty Status					
	200% or Less	41.1	(35.1-47.2)	40.1	(27-53.2)
	More than 200%	22.8	(19.7-26)	31.2	(20.3-42.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.8

How Long Since Last Visit to a Dental Clinic[1]

Percent Visited Dental Clinic Within Past Year

Bridge to Health Survey 2015 - Koochiching County

Question: How long has it been since you last visited a dentist or dental clinic for any reason? (Within past year)

Demographic Characteristics		Region n=5903		Koochiching County n=548	
		Percent	95% CI	Percent	95% CI
Overall Results		**65.5%**	**(62.5-68.5)**	**60.7%**	**(52.8-68.5)**
Gender					
	Male	64.1	(59-69.2)	57.5	(43.9-71.2)
	Female	67.0	(63.7-70.3)	63.7	(55.7-71.8)
Age					
	18 to 34	63.6	(55.3-71.8)	49.0	(26-72)
	35 to 44	69.7	(62.4-77)	61.0	(34-88)
	45 to 54	62.2	(54.8-69.7)	79.1	(64.6-93.5)
	55 to 64	72.4	(68.4-76.5)	63.4	(51.1-75.8)
	65 to 74	68.6	(64.3-72.8)	56.8	(45.2-68.4)
	75 and older	54.9	(48.8-60.9)	50.0	(37.7-62.2)
Education					
	Less than H.S.	48.9	(32.6-65.1)	NA	NA
	H.S. Graduate	64.6	(58.6-70.6)	63.8	(51.6-76.1)
	Some College	63.9	(58.3-69.4)	58.4	(46.6-70.2)
	Voc./Assoc. Degree	68.3	(61.8-74.7)	58.0	(29.1-87)
	College Graduate	74.2	(69.1-79.4)	66.6	(44-89.3)
Poverty Status					
	200% or Less	51.0	(44.8-57.3)	47.9	(34.4-61.4)
	More than 200%	73.4	(70.1-76.7)	68.1	(57.5-78.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.9

Advance Health Care Directive[1]

Percent With Advance Care Directive

Bridge to Health Survey 2015 - Koochiching County

Question: Have you completed an Advance Health Care Directive, Living Will or Health Care Power of Attorney?

Demographic Characteristics		Region n=5900		Koochiching County n=549	
		Percent	95% CI	Percent	95% CI
Overall Results		**22.9%**	**(20.7-25.1)**	**21.1%**	**(15.7-26.6)**
Gender					
	Male	20.5	(17-24)	17.0	(9.2-24.7)
	Female	25.3	(22.8-27.8)	25.3	(18.2-32.4)
Age					
	18 to 34	9.0	(4.9-13)	18.3	(3.1-33.5)
	35 to 44	13.4	(8.1-18.6)	6.5	(0-14.3)
	45 to 54	17.4	(12.3-22.5)	17.1	(3-31.1)
	55 to 64	22.4	(18.7-26.1)	16.5	(7.3-25.8)
	65 to 74	44.2	(39.9-48.5)	27.4	(18-36.8)
	75 and older	59.9	(53.8-65.9)	49.5	(37.3-61.7)
Education					
	Less than H.S.	22.6	(13.1-32.2)	NA	NA
	H.S. Graduate	20.2	(16.4-24)	16.1	(9.5-22.7)
	Some College	24.8	(20-29.6)	20.1	(11.6-28.5)
	Voc./Assoc. Degree	18.4	(14.6-22.2)	24.3	(1.4-47.2)
	College Graduate	26.6	(23.1-30.2)	21.2	(9.9-32.4)
Poverty Status					
	200% or Less	18.9	(15.2-22.7)	20.7	(10.8-30.6)
	More than 200%	24.1	(21.3-27)	20.8	(13.9-27.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.10

Provided Unpaid Care to an Adult[1]

Percent Provided Unpaid Care to an Adult

Bridge to Health Survey 2015 - Koochiching County

Question: In the past 12 months, have you provided UNPAID care to an adult relative, family member or friend aged 18 years or older to help them take care of themselves?

Demographic Characteristics		Region n=5866		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**37.6%**	**(34.5-40.8)**	**35.5%**	**(27.9-43.1)**
Gender					
	Male	33.3	(28-38.7)	32.0	(19.1-44.8)
	Female	41.9	(38.6-45.3)	39.1	(30.9-47.2)
Age					
	18 to 34	34.3	(25.3-43.3)	41.7	(18.8-64.7)
	35 to 44	30.1	(23.6-36.6)	51.5	(23.5-79.4)
	45 to 54	45.1	(37.8-52.5)	30.2	(14.5-46)
	55 to 64	44.4	(39.8-49)	36.9	(24.2-49.7)
	65 to 74	36.9	(32.6-41.1)	30.4	(19.9-41)
	75 and older	31.0	(25-37)	18.7	(10.6-26.8)
Education					
	Less than H.S.	40.4	(24.4-56.5)	NA	NA
	H.S. Graduate	34.4	(27.9-40.9)	26.2	(14.8-37.6)
	Some College	40.7	(35-46.4)	45.3	(33.2-57.4)
	Voc./Assoc. Degree	43.2	(37-49.4)	37.5	(9.4-65.6)
	College Graduate	34.5	(30.1-39)	42.2	(22.6-61.9)
Poverty Status					
	200% or Less	36.7	(30.9-42.6)	37.4	(24.4-50.4)
	More than 200%	38.4	(34.4-42.3)	34.7	(24.5-44.8)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.11.A

Preference to Receive Health Information[1]

From Medical Professionals

Bridge to Health Survey 2015 - Koochiching County

Question: How do you prefer to get health and wellness information? (Please check up to 3 sources.) (Medical professionals)

Demographic Characteristics		Region n=5950		Koochiching County n=554	
		Percent	95% CI	Percent	95% CI
Overall Results		**58.2%**	**(54.9-61.4)**	**61.8%**	**(54-69.6)**
Gender					
	Male	57.9	(52.3-63.5)	67.9	(54.8-80.9)
	Female	58.4	(55.1-61.7)	55.8	(47.5-64.1)
Age					
	18 to 34	58.4	(49.4-67.5)	77.7	(61.3-94.1)
	35 to 44	46.6	(38.9-54.3)	41.9	(16.7-67.1)
	45 to 54	51.0	(43.6-58.5)	58.0	(38.7-77.3)
	55 to 64	60.9	(56.3-65.5)	58.2	(45.7-70.8)
	65 to 74	68.5	(64.4-72.6)	62.4	(50.9-74)
	75 and older	69.6	(63.5-75.7)	69.3	(58.6-80)
Education					
	Less than H.S.	55.0	(39.2-70.8)	NA	NA
	H.S. Graduate	56.5	(49.7-63.4)	56.8	(42.5-71.1)
	Some College	58.5	(52.6-64.3)	62.0	(50.6-73.4)
	Voc./Assoc. Degree	60.3	(54.2-66.5)	73.9	(58-89.8)
	College Graduate	60.3	(55.4-65.3)	75.1	(62.7-87.6)
Poverty Status					
	200% or Less	57.9	(51.5-64.2)	50.4	(37-63.8)
	More than 200%	57.8	(53.9-61.7)	69.1	(60.2-78)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.11.B

Preference to Receive Health Information[1]

From Other Print Material

Bridge to Health Survey 2015 - Koochiching County

Question: How do you prefer to get health and wellness information? (Please check up to 3 sources.) (Other print material)

Demographic Characteristics		Region n=5950		Koochiching County n=554	
		Percent	95% CI	Percent	95% CI
Overall Results		**38.2%**	**(35.2-41.2)**	**40.9%**	**(33.5-48.4)**
Gender					
	Male	31.8	(27.2-36.5)	32.4	(20.6-44.3)
	Female	44.6	(41.4-47.9)	49.3	(41.2-57.5)
Age					
	18 to 34	24.9	(18.5-31.3)	38.1	(16.7-59.6)
	35 to 44	34.9	(27.7-42)	19.6	(5.3-33.9)
	45 to 54	46.4	(39-53.9)	33.7	(16-51.5)
	55 to 64	44.4	(39.8-49)	53.1	(40.3-65.8)
	65 to 74	46.1	(41.8-50.4)	46.2	(34.7-57.7)
	75 and older	42.1	(36.3-48)	54.9	(42.9-67)
Education					
	Less than H.S.	34.1	(19.7-48.5)	NA	NA
	H.S. Graduate	41.0	(34.8-47.3)	41.3	(28-54.5)
	Some College	36.9	(31.6-42.2)	50.6	(38.8-62.4)
	Voc./Assoc. Degree	41.9	(35.9-47.8)	40.5	(12.4-68.5)
	College Graduate	35.3	(30.9-39.6)	34.6	(19.2-50)
Poverty Status					
	200% or Less	40.0	(34.2-45.8)	42.8	(30.3-55.3)
	More than 200%	37.2	(33.7-40.7)	38.3	(28.4-48.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.11.C

Preference to Receive Health Information[1]

From Website or Internet

Bridge to Health Survey 2015 - Koochiching County

Question: How do you prefer to get health and wellness information? (Please check up to 3 sources.) (Website or internet)

Demographic Characteristics		Region n=5950		Koochiching County n=554	
		Percent	95% CI	Percent	95% CI
Overall Results		**37.7%**	**(34.5-41)**	**28.2%**	**(20.6-35.8)**
Gender					
	Male	36.4	(30.8-42)	28.3	(14.9-41.8)
	Female	39.1	(36-42.3)	28.2	(21-35.4)
Age					
	18 to 34	51.9	(42.5-61.3)	44.0	(20.8-67.1)
	35 to 44	44.6	(36.9-52.3)	43.9	(16.8-71.1)
	45 to 54	39.7	(32.6-46.9)	28.8	(11.6-45.9)
	55 to 64	33.6	(29.3-37.8)	20.5	(11.2-29.8)
	65 to 74	24.4	(20.9-27.8)	16.1	(8.8-23.4)
	75 and older	10.1	(6.5-13.6)	10.0	(1.7-18.2)
Education					
	Less than H.S.	23.5	(6.3-40.6)	NA	NA
	H.S. Graduate	26.9	(20.9-33)	15.6	(4.8-26.5)
	Some College	40.3	(34.3-46.3)	28.0	(17.6-38.3)
	Voc./Assoc. Degree	42.1	(35.8-48.4)	46.5	(17.8-75.2)
	College Graduate	54.2	(49.3-59.1)	48.2	(27.8-68.6)
Poverty Status					
	200% or Less	30.2	(24.4-36)	21.1	(9.2-33)
	More than 200%	43.3	(39.3-47.3)	32.5	(22-43)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 8.11.D

Preference to Receive Health Information[1]

From Television

Bridge to Health Survey 2015 - Koochiching County

Question: How do you prefer to get health and wellness information? (Please check up to 3 sources.) (Television)

Demographic Characteristics		Region n=5950		Koochiching County n=554	
		Percent	95% CI	Percent	95% CI
Overall Results		**35.4%**	**(32.3-38.5)**	**33.7%**	**(26.9-40.6)**
Gender					
	Male	36.3	(31-41.6)	37.8	(25.5-50.2)
	Female	34.4	(31.2-37.6)	29.7	(23.2-36.3)
Age					
	18 to 34	23.4	(15.3-31.5)	17.6	(4.6-30.6)
	35 to 44	24.7	(17.9-31.4)	15.1	(1.5-28.7)
	45 to 54	37.2	(29.5-44.9)	36.2	(16.6-55.7)
	55 to 64	41.2	(36.5-45.8)	43.3	(30.5-56.1)
	65 to 74	49.2	(44.8-53.5)	43.3	(31.8-54.7)
	75 and older	51.9	(46.1-57.8)	51.1	(39.1-63.2)
Education					
	Less than H.S.	56.3	(41.1-71.6)	NA	NA
	H.S. Graduate	43.8	(37.3-50.4)	39.8	(26.6-53.1)
	Some College	34.3	(29.1-39.5)	36.8	(25.8-47.7)
	Voc./Assoc. Degree	28.3	(23.2-33.3)	23.1	(4.1-42.1)
	College Graduate	19.4	(15.7-23.1)	27.8	(14.5-41.1)
Poverty Status					
	200% or Less	39.5	(33.6-45.4)	28.8	(18.5-39.2)
	More than 200%	33.8	(30-37.7)	37.5	(27.7-47.2)

[1]Results are replaced with "NA" when the number of responses is less than 30

Chapter 9

Social Determinants of Health

Chapter 9: Social Determinants of Health

The combination of social and physical environments, access to health services, and structural and societal factors drive social determinants of health. These structures and systems are shaped by the distribution of wealth, power, and resources at all levels of society.[1] Resources that enhance quality of life, such as good schools, employment opportunities, suitable housing, safe environments, and availability of healthy foods, can significantly influence health outcomes.

The positive relationship between education level and health outcomes has been well documented. Individuals with higher education levels have fewer acute and chronic illnesses, manage stress better, adapt healthier lifestyles, and live longer.[2] Data on perceived health status and education level of *Bridge to Health Survey* respondents has been collected since 1995, and for 2015, perceived health status by education level is provided as an additional figure in this section.

In 2014, approximately 14% (48 million people) in the U.S. lived in food insecure homes where at times during the year they were uncertain of having or unable to acquire enough food to meet the needs of their household members due to insufficient money or other resources.[3] Further, food insecure homes at the national level tended to be single women with children, of black race, and have incomes at or below the poverty level. To address food insecurity in the Northland, the *2005*, *2010*, and *2015 Bridge to Health Surveys* asked respondents about their use of community food shelves, and additionally, in the *2010* and *2015* surveys, respondents were asked about their concerns in maintaining an adequate food supply.

Transportation is considered an important component of health care access, particularly impacting management of chronic illnesses through missed or delayed appointments and medication use.[4] In the U.S., individuals living in rural areas report greater difficulties with transportation and travel distance to health care providers than their urban counterparts.[4] In 2015, a question was added to the *Bridge to Health Survey* that addressed transportation barriers to medical, work, and school needs, to purchase groceries, to visit friends/relatives, and to participate in recreational activities, all of which contribute to an individual's quality of life.

The following tables include national and state data from the annual America's Health Rankings report and the USDA report on household food security compared to data from the *2015 Bridge to Health Survey.*

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Table 9.1.A

Food Insecurity[1]

Worried Food Would Run Out Often or Sometimes

Bridge to Health Survey 2015 - Koochiching County

Question: During the past 12 months, how often did you worry that your food would run out before you had money to buy more? (Often or sometimes)

Demographic Characteristics		Region n=5894		Koochiching County n=547	
		Percent	95% CI	Percent	95% CI
Overall Results		**20.4%**	**(17.7-23.1)**	**20.0%**	**(13-27)**
Gender					
	Male	18.8	(14.3-23.2)	14.3	(3.6-24.9)
	Female	22.0	(19-25)	25.7	(17-34.3)
Age					
	18 to 34	32.0	(23.8-40.2)	26.5	(6.4-46.7)
	35 to 44	28.3	(21.1-35.5)	37.8	(11-64.6)
	45 to 54	22.4	(17.2-27.6)	25.5	(8.4-42.5)
	55 to 64	12.9	(10-15.7)	14.3	(6-22.6)
	65 to 74	6.1	(4-8.2)	5.5	(0-11.6)
	75 and older	5.0	(2.8-7.2)	4.8	(0.8-8.9)
Education					
	Less than H.S.	30.1	(15.6-44.6)	NA	NA
	H.S. Graduate	22.5	(17.4-27.5)	16.0	(5.6-26.5)
	Some College	23.3	(17.8-28.8)	20.2	(10.5-29.9)
	Voc./Assoc. Degree	23.6	(17.4-29.8)	25.7	(0-54.8)
	College Graduate	8.0	(5.2-10.7)	8.0	(1.2-14.9)
Poverty Status					
	200% or Less	45.1	(38.9-51.3)	44.7	(31.1-58.2)
	More than 200%	7.3	(5.6-9)	6.0	(0-12.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 9.1.B

Food Insecurity[1]

Used Food Shelf in Past Year

Bridge to Health Survey 2015 - Koochiching County

Question: During the past 12 months, have you used a community food shelf program?

Demographic Characteristics		Region n=5905		Koochiching County n=551	
		Percent	95% CI	Percent	95% CI
Overall Results		**10.3%**	**(8.5-12)**	**14.7%**	**(8.5-20.9)**
Gender					
	Male	8.1	(5.6-10.6)	11.3	(2.5-20.1)
	Female	12.5	(10.1-14.8)	18.0	(9.5-26.5)
Age					
	18 to 34	12.4	(7.9-17)	11.6	(0-24.9)
	35 to 44	15.3	(9.4-21.2)	31.6	(5-58.2)
	45 to 54	10.9	(7.1-14.8)	20.3	(3.6-37)
	55 to 64	7.5	(5.4-9.7)	12.0	(4.1-19.8)
	65 to 74	7.5	(4.5-10.6)	4.8	(0-10.7)
	75 and older	4.6	(1.3-7.9)	6.5	(0.9-12.1)
Education					
	Less than H.S.	17.8	(7.8-27.8)	NA	NA
	H.S. Graduate	12.2	(8.9-15.6)	13.6	(3.5-23.8)
	Some College	11.2	(7.6-14.8)	14.0	(6-21.9)
	Voc./Assoc. Degree	11.5	(7.7-15.2)	3.2	(0.3-6.2)
	College Graduate	2.6	(1.5-3.7)	3.4	(0-8.6)
Poverty Status					
	200% or Less	26.2	(21.4-31)	36.2	(22.5-49.9)
	More than 200%	2.3	(1.3-3.2)	2.0	(0-4.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 9.2.A

Access to Transportation[1]

Not Often For Work or School

Bridge to Health Survey 2015 - Koochiching County

Question: Do you have access to transportation when you need it for…(Not often for work or school)

Demographic Characteristics		Region n=5585		Koochiching County n=509	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.0%**	**(0.7-3.2)**	**0.7%**	**(0-1.6)**
Gender					
	Male	2.5	(0.3-4.8)	0.2	(0-0.5)
	Female	1.3	(0.7-2)	1.2	(0-3.1)
Age					
	18 to 34	3.7	(0-7.5)	0.0	(0-0)
	35 to 44	3.3	(0-6.5)	0.0	(0-0)
	45 to 54	1.7	(0.4-3)	2.1	(0-6.3)
	55 to 64	0.5	(0-1.3)	0.9	(0-2.3)
	65 to 74	0.4	(0-1)	0.0	(0-0)
	75 and older	0.0	(0-0.1)	0.7	(0-2)
Education					
	Less than H.S.	8.4	(0-20.3)	NA	NA
	H.S. Graduate	1.7	(0.6-2.7)	0.4	(0-1.2)
	Some College	2.7	(0-5.3)	2.1	(0-5.7)
	Voc./Assoc. Degree	0.4	(0-1)	0.4	(0-1.1)
	College Graduate	0.1	(0-0.3)	0.0	(0-0)
Poverty Status					
	200% or Less	5.7	(2.1-9.3)	2.0	(0-4.7)
	More than 200%	0.2	(0-0.4)	0.0	(0-0)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 9.2.B

Access to Transportation[1]

Not Often For Medical/Health Care Appointments

Bridge to Health Survey 2015 - Koochiching County

Question: Do you have access to transportation when you need it for…(Not often for medical/health care appointments)

Demographic Characteristics		Region n=5881		Koochiching County n=547	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.4%**	**(1.9-4.9)**	**4.3%**	**(1.1-7.4)**
Gender					
	Male	3.7	(0.9-6.4)	2.0	(0-4)
	Female	3.1	(2-4.3)	6.5	(0.7-12.3)
Age					
	18 to 34	4.2	(0.4-8)	4.0	(0-11.7)
	35 to 44	5.3	(1.6-9.1)	9.3	(0-25.7)
	45 to 54	4.8	(0-9.6)	4.2	(0-9.3)
	55 to 64	1.6	(0.6-2.5)	1.5	(0-3.2)
	65 to 74	1.9	(0.6-3.1)	7.6	(0.5-14.7)
	75 and older	1.1	(0.4-1.8)	0.0	(0-0)
Education					
	Less than H.S.	11.4	(0.8-21.9)	NA	NA
	H.S. Graduate	4.5	(1.5-7.6)	5.4	(0-12)
	Some College	3.2	(0.7-5.6)	3.5	(0-7.5)
	Voc./Assoc. Degree	0.6	(0.1-1.2)	2.7	(0-6.3)
	College Graduate	0.3	(0.1-0.6)	0.0	(0-0)
Poverty Status					
	200% or Less	8.4	(4.2-12.5)	8.4	(0.4-16.5)
	More than 200%	0.4	(0.1-0.6)	1.5	(0-3.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 9.2.C

Access to Transportation[1]

Not Often For Groceries

Bridge to Health Survey 2015 - Koochiching County

Question: Do you have access to transportation when you need it for…(Not often for groceries)

Demographic Characteristics		Region n=5879		Koochiching County n=546	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.5%**	**(2-5)**	**4.7%**	**(0.5-8.8)**
Gender					
	Male	3.9	(1.1-6.6)	7.2	(0-15.1)
	Female	3.1	(1.8-4.3)	2.2	(0-4.3)
Age					
	18 to 34	4.0	(0.1-7.8)	0.5	(0-1.4)
	35 to 44	4.6	(1.1-8.1)	13.3	(0-36.9)
	45 to 54	5.5	(0.7-10.4)	7.0	(0-16.1)
	55 to 64	1.6	(0.6-2.6)	1.1	(0-2.7)
	65 to 74	1.4	(0.5-2.3)	7.5	(0.3-14.7)
	75 and older	2.5	(0-5.3)	0.3	(0-1)
Education					
	Less than H.S.	13.2	(2.1-24.3)	NA	NA
	H.S. Graduate	3.9	(1-6.9)	2.2	(0-4.5)
	Some College	3.6	(1-6.2)	2.2	(0-5.6)
	Voc./Assoc. Degree	0.6	(0.1-1.2)	1.9	(0-5)
	College Graduate	0.3	(0.1-0.5)	0.6	(0-1.7)
Poverty Status					
	200% or Less	8.7	(4.5-13)	8.3	(0-18.3)
	More than 200%	0.5	(0.2-0.8)	2.5	(0-5.6)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 9.2.D

Access to Transportation[1]

Not Often For Visiting Friends or Relatives

Bridge to Health Survey 2015 - Koochiching County

Question: Do you have access to transportation when you need it for…(Not often for visiting friends or relatives)

Demographic Characteristics		Region n=5863		Koochiching County n=548	
		Percent	95% CI	Percent	95% CI
Overall Results		**5.5%**	**(3.8-7.2)**	**8.9%**	**(3.4-14.3)**
Gender					
	Male	5.2	(2.3-8.1)	8.5	(0.5-16.5)
	Female	5.8	(4.1-7.4)	9.2	(1.9-16.6)
Age					
	18 to 34	7.5	(2.9-12)	4.4	(0-12.3)
	35 to 44	6.7	(2.8-10.6)	22.6	(0-49)
	45 to 54	5.9	(1.1-10.6)	13.0	(0-27.6)
	55 to 64	3.3	(1.8-4.8)	2.1	(0.1-4.1)
	65 to 74	3.2	(1.6-4.7)	7.8	(0.7-15)
	75 and older	4.5	(1.5-7.6)	6.1	(1.5-10.7)
Education					
	Less than H.S.	16.6	(5.2-28)	NA	NA
	H.S. Graduate	6.6	(3.3-9.9)	7.1	(0.3-13.9)
	Some College	5.4	(2.5-8.4)	2.9	(0.3-5.5)
	Voc./Assoc. Degree	2.9	(0.4-5.4)	2.7	(0-6.2)
	College Graduate	1.0	(0.3-1.7)	0.6	(0-1.7)
Poverty Status					
	200% or Less	13.2	(8.7-17.8)	18.7	(5.8-31.7)
	More than 200%	1.2	(0.5-1.8)	3.1	(0-6.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 9.2.E

Access to Transportation[1]

Not Often For Recreation Opportunities

Bridge to Health Survey 2015 - Koochiching County

Question: Do you have access to transportation when you need it for…(Not often for recreation opportunities)

Demographic Characteristics		Region n=5833		Koochiching County n=539	
		Percent	95% CI	Percent	95% CI
Overall Results		**5.7%**	**(4-7.4)**	**6.5%**	**(1.6-11.4)**
Gender					
	Male	5.4	(2.4-8.3)	5.8	(0-13.2)
	Female	6.0	(4.3-7.7)	7.2	(0.9-13.5)
Age					
	18 to 34	7.7	(3.1-12.3)	4.6	(0-12.6)
	35 to 44	6.4	(2.5-10.4)	14.0	(0-37.5)
	45 to 54	6.5	(1.6-11.4)	8.1	(0-20.9)
	55 to 64	3.0	(1.5-4.5)	2.1	(0-4.2)
	65 to 74	3.5	(1.9-5.1)	9.3	(0.8-17.7)
	75 and older	5.7	(2.5-8.8)	2.4	(0-5.5)
Education					
	Less than H.S.	16.8	(5.2-28.4)	NA	NA
	H.S. Graduate	6.9	(3.5-10.3)	2.6	(0.1-5.1)
	Some College	5.4	(2.4-8.5)	2.2	(0-4.7)
	Voc./Assoc. Degree	3.6	(0.6-6.5)	1.5	(0-3.3)
	College Graduate	1.2	(0.4-1.9)	0.6	(0-1.7)
Poverty Status					
	200% or Less	14.0	(9.3-18.6)	14.9	(2.3-27.6)
	More than 200%	1.2	(0.5-1.9)	1.7	(0-3.4)

[1]Results are replaced with "NA" when the number of responses is less than 30

Chapter 10

Emergency Preparedness

Chapter 10: Emergency Preparedness

Emergency preparedness has been an integral component of health care and public health planning nationwide since the terrorist attacks on 9/11/2001. The subsequent anthrax attacks in October of 2001 and the cumulative fear generated by such acts, paralyzed the health care system throughout the eastern third of our country for a significant amount of time.

Although emergency preparedness began as a response to large-scale bioterrorism like anthrax and smallpox, it has evolved to preparing for and responding to infectious disease outbreaks, physical and mental health consequences of severe weather and/or natural disasters, as well as other human-caused emergencies. Here in the Northland, health care and public health organizations have been working collaboratively with many other partners to assure a rapid and effective response to any emergency our communities may experience.

As major severe weather events became more common, lessons were learned concerning evacuation, sheltering in place, and emergency sheltering which has led partners to emphasize the importance of family and personal preparedness. Educational efforts have included messaging about having a preparedness kit, making a plan and staying informed. It is important to assess the readiness of individuals and families who are critically dependent upon an uninterrupted source of electrical power for home health treatment during an emergency. The more prepared we are individually, the more resilient our community becomes. More resilient communities are healthier communities.

The following emergency preparedness results will establish a baseline for comparison and is meant to inform public health and health care organizations and their partners concerning the level of preparedness throughout our emergency response region. Understanding the overall health status of our region will only further enhance preparedness efforts as we increase our knowledge of our communities.

The following table includes data from the *2012 FEMA National Survey* compared to the *2015 Bridge to Health Survey*.

Emergency Preparedness		**BTH Region 2015**	**Koochiching County 2015 (CI)**	**FEMA 2012[1] National**
Supplies in Homes	Food & Water	74.9%	83.6% (77.7-89.6)	67.5%
	Medications	67.6%	62.5% (54.3-70.7)	8.0%
	Battery or Crank Radio	36.2%	35.2% (27.7-42.8)	20.0%
	First Aid Kit	47.1%	41.2% (33.3-49.2)	32.0%

Bridge to Health respondents were asked if they stored these specific items in their homes (at least a 3 day supply of food/water and medications); FEMA respondents were asked to list the disaster supplies they had in their home.

REFERENCES

1. US Department of Homeland Security, Federal Emergency Management Agency. *Personal Preparedness in America: Findings from the 2012 FEMA National Survey*, July 2013. Available at: https://www.fema.gov/media-library/assets/documents/83190.

Table 10.1.A

Emergency Preparedness[1]

Medication Supplies for 3 Days

Bridge to Health Survey 2015 - Koochiching County

Question: There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household…(Stored enough medication for 3 days)

Demographic Characteristics		Region n=5834		Koochiching County n=542	
		Percent	95% CI	Percent	95% CI
Overall Results		**67.6%**	**(64.3-70.9)**	**62.5%**	**(54.3-70.7)**
Gender					
	Male	67.8	(62-73.6)	62.5	(48.5-76.5)
	Female	67.4	(64.4-70.4)	62.6	(54.1-71)
Age					
	18 to 34	59.7	(50.3-69.2)	47.2	(23-71.4)
	35 to 44	48.5	(40.7-56.3)	36.3	(12.5-60)
	45 to 54	66.8	(60.2-73.3)	64.9	(47.2-82.5)
	55 to 64	72.8	(68.7-76.9)	64.1	(51.4-76.8)
	65 to 74	84.5	(81.3-87.7)	77.5	(67.3-87.7)
	75 and older	86.4	(82-90.7)	95.1	(91.3-98.9)
Education					
	Less than H.S.	77.9	(67.1-88.7)	NA	NA
	H.S. Graduate	64.9	(57.4-72.4)	61.5	(46.8-76.1)
	Some College	70.2	(65.1-75.3)	65.7	(54.6-76.9)
	Voc./Assoc. Degree	68.2	(61.8-74.7)	65.2	(40.6-89.8)
	College Graduate	64.1	(59.1-69.1)	62.3	(40.1-84.4)
Poverty Status					
	200% or Less	63.2	(56.9-69.5)	47.1	(33.7-60.5)
	More than 200%	68.6	(64.6-72.5)	71.2	(61.2-81.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 10.1.B

Emergency Preparedness[1]

Food, Water, and Supplies for 3 Days

Bridge to Health Survey 2015 - Koochiching County

Question: There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household…(Stored enough food, water, and supplies for 3 days)

Demographic Characteristics		Region n=5848		Koochiching County n=543	
		Percent	95% CI	Percent	95% CI
Overall Results		**74.9%**	**(71.8-77.9)**	**83.6%**	**(77.7-89.6)**
Gender					
	Male	78.0	(72.7-83.2)	90.6	(81.8-99.4)
	Female	71.7	(68.7-74.7)	76.5	(68.8-84.1)
Age					
	18 to 34	67.3	(58.3-76.3)	86.4	(73-99.7)
	35 to 44	66.2	(59.1-73.2)	68.5	(42.1-95)
	45 to 54	74.5	(68.2-80.7)	82.0	(68.9-95.1)
	55 to 64	79.6	(75.9-83.2)	83.1	(73.4-92.8)
	65 to 74	82.7	(78.9-86.5)	88.1	(80.3-95.9)
	75 and older	90.1	(87.1-93.1)	95.5	(91.9-99.1)
Education					
	Less than H.S.	79.4	(67.9-91)	NA	NA
	H.S. Graduate	75.8	(69.4-82.3)	82.1	(71.2-93.1)
	Some College	73.7	(68.1-79.3)	83.6	(75-92.2)
	Voc./Assoc. Degree	80.1	(75.6-84.7)	90.1	(82.9-97.2)
	College Graduate	70.7	(65.5-75.9)	90.3	(84.1-96.5)
Poverty Status					
	200% or Less	67.0	(60.3-73.6)	72.2	(58.8-85.7)
	More than 200%	78.1	(75.1-81.1)	90.3	(86-94.7)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 10.1.C

Emergency Preparedness[1]

Phone List

Bridge to Health Survey 2015 - Koochiching County

Question: There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household…(Made a phone list to contact family members)

Demographic Characteristics		Region n=5837		Koochiching County n=541	
		Percent	95% CI	Percent	95% CI
Overall Results		**59.9%**	**(56.6-63.2)**	**57.1%**	**(48.9-65.3)**
Gender					
	Male	61.8	(55.9-67.7)	54.5	(40.6-68.4)
	Female	57.9	(54.9-61)	59.9	(51.6-68.1)
Age					
	18 to 34	45.1	(35.8-54.3)	42.6	(19.2-65.9)
	35 to 44	53.9	(46-61.8)	61.1	(34.3-87.8)
	45 to 54	62.3	(56.1-68.5)	47.5	(27.8-67.2)
	55 to 64	65.8	(61.6-70.1)	60.2	(47.3-73.1)
	65 to 74	71.3	(67.2-75.5)	71.7	(61.2-82.2)
	75 and older	79.4	(74.8-84.1)	71.4	(59.6-83.1)
Education					
	Less than H.S.	66.0	(51.2-80.8)	NA	NA
	H.S. Graduate	60.6	(53.2-67.9)	58.2	(44.4-72.1)
	Some College	63.1	(57.4-68.9)	67.5	(56.7-78.3)
	Voc./Assoc. Degree	60.6	(54.3-66.8)	52.7	(24.1-81.4)
	College Graduate	52.1	(47-57.1)	42.1	(24.1-60.1)
Poverty Status					
	200% or Less	56.6	(50.2-63)	55.8	(42.1-69.5)
	More than 200%	59.9	(55.9-64)	57.1	(46-68.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 10.1.D

Emergency Preparedness[1]

Battery-Operated or Hand-Cranked Radio

Bridge to Health Survey 2015 - Koochiching County

Question: There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household…(Obtained a battrery-operated or hand-cranked radio)

Demographic Characteristics		Region n=5817		Koochiching County n=537	
		Percent	95% CI	Percent	95% CI
Overall Results		**36.2%**	**(33.2-39.3)**	**35.2%**	**(27.7-42.8)**
Gender					
	Male	38.8	(33.5-44.2)	29.8	(17.9-41.6)
	Female	33.6	(30.8-36.5)	40.9	(32.3-49.4)
Age					
	18 to 34	24.2	(16.5-31.9)	36.1	(12.6-59.6)
	35 to 44	31.5	(24.3-38.7)	18.2	(0-36.4)
	45 to 54	42.3	(35.1-49.5)	43.9	(24.6-63.2)
	55 to 64	41.0	(36.5-45.6)	35.3	(23.2-47.4)
	65 to 74	45.0	(40.7-49.3)	38.9	(27.9-49.9)
	75 and older	44.7	(38.5-50.8)	35.0	(22.6-47.3)
Education					
	Less than H.S.	30.6	(18.4-42.8)	NA	NA
	H.S. Graduate	38.1	(31.6-44.6)	26.0	(14.7-37.4)
	Some College	37.3	(31.6-42.9)	34.9	(24.3-45.5)
	Voc./Assoc. Degree	40.7	(34.3-47)	62.8	(39.3-86.4)
	College Graduate	31.9	(27.7-36.2)	22.0	(10.8-33.3)
Poverty Status					
	200% or Less	29.4	(24.3-34.5)	34.8	(22.4-47.2)
	More than 200%	38.4	(34.6-42.1)	35.8	(25.6-46.1)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 10.1.E

Emergency Preparedness[1]

Emergency Kit with Basic Medical Supplies

Bridge to Health Survey 2015 - Koochiching County

Question: There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household…(Assembled an emergency kit with basic medical supplies)

Demographic Characteristics		Region n=5817		Koochiching County n=538	
		Percent	95% CI	Percent	95% CI
Overall Results		**47.1%**	**(43.8-50.3)**	**41.2%**	**(33.3-49.2)**
Gender					
	Male	49.5	(43.7-55.2)	39.5	(25.9-53)
	Female	44.6	(41.5-47.7)	43.0	(34.8-51.3)
Age					
	18 to 34	51.0	(41.6-60.5)	33.2	(11.7-54.7)
	35 to 44	48.2	(40.4-56.1)	51.1	(23.5-78.8)
	45 to 54	45.1	(38.1-52)	42.5	(23-62)
	55 to 64	45.4	(40.8-50)	45.5	(32.9-58.2)
	65 to 74	45.9	(41.6-50.3)	42.5	(31.1-53.9)
	75 and older	42.9	(36.6-49.2)	31.6	(20.5-42.6)
Education					
	Less than H.S.	41.6	(24.4-58.8)	NA	NA
	H.S. Graduate	39.9	(33.4-46.5)	37.1	(22.2-52)
	Some College	50.5	(44.6-56.4)	56.6	(45.1-68.1)
	Voc./Assoc. Degree	53.4	(47.2-59.6)	46.1	(17.2-74.9)
	College Graduate	51.9	(46.9-56.9)	34.7	(19.1-50.2)
Poverty Status					
	200% or Less	39.6	(33.7-45.4)	31.5	(17.7-45.2)
	More than 200%	50.7	(46.7-54.7)	46.3	(35.6-57)

[1]Results are replaced with "NA" when the number of responses is less than 30

Table 10.2
Emergency Preparedness - Electricity
Electricity-Dependent Medical Needs
Bridge to Health Survey 2015 - Koochiching County

Questions: Is anyone in your household dependent on having electricity at home for medical needs?

If yes, have you made a plan for what to do in the event of a power outage?

Demographic Characteristics	Region		Koochiching County	
Overall Results	**Percent**	**95% CI**	**Percent**	**95% CI**
	n=5848		n=542	
Electricity-dependent medical needs	7.8	(6.2-9.4)	10.3	(5.8-14.8)
	n=463		n=52	
Plan for power outage	45.1	(34.4-55.8)	48.8	(25.5-72.1)

Chapter 11

Military Service Member Health

Chapter 11: Military Service Member Health

The health of military service members and their families is a growing public health concern. In 2014 there were 22 million veterans living in the US, with 369,000 (1.7%) living in Minnesota.[1] Military service affects the physical and mental health of service members and their families in long-term, complex ways. Despite generally reporting good access to insurance and health care, veterans report worse health than nonveterans on a number of indicators including: poorer overall health, greater tobacco use, lack of exercise, more functional limitations, frequent poor physical health, and greater likelihood of chronic health conditions and mental disorders.[2-3] Veterans are also at higher risk than nonveterans for suicide,[4] homelessness,[5] sleep problems[6] and substance use disorders.[7] Further, a number of these health disparities have been documented in service members based on gender (male vs. female), military status (veteran vs. non-veteran, active duty vs. reserve component), and geographic location (rural vs. non-rural). Within Minnesota, around 36.1% of veterans live in rural areas[8] where access to health care is limited[9].

The extended conflicts in Iraq, Afghanistan and surrounding areas highlight the value of understanding how military service affects the people, connections and places important to individual service members – a focus on interpersonal relationships, family dynamics and communities.[10-11] Increasingly, efforts at military health promotion are using approaches that build on existing strengths of military families and their communities.[12-14]

The *2015 Bridge to Health Survey* included 3 questions to identify whether respondents were service members, and/or family of service members, and Veterans Administration health care use for service members.

The following table includes national and state data from the *American Community Survey 2010-2014* compared to the *2015 Bridge to Health Survey*.

Military Service Active Duty	**BTH Region 2015**	**Koochiching County 2015 (CI)**	**ACS 2014[15]**		
			Minnesota	**Wisconsin**	**National**
Percent Who are Veterans	11.4%	10.6% (7.3-13.8)	8.7%	9.0%	8.7%

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Table 11.1

Military Service Personnel

Family Members Served in Active Duty Military

Bridge to Health Survey 2015 - Koochiching County

Questions: Have you ever served on active duty in the United States Armed Forces, Reserves or National Guard?

Have any of the following family members served duty in the United States Armed Forces, Reserves or National Guard (for more than initial/basic training)? (Please check all that apply.)

Demographic Characteristics	Region		Koochiching County	
Overall Results	**Percent**	**95% CI**	**Percent**	**95% CI**
		n=5950		n=537
Self	11.4%	(9.5-13.3)	10.6%	(7.3-13.8)
		n=5950		n=554
Spouse/fiancé/domestic partner	12.3	(10.7-13.9)	10.8	(7.9-13.6)
Sibling	16.4	(13.8-19)	13.3	(9.2-17.4)
Parent	23.8	(21.3-26.3)	20.5	(15.3-25.6)
Child	7.3	(6.2-8.5)	7.3	(4.3-10.3)
None	49.8	(46.5-53.1)	57.4	(50-64.9)

Table 11.2
Military Service Personnel - Health Services
Health Care Services Used in Last Year
Bridge to Health Survey 2015 - Koochiching County

Question: (*For those who personally served on active duty*) Please indicate the health care services you used in the last 12 months.

Demographic Characteristics	Region n=779		Koochiching County n=81	
Overall Results	**Percent**	**95% CI**	**Percent**	**95% CI**
VA services	29.3	(21.4-37.2)	23.7	(12.2-35.3)
Non-VA services paid for by VA	10.3	(3.3-17.4)	16.1	(5.4-26.8)
Non-VA services not paid for by VA	32.4	(25.5-39.3)	39.5	(24.2-54.8)
Did not receive any health services	29.6	(22.4-36.9)	31.3	(17.6-45)

APPENDIX

Appendix A: Bridge to Health Survey 2015 Sponsors

Aitkin County Health & Human Services
Aitkin-Itasca-Koochiching Community Health Services*
American Cancer Society, Inc.—Midwest Division
American Lung Association in Minnesota
Arrowhead Area Agency on Aging
Arrowhead Parish Nurse Association
Arrowhead Regional Development Commission
Bigfork Valley
Blandin Foundation*
Carlton-Cook-Lake-St. Louis Community Health Board*
Carlton County Public Health & Human Services
CHUM
College of St. Scholastica
Community Action Duluth
Community Memorial Hospital, Cloquet*
Cook County North Shore Hospital and Care Center
Cook County Public Health & Human Services
Cook Hospital
Douglas County Health and Human Services (WI)
Duluth Local Initiatives Support Corporation (LISC)
Essentia Health – Deer River*
Essentia Health – Duluth*
Essentia Health – Northern Pines, Aurora*
Essentia Health – Sandstone*
Essentia Health – St. Mary's Medical Center*
Essentia Health – St. Mary's Hospital of Superior*
Essentia Health – Virginia*
Essentia Institute of Rural Health
Fairview Health Services*
Fairview Range*
Generations Health Care Initiatives*
Get Fit Itasca
Grand Itasca Clinic and Hospital*
Head of the Lakes United Way
Human Development Center (HDC)
Itasca County Health and Human Services
Itasca Medical Care (IMCare)*
Integrity Health Network*
Koochiching County Public Health and Human Services
Lake County Health and Human Services
Lake Superior Medical Society
Lake Superior Community Health Center*
Lake View Hospital*
Lake View Medical Clinic
Medica Foundation*
Mercy Hospital
Minnesota Department of Health: Statewide Health Improvement Program*
Morgan Park Community Club
National Rural Health Resource Center
Northern Waters Parish Nurse Ministry
One Roof Community Housing
Rainy Lake Medical Center
Riverwood Healthcare Center*
Sawtooth Mountain Clinic, Inc.
Scenic Rivers Health Services*
St. Louis County Public Health and Human Services*
St. Luke's*
St. Luke's Foundation*
UCare*
University of Minnesota Medical School-Duluth Campus*
University of Minnesota – Duluth, Health Care Management Program
Victory Fund*
Whiteside Institute for Clinical Research
Wilderness Health
Women's Health Center of Duluth
Zeitgeist Center for Arts & Community/Healthy Duluth Initiative

*Indicates financial sponsor

Appendix B: 2015 Bridge to Health Survey Leadership Team

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Jenny Peterson, MSW	Generations Health Care Initiatives, Inc.

Consultants

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Appendix B: 2015 Bridge to Health Survey Leadership Team

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Sarah Beehler	UMD Medical School
Cheryl Bisping	Fairview Range
Kayla Keigley	Essentia Health
Sonia Kjos	Generations Health Care Initiatives, Inc.
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Appendix B: 2015 Bridge to Health Survey Leadership Team

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Appendix C: Survey Instrument

2015
Bridge to Health Survey

GENERAL HEALTH AND HEALTH CARE

1. In general, would you say that your health is:

☐ Excellent ☐ Very good ☐ Good ☐ Fair ☐ Poor

2. Have you <u>ever</u> been told by a physician, nurse or health professional that you have or had any of the following health conditions? (Please check Yes or No for each.)	**No**	**Yes**	**Yes, but only during pregnancy**
a. High blood pressure or hypertension	☐	☐	☐
b. Diabetes	☐	☐	☐
c. Pre-diabetes	☐	☐	☐
d. Allergies (not including allergies to medication)	☐	☐	
e. Back problems	☐	☐	
f. Cancer	☐	☐	
g. Chronic lung disease (including chronic bronchitis or emphysema)	☐	☐	
h. Chronic digestive disease (such as ulcers, colitis, etc.)	☐	☐	
i. Chronic headaches	☐	☐	
j. Chronic pain	☐	☐	
k. Heart trouble or angina	☐	☐	
l. Stroke related health problems	☐	☐	
m. High cholesterol or triglycerides	☐	☐	
n. Joint problems (such as arthritis, rheumatism or gout)	☐	☐	
o. Risk of falling	☐	☐	
p. Kidney or bladder problems (including prostate problems)	☐	☐	
q. Depression	☐	☐	
r. Anxiety or panic attacks	☐	☐	
s. Other mental health problems	☐	☐	
t. Asthma	☐	☐	
u. Sleep related disorders (such as insomnia, restless leg syndrome or sleep apnea)	☐	☐	
v. Other (please specify): ☐	☐	☐	

3. Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the <u>past 30 days</u> was your mental health not good?

☐ Number of days

4. Is there a place that you <u>usually</u> go to when you are sick or need medical care? (Please check only ONE answer.)

- ☐ A doctor's office
- ☐ A hospital outpatient clinic
- ☐ Public health
- ☐ A chiropractor's office
- ☐ Some other health center
- ☐ An urgent care center
- ☐ An emergency room
- ☐ Schedule an e-visit
- ☐ Call a Nurseline
- ☐ Some other place (Specify): _____
- ☐ No usual place

5. How long has it been since you last visited a doctor or other health care professional for any reason?

- ☐ Within the past year
- ☐ Within the past 2 years
- ☐ Within the past 5 years
- ☐ 5 or more years ago
- ☐ Never

6. During the <u>past 12 months,</u> was there a time when you thought you needed <u>medical care</u> but did not get it or delayed getting it?

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 8

7. Why did you not get or delay getting the <u>medical care</u> you thought you needed? (Please check all that apply.)

- ☐ The care I needed cost too much
- ☐ My co-pay was too expensive
- ☐ My deductible was too expensive
- ☐ My insurance did not cover it
- ☐ I did not have insurance
- ☐ I was too nervous or afraid
- ☐ I could not get an appointment
- ☐ I did not think it was serious enough
- ☐ I had transportation problems
- ☐ I did not know where to go
- ☐ Other reason: _____

8. During the <u>past 12 months,</u> was there a time when you wanted to talk with or seek help from a health professional about <u>mental health problems</u> such as stress, depression, excess worrying, troubling thoughts, or emotional problems, but did not go or delayed talking with someone?

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 10

9. Why did you not get or delay getting the <u>mental health care</u> you thought you needed? (Please check all that apply.)

- ☐ The care I needed cost too much
- ☐ My co-pay was too expensive
- ☐ My deductible was too expensive
- ☐ My insurance did not cover it
- ☐ I did not have insurance
- ☐ I was too nervous or afraid
- ☐ I could not get an appointment
- ☐ I did not think it was serious enough
- ☐ I had transportation problems
- ☐ I did not know where to go
- ☐ Other reason: _____

10. How long has it been since you last visited a dentist or a dental clinic for any reason?

- ☐ Within the past year
- ☐ Within the past 2 years
- ☐ Within the past 5 years
- ☐ 5 or more years ago
- ☐ Never

11. During the past 12 months, was there a time when you thought you needed dental care but did not get it or delayed getting it?

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 13

12. Why did you not get or delay getting the dental care you thought you needed? (Please check all that apply.)

☐ The care I needed cost too much
☐ My co-pay was too expensive
☐ My deductible was too expensive
☐ My insurance did not cover it
☐ The dentist would not accept my insurance
☐ I did not have insurance
☐ I was too nervous or afraid
☐ I could not get an appointment
☐ I did not think it was serious enough
☐ I had transportation problems
☐ I did not know where to go
☐ I had used up my dental benefit
☐ Other reason: _____

13. In the past 6 months which statement best describes the medications prescribed for you?

☐ I had no medications prescribed for me ➡ GO TO QUESTION 15
☐ I had medications prescribed for me and I filled them all ➡ GO TO QUESTION 15
☐ I had medications prescribed for me and I did not fill at least one of them

14. Why did you not fill at least one prescription? (Please check all that apply.)

☐ The medication I needed cost too much
☐ My co-pay was too expensive
☐ My deductible was too expensive
☐ My insurance did not cover it
☐ I did not have insurance
☐ I do not like taking medications
☐ I did not like the side effects
☐ I had transportation problems
☐ Pharmacy services are not available in my community
☐ Other reason: _____

15. Which of the following types of health insurance do you have? (Please check Yes or No for each.)

	Yes	No
a. Health insurance or coverage through your employer or your spouse/partner, parent, or someone else's employer	☐	☐
b. Health insurance or coverage bought directly by yourself or your family	☐	☐
c. Indian or Tribal Health Service	☐	☐
d. Medicare or Medicare Supplement (such as Part D)	☐	☐
e. Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)	☐	☐
f. MinnesotaCare	☐	☐
g. BadgerCare	☐	☐
h. CHAMPUS, TRICARE, or Veterans' benefits	☐	☐
i. Other health insurance or coverage (please specify): _____	☐	☐
j. I don't have health insurance	☐	☐

16. For the past 12 months, would you say you were:

☐ Insured for the entire year
☐ Insured for part of the year, and uninsured for part of the year
☐ Uninsured for the entire year

17. Have you completed an Advance Health Care Directive, Living Will or Health Care Power of Attorney?

☐ Yes ☐ No ☐ Don't know

18. A serving of vegetables – not including french fries - is one cup of salad greens or a half cup of vegetables. How many servings of vegetables did you have <u>yesterday</u>?

☐ servings

19. A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut, or canned fruit. How many servings of fruit did you have <u>yesterday</u>?

☐ servings

20. A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have <u>yesterday</u>?

☐ servings

21. How often do you or others in your household buy or get food from the following places?	**Never or less than 1 time per month**	**About 1 time per month**	**About 2 or 3 times per month**	**About 1 time per week**	**2 or more times per week**
a. Supermarket or large grocery store	☐	☐	☐	☐	☐
b. Small grocery store	☐	☐	☐	☐	☐
c. Convenience store or gas station	☐	☐	☐	☐	☐
d. Food shelf or food pantry	☐	☐	☐	☐	☐
e. Some other place	☐	☐	☐	☐	☐

22. During the <u>growing season,</u> how often do you or others in your household buy or get food from the following places?	**Never or less than 1 time per month**	**About 1 time per month**	**About 2 or 3 times per month**	**About 1 time per week**	**2 or more times per week**
a. Farmer's market, fruit/vegetable stand	☐	☐	☐	☐	☐
b. Local farm or CSA (community supported agriculture)	☐	☐	☐	☐	☐
c. Food grown at home or in a community garden	☐	☐	☐	☐	☐

23. In an average week, <u>how many times</u> do you do the following?	**0**	**1-2**	**3-4**	**5-6**	**7 or more**
a. Eat or order a meal from a <u>fast food</u> place (McDonald's, KFC, Taco Bell, pizza places, etc.)	☐	☐	☐	☐	☐
b. Eat a meal at a <u>restaurant</u> that is <u>not</u> a fast food place	☐	☐	☐	☐	☐
c. Eat a <u>home cooked</u> meal	☐	☐	☐	☐	☐

24. During the <u>past 12 months</u>, how often did you worry that your food would run out before you had money to buy more? Would you say:

☐ Often ☐ Sometimes ☐ Rarely ☐ Never

25. During the <u>past 12 months</u>, have you used a community food shelf program?

☐ Yes ☐ No

26. Do you have access to transportation when you need it for…

		Always	Most of the time	Only sometimes	Hardly ever	I don't do this
a.	going to work or school?	☐	☐	☐	☐	☐
b.	going to medical or other health care appointments?	☐	☐	☐	☐	☐
c.	getting groceries?	☐	☐	☐	☐	☐
d.	going to see friends or relatives?	☐	☐	☐	☐	☐
e.	going to recreational opportunities?	☐	☐	☐	☐	☐

27. During the <u>past 30 days</u>, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening or walking for exercise?

☐ Yes ☐ No

28. During an <u>average week</u>, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity? ***Moderate activities cause only light sweating and a small increase in breathing or heart rate.***

☐ days

29. During an <u>average week</u>, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity? ***Vigorous activities cause heavy sweating and a large increase in breathing and heart rate.***

☐ days

30. How much of a problem are the following factors for <u>you</u> in terms of preventing you from being more physically active? Check all that apply	**Not a problem**	**A small problem**	**A big problem**
a. Lack of time	☐	☐	☐
b. Lack of programs, leaders, or facilities	☐	☐	☐
c. No one to exercise with	☐	☐	☐
d. The cost of fitness programs, gym memberships, or admission fees	☐	☐	☐
e. Public facilities (schools, sports fields, etc.) are not open or available at the times I want to use them	☐	☐	☐
f. Long-term illness, injury, or disability	☐	☐	☐
g. Distance I have to travel to a place where I can be physically active	☐	☐	☐
h. No safe place to exercise	☐	☐	☐
i. Lack of self-discipline or willpower	☐	☐	☐
j. Lack of energy	☐	☐	☐
k. Not having sidewalks or walking paths/trails	☐	☐	☐
l. Poor maintenance of sidewalks or walking paths/trails	☐	☐	☐
m. Sidewalks/paths/trails are icy or not shoveled	☐	☐	☐
n. Other reasons (please specify): ☐	☐	☐	☐

31. When was the last time you…	Within the past year	Within the past 2 years	Within the past 5 years	Five or more years ago	Never
a. had your blood pressure checked?	☐	☐	☐	☐	☐
b. had your blood cholesterol checked?	☐	☐	☐	☐	☐
c. had any screening for colon cancer (such as fecal occult blood test, colonoscopy, barium enema, proctoscopic exam or sigmoidoscopy?	☐	☐	☐	☐	☐
d. had a mammogram (women only)?	☐	☐	☐	☐	☐
e. had a Pap smear (women only)?	☐	☐	☐	☐	☐
f. performed a breast self-exam (women only)?	☐	☐	☐	☐	☐
g. had a prostate exam (men only)?	☐	☐	☐	☐	☐
h. had any screening for mental health issues such as depression or anxiety?	☐	☐	☐	☐	☐

32. How often do you get the social and emotional support you need? (Please include support from any source.)

☐ Always ☐ Usually ☐ Sometimes ☐ Rarely ☐ Never

33. There are many things that people might do to prepare for a serious emergency. Have you or anyone else in your household…	Yes	No	N/A
a. stored enough <u>medications</u> to meet your household needs for at least three days?	☐	☐	☐
b. stored enough <u>food, water, and supplies</u> to meet your household needs for at least three days?	☐	☐	
c. made a phone list for contacting your family members?	☐	☐	
d. obtained a working battery-operated or hand-cranked radio?	☐	☐	
e. assembled an emergency kit with basic medical supplies?	☐	☐	

34. Is anyone in your household dependent on having electricity at home <u>for medical needs</u>?

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 36

35. If yes, have you made a plan for what to do in the event of a <u>power outage</u>?

☐ Yes ☐ No

36. Have you smoked at least 100 cigarettes in your entire life? (100 cigarettes = 5 packs)

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 42

37. Do you now smoke cigarettes every day, some days or not at all?

☐ Every day
☐ Some days
☐ Not at all ➡ IF NOT AT ALL, GO TO QUESTION 42

38. Is your usual cigarette brand menthol or non-menthol?

☐ Menthol
☐ Non-menthol
☐ No usual brand

39. During the <u>past 12 months</u>, have you stopped smoking for one day or longer because you were trying to quit?

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 41

40. If yes, how many times in the <u>past 12 months</u> did you try to quit smoking?

☐ Number of times

41. Are you seriously thinking of quitting smoking? Would you say:

☐ Yes, within the next 30 days
☐ Yes, within the next 6 months
☐ Yes, more than 6 months from now
☐ No, not thinking of quitting

42. Have you ever used an electronic cigarette even just <u>one time</u> in your entire life?

☐ Yes ☐ No ➡ GO TO QUESTION 45

43. During the <u>past 30 days</u>, on how many days did you use e-cigarettes?

☐ Number of days

44. The following is a list of common reasons that people use e-cigarettes. For each, please indicate whether or not it is a reason you use or have used e-cigarettes.

	Yes	No
a. To quit other tobacco products	☐	☐
b. To cut down on other tobacco products	☐	☐
c. Because they are affordable	☐	☐
d. Because they come in menthol flavor	☐	☐
e. Because they come in flavors other than menthol	☐	☐
f. Because they are allowed in places where other tobacco products are not allowed	☐	☐
g. Because you were curious about e-cigarettes	☐	☐
h. Because you think they might be less harmful than other tobacco products	☐	☐
i. For some other reason	☐	☐

45. Do you use smokeless tobacco, such as snuff or chewing tobacco?

☐ No, I never have ➡ GO TO QUESTION 47
☐ I used to but I have quit
☐ Yes

46. How many times in the <u>past 30 days</u> did you use smokeless tobacco?

☐ Every day
☐ Several times per week
☐ Once per week
☐ Less than once per week
☐ Not at all

47. Please indicate your opinion of whether smoking, <u>including</u> the use of e-cigarettes, should be allowed in the following places. (These places are not covered by state smoke-free laws).

	Allowed in all areas or at all times	Allowed in some areas or at some times	Not allowed
a. Apartment buildings or other shared housing	☐	☐	☐
b. Home-based daycare	☐	☐	☐
c. In cars when children under 16 are present	☐	☐	☐
d. Hotel/motel rooms	☐	☐	☐
e. Entrances to buildings	☐	☐	☐

48. During the <u>past 30 days</u>, on <u>how many days</u> did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

☐ Days during the past 30 days ➡ IF 0 DAYS, GO TO QUESTION 51

49. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine or a drink with one shot of liquor. During the <u>past 30 days</u>, on the days when you drank, about <u>how many drinks</u> did you drink on the average?

☐ Number of drinks

50. Considering all types of alcoholic beverages, how many times during the <u>past 30 days</u> did you have…

FOR FEMALES: **4** or more drinks on an occasion ☐ Number of times

FOR MALES: **5** or more drinks on an occasion ☐ Number of times

51. In the <u>past 12 months</u>, did you drive or ride in any of the following types of vehicles when you thought that the driver had too much to drink?	**Yes**	**No**
a. Car or truck	☐	☐
b. Boat or Jet Ski	☐	☐
c. Snowmobile or ATV	☐	☐

52. How do you prefer to get health and wellness information? (Please check UP TO 3 sources.)

a. E-mail alert or e-newsletter ☐
b. Newspaper ☐
c. Brochure, newsletter, magazine or other print material ☐
d. Text message ☐
e. Social media such as Facebook or Twitter ☐
f. Websites or internet ☐
g. Television ☐
h. Radio ☐
i. Medical professionals ☐
j. Family or friends ☐
k. Health fairs or other health-related community events ☐
l. Other: [ ] ☐

53. Have you ever thought about killing yourself?

☐ No
☐ Yes, during the last year
☐ Yes, more than a year ago

ABOUT YOU

54. Are you a permanent resident of this area or a seasonal resident?

☐ Permanent resident
☐ Seasonal resident

55. Are you:

☐ Male ☐ Female ☐ Other/transgender

56. In what year were you born? [ ]

57. <u>Including yourself</u>, how many adults and how many children live in your household?

Number of adults aged 18 or older (<u>including yourself</u>): [ ]

Number of children under 5 years old: [ ]

Number of children 5-17 years old: [ ]

58. What is the <u>highest</u> level of education you have completed? (Please check only ONE answer.)

☐ 8th grade or less
☐ Some high school
☐ High school graduate or GED
☐ Some college/vocational/ technical/trade school
☐ Graduate of a vocational/technical/trade school
☐ Associate's degree (2-year degree)
☐ Bachelor's degree (4-year degree)
☐ Post graduate or professional degree

59. Are you currently…? (Please check all that apply.)

- ☐ Employed fulltime
- ☐ Employed part time
- ☐ Self-employed or farmer
- ☐ Unemployed or out of work
- ☐ A homemaker or stay-at-home parent
- ☐ A student
- ☐ Retired
- ☐ Unable to work because of a disability

60. Are you of Hispanic or Latino origin?

☐ Yes ☐ No

61. Which of the following best describe you? (Please check all that apply.)

- ☐ American Indian or Alaska Native
- ☐ Asian or Pacific Islander
- ☐ Black or African American
- ☐ White
- ☐ Other race: ☐

62. In the <u>past 12 months</u>, have you provided UNPAID care to an adult relative, family member or friend aged 18 years or older to help them take care of themselves? Unpaid care may include help with personal needs or household chores. It might be managing a person's finances, arranging for outside services, or visiting regularly to see how they are doing. This person need not live with you.

☐ Yes ☐ No

63. Have any of the following family members served duty in the United States Armed Forces, Reserves or National Guard (for more than initial/basic training)? (Please check all that apply.)

- ☐ Your spouse/fiancé/domestic partner
- ☐ Your sibling(s)
- ☐ Your parent(s)
- ☐ Your child(ren)
- ☐ None of the above has served on active duty for more than initial/basic training

64. Have you ever served on active duty in the United States Armed Forces, Reserves or National Guard?

- ☐ No, I have never served OR I only took initial/basic training ➡ GO TO QUESTION 66
- ☐ Yes, I have served on active duty

65. Please indicate the <u>health care services</u> you used in the <u>last 12 months</u>. (Check all that apply.)

- ☐ I received services at the VA
- ☐ I received non-VA services that were paid for by the VA
- ☐ I received non-VA services that were NOT paid for by the VA
- ☐ I did not receive any health care services

66. How tall are you without shoes? ☐ feet ☐ inches

67. Approximately how much do you weigh without shoes?

☐ Pounds

68. What was your household's total income from all earners and all sources in 2014?

- ☐ $23,000 or less
- ☐ $23,001 - $31,500
- ☐ $31,501- $39,500
- ☐ $39,501- $48,000
- ☐ $48,001 - $56,000
- ☐ $56,001 - $64,000
- ☐ $64,001 - $72,000
- ☐ $72,001 - $80,000
- ☐ $80,001 - $100,000
- ☐ More than $100,000

69. Tell us 3 things that could be done to make your community a healthier place.

70. Please share any other information about your health or health needs that you would like us to know about.

Thank you for participating in this survey!