BRIDGE to Health Survey

2020

Koochiching County

Northeastern Minnesota & Northwestern Wisconsin

Regional Adult Health Status Survey

A Collaborative Effort Among

Community Organizations

May 2021

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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 sixth survey which has been conducted every five years since 1995.

As in the past, the survey process has been a collaborative effort. This year, 65 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 Adjunct Associate Professor, 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 six surveys.
- Ann Kinney, Ph.D., Senior Research Scientist with the Minnesota Department of Health Center for Health Statistics. Ann has served as a research consultant, co-facilitator of the Bridge to Health Data Team, and data manager and analyst, roles which she has had for each of the past six surveys.
- Sonia Kjos, M.S., Ph.D., Information Manager, Generations Health Care Initiatives. Sonia provided research expertise, data graphics, and served as primary author of the Bridge to Health Data Summary Reports.
- Amanda J. Petersen, M.P.P. and the team at Wilder Research, who developed the survey methodology and managed the data collection process (a complete listing is included in Appendix B).

In addition, we thank those who served on the Bridge to Health Steering Committee, Data Team, Communications Team, and those who authored introductory sections in this report (a listing is included in Appendix B). These individuals provided invaluable assistance with development of the survey instrument, provided input on the survey process, informed regional residents that the survey was taking place, and planned the conference where findings were released.

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 financial support. St. Luke's/St. Luke's Foundation and Essentia Health 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 grateful for 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 to effect change so that all people in our region have the opportunity to attain their highest potential for health and well-being.

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2020 Bridge to Health Survey Co-chair
Aitkin-Itasca-Koochiching Counties
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Arc Northland

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KOOCHICHING COUNTY SUMMARY

This summary report contains results from the *2020 Bridge to Health Survey* specific to Koochiching County. The demographic characteristics of the Koochiching County sample are shown in Tables A.1-5. For a summary of regional level data with additional charts and graphs, please refer to the *2020 Bridge to Health Survey Regional Summary* document.

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 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 +/- 2.6% for responses overall. For Koochiching County, the 95% CI is approximately +/- 5.5% 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 sex, age, education, or poverty level) may be greater than for responses overall at both the region and county levels, due to smaller sample sizes. Data by subset is frequently suppressed in the county reports due to the small number of responses at the subset level.

INTRODUCTION

The *2020 Bridge to Health Survey* marks the sixth 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, 2015, and 2020.

The primary purpose of the *2020 Bridge to Health Survey* is to provide information that will 1) foster a greater understanding of the health of the region's adult 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 Minnesota or Wisconsin overall. 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 *2020 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, tobacco and alcohol use)
- Preventive health screenings
- Access to physical and mental health care and dental care
- Social determinants of health

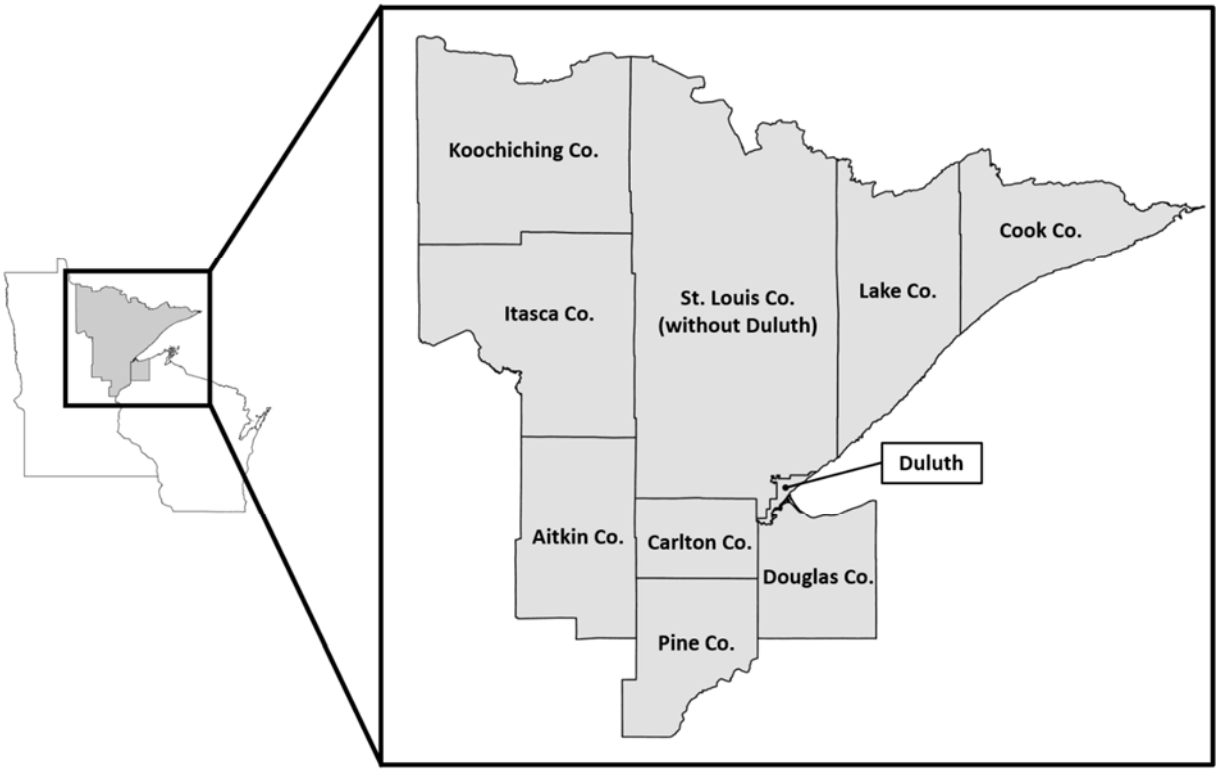
Each time the *Bridge to Health Survey* has been conducted, a standard set of questions has been included, which allows for trend analysis across survey years. Many questions are the same as used in state and national surveys or programs (e.g., CDC Behavioral Risk Factor Surveillance System, Minnesota Statewide Health Improvement Partnership for local surveys) to allow for comparison to state and national data. New questions are also added to each survey and some questions eliminated to align with the current data needs of community partners.

The *2020 Bridge to Health Survey* faced unique challenges due to the ongoing COVID-19 pandemic. In the spring of 2020, the collaborating organizations were tasked with the difficult decision of fielding the survey as planned or postponing. Although early in the pandemic, it was clear by then that the nation and world were facing a public health threat of unprecedented magnitude. It was decided to continue as planned, acknowledging that survey responses would be influenced by the current pandemic environment but also that delaying would not likely ameliorate the effect of such a profound event. The focus of the 2020 survey remained fixed on assessment of the general health status of adults in our region. To gauge to a limited extent

the impact of the pandemic on respondents and to allow for correlation with health status responses, several questions directly addressing COVID-19 were included in the 2020 survey.

Geographic Area

The geographic area for the *2020 Bridge to Health Survey* includes eight Northeastern Minnesota counties and Douglas County, Wisconsin (see map below). The total population is estimated at 397,336; adult population age 18 and older is estimated at 319,626 (2019 American Community Survey 5-Year Estimates, 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 Hillside and Lincoln Park neighborhoods of Duluth.



Collaboration Among Health Organizations

A unique feature of the *Bridge to Health Survey* has been the support of nearly all of the health-related organizations located in the region. The *2020 Bridge to Health Survey* was no exception. 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 *2020 Bridge to Health Survey* in many ways. Several organizations had staff actively involved in various committees overseeing the survey process (Appendix B). Twenty-four organizations made financial contributions to the project. A list of all financial sponsors is provided on page ii.

Utilization of Bridge to Health Data

The *Bridge to Health Survey* data is in the public domain. Data reports by all sampling strata and public use data files are available through Generations Health Care Initiatives, Inc. (https://ghci.us/). All data reports from the current and past surveys are available for free digital download at https://bridgetohealthsurvey.org/.

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 *2020 Bridge to Health Survey* data were collected between August 28 and October 23, 2020 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 survey and of the possibility of being contacted as a respondent. In addition, survey sponsors designed content for local outreach efforts (e.g., flyers for virtual and printed use, articles in local newsletters, and radio and television interviews), informing their communities of the importance of the project. Furthermore, robust promotion was conducted through online ads focused on the Hillside and Lincoln Park neighborhoods of Duluth, and through *Bridge to Health Survey* and sponsor organizations' social media.

Sample Design

The 2020 survey is the sixth time the *Bridge to Health Survey* has been conducted. All six *Bridge to Health* surveys (1995, 2000, 2005, 2010, 2015, and 2020) 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 six administrations of the Bridge to Health Survey. For the 2020 survey, 12 geographic areas were sampled. The geographic areas sampled 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. Additionally, two areas within the city of Duluth were oversampled: the Hillside and Lincoln Park neighborhoods.

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 28 and September 3, 2020, 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 11 and 12), 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 21 and 22), 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 October 23, 2020.

Survey Response

Completed surveys were received from 7,590 adult residents of the 12 geographic areas; the overall response rate was 29.9 percent. The 95% confidence interval for the regional level data is approximately ±2.6%, 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 (Strata)		Surveys Received
Aitkin County		640
Carlton County		703
Cook County		736
Douglas County		603
City of Duluth		
Hillside neighborhood	417	1,567
Lincoln Park neighborhood	474	
Balance of Duluth	676	
Itasca County		681
Koochiching County		698
Lake County		731
Pine County		580
St. Louis County (without Duluth)		651
Total		7,590

Statistical Weighting of Data

Statistical weighting of the *Bridge to Health Survey* data is 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 aged 18 and older living in the household).

In calculating weights for the *Bridge to Health Survey* 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 ensures that the data from each of the 12 geographic areas counts toward the results for the region as a whole in the same proportion as the population from each geographic area counts toward the population in the *Bridge to Health Survey* region as a whole. Population data were obtained from the 2014-2018 American Community Survey 5-Year Estimates.[2] (When calculating the weights for city/county level analysis, similar procedures were used to calculate weights for the city of Duluth (since the data were collected separately for Hillside, Lincoln Park, and the remainder of the city) and for St Louis County (since the data were collected separately for Duluth and the remainder of the 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 12 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 sex, 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.

Survey data for the demographic questions used in calculating the weights included some missing values. Missing values were replaced, where feasible, by logical inference. For example, a missing sex response was replaced with “female” if the respondent answered the women-only questions (e.g., regarding mammograms). A hot deck imputation procedure was used to impute the remaining missing values (in this method, the missing response is replaced with the response to that question from a “similar” respondent, based on the responses to a set of other questions from the survey).

Changes in Survey Methodology for the 2015 Survey were Maintained in 2020

In 2015, several methodological changes occurred with the *Bridge to Health Survey* that impacted the 2015 survey results and the ability to trend the survey results over time. These changes included changing the data collection methodology from telephone to mail and

changing from simple poststratification to raking for the weighting methodology in order to add education level. These methodological changes were maintained for the 2020 survey.

Because of these changes in methodology, the survey results from 2015 forward cannot be compared "apples to apples" to survey results from previous years. The data collected in 2015 have provided a new baseline for the data collected in 2020 and 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.

Collection of Race and Ethnicity

We must acknowledge that race as a variable in medical research has long been a contentious issue.[4]https://jamanetwork.com/journals/jama/fullarticle/2775794 - jvp210001r1 It is now widely accepted that race is an indistinct construct that is neither standardized nor measured accurately. In 1999, the Human Genome Project emphasized race as non-biological with no basis in the human genetic code.[5]

The "racial" worldview was invented to assign some groups to perpetual low status, while others were permitted access to privilege, power, and wealth. The policies and practices stemming from this worldview succeeded all too well in constructing stark differences between so-called racial groups. Present-day inequalities between these groups are not consequences of biological inheritance but products of historical and contemporary social, economic, educational, and political circumstances.[6]

The *Bridge to Health Survey* has included race/ethnicity demographic questions in order to assess the degree to which the sample of the population is representative, and with a hope to better understand health disparities in "racialized groups". The survey results by race/ethnicity have not been shown in *Bridge to Health Survey* reports due to the small number of responses for most race/ethnicity groups other than white. These data are available for researchers interested in pursuing further analyses. Our hope is that further study will occur, carefully considering the realities of social-structural racism, and creating opportunities for improved understanding and/or intervention to advance health equity.

Collection of Sex and Gender

For the first time on the *Bridge to Health Survey*, a third category (intersex) was offered as a response to the question "What is your sex?", and a separate question regarding gender identity (with five categories and an open text option) was added, to respect the dignity and diversity of our region's residents.

For the purposes of statistical weighting, the survey responses for sex were used, and missing values for that variable were imputed as described above. For survey respondents that selected "intersex" as the category for sex, the benefit of giving their survey responses a voice by including them was weighed against the negative consequence of having to impute male or female sex for each in order to allow statistical weighting, and thereby inclusion of their responses. The decision was made to include the responses for the three respondents that selected "intersex". We acknowledge that this is an imperfect solution. Measurement in survey research faces increasing statistical and ethical challenges as we move toward a more diverse recognition of sex and gender constructs, with no currently recognized single best solution.[7]

The survey results by gender identity have been suppressed in this report due to the small number of survey responses for most gender groups other than woman and man. These data are available for researchers interested in pursuing further analyses. As survey science evolves to fully embrace the complexities of sex and gender characteristics, our hope is that both ethical and statistical solutions for measurement will be developed and universally applied to advance health equity.

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 all of the response categories for a single question. In this case, the number of respondents who answered the question (n=) is listed within the table title. For an example of this type of table, see Table 1.1.
2. Many tables in this report reflect responses to multiple questions within a single table. Each column on this type of table presents the results for one question (e.g., the percentage of respondents who answered "yes" to a question). The number of respondents who answered the question (n=) in this case is listed in the column heading below the topic. Since each column represents a different question, the number of respondents answering each question may differ. For an example of this type of table, see Table 4.14.
3. The third type of table design is a combination of the first two types. Part of the table includes the results for one question with several response categories (e.g. respondents who currently smoke, who used to smoke but quit, and who never smoked). A second

part of the table includes the results for questions asked of a subset of respondents (e.g. the percentage of current smokers who have tried to quit in the past year). For an example of this type of table, see Table 6.1.

4. In the tables, results are not shown whenever there are fewer than 30 respondents in a demographic group or response subset.[8]

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.

Poverty status used in the tables and figures is stratified by two categories: 200% or less, More than 200%. These categories are based on the U.S. federal poverty guidelines for 2019.[9] For example, a survey respondent with household income that is equal to or less than twice the poverty guideline amount would be included in the poverty status category "200% or less". The federal poverty guidelines are used to determine financial eligibility for certain federal and state assistance programs.

Trend charts displaying results by year of survey are provided for questions that have been asked in all *Bridge to Health* surveys. Due to the change in sampling and data weighting methodology in 2015, direct comparisons cannot be made to survey results previous to 2015.

For most chapters, a figure indicating responses for selected questions by geographic area is provided. The complete survey results for each sampled area are provided in separate data books, which are available for free download at https://bridgetohealthsurvey.org.

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Table A.1
Characteristics of the Sample for Koochiching County
BRIDGE TO HEALTH SURVEY 2020

Demographic Characteristics		Unweighted Sample		Weighted Sample	
		Frequency	Percent	Frequency	Percent
Overall Results		**698**	**100%**	**698**	**100%**
Sex	**Male**	262	37.5	349	50.0
	Female	436	62.5	349	50.0
Age	**18 to 34**	46	6.6	138	19.8
	35 to 44	53	7.6	86	12.3
	45 to 54	130	18.6	118	16.8
	55 to 64	198	28.4	156	22.4
	65 to 74	173	24.8	110	15.7
	75 and older	98	14.0	91	13.0
Education	**Less than H.S.**	30	4.3	58	8.3
	H.S. Graduate	174	24.9	249	35.7
	Some College	157	22.5	187	26.8
	Voc./Assoc. Degree	159	22.8	84	12.1
	College Graduate	178	25.5	119	17.0
Poverty Status*	**200% or Less**	234	35.9	230	35.3
	More than 200%	417	64.1	422	64.7

*6.7% were missing poverty status

Table A.2
Characteristics of the Sample for Koochiching County
Gender Identity
BRIDGE TO HEALTH SURVEY 2020

Demographic Characteristics	Unweighted Sample n=698		Weighted Sample n=698	
Overall Results	**Frequency**	**Percent**	**Frequency**	**Percent**
Woman	431	61.7	345	49.5
Man	256	36.7	339	48.5
Non-binary	0	0.0	0	0.0
Cisgender	2	0.3	1	0.2
Transgender	0	0.0	0	0.0
Other	3	0.4	5	0.6

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
Race/Ethnicity
BRIDGE TO HEALTH SURVEY 2020

Demographic Characteristics	Unweighted Sample n=693		Weighted Sample n=696	
Overall Results	**Frequency**	**Percent**	**Frequency**	**Percent**
Not Hispanic/Latinix/Latino	692	99.9	695	99.9
Hispanic/Latinix/Latino	1	0.1	0.4	0.1
White	676	97.5	679	97.6
American Indian/Alaska Native	25	3.6	24	3.5
Black/African/African American	5	0.7	6	0.9
Asian/Asian American	5	0.7	4	0.6
Native Hawaiian/Pacific Islander	2	0.3	3	0.4
Other Race	12	1.7	16	2.2

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

Table A.4
Characteristics of the Sample for Koochiching County
Employment Status
BRIDGE TO HEALTH SURVEY 2020

Demographic Characteristics	Unweighted Sample n=691		Weighted Sample n=691	
Overall Results	**Frequency**	**Percent**	**Frequency**	**Percent**
Employed fulltime	162	23.4	212	30.6
Employed part time	74	10.7	77	11.1
Self-employed or farmer	46	6.7	52	7.5
Unemployed or out of work	15	2.2	20	2.8
Homemaker or stay-at-home parent	26	3.8	31	4.5
Student	5	0.7	7	1.0
Retired	371	53.7	291	42.2
Unable to work because of a disability	64	9.3	61	8.9

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

Table A.5
Characteristics of the Sample for Koochiching County
Military Service
BRIDGE TO HEALTH SURVEY 2020

Demographic Characteristics	Unweighted Sample n=688		Weighted Sample n=691	
Overall Results	**Frequency**	**Percent**	**Frequency**	**Percent**
Served on active duty in the United States Armed Forces, Reserves, or National Guard	78	11.3	82	11.8

Results

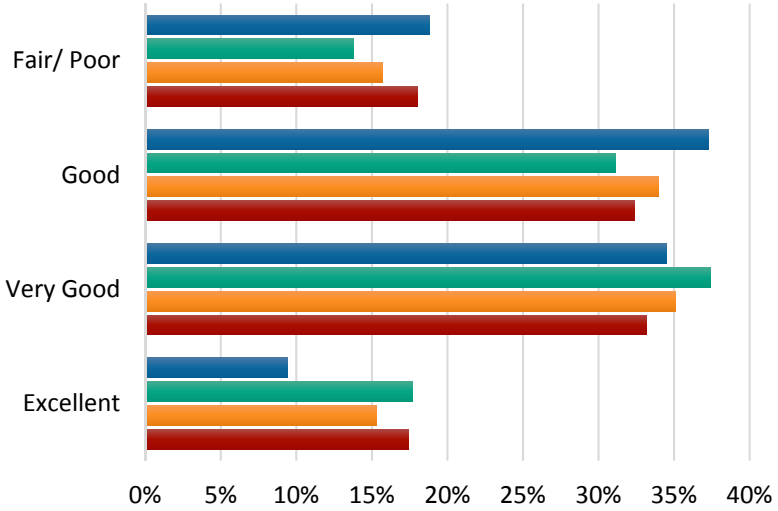
CHAPTER 1 | Perceived Health Status

A 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] Perceived health status can vary over time and across age groups, and by socio-economic factors such as educational attainment and income status.[2]

Data on perceived health status have been collected in all *Bridge to Health Surveys*, including the 2020 survey.

SURVEY COMPARISON

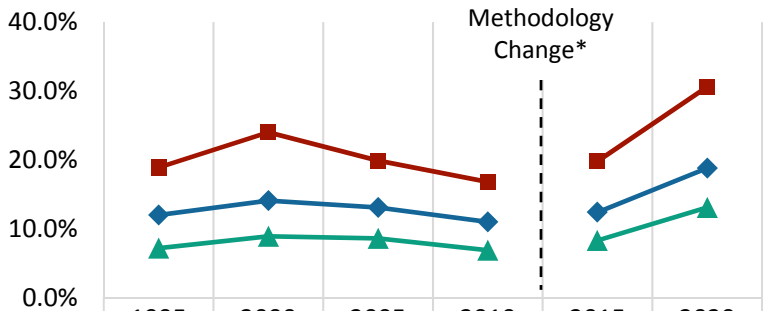
Bridge to Health Survey trend data and comparisons by nation, state, and region, are provided in the three figures below. The survey area ranks below the national and state levels on both ends of the perceived health spectrum (Fig. 1.1). The prevalence of individuals who report a fair or poor perceived health status has increased since the 2015 survey (Fig. 1.2). Regional differences in the 2020 survey for fair or poor perceived health status range from 10.1% in Cook County to 22.6% in Itasca County (Fig. 1.3).



	Excellent	Very Good	Good	Fair/ Poor
Bridge to Health 2020	9.4%	34.5%	37.3%	18.8%
Minnesota*	17.7%	37.4%	31.1%	13.8%
Wisconsin*	15.3%	35.1%	34.0%	15.7%
National*	17.4%	33.2%	32.4%	18.0%

FIGURE 1.1 – Prevalence of Perceived Health Status by Region, State, Nation

**CDC Behavioral Risk Factor Surveillance System 2019*[3]



	1995	2000	2005	2010	2015	2020
Overall	12.0%	14.1%	13.1%	11.0%	12.4%	18.8%
≤200% of Poverty Level	18.9%	24.0%	19.9%	16.8%	19.8%	30.6%
>200% of Poverty Level	7.2%	8.9%	8.6%	6.9%	8.3%	13.1%

FIGURE 1.2 – Perceived Health Status: Fair or Poor by Survey Year

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*

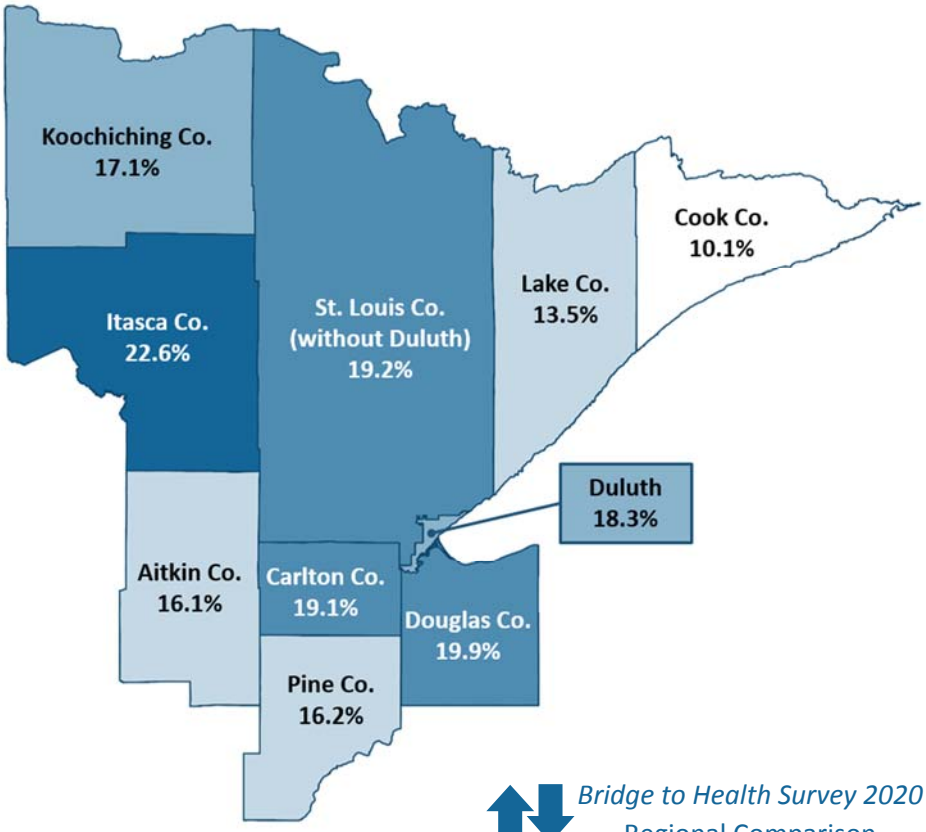


FIGURE 1.3 – Perceived Health Status: Fair or Poor by Strata

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Table 1.1.A
Perceived Health Status: Excellent
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=7067		Koochiching County n=636	
		Percent	95% CI	Percent	95% CI
Overall Results		**9.4%**	**(8.1-10.8)**	**9.2%**	**(3.8-14.6)**
Sex	**Male**	9.3	(7.1-11.5)	11.5	(1.1-21.9)
	Female	9.6	(8.0-11.1)	7.0	(3.8-10.1)
Age	**18 to 34**	15.4	(11.5-19.3)	24.3	(3.4-45.2)
	35 to 44	12.2	(7.7-16.6)	7.5	(0.0-15.7)
	45 to 54	7.9	(5.3-10.6)	8.9	(3.6-14.2)
	55 to 64	7.4	(5.7-9.1)	3.2	(0.4-6.0)
	65 to 74	3.8	(2.7-4.9)	1.8	(0.0-4.8)
	75 and older	3.1	(0.2-6.0)	4.2	(0.1-8.3)
Education	**Less than H.S.**	6.1	(0.0-13.0)	0.0	(0.0-0.0)
	H.S. Graduate	4.1	(2.2-6.0)	6.4	(0.0-14.0)
	Some College	6.1	(4.2-8.1)	12.9	(0.0-28.1)
	Voc./Assoc. Degree	11.4	(7.2-15.6)	5.0	(0.9-9.0)
	College Graduate	19.7	(16.5-22.8)	15.2	(6.9-23.4)
Poverty Status	**200% or Less**	5.1	(3.0-7.3)	3.7	(0.2-7.2)
	More than 200%	11.7	(9.9-13.5)	12.3	(4.1-20.5)

DS: Data suppressed due to < 30 responses

Table 1.1.B
Perceived Health Status: Fair/Poor*
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=7067		Koochiching County n=636	
		Percent	95% CI	Percent	95% CI
Overall Results		**18.8%**	**(16.3-21.2)**	**17.1%**	**(13.3-20.9)**
Sex	**Male**	21.1	(16.9-25.3)	15.1	(9.2-21.1)
	Female	16.4	(14.0-18.8)	19.1	(14.4-23.7)
Age	**18 to 34**	16.9	(9.6-24.3)	3.7	(0.0-8.1)
	35 to 44	12.7	(8.4-17.0)	9.5	(0.0-21.7)
	45 to 54	19.3	(14.8-23.7)	27.1	(17.0-37.3)
	55 to 64	21.1	(17.2-25.1)	22.2	(14.1-30.3)
	65 to 74	18.6	(14.9-22.4)	24.5	(16.2-32.9)
	75 and older	27.2	(21.3-33.2)	15.8	(6.5-25.2)
Education	**Less than H.S.**	40.5	(27.6-53.5)	52.9	(28.8-77.0)
	H.S. Graduate	23.2	(18.6-27.8)	17.9	(11.1-24.6)
	Some College	21.9	(16.0-27.8)	14.0	(8.3-19.7)
	Voc./Assoc. Degree	13.6	(9.6-17.7)	16.0	(9.1-22.9)
	College Graduate	6.2	(4.6-7.7)	7.5	(2.2-12.8)
Poverty Status	**200% or Less**	30.6	(26.1-35.0)	30.3	(22.6-37.9)
	More than 200%	13.1	(10.1-16.1)	10.9	(6.6-15.2)

*Responses of 'fair' and ' poor' were collapsed into a single category.

DS: Data suppressed due to < 30 responses

CHAPTER 2 | Chronic Medical Conditions

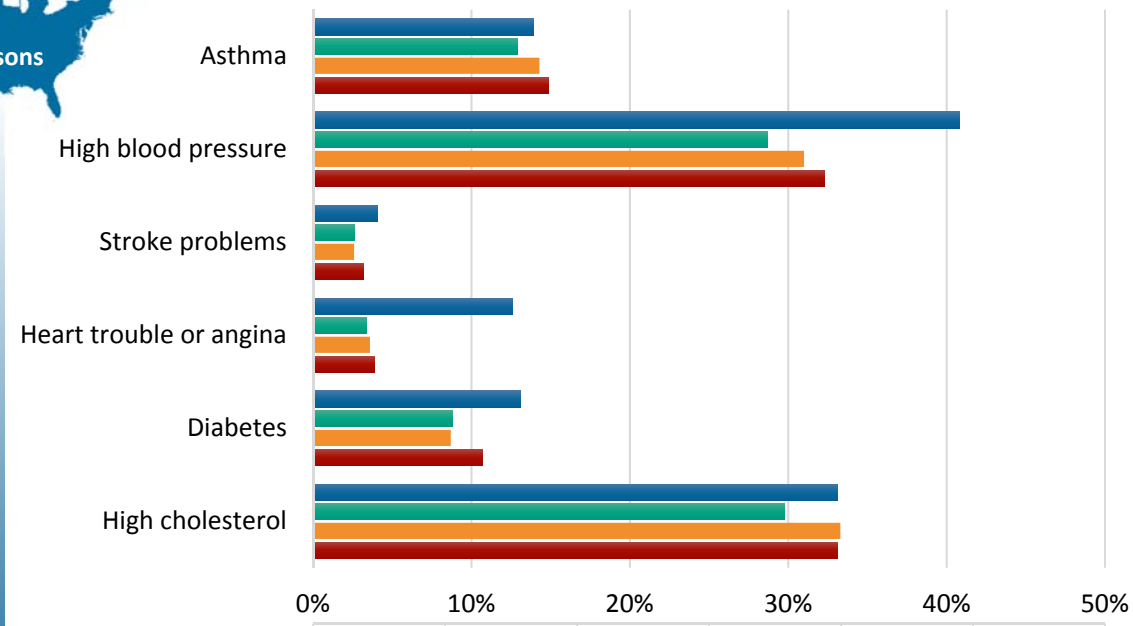
Chronic diseases and conditions are the most common causes of morbidity and mortality in the U.S., accounting for seven of the ten leading causes of death in the U.S.[1] Sixty percent of U.S. adults have a chronic disease or condition and forty percent of adults have at least two.[2] Chronic and mental health conditions account for 90% of the U.S. $3.8 trillion annual health care expenditures.[3] In Minnesota, health care spending for chronic conditions is projected to steadily rise, increasing by 25-65% from 2014 to 2023.[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 *Bridge to Health Survey* has captured data on chronic conditions in the Northland on every survey, including consistently for eleven specific conditions. New conditions added in 2020 include Alzheimer's disease or other dementias, post-traumatic stress disorder, and Hepatitis C. Conditions primarily related to mental health are described in Chapter 3.

SURVEY COMPARISON

Bridge to Health Survey trend data and comparisons by nation, state, and region, are provided in the five figures below. The survey area exceeds state and national prevalence for four of the six conditions (Fig. 2.1), and does not meet the Healthy People 2030 prevalence goals for kidney disease and high blood pressure.[5] Prevalence for all conditions except stroke trended upward from the 2015 survey (Figs. 2.2-3). Across the region in 2020, high blood pressure ranged from 30.4% (Duluth) to 54.7% (Aitkin Co.), and diabetes ranged from 10.2% (Cook Co.) to 15.6% (Aitkin Co.) (Figs. 2.4-5).

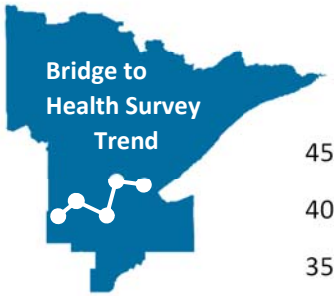
HEALTHY PEOPLE 2030 GOALS[5]	
12.8%	Chronic kidney disease
27.7%	High blood pressure

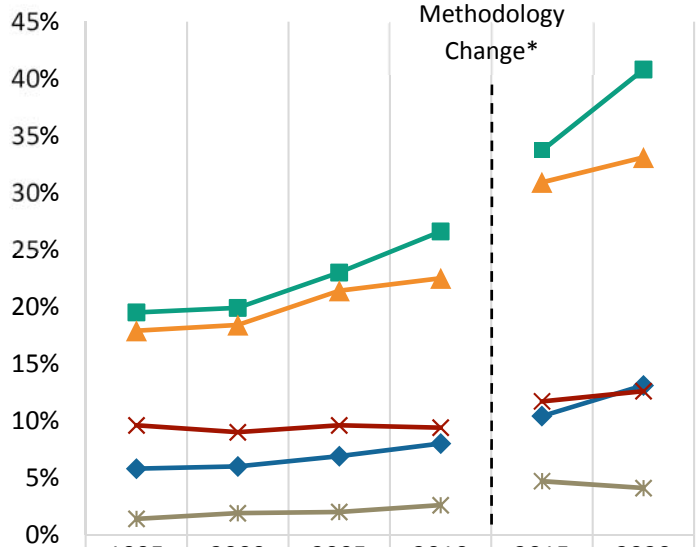


	High cholesterol	Diabetes	Heart trouble or angina	Stroke problems	High blood pressure	Asthma
Bridge to Health 2020	33.1%	13.1%	12.6%	4.1%	40.8%	13.9%
Minnesota*	29.8%	8.8%	3.4%	2.6%	28.7%	12.9%
Wisconsin*	33.3%	8.7%	3.6%	2.6%	31.0%	14.3%
National*	33.1%	10.7%	3.9%	3.2%	32.3%	14.9%

FIGURE 2.1 – Prevalence of Chronic Health Conditions by Region, State, Nation

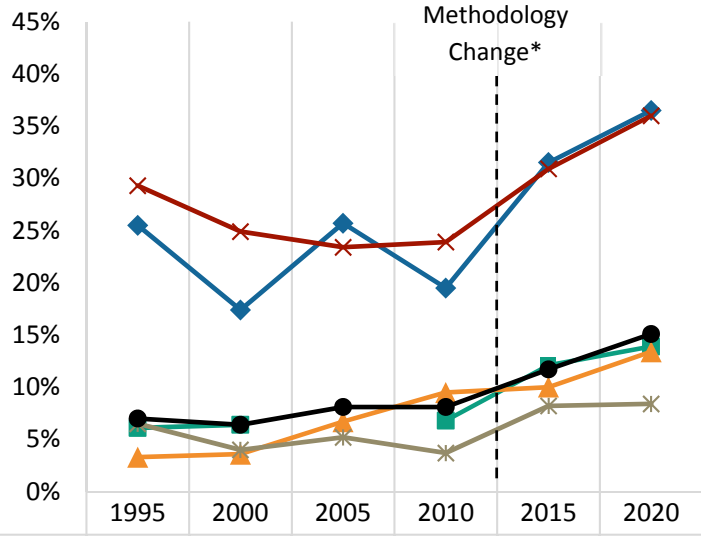
**CDC Behavioral Risk Factor Surveillance System 2019*[6]





	1995	2000	2005	2010	2015	2020
Diabetes	5.8%	6.0%	6.9%	8.0%	10.4%	13.1%
Hypertension	19.5%	19.9%	23.0%	26.6%	33.7%	40.8%
High Cholesterol	17.9%	18.4%	21.4%	22.5%	30.9%	33.1%
Heart Disease	9.6%	9.0%	9.6%	9.4%	11.7%	12.6%
Stroke	1.4%	1.9%	2.0%	2.6%	4.7%	4.1%

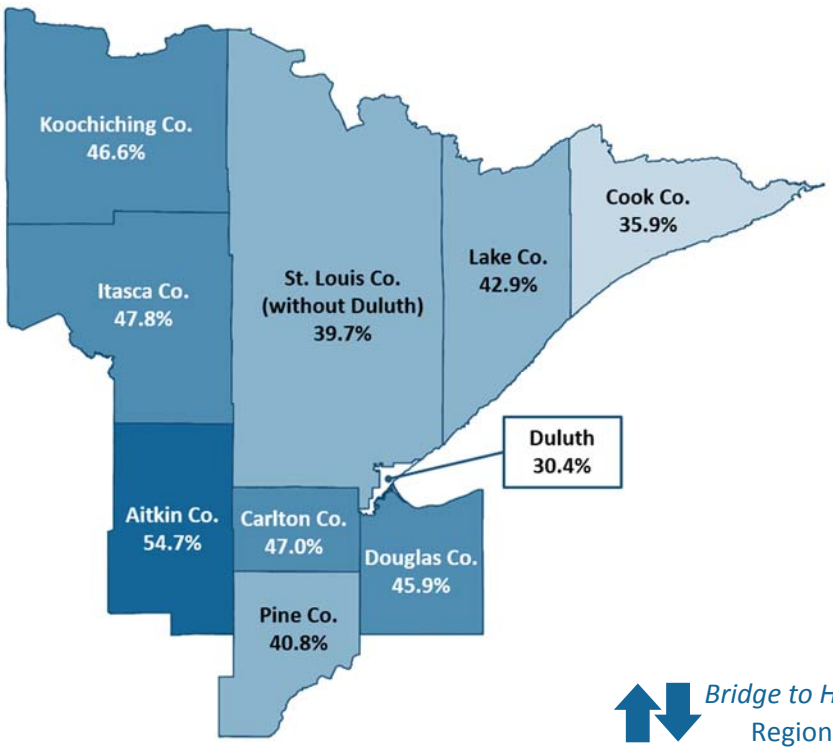
FIGURE 2.2 – Prevalence of Chronic Conditions by Survey Year – Part 1

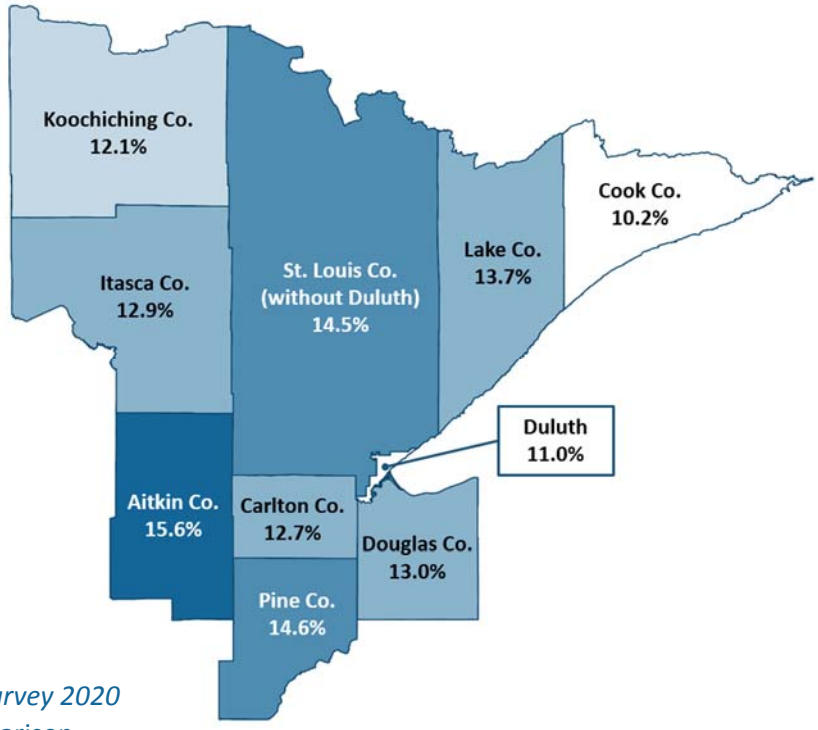


	1995	2000	2005	2010	2015	2020
Allergies	25.5%	17.4%	25.7%	19.5%	31.5%	36.5%
Asthma	6.1%	6.4%	NOT COLLECTED	6.8%	12.1%	13.9%
Cancer	3.3%	3.6%	6.7%	9.5%	10.0%	13.4%
Joint Problems	29.3%	24.9%	23.4%	23.9%	30.9%	36.0%
Digestive Disease	6.5%	4.0%	5.2%	3.7%	8.2%	8.4%
Kidney Disease	7.0%	6.4%	8.1%	8.1%	11.7%	15.1%

FIGURE 2.3 – Prevalence of Chronic Conditions by Survey Year– Part 2

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*





Bridge to Health Survey 2020
Regional Comparison

FIGURE 2.4 – Prevalence of High Blood Pressure by Strata

FIGURE 2.5 – Prevalence of Diabetes by Strata

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Table 2.1.A
Chronic and Other Medical Conditions: Allergies
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**36.5%**	**(34.0-39.1)**	**31.7%**	**(26.8-36.6)**
Sex	**Male**	32.9	(28.6-37.2)	25.2	(17.6-32.8)
	Female	40.2	(37.5-42.9)	38.3	(32.4-44.1)
Age	**18 to 34**	36.8	(29.9-43.7)	24.4	(9.0-39.7)
	35 to 44	36.6	(29.5-43.6)	41.6	(24.7-58.5)
	45 to 54	43.5	(37.6-49.4)	42.2	(31.1-53.2)
	55 to 64	35.2	(31.3-39.1)	31.3	(23.4-39.2)
	65 to 74	34.8	(30.7-38.9)	31.2	(22.7-39.7)
	75 and older	30.2	(25.0-35.4)	20.7	(11.8-29.5)
Education	**Less than H.S.**	42.0	(29.5-54.6)	48.1	(27.7-68.5)
	H.S. Graduate	36.1	(31.2-41.0)	22.4	(15.4-29.4)
	Some College	36.8	(31.2-42.3)	45.2	(32.8-57.6)
	Voc./Assoc. Degree	36.5	(31.6-41.4)	23.2	(15.5-30.8)
	College Graduate	35.2	(31.9-38.6)	28.4	(19.6-37.1)
Poverty Status	**200% or Less**	40.6	(35.8-45.5)	35.5	(27.3-43.6)
	More than 200%	35.3	(32.2-38.4)	29.5	(23.0-35.9)

DS: Data suppressed due to < 30 responses

Table 2.1.B
Chronic and Other Medical Conditions: Alzheimer's Disease or Other Dementias
BRIDGE TO HEALTH SURVEY 2020
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?*			
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**2.0%**	**(1.1-2.8)**	**1.2%**	**(0.2-2.3)**
Sex	**Male**	1.3	(0.7-2.0)	1.1	(0.0-2.7)
	Female	2.6	(1.0-4.2)	1.3	(0.0-2.7)
Age	**18 to 34**	2.7	(0.0-5.7)	0.0	(0.0-0.0)
	35 to 44	1.5	(0.4-2.7)	0.0	(0.0-0.0)
	45 to 54	1.1	(0.5-1.7)	1.9	(0.0-4.8)
	55 to 64	1.7	(0.8-2.5)	1.9	(0.0-4.6)
	65 to 74	1.9	(0.8-3.0)	3.0	(0.0-7.3)
	75 and older	2.8	(1.2-4.4)	0.0	(0.0-0.0)
Education	**Less than H.S.**	1.5	(0.2-2.8)	3.0	(0.0-8.7)
	H.S. Graduate	2.9	(0.3-5.5)	1.5	(0.0-3.6)
	Some College	1.4	(0.8-2.1)	1.5	(0.0-3.4)
	Voc./Assoc. Degree	2.3	(0.5-4.1)	0.0	(0.0-0.0)
	College Graduate	1.4	(0.6-2.2)	0.4	(0.0-1.2)
Poverty Status	**200% or Less**	2.1	(1.2-3.1)	1.8	(0.0-3.8)
	More than 200%	1.2	(0.8-1.6)	0.1	(0.0-0.3)

DS: Data suppressed due to < 30 responses

Table 2.1.C
Chronic and Other Medical Conditions: Asthma
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**13.9%**	**(12.1-15.7)**	**10.1%**	**(7.1-13.0)**
Sex	**Male**	10.0	(7.3-12.6)	9.0	(4.8-13.2)
	Female	17.9	(15.5-20.3)	11.2	(7.1-15.3)
Age	**18 to 34**	17.1	(12.1-22.2)	9.4	(0.0-19.1)
	35 to 44	16.8	(11.2-22.5)	7.2	(1.1-13.4)
	45 to 54	12.4	(9.2-15.7)	15.0	(7.3-22.7)
	55 to 64	14.2	(11.0-17.3)	13.5	(7.8-19.2)
	65 to 74	9.1	(7.0-11.2)	7.5	(1.9-13.2)
	75 and older	10.4	(6.8-14.1)	4.4	(0.1-8.7)
Education	**Less than H.S.**	12.4	(1.8-22.9)	15.6	(3.1-28.1)
	H.S. Graduate	15.6	(11.4-19.8)	9.5	(3.9-15.0)
	Some College	13.2	(10.4-15.9)	13.9	(7.1-20.7)
	Voc./Assoc. Degree	15.7	(11.9-19.5)	5.4	(1.8-9.0)
	College Graduate	12.2	(9.8-14.7)	6.0	(2.5-9.6)
Poverty Status	**200% or Less**	18.1	(14.4-21.9)	15.7	(9.5-21.9)
	More than 200%	11.1	(9.2-12.9)	7.3	(4.1-10.5)

DS: Data suppressed due to < 30 responses

Table 2.1.D
Chronic and Other Medical Conditions: Back Problems
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**38.0%**	**(35.6-40.3)**	**39.1%**	**(33.8-44.5)**
Sex	**Male**	38.2	(34.2-42.1)	40.6	(31.7-49.5)
	Female	37.7	(35.2-40.3)	37.7	(31.8-43.5)
Age	**18 to 34**	30.2	(24.2-36.1)	27.0	(10.4-43.6)
	35 to 44	35.5	(28.4-42.5)	38.4	(21.3-55.6)
	45 to 54	37.4	(32.1-42.8)	47.6	(36.5-58.7)
	55 to 64	40.4	(36.6-44.2)	43.6	(34.6-52.7)
	65 to 74	45.1	(40.5-49.7)	40.3	(31.3-49.3)
	75 and older	47.0	(41.3-52.8)	37.6	(26.7-48.5)
Education	**Less than H.S.**	58.0	(46.6-69.4)	63.1	(44.2-82.1)
	H.S. Graduate	39.2	(34.4-44.0)	38.3	(28.6-48.0)
	Some College	37.4	(32.6-42.2)	40.0	(28.5-51.6)
	Voc./Assoc. Degree	42.3	(37.3-47.4)	40.1	(30.7-49.5)
	College Graduate	28.7	(25.7-31.8)	27.0	(18.7-35.3)
Poverty Status	**200% or Less**	47.0	(42.2-51.8)	48.9	(40.4-57.4)
	More than 200%	33.0	(30.3-35.7)	34.0	(26.9-41.1)

DS: Data suppressed due to < 30 responses

Table 2.1.E
Chronic and Other Medical Conditions: Cancer
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**13.4%**	**(11.9-14.9)**	**10.6%**	**(8.0-13.3)**
Sex	**Male**	12.4	(10.4-14.4)	11.5	(7.1-15.8)
	Female	14.4	(12.2-16.5)	9.8	(6.6-13.0)
Age	**18 to 34**	4.4	(1.2-7.7)	0.0	(0.0-0.0)
	35 to 44	6.5	(3.5-9.4)	1.8	(0.0-5.3)
	45 to 54	13.8	(9.7-17.9)	7.0	(1.5-12.6)
	55 to 64	13.6	(11.3-15.9)	14.6	(8.6-20.7)
	65 to 74	25.0	(21.3-28.8)	23.7	(14.7-32.7)
	75 and older	28.1	(23.0-33.2)	17.0	(9.0-24.9)
Education	**Less than H.S.**	16.0	(8.7-23.3)	15.6	(2.5-28.6)
	H.S. Graduate	15.9	(12.3-19.5)	12.9	(7.5-18.4)
	Some College	12.8	(10.2-15.4)	8.9	(4.3-13.5)
	Voc./Assoc. Degree	14.0	(11.0-17.1)	5.3	(2.0-8.6)
	College Graduate	9.9	(8.4-11.4)	9.9	(5.7-14.2)
Poverty Status	**200% or Less**	12.4	(10.1-14.6)	9.7	(5.2-14.2)
	More than 200%	13.2	(11.5-14.9)	10.9	(7.4-14.3)

DS: Data suppressed due to < 30 responses

Table 2.1.F
Chronic and Other Medical Conditions: Diabetes
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**13.1%**	**(11.5-14.8)**	**12.1%**	**(8.9-15.4)**
Sex	**Male**	14.2	(11.6-16.8)	14.3	(8.8-19.7)
	Female	12.0	(9.9-14.1)	10.0	(6.4-13.6)
Age	**18 to 34**	5.0	(1.7-8.3)	0.0	(0.0-0.0)
	35 to 44	9.1	(4.8-13.3)	4.9	(0.0-14.2)
	45 to 54	14.6	(9.9-19.4)	12.9	(5.0-20.8)
	55 to 64	19.3	(15.4-23.1)	18.0	(9.8-26.1)
	65 to 74	17.0	(14.1-19.9)	19.2	(11.3-27.1)
	75 and older	19.3	(14.7-24.0)	17.6	(8.9-26.2)
Education	**Less than H.S.**	18.9	(9.4-28.4)	29.3	(10.9-47.7)
	H.S. Graduate	18.7	(14.6-22.8)	15.3	(8.8-21.8)
	Some College	13.1	(10.5-15.7)	9.6	(4.7-14.5)
	Voc./Assoc. Degree	9.5	(6.9-12.0)	8.0	(3.9-12.1)
	College Graduate	6.3	(4.8-7.7)	4.0	(0.6-7.4)
Poverty Status	**200% or Less**	19.1	(15.4-22.8)	18.4	(11.5-25.4)
	More than 200%	9.6	(8.1-11.1)	8.2	(5.0-11.4)

DS: Data suppressed due to < 30 responses

Table 2.1.G
Chronic and Other Medical Conditions: Pre-Diabetes
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**14.8%**	**(13.1-16.5)**	**12.6%**	**(9.2-15.9)**
Sex	**Male**	13.4	(11.0-15.8)	12.0	(7.0-17.0)
	Female	16.2	(13.8-18.6)	13.2	(8.7-17.6)
Age	**18 to 34**	7.4	(3.6-11.2)	4.4	(0.0-11.1)
	35 to 44	15.1	(10.0-20.2)	16.0	(1.4-30.5)
	45 to 54	16.7	(12.2-21.1)	8.8	(3.0-14.5)
	55 to 64	18.7	(15.9-21.6)	17.7	(10.5-24.9)
	65 to 74	18.1	(13.8-22.4)	20.8	(13.2-28.4)
	75 and older	17.8	(13.1-22.5)	7.4	(1.8-13.0)
Education	**Less than H.S.**	14.6	(5.4-23.9)	31.5	(11.2-51.8)
	H.S. Graduate	17.8	(13.7-21.9)	10.7	(5.5-15.9)
	Some College	15.7	(12.7-18.8)	13.8	(7.1-20.5)
	Voc./Assoc. Degree	13.7	(10.7-16.7)	7.6	(2.7-12.5)
	College Graduate	10.6	(8.8-12.4)	8.9	(4.9-12.9)
Poverty Status	**200% or Less**	17.4	(14.1-20.7)	14.8	(8.9-20.6)
	More than 200%	12.9	(11.1-14.6)	11.5	(7.2-15.9)

DS: Data suppressed due to < 30 responses

Table 2.1.H
Chronic and Other Medical Conditions: Chronic Digestive Disease
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**8.4%**	**(7.1-9.7)**	**9.7%**	**(7.0-12.4)**
Sex	**Male**	6.2	(4.5-7.9)	9.9	(5.6-14.3)
	Female	10.6	(8.6-12.6)	9.4	(6.2-12.6)
Age	**18 to 34**	6.2	(2.7-9.8)	1.3	(0.0-3.8)
	35 to 44	7.6	(4.5-10.8)	9.9	(0.0-20.1)
	45 to 54	9.8	(5.9-13.7)	11.0	(4.1-18.0)
	55 to 64	8.5	(6.6-10.4)	12.1	(6.3-17.8)
	65 to 74	9.4	(7.3-11.6)	18.2	(10.6-25.8)
	75 and older	11.1	(7.7-14.5)	5.5	(0.9-10.1)
Education	**Less than H.S.**	13.4	(4.7-22.1)	12.6	(0.7-24.5)
	H.S. Graduate	8.9	(5.8-11.9)	10.4	(5.1-15.7)
	Some College	8.6	(6.4-10.8)	11.1	(5.8-16.4)
	Voc./Assoc. Degree	8.9	(6.3-11.4)	10.9	(4.2-17.6)
	College Graduate	5.8	(4.4-7.2)	3.6	(1.1-6.1)
Poverty Status	**200% or Less**	11.9	(9.1-14.7)	13.7	(7.9-19.6)
	More than 200%	6.3	(5.1-7.4)	7.2	(4.5-9.9)

DS: Data suppressed due to < 30 responses

Table 2.1.I
Chronic and Other Medical Conditions: Chronic Headaches
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**11.1%**	**(9.0-13.1)**	**10.6%**	**(7.2-14.1)**
Sex	**Male**	8.8	(5.1-12.5)	5.5	(0.7-10.3)
	Female	13.3	(11.5-15.2)	15.8	(10.9-20.8)
Age	**18 to 34**	15.1	(8.8-21.4)	12.4	(2.7-22.0)
	35 to 44	13.8	(8.6-19.0)	20.5	(5.6-35.4)
	45 to 54	12.4	(8.2-16.5)	13.4	(6.1-20.7)
	55 to 64	6.6	(5.1-8.0)	12.2	(4.6-19.8)
	65 to 74	8.2	(5.7-10.8)	3.6	(0.0-7.8)
	75 and older	7.8	(3.9-11.7)	0.9	(0.0-2.6)
Education	**Less than H.S.**	14.6	(3.5-25.7)	19.3	(0.0-39.3)
	H.S. Graduate	11.4	(7.9-14.9)	7.1	(1.6-12.5)
	Some College	11.9	(6.7-17.2)	10.4	(3.7-17.1)
	Voc./Assoc. Degree	11.0	(8.2-13.8)	7.5	(2.6-12.3)
	College Graduate	8.6	(6.8-10.3)	16.6	(9.2-24.0)
Poverty Status	**200% or Less**	14.2	(10.8-17.6)	12.8	(6.0-19.5)
	More than 200%	9.8	(7.0-12.7)	9.5	(5.3-13.7)

DS: Data suppressed due to < 30 responses

Table 2.1.J
Chronic and Other Medical Conditions: Heart Trouble or Angina
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**12.6%**	**(11.2-14.0)**	**17.1%**	**(13.6-20.5)**
Sex	**Male**	14.8	(12.6-16.9)	19.0	(13.5-24.6)
	Female	10.5	(8.6-12.3)	15.1	(10.8-19.3)
Age	**18 to 34**	4.3	(1.1-7.5)	0.8	(0.0-2.4)
	35 to 44	5.1	(2.3-7.9)	6.9	(0.0-16.5)
	45 to 54	6.4	(4.1-8.7)	12.0	(3.5-20.5)
	55 to 64	15.2	(12.6-17.9)	20.5	(13.9-27.2)
	65 to 74	24.2	(20.6-27.9)	33.9	(25.1-42.6)
	75 and older	32.2	(26.9-37.5)	31.2	(20.5-41.9)
Education	**Less than H.S.**	15.5	(8.8-22.1)	31.4	(13.2-49.5)
	H.S. Graduate	15.6	(12.2-18.9)	19.2	(12.9-25.6)
	Some College	13.5	(10.7-16.2)	16.3	(9.5-23.0)
	Voc./Assoc. Degree	11.3	(8.3-14.2)	9.8	(5.1-14.5)
	College Graduate	7.8	(6.4-9.1)	11.9	(7.2-16.6)
Poverty Status	**200% or Less**	15.2	(12.4-17.9)	18.3	(12.2-24.5)
	More than 200%	10.5	(9.1-11.9)	14.4	(10.4-18.4)

DS: Data suppressed due to < 30 responses

Table 2.1.K
Chronic and Other Medical Conditions: High Blood Pressure
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**40.8%**	**(38.4-43.2)**	**46.6%**	**(41.2-52.0)**
Sex	**Male**	43.3	(39.3-47.3)	50.6	(41.2-59.9)
	Female	38.3	(35.6-41.0)	42.6	(36.8-48.3)
Age	**18 to 34**	15.0	(9.8-20.3)	10.0	(1.0-19.0)
	35 to 44	30.2	(23.0-37.4)	31.1	(15.1-47.1)
	45 to 54	39.2	(33.4-44.9)	49.7	(38.6-60.8)
	55 to 64	51.3	(47.4-55.2)	58.0	(49.4-66.5)
	65 to 74	63.8	(59.7-67.9)	67.2	(58.4-76.0)
	75 and older	70.1	(65.2-75.1)	67.2	(56.4-77.9)
Education	**Less than H.S.**	67.6	(57.3-77.8)	53.6	(33.4-73.9)
	H.S. Graduate	50.3	(45.2-55.4)	57.3	(47.0-67.5)
	Some College	40.1	(35.2-45.0)	38.8	(27.8-49.7)
	Voc./Assoc. Degree	34.6	(30.1-39.0)	40.7	(31.5-49.9)
	College Graduate	25.0	(22.3-27.8)	37.0	(28.1-46.0)
Poverty Status	**200% or Less**	47.6	(42.8-52.4)	53.2	(44.7-61.7)
	More than 200%	35.9	(33.2-38.7)	42.1	(35.0-49.2)

DS: Data suppressed due to < 30 responses

Table 2.1.L
Chronic and Other Medical Conditions: High Cholesterol
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**33.1%**	**(30.9-35.3)**	**31.2%**	**(26.6-35.8)**
Sex	**Male**	32.0	(28.6-35.4)	35.1	(27.2-43.0)
	Female	34.2	(31.5-36.9)	27.3	(22.4-32.1)
Age	**18 to 34**	11.7	(7.3-16.1)	5.9	(0.0-12.8)
	35 to 44	22.9	(16.8-29.1)	17.7	(4.1-31.2)
	45 to 54	32.2	(26.9-37.6)	25.1	(15.5-34.8)
	55 to 64	46.4	(42.5-50.3)	35.3	(27.1-43.6)
	65 to 74	51.9	(47.5-56.4)	57.0	(48.0-66.0)
	75 and older	50.1	(44.3-55.8)	51.3	(39.7-62.9)
Education	**Less than H.S.**	32.3	(21.7-43.0)	33.3	(14.3-52.4)
	H.S. Graduate	39.5	(34.7-44.3)	35.7	(27.0-44.3)
	Some College	32.2	(27.8-36.7)	25.1	(16.8-33.5)
	Voc./Assoc. Degree	33.5	(28.7-38.2)	28.2	(20.1-36.2)
	College Graduate	25.9	(23.1-28.7)	32.3	(23.5-41.1)
Poverty Status	**200% or Less**	34.3	(30.1-38.4)	27.6	(21.0-34.1)
	More than 200%	31.3	(28.7-33.9)	31.7	(25.3-38.0)

DS: Data suppressed due to < 30 responses

Table 2.1.M
Chronic and Other Medical Conditions: Hepatitis C
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**2.4%**	**(1.5-3.3)**	**2.4%**	**(0.6-4.2)**
Sex	**Male**	2.1	(1.2-3.0)	3.8	(0.4-7.3)
	Female	2.7	(1.2-4.3)	0.9	(0.1-1.8)
Age	**18 to 34**	3.2	(0.2-6.3)	3.2	(0.0-9.5)
	35 to 44	3.1	(1.0-5.2)	3.0	(0.0-8.9)
	45 to 54	1.4	(0.7-2.0)	2.6	(0.0-6.8)
	55 to 64	2.2	(1.1-3.3)	0.6	(0.0-1.9)
	65 to 74	2.2	(1.1-3.3)	4.4	(0.0-9.0)
	75 and older	1.7	(0.3-3.0)	0.8	(0.0-2.4)
Education	**Less than H.S.**	1.8	(0.5-3.2)	4.5	(0.0-13.1)
	H.S. Graduate	3.1	(0.5-5.7)	4.6	(0.2-9.0)
	Some College	2.4	(1.2-3.6)	0.9	(0.0-2.2)
	Voc./Assoc. Degree	2.5	(0.7-4.4)	0.0	(0.0-0.0)
	College Graduate	1.7	(0.7-2.6)	0.7	(0.0-1.7)
Poverty Status	**200% or Less**	3.4	(2.1-4.8)	5.5	(0.7-10.4)
	More than 200%	1.3	(0.8-1.8)	0.4	(0.0-0.8)

DS: Data suppressed due to < 30 responses

Table 2.1.N
Chronic and Other Medical Conditions: Joint Problems
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**36.0%**	**(33.7-38.2)**	**43.8%**	**(38.4-49.2)**
Sex	**Male**	32.0	(28.5-35.5)	43.8	(34.9-52.8)
	Female	40.0	(37.3-42.7)	43.8	(37.8-49.7)
Age	**18 to 34**	13.8	(8.7-18.9)	14.9	(0.7-29.2)
	35 to 44	21.9	(16.5-27.3)	27.6	(11.8-43.4)
	45 to 54	35.2	(29.7-40.6)	46.8	(35.8-57.8)
	55 to 64	48.1	(44.2-52.0)	59.4	(51.1-67.8)
	65 to 74	54.5	(50.0-59.1)	49.3	(40.1-58.5)
	75 and older	62.5	(56.9-68.2)	64.6	(53.8-75.3)
Education	**Less than H.S.**	55.4	(43.2-67.6)	72.8	(55.2-90.3)
	H.S. Graduate	43.5	(38.6-48.4)	49.9	(40.1-59.8)
	Some College	36.7	(32.1-41.3)	41.4	(29.9-52.8)
	Voc./Assoc. Degree	34.1	(29.4-38.8)	29.2	(21.5-36.8)
	College Graduate	20.6	(18.4-22.9)	30.9	(22.7-39.1)
Poverty Status	**200% or Less**	44.2	(39.6-48.9)	51.2	(42.7-59.7)
	More than 200%	30.2	(27.7-32.8)	38.3	(31.2-45.3)

DS: Data suppressed due to < 30 responses

Table 2.1.O
Chronic and Other Medical Conditions: Kidney or Bladder Problems
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**15.1%**	**(13.4-16.8)**	**13.0%**	**(10.1-15.9)**
Sex	**Male**	17.0	(14.3-19.8)	13.8	(9.2-18.5)
	Female	13.1	(11.0-15.2)	12.1	(8.6-15.6)
Age	**18 to 34**	8.1	(4.1-12.2)	0.0	(0.0-0.0)
	35 to 44	8.9	(5.1-12.6)	2.2	(0.0-4.9)
	45 to 54	10.8	(7.2-14.5)	12.0	(4.5-19.4)
	55 to 64	13.6	(10.6-16.6)	10.6	(5.6-15.6)
	65 to 74	24.2	(19.7-28.7)	22.9	(15.1-30.8)
	75 and older	37.4	(31.8-43.0)	36.3	(25.2-47.5)
Education	**Less than H.S.**	25.7	(15.4-36.1)	11.5	(1.0-22.1)
	H.S. Graduate	19.0	(14.8-23.1)	16.1	(10.1-22.1)
	Some College	13.2	(10.6-15.7)	14.6	(8.6-20.6)
	Voc./Assoc. Degree	11.2	(8.6-13.7)	8.3	(4.3-12.4)
	College Graduate	11.3	(9.2-13.3)	8.0	(4.1-11.9)
Poverty Status	**200% or Less**	19.2	(15.7-22.7)	17.6	(11.8-23.4)
	More than 200%	11.9	(10.3-13.5)	9.6	(6.5-12.6)

DS: Data suppressed due to < 30 responses

Table 2.1.P
Chronic and Other Medical Conditions: Chronic Lung Disease
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**8.7%**	**(7.4-10.0)**	**7.6%**	**(5.4-9.8)**
Sex	**Male**	7.9	(6.1-9.6)	7.8	(4.4-11.2)
	Female	9.6	(7.5-11.6)	7.3	(4.5-10.2)
Age	**18 to 34**	3.8	(0.5-7.2)	0.0	(0.0-0.0)
	35 to 44	5.2	(2.5-8.0)	2.3	(0.0-6.9)
	45 to 54	7.4	(5.0-9.7)	5.8	(1.2-10.4)
	55 to 64	11.3	(8.5-14.2)	11.7	(6.2-17.1)
	65 to 74	12.3	(9.8-14.7)	14.6	(7.7-21.6)
	75 and older	17.6	(12.6-22.6)	10.5	(3.8-17.3)
Education	**Less than H.S.**	13.9	(7.4-20.4)	13.3	(2.2-24.4)
	H.S. Graduate	11.7	(8.2-15.1)	9.1	(4.7-13.4)
	Some College	10.2	(7.9-12.5)	9.6	(4.9-14.3)
	Voc./Assoc. Degree	7.3	(5.0-9.6)	2.1	(0.5-3.7)
	College Graduate	2.4	(1.6-3.2)	2.4	(0.5-4.3)
Poverty Status	**200% or Less**	13.1	(10.3-15.9)	12.8	(8.0-17.5)
	More than 200%	5.4	(4.4-6.5)	4.0	(2.0-5.9)

DS: Data suppressed due to < 30 responses

Table 2.1.Q
Chronic and Other Medical Conditions: Risk of Falling
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**13.2%**	**(11.4-15.0)**	**14.4%**	**(10.8-18.0)**
Sex	**Male**	12.8	(9.8-15.8)	17.5	(11.1-23.8)
	Female	13.6	(11.5-15.6)	11.3	(7.9-14.6)
Age	**18 to 34**	7.1	(1.7-12.4)	0.9	(0.0-2.8)
	35 to 44	5.3	(2.4-8.3)	11.9	(0.0-24.9)
	45 to 54	9.1	(6.4-11.8)	11.7	(4.7-18.6)
	55 to 64	12.7	(9.9-15.6)	17.4	(8.6-26.2)
	65 to 74	19.8	(15.4-24.2)	18.5	(10.8-26.2)
	75 and older	36.8	(31.2-42.4)	30.2	(19.7-40.7)
Education	**Less than H.S.**	28.1	(15.7-40.4)	39.7	(19.6-59.7)
	H.S. Graduate	19.3	(14.8-23.7)	16.4	(9.4-23.4)
	Some College	12.0	(9.6-14.4)	11.9	(6.7-17.1)
	Voc./Assoc. Degree	8.6	(6.3-10.9)	6.9	(2.7-11.0)
	College Graduate	4.9	(3.9-5.8)	6.9	(3.4-10.4)
Poverty Status	**200% or Less**	21.9	(17.5-26.2)	21.7	(14.6-28.7)
	More than 200%	7.7	(6.5-8.8)	10.1	(6.0-14.2)

DS: Data suppressed due to < 30 responses

Table 2.1.R
Chronic and Other Medical Conditions: Sleep-Related Disorders
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**26.1%**	**(23.8-28.3)**	**25.6%**	**(21.2-30.0)**
Sex	**Male**	25.5	(21.9-29.0)	25.5	(18.3-32.7)
	Female	26.7	(24.0-29.3)	25.7	(20.5-30.9)
Age	**18 to 34**	20.4	(14.4-26.4)	11.7	(0.4-22.9)
	35 to 44	19.9	(14.2-25.5)	26.2	(10.4-42.0)
	45 to 54	31.2	(26.0-36.4)	30.5	(20.4-40.6)
	55 to 64	28.7	(25.2-32.2)	30.6	(22.8-38.4)
	65 to 74	30.1	(25.4-34.7)	30.1	(21.5-38.7)
	75 and older	30.0	(24.7-35.3)	25.3	(15.6-35.1)
Education	**Less than H.S.**	36.3	(24.0-48.6)	44.5	(24.1-65.0)
	H.S. Graduate	32.4	(27.4-37.4)	27.4	(19.6-35.3)
	Some College	24.0	(20.3-27.7)	24.6	(15.4-33.9)
	Voc./Assoc. Degree	28.8	(23.9-33.7)	19.5	(12.9-26.0)
	College Graduate	16.0	(13.7-18.3)	18.4	(11.8-25.0)
Poverty Status	**200% or Less**	34.1	(29.5-38.8)	33.5	(25.6-41.3)
	More than 200%	21.0	(18.8-23.2)	20.9	(15.5-26.3)

DS: Data suppressed due to < 30 responses

Table 2.1.S
Chronic and Other Medical Conditions: Stroke-Related Health Problems
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**4.1%**	**(3.1-5.1)**	**4.0%**	**(2.0-5.9)**
Sex	**Male**	3.6	(2.7-4.5)	4.3	(1.7-7.0)
	Female	4.7	(2.9-6.4)	3.6	(0.8-6.4)
Age	**18 to 34**	3.4	(0.3-6.5)	0.0	(0.0-0.0)
	35 to 44	2.4	(1.1-3.8)	7.2	(0.0-17.4)
	45 to 54	2.3	(1.2-3.3)	1.5	(0.0-4.3)
	55 to 64	4.2	(2.9-5.6)	4.2	(0.7-7.6)
	65 to 74	6.1	(4.4-7.9)	6.3	(1.3-11.2)
	75 and older	8.2	(5.0-11.3)	6.9	(1.4-12.4)
Education	**Less than H.S.**	3.8	(0.6-6.9)	14.4	(0.0-29.4)
	H.S. Graduate	5.7	(2.9-8.4)	4.6	(1.3-7.8)
	Some College	4.1	(2.8-5.5)	2.9	(0.5-5.3)
	Voc./Assoc. Degree	3.5	(1.6-5.4)	0.8	(0.0-2.0)
	College Graduate	2.6	(1.7-3.4)	1.4	(0.0-3.2)
Poverty Status	**200% or Less**	5.4	(3.9-6.9)	6.2	(1.6-10.8)
	More than 200%	3.1	(2.4-3.9)	2.6	(1.0-4.2)

DS: Data suppressed due to < 30 responses

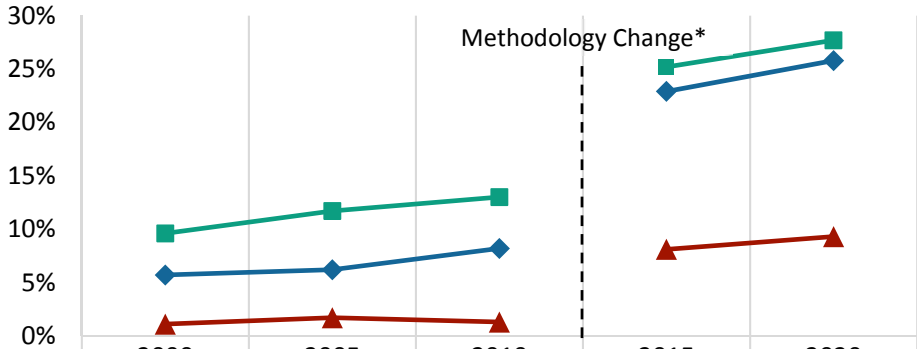
CHAPTER 3 | Mental Health

It is estimated that over half of Americans will be diagnosed with a mental illness at some point in their lifetime.[1] 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.[2,3] Untreated mental illness is also associated with unhealthy behaviors, including alcohol and drug abuse and self-destructive behavior. Results from the 2019 National Survey on Drug Use and Health estimate that 20.6% of U.S. adults suffer from mental illness, a continuation of a rising trend from 2008.[4]

New for 2020, post- traumatic stress disorder was added to the list of chronic health conditions plus a question about if respondents would be more likely to seek mental health care if the service was available at their primary care clinic. Also new for 2020 were questions regarding loneliness, a sense of belonging, and the presence of purpose and meaning in life.

SURVEY COMPARISON

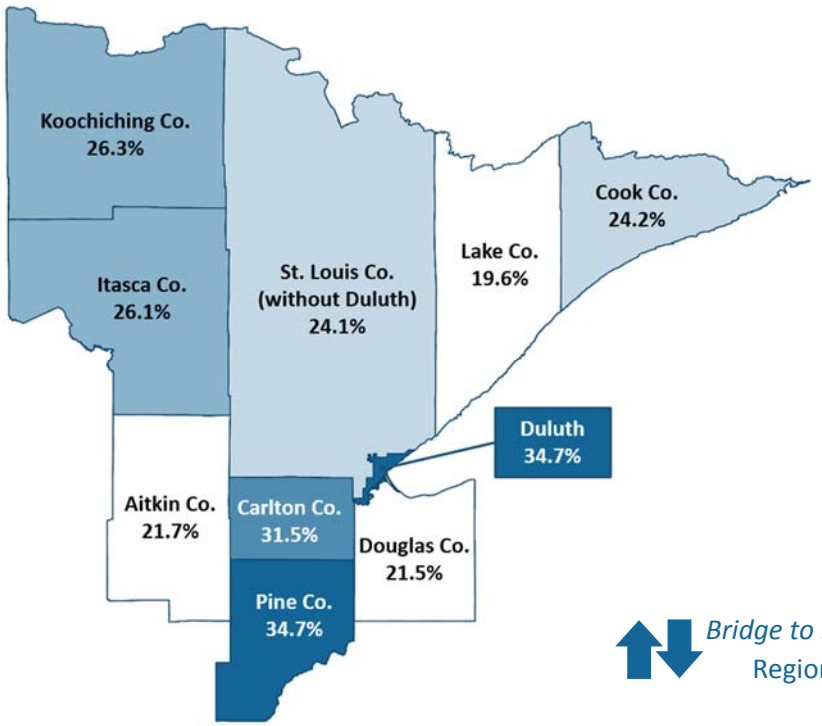
Bridge to Health Survey trend data and comparisons by region are provided in the three figures below. Prevalence increased for all three mental health conditions included on previous surveys (Fig. 3.1). In the region, prevalence of depression ranged from 19.6% in Lake County to 34.7% in Duluth and Pine County (Fig. 3.2). Respondents who answered yes, they have a sense of belonging or connectedness, ranged from 63.6% in Douglas County to 76.1% in Cook County (Fig. 3.3).

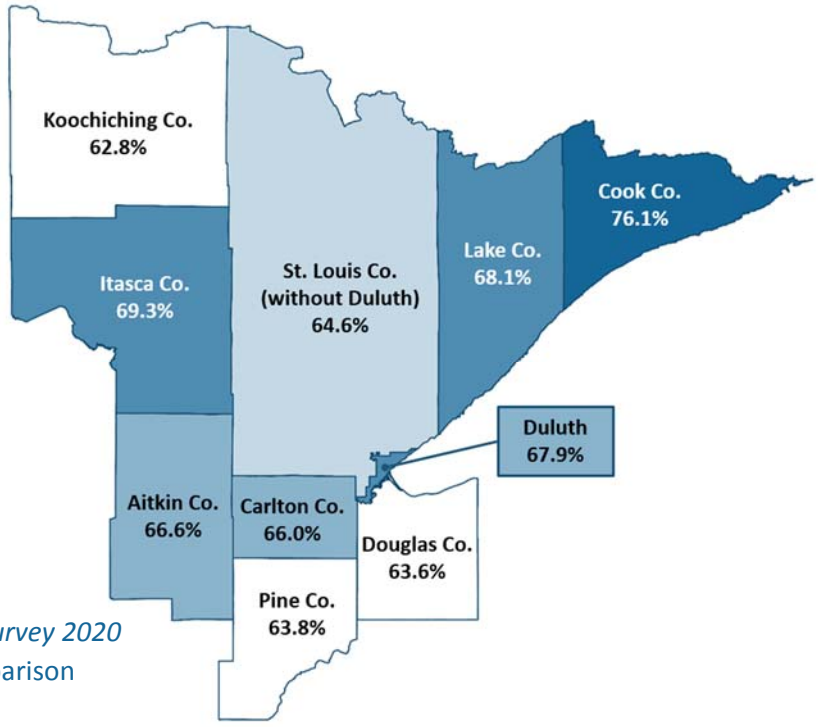


	2000	2005	2010	2015	2020
Anxiety or Panic Attacks	5.7%	6.2%	8.2%	22.9%	25.8%
Depression	9.6%	11.7%	13.0%	25.2%	27.7%
Other Mental Health Conditions	1.1%	1.7%	1.3%	8.1%	9.3%

FIGURE 3.1 – Prevalence of Mental Health Conditions by Survey Year

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*





Bridge to Health Survey 2020
Regional Comparison

FIGURE 3.2 – Prevalence of Depression by Strata

FIGURE 3.3 – Sense of Belonging or Connectedness (Yes) by Strata

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4. Substance Abuse and Mental Health Services Administration. (2020). *Key substance use and mental health indicators in the United States: Results from the 2019 National Survey on Drug Use and Health* (HHS Publication No. PEP20-07-01-001, NSDUH Series H-55). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Available at: https://www.samhsa.gov/data/sites/default/files/reports/rpt29393/2019NSDUHFFRPDFWHTML/2019NSDUHFFR1PDFW090120.pdf.

Table 3.1.A
Mental Health Conditions: Anxiety or Panic Attacks
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**25.8%**	**(23.3-28.2)**	**23.4%**	**(18.9-27.9)**
Sex	**Male**	19.9	(15.8-23.9)	17.1	(10.5-23.8)
	Female	31.7	(28.9-34.5)	29.7	(23.9-35.4)
Age	**18 to 34**	39.6	(32.6-46.6)	32.5	(16.4-48.6)
	35 to 44	28.7	(22.6-34.9)	38.4	(21.4-55.3)
	45 to 54	31.6	(26.0-37.2)	26.6	(16.9-36.2)
	55 to 64	17.3	(14.6-20.0)	17.4	(11.2-23.6)
	65 to 74	13.8	(11.1-16.5)	17.5	(10.1-24.9)
	75 and older	10.8	(7.4-14.2)	8.8	(2.5-15.1)
Education	**Less than H.S.**	29.9	(17.5-42.3)	40.8	(20.0-61.6)
	H.S. Graduate	27.3	(22.5-32.1)	17.5	(10.5-24.5)
	Some College	27.7	(22.0-33.4)	24.8	(15.1-34.5)
	Voc./Assoc. Degree	22.2	(18.2-26.2)	28.5	(18.7-38.2)
	College Graduate	22.1	(19.4-24.8)	21.3	(13.0-29.6)
Poverty Status	**200% or Less**	35.0	(30.3-39.6)	33.5	(24.9-42.2)
	More than 200%	21.2	(18.2-24.2)	17.8	(12.7-22.8)

DS: Data suppressed due to < 30 responses

Table 3.1.B
Mental Health Conditions: Depression
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**27.7%**	**(25.2-30.1)**	**26.3%**	**(21.1-31.5)**
Sex	**Male**	22.6	(18.5-26.7)	27.0	(18.3-35.7)
	Female	32.8	(30.0-35.5)	25.7	(20.0-31.3)
Age	**18 to 34**	39.3	(32.4-46.3)	39.2	(20.5-57.8)
	35 to 44	33.3	(26.6-40.1)	33.7	(16.9-50.5)
	45 to 54	31.5	(25.9-37.0)	31.6	(21.2-42.0)
	55 to 64	19.8	(17.2-22.5)	26.0	(17.2-34.8)
	65 to 74	18.6	(15.5-21.7)	13.9	(7.0-20.9)
	75 and older	12.5	(8.8-16.2)	8.9	(2.9-14.9)
Education	**Less than H.S.**	31.4	(18.9-43.9)	45.8	(25.2-66.4)
	H.S. Graduate	26.7	(22.1-31.2)	23.1	(13.5-32.7)
	Some College	32.9	(27.2-38.6)	31.0	(19.6-42.4)
	Voc./Assoc. Degree	26.4	(21.7-31.1)	22.0	(14.2-29.7)
	College Graduate	22.2	(19.5-24.9)	19.6	(11.9-27.3)
Poverty Status	**200% or Less**	40.5	(35.7-45.2)	38.9	(30.0-47.8)
	More than 200%	22.1	(19.1-25.1)	19.9	(13.4-26.3)

DS: Data suppressed due to < 30 responses

Table 3.1.C
Mental Health Conditions: Post-Traumatic Stress Disorder (PTSD)
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**9.9%**	**(8.2-11.7)**	**7.4%**	**(4.7-10.1)**
Sex	**Male**	9.1	(6.4-11.9)	7.3	(2.8-11.8)
	Female	10.7	(8.6-12.9)	7.4	(4.5-10.4)
Age	**18 to 34**	14.2	(9.0-19.4)	7.2	(0.0-14.8)
	35 to 44	14.1	(9.9-18.3)	18.2	(5.5-30.9)
	45 to 54	14.6	(9.7-19.5)	11.5	(4.7-18.3)
	55 to 64	5.0	(3.7-6.2)	4.9	(1.2-8.7)
	65 to 74	5.9	(3.6-8.3)	4.1	(0.0-8.5)
	75 and older	1.6	(0.6-2.7)	0.0	(0.0-0.0)
Education	**Less than H.S.**	22.5	(9.8-35.3)	14.9	(1.9-27.9)
	H.S. Graduate	9.0	(5.8-12.3)	9.2	(3.3-15.1)
	Some College	10.9	(7.7-14.1)	4.3	(1.4-7.2)
	Voc./Assoc. Degree	11.1	(7.1-15.1)	0.7	(0.0-1.4)
	College Graduate	5.7	(4.2-7.1)	9.2	(3.8-14.7)
Poverty Status	**200% or Less**	18.0	(14.0-21.9)	16.0	(9.1-22.9)
	More than 200%	5.6	(4.1-7.2)	2.7	(1.1-4.3)

DS: Data suppressed due to < 30 responses

Table 3.1.D
Mental Health Conditions: Other Mental Health Conditions
BRIDGE TO HEALTH SURVEY 2020
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?*				
Demographic Characteristics		**Region n=7539**		**Koochiching County n=694**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**9.3%**	**(7.6-11.0)**	**10.2%**	**(6.3-14.1)**
Sex	**Male**	9.0	(6.3-11.6)	12.0	(5.4-18.6)
	Female	9.7	(7.6-11.8)	8.4	(4.3-12.4)
Age	**18 to 34**	15.5	(10.3-20.6)	18.8	(4.1-33.4)
	35 to 44	10.8	(7.2-14.4)	16.9	(4.1-29.6)
	45 to 54	11.3	(6.9-15.8)	11.5	(4.9-18.1)
	55 to 64	6.2	(3.8-8.5)	6.9	(0.0-13.7)
	65 to 74	4.6	(2.9-6.3)	5.4	(0.4-10.5)
	75 and older	1.5	(0.5-2.5)	0.9	(0.0-2.6)
Education	**Less than H.S.**	23.4	(10.3-36.6)	19.0	(2.3-35.7)
	H.S. Graduate	9.9	(6.6-13.3)	8.3	(2.1-14.6)
	Some College	9.7	(6.9-12.5)	15.4	(5.5-25.3)
	Voc./Assoc. Degree	8.7	(5.4-12.1)	4.6	(0.0-9.2)
	College Graduate	4.3	(3.0-5.5)	5.8	(1.2-10.4)
Poverty Status	**200% or Less**	18.4	(14.3-22.5)	21.3	(12.7-30.0)
	More than 200%	4.8	(3.6-6.1)	4.6	(0.9-8.3)

DS: Data suppressed due to < 30 responses

Table 3.2.A
Mental Health Screening - Within Past Year
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had any screening for mental health issues such as depression or anxiety?*				
Demographic Characteristics		**Region n=7275**		**Koochiching County n=664**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**28.8%**	**(26.3-31.3)**	**21.0%**	**(16.6-25.4)**
Sex	**Male**	25.1	(20.8-29.4)	15.7	(9.6-21.8)
	Female	32.6	(30.1-35.2)	26.5	(20.5-32.4)
Age	**18 to 34**	31.7	(24.8-38.6)	29.9	(14.1-45.7)
	35 to 44	33.2	(26.2-40.2)	28.3	(12.6-43.9)
	45 to 54	35.9	(30.1-41.7)	18.2	(10.3-26.2)
	55 to 64	27.8	(24.2-31.3)	17.8	(11.5-24.1)
	65 to 74	22.1	(18.9-25.3)	17.7	(11.0-24.5)
	75 and older	13.4	(9.4-17.5)	12.1	(5.0-19.3)
Education	**Less than H.S.**	28.6	(15.0-42.1)	31.1	(6.3-55.9)
	H.S. Graduate	22.8	(18.3-27.3)	9.3	(4.5-14.2)
	Some College	33.2	(27.4-39.0)	26.2	(15.5-36.9)
	Voc./Assoc. Degree	27.9	(23.9-31.9)	28.7	(19.4-38.1)
	College Graduate	31.7	(28.4-34.9)	27.4	(18.6-36.1)
Poverty Status	**200% or Less**	31.7	(27.0-36.4)	24.6	(16.6-32.6)
	More than 200%	28.4	(25.2-31.6)	19.8	(14.2-25.4)

DS: Data suppressed due to < 30 responses

Table 3.2.B
Mental Health Screening - Never
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had any screening for mental health issues such as depression or anxiety?*				
Demographic Characteristics		**Region n=7275**		**Koochiching County n=664**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**48.1%**	**(45.4-50.8)**	**57.1%**	**(51.5-62.8)**
Sex	**Male**	54.9	(50.4-59.5)	61.5	(52.5-70.5)
	Female	41.0	(38.4-43.7)	52.6	(46.4-58.8)
Age	**18 to 34**	39.9	(32.4-47.5)	42.9	(22.4-63.3)
	35 to 44	39.0	(31.6-46.4)	50.3	(32.9-67.7)
	45 to 54	41.4	(35.6-47.1)	59.1	(48.4-69.8)
	55 to 64	54.1	(50.2-58.0)	54.7	(45.4-64.1)
	65 to 74	58.1	(53.4-62.8)	68.6	(59.6-77.6)
	75 and older	70.3	(64.5-76.1)	75.0	(64.9-85.0)
Education	**Less than H.S.**	44.3	(31.6-56.9)	53.1	(28.6-77.6)
	H.S. Graduate	56.8	(51.0-62.6)	65.3	(55.9-74.7)
	Some College	42.7	(37.5-47.9)	54.4	(41.6-67.2)
	Voc./Assoc. Degree	46.6	(41.4-51.7)	53.5	(43.5-63.5)
	College Graduate	45.4	(41.7-49.1)	48.9	(39.3-58.5)
Poverty Status	**200% or Less**	41.1	(36.2-46.0)	47.1	(38.4-55.8)
	More than 200%	51.0	(47.6-54.4)	61.1	(53.8-68.4)

DS: Data suppressed due to < 30 responses

Table 3.3
Delayed or Did Not Get Mental Health Care
BRIDGE TO HEALTH SURVEY 2020
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 concerns such as stress, depression, excess worrying, troubling thoughts, or emotional problems, but did not go or delayed talking with someone?*

Demographic Characteristics		Region n=7448		Koochiching County n=677	
		Percent	95% CI	Percent	95% CI
Overall Results		**16.7%**	**(14.3-19.1)**	**13.8%**	**(9.7-17.9)**
Sex	**Male**	14.2	(10.1-18.3)	10.8	(4.3-17.2)
	Female	19.2	(16.7-21.8)	16.8	(11.9-21.8)
Age	**18 to 34**	30.7	(23.5-37.8)	25.5	(10.4-40.6)
	35 to 44	20.0	(13.7-26.2)	20.7	(6.6-34.8)
	45 to 54	18.4	(13.6-23.1)	12.7	(5.6-19.7)
	55 to 64	8.2	(6.5-9.8)	10.9	(4.6-17.2)
	65 to 74	5.8	(4.2-7.3)	5.8	(0.9-10.8)
	75 and older	4.5	(2.0-7.1)	4.8	(0.0-9.5)
Education	**Less than H.S.**	18.5	(6.7-30.3)	12.2	(0.0-31.1)
	H.S. Graduate	14.2	(9.7-18.6)	11.7	(5.9-17.6)
	Some College	18.0	(12.1-23.8)	17.1	(7.0-27.2)
	Voc./Assoc. Degree	16.7	(12.2-21.2)	9.3	(3.2-15.5)
	College Graduate	18.0	(15.3-20.6)	16.7	(8.6-24.9)
Poverty Status	**200% or Less**	21.2	(16.8-25.6)	17.5	(10.1-24.9)
	More than 200%	15.0	(12.0-17.9)	12.1	(6.9-17.2)

DS: Data suppressed due to < 30 responses

Table 3.4.A

Likelihood of Seeking Mental Health Care if Available at Primary Care Clinic - Much More

BRIDGE TO HEALTH SURVEY 2020

Koochiching County

Question:	*If you or someone close to you needed mental health care, would you be more or less likely to seek care if it was available at your primary care clinic?*

Demographic Characteristics		Region n=7418		Koochiching County n=679	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.7%**	**(30.3-35.2)**	**29.9%**	**(24.9-34.9)**
Sex	**Male**	27.8	(24.0-31.5)	26.4	(18.2-34.5)
	Female	37.8	(34.9-40.7)	33.4	(27.6-39.2)
Age	**18 to 34**	30.1	(23.8-36.4)	27.9	(11.2-44.6)
	35 to 44	35.0	(27.4-42.6)	25.8	(9.9-41.7)
	45 to 54	31.8	(26.5-37.1)	34.4	(23.8-44.9)
	55 to 64	32.3	(28.6-36.1)	29.3	(21.2-37.3)
	65 to 74	35.4	(31.3-39.6)	27.1	(19.5-34.8)
	75 and older	35.0	(29.7-40.4)	35.6	(24.6-46.7)
Education	**Less than H.S.**	26.7	(17.1-36.3)	48.9	(27.4-70.5)
	H.S. Graduate	36.6	(31.1-42.0)	26.5	(17.5-35.5)
	Some College	33.0	(28.0-37.9)	29.1	(18.7-39.4)
	Voc./Assoc. Degree	29.4	(24.9-33.9)	25.1	(17.1-33.0)
	College Graduate	31.0	(27.8-34.2)	33.1	(24.3-41.9)
Poverty Status	**200% or Less**	33.6	(29.1-38.2)	35.6	(27.1-44.2)
	More than 200%	32.9	(29.9-35.9)	27.9	(21.3-34.5)

DS: Data suppressed due to < 30 responses

Table 3.4.B

Likelihood of Seeking Mental Health Care if Available at Primary Care Clinic - Less/Much Less

BRIDGE TO HEALTH SURVEY 2020

Koochiching County

Question:	*If you or someone close to you needed mental health care, would you be more or less likely to seek care if it was available at your primary care clinic?*

Demographic Characteristics		Region n=7418		Koochiching County n=679	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.5%**	**(3.1-6.0)**	**5.4%**	**(3.2-7.6)**
Sex	**Male**	5.4	(2.7-8.1)	5.1	(1.6-8.5)
	Female	3.7	(2.7-4.7)	5.7	(3.0-8.4)
Age	**18 to 34**	4.6	(0.2-9.1)	6.0	(0.0-13.3)
	35 to 44	3.6	(1.5-5.7)	2.0	(0.0-4.5)
	45 to 54	4.2	(2.1-6.3)	6.3	(0.6-12.0)
	55 to 64	4.8	(3.0-6.6)	5.5	(1.6-9.4)
	65 to 74	5.8	(1.6-9.9)	4.1	(0.7-7.6)
	75 and older	4.0	(1.3-6.6)	7.7	(1.8-13.6)
Education	**Less than H.S.**	17.4	(4.4-30.5)	3.4	(0.0-10.0)
	H.S. Graduate	4.0	(0.9-7.1)	8.0	(3.1-12.9)
	Some College	4.8	(3.0-6.6)	2.1	(0.1-4.2)
	Voc./Assoc. Degree	2.5	(1.4-3.6)	3.5	(0.0-7.9)
	College Graduate	2.3	(1.4-3.2)	7.3	(2.1-12.5)
Poverty Status	**200% or Less**	7.0	(3.0-11.0)	6.3	(2.9-9.7)
	More than 200%	2.7	(1.9-3.5)	3.4	(0.9-5.9)

DS: Data suppressed due to < 30 responses

Table 3.5
Poor Mental Health Days - 14 or More in Past 30 Days
BRIDGE TO HEALTH SURVEY 2020
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?*

Demographic Characteristics		Region n=6797		Koochiching County n=599	
		Percent	95% CI	Percent	95% CI
Overall Results		**15.5%**	**(13.0-18.1)**	**11.9%**	**(7.9-16.0)**
Sex	**Male**	15.9	(11.4-20.3)	13.4	(6.2-20.5)
	Female	15.2	(13.0-17.4)	10.5	(6.6-14.4)
Age	**18 to 34**	21.6	(14.8-28.4)	13.4	(1.0-25.8)
	35 to 44	22.8	(15.6-29.9)	15.9	(2.5-29.2)
	45 to 54	16.9	(11.9-21.9)	15.3	(7.2-23.3)
	55 to 64	9.8	(7.0-12.6)	13.5	(7.4-19.5)
	65 to 74	5.5	(3.9-7.2)	2.6	(0.0-5.5)
	75 and older	8.4	(4.3-12.5)	7.8	(0.0-16.9)
Education	**Less than H.S.**	33.4	(17.9-48.8)	28.8	(6.0-51.5)
	H.S. Graduate	16.6	(12.1-21.1)	8.1	(3.2-13.1)
	Some College	16.4	(10.3-22.5)	15.8	(5.8-25.8)
	Voc./Assoc. Degree	14.3	(10.0-18.6)	10.6	(3.9-17.3)
	College Graduate	9.6	(7.6-11.6)	6.6	(1.9-11.3)
Poverty Status	**200% or Less**	26.9	(21.9-31.9)	20.4	(11.9-28.8)
	More than 200%	11.1	(8.0-14.2)	9.0	(4.3-13.7)

DS: Data suppressed due to < 30 responses

Table 3.6.A
Suicide - Attempt in Past 6 Months
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you ever considered attempting suicide?*

Demographic Characteristics		Region n=7590		Koochiching County n=698	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.9%**	**(1.9-3.8)**	**2.9%**	**(0.5-5.4)**
Sex	**Male**	2.9	(1.6-4.3)	4.8	(0.1-9.6)
	Female	2.8	(1.6-4.1)	1.0	(0.0-2.1)
Age	**18 to 34**	6.1	(3.0-9.1)	6.0	(0.0-14.8)
	35 to 44	3.6	(1.0-6.2)	7.0	(0.0-18.4)
	45 to 54	2.4	(0.8-4.0)	4.3	(0.0-9.5)
	55 to 64	1.5	(0.6-2.4)	0.0	(0.0-0.0)
	65 to 74	0.7	(0.1-1.3)	0.0	(0.0-0.0)
	75 and older	0.0	(0.0-0.1)	1.2	(0.0-3.6)
Education	**Less than H.S.**	1.7	(0.2-3.2)	9.0	(0.0-25.3)
	H.S. Graduate	3.3	(1.2-5.5)	1.5	(0.0-3.6)
	Some College	2.9	(1.3-4.6)	4.7	(0.0-11.2)
	Voc./Assoc. Degree	3.9	(0.5-7.2)	0.0	(0.0-0.0)
	College Graduate	2.0	(1.2-2.9)	2.4	(0.0-5.1)
Poverty Status	**200% or Less**	4.7	(2.7-6.7)	4.6	(0.0-10.2)
	More than 200%	2.2	(1.1-3.3)	2.3	(0.0-5.0)

DS: Data suppressed due to < 30 responses

Table 3.6.B
Suicide - Attempt in Past Year
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you ever considered attempting suicide?*				
Demographic Characteristics		**Region n=7590**		**Koochiching County n=698**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**2.0%**	**(1.4-2.7)**	**0.7%**	**(0.1-1.2)**
Sex	**Male**	1.4	(0.8-2.0)	0.7	(0.0-1.5)
	Female	2.7	(1.6-3.8)	0.6	(0.0-1.3)
Age	**18 to 34**	3.9	(1.9-6.0)	0.0	(0.0-0.0)
	35 to 44	1.6	(0.6-2.5)	1.3	(0.0-3.3)
	45 to 54	2.3	(0.5-4.1)	1.6	(0.0-3.4)
	55 to 64	1.3	(0.7-2.0)	0.3	(0.0-0.8)
	65 to 74	1.0	(0.4-1.6)	0.0	(0.0-0.0)
	75 and older	0.2	(0.0-0.5)	1.2	(0.0-3.6)
Education	**Less than H.S.**	0.5	(0.0-1.3)	0.0	(0.0-0.0)
	H.S. Graduate	2.5	(0.9-4.1)	0.4	(0.0-1.3)
	Some College	2.5	(1.2-3.8)	0.4	(0.0-1.2)
	Voc./Assoc. Degree	1.6	(0.5-2.6)	1.9	(0.0-4.0)
	College Graduate	1.6	(0.9-2.3)	0.9	(0.0-2.3)
Poverty Status	**200% or Less**	3.8	(2.0-5.6)	1.0	(0.0-2.0)
	More than 200%	1.3	(0.8-1.8)	0.5	(0.0-1.2)

DS: Data suppressed due to < 30 responses

Table 3.6.C
Suicide - Attempt More than a Year Ago
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you ever considered attempting suicide?*				
Demographic Characteristics		**Region n=7590**		**Koochiching County n=698**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**9.4%**	**(8.0-10.8)**	**9.5%**	**(6.2-12.8)**
Sex	**Male**	7.6	(5.5-9.7)	9.1	(3.9-14.4)
	Female	11.2	(9.3-13.0)	9.8	(5.9-13.8)
Age	**18 to 34**	15.4	(11.0-19.7)	15.5	(3.6-27.5)
	35 to 44	9.0	(6.0-12.1)	14.9	(3.6-26.1)
	45 to 54	13.7	(9.8-17.6)	12.8	(5.3-20.2)
	55 to 64	6.3	(4.9-7.8)	7.7	(2.3-13.2)
	65 to 74	4.1	(2.9-5.4)	4.5	(0.5-8.4)
	75 and older	0.8	(0.2-1.3)	0.0	(0.0-0.0)
Education	**Less than H.S.**	14.7	(3.6-25.8)	10.4	(0.0-22.8)
	H.S. Graduate	6.3	(4.2-8.4)	7.5	(2.2-12.8)
	Some College	9.6	(7.0-12.2)	9.3	(1.4-17.2)
	Voc./Assoc. Degree	10.7	(7.6-13.8)	11.8	(4.8-18.8)
	College Graduate	10.9	(8.6-13.1)	11.7	(5.9-17.5)
Poverty Status	**200% or Less**	14.1	(10.5-17.7)	8.2	(3.2-13.1)
	More than 200%	7.7	(6.4-9.1)	11.2	(6.5-16.0)

DS: Data suppressed due to < 30 responses

Table 3.7.A
Social and Emotional Support - Always
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=7445		Koochiching County n=687	
		Percent	95% CI	Percent	95% CI
Overall Results		**31.0%**	**(28.8-33.3)**	**33.2%**	**(27.8-38.6)**
Sex	**Male**	28.8	(25.2-32.4)	29.4	(20.4-38.3)
	Female	33.3	(30.6-36.0)	37.0	(31.1-43.0)
Age	**18 to 34**	22.7	(17.3-28.1)	30.8	(11.4-50.3)
	35 to 44	28.8	(22.3-35.2)	33.9	(18.3-49.4)
	45 to 54	33.2	(27.5-39.0)	32.6	(22.2-43.0)
	55 to 64	32.8	(29.3-36.4)	28.2	(20.5-35.8)
	65 to 74	36.3	(32.2-40.5)	38.5	(29.7-47.3)
	75 and older	41.7	(35.9-47.5)	39.2	(28.0-50.5)
Education	**Less than H.S.**	36.9	(25.5-48.2)	23.6	(4.9-42.3)
	H.S. Graduate	31.0	(26.1-35.9)	26.8	(19.1-34.5)
	Some College	30.0	(25.5-34.4)	43.1	(29.9-56.2)
	Voc./Assoc. Degree	30.1	(25.6-34.5)	26.7	(18.4-35.1)
	College Graduate	31.2	(27.8-34.5)	39.8	(30.5-49.1)
Poverty Status	**200% or Less**	27.4	(23.4-31.3)	27.9	(20.4-35.4)
	More than 200%	32.5	(29.6-35.4)	36.7	(29.1-44.3)

DS: Data suppressed due to < 30 responses

Table 3.7.B
Social and Emotional Support - Rarely or Never
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=7445		Koochiching County n=687	
		Percent	95% CI	Percent	95% CI
Overall Results		**12.3%**	**(10.5-14.2)**	**15.8%**	**(11.5-20.2)**
Sex	**Male**	15.6	(12.3-18.8)	23.1	(15.1-31.0)
	Female	9.0	(7.4-10.6)	8.6	(5.4-11.8)
Age	**18 to 34**	11.2	(6.4-16.0)	15.7	(1.2-30.2)
	35 to 44	12.9	(7.3-18.5)	15.2	(2.3-28.1)
	45 to 54	11.6	(8.0-15.3)	20.7	(10.6-30.8)
	55 to 64	16.3	(12.9-19.6)	17.8	(9.6-26.0)
	65 to 74	10.1	(7.3-13.0)	14.2	(7.6-20.8)
	75 and older	11.1	(7.2-15.1)	9.0	(3.3-14.7)
Education	**Less than H.S.**	15.6	(8.6-22.6)	27.1	(5.6-48.5)
	H.S. Graduate	17.7	(13.0-22.4)	20.0	(11.4-28.6)
	Some College	12.5	(9.3-15.6)	12.6	(4.6-20.6)
	Voc./Assoc. Degree	11.4	(7.3-15.5)	15.9	(8.3-23.5)
	College Graduate	4.9	(3.6-6.1)	7.4	(2.6-12.1)
Poverty Status	**200% or Less**	16.3	(12.3-20.2)	24.8	(16.5-33.0)
	More than 200%	10.2	(8.1-12.2)	10.6	(5.4-15.9)

DS: Data suppressed due to < 30 responses

Table 3.8.A
Loneliness and Isolation - Never
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How often do you feel lonely or isolated from those around you?*

Demographic Characteristics		Region n=7460		Koochiching County n=687	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.4%**	**(29.8-35.0)**	**31.9%**	**(26.5-37.3)**
Sex	**Male**	36.3	(31.9-40.7)	36.5	(27.3-45.7)
	Female	28.4	(25.8-31.1)	27.3	(22.0-32.5)
Age	**18 to 34**	25.0	(17.6-32.5)	23.2	(3.6-42.8)
	35 to 44	28.0	(21.1-34.9)	26.9	(12.6-41.2)
	45 to 54	32.8	(27.1-38.6)	33.0	(22.1-43.9)
	55 to 64	34.8	(31.0-38.6)	30.8	(22.8-38.7)
	65 to 74	38.4	(34.2-42.7)	38.5	(29.3-47.8)
	75 and older	43.8	(37.9-49.7)	42.7	(31.1-54.3)
Education	**Less than H.S.**	37.6	(26.4-48.9)	18.6	(4.3-33.0)
	H.S. Graduate	35.8	(29.8-41.8)	33.2	(24.5-42.0)
	Some College	32.7	(27.7-37.7)	37.2	(23.7-50.7)
	Voc./Assoc. Degree	30.3	(25.9-34.8)	25.3	(17.8-32.8)
	College Graduate	27.2	(24.0-30.4)	32.0	(23.1-41.0)
Poverty Status	**200% or Less**	26.8	(22.8-30.8)	23.8	(17.0-30.7)
	More than 200%	34.3	(30.8-37.7)	35.7	(28.0-43.4)

DS: Data suppressed due to < 30 responses

Table 3.8.B
Loneliness and Isolation - Often or Always
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How often do you feel lonely or isolated from those around you?*

Demographic Characteristics		Region n=7460		Koochiching County n=687	
		Percent	95% CI	Percent	95% CI
Overall Results		**11.5%**	**(9.5-13.6)**	**11.5%**	**(7.8-15.3)**
Sex	**Male**	10.3	(6.6-13.9)	13.0	(6.4-19.5)
	Female	12.8	(10.9-14.8)	10.1	(6.6-13.6)
Age	**18 to 34**	17.4	(10.9-23.9)	15.6	(3.6-27.6)
	35 to 44	12.0	(7.7-16.2)	14.4	(1.2-27.5)
	45 to 54	14.5	(9.9-19.1)	18.4	(9.4-27.5)
	55 to 64	8.3	(6.4-10.3)	10.1	(3.0-17.3)
	65 to 74	4.7	(3.1-6.2)	3.8	(0.8-6.8)
	75 and older	6.7	(3.7-9.8)	5.1	(0.8-9.4)
Education	**Less than H.S.**	23.5	(10.9-36.1)	28.0	(8.2-47.7)
	H.S. Graduate	10.8	(7.7-13.8)	11.1	(4.5-17.7)
	Some College	13.9	(8.5-19.4)	11.0	(3.7-18.4)
	Voc./Assoc. Degree	8.8	(6.2-11.3)	7.0	(2.1-11.8)
	College Graduate	7.6	(6.0-9.2)	8.2	(3.0-13.5)
Poverty Status	**200% or Less**	19.7	(15.6-23.8)	22.7	(14.2-31.3)
	More than 200%	8.2	(5.6-10.9)	5.4	(2.3-8.5)

DS: Data suppressed due to < 30 responses

Table 3.9.A
Purposeful and Meaningful Life - Strongly Agree
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How strongly do you agree or disagree with this statement: "I lead a purposeful and meaningful life."?*

Demographic Characteristics		Region n=7424		Koochiching County n=687	
		Percent	95% CI	Percent	95% CI
Overall Results		**34.5%**	**(32.0-37.1)**	**37.0%**	**(31.2-42.7)**
Sex	**Male**	35.1	(30.7-39.4)	36.0	(26.2-45.7)
	Female	34.0	(31.5-36.6)	38.0	(31.8-44.1)
Age	**18 to 34**	33.0	(25.9-40.1)	57.2	(39.0-75.4)
	35 to 44	34.3	(27.8-40.8)	32.6	(18.0-47.3)
	45 to 54	39.5	(33.7-45.4)	36.8	(25.9-47.7)
	55 to 64	35.3	(31.6-39.0)	28.2	(20.6-35.8)
	65 to 74	33.1	(29.1-37.1)	29.5	(21.7-37.3)
	75 and older	31.7	(26.2-37.2)	33.6	(21.9-45.3)
Education	**Less than H.S.**	21.1	(12.5-29.8)	22.9	(5.5-40.3)
	H.S. Graduate	30.9	(24.9-36.9)	29.4	(19.3-39.5)
	Some College	30.8	(26.2-35.3)	47.8	(34.8-60.7)
	Voc./Assoc. Degree	36.5	(31.4-41.6)	32.8	(23.6-41.9)
	College Graduate	46.7	(43.1-50.3)	44.7	(35.1-54.3)
Poverty Status	**200% or Less**	24.8	(20.9-28.7)	23.1	(15.7-30.5)
	More than 200%	40.1	(36.7-43.4)	45.3	(37.4-53.2)

DS: Data suppressed due to < 30 responses

Table 3.9.B
Purposeful and Meaningful Life - Disagree or Strongly Disagree
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How strongly do you agree or disagree with this statement: "I lead a purposeful and meaningful life."?*

Demographic Characteristics		Region n=7424		Koochiching County n=687	
		Percent	95% CI	Percent	95% CI
Overall Results		**11.2%**	**(9.1-13.3)**	**10.2%**	**(6.9-13.5)**
Sex	**Male**	13.2	(9.4-17.1)	12.4	(6.6-18.3)
	Female	9.2	(7.8-10.7)	8.0	(5.1-10.8)
Age	**18 to 34**	16.5	(9.9-23.1)	6.9	(0.0-15.8)
	35 to 44	9.8	(5.7-13.9)	13.1	(0.6-25.6)
	45 to 54	9.1	(6.5-11.7)	14.9	(7.0-22.7)
	55 to 64	12.0	(8.6-15.4)	9.7	(3.6-15.9)
	65 to 74	6.3	(4.2-8.4)	7.9	(3.4-12.4)
	75 and older	8.3	(5.2-11.4)	10.0	(3.4-16.7)
Education	**Less than H.S.**	20.2	(8.4-32.0)	23.7	(3.8-43.5)
	H.S. Graduate	10.2	(7.3-13.1)	10.5	(5.2-15.7)
	Some College	15.7	(10.1-21.2)	10.6	(3.3-17.9)
	Voc./Assoc. Degree	10.9	(6.5-15.3)	5.8	(1.7-9.8)
	College Graduate	4.9	(3.6-6.2)	6.4	(2.6-10.3)
Poverty Status	**200% or Less**	17.8	(13.9-21.7)	13.5	(7.1-20.0)
	More than 200%	8.4	(5.7-11.2)	7.2	(3.6-10.8)

DS: Data suppressed due to < 30 responses

Table 3.10
Sense of Belonging or Connectedness - Yes
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Do you feel a sense of belonging or connectedness outside yourself/family?*

Demographic Characteristics		Region n=7412		Koochiching County n=672	
		Percent	95% CI	Percent	95% CI
Overall Results		**66.1%**	**(63.2-68.9)**	**62.8%**	**(57.4-68.1)**
Sex	**Male**	63.0	(58.2-67.8)	60.2	(51.2-69.2)
	Female	69.3	(66.5-72.0)	65.4	(59.5-71.3)
Age	**18 to 34**	57.9	(50.0-65.8)	58.0	(39.9-76.2)
	35 to 44	74.1	(67.8-80.3)	62.2	(45.5-79.0)
	45 to 54	66.5	(60.9-72.2)	60.9	(50.1-71.6)
	55 to 64	67.2	(63.1-71.2)	67.5	(59.0-76.1)
	65 to 74	72.1	(68.3-75.9)	63.5	(54.2-72.8)
	75 and older	65.4	(59.6-71.1)	64.5	(52.9-76.2)
Education	**Less than H.S.**	40.9	(29.0-52.8)	44.6	(23.4-65.7)
	H.S. Graduate	56.8	(50.7-63.0)	63.6	(54.6-72.7)
	Some College	66.7	(61.1-72.3)	63.8	(51.7-75.8)
	Voc./Assoc. Degree	70.3	(65.4-75.1)	59.0	(49.0-69.0)
	College Graduate	81.9	(79.0-84.7)	70.6	(60.8-80.4)
Poverty Status	**200% or Less**	56.2	(51.3-61.2)	58.7	(50.1-67.3)
	More than 200%	70.8	(67.1-74.4)	65.8	(58.8-72.8)

DS: Data suppressed due to < 30 responses

CHAPTER 4 | Preventive Health Practices

Survey data on self-reported behaviors in the areas of weight status, physical activity, and nutrition are provided in this chapter. Healthy behaviors including regular exercise and healthy eating patterns play an important role in maintaining an optimal weight. Obesity is a leading health concern in the U.S. with prevalence increasing by 12% in the past decade[1] and accounting for more than $147 billion in annual medical costs.[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, reduces anxiety and depression, and improves sleep. National survey data indicate that only 26% of men and 20% of women meet the guidelines for both aerobic and muscle-strengthening activities.[4]

Healthy eating patterns are key to good health and quality of life. The *2020-2025 Dietary Guidelines for Americans* promote the consumption of vegetables, whole fruits, whole 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. Adult fruit and vegetable daily intake continues to be low with only 12% of adults in Minnesota and Wisconsin consuming the recommended amount of fruit, and 8% adults consuming the recommended amount of vegetables.[6]

Weight Status

Self-reported height and weight data collected in the *2020 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[4]:

- Move more and sit less throughout the day
- Aerobic activity:
  - 150 to 300 minutes (2.5 to 5 hours) each week of moderate-intensity aerobic physical activity (such as brisk walking or tennis)

  Or
  - 75 minutes (1.25 to 2.5 hours) each week of vigorous-intensity aerobic physical activity (such as jogging or swimming laps)

  Or
  - 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.

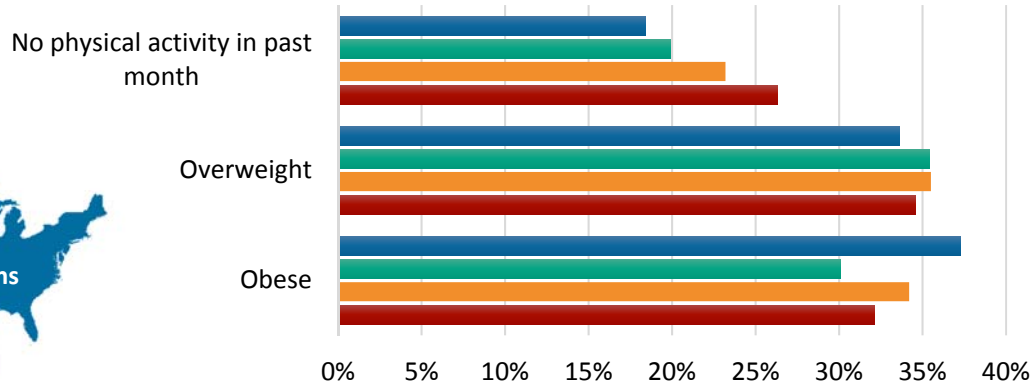
Diet and Nutrition

In the current survey, respondents were asked questions about fruit, vegetable, and beverage consumption, and sources of food. 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 *2020-2025 Dietary Guidelines for Americans*.[5]

Survey Comparison

Bridge to Health Survey trend data and comparisons by nation, state, and region are provided in the four figures below. The survey area exceeds state and national prevalence for obesity (Fig.4.1) and does not meet the Healthy People 2030 goals. Exercise levels remain about the same compared to past surveys, but obesity has risen (Fig. 4.2). Across the region in 2020, prevalence of overweight or obese status ranged from 57.3% in Cook County to 78.9% in Carlton County (Fig. 4.3), and prevalence of no physical activity in the past month ranged from 15.4% in Cook County to 23.4% in Koochiching County (Fig. 4.4).

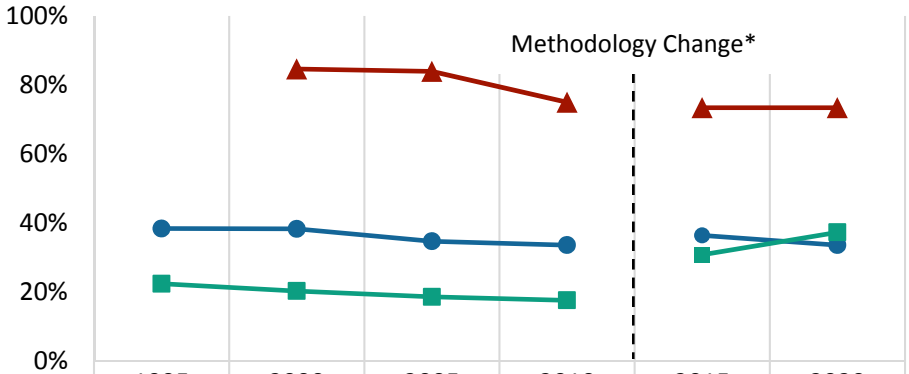
Healthy People 2030 Goals[8]	
36%	Obesity



	Obese	Overweight	No physical activity in past month
Bridge to Health 2020	37.3%	33.6%	18.4%
Minnesota*	30.1%	35.4%	19.9%
Wisconsin*	34.2%	35.5%	23.2%
National*	32.1%	34.6%	26.3%

FIGURE 4.1 – Weight and Physical Activity Status Prevalence by Region, State, Nation

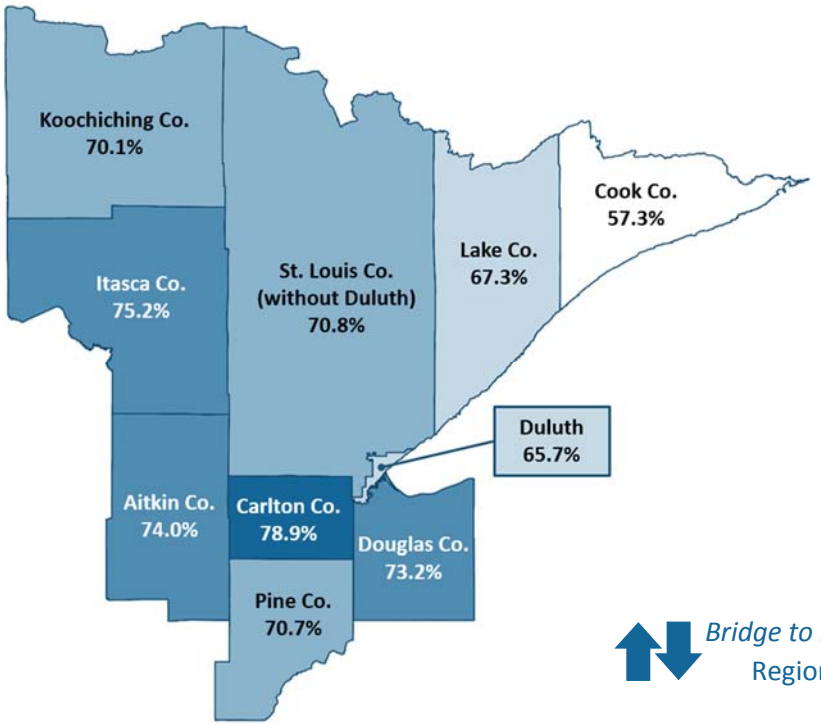
**CDC Behavioral Risk Factor Surveillance System 2019[9]*

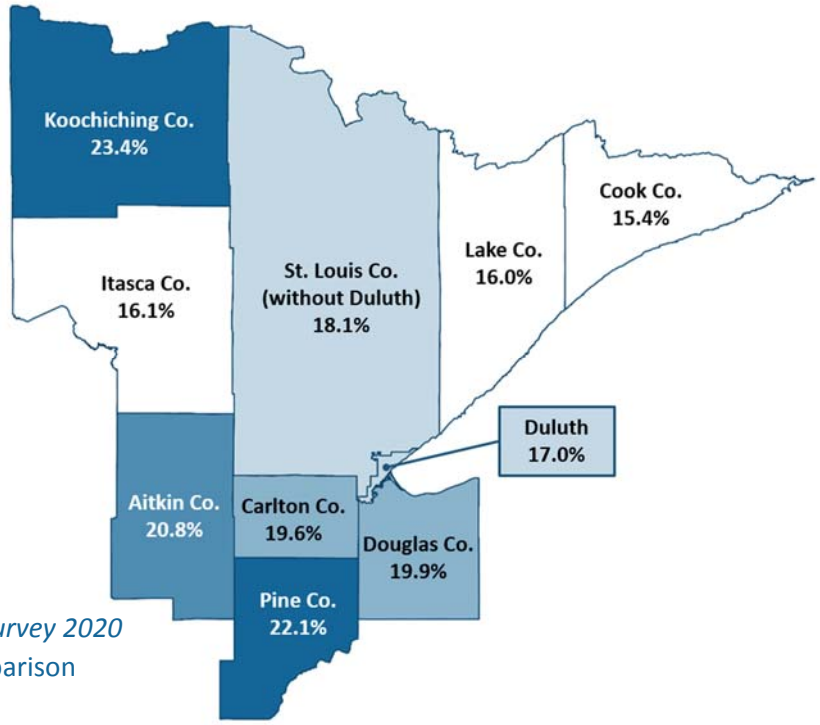


	1995	2000	2005	2010	2015	2020
Overweight	38.4%	38.3%	34.7%	33.6%	36.4%	33.6%
Obese	22.4%	20.3%	18.6%	17.6%	30.8%	37.3%
Moderate or Vigorous Activity	NOT COLLECTED	84.6%	83.9%	75.0%	73.4%	73.4%

FIGURE 4.2 – Weight and Physical Activity Status Prevalence by Survey Year

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*





Bridge to Health Survey 2020
Regional Comparison

FIGURE 4.3 – Prevalence of Overweight or Obese by Strata

FIGURE 4.4 – No Physical Activity in Past Month by Strata

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Table 4.1.A
Weight Status Based on Body Mass Index (BMI)
BMI: Approximation of Body Fat Based on Weight and Height
Not Overweight
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=7364		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**29.1%**	**(26.7-31.5)**	**29.9%**	**(24.3-35.5)**
Sex	**Male**	26.2	(22.0-30.3)	28.6	(18.7-38.4)
	Female	32.1	(29.6-34.5)	31.3	(25.8-36.7)
Age	**18 to 34**	35.6	(28.7-42.6)	41.6	(21.5-61.6)
	35 to 44	23.3	(17.1-29.5)	25.0	(11.5-38.5)
	45 to 54	23.0	(18.6-27.4)	25.4	(15.6-35.2)
	55 to 64	26.6	(23.2-30.0)	25.6	(18.4-32.7)
	65 to 74	27.5	(23.6-31.4)	26.0	(17.6-34.5)
	75 and older	36.3	(30.7-41.8)	34.4	(23.5-45.3)
Education	**Less than H.S.**	22.6	(13.4-31.8)	21.9	(5.4-38.4)
	H.S. Graduate	28.2	(23.5-32.9)	29.5	(20.2-38.9)
	Some College	26.5	(20.8-32.1)	31.6	(17.3-45.9)
	Voc./Assoc. Degree	24.8	(20.6-28.9)	24.8	(16.6-33.0)
	College Graduate	37.3	(33.7-40.8)	35.7	(26.5-44.8)
Poverty Status	**200% or Less**	27.0	(23.1-30.9)	28.2	(20.6-35.7)
	More than 200%	30.0	(26.8-33.2)	31.1	(23.1-39.1)

DS: Data suppressed due to < 30 responses

Table 4.1.B
Weight Status Based on Body Mass Index (BMI)
BMI: Approximation of Body Fat Based on Weight and Height
Overweight Or Obese
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=7364		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**70.9%**	**(68.5-73.3)**	**70.1%**	**(64.5-75.7)**
Sex	**Male**	73.8	(69.7-78.0)	71.4	(61.6-81.3)
	Female	67.9	(65.5-70.4)	68.7	(63.3-74.2)
Age	**18 to 34**	64.4	(57.4-71.3)	58.4	(38.4-78.5)
	35 to 44	76.7	(70.5-82.9)	75.0	(61.5-88.5)
	45 to 54	77.0	(72.6-81.4)	74.6	(64.8-84.4)
	55 to 64	73.4	(70.0-76.8)	74.4	(67.3-81.6)
	65 to 74	72.5	(68.6-76.4)	74.0	(65.5-82.4)
	75 and older	63.7	(58.2-69.3)	65.6	(54.7-76.5)
Education	**Less than H.S.**	77.4	(68.2-86.6)	78.1	(61.6-94.6)
	H.S. Graduate	71.8	(67.1-76.5)	70.5	(61.1-79.8)
	Some College	73.5	(67.9-79.2)	68.4	(54.1-82.7)
	Voc./Assoc. Degree	75.2	(71.1-79.4)	75.2	(67.0-83.4)
	College Graduate	62.7	(59.2-66.3)	64.3	(55.2-73.5)
Poverty Status	**200% or Less**	73.0	(69.1-76.9)	71.8	(64.3-79.4)
	More than 200%	70.0	(66.8-73.2)	68.9	(60.9-76.9)

DS: Data suppressed due to < 30 responses

Table 4.1.C
Weight Status Based on Body Mass Index (BMI)
BMI: Approximation of Body Fat Based on Weight and Height
Overweight But Not Obese
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=7364		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**33.6%**	**(31.1-36.2)**	**29.3%**	**(24.5-34.1)**
Sex	**Male**	37.1	(32.8-41.5)	32.3	(24.3-40.4)
	Female	30.0	(27.4-32.7)	26.2	(20.9-31.6)
Age	**18 to 34**	33.7	(26.2-41.2)	14.5	(3.0-25.9)
	35 to 44	26.4	(20.1-32.7)	32.5	(14.6-50.3)
	45 to 54	31.0	(26.0-36.0)	30.8	(20.5-41.1)
	55 to 64	34.5	(31.0-38.1)	29.7	(21.7-37.7)
	65 to 74	37.0	(32.4-41.6)	33.1	(24.8-41.3)
	75 and older	41.1	(35.3-46.9)	42.6	(30.8-54.4)
Education	**Less than H.S.**	31.2	(20.1-42.3)	34.0	(15.3-52.8)
	H.S. Graduate	34.5	(28.3-40.7)	27.3	(18.6-36.0)
	Some College	31.8	(27.2-36.4)	30.1	(19.6-40.7)
	Voc./Assoc. Degree	35.2	(30.2-40.1)	30.5	(21.5-39.4)
	College Graduate	34.6	(31.3-37.9)	29.1	(21.2-37.1)
Poverty Status	**200% or Less**	26.6	(22.6-30.7)	25.1	(18.0-32.1)
	More than 200%	35.9	(32.6-39.2)	30.9	(24.3-37.5)

DS: Data suppressed due to < 30 responses

Table 4.1.D
Weight Status Based on Body Mass Index (BMI)
BMI: Approximation of Body Fat Based on Weight and Height
Obese
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=7364		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**37.3%**	**(34.8-39.8)**	**40.8%**	**(35.3-46.3)**
Sex	**Male**	36.7	(32.5-40.9)	39.1	(30.2-48.0)
	Female	37.9	(35.1-40.7)	42.5	(36.3-48.7)
Age	**18 to 34**	30.7	(24.5-36.9)	44.0	(25.4-62.5)
	35 to 44	50.3	(42.7-57.9)	42.5	(25.2-59.9)
	45 to 54	46.0	(40.0-52.0)	43.8	(32.7-55.0)
	55 to 64	38.8	(34.9-42.8)	44.7	(35.6-53.8)
	65 to 74	35.5	(31.3-39.8)	40.9	(31.6-50.2)
	75 and older	22.6	(18.0-27.2)	23.0	(13.5-32.5)
Education	**Less than H.S.**	46.2	(33.6-58.8)	44.1	(23.7-64.4)
	H.S. Graduate	37.3	(32.0-42.6)	43.2	(33.3-53.0)
	Some College	41.7	(36.4-47.0)	38.3	(26.4-50.2)
	Voc./Assoc. Degree	40.0	(34.8-45.3)	44.8	(34.7-54.8)
	College Graduate	28.1	(24.8-31.4)	35.2	(25.4-45.0)
Poverty Status	**200% or Less**	46.3	(41.6-51.1)	46.8	(38.1-55.5)
	More than 200%	34.1	(31.0-37.2)	37.9	(30.7-45.2)

DS: Data suppressed due to < 30 responses

Table 4.2.A
Source of Food - One Or More Times Per Week
Supermarket or Large Grocery Store
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=7365		Koochiching County n=677	
		Percent	95% CI	Percent	95% CI
Overall Results		**60.3%**	**(57.8-62.9)**	**63.4%**	**(58.1-68.7)**
Sex	**Male**	61.2	(56.9-65.5)	66.7	(58.2-75.3)
	Female	59.4	(56.8-62.0)	60.0	(53.9-66.2)
Age	**18 to 34**	54.5	(47.2-61.8)	63.8	(46.6-80.9)
	35 to 44	70.7	(64.4-77.1)	55.1	(37.0-73.2)
	45 to 54	63.3	(57.9-68.8)	57.2	(46.1-68.4)
	55 to 64	61.4	(57.7-65.1)	63.3	(54.8-71.8)
	65 to 74	60.4	(56.1-64.7)	72.3	(64.2-80.3)
	75 and older	54.3	(48.4-60.2)	68.4	(57.3-79.6)
Education	**Less than H.S.**	48.7	(36.4-61.0)	41.1	(21.0-61.3)
	H.S. Graduate	57.9	(52.3-63.5)	63.2	(53.7-72.7)
	Some College	61.3	(56.2-66.3)	66.3	(54.9-77.8)
	Voc./Assoc. Degree	61.7	(56.7-66.7)	59.7	(49.9-69.5)
	College Graduate	65.0	(61.7-68.3)	72.2	(63.7-80.6)
Poverty Status	**200% or Less**	49.9	(45.0-54.8)	53.0	(44.3-61.7)
	More than 200%	65.1	(62.1-68.2)	69.1	(62.3-76.0)

DS: Data suppressed due to < 30 responses

Table 4.2.B
Source of Food - One Or More Times Per Week
Small Grocery Store
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=6432		Koochiching County n=558	
		Percent	95% CI	Percent	95% CI
Overall Results		**25.9%**	**(23.5-28.3)**	**23.9%**	**(18.9-29.0)**
Sex	**Male**	24.2	(20.3-28.0)	22.2	(14.2-30.1)
	Female	27.6	(24.7-30.5)	25.6	(19.3-32.0)
Age	**18 to 34**	27.5	(21.4-33.6)	26.9	(11.6-42.2)
	35 to 44	26.7	(20.3-33.1)	22.6	(9.8-35.4)
	45 to 54	31.5	(25.1-37.8)	25.3	(14.7-35.9)
	55 to 64	25.9	(22.4-29.4)	32.4	(21.6-43.1)
	65 to 74	19.7	(16.1-23.4)	11.6	(5.7-17.6)
	75 and older	17.6	(12.8-22.4)	16.6	(4.9-28.4)
Education	**Less than H.S.**	23.3	(11.1-35.4)	37.8	(13.7-61.9)
	H.S. Graduate	28.0	(22.3-33.8)	22.6	(13.0-32.2)
	Some College	23.6	(18.9-28.3)	21.2	(11.2-31.1)
	Voc./Assoc. Degree	27.2	(22.9-31.5)	30.8	(20.5-41.1)
	College Graduate	25.9	(22.6-29.2)	20.3	(11.5-29.0)
Poverty Status	**200% or Less**	25.9	(20.7-31.1)	31.1	(21.9-40.3)
	More than 200%	25.8	(23.1-28.5)	21.6	(15.3-28.0)

DS: Data suppressed due to < 30 responses

Table 4.2.C
Source of Food - One Or More Times Per Week
Convenience Store or Gas Station
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=6343		Koochiching County n=545	
		Percent	95% CI	Percent	95% CI
Overall Results		**22.6%**	**(19.7-25.5)**	**10.7%**	**(7.0-14.5)**
Sex	**Male**	25.1	(20.1-30.2)	13.3	(6.6-19.9)
	Female	20.1	(17.2-22.9)	8.3	(4.6-12.1)
Age	**18 to 34**	30.4	(22.5-38.2)	15.0	(1.9-28.0)
	35 to 44	25.2	(18.7-31.8)	10.4	(1.6-19.3)
	45 to 54	27.9	(21.5-34.4)	9.5	(2.5-16.5)
	55 to 64	15.2	(11.9-18.5)	11.3	(4.0-18.5)
	65 to 74	12.5	(9.4-15.5)	6.9	(2.0-11.8)
	75 and older	13.1	(8.5-17.6)	9.5	(0.1-18.9)
Education	**Less than H.S.**	32.0	(16.8-47.1)	8.5	(0.0-20.8)
	H.S. Graduate	25.7	(19.4-31.9)	10.3	(3.9-16.7)
	Some College	26.6	(20.1-33.1)	10.4	(1.8-19.0)
	Voc./Assoc. Degree	18.5	(14.5-22.6)	25.0	(14.5-35.5)
	College Graduate	14.2	(11.5-16.9)	2.9	(0.0-7.0)
Poverty Status	**200% or Less**	26.5	(20.6-32.3)	14.4	(8.1-20.6)
	More than 200%	20.6	(17.2-24.0)	9.6	(4.6-14.6)

DS: Data suppressed due to < 30 responses

Table 4.2.D
Source of Food - One Or More Times Per Week
Food Shelf or Pantry
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=6211		Koochiching County n=548	
		Percent	95% CI	Percent	95% CI
Overall Results		**0.6%**	**(0.2-1.0)**	**1.0%**	**(0.0-2.0)**
Sex	**Male**	0.4	(0.0-0.9)	1.3	(0.0-3.0)
	Female	0.8	(0.1-1.4)	0.7	(0.0-1.7)
Age	**18 to 34**	0.2	(0.0-0.4)	0.0	(0.0-0.0)
	35 to 44	1.3	(0.0-3.2)	2.5	(0.0-7.3)
	45 to 54	0.4	(0.0-0.8)	0.5	(0.0-1.5)
	55 to 64	0.9	(0.1-1.7)	1.1	(0.0-3.3)
	65 to 74	0.9	(0.0-2.3)	0.0	(0.0-0.0)
	75 and older	0.3	(0.0-0.7)	2.6	(0.0-7.5)
Education	**Less than H.S.**	0.8	(0.0-2.0)	3.6	(0.0-10.7)
	H.S. Graduate	0.4	(0.1-0.7)	1.8	(0.0-4.4)
	Some College	1.2	(0.0-2.5)	0.3	(0.0-0.9)
	Voc./Assoc. Degree	0.7	(0.1-1.2)	0.0	(0.0-0.0)
	College Graduate	0.1	(0.0-0.2)	0.0	(0.0-0.0)
Poverty Status	**200% or Less**	1.6	(0.4-2.9)	2.1	(0.0-4.7)
	More than 200%	0.1	(0.0-0.3)	0.4	(0.0-1.3)

DS: Data suppressed due to < 30 responses

Table 4.2.E
Source of Food - One Or More Times Per Week
Some Other Place
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=5712		Koochiching County n=507	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.1%**	**(3.1-5.1)**	**3.8%**	**(1.9-5.7)**
Sex	**Male**	3.6	(2.1-5.2)	3.3	(0.3-6.3)
	Female	4.5	(3.3-5.7)	4.2	(1.9-6.6)
Age	**18 to 34**	4.9	(2.4-7.4)	0.9	(0.0-2.7)
	35 to 44	4.2	(1.3-7.1)	3.1	(0.0-8.3)
	45 to 54	4.7	(2.7-6.7)	8.3	(0.7-16.0)
	55 to 64	4.1	(2.3-5.9)	2.5	(0.0-6.0)
	65 to 74	2.9	(1.5-4.3)	2.7	(0.0-5.5)
	75 and older	1.5	(0.6-2.4)	8.1	(1.3-14.9)
Education	**Less than H.S.**	1.2	(0.0-2.9)	0.0	(0.0-0.0)
	H.S. Graduate	2.5	(0.9-4.1)	3.4	(0.0-7.0)
	Some College	3.6	(1.8-5.4)	4.6	(0.7-8.5)
	Voc./Assoc. Degree	4.3	(2.6-6.0)	4.6	(0.0-10.1)
	College Graduate	6.8	(4.3-9.3)	3.7	(0.6-6.8)
Poverty Status	**200% or Less**	4.1	(2.1-6.1)	3.2	(0.4-5.9)
	More than 200%	4.3	(3.1-5.5)	4.4	(1.7-7.0)

DS: Data suppressed due to < 30 responses

Table 4.3.A
Fruit and Vegetable Consumption - Total Servings Yesterday
0 Servings
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Questions:	*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?* *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?* *A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday?*

Demographic Characteristics		Region n=7451		Koochiching County n=679	
		Percent	95% CI	Percent	95% CI
Overall Results		**6.6%**	**(4.8-8.5)**	**7.1%**	**(3.8-10.5)**
Sex	**Male**	8.3	(4.9-11.7)	9.0	(2.9-15.1)
	Female	5.0	(3.9-6.0)	5.3	(2.4-8.2)
Age	**18 to 34**	10.2	(4.1-16.3)	14.0	(0.4-27.7)
	35 to 44	9.9	(5.3-14.5)	6.0	(0.3-11.7)
	45 to 54	5.9	(3.7-8.2)	10.9	(4.0-17.8)
	55 to 64	4.7	(3.4-6.0)	5.1	(1.2-9.0)
	65 to 74	3.4	(2.2-4.7)	1.4	(0.0-3.1)
	75 and older	2.5	(1.1-3.9)	2.6	(0.0-6.3)
Education	**Less than H.S.**	8.8	(1.9-15.6)	4.3	(0.0-12.7)
	H.S. Graduate	7.0	(4.6-9.4)	12.0	(3.8-20.2)
	Some College	7.9	(2.5-13.3)	3.9	(0.7-7.2)
	Voc./Assoc. Degree	7.0	(3.9-10.2)	7.7	(1.5-13.9)
	College Graduate	3.9	(2.5-5.2)	2.8	(0.5-5.0)
Poverty Status	**200% or Less**	8.4	(6.1-10.8)	7.3	(3.0-11.5)
	More than 200%	6.1	(3.5-8.8)	7.3	(2.5-12.2)

DS: Data suppressed due to < 30 responses

Table 4.3.B
Fruit and Vegetable Consumption - Total Servings Yesterday
5 Or More Servings
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Questions:	*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?* *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?* *A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday?*

Demographic Characteristics		Region n=7451		Koochiching County n=679	
		Percent	95% CI	Percent	95% CI
Overall Results		**26.8%**	**(24.7-28.9)**	**26.1%**	**(21.5-30.7)**
Sex	**Male**	22.5	(19.2-25.7)	22.3	(14.9-29.7)
	Female	31.1	(28.7-33.5)	29.8	(24.3-35.3)
Age	**18 to 34**	24.9	(19.9-30.0)	16.7	(4.0-29.4)
	35 to 44	26.3	(20.4-32.2)	36.1	(19.5-52.7)
	45 to 54	27.7	(22.4-33.0)	27.9	(18.1-37.7)
	55 to 64	26.1	(22.6-29.5)	28.1	(19.5-36.7)
	65 to 74	28.3	(24.6-31.9)	22.2	(15.4-29.0)
	75 and older	30.2	(24.7-35.6)	30.5	(20.1-41.0)
Education	**Less than H.S.**	23.4	(12.4-34.4)	30.5	(7.0-54.1)
	H.S. Graduate	22.0	(18.0-25.9)	24.0	(16.2-31.7)
	Some College	23.5	(19.7-27.3)	27.9	(17.4-38.4)
	Voc./Assoc. Degree	24.3	(20.4-28.2)	18.1	(12.1-24.1)
	College Graduate	39.0	(35.5-42.5)	31.6	(23.0-40.1)
Poverty Status	**200% or Less**	25.6	(21.6-29.6)	28.2	(20.4-35.9)
	More than 200%	27.4	(24.8-29.9)	24.6	(18.6-30.7)

DS: Data suppressed due to < 30 responses

Table 4.4.A
Beverage Consumption - Fruit Drinks
Never Or Less Than One Time Per Week
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How often did you drink the following beverages in the past week?*

Demographic Characteristics		Region n=7433		Koochiching County n=679	
		Percent	95% CI	Percent	95% CI
Overall Results		**77.1%**	**(74.7-79.6)**	**75.1%**	**(70.0-80.2)**
Sex	**Male**	73.7	(69.4-77.9)	67.0	(58.0-76.0)
	Female	80.7	(78.3-83.0)	83.1	(78.4-87.8)
Age	**18 to 34**	71.2	(64.1-78.3)	74.1	(57.8-90.4)
	35 to 44	77.5	(71.4-83.7)	71.5	(53.7-89.3)
	45 to 54	79.9	(75.0-84.7)	76.8	(67.2-86.5)
	55 to 64	81.6	(78.8-84.5)	75.7	(66.7-84.7)
	65 to 74	80.4	(77.0-83.9)	76.9	(68.5-85.2)
	75 and older	74.7	(69.1-80.3)	74.8	(64.5-85.2)
Education	**Less than H.S.**	61.9	(49.3-74.5)	70.3	(53.2-87.3)
	H.S. Graduate	77.7	(73.6-81.7)	64.4	(54.1-74.8)
	Some College	73.4	(67.4-79.5)	84.0	(75.4-92.6)
	Voc./Assoc. Degree	75.9	(71.3-80.5)	75.7	(66.4-85.0)
	College Graduate	85.8	(83.2-88.5)	85.3	(78.3-92.2)
Poverty Status	**200% or Less**	72.5	(68.1-76.9)	69.7	(61.6-77.9)
	More than 200%	79.1	(76.0-82.3)	77.7	(70.7-84.7)

DS: Data suppressed due to < 30 responses

Table 4.4.B
Beverage Consumption - Fruit Drinks
Once A Day Or More
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How often did you drink the following beverages in the past week?*

Demographic Characteristics		Region n=7433		Koochiching County n=679	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.1%**	**(3.2-4.9)**	**7.2%**	**(4.4-10.1)**
Sex	**Male**	3.8	(2.6-5.1)	8.8	(4.0-13.6)
	Female	4.3	(3.1-5.5)	5.6	(2.4-8.8)
Age	**18 to 34**	1.7	(0.2-3.3)	3.1	(0.0-9.0)
	35 to 44	3.0	(0.2-5.9)	6.3	(0.0-13.9)
	45 to 54	4.2	(2.4-6.0)	7.6	(0.9-14.3)
	55 to 64	4.6	(2.9-6.4)	9.6	(2.1-17.0)
	65 to 74	5.6	(3.8-7.5)	6.0	(1.4-10.5)
	75 and older	8.3	(4.4-12.2)	11.6	(3.8-19.4)
Education	**Less than H.S.**	7.5	(3.0-12.0)	14.2	(1.5-26.9)
	H.S. Graduate	6.2	(3.9-8.5)	12.2	(5.9-18.5)
	Some College	3.5	(2.1-5.0)	5.3	(0.3-10.2)
	Voc./Assoc. Degree	3.3	(1.9-4.7)	1.8	(0.0-3.9)
	College Graduate	1.4	(0.8-1.9)	0.4	(0.0-1.2)
Poverty Status	**200% or Less**	6.3	(4.3-8.3)	13.9	(7.2-20.7)
	More than 200%	3.0	(2.1-4.0)	3.2	(0.7-5.7)

DS: Data suppressed due to < 30 responses

Table 4.4.C
Beverage Consumption - Sports Drinks
Never Or Less Than One Time Per Week
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How often did you drink the following beverages in the past week?*

Demographic Characteristics		Region n=7406		Koochiching County n=675	
		Percent	95% CI	Percent	95% CI
Overall Results		**75.1%**	**(72.5-77.8)**	**75.4%**	**(70.3-80.6)**
Sex	**Male**	68.0	(63.5-72.4)	65.8	(56.8-74.8)
	Female	82.4	(79.8-85.1)	84.8	(79.7-89.9)
Age	**18 to 34**	64.5	(57.3-71.8)	66.2	(48.2-84.3)
	35 to 44	66.0	(58.5-73.5)	69.4	(54.4-84.4)
	45 to 54	74.5	(69.0-80.1)	62.7	(51.3-74.2)
	55 to 64	83.2	(80.3-86.1)	84.6	(78.2-91.0)
	65 to 74	85.0	(81.5-88.5)	85.5	(78.6-92.3)
	75 and older	88.4	(84.1-92.7)	85.4	(76.9-94.0)
Education	**Less than H.S.**	75.0	(64.3-85.6)	62.8	(42.0-83.6)
	H.S. Graduate	74.5	(69.2-79.9)	74.5	(64.9-84.1)
	Some College	72.3	(66.3-78.3)	74.1	(62.8-85.3)
	Voc./Assoc. Degree	72.0	(66.1-77.8)	77.8	(69.0-86.7)
	College Graduate	80.9	(77.8-84.0)	83.5	(76.7-90.4)
Poverty Status	**200% or Less**	74.9	(70.3-79.4)	78.1	(70.5-85.7)
	More than 200%	75.1	(71.7-78.4)	73.9	(66.7-81.0)

DS: Data suppressed due to < 30 responses

Table 4.4.D
Beverage Consumption - Sports Drinks
Once A Day Or More
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How often did you drink the following beverages in the past week?*

Demographic Characteristics		Region n=7406		Koochiching County n=675	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.8%**	**(1.9-3.8)**	**4.1%**	**(1.9-6.2)**
Sex	**Male**	3.7	(2.2-5.3)	5.3	(2.0-8.7)
	Female	1.9	(0.9-2.9)	2.8	(0.1-5.6)
Age	**18 to 34**	2.4	(0.6-4.2)	3.1	(0.0-9.0)
	35 to 44	2.8	(0.1-5.6)	3.0	(0.0-7.8)
	45 to 54	6.0	(2.1-9.9)	8.1	(0.6-15.6)
	55 to 64	2.1	(1.1-3.2)	4.9	(0.9-8.8)
	65 to 74	1.4	(0.7-2.2)	2.3	(0.0-4.9)
	75 and older	2.4	(0.6-4.2)	1.8	(0.0-4.3)
Education	**Less than H.S.**	6.9	(0.0-15.1)	11.2	(0.0-24.5)
	H.S. Graduate	3.3	(1.6-5.0)	3.9	(0.6-7.3)
	Some College	2.1	(0.8-3.4)	5.1	(0.1-10.2)
	Voc./Assoc. Degree	3.4	(1.0-5.9)	1.5	(0.0-3.2)
	College Graduate	1.7	(0.8-2.5)	1.2	(0.0-2.8)
Poverty Status	**200% or Less**	4.6	(2.0-7.1)	4.5	(1.2-7.7)
	More than 200%	2.2	(1.4-3.1)	3.5	(0.6-6.4)

DS: Data suppressed due to < 30 responses

Table 4.4.E
Beverage Consumption - Regular Soda Or Pop
Never Or Less Than One Time Per Week
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How often did you drink the following beverages in the past week?*

Demographic Characteristics		Region n=7464		Koochiching County n=690	
		Percent	95% CI	Percent	95% CI
Overall Results		**46.4%**	**(43.7-49.0)**	**47.0%**	**(41.4-52.6)**
Sex	**Male**	39.3	(34.8-43.7)	40.5	(31.0-49.9)
	Female	53.7	(50.9-56.4)	53.5	(47.4-59.6)
Age	**18 to 34**	46.6	(39.2-53.9)	42.7	(23.1-62.2)
	35 to 44	35.6	(28.9-42.3)	46.2	(29.0-63.3)
	45 to 54	44.6	(38.9-50.4)	54.3	(43.3-65.4)
	55 to 64	52.1	(48.2-56.0)	48.7	(39.9-57.6)
	65 to 74	46.3	(41.9-50.8)	43.1	(34.1-52.2)
	75 and older	52.5	(46.6-58.4)	46.8	(35.3-58.3)
Education	**Less than H.S.**	41.0	(28.6-53.3)	36.4	(15.8-57.0)
	H.S. Graduate	43.0	(37.1-48.9)	41.2	(31.5-50.8)
	Some College	41.6	(36.5-46.7)	49.5	(36.8-62.3)
	Voc./Assoc. Degree	48.3	(43.2-53.5)	45.1	(35.4-54.8)
	College Graduate	56.8	(53.3-60.3)	61.4	(52.1-70.8)
Poverty Status	**200% or Less**	42.8	(38.1-47.6)	46.0	(37.7-54.4)
	More than 200%	48.5	(45.1-51.9)	48.8	(41.1-56.5)

DS: Data suppressed due to < 30 responses

Table 4.4.F
Beverage Consumption - Regular Soda Or Pop
Once A Day Or More
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How often did you drink the following beverages in the past week?*

Demographic Characteristics		Region n=7464		Koochiching County n=690	
		Percent	95% CI	Percent	95% CI
Overall Results		**15.6%**	**(13.4-17.9)**	**13.9%**	**(9.8-17.9)**
Sex	**Male**	18.1	(14.2-22.1)	18.9	(11.6-26.1)
	Female	13.1	(11.1-15.0)	8.9	(5.3-12.5)
Age	**18 to 34**	15.9	(9.5-22.3)	20.7	(5.7-35.8)
	35 to 44	21.9	(15.5-28.4)	14.3	(2.2-26.4)
	45 to 54	20.8	(15.8-25.8)	15.0	(6.3-23.8)
	55 to 64	12.7	(10.2-15.2)	8.9	(4.6-13.3)
	65 to 74	11.3	(8.6-14.0)	11.3	(5.7-16.9)
	75 and older	9.7	(5.3-14.2)	12.9	(4.6-21.2)
Education	**Less than H.S.**	25.1	(13.1-37.1)	13.8	(0.0-28.6)
	H.S. Graduate	18.2	(14.0-22.4)	16.5	(9.2-23.8)
	Some College	18.5	(13.0-24.0)	13.8	(4.1-23.5)
	Voc./Assoc. Degree	12.3	(9.2-15.5)	16.2	(8.5-23.9)
	College Graduate	8.0	(6.3-9.7)	6.8	(2.9-10.8)
Poverty Status	**200% or Less**	22.1	(17.8-26.3)	14.2	(7.6-20.8)
	More than 200%	12.9	(10.0-15.7)	13.6	(8.1-19.1)

DS: Data suppressed due to < 30 responses

Table 4.4.G
Beverage Consumption - Energy Drinks
Never Or Less Than One Time Per Week
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How often did you drink the following beverages in the past week?*

Demographic Characteristics		Region n=7367		Koochiching County n=674	
		Percent	95% CI	Percent	95% CI
Overall Results		**89.7%**	**(87.5-92.0)**	**91.2%**	**(87.4-95.0)**
Sex	**Male**	87.2	(83.2-91.2)	89.2	(82.8-95.6)
	Female	92.3	(90.4-94.2)	93.2	(89.2-97.1)
Age	**18 to 34**	79.2	(72.3-86.0)	78.6	(63.5-93.6)
	35 to 44	84.2	(78.2-90.3)	86.6	(74.9-98.4)
	45 to 54	92.6	(89.6-95.7)	89.5	(82.9-96.0)
	55 to 64	95.1	(93.4-96.9)	97.5	(95.1-99.9)
	65 to 74	98.3	(97.0-99.5)	98.7	(96.8-100.0)
	75 and older	99.3	(98.2-100.0)	98.8	(96.4-100.0)
Education	**Less than H.S.**	87.3	(76.4-98.1)	93.2	(83.2-100.0)
	H.S. Graduate	90.1	(86.1-94.1)	93.0	(87.5-98.5)
	Some College	87.4	(81.8-93.1)	85.1	(74.7-95.5)
	Voc./Assoc. Degree	90.6	(86.4-94.7)	93.7	(87.7-99.6)
	College Graduate	92.2	(89.8-94.6)	94.5	(90.2-98.9)
Poverty Status	**200% or Less**	85.9	(81.5-90.3)	85.5	(77.5-93.5)
	More than 200%	91.1	(88.3-93.9)	93.4	(89.1-97.6)

DS: Data suppressed due to < 30 responses

Table 4.4.H
Beverage Consumption - Energy Drinks
Once A Day Or More
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How often did you drink the following beverages in the past week?*

Demographic Characteristics		Region n=7367		Koochiching County n=674	
		Percent	95% CI	Percent	95% CI
Overall Results		**1.3%**	**(0.8-1.8)**	**1.9%**	**(0.0-3.7)**
Sex	**Male**	1.4	(0.5-2.2)	1.5	(0.0-4.1)
	Female	1.2	(0.6-1.8)	2.2	(0.0-4.9)
Age	**18 to 34**	2.3	(1.0-3.7)	7.4	(0.0-16.2)
	35 to 44	1.8	(0.0-3.8)	0.0	(0.0-0.0)
	45 to 54	1.4	(0.0-2.8)	0.4	(0.0-1.2)
	55 to 64	0.8	(0.3-1.4)	0.6	(0.0-1.7)
	65 to 74	0.1	(0.0-0.2)	0.9	(0.0-2.8)
	75 and older	0.0	(0.0-0.0)	0.0	(0.0-0.0)
Education	**Less than H.S.**	0.9	(0.0-2.1)	0.0	(0.0-0.0)
	H.S. Graduate	1.1	(0.1-2.1)	2.5	(0.0-6.2)
	Some College	1.9	(0.6-3.3)	2.3	(0.0-6.7)
	Voc./Assoc. Degree	1.7	(0.0-3.5)	2.3	(0.0-6.4)
	College Graduate	0.7	(0.3-1.1)	0.4	(0.0-1.2)
Poverty Status	**200% or Less**	2.1	(0.7-3.4)	3.5	(0.0-7.7)
	More than 200%	1.0	(0.5-1.6)	1.2	(0.0-3.2)

DS: Data suppressed due to < 30 responses

Table 4.5.A
Physical Activity
Any Physical Activity In Past 30 Days
BRIDGE TO HEALTH SURVEY 2020
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=7536		Koochiching County n=693	
		Percent	95% CI	Percent	95% CI
Overall Results		**81.6%**	**(79.8-83.4)**	**76.6%**	**(72.4-80.8)**
Sex	**Male**	82.8	(79.9-85.6)	76.8	(70.1-83.5)
	Female	80.3	(78.3-82.4)	76.4	(71.4-81.4)
Age	**18 to 34**	92.2	(89.3-95.2)	94.3	(88.4-100.0)
	35 to 44	86.5	(82.2-90.8)	77.0	(62.5-91.4)
	45 to 54	80.6	(76.3-84.9)	73.6	(63.2-84.0)
	55 to 64	79.9	(76.5-83.3)	74.0	(65.6-82.4)
	65 to 74	75.1	(70.3-79.9)	72.9	(64.8-81.0)
	75 and older	61.2	(55.3-67.0)	61.2	(50.0-72.4)
Education	**Less than H.S.**	56.4	(44.4-68.5)	48.8	(27.6-69.9)
	H.S. Graduate	75.9	(71.9-79.9)	69.9	(61.7-78.1)
	Some College	82.2	(79.0-85.4)	84.2	(78.0-90.3)
	Voc./Assoc. Degree	86.0	(82.7-89.4)	76.7	(68.1-85.2)
	College Graduate	93.1	(91.8-94.3)	91.0	(85.2-96.7)
Poverty Status	**200% or Less**	71.3	(67.4-75.3)	62.5	(54.3-70.7)
	More than 200%	87.3	(85.5-89.0)	85.3	(81.0-89.6)

DS: Data suppressed due to < 30 responses

Table 4.5.B
Physical Activity
Moderate Or Vigorous Activity 3 Or More Days Per Week
BRIDGE TO HEALTH SURVEY 2020
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?*

Demographic Characteristics		Region n=7387		Koochiching County n=677	
		Percent	95% CI	Percent	95% CI
Overall Results		**73.4%**	**(71.1-75.7)**	**65.8%**	**(60.4-71.1)**
Sex	**Male**	76.4	(72.5-80.3)	63.6	(54.5-72.7)
	Female	70.4	(67.9-72.9)	68.0	(62.3-73.7)
Age	**18 to 34**	77.5	(71.1-83.8)	72.1	(55.8-88.5)
	35 to 44	76.3	(70.6-82.0)	54.0	(35.9-72.0)
	45 to 54	72.0	(66.7-77.4)	71.6	(61.5-81.7)
	55 to 64	74.4	(70.8-78.1)	72.2	(63.1-81.3)
	65 to 74	70.6	(66.5-74.7)	64.7	(55.9-73.4)
	75 and older	62.4	(56.8-68.0)	49.7	(38.0-61.4)
Education	**Less than H.S.**	61.7	(49.5-73.8)	66.9	(46.6-87.2)
	H.S. Graduate	71.0	(66.6-75.5)	54.1	(43.9-64.2)
	Some College	72.2	(66.7-77.7)	76.0	(66.4-85.6)
	Voc./Assoc. Degree	74.7	(70.2-79.3)	59.6	(49.6-69.5)
	College Graduate	80.5	(77.7-83.3)	77.8	(69.7-85.9)
Poverty Status	**200% or Less**	66.1	(61.7-70.5)	54.2	(45.3-63.1)
	More than 200%	76.8	(73.9-79.8)	73.5	(66.7-80.4)

DS: Data suppressed due to < 30 responses

Table 4.5.C
Physical Activity
Moderate Activity 5 Or More Days Per Week
BRIDGE TO HEALTH SURVEY 2020
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.*

Demographic Characteristics		Region n=7528		Koochiching County n=690	
		Percent	95% CI	Percent	95% CI
Overall Results		**33.9%**	**(31.5-36.2)**	**32.6%**	**(27.1-38.0)**
Sex	**Male**	37.1	(33.0-41.2)	38.7	(29.4-48.0)
	Female	30.5	(28.0-33.1)	26.3	(21.3-31.4)
Age	**18 to 34**	30.1	(24.1-36.1)	30.8	(10.7-50.9)
	35 to 44	36.4	(29.2-43.6)	28.4	(13.6-43.2)
	45 to 54	34.7	(28.9-40.4)	36.1	(25.5-46.7)
	55 to 64	35.7	(32.1-39.3)	37.9	(29.4-46.4)
	65 to 74	35.8	(31.7-39.9)	37.6	(28.5-46.7)
	75 and older	32.6	(27.2-38.0)	19.7	(11.0-28.4)
Education	**Less than H.S.**	27.7	(18.1-37.4)	26.6	(6.7-46.5)
	H.S. Graduate	31.6	(26.5-36.8)	25.7	(17.8-33.6)
	Some College	32.1	(27.4-36.7)	40.6	(27.1-54.1)
	Voc./Assoc. Degree	33.4	(28.4-38.4)	32.0	(23.5-40.4)
	College Graduate	40.8	(37.2-44.4)	37.7	(28.5-46.8)
Poverty Status	**200% or Less**	31.7	(27.1-36.3)	24.6	(17.5-31.8)
	More than 200%	35.7	(32.7-38.7)	37.0	(29.3-44.8)

DS: Data suppressed due to < 30 responses

Table 4.5.D
Physical Activity
Vigorous Activity 3 Or More Days Per Week
BRIDGE TO HEALTH SURVEY 2020
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.*

Demographic Characteristics		Region n=7414		Koochiching County n=680	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.6%**	**(29.8-35.5)**	**26.6%**	**(21.0-32.1)**
Sex	**Male**	37.9	(33.2-42.7)	29.6	(20.0-39.2)
	Female	27.2	(24.5-30.0)	23.5	(18.2-28.8)
Age	**18 to 34**	42.6	(34.9-50.3)	35.8	(15.8-55.8)
	35 to 44	36.3	(28.7-43.9)	30.5	(15.0-45.9)
	45 to 54	32.2	(26.4-38.0)	30.9	(20.7-41.1)
	55 to 64	30.6	(27.1-34.2)	24.7	(16.8-32.5)
	65 to 74	24.9	(20.4-29.5)	21.4	(14.0-28.8)
	75 and older	16.2	(11.9-20.5)	11.8	(4.9-18.7)
Education	**Less than H.S.**	31.9	(19.2-44.7)	37.3	(14.4-60.2)
	H.S. Graduate	34.9	(28.1-41.6)	16.7	(9.9-23.5)
	Some College	30.0	(25.0-35.0)	36.2	(22.0-50.3)
	Voc./Assoc. Degree	28.3	(23.5-33.1)	21.2	(14.2-28.3)
	College Graduate	35.4	(31.8-39.0)	31.1	(22.5-39.8)
Poverty Status	**200% or Less**	31.2	(26.1-36.3)	21.3	(14.1-28.6)
	More than 200%	33.4	(29.8-36.9)	29.3	(21.4-37.2)

DS: Data suppressed due to < 30 responses

Table 4.6.A
Barriers to Physical Activity: Top 5 Reasons
Lack Of Self-Discipline
BRIDGE TO HEALTH SURVEY 2020
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.*

Demographic Characteristics		Region n=7017		Koochiching County n=625	
		Percent	95% CI	Percent	95% CI
Overall Results		**26.8%**	**(24.4-29.1)**	**26.0%**	**(20.9-31.0)**
Sex	**Male**	20.6	(16.7-24.6)	25.0	(16.8-33.3)
	Female	33.1	(30.5-35.7)	26.9	(21.2-32.6)
Age	**18 to 34**	32.8	(26.0-39.5)	25.6	(10.3-41.0)
	35 to 44	27.1	(21.2-32.9)	25.9	(11.4-40.4)
	45 to 54	29.1	(24.3-33.9)	25.9	(16.1-35.8)
	55 to 64	24.2	(20.7-27.7)	30.8	(21.0-40.5)
	65 to 74	20.3	(17.0-23.7)	26.3	(17.6-35.0)
	75 and older	18.5	(13.5-23.5)	16.2	(7.3-25.2)
Education	**Less than H.S.**	22.2	(12.7-31.7)	18.0	(0.9-35.2)
	H.S. Graduate	24.1	(19.8-28.5)	33.4	(22.8-44.0)
	Some College	29.2	(23.5-35.0)	14.0	(7.2-20.9)
	Voc./Assoc. Degree	28.9	(24.3-33.4)	32.2	(22.5-41.9)
	College Graduate	27.1	(24.0-30.2)	28.5	(19.4-37.6)
Poverty Status	**200% or Less**	27.0	(23.0-31.0)	26.8	(18.1-35.4)
	More than 200%	27.6	(24.4-30.7)	25.8	(19.3-32.4)

DS: Data suppressed due to < 30 responses

Table 4.6.B
Barriers to Physical Activity: Top 5 Reasons
Lack Of Energy
BRIDGE TO HEALTH SURVEY 2020
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.*

Demographic Characteristics		Region n=7013		Koochiching County n=628	
		Percent	95% CI	Percent	95% CI
Overall Results		**22.7%**	**(20.4-25.1)**	**21.3%**	**(16.6-26.1)**
Sex	**Male**	17.7	(13.7-21.6)	18.8	(11.1-26.4)
	Female	28.0	(25.4-30.6)	24.0	(18.4-29.6)
Age	**18 to 34**	29.3	(22.5-36.1)	22.3	(8.8-35.8)
	35 to 44	22.7	(17.2-28.2)	25.2	(8.9-41.4)
	45 to 54	23.8	(19.2-28.4)	25.1	(15.0-35.2)
	55 to 64	17.7	(14.4-21.0)	21.2	(11.6-30.8)
	65 to 74	16.1	(12.9-19.3)	15.8	(8.7-22.8)
	75 and older	21.8	(16.1-27.4)	16.6	(7.4-25.7)
Education	**Less than H.S.**	27.9	(17.3-38.6)	39.4	(12.8-65.9)
	H.S. Graduate	22.2	(17.8-26.6)	24.4	(15.5-33.3)
	Some College	26.9	(21.0-32.8)	16.7	(7.5-25.8)
	Voc./Assoc. Degree	22.3	(18.1-26.5)	24.8	(15.7-33.8)
	College Graduate	17.5	(15.0-20.1)	13.8	(6.6-21.1)
Poverty Status	**200% or Less**	30.6	(26.1-35.1)	33.5	(23.9-43.2)
	More than 200%	19.9	(16.8-22.9)	16.1	(10.9-21.4)

DS: Data suppressed due to < 30 responses

Table 4.6.C
Barriers to Physical Activity: Top 5 Reasons
Program Costs/Fees
BRIDGE TO HEALTH SURVEY 2020
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.*

Demographic Characteristics		Region n=6922		Koochiching County n=610	
		Percent	95% CI	Percent	95% CI
Overall Results		**19.7%**	**(17.7-21.6)**	**18.8%**	**(14.1-23.5)**
Sex	**Male**	15.2	(12.3-18.1)	18.8	(10.9-26.8)
	Female	24.3	(21.8-26.9)	18.8	(13.9-23.6)
Age	**18 to 34**	23.1	(18.0-28.2)	25.8	(9.5-42.1)
	35 to 44	25.8	(19.2-32.3)	14.1	(4.2-24.1)
	45 to 54	22.8	(18.6-27.0)	25.1	(15.6-34.5)
	55 to 64	17.3	(14.5-20.2)	14.2	(8.1-20.4)
	65 to 74	11.5	(8.6-14.5)	17.7	(10.2-25.2)
	75 and older	9.6	(6.2-13.0)	8.7	(0.4-17.0)
Education	**Less than H.S.**	18.3	(10.5-26.1)	27.5	(5.6-49.4)
	H.S. Graduate	22.8	(18.1-27.5)	23.9	(13.9-33.8)
	Some College	22.0	(17.9-26.0)	15.5	(7.4-23.7)
	Voc./Assoc. Degree	19.8	(15.9-23.8)	21.7	(12.9-30.4)
	College Graduate	13.5	(11.1-15.8)	9.5	(2.0-17.1)
Poverty Status	**200% or Less**	31.6	(27.1-36.2)	35.4	(25.9-44.8)
	More than 200%	14.2	(12.1-16.2)	11.0	(5.8-16.3)

DS: Data suppressed due to < 30 responses

Table 4.6.D
Barriers to Physical Activity: Top 5 Reasons
Icy Or Snowy Walkways
BRIDGE TO HEALTH SURVEY 2020
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.*

Demographic Characteristics		Region n=6864		Koochiching County n=606	
		Percent	95% CI	Percent	95% CI
Overall Results		**17.7%**	**(15.6-19.7)**	**15.8%**	**(11.6-20.1)**
Sex	**Male**	14.1	(11.0-17.2)	13.1	(6.2-20.0)
	Female	21.4	(19.0-23.8)	18.8	(14.0-23.5)
Age	**18 to 34**	15.9	(11.0-20.7)	12.3	(0.0-25.5)
	35 to 44	21.9	(15.5-28.3)	9.7	(1.6-17.9)
	45 to 54	18.2	(13.0-23.3)	16.5	(8.7-24.3)
	55 to 64	16.5	(13.8-19.2)	18.0	(9.3-26.6)
	65 to 74	18.2	(15.1-21.3)	19.1	(10.9-27.2)
	75 and older	17.2	(13.2-21.1)	20.7	(9.2-32.1)
Education	**Less than H.S.**	21.5	(9.8-33.2)	22.5	(3.8-41.2)
	H.S. Graduate	16.7	(12.2-21.3)	20.0	(10.3-29.8)
	Some College	22.2	(18.1-26.4)	10.8	(5.4-16.2)
	Voc./Assoc. Degree	14.8	(11.0-18.7)	14.3	(8.0-20.5)
	College Graduate	14.0	(11.8-16.1)	14.5	(7.7-21.3)
Poverty Status	**200% or Less**	25.5	(20.6-30.5)	22.2	(14.3-30.1)
	More than 200%	14.1	(12.2-15.9)	12.6	(7.5-17.8)

DS: Data suppressed due to < 30 responses

Table 4.6.E
Barriers to Physical Activity: Top 5 Reasons
Disability Or Illness
BRIDGE TO HEALTH SURVEY 2020
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.*

Demographic Characteristics		Region n=7021		Koochiching County n=626	
		Percent	95% CI	Percent	95% CI
Overall Results		**17.2%**	**(15.3-19.2)**	**20.4%**	**(15.9-24.8)**
Sex	**Male**	17.7	(14.4-21.0)	22.2	(14.9-29.5)
	Female	16.7	(14.6-18.8)	18.4	(13.4-23.3)
Age	**18 to 34**	8.3	(4.9-11.7)	6.7	(0.0-14.7)
	35 to 44	15.9	(10.3-21.4)	24.2	(7.3-41.0)
	45 to 54	22.0	(16.4-27.6)	24.2	(14.7-33.6)
	55 to 64	19.9	(16.4-23.3)	23.5	(14.0-33.1)
	65 to 74	21.9	(17.1-26.7)	24.2	(15.7-32.7)
	75 and older	26.2	(20.0-32.5)	25.1	(13.6-36.5)
Education	**Less than H.S.**	40.3	(26.5-54.1)	42.6	(18.4-66.8)
	H.S. Graduate	21.0	(16.8-25.2)	28.9	(19.4-38.3)
	Some College	18.7	(15.0-22.3)	15.8	(9.5-22.1)
	Voc./Assoc. Degree	15.1	(10.9-19.3)	13.3	(7.3-19.4)
	College Graduate	6.2	(5.0-7.4)	7.4	(3.6-11.2)
Poverty Status	**200% or Less**	30.0	(25.5-34.6)	37.4	(28.1-46.7)
	More than 200%	10.7	(8.9-12.5)	11.9	(7.6-16.3)

DS: Data suppressed due to < 30 responses

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 provider to determine which screening tests are appropriate. Credible sources for information on health screenings include:

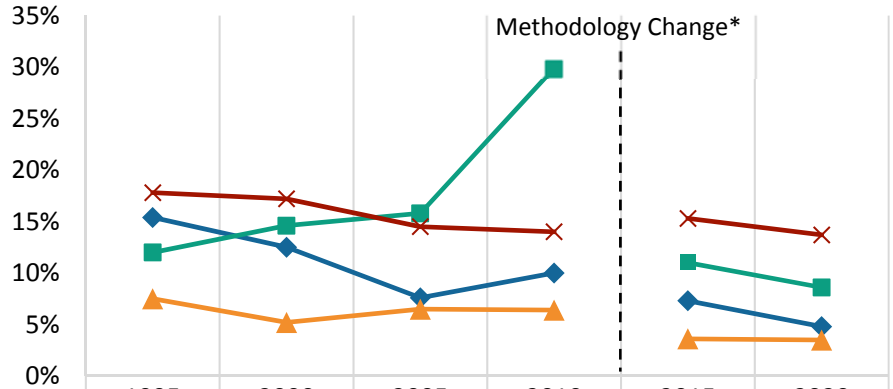
- U.S. Preventive Services Task Force (https://uspreventiveservicestaskforce.org/uspstf/)
- Institute for Clinical Systems Improvement (https://www.icsi.org/guidelines/)
- American Cancer Society (https://www.cancer.org/healthy/find-cancer-early.html)

The *2020 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.

SURVEY COMPARISON

Bridge to Health Survey trend data are provided in the two figures below. The prevalence of never having been screened has decreased for everything but blood pressure (Figs. 5.1-2). The region does not meet the Healthy People 2030 goals for mammograms.

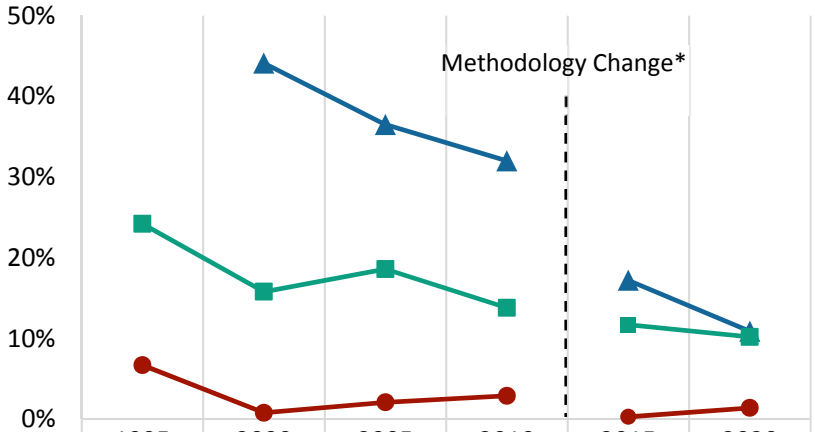
HEALTHY PEOPLE 2030 GOALS[2]	
77.1%	Mammogram (past 2 years)



	1995	2000	2005	2010	2015	2020
Mammogram	15.4%	12.5%	7.6%	10.0%	7.3%	4.8%
Breast self-exam	12.0%	14.6%	15.8%	29.9%	11.0%	8.6%
Pap test	7.5%	5.2%	6.5%	6.4%	3.6%	3.5%
Prostate exam	17.8%	17.2%	14.5%	14.0%	15.3%	13.7%

FIGURE 5.1 – Prevalence of Never Having Preventive Screening by Survey Year (Part 1)

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*



	1995	2000	2005	2010	2015	2020
Colon cancer screening	NOT COLLECTED	44.1%	36.5%	32.0%	17.2%	10.9%
Blood pressure	6.7%	0.8%	2.1%	2.9%	0.3%	1.4%
Cholesterol	24.2%	15.8%	18.6%	13.8%	11.7%	10.2%

FIGURE 5.2 – Prevalence of Never Having Preventive Screening by Survey Year (Part 2)

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*

REFERENCES

1. National Institutes of Health, National Cancer Institute. Cancer Screening (online). [Accessed April 10, 2021]. URL: https://www.cancer.gov/about-cancer/screening/screening-tests
2. Healthy People 2030 [online]. U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. [Accessed March 20, 2021] URL: https://health.gov/healthypeople.

Table 5.1.A
Preventive Screening: Mammogram
(Females Age 40 and Older)
Never Had A Mammogram
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had a mammogram?*

Demographic Characteristics		Region n=3810		Koochiching County n=371	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.8%**	**(3.4-6.3)**	**8.4%**	**(4.5-12.2)**
Females by Age	**40 to 49**	7.5	(4.3-10.7)	8.1	(0.0-17.8)
	50 to 59	5.0	(1.6-8.5)	8.2	(0.5-15.8)
	60 to 69	3.4	(0.8-5.9)	7.2	(0.6-13.9)
	70 and older	3.9	(1.6-6.2)	9.8	(2.3-17.3)
Education	**Less than H.S.**	15.6	(2.6-28.7)	31.0	(0.0-65.4)
	H.S. Graduate	4.9	(2.6-7.1)	10.1	(3.6-16.6)
	Some College	4.0	(1.8-6.3)	8.8	(0.8-16.8)
	Voc./Assoc. Degree	3.0	(1.5-4.5)	2.6	(0.0-5.8)
	College Graduate	2.9	(1.5-4.2)	2.1	(0.0-4.9)
Poverty Status	**200% or Less**	4.7	(2.6-6.9)	9.9	(3.5-16.4)
	More than 200%	4.0	(2.2-5.8)	4.2	(0.6-7.8)

DS: Data suppressed due to < 30 responses

Table 5.1.B
Preventive Screening: Mammogram
(Females Age 40 and Older)
Within Past 2 Years
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had a mammogram?*

Demographic Characteristics		Region n=3810		Koochiching County n=371	
		Percent	95% CI	Percent	95% CI
Overall Results		**68.9%**	**(66.1-71.6)**	**67.8%**	**(62.1-73.5)**
Females by Age	**40 to 49**	73.1	(66.7-79.5)	75.1	(61.8-88.3)
	50 to 59	74.6	(69.7-79.6)	70.6	(60.1-81.1)
	60 to 69	77.7	(73.5-82.0)	76.5	(66.8-86.2)
	70 and older	50.8	(44.9-56.8)	52.1	(40.6-63.6)
Education	**Less than H.S.**	49.0	(32.1-65.9)	53.2	(18.3-88.0)
	H.S. Graduate	61.7	(56.4-67.1)	60.1	(49.0-71.2)
	Some College	73.6	(69.0-78.2)	71.9	(61.6-82.3)
	Voc./Assoc. Degree	76.4	(71.9-80.9)	74.2	(64.4-83.9)
	College Graduate	78.3	(74.2-82.3)	75.9	(66.7-85.1)
Poverty Status	**200% or Less**	60.6	(55.3-66.0)	60.4	(50.7-70.1)
	More than 200%	74.3	(70.8-77.8)	75.5	(68.7-82.3)

DS: Data suppressed due to < 30 responses

Table 5.2.A
Preventive Screening: Breast Self-Exam
(Females Age 18 and Older)
Never Performed Breast Self-Exam
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…performed a breast self-exam?*

Demographic Characteristics		Region n=4754		Koochiching County n=420	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.6%**	**(7.1-10.2)**	**6.0%**	**(3.4-8.6)**
Females by Age	**18-29**	13.8	(7.6-20.1)	DS	DS
	30-39	9.1	(5.7-12.4)	DS	DS
	40 to 49	9.2	(3.8-14.6)	6.8	(0.0-13.8)
	50 to 59	5.1	(3.1-7.1)	3.8	(0.0-8.5)
	60 to 69	7.9	(5.2-10.6)	5.7	(1.4-10.0)
	70 and older	7.6	(5.0-10.2)	7.4	(2.2-12.6)
Education	**Less than H.S.**	14.8	(2.8-26.8)	0.0	(0.0-0.0)
	H.S. Graduate	9.6	(6.0-13.1)	7.5	(2.4-12.5)
	Some College	6.8	(4.6-9.1)	2.3	(0.0-5.0)
	Voc./Assoc. Degree	9.9	(6.4-13.4)	5.7	(0.0-12.5)
	College Graduate	7.4	(5.6-9.3)	10.5	(3.3-17.7)
Poverty Status	**200% or Less**	12.0	(8.1-15.9)	7.6	(2.5-12.6)
	More than 200%	6.9	(5.5-8.4)	5.6	(2.4-8.9)

DS: Data suppressed due to < 30 responses

Table 5.2.B
Preventive Screening: Breast Self-Exam
(Females Age 18 and Older)
Within The Past Year
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…performed a breast self-exam?*

Demographic Characteristics		Region n=4754		Koochiching County n=420	
		Percent	95% CI	Percent	95% CI
Overall Results		**71.2%**	**(68.6-73.9)**	**69.5%**	**(64.0-75.0)**
Females by Age	**18-29**	67.5	(57.8-77.1)	DS	DS
	30-39	77.0	(70.0-84.0)	DS	DS
	40 to 49	68.8	(61.8-75.8)	67.4	(53.6-81.2)
	50 to 59	72.4	(67.8-77.0)	70.9	(60.4-81.4)
	60 to 69	77.4	(73.6-81.2)	67.8	(57.0-78.5)
	70 and older	63.0	(57.2-68.7)	66.6	(55.5-77.7)
Education	**Less than H.S.**	54.6	(38.6-70.7)	59.8	(27.7-91.8)
	H.S. Graduate	68.1	(61.9-74.3)	62.7	(51.4-74.0)
	Some College	76.8	(72.4-81.2)	78.5	(69.7-87.3)
	Voc./Assoc. Degree	70.0	(65.4-74.6)	75.5	(64.1-86.9)
	College Graduate	73.6	(70.3-76.8)	65.3	(53.8-76.7)
Poverty Status	**200% or Less**	68.1	(63.2-73.0)	60.3	(50.3-70.3)
	More than 200%	74.4	(71.7-77.1)	74.4	(67.8-81.0)

DS: Data suppressed due to < 30 responses

Table 5.3.A
Preventive Screening: Pap Smear
(Females Age 18 and Older)
Never Had A Pap Smear
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had a Pap smear?*

Demographic Characteristics		Region n=4662		Koochiching County n=414	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.5%**	**(1.9-5.0)**	**3.3%**	**(1.2-5.5)**
Females by Age	**18-29**	6.4	(1.0-11.8)	DS	DS
	30-39	6.7	(0.2-13.3)	DS	DS
	40 to 49	1.8	(0.5-3.1)	0.0	(0.0-0.0)
	50 to 59	0.8	(0.1-1.5)	0.0	(0.0-0.0)
	60 to 69	1.6	(0.2-3.0)	2.6	(0.0-6.2)
	70 and older	3.4	(1.7-5.1)	13.8	(4.6-23.0)
Education	**Less than H.S.**	1.6	(0.0-3.3)	11.7	(0.0-33.5)
	H.S. Graduate	5.7	(1.5-9.9)	9.1	(2.7-15.4)
	Some College	3.1	(0.4-5.8)	0.6	(0.0-1.7)
	Voc./Assoc. Degree	2.0	(0.6-3.4)	0.5	(0.0-1.6)
	College Graduate	2.2	(1.0-3.3)	0.0	(0.0-0.0)
Poverty Status	**200% or Less**	5.2	(2.1-8.3)	6.6	(1.6-11.5)
	More than 200%	1.9	(0.9-2.9)	0.5	(0.0-1.6)

DS: Data suppressed due to < 30 responses

Table 5.3.B
Preventive Screening: Pap Smear
(Females Age 18 and Older)
Within The Past 2 Years
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had a Pap smear?*

Demographic Characteristics		Region n=4662		Koochiching County n=414	
		Percent	95% CI	Percent	95% CI
Overall Results		**44.2%**	**(41.4-47.0)**	**44.7%**	**(38.4-51.0)**
Females by Age	**18-29**	68.0	(58.2-77.7)	DS	DS
	30-39	60.1	(52.0-68.3)	DS	DS
	40 to 49	57.8	(50.3-65.2)	48.7	(33.5-63.9)
	50 to 59	45.1	(39.9-50.3)	50.1	(38.7-61.4)
	60 to 69	29.3	(24.9-33.6)	26.5	(16.9-36.1)
	70 and older	9.6	(6.4-12.7)	18.6	(8.7-28.4)
Education	**Less than H.S.**	18.0	(8.9-27.1)	42.2	(4.2-80.1)
	H.S. Graduate	35.7	(29.7-41.8)	32.1	(20.5-43.7)
	Some College	47.9	(42.3-53.5)	54.1	(42.1-66.0)
	Voc./Assoc. Degree	48.5	(43.5-53.4)	39.8	(27.1-52.5)
	College Graduate	55.2	(51.4-58.9)	51.9	(40.2-63.6)
Poverty Status	**200% or Less**	40.5	(35.1-45.9)	38.4	(28.3-48.5)
	More than 200%	48.9	(45.7-52.2)	51.7	(43.5-60.0)

DS: Data suppressed due to < 30 responses

Table 5.4.A
Preventive Screening: Prostate Exam
(Males Age 50 and Older)
Never Had A Prostate Exam
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had a prostate exam?*

Demographic Characteristics		Region n=2040		Koochiching County n=206	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.7%**	**(10.8-16.5)**	**23.1%**	**(15.7-30.6)**
Males by Age	**50 to 59**	20.6	(14.5-26.6)	35.5	(20.2-50.9)
	60 to 69	10.0	(7.1-13.0)	17.1	(7.4-26.8)
	70 and older	9.0	(4.4-13.5)	15.7	(3.7-27.6)
Education	**Less than H.S.**	16.1	(3.8-28.3)	41.2	(5.8-76.7)
	H.S. Graduate	17.6	(11.8-23.3)	29.4	(17.1-41.8)
	Some College	12.1	(7.6-16.6)	14.6	(0.6-28.6)
	Voc./Assoc. Degree	10.3	(5.1-15.5)	18.6	(5.8-31.5)
	College Graduate	9.9	(4.3-15.4)	8.6	(0.3-17.0)
Poverty Status	**200% or Less**	19.1	(12.6-25.5)	22.7	(9.3-36.2)
	More than 200%	11.6	(8.4-14.7)	20.6	(11.4-29.8)

DS: Data suppressed due to < 30 responses

Table 5.4.B
Preventive Screening: Prostate Exam
(Males Age 50 and Older)
Within Past Year
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had a prostate exam?*

Demographic Characteristics		Region n=2040		Koochiching County n=206	
		Percent	95% CI	Percent	95% CI
Overall Results		**28.6%**	**(25.0-32.2)**	**24.6%**	**(17.4-31.7)**
Males by Age	**50 to 59**	22.9	(16.1-29.7)	20.9	(7.9-33.8)
	60 to 69	34.9	(29.7-40.1)	24.3	(14.1-34.6)
	70 and older	28.3	(21.9-34.8)	29.5	(15.3-43.6)
Education	**Less than H.S.**	23.2	(8.6-37.9)	16.9	(0.0-40.4)
	H.S. Graduate	26.8	(19.2-34.3)	19.0	(7.6-30.5)
	Some College	24.1	(18.6-29.7)	37.0	(21.7-52.3)
	Voc./Assoc. Degree	37.1	(29.3-45.0)	13.7	(3.5-23.9)
	College Graduate	36.9	(30.8-43.1)	32.4	(17.9-46.9)
Poverty Status	**200% or Less**	20.1	(14.7-25.5)	22.5	(9.1-35.9)
	More than 200%	32.7	(28.1-37.4)	23.1	(14.7-31.4)

DS: Data suppressed due to < 30 responses

Table 5.5.A
Preventive Screening: Colon Cancer
(Males And Females Age 50 and Older)
Never Had Colon Cancer Screening
BRIDGE TO HEALTH SURVEY 2020
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)?*

Demographic Characteristics		Region n=5325		Koochiching County n=526	
		Percent	95% CI	Percent	95% CI
Overall Results		**10.9%**	**(9.1-12.7)**	**15.5%**	**(11.7-19.3)**
Sex	**Male**	11.5	(8.7-14.3)	10.1	(5.2-15.0)
	Female	10.3	(8.1-12.5)	21.2	(15.6-26.8)
Age	**50 to 59**	18.2	(14.1-22.3)	20.2	(12.8-27.6)
	60 to 69	7.2	(5.3-9.0)	15.2	(8.8-21.5)
	70 and older	6.7	(4.4-9.0)	10.7	(5.1-16.2)
Education	**Less than H.S.**	16.7	(7.3-26.2)	24.9	(3.6-46.1)
	H.S. Graduate	12.0	(8.9-15.1)	18.6	(11.8-25.4)
	Some College	10.8	(7.5-14.0)	11.7	(5.4-17.9)
	Voc./Assoc. Degree	8.5	(5.9-11.0)	13.7	(7.4-20.0)
	College Graduate	7.4	(4.0-10.8)	10.0	(4.6-15.5)
Poverty Status	**200% or Less**	16.5	(12.6-20.3)	18.2	(11.8-24.6)
	More than 200%	8.4	(6.3-10.5)	12.8	(8.0-17.6)

DS: Data suppressed due to < 30 responses

Table 5.5.B
Preventive Screening: Colon Cancer
(Males And Females Age 50 and Older)
Within Past 5 Years
BRIDGE TO HEALTH SURVEY 2020
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)?*

Demographic Characteristics		Region n=5325		Koochiching County n=526	
		Percent	95% CI	Percent	95% CI
Overall Results		**72.1%**	**(69.6-74.6)**	**64.8%**	**(59.6-70.0)**
Sex	**Male**	72.9	(68.9-76.9)	68.9	(60.8-77.0)
	Female	71.3	(68.4-74.2)	60.5	(54.1-66.9)
Age	**50 to 59**	67.4	(62.3-72.4)	59.8	(50.3-69.4)
	60 to 69	78.2	(75.3-81.0)	66.1	(57.3-74.9)
	70 and older	70.8	(66.6-75.1)	68.9	(60.4-77.4)
Education	**Less than H.S.**	57.1	(43.4-70.8)	53.4	(28.7-78.1)
	H.S. Graduate	70.6	(66.2-75.0)	62.9	(53.5-72.3)
	Some College	74.6	(70.6-78.7)	70.7	(61.9-79.5)
	Voc./Assoc. Degree	76.4	(72.7-80.0)	67.3	(58.4-76.3)
	College Graduate	76.4	(72.5-80.2)	63.3	(53.9-72.7)
Poverty Status	**200% or Less**	62.0	(56.9-67.0)	57.7	(48.4-67.0)
	More than 200%	76.4	(73.6-79.3)	70.0	(63.6-76.3)

DS: Data suppressed due to < 30 responses

Table 5.6.A
Preventive Screening: Blood Pressure
Checked 5 Or More Years Ago Or Never
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had your blood pressure checked?*

Demographic Characteristics		Region n=7467		Koochiching County n=687	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.6%**	**(1.4-3.8)**	**1.8%**	**(0.4-3.2)**
Sex	**Male**	3.7	(1.5-5.9)	1.6	(0.0-3.7)
	Female	1.4	(0.5-2.4)	2.0	(0.2-3.9)
Age	**18 to 34**	6.0	(1.8-10.2)	2.2	(0.0-5.2)
	35 to 44	1.0	(0.0-2.1)	0.7	(0.0-2.2)
	45 to 54	2.5	(0.5-4.4)	4.7	(0.0-10.9)
	55 to 64	1.7	(0.6-2.7)	2.2	(0.0-4.9)
	65 to 74	0.5	(0.0-1.2)	0.0	(0.0-0.0)
	75 and older	0.2	(0.0-0.5)	0.0	(0.0-0.0)
Education	**Less than H.S.**	3.6	(0.7-6.4)	9.7	(0.0-23.0)
	H.S. Graduate	3.4	(0.1-6.8)	0.0	(0.0-0.0)
	Some College	2.0	(0.5-3.5)	1.6	(0.0-3.7)
	Voc./Assoc. Degree	2.4	(0.5-4.2)	5.2	(0.1-10.4)
	College Graduate	1.9	(0.2-3.7)	0.0	(0.0-0.0)
Poverty Status	**200% or Less**	4.9	(1.5-8.2)	2.0	(0.0-4.9)
	More than 200%	1.7	(0.7-2.6)	1.0	(0.0-2.1)

DS: Data suppressed due to < 30 responses

Table 5.6.B
Preventive Screening: Blood Pressure
Within Past Year
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had your blood pressure checked?*

Demographic Characteristics		Region n=7467		Koochiching County n=687	
		Percent	95% CI	Percent	95% CI
Overall Results		**86.7%**	**(84.6-88.8)**	**84.5%**	**(78.9-90.1)**
Sex	**Male**	84.2	(80.6-87.9)	82.8	(72.7-93.0)
	Female	89.3	(87.2-91.3)	86.2	(81.9-90.5)
Age	**18 to 34**	76.8	(70.5-83.2)	69.4	(49.0-89.9)
	35 to 44	82.6	(76.6-88.6)	72.8	(55.1-90.6)
	45 to 54	86.3	(82.1-90.6)	87.3	(79.6-95.1)
	55 to 64	91.2	(89.0-93.4)	87.9	(82.2-93.5)
	65 to 74	95.8	(94.2-97.4)	95.4	(91.8-99.1)
	75 and older	97.5	(96.1-98.9)	96.4	(93.0-99.9)
Education	**Less than H.S.**	93.5	(89.8-97.2)	76.5	(58.7-94.3)
	H.S. Graduate	86.5	(81.3-91.6)	86.1	(76.7-95.5)
	Some College	86.7	(82.6-90.8)	82.3	(67.8-96.9)
	Voc./Assoc. Degree	87.4	(83.7-91.1)	85.5	(77.7-93.2)
	College Graduate	84.8	(81.8-87.8)	87.5	(80.8-94.2)
Poverty Status	**200% or Less**	85.1	(80.7-89.5)	85.8	(79.4-92.3)
	More than 200%	87.5	(85.2-89.8)	83.9	(75.6-92.2)

DS: Data suppressed due to < 30 responses

Table 5.7.A
Preventive Screening: Cholesterol
Never Had Blood Cholesterol Checked
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had your blood cholesterol checked?*

Demographic Characteristics		Region n=7421		Koochiching County n=675	
		Percent	95% CI	Percent	95% CI
Overall Results		**10.2%**	**(7.6-12.7)**	**11.0%**	**(5.2-16.9)**
Sex	**Male**	12.3	(7.7-16.8)	15.9	(5.4-26.3)
	Female	8.0	(6.1-10.0)	5.9	(2.5-9.4)
Age	**18 to 34**	27.4	(19.6-35.2)	34.0	(13.2-54.7)
	35 to 44	9.2	(5.0-13.4)	23.5	(5.3-41.7)
	45 to 54	6.4	(2.9-9.8)	4.1	(0.0-9.7)
	55 to 64	2.2	(0.7-3.6)	1.6	(0.0-3.5)
	65 to 74	0.9	(0.2-1.5)	0.0	(0.0-0.0)
	75 and older	0.3	(0.0-0.8)	0.9	(0.0-2.6)
Education	**Less than H.S.**	16.4	(3.9-28.9)	7.0	(0.0-20.3)
	H.S. Graduate	11.6	(4.9-18.3)	12.8	(3.2-22.4)
	Some College	9.4	(5.9-12.9)	13.8	(0.0-29.4)
	Voc./Assoc. Degree	11.7	(7.0-16.3)	9.6	(2.0-17.2)
	College Graduate	6.8	(4.9-8.7)	5.6	(0.3-11.0)
Poverty Status	**200% or Less**	14.1	(9.4-18.9)	6.9	(1.3-12.5)
	More than 200%	8.9	(5.6-12.2)	14.2	(5.5-22.9)

DS: Data suppressed due to < 30 responses

Table 5.7.B
Preventive Screening: Cholesterol
Within Past 2 Years
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*When was the last time you…had your blood cholesterol checked?*

Demographic Characteristics		Region n=7421		Koochiching County n=675	
		Percent	95% CI	Percent	95% CI
Overall Results		**78.8%**	**(76.1-81.5)**	**75.2%**	**(69.1-81.3)**
Sex	**Male**	76.3	(71.7-81.0)	72.6	(62.1-83.2)
	Female	81.4	(78.8-83.9)	77.9	(72.4-83.4)
Age	**18 to 34**	55.9	(48.3-63.5)	42.8	(24.2-61.3)
	35 to 44	75.0	(68.8-81.3)	61.0	(43.3-78.7)
	45 to 54	81.6	(76.9-86.2)	79.4	(69.8-89.0)
	55 to 64	91.5	(89.3-93.7)	87.5	(82.1-92.9)
	65 to 74	93.6	(91.7-95.6)	91.5	(86.1-96.8)
	75 and older	95.1	(92.7-97.6)	95.0	(90.9-99.0)
Education	**Less than H.S.**	79.1	(66.7-91.4)	88.7	(73.6-100.0)
	H.S. Graduate	79.7	(72.9-86.4)	73.5	(62.6-84.4)
	Some College	81.1	(76.6-85.5)	77.2	(62.1-92.3)
	Voc./Assoc. Degree	75.4	(70.2-80.7)	71.6	(61.8-81.5)
	College Graduate	76.8	(73.2-80.3)	72.6	(63.4-81.8)
Poverty Status	**200% or Less**	76.0	(71.2-80.9)	82.2	(75.2-89.1)
	More than 200%	79.3	(75.9-82.8)	70.1	(61.4-78.8)

DS: Data suppressed due to < 30 responses

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] Second hand smoke poses significant health risks for children and adult non-smokers and is responsible for an estimated 41,000 U.S. deaths annually.[1] Smoking during pregnancy is associated with low birth weight, fetal death, SIDS, and orofacial clefts in infants.[2] Although exposure to second-hand smoke is declining largely due to adoption of smokefree laws, disparities exist particularly for people who work in service or construction occupations, live in multi-unit housing, have incomes below the federal poverty level, and for non-Hispanic Black Americans.[3] Smoking remains the leading cause of preventable death in the U.S.[1]

The percentage of Minnesota and Wisconsin adult residents who smoke has declined slightly from 14.4% in MN and 17% in WI (2014) to 13.8% in MN (2018) and 15.4% in WI(2019).[4,5] Smoking among adults in Minnesota is higher among males and people with lower incomes and education levels.[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. E-cigarettes are now the most common tobacco product used by youth, and use among young adults (18-24 years) has increased significantly in recent years.[4,6] While the detrimental effects of nicotine use are clear, especially on youth, risks of long-term e-cigarette use are currently unknown.[6] While there is some evidence to support the beneficial use of e-cigarettes among smokers to aid in smoking cessation, more research is needed.[7]

SURVEY COMPARISON

Bridge to Health Survey trend data and comparisons by nation, state, and region, are provided in the table and two figures below. The prevalence of current smokers in the survey area is just below the Wisconsin state and national levels, but above the Minnesota state level, and e-cigarette use is below state levels (Table 6.1). All forms of tobacco use in the survey area have decreased overall since the *2015 Bridge to Health Survey* (Fig. 6.1). However, of note is the substantial increase in males 18-34 years reporting having ever used e-cigarettes, from 26.5% in 2015[8] to 40.2% in 2020 (Fig. 6.4). Across the region, current smoking ranged from 9.5% in Cook County to 22.3% in Pine County (Fig. 6.2).

TABLE 6.1 Adult Tobacco Use by Region, State, and Nation

Adult Tobacco Use	Bridge to Health 2020	Minnesota*	Wisconsin**	National**
Current smoker	15.8%	13.8%	15.4%	16.0%
Attempted to quit in last year	45.7%	45.7%	---	---
Current smokeless tobacco user	4.7%	3.2%	3.1%	---
Ever used e-cigarettes	16.3%	20.7%	---	---

*Minnesota Adult Tobacco Survey 2018[4]

**CDC BRFSS 2019[5]

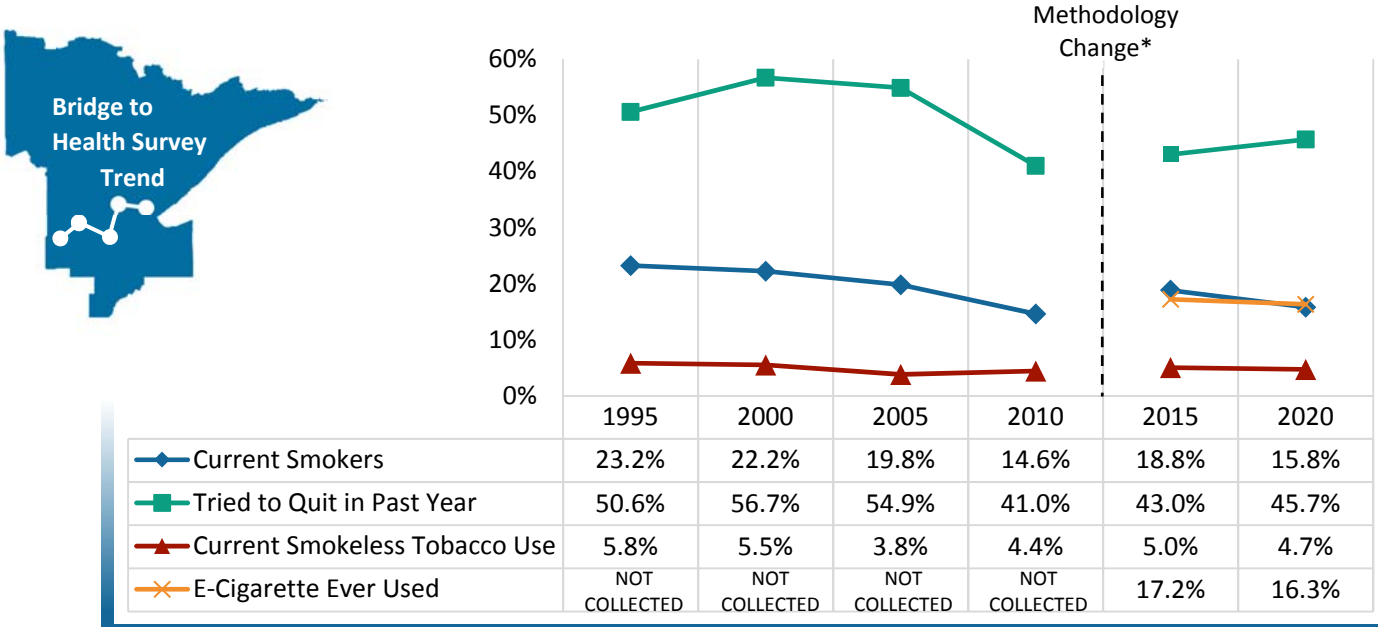
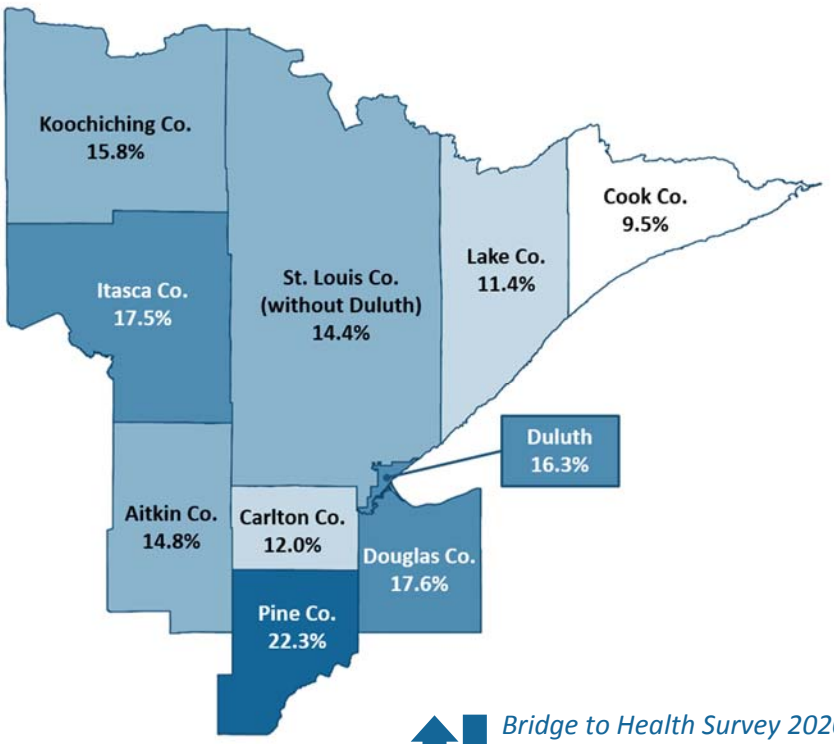


FIGURE 6.1 – Prevalence of Tobacco Use by Survey Year

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*



Bridge to Health Survey 2020
Regional Comparison

FIGURE 6.2 – Prevalence of Current Smokers by Strata

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Table 6.1.A
Cigarette Smoking Status
Current Smoker
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Questions:	*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=7448**		**Koochiching County n=689**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**15.8%**	**(13.8-17.9)**	**15.8%**	**(11.9-19.6)**
Sex	**Male**	14.5	(11.2-17.7)	15.1	(9.3-20.9)
	Female	17.2	(14.7-19.7)	16.4	(11.6-21.3)
Age	**18 to 34**	19.5	(13.6-25.4)	15.8	(4.0-27.5)
	35 to 44	17.6	(11.5-23.7)	17.9	(5.1-30.8)
	45 to 54	20.9	(16.6-25.2)	24.7	(14.8-34.5)
	55 to 64	16.7	(13.4-19.9)	17.2	(10.2-24.2)
	65 to 74	10.3	(7.7-13.0)	9.4	(4.4-14.4)
	75 and older	1.8	(0.5-3.1)	7.3	(1.9-12.8)
Education	**Less than H.S.**	25.0	(14.0-36.1)	21.9	(4.2-39.5)
	H.S. Graduate	21.2	(16.3-26.0)	17.8	(10.5-25.1)
	Some College	17.6	(13.7-21.4)	15.0	(7.9-22.1)
	Voc./Assoc. Degree	13.0	(9.9-16.0)	19.9	(11.5-28.3)
	College Graduate	5.5	(3.9-7.1)	6.7	(2.2-11.3)
Poverty Status	**200% or Less**	27.6	(22.9-32.3)	23.6	(16.0-31.1)
	More than 200%	10.5	(8.6-12.4)	12.4	(7.9-17.0)

DS: Data suppressed due to < 30 responses

Table 6.1.B
Cigarette Smoking Status
Former Smoker
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Questions:	*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=7448		Koochiching County n=689	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.1%**	**(29.8-34.4)**	**34.5%**	**(29.3-39.6)**
Sex	**Male**	35.1	(31.2-39.0)	40.7	(31.9-49.5)
	Female	28.9	(26.5-31.4)	28.1	(22.7-33.4)
Age	**18 to 34**	17.8	(13.1-22.5)	24.0	(8.2-39.9)
	35 to 44	34.0	(26.9-41.0)	25.4	(9.5-41.4)
	45 to 54	26.5	(21.4-31.6)	32.1	(21.3-42.9)
	55 to 64	37.1	(33.3-40.9)	36.1	(27.5-44.6)
	65 to 74	49.6	(45.1-54.1)	55.4	(46.4-64.4)
	75 and older	42.0	(36.3-47.7)	33.9	(23.1-44.7)
Education	**Less than H.S.**	36.0	(24.5-47.6)	51.0	(30.1-71.9)
	H.S. Graduate	34.2	(29.3-39.1)	33.8	(25.2-42.4)
	Some College	35.0	(30.3-39.7)	39.7	(27.5-51.8)
	Voc./Assoc. Degree	34.1	(29.3-38.9)	33.7	(24.7-42.6)
	College Graduate	23.6	(20.6-26.6)	20.3	(14.1-26.6)
Poverty Status	**200% or Less**	27.1	(23.3-30.9)	36.0	(27.6-44.5)
	More than 200%	33.2	(30.3-36.1)	33.1	(26.3-39.9)

DS: Data suppressed due to < 30 responses

Table 6.1.C
Cigarette Smoking Status
Never Smoked
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Questions:	*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=7448		Koochiching County n=689	
		Percent	95% CI	Percent	95% CI
Overall Results		**52.1%**	**(49.5-54.8)**	**49.8%**	**(44.2-55.4)**
Sex	**Male**	50.4	(45.9-54.9)	44.2	(34.6-53.8)
	Female	53.9	(51.0-56.7)	55.5	(49.4-61.6)
Age	**18 to 34**	62.7	(55.8-69.6)	60.2	(41.9-78.5)
	35 to 44	48.4	(41.0-55.9)	56.6	(39.3-74.0)
	45 to 54	52.6	(46.8-58.4)	43.2	(32.4-53.9)
	55 to 64	46.2	(42.3-50.1)	46.8	(37.8-55.8)
	65 to 74	40.0	(35.8-44.3)	35.3	(26.8-43.7)
	75 and older	56.2	(50.5-62.0)	58.8	(47.5-70.0)
Education	**Less than H.S.**	39.0	(26.9-51.0)	27.2	(10.1-44.2)
	H.S. Graduate	44.6	(38.6-50.6)	48.4	(38.4-58.4)
	Some College	47.4	(41.9-53.0)	45.4	(32.4-58.4)
	Voc./Assoc. Degree	52.9	(47.8-58.1)	46.4	(36.7-56.2)
	College Graduate	70.9	(67.6-74.1)	72.9	(65.5-80.4)
Poverty Status	**200% or Less**	45.3	(40.4-50.2)	40.4	(32.1-48.7)
	More than 200%	56.3	(53.0-59.5)	54.5	(46.9-62.0)

DS: Data suppressed due to < 30 responses

Table 6.2.A
Cigarette Smoking: Current Smokers
Quit Attempt In Past Year
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=952		Koochiching County n=101	
		Percent	95% CI	Percent	95% CI
Overall Results		**45.7%**	**(38.5-52.9)**	**54.7%**	**(41.8-67.7)**
Sex	**Male**	36.8	(25.4-48.2)	53.6	(33.4-73.7)
	Female	53.5	(45.3-61.7)	55.8	(39.2-72.4)
Age	**18 to 34**	60.9	(44.6-77.3)	DS	DS
	35 to 44	33.7	(17.1-50.4)	DS	DS
	45 to 54	42.5	(31.4-53.5)	DS	DS
	55 to 64	32.4	(23.4-41.3)	62.8	(43.0-82.6)
	65 to 74	48.7	(35.3-62.1)	DS	DS
	75 and older	41.7	(5.9-77.4)	DS	DS
Education	**Less than H.S.**	31.3	(11.9-50.7)	DS	DS
	H.S. Graduate	47.7	(34.6-60.8)	DS	DS
	Some College	47.8	(36.0-59.5)	DS	DS
	Voc./Assoc. Degree	32.2	(22.0-42.4)	DS	DS
	College Graduate	64.1	(50.8-77.4)	DS	DS
Poverty Status	**200% or Less**	41.1	(30.9-51.3)	39.1	(20.7-57.6)
	More than 200%	48.6	(39.3-57.9)	69.0	(52.7-85.3)

DS: Data suppressed due to < 30 responses

Table 6.2.B
Cigarette Smoking: Current Smokers
Intent To Quit In Next 30 Days
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=929		Koochiching County n=100	
		Percent	95% CI	Percent	95% CI
Overall Results		**24.4%**	**(17.0-31.8)**	**25.1%**	**(13.9-36.3)**
Sex	**Male**	28.0	(15.9-40.1)	31.3	(12.0-50.7)
	Female	21.3	(12.3-30.3)	19.4	(8.0-30.9)
Age	**18 to 34**	35.4	(16.9-54.0)	DS	DS
	35 to 44	9.5	(1.9-17.2)	DS	DS
	45 to 54	25.8	(16.1-35.5)	DS	DS
	55 to 64	16.2	(9.7-22.7)	43.7	(19.2-68.2)
	65 to 74	28.3	(17.4-39.3)	DS	DS
	75 and older	4.0	(0.0-10.2)	DS	DS
Education	**Less than H.S.**	20.6	(4.8-36.3)	DS	DS
	H.S. Graduate	31.8	(16.6-46.9)	DS	DS
	Some College	15.6	(9.0-22.3)	DS	DS
	Voc./Assoc. Degree	26.6	(16.1-37.1)	DS	DS
	College Graduate	22.1	(9.0-35.1)	DS	DS
Poverty Status	**200% or Less**	22.9	(12.5-33.4)	19.8	(5.0-34.6)
	More than 200%	21.7	(14.2-29.2)	30.8	(13.3-48.4)

DS: Data suppressed due to < 30 responses

Table 6.3
Smokeless Tobacco Use
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Do you currently use smokeless tobacco, such as snuff, snus, or chewing tobacco?*				
Demographic Characteristics		**Region n=7450**		**Koochiching County n=687**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**4.7%**	**(3.2-6.1)**	**3.6%**	**(1.1-6.0)**
Sex	**Male**	8.8	(6.0-11.6)	7.1	(2.3-11.9)
	Female	0.4	(0.1-0.7)	0.0	(0.0-0.0)
Age	**18 to 34**	8.1	(3.6-12.7)	7.6	(0.0-17.9)
	35 to 44	6.3	(3.0-9.6)	8.0	(0.2-15.8)
	45 to 54	6.2	(2.6-9.8)	1.5	(0.0-3.7)
	55 to 64	2.3	(1.4-3.3)	3.3	(0.2-6.3)
	65 to 74	0.7	(0.2-1.2)	0.0	(0.0-0.0)
	75 and older	0.8	(0.1-1.6)	0.9	(0.0-2.7)
Education	**Less than H.S.**	1.6	(0.1-3.1)	0.0	(0.0-0.0)
	H.S. Graduate	5.6	(2.2-9.0)	4.5	(0.2-8.8)
	Some College	5.6	(2.5-8.8)	5.3	(0.0-11.9)
	Voc./Assoc. Degree	5.3	(2.2-8.5)	0.0	(0.0-0.0)
	College Graduate	2.8	(1.3-4.2)	3.2	(0.1-6.3)
Poverty Status	**200% or Less**	4.6	(1.4-7.8)	1.1	(0.0-2.5)
	More than 200%	5.0	(3.3-6.7)	5.3	(1.4-9.2)

DS: Data suppressed due to < 30 responses

Table 6.4
E-Cigarette Use
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you ever used an electronic cigarette, vaping device, Mod, JUUL, or other electronic nicotine delivery device even just one time in your entire life?*

Demographic Characteristics		Region n=7485		Koochiching County n=690	
		Percent	95% CI	Percent	95% CI
Overall Results		**16.3%**	**(13.7-18.9)**	**15.0%**	**(9.4-20.6)**
Sex	**Male**	18.4	(13.8-23.0)	19.9	(9.9-29.9)
	Female	14.1	(11.8-16.5)	10.0	(5.9-14.1)
Age	**18 to 34**	35.3	(27.7-43.0)	41.1	(21.1-61.0)
	35 to 44	17.0	(11.4-22.6)	14.8	(1.9-27.8)
	45 to 54	14.9	(11.2-18.6)	15.4	(7.6-23.1)
	55 to 64	8.5	(5.8-11.1)	7.1	(1.7-12.5)
	65 to 74	3.5	(1.8-5.1)	1.8	(0.0-4.6)
	75 and older	0.5	(0.1-0.8)	3.7	(0.0-8.1)
Education	**Less than H.S.**	14.1	(3.1-25.1)	16.0	(0.0-34.6)
	H.S. Graduate	17.8	(11.2-24.5)	7.7	(2.0-13.4)
	Some College	19.6	(15.3-24.0)	28.0	(12.5-43.4)
	Voc./Assoc. Degree	17.3	(12.5-22.0)	20.6	(11.4-29.9)
	College Graduate	10.4	(7.8-13.0)	5.4	(1.7-9.1)
Poverty Status	**200% or Less**	22.0	(17.3-26.7)	16.8	(9.1-24.4)
	More than 200%	14.3	(10.9-17.6)	14.9	(6.8-23.0)

DS: Data suppressed due to < 30 responses

Table 6.5
E-Cigarette Use: Concurrent Tobacco Use
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Were you a tobacco user (cigarette, cigar, little cigar, pipe, snuff, snus, chewing tobacco, etc.) at the time you first used an e-cigarette or other electronic nicotine delivery device?*			
Demographic Characteristics	**Region**		**Koochiching County**	
Overall Results	**Percent**	**95% CI**	**Percent**	**95% CI**
	n=739		**n=61**	
Concurrent Tobacco Use	75.0	(67.8-82.2)	70.5	(46.0-95.1)

CHAPTER 7 | Alcohol Use

Excessive alcohol use is a leading preventable cause of death, accounting for over 95,000 deaths annually in the U.S. and 2.8 million potential years of life lost resulting from premature death.[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 2019, an estimated 14 million U.S. adults had alcohol use disorder, a medical condition characterized by the inability to stop or control alcohol use.[4]

The *2020 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.

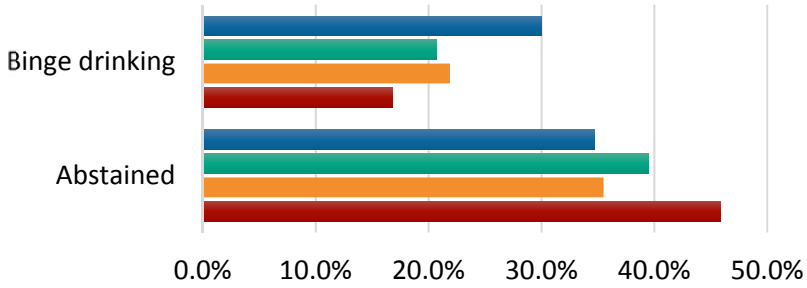
Heavy drinking: Consuming 60 or more alcoholic drinks in the past month for men, or 30 or more for women.

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.

SURVEY COMPARISON

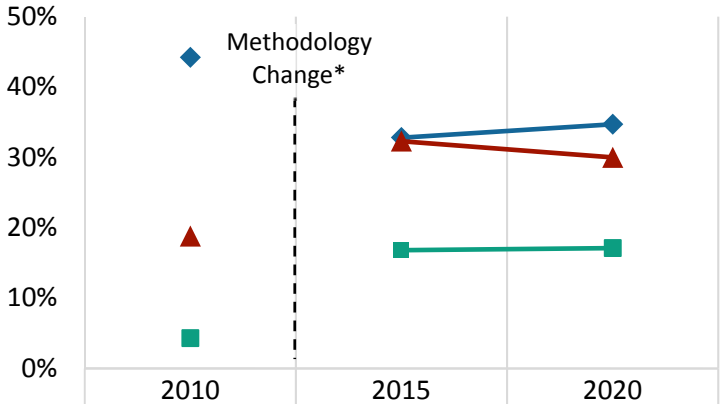
Bridge to Health Survey trend data and comparisons by nation, state, and region, are provided in the four figures below. The survey area exceeds state and national levels for binge drinking (Fig. 7.1), but has decreased slightly since the last survey in 2015 (Fig 7.2). Across the region, heavy drinking ranged from 14.9% in Lake County to 21.5% in Aitkin (Fig. 7.3), and binge drinking ranged from 18.4% in Cook County to 34.4% in Carlton County (Fig. 7.4).



	Abstained	Binge drinking
Bridge to Health 2020	34.7%	30.0%
Minnesota*	39.5%	20.7%
Wisconsin*	35.5%	21.9%
National*	45.9%	16.8%

FIGURE 7.1 – Prevalence of Alcohol Use by Region, State, Nation

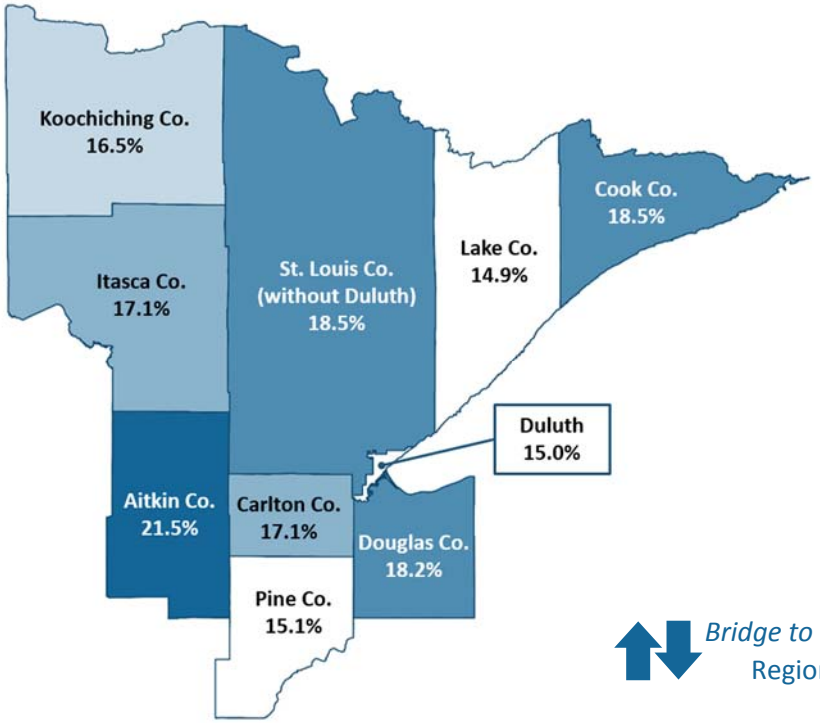
**CDC Behavioral Risk Factor Surveillance System 2019[5]*

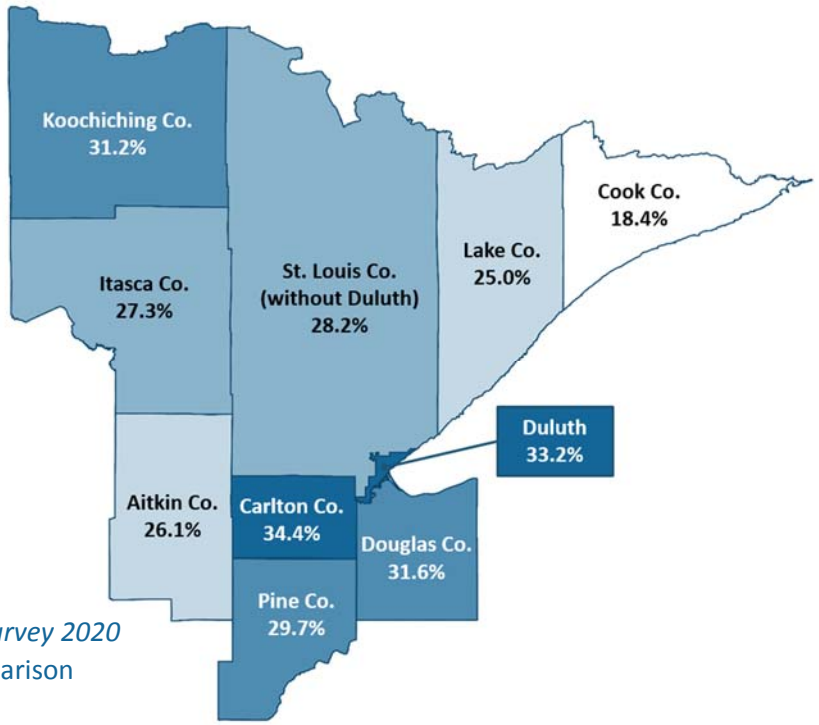


	2010	2015	2020
Abstained	44.2%	32.8%	34.7%
Heavy Drinking	4.3%	16.8%	17.1%
Binge Drinking	18.8%	32.3%	30.0%

FIGURE 7.2 – Prevalence of Alcohol Use by Survey Year

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*





Bridge to Health Survey 2020
Regional Comparison

FIGURE 7.3 – Prevalence of Heavy Drinking by Strata

FIGURE 7.4 – Prevalence of Binge Drinking by Strata

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Table 7.1.A
Alcohol Consumption
Abstained From Alcohol Use
BRIDGE TO HEALTH SURVEY 2020
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?*

Demographic Characteristics		Region n=7399		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**34.7%**	**(32.1-37.2)**	**41.0%**	**(35.5-46.5)**
Sex	**Male**	31.4	(27.2-35.6)	38.7	(29.7-47.6)
	Female	38.0	(35.3-40.6)	43.3	(37.2-49.5)
Age	**18 to 34**	25.8	(18.9-32.7)	27.6	(12.5-42.8)
	35 to 44	29.4	(22.6-36.2)	51.4	(34.2-68.6)
	45 to 54	28.5	(23.7-33.4)	34.9	(24.0-45.9)
	55 to 64	38.4	(34.5-42.4)	40.1	(30.8-49.3)
	65 to 74	42.2	(37.9-46.6)	44.7	(35.4-53.9)
	75 and older	57.6	(51.9-63.3)	57.2	(45.6-68.9)
Education	**Less than H.S.**	51.6	(38.8-64.5)	56.4	(33.0-79.9)
	H.S. Graduate	43.7	(38.1-49.3)	52.2	(42.1-62.2)
	Some College	32.9	(27.5-38.2)	37.8	(26.4-49.2)
	Voc./Assoc. Degree	33.3	(28.4-38.3)	28.1	(19.0-37.3)
	College Graduate	21.3	(18.7-23.8)	26.3	(18.3-34.2)
Poverty Status	**200% or Less**	51.0	(46.1-55.9)	60.3	(51.8-68.7)
	More than 200%	25.9	(22.9-28.9)	29.9	(23.0-36.8)

DS: Data suppressed due to < 30 responses

Table 7.1.B
Alcohol Consumption
Heavy Drinking
BRIDGE TO HEALTH SURVEY 2020
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=7399		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**17.1%**	**(14.9-19.4)**	**16.5%**	**(11.4-21.5)**
Sex	**Male**	16.9	(12.9-20.9)	18.9	(9.8-28.1)
	Female	17.4	(15.3-19.5)	14.0	(10.3-17.7)
Age	**18 to 34**	20.2	(13.4-27.0)	20.4	(0.3-40.5)
	35 to 44	21.4	(14.7-28.1)	14.3	(5.4-23.1)
	45 to 54	16.7	(13.2-20.2)	22.9	(13.9-31.8)
	55 to 64	19.0	(16.1-21.8)	15.9	(8.8-22.9)
	65 to 74	13.8	(10.7-16.8)	13.8	(7.9-19.8)
	75 and older	4.8	(3.1-6.4)	8.2	(2.8-13.6)
Education	**Less than H.S.**	11.5	(5.9-17.0)	7.6	(0.0-21.7)
	H.S. Graduate	16.6	(10.6-22.5)	10.0	(4.9-15.0)
	Some College	18.6	(14.5-22.8)	24.8	(10.2-39.4)
	Voc./Assoc. Degree	17.4	(13.5-21.2)	19.7	(12.1-27.3)
	College Graduate	17.5	(15.1-20.0)	18.0	(11.3-24.6)
Poverty Status	**200% or Less**	15.0	(12.0-18.0)	7.7	(4.1-11.3)
	More than 200%	19.2	(16.0-22.5)	22.1	(14.6-29.7)

DS: Data suppressed due to < 30 responses

Table 7.1.C
Alcohol Consumption
Binge Drinking
BRIDGE TO HEALTH SURVEY 2020
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=7403**		**Koochiching County n=677**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**30.0%**	**(27.3-32.7)**	**31.2%**	**(25.3-37.0)**
Sex	**Male**	33.5	(28.9-38.1)	34.3	(24.5-44.2)
	Female	26.4	(23.6-29.2)	28.0	(22.1-33.9)
Age	**18 to 34**	42.6	(35.1-50.1)	51.2	(32.1-70.3)
	35 to 44	42.1	(34.4-49.7)	28.1	(14.7-41.5)
	45 to 54	33.2	(27.5-38.9)	42.1	(31.1-53.0)
	55 to 64	24.2	(21.0-27.4)	24.4	(16.4-32.5)
	65 to 74	13.8	(11.0-16.7)	16.4	(9.6-23.2)
	75 and older	8.1	(5.5-10.8)	17.1	(7.5-26.7)
Education	**Less than H.S.**	28.1	(15.2-40.9)	26.4	(5.7-47.1)
	H.S. Graduate	26.6	(20.1-33.0)	25.6	(16.6-34.6)
	Some College	34.8	(29.3-40.2)	42.1	(28.4-55.8)
	Voc./Assoc. Degree	31.9	(26.7-37.1)	33.8	(24.4-43.2)
	College Graduate	28.3	(25.0-31.6)	25.4	(16.3-34.6)
Poverty Status	**200% or Less**	24.4	(20.1-28.7)	22.5	(14.9-30.1)
	More than 200%	33.7	(30.1-37.3)	36.9	(28.7-45.0)

DS: Data suppressed due to < 30 responses

Table 7.2.A
Alcohol And Motorized Vehicles
Drove/Rode In Car Or Truck
BRIDGE TO HEALTH SURVEY 2020
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?*

Demographic Characteristics		Region n=7454		Koochiching County n=687	
		Percent	95% CI	Percent	95% CI
Overall Results		**10.0%**	**(8.6-11.3)**	**9.6%**	**(6.4-12.8)**
Sex	**Male**	9.4	(7.3-11.5)	9.5	(4.4-14.6)
	Female	10.5	(8.9-12.2)	9.7	(5.9-13.5)
Age	**18 to 34**	10.3	(7.2-13.4)	10.4	(0.0-21.2)
	35 to 44	11.7	(7.3-16.0)	10.4	(0.0-21.4)
	45 to 54	10.5	(7.1-13.9)	10.9	(3.8-18.1)
	55 to 64	11.6	(8.8-14.5)	9.6	(4.6-14.7)
	65 to 74	7.0	(5.2-8.8)	6.4	(2.6-10.2)
	75 and older	6.9	(4.2-9.7)	9.8	(3.5-16.1)
Education	**Less than H.S.**	9.2	(4.5-13.9)	12.4	(0.2-24.6)
	H.S. Graduate	9.2	(6.7-11.7)	6.4	(2.1-10.6)
	Some College	10.6	(7.7-13.5)	14.3	(5.4-23.2)
	Voc./Assoc. Degree	9.4	(7.1-11.7)	9.2	(3.9-14.5)
	College Graduate	10.8	(8.1-13.4)	7.9	(3.7-12.2)
Poverty Status	**200% or Less**	11.7	(8.8-14.6)	11.9	(6.3-17.4)
	More than 200%	9.6	(8.0-11.1)	8.3	(4.2-12.5)

DS: Data suppressed due to < 30 responses

Table 7.2.B
Alcohol And Motorized Vehicles
Drove/Rode On Boat Or Jet Ski
BRIDGE TO HEALTH SURVEY 2020
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?*

Demographic Characteristics		Region n=7215		Koochiching County n=660	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.6%**	**(1.9-3.4)**	**2.6%**	**(1.2-4.0)**
Sex	**Male**	2.6	(1.4-3.8)	2.2	(0.0-4.6)
	Female	2.6	(1.8-3.5)	2.9	(1.3-4.6)
Age	**18 to 34**	3.1	(1.1-5.2)	0.8	(0.0-2.3)
	35 to 44	3.9	(1.1-6.7)	3.1	(0.0-6.7)
	45 to 54	2.0	(0.9-3.1)	4.6	(0.0-10.7)
	55 to 64	2.7	(1.6-3.8)	4.2	(1.3-7.1)
	65 to 74	1.9	(0.9-3.0)	2.0	(0.0-4.1)
	75 and older	0.7	(0.1-1.4)	0.0	(0.0-0.0)
Education	**Less than H.S.**	1.7	(0.0-3.5)	2.0	(0.0-5.9)
	H.S. Graduate	0.9	(0.4-1.5)	0.6	(0.0-1.8)
	Some College	2.3	(0.9-3.8)	2.4	(0.0-6.5)
	Voc./Assoc. Degree	2.4	(1.2-3.5)	2.9	(0.4-5.3)
	College Graduate	5.3	(3.0-7.7)	6.9	(2.9-10.9)
Poverty Status	**200% or Less**	1.3	(0.5-2.1)	1.2	(0.0-2.4)
	More than 200%	3.3	(2.2-4.4)	3.6	(1.4-5.8)

DS: Data suppressed due to < 30 responses

Table 7.2.C
Alcohol And Motorized Vehicles
Drove/Rode On Snowmobile Or ATV
BRIDGE TO HEALTH SURVEY 2020
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?*

Demographic Characteristics		Region n=7208		Koochiching County n=657	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.5%**	**(1.7-3.3)**	**2.4%**	**(0.3-4.6)**
Sex	**Male**	2.8	(1.5-4.1)	4.1	(0.0-8.3)
	Female	2.2	(1.3-3.1)	0.8	(0.0-1.6)
Age	**18 to 34**	2.4	(0.7-4.1)	4.5	(0.0-13.1)
	35 to 44	4.5	(0.9-8.1)	0.0	(0.0-0.0)
	45 to 54	2.6	(1.4-3.9)	4.8	(0.0-11.1)
	55 to 64	2.8	(1.6-4.0)	1.1	(0.0-2.3)
	65 to 74	1.5	(0.5-2.4)	2.7	(0.0-5.3)
	75 and older	0.4	(0.0-0.8)	0.0	(0.0-0.0)
Education	**Less than H.S.**	1.6	(0.0-3.6)	0.0	(0.0-0.0)
	H.S. Graduate	1.9	(1.0-2.8)	0.0	(0.0-0.0)
	Some College	2.5	(0.9-4.2)	6.7	(0.0-14.5)
	Voc./Assoc. Degree	2.2	(1.2-3.2)	1.7	(0.0-3.4)
	College Graduate	3.6	(1.3-5.8)	2.5	(0.3-4.7)
Poverty Status	**200% or Less**	1.9	(0.5-3.3)	0.7	(0.0-1.6)
	More than 200%	2.8	(1.8-3.9)	3.6	(0.1-7.1)

DS: Data suppressed due to < 30 responses

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. The core components of health care access are health insurance coverage, a usual source of services, services provided in a timely manner, and a competent and sufficient health care workforce.[1] Shortcomings in any of these areas can lead to barriers to health care access for the individual.

Since the last *Bridge to Health Survey* in 2015, the health insurance reforms from the Affordable Care Act have sustained low uninsured rates, even as they weather changes and political threats. Notably, congress eliminated the federal tax penalty for not having health insurance as of January 1, 2019, effectively eliminating the individual mandate. Still, marketplaces were stable overall, with some years even seeing a decrease in premiums.[2,3]

Differences grew between the federal exchange (healthcare.gov), which serves Wisconsin consumers, and the Minnesota state-based exchange (MNsure.org). The Trump administration dramatically reduced funding for federal marketplace navigators, negatively impacting consumers' awareness of coverage options and access to enrollment help in states served by the federal marketplace.

In January 2020, Health and Human Services Secretary Alex Azar declared a public health emergency for the entire United States to aid in the response to COVID-19. As a result of the public health emergency, people with public health care programs do not have to renew coverage or have adverse changes applied, including closures, during the emergency. The preservation of public health care program coverage during the pandemic likely contributed to lower uninsured rates for individuals enrolled in public programs in 2020.

The *2020 Bridge to Health Survey* asked respondents questions regarding access to health care services including their usual source of care, insurance coverage, preferred sources of health information, providing unpaid care for adults, and prevalence of and reasons for delaying or not seeking medical, mental health, or dental care. Results for questions regarding mental health care are provided in Chapter 3. New for 2020 was an expansion of the list of reasons for delaying or not seeking care, including COVID-19, location of services, lack of childcare or caregiver support, and feeling disrespected by staff.

SURVEY COMPARISON

Bridge to Health Survey trend data and comparisons by nation, state, and region are provided in the five figures below. The percent of uninsured adults 18-64 years for the survey area is below state and national levels (Fig. 8.1), and has declined since the 2015 survey (Fig. 8.2). The region's 2020 insurance coverage for 18-64 year olds exceeds the Healthy People 2030 insurance coverage objective for all people less than 65 years of age. The chapter data tables provide insurance coverage data for adults 18 years and older.

HEALTHY PEOPLE 2030 GOALS[4]	
92.1%	Insurance coverage (<65 years of age)
3.3%	Delayed or did not seek medical care
3.0%	Delayed or did not seek dental care
4.1%	Did not fill a prescription

The prevalence of individuals delaying or not seeking care has declined since 2015 for medical care and prescriptions filled, but increased for dental care (Fig. 8.3). The 2020 levels do not meet the Healthy People 2030 goals. The COVID-19 pandemic impacted this measure of access, ranking as the first or second reason for delaying or not seeking care for medical and dental care. Across the region, the prevalence of delaying or not seeking health care was lowest in Lake County (21.7%) and highest in the city of Duluth (34.1%) (Fig. 8.4). For dental care, the lowest prevalence of delaying or not seeking care was in Douglas County, WI (27.4%), and highest in the city of Duluth (38.5%) (Fig. 8.5).

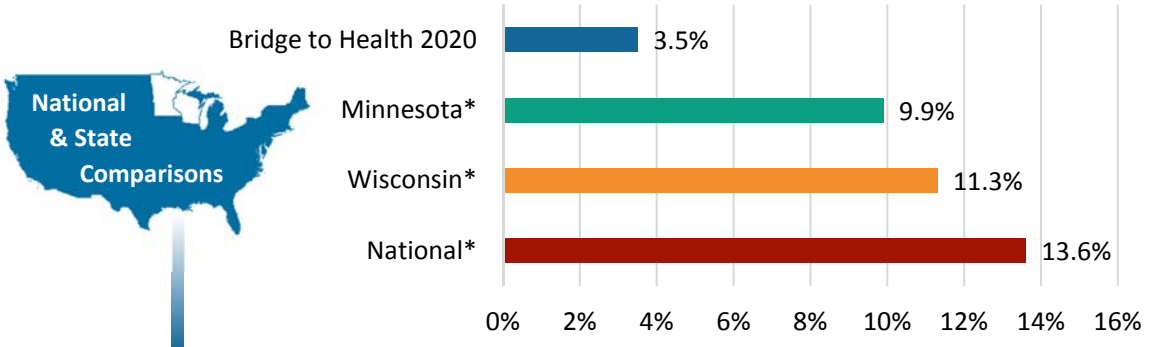


FIGURE 8.1 – Uninsured Adults (18-64 Years) by Region, State, Nation

**CDC Behavioral Risk Factor Surveillance System 2019*[5]

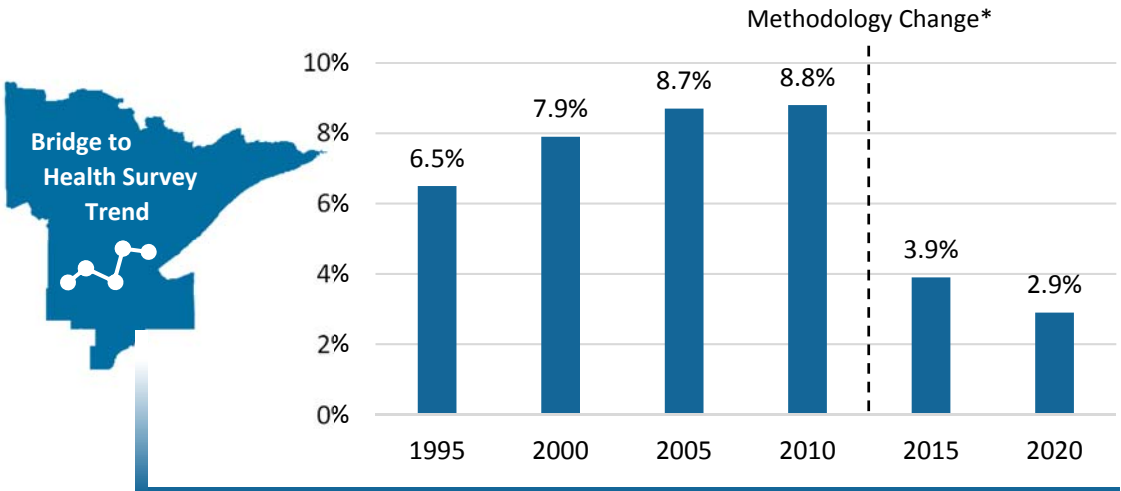
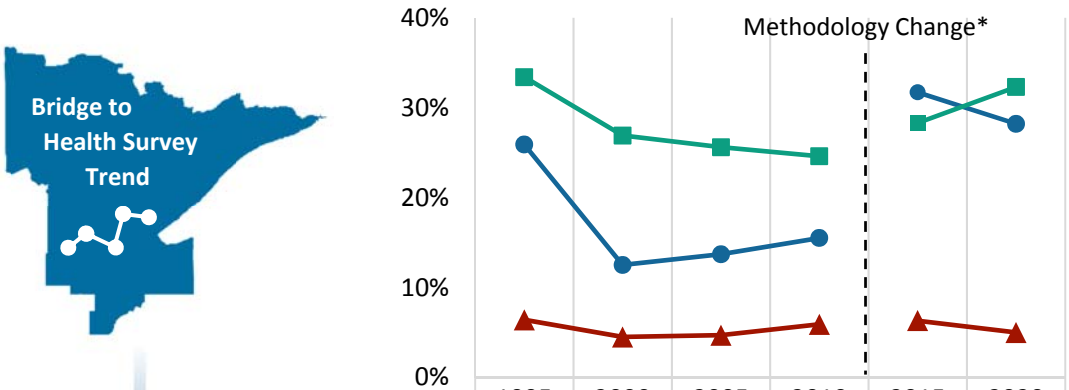


FIGURE 8.2 – Percent of Uninsured Adults (≥18 Years) by Survey Year

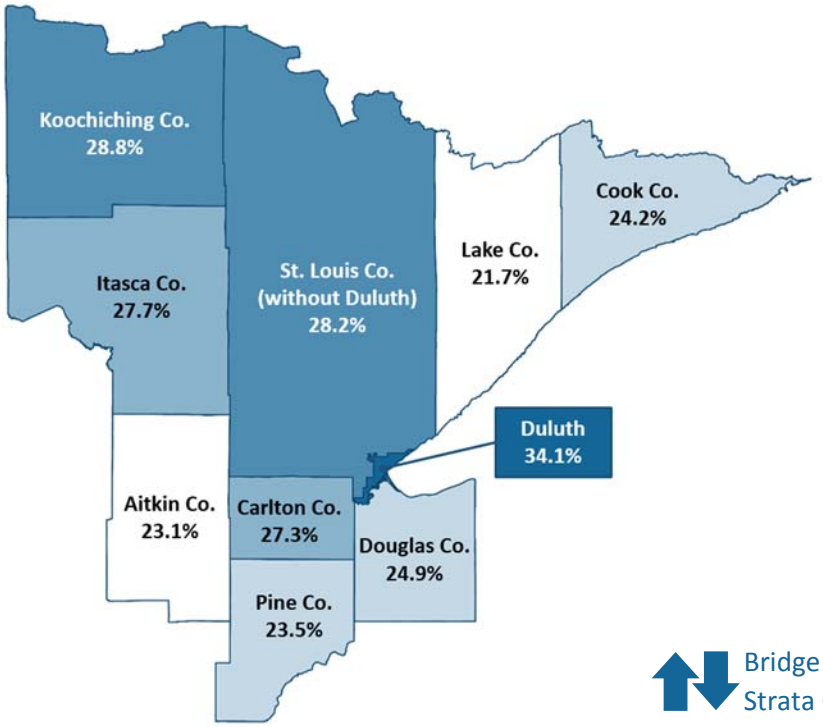
**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*

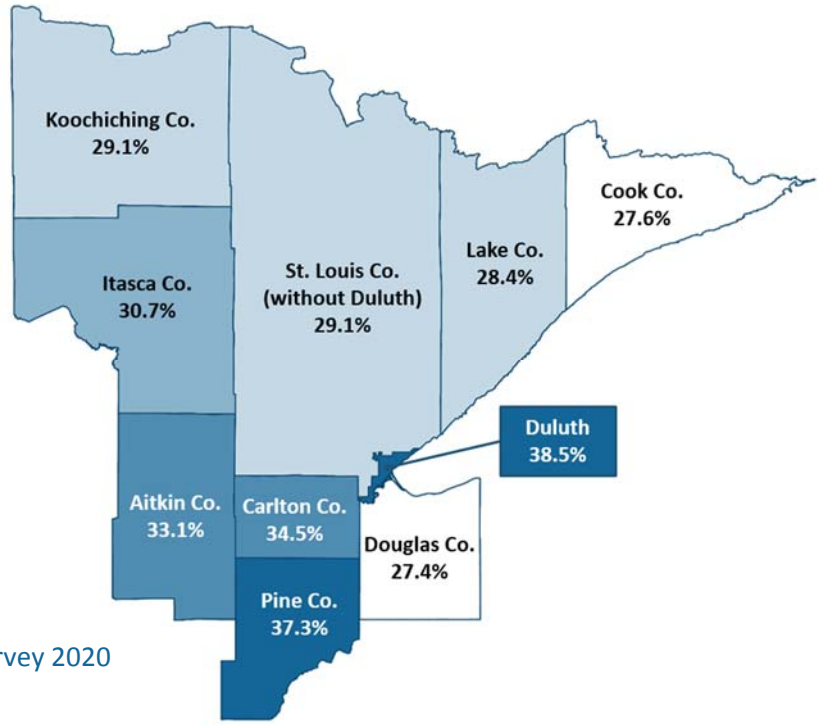


	1995	2000	2005	2010	2015	2020
Medical Care	25.9%	12.5%	13.7%	15.5%	31.7%	28.2%
Dental Care	33.4%	26.9%	25.6%	24.6%	28.3%	32.3%
Fill a Prescription**	6.4%	4.5%	4.7%	5.9%	6.3%	5.0%

FIGURE 8.3 – Percent of Delaying/Not Seeking Care in Past Year by Survey Year

**Data collection and weighting methodology changes were implemented in 2015; therefore, direct comparisons to previous survey results cannot be made. Please see the Methodology and Demographics section for more details.*
***In past 6 months*





Bridge to Health Survey 2020
Strata Comparison

FIGURE 8.4 – Delayed or Did Not Get Medical Care by Strata

FIGURE 8.5 – Delayed or Did Not Get Dental Care by Strata

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Table 8.1.A
Usual Place For Medical Care
Have A Usual Place For Medical Care
BRIDGE TO HEALTH SURVEY 2020
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=7472		Koochiching County n=681	
		Percent	95% CI	Percent	95% CI
Overall Results		**93.9%**	**(92.2-95.5)**	**91.9%**	**(86.4-97.4)**
Sex	**Male**	91.3	(88.5-94.2)	85.7	(75.4-96.1)
	Female	96.5	(94.9-98.1)	98.0	(96.5-99.5)
Age	**18 to 34**	87.7	(82.2-93.2)	69.8	(48.3-91.2)
	35 to 44	94.1	(90.9-97.4)	99.3	(98.0-100.0)
	45 to 54	95.6	(93.4-97.9)	95.2	(89.5-100.0)
	55 to 64	97.0	(96.0-98.1)	99.0	(97.5-100.0)
	65 to 74	96.2	(94.2-98.2)	97.0	(93.2-100.0)
	75 and older	97.8	(96.3-99.2)	96.6	(93.3-99.9)
Education	**Less than H.S.**	94.7	(90.8-98.7)	94.2	(83.3-100.0)
	H.S. Graduate	91.3	(86.7-96.0)	93.0	(85.4-100.0)
	Some College	95.0	(92.9-97.1)	83.8	(67.9-99.7)
	Voc./Assoc. Degree	93.4	(90.1-96.6)	97.8	(95.6-100.0)
	College Graduate	95.9	(94.5-97.4)	97.2	(94.4-100.0)
Poverty Status	**200% or Less**	91.5	(87.5-95.6)	91.8	(84.8-98.8)
	More than 200%	95.4	(94.2-96.7)	91.2	(83.1-99.4)

DS: Data suppressed due to < 30 responses

Table 8.1.B
Usual Place For Medical Care
Doctor's Office
BRIDGE TO HEALTH SURVEY 2020
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=7203		Koochiching County n=659	
		Percent	95% CI	Percent	95% CI
Overall Results		**77.4%**	**(75.3-79.6)**	**82.0%**	**(77.7-86.3)**
Sex	**Male**	73.4	(69.6-77.2)	74.8	(66.9-82.7)
	Female	81.3	(79.1-83.5)	88.3	(84.5-92.1)
Age	**18 to 34**	72.5	(66.3-78.7)	71.8	(54.0-89.5)
	35 to 44	77.2	(71.3-83.2)	82.8	(71.0-94.6)
	45 to 54	76.3	(70.9-81.6)	82.4	(73.1-91.8)
	55 to 64	81.6	(78.3-84.9)	84.4	(77.6-91.3)
	65 to 74	81.3	(78.1-84.6)	87.0	(81.4-92.7)
	75 and older	77.9	(73.1-82.7)	81.9	(72.4-91.4)
Education	**Less than H.S.**	70.9	(57.9-83.9)	DS	DS
	H.S. Graduate	80.5	(76.6-84.5)	82.8	(74.1-91.4)
	Some College	76.5	(72.1-80.8)	85.1	(78.0-92.3)
	Voc./Assoc. Degree	75.0	(70.0-80.0)	80.9	(72.4-89.4)
	College Graduate	78.0	(75.0-81.0)	76.1	(66.7-85.5)
Poverty Status	**200% or Less**	74.6	(70.2-79.0)	81.2	(74.7-87.7)
	More than 200%	78.4	(75.9-81.0)	80.6	(74.5-86.8)

DS: Data suppressed due to < 30 responses

Table 8.1.C
Usual Place For Medical Care
Urgent Care Center
BRIDGE TO HEALTH SURVEY 2020
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=7203		Koochiching County n=659	
		Percent	95% CI	Percent	95% CI
Overall Results		**8.3%**	**(6.9-9.7)**	**3.5%**	**(0.5-6.5)**
Sex	**Male**	8.4	(6.3-10.5)	6.1	(0.0-12.2)
	Female	8.2	(6.4-10.1)	1.3	(0.0-2.6)
Age	**18 to 34**	12.9	(8.9-16.9)	10.3	(0.0-26.6)
	35 to 44	11.2	(7.0-15.4)	7.2	(0.0-16.1)
	45 to 54	7.8	(4.5-11.2)	0.8	(0.0-2.5)
	55 to 64	5.9	(3.3-8.5)	1.7	(0.0-4.1)
	65 to 74	3.7	(2.2-5.3)	2.0	(0.0-4.1)
	75 and older	5.2	(2.9-7.5)	0.9	(0.0-2.8)
Education	**Less than H.S.**	6.7	(1.4-11.9)	DS	DS
	H.S. Graduate	7.1	(4.1-10.2)	4.2	(0.0-11.4)
	Some College	8.6	(5.9-11.3)	3.2	(0.0-7.1)
	Voc./Assoc. Degree	10.6	(7.0-14.1)	3.1	(0.0-6.6)
	College Graduate	8.7	(6.4-10.9)	0.9	(0.0-2.3)
Poverty Status	**200% or Less**	8.5	(5.7-11.3)	2.7	(0.0-5.8)
	More than 200%	8.0	(6.5-9.6)	4.4	(0.0-9.0)

DS: Data suppressed due to < 30 responses

Table 8.1.D
Usual Place For Medical Care
Hospital Or Outpatient Clinic
BRIDGE TO HEALTH SURVEY 2020
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=7203		Koochiching County n=659	
		Percent	95% CI	Percent	95% CI
Overall Results		**6.8%**	**(5.6-8.0)**	**8.6%**	**(5.7-11.4)**
Sex	**Male**	9.8	(7.6-12.1)	12.1	(7.0-17.2)
	Female	3.9	(3.0-4.7)	5.5	(2.6-8.4)
Age	**18 to 34**	3.5	(1.9-5.0)	10.3	(1.0-19.6)
	35 to 44	7.8	(3.4-12.1)	6.7	(0.0-13.5)
	45 to 54	8.8	(4.6-13.0)	12.1	(3.5-20.7)
	55 to 64	6.9	(5.0-8.8)	5.4	(1.7-9.0)
	65 to 74	8.4	(6.3-10.6)	5.6	(1.5-9.7)
	75 and older	7.8	(4.8-10.8)	13.2	(4.0-22.3)
Education	**Less than H.S.**	9.1	(0.5-17.6)	DS	DS
	H.S. Graduate	5.5	(3.7-7.3)	8.0	(3.5-12.6)
	Some College	7.1	(4.7-9.6)	5.4	(0.2-10.5)
	Voc./Assoc. Degree	7.1	(4.7-9.5)	12.9	(4.9-20.8)
	College Graduate	7.2	(5.5-8.8)	11.4	(4.1-18.7)
Poverty Status	**200% or Less**	7.5	(4.9-10.1)	10.3	(4.9-15.7)
	More than 200%	6.8	(5.5-8.2)	8.5	(4.8-12.1)

DS: Data suppressed due to < 30 responses

Table 8.2
How Long Since Last Visit to Health Care Professional
Within Past Year
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

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

Demographic Characteristics		Region n=7535		Koochiching County n=691	
		Percent	95% CI	Percent	95% CI
Overall Results		**83.5%**	**(81.3-85.7)**	**81.9%**	**(76.0-87.7)**
Sex	**Male**	78.4	(74.5-82.2)	77.8	(67.3-88.4)
	Female	88.8	(86.8-90.8)	85.9	(81.8-90.0)
Age	**18 to 34**	72.8	(66.3-79.3)	65.0	(44.1-86.0)
	35 to 44	78.9	(72.4-85.5)	70.9	(53.3-88.5)
	45 to 54	82.0	(77.6-86.4)	81.9	(73.5-90.3)
	55 to 64	88.8	(86.3-91.2)	87.9	(82.6-93.2)
	65 to 74	94.0	(92.0-95.9)	93.3	(89.1-97.5)
	75 and older	95.4	(93.5-97.4)	94.3	(88.6-100.0)
Education	**Less than H.S.**	92.6	(88.8-96.5)	89.1	(76.0-100.0)
	H.S. Graduate	84.7	(79.6-89.8)	79.7	(69.0-90.4)
	Some College	82.9	(78.6-87.2)	82.0	(67.5-96.5)
	Voc./Assoc. Degree	83.7	(79.6-87.8)	79.5	(70.9-88.0)
	College Graduate	80.0	(76.5-83.5)	84.7	(77.9-91.5)
Poverty Status	**200% or Less**	83.9	(79.4-88.4)	85.8	(79.5-92.0)
	More than 200%	83.2	(80.7-85.7)	79.3	(70.6-88.0)

DS: Data suppressed due to < 30 responses

Table 8.3.A
Health Insurance Types*
Private
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question: *Which of the following types of health insurance do you have?*

Demographic Characteristics		Region n=7442		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**68.8%**	**(66.5-71.2)**	**65.8%**	**(60.9-70.7)**
Sex	**Male**	66.6	(62.5-70.6)	69.5	(61.9-77.1)
	Female	71.2	(68.7-73.6)	62.1	(56.1-68.1)
Age	**18 to 34**	75.0	(68.6-81.5)	84.5	(72.5-96.5)
	35 to 44	82.1	(77.1-87.1)	72.5	(56.8-88.1)
	45 to 54	72.3	(66.8-77.8)	64.7	(54.2-75.3)
	55 to 64	59.3	(55.3-63.2)	60.9	(52.2-69.6)
	65 to 74	56.5	(52.1-60.8)	52.0	(42.8-61.2)
	75 and older	64.9	(59.6-70.2)	56.4	(44.8-68.0)
Education	**Less than H.S.**	41.8	(29.7-54.0)	31.8	(10.7-52.9)
	H.S. Graduate	61.1	(55.7-66.6)	64.3	(55.4-73.1)
	Some College	66.5	(61.9-71.0)	64.4	(53.5-75.3)
	Voc./Assoc. Degree	76.5	(72.9-80.0)	73.9	(65.6-82.2)
	College Graduate	85.2	(83.1-87.3)	80.7	(74.3-87.0)
Poverty Status	**200% or Less**	41.9	(37.1-46.6)	35.2	(26.8-43.5)
	More than 200%	82.3	(80.3-84.3)	83.2	(78.7-87.6)

DS: Data suppressed due to < 30 responses

*Respondents could select more than one type of insurance

Table 8.3.B
Health Insurance Types*
Private No Medicare Supplement
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Which of the following types of health insurance do you have?*

Demographic Characteristics		Region n=7442		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**50.2%**	**(47.5-52.9)**	**42.6%**	**(36.7-48.5)**
Sex	**Male**	50.1	(45.5-54.6)	42.3	(32.2-52.4)
	Female	50.3	(47.5-53.1)	42.9	(36.7-49.1)
Age	**18 to 34**	71.4	(64.5-78.3)	82.9	(70.6-95.3)
	35 to 44	80.3	(75.1-85.4)	63.9	(46.5-81.3)
	45 to 54	68.9	(63.3-74.5)	58.9	(47.9-69.9)
	55 to 64	36.7	(33.0-40.5)	27.9	(20.5-35.2)
	65 to 74	6.7	(4.3-9.2)	5.8	(2.2-9.4)
	75 and older	10.4	(7.0-13.7)	7.2	(1.8-12.7)
Education	**Less than H.S.**	15.5	(7.4-23.6)	6.2	(0.0-18.0)
	H.S. Graduate	35.5	(29.2-41.7)	32.2	(21.1-43.3)
	Some College	50.2	(44.7-55.7)	46.1	(32.9-59.3)
	Voc./Assoc. Degree	62.1	(57.7-66.5)	57.6	(48.2-67.0)
	College Graduate	72.7	(70.1-75.4)	64.0	(55.6-72.4)
Poverty Status	**200% or Less**	24.2	(19.9-28.5)	12.1	(6.2-17.9)
	More than 200%	65.1	(62.3-67.8)	61.3	(54.4-68.1)

DS: Data suppressed due to < 30 responses

*Respondents could select more than one type of insurance

Table 8.3.C
Health Insurance Types*
Medicare
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Which of the following types of health insurance do you have?*

Demographic Characteristics		Region n=7435		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**35.6%**	**(33.3-37.9)**	**43.4%**	**(38.0-48.7)**
Sex	**Male**	34.6	(30.8-38.3)	44.9	(35.8-53.9)
	Female	36.6	(34.0-39.2)	41.9	(36.1-47.6)
Age	**18 to 34**	6.2	(1.6-10.8)	2.2	(0.0-5.2)
	35 to 44	7.4	(4.1-10.7)	11.0	(0.0-23.8)
	45 to 54	10.0	(7.0-13.1)	16.2	(8.5-23.9)
	55 to 64	51.9	(48.0-55.9)	59.5	(50.9-68.1)
	65 to 74	88.9	(85.7-92.1)	89.9	(84.8-95.0)
	75 and older	85.6	(81.4-89.8)	90.2	(83.7-96.7)
Education	**Less than H.S.**	56.1	(43.6-68.5)	62.3	(41.6-83.1)
	H.S. Graduate	46.8	(41.2-52.5)	54.9	(44.4-65.4)
	Some College	34.6	(30.3-38.9)	36.3	(26.1-46.6)
	Voc./Assoc. Degree	26.3	(22.9-29.8)	33.8	(25.3-42.3)
	College Graduate	21.3	(19.2-23.4)	29.4	(22.2-36.6)
Poverty Status	**200% or Less**	42.4	(37.7-47.0)	55.9	(47.0-64.9)
	More than 200%	29.7	(27.2-32.2)	34.0	(27.6-40.4)

DS: Data suppressed due to < 30 responses

*Respondents could select more than one type of insurance

Table 8.3.D
Health Insurance Types*
Medical Assistance^
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Which of the following types of health insurance do you have?*

Demographic Characteristics		Region n=7435		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**12.1%**	**(10.3-13.9)**	**11.0%**	**(7.7-14.3)**
Sex	**Male**	9.7	(7.3-12.1)	10.9	(5.4-16.4)
	Female	14.5	(11.9-17.1)	11.1	(7.5-14.8)
Age	**18 to 34**	17.3	(12.0-22.5)	8.8	(0.0-18.6)
	35 to 44	13.7	(8.8-18.6)	14.6	(2.6-26.7)
	45 to 54	12.0	(8.3-15.6)	18.1	(9.5-26.8)
	55 to 64	10.0	(7.2-12.7)	9.3	(4.5-14.1)
	65 to 74	6.7	(4.6-8.8)	7.7	(3.0-12.4)
	75 and older	8.2	(4.6-11.8)	9.0	(2.5-15.6)
Education	**Less than H.S.**	26.2	(16.0-36.5)	23.7	(7.6-39.8)
	H.S. Graduate	16.6	(12.2-21.0)	15.5	(9.0-21.9)
	Some College	13.0	(9.8-16.2)	7.3	(0.6-14.1)
	Voc./Assoc. Degree	7.7	(5.4-10.1)	10.3	(4.3-16.3)
	College Graduate	3.6	(2.3-4.8)	2.6	(0.6-4.5)
Poverty Status	**200% or Less**	30.8	(26.4-35.3)	30.9	(22.5-39.4)
	More than 200%	2.8	(1.9-3.6)	0.8	(0.1-1.5)

DS: Data suppressed due to < 30 responses

*Respondents could select more than one type of insurance

^Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)

Table 8.3.E
Health Insurance Types*
Other Public Assistance^
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Which of the following types of health insurance do you have?*

Demographic Characteristics		Region n=7442		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**15.0%**	**(13.0-17.0)**	**12.5%**	**(9.2-15.8)**
Sex	**Male**	17.5	(14.3-20.8)	15.2	(9.7-20.6)
	Female	12.4	(10.2-14.6)	9.9	(6.1-13.8)
Age	**18 to 34**	15.4	(9.9-20.8)	9.0	(0.0-18.2)
	35 to 44	14.1	(9.1-19.2)	9.8	(0.8-18.8)
	45 to 54	15.2	(10.5-19.9)	9.4	(3.7-15.1)
	55 to 64	12.5	(10.3-14.8)	18.1	(10.4-25.8)
	65 to 74	19.2	(14.6-23.7)	12.7	(6.7-18.8)
	75 and older	13.9	(9.9-17.9)	15.1	(7.0-23.2)
Education	**Less than H.S.**	29.4	(17.1-41.6)	28.3	(10.5-46.2)
	H.S. Graduate	17.7	(13.4-22.0)	12.1	(6.1-18.1)
	Some College	16.5	(12.7-20.3)	12.4	(5.9-19.0)
	Voc./Assoc. Degree	12.5	(8.8-16.3)	10.7	(5.1-16.3)
	College Graduate	7.0	(5.5-8.4)	7.8	(3.0-12.6)
Poverty Status	**200% or Less**	24.8	(20.6-29.1)	22.3	(15.1-29.5)
	More than 200%	9.6	(7.8-11.4)	7.5	(4.0-11.0)

DS: Data suppressed due to < 30 responses

*Respondents could select more than one type of insurance

^Indian or Tribal Health Service, MinnesotaCare, BadgerCare, CHAMPUS/TRICARE/Veteran's benefits

Table 8.4
Health Insurance Coverage
Currently Uninsured*
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Which of the following types of health insurance do you have?*

Demographic Characteristics		Region n=7442		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.9%**	**(1.7-4.1)**	**2.8%**	**(0.9-4.7)**
Sex	**Male**	3.8	(1.5-6.1)	2.2	(0.2-4.2)
	Female	1.9	(1.1-2.7)	3.4	(0.3-6.5)
Age	**18 to 34**	5.8	(1.7-9.9)	2.4	(0.0-6.0)
	35 to 44	2.3	(0.4-4.2)	7.4	(0.0-17.8)
	45 to 54	3.5	(1.3-5.7)	5.7	(0.1-11.2)
	55 to 64	1.4	(0.6-2.1)	2.1	(0.0-4.8)
	65 to 74	1.3	(0.0-3.1)	0.0	(0.0-0.0)
	75 and older	0.2	(0.0-0.5)	0.0	(0.0-0.0)
Education	**Less than H.S.**	3.5	(0.0-7.3)	11.2	(0.0-26.7)
	H.S. Graduate	3.5	(0.3-6.8)	2.1	(0.0-4.4)
	Some College	3.7	(1.4-6.0)	2.0	(0.0-4.7)
	Voc./Assoc. Degree	1.8	(0.6-2.9)	1.8	(0.0-4.8)
	College Graduate	1.5	(0.3-2.7)	2.6	(0.0-6.4)
Poverty Status	**200% or Less**	5.9	(2.3-9.4)	5.7	(0.9-10.6)
	More than 200%	1.7	(0.8-2.6)	1.1	(0.0-2.5)

DS: Data suppressed due to < 30 responses

*Respondents categorized as "Currently Uninsured" answered "no" to having any of the listed insurance types.

Table 8.5
Delayed Or Did Not Get Medical Care
Within Past Year
BRIDGE TO HEALTH SURVEY 2020
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=7454		Koochiching County n=681	
		Percent	95% CI	Percent	95% CI
Overall Results		**28.2%**	**(25.6-30.9)**	**28.8%**	**(23.5-34.1)**
Sex	**Male**	28.6	(24.1-33.2)	31.6	(22.5-40.7)
	Female	27.8	(25.1-30.6)	26.1	(20.7-31.4)
Age	**18 to 34**	38.7	(31.3-46.2)	42.5	(23.3-61.8)
	35 to 44	34.7	(27.3-42.1)	32.3	(17.4-47.2)
	45 to 54	30.6	(25.1-36.2)	34.7	(24.3-45.1)
	55 to 64	24.1	(20.6-27.5)	24.9	(16.2-33.7)
	65 to 74	16.9	(12.5-21.3)	15.8	(9.3-22.4)
	75 and older	12.1	(8.4-15.7)	19.2	(9.3-29.1)
Education	**Less than H.S.**	27.1	(13.6-40.6)	16.4	(3.0-29.9)
	H.S. Graduate	27.8	(22.3-33.4)	33.2	(22.7-43.8)
	Some College	30.8	(25.1-36.6)	26.2	(15.8-36.5)
	Voc./Assoc. Degree	27.6	(22.8-32.4)	25.3	(16.2-34.5)
	College Graduate	26.4	(23.1-29.6)	32.5	(23.0-42.1)
Poverty Status	**200% or Less**	32.9	(28.0-37.8)	31.6	(23.1-40.1)
	More than 200%	25.5	(22.2-28.8)	27.4	(20.3-34.5)

DS: Data suppressed due to < 30 responses

Table 8.6
Delayed Or Did Not Fill A Prescription
Within Past 6 Months
BRIDGE TO HEALTH SURVEY 2020
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=7476		Koochiching County n=684	
		Percent	95% CI	Percent	95% CI
Overall Results		**5.0%**	**(3.9-6.0)**	**4.2%**	**(1.9-6.5)**
Sex	**Male**	4.1	(2.5-5.7)	4.0	(0.0-8.0)
	Female	5.9	(4.4-7.3)	4.4	(2.1-6.7)
Age	**18 to 34**	5.8	(3.4-8.2)	6.1	(0.0-15.0)
	35 to 44	6.2	(2.7-9.7)	2.7	(0.0-6.6)
	45 to 54	7.9	(3.8-12.1)	7.2	(1.4-12.9)
	55 to 64	3.4	(2.4-4.5)	3.2	(0.4-5.9)
	65 to 74	3.3	(1.8-4.8)	3.3	(0.2-6.5)
	75 and older	1.7	(0.5-2.8)	1.6	(0.0-3.8)
Education	**Less than H.S.**	7.8	(0.0-16.1)	1.6	(0.0-4.7)
	H.S. Graduate	5.3	(2.9-7.6)	3.7	(0.6-6.7)
	Some College	4.6	(2.9-6.3)	7.2	(0.3-14.1)
	Voc./Assoc. Degree	4.7	(2.8-6.5)	4.9	(0.9-8.9)
	College Graduate	4.4	(3.0-5.7)	1.4	(0.0-3.4)
Poverty Status	**200% or Less**	8.0	(5.0-10.9)	4.9	(2.0-7.9)
	More than 200%	3.8	(2.9-4.7)	3.9	(0.6-7.2)

DS: Data suppressed due to < 30 responses

Table 8.7
Delayed Or Did Not Get Dental Care
Within Past Year
BRIDGE TO HEALTH SURVEY 2020
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=7458		Koochiching County n=684	
		Percent	95% CI	Percent	95% CI
Overall Results		**32.3%**	**(29.7-35.0)**	**29.1%**	**(23.9-34.3)**
Sex	**Male**	31.6	(27.2-36.0)	29.2	(20.3-38.1)
	Female	33.1	(30.3-35.9)	29.0	(23.7-34.4)
Age	**18 to 34**	40.0	(32.5-47.4)	37.8	(19.1-56.5)
	35 to 44	34.6	(27.6-41.6)	37.0	(21.4-52.7)
	45 to 54	33.6	(28.2-39.0)	29.6	(20.0-39.1)
	55 to 64	32.4	(28.6-36.2)	27.2	(19.5-34.9)
	65 to 74	25.1	(21.2-29.0)	24.6	(16.7-32.5)
	75 and older	17.4	(13.2-21.5)	15.8	(7.4-24.2)
Education	**Less than H.S.**	38.0	(25.5-50.5)	16.8	(3.2-30.3)
	H.S. Graduate	32.0	(25.8-38.1)	31.8	(21.7-42.0)
	Some College	36.1	(31.2-41.0)	32.3	(21.5-43.2)
	Voc./Assoc. Degree	29.5	(24.7-34.4)	30.3	(21.1-39.5)
	College Graduate	28.2	(25.0-31.5)	23.3	(14.6-31.9)
Poverty Status	**200% or Less**	43.6	(38.8-48.4)	35.7	(27.2-44.1)
	More than 200%	27.1	(23.9-30.4)	25.2	(18.3-32.1)

DS: Data suppressed due to < 30 responses

Table 8.8
How Long Since Last Visit To A Dental Clinic
Within Past Year
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How long has it been since you last visited a dentist or dental clinic for any reason?*

Demographic Characteristics		Region n=7521		Koochiching County n=691	
		Percent	95% CI	Percent	95% CI
Overall Results		**62.9%**	**(60.4-65.5)**	**56.3%**	**(50.7-62.0)**
Sex	**Male**	60.9	(56.6-65.1)	53.1	(43.6-62.6)
	Female	65.0	(62.2-67.8)	59.6	(53.5-65.6)
Age	**18 to 34**	58.4	(51.3-65.6)	41.5	(23.5-59.6)
	35 to 44	68.8	(61.7-75.9)	60.5	(44.3-76.6)
	45 to 54	65.9	(60.6-71.3)	64.1	(53.6-74.6)
	55 to 64	66.0	(62.2-69.8)	59.5	(50.6-68.3)
	65 to 74	64.4	(60.2-68.5)	53.3	(44.1-62.5)
	75 and older	54.3	(48.5-60.1)	63.5	(52.3-74.7)
Education	**Less than H.S.**	49.2	(36.9-61.5)	60.7	(41.5-79.9)
	H.S. Graduate	54.3	(48.6-60.0)	49.7	(39.8-59.6)
	Some College	61.4	(56.3-66.6)	48.4	(35.9-60.9)
	Voc./Assoc. Degree	69.7	(65.5-74.0)	58.8	(49.0-68.7)
	College Graduate	76.4	(73.2-79.6)	79.0	(70.9-87.0)
Poverty Status	**200% or Less**	42.9	(38.2-47.6)	44.2	(35.7-52.7)
	More than 200%	73.1	(70.3-75.9)	63.1	(55.0-71.2)

DS: Data suppressed due to < 30 responses

Table 8.9
Provided Unpaid Care To An Adult
BRIDGE TO HEALTH SURVEY 2020
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?

[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 may or may not live with you.]

Demographic Characteristics		Region n=7483		Koochiching County n=686	
		Percent	95% CI	Percent	95% CI
Overall Results		**31.5%**	**(29.0-34.0)**	**29.9%**	**(25.0-34.8)**
Sex	**Male**	30.5	(26.3-34.8)	28.5	(20.4-36.7)
	Female	32.6	(30.0-35.2)	31.3	(25.9-36.7)
Age	**18 to 34**	26.6	(19.9-33.4)	28.6	(11.5-45.6)
	35 to 44	32.3	(25.3-39.3)	22.3	(10.6-34.0)
	45 to 54	45.6	(39.7-51.5)	42.4	(31.4-53.4)
	55 to 64	35.6	(32.0-39.2)	33.3	(25.3-41.3)
	65 to 74	28.4	(24.5-32.4)	24.6	(17.0-32.1)
	75 and older	17.8	(14.1-21.6)	24.2	(14.3-34.1)
Education	**Less than H.S.**	19.9	(10.2-29.5)	20.4	(5.5-35.4)
	H.S. Graduate	26.7	(22.0-31.4)	21.2	(12.9-29.5)
	Some College	38.3	(32.6-44.0)	39.0	(27.2-50.7)
	Voc./Assoc. Degree	34.0	(29.4-38.6)	37.4	(28.0-46.9)
	College Graduate	32.0	(28.7-35.3)	33.0	(24.3-41.8)
Poverty Status	**200% or Less**	30.3	(25.9-34.8)	29.2	(21.5-37.0)
	More than 200%	32.5	(29.3-35.7)	31.7	(25.0-38.5)

DS: Data suppressed due to < 30 responses

Table 8.10.A
Preference To Receive Health Information
Medical Professional
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How do you prefer to get health and wellness information?*

Demographic Characteristics		Region n=7322		Koochiching County n=670	
		Percent	95% CI	Percent	95% CI
Overall Results		**60.1%**	**(57.4-62.7)**	**63.1%**	**(57.5-68.7)**
Sex	**Male**	59.5	(55.1-63.9)	64.5	(55.0-74.0)
	Female	60.7	(57.9-63.6)	61.6	(55.7-67.6)
Age	**18 to 34**	53.7	(46.3-61.1)	63.2	(43.4-83.0)
	35 to 44	56.8	(49.5-64.2)	66.0	(50.9-81.2)
	45 to 54	56.0	(50.2-61.8)	60.4	(49.8-71.1)
	55 to 64	64.3	(60.3-68.3)	60.4	(51.3-69.5)
	65 to 74	68.7	(64.6-72.8)	62.1	(53.0-71.3)
	75 and older	67.8	(62.1-73.5)	69.5	(59.0-80.0)
Education	**Less than H.S.**	46.8	(34.6-59.1)	64.5	(45.2-83.8)
	H.S. Graduate	57.1	(51.2-62.9)	63.4	(54.2-72.7)
	Some College	63.2	(58.3-68.2)	57.3	(43.8-70.9)
	Voc./Assoc. Degree	62.4	(57.1-67.7)	66.6	(57.1-76.1)
	College Graduate	63.0	(59.3-66.7)	68.3	(59.6-76.9)
Poverty Status	**200% or Less**	54.9	(49.9-59.9)	60.7	(52.1-69.3)
	More than 200%	62.8	(59.7-65.9)	65.1	(57.4-72.8)

DS: Data suppressed due to < 30 responses

Table 8.10.B
Preference To Receive Health Information
Websites Or Internet
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How do you prefer to get health and wellness information?*

Demographic Characteristics		Region n=7322		Koochiching County n=670	
		Percent	95% CI	Percent	95% CI
Overall Results		**36.3%**	**(33.7-38.9)**	**34.0%**	**(28.3-39.7)**
Sex	**Male**	34.3	(30.0-38.7)	30.4	(20.6-40.2)
	Female	38.3	(35.6-41.0)	37.6	(31.6-43.7)
Age	**18 to 34**	47.5	(40.1-54.9)	53.1	(34.1-72.2)
	35 to 44	37.2	(30.4-44.0)	47.7	(30.1-65.4)
	45 to 54	43.6	(37.9-49.4)	39.9	(29.0-50.9)
	55 to 64	36.3	(32.4-40.2)	24.7	(17.8-31.5)
	65 to 74	25.5	(21.0-30.0)	21.6	(14.0-29.3)
	75 and older	9.2	(6.4-11.9)	12.4	(4.7-20.1)
Education	**Less than H.S.**	11.6	(2.5-20.8)	14.1	(0.0-33.5)
	H.S. Graduate	21.6	(17.2-26.0)	17.5	(10.4-24.7)
	Some College	41.7	(36.0-47.5)	47.3	(33.9-60.6)
	Voc./Assoc. Degree	42.9	(37.8-48.0)	46.7	(36.6-56.8)
	College Graduate	52.5	(48.9-56.1)	45.9	(36.2-55.6)
Poverty Status	**200% or Less**	26.7	(22.4-30.9)	25.5	(17.3-33.7)
	More than 200%	42.1	(38.7-45.4)	40.9	(33.0-48.9)

DS: Data suppressed due to < 30 responses

Table 8.10.C
Preference To Receive Health Information
Brochures Or Other Printed Material
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How do you prefer to get health and wellness information?*

Demographic Characteristics		Region n=7322		Koochiching County n=670	
		Percent	95% CI	Percent	95% CI
Overall Results		**28.7%**	**(26.5-30.9)**	**36.3%**	**(31.0-41.6)**
Sex	**Male**	24.1	(20.7-27.5)	33.0	(24.3-41.7)
	Female	33.4	(30.8-36.0)	39.7	(33.7-45.6)
Age	**18 to 34**	19.4	(14.6-24.2)	24.8	(9.1-40.6)
	35 to 44	28.8	(21.6-36.1)	36.1	(17.7-54.4)
	45 to 54	27.1	(22.4-31.8)	38.2	(27.2-49.2)
	55 to 64	34.2	(30.5-37.9)	42.3	(33.5-51.0)
	65 to 74	33.2	(29.2-37.2)	38.1	(29.0-47.2)
	75 and older	38.5	(32.8-44.1)	40.2	(28.7-51.7)
Education	**Less than H.S.**	23.0	(14.2-31.9)	25.1	(6.0-44.2)
	H.S. Graduate	27.7	(23.1-32.3)	42.0	(31.9-52.0)
	Some College	33.7	(28.8-38.5)	33.2	(22.4-44.0)
	Voc./Assoc. Degree	25.5	(21.8-29.3)	31.9	(22.8-40.9)
	College Graduate	27.3	(24.2-30.4)	37.7	(28.2-47.2)
Poverty Status	**200% or Less**	31.6	(27.5-35.8)	41.2	(32.7-49.7)
	More than 200%	27.6	(24.8-30.3)	32.1	(25.1-39.1)

DS: Data suppressed due to < 30 responses

Table 8.10.D
Preference To Receive Health Information
Email Alert Or E-Newsletter
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*How do you prefer to get health and wellness information?*

Demographic Characteristics		Region n=7322		Koochiching County n=670	
		Percent	95% CI	Percent	95% CI
Overall Results		**28.4%**	**(26.1-30.7)**	**23.2%**	**(18.5-27.9)**
Sex	**Male**	26.0	(22.3-29.6)	19.8	(12.3-27.3)
	Female	30.8	(28.1-33.5)	26.7	(21.0-32.4)
Age	**18 to 34**	33.8	(27.4-40.2)	25.6	(11.3-40.0)
	35 to 44	36.6	(29.3-43.9)	39.5	(20.7-58.4)
	45 to 54	32.8	(27.4-38.2)	21.6	(13.4-29.8)
	55 to 64	24.5	(21.3-27.7)	19.8	(13.3-26.4)
	65 to 74	21.5	(18.3-24.7)	22.6	(14.2-31.1)
	75 and older	12.9	(8.7-17.0)	12.0	(4.8-19.2)
Education	**Less than H.S.**	15.2	(4.2-26.2)	24.1	(3.3-44.9)
	H.S. Graduate	21.7	(17.1-26.2)	20.8	(11.5-30.1)
	Some College	29.0	(24.3-33.7)	24.2	(15.0-33.5)
	Voc./Assoc. Degree	28.9	(24.5-33.3)	23.5	(15.3-31.8)
	College Graduate	39.8	(36.1-43.5)	25.8	(17.3-34.3)
Poverty Status	**200% or Less**	22.1	(18.0-26.2)	19.7	(12.5-27.0)
	More than 200%	32.0	(29.1-34.9)	26.4	(19.8-33.1)

DS: Data suppressed due to < 30 responses

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.

In 2019, approximately 10.5% (35.2 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.[2] Food insecurity levels in the U.S. have been on a downward trend since 2011 when they peaked at 14.9%. The prevalence of food insecurity continues to be unevenly distributed among household types, with greater impact on black and Hispanic households, single parent households, and households with children.[3] The COVID-19 pandemic is projected to reverse the downward trend in 2020 due to new individuals experiencing food insecurity and greater severity among those affected before the pandemic. Feeding America estimates that 45 million people in the U.S. experienced food insecurity in 2020, and projects a slow return to pre-pandemic levels.[4]

To address food insecurity in the Northland, the *2005*, *2010*, *2015,* and *2020 Bridge to Health Surveys* asked respondents about their use of community food shelves. New in 2020, respondents were asked to specify barriers to obtaining food.

Transportation is considered an important component of health care access, particularly impacting management of chronic illnesses through missed or delayed appointments and medication use. 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.[5] The prevalence of transportation barriers varies across groups, disproportionately higher among racial and ethnic minorities and people with lower incomes.[6] The *2015* and *2020 Bridge to Health Surveys* asked respondents whether they experienced transportation barriers for 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.

Research on the connection between housing and health highlights housing stability, safety and quality, affordability, and neighborhoods as significant pathways to achieving better health outcomes.[7] Housing disparities have been persistent despite federal mandates, dating back to 1949, to provide quality housing for every American family.[8] High rent costs, moving frequently, overcrowding, substandard housing conditions, and neighborhoods with fewer amenities are common examples of housing instability that are concentrated disproportionately in lower income and ethnic and racial minority groups.[9]

Encompassed within housing and more broadly within the built environment, is internet access. Broadband service, affordable subscriptions and devices, and skilled users have become hallmarks of a healthy community.[10] Internet access is an essential component of the social determinants of health owing to its ubiquitous influence on economic and social outcomes. The availability of internet service, particularly broadband, and the ability to utilize available services can vary greatly by geographic location and social strata.

The economic crisis and mandatory shift to remote workplace and classroom settings, and virtual healthcare visits due to the COVID-19 pandemic has placed a spotlight on both the housing inequities and digital divide in our country. In an effort to learn more about the state of these social determinants of health in our region, new questions were added to the *2020 Bridge to Health Survey*. Respondents were asked about barriers to obtaining and keeping housing, and housing losses due to the COVID-19 pandemic. Respondents were also asked for the first time about internet access in their homes and barriers to internet use.

SURVEY COMPARISON

Bridge to Health Survey trend data and comparisons by nation, state, and region, are provided in the three figures below. Lack of internet access in the survey area was comparable to the national level, but higher than the Minnesota state level (Fig. 9.1). The prevalence of food shelf use was up from 2015 (Fig. 9.2), likely due to the impact of the COVID-19 pandemic on employment and poverty status. Similarly, visits to food shelves in Minnesota during 2020 were up 6.6% overall from 2019, with an increase of 31% for adults age 65+, and 6.7% for children.[11] Although transportation barriers were higher among those with lower incomes in 2020 (Fig. 9.8), the prevalence of transportation barriers among those with lower incomes decreased from 2015 (Fig. 9.3). Across the region, barriers to obtaining food ranged from 16.0% in Lake County to 32.5% in Duluth (Fig. 9.4), and barriers to internet access ranged from 14.5% in Cook County to 42.9% in Aitkin County (Fig. 9.5).

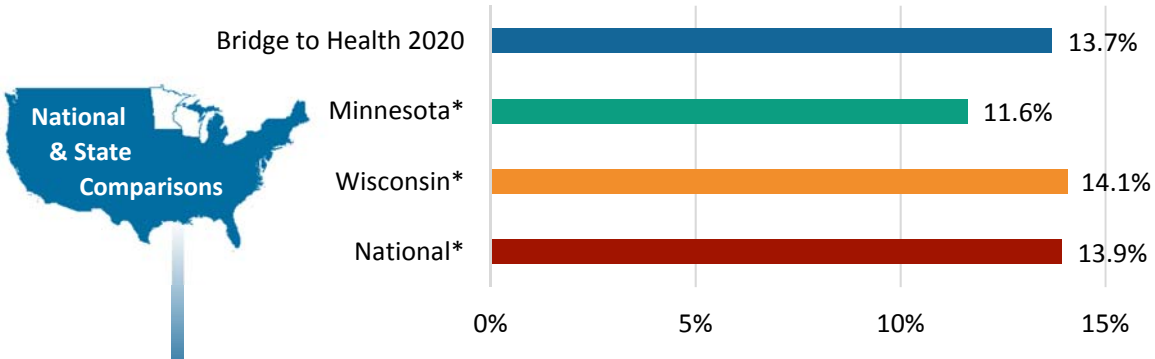


FIGURE 9.1 – Households without Internet Access by Region, State, Nation

**American Community Survey 2019: 5 – Year Estimates*[12]

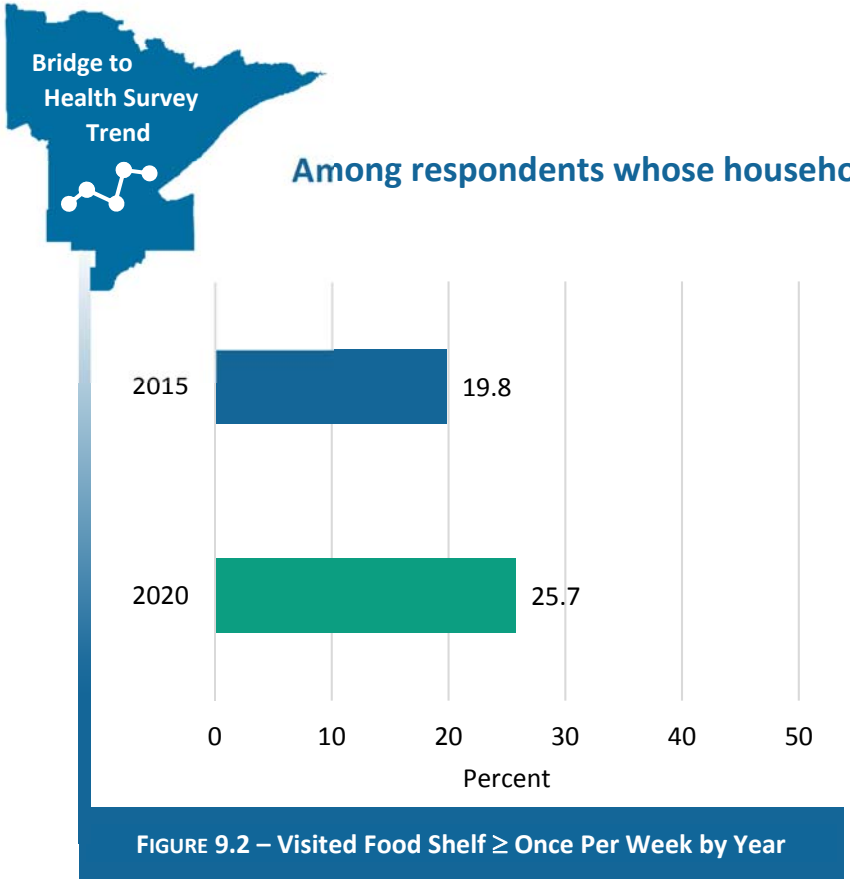


FIGURE 9.2 – Visited Food Shelf ≥ Once Per Week by Year

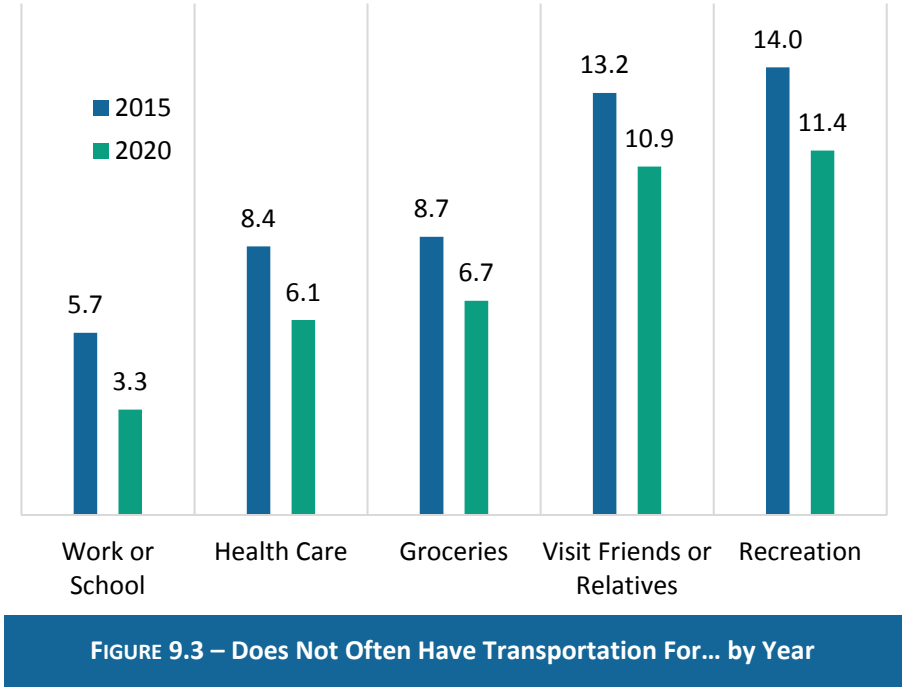
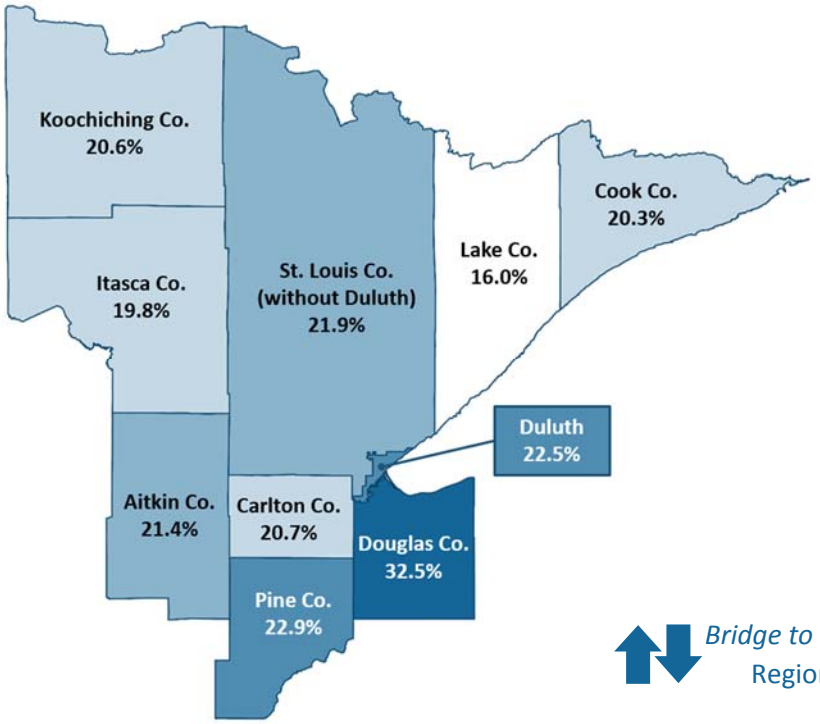
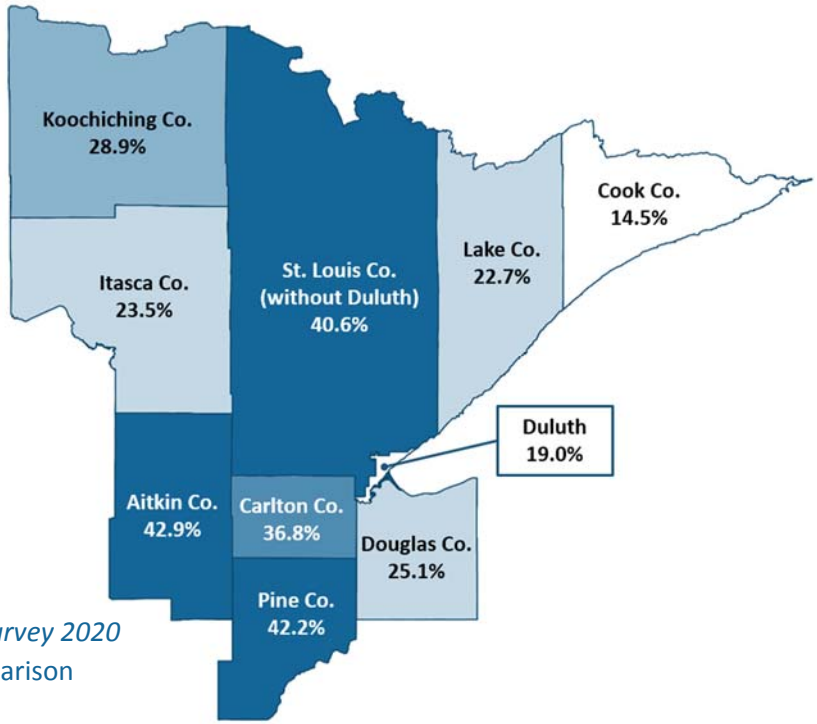


FIGURE 9.3 – Does Not Often Have Transportation For… by Year





Bridge to Health Survey 2020
Regional Comparison

FIGURE 9.4 – Prevalence of Food Barriers by Strata

FIGURE 9.5 –Prevalence of Internet Barriers by Strata

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Table 9.1
Food Insecurity - Visit Food Shelf or Pantry
One Or More Times Per Month
BRIDGE TO HEALTH SURVEY 2020
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=6211		Koochiching County n=548	
		Percent	95% CI	Percent	95% CI
Overall Results		**10.3%**	**(8.4-12.1)**	**11.3%**	**(7.5-15.1)**
Sex	**Male**	10.1	(7.1-13.2)	9.2	(3.8-14.6)
	Female	10.4	(8.2-12.6)	13.3	(8.1-18.6)
Age	**18 to 34**	12.1	(7.1-17.1)	12.0	(1.2-22.8)
	35 to 44	14.1	(8.2-20.0)	20.0	(4.9-35.1)
	45 to 54	8.0	(5.3-10.7)	11.1	(5.0-17.1)
	55 to 64	10.3	(7.7-12.9)	11.1	(4.9-17.2)
	65 to 74	7.1	(4.9-9.4)	6.3	(1.9-10.6)
	75 and older	6.2	(3.2-9.2)	5.7	(0.0-12.2)
Education	**Less than H.S.**	24.2	(9.9-38.5)	41.2	(16.7-65.7)
	H.S. Graduate	13.8	(9.6-18.0)	10.8	(3.7-17.9)
	Some College	10.7	(7.4-13.9)	10.3	(3.7-17.0)
	Voc./Assoc. Degree	8.2	(5.4-11.0)	11.3	(3.6-19.0)
	College Graduate	3.4	(1.8-5.1)	2.2	(0.0-4.6)
Poverty Status	**200% or Less**	25.7	(20.8-30.7)	24.5	(15.7-33.3)
	More than 200%	2.8	(1.8-3.9)	3.8	(0.8-6.8)

DS: Data suppressed due to < 30 responses

Table 9.2.A
Food Insecurity - Food Barriers
Have Barriers to Getting Food
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Are there any barriers to having adequate food for your household? (Please check all that apply.)*

Demographic Characteristics		Region n=7486		Koochiching County n=689	
		Percent	95% CI	Percent	95% CI
Overall Results		**22.7%**	**(20.3-25.0)**	**20.6%**	**(15.8-25.3)**
Sex	**Male**	20.7	(16.8-24.5)	19.4	(11.6-27.3)
	Female	24.7	(22.2-27.1)	21.7	(16.4-27.1)
Age	**18 to 34**	29.0	(22.8-35.3)	37.9	(19.7-56.1)
	35 to 44	30.8	(23.5-38.0)	22.8	(9.1-36.4)
	45 to 54	26.1	(20.8-31.5)	23.2	(14.2-32.3)
	55 to 64	16.0	(13.3-18.7)	12.7	(7.4-17.9)
	65 to 74	12.5	(8.2-16.8)	10.4	(4.5-16.2)
	75 and older	16.1	(11.6-20.7)	13.8	(6.2-21.4)
Education	**Less than H.S.**	34.5	(22.3-46.7)	33.1	(13.0-53.2)
	H.S. Graduate	25.4	(20.1-30.6)	19.4	(10.9-27.9)
	Some College	24.1	(19.9-28.4)	20.8	(10.6-30.9)
	Voc./Assoc. Degree	20.3	(15.9-24.8)	20.6	(11.9-29.3)
	College Graduate	15.1	(12.7-17.6)	17.2	(8.3-26.0)
Poverty Status	**200% or Less**	40.2	(35.3-45.1)	33.0	(24.5-41.5)
	More than 200%	14.1	(11.8-16.5)	14.7	(8.7-20.6)

DS: Data suppressed due to < 30 responses

Table 9.2.B
Food Insecurity - Food Barriers
Cost Of Food
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Are there any barriers to having adequate food for your household? (Please check all that apply.)*

Demographic Characteristics		Region n=1460		Koochiching County n=117	
		Percent	95% CI	Percent	95% CI
Overall Results		**57.8%**	**(52.0-63.6)**	**62.1%**	**(49.8-74.5)**
Sex	**Male**	54.8	(44.1-65.5)	58.4	(36.5-80.4)
	Female	60.4	(54.7-66.0)	65.5	(52.8-78.2)
Age	**18 to 34**	63.6	(51.5-75.7)	DS	DS
	35 to 44	66.3	(52.7-79.9)	DS	DS
	45 to 54	49.7	(37.5-61.9)	DS	DS
	55 to 64	57.1	(48.3-65.9)	DS	DS
	65 to 74	44.9	(27.1-62.6)	DS	DS
	75 and older	44.2	(28.7-59.7)	DS	DS
Education	**Less than H.S.**	42.0	(19.8-64.2)	DS	DS
	H.S. Graduate	68.9	(57.5-80.3)	57.6	(34.3-80.9)
	Some College	57.9	(48.3-67.6)	64.2	(37.2-91.2)
	Voc./Assoc. Degree	57.6	(44.5-70.6)	DS	DS
	College Graduate	44.6	(35.8-53.4)	DS	DS
Poverty Status	**200% or Less**	66.7	(58.5-75.0)	69.3	(55.8-82.8)
	More than 200%	48.8	(40.0-57.6)	56.0	(34.1-78.0)

DS: Data suppressed due to < 30 responses

Table 9.2.C
Food Insecurity - Food Barriers
COVID-19 Pandemic
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Are there any barriers to having adequate food for your household? (Please check all that apply.)*

Demographic Characteristics		Region n=1460		Koochiching County n=117	
		Percent	95% CI	Percent	95% CI
Overall Results		**41.2%**	**(35.4-46.9)**	**32.9%**	**(20.6-45.1)**
Sex	**Male**	38.8	(28.3-49.2)	37.2	(15.3-59.2)
	Female	43.2	(37.3-49.0)	28.9	(16.8-41.0)
Age	**18 to 34**	34.0	(22.3-45.8)	DS	DS
	35 to 44	36.1	(22.1-50.0)	DS	DS
	45 to 54	43.0	(31.1-54.9)	DS	DS
	55 to 64	47.5	(38.5-56.6)	DS	DS
	65 to 74	62.5	(46.9-78.2)	DS	DS
	75 and older	48.3	(32.6-63.9)	DS	DS
Education	**Less than H.S.**	37.4	(14.1-60.6)	DS	DS
	H.S. Graduate	42.3	(30.3-54.4)	41.7	(17.5-65.9)
	Some College	42.4	(33.0-51.8)	37.9	(10.6-65.1)
	Voc./Assoc. Degree	33.1	(22.8-43.4)	DS	DS
	College Graduate	44.5	(35.8-53.3)	DS	DS
Poverty Status	**200% or Less**	38.1	(29.9-46.3)	32.4	(17.2-47.7)
	More than 200%	40.6	(32.4-48.8)	30.4	(10.1-50.7)

DS: Data suppressed due to < 30 responses

Table 9.2.D
Food Insecurity - Food Barriers
Lack Of Time To Shop
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Are there any barriers to having adequate food for your household? (Please check all that apply.)*

Demographic Characteristics		Region n=1460		Koochiching County n=117	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.4%**	**(9.9-17.0)**	**3.7%**	**(0.5-6.9)**
Sex	**Male**	13.4	(6.9-19.9)	1.9	(0.0-4.6)
	Female	13.5	(10.0-16.9)	5.4	(0.0-10.9)
Age	**18 to 34**	19.7	(12.1-27.3)	DS	DS
	35 to 44	19.0	(7.8-30.1)	DS	DS
	45 to 54	9.6	(4.9-14.4)	DS	DS
	55 to 64	6.8	(2.0-11.7)	DS	DS
	65 to 74	2.8	(0.0-5.8)	DS	DS
	75 and older	3.1	(0.0-7.0)	DS	DS
Education	**Less than H.S.**	5.2	(0.0-10.6)	DS	DS
	H.S. Graduate	4.5	(1.6-7.4)	1.0	(0.0-3.0)
	Some College	20.4	(11.1-29.7)	0.0	(0.0-0.0)
	Voc./Assoc. Degree	13.4	(6.8-20.0)	DS	DS
	College Graduate	25.2	(18.1-32.3)	DS	DS
Poverty Status	**200% or Less**	9.2	(5.6-12.8)	1.5	(0.0-3.6)
	More than 200%	20.5	(13.4-27.6)	6.7	(0.0-13.7)

DS: Data suppressed due to < 30 responses

Table 9.3.A
Access To Transportation - Only Sometimes or Hardly Ever
Work Or School
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Do you have access to transportation when you need it for…?*

Demographic Characteristics		Region n=7127		Koochiching County n=645	
		Percent	95% CI	Percent	95% CI
Overall Results		**1.4%**	**(0.8-2.0)**	**0.9%**	**(0.0-1.9)**
Sex	**Male**	1.4	(0.6-2.3)	0.8	(0.0-2.3)
	Female	1.3	(0.5-2.1)	1.0	(0.0-2.3)
Age	**18 to 34**	1.2	(0.1-2.3)	2.0	(0.0-4.9)
	35 to 44	3.5	(0.7-6.3)	0.0	(0.0-0.0)
	45 to 54	2.5	(0.7-4.4)	2.2	(0.0-6.5)
	55 to 64	0.4	(0.0-0.7)	0.0	(0.0-0.0)
	65 to 74	0.1	(0.0-0.2)	0.5	(0.0-1.4)
	75 and older	0.2	(0.0-0.4)	0.0	(0.0-0.0)
Education	**Less than H.S.**	1.9	(0.0-4.5)	0.0	(0.0-0.0)
	H.S. Graduate	1.5	(0.1-2.8)	1.3	(0.0-3.6)
	Some College	2.0	(0.6-3.5)	0.0	(0.0-0.0)
	Voc./Assoc. Degree	0.8	(0.3-1.3)	2.1	(0.0-6.1)
	College Graduate	0.6	(0.1-1.2)	0.9	(0.0-2.7)
Poverty Status	**200% or Less**	3.3	(1.5-5.2)	1.2	(0.0-3.6)
	More than 200%	0.5	(0.2-0.9)	0.8	(0.0-1.8)

DS: Data suppressed due to < 30 responses

Table 9.3.B
Access To Transportation - Only Sometimes or Hardly Ever
Medical/Health Care
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Do you have access to transportation when you need it for…?*

Demographic Characteristics		Region n=7446		Koochiching County n=678	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.7%**	**(2.0-3.5)**	**3.3%**	**(1.5-5.0)**
Sex	**Male**	2.4	(1.4-3.4)	2.6	(0.0-5.4)
	Female	3.0	(1.9-4.1)	3.9	(1.7-6.1)
Age	**18 to 34**	2.4	(1.0-3.8)	2.0	(0.0-5.0)
	35 to 44	4.0	(1.2-6.8)	0.0	(0.0-0.0)
	45 to 54	5.1	(2.4-7.8)	3.4	(0.0-7.9)
	55 to 64	1.6	(0.8-2.5)	5.0	(0.0-10.4)
	65 to 74	1.9	(0.8-3.0)	5.8	(1.2-10.5)
	75 and older	1.5	(0.6-2.4)	2.1	(0.0-4.9)
Education	**Less than H.S.**	4.9	(0.3-9.6)	1.6	(0.0-4.9)
	H.S. Graduate	2.9	(1.6-4.3)	6.0	(1.6-10.3)
	Some College	3.3	(1.7-4.9)	1.4	(0.0-3.1)
	Voc./Assoc. Degree	2.4	(0.6-4.2)	2.7	(0.0-6.8)
	College Graduate	1.3	(0.5-2.1)	1.6	(0.0-3.8)
Poverty Status	**200% or Less**	6.1	(4.0-8.3)	4.6	(1.2-7.9)
	More than 200%	1.1	(0.6-1.6)	2.7	(0.4-4.9)

DS: Data suppressed due to < 30 responses

Table 9.3.C
Access To Transportation - Only Sometimes or Hardly Ever
Groceries
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Do you have access to transportation when you need it for…?*				
Demographic Characteristics		**Region n=7452**		**Koochiching County n=679**	
		Percent	**95% CI**	**Percent**	**95% CI**
Overall Results		**2.7%**	**(2.0-3.4)**	**3.7%**	**(1.3-6.1)**
Sex	**Male**	3.0	(1.8-4.2)	4.4	(0.1-8.7)
	Female	2.4	(1.6-3.2)	3.0	(1.1-5.0)
Age	**18 to 34**	2.1	(0.7-3.6)	6.5	(0.0-15.5)
	35 to 44	4.5	(1.5-7.4)	0.0	(0.0-0.0)
	45 to 54	4.3	(2.2-6.4)	3.3	(0.0-7.8)
	55 to 64	1.6	(0.8-2.3)	3.9	(0.0-9.0)
	65 to 74	2.7	(1.1-4.3)	5.0	(0.6-9.5)
	75 and older	1.5	(0.5-2.4)	1.7	(0.0-4.0)
Education	**Less than H.S.**	3.4	(0.9-5.8)	1.6	(0.0-4.7)
	H.S. Graduate	3.0	(1.5-4.5)	5.3	(1.1-9.5)
	Some College	3.7	(2.0-5.4)	4.2	(0.0-10.7)
	Voc./Assoc. Degree	2.7	(0.9-4.5)	2.5	(0.0-6.5)
	College Graduate	1.0	(0.4-1.6)	1.6	(0.0-3.8)
Poverty Status	**200% or Less**	6.7	(4.5-8.8)	7.1	(1.1-13.0)
	More than 200%	0.9	(0.5-1.3)	2.1	(0.0-4.2)

DS: Data suppressed due to < 30 responses

Table 9.3.D
Access To Transportation - Only Sometimes or Hardly Ever
See Friends Or Relatives
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Do you have access to transportation when you need it for…?*

Demographic Characteristics		Region n=7400		Koochiching County n=669	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.7%**	**(3.7-5.7)**	**5.1%**	**(2.5-7.6)**
Sex	**Male**	4.3	(2.8-5.8)	5.1	(0.6-9.5)
	Female	5.1	(3.8-6.4)	5.0	(2.7-7.4)
Age	**18 to 34**	3.8	(1.5-6.1)	6.5	(0.0-15.6)
	35 to 44	5.0	(2.1-8.0)	0.0	(0.0-0.0)
	45 to 54	7.5	(4.5-10.5)	5.3	(0.5-10.2)
	55 to 64	3.7	(2.5-5.0)	5.3	(0.0-10.7)
	65 to 74	4.6	(2.5-6.8)	7.6	(2.4-12.9)
	75 and older	4.2	(2.6-5.8)	3.7	(0.3-7.2)
Education	**Less than H.S.**	12.2	(4.0-20.4)	4.0	(0.0-9.8)
	H.S. Graduate	5.7	(3.8-7.7)	6.8	(2.3-11.3)
	Some College	4.9	(3.1-6.7)	5.8	(0.0-12.4)
	Voc./Assoc. Degree	3.8	(2.3-5.3)	3.6	(0.0-8.0)
	College Graduate	1.5	(0.9-2.2)	1.8	(0.0-4.0)
Poverty Status	**200% or Less**	10.9	(8.1-13.7)	10.1	(3.9-16.4)
	More than 200%	1.8	(1.1-2.4)	2.4	(0.2-4.6)

DS: Data suppressed due to < 30 responses

Table 9.3.E
Access To Transportation - Only Sometimes or Hardly Ever
Recreation
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Do you have access to transportation when you need it for…?*

Demographic Characteristics		Region n=7348		Koochiching County n=663	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.8%**	**(3.9-5.8)**	**4.2%**	**(2.3-6.2)**
Sex	**Male**	4.8	(3.4-6.1)	4.3	(1.1-7.6)
	Female	4.9	(3.5-6.3)	4.2	(2.0-6.3)
Age	**18 to 34**	3.7	(1.8-5.5)	2.0	(0.0-5.0)
	35 to 44	7.0	(3.2-10.9)	0.0	(0.0-0.0)
	45 to 54	6.7	(4.1-9.4)	6.8	(1.3-12.2)
	55 to 64	3.5	(2.3-4.8)	6.5	(0.9-12.1)
	65 to 74	4.3	(2.2-6.4)	4.1	(0.8-7.5)
	75 and older	5.1	(3.0-7.2)	4.9	(0.0-10.8)
Education	**Less than H.S.**	7.6	(2.6-12.6)	1.8	(0.0-5.2)
	H.S. Graduate	6.5	(4.4-8.6)	6.2	(1.6-10.7)
	Some College	5.4	(3.3-7.6)	3.8	(1.0-6.7)
	Voc./Assoc. Degree	4.2	(2.1-6.3)	4.7	(0.1-9.4)
	College Graduate	1.5	(0.9-2.2)	1.8	(0.0-4.0)
Poverty Status	**200% or Less**	11.4	(8.7-14.2)	8.1	(4.0-12.2)
	More than 200%	1.9	(1.2-2.5)	2.2	(0.0-4.4)

DS: Data suppressed due to < 30 responses

Table 9.4.A
Housing Type
Own
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Do you own or rent your home?*

Demographic Characteristics		Region n=7458		Koochiching County n=690	
		Percent	95% CI	Percent	95% CI
Overall Results		**77.6%**	**(75.3-79.9)**	**77.7%**	**(71.9-83.4)**
Sex	**Male**	79.6	(76.1-83.2)	75.5	(65.4-85.6)
	Female	75.6	(72.7-78.4)	79.8	(74.6-85.1)
Age	**18 to 34**	68.9	(62.4-75.4)	56.1	(36.3-76.0)
	35 to 44	72.4	(65.1-79.6)	78.9	(64.4-93.3)
	45 to 54	79.1	(74.0-84.2)	87.0	(80.3-93.7)
	55 to 64	85.2	(82.2-88.2)	80.7	(72.4-89.0)
	65 to 74	88.6	(86.3-91.0)	86.4	(80.5-92.4)
	75 and older	75.6	(70.6-80.6)	82.2	(73.5-90.9)
Education	**Less than H.S.**	52.0	(39.7-64.3)	66.6	(47.2-85.9)
	H.S. Graduate	72.0	(66.8-77.2)	74.2	(64.6-83.8)
	Some College	77.5	(73.3-81.6)	75.2	(60.5-89.8)
	Voc./Assoc. Degree	87.5	(84.9-90.2)	85.1	(76.9-93.3)
	College Graduate	87.6	(85.4-89.8)	88.8	(82.9-94.8)
Poverty Status	**200% or Less**	53.4	(48.5-58.3)	58.3	(49.5-67.1)
	More than 200%	89.5	(87.8-91.3)	87.5	(79.4-95.5)

DS: Data suppressed due to < 30 responses

Table 9.4.B
Housing Type
Rent
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Do you own or rent your home?*

Demographic Characteristics		Region n=7458		Koochiching County n=690	
		Percent	95% CI	Percent	95% CI
Overall Results		**17.4%**	**(15.4-19.4)**	**17.5%**	**(12.0-23.0)**
Sex	**Male**	15.8	(12.6-18.9)	19.1	(9.3-28.9)
	Female	19.1	(16.7-21.6)	15.9	(11.1-20.7)
Age	**18 to 34**	23.1	(17.8-28.5)	31.0	(10.4-51.6)
	35 to 44	24.3	(17.3-31.3)	21.1	(6.7-35.6)
	45 to 54	18.1	(13.1-23.0)	9.7	(3.4-15.9)
	55 to 64	11.2	(8.9-13.4)	17.6	(9.4-25.7)
	65 to 74	8.3	(6.4-10.2)	11.0	(5.8-16.3)
	75 and older	16.9	(12.7-21.0)	10.8	(5.1-16.5)
Education	**Less than H.S.**	36.3	(24.5-48.2)	28.4	(10.1-46.8)
	H.S. Graduate	21.9	(17.4-26.4)	22.5	(13.2-31.7)
	Some College	17.5	(13.8-21.2)	18.5	(4.0-33.0)
	Voc./Assoc. Degree	9.8	(7.5-12.2)	6.7	(1.5-11.9)
	College Graduate	9.9	(8.0-11.8)	8.1	(3.3-12.9)
Poverty Status	**200% or Less**	37.6	(32.9-42.4)	33.0	(24.6-41.5)
	More than 200%	7.8	(6.3-9.3)	9.8	(1.9-17.7)

DS: Data suppressed due to < 30 responses

Table 9.5
Housing Barriers
Barriers to Obtaining Housing
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*During the past 12 months, have you experienced any issues obtaining housing? (Please check all that apply.)*

Demographic Characteristics		Region n=7176		Koochiching County n=658	
		Percent	95% CI	Percent	95% CI
Overall Results		**6.4%**	**(4.6-8.2)**	**4.5%**	**(1.2-7.7)**
Sex	**Male**	6.1	(3.2-8.9)	5.7	(0.0-11.9)
	Female	6.8	(4.6-9.0)	3.3	(1.3-5.2)
Age	**18 to 34**	14.2	(8.3-20.1)	11.6	(0.0-25.7)
	35 to 44	5.9	(2.9-9.0)	0.9	(0.0-2.7)
	45 to 54	5.3	(2.6-7.9)	4.4	(0.9-7.9)
	55 to 64	3.1	(1.9-4.2)	2.9	(0.3-5.6)
	65 to 74	0.9	(0.3-1.5)	2.0	(0.0-5.5)
	75 and older	1.7	(0.8-2.6)	1.9	(0.0-4.6)
Education	**Less than H.S.**	13.3	(1.2-25.4)	3.9	(0.0-9.5)
	H.S. Graduate	8.8	(4.1-13.5)	6.3	(0.0-13.6)
	Some College	6.2	(3.9-8.5)	5.2	(0.0-12.0)
	Voc./Assoc. Degree	3.8	(2.2-5.5)	3.1	(0.0-6.5)
	College Graduate	3.1	(2.0-4.2)	0.8	(0.0-1.9)
Poverty Status	**200% or Less**	13.0	(8.6-17.4)	8.2	(2.1-14.2)
	More than 200%	2.7	(1.5-3.8)	2.9	(0.0-7.1)

DS: Data suppressed due to < 30 responses

Table 9.6
Housing Barriers
Barriers to Keeping Housing
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*During the past 12 months, have you experienced any issues keeping housing? (Please check all that apply.)*

Demographic Characteristics		Region n=7278		Koochiching County n=671	
		Percent	95% CI	Percent	95% CI
Overall Results		**7.2%**	**(5.4-8.9)**	**5.9%**	**(3.0-8.9)**
Sex	**Male**	6.9	(4.1-9.7)	7.6	(2.3-12.9)
	Female	7.5	(5.4-9.5)	4.3	(2.0-6.6)
Age	**18 to 34**	14.3	(8.4-20.2)	9.7	(0.0-20.4)
	35 to 44	6.1	(3.7-8.4)	13.2	(1.5-24.9)
	45 to 54	6.9	(4.3-9.5)	3.9	(0.1-7.8)
	55 to 64	4.3	(3.1-5.6)	3.8	(1.0-6.7)
	65 to 74	2.5	(1.6-3.5)	2.4	(0.0-6.0)
	75 and older	2.1	(0.8-3.5)	3.1	(0.0-6.7)
Education	**Less than H.S.**	11.1	(0.0-22.3)	9.9	(0.0-21.6)
	H.S. Graduate	8.9	(4.4-13.4)	7.0	(1.7-12.4)
	Some College	6.5	(4.5-8.4)	6.3	(0.0-13.2)
	Voc./Assoc. Degree	5.3	(3.2-7.5)	6.8	(1.4-12.3)
	College Graduate	5.6	(3.7-7.5)	0.8	(0.0-1.9)
Poverty Status	**200% or Less**	13.4	(9.2-17.6)	15.6	(7.8-23.5)
	More than 200%	3.5	(2.4-4.7)	1.3	(0.1-2.6)

DS: Data suppressed due to < 30 responses

Table 9.7
Internet Access
Have Internet Access
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Do you have access to the internet at this address using a computer, tablet, or cell phone?*

Demographic Characteristics		Region n=7387		Koochiching County n=681	
		Percent	95% CI	Percent	95% CI
Overall Results		**86.3%**	**(84.4-88.2)**	**85.2%**	**(81.7-88.7)**
Sex	**Male**	85.1	(82.0-88.2)	84.2	(78.5-89.9)
	Female	87.6	(85.4-89.8)	86.2	(82.3-90.1)
Age	**18 to 34**	89.2	(83.7-94.6)	93.9	(84.8-100.0)
	35 to 44	92.1	(87.6-96.7)	95.3	(88.9-100.0)
	45 to 54	90.1	(86.3-93.8)	93.6	(88.2-99.0)
	55 to 64	88.0	(85.5-90.4)	83.5	(76.5-90.5)
	65 to 74	83.8	(80.4-87.1)	78.8	(71.3-86.3)
	75 and older	65.4	(59.8-71.0)	61.3	(50.0-72.7)
Education	**Less than H.S.**	61.2	(49.6-72.7)	64.1	(45.6-82.6)
	H.S. Graduate	77.8	(73.2-82.5)	80.1	(73.7-86.4)
	Some College	89.5	(86.2-92.7)	88.7	(81.3-96.0)
	Voc./Assoc. Degree	93.7	(91.6-95.9)	94.4	(91.1-97.7)
	College Graduate	97.2	(96.2-98.2)	94.2	(90.1-98.4)
Poverty Status	**200% or Less**	75.3	(71.0-79.6)	73.5	(65.8-81.1)
	More than 200%	92.5	(90.6-94.3)	94.7	(92.3-97.1)

DS: Data suppressed due to < 30 responses

Table 9.8.A
Internet Access
Barriers to Internet Access
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Are there any barriers to internet use at this address? (Please check all that apply.)*

Demographic Characteristics		Region n=5861		Koochiching County n=514	
		Percent	95% CI	Percent	95% CI
Overall Results		**30.8%**	**(27.8-33.9)**	**28.9%**	**(23.1-34.6)**
Sex	**Male**	30.7	(25.3-36.1)	28.8	(19.0-38.6)
	Female	30.9	(28.1-33.7)	28.9	(22.8-35.0)
Age	**18 to 34**	30.0	(21.7-38.3)	23.6	(7.3-39.8)
	35 to 44	34.9	(27.0-42.8)	30.4	(13.7-47.2)
	45 to 54	37.0	(30.4-43.6)	28.9	(18.4-39.4)
	55 to 64	29.7	(25.5-33.9)	43.0	(32.4-53.7)
	65 to 74	25.2	(20.6-29.7)	24.5	(15.0-34.0)
	75 and older	25.1	(18.1-32.0)	12.4	(2.1-22.7)
Education	**Less than H.S.**	47.0	(29.8-64.2)	DS	DS
	H.S. Graduate	32.9	(25.3-40.5)	26.0	(14.2-37.8)
	Some College	29.0	(23.6-34.4)	26.0	(16.0-36.0)
	Voc./Assoc. Degree	32.3	(26.8-37.8)	35.7	(25.0-46.3)
	College Graduate	26.6	(23.2-30.1)	33.5	(23.2-43.9)
Poverty Status	**200% or Less**	39.1	(33.2-45.0)	26.4	(17.2-35.7)
	More than 200%	27.8	(24.0-31.6)	30.5	(22.9-38.1)

DS: Data suppressed due to < 30 responses

Table 9.8.B
Internet Access Barriers
Inadequate Internet Service
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Are there any barriers to internet use at this address? (Please check all that apply.)*

Demographic Characteristics		Region n=1615		Koochiching County n=152	
		Percent	95% CI	Percent	95% CI
Overall Results		**69.9%**	**(64.9-74.9)**	**77.6%**	**(68.2-86.9)**
Sex	**Male**	70.6	(62.3-78.8)	77.2	(61.2-93.2)
	Female	69.3	(63.8-74.8)	78.0	(67.9-88.0)
Age	**18 to 34**	74.3	(63.0-85.7)	DS	DS
	35 to 44	79.6	(68.9-90.4)	DS	DS
	45 to 54	76.6	(67.0-86.2)	85.5	(69.6-100.0)
	55 to 64	59.2	(50.0-68.4)	70.1	(51.1-89.2)
	65 to 74	68.0	(58.3-77.7)	DS	DS
	75 and older	39.8	(24.0-55.6)	DS	DS
Education	**Less than H.S.**	69.5	(49.0-90.1)	DS	DS
	H.S. Graduate	61.0	(47.6-74.3)	DS	DS
	Some College	67.2	(57.3-77.0)	79.0	(64.9-93.1)
	Voc./Assoc. Degree	78.4	(71.7-85.0)	82.9	(71.2-94.7)
	College Graduate	80.3	(74.7-85.8)	84.2	(69.8-98.6)
Poverty Status	**200% or Less**	51.3	(41.1-61.4)	52.8	(32.0-73.6)
	More than 200%	80.9	(76.2-85.6)	88.4	(81.1-95.6)

DS: Data suppressed due to < 30 responses

Table 9.8.C
Internet Access Barriers
Service Or Equipment Too Expensive
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Are there any barriers to internet use at this address? (Please check all that apply.)*

Demographic Characteristics		Region n=1615		Koochiching County n=152	
		Percent	95% CI	Percent	95% CI
Overall Results		**24.0%**	**(19.4-28.6)**	**18.7%**	**(10.0-27.4)**
Sex	**Male**	20.7	(13.1-28.2)	15.2	(0.8-29.7)
	Female	27.4	(22.5-32.2)	22.0	(12.2-31.8)
Age	**18 to 34**	30.6	(17.7-43.5)	DS	DS
	35 to 44	17.6	(10.4-24.8)	DS	DS
	45 to 54	29.5	(17.4-41.6)	15.2	(2.0-28.3)
	55 to 64	24.0	(16.7-31.2)	15.8	(5.5-26.1)
	65 to 74	15.1	(8.7-21.6)	DS	DS
	75 and older	11.0	(3.3-18.8)	DS	DS
Education	**Less than H.S.**	36.9	(10.5-63.2)	DS	DS
	H.S. Graduate	22.1	(12.9-31.2)	DS	DS
	Some College	22.4	(14.4-30.4)	16.3	(4.3-28.2)
	Voc./Assoc. Degree	26.7	(15.6-37.8)	24.8	(6.8-42.8)
	College Graduate	22.4	(16.7-28.1)	21.2	(6.1-36.2)
Poverty Status	**200% or Less**	32.3	(23.3-41.3)	17.1	(4.3-29.9)
	More than 200%	18.9	(13.8-23.9)	19.8	(8.4-31.1)

DS: Data suppressed due to < 30 responses

Table 9.8.D
Internet Access Barriers
Lack Of Skills
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Are there any barriers to internet use at this address? (Please check all that apply.)*

Demographic Characteristics		Region n=1615		Koochiching County n=152	
		Percent	95% CI	Percent	95% CI
Overall Results		**15.4%**	**(11.4-19.3)**	**16.6%**	**(7.8-25.4)**
Sex	**Male**	18.9	(11.6-26.1)	19.8	(4.2-35.5)
	Female	11.9	(8.6-15.2)	13.5	(5.2-21.9)
Age	**18 to 34**	4.3	(0.0-8.8)	DS	DS
	35 to 44	0.8	(0.0-1.6)	DS	DS
	45 to 54	10.3	(0.0-21.2)	7.0	(0.0-19.2)
	55 to 64	24.2	(15.1-33.4)	24.3	(5.2-43.3)
	65 to 74	30.5	(20.7-40.3)	DS	DS
	75 and older	65.3	(50.4-80.3)	DS	DS
Education	**Less than H.S.**	31.5	(4.7-58.3)	DS	DS
	H.S. Graduate	26.0	(15.8-36.2)	DS	DS
	Some College	12.5	(6.6-18.3)	14.5	(2.2-26.9)
	Voc./Assoc. Degree	8.1	(4.6-11.6)	8.5	(0.3-16.7)
	College Graduate	3.3	(1.9-4.7)	12.4	(0.0-25.5)
Poverty Status	**200% or Less**	21.8	(13.3-30.3)	31.0	(9.1-52.8)
	More than 200%	10.1	(6.5-13.6)	9.7	(2.8-16.5)

DS: Data suppressed due to < 30 responses

CHAPTER 10 | COVID-19 Pandemic

The COVID-19 pandemic has caused unprecedented morbidity, mortality, and economic stain globally and across all regions of the nation. At the time of publication, the situation is improving but far from resolved as we face new surges in cases due to emergence of variant virus strains, continued financial challenges, collective fatigue from public health measures, and vaccine hesitancy.

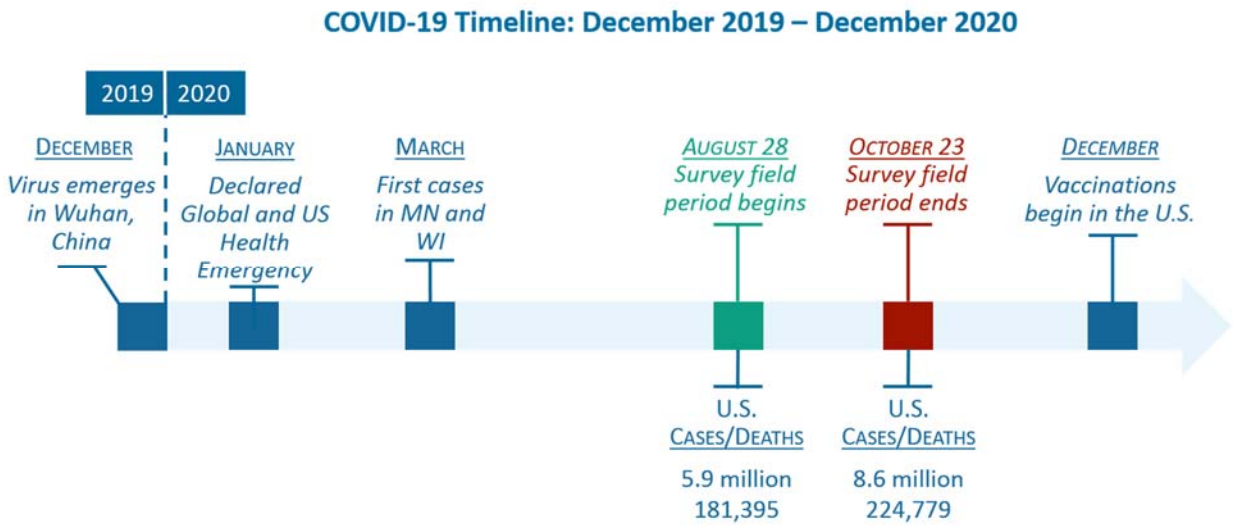
Just prior to the release of the *2020 Bridge to Health Survey* into the field on August 28th, a nationwide polling effort (NPR, Harvard, Robert Wood Johnson Foundation) revealed that the COVID-19 pandemic had caused widespread economic and health hardships across households in the U.S.: 46% reported serious financial problems; 20% were unable to get medical care for a serious problem; 60% of households with children had serious problems caring for their children; 34% of rural households reported serious issues with their internet connection.[1] The severity of burden was unevenly distributed across households, with households of people of color and households earning less than $100,000 annually faring worse.[1]

In an effort to assess the impact of the pandemic and aid in appropriately directing assistance, the U.S. Census Bureau initiated the weekly Household Pulse Survey in April 2020. At the midpoint of the field period for the *2020 Bridge to Health Survey*, the pulse survey reported the following estimates (week 16, September 30, 2020 - October 2, 2020)[2]:

Households	Food Scarcity	Housing Insecurity	Transition to Telework	Loss of Employment Income
U.S.	10.3%	6.9%	36.9%	45.4%
MN	5.7%	3.5%	40.9%	39.3%
WI	6.9%	6.8%	34.8%	36.0%

Although responses to many questions on the *2020 Bridge to Health Survey* were likely influenced by the far reaching effects of the pandemic, several questions were included on the survey to specifically address the pandemic's impact. Respondents were asked if the pandemic was responsible for not seeking or delaying medical, dental, or mental health care or if it presented a barrier to obtaining food. Respondents were asked to indicate specific areas (e.g., jobs, recreation, social support) where they suffered loss specifically due to the pandemic. The questions related to the pandemic on the *2020 Bridge to Health Survey* addressed the experience of the individual respondent rather than the experience of the collective household. The national surveys described above reported at the unit of the household, assessing the experience of any member in the household rather than the respondent alone.

A summary of the COVID-19 pandemic timeline encompassing the *2020 Bridge to Health Survey* field period is provided below.



SURVEY COMPARISON

Across the region, the prevalence of specific losses due to the COVID-19 pandemic ranged from 59.3% in Koochiching County to 76.7% in Duluth (Fig. 10.1).

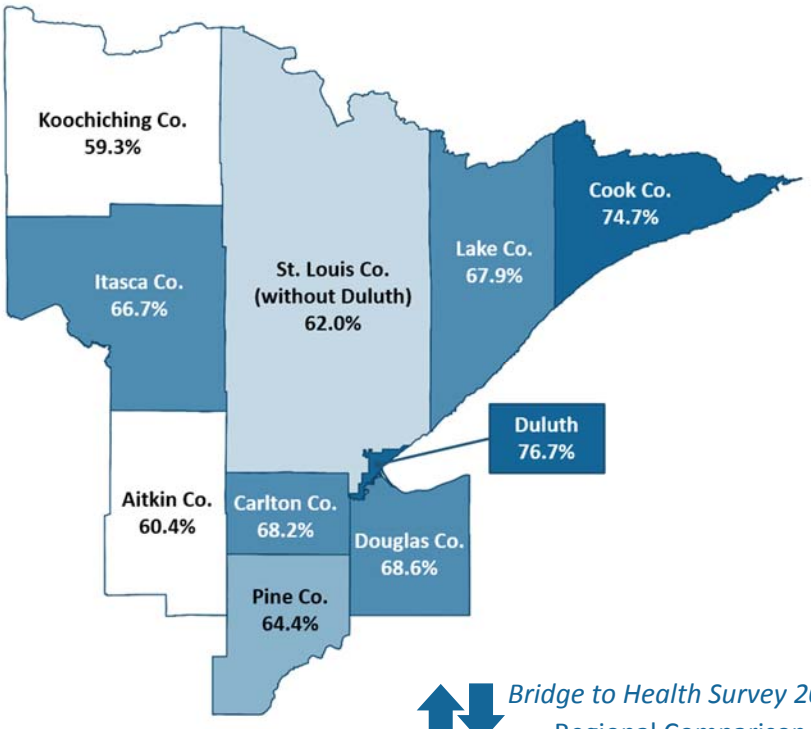


FIGURE 10.1 – Prevalence of Loss Due to COVID-19 Pandemic by Strata

REFERENCES

1. NPR, the Harvard T.H. Chan School of Public Health, and the Robert Wood Johnson Foundation. *The Impact of Coronavirus on Households Across America*, September 2020. Available at: https://www.rwjf.org/en/library/research/2020/09/the-impact-of-coronavirus-on-households-across-america.html#:~:text=COVID-19%20has%20created%20serious,health%20consequences%20as%20a%20result
2. U.S. Census Bureau Household Pulse Survey, Week 16 (September 30, 2020 – October 2, 2020). Available at: https://www.census.gov/programs-surveys/household-pulse-survey.html

Table 10.1.A
Delayed Or Did Not Get Medical Care
Reason: COVID-19 Pandemic
BRIDGE TO HEALTH SURVEY 2020
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 due to COVID-19?*

Demographic Characteristics		Region n=7454		Koochiching County n=681	
		Percent	95% CI	Percent	95% CI
Overall Results		**12.2%**	**(10.4-14.0)**	**12.5%**	**(8.6-16.3)**
Sex	**Male**	10.9	(8.1-13.7)	14.4	(7.7-21.2)
	Female	13.4	(11.2-15.7)	10.5	(6.8-14.2)
Age	**18 to 34**	13.8	(8.5-19.0)	15.2	(2.0-28.5)
	35 to 44	12.0	(7.6-16.3)	10.1	(1.2-19.0)
	45 to 54	15.3	(11.0-19.7)	15.9	(7.7-24.1)
	55 to 64	12.3	(10.0-14.6)	14.3	(6.0-22.6)
	65 to 74	8.1	(5.9-10.3)	8.2	(3.6-12.8)
	75 and older	8.6	(4.9-12.2)	7.9	(1.0-14.7)
Education	**Less than H.S.**	9.4	(3.5-15.4)	DS	DS
	H.S. Graduate	14.1	(9.4-18.8)	13.4	(6.3-20.5)
	Some College	11.8	(9.0-14.6)	16.1	(6.5-25.6)
	Voc./Assoc. Degree	12.6	(9.2-16.0)	9.7	(3.8-15.5)
	College Graduate	10.7	(8.7-12.7)	10.8	(4.9-16.7)
Poverty Status	**200% or Less**	13.6	(10.0-17.3)	14.2	(6.4-22.0)
	More than 200%	11.1	(9.1-13.0)	10.6	(6.2-15.0)

DS: Data suppressed due to < 30 responses

Table 10.1.B
Delayed Or Did Not Get Mental Health Care
Reason: COVID-19 Pandemic
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*During the past 12 months, was there a time when you thought you needed mental health care but did not get it or delayed getting it due to COVID-19?*

Demographic Characteristics		Region n=7448		Koochiching County n=677	
		Percent	95% CI	Percent	95% CI
Overall Results		**4.4%**	**(3.3-5.5)**	**4.2%**	**(1.7-6.8)**
Sex	**Male**	2.8	(1.7-4.0)	5.5	(0.9-10.1)
	Female	6.0	(4.2-7.9)	2.9	(0.7-5.2)
Age	**18 to 34**	5.9	(2.5-9.3)	6.6	(0.0-16.0)
	35 to 44	4.0	(1.9-6.1)	2.9	(0.0-7.9)
	45 to 54	6.1	(3.6-8.7)	5.1	(0.0-10.4)
	55 to 64	3.1	(2.2-4.0)	5.8	(0.3-11.2)
	65 to 74	2.9	(1.3-4.6)	1.6	(0.0-3.9)
	75 and older	3.1	(0.5-5.7)	0.8	(0.0-2.5)
Education	**Less than H.S.**	6.6	(1.4-11.7)	DS	DS
	H.S. Graduate	5.1	(2.2-8.0)	7.3	(2.3-12.3)
	Some College	4.2	(2.5-5.9)	4.0	(0.0-10.5)
	Voc./Assoc. Degree	4.0	(2.1-5.9)	0.8	(0.0-1.8)
	College Graduate	3.4	(2.4-4.4)	1.6	(0.1-3.1)
Poverty Status	**200% or Less**	6.0	(4.1-7.9)	3.6	(0.1-7.0)
	More than 200%	3.1	(2.3-4.0)	4.2	(0.6-7.7)

DS: Data suppressed due to < 30 responses

Table 10.1.C
Delayed Or Did Not Get Dental Care
Reason: COVID-19 Pandemic
BRIDGE TO HEALTH SURVEY 2020
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 due to COVID-19?*

Demographic Characteristics		Region n=7458		Koochiching County n=684	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.8%**	**(12.1-15.5)**	**10.9%**	**(7.8-13.9)**
Sex	**Male**	11.9	(9.6-14.2)	8.7	(4.0-13.4)
	Female	15.7	(13.4-18.1)	13.0	(9.1-16.9)
Age	**18 to 34**	15.0	(10.6-19.5)	9.7	(0.0-19.6)
	35 to 44	14.1	(9.6-18.7)	14.0	(4.0-24.1)
	45 to 54	14.4	(10.2-18.5)	12.1	(5.7-18.6)
	55 to 64	15.4	(12.4-18.5)	10.4	(5.4-15.3)
	65 to 74	11.8	(8.8-14.8)	10.4	(4.6-16.2)
	75 and older	8.9	(5.7-12.1)	9.2	(2.2-16.2)
Education	**Less than H.S.**	11.2	(5.3-17.1)	DS	DS
	H.S. Graduate	11.8	(8.1-15.4)	8.2	(3.8-12.6)
	Some College	14.5	(11.1-17.9)	13.3	(5.5-21.0)
	Voc./Assoc. Degree	15.3	(11.7-19.0)	14.2	(7.0-21.4)
	College Graduate	15.6	(13.1-18.2)	11.0	(4.9-17.2)
Poverty Status	**200% or Less**	15.0	(11.7-18.4)	11.5	(6.5-16.5)
	More than 200%	12.8	(11.0-14.6)	10.5	(6.3-14.6)

DS: Data suppressed due to < 30 responses

Table 10.1.D
Did Not Fill Prescription
Reason: COVID-19 Pandemic
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*In the past 6 months, I had prescriptions prescribed for me and I did not fill at least one of them due to COVID-19?*

Demographic Characteristics		Region n=7476		Koochiching County n=684	
		Percent	95% CI	Percent	95% CI
Overall Results		**0.7%**	**(0.4-1.1)**	**2.1%**	**(0.0-4.2)**
Sex	**Male**	0.9	(0.4-1.4)	3.6	(0.0-7.6)
	Female	0.6	(0.1-1.0)	0.7	(0.0-1.8)
Age	**18 to 34**	1.2	(0.3-2.2)	4.5	(0.0-13.0)
	35 to 44	0.7	(0.0-1.3)	2.3	(0.0-6.9)
	45 to 54	0.4	(0.1-0.8)	2.2	(0.0-6.3)
	55 to 64	0.5	(0.2-0.9)	0.9	(0.0-2.0)
	65 to 74	0.1	(0.0-0.4)	0.4	(0.0-1.3)
	75 and older	1.2	(0.0-3.1)	2.2	(0.0-6.4)
Education	**Less than H.S.**	1.8	(0.0-4.7)	DS	DS
	H.S. Graduate	1.0	(0.3-1.8)	2.1	(0.0-4.8)
	Some College	0.6	(0.1-1.0)	3.3	(0.0-9.7)
	Voc./Assoc. Degree	0.3	(0.1-0.6)	0.8	(0.0-2.4)
	College Graduate	0.5	(0.0-1.0)	0.5	(0.0-1.4)
Poverty Status	**200% or Less**	1.5	(0.7-2.4)	2.3	(0.0-4.8)
	More than 200%	0.4	(0.0-0.8)	1.6	(0.0-4.5)

DS: Data suppressed due to < 30 responses

Table 10.2
Food Barriers
Reason: COVID-19 Pandemic
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Are there any barriers to having adequate food for your household due to COVID-19?*

Demographic Characteristics		Region n=7486		Koochiching County n=689	
		Percent	95% CI	Percent	95% CI
Overall Results		**9.3%**	**(7.7-10.9)**	**6.8%**	**(3.9-9.6)**
Sex	**Male**	8.0	(5.4-10.6)	7.2	(2.3-12.2)
	Female	10.7	(8.8-12.5)	6.3	(3.5-9.1)
Age	**18 to 34**	9.9	(5.7-14.0)	7.6	(0.0-17.9)
	35 to 44	11.1	(6.2-16.0)	4.6	(0.0-10.4)
	45 to 54	11.2	(7.6-14.9)	11.7	(4.1-19.3)
	55 to 64	7.6	(5.7-9.5)	4.8	(1.1-8.5)
	65 to 74	7.8	(3.6-12.0)	5.1	(0.9-9.3)
	75 and older	7.8	(4.4-11.2)	6.5	(0.6-12.5)
Education	**Less than H.S.**	12.9	(3.2-22.6)	DS	DS
	H.S. Graduate	10.7	(6.9-14.5)	8.1	(2.8-13.3)
	Some College	10.2	(7.4-13.0)	7.9	(0.9-14.9)
	Voc./Assoc. Degree	6.7	(4.7-8.8)	3.3	(0.6-6.0)
	College Graduate	6.7	(5.0-8.5)	3.0	(0.8-5.3)
Poverty Status	**200% or Less**	15.3	(11.4-19.2)	10.7	(5.1-16.3)
	More than 200%	5.7	(4.4-7.0)	4.5	(1.1-7.8)

DS: Data suppressed due to < 30 responses

Table 10.3.A
Losses Related to COVID-19 Pandemic
Have Loss Due To COVID-19 Pandemic
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**67.4%**	**(64.8-70.0)**	**59.3%**	**(53.8-64.7)**
Sex	**Male**	64.9	(60.5-69.4)	54.1	(44.8-63.4)
	Female	69.9	(67.3-72.5)	64.4	(58.6-70.3)
Age	**18 to 34**	81.1	(73.5-88.8)	69.0	(51.9-86.0)
	35 to 44	76.8	(70.6-83.0)	74.7	(59.7-89.7)
	45 to 54	69.7	(64.4-75.0)	57.5	(46.3-68.8)
	55 to 64	57.5	(53.4-61.6)	56.4	(47.3-65.4)
	65 to 74	54.4	(49.8-59.1)	45.7	(36.6-54.8)
	75 and older	51.4	(45.6-57.2)	52.2	(40.3-64.0)
Education	**Less than H.S.**	46.8	(34.4-59.2)	42.3	(21.6-63.0)
	H.S. Graduate	56.2	(50.3-62.1)	49.2	(39.1-59.3)
	Some College	69.6	(65.2-74.0)	64.7	(53.7-75.8)
	Voc./Assoc. Degree	70.8	(66.5-75.2)	63.6	(54.2-73.0)
	College Graduate	83.2	(80.6-85.7)	76.0	(68.2-83.9)
Poverty Status	**200% or Less**	64.2	(59.6-68.8)	59.6	(51.5-67.8)
	More than 200%	70.6	(67.3-73.9)	61.3	(53.8-68.8)

DS: Data suppressed due to < 30 responses

Table 10.3.B
Losses Related to COVID-19 Pandemic
Social Connectedness
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**45.9%**	**(43.2-48.5)**	**39.2%**	**(33.5-44.9)**
Sex	**Male**	41.3	(36.9-45.7)	37.4	(27.7-47.2)
	Female	50.6	(47.8-53.3)	40.9	(35.0-46.8)
Age	**18 to 34**	51.3	(43.9-58.8)	39.1	(19.4-58.9)
	35 to 44	47.1	(39.7-54.6)	47.5	(29.9-65.0)
	45 to 54	45.4	(39.6-51.1)	37.0	(26.6-47.5)
	55 to 64	41.5	(37.7-45.2)	39.2	(30.2-48.1)
	65 to 74	43.2	(38.8-47.6)	34.1	(25.7-42.6)
	75 and older	42.6	(36.9-48.3)	40.0	(28.7-51.4)
Education	**Less than H.S.**	26.3	(16.4-36.2)	DS	DS
	H.S. Graduate	34.9	(29.7-40.2)	36.2	(26.1-46.4)
	Some College	47.4	(41.9-53.0)	39.1	(25.8-52.4)
	Voc./Assoc. Degree	47.1	(41.9-52.3)	45.5	(35.6-55.4)
	College Graduate	63.0	(59.5-66.5)	51.8	(42.1-61.5)
Poverty Status	**200% or Less**	43.0	(38.3-47.8)	32.8	(24.9-40.6)
	More than 200%	47.9	(44.5-51.3)	43.5	(35.6-51.5)

DS: Data suppressed due to < 30 responses

Table 10.3.C
Losses Related to COVID-19 Pandemic
Recreation Or Entertainment
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**43.2%**	**(40.6-45.8)**	**31.6%**	**(26.6-36.6)**
Sex	**Male**	40.4	(36.1-44.7)	28.6	(20.6-36.5)
	Female	46.0	(43.2-48.8)	34.7	(28.8-40.5)
Age	**18 to 34**	50.0	(42.6-57.5)	19.6	(5.4-33.9)
	35 to 44	55.2	(47.9-62.5)	51.5	(33.9-69.1)
	45 to 54	45.9	(40.1-51.7)	38.5	(28.0-49.1)
	55 to 64	34.0	(30.6-37.5)	29.2	(20.6-37.9)
	65 to 74	35.7	(31.5-39.8)	28.1	(19.9-36.2)
	75 and older	32.2	(26.8-37.7)	30.4	(19.4-41.5)
Education	**Less than H.S.**	27.5	(17.0-37.9)	DS	DS
	H.S. Graduate	32.9	(27.7-38.1)	30.6	(21.0-40.3)
	Some College	46.0	(40.5-51.4)	32.2	(22.0-42.3)
	Voc./Assoc. Degree	45.8	(40.5-51.0)	36.9	(27.4-46.3)
	College Graduate	56.3	(52.7-59.9)	35.7	(26.8-44.6)
Poverty Status	**200% or Less**	38.1	(33.4-42.9)	31.3	(23.0-39.7)
	More than 200%	46.9	(43.6-50.3)	33.0	(26.3-39.7)

DS: Data suppressed due to < 30 responses

Table 10.3.D
Losses Related to COVID-19 Pandemic
Exercise Opportunities
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**18.6%**	**(16.7-20.5)**	**10.3%**	**(6.9-13.8)**
Sex	**Male**	16.3	(13.4-19.2)	8.0	(2.4-13.6)
	Female	21.0	(18.6-23.5)	12.6	(8.6-16.7)
Age	**18 to 34**	25.5	(20.1-30.9)	19.6	(5.5-33.8)
	35 to 44	25.1	(18.8-31.4)	9.5	(2.1-17.0)
	45 to 54	17.4	(12.8-21.9)	7.9	(2.8-12.9)
	55 to 64	14.4	(11.9-16.8)	5.2	(2.2-8.2)
	65 to 74	14.6	(11.7-17.4)	10.4	(5.2-15.5)
	75 and older	7.3	(5.2-9.3)	8.1	(1.9-14.3)
Education	**Less than H.S.**	8.2	(2.0-14.4)	DS	DS
	H.S. Graduate	10.0	(6.7-13.4)	8.5	(1.1-16.0)
	Some College	20.8	(16.5-25.2)	9.1	(4.5-13.7)
	Voc./Assoc. Degree	18.7	(14.5-22.9)	7.7	(2.1-13.2)
	College Graduate	30.0	(26.7-33.3)	22.4	(13.4-31.4)
Poverty Status	**200% or Less**	16.2	(12.7-19.8)	8.9	(4.3-13.5)
	More than 200%	20.2	(17.8-22.7)	12.0	(7.0-17.1)

DS: Data suppressed due to < 30 responses

Table 10.3.E
Losses Related to COVID-19 Pandemic
Social Support
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**17.4%**	**(15.5-19.3)**	**12.6%**	**(8.4-16.9)**
Sex	**Male**	13.4	(10.8-16.1)	15.4	(7.8-22.9)
	Female	21.5	(18.9-24.1)	9.9	(6.4-13.5)
Age	**18 to 34**	22.3	(17.3-27.4)	18.7	(4.9-32.5)
	35 to 44	22.8	(16.0-29.7)	13.4	(0.0-30.4)
	45 to 54	17.4	(13.2-21.5)	10.2	(3.9-16.5)
	55 to 64	12.4	(10.3-14.4)	10.6	(3.2-18.0)
	65 to 74	12.2	(9.7-14.7)	9.6	(4.7-14.5)
	75 and older	13.8	(9.6-18.0)	12.6	(4.9-20.2)
Education	**Less than H.S.**	8.9	(2.8-14.9)	DS	DS
	H.S. Graduate	15.4	(11.2-19.6)	12.3	(4.0-20.5)
	Some College	18.5	(14.7-22.3)	13.4	(4.1-22.6)
	Voc./Assoc. Degree	16.6	(13.4-19.8)	9.9	(4.2-15.6)
	College Graduate	21.6	(18.5-24.6)	20.0	(11.7-28.3)
Poverty Status	**200% or Less**	21.5	(17.6-25.3)	10.1	(4.0-16.1)
	More than 200%	15.4	(13.3-17.6)	14.2	(8.3-20.2)

DS: Data suppressed due to < 30 responses

Table 10.3.F
Losses Related to COVID-19 Pandemic
Income
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**16.5%**	**(14.4-18.7)**	**13.4%**	**(9.3-17.4)**
Sex	**Male**	17.8	(14.1-21.4)	15.0	(7.9-22.0)
	Female	15.3	(13.2-17.5)	11.8	(8.0-15.6)
Age	**18 to 34**	28.8	(22.3-35.3)	19.3	(4.4-34.3)
	35 to 44	18.5	(13.1-23.9)	20.7	(8.2-33.2)
	45 to 54	21.3	(16.4-26.2)	21.9	(12.4-31.4)
	55 to 64	10.4	(8.3-12.5)	12.0	(6.9-17.2)
	65 to 74	5.5	(3.8-7.2)	2.5	(0.1-4.8)
	75 and older	1.0	(0.2-1.7)	0.9	(0.0-2.7)
Education	**Less than H.S.**	6.6	(2.5-10.6)	DS	DS
	H.S. Graduate	19.1	(13.7-24.5)	14.2	(5.9-22.5)
	Some College	14.5	(10.8-18.1)	10.7	(3.3-18.0)
	Voc./Assoc. Degree	15.8	(12.2-19.4)	15.8	(8.4-23.3)
	College Graduate	18.8	(15.8-21.8)	18.1	(9.9-26.3)
Poverty Status	**200% or Less**	23.4	(18.5-28.2)	18.3	(10.7-26.0)
	More than 200%	13.9	(11.8-16.1)	11.2	(6.3-16.2)

DS: Data suppressed due to < 30 responses

Table 10.3.G
Losses Related to COVID-19 Pandemic
Job
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**16.3%**	**(14.2-18.3)**	**11.8%**	**(6.8-16.9)**
Sex	**Male**	16.0	(12.4-19.5)	12.9	(3.6-22.1)
	Female	16.6	(14.6-18.7)	10.8	(7.2-14.4)
Age	**18 to 34**	29.1	(22.8-35.3)	21.6	(1.6-41.7)
	35 to 44	20.5	(14.3-26.7)	22.1	(9.1-35.1)
	45 to 54	19.4	(15.0-23.7)	15.2	(7.3-23.0)
	55 to 64	10.6	(8.7-12.6)	7.7	(3.7-11.7)
	65 to 74	3.7	(2.4-5.0)	2.6	(0.2-5.0)
	75 and older	0.2	(0.0-0.5)	0.0	(0.0-0.0)
Education	**Less than H.S.**	6.3	(2.3-10.3)	DS	DS
	H.S. Graduate	13.3	(8.8-17.9)	6.7	(1.7-11.6)
	Some College	17.7	(13.6-21.8)	19.0	(3.9-34.2)
	Voc./Assoc. Degree	21.5	(16.2-26.9)	14.8	(7.8-21.8)
	College Graduate	18.5	(15.5-21.5)	12.2	(5.6-18.8)
Poverty Status	**200% or Less**	18.2	(14.0-22.4)	13.8	(6.6-21.1)
	More than 200%	16.3	(13.8-18.8)	11.3	(4.2-18.5)

DS: Data suppressed due to < 30 responses

Table 10.3.H
Losses Related to COVID-19 Pandemic
Regular School Routine
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.8%**	**(11.6-16.0)**	**9.2%**	**(5.8-12.6)**
Sex	**Male**	11.7	(7.9-15.4)	4.2	(0.0-8.3)
	Female	16.0	(13.7-18.3)	14.3	(9.1-19.5)
Age	**18 to 34**	26.8	(20.4-33.3)	24.2	(10.3-38.1)
	35 to 44	33.4	(26.2-40.6)	27.9	(13.6-42.3)
	45 to 54	8.4	(5.2-11.6)	3.6	(0.8-6.4)
	55 to 64	2.8	(1.4-4.3)	0.8	(0.0-1.7)
	65 to 74	0.8	(0.1-1.5)	0.0	(0.0-0.0)
	75 and older	0.1	(0.0-0.2)	0.0	(0.0-0.0)
Education	**Less than H.S.**	3.1	(0.3-5.8)	DS	DS
	H.S. Graduate	6.4	(3.5-9.4)	2.3	(0.0-5.3)
	Some College	16.4	(10.2-22.7)	9.1	(0.8-17.4)
	Voc./Assoc. Degree	15.4	(11.2-19.6)	13.8	(5.3-22.2)
	College Graduate	22.6	(19.5-25.6)	21.0	(12.1-29.9)
Poverty Status	**200% or Less**	10.6	(7.5-13.7)	10.7	(4.6-16.9)
	More than 200%	15.7	(12.7-18.8)	9.2	(4.8-13.7)

DS: Data suppressed due to < 30 responses

Table 10.3.I
Losses Related to COVID-19 Pandemic
Sense Of Wellness
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**13.3%**	**(11.7-14.9)**	**9.3%**	**(6.1-12.5)**
Sex	**Male**	11.1	(8.8-13.5)	6.9	(1.8-12.1)
	Female	15.4	(13.4-17.5)	11.7	(8.0-15.5)
Age	**18 to 34**	19.9	(15.2-24.7)	6.6	(0.8-12.4)
	35 to 44	18.1	(12.7-23.4)	19.2	(2.4-36.1)
	45 to 54	13.0	(9.8-16.1)	12.5	(5.4-19.6)
	55 to 64	9.1	(7.3-11.0)	7.9	(3.8-12.0)
	65 to 74	8.4	(6.4-10.3)	6.5	(1.4-11.5)
	75 and older	4.3	(2.5-6.1)	5.7	(0.0-11.9)
Education	**Less than H.S.**	6.3	(2.5-10.2)	DS	DS
	H.S. Graduate	9.1	(6.2-12.0)	8.5	(1.4-15.7)
	Some College	14.9	(11.2-18.5)	7.1	(2.8-11.4)
	Voc./Assoc. Degree	14.5	(11.1-17.9)	11.5	(5.3-17.7)
	College Graduate	18.1	(15.3-20.9)	14.1	(7.6-20.7)
Poverty Status	**200% or Less**	15.4	(12.3-18.5)	8.8	(4.7-13.0)
	More than 200%	12.5	(10.6-14.3)	8.6	(4.2-13.0)

DS: Data suppressed due to < 30 responses

Table 10.3.J
Losses Related to COVID-19 Pandemic
Death Of A Family Member Or Friend
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**9.1%**	**(7.4-10.8)**	**4.7%**	**(2.9-6.5)**
Sex	**Male**	8.2	(5.5-10.9)	2.9	(0.9-4.8)
	Female	10.0	(7.9-12.0)	6.6	(3.7-9.6)
Age	**18 to 34**	11.5	(6.5-16.4)	1.2	(0.0-3.7)
	35 to 44	10.3	(5.2-15.4)	1.4	(0.0-4.0)
	45 to 54	8.7	(5.8-11.6)	8.4	(2.7-14.1)
	55 to 64	6.8	(5.2-8.5)	7.1	(2.5-11.7)
	65 to 74	5.9	(3.8-8.0)	3.8	(0.2-7.4)
	75 and older	10.5	(6.2-14.8)	5.8	(0.3-11.2)
Education	**Less than H.S.**	8.4	(2.1-14.6)	DS	DS
	H.S. Graduate	10.8	(6.6-15.0)	2.7	(0.5-5.0)
	Some College	9.1	(6.3-11.9)	5.0	(1.1-8.9)
	Voc./Assoc. Degree	9.6	(5.9-13.3)	6.4	(1.4-11.5)
	College Graduate	6.9	(4.7-9.1)	4.6	(1.4-7.8)
Poverty Status	**200% or Less**	11.8	(7.8-15.9)	5.8	(2.4-9.3)
	More than 200%	7.5	(5.9-9.1)	4.2	(2.0-6.3)

DS: Data suppressed due to < 30 responses

Table 10.3.K
Losses Related to COVID-19 Pandemic
Childcare
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**3.5%**	**(2.4-4.6)**	**3.3%**	**(0.1-6.5)**
Sex	**Male**	2.3	(1.1-3.5)	4.4	(0.0-10.3)
	Female	4.7	(3.0-6.5)	2.2	(0.0-4.4)
Age	**18 to 34**	8.9	(5.4-12.4)	16.1	(1.5-30.7)
	35 to 44	5.8	(2.5-9.2)	0.0	(0.0-0.0)
	45 to 54	1.2	(0.2-2.2)	0.0	(0.0-0.0)
	55 to 64	0.3	(0.0-0.6)	0.0	(0.0-0.0)
	65 to 74	0.5	(0.0-1.1)	0.0	(0.0-0.0)
	75 and older	0.0	(0.0-0.0)	0.0	(0.0-0.0)
Education	**Less than H.S.**	4.8	(0.0-10.6)	DS	DS
	H.S. Graduate	2.7	(0.5-5.0)	3.6	(0.0-10.5)
	Some College	2.1	(0.6-3.6)	3.3	(0.0-9.8)
	Voc./Assoc. Degree	2.2	(1.0-3.4)	0.0	(0.0-0.0)
	College Graduate	6.4	(4.1-8.7)	6.4	(0.2-12.5)
Poverty Status	**200% or Less**	3.3	(1.3-5.2)	1.0	(0.0-2.8)
	More than 200%	3.5	(2.3-4.6)	4.9	(0.0-9.9)

DS: Data suppressed due to < 30 responses

Table 10.3.L
Losses Related to COVID-19 Pandemic
Health Insurance
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**2.0%**	**(1.1-2.8)**	**1.4%**	**(0.3-2.5)**
Sex	**Male**	2.3	(0.7-3.9)	1.2	(0.0-2.9)
	Female	1.7	(1.0-2.3)	1.5	(0.1-3.0)
Age	**18 to 34**	3.8	(1.2-6.3)	0.0	(0.0-0.0)
	35 to 44	2.7	(0.0-6.1)	1.8	(0.0-5.3)
	45 to 54	2.3	(1.0-3.6)	3.6	(0.0-8.3)
	55 to 64	1.0	(0.2-1.7)	2.5	(0.0-5.2)
	65 to 74	0.1	(0.0-0.3)	0.0	(0.0-0.0)
	75 and older	0.1	(0.0-0.3)	0.0	(0.0-0.0)
Education	**Less than H.S.**	0.7	(0.0-1.7)	DS	DS
	H.S. Graduate	1.9	(0.0-3.9)	1.6	(0.0-3.9)
	Some College	2.4	(0.3-4.5)	0.8	(0.0-2.5)
	Voc./Assoc. Degree	1.6	(0.8-2.3)	0.5	(0.0-1.5)
	College Graduate	2.1	(1.0-3.3)	1.4	(0.0-3.2)
Poverty Status	**200% or Less**	2.6	(0.8-4.4)	1.5	(0.0-3.3)
	More than 200%	1.8	(0.8-2.9)	0.9	(0.0-1.8)

DS: Data suppressed due to < 30 responses

Table 10.3.M
Losses Related to COVID-19 Pandemic
Transportation
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**1.7%**	**(1.1-2.3)**	**0.6%**	**(0.0-1.3)**
Sex	**Male**	2.0	(0.9-3.0)	0.5	(0.0-1.3)
	Female	1.4	(0.8-2.0)	0.8	(0.0-1.7)
Age	**18 to 34**	1.8	(0.2-3.4)	0.0	(0.0-0.0)
	35 to 44	3.3	(1.1-5.4)	0.0	(0.0-0.0)
	45 to 54	1.6	(0.5-2.7)	0.6	(0.0-1.7)
	55 to 64	0.9	(0.3-1.6)	0.7	(0.0-2.0)
	65 to 74	1.0	(0.0-2.1)	1.9	(0.0-4.9)
	75 and older	1.9	(0.7-3.1)	0.8	(0.0-2.5)
Education	**Less than H.S.**	3.8	(0.5-7.0)	DS	DS
	H.S. Graduate	2.9	(1.2-4.5)	1.4	(0.0-2.9)
	Some College	1.6	(0.7-2.4)	0.5	(0.0-1.6)
	Voc./Assoc. Degree	0.3	(0.0-0.5)	0.0	(0.0-0.0)
	College Graduate	0.5	(0.0-1.1)	0.0	(0.0-0.0)
Poverty Status	**200% or Less**	4.3	(2.4-6.1)	1.8	(0.0-3.6)
	More than 200%	0.6	(0.2-1.0)	0.1	(0.0-0.3)

DS: Data suppressed due to < 30 responses

Table 10.3.N
Losses Related to COVID-19 Pandemic
Housing
BRIDGE TO HEALTH SURVEY 2020
Koochiching County

Question:	*Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)*

Demographic Characteristics		Region n=7383		Koochiching County n=676	
		Percent	95% CI	Percent	95% CI
Overall Results		**0.9%**	**(0.4-1.4)**	**0.2%**	**(0.0-0.4)**
Sex	**Male**	0.8	(0.2-1.4)	0.0	(0.0-0.0)
	Female	0.9	(0.1-1.7)	0.4	(0.0-0.8)
Age	**18 to 34**	1.8	(0.1-3.4)	0.0	(0.0-0.0)
	35 to 44	0.9	(0.0-1.7)	0.0	(0.0-0.0)
	45 to 54	0.9	(0.1-1.8)	0.6	(0.0-1.7)
	55 to 64	0.3	(0.0-0.5)	0.4	(0.0-1.0)
	65 to 74	0.4	(0.0-1.0)	0.0	(0.0-0.0)
	75 and older	0.3	(0.0-0.8)	0.0	(0.0-0.0)
Education	**Less than H.S.**	1.0	(0.0-2.3)	DS	DS
	H.S. Graduate	1.9	(0.3-3.4)	0.3	(0.0-0.8)
	Some College	0.4	(0.0-0.7)	0.0	(0.0-0.0)
	Voc./Assoc. Degree	0.4	(0.1-0.7)	0.7	(0.0-1.8)
	College Graduate	0.5	(0.0-1.0)	0.0	(0.0-0.0)
Poverty Status	**200% or Less**	2.4	(0.8-4.0)	0.4	(0.0-1.0)
	More than 200%	0.2	(0.0-0.5)	0.1	(0.0-0.3)

DS: Data suppressed due to < 30 responses

APPENDIX

Appendix A: *2020 Bridge to Health Survey Sponsors*

Aitkin County Health & Human Services*
Aitkin-Itasca-Koochiching Community Health Services*
Blandin Foundation*
Carlton County Public Health & Human Services*
Community Memorial Hospital, Cloquet*
Cook County Public Health & Human Services*
Essentia Health – Deer River*
Essentia Health – Duluth*
Essentia Health – Sandstone*
Essentia Health – St. Mary's Medical Center*
Essentia Health – St. Mary's Hospital of Superior*
Essentia Health – Virginia*
Fairview Health Services*
Fairview Range Medical Center*
Generations Health Care Initiatives*
Grand Itasca Clinic and Hospital*
HealthPartners*
Itasca County Health and Human Services*
Lake County Health and Human Services*
Lake Superior Community Health Center*
Lake View Hospital
Medica Foundation*
Miller-Dwan Foundation*
Scenic Rivers Health Services*
St. Louis County Public Health and Human Services*
St. Luke's*
St. Luke's Foundation*
UCare*
Victory Fund*
Wilderness Health*
American Lung Association in Minnesota
Arrowhead Area Agency on Aging
Arrowhead Parish Nurse Association
Arrowhead Regional Development Commission
Bigfork Valley
Carlton-Cook-Lake-St. Louis Community Health Board
CHUM
Community Action Duluth
Cook Hospital
Douglas County Health and Human Services (WI)
Duluth Area YMCA
Duluth Superior Area Community Foundation
Ecolibrium3 and Main Street LNPK
Essentia Health – Northern Pines Medical Center
Essentia Institute of Rural Health
Human Development Center (HDC)
Integrity Health Network
Koochiching County Health and Human Services
Lake View Medical Clinic
Local Initiatives Support Corporation (LISC) Duluth
Lutheran Social Services of MN
Mercy Hospital
National Rural Health Resource Center
North Shore Health
Northern Waters Parish Nurse Ministry
Rainy Lake Medical Center
Recovery Alliance Duluth
Riverwood Healthcare Center
Sawtooth Mountain Clinic, Inc.
Superior Douglas County Family YMCA
University of Minnesota Duluth
WE Health Clinic
Whiteside Institute for Clinical Research
Zeitgeist Center for Arts & Community

*Indicates financial sponsor

Appendix B: *2020 Bridge to Health Survey* Leadership Team

Project Co-Chairs

Maggie Rothstein, MPH, CPH	Aitkin-Itasca-Koochiching Community Health Board
Mary Rapps, MHA	Generations Health Care Initiatives, Inc.

Consultants

Michael Finch, PhD	Finch & King, Inc.; University of Minnesota, Carlson School of Management
Ann Kinney, PhD	Minnesota Department of Health, Center for Health Statistics

Project Manager

Mary Rapps, MHA	Generations Health Care Initiatives, Inc.

Data Manager

Sonia Kjos, MS, PhD	Generations Health Care Initiatives, Inc.

Wilder Research

Mark Anton, Sheila Bell, Jennifer Bohlke, Walker Bosch, Jen Collins, Marilyn Conrad, Phil Cooper, Matt Kinney, Alice Lubeck, Bunchung Ly, Nicole MartinRogers, Amanda Petersen, Dan Swanson, Mandi Ward

Appendix B: *2020 Bridge to Health Survey* Leadership Team

Steering Committee

Emily Anderson	Essentia Health
Christine Empanger	Lutheran Social Service of MN
Mike Finch (Consultant)	Finch & King, Inc.; University of Minnesota, Carlson School of Management
Megan Halena	Generations Health Care Initiatives, Inc.
Michelle Hargrave	Wilderness Health
Ann Kinney (Consultant)	Minnesota Department of Health, Center for Health Statistics
Sonia Kjos	Generations Health Care Initiatives, Inc.
Janelle Lambert	Minnesota Department of Health, Public Health Practice
Susan Michels	Carlton-Cook-Lake-St. Louis Community Health Board/ Healthy Northland
Joan Pennington	Fairview Health Services
Mary Rapps	Generations Health Care Initiatives, Inc.
Maggie Rothstein	Aitkin-Itasca-Koochiching Community Health Board
Steve Waring	Essentia Institute of Rural Health, Essentia Health
Amy Westbrook	St. Louis County Public Health and Human Services

Data Team

Brian Bluhm	Carlton-Cook-Lake-St. Louis Community Health Board/ Healthy Northland
Sara Bumgardner	St. Louis County Public Health and Human Services
Amanda Casady	Essentia Health
Sarah Elizabeth	YMCA- Superior
Beth Elstad	Recovery Alliance Duluth
Christine Empanger	Lutheran Social Service of MN
Mike Finch (Consultant)	Finch & King, Inc.; University of Minnesota, Carlson School of Management
Pam Franklin	Arrowhead Parish Nurse Association
Cindy Freeberg	Douglas County Public Health
Grace Grinager	Cook County Public Health and Human Services
Kathy Hermes	Lutheran Social Service of MN
Ellen Hill	Minnesota Department of Health, Infectious Disease Epidemiology, Prevention, and Control Division
EJ Howarth	Wilderness Health
Erin Johnson	Carlton County Public Health and Human Services
Ann Kinney (Consultant)	Minnesota Department of Health, Center for Health Statistics

Appendix B: *2020 Bridge to Health Survey* Leadership Team

Data Team (continued)

Sonia Kjos	Generations Health Care Initiatives, Inc.
Janelle Lambert	MDH, Public Health Practice
Xuan Li	University of MN Duluth
Patti Martin	Carlton County Public Health and Human Services
Pat McKone	American Lung Association
Stephany Medina	St. Louis County Public Health and Human Services
Jenny Morman	Fairview Health Services
Michelle Morris	Duluth Superior Area Community Foundation
Tracy Morton	National Rural Health Resource Center
Ali Mueller	Carlton County Public Health and Human Services
Rob Prose	St. Louis County Public Health and Human Services
Alicia Randall	Carlton County Public Health and Human Services
Emily Ranta	Duluth Area Family YMCA
Mary Rapps	Generations Health Care Initiatives, Inc.
Maggie Rothstein	Aitkin-Itasca-Koochiching Community Health Board
Steve Waring	Essentia Institute of Rural Health, Essentia Health

Communications Team

Melissa Burlaga	St. Luke's Hospital and Clinics
Megan Halena	Generations Health Care Initiatives, Inc.
Dana Kazel	St. Louis County Public Information
Meghann Levitt	Carlton County Public Health and Human Services
Susan Michels	Carlton-Cook-Lake-St. Louis Community Health Board/ Healthy Northland
Alicia Randall	Carlton County Public Health and Human Services
Mary Rapps	Generations Health Care Initiatives, Inc.
Maggie Rothstein	Aitkin-Itasca-Koochiching Community Health Board
Louie St. George	Essentia Health

Additional Contributions

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Appendix C: Survey Instrument

2020
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, emphysema, or COPD)	☐	☐	
h. Asthma	☐	☐	
i. Chronic digestive disease (such as ulcers, colitis, etc.)	☐	☐	
j. Chronic headaches	☐	☐	
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. Post-traumatic stress disorder (PTSD)	☐	☐	
t. Other mental health conditions	☐	☐	
u. Sleep-related disorders (such as insomnia, restless leg syndrome, or sleep apnea)	☐	☐	
v. Hepatitis C	☐	☐	
w. Alzheimer's disease or other dementias	☐	☐	
x. 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.)

- ☐ I do not have a place I usually go when I need medical care
- ☐ 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 nurse line
- ☐ Some other 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 had transportation problems
- ☐ There are no providers that are close enough to me
- ☐ I did not think it was serious enough
- ☐ I did not know where to go
- ☐ I could not get someone to look after my children or someone else that I take care of
- ☐ I felt disrespected by health care staff
- ☐ COVID-19 pandemic
- ☐ Other reason(s): _____

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 concerns</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 was too embarrassed
- ☐ I could not get an appointment
- ☐ I had transportation problems
- ☐ There are no providers that are close enough to me
- ☐ I did not think it was serious enough
- ☐ I did not know where to go
- ☐ I could not get someone to look after my children or someone else that I take care of
- ☐ I felt disrespected by health care staff
- ☐ COVID-19 pandemic
- ☐ Other reason(s): _____

10. If you or someone close to you needed mental health care, would you be more or less likely to seek care if it was available at your primary care clinic?

- ☐ Much more likely
- ☐ More likely
- ☐ Neither more nor less likely
- ☐ Less likely
- ☐ Much less likely

11. 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

12. 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 14

13. 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 had transportation problems
- ☐ There are no providers that are close enough to me
- ☐ I did not think it was serious enough
- ☐ I did not know where to go
- ☐ I had used up my dental benefit
- ☐ I could not get someone to look after my children or someone else that I take care of
- ☐ I felt disrespected by health care staff
- ☐ COVID-19 pandemic
- ☐ Other reason(s): _____

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

- ☐ I had no medications prescribed for me ➡ GO TO QUESTION 16
- ☐ I had medications prescribed for me and I filled them all ➡ GO TO QUESTION 16
- ☐ I had medications prescribed for me and I did not fill at least one of them

15. 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
- ☐ There are no pharmacies that are close enough to me
- ☐ I felt disrespected by staff
- ☐ COVID-19 pandemic
- ☐ Other reason(s): _____

16. 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. Insurance through MNSure	☐	☐
i. CHAMPUS, TRICARE, or Veterans' benefits	☐	☐
j. Other health insurance or coverage: ☐	☐	☐
k. I don't have health insurance	☐	☐

17. For the <u>past 12 months,</u> would you say you were:

☐ Insured for the entire year ➡ GO TO QUESTION 18
☐ Uninsured for the entire year ➡ GO TO QUESTION 18
☐ Insured for part of the year and uninsured for part of the year

⬇

17a. What months during 2019 and 2020 were you <u>uninsured</u>?

2019	2020	
☐ September	☐ January	☐ May
☐ October	☐ February	☐ June
☐ November	☐ March	☐ July
☐ December	☐ April	☐ August

HEALTH HABITS

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 100% fruit juice did you have <u>yesterday</u>?

☐ Servings

21. How often did you drink the following beverages in the past week?	Never or less than 1 time per week	1 time per week	2-4 times per week	5-6 times per week	1 time per day	2-3 times per day	4 or more times per day
a. Fruit drinks (such as Snapple, flavored teas, Capri Sun, and Kool-Aid)	☐	☐	☐	☐	☐	☐	☐
b. Sports drinks (such as Gatorade and Powerade); these drinks usually do not have caffeine	☐	☐	☐	☐	☐	☐	☐
c. Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, and root beer)	☐	☐	☐	☐	☐	☐	☐
d. Energy drinks (such as Rockstar, Red Bull, Monster, and Full Throttle); these drinks usually have caffeine	☐	☐	☐	☐	☐	☐	☐

22. 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	☐	☐	☐	☐	☐

23. Are there any barriers to having adequate food for your household? (Please check all that apply.)

☐ None
☐ Cost of food
☐ Lack of transportation
☐ No grocery store nearby
☐ Inadequate food options at stores
☐ Stores not accepting some forms of payment
☐ Lack of time to shop
☐ COVID-19 pandemic
☐ Other barrier(s): _____

24. Do you have access to transportation when you need it for going to…	Always	Most of the time	Only sometimes	Hardly ever	I don't do this
a. Work or school?	☐	☐	☐	☐	☐
b. Medical or other health care appointments?	☐	☐	☐	☐	☐
c. Get groceries?	☐	☐	☐	☐	☐
d. See friends or relatives?	☐	☐	☐	☐	☐
e. Recreational activities?	☐	☐	☐	☐	☐

25. 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?

☐ Yes ☐ No

26. 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.*

☐ 0 days ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5 days ☐ 6 days ☐ 7 days

27. 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.*

☐ 0 days ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days ☐ 5 days ☐ 6 days ☐ 7 days

28. How much of a problem are the following factors for you in terms of preventing you from being more physically active?	**Not a problem**	**A small problem**	**A big problem**
a. Lack of time	☐	☐	☐
b. Lack of fitness programs, leaders, or facilities available	☐	☐	☐
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 in the winter	☐	☐	☐
n. Other reasons:	☐	☐	☐

29. When was the last time you…	**Within the past year**	**Within the past 2 years**	**Within the past 5 years**	**5 or more years ago**	**Never**	**Does not apply to me**
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 any screening for mental health issues such as depression or anxiety?	☐	☐	☐	☐	☐	
e. Had a mammogram?	☐	☐	☐	☐	☐	☐
f. Had a Pap smear?	☐	☐	☐	☐	☐	☐
g. Performed a breast self-exam?	☐	☐	☐	☐	☐	☐
h. Had a prostate exam?	☐	☐	☐	☐	☐	☐

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

☐ Always ☐ Usually ☐ Sometimes ☐ Rarely ☐ Never

31. How strongly do you agree or disagree with this statement: "I lead a purposeful and meaningful life."

☐ Strongly agree ☐ Agree ☐ Disagree ☐ Strongly disagree

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

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 36

33. 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 36

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

☐ Yes ☐ No

35. Are you seriously thinking of quitting smoking?

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

36. Have you ever used an electronic cigarette, vaping device, Mod, JUUL, or other electronic nicotine delivery device even just <u>one time</u> in your entire life?

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 39

37. Were you a tobacco user (cigarette, cigar, little cigar, pipe, snuff, snus, chewing tobacco, etc.) at the time you first used an e-cigarette or other electronic nicotine delivery device?

☐ Yes ☐ No

38. During the <u>past 30 days</u>, about how many days did you use e-cigarettes or other electronic nicotine delivery devices?

☐ Number of days

39. Do you currently use smokeless tobacco, such as snuff, snus, or chewing tobacco?

☐ No, I never have ➡ GO TO QUESTION 41
☐ I used to use smokeless tobacco, but I quit
☐ Yes

40. 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

41. During the <u>past 30 days</u>, <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 44

42. 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 per day

43. 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

44. 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?	Yes	No
a. Car or truck	☐	☐
b. Boat or Jet Ski	☐	☐
c. Snowmobile or ATV	☐	☐

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

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

46. How often do you feel lonely or isolated from those around you?

☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never

47. Have you ever considered attempting suicide? (Please check all that apply.)

☐ No ☐ Yes, during the last 6 months ☐ Yes, during the last year ☐ Yes, more than a year ago

48. Have you experienced any losses related to the COVID-19 pandemic? (Please check all that apply.)

☐ None
☐ Job (lay off, furlough, hours reduction)
☐ Income
☐ Housing
☐ Health insurance
☐ Transportation
☐ Child care
☐ Regular school routine
☐ Social connectedness
☐ Social support
☐ Sense of wellness
☐ Recreation or entertainment
☐ Exercise opportunities
☐ Death of family member or friend
☐ Other:

ABOUT YOU

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

☐ Permanent resident ☐ Seasonal resident

50. What is your sex?

☐ Male ☐ Female ☐ Intersex

51. What best describes your gender identity? (Please check all that apply.)

☐ Woman
☐ Man
☐ Non-binary
☐ Cisgender
☐ Transgender
☐ Please describe:

52. In what year were you born? ☐

53. Do you own or rent your home?

☐ Own ☐ Rent ☐ Another arrangement

54. Including yourself, how many adults and how many children live in your household?

Number of adults aged 18 or older (including yourself): ☐

Number of children 5-17 years old: ☐

Number of children 0-4 years old: ☐

55. During the past 12 months, have you experienced any issues obtaining housing? (Please check all that apply.)

☐ I did not have any issues obtaining housing
☐ Initial rent and security deposit payment
☐ Criminal record
☐ Previous rental history (e.g. eviction, unlawful detainer)
☐ Poor credit or lack of rental history
☐ History of unpaid utility payments
☐ Difficulty finding a place that accepts pets
☐ Lack of available affordable housing
☐ Lease requirements (e.g. number of months required)
☐ Could not get a mortgage
☐ Difficulty finding a place near public transportation
☐ Other: ☐

56. During the past 12 months, have you experienced any issues keeping your housing? (Please check all that apply.)

☐ I did not have any issues keeping housing
☐ Issues with landlord
☐ Issues with neighbors
☐ Cost of utility payments
☐ Lost income
☐ Could not afford rent or mortgage
☐ Poor or substandard conditions
☐ Change in family or household situation (health issues, aging out, roommate left, etc.)
☐ Other: ☐

57. Do you have access to the internet at this address using a computer, tablet, or cell phone?

☐ Yes ☐ No ➡ IF NO, GO TO QUESTION 59

58. Are there any barriers to internet use at this address? (Please check all that apply.)

☐ None
☐ Inadequate internet service (e.g. poor or intermittent service, not enough bandwidth)
☐ Internet service or equipment is too expensive
☐ Not enough devices for everyone in household (computers, tablets, etc.)
☐ Devices (computers, tablets, etc.) not adequate for needed use (work, school, virtual health care visit, etc.)
☐ Do not have the necessary skills to use the internet or device
☐ User accessibility issues
☐ No internet service available
☐ Other: ☐

59. What is the highest 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 degree (2-year degree)
☐ Bachelor's degree (4-year degree)
☐ Graduate or professional degree

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

- ☐ Employed full-time
- ☐ 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

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

- ☐ American Indian/Alaska Native
- ☐ Native Hawaiian/Pacific Islander
- ☐ Asian/Asian American
- ☐ White
- ☐ Black/African/African American
- ☐ Please describe: _____
- ☐ Hispanic/Latinx/Latino

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 may or may not live with you.

☐ Yes ☐ No

63. 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
- ☐ Yes, I have served on active duty

64. How tall are you without shoes? _____ **feet** _____ **inches**

65. How much do you weigh? _____ **pounds**

66. What was your household's total income from all earners and all sources in 2019?

- ☐ $25,500 or less
- ☐ $61,001 - $70,000
- ☐ $25,501 - $34,500
- ☐ $70,001 - $79,000
- ☐ $34,501 - $43,500
- ☐ $79,001 - $88,000
- ☐ $43,501 - $52,500
- ☐ $88,001 - $100,000
- ☐ $52,501 - $61,000
- ☐ More than $100,000

67. Do you feel a sense of belonging or connectedness outside yourself/family?

- ☐ Yes ➡ IF YES, GO TO QUESTION 68
- ☐ No
- ☐ Not sure

68. What provides you with a sense of belonging or connectedness?

_____

Thank you for participating in this survey!