

Chisago County

2017 Community Health Assessment

Summary



Public Health
Prevent. Promote. Protect.

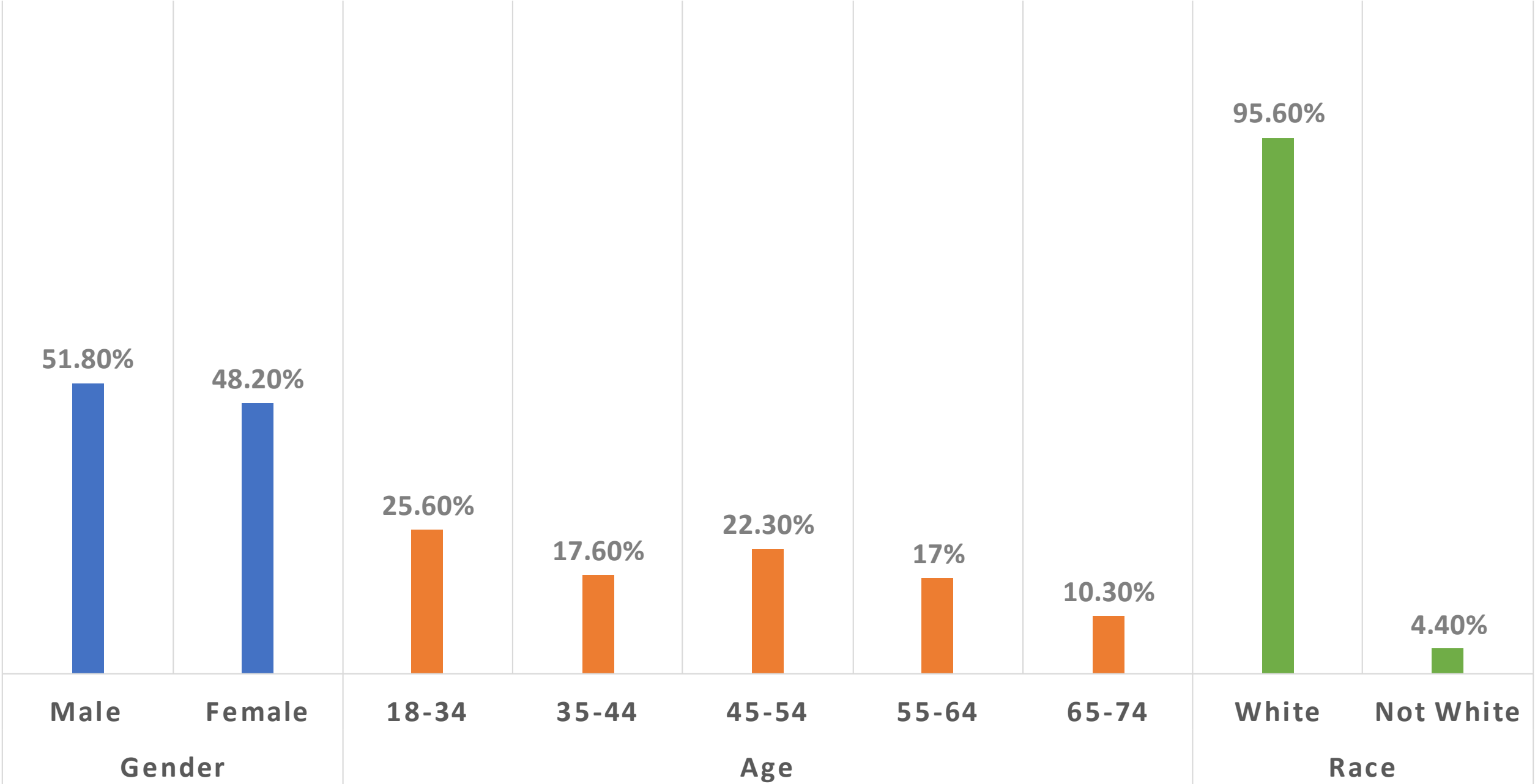
What is a Community Health Assessment?

A state, local, tribal, or territorial health assessment that identifies key health needs and issues through systematic, comprehensive data collection and analysis.

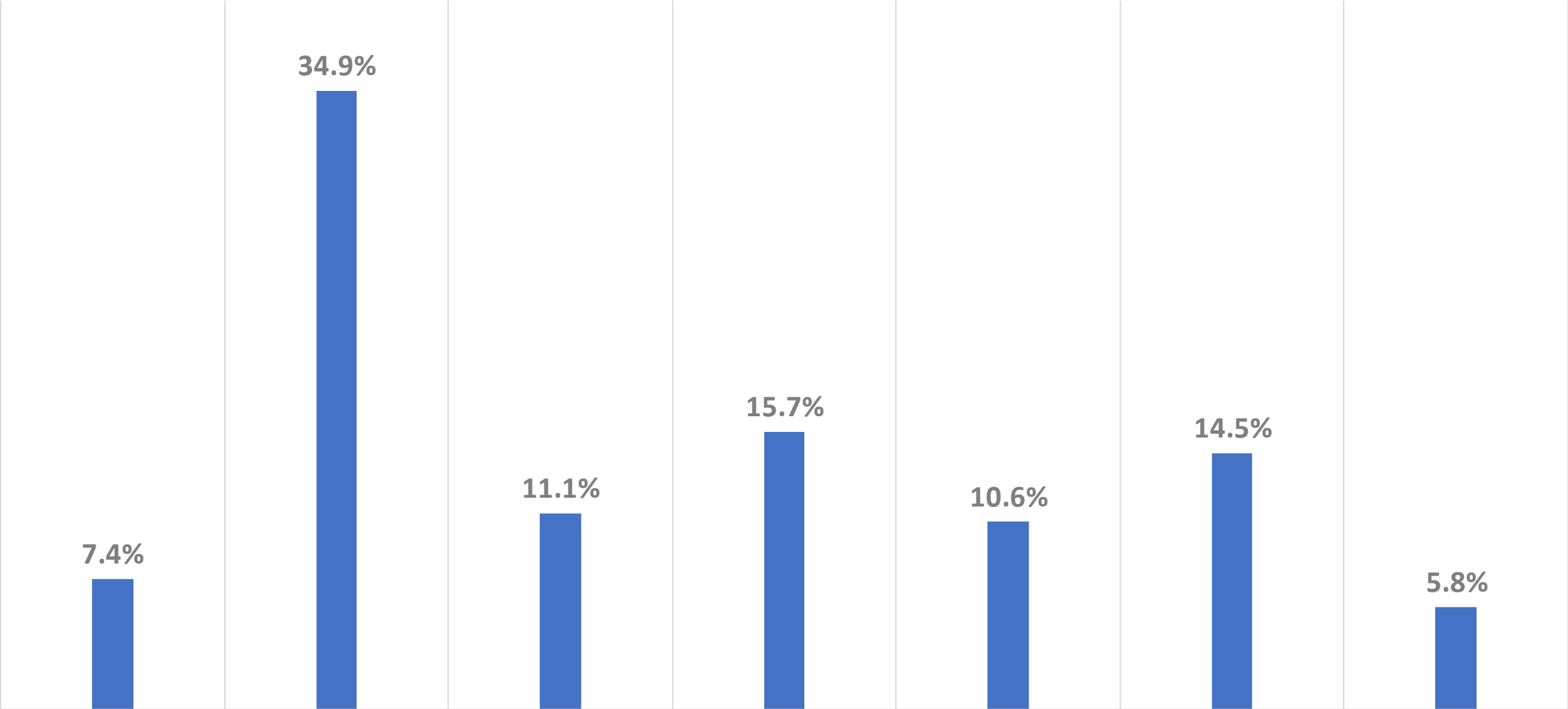
A public health department can use this data to help guide population health improvements.

Chisago County Demographics 2017

SELECTED DEMOGRAPHIC CHARACTERISTICS



EDUCATIONAL STATUS



Less than HS

HS Grad/GED

Trade School

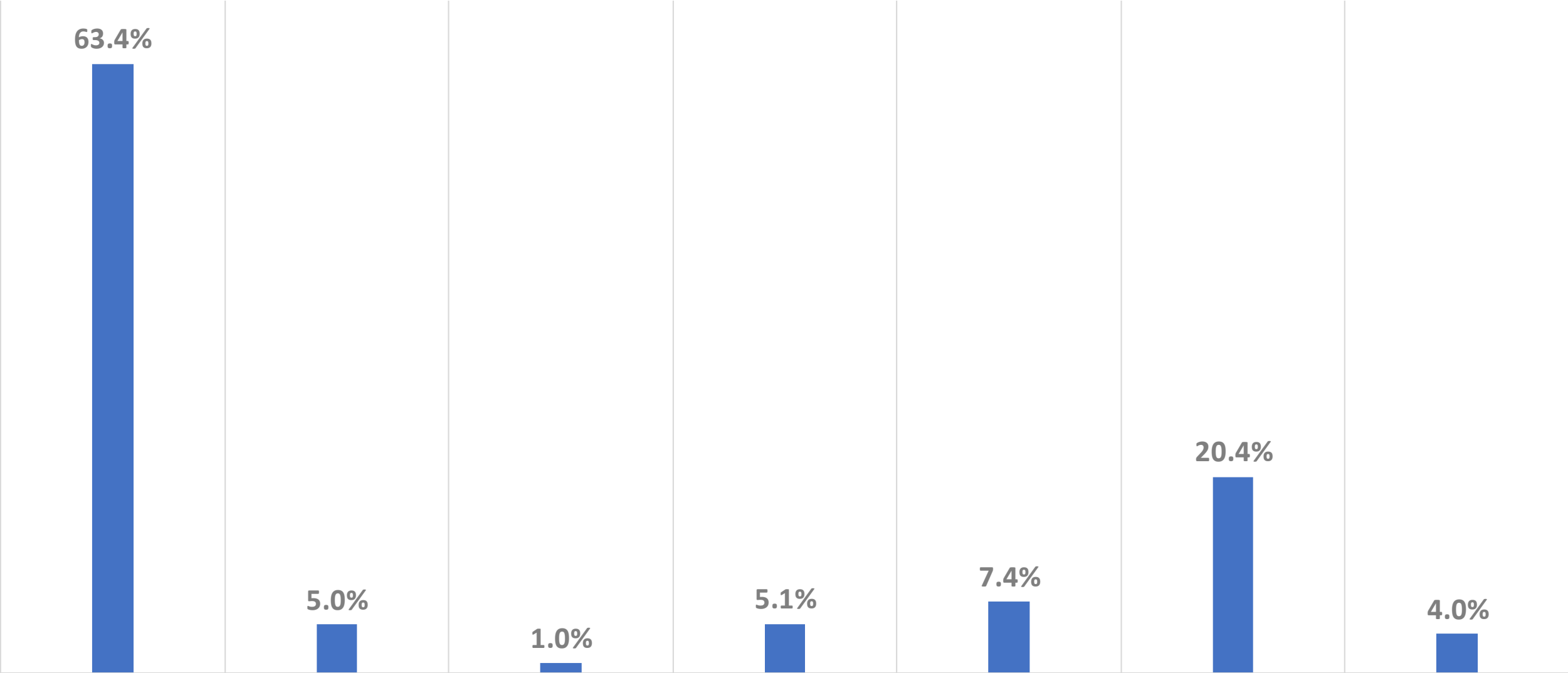
Some College

Associate's
Degree

Bachelor's
Degree

Grad/Prof Degree

EMPLOYMENT STATUS



Employed

Self-Employed

Unemployed

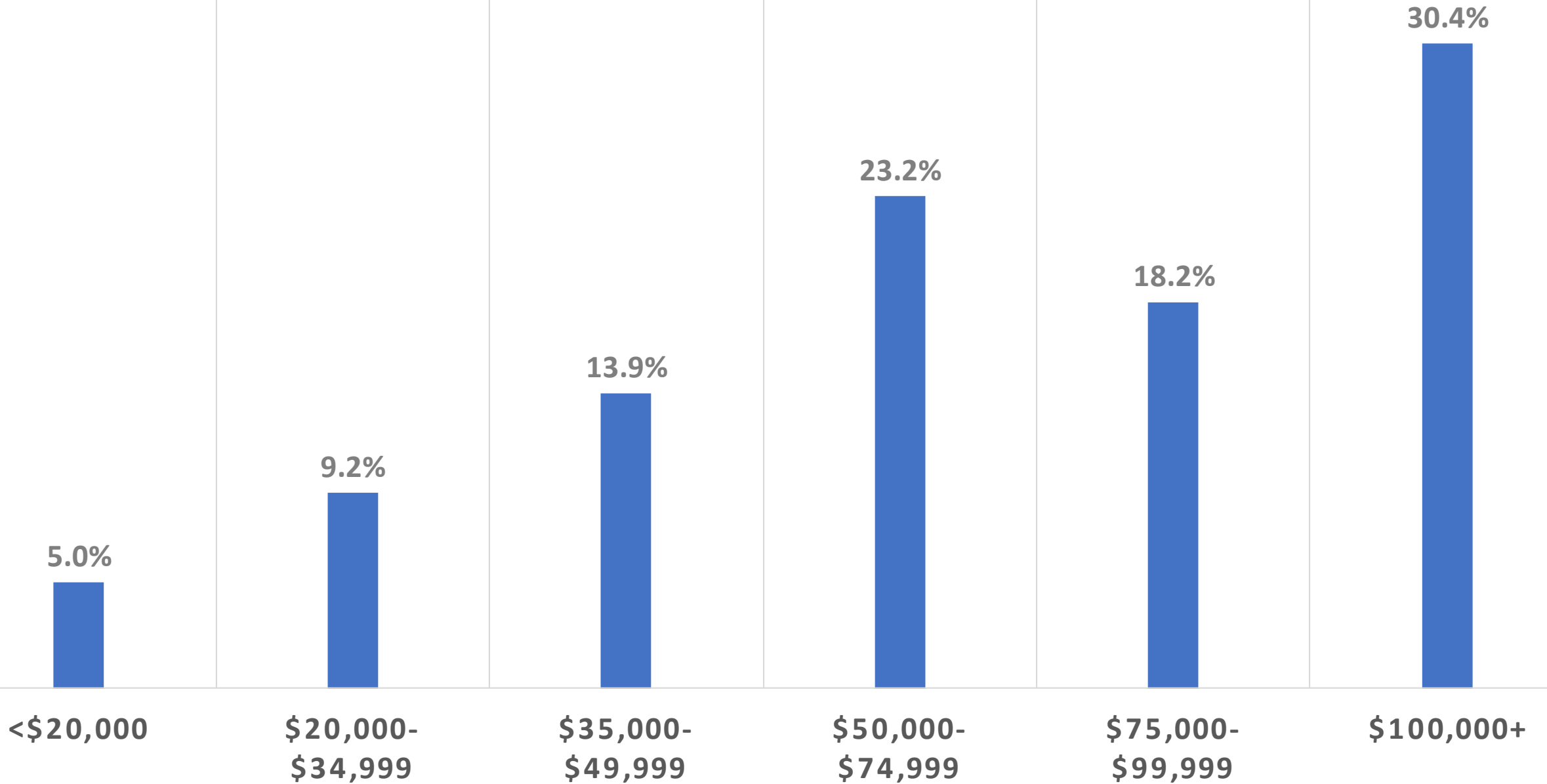
Homemaker/
Stay at home
parent

Student

Retired

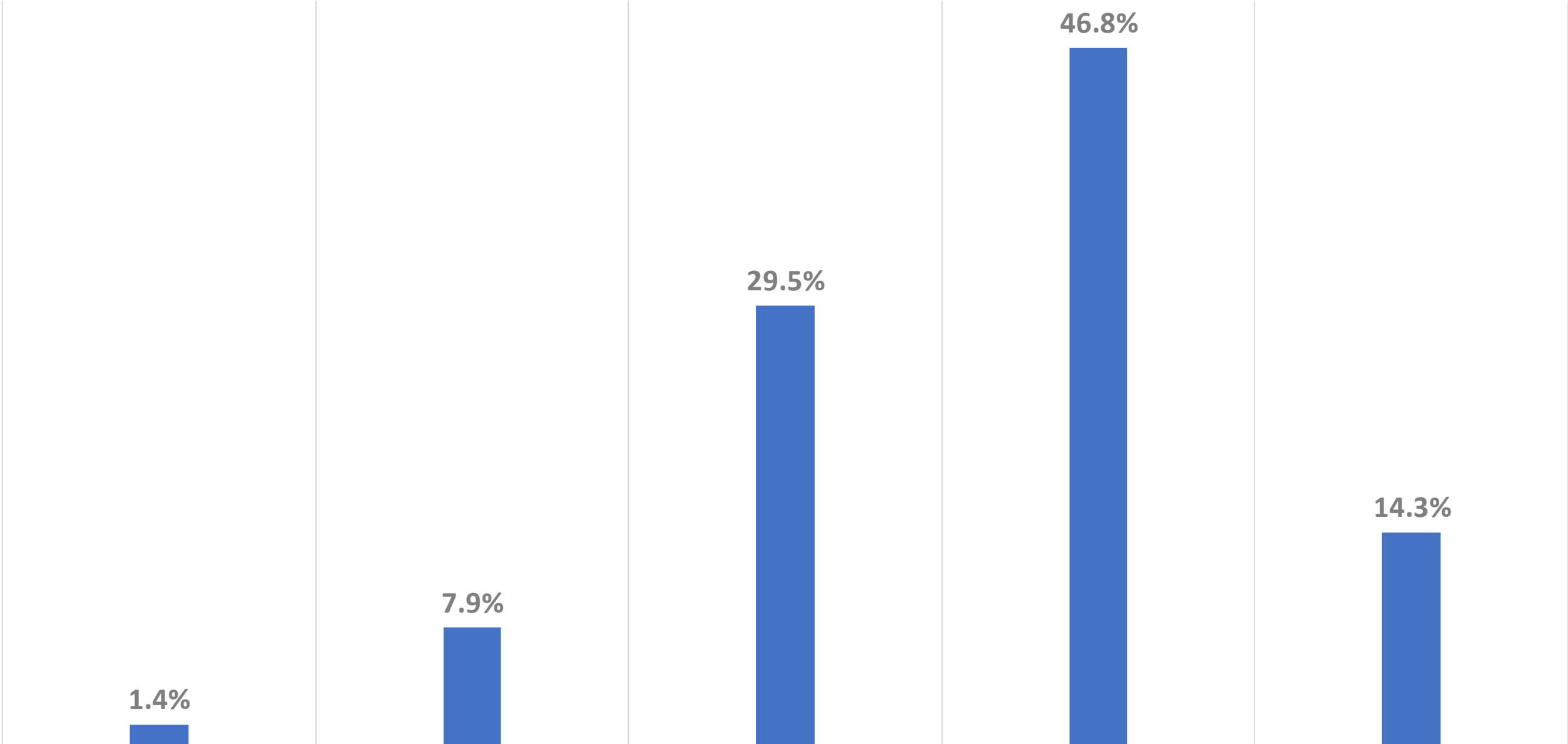
Unable to work

HOUSEHOLD INCOME



General Health Status and Chronic Conditions

SELF-RATED HEALTH STATUS



Poor

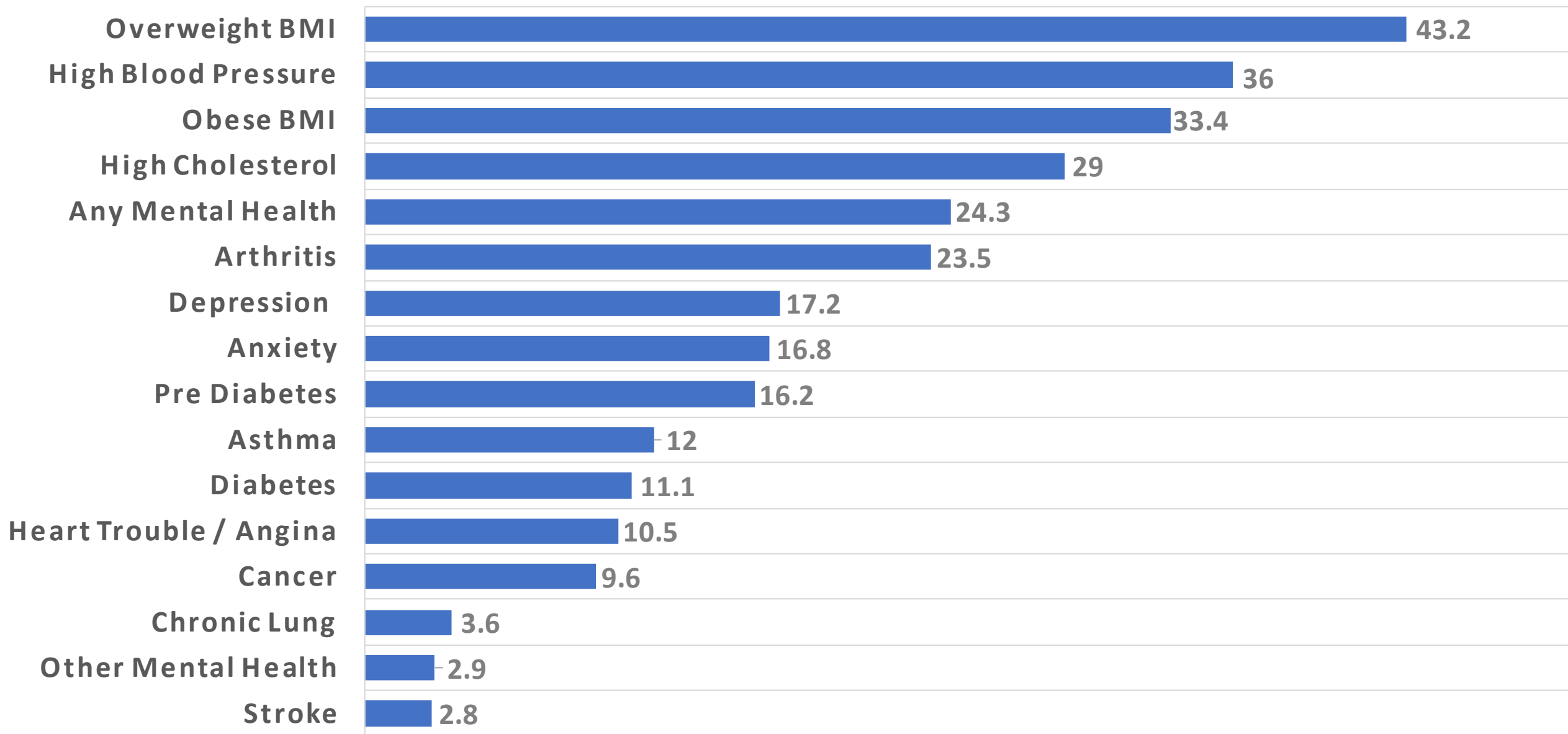
Fair

Good

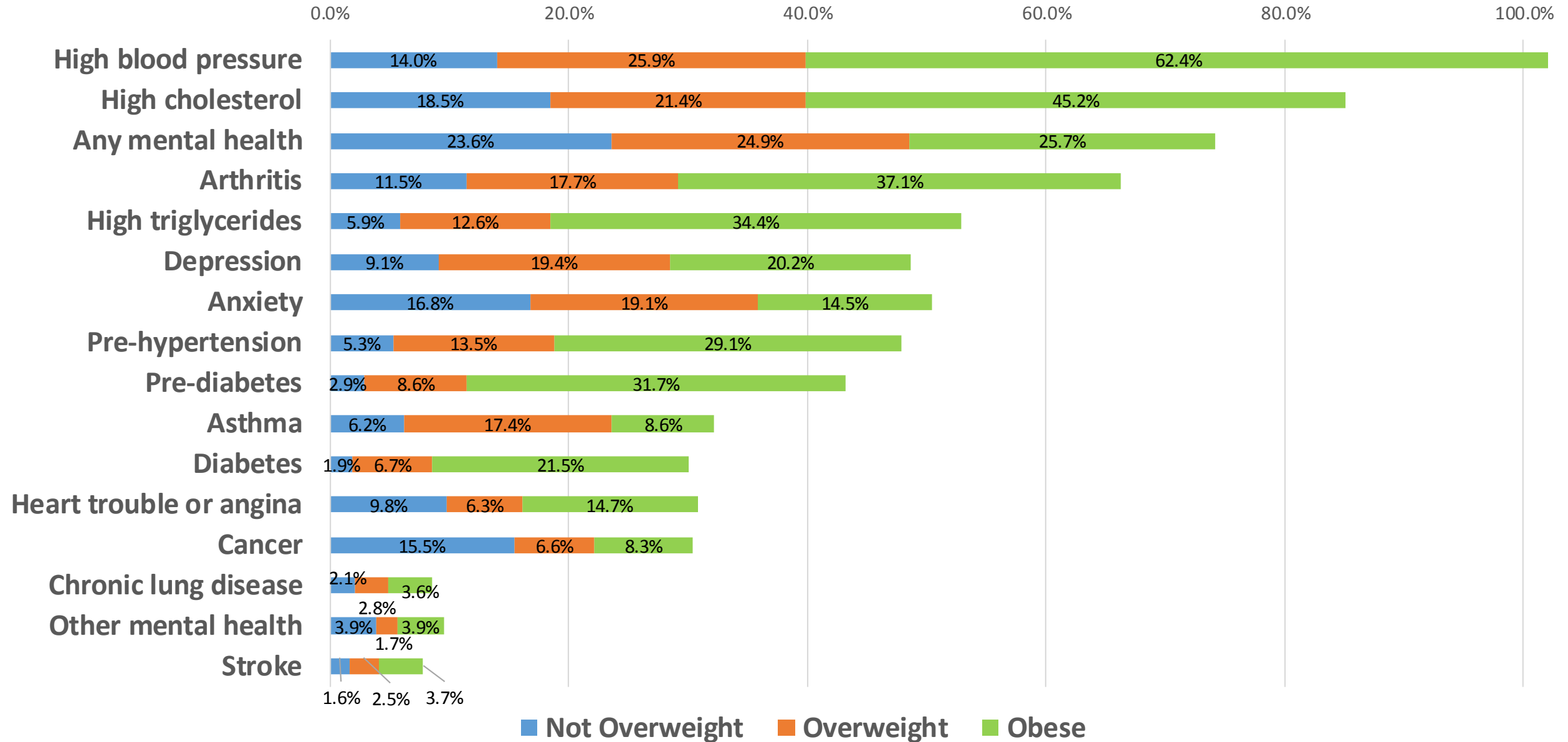
Very good

Excellent

% RESPONDENTS WHO HAVE BEEN TOLD THEY HAVE THE FOLLOWING CONDITIONS



% CONDITIONS PREVALENCE: HEALTHY WEIGHT VS. OVERWEIGHT AND OBESE



% WHO SAY THEY HAVE BEEN DIAGNOSED WITH MENTAL HEALTH ISSUES

24.3%



Any Mental Health

17.2%



Depression

16.8%



Anxiety

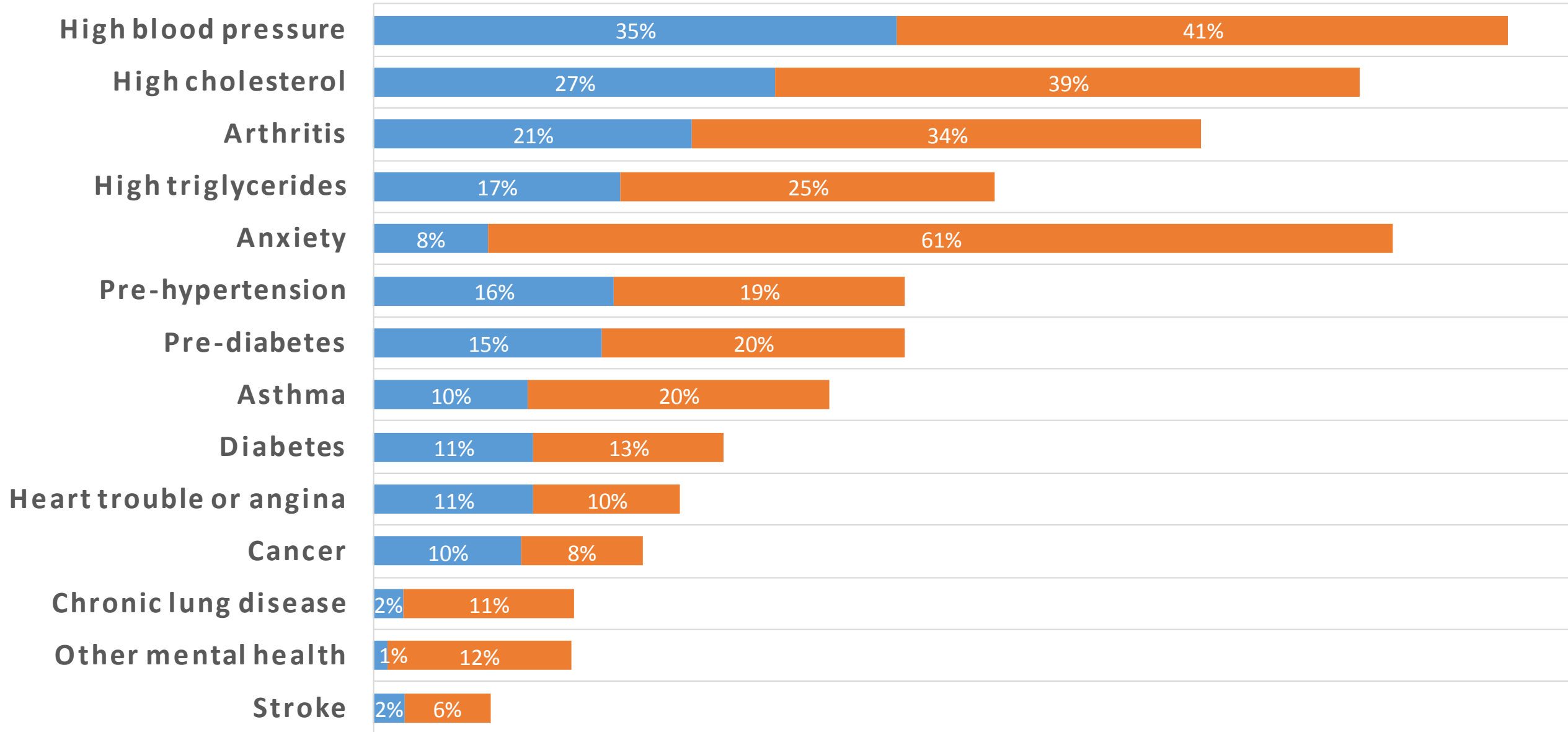
2.9%



Other Mental Health

% MEDICAL CONDITIONS DEPRESSION

■ Not Depressed ■ Depressed

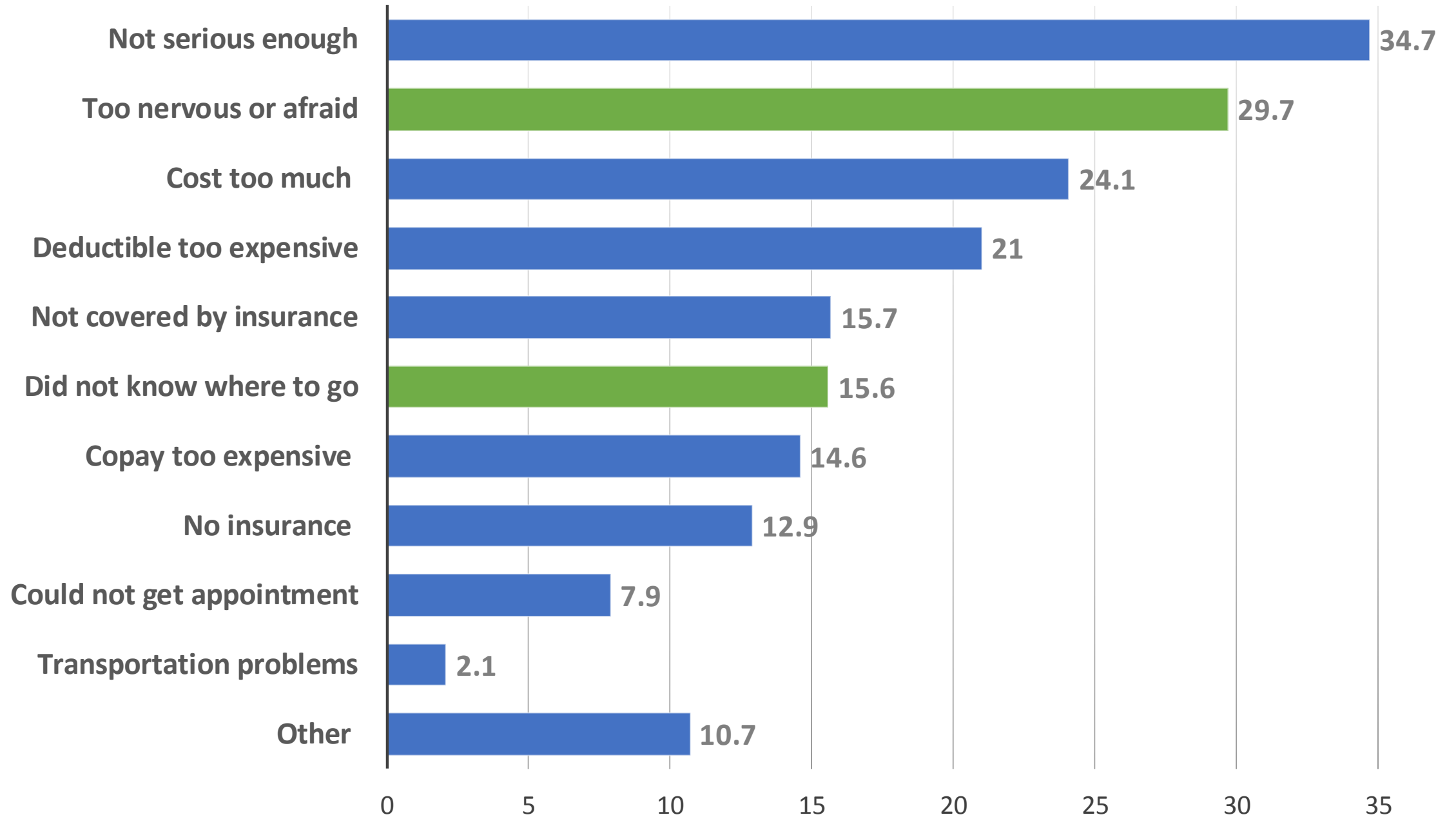


Forgone Care

Why Do People Delay Receiving Care?

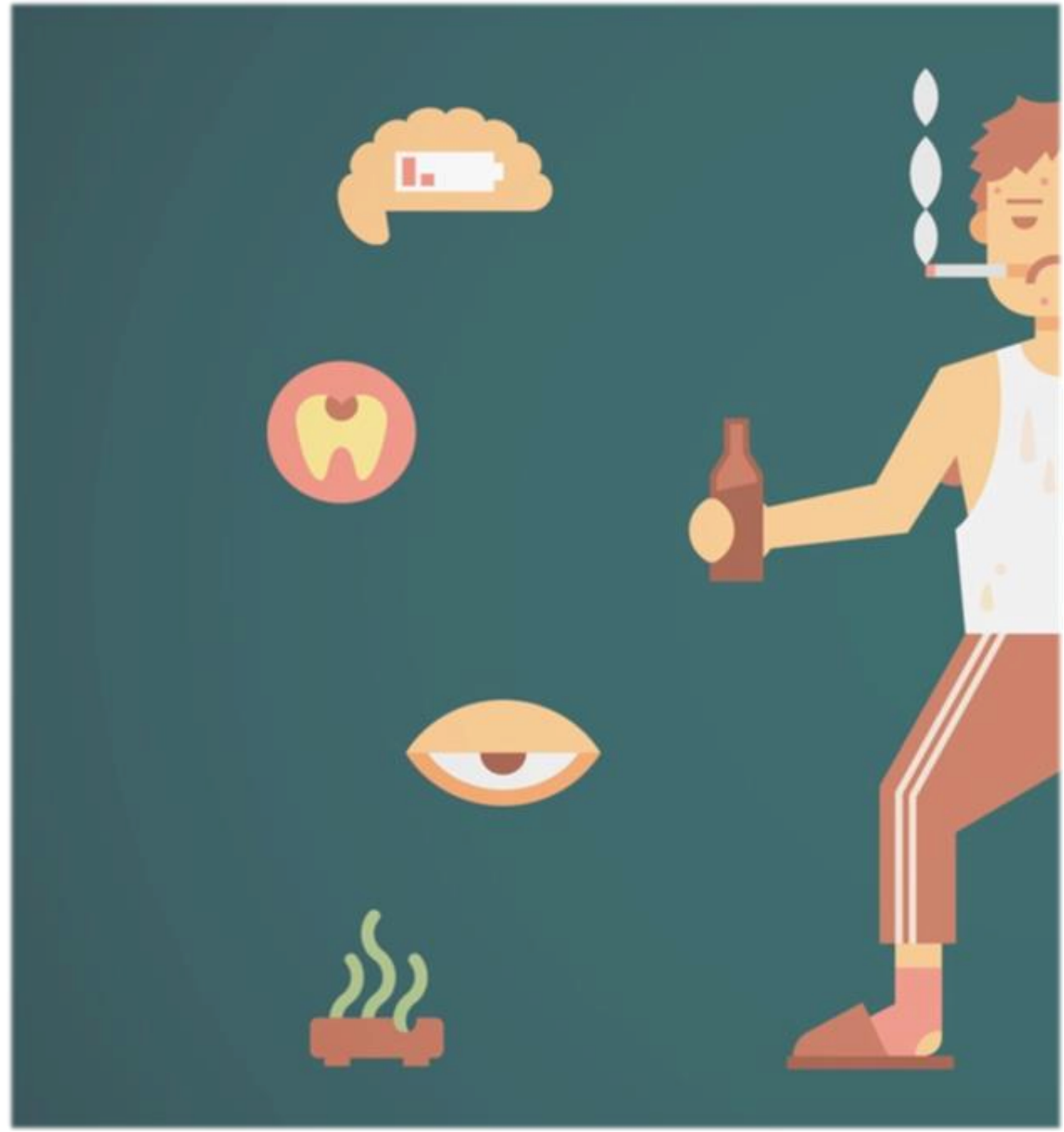
	Medical Care		Dental Care
	44.2%	Not serious enough	44.1%
	43.7%	Deductible too expensive	27.9%
	29.3%	Cost too much	27.7%
	14.6%	Copay too expensive	19.5%
	8.2%	Not covered by insurance	17.3%
	6.4%	No insurance	13.9%
	6.1%	Too nervous or afraid	7.8%
	3%	Transportation problems	5.4%
	1.6%	Did not know where to go	5.2%
	0.5%	Could not get appointment	1.3%

% REASONS FOR MENTAL HEALTH CARE DELAY

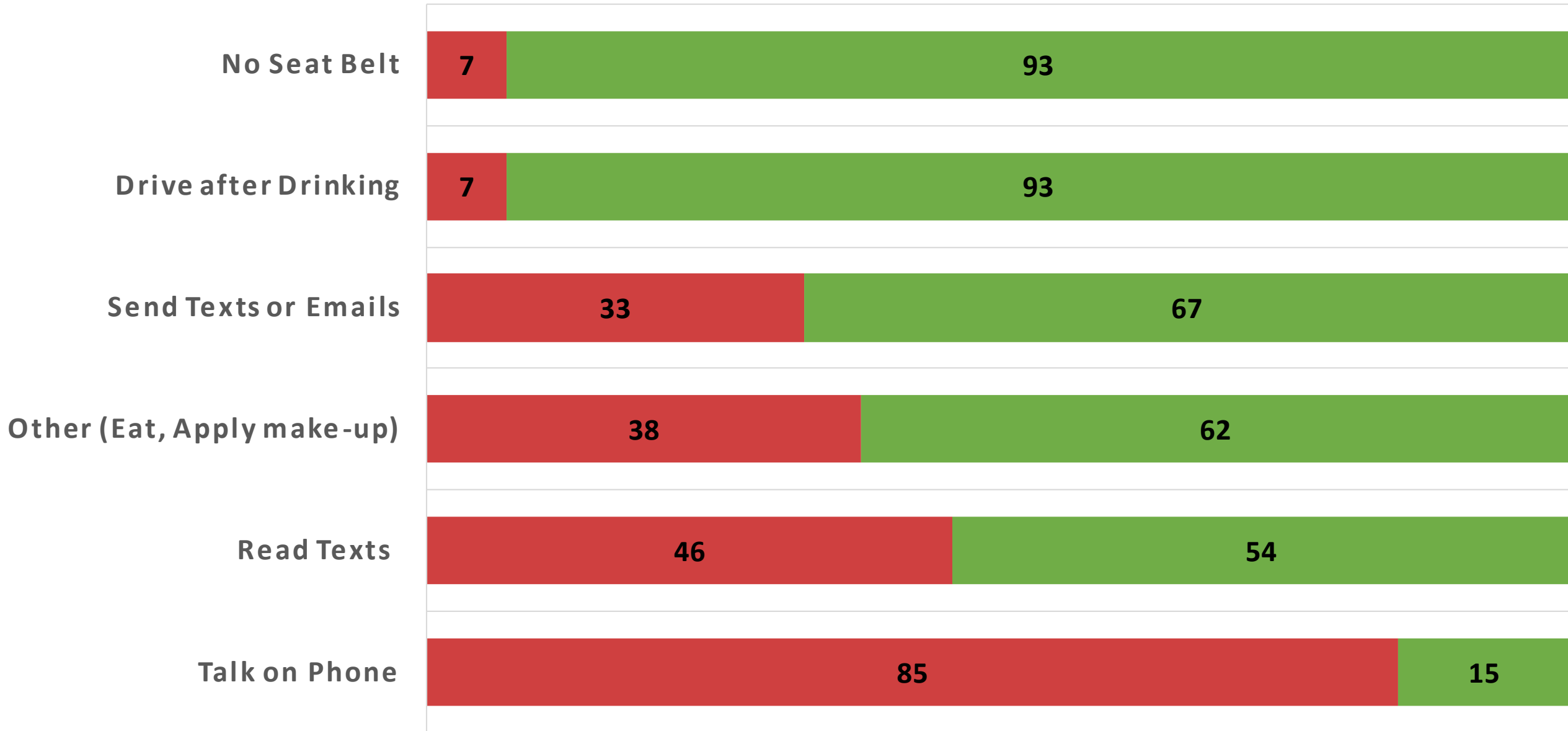


Risk Behaviors

Distracted Driving
Alcohol Consumption
Smoking
Lack of Exercise
Poor Eating Habits

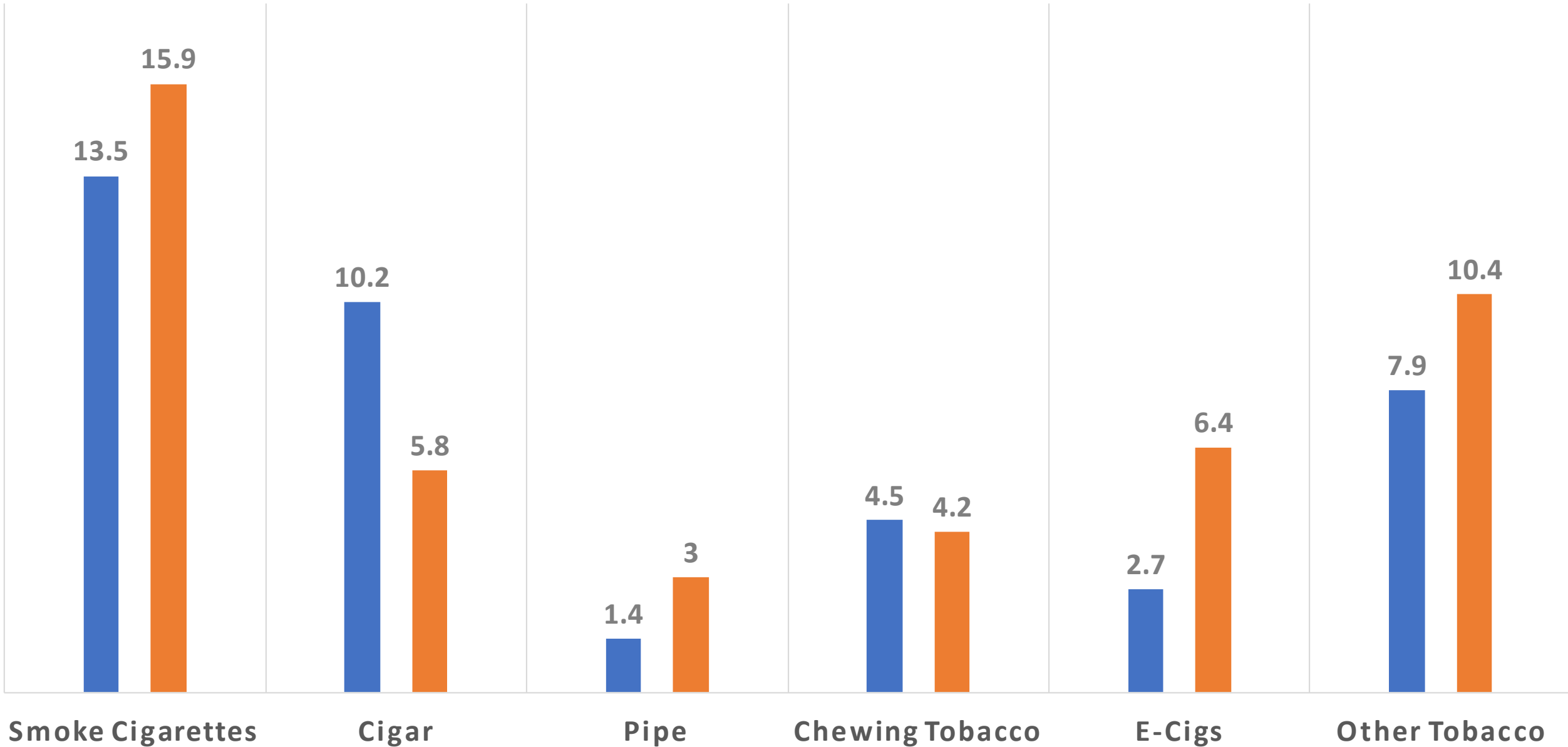


% DISTRACTED DRIVING RISK BEHAVIORS WHILE DRIVING IN CHISAGO COUNTY



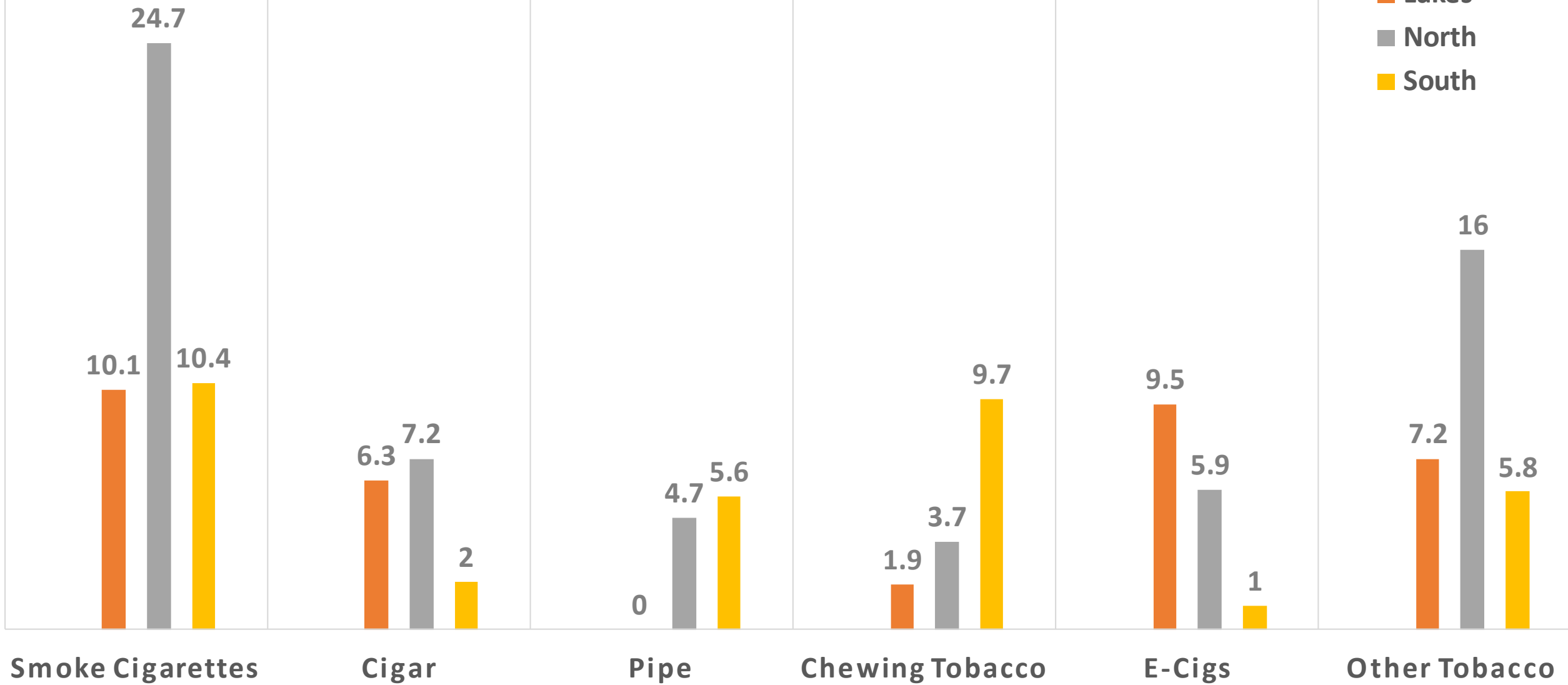
% CHISAGO RESIDENTS WHO SMOKE

■ 2014 ■ 2017



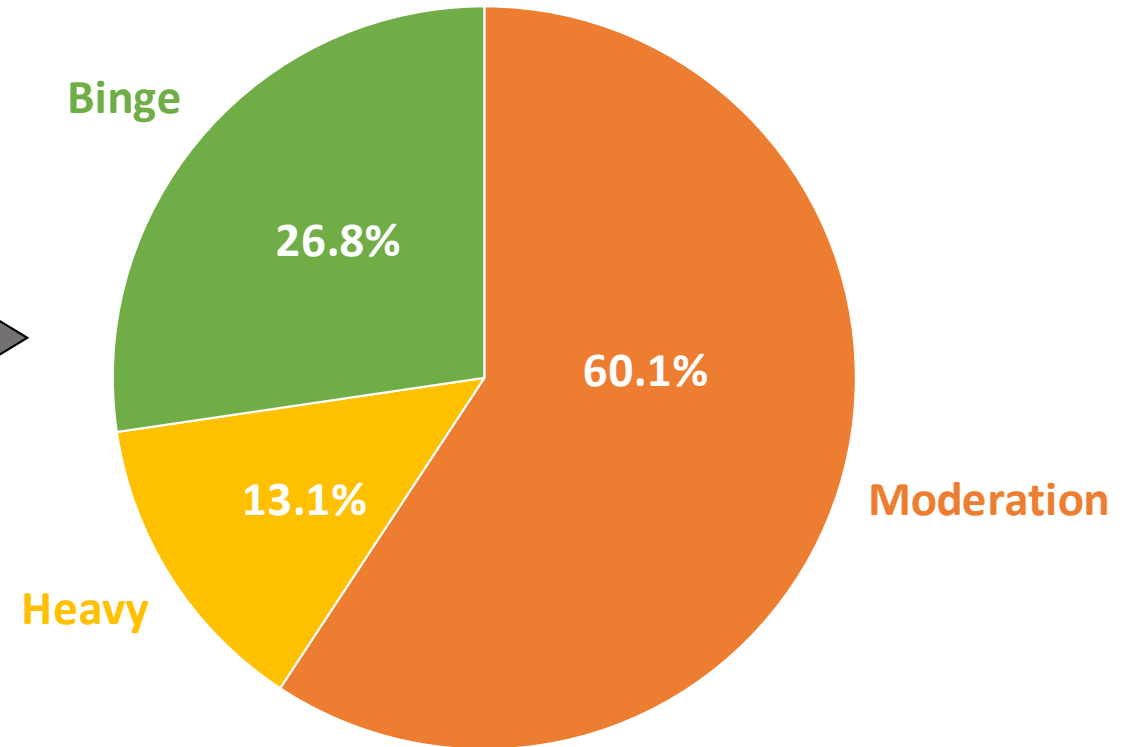
% CHISAGO ADULT SMOKERS AND TOBACCO USERS BY GEOGRAPHIC AREA 2017

Lakes
North
South



Consumption of Alcohol

70%
of respondents
drank alcohol in the
past 30 days



Moderate Drinking:

Drinking responsibly without going over the legal limit.

Binge Drinking:

A pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL. This typically occurs after 4 drinks for women and 5 drinks for men in 2 hours.

Heavy Drinking:

Binge drinking on 5 or more days in the past month.

Physical Activity



Physical Activity During an Average Week

54.2%

of residents participate in at least 30 minutes of moderate physical activity 1-4 times a week.

37.2%

of residents participate in at least 20 minutes of vigorous physical activity 3 or more times a week.

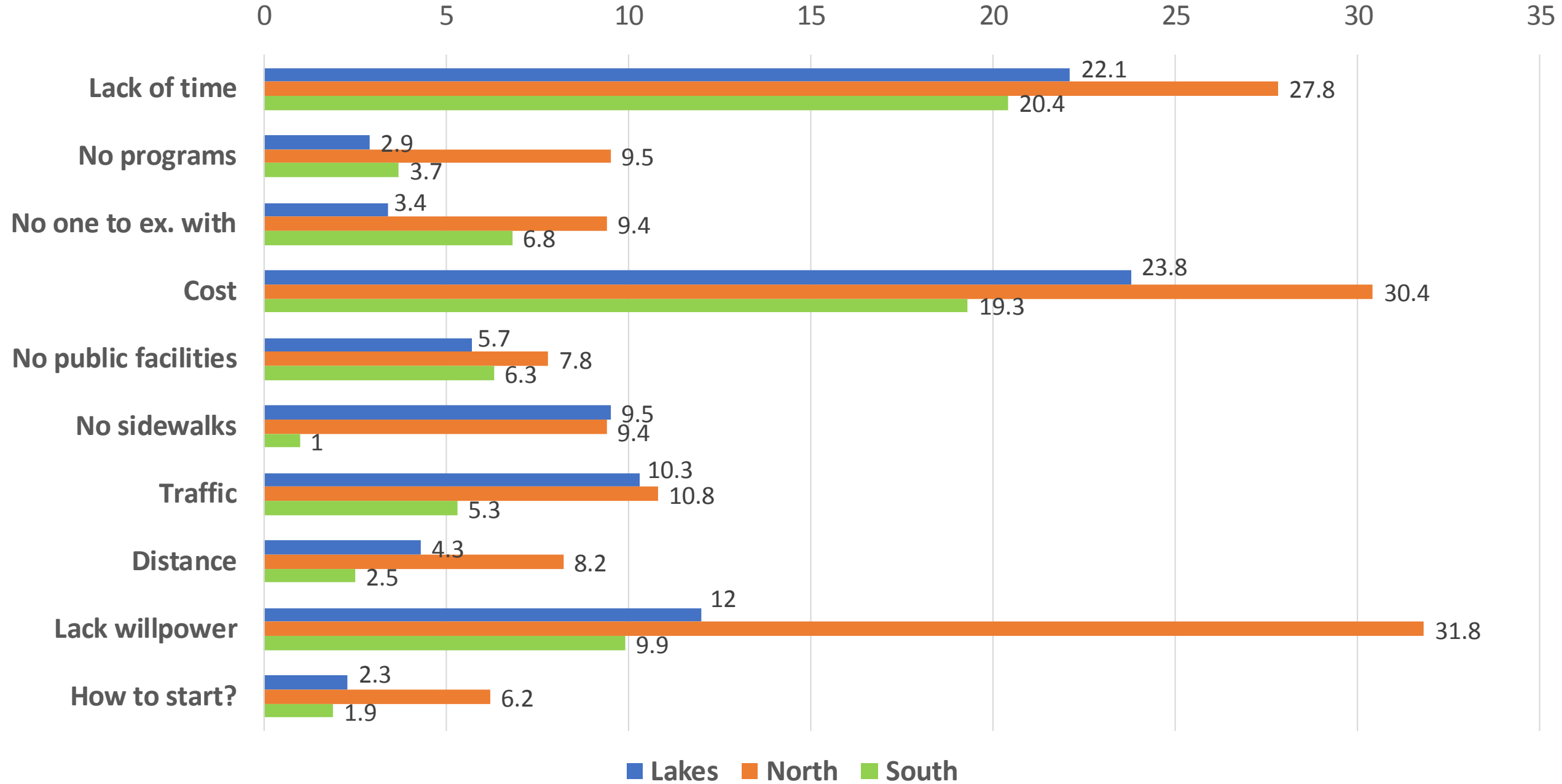
Moderate exercise

includes activities that cause only light sweating and a small increase in breathing or heart rate.

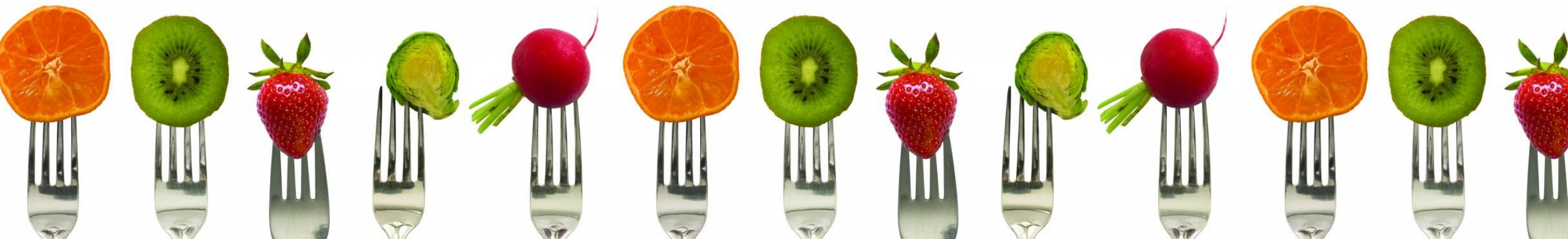
Vigorous exercise

includes activities that cause heavy sweating and a large increase in breathing and heart rate.

WHY DON'T PEOPLE EXERCISE?



Healthy Eating



EATING BEHAVIORS: % OF RESIDENTS WHO REPORT...

Lakes North South

