



# CHRONIC DISEASE DATA DASHBOARD

## SCOTT COUNTY



### Healthy Living

#### 9th Graders' Weight Overweight/Obese

2016

21.8%

2013: 21.2%

BMI ≥ 25

HP 2020 Goal: 16.1%

#### Adult Weight Obese

2016

64.8%

2010: 60%

BMI ≥ 25

HP 2020 Goal: 30.5%

#### 9th Graders Physically Active

2016

55.9%

2013: 48.6%

Exercise 60 minutes daily ≥ 5 days/week

HM Goal: 89% girls 92% boys

#### Adults Physically Active

2014

65.6%

2010: 72.9%

Exercise 30 minutes 5+ days a week

HM 2020 Goal: 75%

#### 9th Graders Healthy Eating

2016

7.6% Boys/5.2% Girls

2013: 5.7%/4.1%

5+ vegetables/fruit servings daily

HM 2020 Goal: 30%

#### Adults Healthy Eating

2016

28.5%

2010: 37.6%

5+ servings of fruits/vegetables

USDA Goal: 5+ day

### Alcohol, Tobacco and Other Drugs

#### Alcohol Use Among 9th Graders

2016

24.9%

2013: 27.6%

Ever used alcohol

HP 2020 Goal: 17.3% (30 day)

#### Adult Binge Drinking

2016

31.7% Males  
26.8% Females

MN 2011–2014: 31.7%

HM 2020 Goal: 15.5%

#### Tobacco Use Among 9th Graders

2016

7.7%

2013: 10.1%

Ever used tobacco

HP 2020: 21% 9–12th grade

#### Adult Current Smoking

2016

5.4%

2010: 12.4%

HP 2020 Goal: 12%

#### Marijuana Use Among 9th Graders

2016

10.6%

2013: 13.7%

Ever used marijuana

HP 2020 Goal: 6% (30 day)

#### Adult use of Other Tobacco Products

2016

7.6%

2010: 11.9%

Past 12 month use of products such as cigars, chew, hookah and snuff

HP 2020 Goal: 2.3%

## COPD Hospitalizations

2012—2014

17.1

2009-2011 18.1

MN 2012-2014: 15.8

Per 10,000, ages 25+, age adjusted

## Heart Attack Hospitalizations

2011—2013

29.0

2008—2010: 31.7

MN 2011-2013 26.7

Per 10,000, ages 35+, age adjusted

## Adults Told by a Health Care Provider: Diabetic

2016

4.6%

2010: 4.1%

MN 2013: 7.4%

## Asthma Hospitalizations

2011—2013

5.7

2008—2010: 5.8

Minnesota: 2011-2013: 6.1

Per 10,000, age adjusted

## Asthma: ER Visits

2011-2013

33.7

2008-2010: 35.9

Minnesota 2011-2013: 40.1

Per 10,000 age adjusted

## Cardiovascular Disease Deaths

2013-2015

307

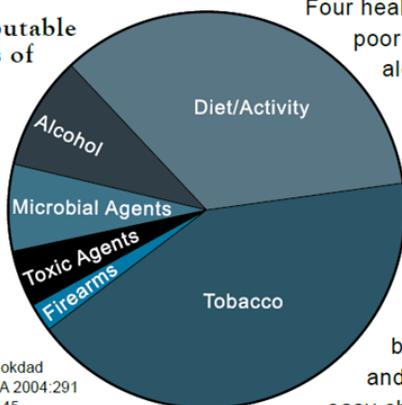
2012-2014: 296.7

MN 2013-2015: 319.7

Per 100,000 all genders all races

### Many factors which influence health are modifiable

Attributable causes of death



Four health risk behaviors – lack of physical activity, poor nutrition, tobacco use and excessive alcohol consumption – are responsible for the development of many of the most prevalent chronic conditions. By one estimate, more than three-quarters of all deaths can be attributed to tobacco use, poor diet and physical inactivity. Preventing chronic diseases by modifying risk behaviors will ultimately help people live longer, healthier lives and keep health care costs down. Additional support can be provided by shaping policies, system changes and environments which make healthy choices the easy choices.

Source: Mokdad et al, JAMA 2004:291 (10):1238-45

### Data Sources:

- CDC Interactive Atlas of Heart Disease and Stroke
- Healthy Minnesota 2020
- Healthy People 2020
- Metro SHAPE 2014 Adult Survey
- Minnesota Public Health Data Access
- 2016 Minnesota Student Survey

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