

# 2021 Central MN Community Health Mailed Survey Data Highlights

In Central MN, every voice counts, every need is important, every culture respected, and everyone is involved in building a better community life with equitable services for all.

## Social Connection, Belonging & Safety

- **71%, or nearly 3 out of 4 adults**, in the 3-county region reported **feeling connected** or rarely or never feeling isolated from those around them.
- **88%** of adults in the 3-county region reported **feeling safe** in our community.

## Childhood & Family Concerns

- 43% of 18-34 year olds in the St. Cloud Area reported that they thought **poor parenting skills** was a serious problem.
- 42% of the Sherburne County lower income group\* reported **poor parenting skills** of concern versus 16% of those in the higher income group\*.
- 38% of those in the Benton County lower income group\* reported their perception of **childhood trauma** to be an issue versus 13% of those in the higher income group\*.
- 68% of the Sherburne County lower income group\* reported that they believed **bullying** was a moderate or serious problem as opposed to 49% of those in the higher income group\*.

## Mental Health & Well-being

Across the 3-county region:

- **Depression** rates were significantly higher among those in the lower income group\* as compared to the higher income group\*.
- Females report having been told that they have **depression** at a higher rate than men; with the exception of Benton County where 36% of males report versus 28% of females (Region: 17% of males report).
- Those aged 35-44 report **delaying mental health care** the most (28%), almost double any other age group.

Adults who **delayed care** in the past 12 months:

|                      | Benton | Sherburne | Stearns | Region |
|----------------------|--------|-----------|---------|--------|
| <b>Dental</b>        | 31%    | 40%       | 21%     | 28%    |
| <b>Medical</b>       | 25%    | 26%       | 27%     | 26%    |
| <b>Mental Health</b> | 20%    | 15%       | 13%     | 15%    |

- 62% of those who **delayed getting mental health care** in Benton County, did so because they were too nervous (Stearns 25%, Sherburne 16%).

## General Health

Across the 3-county region, 35% of the adults in the lower income group\* report not participating in any **physical activity** in the last 30 days versus 12% in the higher income group\*.

Identified **barriers to physical activity** by lower income group\*/higher income group\* include:

- Poor Sidewalk Condition: 14%/4%
- Facilities not open when wanted: 14%/6%
- Distance to travel: 12%/8%
- Safe Place: 12%/3%

## Chronic Illness / Illness



1 in 5 adults in the 3-county region have been told by a doctor, nurse, or other health professional that they have:

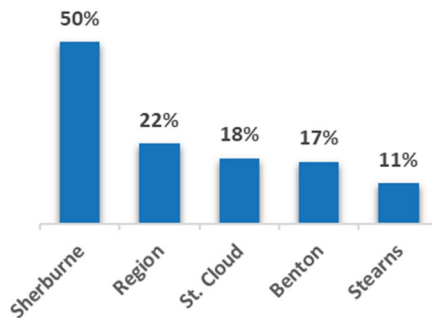
- Anxiety or panic attacks: 23%
- Depression: 22%
- High blood pressure/Hypertension: 22%
- High Cholesterol or Triglycerides: 22%

Adults in the 3-county region have also been told they have the following:

Arthritis: 19%  
Asthma: 12%  
Diabetes/Pre-Diabetes: 8%  
Cancer: 8%

## Substance Use

Adults that are **high school graduates or have a GED or less** and report being a **current cigarette smoker**:



## Financial

In the past 12 months, in the 3-county region:

- Adults reported an increase in **using a community food shelf/box program** (2021: 6%, 2016: 5%)
- Adults reported a decrease in **worrying that their food would run out** before they had money to buy more (2021: 1%, 2016: 3%)



**Notes: Surveys in the field: 4/1/21-6/18/21 (mailed) & 5/18/21-9/30/21 (electronic)**

*The categories of these highlights correspond to the categories of the quantitative data report of the 2021 Central Minnesota Alliance Community Health Needs Assessment (CHNA).*

*\*Lower income group/ higher income group relates to data book categories of "200% poverty or less" and "Greater than 200% poverty" (200% poverty example: in 2020, family of 4 with annual income of \$52,500)*

These quantitative data do not tell the whole story. We look forward to discussing these data as they relate to your individual lived experience. If you would like to schedule a discussion, please contact:

Benton, [publichealth@co.benton.mn.us](mailto:publichealth@co.benton.mn.us)

CentraCare, [communityhealthimprovement@centracare.com](mailto:communityhealthimprovement@centracare.com)

Sherburne, [public.health@co.sherburne.mn.us](mailto:public.health@co.sherburne.mn.us)

Stearns, [healthforall@co.stearns.mn.us](mailto:healthforall@co.stearns.mn.us)