Healthy Eating in Meeker McLeod and Sibley Counties

3 out of 4 residents (78%) believe poor eating habits are a moderate or major concern in their county.

68% of residents felt that the inability to afford healthy food was a major to moderate concern.

More than 1/3 (36%) of adults in the tri-county region consumed five or more fruits and vegetables (CDC’s daily fruit and vegetable intake recommendation) during the previous day.

Source: Meeker McLeod Sibley Community Health Services Community Health Behavior Survey 2014

Are our residents, in Meeker, McLeod and Sibley counties, healthy eaters?

During the growing season:
7 out of 10 adult residents (68%) buy or get food from a farmer’s market or fruit/vegetable stand at least one time per month.
6 out of 10 adult residents (61%) buy or get food from a home or community garden at least one time per month.

In an average week:
Over 1/2 (57%) of adults eat out or order food from a fast food place at least once.
Over 1/2 (55%) of adults eat out at a restaurant that is not a fast food place at least once.
3 out of 4 adults (76%) eat out at least once (at a fast food place and/or non-fast food restaurant).

Support for healthy eating initiatives

Source: 2015 Meeker McLeod Sibley Community Health Opinion Survey

www.mmshealthycommunities.org