

## Public Health Prevent. Promote. Protect.

# Meeker McLeod Sibley Community Health Services

## **2022 Community Health Survey Results**

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### Introduction

In 2009, Meeker McLeod Sibley Community Health Services (MMS) began receiving funding from the Minnesota Department of Health through the Statewide Health Improvement Partnership (SHIP). SHIP aims to improve the health of Minnesotans by reducing tobacco use and obesity through policy, systems and environmental change strategies. MMS has continued to receive funding through each subsequent funding cycle to date. In 2013-14, funds also became available through SHIP to conduct a community health survey to gather county level surveillance of adults on behavioral health risk factors and overall health. Additional funds were available to repeat the survey in 2018 and 2022. This report contains detailed results from the 2022 iteration of the survey, along with overall prevalence data for each question also included in the 2014 and 2018 surveys. The survey will continue to be repeated in future years to gather additional county-level and tri-county data and measure changes in health behaviors and overall health over time.

#### **Survey Methodology**

#### **Survey Instrument**

The survey instrument used for the project was adapted from a survey conducted in 2018 in Meeker, McLeod and Sibley counties. Staff from the public health agencies revised the survey content in partnership with local health care partners and with technical assistance from the Minnesota Department of Health Center for Health Statistics. The survey was formatted by the survey vendor, Survey Systems, Inc. of Shoreview, MN, as a scannable, self-administered English-language questionnaire.

#### Sample

A two-stage sampling strategy was used for obtaining probability samples of adults living in each of the three counties. A separate sample was drawn for each county. For the first stage of sampling, a random sample of county residential addresses 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. Marketing Systems Group 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 specify one adult from each selected household to complete the survey.

#### **Survey Administration**

An initial survey packet that included a cover letter, the survey instrument, and a postage-paid return envelope was mailed October 24, 2022, to 5400 sampled households (1800 from each county). Ten days after the first survey packets were mailed a reminder 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. Three weeks after the reminder postcards were mailed (November 28), 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 five weeks, with the final date for the receipt of surveys being January 3, 2023.

#### **Completed Surveys and Response Rate**

Completed surveys were received from 1220 adult residents of the three counties; thus, the overall response rate was 22.6% (1463/5400). County-specific response rates can be found in the next section.

#### **Data Entry and Weighting**

The responses from the completed surveys were scanned into an electronic file by Survey Systems, Inc.

To ensure that the survey results are representative of the adult population of each of the three counties, the data were weighted when analyzed. The weighting accounts for the sample design by adjusting for the number of adults living in each sampled household. The weighting also includes a post-stratification adjustment so that the sex and age distribution of the survey respondents mirrors the sex and age distribution of the adult populations of the three counties according to U.S. Census Bureau American Community Survey 2017-21estimates.

	Completed	Response
County	Surveys	Rate
Meeker	422	23.4%
McLeod	393	21.8%
Sibley	405	22.5%

### **Guide to Reading the Data Tables**

The tables are organized based on the order questions were asked in the actual survey. The table headings contain the question as asked in the survey and the corresponding question number, except when the variable was calculated based on one or more survey questions. In these instances, it is noted in the table heading that the variable is calculated.

Most tables include responses for one question. The response options for the questions are listed in the top row; however, each option is not always included as a separate column in the table, sometimes they were combined because of small cell counts or to align with SHIP requirements or Centers for Disease Control and Prevention (CDC) recommendations. For questions that were also asked in the 2014 or 2018 iteration of the survey, the overall weighted response percent for all three counties combined is listed in the last two data rows and the 2022 overall weighted response percent for all three response options were provided. These instances are noted in the table. In addition, the overall weighted response for each year, each table contains results demographic characteristics as follows:

• Sex assigned at birth: female and male

- Age categories: 18-34, 35-44, 45-54, 55-64, 65-74 and 75+
- Education status: less than high school, high school/GED, vocational school or some college, associate's degree and bachelor's degree or higher
- Household income: < \$20,000, \$20,000-\$34,999, \$35,000-\$49,999, \$50,000-\$99,999 and \$100,000+
- County: Meeker, McLeod and Sibley

Not all demographic characteristics are reported for every question because some had too few respondents in each category (an unweighted denominator of less than 30 respondents in a demographic group). In these cases, either the demographic characteristic is not included in the table or the specific categories that are suppressed contain an asterisk in the corresponding cell. For example, results for question 12 are reported only by county and as a total for all respondents.

All results reported in the tables are weighted percentages and are reported across the row (each row adds up to approximately 100% except when respondents were asked to check all that apply). Most questions were asked of all survey respondents, but some were asked of a subset of the survey sample based on response to a previous question; these subsets are indicated in parentheses at the beginning of the table heading. Often the sample size for these variables is much smaller. These differences in sample size can be compared by the *n* number reported at the top left corner of each table. This number indicates the actual number of survey respondents and is not weighted. In other words, the weighted sample size may be different than the observed sample size. Other variations in this number are due to respondents not answering all the questions on the survey.

### Limitations

These results are subject to several limitations including several types of bias. First, respondents receive the survey by mail and can choose whether to respond. Potentially those who choose to respond could be different from those who do not, leading to non-response bias. Also, all data are self-reported so rely on participants ability to accurately recall and not exaggerate information. Further, participants may be subject to social desirability in responding, which is a tendency to answer questions in a way that will be viewed favorably by others.

The overall response rate for this survey was 22.6%. This is lower than it was in previous iterations of the survey. However, this response rate is similar to other general population surveys and currently considered to be a strong response rate for mail-based surveys. Weighting the survey data to be representative of each counties population can help mitigate this effect so results are generalizable to the overall population.

#### Survey Results by Race and Ethnicity

The survey results by race have not been included in this report due to the small number of responses from most race/ethnicity groups other than white. This survey sample is under representative of these groups when compared to the general population in these three counties. Therefore, MMS CHS is conducting additional targeted data collection to supplement these survey results.

#### **Collection of Sex and Gender**

In previous iterations of the survey, gender/sex was captured through a single question with two response options:

Are you: Male/Female.

This year, to improve inclusivity and accurately and fully capture how our residents identify, sex and gender were addressed by two questions:

What is your sex assigned at birth? Male/Female AND How do you describe your gender today? Included 11 different response options (see page 157 for the complete list)

For the purposes of statistical weighting, the survey responses for sex assigned at birth were used. This is because this question aligns with the question the US Census Bureau uses to calculate sex distribution of the adult population estimates for the three counties. Also, this is the current best practice. While this method does not capture the full gender identity of respondents, there is no currently single recognized best solution to fully account for the complexities sex and gender identity in survey research and analysis.

The survey results by gender identity have not been included in the data tables due to the small number of survey responses for gender groups other than woman and man. Hopefully by future iterations of the survey, survey science has evolved to the point where there are standardized solutions for measurement and analysis that account for the full complexity of gender and sex, thereby advancing health equity.

## **Results – Data Tables**

n=1133		Poor	Fair	Good	Very good	Excellent
Sex	Female	0.3%	10.4%	35.9%	43.5%	10.0%
	Male	0.9%	6.4%	34.8%	43.7%	14.1%
Age	18-34	0.0%	6.2%	21.6%	52.8%	19.4%
categories	35-44	0.0%	1.3%	35.1%	42.5%	21.2%
	45-54	0.0%	6.9%	35.1%	51.7%	6.3%
	55-64	0.7%	8.3%	40.3%	40.4%	10.3%
	65-74	0.3%	14.1%	41.2%	39.3%	5.1%
	75+	4.2%	18.9%	51.9%	22.8%	2.2%
Education	Less than high school	7.8%	16.4%	34.7%	35.2%	5.8%
	High school diploma/GED	1.0%	10.9%	54.3%	25.1%	8.8%
	Vocational school or	0.7%	1/1 10/	20.0%	21 70/	11 60/
	some college	0.770	14.170	39.0%	51.770	14.0%
	Associates degree	0.3%	10.2%	34.2%	45.1%	10.2%
	Bachelor's degree or	0.0%	3.2%	23.4%	59 7%	13.6%
	higher	0.070	5.270	23.470	55.770	13.070
Household	Less than \$20,000	0.7%	28.8%	47.9%	16.8%	5.9%
income	\$20,000-\$34,999	1.0%	16.2%	54.3%	25.2%	3.4%
	\$35,000-\$49,999	2.2%	10.6%	35.0%	45.5%	6.8%
	\$50,000-\$99,999	0.2%	5.9%	45.4%	37.6%	11.0%
	\$100,000+	0.4%	4.1%	18.8%	58.4%	18.4%
County	Meeker	1.0%	6.9%	34.1%	46.6%	11.5%
	McLeod	0.4%	8.9%	33.8%	44.2%	12.8%
	Sibley	0.7%	9.2%	41.7%	37.4%	11.0%
2022 All (3 c	ounties combined)	0.6%	8.3%	35.4%	43.6%	12.1%
2018 All (3 c	ounties combined)	1.8%	8.4%	35.4%	41.8%	12.6%
2014 All (3 counties combined)		1.0%	8.6%	33.8%	45.9%	10.7%

## 1. In general, would you say that your health is excellent, very good, good, fair or poor?

n=1217		No	Yes	Yes, but only
				during
				pregnancy
Sex	Female	61.0%	35.5%	3.5%
	Male	60.4%	39.6%	0.0%
Age	18-34	85.4%	11.1%	3.5%
categories	35-44	69.3%	27.3%	3.5%
	45-54	70.0%	27.8%	2.2%
	55-64	51.3%	48.7%	0.0%
	65-74	33.8%	66.2%	0.0%
	75+	30.6%	69.4%	0.0%
Education	Less than high school	57.0%	43.0%	0.0%
	High school diploma/GED	47.7%	52.4%	0.0%
	Vocational school or some college	53.2%	46.8%	0.0%
	Associates degree	63.0%	36.1%	1.0%
	Bachelor's degree or higher	71.8%	24.2%	4.0%
Household	Less than \$20,000	50.3%	49.7%	0.0%
income	\$20,000-\$34,999	34.5%	65.5%	0.0%
	\$35,000-\$49,999	55.2%	42.2%	2.6%
	\$50,000-\$99,999	57.1%	41.1%	1.8%
	\$100,000+	77.4%	20.3%	2.3%
County	Meeker	61.9%	36.4%	1.8%
	McLeod	59.1%	39.4%	1.5%
	Sibley	63.0%	34.7%	2.4%
2022 All (3 cou	nties combined)	60.7%	37.5%	1.8%
2018 All (3 cou	nties combined)	63.7%	34.9%	1.3%
2014 All (3 cou	nties combined)	64.9%	33.1%	2.1%

2a. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? High blood pressure/hypertension or pre-hypertension

n=1217		No	Yes	Yes, but only
				pregnancy
Sex	Female	80.8%	16.3%	2.9%
	Male	87.0%	13.0%	0.0%
Age	18-34	96.1%	1.3%	2.6%
categories	35-44	91.4%	6.4%	2.3%
	45-54	84.6%	13.8%	1.6%
	55-64	77.3%	22.2%	0.5%
	65-74	73.1%	26.3%	0.6%
	75+	70.5%	29.5%	0.0%
Education	Less than high school	80.8%	19.2%	0.0%
	High school diploma/GED	75.4%	24.6%	0.0%
	Vocational school or some college	80.6%	18.2%	1.2%
	Associates degree	87.7%	9.8%	2.4%
	Bachelor's degree or higher	89.2%	8.7%	2.2%
Household	Less than \$20,000	72.0%	28.1%	0.0%
income	\$20,000-\$34,999	75.2%	24.3%	0.4%
	\$35,000-\$49,999	82.9%	16.2%	1.0%
	\$50,000-\$99,999	81.4%	17.5%	1.1%
	\$100,000+	92.0%	5.5%	2.5%
County	Meeker	84.0%	14.8%	1.2%
	McLeod	83.4%	15.1%	1.5%
	Sibley	85.2%	13.3%	1.5%
2022 All (3 cou	nties combined)	83.9%	14.6%	1.4%
2018 All (3 cou	nties combined)	82.3%	15.9%	1.8%
2014 All (3 cou	nties combined)	83.4%	15.3%	1.3%

2b. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Diabetes or pre-diabetes

n=1217		No	Yes
Sex	Female	57.0%	43.0%
	Male	61.3%	38.7%
Age categories	18-34	73.3%	26.8%
	35-44	61.6%	38.4%
	45-54	53.6%	46.4%
	55-64	48.8%	51.2%
	65-74	52.6%	47.4%
	75+	59.0%	41.0%
Education	Less than high school	74.9%	25.1%
	High school diploma/GED	53.9%	46.1%
	Vocational school or some college	53.3%	46.7%
	Associates degree	63.6%	36.4%
	Bachelor's degree or higher	62.1%	37.9%
Household	Less than \$20,000	50.0%	50.0%
income	\$20,000-\$34,999	50.1%	49.9%
	\$35,000-\$49,999	53.8%	46.2%
	\$50,000-\$99,999	56.0%	44.0%
	\$100,000+	68.2%	31.8%
County	Meeker	58.4%	41.6%
	McLeod	60.9%	39.1%
	Sibley	56.0%	44.0%
2022 All (3 counties combined)		59.2%	40.9%
2018 All (3 count	ies combined)	59.7%	40.3%
2014 All (3 counties combined)		65.8%	34.2%

2c. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Overweight

n=1217		No	Yes
Sex	Female	89.3%	10.7%
	Male	91.8%	8.2%
Age categories	18-34	100.0%	0.0%
	35-44	96.0%	4.0%
	45-54	97.0%	3.0%
	55-64	87.1%	12.9%
	65-74	79.3%	20.7%
	75+	72.4%	27.6%
Education	Less than high school	84.4%	15.6%
	High school diploma/GED	86.7%	13.3%
	Vocational school or some college	90.0%	10.0%
	Associates degree	95.3%	4.7%
	Bachelor's degree or higher	92.4%	7.6%
Household	Less than \$20,000	85.6%	14.4%
income	\$20,000-\$34,999	85.5%	14.5%
	\$35,000-\$49,999	86.5%	13.5%
	\$50,000-\$99,999	91.1%	8.9%
	\$100,000+	93.9%	6.1%
County	Meeker	90.2%	9.9%
	McLeod	90.6%	9.4%
	Sibley	91.2%	8.8%
2022 All (3 counties combined)		90.6%	9.4%
2018 All (3 count	ies combined)	89.3%	10.7%
2014 All (3 count	ies combined)	91.9%	8.1%

2d. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Cancer

n=1217		No	Yes
Sex	Female	96.8%	3.2%
	Male	93.9%	6.1%
Age categories	18-34	100.0%	0.0%
	35-44	99.5%	0.5%
	45-54	97.8%	2.2%
	55-64	92.0%	8.0%
	65-74	90.8%	9.2%
	75+	87.1%	12.9%
Education	Less than high school	80.7%	19.3%
	High school diploma/GED	87.5%	12.5%
	Vocational school or some college	96.0%	4.0%
	Associates degree	98.5%	1.5%
	Bachelor's degree or higher	99.0%	1.0%
Household	Less than \$20,000	89.0%	11.0%
income	\$20,000-\$34,999	87.4%	12.6%
	\$35,000-\$49,999	95.1%	4.9%
	\$50,000-\$99,999	95.6%	4.4%
	\$100,000+	98.3%	1.7%
County	Meeker	92.7%	7.3%
	McLeod	97.0%	3.0%
	Sibley	95.3%	4.7%
2022 All (3 count	ties combined)	95.3%	4.7%
2018 All (3 count	ies combined)	95.2%	4.9%
2014 All (3 count	ies combined)	94.9%	5.1%

2e. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Chronic lung disease

n=1217		No	Yes
Sex	Female	92.2%	7.8%
	Male	91.7%	8.3%
Age categories	18-34	98.2%	1.8%
	35-44	100.0%	0.0%
	45-54	96.7%	3.3%
	55-64	91.4%	8.6%
	65-74	82.1%	17.9%
	75+	72.6%	27.5%
Education	Less than high school	79.3%	20.7%
	High school diploma/GED	84.0%	16.0%
	Vocational school or some college	90.0%	10.0%
	Associates degree	93.0%	7.0%
	Bachelor's degree or higher	97.3%	2.7%
Household	Less than \$20,000	75.6%	24.4%
income	\$20,000-\$34,999	80.7%	19.3%
	\$35,000-\$49,999	93.6%	6.4%
	\$50,000-\$99,999	92.9%	7.2%
	\$100,000+	96.6%	3.4%
County	Meeker	91.7%	8.3%
	McLeod	91.9%	8.1%
	Sibley	92.3%	7.7%
2022 All (3 count	ties combined)	91.9%	8.1%
2018 All (3 count	ies combined)	89.4%	10.6%
2014 All (3 count	ies combined)	92.7%	7.3%

2f. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Heart trouble or angina

n=1217		No	Yes
Sex	Female	96.1%	3.9%
	Male	95.0%	5.0%
Age categories	18-34	100.0%	0.0%
	35-44	100.0%	0.0%
	45-54	98.2%	1.8%
	55-64	92.4%	7.6%
	65-74	92.7%	7.3%
	75+	84.6%	15.4%
Education	Less than high school	83.6%	16.4%
	High school diploma/GED	91.7%	8.3%
	Vocational school or some college	94.6%	5.4%
	Associates degree	96.9%	3.2%
	Bachelor's degree or higher	98.3%	1.7%
Household	Less than \$20,000	87.4%	12.6%
income	\$20,000-\$34,999	87.9%	12.1%
	\$35,000-\$49,999	92.4%	7.6%
	\$50,000-\$99,999	96.6%	3.4%
	\$100,000+	98.8%	1.2%
County	Meeker	95.2%	4.8%
	McLeod	95.4%	4.6%
	Sibley	96.5%	3.5%
2022 All (3 count	ties combined)	95.6%	4.4%
2018 All (3 count	ies combined)	96.3%	3.7%
2014 All (3 count	ies combined)	97.7%	2.3%

2g. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Stroke or stroke-related health problems

n=1217		No	Yes
Sex	Female	68.6%	31.4%
	Male	69.4%	30.7%
Age categories	18-34	95.6%	4.4%
	35-44	83.3%	16.7%
	45-54	69.8%	30.2%
	55-64	50.7%	49.3%
	65-74	46.1%	53.9%
	75+	49.2%	50.9%
Education	Less than high school	70.4%	29.6%
	High school diploma/GED	56.5%	43.5%
	Vocational school or some college	60.1%	39.9%
	Associates degree	80.8%	19.2%
	Bachelor's degree or higher	76.9%	23.1%
Household	Less than \$20,000	60.3%	39.7%
income	\$20,000-\$34,999	55.7%	44.3%
	\$35,000-\$49,999	69.6%	30.4%
	\$50,000-\$99,999	64.0%	36.0%
	\$100,000+	80.3%	19.7%
County	Meeker	70.4%	29.6%
	McLeod	67.9%	32.1%
	Sibley	69.5%	30.5%
2022 All (3 count	ties combined)	69.0%	31.0%
2018 All (3 count	ies combined)	71.4%	28.6%
2014 All (3 count	ies combined)	70.5%	29.5%

2h. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? High cholesterol or triglycerides

n=1217		No	Yes
Sex	Female	71.1%	29.0%
	Male	82.1%	17.9%
Age categories	18-34	98.2%	1.8%
	35-44	93.5%	6.5%
	45-54	76.1%	23.9%
	55-64	72.4%	27.6%
	65-74	53.2%	46.8%
	75+	41.8%	58.2%
Education	Less than high school	65.1%	34.9%
	High school diploma/GED	61.5%	38.5%
	Vocational school or some college	67.7%	32.3%
	Associates degree	85.9%	14.2%
	Bachelor's degree or higher	88.2%	11.8%
Household	Less than \$20,000	48.8%	51.2%
income	\$20,000-\$34,999	57.4%	42.6%
	\$35,000-\$49,999	72.0%	28.0%
	\$50,000-\$99,999	77.0%	23.0%
	\$100,000+	88.4%	11.6%
County	Meeker	78.2%	21.8%
	McLeod	74.9%	25.1%
	Sibley	78.4%	21.6%
2022 All (3 count	ties combined)	76.6%	23.4%
2018 All (3 count	ies combined)	74.3%	25.7%
2014 All (3 count	ies combined)	76.7%	23.3%

2i. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Arthritis

n=1217		No	Yes
Sex	Female	71.3%	28.7%
	Male	82.8%	17.2%
Age categories	18-34	72.1%	28.0%
	35-44	77.5%	22.5%
	45-54	63.9%	36.2%
	55-64	83.8%	16.2%
	65-74	84.6%	15.4%
	75+	86.1%	13.9%
Education	Less than high school	86.5%	13.5%
	High school diploma/GED	78.7%	21.3%
	Vocational school or some college	80.2%	19.8%
	Associates degree	72.8%	27.2%
	Bachelor's degree or higher	75.5%	24.5%
Household	Less than \$20,000	48.3%	51.7%
income	\$20,000-\$34,999	61.4%	38.6%
	\$35,000-\$49,999	82.6%	17.4%
	\$50,000-\$99,999	80.1%	19.9%
	\$100,000+	79.2%	20.8%
County	Meeker	75.1%	24.9%
	McLeod	77.0%	23.0%
	Sibley	80.4%	19.6%
2022 All (3 count	ies combined)	77.1%	22.9%
2018 All (3 count	ies combined)	79.2%	20.8%
2014 All (3 count	ies combined)	81.4%	18.6%

2j. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Depression

n=1217		No	Yes
Sex	Female	69.2%	30.8%
	Male	87.8%	12.2%
Age categories	18-34	73.7%	26.3%
	35-44	74.7%	25.3%
	45-54	74.0%	26.0%
	55-64	82.4%	17.6%
	65-74	86.5%	13.5%
	75+	84.3%	15.7%
Education	Less than high school	64.3%	35.7%
	High school diploma/GED	78.8%	21.2%
	Vocational school or some college	77.8%	22.2%
	Associates degree	68.8%	31.2%
	Bachelor's degree or higher	82.6%	17.4%
Household	Less than \$20,000	54.3%	45.7%
income	\$20,000-\$34,999	61.0%	39.0%
	\$35,000-\$49,999	78.1%	21.9%
	\$50,000-\$99,999	79.7%	20.4%
	\$100,000+	85.6%	14.4%
County	Meeker	80.2%	19.8%
	McLeod	77.7%	22.3%
	Sibley	78.0%	22.0%
2022 All (3 count	ties combined)	78.5%	21.5%
2018 All (3 count	ies combined)	80.2%	19.8%
2014 All (3 count	ies combined)	85.2%	14.8%

2k. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Anxiety or panic attacks

n=1217		No	Yes
Sex	Female	93.0%	7.0%
	Male	93.5%	6.5%
Age categories	18-34	87.1%	12.9%
	35-44	94.4%	5.6%
	45-54	94.2%	5.8%
	55-64	95.1%	4.9%
	65-74	96.9%	3.1%
	75+	96.2%	3.8%
Education	Less than high school	94.3%	5.7%
	High school diploma/GED	92.5%	7.5%
	Vocational school or some college	94.6%	5.4%
	Associates degree	94.7%	5.3%
	Bachelor's degree or higher	92.3%	7.8%
Household	Less than \$20,000	70.4%	29.6%
income	\$20,000-\$34,999	91.6%	8.5%
	\$35,000-\$49,999	95.3%	4.7%
	\$50,000-\$99,999	95.5%	4.5%
	\$100,000+	93.2%	6.8%
County	Meeker	90.8%	9.2%
	McLeod	94.2%	5.8%
	Sibley	94.7%	5.3%
2022 All (3 count	ties combined)	93.3%	6.7%
2018 All (3 count	ies combined)	96.1%	3.9%
2014 All (3 count	ies combined)	96.8%	3.2%

21. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Other mental health problems

n=1217		No	Yes
Sex	Female	82.1%	18.0%
	Male	89.2%	10.8%
Age categories	18-34	90.0%	10.0%
	35-44	84.3%	15.7%
	45-54	83.5%	16.5%
	55-64	84.1%	16.0%
	65-74	83.6%	16.4%
	75+	86.6%	13.4%
Education	Less than high school	93.8%	6.2%
	High school diploma/GED	85.1%	14.9%
	Vocational school or some college	77.4%	22.6%
	Associates degree	78.6%	21.4%
	Bachelor's degree or higher	91.7%	8.3%
Household	Less than \$20,000	66.2%	33.8%
income	\$20,000-\$34,999	71.9%	28.1%
	\$35,000-\$49,999	84.0%	16.0%
	\$50,000-\$99,999	86.7%	13.3%
	\$100,000+	91.8%	8.3%
County	Meeker	86.3%	13.7%
	McLeod	86.0%	14.0%
	Sibley	84.0%	16.1%
2022 All (3 count	ties combined)	85.7%	14.4%
2018 All (3 count	ies combined)	83.2%	16.8%
2014 All (3 count	ies combined)	87.6%	12.4%

2m. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Obesity

n=1217		No	Yes
Sex	Female	89.2%	10.8%
	Male	88.5%	11.6%
Age categories	18-34	86.3%	13.7%
	35-44	90.4%	9.6%
	45-54	85.0%	15.0%
	55-64	92.2%	7.8%
	65-74	88.3%	11.7%
	75+	92.6%	7.5%
Education	Less than high school	91.6%	8.4%
	High school diploma/GED	87.6%	12.4%
	Vocational school or some college	91.3%	8.7%
	Associates degree	92.6%	7.4%
	Bachelor's degree or higher	86.9%	13.1%
Household	Less than \$20,000	85.9%	14.1%
income	\$20,000-\$34,999	85.1%	14.9%
	\$35,000-\$49,999	91.9%	8.1%
	\$50,000-\$99,999	91.5%	8.5%
	\$100,000+	85.8%	14.2%
County	Meeker	90.0%	10.0%
	McLeod	88.3%	11.7%
	Sibley	88.4%	11.6%
2022 All (3 count	ties combined)	88.8%	11.2%
2018 All (3 count	ies combined)	90.3%	9.7%
2014 All (3 count	ies combined)	88.2%	11.8%

2n. Have you <u>ever</u> been told by a doctor, nurse, or other health care professional that you had any of the following health conditions? Asthma

n=1220		Doctor's	Urgent	Online or	Alternative	Emergency	
		office/clinic	care/walk-in	virtual visit	health care	room	
			clinic		setting		Other
Sex	Female	91.3%	45.4%	18.8%	6.3%	11.4%	4.1%
	Male	82.7%	35.7%	5.4%	3.0%	9.6%	2.7%
Age	18-34	79.1%	53.0%	15.8%	3.7%	6.7%	3.2%
categories	35-44	85.6%	36.8%	11.6%	5.9%	10.0%	4.9%
	45-54	86.1%	37.6%	17.9%	9.8%	8.2%	2.4%
	55-64	92.3%	36.1%	10.7%	4.0%	11.5%	2.1%
	65-74	89.9%	33.9%	8.6%	1.9%	13.7%	4.7%
	75+	94.9%	38.5%	2.6%	1.9%	17.5%	3.3%
Education	Less than high school	67.9%	46.8%	0.0%	0.0%	11.1%	6.3%
	High school diploma/GED	87.4%	39.3%	5.6%	0.7%	15.0%	4.4%
	Vocational school or some						
	college	91.5%	39.1%	8.5%	2.5%	13.5%	3.5%
	Associates degree	81.6%	40.4%	24.6%	5.7%	5.4%	3.8%
	Bachelor's degree or						
	higher	86.6%	41.5%	14.5%	7.9%	7.6%	2.5%
Household	Less than \$20,000	96.3%	46.0%	7.4%	0.7%	30.7%	3.2%
income	\$20,000-\$34,999	77.3%	53.3%	5.1%	2.3%	17.1%	2.3%
	\$35,000-\$49,999	92.5%	31.0%	8.5%	5.7%	10.5%	5.5%
	\$50,000-\$99,999	86.5%	42.9%	12.9%	4.1%	9.0%	5.0%
	\$100,000+	86.5%	37.9%	14.3%	6.3%	7.4%	0.6%
County	Meeker	88.3%	25.6%	12.1%	6.2%	11.3%	7.0%
	McLeod	85.4%	46.9%	11.8%	4.9%	8.8%	1.2%
	Sibley	88.9%	47.5%	12.6%	1.8%	13.4%	3.2%
2022 All (3	counties combined)	87.0%	40.5%	12.1%	4.7%	10.5%	3.4%

3. What kind of place do you usually go to when you are sick or need advice about your health? (Mark ALL that apply):

	A doctor's office	A clinic	Some other health center	An emergency room	An urgent care clinic	No usual place	Some other place
2018 All (3 counties combined)	36.9%	52.2%	1.6%	0.7%	5.9%	3.3%	4.5%
2014 All (3 counties combined)	36.8%	59.2%	0.3%	2.4%	4.3%	5.9%	3.9%

Different response options in 2014 and 2018. Also question instructions (in 204 and 2018) did not say *mark all that apply, but* some respondents checked more than one response.

#### 4a. When was the last time you had a flu shot?

n=1212		Within	Within	Within	5 years	Never
		the past	the past	the past	or more	
		year	2 years	5 years		
Sex	Female	60.9%	9.9%	7.5%	13.5%	8.2%
	Male	56.9%	6.0%	6.3%	17.8%	13.0%
Age	18-34	44.7%	18.9%	9.7%	19.2%	7.5%
categories	35-44	50.3%	1.4%	10.4%	26.9%	11.1%
	45-54	56.3%	3.5%	5.8%	18.1%	16.2%
	55-64	63.2%	8.0%	7.0%	11.3%	10.5%
	65-74	71.9%	5.6%	4.1%	6.5%	12.0%
	75+	82.6%	2.8%	0.6%	7.5%	6.5%
Education	Less than high school	38.8%	1.1%	3.0%	35.4%	21.7%
	High school diploma/GED	56.2%	7.1%	4.2%	19.5%	13.1%
	Vocational school or some					
	college	63.9%	4.2%	6.0%	10.6%	15.2%
	Associates degree	49.0%	6.9%	10.3%	25.4%	8.4%
	Bachelor's degree or higher	60.9%	11.1%	8.4%	13.4%	6.2%
Household	Less than \$20,000	70.4%	7.3%	1.8%	14.2%	6.3%
income	\$20,000-\$34,999	73.5%	1.9%	4.1%	14.0%	6.5%
	\$35,000-\$49,999	45.1%	7.4%	4.3%	35.3%	7.9%
	\$50,000-\$99,999	58.9%	7.2%	7.3%	12.8%	13.8%
	\$100,000+	57.3%	11.5%	9.4%	12.2%	9.6%
County	Meeker	59.4%	3.4%	10.6%	12.8%	13.9%
	McLeod	61.9%	10.7%	4.4%	16.6%	6.4%
	Sibley	50.6%	8.1%	7.4%	17.9%	16.0%
2022 All (3	counties combined)	58.9%	8.0%	6.9%	15.7%	10.6%
2018 All (3 d	counties combined)	56.6%	7.8%	6.7%	12.0%	16.8%
2014 All (3 d	counties combined)	50.9%	7.6%	6.5%	12.2%	22.8%

n=1199		Within	Within	Within	5 years	Never
		the past	the past	the past	or more	
		year	2 years	5 years		
Sex	Female	80.2%	10.3%	5.0%	4.2%	0.4%
	Male	72.0%	10.9%	10.7%	6.2%	0.3%
Age	18-34	67.3%	12.9%	15.2%	4.6%	0.0%
categories	35-44	87.2%	6.0%	5.2%	1.6%	0.0%
	45-54	82.3%	9.3%	6.2%	1.3%	0.9%
	55-64	70.4%	13.8%	7.5%	8.3%	0.0%
	65-74	79.8%	8.4%	5.2%	6.3%	0.4%
	75+	74.6%	11.2%	2.6%	10.5%	1.2%
Education	Less than high school	43.9%	6.8%	26.6%	17.0%	5.7%
	High school diploma/GED	69.0%	11.0%	9.1%	10.0%	0.9%
	Vocational school or some					
	college	77.3%	11.6%	5.2%	5.9%	0.1%
	Associates degree	71.0%	18.8%	7.8%	2.4%	0.0%
	Bachelor's degree or higher	82.3%	7.7%	7.6%	2.4%	0.0%
Household	Less than \$20,000	59.8%	18.2%	4.5%	14.0%	3.5%
income	\$20,000-\$34,999	54.5%	23.6%	14.4%	6.9%	0.6%
	\$35,000-\$49,999	66.4%	10.7%	14.4%	8.0%	0.6%
	\$50,000-\$99,999	78.6%	11.5%	3.9%	5.9%	0.1%
	\$100,000+	86.3%	4.5%	7.3%	1.9%	0.1%
County	Meeker	79.8%	10.0%	3.8%	5.7%	0.6%
	McLeod	76.2%	11.9%	7.7%	3.9%	0.3%
	Sibley	70.6%	8.1%	13.9%	7.5%	0.0%
2022 All (3	counties combined)	76.2%	10.6%	7.8%	5.2%	0.3%
2018 All (3 d	counties combined)	76.5%	9.5%	7.3%	6.4%	0.4%
2014 All (3 d	counties combined)	74.2%	10.9%	6.3%	8.2%	0.5%

#### 4b. When was the last time you had a dental exam or your teeth cleaned?

#### 4c. When was the last time you had a hearing test?

n=1169		Within the past	Within the past	Within the past	5 years	Never
		year	2 years	5 years	ormore	
Sex	Female	12.8%	7.8%	16.4%	43.6%	19.4%
	Male	27.2%	18.8%	16.2%	28.9%	8.9%
Age	18-34	19.1%	19.5%	16.5%	36.3%	8.6%
categories	35-44	14.5%	6.8%	18.7%	46.9%	13.2%
	45-54	20.7%	9.4%	14.4%	48.5%	6.9%
	55-64	16.9%	13.4%	16.2%	37.1%	16.4%
	65-74	24.2%	15.6%	16.6%	21.5%	22.2%
	75+	30.2%	11.9%	14.7%	18.5%	24.8%
Education	Less than high school	51.7%	4.3%	10.0%	12.1%	22.0%
	High school diploma/GED	20.0%	15.1%	13.7%	36.6%	14.7%
	Vocational school or some					
	college	18.8%	6.9%	17.7%	38.4%	18.3%
	Associates degree	8.3%	14.3%	21.6%	35.4%	20.5%
	Bachelor's degree or higher	21.0%	16.1%	16.3%	37.5%	9.0%
Household	Less than \$20,000	18.9%	4.6%	14.9%	40.3%	21.3%
income	\$20,000-\$34,999	22.4%	14.9%	11.1%	26.1%	25.5%
	\$35,000-\$49,999	13.6%	22.1%	11.5%	37.4%	15.4%
	\$50,000-\$99,999	23.0%	9.9%	16.1%	36.7%	14.3%
	\$100,000+	19.8%	13.6%	20.0%	38.2%	8.4%
County	Meeker	19.1%	16.9%	14.6%	35.5%	13.9%
	McLeod	21.5%	12.6%	18.0%	34.1%	13.8%
	Sibley	18.0%	9.8%	14.5%	42.5%	15.2%
2022 All (3	counties combined)	20.0%	13.4%	16.3%	36.2%	14.1%
2018 All (3 d	counties combined)	22.8%	15.5%	16.2%	33.1%	12.4%
2014 All (3 d	counties combined)	25.2%	12.2%	13.4%	34.9%	14.3%

#### 4d. When was the last time you had an eye exam?

n=1208		Within	Within	Within	5 years	Never
		the past	the past	the past	or more	
		year	2 years	5 years		
Sex	Female	64.5%	20.7%	7.8%	6.7%	0.3%
	Male	62.3%	16.8%	13.0%	6.3%	1.6%
Age	18-34	52.1%	22.9%	15.4%	9.6%	0.0%
categories	35-44	64.4%	14.1%	7.4%	11.1%	2.9%
	45-54	60.0%	20.8%	12.1%	4.7%	2.3%
	55-64	65.4%	18.0%	11.3%	5.4%	0.0%
	65-74	70.1%	19.2%	6.5%	3.6%	0.5%
	75+	80.1%	14.0%	4.6%	1.1%	0.3%
Education	Less than high school	61.4%	7.9%	26.1%	1.7%	2.8%
	High school diploma/GED	61.8%	16.2%	10.8%	8.3%	3.0%
	Vocational school or some					
	college	65.5%	20.0%	8.7%	5.5%	0.3%
	Associates degree	61.0%	16.5%	11.8%	9.8%	1.0%
	Bachelor's degree or higher	64.4%	20.8%	9.6%	5.2%	0.0%
Household	Less than \$20,000	74.4%	19.7%	2.1%	3.0%	0.8%
income	\$20,000-\$34,999	46.2%	19.0%	28.4%	6.0%	0.5%
	\$35,000-\$49,999	53.7%	33.7%	10.6%	1.2%	0.8%
	\$50,000-\$99,999	62.7%	19.3%	10.0%	6.7%	1.3%
	\$100,000+	70.6%	12.4%	6.8%	9.4%	0.9%
County	Meeker	65.5%	13.9%	10.2%	7.9%	2.5%
	McLeod	65.9%	19.4%	9.8%	4.8%	0.1%
	Sibley	53.9%	24.6%	12.3%	8.6%	0.6%
2022 All (3 counties combined)		63.4%	18.8%	10.4%	6.5%	0.9%
2018 All (3 d	counties combined)	57.0%	20.9%	11.8%	8.9%	1.3%
2014 All (3 d	counties combined)	61.2%	19.7%	9.4%	8.5%	1.2%

n=1205		Within	Within	Within	5 years	Never
		the past	the past	the past	or more	
		year	2 years	5 years		
Sex	Female	91.4%	5.7%	1.5%	1.2%	0.2%
	Male	92.2%	4.0%	2.0%	1.7%	0.1%
Age	18-34	90.8%	6.0%	2.2%	0.9%	0.0%
categories	35-44	83.6%	11.8%	1.2%	2.7%	0.7%
	45-54	93.9%	2.1%	1.4%	2.6%	0.0%
	55-64	92.8%	3.5%	3.0%	0.8%	0.0%
	65-74	94.0%	2.9%	1.6%	1.4%	0.3%
	75+	98.5%	1.2%	0.0%	0.4%	0.0%
Education	Less than high school	95.5%	2.7%	0.0%	1.8%	0.0%
	High school diploma/GED	84.1%	10.9%	3.7%	1.2%	0.0%
	Vocational school or some					
	college	93.9%	3.7%	0.8%	1.0%	0.6%
	Associates degree	95.1%	3.6%	0.0%	1.3%	0.0%
	Bachelor's degree or higher	93.4%	3.0%	2.0%	1.6%	0.0%
Household	Less than \$20,000	95.0%	0.0%	1.7%	2.5%	0.8%
income	\$20,000-\$34,999	92.9%	5.2%	1.4%	0.5%	0.0%
	\$35,000-\$49,999	82.8%	8.3%	4.2%	3.9%	0.8%
	\$50,000-\$99,999	90.9%	7.0%	1.3%	0.9%	0.0%
	\$100,000+	96.1%	1.6%	1.2%	1.1%	0.0%
County	Meeker	88.6%	6.6%	1.8%	2.7%	0.4%
	McLeod	94.9%	2.7%	1.4%	1.0%	0.1%
	Sibley	89.0%	7.7%	2.6%	0.7%	0.0%
2022 All (3	counties combined)	91.8%	4.9%	1.8%	1.5%	0.1%
2018 All (3 d	counties combined)	89.4%	5.6%	2.2%	2.5%	0.3%
2014 All (3 d	counties combined)	87.1%	9.3%	1.8%	1.5%	0.3%

#### 4e. When was the last time you had your blood pressure checked?

n=1196		Within	Within	Within	5 years	Never
		the past	the past	the past	or more	
		year	2 years	5 years		
Sex	Female	59.6%	15.0%	10.2%	4.1%	11.1%
	Male	61.0%	16.9%	6.5%	11.5%	4.1%
Age	18-34	28.9%	25.9%	7.8%	16.5%	20.9%
categories	35-44	47.9%	18.4%	18.5%	8.4%	6.8%
	45-54	68.8%	11.0%	8.3%	6.4%	5.5%
	55-64	71.9%	15.0%	6.4%	4.8%	1.9%
	65-74	83.1%	8.6%	4.4%	3.5%	0.3%
	75+	85.7%	9.1%	3.3%	0.5%	1.3%
Education	Less than high school	51.7%	4.3%	10.0%	12.1%	22.0%
	High school diploma/GED	20.0%	15.1%	13.7%	36.6%	14.7%
	Vocational school or some					
	college	18.8%	6.9%	17.7%	38.4%	18.3%
	Associates degree	8.3%	14.3%	21.6%	35.4%	20.5%
	Bachelor's degree or higher	21.0%	16.1%	16.3%	37.5%	9.0%
Household	Less than \$20,000	75.2%	11.7%	6.2%	1.9%	5.0%
income	\$20,000-\$34,999	64.3%	10.0%	5.8%	11.6%	8.4%
	\$35,000-\$49,999	50.5%	30.7%	4.6%	6.9%	7.4%
	\$50,000-\$99,999	63.6%	12.0%	7.3%	7.4%	9.7%
	\$100,000+	56.4%	17.2%	12.2%	8.9%	5.4%
County	Meeker	64.6%	11.6%	6.6%	8.7%	8.5%
	McLeod	56.9%	18.4%	10.4%	8.6%	5.7%
	Sibley	62.2%	16.7%	6.1%	4.4%	10.7%
2022 All (3 counties combined)		60.3%	16.0%	8.4%	7.8%	7.6%
2018 All (3 d	counties combined)	58.3%	16.1%	10.2%	6.5%	9.0%
2014 All (3 d	counties combined)	61.7%	15.1%	7.5%	4.2%	11.5%

#### 4f. When was the last time you had your cholesterol checked?

n=1176		Within	Within	Within	5 years	Never
		the past	the past	the past	or more	
		year	2 years	5 years		
Sex	Female	62.9%	14.1%	9.0%	6.3%	7.7%
	Male	57.4%	13.8%	6.6%	11.1%	11.1%
Age	18-34	37.3%	18.6%	9.3%	16.6%	18.2%
categories	35-44	49.7%	14.6%	16.7%	7.5%	11.6%
	45-54	60.4%	15.8%	4.1%	11.3%	8.4%
	55-64	71.5%	11.9%	7.8%	5.1%	3.8%
	65-74	79.1%	8.9%	4.2%	3.7%	4.2%
	75+	83.1%	9.6%	1.5%	1.4%	4.4%
Education	Less than high school	44.6%	6.0%	26.6%	5.7%	17.2%
	High school diploma/GED	66.3%	11.5%	5.3%	8.3%	8.6%
	Vocational school or some					
	college	70.0%	9.6%	8.2%	5.5%	6.8%
	Associates degree	53.9%	15.2%	13.1%	13.9%	3.9%
	Bachelor's degree or higher	54.2%	18.0%	6.8%	9.2%	11.8%
Household	Less than \$20,000	75.2%	10.9%	5.5%	1.3%	7.2%
income	\$20,000-\$34,999	64.0%	8.1%	12.1%	12.3%	3.5%
	\$35,000-\$49,999	50.7%	14.7%	3.8%	7.7%	23.1%
	\$50,000-\$99,999	63.9%	14.1%	5.2%	7.5%	9.3%
	\$100,000+	56.0%	15.7%	11.4%	11.0%	6.0%
County	Meeker	62.5%	12.7%	5.7%	10.8%	8.4%
	McLeod	57.0%	14.3%	8.8%	9.9%	10.1%
	Sibley	64.2%	15.1%	8.7%	2.8%	9.2%
2022 All (3	counties combined)	60.1%	14.0%	7.8%	8.7%	9.4%
2018 All (3 d	counties combined)	57.4%	13.8%	10.2%	6.6%	12.0%
2014 All (3 d	counties combined)	58.2%	13.4%	8.7%	5.7%	14.1%

## 4g. When was the last time you had your blood sugar checked?

n=1155		Within	Within	Within	5 years	Never
		the past	the past	the past	or more	
		year	2 years	5 years		
Sex	Female	22.4%	8.9%	13.8%	7.7%	47.2%
	Male	14.2%	8.2%	10.7%	4.9%	62.1%
Age	18-34	1.5%	4.5%	13.8%	3.4%	76.7%
categories	35-44	12.8%	10.9%	15.2%	5.1%	56.1%
	45-54	15.3%	11.2%	13.1%	4.8%	55.5%
	55-64	29.5%	9.0%	10.3%	9.3%	41.9%
	65-74	31.5%	9.7%	9.1%	8.4%	41.4%
	75+	34.5%	8.0%	9.8%	8.7%	38.9%
Education	Less than high school	20.2%	3.5%	7.6%	12.6%	56.2%
	High school diploma/GED	20.1%	10.1%	10.8%	5.4%	53.6%
	Vocational school or some					
	college	21.3%	7.7%	10.9%	5.9%	54.2%
	Associates degree	15.7%	3.8%	14.2%	5.2%	61.1%
	Bachelor's degree or higher	16.1%	9.8%	13.7%	6.4%	54.1%
Household	Less than \$20,000	27.3%	14.5%	3.7%	5.3%	49.4%
income	\$20,000-\$34,999	21.0%	6.9%	4.2%	5.7%	62.3%
	\$35,000-\$49,999	15.1%	4.6%	4.5%	10.6%	65.3%
	\$50,000-\$99,999	19.1%	9.7%	14.5%	6.8%	50.0%
	\$100,000+	15.8%	8.5%	16.0%	4.4%	55.3%
County	Meeker	18.8%	6.9%	12.1%	7.0%	55.3%
	McLeod	17.1%	9.1%	13.7%	6.7%	53.4%
	Sibley	20.2%	9.7%	8.8%	4.1%	57.1%
2022 All (3	counties combined)	18.3%	8.5%	12.2%	6.3%	54.8%
2018 All (3 d	counties combined)	17.3%	9.3%	6.1%	7.1%	60.2%
2014 All (3 d	counties combined)	17.4%	8.8%	8.1%	6.5%	59.2%

## 4h. When was the last time you had any screening for skin cancer?
n=1184		Within	Within	Within	5 years	Never
		the past	the past	the past	or more	
		year	2 years	5 years		
Sex	Female	13.5%	10.4%	18.5%	11.2%	46.5%
	Male	18.1%	12.4%	15.5%	8.4%	45.6%
Age	18-34	0.0%	2.1%	1.4%	1.6%	95.0%
categories	35-44	7.7%	0.8%	9.0%	1.3%	81.3%
	45-54	22.6%	13.7%	16.4%	5.1%	42.2%
	55-64	26.7%	19.1%	25.3%	19.8%	9.1%
	65-74	28.4%	15.6%	34.3%	13.6%	8.0%
	75+	16.3%	25.3%	27.0%	25.4%	6.0%
Education	Less than high school	12.6%	8.2%	16.0%	17.6%	45.6%
	High school diploma/GED	19.4%	12.3%	27.3%	16.0%	25.0%
	Vocational school or some					
	college	20.7%	12.4%	24.4%	10.8%	31.7%
	Associates degree	20.8%	8.3%	7.1%	11.0%	52.9%
	Bachelor's degree or higher	10.2%	10.5%	10.5%	5.8%	62.9%
Household	Less than \$20,000	20.5%	19.0%	28.1%	8.2%	24.2%
income	\$20,000-\$34,999	16.1%	13.0%	22.4%	13.5%	35.0%
	\$35,000-\$49,999	14.4%	8.7%	15.5%	12.2%	49.2%
	\$50,000-\$99,999	13.4%	16.3%	18.4%	11.7%	40.2%
	\$100,000+	18.1%	6.2%	11.2%	4.5%	60.0%
County	Meeker	16.8%	10.8%	14.9%	11.0%	46.5%
	McLeod	14.7%	11.3%	19.4%	9.6%	45.0%
	Sibley	17.0%	12.5%	14.1%	8.5%	48.0%
2022 All (3	counties combined)	15.8%	11.4%	17.0%	9.8%	46.1%
2018 All (3 d	counties combined)	14.9%	11.1%	16.4%	8.7%	48.8%
2014 All (3 d	counties combined)	15.9%	10.0%	13.1%	10.9%	50.2%

# 4i. When was the last time you had any screening for colon cancer?

n=443		Within the past	Within the past	Within the past	5 years or more	Never
		year	2 years	5 years		
Age	18-34	0.0%	6.9%	1.7%	3.3%	88.1%
categories	35-44	15.0%	0.0%	0.0%	29.7%	55.4%
	45-54	24.8%	5.3%	12.7%	11.6%	45.7%
	55-64	38.5%	13.5%	18.8%	13.1%	16.1%
	65-74	42.2%	17.3%	13.5%	15.5%	11.4%
	75+	35.8%	20.7%	18.7%	18.6%	6.3%
Education	Less than high school	27.3%	4.2%	4.6%	13.0%	51.0%
	High school diploma/GED	27.1%	13.4%	15.7%	22.1%	21.7%
	Vocational school or some					
	college	26.0%	8.7%	13.2%	19.5%	32.7%
	Associates degree	53.8%	0.0%	6.1%	0.0%	40.1%
	Bachelor's degree or higher	12.5%	11.0%	5.7%	8.6%	62.2%
Household	Less than \$20,000	28.8%	15.5%	10.2%	1.3%	44.2%
income	\$20,000-\$34,999	21.2%	6.6%	17.0%	12.1%	43.2%
	\$35,000-\$49,999	15.5%	12.7%	10.8%	25.3%	35.7%
	\$50,000-\$99,999	30.6%	12.7%	14.3%	12.6%	29.9%
	\$100,000+	19.8%	6.1%	4.1%	11.3%	58.7%
County	Meeker	23.8%	13.9%	11.9%	14.2%	36.1%
	McLeod	23.6%	7.9%	8.1%	13.2%	47.2%
	Sibley	22.1%	7.5%	11.3%	15.3%	43.7%
2022 All (3 d	counties combined)	23.4%	9.6%	9.9%	13.9%	43.3%
2018 All (3 d	counties combined)	21.9%	13.2%	11.2%	6.8%	46.9%
2014 All (3 d	counties combined)	26.3%	11.1%	10.2%	9.3%	43.1%

4j. When was the last time you had a prostate exam? (calculated for males only)

n=680		Within	Within the past	Within the past	5 years	Never
		vear	2 years	5 years	or more	
Age	18-34	41.0%	24.5%	20.4%	5.1%	9.1%
categories	35-44	47.3%	35.9%	12.9%	3.9%	0.0%
	45-54	29.6%	26.6%	29.3%	14.6%	0.0%
	55-64	28.3%	26.0%	19.3%	26.4%	0.0%
	65-74	17.5%	15.8%	22.7%	41.8%	2.1%
	75+	7.3%	5.3%	18.7%	61.8%	7.0%
Education	Less than high school	9.5%	2.1%	3.0%	43.3%	42.1%
	High school diploma/GED	23.4%	14.5%	21.6%	36.5%	4.1%
	Vocational school or some					
	college	26.9%	21.8%	19.4%	30.1%	1.8%
	Associates degree	31.6%	23.6%	25.9%	13.9%	5.1%
	Bachelor's degree or higher	35.5%	30.3%	20.7%	11.7%	2.0%
Household	Less than \$20,000	18.9%	5.6%	29.5%	45.3%	0.6%
income	\$20,000-\$34,999	16.0%	17.2%	22.7%	43.4%	0.7%
	\$35,000-\$49,999	38.5%	11.2%	19.7%	28.8%	1.8%
	\$50,000-\$99,999	33.9%	26.1%	19.6%	17.8%	2.7%
	\$100,000+	31.8%	33.4%	20.4%	9.4%	4.9%
County	Meeker	26.7%	27.1%	20.2%	22.1%	4.0%
	McLeod	30.6%	23.3%	21.2%	20.9%	4.0%
	Sibley	38.4%	19.1%	19.5%	22.7%	0.3%
2022 All (3	counties combined)	30.9%	23.7%	20.5%	21.6%	3.3%
2018 All (3 d	counties combined)	33.7%	26.4%	18.3%	17.5%	4.2%
2014 All (3 d	counties combined)	41.4%	24.7%	14.8%	15.1%	4.0%

4k. When was the last time you had a Pap test? (calculated for females only)

n=716		Within the past	Within the past	Within the past	5 years or more	Never
		year	2 years	5 years		
Age	18-34	2.0%	0.0%	4.1%	0.0%	94.0%
categories	35-44	24.5%	7.9%	9.7%	2.8%	55.1%
	45-54	65.4%	10.8%	12.9%	2.0%	8.9%
	55-64	73.7%	10.9%	8.1%	5.5%	1.8%
	65-74	73.7%	11.3%	5.4%	9.4%	0.3%
	75+	42.5%	20.4%	11.7%	20.4%	4.9%
Education	Less than high school	21.1%	15.9%	12.9%	19.2%	31.0%
	High school diploma/GED	51.0%	13.3%	10.8%	7.9%	17.1%
	Vocational school or some					
	college	57.0%	11.8%	6.6%	8.1%	16.5%
	Associates degree	35.4%	2.3%	12.4%	5.1%	44.8%
	Bachelor's degree or higher	37.1%	6.9%	6.2%	2.2%	47.7%
Household	Less than \$20,000	38.9%	20.0%	13.4%	10.8%	17.0%
income	\$20,000-\$34,999	48.7%	17.4%	6.3%	11.6%	16.1%
	\$35,000-\$49,999	41.6%	4.2%	8.1%	9.4%	36.8%
	\$50,000-\$99,999	40.9%	9.4%	9.0%	4.7%	36.0%
	\$100,000+	46.1%	5.0%	7.1%	0.3%	41.6%
County	Meeker	50.0%	8.9%	7.1%	5.3%	28.8%
	McLeod	43.1%	8.3%	7.9%	5.1%	35.6%
	Sibley	36.6%	10.5%	10.4%	6.5%	36.1%
2022 All (3 d	counties combined)	43.9%	8.9%	8.2%	5.4%	33.7%
2018 All (3 d	counties combined)	45.9%	11.6%	5.3%	6.2%	31.1%
2014 All (3 d	counties combined)	44.0%	11.6%	8.3%	5.5%	30.6%

4I. When was the last time you had a mammogram? (calculated for females only)

n=1193		Within	Within	Within	5 years	Never
		the past	the past	the past	or more	
		year	2 years	5 years		
Sex	Female	75.2%	11.9%	6.7%	5.1%	1.3%
	Male	59.6%	16.1%	11.8%	10.6%	1.8%
Age	18-34	52.4%	19.5%	19.4%	6.8%	2.0%
categories	35-44	62.5%	17.2%	5.8%	12.4%	2.0%
	45-54	67.4%	12.1%	8.2%	10.5%	1.8%
	55-64	73.8%	10.9%	6.7%	8.4%	0.3%
	65-74	79.3%	11.2%	3.8%	4.1%	1.7%
	75+	82.3%	8.8%	4.4%	3.3%	1.3%
Education	Less than high school	61.2%	5.5%	26.7%	4.2%	2.4%
	High school diploma/GED	70.3%	7.9%	9.9%	6.2%	5.8%
	Vocational school or some					
	college	67.5%	17.9%	4.3%	9.9%	0.4%
	Associates degree	67.9%	7.4%	6.9%	17.8%	0.0%
	Bachelor's degree or higher	66.0%	17.3%	11.8%	4.6%	0.4%
Household	Less than \$20,000	74.0%	11.6%	4.8%	6.9%	2.8%
income	\$20,000-\$34,999	66.7%	9.0%	8.7%	15.6%	0.0%
	\$35,000-\$49,999	69.8%	12.6%	6.3%	9.5%	1.9%
	\$50,000-\$99,999	71.3%	13.1%	9.2%	4.2%	2.3%
	\$100,000+	60.7%	17.4%	11.6%	9.4%	0.9%
County	Meeker	65.3%	14.4%	9.9%	7.4%	3.2%
	McLeod	67.5%	13.1%	9.4%	8.9%	1.1%
	Sibley	70.1%	15.9%	7.9%	6.0%	0.1%
2022 All (3	counties combined)	67.4%	14.0%	9.3%	7.8%	1.5%
2018 All (3 d	counties combined)*	70.0%	13.8%	7.6%	6.4%	2.2%
2014 All (3 d	counties combined)*	66.5%	17.5%	8.7%	6.0%	1.4%

4m. When was the last time you had a routine checkup?

\*Asked slightly different in 2014 and 2018: When was the last time you had a general health exam?

5. If you	5. If you have not had a routine checkup within the past 1 to 2 years, why not? (Mark ALL that apply):											
n=152		Could	Had	I was too	COVID	It cost	I did not	My	Provider	Did	Didn't	Other
		not get	transpor	nervous	-19	too	have	insur-	wouldn't	not	think it	reason
		an	-tation	or afraid	con-	much	insur-	ance did	accept	know	was	
		appoint-	prob-		cerns		ance	not	my in-	where	serious	
		ment	lems					cover it	surance	to go	enough	
Sex	Female	0.3%	0.6%	6.9%	10.2%	4.3%	5.7%	1.5%	0.0%	3.1%	44.6%	21.0%
	Male	0.1%	0.4%	3.7%	4.7%	31.0%	3.0%	2.0%	0.2%	1.6%	39.7%	13.9%
Age	18-34	0.0%	0.0%	2.4%	2.8%	40.1%	3.4%	0.0%	0.0%	5.2%	34.8%	0.0%
cat-	35-44	0.0%	0.0%	0.0%	3.3%	11.7%	0.0%	0.0%	0.0%	0.0%	56.7%	23.3%
egories	45-54	0.0%	0.0%	11.5%	2.1%	14.6%	8.8%	0.0%	0.0%	0.0%	37.3%	30.7%
	55-64	0.0%	1.2%	5.6%	22.4%	13.4%	6.4%	9.9%	0.0%	1.1%	36.2%	20.4%
	65-74	*	*	*	*	*	*	*	*	*	*	*
	75+	*	*	*	*	*	*	*	*	*	*	*
Educa-	Less than high											
tion	school	*	*	*	*	*	*	*	*	*	*	*
	High school											
	diploma/GED	0.0%	0.8%	0.9%	4.9%	18.5%	6.7%	4.7%	0.3%	0.0%	51.4%	7.3%
	Vocational school or	r										
	some college	0.5%	1.2%	15.1%	4.9%	8.7%	7.9%	2.1%	0.0%	0.0%	57.0%	5.1%
	Associates degree	0.0%	0.0%	0.0%	10.6%	39.3%	3.8%	0.0%	0.0%	1.2%	31.4%	11.2%
	Bachelor's degree o	r										
	higher	0.0%	0.0%	5.0%	8.2%	39.3%	0.8%	1.0%	0.2%	5.2%	26.5%	28.0%
House-	Less than \$20,000	*	*	*	*	*	*	*	*	*	*	*
hold	\$20,000-\$34,999	*	*	*	*	*	*	*	*	*	*	*
income	\$35,000-\$49,999	*	*	*	*	*	*	*	*	*	*	*
	\$50,000-\$99,999	0.6%	0.2%	9.6%	8.7%	10.4%	5.3%	0.9%	0.5%	6.4%	38.4%	17.4%
	\$100,000+	0.0%	0.0%	1.2%	3.3%	28.7%	4.0%	0.0%	0.0%	0.4%	46.0%	12.7%
County	Meeker	0.3%	0.0%	7.1%	8.7%	15.1%	11.0%	2.6%	0.0%	0.0%	28.9%	31.5%
	McLeod	0.0%	0.4%	4.6%	4.0%	30.3%	0.0%	1.6%	0.0%	1.7%	43.6%	10.1%
	Sibley	0.5%	1.7%	0.5%	11.0%	7.4%	1.6%	1.1%	1.0%	8.1%	61.2%	4.5%
2022 All	(3 counties combined	) 0.2%	0.5%	4.8%	6.6%	21.8%	3.9%	1.9%	0.1%	2.1%	41.4%	16.4%
2018 All (	(3 counties combined)	) 0.1%	1.4%			17.4%	2.9%	9.0%				69.3%
2014 All (	(3 counties combined)	1.3%	0.5%			8.5%	16.7%	4.5%				68.5%

Additional response options added in 2022. Rows for 2014 and 2018 show data for only the response options include in those survey years.

n=1176		Yes	No
Sex	Female	20.8%	79.3%
	Male	24.3%	75.7%
Age categories	18-34	40.2%	59.8%
	35-44	22.2%	77.8%
	45-54	18.9%	81.1%
	55-64	19.5%	80.5%
	65-74	13.7%	86.3%
	75+	5.1%	94.9%
Education	Less than high school	2.8%	97.2%
	High school diploma/GED	15.0%	85.0%
	Vocational school or some college	16.8%	83.2%
	Associates degree	15.3%	84.8%
	Bachelor's degree or higher	32.8%	67.2%
Household	Less than \$20,000	12.2%	87.9%
income	\$20,000-\$34,999	13.4%	86.6%
	\$35,000-\$49,999	34.1%	65.9%
	\$50,000-\$99,999	17.3%	82.7%
	\$100,000+	27.3%	72.7%
County	Meeker	18.9%	81.1%
	McLeod	27.0%	73.0%
	Sibley	17.3%	82.7%
2022 All (3 count	ties combined)	22.6%	77.4%
2018 All (3 count	ies combined)	26.8%	73.2%
2014 All (3 count	ies combined)	23.7%	76.3%

6. 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?

7. (Of the	ose that delayed gettin	g medica	l care) Why	did you n	ot get or del	ay getting	the medic	al care you	thought you	ı needed? (	Mark ALL the	at apply <b>):</b>
n=177		Could	Had	l was	COVID-	lt cost	I did not	My	Provider	Did	Didn't	Other
		not get	transpor	too	19	too	have	insur-	wouldn't	not	think it	reason
		an	-tation	nervou	concern	much	insur-	ance did	accept	know	was	
	a	ppoint-	problem	s or	S		ance	not	my in-	where	serious	
		ment	S	afraid				cover it	surance	to go	enough	
Sex	Female	32.2%	3.1%	8.2%	10.8%	37.6%	3.8%	4.3%	0.0%	1.4%	27.7%	18.1%
	Male	9.9%	0.3%	2.2%	9.3%	52.0%	0.0%	34.5%	0.8%	0.2%	29.7%	7.5%
Age	18-34	*	*	*	*	*	*	*	*	*	*	*
cat-	35-44	*	*	*	*	*	*	*	*	*	*	*
egories	45-54	*	*	*	*	*	*	*	*	*	*	*
	55-64	31.4%	2.7%	4.5%	13.7%	29.4%	5.0%	2.9%	0.0%	0.0%	15.9%	21.5%
	65-74	32.7%	4.4%	4.4%	19.7%	19.6%	0.0%	5.9%	5.2%	3.2%	24.6%	20.1%
	75+	*	*	*	*	*	*	*	*	*	*	*
Educa-	Less than high	*	*	*	*	*	*	*	*	*	*	*
tion	school											
	High school	*	*	*	*	*	*	*	*	*	*	*
	diploma/GED											
	Vocational school or											
	some college	14.0%	3.8%	12.8%	20.7%	47.9%	2.3%	5.1%	2.6%	1.6%	14.5%	21.3%
	Associates degree	*	*	*	*	*	*	*	*	*	*	*
	Bachelor's degree or											
	higher	14.9%	0.8%	2.9%	5.1%	49.2%	0.0%	29.5%	0.0%	0.0%	36.8%	9.1%
House-	Less than \$20,000	*	*	*	*	*	*	*	*	*	*	*
hold	\$20,000-\$34,999	*	*	*	*	*	*	*	*	*	*	*
income	\$35,000-\$49,999	*	*	*	*	*	*	*	*	*	*	*
	\$50,000-\$99,999	32.9%	1.5%	2.7%	8.3%	40.7%	1.1%	8.2%	0.0%	1.9%	21.7%	23.3%
	\$100,000+	*	*	*	*	*	*	*	*	*	*	*
County	Meeker	18.7%	2.1%	1.3%	3.6%	47.8%	3.0%	9.8%	0.0%	1.8%	25.3%	5.4%
	McLeod	22.3%	1.1%	4.9%	11.5%	42.4%	1.5%	30.5%	0.5%	0.0%	29.8%	13.8%
	Sibley	13.7%	2.4%	11.1%	15.0%	53.3%	0.5%	2.1%	0.8%	1.7%	30.5%	18.0%
2022 All	(3 counties combined)	20.0%	1.6%	4.9%	10.0%	45.5%	1.7%	20.8%	0.4%	0.7%	28.8%	12.3%
2018 All (	(3 counties combined)	15.5%	2.6%			32.7%	4.4%	14.2%			55.6%	13.8%
2014 All (	(3 counties combined)	5.6%	1.4%			40.9%	11.9%	13.4%			46.6%	14.6%

Additional response options added in 2022. Rows for 2014 and 2018 show data for only the response options include in those survey years.

n=1172		Yes	No
Sex	Female	18.8%	81.2%
	Male	19.6%	80.5%
Age categories	18-34	33.0%	67.0%
	35-44	9.2%	90.9%
	45-54	18.2%	81.8%
	55-64	22.3%	77.7%
	65-74	9.9%	90.1%
	75+	9.6%	90.4%
Education	Less than high school	7.4%	92.6%
	High school diploma/GED	23.4%	76.6%
	Vocational school or some college	18.3%	81.7%
	Associates degree	25.7%	74.3%
	Bachelor's degree or higher	16.7%	83.4%
Household	Less than \$20,000	20.8%	79.2%
income	\$20,000-\$34,999	32.0%	68.0%
	\$35,000-\$49,999	26.7%	73.3%
	\$50,000-\$99,999	20.9%	79.1%
	\$100,000+	11.7%	88.3%
County	Meeker	15.1%	85.0%
	McLeod	21.6%	78.4%
	Sibley	19.4%	80.6%
2022 All (3 count	ties combined)	19.2%	80.8%
2018 All (3 count	ies combined)	18.8%	81.2%
2014 All (3 count	ies combined)	20.6%	79.4%

8. 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?

n=170		Could not get an appoint	Had transport- tation problems	l was too nervous or	COVID- 19 concerns	lt cost too much	I did not have insur- ance	My insur- ance did not	Dentist wouldn't accept my insurance	Did not know where	Didn't think it was serious	Other reason
		ment	•	afraid				cover it		to go	enough	
Sex	Female	5.9%	0.8%	22.3%	3.7%	45.9%	24.9%	15.1%	10.3%	4.5%	14.9%	14.1%
	Male	9.9%	0.4%	13.0%	8.4%	65.1%	10.6%	21.8%	3.4%	2.9%	20.0%	25.4%
Age	18-34	*	*	*	*	*	*	*	*	*	*	*
cate-	35-44	*	*	*	*	*	*	*	*	*	*	*
gories	45-54	*	*	*	*	*	*	*	*	*	*	*
	55-64	15.9%	1.6%	9.7%	5.4%	45.7%	24.1%	6.7%	7.5%	0.0%	18.3%	18.5%
	65-74	2.1%	0.8%	7.7%	12.0%	63.3%	31.3%	21.0%	8.0%	0.0%	10.5%	20.8%
	75+	0.0%	3.0%	17.6%	6.2%	47.2%	35.0%	17.7%	3.2%	8.5%	16.5%	5.3%
Educa-	Less than high school	*	*	*	*	*	*	*	*	*	*	*
tion	High school	*	*	*	*	*	*	*	*	*	*	*
	diploma/GED											
	Vocational school or											
	some college	22.7%	0.0%	8.6%	6.8%	49.7%	16.9%	8.1%	0.8%	0.0%	22.2%	17.1%
	Associates degree	*	*	*	*	*	*	*	*	*	*	*
	Bachelor's degree or											
	higher	4.4%	0.6%	17.9%	7.3%	52.1%	20.2%	33.4%	2.9%	2.9%	22.0%	16.5%
House-	Less than \$20,000	*	*	*	*	*	*	*	*	*	*	*
hold	\$20,000-\$34,999	*	*	*	*	*	*	*	*	*	*	*
income	\$35,000-\$49,999	*	*	*	*	*	*	*	*	*	*	*
	\$50,000-\$99,999	11.3%	0.4%	12.5%	2.6%	56.3%	24.0%	10.1%	7.7%	5.6%	27.1%	9.8%
	\$100,000+	*	*	*	*	*	*	*	*	*	*	*
County	Meeker	4.5%	0.8%	6.4%	1.7%	42.1%	24.3%	9.1%	2.3%	2.3%	11.7%	30.3%
	McLeod	6.4%	0.0%	21.4%	8.1%	62.2%	17.2%	26.9%	9.7%	2.7%	10.1%	21.0%
	Sibley	16.4%	1.9%	20.0%	5.9%	54.5%	10.4%	7.0%	4.0%	8.1%	44.8%	4.4%
2022 All	(3 counties combined)	8.0%	0.6%	17.5%	6.1%	55.8%	17.6%	18.6%	6.7%	3.7%	17.5%	19.9%
2018 All	(3 counties combined)	5.0%	1.6%	15.5%		57.6%	36.0%		9.7%	6.2%		20.1%
2014 All	(3 counties combined)	4.0%	1.9%	14.5%		67.2%	39.0%		5.4%	4.5%		14.6%

9. (Of those that delayed getting dental care) Why did you not get or delay getting the dental care you thought you needed? (Mark ALL that apply):

Additional response options added in 2022. Rows for 2014 and 2018 show data for only the response options include in those survey years.

10.	How many	/ days	during	the p	bast 30 dav	ys was y	our mental	health not	good?
									0

n=1081		0 days	1-9 days	10-19	20-29	All 30
				days	days	days
Sex	Female	42.2%	40.4%	12.1%	4.0%	1.4%
	Male	55.9%	31.0%	7.6%	0.7%	4.8%
Age	18-34	30.7%	41.9%	17.2%	2.9%	7.2%
categories	35-44	39.5%	45.2%	9.6%	2.9%	2.8%
	45-54	42.8%	37.0%	12.4%	4.5%	3.3%
	55-64	58.1%	34.9%	5.2%	1.3%	0.5%
	65-74	73.0%	21.8%	3.5%	0.6%	1.1%
	75+	74.9%	20.7%	3.5%	0.3%	0.6%
Education	Less than high school	60.4%	37.2%	2.4%	0.0%	0.0%
	High school diploma/GED	63.3%	24.2%	6.2%	4.4%	2.0%
	Vocational school or some					
	college	51.8%	38.2%	7.0%	2.2%	0.9%
	Associates degree	48.6%	26.9%	22.8%	0.5%	1.2%
	Bachelor's degree or higher	40.0%	42.0%	10.5%	2.0%	5.4%
Household	Less than \$20,000	45.1%	33.7%	19.5%	1.4%	0.3%
income	\$20,000-\$34,999	44.2%	31.1%	21.7%	2.8%	0.2%
	\$35,000-\$49,999	63.9%	23.6%	8.9%	2.6%	1.1%
	\$50,000-\$99,999	52.9%	30.5%	10.7%	2.5%	3.4%
	\$100,000+	40.6%	47.5%	5.0%	2.3%	4.7%
County	Meeker	51.3%	33.2%	5.5%	2.7%	7.4%
	McLeod	46.4%	37.8%	12.4%	2.3%	1.1%
	Sibley	52.9%	33.9%	9.8%	1.9%	1.6%
2022 All (3 d	counties combined)	49.2%	35.6%	9.8%	2.3%	3.1%
2018 All (3 d	counties combined)	50.5%	33.4%	9.2%	5.2%	1.9%
2014 All (3 d	counties combined)	53.9%	33.4%	7.1%	3.9%	1.8%

11. During the past 12 months, did you talk with or seek help from a health professional about mental health issues such as stress, depression, excessive worrying, troubling thoughts or emotional problems?

n=1171		Yes	No
Sex	Female	22.5%	77.5%
	Male	12.7%	87.3%
Age categories	18-34	34.3%	65.7%
	35-44	14.7%	85.3%
	45-54	17.6%	82.4%
	55-64	10.8%	89.2%
	65-74	7.8%	92.2%
	75+	7.6%	92.4%
Education	Less than high school	8.6%	91.4%
	High school diploma/GED	15.9%	84.1%
	Vocational school or some college	9.5%	90.5%
	Associates degree	19.1%	80.9%
	Bachelor's degree or higher	23.0%	77.0%
Household	Less than \$20,000	36.1%	63.9%
income	\$20,000-\$34,999	17.9%	82.1%
	\$35,000-\$49,999	11.5%	88.5%
	\$50,000-\$99,999	14.7%	85.3%
	\$100,000+	21.3%	78.7%
County	Meeker	18.1%	81.9%
	McLeod	19.9%	80.1%
	Sibley	10.9%	89.1%
2022 All (3 count	ties combined)	17.6%	82.4%
2018 All (3 count	ies combined)	14.4%	85.6%
2014 All (3 count	ies combined)	10.6%	89.4%

12. (Of those who sought help from a mental health professional in the past 12 months) About how many days did you have to wait for an appointment with this mental health professional?

n=129		0-3 days	4-6 days	7-14 days	15-28 days	29-45 days	More than 45
							days
County	Meeker	18.6%	16.1%	12.2%	29.8%	1.9%	21.4%
	McLeod	34.0%	9.2%	21.4%	25.7%	2.1%	7.7%
	Sibley	40.7%	3.5%	22.0%	6.8%	6.9%	20.2%
2022 All (3	counties combined)	30.0%	10.7%	18.5%	24.6%	2.6%	13.6%
2018 All (3	counties combined)	33.9%	16.5%	14.4%	16.8%	5.0%	13.4%
2014 All (3	counties combined)	48.9%	15.4%	17.6%	6.8%	7.9%	3.4%

13. (Of those who sought help from a mental health professional in the past 12 months) How far did you have to travel to get to the appointment(s)?

n=129		0-9 miles	10-29 miles	30-49 miles	50 miles or more	Virtual visit*
County	Meeker	21.4%	36.2%	11.8%	6.4%	24.3%
	McLeod	29.6%	39.6%	6.6%	3.5%	20.6%
	Sibley	22.4%	30.7%	13.4%	14.2%	19.4%
2022 All (3	counties combined)	26.1%	37.4%	9.1%	5.8%	21.6%
2018 All (3	counties combined)	33.2%	28.2%	29.2%	9.3%	
2014 All (3	counties combined)	50.2%	27.6%	15.8%	6.5%	

\* New response option in 2022.

14. 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 issues but did not go, or delayed talking with someone?

n=1165		Yes	No
Sex	Female	13.3%	86.7%
	Male	15.5%	84.5%
Age categories	18-34	29.9%	70.1%
	35-44	9.0%	91.0%
	45-54	16.0%	84.1%
	55-64	9.5%	90.5%
	65-74	5.7%	94.3%
	75+	3.7%	96.3%
Education	Less than high school	4.6%	95.5%
	High school diploma/GED	8.5%	91.5%
	Vocational school or some college	10.6%	89.4%
	Associates degree	10.9%	89.1%
	Bachelor's degree or higher	20.8%	79.2%
Household	Less than \$20,000	9.9%	90.1%
income	\$20,000-\$34,999	12.6%	87.4%
	\$35,000-\$49,999	26.8%	73.2%
	\$50,000-\$99,999	11.1%	88.9%
	\$100,000+	14.7%	85.3%
County	Meeker	12.8%	87.2%
	McLeod	17.6%	82.4%
	Sibley	9.0%	91.0%
2022 All (3 count	ies combined)	14.4%	85.6%
2018 All (3 count	ies combined)	12.3%	87.7%
2014 All (3 count	ies combined)	9.6%	90.4%

15. (Of those that delayed seeking help for mental health issues) Why did you not get or delay getting the mental health care you thought you needed? (*Mark ALL that apply*):

n=98		Could not get an appoint-	Had transport -tation prob-	l was too nervous or	COVID- 19 con- cerns	lt cost too much	I did not have insur-	My insur- ance did not	Provider wouldn't accept my	Did not know where	l did not think it was	Other reason
		ment	lems	afraid			ance	cover it	insurance	to go	serious enough	
County	Meeker	45.6%	0.0%	7.6%	0.0%	26.7%	2.6%	14.1%	3.5%	15.6%	26.7%	4.5%
	McLeod	12.3%	0.5%	11.2%	5.1%	39.1%	26.2%	4.9%	2.3%	19.0%	36.1%	7.1%
	Sibley	23.1%	1.6%	28.0%	0.0%	37.4%	0.0%	1.5%	9.7%	24.8%	29.8%	9.2%
2022 All (3	3 counties		0.5%	12 20/	2 10/		10 50/	7.00/	-	10.00/	22.00/	C 70/
complined	1)	22.8%	0.5%	12.3%	3.1%	35.5%	16.5%	7.0%	3.6%	18.8%	32.8%	6.7%
2018 All (3 combined	3 counties )	13.1%	0.5%	23.1%		29.9%	5.4%	8.8%		22.6%	54.6%	30.6%
2014 All (3 combined	3 counties )	13.1%	2.3%	34.2%		29.4%	4.1%	7.7%		22.9%	51.4%	11.0%

Additional response options added in 2022. Rows for 2014 and 2018 show data for only the response options include in those survey years.

n=1150		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	51.1%	47.5%	1.4%	0.1%
	Male	40.6%	55.0%	2.8%	1.6%
Age	18-34	57.8%	39.7%	0.0%	2.5%
categories	35-44	56.8%	43.2%	0.0%	0.0%
	45-54	36.0%	58.1%	5.9%	0.0%
	55-64	42.6%	55.3%	1.1%	1.0%
	65-74	40.3%	55.3%	4.2%	0.2%
	75+	30.1%	66.8%	3.0%	0.1%
Education	Less than high school	18.2%	78.3%	1.4%	2.1%
	High school diploma/GED	27.4%	69.8%	2.7%	0.2%
	Vocational school or some college	40.2%	55.8%	1.4%	2.7%
	Associates degree	48.6%	51.1%	0.4%	0.0%
	Bachelor's degree or higher	60.2%	36.8%	2.7%	0.4%
Household	Less than \$20,000	25.9%	71.4%	2.7%	0.0%
income	\$20,000-\$34,999	31.1%	65.5%	2.7%	0.8%
	\$35,000-\$49,999	44.1%	52.2%	3.8%	0.0%
	\$50,000-\$99,999	43.5%	52.1%	2.3%	2.1%
	\$100,000+	57.2%	42.2%	0.7%	0.0%
County	Meeker	44.4%	54.7%	0.9%	0.0%
	McLeod	52.2%	44.3%	3.1%	0.3%
	Sibley	32.3%	63.1%	1.2%	3.4%
2022 All (3 co	ounties combined)	45.9%	51.2%	2.1%	0.8%
2018 All (3 co	ounties combined)	43.2%	55.0%	1.4%	0.4%

16a. How much do you agree or disagree with this statement? Treatment can help people with mental illness lead normal lives.

n=1134		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	4.6%	57.7%	34.3%	3.4%
	Male	3.0%	61.3%	33.0%	2.8%
Age	18-34	2.0%	49.5%	41.9%	6.6%
categories	35-44	3.3%	58.7%	35.5%	2.5%
	45-54	0.9%	61.1%	36.6%	1.4%
	55-64	6.7%	61.7%	28.8%	2.8%
	65-74	5.5%	64.3%	28.1%	2.1%
	75+	5.5%	72.4%	21.9%	0.2%
Education	Less than high school	6.4%	51.0%	41.0%	1.7%
	High school diploma/GED	7.2%	66.6%	23.3%	3.0%
	Vocational school or some college	3.2%	68.3%	27.2%	1.2%
	Associates degree	2.0%	52.5%	31.9%	13.6%
	Bachelor's degree or higher	2.5%	53.6%	42.5%	1.3%
Household	Less than \$20,000	6.5%	61.3%	27.6%	4.7%
income	\$20,000-\$34,999	3.6%	47.8%	31.4%	17.2%
	\$35,000-\$49,999	3.3%	49.5%	45.9%	1.3%
	\$50,000-\$99,999	4.6%	65.5%	28.2%	1.7%
	\$100,000+	3.0%	59.7%	36.0%	1.4%
County	Meeker	2.9%	67.5%	28.5%	1.1%
	McLeod	4.4%	53.3%	38.0%	4.3%
	Sibley	3.4%	62.8%	30.7%	3.1%
2022 All (3 co	ounties combined)	3.8%	59.5%	33.6%	3.1%
2018 All (3 co	ounties combined)	5.0%	56.7%	37.2%	1.2%

16b. How much do you agree or disagree with this statement? People are generally caring and sympathetic to people with mental illness.

16c. How much do you agree or disagree with this statement? I am more comfortable helping a person who has a physical illness than I am helping a person who has a mental illness.

n=1132		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	3.7%	45.2%	40.6%	10.5%
	Male	3.9%	44.1%	46.3%	5.7%
Age	18-34	1.8%	31.5%	57.8%	8.9%
categories	35-44	2.8%	45.4%	38.7%	13.1%
	45-54	2.5%	36.0%	51.9%	9.6%
	55-64	5.2%	48.7%	39.1%	7.1%
	65-74	5.0%	57.5%	32.9%	4.7%
	75+	8.1%	64.0%	25.6%	2.3%
Education	Less than high school	5.0%	51.8%	43.2%	0.0%
	High school diploma/GED	3.9%	51.7%	35.8%	8.7%
	Vocational school or some college	5.6%	50.4%	38.4%	5.6%
	Associates degree	5.3%	32.7%	58.7%	3.4%
	Bachelor's degree or higher	2.5%	40.6%	45.7%	11.2%
Household	Less than \$20,000	9.9%	45.1%	29.0%	16.1%
income	\$20,000-\$34,999	5.2%	50.0%	41.1%	3.7%
	\$35,000-\$49,999	5.3%	37.1%	45.0%	12.6%
	\$50,000-\$99 <i>,</i> 999	3.6%	47.6%	42.3%	6.5%
	\$100,000+	2.3%	41.8%	47.4%	8.5%
County	Meeker	4.0%	46.0%	40.3%	9.8%
	McLeod	3.4%	43.2%	47.9%	5.5%
	Sibley	4.7%	46.3%	37.0%	12.0%
2022 All (3 c	ounties combined)	3.8%	44.7%	43.4%	8.1%
2018 All (3 co	ounties combined)	6.1%	48.5%	40.0%	5.5%

n=1124		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	1.1%	13.9%	58.2%	26.9%
	Male	1.3%	22.0%	62.2%	14.5%
Age	18-34	0.0%	24.9%	61.3%	13.7%
categories	35-44	0.0%	6.7%	61.7%	31.6%
	45-54	0.0%	20.1%	56.0%	24.0%
	55-64	2.7%	14.2%	63.7%	19.4%
	65-74	0.7%	17.3%	59.2%	22.8%
	75+	5.6%	23.9%	56.5%	14.1%
Education	Less than high school	3.3%	52.6%	41.3%	2.8%
	High school diploma/GED	3.0%	18.2%	63.0%	15.8%
	Vocational school or some college	2.1%	19.3%	61.8%	16.9%
	Associates degree	0.0%	19.1%	54.4%	26.5%
	Bachelor's degree or higher	0.1%	15.0%	60.3%	24.6%
Household	Less than \$20,000	6.4%	13.1%	52.4%	28.2%
income	\$20,000-\$34,999	3.5%	29.8%	52.3%	14.5%
	\$35,000-\$49,999	1.7%	5.9%	73.9%	18.5%
	\$50,000-\$99,999	0.6%	17.0%	62.9%	19.5%
	\$100,000+	0.4%	21.1%	55.7%	22.9%
County	Meeker	0.6%	17.0%	58.8%	23.7%
	McLeod	1.5%	18.5%	61.3%	18.8%
	Sibley	1.2%	18.0%	59.6%	21.3%
2022 All (3 co	ounties combined)	1.2%	17.9%	60.2%	20.7%
2018 All (3 co	ounties combined)	2.1%	14.1%	64.0%	19.8%

16d. How much do you agree or disagree with this statement? People with mental illness do not try hard enough to get better.

n=1131		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	43.8%	55.2%	0.7%	0.4%
	Male	24.8%	72.5%	1.5%	1.2%
Age	18-34	48.8%	50.6%	0.7%	0.0%
categories	35-44	32.1%	67.9%	0.0%	0.0%
	45-54	27.0%	71.1%	0.0%	1.9%
	55-64	28.7%	68.8%	1.5%	1.0%
	65-74	33.3%	62.8%	2.8%	1.2%
	75+	27.8%	68.6%	2.5%	1.2%
Education	Less than high school	5.6%	90.0%	4.4%	0.0%
	High school diploma/GED	21.7%	73.7%	2.1%	2.6%
	Vocational school or some college	26.1%	72.9%	0.5%	0.5%
	Associates degree	39.3%	58.4%	2.3%	0.0%
	Bachelor's degree or higher	44.7%	54.6%	0.3%	0.5%
Household	Less than \$20,000	32.5%	59.0%	1.3%	7.3%
income	\$20,000-\$34,999	30.8%	66.7%	1.3%	1.2%
	\$35,000-\$49,999	26.8%	71.6%	1.4%	0.2%
	\$50,000-\$99,999	34.1%	63.9%	1.5%	0.6%
	\$100,000+	38.9%	60.1%	0.6%	0.5%
County	Meeker	35.8%	62.4%	1.7%	0.2%
	McLeod	36.5%	62.0%	0.7%	0.7%
	Sibley	26.8%	70.3%	1.0%	1.9%
2022 All (3 co	ounties combined)	34.3%	63.8%	1.1%	0.8%
2018 All (3 co	ounties combined)	29.2%	66.7%	3.6%	0.4%

16e. How much do you agree or disagree with this statement? I feel compassion for a person with mental illness.

n=1147		Yes	No
Sex	Female	44.6%	55.4%
	Male	26.1%	73.9%
Age categories	18-34	27.4%	72.6%
	35-44	45.6%	54.4%
	45-54	41.6%	58.4%
	55-64	37.6%	62.4%
	65-74	31.0%	69.0%
	75+	29.0%	71.0%
Education	Less than high school	13.6%	86.4%
	High school diploma/GED	25.2%	74.8%
	Vocational school or some college	32.8%	67.2%
	Associates degree	40.7%	59.4%
	Bachelor's degree or higher	40.7%	59.3%
Household	Less than \$20,000	26.7%	73.3%
income	\$20,000-\$34,999	33.9%	66.1%
	\$35,000-\$49,999	23.4%	76.6%
	\$50,000-\$99,999	38.5%	61.6%
	\$100,000+	38.2%	61.8%
County	Meeker	27.0%	73.0%
	McLeod	43.7%	56.3%
	Sibley	27.2%	72.8%
2022 All (3 count	ties combined)	35.2%	64.8%
2018 All (3 count	ies combined)	32.6%	67.4%

17. Are you aware of any programs or campaigns in your community that help raise awareness about mental illness?

n=1139		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	4.0%	28.0%	54.0%	14.0%
	Male	1.0%	45.8%	46.1%	7.1%
Age	18-34	3.6%	41.4%	48.7%	6.2%
categories	35-44	2.5%	38.5%	43.3%	15.6%
	45-54	2.4%	39.6%	46.8%	11.2%
	55-64	1.7%	31.9%	58.7%	7.7%
	65-74	1.7%	34.9%	49.5%	13.9%
	75+	3.3%	30.5%	54.0%	12.2%
Education	Less than high school	5.6%	64.6%	28.1%	1.8%
	High school diploma/GED	3.1%	32.1%	57.6%	7.3%
	Vocational school or some college	1.3%	41.5%	44.8%	12.4%
	Associates degree	2.7%	37.8%	51.3%	8.2%
	Bachelor's degree or higher	2.8%	34.9%	50.6%	11.7%
Household	Less than \$20,000	3.3%	30.9%	41.8%	24.0%
income	\$20,000-\$34,999	5.7%	37.9%	50.1%	6.3%
	\$35,000-\$49,999	4.6%	41.3%	44.3%	9.8%
	\$50,000-\$99,999	2.1%	30.2%	55.1%	12.7%
	\$100,000+	0.8%	42.4%	48.5%	8.3%
County	Meeker	1.2%	37.8%	52.4%	8.6%
	McLeod	3.1%	36.5%	48.0%	12.5%
	Sibley	3.2%	36.0%	52.2%	8.6%
2022 All (3 co	ounties combined)	2.6%	36.8%	50.1%	10.6%
2018 All (3 co	ounties combined)	5.0%	38.3%	46.9%	9.8%

18a. How much do you agree or disagree with this statement? If I had a mental illness I would be reluctant to see help.

n=1121		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	9.7%	52.3%	34.7%	3.4%
	Male	1.3%	42.7%	48.6%	7.4%
Age	18-34	5.1%	48.0%	35.8%	11.2%
categories	35-44	4.8%	41.6%	53.5%	0.0%
	45-54	7.6%	50.2%	37.6%	4.6%
	55-64	5.1%	51.7%	39.6%	3.6%
	65-74	5.1%	46.3%	44.6%	4.0%
	75+	5.9%	46.4%	40.9%	6.8%
Education	Less than high school	6.2%	64.2%	24.9%	4.7%
	High school diploma/GED	5.5%	48.1%	41.5%	4.9%
	Vocational school or some college	5.1%	44.0%	46.7%	4.3%
	Associates degree	4.2%	49.3%	45.0%	1.5%
	Bachelor's degree or higher	6.5%	47.0%	39.3%	7.2%
Household	Less than \$20,000	7.9%	56.0%	28.7%	7.5%
income	\$20,000-\$34,999	5.5%	51.5%	37.6%	5.4%
	\$35,000-\$49 <i>,</i> 999	4.0%	39.0%	36.1%	21.0%
	\$50,000-\$99 <i>,</i> 999	6.4%	54.3%	36.9%	2.4%
	\$100,000+	5.2%	43.1%	50.1%	1.7%
County	Meeker	5.6%	45.8%	45.7%	2.9%
	McLeod	6.2%	48.0%	39.5%	6.3%
	Sibley	3.9%	49.2%	40.4%	6.4%
2022 All (3 c	ounties combined)	5.6%	47.6%	41.5%	5.3%
2018 All (3 co	ounties combined)	7.7%	48.5%	38.6%	5.3%

18b. How much do you agree or disagree with this statement? If I had a mental illness I would tell my friends.

n=1126		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	3.7%	22.9%	50.4%	23.1%
	Male	1.9%	33.3%	50.3%	14.5%
Age	18-34	5.8%	34.5%	38.3%	21.5%
categories	35-44	1.1%	29.1%	51.0%	18.8%
	45-54	1.0%	27.4%	50.6%	21.1%
	55-64	3.4%	25.9%	56.5%	14.2%
	65-74	0.9%	23.9%	54.8%	20.5%
	75+	3.4%	21.4%	59.4%	15.8%
Education	Less than high school	3.8%	25.1%	68.5%	2.7%
	High school diploma/GED	4.5%	24.1%	60.1%	11.3%
	Vocational school or some college	1.1%	24.4%	56.7%	17.8%
	Associates degree	7.9%	53.6%	29.4%	9.1%
	Bachelor's degree or higher	1.4%	25.1%	46.2%	27.3%
Household	Less than \$20,000	0.0%	31.2%	45.5%	23.3%
income	\$20,000-\$34,999	7.0%	32.1%	49.6%	11.3%
	\$35,000-\$49,999	3.9%	35.8%	48.2%	12.2%
	\$50,000-\$99,999	3.2%	20.9%	53.5%	22.4%
	\$100,000+	1.2%	30.9%	48.7%	19.2%
County	Meeker	1.5%	28.3%	50.2%	20.0%
	McLeod	3.3%	26.7%	50.5%	19.5%
	Sibley	3.4%	30.8%	50.3%	15.6%
2022 All (3 co	ounties combined)	2.8%	28.0%	50.4%	18.9%
2018 All (3 co	ounties combined)	4.2%	31.9%	49.5%	14.5%

18c. How much do you agree or disagree with this statement? If I had a mental illness I would see myself as weak if I could not fix it myself.

n=1220		No	Yes, during the last year	Yes, more than a year
-				ago
Sex	Female	85.5%	1.8%	11.0%
	Male	87.1%	3.2%	7.8%
Age	18-34	81.2%	6.1%	12.1%
categories	35-44	88.9%	0.0%	9.6%
	45-54	82.8%	1.6%	13.9%
	55-64	86.1%	2.7%	9.8%
	65-74	92.4%	1.0%	4.3%
	75+	92.0%	0.9%	1.8%
Education	Less than high school	95.4%	0.7%	0.7%
	High school diploma/GED	89.6%	2.4%	5.6%
	Vocational school or some college	88.6%	0.5%	8.2%
	Associates degree	82.3%	1.1%	13.7%
	Bachelor's degree or higher	84.1%	4.0%	11.5%
Household	Less than \$20,000	74.2%	3.4%	17.0%
income	\$20,000-\$34,999	88.0%	4.2%	4.5%
	\$35,000-\$49,999	86.9%	0.5%	11.1%
	\$50,000-\$99,999	89.5%	1.4%	8.0%
	\$100,000+	84.1%	4.1%	10.7%
County	Meeker	84.1%	5.7%	8.9%
	McLeod	87.7%	0.6%	9.5%
	Sibley	86.3%	2.2%	9.7%
2022 All (3 cou	Inties combined)	86.3%	2.5%	9.3%
2018 All (3 cou	nties combined)	86.0%	3.0%	8.8%

## **19. Have you ever considered attempting suicide?** (*Mark ALL that apply.*)

n=1180		Yes	No
Sex	Female	57.3%	42.7%
	Male	44.0%	56.0%
Age categories	18-34	57.9%	42.1%
	35-44	50.7%	49.4%
	45-54	44.5%	55.6%
	55-64	48.6%	51.4%
	65-74	51.6%	48.4%
	75+	46.7%	53.3%
Education	Less than high school	47.3%	52.7%
	High school diploma/GED	46.6%	53.4%
	Vocational school or some college	44.8%	55.2%
	Associates degree	62.4%	37.6%
	Bachelor's degree or higher	53.2%	46.8%
Household	Less than \$20,000	49.8%	50.2%
income	\$20,000-\$34,999	57.5%	42.5%
	\$35,000-\$49,999	40.5%	59.5%
	\$50,000-\$99,999	52.2%	47.8%
	\$100,000+	51.6%	48.4%
County	Meeker	54.3%	45.7%
	McLeod	50.3%	49.7%
	Sibley	46.2%	53.8%
2022 All (3 count	ties combined)	50.7%	49.3%

# 20. Are you aware of the 988 Suicide & Crisis Lifeline?

\*New question in 2022

n=1177		Yes	No
Sex	Female	4.8%	95.2%
	Male	1.5%	98.5%
Age categories	18-34	1.1%	98.9%
	35-44	1.9%	98.1%
	45-54	4.9%	95.1%
	55-64	5.6%	94.4%
	65-74	3.1%	97.0%
	75+	2.8%	97.2%
Education	Less than high school	0.0%	100.0%
	High school diploma/GED	3.6%	96.4%
	Vocational school or some college	5.7%	94.3%
	Associates degree	1.9%	98.1%
	Bachelor's degree or higher	1.9%	98.2%
Household	Less than \$20,000	17.6%	82.4%
income	\$20,000-\$34,999	6.5%	93.5%
	\$35,000-\$49,999	3.8%	96.2%
	\$50,000-\$99,999	1.8%	98.2%
	\$100,000+	1.8%	98.2%
County	Meeker	2.9%	97.2%
	McLeod	3.4%	96.6%
	Sibley	2.9%	97.1%
2022 All (3 count	ies combined)	3.1%	96.9%
2018 All (3 count	ies combined)	2.8%	97.2%
2014 All (3 count	ies combined)	4.8%	95.2%

21. Are you in a relationship where you are (or have ever been) physically hurt, threatened or made to feel afraid?

n=1153		Never	Once a	A few	Once or	At least	Daily
			year or	times a	twice a	once/	
			less	year	month	week	
Sex	Female	52.5%	17.6%	18.2%	5.8%	4.9%	0.9%
	Male	54.3%	13.3%	15.5%	8.0%	8.1%	0.9%
Age	18-34	36.4%	20.3%	17.4%	13.0%	12.4%	0.6%
categories	35-44	52.6%	14.8%	22.6%	6.8%	3.2%	0.0%
	45-54	50.5%	14.2%	18.5%	6.2%	8.1%	2.6%
	55-64	61.3%	12.3%	14.7%	4.9%	5.7%	1.1%
	65-74	66.4%	14.6%	13.6%	2.8%	2.3%	0.3%
	75+	68.5%	14.1%	12.5%	2.6%	1.7%	0.6%
Education	Less than high school	85.2%	3.9%	9.6%	1.4%	0.0%	0.0%
	High school diploma/GED	68.2%	9.9%	11.6%	6.2%	2.1%	2.1%
	Vocational school or						
	some college	52.9%	13.2%	22.7%	2.4%	8.5%	0.4%
	Associates degree	52.2%	10.0%	14.2%	8.3%	14.0%	1.4%
	Bachelor's degree or						
	higher	44.7%	21.8%	17.9%	9.7%	5.4%	0.6%
Household	Less than \$20,000	52.4%	15.7%	19.9%	6.3%	5.6%	0.0%
income	\$20,000-\$34,999	51.4%	14.9%	8.1%	4.3%	16.7%	4.6%
	\$35,000-\$49,999	47.5%	13.3%	12.5%	20.8%	6.0%	0.0%
	\$50,000-\$99,999	59.8%	13.1%	14.4%	5.8%	6.1%	0.8%
	\$100,000+	48.2%	19.3%	23.0%	4.3%	4.8%	0.5%
County	Meeker	58.2%	17.4%	12.6%	4.5%	6.4%	1.0%
	McLeod	50.4%	15.7%	18.5%	8.4%	6.1%	1.0%
	Sibley	53.6%	12.1%	19.3%	6.9%	7.6%	0.6%
2022 All (3 c	ounties combined)	53.4%	15.5%	16.9%	6.9%	6.5%	0.9%

22. How often are you in a situation where you feel unaccepted, unvalued or unwelcomed?

22A. (Of those who are ever in situation where they feel unaccepted, unvalued or unwelcomed) Why do you feel unaccepted, unvalued or unwelcomed? (*Mark ALL that apply.*)

n=463		Discrim	Racial differe	Not	Social-	Recent	Other
		mation	nce	menary	mic	19	
			nee		differe	diagnos	
					nce	is	
Sex	Female	9.3%	3.9%	50.4%	23.9%	0.5%	26.6%
	Male	8.9%	0.7%	52.9%	25.7%	0.3%	27.3%
Age	18-34	12.1%	2.1%	54.7%	33.8%	0.0%	30.7%
categories	35-44	6.9%	7.7%	62.4%	25.5%	0.0%	10.9%
	45-54	13.8%	1.1%	37.4%	16.6%	0.0%	41.0%
	55-64	3.6%	1.3%	51.6%	18.6%	0.0%	26.3%
	65-74	6.5%	0.0%	44.6%	23.4%	3.5%	23.5%
	75+	3.5%	0.0%	58.2%	16.3%	0.7%	16.1%
Education	Less than high school	*	*	*	*	*	*
	High school diploma/GED	5.1%	5.2%	43.5%	30.6%	1.1%	24.4%
	Vocational school or						
	some college	4.4%	0.0%	46.1%	22.5%	0.0%	34.8%
	Associates degree	27.1%	6.4%	58.3%	10.9%	0.0%	17.9%
	Bachelor's degree or						
	higher	8.1%	1.1%	56.1%	27.7%	0.4%	26.0%
Household	Less than \$20,000	20.6%	0.0%	41.6%	40.0%	0.0%	20.0%
income	\$20,000-\$34,999	26.8%	5.7%	57.0%	27.0%	0.5%	20.1%
	\$35,000-\$49,999	1.2%	0.0%	35.4%	47.1%	0.0%	25.4%
	\$50,000-\$99,999	6.8%	0.0%	53.1%	22.8%	0.9%	27.4%
_	\$100,000+	8.1%	4.7%	57.9%	16.4%	0.2%	28.6%
County	Meeker	4.8%	2.0%	52.3%	11.1%	0.8%	27.9%
	McLeod	11.1%	3.2%	50.5%	60.5%	0.3%	23.4%
	Sibley	9.6%	0.5%	53.9%	28.7%	0.0%	35.1%
2022 All (3 c	ounties combined)	9.1%	2.3%	51.6%	24.8%	0.4%	26.9%

n=1220		Family	Friends	Cowork ers	Neighb ors	Faith commu nity	I don't have anyone to turn to
Sex	Female	90.3%	70.2%	25.6%	9.3%	27.0%	1.7%
	Male	89.5%	53.9%	11.1%	6.2%	17.4%	3.9%
Age	18-34	97.4%	74.1%	24.8%	1.6%	16.8%	1.3%
categories	35-44	91.6%	59.8%	19.3%	9.3%	20.5%	1.2%
	45-54	88.7%	69.7%	29.4%	8.9%	19.7%	5.2%
	55-64	84.6%	58.0%	17.5%	8.5%	26.1%	4.8%
	65-74	88.5%	55.9%	6.3%	11.8%	28.7%	2.1%
	75+	83.5%	41.8%	2.5%	10.8%	24.9%	2.2%
Education	Less than high school	86.6%	55.6%	0.0%	1.7%	7.3%	0.6%
	High school diploma/GED	83.3%	59.4%	7.4%	9.6%	25.7%	5.6%
	Vocational school or						
	some college	87.2%	55.5%	11.5%	5.8%	21.2%	3.3%
	Associates degree	91.1%	57.4%	26.5%	2.3%	16.3%	3.9%
	Bachelor's degree or						
	higher	95.1%	69.3%	26.8%	9.9%	22.8%	0.9%
Household	Less than \$20,000	71.1%	50.8%	4.7%	8.9%	19.5%	5.4%
income	\$20,000-\$34,999	77.1%	57.2%	15.6%	13.9%	20.1%	12.0%
	\$35,000-\$49,999	88.3%	69.5%	10.3%	4.9%	25.2%	2.1%
	\$50,000-\$99,999	92.3%	66.3%	17.4%	5.1%	27.0%	2.2%
	\$100,000+	95.3%	58.3%	25.9%	9.5%	17.0%	0.7%
County	Meeker	90.8%	68.2%	17.9%	7.1%	26.8%	1.5%
	McLeod	89.8%	57.4%	19.7%	7.4%	18.0%	3.1%
	Sibley	88.7%	64.0%	15.5%	9.6%	25.5%	4.2%
2022 All (3 c	ounties combined)	89.9%	62.0%	18.3%	7.7%	22.2%	2.8%

# 23. Who do you turn to during unexpected hardships? (Mark ALL that apply.)

n=1153		Never	Seldom	Some of	Most of
				the time	the time
Sex	Female	0.7%	12.0%	49.0%	38.3%
	Male	2.0%	11.2%	49.6%	37.1%
Age	18-34	0.8%	21.3%	45.0%	32.9%
categories	35-44	1.3%	6.0%	61.5%	31.3%
	45-54	1.8%	11.6%	57.6%	29.0%
	55-64	2.1%	7.8%	44.6%	45.4%
	65-74	1.0%	9.2%	47.8%	42.1%
	75+	1.4%	7.9%	38.0%	52.8%
Education	Less than high school	0.0%	5.1%	24.5%	70.5%
	High school diploma/GED	2.9%	9.0%	47.7%	40.5%
	Vocational school or some college	1.5%	11.2%	52.2%	35.2%
	Associates degree	1.9%	13.2%	48.7%	36.3%
	Bachelor's degree or higher	0.7%	13.0%	50.5%	35.9%
Household	Less than \$20,000	0.8%	9.5%	48.8%	41.0%
income	\$20,000-\$34,999	4.8%	4.9%	48.5%	41.8%
	\$35,000-\$49,999	1.6%	11.5%	54.8%	32.1%
	\$50,000-\$99,999	1.5%	13.0%	51.0%	34.5%
	\$100,000+	0.6%	12.4%	45.9%	41.1%
County	Meeker	0.2%	7.7%	45.8%	46.3%
	McLeod	2.3%	14.4%	51.6%	31.8%
	Sibley	1.1%	10.7%	48.9%	39.3%
2022 All (3 co	ounties combined)	1.4%	11.6%	49.3%	37.7%

## 24. To what extent do people in your community know, trust and support each other?

n=1175		At no	Some	Less	More	Most of	All of
		time	of the	than	than	the	the
			time	half of	half of	time	time
				the	the		
				time	time		
Sex	Female	0.1%	4.0%	9.1%	18.0%	59.5%	9.3%
	Male	0.8%	3.6%	4.0%	16.4%	64.4%	10.9%
Age	18-34	0.0%	6.9%	8.1%	21.8%	60.0%	3.3%
categories	35-44	0.0%	1.3%	6.1%	20.1%	69.5%	3.1%
	45-54	1.8%	4.2%	10.1%	17.5%	53.2%	13.2%
	55-64	0.6%	2.8%	5.0%	13.6%	65.9%	12.2%
	65-74	0.0%	1.0%	4.5%	13.2%	63.0%	18.3%
	75+	0.5%	5.3%	3.4%	13.6%	59.9%	17.3%
Education	Less than high school	0.0%	6.9%	2.1%	9.0%	76.2%	5.9%
	High school diploma/GED	0.5%	1.7%	4.8%	14.6%	64.8%	13.6%
	Vocational school or						
	some college	1.6%	2.8%	4.1%	21.2%	57.2%	13.2%
	Associates degree	0.0%	0.8%	10.9%	12.2%	69.5%	6.6%
	Bachelor's degree or						
	higher	0.0%	5.9%	8.1%	18.2%	60.5%	7.3%
Household	Less than \$20,000	2.6%	3.5%	6.1%	15.4%	54.7%	17.7%
income	\$20,000-\$34,999	0.2%	3.2%	8.4%	10.0%	67.0%	11.2%
	\$35,000-\$49,999	0.0%	2.6%	5.2%	14.4%	68.7%	9.1%
	\$50,000-\$99,999	0.8%	1.8%	7.0%	24.4%	55.5%	10.5%
	\$100,000+	0.0%	6.1%	6.5%	13.3%	66.6%	7.6%
County	Meeker	1.2%	5.9%	3.6%	14.3%	65.9%	9.2%
	McLeod	0.2%	2.7%	7.7%	19.1%	59.1%	11.3%
	Sibley	0.0%	3.4%	8.0%	17.0%	62.8%	8.8%
2022 All (3 c	ounties combined)	0.5%	3.8%	6.5%	17.2%	61.9%	10.1%

25a. For each of the following statements, please mark which is the closest to how you have been feeling over the last 2 weeks. I have felt cheerful and in good spirits.

n=1171		At no	Some	Less	More	Most of	All of
		time	of the	than	than	the	the
			time	half of	half of	time	time
				the	the		
				time	time		
Sex	Female	1.2%	4.8%	13.1%	23.0%	52.6%	5.3%
	Male	0.1%	5.1%	4.5%	20.4%	59.8%	10.1%
Age	18-34	0.5%	9.4%	10.7%	26.7%	51.9%	0.9%
categories	35-44	0.7%	2.6%	8.4%	26.6%	61.8%	0.0%
	45-54	1.8%	3.8%	15.5%	20.4%	49.1%	9.4%
	55-64	0.2%	3.9%	6.0%	21.2%	58.2%	10.5%
	65-74	0.6%	2.1%	4.1%	15.4%	62.4%	15.4%
	75+	0.3%	6.2%	5.3%	13.8%	56.9%	17.5%
Education	Less than high school	0.0%	3.2%	1.2%	42.8%	47.0%	5.8%
	High school diploma/GED	0.5%	3.4%	5.2%	18.5%	60.7%	11.7%
	Vocational school or						
	some college	1.2%	3.5%	9.3%	23.4%	53.5%	9.1%
	Associates degree	1.0%	5.2%	10.3%	16.1%	60.8%	6.6%
	Bachelor's degree or						
	higher	0.5%	6.3%	10.6%	22.7%	55.2%	4.8%
Household	Less than \$20,000	0.0%	3.2%	1.2%	42.8%	47.0%	5.8%
income	\$20,000-\$34,999	0.5%	3.4%	5.2%	18.5%	60.7%	11.7%
	\$35,000-\$49,999	1.2%	3.5%	9.3%	23.4%	53.5%	9.1%
	\$50,000-\$99,999	1.0%	5.2%	10.3%	16.1%	60.8%	6.6%
	\$100,000+	0.5%	6.3%	10.6%	22.7%	55.2%	4.8%
County	Meeker	0.4%	9.0%	8.3%	20.3%	54.2%	7.8%
	McLeod	0.7%	2.8%	9.0%	22.4%	57.1%	8.1%
	Sibley	1.2%	4.2%	8.8%	22.1%	57.1%	6.7%
2022 All (3 c	ounties combined)	0.7%	5.0%	8.8%	21.7%	56.2%	7.7%

25b. For each of the following statements, please mark which is the closest to how you have been feeling over the last 2 weeks. I have felt calm and relaxed.

n=1169		At no	Some	Less	More	Most of	All of
		time	of the	than	than	the	the
			time	half of	half of	time	time
				the	the		
				time	time		
Sex	Female	3.3%	12.0%	16.8%	28.1%	35.7%	4.0%
	Male	0.9%	3.1%	17.5%	23.7%	46.5%	8.3%
Age	18-34	1.6%	8.8%	21.4%	23.3%	44.3%	0.6%
categories	35-44	1.3%	6.5%	15.6%	37.1%	38.3%	1.3%
	45-54	3.9%	9.6%	22.7%	21.4%	32.1%	10.4%
	55-64	1.5%	4.6%	15.2%	25.3%	46.9%	6.6%
	65-74	1.3%	5.8%	9.6%	27.2%	44.6%	11.6%
	75+	4.0%	10.8%	14.6%	21.6%	36.6%	12.4%
Education	Less than high school	2.0%	5.1%	12.7%	38.2%	39.5%	2.5%
	High school diploma/GED	0.8%	7.6%	13.4%	24.3%	45.3%	8.7%
	Vocational school or						
	some college	3.9%	7.6%	21.2%	25.3%	34.7%	7.3%
	Associates degree	0.2%	12.2%	21.4%	16.1%	43.5%	6.7%
	Bachelor's degree or						
	higher	2.1%	6.6%	16.6%	29.4%	41.1%	4.2%
Household	Less than \$20,000	2.7%	8.6%	24.0%	22.2%	28.2%	14.4%
income	\$20,000-\$34,999	1.7%	13.7%	27.0%	28.5%	20.5%	8.6%
	\$35,000-\$49,999	1.9%	9.1%	13.9%	19.9%	49.7%	5.5%
	\$50,000-\$99,999	2.3%	6.4%	16.8%	32.3%	36.7%	5.4%
	\$100,000+	1.6%	5.8%	16.8%	21.3%	49.6%	5.0%
County	Meeker	2.6%	4.6%	21.9%	27.5%	37.5%	5.9%
	McLeod	1.3%	9.1%	15.9%	24.3%	42.8%	6.6%
	Sibley	3.4%	8.1%	13.0%	27.4%	42.5%	5.6%
2022 All (3 c	ounties combined)	2.1%	7.5%	17.2%	25.9%	41.1%	6.2%

25c. For each of the following statements, please mark which is the closest to how you have been feeling over the last 2 weeks. I have felt active and vigorous.

25d. For each of the following statements, please mark which is the closest to how you have been feeling over the last 2 weeks. I woke up feeling fresh and rested.

n=1172		At no	Some	Less	More	Most of	All of
		time	of the	than	than	the	the
			time	half of	half of	time	time
				the	the		
				time	time		
Sex	Female	6.2%	13.3%	16.9%	21.9%	36.4%	5.4%
	Male	1.9%	7.6%	17.4%	27.0%	38.7%	7.4%
Age	18-34	4.7%	19.2%	18.3%	27.2%	28.6%	1.9%
categories	35-44	0.6%	5.6%	30.7%	29.9%	31.2%	2.1%
	45-54	9.0%	10.1%	16.3%	18.8%	36.4%	9.4%
	55-64	3.1%	6.7%	14.8%	24.4%	45.2%	5.9%
	65-74	3.4%	5.5%	10.5%	25.7%	44.5%	10.4%
	75+	2.5%	11.0%	8.1%	17.1%	46.9%	14.5%
Education	Less than high school	0.0%	7.7%	34.3%	2.6%	51.9%	3.5%
	High school diploma/GED	2.7%	9.7%	9.0%	26.5%	42.4%	9.7%
	Vocational school or						
	some college	6.9%	8.5%	15.4%	24.0%	39.3%	5.9%
	Associates degree	7.6%	14.6%	9.9%	11.9%	47.7%	8.3%
	Bachelor's degree or						
	higher	2.4%	11.2%	23.2%	28.7%	30.2%	4.3%
Household	Less than \$20,000	5.2%	13.6%	12.1%	20.1%	30.7%	18.3%
income	\$20,000-\$34,999	1.3%	27.9%	14.8%	19.1%	26.9%	10.0%
	\$35,000-\$49,999	2.5%	9.2%	14.7%	20.2%	48.4%	5.0%
	\$50,000-\$99,999	4.3%	8.4%	19.8%	24.0%	38.2%	5.4%
	\$100,000+	4.7%	7.9%	17.9%	29.1%	35.4%	5.0%
County	Meeker	4.0%	8.5%	13.6%	28.4%	38.3%	7.2%
	McLeod	3.9%	11.1%	21.0%	22.3%	35.0%	6.7%
	Sibley	4.5%	11.8%	13.0%	23.8%	42.7%	4.3%
2022 All (3 counties combined)		4.1%	10.4%	17.2%	24.5%	37.6%	6.4%
25e. For each of the following statements, please mark which is the closest to how you have been feeling over the last 2 weeks. My daily life has been filled with things that interest me.

n=1173		At no time	Some of the time	Less than half of the	More than half of the	Most of the time	All of the time
				time	time		
Sex	Female	0.8%	8.5%	6.3%	19.9%	51.9%	12.6%
	Male	0.7%	3.8%	10.6%	19.2%	50.8%	14.9%
Age	18-34	1.1%	6.2%	17.3%	22.2%	42.3%	10.9%
categories	35-44	0.0%	5.5%	5.0%	20.8%	64.7%	4.0%
	45-54	1.8%	5.6%	6.6%	21.9%	43.6%	20.4%
	55-64	0.0%	6.3%	5.9%	20.4%	51.8%	15.7%
	65-74	0.0%	5.3%	4.5%	13.6%	62.4%	14.2%
_	75+	1.5%	8.7%	5.9%	14.3%	48.9%	20.7%
Education	Less than high school	0.0%	4.3%	6.6%	14.5%	44.1%	30.5%
	High school diploma/GED	0.9%	7.4%	6.0%	12.7%	58.4%	14.5%
	Vocational school or						
	some college	1.7%	7.9%	8.5%	18.6%	50.4%	12.9%
	Associates degree	0.0%	3.5%	8.6%	26.8%	50.4%	10.8%
	Bachelor's degree or						
	higher	0.4%	5.4%	10.2%	21.1%	50.0%	12.9%
Household	Less than \$20,000	0.5%	15.0%	7.4%	12.9%	44.1%	20.2%
income	\$20,000-\$34,999	0.2%	9.2%	9.2%	22.9%	36.7%	21.9%
	\$35,000-\$49,999	1.4%	7.7%	5.9%	16.5%	59.7%	8.7%
	\$50,000-\$99,999	1.3%	6.5%	7.7%	19.8%	49.0%	15.8%
	\$100,000+	0.0%	2.5%	11.0%	21.6%	54.7%	10.2%
County	Meeker	1.6%	5.9%	7.3%	20.7%	51.7%	12.8%
	McLeod	0.2%	5.8%	10.1%	18.4%	52.1%	13.4%
	Sibley	0.8%	7.4%	6.3%	20.6%	49.0%	15.9%
2022 All (3 c	ounties combined)	0.7%	6.2%	8.5%	19.5%	51.4%	13.7%

New question in 2022.

n=1160		50 or less*	51-60	61-70	71-80	81-100
Age	18-34	23.1%	11.8%	15.1%	39.0%	11.1%
categories	35-44	11.0%	17.3%	12.8%	44.6%	14.4%
C	45-54	22.7%	20.1%	15.1%	36.7%	5.3%
	55-64	13.3%	18.5%	17.8%	45.7%	4.6%
	65-74	23.0%	13.6%	12.2%	38.4%	12.8%
	75+	13.1%	11.3%	13.4%	44.5%	17.7%
Education	Less than high school	9.9%	8.6%	11.8%	47.2%	22.5%
	High school diploma/GED	16.1%	10.3%	11.9%	41.0%	20.7%
	Vocational school or some					
	college	11.6%	5.8%	34.6%	41.4%	6.6%
	Associates degree	13.8%	10.4%	9.9%	50.4%	15.6%
	Bachelor's degree or higher	16.7%	18.7%	12.2%	37.3%	15.2%
Household	Less than \$20,000	19.8%	16.4%	6.3%	48.9%	8.7%
income	\$20,000-\$34,999	18.4%	14.9%	17.6%	38.4%	10.7%
	\$35,000-\$49,999	22.0%	9.8%	13.0%	35.9%	19.3%
	\$50,000-\$99,999	21.6%	20.7%	16.4%	27.8%	13.5%
	\$100,000+	17.2%	10.0%	8.7%	54.4%	9.8%
County	Meeker	16.0%	14.7%	17.4%	39.4%	12.7%
	McLeod	15.9%	16.2%	12.5%	43.5%	11.9%
	Sibley	17.1%	14.4%	16.1%	39.8%	12.6%
2022 All (3	2022 All (3 counties combined)		14.5%	14.0%	41.8%	12.7%

25a-e. WHO (Five) Well-Being Index (calculated variable)

A score of 50 or less indicates poor wellbeing and suggests further investigation for symptoms of depression.

### 26. Currently have health insurance

n=1203		Currently	Currently
		uninsured	insured
Sex	Female	2.3%	97.7%
	Male	2.4%	97.6%
Age categories	18-34	1.9%	98.1%
	35-44	0.0%	100.0%
	45-54	1.8%	98.2%
	55-64	6.0%	94.0%
	65-74	2.0%	98.0%
	75+	1.7%	98.4%
Education	Less than high school	0.9%	99.1%
	High school diploma/GED	4.7%	95.3%
	Vocational school or some college	2.4%	97.6%
	Associates degree	2.9%	97.1%
	Bachelor's degree or higher	1.1%	98.9%
Household	Less than \$20,000	2.2%	97.9%
income	\$20,000-\$34,999	1.8%	98.2%
	\$35,000-\$49,999	2.6%	97.4%
	\$50,000-\$99,999	2.8%	97.2%
	\$100,000+	2.2%	97.8%
County	Meeker	5.9%	94.1%
	McLeod	0.8%	99.2%
	Sibley	0.8%	99.2%
2022 All (3 count	ies combined)	2.4%	97.6%
2018 All (3 count	ies combined)	2.4%	97.6%
2014 All (3 count	ies combined)	1.8%	98.2%

27. In the past 12 months, has your household had health care costs (including prescriptions) that have made it difficult for you to pay other bills or afford necessities such as food, transportation or housing?

n=1188		Yes	No
Sex	Female	11.5%	88.5%
	Male	10.6%	89.4%
Age categories	18-34	4.8%	95.2%
	35-44	11.5%	88.5%
	45-54	16.9%	83.1%
	55-64	16.6%	83.4%
	65-74	9.8%	90.2%
	75+	7.7%	92.3%
Education	Less than high school	11.4%	88.6%
	High school diploma/GED	15.1%	84.9%
	Vocational school or some college	18.6%	81.4%
	Associates degree	13.2%	86.8%
	Bachelor's degree or higher	4.5%	95.5%
Household	Less than \$20,000	22.2%	77.8%
income	\$20,000-\$34,999	16.9%	83.1%
	\$35,000-\$49,999	15.2%	84.8%
	\$50,000-\$99,999	12.4%	87.6%
	\$100,000+	4.1%	95.9%
County	Meeker	8.7%	91.3%
	McLeod	10.4%	89.6%
	Sibley	16.4%	83.6%
2022 All (3 count	ies combined)	11.1%	88.9%
2018 All (3 count	ies combined)	16.0%	84.0%

n=1184		0 servings	1-2	3 -4	5 or more
			servings	servings	servings
Sex	Female	20.1%	55.6%	21.2%	3.1%
	Male	22.1%	44.7%	27.4%	5.7%
Age	18-34	23.3%	41.2%	30.5%	5.1%
categories	35-44	26.1%	56.3%	15.3%	2.2%
	45-54	23.3%	45.7%	24.2%	6.7%
	55-64	22.4%	55.3%	20.7%	1.7%
	65-74	14.1%	55.4%	27.0%	3.6%
	75+	12.3%	52.2%	26.6%	8.9%
Education	Less than high school	36.8%	38.6%	21.4%	3.2%
	High school diploma/GED	28.0%	47.7%	19.7%	4.7%
	Vocational school or some				
	college	22.2%	56.1%	19.0%	2.8%
	Associates degree	26.6%	51.7%	16.3%	5.4%
	Bachelor's degree or higher	15.6%	48.4%	31.0%	5.1%
Household	Less than \$20,000	25.1%	42.6%	22.5%	9.9%
income	\$20,000-\$34,999	34.6%	45.1%	14.5%	5.8%
	\$35,000-\$49,999	12.4%	52.1%	32.8%	2.8%
	\$50,000-\$99,999	28.6%	50.6%	19.3%	1.6%
	\$100,000+	11.3%	52.9%	29.1%	6.8%
County	Meeker	19.6%	45.1%	27.6%	7.7%
	McLeod	20.8%	51.8%	24.4%	3.0%
	Sibley	24.4%	53.7%	19.0%	2.9%
2022 All (3 co	ounties combined)	21.1%	50.1%	24.3%	4.4%
2018 All (3 co	unties combined)	18.1%	50.3%	25.4%	6.3%
2014 All (3 co	unties combined)	17.1%	49.9%	33.0% (3	or more)

28-29. Total servings of fruit eaten yesterday (calculated variable based on total servings of solid fruit and fruit juice servings combined)

n=1187		0 servings	1-2	3-4	5 or more
			servings	servings	servings
Sex	Female	13.5%	61.8%	21.6%	3.1%
	Male	16.6%	61.9%	19.6%	2.0%
Age	18-34	12.9%	64.8%	21.7%	0.6%
categories	35-44	23.0%	47.0%	27.0%	3.1%
	45-54	13.1%	60.6%	22.7%	3.5%
	55-64	18.1%	64.8%	14.8%	2.3%
	65-74	10.8%	65.2%	20.3%	3.7%
	75+	11.4%	69.7%	15.7%	3.3%
Education	Less than high school	17.8%	76.3%	4.1%	1.9%
	High school diploma/GED	20.5%	64.4%	11.5%	3.7%
	Vocational school or some				
	college	16.8%	59.8%	20.7%	2.7%
	Associates degree	22.8%	58.7%	17.6%	1.0%
	Bachelor's degree or higher	9.7%	61.6%	26.5%	2.3%
Household	Less than \$20,000	27.8%	59.6%	9.9%	2.7%
income	\$20,000-\$34,999	25.8%	62.3%	10.4%	1.5%
	\$35,000-\$49,999	18.7%	54.6%	25.3%	1.5%
	\$50,000-\$99,999	17.0%	62.6%	17.9%	2.6%
	\$100,000+	7.7%	63.5%	26.7%	2.1%
County	Meeker	10.9%	64.6%	22.4%	2.1%
	McLeod	16.8%	59.9%	20.6%	2.7%
	Sibley	17.0%	62.6%	17.7%	2.7%
2022 All (3 co	ounties combined)	15.1%	61.8%	20.6%	2.5%
2018 All (3 cc	ounties combined)	13.6%	61.7%	21.0%	3.7%
2014 All (3 co	ounties combined)	14.0%	63.0%	18.3%	4.7%

# 30. How many servings of vegetables did you have yesterday?

n=1173		0	1-2	3-4	5 or more
		servings	servings	servings	servings
Sex	Female	5.0%	28.6%	37.4%	29.0%
	Male	10.5%	30.0%	25.0%	34.5%
Age	18-34	4.6%	35.8%	21.9%	37.7%
categories	35-44	14.6%	35.3%	18.2%	32.0%
	45-54	7.4%	24.8%	36.0%	31.9%
	55-64	11.6%	25.4%	39.1%	24.0%
	65-74	3.9%	26.3%	39.2%	30.7%
	75+	3.2%	23.0%	40.7%	33.2%
Education	Less than high school	1.9%	57.3%	19.3%	21.6%
	High school diploma/GED	11.6%	30.8%	36.2%	21.4%
	Vocational school or some				
	college	7.4%	29.8%	36.3%	26.6%
	Associates degree	11.6%	41.1%	24.9%	22.4%
	Bachelor's degree or higher	5.6%	23.5%	28.4%	42.5%
Household	Less than \$20,000	17.6%	28.5%	25.8%	28.1%
income	\$20,000-\$34,999	19.4%	28.4%	35.5%	16.7%
	\$35,000-\$49,999	6.7%	24.6%	32.0%	36.7%
	\$50,000-\$99,999	8.9%	32.0%	37.6%	21.5%
	\$100,000+	2.6%	28.1%	24.1%	45.2%
County	Meeker	6.1%	23.0%	33.7%	37.2%
	McLeod	9.5%	29.7%	29.3%	31.5%
	Sibley	5.7%	37.9%	32.1%	24.4%
2022 All (3	counties combined)	7.7%	29.3%	31.2%	31.8%
2018 All (3 d	counties combined)	5.8%	24.4%	34.2%	35.5%
2014 All (3 d	counties combined)	6.7%	28.2%	29.2%	35.9%

# 28-30. Total servings of fruits and vegetables eaten yesterday (calculated variable)

31a. How often did you drink the following	beverages in the past week?	Fruit drinks
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n=1187		Never or less	1 time per	2-4 times	5-6 times	1 time per	2-3 times	4 or more
		than 1 time	week	per week	per week	day	per day	times per
		per week						day
Sex	Female	85.4%	6.9%	4.8%	1.3%	0.9%	0.7%	0.1%
	Male	77.7%	7.4%	9.1%	1.2%	2.8%	1.7%	0.1%
Age	18-34	73.0%	10.9%	12.1%	0.6%	3.4%	0.0%	0.0%
categories	35-44	89.0%	3.6%	7.5%	0.0%	0.0%	0.0%	0.0%
	45-54	88.8%	6.3%	4.7%	0.3%	0.0%	0.0%	0.0%
	55-64	85.4%	6.5%	1.6%	1.7%	1.8%	2.7%	0.2%
	65-74	79.8%	5.9%	6.9%	3.7%	2.2%	1.4%	0.2%
	75+	74.3%	7.7%	7.5%	2.0%	3.9%	4.4%	0.3%
Education	Less than high school	79.4%	4.9%	2.1%	2.7%	3.8%	7.2%	0.0%
	High school diploma/GED	78.9%	6.8%	4.6%	1.8%	5.9%	1.8%	0.2%
	Vocational school or some							
	college	79.9%	8.5%	6.4%	2.3%	1.8%	1.1%	0.0%
	Associates degree	81.5%	14.0%	3.1%	0.6%	0.0%	0.8%	0.0%
	Bachelor's degree or highe	r 84.0%	5.0%	9.4%	0.6%	0.4%	0.8%	0.0%
Household	Less than \$20,000	79.5%	2.6%	11.4%	4.1%	1.0%	0.7%	0.8%
income	\$20,000-\$34,999	67.9%	17.5%	6.6%	2.5%	1.4%	3.9%	0.2%
	\$35,000-\$49,999	82.4%	6.3%	5.2%	2.4%	1.6%	2.1%	0.0%
	\$50,000-\$99,999	82.4%	6.8%	5.2%	1.1%	3.8%	0.7%	0.0%
	\$100,000+	83.5%	5.7%	9.5%	0.3%	0.1%	0.8%	0.1%
County	Meeker	82.8%	5.8%	5.4%	1.1%	3.7%	1.0%	0.1%
	McLeod	81.3%	8.2%	6.9%	1.1%	1.0%	1.6%	0.1%
	Sibley	80.2%	6.6%	9.6%	1.7%	1.3%	0.6%	0.1%
2022 All (3 c	ounties combined)	81.5%	7.1%	7.0%	1.2%	1.9%	1.2%	0.1%
2018 All (3 c	ounties combined)	79.4%	8.8%	7.1%	1.2%	1.8%	1.0%	0.6%

31b. How often did you drink	the following beverages	in the past week?	Sports drinks
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	Never or less	1 time per	2-4 times	5-6 times	1 time per	2-3 times	4 or more
	than 1 time	week	per week	per week	day	per day	times per
	per week						day
Female	85.4%	8.1%	3.4%	1.2%	1.1%	0.5%	0.3%
Male	76.4%	9.5%	7.4%	4.2%	1.6%	0.9%	0.0%
18-34	70.6%	11.6%	8.4%	8.1%	1.3%	0.0%	0.0%
35-44	78.0%	14.8%	5.4%	1.9%	0.0%	0.0%	0.0%
45-54	81.6%	6.2%	4.6%	0.9%	3.6%	3.0%	0.0%
55-64	84.9%	6.6%	5.1%	1.1%	1.4%	0.0%	0.8%
65-74	89.1%	6.2%	3.1%	0.3%	0.6%	0.8%	0.0%
75+	90.5%	4.7%	3.1%	0.0%	1.1%	0.6%	0.0%
Less than high school	92.7%	3.1%	1.4%	0.0%	0.0%	2.7%	0.0%
High school diploma/GED	77.1%	12.2%	5.9%	1.7%	2.9%	0.2%	0.0%
Vocational school or some							
college	84.1%	7.5%	6.6%	1.0%	0.6%	0.3%	0.0%
Associates degree	79.7%	4.1%	10.9%	0.0%	3.6%	1.2%	0.6%
Bachelor's degree or highe	er 80.9%	9.7%	3.1%	5.2%	0.5%	0.7%	0.0%
Less than \$20,000	78.2%	11.2%	7.0%	3.4%	0.2%	0.0%	0.0%
\$20,000-\$34,999	80.9%	1.1%	13.5%	0.8%	1.7%	1.9%	0.0%
\$35,000-\$49,999	81.8%	7.3%	7.3%	2.8%	0.3%	0.6%	0.0%
\$50,000-\$99,999	76.8%	14.7%	4.7%	0.3%	1.9%	1.2%	0.4%
\$100,000+	84.7%	5.1%	3.0%	5.9%	1.4%	0.0%	0.0%
Meeker	82.8%	10.4%	4.7%	0.6%	0.7%	0.6%	0.2%
McLeod	79.0%	8.5%	5.1%	4.8%	1.7%	0.9%	0.2%
Sibley	82.8%	7.2%	7.2%	0.7%	1.8%	0.3%	0.0%
ounties combined)	80.9%	8.8%	5.4%	2.7%	1.4%	0.7%	0.2%
ounties combined)	82.4%	9.3%	5.6%	1.9%	0.8%	0.0%	0.0%
	FemaleMale18-3435-4445-5455-6465-7475+Less than high schoolHigh school diploma/GEDVocational school or somecollegeAssociates degreeBachelor's degree or higheLess than \$20,000\$20,000-\$34,999\$35,000-\$49,999\$50,000-\$99,999\$100,000+MeekerMcLeodSibleyounties combined)	Never or less than 1 time per week       Female     85.4%       Male     76.4%       18-34     70.6%       35-44     78.0%       45-54     81.6%       55-64     84.9%       65-74     89.1%       75+     90.5%       Less than high school     92.7%       High school diploma/GED     77.1%       Vocational school or some     70.6%       college     84.1%       Associates degree     79.7%       Bachelor's degree or higher     80.9%       \$20,000-\$34,999     80.9%       \$35,000-\$49,999     81.8%       \$50,000-\$99,999     76.8%       \$100,000+     84.7%       Meeker     82.8%       McLeod     79.0%       Sibley     82.8%       ounties combined)     80.9%	Never or less than 1 time per week     1 time per week       Female     85.4%     8.1%       Male     76.4%     9.5%       18-34     70.6%     11.6%       35-44     78.0%     14.8%       45-54     81.6%     6.2%       55-64     84.9%     6.6%       65-74     89.1%     6.2%       75+     90.5%     4.7%       Less than high school     92.7%     3.1%       High school diploma/GED     77.1%     12.2%       Vocational school or some     7.5%     4.1%       college     84.1%     7.5%       Associates degree     79.7%     4.1%       Bachelor's degree or higher     80.9%     9.7%       Less than \$20,000     78.2%     11.2%       \$20,000-\$34,999     81.8%     7.3%       \$50,000-\$49,999     76.8%     14.7%       \$100,000+     84.7%     5.1%       Meeker     82.8%     10.4%       McLeod     79.0%     8.5%       Sibley     82.8%     9	Never or less than 1 time per week1 time per week2-4 times per weekFemale85.4%8.1%3.4%Male76.4%9.5%7.4%18-3470.6%11.6%8.4%35-4478.0%14.8%5.4%45-5481.6%6.2%4.6%55-6484.9%6.6%5.1%65-7489.1%6.2%3.1%75+90.5%4.7%3.1%Less than high school92.7%3.1%1.4%High school diploma/GED77.1%12.2%5.9%Vocational school or some college84.1%7.5%6.6%Associates degree79.7%4.1%10.9%Bachelor's degree or higher80.9%9.7%3.1%Less than \$20,00078.2%11.2%7.0%\$20,000-\$34,99981.8%7.3%7.3%\$50,000-\$99,99976.8%14.7%4.7%\$100,000+84.7%5.1%3.0%Meeker82.8%10.4%4.7%Sibley82.8%7.2%7.2%ounties combined)82.4%9.3%5.6%	Never or less than 1 time per week1 time per week2-4 times per weekFemale85.4%8.1%3.4%1.2%Male76.4%9.5%7.4%4.2%18-3470.6%11.6%8.4%8.1%35-4478.0%14.8%5.4%1.9%45-5481.6%6.2%4.6%0.9%55-6484.9%6.6%5.1%1.1%65-7489.1%6.2%3.1%0.3%75+90.5%4.7%3.1%0.0%High school92.7%3.1%1.4%0.0%High school or some77.1%12.2%5.9%1.7%college84.1%7.5%6.6%1.0%Associates degree79.7%4.1%10.9%0.0%Bachelor's degree or higher80.9%9.7%3.1%5.2%Less than \$20,00078.2%11.2%7.0%3.4%\$20,000-\$34,99981.8%7.3%7.3%2.8%\$50,000-\$99,99976.8%14.7%4.7%0.3%\$100,000+82.8%10.4%4.7%0.6%Meeker82.8%10.4%4.7%0.6%Meeker82.8%7.2%7.2%0.7%Subley82.8%7.2%7.2%0.7%Ounties combined)82.4%9.3%5.6%1.9%	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       Female     85.4%     8.1%     3.4%     1.2%     1.1%       Male     76.4%     9.5%     7.4%     4.2%     1.6%       18-34     70.6%     11.6%     8.4%     8.1%     1.3%       35-44     78.0%     14.8%     5.4%     1.9%     0.0%       45-54     81.6%     6.2%     4.6%     0.9%     3.6%       55-64     84.9%     6.6%     5.1%     1.1%     1.4%       65-74     89.1%     6.2%     3.1%     0.3%     0.6%       75+     90.5%     4.7%     3.1%     0.0%     0.0%       High school     92.7%     3.1%     1.4%     0.0%     0.0%       Associates degree     79.7%     4.1%     10.9%     0.0%     3.6%       Eess than high school     9.3%     9.7%     3.1%     0.2%     0.5%       Less than s20,000     78.2%     11.2%     7.0%	Never or less than 1 time per week1 time per per week2-4 times per week5-6 times per week1 time per day2-3 times per dayFemale85.4%8.1%3.4%1.2%1.1%0.5%Male76.4%9.5%7.4%4.2%1.6%0.9%18-3470.6%11.6%8.4%8.1%1.3%0.0%35-4478.0%14.8%5.4%1.9%0.0%0.0%45-5481.6%6.2%4.6%0.9%3.6%3.0%55-6484.9%6.6%5.1%1.1%1.4%0.0%65-7489.1%6.2%3.1%0.3%0.6%0.8%75+90.5%4.7%3.1%0.0%0.0%2.7%High school92.7%3.1%1.4%0.0%0.0%2.7%High school diploma/GED77.1%12.2%5.9%1.7%2.9%0.2%Vocational school or somecc0.0%3.6%1.2%college84.1%7.5%6.6%1.0%0.6%0.3%Associates degree or higher80.9%1.1%13.5%0.8%1.7%1.9%§35,000-\$49,99981.8%7.3%7.3%2.8%0.3%0.6%\$50,000-\$99,99976.8%11.4%4.7%0.6%0.7%1.2%\$50,000-\$99,99976.8%10.4%4.7%0.6%0.7%0.6%\$50,000-\$99,99976.8%10.4%4.7%0.6%0.7%0.6%

### 31c. How often did you drink the following beverages in the past week? Regular soda or pop

	Never or less	1 time per	2-4 times	5-6 times	1 time per	2-3 times	4 or more
	than 1 time	week	per week	per week	day	per day	times per
	per week						day
Female	54.7%	21.1%	12.1%	3.8%	4.8%	3.0%	0.5%
Male	50.8%	14.8%	12.6%	2.2%	14.5%	4.3%	0.8%
18-34	47.7%	21.3%	9.5%	1.3%	15.1%	5.0%	0.0%
35-44	53.9%	11.3%	15.2%	5.5%	10.1%	2.7%	1.4%
45-54	55.1%	19.5%	10.4%	3.9%	6.3%	4.8%	0.0%
55-64	51.2%	16.9%	13.4%	2.2%	11.0%	3.7%	1.8%
65-74	56.5%	17.8%	13.5%	3.8%	5.0%	2.8%	0.7%
75+	56.9%	19.7%	14.8%	2.0%	5.5%	1.0%	0.2%
Less than high school	69.8%	15.4%	6.4%	1.5%	5.9%	0.0%	0.9%
High school diploma/GED	46.4%	13.8%	18.4%	3.8%	10.9%	4.1%	2.6%
Vocational school or some							
college	54.1%	19.4%	17.3%	1.3%	2.4%	5.2%	0.2%
Associates degree	40.2%	9.8%	12.7%	4.6%	19.5%	12.6%	0.6%
Bachelor's degree or highe	er 57.1%	21.1%	7.2%	3.2%	11.0%	0.5%	0.0%
Less than \$20,000	46.7%	13.0%	21.6%	7.4%	3.1%	3.4%	4.8%
\$20,000-\$34,999	40.0%	19.6%	14.8%	1.7%	7.8%	15.9%	0.2%
\$35,000-\$49,999	53.8%	16.7%	12.3%	1.6%	9.9%	5.7%	0.0%
\$50,000-\$99,999	61.2%	15.3%	13.2%	2.7%	4.6%	2.2%	0.8%
\$100,000+	47.4%	20.9%	10.0%	3.7%	16.6%	1.2%	0.2%
Meeker	57.2%	17.4%	10.9%	2.1%	9.6%	1.9%	0.9%
McLeod	50.4%	17.3%	11.2%	4.4%	12.5%	3.9%	0.2%
Sibley	51.7%	20.0%	17.4%	0.8%	3.1%	5.5%	1.5%
ounties combined)	52.7%	17.9%	12.4%	3.0%	9.7%	3.6%	0.7%
ounties combined)	49.0%	17.0%	17.7%	5.2%	5.1%	4.7%	1.3%
	Female     Male     18-34     35-44     45-54     55-64     65-74     75+     Less than high school     High school diploma/GED     Vocational school or some     college     Associates degree     Bachelor's degree or highe     Less than \$20,000     \$20,000-\$34,999     \$35,000-\$49,999     \$50,000-\$99,999     \$100,000+     Meeker     McLeod     Sibley     Dunties combined)	Never or less than 1 time per week       Female     54.7%       Male     50.8%       18-34     47.7%       35-44     53.9%       45-54     55.1%       55-64     51.2%       65-74     56.5%       75+     56.9%       Less than high school     69.8%       High school diploma/GED     46.4%       Vocational school or some     20.0%       college     54.1%       Associates degree     40.2%       Bachelor's degree or higher     57.1%       Less than \$20,000     46.7%       \$20,000-\$34,999     53.8%       \$50,000-\$99,999     53.8%       \$50,000-\$99,999     51.2%       McLeod     50.4%       Sibley     51.7%       Dunties combined)     49.0%	Never or less than 1 time     1 time per week       Female     54.7%     21.1%       Male     50.8%     14.8%       18-34     47.7%     21.3%       35-44     53.9%     11.3%       45-54     55.1%     19.5%       55-64     51.2%     16.9%       65-74     56.5%     17.8%       75+     56.9%     19.7%       Less than high school     69.8%     15.4%       High school diploma/GED     46.4%     13.8%       Vocational school or some     57.1%     21.1%       college     54.1%     19.4%       Associates degree     40.2%     9.8%       Bachelor's degree or higher     57.1%     21.1%       Less than \$20,000     46.7%     13.0%       \$20,000-\$34,999     53.8%     16.7%       \$35,000-\$49,999     53.8%     16.7%       \$50,000-\$99,999     61.2%     15.3%       \$100,000+     47.4%     20.9%       Meeker     57.2%     17.4%       McLeod     50.4%	Never or less than 1 time per week1 time per week2-4 times per weekFemale54.7%21.1%12.1%Male50.8%14.8%12.6%18-3447.7%21.3%9.5%35-4453.9%11.3%15.2%45-5455.1%19.5%10.4%55-6451.2%16.9%13.4%65-7456.5%17.8%13.5%75+56.9%19.7%14.8%Less than high school69.8%15.4%6.4%High school diploma/GED46.4%13.8%18.4%Vocational school or somecccollege54.1%19.4%17.3%Associates degree40.2%9.8%12.7%Bachelor's degree or higher57.1%21.1%7.2%Less than \$20,00046.7%13.0%21.6%\$20,000-\$34,99953.8%16.7%12.3%\$50,000-\$99,99961.2%15.3%13.2%\$100,000+47.4%20.9%10.0%Meeker57.2%17.4%10.9%McLeod50.4%17.3%11.2%Sibley51.7%20.0%17.4%Dunties combined)49.0%17.0%17.7%	Never or less than 1 time per week     1 time per week per week     2-4 times per week     5-6 times per week       Female     54.7%     21.1%     12.1%     3.8%       Male     50.8%     14.8%     12.6%     2.2%       18-34     47.7%     21.3%     9.5%     1.3%       35-44     53.9%     11.3%     15.2%     5.5%       45-54     55.1%     19.5%     10.4%     3.9%       55-64     51.2%     16.9%     13.4%     2.2%       65-74     56.5%     17.8%     13.5%     3.8%       75+     56.9%     19.7%     14.8%     2.0%       Less than high school     69.8%     15.4%     6.4%     1.5%       High school diploma/GED     46.4%     13.8%     18.4%     3.8%       Vocational school or some     21.1%     7.2%     3.2%       college     54.1%     19.4%     17.3%     1.3%       Associates degree or higher     57.1%     21.1%     7.2%     3.2%       Less than \$20,000     46.7%     13	Never or less than 1 time per week1 time per week2-4 times per week5-6 times per week1 time per dayFemale54.7%21.1%12.1%3.8%4.8%Male50.8%14.8%12.6%2.2%14.5%18-3447.7%21.3%9.5%1.3%15.1%35-4453.9%11.3%15.2%5.5%10.1%45-5455.1%19.5%10.4%3.9%6.3%55-6451.2%16.9%13.4%2.2%11.0%65-7456.5%17.8%13.5%3.8%5.0%75+56.9%19.7%14.8%2.0%5.5%Less than high school69.8%15.4%6.4%1.5%5.9%High school diploma/GED46.4%13.8%18.4%3.8%10.9%Vocational school or somecollege54.1%19.4%17.3%1.3%2.4%Associates degree40.2%9.8%12.7%4.6%19.5%Bachelor's degree or higher57.1%21.1%7.2%3.2%11.0%Less than \$20,00046.7%13.3%13.2%2.7%4.6%\$35,000-\$49,99961.2%15.3%13.2%2.7%4.6%\$50,000-\$99,99961.2%15.3%13.2%2.7%4.6%\$50,000-\$49,99953.8%16.7%12.3%1.6%9.9%\$50,000-\$99,99961.2%15.3%13.2%2.7%4.6%\$50,000-\$99,99961.2%17.3%11.2%<	Never or less than 1 time per week     1 time per per week     2-4 times per week     5-6 times per week     1 time per day     2-3 times per day       Female     54.7%     21.1%     12.1%     3.8%     4.8%     3.0%       Male     50.8%     14.8%     12.6%     2.2%     14.5%     4.3%       18-34     47.7%     21.3%     9.5%     1.3%     15.1%     5.0%       35-44     53.9%     11.3%     15.2%     5.5%     10.1%     2.7%       45-54     55.1%     19.5%     10.4%     3.9%     6.3%     4.8%       55-64     51.2%     16.9%     13.4%     2.2%     11.0%     3.7%       65-74     56.5%     17.8%     13.5%     3.8%     5.0%     2.8%       75+     56.9%     19.7%     14.8%     2.0%     5.5%     1.0%       Less than high school     69.8%     15.4%     6.4%     1.5%     5.9%     0.0%       Gollege     54.1%     19.4%     17.3%     1.3%     2.4%     5.2%  B

### **31d.** How often did you drink the following beverages in the past week? Energy drinks

	Never or less	1 time per	2-4 times	5-6 times	1 time per	2-3 times	4 or more
	than 1 time	week	per week	per week	day	per day	times per
	per week						day
Female	95.0%	1.5%	1.7%	0.6%	0.9%	0.2%	0.1%
Male	83.8%	9.4%	2.8%	0.9%	1.9%	1.2%	0.0%
18-34	85.1%	10.0%	3.4%	0.0%	1.6%	0.0%	0.0%
35-44	85.3%	8.0%	4.3%	0.0%	2.4%	0.0%	0.0%
45-54	84.8%	5.4%	1.8%	1.4%	2.6%	4.0%	0.0%
55-64	91.5%	2.4%	2.0%	2.8%	0.8%	0.1%	0.4%
65-74	98.0%	1.7%	0.3%	0.0%	0.0%	0.0%	0.0%
75+	97.2%	2.3%	0.2%	0.0%	0.4%	0.0%	0.0%
Less than high school	96.8%	1.3%	0.0%	0.0%	1.9%	0.0%	0.0%
High school diploma/GED	88.1%	3.6%	5.7%	0.5%	2.2%	0.0%	0.0%
Vocational school or some							
college	89.5%	2.2%	1.3%	2.0%	2.1%	2.9%	0.0%
Associates degree	84.2%	13.2%	0.0%	0.0%	1.9%	0.2%	0.6%
Bachelor's degree or highe	r 90.8%	6.7%	1.8%	0.5%	0.2%	0.0%	0.0%
Less than \$20,000	94.8%	5.2%	0.0%	0.0%	0.0%	0.0%	0.0%
\$20,000-\$34,999	87.9%	11.4%	0.0%	0.0%	0.0%	0.8%	0.0%
\$35,000-\$49,999	92.8%	2.6%	2.1%	1.8%	0.7%	0.0%	0.0%
\$50,000-\$99,999	85.4%	6.5%	3.4%	0.1%	2.8%	1.7%	0.2%
\$100,000+	91.4%	4.7%	1.7%	1.3%	1.0%	0.0%	0.0%
Meeker	86.6%	5.5%	5.2%	0.2%	2.3%	0.0%	0.2%
McLeod	91.3%	6.1%	0.8%	0.7%	0.2%	0.9%	0.0%
Sibley	88.6%	4.0%	1.5%	1.6%	3.1%	1.2%	0.0%
ounties combined)	89.3%	5.5%	2.2%	0.8%	1.4%	0.7%	0.1%
ounties combined)	92.1%	1.7%	4.3%	0.4%	0.9%	0.6%	0.0%
	Female     Male     18-34     35-44     45-54     55-64     65-74     75+     Less than high school     High school diploma/GED     Vocational school or some     college     Associates degree     Bachelor's degree or highe     Less than \$20,000     \$20,000-\$34,999     \$35,000-\$49,999     \$50,000-\$99,999     \$100,000+     Meeker     McLeod     Sibley     Dunties combined)	Never or less than 1 time per week       Female     95.0%       Male     83.8%       18-34     85.1%       35-44     85.3%       45-54     84.8%       55-64     91.5%       65-74     98.0%       75+     97.2%       Less than high school     96.8%       High school diploma/GED     88.1%       Vocational school or some     90.8%       college     89.5%       Associates degree     84.2%       Bachelor's degree or higher     90.8%       \$20,000-\$34,999     87.9%       \$35,000-\$49,999     85.4%       \$100,000+     91.3%       \$100,000+     91.3%       Sibley     88.6%       Dunties combined)     92.1%	Never or less than 1 time per week     1 time per week       Female     95.0%     1.5%       Male     83.8%     9.4%       18-34     85.1%     10.0%       35-44     85.3%     8.0%       45-54     84.8%     5.4%       55-64     91.5%     2.4%       65-74     98.0%     1.7%       75+     97.2%     2.3%       Less than high school     96.8%     1.3%       High school diploma/GED     88.1%     3.6%       Vocational school or some     3.6%     3.2%       college     89.5%     2.2%       Associates degree     84.2%     13.2%       Bachelor's degree or higher     90.8%     6.7%       Less than \$20,000     94.8%     5.2%       \$20,000-\$34,999     87.9%     11.4%       \$35,000-\$49,999     92.8%     2.6%       \$50,000-\$99,999     85.4%     6.5%       \$100,000+     91.3%     6.1%       \$100,000+     91.3%     6.1%       Sibley     88.6%	Never or less than 1 time per week     1 time per week     2-4 times per week       Female     95.0%     1.5%     1.7%       Male     83.8%     9.4%     2.8%       18-34     85.1%     10.0%     3.4%       35-44     85.3%     8.0%     4.3%       45-54     84.8%     5.4%     1.8%       55-64     91.5%     2.4%     2.0%       65-74     98.0%     1.7%     0.3%       75+     97.2%     2.3%     0.2%       Less than high school     96.8%     1.3%     0.0%       High school diploma/GED     88.1%     3.6%     5.7%       Vocational school or some	Never or less than 1 time per week1 time per week2-4 times per weekFemale95.0%1.5%1.7%0.6%Male83.8%9.4%2.8%0.9%18-3485.1%10.0%3.4%0.0%35-4485.3%8.0%4.3%0.0%45-5484.8%5.4%1.8%1.4%55-6491.5%2.4%2.0%2.8%65-7498.0%1.7%0.3%0.0%75+97.2%2.3%0.2%0.0%High school96.8%1.3%0.0%0.0%High school diploma/GED88.1%3.6%5.7%0.5%Vocational school or some college89.5%2.2%1.3%2.0%Associates degree84.2%13.2%0.0%0.0%S20,000-\$34,99987.9%11.4%0.0%0.0%\$35,000-\$49,99992.8%2.6%2.1%1.8%\$50,000-\$49,99992.8%6.5%3.4%0.1%\$100,000+91.1%4.7%1.7%1.3%Meeker86.6%5.5%5.2%0.2%Meteer86.6%5.5%5.2%0.2%Meteer86.6%5.5%5.2%0.2%Miles combined92.1%1.7%4.3%0.4%	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       Female     95.0%     1.5%     1.7%     0.6%     0.9%       Male     83.8%     9.4%     2.8%     0.9%     1.9%       18-34     85.1%     10.0%     3.4%     0.0%     1.6%       35-44     85.3%     8.0%     4.3%     0.0%     2.4%       45-54     84.8%     5.4%     1.8%     1.4%     2.6%       55-64     91.5%     2.4%     2.0%     2.8%     0.8%       65-74     98.0%     1.7%     0.3%     0.0%     0.0%       75+     97.2%     2.3%     0.2%     0.0%     0.4%       Less than high school     96.8%     1.3%     0.0%     0.0%     1.9%       High school diploma/GED     88.1%     3.6%     5.7%     0.5%     2.2%       Vocational school or some     college     89.5%     2.2%     1.3%     0.0%     0.0%       4ssociates degree     84.2%	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       Female     95.0%     1.5%     1.7%     0.6%     0.9%     0.2%       Male     83.8%     9.4%     2.8%     0.9%     1.9%     1.2%       18-34     85.1%     10.0%     3.4%     0.0%     1.6%     0.0%       45-54     84.8%     5.4%     1.8%     1.4%     2.6%     4.0%       55-64     91.5%     2.4%     2.0%     2.8%     0.8%     0.1%       65-74     98.0%     1.7%     0.3%     0.0%     0.0%     0.0%       65-74     98.0%     1.3%     0.0%     0.0%     0.0%     0.0%       Less than high school     96.8%     1.3%     0.0%     0.0%     0.0%     0.0%       Vocational school or some     college     89.5%     2.2%     1.3%     0.0%     0.0%     0.0%       Associates degree     84.2%     13.2%     0.0%     0.0%     0.0%

### 31e. How often did you drink the following beverages in the past week? Diet soda or pop

times per day 0.5% 0.1% 0.0% 0.0%
day 0.5% 0.1% 0.0% 0.0%
0.5% 0.1% 0.0% 0.0%
0.1% 0.0% 0.0%
0.0%
0.0%
0.00/
0.0%
0.8%
0.9%
0.0%
0.0%
0.6%
0.0%
0.6%
0.2%
0.0%
0.0%
0.0%
0.7%
0.0%
0.4%
0.4%
0.0%
0.3%
2.2%

n=1169		Never or less than 1 time	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
		per week						day
Sex	Female	0.3%	1.9%	3.2%	4.3%	5.6%	23.9%	60.9%
	Male	0.5%	0.1%	3.8%	7.9%	8.8%	27.5%	51.5%
Age	18-34	0.0%	0.0%	1.6%	3.8%	11.3%	15.1%	68.2%
categories	35-44	0.0%	1.9%	5.8%	5.1%	6.7%	20.8%	59.8%
	45-54	0.0%	1.4%	4.3%	8.7%	6.3%	24.0%	55.4%
	55-64	0.4%	1.1%	2.2%	7.5%	4.3%	33.1%	51.5%
	65-74	1.3%	1.4%	6.0%	5.0%	7.0%	36.8%	42.6%
	75+	1.3%	0.8%	2.1%	8.0%	4.9%	33.5%	49.4%
Education	Less than high school	0.9%	2.6%	0.0%	8.2%	3.1%	27.9%	57.3%
	High school diploma/GED	0.4%	1.9%	5.8%	7.8%	5.8%	32.1%	46.2%
	Vocational school or some	е						
	college	0.4%	0.9%	7.2%	6.4%	8.2%	26.8%	50.0%
	Associates degree	0.0%	1.0%	1.1%	6.3%	5.3%	23.9%	62.5%
	Bachelor's degree or high	er 0.2%	0.4%	1.4%	5.1%	8.0%	22.6%	62.4%
Household	Less than \$20,000	1.5%	4.8%	10.7%	1.9%	8.5%	26.4%	46.2%
income	\$20,000-\$34,999	0.6%	0.4%	1.7%	11.5%	6.2%	35.0%	44.7%
	\$35,000-\$49,999	0.5%	2.0%	9.7%	6.5%	5.4%	23.2%	52.7%
	\$50,000-\$99,999	0.3%	0.7%	2.0%	5.0%	6.5%	27.4%	58.1%
	\$100,000+	0.1%	0.6%	2.6%	6.6%	8.4%	21.8%	59.8%

0.7%

1.2%

0.9%

1.0%

0.6%

0.5%

0.1%

0.8%

0.4%

1.5%

1.9%

2.0%

9.3%

3.5%

4.8%

8.7%

4.6%

6.0%

6.1%

4.4%

5.8%

8.7%

5.4%

7.2%

4.2%

23.9%

28.6%

21.2%

25.7%

29.5%

#### 31f. How often did you drink the following beverages in the past week? Water

Question not asked in 2014.

Meeker

McLeod

Sibley

2022 All (3 counties combined)

2018 All (3 counties combined)

County

58.5%

54.7%

56.3%

56.2%

55.1%

31g. How often did you drink the following beverages in the past week? A can, bottle or glass of coffee or tea that had sugar, syrups or honey added to it

n=1176		Never or less	1 time per	2-4 times	5-6 times	1 time per	2-3 times	4 or more
		than 1 time	week	per week	per week	day	per day	times per
		per week						day
Sex	Female	55.8%	4.8%	9.7%	4.5%	17.1%	6.3%	1.8%
	Male	70.9%	3.7%	6.2%	3.1%	6.9%	6.5%	2.8%
Age	18-34	53.8%	4.1%	16.4%	2.0%	17.1%	5.5%	1.4%
categories	35-44	53.0%	9.3%	7.5%	6.6%	14.0%	7.8%	1.9%
	45-54	65.4%	2.1%	4.7%	5.5%	9.6%	10.0%	2.7%
	55-64	67.4%	3.3%	5.1%	2.9%	11.7%	6.4%	3.1%
	65-74	75.1%	2.4%	4.0%	5.1%	6.4%	4.0%	3.0%
	75+	76.8%	3.9%	3.9%	1.4%	8.0%	3.9%	2.1%
Education	Less than high school	55.2%	7.3%	31.9%	1.9%	1.4%	2.4%	0.0%
	High school diploma/GED	62.0%	2.1%	8.7%	6.3%	9.0%	7.4%	4.5%
	Vocational school or some							
	college	70.3%	2.8%	4.8%	4.4%	12.6%	5.0%	0.1%
	Associates degree	56.7%	13.2%	8.8%	2.0%	7.0%	4.7%	7.6%
	Bachelor's degree or highe	r 62.6%	2.9%	7.7%	3.1%	15.5%	7.4%	0.9%
Household	Less than \$20,000	67.4%	5.2%	2.3%	1.9%	10.8%	4.6%	7.9%
income	\$20,000-\$34,999	68.2%	2.4%	14.4%	2.1%	3.4%	6.7%	2.9%
	\$35,000-\$49,999	63.9%	3.0%	7.1%	4.2%	16.6%	4.6%	0.5%
	\$50,000-\$99,999	63.5%	3.5%	9.0%	4.8%	11.5%	6.6%	1.1%
	\$100,000+	60.2%	5.7%	6.1%	3.5%	14.0%	7.4%	3.3%
County	Meeker	61.4%	3.5%	8.8%	4.4%	13.6%	6.9%	1.5%
	McLeod	65.6%	4.6%	6.7%	3.7%	10.6%	6.3%	2.5%
	Sibley	61.2%	4.1%	9.7%	3.3%	12.9%	5.7%	3.1%
2022 All (3 c	ounties combined)	63.4%	4.2%	7.9%	3.8%	11.9%	6.4%	2.3%

New question in 2022.

32a. During an average week, how many times do you do the following? Eat out or order out a meal from a fast food place

n=1187		0 times	1-2	3-4	5-6	7 or
			times	times	times	more
Sex	Female	46.6%	49.6%	3.5%	0.3%	0.0%
	Male	43.1%	48.1%	6.5%	1.8%	0.5%
Age	18-34	40.5%	51.9%	4.7%	2.9%	0.0%
categories	35-44	44.7%	48.8%	6.5%	0.0%	0.0%
	45-54	42.1%	52.6%	3.6%	1.8%	0.0%
	55-64	47.8%	43.3%	7.6%	0.0%	1.2%
	65-74	45.1%	50.4%	4.0%	0.5%	0.0%
	75+	53.9%	43.9%	2.2%	0.0%	0.0%
Education	Less than high school	47.2%	25.4%	1.2%	26.2%	0.0%
	High school diploma/GED	45.6%	50.3%	4.1%	0.0%	0.0%
	Vocational school or some					
	college	39.3%	53.5%	6.3%	0.0%	1.0%
	Associates degree	41.5%	44.6%	10.9%	2.9%	0.0%
	Bachelor's degree or higher	47.9%	48.7%	3.1%	0.4%	0.0%
Household	Less than \$20,000	49.3%	45.6%	5.1%	0.0%	0.0%
income	\$20,000-\$34,999	37.6%	40.9%	14.7%	6.8%	0.0%
	\$35,000-\$49,999	53.6%	42.3%	2.3%	0.0%	1.8%
	\$50,000-\$99,999	45.7%	49.5%	4.4%	0.4%	0.0%
	\$100,000+	41.5%	53.9%	3.8%	0.8%	0.0%
County	Meeker	42.8%	53.6%	3.5%	0.1%	0.0%
	McLeod	44.2%	47.9%	6.8%	0.6%	0.5%
	Sibley	49.8%	44.1%	2.7%	3.5%	0.0%
2022 All (3 d	counties combined)	44.9%	48.9%	5.0%	1.1%	0.2%
2018 All (3 d	counties combined)	40.7%	51.9%	5.8%	0.9%	0.7%
2014 All (3 d	counties combined)	43.5%	47.0%	7.5%	1.8%	0.3%

n=1181		0 times	1-2	3-4	5-6	7 or
			times	times	times	more
Sex	Female	44.4%	53.6%	1.9%	0.1%	0.1%
	Male	36.5%	61.0%	1.7%	0.7%	0.1%
Age	18-34	38.7%	60.0%	1.3%	0.0%	0.0%
categories	35-44	47.2%	47.7%	5.1%	0.0%	0.0%
	45-54	29.3%	67.9%	1.0%	1.8%	0.0%
	55-64	43.2%	55.7%	0.6%	0.0%	0.5%
	65-74	39.6%	58.9%	1.1%	0.4%	0.0%
	75+	47.3%	50.6%	1.8%	0.3%	0.0%
Education	Less than high school	44.7%	52.3%	1.4%	0.0%	1.6%
	High school diploma/GED	47.9%	51.4%	0.6%	0.2%	0.0%
	Vocational school or some					
	college	42.0%	56.6%	1.4%	0.0%	0.0%
	Associates degree	28.5%	67.6%	3.3%	0.0%	0.6%
	Bachelor's degree or higher	38.0%	59.1%	2.2%	0.8%	0.0%
Household	Less than \$20,000	61.7%	38.3%	0.0%	0.0%	0.0%
income	\$20,000-\$34,999	38.8%	60.6%	0.4%	0.2%	0.0%
	\$35,000-\$49,999	41.4%	56.6%	1.9%	0.1%	0.0%
	\$50,000-\$99,999	50.1%	49.0%	0.7%	0.0%	0.2%
	\$100,000+	28.4%	67.2%	3.5%	0.9%	0.0%
County	Meeker	46.7%	51.7%	1.3%	0.1%	0.2%
	McLeod	35.4%	61.6%	2.3%	0.6%	0.0%
	Sibley	43.6%	55.0%	1.1%	0.2%	0.2%
2022 All (3 d	counties combined)	40.4%	57.3%	1.8%	0.4%	0.1%
2018 All (3 c	counties combined)	41.0%	55.9%	2.5%	0.5%	0.1%
2014 All (3 c	counties combined)	45.5%	50.5%	2.8%	1.2%	0.1%

32b. During an average week, how many times do you do the following? Eat out at a restaurant that is not a fast food place

32c. During an average week, how many times do you do the following? Watch television during meal time

n=1190		0 times	1-2	3-4	5-6	7 or
			times	times	times	more
Sex	Female	30.7%	23.5%	15.4%	16.3%	14.1%
	Male	39.1%	19.5%	12.4%	14.6%	14.5%
Age	18-34	46.0%	19.2%	11.4%	16.1%	7.3%
categories	35-44	44.0%	29.5%	9.2%	11.1%	6.2%
	45-54	37.3%	22.6%	18.1%	5.7%	16.3%
	55-64	24.8%	19.0%	13.6%	24.9%	17.9%
	65-74	21.1%	20.7%	17.9%	16.7%	23.6%
	75+	27.9%	18.6%	15.7%	16.5%	21.2%
Education	Less than high school	43.6%	26.5%	8.0%	5.1%	16.9%
	High school diploma/GED	30.4%	15.0%	16.4%	16.9%	21.2%
	Vocational school or some					
	college	27.5%	21.0%	20.0%	15.8%	15.8%
	Associates degree	27.6%	29.0%	13.2%	9.8%	20.4%
	Bachelor's degree or higher	43.4%	22.3%	9.6%	16.5%	8.2%
Household	Less than \$20,000	29.6%	18.4%	13.4%	11.3%	27.4%
income	\$20,000-\$34,999	21.4%	15.9%	15.9%	11.2%	35.6%
	\$35,000-\$49,999	45.2%	14.0%	10.1%	17.7%	13.0%
	\$50,000-\$99,999	29.8%	24.0%	17.0%	16.1%	13.1%
	\$100,000+	40.6%	23.7%	11.8%	15.6%	8.2%
County	Meeker	35.1%	24.2%	15.2%	13.8%	11.6%
	McLeod	37.3%	18.4%	12.0%	17.0%	15.3%
	Sibley	28.6%	24.9%	16.5%	14.2%	15.8%
2022 All (3	counties combined)	34.9%	21.5%	13.9%	15.5%	14.3%
2018 All (3 d	counties combined)	31.0%	23.9%	17.5%	12.9%	14.8%
2014 All (3 d	counties combined)	29.9%	23.0%	16.7%	14.2%	16.2%

32d. During an average week, how many times do you do the following? Purchase and eat food from a vending machine

n=1186		0 times	1-2	3-4	5-6	7 or
			times	times	times	more
Sex	Female	97.4%	2.0%	0.3%	0.0%	0.3%
	Male	92.5%	4.8%	1.1%	1.4%	0.2%
Age	18-34	94.4%	3.2%	0.0%	2.4%	0.0%
categories	35-44	92.8%	7.2%	0.0%	0.0%	0.0%
	45-54	95.2%	2.0%	2.8%	0.0%	0.0%
	55-64	94.2%	3.3%	1.1%	0.6%	0.9%
	65-74	96.0%	3.4%	0.0%	0.0%	0.6%
	75+	98.6%	1.0%	0.2%	0.0%	0.2%
Education	Less than high school	72.8%	0.0%	0.0%	26.3%	0.9%
	High school diploma/GED	92.7%	5.6%	0.5%	0.5%	0.7%
	Vocational school or some					
	college	97.2%	2.5%	0.4%	0.0%	0.0%
	Associates degree	94.0%	3.5%	1.9%	0.0%	0.6%
	Bachelor's degree or higher	96.2%	3.0%	0.7%	0.0%	0.1%
Household	Less than \$20,000	93.9%	6.1%	0.0%	0.0%	0.0%
income	\$20,000-\$34,999	91.5%	1.6%	0.0%	6.7%	0.2%
	\$35,000-\$49,999	94.8%	4.5%	0.2%	0.0%	0.5%
	\$50,000-\$99,999	91.8%	5.9%	1.6%	0.3%	0.4%
	\$100,000+	99.3%	0.5%	0.2%	0.0%	0.0%
County	Meeker	97.4%	1.7%	0.1%	0.4%	0.4%
	McLeod	95.2%	3.9%	0.8%	0.0%	0.1%
	Sibley	90.4%	4.8%	1.4%	2.9%	0.5%
2022 All (3	counties combined)	94.9%	3.4%	0.7%	0.7%	0.3%
2018 All (3 d	counties combined)	91.2%	7.4%	0.8%	0.3%	0.3%
2014 All (3 d	counties combined)	87.2%	9.6%	2.6%	0.5%	0.1%

n=1193		0 times	1-2	3-4	5-6	7 or
			times	times	times	more
Sex	Female	0.1%	4.9%	14.0%	33.7%	47.3%
	Male	1.0%	5.0%	14.3%	36.3%	43.3%
Age	18-34	0.0%	7.8%	10.5%	50.4%	31.3%
categories	35-44	0.0%	0.5%	16.5%	32.9%	50.0%
	45-54	1.8%	5.8%	21.1%	29.8%	41.5%
	55-64	0.8%	4.7%	15.3%	30.2%	49.1%
	65-74	0.1%	2.1%	11.0%	29.6%	57.2%
	75+	0.8%	8.1%	10.9%	26.2%	54.1%
Education	Less than high school	0.0%	30.6%	8.2%	12.1%	49.2%
	High school diploma/GED	2.2%	3.4%	10.8%	33.5%	50.1%
	Vocational school or some					
	college	0.2%	2.4%	21.0%	31.0%	45.4%
	Associates degree	0.0%	14.5%	8.6%	26.8%	50.2%
	Bachelor's degree or higher	0.1%	3.1%	13.4%	42.1%	41.3%
Household	Less than \$20,000	1.1%	7.6%	17.7%	29.8%	43.8%
income	\$20,000-\$34,999	3.1%	20.9%	9.7%	21.4%	45.0%
	\$35,000-\$49,999	0.1%	2.7%	13.4%	44.6%	39.2%
	\$50,000-\$99,999	0.4%	5.0%	12.4%	29.7%	52.4%
	\$100,000+	0.0%	1.0%	17.2%	41.6%	40.2%
County	Meeker	0.1%	3.9%	12.5%	35.8%	47.7%
	McLeod	0.9%	5.1%	16.1%	35.2%	42.6%
	Sibley	0.1%	6.3%	11.8%	33.3%	48.4%
2022 All (3	counties combined)	0.5%	5.0%	14.2%	35.0%	45.3%
2018 All (3 d	counties combined)	0.5%	4.4%	15.6%	33.8%	45.8%
2014 All (3 d	counties combined)	0.5%	8.2%	14.7%	29.3%	47.2%

32e. During an average week, how many times do you do the following? Eat a home cooked meal

n=1182		Never or	About	About 2-	About 1	Two or
		1 time	/ month	month	week	times /
		/month	7 1101111	month	Week	week
Sex	Female	52.7%	19.9%	15.4%	8.2%	3.8%
	Male	56.6%	26.1%	11.5%	3.9%	1.9%
Age	18-34	65.9%	25.8%	6.3%	1.3%	0.7%
categories	35-44	59.1%	24.3%	11.0%	1.8%	3.9%
	45-54	49.4%	25.2%	16.3%	4.5%	4.6%
	55-64	48.1%	18.9%	18.2%	12.3%	2.5%
	65-74	43.9%	23.2%	20.1%	8.5%	4.4%
	75+	56.2%	18.5%	12.1%	11.1%	2.1%
Education	Less than high school	75.4%	4.2%	9.2%	8.6%	2.7%
	High school diploma/GED	55.2%	17.4%	18.5%	5.8%	3.1%
	Vocational school or some					
	college	54.8%	23.2%	9.7%	8.0%	4.3%
	Associates degree	56.0%	16.8%	17.9%	7.8%	1.5%
	Bachelor's degree or higher	53.4%	28.1%	11.5%	4.8%	2.2%
Household	Less than \$20,000	57.6%	16.7%	16.2%	5.0%	4.6%
income	\$20,000-\$34,999	63.2%	15.3%	12.5%	6.6%	2.5%
	\$35,000-\$49,999	49.3%	32.9%	10.5%	6.1%	1.3%
	\$50,000-\$99,999	51.6%	25.4%	15.3%	6.2%	1.6%
	\$100,000+	57.0%	20.2%	12.3%	6.0%	4.5%
County	Meeker	58.0%	19.2%	13.5%	7.7%	1.6%
	McLeod	52.0%	26.5%	12.8%	5.6%	3.1%
	Sibley	56.2%	20.1%	14.9%	4.8%	4.0%
2022 All (3 d	counties combined)	54.7%	23.0%	13.4%	6.0%	2.9%
2018 All (3 d	counties combined)	44.4%	24.5%	17.3%	9.6%	4.3%
2014 All (3 d	counties combined)	42.9%	25.5%	18.3%	10.2%	3.1%

33a. During the growing season, how often do you or others in your household buy or get food from the following place? Farmer's market, fruit/vegetable stand

n=1169		Never or less than	About one time	About 2- 3 times /	About 1 time /	Two or more
		1 time	/ month	month	week	times /
	_ 1	/month				week
Sex	Female	85.0%	4.1%	4.6%	4.6%	1.7%
	Male	78.0%	11.4%	4.9%	3.0%	2.7%
Age	18-34	84.7%	8.3%	5.1%	1.3%	0.6%
categories	35-44	79.4%	12.5%	1.2%	1.2%	5.7%
	45-54	79.2%	5.7%	5.6%	6.5%	3.0%
	55-64	78.2%	6.2%	8.1%	6.6%	0.8%
	65-74	84.8%	6.1%	3.3%	3.2%	2.7%
	75+	82.1%	7.9%	4.0%	4.7%	1.4%
Education	Less than high school	82.6%	6.8%	7.3%	0.6%	2.7%
	High school diploma/GED	89.0%	4.6%	2.3%	3.4%	0.8%
	Vocational school or some					
	college	81.0%	6.0%	5.7%	4.0%	3.3%
	Associates degree	91.7%	2.3%	3.7%	1.0%	1.4%
	Bachelor's degree or higher	75.7%	11.5%	5.7%	4.7%	2.4%
Household	Less than \$20,000	82.2%	7.9%	7.0%	2.4%	0.5%
income	\$20,000-\$34,999	92.5%	2.4%	1.5%	2.4%	1.3%
	\$35,000-\$49,999	87.8%	6.9%	3.2%	0.3%	1.8%
	\$50,000-\$99,999	83.4%	7.8%	4.4%	3.6%	0.8%
	\$100,000+	73.8%	9.9%	6.7%	5.2%	4.4%
County	Meeker	81.8%	4.9%	7.5%	2.9%	2.9%
	McLeod	81.6%	9.6%	3.4%	4.1%	1.2%
	Sibley	80.4%	7.6%	4.0%	4.3%	3.6%
2022 All (3 d	counties combined)	81.4%	7.8%	4.8%	3.8%	2.2%
2018 All (3 c	counties combined)	78.8%	10.2%	4.3%	5.1%	1.7%
2014 All (3 c	counties combined)	81.6%	8.2%	5.0%	3.0%	2.2%

33b. During the growing season, how often do you or others in your household buy or get food from the following places? Local farm or CSA

n=1197		Never or	About	About 2-	About 1	Two or
		1 time	/ month	5 times /	une /	times /
		/month	/ month	month	WEEK	week
Sex	Female	37.0%	7.4%	9.5%	11.5%	34.6%
	Male	43.2%	9.7%	10.8%	10.5%	25.7%
Age	18-34	46.2%	12.9%	9.9%	10.4%	20.7%
categories	35-44	37.7%	7.7%	12.7%	16.2%	25.9%
	45-54	39.7%	7.9%	6.9%	10.7%	34.9%
	55-64	37.1%	6.4%	10.8%	11.0%	34.7%
	65-74	35.1%	6.8%	9.3%	8.9%	40.0%
_	75+	42.8%	7.3%	12.3%	7.9%	29.8%
Education	Less than high school	58.2%	3.4%	8.4%	1.7%	28.3%
	High school diploma/GED	46.6%	5.0%	8.7%	8.6%	31.2%
	Vocational school or some					
	college	40.5%	7.5%	6.6%	13.2%	32.2%
	Associates degree	31.9%	10.8%	27.4%	13.5%	16.5%
	Bachelor's degree or higher	37.9%	10.6%	8.4%	11.1%	32.2%
Household	Less than \$20,000	60.8%	6.8%	8.2%	3.9%	20.4%
income	\$20,000-\$34,999	59.4%	5.1%	10.4%	5.4%	19.7%
	\$35,000-\$49,999	34.2%	6.1%	5.5%	6.6%	47.5%
	\$50,000-\$99,999	35.1%	7.0%	10.0%	16.9%	31.0%
	\$100,000+	40.7%	12.6%	12.8%	8.6%	25.3%
County	Meeker	35.2%	8.9%	14.2%	9.7%	32.0%
	McLeod	44.2%	8.2%	9.4%	10.1%	28.2%
	Sibley	37.7%	9.0%	5.9%	15.3%	32.1%
2022 All (3 d	counties combined)	40.2%	8.6%	10.2%	11.0%	30.1%
2018 All (3 c	counties combined)	39.2%	10.8%	10.8%	11.0%	28.3%
2014 All (3 c	counties combined)	39.5%	10.0%	11.3%	10.1%	29.2%

33c. During the growing season, how often do you or others in your household buy or get food from the following places? Food grown at home or in a community garden

n=1206		Often	Sometimes	Rarely	Never
Sex	Female	1.7%	8.9%	10.2%	79.2%
	Male	0.8%	4.6%	10.1%	84.6%
Age	18-34	1.1%	5.8%	10.6%	82.5%
categories	35-44	0.3%	9.1%	12.2%	78.4%
	45-54	0.5%	10.3%	11.4%	77.8%
	55-64	2.9%	5.3%	9.6%	82.3%
	65-74	1.8%	4.3%	8.1%	85.8%
	75+	0.3%	5.4%	8.0%	86.4%
Education	Less than high school	0.0%	11.0%	9.0%	80.0%
	High school diploma/GED	2.1%	14.4%	11.3%	72.2%
	Vocational school or some college	1.5%	7.1%	12.5%	78.9%
	Associates degree	0.0%	6.7%	15.4%	77.8%
	Bachelor's degree or higher	0.7%	2.4%	7.1%	89.8%
Household	Less than \$20,000	9.9%	20.1%	18.1%	51.9%
income	\$20,000-\$34,999	6.1%	13.9%	22.4%	57.6%
	\$35,000-\$49,999	1.0%	11.0%	12.2%	75.7%
	\$50,000-\$99,999	0.2%	5.9%	13.8%	80.1%
	\$100,000+	0.0%	1.6%	1.3%	97.2%
County	Meeker	0.4%	5.6%	8.4%	85.7%
	McLeod	2.0%	4.9%	12.4%	80.8%
	Sibley	0.7%	12.9%	7.5%	78.9%
2022 All (3 co	ounties combined)	1.2%	6.7%	10.2%	81.9%
2018 All (3 co	ounties combined)	3.4%	5.5%	13.3%	77.8%
2014 All (3 co	ounties combined)	3.7%	8.0%	11.7%	76.7%

34. During the past 12 months, how often did you worry that your food would run out before you had money to buy more?

n=1192		Yes	No
Sex	Female	2.6%	97.4%
	Male	2.4%	97.6%
Age categories	18-34	0.5%	99.5%
	35-44	1.4%	98.7%
	45-54	3.7%	96.3%
	55-64	3.2%	96.8%
	65-74	4.3%	95.7%
	75+	3.9%	96.1%
Education	Less than high school	7.3%	92.7%
	High school diploma/GED	6.7%	93.3%
	Vocational school or some college	2.5%	97.5%
	Associates degree	0.0%	100.0%
	Bachelor's degree or higher	0.6%	99.4%
Household	Less than \$20,000	22.8%	77.2%
income	\$20,000-\$34,999	8.1%	91.9%
	\$35,000-\$49,999	1.4%	98.6%
	\$50,000-\$99,999	0.9%	99.1%
	\$100,000+	0.4%	99.6%
County	Meeker	3.5%	96.5%
	McLeod	1.7%	98.3%
	Sibley	2.9%	97.1%
2022 All (3 count	ties combined)	2.5%	97.5%
2018 All (3 count	ies combined)	3.8%	96.2%
2014 All (3 count	ies combined)	5.7%	94.3%

# 35. During the past 12 months, have you used a community food shelf program?

36. 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?

n=1198		Yes	No
Sex	Female	71.7%	28.3%
	Male	72.2%	27.8%
Age categories	18-34	80.2%	19.8%
	35-44	67.8%	32.2%
	45-54	68.6%	31.4%
	55-64	69.1%	30.9%
	65-74	76.9%	23.2%
	75+	63.2%	36.8%
Education	Less than high school	28.2%	71.8%
	High school diploma/GED	65.6%	34.4%
	Vocational school or some college	60.1%	40.0%
	Associates degree	64.6%	35.4%
	Bachelor's degree or higher	86.1%	13.9%
Household	Less than \$20,000	59.4%	40.6%
income	\$20,000-\$34,999	54.5%	45.6%
	\$35,000-\$49,999	65.3%	34.7%
	\$50,000-\$99,999	71.0%	29.0%
	\$100,000+	82.5%	17.5%
County	Meeker	76.7%	23.3%
	McLeod	71.9%	28.1%
	Sibley	65.1%	35.0%
2022 All (3 count	ties combined)	72.0%	28.0%
2018 All (3 count	ies combined)	76.7%	23.4%
2014 All (3 count	ies combined)	78.4%	21.6%

n=1166		0 days	1-4 days	5-7 days
Sex	Female	18.2%	57.5%	24.3%
	Male	12.7%	58.6%	28.7%
Age	18-34	13.2%	60.9%	25.9%
categories	35-44	9.5%	78.1%	12.4%
	45-54	20.7%	51.4%	27.9%
	55-64	16.6%	50.4%	33.0%
	65-74	13.2%	56.1%	30.7%
	75+	23.2%	46.7%	30.2%
Education	Less than high school	29.1%	50.3%	20.5%
	High school diploma/GED	19.7%	54.5%	25.8%
	Vocational school or some college	17.9%	57.7%	24.4%
	Associates degree	18.7%	59.3%	22.1%
	Bachelor's degree or higher	10.4%	60.6%	29.0%
Household	Less than \$20,000	21.9%	51.7%	26.5%
income	\$20,000-\$34,999	23.6%	61.4%	15.0%
	\$35,000-\$49,999	20.0%	60.7%	19.3%
	\$50,000-\$99,999	18.5%	55.3%	26.1%
	\$100,000+	6.6%	60.8%	32.6%
County	Meeker	14.8%	53.1%	32.0%
	McLeod	14.1%	62.5%	23.4%
	Sibley	19.8%	54.2%	26.1%
2022 All (3 cou	nties combined)	15.5%	58.0%	26.5%
2018 All (3 cour	nties combined)	17.1%	60.2%	22.8%
2014 All (3 cour	nties combined)	12.6%	63.3%	24.1%

37. During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity?

n=1155		0 days	1-2 days	3-7 days
Sex	Female	42.3%	29.5%	28.2%
	Male	35.7%	30.5%	33.8%
Age	18-34	41.9%	19.1%	38.9%
categories	35-44	30.0%	44.1%	25.9%
	45-54	32.8%	27.3%	39.9%
	55-64	37.6%	35.4%	27.0%
	65-74	41.0%	32.7%	26.3%
	75+	55.8%	24.1%	20.2%
Education	Less than high school	64.5%	20.0%	15.6%
	High school diploma/GED	41.9%	26.9%	31.2%
	Vocational school or some college	41.9%	33.4%	24.7%
	Associates degree	40.3%	35.7%	24.0%
	Bachelor's degree or higher	34.9%	28.4%	36.8%
Household	Less than \$20,000	52.0%	28.2%	19.8%
income	\$20,000-\$34,999	61.6%	21.6%	16.8%
	\$35,000-\$49,999	39.4%	23.1%	37.5%
	\$50,000-\$99,999	40.5%	36.6%	23.0%
	\$100,000+	29.0%	28.4%	42.6%
County	Meeker	34.0%	32.3%	33.7%
	McLeod	38.9%	31.4%	29.7%
	Sibley	46.9%	23.1%	30.1%
2022 All (3 cou	nties combined)	39.0%	30.0%	31.0%
2018 All (3 cour	nties combined)	40.8%	32.7%	26.4%
2014 All (3 cou	nties combined)	37.8%	36.9%	25.4%

38. During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity?

39a. Please indicate whether you use the following resources and facilities in your community. Walking trails

n=1185		My	l do not	l use this	l use this	l use this
		commun	use this	once in a	some-	often
		-ity does		while	times	
		not have				
		this				
Sex	Female	11.0%	33.0%	22.4%	16.4%	17.2%
	Male	6.8%	39.5%	23.1%	16.4%	14.1%
Age	18-34	6.1%	23.9%	30.5%	15.9%	23.6%
categories	35-44	7.8%	30.4%	22.7%	16.7%	22.5%
	45-54	6.7%	32.5%	29.7%	23.4%	7.7%
	55-64	11.1%	39.2%	21.4%	15.8%	12.5%
	65-74	13.4%	43.5%	14.0%	16.5%	12.7%
	75+	10.7%	64.8%	8.3%	8.0%	8.3%
Education	Less than high school	8.9%	52.9%	34.2%	2.7%	1.3%
	High school diploma/GED	13.4%	56.0%	11.2%	12.9%	6.5%
	Vocational school or some					
	college	13.2%	39.8%	17.5%	15.4%	14.1%
	Associates degree	5.6%	47.3%	26.0%	10.0%	11.0%
	Bachelor's degree or higher	5.5%	20.4%	30.4%	21.1%	22.7%
Household	Less than \$20,000	9.6%	48.4%	14.3%	11.9%	15.9%
income	\$20,000-\$34,999	9.5%	58.7%	17.0%	9.1%	5.8%
	\$35,000-\$49,999	9.6%	35.6%	30.2%	17.8%	6.9%
	\$50,000-\$99,999	11.4%	39.5%	22.1%	14.6%	12.4%
	\$100,000+	5.1%	22.9%	24.8%	21.2%	25.9%
County	Meeker	11.3%	40.5%	21.2%	16.7%	10.4%
	McLeod	1.9%	32.1%	26.9%	17.9%	21.3%
	Sibley	22.8%	40.1%	14.9%	12.5%	9.6%
2022 All (3 d	counties combined)	8.9%	36.2%	22.8%	16.4%	15.7%

	My community does not have this	l do not use this	l use this
2018 All (3 counties combined)	12.6%	44.4%	42.9%
2014 All (3 counties combined)	18.1%	40.6%	41.3%

n=1189		Му	l do not	l use this	l use this	I use this
		commun	use this	once in a	some-	often
		-ity does		while	times	
		not have				
		this				
Sex	Female	13.0%	49.4%	15.3%	14.0%	8.3%
	Male	13.5%	52.4%	13.9%	10.3%	9.8%
Age	18-34	23.7%	35.5%	19.4%	8.0%	13.4%
categories	35-44	8.9%	50.5%	10.1%	23.1%	7.5%
	45-54	6.8%	51.3%	18.7%	16.9%	6.4%
	55-64	9.9%	53.4%	16.3%	11.9%	8.5%
	65-74	14.0%	56.1%	13.3%	7.5%	9.1%
	75+	10.3%	75.5%	3.1%	4.7%	6.4%
Education	Less than high school	9.4%	51.3%	34.4%	0.6%	4.4%
	High school diploma/GED	12.1%	69.9%	7.6%	6.2%	4.2%
	Vocational school or some					
	college	12.3%	50.3%	15.4%	16.9%	5.1%
	Associates degree	5.3%	65.3%	15.5%	10.8%	3.1%
	Bachelor's degree or higher	17.0%	38.1%	15.7%	13.7%	15.5%
Household	Less than \$20,000	7.1%	72.9%	4.1%	6.4%	9.6%
income	\$20,000-\$34,999	11.0%	65.9%	14.6%	6.7%	1.8%
	\$35,000-\$49,999	25.5%	49.5%	8.0%	7.3%	9.7%
	\$50,000-\$99,999	11.2%	55.2%	15.4%	11.9%	6.3%
	\$100,000+	11.7%	38.6%	18.6%	17.3%	13.8%
County	Meeker	17.3%	49.8%	16.4%	12.1%	4.5%
	McLeod	5.5%	50.7%	14.9%	15.1%	13.8%
	Sibley	26.3%	53.0%	11.3%	5.1%	4.3%
2022 All (3 d	counties combined)	13.3%	50.9%	14.6%	12.2%	9.1%

39b. Please indicate whether you use the following resources and facilities in your community. Bicycle paths, shared use paths or bike lanes

	My community does not have this	l do not use this	l use this
2018 All (3 counties combined)	12.9%	55.3%	31.9%
2014 All (3 counties combined)	19.4%	49.0%	31.6%

n=1182		My	l do not	l use this	l use this	l use this
		commun	use this	once in a	some-	often
		-ity does		while	times	
		not have				
		this				
Sex	Female	13.0%	52.5%	17.2%	10.4%	6.8%
	Male	15.5%	63.8%	17.8%	1.8%	1.1%
Age	18-34	25.8%	33.2%	28.8%	8.2%	4.0%
categories	35-44	5.1%	46.2%	28.3%	14.3%	6.1%
	45-54	9.3%	63.5%	18.9%	4.0%	4.2%
	55-64	11.8%	73.6%	8.9%	3.0%	2.8%
	65-74	14.8%	71.1%	7.7%	3.3%	3.2%
	75+	12.6%	82.5%	1.1%	0.8%	3.1%
Education	Less than high school	8.9%	51.3%	34.2%	0.6%	5.1%
	High school diploma/GED	11.9%	68.3%	12.8%	3.3%	3.7%
	Vocational school or some					
	college	13.7%	62.7%	16.0%	5.3%	2.4%
	Associates degree	13.1%	53.3%	19.4%	8.9%	5.3%
	Bachelor's degree or higher	16.6%	51.8%	19.6%	7.7%	4.3%
Household	Less than \$20,000	9.2%	68.3%	5.5%	0.9%	16.2%
income	\$20,000-\$34,999	11.6%	72.0%	12.1%	1.0%	3.3%
	\$35,000-\$49,999	24.4%	53.3%	13.8%	5.4%	3.1%
	\$50,000-\$99,999	15.3%	60.3%	13.6%	8.1%	2.7%
	\$100,000+	10.6%	51.3%	27.1%	6.8%	4.3%
County	Meeker	13.7%	60.8%	16.4%	7.3%	1.8%
	McLeod	9.8%	61.0%	18.5%	5.7%	4.9%
	Sibley	26.1%	47.3%	16.7%	5.1%	4.8%
2022 All (3 d	counties combined)	14.3%	58.2%	17.5%	6.1%	3.9%

**39c.** Please indicate whether you use the following resources and facilities in your community. Public swimming pools or water parks

	My community does not have this	l do not use this	l use this
2018 All (3 counties combined)	14.3%	64.2%	21.5%
2014 All (3 counties combined)	19.9%	62.3%	17.8%

n=1177		My commun- ity does	l do not use this	l use this once in a while	l use this some- times	l use this often
		this				
Sex	Female	21.8%	52.9%	12.5%	8.8%	4.1%
	Male	23.1%	57.3%	16.6%	1.8%	1.1%
Age	18-34	41.9%	26.0%	23.8%	6.6%	1.8%
categories	35-44	15.3%	50.0%	23.7%	6.9%	4.0%
	45-54	14.7%	66.6%	14.9%	2.4%	1.4%
	55-64	17.7%	67.4%	5.1%	7.5%	2.4%
	65-74	19.0%	66.6%	9.7%	2.5%	2.2%
	75+	12.6%	76.8%	2.1%	4.0%	4.6%
Education	Less than high school	17.9%	75.8%	1.1%	4.5%	0.7%
	High school diploma/GED	14.0%	69.8%	9.5%	4.1%	2.5%
	Vocational school or some					
	college	20.2%	60.0%	12.6%	5.2%	2.0%
	Associates degree	14.5%	68.0%	6.7%	7.7%	3.1%
	Bachelor's degree or higher	31.1%	39.8%	21.1%	5.3%	2.8%
Household	Less than \$20,000	15.0%	67.8%	4.1%	10.6%	2.6%
income	\$20,000-\$34,999	9.9%	79.8%	5.4%	3.2%	1.7%
	\$35,000-\$49,999	29.9%	59.6%	2.7%	3.2%	4.7%
	\$50,000-\$99,999	20.7%	58.3%	12.5%	6.0%	2.6%
	\$100,000+	26.0%	40.6%	25.9%	5.4%	2.1%
County	Meeker	34.1%	45.9%	13.5%	4.8%	1.7%
	McLeod	9.9%	61.2%	19.2%	6.9%	2.9%
	Sibley	36.3%	54.0%	4.6%	2.1%	3.1%
2022 All (3 (	counties combined)	22.5%	55.1%	14.6%	5.3%	2.6%

**39d.** Please indicate whether you use the following resources and facilities in your community. Public recreation centers

	My community does not have this	l do not use this	l use this
2018 All (3 counties combined)	18.3%	61.8%	20.0%
2014 All (3 counties combined)	23.3%	56.2%	20.5%

n=1162		My commun- ity does not have	l do not use this	l use this once in a while	l use this some- times	l use this often
		this				
Sex	Female	2.2%	46.9%	21.3%	12.6%	17.1%
	Male	2.2%	53.0%	17.1%	22.8%	4.9%
Age	18-34	0.0%	36.3%	11.3%	33.8%	18.6%
categories	35-44	0.5%	35.8%	29.0%	16.6%	18.1%
	45-54	1.0%	50.2%	24.0%	14.7%	10.1%
	55-64	3.0%	57.3%	21.6%	13.2%	4.9%
	65-74	5.9%	59.9%	19.4%	10.8%	4.1%
	75+	5.5%	77.9%	10.9%	2.9%	2.9%
Education	Less than high school	5.1%	74.4%	20.6%	0.0%	0.0%
	High school diploma/GED	4.0%	59.5%	12.4%	18.2%	5.9%
	Vocational school or some					
	college	2.2%	56.0%	21.3%	13.8%	6.8%
	Associates degree	1.3%	58.0%	18.7%	13.3%	8.8%
	Bachelor's degree or higher	1.3%	37.5%	21.6%	22.8%	16.8%
Household	Less than \$20,000	1.6%	63.2%	17.5%	8.4%	9.4%
income	\$20,000-\$34,999	3.5%	75.8%	11.0%	1.7%	7.9%
	\$35,000-\$49,999	2.4%	45.6%	14.2%	29.6%	8.1%
	\$50,000-\$99,999	2.4%	54.0%	16.0%	16.4%	11.2%
	\$100,000+	1.1%	37.4%	26.8%	21.2%	13.5%
County	Meeker	2.6%	46.4%	21.5%	19.6%	9.9%
	McLeod	1.1%	51.0%	19.2%	16.3%	12.5%
	Sibley	4.4%	52.7%	15.6%	18.5%	8.8%
2022 All (3 d	counties combined)	2.2%	49.9%	19.1%	17.7%	11.0%

39e. Please indicate whether you use the following resources and facilities in your community. Parks, playgrounds or sports fields

	My community does not have this	l do not use this	l use this
2018 All (3 counties combined)	3.3%	57.8%	38.9%
2014 All (3 counties combined)	3.9%	53.2%	42.9%

n=1177		My	l do not	l use this	l use this	l use this
		commun-	use this	once in a	some-	often
		ity does		while	times	
		not have				
		this				
Sex	Female	22.4%	67.3%	5.7%	3.3%	1.4%
	Male	26.1%	64.9%	5.9%	1.3%	1.8%
Age	18-34	43.3%	48.9%	6.7%	1.1%	0.0%
categories	35-44	19.5%	65.4%	8.6%	1.3%	5.3%
	45-54	19.8%	68.4%	7.6%	3.8%	0.4%
	55-64	19.5%	72.1%	4.1%	3.3%	1.0%
	65-74	18.0%	74.9%	3.8%	1.8%	1.6%
	75+	10.4%	81.9%	2.3%	2.9%	2.5%
Education	Less than high school	9.5%	90.0%	0.6%	0.0%	0.0%
	High school diploma/GED	14.1%	72.9%	6.7%	1.4%	5.0%
	Vocational school or some					
	college	18.6%	72.8%	5.4%	3.0%	0.3%
	Associates degree	23.0%	70.9%	3.0%	1.2%	1.9%
	Bachelor's degree or higher	34.2%	55.8%	6.7%	2.6%	0.7%
Household	Less than \$20,000	15.0%	75.8%	0.0%	8.6%	0.7%
income	\$20,000-\$34,999	10.2%	88.0%	1.3%	0.0%	0.6%
	\$35,000-\$49,999	38.5%	49.6%	4.4%	0.5%	7.1%
	\$50,000-\$99,999	21.8%	67.5%	7.8%	2.1%	0.9%
	\$100,000+	27.6%	62.4%	6.4%	2.9%	0.7%
County	Meeker	26.2%	62.9%	8.2%	2.2%	0.6%
	McLeod	20.6%	70.9%	5.2%	2.3%	1.1%
	Sibley	30.2%	59.4%	3.7%	2.2%	4.5%
2022 All (3	counties combined)	24.2%	66.1%	5.8%	2.3%	1.6%

39f. Please indicate whether you use the following resources and facilities in your community. Schools, colleges or universities that are open for public use for exercise or physical activity

	My community does not have this	l do not use this	l use this
2018 All (3 counties combined)	19.0%	73.6%	7.3%
2014 All (3 counties combined)	22.7%	66.7%	10.7%

39g. Please indicate whether you use the following resources and facilities in your community. A shopping mall for physical activity or walking

n=1168		My commun -ity does not have	l do not use this	l use this once in a while	l use this some- times	l use this often
Sov	Female	22.0%	60.4%	Q 1%	1 7%	1 0%
JEA	Male	23.3%	64.2%	2.9%	2.0%	2.3%
A.g.o	19.24	46.3%	EO 10/	1 20/	1 00/	0.70/
Age	25.44	40.2%	50.1%	2.50	1.9%	0.7%
categories		20.4%		3.5%	1.3%	0.1%
	45-54	18.6%	/3.5%	2.9%	5.1%	0.0%
	55-64	23.0%	62.3%	9.0%	4.9%	0.8%
	65-74	14.7%	62.3%	15.3%	4.7%	3.0%
	75+	13.4%	63.9%	12.2%	7.1%	3.5%
Education	Less than high school	21.8%	70.6%	3.0%	1.4%	3.2%
	High school diploma/GED	17.8%	58.7%	10.4%	8.0%	5.2%
	Vocational school or some					
	college	21.8%	66.9%	6.7%	3.7%	1.0%
	Associates degree	15.7%	74.9%	5.6%	1.0%	2.9%
	Bachelor's degree or higher	34.4%	58.1%	4.6%	2.2%	0.7%
Household	Less than \$20,000	18.9%	47.5%	16.1%	15.3%	2.2%
income	\$20,000-\$34,999	12.4%	71.9%	10.9%	3.7%	1.1%
	\$35,000-\$49,999	34.7%	46.8%	8.9%	2.9%	6.7%
	\$50,000-\$99,999	23.9%	62.8%	6.9%	5.1%	1.5%
	\$100,000+	27.9%	67.9%	2.5%	1.2%	0.4%
County	Meeker	35.1%	55.7%	5.0%	3.0%	1.3%
	McLeod	12.7%	72.8%	7.6%	5.2%	1.8%
	Sibley	42.1%	46.5%	5.7%	1.7%	4.0%
2022 All (3 d	counties combined)	25.4%	62.3%	6.4%	3.8%	2.1%

	My community does not have this	l do not use this	l use this
2018 All (3 counties combined)	23.4%	64.8%	11.8%
2014 All (3 counties combined)	27.6%	59.4%	13.0%

n=1186		My commun- ity does not have	l do not use this	l use this once in a while	l use this some- times	l use this often
		this				
Sex	Female	9.9%	73.1%	5.4%	5.5%	6.1%
	Male	13.0%	79.1%	4.7%	0.5%	2.7%
Age	18-34	19.3%	70.7%	5.1%	3.6%	1.3%
categories	35-44	4.3%	76.2%	10.7%	3.7%	5.1%
	45-54	10.0%	77.1%	5.1%	1.5%	6.4%
	55-64	12.1%	80.5%	1.6%	2.4%	3.6%
	65-74	9.4%	77.1%	5.3%	2.7%	5.5%
	75+	8.1%	78.1%	2.1%	4.4%	7.2%
Education	Less than high school	4.2%	67.3%	24.7%	1.1%	2.6%
	High school diploma/GED	10.9%	78.2%	5.3%	1.6%	4.1%
	Vocational school or some					
	college	13.4%	81.4%	1.9%	1.6%	1.7%
	Associates degree	10.3%	76.5%	2.6%	4.2%	6.5%
	Bachelor's degree or higher	11.8%	72.1%	6.3%	4.4%	5.4%
Household	Less than \$20,000	8.6%	85.8%	0.0%	1.5%	4.1%
income	\$20,000-\$34,999	7.1%	82.9%	7.3%	1.1%	1.7%
	\$35,000-\$49,999	24.6%	61.3%	7.2%	3.5%	3.4%
	\$50,000-\$99,999	13.3%	76.5%	4.3%	2.2%	3.8%
	\$100,000+	6.1%	78.4%	5.4%	4.1%	6.1%
County	Meeker	10.5%	78.5%	5.0%	2.2%	3.9%
	McLeod	8.6%	78.9%	3.5%	4.3%	4.7%
	Sibley	19.9%	65.6%	9.1%	1.1%	4.3%
2022 All (3	counties combined)	11.5%	76.1%	5.1%	3.0%	4.4%

39h. Please indicate whether you use the following resources and facilities in your community. Health club, fitness center, or gym

	My community does not have this	l do not use this	l use this
2018 All (3 counties combined)	8.8%	75.4%	15.8%
2014 All (3 counties combined)	11.1%	73.1%	15.8%

n=1194		My	l do not	l use this	l use this	l use this
		commun-	use this	once in a	some-	often
		ity does		while	times	
		not have				
		this				
Sex	Female	5.8%	54.4%	21.2%	11.8%	6.9%
	Male	8.0%	55.3%	20.6%	12.8%	3.3%
Age	18-34	11.9%	45.4%	29.0%	9.8%	3.9%
categories	35-44	3.3%	41.8%	23.9%	24.4%	6.6%
	45-54	3.1%	50.8%	28.4%	13.7%	4.0%
	55-64	5.7%	59.9%	15.4%	12.7%	6.3%
	65-74	6.6%	64.2%	15.3%	7.4%	6.6%
	75+	9.2%	81.2%	3.1%	2.9%	3.5%
Education	Less than high school	6.0%	45.6%	29.8%	6.7%	12.0%
	High school diploma/GED	9.3%	69.9%	9.9%	9.2%	1.8%
	Vocational school or some					
	college	6.1%	58.5%	15.4%	15.3%	4.7%
	Associates degree	2.3%	60.3%	18.4%	11.7%	7.4%
	Bachelor's degree or higher	7.6%	44.2%	30.0%	12.4%	5.8%
Household	Less than \$20,000	8.9%	72.9%	9.5%	7.3%	1.4%
income	\$20,000-\$34,999	4.2%	73.3%	13.9%	5.8%	2.8%
	\$35,000-\$49,999	18.8%	60.1%	8.9%	7.4%	4.9%
	\$50,000-\$99,999	6.6%	53.5%	23.4%	10.8%	5.7%
	\$100,000+	3.0%	45.6%	27.4%	18.5%	5.5%
County	Meeker	4.6%	45.0%	24.2%	18.1%	8.1%
	McLeod	5.3%	59.5%	20.1%	10.8%	4.3%
	Sibley	14.5%	58.2%	17.9%	7.0%	2.5%
2022 All (3	_ counties combined)	6.9%	54.8%	20.9%	12.3%	5.1%

39i. Please indicate whether you use the following resources and facilities in your community. Nearby waterways, such as creeks, rivers and lakes for water-related activities

	My community does not have this	l do not use this	l use this			
2018 All (3 counties combined)	9.1%	61.3%	29.6%			
2014 All (3 counties combined)	8.3%	62.9%	28.8%			
n=1189		My	l do not	I use this	l use this	l use this
---------------	-----------------------------	----------	----------	------------	------------	------------
		commun-	use this	once in a	sometim	often
		ity does		while	es	
		not have				
		this				
Sex	Female	7.3%	78.9%	7.4%	4.2%	2.3%
	Male	9.6%	84.2%	3.9%	1.3%	1.1%
Age	18-34	16.7%	79.3%	0.6%	3.3%	0.0%
categories	35-44	5.6%	77.6%	11.7%	1.8%	3.4%
	45-54	4.1%	85.1%	7.6%	2.7%	0.5%
	55-64	4.9%	84.8%	5.6%	3.1%	1.6%
	65-74	7.4%	80.4%	7.3%	2.5%	2.4%
	75+	8.3%	82.6%	3.0%	2.3%	3.8%
Education	Less than high school	5.1%	89.3%	4.5%	1.2%	0.0%
	High school diploma/GED	7.1%	86.0%	4.2%	1.2%	1.6%
	Vocational school or some					
	college	9.2%	79.5%	8.0%	2.4%	0.9%
	Associates degree	5.0%	80.7%	6.5%	5.7%	2.1%
	Bachelor's degree or higher	10.2%	80.5%	4.5%	3.1%	1.7%
Household	Less than \$20,000	8.7%	79.1%	9.4%	1.5%	1.4%
income	\$20,000-\$34,999	8.1%	86.8%	1.9%	1.0%	2.4%
	\$35,000-\$49,999	26.0%	70.3%	1.0%	0.3%	2.4%
	\$50,000-\$99,999	6.7%	84.0%	5.4%	2.5%	1.5%
	\$100,000+	3.6%	82.0%	8.5%	4.5%	1.3%
County	Meeker	6.4%	84.2%	4.0%	3.6%	1.8%
	McLeod	6.7%	80.8%	8.0%	3.0%	1.6%
	Sibley	16.1%	79.4%	2.2%	0.7%	1.6%
2022 All (3 d	counties combined)	8.5%	81.5%	5.6%	2.7%	1.7%

39j. Please indicate whether you use the following resources and facilities in your community. Physical activity classes or activities through Community Education

Different response options in 2014 and 2018:

	My community does not have this	l do not use this	l use this
2018 All (3 counties combined)	4.1%	84.9%	11.0%
2014 All (3 counties combined)	5.5%	83.8%	10.7%

n=1175		Yes	No
Sex	Female	96.9%	3.1%
	Male	98.7%	1.3%
Age categories	18-34	99.0%	1.0%
	35-44	98.6%	1.4%
	45-54	97.7%	2.3%
	55-64	99.6%	0.5%
	65-74	98.8%	1.2%
	75+	89.8%	10.2%
Education	Less than high school	86.5%	13.5%
	High school diploma/GED	94.9%	5.1%
	Vocational school or some college	97.6%	2.4%
	Associates degree	99.9%	0.1%
	Bachelor's degree or higher	99.4%	0.6%
Household	Less than \$20,000	77.9%	22.1%
income	\$20,000-\$34,999	95.4%	4.6%
	\$35,000-\$49,999	97.9%	2.1%
	\$50,000-\$99,999	99.7%	0.3%
	\$100,000+	99.9%	0.1%
County	Meeker	98.6%	1.4%
	McLeod	98.2%	1.8%
	Sibley	95.6%	4.4%
2022 All (3 count	ies combined)	97.8%	2.2%
2018 All (3 count	ies combined)	96.4%	3.6%
2014 All (3 count	ies combined)	97.0%	3.0%

# 40. Do you ever drive a car or other vehicle?

41a. (Of those who drive) When driving a car or other vehicle, how often do you read or send tex	t
messages?	

n=1014		Often	Sometimes	Never	l don't
					have a
					cell phone
Sex	Female	4.1%	38.0%	56.9%	1.0%
	Male	1.8%	36.8%	60.4%	1.1%
Age	18-34	3.9%	56.1%	40.0%	0.0%
categories	35-44	5.3%	51.7%	43.0%	0.0%
	45-54	2.7%	44.0%	52.5%	0.9%
	55-64	3.0%	29.6%	66.0%	1.4%
	65-74	0.3%	10.2%	86.1%	3.4%
	75+	0.0%	5.0%	92.9%	2.1%
Education	Less than high school	*	*	*	*
	High school diploma/GED	1.9%	27.2%	69.2%	1.8%
	Vocational school or some college	1.7%	36.1%	60.7%	1.5%
	Associates degree	9.2%	22.9%	66.7%	1.3%
	Bachelor's degree or higher	2.6%	47.8%	49.4%	0.2%
Household	Less than \$20,000	0.0%	17.8%	77.3%	5.0%
income	\$20,000-\$34,999	0.0%	23.7%	75.1%	1.2%
	\$35,000-\$49,999	2.0%	34.9%	62.0%	1.1%
	\$50,000-\$99,999	2.3%	34.9%	61.4%	1.5%
	\$100,000+	5.2%	48.5%	46.1%	0.2%
County	Meeker	4.6%	39.8%	54.2%	1.4%
	McLeod	2.0%	35.1%	62.0%	0.9%
	Sibley	2.7%	39.5%	56.8%	1.0%
2022 All (3 co	ounties combined)	2.9%	37.4%	58.7%	1.1%
2018 All (3 co	ounties combined)	2.7%	38.1%	57.2%	2.0%
2014 All (3 co	ounties combined)	2.3%	37.0%	55.9%	4.7%

41b. (Of those who drive) When driving a car or other vehicle, how often do you make or answer	а
phone call?	

n=1019		Often	Sometimes	Never	l don't
					cell phone
Sex	Female	17.8%	59.1%	22.2%	0.9%
	Male	18.0%	59.4%	21.2%	1.4%
Age	18-34	34.7%	60.2%	5.1%	0.0%
categories	35-44	20.1%	71.2%	8.7%	0.0%
	45-54	15.6%	66.9%	16.6%	0.9%
	55-64	11.2%	64.9%	22.6%	1.3%
	65-74	7.3%	45.4%	43.4%	4.0%
	75+	2.3%	30.9%	64.6%	2.2%
Education	Less than high school	*	*	*	*
	High school diploma/GED	8.9%	43.2%	45.8%	2.0%
	Vocational school or some college	10.1%	65.3%	23.1%	1.5%
	Associates degree	33.5%	54.8%	10.4%	1.3%
	Bachelor's degree or higher	21.4%	67.3%	11.2%	0.2%
Household	Less than \$20,000	3.3%	33.7%	59.8%	3.2%
income	\$20,000-\$34,999	24.8%	34.3%	38.9%	2.0%
	\$35,000-\$49,999	21.8%	36.2%	40.6%	1.3%
	\$50,000-\$99,999	12.0%	64.9%	21.4%	1.6%
	\$100,000+	22.8%	72.4%	4.6%	0.2%
County	Meeker	19.8%	57.4%	21.0%	1.8%
	McLeod	15.9%	61.0%	22.3%	0.8%
	Sibley	20.2%	57.7%	21.1%	1.1%
2022 All (3 co	ounties combined)	17.9%	59.3%	21.7%	1.1%
2018 All (3 co	ounties combined)	20.9%	60.4%	17.1%	1.7%
2014 All (3 co	ounties combined)	20.4%	58.3%	17.1%	4.2%

n=1008		Often	Sometimes	Never
Sex	Female	3.0%	35.7%	61.3%
	Male	2.6%	37.6%	59.8%
Age	18-34	1.5%	41.6%	56.9%
categories	35-44	4.9%	43.0%	52.2%
	45-54	3.7%	41.9%	54.4%
	55-64	3.4%	40.4%	56.2%
	65-74	1.9%	24.1%	74.0%
	75+	0.9%	14.3%	84.8%
Education	Less than high school	*	*	*
	High school diploma/GED	3.4%	21.0%	75.6%
	Vocational school or some college	1.9%	41.8%	56.3%
	Associates degree	1.9%	41.8%	56.3%
	Bachelor's degree or higher	3.1%	41.1%	55.8%
Household	Less than \$20,000	2.0%	20.9%	77.1%
income	\$20,000-\$34,999	2.4%	30.0%	67.6%
	\$35,000-\$49,999	2.7%	44.7%	52.7%
	\$50,000-\$99,999	2.3%	34.2%	63.5%
	\$100,000+	3.6%	41.7%	54.8%
County	Meeker	5.7%	38.8%	55.6%
	McLeod	1.6%	34.3%	64.1%
	Sibley	1.6%	39.4%	59.0%
2022 All (3 cou	nties combined)	2.8%	36.7 %	60.6%
2018 All (3 cour	nties combined)	5.4%	36.5%	58.2%
2014 All (3 cour	nties combined)	6.4%	42.2%	51.4%

41c. (Of those who drive) When driving a car or other vehicle, how often do you do other activities such as eat, read, apply makeup or shave?

n=1016		Often	Sometimes	Never
Sex	Female	0.3%	3.9%	95.8%
	Male	0.0%	8.8%	91.3%
Age	18-34	0.5%	0.5%	99.0%
categories	35-44	0.0%	12.4%	87.6%
	45-54	0.0%	5.4%	94.6%
	55-64	0.0%	8.7%	91.3%
	65-74	0.0%	7.2%	92.8%
	75+	0.0%	7.3%	92.8%
Education	Less than high school	*	*	*
	High school diploma/GED	0.7%	5.7%	93.7%
	Vocational school or some college	0.0%	9.9%	90.1%
	Associates degree	0.0%	3.8%	96.2%
	Bachelor's degree or higher	0.0%	5.8%	94.2%
Household	Less than \$20,000	0.0%	0.8%	99.2%
income	\$20,000-\$34,999	0.0%	3.9%	96.1%
	\$35,000-\$49,999	1.0%	3.1%	95.9%
	\$50,000-\$99,999	0.0%	7.2%	92.8%
	\$100,000+	0.0%	8.1%	92.0%
County	Meeker	0.0%	7.8%	92.2%
	McLeod	0.0%	5.0%	95.0%
	Sibley	0.6%	7.8%	91.6%
2022 All (3 cou	nties combined)	0.1%	6.4%	93.5%
2018 All (3 cour	nties combined)	0.0%	9.9%	90.1%
2014 All (3 cour	nties combined)	0.0%	8.8%	91.2%

41d. (Of those who drive) When driving a car or other vehicle, how often do you drive when you have perhaps had too much to drink?

n=1013		Often	Sometimes	Never
Sex	Female	26.5%	60.7%	12.9%
	Male	30.1%	59.3%	10.6%
Age	18-34	39.9%	58.8%	1.3%
categories	35-44	34.2%	60.9%	4.9%
	45-54	30.5%	60.3%	9.2%
	55-64	25.4%	57.9%	16.7%
	65-74	16.0%	64.5%	19.4%
	75+	7.3%	58.5%	34.2%
Education	Less than high school	*	*	*
	High school diploma/GED	18.7%	57.3%	24.0%
	Vocational school or some college	23.5%	62.6%	13.9%
	Associates degree	23.0%	70.2%	6.8%
	Bachelor's degree or higher	38.6%	56.6%	4.8%
Household	Less than \$20,000	3.2%	51.7%	45.1%
income	\$20,000-\$34,999	16.9%	67.9%	15.2%
	\$35,000-\$49,999	16.5%	65.3%	18.3%
	\$50,000-\$99,999	23.1%	63.1%	13.8%
	\$100,000+	44.2%	53.2%	2.6%
County	Meeker	35.5%	50.3%	14.2%
	McLeod	21.6%	67.6%	10.8%
	Sibley	34.4%	55.4%	10.2%
2022 All (3 cou	nties combined)	28.3%	60.0%	11.7%

41e. (Of those who drive) When driving a car or other vehicle, how often do you drive over the speed limit (up to 5 mph over the speed limit)?

New question in 2022.

n=1022		Often	Sometimes	Never
Sex	Female	10.5%	50.4%	39.1%
	Male	6.6%	52.6%	40.8%
Age	18-34	8.2%	54.4%	37.4%
categories	35-44	12.9%	65.2%	21.9%
	45-54	11.7%	50.5%	37.9%
	55-64	8.8%	52.2%	39.1%
	65-74	4.4%	42.5%	53.1%
	75+	1.7%	32.9%	65.4%
Education	Less than high school	*	*	*
	High school diploma/GED	5.7%	41.6%	52.7%
	Vocational school or some college	4.9%	58.2%	36.9%
	Associates degree	11.9%	55.1%	33.0%
	Bachelor's degree or higher	10.7%	52.9%	36.4%
Household	Less than \$20,000	7.5%	25.0%	67.5%
income	\$20,000-\$34,999	3.6%	51.2%	45.2%
	\$35,000-\$49,999	3.2%	51.1%	45.7%
	\$50,000-\$99,999	6.3%	52.9%	40.8%
	\$100,000+	14.6%	53.9%	31.5%
County	Meeker	10.7%	46.3%	43.0%
	McLeod	7.5%	52.2%	40.3%
	Sibley	7.9%	57.5%	34.6%
2022 All (3 cou	nties combined)	8.5%	51.5%	40.0%

41f. (Of those who drive) When driving a car or other vehicle, how often do you drive over the speed limit (greater than 5 mph over the speed limit)?

New question in 2022.

n=1197		Always	Most of	Some-	Seldom	Never
Fox	Fomalo	04.0%			0.20/	0.20/
JEX	Mala	94.0%	5.5%	0.0%	0.2%	0.3%
-	Male	93.1%	5.6%	0.7%	0.6%	0.1%
Age	18-34	97.6%	2.5%	0.0%	0.0%	0.0%
categories	35-44	87.8%	12.2%	0.0%	0.0%	0.0%
	45-54	93.8%	3.7%	0.0%	1.8%	0.8%
	55-64	91.7%	7.5%	0.8%	0.0%	0.0%
	65-74	94.4%	4.8%	0.4%	0.3%	0.0%
	75+	94.8%	3.0%	1.2%	0.5%	0.6%
Education	Less than high school	95.4%	2.1%	0.0%	0.0%	2.6%
	High school diploma/GED	92.5%	6.1%	1.1%	0.3%	0.0%
	Vocational school or some					
	college	94.4%	5.3%	0.3%	0.0%	0.0%
	Associates degree	91.7%	7.1%	0.0%	0.0%	1.2%
	Bachelor's degree or higher	94.0%	5.3%	0.1%	0.7%	0.0%
Household	Less than \$20,000	87.0%	10.4%	1.7%	0.9%	0.0%
income	\$20,000-\$34,999	93.6%	5.3%	1.1%	0.0%	0.0%
	\$35,000-\$49,999	95.8%	3.6%	0.0%	0.2%	0.5%
	\$50,000-\$99,999	91.8%	6.7%	0.3%	0.9%	0.4%
	\$100,000+	95.1%	4.7%	0.1%	0.0%	0.0%
County	Meeker	94.1%	4.6%	0.5%	0.1%	0.6%
	McLeod	92.3%	6.8%	0.3%	0.7%	0.0%
	Sibley	95.9%	3.9%	0.1%	0.2%	0.0%
2022 All (3 d	counties combined)	93.6%	5.6%	0.3%	0.4%	0.2%
2018 All (3 d	counties combined)	91.2%	7.2%	0.5%	0.9%	0.2%
2014 All (3 d	counties combined)	86.4%	11.2%	1.6%	0.6%	0.1%

# 42. How often do you wear a seat belt when you drive or ride in a car?

43. Do you have access to at least one working car or other vehicle to use when you need to?

n=1194		Yes	No
Sex	Female	96.4%	3.6%
	Male	96.6%	3.4%
Age categories	18-34	96.2%	3.8%
	35-44	97.4%	2.6%
	45-54	98.5%	1.5%
	55-64	96.8%	3.2%
	65-74	97.3%	2.7%
	75+	91.2%	8.8%
Education	Less than high school	85.7%	14.3%
	High school diploma/GED	93.5%	6.5%
	Vocational school or some college	98.5%	1.5%
	Associates degree	88.9%	11.2%
	Bachelor's degree or higher	99.6%	0.4%
Household	Less than \$20,000	75.7%	24.3%
income	\$20,000-\$34,999	83.2%	16.8%
	\$35,000-\$49,999	97.5%	2.5%
	\$50,000-\$99,999	99.2%	0.8%
	\$100,000+	100.0%	0.0%
County	Meeker	98.2%	1.8%
	McLeod	95.0%	5.0%
	Sibley	97.6%	2.4%
2022 All (3 count	ies combined)	96.5%	3.5%
2018 All (3 count	ies combined)	97.5%	2.5%
2014 All (3 count	ies combined)	97.2%	2.9%

n=1192		Yes	No
Sex	Female	5.4%	94.6%
	Male	1.1%	99.0%
Age categories	18-34	2.3%	97.7%
	35-44	1.1%	99.0%
	45-54	5.7%	94.3%
	55-64	1.8%	98.2%
	65-74	2.6%	97.4%
	75+	7.9%	92.1%
Education	Less than high school	8.3%	91.7%
	High school diploma/GED	3.8%	96.2%
	Vocational school or some college	3.7%	96.3%
	Associates degree	1.3%	98.7%
	Bachelor's degree or higher	2.9%	97.1%
Household	Less than \$20,000	27.1%	72.9%
income	\$20,000-\$34,999	4.0%	96.0%
	\$35,000-\$49,999	3.6%	96.4%
	\$50,000-\$99,999	2.4%	97.7%
	\$100,000+	0.6%	99.4%
County	Meeker	2.8%	97.2%
	McLeod	3.5%	96.5%
	Sibley	2.9%	97.1%
2022 All (3 count	ties combined)	3.2.%	96.8%
2018 All (3 count	ies combined)	4.9%	95.1%
2014 All (3 count	ies combined)	7.5%	92.5%

# 44. Do you ever use public transportation such as *Trailblazer Transit* or *Central Community Transit*?

n=1195		Often	Sometimes	Rarely	Never
Sex	Female	0.6%	2.2%	5.8%	91.4%
	Male	0.1%	1.9%	3.2%	94.8%
Age	18-34	0.0%	2.2%	6.5%	91.4%
categories	35-44	0.0%	1.0%	1.0%	98.0%
	45-54	0.7%	2.8%	4.1%	92.4%
	55-64	0.5%	2.6%	5.1%	91.8%
	65-74	0.0%	1.3%	4.1%	94.6%
	75+	1.2%	2.5%	5.4%	90.9%
Education	Less than high school	0.6%	2.1%	28.1%	69.2%
	High school diploma/GED	0.3%	4.0%	5.6%	90.0%
	Vocational school or some college	0.5%	1.9%	5.5%	92.1%
	Associates degree	0.0%	3.4%	1.2%	95.4%
	Bachelor's degree or higher	0.3%	0.9%	2.7%	96.1%
Household	Less than \$20,000	0.6%	2.1%	28.1%	69.2%
income	\$20,000-\$34,999	0.3%	4.0%	5.6%	90.0%
	\$35,000-\$49,999	0.5%	1.9%	5.5%	92.1%
	\$50,000-\$99,999	0.0%	3.4%	1.2%	95.4%
	\$100,000+	0.3%	0.9%	2.7%	96.1%
County	Meeker	0.3%	2.0%	3.3%	94.5%
	McLeod	0.1%	1.9%	3.9%	94.0%
	Sibley	0.9%	2.6%	7.8%	88.7%
2022 All (3 co	ounties combined)	0.3%	2.1%	4.5%	93.1%
2018 All (3 co	ounties combined)	0.4%	3.3%	5.6%	90.7%

45. During the past 12 months, how often did lack of transportation keep you from getting places where you needed to go, such as jobs, medical appointments or shopping?

Question not asked in 2014.

## 46. Do you own or rent your home?

n=893		Own	Rent	Other
				arrangement
Sex	Female	87.3%	8.7%	4.0%
	Male	89.4%	7.4%	3.3%
Age	18-34	82.6%	11.3%	6.1%
categories	35-44	96.4%	2.8%	0.8%
	45-54	88.5%	7.7%	3.8%
	55-64	91.1%	7.4%	1.5%
	65-74	91.7%	6.1%	2.2%
	75+	80.0%	12.0%	8.0%
Education	Less than high school	79.1%	16.8%	4.2%
	High school diploma/GED	81.9%	14.2%	3.8%
	Vocational school or some college	87.1%	7.3%	5.5%
	Associates degree	87.2%	11.0%	1.9%
	Bachelor's degree or higher	92.6%	4.2%	3.2%
Household	Less than \$20,000	41.3%	44.8%	13.9%
income	\$20,000-\$34,999	66.7%	29.6%	3.7%
	\$35,000-\$49,999	84.8%	6.7%	8.5%
	\$50,000-\$99,999	90.9%	6.1%	3.1%
	\$100,000+	99.0%	1.1%	0.0%
County	Meeker	94.7%	4.6%	0.7%
	McLeod	86.3%	10.4%	3.3%
	Sibley	82.8%	7.8%	9.4%
2022 All (3 cou	nties combined)	88.3%	8.0%	3.6%
2018 All (3 cou	nties combined)	89.6%	7.7%	2.7%
2014 All (3 cou	nties combined)	85.3%	11.4%	3.3%

n=880		Yes	No
Sex	Female	7.1%	92.9%
	Male	6.6%	93.4%
Age categories	18-34	9.1%	90.9%
	35-44	2.0%	98.0%
	45-54	8.9%	91.1%
	55-64	5.1%	95.0%
	65-74	4.2%	95.8%
	75+	12.5%	87.5%
Education	Less than high school	9.8%	90.2%
	High school diploma/GED	11.1%	89.0%
	Vocational school or some college	6.1%	93.9%
	Associates degree	10.7%	89.3%
	Bachelor's degree or higher	4.0%	96.0%
Household	Less than \$20,000	49.8%	50.2%
income	\$20,000-\$34,999	25.6%	74.4%
	\$35,000-\$49,999	4.3%	95.7%
	\$50,000-\$99,999	4.6%	95.4%
	\$100,000+	0.1%	99.9%
County	Meeker	3.4%	96.6%
	McLeod	9.4%	90.6%
	Sibley	6.1%	93.9%
2022 All (3 count	ies combined)	6.8%	93.2%
2018 All (3 count	ies combined)	5.8%	94.2%
2014 All (3 count	ies combined)	6.3%	93.7%

# 47. Do you rent an apartment in a multifamily building (a building with 4 or more apartments)?

48. (Of those who rent an apartment in a multifamily building) Does anyone ever smoke in any of the following areas in your building?

n=74		Apart-	Hall-	Laundry	Lobby or	Party	On patios
		ments	ways	rooms	lounge	rooms	or
					areas		balconies
Sex	Female	30.1%	1.2%	0.0%	1.2%	0.0%	35.2%
	Male	*	*	*	*	*	*
County	Meeker	*	*	*	*	*	*
	McLeod	22.8%	0.0%	0.0%	0.0%	0.0%	54.5%
	Sibley	*	*	*	*	*	*
2022 All (3	counties combined)	20.3%	0.6%	0.0%	0.6%	0.0%	47.3%
2018 All (3	counties combined)	19.1%	12.4%	0.0%	0.0%	0.0%	68.4%
2014 All (3	counties combined)	54.0%	17.7%	1.9%	1.3%	0.4%	45.7%

n=878		Often	Sometimes	Rarely	Never
Sex	Female	5.4%	13.1%	13.2%	68.4%
	Male	0.3%	7.4%	13.1%	79.2%
Age	18-34	5.6%	9.7%	8.5%	76.2%
categories	35-44	2.8%	6.2%	24.4%	66.6%
	45-54	2.1%	17.8%	12.3%	67.8%
	55-64	1.8%	11.0%	11.9%	75.4%
	65-74	1.8%	6.7%	16.1%	75.4%
	75+	0.3%	8.8%	8.4%	82.4%
Education	Less than high school	1.5%	5.7%	5.5%	87.2%
	High school diploma/GED	2.5%	12.2%	18.8%	66.5%
	Vocational school or some college	2.9%	17.2%	16.0%	63.9%
	Associates degree	5.8%	8.6%	3.6%	82.0%
	Bachelor's degree or higher	2.1%	7.0%	12.1%	78.8%
Household	Less than \$20,000	7.2%	39.4%	14.3%	39.1%
income	\$20,000-\$34,999	9.5%	16.7%	12.6%	61.3%
	\$35,000-\$49,999	3.4%	8.1%	14.4%	74.1%
	\$50,000-\$99,999	2.4%	9.7%	19.8%	68.1%
	\$100,000+	0.5%	6.0%	3.6%	90.0%
County	Meeker	1.3%	10.0%	11.5%	77.3%
	McLeod	3.4%	10.8%	12.9%	72.9%
	Sibley	4.3%	9.4%	16.3%	70.1%
2022 All (3 co	ounties combined)	2.9%	10.3%	13.1%	73.8%
2018 All (3 co	unties combined)	4.1%	14.6%	14.9%	66.5%

49. During the past 12 months, how often did you worry about not having enough money to pay your rent, mortgage or other housing costs?

Question not asked in 2014.

## 50-51. Smoking status (calculated variable)

n=1160		Current	Former	Never
		smoker	smoker	smoked
Sex	Female	6.5%	18.9%	74.6%
	Male	7.2%	30.9%	61.8%
Age	18-34	1.8%	11.2%	87.1%
categories	35-44	9.2%	37.5%	53.3%
	45-54	10.6%	16.6%	72.8%
	55-64	9.6%	24.6%	65.8%
	65-74	8.1%	30.7%	61.3%
	75+	2.4%	41.6%	56.1%
Education	Less than high school	8.8%	44.6%	46.7%
	High school diploma/GED	11.8%	33.9%	54.4%
	Vocational school or some college	10.8%	31.3%	57.9%
	Associates degree	9.5%	24.0%	66.5%
	Bachelor's degree or higher	1.2%	15.0%	83.8%
Household	Less than \$20,000	16.6%	24.4%	59.0%
income	\$20,000-\$34,999	6.0%	34.7%	59.3%
	\$35,000-\$49,999	5.5%	24.4%	70.1%
	\$50,000-\$99,999	7.3%	23.5%	69.2%
	\$100,000+	5.6%	23.5%	70.9%
County	Meeker	8.5%	29.8%	61.6%
	McLeod	5.5%	23.6%	70.9%
	Sibley	7.7%	20.8%	71.5%
2022 All (3 cou	nties combined)	6.9%	24.9%	68.3%
2018 All (3 cou	nties combined)	11.2%	26.2%	62.6%
2014 All (3 cou	nties combined)	14.4%	28.0%	57.6%

52. (Of current smokers) During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?

n=71		Yes	No
Sex	Female	32.5%	67.5%
	Male	*	*
2022 All (3	counties combined)	32.5%	67.5%
2018 All (3 d	counties combined)	49.7%	50.3%
2014 All (3 d	counties combined)	45.6%	54.4%

53. (Of current smokers who have tried to quit in the past 12 months), how many times did you try to quit?

n=15	0 times	1 time	2 times	3 times	4 or more times
2022 All (3 counties combined)	0.0%	4.4%	27.8%	17.2%	50.5%
2018 All (3 counties combined)	3.8%	24.3%	29.3%	6.3%	36.3%
2014 All (3 counties combined)	0.7%	24.2%	40.7%	19.7%	14.7%

**54. (Of current smokers) If you have tried to quit smoking cigarettes, why hasn't it worked?** (Mark ALL that apply.)

n=89		Not sure how to quit or where to	Quit aids	Live w/ some- one who	Don't want to quit	Haven't tried	Other reason
<u> </u>	E a consta	go	10.00/	smokes		<b>00 5</b> 0/	0.10/
Sex	Female	5.6%	19.8%	26.7%	33.0%	22.5%	9.1%
	Male	1.5%	13.1%	16.6%	13.6%	38.2%	24.2%
County	Meeker	7.7%	28.6%	9.9%	20.6%	22.3%	37.4%
	McLeod	0.0%	9.8%	23.0%	24.1%	44.2%	4.0%
	Sibley	3.0%	8.2%	37.0%	24.4%	20.0%	7.7%
2022 All (3 c	ounties combined)	3.5%	16.3%	21.4%	22.9%	30.7%	17.0%
2018 All (3 c	ounties combined)	3.6%	17.8%	23.1%	18.8%	31.6%	12.5%
2014 All (3 c	ounties combined)	4.6%	12.0%	22.3%	23.2%	12.2%	32.9%

	re	Nicotine placement	Prescrip- tion medication	Clinic or class	Telephone help line	On-line counseling	Face-to- face counseling	Other	None of these
N*		348	344	343	344	344	343	344	357
Sex	Female	19.5%	8.6%	3.8%	0.3%	0.0%	0.4%	2.9%	75.9%
	Male	32.0%	10.9%	1.9%	0.0%	0.0%	1.0%	1.8%	66.0%
Age	18-34	*	*	*	*	*	*	*	*
categories	35-44	*	*	*	*	*	*	*	*
	45-54	*	*	*	*	*	*	*	*
	55-64	26.2%	18.8%	2.0%	0.0%	0.0%	0.0%	1.3%	65.2%
	65-74	16.2%	6.4%	2.8%	0.8%	0.0%	1.0%	4.5%	77.9%
	75+	20.1%	2.2%	0.0%	0.0%	0.0%	0.0%	1.6%	82.3%
Education	Less than high school	*	*	*	*	*	*	*	*
	High school diploma/GED	25.6%	20.1%	4.6%	0.0%	0.0%	0.0%	2.1%	65.9%
	Vocational school or					0.0%			
	some college	24.4%	8.1%	1.4%	0.0%		0.6%	1.0%	71.4%
	Associates degree	*	*	*	*	*	*	*	*
	Bachelor's degree or					0.0%			
	higher	14.9%	2.6%	0.7%	0.0%		0.0%	0.7%	92.9%
Household	Less than \$20,000	36.2%	6.2%	0.0%	0.0%	0.0%	3.1%	1.5%	45.4%
income	\$20,000-\$34,999	35.5%	7.6%	1.2%	1.2%	0.0%	0.0%	0.0%	62.5%
	\$35,000-\$49,999	17.5%	2.8%	0.0%	0.0%	0.0%	0.0%	4.2%	79.7%
	\$50,000-\$99,999	21.1%	15.5%	3.9%	0.0%	0.0%	0.0%	0.4%	73.7%
	\$100,000+	33.9%	7.6%	3.2%	0.0%	0.0%	1.9%	4.2%	65.4%
County	Meeker	24.2%	15.8%	3.6%	0.4%	0.0%	1.7%	2.4%	74.4%
	McLeod	25.9%	6.6%	3.1%	0.0%	0.0%	0.4%	2.5%	71.0%
	Sibley	35.4%	7.0%	0.0%	0.0%	0.0%	0.0%	1.4%	58.8%
2022 All (3 c	counties combined)	27.0%	10.0%	2.7%	0.1%	0.0%	0.8%	2.3%	69.9%
2018 All (3 c	ounties combined)	20.5%	18.0%	2.9%	1.5%	0.8%	1.8%	2.5%	67.1%
2014 All (3 c	ounties combined)	20.8%	11.6%	3.8%	2.4%	0.6%	2.7%	2.0%	71.8%

55a-h. (Of current and former smokers) The last time you tried to quit smoking (or when you quit for good) did you use...

\*Because there was a yes/no response for each option, response count varies for each option.

# 56a. Cigar, cigarillo or little cigar smoking status

n=1168		Non-smoker	Current
			smoker
Sex	Female	99.0%	1.1%
	Male	94.3%	5.8%
Age categories	18-34	97.7%	2.3%
	35-44	97.3%	2.7%
	45-54	94.2%	5.8%
	55-64	95.5%	4.5%
	65-74	96.6%	3.4%
	75+	99.1%	0.9%
Education	Less than high school	87.2%	12.8%
	High school diploma/GED	97.8%	2.2%
	Vocational school or some college	94.9%	5.1%
	Associates degree	95.8%	4.2%
	Bachelor's degree or higher	98.0%	2.1%
Household	Less than \$20,000	87.2%	12.8%
income	\$20,000-\$34,999	97.8%	2.2%
	\$35,000-\$49,999	94.9%	5.1%
	\$50,000-\$99,999	95.8%	4.2%
	\$100,000+	98.0%	2.1%
County	Meeker	97.2%	2.8%
	McLeod	97.3%	2.7%
	Sibley	94.1%	5.9%
2022 All (3 count	ties combined)	96.6%	3.4%
2018 All (3 count	ies combined)	95.6%	4.4%
2014 All (3 count	ies combined)	89.5%	10.5%

## 56b. Pipe smoking status

n=1167		Non-smoker	Current
			smoker
Sex	Female	99.7%	0.3%
	Male	99.6%	0.4%
Age categories	18-34	100.0%	0.0%
	35-44	99.5%	0.5%
	45-54	99.8%	0.2%
	55-64	99.4%	0.6%
	65-74	99.4%	0.6%
	75+	99.7%	0.3%
Education	Less than high school	94.0%	6.0%
	High school diploma/GED	100.0%	0.0%
	Vocational school or some college	99.9%	0.1%
	Associates degree	98.9%	1.1%
	Bachelor's degree or higher	99.8%	0.2%
Household	Less than \$20,000	97.6%	2.4%
income	\$20,000-\$34,999	100.0%	0.0%
	\$35,000-\$49,999	99.7%	0.3%
	\$50,000-\$99,999	99.5%	0.5%
	\$100,000+	100.0%	0.0%
County	Meeker	99.4%	0.6%
	McLeod	100.0%	0.0%
	Sibley	99.2%	0.8%
2022 All (3 count	ies combined)	99.6%	0.4%
2018 All (3 count	ies combined)	99.4%	0.7%
2014 All (3 count	ies combined)	97.4%	2.6%

n=1170		Non-user	Current user
Sex	Female	99.8%	0.2%
	Male	87.5%	12.5%
Age categories	18-34	86.8%	13.2%
	35-44	87.8%	12.2%
	45-54	98.9%	1.1%
	55-64	97.2%	2.9%
	65-74	99.1%	0.9%
	75+	96.9%	3.1%
Education	Less than high school	88.1%	11.9%
	High school diploma/GED	89.3%	10.7%
	Vocational school or some college	99.7%	0.4%
	Associates degree	89.0%	11.0%
	Bachelor's degree or higher	94.0%	6.0%
Household	Less than \$20,000	92.6%	7.4%
income	\$20,000-\$34,999	98.4%	1.6%
	\$35,000-\$49,999	99.3%	0.7%
	\$50,000-\$99,999	95.1%	5.0%
	\$100,000+	88.5%	11.5%
County	Meeker	93.1%	6.9%
	McLeod	92.8%	7.2%
	Sibley	96.9%	3.1%
2022 All (3 counties combined)		93.7%	6.3%
2018 All (3 count	ies combined)	96.7%	3.4%
2014 All (3 count	ies combined)	93.4%	6.6%

## 56c. Smokeless (snuff, snus, or chewing tobacco) status

#### 56d. E-cigarette status

n=1167		Non-user	Current user
Sex	Female	97.8%	2.2%
	Male	96.8%	3.2%
Age categories	18-34	94.2%	5.9%
	35-44	99.1%	0.9%
	45-54	96.1%	3.9%
	55-64	98.3%	1.7%
	65-74	98.6%	1.4%
	75+	99.9%	0.1%
Education	Less than high school	68.7%	31.3%
	High school diploma/GED	97.1%	2.9%
	Vocational school or some college	96.3%	3.7%
	Associates degree	95.9%	4.1%
	Bachelor's degree or higher	99.7%	0.3%
Household	Less than \$20,000	92.6%	7.4%
income	\$20,000-\$34,999	93.3%	6.8%
	\$35,000-\$49,999	97.5%	2.5%
	\$50,000-\$99,999	98.1%	1.9%
	\$100,000+	98.1%	1.9%
County	Meeker	97.1%	2.9%
	McLeod	98.3%	1.7%
	Sibley	95.1%	4.9%
2022 All (3 counties combined)		97.3%	2.7%
2018 All (3 count	ies combined)	97.6%	2.4%
2014 All (3 count	ies combined)	95.2%	4.8%

## 56e. Other tobacco product status

n=1166		Non-user	Current user
Sex	Female	96.2%	3.8%
	Male	95.9%	4.2%
Age categories	18-34	98.3%	1.8%
	35-44	96.5%	3.6%
	45-54	94.6%	5.4%
	55-64	93.0%	7.0%
	65-74	96.3%	3.7%
	75+	97.8%	2.2%
Education	Less than high school	89.6%	10.4%
	High school diploma/GED	94.2%	5.8%
	Vocational school or some college	94.6%	5.4%
	Associates degree	96.7%	3.3%
	Bachelor's degree or higher	98.1%	1.9%
Household	Less than \$20,000	86.0%	14.0%
income	\$20,000-\$34,999	96.4%	3.7%
	\$35,000-\$49,999	96.8%	3.2%
	\$50,000-\$99,999	95.7%	4.3%
	\$100,000+	97.3%	2.7%
County	Meeker	94.9%	5.1%
	McLeod	96.2%	3.8%
	Sibley	97.3%	2.7%
2022 All (3 counties combined)		96.0%	4.0%
2018 All (3 count	ies combined)	94.0%	6.0%
2014 All (3 count	ies combined)	93.5%	6.5%

n=1220		Non-user	Current user
Sex	Female	91.5%	8.5%
	Male	76.8%	23.2%
Age categories	18-34	78.6%	21.4%
	35-44	80.2%	19.8%
	45-54	84.0%	16.0%
	55-64	85.3%	14.7%
	65-74	88.9%	11.1%
	75+	93.9%	6.1%
Education	Less than high school	56.8%	43.2%
	High school diploma/GED	76.8%	23.2%
	Vocational school or some college	84.6%	15.4%
	Associates degree	75.9%	24.1%
	Bachelor's degree or higher	91.2%	8.8%
Household	Less than \$20,000	72.1%	27.9%
income	\$20,000-\$34,999	86.0%	14.0%
	\$35,000-\$49,999	92.3%	7.7%
	\$50,000-\$99,999	86.3%	13.7%
	\$100,000+	79.6%	20.4%
County	Meeker	84.2%	15.8%
	McLeod	84.7%	15.3%
	Sibley	82.5%	17.5%
2022 All (3 count	ies combined)	84.1%	15.9%
2018 All (3 count	ies combined)	83.4%	16.6%
2014 All (3 count	ies combined)	76.8%	23.2%

## 56a-56e. Any tobacco use (calculated variable)

## 56f. Recreational marijuana status

n=1167		Non-user	Current user
Sex	Female	96.0%	4.0%
	Male	95.2%	4.8%
Age categories	18-34	96.0%	4.0%
	35-44	90.3%	9.7%
	45-54	97.5%	2.5%
	55-64	95.3%	4.8%
	65-74	96.8%	3.2%
	75+	99.4%	0.6%
Education	Less than high school	93.7%	6.3%
	High school diploma/GED	97.4%	2.6%
	Vocational school or some college	94.4%	5.6%
	Associates degree	93.2%	6.8%
	Bachelor's degree or higher	96.3%	3.7%
Household	Less than \$20,000	92.5%	7.5%
income	\$20,000-\$34,999	97.5%	2.5%
	\$35,000-\$49,999	93.3%	6.7%
	\$50,000-\$99,999	97.0%	3.0%
	\$100,000+	94.6%	5.4%
County	Meeker	92.9%	7.1%
	McLeod	97.1%	2.9%
	Sibley	96.0%	4.0%
2022 All (3 counties combined)		95.6%	4.4%
2018 All (3 count	ies combined)*	95.5%	4.5%
2014 All (3 count	ies combined)*	97.9%	2.1%

\*Any marijuana status: was not asked separately as medical and recreational.

# 56g. Legalized edible or beverage (5mg THC)

n=1168		Non-user	Current user
Sex	Female	93.3%	6.7%
	Male	94.6%	5.5%
Age categories	18-34	90.2%	9.8%
	35-44	95.7%	4.4%
	45-54	94.0%	6.0%
	55-64	93.6%	6.4%
	65-74	94.7%	5.3%
	75+	99.2%	0.8%
Education	Less than high school	98.1%	1.9%
	High school diploma/GED	97.4%	2.6%
	Vocational school or some college	94.2%	5.8%
	Associates degree	91.8%	8.2%
	Bachelor's degree or higher	92.7%	7.3%
Household	Less than \$20,000	95.5%	4.5%
income	\$20,000-\$34,999	95.6%	4.4%
	\$35,000-\$49,999	96.2%	3.8%
	\$50,000-\$99,999	94.4%	5.6%
	\$100,000+	91.9%	8.1%
County	Meeker	90.4%	9.6%
	McLeod	95.7%	4.3%
	Sibley	94.7%	5.3%
2022 All (3 count	ies combined)	93.9%	6.1%

New question in 2022.

## 56h. Medical marijuana status

n=1166		Non-user	Current user
Sex	Female	98.7%	1.3%
	Male	99.6%	0.5%
County	Meeker	98.9%	1.1%
	McLeod	99.3%	0.7%
	Sibley	99.0%	1.0%
2022 All (3 co	ounties combined)	99.1%	0.9%
2018 All (3 co	unties combined)*	95.5%	4.5%
2014 All (3 co	unties combined)*	97.9%	2.1%

\*Any marijuana status: was not asked separately as medical and recreational.

56i. Other illegal drugs

n=1167	Current user
All (3 counties combined)	Total count <5

56j. Prescription drugs that are not prescribed for you or that you take only to get high

n=1170	Current user
All (3 counties combined)	Total count <5

57. Will the legalization of marijuana (THC) make it more likely you will use legal THC products in the future?

n=1164		Very	Likely	Unlikely	Very
		likely			unlikely
Sex	Female	4.0%	12.7%	21.6%	61.8%
	Male	3.3%	12.2%	23.3%	61.2%
Age	18-34	1.4%	20.4%	21.2%	57.1%
categories	35-44	5.2%	6.5%	26.6%	61.7%
	45-54	4.9%	10.0%	19.9%	65.3%
	55-64	3.7%	14.9%	27.1%	54.3%
	65-74	5.3%	12.8%	22.3%	59.6%
	75+	2.1%	2.8%	14.4%	80.8%
Education	Less than high school	5.5%	0.7%	11.6%	82.2%
	High school diploma/GED	2.4%	10.6%	22.4%	64.6%
	Vocational school or some college	4.9%	12.8%	20.2%	62.1%
	Associates degree	5.8%	9.0%	38.6%	46.6%
	Bachelor's degree or higher	2.5%	14.4%	20.5%	62.7%
Household	Less than \$20,000	6.2%	12.0%	21.2%	60.6%
income	\$20,000-\$34,999	2.7%	8.7%	27.0%	61.7%
	\$35,000-\$49,999	2.9%	13.5%	13.2%	70.4%
	\$50,000-\$99,999	3.0%	12.5%	21.5%	63.0%
	\$100,000+	4.5%	13.4%	27.0%	55.1%
County	Meeker	6.0%	15.8%	19.9%	58.2%
	McLeod	3.1%	11.3%	24.3%	61.4%
	Sibley	1.7%	10.4%	21.5%	66.4%
2022 All (3 c	ounties combined)	3.7%	12.4%	22.4%	61.5%

New question in 2022.

n=1194		Yes	No
Sex	Female	70.5%	29.5%
	Male	73.0%	27.0%
Age categories	18-34	75.6%	24.4%
	35-44	72.8%	27.2%
	45-54	76.9%	23.1%
	55-64	71.0%	29.0%
	65-74	70.0%	30.0%
	75+	56.7%	43.3%
Education	Less than high school	37.0%	63.0%
	High school diploma/GED	56.2%	43.8%
	Vocational school or some college	70.3%	29.7%
	Associates degree	69.3%	30.8%
	Bachelor's degree or higher	83.5%	16.5%
Household	Less than \$20,000	41.2%	58.8%
income	\$20,000-\$34,999	58.4%	41.6%
	\$35,000-\$49,999	69.1%	30.9%
	\$50,000-\$99,999	68.0%	32.0%
	\$100,000+	85.7%	14.3%
County	Meeker	64.9%	35.1%
	McLeod	78.0%	22.0%
	Sibley	66.4%	33.6%
2022 All (3 counties combined)		71.7%	28.3%
2018 All (3 counties combined)		68.8%	31.2%
2014 All (3 counties combined)		71.8%	28.2%

58. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

## 58-60. Drinking behavior (calculated variable)

n=1194		No	Drinking,	Heavy
		drinking	not heavy	drinking
Sex	Female	29.5%	59.8%	10.7%
	Male	27.0%	61.2%	11.8%
Age	18-34	24.4%	62.1%	13.5%
categories	35-44	27.2%	57.3%	15.5%
	45-54	23.1%	72.0%	4.9%
	55-64	29.0%	57.4%	13.6%
	65-74	30.0%	59.5%	10.6%
	75+	43.3%	50.9%	5.8%
Education	Less than high school	63.0%	36.4%	0.6%
	High school diploma/GED	43.8%	46.9%	9.3%
	Vocational school or some college	29.7%	55.6%	14.8%
	Associates degree	30.8%	48.7%	20.5%
	Bachelor's degree or higher	16.5%	75.1%	8.4%
Household	Less than \$20,000	58.8%	39.0%	2.2%
income	\$20,000-\$34,999	41.6%	37.0%	21.4%
	\$35,000-\$49,999	30.9%	63.7%	5.5%
	\$50,000-\$99,999	32.0%	57.2%	10.8%
	\$100,000+	14.3%	72.7%	13.0%
County	Meeker	35.1%	52.1%	12.8%
	McLeod	22.0%	68.7%	9.3%
	Sibley	33.6%	52.7%	13.7%
2022 All (3 counties combined)		28.3%	60.5%	11.2%
2018 All (3 counties combined)		31.0%	60.5%	8.6%
2014 All (3 counties combined)		28.2%	64.5%	7.3%

# 61. Binge drinking

n=1194		No drinking or no binge drinking	Any binge drinking*
Sex	Female	77.6%	22.4%
	Male	78.2%	21.8%
Age categories	18-34	74.8%	25.2%
	35-44	68.0%	32.0%
	45-54	73.6%	26.4%
	55-64	78.9%	21.1%
	65-74	87.0%	13.0%
	75+	92.8%	7.2%
Education	Less than high school	94.9%	5.1%
	High school diploma/GED	80.6%	19.4%
	Vocational school or some college	75.7%	24.4%
	Associates degree	78.8%	21.2%
	Bachelor's degree or higher	76.1%	23.9%
Household	Less than \$20,000	96.0%	4.0%
income	\$20,000-\$34,999	86.0%	14.0%
	\$35,000-\$49,999	88.8%	11.2%
	\$50,000-\$99,999	77.4%	22.7%
	\$100,000+	69.2%	30.8%
County	Meeker	81.4%	18.6%
	McLeod	78.6%	21.4%
	Sibley	71.0%	29.0%
2022 All (3 counties combined)		77.9%	22.1%
2018 All (3 counties combined)		71.7%	28.3%
2014 All (3 counties combined)		69.3%	30.7%

\* Four or more drinks on any one occasion for females and five or more drinks on any one occasion for males

# 62a. In the last 2 years has your alcohol use changed?

n=1124		Yes,	No, remained	Yes, decreased
		increased	the same	
Sex	Female	7.4%	68.6%	24.0%
	Male	5.9%	68.9%	25.3%
Age	18-34	9.4%	59.2%	31.5%
categories	35-44	11.0%	56.4%	32.6%
	45-54	4.9%	79.8%	15.3%
	55-64	6.5%	74.2%	19.3%
	65-74	3.2%	75.7%	21.2%
	75+	0.4%	74.4%	25.2%
Education	Less than high school	0.0%	45.5%	54.5%
	High school diploma/GED	3.5%	67.0%	29.4%
	Vocational school or some college	8.1%	74.5%	17.3%
	Associates degree	10.9%	54.1%	35.0%
	Bachelor's degree or higher	6.6%	71.0%	22.4%
Household	Less than \$20,000	0.0%	76.9%	23.1%
income	\$20,000-\$34,999	16.2%	53.0%	30.8%
	\$35,000-\$49,999	2.4%	70.7%	26.9%
	\$50,000-\$99,999	6.9%	72.3%	20.8%
	\$100,000+	6.3%	67.3%	26.4%
County	Meeker	6.5%	64.2%	29.3%
	McLeod	7.1%	72.0%	20.9%
	Sibley	5.5%	67.4%	27.1%
2022 All (3 counties combined)		6.6%	68.7%	24.6%

New question in 2022.
62b. Ir	1 the	last 2	2 years	has	your	mari	juana	use	chang	eď	?
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n=970		Yes,	No, remained	Yes, decreased
		increased	the same	
Sex	Female	2.7%	91.3%	6.1%
	Male	1.7%	88.1%	10.2%
Age	18-34	2.2%	90.9%	6.9%
categories	35-44	5.6%	85.9%	8.5%
	45-54	1.0%	96.9%	2.1%
	55-64	1.4%	89.5%	9.1%
	65-74	0.5%	89.1%	10.4%
	75+	1.4%	81.2%	17.4%
Education	Less than high school	0.0%	48.6%	51.4%
	High school diploma/GED	0.6%	80.7%	18.8%
	Vocational school or some college	2.1%	88.8%	9.1%
	Associates degree	5.4%	91.1%	3.5%
	Bachelor's degree or higher	2.2%	95.5%	2.3%
Household	Less than \$20,000	6.7%	80.9%	12.4%
income	\$20,000-\$34,999	1.1%	78.6%	20.3%
	\$35,000-\$49,999	0.5%	84.6%	15.0%
	\$50,000-\$99,999	1.3%	93.7%	5.0%
	\$100,000+	3.5%	91.4%	5.2%
County	Meeker	3.4%	89.6%	7.1%
	McLeod	2.1%	91.3%	6.6%
	Sibley	0.7%	85.9%	13.4%
2022 All (3 cou	nties combined)	2.2%	89.7%	8.1%

62c.	In the	last 2	years	has	your	tobacco	use o	hanged	)
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n=982		Yes,	No, remained	Yes, decreased
		increased	the same	
Sex	Female	1.1%	90.8%	8.1%
	Male	0.9%	88.5%	10.7%
Age	18-34	0.5%	93.2%	6.2%
categories	35-44	2.4%	90.3%	7.3%
	45-54	0.6%	96.3%	3.1%
	55-64	0.9%	86.5%	12.7%
	65-74	0.7%	84.5%	14.8%
	75+	0.6%	80.2%	19.3%
Education	Less than high school	0.0%	50.5%	49.5%
	High school diploma/GED	2.9%	72.4%	24.7%
	Vocational school or some college	0.4%	90.6%	9.1%
	Associates degree	0.7%	92.7%	6.6%
	Bachelor's degree or higher	0.7%	98.0%	1.4%
Household	Less than \$20,000	1.2%	79.3%	19.5%
income	\$20,000-\$34,999	1.0%	78.9%	20.1%
	\$35,000-\$49,999	0.5%	82.4%	17.2%
	\$50,000-\$99,999	1.3%	91.4%	7.2%
	\$100,000+	0.8%	95.4%	3.8%
County	Meeker	2.2%	90.0%	7.8%
	McLeod	0.1%	91.8%	8.1%
	Sibley	1.4%	84.0%	14.6%
2022 All (3 cou	nties combined)	1.0%	89.7%	9.4%

62d. In the last 2 years has	your other drug use	changed?
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n=962		Yes,	No, remained	Yes, decreased
		increased	the same	
Sex	Female	0.4%	94.5%	5.1%
	Male	0.0%	91.4%	8.7%
Age	18-34	0.0%	97.2%	2.8%
categories	35-44	0.7%	93.1%	6.2%
	45-54	0.0%	97.9%	2.1%
	55-64	0.2%	90.2%	9.6%
	65-74	0.0%	89.4%	10.7%
	75+	0.6%	81.4%	18.1%
Education	Less than high school	0.0%	77.8%	22.2%
	High school diploma/GED	0.2%	80.8%	19.1%
	Vocational school or some college	0.0%	90.6%	9.4%
	Associates degree	1.4%	95.1%	3.5%
	Bachelor's degree or higher	0.0%	99.5%	0.5%
Household	Less than \$20,000	0.0%	89.1%	10.9%
income	\$20,000-\$34,999	0.6%	87.9%	11.6%
	\$35,000-\$49,999	0.3%	87.0%	12.8%
	\$50,000-\$99,999	0.0%	94.9%	5.1%
	\$100,000+	0.4%	95.5%	4.1%
County	Meeker	0.6%	92.8%	6.6%
	McLeod	0.0%	94.5%	5.5%
	Sibley	0.2%	89.2%	10.6%
2022 All (3 cou	inties combined)	0.2%	92.9%	6.9%

n=1062		None	Job	Income	Housing	Social	Social	Health	Transpor-
						connect-	support	insurance	tation
						edness			
Sex	Female	38.2%	10.3%	10.9%	2.2%	33.8%	9.5%	1.3%	0.2%
	Male	45.6%	5.4%	8.4%	2.4%	24.8%	5.2%	0.8%	0.7%
Age	18-34	48.5%	9.7%	8.7%	2.2%	28.4%	11.7%	0.0%	0.0%
categories	35-44	35.7%	7.9%	11.8%	1.4%	26.3%	7.6%	1.2%	0.0%
	45-54	32.0%	9.5%	11.4%	4.2%	36.6%	5.3%	1.6%	0.0%
	55-64	36.7%	10.1%	14.9%	2.5%	28.7%	5.2%	2.1%	1.3%
	65-74	47.8%	4.9%	5.3%	2.2%	27.2%	6.7%	1.5%	0.0%
	75+	52.1%	1.1%	2.3%	0.8%	29.5%	5.3%	0.0%	1.4%
Education	Less than high school	37.3%	7.2%	34.3%	7.2%	21.3%	4.6%	0.0%	0.0%
	High school diploma/GED	45.7%	6.6%	9.8%	2.0%	30.2%	6.4%	1.9%	1.4%
	Vocational school or								
	some college	36.7%	7.0%	13.5%	2.5%	27.9%	4.5%	2.3%	0.2%
	Associates degree	34.8%	19.8%	6.5%	0.4%	22.6%	5.4%	0.0%	0.0%
	Bachelor's degree or								
	higher	44.4%	6.3%	7.2%	2.5%	32.2%	10.1%	0.4%	0.3%
Household	Less than \$20,000	35.5%	11.5%	12.2%	5.0%	39.3%	9.0%	0.0%	0.0%
income	\$20,000-\$34,999	35.1%	20.0%	17.7%	3.7%	28.8%	4.5%	2.7%	2.7%
	\$35,000-\$49,999	47.9%	6.3%	11.5%	3.5%	27.6%	8.3%	3.7%	0.0%
	\$50,000-\$99,999	39.8%	8.9%	11.3%	2.9%	28.4%	6.7%	0.9%	0.3%
	\$100,000+	44.1%	3.6%	4.4%	0.5%	29.0%	8.9%	0.0%	0.0%
County	Meeker	37.1%	6.5%	8.7%	2.8%	35.9%	10.1%	0.6%	0.0%
	McLeod	49.3%	9.6%	9.3%	2.6%	24.6%	6.2%	1.7%	0.7%
	Sibley	31.2%	6.0%	12.1%	0.8%	30.9%	6.3%	0.3%	0.3%
2022 All (3 c	counties combined)	41.9%	7.9%	9.7%	2.3%	29.4%	7.4%	1.1%	0.4%
	•								

## 63. Have you experienced any losses related to the COVID pandemic? (Mark ALL that apply)

Question continues next page.

63 (continued).	Have you experienced	any losses related to t	the COVID pandemic?	(Mark ALL that apply)
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n=1062		Child care	Regular	Sense of	Recreation	Exercise	Death of a	Death of a	Other
			school	wellness	or	opportune	family	friend/pati	
			routine		entertain-	-ities	member	ent/client/	
	<u> </u>				ment			co-worder	
Sex	Female	4.5%	11.5%	0.5%	23.9%	10.4%	12.5%	18.0%	3.7%
	Male	1.1%	9.7%	0.4%	22.2%	6.5%	10.6%	20.3%	1.6%
Age	18-34	4.8%	9.9%	0.0%	16.6%	3.4%	13.9%	13.8%	1.5%
categories	35-44	10.0%	26.4%	0.0%	26.4%	12.2%	10.9%	19.1%	1.4%
	45-54	0.0%	20.2%	1.1%	30.2%	10.6%	6.5%	27.9%	4.9%
	55-64	0.4%	3.6%	0.0%	25.3%	10.7%	14.1%	21.7%	3.6%
	65-74	0.0%	0.8%	1.3%	21.4%	9.2%	12.0%	16.8%	3.4%
	75+	0.6%	0.6%	0.6%	20.5%	6.6%	9.7%	16.5%	1.3%
Education	Less than high school	0.0%	29.0%	0.0%	34.1%	6.4%	8.9%	7.3%	0.0%
	High school diploma/GED	0.3%	10.3%	0.0%	20.6%	6.8%	10.5%	17.0%	1.0%
	Vocational school or								
	some college	4.6%	8.1%	0.2%	25.8%	9.2%	17.5%	23.6%	3.7%
	Associates degree	3.1%	10.3%	2.0%	32.6%	8.3%	17.2%	12.1%	4.2%
	Bachelor's degree or								
	higher	3.4%	11.6%	0.4%	19.9%	9.1%	8.4%	20.0%	2.2%
Household	Less than \$20,000	4.5%	2.9%	0.0%	17.7%	7.4%	14.6%	10.9%	0.8%
income	\$20,000-\$34,999	1.9%	7.0%	1.1%	42.5%	12.2%	11.3%	18.5%	2.1%
	\$35,000-\$49,999	3.1%	9.8%	0.4%	14.0%	7.5%	8.8%	10.1%	0.4%
	\$50,000-\$99,999	1.2%	10.1%	0.8%	20.6%	7.1%	14.6%	16.8%	3.2%
	\$100,000+	4.9%	13.8%	0.0%	23.5%	8.8%	9.4%	26.2%	3.4%
County	Meeker	2.3%	10.0%	0.1%	20.3%	7.5%	11.5%	22.7%	2.6%
	McLeod	2.3%	6.7%	0.5%	21.5%	9.4%	9.5%	16.6%	3.3%
	Sibley	5.0%	21.0%	0.9%	31.1%	7.8%	16.8%	19.7%	1.4%
2022 All (3 c	counties combined)	2.9%	10.6%	0.4%	23.1%	8.5%	11.6%	19.1%	2.7%

64a. During the COVID-19 pandemic, I felt I had access to resources that I could use to help my family.

n=1135		Strongly agree	Agree	Disagree	Strongly disagree
Sex	Female	13.0%	64.7%	17.3%	4.9%
_	Male	14.4%	71.9%	10.9%	2.7%
Age	18-34	5.8%	76.1%	14.5%	3.7%
categories	35-44	10.7%	70.4%	17.2%	1.7%
	45-54	16.8%	66.0%	11.3%	5.9%
	55-64	18.7%	62.2%	13.4%	5.7%
	65-74	15.0%	68.9%	14.0%	2.1%
	75+	20.7%	61.5%	14.9%	2.9%
Education	Less than high school	4.7%	80.4%	13.7%	1.2%
	High school diploma/GED	12.8%	60.3%	23.5%	3.4%
	Vocational school or some college	10.1%	69.0%	16.0%	4.9%
	Associates degree	10.2%	67.9%	11.7%	10.3%
	Bachelor's degree or higher	17.3%	71.1%	9.7%	1.8%
Household	Less than \$20,000	11.2%	51.3%	25.2%	12.3%
income	\$20,000-\$34,999	9.6%	69.0%	15.3%	6.2%
	\$35,000-\$49,999	9.3%	62.8%	25.0%	2.9%
	\$50,000-\$99,999	16.2%	67.4%	13.2%	3.2%
_	\$100,000+	15.0%	72.8%	8.8%	3.3%
County	Meeker	17.0%	66.1%	14.1%	2.8%
	McLeod	12.6%	71.0%	12.2%	4.2%
	Sibley	11.9%	64.8%	19.0%	4.4%
2022 All (3 co	ounties combined)	13.7%	68.3%	14.2%	3.8%

n=1119		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	18.6%	57.2%	21.7%	2.5%
	Male	14.6%	54.4%	28.6%	2.4%
Age	18-34	25.8%	52.1%	21.4%	0.7%
categories	35-44	13.6%	56.0%	29.4%	1.0%
	45-54	20.6%	52.5%	25.4%	1.5%
	55-64	14.6%	61.2%	19.8%	4.5%
	65-74	9.4%	63.1%	24.9%	2.6%
	75+	7.4%	48.6%	37.5%	6.6%
Education	Less than high school	26.3%	28.4%	39.9%	5.4%
	High school diploma/GED	5.6%	56.3%	33.8%	4.3%
	Vocational school or some college	6.3%	51.7%	38.1%	3.9%
	Associates degree	19.5%	52.3%	26.1%	2.1%
	Bachelor's degree or higher	25.6%	60.4%	13.5%	0.5%
Household	Less than \$20,000	2.8%	42.4%	42.7%	12.1%
income	\$20,000-\$34,999	13.6%	52.5%	27.2%	6.7%
	\$35,000-\$49,999	20.6%	46.0%	30.3%	3.1%
	\$50,000-\$99,999	14.9%	57.9%	25.5%	1.8%
	\$100,000+	21.0%	58.3%	20.1%	0.5%
County	Meeker	15.7%	58.7%	23.4%	2.3%
	McLeod	16.9%	54.8%	25.7%	2.5%
	Sibley	17.2%	53.9%	26.4%	2.5%
2022 All (3 co	ounties combined)	16.6%	55.8%	25.2%	2.5%

64b. During the COVID-19 pandemic, I felt I had skills that I could use to help others.

n=1119		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	6.5%	57.9%	28.8%	6.9%
	Male	4.8%	48.4%	38.3%	8.5%
Age	18-34	2.1%	32.4%	51.0%	14.5%
categories	35-44	2.2%	55.1%	35.9%	6.8%
	45-54	9.0%	58.4%	28.7%	3.9%
	55-64	8.6%	56.1%	28.6%	6.7%
	65-74	4.1%	65.4%	24.6%	5.9%
	75+	10.5%	67.1%	18.2%	4.2%
Education	Less than high school	0.0%	50.1%	46.8%	3.1%
	High school diploma/GED	6.6%	58.9%	26.1%	8.5%
	Vocational school or some college	3.6%	59.6%	30.3%	6.5%
	Associates degree	6.8%	39.5%	47.0%	6.7%
	Bachelor's degree or higher	5.8%	50.6%	35.3%	8.3%
Household	Less than \$20,000	4.9%	48.3%	33.4%	13.4%
income	\$20,000-\$34,999	5.1%	50.3%	40.6%	4.0%
	\$35,000-\$49,999	4.4%	45.0%	40.0%	10.6%
	\$50,000-\$99,999	8.4%	52.8%	33.4%	5.5%
	\$100,000+	3.6%	58.1%	28.5%	9.8%
County	Meeker	8.1%	62.4%	27.1%	2.5%
	McLeod	4.9%	48.4%	36.8%	9.9%
	Sibley	3.9%	51.8%	34.6%	9.7%
2022 All (3 co	ounties combined)	5.6%	53.1%	33.5%	7.7%

64c. During the COVID-19 pandemic, I felt I could count on my community to respond.

n=1111		Strongly	Agree	Disagree	Strongly
		agree			disagree
Sex	Female	7.6%	57.8%	30.0%	4.6%
	Male	6.4%	50.7%	39.5%	3.4%
Age	18-34	2.0%	43.9%	52.5%	1.7%
categories	35-44	5.7%	58.0%	31.0%	5.3%
	45-54	11.8%	60.4%	25.4%	2.5%
	55-64	10.2%	50.3%	34.3%	5.3%
	65-74	4.0%	59.6%	31.3%	5.2%
	75+	11.8%	63.3%	18.5%	6.4%
Education	Less than high school	1.8%	49.9%	45.8%	2.5%
	High school diploma/GED	6.2%	55.3%	29.8%	8.8%
	Vocational school or some college	3.8%	56.1%	35.0%	5.0%
	Associates degree	14.2%	53.1%	31.8%	1.0%
	Bachelor's degree or higher	7.2%	53.2%	37.9%	1.7%
Household	Less than \$20,000	4.1%	48.6%	28.9%	18.4%
income	\$20,000-\$34,999	4.0%	46.6%	45.2%	4.2%
	\$35,000-\$49,999	6.2%	60.0%	24.5%	9.4%
	\$50,000-\$99,999	9.3%	53.7%	34.2%	2.8%
	\$100,000+	6.2%	55.5%	36.7%	1.6%
County	Meeker	7.8%	58.1%	32.8%	1.3%
	McLeod	7.9%	51.2%	36.4%	4.5%
	Sibley	3.6%	55.9%	33.6%	6.9%
2022 All (3 co	ounties combined)	7.0%	54.2%	34.8%	4.0%

64d. During the COVID-19 pandemic, I felt I could count on my community to fully recover.

n=1109		Not	Overweight	Obese
		overweight		
Sex	Female	33.5%	32.0%	34.4%
	Male	23.2%	42.3%	34.4%
Age	18-34	41.7%	36.5%	21.8%
categories	35-44	33.6%	34.8%	31.7%
	45-54	21.9%	33.0%	45.1%
	55-64	21.1%	38.6%	40.3%
	65-74	18.3%	37.6%	44.1%
	75+	24.5%	47.4%	28.1%
Education	Less than high school	53.1%	31.6%	15.4%
	High school diploma/GED	17.2%	38.5%	44.3%
	Vocational school or some college	21.4%	30.4%	48.2%
	Associates degree	33.2%	29.8%	37.0%
	Bachelor's degree or higher	35.0%	42.6%	22.4%
Household	Less than \$20,000	28.6%	22.2%	49.1%
income	\$20,000-\$34,999	21.8%	26.2%	52.0%
	\$35,000-\$49,999	18.7%	43.2%	38.2%
	\$50,000-\$99,999	20.8%	40.3%	39.0%
	\$100,000+	39.8%	37.4%	22.8%
County	Meeker	28.3%	41.5%	30.3%
	McLeod	30.2%	39.0%	30.9%
	Sibley	23.7%	26.8%	49.5%
2022 All (3 cou	nties combined)	28.3%	37.3%	34.4%
2018 All (3 cour	nties combined)	24.6%	36.4%	39.1%
2014 All (3 cour	nties combined)	25.5%	40.9%	33.6%

## 71. Weight status according to Body Mass Index (calculated variable)

n=444		Yes	No	Not sure
Sex	Female	35.8%	45.3%	18.9%
	Male	28.8%	44.4%	26.8%
Age	18-34	20.0%	55.4%	24.7%
categories	35-44	42.7%	30.8%	26.6%
	45-54	41.5%	33.3%	25.2%
	55-64	32.7%	50.9%	16.5%
	65-74	29.6%	59.3%	11.1%
	75+	*	*	*
Education	Less than high school	*	*	*
	High school diploma/GED	22.7%	51.8%	25.5%
	Vocational school or some college	33.6%	42.0%	24.4%
	Associates degree	23.5%	48.8%	27.8%
	Bachelor's degree or higher	37.0%	42.1%	21.0%
Household	Less than \$20,000	*	*	*
income	\$20,000-\$34,999	6.1%	71.6%	22.3%
	\$35,000-\$49,999	8.4%	70.3%	21.3%
	\$50,000-\$99,999	34.3%	41.8%	23.9%
	\$100,000+	39.1%	38.1%	22.9%
County	Meeker	32.6%	42.9%	24.5%
	McLeod	29.3%	45.7%	24.9%
	Sibley	38.9%	45.0%	16.0%
2022 All (3 cou	nties combined)	32.1%	44.8%	23.1%
2018 All (3 cour	nties combined)	39.1%	46.7%	14.1%
2014 All (3 cour	nties combined)	44.1%	48.1%	7.8%

76. (Of those employed, other than self-employed or farmer) Does your employer have a worksite wellness program?

n=154		Yes	No
Sex	Female	60.7%	39.3%
	Male	45.1%	54.9%
Age categories	18-34	*	*
	35-44	*	*
	45-54	33.3%	66.7%
	55-64	36.6%	63.4%
	65-74	*	*
	75+	*	*
Education	Less than high school	*	*
	High school diploma/GED	*	*
	Vocational school or some college	23.6%	76.4%
	Associates degree	*	*
	Bachelor's degree or higher	50.0%	50.0%
Household	Less than \$20,000	*	*
income	\$20,000-\$34,999	*	*
	\$35,000-\$49,999	*	*
	\$50,000-\$99,999	43.8%	56.2%
	\$100,000+	40.1%	60.0%
County	Meeker	58.1%	42.0%
	McLeod	52.1%	47.9%
	Sibley	50.2%	49.8%
2022 All (3 count	ties combined)	53.3%	46.7%
2018 All (3 count	ies combined)	49.4%	50.6%
2014 All (3 count	ies combined)	52.4%	47.6%

## 77. (Of those whose employer has a worksite wellness program) Do you participate?

## 65-70, 73-75. Demographics

		Frequency	Unweighted	Weighted
			percent*	percent*
Sex assigned at	Female	748	61.8%	49.7%
birth	Male	462	38.2%	50.3%
Gender identity	Male	460	38.0%	50.2%
	Female	742	61.3%	49.6%
	Transgender man	1	0.1%	0.0%
	Transgender woman	1	0.1%	0.0%
	Genderqueer/Gender Non-	2	0.2%	0.0%
	conforming	۷	0.276	0.078
	Non-Binary	1	0.1%	0.0%
	Two-spirit	0	0.0%	0.0%
	Gender not listed above	0	0.0%	0.0%
	Unknown	1	0.1%	0.0%
	Other	2	0.2%	0.1%
	Don't know/questioning	2	0.2%	0.1%
Sexual	Heterosexual or straight	1103	91.2%	95.1%
orientation	Asexual	1	0.1%	0.0%
	Bisexual	8	0.7%	0.8%
	Gay or lesbian	4	0.3%	0.6%
	Questioning/Not sure	1	0.1%	0.0%
	Pansexual	1	0.1%	0.1%
	Queer	10	0.8%	0.4%
	Don't describe myself in these ways	77	6.4%	3.0%
Age categories	18-34	79	6.5%	24.2%
	35-44	78	6.4%	15.8%
	45-54	104	8.6%	16.1%
	55-64	258	21.3%	19.2%
	65-74	363	30.0%	13.9%
	75+	328	27.1%	10.8%

		Frequency	Unweighted	Weighted
			percent^	percent^
Race and	White	1188	98.2%	96.4%
ethnicity	Non-White	22	1.8%	3.6%
	Hispanic/Latino	63	*	*
	American Indian	3	*	*
	Asian or Pacific Islander	5	*	*
	Black or African American or African	2	*	*
	Other race	14	*	*
Education	Less than high school	49	4.2%	2.5%
	High school diploma/GED	345	30.0%	21.0%
	Trade/Vocational school	172	14.9%	12.2%
	Some college	150	13.0%	11.0%
	Associates degree	97	8.4%	11.2%
	Bachelor's degree or higher	236	20.5%	28.8%
	Graduate/professional degree	102	8.9%	13.4%
Household	Less than \$20,000	105	9.4%	4.8%
income	\$20,000-\$34,999	182	16.3%	9.6%
	\$35,000-\$49,999	177	15.8%	13.4%
	\$50,000-\$74,999	268	24.0%	20.2%
	\$75,000-\$99,999	170	15.2%	16.9%
	\$100,000+	215	19.2%	35.2%
Employment	Employed	456	39.0%	64.8%
status	Self-employed/farmer	114	9.7%	8.8%
	Unemployed	15	1.3%	2.1%
	Homemaker/stay at home parent	25	2.1%	2.6%
	Student	4	0.3%	0.9%
	Retired	608	52.0%	24.4%
	Unable to work	48	4.1%	3.2%
County	Meeker	422	34.6%	30.5%
	McLeod	393	32.2%	49.5%
	Sibley	405	33.2%	20.0%

<sup>^</sup>Missing data not listed as a separate row and not included in denominator to calculate percents. Note: Frequency and unweighted data include respondents (n=10) with missing data for age and/or sex. Because age and sex are used to create the weighting variable, these 10 respondents are not included in the weighted data percent calculation.

## Appendix A

#### **Calculated Variables**

Variable	Description
WHO (Five) Well-Being	WHO (Five) Well-Being Index
Index	Q25. For each of the following statements, please mark which is the closest to how you have been feeling over the last
	two weeks.
	a. I have felt cheerful and in good spirits.
	b. I have felt calm and relaxed.
	c. I have felt active and vigorous.
	d. I woke up feeling fresh and rested.
	e. My daily life has been filled with things that interest me.
	Respondents choose one of the following for each question:
	All of the time (score of 5)
	Most of the time (score of 4)
	More than half of the time (score of 3)
	Less than half of the time (score of 2)
	Some of the time (score of 1)
	At no time (score of 0)
	Scores for each question are totaled and then multiplied by 4 for a percentage score between 0 and 100.
Total servings of fruit eaten	Total servings of fruits eaten yesterday are derived by adding responses to the following questions:
yesterday	Q28. How many servings of fruit did you have yesterday?
	Q29. How many servings of fruit juice did you have yesterday?
Total servings of fruits and	Total servings of fruits and vegetables eaten yesterday are derived by adding responses to the following questions:
vegetables eaten yesterday	Q28. How many servings of fruit did you have yesterday?
	Q29. How many servings of fruit juice did you have yesterday?
	Q30. How many servings of vegetables did you have yesterday?
Smoking status and any	Smoking status is derived from the responses to:
tobacco use status	Q50. Have you smoked at least 100 cigarettes in your entire life? and
	Q51. Do you now smoke cigarettes every day, some days or not at all?
	Current smoker: a person who has smoked at least 100 cigarettes in his or her entire life and now smokes cigarettes
	every day or some days.
	Former smoker: a person who has smoked at least 100 cigarettes in his or her entire life but does not smoke now.

	Never smoked: a person who has smoked fewer than 100 cigarettes in his or her entire life.
	Any tobacco use status is derived from current smoker (as defined above) and from responses to:
	Q56a-e. How often do you use any of the following products?
	a. Cigar, cigarillos, or little cigars
	b. Pipes
	c. Snuff, snus or chewing tobacco
	d. E-cigarettes
	e. Any other type of tobacco product
	Current user: a person who is a current smoker and/or uses any of the products listed in Q56a-e every day or some
	days.
	Non-user: a person who is not a current smoker and never uses any of the products listed in Q56a-e.
Drinking behavior	Drinking behavior was derived from the responses to:
	Q58. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt
	beverage or liquor?
	Q59. During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?
	Q60. During the past 30 days, on the days when you drank, about many drinks did you drink on average?
	No drinking: a person who has not had any alcoholic beverages in the last 30 days
	Drinking, not heavy: a person who has had at least one alcoholic beverage in the last 30 days and less than one drink
	per day if female and less than two drinks per day if male
	Heavy drinking: a female who has had on average one or more drinks per day for the last 30 days, or a male who has
	had on average two or more drinks per day for the last 30 days
Weight status according to	Body Mass Index (BMI) is calculated from self-reported height and weight (q71) using the formula:
Body Mass Index	BMI= (weight in kilograms)/(height in meters) <sup>2</sup>
	Classification of Weight status according to BMI:
	Not overweight: BMI<25.0
	Overweight: BMI between 25.0 and 29.9
	<u>Obese</u> : BMI≥30.0

Appendix B - Survey

# MEEKER-MCLEOD-SIBLEY HEALTHY COMMUNITIES SURVEY

	SURVEY INSTRUCTION	ONS				
	• Please use #2 pe	encil or blue o	r black pen	to comple	ete this surv	/ey.
	• Do not use red p	encil or ink.	-			-
	• Do not use X's o	r check marks	to indicate	e your res	ponses.	
Correct marks Incorrect	• Fill response ova	als completely	with heavy	, dark ma	arks.	
Please give this survey to the adu	t (age 18 or over) in the h	ousehold wh	o has mos	t recently	v had a birt	thday.
1. In general, would you say that your	health is:					
O Excellent O Very goo	d 🔿 Good 🤇	🔿 Fair	O Poor			
2. Have you <u>ever</u> been told by a doctor that you had any of the following h	or, nurse, or other health profe ealth conditions? (Mark one re	<b>essional</b> esponse per lin	e) N	o \	Yes, only c (es pregr	but luring nancy
a. High blood pressure/hypertension	on or pre-hypertension		C	) (	O	)
b. Diabetes or pre-diabetes			Ċ	) (	Õ Č	)
c. Overweight			C	) (	$\bigcirc$	
d. Cancer			C	) (	$\bigcirc$	
e. Chronic lung disease (including	COPD, chronic bronchitis or	emphysema)	C	) (	$\bigcirc$	
f. Heart trouble or angina			C	) (	0	
g. Stroke or stroke-related health p	roblems		C	) (	$\mathbf{O}$	
h. High cholesterol or triglycerides	;		(	) (	$\mathcal{O}$	
i. Arthritis			C	) (	$\mathbf{O}$	
J. Depression				) (	5	
k. Anxiety of panic attacks				) (	$\sum_{i=1}^{n}$	
n. Other mental health problems					5	
n Asthma						
					<u> </u>	
3. Where do you usually go when you	are sick or need advice about	your health?	(Mark ALL	hat apply;	)	
O Doctor's office/clinic	Online or virtual visit	O Em	ergency roor	n		
O Urgent care/walk-in clinic	O Alternative health care set	tting 🔾 Otł	ner			
<b>4. When was the last time you had</b> (Mark one response per line)		Within the past vear	Within the past 2 years	Within the past 5 years	Five or more vears ago	Never
a a flu shot?			$\bigcirc$	$\bigcirc$	(	$\bigcirc$
b a dental exam or vour teeth of	leaned?	Õ	Õ	$\widetilde{O}$	$\tilde{O}$	$\tilde{\mathbf{O}}$
c a hearing test?		ŏ	ŏ	ŏ	ŏ	ŏ
d an eve exam?		ŏ	ŏ	ŏ	Ŏ	ŏ
e your blood pressure checked	?	ŏ	ŏ	ŏ	ŏ	ŏ
f your blood cholesterol check	ed?	Ŏ	ŏ	ŏ	ŏ	Õ
g your blood sugar checked?		ŏ	Ŏ	Ŏ	Ŏ	Õ
h any screening for skin cancer	?	Õ	Õ	õ	Õ	Õ
i any screening for colon cance	r? Examples are fecal occult bloc	od test,		-	-	-
proctoscopic exam, sigmoidosc	copy, colonoscopy and barium e	nema. 🔘	0	0	0	0
j a prostate exam (men only)?		Ó	0	0	0	0
k a pap test (women only)?		$\bigcirc$	0	0	0	0
I a mammogram (women only	)?	O	0	0	0	0
m a routine checkup? A routine	checkup is a general physical exa	am, 🤍 🔿	0		0	0
not an exam for a specific inju	ry, illness, or condition.					
		GO TO QU	JESTION 6	GO	TO QUESTIC	ON 5
	DO NOT WRITE IN TH	HIS BOX				

<ul> <li>5. If you have not had a routine checkup within the past 1 to 2 years, why not? (Mark ALL that apply)</li> <li>I could not get an appointment</li> <li>I had transportation problems</li> <li>I was too nervous or afraid</li> <li>Concerns surrounding COVID-19</li> <li>It cost too much</li> <li>I did not have insurance</li> <li>My insurance did not cover it</li> <li>The medical care provider wouldn't accept my insurance</li> <li>I did not think it was serious enough</li> <li>Other reason</li> </ul>	<ul> <li>10. 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?</li> <li>Write the number in the boxes, then fill in the appropriate circle beneath each box.</li> </ul>
<ul> <li>6. 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?</li> <li>Yes</li> <li>No</li> <li>► IF NO, GO TO QUESTION 8</li> </ul>	<ul> <li>11. During the <u>past 12 months</u>, did you talk with or seek help from a health professional about <u>mental health issues</u> such as stress, depression, excessive worrying, troubling thoughts, or emotional problems?</li> <li>○ Yes</li> <li>○ No</li> <li>&gt; IF NO, GO TO QUESTION 14</li> </ul>
<ul> <li>7. Why did you not get or delay getting the medical care you thought you needed? (Mark ALL that apply)</li> <li>I could not get an appointment</li> <li>I had transportation problems</li> <li>I was too nervous or afraid</li> <li>Concerns surrounding COVID-19</li> <li>It cost too much</li> <li>I did not have insurance</li> <li>My insurance did not cover it</li> </ul>	<ul> <li>12. About how many days did you have to wait for an appointment with this mental health professional?</li> <li>0 to 3 days</li> <li>22 to 28 days</li> <li>4 to 6 days</li> <li>29 to 45 days</li> <li>7 to 10 days</li> <li>45 to 60 days</li> <li>11 to 14 days</li> <li>More than 60 days</li> <li>15 to 21 days</li> </ul>
<ul> <li>The medical care provider wouldn't accept my insurance</li> <li>I did not know where to go</li> <li>I did not think it was serious enough</li> <li>Other reason</li> </ul>	<ul> <li>How far did you have to travel to get to the appointment(s)?</li> <li>0-9 miles</li> <li>10-29 miles</li> <li>30-49 miles</li> </ul>
<ul> <li>8. 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?</li> <li>Yes</li> <li>No</li> <li>► IF NO, GO TO QUESTION 10</li> </ul>	<ul> <li>14. During the <u>past 12 months</u>, was there a time when you <u>wanted to</u> talk with or seek help from a health professional about <u>mental health issues</u>, but did not go, or delayed talking with someone?</li> <li>○ Yes</li> <li>○ No ► IF NO, GO TO QUESTION 16</li> </ul>
<ul> <li>9. Why did you not get or delay getting the dental care you thought you needed? (Mark ALL that apply)</li> <li>I could not get an appointment</li> <li>I had transportation problems</li> <li>I was too nervous or afraid</li> <li>Concerns surrounding COVID-19</li> <li>It cost too much</li> <li>I did not have insurance</li> <li>My insurance did not cover it</li> <li>The dentist wouldn't accept my insurance</li> <li>I did not know where to go</li> <li>I did not think it was serious enough</li> <li>Other reason</li> </ul>	<ul> <li>15. Why did you not get or delay getting the mental health care you thought you needed? (Mark ALL that apply)</li> <li>I could not get an appointment</li> <li>I had transportation problems</li> <li>I was too nervous or afraid</li> <li>Concerns surrounding COVID-19</li> <li>It cost too much</li> <li>I did not have insurance</li> <li>My insurance did not cover it</li> <li>The mental health provider wouldn't accept my insurance</li> <li>I did not think it was serious enough</li> <li>Other reason</li> </ul>

16.	How much do you agree or disagree with these statements? (Mark one response per line)	Strongly agree	Agree	Disagree	Strongly disagree		
	<ul><li>a. Treatment can help people with mental illness lead normal lives.</li><li>b. People are generally caring and sympathetic to people with mental illness.</li><li>c. I am more comfortable helping a person who has a physical illness</li></ul>	0	0	0	0		
	than I am helping a person who has a mental illness.	0	0	0	0		
	d. People with mental illness do not try hard enough to get better.	0	0	0	0		
_	e. Theer compassion for a person with mental mness.	0	0	0	U		
17.	Are you aware of any programs or campaigns in your community that help Yes No	raise awaren	ess about	mental illn	ess?		
18.	How much do you agree or disagree with these statements?	<u>Ctuonalu</u>			Steenals		
	(Mark one response per line)	agree	Agree	Disagree	disagree		
	If I had a mental illness						
	a I would be reluctant to seek help.	0	0	0	0		
	c I would see myself as weak if I could not fix it myself	0	0	0			
_		$\bigcirc$	0	$\cup$	$\bigcirc$		
20.	Are your aware of the 988 Suicide & Crisis Lifeline?         Yes         No	J					
21.	Are you in a relationship where you are (or have ever been) physically hurt	, threatened,	or made t	to feel afrai	d?		
22.	How often are you in situations where you feel unaccepted, unvalued, or u	nwelcomed?					
	O Daily		1 10				
	At least once a week (Mark All that apply)	lued, or unw	elcomed?				
	Once or twice a month	cial aconomi	difforence				
	Once a year or less often	cent COVID-	19 diagno	sis			
	O Not friendly O Ot	her, specify:					
	O Never	· · · · -					
23.	<ul> <li><b>1. Who do you turn to during unexpected hardships (e.g., a lost job, car in repair shop, death in the family)?</b> (Mark ALL that apply)</li> <li>○ Family ○ Friends ○ Coworkers ○ Neighbors ○ Faith community ○ I don't have anyone to turn to</li> </ul>						
24.	To what extent do people in your community know, trust, and support each         O Most of the time       O Some of the time       O Seldom       O Never	h other? r					
25.	For each of the following statements, please mark which is the closest to how <u>you</u> have been feeling over All of Most o	More tha of half of	n Less th half o	an f Some o	of At no		
	the last 2 weeks.(Mark one response per line)the timethe time	ne the time	the tim	e the tim	e time		
	a. I have felt cheerful and in good spirits	0	0	0	0		
	c. Lhave felt active and vigorous	0	0	0	$\bigcirc$		
	d. I woke up feeling fresh and rested	0			$\bigcirc$		
	e. My daily life has been filled with things that interest me	ŏ	ŏ	ŏ	ŏ		

26.	Do you currently have any of the following types of health insurance?		
	(Please mark 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	0	0
	b. Health insurance or coverage bought directly by yourself or your family ( <u>not</u> through an employer)	0	Ο
	c. Indian or Tribal Health Service	0	$\bigcirc$
	d. Medicare	0	Ο
	e. Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)	0	$\bigcirc$
	f. MinnesotaCare	0	Ο
	g. Minnesota Comprehensive Health Association (MCHA)	0	$\bigcirc$
_	h. CHAMPUS, TRICARE, or Veterans' benefits	0	Ο
	i. Other health insurance or coverage (please specify):	$\bigcirc$	$\bigcirc$
	j. NO health insurance coverage	0	Ο

27. In the past 12 months, has your household had health care costs (including prescriptions) that have made it difficult for you to pay other bills or afford necessities such as food, transportation or housing?

O Yes O No

28. A serving of fruit is one 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>? (Do NOT include fruit juice.)

0 1 2 3 4 5 6 7 8 9 10 11 12 + servings

29. A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have <u>yesterday</u>?

0 1 2 3 4 5 6 7 8 9 10 11 12+ servings

30. 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>vesterday</u>?

#### 0 1 2 3 4 5 6 7 8 9 10 11 12+ servings

31	I. How often did you drink the following beverages in the past week? (Mark one response per line)	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)	0	0	0	0	0	$\bigcirc$	0
	b. Sports drinks (such as Gatorade or PowerAde);						-	
	these drinks usually do not have caffeine	0	0	0	0	0	0	0
	c. Regular soda or pop (include all kinds such as				-			
	Coke, Pepsi, 7-Up, Sprite, root beer)	$\bigcirc$	0	$\bigcirc$	0	0	$\bigcirc$	0
	d. Energy drinks (such as Rockstar, Red Bull, Mons	ster,						
	and Full Throttle); these drinks usually have caffe	eine 🔘	0	0	0	0	0	0
	e. Diet soda or pop (include all kinds)	0	0	0	0	0	0	0
	f. Water	0	0	0	0	0	0	0
	g. A can, bottle or glass of coffee or tea that had su syrups, or honey added to it? (Count coffee and you add a sweetener to or already had sweetener such as Arizona Iced Tea and Frappuccino's. Do not count artificial sweeteners life Splenda, or d drinke.)	igar, tea er, o iet			0	0		
	UTINKS.)	0	0	0	0	0	0	0
32	2. During an <u>average week</u> , how many times do y (Mark one response per line)	ou do the	following?		0 times	1-2 times t	3-4 5-6 imes times	7 or more
	a. Eat out or order out a meal from a fast food place	ce (McDona	ld's, Dairy (	Queen,				
	Taco Bell, pizza places, etc.)				0	0	0 0	0
	b. Eat a meal out at a <u>restaurant</u> that is <u>not</u> a fast fo	od place			0	0	0 0	0
	c. Watch television during meal time				0	0	0 0	0
	d. Purchase and eat food from a vending machine				0	0	0 0	0
	e. Eat a home-cooked meal				0	0	0 0	0

33.	During the growing season, how often do you or others i your household buy or get food from the following place (Mark one response per line) a. Farmer's market, fruit/vegetable stand b. Local farm or CSA (community supported agriculture) c. Food grown at home or in a community garden	n s?		Never or less than one time per month O	About one time per month	About two or three times per month	About one tim per wee	Two or more e times k per week		
34.	During the past 12 months, how often did you worry that your food would run out before you had money to buy more         Often       ORarely         Sometimes       Never	t 3 e?	37.	• During an <u>average week</u> , 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.						
35.	During the past 12 months, have you used a community food shelf program?			<ul><li>0 days</li><li>1 day</li></ul>	<ul><li>○ 2 day</li><li>○ 3 day</li></ul>	$\begin{array}{c} ys & \bigcirc 4\\ ys & \bigcirc 5 \end{array}$	days days	<ul><li>○ 6 days</li><li>○ 7 days</li></ul>		
36.	During the <u>past 30 days</u> , other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening or walking for exercise? O Yes O No	3	38.	<ul> <li>During an plan plan plan plan plan plan plan p</li></ul>	average we days do yo hysical activ ating and a 0 2 day 0 3 day	ek, other th u get at lea: vity? Vigorc large increa ys 0 4 ys 0 5	n <b>an your</b> s <b>t 20 min</b> bus activi ase in bre days days	regular job, nutes of ties cause eathing and 6 days 7 days		
39.	Please indicate whether you use the following resources and facilities in your community.	l use this		l use this	l us this o	e nce do	I A o not	Ay community does not		
	(Mark one response per line) a. Walking trails	often		sometime	es in a w	hile us	e this	have this		
	<ul><li>b. Bicycle paths, shared use paths or bike lanes</li><li>c. Public swimming pools, water parks, or splash pads</li></ul>	0		0	0		0			
	<ul> <li>d. Public recreation centers</li> <li>e. Parks, playgrounds or sports fields</li> <li>f. Schools, colleges or universities that are open</li> </ul>	0		0	0		0			
	for public use for exercise or physical activity g. A shopping mall for physical activity or walking h. Health club, fitness center, or gym (YMCA, Curves, Bally's, Snap, LA Fitness, etc.)	000		0	000000000000000000000000000000000000000		0			
	<ul> <li>Nearby waterways, such as creeks, rivers, and lakes for water-related activities (canoeing, swimming, kayaking, etc.)</li> <li>Physical activity classes or activities through Community Education</li> </ul>	0		0	0		0	0		
40.	Do you ever drive a car or other vehicle?         ○ Yes       ○ No       ▶ GO TO QUESTION 42									
41.	When DRIVING a car or other vehicle, how often do you (Mark one response per line)	1			Often	Sometime	es Neve	Not applicable: I don't have a er cell phone		
	<ul><li>aread or send text messages?</li><li>bmake or answer a phone call?</li></ul>	-			0	000	0			
	<ul> <li>cdo other activities such as eat, read, apply makeup or shave?</li> <li>ddrive when you have perhaps had too much to drink?</li> <li>edrive over the speed limit (up to 5 mph over the speed limit)?</li> <li>fdrive over the speed limit (greater than 5 mph over the speed limit)?</li> </ul>									
					Õ	Õ	Õ			

<ul> <li>42. How often do you wear a seat be ride in a car?</li> <li>Always</li> <li>Most of the time</li> <li>Sometimes</li> <li>Seldom</li> <li>Never</li> </ul>	lt when you <u>drive or</u> 4	46. 47.	Do you own or rent your home?         Own       Rent       Other arrangement         Do you rent an apartment in a multifamily building (a building with 4 or more apartments)?         Yes       No ► GO TO QUESTION 49
<ul> <li>43. Do you have access to at least or vehicle to use when you need to a yes on the second s</li></ul>	e <i>working</i> car or other 4 ation such as <i>mmunityTransit</i> ?	48. 49.	Does anyone ever smoke in any of the following areas in your building? (Mark all that apply.)O ApartmentsO Lobby or lounge areasO HallwaysO Party roomsO Laundry roomsO N patios or balconiesDuring the past 12 months, how often did you worry about not having enough money to pay your rent, mortgage or other housing costs?
<ul> <li>45. During the past 12 months, how transportation keep you from getting to go, such as jobs, medical apportion of the Sometimes</li> </ul>	often did lack of g places where you needed intments, or shopping? Rarely Never		Often ORarely Sometimes Never
<ul> <li>50. Have you smoked at least 100 cig life? (100 cigarettes = 5 packs)</li> <li>Yes</li> <li>No ► GO TO C</li> <li>51. Do you now smoke cigarettes even not at all?</li> <li>Every day</li> <li>Some days</li> <li>Not at all ► GO TO QUESTI</li> </ul>	garettes in your entire 5 QUESTION 56 ery day, some days, or 5 ON 55	52. 53.	During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?         Yes       No ► GO TO QUESTION 54         If yes, how many times in the past 12 months did you try to quit smoking?         0 times       3 times       11-20 times         1 time       4-6 times       21 or more times         2 times       7-10 times
<ul> <li>54. If you have tried to quit smoking</li> <li>I am not sure how to quit or w</li> <li>Quit aids such as gum, lozeng</li> <li>I live with someone who also</li> <li>I don't want to quit</li> <li>I haven't tried to quit ► GO T</li> <li>Other reason</li> </ul>	cigarettes, why hasn't it wo here to go for help es, prescriptions, etc. are to smokes and who doesn't wa O QUESTION 56	orke oo e> ant t	ed? (Mark ALL that apply.) xpensive to quit
<ul> <li>55. The last time you tried to quit sm (Mark one response per line)</li> <li>a any nicotine replacement pro b a prescription medication like</li> <li>c a stop-smoking clinic or class</li> <li>d a quit-smoking telephone hele</li> <li>e an online or web-based coun f face-to-face counseling</li> </ul>	oking (or when you quit for duct, such as gum, a patch, a Zyban, Wellbutrin, or Chan p line seling service	r go a nas ntix t	Yes     No       sal spray, an inhaler or lozenges     O       to help you quit smoking     O       O     O       O     O       O     O       O     O       O     O       O     O       O     O       O     O       O     O       O     O
g some other program or service h I quit without any help from a	e unv of these		

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56.	How often do you use any of the following products? (Mark one response per line)	Eve da	ery Some y days	Never			
	a. Cigars, cigarillos, or little cigars	C	) ()	0			
	b. Pipes	Ċ	) 0	Ō			
	c. Snuff, snus or chewing tobacco	C		$\bigcirc$			
	d. E-cigarettes	C		0			
	e. Any other type of tobacco product	C		0			
	f. Marijuana (recreational/non-medical use)	C		0			
	g. Legalized edible or beverage products with up to 5mg of hemp-derived THC	C		0			
	h. Medical marijuana	C		0			
	Integal drugs (cocaine, neroin, meth, etc.)     Prescription drugs that are not prescribed for you or that you take only to get high	C					
	j. Trescription drugs that are not prescribed for you of that you take only to get high	C		<u> </u>			
57.	Will the legalization of marijuana (THC) make it more likely you will use legal THC products in the future?         O Very likely       O Unlikely         O Very likely       O Unlikely						
58.	<ul> <li><u>During the past 30 days</u>, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?</li> <li>61. Considering all types of alcoholic beverages, how mathematication times during the past 30 days did you have?</li> </ul>						
	Yes ○ No ► IF NO, GO TO QUESTION 62 FOR FEMALE: 4 or more drin	S: FC	R MALES:				
	on an occasion	n <u> </u>	n occasion				
59.	During the past 30 days, on how many						
	days did you have at least one drink of Days Tir	nes	Times				
	any alcoholic beverage?		00				
			(1)				
			22				
60.	During the past 30 days, on the days		33				
	when you drank, about how many						
	drinks did you drink on average?		6				
	(One drink is equivalent to a 12-oz.						
	beer, a 5-oz. glass of wine, or a drink						
	with one shot of liquor.)						
	$\bigcirc$ 1 drink $\bigcirc$ 6 drinks						
	$\bigcirc 2 \text{ drinks}$ $\bigcirc 7 \text{ drinks}$						
	$\bigcirc$ 3 drinks $\bigcirc$ 8 drinks						
	○ 4 drinks						
	○ 5 drinks ○ 10 drinks or more						
62	In the last 2 years has your	N	No,	N			
02.	(Mark one response per line)	Yes,	remained	Yes,			
	a Alcohol use changed in the last 2 years?			uecieased			
	h Marijuana use changed in the last 2 years?						
	c Tobacco use (cigarettes, e-cigarettes, pipes, snus, chewing tobacco, or others)	$\tilde{\mathbf{O}}$	Ŏ	Ŏ			
	changed in the last 2 years?	$\bigcirc$	<u> </u>	<u> </u>			
	d Other drug use (opioids, stimulants, hallucinogens, inhalants, or any other	0	0	0			
	substance for non-medical purposes) changed in the last 2 years?	Ŭ	Č	Ŭ			
63.	Have you experienced any losses related to the COVID-19 pandemic? (Mark ALL	that apply)					
	O None O Social connectedness O Sense of wellness						
	U Job (layoff, furlough, U Social support U Recreation or entertair	nment					
	hour reduction) U Health insurance U Exercise opportunities						

- O Income
- O Housing
- TransportationChild care
- Regular school routine Other:

- Death of a family member
   Death of a friend/patient/client/co-worker

64.	<b>During the COVID-19 pandemic, I felt</b> (Mark one response per line)	Strongly Strongly Strongly agree Agree Disagree disagree
	a. I had access to resources that I could use to help my far	nily. O O O
	b. I had skills that I could use to help others.	
	d. I could count on my community to fully recover.	
65.	What was your sex assigned at birth? Male Female	72. <u>Including yourself</u> , how many adults live in your household?
66.	How do you describe your gender today? (Mark ALL that apply) O Male O Two-spirit (American Indian-	1       2       3       4       5       6       7       8       9       10       10       or more         Number of children under age 18:       0       1       2       3       4       5       6       7       8       9       10       10       or more
	<ul> <li>Female specific Gender)</li> <li>Transgender man Gender not listed above</li> <li>Transgender woman Unknown</li> <li>Genderqueer/ Other: (please specify)</li> <li>Gender Non-conforming Don't know/questioning</li> <li>Non-Binary</li> </ul>	<ul> <li>73. Your education level:</li> <li>Did not complete 8th grade</li> <li>Did not complete high school</li> <li>High school diploma/GED</li> <li>Trade/Vocational school</li> <li>Some college</li> <li>Associate degree</li> </ul>
67.	Do you think of yourself as? (Mark ALL that apply)         Straight       Questioning/Not sure         (heterosexual)       Pansexual         Asexual       Queer         Bisexual       I don't describe myself in	<ul> <li>Graduate/Professional degree</li> <li>Graduate/Professional degree</li> <li>74. Household income per year:</li> <li>Less than \$20,000</li> </ul>
58.	<ul> <li>Gay or lesbian any of these ways</li> <li>Your age group:</li> <li>18-24</li> <li>35-44</li> <li>55-64</li> <li>75+</li> <li>25-34</li> <li>45-54</li> <li>65-74</li> </ul>	<ul> <li>\$20,000 - \$34,999</li> <li>\$35,000 - \$49,999</li> <li>\$50,000 - \$74,999</li> <li>\$75,000 - \$99,999</li> <li>\$100,000 or more</li> </ul>
69.	Are you of Hispanic or Latino origin? Yes ONO	75. Are you currently (Mark ALL that apply) ○ Employed ► GO TO QUESTION 76
70.	<ul> <li>Which of the following best describes you?</li> <li>(Mark ALL that apply)</li> <li>American Indian</li> <li>Asian or Pacific Islander</li> <li>Black or African American or African</li> <li>White</li> <li>Other</li> </ul>	<ul> <li>Self-employed or farmer</li> <li>Unemployed or out of work</li> <li>A homemaker or stay-at-home parent</li> <li>A student</li> <li>Retired</li> <li>Unable to work because of a disability</li> </ul>
71.	How tall are you 71. Approximately how much do you weigh?	<b>76. Does your employer have a worksite wellness program?</b>
L	→       Feet       Inches       →       Pounds         0       0       0       0       0       0         1       1       1       1       1       1       1         2       2       2       2       2       2       2         3       3       3       3       3       3       3         4       4       4       4       4       4       4         5	<ul> <li>Not sure</li> <li>77. If yes, do you participate?</li> <li>Yes</li> <li>No</li> </ul>
	Thank you for con	pleting this survey!