

Overall Health in Washington County

Health status and health care access

Washington County residents reported comparable overall health to Minnesotans overall.

The vast majority of residents rated their overall health as “good”, “very good”, or “excellent”.

1. SELF-REPORTED OVERALL HEALTH

	Washington County 2022 (N=556)	Minnesota overall 2021 (N=15,931) ^a
Excellent	17%	20%
Very good	48%	38%
Good	30%	30%
Fair	5%	10%
Poor	<0.5%	3%

Behavioral Risk Factor Surveillance System (BRFSS) 2021

Despite reports of good overall health, physical health has gotten worse since the COVID-19 pandemic began for more than one in five residents.

2. SELF-REPORTED PHYSICAL HEALTH SINCE ONSET OF COVID-19 PANDEMIC

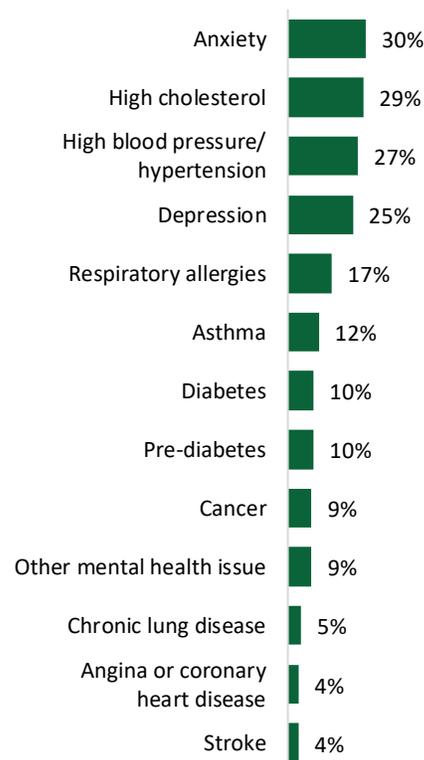


Chronic health conditions

High cholesterol and high blood pressure are the most common physical health conditions and anxiety, and depression are the most common mental health conditions among residents.

At least one in four residents have been told by a health care professional that they have at least one common chronic health condition.

3. MOST COMMON CHRONIC HEALTH CONDITIONS



Weight status

Two-thirds of Washington County residents are considered overweight or obese according to BMI, similar to Minnesotans overall.

4. BODY MASS INDEX (BMI)

	Washington County 2022 (N=561)	Minnesota overall 2021 (N=14,380) ^a
Not overweight	33%	33%
Overweight, but not obese	39%	35%
Obese	28%	32%

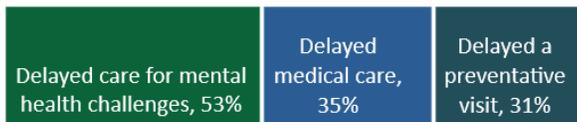
^a Behavioral Risk Factor Surveillance System (BRFSS) 2021

Reasons for not receiving or delaying needed care

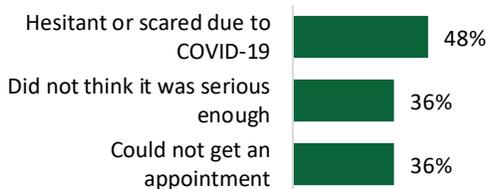
A large proportion of residents delayed or did not get health care they needed in the past year.

During the past year, over one-half of residents (53%) did not receive or delayed getting care from a professional for mental health challenges. Also, about one-third of residents did not get or delayed getting medical care they thought they needed (35%) or a preventative visit with a health care provider (31%).

5. REASONS FOR NOT GETTING OR DELAYING CARE



6. TOP REASONS FOR NOT GETTING OR DELAYING CARE MEDICAL CARE



6. TOP REASONS FOR NOT GETTING OR DELAYING CARE CONT.

PREVENTATIVE CARE



MENTAL HEALTH CARE



Substance use

Since the start of the pandemic, substance use has increased among Washington County residents.

Marijuana and alcohol use has increased the most among residents, but for the majority of residents substance use has remained the same.

7. CHANGES IN SUBSTANCE USE SINCE THE ONSET OF THE COVID-19 PANDEMIC

	Increased	Remained the same	Decreased
Cannabis/marijuana use	22%	76%	2%
Alcohol use	20%	71%	9%
Tobacco use	16%	80%	3%
E-cigarette/vaping use	8%	88%	4%
Drug use ^a	5%	95%	0%

^a Opioids, stimulants, hallucinogens, inhalants, or any other substance for non-medical purposes.

Mental health

More than one in five residents (22%) reported that their mental health has gotten worse since the start of the COVID-19 pandemic.

8. CHANGES IN MENTAL HEALTH SINCE THE ONSET OF THE COVID-19 PANDEMIC

	Gotten worse	Remained the same	Gotten better
Overall	22%	70%	8%

4% of residents reported suffering from serious psychological distress.¹

¹ Serious psychological distress is measured by a score of 13 or greater on the Kessler 6 (K6) nonspecific distress scale. The K6 obtains information on the frequency of six psychological distress symptoms. All six items were included in the survey.

Food insecurity, housing, and finances

Nearly one in 10 residents worry “sometimes” or “often” that their food will run out before they have money to buy more.

Confidence in the ability to stay in one’s current home has remained the same since the start of the pandemic for the majority of residents (85%).

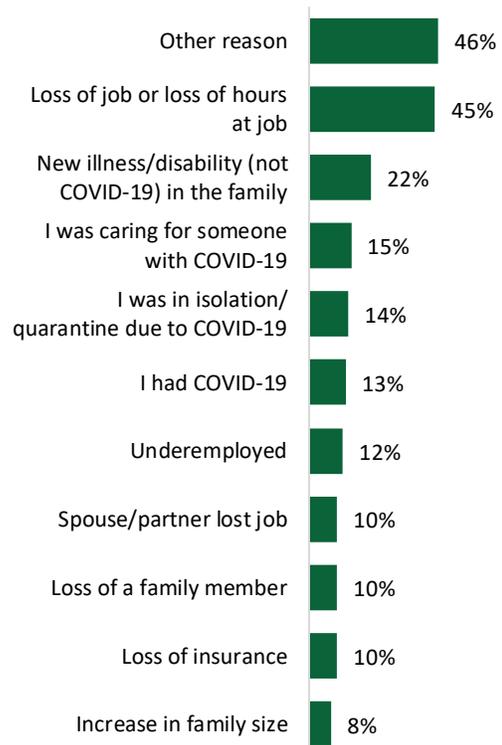
5% of residents reported having missed or delayed a rent or mortgage payment since the start of the pandemic because they did not have enough money.

Since the start of the pandemic, 22% of residents reported that their financial situation has improved while 14% of residents said their financial situation has worsened.

The most common major life event that contributed to a worse financial situation for residents was job loss, or loss of hours at a job, or a reason not listed in the survey.

A new illness or disability (not related to COVID-19) was a life event experienced by one in five residents that reported their financial situation had worsened since the start of the pandemic.

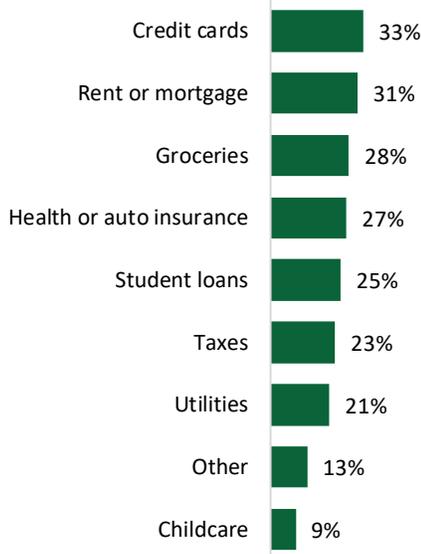
8. MAJOR LIFE EVENTS THAT HAVE CONTRIBUTED TO A WORSE FINANCIAL SITUATION



Note. Respondents could select all that apply.

Paying for credit cards, rent or mortgage, and groceries have been the most common financial stressors for residents during the pandemic.

9. MOST COMMON FINANCIAL WORRIES OR STRESSORS DURING THE PANDEMIC



Note. Respondents could select all that apply.

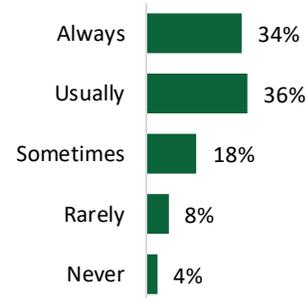
Community connection and social support

Involvement in school, community, or neighborhood activities varies across Washington County residents.

Residents were asked how often they are involved in school, community, or neighborhood activities. About one in three residents (36%) are involved monthly or more, a smaller proportion (30%) are involved several times to once a year, and about one in three (34%) are involved less often than yearly.

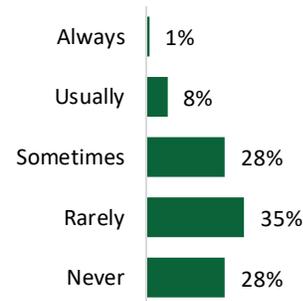
More than one in 10 residents are not getting the social and emotional support they need.

10. FREQUENCY OF SOCIAL AND EMOTIONAL SUPPORT NEEDED



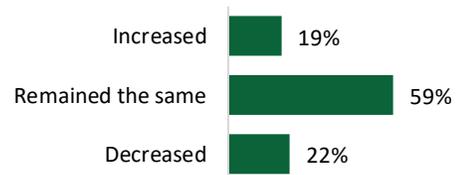
9% of residents often feel isolated from others.

11. FREQUENCY OF FEELING ISOLATED FROM OTHERS



Communication with family, friends, and neighbors decreased for nearly one in four residents during the pandemic, but for the majority of residents, communication stayed the same.

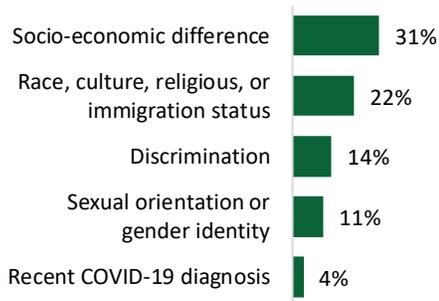
12. CHANGES IN COMMUNICATION DURING THE PANDEMIC



Nearly one in four residents (24%) reported they are in a situation where they feel unaccepted, unvalued, or unwelcome a few times a year or more often.

The most common reasons people feel unaccepted, unvalued, or unwelcome were due to socio-economic difference or race, culture, religious, or immigration status.

13. REASONS FOR FEELING UNACCEPTED, UNVALUED, OR UNWELCOME



Note. Respondents could check all that apply.

For more information

This fact sheet presents findings related to overall health from the Washington County COVID-19 Impact Survey. For more information about this report, contact 651-430-6655 or PHE@co.washington.mn.us.

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