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HEALTHY FOOD ACCESS

Southeast Minnesota Food Access Profile

Introduction

The Food Access Profile for Southeast Minnesota was conducted in December 2012 and was updated in March 2013. Similar datasets were compiled for five other regions in Minnesota by University of Minnesota Extension Educators as part of the statewide Community Transformation initiative for Healthy Eating. For more information on the Food Access Profiles and for the other regions' profiles, visit our website at z.umn.edu/rfap.

For more information, including school-and district-level data and copies of the Food Access Profile, contact Extension Educator Kelly Kunkel (kunke003@umn.edu, 507-389-6721).

Data Overview

Data were collected at the county level. Data sources are outlined in "Introduction to Regional Food Access Profiles," available at z.umn.edu/rfap. Definitions and explanations of individual variables are provided in this document. When available or calculable, state and regional totals or averages are included in each table.

Data are color-coded to provide a visual representation of the variation in food access across the region. This was done by dividing the 20 counties into 5 groups:

Group 1: The 4 highest values
Group 2: The next 4 highest values
Group 3: The next 4 highest values
Group 4: The next 4 highest values
Group 5: The 4 lowest values

1. Socio-Demographic Data for Counties in Southeast Minnesota (2010)

County	Population	Population Density (people/sq mile)	% White	% Black/ African-American	% American Indian	% Asian/ Pacific Islander	% Two or More Races	% Hispanic / Latino	% Foreign Born
Blue Earth	64,013	85.6	92.8	2.7	0.3	2.0	1.6	2.5	3.7
Brown	25,893	42.4	97.5	0.2	0.1	0.6	0.7	3.3	1.7
Dodge	20,087	45.7	96.1	0.3	0.3	0.5	1.4	4.6	1.9
Faribault	14,553	20.4	96.5	0.3	0.4	0.3	0.9	5.6	1.6
Fillmore	20,866	24.2	98.2	0.2	0.1	0.3	0.8	1.0	1.1
Freeborn	31,255	44.2	93.2	0.7	0.2	0.8	1.7	8.8	3.2
Goodhue	46,183	61	94.6	1.0	1.2	0.6	1.6	2.9	2.3
Houston	19,027	34.5	97.6	0.5	0.2	0.5	1.2	0.7	1.1
Le Sueur	27,703	61.7	95.5	0.3	0.3	0.6	1.1	5.2	2.6
Martin	20,840	29.3	96.7	0.3	0.3	0.5	0.9	3.6	1.5
Mower	39,163	55.1	90.6	2.1	0.2	1.8	1.9	10.6	6.9
Nicollet	32,727	73	93.7	2.0	0.3	1.3	1.4	3.7	2.4
Olmsted	144,248	220.8	85.7	4.8	0.2	5.5	2.2	4.2	9.4
Rice	64,142	129.4	89.3	3.2	0.5	2.1	1.8	8.0	6.7
Sibley	15,226	25.9	94.8	0.3	0.2	0.6	1.2	7.2	3.7
Steele	36,576	85.1	93.1	2.8	0.2	0.8	1.4	6.2	3.3
Wabasha	21,676	41.4	96.9	0.4	0.2	0.5	1.0	2.7	1.5
Waseca	19,136	45.2	93.7	2.0	0.8	0.7	1.5	5.1	2.7
Watonwan	11,211	25.8	86.9	0.7	0.4	0.8	1.2	20.9	10.3
Winona	51,461	82.2	94.4	1.3	0.3	2.1	1.2	2.4	2.9
Southeast Region	**725,986**	**17.9**	**92.2%**	**2.1%**	**0.3%**	**2.0%**	**1.5%**	**4.9%**	**4.6%**
Minnesota	**5,303,925 (2010)**	**66.6**	**86.9%**	**5.4%**	**1.3%**	**4.3%**	**2.2%**	**4.9%**	**7.1%**

2. Socio-Economic Data for Counties in Southeast Minnesota (2011)

County	Median Household Income	% Unemployed	% Poverty	% Children in Poverty	% Seniors in Poverty	Average Household Size	% High School Graduates, age 25+ (2007-2011)	% Bachelors or Higher, age 25+ (2007-2011)	% Female-Headed Households
Blue Earth	$ 61,081	6.5	18.3	17.3	10.0	3.0	93.1	29.6	7.2
Brown	$ 61,416	5.0	8.0	11.5	12.1	2.9	89.4	18.5	7.6
Dodge	$ 74,476	3.7	7.4	10.1	8.5	2.7	90.9	22.1	7.7
Faribault	$ 52,635	5.4	13.6	20.9	12.0	2.8	89.9	16.6	7.4
Fillmore	$ 58,878	5.8	12.2	17.9	14.7	2.9	87.3	18.7	7.4
Freeborn	$ 56,634	5.0	12.4	17.3	9.2	2.9	87.3	14.2	7.6
Goodhue	$ 67,483	6.1	9.2	12.8	7.3	3.0	91.0	22.2	7.7
Houston	$ 62,932	5.3	9.5	12.6	11.3	2.9	90.6	22.7	7.1
Le Sueur	$ 66,309	7.4	9.0	11.2	9.8	3.0	90.4	21.3	7.7
Martin	$ 57,765	3.7	12.5	18.7	9.2	2.8	88.7	19.1	7.1
Mower	$ 57,679	4.7	13.7	19.6	10.6	3.0	85.9	16.1	9.8
Nicollet	$ 67,838	5.5	10.3	12.0	7.1	2.9	93.0	33.2	9.7
Olmsted	$ 84,530	4.2	8.0	10.8	6.3	3.0	94.1	40.4	7.9
Rice	$ 69,519	6.5	11.2	13.8	6.4	3.0	89.8	26.9	10.4
Sibley	$ 61,072	6.5	11.6	16.9	10.3	2.9	86.9	13.7	8.1
Steele	$ 66,636	5.9	9.6	13.6	10.4	3.1	90.8	23.7	8.3
Wabasha	$ 65,950	4.6	9.3	13.1	8.7	3.0	91.2	18.6	6.6
Waseca	$ 61,095	5.1	9.9	13.5	9.4	3.0	91.5	19.0	10.0
Watonwan	$ 58,890	5.7	11.8	17.6	8.7	3.1	81.6	14.9	10.6
Winona	$ 57,062	7.2	14.6	14.6	8.9	3.1	89.1	25.3	7.0
Southeast Region			11.1%						
Minnesota	$58,476 (2007-2011)	4.9% (2007-2011)	11.8%	15.3%		2.5	91.6%	31.8%	

Notes and definitions

For more information on how poverty rates are calculated and defined (including poverty thresholds), see http://www.census.gov/hhes/www/poverty/about/overview/measure.html

Female-Headed Households are family households with a female householder and no husband present.

3. Chronic Disease Data for Counties in Southeast Minnesota (2009)

	% of Adults w/ Diabetes (2009)	% Adult Obesity (2009)	% Low-income Preschool Obesity (2006-08)	Heart Disease Mortality Rate, age 35+, per 100,000 (2007-09)	Heart Disease Hospitalization Rate, 65+, per 1,000 Beneficiaries (2005-07)
Blue Earth	7.2	27.4	9.7	257.7	48.1
Brown	7.4	30.6	13.5	252.3	25.9
Dodge	7.2	31.3	12.8	264.1	55.5
Faribault	7.2	28.5	12.4	282.6	39.9
Fillmore	6.7	28.4	10.3	252.2	51.3
Freeborn	7.0	28.7	11.7	288.7	58.6
Goodhue	7.4	27.5	13.6	231.1	50.1
Houston	7.1	26.5	11.0	242.3	40.5
Le Sueur	6.9	29.0	10.5	258.9	38.3
Martin	6.6	26.9	11.2	297.3	50.0
Mower	7.2	28.5	15.7	225.2	59.9
Nicollet	7.5	27.8	9.4	252.9	40.4
Olmsted	7.0	28.0	10.7	223.3	46.0
Rice	7.3	24.0	14.3	232.2	59.4
Sibley	6.9	29.8	11.2	248.7	37.2
Steele	6.6	29.5	11.9	266.0	57.5
Wabasha	6.3	24.0	14.5	234.6	38.4
Waseca	7.7	30.3	12.2	269.6	52.0
Watonwan	7.2	27.8	16.4	278.0	27.9
Winona	7.2	30.5	15.5	295.3	52.3
Minnesota	6.1% (2011)	25.7% (2011)		245.0	48.2 (2007-09)

Notes and definitions

Adults are defined in this data as ≥ 20 years old

Obesity: An adult who has a body mass index of 30 or higher is considered obese

Diabetes and Obesity rates are *age-adjusted* percentages. According to the data source, "The age-adjusted percentage is an artificial estimate that minimizes the effects of different age distributions and allows comparisons between different populations. It represents what the crude percentage would have been in the study population if that population had the same age distribution as a standard population. For example, that is a population in which the age composition is known precisely as a result of a census."

Low-Income Preschool Obesity: "Prevalence of obesity among children 2-4 years of age in households with income up to 200% of the poverty threshold based on family size. For children 2-4 years of age, obesity is defined as BMI-for-age > 95th percentile based on the 2000 Centers for Disease Control and Prevention's (CDC) sex-specific growth charts."

4. Food Access Data for Counties in Southeast Minnesota (2010)

	% People with Low Access to Stores	*% Low Income and Low Access to Stores*	*% Children (<18) with Low Access to Stores*	*% Seniors (65+) with Low Access to Stores*	*% Households with No Car and Low Access to Stores*
Blue Earth	34.9	16.4	5.8	2.9	2.0
Brown	32.3	7.9	6.7	5.5	2.8
Dodge	10.5	1.3	3.2	1.1	1.1
Faribault	15.3	5.4	3.0	3.6	2.0
Fillmore	2.6	0.6	0.7	0.4	3.7
Freeborn	29.1	11.5	6.8	5.8	3.1
Goodhue	24.0	5.8	5.7	4.5	2.5
Houston	10.6	2.3	2.7	1.3	1.9
Le Sueur	3.5	0.6	0.8	0.4	0.8
Martin	43.1	11.0	9.1	10.3	3.5
Mower	33.9	9.4	8.6	6.0	2.9
Nicollet	32.0	8.4	8.1	3.6	3.4
Olmsted	21.5	3.8	5.6	2.7	1.1
Rice	22.8	5.0	4.7	2.6	1.9
Sibley	3.3	0.7	0.7	0.5	1.7
Steele	26.2	5.3	7.5	3.0	1.9
Wabasha	10.3	3.1	2.3	1.5	2.1
Waseca	29.7	7.1	7.1	4.8	1.3
Watonwan	4.7	1.2	1.0	1.1	0.4
Winona	15.2	3.6	3.2	2.2	1.5
Southeast Region	**22.5%**	**6.1%**			**2.0%**

Notes and definitions

Low Access to Stores: "Number of people in a county living more than 1 mile from a supermarket or large grocery store if in an urban area, or more than 10 miles from a supermarket or large grocery store if in a rural area…. Stores met the definition of a supermarket or large grocery store if they reported at least $2 million in annual sales and contained all the major food departments found in a traditional supermarket, including fresh meat and poultry, dairy, dry and packaged foods, and frozen foods."

Low Income: Up to 200% of the poverty threshold based on family size

No Car & Low Access to Stores: Percent of housing units in a county without a car and more than 1 mile from a supermarket or large grocery store.

5. Food Security and Assistance for Counties in Southeast Minnesota

	% Food Insecurity (2010)	*% Child Food Insecurity (2010)*	*% Students Eligible for Free or Reduced Lunch (2009)*
Blue Earth	11.8	15.3	35.0
Brown	9.7	16.7	32.9
Dodge	8.5	14.1	24.5
Faribault	10.7	18	42.4
Fillmore	10.8	17.4	35.9
Freeborn	10.2	16.9	43.3
Goodhue	9.5	15.2	25.1
Houston	10.3	16.3	25.9
Le Sueur	11.0	17.5	31.6
Martin	9.7	15.4	40.5
Mower	10.1	17.7	47.0
Nicollet	9.6	14.4	32.6
Olmsted	8.9	13.4	29.6
Rice	10.6	17.2	36.8
Sibley	9.6	16.9	43.1
Steele	9.7	15	34.4
Wabasha	9.0	13.5	27.2
Waseca	9.6	15.2	33.5
Watonwan	10.1	19.8	51.6
Winona	11.3	15.3	34.9
Minnesota	**11.5%**		

Notes and definitions

Food Insecurity: "Food-insecure households were unable, at times during the year, to provide adequate food for one or more household members because the household lacked money and other resources for food. For most food-insecure households, inadequacy was in quality and variety of foods; for about a third, amounts were also inadequate."

6. Activity and Fitness for Counties in Southeast Minnesota

	% Adults Not Meeting Activity Guidelines (2009)	% Physically Inactive Adults (Age-Adjusted) (2009)	Recreation & Fitness Facilities (per 10,000 people) (2009)	ERS Natural Amenity Index (1999)
Blue Earth	23.7	22.1	0.8	2
Brown	24.7	25.0	3.1	2
Dodge	20.0	19.6	0.5	1
Faribault	25.2	22.8	0.7	2
Fillmore	23.2	21.7	0.0	2
Freeborn	23.3	21.5	0.6	2
Goodhue	19.1	18.1	1.5	3
Houston	20.5	19.1	1.1	3
Le Sueur	21.7	21.0	2.5	3
Martin	22.4	20.4	1.0	2
Mower	23.0	21.8	1.0	1
Nicollet	17.2	17.0	0.9	2
Olmsted	17.5	17.4	0.8	2
Rice	17.4	17.2	0.8	3
Sibley	24.3	23.1	1.3	2
Steele	21.8	21.2	0.8	2
Wabasha	23.8	22.3	2.3	3
Waseca	23.9	23.0	2.1	2
Watonwan	23.5	21.7	1.8	2
Winona	19.8	19.5	1.4	3

Notes and definitions

Activity Guidelines: "At least 150 minutes of moderate physical activity per week, or 75 minutes of vigorous activity per week, or an equivalent combination of moderate and vigorous physical activity."

Physically Inactive: "A person is considered physically inactive if during the past month, other than a regular job, he or she did not participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise."

Recreation & Fitness Facilities: "Establishments primarily engaged in operating fitness and recreational sports facilities featuring exercise and other active physical fitness conditioning or recreational sports activities, such as swimming, skating, or racquet sports."

ERS Natural Amenity Index: "Index of natural amenities constructed by USDA's Economic Research Service, ranging from 1 to 6, where 1=lowest amenity score and 6=highest amenity score. It is based on the premise that people are drawn to areas with varied topography; lakes, ponds, or oceanfront; warm, sunny winters; and temperate, low-humidity summers. The index measures a county's natural amenities score as a standard deviation from the all-county mean value."

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