



## HEALTHY FOOD ACCESS

# Southwest Minnesota Food Access Profile

### Introduction

The Food Access Profile for Southwest 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](http://z.umn.edu/rfap).

For more information, including school-and district-level data and copies of the Food Access Profile, contact Extension Educator Anne Dybsetter ([adybsetter@umn.edu](mailto:adybsetter@umn.edu), 320-235-0726 x2012).

### 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](http://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 27 counties into 5 groups:

Group 1: The 5 highest values

Group 2: The next 5 highest values

Group 3: The next 5 highest values

Group 4: The next 6 highest values

Group 5: The 6 lowest values

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## 1. Demographic and Socio-Economic Data for Counties in Southwest Minnesota

<i>County</i>	<i>Population (2012)</i>	<i>Median Household Income (2007-2011)</i>	<i>% Unemployed (2011)</i>	<i>% Poverty (2011)</i>	<i>% Children in Poverty (2011)</i>
Big Stone	5,164	\$ 43,190	6.1	15.0	21.0
Brown	25,425	\$ 50,339	5.5	8.0	11.5
Chippewa	12,135	\$ 46,545	6.0	10.9	16.1
Cottonwood	11,597	\$ 44,504	5.4	11.7	16.6
Douglas	36,415	\$ 49,161	5.6	10.8	13.7
Grant	5,944	\$ 43,715	7.1	10.4	16.3
Jackson	10,281	\$ 47,337	4.4	11.2	17.3
Kandiyohi	42,379	\$ 49,543	5.6	12.7	18.6
Lac qui Parle	7,109	\$ 49,670	5.3	10.4	14.6
Lincoln	5,818	\$ 43,996	4.9	9.8	12.7
Lyon	25,543	\$ 50,031	5.2	12.1	16.3
Martin	20,475	\$ 44,597	6.1	12.5	18.7
McLeod	36,053	\$ 52,120	7.5	8.2	11.2
Meeker	23,061	\$ 51,299	7.6	9.3	12.8
Murray	8,577	\$ 52,281	5.0	9.4	13.5
Nobles	21,487	\$ 44,945	5.0	14.5	20.8
Pipestone	9,345	\$ 43,726	5.6	12.7	17.8
Pope	10,892	\$ 47,165	5.4	10.3	14.0
Redwood	15,847	\$ 47,858	5.8	10.4	14.5
Renville	15,369	\$ 49,153	6.6	11.1	17.1
Rock	9,553	\$ 49,920	4.3	10.9	14.6
Sibley	15,123	\$ 53,047	5.7	11.6	16.9
Stevens	9,663	\$ 46,892	4.2	13.3	12.2
Swift	9,594	\$ 46,209	6.7	10.5	15.0
Traverse	3,451	\$ 45,815	5.7	12.4	18.8
Watonwan	11,187	\$ 46,565	6.8	11.8	17.6
Yellow Medicine	10,158	\$ 46,586	5.6	11.1	15.0
<b>Southwest Region</b>	<b>417,645</b>			<b>11.1%</b>	
<b>Minnesota</b>	<b>5,303,925 (2010)</b>	<b>\$ 58,476</b>	<b>4.9% (2007-2011)</b>	<b>11.8%</b>	<b>15.3%</b>

### 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>

## 2. Chronic Disease Data for Counties in Southwest Minnesota

	<i>% of Adults w/ Diabetes (2009)</i>	<i>% Adult Obesity (2009)</i>	<i>% Low-income Preschool Obesity (2009-2011)</i>
Big Stone	6.7	27.7	10.1
Brown	7.4	30.6	13.5
Chippewa	7.3	31.6	13.1
Cottonwood	7.7	27.4	11.9
Douglas	6.8	27.8	9.6
Grant	6.8	26.9	8.9
Jackson	6.6	30.3	11.9
Kandiyohi	6.5	28.7	14.5
Lac qui Parle	7.7	29.4	12.5
Lincoln	6.6	27.5	12.1
Lyon	7.1	29.3	14.7
Martin	6.6	26.9	11.2
McLeod	6.9	28.6	11.9
Meeker	8.2	25.7	15.6
Murray	7.0	30.6	15.1
Nobles	8.2	26.8	18.7
Pipestone	7.4	27.8	8.7
Pope	7.1	28.0	9.8
Redwood	6.9	29.2	14.1
Renville	7.4	32.0	15.4
Rock	6.7	24.3	5.3
Sibley	6.9	29.8	11.2
Stevens	7.1	27.4	11.0
Swift	8.2	28.7	14.3
Traverse	7.2	28.2	20.6
Watonwan	7.2	27.8	16.4
Yellow Medicine	7.0	25.0	15.6
<b>Minnesota</b>	<b>6.1% (2011)</b>	<b>25.7% (2011)</b>	



### Notes and definitions for chronic disease data

Adults are defined in this data as  $\geq 20$  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.”

### 3. Food Access Data for Counties in Southwest Minnesota (2010)

	<i>% People with Low Access to Stores</i>	<i>% Low Income and Low Access to Store</i>	<i>% Children (&lt;18) with Low Access to Stores</i>	<i>% Seniors (65+) with Low Access to Store</i>
Big Stone	47.3	16.1	10.3	11.1
Brown	32.3	7.9	6.7	5.5
Chippewa	11.4	3.2	2.6	2.1
Cottonwood	43.0	12.2	10.3	9.3
Douglas	37.0	9.7	8.3	7.7
Grant	44.8	16.9	9.6	10.4
Jackson	28.2	7.6	6.9	5.3
Kandiyohi	27.0	8.5	6.4	3.9
Lac qui Parle	13.3	3.9	2.9	2.7
Lincoln	96.4	25.3	21.6	24.0
Lyon	26.0	6.6	6.3	4.4
Martin	43.1	11.0	9.1	10.3
McLeod	20.1	4.1	5.4	3.2
Meeker	14.5	3.6	3.7	2.2
Murray	37.3	11.4	8.7	7.9
Nobles	41.3	13.5	9.6	8.3
Pipestone	33.3	11.2	8.3	7.7
Pope	12.6	3.0	2.9	2.4
Redwood	44.1	15.1	10.9	9.1
Renville	51.3	15.9	11.9	10.8
Rock	22.3	6.0	5.5	5.1
Sibley	3.3	0.7	0.7	0.5
Stevens	16.0	3.8	3.5	3.7
Swift	46.7	15.2	10.1	9.8
Traverse	39.0	15.8	8.9	9.3
Watonwan	4.7	1.2	1.0	1.1
Yellow Medicine	32.4	9.5	8.1	5.9
<b>Southwest Region</b>	<b>30.0%</b>	<b>8.6%</b>		



### **Notes and definitions for food access data**

*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.

#### 4. Food Security and Assistance for Counties in Southwest Minnesota (2011)

	% Food Insecurity	% Child Food Insecurity	SNAP Participation (% of population)	% of Food Insecure Children Not Eligible for Federal Nutrition Programs	% Students Eligible for Free or Reduced Lunch (2012-2013 School Year)
Big Stone	9.1	16.1	7	6	46.6
Brown	8.4	15.0	7	25	38.2
Chippewa	9.4	16.1	8	27	40.9
Cottonwood	8.6	15.4	8	28	47.0
Douglas	9.1	13.7	8	41	33.9
Grant	10.1	17.6	9	12	42.0
Jackson	8.0	14.8	7	33	36.4
Kandiyohi	9.4	17.4	12	22	49.0
Lac qui Parle	7.7	13.7	7	27	40.5
Lincoln	7.4	12.6	5	24	38.6
Lyon	10.2	15.0	8	30	42.3
Martin	8.8	14.6	9	20	42.2
McLeod	9.2	14.8	7	44	33.2
Meeker	9.2	16.6	8	28	41.5
Murray	7.5	14.9	6	26	32.1
Nobles	10.6	21.0	9	23	59.8
Pipestone	9.2	15.0	9	10	43.1
Pope	8.0	12.6	7	33	43.3
Redwood	8.9	15.3	8	12	41.7
Renville	9.2	16.3	10	25	47.5
Rock	8.3	14.9	7	22	33.7
Sibley	8.6	17.3	10	21	42.2
Stevens	9.5	12.7	6	40	31.3
Swift	9.8	14.4	9	14	38.5
Traverse	7.9	13.1	9	18	40.0
Watonwan	8.7	17.8	8	37	55.6
Yellow Medicine	9.3	18.6	6	32	46.0
<b>Southwest Region</b>	<b>9.1%</b>		<b>8.3%</b>		
<b>Minnesota</b>	<b>11.5%</b>	<b>16.7%</b>	<b>9.5%</b>	<b>35%</b>	

#### 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.”