PHYSICAL HEALTH

Obesity Rate Among Adults

More than one in three adults in Goodhue County has a Body Mass Index that is considered obese. The obesity rate* is slowly increasing locally and across the country.

<table>
<thead>
<tr>
<th></th>
<th>Goodhue County</th>
<th>Minnesota</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity</td>
<td>37%</td>
<td>32%</td>
<td>34%</td>
</tr>
</tbody>
</table>

* Obesity Rate is the percentage of the adult population aged 18 and older that reports a body mass index (BMI) greater than or equal to 30 kg/m2 (age-adjusted). A healthy BMI, according to the CDC, is between 18.5 and 24.9.

Source: 2024 County Health Rankings (using 2021 data)

MENTAL HEALTH

People’s mental health has decreased drastically over the last five years, nationally and locally. Young people particularly need all of us to work together to help reverse this trend.

Rate of Respondents Who Reported Considering Suicide

<table>
<thead>
<tr>
<th></th>
<th>8th Graders</th>
<th>11th Graders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Wing</td>
<td>27%</td>
<td>30%</td>
</tr>
<tr>
<td>Goodhue County</td>
<td>26%</td>
<td>24%</td>
</tr>
<tr>
<td>Minnesota</td>
<td>23%</td>
<td>27%</td>
</tr>
</tbody>
</table>

Rate of Respondents Who Reported Attempting Suicide

<table>
<thead>
<tr>
<th></th>
<th>8th Graders</th>
<th>11th Graders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Wing</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>Goodhue County</td>
<td>10%</td>
<td>11%</td>
</tr>
<tr>
<td>Minnesota</td>
<td>8%</td>
<td>10%</td>
</tr>
</tbody>
</table>

These numbers reflect the percentages of respondents who answered the state’s 2022 Minnesota Student Survey, which students take during class time. Not all students chose to take the survey.

Frequency of People’s Mental Distress in Goodhue County

14% of people reported experiencing frequent mental distress (defined as 14 of the last 30 days).

4 days is the average number of mentally unhealthy days people reported having over the past 30 days.

Rate of Overall Deaths Due to Suicide

Goodhue County has a slightly higher overall rate of suicide than both the state and the country. (Rate is per 100,000 population.)

17

14

14

Source: 2024 County Health Rankings (using 2021 data)
SUBSTANCE ABUSE

Nonfatal Opioid Overdose ER Visits in Goodhue County

Source: MN Department of Health, 2010-2021 — Southeast Minnesota Opioid Profile

ER visits of Goodhue County patients who experienced a nonfatal opioid overdose almost doubled between 2018 and 2021. Minnesota had similar increases.

71% of drug overdose fatalities in Goodhue County were due to opioids in 2022.

Treatment for Substance Abuse

People in Goodhue County sought treatment for alcohol more than any other substance in 2020. Meth was the second highest substance.

Goodhue County Resident Admissions to Minnesota Treatment Facilities

Source: MN Department of Health, 2010-2021 — Southeast Minnesota Opioid Profile.

ACCESS TO CARE

Percentage of Low-Income Residents in Goodhue County Without Health Insurance

Source: U.S. Census Bureau, Small Area Health Insurance Estimates, 2006-2021

Good news: The number of us without health insurance has decreased radically since 2006. Today only 6% are without health insurance, although the rate has started to climb again.

Access to Mental Health Providers

It’s easier today to find a mental health provider than it was five years ago. But Goodhue County still trails behind the state and nation.

1 provider per 810 people
In Goodhue County

1 provider per 300 people
In Minnesota overall

1 provider per 320 people
In the U.S. overall

Source: 2024 County Health Rankings (using 2021 data)

In Goodhue County, 19% of us self-identify as binge or heavy drinkers, slightly more than the national average (18%).

Source: 2024 County Health Rankings (using 2021 data)

* Binge drinking is defined for women as having four or more drinks on one occasion and for men as having five or more drinks on one occasion in the past 30 days. Heavy drinking is defined for women as having an average of more than one drink per day and for men as having an average of more than two drinks per day.