

2021 Community Health Survey Results

2021 - Top 5 Issues in Wright County – Adults Opinion	Moderate/ Serious Problem
1. Distracted driving	73%
2. Obesity	72%
3. Other mental health issues such as anxiety, panic attacks, memory loss, Alzheimer’s, or another form of dementia, etc.	59%
4. Use of e-cigarettes/vaping of nicotine products	58%
5. Depression among adults	57%

Distracted Driving

Ranked as #1 issue for third survey in a row. Many adults continue to acknowledge they engage in distracting activities while driving (sometimes and often).

- **41%** report reading or sending texts
- **76%** report making or answering a phone call
- **41%** report they do other activities such as eat, read, apply makeup or shave

“Foregone Care” during past 12 months

Medical Care	Dental Care	Mental Health Care
<p>- 25% delayed or did not get needed Medical Care</p> <p>• <i>Most common reason:</i> Not serious enough (44%)</p>	<p>- 18% delayed or did not get needed Dental Care</p> <p>• <i>Most common reason:</i> Cost too much (42%)</p>	<p>- 15% delayed or did not get needed Mental Health Care</p> <p>• <i>Most common reason:</i> Not serious enough (47%)</p>

Top 5 Answers - Adults experiencing any loss related to COVID-19	
1. Social connectedness	40%
2. None	36%
3. Recreation or entertainment	35%
4. Exercise opportunities	18%
5. Regular school routine	17%

General Health Status and Behaviors

- **92%** of adults reported their health as good/very good/excellent
- **8%** of adults reported being smokers
- **13%** of adults reported any tobacco use (including e-cigarettes, smokeless, cigarette, cigar)
- **71%** of adults reported any alcohol use in the past 30 days
- **36%** of adults reported any binge drinking in the past 30 days
- **29%** recalled ever being told by a doctor that they had any mental health problem
- **54%** reported at least one day of not good mental health in the past 30 days
- **15%** of adults reported that they worried about food running out during the past 12 months
- **37%** reported consuming 5 or more servings of fruits/vegetables day yesterday
- **26%** reported 30 minutes or more of moderate exercise 5-7 days per week
- **65%** of adults reported getting at least 7 hours of sleep on average each night