

Faribault and Martin Counties Public Health Data Tables

Topics and Scope

The following tables present health data in the topic areas of Substance Use, Mental Health, Adverse Childhood Experiences, Health Care Access and Chronic Diseases, Access to Physical Activity Opportunities, and Access to Nutritious Foods. All data presented is from 2022, unless otherwise noted. Data presented here are publicly available indicators that can be tracked over time.

Data Sources

The data presented come from a variety of sources, including Faribault and Martin Counties' recent COVID-19 Impact Survey and data from the Minnesota Department of Health, the Minnesota Department of Human Services, and the Minnesota Department of Public Safety. All data tables are labeled with their source.

Comparison data

When available, each Indicator includes a comparison to the past, and to the statewide or regional rates. As shown in the Data Key below, a green rating means that the Counties are doing better than the State, region, or than they have done in the past. The more green dots, the better they are performing in comparison to the State, region, or past. On the other hand, the more red dots, the worse they are performing in comparison to the State, region, or past. The estimated population impacted includes an estimate of the number of people impacted annually.

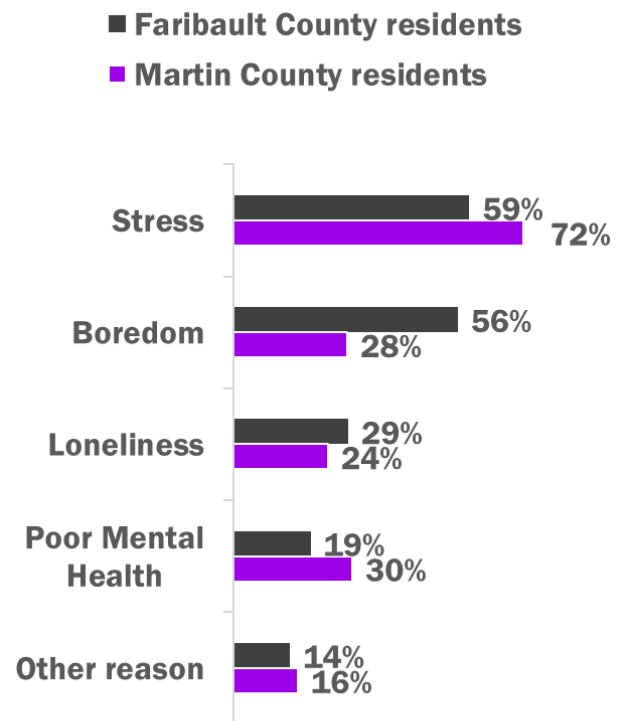
Data Key

Symbol	Key
	Within 2% of past, state or regional rates
	2% to 9% difference that is <u>favorable</u> compared to the past, state or region
	10 to 49% <u>favorable</u> difference
	50% to 99% <u>favorable</u> difference
	Over 100% <u>favorable</u> difference
	2% to 9% difference that is <u>unfavorable</u> compared to the past, state or region
	10 to 49% <u>unfavorable</u> difference
	50% to 99% <u>unfavorable</u> difference
	Over 100% <u>unfavorable</u> difference

Adult Substance Use

Reasons for increased substance use during the pandemic

County		Indicator and data source	Estimated population impacted
		Percent of adults that reported that they increased their <u>substance use</u> since the beginning of the pandemic ³	
Faribault	17.6	↑ use of <u>any</u> substance	1,883
Martin	9.4		1,456
Faribault	11.5	↑ use of alcohol	1,230
Martin	6.8		1,053
Faribault	9.6	↑ use of tobacco	1,027
Martin	3.9		604
Faribault	2.6	↑ use of marijuana	278
Martin	0.9		139
Faribault	0.0	↑ use of any other drug	-
Martin	0.0		-



Source: Faribault and Martin Counties COVID-19 Impact Survey, 2022.

County		Indicator and data source	Compared to State Average	Compared to Past (2017)	Estimated population impacted
Faribault	49.2	DWI rate per 10,000 residents by county of arrest, 2021	●	●	66
Martin	55.6		●	●	108
Faribault	13.3	Percent of residents with impaired driving incidents on record, 2021	● ●	-	1,783
Martin	12.9		● ●	-	2,505

Source: Comprehensive Annual Traffic Crash Data Reports, 2021 Crash Facts. Office of Traffic Safety, Minnesota Department of Public Safety.

Teen Substance Use: Alcohol

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated student population impacted (8 th grade+)
Percent of 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who...						
used alcohol one or more times in the last 12 months	19.3					377
used alcohol on one or more days in the last 30 days	11.1					217
engaged in binge drinking in the past 30 days	4.5				-	88
alcohol 20 or more times in the last 12 months	2.0					39
drove a motor vehicle after using alcohol or other drugs one or more times in the last 12 months	4.4					86

Source: Minnesota Student Survey, 2013-2022.

Teen Substance Use: Tobacco

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated student population impacted (8 th grade+)
Percent of 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who...						
used conventional tobacco products (cigarettes, cigars, smokeless tobacco) during the past 30 days	5.0	●	●	● ●	● ● ●	98
used any tobacco products, including e-cigarettes and hookah, during the past 30 days	10.8	● ●	● ●	● ●	-	211
who smoked cigarettes on one or more days in the last 30 days	4.3	● ●	● ●	● ●	● ● ●	84
used chewing tobacco, snuff or dip on one or more days in the last 30 days	1.3	●	●	●	● ●	25
used an e-cigarette like JUUL, suorin, blu, VUSE, or logic on one or more days in the last 30 days	9.7	●	●	● ●	-	189

Source: Minnesota Student Survey, 2013-2022.

Teen Substance Use: Marijuana

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated student population impacted (8 th grade+)
Percent of 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who used marijuana on one or more days in the last 30 days	7.7					150

Source: Minnesota Student Survey, 2013-2022.

Teen Substance Use: Other Drugs

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated student population impacted (8 th grade+)
Percent of 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who, <u>in the past year</u> , used the following substances at least one time:						
prescription pain relievers to get high	5.6				-	109
ADHD or ADD pills like Ritalin to get high	4.0				-	78
LSD or other psychedelics	1.1					21
tranquilizers, sedatives or barbiturates to get high	2.1				-	41
inhalants	1.3			-	-	25
stimulants like Benzedrine or diet pills to get high	1.1				-	21
methamphetamine	0.8					16
MDMA/ecstasy	0.9					18
crack or cocaine	0.8					16
heroin	0.6					12

Source: Minnesota Student Survey, 2013-2022.

Mental Health

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated student population impacted (8 th grade+)
Percent of 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who...						
hurt themselves on purpose without wanting to die (by cutting, burns, bruises, etc.) during the last year	27.5	● ●	● ●	● ● ●	● ● ●	537
seriously considered attempting suicide during the last year	16.2	● ●	●	●	● ●	316
attempted suicide during the last year	4.9	●	●	●	●	96

Source: Minnesota Student Survey, 2013-2022.

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated student population impacted (5 th grade+)
Percent of 5 th , 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who have ever been treated for a mental health, emotional or behavioral problem	26.9	●	●	● ●	● ● ●	858

Source: Minnesota Student Survey, 2013-2022.

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Estimated student population impacted (8 th grade+)
Percent of 8 th , 9 th and 11 th graders in Faribault and Martin Counties who, in the last 2 weeks, reported that at least half of the days, they were bothered by....					
little interest or pleasure in doing things	26.2	●	●	● ●	511
feeling down, depressed or hopeless	25.4	● ●	● ●	● ●	496
feeling nervous, anxious or on edge	32.9	●	●	● ●	642
not being able to stop or control worrying	28.7	● ●	● ●	● ●	560

Source: Minnesota Student Survey, 2019-2022.

Mental Health

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated student population impacted (5 th grade+)
Percent of 5 th , 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who reported the following people care about them "a little" or "not at all"...						
Their parents	5.8	● ●	● ●	●	●	185
Other adult relatives	9.3	● ●	●	● ●	● ●	297
Their friends	10.3	● ●	● ●	● ●	● ●	329
Adults in their community	34.2	●	●	●	●	1,091
Teachers	24.7	● ●	●	-	-	788
Other adults at their school	31.8	●	●	-	-	1,015

Source: Minnesota Student Survey, 2013-2022.

Mental Health

County		Indicator and data source	Compared to Past (2019)	Compared to Past (2013)	Estimated population impacted
Faribault	30.4	Percent of adults diagnosed with any mental health problems		-	3,252
Martin	32.6			-	5,036
Faribault	25.3	Percent of adults diagnosed with depression			2,707
Martin	23.5				3,640
Faribault	22.1	Percent of adults diagnosed with anxiety or panic attacks			2,364
Martin	24.6				3,810
Faribault	3.5	Percent of adults diagnosed with other mental health problems			374
Martin	11.4				1,766
Faribault	19.9	Percent of adults that reported their mental health has gotten worse since the beginning of the pandemic	-	-	2,129
Martin	15.2		-	-	2,348
Faribault	8.9	Percent of adults that wanted to talk with or seek help from a health professional about emotional problems such as stress, depression, excess worrying, troubling thoughts or emotional problems, but did <u>NOT</u> or delayed talking with someone, in the past 12 months			952
Martin	12.3				1,905

Source: Faribault and Martin Counties COVID-19 Impact Survey, 2022 and Adult Health Survey, 2013-2019.

Top Reasons for Delay in Mental Health Care in past 12 months	
Faribault County	Martin County
1. I didn't think it was serious enough 2. I was too nervous or afraid 3. I didn't have insurance 4. I couldn't get an appointment 5. I had work, family or other obligations	1. It cost too much 2. My insurance did not cover it 3. I didn't have insurance 4. I didn't think it was serious enough 5. I had work, family or other obligations 6. I didn't think it was serious enough 7. I couldn't get an appointment

Source: Faribault and Martin Counties COVID-19 Impact Survey, 2022.

Adverse Childhood Experiences (ACEs)

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated Student population impacted (8 th grade+)
Percent of 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who report...						
They live with someone who drinks too much alcohol	11.1					217
They live with someone who uses illegal drugs or abuses prescription drugs	3.6					70
They live with someone who is depressed or has any other mental health issues	31.5				-	615
A parent or other adult at home regularly swears at them, insults them or puts them down	14.0					273
A parent or other adult at home has ever hit, beat, kicked or physically hurt them in any way	9.1					178
Domestic violence (a parent or other adult at home has ever slapped, hit, kicked, punched or beat each other up)	7.7					150
That anyone who was not a relative or family member ever pressured, tricked, or forced them to do something sexual or done something sexual to them against their wishes	6.6				-	129
A relative or family member ever pressured, tricked, or forced them to do something sexual or done something sexual to them	4.7				-	92

Source: Minnesota Student Survey, 2013-2022.

Indicator		Compared to State	Compared to Past (2018)	Population impacted
Child maltreatment reports: total alleged victims per 1,000 children in 2020	45.6			334
Child maltreatment reports: total determined victims per 1,000 children in 2020	6.7			49
Child maltreatment reports for NEGLECT per 1,000 children in 2020	33.5			245
Children in out-of-home care per 1,000 children in 2020	19.8			152

Minnesota's Child Maltreatment Report 2020, DHS-5408M, and Minnesota's Out-of-home Care and Permanency Report, 2020, DHS-5408Ma. Minnesota Department of Human Services.

Adverse Childhood Experiences (ACEs)

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated Student population impacted (8 th grade+)
Percent of 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who report...						
In the past year, they have been homeless (they stayed in a shelter, somewhere not intended as a place to live, or someone else's home because they had no other place to stay)	5.7	●	●	●	●	111
They have ever had a parent or guardian in jail or prison	26.6	● ●	● ●	●	● ●	519
They lived with a parent or guardian at the time they went to jail or prison	14.3	● ●	● ●	●	-	278

Source: Minnesota Student Survey, 2013-2022.

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated Student population impacted (5 th grade+)
Percent of 5 th , 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who report...						
They have ever been in foster care	5.7	● ● ●	● ●	● ●	●	182
They were bullied at least once in the past month	63.5	● ●	● ●	● ●	● ● ● ●	2,026
They were bullied at least weekly in the past month	27.1	● ●	● ●	● ●	● ● ● ●	865
They were bullied daily in the past month	8.8	● ● ●	● ●	● ● ● ●	● ● ● ●	281
They do not feel safe at school	17.3	● ●	● ●	● ● ●	● ● ● ●	552
That other students at school pushed, shoved, slapped, hit or kicked them in the last month	25.0	● ●	● ●	● ● ●	● ● ●	798

Source: Minnesota Student Survey, 2013-2022.

Dental Care

County		Indicator and data source	Compared to Past (2019)	Compared to Past (2013)	Estimated population impacted
Faribault	33.2	Percent of adults that did <u>NOT</u> have a dental exam or teeth cleaning within the past year			3,552
Martin	28.9				4,476
Faribault	24.2	Percent of adults that thought they needed dental care but did <u>NOT</u> get it or delayed getting it in the past 12 months		-	2,589
Martin	21.1			-	3,268

Source: Faribault and Martin Counties COVID-19 Impact Survey, 2022 and Adult Health Survey, 2013-2019.

Top Reasons for Delay in Dental Care in past 12 months	
Faribault County	Martin County
1. It cost too much 2. I couldn't get an appointment 3. My clinic was closed due to COVID-19 4. I didn't have insurance 5. I was too nervous or afraid	1. It cost too much 2. I didn't have insurance 3. I couldn't get an appointment

Source: Faribault and Martin Counties COVID-19 Impact Survey, 2022.

County		Indicator and data source	Compared to State	Compared to Past (2017)	Population impacted
Faribault	67.7	Percent of children aged 20 and under eligible for Child and Teen Checkups (C&TC) that do <u>NOT</u> use preventive dental services, 2020			1,218
Martin	70.4				1,756
Faribault	63.6	Percent of children aged 20 and under eligible for Child and Teen Checkups (C&TC) that do <u>NOT</u> use any dental services, 2020			1,145
Martin	66.9				1,668

Source: Oral health service use, Minnesota Public Health Data Access, Minnesota Department of Health.

Access to health care

County		Indicator and data source	Compared to Past (2019)	Compared to Past (2013)	Estimated population impacted
Faribault	45.5	Percent of adults that have <u>NOT</u> had a flu shot within the past year			4,868
Martin	44.3				6,861
Faribault	27.2	Percent of adults that have <u>NEVER</u> been vaccinated against COVID-19	-	-	2,910
Martin	20.9		-	-	3,229
Faribault	32.2	Percent of adults that have <u>NOT</u> had a general health exam within the past year			3,445
Martin	24.1				3,733
Faribault	20.1	Percent of adults that thought they needed medical care but did <u>NOT</u> get it or delayed getting it in the past 12 months**			2,150
Martin	27.4				4,244
Faribault	8.9	Percent of adults that wanted to talk with or seek help from a health professional about emotional problems such as stress, depression, excess worrying, troubling thoughts or emotional problems, but did <u>NOT</u> or delayed talking with someone, in the past 12 months			952
Martin	12.3				1,905
Faribault	3.3	Percent of adults that currently do <u>NOT</u> have health care coverage			353
Martin	0.5				77

Source: Faribault and Martin Counties COVID-19 Impact Survey, 2022 and Adult Health Survey, 2013-2019.

**Changes to question language in 2022 survey may impact comparability of responses.

Top Reasons for Delay in <u>Medical or Preventative Health Care</u> in past 12 months	
Faribault County	Martin County
1. I couldn't get an appointment 2. I didn't think it was serious enough 3. I had work, family, or other obligations 4. It cost too much	1. It cost too much 2. I was hesitant or scared due to COVID-19 3. I couldn't get an appointment 4. I didn't have insurance 5. I had work, family, or other obligations 6. I didn't think it was serious enough

Top Reasons for Delay in <u>Mental Health Care</u> in past 12 months	
Faribault County	Martin County
1. I didn't think it was serious enough 2. I was too nervous or afraid 3. I didn't have insurance 4. I couldn't get an appointment 5. I had work, family or other obligations	1. It cost too much 2. My insurance did not cover it 3. I didn't have insurance 4. I didn't think it was serious enough 5. I had work, family or other obligations 6. I didn't think it was serious enough 7. I couldn't get an appointment

Source: Faribault and Martin Counties COVID-19 Impact Survey, 2022.

Chronic Diseases

County		Indicator and data source	Compared to Past (2019)	Compared to Past (2013)	Estimated population impacted
Faribault	38.0	Percent of adults diagnosed with high blood pressure or hypertension	●	● ●	4,065
Martin	44.2		● ●	● ●	6,846
Faribault	29.1	Percent of adults diagnosed with high cholesterol or triglycerides	● ●	● ●	3,113
Martin	36.1		●	●	5,591
Faribault	10.7	Percent of adults diagnosed with cancer	●	● ●	1,145
Martin	10.3		●	●	1,595
Faribault	9.7	Percent of adults diagnosed with heart trouble or angina	●	●	1,038
Martin	12.5		● ●	●	1,936
Faribault	11.6	Percent of adults diagnosed with diabetes	● ●	● ●	1,241
Martin	13.2		● ●	● ●	2,044
Faribault	11.0	Percent of adults diagnosed with asthma	● ●	● ● ●	1,177
Martin	11.7		● ● ●	●	1,812
Faribault	7.0	Percent of adults diagnosed with chronic lung disease	●	● ●	749
Martin	9.1		● ● ●	● ●	1,409
Faribault	2.2	Percent of adults diagnosed with a stroke or stroke-related health problems	● ●	● ●	235
Martin	4.5		●	●	697
Faribault	2.9	Percent of adults diagnosed with memory loss, Alzheimer's disease, or dementia	●	-	310
Martin	6.3		●	-	976

Source: Faribault and Martin Counties COVID-19 Impact Survey, 2022 and Adult Health Survey, 2013-2019.

Leading causes of death by county, 2016-2020

Faribault	Deaths	Martin	Deaths
Heart disease	242	Heart disease	301
Cancer	199	Cancer	290
Stroke	56	Chronic lower respiratory disease	63
Chronic lower respiratory disease	53	Alzheimer's	58
Diabetes	37	Stroke	48
Unintentional injury	33	Unintentional injury	47
Alzheimer's	22	Diabetes	40

Source: County Health Tables, Minnesota Center for Health Statistics, Minnesota Department of Health.

Leading causes of premature death (under age 75) by county, 2016-2020

Faribault	Deaths	Martin	Deaths
Cancer	101	Cancer	140
Heart disease	68	Heart disease	66
Unintentional injury	18	Unintentional injury	26
Diabetes	17	Chronic lower respiratory disease	26
Stroke	16	Diabetes	15
Chronic lower respiratory disease	16	Chronic Liver Disease	15

Source: County Health Tables, Minnesota Center for Health Statistics, Minnesota Department of Health.

Access to Active Living Opportunities

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated population impacted (5 th grade+)
Percent of 5 th , 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who were NOT physically active for at least 60 minutes per day on at least 5 of the last 7 days	47.6					1,519

Source: Minnesota Student Survey, 2013-2022.

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated population impacted (8 th grade+)
Percent of 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who are overweight <u>OR</u> obese according to BMI	29.5					576

Source: Minnesota Student Survey, 2013-2022.

County		Indicator and data source	Compared to Past (2019)	Compared to Past (2013)	Estimated population impacted
Faribault	72.3	Percent of adults that are overweight <u>OR</u> obese according to BMI			7,735
Martin	73.2				11,337
Faribault	36.7	Percent of adults that are obese according to BMI			3,926
Martin	36.1				5,591
Faribault	38.3	Percent of adults that have been told by a health professional that they are overweight			4,097
Martin	43.7				6,768
Faribault	16.6	Percent of adults diagnosed with obesity			1,776
Martin	21.4				3,314
Faribault	60.6	Percent of adults that do NOT get at least 30 minutes of moderate physical activity a day for at least 5 days a week		-	6,483
Martin	67.4			-	10,439
Faribault	65.6	Percent of adults that do NOT get at least 30 minutes of vigorous physical activity a day for at least 5 days a week		-	7,018
Martin	73.6			-	11,399

Source: Faribault and Martin Counties COVID-19 Impact Survey, 2022 and Adult Health Survey, 2013-2019.

Access to Nutritious Food

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated population impacted (8 th grade+)
Percent of 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who...						
did NOT eat the recommended 5 or more servings of fruits, fruit juices or vegetables per day in the last 7 days	88.9					1,735
are overweight <u>OR</u> obese according to BMI	29.5					576

Source: Minnesota Student Survey, 2013-2022.

Indicator		Compared to State	Compared to Region	Compared to Past (2019)	Compared to Past (2013)	Estimated population impacted (5 th grade+)
Percent of 5 th , 8 th , 9 th , and 11 th graders in Faribault and Martin Counties who had to skip meals because their family did not have enough money to buy food						
	4.5					144

Source: Minnesota Student Survey, 2013-2022.

County		Indicator and data source	Compared to Past (2019)	Compared to Past (2013)	Estimated population impacted
Faribault	72.3	Percent of adults that are overweight <u>OR</u> obese according to BMI			7,735
Martin	73.2				11,337
Faribault	36.7	Percent of adults that are obese according to BMI			3,926
Martin	36.1				5,591
Faribault	38.3	Percent of adults that have been told by a health professional that they are overweight			4,097
Martin	43.7				6,768
Faribault	16.6	Percent of adults diagnosed with obesity			1,776
Martin	21.4				3,314
Faribault	5.9	Percent of adults that have used a community food shelf in the past year			631
Martin	9.8				1,518
Faribault	9.5	Percent of adults that are sometimes or often worried about food running out before they had money to pay for more			1,016
Martin	9.7				1,502
Faribault	61.9	Percent of adults that eat a fast food meal at least weekly		-	6,622
Martin	65.4			-	10,129
Faribault	42.8	Percent of adults that usually travel at least 20 miles (one way) for groceries		-	4,579
Martin	11.6			-	1,797

Source: Faribault and Martin Counties COVID-19 Impact Survey, 2022 and Adult Health Survey, 2013-2019.