

Health Improvement Among New Ulm Adults 40–79

Selected Research Highlights from Hearts Beat Back:® The Heart of New Ulm Project, 2009-2018

Clinical Outcomes



LDL Cholesterol

73% of people have their LDL cholesterol within the recommended range according to 2018 data, up from 69% in 2009 ^{1,2}



Blood Pressure

88% of people have their blood pressure within the recommended range according to 2018 data, up from 79% in 2009 ^{1,2}



Triglycerides

69% of people have their triglycerides within the recommended range according to 2018 data, up from 66% in 2009 ^{1,2}

FACT

Adults age 40-79 in New Ulm are doing better in controlling their blood pressure, LDL cholesterol, total cholesterol and triglycerides compared to residents in a comparison Minnesota community. ³



Healthier Lifestyles



Physical Activity

88% of people get 150 minutes a week of moderate physical activity; up from 63% in 2009 ^{4,5}



Smoking

8% of people smoke, which has not changed since 2009, but is lower than the state average for residents of similar age ^{4,5,6}



Daily Fruits and Vegetables

28% of people eat five or more servings of fruits and vegetables a day according to 2014 data, up from 17% in 2009 ⁴

Weight Management



Overweight/Obese

83% of people are overweight or obese according to 2018 data, an increase from 78% in 2009 ^{1,5}

A Community That Supports Health and Wellness



Healthy Lifestyle Support

94% of adults agreed or strongly agreed that New Ulm creates an environment that supports a healthy lifestyle, compared with just under 77% in a comparison Minnesota community. ⁴



Healthier Dining Options

66% of adults felt that many healthy food options are available when eating in a New Ulm restaurant, compared with only 58% of respondents in a comparison Minnesota community that felt that way about their restaurants. ⁴

About the Data

The information provided in this report is intended to measure health outcomes for Hearts Beat Back.[®] The Heart of New Ulm Project's target population of 40-79-year-old residents of the 56073 zip code. Data provided here comes from multiple sources that were collected over the project's 10-year research timeframe. It is important to note that due to different data collection methods, these data sources may not be exactly comparable with each other. The data presented here provide the best available estimate of health status at baseline and at 10 years.

Sources

1. New Ulm Medical Center Electronic Health Record Data 2018.
2. 2009 baseline data; included in Changes in Cardiovascular Risk Factors After 5 Years of Implementation of a Population-Based Program to Reduce Cardiovascular Disease: The Heart of New Ulm Project. *American Heart Journal* (2016).
3. Assessing the Impact of The Heart of New Ulm Project: A Population-Based Program to Reduce Cardiovascular Disease. *Preventive Medicine* (2018).
4. Survey responses from 1,092 randomly selected New Ulm adults age 40-79 in 2018 and a survey of a comparable Minnesota community.
5. Population-level changes in lifestyle risk factors for cardiovascular disease in the Heart of New Ulm Project. *Preventive Medicine Reports* (2019).
6. Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2017, Minnesota data.

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