The health and well-being of Hennepin County residents

Data from SHAPE 2014

The Forum
April 20, 2016

Presented by Hennepin County Public Health Assessment Team
Survey Background

An on-going public health surveillance and assessment of the health of Hennepin County residents and the factors that affect their health.

Multiple waves of survey data:
- SHAPE 1998 – Adult Survey
- SHAPE 2002 – Adult Survey
- SHAPE 2006 – Adult & Child Surveys
- SHAPE 2010 – Adult & Child Surveys
- *Metro SHAPE 2014* - Adult Survey across six metro countries, Child Survey in Hennepin only

*Metro SHAPE 2014 - Adult Survey*
- Web/mail mixed mode survey. 12,028 respondents aged 25 and older metro wide; 8,578 respondents in Hennepin County.
Mixed Mode

On-line with Qualtrics-based survey

Paper version by mail
Sample Selection
Mailings to Households

1st – pre-notification postcard
2nd – push to web
3rd – thank you/reminder postcard
4th – push to web
    Supplement – postcard (Adult Only)
5th – paper survey
6th – paper survey
Your health matters. Your answers matter.

“NorthPoint Health & Wellness Center is working in partnership with many organizations and residents to create a healthier community. We need your help. We are asking you to complete The Metro SHAPE survey. The survey results will help us understand the most important health needs in this area.

Your answers are very important, so I urge you to complete the survey and do your part to advance health and wellness in our community.”

— Stella Whitney-West
North Point Health & Wellness Center

The Metro SHAPE survey is sponsored by eight local health departments in the Twin Cities, including Hennepin County and the City of Minneapolis

You have or will soon receive a paper copy of the survey in the mail. Please complete and return.
For more information go to www.metroshape.us.
Contact SHAPE@hennepin.us or call 612-543-3034 if you need any assistance

Partially supported by the Statewide Health Improvement Program, Minnesota Department of Health
## Survey Response

<table>
<thead>
<tr>
<th></th>
<th>Adult</th>
<th>Child</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>55,000 Households randomly selected</td>
<td>26,000 Households randomly selected</td>
</tr>
<tr>
<td></td>
<td>12,294 Completed survey</td>
<td>1,475 Completed survey</td>
</tr>
<tr>
<td></td>
<td>12,048 Final dataset</td>
<td>1,427 Final dataset</td>
</tr>
</tbody>
</table>
Selected findings

CHILD SHAPE 2015
% Reporting long-term mental health, behavioral, or emotional problems
Q: Does the child have any long-term mental health, behavioral, or emotional problems?

Nearly 10% of children have a long-term mental health, behavioral or emotional condition

Parents reported that 10% of children have mental or emotional difficulties that keep them from doing their usual school or other daily activities somewhat, quite a lot, or that they could not do their usual activities.
% Reporting mental health, behavioral or emotional problems by gender and age

Gender

Age

Male
Female
0-2 years
3-5 years
6-9 years
10-13 years
14-17 years

9.2%
9.6%
1.5%
2.4%
8.3%
15.1%
16.1%
Child SHAPE 2015 Survey Selected Findings- Mental Health

% Reporting mental health, behavioral or emotional problems by income and geography

- Household Income
  - < 200% FPL: 16.7%
  - >=200% FPL: 7.5%

- Geography
  - Minneapolis: 12.6%
  - Suburban Hennepin County: 8.3%
Child SHAPE 2015 Survey
Selected Findings

Access to health care

% With delayed or declined vaccination
Q: Have you ever delayed or declined a vaccine or shot for your child?

13.9% of parents/guardians reported they have delayed or declined vaccinations for their children.

The most common reason for delayed or declined vaccination is concern about safety or side effects.
% Delayed or declined vaccination by gender and age

- Male: 15.1%
- Female: 12.7%
- 0-2 years: 13.0%
- 3-5 years: 13.8%
- 6-9 years: 16.0%
- 10-13 years: 15.5%
- 14-17 years: 11.0%
Child SHAPE 2015 Survey Selected Findings - Access to health care

% Delayed or declined vaccination by income and geography

- Less than 200% FPL: 12.7%
- Greater than or equal to 200% FPL: 14.1%
- Minneapolis: 14.6%
- Suburban Hennepin County: 13.6%

Household Income

Geography
Child SHAPE 2015 Survey
Selected Findings

Access to health care

% Dental visit in past 12 months
Child SHAPE 2015 Survey Selected Findings- Access to health care

% Regular dental check up in last year by income and geography

- < 200% FPL: 68.1%
- >=200% FPL: 90.5%
- Minneapolis: 80.4%
- Suburban Hennepin County: 86.7%
Q: Does your child currently have any insurance that pays for all or part of his or her dental care?

91.5% of children (age 3 and older) have dental care coverage.

Among those with coverage, 9% of all children and 26% of low-income children have had difficulty finding a dentist who accepts their insurance.
Weight, nutrition, and physical activity

% Whose health care provider did not mention child’s weight
Q: During the past 12 months, has a doctor, nurse, or health care professional told you that the child weighs too much, too little, or is at the right weight?

19.1% reporting that provider did not say anything or did not weigh child
% Whose provider did not say anything about child’s weight by gender and age

- Male: 17.2%
- Female: 21.2%
- 0-2 years: 12.5%
- 3-5 years: 15.2%
- 6-9 years: 19.1%
- 10-13 years: 20.3%
- 14-17 years: 26.8%

Child SHAPE 2015 Survey
Selected Findings - Weight, nutrition, and physical activity
Child SHAPE 2015 Survey
Selected Findings

Weight, nutrition, and physical activity

% Had no sugar-sweetened beverages
% had no sugar-sweetened beverages by gender and age

56.6% Male
60.1% Female
69.4% 3-5 years
64.1% 6-9 years
56.2% 10-13 years
45.8% 14-17 years
Child SHAPE 2015 Survey Selected Findings- Weight, nutrition, and physical activity

% had no sugar-sweetened beverages by income and geography

<table>
<thead>
<tr>
<th>Household Income</th>
<th>Geography</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 200% FPL</td>
<td>&gt;=200% FPL</td>
</tr>
<tr>
<td>39.6%</td>
<td>65.2%</td>
</tr>
<tr>
<td>Minneapolis</td>
<td>Suburban Hennepin County</td>
</tr>
<tr>
<td>59.3%</td>
<td>57.8%</td>
</tr>
</tbody>
</table>
% had no sugar-sweetened beverages - how do we compare?

Child SHAPE 2015 Survey
Selected Findings

Weight, nutrition, and physical activity

% Physically active all 7 days in past week
Q: During the past 7 days, on how many days was the child physically active for at least 60 minutes in a given day? (age 6-17)

- 7 days: 18.5%
- 5 or 6 days: 24.7%
- 3 or 4 days: 30.3%
- 1 or 2 days: 19.1%
- 0 days: 7.5%
% child physically active all 7 days by gender and age

Gender: Male 19.8%  Female 17.1%
Age: 6-9 years 28.2%  10-13 years 12.9%  14-17 years 14.2%
% physically active all 7 days by income and geography

- < 200% FPL: 19.2%
- >=200% FPL: 18.9%
- Minneapolis: 19.9%
- Suburban Hennepin County: 17.9%

Household Income
Geography
% physically active all 7 days - how do we compare?

NOTE: Each survey was administered during different times of the year; comments from the 2015 survey indicated that weather was a barrier to children engaging in more physical activity.
Child SHAPE 2015 Survey
Selected Findings

Weight, nutrition, and physical activity

% Had more than 2 hours of recreational screen time per day
Q: On an average weekday, about how much time does the child usually spend watching TV, movies, playing video games, or spend using computers, cell phones, or tablet computers? Recreational time only (age 6-17)

- None: 7.7%
- < 1 hour: 24.0%
- 1-2 hours: 38.4%
- 2-3 hours: 19.5%
- 3+ hours: 10.4%
Child SHAPE 2015 Survey Selected Findings - Weight, nutrition, and physical activity

% had more than 2 hours screen time/day by gender and age

- Male: 32.6%
- Female: 27.0%
- 0-2 years: 15.1%
- 3-5 years: 18.8%
- 6-9 years: 21.7%
- 10-13 years: 37.8%
- 14-17 years: 50.8%
Child SHAPE 2015 Survey Selected Findings- Weight, nutrition, and physical activity

% had more than 2 hours screen time/day by income and geography

- < 200% FPL: 40.1%
- >=200% FPL: 26.5%
- Minneapolis: 29.4%
- Suburban Hennepin County: 30.1%

Geography: Household Income
Child SHAPE 2015 Survey
Selected Findings

Environment and amenities

% reporting any exposure to tobacco smoke
Q: Child had any exposure to secondhand smoke

5.5% reported that the child was exposed to secondhand smoke either in the child’s home, a shared room, or a car
% reporting any secondhand smoke exposure by gender and age
% reporting any secondhand smoke exposure by income and geography

- < 200% FPL: 15.8%
- >=200% FPL: 2.1%
- Minneapolis: 10.0%
- Suburban Hennepin County: 3.6%

Household Income
Geography
Community connectedness

% Have at least one adult to rely on for guidance
Q: Other than adults in your home or the child’s parents, is there at least one other adult in his or her school, neighborhood, or community who knows the child well and who he or she can rely on for guidance?

9 in 10 children (90.4%) have someone other than a parent they can rely on in their community.
% Have an adult to rely on for guidance by income and geography

- **< 200% FPL**:
  - Household Income: 81.1%
  - Geography: 93.5%

- **>=200% FPL**:
  - Household Income: 88.6%
  - Geography: 91.1%
Child SHAPE 2015 Survey
Selected Findings

Early childhood and preschool

- Parent reads or tell stories to child 4 or more times per week
- Child can name basic shapes
- Child can count to 20 and higher
- Child recognizes all letters of the alphabet
- Child knows the sound of all letters
- Child moves easily from one activity to the next most of the time
### Child SHAPE 2015 Survey Selected Findings- Early childhood and preschool

<table>
<thead>
<tr>
<th>Indicators of school readiness</th>
<th>County estimate</th>
<th>Low income</th>
<th>Not low income</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent tells stories or reads to child 4+ times/month</td>
<td>79.6%</td>
<td>52.2%</td>
<td>87.4%</td>
</tr>
<tr>
<td>Child can name basic shapes</td>
<td>89.8%</td>
<td>80.1%</td>
<td>93.4%</td>
</tr>
<tr>
<td>Child can count 20+</td>
<td>36.0%</td>
<td>28.0%</td>
<td>38.9%</td>
</tr>
<tr>
<td>Child recognizes all letters</td>
<td>45.9%</td>
<td>46.2%</td>
<td>46.2%</td>
</tr>
<tr>
<td>Child knows sounds of all letters</td>
<td>28.4%</td>
<td>26.8%</td>
<td>28.5%</td>
</tr>
<tr>
<td>Child moves from one activity to the next</td>
<td>77.0%</td>
<td>76.6%</td>
<td>79.2%</td>
</tr>
</tbody>
</table>
Child SHAPE 2015 Survey Selected Findings- Early childhood and preschool

% Meeting basic milestones for school readiness- how do we compare?

- Recognizes all letters of the alphabet
  - 2006: 40.5%
  - 2010: 45.9%
  - 2015: 55.7%

- Counts higher than 20
  - 2006: 33.7%
  - 2010: 40.1%
  - 2015: 36.0%

Child SHAPE 2015 Survey Selected Findings- Early childhood and preschool

% Meeting basic milestones for school readiness- how do we compare for low-income kids?

Child SHAPE 2015 Survey
Selected Findings

School years

% Engaged in at least one out-of-school activity once per week
Q: Child engages in at least one out-of-school activity at least once per week

Most school-age children (92.1%) are engaged in some out-of-school activity
% Engaged in out-of-school activities by gender and age

92.2% 91.9% 91.0% 93.2% 92.2%

Gender

Age

Male Female 6-9 years 10-13 years 14-17 years
% Engaged in out-of-school activities by income and geography

- 82.6% < 200% FPL
- 95.2% >= 200% FPL
- 88.0% Minneapolis
- 93.7% Suburban Hennepin County

Household Income

Geography
Metro SHAPE 2014
Adult Survey
Selected Findings
Metro SHAPE 2014 Adult Survey
Selected Findings

Overall Health

- Reporting poor or fair health
- Being obese
- Other topic areas:
  - Overall health (HRQOL)
  - Chronic disease and conditions
  - Disabilities and activity limitations
  - Weight status, weight perception, and health care provider’s advice to lose weight
Reporting *poor* or *fair* health
Q: In general, would you say your health is...?

- Excellent: 18.4%
- Very good: 45.0%
- Good: 28.9%
- Fair: 6.6%
- Poor: 1.1%

Reporting poor or fair health: 7.7%
% reporting *poor or fair* health by geographic areas*

<table>
<thead>
<tr>
<th>Geographic Area</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hennepin County</td>
<td>7.6%</td>
</tr>
<tr>
<td>Minneapolis</td>
<td>9.4%</td>
</tr>
<tr>
<td>Suburban Hennepin</td>
<td>6.8%</td>
</tr>
</tbody>
</table>

**Hennepin County 7.6%**

**Minneapolis 9.4%**
- N Near-North Camden
- E Northeast, University, Longfellow, City of St. Anthony
- C Central, Phillips, Powderhorn
- S Calhoun-Isles, Southwest, Nokomis

**Suburban Hennepin 6.8%^**
- NW1 Northwest Inner Ring Suburbs
- W1 West Inner Ring Suburbs
- S1 South Inner Ring Suburbs
- NW2 Northwest Outer Ring Suburbs
- W2 West Outer Ring Suburbs
- S2 South Outer Ring Suburbs

* Variation in rates across 10 geographic areas is statistically significant @ p<0.05.
^ Difference in rates between Minneapolis and Suburban Hennepin is statistically significant @ P<0.05.
% reporting poor or fair health by gender and age

Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Overall Health

* Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% reporting *poor* or *fair* health by gender and age

* Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% reporting poor or fair health by selected race/ethnicity*

- **All adults**: 7.6%
- **Hispanic/Latino**: 4.0%
- **Asian or Asian American, non Hispanic**: 12.9%
- **US-born Black or African American, non Hispanic**: 22.4%
- **White, non Hispanic**: 6.0%

* Variations in rates across groups is statistically significant @ p<0.05.
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Overall Health

% reporting *poor or fair* health by income and education

- **$23,000 or less**: 29.0%
- **$23,001-$55,000**: 11.6%
- **$55,001 or more**: 3.4%

*Variation in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.*
% reporting *poor or fair* health by income and education

- **Household income***:
  - $23,000 or less: 29.0%
  - $23,001-$55,000: 11.6%
  - $55,001 or more: 3.4%

- **Educational attainment***:
  - Less than high school: 35.2%
  - High school graduate/GED: 18.4%
  - Some college: 11.4%
  - Bachelor's degree or higher: 4.0%

* Variation in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Overall Health

% reporting poor or fair health by sexual orientation and gender identity

8.8% LGBT^  7.2% Heterosexual/straight

^ LGBT identity includes bisexual, gay/lesbian/homosexual and transgender.
+ Data is not reported for transgender group due to small sample size (n<30).
** Difference in rates between the two groups is statistically significant @ 0.05≤p<0.10.
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Overall Health

% reporting *poor or fair* health by sexual orientation and gender identity

**Data is not reported for transgender group due to small sample size (n<30),**

**Difference in rates between the two groups is statistically significant @ 0.05≤p<0.10.**
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Overall Health

% reporting *poor or fair* health by selected health conditions

- **Disability status**
  - Yes: 26.7%
  - No: 3.2%

- **Frequent mental distress**
  - Yes: 31.1%
  - No: 5.4%

* Difference in rates between two groups is statistically significant @ p<0.05.
% reporting poor or fair health- how do we compare?

Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected Findings: Overall Health

% reporting poor or fair health - how do we compare?

Among adults aged 25 and older

<table>
<thead>
<tr>
<th>County</th>
<th>% Reporting Poor or Fair Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hennepin</td>
<td>7.7%</td>
</tr>
<tr>
<td>Carver</td>
<td>6.2%</td>
</tr>
<tr>
<td>Dakota</td>
<td>7.8%</td>
</tr>
<tr>
<td>Ramsey</td>
<td>10.8%</td>
</tr>
<tr>
<td>Scott</td>
<td>5.3%</td>
</tr>
<tr>
<td>Washington</td>
<td>4.5%</td>
</tr>
<tr>
<td>All 6 Counties</td>
<td>7.8%</td>
</tr>
</tbody>
</table>

Sources: Metro SHAPE 2014 for counties, and BRFSS 2014 for Minnesota and U.S.
Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected Findings: Overall Health

% reporting *poor or fair* health - how do we compare?

Among adults aged 25 and older

- Hennepin: 7.7%
- Carver: 6.2%
- Dakota: 7.8%
- Ramsey: 10.8%
- Scott: 5.3%
- Washington: 4.5%
- All 6 Counties: 7.8%
- Minnesota: 12.8%
- U.S.: 16.9%

Among adults aged 18 and older

Sources: Metro SHAPE 2014 for counties, and BRFSS 2014 for Minnesota and U.S.
Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Overall Health

Being obese
Weight status
Classification is based on Body Mass Index (BMI) calculation

- **Underweight (BMI < 18.5)**: 1.3%
- **Normal (BMI = 18.5 to 24.9)**: 41.4%
- **Overweight (BMI = 25.0 to 29.9)**: 35.5%
- **Obese (BMI ≥ 30.0)**: 21.9%
Metro SHAPE 2014 Adult Survey Selected Findings - Hennepin County Adults Aged 25 and Older: Overall Health

% being obese - how do we compare?

Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected Findings: Overall Health

% being obese - how do we compare?

Among adults aged 25 & older

Hennepin: 21.9%
Carver: 23.8%
Dakota: 28.2%
Ramsey: 26.7%
Scott: 27.3%
Washington: 23.5%
All 6 Counties: 24.1%

Sources: Metro SHAPE 2014 for county data, and BRFSS 2014 for Minnesota and U.S.
Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected Findings: Overall Health

% being obese - how do we compare?

Among adults aged 25 & older

<table>
<thead>
<tr>
<th>County</th>
<th>% Being Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hennepin</td>
<td>21.9%</td>
</tr>
<tr>
<td>Carver</td>
<td>23.8%</td>
</tr>
<tr>
<td>Dakota</td>
<td>28.2%</td>
</tr>
<tr>
<td>Ramsey</td>
<td>26.7%</td>
</tr>
<tr>
<td>Scott</td>
<td>27.3%</td>
</tr>
<tr>
<td>Washington</td>
<td>23.5%</td>
</tr>
<tr>
<td>All 6 Counties</td>
<td>24.1%</td>
</tr>
<tr>
<td>Minnesota</td>
<td>29.2%</td>
</tr>
<tr>
<td>U.S.</td>
<td>29.5%</td>
</tr>
</tbody>
</table>

Sources: Metro SHAPE 2014 for county data, and BRFSS 2014 for Minnesota and U.S.
Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected Findings: Overall Health

% being obese - how do we compare?

Among adults aged 25 & older

Sources: Metro SHAPE 2014 for county data, and BRFSS 2014 for Minnesota and U.S.
Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected Findings
Hennepin County Adults Aged 15 and Older

Overall Health

Other topic areas:
- Overall health (HRQOL4)
- Chronic disease and conditions
- Disabilities and activity limitations
- Weight status, weight perception, and health care provider’s advice to lose weight
<table>
<thead>
<tr>
<th>Indicator and measure</th>
<th>County total</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Having a disability</strong></td>
<td>Among adults age≥25</td>
<td>18.6%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Q: Are you limited in any activities because of physical, mental or emotional problems?</td>
<td>Among adults age≥55</td>
<td>30.3%</td>
<td>44.0%</td>
</tr>
<tr>
<td></td>
<td>Among adults age≥65</td>
<td>35.0%</td>
<td>44.1%</td>
</tr>
<tr>
<td><strong>Job limitation due to disability</strong></td>
<td>Among adults age≥25</td>
<td>7.8%</td>
<td>28.3%</td>
</tr>
<tr>
<td>Q: Because of any impairment or health problem, do you have difficulty in getting, keeping or working at a job or business?</td>
<td>Among adults age≥55</td>
<td>11.1%</td>
<td>31.2%</td>
</tr>
<tr>
<td></td>
<td>Among adults age≥65</td>
<td>10.7%</td>
<td>24.4%</td>
</tr>
<tr>
<td><strong>Activity limitation– ADL (Activities of Daily Living)</strong></td>
<td>Among adults age≥55</td>
<td>3.4%</td>
<td>10.9%</td>
</tr>
<tr>
<td>Q: Because of any impairment or health problem, do you need help from another person with personal care needs such as eating, bathing, dressing, or getting around your house?</td>
<td>Among adults age≥65</td>
<td>4.4%</td>
<td>10.7%</td>
</tr>
<tr>
<td><strong>Activity limitation– IADL (Instrumental Activities of Daily Living)</strong></td>
<td>Among adults age≥55</td>
<td>8.8%</td>
<td>22.3%</td>
</tr>
<tr>
<td>Q: Because of any impairment or health problem, do you need help from another person in handling routine needs such as everyday household chores, business, shopping, or getting around for other purposes?</td>
<td>Among adults age≥65</td>
<td>11.7%</td>
<td>22.3%</td>
</tr>
</tbody>
</table>

FPL: Household income is measured as a percentage of Federal Poverty Level (FPL).
* Difference in rates between two groups (<200%FPL and ≥200%FPL) is statistically significant @ p<0.05.
## Disabilities and activity limitations

<table>
<thead>
<tr>
<th>Indicator</th>
<th>County total</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Having a disability</strong></td>
<td>18.6%</td>
<td>34.0%</td>
<td>15.3%*</td>
</tr>
<tr>
<td><strong>Job limitation due to disability</strong></td>
<td>7.8%</td>
<td>28.3%</td>
<td>3.7%*</td>
</tr>
<tr>
<td><strong>Activity limitation— ADL</strong> (Age≥55)</td>
<td>3.4%</td>
<td>10.9%</td>
<td>1.4%*</td>
</tr>
<tr>
<td><strong>Activity limitation— IADL</strong> (Age≥55)</td>
<td>8.8%</td>
<td>22.3%</td>
<td>5.3%*</td>
</tr>
</tbody>
</table>

**Metro SHAPE 2014 Adult Survey**

**Selected Findings- Hennepin County Adults Aged 25 and Older: Overall Health**

FPL: Household income is measured as a percentage of Federal Poverty Level (FPL).

* Difference in rates between two groups (<200%FPL and ≥200%FPL) is statistically significant @ p<0.05.
Metro SHAPE 2014 Adult Survey
Selected Findings

Mental Health

- Experienced frequent mental distress
- Other topic areas:
  - Psychological distress scale (K6 scale)
  - Depression and anxiety
Experienced frequent mental distress
Q: Thinking about your mental health, which includes stress, depression, and problems with emotions, from how many days during the past 30 days was your mental health not good?
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Mental health

% experienced frequent mental distress by sexual orientation and gender identity

Sexual orientation/gender identity

LGBT^ | Heterosexual/straight
---|---
13.1% | 7.3%

^ LGBT identity includes bisexual, gay/lesbian/homosexual and transgender.
* Data is not reported for transgender group due to small sample size (n<30),
* Difference in rates across groups is statistically significant @ p<0.05.
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Mental health

% experienced frequent mental distress by sexual orientation and gender identity

Sexual orientation/gender identity

LGBT^ 13.1%  *
Heterosexual/straight 7.3%

Bisexual 20.1%  *
Gay 10.3%
Lesbian 6.8%

^ LGBT identity includes bisexual, gay/lesbian/homosexual and transgender.
+ Data is not reported for transgender group due to small sample size (n<30),
* Difference in rates across groups is statistically significant @ p<0.05.
### Selected other mental health indicators at a glance

<table>
<thead>
<tr>
<th>Indicator</th>
<th>County total</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ever had depression</strong></td>
<td>22.8%</td>
<td>30.6%</td>
<td>21.6%*</td>
</tr>
<tr>
<td><strong>Ever had anxiety</strong></td>
<td>21.4%</td>
<td>31.0%</td>
<td>19.8%*</td>
</tr>
<tr>
<td><strong>Serious psychological distress (SPD)</strong></td>
<td>3.0%</td>
<td>9.4%</td>
<td>1.8%*</td>
</tr>
<tr>
<td>Based on a 6 question scale called K6.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPD is an equivalent measure to serious mental illness (SMI).</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*FPL: Household income is measured as a percentage of Federal Poverty Level (FPL).  
* Difference in rates between two groups (<200% FPL and ≥200% FPL) is statistically significant at $p<0.05$. 

---

*Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Mental Health*
Metro SHAPE 2014 Adult Survey Selected Findings

Access to Health

Topic areas:
- Health coverage and usual source of care
- Unmet health care needs
- Prescription medication use
- Preventive care
- Provider screens risk behaviors
### Health overage and usual source of care

<table>
<thead>
<tr>
<th>Measure/ indicator</th>
<th>County total</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currently Uninsured</td>
<td>9.9%</td>
<td>13.4%</td>
<td>9.3%*</td>
</tr>
<tr>
<td>Uninsured sometime in past 12 months</td>
<td>14.8%</td>
<td>27.3%</td>
<td>12.5%*</td>
</tr>
<tr>
<td>No dental coverage</td>
<td>22.2%</td>
<td>37.4%</td>
<td>18.7%*</td>
</tr>
<tr>
<td>No usual source of care</td>
<td>22.2%</td>
<td>25.3%</td>
<td>22.0%**</td>
</tr>
<tr>
<td>No usual place of care</td>
<td>18.3%</td>
<td>19.5%</td>
<td>18.2%</td>
</tr>
</tbody>
</table>

**FPL:** Household income is measured as a percentage of Federal Poverty Level (FPL).

* Difference in rates between two groups (<200%FPL and ≥200%FPL) is statistically significant @ p<0.05.

** Difference in rates between two groups (<200%FPL and ≥200%FPL) is statistically significant @ 0.05≤p<0.10.
Metro SHAPE 2014 Adult Survey
Selected Findings

Healthy Lifestyles and Behaviors

- Currently smoking
- Other topic areas
  - Physical activity
  - Dietary and beverage intake
  - Screen time use
  - Tobacco use and environmental tobacco smoke
  - Alcohol use
Currently smoking
Q: Current smoking status

- Never smoker: 65.0%
- Every day smoker: 4.6%
- Some days smoker: 3.1%
- Former smoker: 27.3%
- Currently smoking: 7.7%
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Healthy Lifestyles and Behaviors

% currently smoking- how do we compare?


Note: Vertical line represents 95% confidence intervals.
Survey questions on cigarette use is different between SHAPE 1998 and the rest of SHAPEs.
Among adults aged 25 and older

Sources: Metro SHAPE 2014 for counties, and BRFSS 2014 for Minnesota and U.S.
MATS 2014 data is unweighted.
Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected: Healthy Lifestyles and Behaviors

% currently smoking - how do we compare?

Among adults aged 25 and older

Hennepin: 7.7%
Carver: 6.0%
Dakota: 7.9%
Ramsey: 9.2%
Scott: 5.4%
Washington: 6.0%
All 6 Counties: 7.7%
MN(BRFSS): 16.3%
MN(MATS): 10.9%
U.S.: 18.1%

Among adults aged 18 & older

Sources: Metro SHAPE 2014 for counties, and BRFSS 2014 for Minnesota and U.S.
MATS 2014 data is unweighted.
Note: Vertical line represents 95% confidence intervals.
% currently smoking - how do we compare?

Healthy People 2020 Objective

12%

Among adults aged 25 and older

Sources: Metro SHAPE 2014 for counties, and BRFSS 2014 for Minnesota and U.S.
MATS 2014 data is unweighted.

Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey
Selected Findings

Social-Environmental Factors

- Experienced frequent discrimination
- Other topic areas:
  - Community and neighborhood factors
  - Economic distress
  - Neighborhood walkability
Experienced frequent discrimination
Q: How often are you in situations where you feel unaccepted because of your race, ethnicity or culture?

- At least once a week: 2.7%
- Once or twice a month: 3.2%
- A few times a year: 9.5%
- Once a year or less: 14.4%
- Never: 70.2%

Experienced frequent discrimination: 6.0%
% experienced frequent discrimination by selected race/ethnicity*

* Variation in rates across groups is statistically significant @ p<0.05.
% experienced frequent discrimination by selected health conditions

**Disability status**  
- Yes: 10.9%  
- No: 4.8%

**Frequent mental distress**  
- Yes: 18.5%  
- No: 4.9%

* Difference in rates between two groups is statistically significant @ p<0.05.
**Community and neighborhood factors**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>County total</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never involving in community</td>
<td>17.1%</td>
<td>28.3%</td>
<td>14.6%*</td>
</tr>
<tr>
<td>Low social connectedness</td>
<td>21.1%</td>
<td>27.4%</td>
<td>20.0%*</td>
</tr>
<tr>
<td>Low perception in neighborhood cohesion</td>
<td>10.1%</td>
<td>19.0%</td>
<td>8.2%*</td>
</tr>
<tr>
<td>Low perception in neighborhood safety</td>
<td>10.4%</td>
<td>22.5%</td>
<td>7.8%*</td>
</tr>
<tr>
<td>Experienced frequent discrimination</td>
<td>6.0%</td>
<td>15.5%</td>
<td>4.1%*</td>
</tr>
</tbody>
</table>

* Difference in rates between two groups (<200%FPL and ≥200%FPL) is statistically significant @ p<0.05.

FPL: Household income is measured as a percentage of Federal Poverty Level (FPL).
Experiencing economic distress

<table>
<thead>
<tr>
<th>Indicator</th>
<th>County total</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food insecurity</td>
<td>10.2%</td>
<td>41.5%</td>
<td>4.0%*</td>
</tr>
<tr>
<td>Housing insecurity</td>
<td>5.7%</td>
<td>20.2%</td>
<td>2.8%*</td>
</tr>
<tr>
<td>Residential instability</td>
<td>4.4%</td>
<td>7.4%</td>
<td>3.9%*</td>
</tr>
<tr>
<td>Difficulty in paying insurance premium/copay</td>
<td>20.9%</td>
<td>38.2%</td>
<td>17.5%*</td>
</tr>
<tr>
<td>Prescription insecurity</td>
<td>11.2%</td>
<td>25.4%</td>
<td>7.9%*</td>
</tr>
</tbody>
</table>

FPL: Household income is measured as a percentage of Federal Poverty Level (FPL).
* Difference in rates between two groups (<200% FPL and ≥200% FPL) is statistically significant @ p<0.05.
Beyond the data books
- topic specific data report, factsheets
  eg. Experienced frequent discrimination
Experienced Frequent Discrimination

Why It Matters?

- an example of topic specific data analysis/report
**Frequent discrimination and health status**

* Difference in rates between the two groups is statistically significant @ p<0.05.
**Frequent discrimination and mental health**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Frequent discrimination- Yes</th>
<th>Frequent discrimination- No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequent mental distress</td>
<td>24.3%</td>
<td>6.8%</td>
</tr>
<tr>
<td>Serious psychologic distress</td>
<td>15.5%</td>
<td>2.2%</td>
</tr>
<tr>
<td>Depression</td>
<td>39.8% *</td>
<td>21.7%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>36.6% *</td>
<td>20.4%</td>
</tr>
</tbody>
</table>

* Difference in rates between the two groups is statistically significant @ p<0.05.
**Frequent discrimination and access to health care**

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Frequent discrimination</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>No usual source of care</td>
<td>32.3%</td>
</tr>
<tr>
<td>No usual place of care</td>
<td>28.9%</td>
</tr>
<tr>
<td>Unmet medical care need in the past year</td>
<td>45.1%</td>
</tr>
<tr>
<td>Unmet mental health care need in the past year</td>
<td>58.9%</td>
</tr>
<tr>
<td>No dental office visit in the past year</td>
<td>41.5%</td>
</tr>
<tr>
<td>No cholesterol checked in the past 5 years</td>
<td>17.7%</td>
</tr>
</tbody>
</table>

* Difference in rates between the two groups is statistically significant @p<0.05.
# Frequent discrimination and lifestyles/behavior factors

<table>
<thead>
<tr>
<th>Indicators/Measures</th>
<th>Frequent discrimination</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>Currently smoking</td>
<td>16.0%</td>
</tr>
<tr>
<td>Not having 5 servings of fruits and vegetables a day</td>
<td>73.6%</td>
</tr>
<tr>
<td>Having sugar sweetened beverage (SSB) daily</td>
<td>32.3%</td>
</tr>
<tr>
<td>No leisure time physical activity</td>
<td>22.7%</td>
</tr>
</tbody>
</table>

*Difference in rates between two the two groups is statistically significant @ p<0.05.
## Frequent discrimination and economic distress

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Frequent discrimination</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>Food insecurity</td>
<td>36.6%</td>
</tr>
<tr>
<td>Housing insecurity</td>
<td>20.2%</td>
</tr>
<tr>
<td>Difficulty in paying insurance premium/copay</td>
<td>41.2%</td>
</tr>
<tr>
<td>Prescription insecurity</td>
<td>34.9%</td>
</tr>
</tbody>
</table>

* Difference in rates between the two groups is statistically significant @p<0.05.
## Frequent discrimination and community/neighborhood factors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Frequent discrimination</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>Never involving in community</td>
<td>21.2%</td>
</tr>
<tr>
<td>Low social connectedness</td>
<td>31.9%</td>
</tr>
<tr>
<td>Low perception in neighborhood cohesion</td>
<td>31.1%</td>
</tr>
<tr>
<td>Low perception in neighborhood safety</td>
<td>33.4%</td>
</tr>
</tbody>
</table>

* Difference in rates between two the two groups is statistically significant @p<0.05.
** Difference in rates between two the two groups is statistically significant @ 0.05≤p<0.10.
Beyond the data books

- SHAPE data can assist policy discussion, program direction, grant application, program evaluation, etc. ...
## Tobacco exposure and housing types

- SHAPE data for program evaluation

<table>
<thead>
<tr>
<th>Indicator</th>
<th>County Total</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currently smoking</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>o All housing types</td>
<td>7.7%</td>
<td>15.4%</td>
<td>6.2%*</td>
</tr>
<tr>
<td>o Multiunit housing (apartment)</td>
<td>13.9%</td>
<td>21.6%</td>
<td>8.4%*</td>
</tr>
<tr>
<td>o Single family home</td>
<td>6.8%</td>
<td>14.8%</td>
<td>5.7%*</td>
</tr>
</tbody>
</table>

| Environmental tobacco smoke      |              |           |           |
| o All housing types              | 4.5%         | 12.5%     | 3.0 %*    |
| o Multiunit housing(apartment)   | 7.2%         | 13.6%     | 2.6%*     |
| o Single family home             | 4.1%         | 13.5%     | 2.8%*     |

FPL: Household income is measured as a percentage of Federal Poverty Level (FPL).

* Difference in rates between two groups is statistically significant @p<0.05.
Beyond the data books
- data report for special populations
The health and well-being of LGBT residents in Hennepin County

Data from Metro SHAPE 2014

Presented @
Health: The Next LGBTQ Movement
Hosted by Rainbow Health Initiative
Monday, March 28, Amherst H Wilder Foundation, St. Paul, MN

Presented by Hennepin County Public Health
## Mental health

### Hennepin County LGBT adults aged 25 and older, 2014

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Rate</th>
<th>Compare to adults who are not LGBT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequent mental distress</td>
<td>13.1%</td>
<td>7.3%</td>
</tr>
<tr>
<td>Mental health was not good for ≥14 days during the past 30 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td>39.7%</td>
<td>21.7%</td>
</tr>
<tr>
<td>Ever being diagnosed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>33.2%</td>
<td>20.6%</td>
</tr>
<tr>
<td>Ever being diagnosed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serious psychological distress (SPD)</td>
<td>5.4%</td>
<td>2.7%</td>
</tr>
<tr>
<td>SPD measures serious mental illness (SMI) in population. It is based on a scale ranging from 0-24, derived from 6 psychological distress questions. SPD has a scale ≥ 13.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any psychological distress</td>
<td>22.0%</td>
<td>11.9%</td>
</tr>
<tr>
<td>See SPD above, any psychological distress has a scale ≥ 7</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Worse, p<0.05
Metro SHAPE 2014 Adult Survey Selected Findings

Beyond the data books
- where people live matters
web interactive map application
Where people live matters

% experienced frequent discrimination

Minneapolis 9.4%
N  Near-North Camden
E  Northeast, University, Longfellow,
   City of St. Anthony
C  Central, Phillips, Powderhorn
S  Calhoun-Isles, Southwest, Nokomis

Suburban Hennepin 6.8%^  
NW1  Northwest Inner Ring Suburbs
W1  West Inner Ring Suburbs
S1  South Inner Ring Suburbs
NW2  Northwest Outer Ring Suburbs
W2  West Outer Ring Suburbs
S2  South Outer Ring Suburbs

8.9% - 16.7%
Where people live matters

% experienced frequent discrimination

% reporting *fair* or *poor* health

**Minneapolis 9.4%**
- N Near-North Camden
- E Northeast, University, Longfellow, City of St. Anthony
- C Central, Phillips, Powderhorn
- S Calhoun-Isles, Southwest, Nokomis

**Suburban Hennepin 6.8%**
- NW1 Northwest Inner Ring Suburbs
- W1 West Inner Ring Suburbs
- S1 South Inner Ring Suburbs
- NW2 Northwest Outer Ring Suburbs
- W2 West Outer Ring Suburbs
- S2 South Outer Ring Suburbs

8.9% - 16.7%

10.8% - 18%
SHAPE 2014 web map application

Sample page:

Percentage who have ever had diabetes
Data books to be released soon, followed by fact sheets, and etc…
All can be accessed at: www.Hennepin.us/shape