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

Online with Qualtrics-based survey

Paper version by mail
Metro SHAPE 2014 Completed Surveys

Mail – 6093
Online – 6701

iPad – 613
Android – 171
iPhone – 113

Both modes - 308
Demographics of Persons By Mode Chosen

Mode chosen by age of person

- Mail
- Online

Mode chosen by sex of person

- Male
- Female

Hennepin County Public Health

Metro SHAPE 2014
Household Income of Persons By Mode Chosen

Mode chosen by 2013 household Income

- $23,000 or less
- $23,001 - $31,000
- $31,001 - $39,000
- $39,001 - $47,000
- $47,001 - $55,000
- $55,001 - $63,000
- $63,001 - $71,000
- $71,001 - $79,000
- $79,001 - $100,000
- $100,001 or more
Percent of persons who completed the Metro SHAPE 2014 survey with a handheld device by age group
Sample Selection

The criteria for oversampled census tracts are:
- 20% or more of the population is Non-White/Hispanic and/or
- 25% or more of the population is at or below 200% of the Federal Poverty Level

Source: U.S. Census, 2010; Hennepin County Public Health, 2014
Prepared by: Hennepin County HSPHO ORG / MPH Year_142
and Assessment Team ET 05/2015

Map legend is simplified.
"02, 05" with no representation or vacancy indicated as missed.
Mailings to Households

1st – pre-notification postcard
2nd – push to web
3rd – thank you/reminder postcard
4th – push to web
   Supplement – postcard (N Mpls only)
5th – paper survey
6th – paper survey (selected tracts only)
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
NorthPoint Health & Wellness Center

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

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

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

55,000 Households randomly selected → 12,294 Completed survey → 12,048 Final dataset metrowide, 25 years and older → 8,578 Completed surveys in Hennepin
Adult Survey Response

55,000 Households randomly selected

12,294 Completed survey

12,048 Final dataset metrowide, 25 years and older

8,578 Completed surveys in Hennepin
Considerations and limitations

- Response rate and non-response bias
- Adults age 25 and older
- Association vs causation
- Trending over time
- Language
- Sample size
- Recall bias
Selected Findings

Mental Health

- Experienced frequent mental distress
- Experienced serious psychological distress
- Experienced any psychological distress
Metro SHAPE 2014 Adult Survey Selected Findings
Hennepin County Adults Aged 25 and Older
Mental Health

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?
% experienced frequent mental distress by geographic areas

Hennepin County 7.8%

Minneapolis 10.1%
N  Near-North Camden
E  Northeast, University, Longfellow, City of St. Anthony
C  Central, Phillips, Powderhorn
S  Calhoun-Isles, Southwest, Nokomis

Suburban Hennepin 6.7%^  
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

10.3% - 13.9%

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

% experienced frequent mental distress by gender and age

** Variation in rates across groups within the same demographic characteristic is marginally statistically significant @ 0.05≤p<0.10.
% experienced frequent mental distress by generational age groups

<table>
<thead>
<tr>
<th>Generation</th>
<th>% Experienced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Millennials (age 25-34)</td>
<td>7.4%</td>
</tr>
<tr>
<td>Gen X (age 35-49)</td>
<td>7.7%</td>
</tr>
<tr>
<td>Baby Boomers (age 50-69)</td>
<td>8.2%</td>
</tr>
<tr>
<td>Traditionalists (age 70 and older)</td>
<td>6.7%</td>
</tr>
</tbody>
</table>
% experienced frequent mental distress by selected race/ethnicity*

- **All adults**: 7.8%
- **Hispanic/Latino**: 7.0%
- **Asian or Asian American, non Hispanic**: 9.1%
- **US-born Black or African American, non Hispanic**: 22.7%
- **White, non Hispanic**: 6.5%

*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: Mental Health

% experienced frequent mental distress by income and education

<table>
<thead>
<tr>
<th>Household income*</th>
<th>Educational attainment*</th>
</tr>
</thead>
<tbody>
<tr>
<td>$23,000 or less</td>
<td>22.6%</td>
</tr>
<tr>
<td>$23,001 - $55,000</td>
<td>11.7%</td>
</tr>
<tr>
<td>$55,001 or more</td>
<td>4.8%</td>
</tr>
<tr>
<td>Less than high school</td>
<td>27.7%</td>
</tr>
<tr>
<td>High school graduate/GED</td>
<td>10.7%</td>
</tr>
<tr>
<td>Some college</td>
<td>11.8%</td>
</tr>
<tr>
<td>Bachelor’s degree or higher</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

* Variation in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% experienced frequent mental distress by employment status¹

1 Exclude those who are retired, unable to work due disability or age 65 and older.

* Variation in rates across groups is statistically significant at p<0.05.
% experienced frequent mental distress by marital status*

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>% Experienced FMD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>5.7%</td>
</tr>
<tr>
<td>Living with a partner in a marriage-like relationship</td>
<td>11.5%</td>
</tr>
<tr>
<td>Separated or divorced</td>
<td>13.4%</td>
</tr>
<tr>
<td>Widowed</td>
<td>7.6%</td>
</tr>
<tr>
<td>Single or never married</td>
<td>12.5%</td>
</tr>
</tbody>
</table>

* 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: Mental Health

% experienced frequent mental distress by sexual orientation and gender identity

- Heterosexual/straight: 7.3%
- Gay: 10.7%
- Lesbian: 6.8%
- Bisexual: 20.1%

Note: Data is not reported for transgender group due to small sample size (n<30),
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Mental health

% experienced frequent mental distress by disability status

* Difference in rates between two 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 social and neighborhood climate

* Difference in rates between two groups is statistically significant @ p<0.05.
**Metro SHAPE 2014 Adult Survey Selected Findings: Mental Health**

% experienced frequent mental distress - how do we compare?

<table>
<thead>
<tr>
<th>County</th>
<th>% Frequent Mental Distress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hennepin</td>
<td>7.8%</td>
</tr>
<tr>
<td>Carver</td>
<td>7.6%</td>
</tr>
<tr>
<td>Dakota</td>
<td>9.8%</td>
</tr>
<tr>
<td>Ramsey</td>
<td>8.4%</td>
</tr>
<tr>
<td>Scott</td>
<td>9.2%</td>
</tr>
<tr>
<td>Washington</td>
<td>5.4%</td>
</tr>
<tr>
<td>All 6 Counties</td>
<td>8.0%</td>
</tr>
<tr>
<td>Minnesota</td>
<td>7.8%</td>
</tr>
<tr>
<td>U.S.</td>
<td>NA</td>
</tr>
</tbody>
</table>

Among adults aged 25 & older

Sources: Metro SHAPE 2014 for county data, and BRFSS 2014 for Minnesota.

NA: Data on this indicator is not available.

Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Mental Health

% experienced frequent mental distress - how do we compare?

1998: NA
2002: 5.4%
2006: 8.9%
2010: 8.7%
2014: 7.8%

NA: Data is not available.
Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected Findings
Hennepin County Adults Aged 25 and Older
Mental Health

Experienced serious psychological distress
Serious psychosocial distress

- K6 Scale was used to gather data that measure psychological distress:
  - Questions below ask about how you have been feeling during the past 30 days:
    - About how often do you feel so sad that nothing could cheer you up?
    - About how often did you feel nervous?
    - About how often did you feel so restless or fidgety that you could not sit still?
    - About how often did you feel hopeless?
    - About how did you feel that everything was an effort?
    - About how often did you feel worthless?

- The response to each of the questions includes 0- None of the time, - A little of the time, 2- Some of the time, 3- Most of the time, 4- All of time, and are summed to yield a scale ranging from 0-24.

- A value of 13 or more on this scale was used to define experienced serious psychological distress in the past 30 days.
% experienced serious psychological distress

No 97.0%
Yes 3.0%
% experienced serious psychological distress by selected race/ethnicity

- All adults: 3.0%
- Hispanic/Latino: 3.6%
- Asian or Asian American, non Hispanic: 1.6%
- US-born Black or African American, non Hispanic: 10.0%
- White, non Hispanic: 2.1%

* Variations in rates across groups is statistically significant @ p<0.05.
<table>
<thead>
<tr>
<th>Household income*</th>
<th>Educational attainment*</th>
</tr>
</thead>
<tbody>
<tr>
<td>$23,000 or less</td>
<td>11.8%</td>
</tr>
<tr>
<td>$23,001-$55,000</td>
<td>4.8%</td>
</tr>
<tr>
<td>$55,001 or more</td>
<td>1.4%</td>
</tr>
<tr>
<td>Less than high school</td>
<td>15.0%</td>
</tr>
<tr>
<td>High school graduate/GED</td>
<td>3.6%</td>
</tr>
<tr>
<td>Some college</td>
<td>4.5%</td>
</tr>
<tr>
<td>Bachelor's degree or higher</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% experienced serious psychological distress by sexual orientation and gender identity

- Heterosexual/straight: 2.7%
- Gay: 4.5%
- Lesbian: 3.9%
- Bisexual: 4.7%
% experienced serious psychological distress by social and neighborhood climate

Neighborhood cohesion*

- Low: 10.2%
- High: 2.2%

Neighborhood safe from crime*

- Unsafe: 8.7%
- Safe: 2.2%

Experienced discrimination*

- Frequently: 15.5%
- Infrequently or never: 2.2%

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

Mental Health

Experienced any psychological distress
Any psychosocial distress

- K6 Scale was used to gather data that measure psychological distress:
  
  Questions below ask about how you have been feeling during the past 30 days:
  
  - About how often do you feel so sad that nothing could cheer you up?
  - About how often did you feel nervous?
  - About how often did you feel so restless or fidgety that you could not sit still?
  - About how often did you feel hopeless?
  - About how did you feel that everything was an effort?
  - About how often did you feel worthless?

- The response to each of the questions includes 0- None of the time, 1- A little of the time, 2- Some of the time, 3- Most of the time, 4- All of time, and are summed to yield a scale ranging from 0-24.

- A value of 7 or more on this scale was used to define experienced any psychological distress in the past 30 days.
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Mental Health

% experienced any psychological distress

- Yes: 13.0%
- No: 87.0%
% experienced any psychological distress by geographic areas*

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

- Hennepin County 13.0%
- Minneapolis 17.7%
  - N Near-North Camden
  - E Northeast, University, Longfellow, City of St. Anthony
  - C Central, Phillips, Powderhorn
  - S Calhoun-Isles, Southwest, Nokomis
- Suburban Hennepin 10.8%^  
  - 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.
**Metro SHAPE 2014 Adult Survey**

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

% experienced any psychological distress by gender and age

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age(years)*</th>
<th>Male</th>
<th>Female</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>25-34</td>
<td>12.2%</td>
<td>13.8%</td>
<td>16.1%</td>
<td>14.9%</td>
<td>13.9%</td>
<td>11.0%</td>
<td>7.2%</td>
<td>7.1%</td>
</tr>
<tr>
<td>Female</td>
<td>25-34</td>
<td>13.8%</td>
<td>12.2%</td>
<td>14.9%</td>
<td>13.9%</td>
<td>11.0%</td>
<td>7.2%</td>
<td>7.1%</td>
<td></td>
</tr>
</tbody>
</table>

* Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% experienced any psychological distress by selected race/ethnicity*

- All adults: 13.0%
- Hispanic/Latino: 21.2%
- Asian or Asian American, non Hispanic: 17.6%
- US-born Black or African American, non Hispanic: 28.6%
- White, non Hispanic: 10.5%

* Variations in rates across groups is statistically significant @ p<0.05.
% experienced any psychological distress by income and education

<table>
<thead>
<tr>
<th>Household income*</th>
<th>Educational attainment*</th>
</tr>
</thead>
<tbody>
<tr>
<td>$23,000 or less</td>
<td>Less than high school</td>
</tr>
<tr>
<td>$23,001-$55,000</td>
<td>High school graduate/GED</td>
</tr>
<tr>
<td>$55,001 or more</td>
<td>Some college</td>
</tr>
</tbody>
</table>

34.1% 19.1% 8.6% 34.9% 21.8% 15.6% 10.2%

* Variation in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% experienced any psychological distress by sexual orientation and gender identity

- Heterosexual/straight: 11.9%
- Gay: 16.4%
- Lesbian: 15.4%
- Bisexual: 31.4%

Note: Data is not reported for transgender group due to small sample size (n<30).
Metro SHAPE 2014 Adult Survey Selected Findings: Mental Health

% experienced any psychological distress - how do we compare?

Among adults aged 25 & older

<table>
<thead>
<tr>
<th>County</th>
<th>% Psychological Distress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hennepin</td>
<td>13.0%</td>
</tr>
<tr>
<td>Carver</td>
<td>9.7%</td>
</tr>
<tr>
<td>Dakota</td>
<td>14.8%</td>
</tr>
<tr>
<td>Ramsey</td>
<td>16.2%</td>
</tr>
<tr>
<td>Scott</td>
<td>11.8%</td>
</tr>
<tr>
<td>Washington</td>
<td>8.7%</td>
</tr>
<tr>
<td>All 6 Counties</td>
<td>13.3%</td>
</tr>
</tbody>
</table>

Sources: Metro SHAPE 2014 for county data.
NA: Data is not available.
Note: Vertical line represents 95% confidence intervals.
% experienced any psychological distress - how do we compare?

Sources: SHAPE 2006, SHAPE 2010 and Metro SHAPE 2014.
NA: Data is not available.
Note: Vertical line represents 95% confidence intervals.
Metro SHAPE 2014 Adult Survey Selected Findings
Hennepin County Adults Aged 25 and Older

Mental Health

Other measures/indicators

- Psychological distress scale (K6 scale)
- Depression and anxiety
## Psychological distress (K6 scale)

### Measures/indicator

<table>
<thead>
<tr>
<th>The following questions ask about how you have been feeling during the past 30 days (Some/Most/All of the time)</th>
<th>All Adults</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q. About how often do you feel so sad that nothing could cheer you up?</td>
<td>8.6%</td>
<td>20.3%</td>
<td>6.4%*</td>
</tr>
<tr>
<td>Q: About how often did you feel nervous?</td>
<td>19.8%</td>
<td>31.5%</td>
<td>17.7%*</td>
</tr>
<tr>
<td>Q: About how often did you feel so restless or fidgety that you could not sit still?</td>
<td>11.1%</td>
<td>19.5%</td>
<td>9.4%*</td>
</tr>
<tr>
<td>Q: About how often did you feel hopeless?</td>
<td>7.6%</td>
<td>18.2%</td>
<td>5.6%*</td>
</tr>
<tr>
<td>Q: About how did you feel that everything was an effort ?</td>
<td>15.6%</td>
<td>32.4%</td>
<td>12.6%*</td>
</tr>
<tr>
<td>Q: About how often did you feel worthless?</td>
<td>7.3%</td>
<td>17.3%</td>
<td>5.4%*</td>
</tr>
</tbody>
</table>

### Serious psychological distress (SPD)

A scale that sums the responses from K6 questions was calculated. Persons have a value of 13 or more on this scale are classified as experienced SPD.

<table>
<thead>
<tr>
<th>Serious psychological distress (SPD)</th>
<th>All Adults</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.0%</td>
<td>9.4%</td>
<td>1.8%*</td>
<td></td>
</tr>
</tbody>
</table>

### Any psychological distress (ASD)

Persons have a value of 7 or more on this scale are classified as experienced SPD.

<table>
<thead>
<tr>
<th>Any psychological distress (ASD)</th>
<th>All Adults</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.0%</td>
<td>28.5%</td>
<td>10.2%*</td>
<td></td>
</tr>
</tbody>
</table>
## Depression and anxiety

<table>
<thead>
<tr>
<th>Measure</th>
<th>All Adults</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever had depression</td>
<td>22.8%</td>
<td>30.6%</td>
<td>21.6%*</td>
</tr>
<tr>
<td>Currently taking prescription medication to treat depression (among those who ever had depression)</td>
<td>45.0%</td>
<td>57.1%</td>
<td>41.6%*</td>
</tr>
<tr>
<td>Ever had anxiety</td>
<td>21.4%</td>
<td>31.0%</td>
<td>19.8%*</td>
</tr>
<tr>
<td>Currently taking prescription medication to treat Anxiety (among those who ever had anxiety)</td>
<td>41.8%</td>
<td>47.5%</td>
<td>40.3%**</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.

** Difference in rates between two groups (<200%FPL and ≥200%FPL) is statistically significant @ 0.05≤p<0.10.
% experienced depression
by social and neighborhood climate

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

Neighborhood cohesion*

Low: 30.5%
High: 21.9%

Neighborhood safe from crime*

Unsafe: 34.3%
Safe: 21.4%

Experienced discrimination*

Frequently: 39.8%
Infrequently or never: 21.7%

* Difference in rates between two groups is statistically significant @ p<0.05.
% experienced anxiety by social and neighborhood climate

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

Neighborhood cohesion*

31.5% Low
20.2% High

Neighborhood safe from crime*

35.0% Unsafe
19.8% Safe

Experienced discrimination*

36.6% Frequently
20.4% Infrequently or never

* Difference in rates between two groups is statistically significant @ p<0.05.
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%
% currently smoking by gender and age

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age(years)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>8.4%</td>
</tr>
<tr>
<td>Female</td>
<td>7.0%</td>
</tr>
<tr>
<td>25-34</td>
<td>9.1%</td>
</tr>
<tr>
<td>35-44</td>
<td>7.1%</td>
</tr>
<tr>
<td>45-54</td>
<td>8.2%</td>
</tr>
<tr>
<td>55-64</td>
<td>8.9%</td>
</tr>
<tr>
<td>65-74</td>
<td>6.3%</td>
</tr>
<tr>
<td>75 and older</td>
<td>2.6%</td>
</tr>
</tbody>
</table>

* Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
** Variations in rates across groups within the same demographic characteristic is statistically significant @ 0.05≤p<0.10.
% currently smoking by selected race/ethnicity*

- All adults: 7.7%
- Hispanic/Latino: 3.9%
- Asian or Asian American, non Hispanic: 8.5%
- US-born Black or African American, non Hispanic: 14.4%
- White, non Hispanic: 7.2%

* Variations in rates across groups is statistically significant @ p<0.05.
% currently smoking by income and education

- $23,000 or less: 18.8%
- $23,001-$55,000: 10.0%
- $55,001 or more: 5.5%
- Less than high school: 22.8%
- High school graduate/GED: 15.7%
- Some college: 11.7%
- Bachelor's degree or higher: 4.7%

* Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% currently smoking by employment status

Exclude those who are retired, unable to work due to a disability or being aged 65 and older. Difference in rates across groups is statistically significant at p<0.05.
% currently smoking by marital status *

- Married: 4.4%
- Living with a partner in a marriage-like relationship: 17.2%
- Separated or divorced: 14.4%
- Widowed: 6.8%
- Single or never married: 13.8%

* Variations in rates across groups is statistically significant @ p<0.05.
% currently smoking by sexual orientation and gender identity

- Heterosexual/straight: 7.4%
- Gay: 13.1%
- Lesbian: 10.0%
- Bisexual: 15.2%

Note: Data is not reported for transgender group due to small sample size (n<30).
* Difference in rates between groups is statistically significant @p<0.05.
% currently smoking by selected health conditions

- Disability status
  - Yes: 10.9%
  - No: 7.0%

- Frequent mental distress
  - Yes: 17.2%
  - No: 6.9%

* Difference in rates between the two groups is statistically significant @ p<0.05.
% current smokers by social and neighborhood climate

Neighborhood cohesion

Neighborhood safe from crime*

Experienced discrimination*

- Difference in rates between two groups is statistically significant @ p<0.05.
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Healthy Lifestyles and Behaviors

% currently smoking- how do we compare?

Survey questions on cigarette use is different between SHAPE 1998 and the rest of SHAPEs.
% currently smoking - how do we compare?

Metro SHAPE 2014 Adult Survey Selected: Healthy Lifestyles and Behaviors

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.
Other tobacco product use in past 12 months
Other tobacco use in past 12 months

Q: During the past 12 months have you used other tobacco products such as cigars, pipes, snuff, chewing tobacco, bidis, kreteks, snus, a hookah water pipe, or any other of tobacco product?

- Yes: 9.7%
- No: 90.3%
% other tobacco use by gender and age

Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Healthy Lifestyles and Behaviors

Selected Findings- Hennepin County Adults Aged 25 and Older: Healthy Lifestyles and Behaviors

Gender*  Age(years)*

Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% other tobacco use by selected race/ethnicity

- All adults: 9.7%
- Hispanic/Latino: 9.3%
- Asian or Asian American, non Hispanic: 4.7%
- US-born Black or African American, non Hispanic: 12.1%
- White, non Hispanic: 9.8%
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County adults aged 25 and older: Healthy Lifestyles and Behaviors

% other tobacco use by sexual orientation and gender identity

Note: Data is not reported for transgender group due to small sample size (n<30),
** Variation in rates across groups is marginally statistically significant @ 0.05≤p<0.10.
Environmental tobacco smoke at home
Environmental tobacco smoke (ETS) at home
Q: Does anyone, including yourself, smoke regularly inside your home?

No 95.5%
Yes 4.5%
% ETS at home by selected race/ethnicity

- All adults: 4.5%
- Hispanic/Latino: 1.7%
- Asian or Asian American, non Hispanic: 7.2%
- US-born Black or African American, non Hispanic: 14.9%
- White, non Hispanic: 3.6%

* Variations in rates across groups is statistically significant @ p<0.05.
% ETS at home by sexual orientation and gender identity *

Heterosexual/straight: 4.4%, Gay: 4.3%, Lesbian: 3.3%, Bisexual: 11.6%

Note: Data is not reported for transgender group due to small sample size (n<30),
* Variation in rates across groups is marginally statistically significant @ p<0.05.
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Healthy Lifestyles and Behaviors

% ETS at home by selected health conditions

Disability status

- Yes: 8.5%
- No: 3.6%

Frequent mental distress

- Yes: 13.8%
- No: 3.7%

* Difference in rates between the two groups is statistically significant @ p<0.05.
# Tobacco use and environmental tobacco smoke (ETS)

<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><strong>Currently smoking</strong>&lt;br&gt;Smoked 100 cigarettes and currently smoke someday or everyday.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>o All</td>
<td>7.7%</td>
<td>15.4%</td>
<td>6.2%*</td>
</tr>
<tr>
<td>o 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>
<tr>
<td><strong>ETS at home</strong>&lt;br&gt;Q: Does anyone, including yourself smoke regularly inside your home?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>o All</td>
<td>4.5%</td>
<td>12.5%</td>
<td>3.0 %*</td>
</tr>
<tr>
<td>o Apartment</td>
<td>7.2%</td>
<td>13.6%</td>
<td>2.6%*</td>
</tr>
<tr>
<td>o Single family home</td>
<td>4.1%</td>
<td>13.5%</td>
<td>2.8%*</td>
</tr>
<tr>
<td><strong>ETS in a car</strong>&lt;br&gt;Q: In the past 7 days have you been in a car or other vehicle with someone who was smoking?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6.7%</td>
<td>15.5%</td>
<td>5.1%*</td>
</tr>
</tbody>
</table>

FPL: Household income is measured as a percentage of Federal Poverty Level (FPL).<br>* Difference in rates between two the two groups is statistically significant @ p<0.05.
## Tobacco use – other indicators

<table>
<thead>
<tr>
<th>Measure</th>
<th>County Total</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quit a day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q: During the past 12 month, have you stopped smoking for 1 day or longer because you were trying to quit? (Yes) (Among current smokers)</td>
<td>59.4%</td>
<td>61.2%</td>
<td>58.1%</td>
</tr>
<tr>
<td>Other tobacco use</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q: During the past 12 months, have you used other tobacco products such as cigars, pipes, snuff, chewing tobacco, bidis, kreteks, snus, a hookah water pipes, or any other tobacco product? (Yes)</td>
<td>9.7%</td>
<td>9.4%</td>
<td>10.0%</td>
</tr>
</tbody>
</table>

FPL: Household income is measured as a percentage of Federal Poverty Level (FPL).
Metro SHAPE 2014 Adult Survey Selected Findings
Hennepin County Adults Aged 25 and Older
Healthy Lifestyles and Behaviors

Binge drinking
Binge drinking

Q: Considering all types of alcoholic beverages, how many times during the past 30 days did you have….?
FOR FEMALES: having 4 or more drinks on one occasion at least one time
FOR MALES: having 5 or more drinks on one occasion at least one time

Yes 21.8%
No 78.2%
Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Healthy Lifestyles and Behaviors

% binge drinking by gender and age

<table>
<thead>
<tr>
<th>Gender*</th>
<th>Age(years)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>32.4%</td>
</tr>
<tr>
<td>Female</td>
<td>21.3%</td>
</tr>
<tr>
<td>25-34</td>
<td>44.0%</td>
</tr>
<tr>
<td>35-44</td>
<td>30.4%</td>
</tr>
<tr>
<td>45-54</td>
<td>24.5%</td>
</tr>
<tr>
<td>55-64</td>
<td>18.7%</td>
</tr>
<tr>
<td>65-74</td>
<td>11.5%</td>
</tr>
<tr>
<td>75 and older</td>
<td>5.3%</td>
</tr>
</tbody>
</table>

* Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% binge drinking by generational age groups *

- Millennials (age 25-34): 44.3%
- Gen X (age 35-49): 28.1%
- Baby Boomers (age 50-69): 19.1%
- Traditionalists (age 70 and older): 6.8%

* Variations in rates across groups is statistically significant @ p<0.05.
% binge drinking by selected race/ethnicity

- All adults: 26.6%
- Hispanic/Latino: 34.4%
- Asian or Asian American, non Hispanic: 22.4%
- US-born Black or African American, non Hispanic: 32.7%
- White, non Hispanic: 26.8%
% binge drinking by income and education

- Household income:
  - $23,000 or less: 22.9%
  - $23,001-$55,000: 24.6%
  - $55,001 or more: 28.4%

- Educational attainment:
  - Less than high school: 23.8%
  - High school graduate / GED: 20.6%
  - Some college: 26.2%
  - Bachelor's degree or higher: 27.7%

Variation in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.

Difference in rates between the two groups is statistically significant @ 0.05≤ p <0.10.
% binge drinking by marital status *

- Married: 23.0%
- Living with a partner in a marriage-like relationship: 41.3%
- Separated or divorced: 27.8%
- Widowed: 8.3%
- Single or never married: 40.6%

* 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: Healthy Lifestyles and Behaviors

% binge drinking
by sexual orientation and gender identity *

Note: Data is not reported for transgender group due to small sample size (n<30),
* Variation in rates across groups is marginally statistically significant @ p< 0.05.
% binge drinking
by selected health conditions

Disability status

- Yes: 18.4%
- No: 28.6%

Frequent mental distress

- Yes: 30.0%
- No: 26.4%

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

% binge drinking by social and neighborhood climate

- Neighborhood cohesion
- Neighborhood safe from crime
- Experienced discrimination

* Difference in rates between two groups is statistically significant @ p<0.05.
Metro SHAPE 2014 Adult Survey Selected Findings
Hennepin County Adults Aged 25 and Older
Healthy Lifestyles and Behaviors

Heavy drinking

UPDATED
Heavy drinking is defined as consuming alcoholic beverage >1 drink per day on average for women or >2 drinks per day on average for men during the past 30 days.
% heavy drinking by gender and age

* Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.

** Variations in rates across groups within the same demographic characteristic is statistically significant @ 0.05≤p<0.10.
**% heavy drinking by generational age groups**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Millennials (age 25-34)</td>
<td>9.1%</td>
</tr>
<tr>
<td>Gen X (age 35-49)</td>
<td>9.4%</td>
</tr>
<tr>
<td>Baby Boomers (age 50-69)</td>
<td>10.0%</td>
</tr>
<tr>
<td>Traditionalists (age 70 and older)</td>
<td>6.5%</td>
</tr>
</tbody>
</table>

*Variations in rates across groups within the same demographic characteristic is statistically significant @ 0.05≤p<0.10.*
% heavy drinking by selected race/ethnicity*

- All adults: 9.3%
- Hispanic/Latino: 5.7%
- Asian or Asian American, non Hispanic: 1.4%
- US-born Black or African American, non Hispanic: 4.3%
- White, non Hispanic: 10.3%

* Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% heavy drinking by income and education

Metro SHAPE 2014 Adult Survey Selected Findings- Hennepin County Adults Aged 25 and Older: Healthy Lifestyles and Behaviors

** Variation in rates across groups within the same demographic characteristic is statistically significant @ 0.05 ≤ p < 0.10.
% heavy drinking by employment status*

<table>
<thead>
<tr>
<th>Employment Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employed (employed wage, self-employed, farmer)</td>
<td>9.7%</td>
</tr>
<tr>
<td>Unemployed</td>
<td>14.2%</td>
</tr>
<tr>
<td>Homemaker or student</td>
<td>6.6%</td>
</tr>
</tbody>
</table>

*Exclude those who are retired, unable to work due to a disability or being aged 65 and older.

* Difference in rates across groups is statistically significant at p<0.05.
% heavy drinking by marital status*

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married</td>
<td>8.8%</td>
</tr>
<tr>
<td>Living with a partner in a marriage-like relationship</td>
<td>12.0%</td>
</tr>
<tr>
<td>Separated or divorced</td>
<td>11.4%</td>
</tr>
<tr>
<td>Widowed</td>
<td>6.0%</td>
</tr>
<tr>
<td>Single or never married</td>
<td>10.1%</td>
</tr>
</tbody>
</table>

* Variations in rates across groups is statistically significant @ p<0.05.
% heavy drinking by sexual orientation and gender identity**

Note: Data is not reported for transgender group due to small sample size (n<30), ** Variation in rates across groups is marginally statistically significant @ 0.05≤ p< 0.10.
% heavy drinking by selected health conditions

Disability status
- Yes: 8.9%
- No: 9.4%

Frequent mental distress
- Yes: 10.5%
- No: 9.2%
Metro SHAPE 2014 Adult Survey Selected Findings - Hennepin County Adults Aged 25 and Older: Mental health

% heavy drinking by social and neighborhood climate

- Neighborhood cohesion:
  - Low: 10.8%
  - High: 9.2%

- Neighborhood safety:
  - Unsafe: 10.2%
  - Safe: 9.2%

- Experienced discrimination:
  - Frequently: 10.2%
  - Infrequently or never: 9.2%
Excessive alcohol use
(either binge or heavy drinking)
Excessive alcohol use

Engaged in either binge drinking or heavy drinking during the past 30 days:
≥4 drinks per occasion for women or ≥5 drinks per occasion for men at least one time during the past 30 days; or
>1 drink per day on average for women or >2 drinks per day on average for men during the past 30 days.
% excessive alcohol use by gender and age

Gender*  Age(years)*

Male  Female  25-34  35-44  45-54  55-64  65-74  75 and older

33.1%  24.7%  44.5%  32.0%  26.9%  21.7%  15.7%  8.8%

Variations in rates across groups within the same demographic characteristic is statistically significant @ p<0.05.
% excessive alcohol use by selected race/ethnicity

- All adults: 28.7%
- Hispanic/Latino: 35.0%
- Asian or Asian American, non Hispanic: 22.5%
- US-born Black or African American, non Hispanic: 32.9%
- White, non Hispanic: 29.5%
% excessive alcohol use by sexual orientation and gender identity *

<table>
<thead>
<tr>
<th>Sexual Orientation/Gender Identity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heterosexual/straight</td>
<td>28.4%</td>
</tr>
<tr>
<td>Gay</td>
<td>49.6%</td>
</tr>
<tr>
<td>Lesbian</td>
<td>28.1%</td>
</tr>
<tr>
<td>Bisexual</td>
<td>41.8%</td>
</tr>
</tbody>
</table>

Note: Data is not reported for transgender group due to small sample size (n<30).
* Variation in rates across groups is marginally statistically significant @ p< 0.05.
% excessive alcohol use by selected health conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disability status</td>
<td>21.0%</td>
<td>30.6%</td>
</tr>
<tr>
<td>Frequent mental distress</td>
<td>31.1%</td>
<td>28.6%</td>
</tr>
</tbody>
</table>

* Variations in rates across groups is statistically significant @ p<0.05.
% excessive alcohol use by social and neighborhood climate

- **Neighborhood cohesion**: 30.5% Low, 28.7% High
- **Neighborhood safety**: 32.7% Unsafe, 28.4% Safe
- **Experienced discrimination**: 25.6% Frequently, 29.1% Infrequently or never

* Difference in rates between two groups is statistically significant @ 0.05≤p<0.10.
SHAPE 2014 web map application

Sample page:

Percentage who have ever had diabetes
Metro SHAPE 2014 Adult Survey Selected Findings

Data books and fact sheets available at: www.Hennepin.us/shape
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