

Hennepin County
Public Health
Assessment Team

Adults with chronic diseases & health conditions*

*Includes high cholesterol, high blood pressure, obesity, diabetes, and heart attack or stroke

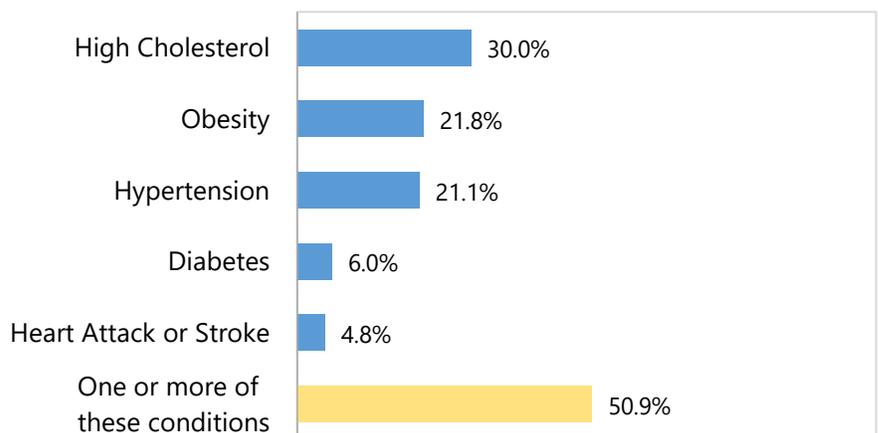
Why is this indicator important?

Chronic diseases and health conditions including hypertension, high cholesterol, diabetes, obesity, and heart attack or stroke are conditions and diseases that impact millions of adults. The Centers for Disease and Control and Prevention (CDC) found that seven of the ten leading causes of death in 2010 were chronic diseases. In addition, many of these chronic diseases and conditions are preventable by engaging in various healthy lifestyle behaviors such as not smoking, eating nutritious foods and exercising regularly. Unfortunately, national statistics have shown less than half of adults 18 years and older met physical activity recommendations. CDC also found nearly half of US Adults (47%) have at one or more of the following major risk factors for heart disease or stroke: uncontrolled high blood pressure, uncontrolled high LDL cholesterol or are current smokers.

What is the current status?

One in two adults in Hennepin County 25 years and older reported ever having a chronic health condition (Figure 1). Of the following five chronic health conditions surveyed about in the 2014 Metro SHAPE Survey, high cholesterol is the most frequently reported by adults 25 years and older, with obesity and hypertension, or high blood pressure, being reported by approximately one in every five persons. Diabetes and heart attack or stroke are reported by a much lower percentage.

Figure 1. Percentage of adults age 25 years and older who reported one or more chronic health conditions, 2014



For more information on the health of Hennepin County residents, visit: www.Hennepin.us/PublicHealthData or email: PublicHealthData@hennepin.us

FACT SHEET



Hennepin County
Public Health

How do we compare?

Chronic health conditions disproportionately impact non-Hispanic US Born black, lower education, and low income populations in Hennepin County (Figures 2-4).

Figure 2. Percentage of adults age 25 and older with one or more chronic health conditions by race/ethnicity, 2014

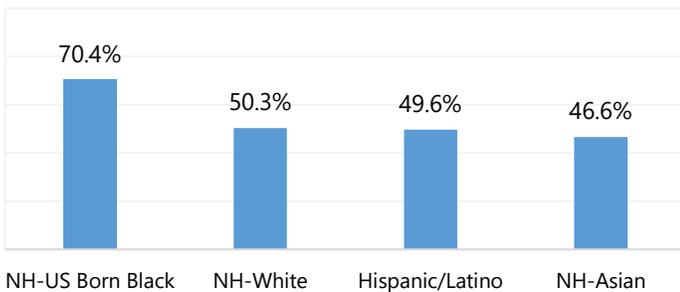


Figure 3. Percentage of adults age 25 and older with one or more chronic health conditions by education level, 2014

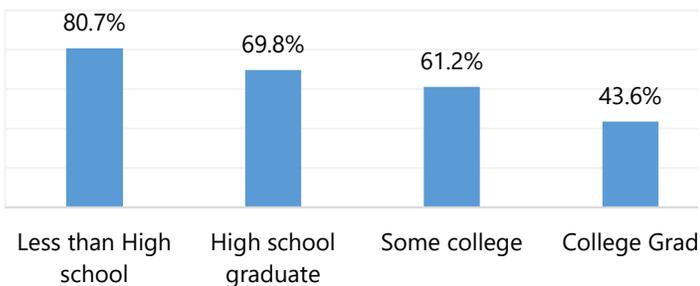


Figure 4. Percentage of adults age 25 and older with one or more chronic health conditions by income, 2014

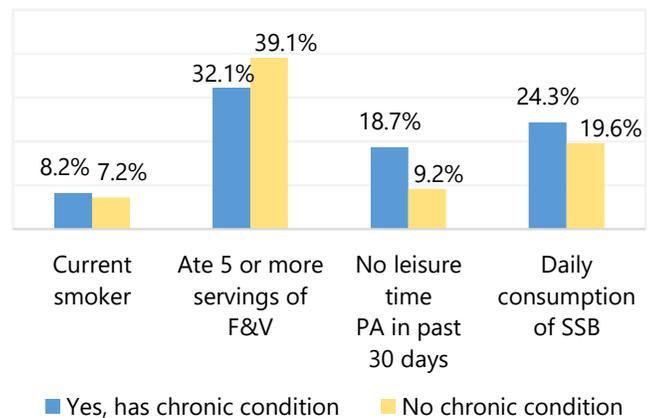


Additionally, persons reporting frequent mental distress are significantly more likely to have one or more chronic health conditions compared to persons without frequent mental distress, 63.1% compared to 49.6%.

Chronic conditions and behaviors

Persons with one or more chronic conditions were more likely to be current smokers, not consume 5 or more servings of fruit and vegetables, not engage in leisure time activity, and consume sugar sweetened beverages daily compared to those who did not have one or more chronic health conditions (Figure 5). All of these lifestyle behaviors are considered modifiable and reduce risk of chronic disease and conditions

Figure 5. Percentage of adults age 25 and older with one or more chronic health conditions by lifestyle behavior, 2014



The data shown in this fact sheet came from the Metra SHAPE 2014 survey for Hennepin County for adults aged 25 and older. There was a separate question for each health condition, phrased, "Have you ever been diagnosed with or have you been told by a doctor you have XXX condition?" For obesity, this classification was based on self-reported height and weight.