

# 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



**Hennepin County**  
Public Health



# 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.



# Metro SHAPE 2014 - Adult Survey

## domains and topics

### Overall health

- General health, health related quality of life
- Chronic disease and conditions
- Mental health
- Disability and Activity limitations
- Overweight/obesity

### Health care access & utilization

- Health insurance and dental coverage
- Usual source of care
- Unmet health care need
- Preventive care & chronic disease risk behavior screening

### Healthy lifestyle & behaviors

- Fruit and vegetable intake
- Sugar sweetened beverage intake
- Physical activity and exercise
- Screen time
- Tobacco use, alcohol use

### Social-environmental factors

- Community connectedness, social support, neighborhood cohesion
- Neighborhood walkability, safety
- Discrimination experience
- Economic distress



# ***Metro SHAPE 2014* survey question on sexual orientation & gender identity**

**Q4a Do you think yourself as.....?**

***MARK ALL THAT APPLY***

- Heterosexual or straight
- Gay, Lesbian or homosexual
- Bisexual
- Transgender



# Metro SHAPE 2014 – number of respondents by sexual orientation & gender identity

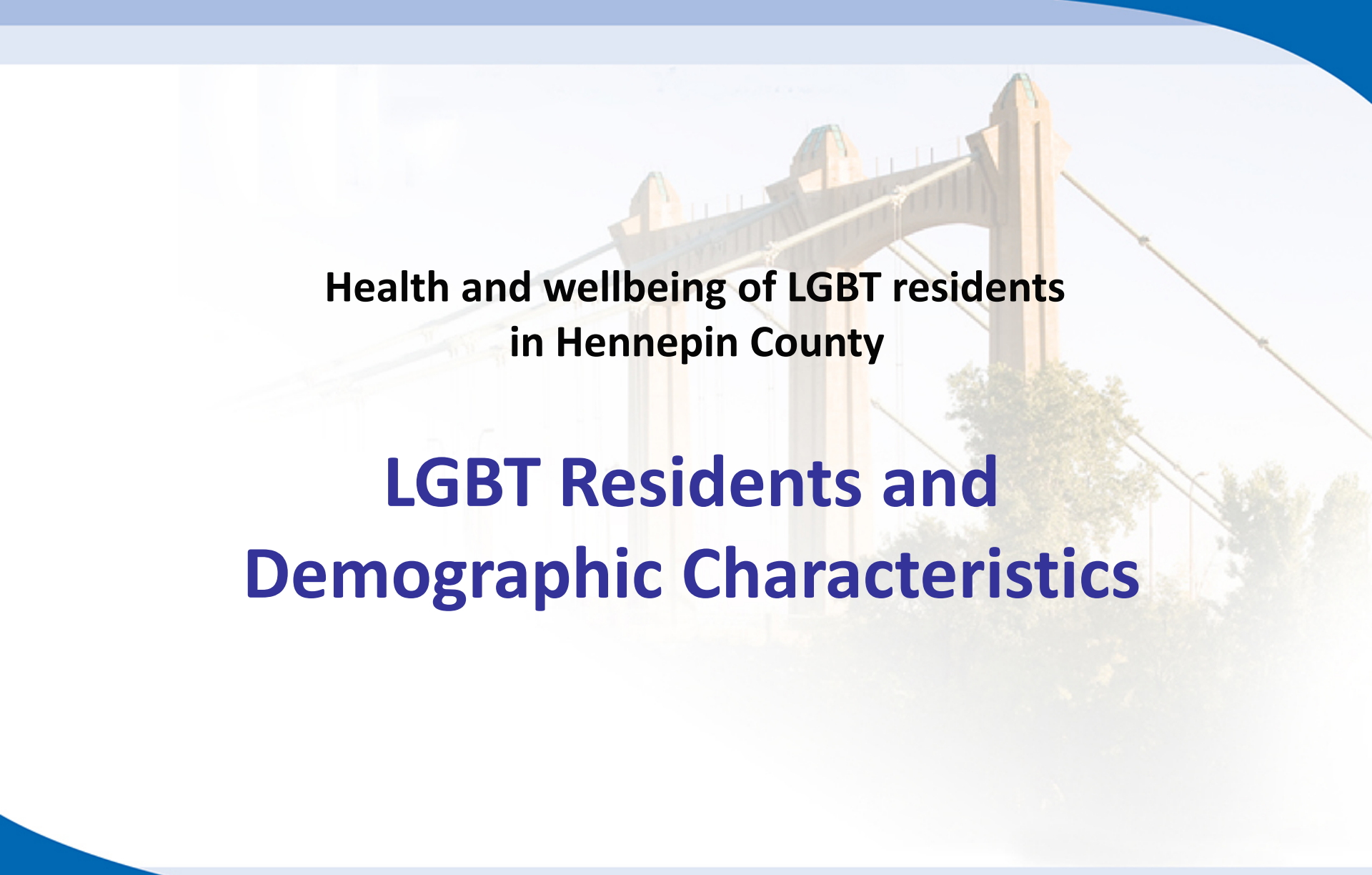
Category	# of respondents (unweighted)	
	Hennepin County	Ramsey/Carver counties
Heterosexual or straight	7863	1648
Gay, lesbian, or homosexual	374	44
Bisexual	163	29
Transgender	18	7
Total survey respondents <sup>1</sup>	8578	1762
LGBT any	532	72

1. Number of total respondents do not equal the sum of four response categories as respondents can check one or more categories.
2. Among 6 counties that participated in the Metro SHAPE 2014 project, only Hennepin, Ramsey and Carver counties asked LGBT question.

## *Metro SHAPE 2014* – Hennepin County respondents by LGBT identity and survey mode

Category	Web survey		Mail survey	
	# of respondents	%	# of respondents	%
<b>LGBT</b>	<b>312</b>	<b>59%</b>	<b>220</b>	<b>41%</b>
Not LGBT	4,090	52%	3,728	48%
Unknown	107	47%	121	53%
Total	4,509	53%	4,609	47%





**Health and wellbeing of LGBT residents  
in Hennepin County**

# **LGBT Residents and Demographic Characteristics**



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# Percent LBGT in Hennepin County by geographic areas

1d older, 2014

**Hennepin County 6.2%**

**Minneapolis 12.4%**

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

**Suburban Hennepin 3.2%**

- 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

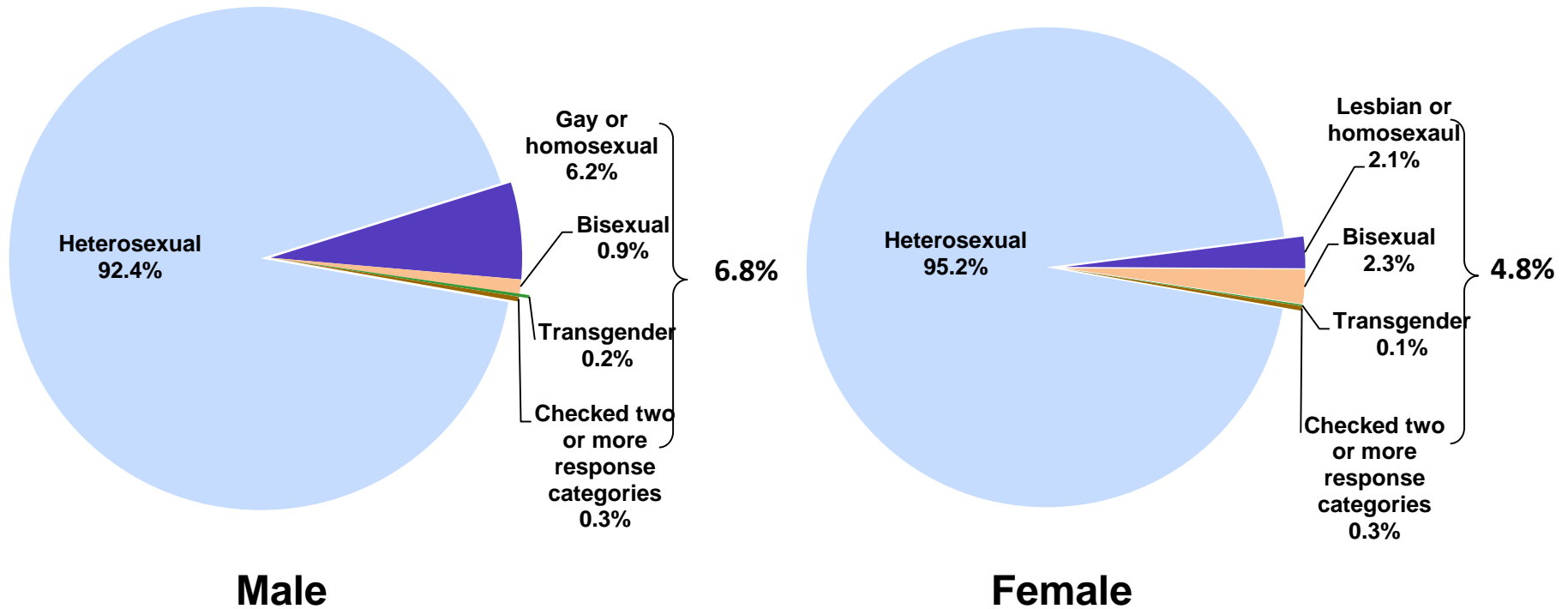
12.0% - 19.3%





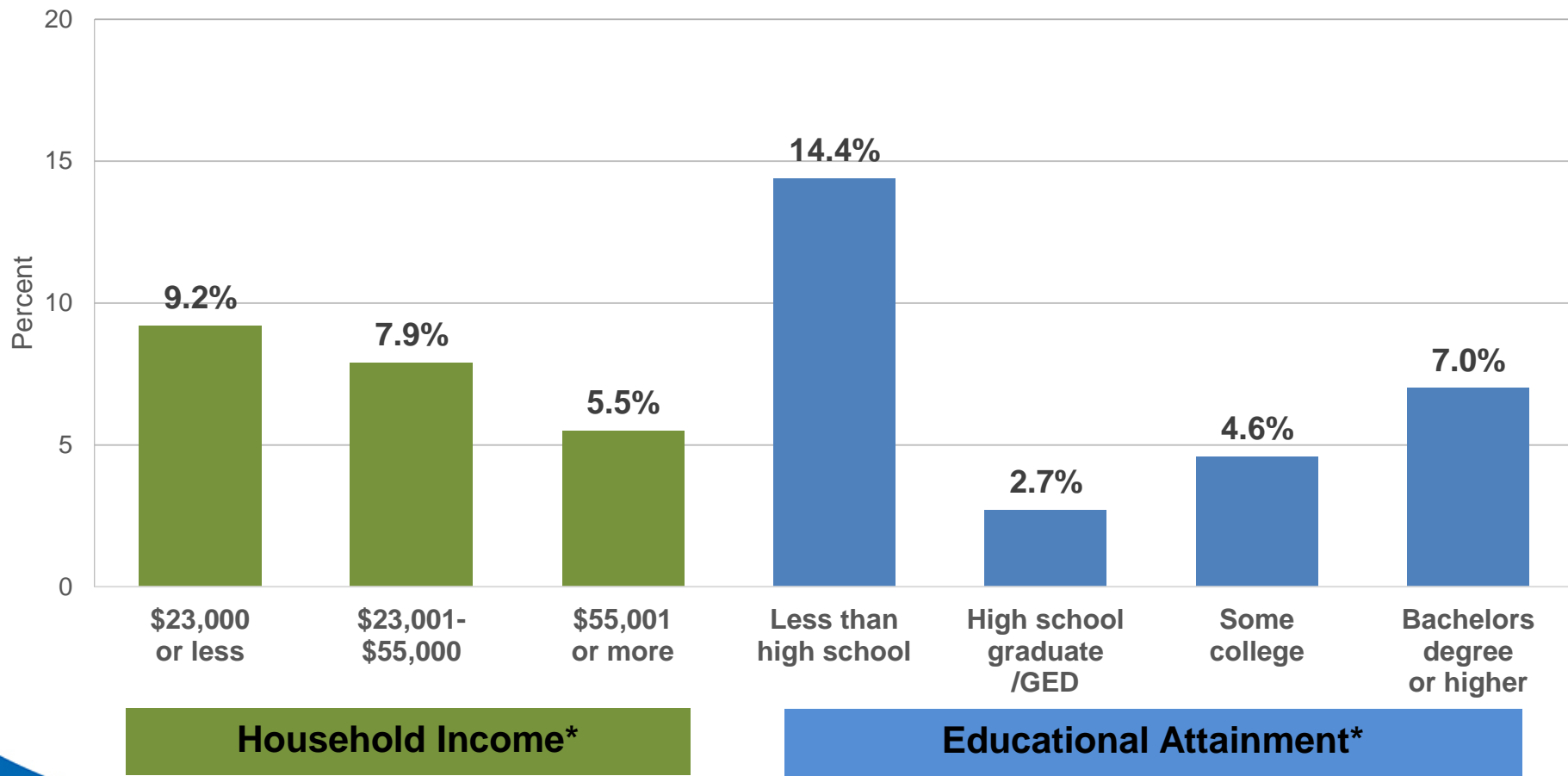
# Percent LGBT by gender\*

Hennepin County adults aged 25 and older, 2014



# Percent LGBT by income and education

Hennepin County adults aged 25 and older, 2014



\* Difference in rates across groups within this demographic characteristic is statistically significant @  $p < 0.05$ .



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# **Overall Health and Mental Health Status**


**(as compared to their peers who are not LGBT)**



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# Signage for indicators at a glance table

Signage	What does this mean	Statistical significance level
!	The rate among LGBT group is <u>better</u> than the rate among non-LGBT group	$P < 0.05$
?	The rate among LGBT group is <u>better</u> than the rate among non-LGBT group	$0.05 \leq P < 0.10$
!	The rate among LGBT group is <u>worse</u> than the rate among non-LGBT group	$P < 0.05$
?	The rate among LGBT group is <u>worse</u> than the rate among non-LGBT group	$0.05 \leq P < 0.10$
	The rate among LGBT group is the <u>same</u> as the rate among non-LGBT group	$P \geq 0.10$

# Overall health, chronic diseases and conditions

Hennepin County LGBT adults aged 25 and older, 2014

Indicators	Rate	Compare to adults who are not LGBT	
Poor or Fair health Self rated overall health	8.8%	7.2%	
Currently having asthma Ever being diagnosed	9.0%	7.2%	
Diabetes Ever being diagnosed	7.0%	6.0%	
Hypertension Ever being diagnosed	18.2%	21.3%	
High blood cholesterol Ever being diagnosed	26.0%	30.3%	
Heart attack, angina or stroke Ever being diagnosed	5.1%	4.8%	



# Mental health

Hennepin County LGBT adults aged 25 and older, 2014

Indicators	Rate	Compare to adults who are not LGBT
<b>Frequent mental distress</b> Mental health was not good for $\geq 14$ days during the past 30 days	13.1%	7.3% !
<b>Depression</b> Ever being diagnosed	39.7%	21.7% !
<b>Anxiety</b> Ever being diagnosed	33.2%	20.6% !
<b>Serious psychological distress (SPD)</b> 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 $\geq 13$ .	5.4%	2.7% !
<b>Any psychological distress</b> See SPD above, any psychological distress has a scale $\geq 7$	22.0%	11.9% !





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# **Activity Limitation and Disability**

**(as compared to their peers who are not LGBT)**




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# Activity limitation and disability

Hennepin County LGBT adults aged 25 and older, 2014

Indicator	Rate	Compare to adults who are not LGBT
<p><b>Activity limitation</b> Respondent is limited in any activities because of physical, mental or emotional problems</p>	22.2%	18.3% <b>!</b>
<p><b>Work limitation</b> Respondent has difficulty in getting, keeping, or working at a job or business because of any impairment or health problem</p>	13.2%	7.1% <b>?</b>
<p><b>Functional limitation</b> Respondent needs help from another person with ADL (activity of daily living) or IADL (instrumental activity of daily living) because of impairment or health problems.</p>	5.1%	4.8% 





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# **Health Access and Utilization**

**(as compared to their peers who are not LGBT)**









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# Health access and utilization

Hennepin County LGBT adults aged 25 and older, 2014

Indicator	Rate	Compare to adults who are not LGBT
Currently uninsured	7.9%	9.7% 
Uninsured at least sometime during the past 12 month ( B2 only)	12.6%	7.0% 
Having NO regular source of care (personal doctor or health care provider)	27.7%	21.7% 
Having NO regular place of care	21.2%	17.9% 
Taking prescription medication on a regular basis ( other than birth control pills, among all )	50.0%	50.5% 
Prescription insecurity due to cost ( i.e. skipped doses, took smaller amount or did not fill a prescription, among those who taking prescription medication on a regular basis)	19.3%	10.3% 

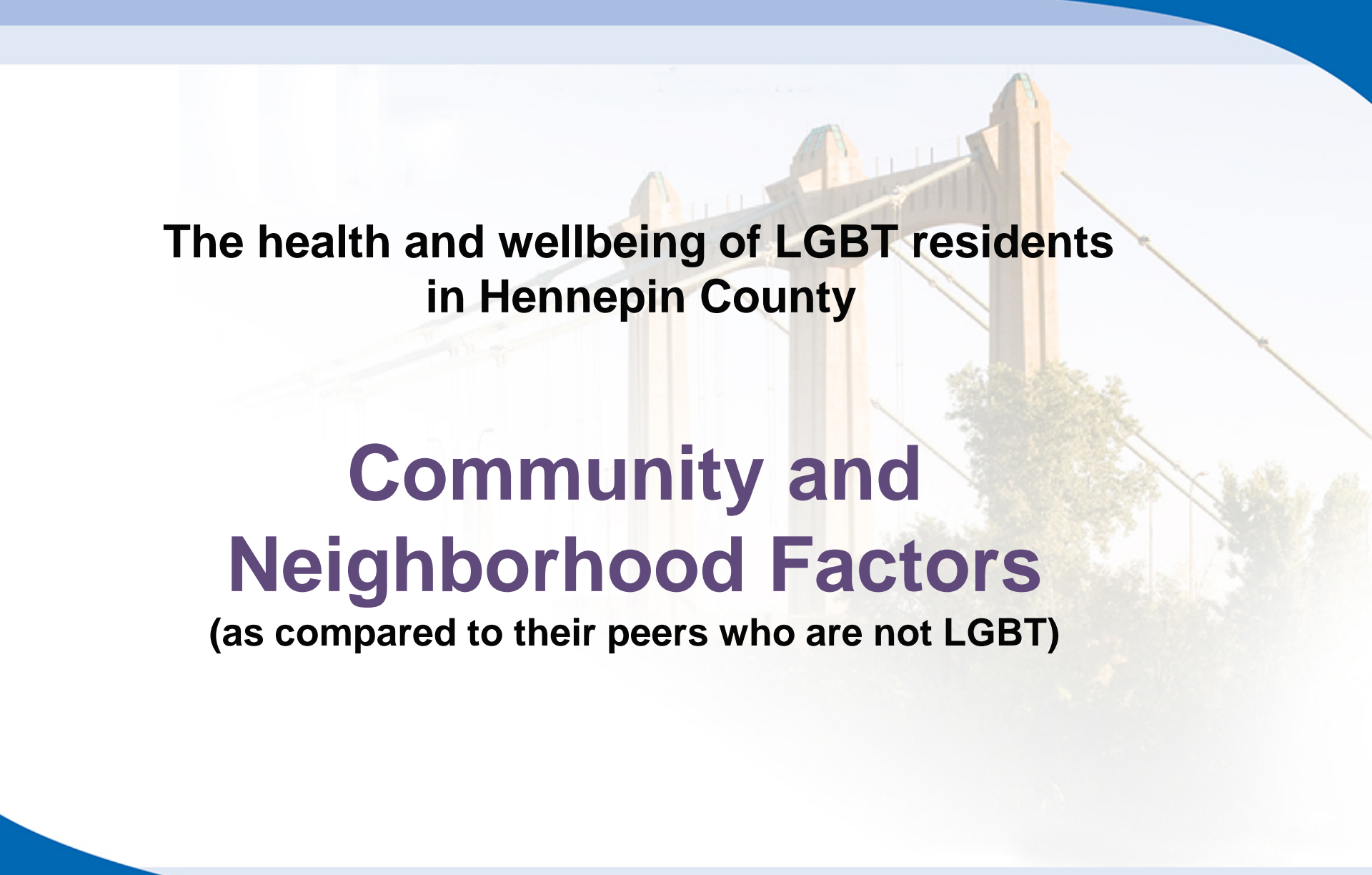


# Unmet health care needs

Hennepin County LGBT adults aged 25 and older, 2014

Indicator	Rate	Compare to adults who are not LGBT
Needed medical care during the past 12 months	73.9%	64.4% !
Experienced unmet medical care needs (Among those needed medical care in the past 12 months)	28.7%	17.9% !
Unmet medical care needs due to cost or coverage (Among those delayed or did not get needed medical care in the past 12 months)	68.3%	69.2% ⚖️
Needed mental health care during the past 12 months	43.2%	22.8% !
Experienced unmet mental health care needs (Among those needed mental health care in the past 12 months)	60.4%	51.4% ?
Unmet mental health care needs due to cost /coverage (Among those delayed or did not get needed mental health care in the past 12 months)	54.3%	43.9% ⚖️





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**Community and  
Neighborhood Factors**  
(as compared to their peers who are not LGBT)








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# Community & neighborhood


Hennepin County LGBT adults aged 25 and older, 2014

Indicators	Rate	Compare to adults who are not LGBT
Involved in school, community and neighborhood activity often ( Weekly /daily)	35.3%	39.9% 
Connect with friends or neighbors often (Get together or talk with, in person, on the phone or online weekly/daily)	83.4%	78.7% 
(Agree or strongly agree with the statement) This is a good community to raise children	86.4%	92.4% 
(Agree or strongly agree with the statement) People in this neighborhood are willing to help each other	84.6%	90.6% 
In general, consider neighborhood to be very safe/somewhat safe from crime	79.5%	90.6% 



# Economic distress and residential stability

Hennepin County LGBT adults aged 25 and older, 2014

Indicators	Rate	Compare to adults who are not LGBT
<b>Experienced food insecurity</b> (Worried that food would run out before had money to buy more sometimes or often during the past 12 months)	11.9%	9.3% 
<b>Experienced housing insecurity</b> (Missed a rent or mortgage payment during the past 12 months because did not have enough money)	8.3%	5.1% <b>!</b>
<b>Received public assistance</b> (Either self or someone in the same household received MFIP, WIC or food support i.e. food stamps, SNAP, EBT, services during the past 12 months)	9.6%	6.5% <b>?</b>
<b>Residential instability</b> (Moved 2 times or more during the past 2 years )	8.8%	4.1% <b>!</b>
<b>Live below 200% Federal Poverty Level</b> (Based on household income in 2013)	21.1%	15.8% <b>!</b>



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# **Frequent Discrimination Experience**

**(as compared to their peers who are not LGBT)**



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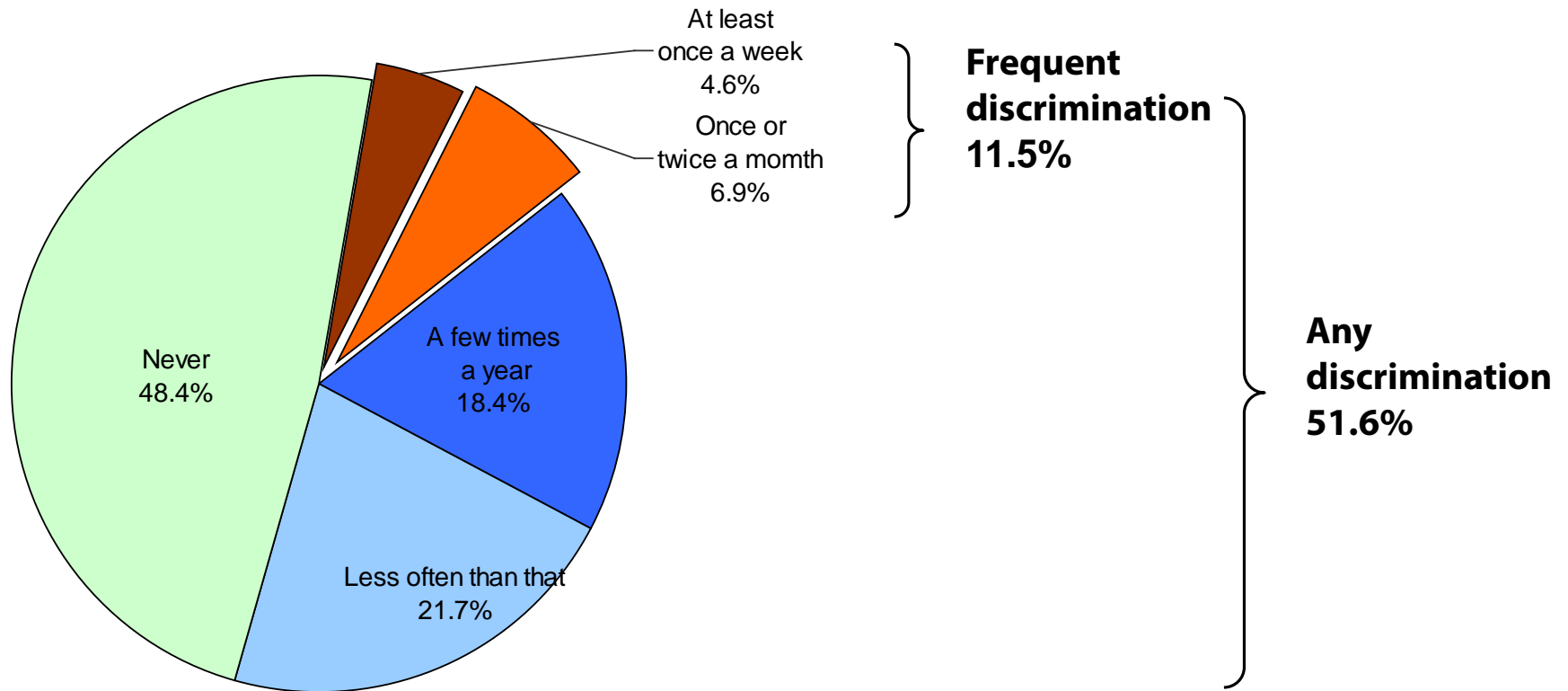




# LGBT adults reporting discrimination

Hennepin County LGBT adults aged 25 and older, 2014

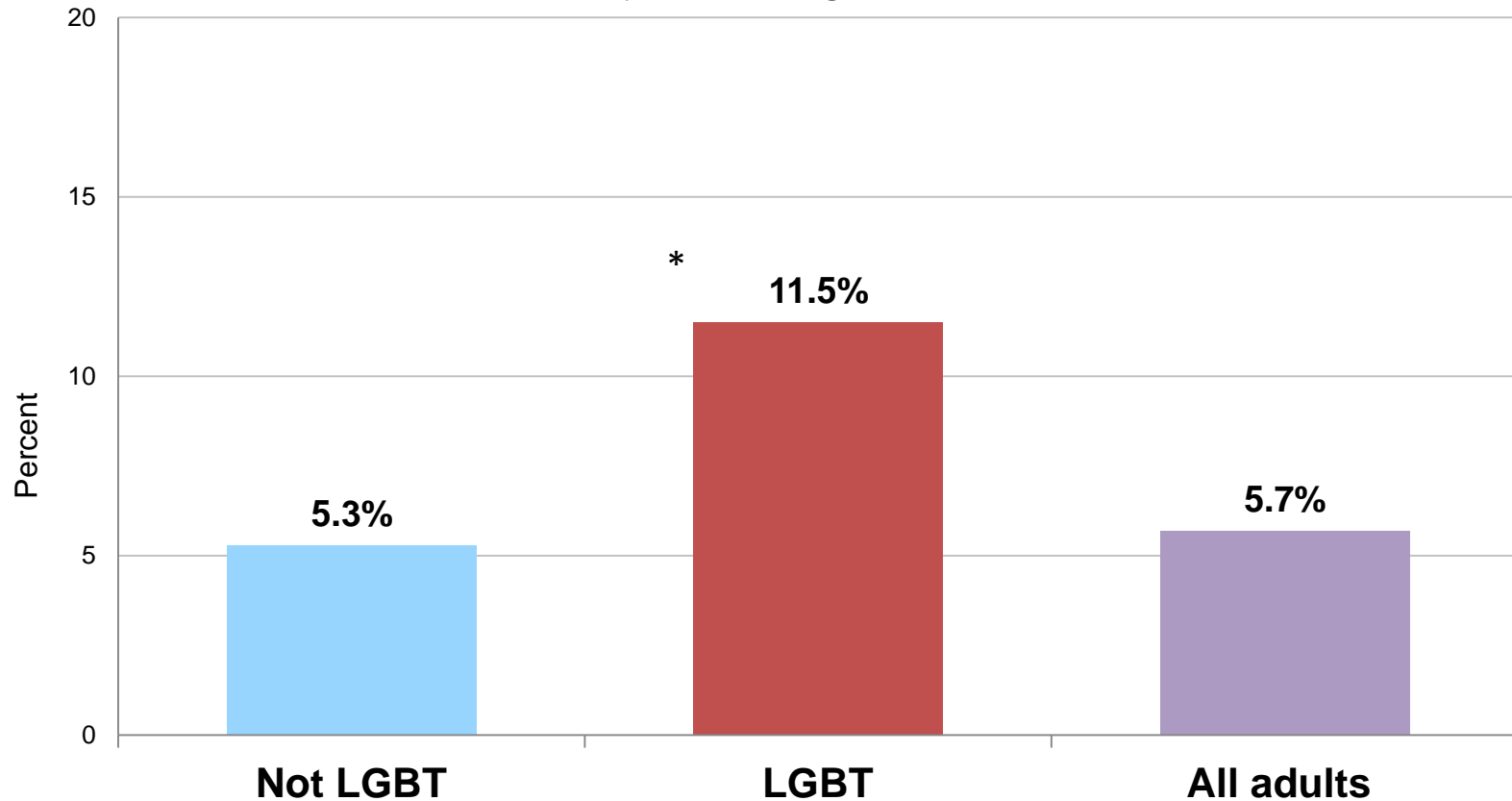
*Q. How often are you in situations where you feel unaccepted because of your race, ethnicity or culture?*





# Percent reporting *frequent* discrimination by LGBT identity

Hennepin County adults aged 25 and older, 2014

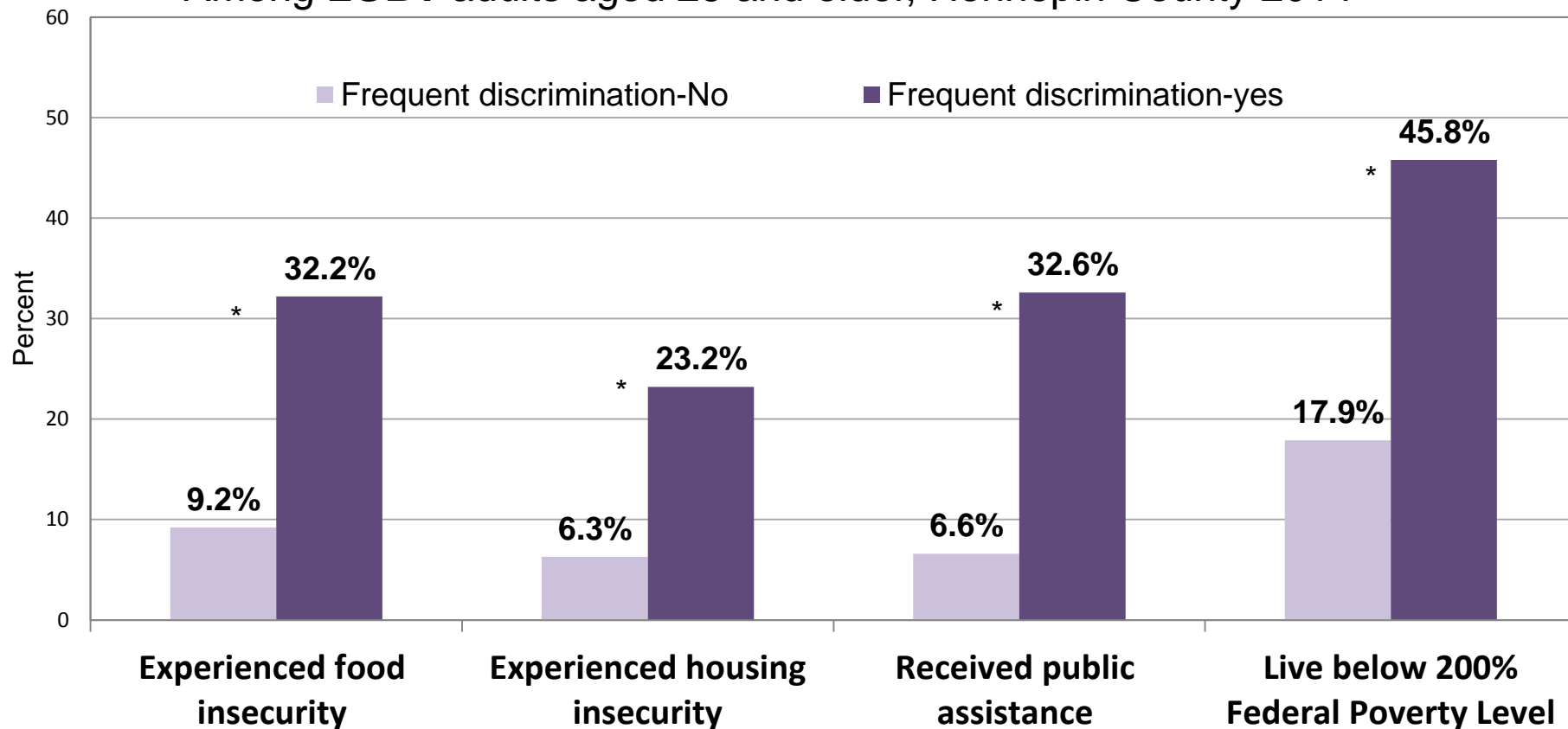


\* Difference in rates between the LGBT and Not LGBT groups is statistically significant at  $p < 0.05$ .



# Economic distress by frequent discrimination status

Among **LGBT** adults aged 25 and older, Hennepin County 2014

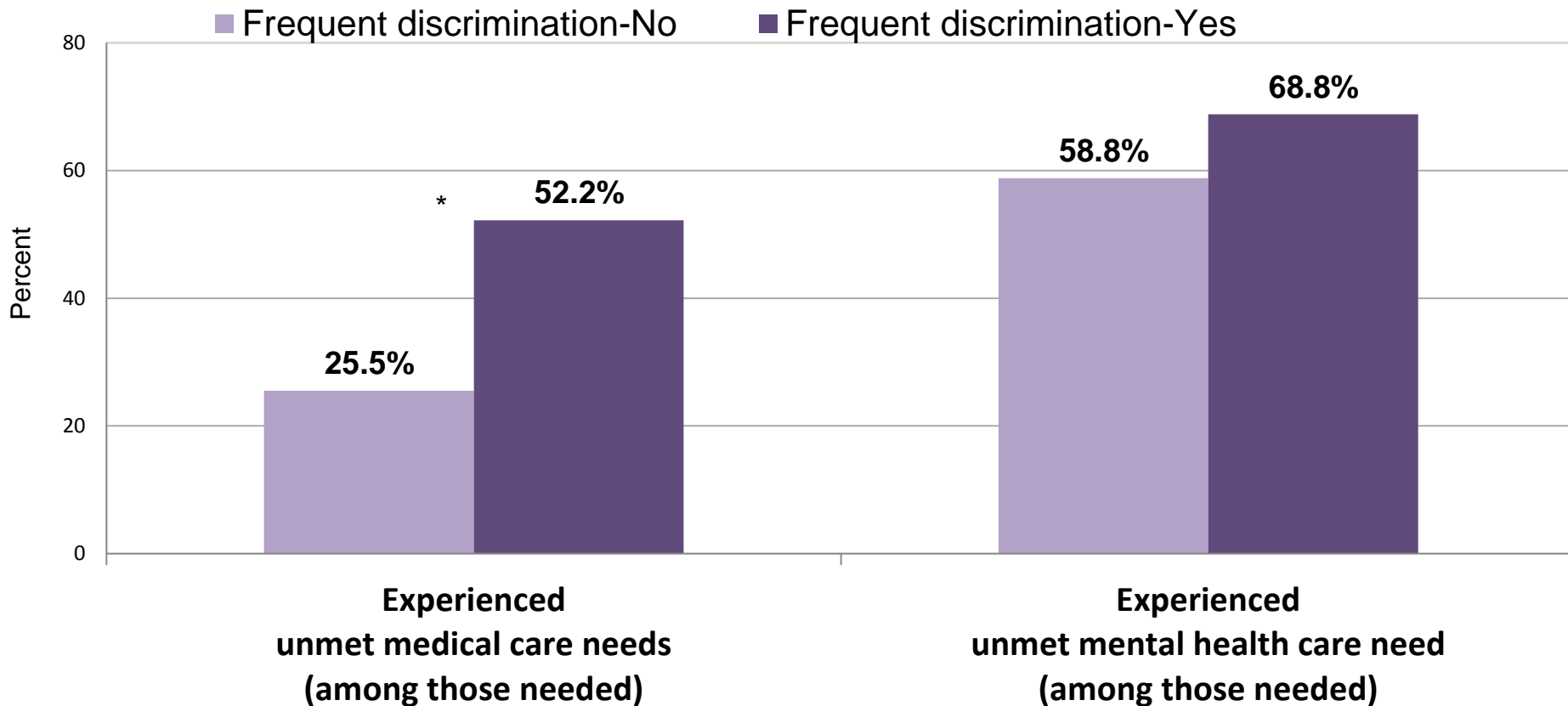


\* Difference in rates between the two groups is statistically significant at  $p < 0.05$ .



# Unmet health care needs by frequent discrimination status

Among **LGBT** adults aged 25 and older, Hennepin County 2014

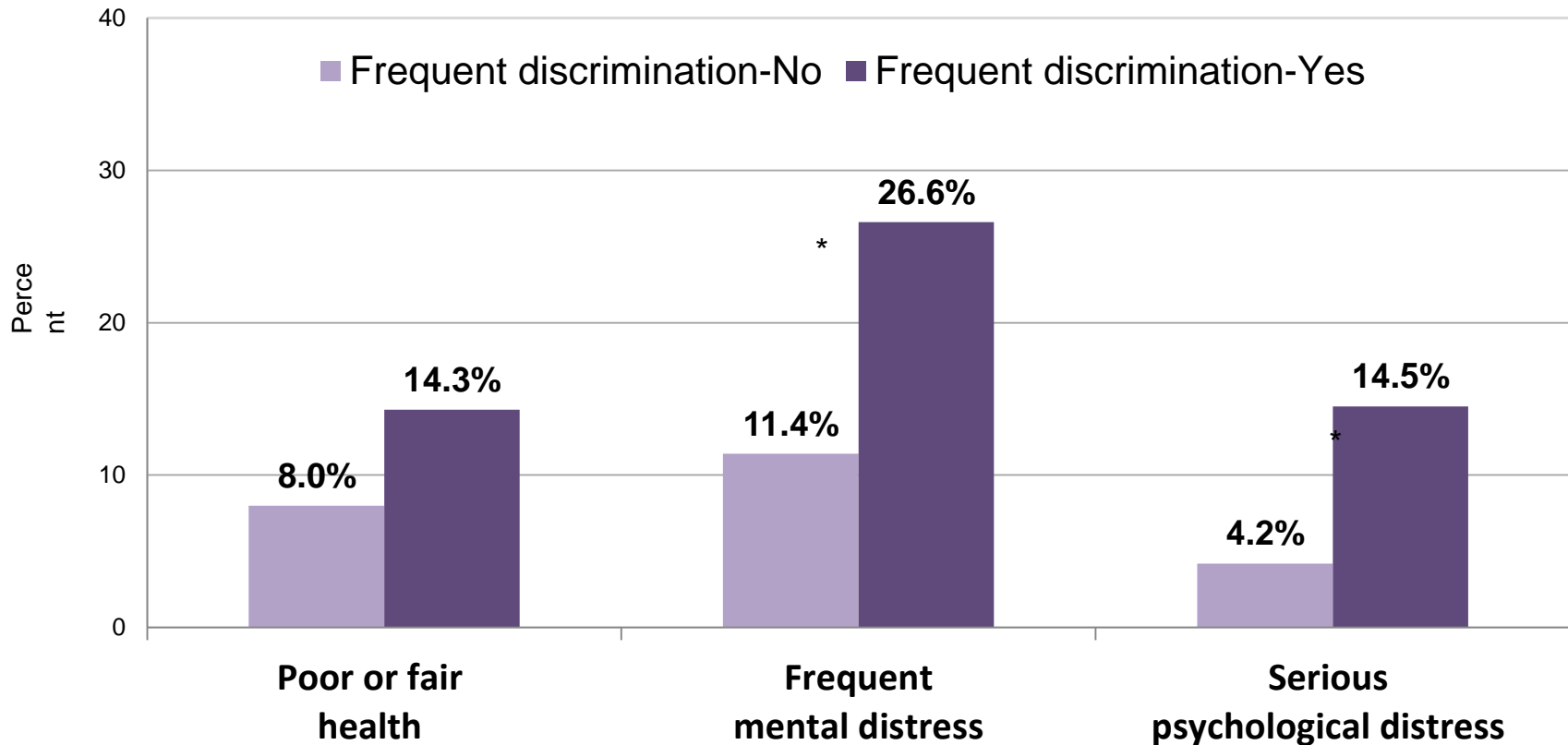


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# Health status by frequent discrimination status

Among **LGBT** adults aged 25 and older, Hennepin County 2014



\* Difference in rates between the two groups is statistically significant at  $p < 0.05$ .





In general, would you say your health is ... ?

**TABLE 1**

	Sample Size N	Excellent % ± 95% C.I.	Very good % ± 95% C.I.	Good % ± 95% C.I.	Fair % ± 95% C.I.	Poor % ± 95% C.I.
<b>Hennepin County Total</b>	8,541	18.5% ± 1.3	45.0% ± 1.6	28.9% ± 1.5	6.6% ± 0.8	1.0% ± 0.3
<b>Age</b>						
25-34	1,197	21.8% ± 3.1	48.5% ± 3.5	27.1% ± 3.4	2.5% ± 1.2	^0.1% ± 0.4
35-49	1,751	19.1% ± 2.4	47.0% ± 3.0	27.5% ± 2.8	5.9% ± 1.7	^0.5% ± 0.7
50-69	3,709	18.1% ± 1.8	43.8% ± 2.1	28.4% ± 2.0	8.1% ± 1.3	1.6% ± 0.8
70 and older	1,864	9.2% ± 1.7	38.5% ± 2.7	36.8% ± 2.7	13.2% ± 2.0	2.3% ± 1.0
<b>Selected Race/Ethnicities</b>						
Hispanic	137	*12.4% ± 10.8	55.2% ± 11.7	28.4% ± 10.8	^3.3% ± 5.1	^0.7% ± 4.1
Non-Hispanic Asian	229	10.8% ± 5.3	37.2% ± 8.5	39.1% ± 9.2	*11.0% ± 8.2	^1.8% ± 2.4
Non-Hispanic US-born Black	363	19.3% ± 8.7	27.2% ± 7.9	36.0% ± 8.0	15.9% ± 5.5	*1.6% ± 1.3
Non-Hispanic White	7,514	19.7% ± 1.3	47.1% ± 1.5	27.2% ± 1.4	5.2% ± 0.8	0.8% ± 0.3
<b>Educational Attainment</b>						
Less than High School	147	^6.3% ± 10.1	*14.0% ± 9.8	44.5% ± 13.3	27.5% ± 12.2	*7.7% ± 8.7
High School or GED	897	8.0% ± 3.7	35.9% ± 5.3	37.7% ± 5.2	15.3% ± 3.8	*3.1% ± 1.9
Some College	2,220	11.5% ± 2.3	39.7% ± 3.1	37.3% ± 3.1	10.0% ± 2.0	1.4% ± 0.7
College Degree or Higher	5,247	22.8% ± 1.7	49.0% ± 2.0	24.1% ± 1.8	3.6% ± 0.8	*0.4% ± 0.4
<b>Household Income</b>						
≤ \$23,000	991	11.7% ± 4.5	25.4% ± 4.3	34.0% ± 5.0	23.3% ± 4.5	5.7% ± 2.3
\$23,001 - \$55,000	2,321	11.1% ± 2.0	39.6% ± 3.1	37.7% ± 3.1	10.1% ± 1.9	*1.5% ± 1.1
≥ \$55,001	4,834	22.0% ± 1.7	49.7% ± 2.0	24.9% ± 1.8	3.2% ± 0.8	*0.3% ± 0.2
<b>Sexual Orientation and Gender Identity</b>						
LGBT	529	18.0% ± 5.0	44.1% ± 6.1	29.1% ± 5.7	7.7% ± 3.8	^1.1% ± 1.3
Male	270	19.6% ± 7.4	43.6% ± 8.7	28.2% ± 8.1	*7.1% ± 4.9	^1.5% ± 4.9
Female	258	15.9% ± 8.3	44.6% ± 8.3	30.5% ± 8.1	*8.5% ± 7.3	^0.5% ± 7.3
Not LGBT	7,787	18.5% ± 1.3	45.8% ± 1.8	28.6% ± 1.5	6.2% ± 0.8	1.0% ± 0.3
Male	2,758	18.8% ± 2.3	45.0% ± 2.8	30.0% ± 2.8	5.2% ± 1.2	*1.0% ± 1.2
Female	5,029	18.2% ± 1.5	46.4% ± 1.9	27.3% ± 1.7	7.1% ± 1.1	0.9% ± 1.1
<b>Disability Status</b>						
Yes	2,117	3.7% ± 1.9	25.2% ± 2.7	44.3% ± 3.2	21.4% ± 2.5	5.4% ± 1.8
No	6,373	21.9% ± 1.5	49.4% ± 1.8	25.4% ± 1.7	3.2% ± 0.8	0.1% ± 0.1
<b>Frequent Mental Distress</b>						
Yes	700	6.3% ± 2.8	29.0% ± 5.8	33.6% ± 5.4	23.8% ± 5.0	7.3% ± 2.7
No	7,735	19.6% ± 1.4	46.4% ± 1.8	28.5% ± 1.5	5.0% ± 0.7	0.5% ± 0.3

Coming Soon!

# Hennepin County Disparities Data Book

www.Hennepin.us/SHAPE



Hennepin County Public Health



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