



Metro SHAPE  
2014

HENNEPIN COUNTY  
**REGION DATA BOOK**  
**NORTHWEST OUTER-RING SUBURBS**



## ACKNOWLEDGMENTS

*Metro SHAPE 2014* was a joint project by eight public health departments: City of Bloomington Public Health Division, Carver County Public Health and Environment Division, Dakota County Public Health Department, Hennepin County Public Health, City of Minneapolis Health Department, Saint Paul-Ramsey County Public Health, Scott County Public Health, and Washington County Department of Public Health and Environment.

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## INTRODUCTION

The 2014 Metro Survey of the Health of All the Population and the Environment, or *Metro SHAPE 2014*, is a regional, coordinated public health surveillance effort in the Twin Cities metro region of Minnesota. The project gathered data on health and factors that affect health for adults of eight participating jurisdictions, including six metro area counties (Carver, Dakota, Hennepin, Ramsey, Scott, and Washington) and three metro area cities (Bloomington, Minneapolis, and Saint Paul).

This data book, the *Metro SHAPE 2014 Hennepin County Region Data Book-Northwest Outer-Ring Suburbs*, an extraction from the *Metro SHAPE 2014 Hennepin County Geographic Data Book*, reports data from survey respondents who live in the northwest outer-ring suburban area of Hennepin County.

The cities included in this region are: Brooklyn Park, Champlin, Corcoran, Dayton, Hanover, Hassan Township, Maple Grove, Medicine Lake, Osseo, Plymouth, and Rogers.

*Metro SHAPE 2014* collected information on adults through a mixed-mode online and mail survey sent to randomly selected households. The online component was developed using Qualtrics, an online survey software program. The Hennepin County Public Health Department oversaw the data collection effort, which was supported by a contracted vendor, Wilder Research.

See the Design and methodology summary in the *Metro SHAPE 2014 Hennepin County Geographic Data Book* for more information.

The *Metro SHAPE 2014* survey collected information from adults on the following health topics, or domains:

- Overall health;
- Health care access;
- Healthy lifestyle and behaviors;
- Social-environmental factors.

The *Metro SHAPE 2014 Hennepin County Geographic Data Book* reported the results for Hennepin County as a whole along with a number of breakdowns by geography, gender, age groups, and household income.

In addition to the *Metro SHAPE 2014 Geographic Data Book*, the *Metro SHAPE 2014 Hennepin County Disparities Data Book* reports health indicators from different population groups within Hennepin County to identify health disparities. This report contains information by age,

educational attainment, income, sexual orientation and gender identity, disability status, mental health, and selected racial/ethnic groups. By analyzing health indicators by these factors, users can identify inequities in health within specific populations that are not reflected in overall reporting.

The number of persons aged 25 and older who completed the *Metro SHAPE 2014* survey is shown in Table 1.

**Table 1: Metro SHAPE 2014 Respondents' demographic characteristic (adults aged 25 and older)**

Demographic	Northwest Outer-Ring Suburbs	Suburban Hennepin County	Hennepin County
<b>Total</b>	774	5,255	8,578
<b>Age</b>			
25-44	186	1,148	2,321
45-64	350	2,115	2,463
65+	237	1,980	1,773
<b>Gender</b>			
Male	271	1,918	3,134
Female	502	3,336	5,442
<b>Race/Ethnicity</b>			
Hispanic/Latino	17	66	137
Non-Hispanic Asian	28	137	232
Non-Hispanic US-born Black	14	86	296
Non-Hispanic White	683	4,785	7,542

The findings in this report are subject to various limitations, such as low response rate, self-selection bias, and non-response bias. In addition, one cannot directly compare the results listed in the *Metro SHAPE 2014 Data Book* with previous SHAPE or Metro Adult Health Survey data books. One reason is because previous data books reported the results for adults aged 18 and older whereas the *Metro SHAPE 2014* data book reports the results for adults aged 25 and older. For assistance in interpreting these results, please contact SHAPE@Hennepin.us.

All the Hennepin County data books from the *Metro SHAPE 2014* project and previous Hennepin County SHAPE data are available at [www.Hennepin.us/SHAPE](http://www.Hennepin.us/SHAPE). Contact SHAPE@Hennepin.us for more information.

# Metro SHAPE 2014

## Overall Health

### SHAPE Region: Northwest Outer-Ring Suburbs

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

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Excellent	18.5%	18.4%	18.5%
Very Good	43.4%	45.1%	45.0%
Good	31.6%	29.7%	28.9%
Fair	5.6%	5.8%	6.6%
Poor	^0.8%	1.0%	1.0%

Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	62.5%	59.0%	56.5%
1 or 2 days	18.0%	19.0%	19.4%
3 to 7 days	11.9%	13.1%	14.3%
8 to 13 days	*2.8%	3.5%	3.4%
14 or more days	4.8%	5.5%	6.4%

Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	56.1%	56.6%	53.2%
1 or 2 days	17.9%	16.6%	17.0%
3 to 7 days	14.3%	15.2%	16.6%
8 to 13 days	3.9%	4.9%	5.4%
14 or more days	7.9%	6.7%	7.8%

Total number of unhealthy days during the past 30 days, including both unhealthy physical health and unhealthy mental health days

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	40.9%	39.6%	36.8%
1 or 2 days	18.1%	18.0%	17.3%
3 to 7 days	21.9%	22.4%	23.9%
8 to 13 days	7.2%	8.1%	8.7%
14 or more days	11.9%	11.9%	13.3%

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is >30% and ≤ 50%)

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# Metro SHAPE 2014

## Overall Health

### SHAPE Region: Northwest Outer-Ring Suburbs

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as work, recreation, and taking care of yourself?

	NW Outer-Ring Suburbs	Suburban Hennepin County	Hennepin County
0 days	76.9%	75.0%	71.5%
1 or 2 days	10.6%	11.7%	13.0%
3 to 7 days	7.6%	7.6%	8.8%
8 to 13 days	<sup>^</sup> 1.7%	2.0%	2.2%
14 or more days	*3.2%	3.6%	4.5%

Average number of unhealthy days during the past 30 days

	NW Outer-Ring Suburbs	Suburban Hennepin County	Hennepin County
Unhealthy physical health days	2.2	2.5	2.8
Unhealthy mental health days	3.0	2.9	3.2
Unhealthy physical and unhealthy mental health days	4.8	4.9	5.4
Days when poor health interfered with usual activities	1.4	1.6	1.8

Have you ever been told by a doctor or other health professional that you had ... ?

	NW Outer-Ring Suburbs	Suburban Hennepin County	Hennepin County
Hypertension, also called high blood pressure	20.4%	21.5%	21.1%
Borderline high blood pressure or pre-hypertension	23.2%	21.9%	21.2%
Diabetes or sugar disease	5.1%	5.9%	6.1%
Pre-diabetes or borderline diabetes	8.2%	7.9%	8.0%
High blood cholesterol	31.4%	31.5%	30.0%
Heart attack	*1.5%	2.1%	2.0%
Angina or coronary heart disease	2.1%	3.1%	2.9%
Stroke	*1.4%	1.5%	1.7%
Any of the three	3.8%	5.0%	4.8%
Arthritis or rheumatism			
Among persons aged 25 and older	18.1%	19.1%	18.3%
Among persons aged 55 and older	37.6%	39.0%	39.1%
Among persons aged 65 and older	50.5%	49.8%	49.9%
Asthma			
Ever had asthma	9.2%	10.8%	11.8%
Currently has asthma	5.8%	6.4%	7.3%

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# Metro SHAPE 2014

## Overall Health

### SHAPE Region: Northwest Outer-Ring Suburbs

Weight status based on Body Mass Index calculation

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Underweight	<sup>^</sup> 1.3%	1.2%	1.3%
Normal	35.2%	39.6%	41.4%
Overweight	39.9%	37.7%	35.5%
Obese	23.6%	21.6%	21.9%

Has a doctor or other health care professional ever told you that you should lose weight?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes, within the past year	19.4%	18.2%	17.8%
Yes, more than 1 year ago	17.0%	17.0%	16.5%
No	63.6%	64.7%	65.7%

Do you consider yourself: Overweight, about the right weight, or underweight?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Overweight	47.7%	43.1%	40.9%
About the right weight	51.0%	54.9%	56.9%
Underweight	<sup>^</sup> 1.4%	2.1%	2.1%

Are you limited in any activities because of physical, mental, or emotional problems?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	16.9%	17.8%	18.6%
Among persons aged 55 and older	25.8%	28.9%	30.3%
Among persons aged 65 and older	32.8%	34.4%	35.0%

Because of any impairment or health problem, do you have difficulty getting, keeping or working at a job or business?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	6.5%	6.2%	7.8%
Among persons aged 55 and older	8.0%	8.9%	11.1%
Among persons aged 65 and older	9.8%	9.9%	10.7%

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?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 55 and older	<sup>*</sup> 1.7%	2.4%	3.4%
Among persons aged 65 and older	<sup>^</sup> 2.6%	3.4%	4.4%

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# Metro SHAPE 2014

## Overall Health

### SHAPE Region: Northwest Outer-Ring Suburbs

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?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 55 and older	5.3%	7.7%	8.8%
Among persons aged 65 and older	9.5%	10.9%	11.7%

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# Metro SHAPE 2014

## Access to Health Care

### SHAPE Region: Northwest Outer-Ring Suburbs

Do you currently have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medical Assistance, Medicare, Indian Health Services, or any plan through MNSure?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	88.2%	89.8%	90.1%
Among persons aged 25 to 64	86.9%	88.7%	89.1%

During the past 12 months, did you have health insurance for the entire year, only part of the year, or were you not insured for the entire year?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Insured the entire year	83.4%	86.4%	85.2%
Insured only part of the year	14.7%	11.9%	12.6%
Uninsured the entire year	^1.9%	1.7%	2.3%

During the past 12 months how difficult has it been for you and your family to pay for health insurance premiums, co-pays, and deductibles?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very difficult	8.8%	5.5%	5.6%
Somewhat difficult	13.5%	14.6%	15.3%
Not too difficult	26.7%	27.0%	26.7%
Not at all difficult	49.7%	50.5%	48.7%
Not applicable	*1.3%	2.4%	3.6%

During the past 12 months, was there a time you needed medical care?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	64.1%	64.5%	65.0%
Among persons who needed care			
Delayed or did not get the needed care	17.7%	17.6%	18.9%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	78.2%	72.2%	68.9%

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# Metro SHAPE 2014

## Access to Health Care

### SHAPE Region: Northwest Outer-Ring Suburbs

During the past 12 months was there a time when you wanted to talk with or seek help from a health professional about stress, depression, a problem with emotions, excessive worrying, or troubling thoughts?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	19.5%	21.0%	24.2%
Among persons who needed care			
Delayed or did not get the needed care	56.2%	53.4%	52.7%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	50.3%	43.9%	45.7%

Do you have one person you think of as your personal doctor or health care provider?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes, only one person	51.1%	50.7%	48.6%
More than one person	28.8%	30.0%	29.3%
No, no personal doctor or provider	20.0%	19.3%	22.2%

When you are sick or need medical care, where do you usually go?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Doctor's office, clinic, public health or community clinic	80.6%	80.5%	80.8%
Hospital emergency room	^0.4%	*0.8%	1.3%
Urgent Care Center	9.7%	8.8%	7.9%
Clinic located in a drug or grocery store	*3.0%	3.4%	3.0%
No usual place	4.9%	4.8%	5.3%

Do you take any prescription medication on a regular basis, other than birth control pills?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	49.3%	52.2%	50.3%
Among persons aged 65 and older	87.1%	85.9%	85.3%

During the past 12 months, was there any time you skipped doses, took smaller amounts of your prescription, or did not fill a prescription because you could not afford it?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older who regularly take prescription medications	*8.5%	8.8%	11.2%
Among persons aged 65 and older who regularly take prescription medications	^5.0%	5.0%	6.0%

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# Metro SHAPE 2014

## Access to Health Care

### SHAPE Region: Northwest Outer-Ring Suburbs

During the past 12 months, have you seen a doctor, nurse, or other health care professional about your own health?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	80.9%	82.8%	81.9%

Among persons who have seen a provider for their own health during the past 12 months

Did the doctor, nurse, or other health professional discuss with you or ask you about your ....?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Physical activity or exercise	71.0%	71.3%	71.4%
Diet or nutrition	47.2%	49.4%	50.6%
Weight loss or losing weight	29.5%	31.3%	31.4%
Smoking or other tobacco use	42.8%	40.1%	41.8%
Stress	37.8%	39.5%	42.1%
Alcohol use	43.7%	41.5%	42.6%

During the past 12 months, have you seen a psychiatrist, psychologist, therapist, counselor, or other mental health professional for your own health?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	8.1%	11.0%	13.8%

How long has it been since your last complete physical exam?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Within the past year	63.0%	63.1%	60.6%
Within the past 2 years	20.7%	18.7%	19.3%
Within the past 5 years	10.0%	9.9%	10.4%
5 or more years ago	5.5%	7.4%	8.6%
Never	^0.9%	1.0%	1.1%

About how long has it been since you last had your blood cholesterol checked?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Within the past year	59.2%	62.0%	59.2%
Within the past 2 years	20.3%	18.5%	18.7%
Within the past 5 years	11.3%	9.8%	10.2%
5 or more years ago	5.3%	4.9%	5.5%
Never	*3.9%	4.9%	6.4%

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# Metro SHAPE 2014

## Access to Health Care

### SHAPE Region: Northwest Outer-Ring Suburbs

How long has it been since you last visited a dentist or dental clinic for any reason?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Within the past year	84.8%	82.9%	79.0%
Within the past 2 years	6.3%	7.8%	9.8%
Within the past 5 years	*3.6%	4.8%	5.7%
5 or more years ago	*4.3%	3.9%	4.9%
Never	^0.9%	^0.6%	*0.6%

Do you currently have insurance that pays for all or part of your dental care?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	79.8%	78.2%	77.8%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest Outer-Ring Suburbs

Yesterday, how many servings of vegetables did you eat?

A serving of vegetables is a cup of salad greens, or a half cup of any other vegetables, not including french fries.

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 servings	9.9%	9.8%	10.0%
1 serving	27.5%	25.8%	25.0%
2 servings	29.5%	31.3%	31.0%
3 or more servings	33.1%	33.1%	34.0%

Yesterday, how many servings of fruit did you eat?

A serving of fruit is one medium sized fruit, a half cup of chopped, cut, or canned fruit, or 6 ounces of 100% fruit juice.

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 servings	11.4%	13.9%	14.8%
1 serving	32.6%	30.4%	29.6%
2 servings	32.3%	31.6%	30.9%
3 or more servings	23.7%	24.1%	24.7%

Total servings of fruit and vegetables consumed yesterday

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 servings	*2.9%	4.1%	4.4%
1 serving	7.6%	7.9%	8.2%
2 servings	19.3%	16.9%	16.4%
3 or 4 servings	36.4%	36.6%	35.3%
5 or more servings	33.8%	34.5%	35.7%

In a typical week, on how many days do you eat breakfast?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	*3.3%	3.8%	4.0%
1 or 2 days	8.4%	7.3%	7.3%
3 or 4 days	10.9%	10.5%	11.9%
5 or 6 days	15.6%	16.7%	17.0%
7 days	61.8%	61.7%	59.7%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest Outer-Ring Suburbs

About how often do you drink ... ?

Pop or soda (regular)

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Never	47.7%	48.7%	47.6%
Occasionally but not every week	31.9%	31.6%	32.6%
At least once per week but not daily	9.8%	10.7%	11.2%
Once per day	6.3%	5.8%	5.5%
More than once per day	*4.4%	3.1%	3.2%

Pop or soda (diet)

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Never	50.9%	51.5%	54.6%
Occasionally but not every week	25.6%	23.3%	22.4%
At least once per week but not daily	10.3%	10.7%	10.0%
Once per day	8.4%	8.5%	7.4%
More than once per day	4.8%	5.9%	5.6%

Energy drinks such as Red Bull, 5-hour Energy, or Monster

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Never	86.4%	88.4%	88.0%
Occasionally but not every week	9.0%	8.3%	8.7%
At least once per week but not daily	*3.3%	2.4%	2.3%
Once per day	^1.0%	*0.7%	*0.8%
More than once per day	^0.3%	^0.2%	^0.2%

Other sugar-sweetened drinks such as sweet tea, coffee drinks, juice drinks, Kool-Aid, or Gatorade

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Never	43.9%	46.0%	44.5%
Occasionally but not every week	30.2%	29.3%	29.6%
At least once per week but not daily	10.2%	10.8%	11.3%
Once per day	10.8%	10.0%	10.4%
More than once per day	4.9%	3.8%	4.2%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest Outer-Ring Suburbs

About how often do you drink ... ?

Water

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Never	^0.1%	*0.4%	0.4%
Occasionally but not every week	^1.7%	1.2%	1.1%
At least once per week but not daily	*3.3%	3.5%	3.3%
Once per day	10.9%	10.1%	9.6%
More than once per day	84.1%	84.8%	85.6%

Milk

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Never	18.7%	19.1%	20.3%
Occasionally but not every week	16.0%	15.4%	16.4%
At least once per week but not daily	21.9%	21.9%	22.4%
Once per day	27.3%	29.3%	28.0%
More than once per day	16.0%	14.3%	12.9%

Nutrition and beverage intake summary measures

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Having 2 servings or more a day of fruit	56.0%	55.7%	55.7%
Having 3 servings or more a day of vegetables	33.1%	33.1%	34.0%
Having 5 servings or more a day of fruits and vegetables	33.8%	34.5%	35.7%
Having sugar-sweetened beverage daily or more often	25.7%	21.8%	22.2%

During the past 30 days, other than your regular job, did you participate in any physical activity or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	87.2%	86.9%	85.8%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest Outer-Ring Suburbs

#### Level of moderate physical activity in a usual week

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	3.7%	3.1%	3.6%
Insufficiently active (10-149 minutes per week)	32.6%	32.6%	32.4%
Sufficiently active (150-299 minutes per week)	28.4%	28.1%	27.1%
Highly active (≥ 300 minutes per week)	35.3%	36.1%	36.9%

#### Among persons who are at least sufficiently active (≥ 150 minutes per week)

##### Would you say you get this moderate physical activity at work or outside work?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
At work	15.8%	13.7%	14.6%
Outside of work	84.2%	86.3%	85.4%

#### Level of vigorous physical activity in a usual week

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	17.4%	19.4%	19.7%
Insufficiently active (10-74 minutes per week)	28.9%	27.3%	27.2%
Sufficiently active (75-149 minutes per week)	15.8%	17.8%	18.1%
Highly active (≥ 150 minutes per week)	37.9%	35.5%	35.0%

#### Among persons who are at least sufficiently active (≥ 75 minutes per week)

##### Would you say you get this moderate physical activity at work or outside work?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
At work	9.2%	7.8%	8.3%
Outside of work	90.8%	92.2%	91.7%

#### Healthy People 2020 physical activity guidelines

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Engaged in no leisure time physical activity	12.8%	13.1%	14.2%
Met the 150 minutes aerobic activity guideline through leisure time	72.3%	75.0%	74.2%
Met the 300 minutes aerobic activity guideline through leisure time	57.7%	58.8%	58.6%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest Outer-Ring Suburbs

During a typical day how many hours do you do each of the following ... ?

Use a TV to watch shows, movies, videos, or play games

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 hours	11.0%	11.3%	13.0%
1 hour	33.1%	30.6%	30.3%
2 hours	32.0%	31.6%	31.1%
3 or more hours	23.9%	26.5%	25.6%

During a typical day how many hours do you do each of the following ... ?

Talk, text, or use an app on a phone

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 hours	19.5%	22.0%	22.0%
1 hour	56.7%	53.5%	52.2%
2 hours	15.4%	15.2%	16.3%
3 or more hours	8.4%	9.3%	9.5%

During a typical day how many hours do you do each of the following ... ?

Use a computer, laptop, or tablet for work or enjoyment

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 hours	8.8%	9.4%	10.2%
1 hour	21.2%	22.3%	21.8%
2 hours	16.4%	15.9%	16.0%
3 or more hours	53.6%	52.4%	52.1%

Current smoking status

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Every day smoker	4.2%	3.7%	4.6%
Some day smoker	*2.7%	2.5%	3.1%
Former smoker	26.8%	27.6%	27.3%
Never smoked	66.3%	66.2%	65.0%

Current smoking status

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Currently smoking	6.9%	6.2%	7.7%

Among current smokers

During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	60.5%	56.1%	59.4%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest Outer-Ring Suburbs

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 type of tobacco product?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	8.5%	8.6%	9.7%

Does anyone, including yourself, smoke regularly inside your home?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	*3.4%	3.5%	4.5%

In the past 7 days have you been in a car or other vehicle with someone who was smoking?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	6.9%	5.4%	6.7%

Current alcohol use

(Had at least one drink of any alcoholic beverage on one or more days during the past 30 days)

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	75.8%	75.9%	76.0%

During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	24.3%	24.1%	24.1%
1 to 3 days	20.2%	20.0%	19.4%
4 to 9 days	23.6%	23.1%	21.8%
10 to 19 days	15.9%	14.9%	15.8%
20 or more days	16.0%	17.8%	19.0%

During the past 30 days, on the days when you drank, about how many drinks did you have on average?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 drinks	22.8%	22.8%	22.7%
1 or 2 drinks	62.6%	63.3%	61.8%
3 or 4 drinks	11.5%	10.8%	11.8%
5 or more drinks	*3.1%	3.1%	3.7%

Among persons who are current drinkers

During the past 30 days, on the days when you drank, about how many drinks did you have on average?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
1 or 2 drinks	81.1%	82.0%	80.0%
3 or 4 drinks	14.9%	14.0%	15.3%
5 or more drinks	*4.1%	4.0%	4.7%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest Outer-Ring Suburbs

Among males

How many times during the past 30 days have you had 5 or more drinks on one occasion?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	71.2%	70.7%	67.7%
1 time	*7.8%	8.6%	9.9%
2 times	*6.9%	7.4%	7.3%
3 to 5 times	*8.0%	7.9%	8.9%
6 or more times	*6.1%	5.5%	6.2%

Among males who are current drinkers

How many times during the past 30 days have you had 5 or more drinks on one occasion?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	64.4%	62.8%	59.2%
1 time	*9.7%	10.9%	12.5%
2 times	*8.6%	9.3%	9.3%
3 to 5 times	*9.9%	10.0%	11.2%
6 or more times	*7.5%	6.9%	7.8%

Among females

How many times during the past 30 days have you had 4 or more drinks on one occasion?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	80.2%	80.7%	78.7%
1 time	10.1%	8.8%	9.1%
2 times	*4.3%	3.9%	4.9%
3 to 5 times	*4.5%	4.9%	5.2%
6 or more times	^1.0%	1.8%	2.2%

Among females who are current drinkers

How many times during the past 30 days have you had 4 or more drinks on one occasion?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	72.6%	73.7%	71.0%
1 time	13.9%	11.9%	12.3%
2 times	*5.9%	5.2%	6.7%
3 to 5 times	*6.2%	6.7%	7.1%
6 or more times	^1.3%	2.5%	2.9%

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# Metro SHAPE 2014

## How You Feel

### SHAPE Region: Northwest Outer-Ring Suburbs

Have you ever been told by a doctor or other health professional that you have depression?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	18.8%	20.0%	22.8%

Are you currently taking any medication that was prescribed for you to treat depression?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	8.9%	10.0%	10.6%

Among those who ever had depression

Yes	45.5%	48.3%	45.0%
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Have you ever been told by a doctor or other health professional that you have anxiety?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	18.2%	18.8%	21.3%

Are you currently taking any medication that was prescribed for you to treat anxiety?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	8.3%	8.9%	9.3%

Among those who ever had anxiety

Yes	40.9%	44.9%	41.8%
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During the past 30 days, about how often did you feel so sad that nothing could cheer you up?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	75.9%	74.8%	72.4%
A little of the time	16.5%	18.3%	19.0%
Some of the time	5.2%	5.3%	6.7%
Most of the time / All of the time	^2.4%	1.6%	1.9%

During the past 30 days, about how often did you feel nervous?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	45.3%	43.3%	41.3%
A little of the time	35.6%	39.0%	38.9%
Some of the time	17.1%	15.3%	16.7%
Most of the time / All of the time	*2.0%	2.4%	3.1%

During the past 30 days, about how often did you feel so restless or fidgety that you could not sit still?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	68.9%	68.2%	66.3%
A little of the time	20.6%	22.0%	22.6%
Some of the time	9.2%	8.4%	9.2%
Most of the time / All of the time	^1.3%	1.5%	1.9%

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# Metro SHAPE 2014

## How You Feel

### SHAPE Region: Northwest Outer-Ring Suburbs

During the past 30 days, about how often did you feel hopeless?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	81.1%	81.0%	78.5%
A little of the time	11.5%	12.9%	14.0%
Some of the time	6.0%	4.6%	5.6%
Most of the time / All of the time	<sup>^</sup> 1.4%	1.5%	1.9%

During the past 30 days, about how often did you feel that everything was an effort?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	59.0%	59.6%	56.2%
A little of the time	24.8%	26.7%	28.2%
Some of the time	10.8%	9.3%	10.5%
Most of the time / All of the time	5.4%	4.3%	5.1%

During the past 30 days, about how often did you feel worthless?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	82.1%	82.1%	79.9%
A little of the time	11.0%	11.8%	12.8%
Some of the time	4.9%	4.2%	5.1%
Most of the time / All of the time	<sup>^</sup> 2.0%	1.8%	2.2%

Experienced serious psychological distress during the past 30 days

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	*3.5%	2.3%	3.0%

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# Metro SHAPE 2014

## Social-Environmental Factors

### SHAPE Region: Northwest Outer-Ring Suburbs

How often are you involved in school, community, or neighborhood activities?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Weekly	26.8%	27.1%	26.4%
Monthly	12.2%	13.0%	13.3%
Several times a year	25.4%	22.3%	22.4%
About once a year / Less often than yearly	19.0%	20.8%	20.8%
Never	16.6%	16.8%	17.0%

How often do you get together or talk with friends or neighbors?

(This includes on the phone or online.)

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Daily	31.3%	34.8%	36.7%
Weekly	43.8%	43.1%	42.1%
Monthly	14.3%	12.4%	11.4%
Less often than monthly	9.8%	8.0%	7.8%
Never	^0.7%	1.6%	1.9%

Overall, how would you rate your neighborhood as a place to walk?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very pleasant	72.2%	70.8%	67.0%
Somewhat pleasant	25.7%	26.3%	28.2%
Not very pleasant	*2.0%	2.2%	3.7%
Not at all pleasant	^0.1%	*0.7%	1.1%

For walking in your neighborhood, would you say the sidewalks, trails, and walking paths are:

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very well maintained	57.9%	51.5%	52.1%
Somewhat maintained	22.7%	25.1%	29.5%
Not very well maintained /			
Not at all maintained	*2.4%	3.1%	4.6%
There are no sidewalks in my neighborhood	17.0%	20.3%	13.9%

In general, how easy is it to safely cross the streets or roads in your neighborhood?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very easy	64.6%	62.1%	60.0%
Somewhat easy	30.1%	31.2%	33.1%
Not very easy	4.5%	5.4%	5.5%
Not at all easy	^0.7%	1.3%	1.3%

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# Metro SHAPE 2014

## Social-Environmental Factors

### SHAPE Region: Northwest Outer-Ring Suburbs

Please rate the extent to which you agree or disagree.

This is a good community to raise children in

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Strongly agree	70.4%	70.6%	62.3%
Somewhat agree	24.8%	24.7%	29.1%
Somewhat disagree	4.3%	3.8%	6.4%
Strongly disagree	^0.4%	0.8%	2.1%

People in this neighborhood are willing to help one another

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Strongly agree	49.5%	48.1%	44.6%
Somewhat agree	42.2%	44.1%	45.3%
Somewhat disagree	7.2%	6.8%	8.4%
Strongly disagree	^1.0%	1.0%	1.7%

In general, how safe from crime do you consider your neighborhood to be?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very safe	60.3%	60.4%	48.4%
Somewhat safe	34.4%	35.0%	41.2%
Somewhat unsafe	4.8%	4.1%	8.4%
Not at all safe	^0.4%	*0.5%	2.0%

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

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
At least once a week	^1.3%	1.7%	2.7%
Once or twice a month	*2.7%	2.6%	3.2%
A few times a year	9.3%	7.6%	9.5%
Once a year or less often	13.2%	12.3%	14.4%
Never	73.5%	75.9%	70.2%

During the past 12 months how often did you worry that your food would run out before you had money to buy more?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Often	*3.2%	2.3%	3.2%
Sometimes	6.6%	5.4%	7.0%
Rarely	7.0%	6.5%	7.5%
Never	83.2%	85.8%	82.3%

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# Metro SHAPE 2014

## Social-Environmental Factors

### SHAPE Region: Northwest Outer-Ring Suburbs

During the past 12 months, did you miss a rent or mortgage payment because you did not have enough money?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	5.5%	4.1%	5.7%

How many times have you moved in the past 2 years?

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	84.5%	83.1%	79.7%
1 time	12.8%	14.3%	15.9%
2 or more times	*2.7%	2.6%	4.4%

Do you think of yourself as ...

	<u>NW Outer-Ring Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Gay, lesbian, or homosexual/ Bisexual/Transgender	*2.4%	3.2%	6.2%

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is >30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error >50%)

For more information about *Metro SHAPE 2014*, please contact [SHAPE@Hennepin.us](mailto:SHAPE@Hennepin.us).

This report and other information about *Metro SHAPE 2014* can be accessed at [www.Hennepin.us/SHAPE](http://www.Hennepin.us/SHAPE).

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