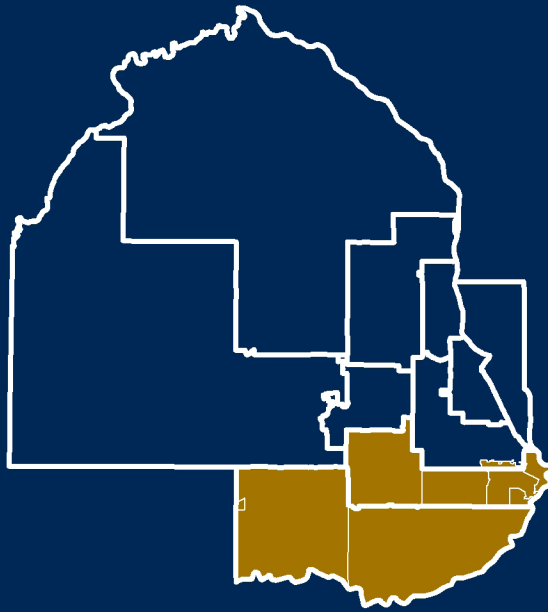




Metro SHAPE
2014

HENNEPIN COUNTY
REGION DATA BOOK
SOUTH SUBURBS



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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-South Suburbs*, an extraction from the *Metro SHAPE 2014 Hennepin County Geographic Data Book*, reports data from survey respondents who live in the south suburban area of Hennepin County.

The cities included in this region are: Bloomington, Eden Prairie, Edina, Fort Snelling, and Richfield.

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	South Suburbs	Suburban Hennepin County	Hennepin County
Total	1,990	5,255	8,578
Age			
25-44	374	1,148	2,321
45-64	880	2,115	2,463
65+	829	1,980	1,773
Gender			
Male	730	1,918	3,134
Female	1,260	3,336	5,442
Race/Ethnicity			
Hispanic/Latino	21	66	137
Non-Hispanic Asian	51	137	232
Non-Hispanic US-born Black	27	86	296
Non-Hispanic White	1,834	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. Contact SHAPE@Hennepin.us for more information.

Metro SHAPE 2014

Overall Health

SHAPE Region: South Suburbs

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Excellent	17.7%	18.4%	18.5%
Very Good	47.1%	45.1%	45.0%
Good	27.9%	29.7%	28.9%
Fair	6.4%	5.8%	6.6%
Poor	*0.9%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	58.0%	59.0%	56.5%
1 or 2 days	19.1%	19.0%	19.4%
3 to 7 days	13.6%	13.1%	14.3%
8 to 13 days	4.5%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	56.0%	56.6%	53.2%
1 or 2 days	16.8%	16.6%	17.0%
3 to 7 days	15.6%	15.2%	16.6%
8 to 13 days	5.8%	4.9%	5.4%
14 or more days	5.9%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	38.0%	39.6%	36.8%
1 or 2 days	19.2%	18.0%	17.3%
3 to 7 days	21.6%	22.4%	23.9%
8 to 13 days	10.1%	8.1%	8.7%
14 or more days	11.0%	11.9%	13.3%

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Metro SHAPE 2014

Overall Health

SHAPE Region: South 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?

	South Suburbs	Suburban Hennepin County	Hennepin County
0 days	73.5%	75.0%	71.5%
1 or 2 days	12.9%	11.7%	13.0%
3 to 7 days	6.9%	7.6%	8.8%
8 to 13 days	2.9%	2.0%	2.2%
14 or more days	3.8%	3.6%	4.5%

Average number of unhealthy days during the past 30 days

	South Suburbs	Suburban Hennepin County	Hennepin County
Unhealthy physical health days	2.5	2.5	2.8
Unhealthy mental health days	2.8	2.9	3.2
Unhealthy physical and unhealthy mental health days	4.9	4.9	5.4
Days when poor health interfered with usual activities	1.7	1.6	1.8

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

	South Suburbs	Suburban Hennepin County	Hennepin County
Hypertension, also called high blood pressure	21.9%	21.5%	21.1%
Borderline high blood pressure or pre-hypertension	21.9%	21.9%	21.2%
Diabetes or sugar disease	6.9%	5.9%	6.1%
Pre-diabetes or borderline diabetes	8.0%	7.9%	8.0%
High blood cholesterol	31.4%	31.5%	30.0%
Heart attack	2.5%	2.1%	2.0%
Angina or coronary heart disease	3.8%	3.1%	2.9%
Stroke	1.5%	1.5%	1.7%
Any of the three	5.7%	5.0%	4.8%
Arthritis or rheumatism			
Among persons aged 25 and older	19.0%	19.1%	18.3%
Among persons aged 55 and older	39.1%	39.0%	39.1%
Among persons aged 65 and older	50.6%	49.8%	49.9%
Asthma			
Ever had asthma	11.9%	10.8%	11.8%
Currently has asthma	7.3%	6.4%	7.3%

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Metro SHAPE 2014

Overall Health

SHAPE Region: South Suburbs

Weight status based on Body Mass Index calculation

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Underweight	1.3%	1.2%	1.3%
Normal	43.4%	39.6%	41.4%
Overweight	35.1%	37.7%	35.5%
Obese	20.2%	21.6%	21.9%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes, within the past year	18.7%	18.2%	17.8%
Yes, more than 1 year ago	17.4%	17.0%	16.5%
No	63.9%	64.7%	65.7%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Overweight	41.7%	43.1%	40.9%
About the right weight	56.1%	54.9%	56.9%
Underweight	2.2%	2.1%	2.1%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	18.2%	17.8%	18.6%
Among persons aged 55 and older	29.4%	28.9%	30.3%
Among persons aged 65 and older	34.4%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	6.2%	6.2%	7.8%
Among persons aged 55 and older	8.8%	8.9%	11.1%
Among persons aged 65 and older	9.9%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 55 and older	2.6%	2.4%	3.4%
Among persons aged 65 and older	3.8%	3.4%	4.4%

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Metro SHAPE 2014

Overall Health

SHAPE Region: South 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?

	South Suburbs	Suburban Hennepin County	Hennepin County
Among persons aged 55 and older	8.5%	7.7%	8.8%
Among persons aged 65 and older	11.6%	10.9%	11.7%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: South 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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	90.7%	89.8%	90.1%
Among persons aged 25 to 64	89.7%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Insured the entire year	88.3%	86.4%	85.2%
Insured only part of the year	10.3%	11.9%	12.6%
Uninsured the entire year	*1.3%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very difficult	3.8%	5.5%	5.6%
Somewhat difficult	14.9%	14.6%	15.3%
Not too difficult	26.6%	27.0%	26.7%
Not at all difficult	52.1%	50.5%	48.7%
Not applicable	2.6%	2.4%	3.6%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	64.5%	64.5%	65.0%
Among persons who needed care			
Delayed or did not get the needed care	17.2%	17.6%	18.9%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	69.3%	72.2%	68.9%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: South 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?

	South Suburbs	Suburban Hennepin County	Hennepin County
Among persons aged 25 and older	21.9%	21.0%	24.2%
Among persons who needed care			
Delayed or did not get the needed care	55.7%	53.4%	52.7%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	36.8%	43.9%	45.7%

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

	South Suburbs	Suburban Hennepin County	Hennepin County
Yes, only one person	50.5%	50.7%	48.6%
More than one person	31.0%	30.0%	29.3%
No, no personal doctor or provider	18.5%	19.3%	22.2%

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

	South Suburbs	Suburban Hennepin County	Hennepin County
Doctor's office, clinic, public health or community clinic	81.8%	80.5%	80.8%
Hospital emergency room	^0.7%	*0.8%	1.3%
Urgent Care Center	7.4%	8.8%	7.9%
Clinic located in a drug or grocery store	3.1%	3.4%	3.0%
No usual place	4.6%	4.8%	5.3%

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

	South Suburbs	Suburban Hennepin County	Hennepin County
Among persons aged 25 and older	54.3%	52.2%	50.3%
Among persons aged 65 and older	85.6%	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?

	South Suburbs	Suburban Hennepin County	Hennepin County
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	5.6%	5.0%	6.0%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: South Suburbs

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

	South Suburbs	Suburban Hennepin County	Hennepin County
Yes	84.3%	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?

	South Suburbs	Suburban Hennepin County	Hennepin County
Physical activity or exercise	72.3%	71.3%	71.4%
Diet or nutrition	52.4%	49.4%	50.6%
Weight loss or losing weight	31.9%	31.3%	31.4%
Smoking or other tobacco use	37.9%	40.1%	41.8%
Stress	40.3%	39.5%	42.1%
Alcohol use	39.2%	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?

	South Suburbs	Suburban Hennepin County	Hennepin County
Yes	12.1%	11.0%	13.8%

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

	South Suburbs	Suburban Hennepin County	Hennepin County
Within the past year	64.8%	63.1%	60.6%
Within the past 2 years	17.0%	18.7%	19.3%
Within the past 5 years	9.2%	9.9%	10.4%
5 or more years ago	7.8%	7.4%	8.6%
Never	*1.2%	1.0%	1.1%

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

	South Suburbs	Suburban Hennepin County	Hennepin County
Within the past year	65.9%	62.0%	59.2%
Within the past 2 years	16.4%	18.5%	18.7%
Within the past 5 years	8.2%	9.8%	10.2%
5 or more years ago	4.9%	4.9%	5.5%
Never	4.6%	4.9%	6.4%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: South Suburbs

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Within the past year	83.1%	82.9%	79.0%
Within the past 2 years	7.9%	7.8%	9.8%
Within the past 5 years	5.1%	4.8%	5.7%
5 or more years ago	3.3%	3.9%	4.9%
Never	^0.6%	^0.6%	*0.6%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	78.1%	78.2%	77.8%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: South 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.

	South Suburbs	Suburban Hennepin County	Hennepin County
0 servings	9.9%	9.8%	10.0%
1 serving	27.1%	25.8%	25.0%
2 servings	30.8%	31.3%	31.0%
3 or more servings	32.1%	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.

	South Suburbs	Suburban Hennepin County	Hennepin County
0 servings	15.4%	13.9%	14.8%
1 serving	30.3%	30.4%	29.6%
2 servings	28.4%	31.6%	30.9%
3 or more servings	25.9%	24.1%	24.7%

Total servings of fruit and vegetables consumed yesterday

	South Suburbs	Suburban Hennepin County	Hennepin County
0 servings	5.2%	4.1%	4.4%
1 serving	9.0%	7.9%	8.2%
2 servings	15.9%	16.9%	16.4%
3 or 4 servings	35.6%	36.6%	35.3%
5 or more servings	34.3%	34.5%	35.7%

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

	South Suburbs	Suburban Hennepin County	Hennepin County
0 days	4.5%	3.8%	4.0%
1 or 2 days	5.9%	7.3%	7.3%
3 or 4 days	10.1%	10.5%	11.9%
5 or 6 days	16.3%	16.7%	17.0%
7 days	63.2%	61.7%	59.7%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: South Suburbs

About how often do you drink ... ?

Pop or soda (regular)

	South Suburbs	Suburban Hennepin County	Hennepin County
Never	50.8%	48.7%	47.6%
Occasionally but not every week	30.0%	31.6%	32.6%
At least once per week but not daily	10.5%	10.7%	11.2%
Once per day	6.0%	5.8%	5.5%
More than once per day	2.8%	3.1%	3.2%

Pop or soda (diet)

	South Suburbs	Suburban Hennepin County	Hennepin County
Never	52.9%	51.5%	54.6%
Occasionally but not every week	20.0%	23.3%	22.4%
At least once per week but not daily	11.1%	10.7%	10.0%
Once per day	9.4%	8.5%	7.4%
More than once per day	6.6%	5.9%	5.6%

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

	South Suburbs	Suburban Hennepin County	Hennepin County
Never	91.3%	88.4%	88.0%
Occasionally but not every week	7.2%	8.3%	8.7%
At least once per week but not daily	*1.4%	2.4%	2.3%
Once per day	^0.1%	*0.7%	*0.8%
More than once per day	0.0%	^0.2%	^0.2%

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

	South Suburbs	Suburban Hennepin County	Hennepin County
Never	50.5%	46.0%	44.5%
Occasionally but not every week	26.6%	29.3%	29.6%
At least once per week but not daily	10.1%	10.8%	11.3%
Once per day	9.7%	10.0%	10.4%
More than once per day	3.1%	3.8%	4.2%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: South Suburbs

About how often do you drink ... ?

Water

	South Suburbs	Suburban Hennepin County	Hennepin County
Never	^0.6%	*0.4%	0.4%
Occasionally but not every week	*1.0%	1.2%	1.1%
At least once per week but not daily	4.5%	3.5%	3.3%
Once per day	9.9%	10.1%	9.6%
More than once per day	84.0%	84.8%	85.6%

Milk

	South Suburbs	Suburban Hennepin County	Hennepin County
Never	20.3%	19.1%	20.3%
Occasionally but not every week	14.3%	15.4%	16.4%
At least once per week but not daily	21.6%	21.9%	22.4%
Once per day	29.4%	29.3%	28.0%
More than once per day	14.4%	14.3%	12.9%

Nutrition and beverage intake summary measures

	South Suburbs	Suburban Hennepin County	Hennepin County
Having 2 servings or more a day of fruit	54.3%	55.7%	55.7%
Having 3 servings or more a day of vegetables	32.1%	33.1%	34.0%
Having 5 servings or more a day of fruits and vegetables	34.3%	34.5%	35.7%
Having sugar-sweetened beverage daily or more often	20.1%	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?

	South Suburbs	Suburban Hennepin County	Hennepin County
Yes	88.2%	86.9%	85.8%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: South Suburbs

Level of moderate physical activity in a usual week

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	2.2%	3.1%	3.6%
Insufficiently active (10-149 minutes per week)	32.8%	32.6%	32.4%
Sufficiently active (150-299 minutes per week)	29.0%	28.1%	27.1%
Highly active (≥ 300 minutes per week)	36.1%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
At work	12.2%	13.7%	14.6%
Outside of work	87.8%	86.3%	85.4%

Level of vigorous physical activity in a usual week

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	22.5%	19.4%	19.7%
Insufficiently active (10-74 minutes per week)	28.6%	27.3%	27.2%
Sufficiently active (75-149 minutes per week)	18.9%	17.8%	18.1%
Highly active (≥ 150 minutes per week)	29.9%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
At work	6.0%	7.8%	8.3%
Outside of work	94.0%	92.2%	91.7%

Healthy People 2020 physical activity guidelines

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Engaged in no leisure time physical activity	11.8%	13.1%	14.2%
Met the 150 minutes aerobic activity guideline through leisure time	75.7%	75.0%	74.2%
Met the 300 minutes aerobic activity guideline through leisure time	58.2%	58.8%	58.6%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: South 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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 hours	10.1%	11.3%	13.0%
1 hour	28.7%	30.6%	30.3%
2 hours	31.9%	31.6%	31.1%
3 or more hours	29.2%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 hours	23.5%	22.0%	22.0%
1 hour	52.6%	53.5%	52.2%
2 hours	15.2%	15.2%	16.3%
3 or more hours	8.7%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 hours	9.4%	9.4%	10.2%
1 hour	22.4%	22.3%	21.8%
2 hours	16.2%	15.9%	16.0%
3 or more hours	52.0%	52.4%	52.1%

Current smoking status

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Every day smoker	2.6%	3.7%	4.6%
Some day smoker	2.9%	2.5%	3.1%
Former smoker	27.0%	27.6%	27.3%
Never smoked	67.5%	66.2%	65.0%

Current smoking status

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Currently smoking	5.5%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	53.4%	56.1%	59.4%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: South 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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	6.8%	8.6%	9.7%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	3.6%	3.5%	4.5%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	3.4%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	74.8%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	25.2%	24.1%	24.1%
1 to 3 days	19.7%	20.0%	19.4%
4 to 9 days	25.6%	23.1%	21.8%
10 to 19 days	12.7%	14.9%	15.8%
20 or more days	16.8%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 drinks	23.9%	22.8%	22.7%
1 or 2 drinks	64.5%	63.3%	61.8%
3 or 4 drinks	8.9%	10.8%	11.8%
5 or more drinks	2.7%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
1 or 2 drinks	84.8%	82.0%	80.0%
3 or 4 drinks	11.7%	14.0%	15.3%
5 or more drinks	3.5%	4.0%	4.7%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: South Suburbs

Among males

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

	South Suburbs	Suburban Hennepin County	Hennepin County
0 times	74.0%	70.7%	67.7%
1 time	8.8%	8.6%	9.9%
2 times	*5.1%	7.4%	7.3%
3 to 5 times	8.5%	7.9%	8.9%
6 or more times	*3.5%	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?

	South Suburbs	Suburban Hennepin County	Hennepin County
0 times	65.9%	62.8%	59.2%
1 time	11.6%	10.9%	12.5%
2 times	*6.7%	9.3%	9.3%
3 to 5 times	11.2%	10.0%	11.2%
6 or more times	*4.6%	6.9%	7.8%

Among females

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

	South Suburbs	Suburban Hennepin County	Hennepin County
0 times	83.1%	80.7%	78.7%
1 time	7.5%	8.8%	9.1%
2 times	3.4%	3.9%	4.9%
3 to 5 times	4.2%	4.9%	5.2%
6 or more times	*1.8%	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?

	South Suburbs	Suburban Hennepin County	Hennepin County
0 times	77.1%	73.7%	71.0%
1 time	10.2%	11.9%	12.3%
2 times	4.6%	5.2%	6.7%
3 to 5 times	5.7%	6.7%	7.1%
6 or more times	*2.4%	2.5%	2.9%

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Metro SHAPE 2014

How You Feel

SHAPE Region: South Suburbs

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	21.2%	20.0%	22.8%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	10.6%	10.0%	10.6%

Among those who ever had depression

Yes	47.5%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	19.9%	18.8%	21.3%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	9.7%	8.9%	9.3%

Among those who ever had anxiety

Yes	47.3%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	74.0%	74.8%	72.4%
A little of the time	18.8%	18.3%	19.0%
Some of the time	6.1%	5.3%	6.7%
Most of the time / All of the time	*1.1%	1.6%	1.9%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	41.7%	43.3%	41.3%
A little of the time	42.8%	39.0%	38.9%
Some of the time	12.6%	15.3%	16.7%
Most of the time / All of the time	2.9%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	68.5%	68.2%	66.3%
A little of the time	21.8%	22.0%	22.6%
Some of the time	8.4%	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: South Suburbs

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

	South Suburbs	Suburban Hennepin County	Hennepin County
None of the time	80.6%	81.0%	78.5%
A little of the time	13.9%	12.9%	14.0%
Some of the time	4.0%	4.6%	5.6%
Most of the time / All of the time	*1.6%	1.5%	1.9%

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

	South Suburbs	Suburban Hennepin County	Hennepin County
None of the time	62.1%	59.6%	56.2%
A little of the time	26.4%	26.7%	28.2%
Some of the time	7.9%	9.3%	10.5%
Most of the time / All of the time	3.6%	4.3%	5.1%

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

	South Suburbs	Suburban Hennepin County	Hennepin County
None of the time	82.3%	82.1%	79.9%
A little of the time	12.0%	11.8%	12.8%
Some of the time	3.8%	4.2%	5.1%
Most of the time / All of the time	1.9%	1.8%	2.2%

Experienced serious psychological distress during the past 30 days

	South Suburbs	Suburban Hennepin County	Hennepin County
Yes	2.0%	2.3%	3.0%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: South Suburbs

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Weekly	27.3%	27.1%	26.4%
Monthly	12.8%	13.0%	13.3%
Several times a year	20.9%	22.3%	22.4%
About once a year / Less often than yearly	21.2%	20.8%	20.8%
Never	17.7%	16.8%	17.0%

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

(This includes on the phone or online.)

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Daily	37.2%	34.8%	36.7%
Weekly	41.5%	43.1%	42.1%
Monthly	11.5%	12.4%	11.4%
Less often than monthly	7.2%	8.0%	7.8%
Never	*2.7%	1.6%	1.9%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very pleasant	70.5%	70.8%	67.0%
Somewhat pleasant	26.3%	26.3%	28.2%
Not very pleasant	2.3%	2.2%	3.7%
Not at all pleasant	^0.9%	*0.7%	1.1%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very well maintained	51.3%	51.5%	52.1%
Somewhat maintained	24.1%	25.1%	29.5%
Not very well maintained /			
Not at all maintained	4.4%	3.1%	4.6%
There are no sidewalks in my neighborhood	20.2%	20.3%	13.9%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very easy	61.1%	62.1%	60.0%
Somewhat easy	31.3%	31.2%	33.1%
Not very easy	6.2%	5.4%	5.5%
Not at all easy	1.4%	1.3%	1.3%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: South Suburbs

Please rate the extent to which you agree or disagree.

This is a good community to raise children in

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Strongly agree	73.6%	70.6%	62.3%
Somewhat agree	21.8%	24.7%	29.1%
Somewhat disagree	3.9%	3.8%	6.4%
Strongly disagree	*0.6%	0.8%	2.1%

People in this neighborhood are willing to help one another

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Strongly agree	47.0%	48.1%	44.6%
Somewhat agree	45.2%	44.1%	45.3%
Somewhat disagree	6.9%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very safe	64.1%	60.4%	48.4%
Somewhat safe	32.5%	35.0%	41.2%
Somewhat unsafe	3.0%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
At least once a week	*2.0%	1.7%	2.7%
Once or twice a month	2.2%	2.6%	3.2%
A few times a year	5.4%	7.6%	9.5%
Once a year or less often	12.2%	12.3%	14.4%
Never	78.2%	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>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Often	*1.8%	2.3%	3.2%
Sometimes	4.2%	5.4%	7.0%
Rarely	5.8%	6.5%	7.5%
Never	88.2%	85.8%	82.3%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: South Suburbs

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	2.9%	4.1%	5.7%

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

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	82.3%	83.1%	79.7%
1 time	15.8%	14.3%	15.9%
2 or more times	2.0%	2.6%	4.4%

Do you think of yourself as ...

	<u>South Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Gay, lesbian, or homosexual/ Bisexual/Transgender	3.3%	3.2%	6.2%

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For more information about *Metro SHAPE 2014*, please contact SHAPE@Hennepin.us.

This report and other information about *Metro SHAPE 2014* can be accessed at www.Hennepin.us/SHAPE.

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**Metro SHAPE
2014**



Hennepin Hennepin County
Public Health