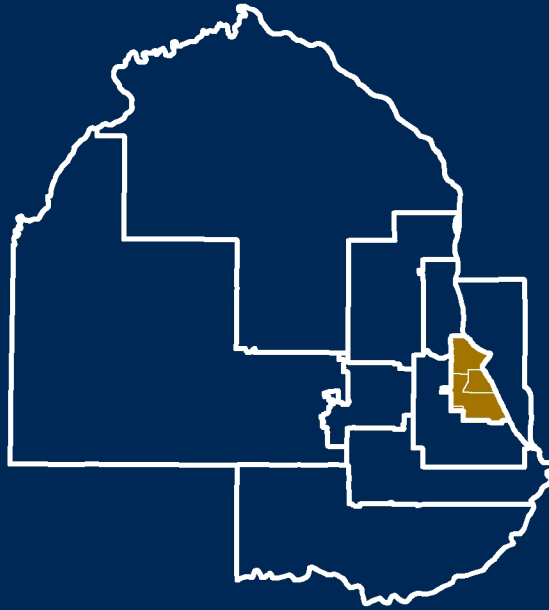




Metro SHAPE  
2014

HENNEPIN COUNTY  
**REGION DATA BOOK**  
**MINNEAPOLIS CENTRAL**



## ACKNOWLEDGMENTS

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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-Minneapolis Central*, an extraction from the *Metro SHAPE 2014 Hennepin County Geographic Data Book*, reports data from survey respondents who live in the central part of the city of Minneapolis.

The communities included in this region are: Central, Phillips, and Powderhorn.

*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	Minneapolis Central	Minneapolis	Hennepin County
<b>Total</b>	747	3,323	8,578
<b>Age</b>			
25-44	315	1,173	2,321
45-64	262	1,348	2,463
65+	166	793	1,773
<b>Gender</b>			
Male	308	1,216	3,134
Female	439	2,106	5,442
<b>Race/Ethnicity</b>			
Hispanic/Latino	21	71	137
Non-Hispanic Asian	15	95	232
Non-Hispanic US-born Black	42	210	296
Non-Hispanic White	609	2,757	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: Minneapolis Central

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Excellent	19.9%	18.6%	18.5%
Very Good	44.1%	44.7%	45.0%
Good	25.1%	27.2%	28.9%
Fair	10.1%	8.3%	6.6%
Poor	^0.7%	1.1%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	48.0%	51.3%	56.5%
1 or 2 days	20.3%	20.3%	19.4%
3 to 7 days	20.6%	17.0%	14.3%
8 to 13 days	2.7%	3.2%	3.4%
14 or more days	8.4%	8.2%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	41.8%	46.1%	53.2%
1 or 2 days	16.0%	17.7%	17.0%
3 to 7 days	20.9%	19.6%	16.6%
8 to 13 days	8.9%	6.5%	5.4%
14 or more days	12.4%	10.1%	7.8%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	24.9%	30.9%	36.8%
1 or 2 days	13.8%	15.7%	17.3%
3 to 7 days	30.6%	27.0%	23.9%
8 to 13 days	11.5%	10.0%	8.7%
14 or more days	19.2%	16.3%	13.3%

\* 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%)

# Metro SHAPE 2014

## Overall Health

### SHAPE Region: Minneapolis Central

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?

	Minneapolis Central	Minneapolis	Hennepin County
0 days	55.7%	64.3%	71.5%
1 or 2 days	17.7%	15.5%	13.0%
3 to 7 days	16.3%	11.3%	8.8%
8 to 13 days	*3.4%	2.6%	2.2%
14 or more days	6.8%	6.3%	4.5%

Average number of unhealthy days during the past 30 days

	Minneapolis Central	Minneapolis	Hennepin County
Unhealthy physical health days	3.6	3.3	2.8
Unhealthy mental health days	4.7	4.1	3.2
Unhealthy physical and unhealthy mental health days	7.5	6.5	5.4
Days when poor health interfered with usual activities	2.9	2.4	1.8

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

	Minneapolis Central	Minneapolis	Hennepin County
Hypertension, also called high blood pressure	19.3%	20.3%	21.1%
Borderline high blood pressure or pre-hypertension	22.0%	19.7%	21.2%
Diabetes or sugar disease	8.1%	6.4%	6.1%
Pre-diabetes or borderline diabetes	8.0%	8.2%	8.0%
High blood cholesterol	24.0%	26.9%	30.0%
Heart attack	*1.3%	1.6%	2.0%
Angina or coronary heart disease	1.9%	2.3%	2.9%
Stroke	*2.6%	2.0%	1.7%
Any of the three	4.7%	4.5%	4.8%
Arthritis or rheumatism			
Among persons aged 25 and older	15.2%	16.7%	18.3%
Among persons aged 55 and older	37.7%	39.5%	39.1%
Among persons aged 65 and older	52.2%	50.3%	49.9%
Asthma			
Ever had asthma	12.7%	13.8%	11.8%
Currently has asthma	8.6%	9.1%	7.3%

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# Metro SHAPE 2014

## Overall Health

### SHAPE Region: Minneapolis Central

Weight status based on Body Mass Index calculation

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Underweight	*1.5%	1.5%	1.3%
Normal	48.5%	45.2%	41.4%
Overweight	28.3%	30.7%	35.5%
Obese	21.7%	22.5%	21.9%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes, within the past year	15.0%	16.9%	17.8%
Yes, more than 1 year ago	13.0%	15.2%	16.5%
No	72.0%	67.9%	65.7%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Overweight	30.2%	36.4%	40.9%
About the right weight	66.6%	61.2%	56.9%
Underweight	*3.2%	2.4%	2.1%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	18.5%	20.2%	18.6%
Among persons aged 55 and older	34.2%	34.3%	30.3%
Among persons aged 65 and older	36.9%	36.9%	35.0%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	12.3%	11.1%	7.8%
Among persons aged 55 and older	20.8%	17.2%	11.1%
Among persons aged 65 and older	16.5%	13.3%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 55 and older	*7.4%	6.0%	3.4%
Among persons aged 65 and older	*12.7%	7.4%	4.4%

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# Metro SHAPE 2014

## Overall Health

### SHAPE Region: Minneapolis Central

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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 55 and older	14.1%	11.8%	8.8%
Among persons aged 65 and older	18.5%	14.1%	11.7%

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# Metro SHAPE 2014

## Access to Health Care

### SHAPE Region: Minneapolis Central

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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	92.0%	90.6%	90.1%
Among persons aged 25 to 64	91.8%	89.9%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Insured the entire year	81.1%	82.6%	85.2%
Insured only part of the year	14.3%	13.9%	12.6%
Uninsured the entire year	*4.7%	3.5%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very difficult	6.3%	6.1%	5.6%
Somewhat difficult	17.3%	16.6%	15.3%
Not too difficult	27.9%	26.1%	26.7%
Not at all difficult	39.7%	45.0%	48.7%
Not applicable	8.8%	6.2%	3.6%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	65.8%	65.9%	65.0%
Among persons who needed care			
Delayed or did not get the needed care	22.0%	21.6%	18.9%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	53.9%	63.4%	68.9%

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# Metro SHAPE 2014

## Access to Health Care

### SHAPE Region: Minneapolis Central

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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	33.2%	30.8%	24.2%
Among persons who needed care			
Delayed or did not get the needed care	56.0%	51.9%	52.7%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	45.8%	48.4%	45.7%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes, only one person	40.8%	44.1%	48.6%
More than one person	23.4%	27.7%	29.3%
No, no personal doctor or provider	35.7%	28.2%	22.2%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Doctor's office, clinic, public health or community clinic	80.4%	81.3%	80.8%
Hospital emergency room	^2.5%	2.3%	1.3%
Urgent Care Center	5.8%	5.8%	7.9%
Clinic located in a drug or grocery store	*2.7%	2.3%	3.0%
No usual place	6.7%	6.2%	5.3%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	41.7%	46.4%	50.3%
Among persons aged 65 and older	83.6%	83.5%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older who regularly take prescription medications	17.5%	17.0%	11.2%
Among persons aged 65 and older who regularly take prescription medications	^7.7%	9.3%	6.0%

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# Metro SHAPE 2014

## Access to Health Care

### SHAPE Region: Minneapolis Central

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	75.3%	80.1%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Physical activity or exercise	73.7%	71.4%	71.4%
Diet or nutrition	56.2%	53.1%	50.6%
Weight loss or losing weight	30.2%	31.8%	31.4%
Smoking or other tobacco use	51.7%	45.3%	41.8%
Stress	49.7%	47.9%	42.1%
Alcohol use	48.9%	44.9%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	21.2%	19.7%	13.8%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	51.3%	55.3%	60.6%
Within the past 2 years	17.9%	20.7%	19.3%
Within the past 5 years	12.9%	11.5%	10.4%
5 or more years ago	15.8%	11.2%	8.6%
Never	^2.1%	*1.3%	1.1%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	49.3%	53.2%	59.2%
Within the past 2 years	19.7%	19.2%	18.7%
Within the past 5 years	10.1%	10.9%	10.2%
5 or more years ago	6.4%	6.9%	5.5%
Never	14.6%	9.7%	6.4%

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# Metro SHAPE 2014

## Access to Health Care

### SHAPE Region: Minneapolis Central

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	68.4%	70.9%	79.0%
Within the past 2 years	13.8%	13.9%	9.8%
Within the past 5 years	9.7%	7.6%	5.7%
5 or more years ago	7.1%	7.0%	4.9%
Never	<sup>^</sup> 1.0%	<sup>^</sup> 0.6%	<sup>*</sup> 0.6%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	75.0%	77.0%	77.8%

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

# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Minneapolis Central

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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	11.0%	10.6%	10.0%
1 serving	24.1%	23.1%	25.0%
2 servings	27.0%	30.6%	31.0%
3 or more servings	38.0%	35.7%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	17.5%	16.7%	14.8%
1 serving	28.0%	27.8%	29.6%
2 servings	27.9%	29.6%	30.9%
3 or more servings	26.5%	25.9%	24.7%

Total servings of fruit and vegetables consumed yesterday

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	*4.3%	5.0%	4.4%
1 serving	10.2%	8.9%	8.2%
2 servings	16.1%	15.3%	16.4%
3 or 4 servings	30.9%	32.6%	35.3%
5 or more servings	38.5%	38.2%	35.7%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	*3.7%	4.5%	4.0%
1 or 2 days	6.8%	7.4%	7.3%
3 or 4 days	15.3%	15.0%	11.9%
5 or 6 days	16.9%	17.7%	17.0%
7 days	57.3%	55.5%	59.7%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Minneapolis Central

About how often do you drink ... ?

Pop or soda (regular)

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	46.9%	45.1%	47.6%
Occasionally but not every week	35.2%	34.7%	32.6%
At least once per week but not daily	9.8%	12.1%	11.2%
Once per day	*4.7%	4.8%	5.5%
More than once per day	*3.3%	3.2%	3.2%

Pop or soda (diet)

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	63.4%	61.0%	54.6%
Occasionally but not every week	19.1%	20.4%	22.4%
At least once per week but not daily	7.9%	8.6%	10.0%
Once per day	4.8%	5.1%	7.4%
More than once per day	*4.9%	5.0%	5.6%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	85.1%	87.1%	88.0%
Occasionally but not every week	12.6%	9.4%	8.7%
At least once per week but not daily	*2.1%	2.1%	2.3%
Once per day	^0.0%	^1.1%	*0.8%
More than once per day	^0.2%	^0.2%	^0.2%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	39.1%	41.1%	44.5%
Occasionally but not every week	32.5%	30.2%	29.6%
At least once per week but not daily	11.6%	12.3%	11.3%
Once per day	10.1%	11.3%	10.4%
More than once per day	*6.7%	5.1%	4.2%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Minneapolis Central

About how often do you drink ... ?

Water

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	^0.3%	*0.5%	0.4%
Occasionally but not every week	^0.1%	*0.9%	1.1%
At least once per week but not daily	*2.8%	3.0%	3.3%
Once per day	7.3%	8.6%	9.6%
More than once per day	89.4%	87.1%	85.6%

Milk

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	24.3%	22.9%	20.3%
Occasionally but not every week	16.2%	18.4%	16.4%
At least once per week but not daily	25.0%	23.3%	22.4%
Once per day	24.6%	25.4%	28.0%
More than once per day	9.8%	10.0%	12.9%

Nutrition and beverage intake summary measures

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Having 2 servings or more a day of fruit	54.4%	55.5%	55.7%
Having 3 servings or more a day of vegetables	38.0%	35.7%	34.0%
Having 5 servings or more a day of fruits and vegetables	38.5%	38.2%	35.7%
Having sugar-sweetened beverage daily or more often	22.3%	23.1%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	83.7%	83.6%	85.8%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Minneapolis Central

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	*5.8%	4.7%	3.6%
Insufficiently active (10-149 minutes per week)	31.2%	31.9%	32.4%
Sufficiently active (150-299 minutes per week)	24.8%	25.0%	27.1%
Highly active (≥ 300 minutes per week)	38.2%	38.4%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At work	17.1%	16.4%	14.6%
Outside of work	82.9%	83.6%	85.4%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	23.2%	20.3%	19.7%
Insufficiently active (10-74 minutes per week)	28.7%	26.9%	27.2%
Sufficiently active (75-149 minutes per week)	17.8%	18.8%	18.1%
Highly active (≥ 150 minutes per week)	30.3%	33.9%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At work	*7.3%	9.3%	8.3%
Outside of work	92.7%	90.7%	91.7%

#### Healthy People 2020 physical activity guidelines

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Engaged in no leisure time physical activity	16.3%	16.4%	14.2%
Met the 150 minutes aerobic activity guideline through leisure time	72.2%	72.5%	74.2%
Met the 300 minutes aerobic activity guideline through leisure time	58.1%	58.0%	58.6%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Minneapolis Central

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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	18.3%	16.5%	13.0%
1 hour	33.6%	29.9%	30.3%
2 hours	25.2%	29.9%	31.1%
3 or more hours	22.9%	23.8%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	22.0%	21.8%	22.0%
1 hour	48.1%	49.5%	52.2%
2 hours	19.4%	18.7%	16.3%
3 or more hours	10.5%	10.0%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	13.1%	11.9%	10.2%
1 hour	19.3%	20.7%	21.8%
2 hours	17.0%	16.1%	16.0%
3 or more hours	50.6%	51.4%	52.1%

Current smoking status

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Every day smoker	5.3%	6.6%	4.6%
Some day smoker	6.8%	4.2%	3.1%
Former smoker	23.3%	26.7%	27.3%
Never smoked	64.6%	62.5%	65.0%

Current smoking status

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Currently smoking	12.1%	10.8%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	64.9%	63.4%	59.4%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Minneapolis Central

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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	14.1%	12.1%	9.7%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	7.4%	6.6%	4.5%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	10.2%	9.4%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	73.9%	76.1%	76.0%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	26.1%	23.9%	24.1%
1 to 3 days	17.8%	18.1%	19.4%
4 to 9 days	16.0%	19.0%	21.8%
10 to 19 days	17.3%	17.7%	15.8%
20 or more days	22.9%	21.3%	19.0%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 drinks	24.5%	22.5%	22.7%
1 or 2 drinks	55.2%	58.7%	61.8%
3 or 4 drinks	15.0%	14.0%	11.8%
5 or more drinks	*5.3%	4.8%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
1 or 2 drinks	73.1%	75.8%	80.0%
3 or 4 drinks	19.9%	18.0%	15.3%
5 or more drinks	*7.1%	6.2%	4.7%

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# Metro SHAPE 2014

## Healthy Lifestyles and Behaviors

### SHAPE Region: Minneapolis Central

Among males

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	56.2%	62.0%	67.7%
1 time	17.7%	12.4%	9.9%
2 times	10.2%	7.3%	7.3%
3 to 5 times	*9.6%	10.7%	8.9%
6 or more times	*6.3%	7.6%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	43.9%	52.2%	59.2%
1 time	22.7%	15.6%	12.5%
2 times	13.1%	9.2%	9.3%
3 to 5 times	12.3%	13.5%	11.2%
6 or more times	*8.1%	9.6%	7.8%

Among females

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	71.7%	74.2%	78.7%
1 time	10.1%	9.8%	9.1%
2 times	7.6%	7.3%	4.9%
3 to 5 times	6.6%	5.8%	5.2%
6 or more times	*4.0%	2.9%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	59.0%	64.7%	71.0%
1 time	14.7%	13.3%	12.3%
2 times	10.9%	10.0%	6.7%
3 to 5 times	9.6%	8.0%	7.1%
6 or more times	*5.7%	4.0%	2.9%

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# Metro SHAPE 2014

## How You Feel

### SHAPE Region: Minneapolis Central

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	29.7%	28.6%	22.8%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	12.0%	11.8%	10.6%

Among those who ever had depression

Yes	38.6%	40.2%	45.0%
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Have you ever been told by a doctor or other health professional that you have anxiety?

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	28.4%	26.8%	21.3%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	10.4%	10.1%	9.3%

Among those who ever had anxiety

Yes	36.0%	37.3%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	65.5%	67.3%	72.4%
A little of the time	18.9%	20.6%	19.0%
Some of the time	12.6%	9.7%	6.7%
Most of the time / All of the time	^3.0%	2.5%	1.9%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	30.3%	37.1%	41.3%
A little of the time	42.2%	38.7%	38.9%
Some of the time	21.6%	19.8%	16.7%
Most of the time / All of the time	6.0%	4.4%	3.1%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	62.2%	62.4%	66.3%
A little of the time	22.9%	24.0%	22.6%
Some of the time	12.5%	10.9%	9.2%
Most of the time / All of the time	^2.5%	2.7%	1.9%

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# Metro SHAPE 2014

## How You Feel

### SHAPE Region: Minneapolis Central

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	68.8%	73.2%	78.5%
A little of the time	17.8%	16.2%	14.0%
Some of the time	9.6%	7.7%	5.6%
Most of the time / All of the time	*3.7%	2.9%	1.9%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	43.5%	49.0%	56.2%
A little of the time	32.8%	31.2%	28.2%
Some of the time	13.4%	12.9%	10.5%
Most of the time / All of the time	10.4%	6.8%	5.1%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	70.5%	75.1%	79.9%
A little of the time	17.4%	15.0%	12.8%
Some of the time	8.5%	6.8%	5.1%
Most of the time / All of the time	*3.5%	3.1%	2.2%

Experienced serious psychological distress during the past 30 days

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	*6.8%	4.5%	3.0%

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# Metro SHAPE 2014

## Social-Environmental Factors

### SHAPE Region: Minneapolis Central

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Weekly	24.9%	25.0%	26.4%
Monthly	12.3%	14.1%	13.3%
Several times a year	24.5%	22.7%	22.4%
About once a year / Less often than yearly	21.0%	20.5%	20.8%
Never	17.2%	17.7%	17.0%

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

(This includes on the phone or online.)

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Daily	41.5%	40.8%	36.7%
Weekly	40.2%	40.1%	42.1%
Monthly	8.3%	9.3%	11.4%
Less often than monthly	7.7%	7.2%	7.8%
Never	*2.2%	2.6%	1.9%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very pleasant	47.3%	59.1%	67.0%
Somewhat pleasant	45.0%	32.3%	28.2%
Not very pleasant	6.5%	6.6%	3.7%
Not at all pleasant	^1.2%	1.9%	1.1%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very well maintained	49.9%	53.4%	52.1%
Somewhat maintained	43.2%	38.5%	29.5%
Not very well maintained /			
Not at all maintained	6.7%	7.6%	4.6%
There are no sidewalks in my neighborhood	^0.2%	*0.5%	13.9%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very easy	45.7%	55.6%	60.0%
Somewhat easy	43.7%	37.2%	33.1%
Not very easy	8.1%	5.8%	5.5%
Not at all easy	^2.5%	*1.4%	1.3%

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# Metro SHAPE 2014

## Social-Environmental Factors

### SHAPE Region: Minneapolis Central

Please rate the extent to which you agree or disagree.

This is a good community to raise children in

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Strongly agree	29.9%	45.0%	62.3%
Somewhat agree	48.7%	38.4%	29.1%
Somewhat disagree	17.5%	11.9%	6.4%
Strongly disagree	*4.0%	4.7%	2.1%

People in this neighborhood are willing to help one another

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Strongly agree	28.8%	37.3%	44.6%
Somewhat agree	51.3%	48.0%	45.3%
Somewhat disagree	16.1%	11.8%	8.4%
Strongly disagree	*3.8%	2.9%	1.7%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very safe	13.5%	23.1%	48.4%
Somewhat safe	56.2%	54.3%	41.2%
Somewhat unsafe	26.1%	17.4%	8.4%
Not at all safe	*4.1%	5.3%	2.0%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At least once a week	*4.7%	5.0%	2.7%
Once or twice a month	6.2%	4.6%	3.2%
A few times a year	15.2%	13.5%	9.5%
Once a year or less often	19.3%	18.7%	14.4%
Never	54.5%	58.2%	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>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Often	6.8%	5.0%	3.2%
Sometimes	11.4%	10.5%	7.0%
Rarely	11.9%	9.4%	7.5%
Never	69.9%	75.0%	82.3%

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# Metro SHAPE 2014

## Social-Environmental Factors

### SHAPE Region: Minneapolis Central

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	8.6%	9.1%	5.7%

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

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	64.3%	72.6%	79.7%
1 time	25.4%	19.3%	15.9%
2 or more times	10.3%	8.2%	4.4%

Do you think of yourself as ...

	<u>Minneapolis Central</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Gay, lesbian, or homosexual/ Bisexual/Transgender	19.3%	12.4%	6.2%

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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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**Metro SHAPE  
2014**



**Hennepin** Hennepin County  
Public Health