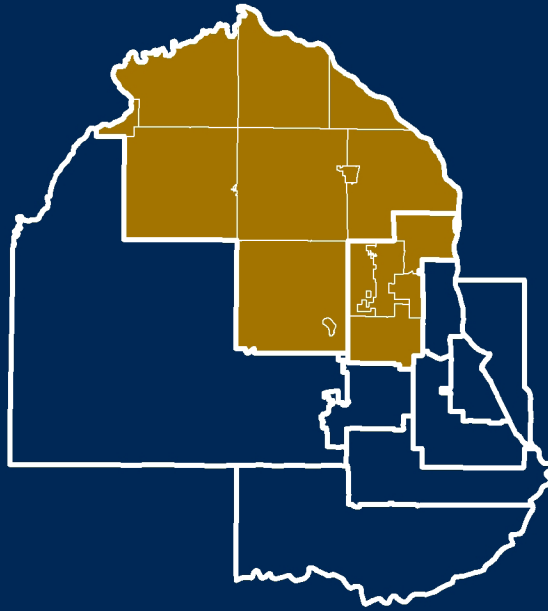




Metro SHAPE  
2014

HENNEPIN COUNTY  
**REGION DATA BOOK**  
**NORTHWEST 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.

The Metro SHAPE project staff would like to thank the many individuals, community organizations, and subject matter experts who provided advice and support for the development of *Metro SHAPE 2014*. The project staff would especially like to thank the more than 12,000 residents of the metro region who generously took time to complete the *Metro SHAPE 2014* survey.

### Metro SHAPE 2014 Workgroup

*Project steering by one or more representatives from each participating health department*

#### City of Bloomington Public Health Division

Jim Jansen, M.P.H.  
Amanda Nagy, M.P.H.

#### Carver County Public Health and Environment Division

Samantha Downs, M.A.

#### Dakota County Public Health Department

Melanie Countryman, M.P.H.

#### Hennepin County Public Health Department

David C. Johnson, M.P.H.  
Mei Ding, M.D., M.S.  
Urban Landreman, M.S., M.B.A.

#### City of Minneapolis Health Department

Jared Erdmann, M.P.H.

#### Saint Paul-Ramsey County Public Health

SuzAnn Stenso-Velo, M.P.H.

#### Scott County Public Health

Noreen Kleinfehn-Wald, R.N., P.H.N., M.A.

#### Washington County Department of Public Health and Environment

Tommi Godwin, M.U.R.P.

### Project Implementation

*Administration and operations*

#### Joint powers agreement/fiscal agent

Saint Paul-Ramsey County Public Health

#### Project sponsors

*Local Public Health Directors*

Bonnie Paulsen, City of Bloomington

Laura Reid, Carver County

Bonnie Brueshoff, Dakota County

Susan Palchick, Hennepin County

Gretchen Musicant, City of Minneapolis

Rina McManus, Saint Paul-Ramsey County

Lisa Brodsky, Scott County

Lowell Johnson, Washington County

#### Survey operations team

*Hennepin County Public Health:*

*Community Health Team*

Mei Ding, M.D., M.S.

David C. Johnson, M.P.H.

Urban Landreman, M.S., M.B.A.

Amy Leite Bennett, M.P.H.

Komal Mehrotra, M.H.S., M.S.

Meghan Rosenkranz, M.P.H.

Emily Thompson, M.P.H., B.S.N.

**Primary project advisor**

Ann Kinney, Ph.D., Minnesota Department of Health

**Project consultants**

Don Dillman, Ph.D., Social and Economic Sciences Research Center (SESRC) at Washington State University

Virginia Lesser, Dr.P.H., M.S., Oregon State University Survey Research Center

Todd Rockwood, Ph.D., School of Public Health, University of Minnesota

Sheldon Swaney, B.A., former Hennepin County Public Health staff member

**Community outreach and promotion**

Hennepin County Public Libraries

Multi-unit housing managers in Minneapolis and suburban Hennepin County

**Community endorsements**

Amira Adawe, Saint Paul-Ramsey County Public Health Department

Ruth Evangelista, Assumption Catholic Church

Clarence Jones, Southside Community Health Services

Mao Thao, Saint Paul-Ramsey County Public Health

Joann Usher, Rainbow Health Initiative

Stella Whitney-West, NorthPoint Health and Wellness Center

**Support staff**

Laura Majewski, Hennepin County Public Health Department

Tamara Rogers, Hennepin County Public Health Department

Gregory Sather, Hennepin County Public Health Department

**Photo credits**

Urban Landreman, Hennepin County Public Health Department

**Communications and marketing**

Howard Epstein, Dakota County Public Health Department

Noemi Alcocer, Hennepin County Human Services and Public Health Department

Bill Belknap, Hennepin County Public Health Department

Anna Welsch, Hennepin County Public Health Department

Chris Burns, Saint Paul-Ramsey County Public Health

**Survey printing and mailing**

Wilder Research

Western Graphics

Hennepin County Central Services Mail Center

**Video production**

Hennepin County Communications

**Telephone support**

Minnesota Department of Human Services  
Multi-language Referral Line

**Volunteers**

Leah Engleman

Tamara Mittelstadt

Guillaume Onyeaghala

Zahra Sheikh

Renae Smith

Jayne Young

**Funding**

Metro SHAPE 2014 is funded in part by the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).

**Suggested citation**

Hennepin County Public Health Department.  
*Metro SHAPE 2014 Hennepin County Region Data Book-Northwest Suburbs*, Minneapolis, Minnesota, August 2016.

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

The cities included in this region are: Brooklyn Center, Brooklyn Park, Champlin, Corcoran, Crystal, Dayton, Golden Valley, Hanover, Hassan Township, Maple Grove, Medicine Lake, New Hope, Osseo, Plymouth, Robbinsdale, 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 Suburbs	Suburban Hennepin County	Hennepin County
<b>Total</b>	1,595	5,255	8,578
<b>Age</b>			
25-44	391	1,148	2,321
45-64	644	2,115	2,463
65+	557	1,980	1,773
<b>Gender</b>			
Male	570	1,918	3,134
Female	1,024	3,336	5,442
<b>Race/Ethnicity</b>			
Hispanic/Latino	24	66	137
Non-Hispanic Asian	47	137	232
Non-Hispanic US-born Black	35	86	296
Non-Hispanic White	1,423	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 Suburbs

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Excellent	17.6%	18.4%	18.5%
Very Good	42.8%	45.1%	45.0%
Good	32.8%	29.7%	28.9%
Fair	6.0%	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>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	59.1%	59.0%	56.5%
1 or 2 days	18.9%	19.0%	19.4%
3 to 7 days	12.9%	13.1%	14.3%
8 to 13 days	3.3%	3.5%	3.4%
14 or more days	5.7%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	56.1%	56.6%	53.2%
1 or 2 days	17.3%	16.6%	17.0%
3 to 7 days	14.6%	15.2%	16.6%
8 to 13 days	4.2%	4.9%	5.4%
14 or more days	7.8%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	39.3%	39.6%	36.8%
1 or 2 days	18.0%	18.0%	17.3%
3 to 7 days	22.6%	22.4%	23.9%
8 to 13 days	7.1%	8.1%	8.7%
14 or more days	12.9%	11.9%	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: Northwest 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 Suburbs	Suburban Hennepin County	Hennepin County
0 days	75.4%	75.0%	71.5%
1 or 2 days	11.3%	11.7%	13.0%
3 to 7 days	7.9%	7.6%	8.8%
8 to 13 days	*1.8%	2.0%	2.2%
14 or more days	3.6%	3.6%	4.5%

Average number of unhealthy days during the past 30 days

	NW Suburbs	Suburban Hennepin County	Hennepin County
Unhealthy physical health days	2.5	2.5	2.8
Unhealthy mental health days	3.0	2.9	3.2
Unhealthy physical and unhealthy mental health days	5.0	4.9	5.4
Days when poor health interfered with usual activities	1.5	1.6	1.8

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

	NW Suburbs	Suburban Hennepin County	Hennepin County
Hypertension, also called high blood pressure	21.5%	21.5%	21.1%
Borderline high blood pressure or pre-hypertension	22.7%	21.9%	21.2%
Diabetes or sugar disease	5.4%	5.9%	6.1%
Pre-diabetes or borderline diabetes	8.2%	7.9%	8.0%
High blood cholesterol	30.7%	31.5%	30.0%
Heart attack	1.7%	2.1%	2.0%
Angina or coronary heart disease	2.7%	3.1%	2.9%
Stroke	1.6%	1.5%	1.7%
Any of the three	4.4%	5.0%	4.8%
Arthritis or rheumatism			
Among persons aged 25 and older	19.1%	19.1%	18.3%
Among persons aged 55 and older	39.8%	39.0%	39.1%
Among persons aged 65 and older	50.6%	49.8%	49.9%
Asthma			
Ever had asthma	9.8%	10.8%	11.8%
Currently has asthma	5.9%	6.4%	7.3%

\* 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: Northwest Suburbs

Weight status based on Body Mass Index calculation

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Underweight	^1.2%	1.2%	1.3%
Normal	35.1%	39.6%	41.4%
Overweight	40.0%	37.7%	35.5%
Obese	23.8%	21.6%	21.9%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes, within the past year	19.0%	18.2%	17.8%
Yes, more than 1 year ago	17.1%	17.0%	16.5%
No	63.9%	64.7%	65.7%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Overweight	46.3%	43.1%	40.9%
About the right weight	52.2%	54.9%	56.9%
Underweight	*1.5%	2.1%	2.1%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	17.7%	17.8%	18.6%
Among persons aged 55 and older	29.3%	28.9%	30.3%
Among persons aged 65 and older	35.7%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	6.7%	6.2%	7.8%
Among persons aged 55 and older	9.3%	8.9%	11.1%
Among persons aged 65 and older	10.2%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 55 and older	2.5%	2.4%	3.4%
Among persons aged 65 and older	*3.2%	3.4%	4.4%

\* 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: Northwest 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?

	NW Suburbs	Suburban Hennepin County	Hennepin County
Among persons aged 55 and older	7.6%	7.7%	8.8%
Among persons aged 65 and older	11.1%	10.9%	11.7%

\* 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

## Access to Health Care

### SHAPE Region: Northwest 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?

	NW Suburbs	Suburban Hennepin County	Hennepin County
Among persons aged 25 and older	89.0%	89.8%	90.1%
Among persons aged 25 to 64	87.9%	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?

	NW Suburbs	Suburban Hennepin County	Hennepin County
Insured the entire year	84.8%	86.4%	85.2%
Insured only part of the year	13.2%	11.9%	12.6%
Uninsured the entire year	*2.0%	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?

	NW Suburbs	Suburban Hennepin County	Hennepin County
Very difficult	7.8%	5.5%	5.6%
Somewhat difficult	13.9%	14.6%	15.3%
Not too difficult	28.0%	27.0%	26.7%
Not at all difficult	48.4%	50.5%	48.7%
Not applicable	2.0%	2.4%	3.6%

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

	NW Suburbs	Suburban Hennepin County	Hennepin County
Among persons aged 25 and older	64.7%	64.5%	65.0%
Among persons who needed care			
Delayed or did not get the needed care	18.0%	17.6%	18.9%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	76.2%	72.2%	68.9%

\* 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

## Access to Health Care

### SHAPE Region: Northwest 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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	19.7%	21.0%	24.2%
Among persons who needed care			
Delayed or did not get the needed care	54.0%	53.4%	52.7%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	52.2%	43.9%	45.7%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes, only one person	50.3%	50.7%	48.6%
More than one person	28.6%	30.0%	29.3%
No, no personal doctor or provider	21.0%	19.3%	22.2%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Doctor's office, clinic, public health or community clinic	80.5%	80.5%	80.8%
Hospital emergency room	^0.5%	*0.8%	1.3%
Urgent Care Center	9.2%	8.8%	7.9%
Clinic located in a drug or grocery store	3.3%	3.4%	3.0%
No usual place	5.0%	4.8%	5.3%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older	50.8%	52.2%	50.3%
Among persons aged 65 and older	87.3%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Among persons aged 25 and older who regularly take prescription medications	9.2%	8.8%	11.2%
Among persons aged 65 and older who regularly take prescription medications	*4.3%	5.0%	6.0%

\* 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

## Access to Health Care

### SHAPE Region: Northwest Suburbs

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

	NW Suburbs	Suburban Hennepin County	Hennepin County
Yes	81.0%	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 ....?

	NW Suburbs	Suburban Hennepin County	Hennepin County
Physical activity or exercise	72.1%	71.3%	71.4%
Diet or nutrition	47.4%	49.4%	50.6%
Weight loss or losing weight	30.5%	31.3%	31.4%
Smoking or other tobacco use	40.0%	40.1%	41.8%
Stress	37.2%	39.5%	42.1%
Alcohol use	41.1%	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?

	NW Suburbs	Suburban Hennepin County	Hennepin County
Yes	9.3%	11.0%	13.8%

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

	NW Suburbs	Suburban Hennepin County	Hennepin County
Within the past year	60.9%	63.1%	60.6%
Within the past 2 years	20.4%	18.7%	19.3%
Within the past 5 years	10.4%	9.9%	10.4%
5 or more years ago	7.3%	7.4%	8.6%
Never	*1.1%	1.0%	1.1%

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

	NW Suburbs	Suburban Hennepin County	Hennepin County
Within the past year	59.3%	62.0%	59.2%
Within the past 2 years	19.9%	18.5%	18.7%
Within the past 5 years	10.4%	9.8%	10.2%
5 or more years ago	5.5%	4.9%	5.5%
Never	4.9%	4.9%	6.4%

\* 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

## Access to Health Care

### SHAPE Region: Northwest Suburbs

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

	NW Suburbs	Suburban Hennepin County	Hennepin County
Within the past year	82.9%	82.9%	79.0%
Within the past 2 years	7.1%	7.8%	9.8%
Within the past 5 years	4.5%	4.8%	5.7%
5 or more years ago	4.5%	3.9%	4.9%
Never	<sup>^</sup> 0.9%	<sup>^</sup> 0.6%	<sup>*</sup> 0.6%

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

	NW Suburbs	Suburban Hennepin County	Hennepin County
Yes	79.4%	78.2%	77.8%

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

<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: Northwest 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.

	NW Suburbs	Suburban Hennepin County	Hennepin County
0 servings	10.0%	9.8%	10.0%
1 serving	27.2%	25.8%	25.0%
2 servings	30.5%	31.3%	31.0%
3 or more servings	32.3%	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.

	NW Suburbs	Suburban Hennepin County	Hennepin County
0 servings	12.8%	13.9%	14.8%
1 serving	31.4%	30.4%	29.6%
2 servings	32.6%	31.6%	30.9%
3 or more servings	23.2%	24.1%	24.7%

Total servings of fruit and vegetables consumed yesterday

	NW Suburbs	Suburban Hennepin County	Hennepin County
0 servings	3.6%	4.1%	4.4%
1 serving	7.6%	7.9%	8.2%
2 servings	18.6%	16.9%	16.4%
3 or 4 servings	36.6%	36.6%	35.3%
5 or more servings	33.6%	34.5%	35.7%

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

	NW Suburbs	Suburban Hennepin County	Hennepin County
0 days	3.1%	3.8%	4.0%
1 or 2 days	8.0%	7.3%	7.3%
3 or 4 days	10.7%	10.5%	11.9%
5 or 6 days	16.2%	16.7%	17.0%
7 days	61.9%	61.7%	59.7%

\* 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

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest Suburbs

About how often do you drink ... ?

Pop or soda (regular)

	NW Suburbs	Suburban Hennepin County	Hennepin County
Never	45.0%	48.7%	47.6%
Occasionally but not every week	33.3%	31.6%	32.6%
At least once per week but not daily	11.7%	10.7%	11.2%
Once per day	6.3%	5.8%	5.5%
More than once per day	3.7%	3.1%	3.2%

Pop or soda (diet)

	NW Suburbs	Suburban Hennepin County	Hennepin County
Never	51.4%	51.5%	54.6%
Occasionally but not every week	25.6%	23.3%	22.4%
At least once per week but not daily	9.9%	10.7%	10.0%
Once per day	7.8%	8.5%	7.4%
More than once per day	5.4%	5.9%	5.6%

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

	NW Suburbs	Suburban Hennepin County	Hennepin County
Never	86.1%	88.4%	88.0%
Occasionally but not every week	9.4%	8.3%	8.7%
At least once per week but not daily	3.4%	2.4%	2.3%
Once per day	<sup>^</sup> 0.9%	*0.7%	*0.8%
More than once per day	<sup>^</sup> 0.2%	<sup>^</sup> 0.2%	<sup>^</sup> 0.2%

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

	NW Suburbs	Suburban Hennepin County	Hennepin County
Never	43.0%	46.0%	44.5%
Occasionally but not every week	30.2%	29.3%	29.6%
At least once per week but not daily	11.6%	10.8%	11.3%
Once per day	10.9%	10.0%	10.4%
More than once per day	4.3%	3.8%	4.2%

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

<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: Northwest Suburbs

About how often do you drink ... ?

Water

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Never	^0.1%	*0.4%	0.4%
Occasionally but not every week	*1.5%	1.2%	1.1%
At least once per week but not daily	3.4%	3.5%	3.3%
Once per day	10.7%	10.1%	9.6%
More than once per day	84.3%	84.8%	85.6%

Milk

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Never	17.6%	19.1%	20.3%
Occasionally but not every week	16.1%	15.4%	16.4%
At least once per week but not daily	21.8%	21.9%	22.4%
Once per day	29.0%	29.3%	28.0%
More than once per day	15.4%	14.3%	12.9%

Nutrition and beverage intake summary measures

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Having 2 servings or more a day of fruit	55.8%	55.7%	55.7%
Having 3 servings or more a day of vegetables	32.3%	33.1%	34.0%
Having 5 servings or more a day of fruits and vegetables	33.6%	34.5%	35.7%
Having sugar-sweetened beverage daily or more often	24.5%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	86.1%	86.9%	85.8%

\* 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

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest Suburbs

Level of moderate physical activity in a usual week

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	3.4%	3.1%	3.6%
Insufficiently active (10-149 minutes per week)	32.6%	32.6%	32.4%
Sufficiently active (150-299 minutes per week)	28.8%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
At work	15.9%	13.7%	14.6%
Outside of work	84.1%	86.3%	85.4%

Level of vigorous physical activity in a usual week

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	17.3%	19.4%	19.7%
Insufficiently active (10-74 minutes per week)	28.7%	27.3%	27.2%
Sufficiently active (75-149 minutes per week)	17.1%	17.8%	18.1%
Highly active (≥ 150 minutes per week)	36.9%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
At work	10.3%	7.8%	8.3%
Outside of work	89.7%	92.2%	91.7%

Healthy People 2020 physical activity guidelines

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Engaged in no leisure time physical activity	13.9%	13.1%	14.2%
Met the 150 minutes aerobic activity guideline through leisure time	73.4%	75.0%	74.2%
Met the 300 minutes aerobic activity guideline through leisure time	57.7%	58.8%	58.6%

\* 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

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest 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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 hours	11.4%	11.3%	13.0%
1 hour	31.6%	30.6%	30.3%
2 hours	31.0%	31.6%	31.1%
3 or more hours	26.1%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 hours	21.5%	22.0%	22.0%
1 hour	54.2%	53.5%	52.2%
2 hours	15.1%	15.2%	16.3%
3 or more hours	9.2%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 hours	9.7%	9.4%	10.2%
1 hour	21.6%	22.3%	21.8%
2 hours	16.4%	15.9%	16.0%
3 or more hours	52.4%	52.4%	52.1%

Current smoking status

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Every day smoker	4.8%	3.7%	4.6%
Some day smoker	*2.8%	2.5%	3.1%
Former smoker	26.7%	27.6%	27.3%
Never smoked	65.7%	66.2%	65.0%

Current smoking status

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Currently smoking	7.6%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	60.6%	56.1%	59.4%

\* 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

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest 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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	8.9%	8.6%	9.7%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	3.9%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	7.2%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	75.0%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 days	25.1%	24.1%	24.1%
1 to 3 days	21.1%	20.0%	19.4%
4 to 9 days	22.1%	23.1%	21.8%
10 to 19 days	15.5%	14.9%	15.8%
20 or more days	16.1%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 drinks	23.7%	22.8%	22.7%
1 or 2 drinks	62.2%	63.3%	61.8%
3 or 4 drinks	11.2%	10.8%	11.8%
5 or more drinks	3.0%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
1 or 2 drinks	81.5%	82.0%	80.0%
3 or 4 drinks	14.6%	14.0%	15.3%
5 or more drinks	3.9%	4.0%	4.7%

\* 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

## Healthy Lifestyles and Behaviors

### SHAPE Region: Northwest Suburbs

Among males

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	71.9%	70.7%	67.7%
1 time	8.1%	8.6%	9.9%
2 times	7.5%	7.4%	7.3%
3 to 5 times	6.9%	7.9%	8.9%
6 or more times	*5.6%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	64.5%	62.8%	59.2%
1 time	10.2%	10.9%	12.5%
2 times	9.5%	9.3%	9.3%
3 to 5 times	8.7%	10.0%	11.2%
6 or more times	*7.0%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	79.2%	80.7%	78.7%
1 time	10.1%	8.8%	9.1%
2 times	4.0%	3.9%	4.9%
3 to 5 times	5.4%	4.9%	5.2%
6 or more times	*1.3%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	71.1%	73.7%	71.0%
1 time	14.0%	11.9%	12.3%
2 times	5.5%	5.2%	6.7%
3 to 5 times	7.5%	6.7%	7.1%
6 or more times	*1.9%	2.5%	2.9%

\* 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

## How You Feel

### SHAPE Region: Northwest Suburbs

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	18.2%	20.0%	22.8%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	8.8%	10.0%	10.6%

Among those who ever had depression

Yes	46.7%	48.3%	45.0%
-----	-------	-------	-------

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	17.9%	18.8%	21.3%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	8.1%	8.9%	9.3%

Among those who ever had anxiety

Yes	41.6%	44.9%	41.8%
-----	-------	-------	-------

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	74.9%	74.8%	72.4%
A little of the time	17.8%	18.3%	19.0%
Some of the time	4.9%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	44.1%	43.3%	41.3%
A little of the time	37.2%	39.0%	38.9%
Some of the time	16.6%	15.3%	16.7%
Most of the time / All of the time	2.1%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	68.3%	68.2%	66.3%
A little of the time	21.4%	22.0%	22.6%
Some of the time	8.9%	8.4%	9.2%
Most of the time / All of the time	*1.4%	1.5%	1.9%

\* 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

## How You Feel

### SHAPE Region: Northwest Suburbs

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	80.6%	81.0%	78.5%
A little of the time	12.2%	12.9%	14.0%
Some of the time	5.5%	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?

	<u>NW 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	25.1%	26.7%	28.2%
Some of the time	10.8%	9.3%	10.5%
Most of the time / All of the time	5.1%	4.3%	5.1%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
None of the time	81.9%	82.1%	79.9%
A little of the time	11.2%	11.8%	12.8%
Some of the time	5.0%	4.2%	5.1%
Most of the time / All of the time	*2.0%	1.8%	2.2%

Experienced serious psychological distress during the past 30 days

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	*3.0%	2.3%	3.0%

\* 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

## Social-Environmental Factors

### SHAPE Region: Northwest Suburbs

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Weekly	26.3%	27.1%	26.4%
Monthly	12.1%	13.0%	13.3%
Several times a year	23.9%	22.3%	22.4%
About once a year / Less often than yearly	20.2%	20.8%	20.8%
Never	17.4%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Daily	31.8%	34.8%	36.7%
Weekly	43.9%	43.1%	42.1%
Monthly	13.7%	12.4%	11.4%
Less often than monthly	9.4%	8.0%	7.8%
Never	*1.2%	1.6%	1.9%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very pleasant	67.7%	70.8%	67.0%
Somewhat pleasant	29.0%	26.3%	28.2%
Not very pleasant	2.8%	2.2%	3.7%
Not at all pleasant	^0.5%	*0.7%	1.1%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very well maintained	51.8%	51.5%	52.1%
Somewhat maintained	26.3%	25.1%	29.5%
Not very well maintained /			
Not at all maintained	3.0%	3.1%	4.6%
There are no sidewalks in my neighborhood	18.9%	20.3%	13.9%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very easy	63.0%	62.1%	60.0%
Somewhat easy	31.6%	31.2%	33.1%
Not very easy	4.5%	5.4%	5.5%
Not at all easy	*0.9%	1.3%	1.3%

\* 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

## Social-Environmental Factors

### SHAPE Region: Northwest Suburbs

Please rate the extent to which you agree or disagree.

This is a good community to raise children in

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Strongly agree	63.8%	70.6%	62.3%
Somewhat agree	30.1%	24.7%	29.1%
Somewhat disagree	5.2%	3.8%	6.4%
Strongly disagree	*1.0%	0.8%	2.1%

People in this neighborhood are willing to help one another

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Strongly agree	45.6%	48.1%	44.6%
Somewhat agree	45.4%	44.1%	45.3%
Somewhat disagree	7.6%	6.8%	8.4%
Strongly disagree	*1.4%	1.0%	1.7%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Very safe	53.7%	60.4%	48.4%
Somewhat safe	39.4%	35.0%	41.2%
Somewhat unsafe	6.2%	4.1%	8.4%
Not at all safe	*0.7%	*0.5%	2.0%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
At least once a week	*1.5%	1.7%	2.7%
Once or twice a month	*2.9%	2.6%	3.2%
A few times a year	9.6%	7.6%	9.5%
Once a year or less often	14.1%	12.3%	14.4%
Never	72.0%	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 Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Often	3.1%	2.3%	3.2%
Sometimes	6.5%	5.4%	7.0%
Rarely	7.0%	6.5%	7.5%
Never	83.5%	85.8%	82.3%

\* 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

## Social-Environmental Factors

### SHAPE Region: Northwest Suburbs

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Yes	5.3%	4.1%	5.7%

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

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
0 times	85.2%	83.1%	79.7%
1 time	12.4%	14.3%	15.9%
2 or more times	2.4%	2.6%	4.4%

Do you think of yourself as ...

	<u>NW Suburbs</u>	<u>Suburban Hennepin County</u>	<u>Hennepin County</u>
Gay, lesbian, or homosexual/ Bisexual/Transgender	2.7%	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).

The *Metro SHAPE 2014* survey is funded in part by the Minnesota Department of Health's Statewide Health Improvement Program (SHIP).



**Metro SHAPE  
2014**



**Hennepin County**  
Public Health