

SHAPE Fact Sheet

Children's Health & Well-being

Hennepin County children (overall)



SHAPE 2006 - Survey of the Health of All the Population and the Environment

Overview

This Fact Sheet provides a set of key indicators from the *SHAPE 2006 - Child Data Book* on the health and well-being of **Hennepin County children (overall)**. The SHAPE 2006 - Child Survey was developed with significant community input on the need to know more about children's well-being in Hennepin County. We asked over 4,000 parents (or "most knowledgeable adults") to tell us about a specific child in their household who was selected at random. For more information about the survey and the results for other groups of children in the county, please visit our website at: www.hennepin.us/SHAPE.

What did we ask parents to tell us about their children?

TOPICS		EXAMPLES
HEALTH	Overall Health & Health Conditions	<ul style="list-style-type: none"> ▪ Overall health ▪ Other chronic (on-going) health issues
	Health Insurance Coverage	<ul style="list-style-type: none"> ▪ Health insurance coverage ▪ Dental coverage
	Health Care Access	<ul style="list-style-type: none"> ▪ Regular source of care ▪ Preventive care check-ups
	Diet, Nutrition & Physical Activities	<ul style="list-style-type: none"> ▪ Eating fruits and vegetables ▪ Being physically active
FAMILY	Caring for Children	<ul style="list-style-type: none"> ▪ Child receives regular childcare ▪ Childcare "gaps" for working parents
	Family Connectedness	<ul style="list-style-type: none"> ▪ Family eats meals together ▪ Family does activities together
	Parental Involvement	<ul style="list-style-type: none"> ▪ Parents talk about risky behaviors with their children, such as tobacco, alcohol or drug use
SCHOOL	School Readiness	<ul style="list-style-type: none"> ▪ Early literacy and reading skills
	School Activities	<ul style="list-style-type: none"> ▪ Time spent doing homework or reading ▪ School bullying
	After-school Activities	<ul style="list-style-type: none"> ▪ Participation in after-school activities ▪ Work or volunteering

SOURCE: SHAPE 2006 - Child Data Book

About the tables in this SHAPE Fact Sheet:

These results are based on 4,038 children aged 0 to 17 from Hennepin County, including both the City of Minneapolis and Suburban Hennepin County. The survey results are weighted to reflect the population characteristics of Hennepin County. The interpretation of these estimates is subject to the usual limitations associated with sample surveys including survey design, sample size and random error. Some estimates that may be especially sensitive to survey design effects have been noted. "Apparent" differences may not reflect "statistically significant" differences for groups of children. Statistically significant differences have been noted at the 95% confidence level ($p < 0.05$). Survey items are age-specific; the age range for each question has been provided. For more information or Fact Sheets for other groups of children within Hennepin County please visit our website at: www.hennepin.us/SHAPE.

Summary of key results for Hennepin County children (overall):

- ❖ Among Hennepin County children, 2.8% of those who are aged 0 to 17 were reported to be in fair or poor health.
- ❖ Among Hennepin County children, 9.3% of those who are aged 0 to 17, have been diagnosed with and currently have asthma. The rates reported for other chronic conditions, especially among groups of new immigrants, were very low. Estimates for some of these specific subgroups may have been affected by study design limitations.
- ❖ Among Hennepin County children, 3.9% of those who are aged 0 to 17 currently lack health care insurance, and 7.5% were uninsured for all or part of the past 12 months. Statistically, the rates for children from Minneapolis were higher than the rates for Hennepin County children overall ($p < 0.05$).
- ❖ Among Hennepin County children, 16.4% of those who are aged 0 to 17 made 1 or more visits to a hospital emergency room in the past 12 months. Statistically, the rate for children from Minneapolis was higher than the rate for Hennepin County children overall ($p < 0.05$).
- ❖ Among Hennepin County children, 30.2% of those who are in grades 1 to 12, were physically active for at least 60 minutes every day during the past 7 days. Among Hennepin County children who are in grades 7 to 12, 45.2% spend 5 or more hours doing sports activities during a typical school week.
- ❖ Among Hennepin County children, 47.5% of those who are aged 0 to 17 are in families that eat at least one meal together every day. Among Hennepin County children, who are aged 0 to 5, two out of three (67.3%) have family members who read books or tell stories to them every day.
- ❖ Among Hennepin County children who are in grades 1 to 12, 84.7% had a parent (or other adult) attend all of their regularly scheduled parent/teacher conferences during the past school year. Statistically, the rate for children from Minneapolis was lower than the rate for Hennepin County children overall ($p < 0.05$).

HEALTH: Overall Health & Health Conditions

<i>Indicators</i>	<i>Results for Hennepin County children (overall)</i>
<i>Overall health</i>	2.8% of Hennepin County children, who are aged 0 to 17, were reported to be in fair or poor health
<i>Chronic conditions</i>	4.8% of Hennepin County children, who are aged 0 to 17, were reported to have chronic conditions lasting 12 months or longer
<i>Asthma</i>	9.3% of Hennepin County children, who are aged 0 to 17, were diagnosed with and currently have asthma
<i>ADD / ADHD</i> <i>(attention deficit disorders)</i>	8.2% of Hennepin County children, who are aged 4 to 17, have ever been diagnosed with ADD or ADHD
<i>Depression or anxiety</i>	6.2% of Hennepin County children, who are aged 4 to 17, have ever been diagnosed with depression or anxiety problems
<i>Emotional or behavioral problems</i>	6.2% of Hennepin County children, who are aged 6 to 17, were told by a school counselor, teacher or doctor that the child needs help for an emotional or behavioral problem

SOURCE: SHAPE 2006 – Child Data Book

HEALTH: Insurance Coverage

<i>Indicators</i>	<i>Results for Hennepin County children (overall)</i>
<i>Currently uninsured</i>	3.9% of Hennepin County children, who are aged 0 to 17, currently lack health care insurance * The Minneapolis rate was significantly <u>higher</u> than the rate for Hennepin County overall (p<0.05).
<i>Uninsured for some time during the year</i>	7.5% of Hennepin County children, who are aged 0 to 17, were uninsured for all or part of the past 12 months * The Minneapolis rate was significantly <u>higher</u> than the rate for Hennepin County overall (p<0.05).
<i>Dental insurance</i>	87.0% of Hennepin County children, who are aged 3 to 17, have dental insurance to cover all or part of their dental care

SOURCE: SHAPE 2006 – Child Data Book

HEALTH: Health Care Access

<i>Indicators</i>	<i>Results for Hennepin County children (overall)</i>	
<i>Regular doctor or clinic</i>	93.7% of Hennepin County children, who are aged 0 to 17, usually go to a doctor's office or clinic when they are sick or need medical care (includes public health clinics)	
<i>Emergency room visits</i>	16.4% of Hennepin County children, who are aged 0 to 17, made 1 or more visits to a hospital emergency room in the past 12 months	* The Minneapolis rate was significantly <u>higher</u> than the rate for Hennepin County overall (p<0.05).
<i>Preventive health care visits</i>	80.1% of Hennepin County children, who would be expected to have had a check-up, have received the appropriate number of health care visits for their age group	

SOURCE: SHAPE 2006 – Child Data Book

HEALTH: Diet, Nutrition & Physical Activity

<i>Indicators</i>	<i>Results for Hennepin County children (overall)</i>	
<i>Breastfeeding</i>	84.2% of Hennepin County children, who are aged 0 to 5, were ever breastfed or fed breast milk from a bottle	
<i>Drinks sugar-sweetened beverages</i>	16.1% of Hennepin County children, who are aged 2 to 12, had 2 or more sugar-sweetened beverages yesterday (including fruit drinks, soda pop, or other sugar-sweetened drinks)	
<i>Eats fruit</i>	72.0% of Hennepin County children, who are aged 2 to 12, ate 2 or more servings of fruit yesterday	
<i>Eats vegetables</i>	12.6% of Hennepin County children, who are aged 2 to 12, ate 3 or more servings of vegetables yesterday	
<i>Physically active</i>	30.2% of Hennepin County children, who are in grades 1 to 12, were physically active for at least 60 minutes every day during the past 7 days	

SOURCE: SHAPE 2006 – Child Data Book

FAMILY: Caring for Children

<i>Indicators</i>	<i>Results for Hennepin County children (overall)</i>
<i>Receives regular child care</i>	51.1% of Hennepin County children, who are aged 0 to 5, regularly receive child care by someone other than a parent or guardian
<i>Child care "gap"</i>	17.6% of Hennepin County children, who are aged 0 to 5, had parents who had to change work hours, quit a job, or not take a job because of problems with their child care arrangements
<i>Home alone</i>	11.2% of Hennepin County children, who are in grades 1 to 6, spend 1 hour or more being responsible for themselves after school when there is no adult or babysitter around
<i>Hanging out</i>	15.6% of Hennepin County children, who are in grades 7 to 12, spend 10 or more hours during a typical school week hanging out with friends without adult supervision

SOURCE: SHAPE 2006 – Child Data Book

FAMILY: Family Connectedness

<i>Indicators</i>	<i>Results for Hennepin County children (overall)</i>
<i>Family eats meals together</i>	47.5% of Hennepin County children, who are aged 0 to 17, are in families that eat at least one meal together every day
<i>Talks about child's daily activities</i>	85.2% of Hennepin County children, who are aged 6 to 11, have parents or family members who talk to them about their activities every day
<i>Reads books together</i>	34.8% of Hennepin County children, who are aged 6 to 11, have parents or family members who read books together with them every day
<i>Plays games or sports together</i>	14.2% of Hennepin County children, who are aged 6 to 11, have parents or family members who play games or sports with them every day

SOURCE: SHAPE 2006 – Child Data Book

FAMILY: Parental Involvement

<i>Indicators</i>	<i>Results for Hennepin County children (overall)</i>
<i>Talks about smoking or tobacco use</i>	68.1% of Hennepin County children, who are aged 6 to 17, have had their parents talk to them about smoking or tobacco use 3 or more times in the past 12 months
<i>Talks about drinking or alcohol use</i>	62.7% of Hennepin County children, who are aged 6 to 17, have had their parents talk to them about drinking or alcohol use 3 or more times in the past 12 months
<i>Talks about illegal drug use</i>	53.0% of Hennepin County children, who are aged 6 to 17, have had their parents talk to them about illegal drug use 3 or more times in the past 12 months
<i>Talks about sexual activities</i>	53.3% of Hennepin County children, who are aged 10 to 17, have had their parents talk to them about sexual activities or sexually transmitted diseases 3 or more times in the past 12 months

SOURCE: SHAPE 2006 – Child Data Book

SCHOOL: School Readiness

<i>Indicators</i>	<i>Results for Hennepin County children (overall)</i>
<i>Reads books or tells stories</i>	67.3% of Hennepin County children, who are aged 0 to 5, have family members who read books or tell stories to them every day
<i>Practices reading, writing and numbers</i>	41.1% of Hennepin County children, who are aged 3 to 5, have family members who practice reading, writing or working with numbers with them every day
<i>Can count to 100</i>	20.9% of Hennepin County children, who are aged 3 to 5, can count up to 100 or more
<i>Knows the letters of the alphabet</i>	40.5% of Hennepin County children, who are aged 3 to 5, can recognize all of the letters of the alphabet
<i>Can write his/her own first name</i>	64.9% of Hennepin County children, who are aged 3 to 5, can write his/her own first name (even if some letters are backwards)

SOURCE: SHAPE 2006 – Child Data Book

SCHOOL: School Activities

<i>Indicators</i>	<i>Results for Hennepin County children (overall)</i>	
<i>Homework or reading</i>	75.1% of Hennepin County children, who are in grades 1 to 12, meet the general guideline for their grade level for the amount of time spent reading or doing homework on a typical school day	
<i>Parent/teacher conferences</i>	84.7% of Hennepin County children, who are in grades 1 to 12, had a parent (or other adult) attend all of their regularly scheduled parent/teacher conferences during the past school year	* The Minneapolis rate was significantly lower than the rate for Hennepin County overall (p<0.05).
<i>School bullying</i>	3.6% of Hennepin County children, who are in grades 1 to 12, were afraid to go to school in the past month because they were sometimes, usually or always picked on, teased or bullied	

SOURCE: SHAPE 2006 – Child Data Book

SCHOOL: After-school Activities

<i>Indicators</i>	<i>Results for Hennepin County children (overall)</i>	
<i>Plays video games or watches TV</i>	36.2% of Hennepin County children, who are in grades 1 to 12, play electronic games, watch TV or videos, or use the computer for recreation for 2 or more hours on a typical school day	
<i>Participates in sports activities</i>	45.2% of Hennepin County children, who are in grades 7 to 12, spend 5 or more hours doing sports activities during a typical school week	
<i>Participates in fine arts, music or drama</i>	58.1% of Hennepin County children, who are in grades 7 to 12, participate in fine arts, music, drama or choir for 1 hour or more during a typical school week	* The Minneapolis rate was significantly lower than the rate for Hennepin County overall (p<0.05).
<i>Volunteers or does community service</i>	39.0% of Hennepin County children, who are in grades 7 to 12, do community service or volunteer for 1 hour or more during a typical school week	
<i>Working</i>	35.7% of Hennepin County children, who are in grades 7 to 12, work for pay or in a family business for 1 hour or more during a typical school week	

SOURCE: SHAPE 2006 – Child Data Book

This Fact Sheet provides results for a small set of the indicators on the health and well-being of **Hennepin County children (overall)**. Much more information is available in the *SHAPE 2006 - Child Data Book*.

Want to know more?

About SHAPE 2006 results for ...	
<p>Specific groups of children:</p> <ul style="list-style-type: none"> ❖ <i>Black with US-born parents</i> ❖ <i>Black with African-born parents</i> ❖ <i>Asian or Pacific Islander</i> ❖ <i>Southeast Asian</i> ❖ <i>Hispanic or Latino</i> ❖ <i>White</i> 	<p>Additional documents are available on-line at: www.hennepin.us/SHAPE</p> <p>Including: <i>SHAPE 2006 - Child Data Book</i> <i>SHAPE 2006 - Adult Data Book</i> <i>SHAPE Briefings</i></p> <p>For more information please contact us at: SHAPE@co.hennepin.mn.us Telephone: (612) 348-6150</p>
<p>Specific Geographic areas:</p> <ul style="list-style-type: none"> ❖ <i>Four areas within Minneapolis</i> ❖ <i>Three areas of Suburban Hennepin County</i> 	
<p>Adults in Hennepin County:</p> <ul style="list-style-type: none"> ❖ <i>SHAPE 2006</i> ❖ <i>SHAPE 2002</i> ❖ <i>SHAPE 1998</i> 	

THANK YOU! The SHAPE 2006 project would like to thank the many individuals and community organizations that provided advice and support for the development of this project. A partial list of those that provided assistance can be found on our website. The SHAPE 2006 project would especially like to thank the more than 10,000 residents of Hennepin County who generously took the time to participate in the SHAPE survey.

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