

SHAPE Fact Sheet

Children's Health & Well-being

Children from the West Suburbs



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 children from the **West Suburbs**, including the communities of **Deephaven, Excelsior, Greenfield, Greenwood, Hopkins, Independence, Long Lake, Loretto, Maple Plain, Medina, Minnetonka, Minnetonka Beach, Minnestrista, Mound, Orono, Rockford, Saint Bonifacius, Saint Louis Park, Shorewood, Spring Park, Tonka Bay, Wayzata and Woodland**. 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 Fact Sheet:

These results are based on 446 children aged 0 to 17 from the West Suburbs, including the communities of Deephaven, Excelsior, Greenfield, Greenwood, Hopkins, Independence, Long lake, Loretto, Maple Plain, Medina, Minnetonka, Minnetonka Beach, Minnerista, Mound, Orono, Rockford, Saint Bonifacius, Saint Louis Park, Shorewood, Spring Park, Tonka Bay, Wayzata and Woodland. 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 children from the West Suburbs:

- ❖ Statistically, children from the West Suburbs did not differ significantly from Hennepin County children (overall) on most of the key measures summarized in this fact sheet. Those measures with statistically significant differences have been noted.
- ❖ Among children from the West Suburbs, 8.9% of those who are aged 0 to 17 currently have asthma, and 3.0% were reported to have a chronic condition expected to last 12 months or longer.
- ❖ Among children from the West Suburbs, 1.4% of those who are aged 0 to 17 are currently uninsured and 2.3% were without health care coverage for all or part of the past year. Statistically, these rates are significantly lower than the rates for Hennepin County children overall ($p < 0.05$).
- ❖ Among children from the West Suburbs, 72.5% of those who are aged 0 to 5 have family members who read books or tell stories to them every day. For those who are aged 6 to 11, 31.2% have parents or family members who read books together with them every day.
- ❖ Among children from the West Suburbs, 94.4% of those who are aged 0 to 5 were ever breastfed or fed breast milk from a bottle. Statistically, this rate is significantly higher than the rate for Hennepin County children overall ($p < 0.05$).
- ❖ Among children from the West Suburbs, 9.8% of those who are aged 2 to 12 had 2 or more sugar-sweetened beverages yesterday (including fruit drinks, soda pop, or other sugar-sweetened drinks). Statistically, this rate is significantly lower than the rate for Hennepin County children overall ($p < 0.05$).
- ❖ Among children from the West Suburbs, 29.2% were physically active for at least 60 minutes every day during the past 7 days. Among those who are in grades 1 to 12, 32.7% play electronic games, watch TV or videos, or use the computer for recreation for 2 or more hours on a typical school day.

HEALTH: Overall Health & Health Conditions

<i>Indicators</i>	<i>Results for children from the West Suburbs</i>
Overall health	1.2% of children from the West Suburbs, who are aged 0 to 17, were reported to be in fair or poor health
Chronic conditions	3.0% of children from the West Suburbs, who are aged 0 to 17, were reported to have chronic conditions lasting 12 months or longer
Asthma	8.9% of children from the West Suburbs, who are aged 0 to 17, were diagnosed with and currently have asthma
ADD / ADHD <i>(attention deficit disorders)</i>	10.8% of children from the West Suburbs, who are aged 4 to 17, have ever been diagnosed with ADD or ADHD
Depression or anxiety	7.5% of children from the West Suburbs, who are aged 4 to 17, have ever been diagnosed with depression or anxiety problems
Emotional or behavioral problems	5.6% of children from the West Suburbs, 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 children from the West Suburbs</i>
Currently uninsured	1.4% of children from the West Suburbs, who are aged 0 to 17, currently lack health care insurance * Significantly lower than the rate for Hennepin County children overall (p<0.05).
Uninsured for some time during the year	2.3% of children from the West Suburbs, who are aged 0 to 17, were uninsured for all or part of the past 12 months * Significantly lower than the rate for Hennepin County children overall (p<0.05).
Dental insurance	87.9% of children from the West Suburbs, 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 children from the West Suburbs</i>
<i>Regular doctor or clinic</i>	93.8% of children from the West Suburbs, 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>	12.2% of children from the West Suburbs, who are aged 0 to 17, made 1 or more visits to a hospital emergency room in the past 12 months
<i>Preventive health care visits</i>	81.3% of children from the West Suburbs, 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 children from the West Suburbs</i>
<i>Breastfeeding</i>	94.4% of children from the West Suburbs, who are aged 0 to 5, were ever breastfed or fed breast milk from a bottle * Significantly <u>higher</u> than the rate for Hennepin County children overall (p<0.05).
<i>Drinks sugar-sweetened beverages</i>	9.8% of children from the West Suburbs, who are aged 2 to 12, had 2 or more sugar-sweetened beverages yesterday (including fruit drinks, soda pop, or other sugar-sweetened drinks) * Significantly <u>lower</u> than the rate for Hennepin County children overall (p<0.05).
<i>Eats fruit</i>	73.4% of children from the West Suburbs, who are aged 2 to 12, ate 2 or more servings of fruit yesterday
<i>Eats vegetables</i>	11.4% of children from the West Suburbs, who are aged 2 to 12, ate 3 or more servings of vegetables yesterday
<i>Physically active</i>	29.2% of children from the West Suburbs, 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 children from the West Suburbs</i>
<i>Receives regular child care</i>	58.2% of children from the West Suburbs, who are aged 0 to 5, regularly receive child care by someone other than a parent or guardian
<i>Child care "gap"</i>	12.4% of children from the West Suburbs, 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>	7.6% of children from the West Suburbs, 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>	13.6% of children from the West Suburbs, 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 children from the West Suburbs</i>
<i>Family eats meals together</i>	45.4% of children from the West Suburbs, 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>	88.3% of children from the West Suburbs, 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>	31.2% of children from the West Suburbs, 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>	11.4% of children from the West Suburbs, 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 children from the West Suburbs</i>
<i>Talks about smoking or tobacco use</i>	74.9% of children from the West Suburbs, 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>	64.8% of children from the West Suburbs, 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>	55.4% of children from the West Suburbs, 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>	50.8% of children from the West Suburbs, 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 children from the West Suburbs</i>
<i>Reads books or tells stories</i>	72.5% of children from the West Suburbs, 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>	40.7% of children from the West Suburbs, 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>	17.6% of children from the West Suburbs, who are aged 3 to 5, can count up to 100 or more
<i>Knows the letters of the alphabet</i>	41.0% of children from the West Suburbs, who are aged 3 to 5, can recognize all of the letters of the alphabet
<i>Can write his/her own first name</i>	65.7% of children from the West Suburbs, 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 children from the West Suburbs</i>
<i>Homework or reading</i>	79.3% of children from the West Suburbs, 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>	89.6% of children from the West Suburbs, 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
<i>School bullying</i>	1.9% of children from the West Suburbs, 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 children from the West Suburbs</i>
<i>Plays video games or watches TV</i>	32.7% of children from the West Suburbs, 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>	48.3% of children from the West Suburbs, 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>	64.3% of children from the West Suburbs, 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
<i>Volunteers or does community service</i>	38.9% of children from the West Suburbs, 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>	39.9% of children from the West Suburbs, 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 children from the **West Suburbs** in Hennepin County. Much more information is available in the *SHAPE 2006 - Child Data Book*.

Want to know more?

<i>About SHAPE 2006 results for ...</i>	
<p>Other 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>Geographic areas:</p> <ul style="list-style-type: none"> ❖ <i>Hennepin County (total)</i> ❖ <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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