

# SHAPE Fact Sheet

## Children's Health & Well-being

### White children



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 **White children**. 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](http://www.hennepin.us/SHAPE).

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

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

SOURCE: SHAPE 2006 - Child Data Book

### About the tables in this SHAPE Fact Sheet:

These results are based on 2,746 children aged 0 to 17 who are **White**. 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](http://www.hennepin.us/SHAPE).

### Summary of key results for **White children**:

- ❖ Among White children, 8.5% of those who are aged 0 to 17 were diagnosed with and currently have asthma, and 4.6% were reported to have a chronic condition expected to last 12 months or longer.
- ❖ Among White children, 2.5% of those who are aged 0 to 17 are currently uninsured and 4.6% 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 White children, 11.4% 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 White children, 75.1% of those who are aged 0 to 5 have family members who read books or tell stories to them every day. Statistically, this rate is significantly higher than the rate for Hennepin County children overall ( $p < 0.05$ ).
- ❖ Among White children, 30.9% 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 White children, 35.3% of those 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.
- ❖ Among White children, 46.3% of those who are aged 0 to 17 are in families that eat meals together every day.
- ❖ Among White children, 71.7% of those 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, and 65.2% of White 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.

## HEALTH: Overall Health & Health Conditions

<i>Indicators</i>	<i>Results for White children</i>
<i>Overall health</i>	1.9% of White children, who are aged 0 to 17, were reported to be in fair or poor health
<i>Chronic conditions</i>	4.6% of White children, who are aged 0 to 17, were reported to have chronic conditions lasting 12 months or longer
<i>Asthma</i>	8.5% of White children, who are aged 0 to 17, were diagnosed with and currently have asthma
<i>ADD / ADHD</i> <i>(attention deficit disorders)</i>	8.1% of White children, who are aged 4 to 17, have ever been diagnosed with ADD or ADHD
<i>Depression or anxiety</i>	6.4% of White children, who are aged 4 to 17, have ever been diagnosed with depression or anxiety problems
<i>Emotional or behavioral problems</i>	5.6% of White 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 White children</i>
<i>Currently uninsured</i>	2.5% of White children, who are aged 0 to 17, currently lack health care insurance * Significantly lower than the rate for Hennepin County children overall (p<0.05).
<i>Uninsured for some time during the year</i>	4.6% of White children 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).
<i>Dental insurance</i>	86.9% of White 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 White children</i>
<i>Regular doctor or clinic</i>	<b>93.8%</b> of White 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>	<b>14.2%</b> of White children, 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>	<b>79.7%</b> of White 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 White children</i>
<i>Breastfeeding</i>	<b>88.3%</b> of White children, who are aged 0 to 5, were ever breastfed or fed breast milk from a bottle
<i>Drinks sugar-sweetened beverages</i>	<b>11.4%</b> of White 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) * Significantly lower than the rate for Hennepin County children overall (p<0.05).
<i>Eats fruit</i>	<b>77.1%</b> of White children, who are aged 2 to 12, ate 2 or more servings of fruit yesterday
<i>Eats vegetables</i>	<b>12.2%</b> of White children, who are aged 2 to 12, ate 3 or more servings of vegetables yesterday
<i>Physically active</i>	<b>30.9%</b> of White 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 White children</i>
<i>Receives regular child care</i>	<b>54.7%</b> of White children, who are aged 0 to 5, regularly receive child care by someone other than a parent or guardian
<i>Child care "gap"</i>	<b>14.8%</b> of White 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>	<b>9.8%</b> of White 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>	<b>16.1%</b> of White 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 White children</i>
<i>Family eats meals together</i>	<b>46.3%</b> of White 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>	<b>88.6%</b> of White 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>	<b>34.4%</b> of White 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>	<b>14.8%</b> of White 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 White children</i>
<i>Talks about smoking or tobacco use</i>	71.7% of White 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>	65.2% of White 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>	51.6% of White 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>	53.7% of White 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 White children</i>
<i>Reads books or tells stories</i>	75.1% of White children, who are aged 0 to 5, have family members who read books or tell stories to them every day * Significantly higher than the rate for Hennepin County children overall (p<0.05).
<i>Practices reading, writing and numbers</i>	38.4% of White 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>	22.5% of White children, who are aged 3 to 5, can count up to 100 or more
<i>Knows the letters of the alphabet</i>	42.4% of White 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>	67.3% of White 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 White children</i>
<i>Homework or reading</i>	<b>74.6%</b> of White 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>	<b>87.9%</b> of White 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
<i>School bullying</i>	<b>3.7%</b> of White 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 White children</i>
<i>Plays video games or watches TV</i>	<b>35.3%</b> of White 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>	<b>48.3%</b> of White 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>	<b>61.0%</b> of White 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
<i>Volunteers or does community service</i>	<b>41.2%</b> of White 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>	<b>35.9%</b> of White 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 **White children** 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><i>Other groups of children:</i></p> <ul style="list-style-type: none"> <li>❖ <i>Black with US-born parents</i></li> <li>❖ <i>Black with African-born parents</i></li> <li>❖ <i>Asian or Pacific Islander</i></li> <li>❖ <i>Southeast Asian</i></li> <li>❖ <i>Hispanic or Latino</i></li> </ul>	<p>Additional documents are available on-line at:  <a href="http://www.hennepin.us/SHAPE">www.hennepin.us/SHAPE</a></p> <p>Including:</p> <p><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:  <a href="mailto:SHAPE@co.hennepin.mn.us">SHAPE@co.hennepin.mn.us</a>            Telephone: (612) 348-6150</p>
<p><i>Geographic areas:</i></p> <ul style="list-style-type: none"> <li>❖ <i>Hennepin County (total)</i></li> <li>❖ <i>Four areas within Minneapolis</i></li> <li>❖ <i>Three areas of Suburban Hennepin County</i></li> </ul>	
<p><i>Adults in Hennepin County:</i></p> <ul style="list-style-type: none"> <li>❖ <i>SHAPE 2006</i></li> <li>❖ <i>SHAPE 2002</i></li> <li>❖ <i>SHAPE 1998</i></li> </ul>	

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