

# Technical Compendium for SHAPE Briefing 9



1998  
2002  
2006

## Physical activity among Hennepin County adults – current status and major disparities

Listed below are the descriptions and technical notes for the indicators that were used in *SHAPE Briefing Number 9, Physical activity among Hennepin County adults - current status and major disparities*. (June 2008). Available at: [www.hennepin.us/SHAPE](http://www.hennepin.us/SHAPE). This list of indicators is in alphabetical order.

Indicator	Q# *	Description and Technical Notes
Binge drinking	C8	Having had five or more alcoholic beverages on one occasion at least one time during the past 30 days.
Body Mass Index (BMI)	A22 A23	<p>Body mass index (BMI) is calculated from self-reported weight and height using a standard formula:  <math>BMI = (\text{weight in kilograms}) \div (\text{Height in meters})^2</math> or  <math>BMI = 703 * (\text{weight in pounds}) \div (\text{Height in inches})^2</math>.</p> <p>When reporting weight, female respondents who were pregnant at the time of the survey were asked to provide their weight before they were pregnant.</p> <p>Classifications for weight status by BMI according to national guidelines are: underweight (BMI &lt; 18.5); normal weight (BMI = 18.5 to 24.9); overweight (BMI = 25.0 to 29.9) and obese (BMI ≥ 30.0).**</p>
Currently smoking	C19 C20	Current smoker: a person who has smoked more than 100 cigarettes in his or her lifetime and now smokes every day or some days.
Experienced discrimination	D6	Respondents who felt discriminated against in any of the nine defined situations during the past 12 months. The nine defined situations include: applied for a job; worked at a job; received medical care; looked for a different house or apartment; applied for a credit card, bank loan or mortgage; shopped at a store or ate at a restaurant; applied for social services or public assistance; dealt with the police; or appeared in court.
Experienced high economic distress	B3 B4 B5 B6 D11 D13	<p>Experience of economic distress during the past 12 months is an index summarizing the following survey responses:</p> <ul style="list-style-type: none"> <li>• Difficulty in paying health insurance premium, co-pays and deductibles(B3);</li> <li>• Difficult in paying prescription medications, or skipped/cut doses, did not fill a prescription due to cost (B4,B5,B6);</li> <li>• Worried about food running out before has money to buy more;</li> <li>• Missed a rent or mortgage payment due to not have enough money.</li> </ul> <p>The index was computed such that the higher the value of the index score, the greater the respondent's level of economic distress experience. The Cronbach's coefficient was 0.61.</p>
Frequent mental distress	A3	Respondents are classified as having frequent mental distress if they reported that their mental health (includes stress, depression and problems with emotions) was not good for 14 days or more during the past 30 days.
Having <5 servings of fruits or vegetables (yesterday)	C1 C2	<p>Total servings of fruits and vegetables eaten yesterday was derived by adding the answers to two questions:</p> <ul style="list-style-type: none"> <li>• Yesterday, how many servings of vegetables did you eat?</li> <li>• Yesterday, how many servings of fruit did you eat, including 100% fruit juice?</li> </ul> <p>A serving of fruit is one medium sized piece of fruit, ½ cup of chopped, cut or canned fruit, or 6 ounces of 100% fruit juice. Not including French fries, a serving of vegetables is a cup of salad greens, or a half cup of any vegetable.</p>
Perceiving neighborhood as least safe	D5d D5e D5f	<p>Perceived level of neighborhood safety (index):</p> <p>Survey respondents were asked to indicate their degree of agreement (<i>strongly agree, somewhat agree, somewhat disagree or strongly disagree</i>) with the following statements about the neighborhood in which they live:</p> <ul style="list-style-type: none"> <li>• People in this neighborhood are afraid to go out at night due to violence;</li> <li>• Gangs are a serious issue in this neighborhood; and</li> <li>• Children are safe in this neighborhood.</li> </ul> <p>The index was computed such that the higher the value of the index score, the greater the respondent's level of perceived neighborhood safety. The Cronbach's coefficient was 0.83.</p>

Indicator	Q# *	Description and Technical Notes
Perceiving neighborhood as least supportive	D5a D5b D5c D5g	<p>Perceived level of neighborhood support (index): Survey respondents were asked to indicate their degree of agreement (<i>strongly agree, somewhat agree, somewhat disagree or strongly disagree</i>) with the following statements about the neighborhood in which they live:</p> <ul style="list-style-type: none"> <li>• People in this neighborhood know each other;</li> <li>• People in this neighborhood are willing to help one another;</li> <li>• People in this neighborhood can be trusted; and</li> <li>• People in this neighborhood generally get along with each other.</li> </ul> <p>The index was computed such that the higher the value of the index score, the greater the respondent's level of perceived neighborhood support. The Cronbach's coefficient was 0.83.</p>
Poverty (<200% of FPL)	E21 E22 E23	<p>Poverty is defined as having a household income less than 200% of 2005 federal poverty level (FPL). Household income was determined based on the following survey questions:</p> <ul style="list-style-type: none"> <li>• E21. Approximately what was our household's income from all sources last year before taxes?</li> <li>• E22. (If E21 is not answered, for mail survey mode) If you would rather provide a range, please answer using the grid below ? (an income grid of the upper and lower limit of 200% FPL based on household size was provided)  (If E21 is not answered, for phone survey mode) How about if I give you some categories? Was your total income last year - less than \$ (lower limit of 200% FPL based on household size) - between \$ (range between upper &amp; lower limit of 200% FPL based on household size) - more than \$ (upper limit of 200% FPL based on household size)</li> <li>• E23. if E21 and E22 were not answered, for phone mode only) E23: Was your total household income last year more or less than \$25,000 as year? (If less than) Was it...&lt;\$5,000; \$5,001 to \$10,000; \$10,001 to \$15,000; \$15,001 to \$20,000 or \$20,001 to \$25,000.  Was it ...\$25,001 to \$30,000; \$30,001 to \$35,000; \$35,001 to \$40,000; \$40,001 to \$75,000 or over \$75,000 For mail survey, some respondents provided answers for both E21 &amp; E22, if so, E22 was used. If respondents did not provide income information via E21 to E23 and said that during the past 12 month, either him/herself or anyone in the same household received any of the five public programs listed below, they were classified as "experiencing poverty" (&lt;200%FPL). These programs have income eligibility that were 200% or below FPL, and include: D9_b: MFIP, General Assistance or other cash assistance D9_f: Low income housing assistance, Section 8, Public Housing D10_a. WIC D10_b. Food support or food stamp D10_d. Free or reduced-price school lunch.</li> </ul>
Obese	A22 A23	<p>Having a body mass index (BMI) that is <math>\geq 30.0</math>. See indicator "BMI" of this document for details.</p>

\* Q# is the survey question number on the mail version of questionnaire of *SHAPE 2006 – Adult Survey*.

\*\* National Institutes of Health. *Clinical Guidelines on the Identification, evaluation, and treatment of overweight and obesity in adults—the evidence report*. Obes Res. 1998 Sep;6 Suppl 2:51S– 209S. Erratum in: Obes Res 1998 Nov;6(6):464. Available at: [www.nhlbi.nih.gov/guidelines/obesity/ob\\_gdlns.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.htm) (Accessed June 25, 2008).



Human Services and  
Public Health Department