



SHAPE 2010

Your health matters.
Your answers matter.

The health and well-being of LGBT residents in Hennepin County

Based on the presentation made at
SHAPE LGBT Data Forum on October 12, 2012

Presented to
Minnesota Metro Health Educators
January 29, 2013





SHAPE 2010

Hennepin County's Survey of the Health of All the Population and the Environment (SHAPE) is one of only a few local studies that includes health and well-being data on Lesbian, Gay, Bisexual and Transgender residents.

Learn more about SHAPE 2010 at www.hennepin.us/SHAPE.

LGBT

Data Forum

Agenda October 12, 2012

8:30 a.m.	Registration and Breakfast
9 a.m.	Welcome Commissioner Gail Dorfman Hennepin County Third District
9:05 a.m.	Letter from Senator Franken
9:10 a.m.	Message from Senator Klobuchar
9:15 a.m.	Keynote Speaker Commissioner Dr. Edward Ehlinger Minnesota Department of Health
9:45 a.m.	LGBT SHAPE Data Presentation Part I
10:20 a.m.	Break and Display Fair
10:35 a.m.	LGBT SHAPE Data Presentation Part II
11:30 a.m.	Facilitated Discussion of Data and Next Steps



- The forum was planned by Hennepin County Human Services and Public Health Department (HSPHD) in partnership with community partners from the lesbian, gay, bisexual and transgender community.
- Planning Committee included Rainbow Health Initiative, Blue Cross and Blue Shield of MN, and Minneapolis Department of Health and Family Support.
- The forum was attended by about 100 people, representing LGBTQ organizations, funders, state, county and city health departments, the media.



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Presentation Outlines

- **Why LGBT health is important**
- **SHAPE project**
- **LGBT residents
demographic characteristics**
- **Selected health indicators**



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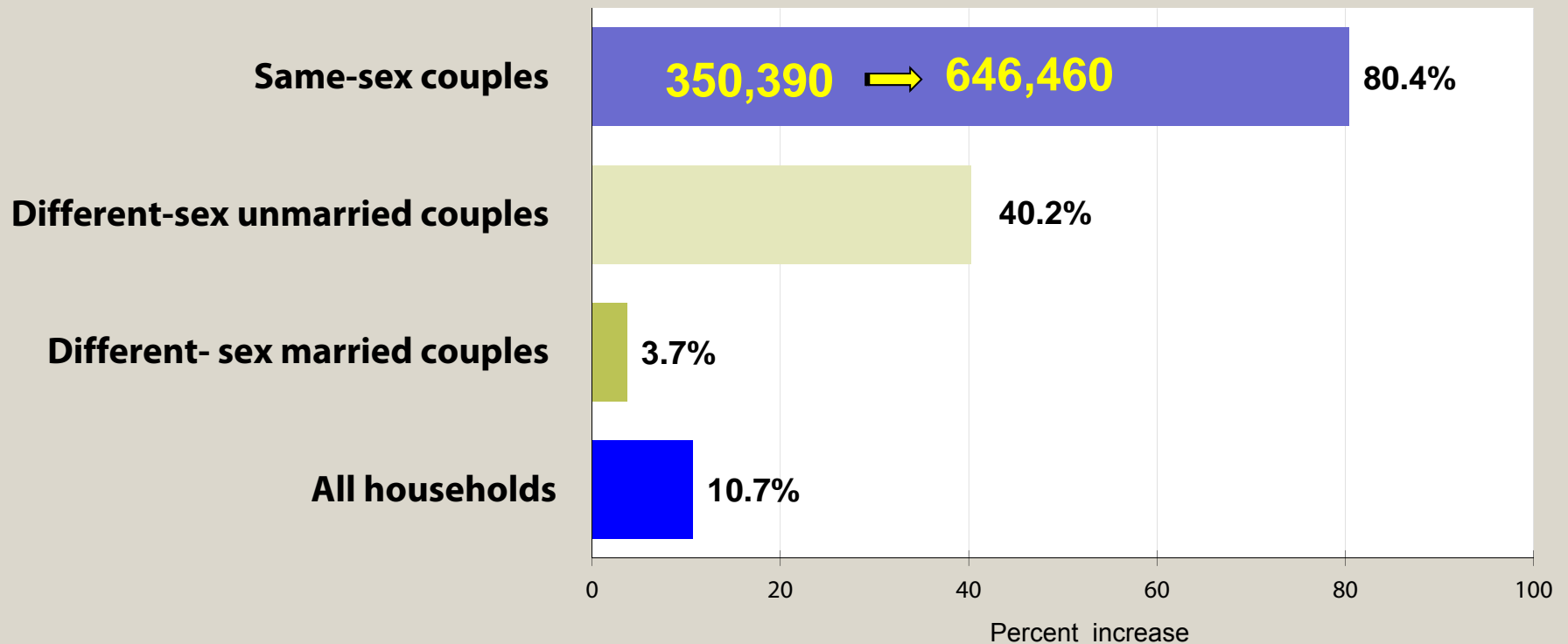
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Health and wellbeing of LGBT residents in Hennepin County

Why It is Important?

Same-sex couple households increased 80% between 2000 and 2010 in U.S.¹

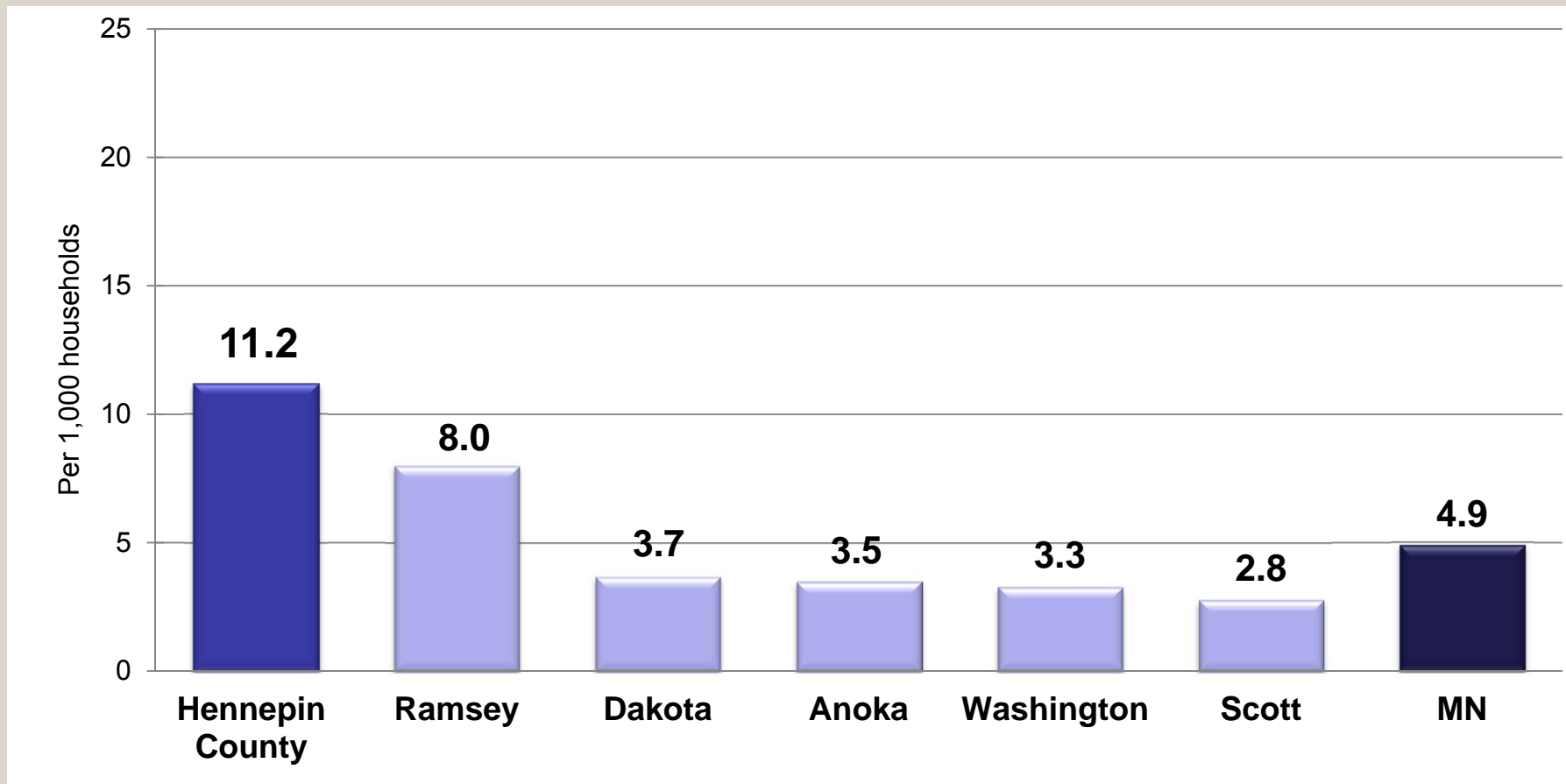
Percent increase between 2000 and 2010 by household type in U.S.



Source. Census 2000 and 2010, Gates 2011, The Williams Institute .
The same-sex household was classified based on self-reported information on Census form.

Rate of same-sex couples per 1,000 households

How does Hennepin County compare?



Data Source: 2010 Census, published by The Williams Institute.

LGBT health disparities & challenges

- ❑ Research suggests that LGBT individuals face health disparities linked to social stigma, discrimination, denial of their civil and human rights (HP2020).
- ❑ Sexual orientation and gender identity questions are not asked on most national and state surveys.
- ❑ Section 4302 of the Affordable Care Act contains provisions to strengthen federal data collection efforts by requiring that all national federal data include information on race, ethnicity, sex, primary language and disability status.

LGBT health disparities & challenges

- ❑ In 2011, US DHHS announced a plan for LGBT data collection: to integrate sexual orientation question into national data collection efforts by 2012 and begin a process to collect information on gender identity.
- ❑ *Healthy People 2020* and new IOM report- *The Health of LGBT People, 2011* calls for more research to document, understand, and address the environmental factors that contribute to health disparities in the LGBT community.
- ❑ Hennepin County SHAPE project gathers local data on health of LGBT residents starting in 1998.



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SHAPE project

What is SHAPE?

- ❑ Survey of the **H**ealth of **A**ll the **P**opulation and **E**nvironment
- ❑ SHAPE 2010 is a project of the Hennepin County Human Services and Public Health Department (HSPHD).
- ❑ SHAPE 2010 was funded in part by a grant from the Minnesota Statewide Health Improvement Program (SHIP).



SHAPE 2010 - Adult Survey: domains and topics

Overall health

- General health, health related quality of life
- Chronic disease and conditions
- Mental health
- Disability and Activity limitations

Health care access & utilization

- Health insurance coverage
- Usual source of care
- Unmet health care need
- Preventive care & chronic disease risk behavior screening

Healthy lifestyle and behaviors

- Body weight, diet and nutrition
- Physical activity and exercise
- Neighborhood walkability & non-motorized transit use
- Smoking, alcohol use

Social-environmental factors

- Community connectedness, social support, neighborhood cohesion
- Neighborhood safety
- Discrimination experience
- Economic distress



SHAPE 2010 survey question on sexual orientation & gender identity

Do you think yourself as.....?

MARK ALL THAT APPLY

- Heterosexual or straight
- Gay, Lesbian or homosexual
- Bisexual
- Transgender

SHAPE 2010 – number of respondents by sexual orientation & gender identity

Category	# of respondents (unweighted)
Heterosexual or straight	6247
Gay, lesbian, or homosexual	316
Bisexual	162
Transgender	18
Total¹	7001
LGBT any	485

1. Number of total respondents do not equal the sum of four response categories as respondents can check one or more categories.



SHAPE 2010

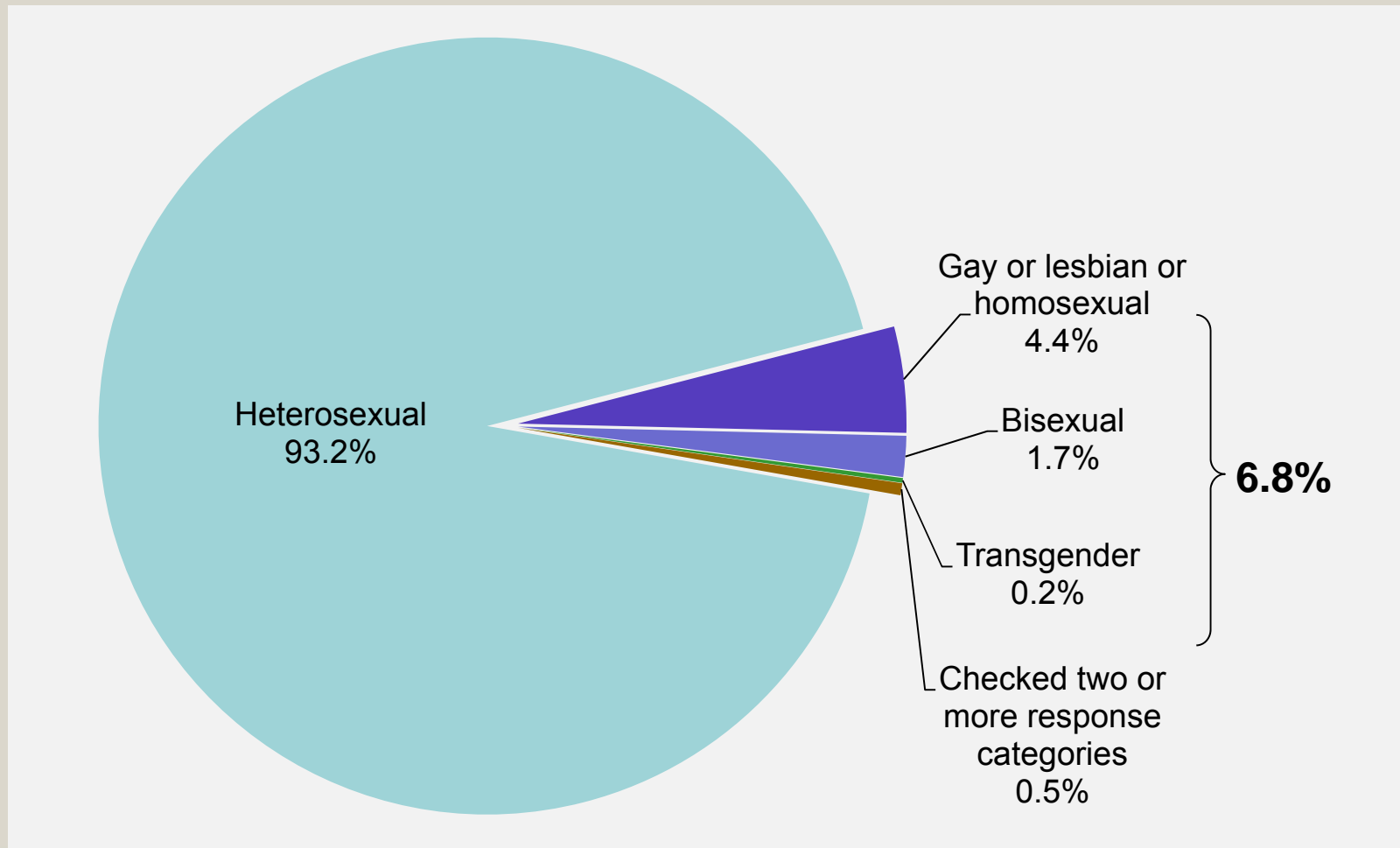
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LGBT Residents and Demographic Characteristics

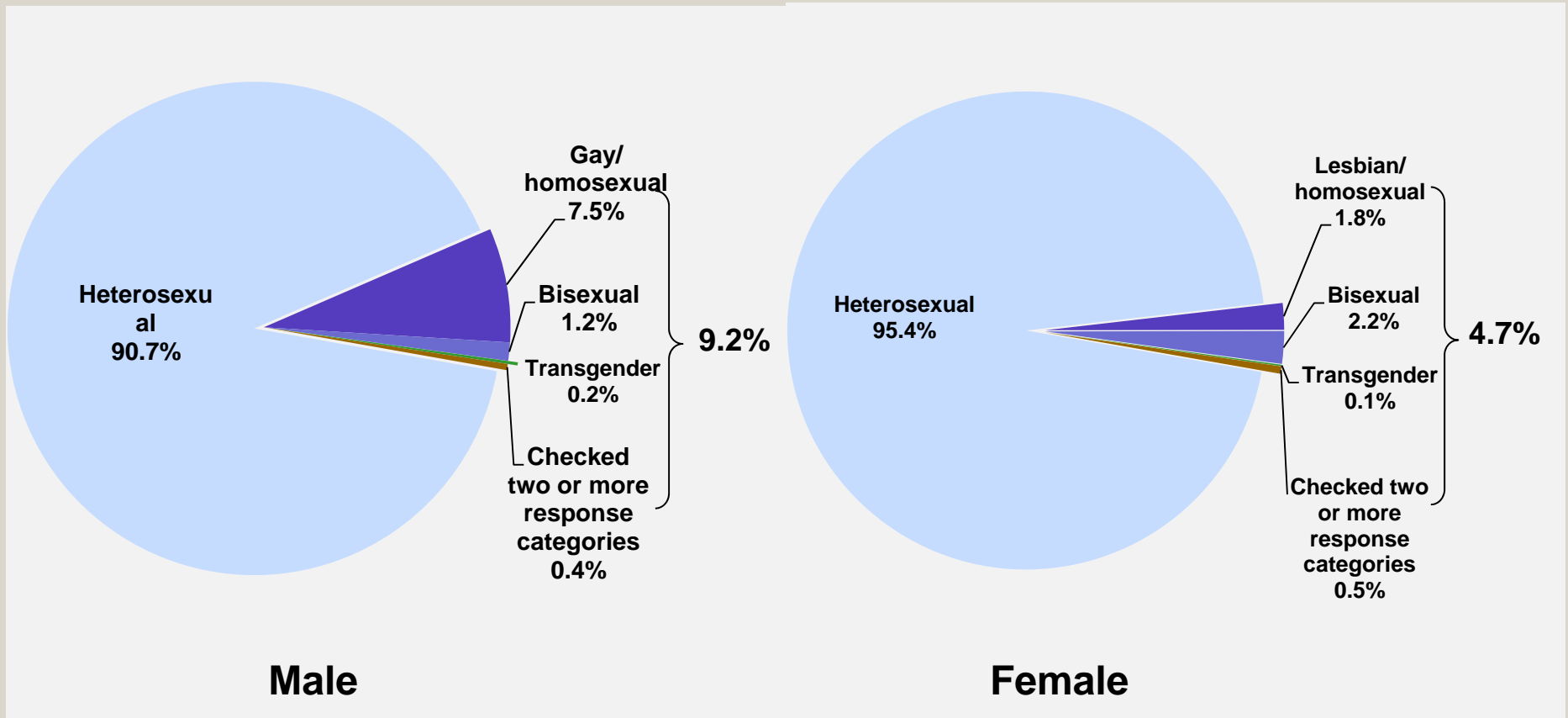
Q. Do you consider yourself as

Hennepin County adults of all ages 2010



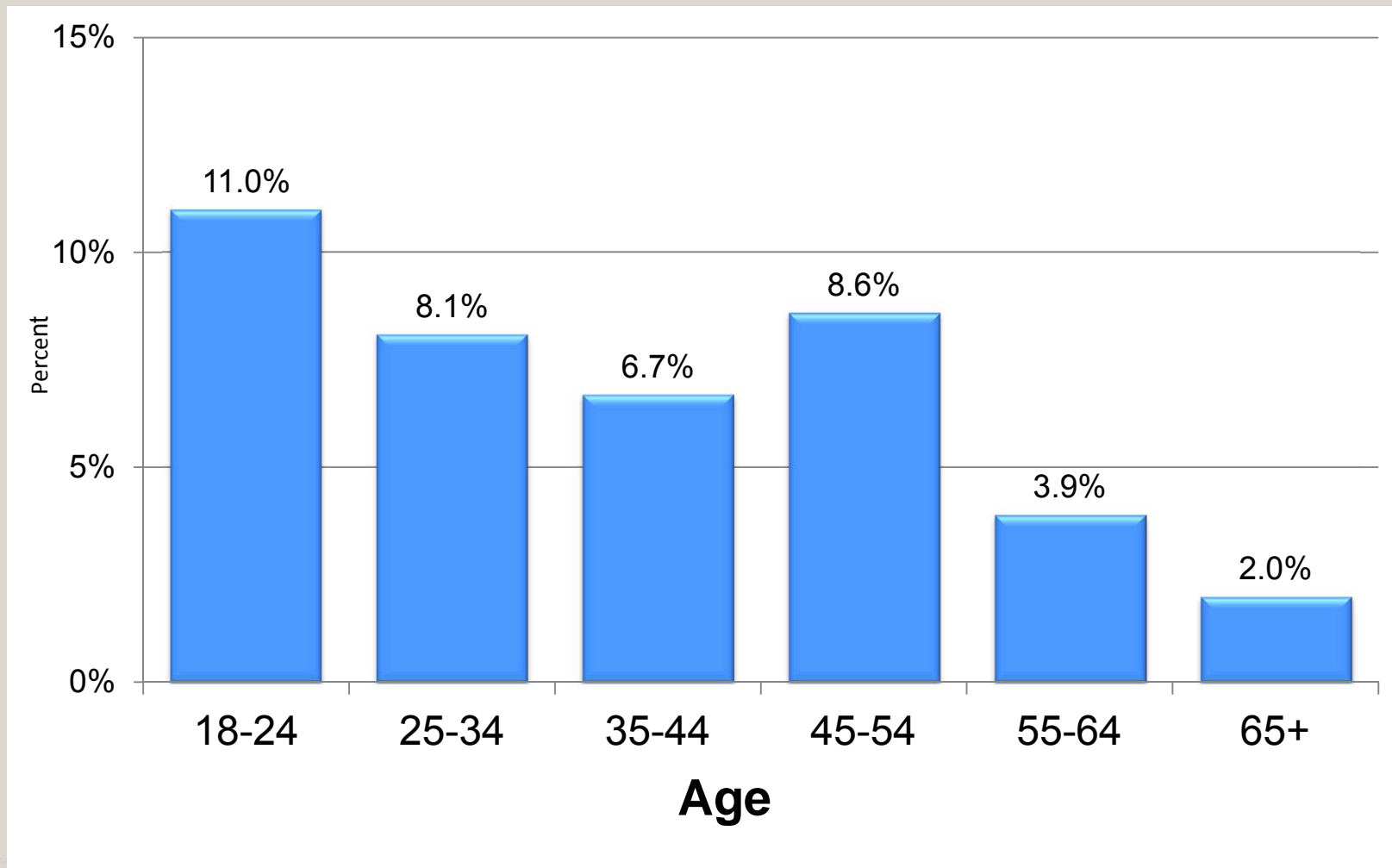
Percent LGBT by gender

Hennepin County adults of all ages 2010



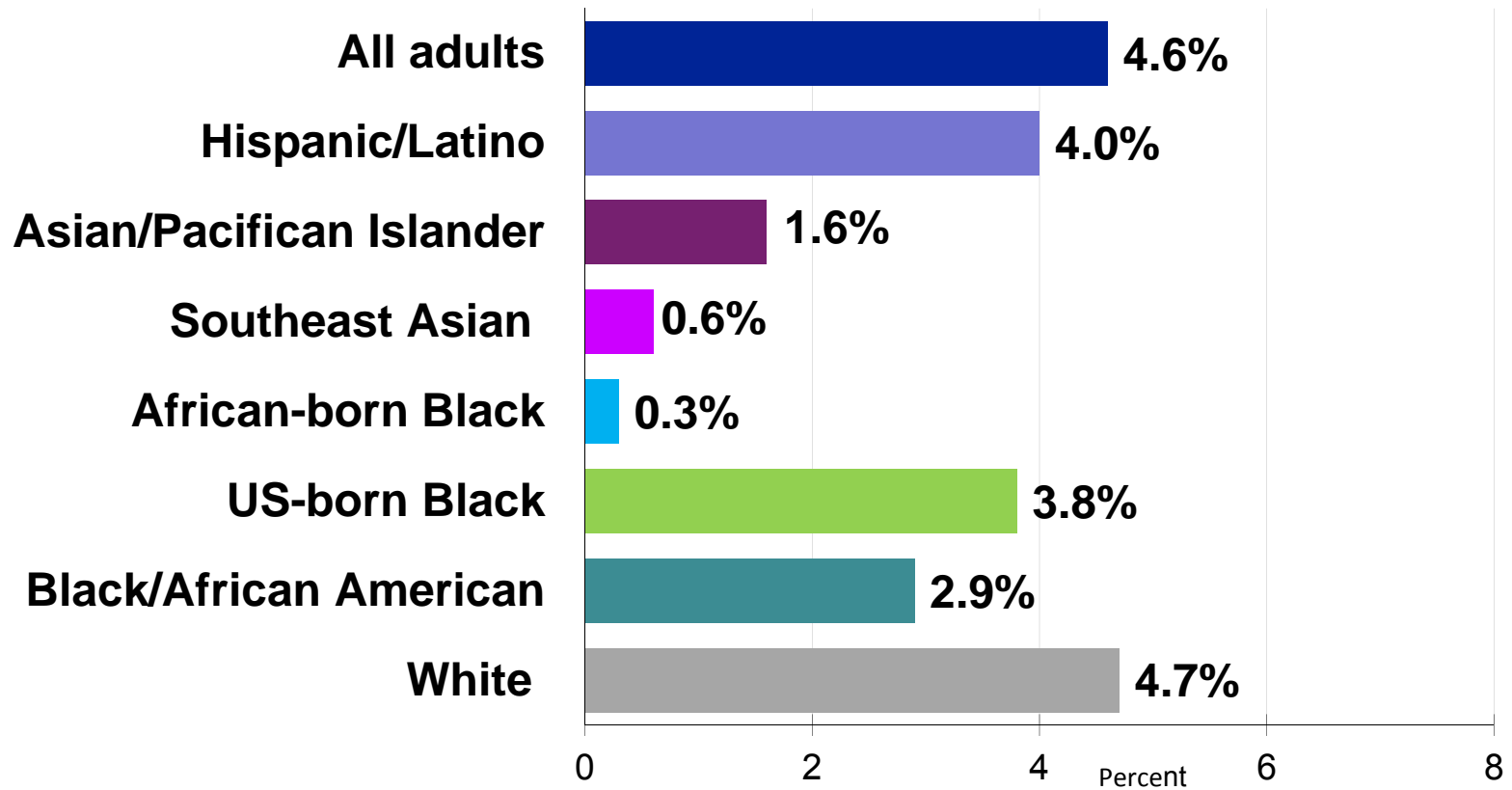
Percent LGBT by age

Hennepin County adults 2010



Percent LGBT by race and ethnicity

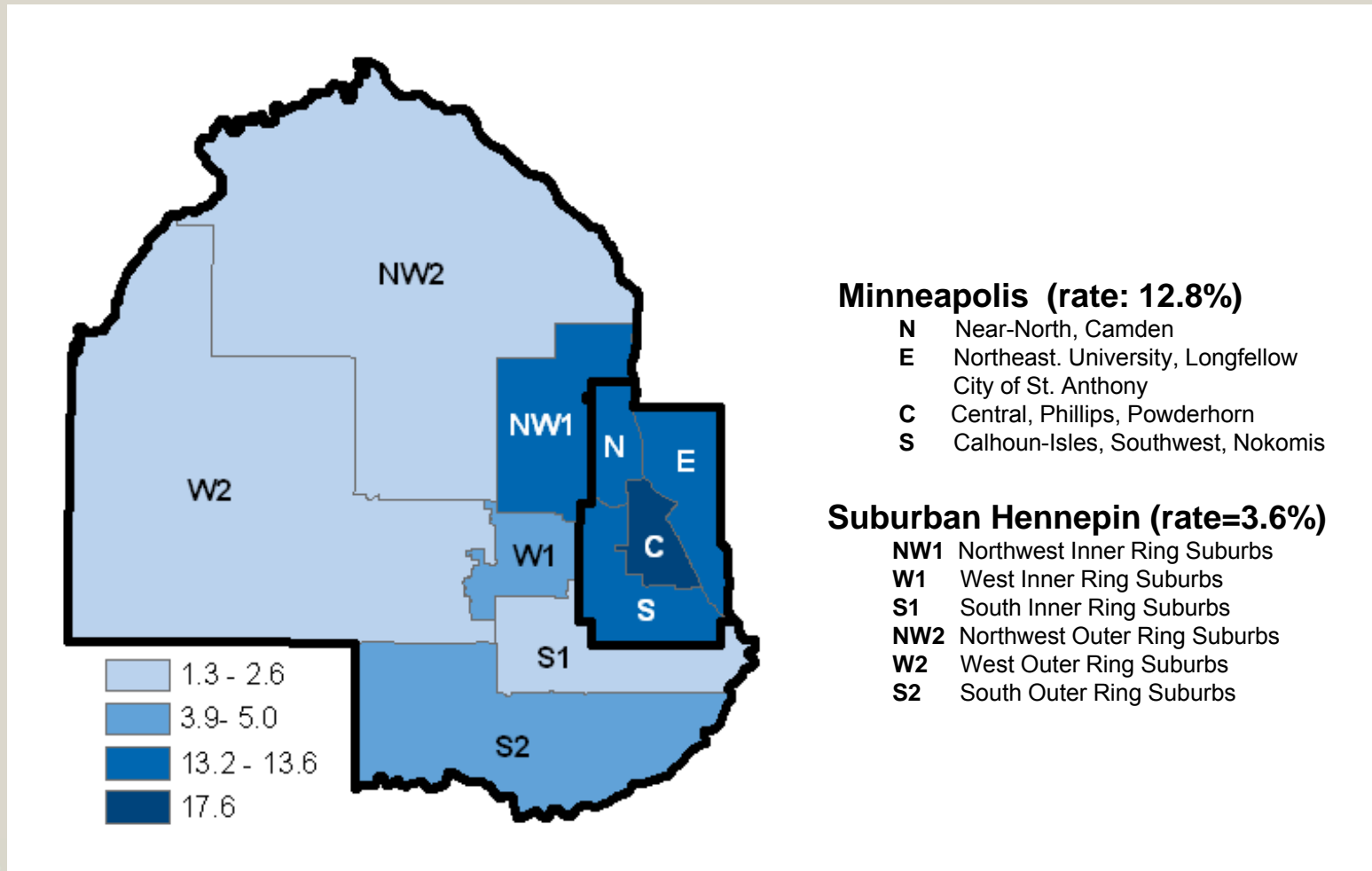
Hennepin County adults of all ages 2006¹



1, Data by race and ethnicity from SHAPE 2010 is not available.

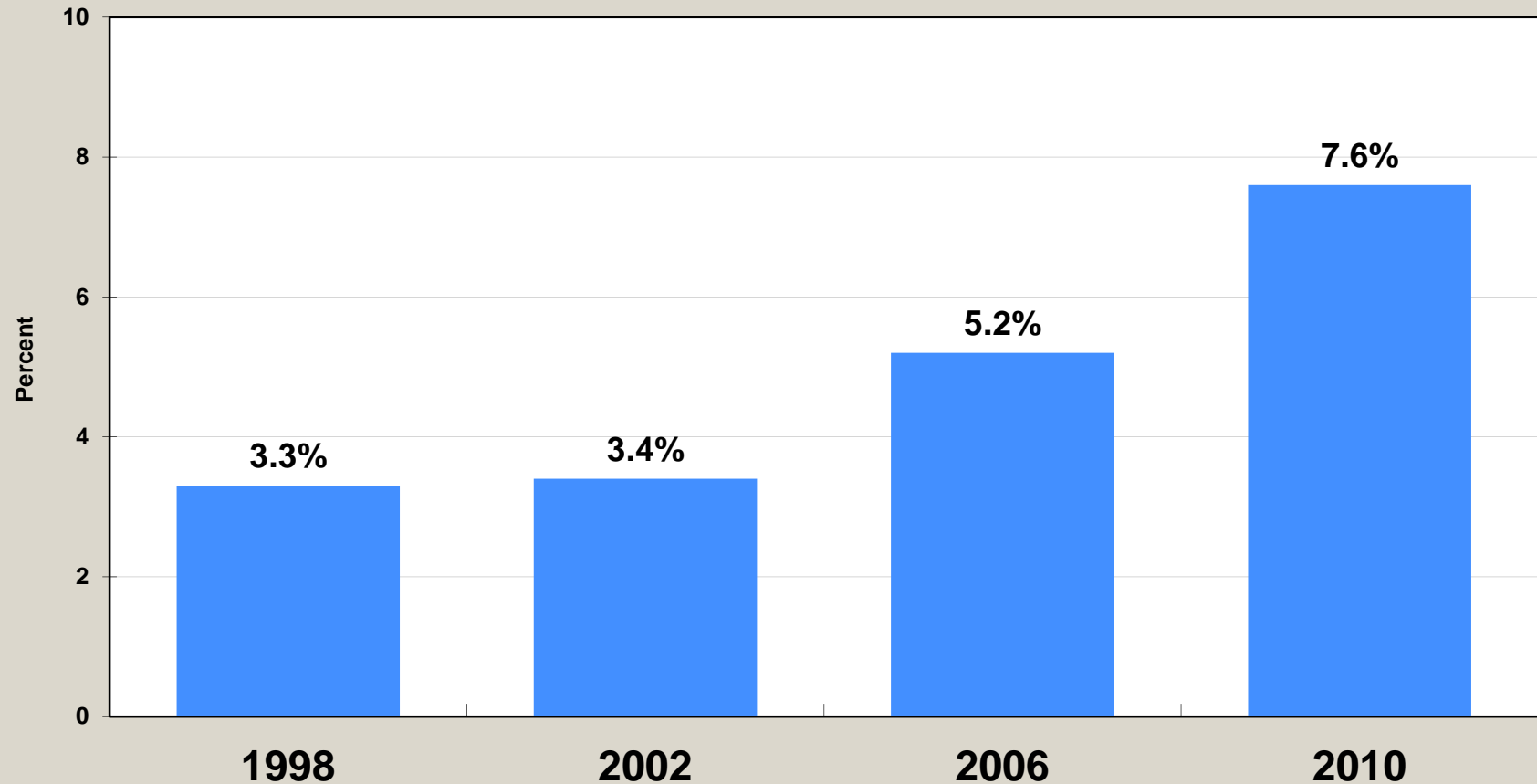
Percent LGBT by geographic areas

Hennepin County adults of all ages 2010



Percent LGBT trend 1998- 2010

Hennepin County **adults aged 18-64**



Sources: SHAPE 1998, SHAPE 2002, SHAPE 2006 & SHAPE 2010.

Note: The survey languages and response options, survey modes changed across surveys .
In 1998 and 2002, the LGBT survey question was not asked for adults aged 65 and older.



SHAPE 2010








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Selected Health Indicators

Overall health and mental health indicators at a glance⁽¹⁾

Hennepin County LGBT adults 2010

Indicator	Rate	Compare to adults who are not LGBT
Overall health, chronic diseases & conditions		
Poor or Fair health Self rated overall health	9.9%	9.2% 
Currently having asthma	10.8%	6.5% 
Diabetes Ever being diagnosed	6.0%	5.1% 
Hypertension Ever being diagnosed	17.5%	16.6% 
High blood cholesterol Ever being diagnosed	28.1%	32.9% 
Heart disease or stroke Ever being diagnosed	5.1%	4.8% 
Arthritis or rheumatism Ever being diagnosed	11.4%	15.7% 



better








worse








Same

Signage for indicators at a glance table

Signage	What does this mean	Statistical significant level (Designed based F-test P value)
	The rate among LGBT group is <u>better</u> than the rate among non-LGBT group	$P < 0.05$
	The rate among LGBT group is <u>better</u> than the rate among non-LGBT group	$0.05 < P < 0.10$
	The rate among LGBT group is <u>worse</u> than the rate among non-LGBT group	$P < 0.05$
	The rate among LGBT group is <u>worse</u> than the rate among non-LGBT group	$0.05 < P < 0.10$
	The rate among LGBT group is <u>same</u> as the rate among non-LGBT group	$P > 0.05$

Overall health and mental health indicators at a glance ⁽²⁾




Hennepin County LGBT adults 2010

Indicator Mental Health	Rate	Compare to adults who are not LGBT
Frequent mental distress Mental health was not good for 14 days or more days during the past 30 days	16.3%	8.4% 
Depression Ever being diagnosed	43.3%	23.2% 
Anxiety or panic attack Ever being diagnosed	26.6%	16.0% 
Serious psychological distress (SPD) SPD measures serious mental illness (SMI) in population. It is based on a scale ranging from 0-24, derived from 6 psychological distress questions. SPD has a scale ≥ 13	7.4%	2.5% 
Any psychological distress See SPD above, any psychological distress has a scale ≥ 7 .	27.1%	14.8% 



Overall health and mental health indicators at a glance ⁽³⁾

Hennepin County LGBT adults 2010

Indicator Activity limitation or disability	Rate	Compare to adults who are not LGBT
Activity limitation Respondent is limited in any activities because of physical, mental or emotional problems	28.5%	19.6% 
Work limitation Respondent has difficulty in getting, keeping, or working at a job or business because of any impairment or health problem	14.0%	7.7% 
Functional limitation Respondent needs help from another person with ADL (activity of daily living) or IADL (instrumental activity of daily living) because of impairment or health problems.	5.3%	5.2% 



better





worse



same

Overall health and mental health indicators at a glance (4) Hennepin County LGBT adults 2010

Indicator Overweight and obesity	Rate	Compare to adults who are not LGBT
Overweight or obese BMI ≥ 25	58.2%	53.0% 
Obese BMI ≥ 30	20.4%	20.5% 

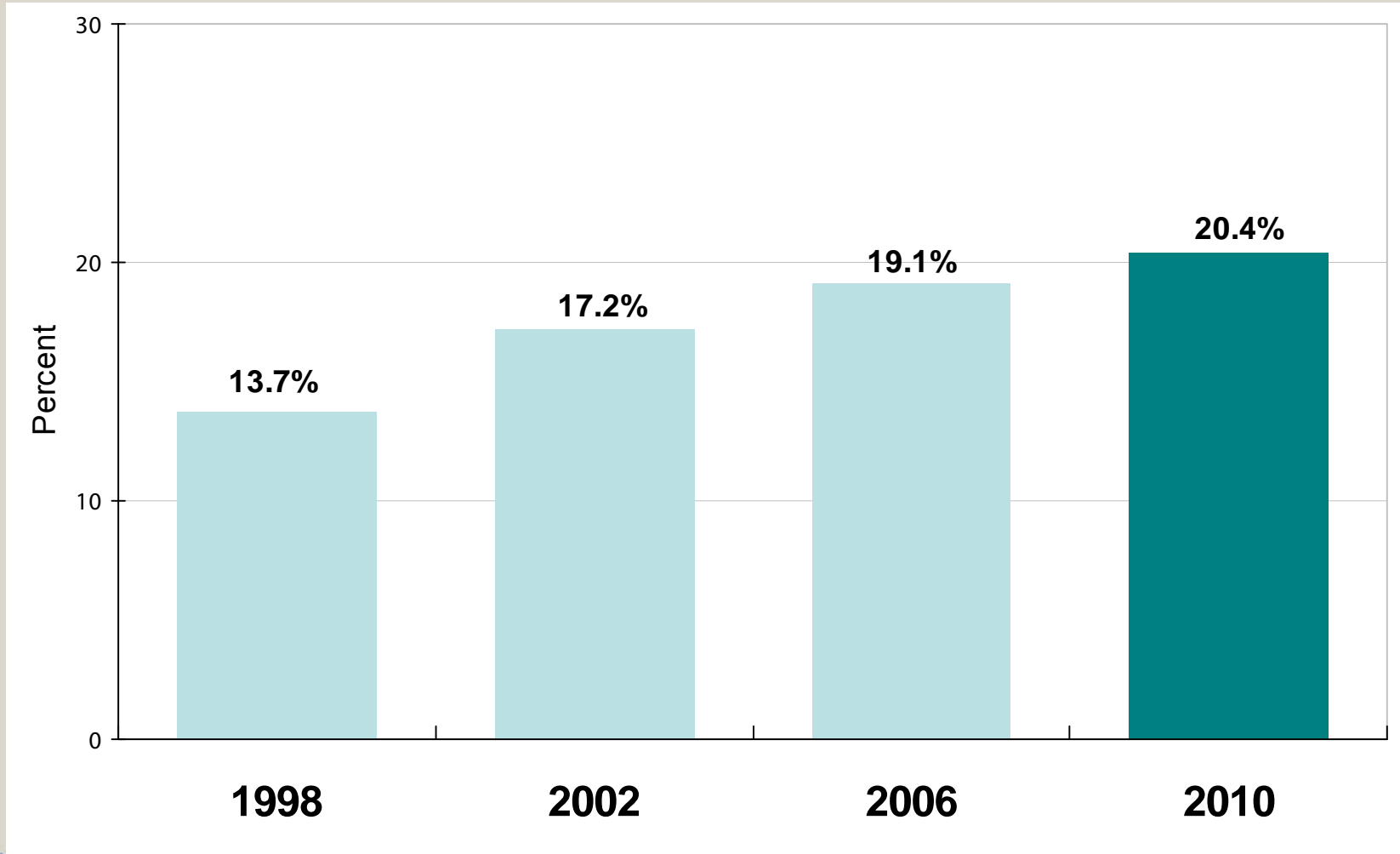


LGBT adults and obesity- who are affected more?



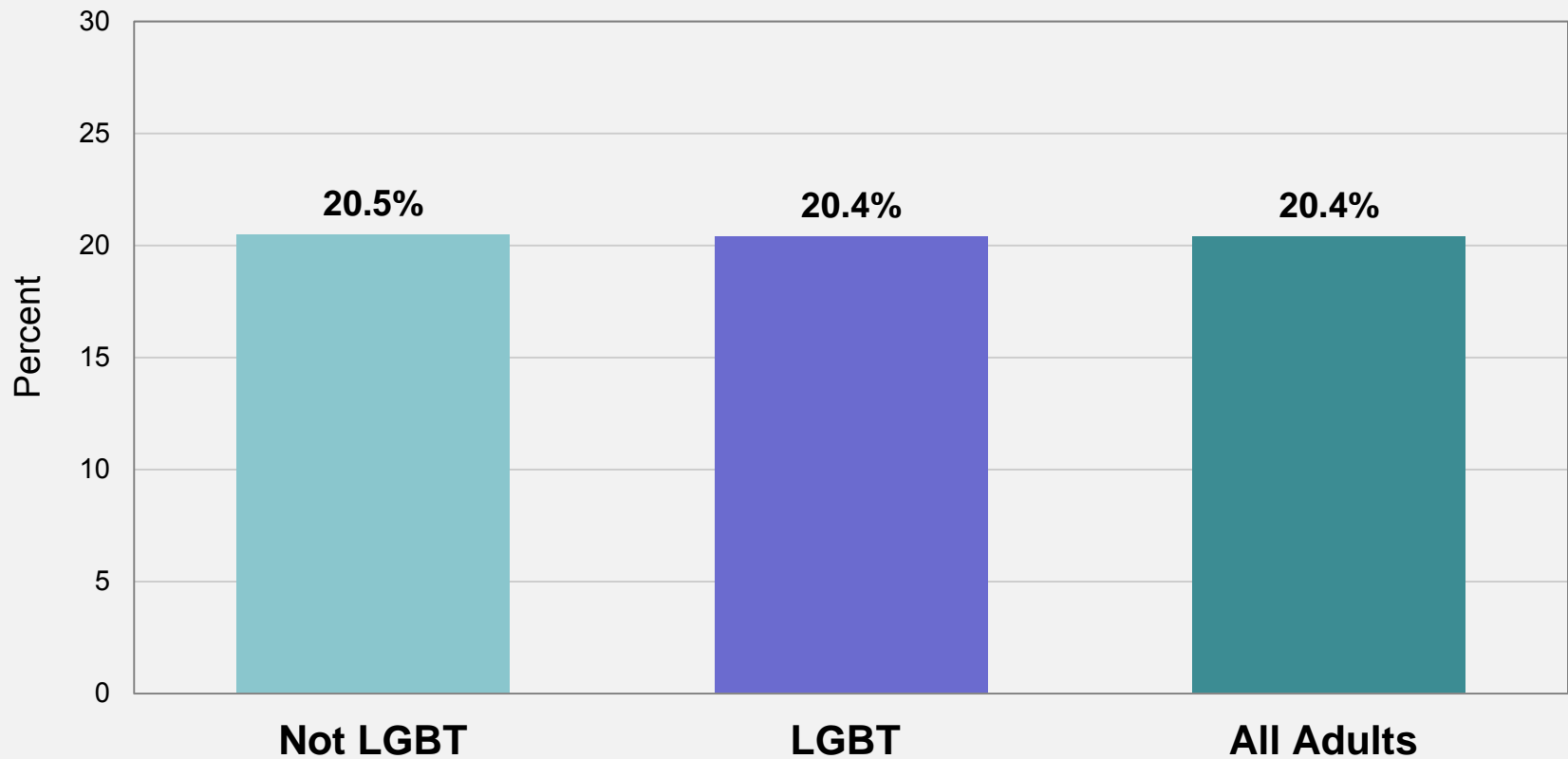
Percent being obese time trend 1998-2010

Hennepin county adults of all ages



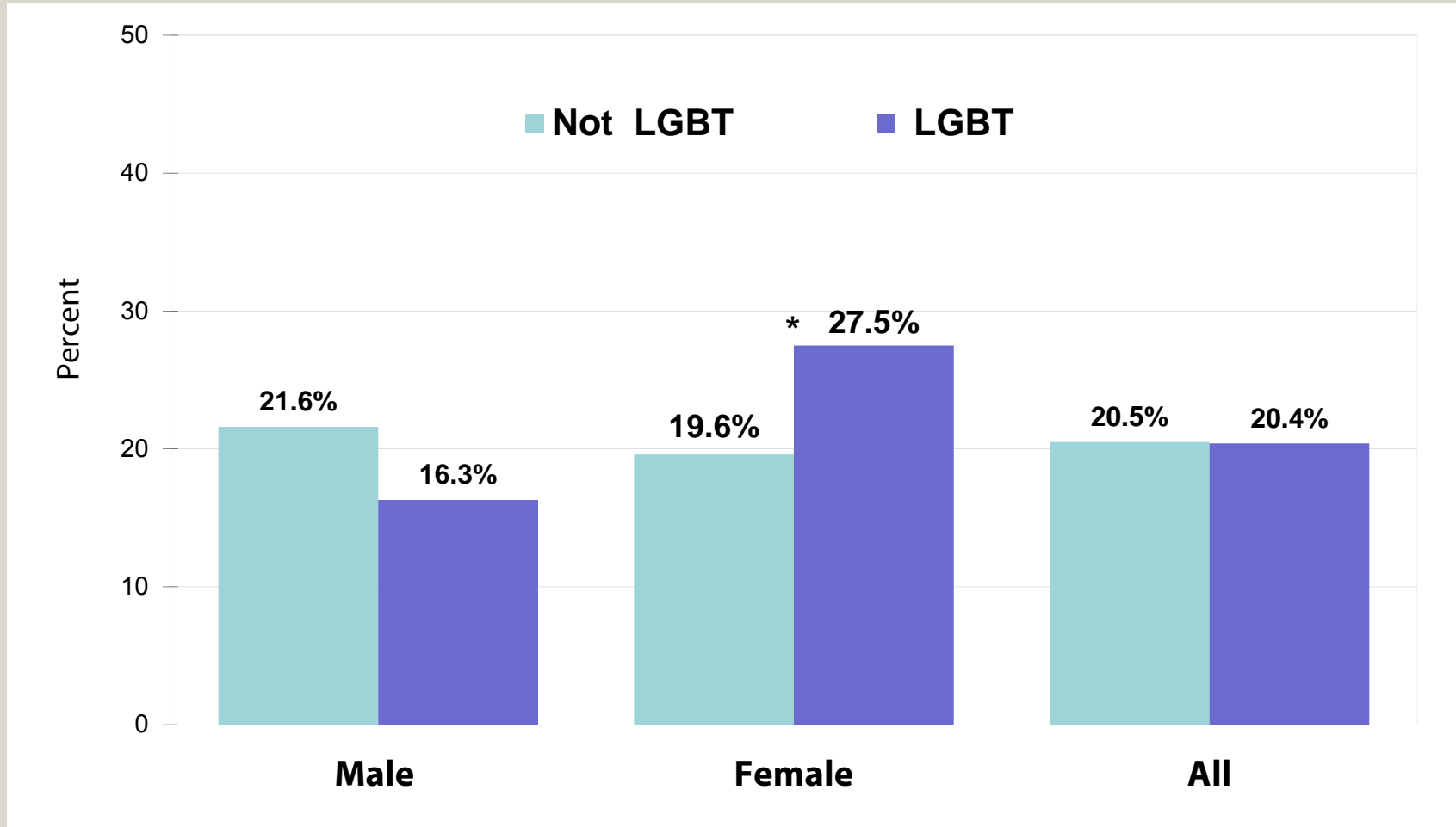
Percent being obese by LGBT identity

Hennepin County adults 2010



Percent being obese by LGBT identity & gender

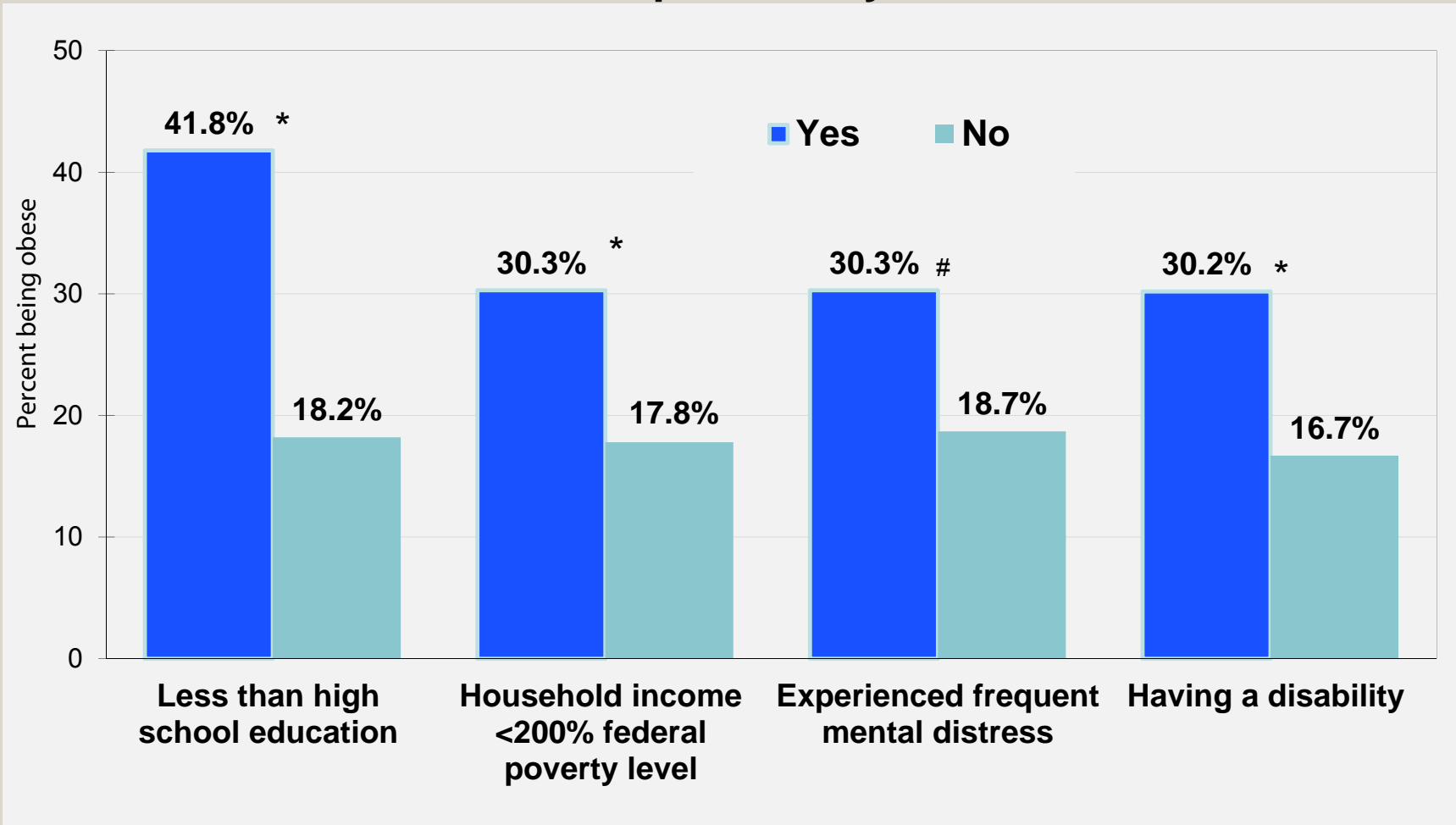
Hennepin County adults 2010



* Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.05$.

Obesity among LGBT adults- who are affected more?

Hennepin County 2010










* Difference in rates between the two groups is statistically significant at $p < 0.05$.

Difference in rates between the two groups is statistically significant at $p < 0.10$.







Health access and utilization at a glance

Hennepin County LGBT adults

Indicator	Rate	Compare to adults who are not LGBT
Currently uninsured	10.6%	6.4% 
Uninsured at least sometime during the past 12 month	20.0%	12.0% 
Having NO regular source of care (personal doctor or health care provider)	33.9%	28.3% 
Having NO regular place of care	21.1%	21.3% 
Felt being discriminated against when seeking health care during the past 12 months	5.7%	2.2% 
Experienced unmet medical care needs (delayed or did not get needed medical care)	26.4%	15.5% 
Experienced unmet mental health care needs (delayed or did not get needed mental health care)	33.3%	13.7% 

Preventive care indicators at a glance

Hennepin County LGBT adults 2010

Indicator	Rate	Compare to adults who are not LGBT
Physical, dental visit and preventive screenings		
Complete physical exam within the past year	43.0%	55.2% 
Dental visit within the past year	72.9%	75.2% 
Cholesterol check within the past 5 years	81.6%	84.8% 
Colorectal cancer screening within the past 10 years	79.4%	77.4% 
Cervical cancer screening within the past 3 years (among women aged 18 and older)	86.8%	87.8% 
Mammogram within the past year (among women aged 40 and older)	49.7%	65.2 



better









worse



Same

Preventive care indicators at a glance

Hennepin County LGBT Adults who have seen a doctor or provider for their own health during the past 12 months

Indicator <i>At last clinic visit, health care provider asked about or discussed my....</i>	Rate	Compare to not LGBT residents
Physical activity or exercise	72.8%	70.6% 
Diet or nutrition	57.2%	52.7% 
Weight	46.8%	43.9% 
Smoking or other tobacco use	54.2%	45.0% 
Stress	50.1%	39.9% 
Alcohol use	48.5%	42.0% 



better









worse



Same

Lifestyle and risk behavior indicators at a glance

Hennepin County LGBT adults 2010

Indicator	Rate	Compare to adults who are not LGBT
Not having 5 servings of fruits & vegetables	62.9%	62.6% 
Currently smoking	18.8%	11.7% 
No leisure time physical activity	9.1%	11.5% 
No regular physical activity (Not meet recommended moderate physical activity 30 minutes ≥5 days/week and vigorous physical activity 20 minutes ≥3 days/week)	50.5%	47.4% 
Heavy drinking (≥2 drinks/day for males and ≥1 drink/day for females)	18.3%	11.7% 
Binge drinking (Having ≥5 drinks for males & ≥4 drinks for females in one occasion, at least once during the past 30 days)	39.9%	28.7% 



better



worse



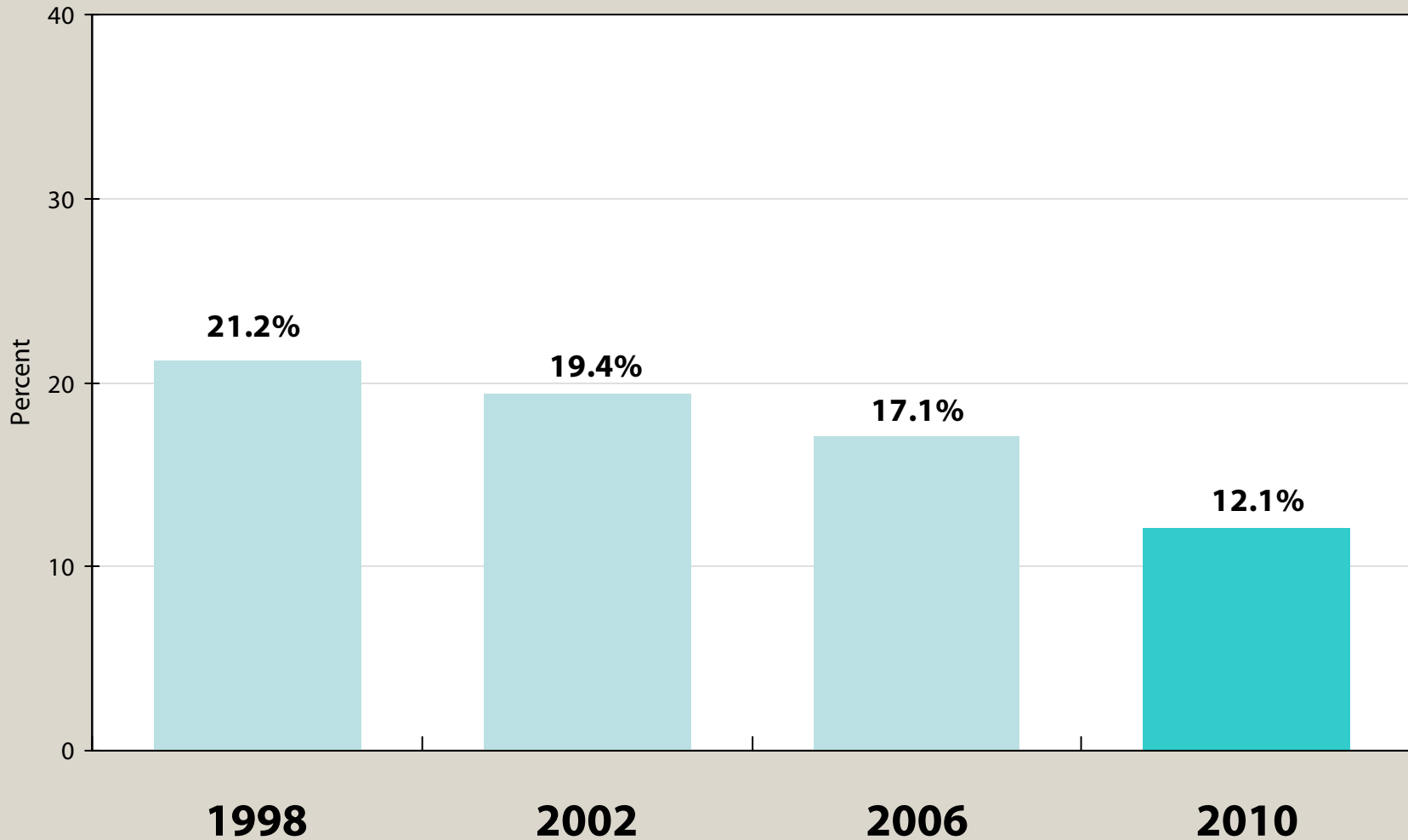
Same

LGBT adults and smoking - who are affected more?



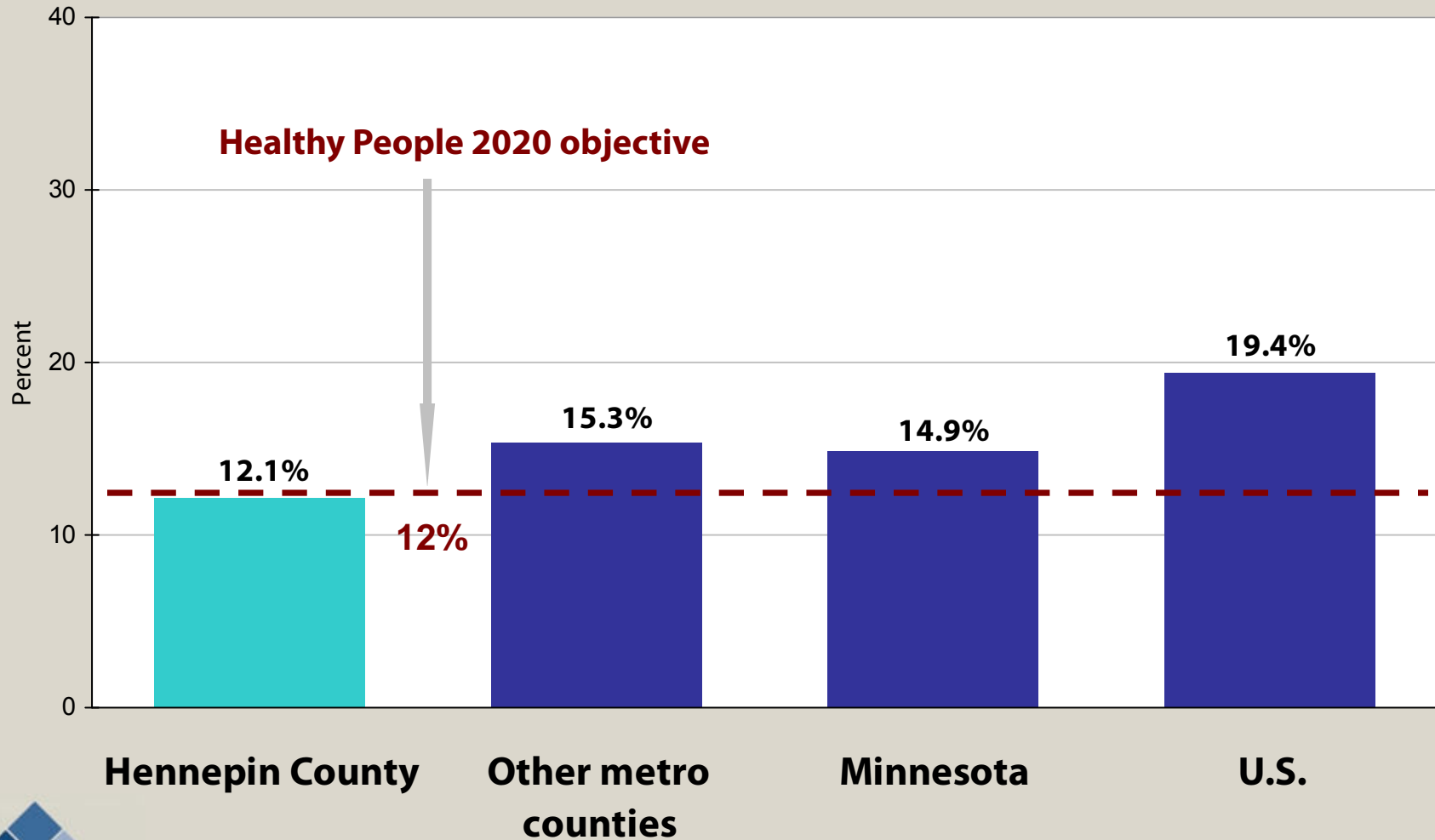
Currently smoking trend 1998-2010

Hennepin County All Adults



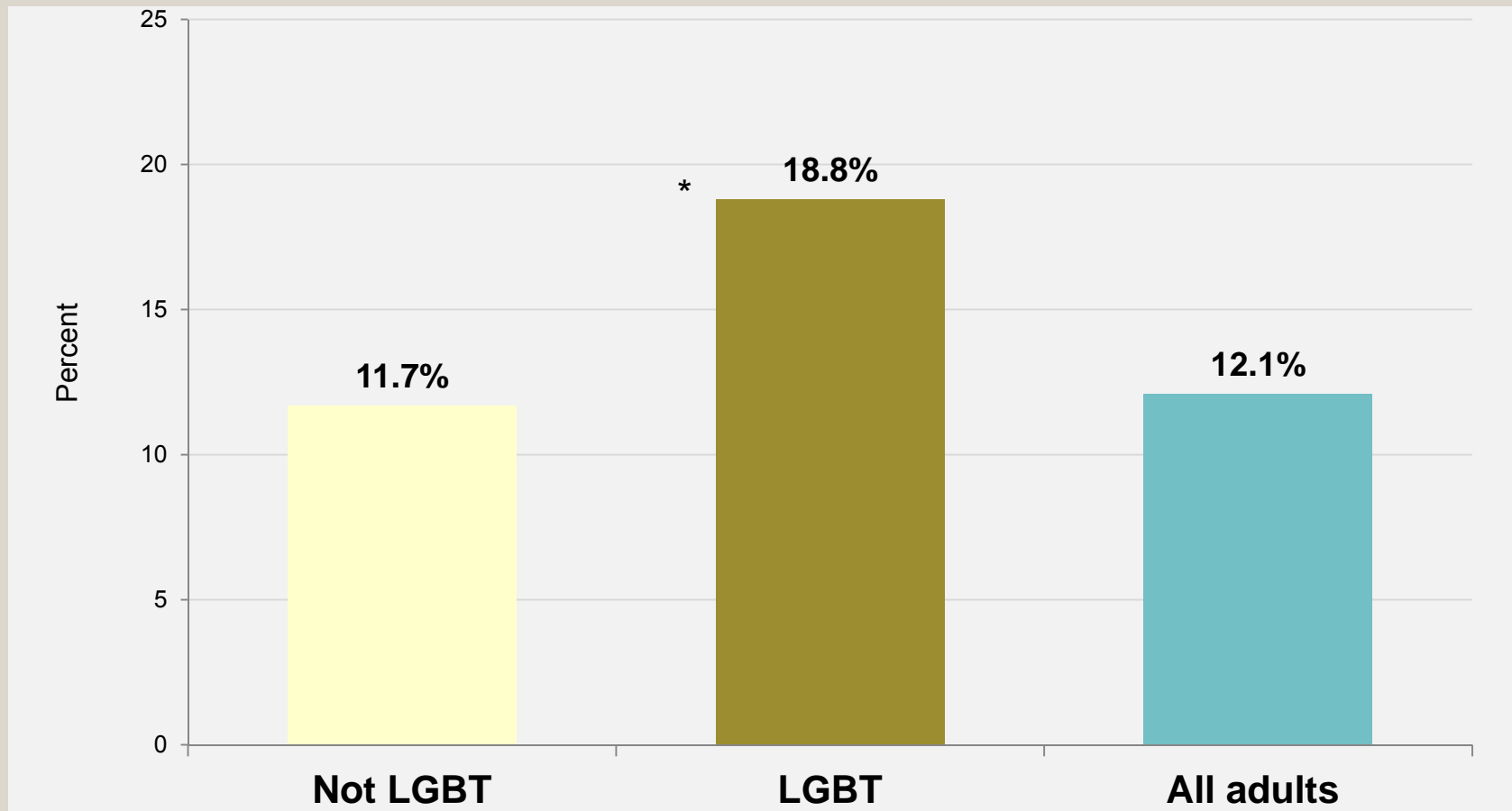
Currently smoking among adults of all ages in 2010

How does Hennepin County compare?



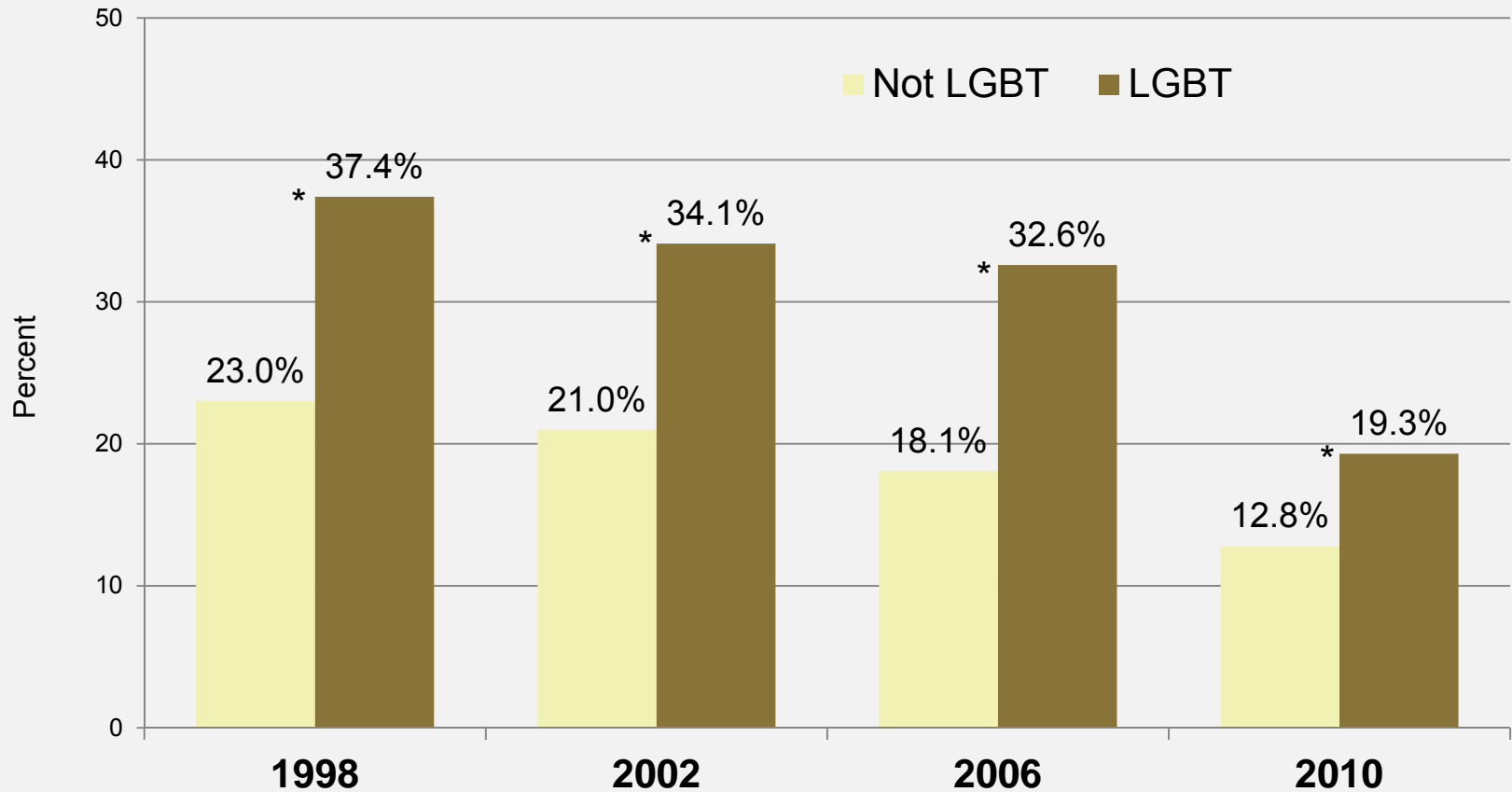
Percent currently smoking by LGBT identity

Hennepin County adults 2010



* Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.05$.

Percent currently smoking by LGBT identity Hennepin County adults age 18-64, 1998-2010



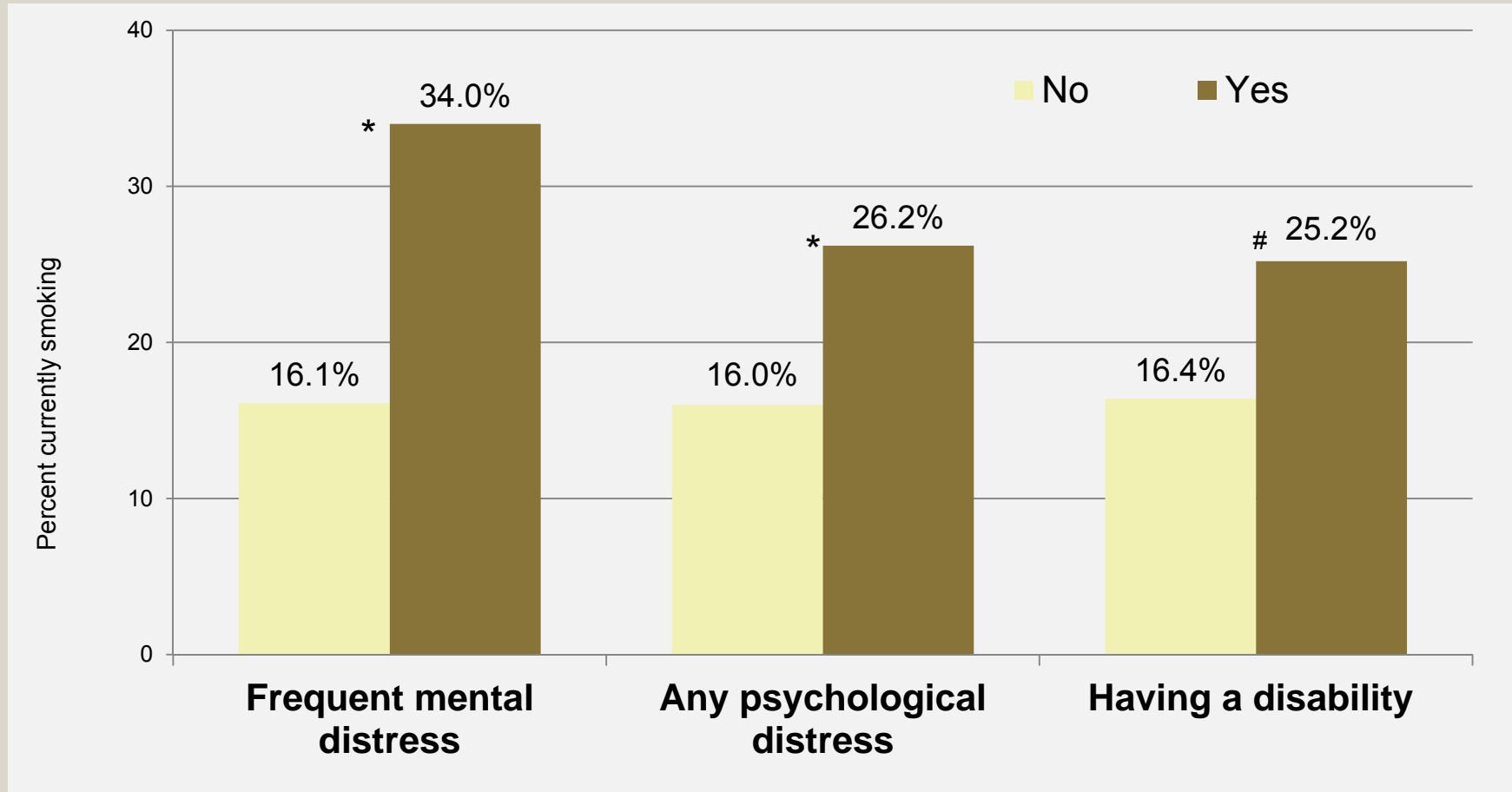
* Difference in rates between the two groups is statistically significant at $p < 0.05$.

Sources: SHAPE 1998, SHAPE 2002, SHAPE 2006 & SHAPE 2010.

Note: In 1998 and 2002, the LGBT survey question was not asked for adults aged 65 and older.

Currently smoking among LGBT adults- who are affected more?





Hennepin County 2010



* Difference in rates between the two groups is statistically significant at $p < 0.05$.







Difference in rates between the two groups is statistically significant at $p < 0.010$

Community & neighborhood indicators at a glance, Hennepin County LGBT adults 2010

Indicator	Rate	Compare to adults who are not LGBT
Community and social support and connectedness (agree or strongly agree with the statement)		
This is a good community to raise children	82.1%	88.1% 
Involved in school, community and neighborhood activity often (at least weekly)	17.6%	28.9% 
Connect with friends or neighbors often (get together or talk with, in person, on the phone or online, at least weekly)	89.9%	84.4% 
Go to a church, temple, mosque, or other places for worship or other activities <i>often</i> (at least weekly)	12.8%	33.8% 



Community & neighborhood indicators at a glance, Hennepin County LGBT adults 2010

Indicator <i>Strongly agree or agree with the statement about where you live and your neighborhood</i> (neighborhood cohesion)	Rate	Compare to adults who are not LGBT
People in this neighborhood know each other	63.7%	70.3% 
People in this neighborhood are willing to help each other	77.1%	80.3% 
People in this neighborhood can be trusted	77.7%	83.4% 
People in this neighborhood are afraid to go out at night due to violence	30.0%	19.3% 
Gangs are a serious issue in this neighborhood	20.6%	11.0% 
Children are safe in this neighborhood	83.6%	89.3 



better








worse



Same

Community & neighborhood indicators at a glance

Hennepin County LGBT adults 2010

Indicator Economic distress & residential stability	Rate	Compare to adults who are not LGBT
Experienced food insecurity (Worried that food would run out before had money to buy more <i>sometimes</i> or <i>often</i> during the past 12 months)	19.4%	13.3% 
Experienced housing insecurity (Missed a rent or mortgage payment during the past 12 months because did not have enough money)	11.4%	8.4% 
Received public assistance (either self or someone in the same household received MFIP, WIC food support or food stamps services during the past 12 months)	8.2%	8.2% 
Difficult in paying for prescription medication each month	15.7%	11.6% 
Residential instability (Moved \geq 2 times during the past 2 years)	15.5%	9.3% 



better



worse



Same

**The health and wellbeing of LGBT residents
in Hennepin County**

**Discrimination Experiences
and
How It Relates to Health**

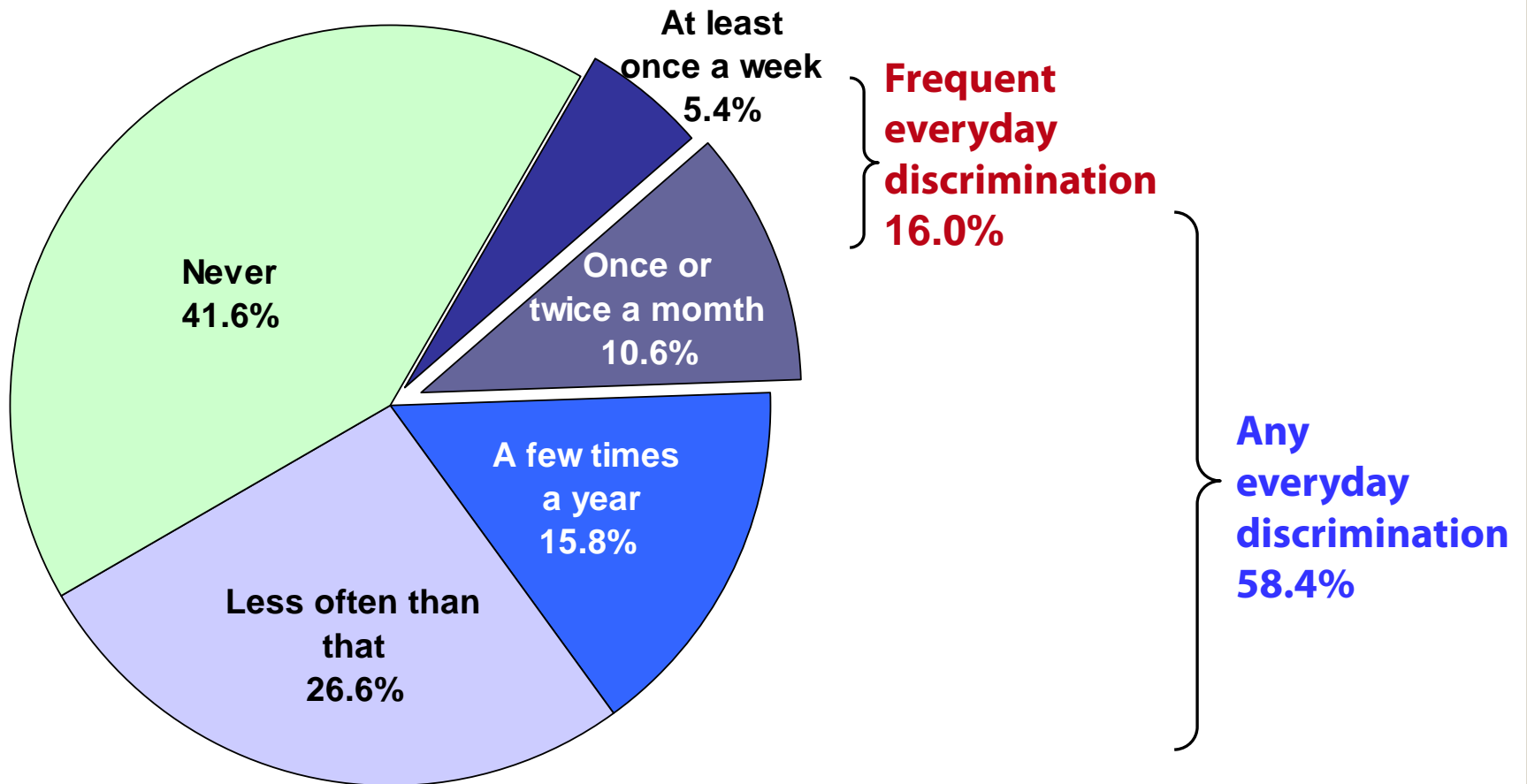


SHAPE 2010

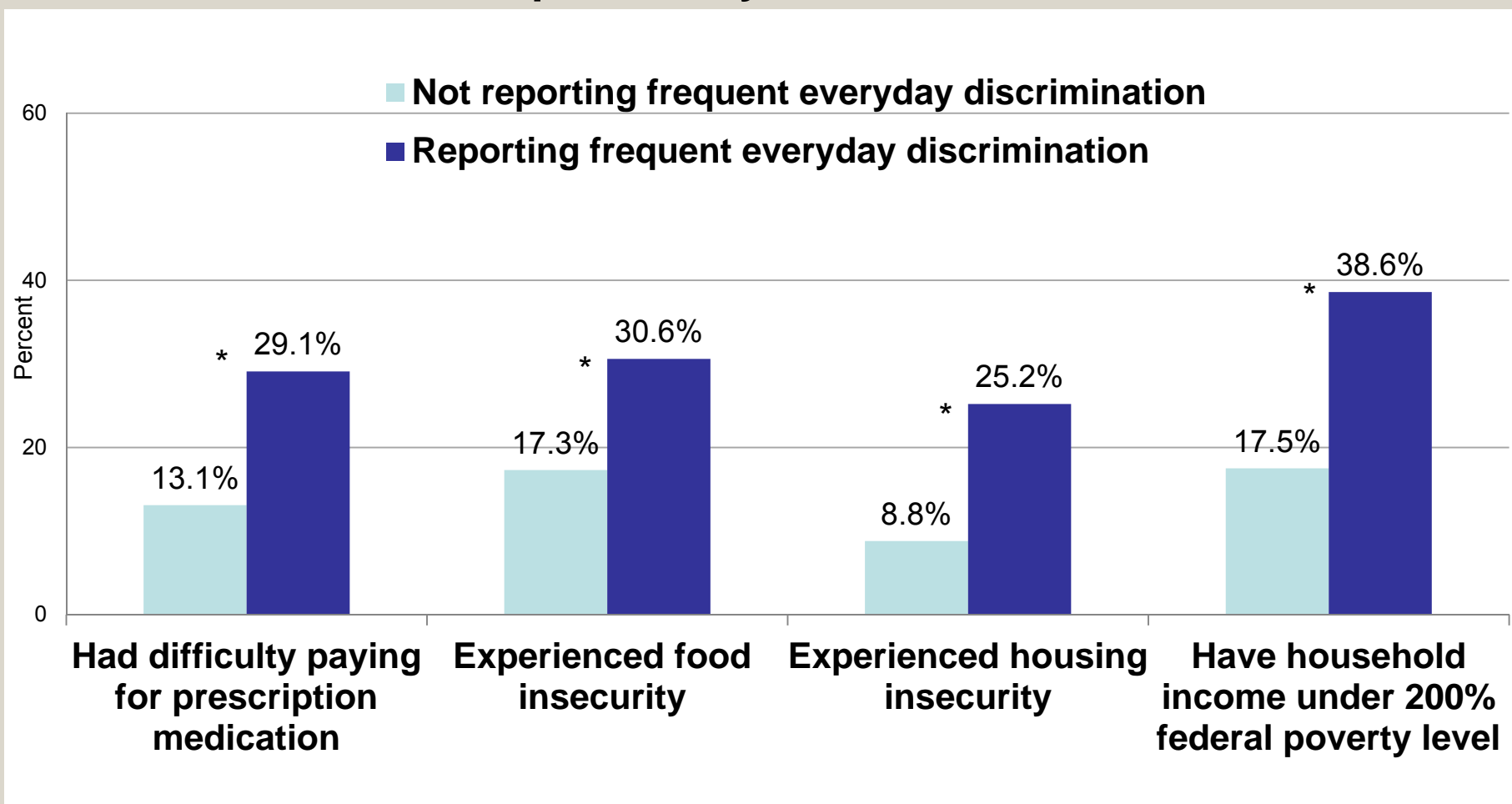


Percent Hennepin County LGBT adults reporting **everyday discrimination**

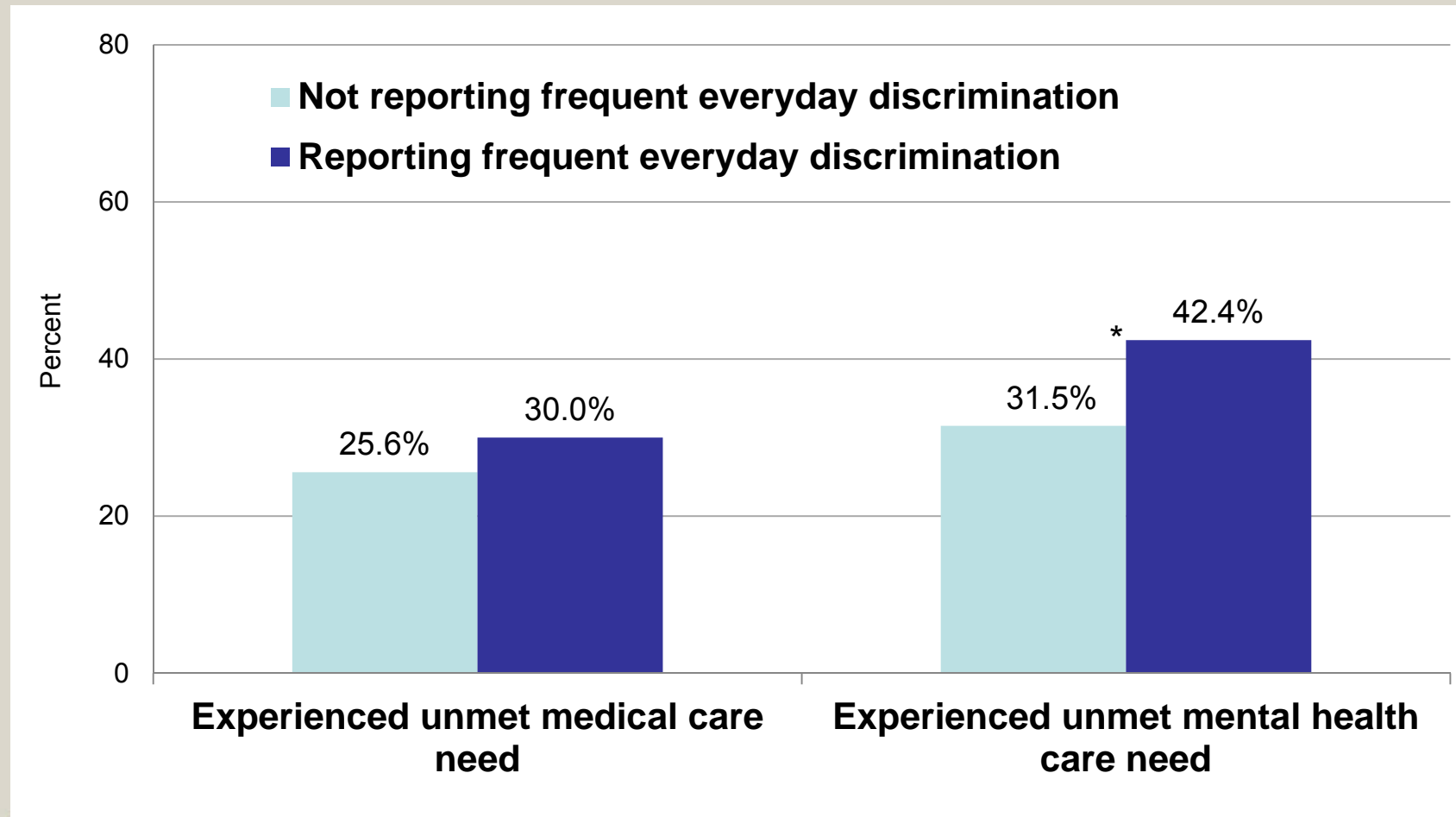
Q. How often are you in situations where you feel unaccepted because of your race, ethnicity or culture?



Economic distress by frequent everyday discrimination status Hennepin County **LGBT** adults 2010

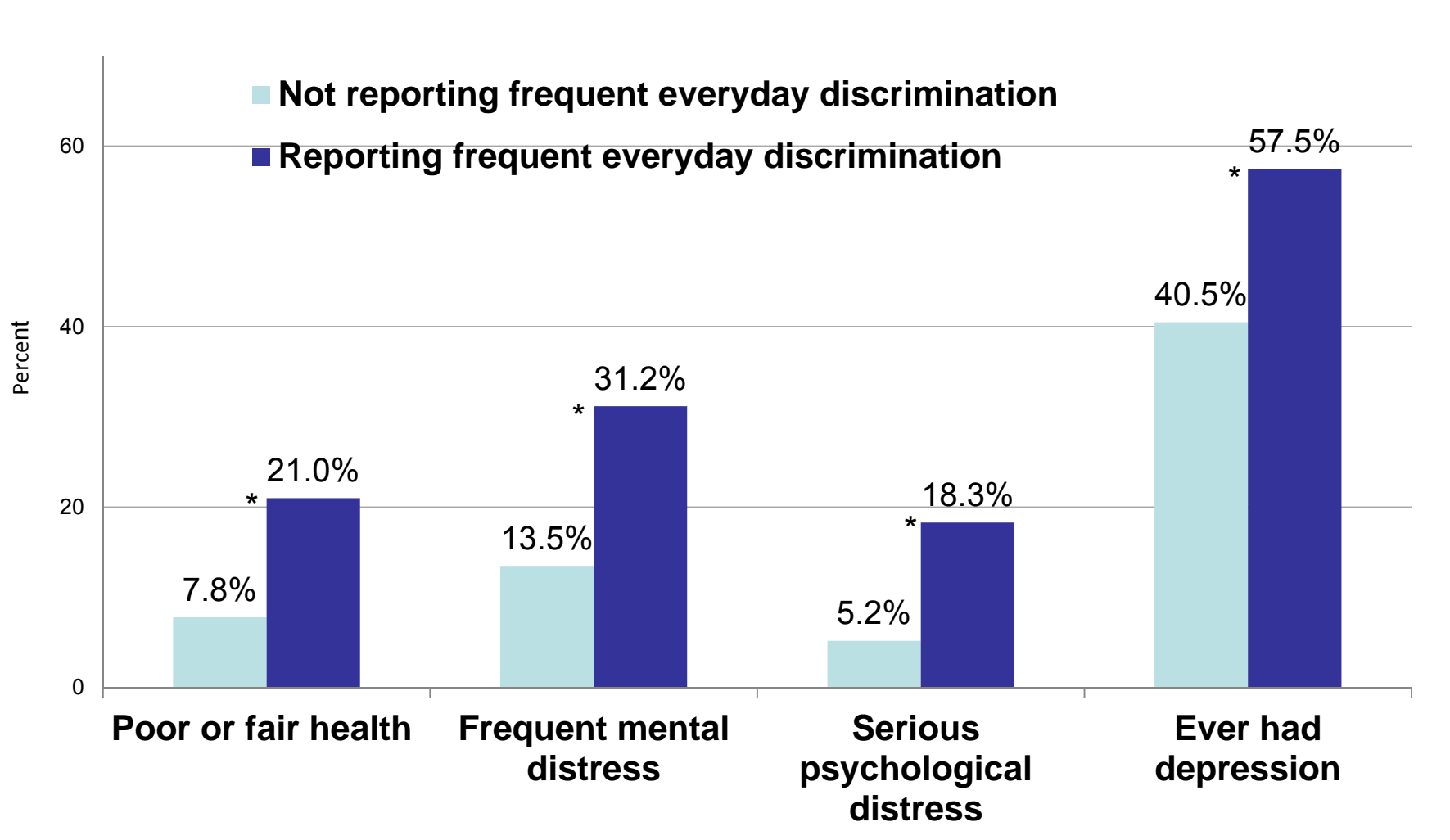


Unmet health care needs by *frequent everyday* discrimination status Hennepin County **LGBT** adults 2010



* Difference in rates between the two groups is statistically significant at $p < 0.05$.

Health status by frequent everyday discrimination status Hennepin County **LGBT** adults 2010



* Difference in rates between the two groups is statistically significant at $p < 0.05$.

The health and wellbeing of LGBT residents in Hennepin County

Discrimination Experiences and How It Relates to Health –Summary⁽¹⁾

- ❑ A great proportion (58%) of LGBT adults reported that they experienced any everyday discrimination, that is being in a situation where they felt unaccepted due to race, ethnicity or culture. This rate is twice the rate among county adults who are not LGBT(29%).
- ❑ One in every six (16%) LGBT adults reported they experienced everyday discrimination frequently.
- ❑ 27% of LGBT residents experienced major discrimination during the past year, an indicator that measures actual discrimination experienced in 9 different settings. Again, this rate is double the rate among non-LGBT residents. Of those LGBT residents who experienced major discrimination, 55% attributed the discrimination was due to their sexual orientation. Older LGBT residents are close to three times more likely to attribute it to sexual orientation than their younger peers (73% vs. 27%).

The health and wellbeing of LGBT residents in Hennepin County

Discrimination Experiences and How it Relates to Health –Summary (2)

- **Frequent everyday discrimination experiences among LGBT residents are associated with:**
 - higher rates of economic distress
 - higher rate of unmet mental health care needs
 - higher rate of poor mental health
(frequent mental distress, any psychological distress, ever had depression)
 - higher rate of overall *poor* or *fair* health.

SHAPE LGBT Data Forum and data use committee

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Special thanks to
Hennepin County residents
who responded the survey and
to many community partners and
volunteers for their contributions
to this project!

**This presentation, the presentations made at
LGBT Data Forum, and more SHAPE data,
reports, including instruction on how to access
SHAPE public use files, can be accessed at:
www.hennepin.us/SHAPE**