Health Disparities in Hennepin County Adults

A brief description of current status and disparities in CTG 5 core measures

Presented to Hennepin County CTG Leadership Team
November 5, 2012
The CTG 5 Core Measures

- Weight
- Proper Nutrition
- Physical activity
- Tobacco use
- Emotional wellbeing and overall mental health

CTG implementation awardee is required to assess these measures across the populations and among population subgroups, before and after the CTG implementation.
Baseline - SHAPE 2010 Adult Survey
(SHAPE 2006 Adult Survey for data by race and ethnicity)

- SHAPE stands for Survey of the Health of All the Population and the Environment.
- SHAPE 2010 was funded in part by a grant from the Minnesota Statewide Health Improvement Program.
<table>
<thead>
<tr>
<th>Overall health</th>
<th>Health care access &amp; utilization</th>
</tr>
</thead>
<tbody>
<tr>
<td>• General health, health related quality of life</td>
<td>• Health insurance coverage</td>
</tr>
<tr>
<td>• Chronic disease and conditions</td>
<td>• Usual source of care</td>
</tr>
<tr>
<td>• Mental health</td>
<td>• Unmet health care need</td>
</tr>
<tr>
<td>• Activity limitations, disabilities</td>
<td>• Preventive care &amp; chronic disease risk behavior screening</td>
</tr>
<tr>
<td><strong>Healthy lifestyle and behaviors</strong></td>
<td></td>
</tr>
<tr>
<td>• Body weight, diet and nutrition</td>
<td>• Community connectedness, social support, neighborhood cohesion</td>
</tr>
<tr>
<td>• Physical activity and exercise</td>
<td>• Neighborhood safety</td>
</tr>
<tr>
<td>• Neighborhood walkability &amp; non-motorized transit use</td>
<td>• Discrimination experience</td>
</tr>
<tr>
<td>• Smoking, alcohol use</td>
<td>• Economic distress</td>
</tr>
<tr>
<td><strong>Social-environmental factors</strong></td>
<td></td>
</tr>
</tbody>
</table>
Hennepin County Adults
CTG 5 Core Measures

Weight status -
current status and disparities
Adult weight status

Hennepin County 2010

Normal weight 45.7%

20.4% Obese

32.8% Overweight

Underweight 1.2%

53.2%

1. Classification of body weight is based on body mass index (BMI) which was calculated from self-reported height and weight.
Adult obesity in 2010
How does Hennepin County compare?

Healthy People 2020 objective

20.4%

15%

25.1%

25.4%

27.6%
Adult obesity
Time trend 1998-2010, Hennepin County

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1998</td>
<td>13.7%</td>
</tr>
<tr>
<td>2002</td>
<td>17.2%</td>
</tr>
<tr>
<td>2006</td>
<td>19.1%</td>
</tr>
<tr>
<td>2010</td>
<td>20.4%</td>
</tr>
</tbody>
</table>
Number of obese adults
Time trend 1998-2010, Hennepin County

- 1998: 111,000
- 2002: 147,000
- 2006: 163,000
- 2010: 182,000

Increase: 71,000
Adult obesity by gender and age

Hennepin County 2010

Gender

Age *

* Difference in rates between groups is statistically significant at p<0.05.
* Difference in rates between this group and Whites is statistically significant at $p<0.05$. 
Adult obesity
by education and household income
Hennepin County 2010

* Difference in rates between groups is statistically significant at p<0.05.
Adult obesity by LGBT identity and gender
Hennepin County 2010

* Difference in rates between groups is statistically significant at p<0.05.
Adult obesity
by frequent mental distress and disability status
Hennepin County 2010

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Hennepin County Adults
CTG 5 Core Measures

Proper nutrition -
current status and disparities
Adults total servings of fruits and vegetables consumed yesterday

Hennepin County 2010

- 5 or more servings: 37.3%
- 3 or 4 servings: 35.8%
- 2 servings: 15.0%
- 1 serving: 7.7%
- 0 servings: 4.2%

Five-a-day
Adults having 5-a-day by gender and age

Hennepin County 2010

<table>
<thead>
<tr>
<th>Gender</th>
<th>18-24</th>
<th>25-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65 and older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>31.5%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td></td>
<td>39.1%</td>
<td>36.3%</td>
<td>37.8%</td>
<td>37.1%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>39.3%</td>
</tr>
</tbody>
</table>

* Difference in rates between groups is statistically significant at p<0.05.
Adults having 5-a-day by race and ethnicity

Hennepin County 2006

* Difference in rates between this group and Whites is statistically significant at p<0.05.
Adults having 5-a-day by education and household income

Hennepin County adults 2010

* Difference in rates between groups is statistically significant at p<0.05.
Adults having 5-a-day by geographic areas
Hennepin County 2010

Minneapolis
N  Near-North, Camden
E  Northeast. University, Longfellow
   City of St. Anthony
C  Central, Phillips, Powderhorn
S  Calhoun-Isles, Southwest, Nokomis

Suburban Hennepin
NW1  Northwest Inner Ring Suburbs
W1  West Inner Ring Suburbs
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Hennepin County Adults
CTG 5 Core Measures

Physical activity -
current status and disparities
Q. During the past 30 days, other than your regular job, did you participate in any physical activity or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
Adults engaging in NO leisure time physical activity by gender and age, Hennepin County 2010

* Difference in rates between groups is statistically significant at p<0.05.
** Difference in rates between groups is statistically significant at 0.05<p<0.10.
Adults engaging in NO leisure time physical activity by race and ethnicity, Hennepin County 2006

- White: 12.6%
- US-born Black: 25.6%
- African-born Black: 56.6%
- Southeast Asian: 33.6%
- Hispanic/Latino: 37%
- All adults: 15.5%

* Difference in rates between this group and Whites is statistically significant at p<0.05.
Adults engaging in NO leisure time physical activity by education and household income

Hennepin County 2010

[Bar chart showing percentages of adults engaging in NO leisure time physical activity by education and household income.]

- Less than high school: 40.3%
- High school: 28.7%
- Some college: 15.2%
- College or higher: 6.4%
- <200% FPL: 23.4%
- 200+% FPL: 8.4%

* Difference in rates between groups is statistically significant at p<0.05.
Adults engaging in NO leisure time physical activity by perceived level of neighborhood safety

Hennepin County 2010

<table>
<thead>
<tr>
<th>Level of Safety</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most safe</td>
<td>6.7%</td>
</tr>
<tr>
<td>Moderately safe</td>
<td>12.2%</td>
</tr>
<tr>
<td>Moderately unsafe</td>
<td>16.1%</td>
</tr>
<tr>
<td>Least safe</td>
<td>24.9%</td>
</tr>
</tbody>
</table>
Adults engaging in NO leisure time physical activity by geographic areas, Hennepin County 2010

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Hennepin County Adults
CTG 5 Core Measures

Tobacco use -
current status and disparities
Adults current smoking status
Hennepin County 2010

Never smoked 61.3%

Current smoker 12.1%

Every day smoker 7.2%

Some days smoker 4.9%

Former smoker 26.6%
Adults currently smoking
Time trend 1998-2010, Hennepin County

- 1998: 21.2%
- 2002: 19.4%
- 2006: 17.1%
- 2010: 12.1%
Number of adults who currently smoke
Time trend 1998-2010, Hennepin County

- 1998: 172,000
- 2002: 159,000
- 2006: 146,000
- 2010: 108,000

Total decrease: 64,000
Adults currently smoking in 2010
How does Hennepin County compare?

Healthy People 2020 objective

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hennepin County</td>
<td>12.1%</td>
</tr>
<tr>
<td>Other metro counties</td>
<td>15.3%</td>
</tr>
<tr>
<td>Minnesota</td>
<td>14.9%</td>
</tr>
<tr>
<td>U.S.</td>
<td>19.4%</td>
</tr>
</tbody>
</table>
Adults currently smoking by gender and age
Hennepin County 2010

* Difference in rates between groups is statistically significant at p<0.05.
Adults currently smoking by race and ethnicity
Hennepin County 2006

* Difference in rates between this group and Whites is statistically significant at p<0.05.
Adults currently smoking by education and household income

Hennepin County 2010

- Less than high school: 30.8%
- High school: 21.2%
- Some college: 18.3%
- College or higher: 6.9%
- <200% FPL: 24.7%
- 200+% FPL: 8.9%

* Difference in rates between groups is statistically significant at p<0.05.
Adult current smoking by housing type and household income, Hennepin County 2010

- Live in multiunit housing
- Not live in multiunit housing

<table>
<thead>
<tr>
<th>Household income</th>
<th>&lt;200% FPL</th>
<th>200+% FPL</th>
<th>All adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent</td>
<td>25.7%</td>
<td>13.3%</td>
<td>17.8%</td>
</tr>
<tr>
<td></td>
<td>23.7%</td>
<td>7.6%</td>
<td>9.8%</td>
</tr>
</tbody>
</table>
Adults currently smoking by frequent mental distress and LGBT identity

Hennepin County 2010

<table>
<thead>
<tr>
<th>Experience recent frequent mental distress</th>
<th>LGBT identity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>27.0%*</td>
<td>18.4%*</td>
</tr>
<tr>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>10.6%</td>
<td>7.7%</td>
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Adults currently smoking by geographic areas
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Emotional wellbeing and overall mental health - current status and disparities
Adults mental health NOT good during the past 30 days
Hennepin County 2010

Q. Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
Adults with frequent mental distress by gender and age

Hennepin County 2010

* Difference in rates between groups is statistically significant at p<0.05.
Adults with frequent mental distress by race and ethnicity, Hennepin County 2006

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- Difference in rates between this group and Whites is statistically significant at $0.05<p<0.10$. 
Adults with frequent mental distress by education and household income

Hennepin County 2010

* Difference in rates between groups is statistically significant at p<0.05.
Adults with frequent mental distress by LGBT identity and gender
Hennepin County 2010

* Difference in rates between groups within this factor is statistically significant at p<0.05.
Adults aged 55 and older with frequent mental distress by disability status, Hennepin County 2010

<table>
<thead>
<tr>
<th>Disability Status</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having disability (among adults age ≥ 55)</td>
<td>23.1%</td>
<td>4.8%</td>
</tr>
<tr>
<td>Having functional limitation (among adults age ≥ 55)</td>
<td>36.6%</td>
<td>7.3%</td>
</tr>
</tbody>
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* Difference in rates between groups within this factor is statistically significant at p<0.05.
Adults with frequent mental distress by geographic areas
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Legend:
7.0% - 7.9%
8.0% - 8.9%
9.0% - 9.9%
10.0% - 17.9%
Health Disparities in Hennepin County

Information on data sources & more data on health disparities are available

Visit
Hennepin County Public Health Data website
http://www.hennepin.us/PublicHealthData
Click-“community health indicators” or “SHAPE”

Contact
Dave Johnson at 612-348-6150
david.c.johnson@co.hennepin.mn.us
Mei Ding, presenter, at 612-348-6309
mei.ding@co.hennepin.mn.us