SHAPE 2010
ADULT SURVEY

Findings on key health indicators

Last update: July 25, 2010

Human Services and Public Health Department
Hennepin County
SHAPE 2010 is a project of the Hennepin County Human Services and Public Health Department.

SHAPE 2010 was funded in part by a grant from the Minnesota Statewide Health Improvement Program.
What is SHAPE?
Survey of the Health of All the Population and Environment

SHAPE is a public health surveillance effort used to collect local data on health status and factors that affect resident’s health and well-being.

SHAPE data has been used for public health policy planning and assessment.

The SHAPE surveys have been conducted every four years in Hennepin County:

- 1998 – Adult Survey
- 2002 – Adult Survey
- 2006 – Adult Survey & Child Survey
- 2010 – Adult Survey & Child Survey
## SHAPE 2010 Adult Survey: data book

<table>
<thead>
<tr>
<th>Reporting categories</th>
<th># of respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Geographic areas</strong>:</td>
<td></td>
</tr>
<tr>
<td>Minneapolis</td>
<td>3,241</td>
</tr>
<tr>
<td>Suburban Hennepin</td>
<td>3,760</td>
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<tr>
<td><strong>Gender</strong>:</td>
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<tr>
<td>Male</td>
<td>2,272</td>
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<tr>
<td>Female</td>
<td>4,729</td>
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<tr>
<td><strong>Age</strong>:</td>
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<tr>
<td>18-24</td>
<td>246</td>
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<td>25-44</td>
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<td>45-54</td>
<td>1,323</td>
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<td>55-64</td>
<td>1,402</td>
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<tr>
<td>65 and older</td>
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<td><strong>Household income</strong>:</td>
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<td>$&lt;$200% FPL$^1$</td>
<td>1,626</td>
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<tr>
<td>$\geq$200%FPL</td>
<td>5,057</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>7,001</td>
</tr>
</tbody>
</table>

$^1$ More details on reporting geographic areas are provided in next slide and in Adult Survey Data Book.

$^2$ Household income is measured as a percentage of Federal Poverty Level (FPL).
SHAPE 2010 Adult Survey:
data book geographic reporting areas

Geographic Reporting Areas

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

Suburban Hennepin County
NW1 Northwest Inner Ring Suburbs
W1 West Inner Ring Suburbs
S1 South Inner Ring Suburbs
NW2 Northwest Outer Ring Suburbs
W2 West Outer Ring Suburbs
S2 South Outer Ring Suburbs
# SHAPE 2010 Adult Survey: domains and topics

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

## Healthy lifestyle and behaviors
- Nutrition and weight status
- Physical activity and exercise
- Non-motorized transit use
- Smoking, alcohol use

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

## Social-environmental factors
- Community connectedness, social support, neighborhood cohesion
- Neighborhood walkability
- Neighborhood safety
- Discrimination experience
- Economic distress
SHAPE 2010
ADULT SURVEY
Self-rated health
Self-rated health

Q. In general, would you say your health is....?

Hennepin County adults 2010

- Good: 27.4%
- Very good: 43.7%
- Excellent: 19.5%
- Fair: 7.7%
- Poor: 1.7%

Overall: 9.4%
Percent reporting poor or fair health by geographic areas
Hennepin County adults 2010

Rate for all county adults: 9.4%

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
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S2 South Outer Ring Suburbs
Percent reporting poor or fair health by gender and age
Hennepin County adults 2010

* Difference in rates between groups is statistically significant at p<0.05.
Percent reporting poor or fair health by education and household income
Hennepin County adults 2010

* Difference in rates between groups is statistically significant at p<0.05.
Percent reporting poor or fair health
1998-2010
Hennepin County adults

Note: Vertical line represents 95% confidence intervals.
Percent of adults reporting poor or fair health in 2010
How does Hennepin County compare?

Hennepin County: 9.4%
Other metro counties (Range 6.3% to 10.6%): 9.5%
Minnesota: 10.9%
U.S.: 15.0%

Sources: SHAPE 2010, Minnesota Metro Adult Health Survey 2010, BRFSS 2010 for Minnesota, BRFSS 2010 national median for U.S.
Note: Vertical line represents 95% confidence intervals.
Percent reporting poor or fair health
1995-2010
Adults in Hennepin County, Minnesota, and U.S.

Sources: SHAPE for Hennepin County, BRFSS for Minnesota, BRFSS national median for U.S.
(NHIS does monitor this indicator. However, data on “poor” or “fair” health for adults have not been published.)
SHAPE 2010
ADULT SURVEY
Chronic disease and conditions- Summary
**Chronic disease and conditions** that are largely attributed by modifiable risk behaviors

Hennepin County adults 2010

- **Any of these four**: 40.0%
- **High blood cholesterol**: 32.4%
- **Cardiovascular disease**: 4.9%
- **Hypertension**: 16.7%
- **Diabetes**: 5.3%

*Has ever been told by health care professional that they have … (the disease or condition).
**Includes heart attack, angina, coronary heart disease or stroke.
SHAPE 2010
ADULT SURVEY

Asthma
Currently has asthma

Q: Have you ever been told by a doctor or other health professional that you have asthma?
Q: Do you still have it?

Hennepin County adults 2010

No 93.3%
Yes 6.7%
Percent who currently have asthma
Hennepin County Adults 2010

Rate for all county adults: 6.7%

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E Northeast, University, Longfellow
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Percent who currently have asthma
Hennepin County adults 2010

* Difference in rates between groups is statistically significant at p<0.05.
Percent who currently have asthma
Hennepin County adults 2010

Difference in rates between groups is not statistically significant at p<0.05.
SHAPE 2010
ADULT SURVEY
Diabetes
Having ever had diabetes

Q: Have you ever been told by a doctor or other health professional that you have diabetes or sugar diseases?

Hennepin County adults 2010

No 94.7%
Yes 5.3%
Percent who have ever had diabetes by geographic areas
Hennepin County adults 2010

Rate for all county adults: 5.3%

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Percent who have ever had diabetes by gender and age
Hennepin County adults 2010

* Difference in rates between groups is statistically significant at p<0.05.
Percent who have ever had diabetes by education and household income

Hennepin County adults 2010

<table>
<thead>
<tr>
<th>Educational attainment*</th>
<th>Household income*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than high school</td>
<td>13.4</td>
</tr>
<tr>
<td>High school</td>
<td>11.4</td>
</tr>
<tr>
<td>Some college</td>
<td>6.4</td>
</tr>
<tr>
<td>College or higher</td>
<td>3.4</td>
</tr>
<tr>
<td>&lt;200% FPL</td>
<td>9.2</td>
</tr>
<tr>
<td>200+% FPL</td>
<td>4.1</td>
</tr>
</tbody>
</table>

* Difference in rates between groups is statistically significant at p<0.05.
SHAPE 2010
ADULT SURVEY
Mental health indicators-
summary
Selected mental health indicators
Hennepin County adults 2010

1. Respondents reported that their mental health was not good for 14 or more days during the past 30 days.
2. The serious psychological distress (SPD), or non-specific psychological distress, were assessed via a six-item scale of the Kessler Psychological Distress Scale (K6). A value of 13 or more of this scale has be used to define PSD.
See technical notes of SHAPE 2010 Adult Data Book (www.hennepin.us/SHAPE) for detailed description.
SHAPE 2010
ADULT SURVEY

Recent frequent mental distress
Recent frequent mental distress

Respondents reported that their mental health was not good for 14 or more days during the past 30 days

Hennepin County adults 2010

- No: 91.0%
- Yes: 9.0%
Percent recent frequent mental distress
Hennepin County adults 2010

Rate for all county adults: 9.0%

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S2  South Outer Ring Suburbs
Percent recent frequent mental distress
Hennepin County adults 2010

Gender *  Age*

* Difference in rates between groups is statistically significant at p<0.05.
Percent recent frequent mental distress by education and household income
Hennepin County adults 2010

* Difference in rates between groups is statistically significant at p<0.05.
SHAPE 2010
ADULT SURVEY

Activity limitations
Activity limitation reported among adults aged 55 and older
Hennepin County adults 2010

- **Activity limitation***: 31.8%
- **Work limitation**: 12.5%
- **Functional Limitation (either ADL or IADL)**: 12.0%

* Respondent is limited in any activities because of physical, mental or emotional problems.
** Respondent has difficulty in getting, keeping, or working at a job or business
*** Respondent needs help from another person with ADL or IADL because of impairment or health problems.
Activity limitation by age
Hennepin County 2010

* Respondent is limited in any activities because of physical, mental or emotional problems.
** Respondent has difficulty in getting, keeping, or working at a job or business
*** Respondent needs help from another person with ADL or IIADL because of impairment or health problems.
SHAPE 2010
ADULT SURVEY

Usual source of care and usual place of care
Usual place of care

Q: When you sick or need medical care, where do you usually go?

Hennepin County adults 2010

- Dr office, clinic, public/community clinic: 77.4%
- Urgent care: 8.4%
- Emergency room: 2.6%
- Minute clinic: 3.1%
- Other: 2.5%
- No usual place: 6.0%

SHAPE 2010
Usual source of care

Q. *Do you have a personal doctor or health care provider?*

Hennepin County adults 2010

Yes 71.6%

No 28.4%
SHAPE 2010
ADULT SURVEY
Current insurance coverage
Current insurance coverage
Hennepin County adults 2010

Age 18-64
- Private coverage: 81.0%
- Public coverage: 10.9%
- Insured, type unknown: 0.3%
- Uninsured: 7.8%

Age 65 & older
- Private coverage: 17.5%
- Public coverage: 82.3%
- Insured, type unknown: 0.1%
- Uninsured: 0.2%
Percent currently uninsured by geographic areas
Hennepin County Adults 2010

Rate for all county adults: 6.7%

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Legend:
3.4% - 3.9%
4.0% - 6.9%
7.0% - 9.9%
10.0% - 11.1%
Percent currently uninsured by gender and age
Hennepin County adults 2010

* Difference in rates between groups is statistically significant at p<0.05.
Percent currently uninsured by education and household income
Hennepin County adults 2010

- Less than high school: 23.5%
- High school: 12.0%
- Some college: 9.8%
- College or higher: 3.8%
- <200% FPL: 16.7%
- 200+% FPL: 4.0%

* Difference in rates between groups is statistically significant at p<0.05.
SHAPE 2010
ADULT SURVEY

Unmet health care needs
### Unmet medical care needs by household income

#### Hennepin County adults 2010

<table>
<thead>
<tr>
<th>Measure</th>
<th>All Adults</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Needed medical care during the past 12 months</td>
<td>68.2%</td>
<td>67.3%</td>
<td>68.7%</td>
</tr>
<tr>
<td>Unmet medical care needs - either delayed or did not get the needed medical care (among those who needed medical care)</td>
<td>23.9%</td>
<td>44.0%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Unmet medical care needs - due to cost or lack of insurance (among those who had unmet medical care needs)</td>
<td>75.2%</td>
<td>81.3%</td>
<td>72.5%</td>
</tr>
</tbody>
</table>
## Unmet mental health care needs by household income

**Hennepin County adults 2010**

<table>
<thead>
<tr>
<th>Measure</th>
<th>All Adults</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Needed mental health care during the past 12 months</td>
<td>24.9%</td>
<td>35.3%</td>
<td>22.6%</td>
</tr>
<tr>
<td>Unmet mental health care needs - either delayed or did not get the needed mental health care (among those who needed mental health care)</td>
<td>60.8%</td>
<td>67.5%</td>
<td>58.2%</td>
</tr>
<tr>
<td>Unmet medical care needs - due to cost or lack of insurance (among those who had unmet mental health care needs)</td>
<td>54.8%</td>
<td>66.2%</td>
<td>48.9%</td>
</tr>
</tbody>
</table>
SHAPE 2010
ADULT SURVEY
Risk behavior screening by health care providers
Provider discussed respondent’s risk behaviors
Among those who have seen providers for their own health during the past 12 months
Hennepin County adults 2010

- Physical activity or exercise: 70.4%
- Diet or nutrition: 52.8%
- Weight: 43.8%
- Smoking or other tobacco use: 45.0%
- Stress: 40.2%
- Alcohol use: 42.0%
Percent who have ever received weight loss advice from their providers

Among those who have seen providers for their own health during the past 12 months

Hennepin County adults 2010

- All adults: 30.4%
- Overweight but not obese: 38.4%
- Obese: 78.2%
Percent of obese adults who have seen a health care provider for their own health during past 12 months reporting that they were asked about or discussed their ... Hennepin County 2010

- Weight: 67.7%
- Diet or nutrition: 63.0%
- Physical activity or exercise: 74.9%
Percent of **overweight (but not obese) adults** who have seen a health care provider for their own health during past 12 months reporting that they were asked about or discussed their …

Hennepin County 2010

- **Weight**: 43.7%
- **Diet or nutrition**: 52.1%
- **Physical activity or exercise**: 70.8%

Percent of reporting being asked or discussed
SHAPE 2010
ADULT SURVEY
Preventive care and cancer screening
Preventive care by household income
Hennepin County adults 2010

<table>
<thead>
<tr>
<th>Service</th>
<th>&lt;200% FPL</th>
<th>&gt;=200% FPL</th>
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</thead>
<tbody>
<tr>
<td>Pneumonia shot (among persons aged 65 &amp; older)</td>
<td>75.3</td>
<td>78.4</td>
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<tr>
<td>Blood cholesterol check within 5 years (among all adults)</td>
<td>71.0</td>
<td>87.9</td>
</tr>
<tr>
<td>Ever had sigmoidoscopy or colonoscopy (among persons aged 50 &amp; older)</td>
<td>72.2</td>
<td>82.9</td>
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<tr>
<td>Pap smear within 3 years (among all females)</td>
<td>77.1</td>
<td>90.7</td>
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<tr>
<td>Mammogram within past year (Among females aged 40 &amp; older)</td>
<td>51.5</td>
<td>67.0</td>
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</table>
SHAPE 2010
ADULT SURVEY
Risk behaviors – summary
Top three actual cause of death in United States 2000

<table>
<thead>
<tr>
<th>Actual cause</th>
<th>Deaths in US 2000</th>
<th>% of total death</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>435,000</td>
<td>18.1%</td>
</tr>
<tr>
<td>Poor diet and physical inactivity</td>
<td>365,000</td>
<td>15.2%</td>
</tr>
<tr>
<td>Alcohol consumption</td>
<td>85,000</td>
<td>3.5%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>885,000</strong></td>
<td><strong>36.8%</strong></td>
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</table>

Modifiable health risk factors
Hennepin County adults 2010

- At least one of the four
- Excessive alcohol consumption (binge or heavy drinking)
- Not having five-a-day*
- No leisure time physical activity
- Smoking

* Has four or fewer servings of fruits or vegetables yesterday.
SHAPE 2010
ADULT SURVEY
Smoking
Smoking status
Hennepin County adults 2010

- Never smoked: 61.3%
- Former smoker: 26.6%
- Some days smoker: 4.9%
- Every day smoker: 7.2%
- Current smoker: 12.1%
Percent currently smoking by geographic areas
Hennepin County adults 2010

Rate for all county adults: 12.1%

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E Northeast, University, Longfellow
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S Calhoun-Isles, Southwest, Nokomis

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Percent currently smoking by gender and age
Hennepin County adults 2010

* Difference in rates between groups is statistically significant at p<0.05.
Percent currently smoking by education and household income

Hennepin County adults 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.
Percent currently smoking
1998-2010
Hennepin County adults

Note: Vertical line represents 95% confidence intervals.
Between 1998 and 2010, county adult population increased by 82,000.
Percent of adults who are current smokers in 2010
How does Hennepin County compare?

Sources: SHAPE 2010, Minnesota Metro Adult Health Survey 2010, BRFSS 2010 for Minnesota and National Health Interview Survey (NHIS) 2010 for U.S.

Note: Vertical line represents 95% confidence intervals.
Percent currently smoking
1997-2010
Adults in Hennepin County, Minnesota, and U.S.

Sources: SHAPE for Hennepin County, Behavioral Risk Factors Surveillance System (BRFSS) for Minnesota, & National Health Interview Survey (NHIS) for U.S.
SHAPE 2010
ADULT SURVEY
Weight status
Weight status
Hennepin County adults 2010

- Normal weight: 45.7%
- Overweight: 53.2%
- Obese: 20.4%
- Underweight: 1.2%
Percent who are obese by geographic areas
Hennepin County adults 2010

Rate for all county adults: 20.4%

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E Northeast, University, Longfellow City of St. Anthony
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Percent who are obese by gender and age
Hennepin County adults 2010

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>18-24</td>
<td>13.4</td>
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<tr>
<td>Female</td>
<td>18-24</td>
<td>20.7</td>
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<tr>
<td>Male</td>
<td>25-44</td>
<td>18.5</td>
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<tr>
<td>Female</td>
<td>25-44</td>
<td>20.0</td>
</tr>
<tr>
<td>Male</td>
<td>45-54</td>
<td>21.3</td>
</tr>
<tr>
<td>Female</td>
<td>45-54</td>
<td>18.5</td>
</tr>
<tr>
<td>Male</td>
<td>55-64</td>
<td>27.1</td>
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<tr>
<td>Female</td>
<td>55-64</td>
<td>20.0</td>
</tr>
<tr>
<td>Male</td>
<td>65 and older</td>
<td>24.4</td>
</tr>
</tbody>
</table>

* Difference in rates between groups is statistically significant at p<0.05.
Percent who are obese by education and household income
Hennepin County adults 2010

Educational attainment *
- Less than high school: 26.4%
- High school: 31.4%
- Some college: 25.5%
- College or higher: 15.9%

Household income *
- <200% FPL: 26.4%
- 200+% FPL: 19.1%

* Difference in rates between groups is statistically significant at p<0.05.
Percent who are obese
1998-2010
Hennepin County adults

Note: Vertical line represents 95% confidence intervals.
Number of adults who are obese
1998-2010
Hennepin County adults

Between 1998 and 2010, county adult population increased by 82,000.
Percent of adults who are obese
How does Hennepin County compare?

Hennepin County: 20.4%
Other metro counties (Range 20% to 28%): 25.1%
Minnesota: 25.4%
U.S.: 27.6%

Healthy People 2010 objective: 15.0%

Sources: SHAPE 2010, Minnesota Metro Adult Health Survey 2010, BRFSS 2010 for Minnesota, BRFSS 2010 national median for U.S.
Note: Vertical line represents 95% confidence intervals.
Percent who are obese
1997-2010
Adults in Hennepin County, Minnesota, and U.S

Sources: SHAPE for Hennepin County, Behavioral Risk Factors Surveillance System (BRFSS) for Minnesota, & National Health Interview Survey (NHIS) for U.S.
SHAPE 2010
ADULT SURVEY
Having meal at a fast food restaurant
Meals at a fast food restaurant yesterday
Hennepin County adults 2010

- Did not eat out: 52.1%
- Eat out but not at a fast food restaurant: 32.5%
- 1 meal at a fast food restaurant: 14.5%
- 2 or more meals at a fast food restaurant: 0.9%
- 15.4%
SHAPE 2010
ADULT SURVEY
Servings of fruits and vegetables yesterday
Total servings of fruits and vegetables consumed yesterday
Hennepin County adults 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%

5-a-day
Percent having 5-a-day by geographic areas
Hennepin County adults 2010

Rate for all county adults: 37.3%

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Legend:
29.5% - 29.9%
30.0% - 34.9%
35.0% - 39.9%
40.0% - 43.2%
Percent having 5-a-day by gender and age
Hennepin County adults 2010

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>18-24</td>
<td>39.1</td>
</tr>
<tr>
<td></td>
<td>25-44</td>
<td>36.3</td>
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<tr>
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<td>45-54</td>
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<tr>
<td></td>
<td>65 and older</td>
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<tr>
<td>Female</td>
<td>18-24</td>
<td>42.4</td>
</tr>
<tr>
<td></td>
<td>25-44</td>
<td>39.3</td>
</tr>
<tr>
<td></td>
<td>45-54</td>
<td>39.3</td>
</tr>
<tr>
<td></td>
<td>55-64</td>
<td>39.3</td>
</tr>
<tr>
<td></td>
<td>65 and older</td>
<td>39.3</td>
</tr>
</tbody>
</table>

* Difference in rates between groups is statistically significant at p<0.05.
Percent 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.
SHAPE 2010
ADULT SURVEY
Leisure time physical activity
Leisure time physical activity

Q. *During the past 30 days, other than your regular job, did you participated in any physical activity or exercises such as running, calisthenics, golf, gardening, or walking for exercise?*

Hennepin County adults 2010

- Yes: 88.1%
- No: 11.9%
Percent engaging in NO leisure time physical activity by geographic areas

Hennepin County adults 2010

Rate for all county adults: 11.9%

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

Suburban Hennepin
W1  West Inner Ring Suburbs
S1  South Inner Ring Suburbs
W2  West Outer Ring Suburbs
S2  South Outer Ring Suburbs
Percent engaging in NO leisure time physical activity by gender and age
Hennepin County adults 2010

Gender **

Age *

* 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.
Percent engaging in NO leisure time physical activity by education and household income

Hennepin County adults 2010

<table>
<thead>
<tr>
<th>Educational attainment *</th>
<th>Household income*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than high school</td>
<td>40.3</td>
</tr>
<tr>
<td>High school</td>
<td>28.7</td>
</tr>
<tr>
<td>Some college</td>
<td>15.2</td>
</tr>
<tr>
<td>College or higher</td>
<td>6.4</td>
</tr>
<tr>
<td>&lt;200% FPL</td>
<td>23.4</td>
</tr>
<tr>
<td>200+% FPL</td>
<td>8.4</td>
</tr>
</tbody>
</table>

* Difference in rates between groups is statistically significant at p<0.05.
Percent engaging in NO leisure time physical activity

2006 & 2010*

Hennepin County adults

Sources: SHAPE 2006 & SHAPE 2010. The survey question was not asked in SHAPE 1998 & SHAPE 2010.

Note: Vertical line represents 95% confidence intervals.
Percent of adults who engaged in NO leisure time physical activity

How does Hennepin County compare?

Sources: SHAPE 2010, Minnesota Metro Adult Health Survey 2010, BRFSS 2010 for Minnesota, BRFSS 2010 national median for U.S.

Note: Vertical line represents 95% confidence intervals.
Percent engaging in NO leisure time physical activity 1996 - 2010
Adults in Hennepin County, Minnesota, and U.S.

Sources: SHAPE for Hennepin County (only for 2002 & 2010), BRFSS for Minnesota, BRFSS national median for U.S. Survey question was not asked in BRFSS 1997 and 1999.
SHAPE 2010
ADULT SURVEY
Non-motorized transit use
Physical activity & non-motorized transit use
Hennepin County adults 2010

- Bike for the purpose of going to a destination at least 3 days a week: 8.2%
- Walk for the purpose of going to a destination at least 3 days a week: 22.0%
- Bike, walk or skate for recreation, health or fitness at least 3 days a week: 48.5%
- Engage in 20 minutes of vigorous physical activity at least 3 days a week: 42.0%
- Engage in 30 minutes of moderate physical activity at least 5 days a week: 34.8%
- Engage in any leisure time physical activity in past 30 days: 88.1%
SHAPE 2010
ADULT SURVEY

Neighborhood walkability
Percent who strongly agree or somewhat agree
“In my neighborhood, most residents can walk to...?”
Hennepin County adults 2010

- Bus stops, public transit stops, or stations: 83.7%
- Community or recreation center, parks, trails, or playgrounds: 87.8%
- Restaurants, shops, or malls: 52.3%
- Grocery stores or market: 49.7%
SHAPE 2010
ADULT SURVEY
Community connectedness, social support and neighborhood cohesion
Q. How often are you involved in school, community or neighborhood activities?
Hennepin County adults 2010

- Never: 23.7%
- Weekly: 15.5%
- Monthly: 12.3%
- Several times a year: 22.6%
- About once a year or less: 25.8%
SHAPE 2010
ADULT SURVEY
Community safety
People in this neighborhood are afraid to go out at night due to violence

Hennepin County adults 2010

- Strongly disagree: 53.9%
- Somewhat disagree: 25.5%
- Somewhat agree: 15.1%
- Strongly agree: 5.5%

Poor neighborhood safety
Percent reporting poor neighborhood safety by geographic areas
Hennepin County adults 2010

Minneapolis
N Near-North, Camden
E Northeast. University, Longfellow
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Suburban Hennepin
W1 West Inner Ring Suburbs
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1 Respondent “strongly agree” or “somewhat agree” to the statement “People in this neighborhood are afraid to go out at night due to violence.”
SHAPE 2010
ADULT SURVEY
Perceived discrimination
Q. How often are you in a situation where you feel unaccepted because of race, ethnicity and culture?

Hennepin County adults 2010

- Never: 68.7%
- Less often than that: 15.3%
- A few times a year: 10.0%
- Once or twice a week: 3.5%
- At least once a week: 2.5%

Frequently
Percent who **frequently** felt unaccepted due to race, ethnicity or culture by geographic areas

Hennepin County adults 2010

**Rate for all county adults: 6.0%**

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

**Suburban Hennepin**
- NW1  Northwest Inner Ring Suburbs
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SHAPE 2010
ADULT SURVEY

Economic distress
### Experiencing economic distress

**Hennepin County adults 2010**

<table>
<thead>
<tr>
<th>Measure</th>
<th>All Adults</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worried that food would run out before you had money to buy more during the past 12 months <em>(often/sometimes)</em></td>
<td>14.2%</td>
<td>44.2%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Missed a mortgage or rent payment because not having enough money during the past 12 months</td>
<td>8.7%</td>
<td>23.4%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Moved 2 or more times in past two years</td>
<td>9.6%</td>
<td>20.1%</td>
<td>6.9%</td>
</tr>
</tbody>
</table>

* Household income is measured as a percentage of Federal Poverty Level (FPL).
## Experiencing economic distress

**Hennepin County adults 2010**

<table>
<thead>
<tr>
<th>Measure</th>
<th>All Adults</th>
<th>&lt;200% FPL</th>
<th>≥200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty in paying health insurance premiums/co-pays/deductibles</td>
<td>29.2%</td>
<td>54.3%</td>
<td>22.7%</td>
</tr>
<tr>
<td>(very difficult or somewhat difficult)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty in paying for prescription medications each month</td>
<td>8.7%</td>
<td>23.4%</td>
<td>4.9%</td>
</tr>
<tr>
<td>(very difficult or somewhat difficult)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Among those who regularly take prescription medications</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skipped or took smaller doses of prescription medications due to cost?</td>
<td>16.9%</td>
<td>37.7%</td>
<td>11.5%</td>
</tr>
<tr>
<td>(often or sometimes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Among those who regularly take prescription medications</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Household income is measured as a percentage of Federal Poverty Level (FPL).
SHAPE 2010
ADULT SURVEY
Summary
Summary

SHAPE 2010 - Adult Survey selected findings:

- County adults enjoy better health than adults nationwide, with 63% reporting *excellent* or *very good* health.

- Smoking rate continues to decline (from 21% in 1998 to 12% in 2010) and is lower than the national average.

- Obesity epidemic continues:
  - More than half of county adults are either obese (20%) or overweight (33%).
  - Current obesity rate (20%) is as high as it was in 2006, and is notably higher than the rate in 1998 (14%) and the rate in 2002 (17%).
### Summary

**SHAPE 2010 - Adult Survey selected findings:**

- Good health is not shared equally across populations in Hennepin County. Disparities in health status, either between genders, by age groups, across geographic areas, or at different education attainment and income levels persist.

- The findings present challenges, as well as opportunities in addressing health issues and improving the health for all county adults.
HSPHD Assessment/SHAPE Team

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