



**SHAPE 2010**

Your health matters.  
Your answers matter.

# SHAPE 2010 CHILD SURVEY

*Survey of the Health of All the Population and Environment*

**Hennepin County - HSPHD  
Assessment Unit /SHAPE Team**



*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.*



SHIP

*Statewide Health Improvement Program*

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# Overview of the SHAPE Survey

# What is SHAPE?

*Survey of the Health of All the Population and Environment*

Public health surveillance effort used to collect local data on health status and factors that affect residents' health and well-being.

Used for public health policy planning and community assessment.

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

- *SHAPE 1998 – Adult Survey*
- *SHAPE 2002 – Adult Survey*
- *SHAPE 2006 – Adult Survey & Child Survey*
- *SHAPE 2010 – Adult Survey & Child Survey*

# *SHAPE - Child Survey*

*Survey of the Health of All the Population and Environment*

- The *SHAPE 2006 – Child Survey* collected information using a **phone survey** of **4,038** Hennepin County households.
- The *SHAPE 2010 – Child Survey* collected information using a **mail survey** of **2,197** Hennepin County households.
- In both years the surveys were approximately 30 minutes in length, and involved about 100 questions.



# SHAPE 2006 vs SHAPE 2010

## Survey demographics by year

	<u>2006</u>	<u>2010</u>
<b>Hennepin County</b>	<b>4,038</b>	<b>2,197</b>
Minneapolis	1,894	1,141
Suburban Hennepin	2,144	1,056
Males	2,088	1,132
Females	1,950	1,065
Age 0 to 2	823	475
Age 3 to 5	678	403
Age 6 to 9	766	488
Age 10 to 13	765	395
Age 14 to 17	1,006	436

\*The numbers in this table are not weighted; they are based on the survey responses only and should not be interpreted as estimates based on the population.

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# ***SHAPE - Child Survey***

*Survey of the Health of All the Population and Environment*

- One child (the child with the next birthday) was selected from the randomly sampled households.
- The surveys were completed by the adult most knowledgeable about the selected child's health.
- Survey responses are weighted to reflect the known population characteristics.





# ***SHAPE - Child Survey***

*Survey of the Health of All the Population and Environment*

- **The surveys included questions on a broad range of health and well-being topics.**
- **Survey items were age-specific; they were selected to represent relevant developmental stages of childhood and adolescence.**
- **Roughly half of the households provided survey responses from both an adult and a child; the other half were “child survey only” households.**



## *SHAPE 2010– Child Survey: Topics*

### All children aged 0 to 17

- Overall health and chronic conditions
- Health insurance coverage and access to care
- Environment and use of community amenities

### Age-based subgroups

- Weight, nutrition and physical activity
- Family connectedness and communication
- Early childhood and pre-school readiness
- School-aged children's activities

## SHAPE 2010 – Child Survey

### Age Ranges for topics

Topic	Age 0 to 2	Age 3 to 5	Age 6 to 9	Age 10 to 13	Age 14 to 17
Overall Health	✓	✓	✓	✓	✓
Diabetes, Allergies, Autism	✓	✓	✓	✓	✓
Migraines, ADHD, Depression/anxiety		✓*	✓	✓	✓
Health insurance coverage	✓	✓	✓	✓	✓
Access to care, usual place of care, "well child visits"	✓	✓	✓	✓	✓
Weight	✓	✓	✓	✓	✓
Nutrition		✓	✓	✓	✓
Physical activity			✓	✓	✓
Environment – exposure to tobacco smoke	✓	✓	✓	✓	✓
Use of community amenities	✓	✓	✓	✓	✓

\* Part of this age range was included.

## SHAPE 2010 – Child Survey

### Age Ranges for topics

Topic	Age 0 to 2	Age 3 to 5	Age 6 to 9	Age 10 to 13	Age 14 to 17
Breastfeeding	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Learning and pre-school readiness activities	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Pre-school readiness milestones		<input checked="" type="checkbox"/>			
Child care and “gaps” in child care	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Mealtimes together		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Talks about healthy and risky behaviors			<input checked="" type="checkbox"/> *	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Bullied, teased or picked on			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Parent’s view of school wellness policies			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Parental involvement in child’s activities			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Activities on a typical school day			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Activities in a typical school week			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Modeling adult roles				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

\* Part of this age range was included.

# Hennepin County Children

## US Census 2010

	All	Males	Females
Total Population	261,345	133,052	128,293
Age 0 to 2	45,742	23,273	22,468
Age 3 to 5	44,976	22,862	22,114
Age 6 to 9	57,927	29,385	28,542
Age 10 to 13	55,478	28,317	27,162
Age 14 to 17	57,473	29,271	28,201
Age 0 to 5	90,718	46,135	44,583
Age 6 to 17	170,878	86,973	83,905



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# Key findings from the SHAPE 2010 - Child Survey

## *SHAPE 2010 – Child Survey: Key findings*

### □ Overall, Hennepin County children are in good health

Most are on the right path to establishing habits and patterns that promote healthy growth and development, as well as establishing a strong foundation for life-long health and well-being.

## *SHAPE 2010 – Child Survey: Key findings*

- **Most children are off to a strong start, but key health indicators show declines in teen years**

Most Hennepin County infants, toddlers and children up to age 9 are doing very well.

However, many of the key health indicators begin to “flatten out” or decline for youth aged 14 to 17.



## *SHAPE 2010 – Child Survey: Key findings*

### □ **Economic well-being is necessary for good health**

Children from low income families were significantly lower on many important measures of health and well-being than their peers.

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## *SHAPE 2006 & 2010: Group Comparisons*

### □ **Low Income Households**

Income level comparison groups were constructed using three criteria, any one of which would indicate a low income household:

- Child currently receives free or reduced price meals at school
- Child is covered by an income-based public health insurance program
- Household income and size indicate that the household is at or below 200 percent of the Federal Poverty Level (FPL)

# *SHAPE 2006 vs SHAPE 2010*

## Low Income Household Indicators

	<u>2006</u>	<u>2010</u>
<b>Low income households</b>	1,124	<b>558</b>
Percentage of survey responses	27.8%	<b>25.3%</b>
<b>Free or reduced price meals at school</b>	19.7%	<b>22.3%</b>
<b>Public health insurance program eligibility</b>	14.5%	<b>15.2%</b>
<b>FPL at or below 200%</b>	25.6%	<b>23.6%</b>

\*The percentages in this table are not weighted; they are based on the survey responses only and are not estimates based on the population.



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# Overall Health and Chronic Conditions

## *SHAPE 2006 & 2010: Key findings*

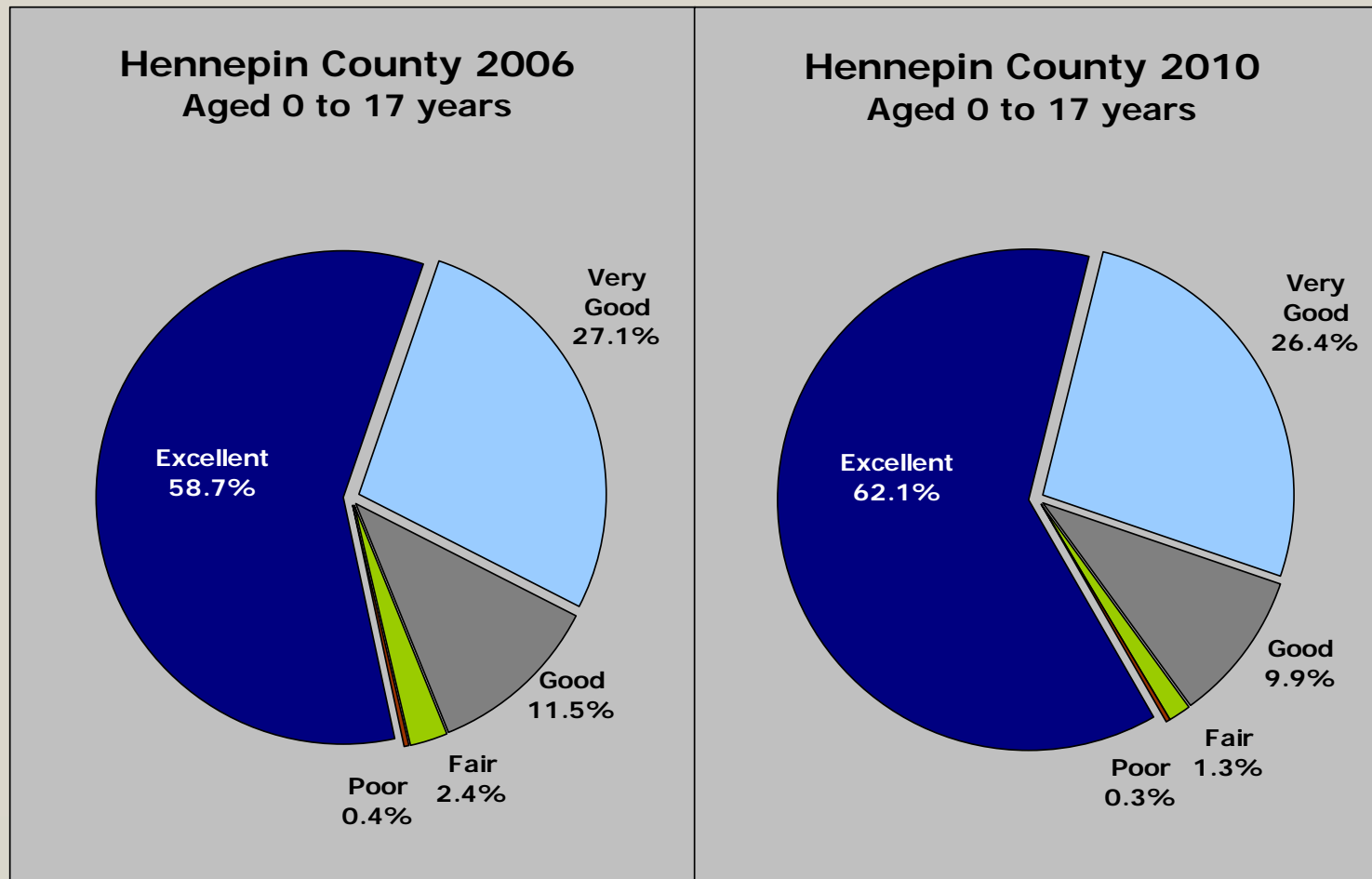
### □ Overall Health

In both 2006 and 2010, most parents reported that their child was in *excellent* or *very good* overall health.

Very few parents in either year reported that the child's health was *fair* or *poor*.

# Overall Health

How would you describe your child's health ... ?



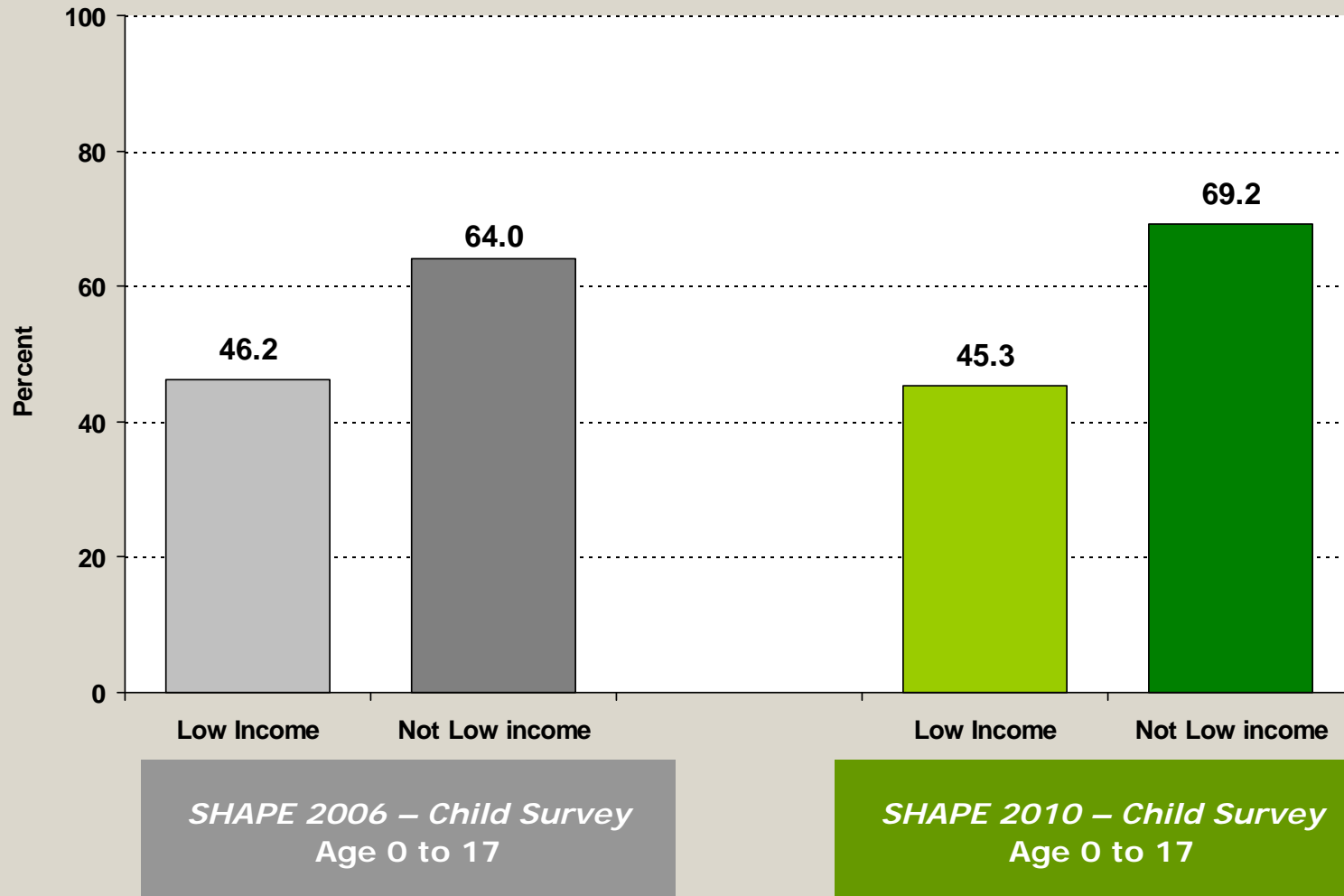
## *SHAPE 2006 & 2010: Key findings*

### □ Overall Health

Children from low income households were less likely to enjoy *excellent* overall health as compared to their peers.

The differences between income level groups were statistically significant in both 2006 and 2010.

## Percent reported to be in *excellent health* by household income level

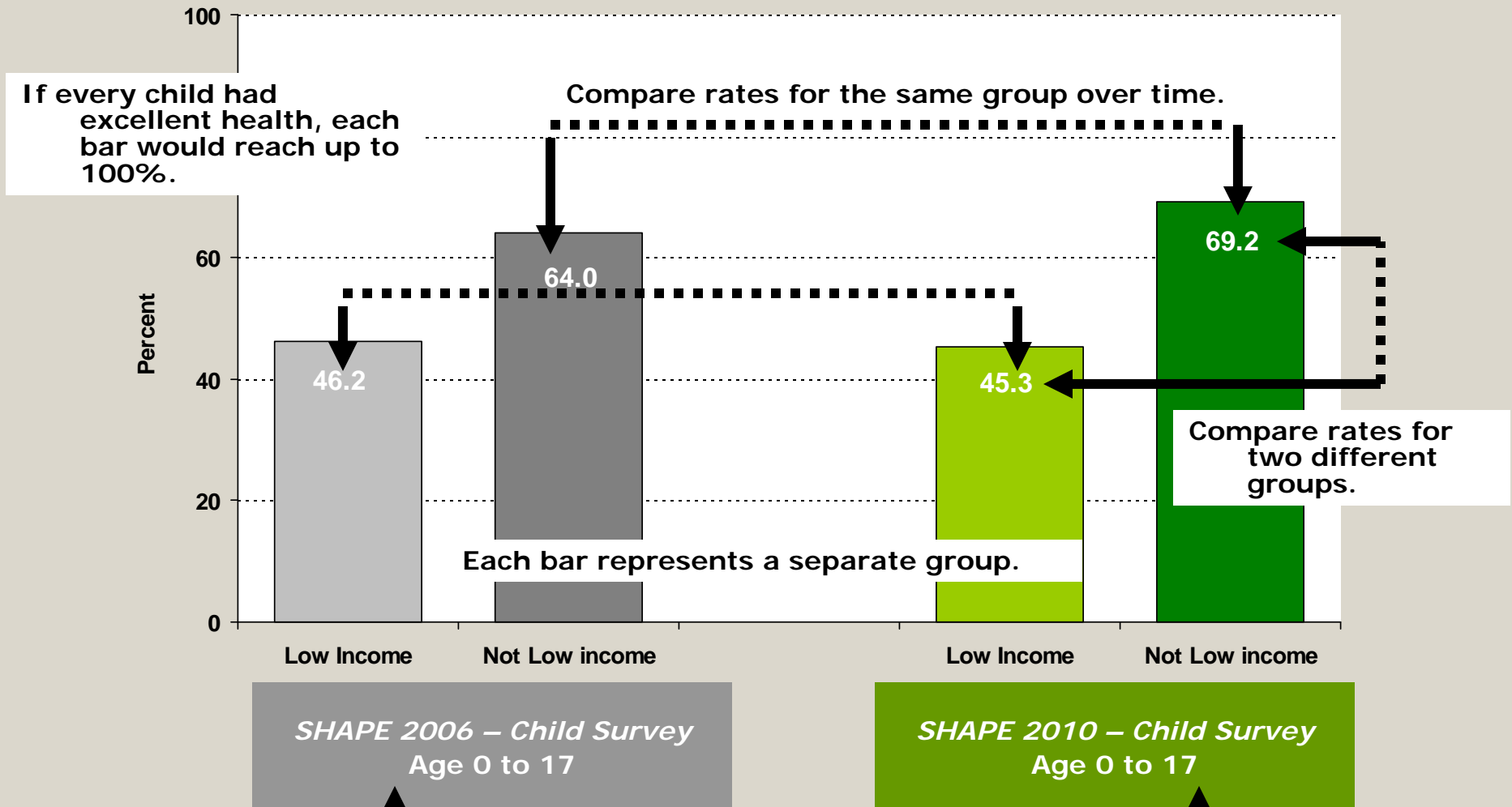


\*Statistically significant differences were noted between income level groups in both 2006 and 2010.



# Chart Model 1: What do the results tell us?

*How to read the group bar charts correctly*

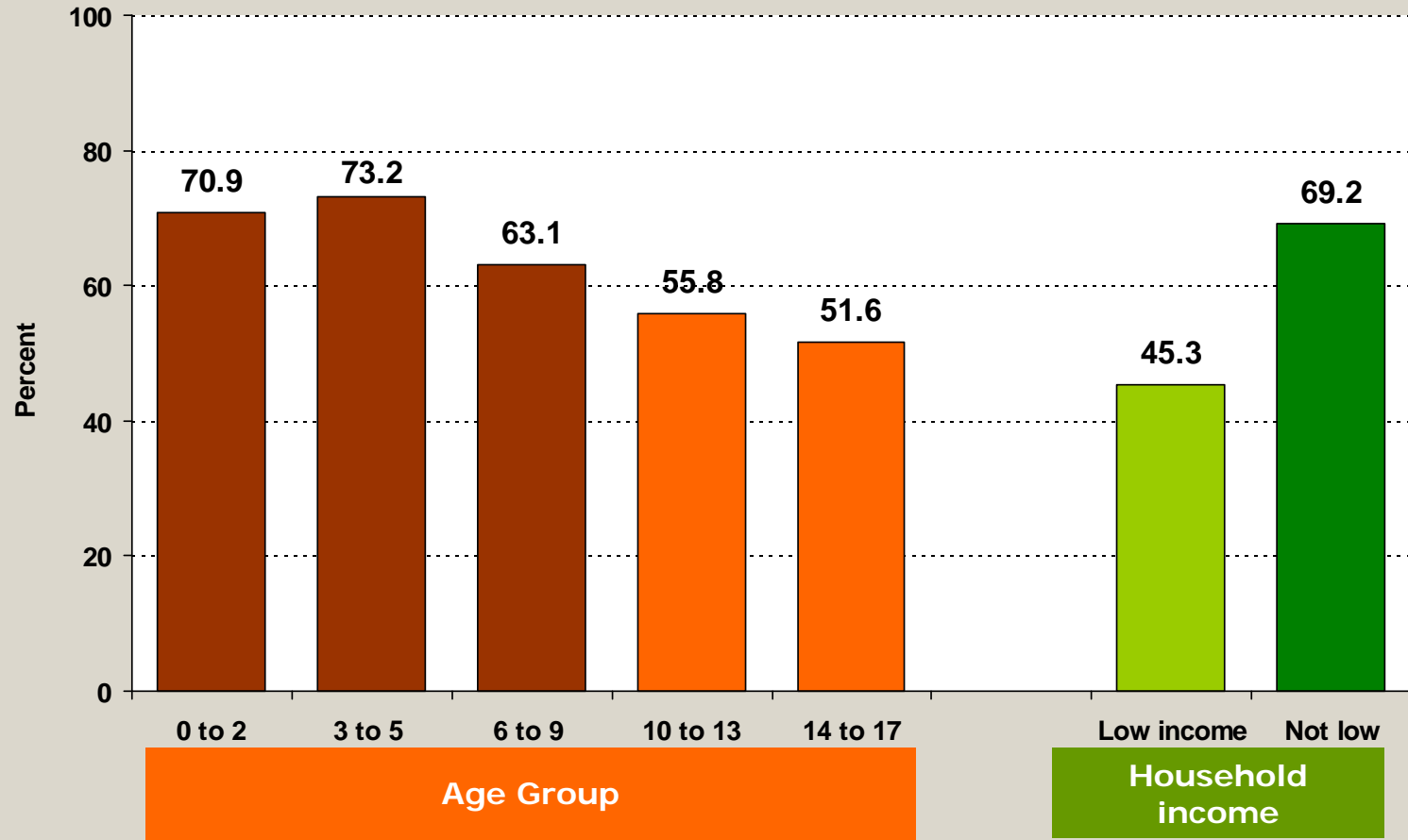


The responses are based on data from this survey year for this specific age group.

\*Statistically significant differences are noted at the bottom.

# Percent reported to be in *excellent health* by age and household income

## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups and between income based groups.

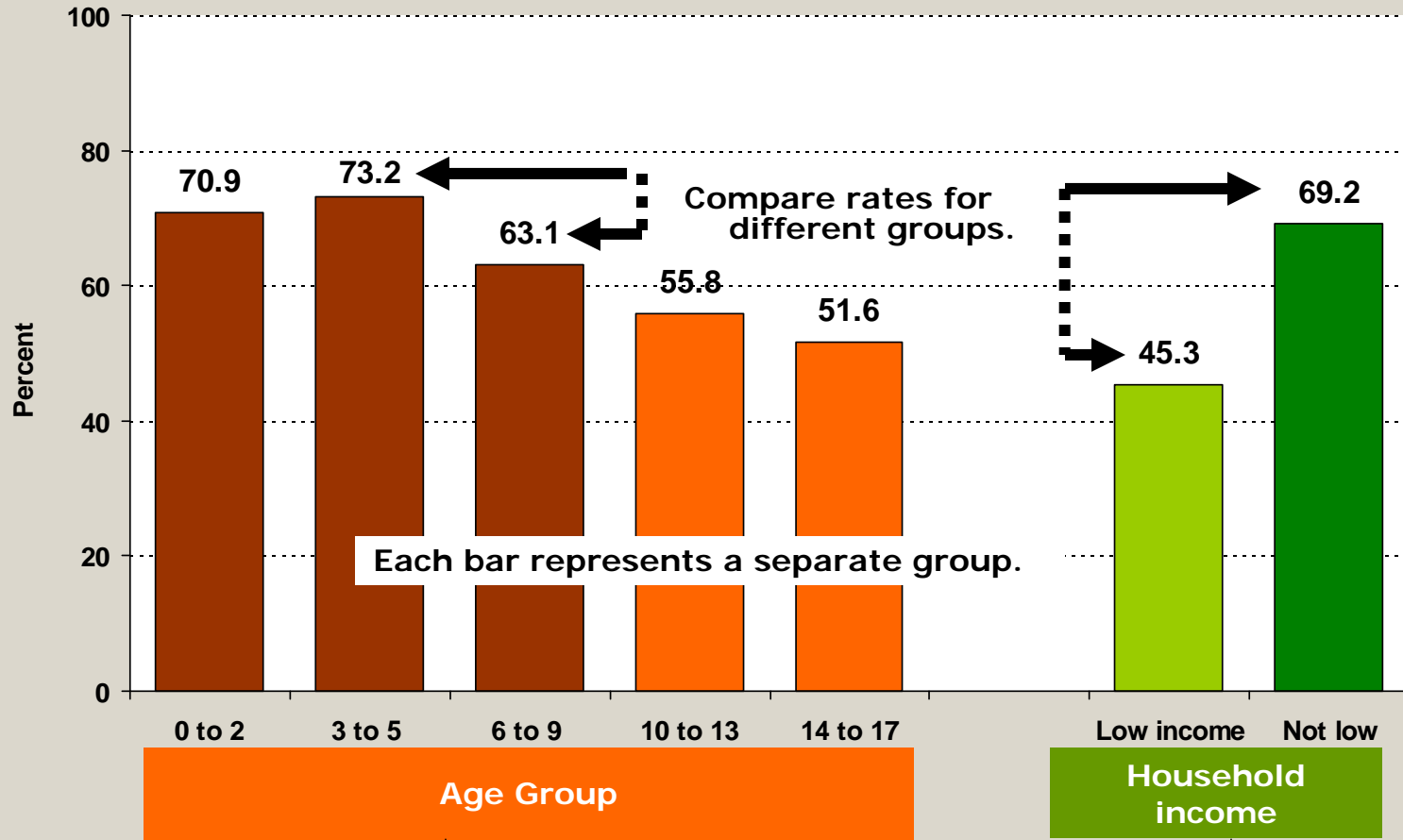
# Chart Model 2: What do the results tell us?

*How to read the group bar charts correctly*

If every child had excellent health, each bar would reach up to 100%.

Hennepin County Children 2010

← The results are from this specific survey year.



Each bar represents a separate group.

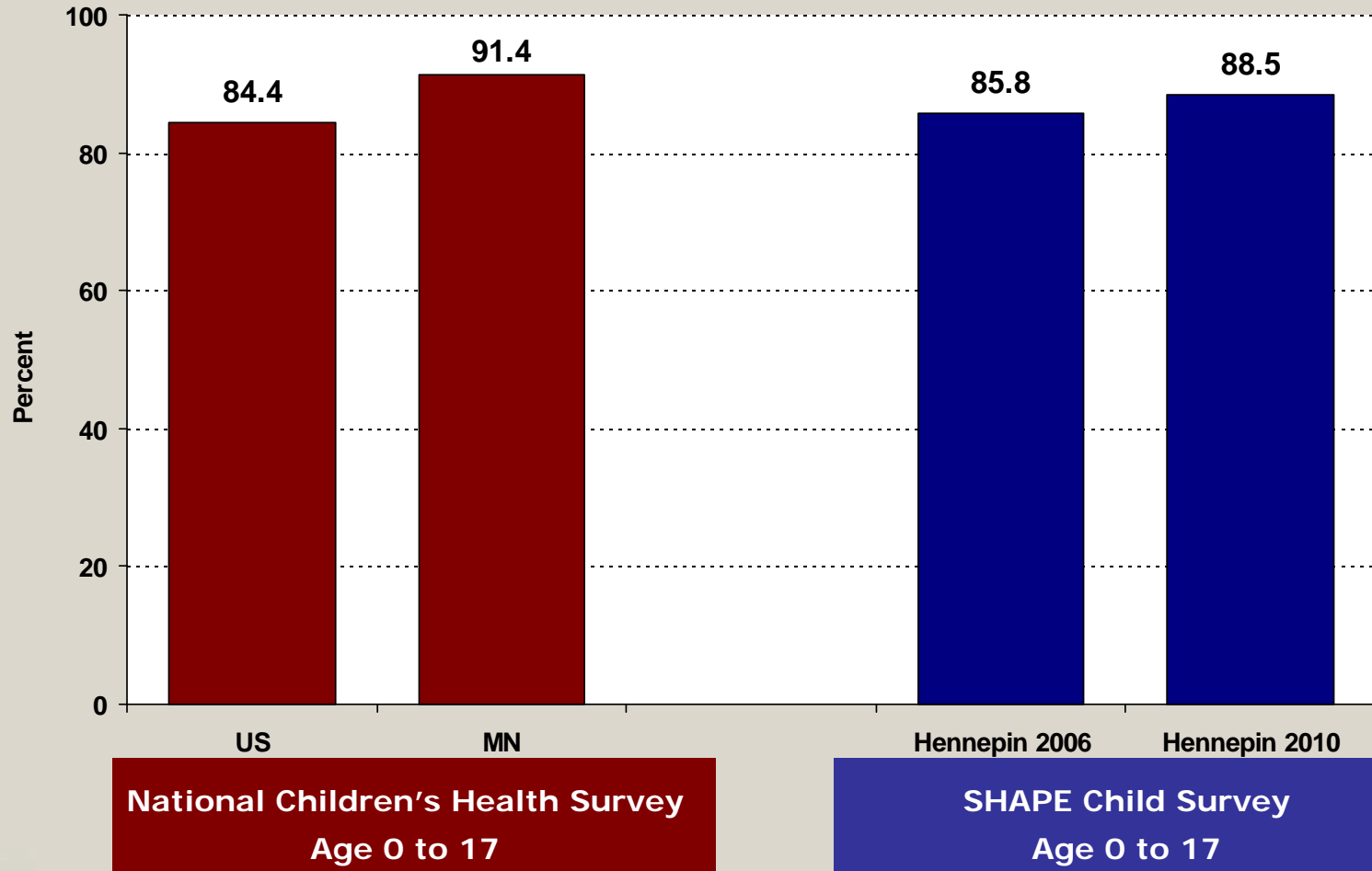
Compare rates for different groups.

Two separate grouping variables are represented on this chart.

\*Statistically significant differences are noted at the bottom.

# Percent reporting *very good/excellent health* Statewide and National Comparisons

Hennepin County Children, 2006 & 2010  
US & Minnesota Children, 2007



## *SHAPE 2010 – Child Survey: Key findings*

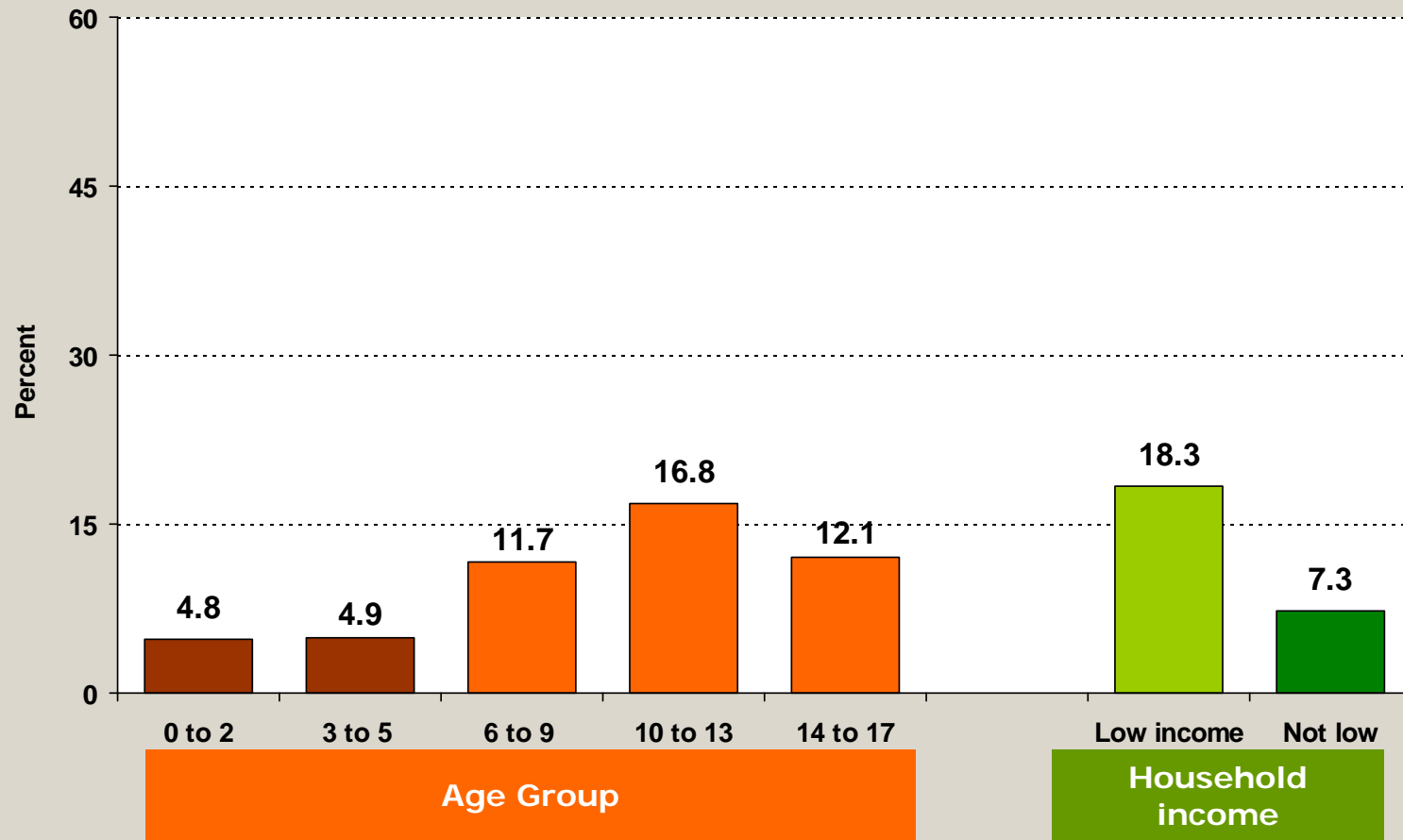
### □ **Serious health conditions affect about one in ten children in Hennepin County**

10.6% currently have a serious physical, behavioral or developmental condition.

8.4% have a serious condition expected to last for 12 months or longer.

# Percent who currently have a serious health condition by age and household income

## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups and between income based groups.

## *SHAPE 2010 – Child Survey: Key findings*

### □ **Asthma rates in 2010 were nearly identical to 2006**

In 2010, 13.2% of Hennepin County children had ever been diagnosed with asthma (compared to 13.1% in 2006).

In 2010, 9.2% of Hennepin County children were currently reported to have asthma (compared to 9.3% in 2006).

## *SHAPE 2010 – Child Survey: Key findings*

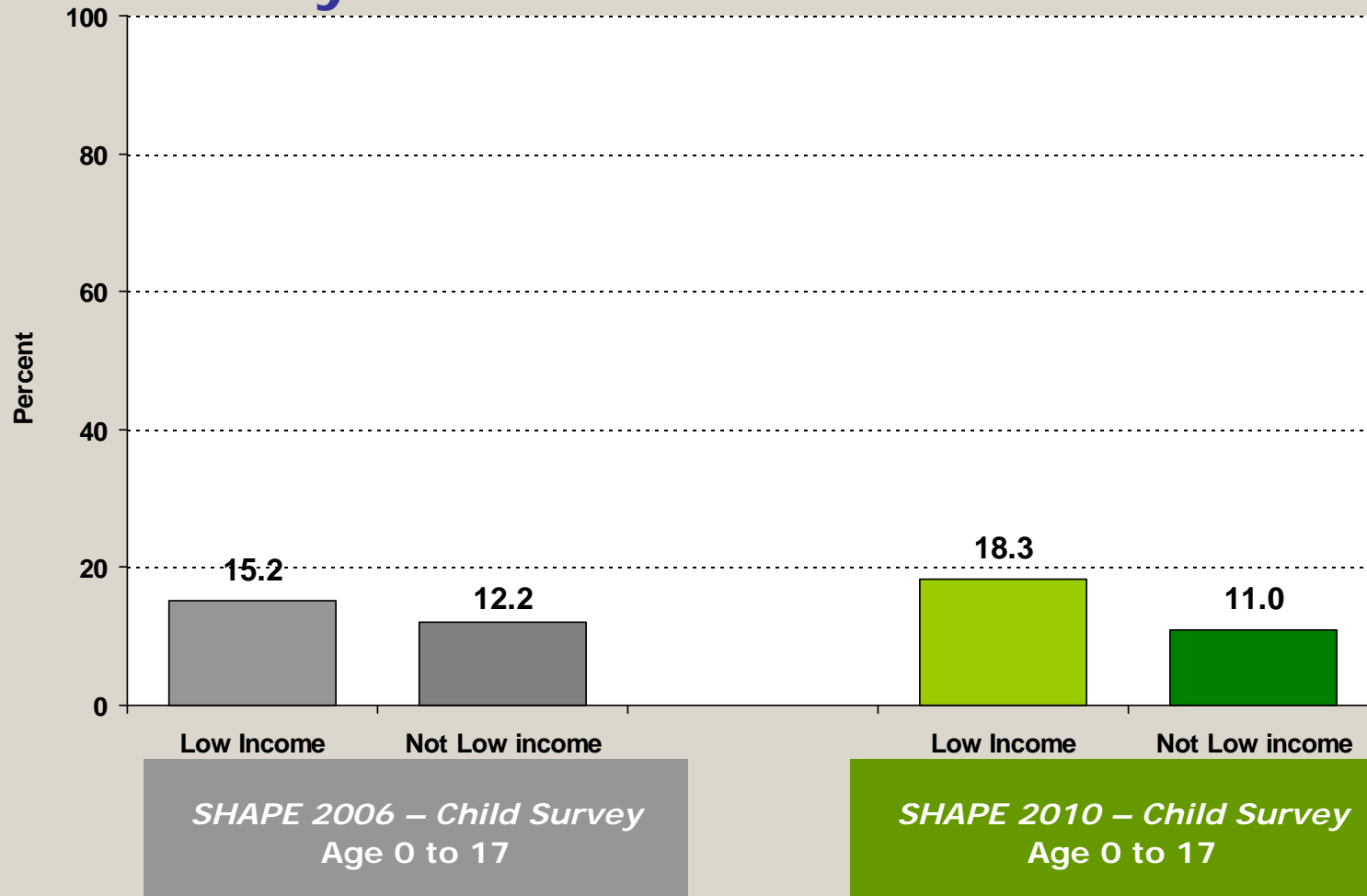
### □ **Asthma impacts were notable for low income children**

In 2010, low income children were more likely to be diagnosed with asthma, and to currently have asthma, than their peers.

This difference was not found in the 2006 results for asthma.

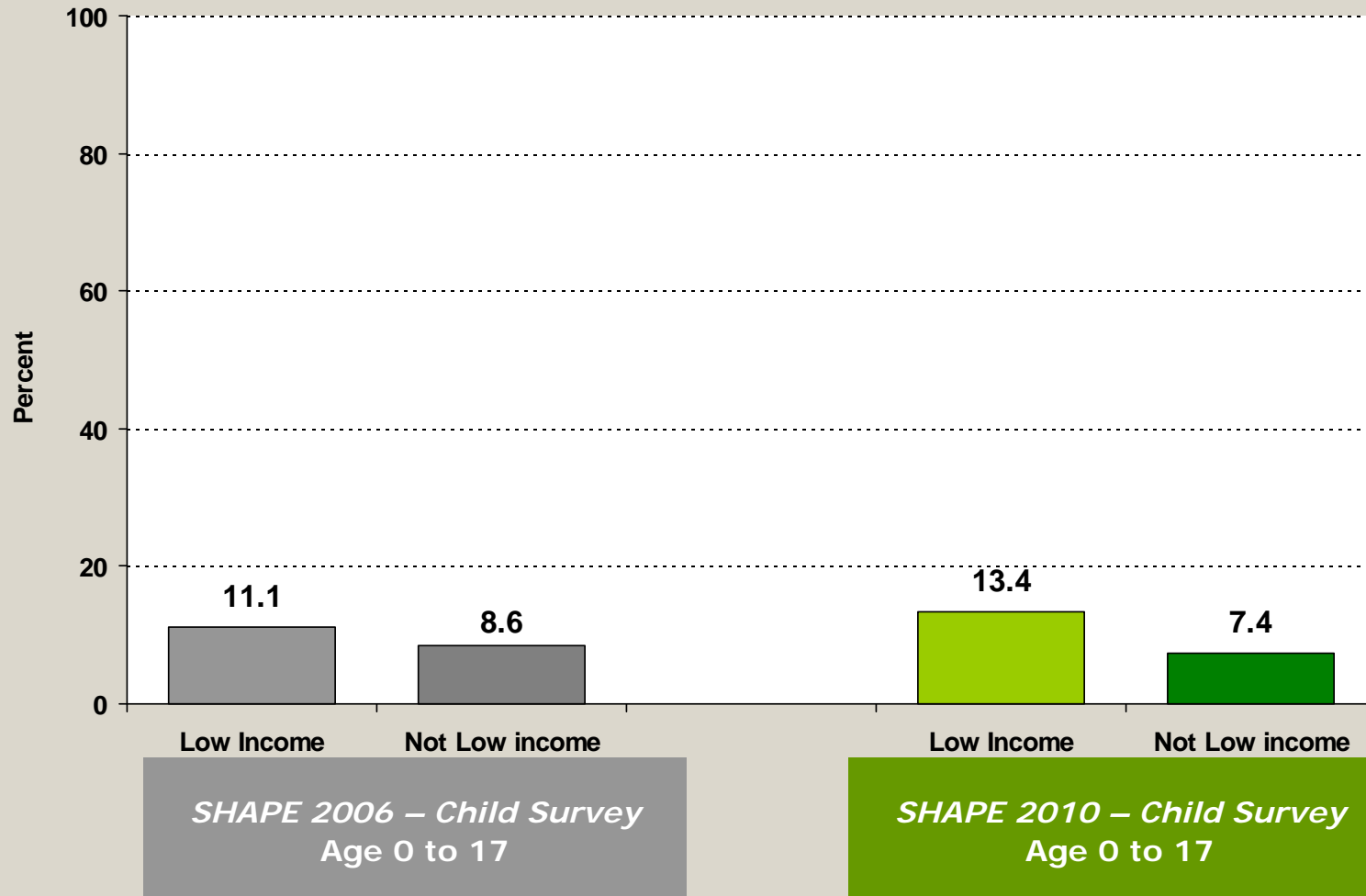


## Percent who were ever told by a doctor or other health professional that they have asthma by household income level



\*Statistically significant differences were noted between income level groups in 2010.

## Percent who currently have asthma by household income level



\*Statistically significant differences were noted between income level groups in 2010.

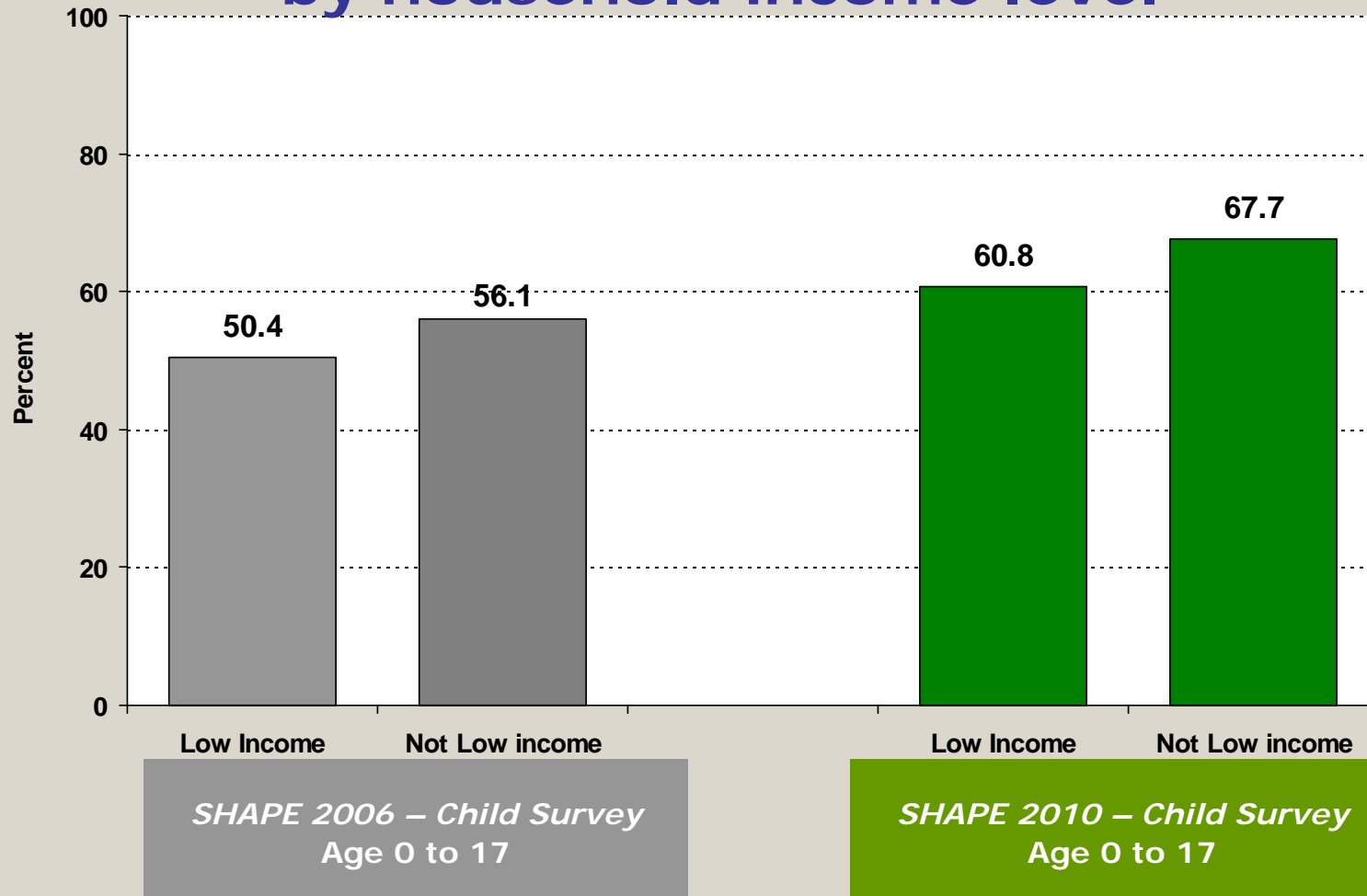
## *SHAPE 2010 – Child Survey: Key findings*

### □ Rates for having asthma attacks are similar regardless of income level

Children with asthma, regardless of household income level, reported having asthma attacks in the past 12 months at nearly the same rates.

Although they appear to be higher, there were no statistically significant differences in the rates over time.

## Percent who have had an asthma attack within the past 12 months by household income level



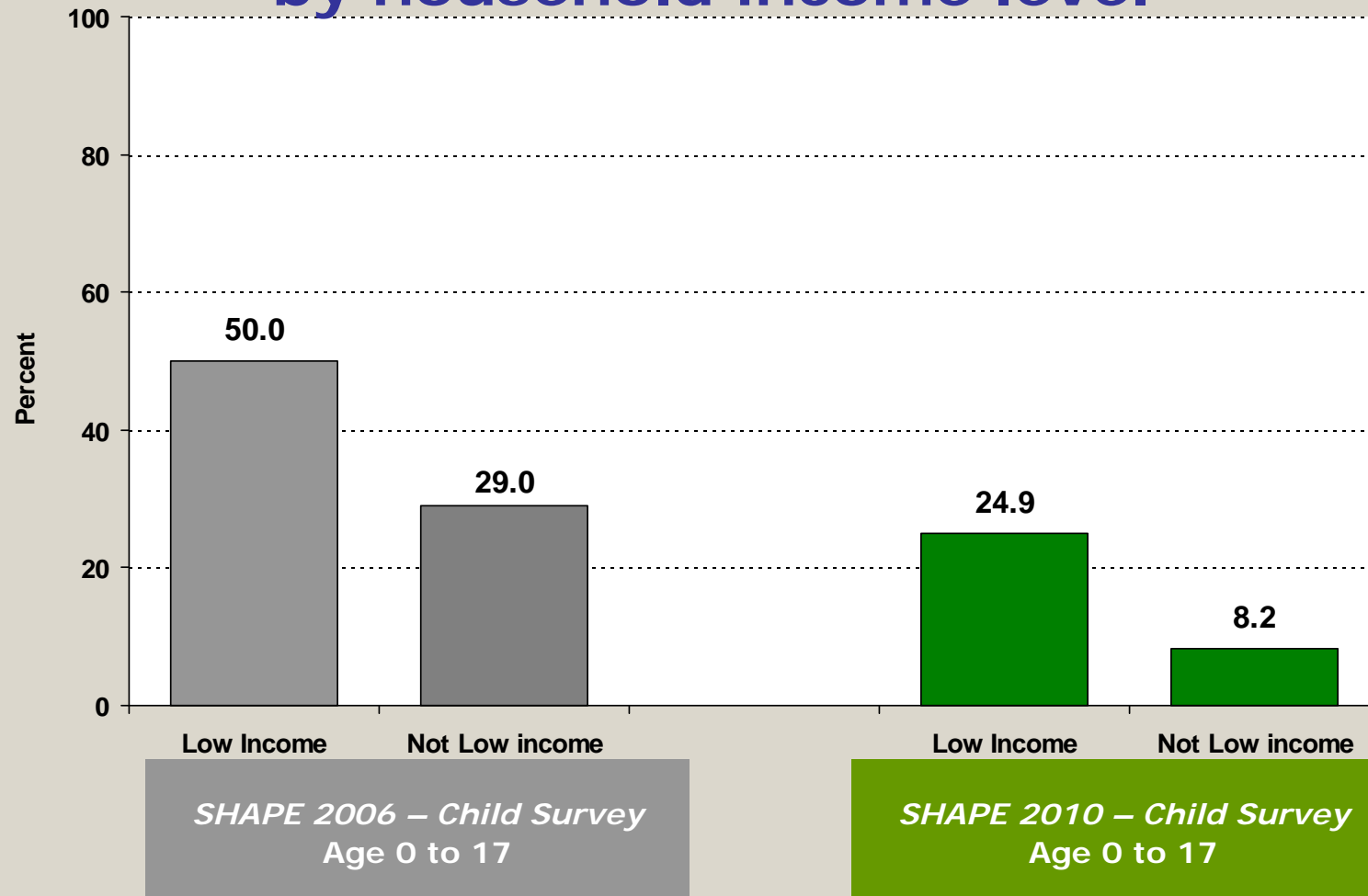
\*No statistically significant differences were noted between income level groups or over time.

## *SHAPE 2010 – Child Survey: Key findings*

### □ **Asthma impacts are notable for low income children**

In 2010, low income children were three times more likely to require visits to the emergency room or urgent care center for treatment as the result of an asthma attack. The rate ratio for emergency care for asthma attacks is 24.9 to 8.2, or approximately 3 to 1.

## Percent who went to ER or Urgent Care during past 12 months due to asthma attack by household income level



\*Statistically significant differences were noted over time for both income groups; the rate ratio difference for 2010 was greater than 3 to 1.



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# Mental Health and Behavioral Conditions

## *SHAPE 2010 – Child Survey: Key findings*

### □ **Mental health concerns were reported for one out of seven adolescents in Hennepin County**

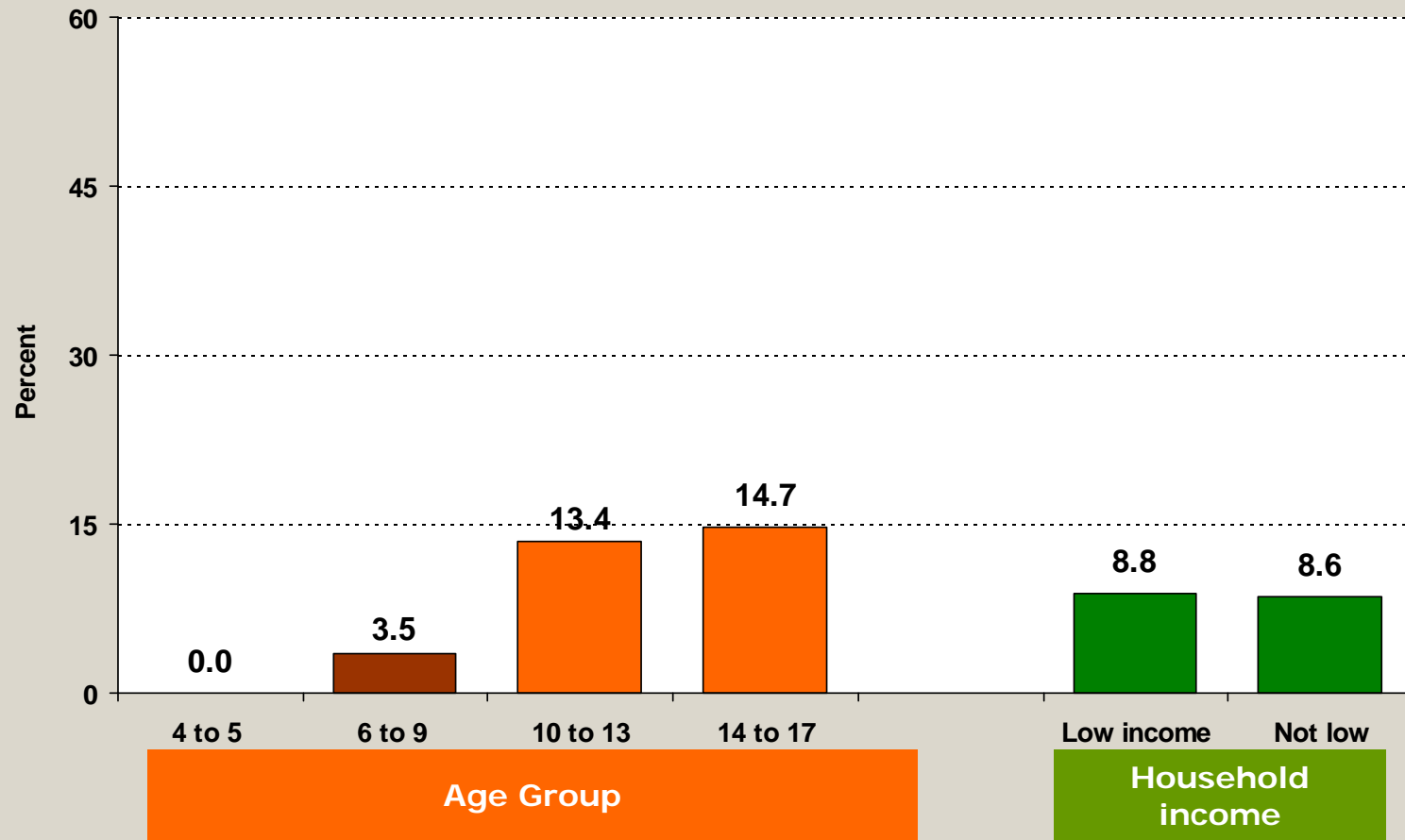
8.7% of all children aged 4 to 17 have ever been diagnosed with depression or anxiety (compared to 6.2% in SHAPE 2006).

14.7% of adolescents aged 14 to 17 have ever been diagnosed with depression or anxiety by a doctor or other professional



# Percent who were ever told by a doctor or other health professional that they have depression or anxiety by age and household income level

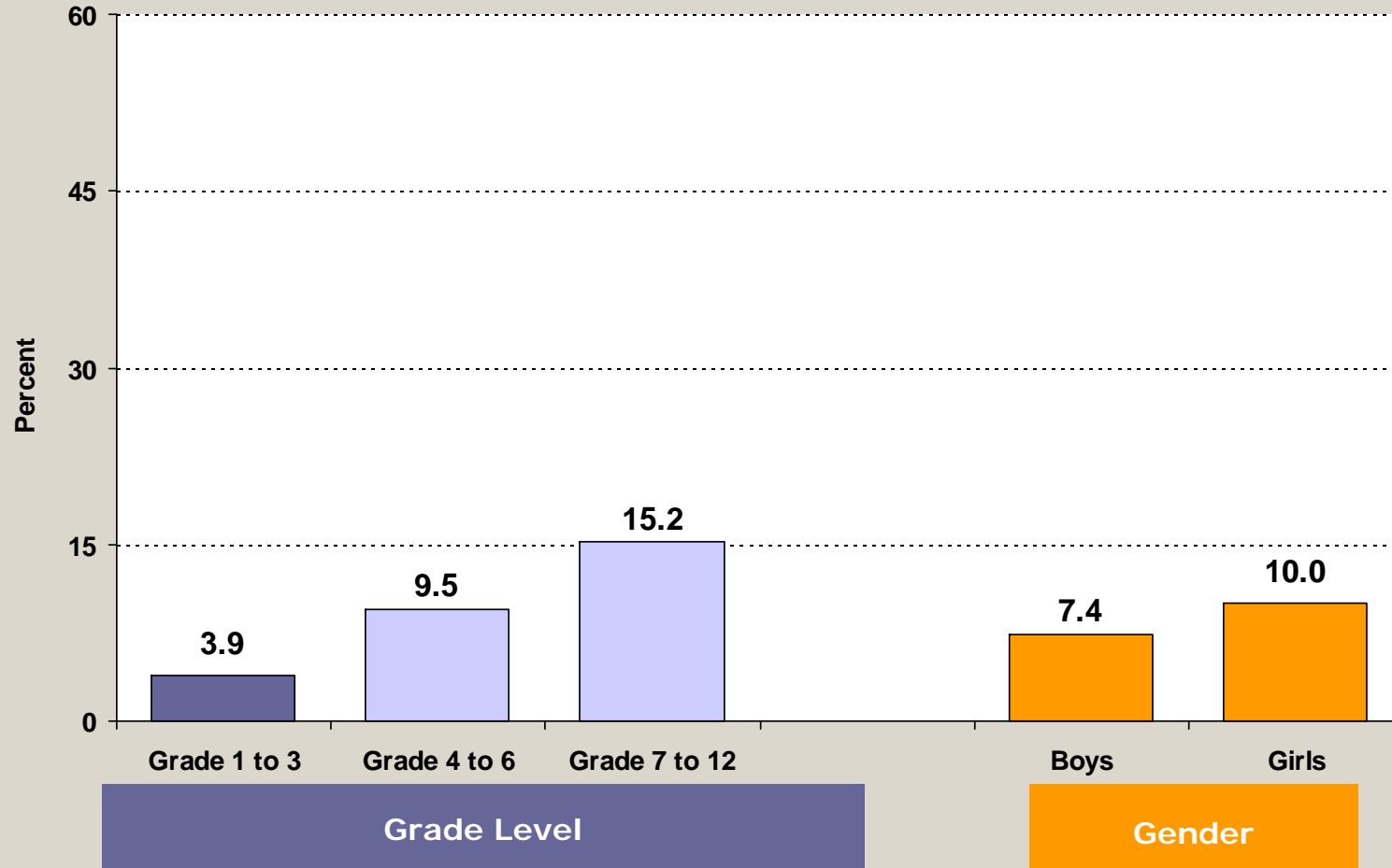
Hennepin County Children 2010 – Age 4 to 17



\*Statistically significant differences were noted among age groups, but not between income based groups.

# Percent who were told by a doctor or other health professional that they have depression or anxiety by grade level and gender

## Hennepin County Children 2010



\*Gender data represent children aged 4 to 17. Statistically significant differences were noted among grade level groups, but not gender.

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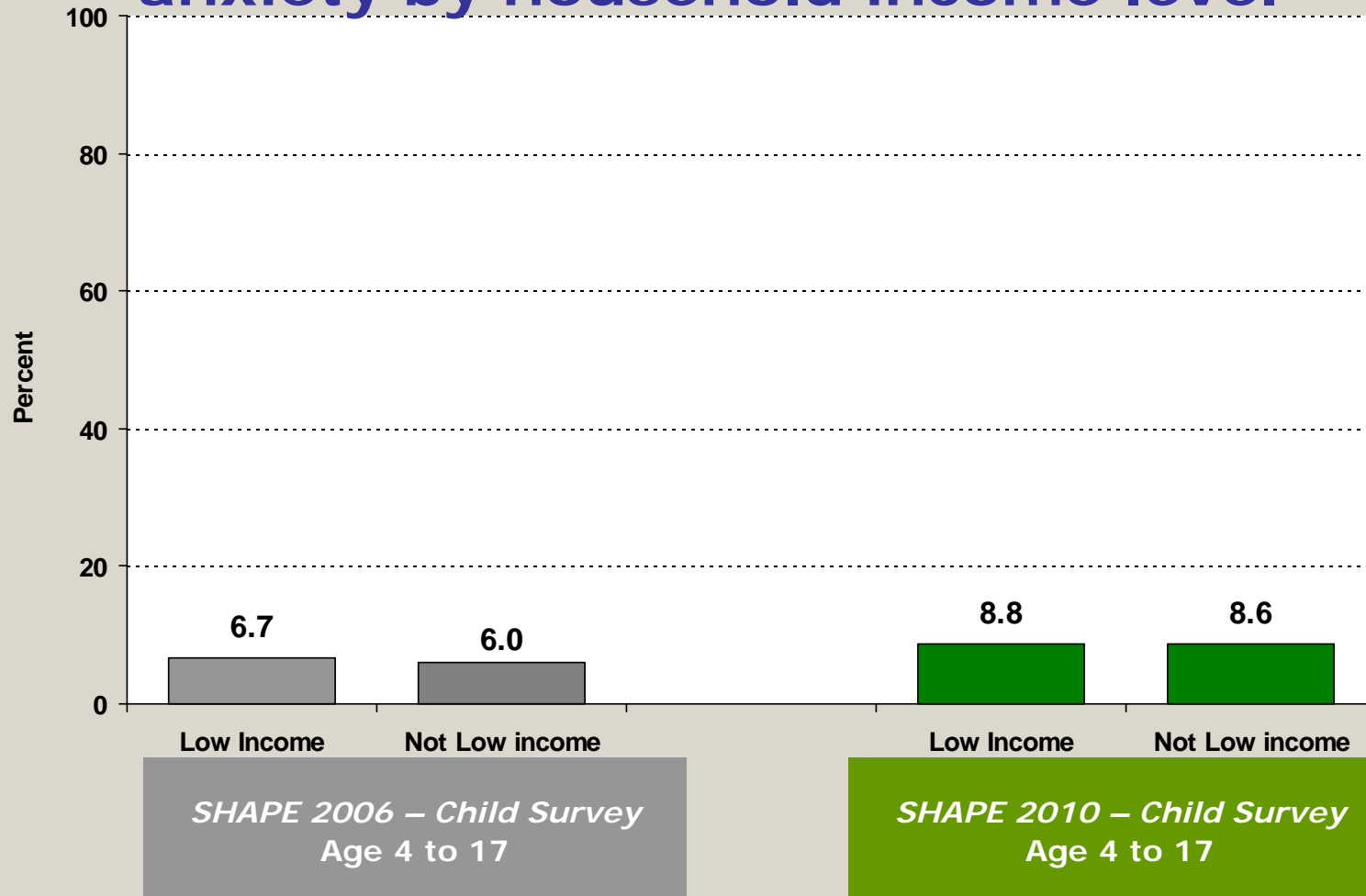
*SHAPE 2006 & 2010:*  
Key findings on Income Level Differences

□ **Children's Mental Health**

The diagnosis rate for *depression or anxiety* is one of the rare exceptions where low income children appear to be on par with their peers.

No statistically significant differences between income level groups were found for either the *SHAPE 2006* or the *SHAPE 2010* results.

# Percent who were ever told by a doctor or other health professional that they have depression or anxiety by household income level



\*No statistically significant differences were noted between income level groups.

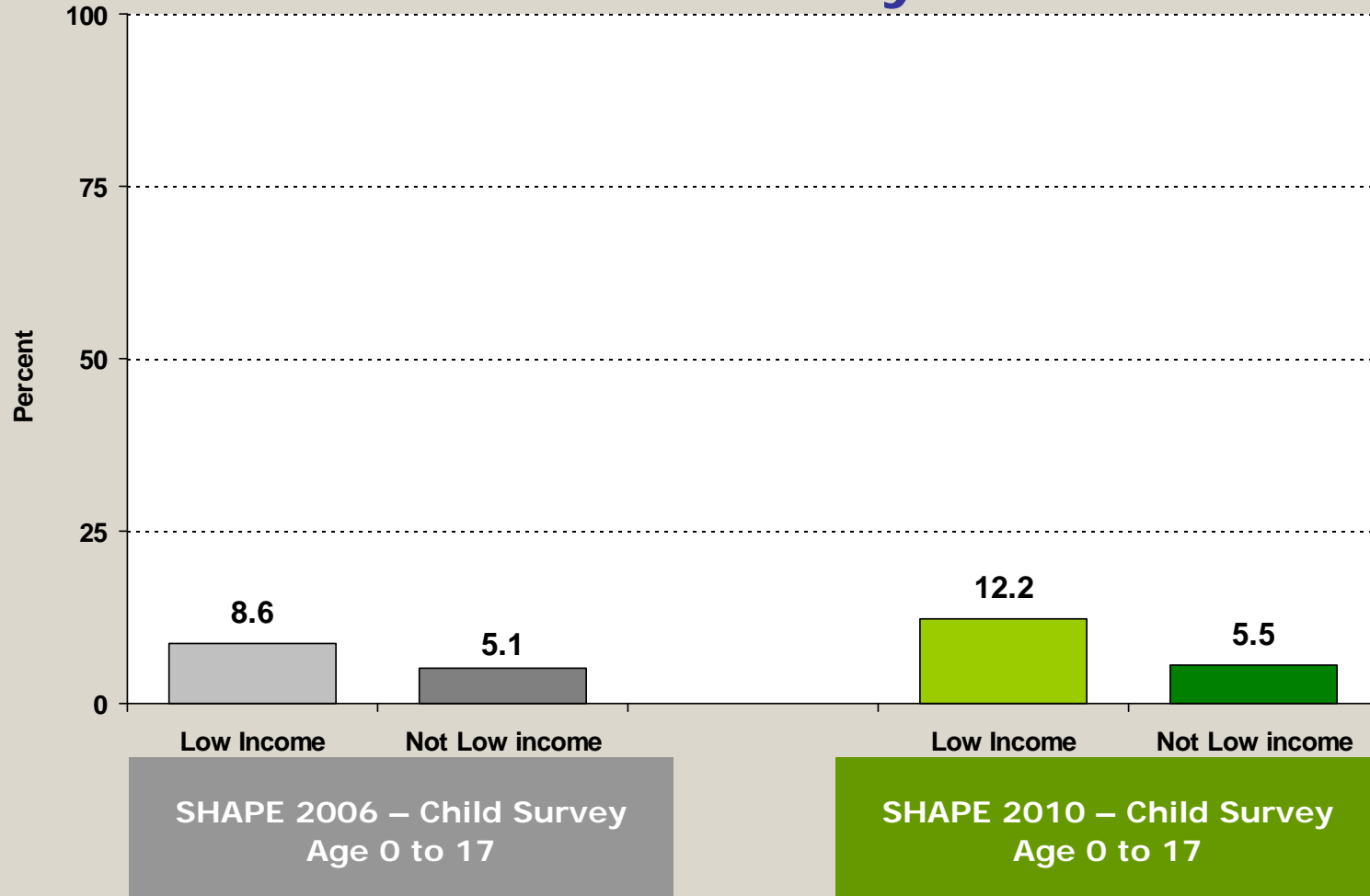
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*SHAPE 2006 & 2010:*  
**Key findings on Income Level Differences**

**□ Children's Mental Health**

In both 2006 and 2010, low income parents were significantly more likely to be told by a teacher, school counselor or health professional that their child needed professional help for a behavioral or emotional problem than those who were not from low income households.

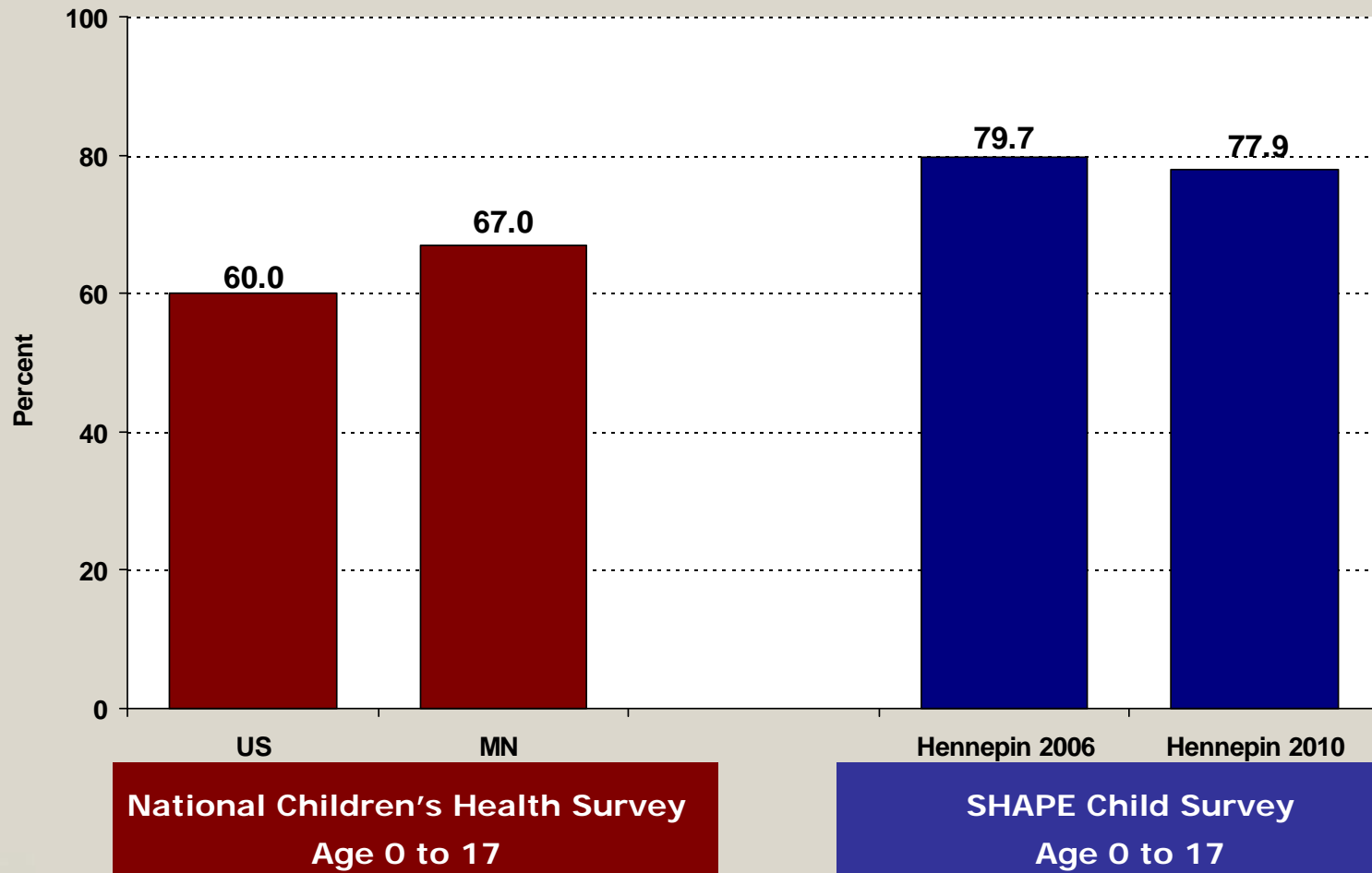
# Percent who were ever told by a doctor, or school professional that the child needed help for an emotional/behavioral issue by household income



\*Statistically significant differences were noted between income groups in both 2006 and 2010.

# Percent who received needed mental health care Statewide and National Comparisons

Hennepin County Children, 2006 & 2010  
US & Minnesota Children, 2007



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*SHAPE 2006 & 2010:*  
Key findings on Income Level Differences

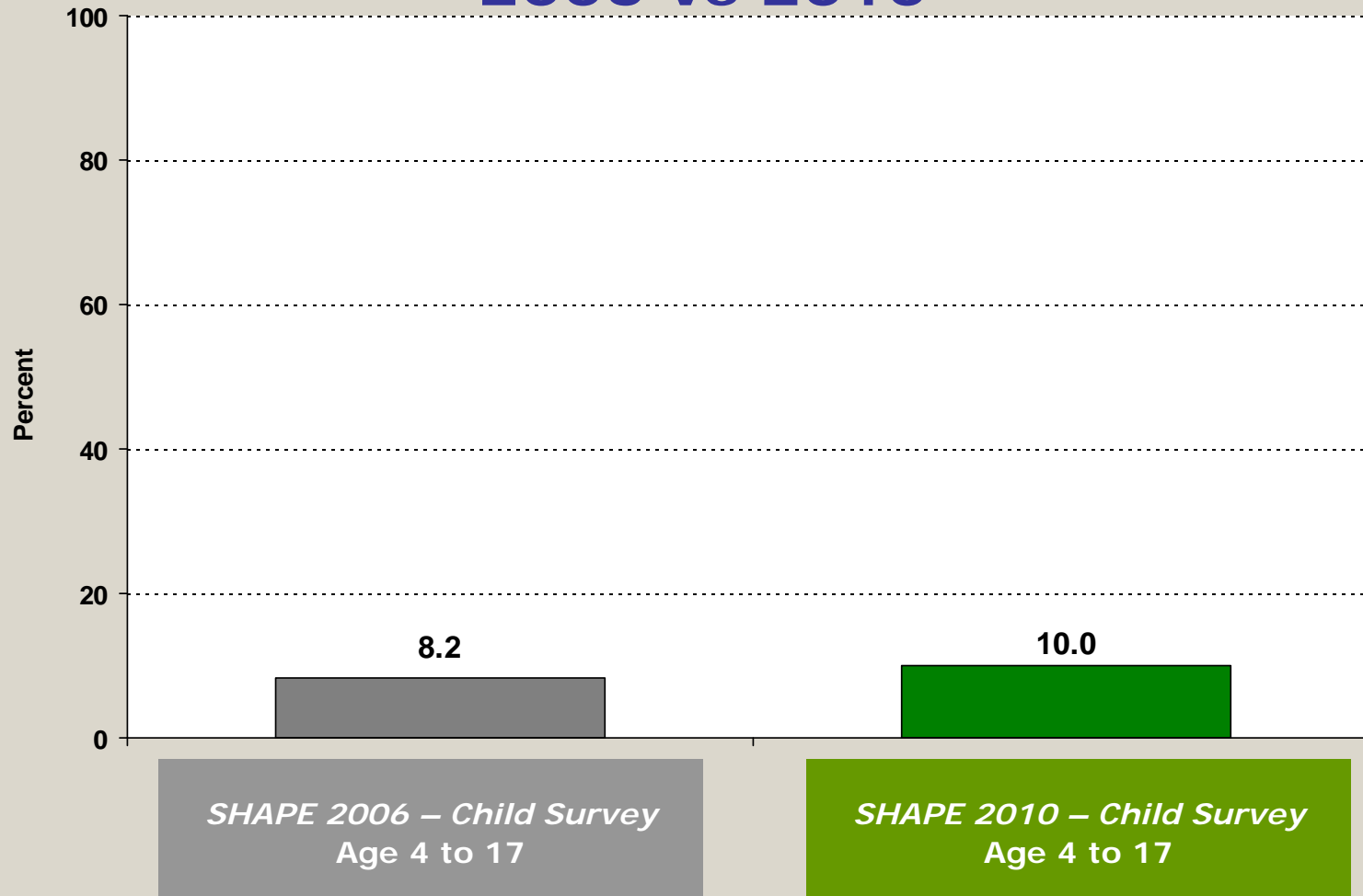
□ **Behavioral Health Conditions**  
**ADD/ADHD**

In 2010, 10.0 percent of Hennepin County children aged 4 to 17 were reported to have ever been diagnosed with Attention Deficit Disorders (*ADD or ADHD*).

Although the rate reported for 2010 appears to be higher than 2006, the difference over time was not statistically significant.



## Percent who were ever told by a doctor or other professional that they have ADD/ADHD 2006 vs 2010



\*No statistically significant differences were noted over time from 2006 to 2010.

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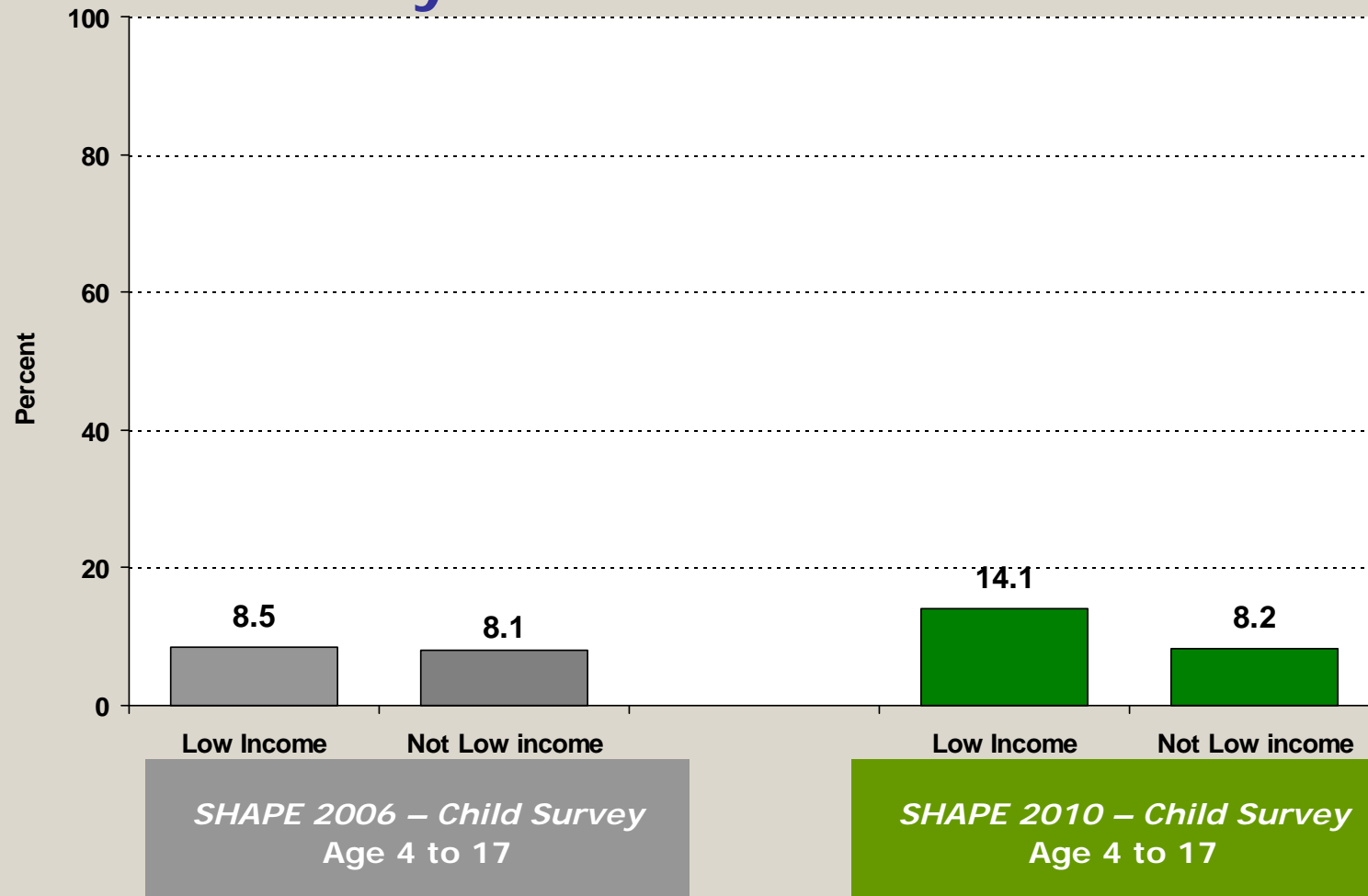
*SHAPE 2006 & 2010:*  
Key findings on Income Level Differences

□ **Behavioral Health Conditions**  
**ADD/ADHD**

The ADD/ADHD rate reported for low income children was statistically significantly higher over time from 2006 to 2010 (rising from 8.5% to 14.1%).

However, the differences between the two income level groups for ADD/ADHD were not statistically significant in either 2006 or 2010.

## Percent who were ever told by a doctor or other health professional that they have ADD or ADHD by household income level



\*Statistically significant differences were noted over time for children from low income households.

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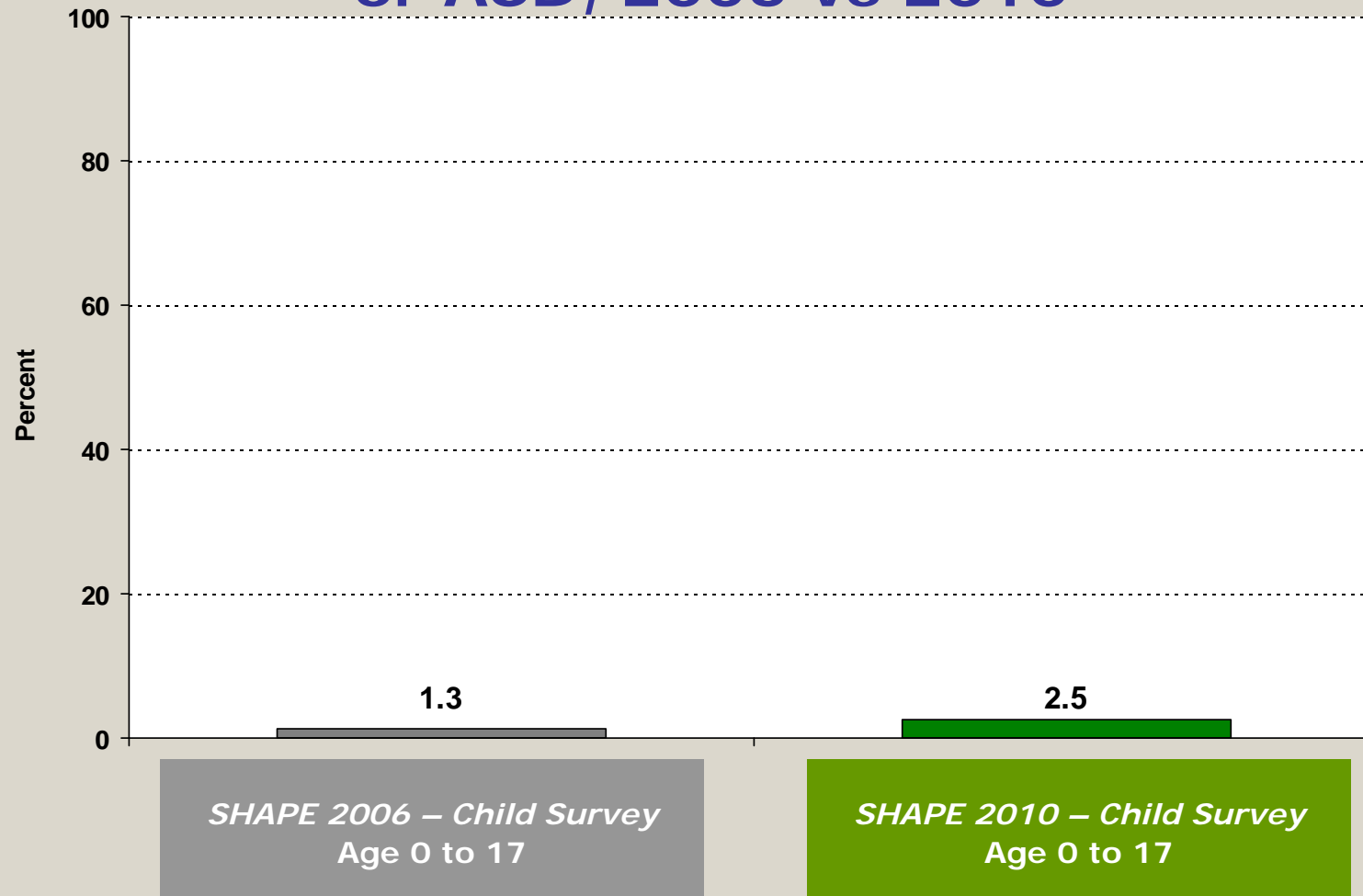
## *SHAPE 2006 & 2010:* Key findings on Income Level Differences

### □ Neurological Conditions Autism/ASD

In 2010, 2.5 percent of Hennepin County children aged 0 to 17 were reported to have been diagnosed with *autism or ASD*.

Although the results for 2010 appear to be somewhat higher, this rate was not statistically significantly greater than the diagnosis rate for *autism or ASD* that was found in 2006.

## Percent who were ever told by a doctor or other health professional that they have autism or ASD, 2006 vs 2010



\*No statistically significant differences were noted over time from 2006 to 2010.

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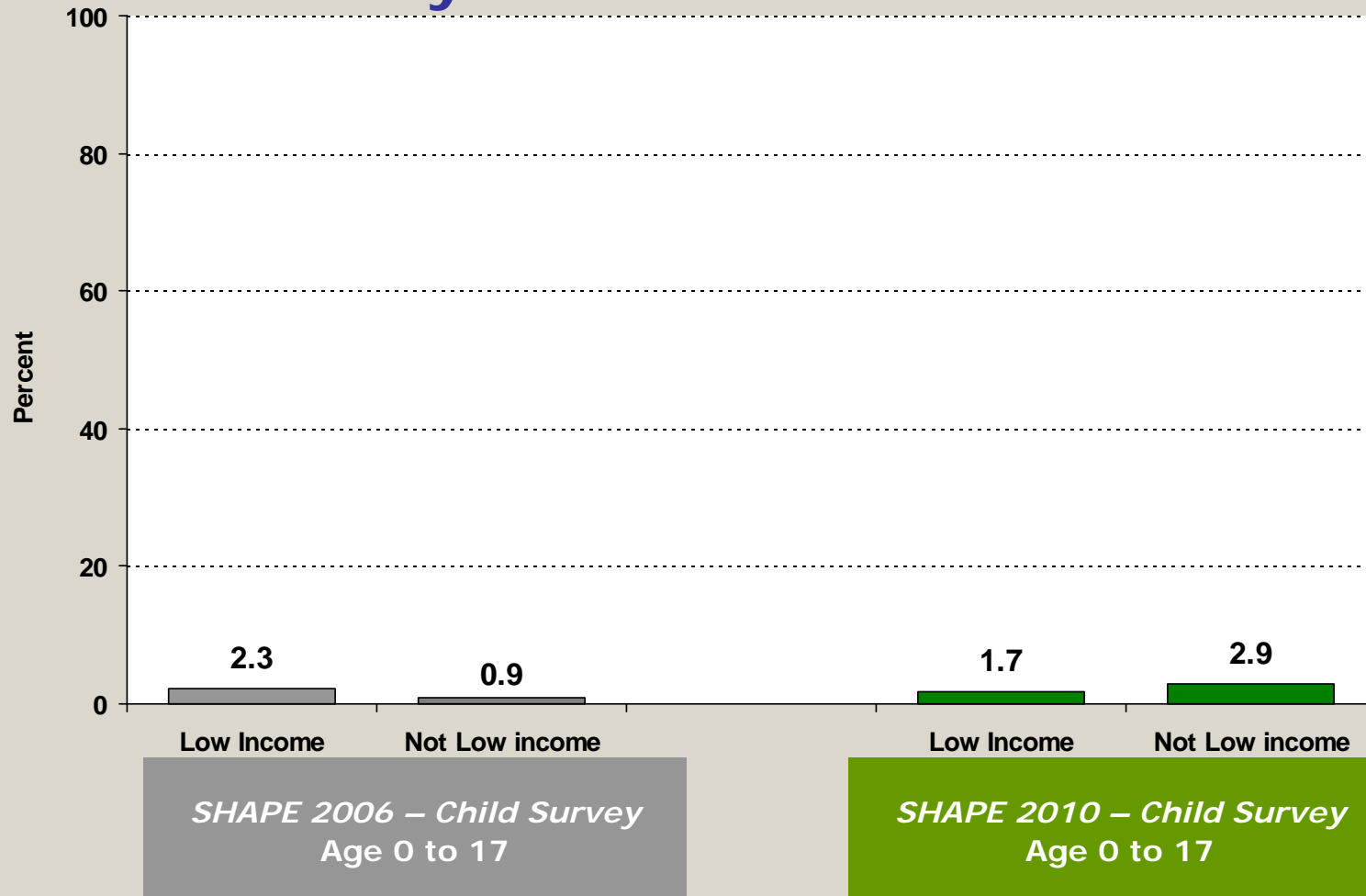
*SHAPE 2006 & 2010:*  
Key findings on Income Level Differences

□ **Autism/ASD rates for income level groups**

The *autism or ASD* rate reported for **non-low income** children was significantly higher over time from 2006 to 2010.

However, the differences between income level groups for *autism or ASD* were not statistically significant in either 2006 or 2010.

# Percent who were ever told by a doctor or other health professional that they have autism or ASD by household income level



\*Statistically significant differences were noted over time for children from non-low income households.



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# Health Insurance Coverage and Access to Care



## *SHAPE 2010 – Child Survey: Key findings*

### □ **Similar patterns of health insurance coverage were found in 2006 and 2010**

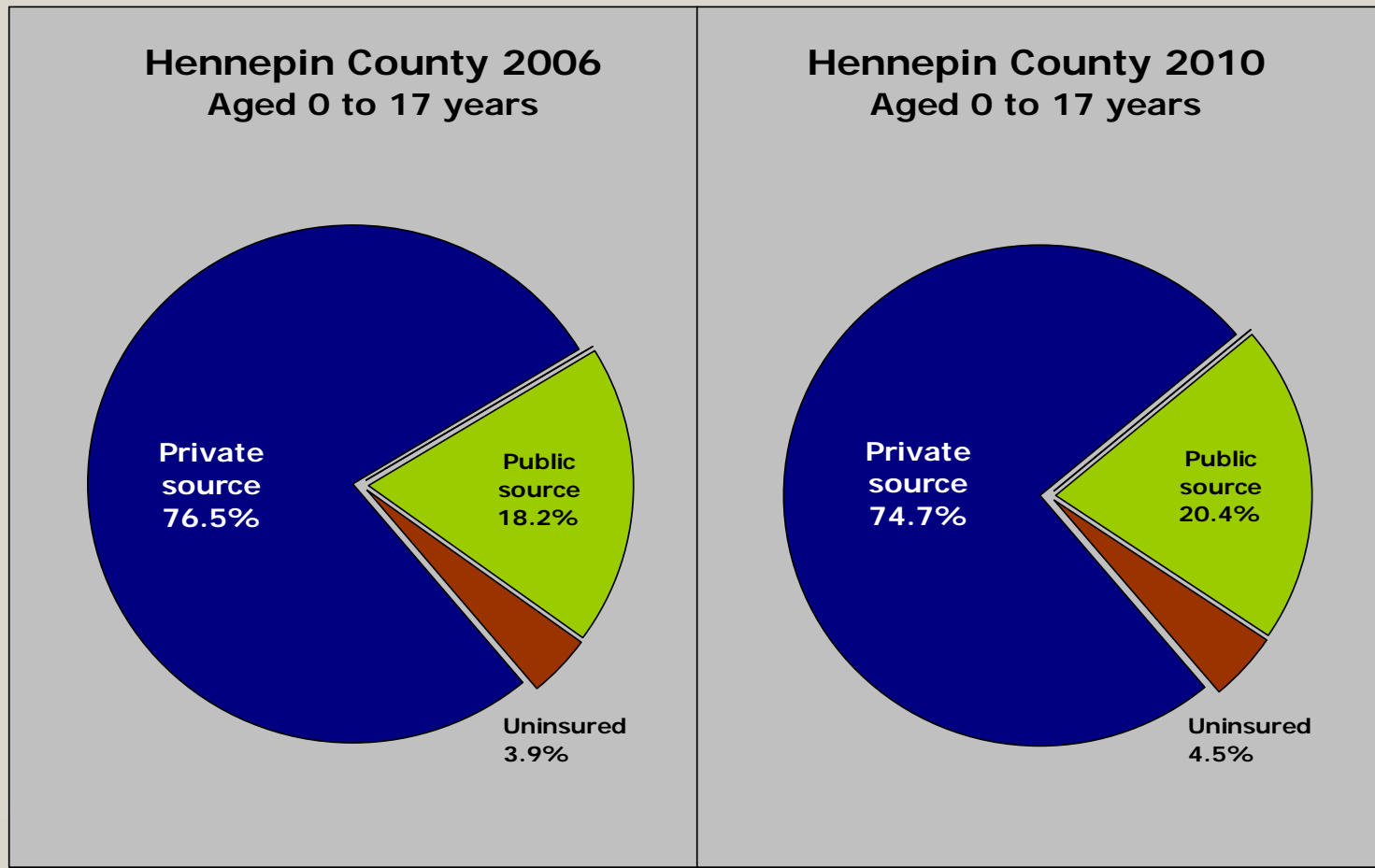
74.7% are insured by a private source  
(compared to 76.5% in 2006)

20.4% are insured under a public program  
(compared to 18.2% in 2006)

4.5% were uninsured  
(compared to 3.9% in 2006)

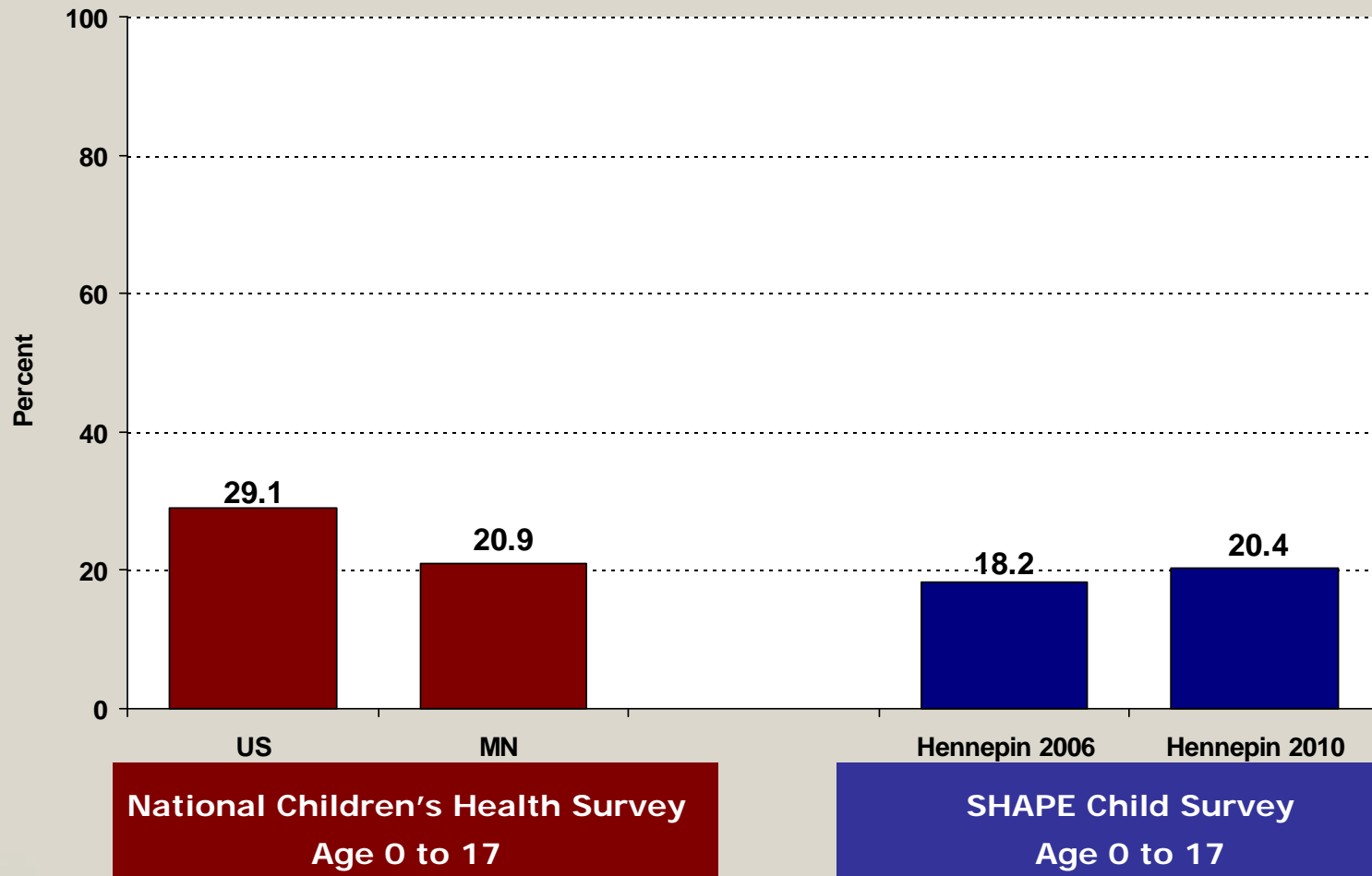
# Child's health coverage source 2006 vs 2010

## Hennepin County Children



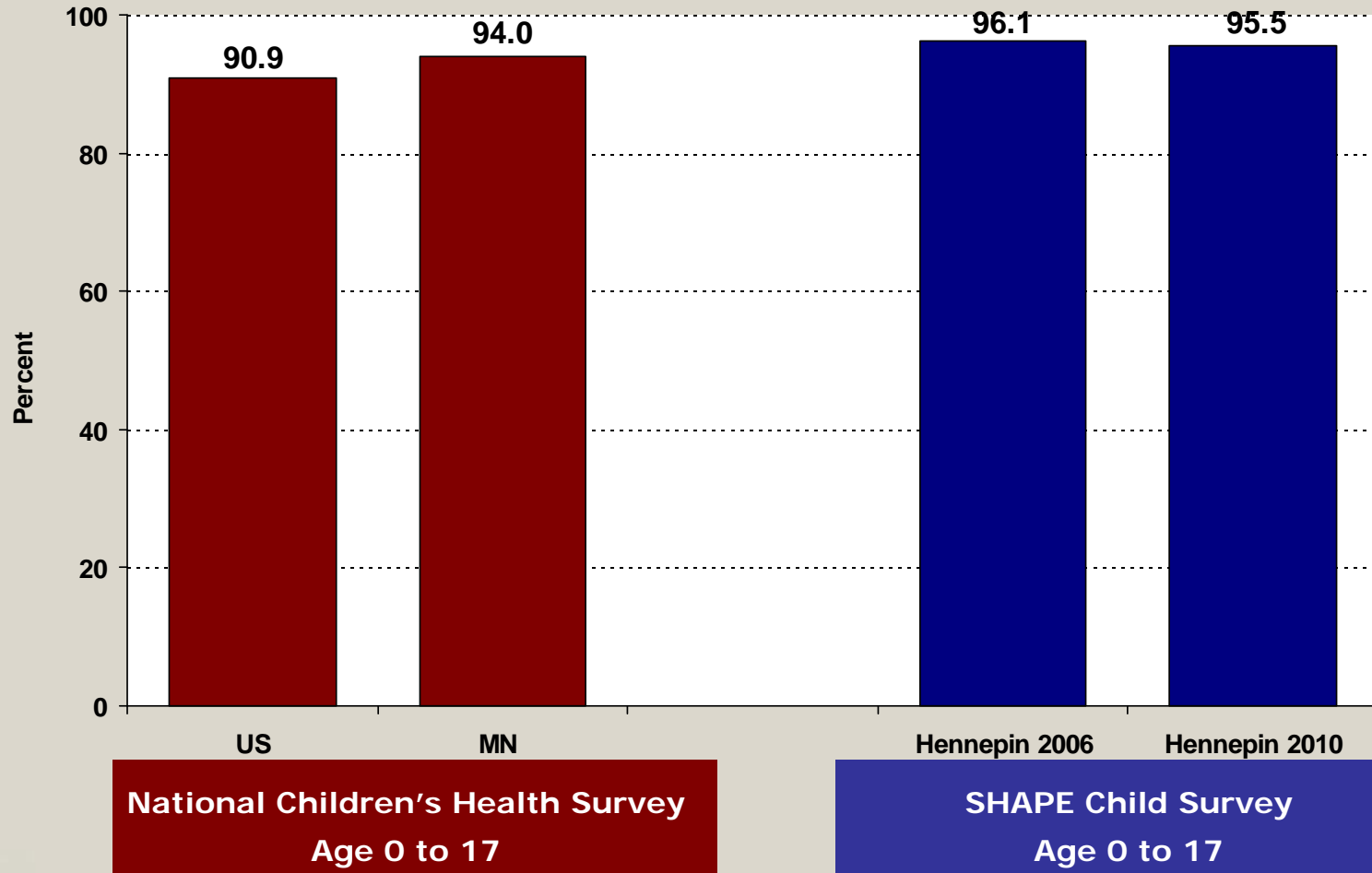
# Percent receiving *public* health coverage Statewide and National Comparisons

Hennepin County Children, 2006 & 2010  
US & Minnesota Children, 2007



# Percent who currently have health coverage Statewide and National Comparisons

Hennepin County Children, 2006 & 2010  
US & Minnesota Children, 2007



## *SHAPE 2010 – Child Survey: Key findings*

### □ **Some children are experiencing gaps in their health coverage**

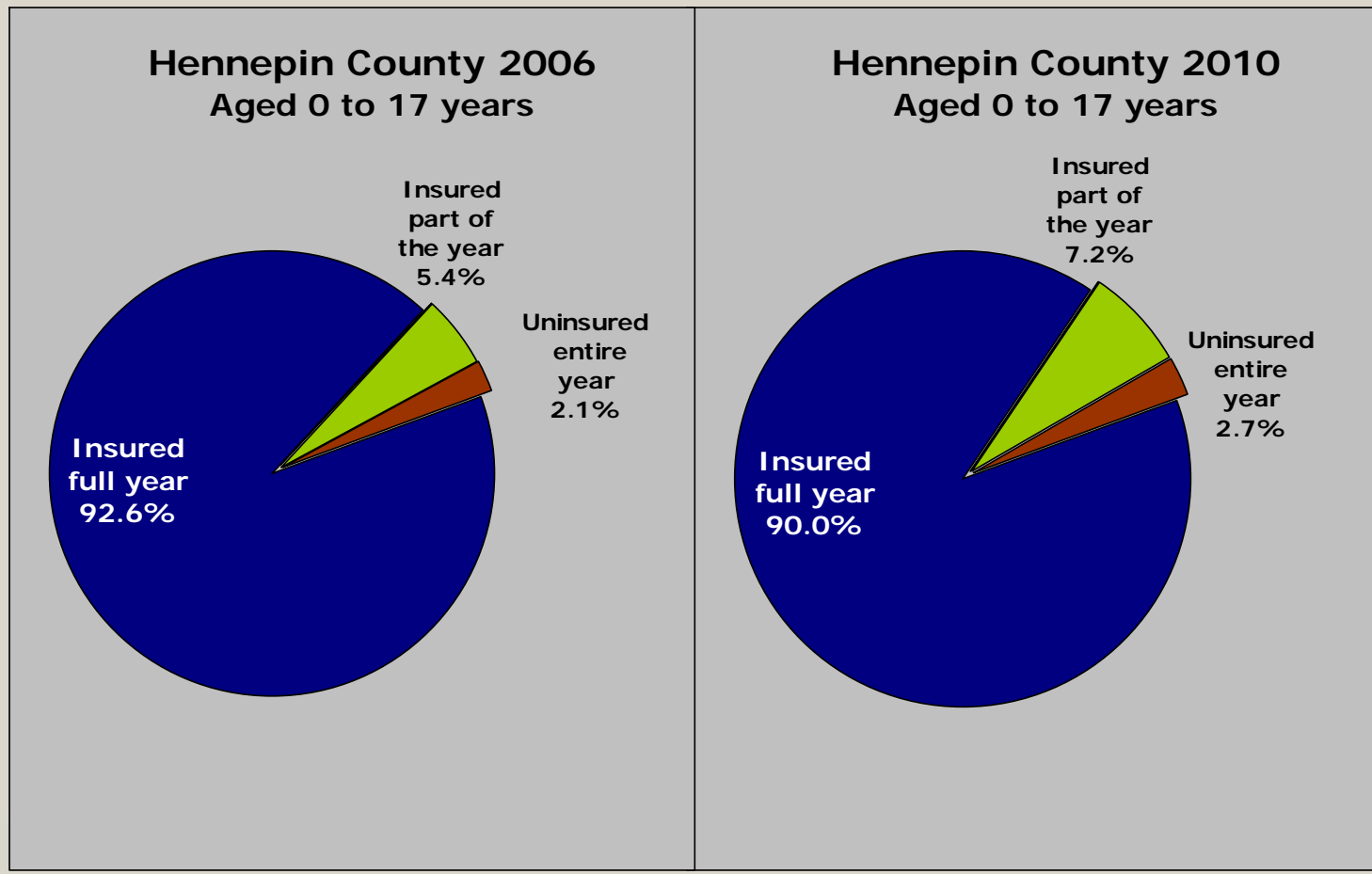
4.5% are currently uninsured  
(compared to 3.9% in 2006)

7.2% did not have health coverage for  
at least part of the year  
(compared to 5.4% in 2006)

2.7% were uninsured for the entire year  
(compared to 2.1% in 2006)

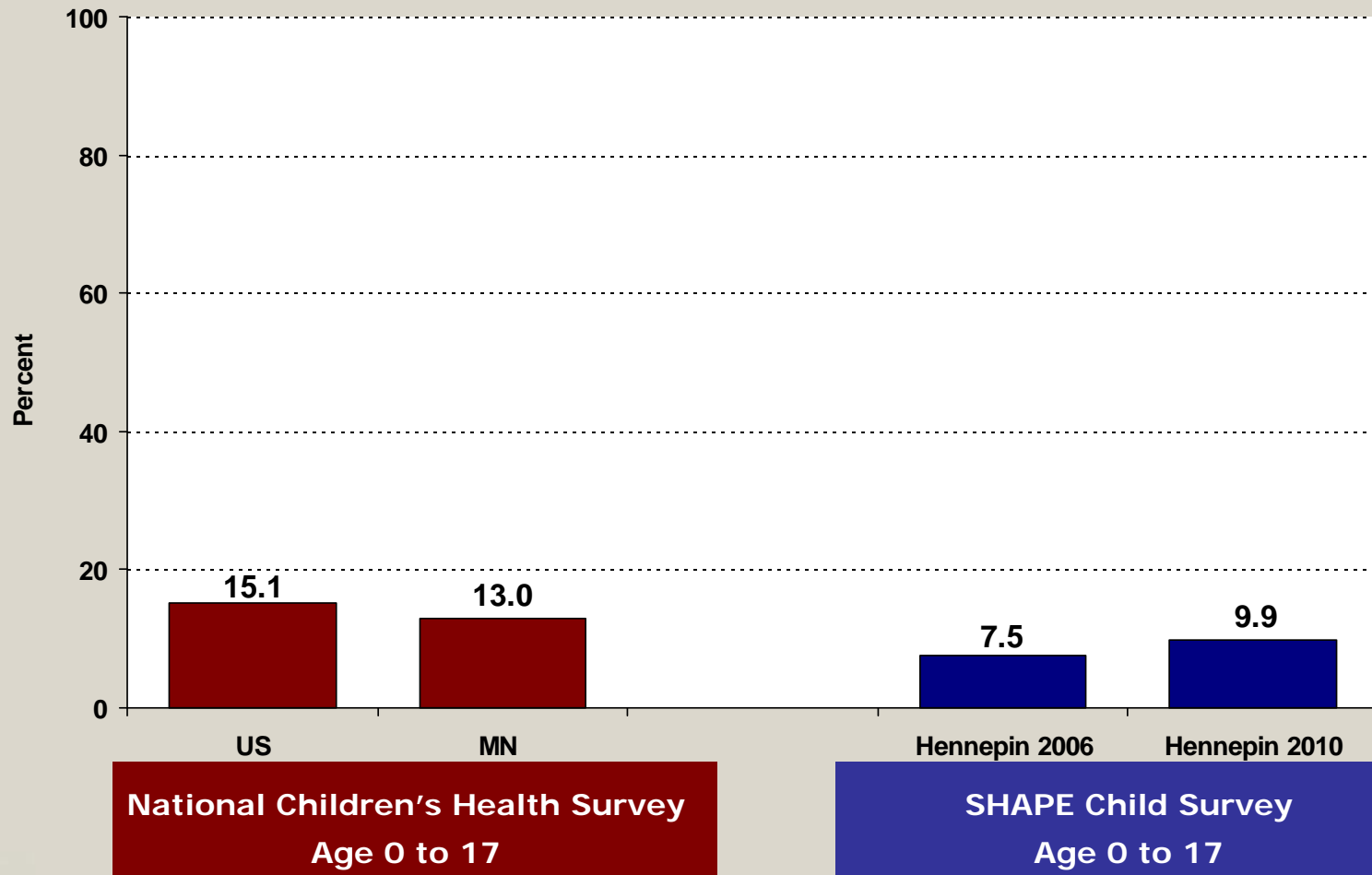
# Child's health insurance coverage continuity 2006 vs 2010

## Hennepin County Children



# Percent lacking consistent health coverage Statewide and National Comparisons

Hennepin County Children, 2006 & 2010  
US & Minnesota Children, 2007



## *SHAPE 2010 – Child Survey: Key findings*

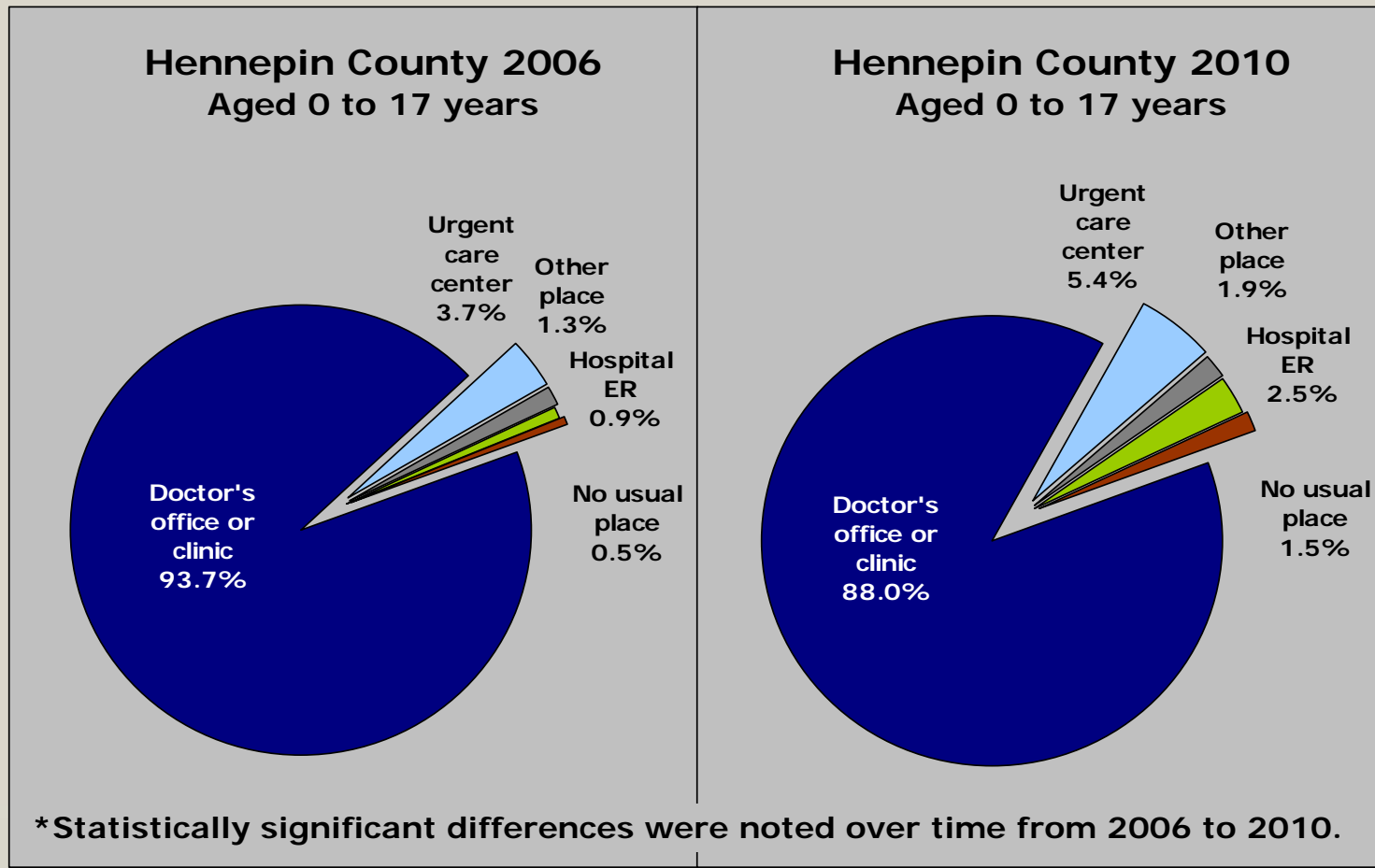
### □ **Changes noted in child's usual place of care from 2006 to 2010**

In 2010, 88.8% of all Hennepin County children aged 0 to 17 listed a *doctor's office or clinic* as their *usual place to receive medical care*, as compared to 93.7% in 2006, (a statistically significant difference).

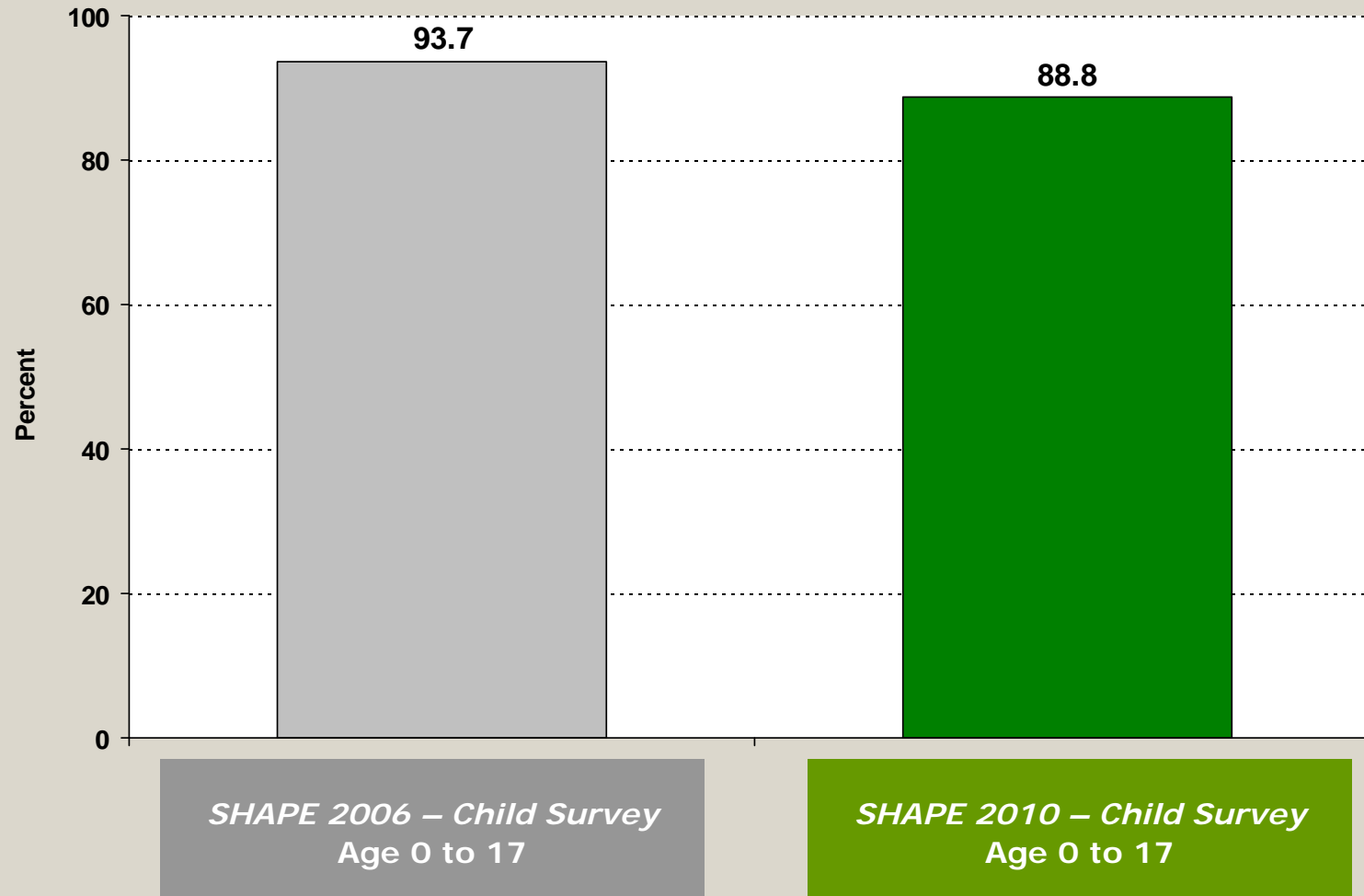


# Child's usual place to receive medical care 2006 vs 2010

## Hennepin County Children



## Percent whose usual place of care was a doctor's office or clinic, 2006 vs 2010



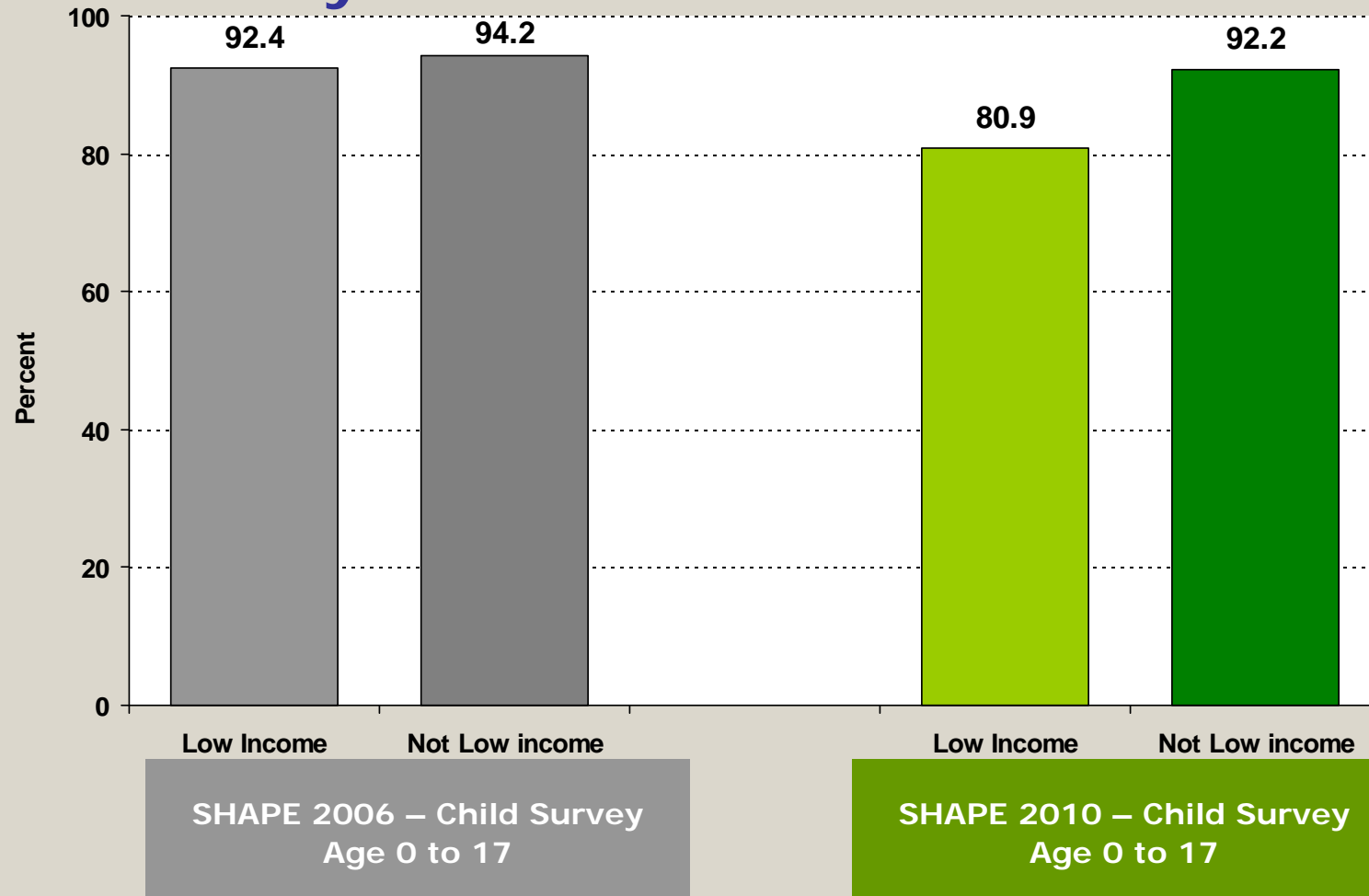
\*Statistically significant differences were noted over time from 2006 to 2010.

## *SHAPE 2010 – Child Survey: Key findings*

### □ **Changes noted in child's usual place of care from 2006 to 2010**

In 2010, although the rates for receiving care in a doctor's office or clinic did not change for their peers, the rate for children from low income households dropped to 80.9% (a statistically significant difference over time, and as compared to their peers).

## Percent who usually go to a doctor's office or clinic to receive medical care by household income level



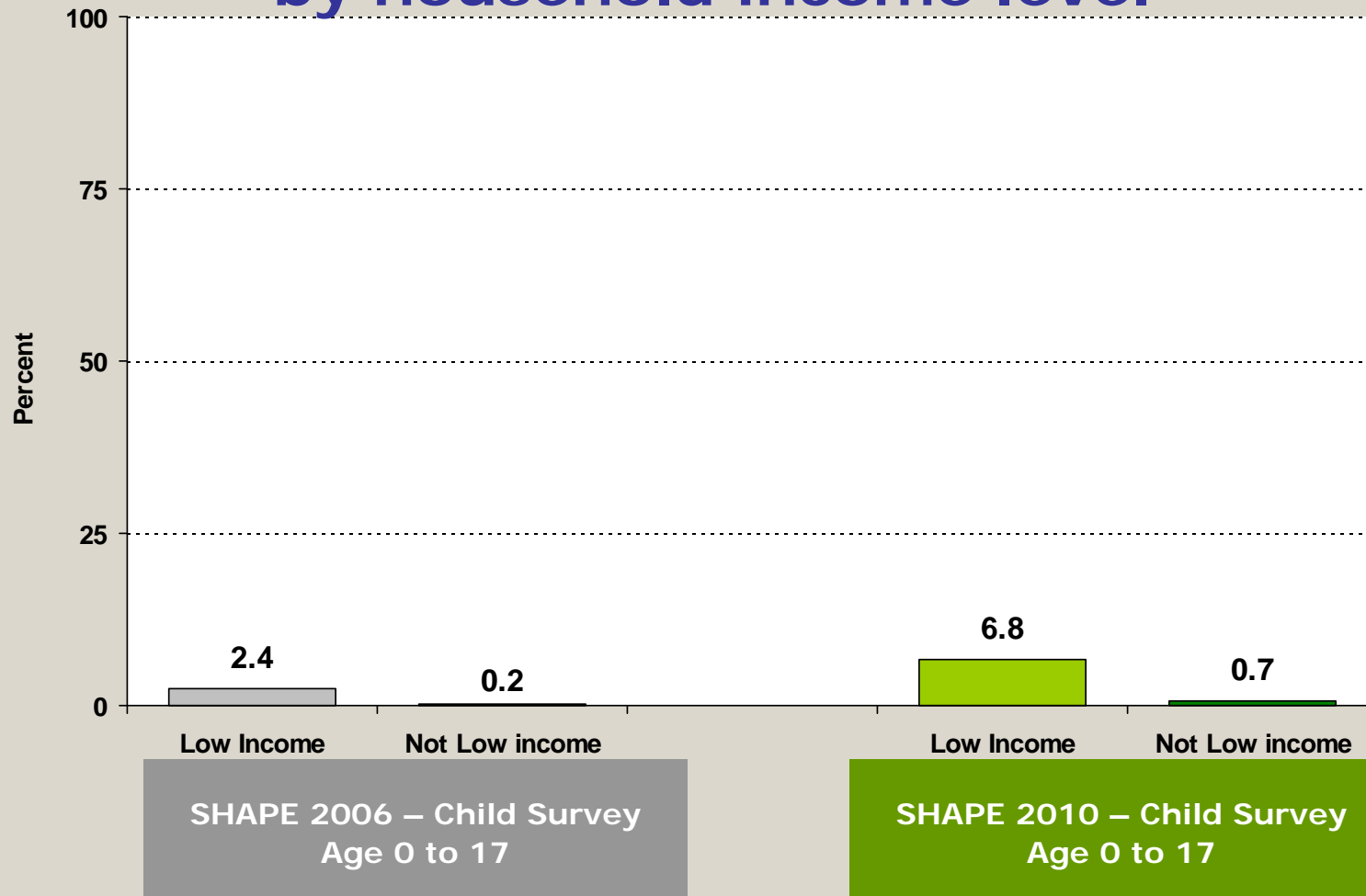
\*Statistically significant differences were noted over time from 2006 to 2010, and between income level groups in 2010.

## *SHAPE 2010 – Child Survey: Key findings*

### □ **Changes noted in child's usual place of care from 2006 to 2010**

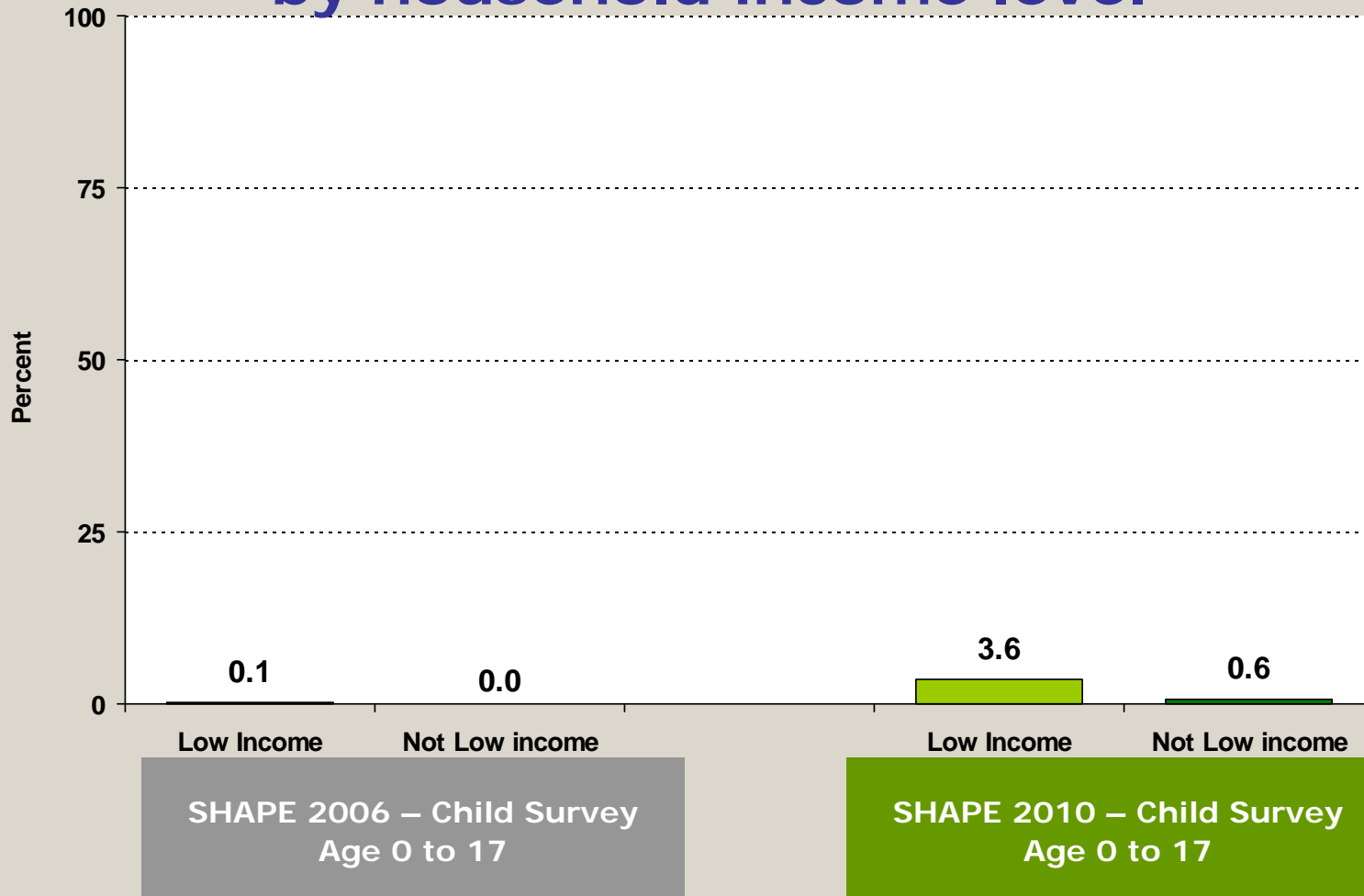
In 2010, there were corresponding rises in emergency room use, urgent care center use and having “no usual place of care” among low income children.

## Percent who usually go to a Hospital Emergency Room to receive medical care by household income level



\*Statistically significant differences were noted over time from 2006 to 2010, and between income level groups. In 2010, the rate ratio was nearly 10 to 1.

# Percent who reported "no usual place" to receive medical care by household income level



\*Statistically significant differences were noted over time from 2006 to 2010. In 2010, the rate ratio was 6 to 1.

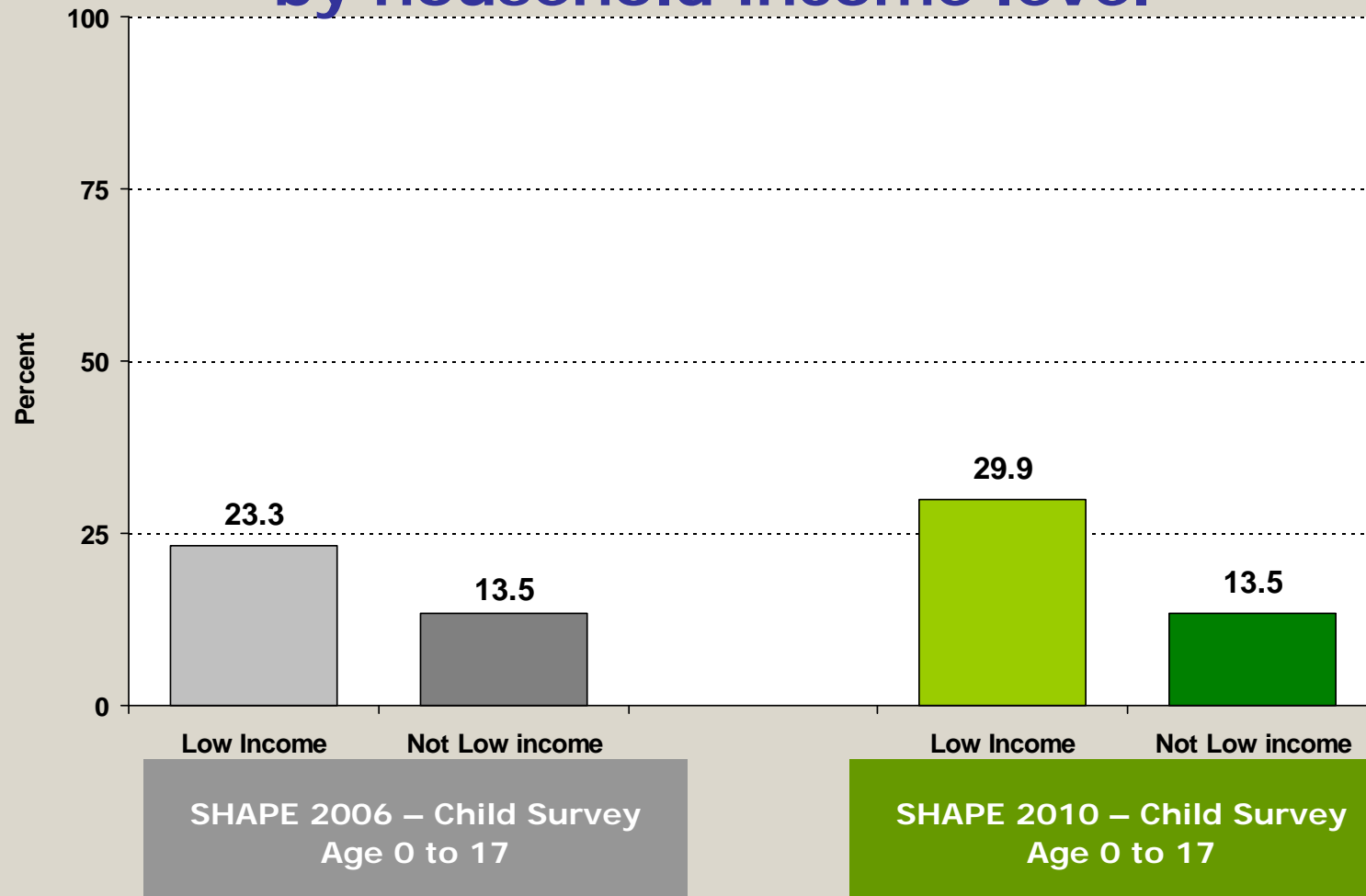
## *SHAPE 2010 – Child Survey: Key findings*

### □ **Low income children continue to show higher levels of use of hospital emergency rooms**

In both 2006 and 2010, low income children were much more likely to visit a hospital emergency room for medical care than their peers (statistically significant difference in rates).



## Percent who visited an emergency room one or more times in past 12 months by household income level



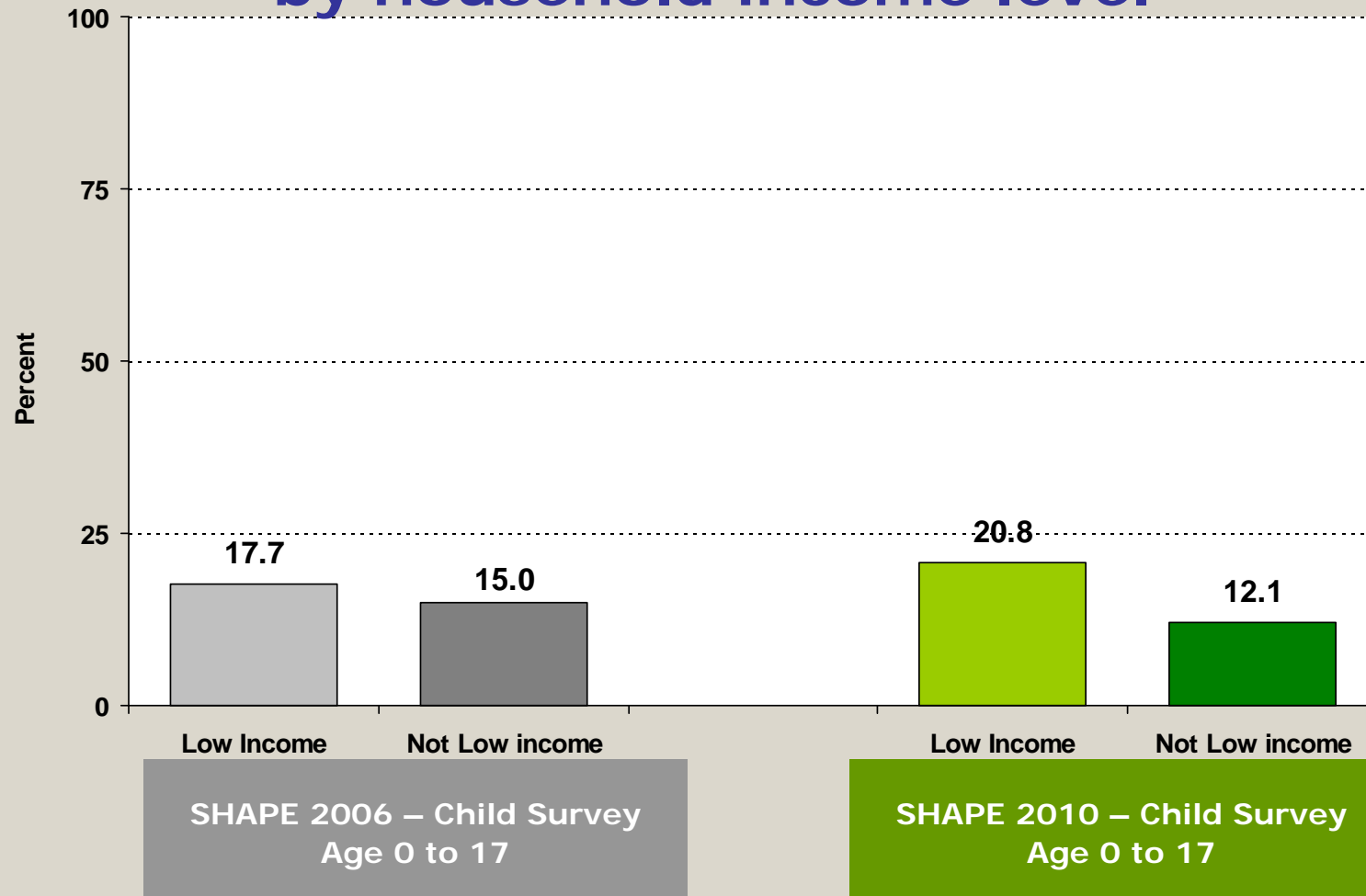
\* Statistically significant differences were noted between income groups. In 2010, the rate ratio was greater than 2 to 1.

## *SHAPE 2010 – Child Survey: Key findings*

- **Medically underserved: No visits to see a doctor or health professional to receive care**

In 2010, parents of low income children were also more likely to report that the child had not seen a doctor or other health professional for any preventive care visits.

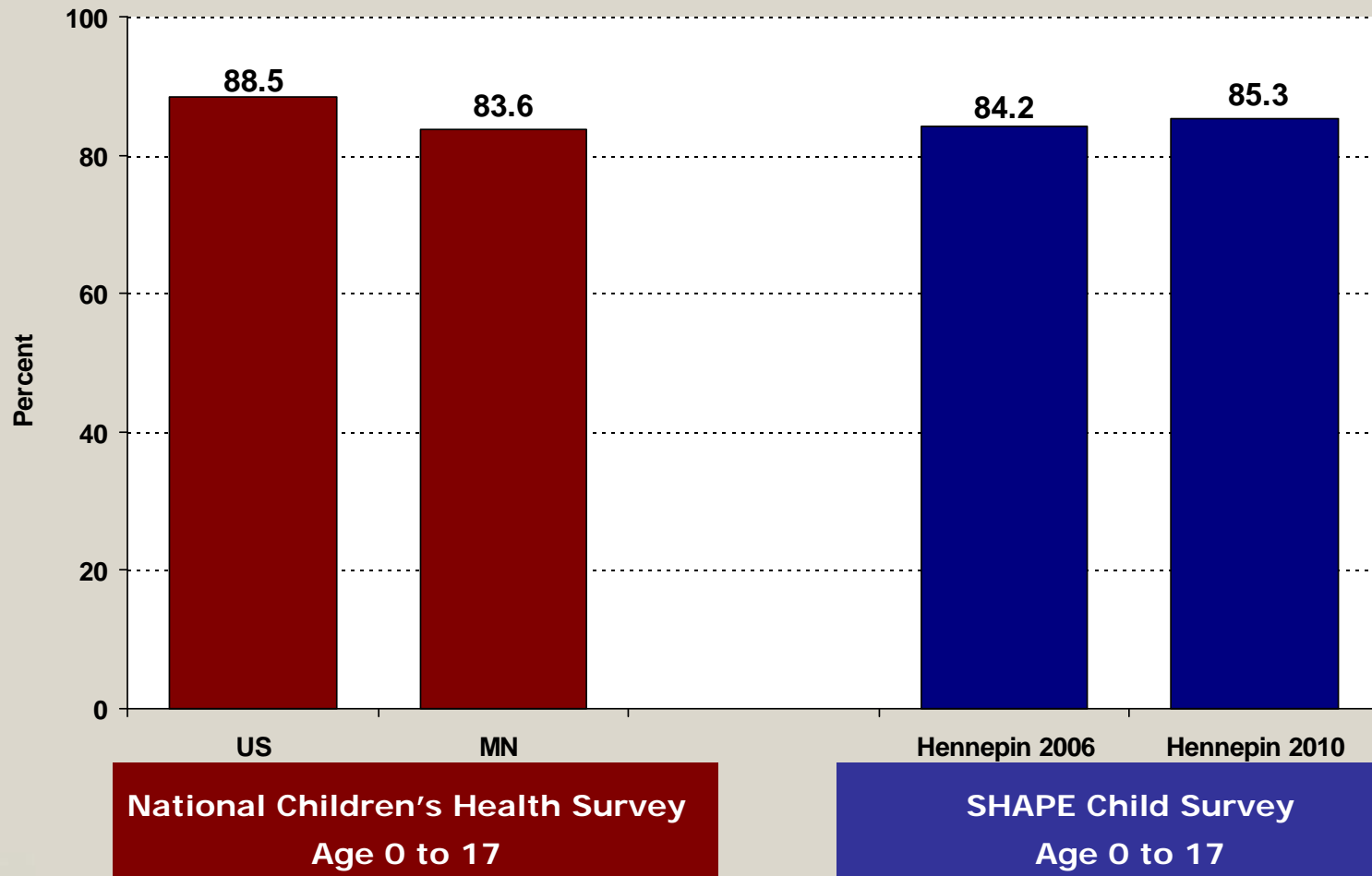
## Percent who NEVER visited a doctor, ... for preventive care in past 12 months by household income level



\*Statistically significant differences were noted between income groups in 2010.

# Percent with a preventive care visit in past year Statewide and National Comparisons

Hennepin County Children, 2006 & 2010  
US & Minnesota Children, 2007



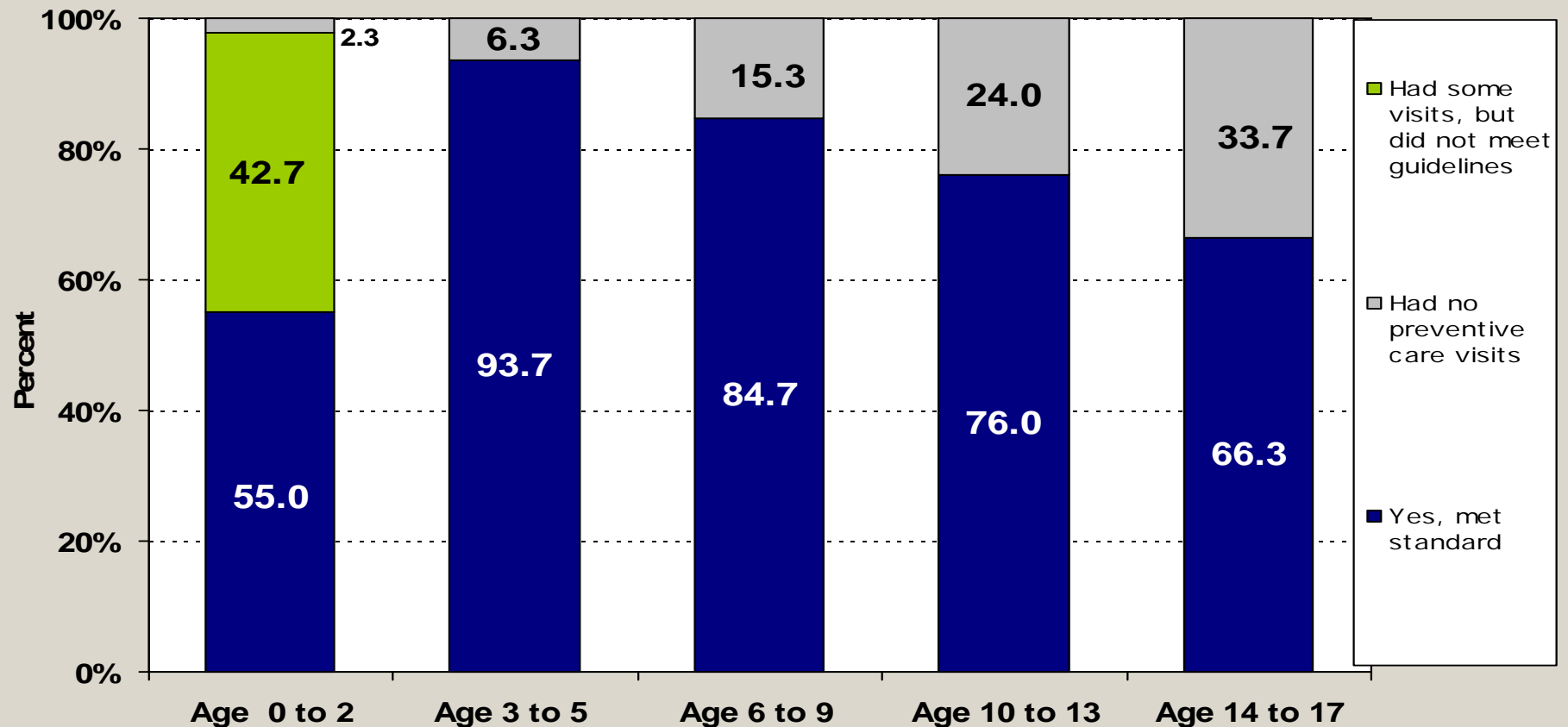
## *SHAPE 2010 – Child Survey: Key findings*

### □ **Visits to see a doctor or health professional for preventive care**

In 2010, older children were less likely to have been seen by a doctor or other health professional for preventive care.

# Percent who met the guidelines for preventive care visits for their age by age group

Hennepin County Children 2010



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## *SHAPE 2010 - Child Survey:* Comments from survey participants

- My child is late on his 3 year old checkup because we have no insurance and we can't afford to pay out of pocket. I feel like a horrible parent.
- We have a horrible \$10,000 deductible insurance policy on our kids because we can't afford the family plan through my work. Luckily our kids are healthy.
- While we buy our own medical insurance, it is only major medical coverage. We are completely going into debt to even have this coverage - to cover the premiums and then the hundreds of dollars we pay each time a child gets sick.

---

## *SHAPE 2010 - Child Survey:* Comments from survey participants

- I paid \$258 for a sports physical for my 14 year old girl. I proposed that if my daughter could do more sit ups, push ups, jumping jacks and distance running than the doctor could, that he should waive the bill. He declined.
  
- A child may have health insurance but it is very expensive to the family. Good survey questions may be: Are all people in your house health insured? Does the child take daily prescriptions? Has the child experienced a stressful life event in the past 12 months with an increased risk of mental health issues?
  
- I need medical care for all my children in the home. Most of my children have not been seen doctor for preventative care for more than 5 years now.





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# Weight and Nutrition

## *SHAPE 2010 – Child Survey: Key findings*

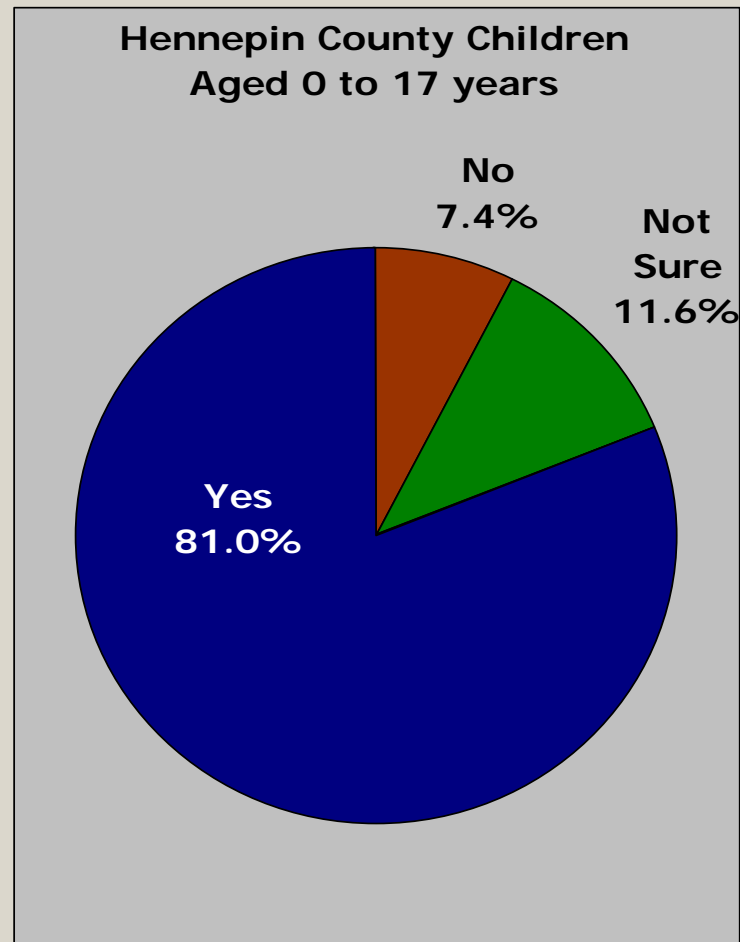
### □ **Children's healthy weight – room for improvement in parental awareness**

Nearly one out of five Hennepin County parents “do not know” or “are not sure” how much their child currently weighs.

Parents from low income households were significantly less likely to know their child's current weight.

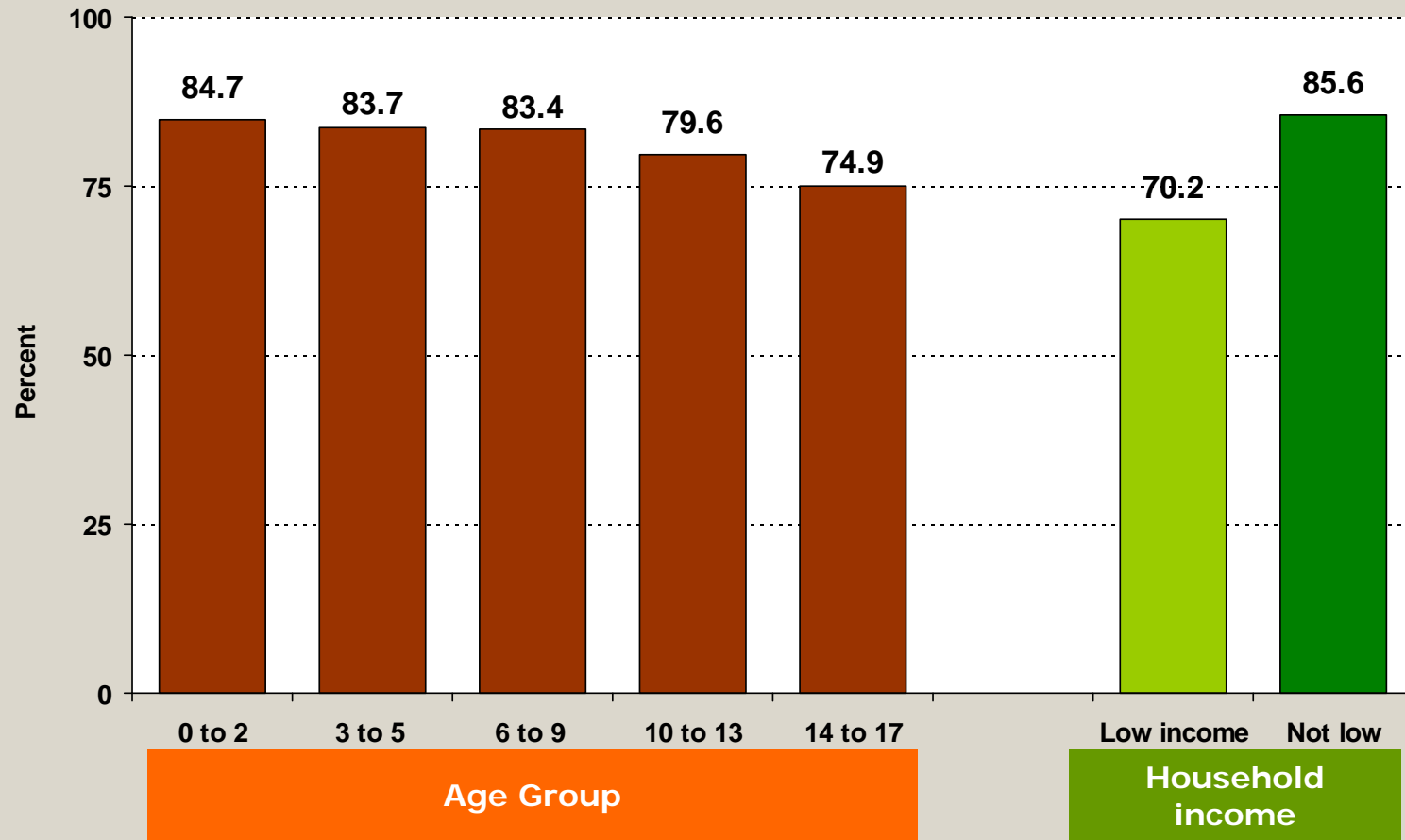
# Does the parent know the child's current weight?

## Hennepin County Children 2010



## Percent of parents who reported that they know their child's current weight by age and household income

### Hennepin County Children 2010



\*Statistically significant differences were noted for household income groups.

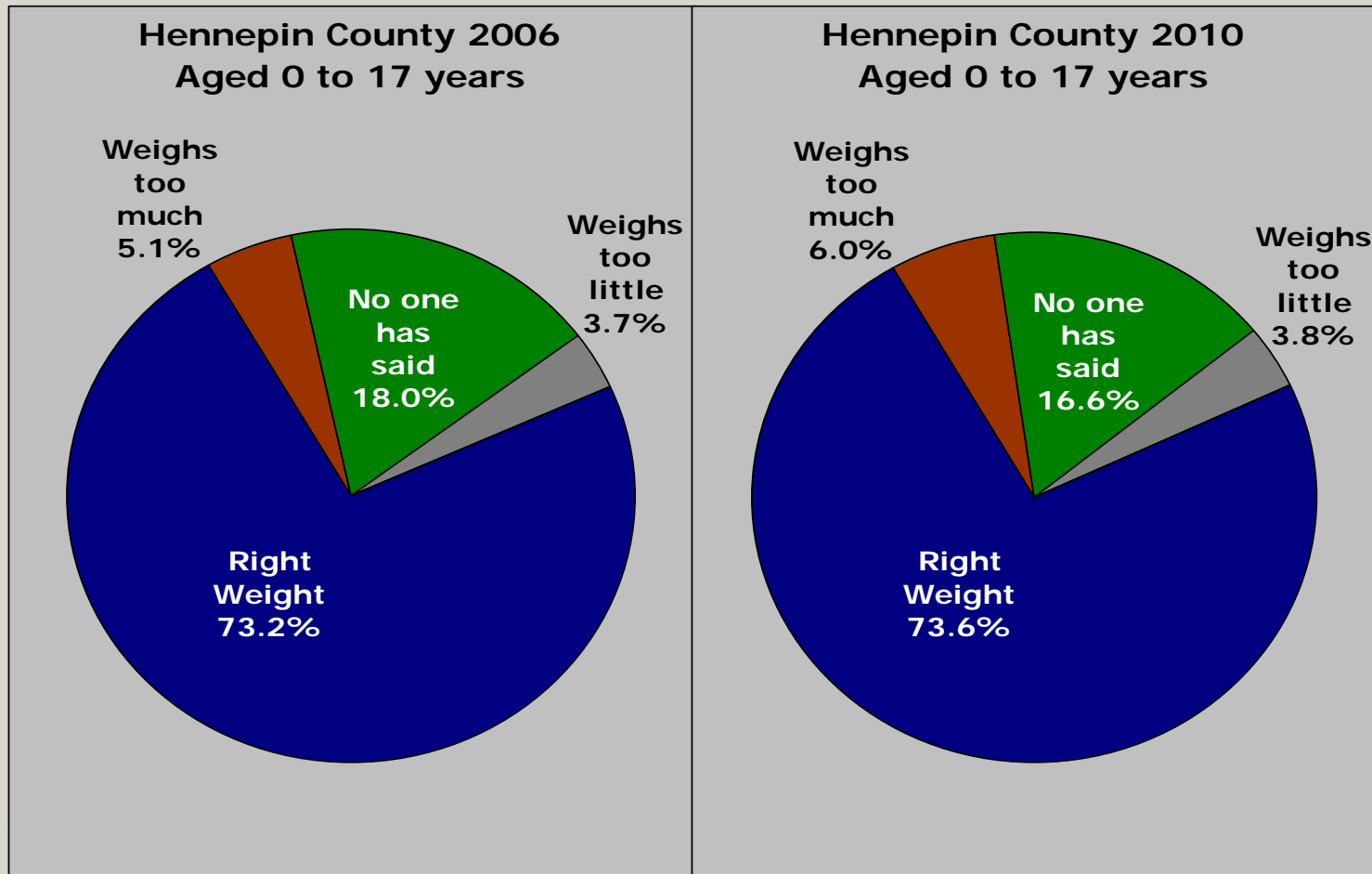
## *SHAPE 2010 – Child Survey: Key findings*

### □ **Clinical role in improving parental awareness**

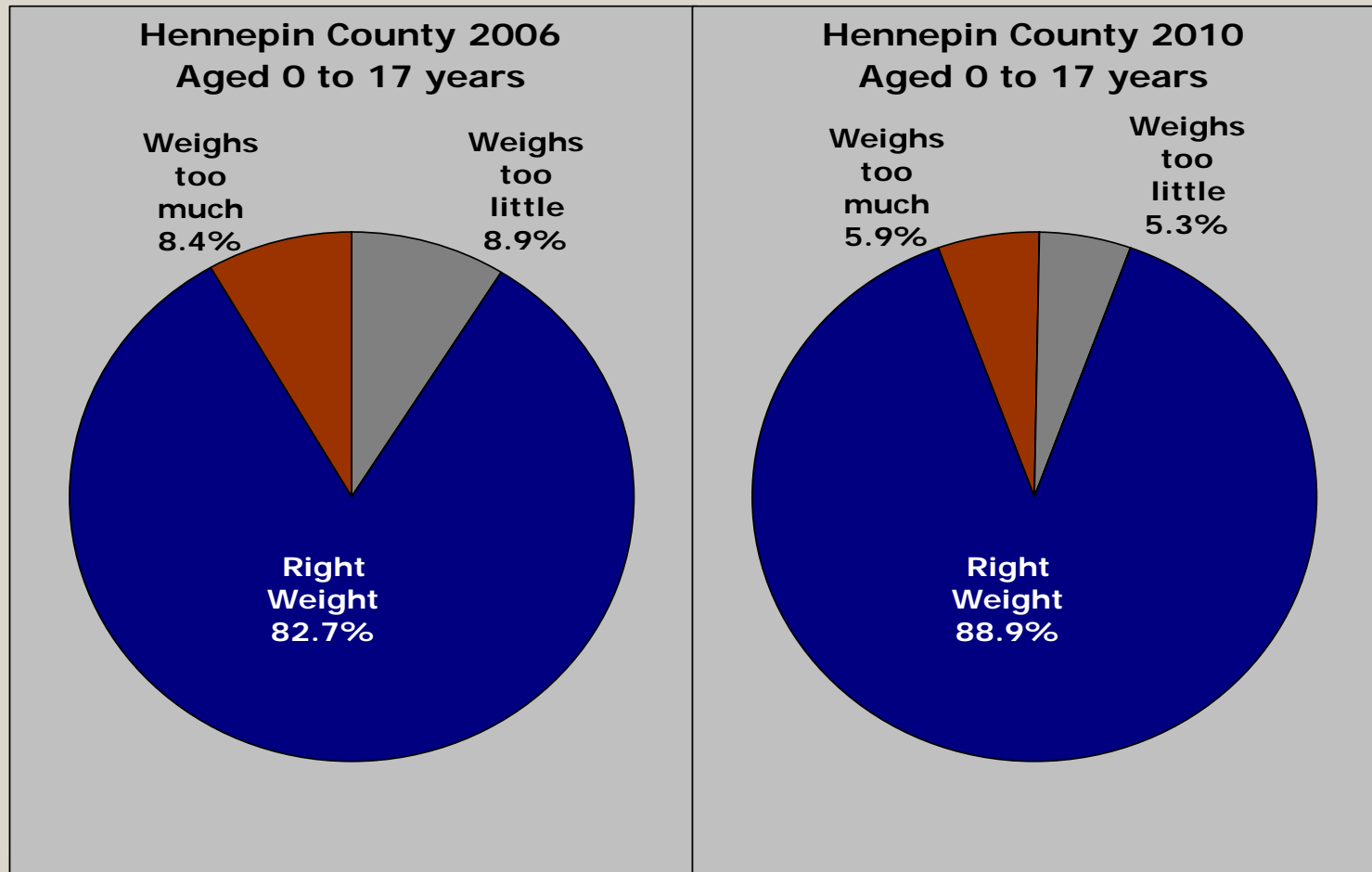
Even if the child was weighed by a doctor or health professional within the past year, nearly one out of six parents stated that the doctor or health professional “never said anything” about their child’s weight.

This result matches the findings from the *SHAPE 2006 – Child Survey*.

# Has a doctor, nurse or other health professional recently told you that the child weighs too much, too little, or is at the right weight? 2006 vs 2010



## Parent's own perception of the child's current weight status 2006 vs 2010



## *SHAPE 2010 – Child Survey: Key findings*

### □ **Daily servings of fruit show declines in the teen years**

85.5% of the 3 to 5 year olds are getting two or more servings of fruit each day.

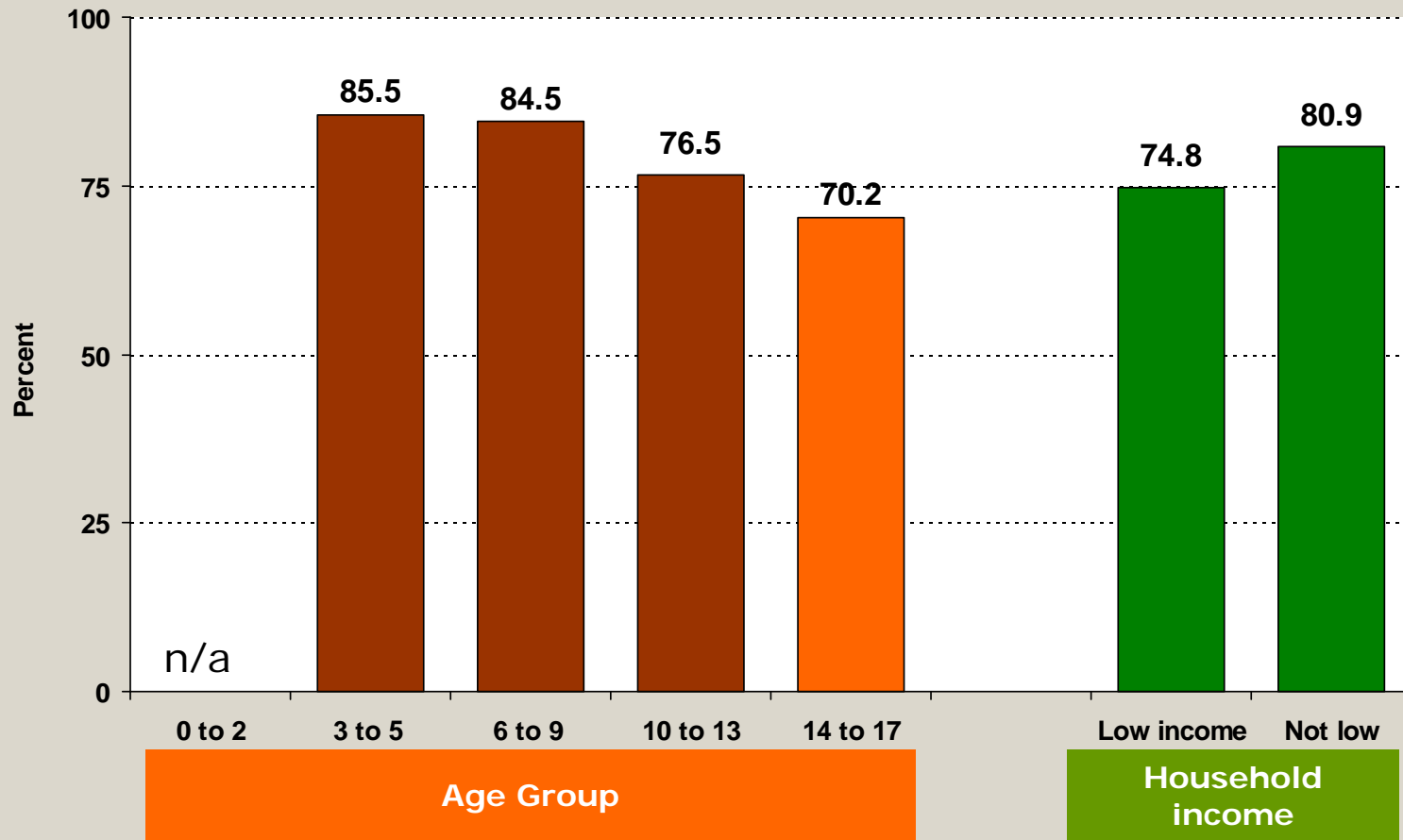
However, among 14 to 17 year olds, the percentage meeting the daily guideline drops to 70.2% (a statistically significant difference).

No differences in terms of income level were detected.



# Percent who met the daily guideline of having two or more servings of fruit (yesterday) by age and household income level group

Hennepin County Children 2010



\*Statistically significant differences were noted among age groups, but not for household income groups.

## *SHAPE 2010 – Child Survey: Key findings*

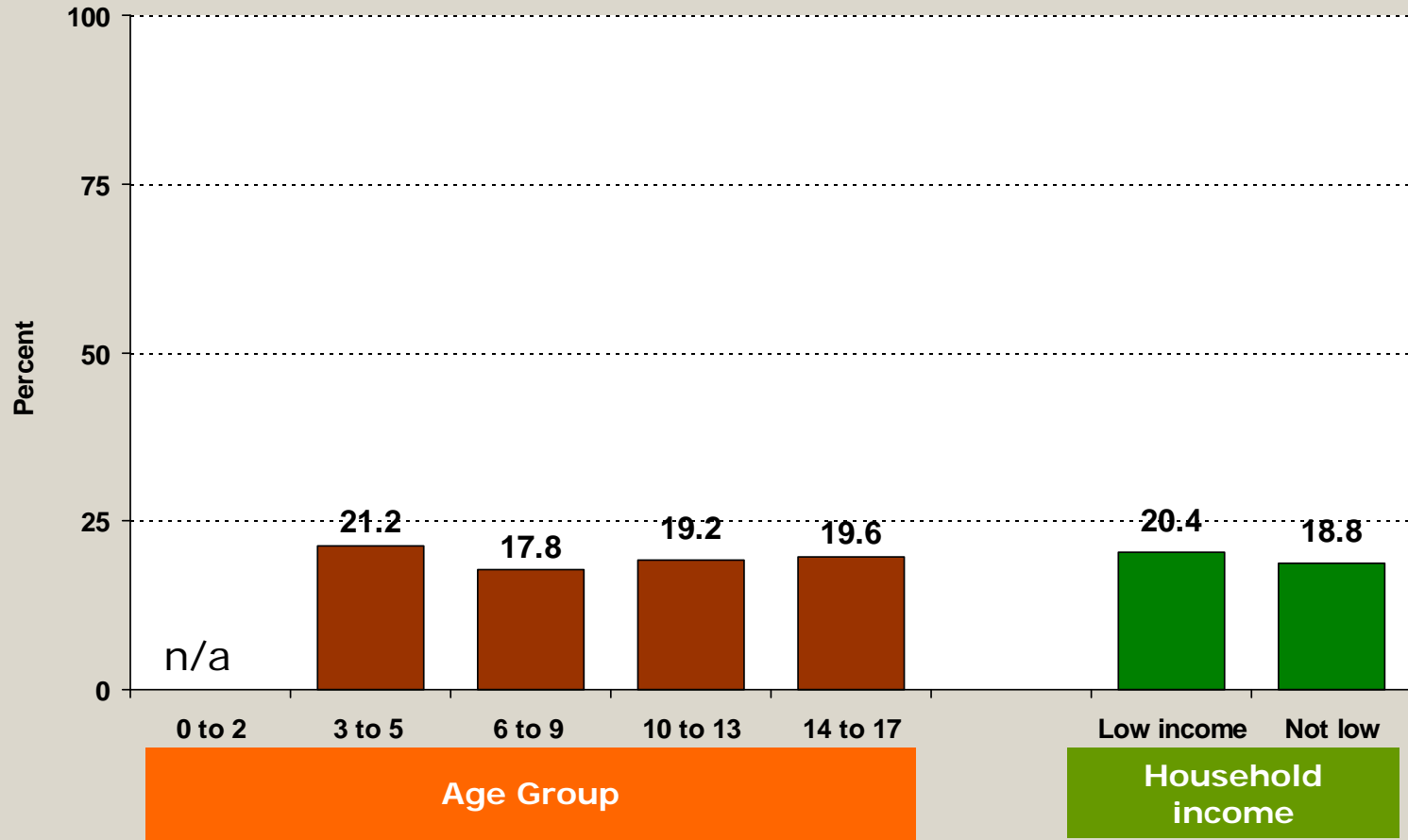
### □ Adequate vegetable intake is low for all age groups

Only one in five children aged 3 to 17 is meeting the recommended guideline of eating three or more servings of vegetables per day.

No significant differences were found on the basis of income level.

# Percent who met the daily guideline of having three or more servings of vegetables (yesterday) by age and household income level group

## Hennepin County Children 2010



\*No statistically significant differences were noted among age groups, or for household income groups.

## *SHAPE 2010 – Child Survey: Key findings*

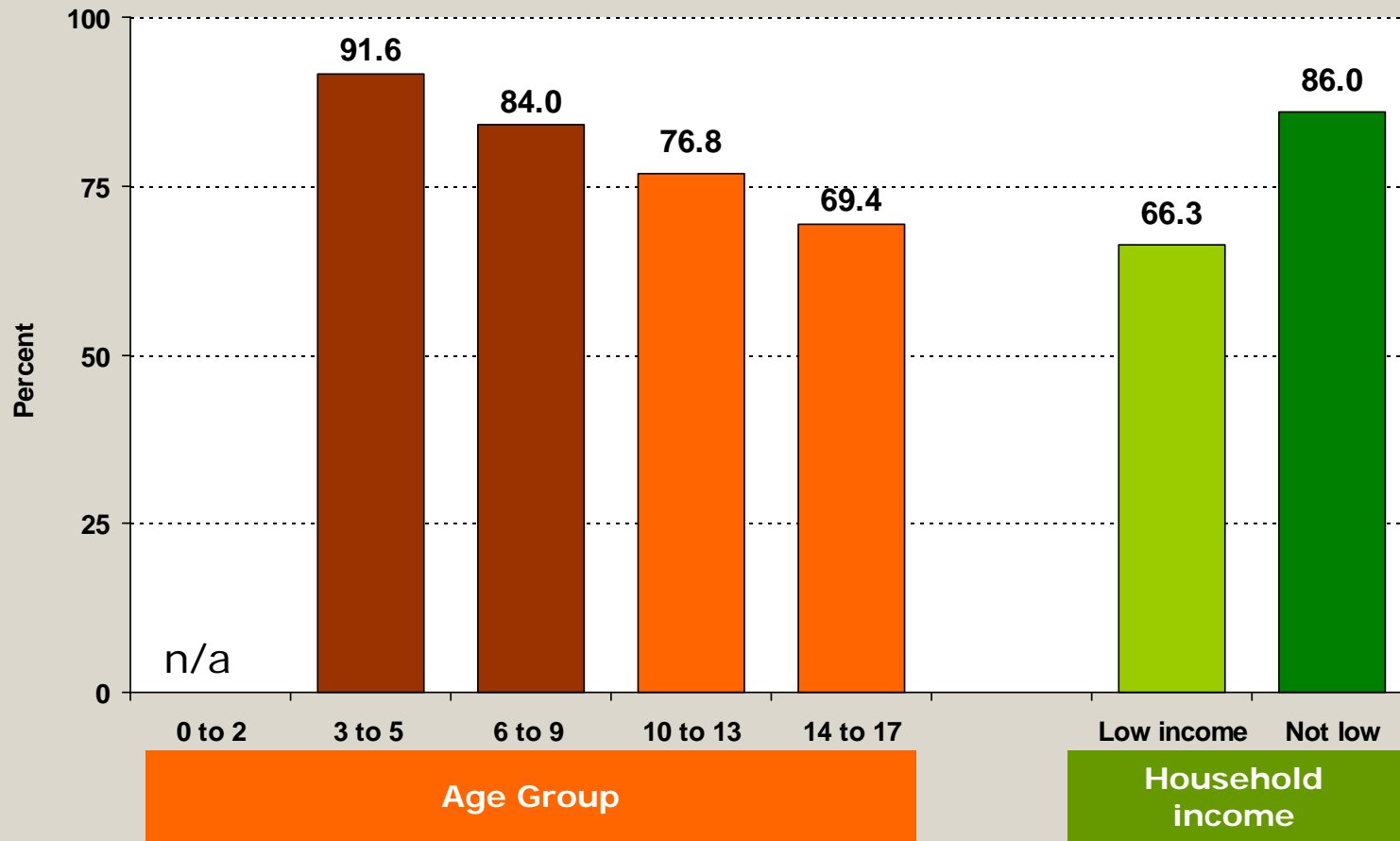
### □ Limiting sugar-sweetened drinks starts out strong, but drops off in teen years

91.6% of all 3 to 5 year old children had zero or only one sugar-sweetened drinks, yesterday. However, this drops to 68.4% for youths ages 14 to 17.

Children from low income households were significantly more likely to have two or more sugar-sweetened drinks per day.

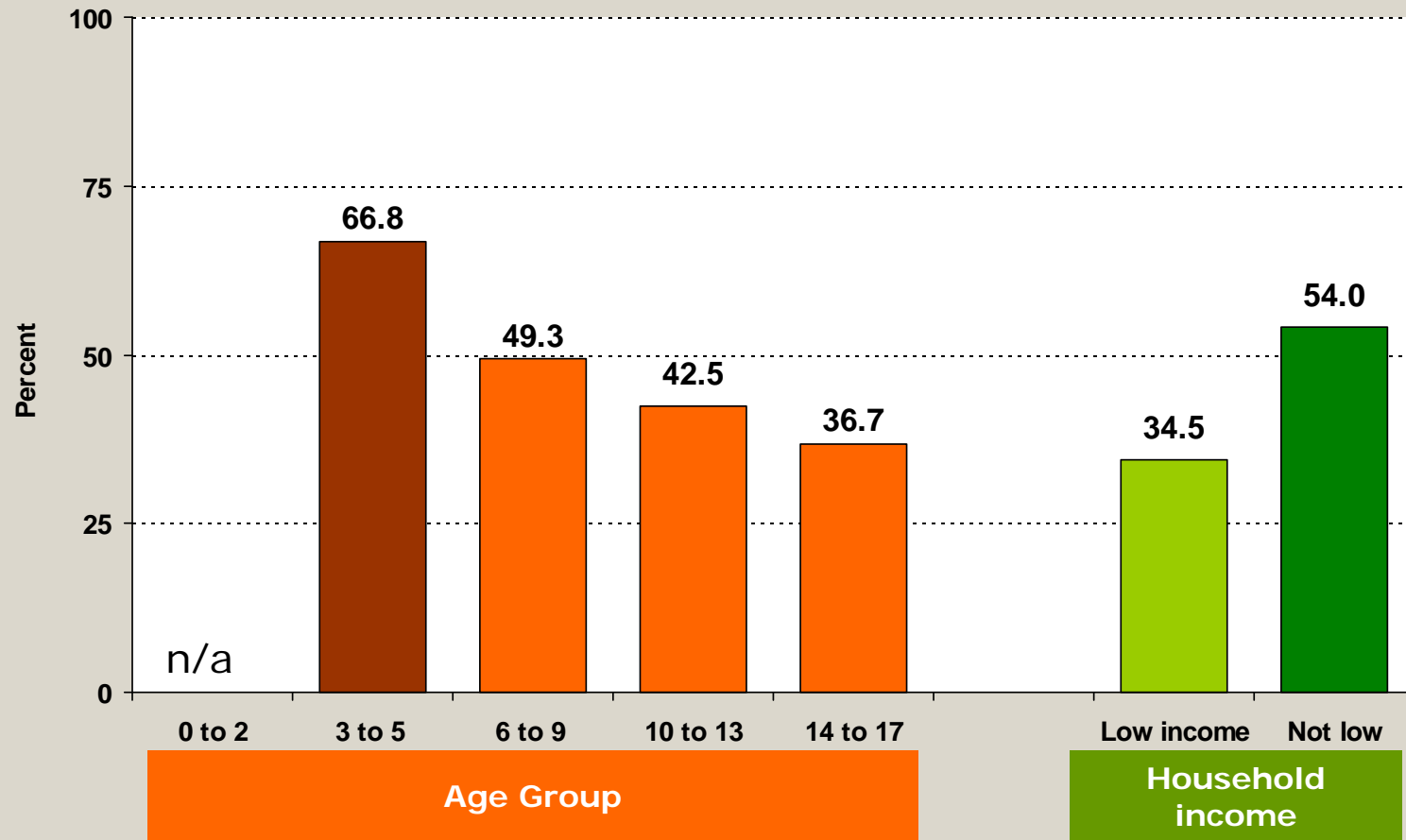
# Percent who had one or fewer sugar-sweetened drinks (yesterday) by age and household income level

## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups, and also for household income groups.

## Percent who had zero sugar-sweetened drinks (yesterday) by age and household income level Hennepin County Children 2010



\*Statistically significant differences were noted among age groups, and also for household income groups.

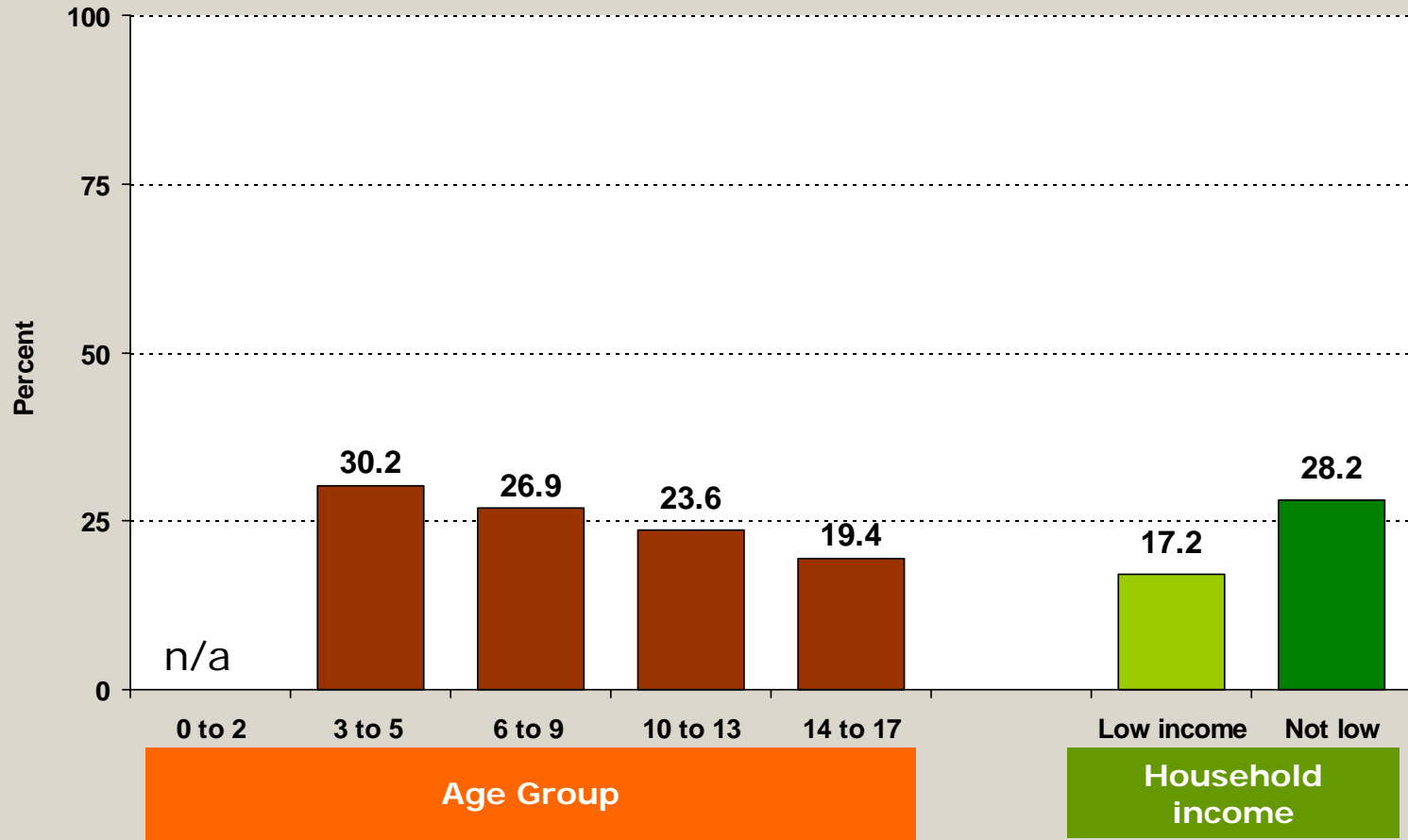
## *SHAPE 2010 – Child Survey: Key findings*

- **Only one in four children aged 3 to 17 are meeting the daily guideline for dairy products**

Overall, 24.9% of children aged 3 to 17 years old children had four or more servings of dairy products, yesterday.

Children from low income households were significantly less likely to have met the standard of four servings of dairy products per day.

# Percent who met the daily guideline of having four or more servings of dairy products (yesterday) by age and household income level Hennepin County Children 2010



\*Statistically significant differences were noted among household income groups, but not for age groups. Note that this also includes lactose-free substitutes.



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## *SHAPE 2010 - Child Survey:* Comments from survey participants

- There should be a widening of the food stamp qualifications. It is hard to provide fresh fruit and vegetables for my children and stay within my income!
  
- School lunches are horrible. Please focus your efforts in providing healthy, fresh food at school. It results in better learning and instills good eating habits in our kids. Currently we have to continuously educate our kids about why school lunches and fast food are unhealthy.
  
- We serve veggies everyday but our child may not eat them. Then on another day, he will eat twice as much as the day before.

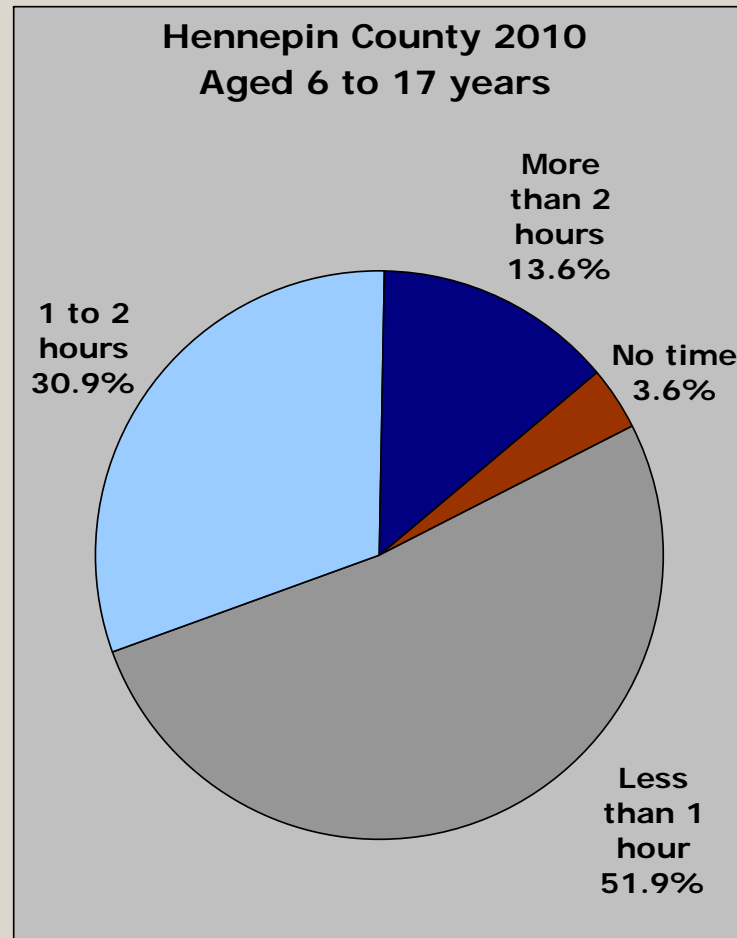


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# Physical Activity and Screen Time

## On a typical school day, how much time does the child spend being physically active or playing sports?



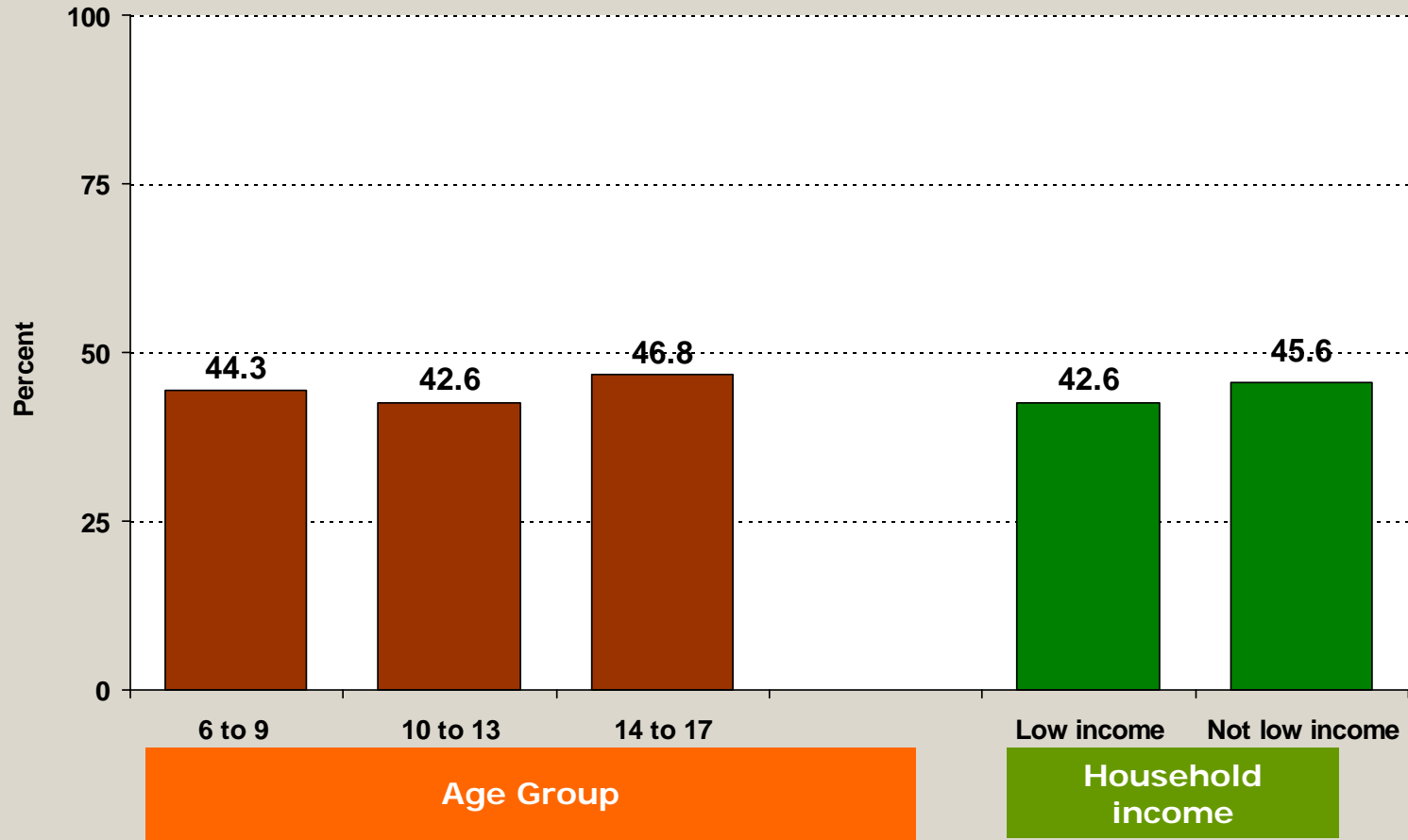
\* See the next slide for age group guidelines on the recommended amount of time to be spent engaged in this activity.

## *SHAPE 2010 – Child Survey: Key findings*

- **Suggested guideline for being physically active or playing sports**

Grade Level	Suggested guideline
Grades 1 to 12	<i>At least one hour per day</i>

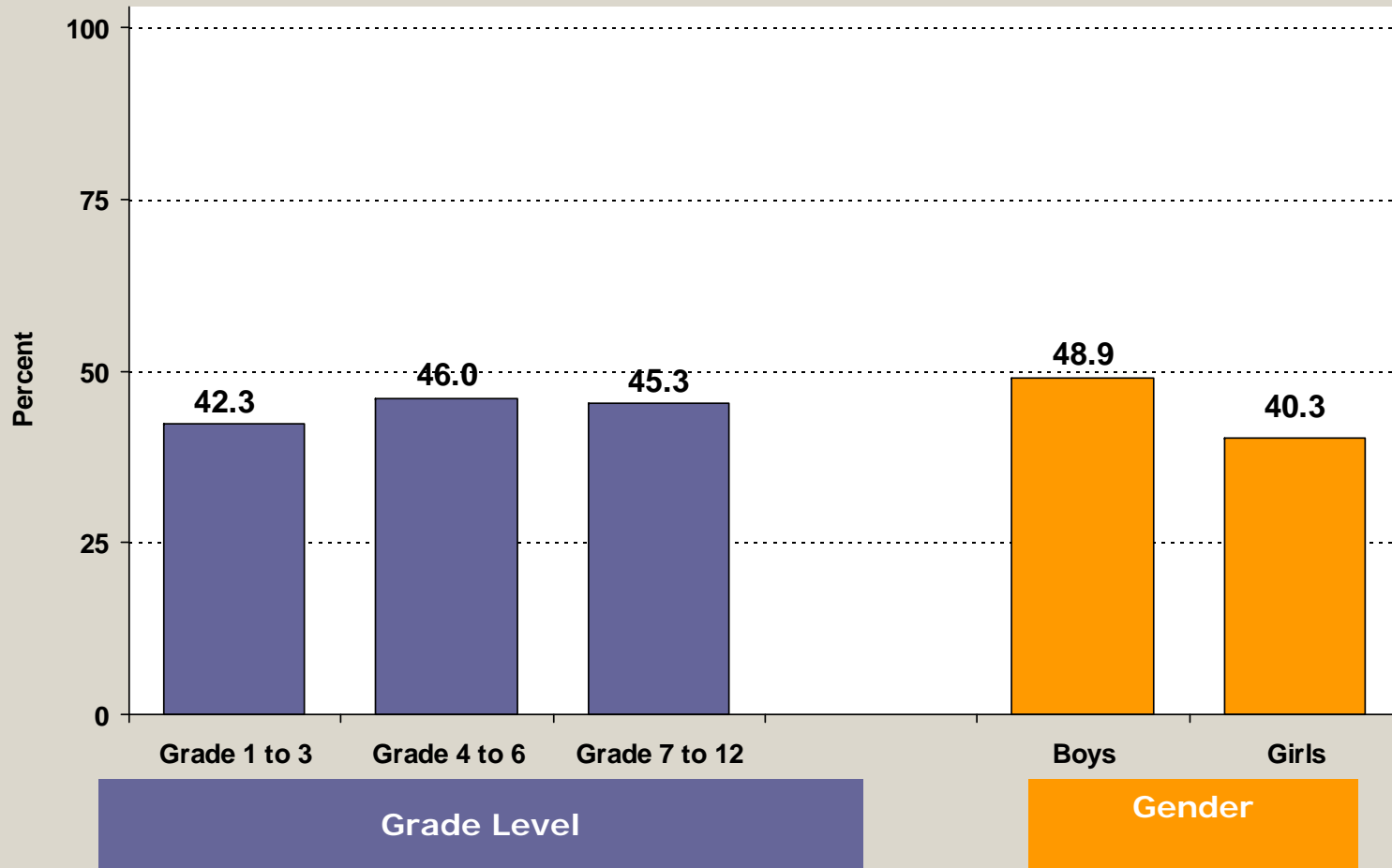
# Percent who met the suggested guideline for being physically active or playing sports by age and household income Hennepin County Children 2010



\*No statistically significant differences were noted among age groups, or for income level groups.

# Percent who met the suggested guideline for being physically active or playing sports by grade level and gender

## Hennepin County Children 2010



\*Gender data represent children aged 6 to 17. No statistically significant differences were noted for grade level groups, or for gender.

## *SHAPE 2010 – Child Survey: Key findings*

### □ **Physical activity – few are getting recommended level every day**

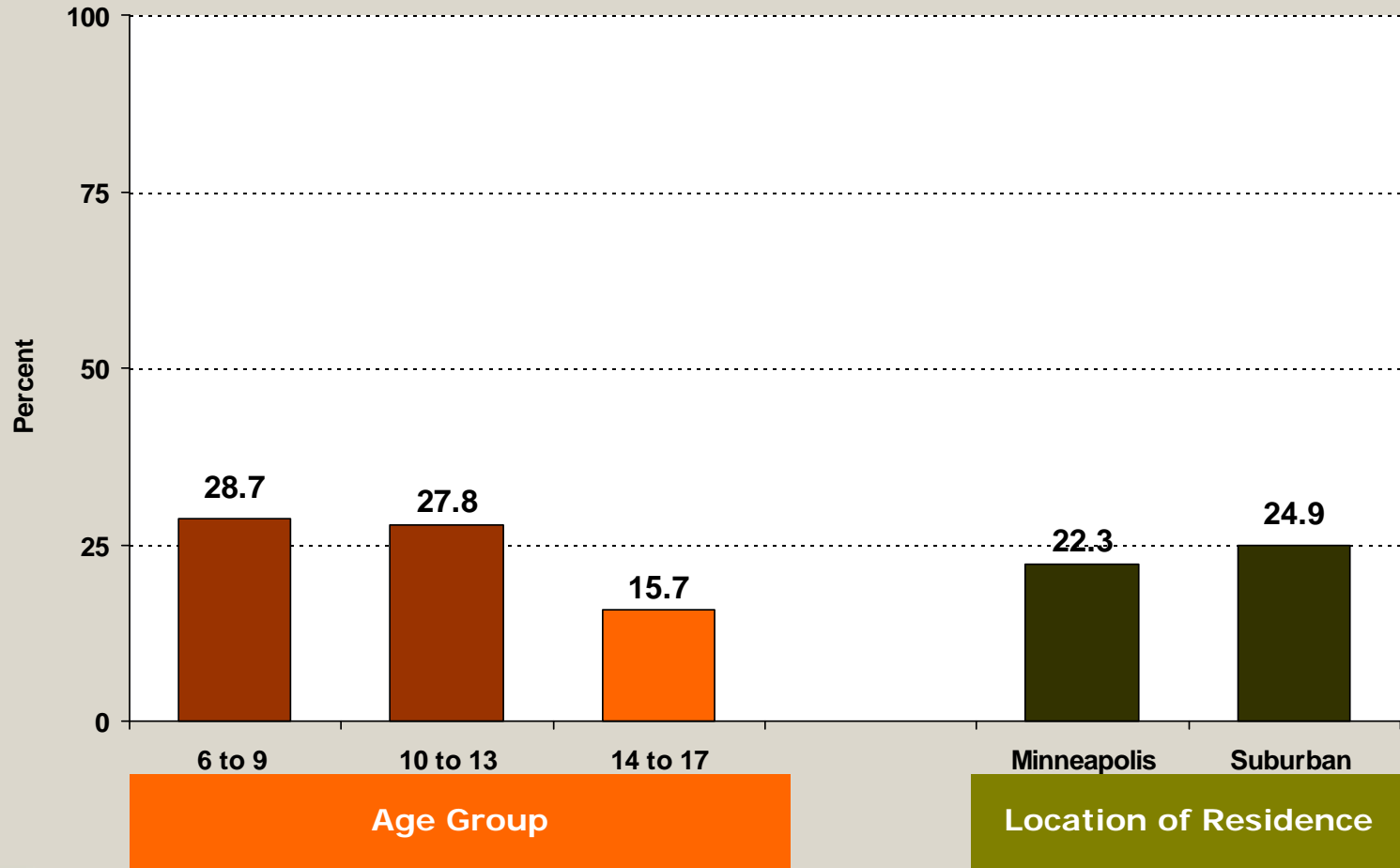
In 2010, only 28% of Hennepin County children aged 6 to 13 were meeting the guideline of getting at least 60 minutes of daily physical activity each day.

This drops even further to 15.7% for adolescents aged 14 to 17 (statistically significant difference by age).

No differences were observed by residence (urban vs suburban).

# Percent who were physically active for 60 minutes or more all seven days in past week by age and location of residence

## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups.

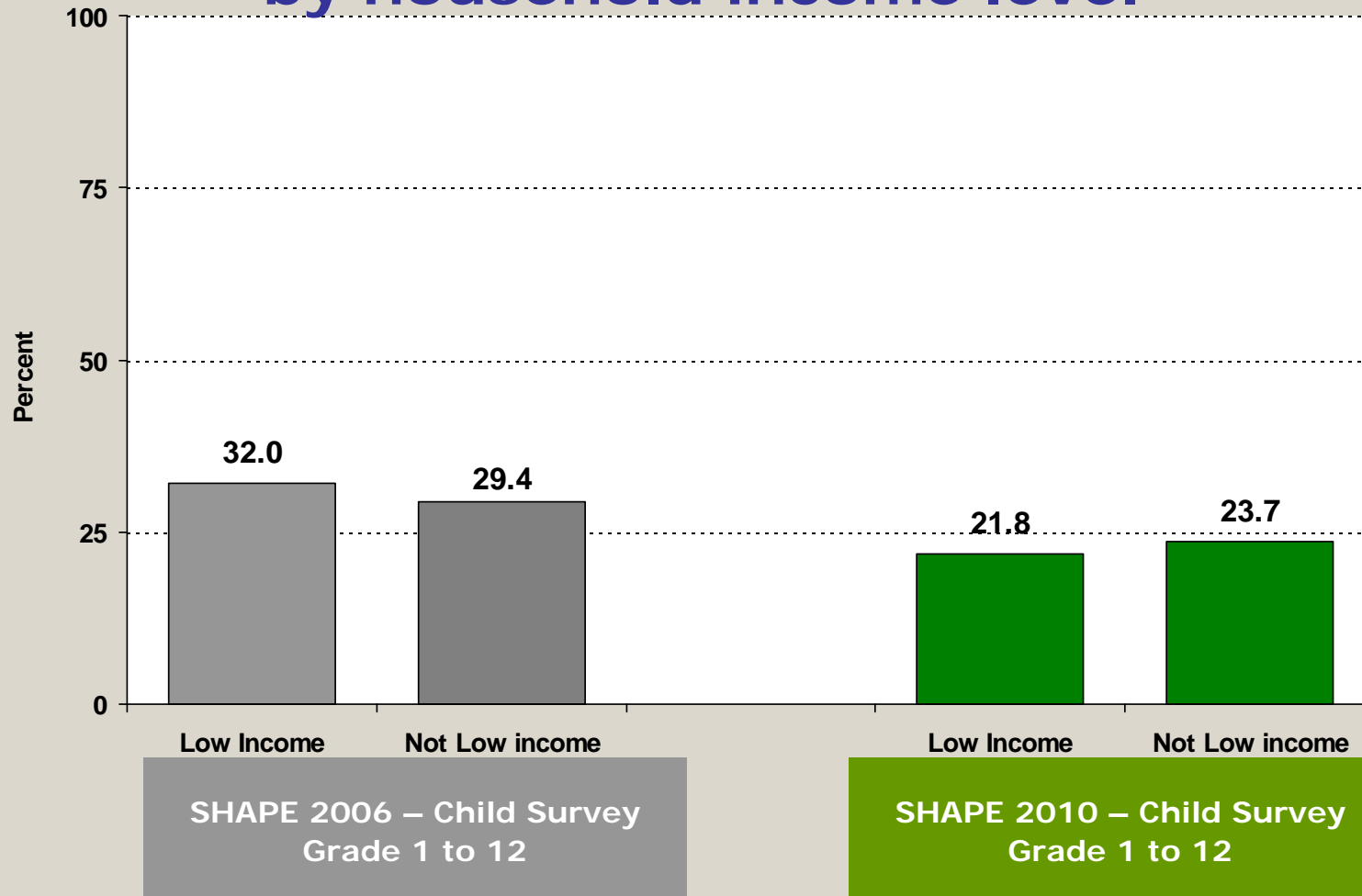


## *SHAPE 2010 – Child Survey: Key findings*

### □ **Physical Activity**

The physical activity rates by income level appear to have declined somewhat from 2006 to 2010; however, none of the differences were found to be statistically significant.

# Percent reported to have been physically active for 60 minutes or more, every day last week by household income level



\*No statistically significant differences between income groups or over time were found.

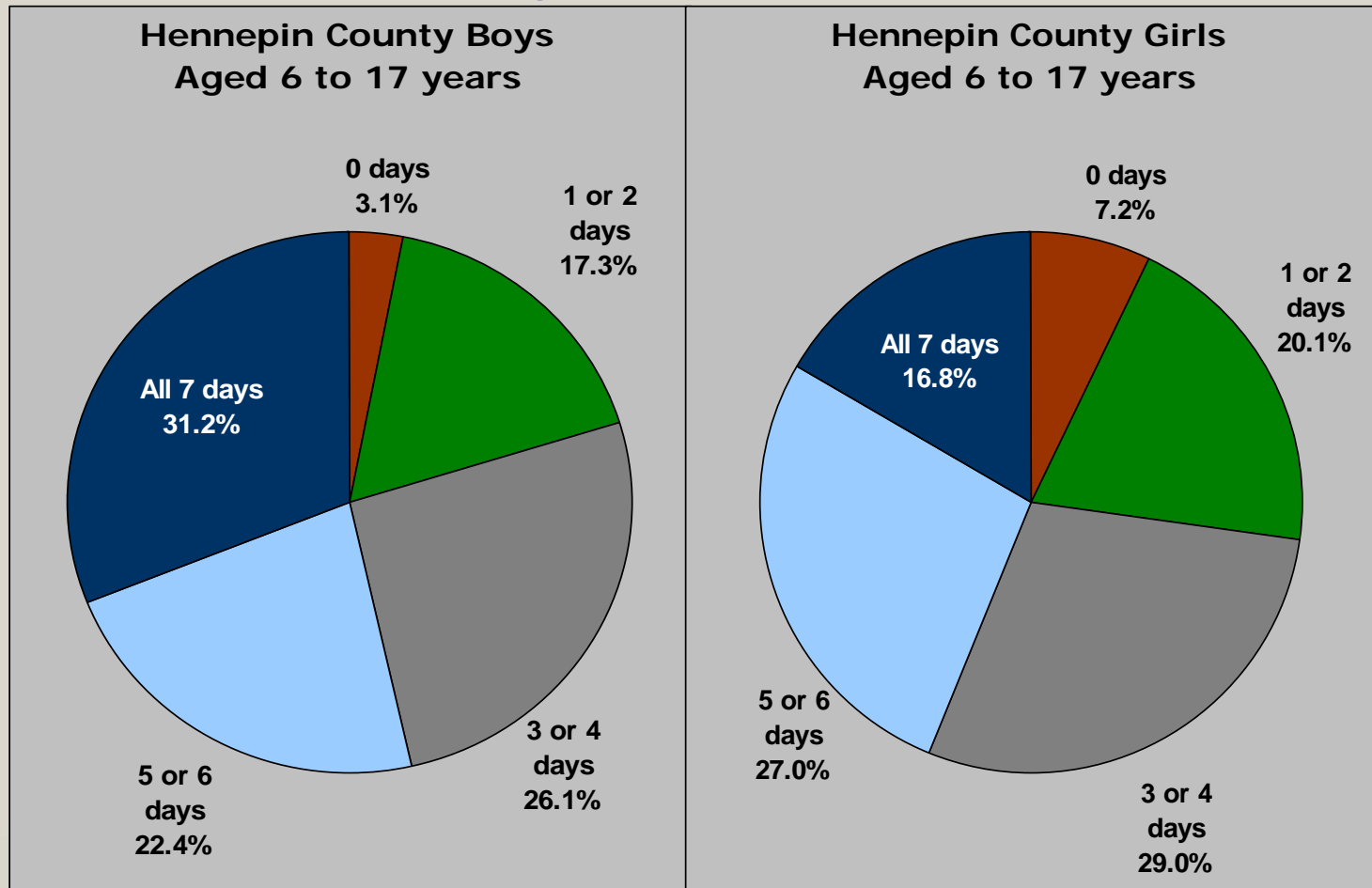
## *SHAPE 2010 – Child Survey: Key findings*

### □ **Physical activity – fewer girls are getting the recommended level of activity each day**

In 2010, 31.2% of boys were meeting the guideline of getting at least 60 minutes of daily physical activity, as compared to only 16.8% of girls (a statistically significant difference by gender).

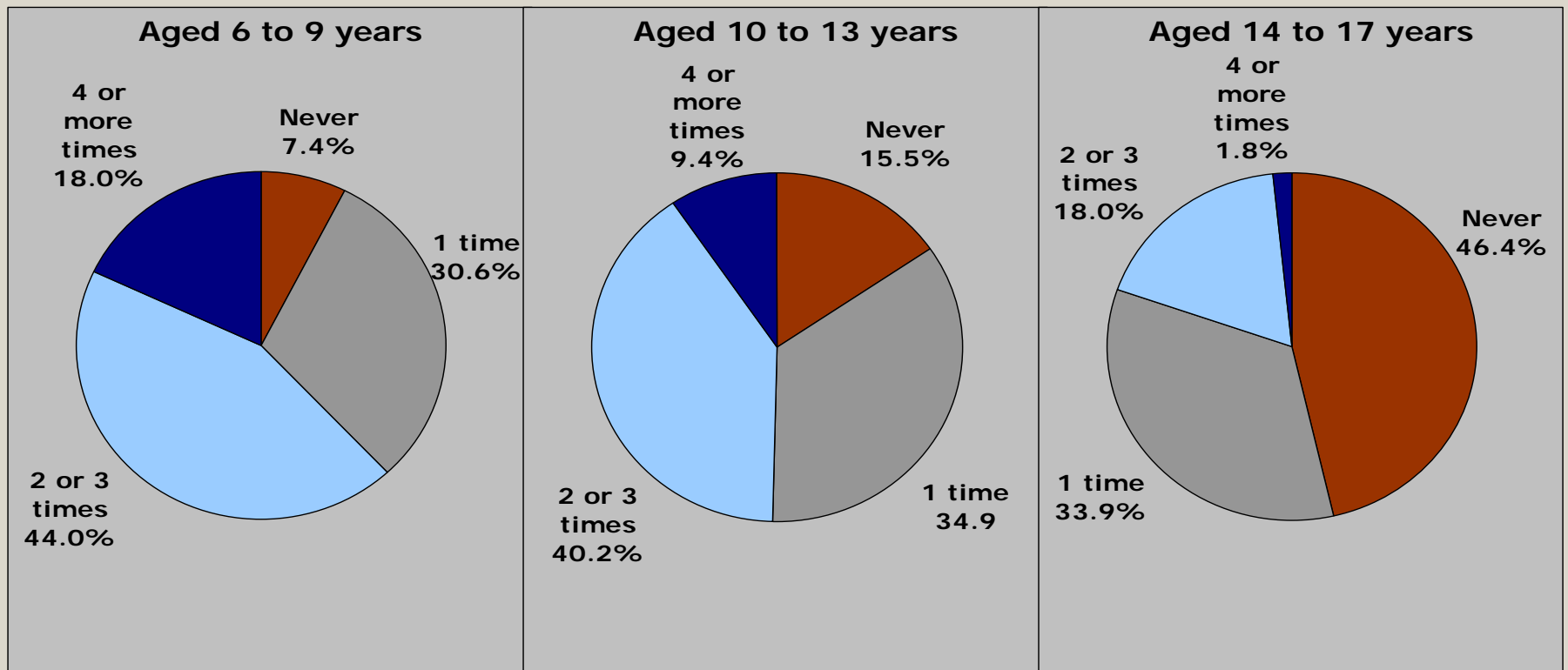
# During the past week, on how many days was the child physically active for at least 60 minutes?

## Boys vs Girls



# During a typical school week, including the weekend, how often do you play sports or be physically active with your child?

Hennepin County Children 2010



\*Statistically significant difference were noted by age group.

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## *SHAPE 2010 - Child Survey:* Comments from survey participants

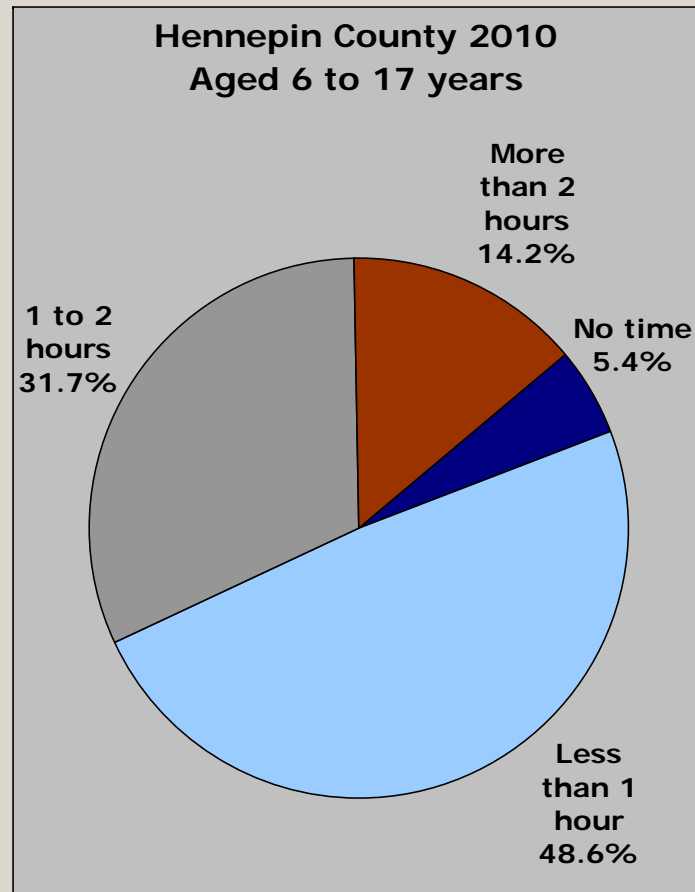
- We have four children whose ages range from 10 to 16. We would like very much for them to participate in organized sports, but we cannot afford to pay even the minimum fee required for participation.
  
- I think the lack of sports/playtime in school is sending the wrong message to kids today. Schools are saying it is not important enough to put it in the daily schedule. My daughter receives 15 minutes after lunch and only one hour per week of PE.
  
- Schools need more physical activity, not just teaching standardized tests.

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## *SHAPE 2010 - Child Survey:* Comments from survey participants

- School recess time is short, 20 minutes, and gym is offered twice a week for 40 minutes. Being active for 60 minutes is rare ...
- We need more funding in Community centers for staff/ personnel to facilitate healthy activities for our children that would stimulate their minds and promote physical fitness for both boys and girls. Please!!

## On a typical school day, how much time does the child spend playing electronic games, watching TV or using computers for recreation?



\* See the next slide for age group guidelines on the recommended amount of time to be spent engaged in this activity. Note also that the "desired direction" of this activity (i.e., less time spent) is the reverse of the other charts presented here.



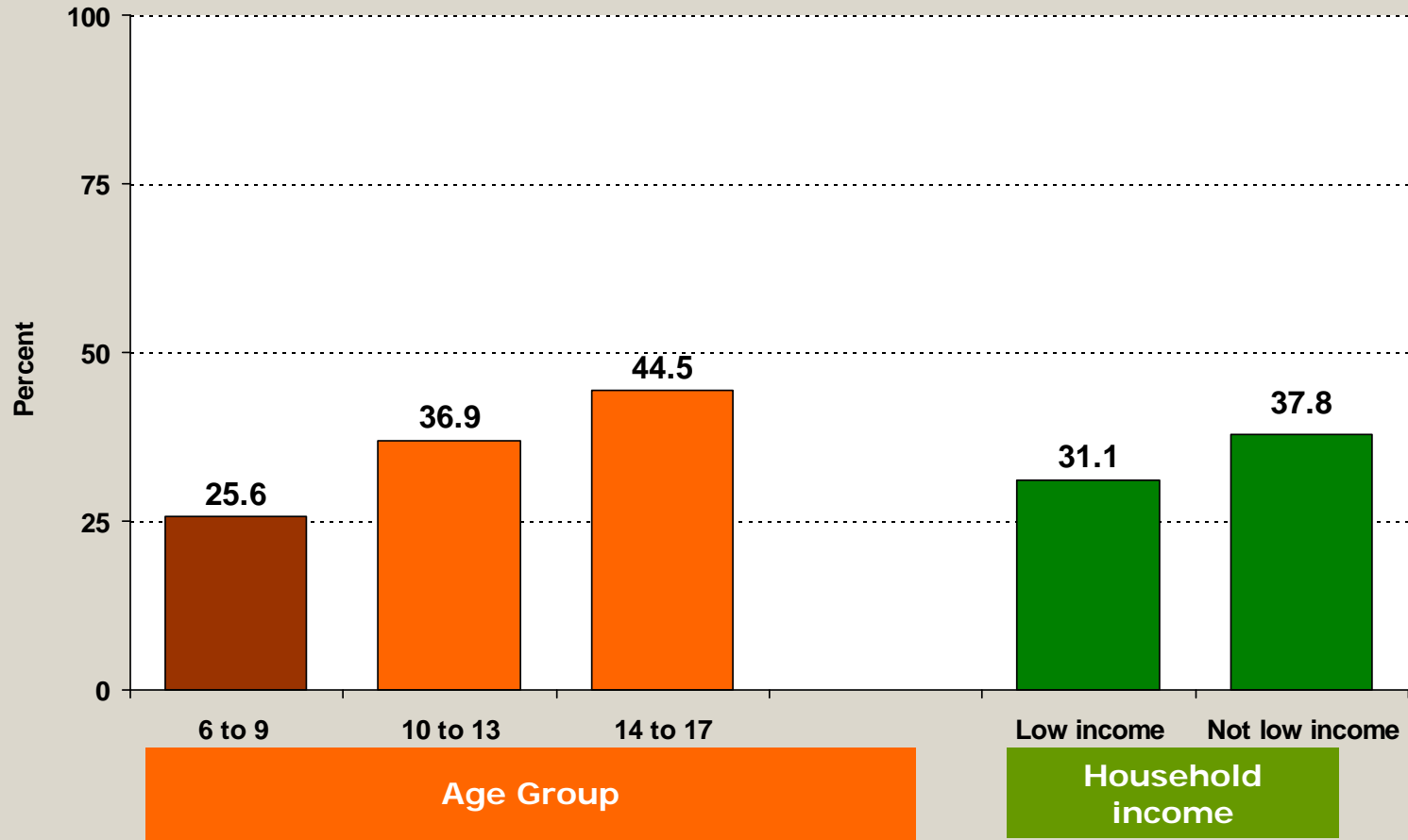
## *SHAPE 2010 – Child Survey: Key findings*

- Suggested guidelines for “screen time,” playing electronic games, watching TV, or using a computer for recreation

Grade Level	Suggested guideline
Grades 1 to 6	<i>30 minutes or less per day</i>
Grades 7 to 12	<i>Less than 1 hour per day</i>

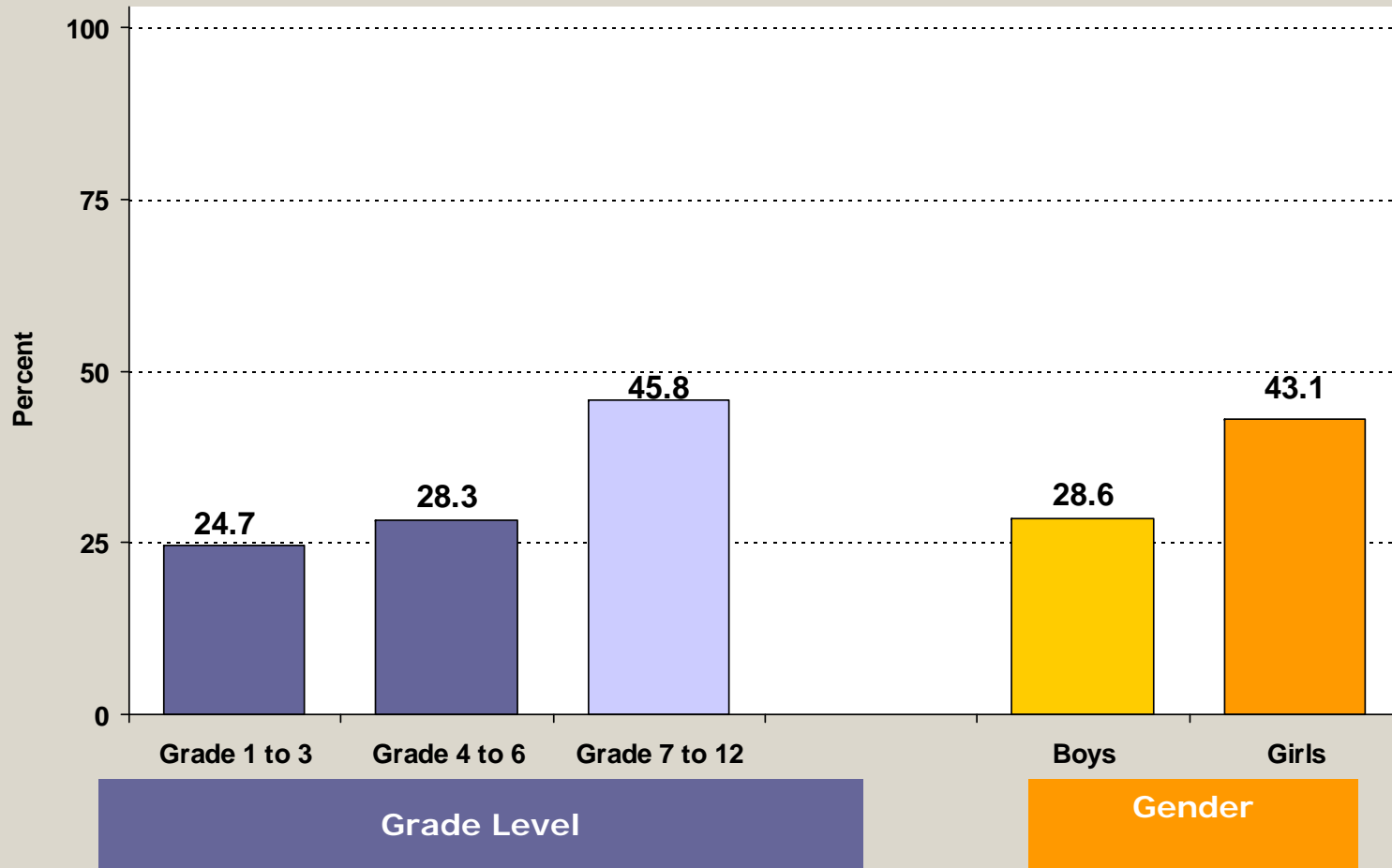
# Percent who met the suggested guideline for screen time, playing video games, watching TV ... by age and household income

Hennepin County Children 2010



\*Statistically significant differences were noted among age groups but not for income level groups.

# Percent who met the suggested guideline for screen time, playing video games, watching TV ... by grade level and gender Hennepin County Children 2010



\*Gender data represent children aged 6 to 17. Statistically significant differences were noted among grade level groups, and also for gender.

## *SHAPE 2010 – Child Survey: Key findings*

- **One in five youths are engaged in “screen time” for more than two hours on a typical school day**

9.8% of children aged 6 to 9

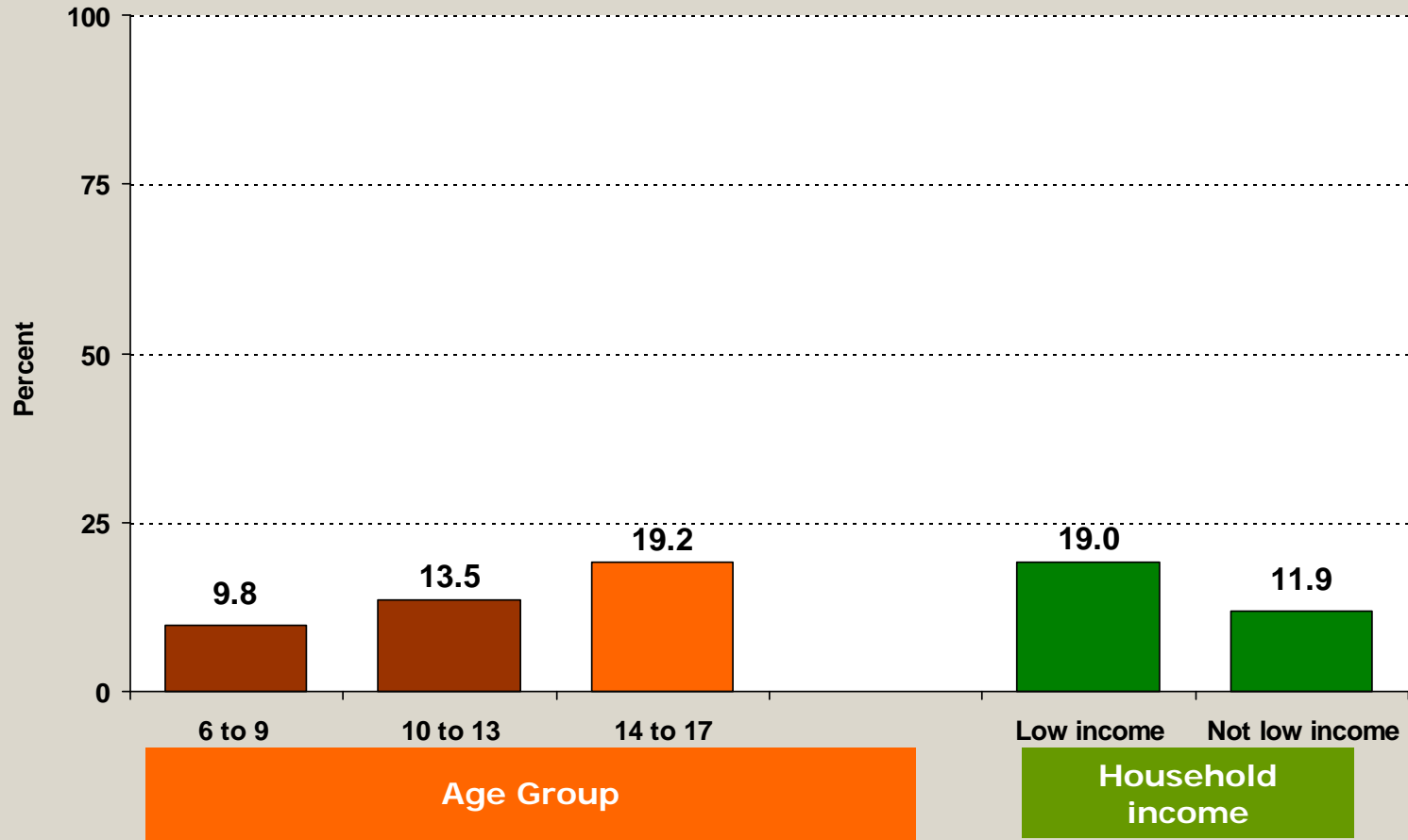
13.5% of children aged 10 to 13

19.2% of youths aged 14 to 17

“Screen time” includes playing electronic games, watching TV or videos, or using a computer for recreational purposes.

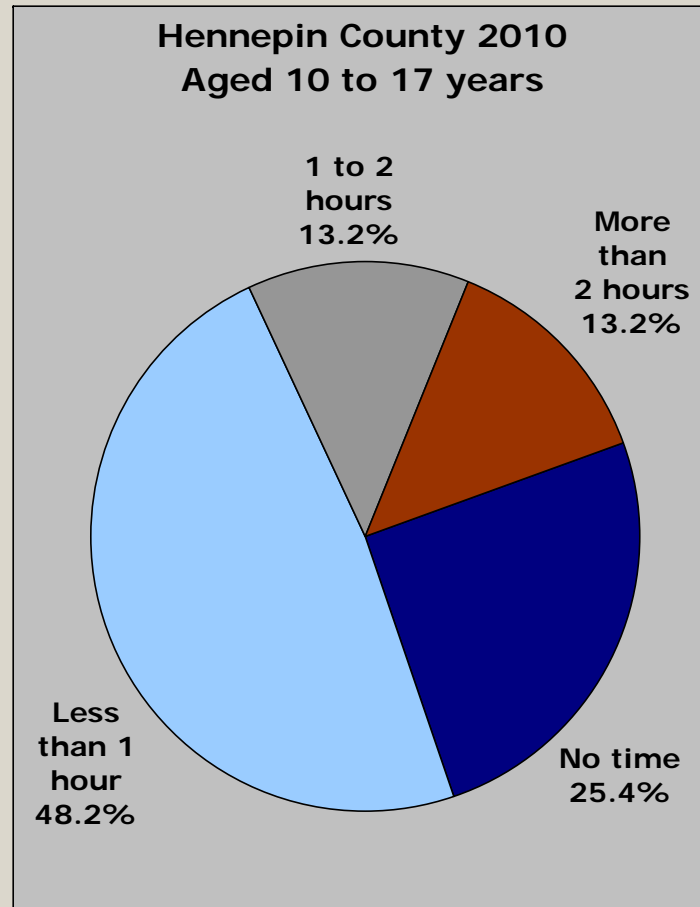
# Percent playing electronic games, watching TV or videos, or using a computer for recreation for more than two hours on a school day

## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups, but not for household income groups.

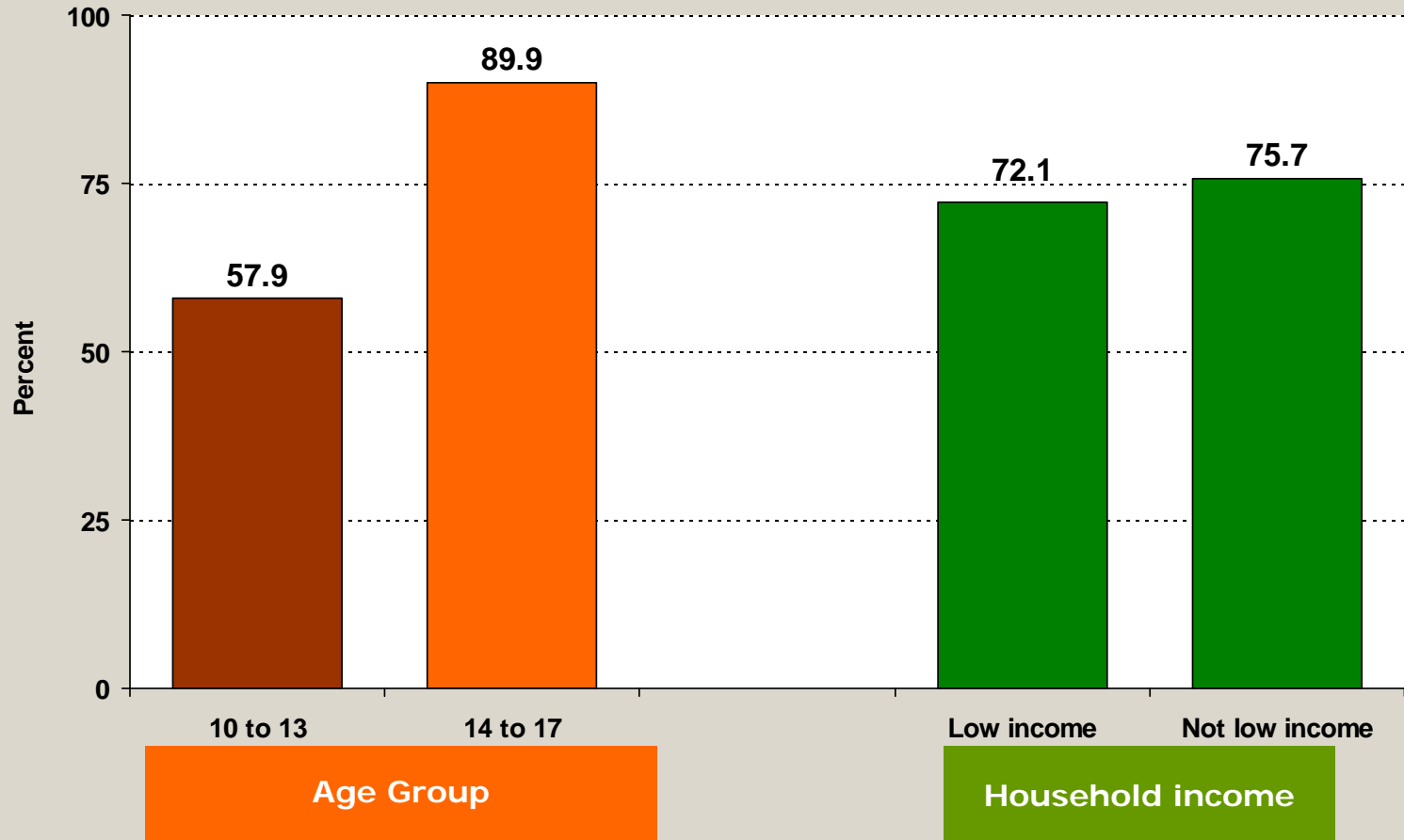
## On a typical school day, how much time does the youth spend talking or sending text messages to friends by phone or internet?



\* There are no age group guidelines on the recommended amount of time to be spent engaged in this activity. Note also that the "desired direction" of this activity (i.e., less time spent) is the reverse of the other charts presented here.

# Percent who engage in talking or texting by phone or internet on a typical school day by age and household income

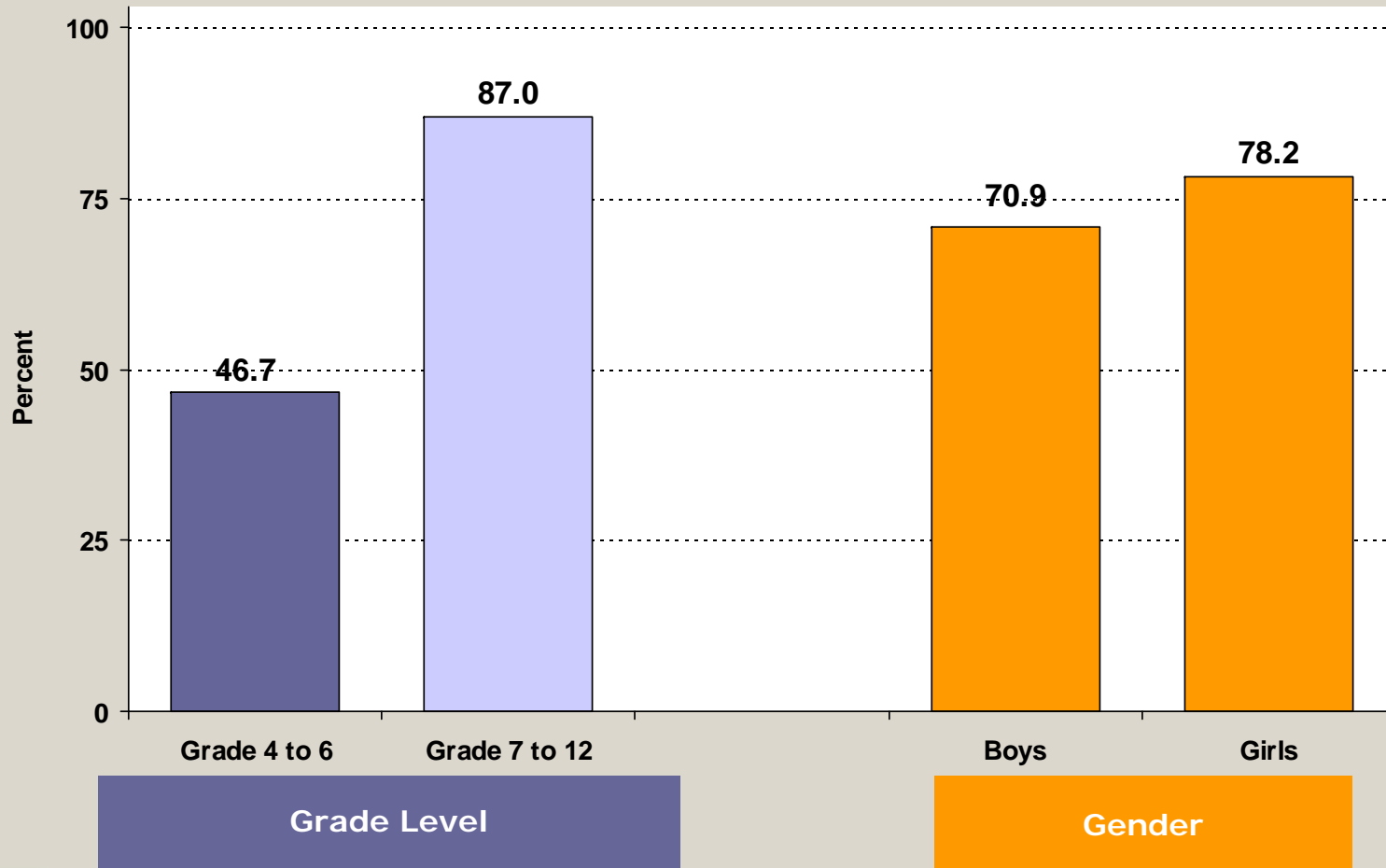
## Hennepin County Children 2010



\*Household income data represent youths aged 10 to 17. Statistically significant differences were noted between age groups but not for income level groups.

# Percent who engage in talking or texting by phone or internet on a typical school day by grade level and gender

## Hennepin County Children 2010

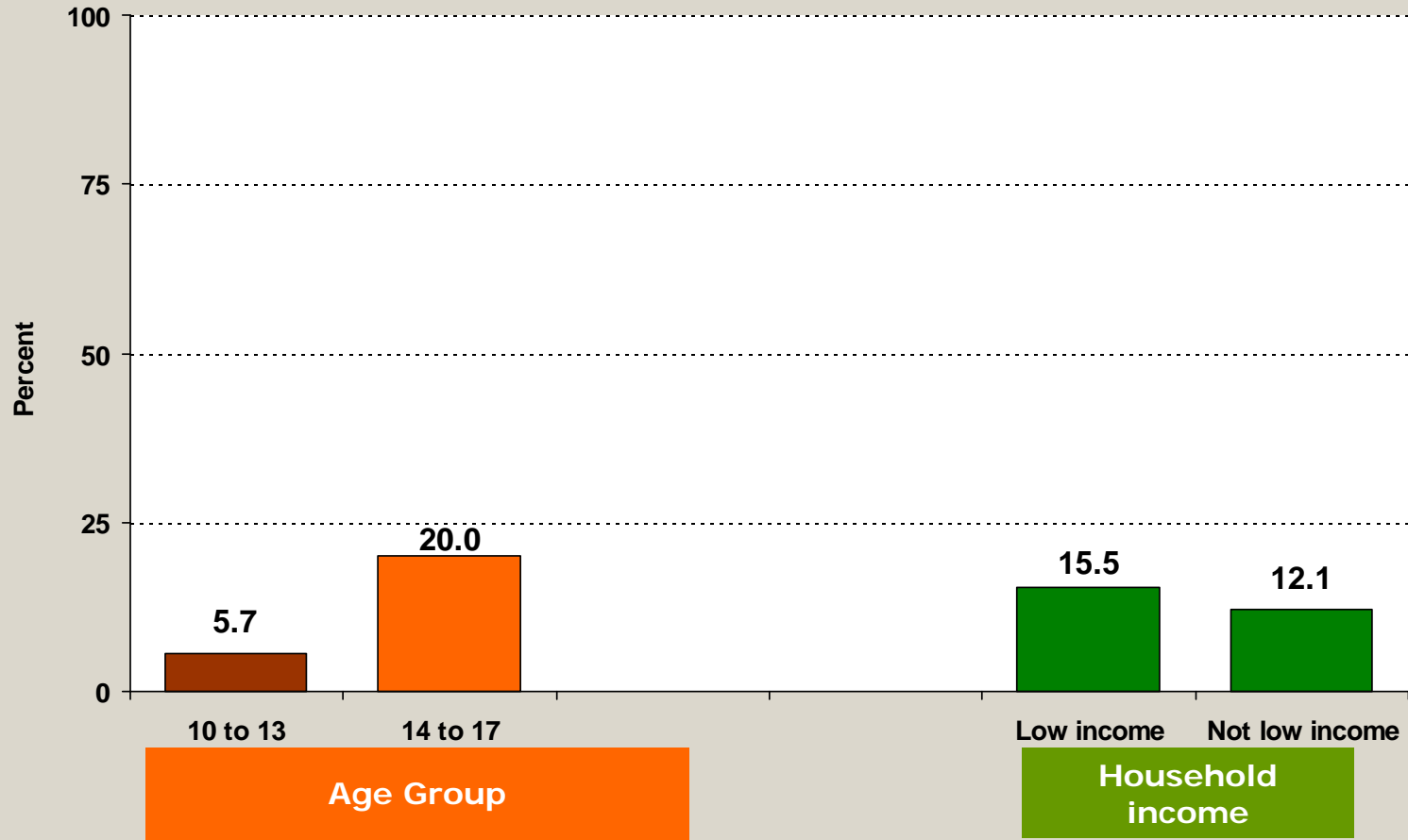


\*Gender data represent children aged 10 to 17. Statistically significant differences were noted for grade level groups, but not for gender.



# Percent talking or sending text messages to friends for more than two hours on a school day by age and income level group

Hennepin County Children 2010



\*Statistically significant differences were noted among age groups, but not for household income groups.



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# Parental Awareness and School Wellness

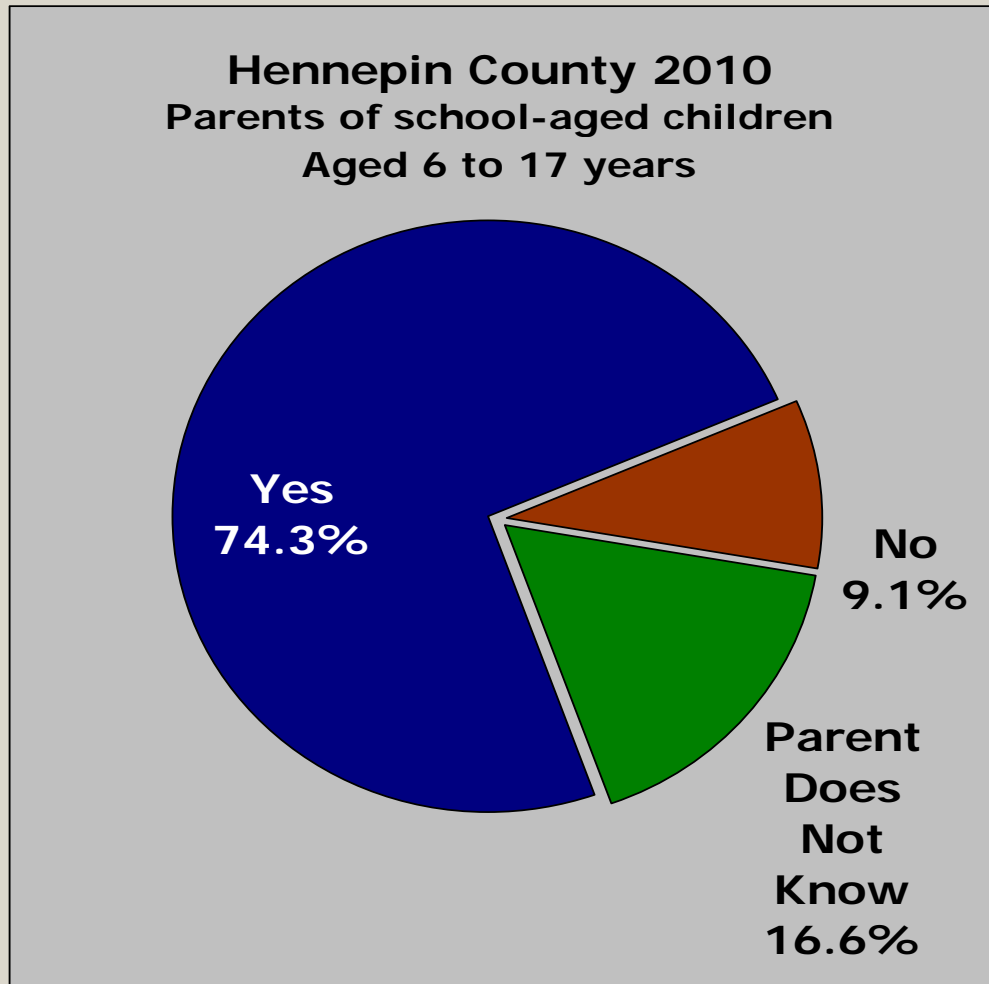
## *SHAPE 2010 – Child Survey: Key findings*

### □ **School wellness policies – more parental awareness needed**

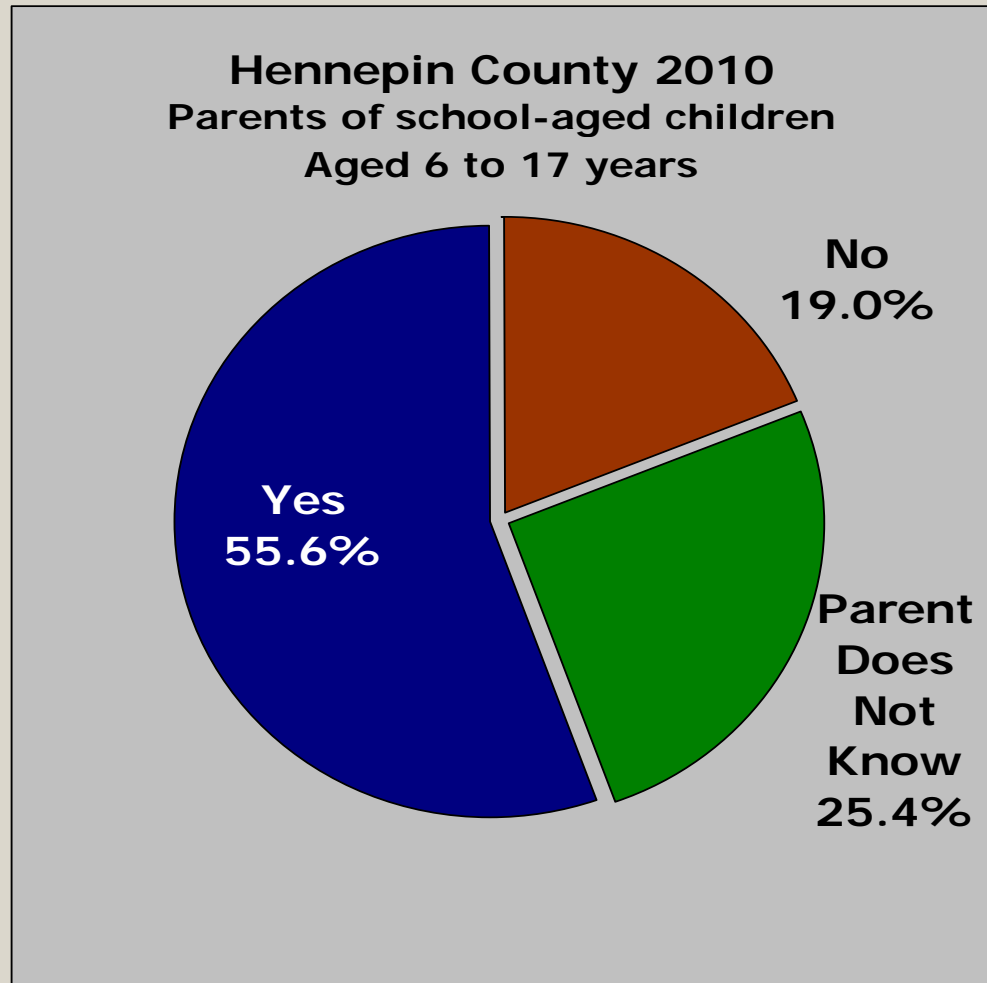
Several new questions were added to the *SHAPE 2010* survey to collect information on parents' awareness of various school-based wellness issues:

- Does the child's school provide healthy food choices for lunch?
- Does the child's school have any rules about having snacks or soft drinks at school?
- Does the child's school encourage students to be physically active during the day?
- Does the child's school provide a variety of physical activities for students of all skill levels and abilities?

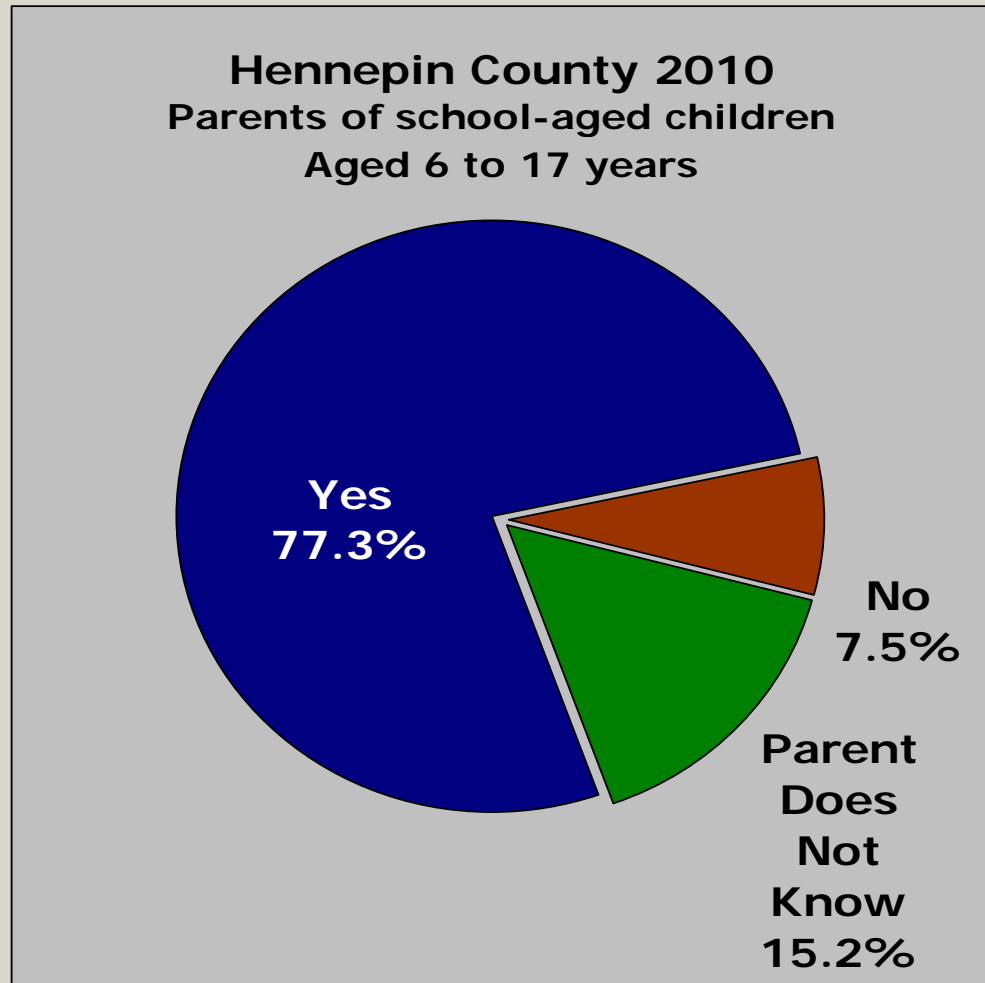
# Parents' perspectives: Does the child's school provide healthy food choices for lunch?



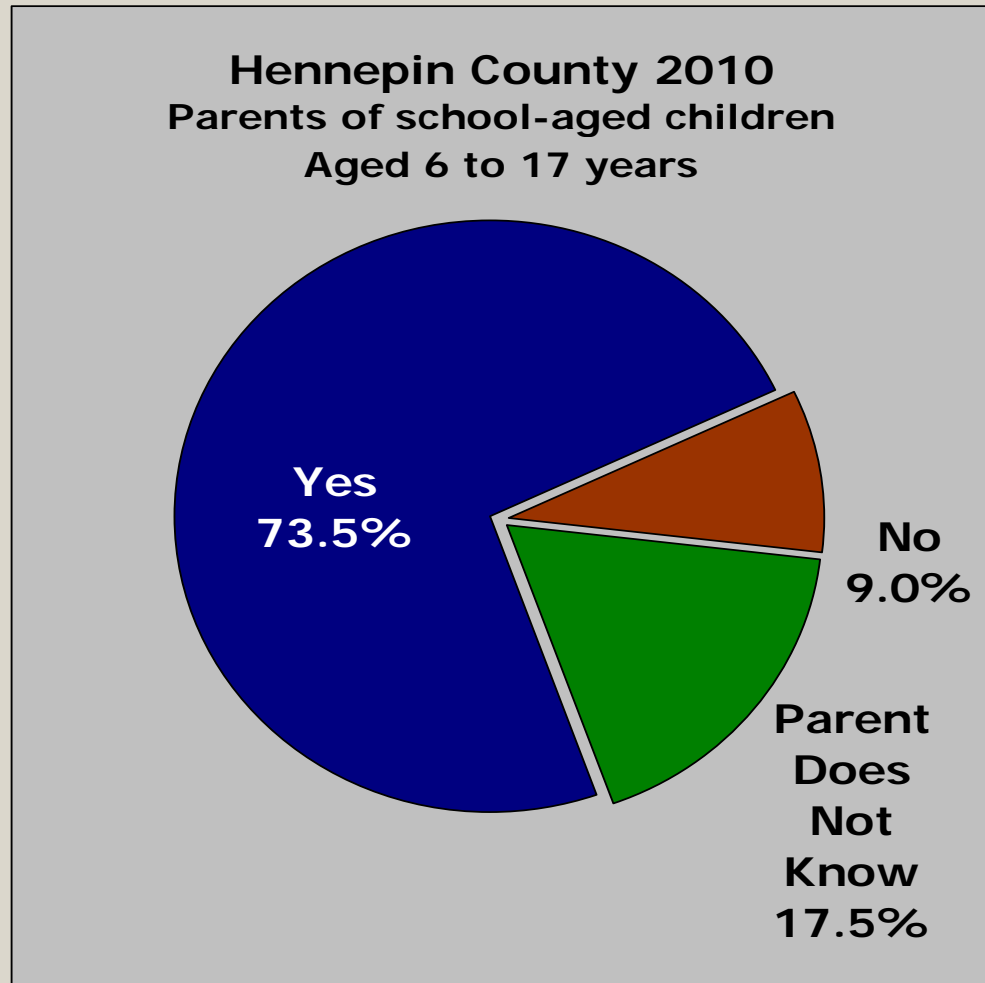
## Parents' perspectives: Does the child's school have any rules about snacks or soft drinks at school?



## Parents' perspectives: Does the child's school encourage students to be physically active during the day?



**Parents' perspectives: Does the child's school provide a variety of physical activities for students of all skill levels and abilities?**



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## *SHAPE 2010 - Child Survey:* Comments from survey participants

- We have four children whose ages range from 10 to 16. We would like very much for them to participate in organized sports, but we cannot afford to pay even the minimum fee required for participation.
  
- I think the lack of sports/playtime in school is sending the wrong message to kids today. Schools are saying it is not important enough to put it in the daily schedule. My daughter receives 15 minutes after lunch and only one hour per week of PE.
  
- Schools need more physical activity, not just teaching standardized tests.



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## *SHAPE 2010 - Child Survey:* Comments from survey participants

- School recess time is short, 20 minutes, and gym is offered twice a week for 40 minutes. Being active for 60 minutes is rare ...
- We need more funding in Community centers for staff/ personnel to facilitate healthy activities for our children that would stimulate their minds and promote physical fitness for both boys and girls. Please!!



**SHAPE 2010**

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# Exposure to Tobacco

## *SHAPE 2010 – Child Survey: Key findings*

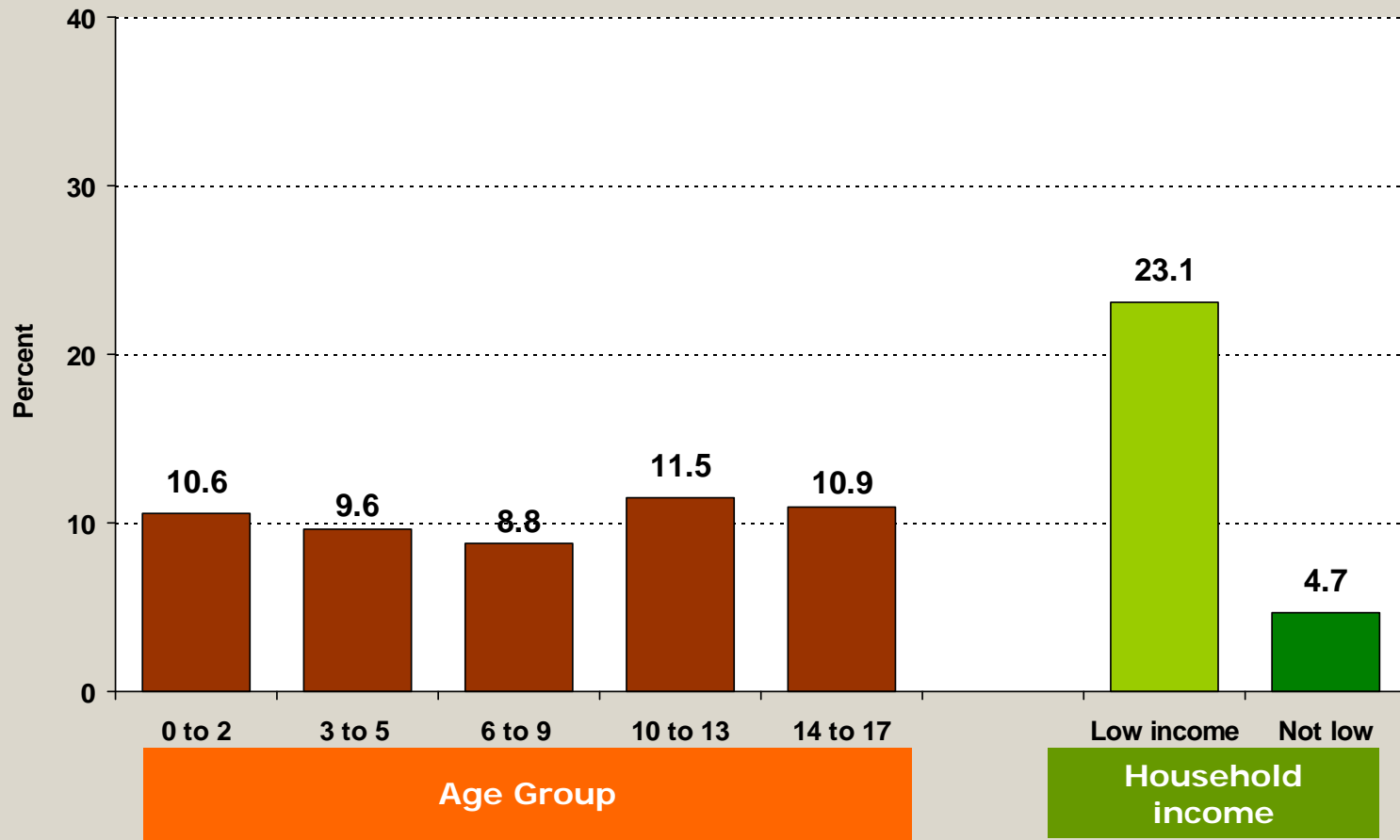
### □ **New data available on regular exposure to tobacco smoke**

10.2% of Hennepin County children are regularly exposed to one or more sources of tobacco smoke in their homes, in the car, or at other places they regularly visit (*regularly was defined as four or more times a week*).

Children from low income households were significantly more likely to be in places or environments that regularly exposed them to sources of tobacco smoke.

# Percent with any source of regular exposure to tobacco smoke by age and household income

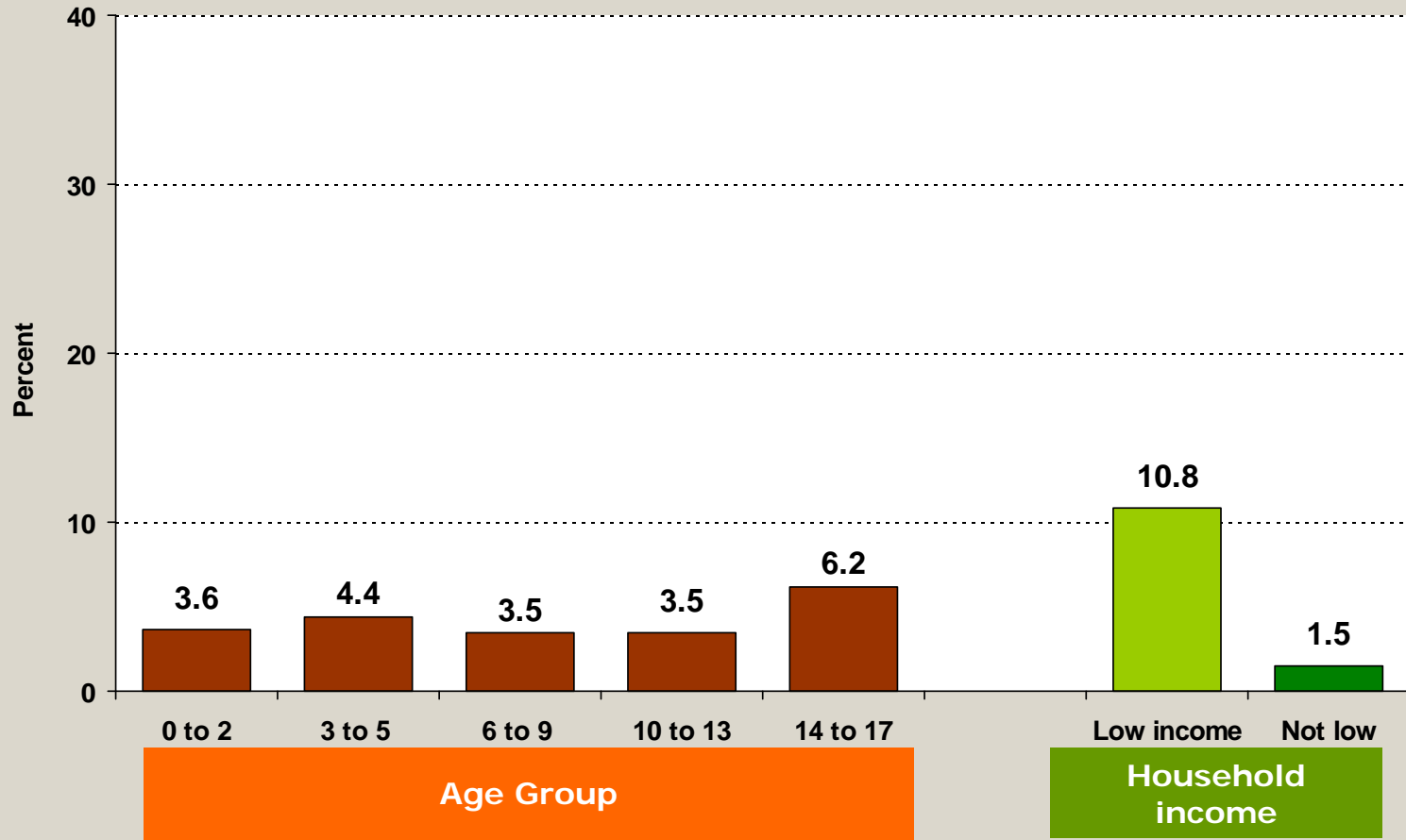
## Hennepin County Children 2010



\*Statistically significant differences were noted for household income groups. The rate ratio for low income children is nearly 5 to 1.

# Percent of parents reporting that someone regularly smokes tobacco inside their home by child's age and household income

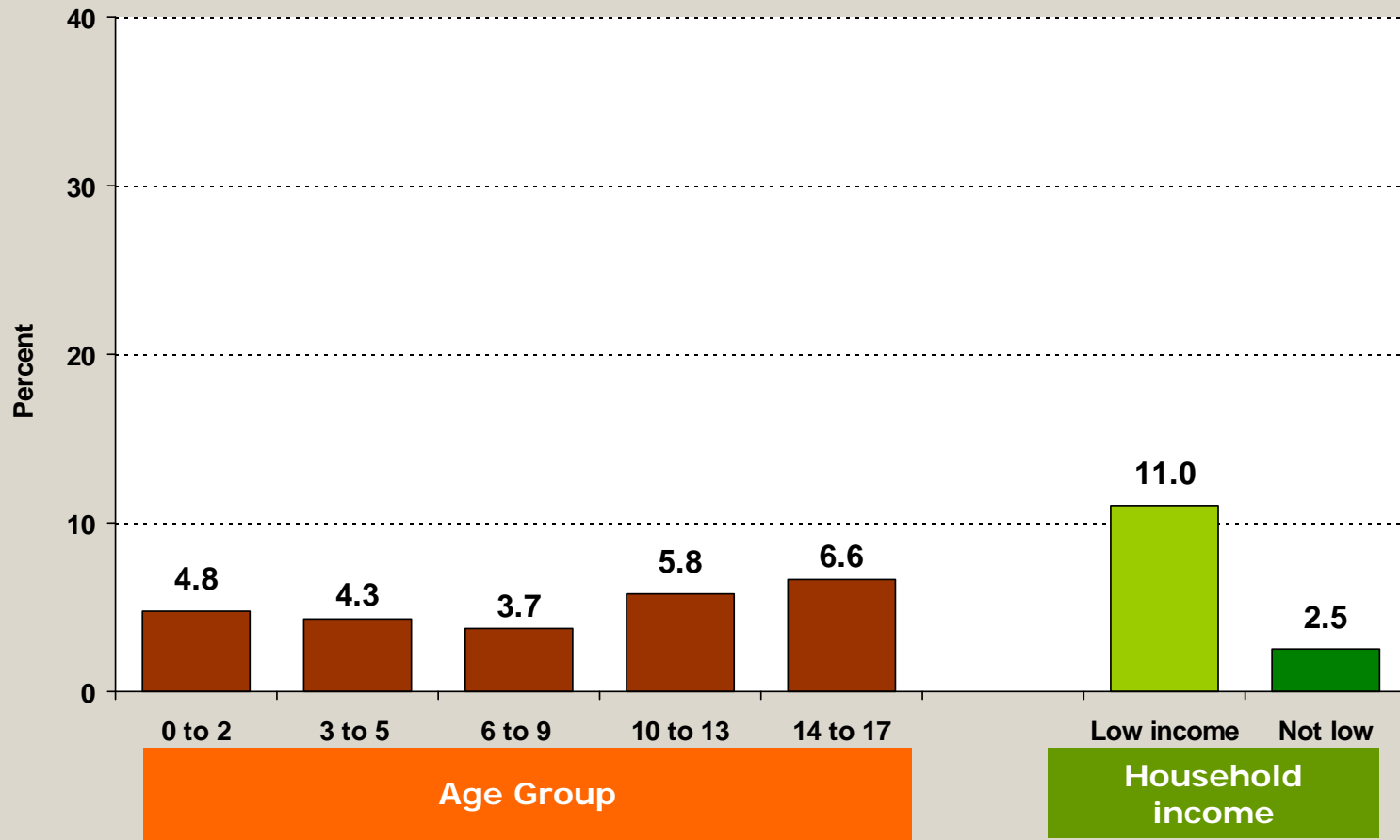
## Hennepin County Children 2010



\*Statistically significant differences were noted for household income groups.

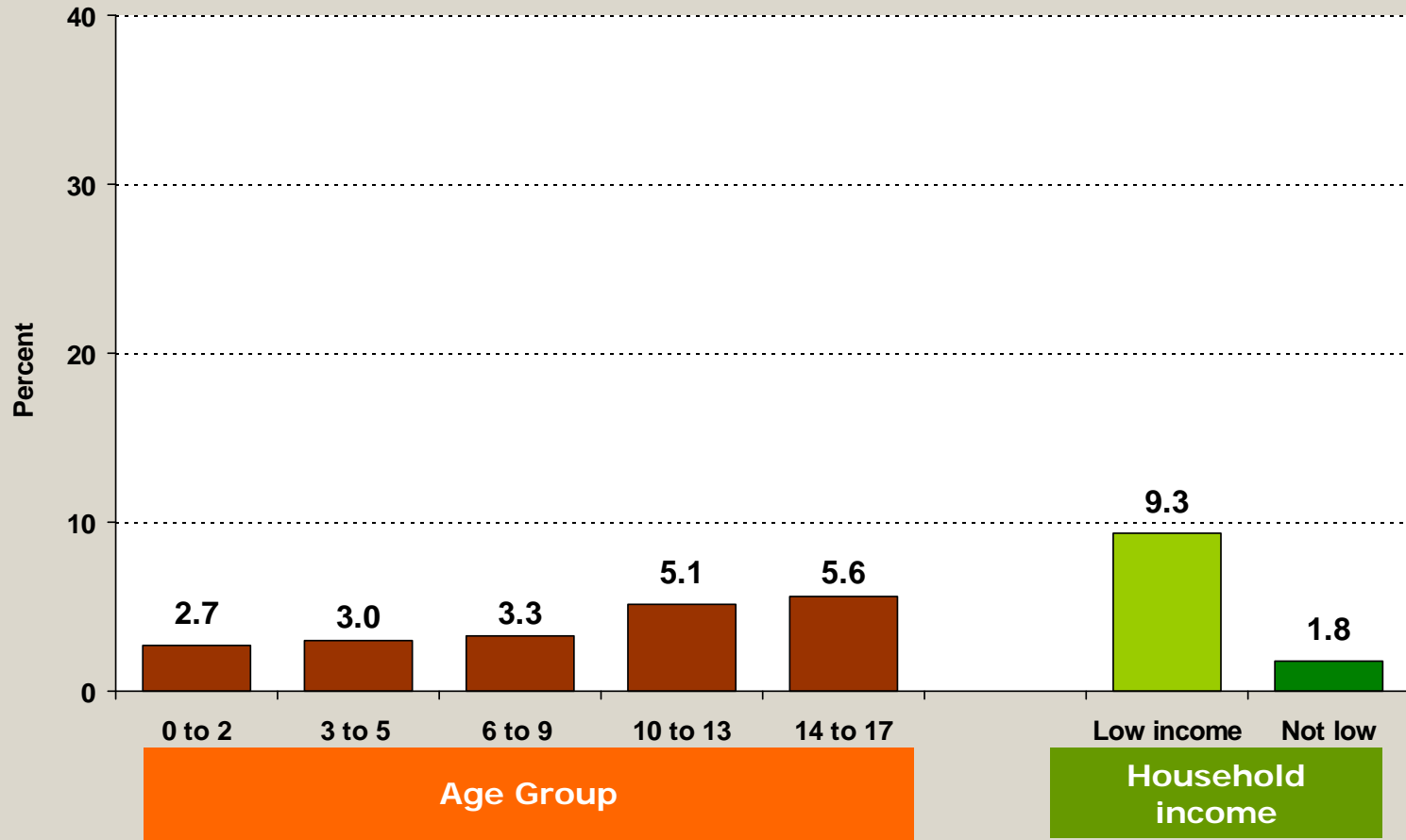
# Percent of parents reporting that adults regularly smoke when the child is present by child's age and household income

## Hennepin County Children 2010



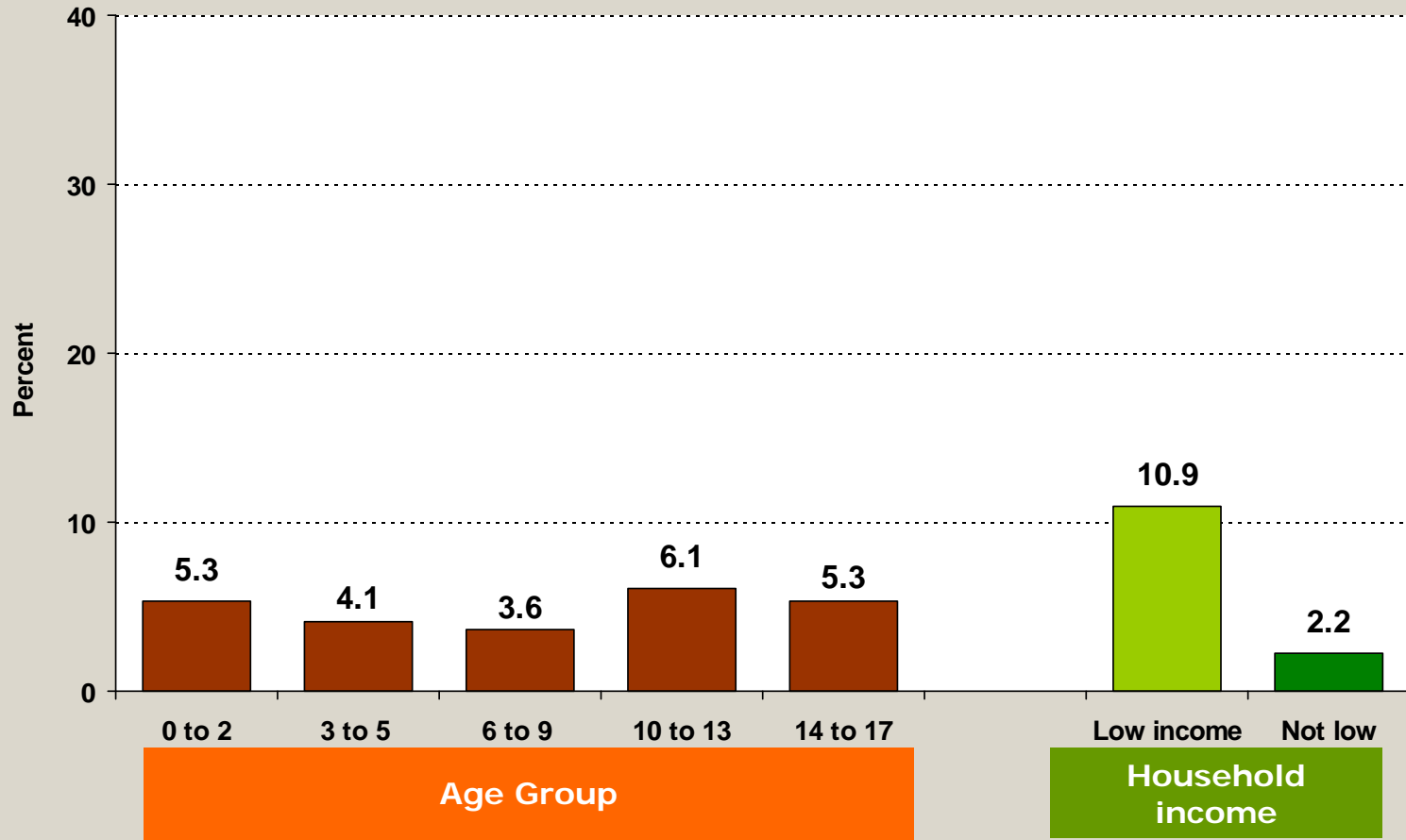
\*Statistically significant differences were noted for household income groups.

# Percent of parents reporting that someone regularly smokes while riding in the car w/child by child's age and household income Hennepin County Children 2010



\*Statistically significant differences were noted for household income groups.

# Percent of parents reporting that the child regularly visits places where other adults smoke by child's age and household income Hennepin County Children 2010

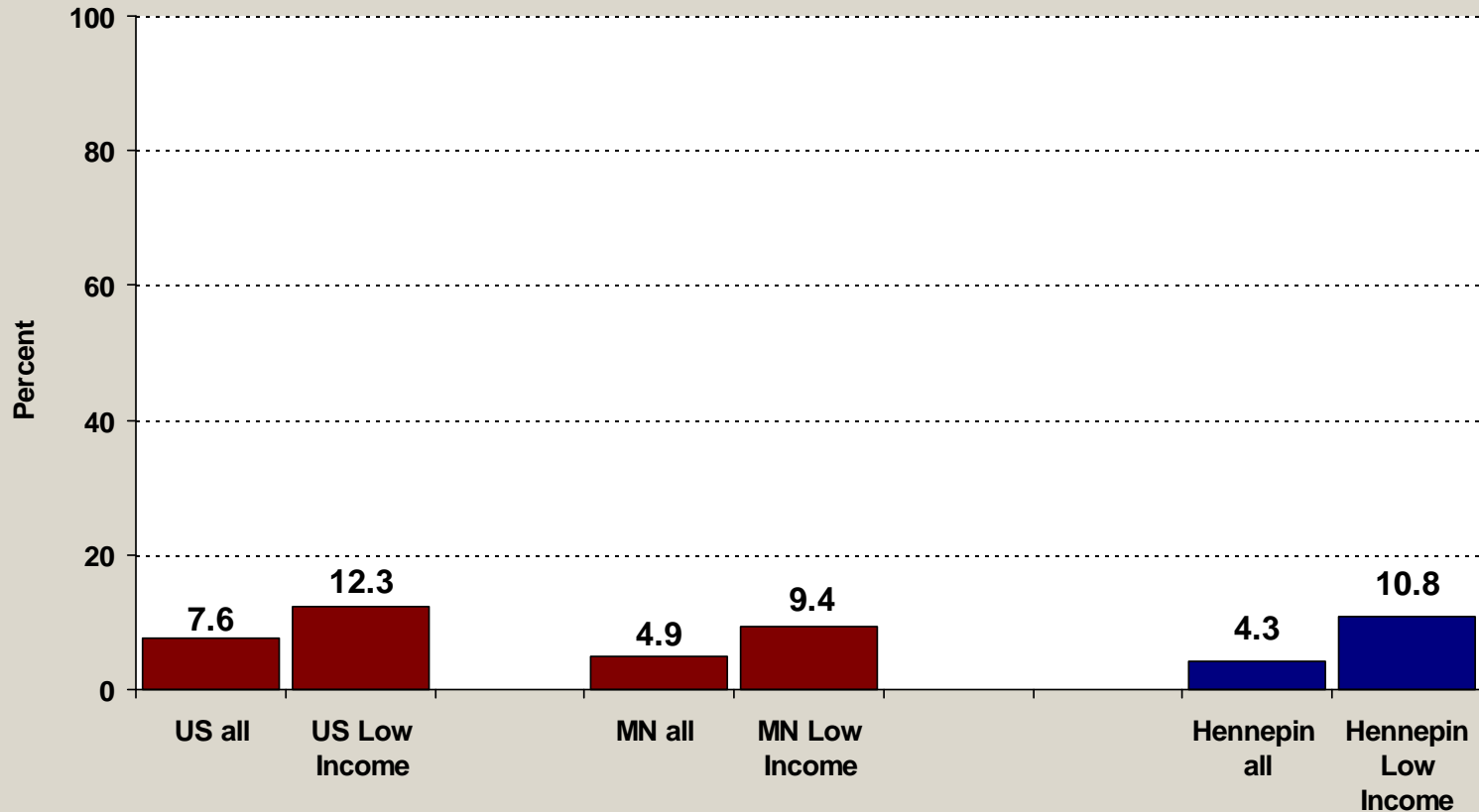


\*Statistically significant differences were noted for household income groups.



# Percent child exposed to tobacco smoke at home Low Income Statewide and National Comparisons

Hennepin County Children, 2010  
US & Minnesota Children, 2007



National Children's Health Survey  
Age 0 to 17

SHAPE Child Survey  
Age 0 to 17



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# Community Amenities

## *SHAPE 2010 – Child Survey: Key findings*

### □ Use of common community amenities

Common community amenities include:

- Walking trails, bike paths or sidewalks
- Parks or playgrounds
- Library or bookmobile
- Beach, swimming pool or water park
- Community center, YMCA, Boys' or Girls' Clubs
- Skating rink, roller rink or skate board park

## *SHAPE 2010 – Child Survey: Key findings*

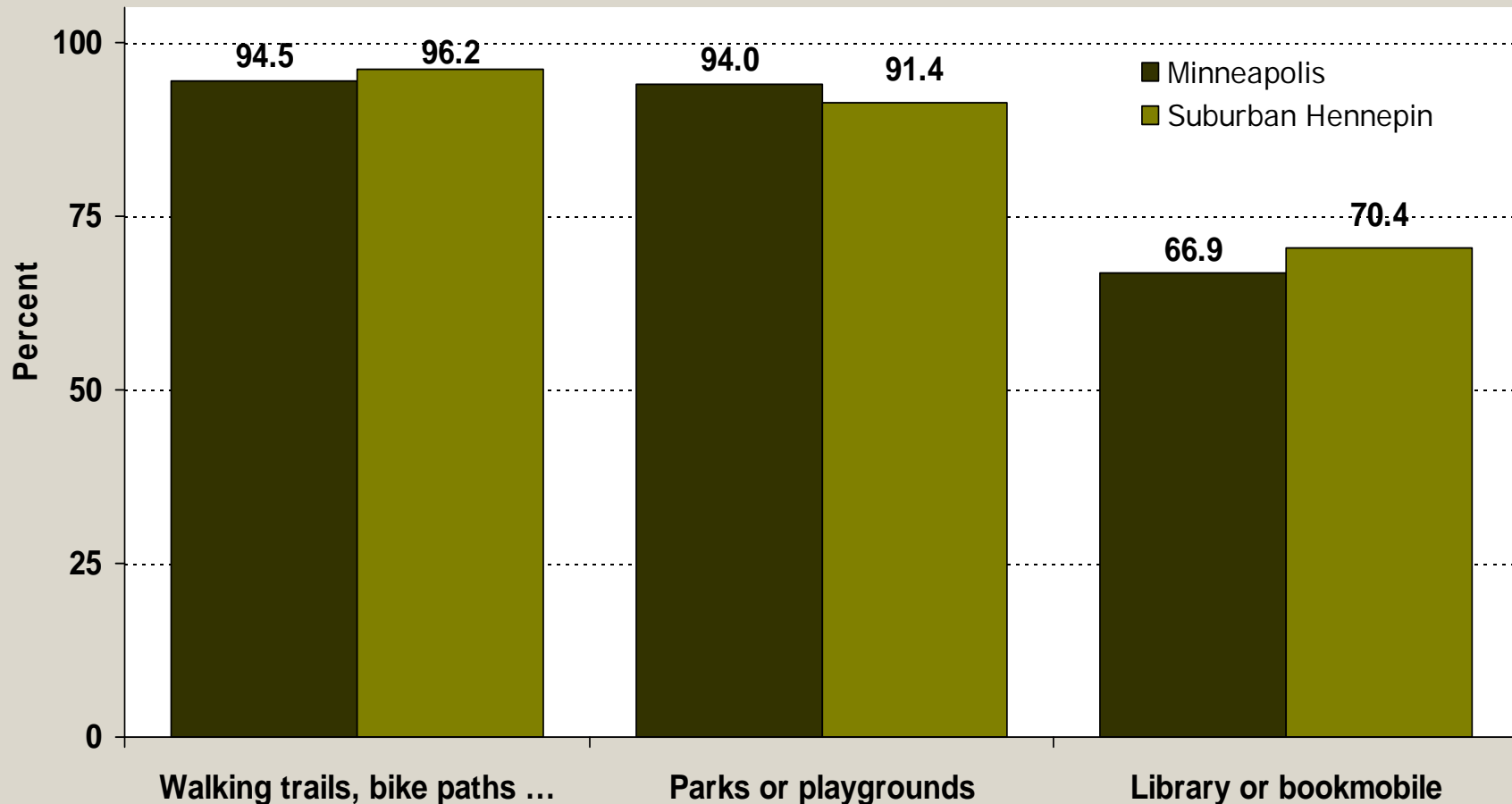
### □ **No significant urban vs suburban differences detected in use of common amenities**

Four of six common community amenities were used monthly by most children across Hennepin County.

As would be expected, seasonal use of beaches and swimming pools was strong, and use of skating facilities was varied.

# Percent using the community amenity at least once in past month by location of residence

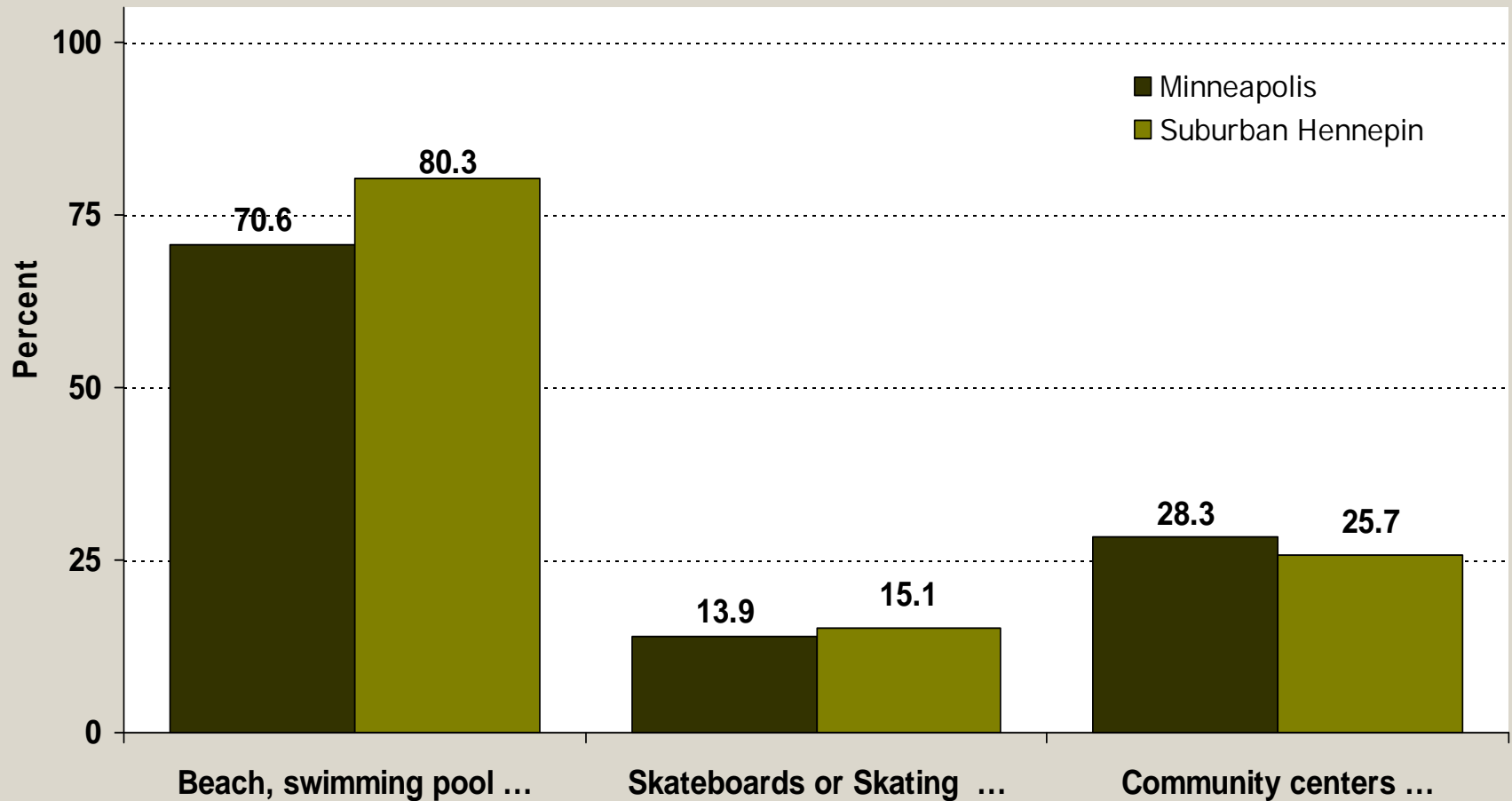
Hennepin County Children 2010



\*No statistically significant differences were noted between groups based on the location of residence (urban vs suburban).

# Percent using the community amenity at least once in past month by location of residence

## Hennepin County Children 2010



\*No statistically significant differences were noted between groups based on the location of residence (urban vs suburban).

## *SHAPE 2010 – Child Survey: Key findings*

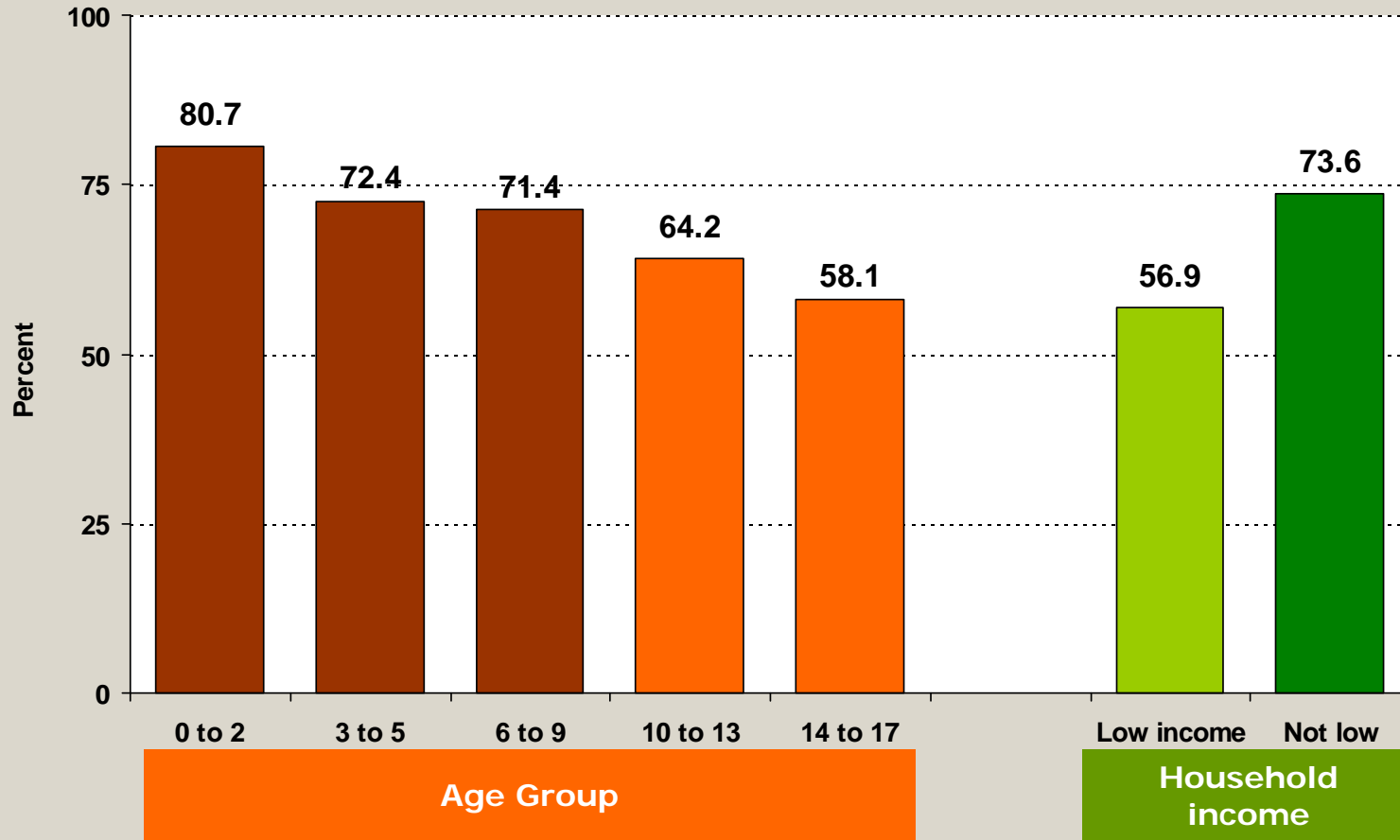
### □ **Regular use of community amenities differs by age and household income level**

“Regular use” of an amenity was defined as *four or more times in the past month*.

For small children, “use” could include walking with them in a stroller, taking them for a bike ride, or bringing them to a playground, park, library, pool or community center.

# Percent using walking trails, bike paths or sidewalks, four or more times in past month by age and household income

## Hennepin County Children 2010

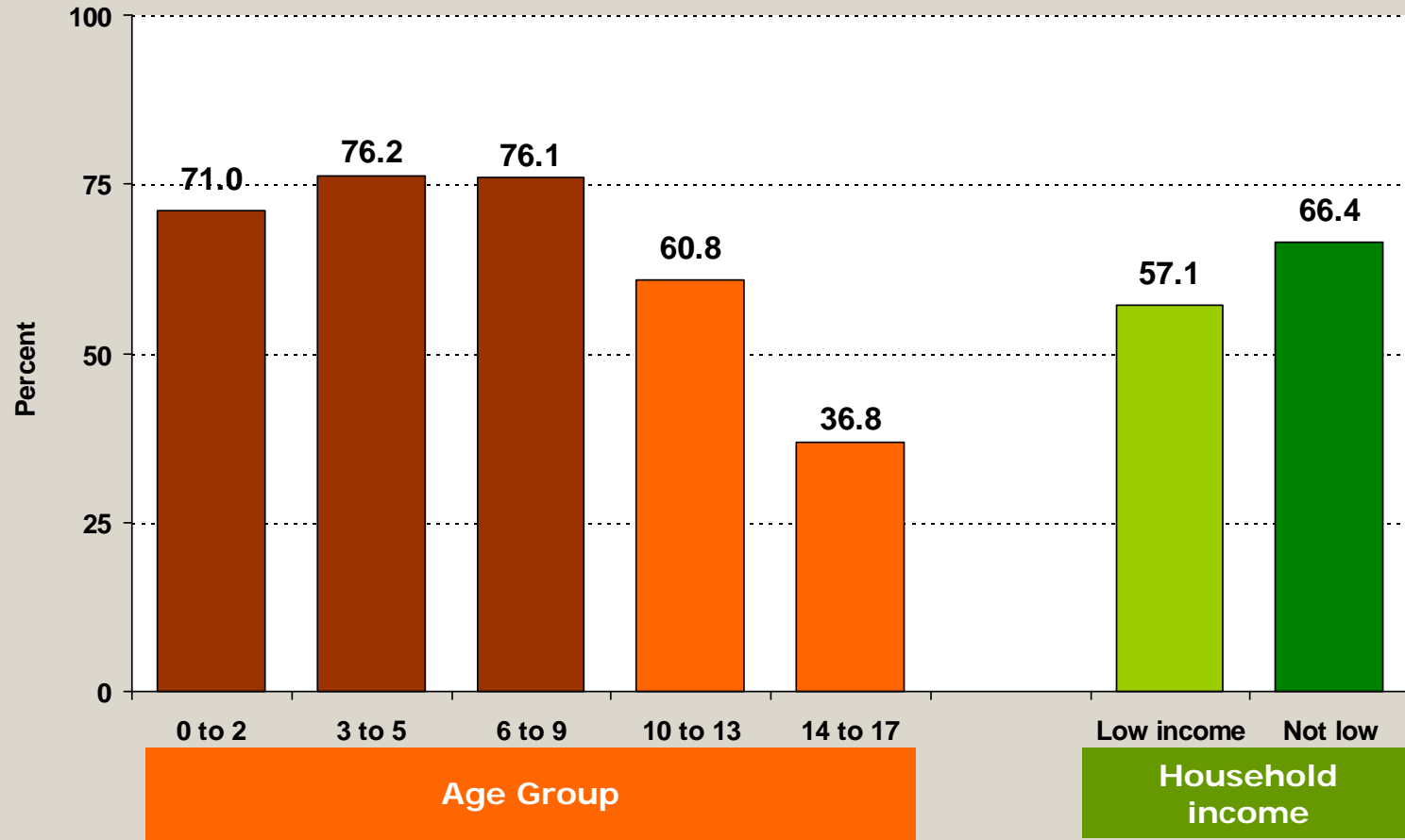


\*Statistically significant differences were noted among age groups and for household income groups.



# Percent using parks or playground areas four or more times in past month by age and household income

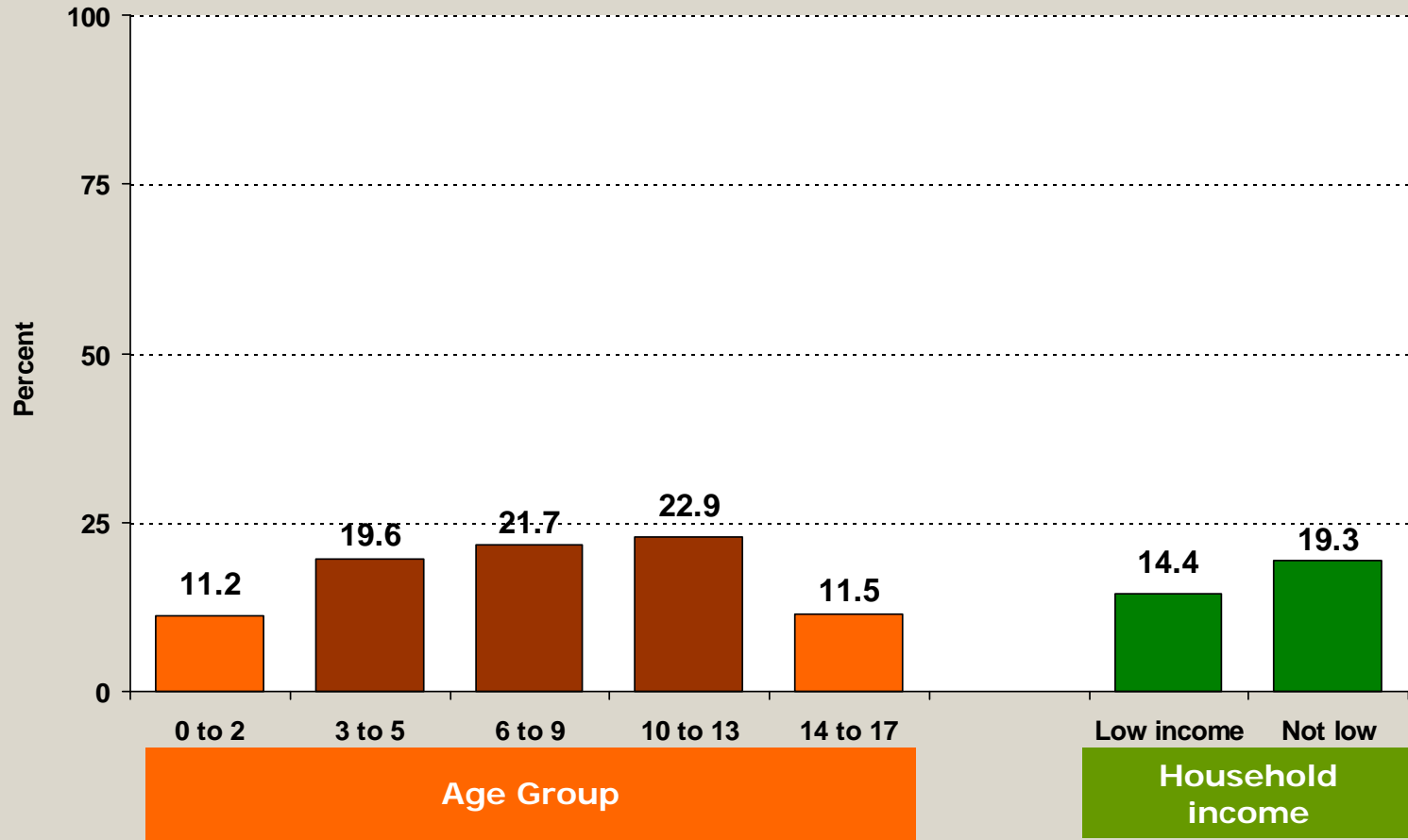
## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups and for household income groups.

# Percent using a library or bookmobile four or more times in past month by age and household income

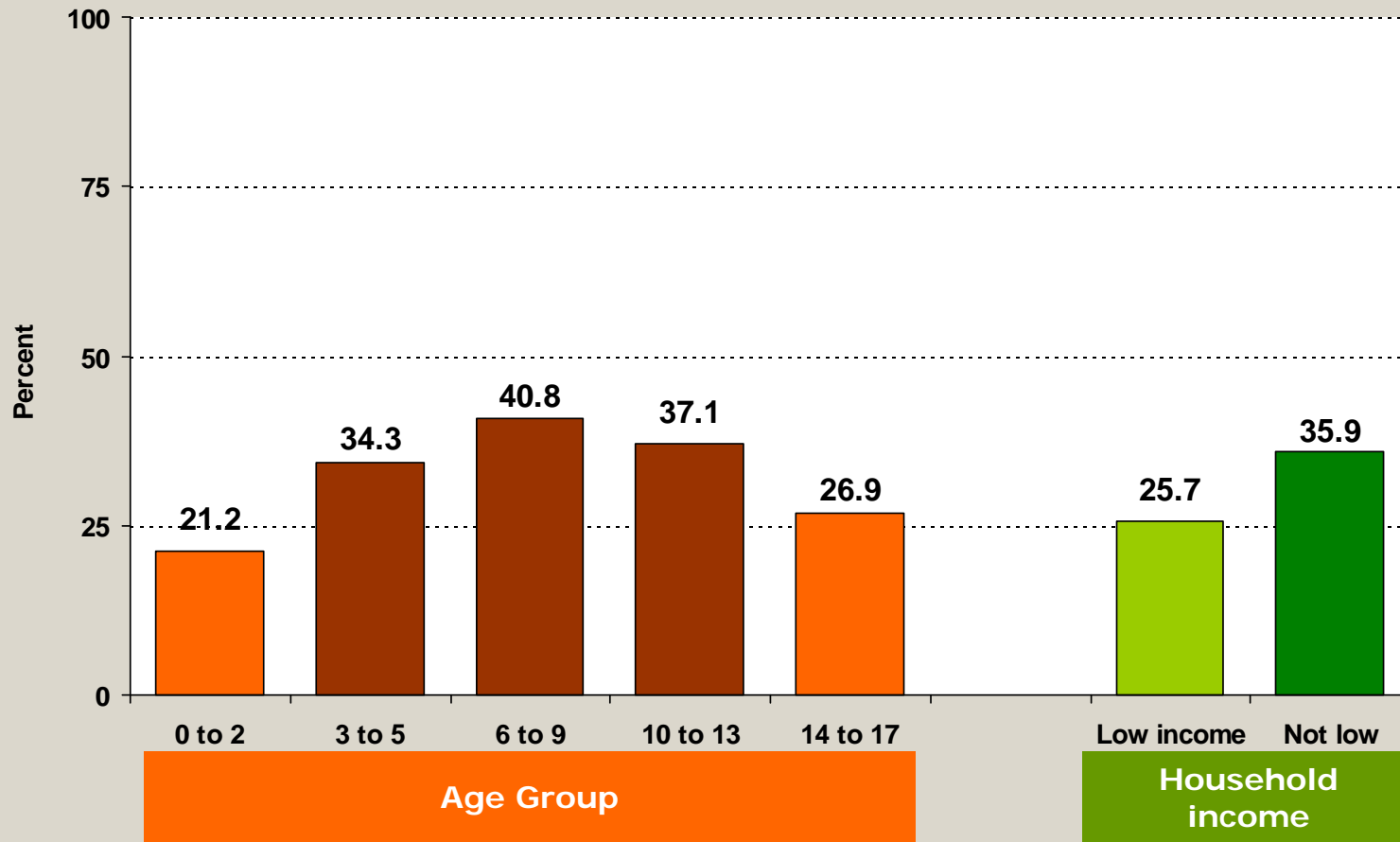
## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups and but not for household income groups.

# Percent using a beach, swimming pool or water park four or more times in past month by age and household income

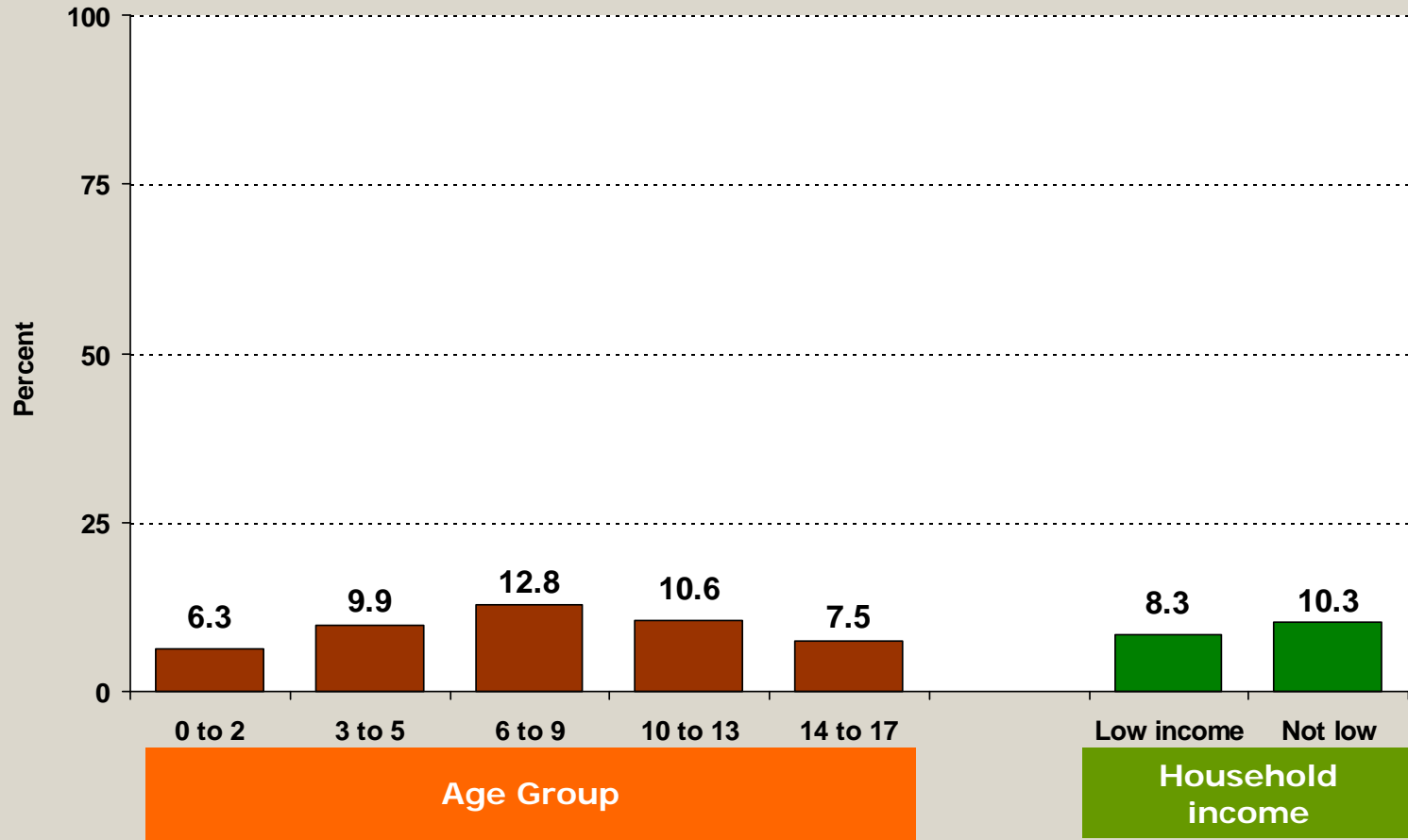
## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups and for household income groups.

# Percent using a Community center, YMCA, Boys' or Girls' Club four or more times in past month by age and household income

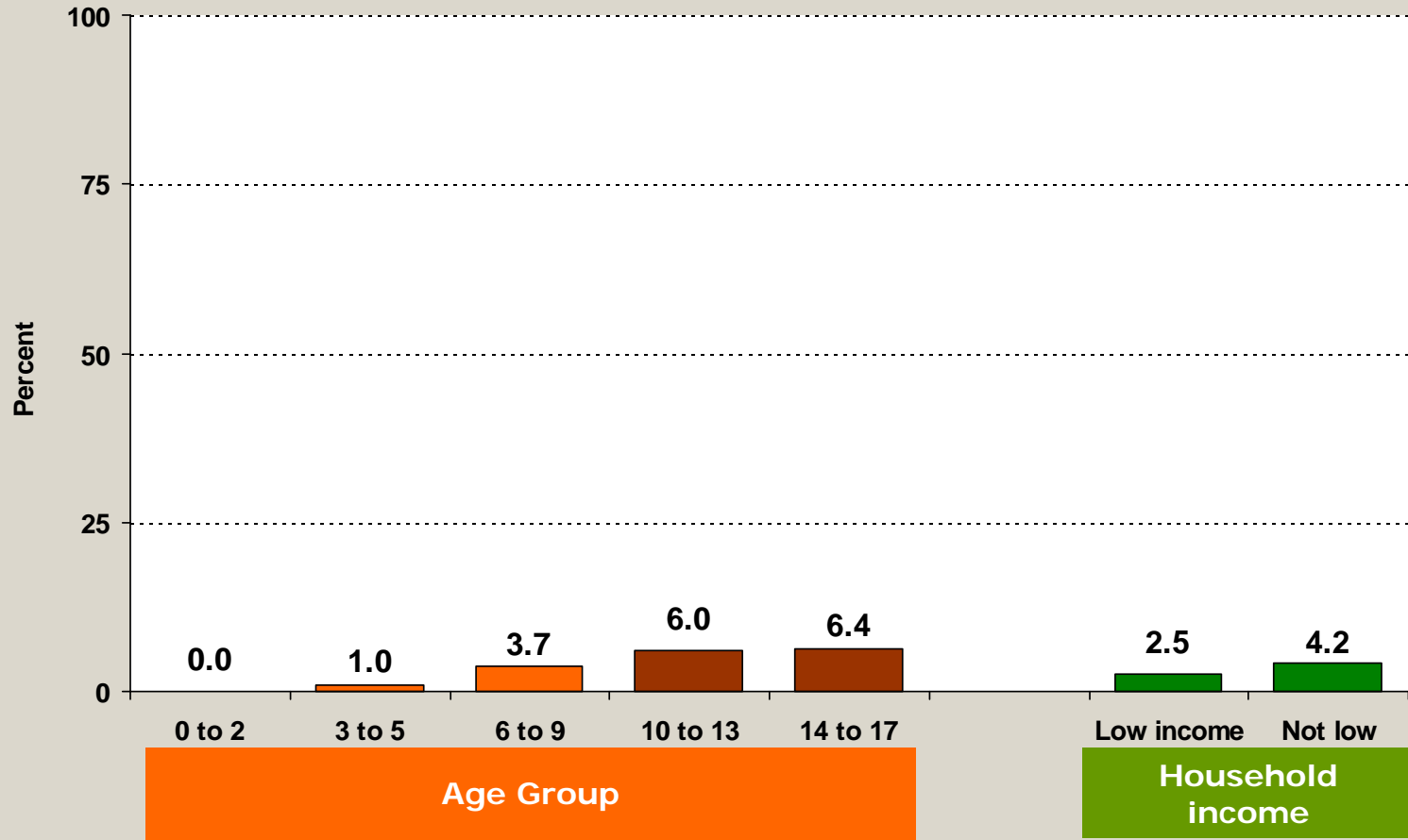
## Hennepin County Children 2010



\*No statistically significant differences were noted among age groups or for household income groups.

# Percent using a skating rink, roller rink or skateboard park four or more times in past month by age and household income

## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups, but not for household income groups.



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# Family Connectedness and Communication

## *SHAPE 2010 – Child Survey: Key findings*

### □ **Family connectedness and health – mealtimes matter**

Several recent studies have found important links between “family connectedness” and health outcomes for children including:

- the child is in “excellent” overall health
- the child is “happy” and has “positive self-worth”
- the child eats more nutritious foods daily
- significantly better results for children on asthma medications.

## *SHAPE 2010 – Child Survey: Key findings*

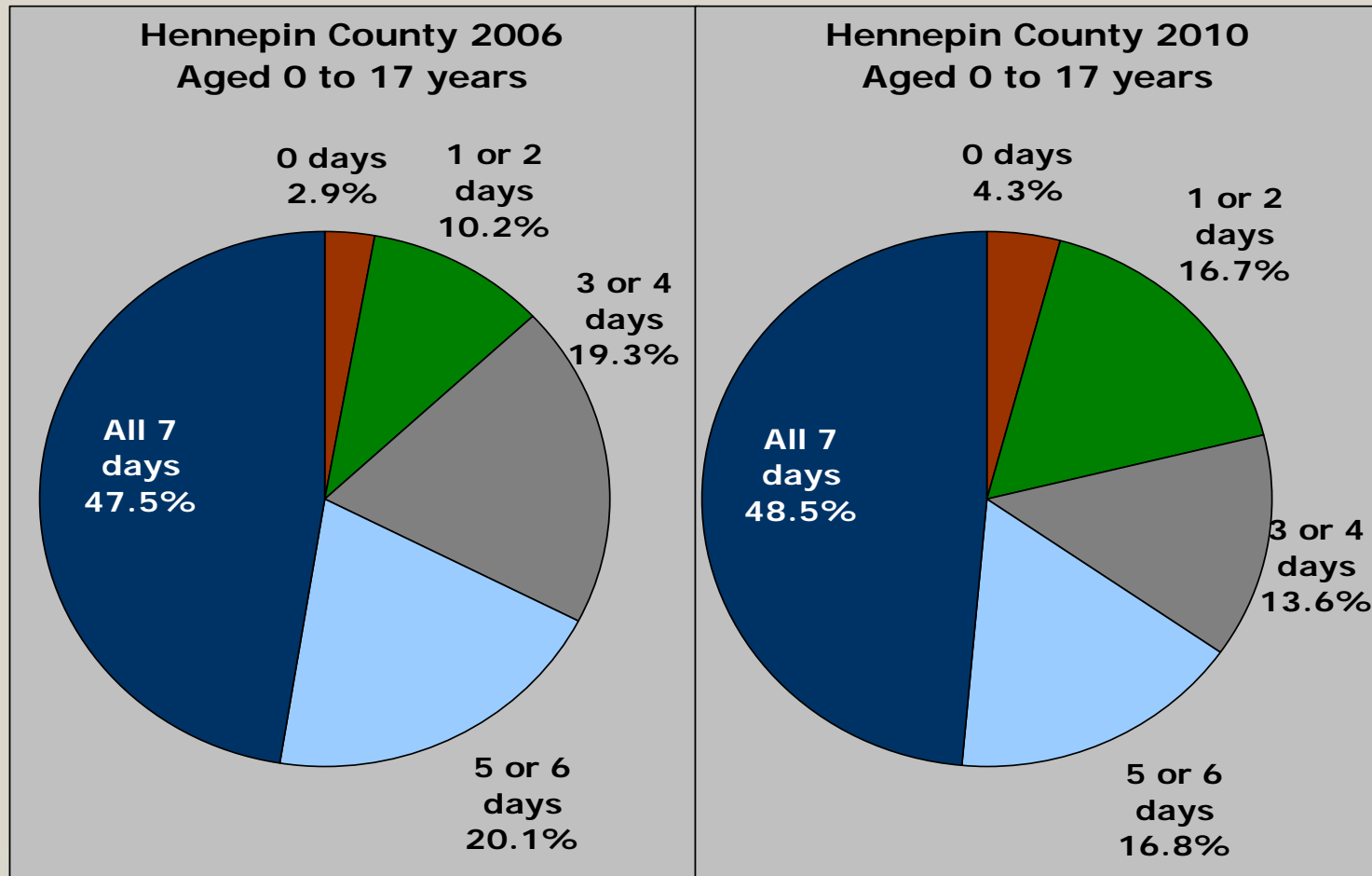
### □ **Family mealtimes together**

48.5% of Hennepin County children have at least one meal with their families on all 7 days per week.

This is similar to results found in the *SHAPE 2006 – Child Survey*.



# During the past week, on how many days did most or all of the family members who live in the household eat at least one meal together? 2006 vs 2010



## *SHAPE 2010 – Child Survey: Key findings*

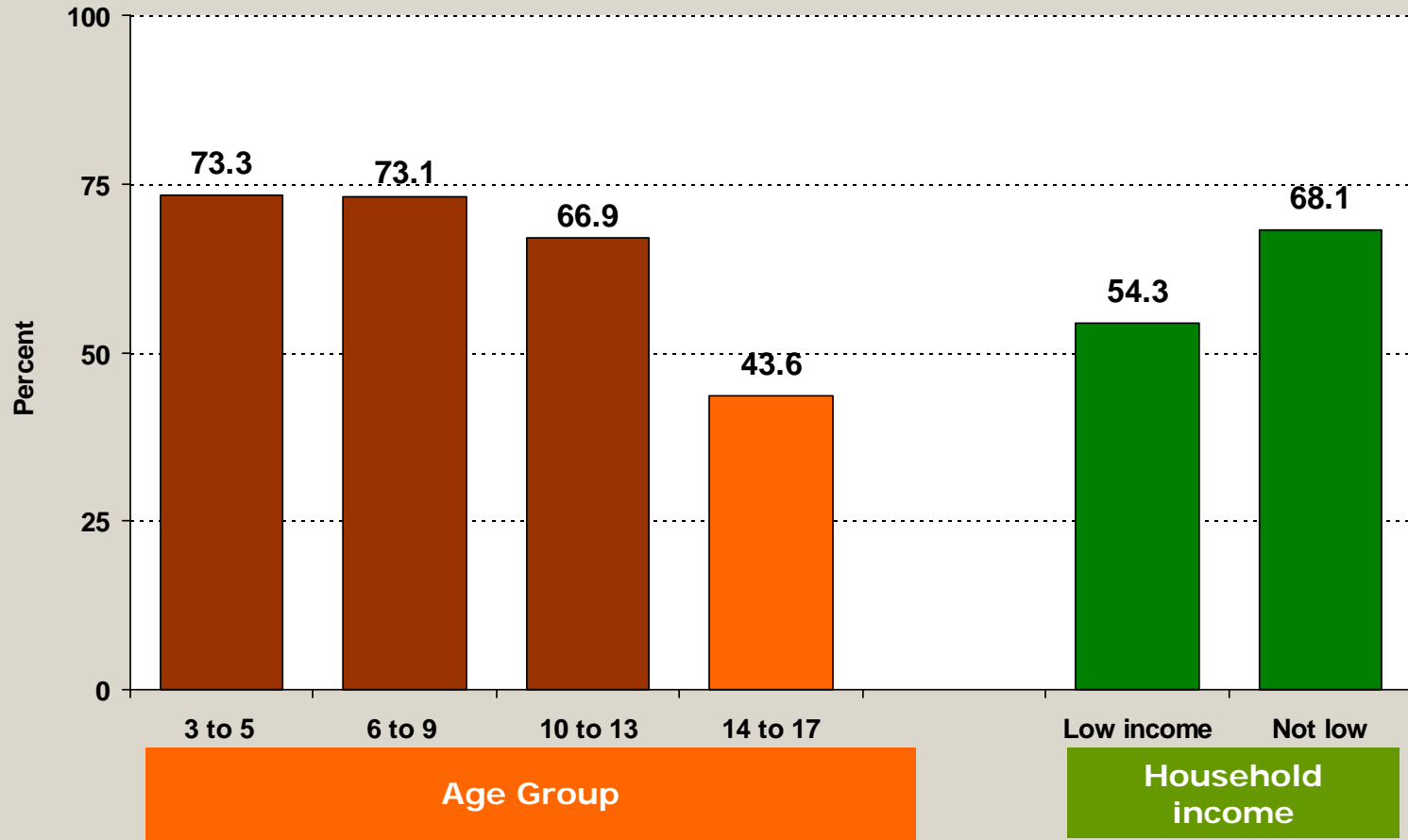
### □ **Family mealtimes together**

64% of all Hennepin County children share regular mealtimes with their families on *5 or more days* per week.

However, for adolescents aged 14 to 17, the rate is below half, 43.6%.

# Percent who had one or more meals with most family members *5 or more days* in past week by age and household income

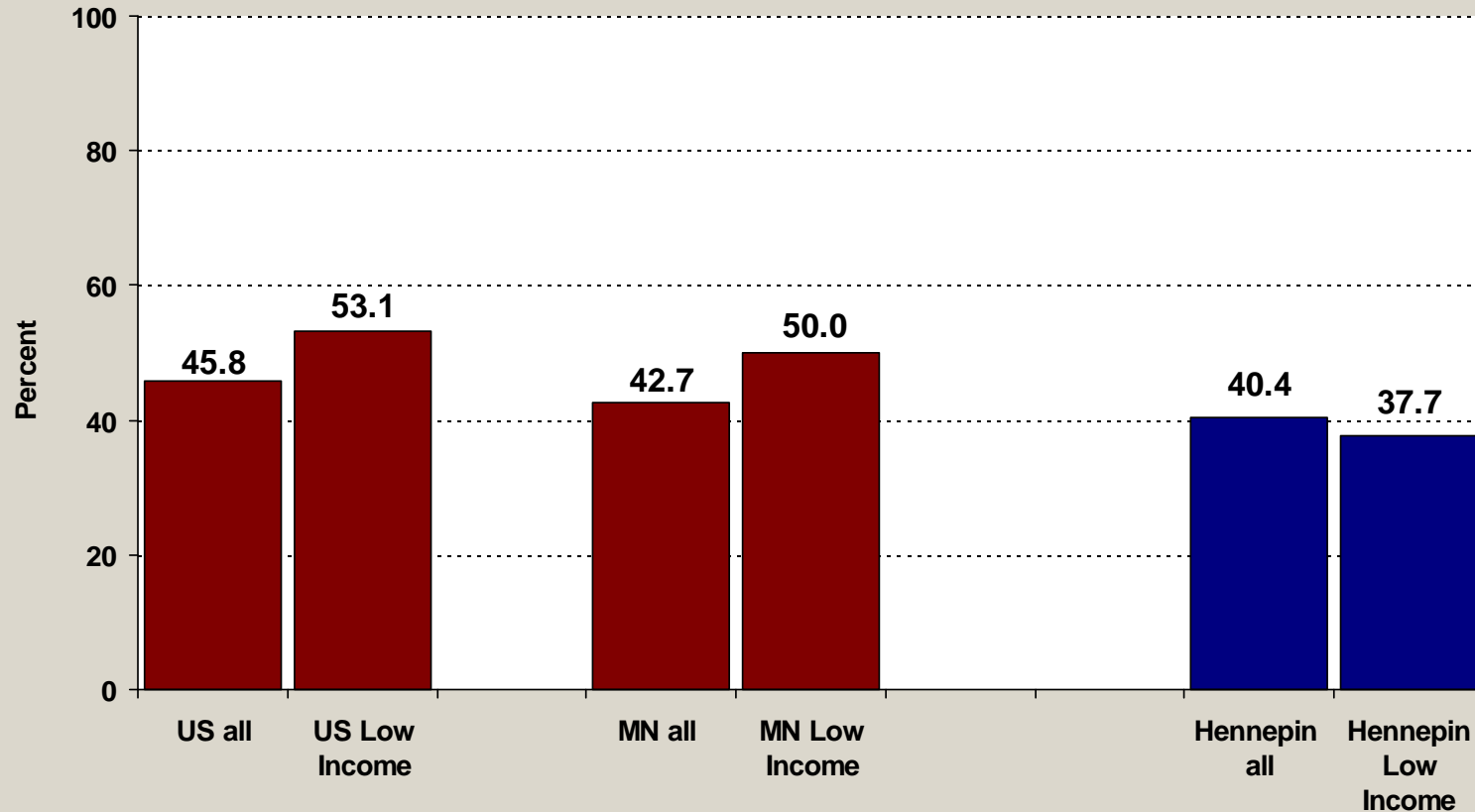
## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups.

# Percent who eat a meal together every day Low Income Statewide and National Comparisons

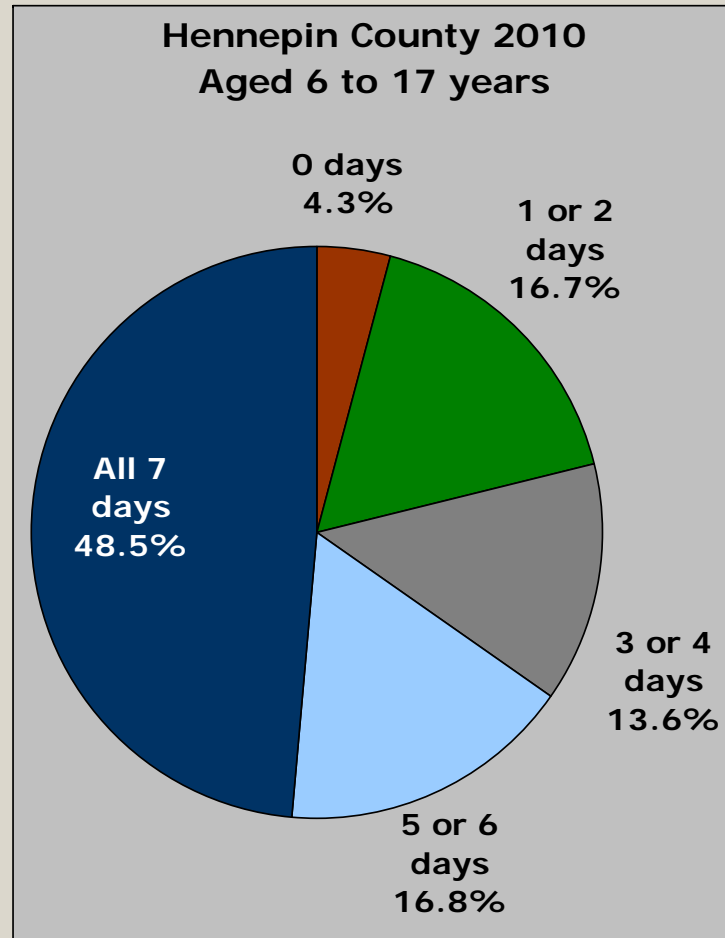
Hennepin County Children, 2010  
US & Minnesota Children, 2007



National Children's Health Survey  
Age 0 to 17

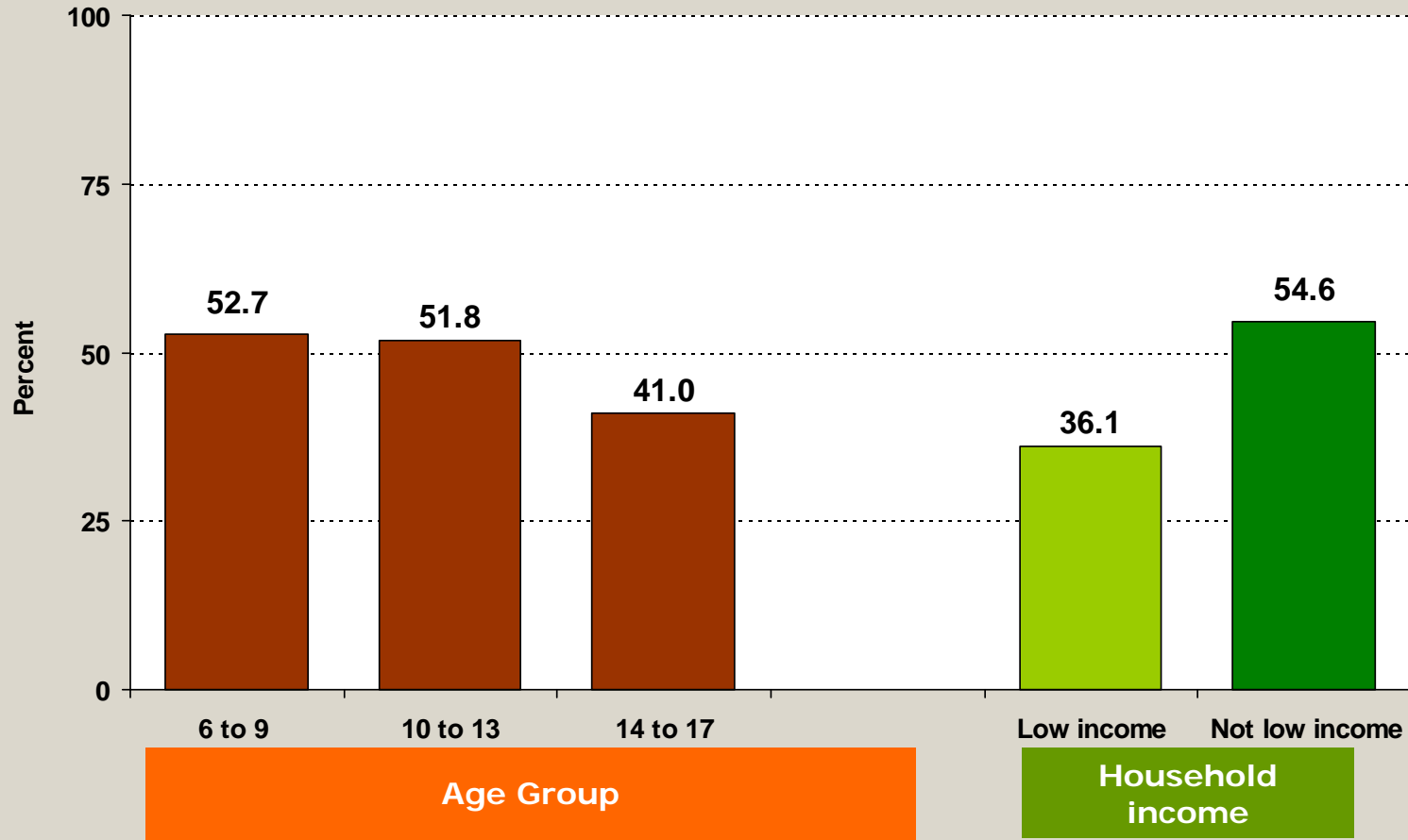
SHAPE Child Survey  
Age 0 to 17

# During the past week, how often did you talk to your child about his/her daily activities?



# Percent who talked to their child about his/her daily activities every day in the past week by age and household income

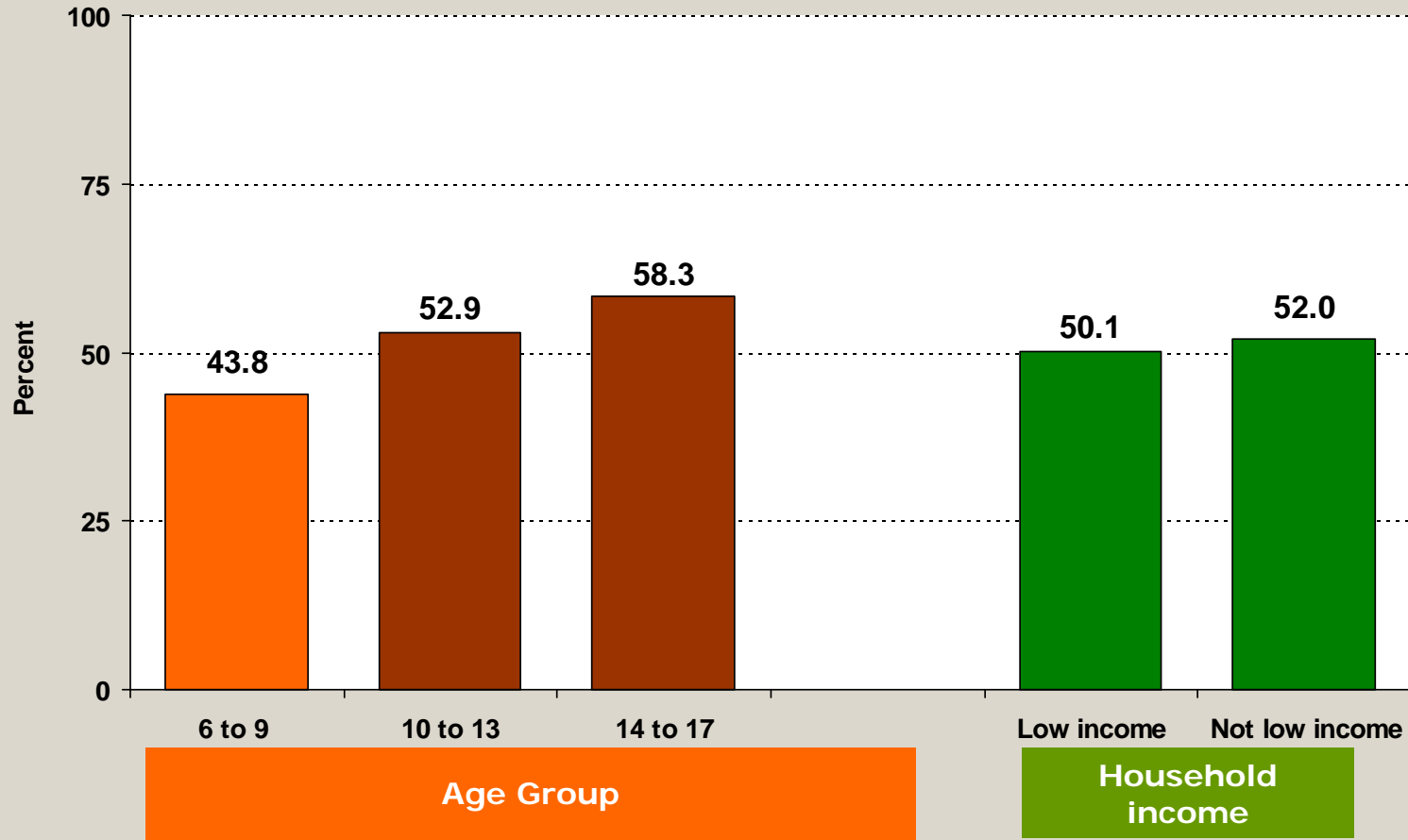
## Hennepin County Children 2010



\*Statistically significant differences were noted for income level groups, but not by age.

# Percent who talked to their child three or more times in the past year about smoking or using tobacco by age and household income

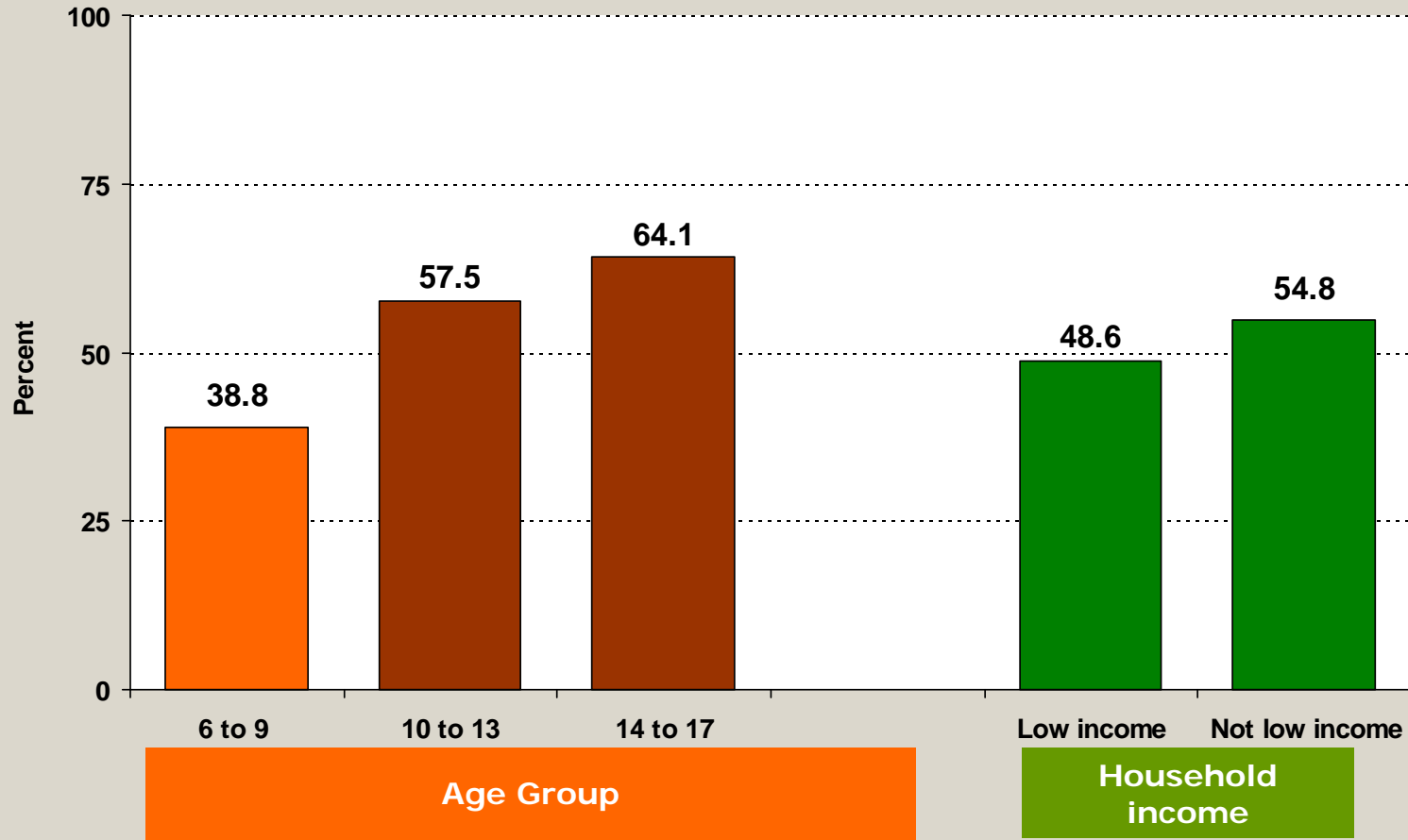
## Hennepin County Children 2010



\*Statistically significant differences were noted for age groups, but not for income levels.

# Percent who talked to their child three or more times in the past year about drinking or using alcohol by age and household income

Hennepin County Children 2010

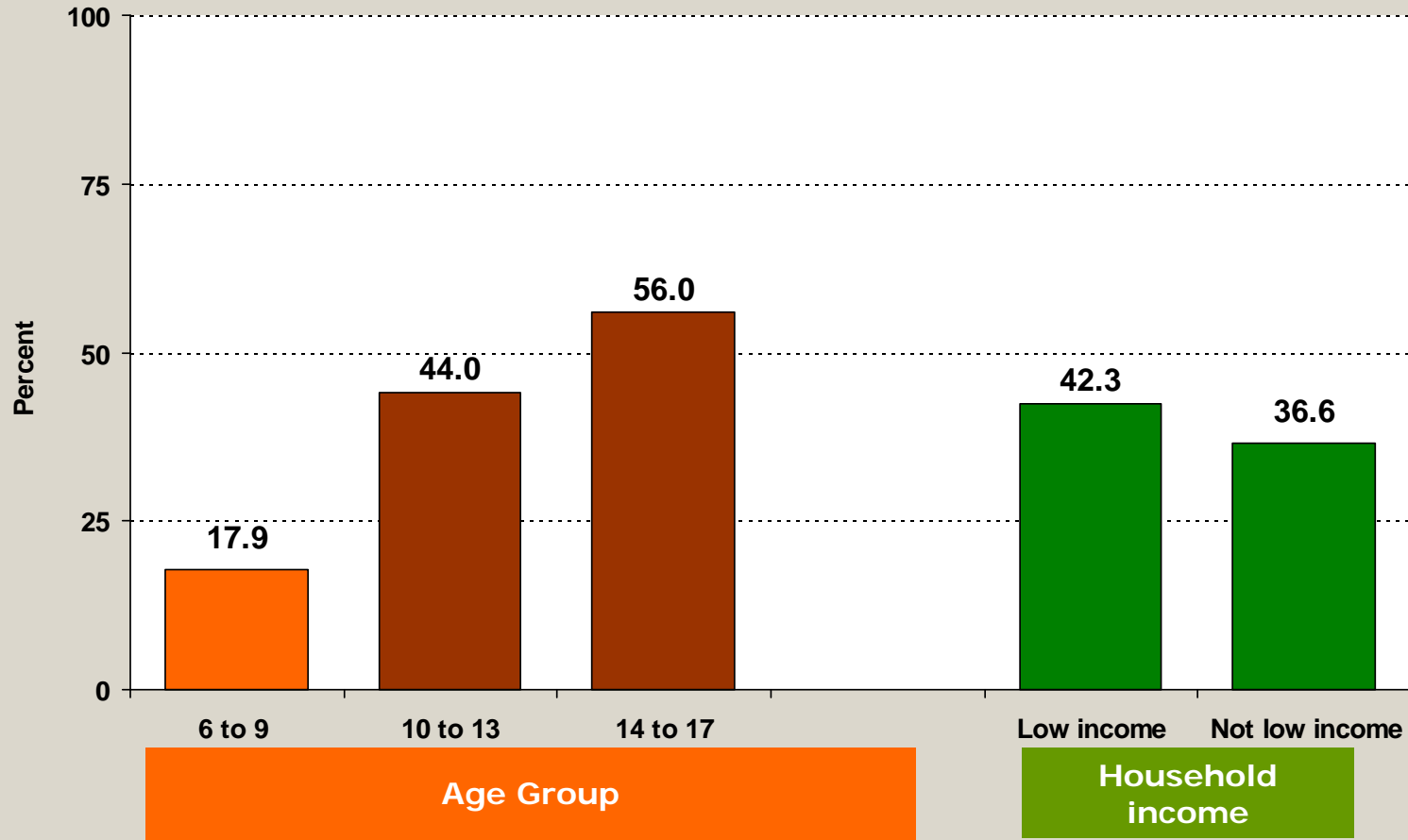


\*Statistically significant differences were noted for age groups, but not for income levels.



# Percent who talked to their child three or more times in the past year about using drugs by age and household income

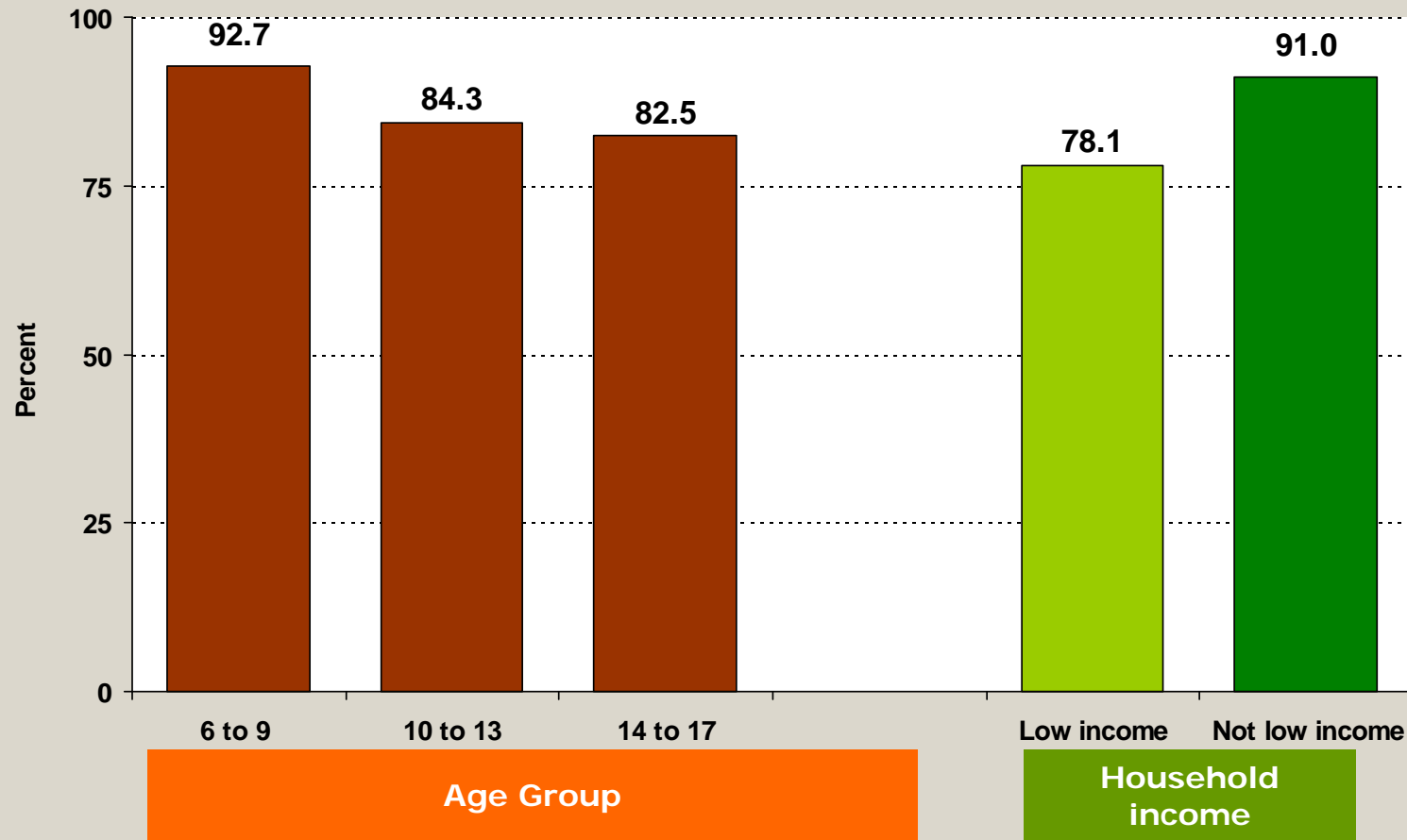
## Hennepin County Children 2010



\*Statistically significant differences were noted for age groups, but not for income levels.

# Percent who talked to their child three or more times in the past year about eating healthy foods by age and household income

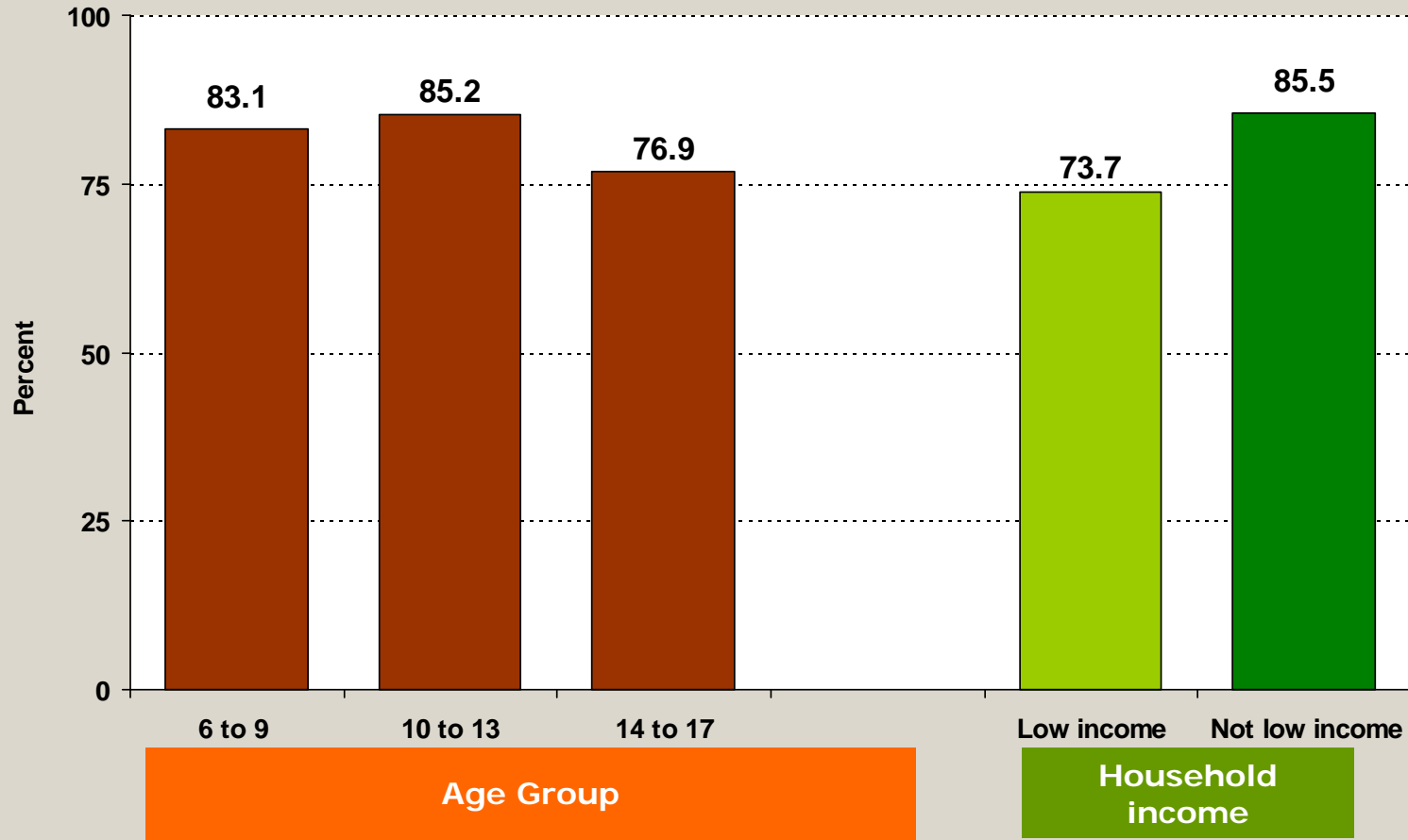
## Hennepin County Children 2010



\*Statistically significant differences were noted for income level groups, but not among age groups.

# Percent who talked to their child three or more times in the past year about getting regular exercise by age and household income

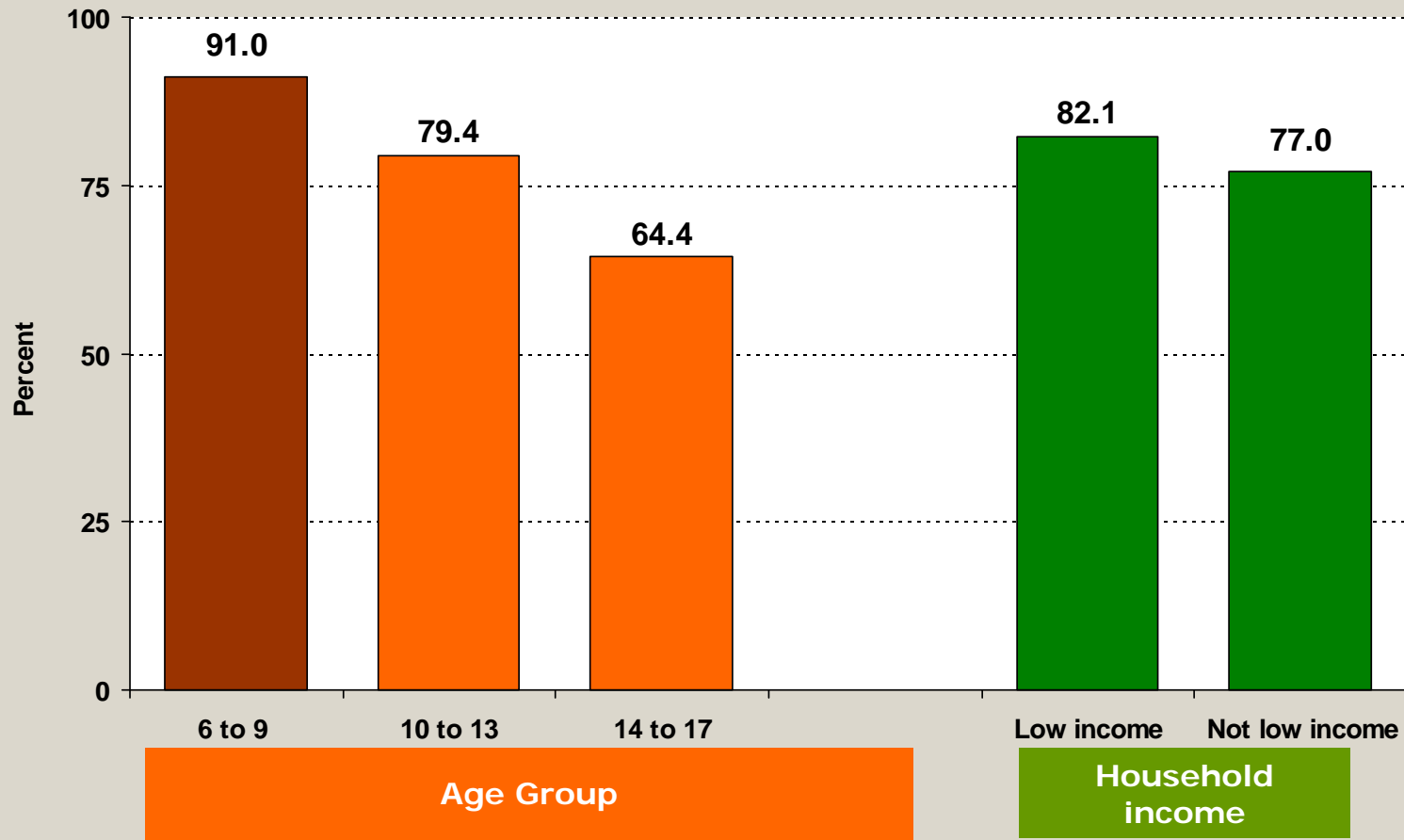
## Hennepin County Children 2010



\*Statistically significant differences were noted for income level groups, but not among age groups.

# Percent who talked to their child three or more times in the past year about wearing a seatbelt by age and household income

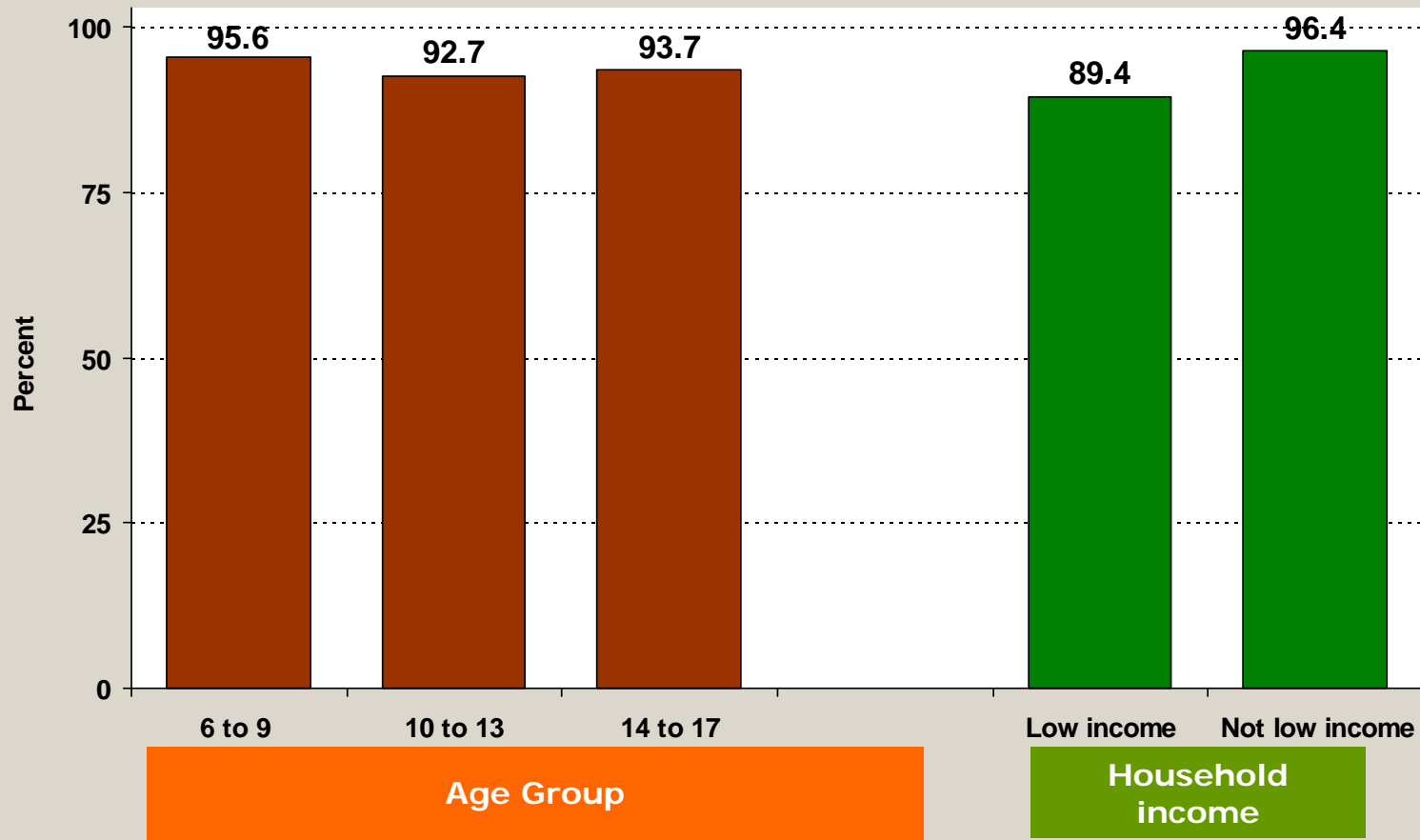
## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups, but not for income level groups.

# Percent who talked to their child three or more times in the past year about doing well at school by age and household income

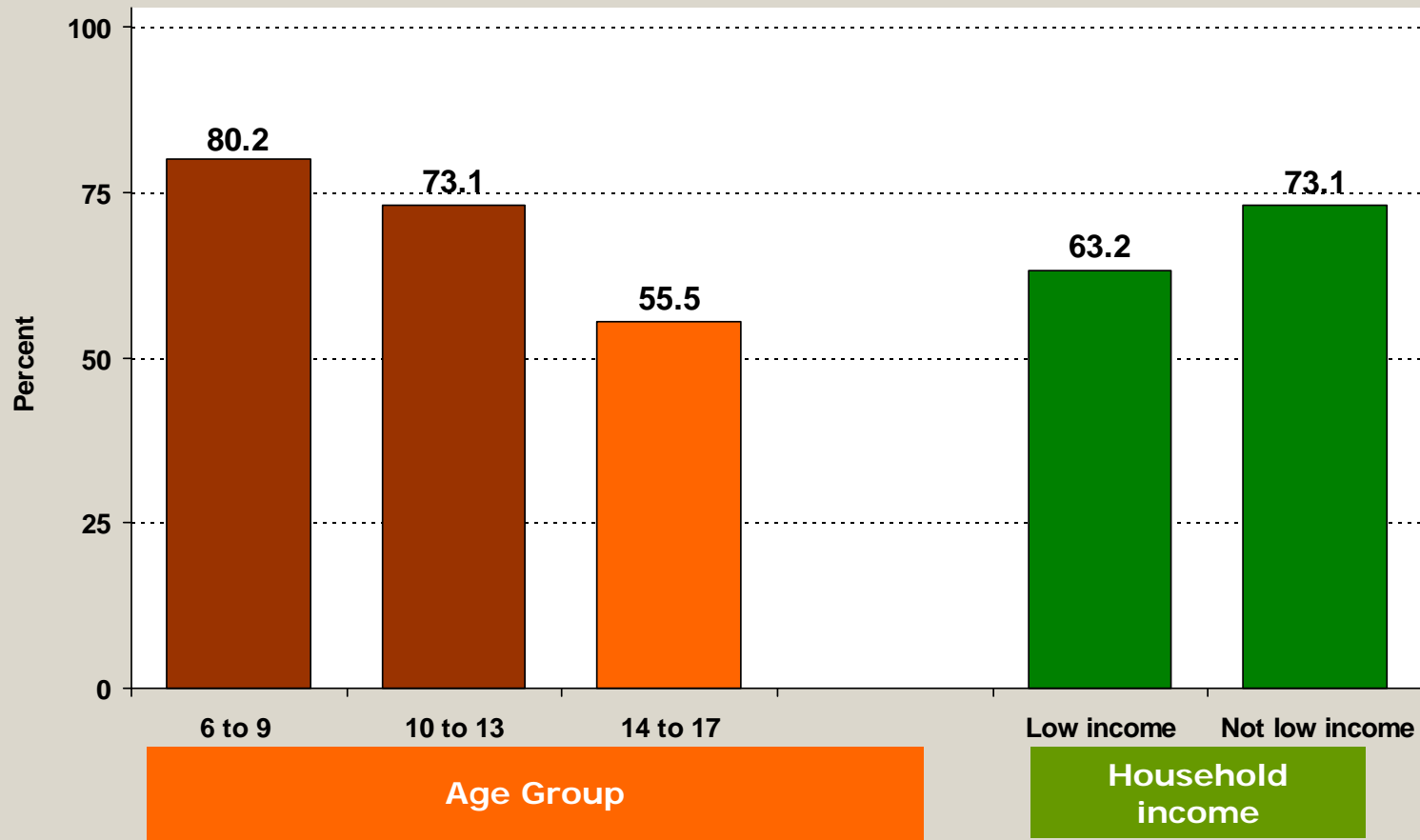
## Hennepin County Children 2010



\*No statistically significant differences were noted.

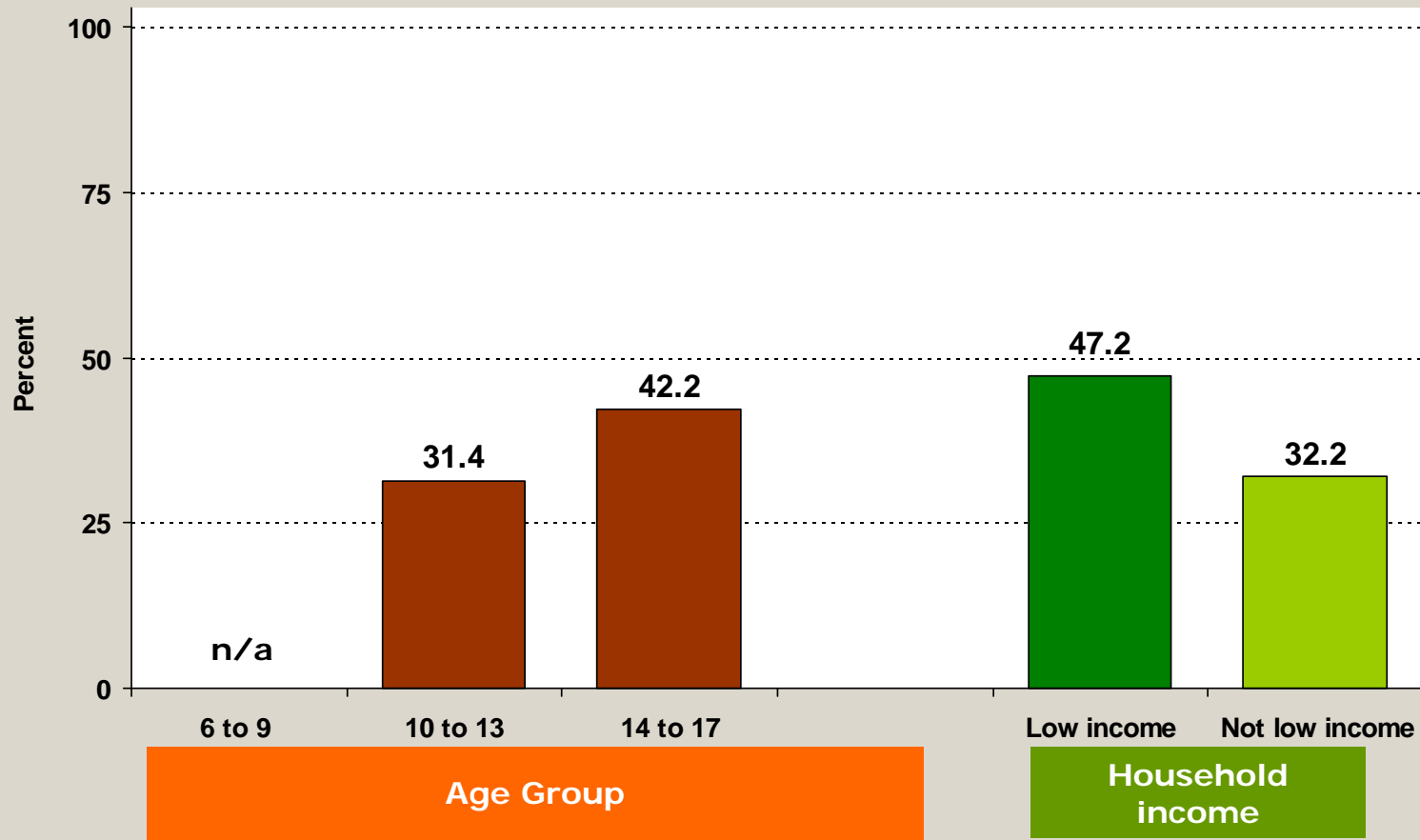
# Percent who talked to their child three or more times in the past year about being cruel or mean to others by age and household income

## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups, but not for income level groups.

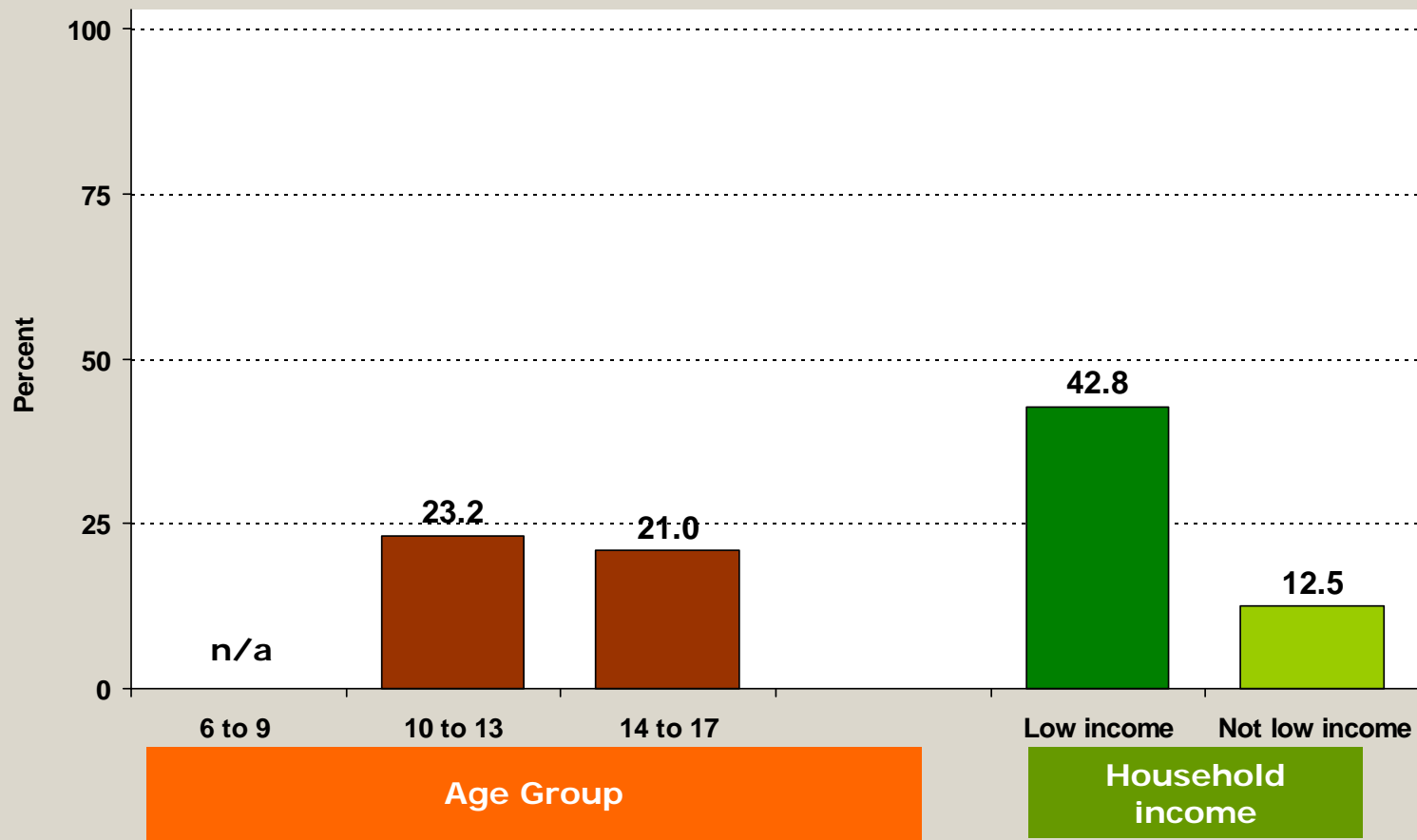
# Percent who talked to their child three or more times in the past year about sexual activity by age and household income Hennepin County Children 2010



\*Statistically significant differences were noted for income level groups, but not for age-based groups. This question was limited to children aged 10 and over.

# Percent who talked to their child three or more times in the past year about gang activity by age and household income

## Hennepin County Children 2010



\*Statistically significant differences were noted for income level groups, but not for age-based groups. This question was limited to children aged 10 and over.





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# Early Childhood and Pre-school Activities

## *SHAPE 2010 – Child Survey: Key findings*

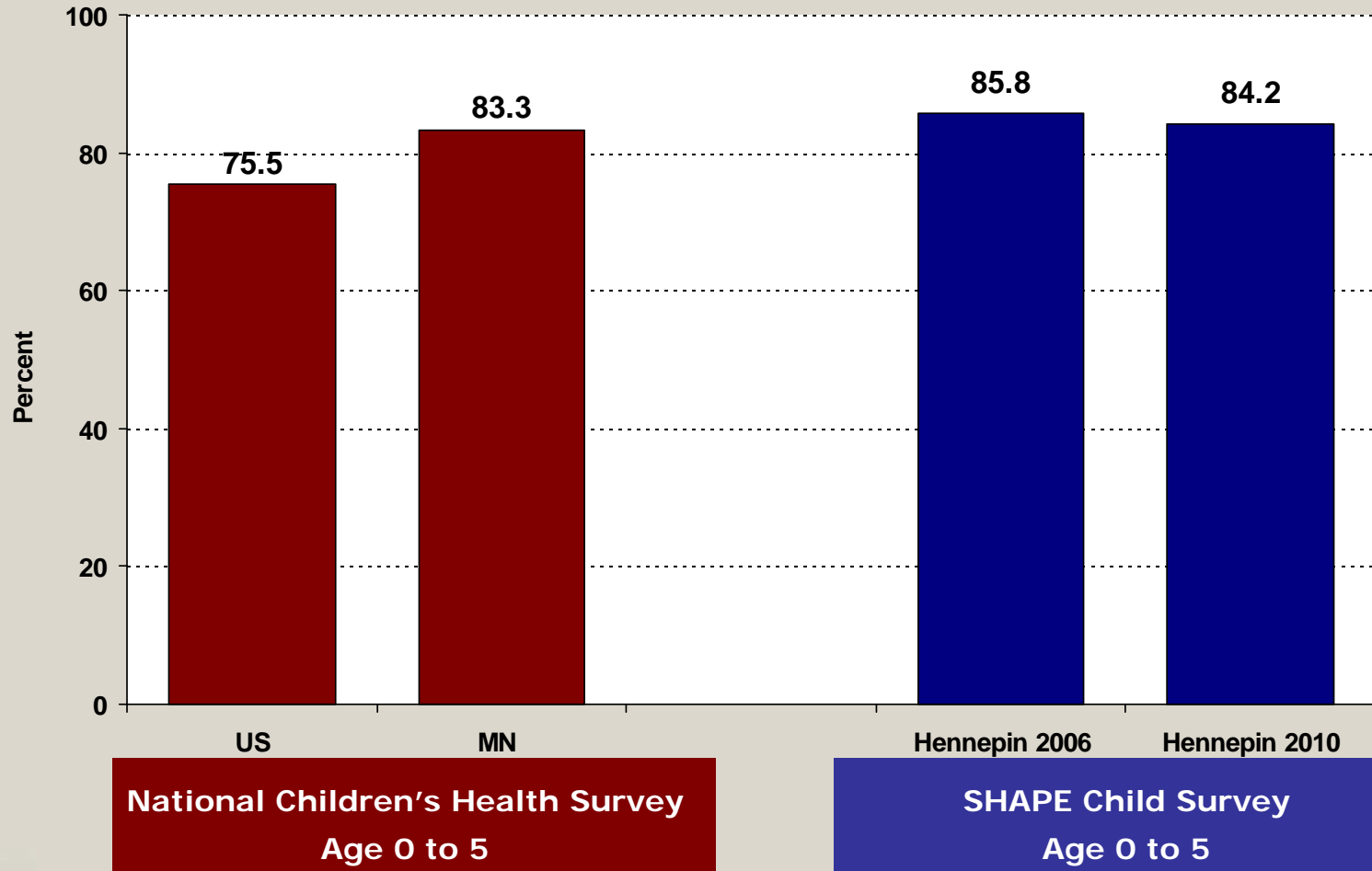
### □ **Healthy start – percent of infants receiving breast milk remains high in Hennepin County**

The overall rates for breastfeeding remain high in Hennepin County, at nearly 85 percent.

The rates for children age 0 to 5 who were ever breastfed or who received breast milk are higher than those reported for the state and nation as a whole.

# Percent who were ever breastfed Statewide and National Comparisons

Hennepin County Children, 2006 & 2010  
US & Minnesota Children, 2007



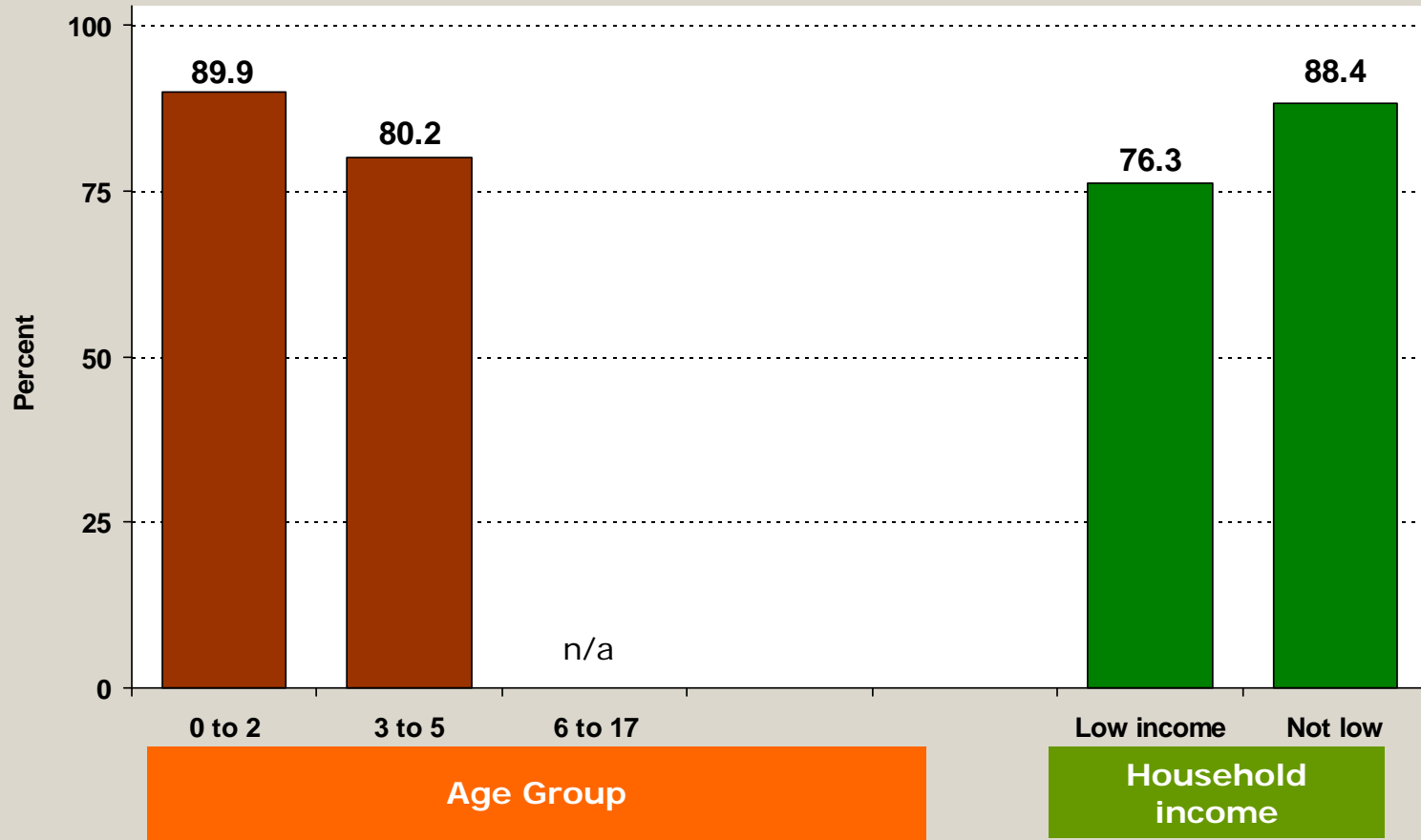
## *SHAPE 2010 – Child Survey: Key findings*

### □ **Healthy start – no differences in rates of ever being breastfed or receiving breast milk by income**

Although the rates appear to be lower for low income children, no significant differences in breastfeeding rates were detected for groups based on household income level.

# Percent who were ever breastfed or fed breast milk by age and household income

## Hennepin County Children 2010



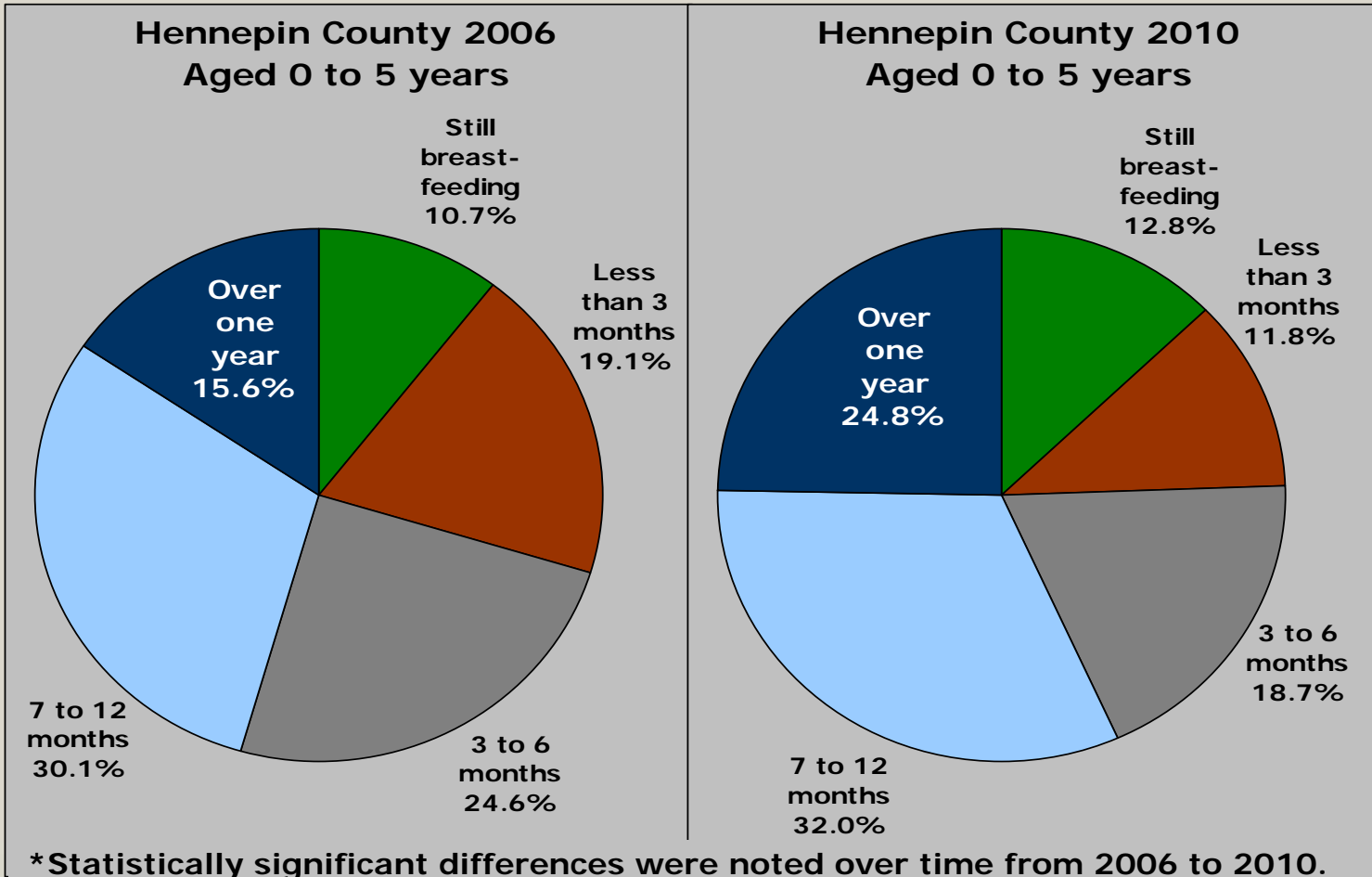
\*No statistically significant differences were noted for age or income level groups. This question was limited to children currently aged 0 to 5 years old.

## *SHAPE 2010 – Child Survey: Key findings*

### □ **Significant improvements in sustained breastfeeding rates were noted from 2006 to 2010**

Although the overall rates for breastfeeding have not changed significantly over time, the percentage of children who were reported to have been breastfed for at least one year before completely stopping is significantly higher. The rate rose from 15.6 percent in 2006 to 24.8 percent in 2010.

# Among those who were ever breastfed, how old was the child when he or she completely stopped breastfeeding? 2006 vs 2010



## *SHAPE 2010 – Child Survey: Key findings*

### □ **Child care arrangements**

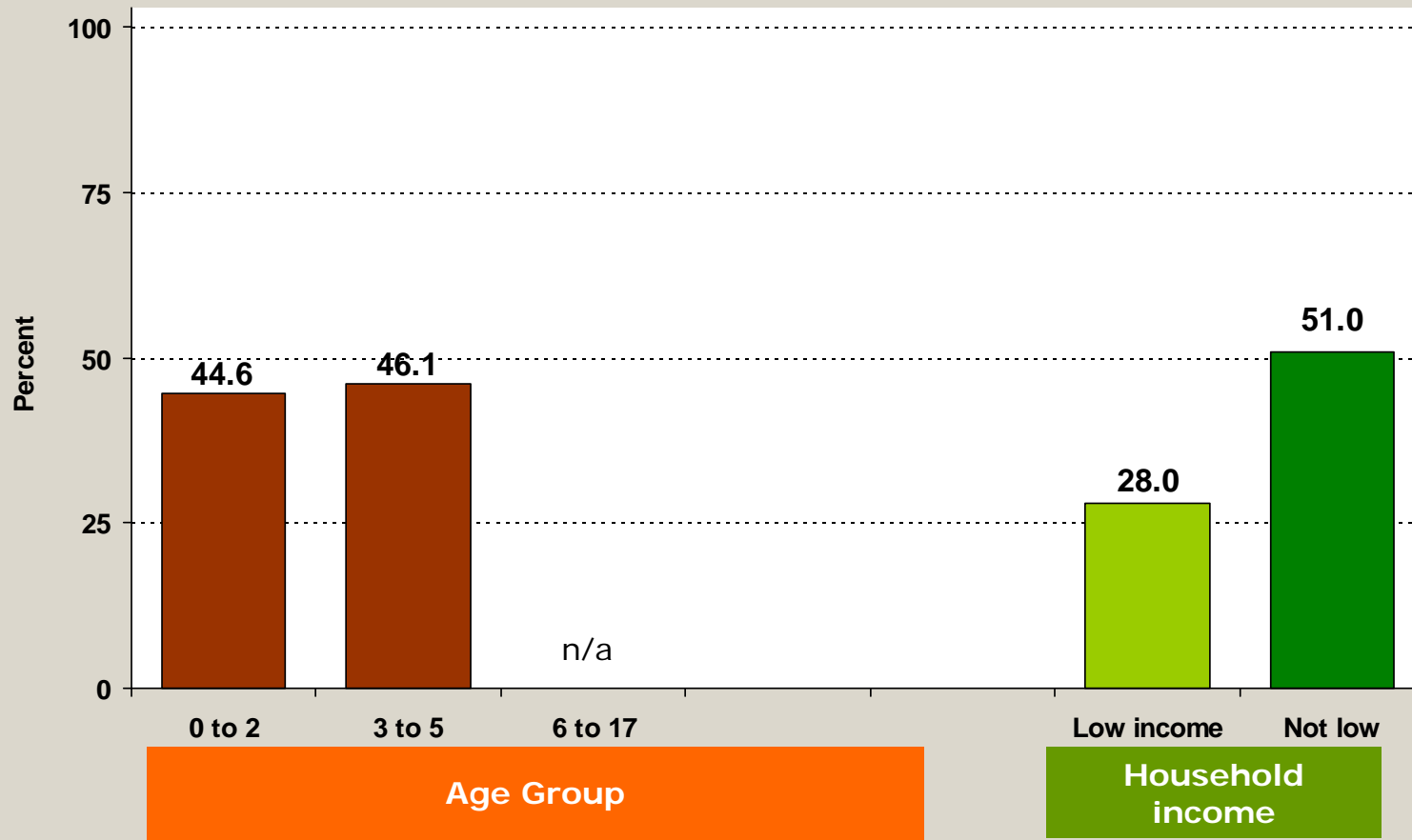
Overall, 45.4% of Hennepin County children aged 0 to 5 are currently receiving child care for at least 10 hours per week from someone other than their parents or other adult relatives.

Some statistically significant differences were noted in child care patterns based on household income level.



# Percent receiving child care for 10 or more hours per week by age and household income

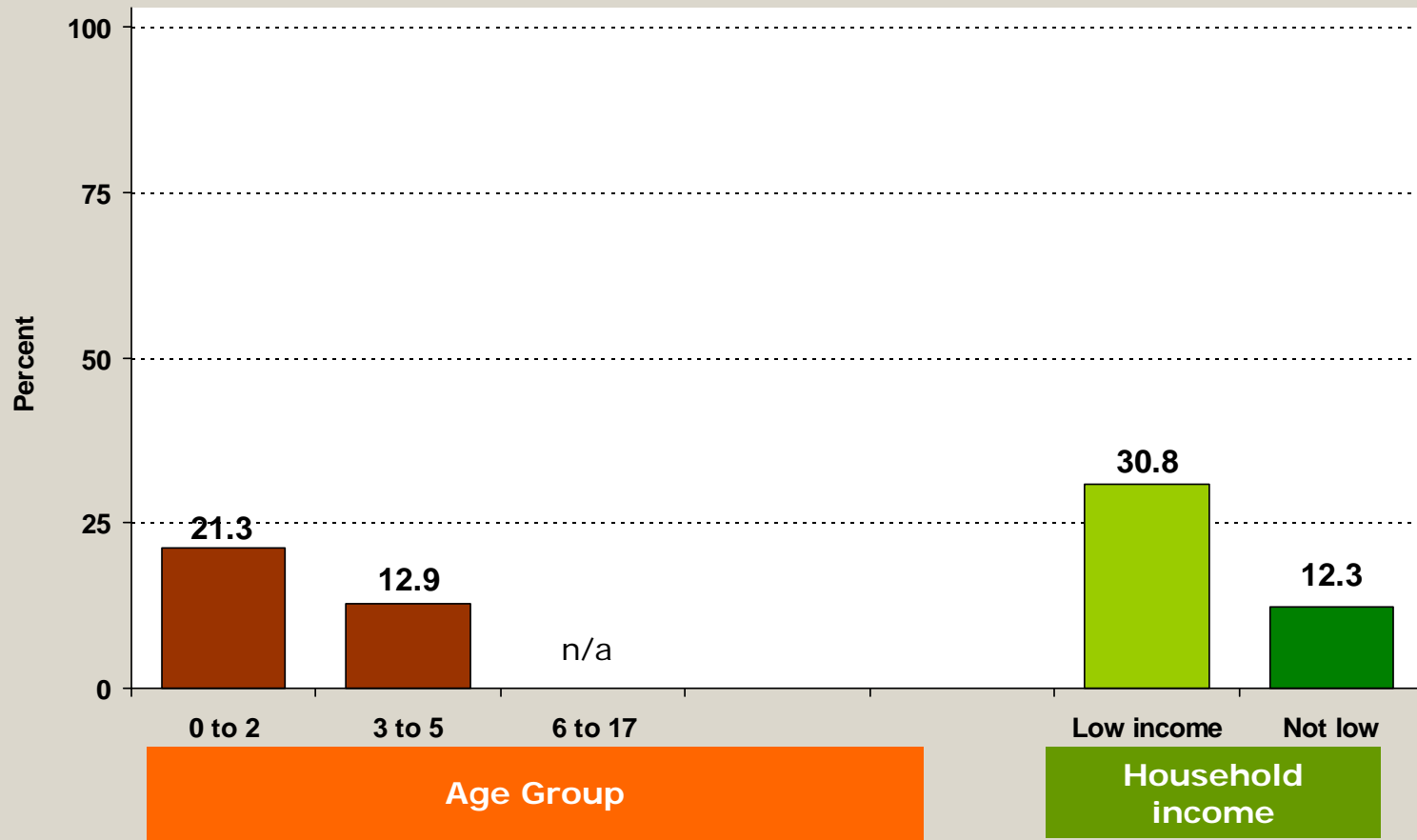
Hennepin County Children 2010



\*Statistically significant differences were noted for income level groups, but not for age groups. This question was limited to children aged 0 to 5 years old.

# Percent of parents who had to change work hours or quit a job due to problems with child care by age and household income

## Hennepin County Children 2010



\*Statistically significant differences were noted for income level groups, but not for age groups. This question was limited to children aged 0 to 5 years old.

## *SHAPE 2010 – Child Survey: Key findings*

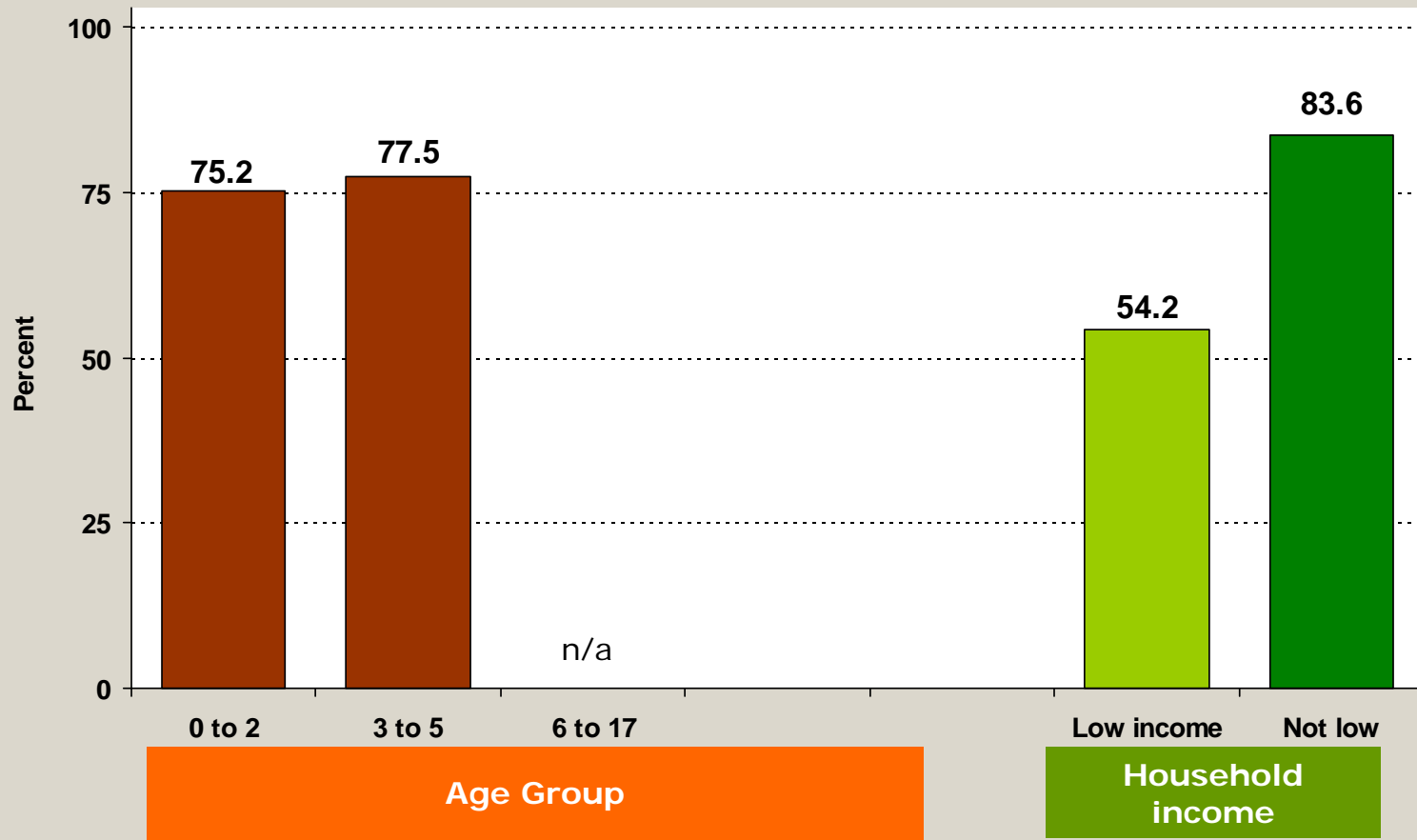
### □ **Pre-school activities**

Parents of children aged 0 to 5 were asked about various activities that stimulate brain development and foster language/learning skills.

While nearly all parents reported that they engaged in most of these activities weekly, some significant differences were noted in terms of regularly engaging in these activities at least four or more times a week.

# Percent who tell stories or read books with their child four or more times per week by age and household income

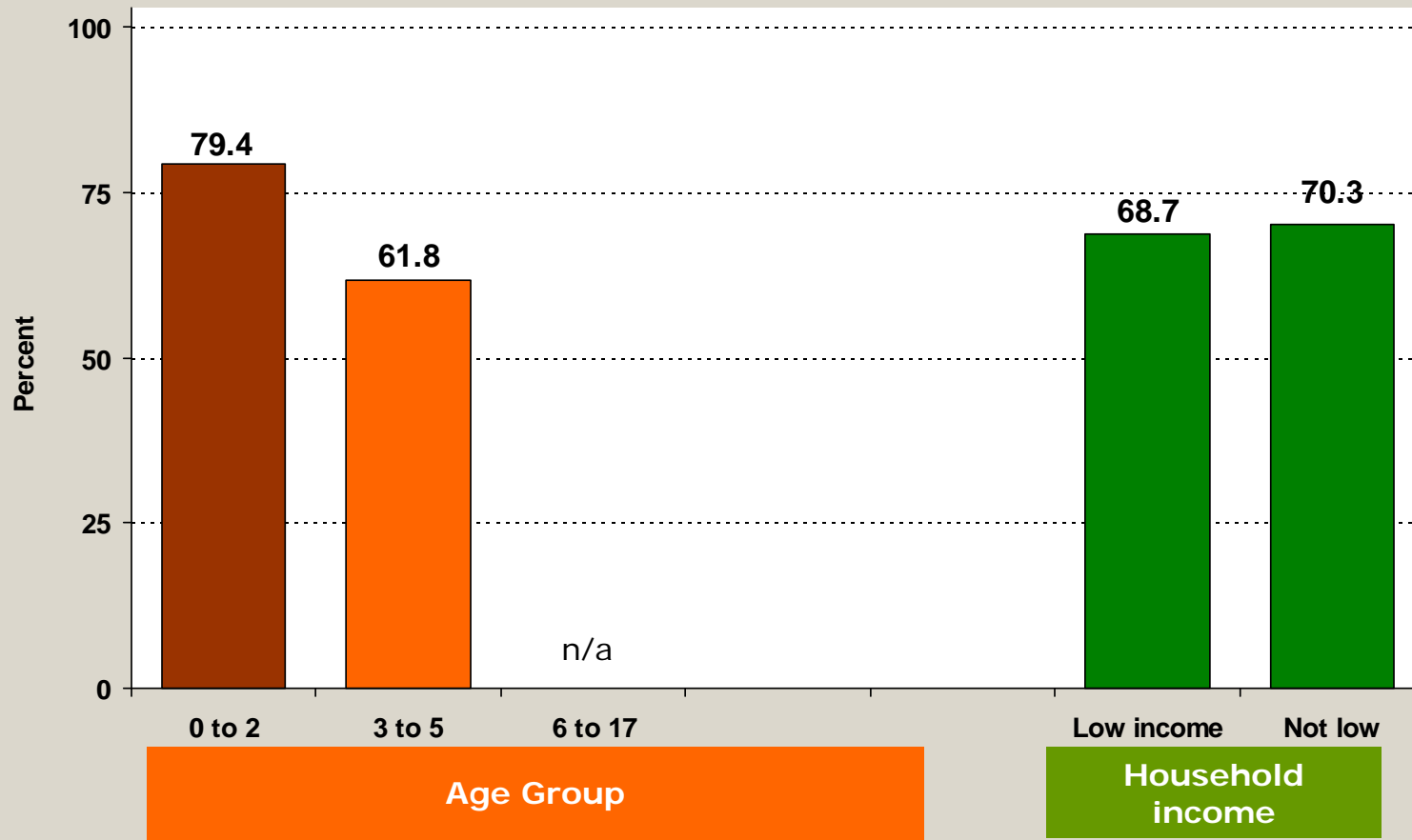
## Hennepin County Children 2010



\*Statistically significant differences were noted for income level groups, but not for age groups. This question was limited to children aged 0 to 5 years old.

# Percent who sing songs with their child four or more times per week by age and household income

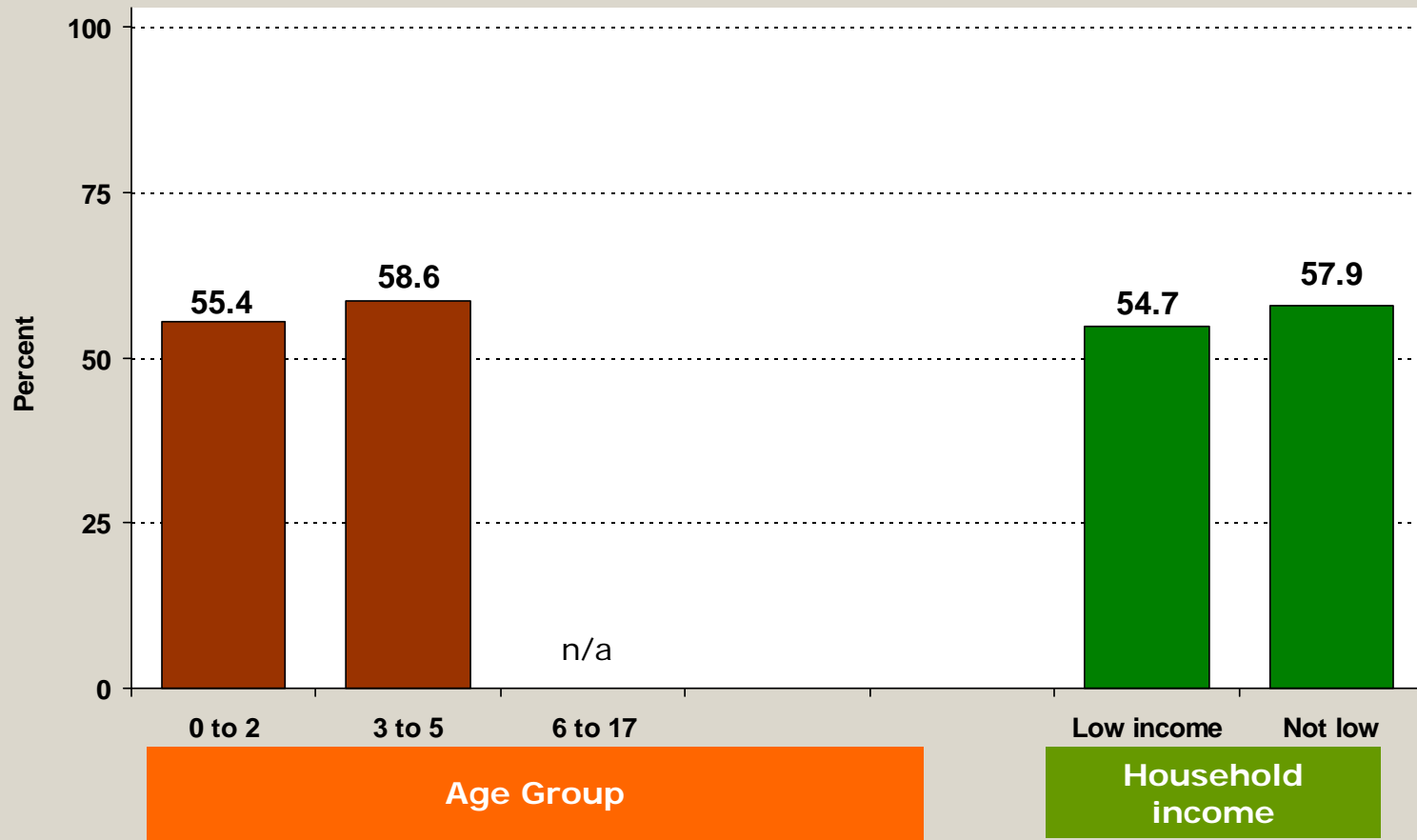
## Hennepin County Children 2010



\*Statistically significant differences were noted for age groups, but not for income level groups. This question was limited to children aged 0 to 5 years old.

# Percent who practice counting or play number games with their child four or more times per week by age and household income

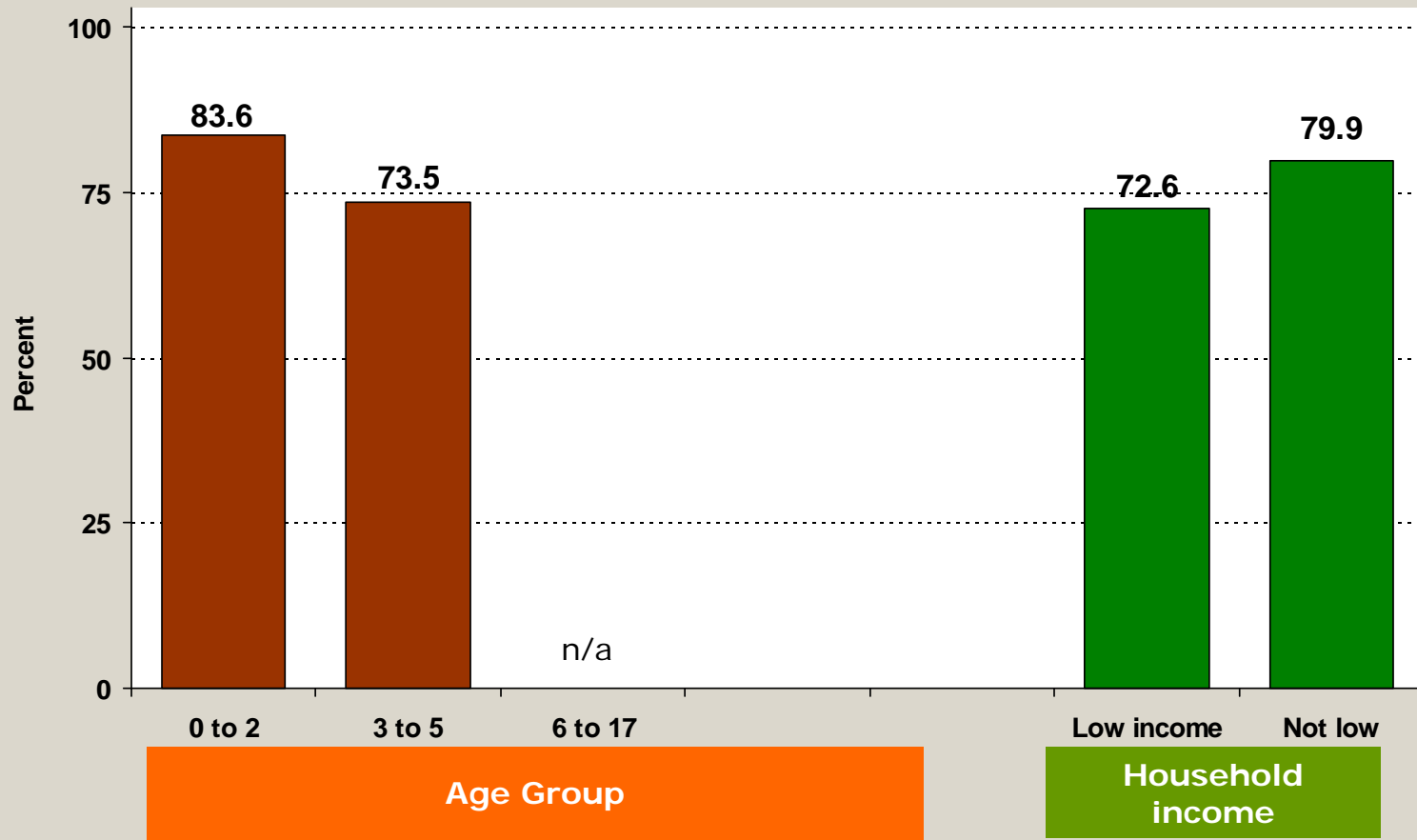
## Hennepin County Children 2010



\*No statistically significant differences were noted for age groups or income level groups. This question was limited to children aged 0 to 5 years old.

# Percent who engage in physical activities with their child four or more times per week by age and household income

## Hennepin County Children 2010



\*No statistically significant differences were noted for age groups or income level groups. This question was limited to children aged 0 to 5 years old.

## *SHAPE 2010 – Child Survey: Key findings*

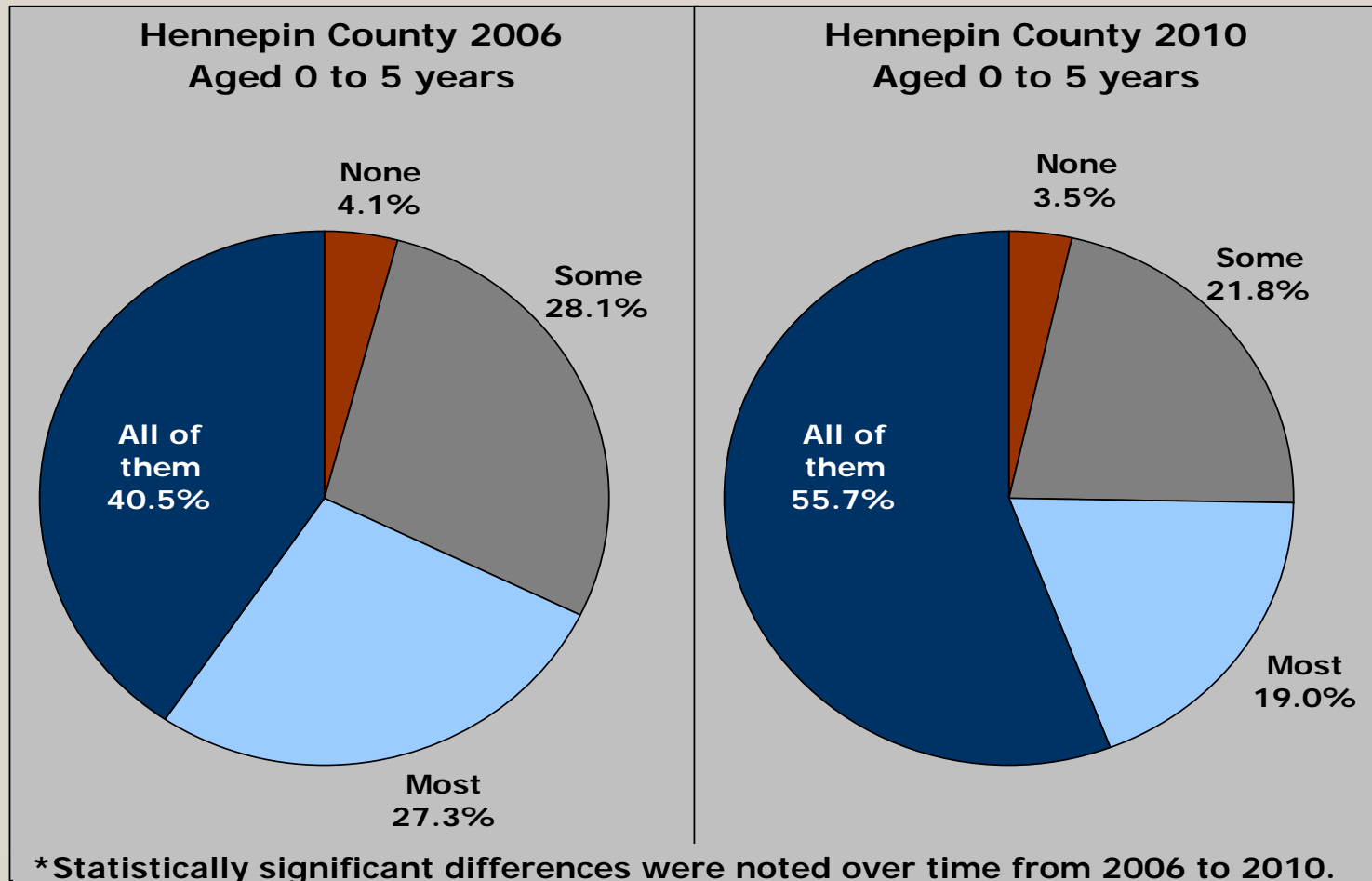
### □ **Milestones for school readiness – some significant improvements noted from 2006 to 2010**

Some important improvements over time have been noted in the pre-school readiness measures, including statistically significant increases in alphabet recognition and basic counting skills.

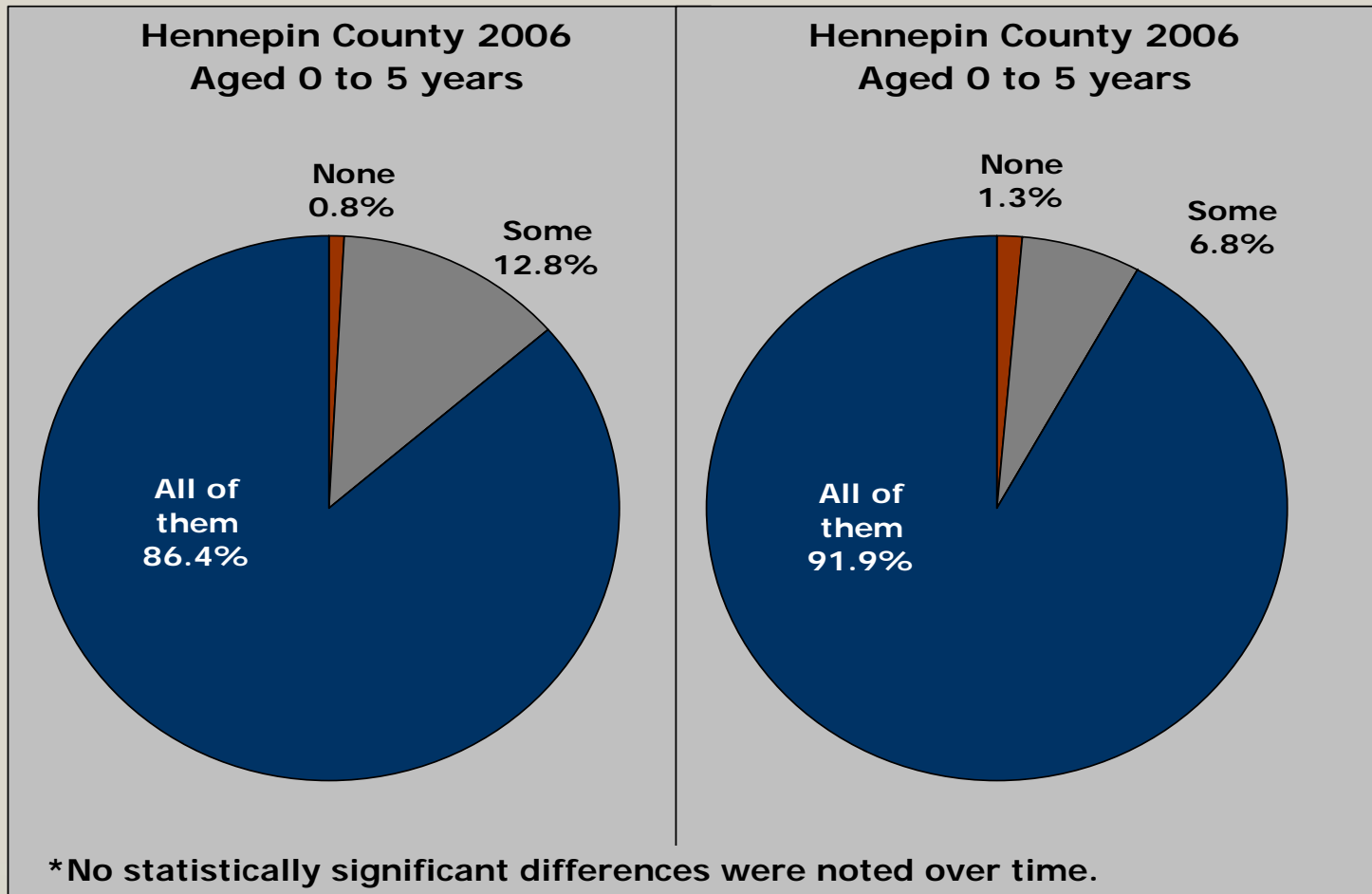
However, only four out of ten children aged 3 to 5 are currently able to count above 20.



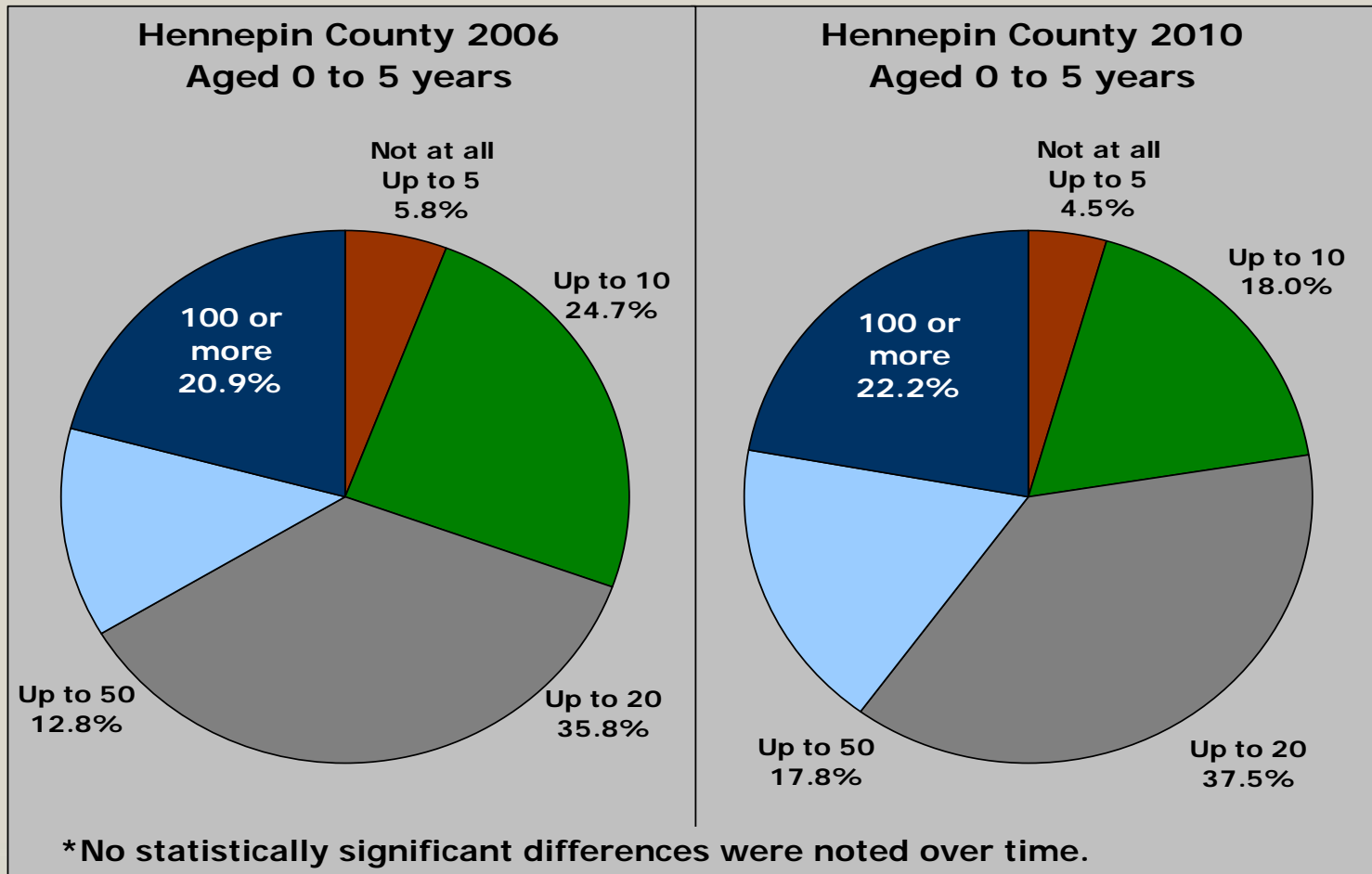
# Can the child recognize the letters of the alphabet? 2006 vs 2010



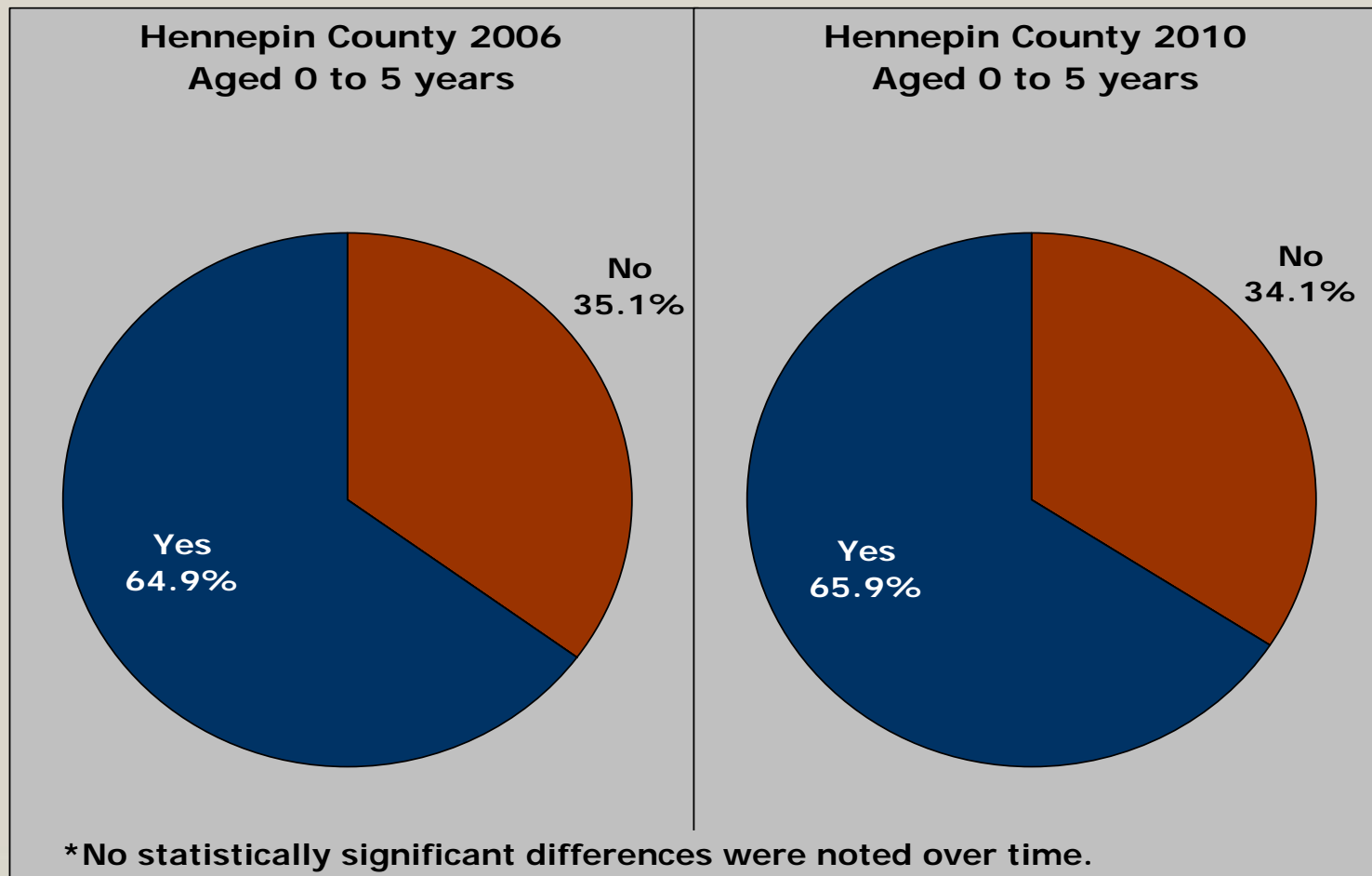
# Can the child recognize the colors red, yellow, blue and green by name? 2006 vs 2010



# How high can the child count? 2006 vs 2010

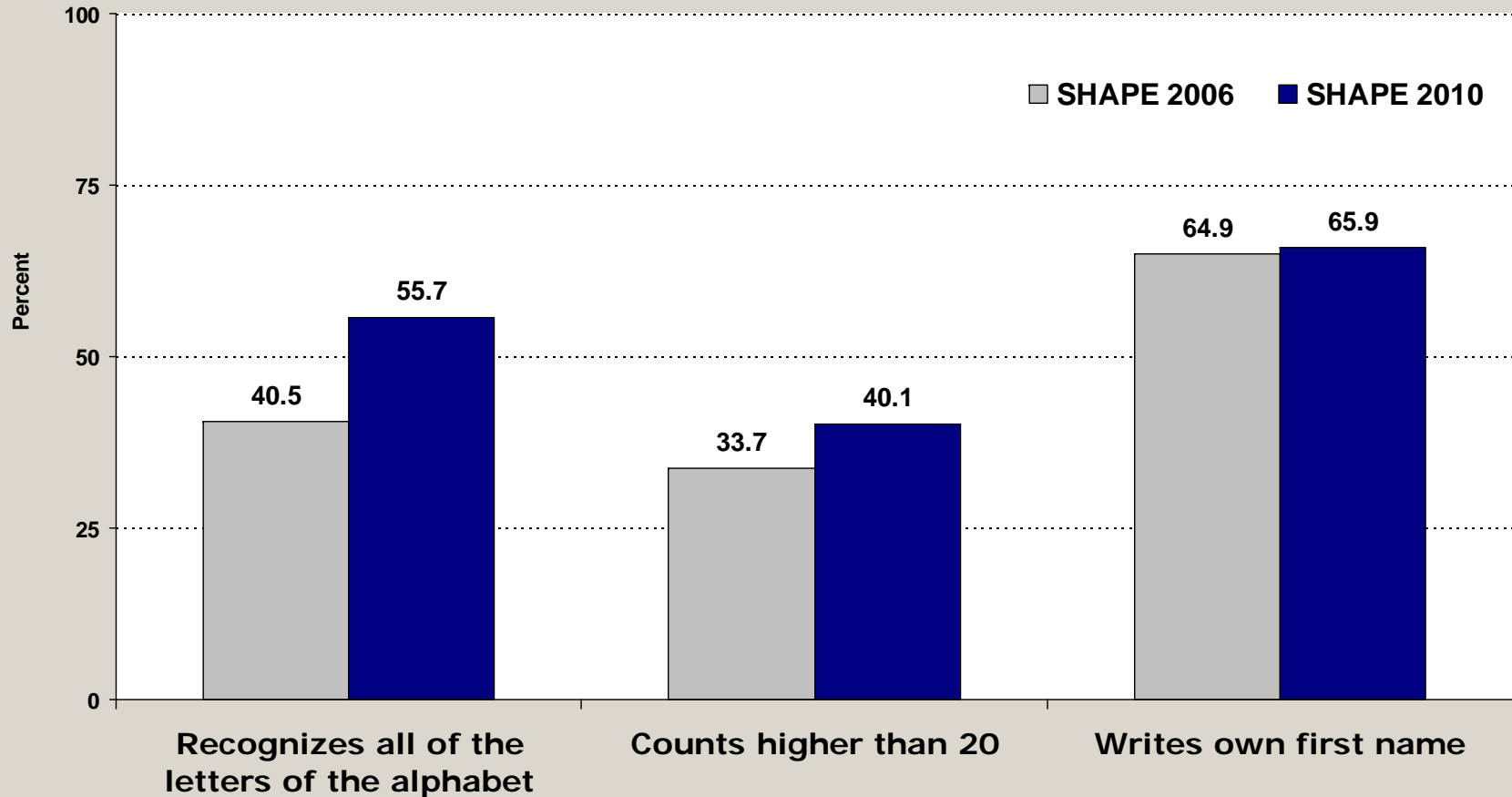


## Can the child write his or her first name, even if some of the letters are backwards? 2006 vs 2010



# Percent of children aged 3 to 5 who meet the basic milestones for pre-school readiness 2006 vs 2010

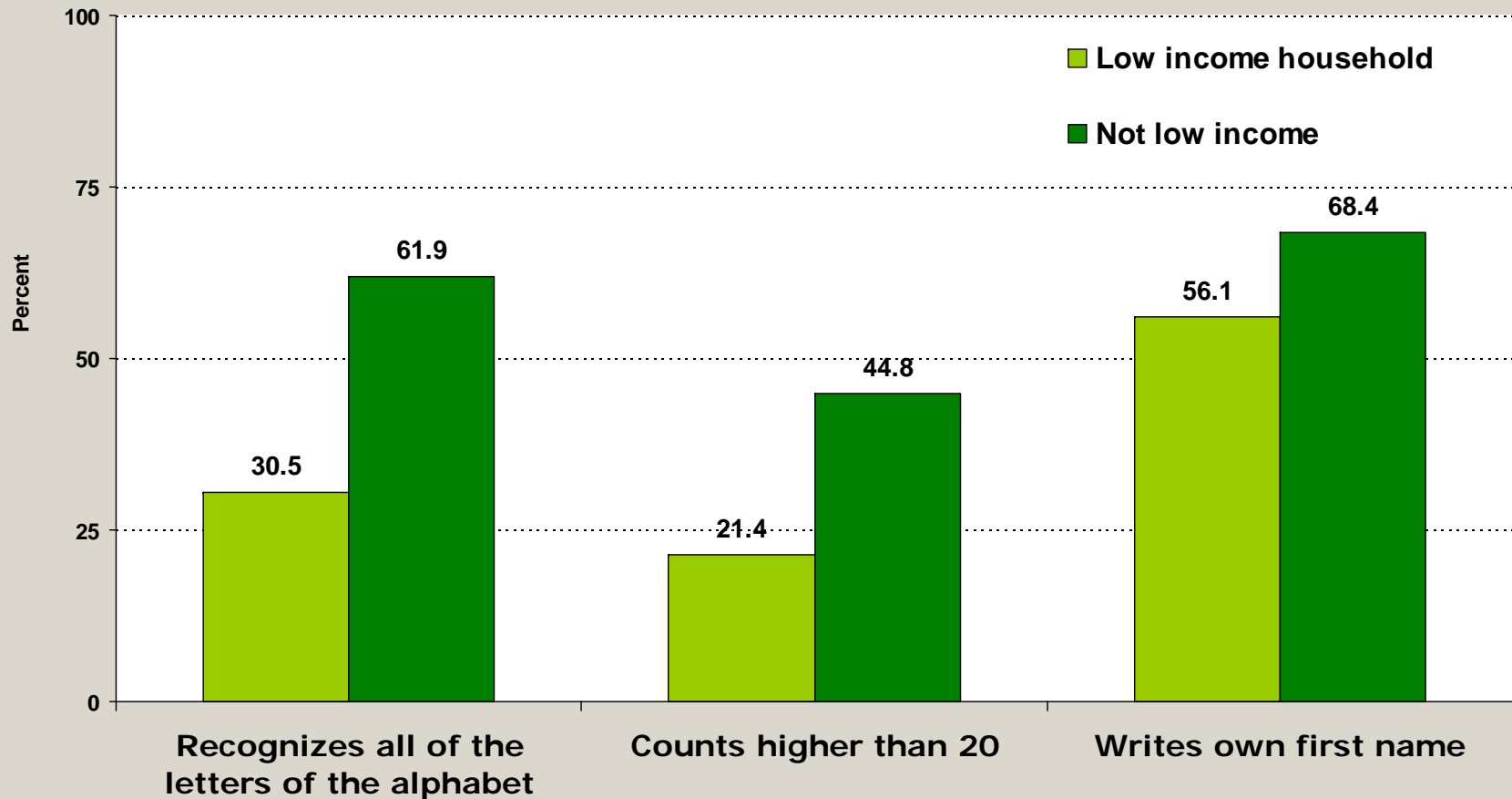
## Hennepin County Children 2010



\*Statistically significant differences were noted from 2006 to 2010 for recognizing the alphabet and counting higher than 20.

# Percent of children aged 3 to 5 who meet basic milestones for pre-school readiness by income level group

## Hennepin County Children 2010



\*Statistically significant differences were noted for recognizing the alphabet and counting higher than 20, but not for name writing.



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# School-Aged Children and Adolescents

## *SHAPE 2010 – Child Survey: Key findings*

### □ **Parental involvement in the activities of school-aged children**

In 2010, parents were asked to indicate how many times during a typical school week, including the weekend, they participated in common activities together with their child.

The activities included:

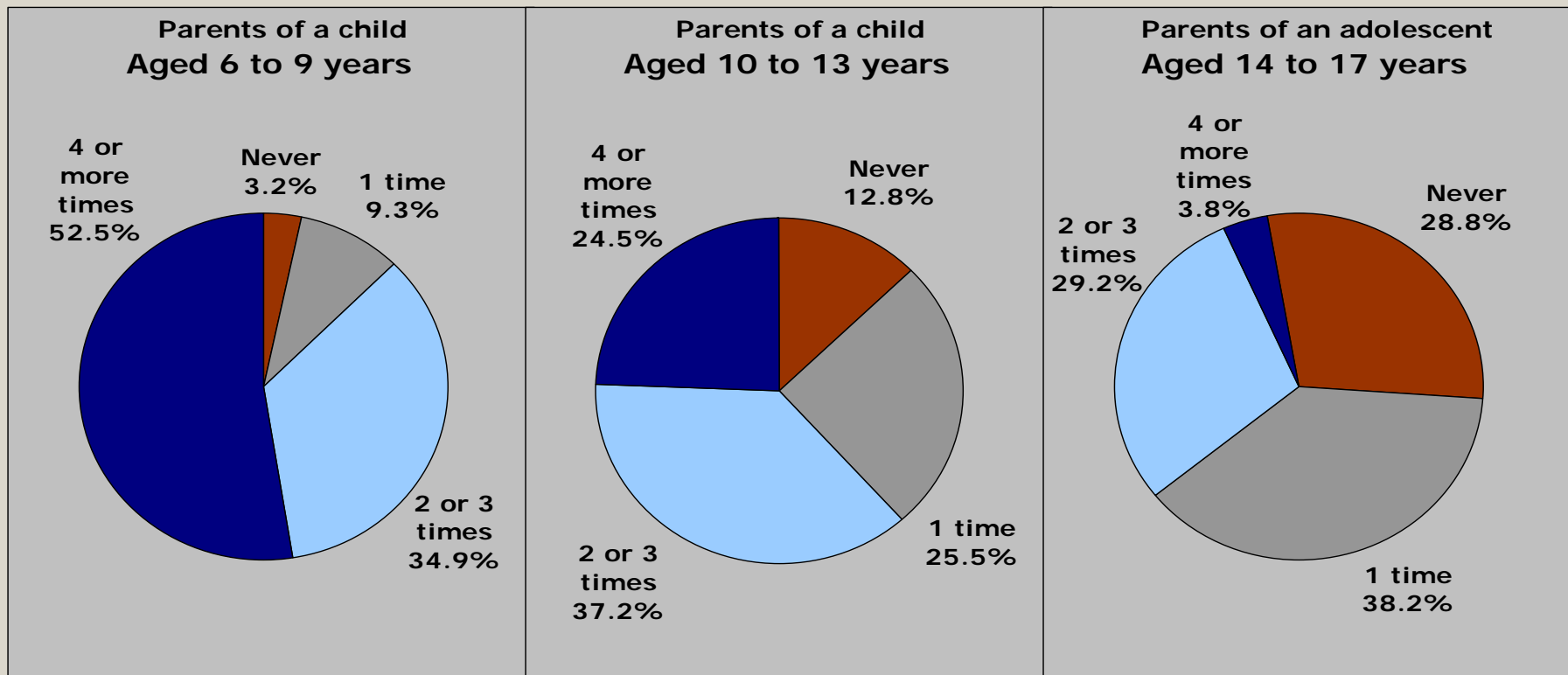
- **Reading or talking about books together**
- **Doing homework or school projects**
- **Playing sports or being physically active**

The patterns differ significantly by age.



# During a typical school week, including the weekend, how often do you read or talk about books together with your child?

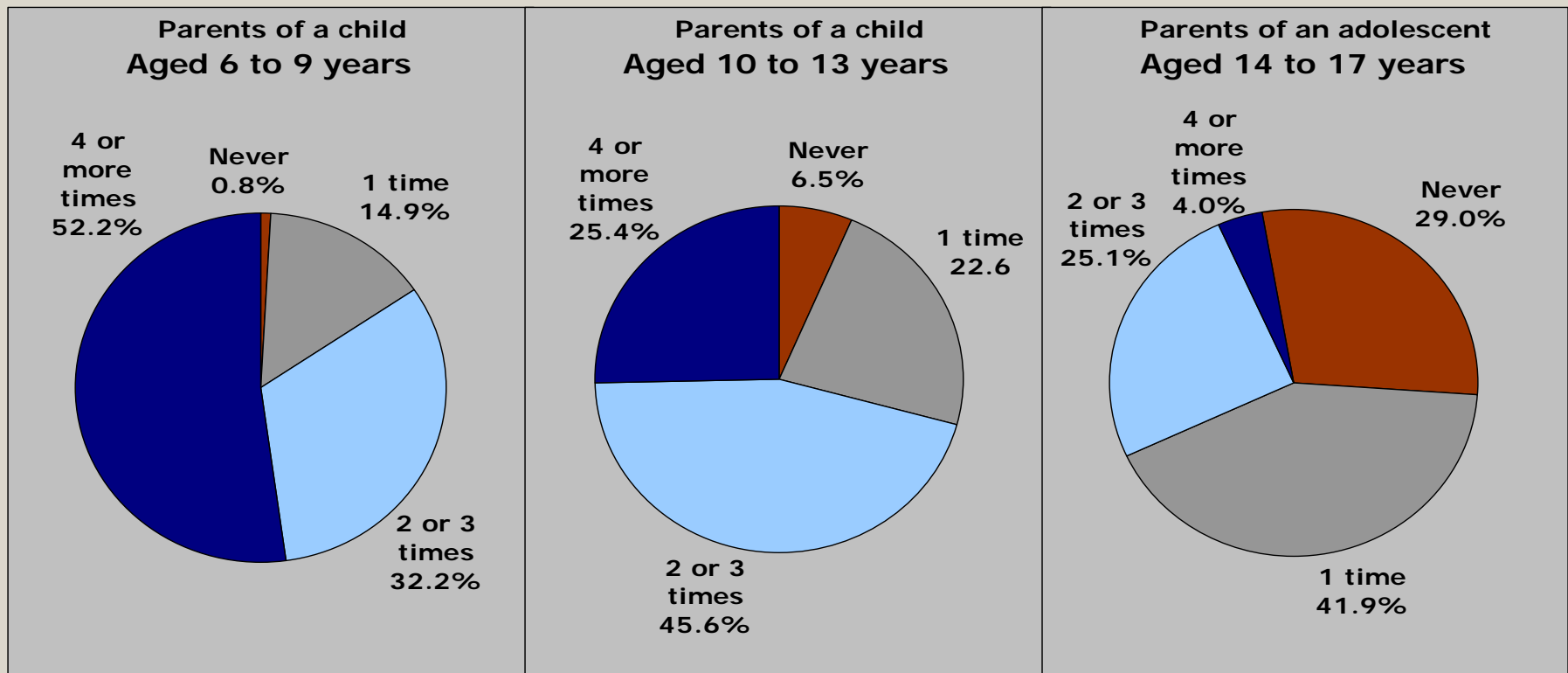
Hennepin County Children 2010



\*Statistically significant differences were noted by age group.

# During a typical school week, including the weekend, how often do you do homework or school projects with your child?

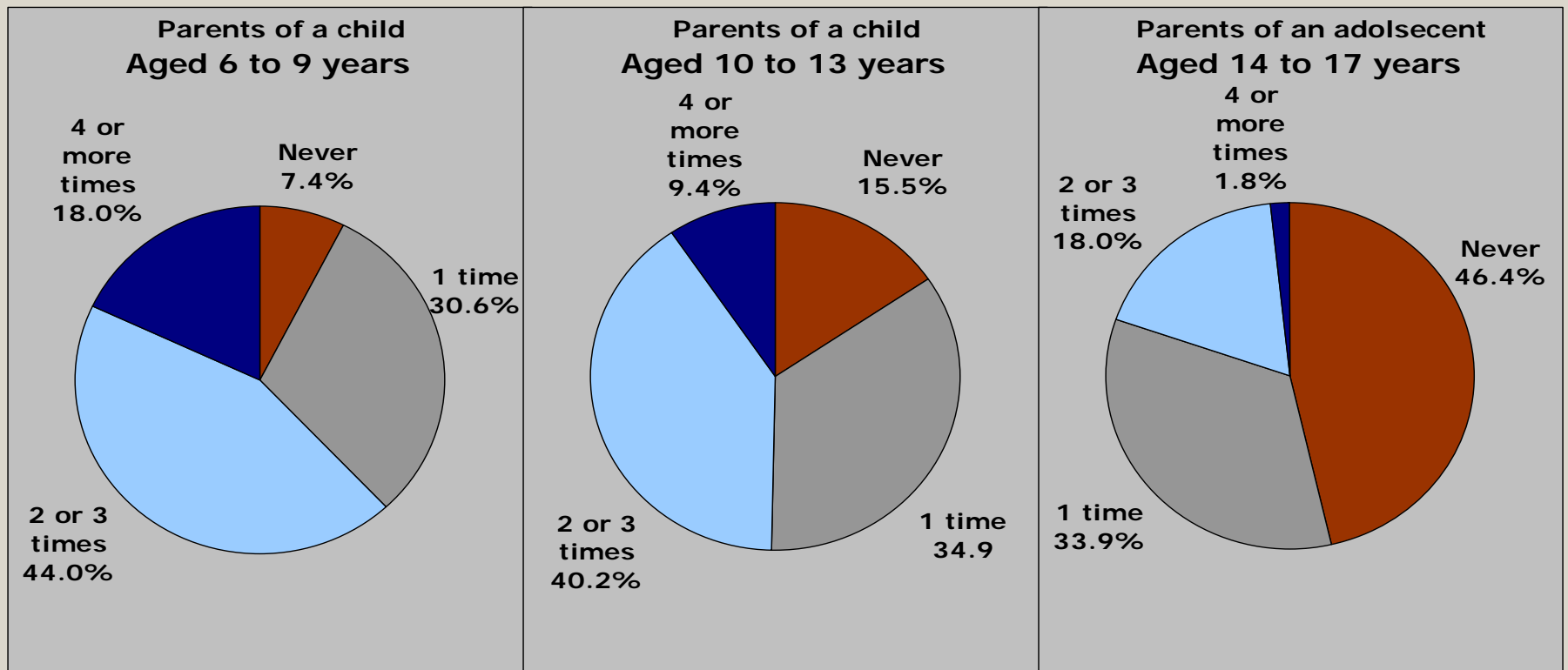
Hennepin County Children 2010



\*Statistically significant differences were noted by age group.

# During a typical school week, including the weekend, how often do you play sports or be physically active with your child?

## Hennepin County Children 2010



\*Statistically significant differences were noted by age group.

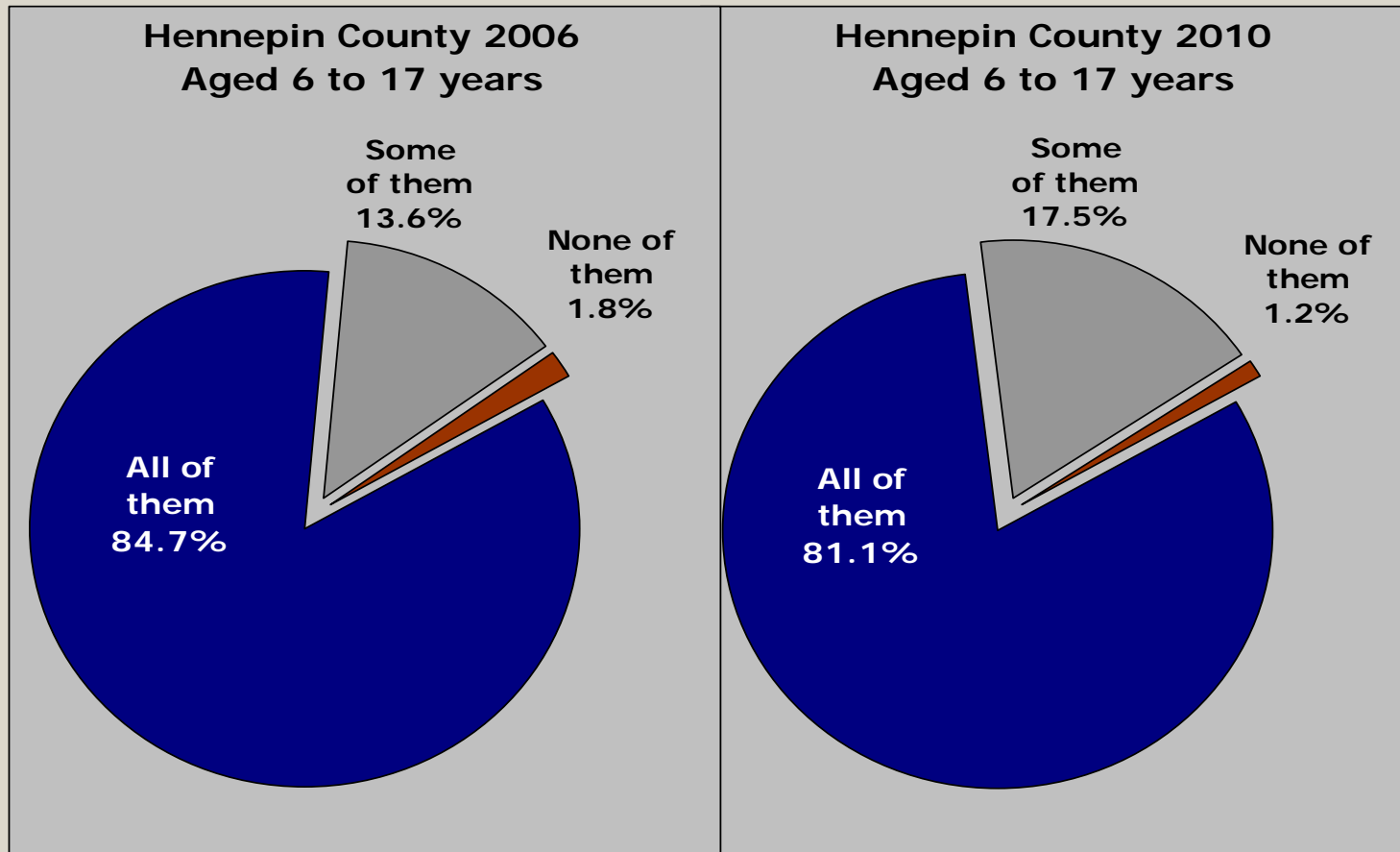
## *SHAPE 2010 – Child Survey: Key findings*

### □ **Parent's awareness of child's performance at school**

In both 2006 and 2010, most parents indicated that they attended all of the parent-teacher conferences provided by the child's school.

The percentage drops significantly for teens aged 14 to 17, and statistically significant differences were noted by income level.

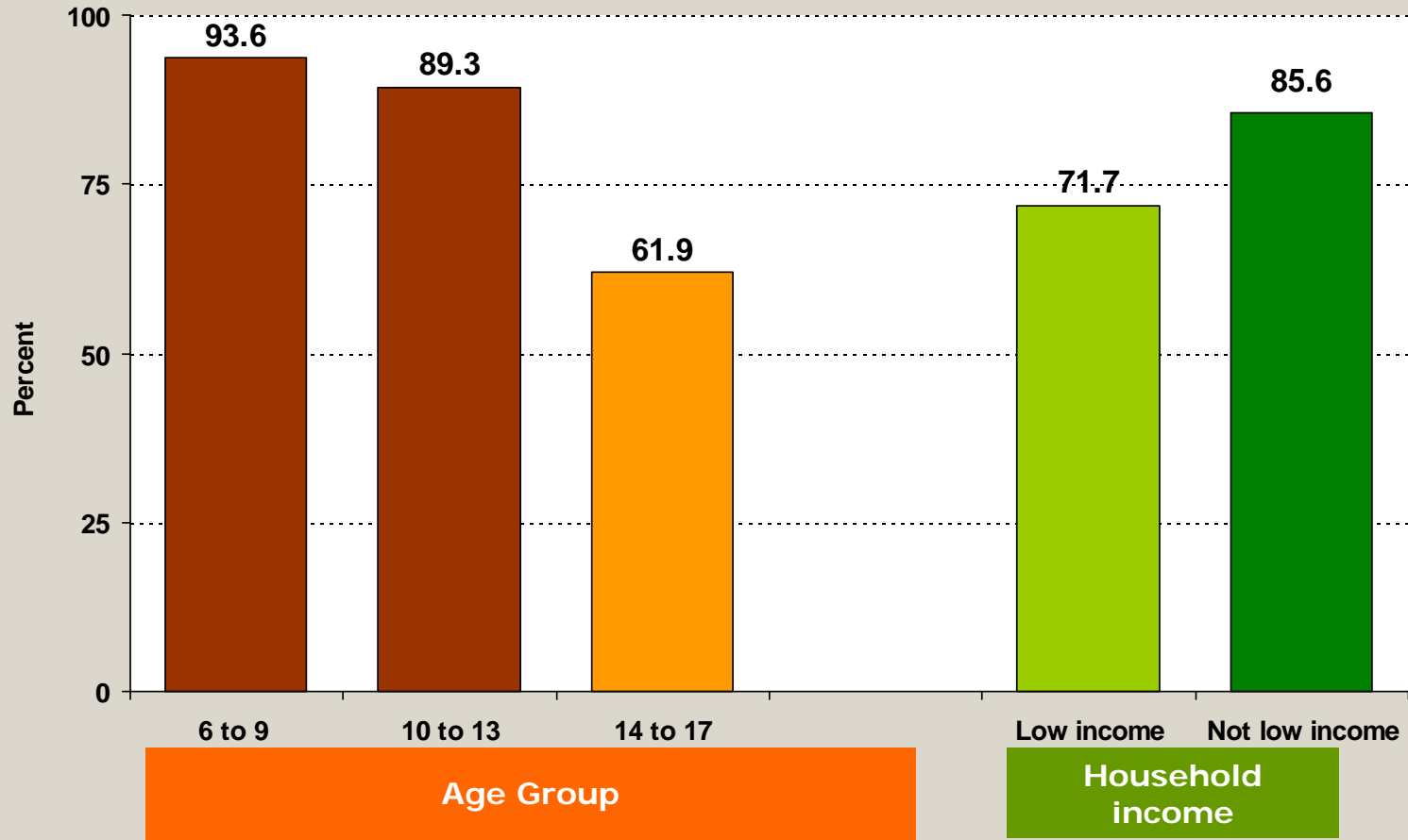
# How often have you gone to a regularly scheduled parent-teacher conference with the child's teacher? 2006 vs 2010



\*The total may be slightly less than 100.0% due to small numbers who are home schooled or who otherwise do not have any school conferences.

# Percent whose parents attended all of the child's regularly scheduled school conferences by age and household income

## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups and between income level groups.

## *SHAPE 2010 – Child Survey: Key findings*

### □ **Most children are engaged in appropriate activities that support healthy development**

In 2010, the SHAPE survey asked a series of questions about typical school day activities, including:

- Doing homework, studying or reading
- Being physically active or playing sports
- Doing fine arts, playing music, participating in dance, drama or choir
- “Screen Time,” playing electronic games, watching TV or videos, or using computers for recreation

## *SHAPE 2010 – Child Survey: Key findings*

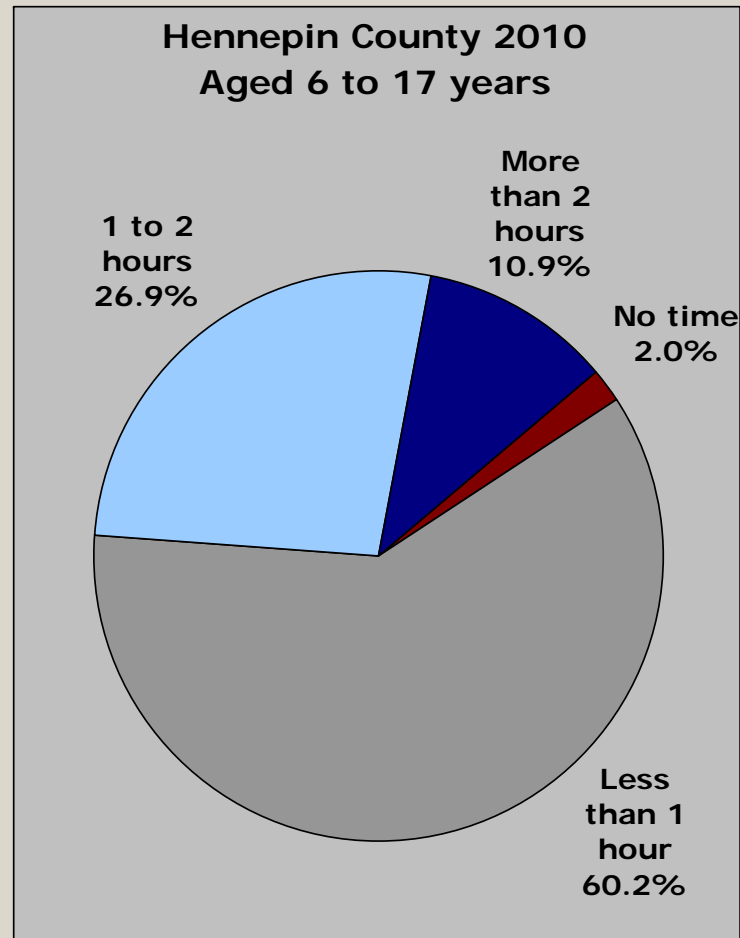
### □ **Typical school day activities**

Types of activities and the amounts of time spent tended to vary across age or grade level groups. Some significant gender differences were also noted.

No significant differences on the basis of income level were shown, particularly with regard to meeting the suggested guidelines for healthy behaviors.



## On a typical school day, how much time does the child spend doing homework, studying or reading?



\* See the next slide for age group guidelines on the recommended amount of time to be spent engaged in this activity.

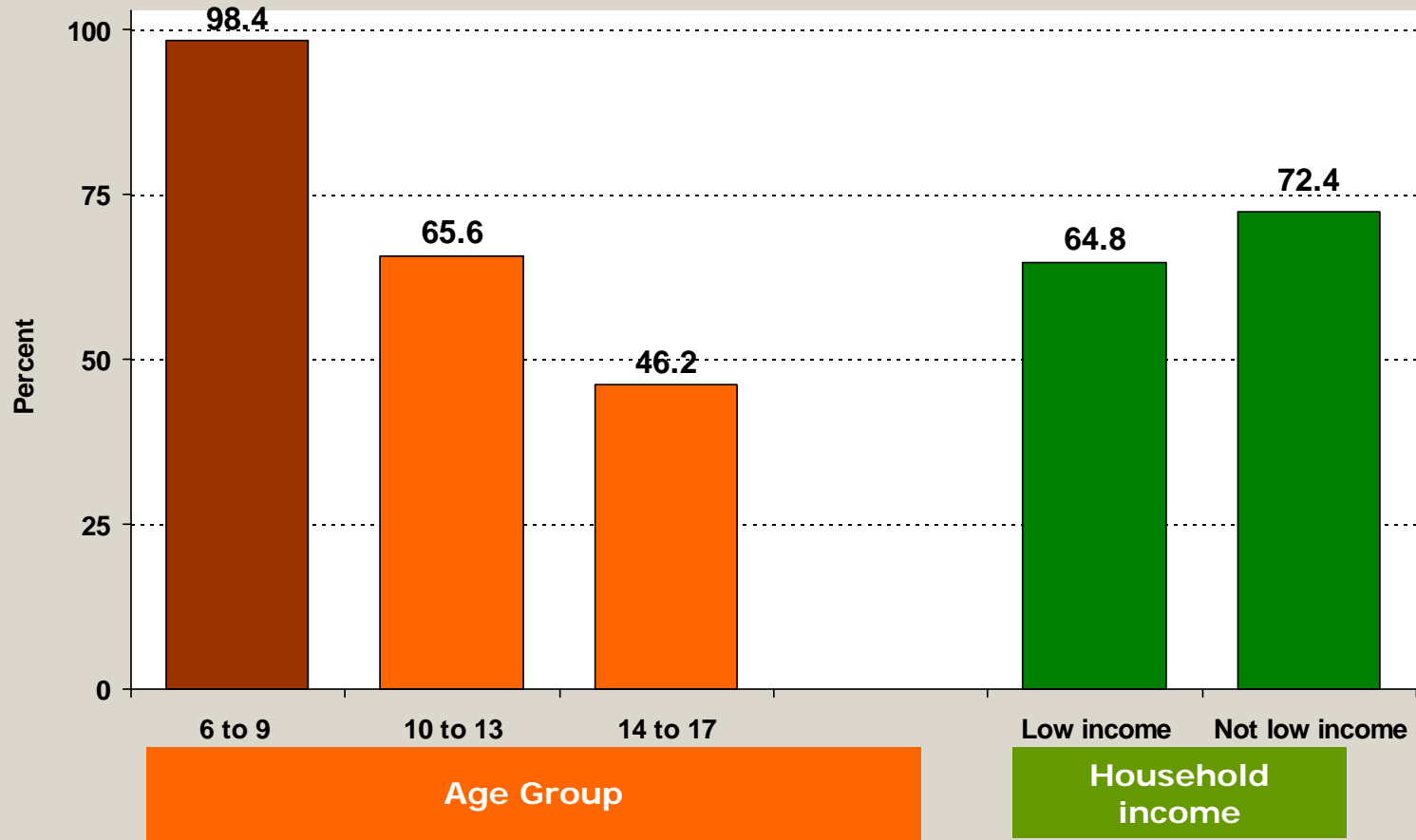
## SHAPE 2010 – Child Survey: Key findings

- Suggested guidelines for doing homework, studying or reading

Grade Level	Suggested guideline
Grades 1 to 3	<i>Up to 30 minutes per day</i>
Grades 4 to 6	<i>30 to 59 minutes per day</i>
Grades 7 to 10	<i>1 to 2 hours per day</i>
Grades 11 to 12	<i>At least 2 hours per day</i>

# Percent who met the suggested guideline for doing homework, studying or reading by age and household income

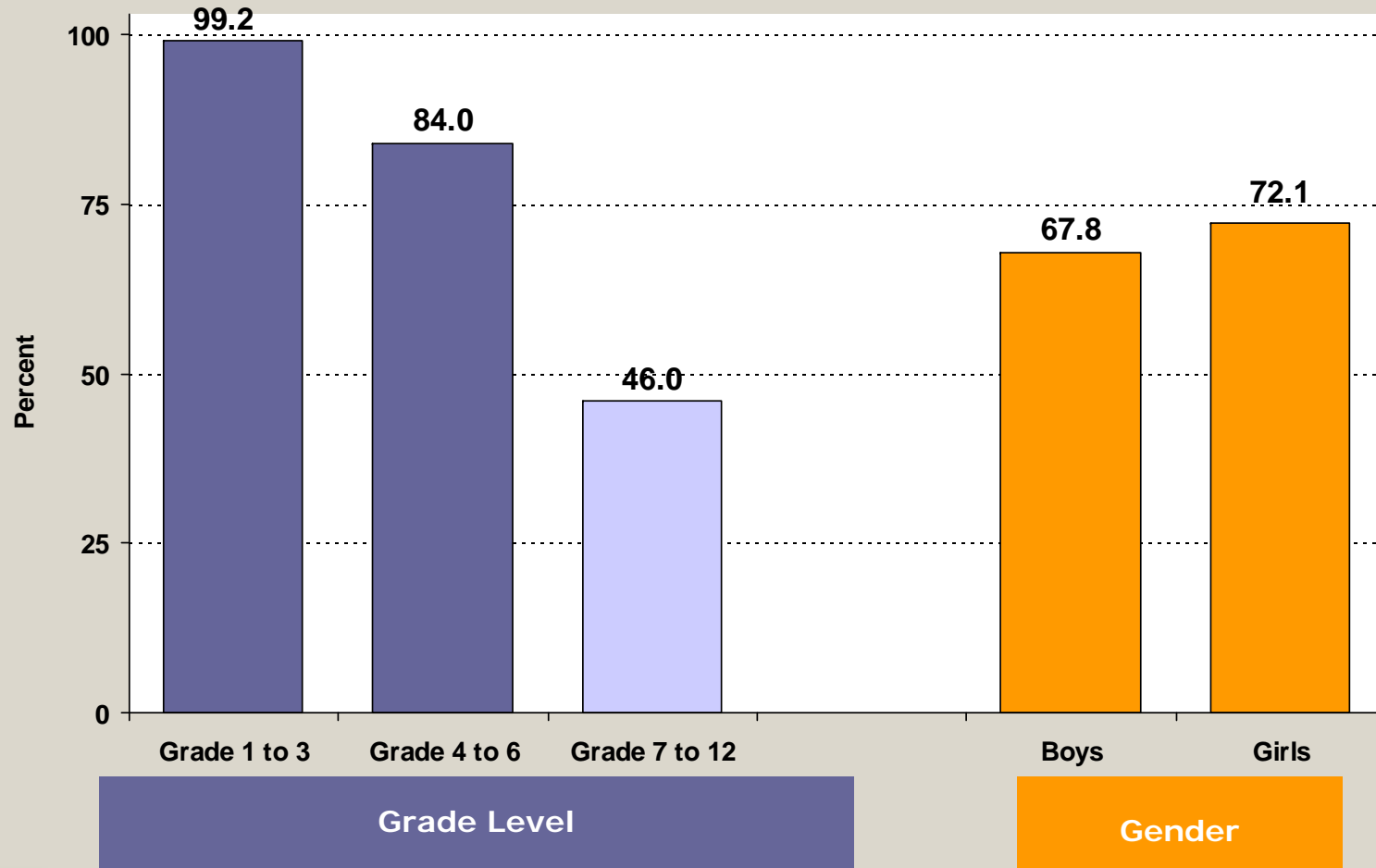
## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups but not for income level groups.

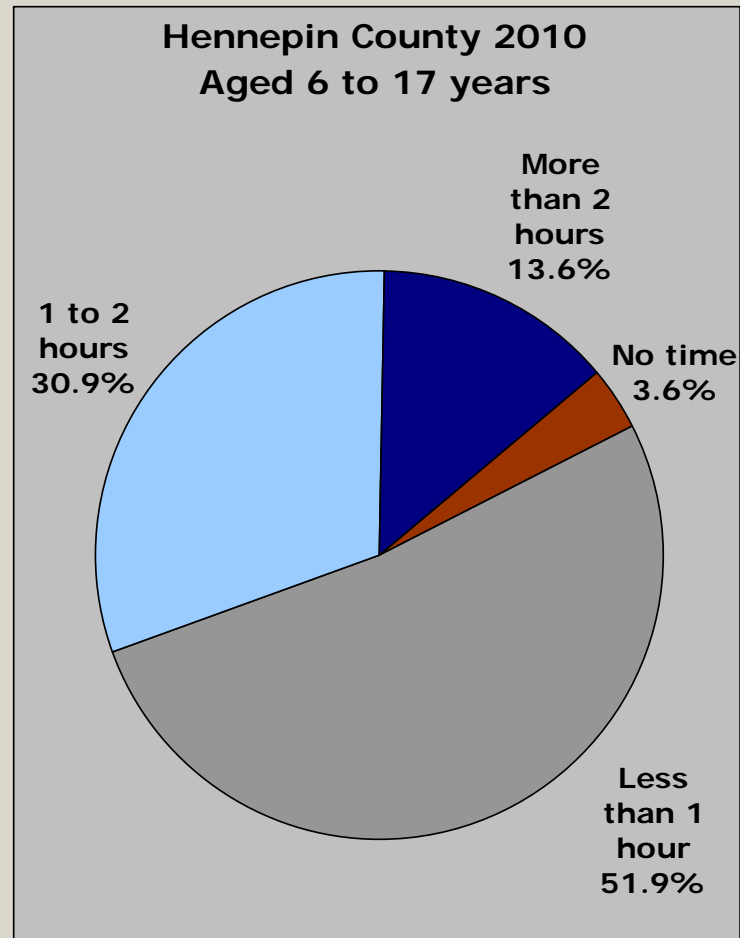
# Percent who met the suggested guideline for doing homework, studying or reading by grade level and gender

## Hennepin County Children 2010



\*Gender data represent children aged 6 to 17. Statistically significant differences were noted among grade level groups, but not gender.

## On a typical school day, how much time does the child spend being physically active or playing sports?



\* See the next slide for age group guidelines on the recommended amount of time to be spent engaged in this activity.

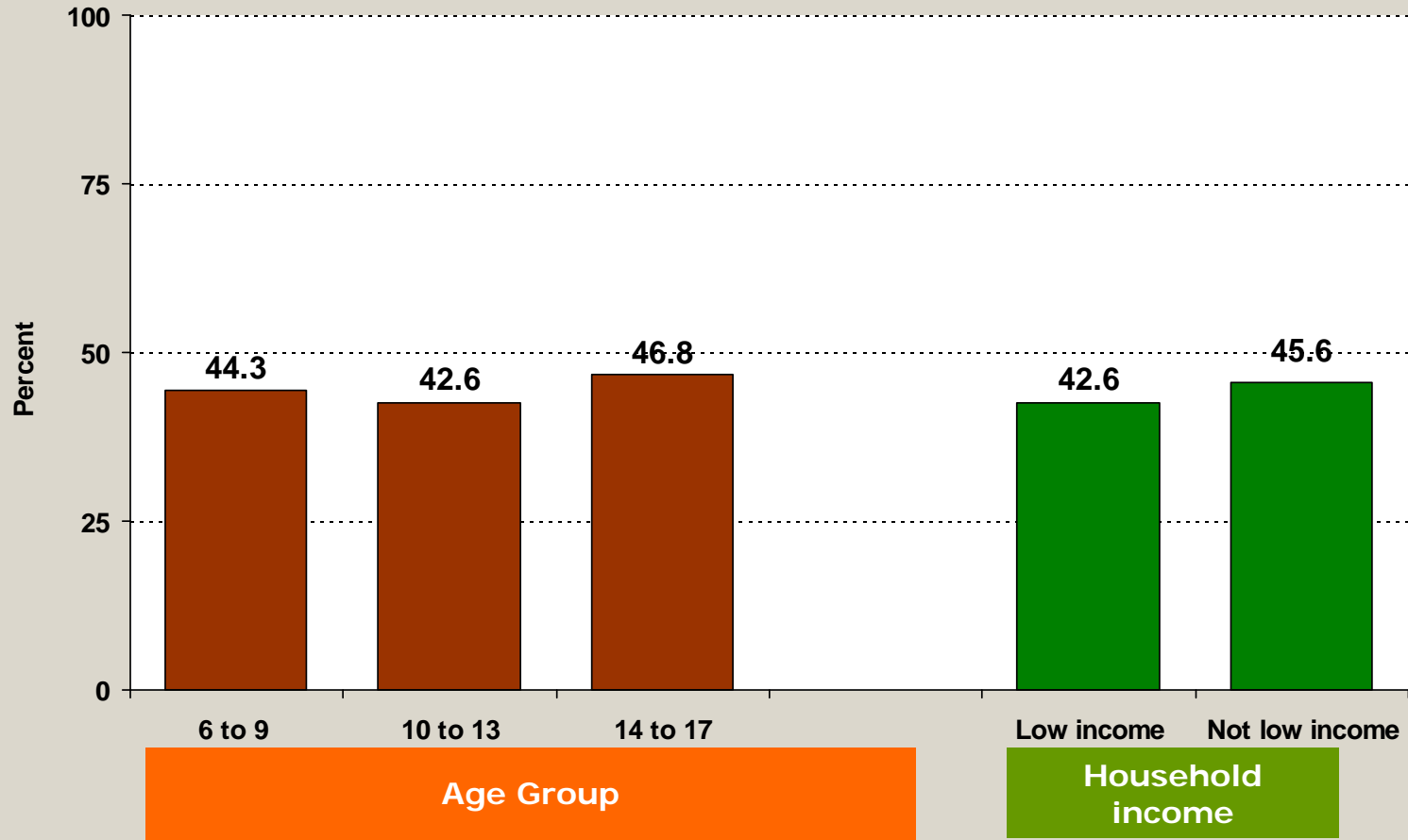
## *SHAPE 2010 – Child Survey: Key findings*

- **Suggested guideline for being physically active or playing sports**

<b>Grade Level</b>	<b>Suggested guideline</b>
<b>Grades 1 to 12</b>	<i>At least one hour per day</i>

# Percent who met the suggested guideline for being physically active or playing sports on a typical day by age and household income

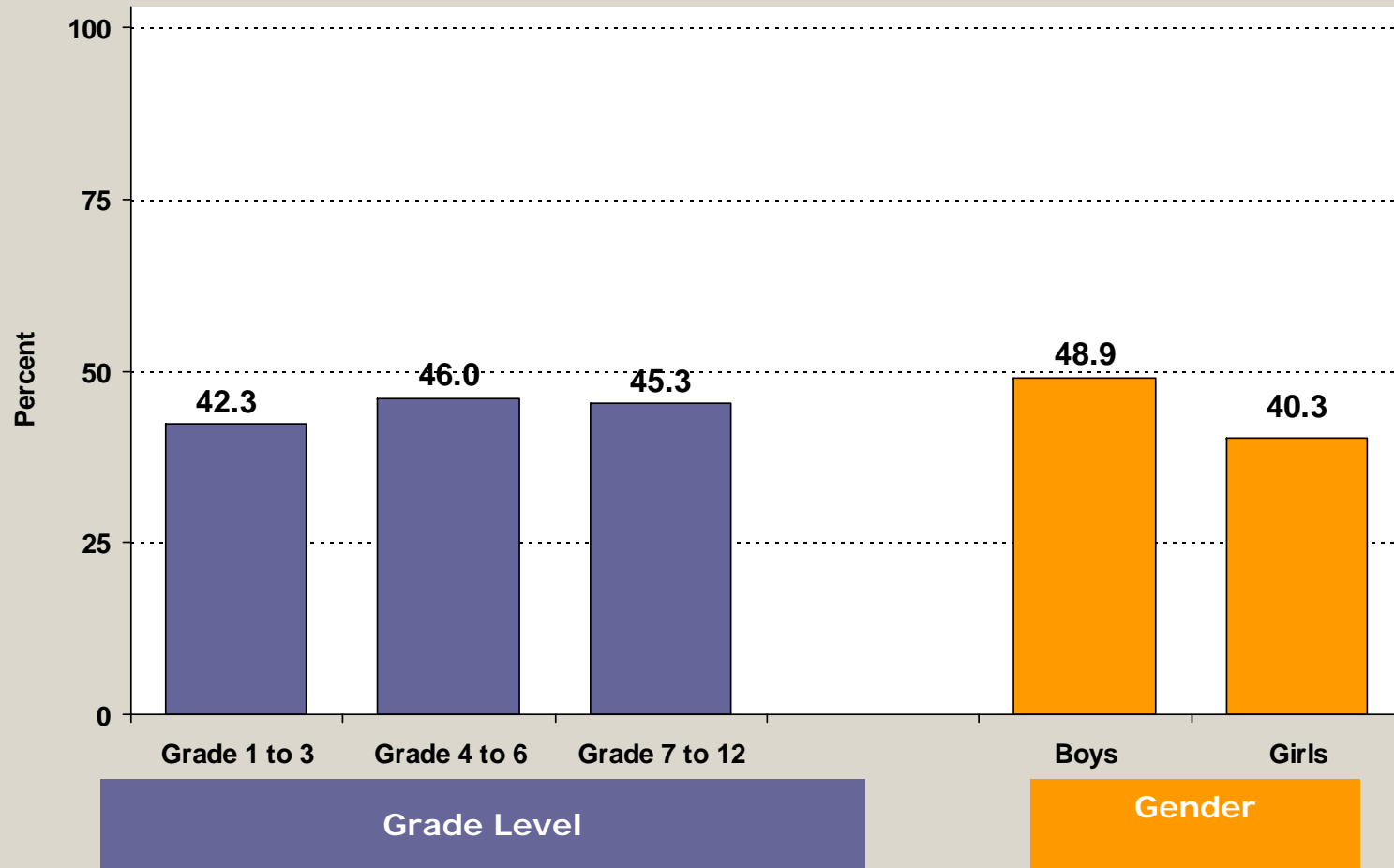
## Hennepin County Children 2010



\*No statistically significant differences were noted among age groups, or for income level groups.

# Percent who met the suggested guideline for being physically active or playing sports on a typical day by grade level and gender

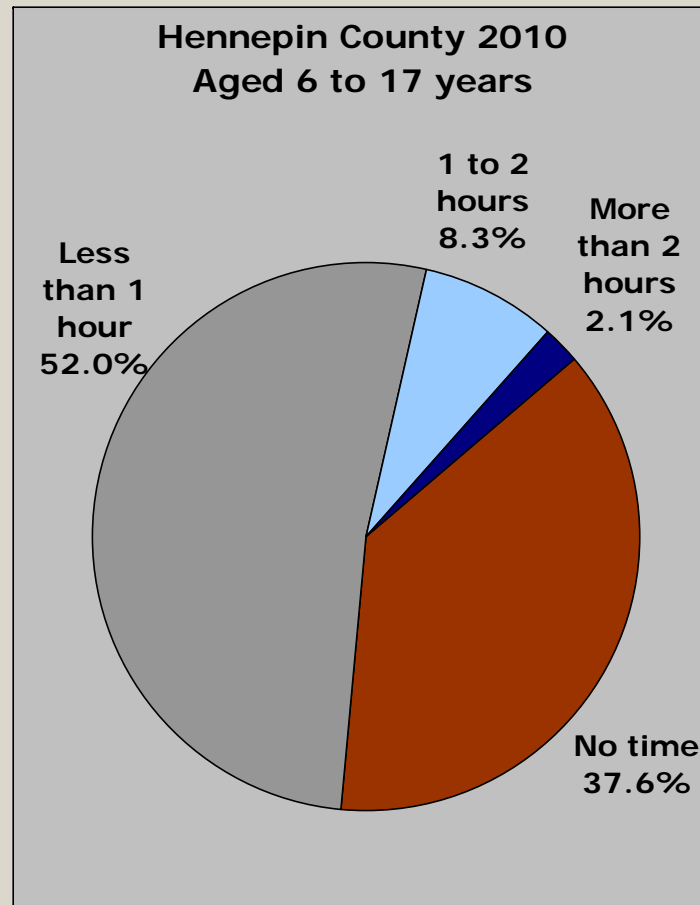
## Hennepin County Children 2010



\*Gender data represent children aged 6 to 17. No statistically significant differences were noted for grade level groups, or for gender.



## On a typical school day, how much time does the child spend doing fine arts, playing music, participating in dance, drama or choir?



\* See the next slide for age group guidelines on the recommended amount of time to be spent engaged in this activity.

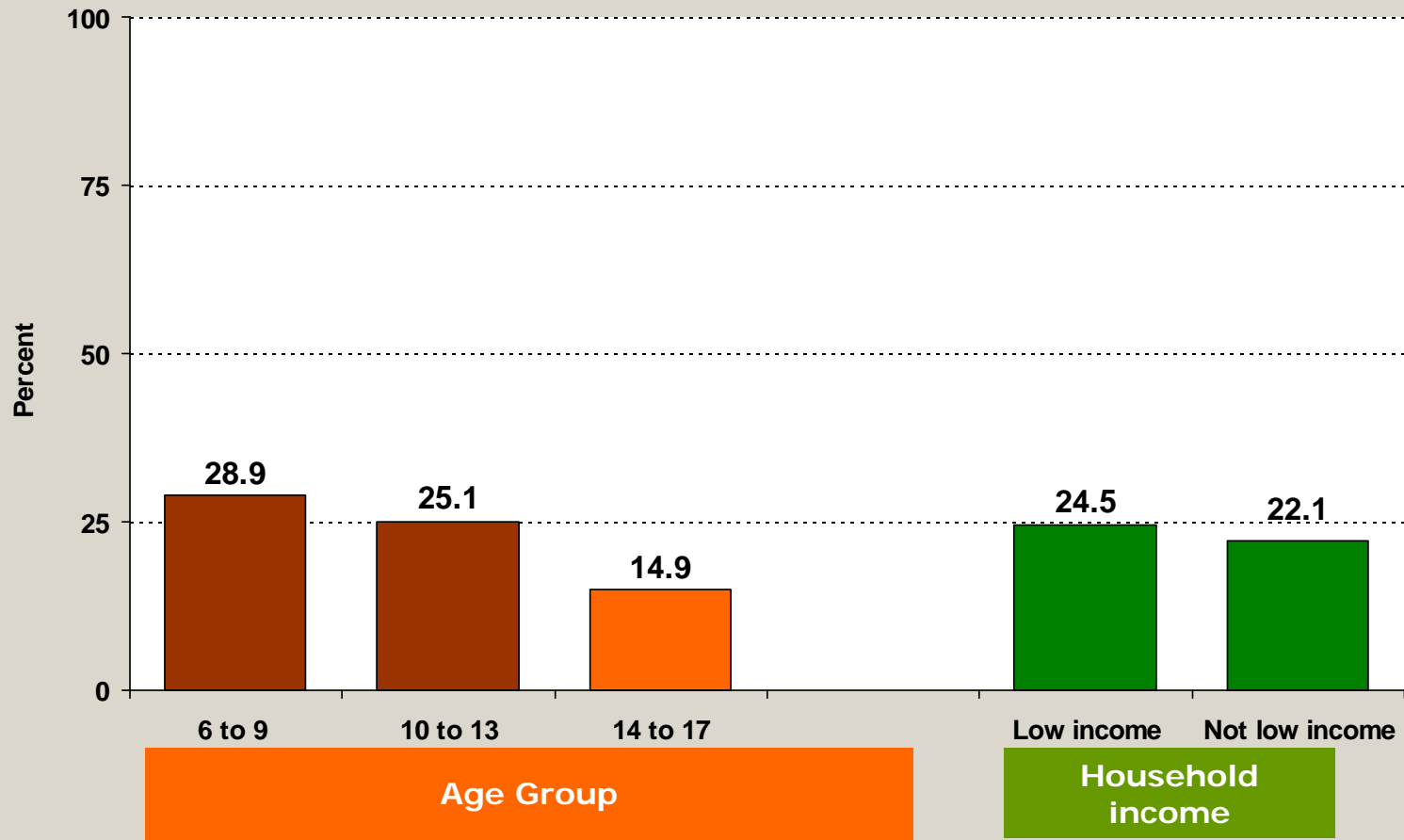
## *SHAPE 2010 – Child Survey: Key findings*

- **Suggested guidelines for fine arts, music, drama or choir activities**

<b>Grade Level</b>	<b>Suggested guideline</b>
<b>Grades 1 to 6</b>	<i>At least 30 minutes per day</i>
<b>Grades 7 to 12</b>	<i>One hour per day</i>

# Percent who met the suggested guideline for fine arts, music, drama or choir activities by age and household income

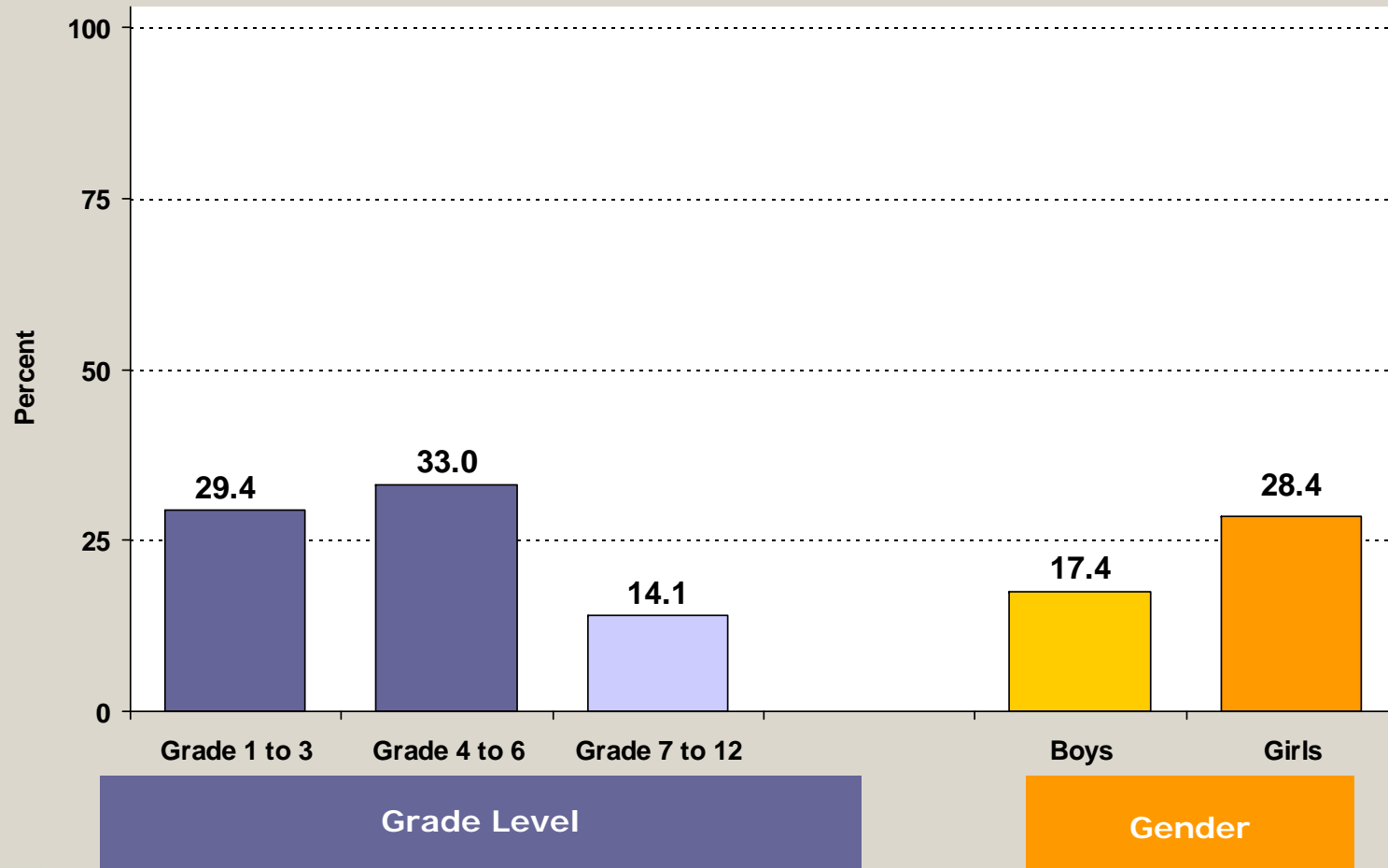
## Hennepin County Children 2010



\*Statistically significant differences were noted among age groups but not for income level groups.

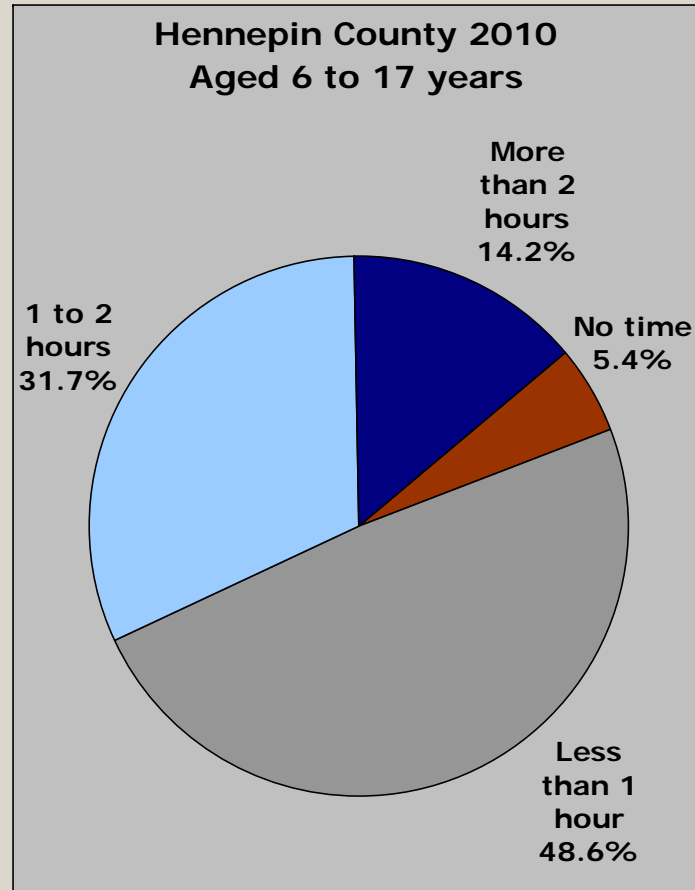
# Percent who met the suggested guideline for fine arts, music, drama or choir activities by grade level and gender

## Hennepin County Children 2010



\*Gender data represent children aged 6 to 17. Statistically significant differences were noted among grade level groups, and also for gender.

## On a typical school day, how much time does the child spend playing electronic games, watching TV or using computers for recreation?



\* See the next slide for age group guidelines on the recommended amount of time to be spent engaged in this activity. Note also that the "desired direction" of this activity (i.e., less time spent) is the reverse of the other charts presented here.

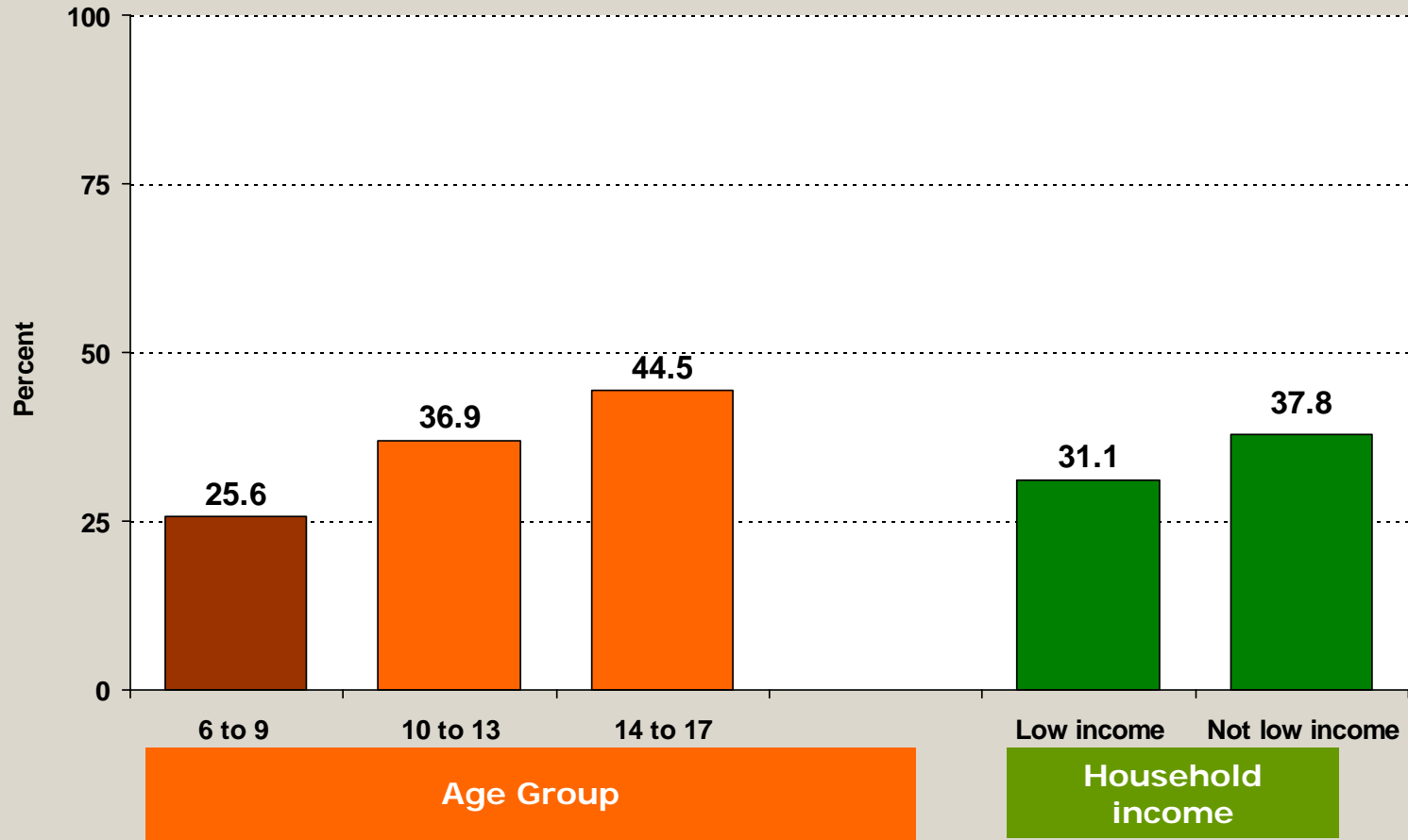
## *SHAPE 2010 – Child Survey: Key findings*

- Suggested guidelines for “screen time,” playing electronic games, watching TV, or using a computer for recreation

Grade Level	Suggested guideline
Grades 1 to 6	<i>30 minutes or less per day</i>
Grades 7 to 12	<i>Less than 1 hour per day</i>

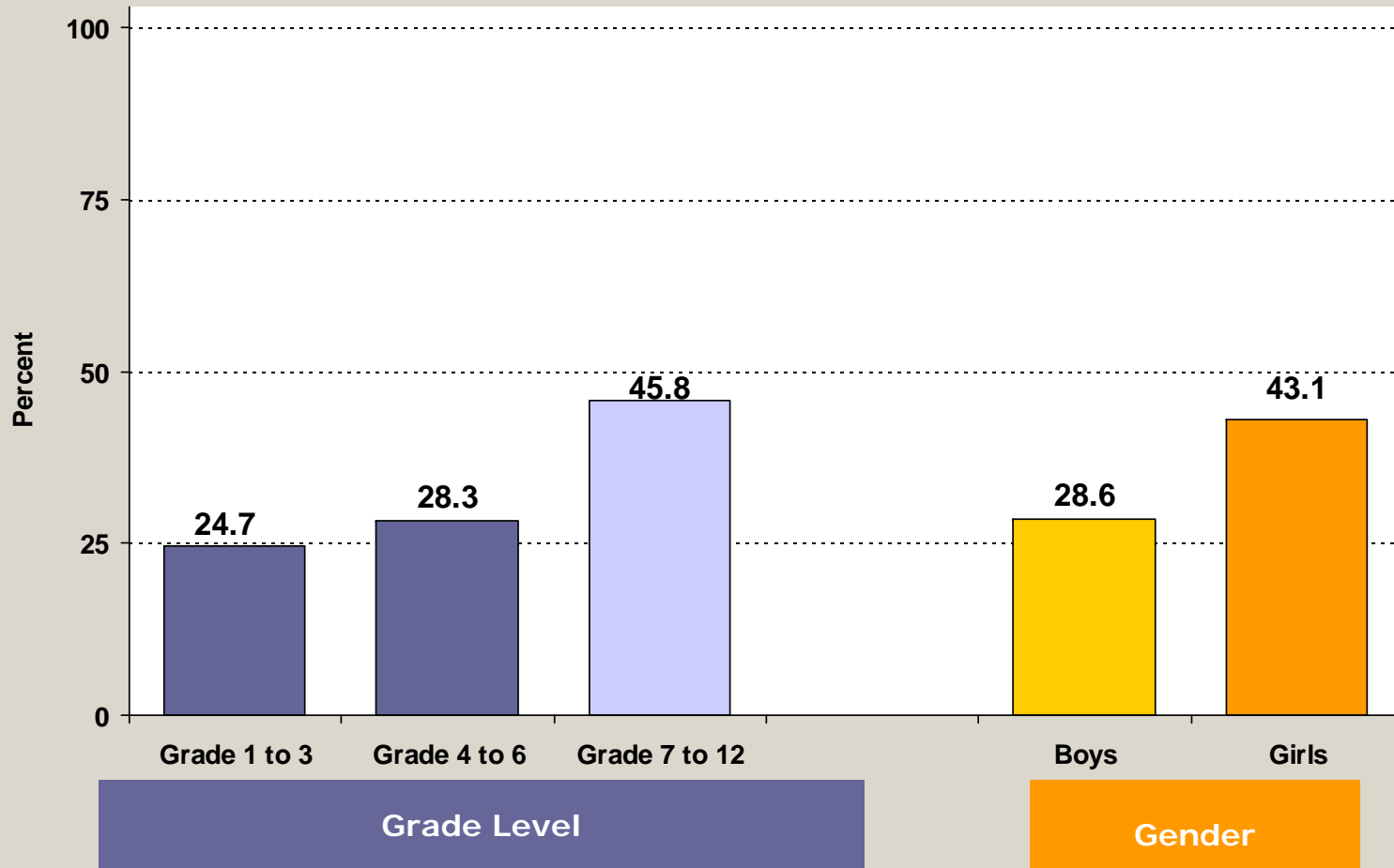
# Percent who met the suggested guideline for screen time, playing video games, watching TV ... by age and household income

Hennepin County Children 2010



\*Statistically significant differences were noted among age groups but not for income level groups.

# Percent who met the suggested guideline for screen time, playing video games, watching TV ... by grade level and gender Hennepin County Children 2010



\*Gender data represent children aged 6 to 17. Statistically significant differences were noted among grade level groups, and also for gender.



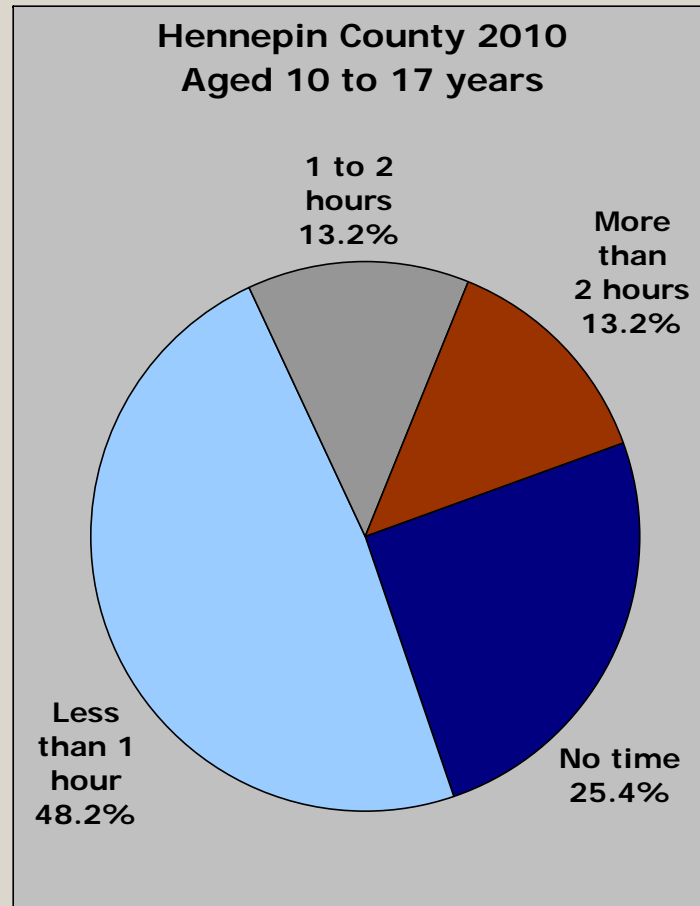
## *SHAPE 2010 – Child Survey: Key findings*

- **Some daily activities have no specific guidelines, but help provide insights on youth engagement**

In 2010, the SHAPE survey tracked participation in common activities among older children and youths aged 10 to 17, including:

- Talking with or texting friends by phone or by internet
- Babysitting or taking care of other children
- Doing tasks or chores to help around the house

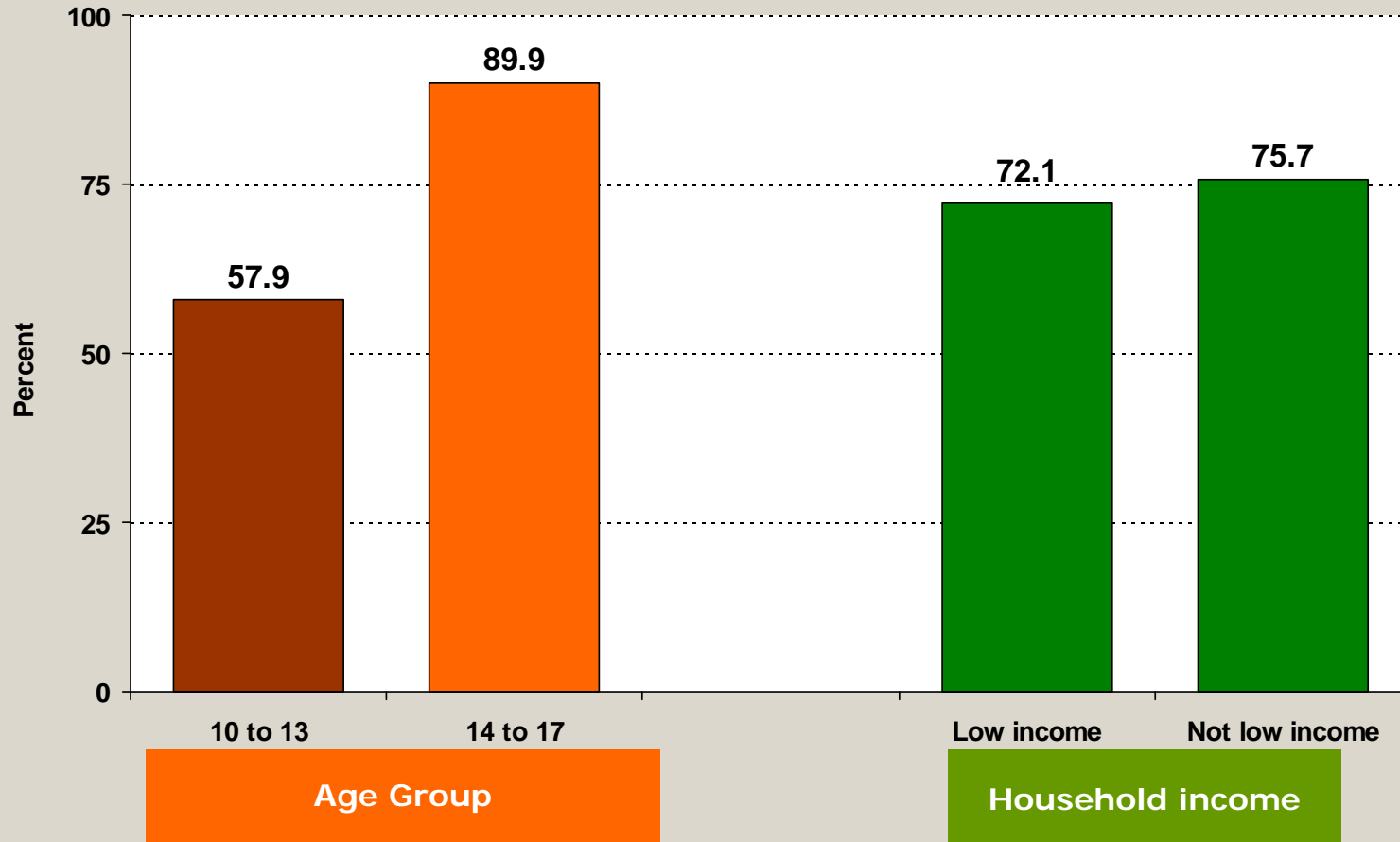
## On a typical school day, how much time does the youth spend talking or sending text messages to friends by phone or internet?



\* There are no age group guidelines on the recommended amount of time to be spent engaged in this activity. Note also that the "desired direction" of this activity (i.e., less time spent is "better") is the reverse of the other charts presented here.

# Percent who engage in talking or texting by phone or internet on a typical school day by age and household income

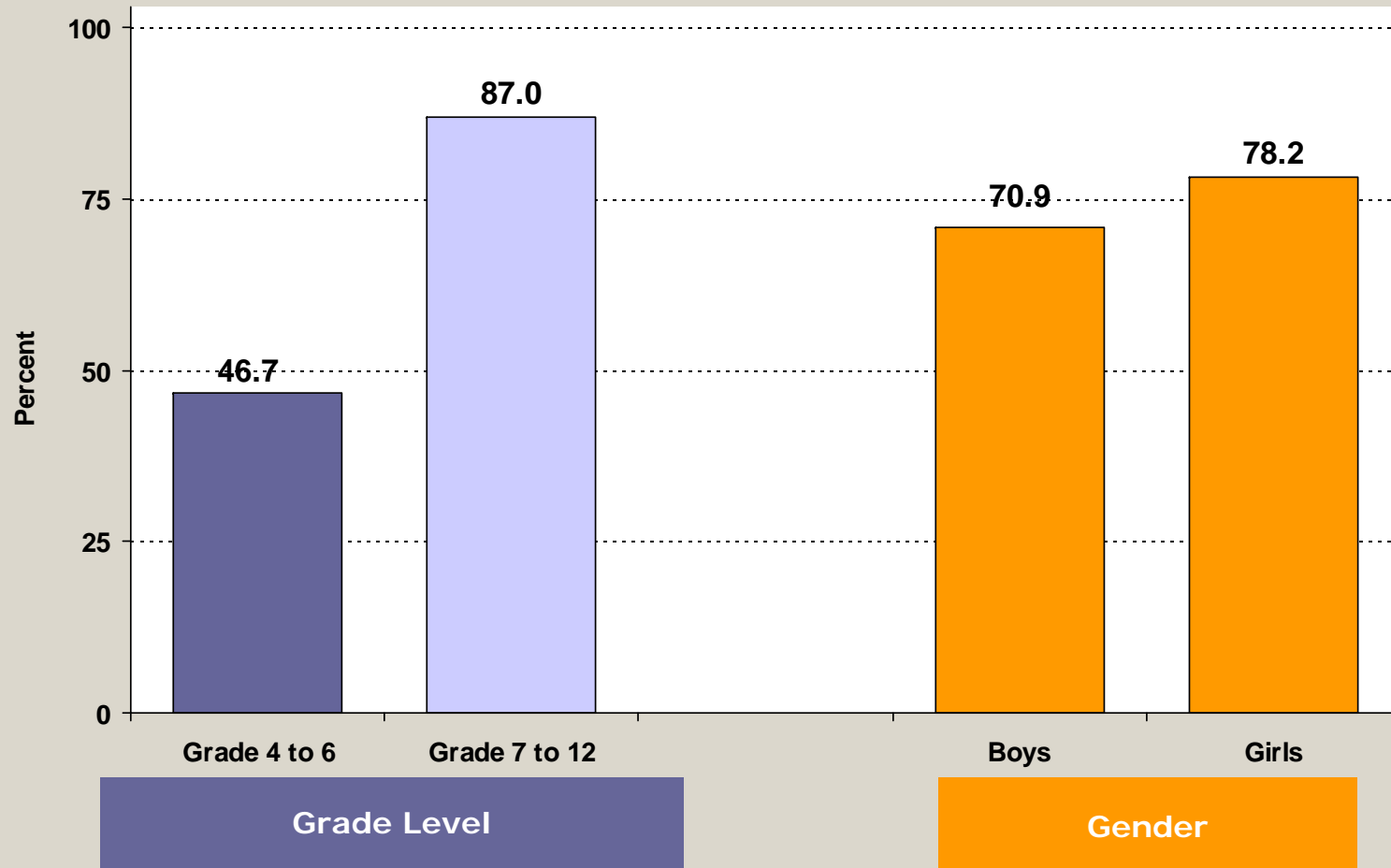
## Hennepin County Children 2010



\*Household income data represent youths aged 10 to 17. Statistically significant differences were noted between age groups but not for income level groups.

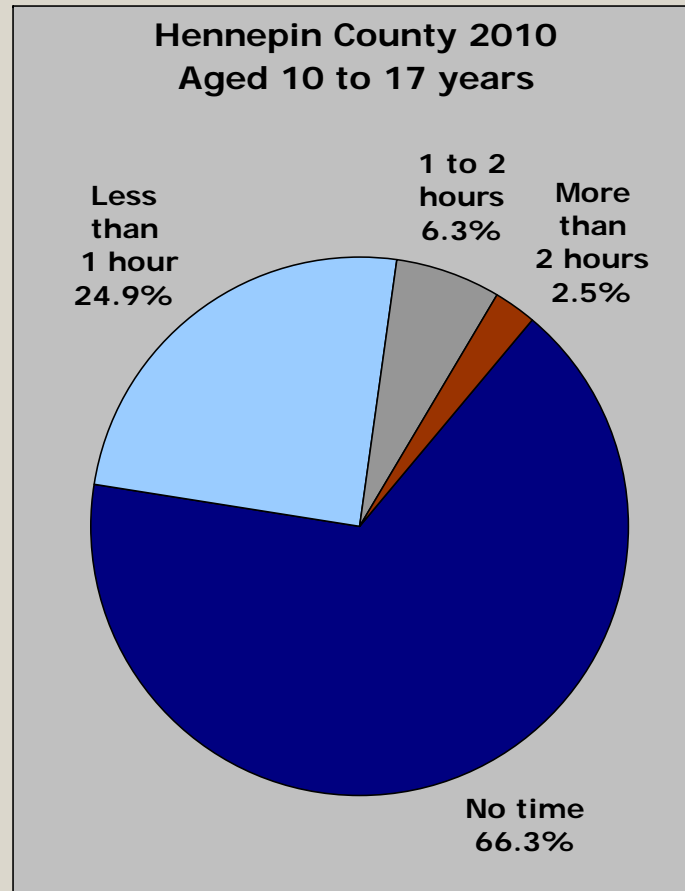
# Percent who engage in talking or texting by phone or internet on a typical school day by grade level and gender

## Hennepin County Children 2010



\*Gender data represent children aged 10 to 17. Statistically significant differences were noted for grade level groups, but not for gender.

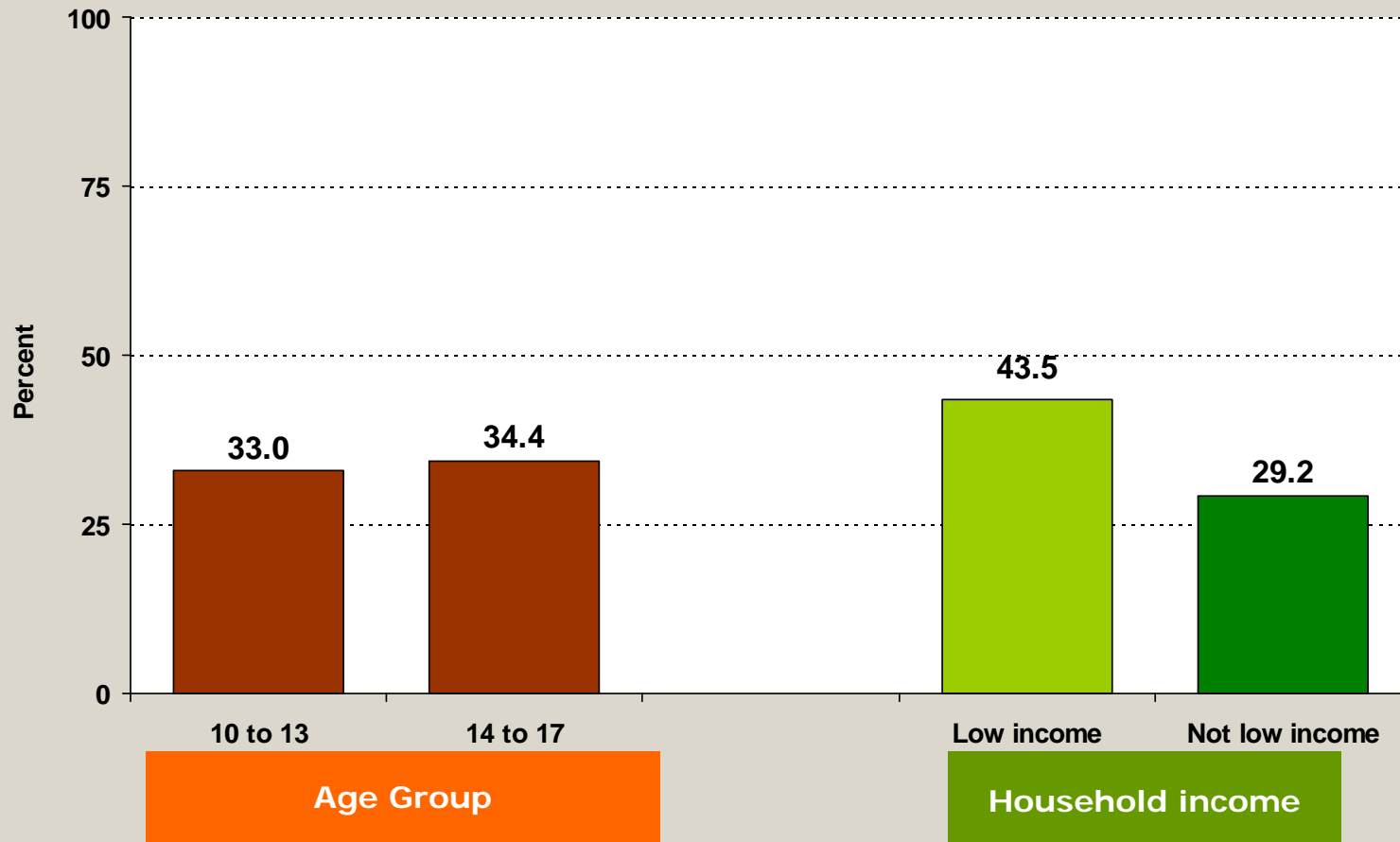
## On a typical school day, how much time does the youth spend babysitting or taking care of other children?



\* There are no age group guidelines on the recommended amount of time to be spent engaged in this activity. Note also that the “desired direction” of this activity (i.e., less time spent) is the reverse of the other charts presented here.

# Percent of youths who babysit or take care of other children on a typical school day by age and household income

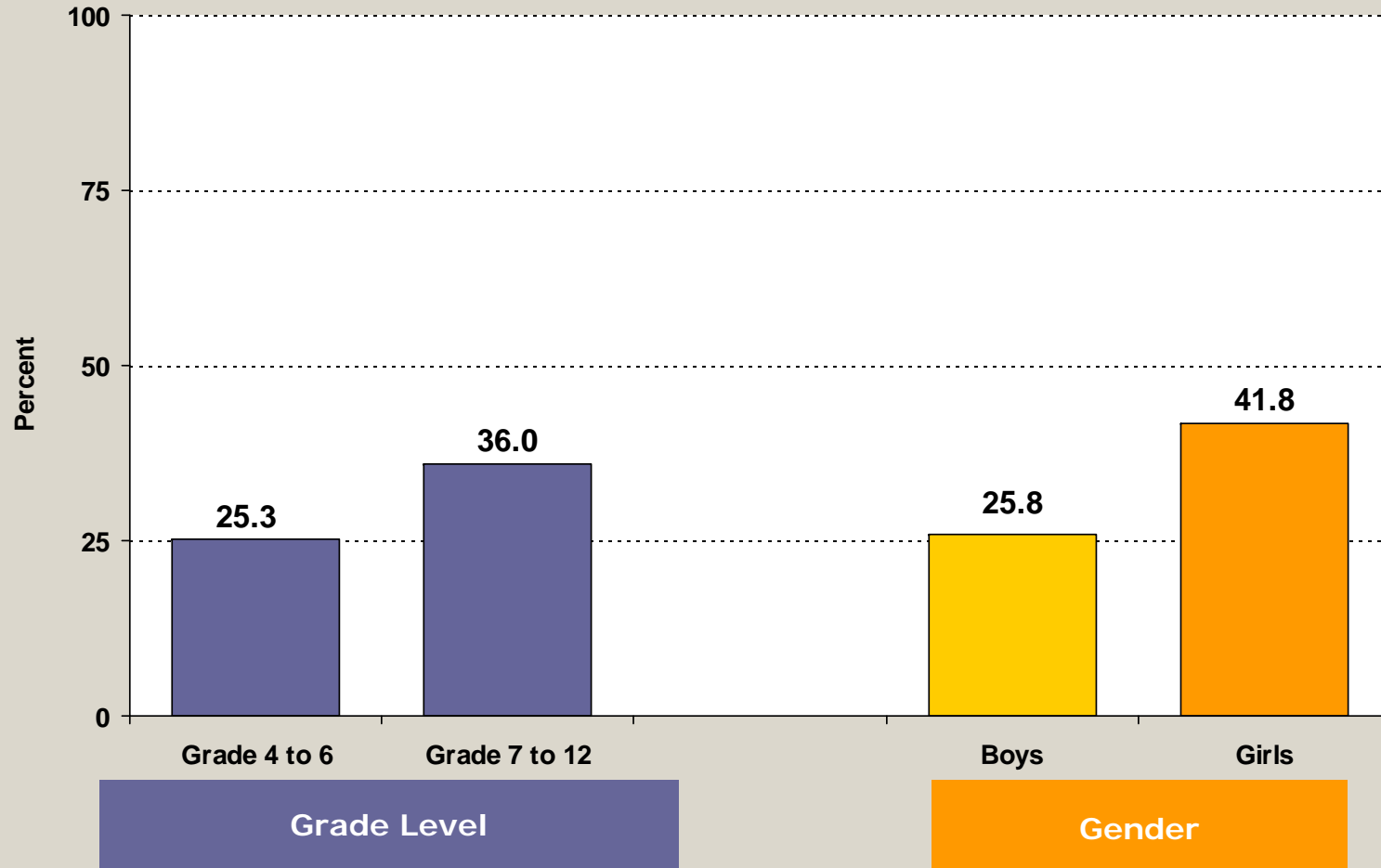
## Hennepin County Children 2010



\* Household income data represent youths aged 10 to 17. Statistically significant differences were noted for income level groups, but not for age groups.

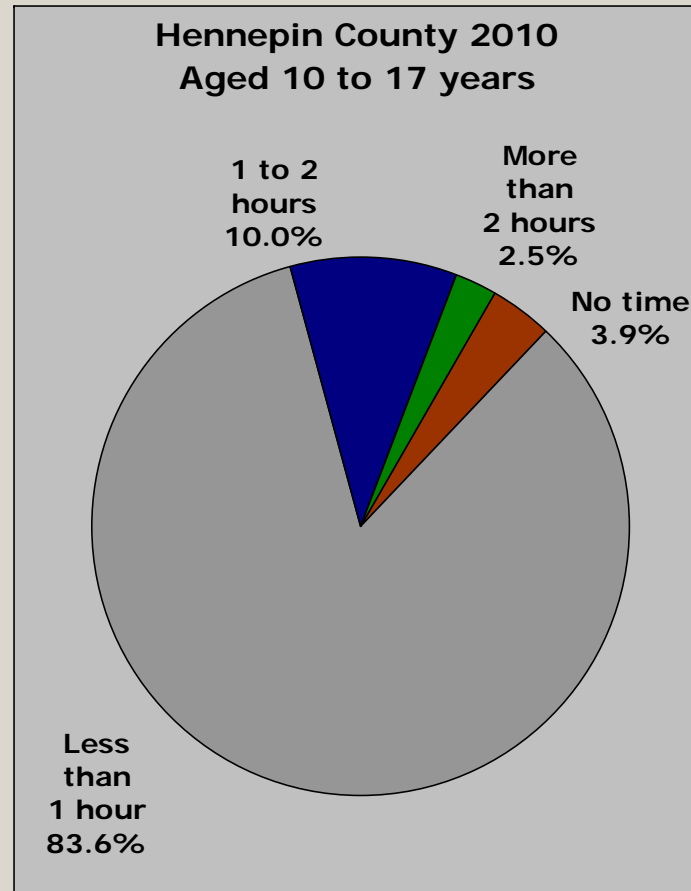
# Percent of youths who babysit or take care of other children on a typical school day by grade level and gender

## Hennepin County Children 2010



\*Gender data represent children aged 10 to 17. Statistically significant differences were noted for gender but not for grade level.

## On a typical school day, how much time does the youth spend doing tasks or chores to help around the house?

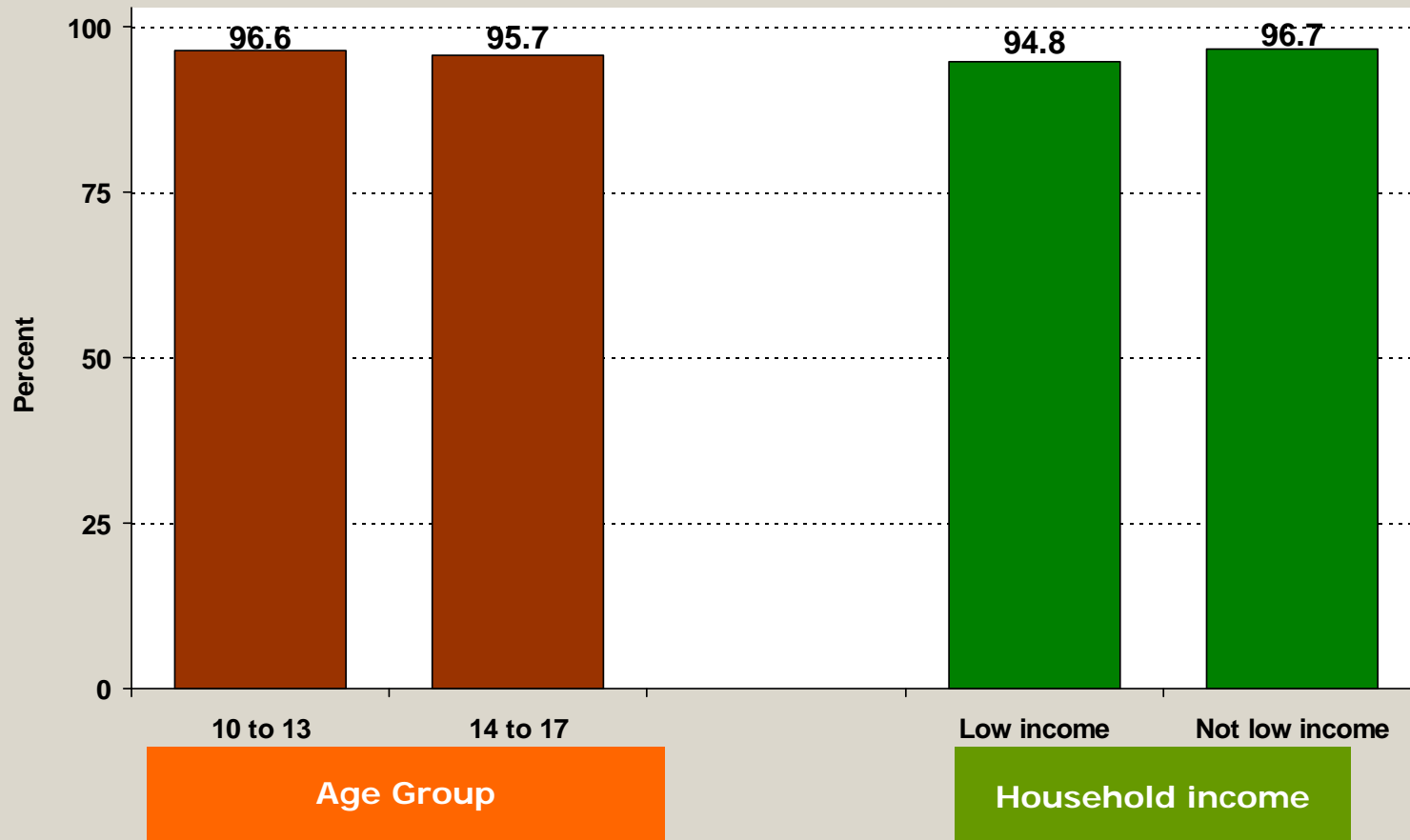


\* There are no age group guidelines on the recommended amount of time to be spent engaged in this activity.



# Percent of youths who do tasks or chores to help around the house on a typical school day by age and household income

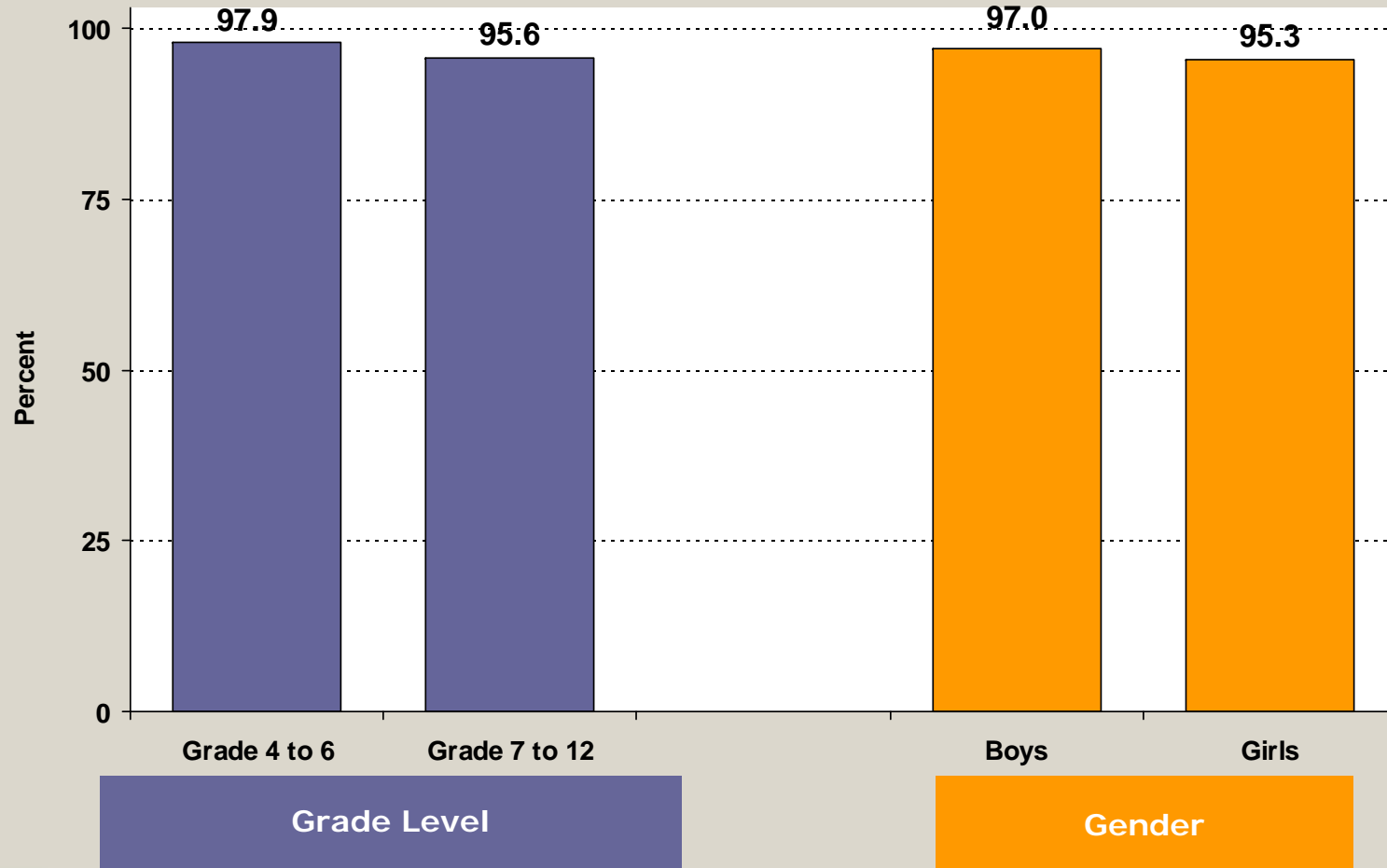
## Hennepin County Children 2010



\* Household income data represent youths aged 10 to 17. No statistically significant differences were noted for age or for income level groups.

# Percent of youths who do tasks or chores to help around the house on a typical school day by grade and gender

## Hennepin County Children 2010



\*Gender data represent children aged 10 to 17. No statistically significant differences were noted for gender or for grade level.

## *SHAPE 2010 – Child Survey: Key findings*

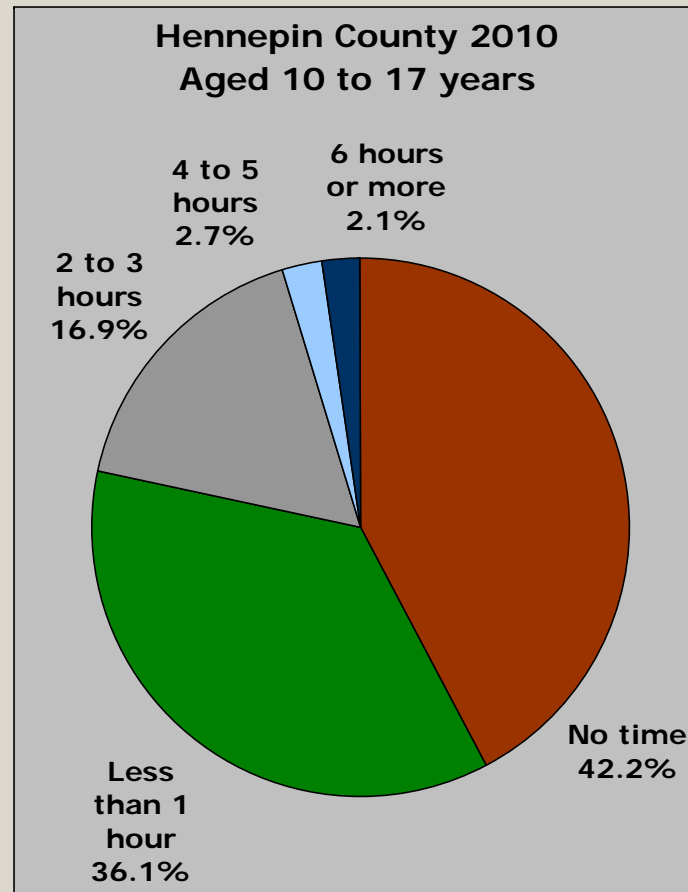
### □ **Engaging in activities that model or support adult role development**

In 2010, parents of older children and youths were asked if their child participated in any activities that would tend to support the development of adult roles.

These activities included:

- **Doing any type of volunteer work**
- **Spending time with an adult role-model, such as a tutor, coach or mentor**
- **Working for pay or working in a family-owned business**
- **Hanging out with friends without any adult supervision**

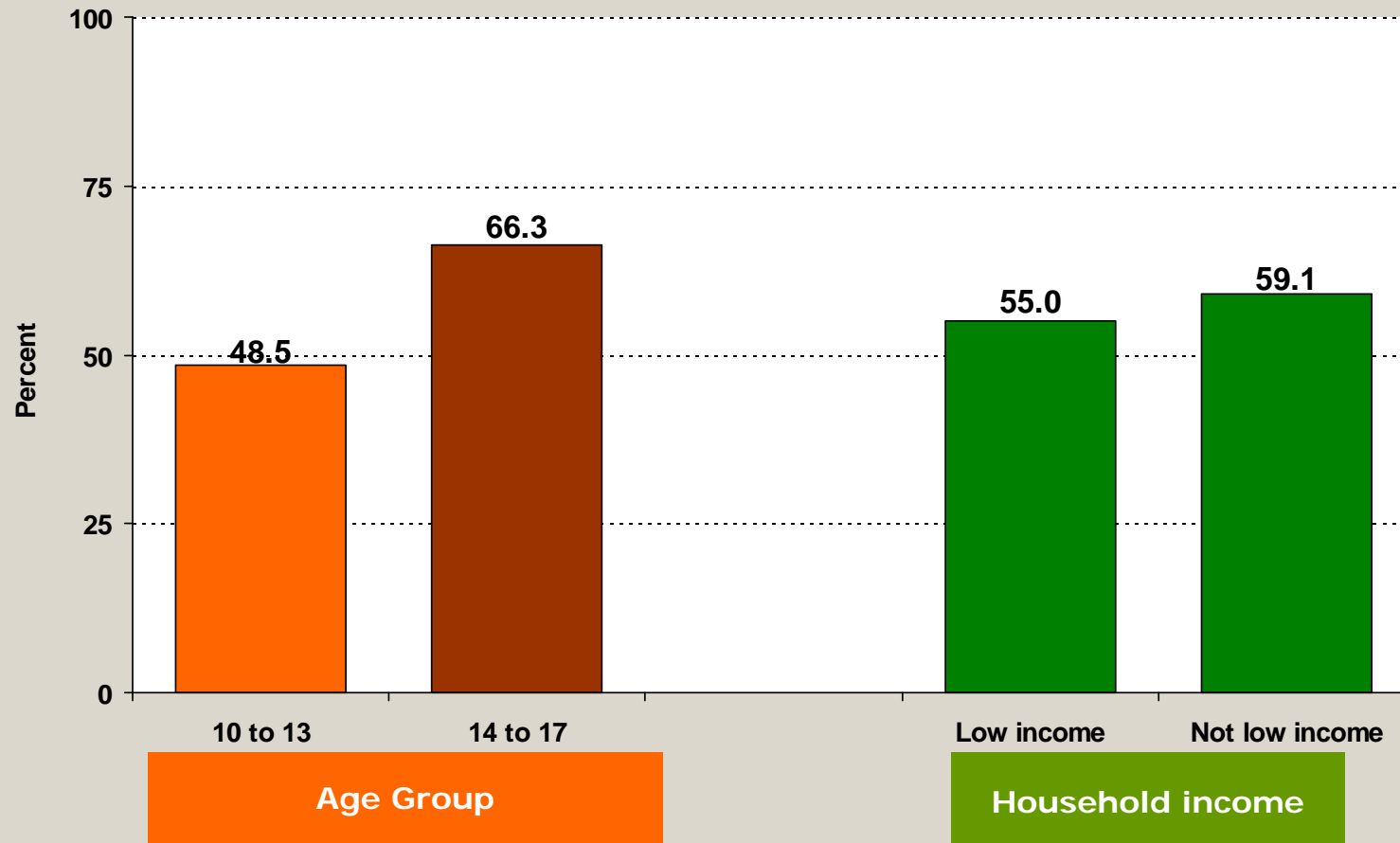
## During a typical school week, including the weekend, how many hours does the youth spend doing any type of volunteer work?



\* There are no age group guidelines on the recommended amount of time to be spent engaged in this activity.

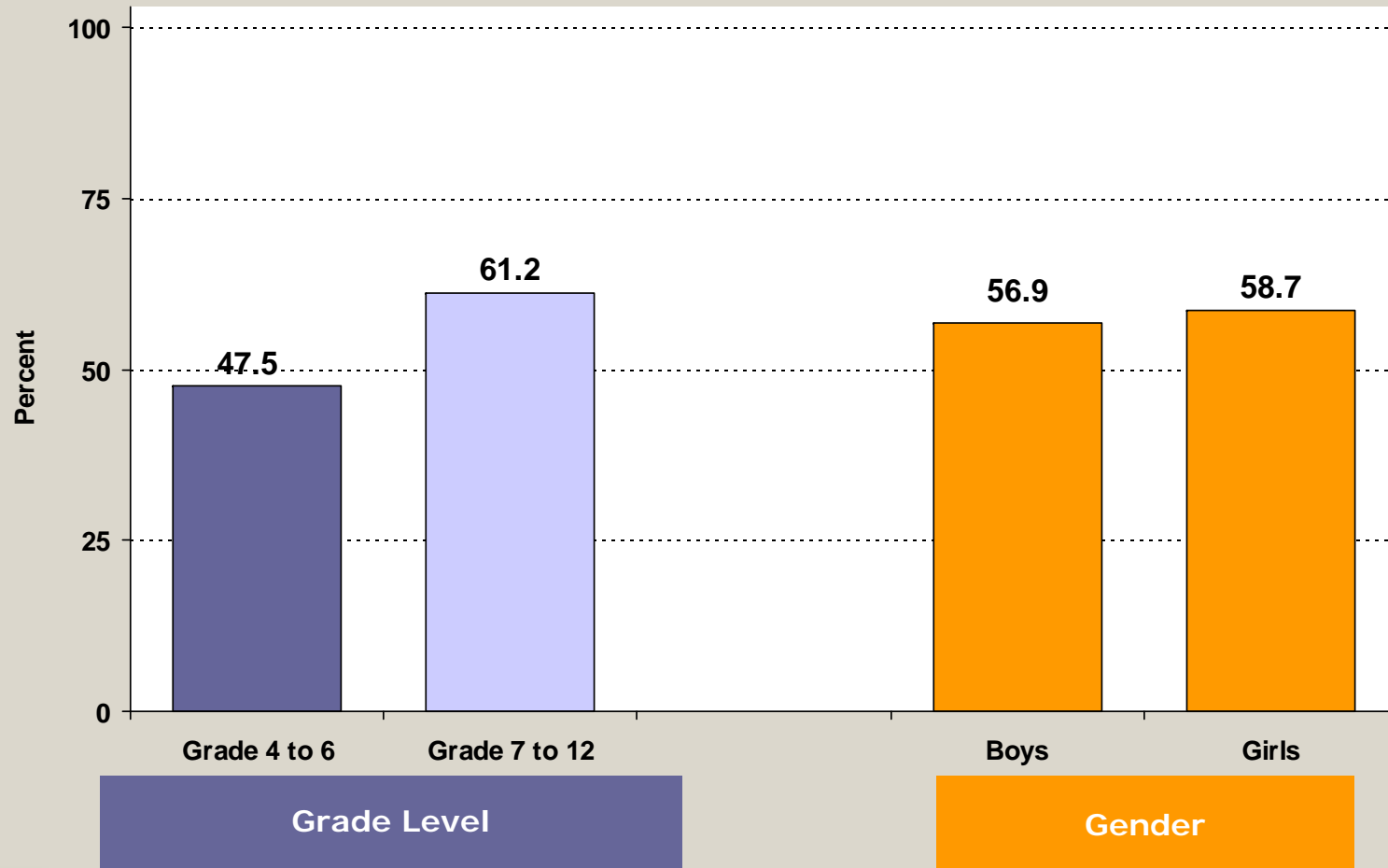
# Percent of youths who do any type of volunteer work during a typical school week, ... by age and household income level

Hennepin County Children 2010



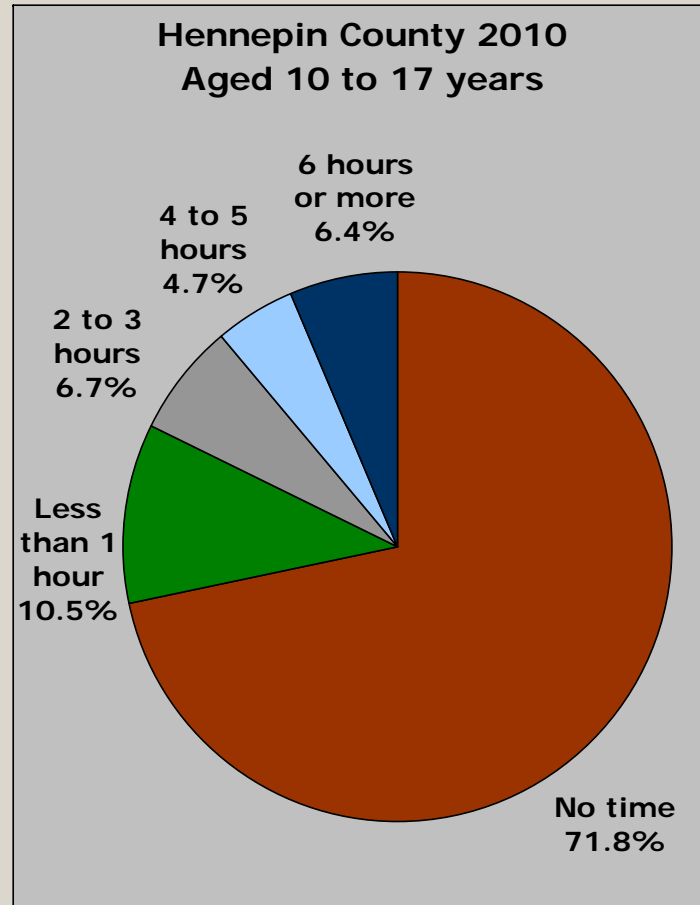
\* Household income data represent youths aged 10 to 17. Statistically significant differences were noted for age, but not for income level groups.

# Percent of youths who do any type of volunteer work during a typical school week, ... by grade level and gender Hennepin County Children 2010



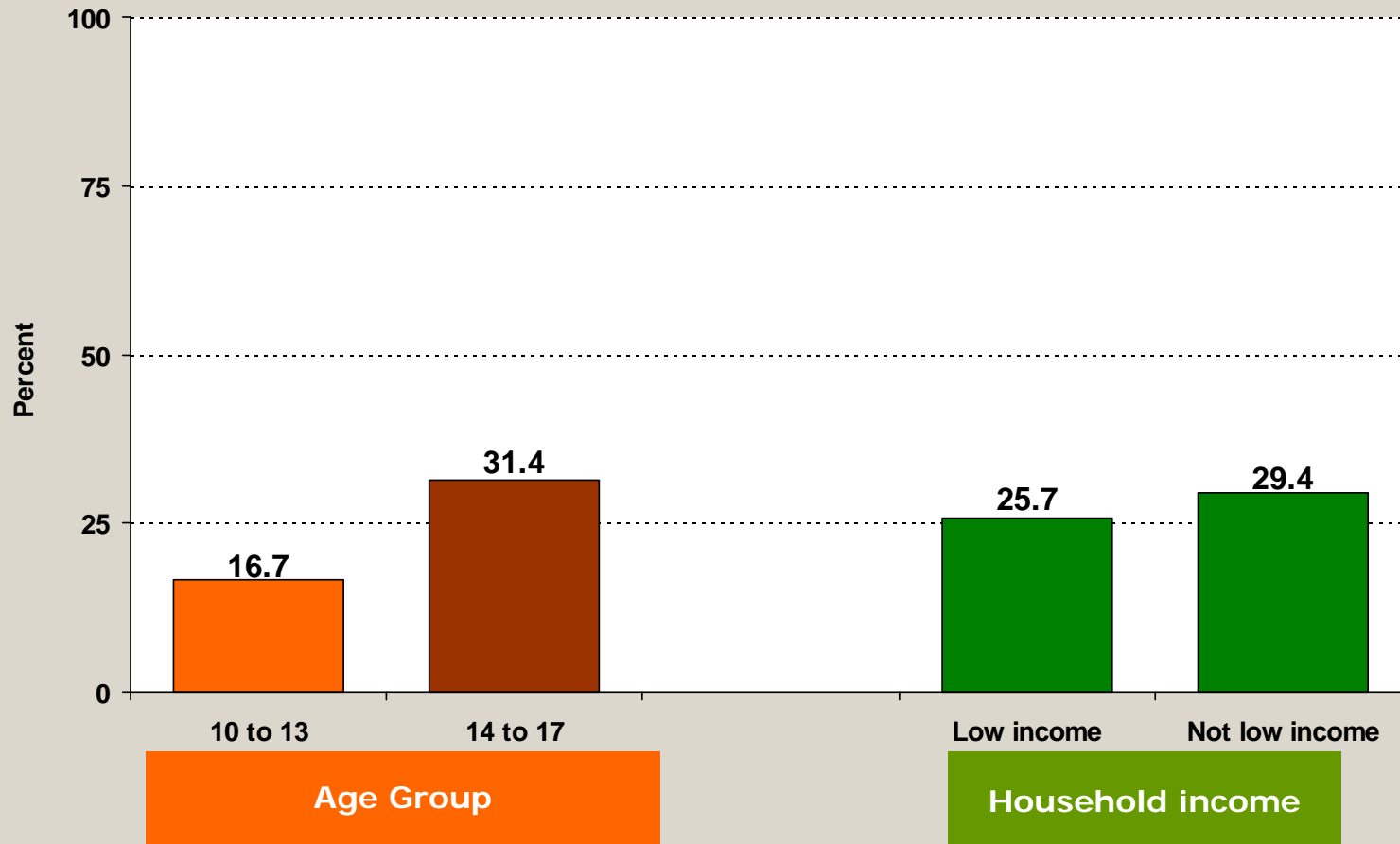
\*Gender data represent children aged 10 to 17. Statistically significant differences were noted for grade level, but not for gender.

## During a typical school week, including the weekend, how many hours does the youth spend working for pay or at a family business?



\* There are no age group guidelines on the recommended amount of time to be spent engaged in this activity.

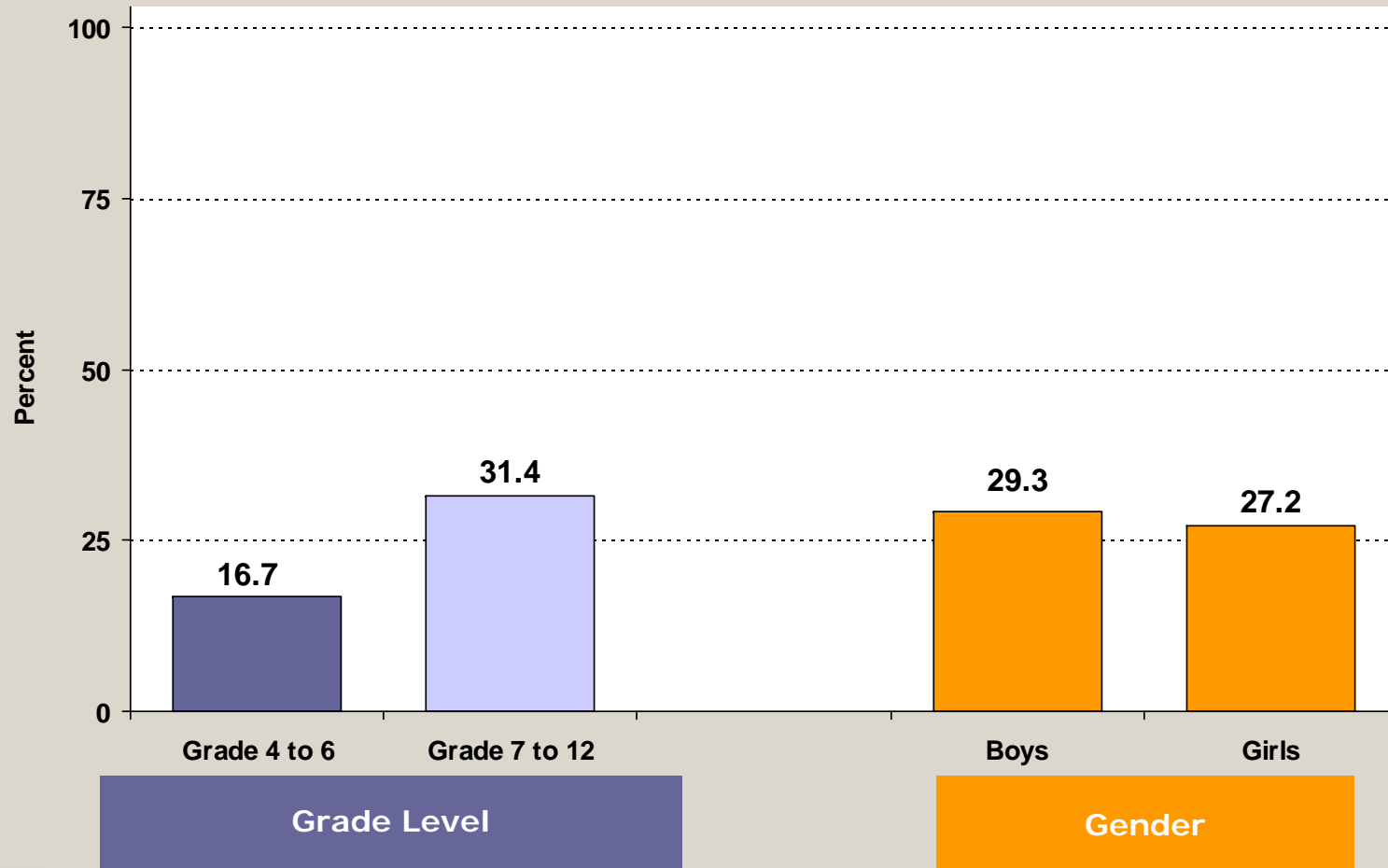
# Percent of youths who work for pay or at a family business during a typical school week, ... by age and household income level Hennepin County Children 2010



\* Household income data represent youths aged 10 to 17. Statistically significant differences were noted for age, but not for income level groups.

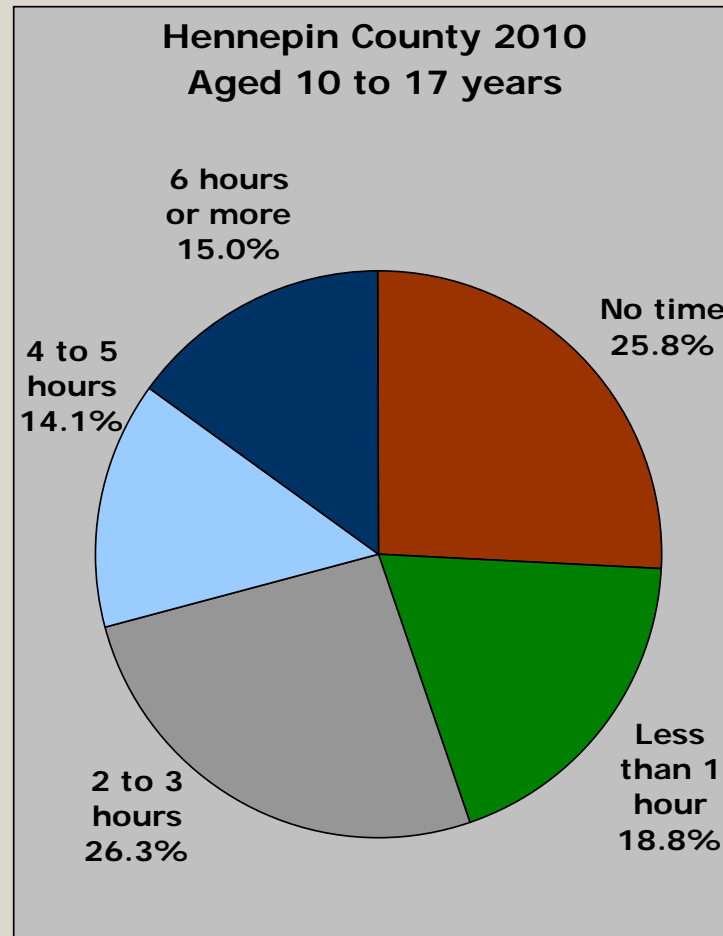


# Percent of youths who work for pay or at a family business, during a typical school week, ... by grade level and gender Hennepin County Children 2010



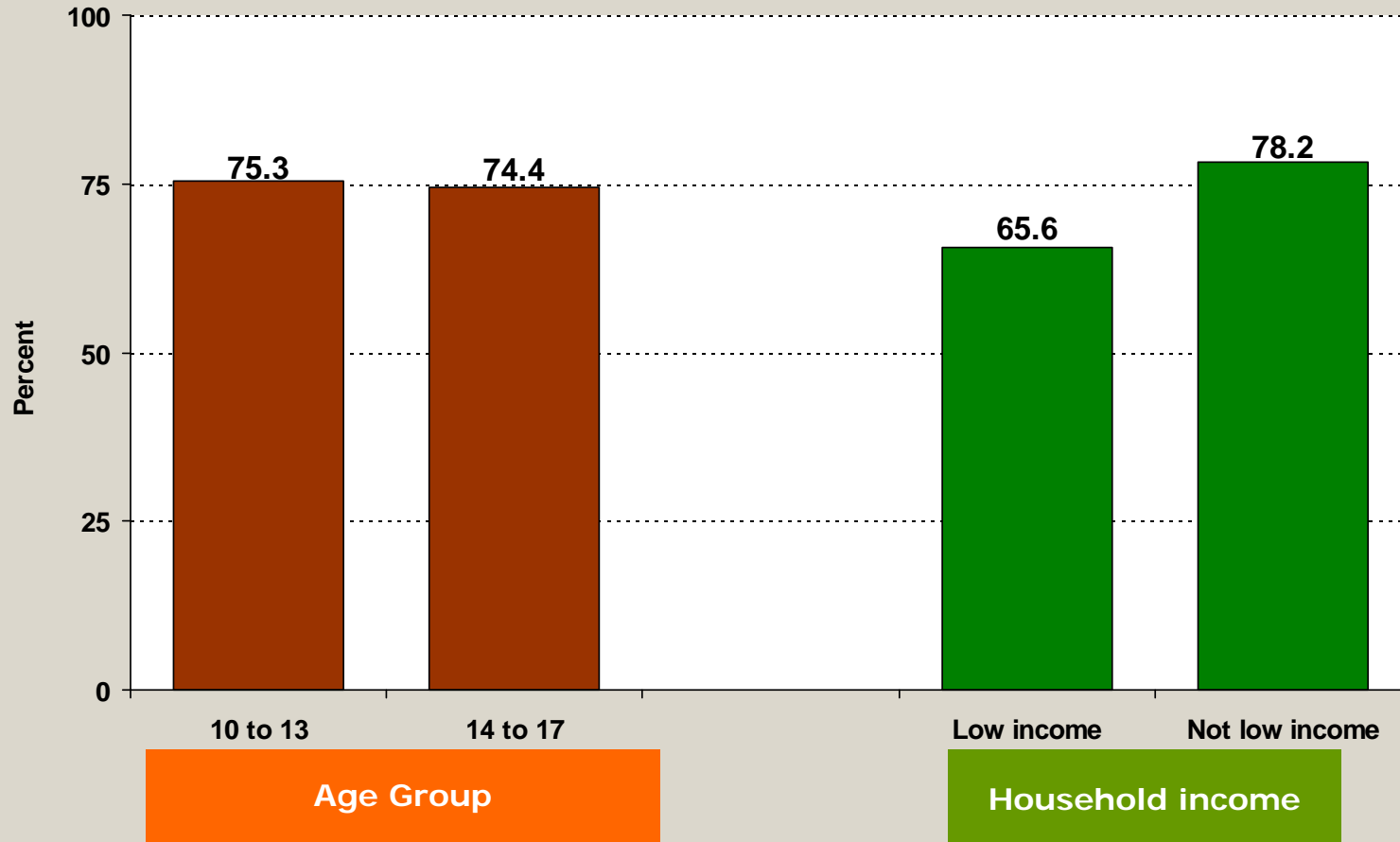
\*Gender data represent children aged 10 to 17. Statistically significant differences were noted for grade level, but not for gender.

During a typical school week, including the weekend, how many hours does the youth spend with an adult role-model, tutor, coach or mentor?



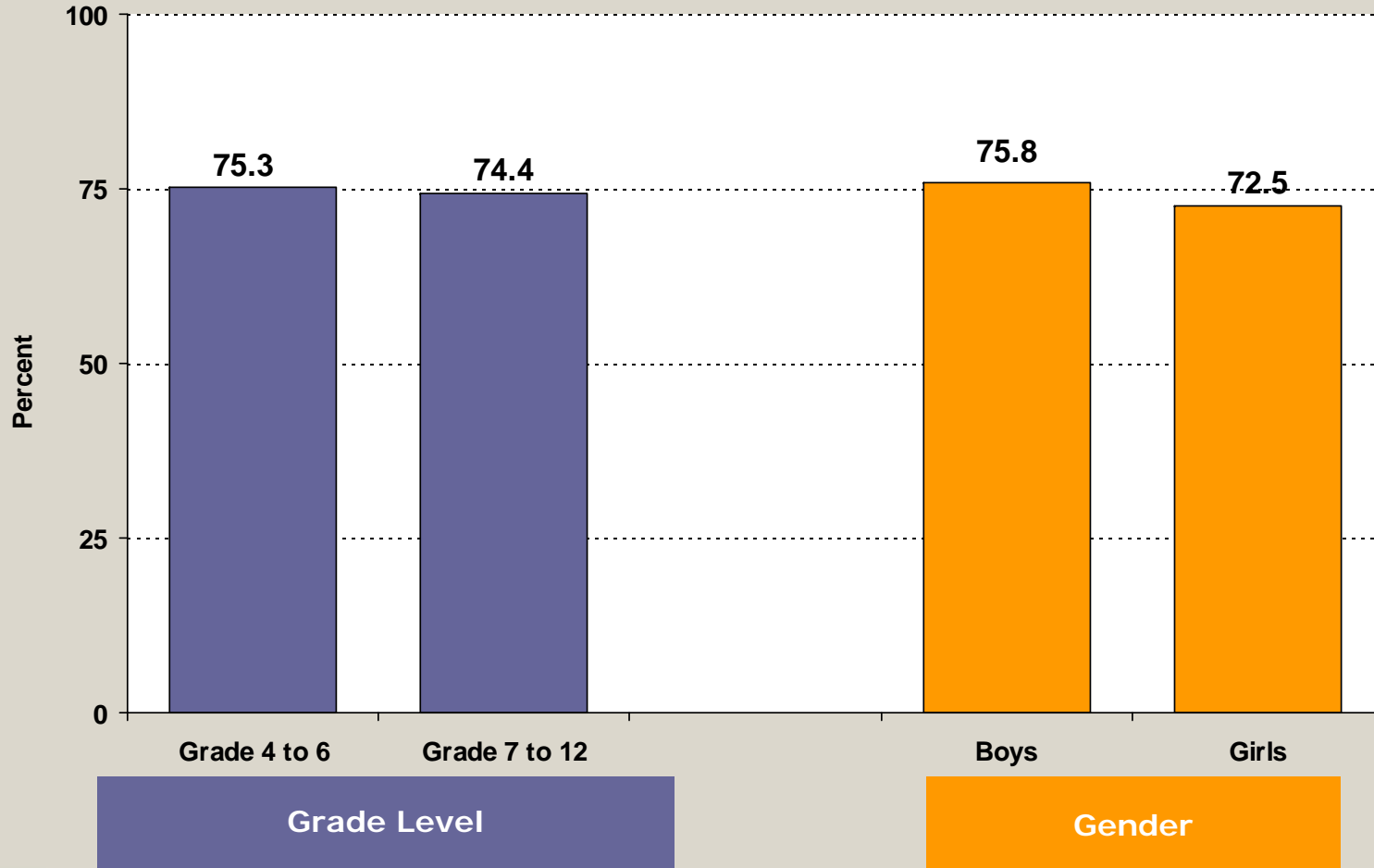
\* There are no age group guidelines on the recommended amount of time to be spent engaged in this activity.

# Percent of youths who spend time with an adult role-model, tutor, coach or mentor, ... by age and household income level Hennepin County Children 2010



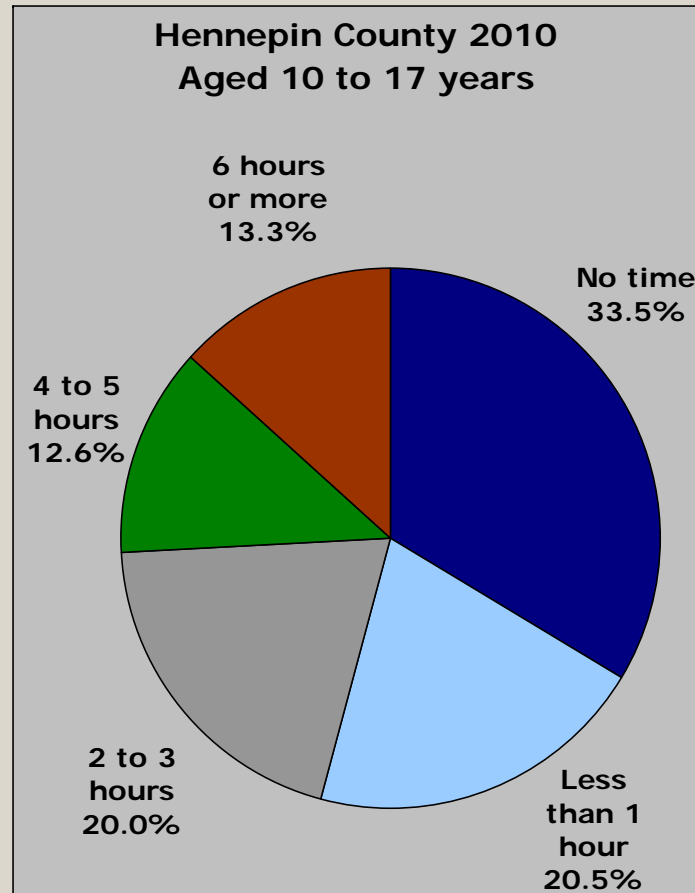
\* Household income data represent youths aged 10 to 17. No statistically significant differences were noted for age or for income level groups.

# Percent of youths who spend time with an adult role-model, tutor, coach or mentor, ... by grade level and gender Hennepin County Children 2010



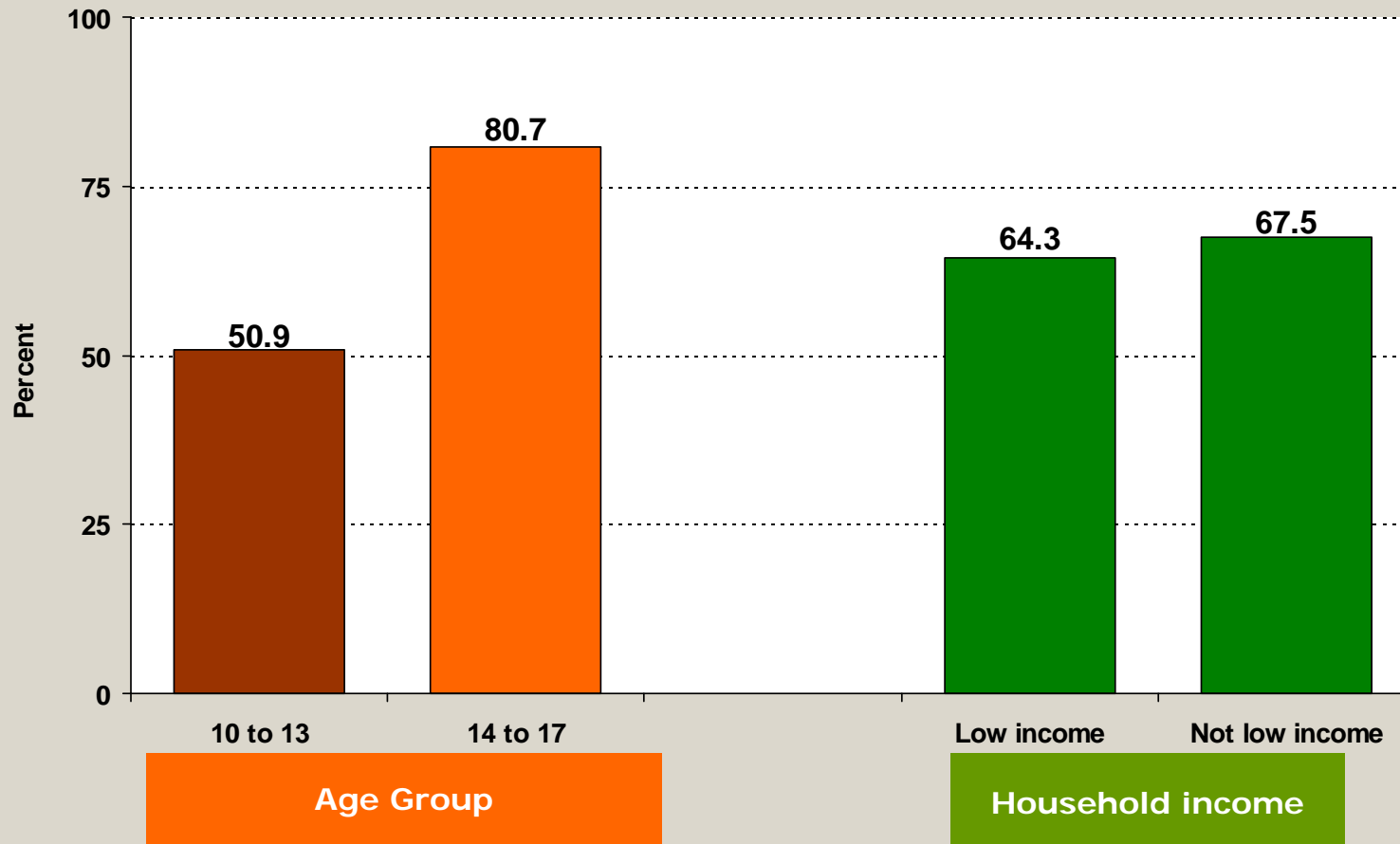
\*Gender data represent children aged 10 to 17. No statistically significant differences were noted for grade level or for gender.

## During a typical school week, including the weekend, how many hours does the youth spend hanging out with friends without adult supervision?



\* There are no age group guidelines on the recommended amount of time to be spent engaged in this activity. Note also that the "desired direction" of this activity (i.e., less time spent is "better") is the reverse of the other charts presented here.

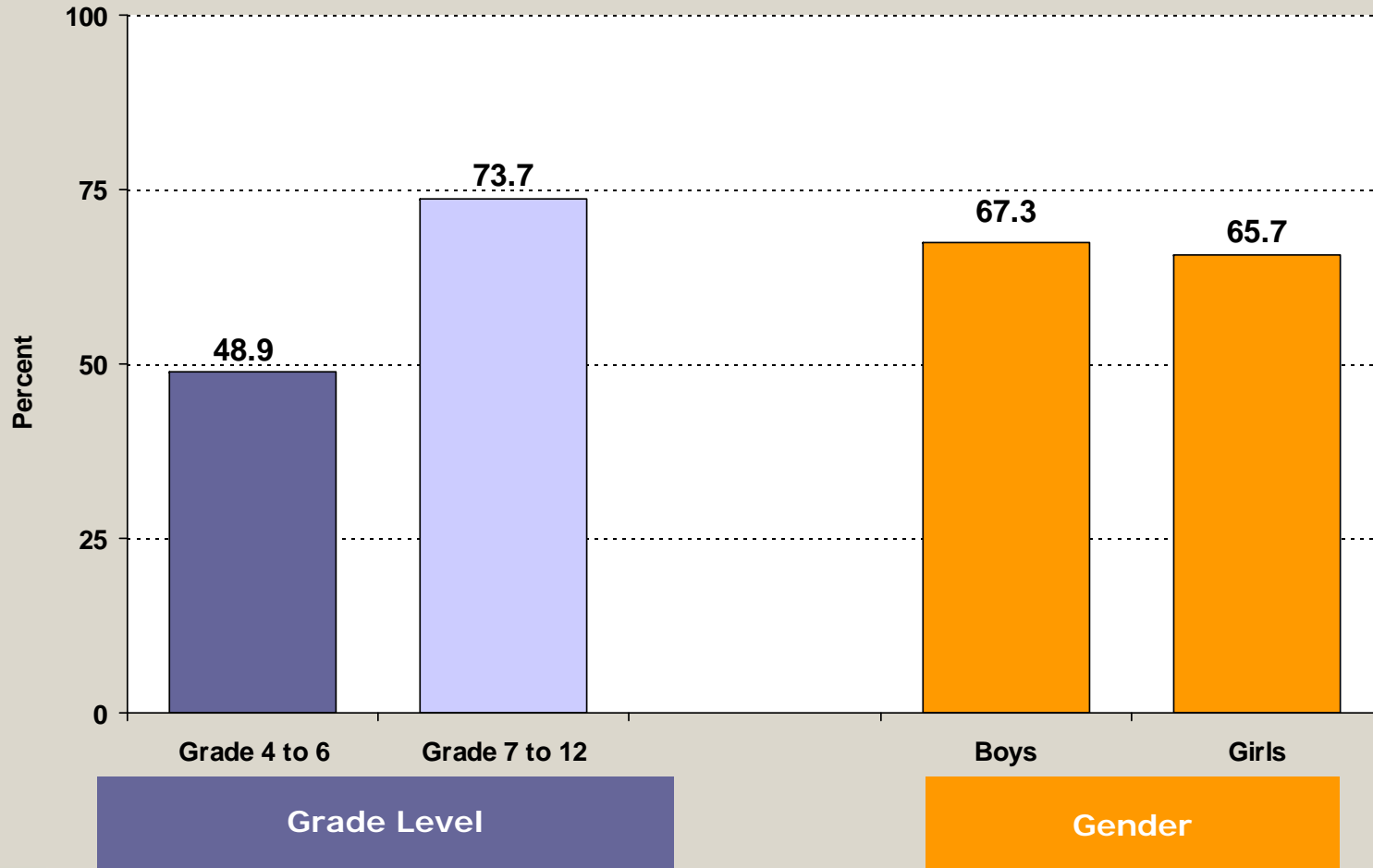
# Percent of youths who spend time hanging out with friends without adult supervision, ... by age and household income level Hennepin County Children 2010



\* Household income data represent youths aged 10 to 17. Statistically significant differences were noted for age, but not for income level groups.

# Percent of youths who spend time hanging out with friends without adult supervision, ... by grade level and gender

## Hennepin County Children 2010



\*Gender data represent children aged 10 to 17. Statistically significant differences were noted for grade level, but not for gender.



**SHAPE 2010**

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Your answers matter.

# Bullying at School

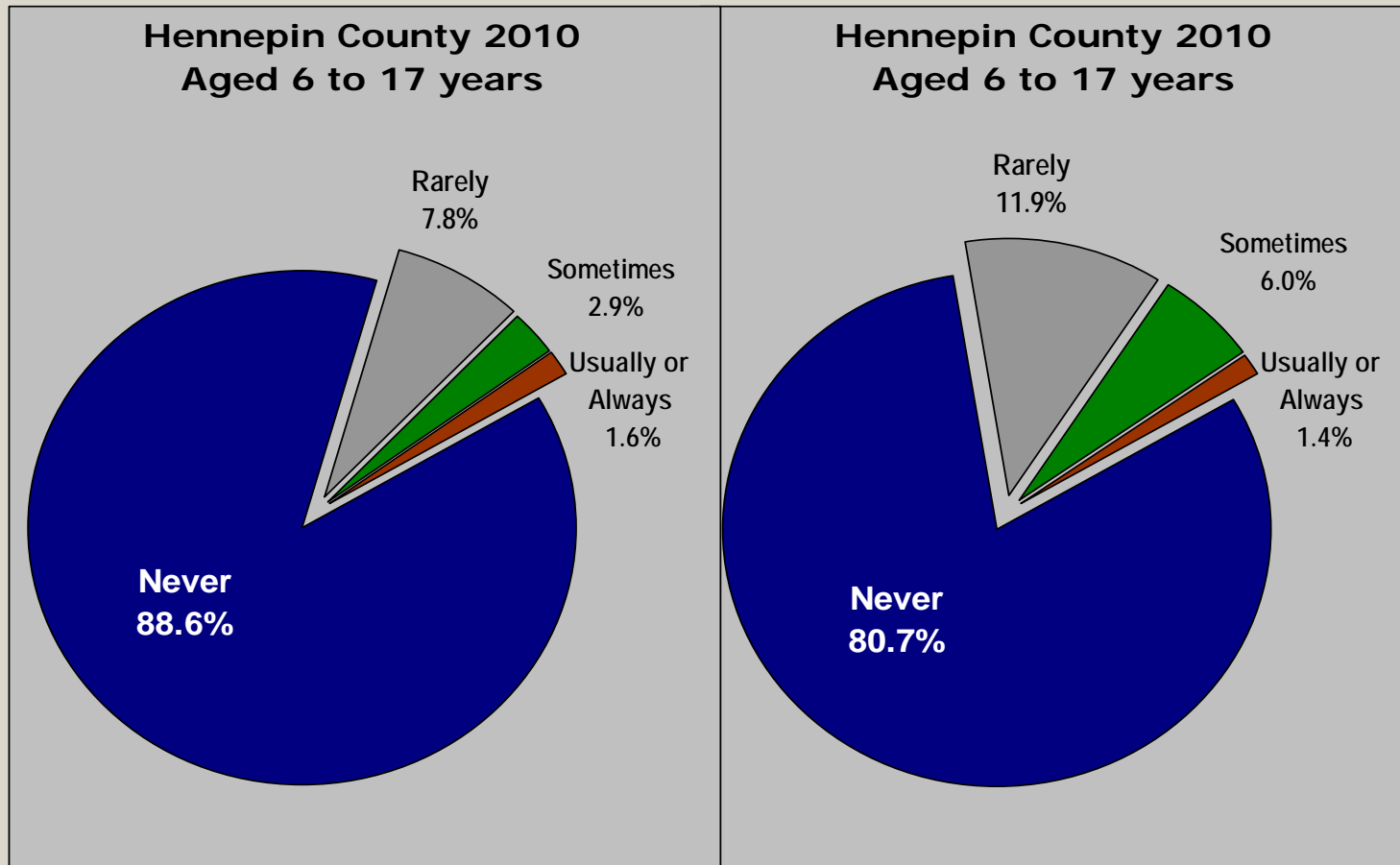


## *SHAPE 2010 – Child Survey: Key findings*

### □ Parents report more school-aged children were affected by teasing and bullying

In 2010, 19.3% of school-aged child were ever afraid to go to school because of being *picked on, teased or bullied* by other children during the past school year (compared to 11.4 % in 2006, a statistically significant difference).

# During the past school year, how often was your child afraid to go to school because of being picked on, teased or bullied? 2006 vs 2010



\*Statistically significant differences were noted over time from 2006 to 2010.

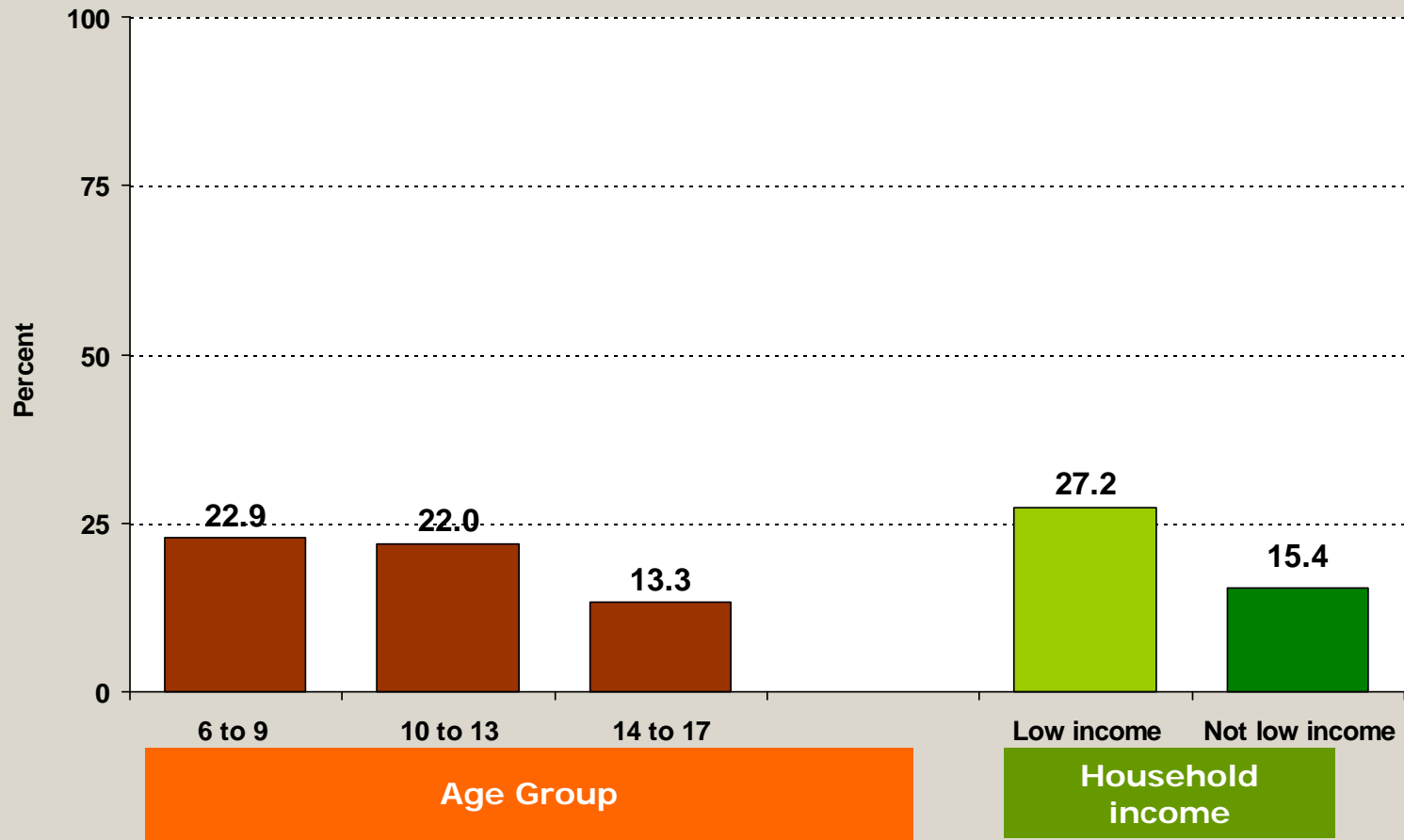
## *SHAPE 2010 – Child Survey: Key findings*

### □ **Low income children were more likely to be affected by teasing and bullying**

27.2% of low income school-aged children were ever afraid to go to school because of being *picked on, teased or bullied* during the past school year (compared to 15.4 % for those who are not low income, a statistically significant difference).

# Percent who were ever afraid to go to school due to being picked on, teased or bullied by others by age and household income

## Hennepin County Children 2010



\*Statistically significant differences were noted between income level groups, but not among age groups.



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# Adequate Sleep

## *SHAPE 2010 – Child Survey: Key findings*

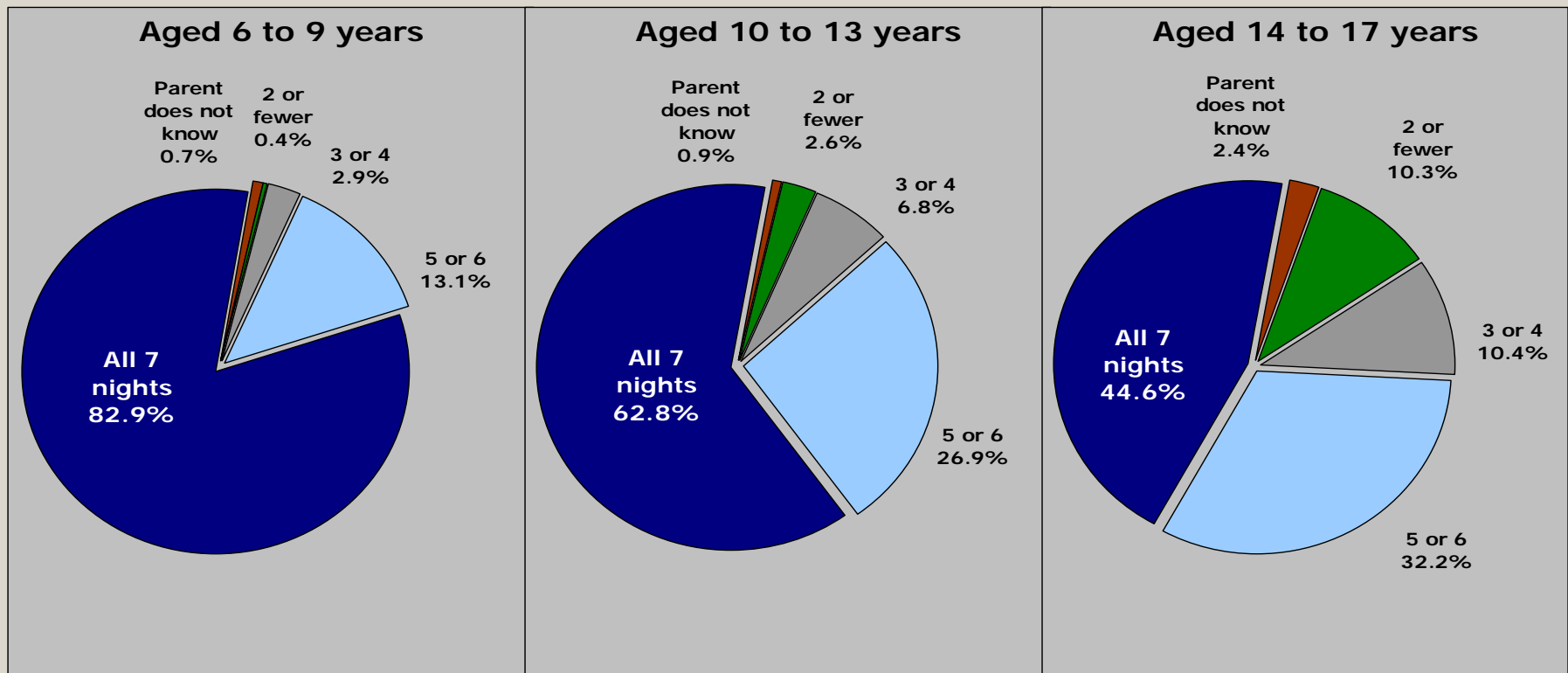
### □ **More sleep is needed for everyone – especially for teens on school nights**

Good sleeping habits are extremely important for all children, but especially for adolescents who are experiencing a period of significant “brain growth.”

However, less than half of all teens aged 14 to 17 got eight or more hours of sleep on all seven nights in the past week.

# During the past week, including the weekend, how often did your child get at least 8 or more hours of sleep?

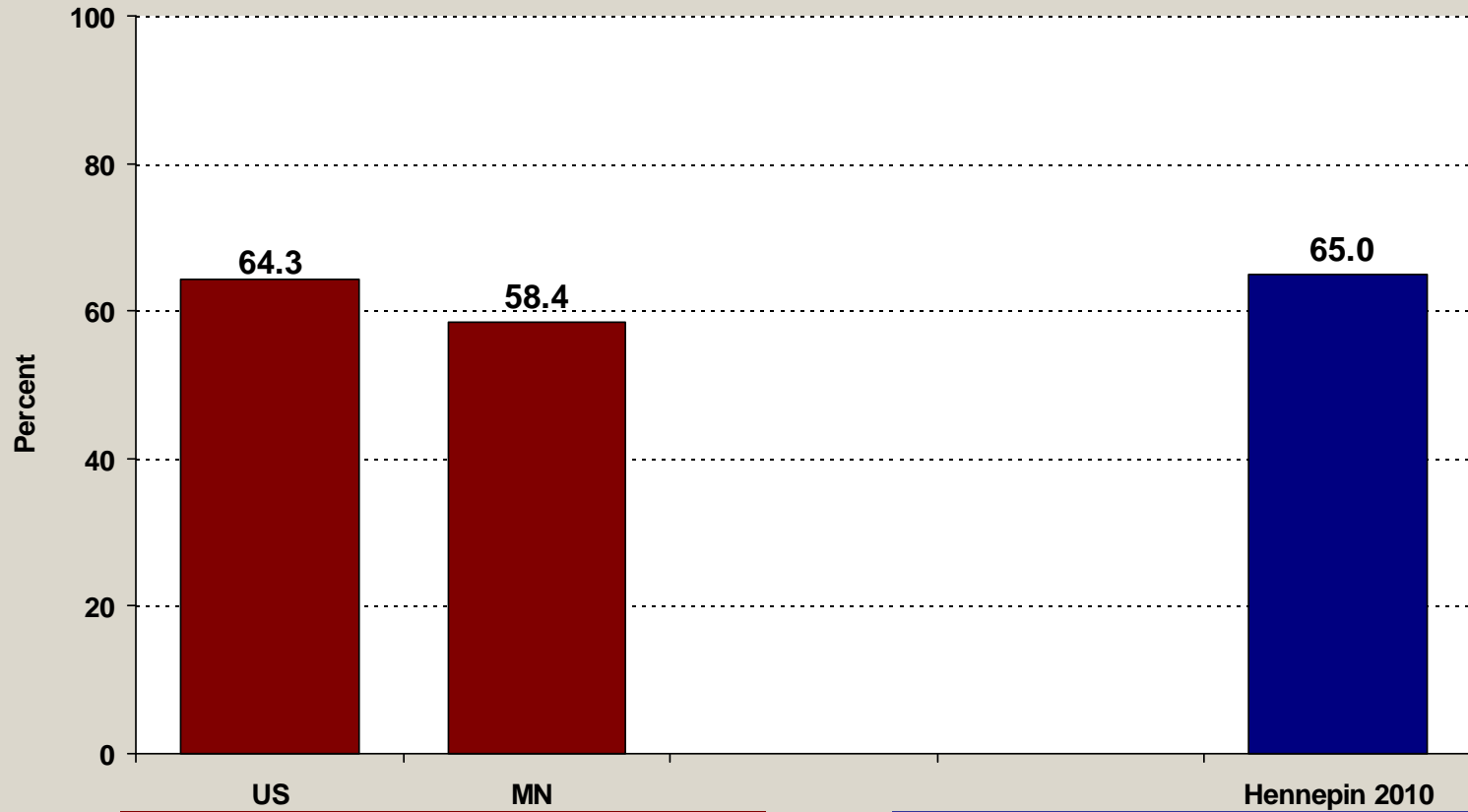
## Hennepin County Children 2010



\*Statistically significant difference were noted by age group.

# Percent getting "adequate sleep" every night Statewide and National Comparisons

Hennepin County Children, 2010  
US & Minnesota Children, 2007



National Children's Health Survey  
Age 0 to 17

SHAPE Child Survey  
Age 0 to 17

\*For the SHAPE survey "adequate sleep" was defined as at least 8 hours per night.



## *SHAPE 2010 – Child Survey: Key findings*

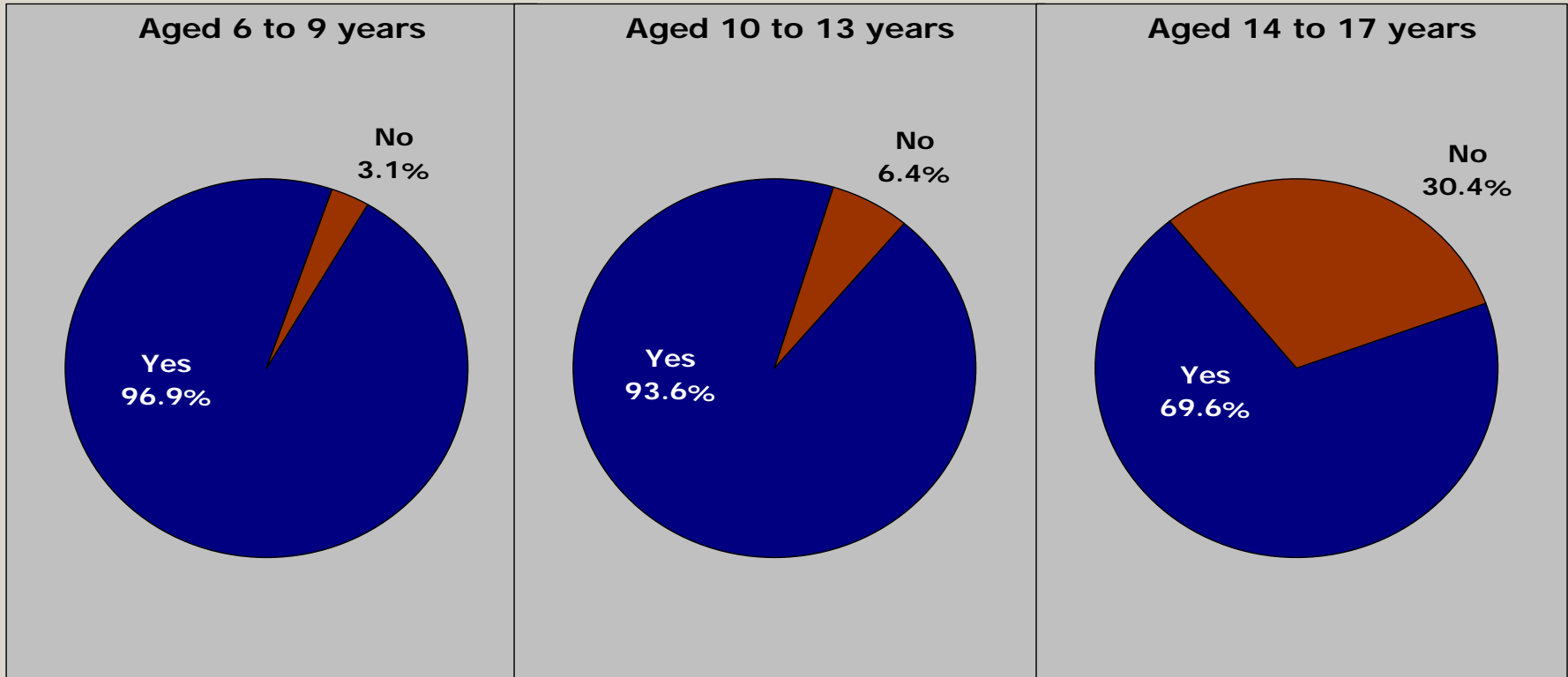
### □ **Family rules that support good sleeping habits**

In 2010, parents were asked about various practices that tend to support sleep:

- **Does your child have a specific bedtime on school nights?**
- **Does your family have any rules about watching TV or playing video games on school nights?**

# Does your child have a specific bedtime on school nights?

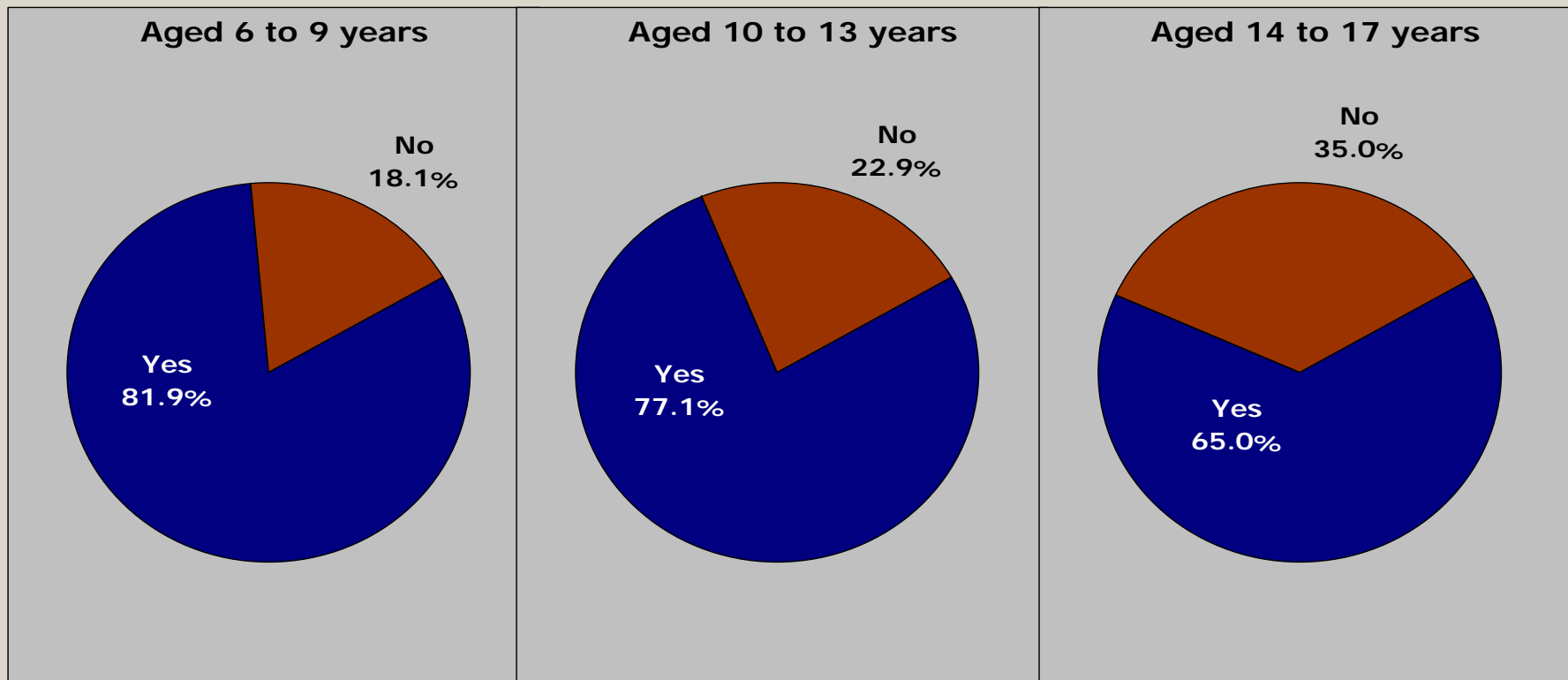
Hennepin County Children 2010



\*Statistically significant difference were noted by age group.

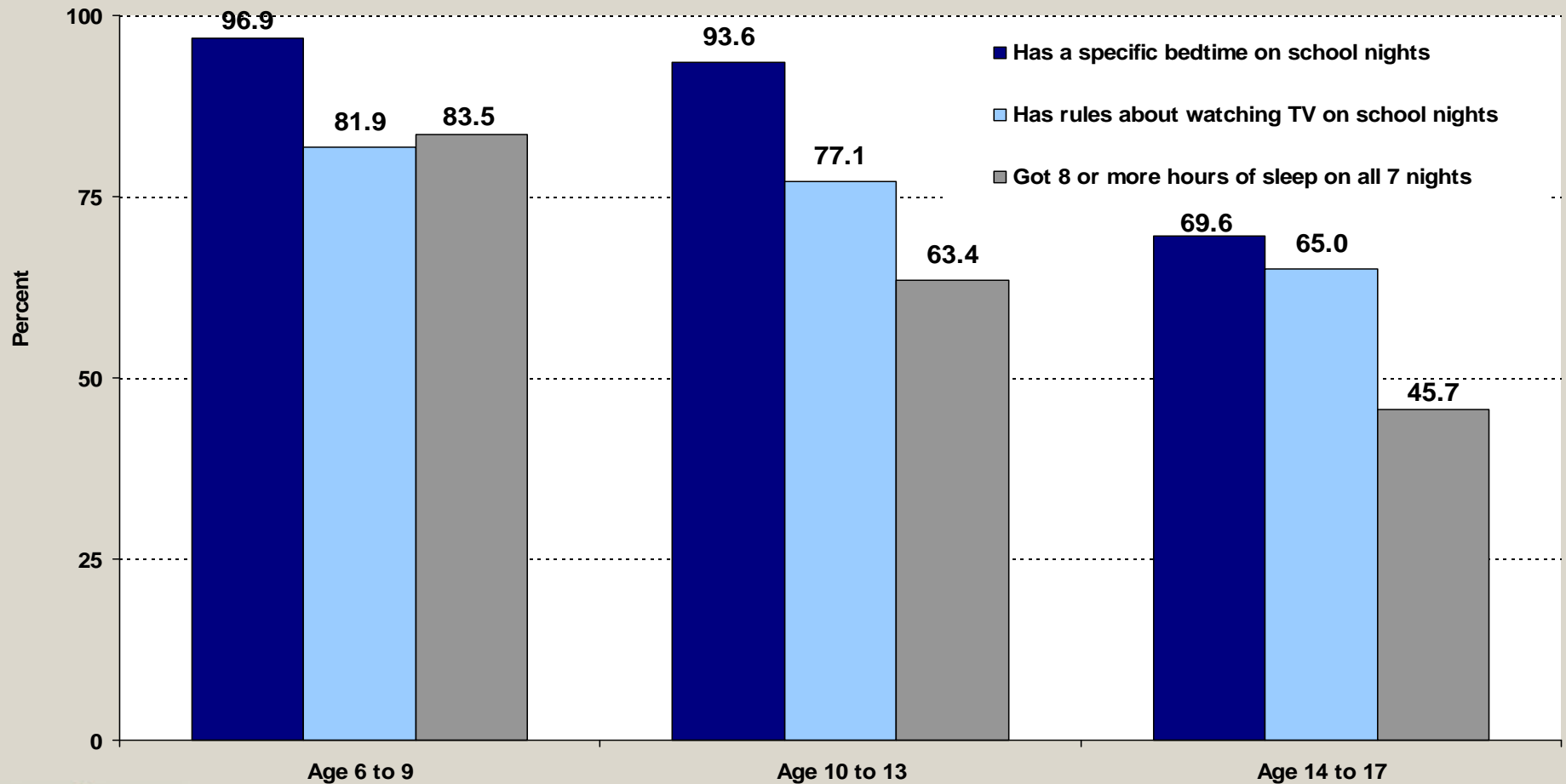
# Does your family have any rules about watching TV or playing video games on school nights?

Hennepin County Children 2010



\* Statistically significant difference were noted by age group.

## Percent who have a specific bedtime on school nights, whose family has rules about TV or video games, and who got eight or more hours of sleep on all 7 nights last week Hennepin County Children 2010



\*Statistically significant differences were noted among age groups.



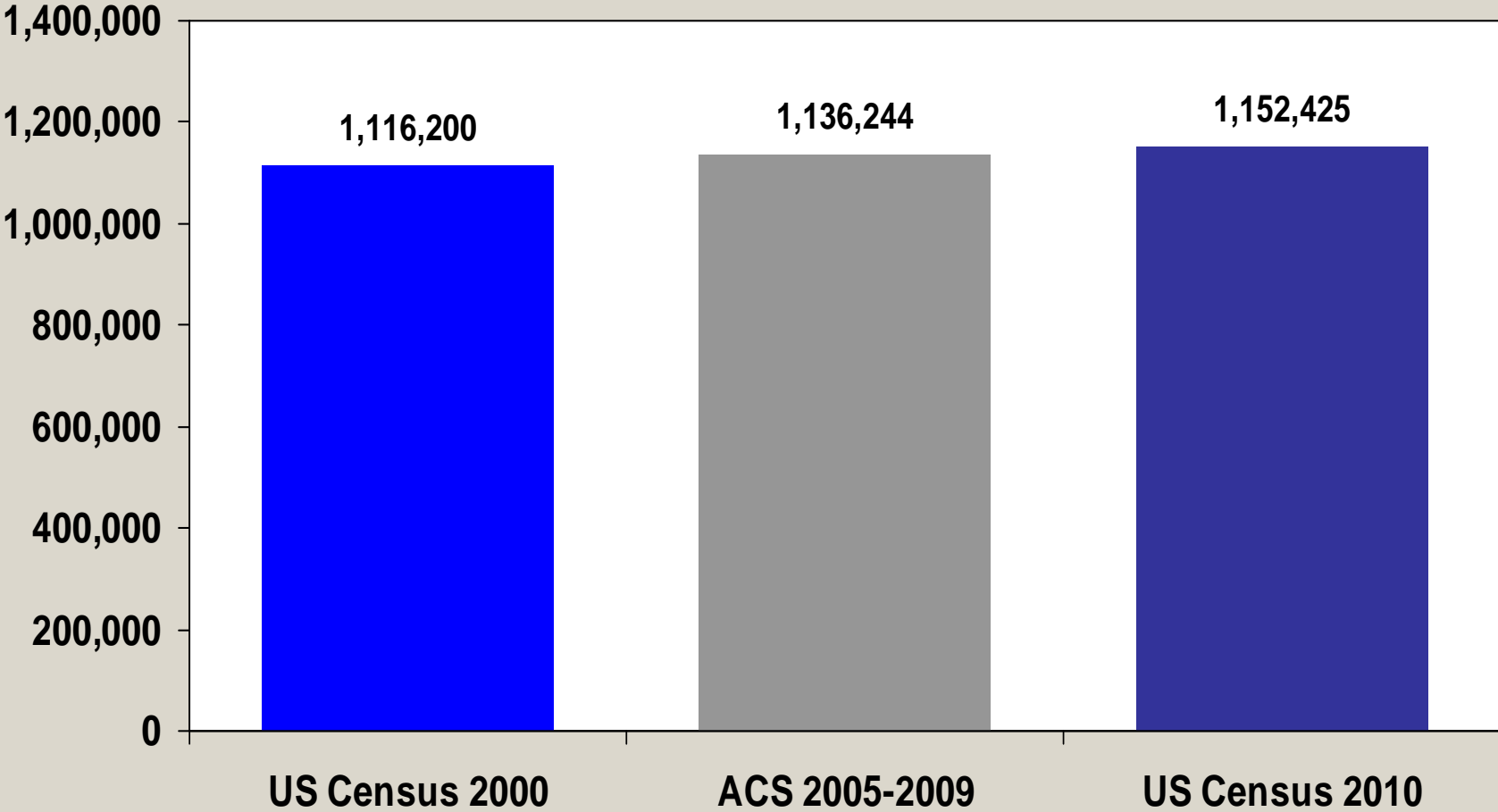
**SHAPE 2010**

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Your answers matter.

# Overview of the population of Hennepin County

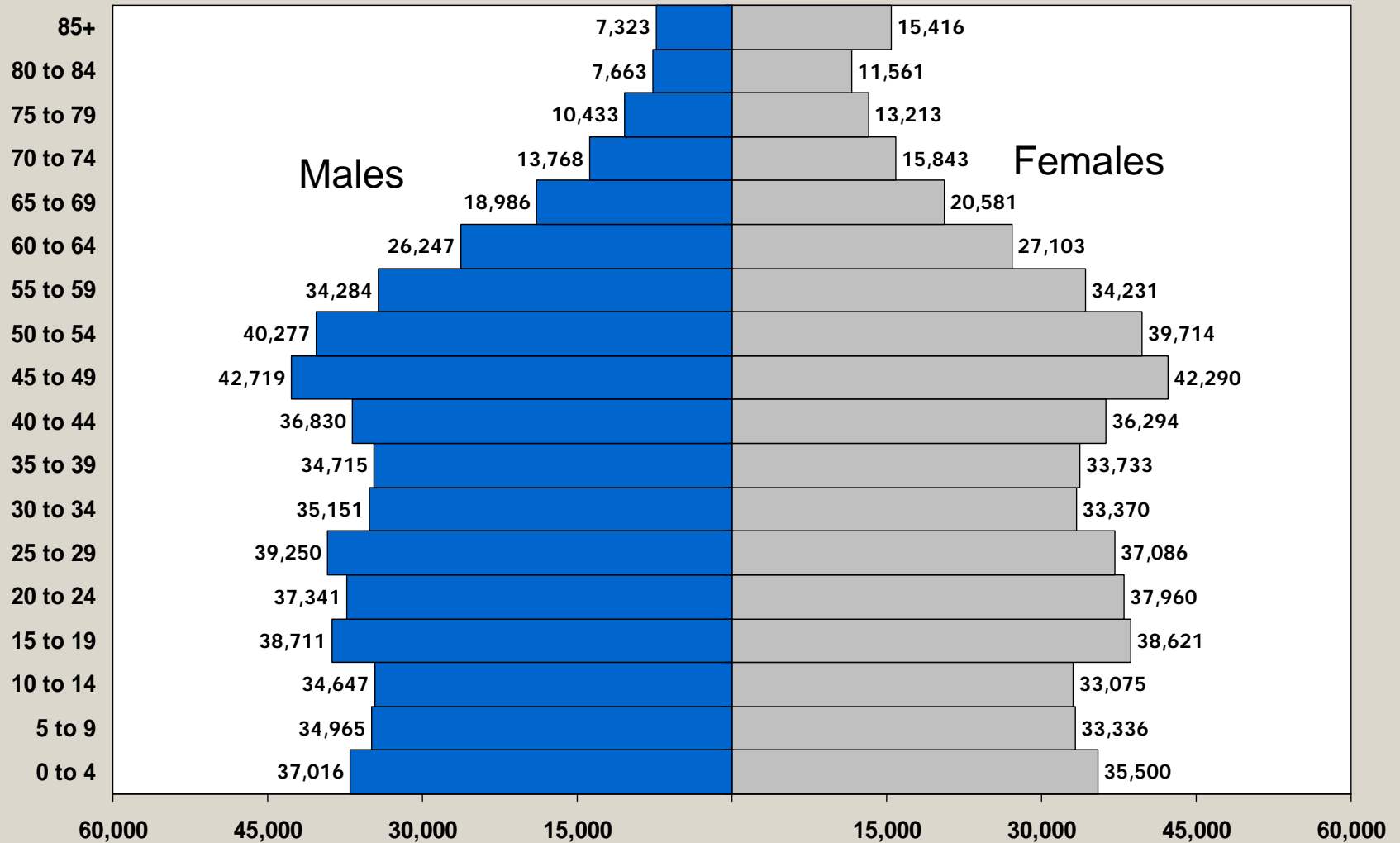


# Hennepin County Total Population



Source: US Census 2000 & 2010, American Community Survey 2005-2009 estimate

# Hennepin County Age/Gender distribution



Source: American Community Survey 2005-2009 estimates

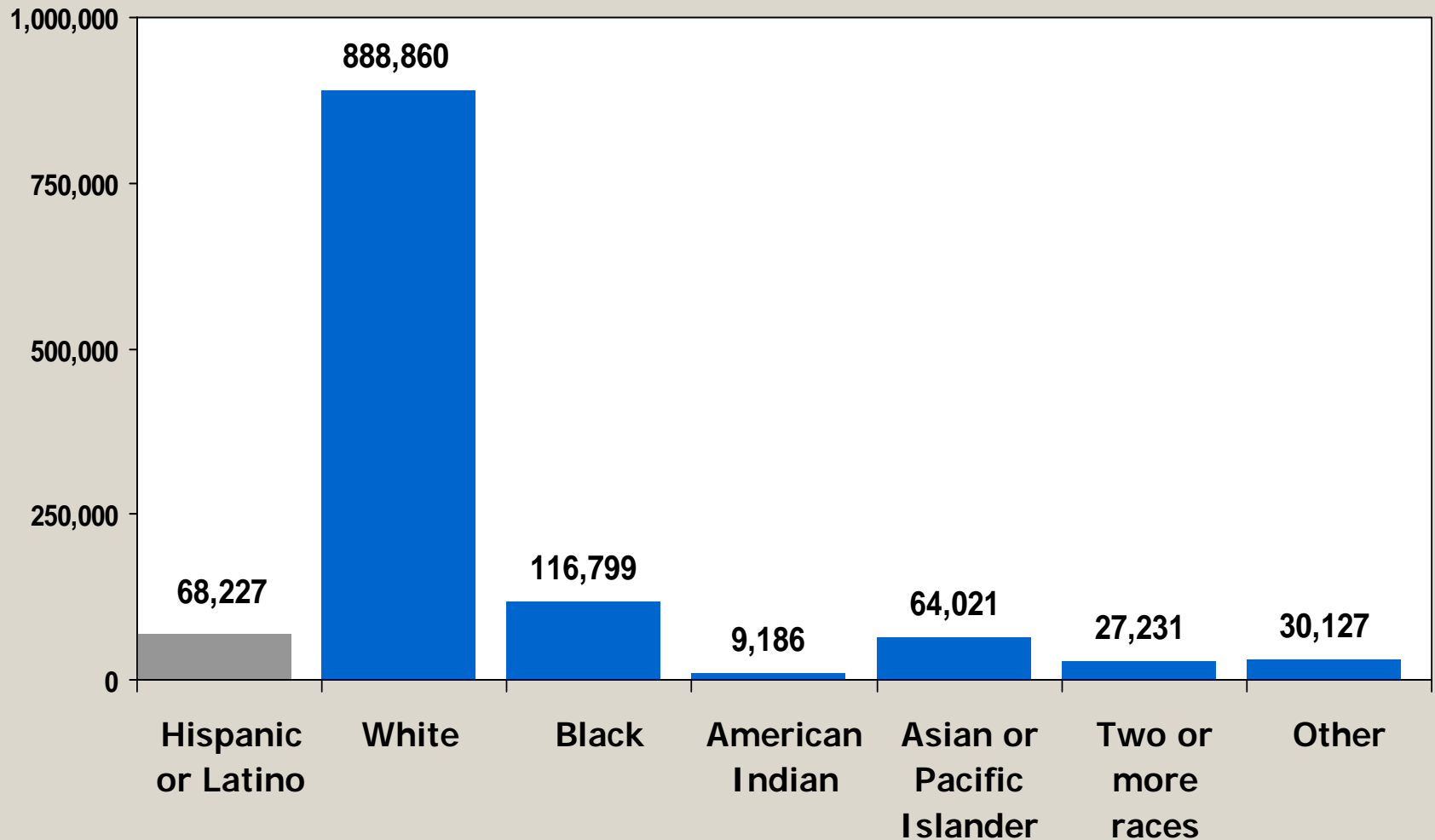


# Hennepin County Children

## US Census 2010

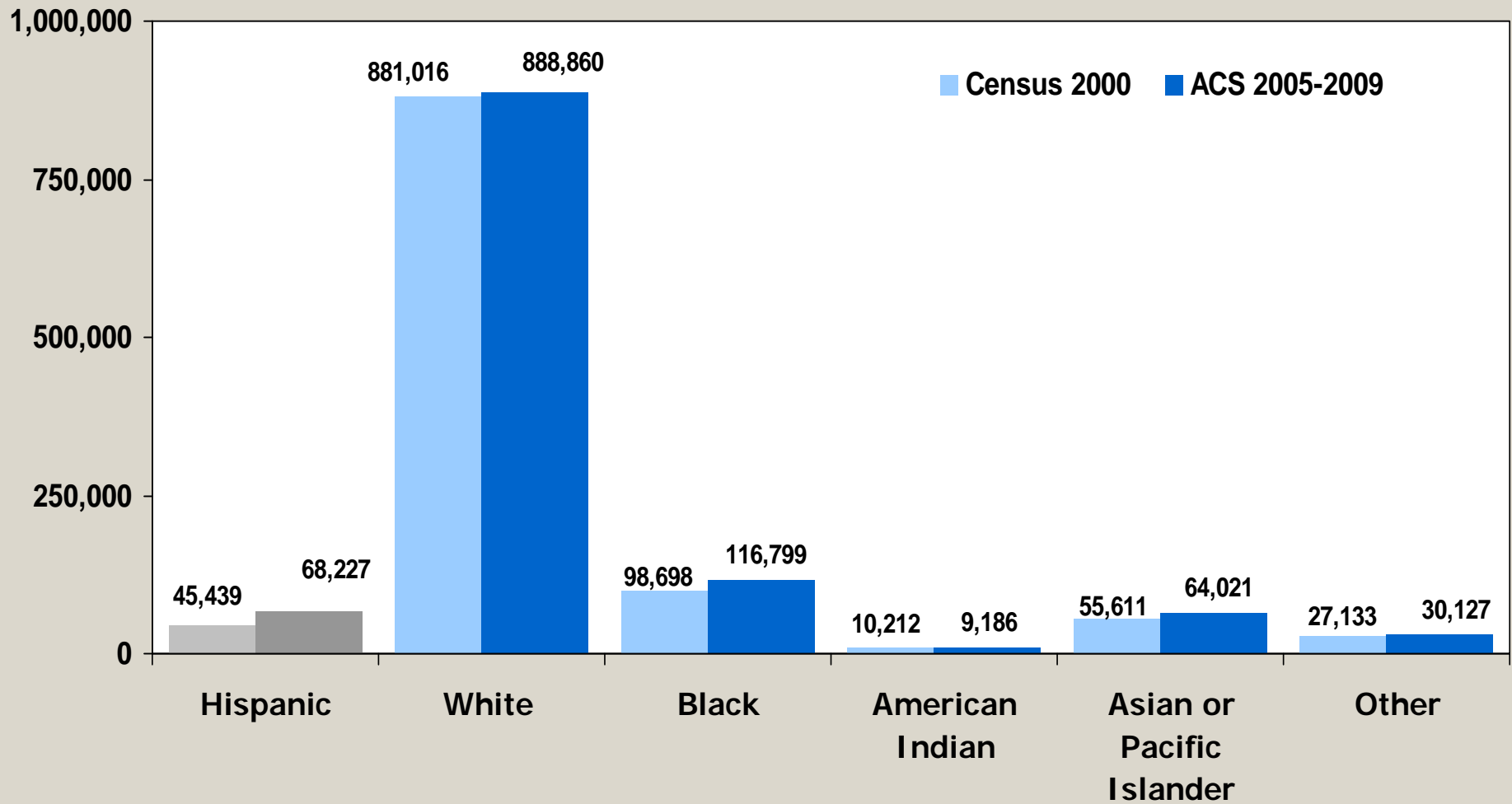
	All	Males	Females
Total Population	261,345	133,052	128,293
Age 0 to 2	45,742	23,273	22,468
Age 3 to 5	44,976	22,862	22,114
Age 6 to 9	57,927	29,385	28,542
Age 10 to 13	55,478	28,317	27,162
Age 14 to 17	57,473	29,271	28,201
Age 0 to 5	90,718	46,135	44,583
Age 6 to 17	170,878	86,973	83,905

# Hennepin County Race/Ethnicity distribution



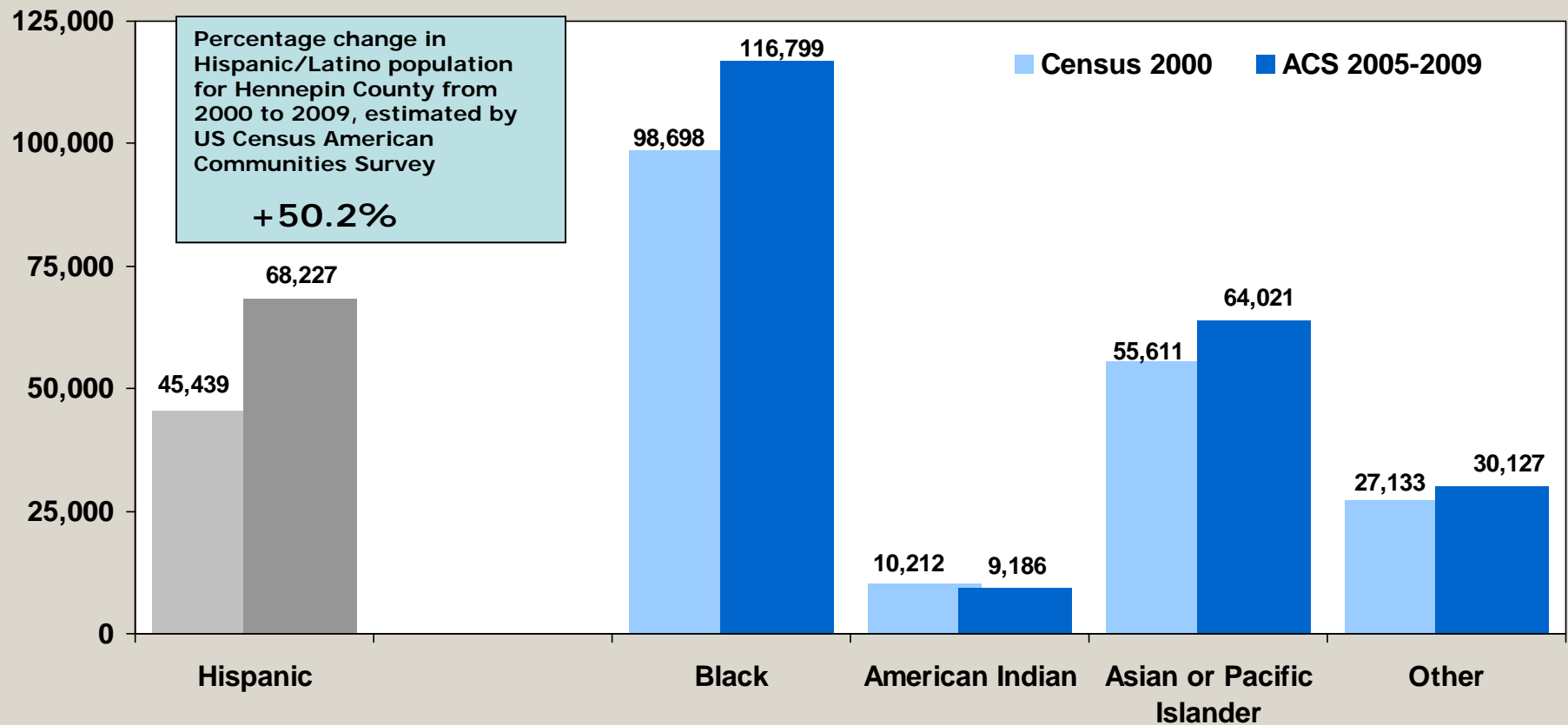
Source: American Community Survey 2005-2009 estimates

# Hennepin County Race/Ethnicity distribution changes over time



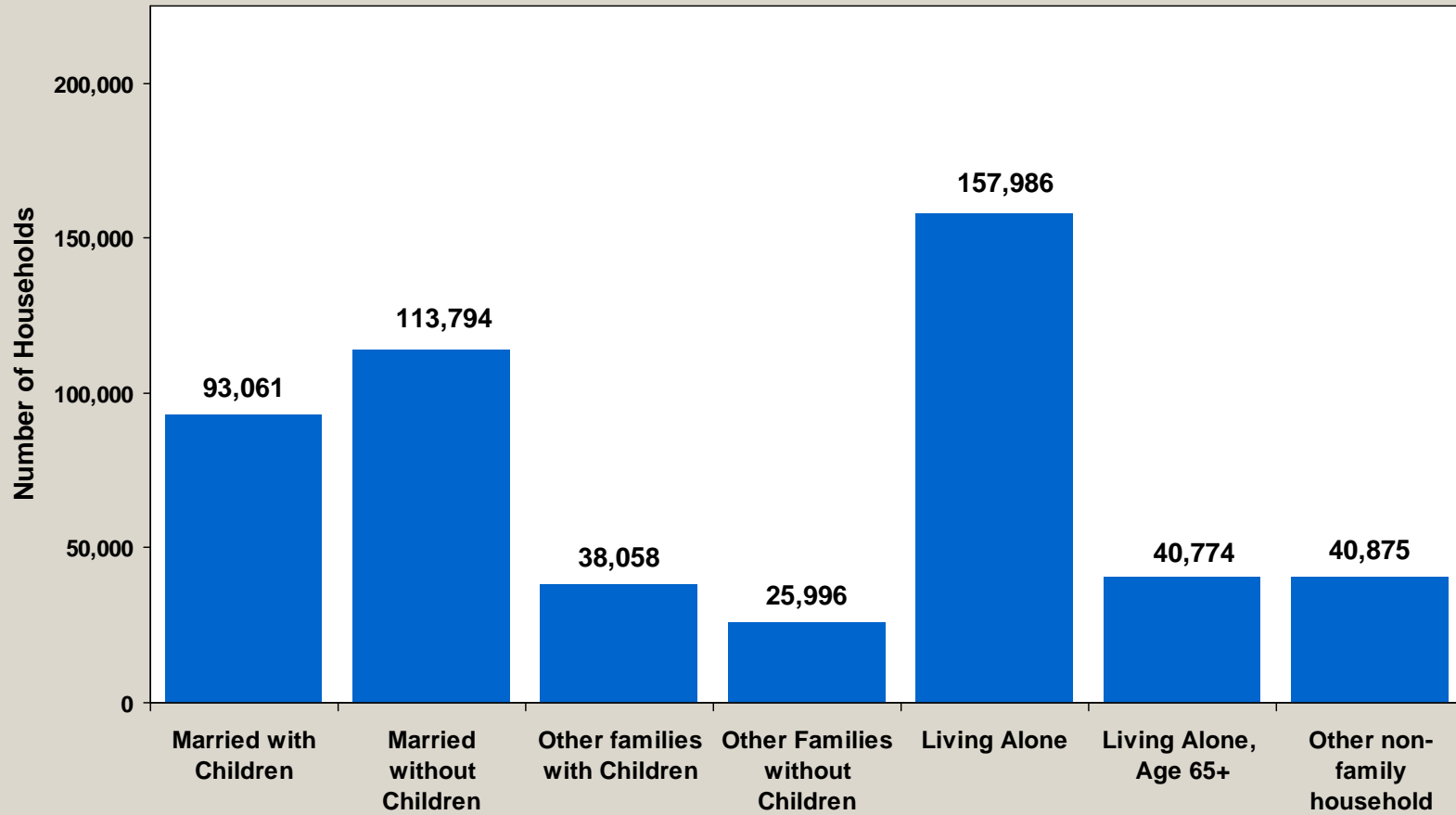
Source: US Census 2000 and ACS 2005-2009

# Hennepin County Race/Ethnicity distribution changes over time



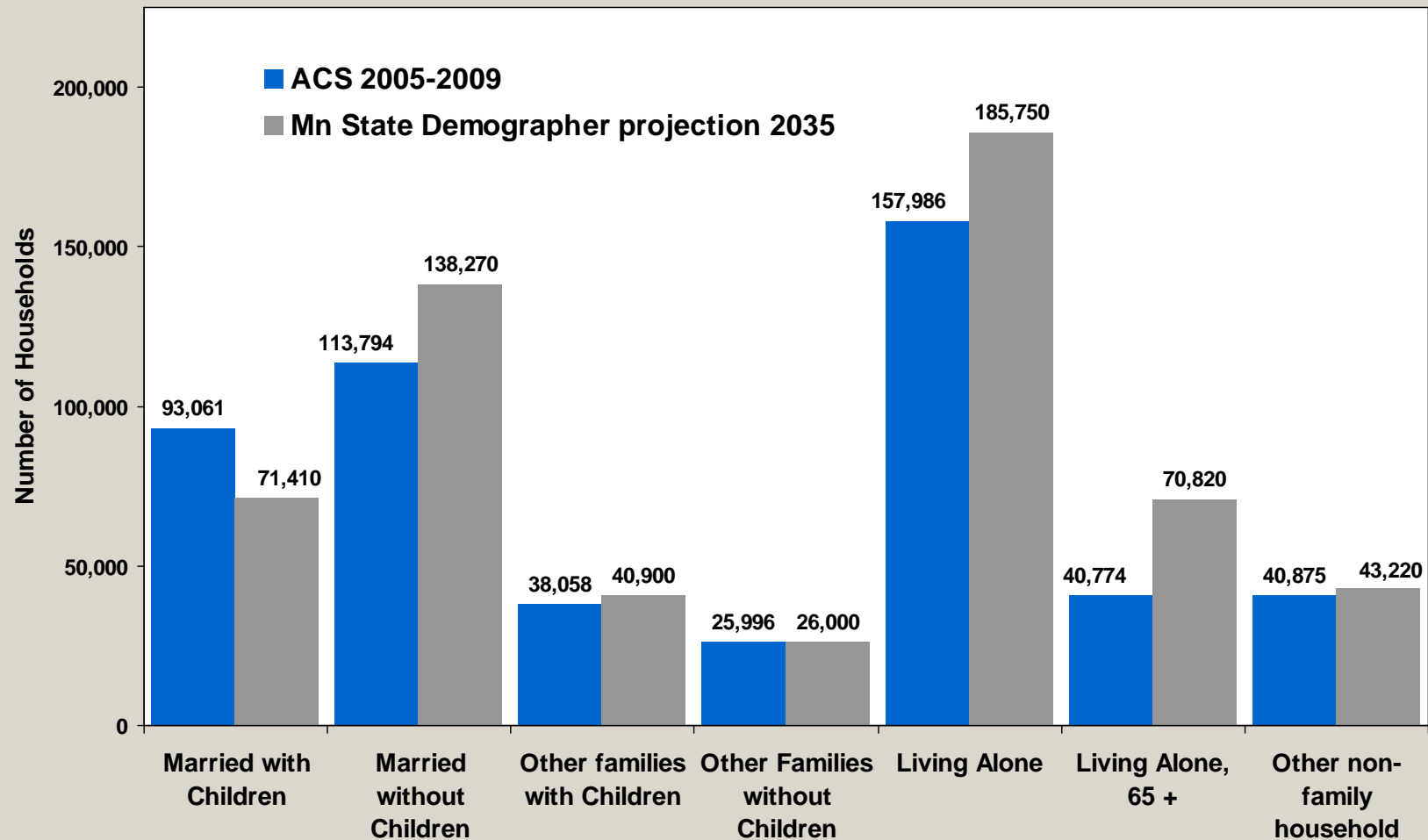
Source: US Census 2000 and ACS 2005-2009

# Hennepin County Household Types



Source: ACS 2005-2009 estimates

# Hennepin County household types current & projected



Source: ACS 2005-2009 estimates and MN State Demographer projection



## HSPHD Assessment Unit /SHAPE Team

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