

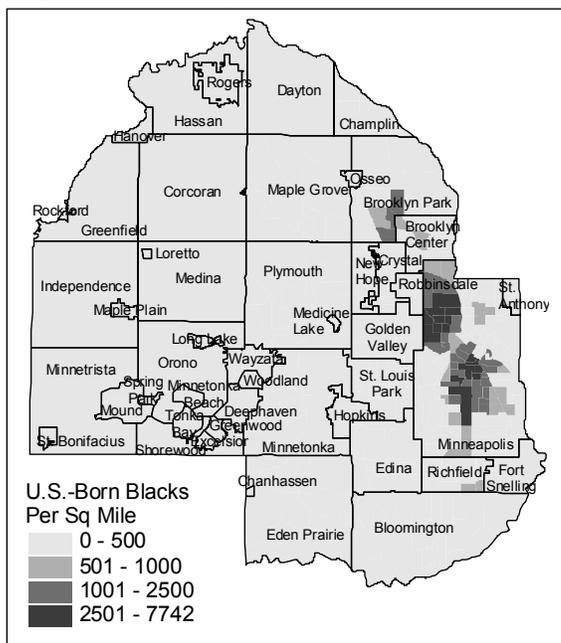
SHAPE 2002 Racial and Ethnic Data Book

Health Status of Hennepin County U.S.-Born Black Adults

Introduction

This fact sheet highlights selected health information from the Survey of the Health of Adults, the Population, and the Environment (SHAPE 2002)¹ about U.S.-born Black adults 18 years of age and older in Hennepin County, Minnesota. SHAPE 2002 is a community-driven survey that collected information from 9,959 randomly selected Hennepin County adult residents, including 613 U.S.-born Black adults. The health data presented in this fact sheet are those identified by U.S.-born Black organizations and individuals as being important to their program planning and policy needs. These as well as other health data can be found in the *SHAPE 2002 Racial and Ethnic Data Book*.¹

Figure 1: Geographic distribution of U.S.-born black adults (single race) in Hennepin County.



Source: U.S. Census, 2000.
Includes all adults who indicated on their 2000 Census form that they were born in the U.S., and that their race is Black/African American only, not in combination with another race.

Demographic and Socioeconomic Profile

There are 80,357 residents of Hennepin County who identified themselves as Black/African American alone and who were born in the United States (U.S.-born Blacks), according to the 2000 Census.² This group accounts for 7.2% of the total county population.² U.S.-born Blacks are more likely to live in Minneapolis than in other cities or suburban areas of the county (Figure 1).

Twenty-five percent of U.S.-born Black adults had incomes below 100% of the Federal Poverty Level in 1999 (\$16,700 for a family of four).² According to the 2000 U.S. Census, fifteen percent of those 16 years of age and older in the labor force are unemployed, and 21.1% of those aged 25 and older have not completed high school.

How Do U.S.-Born Black Adults View Their Health?

Nearly half (49.4%) of all U.S.-born Black adults reported that their health was either “very good” or “excellent” in 2002. This compares to 64.9% of all adults in the county.

Common Chronic Health Conditions

The five most commonly diagnosed chronic health conditions reported by U.S.-born Blacks are:

- high blood pressure
- lower back problems
- asthma
- depression
- high cholesterol or triglycerides (Figure 2).

Although SHAPE inquired about other health conditions such as diabetes, heart disease or angina, and arthritis or rheumatism, these conditions were identified less frequently by U.S.-born Black adults.

Depression & Anxiety or Panic Attack

Depression and anxiety/panic attack are not uncommon mental health disorders among U.S.-born Black adults in Hennepin County. In addition, the rates of these conditions are different for men and women.

- Sixteen percent of all U.S.-born Black adults reported that a doctor or other health professional had ever diagnosed them with depression, compared to 12.2% of all adults in the county. U.S.-born Black women were much more likely than men to report this (21.5% vs. 10.0%).
- In addition, 7.5% of all U.S.-born Black adults reported that a doctor or other health professional had ever diagnosed them with anxiety or panic attack. This rate is the same as the rate for all adults in the county (7.5%). As with depression, U.S.-born Black women were much more likely to report ever being diagnosed with anxiety or panic attack than U.S.-born Black men (10.8% vs. 3.4%).

Health Care Coverage

In 2002, approximately 85.3% of U.S.-born Black adults in Hennepin County reported that they currently had some type of health coverage through private or public programs. This compares to 93.1% of all adults in the county.

- Nearly five percent (4.7%) of U.S.-born Black adults were uninsured for the entire year preceding the survey, compared to 3.4% of all adults in the county.
- Among U.S.-born Blacks who needed medical care, (72.3%) during the previous year, 16.2% reported they delayed or did not get the care they needed.
- The most common reason they delayed or did not get the medical care they thought they needed was cost or not having health insurance. Lack of health insurance or cost was not the only reason, however. Figure 3 shows four other reasons they delayed or did not receive care among those who needed medical care during the previous year.

Figure 2. Percentage of adults who stated that a doctor or other health professional ever told them that they had this health condition, Hennepin County SHAPE 2002

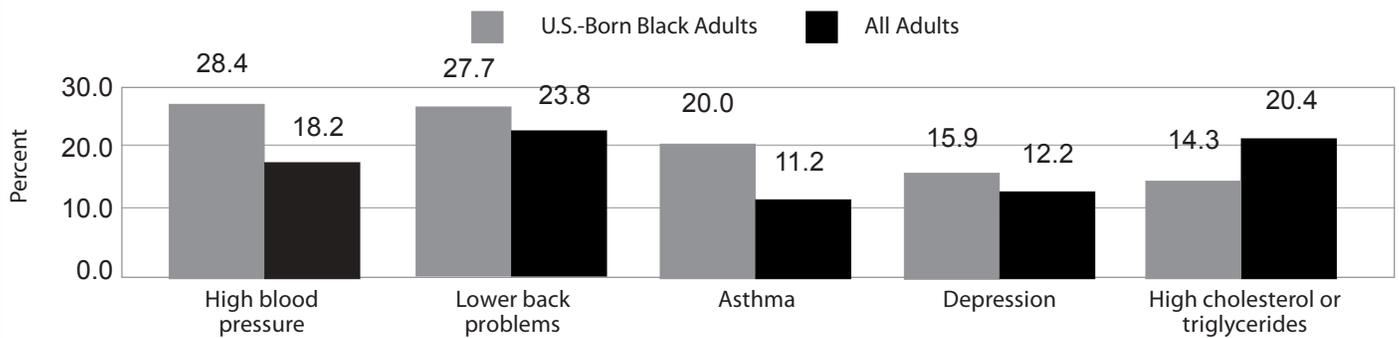
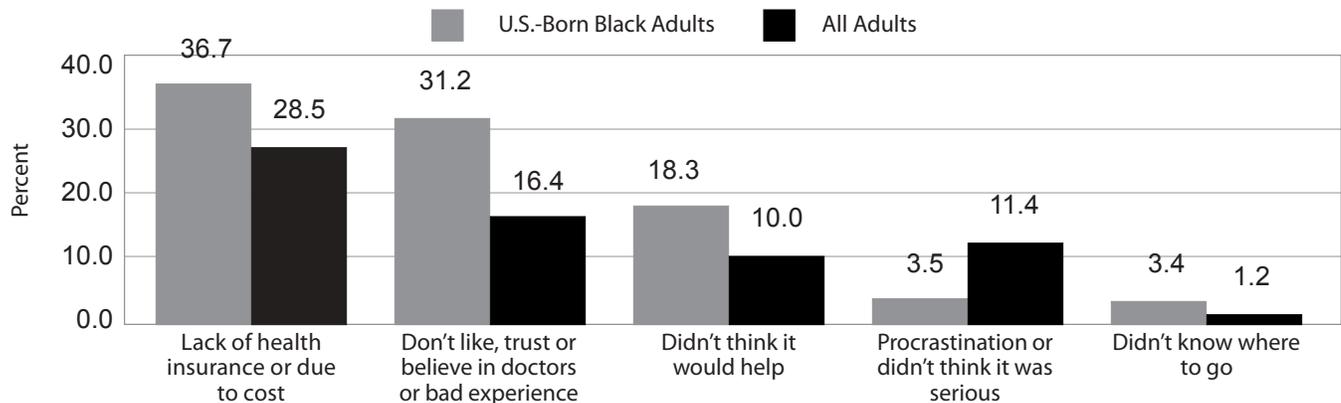


Figure 3. Reasons adults delayed or did not get the medical care they needed Hennepin County SHAPE 2002



Use of Preventive Health Screening

U.S.-born Black adults are using preventive screening to detect or prevent the onset of many diseases, often at rates equal to or higher than the county as a whole (Table 1).

- U.S.-born Blacks exceed the county's overall rates on blood stool tests and cholesterol checks. However, U.S.-born Blacks as well as all adults in the county are below the national targets on these tests.
- It is noteworthy that the rate at which U.S.-born Black women reported receiving a pap test during the previous three years exceeds not only the county's overall rate for women, but also the national target.
- On the other hand, U.S.-born Black women report lower rates of meeting the recommended guidelines for mammogram compared to all women in the county.

Healthy Lifestyle and Behaviors

Individual lifestyle choices and decisions about diet, smoking, drinking, and exercise – which are often influenced by many complex and interrelated factors— can influence health. Incorporating many healthy lifestyle habits into one's daily routines such as regular physical activity like walking, and choosing not to smoke, can help to reduce the rate of many chronic diseases that adversely affect U.S.-born Blacks and other adults.

Current Smoking and Binge Drinking

A current smoker is defined as one who has smoked at least 100 cigarettes in his/her lifetime and who now smokes cigarettes everyday or some days.³ A binge drinker is defined as one who consumes five or more alcoholic drinks on at least one occasion during the past 30 days.⁴

- In Hennepin County, nearly one-third (32.3%) of U.S.-born Blacks are current smokers, compared to 18.5% of all adults in the county.
- In contrast, the rate of binge drinking among U.S.-born Blacks (8.8%) is only about half the rate of all adults in the county (16.6%).

Daily Fruit and Vegetable Consumption

A major objective of Healthy People 2010,⁵ the nation's public health agenda, is to increase to 75% or more the proportion of persons two years of age and older who consume at least two daily servings of fruits. The objective for vegetable consumption is to increase to 50% or more the proportion of persons two years of age and older who consume at least three daily servings of vegetables, with at least one of them being dark green or orange.

- More than half (53.1%) of all U.S.-born Black adults reported consuming at least two fruits the previous day. This compares to 58.8% of all adults in the county. Both rates are well below the national target of 75%.
- One-fifth (21.7%) of U.S.-born Black adults reported consuming at least three servings of vegetables the previous day, with at least one of them being a dark green or orange vegetable. This compares to 29.1% of all adults in the county. Both rates are well below the national target of 50%.

Table 1: Preventive health care screening, Hennepin County SHAPE 2002

Type of preventive health screening	U.S.-Born Black Adults	All Adults	Targets/Recommendations
Pap Test with the previous 3 years (among women 18 and older)	90.9%	86.6%	HP 2010—90% or more of women 18 and older
Met clinical breast exam guideline (among women 20 and older)	78.1%	77.2%	ACS— exam every three years for women 20-39, and annual exams for women 40 and older
Met mammogram guidelines (women 40 and older)	63.0%	70.3%	ACS— annual mammograms for women aged 40 and older
Ever had a prostate cancer screening test or exam (among men 50 and older)	75.7%	81.8%	—
Blood stool test using a home kit within the previous two years (among persons 50 and older)	46.2%	37.8%	HP 2010— 50% of adults aged 50 and older
Cholesterol checked within the past 5 years (among persons 18 and older)	76.1%	75.6%	HP 2010— 80% or more of adults 18 and over

HP= Healthy People 2010, ACS= American Cancer Society, — Targets or recommendations not available

Physical Activity

The Healthy People 2010⁵ objective is to increase the proportion of adults who engage in regular moderate physical activity for at least 30 minutes per day increase to 30% or more.

- In Hennepin County, U.S.-born Black adults have exceeded the national target for moderate physical activity. Nearly 35% reported engaging in moderate physical activity five or more days during an average week. This compares to 37.5% of all adults in the county as a whole.

Overweight and Obesity

Body Mass Index (BMI) is used to determine whether or not people are overweight or obese based on their weight in relation to their height. People are considered overweight when their BMI is greater than or equal to 25.0, and they are considered obese when their BMI is greater than or equal to 30.0.⁶

- Seven in ten (70.3%) U.S.-born Black adults are either overweight or obese compared to 51.6% of all adults in Hennepin County.

Social-Environmental Factors

Factors that affect health extend beyond whether or not people have access to health care, or whether they have met the recommended guidelines for physical activity or fruit and vegetable consumption. They also include a wide array of other factors that are based on people's social experiences within their neighborhoods or communities, such as their experience with discrimination.⁷

Discrimination

In Hennepin County, U.S.-born Blacks were two to four times more likely than all adults in the county to report feeling discriminated against in a variety of settings, including at work, getting a job, getting housing, in dealing with the police, and getting a mortgage or loan (Figure 4).

- Among those who reported feeling discriminated in at least one of the above settings, U.S.-born Blacks were twice as likely as all adults in the county to report that they were discriminated against because of their race, color, ethnicity or country of origin (84.0% vs. 40.7%).

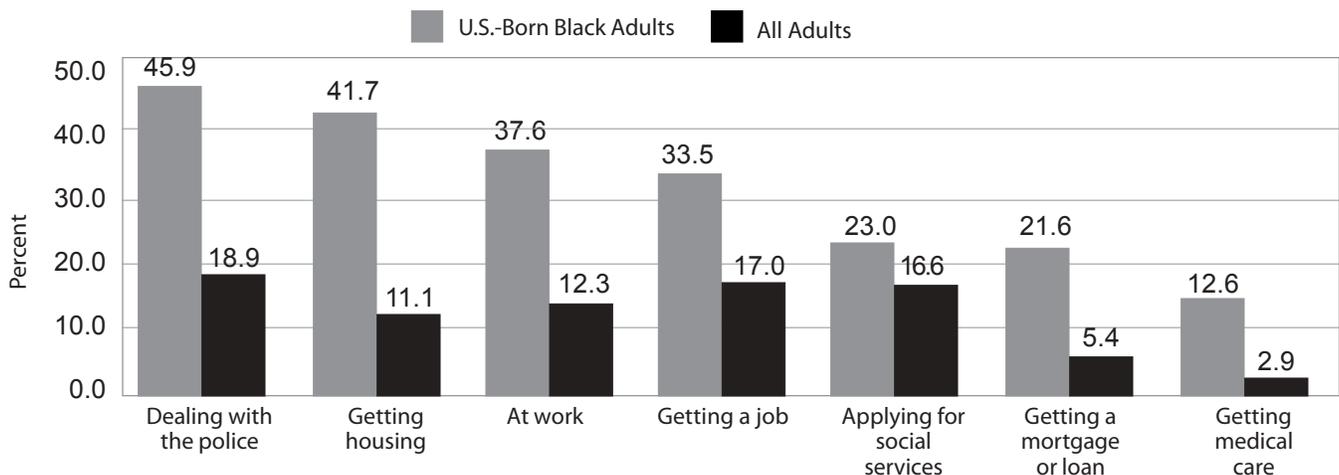
Economic Hardship

U.S.-born Black adults were three times (7.6%) more likely than all adults in Hennepin County (2.4%) to worry "often" that food would run out before they had enough money to buy more during the past year. Similarly, they were nearly three times (10.7%) more likely than all adults in the county (3.8%) to report that during the past year they missed a mortgage or rent payment because they did not have enough money.

Religious and Cultural Activities

Approximately half (46.5%) of all U.S.-born Black adults reported attending a church, synagogue, mosque, or other place for worship or other activities on a daily or weekly basis. This compares to 43.1% of all adults in the county.

Figure 4. Percentage who felt they were discriminated against, of those who experienced the situation during the past 12 months, Hennepin County SHAPE 2002



In addition, three in four U.S.-born Blacks (76.0%) feel that it is “very important” to pass along the traditions of their ancestors to the next generation. This rate is significantly higher than the rate for adults in the county as a whole (38.7%).

The Importance of SHAPE 2002 Data

The Hennepin County Community Health Department is committed to working with individuals, organizations and community groups to utilize the SHAPE 2002 information to:

- Monitor the health status of U.S.-born Blacks in Hennepin County
- Identify health disparities across racial and ethnic groups
- Investigate factors related to a particular health concern
- Describe the prevalence of selected health conditions and contributing factors that affect the health of U.S.-born Blacks in Hennepin County
- Support health improvement grant applications

Limitations of SHAPE 2002 Data

SHAPE 2002 survey results provide much useful information, but there limitations to the data, such as:

- The small sample size of U.S.-born blacks (N=613)
- Non-telephone bias
- Respondent recall bias

Translating SHAPE 2002 Data into Action

The Hennepin County Community Health Department is committed to partnering with the U.S.-born Black community to improve health. Together we can work to use and translate the SHAPE 2002 results into action!

Hennepin County Community Health Department is a resource and is committed to:

- Present survey results to community groups
- Perform data analysis on selected health issues of interest and concern
- Provide data briefs, fact sheets or reports on health issues of concern to your community

Call us with any questions that you may have on the SHAPE 2002 survey or the Data Book, or with request for additional analysis (see contact information below).

References

- ¹ Hennepin County Community Health Department and Bloomington Division of Public Health. SHAPE 2002: Racial and Ethnic Data Book, Survey of the Health of Adults, the Population and the Environment. Minneapolis, Minnesota; March 2003.
- ² Census 2000. Public Use Microdata Sample (PUMS file). U.S. Census Bureau.
- ³ National Center for Health Statistics. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention: Atlanta. www.cdc.gov/nchs/dataawh/nchsdefs/currentsmoker.htm. Accessed on November 14, 2003.
- ⁴ Substance Abuse and Mental Health Services Administration. (2003). Results from the 2002 National

Survey on Drug Use and Health: National Findings (Office of Applied Studies, NHSDA Series H-22, DHHS Publication No. SMSA 03-3836). Rockville, MD.

- ⁵ U.S. Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.
- ⁶ National Center for Chronic Disease Prevention and Health Promotion. Nutrition and Physical Activity; Centers of Disease Control and Prevention: Atlanta. <http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-adult.htm> Accessed on November 14, 2003.
- ⁷ Hennepin County Community Health Department and Bloomington Division of Public Health. SHAPE 2002: A Preview, Survey of the Health of Adults, the Population and the Environment. Minneapolis, Minnesota, January 2003.

For More Information

This fact sheet is a product of the Hennepin County Community Health Department. It is one of several fact sheets that uses SHAPE data to describe the prevalence of selected health conditions and factors that affect the health of populations of color in Hennepin County, Minnesota. The data are primarily from the *SHAPE 2002: Racial and Ethnic Data Book*; however, this fact sheet does not include results for all variables covered in the data book.

Our Web Site

For more information about SHAPE 2002, the Data Book, other reports and examples of using SHAPE data, visit:

www.HennepinCommunityHealth.org/SHAPE

Contact Us

The Hennepin County Community Health Department is committed to working with individuals, organizations, and community groups to better understand and utilize SHAPE data. These data can be made available in a variety of formats, including Powerpoint presentations, maps, or EXCEL tables/spreadsheets. For more information, please contact:

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This material can be given to you in different formats, such as large print or on tape, if you call Hennepin County Human Services Department at 612/348-3925 (voice) or 612/348-0082 (TTY).

Thank you

Hennepin County wishes to thank the U.S.-Born Black community for its advice and guidance. Their input contributed significantly in making SHAPE 2002 possible and successful. The U.S.-Born Black community helped with survey planning, implementation and dissemination. U.S.-born Blacks counseled the SHAPE project about what health data were needed, and they helped to make sure that survey questions were delivered in a culturally respectful manner. The U.S.-Born Black community also provided guidance and assistance in reaching community members, and encouraged participation in the survey. U.S.-born Blacks also advised the county on how to disseminate the results to encourage change.