



LGBTQ+ Health in Hennepin County

Data, Resiliency, and Action



LGBTQ+ and health Hennepin County adults



Hennepin County 2024 LGBTQ+ Data Forum
Minneapolis, Minnesota
April 30, 2024



Presentation outline



SHAPE project, SOGI data collection & SHAPE 2022



LGBTQ+ and health - all adults population



LGBTQ+ and health - BIPOC adults



Questions



Presentation outline



SHAPE project,
SOGI data collection &
SHAPE 2022



LGBTQ+ and health - all adults population



LGBTQ+ and health - BIPOC adults



Questions



What is SHAPE?

- Survey for the Health of All the Population and the Environment
- Every 4 years since 1998
- 8,000-12,000 respondents
- In collaboration with community partners



Why does SHAPE matter?

- Detailed data about the health of Hennepin County adults
- Helpful for understanding social determinants of health
- Informs county programs, partners, and community organizations



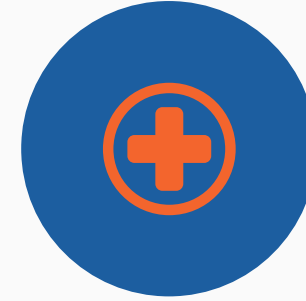
What kind of data does SHAPE collect?



Overall health and health conditions



Mental health and wellbeing



Access to health care



Lifestyle, risk behaviors, and substance use



Neighborhood and social factors



SOGI identity and other demographics

How did SHAPE collect SOGI data across time?

1998

Which of the following best describes your sexual identity?

- Heterosexual or straight
- Bisexual
- Homosexual, gay, or lesbian
- Transgender

2002

Do you consider yourself...?

- Heterosexual or straight
- Gay or lesbian
- Bisexual
- Transgender

2006

Do you think of yourself as...? (check all that apply)

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

2010

2014

Do you consider yourself to be transgender?

- Yes
- No

Do you consider yourself..?

- Heterosexual or straight
- Gay, lesbian, or homosexual
- Bisexual

2018

Are you...?

- Male
- Female
- Non-binary
- Something else _____

Do you consider yourself to be transgender?

- Yes
- No

Do you consider yourself...? (Mark all that apply)

- Straight or heterosexual
- Lesbian or gay
- Bisexual or pansexual
- Queer
- Questioning
- Something else _____

2022

SHAPE 2022 SOGI questions



SHAPE
2022

For Adults
18 and over

Have a say in how healthy
Hennepin can be.



G1. Are you...?

- Male
- Female
- Non-binary
- Something else, please specify _____

G2. Do you consider yourself to be transgender?

- Yes
- No

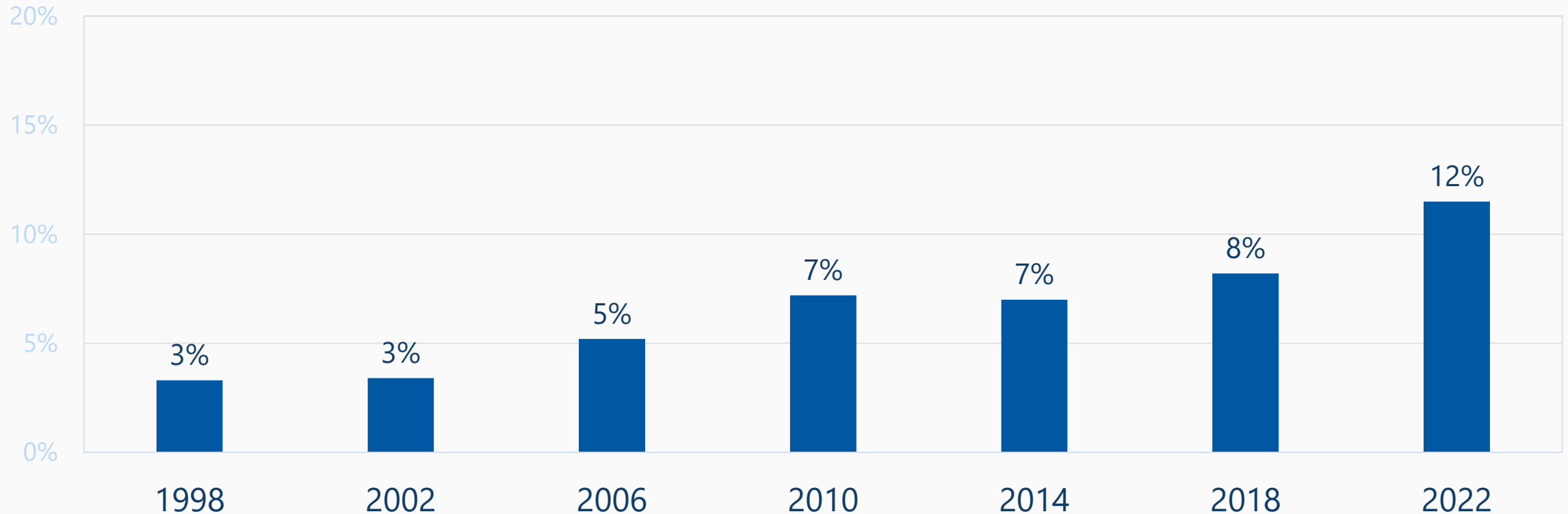
G3. Do you consider yourself ...? (MARK ALL THAT APPLY)

- Straight or heterosexual
- Lesbian or gay
- Bisexual or pansexual
- Queer
- Questioning
- Something else, please specify _____



Percent of adults who self-identified as LGBT

Adults aged 25-64, SHAPE1998-2022¹



1. Sources: SHAPE 1998, SHAPE 2002, SHAPE 2006, 2010, Metro SHAPE 2014, SHAPE 2018 and SHAPE 2022.

The survey question design, response options and survey administration modes changed across surveys.

In 1998 and 2002, the LGBT survey question was not asked for adults aged 65 and older. For the Metro SHAPE 2014, respondents aged 18-24 were not included in data reporting due to small sample size.



How was SHAPE 2022 administered?

- Mailed to over 40,000 households in Hennepin County
- 50+ events with community partners
- Representative sample of residents
- Confidential and voluntary
- 8,591 total respondents
 - Includes residents 18 and older



SHAPE 2022 respondents by SOGI

Category		# of respondents
All survey respondents		8591
Gender identity (G1)	Male	3018
	Female	5402
	Nonbinary	98
	Something else	12
Transgender (G2)	Yes	84
	No	8385
Sexual orientation (G3)	Straight or heterosexual	7212
	LGBTQ+ (checked any)	980
	Lesbian or gay	380
	Bisexual or pansexual	410
	Queer	231
	Questioning	81
	Something else	53
LGBTQ+ (checked any SOGI group in G1, G2, G3)		1004

Presentation outline



SHAPE project, SOGI data collection & SHAPE 2022



LGBTQ+ and health
- all adults



LGBTQ+ and health - BIPOC adults



Questions



Overall health and health conditions



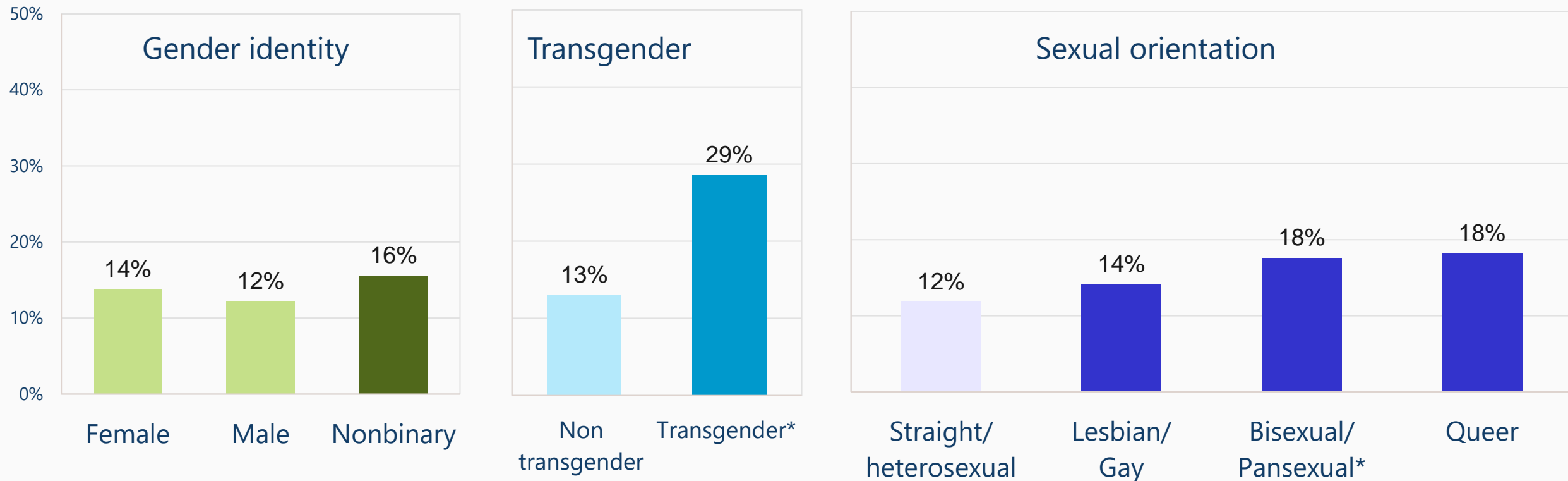
Overall health and health conditions

A1. In general, would you say your health is...?

- Excellent
 - Very Good
 - Good
 - Fair
 - Poor
- } Poor or Fair Health

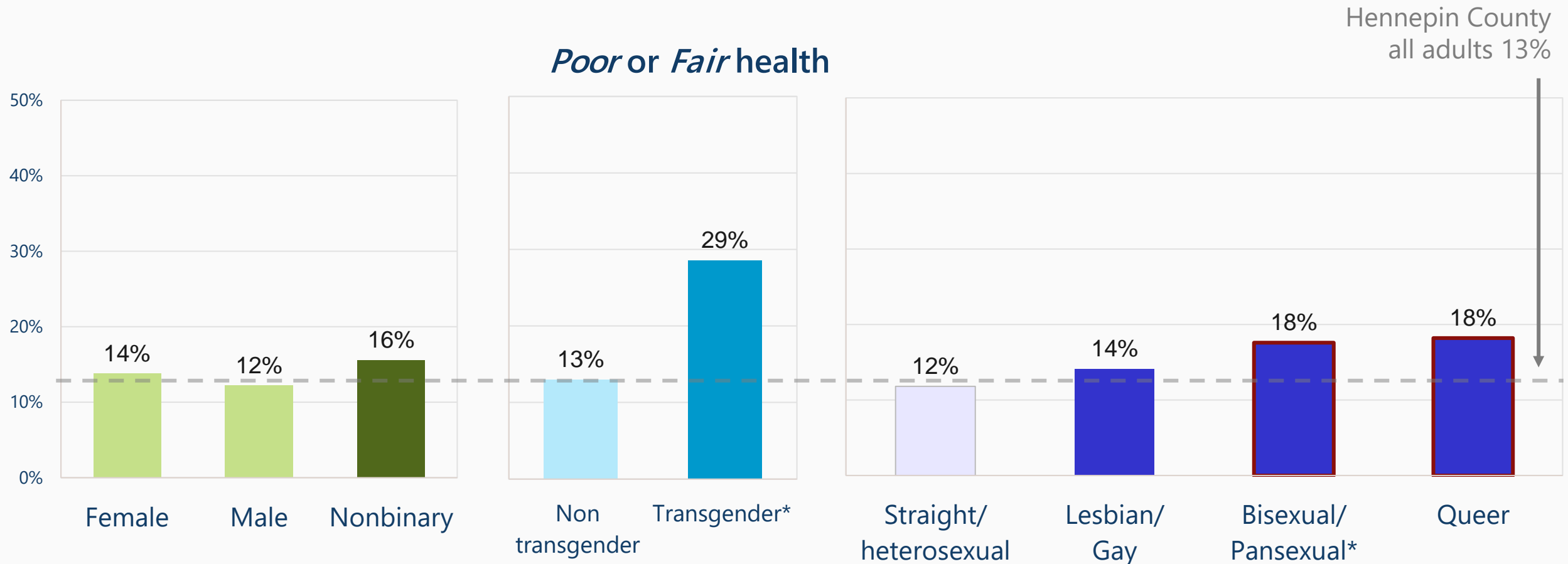
LGBTQ+ adults report *Poor* or *Fair* health at up to 2x the rate of non-LGBTQ+ adults

Poor or *Fair* health



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).
For sexual orientation, comparison is between this group and Straight/Heterosexual.

LGBTQ+ adults report *Poor* or *Fair* health at up to 2x the rate of non-LGBTQ+ adults



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).
For sexual orientation, comparison is between this group and Straight/Heterosexual.

Overall health and health conditions

A4. Are you limited in any activities because of physical, mental, or emotional problems?

Yes

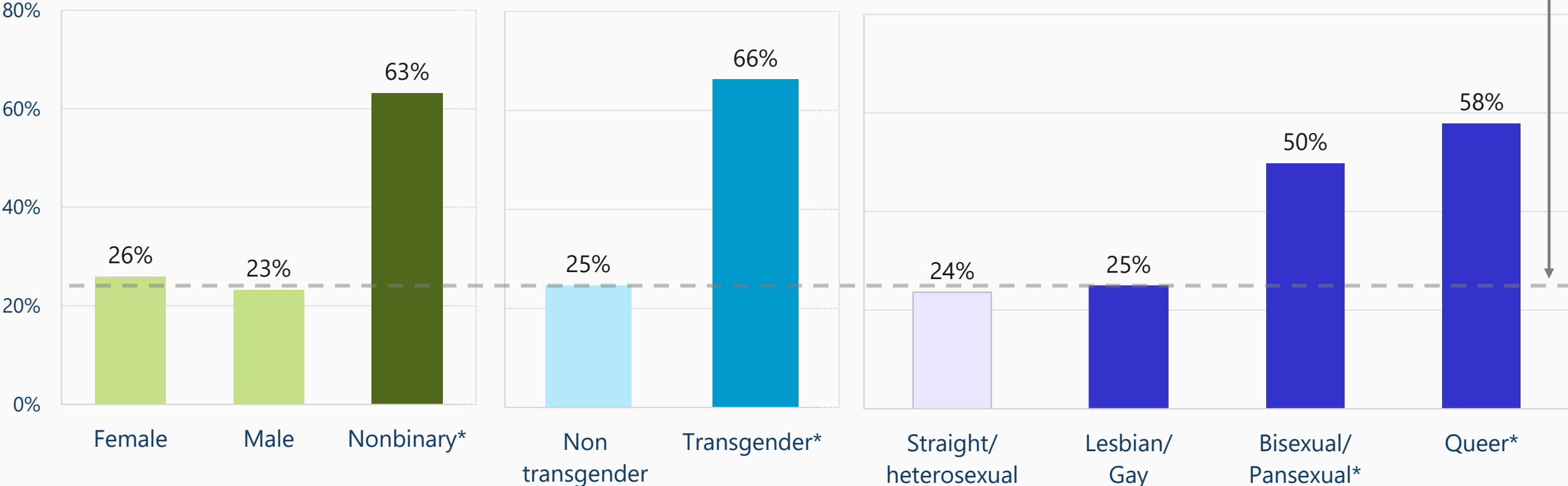
No

Activity limitation

LGBTQ+ adults report activity limitation at up to 3x the rate of non-LGBTQ+ adults

Activity limitation

Hennepin County all adults 25%



* Difference in rates between the 2 groups is statistically significant (P < 0.05). For sexual orientation, comparison is between this group and Straight/Heterosexual.



Mental health and well-being



Mental health and well-being

High risk of depression

A measure derived from the Patient Health Questionnaire (PHQ-2).

A5. During the past 2 weeks, how often have you been bothered by any of the following problems?

c. Little interest or pleasure in doing things

- Not at all
- Several days
- More than half the days
- Nearly every day

d. Feeling down, depressed or hopeless

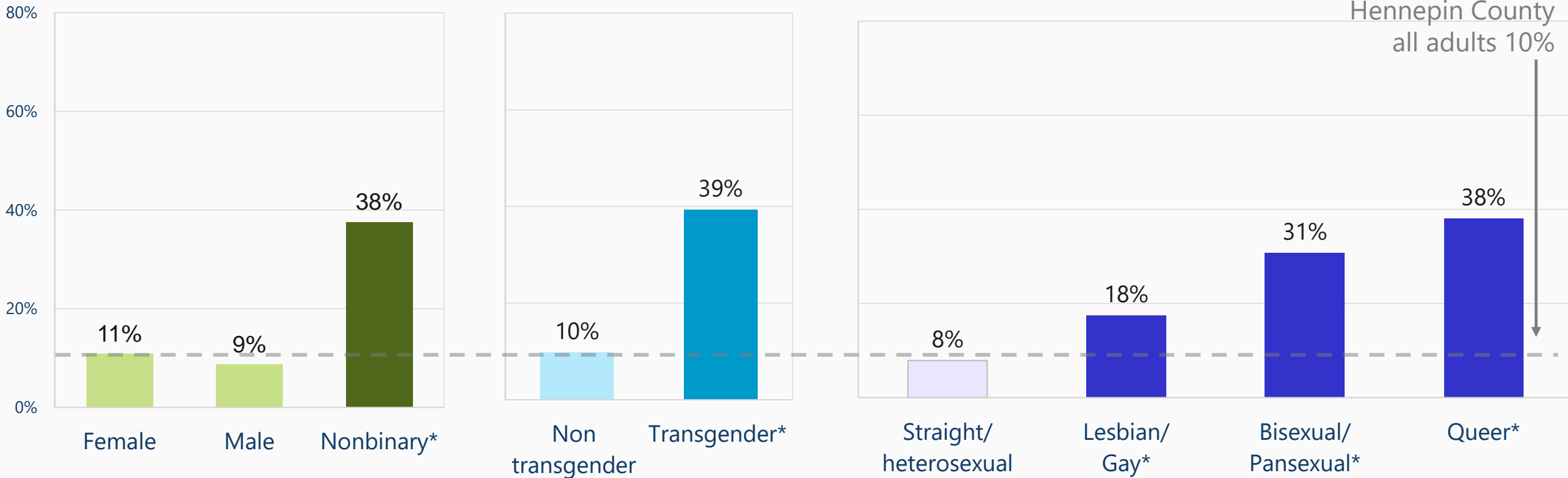
- Not at all
- Several days
- More than half the days
- Nearly every day



LGBTQ+ adults report high risk of depression at up to 5x the rate of non-LGBTQ+ adults

High risk of depression

Hennepin County
all adults 10%



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).
For sexual orientation, comparison is between this group and Straight/Heterosexual.

Mental health and well-being

High risk of anxiety

A measure derived from the Generalized Anxiety Disorder (GAD-2)

A5. During the past 2 weeks, how often have you been bothered by any of the following problems?

a. Feeling nervous, anxious or on edge

- Not at all
- Several days
- More than half the days
- Nearly every day

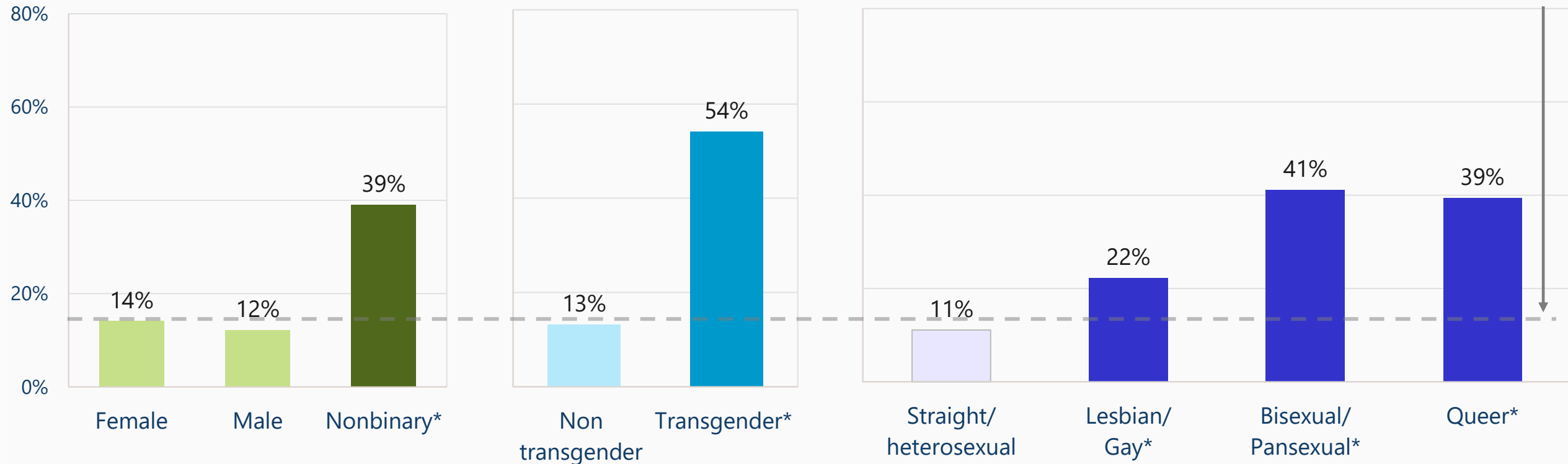
b. Not being able to stop or control worrying

- Not at all
- Several days
- More than half the days
- Nearly every day

LGBTQ+ adults report high risk of anxiety at up to 4x the rate of non-LGBTQ+ adults

High risk of anxiety

Hennepin County
all adults 14%



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).
For sexual orientation, comparison is between this group and Straight/Heterosexual.

Mental health and well-being

D8. How often do you feel lonely or isolated from others?

Always

Usually

Sometimes

Rarely

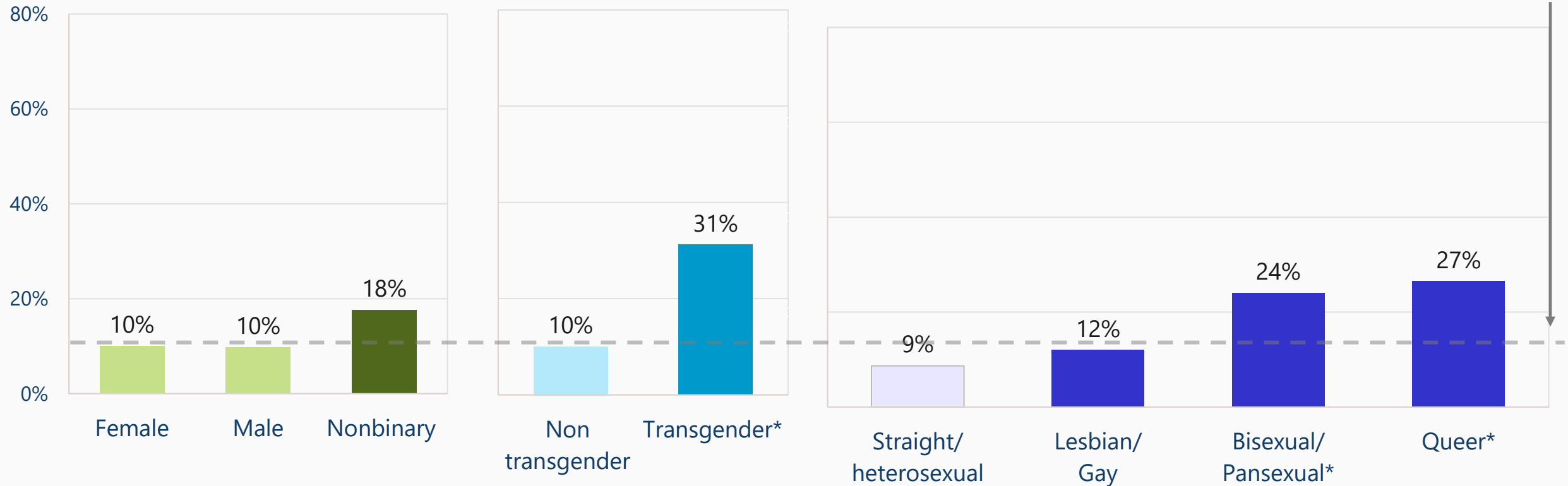
Never

} Frequent social isolation

LGBTQ+ adults report frequent social isolation at a rate 3x rate of non-LGBTQ+ adults

Frequent social isolation

Hennepin County
all adults 10%



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).
For sexual orientation, comparison is between this group and Straight/Heterosexual.

Access to health care



Access to health care

B4. When you are sick or need medical care, where do you usually go? (CHOOSE ONLY 1)

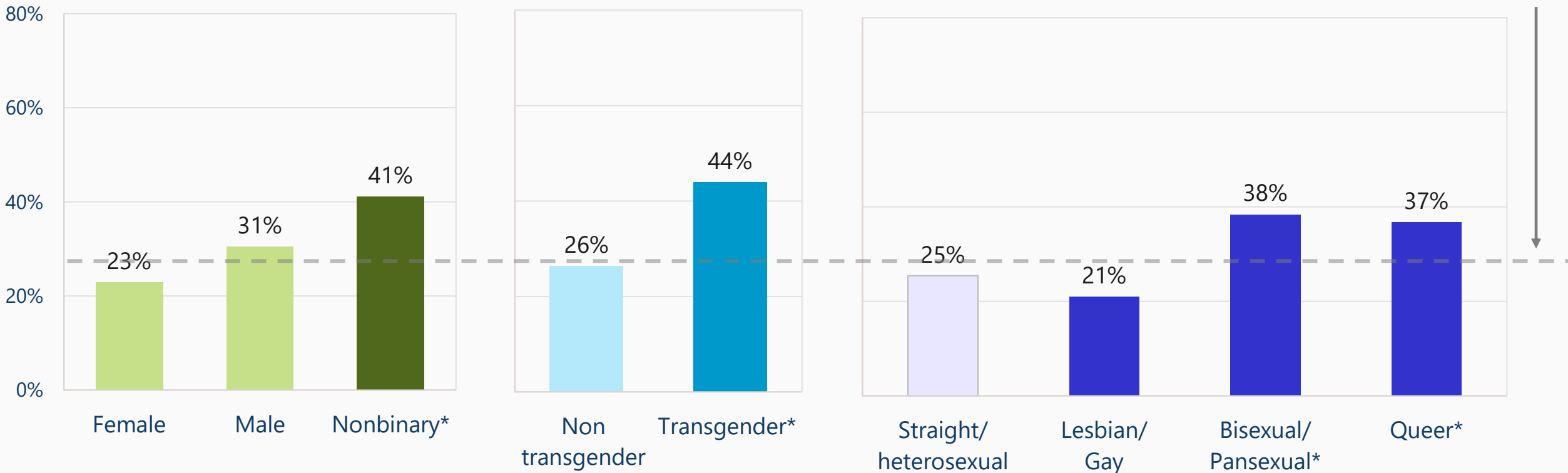
- Doctor's office or clinic (including video or phone)
- Hospital emergency room
- Urgent Care
- Clinic located in a drug or grocery store
- No usual place

No usual place of care

LGBTQ+ adults report no usual place of care at about 2x the rate of non-LGBTQ+ adults

No usual place of care

Hennepin County
all adults 27%



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).
For sexual orientation, comparison is between this group and Straight/Heterosexual.

Access to health care

B5. During the past 12 months, was there a time when you needed medical care

- Yes
- No → GO TO QUESTION B8

B6. Did you delay or not get the care you thought you needed?

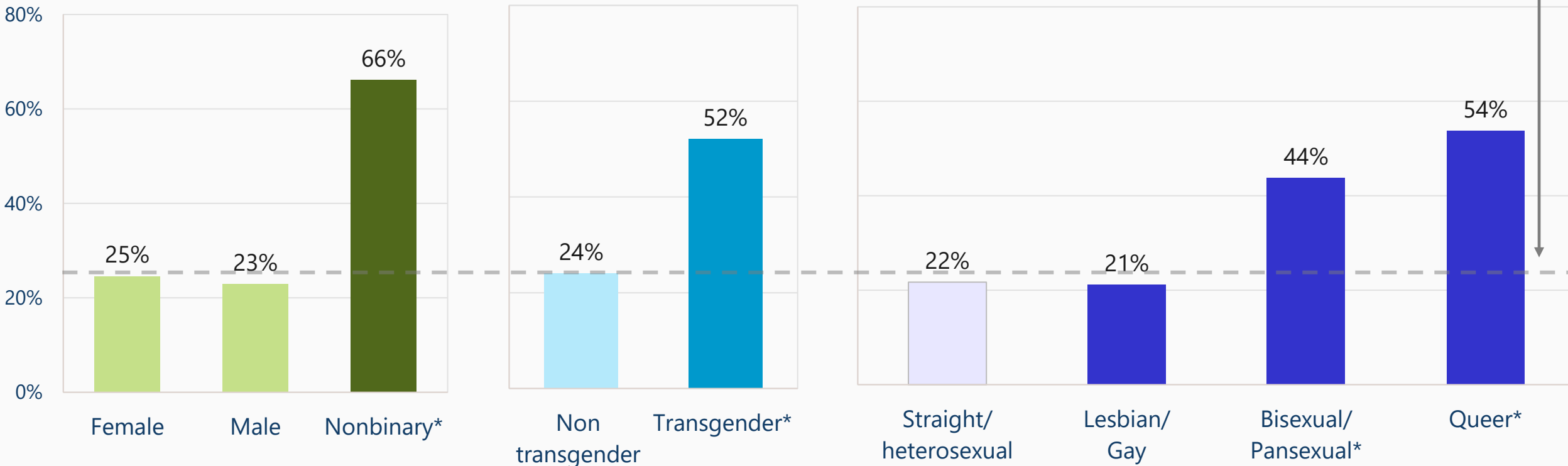
- Yes
- No → GO TO QUESTION B8

Unmet medical care needs

Among those who needed care, but delayed or did not get it

LGBTQ+ adults report unmet medical care needs at up to 3x the rate of non-LGBTQ+ adults

Unmet medical care needs



* Difference in rates between the 2 groups is statistically significant (P < 0.05).
For sexual orientation, comparison is between this group and Straight/Heterosexual.



Access to health care

B8. During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about stress, depression, a problem with emotions, excessive worrying, or troubling thoughts?

A health professional could be a doctor, psychiatrist, psychologist, therapist, or counselor.

- Yes
- No → GO TO QUESTION B11

B9. Did you delay or not get the care you thought you needed?

- Yes
- No → GO TO QUESTION B11

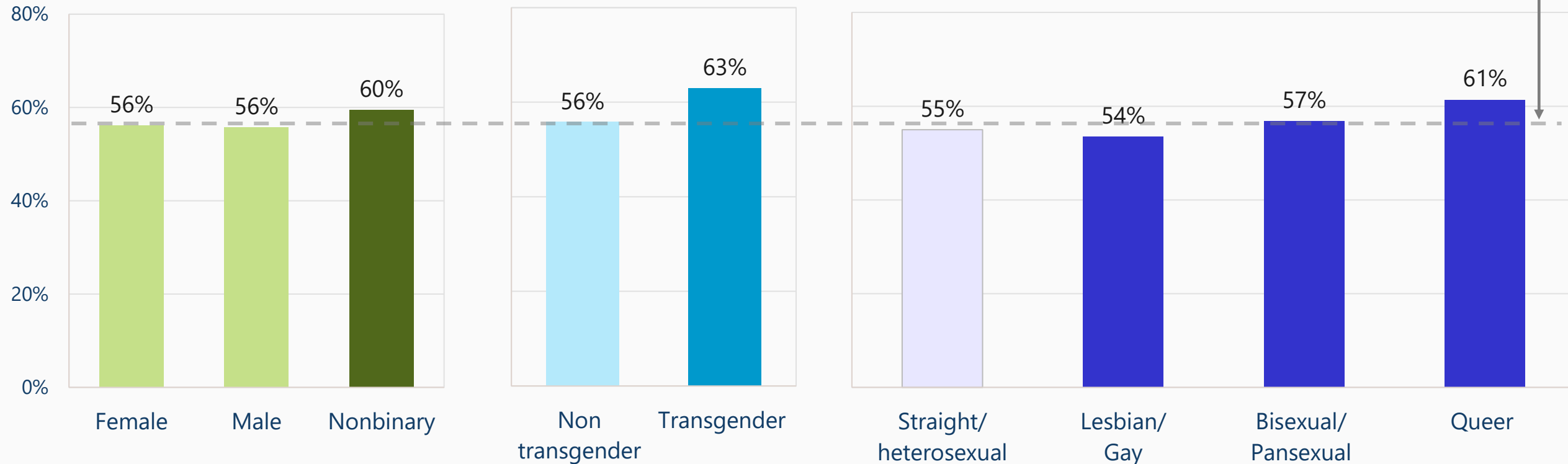
Unmet mental health care needs

Among those who needed care, but delayed or did not get care

LGBTQ+ adults report unmet mental health care needs at a similar rate to non-LGBTQ+ adults

Unmet mental health care needs

Hennepin County
all adults 56%



Substance use



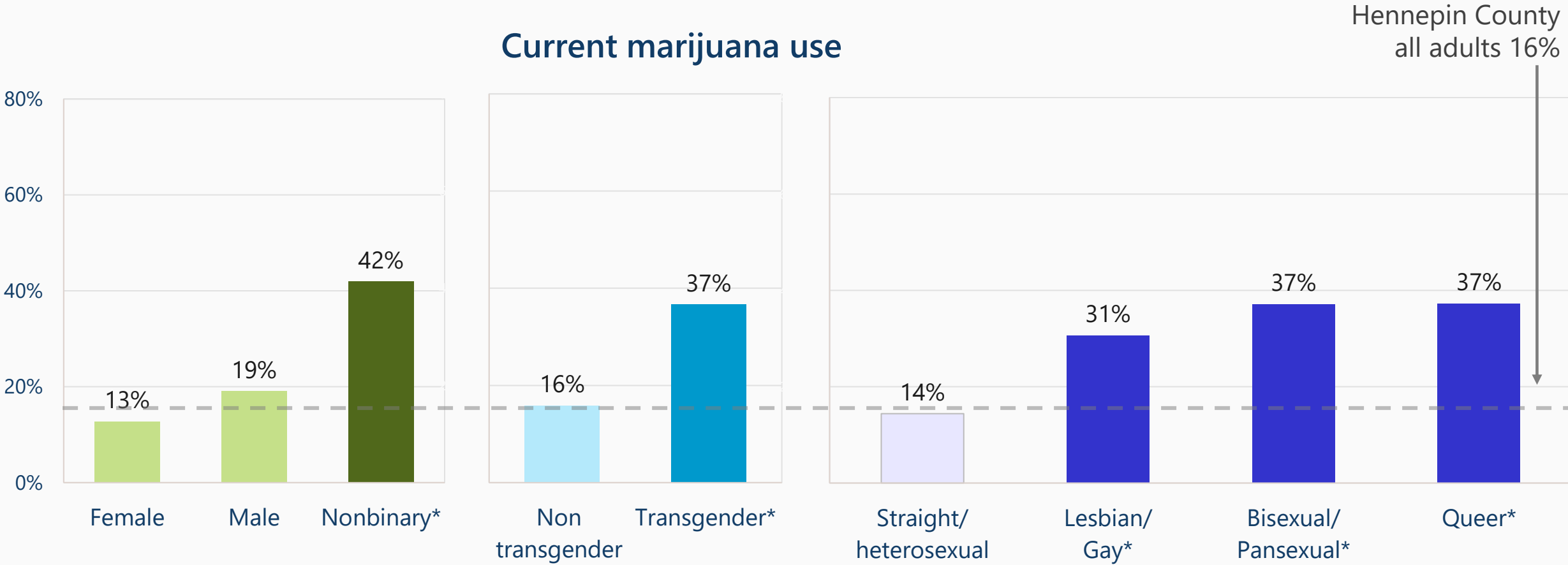
Substance use

C17. During the past 30 days, have you used marijuana or products containing THC in any form? (MARK ALL THAT APPLY)

- Yes, prescribed by a doctor or healthcare provider
- Yes, used for other reasons
- No, I didn't use marijuana or products containing THC

} Current marijuana use

LGBTQ+ adults report current marijuana use at up to 3x the rate of non-LGBTQ+ adults



* Difference in rates between the 2 groups is statistically significant (P < 0.05).
For sexual orientation, comparison is between this group and Straight/Heterosexual.



Substance use

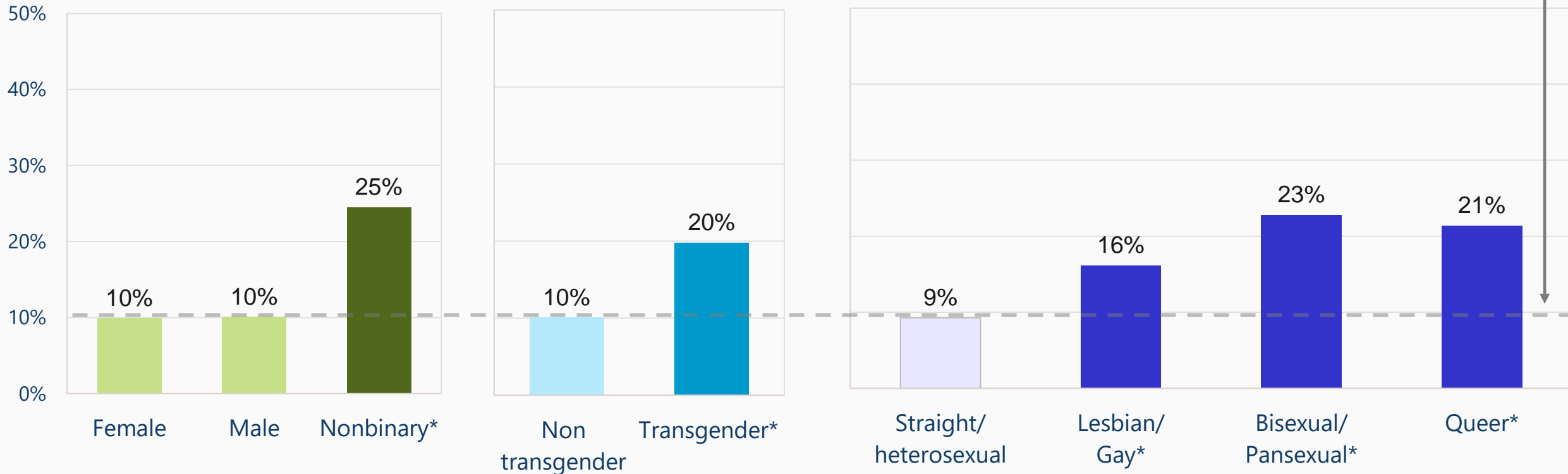
**C10. During the past 12 months, have any of the following been a problem for you or your family?
(MARK ALL THAT APPLY)**

- Alcohol
- Marijuana
- Opioids (prescription pain killers, heroin, or fentanyl)
- Other drugs, specify _____
- Gambling
- None → GO TO QUESTION C12

Problem due to
substance use
(for you or the family)

LGBTQ+ adults report problem due to substance use at up to 2.5x the rate of non-LGBTQ+ adults

Problem due to substance use



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).
For sexual orientation, comparison is between this group and Straight/Heterosexual.

Neighborhood and social factors



Neighborhood and social factors

E4. Have you or someone in your household experienced violence? *This includes any threat with a weapon, attack, or domestic assault.*

- Yes, during the past year
- Yes, more than a year ago
- No

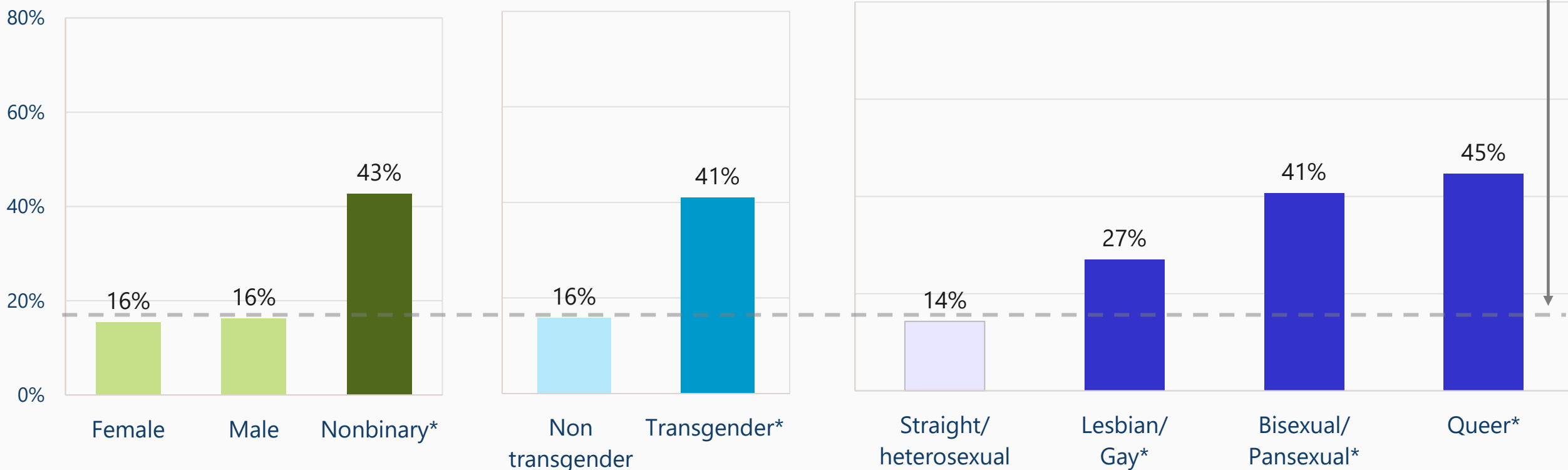


Ever experienced violence
(any member in household)

LGBTQ+ adults report ever experiencing violence at up to 3x the rate of non-LGBTQ+ adults

Ever experienced violence

Hennepin County
all adults 16%



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).
For sexual orientation, comparison is between this group and Straight/Heterosexual.



Neighborhood and social factors

Economic distress

experienced any

Food insecurity

- E6. During the past 12 months, how often did you worry that food in your household would run out before you had money to buy more?
- Often
 - Sometimes
 - Rarely
 - Never
- E7. During the past 12 months, how often did food in your household not last and you did not have money to get more?
- Often
 - Sometimes
 - Rarely
 - Never

Housing insecurity

- E8. During the past 12 months, did you or your family miss or delay a rent or mortgage payment because you did not have enough money?
- Yes
 - No
- E9. During the past 12 months, how often have you stayed at someone else's home, in a shelter, slept outside, or somewhere not intended as a place to live because you had no other place to stay?
- Never
 - Once
 - Twice
 - Three or more times

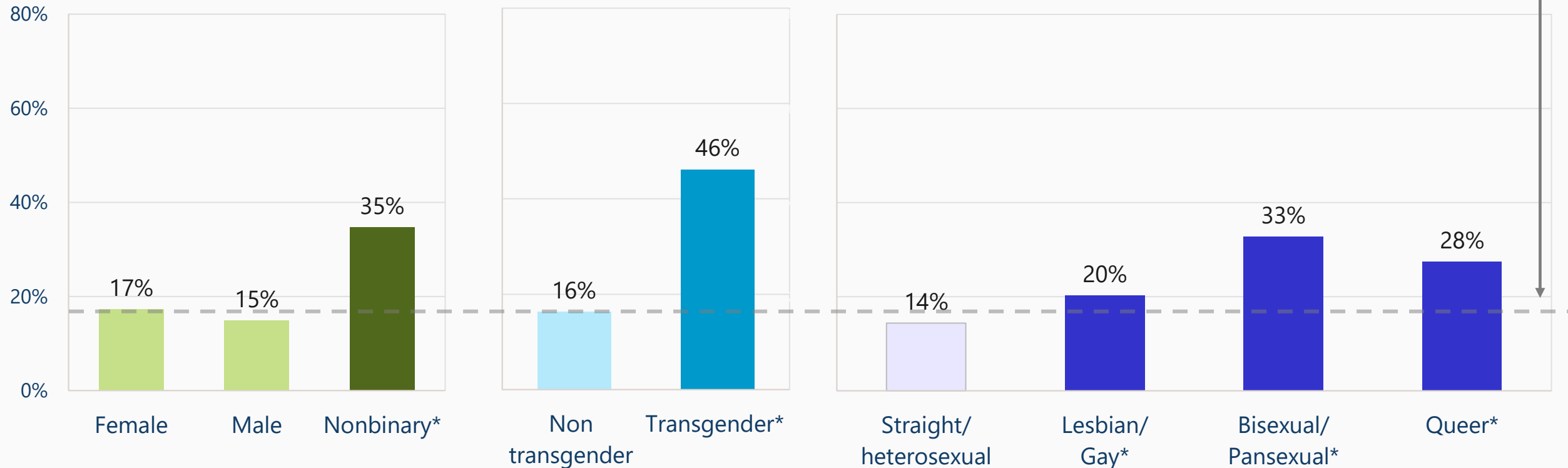
Transportation insecurity

- E10. During the past 12 months, how often did lack of transportation keep you from getting places where you needed to go, such as jobs, medical appointments, or shopping?
- Often
 - Sometimes
 - Rarely
 - Never

LGBTQ+ adults experience economic distress at up to 3x the rate of non-LGBTQ+ adults

Economic distress

Hennepin County
all adults 17%



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).
For sexual orientation, comparison is between this group and Straight/Heterosexual.

Neighborhood and social factors

E12. How often are you in a situation where you feel you are not accepted because of your sexual orientation or gender identity?

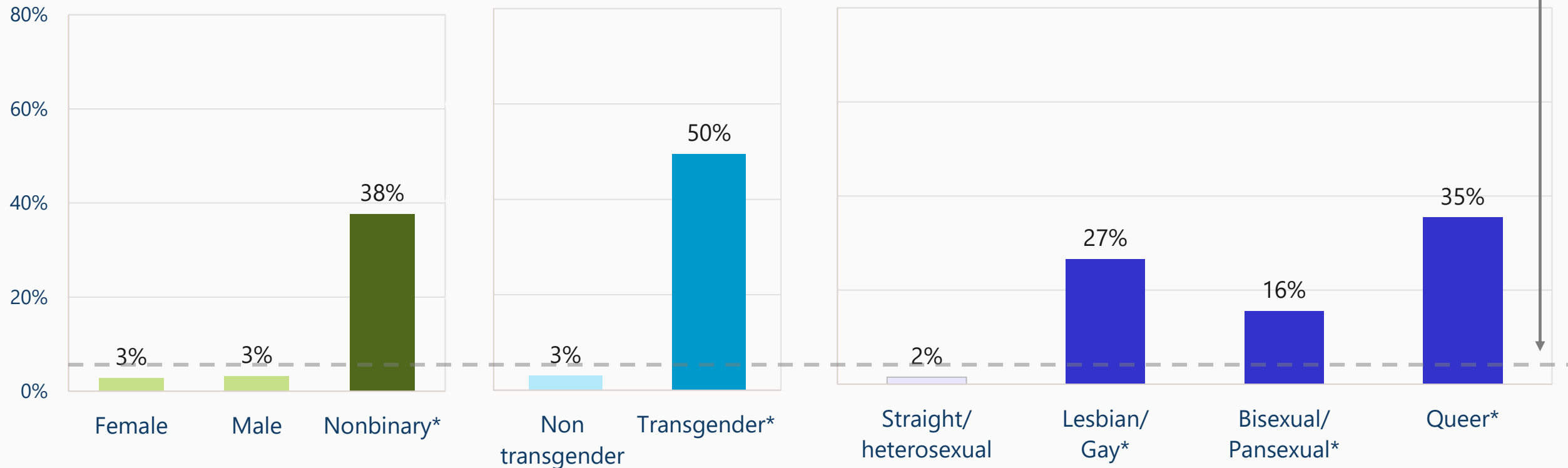
- At least once a week
- Once or twice a month
- A few times a year
- Once a year or less often
- Never

Frequent discrimination due to SOGI

LGBTQ+ adults report frequent discrimination due to SOGI at more than 8x the rate of non-LGBTQ+ adults

Frequent discrimination due to SOGI

Hennepin County
all adults 4%



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).
For sexual orientation, comparison is between this group and Straight/Heterosexual.

Compared to non-LGBTQ+ adults, LGBTQ+ adults in Hennepin County reported much higher rates of poor health

Up to
2x

Poor or fair health
Activity limitation

Up to
5x

High risk of depression
high risk of anxiety
frequent social isolation

Up to
3x

No usual place of care
Unmet medical care needs

Up to
3x

Marijuana use
Problem due to substance use

Up to
8x

Ever experience violence
Economic distress
Frequent discrimination due to SOGI





LGBTQ+ and health
among all adults

Health disparities vary across 5 LGBTQ+ groups:

- Bisexual/pansexual
- Lesbian/gay
- Nonbinary
- Queer
- Transgender

Gathering population level SOGI data allows us to:

- Learn where disparities exist between LGBTQ+ and non-LGBTQ+
- Identify the magnitude of disparities across LGBTQ+ groups



Presentation outline



SHAPE project, SOGI data collection & SHAPE 2022



LGBTQ+ and health - all adults population



LGBTQ+ and health -
BIPOC adults



Questions



LGBTQ+ and health

Hennepin County BIPOC population

(BIPOC: Black, Indigenous, and people of color)



SHAPE 2022 race and ethnicity

G8. Which of the following do you consider yourself?

(MARK ALL THAT APPLY)

Hispanic or Latino/a

White

Black or African American

If Black or African American, are you ...?

African American

Somali, Oromo, Ethiopian, or from another East African country

Liberian, Nigerian, or from another West African country

Other, specify _____

Asian or Asian American

If Asian or Asian American, are you ...?

Hmong, Cambodian, Laotian, Thai, Vietnamese, or Burmese

Other, specify _____

American Indian or Alaskan Native

Native Hawaiian or other Pacific Islander

Other, specify _____



SHAPE 2022 race and ethnicity

Race & ethnicity	All adults ¹
American Indian or Alaska Native	314
Hispanic or Latino/a	500
Non-Hispanic	
Asian or Asian American	327
Southeast Asian	116
Black or African American	979
US-born Black	636
Foreign-born Black	337
White	6025
Total adults	8591

**BIPOC
2281**

1. Numbers does not add up to total. Table does not list numbers of respondents who are non-Hispanic Native Hawaiian/other Pacific Islander, other race, and those did not provide information.

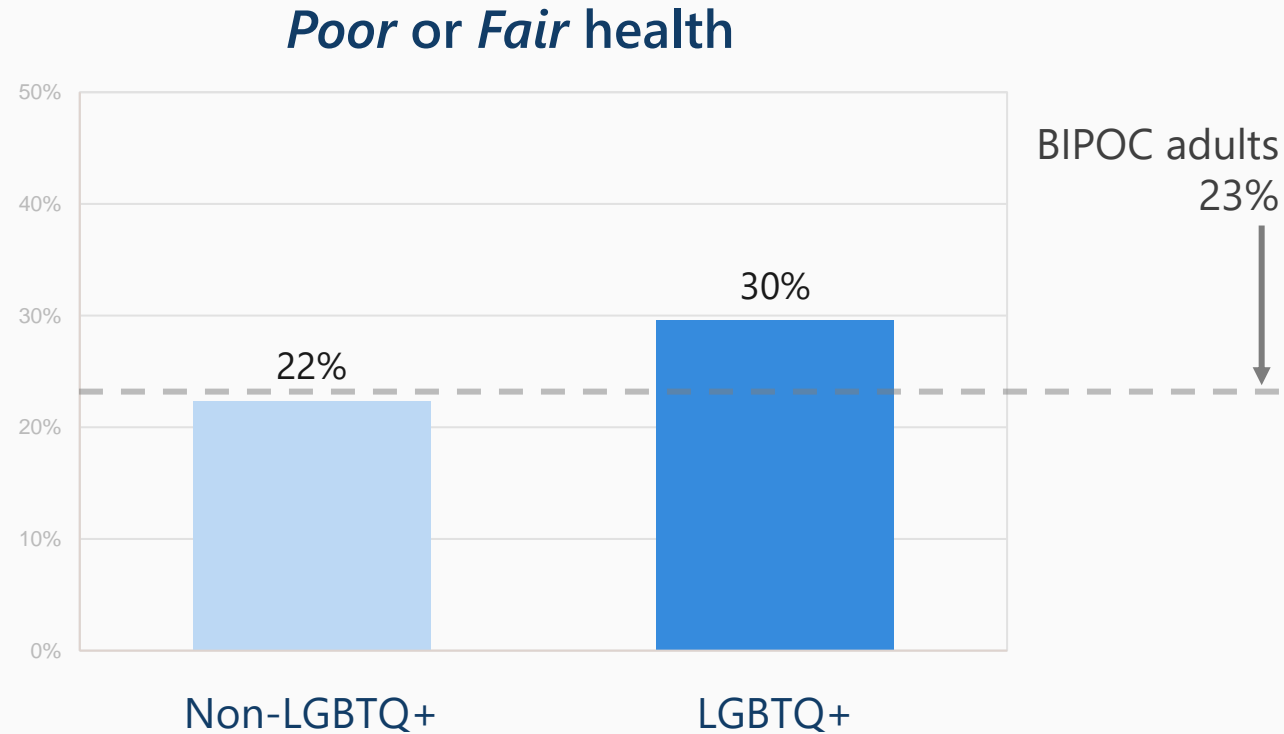


SHAPE 2022 LGBTQ+ BIPOC respondents

Race & ethnicity	Total ¹	LGBTQ+ ¹
BIPOC	2281	270
Non-BIPOC ²	6025	705
Total	8591	1004

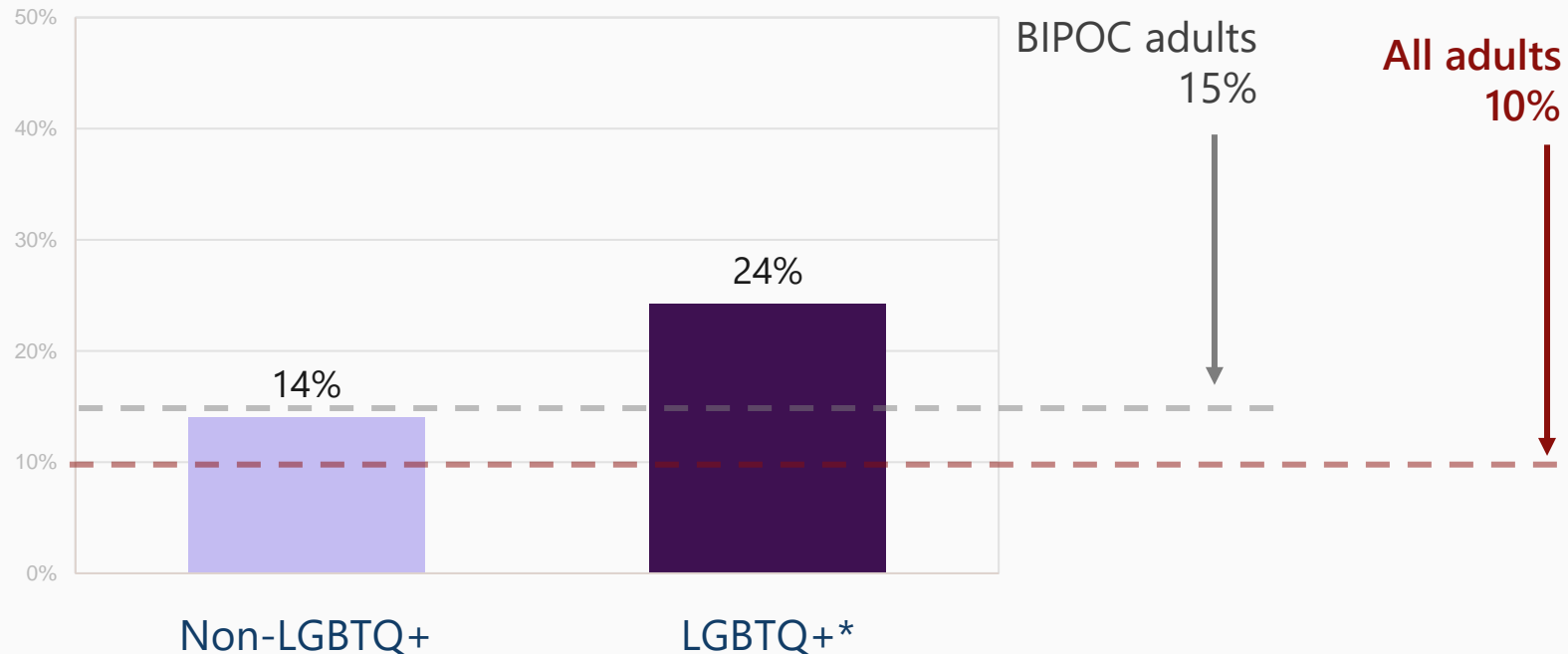
1. Numbers does not add up to total. Table does not list numbers of respondents who are non-Hispanic Native Hawaiian /other Pacific Islander, other race, and those did not provide information on race/ethnicity or SOGI.
2. Non-BIPOC refer to non-Hispanic White. .

Among BIPOC adults: LGBTQ+ adults report a rate of *Poor* or *Fair* health similar to non-LGBTQ+ adults



Among BIPOC adults: LGBTQ+ adults report high risk of depression at nearly 2x the rate of non-LGBTQ+ adults

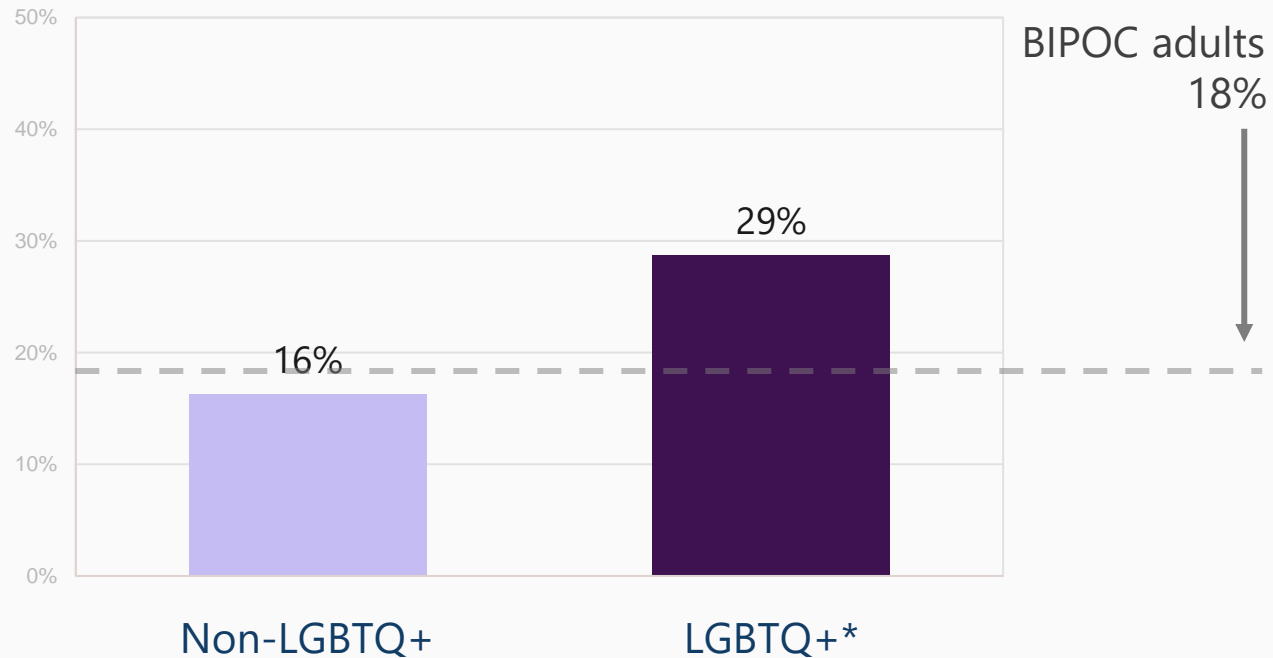
High risk of depression



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).

Among BIPOC adults: LGBTQ+ adults report high risk of anxiety at nearly 2x the rate of non-LGBTQ+ adults

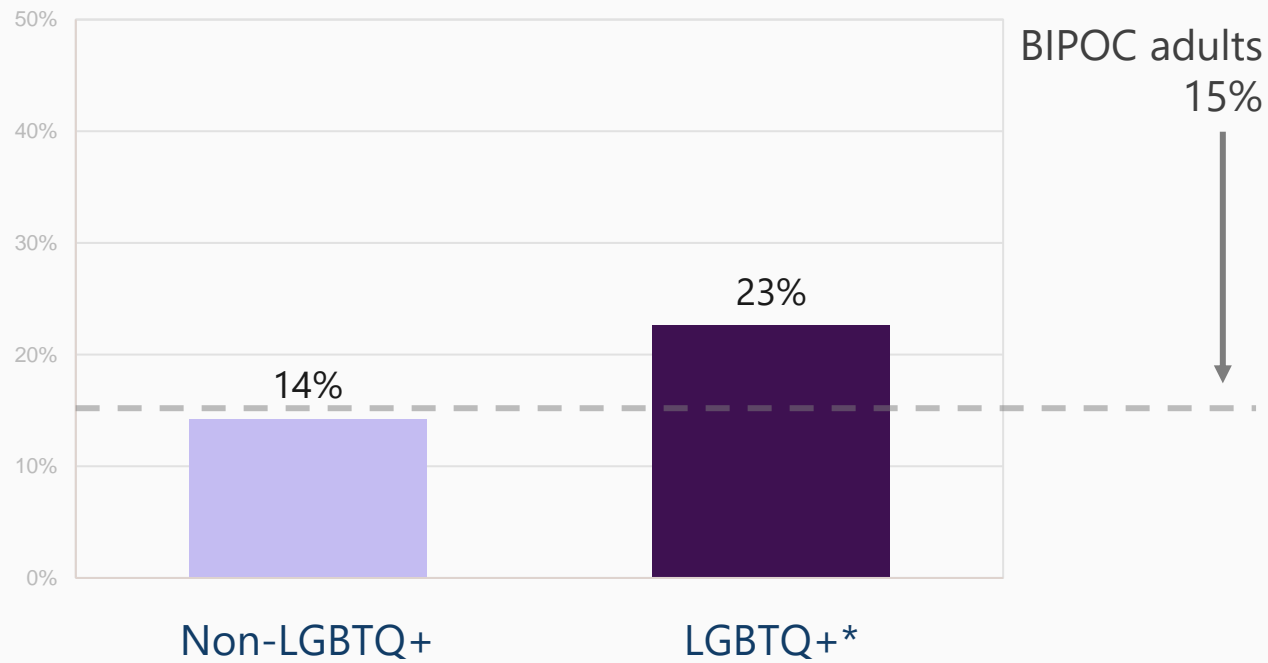
High risk of anxiety



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).

Among BIPOC adults: LGBTQ+ adults report frequent social isolation at about 1.5x the rate of non-LGBTQ+ adults

Frequent social isolation

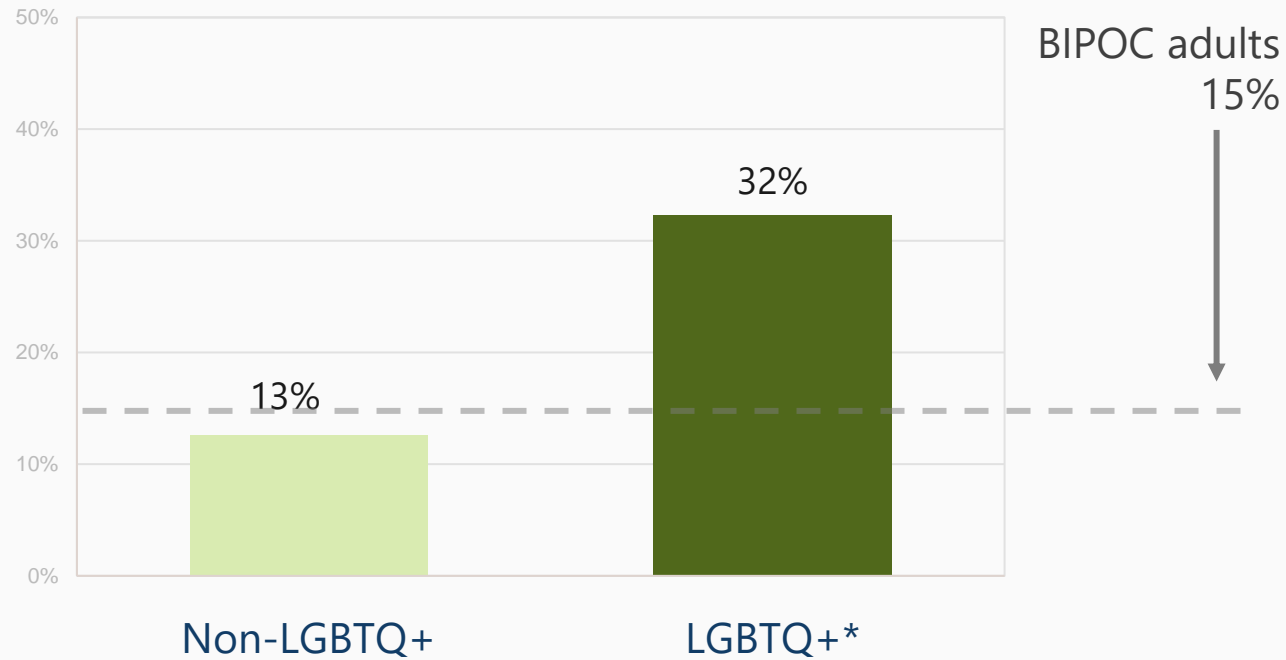


* Difference in rates between the 2 groups is statistically significant (P < 0.05).



Among BIPOC adults:
LGBTQ+ adults report current use of marijuana at a rate more than 2x
the rate of non-LGBTQ+ adults

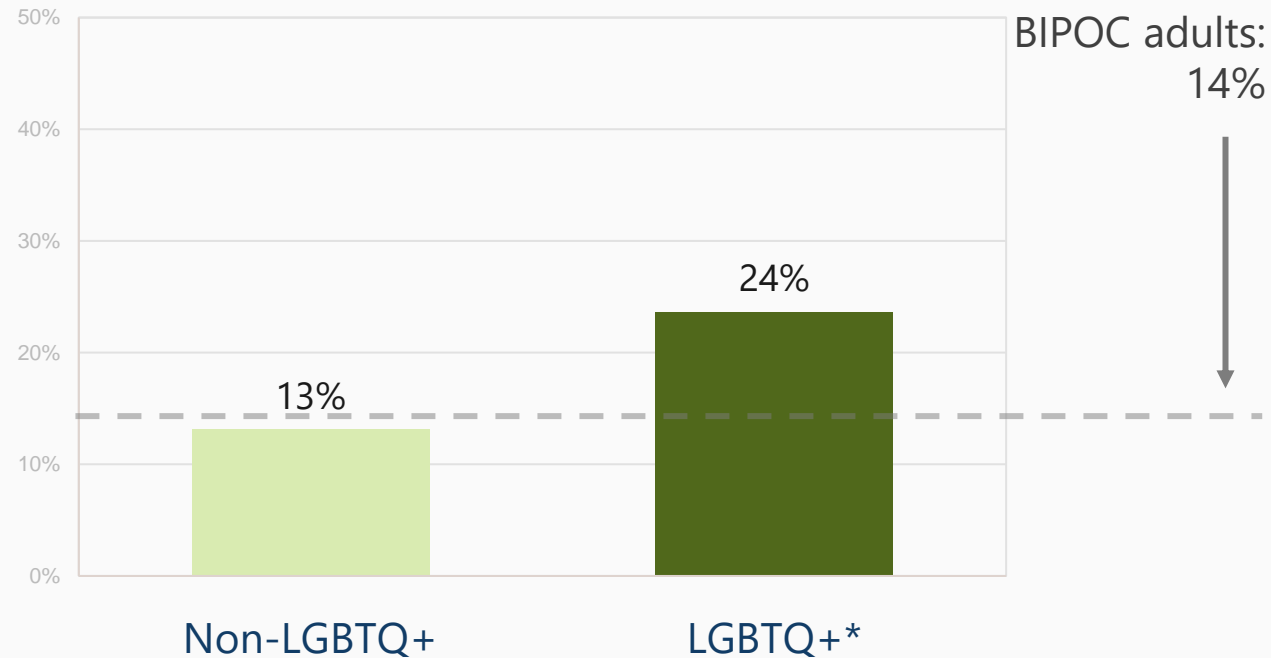
Current marijuana use



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).

Among BIPOC adults:
LGBTQ+ adults report problem due to substance use at about 2x
the rate of non-LGBTQ+ adults

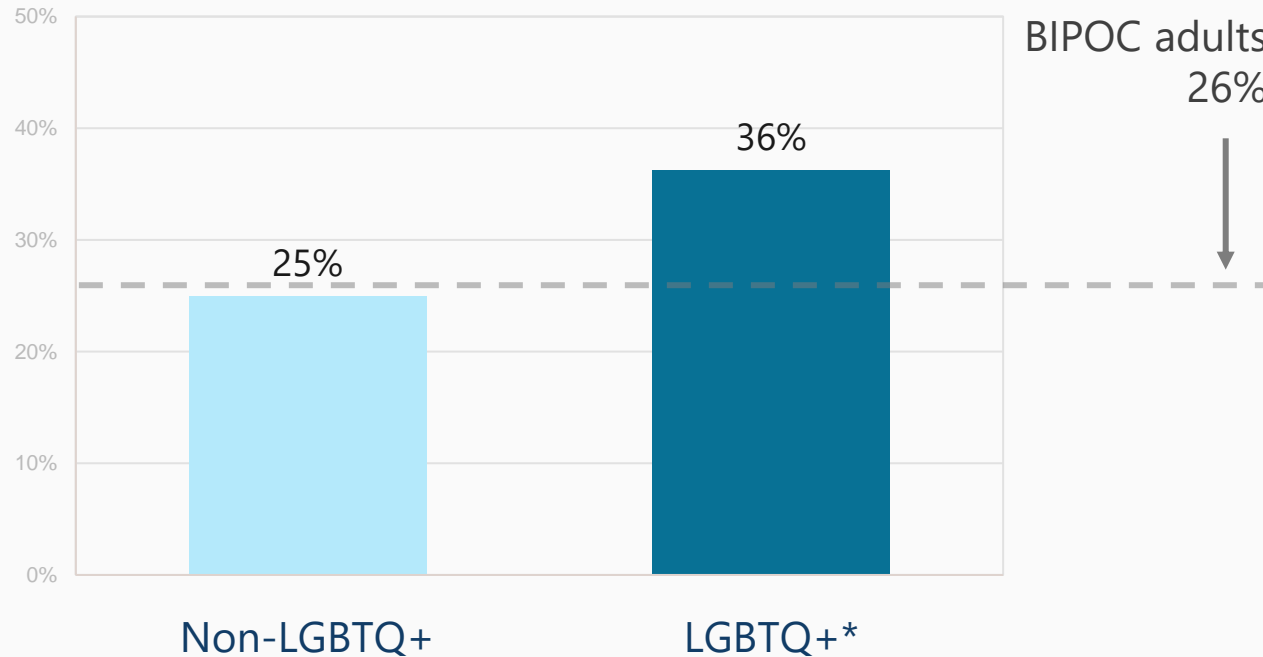
Problem due to substance use



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).

Among BIPOC adults: LGBTQ+ adults report ever experienced violence at a higher rate than non-LGBTQ+ adults

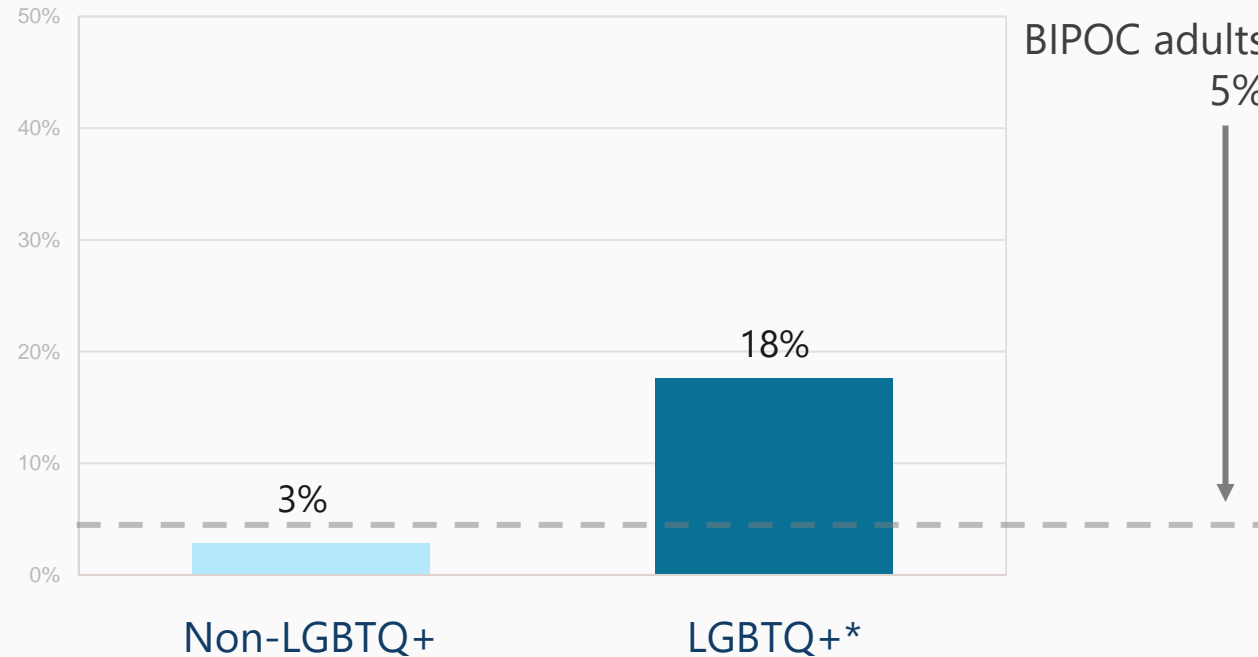
Ever experienced violence



* Difference in rates between the 2 groups is statistically significant ($P < 0.05$).

Among BIPOC adults: LGBTQ+ adults experienced frequent discrimination due to SOGI at 6x the rate of non-LGBTQ+ adults

Frequent discrimination due to SOGI



* Difference in rates between the 2 groups is statistically significant (P < 0.05).

Among BIPOC adults, LGBTQ+ adults reported higher rates of poor health compared to non-LGBTQ+

Up to
2x

High risk of depression
high risk of anxiety
frequent social isolation

Up to
2x

Marijuana use
problem due to substance use

Up to
6x

Ever experienced violence
Frequent discrimination due to SOGI



LGBTQ+ and health
among BIPOC adults

Health disparities experienced by
LGBTQ+ adults who are BIPOC,
reflect the intersectionality of being
BIPOC as well as being LGBTQ+



Key takeaways

LGBTQ+ adults report **higher rates** across the health domains compared to non-LGBTQ+ adults

“**Spirit of communities** is what we need now more than ever”¹

Achieving health equity demands data equity
Local health departments can advance SOGI data collection



Health disparities **vary across** LGBTQ+ subgroups

Looking at data with **intersectionality** shows health varies across LGBTQ+ subpopulations

“**We can do better and must do better! And with your help, we will do better**”¹

¹. ADM Rachel L. Levine, MD, Pronoun She/Her,
Assistant Secretary for Health, U.S. Department of Health and Human Services



How to access SHAPE data?



SHAPE 2022 dashboard and data book

www.Hennepin.us/shape

HHS.PH.PUBLIC.Analytics

SHAPE2022 Results - Power BI ^

Title Page

Technical Notes

SHAPE 2022 Topics

How to Navigate Report

Demographics

Geography

Household Factors

Economic Factors

Origin, Language and Dis...

Limitations and Citation

RWHAP Public Report 2017-...

Chronic Viral Hepatitis B

Chronic Viral Hepatitis C

HENNEPIN COUNTY
PUBLIC HEALTH

SHAPE 2022 Dashboard



SHAPE survey

About the survey

Every four years, Hennepin County Public Health administers the [SHAPE 2022 survey](#) to help understand the health needs of our community. SHAPE stands for Survey of the Health of All the Population and the Environment. The survey asked residents ages 18 and older about their overall health, access to healthcare, healthy lifestyles and behaviors, social-environmental factors and the COVID-19 pandemic.

Survey administration

- Mailed survey to 42,000 randomly selected households
- Partnered with community organizations to host 50 in-person survey events

This report reflects 8,591 SHAPE 2022 survey responses.

Why this matters


SHAPE results help us examine differences in health among different communities and understand how social factors such as income, education, housing stability, and other factors affect health. Community organizations can also use this data to drive their work.



SHAPE 2022

Hennepin County Adult Data Book

Hennepin County
Public Health



Results by Demographics

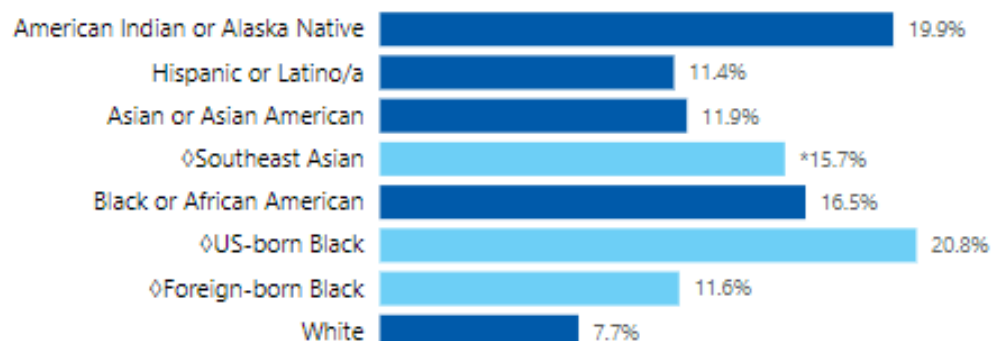
Percent of adults with high risk of depression during the past 2 weeks

SHAPE topic

- Overall Health
- Mental Health
 - Frequent mental distress
 - Poor mental health
 - High risk of anxiety
 - High risk of depression
 - Any psychological distress
 - Serious psychological distress
 - Felt very sad
 - Felt nervous
 - Felt restless
 - Felt hopeless
 - Felt everything an effort
 - Felt worthless
 - Get emotional support
 - Felt lonely or isolated

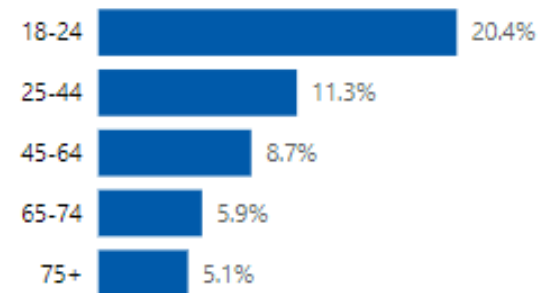
- Access to Health Care
- Access to Telehealth
- Diet
- Physical Activity
- Alcohol Use
- Tobacco Use

Those with high risk of depression by Hispanic ethnicity/Non-Hispanic race

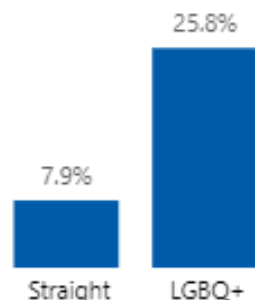


◊ Light blue bars indicate subgroups of Asian/Asian American or Black/African American categories.

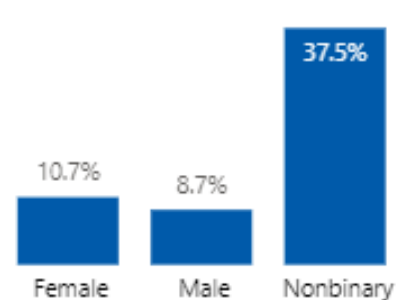
Those with high risk of depression by age group



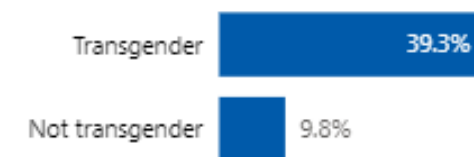
Those with high risk of depression by sexual orientation



Those with high risk of depression by gender identity



Those with high risk of depression by transgender status



*Percentage is potentially unreliable, use with caution. Relative Standard Error (RSE) > 30% and ≤ 50%. ^ Percentage does not meet criteria for statistical reliability use with extreme caution RSE > 50%. If sample size is < 30, the visualization is left blank.

Overall health and health conditions



High risk of depression during the past two weeks

Table 5	Sample Size	Yes
	N	% ± 95% C.I.
Hennepin County total	8,453	10.2% ± 1.0
Minneapolis	3,854	14.6% ± 1.8
Camden, Near North	1,011	22.3% ± 5.1
Central, Northeast, University, St. Anthony	939	14.3% ± 3.2
Phillips, Powderhorn	1,068	17.8% ± 3.9
Calhoun-Isles, Longfellow, Nokomis, Southwest	836	10.1% ± 3.3
Suburban Hennepin County	4,599	7.7% ± 1.1
Northwest suburbs	1,633	8.1% ± 1.8
Northwest - inner	891	11.6% ± 3.2
Northwest - outer	742	5.2% ± 2.2
West suburbs	1,481	7.6% ± 2.3
West - inner	715	11.1% ± 4.8
West - outer	766	5.6% ± 2.6
South suburbs	1,485	7.3% ± 2.1
South - east	737	9.5% ± 3.6
South - west	748	6.4% ± 2.7
Age		
18-24	304	20.4% ± 5.9
25-44	2,429	11.3% ± 1.7
45-64	2,631	8.7% ± 1.4
65-74	1,784	5.9% ± 1.4
75 and older	1,263	5.1% ± 1.6
Selected race/ethnicity		
American Indian or Alaska Native	304	19.9% ± 6.6
Hispanic or Latino/a	487	11.4% ± 5.0
Non-Hispanic		
Asian or Asian American	325	11.9% ± 6.2
Southeast Asian	115	15.7% ± 0.0
Black or African American	952	16.5% ± 4.3
US-born Black	623	20.8% ± 0.0
Foreign-born Black	325	11.6% ± 0.0
White	5,945	7.7% ± 1.1

Overall health and health conditions



High risk of depression during the past two weeks

Table 5	Sample Size	Yes
	N	% ± 95% C.I.
Gender		
Female	5,315	10.7% ± 1.3
Male	2,971	8.7% ± 1.5
Nonbinary	97	37.5% ± 15.5
Transgender		
Yes	84	39.3% ± 15.5
No	8,253	9.8% ± 1.0
Sexual orientation		
Straight/Heterosexual	7,047	7.9% ± 1.0
LGBQ+	970	25.8% ± 4.2
Lesbian/Gay	378	17.5% ± 6.1
Bisexual/Pansexual	404	30.8% ± 6.8
Queer	229	38.1% ± 9.1
Household income		
< 200% of Federal Poverty Level	2,361	19.4% ± 2.6
≥ 200% of Federal Poverty Level	5,710	7.0% ± 0.9
Educational attainment		
Less than high school	415	18.9% ± 6.6
High school or GED	1,057	15.0% ± 3.5
Some college	1,922	14.8% ± 2.6
College degree or higher	4,731	6.6% ± 0.9
Speak a language other than English most of the time at home		
Yes	1,046	11.3% ± 2.8
No	7,308	10.0% ± 1.0
Economic distress		
Yes	1,831	25.0% ± 3.2
No	6,579	6.2% ± 0.8
Frequent mental distress		
Yes	1,128	51.1% ± 4.3
No	6,748	3.3% ± 0.6

NOTE: Definitions for the indicators are provided in Appendix A.

* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

Presentation outline



SHAPE project, SOGI data collection & SHAPE 2022



LGBTQ+ and health- all adults population



LGBTQ+ and health- BIPOC adults



Questions

Questions?

SHAPE 2022:

www.hennepin.us/SHAPE

Contact:

shape@hennepin.us

Komal.Mehrotra@hennepin.us

Mei.Ding@hennepin.us

