



Health Disparities in Hennepin County Adults



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

Presented to Hennepin County CTG Leadership Team
November 5, 2012

The CTG 5 Core Measures

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

CTG implementation awardee is required to assess these measures across the populations and among population subgroups, before and after the CTG implementation.

The CTG 5 Core Measures

Primary Data Source for Adults

Baseline - **SHAPE 2010 Adult Survey**

(SHAPE 2006 Adult Survey for data by race and ethnicity)

- **SHAPE** stands for **S**urvey of the **H**ealth of **A**ll the **P**opulation and the **E**nvironment.
- **SHAPE 2010** was funded in part by a grant from the Minnesota Statewide Health Improvement Program.

SHAPE 2010 Adult Survey

Domains and Topics

Overall health

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

Health care access & utilization

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

Healthy lifestyle and behaviors

- Body weight, diet and nutrition
- Physical activity and exercise
- Neighborhood walkability & non-motorized transit use
- Smoking, alcohol use

Social-environmental factors

- Community connectedness, social support, neighborhood cohesion
- Neighborhood safety
- Discrimination experience
- Economic distress

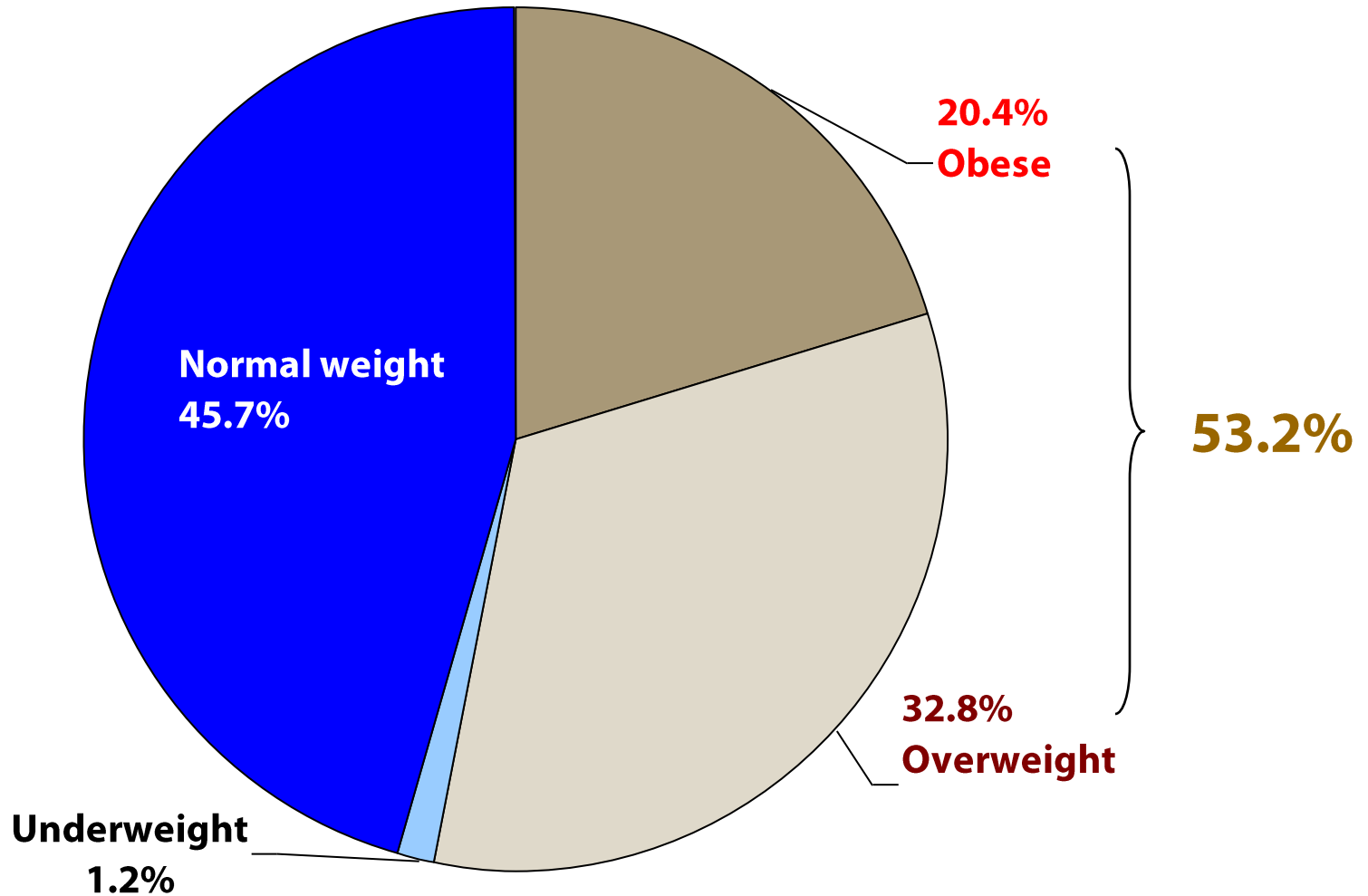
Hennepin County Adults CTG 5 Core Measures

Weight status - current status and disparities



Adult weight status¹

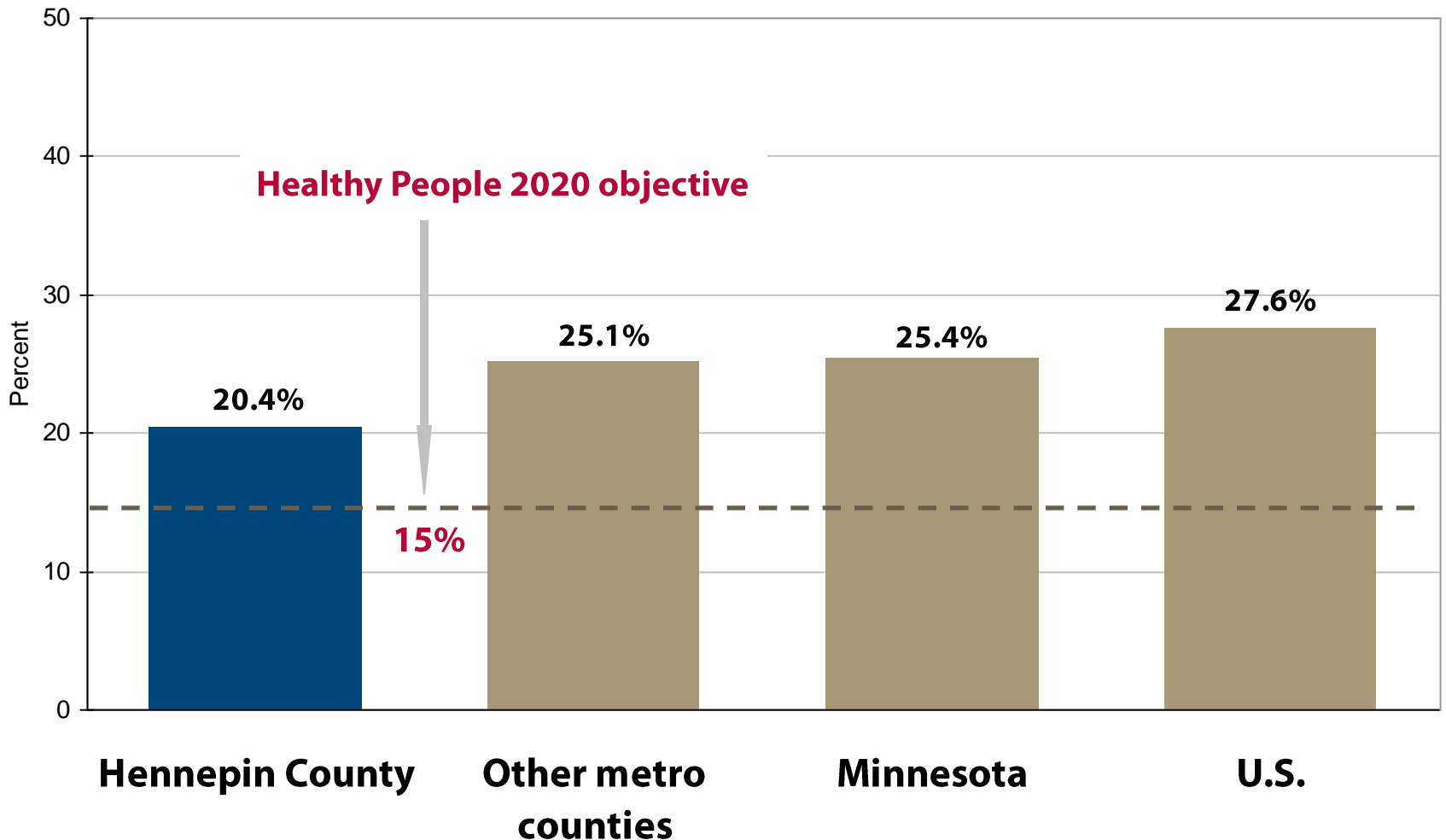
Hennepin County 2010



1. Classification of body weight is based on body mass index (BMI) which was calculated from self-reported height and weight.

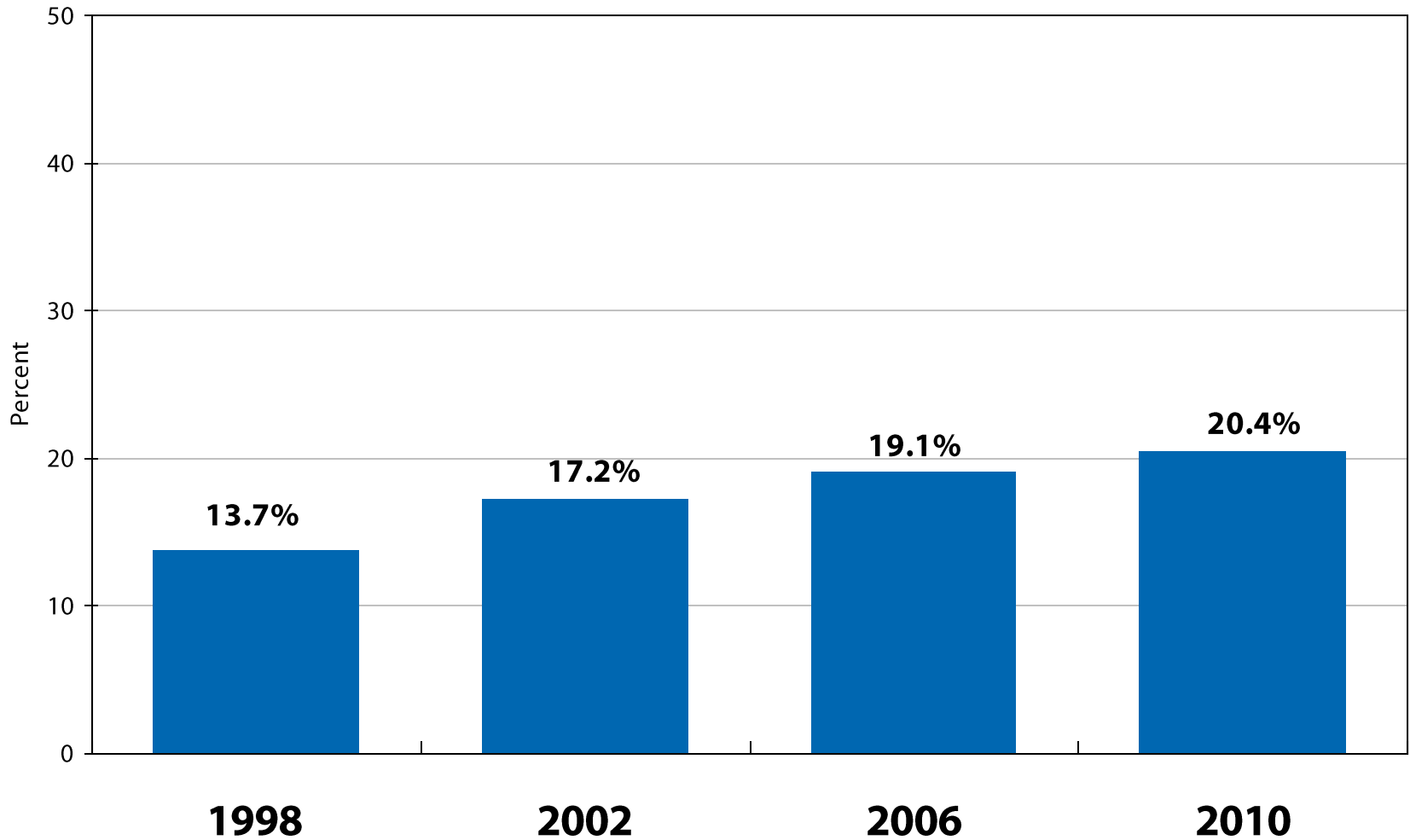
Adult obesity in 2010

How does Hennepin County compare?



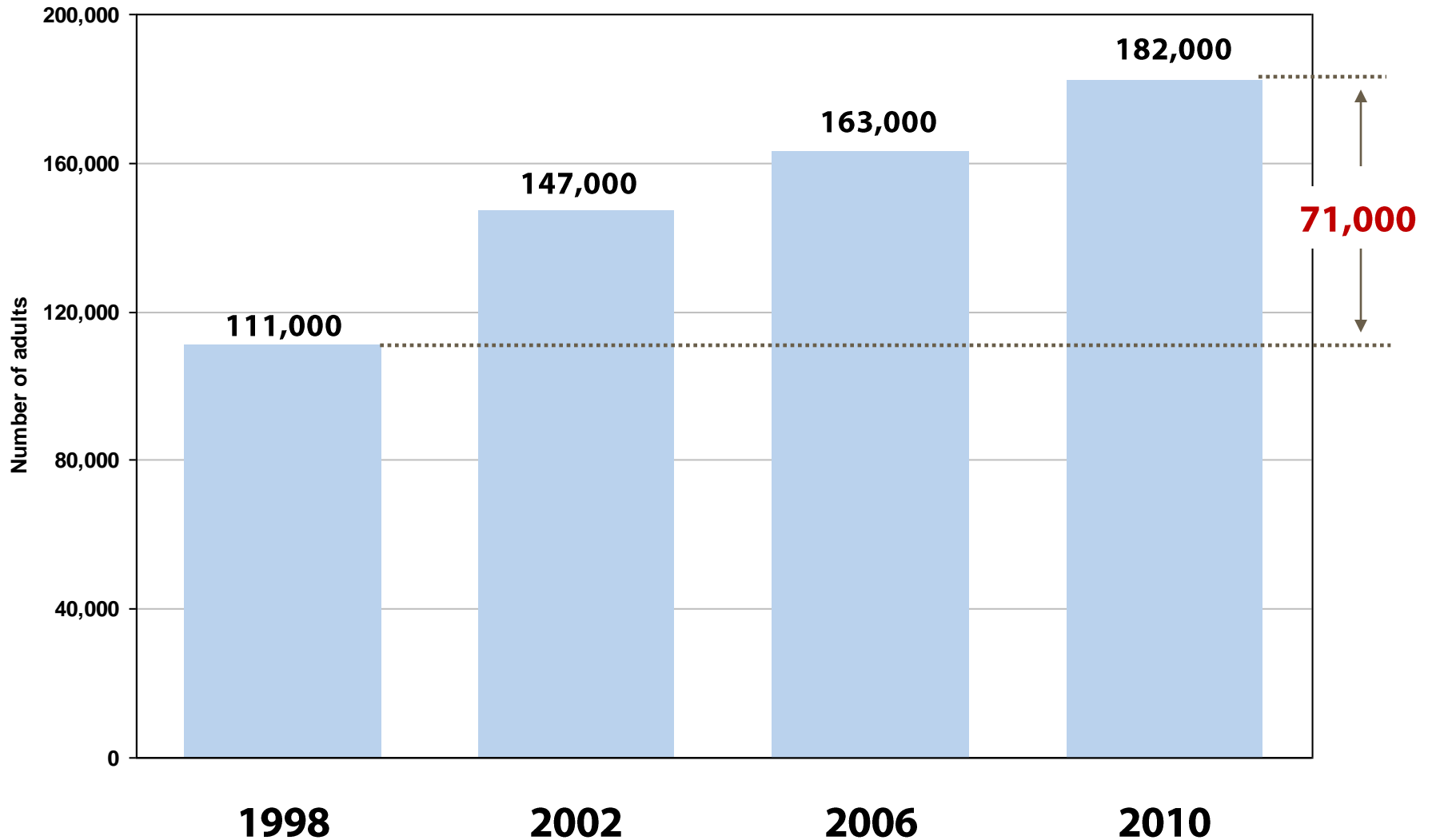
Adult obesity

Time trend 1998-2010, Hennepin County



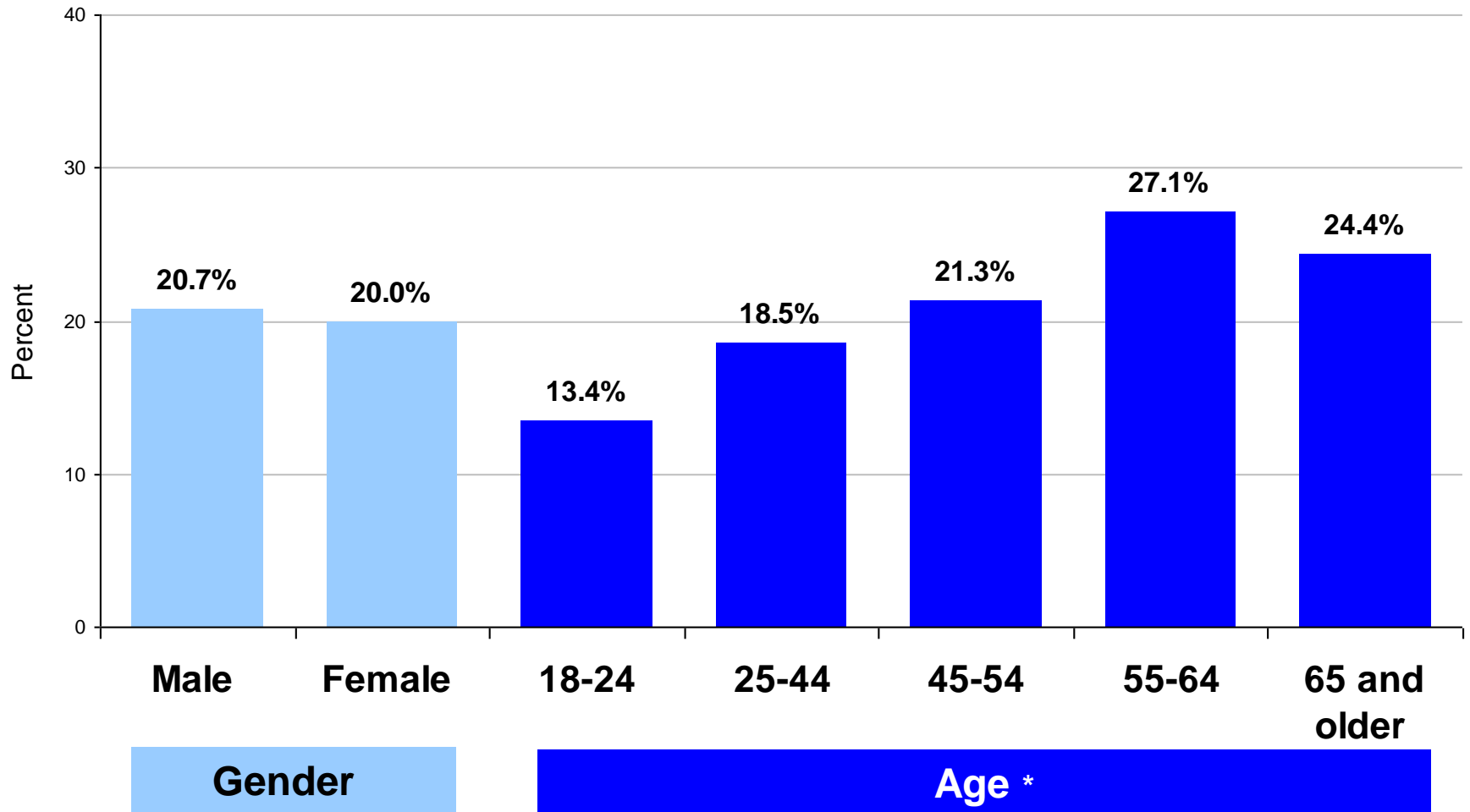
Number of obese adults

Time trend 1998-2010, Hennepin County



Adult obesity by gender and age

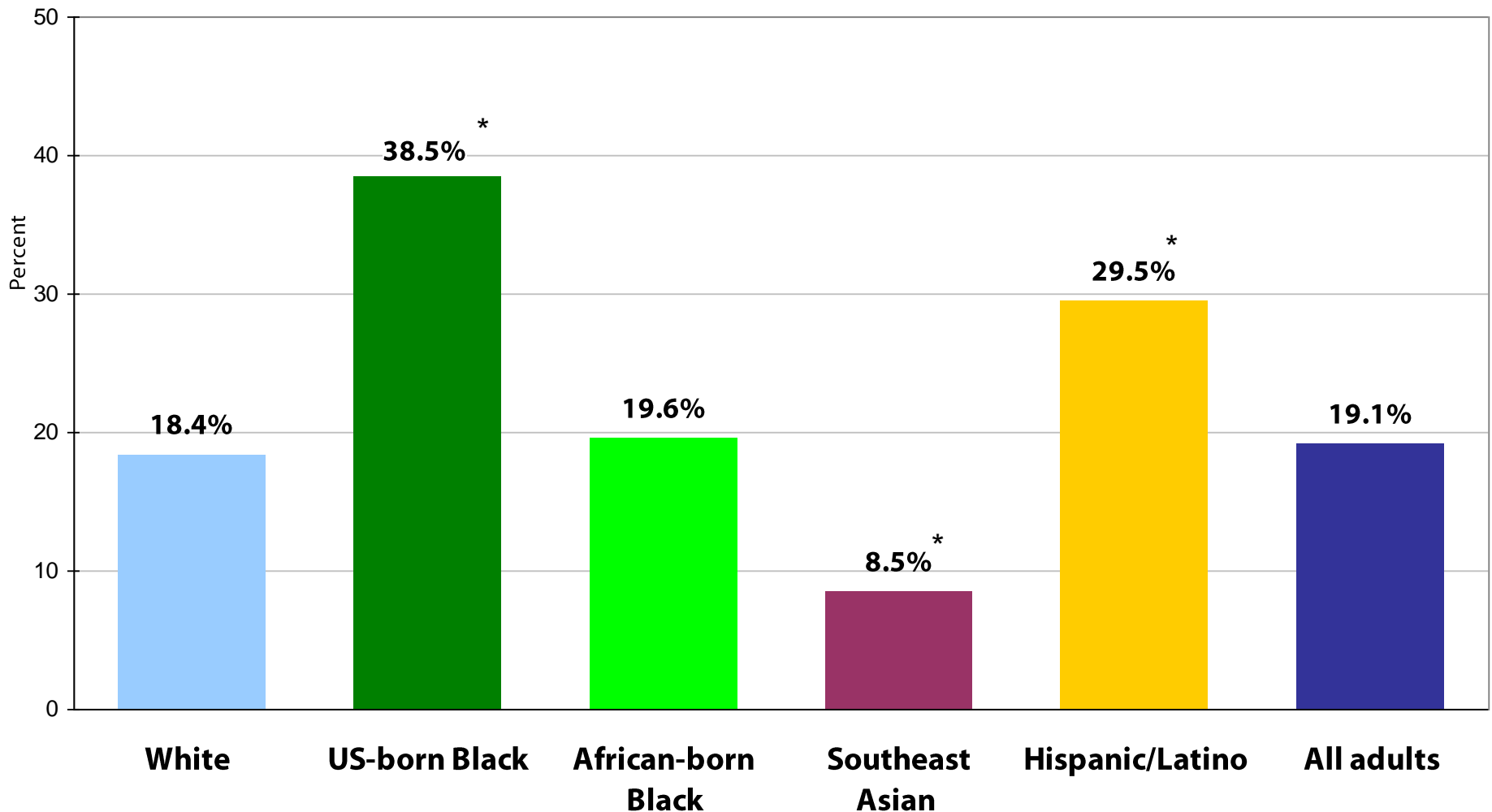
Hennepin County 2010



* Difference in rates between groups is statistically significant at $p < 0.05$.

Adult obesity by race and ethnicity

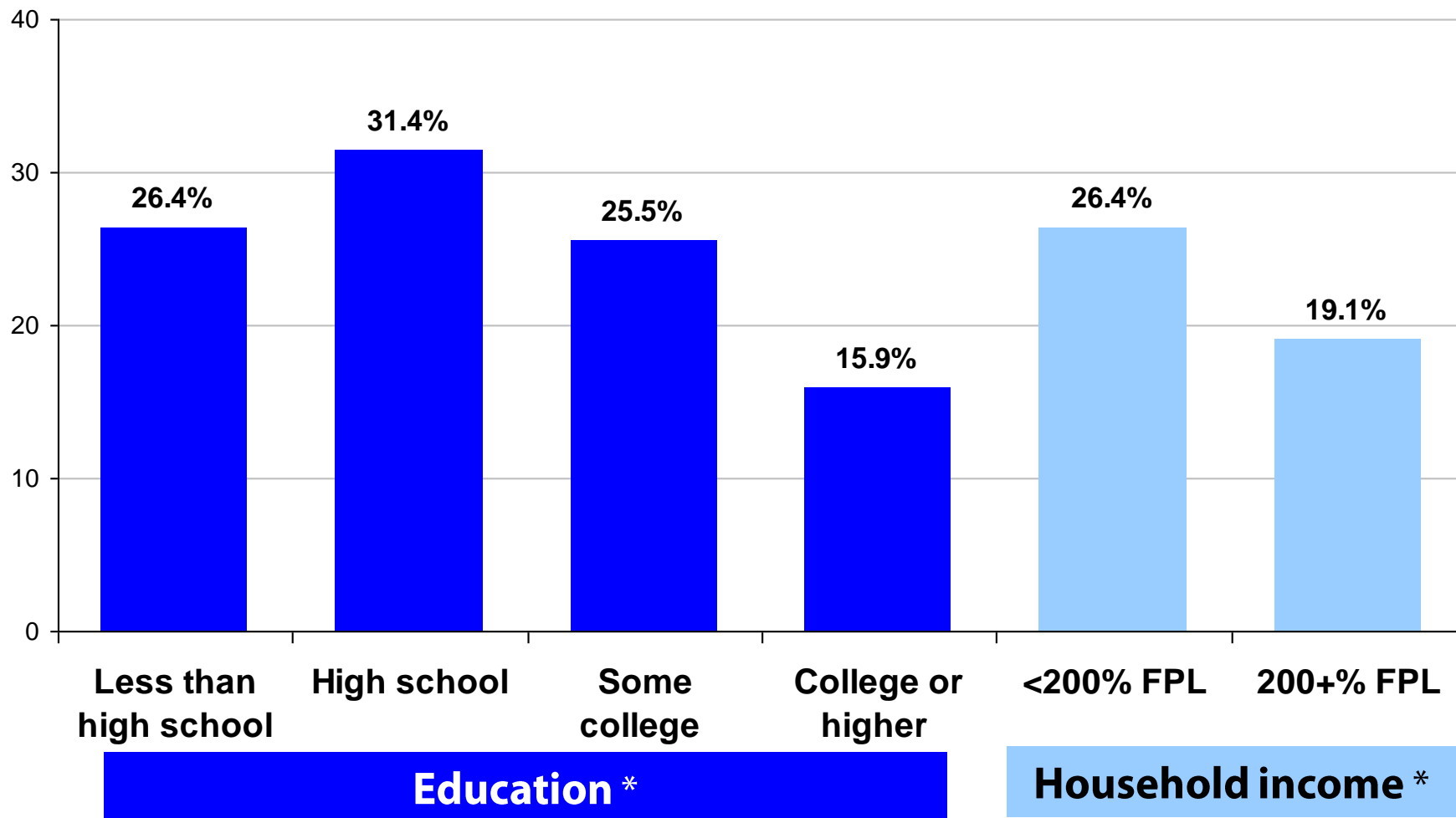
Hennepin County 2006



* Difference in rates between this group and Whites is statistically significant at $p < 0.05$.

Adult obesity by education and household income

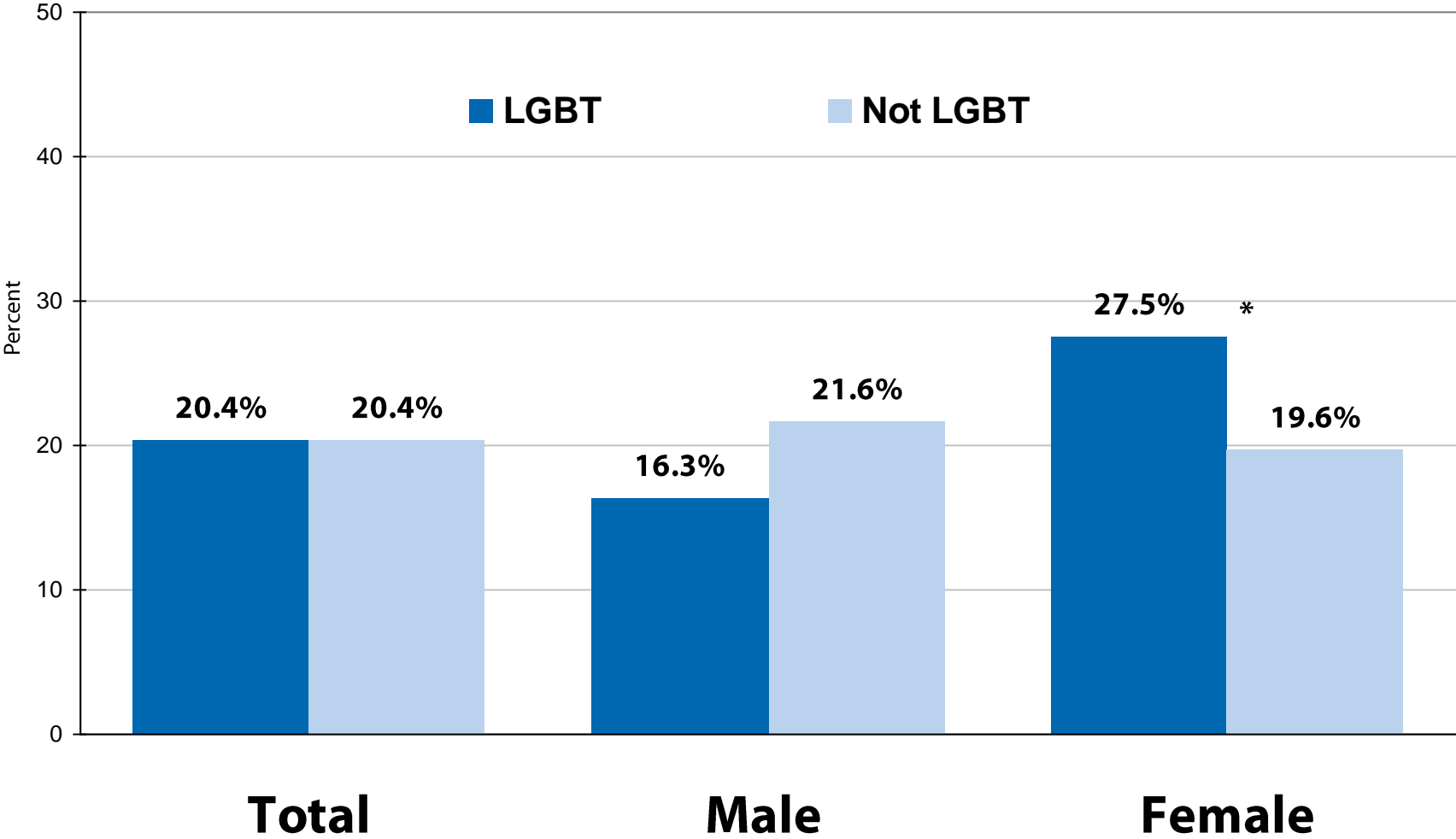
Hennepin County 2010



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Adult obesity by LGBT identity and gender

Hennepin County 2010

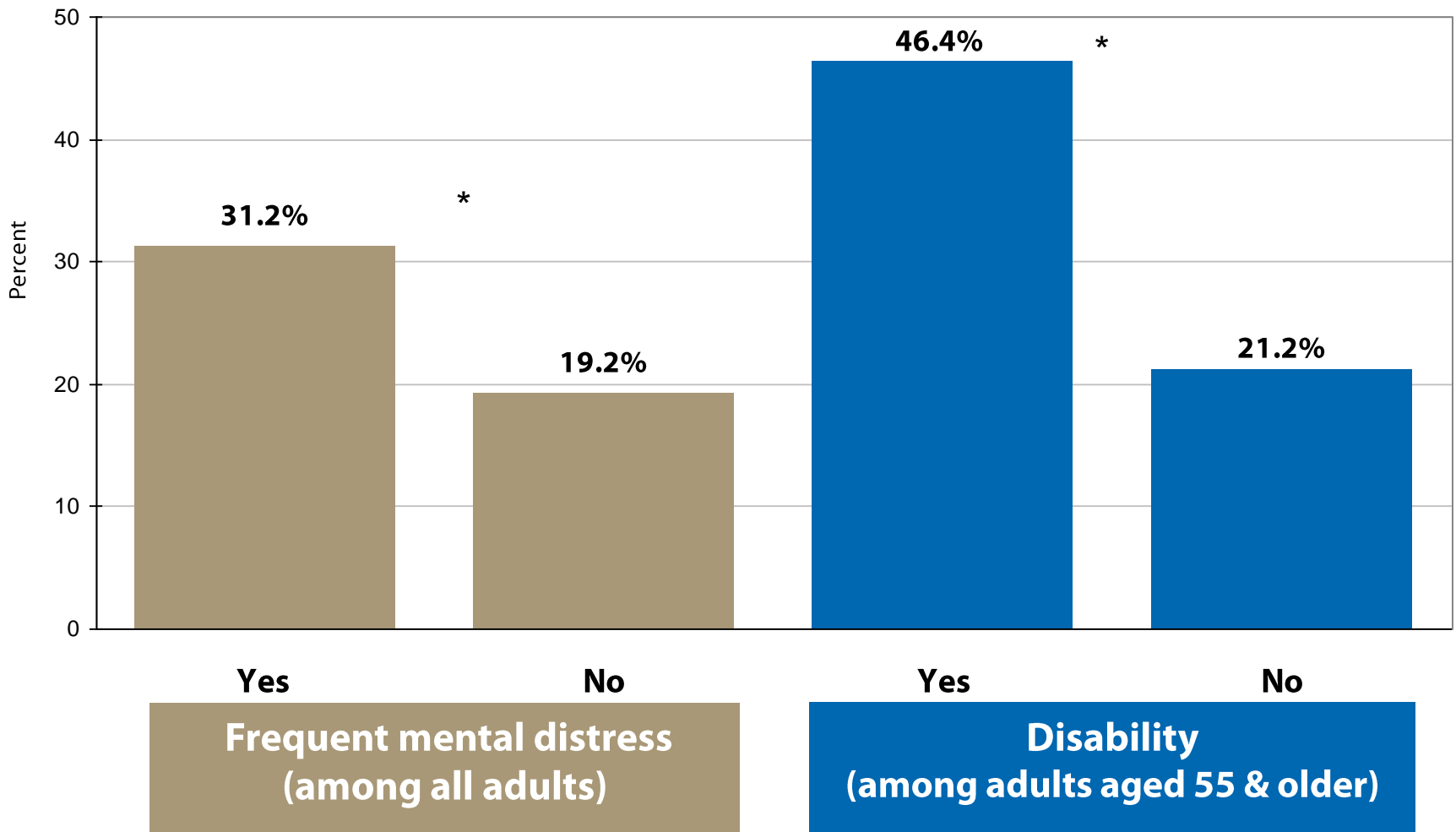


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Adult obesity

by frequent mental distress and disability status

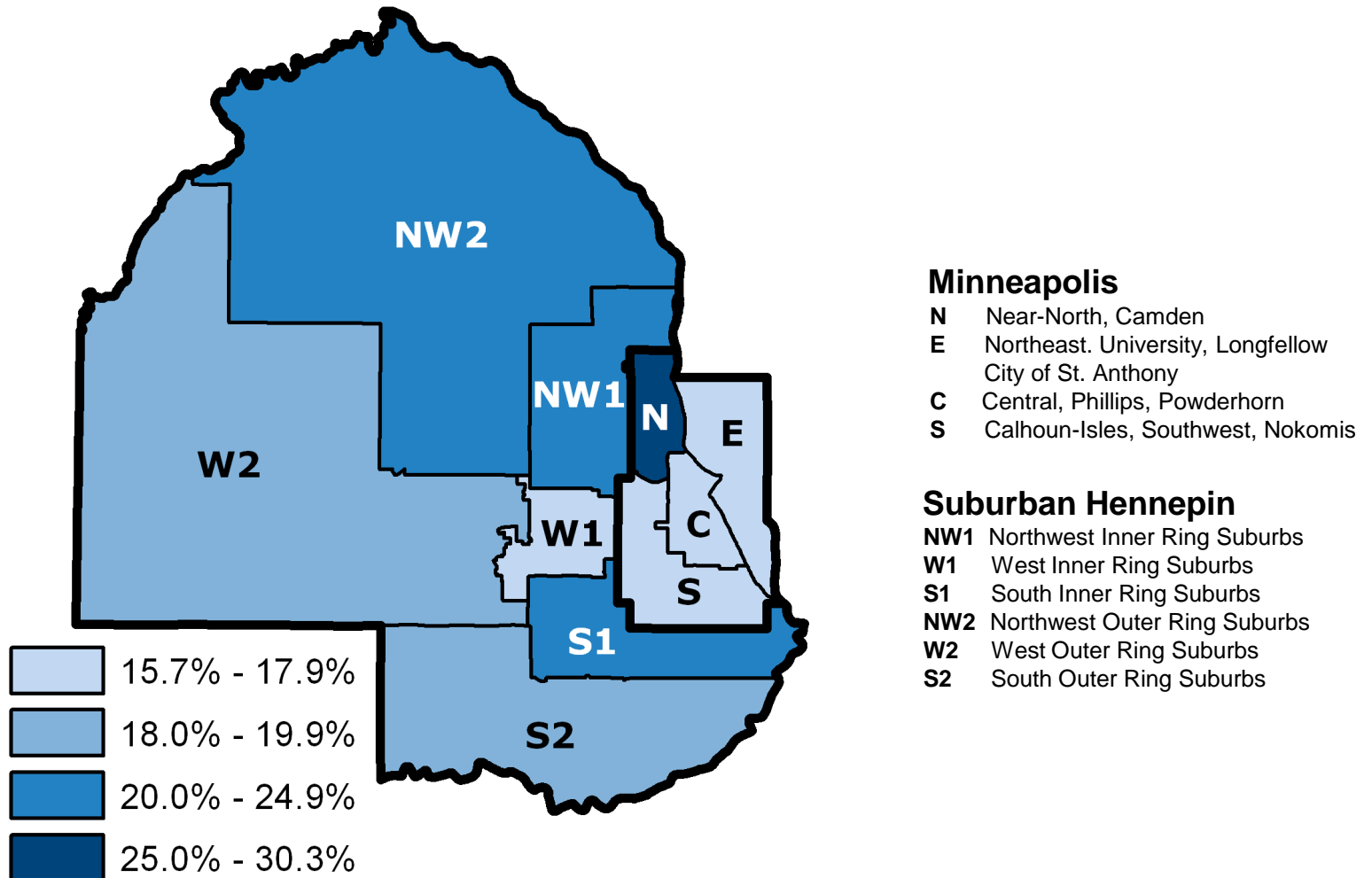
Hennepin County 2010



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Adult obesity by geographic areas

Hennepin County 2010



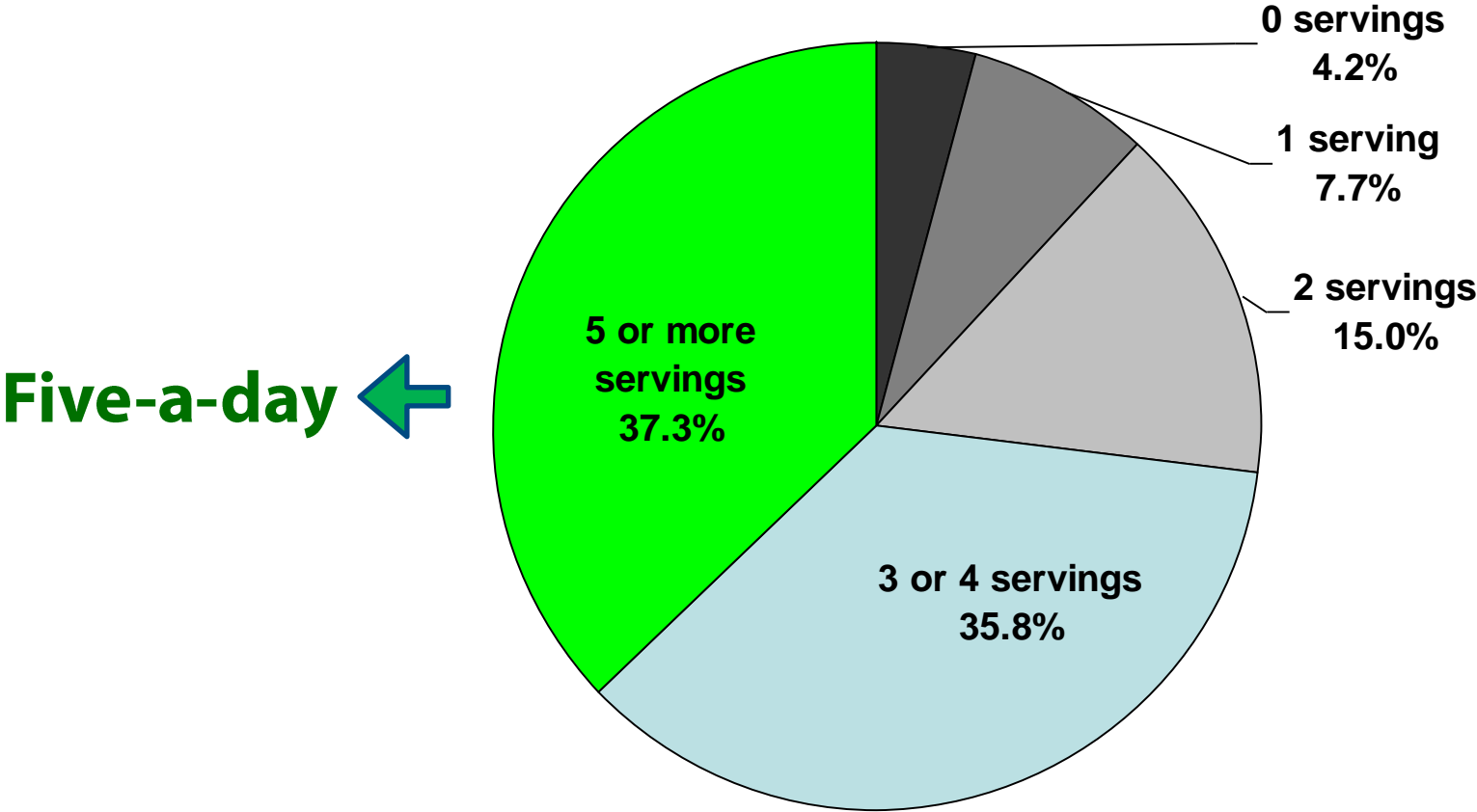
Hennepin County Adults CTG 5 Core Measures

**Proper nutrition -
current status and disparities**



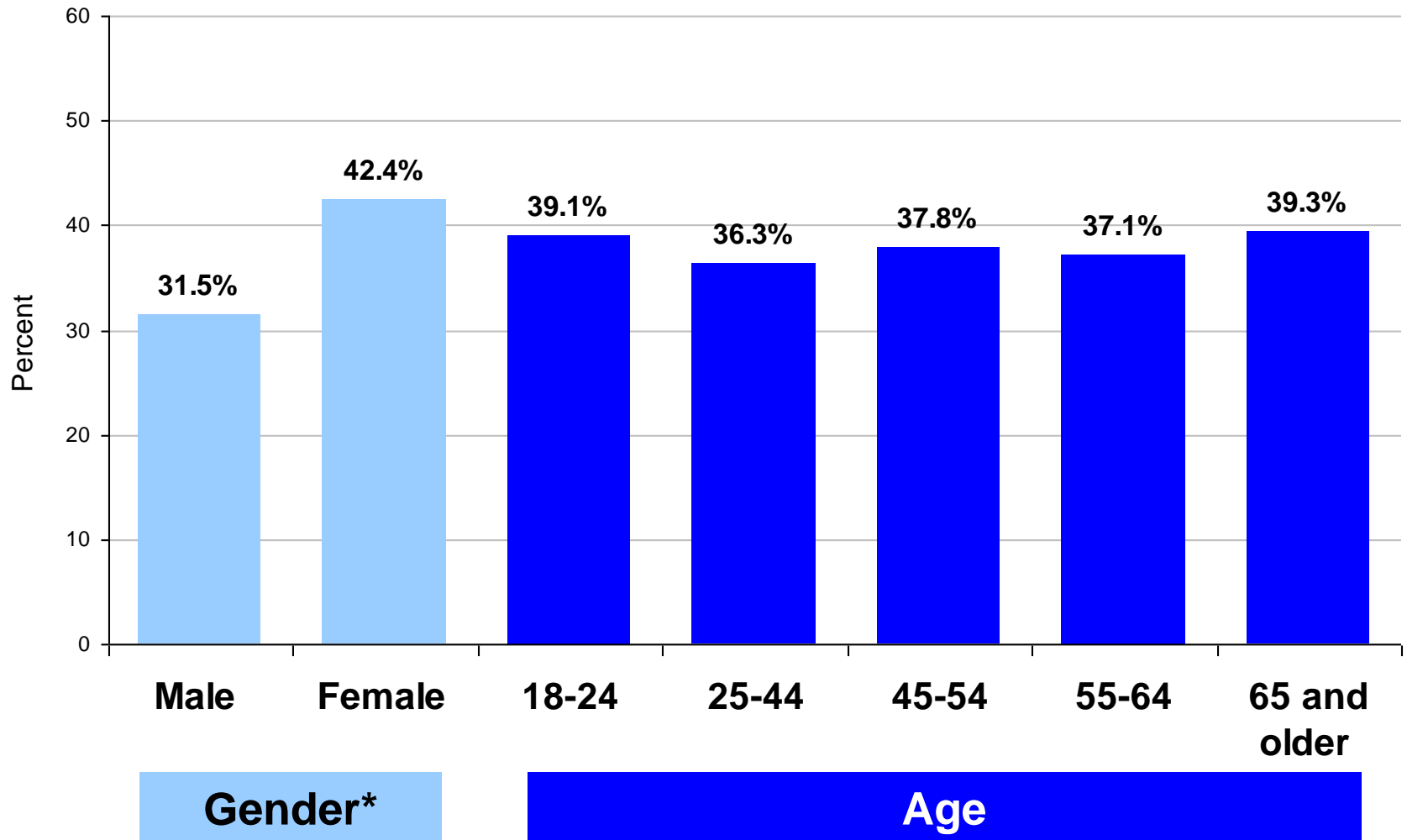
Adults total servings of fruits and vegetables consumed yesterday

Hennepin County 2010



Adults having 5-a-day by gender and age

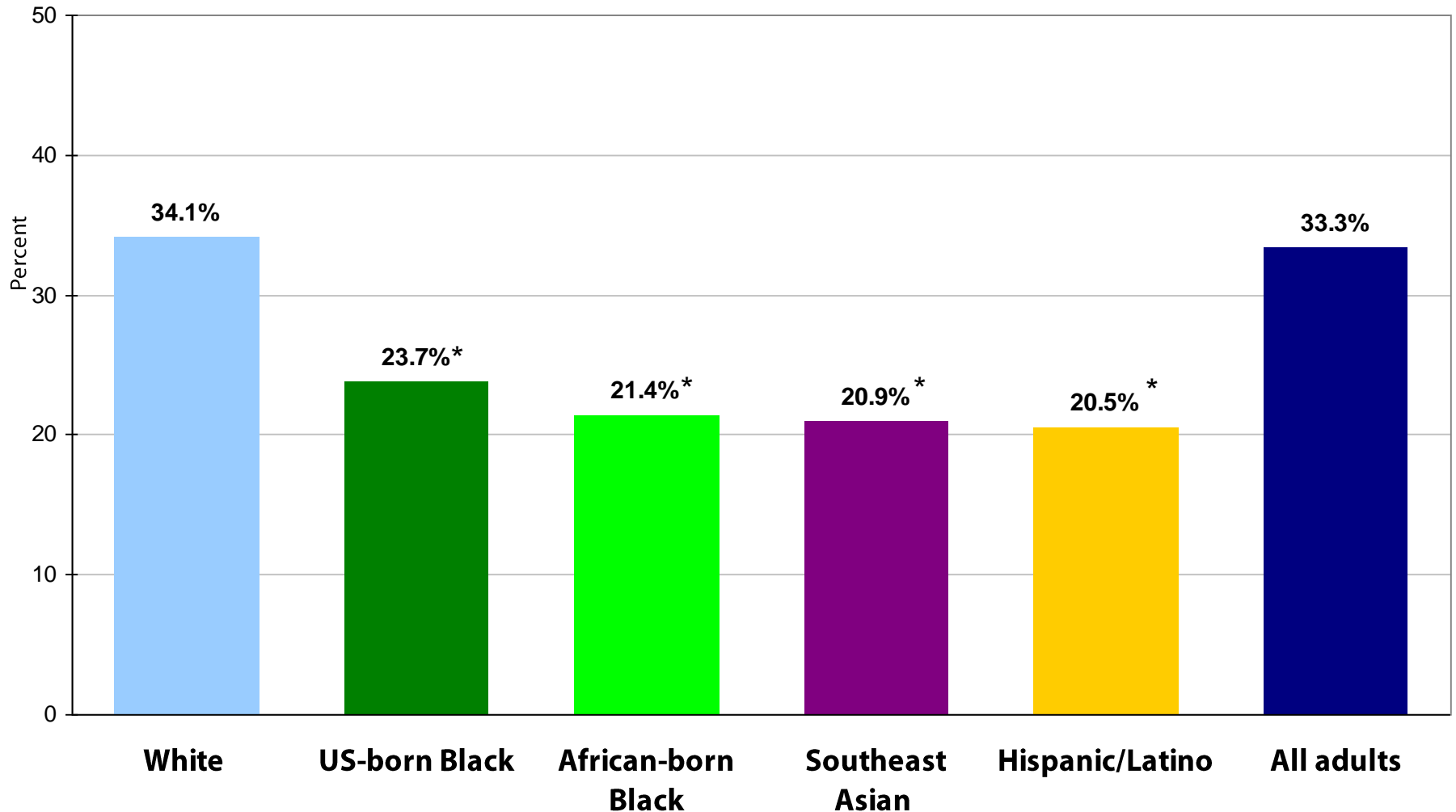
Hennepin County 2010



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Adults having 5-a-day by race and ethnicity

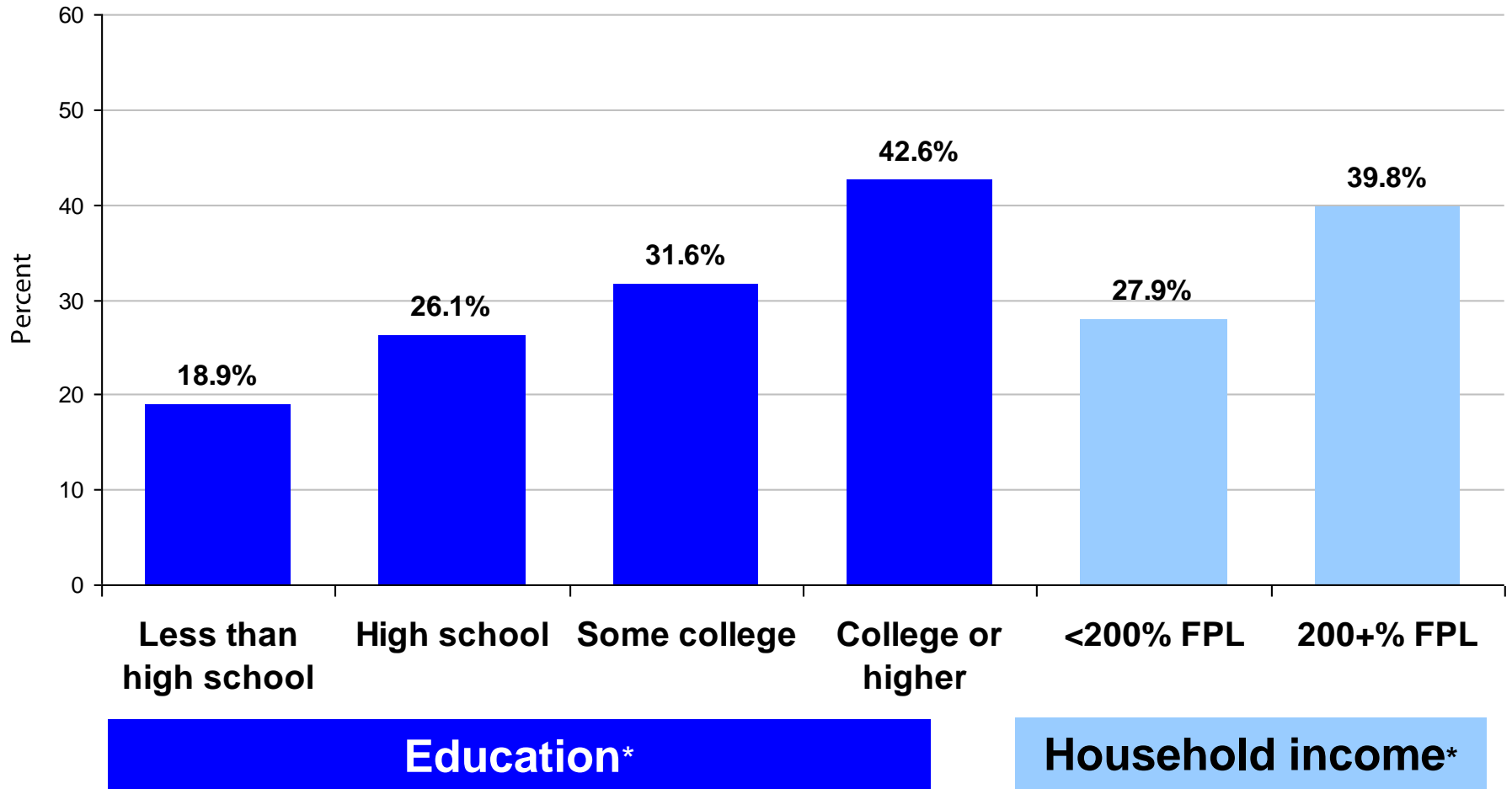
Hennepin County 2006



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Adults having 5-a-day by education and household income

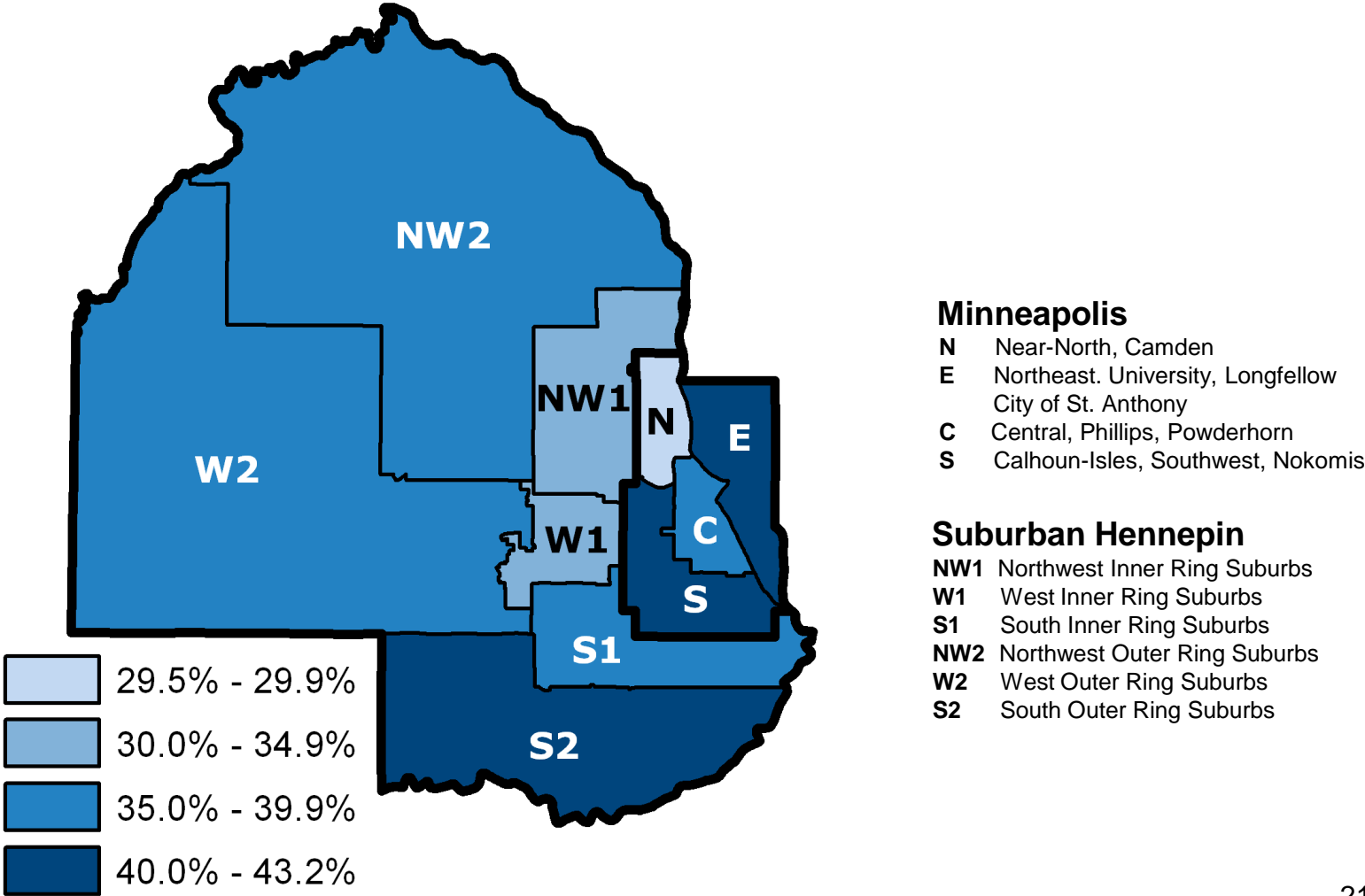
Hennepin County adults 2010



* Difference in rates between groups is statistically significant at $p < 0.05$.

Adults having 5-a-day by geographic areas

Hennepin County 2010



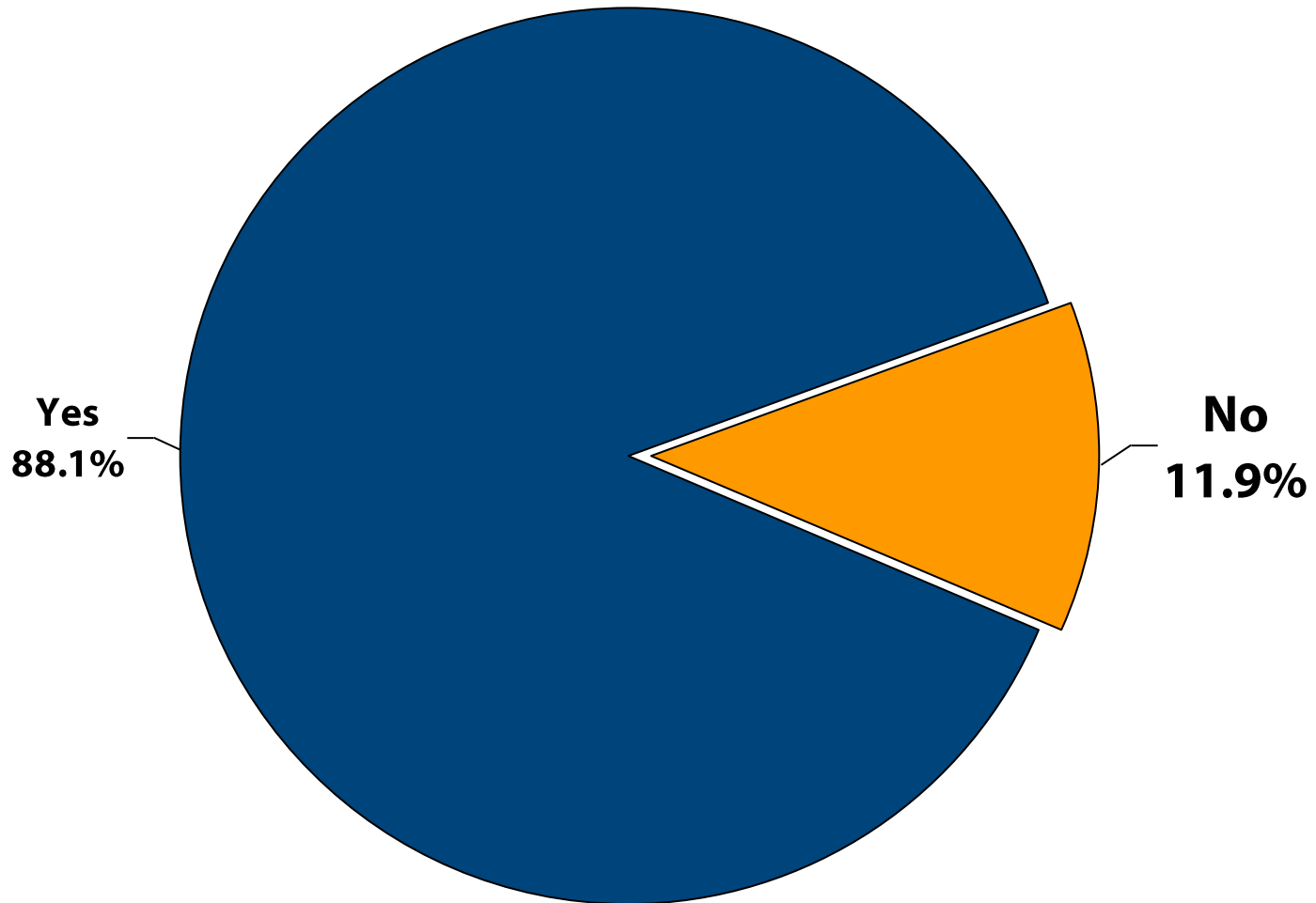
Hennepin County Adults CTG 5 Core Measures

Physical activity - current status and disparities



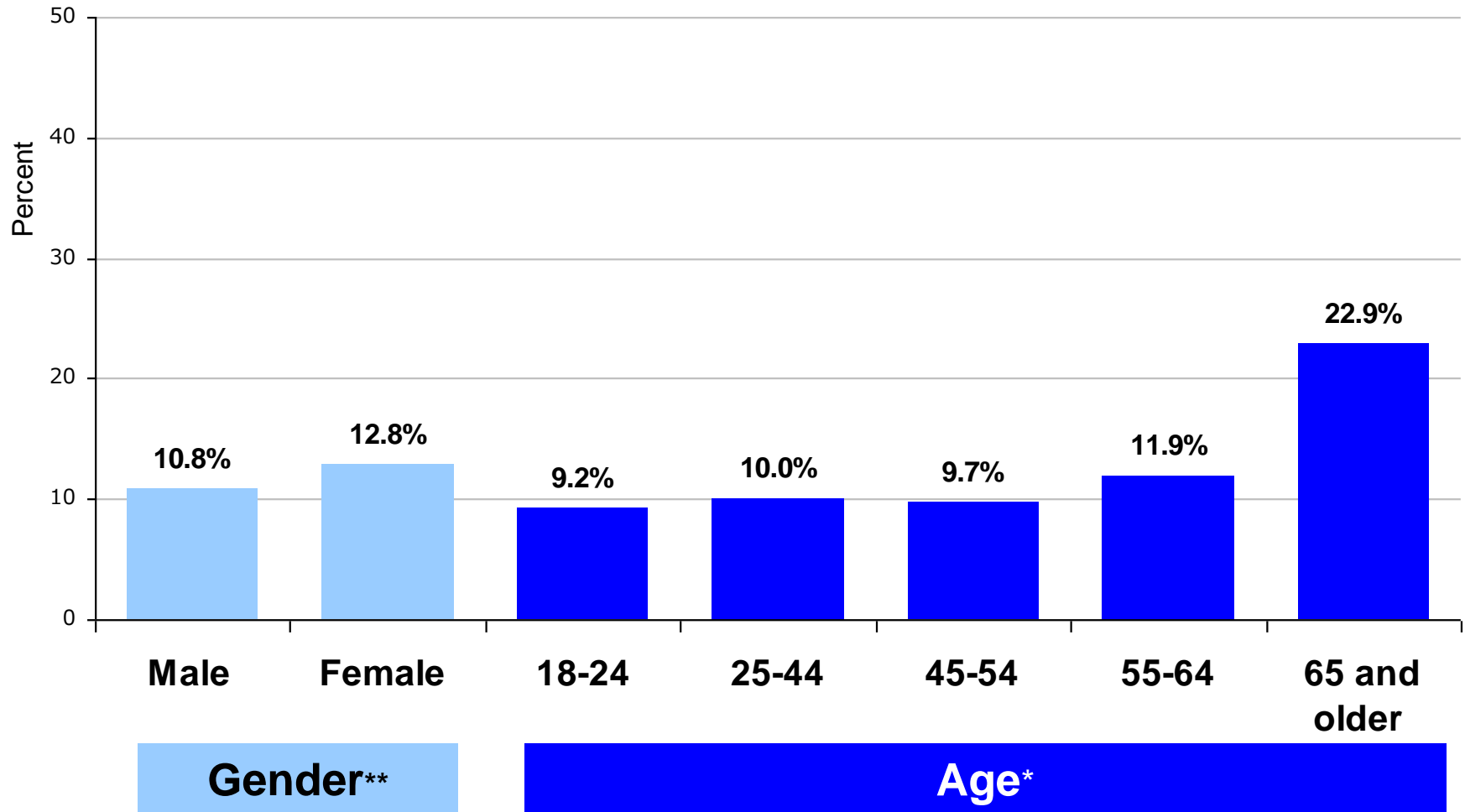
Adults leisure time physical activity

Hennepin County 2010



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

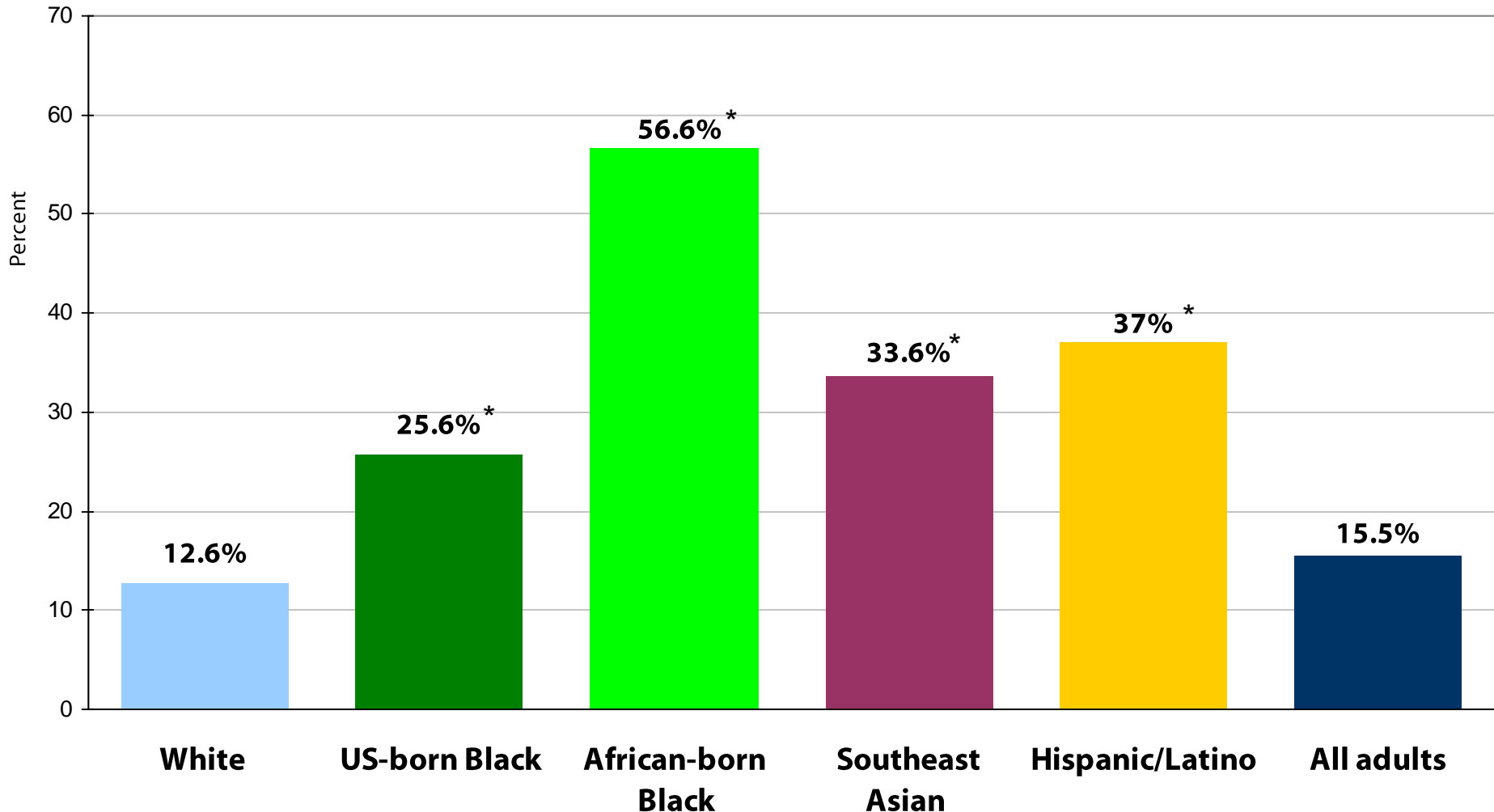
Adults engaging in NO leisure time physical activity by gender and age, Hennepin County 2010



* Difference in rates between groups is statistically significant at $p < 0.05$.

** Difference in rates between groups is statistically significant at $0.05 < p < 0.10$.

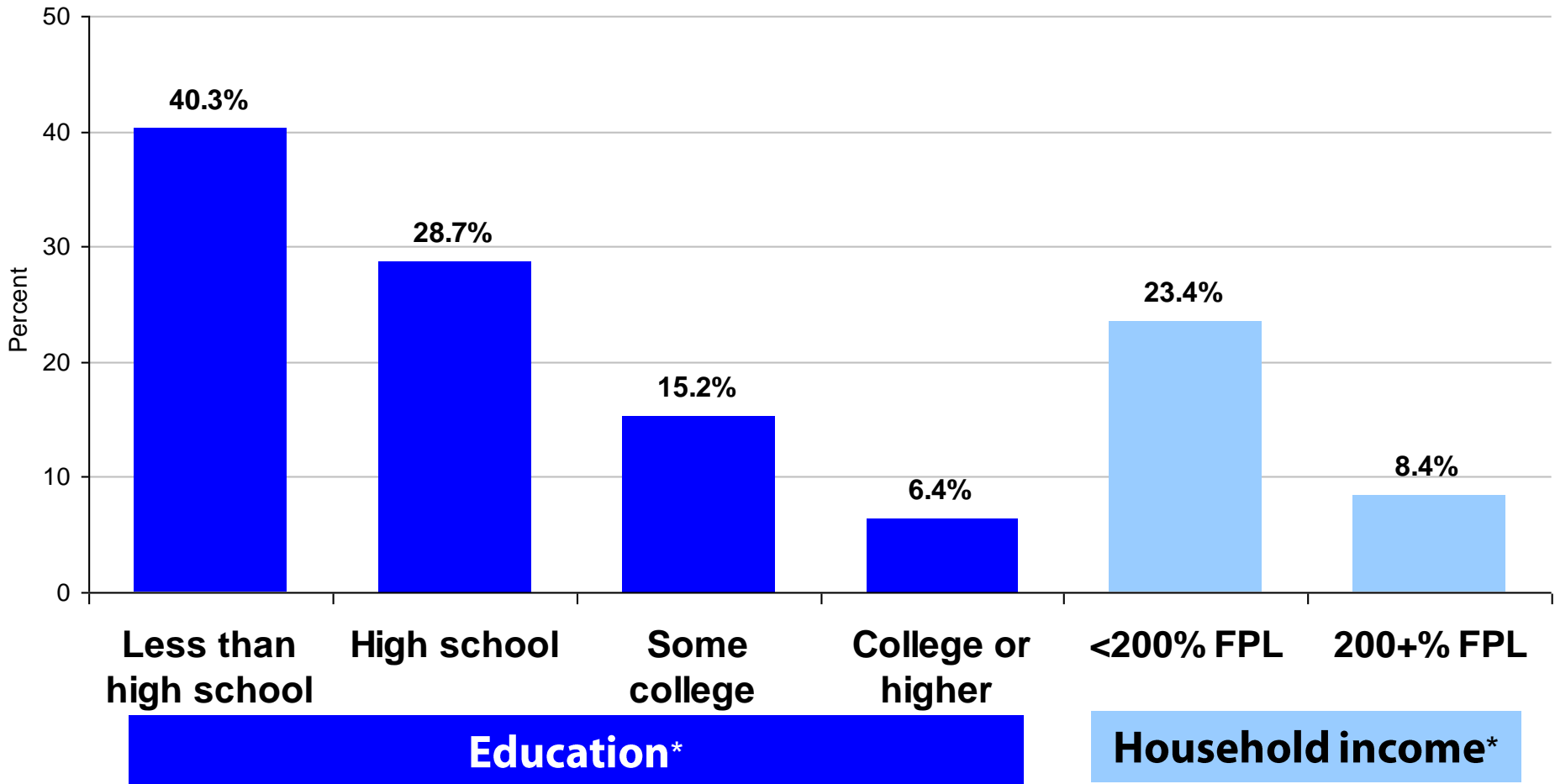
Adults engaging in NO leisure time physical activity by race and ethnicity, Hennepin County 2006



* Difference in rates between this group and Whites is statistically significant at $p < 0.05$.

Adults engaging in NO leisure time physical activity by education and household income

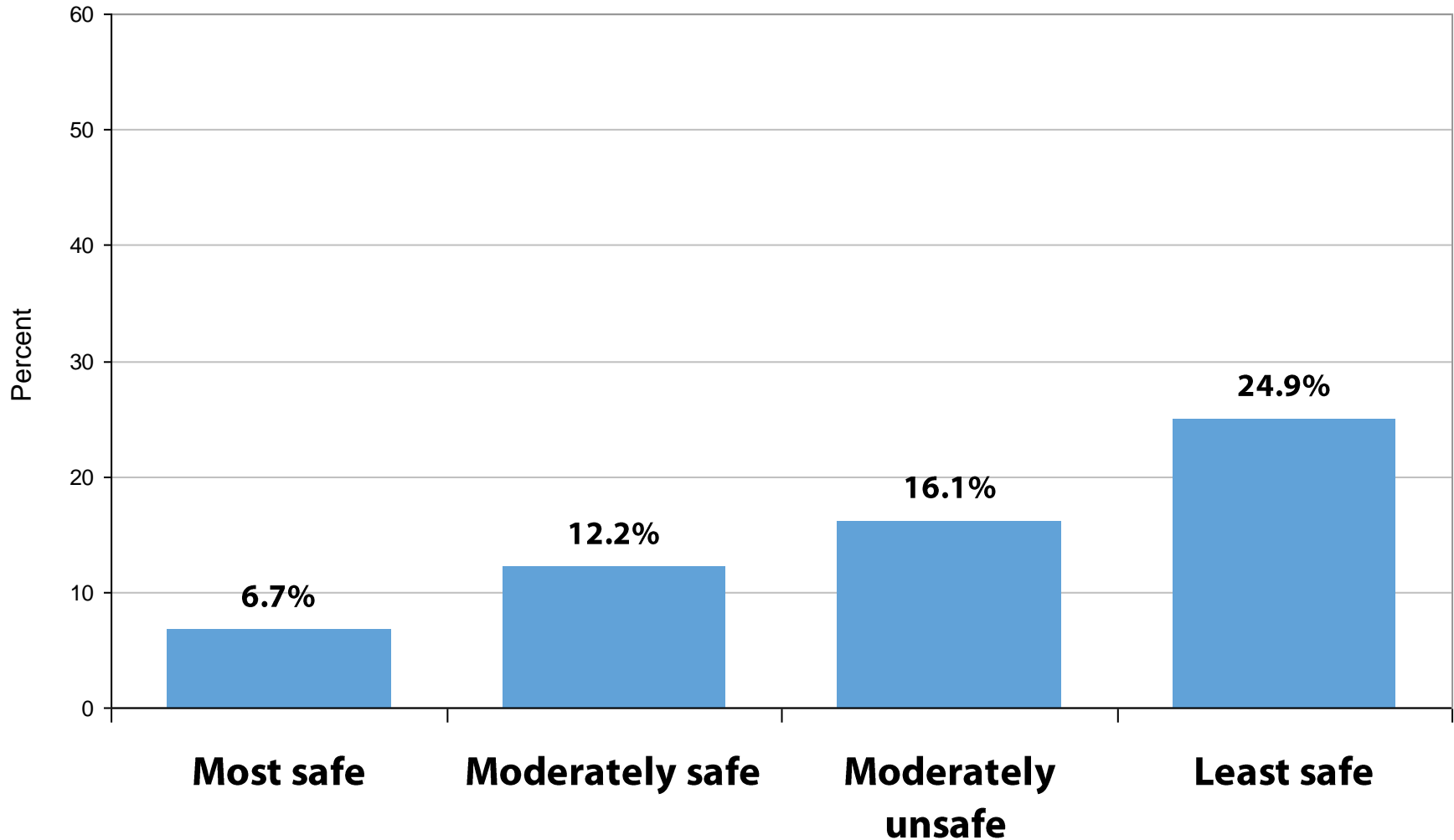
Hennepin County 2010



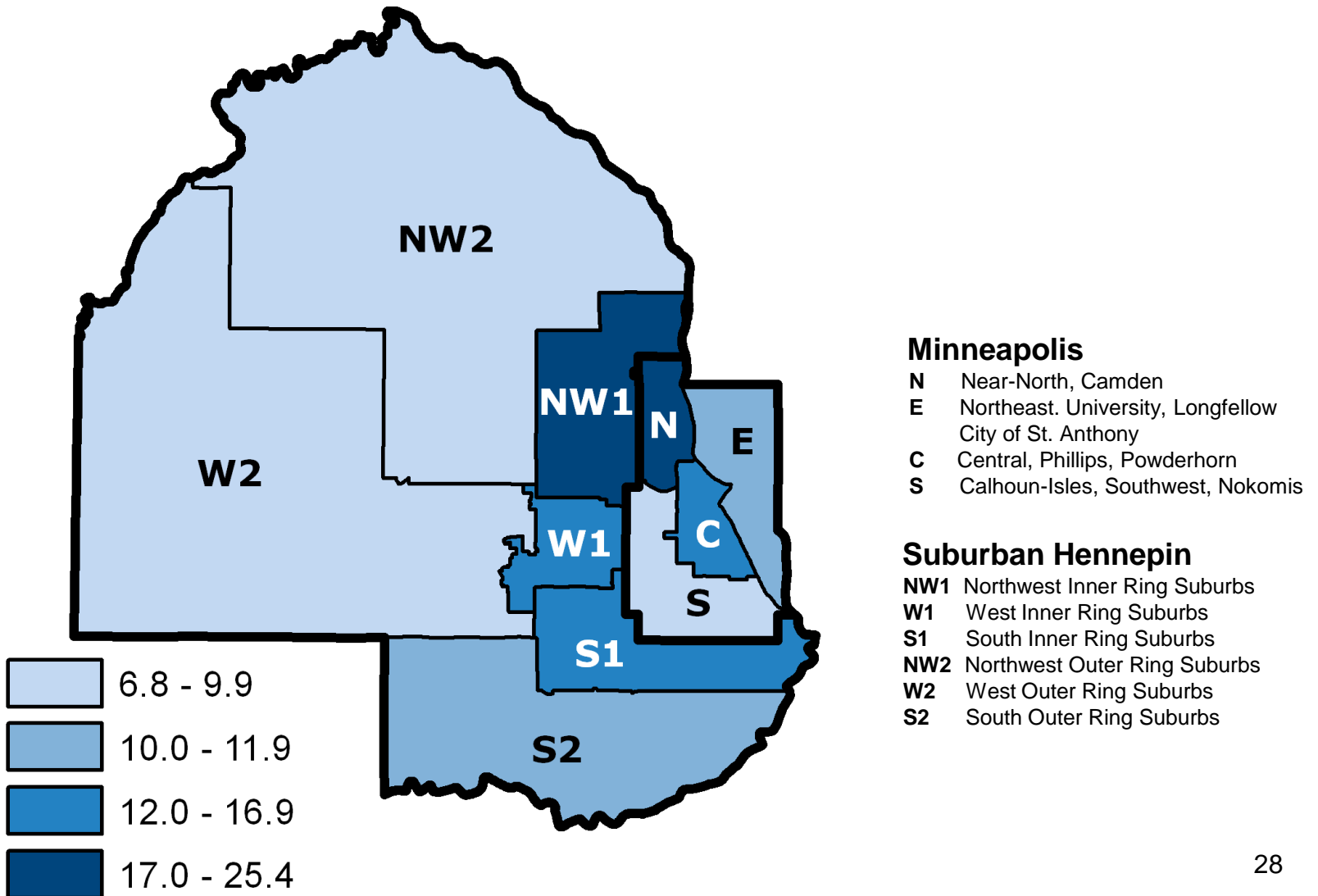
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Adults engaging in NO leisure time physical activity by perceived level of neighborhood safety

Hennepin County 2010



Adults engaging in NO leisure time physical activity by geographic areas, Hennepin County 2010



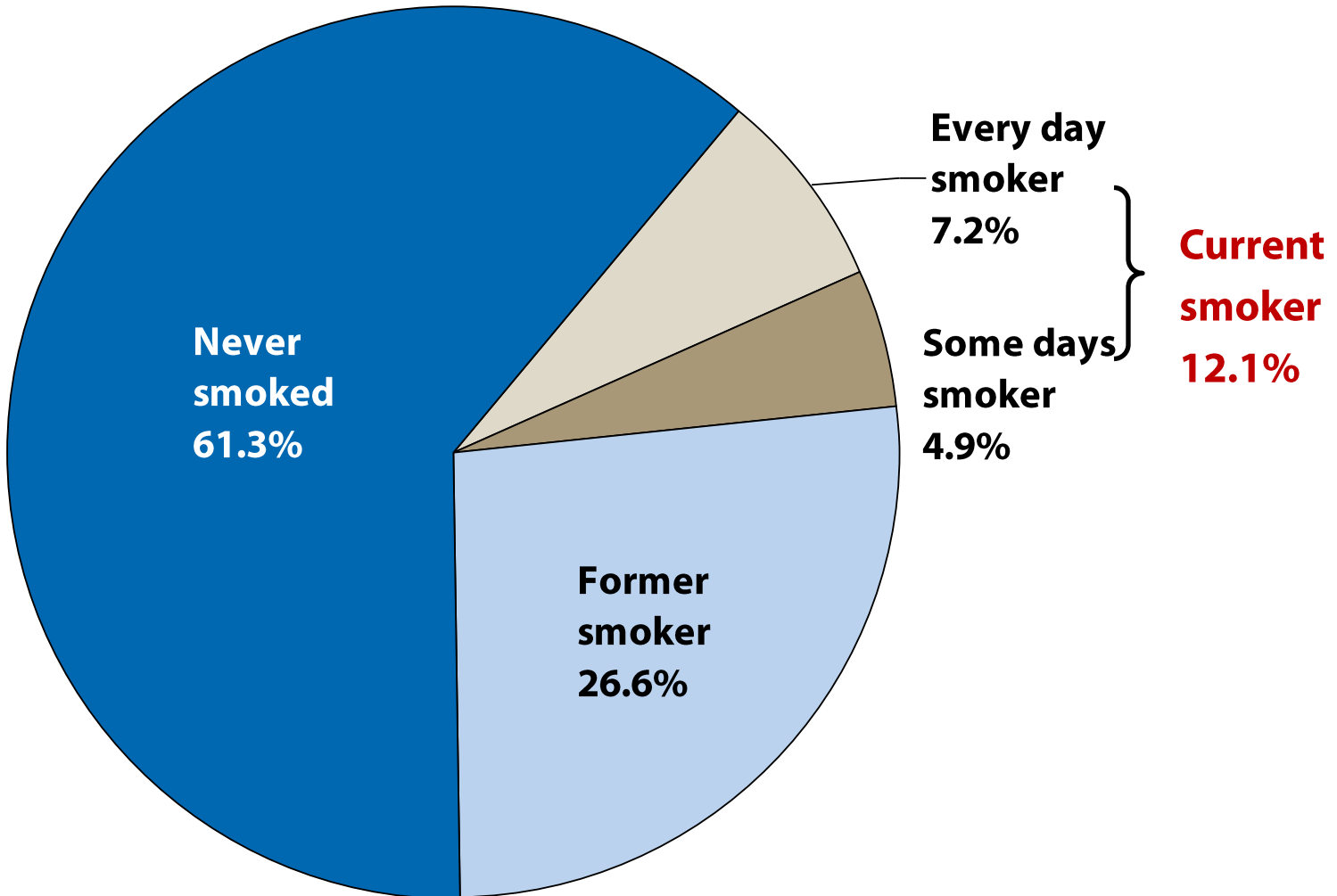
Hennepin County Adults CTG 5 Core Measures

Tobacco use - current status and disparities



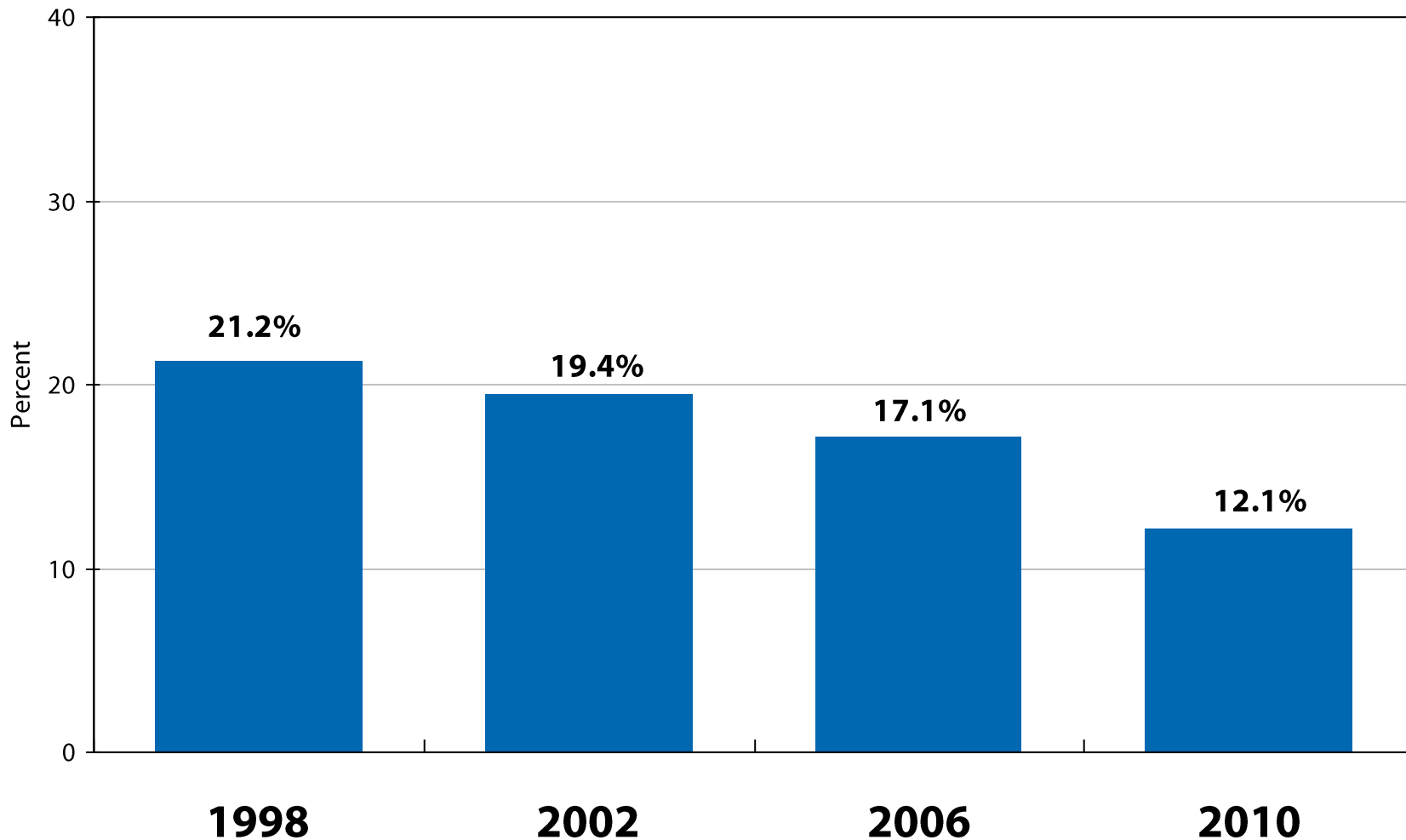
Adults current smoking status

Hennepin County 2010



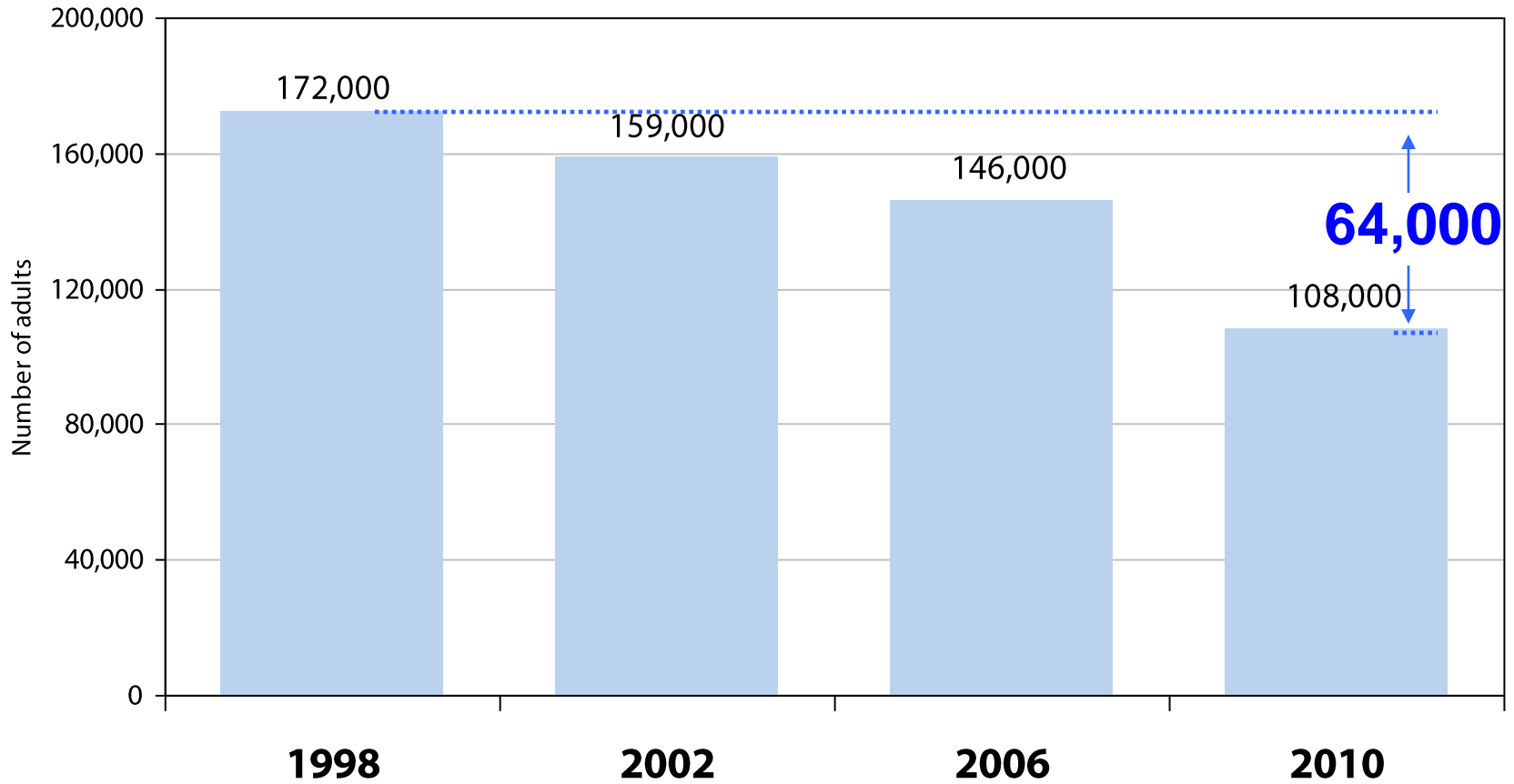
Adults currently smoking

Time trend 1998-2010, Hennepin County



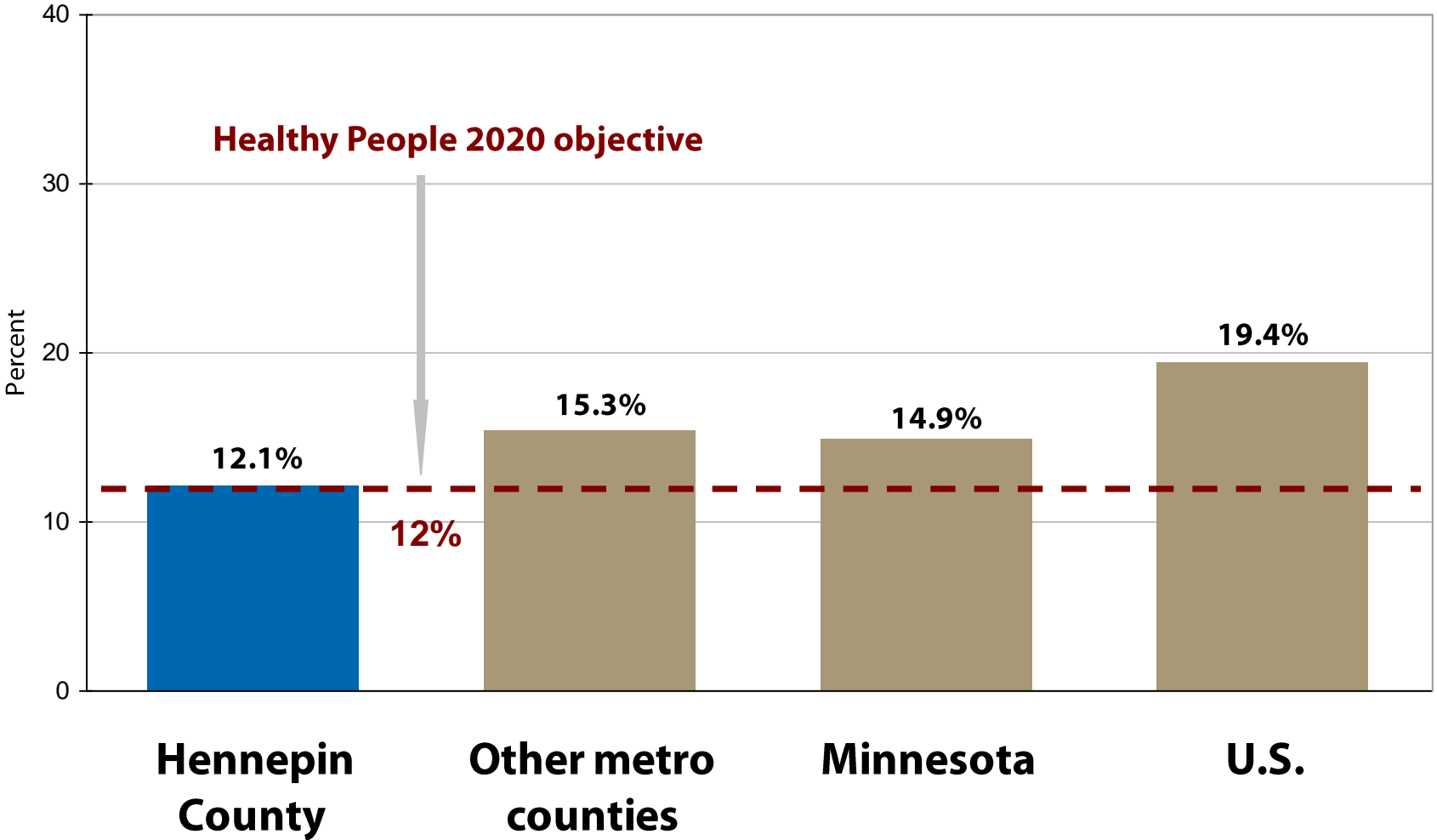
Number of adults who currently smoke

Time trend 1998-2010, Hennepin County



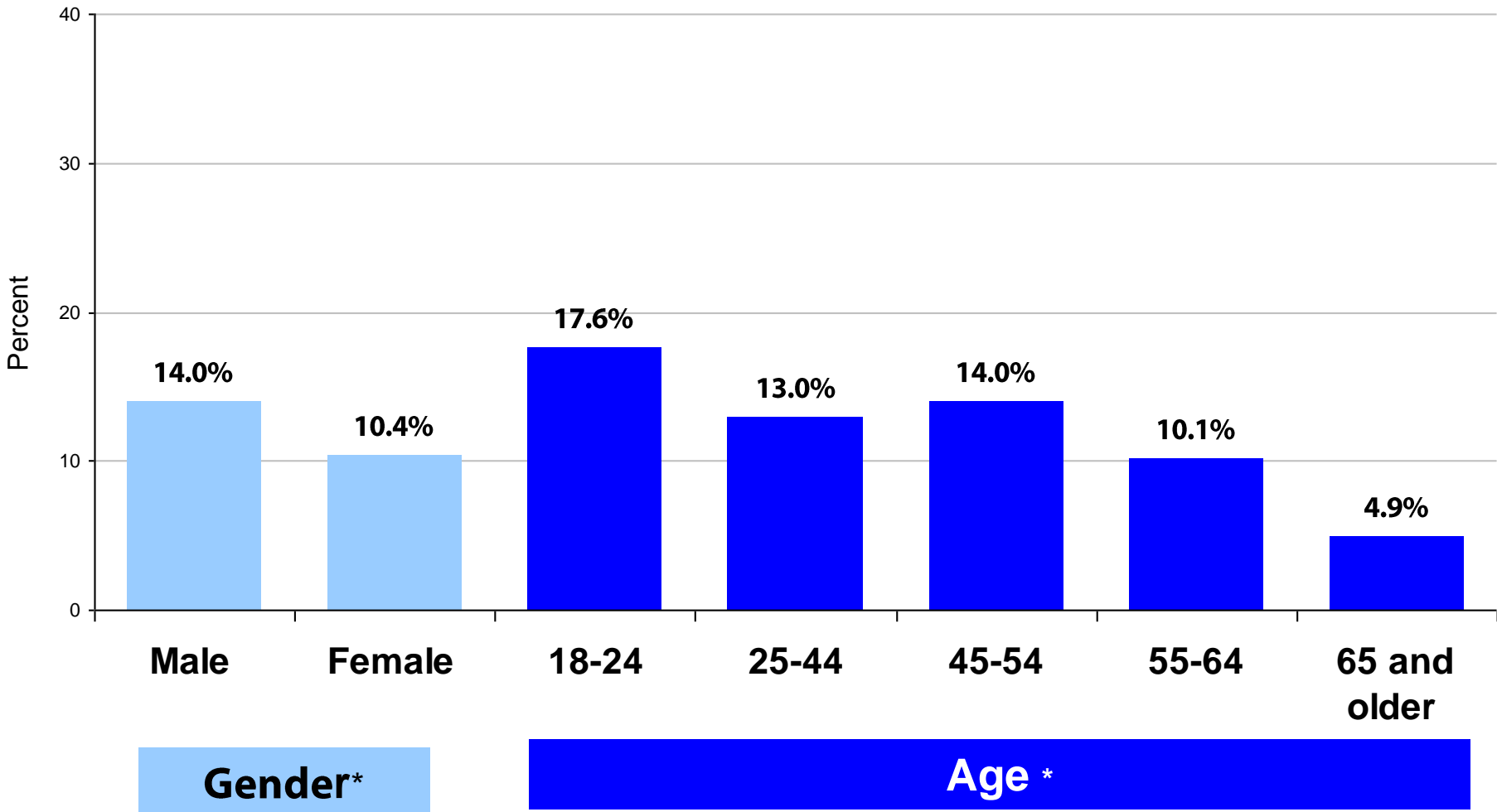
Adults currently smoking in 2010

How does Hennepin County compare?



Adults currently smoking by gender and age

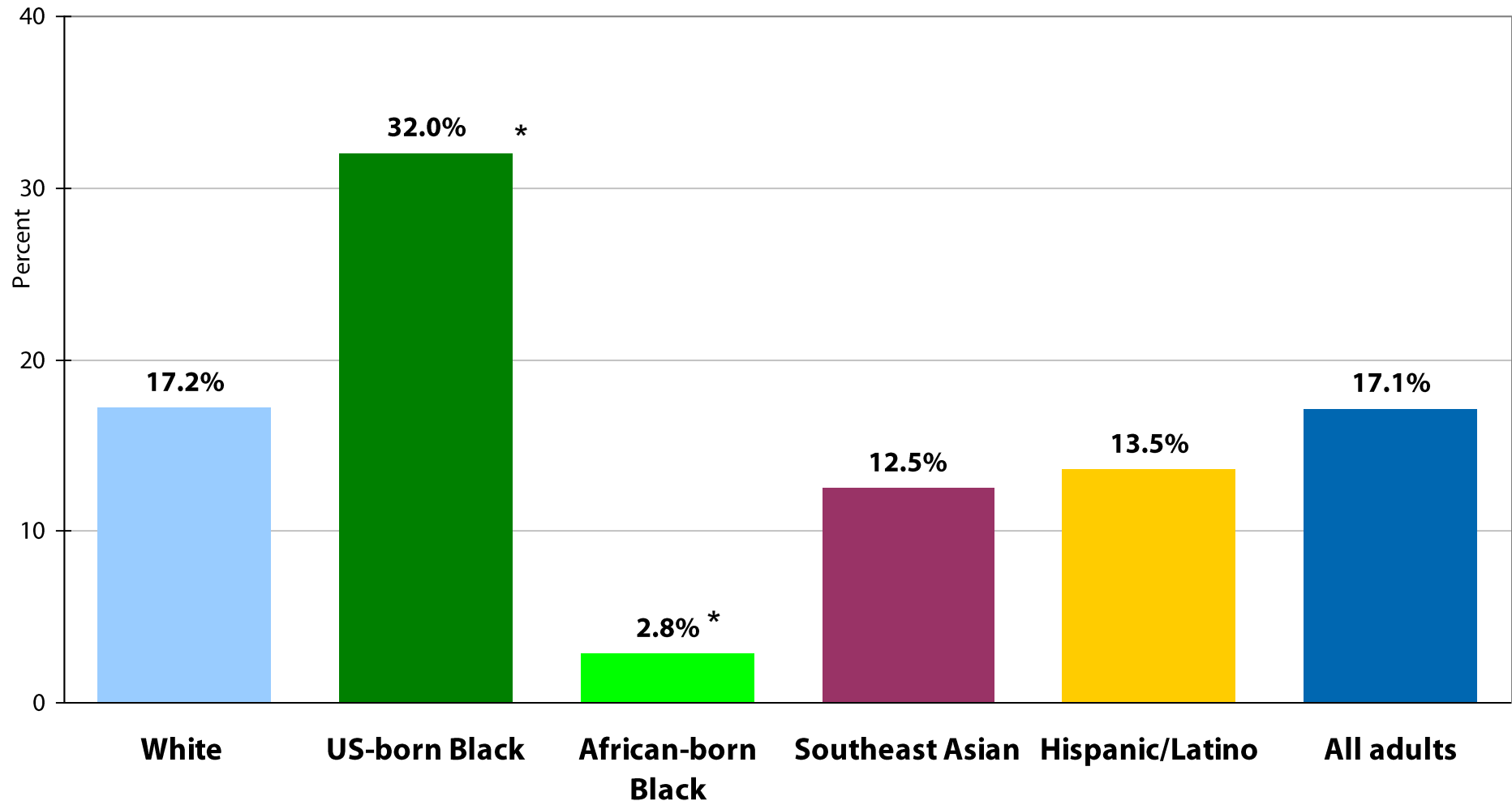
Hennepin County 2010



* Difference in rates between groups is statistically significant at p<0.05.

Adults currently smoking by race and ethnicity

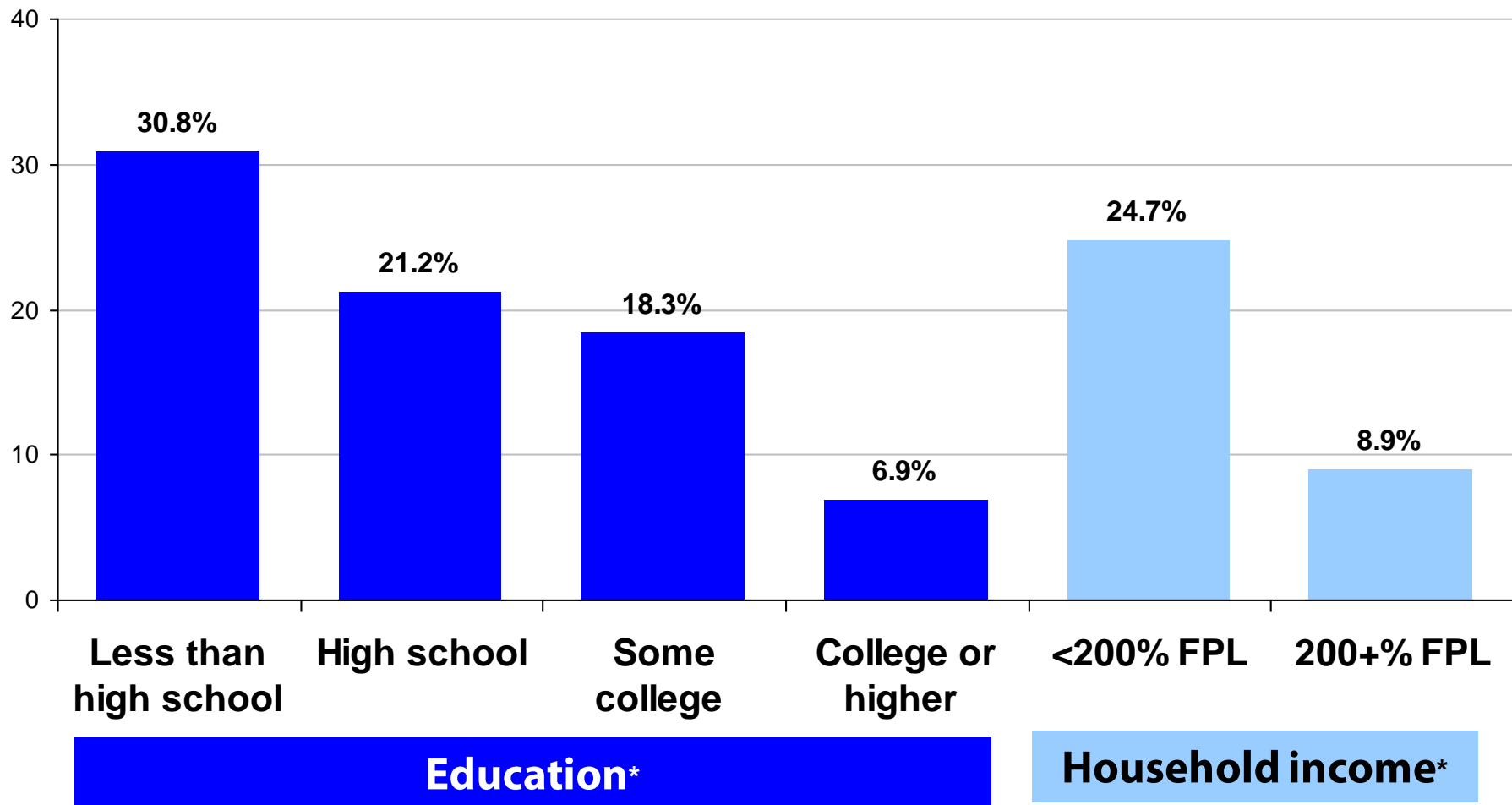
Hennepin County 2006



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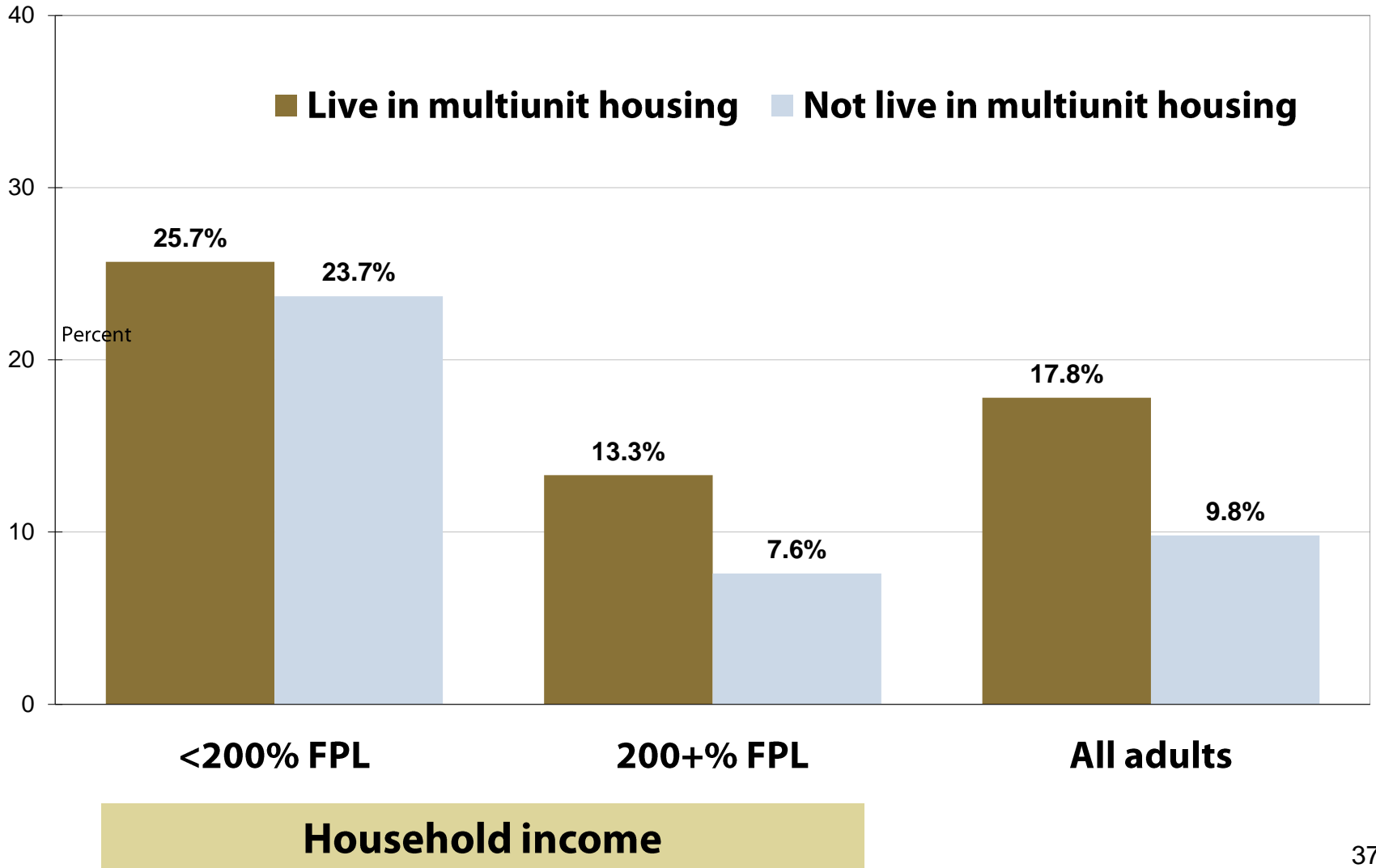
Adults currently smoking by education and household income

Hennepin County 2010

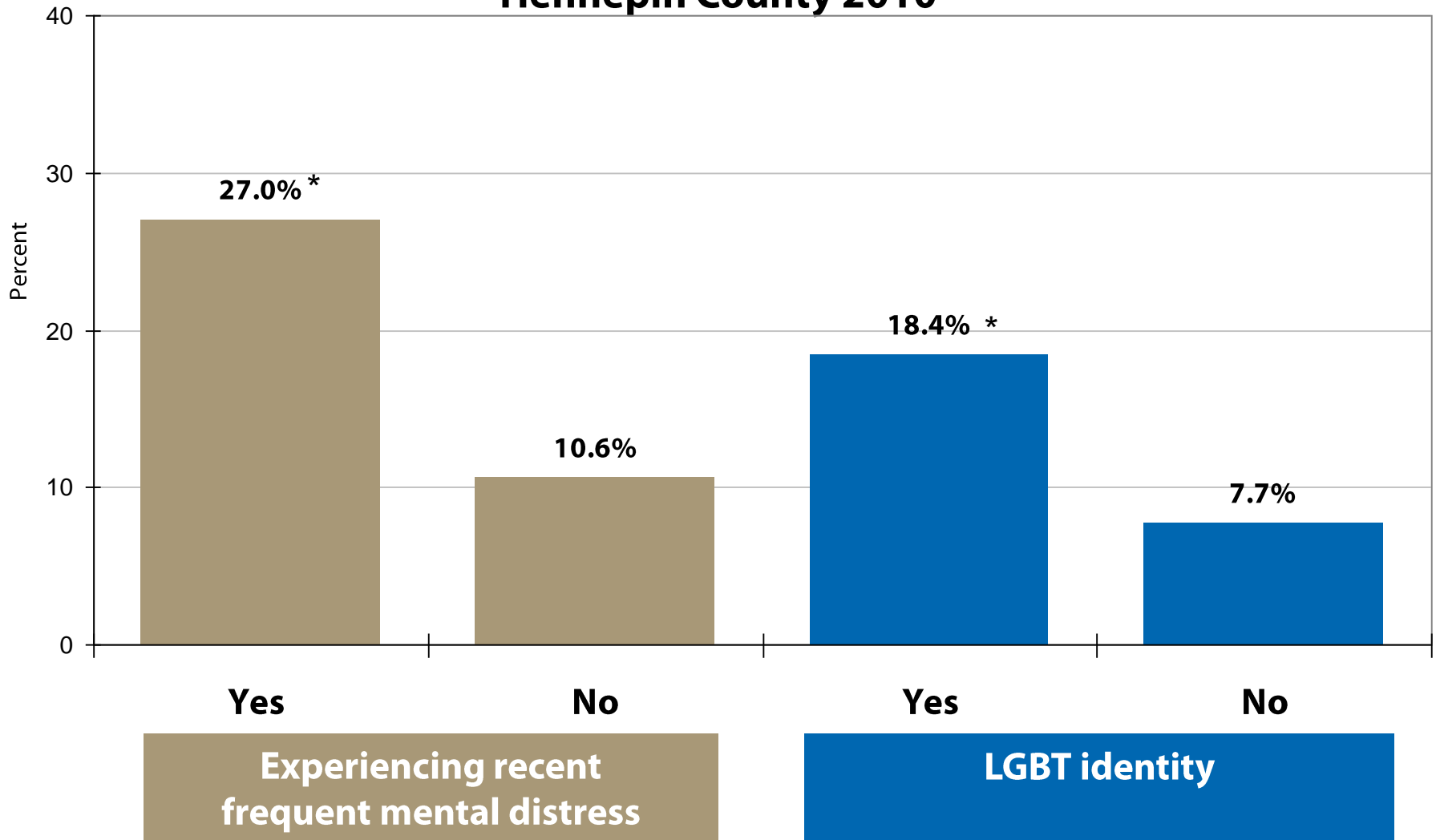


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Adult current smoking by housing type and household income, Hennepin County 2010



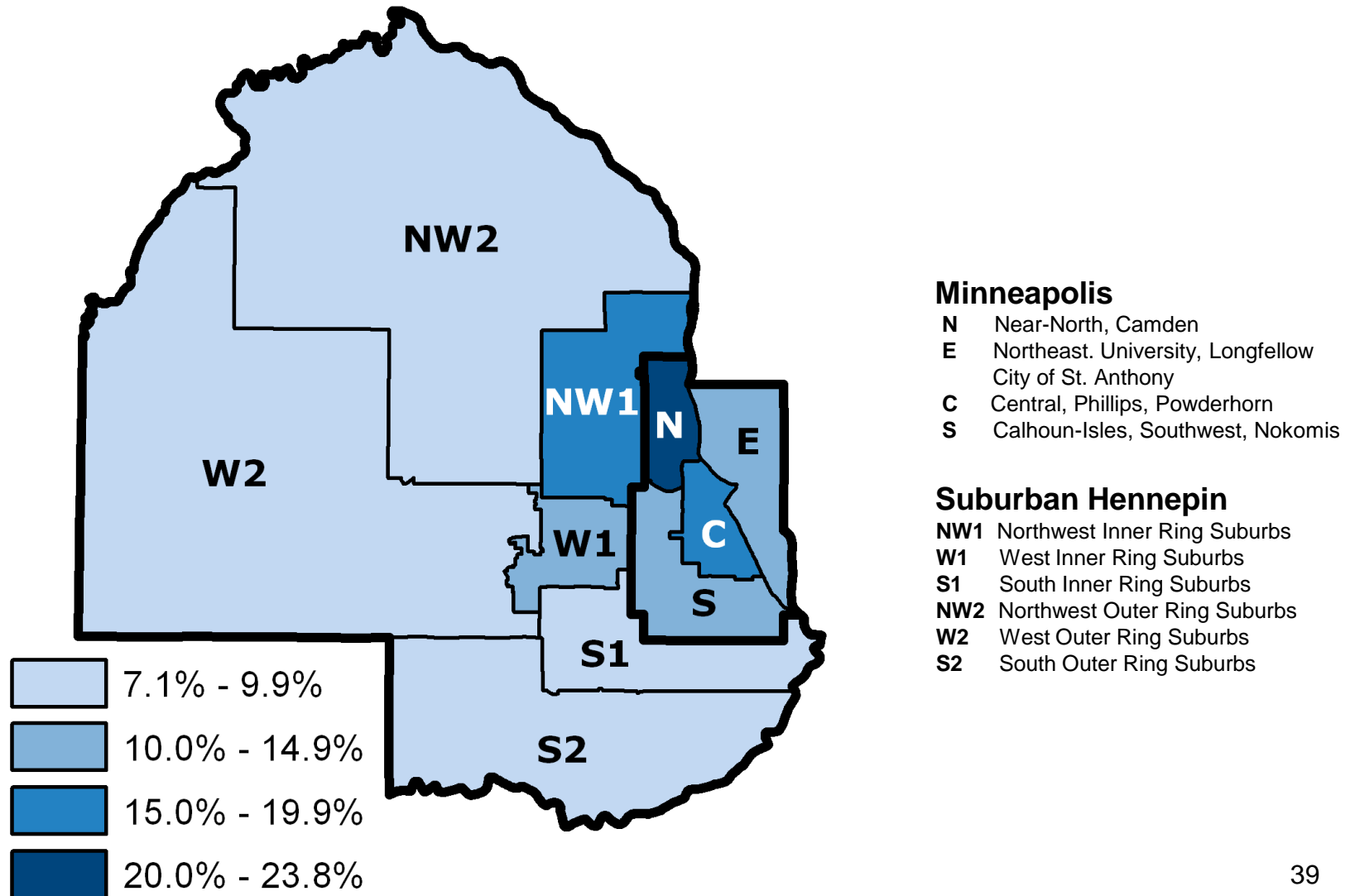
Adults currently smoking by frequent mental distress and LGBT identity Hennepin County 2010



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Adults currently smoking by geographic areas

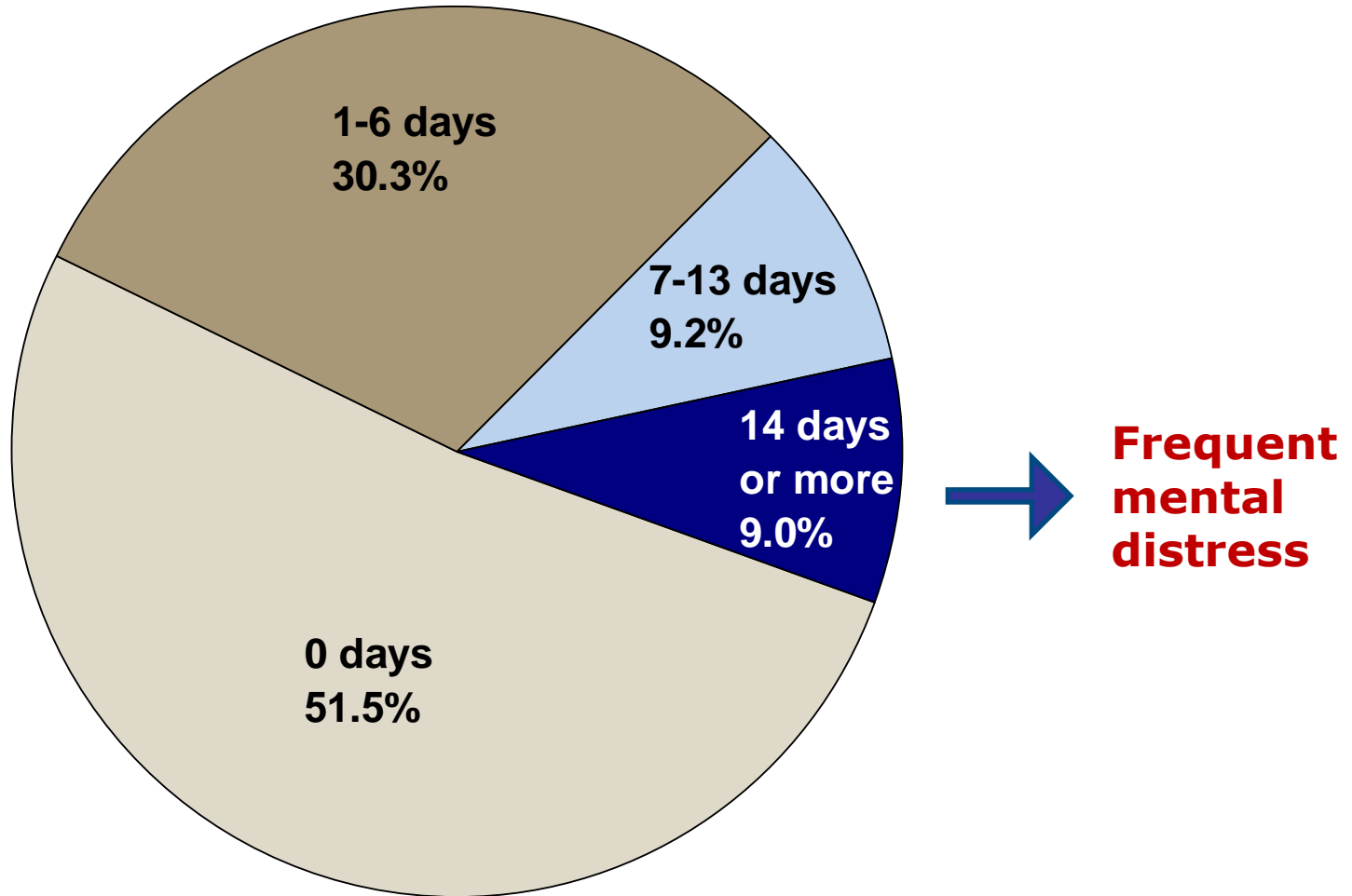
Hennepin County 2010



Hennepin County Adults CTG 5 Core Measures

**Emotional wellbeing
and overall mental health -
current status and disparities**

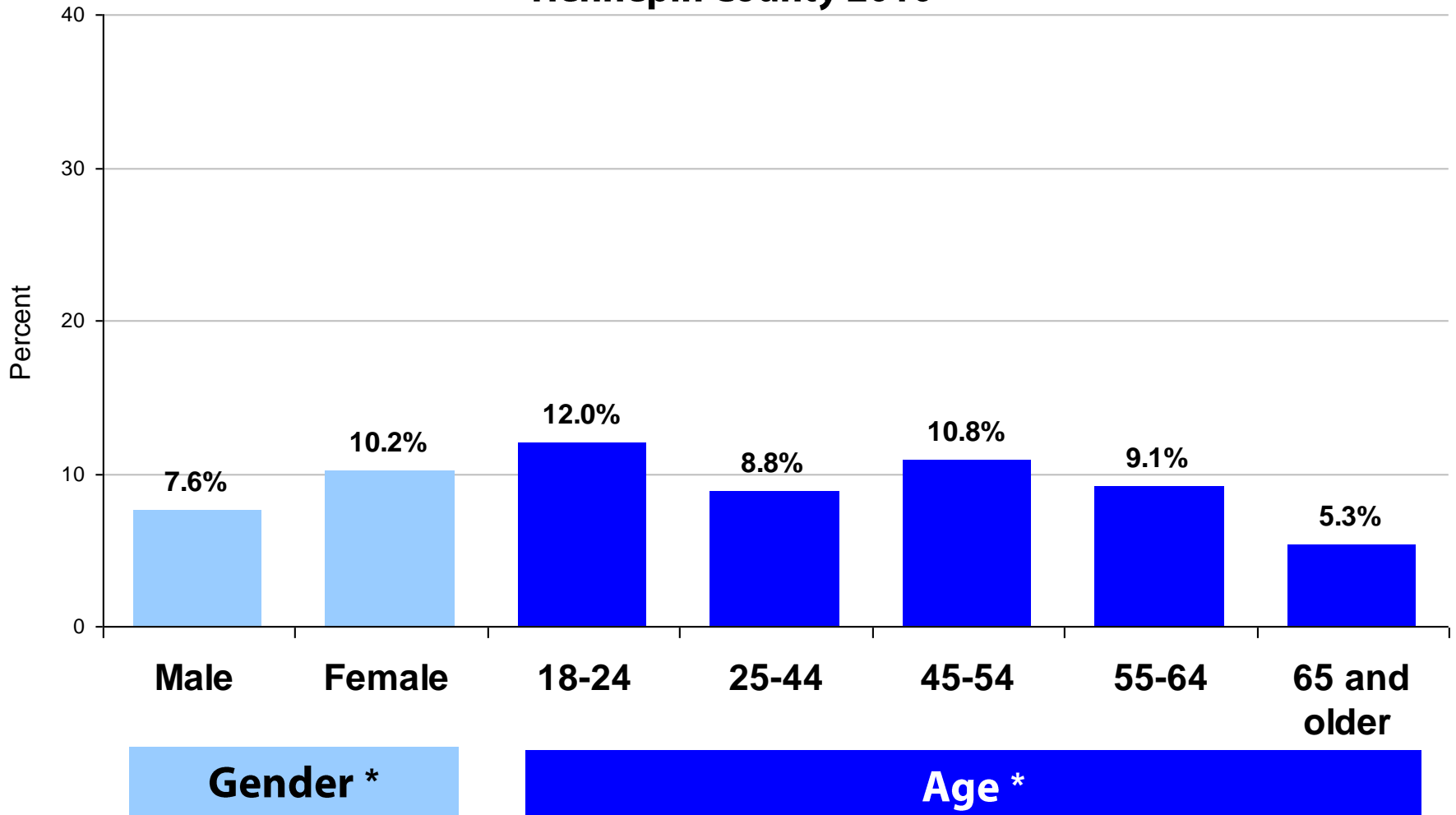
Adults mental health NOT good during the past 30 days Hennepin County 2010



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

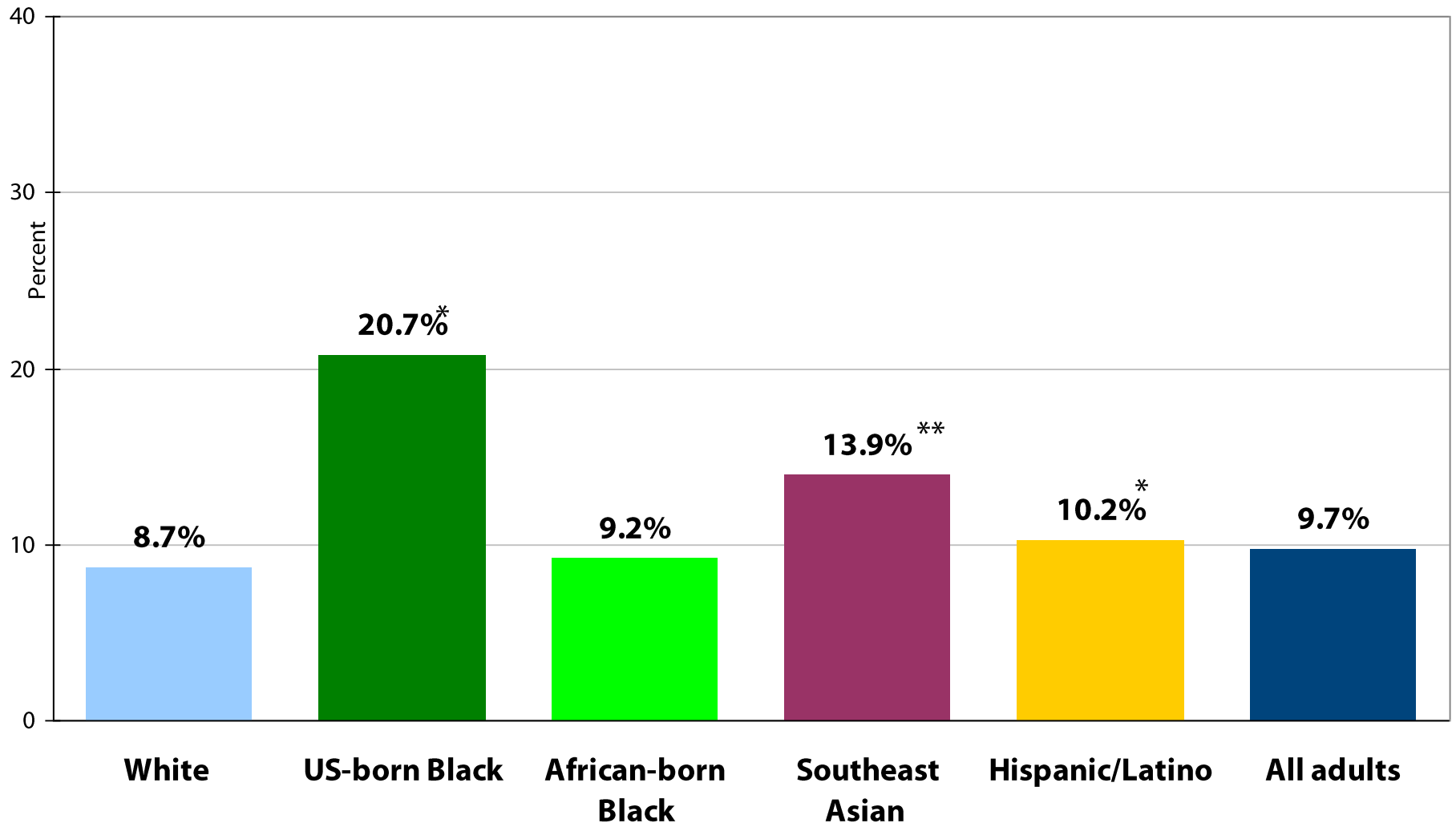
Adults with frequent mental distress by gender and age

Hennepin County 2010



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Adults with frequent mental distress by race and ethnicity, Hennepin County 2006

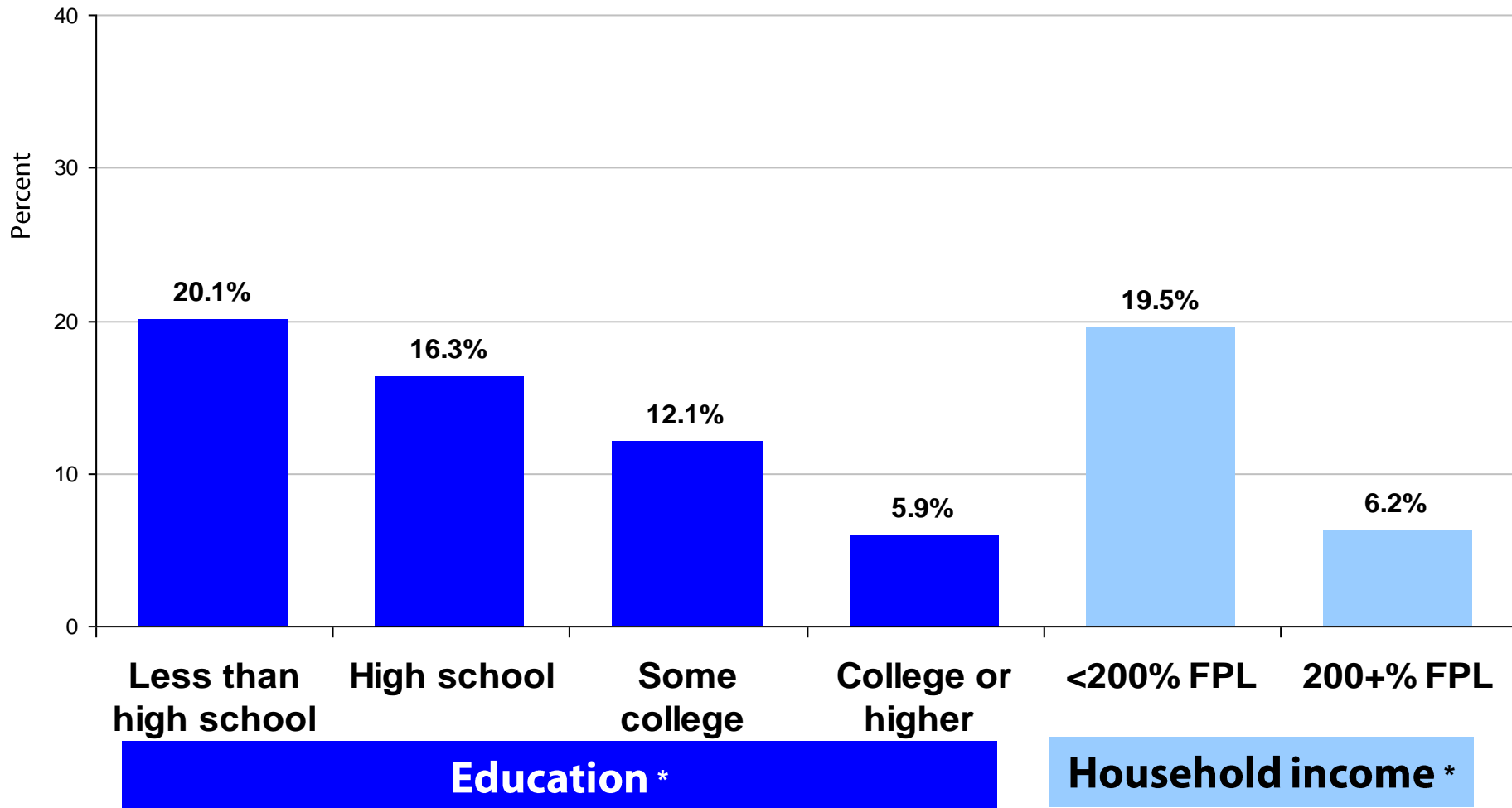


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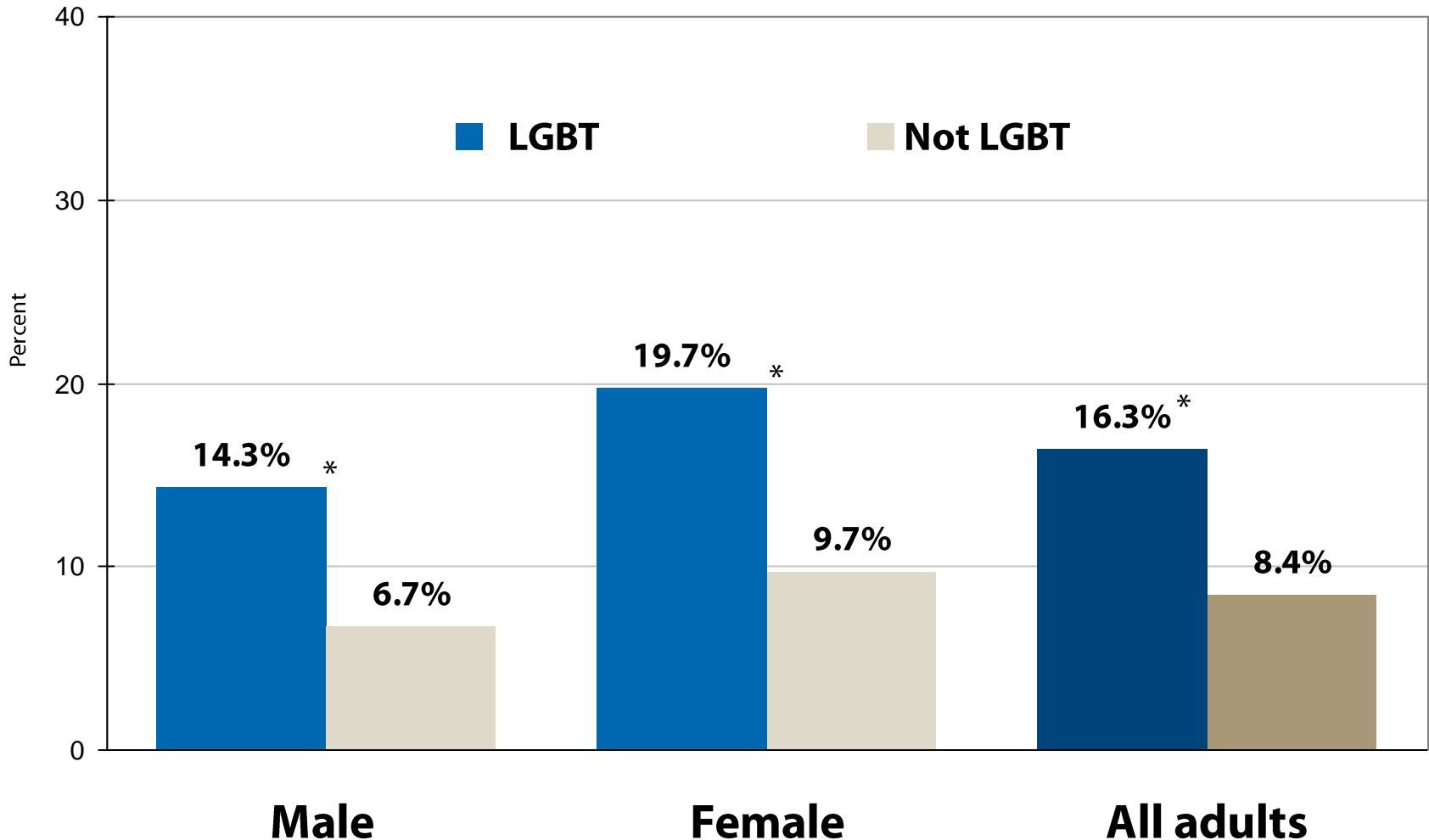
Adults with frequent mental distress by education and household income

Hennepin County 2010



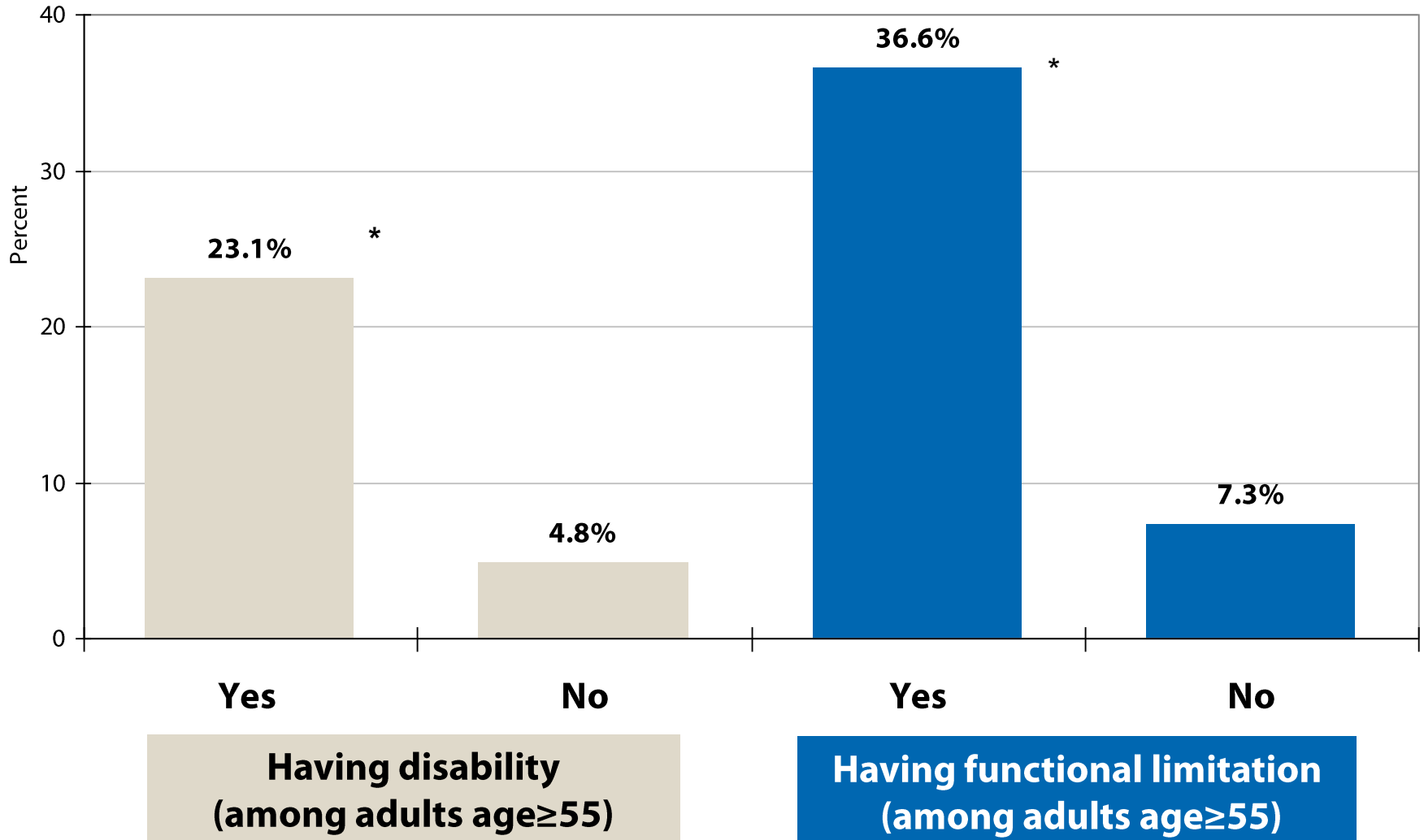
* Difference in rates between groups is statistically significant at $p < 0.05$.

Adults with frequent mental distress by LGBT identity and gender Hennepin County 2010



* Difference in rates between groups within this factor is statistically significant at $p < 0.05$.

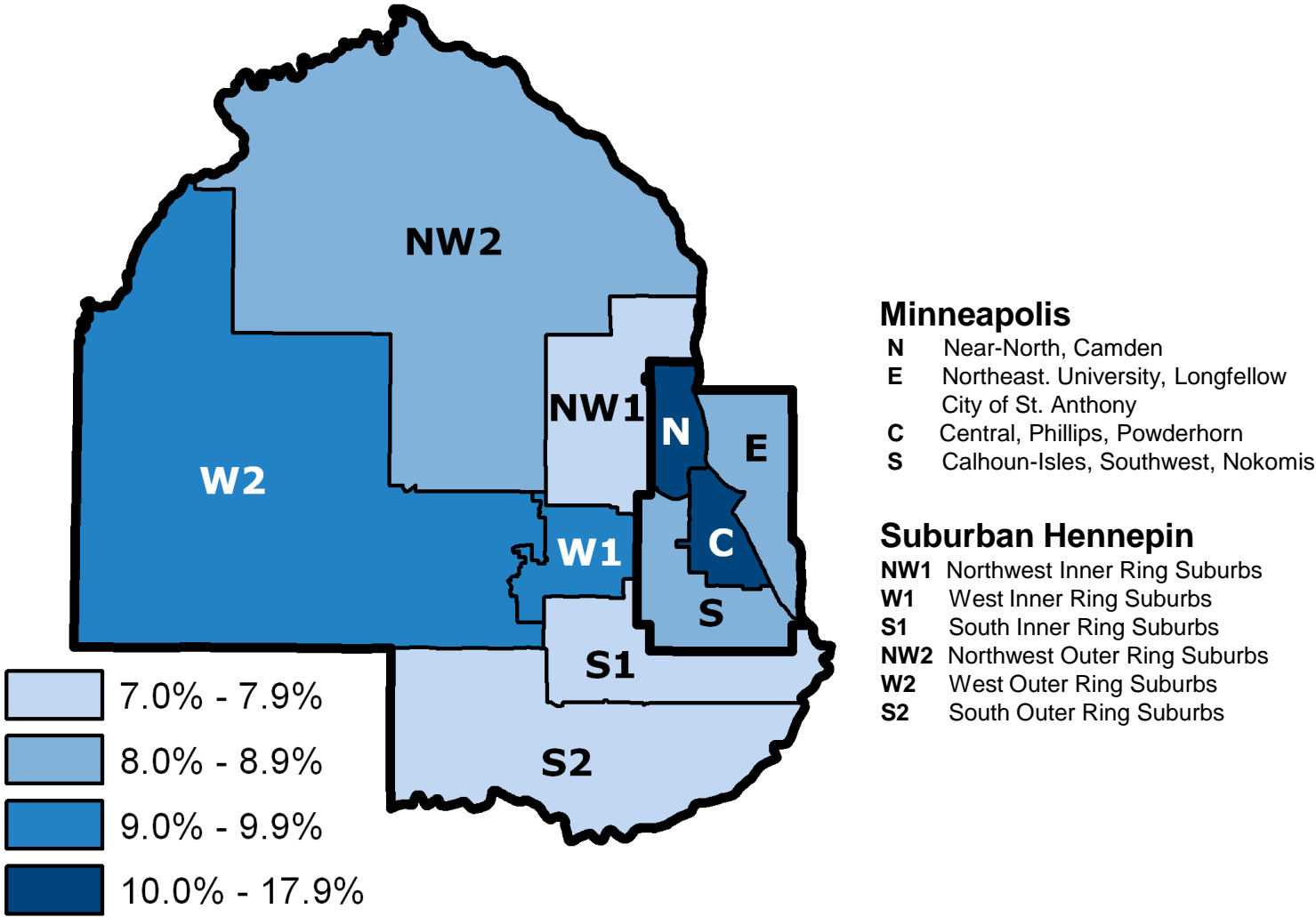
Adults aged 55 and older with frequent mental distress by disability status, Hennepin County 2010



* Difference in rates between groups within this factor is statistically significant at $p < 0.05$.

Adults with frequent mental distress by geographic areas

Hennepin County 2010



Health Disparities in Hennepin County

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

Visit

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

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