



SHAPE 2010

Your health matters.
Your answers matter.

The health and well-being of LGBT residents in Hennepin County

SHAPE LGBT Data Forum

October 12, 2012

Minneapolis, Minnesota

Presented by

Hennepin County Human Service and Public Health Department and
LGBT Data Forum Planning Committee

Updated on October 18, 2012



SHIP
Statewide Health Improvement Program





SHAPE 2010

Your health matters.
Your answers matter.

Part A: Introduction and Overall health status

- Why LGBT health is important
- SHAPE project
- LGBT residents demographic characteristics
- Overall health status



SHAPE 2010

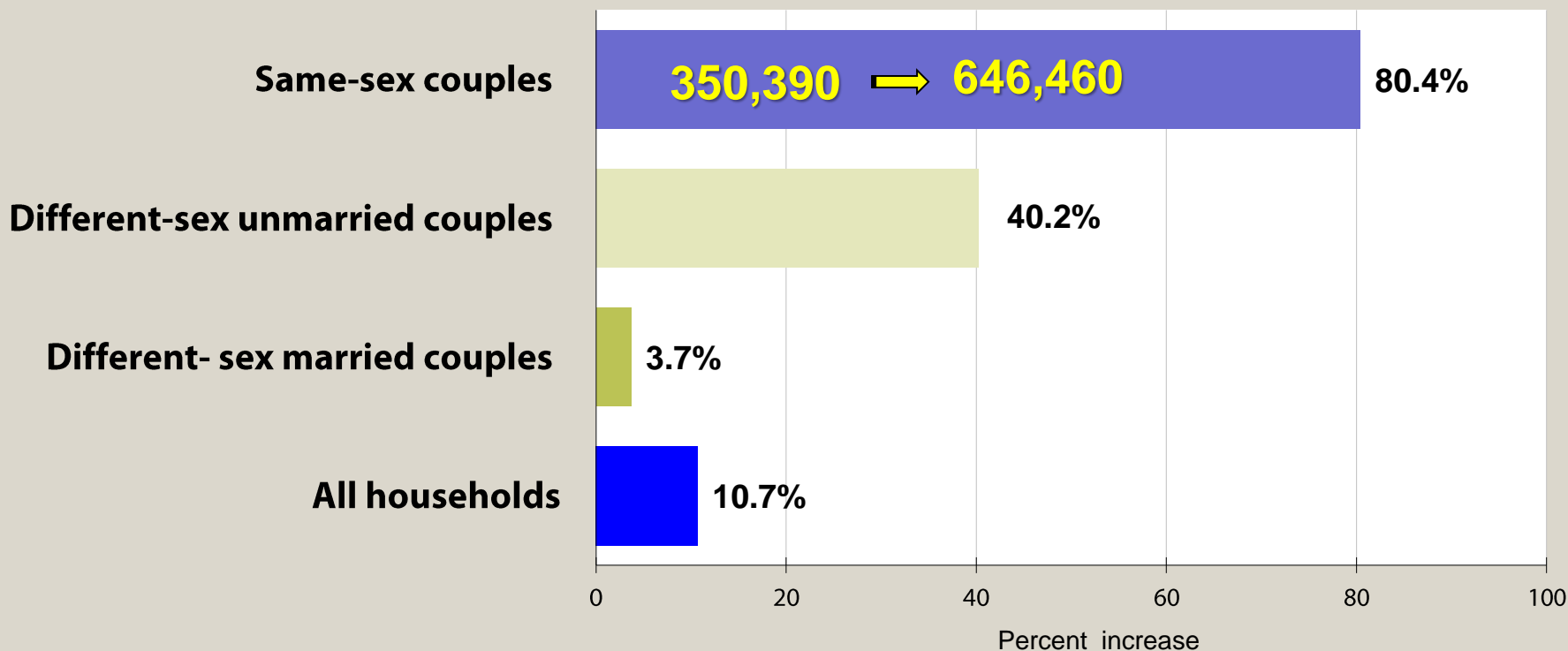
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Health and wellbeing of LGBT residents in Hennepin County

Why It is Important?

Same-sex couple households increased 80% between 2000 and 2010 in U.S.¹

Percent increase between 2000 and 2010 by household type in U.S.



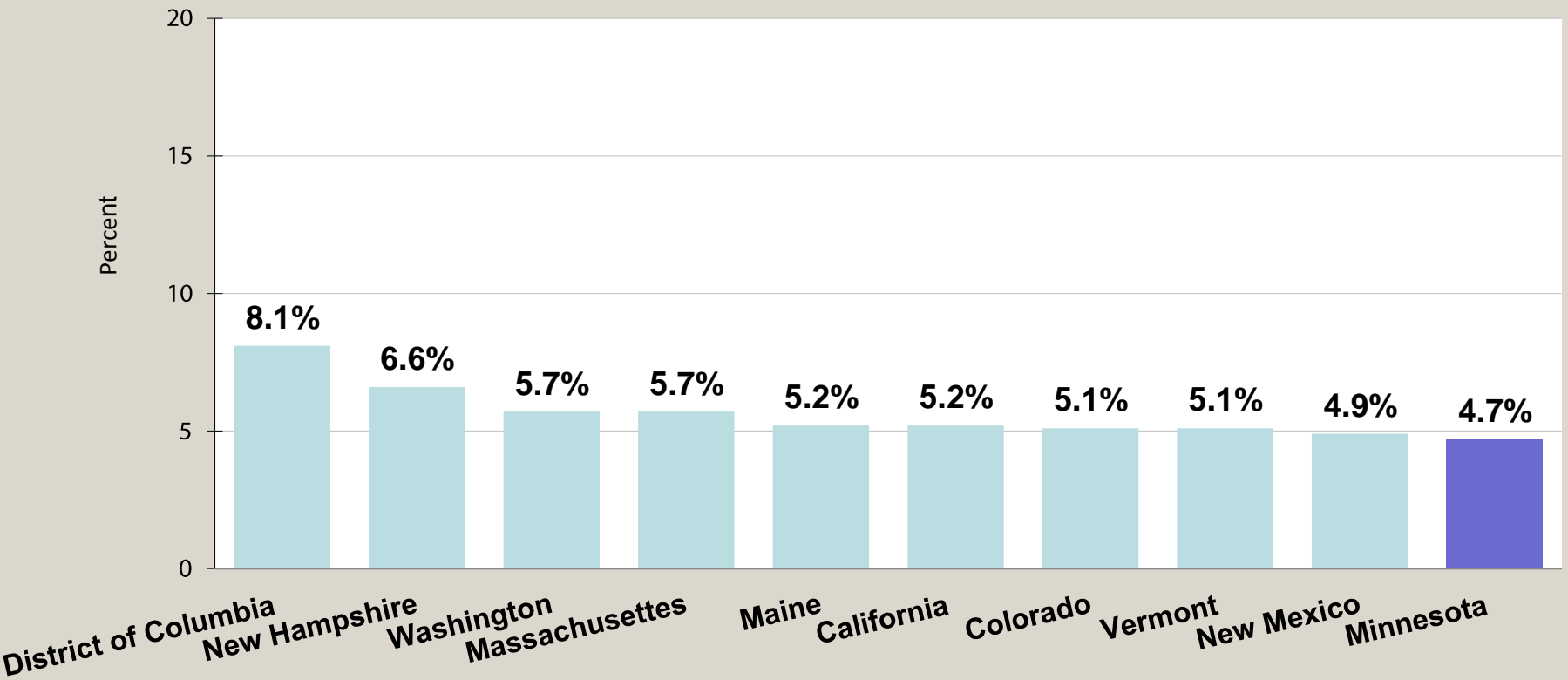
Source. Census 2000 and 2010, Gates 2011, The Williams Institute .

The same-sex household was classified based on self-reported information on Census form.



Minnesota ranked as 10th top state by percentage of LGB population in U.S. in 2000

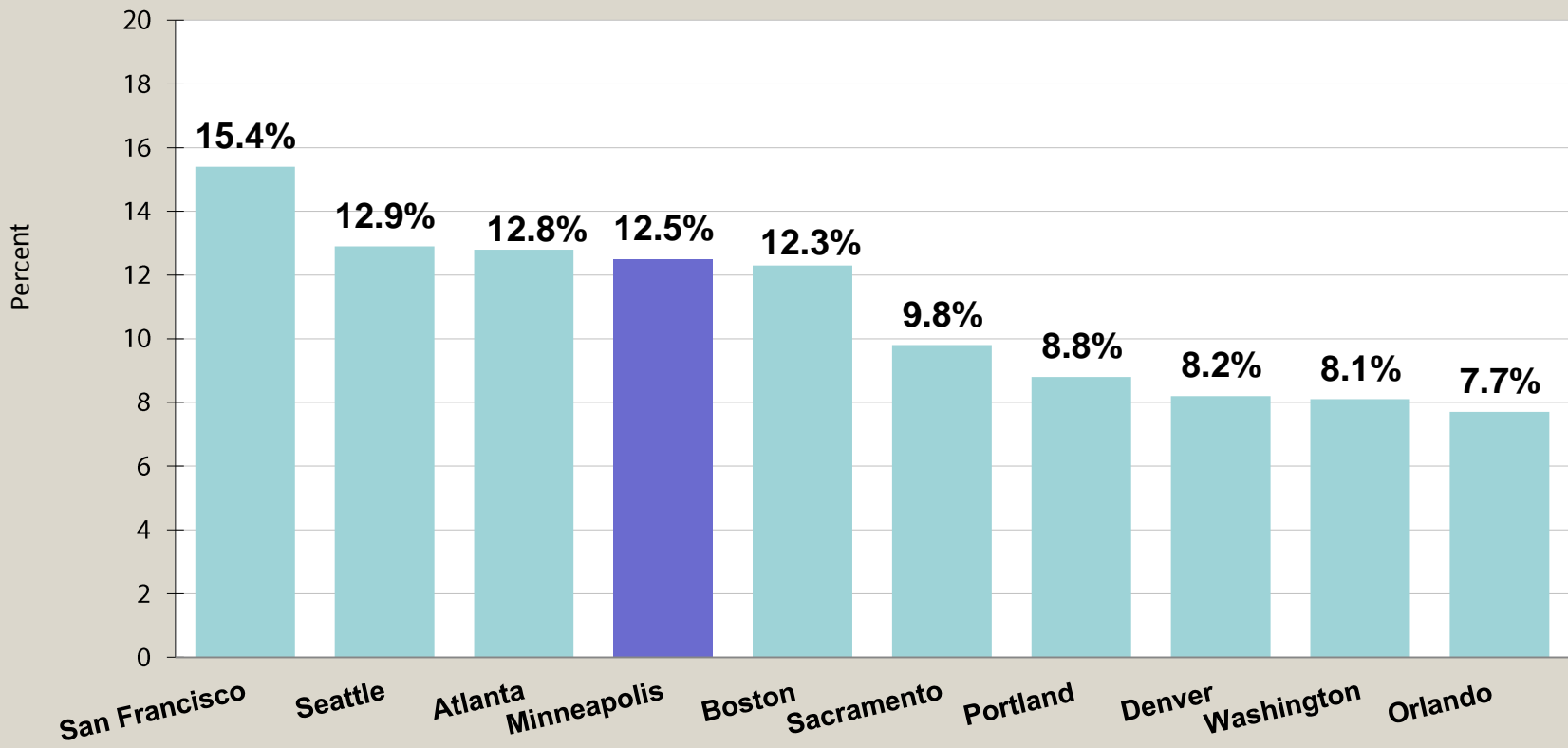
Top 10 states ranked by percentage of LGB population.



Wikipedia, American Community Survey 2000, by Wikipedia, accessed on 7/16/2012

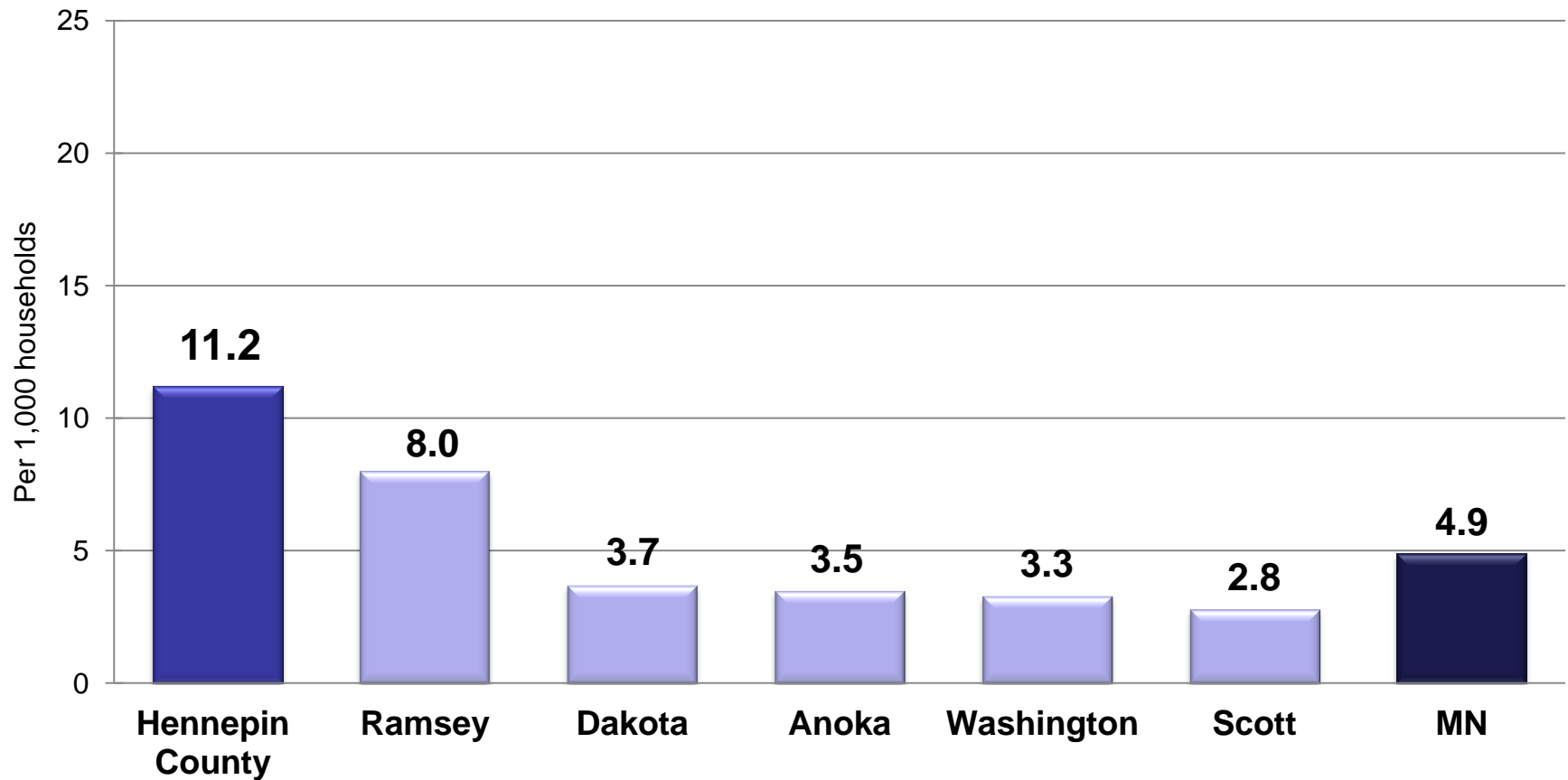
Minneapolis ranked as 4th top city by the percentage of LGB population in U.S. in 2000

Top 10 cities ranked by percentage of LGB population.



Rate of same-sex couples per 1,000 households

How does Hennepin County compare?



Data Source: 2010 Census, published by The Williams Institute.

LGBT health disparities & challenges

- ❑ Research suggests that LGBT individuals face health disparities linked to social stigma, discrimination, denial of their civil and human rights (HP2020).
- ❑ Sexual orientation and gender identity questions are not asked on most national and state surveys.
- ❑ Section 4302 of the Affordable Care Act contains provisions to strengthen federal data collection efforts by requiring that all national federal data include information on race, ethnicity, sex, primary language and disability status.



LGBT health disparities & challenges

- ❑ In 2011, US DHHS announced a plan for LGBT data collection: to integrate sexual orientation question into national data collection efforts by 2012 and begin a process to collect information on gender identity.
- ❑ *Healthy People 2020* and new IOM report- *The Health of LGBT People, 2011* call for more research to document, understand, and address the environmental factors that contribute to health disparities in the LGBT community.
- ❑ Hennepin County SHAPE project gathers local data on health of LGBT residents starting in 1998.





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SHAPE project

What is SHAPE?

- ❑ **Survey of the Health of All the Population and Environment**
- ❑ **SHAPE 2010 is a project of the Hennepin County Human Services and Public Health Department (HSPHD).**
- ❑ **SHAPE 2010 was funded in part by a grant from the Minnesota Statewide Health Improvement Program (SHIP).**



SHIP

Statewide Health Improvement Program



What is SHAPE?

Survey of the Health of All the Population and Environment

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

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

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



SHAPE 2010 - Adult Survey: domains and topics

Overall health

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

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



SHAPE 2010 - Adult survey: reporting categories & number of respondents

Reporting categories		# of respondents
Geographic areas¹: Minneapolis		3,241
Suburban Hennepin		3,760
Gender:	Male	2,272
	Female	4,729
Age:	18-24	246
	25-44	2,315
	45-54	1,323
	55-64	1,402
	65 and older	1,715
Household income:<200% FPL¹		1,626
≥200%FPL		5,057
Total		7,001

¹ More details on reporting geographic areas are provided in next slide.

² Household income is measured as a percentage of Federal Poverty Level (FPL).



SHAPE 2010 - Adult Data Book

Released
on line
March 24,
2011



ADULT DATA BOOK

Survey of the Health of All the Population and the Environment



SHAPE 2010 - Adult Data Book Overall Health

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

TABLE 1	Sample Size	Excellent	Very Good	Good	Fair	Poor
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
Hennepin County Total	6,933	19.5% ± 1.4	43.7% ± 1.8	27.4% ± 1.6	7.7% ± 0.9	1.7% ± 0.4
Minneapolis	3,213	19.4% ± 2.1	42.8% ± 2.6	27.3% ± 2.3	8.6% ± 1.4	2.0% ± 0.6
Camden, Near North	876	10.0% ± 3.5	31.5% ± 5.1	38.6% ± 5.6	16.6% ± 4.2	3.4% ± 1.7
Longfellow, NE, University	727	17.8% ± 4.5	44.5% ± 5.5	27.6% ± 5.0	8.7% ± 3.3	1.3% ± 1.6
Central, Phillips, Powderhorn	801	21.8% ± 4.3	40.7% ± 4.9	27.3% ± 4.5	7.8% ± 2.6	2.8% ± 1.7
Calhoun-Isles, Nokomis, SW	800	24.8% ± 4.2	50.1% ± 4.8	19.9% ± 3.9	4.5% ± 2.1	1.0% ± 0.8
Suburban Areas	3,720	19.5% ± 1.9	44.2% ± 2.4	27.5% ± 2.0	7.3% ± 1.1	1.6% ± 0.6
Total	3,720	19.5% ± 1.9	44.2% ± 2.4	27.5% ± 2.0	7.3% ± 1.1	1.6% ± 0.6
Northwest Suburbs	1,472	18.8% ± 3.0	44.1% ± 3.7	28.8% ± 3.3	6.7% ± 1.9	1.5% ± 1.1
Northwest - Inner Ring	773	18.6% ± 4.4	38.3% ± 5.1	31.8% ± 4.6	10.2% ± 3.8	1.1% ± 0.9
Northwest - Outer Ring	699	19.0% ± 4.1	47.4% ± 4.9	27.1% ± 4.5	4.7% ± 2.2	1.8% ± 1.6
West Suburbs	1,015	19.0% ± 4.1	45.3% ± 4.6	25.8% ± 4.1	6.0% ± 2.2	2.2% ± 1.8
West - Inner Ring	720	18.1% ± 4.2	44.5% ± 5.0	26.9% ± 4.7	8.1% ± 2.7	2.3% ± 1.5
West - Outer Ring	295	21.1% ± 6.4	45.8% ± 7.0	25.0% ± 6.3	6.1% ± 3.5	2.0% ± 3.5
South Suburbs	1,233	20.2% ± 3.4	43.6% ± 3.9	26.8% ± 3.5	8.3% ± 2.1	1.2% ± 0.8
South - Inner Ring	698	20.8% ± 4.5	42.2% ± 5.0	25.6% ± 4.3	9.8% ± 3.0	1.7% ± 1.6
South - Outer Ring	535	19.8% ± 5.0	44.5% ± 5.7	27.6% ± 5.2	7.3% ± 3.1	0.8% ± 1.1
Gender	2,252	20.1% ± 2.5	44.3% ± 3.0	27.0% ± 2.6	7.2% ± 1.5	1.4% ± 0.8
Male	2,252	20.1% ± 2.5	44.3% ± 3.0	27.0% ± 2.6	7.2% ± 1.5	1.4% ± 0.8
Female	4,681	18.9% ± 1.7	43.2% ± 2.0	27.8% ± 1.8	8.1% ± 1.1	2.0% ± 0.5
Age	1,391	19.0% ± 3.2	40.1% ± 3.7	28.7% ± 3.3	11.7% ± 2.4	2.5% ± 1.2
18-24	244	19.5% ± 6.9	49.0% ± 8.0	24.4% ± 7.5	5.0% ± 5.2	1.3% ± 5.8
25-44	2,307	22.0% ± 2.4	47.5% ± 2.8	24.9% ± 2.4	4.7% ± 1.2	0.9% ± 0.5
45-54	1,308	20.3% ± 3.2	40.4% ± 3.9	28.6% ± 3.6	8.5% ± 2.4	2.3% ± 1.4
55-64	1,391	19.0% ± 3.2	40.1% ± 3.7	28.7% ± 3.3	11.7% ± 2.4	2.5% ± 1.2
65 and older	1,883	9.8% ± 1.9	35.1% ± 2.9	36.5% ± 2.9	15.2% ± 2.1	3.4% ± 1.2
Household Income	1,809	11.1% ± 2.7	31.2% ± 3.7	38.1% ± 3.7	16.4% ± 2.8	5.2% ± 1.7
< 200% of FPL	1,809	11.1% ± 2.7	31.2% ± 3.7	38.1% ± 3.7	16.4% ± 2.8	5.2% ± 1.7
≥ 200% of FPL	5,010	21.0% ± 1.7	47.4% ± 2.1	24.6% ± 1.7	5.2% ± 0.9	0.7% ± 0.4

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



SHAPE 2010 survey question on sexual orientation & gender identity

Do you think yourself as.....?

MARK ALL THAT APPLY

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



SHAPE 2010 – number of respondents by sexual orientation & gender identity

Category	# of respondents (unweighted)
Heterosexual or straight	6247
Gay, lesbian, or homosexual	316
Bisexual	162
Transgender	18
Total¹	7001
LGBT any	485

1. Number of total respondents do not equal the sum of four response categories as respondents can check one or more categories.



SHAPE 2010 data limitations

- Cross-sectional survey
- Public health surveillance effort, not topic specific survey research (broad vs. in depth)
- Asked only sexual orientation and gender identity
- It is self-reported data
- Measurement issues
-





SHAPE 2010

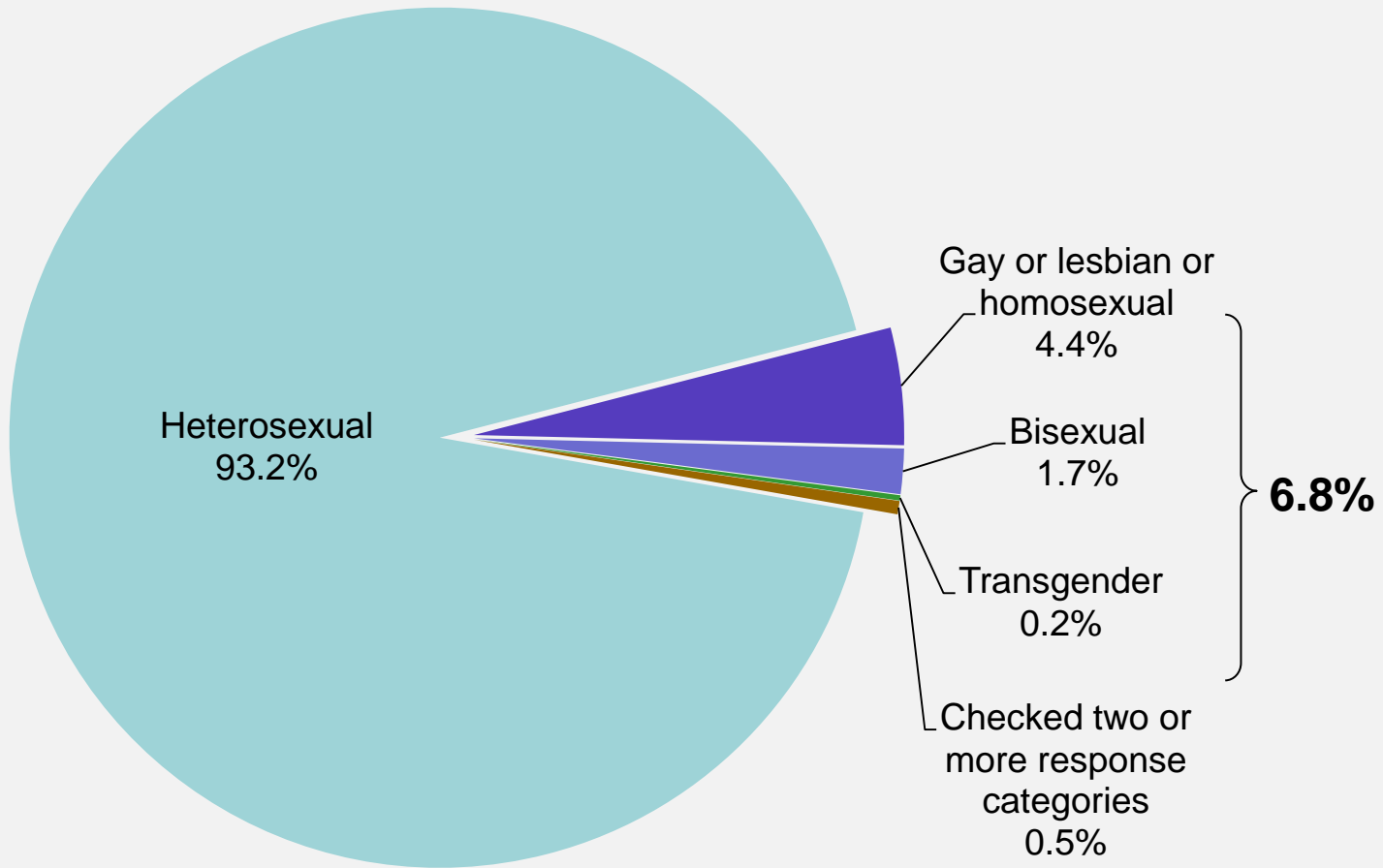
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Health and wellbeing of LGBT residents in Hennepin County

LGBT Residents and Demographic Characteristics

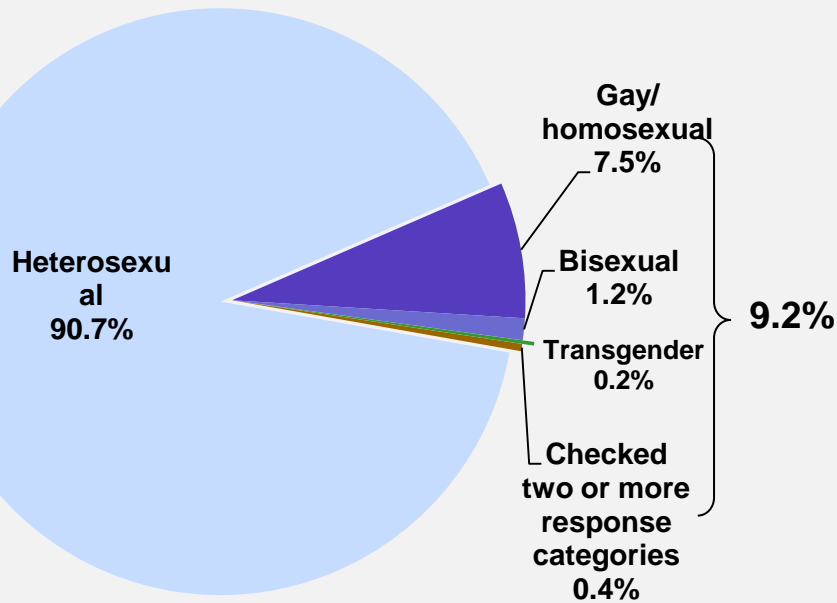
Q. Do you consider yourself as

Hennepin County adults of all ages 2010

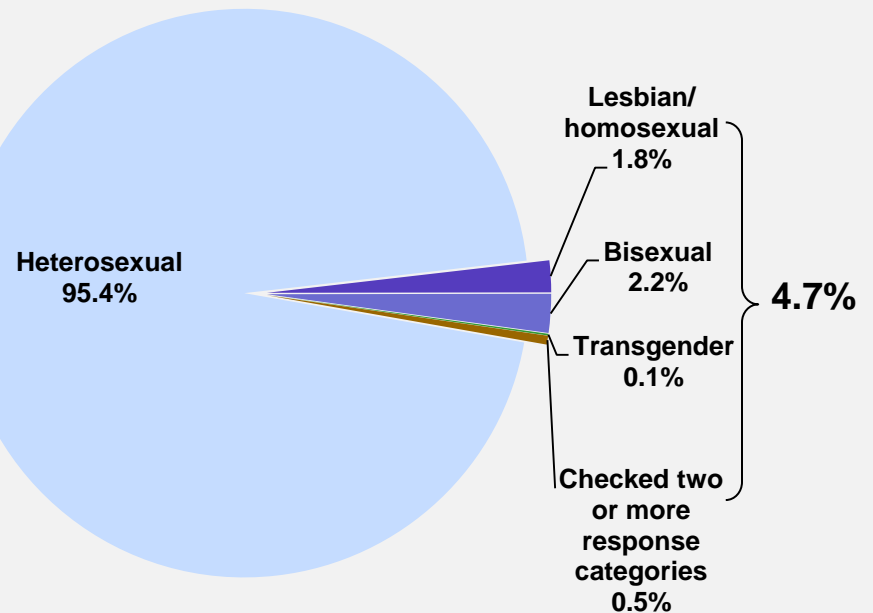


Percent LGBT by gender

Hennepin County adults of all ages 2010



Male

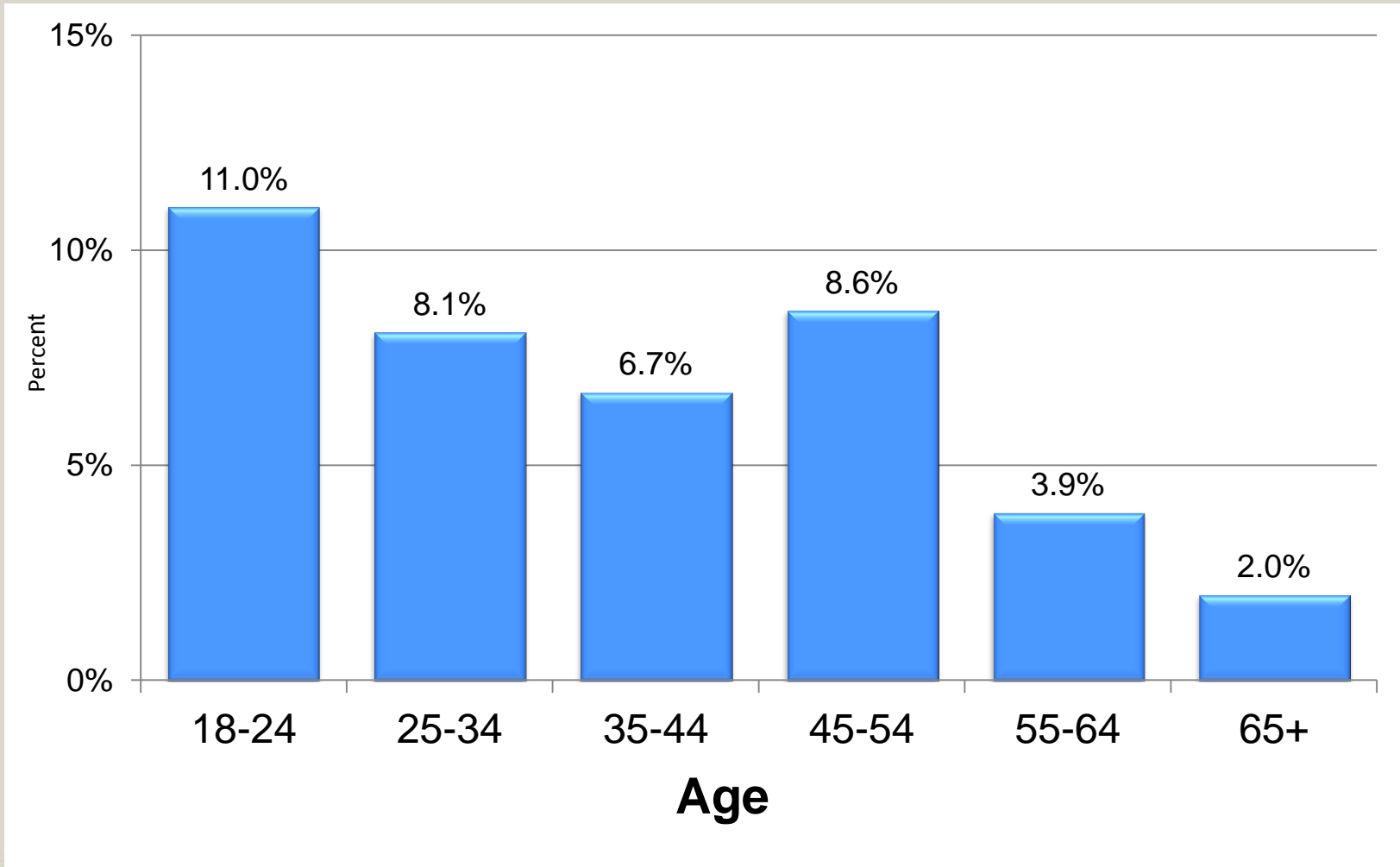


Female



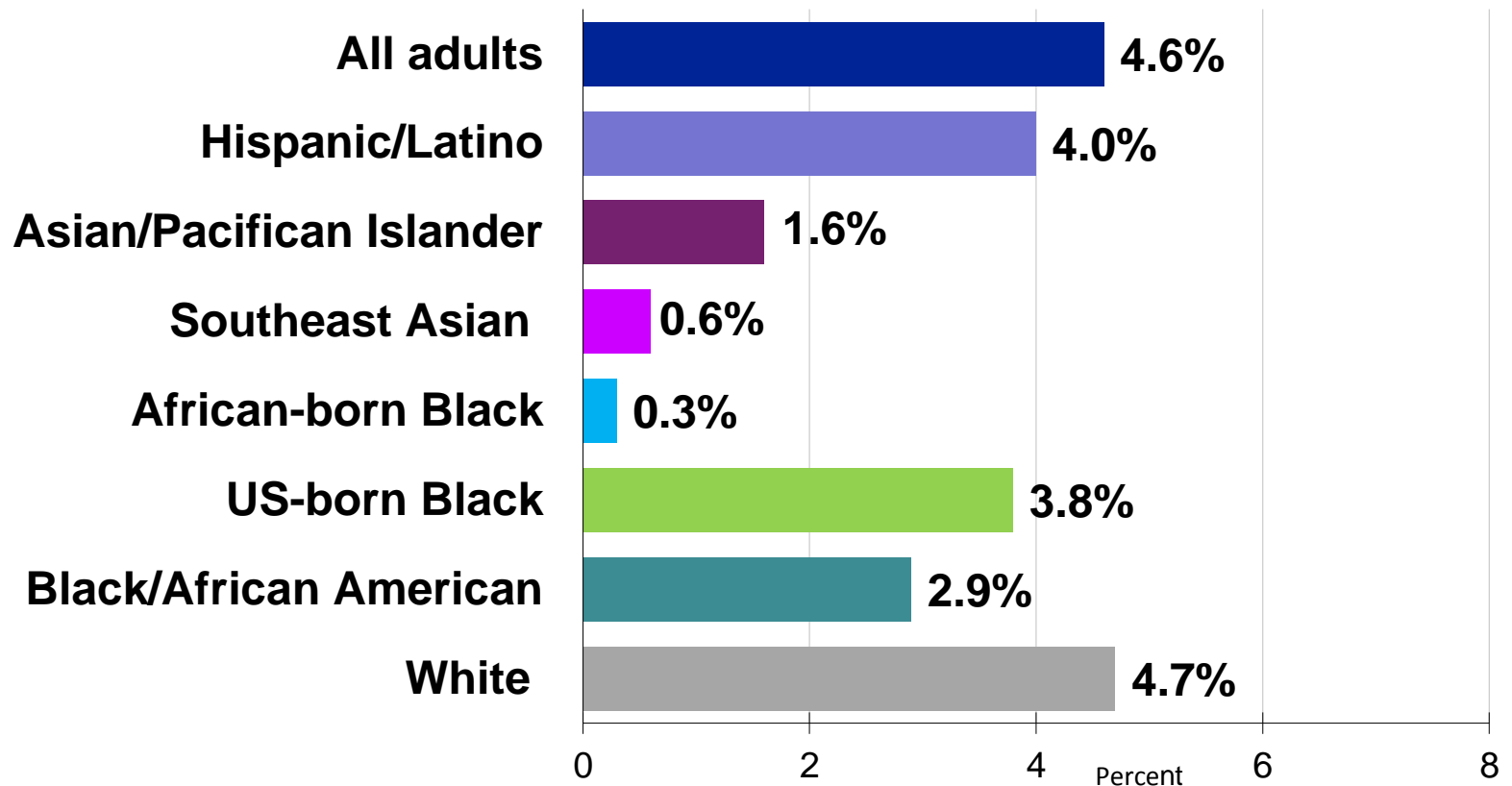
Percent LGBT by age

Hennepin County adults 2010



Percent LGBT by race and ethnicity

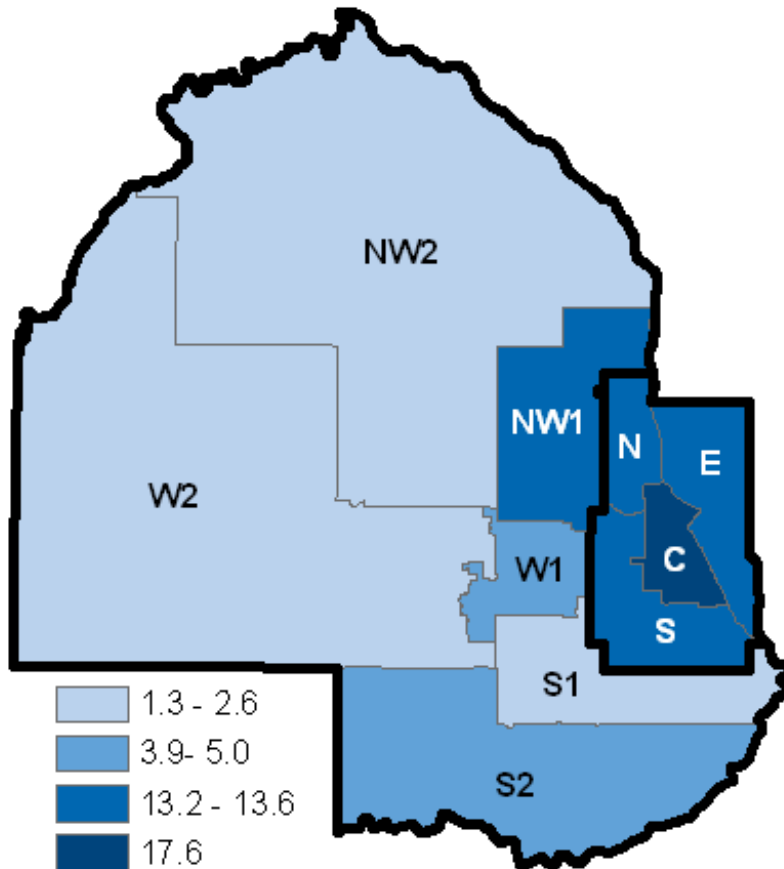
Hennepin County adults of all ages 2006¹



1, Data by race and ethnicity from SHAPE 2010 is not available.

Percent LGBT by geographic areas

Hennepin County adults of all ages 2010



Minneapolis (rate: 12.8%)

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

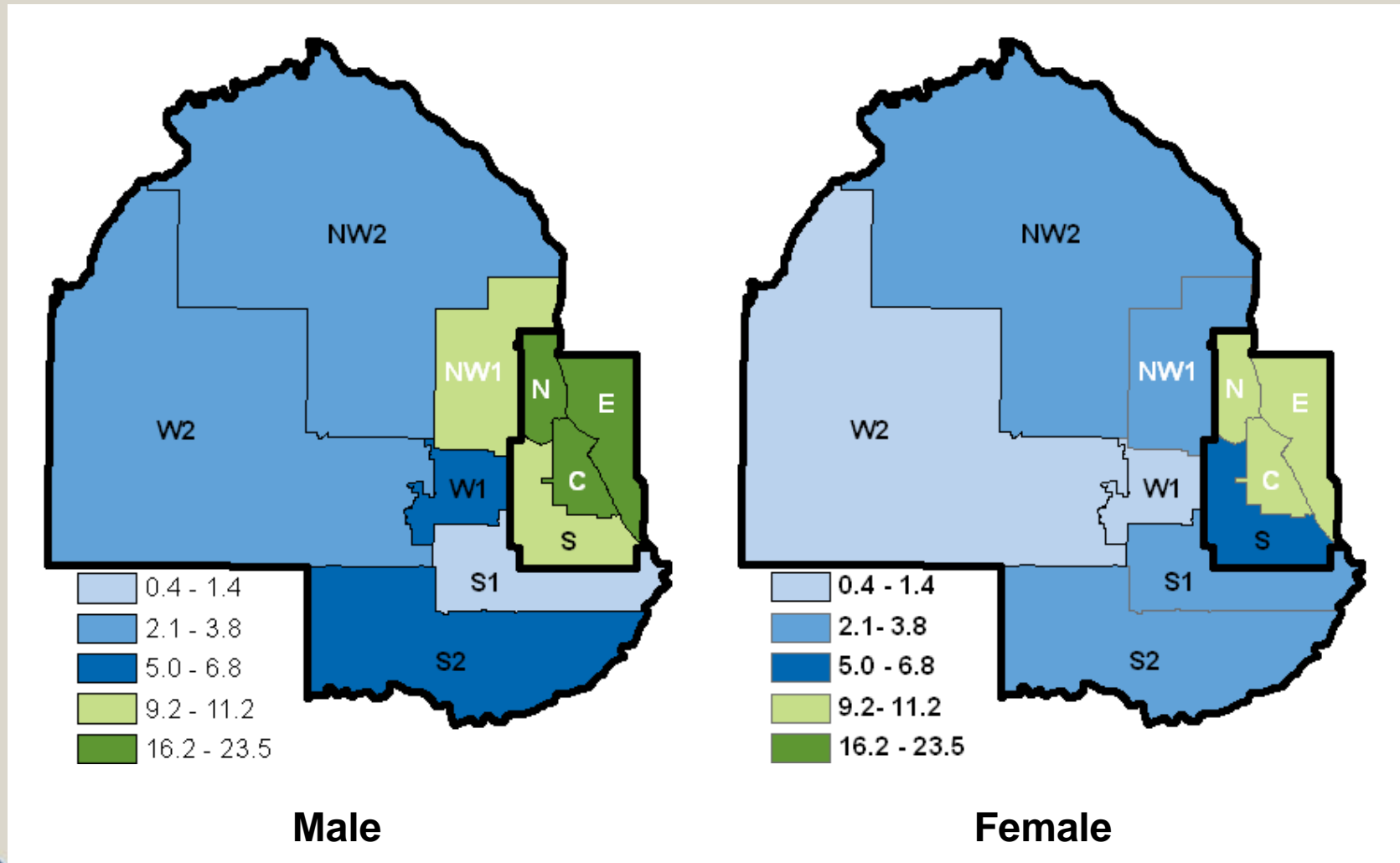
Suburban Hennepin (rate=3.6%)

- NW1 Northwest Inner Ring Suburbs
- W1 West Inner Ring Suburbs
- S1 South Inner Ring Suburbs
- NW2 Northwest Outer Ring Suburbs
- W2 West Outer Ring Suburbs
- S2 South Outer Ring Suburbs



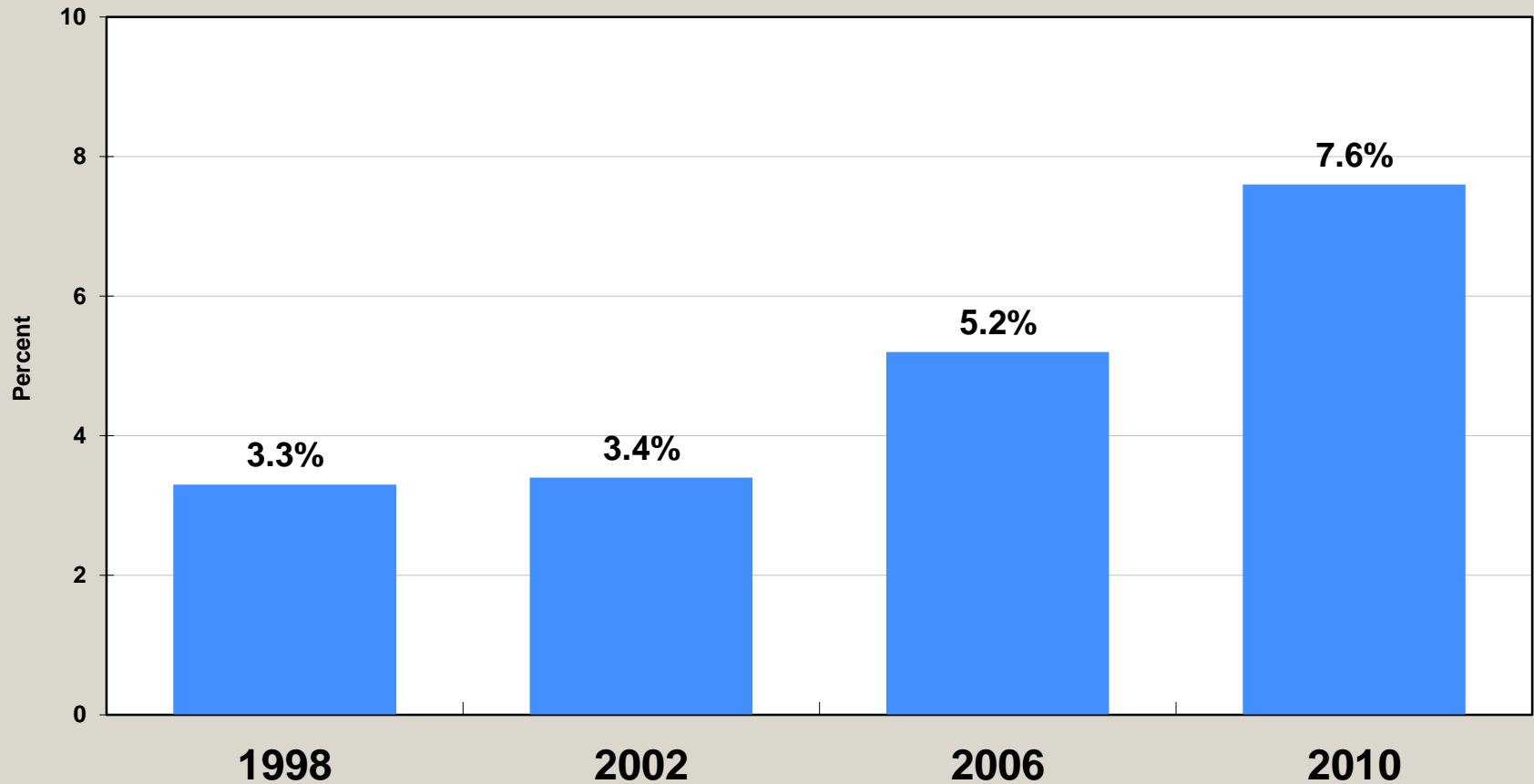
Percent LGBT by geographic areas by gender

Hennepin County adults of all ages 2010



Percent LGBT trend 1998- 2010

Hennepin County **adults aged 18-64**



Sources: SHAPE 1998, SHAPE 2002, SHAPE 2006 & SHAPE 2010.

Note: The survey languages and response options, survey modes changed across surveys .
In 1998 and 2002, the LGBT survey question was not asked for adults aged 65 and older.



The health and wellbeing of LGBT residents in Hennepin County

Demographic Characteristics- Summary

- ❑ In 2010, 6.8% Hennepin County adults self- identified as LGBT. The rate is significantly higher among males than among females, and is significantly higher among young adults than among older adults.
- ❑ The LGBT rates among Hispanics or Latinos, US-born Blacks and Whites are not significantly different. However, rates among Southeast Asians and African-born Blacks are significantly lower.
- ❑ Geographic variation in LGBT rates in Hennepin County is very wide, ranging from 1% to 18%. The higher rates are concentrated in Minneapolis and first suburban ring. Overall rate for Minneapolis is 13% and suburban Hennepin is 4%. The rate among Minneapolis Central community male residents is as high as 24%.
- ❑ Hennepin County adults aged 18-64 identifying as LGBT increased by 130% (from 3.3% in 1998 to 7.8% in 2010) .





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The health and wellbeing of LGBT residents in Hennepin County

Overall Health and Mental Health Status

(as compared to their peers who are not LGBT)

Overall health and mental health indicators at a glance ⁽¹⁾

Hennepin County LGBT adults 2010

Indicator Overall health, chronic diseases & conditions	Rate	Compare to adults who are not LGBT
Poor or Fair health Self rated overall health	9.9%	9.2% 
Currently having asthma	10.8%	6.5% 
Diabetes Ever being diagnosed	6.0%	5.1% 
Hypertension Ever being diagnosed	17.5%	16.6% 
High blood cholesterol Ever being diagnosed	28.1%	32.9% 
Heart disease or stroke Ever being diagnosed	5.1%	4.8% 
Arthritis or rheumatism Ever being diagnosed	11.4%	15.7% 



better








worse



Same






Signage for indicators at a glance table

Signage	What does this mean	Statistical significant level (Designed based F-test P value)
	The rate among LGBT group is <u>better</u> than the rate among non-LGBT group	$P < 0.05$
	The rate among LGBT group is <u>better</u> than the rate among non-LGBT group	$0.05 < P < 0.10$
	The rate among LGBT group is <u>worse</u> than the rate among non-LGBT group	$P < 0.05$
	The rate among LGBT group is <u>worse</u> than the rate among non-LGBT group	$0.05 < P < 0.10$
	The rate among LGBT group is <u>same</u> as the rate among non-LGBT group	$P > 0.05$



Overall health and mental health indicators at a glance ⁽²⁾

Hennepin County LGBT adults 2010

Indicator Mental Health	Rate	Compare to adults who are not LGBT
Frequent mental distress Mental health was not good for 14 days or more days during the past 30 days	16.3%	8.4% 
Depression Ever being diagnosed	43.3%	23.2% 
Anxiety or panic attack Ever being diagnosed	26.6%	16.0% 
Serious psychological distress (SPD) SPD measures serious mental illness (SMI) in population. It is based on a scale ranging from 0-24, derived from 6 psychological distress questions. SPD has a scale ≥ 13)	7.4%	2.5% 
Any psychological distress See SPD above, any psychological distress has a scale ≥ 7 .	27.1%	14.8% 



better



worse






Same





Overall health and mental health indicators at a glance (3)

Hennepin County LGBT adults 2010

Indicator Activity limitation or disability	Rate	Compare to adults who are not LGBT
Activity limitation Respondent is limited in any activities because of physical, mental or emotional problems	28.5%	19.6% 
Work limitation Respondent has difficulty in getting, keeping, or working at a job or business because of any impairment or health problem	14.0%	7.7% 
Functional limitation Respondent needs help from another person with ADL (activity of daily living) or IADL (instrumental activity of daily living) because of impairment or health problems.	5.3%	5.2% 

Overall health and mental health indicators at a glance (4)

Hennepin County LGBT adults 2010

Indicator Overweight and obesity	Rate	Compare to adults who are not LGBT
Overweight or obese BMI ≥ 25	58.2%	53.0% 
Obese BMI ≥ 30	20.4%	20.5% 

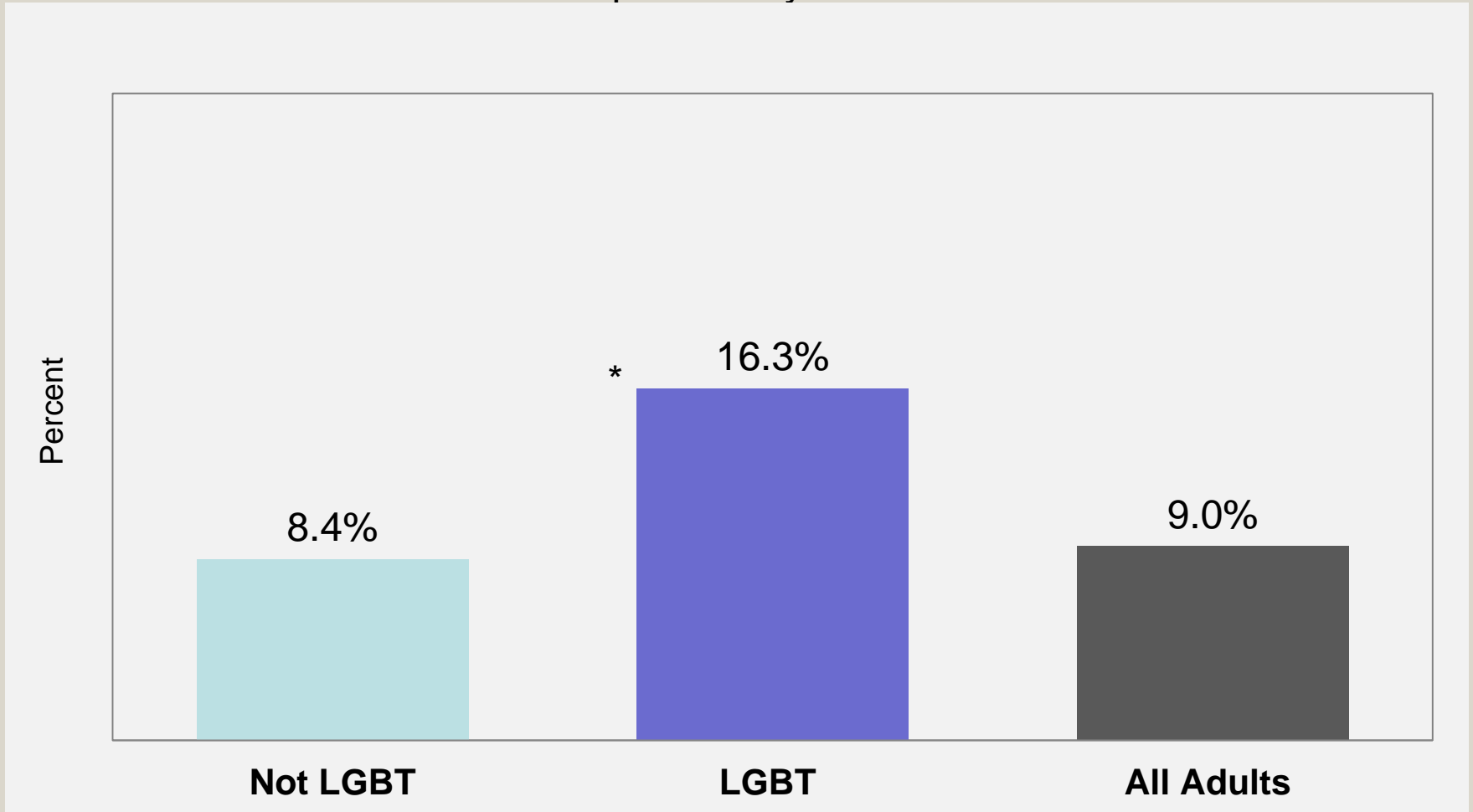


LGBT adults and
frequent mental distress (FMD)-
who are affected more ?



Percent experiencing frequent mental distress (FMD) by LGBT identity

Hennepin County adults 2010

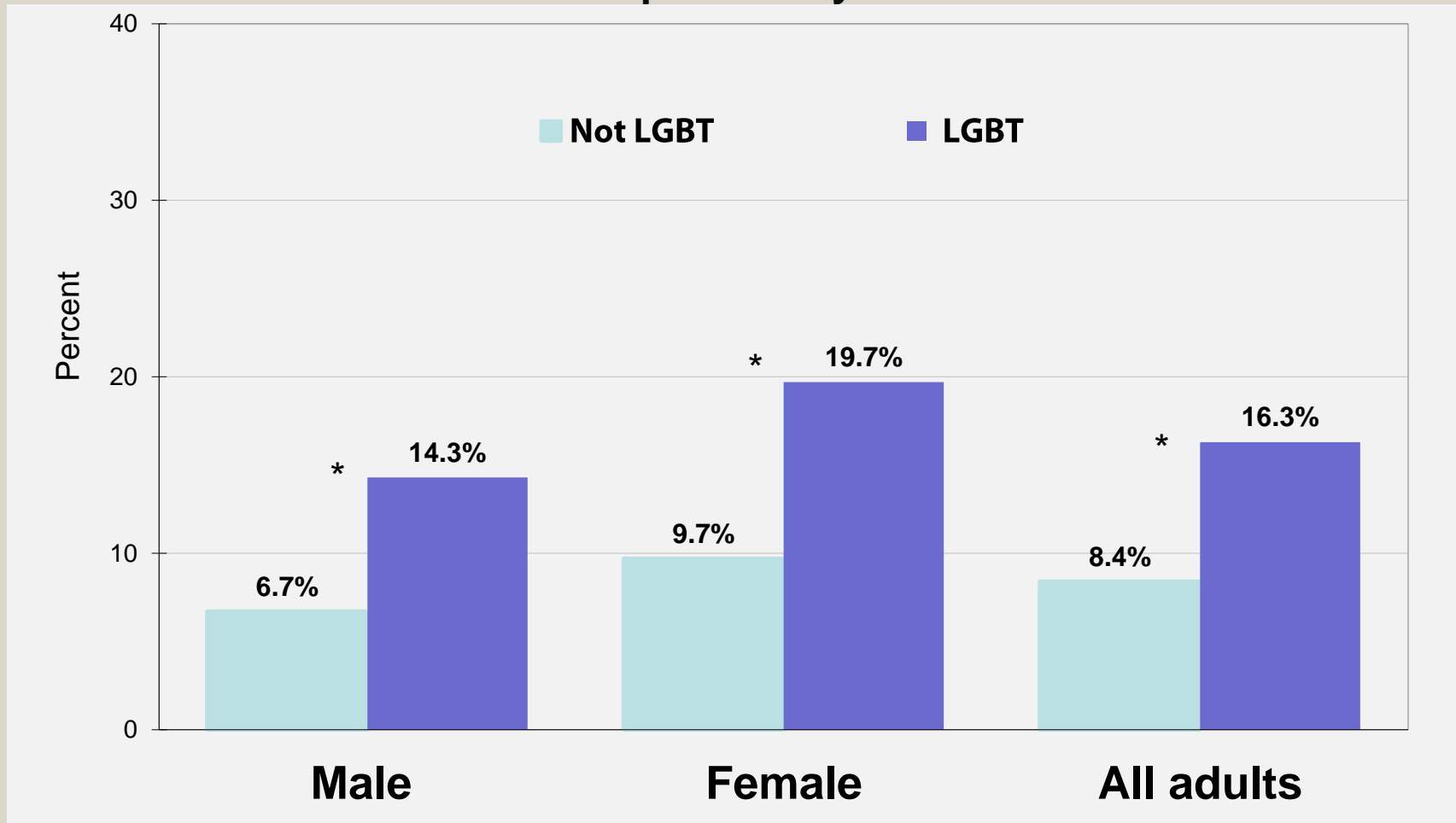


* Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.05$.



Percent experiencing frequent mental distress by LGBT identity and gender

Hennepin County adults 2010

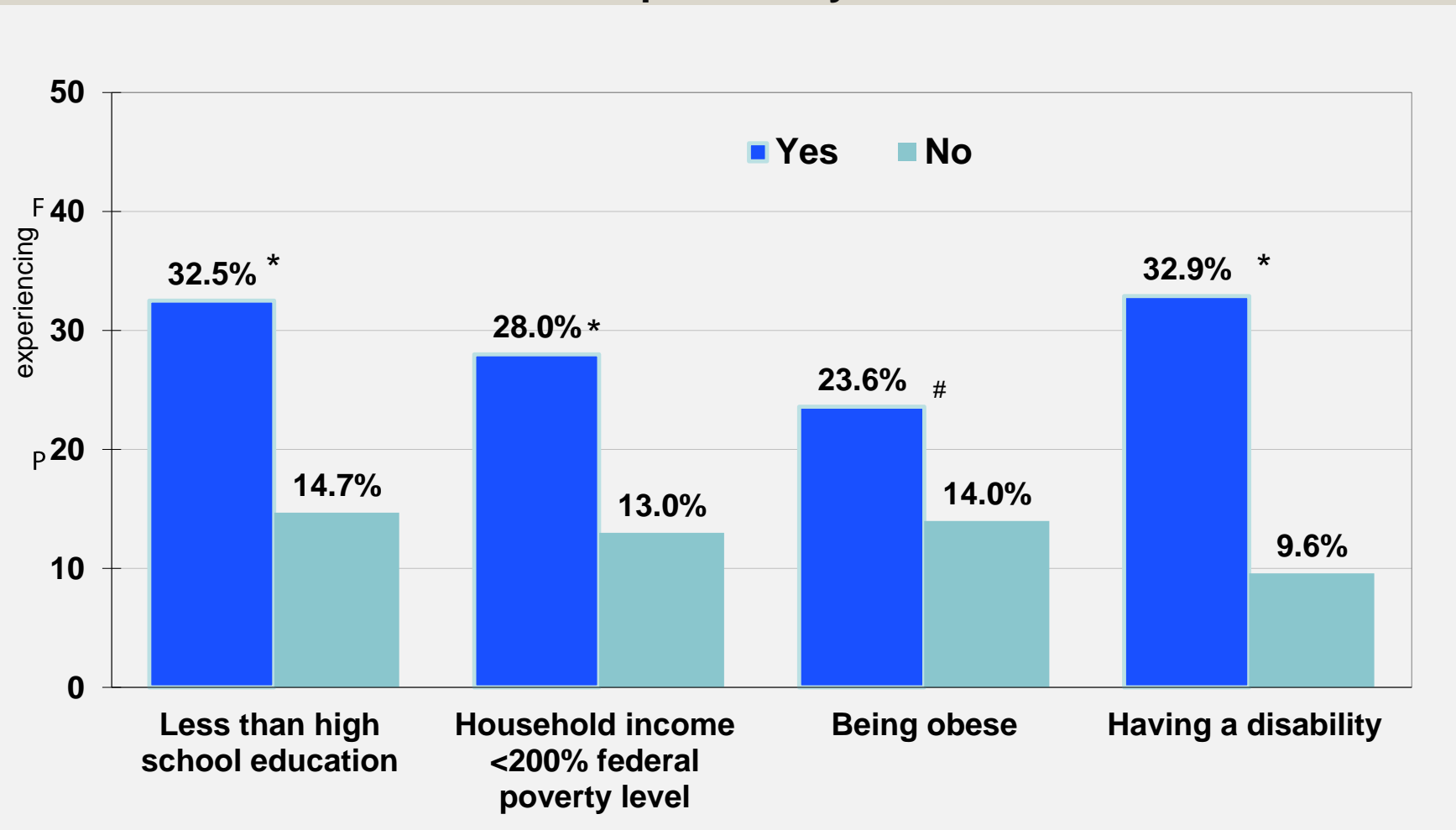


* Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.05$.



Frequent mental distress among LGBT adults who are affected more?

Hennepin County 2010



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

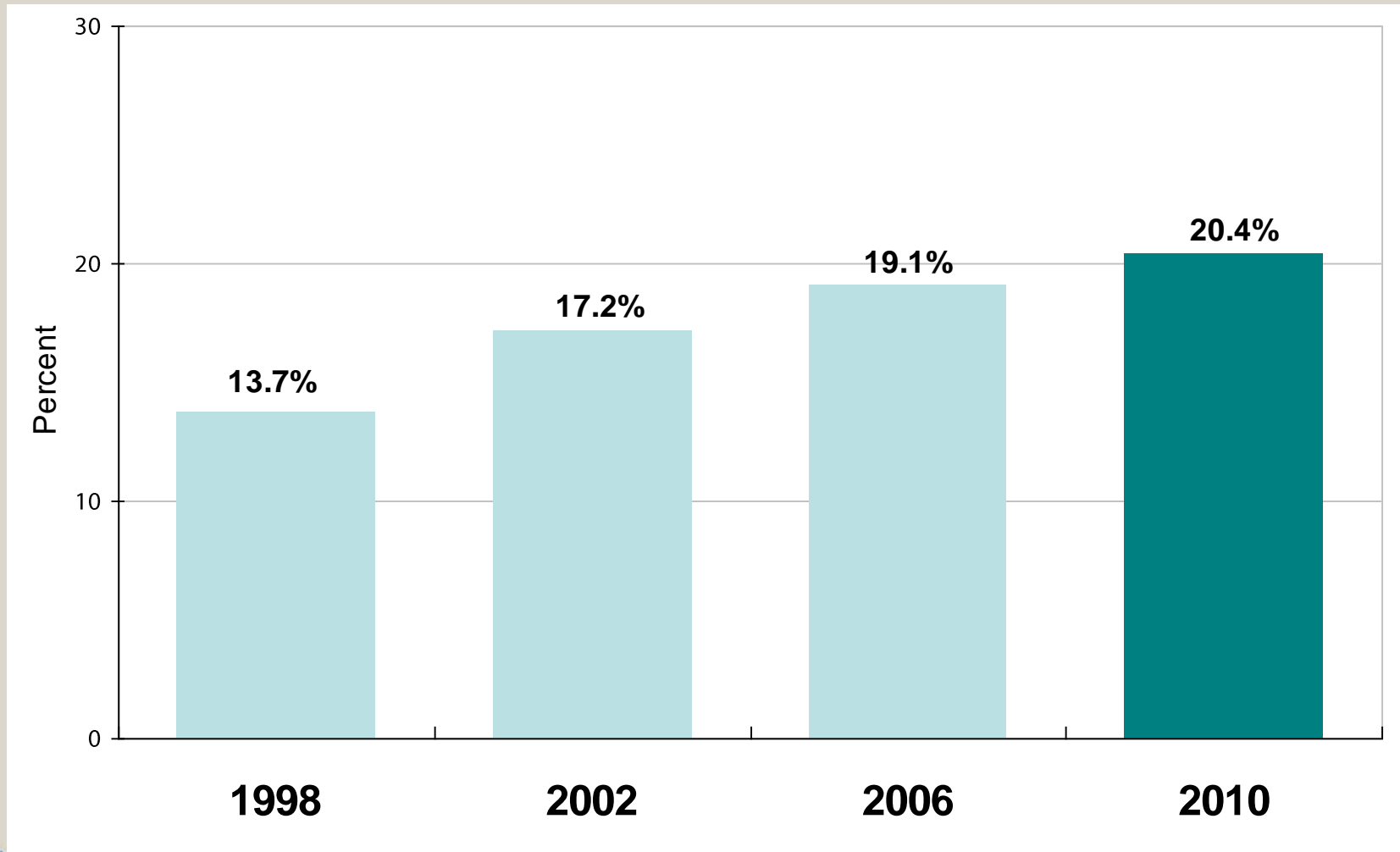
Difference in rates between the two groups is statistically significant at $p < 0.10$.

LGBT adults and obesity- who are affected more?



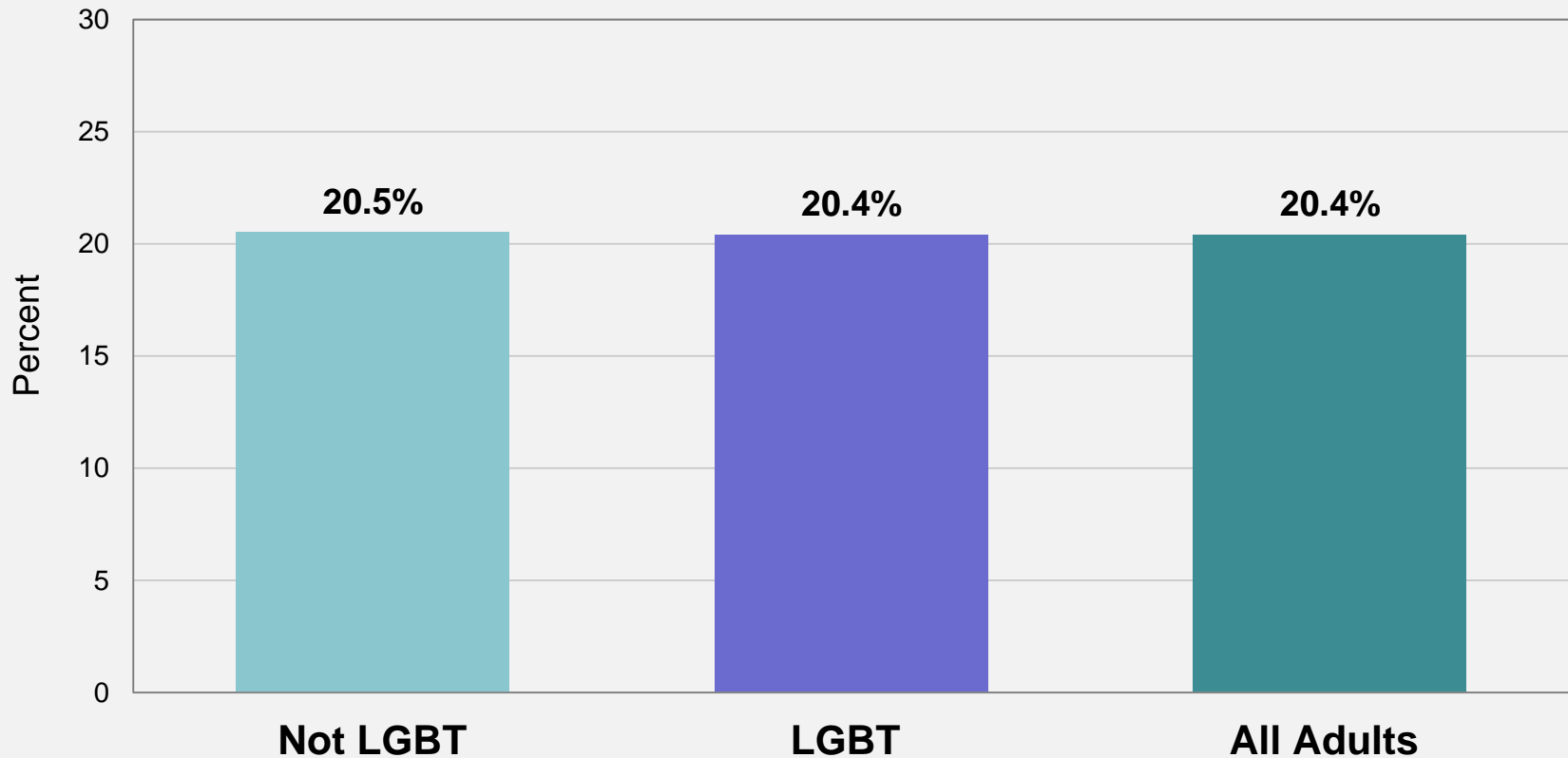
Percent being obese time trend 1998-2010

Hennepin county adults of all ages



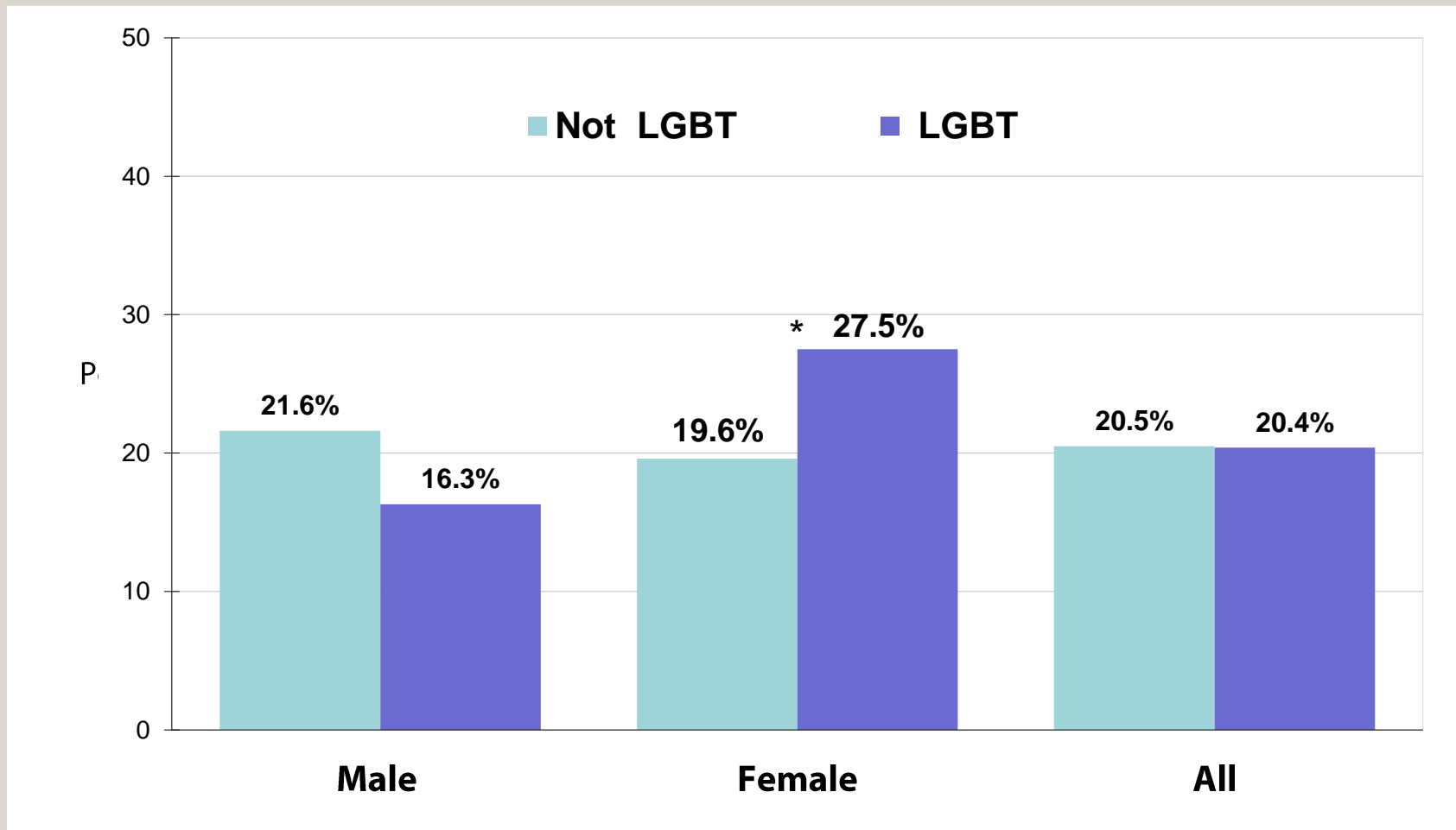
Percent being obese by LGBT identity

Hennepin County adults 2010



Percent being obese by LGBT identity & gender

Hennepin County adults 2010

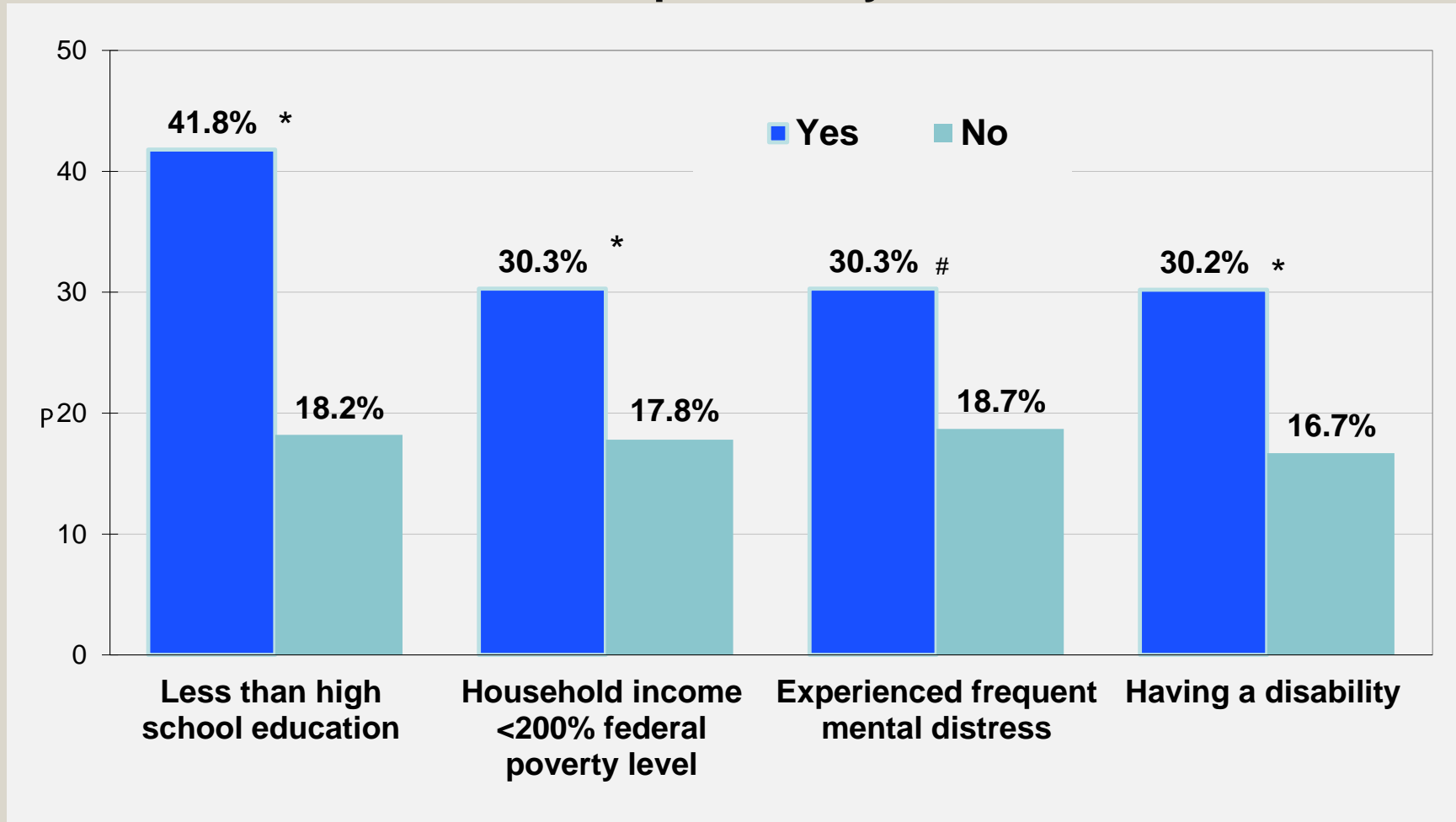


* Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.05$.



Obesity among LGBT adults- who are affected more?

Hennepin County 2010



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

Difference in rates between the two groups is statistically significant at $p < 0.10$.



The health and wellbeing of LGBT residents in Hennepin County

Overall Health & Mental Health- Summary (1)

- ❑ Majority (90%) of Hennepin County LGBT adults rate their health either *excellent*, *very good* or *good*, another 10% rate their health *poor* or *fair*.
- ❑ Depression is the most common chronic condition among LGBT adults with 43% reporting having ever been diagnosed with this condition. High blood cholesterol is the 2nd most common chronic condition, affecting 28% of the population.
- ❑ Disability and work limitation are more prevalent among LGBT residents than among their non-LGBT counterparts.



The health and wellbeing of LGBT residents in Hennepin County

Overall Health & Mental Health- Summary (2)

- ❑ Mental health issues, e.g. frequent mental distress (FMD), depression, anxiety/panic attack, or serious psychological distress, are 2 to 3 times more prevalent among LGBT adults than among their non-LGBT peers.
- ❑ Further analysis show FMD is disproportionately high among LGBT with low education, low income, being obese or having a disability.
- ❑ Close to 3/5 (58%) of Hennepin County LGBT adults are either overweight or obese, 1/5 (20%) are obese. While these rates are similar to the rates among non-LGBT adults, further data analysis show that some LGBT population subgroups bear disproportionately high rates of obesity. These population subgroups include, but are not limited to, females, those with low education, low income, having a disability or experiencing FMD.



Part B: Social determinants and risk behaviors

- Health access and utilization
- Preventive care
- Lifestyles and behavior risk factors
- Community and neighborhood factors
- **Discrimination experiences and how it relates to health**
- Discussion



**The health and wellbeing of LGBT residents
in Hennepin County**








**Health Access
and Utilization**

(as compared to their peers who are not LGBT)



Health access and utilization at a glance

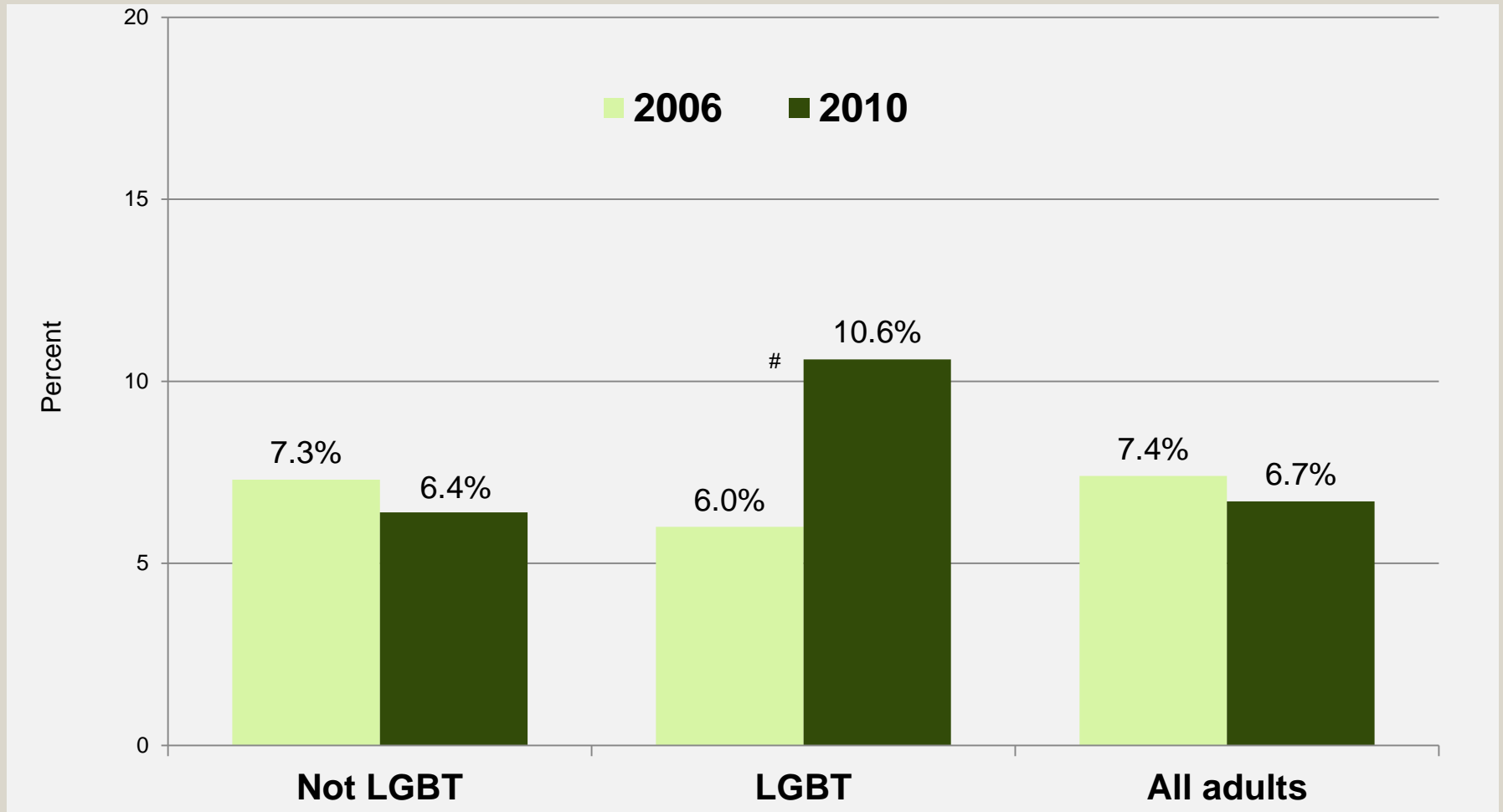
Hennepin County LGBT adults

Indicator	Rate	Compare to adults who are not LGBT
Currently uninsured	10.6%	6.4% 
Uninsured at least sometime during the past 12 month	20.0%	12.0% 
Having NO regular source of care (personal doctor or health care provider)	33.9%	28.3% 
Having NO regular place of care	21.1%	21.3% 
Felt being discriminated against when seeking health care during the past 12 months	5.7%	2.2% 
Experienced unmet medical care needs (delayed or did not get needed medical care)	26.4%	15.5% 
Experienced unmet mental health care needs (delayed or did not get needed mental health care)	33.3%	13.7% 



Percent currently uninsured by LGBT identity

Hennepin County adults 2006 & 2010

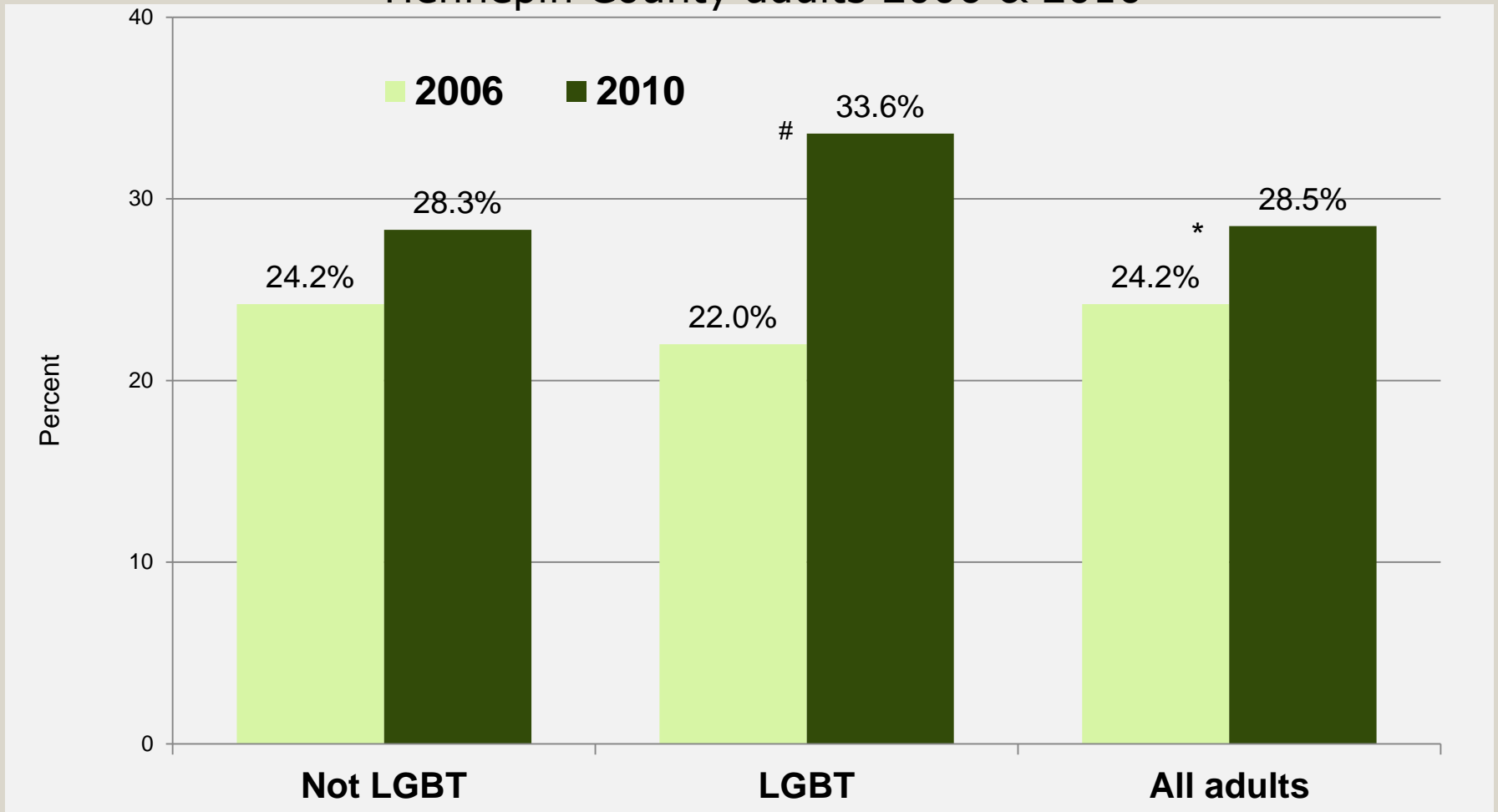


Difference in rates between 2006 and 2010 is statistically significant at $p < 0.10$.



Percent having NO regular source of care by LGBT identity

Hennepin County adults 2006 & 2010



* Difference in rates between 2006 and 2010 is statistically significant at $p < 0.05$.

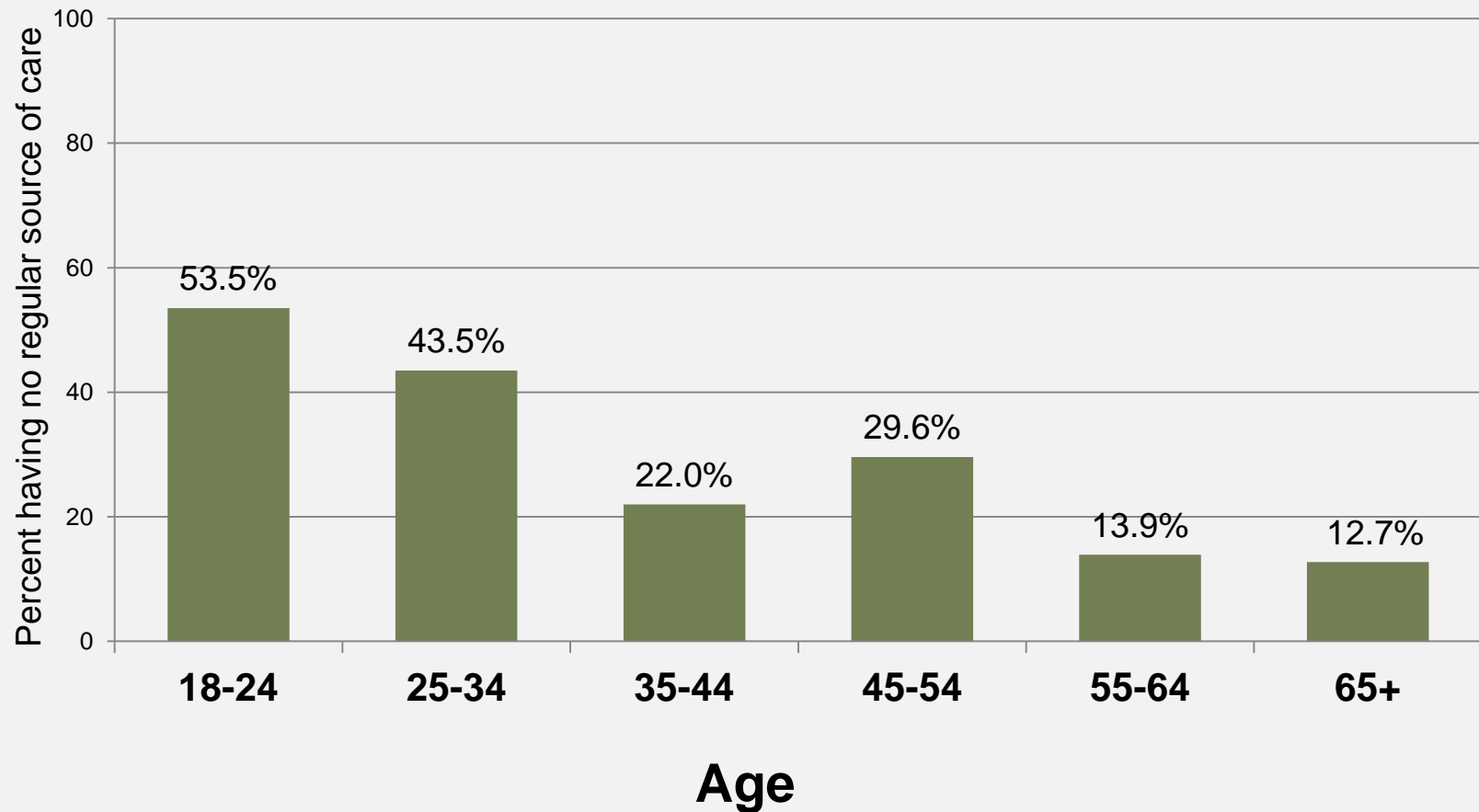
Difference in rates between 2006 and 2010 is statistically significant at $p < 0.10$.

**LGBT adults and
having no regular source of care
who are affected more?**



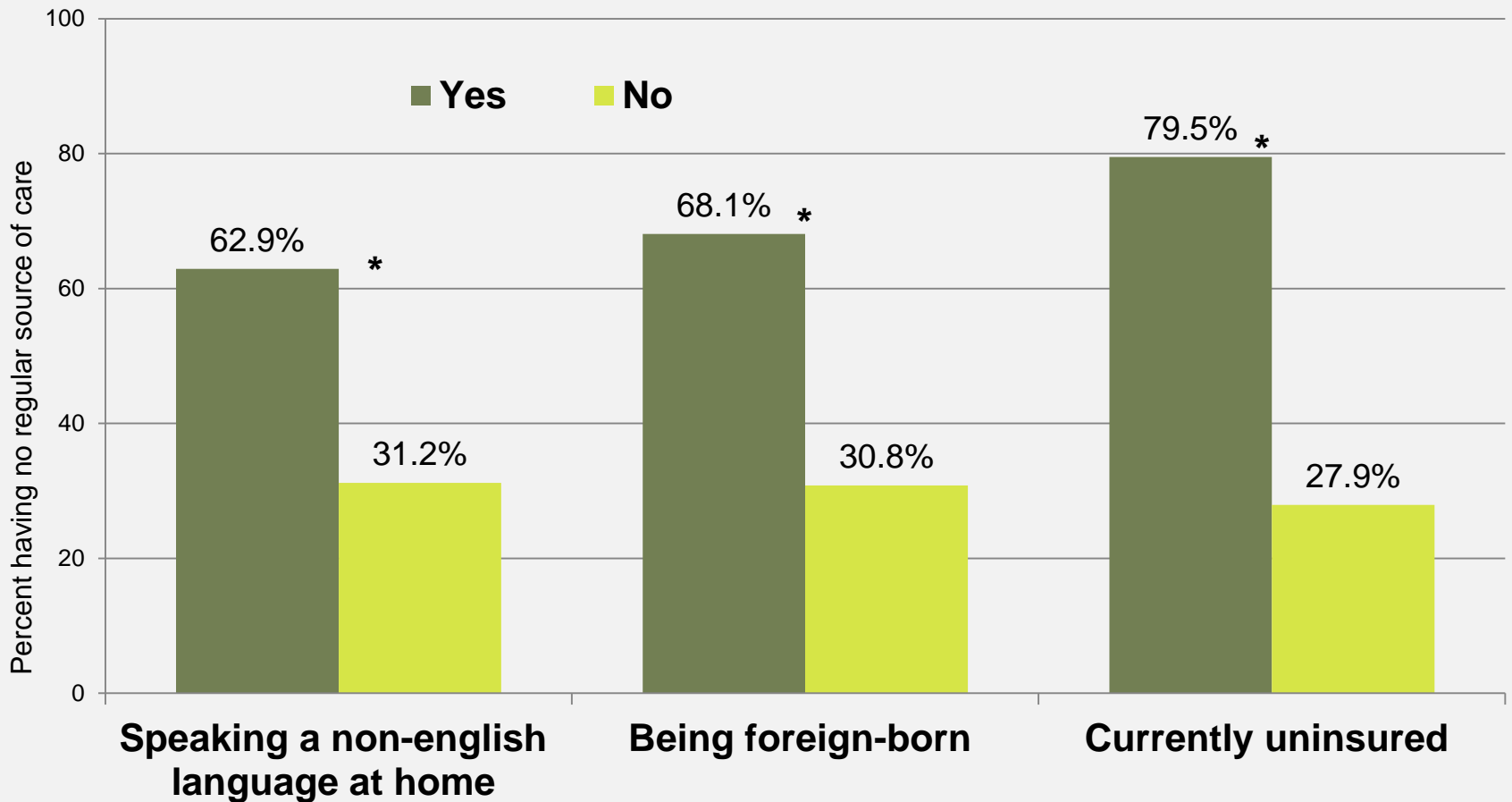
Having NO regular source of care among LGBT adults by age – who are affected more?

Hennepin County 2010



Having NO regular source of care among LGBT adults- who are affected more?

Hennepin County 2010



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

The health and wellbeing of LGBT residents in Hennepin County

Health Access and Utilization

Summary ⁽¹⁾

- ❑ One in 10 (11%) LGBT residents currently lacks health insurance, one in five (20%) LGBT residents lacks health insurance at least part of the time during the past year. Both rates are almost double the rates for residents who are not LGBT.
- ❑ Compared to their non-LGBT peers, LGBT residents are more likely to report experiencing discrimination while seeking health care, have unmet medical care needs and unmet mental health care needs.



The health and wellbeing of LGBT residents in Hennepin County

Health Access and Utilization

Summary ⁽²⁾

- ❑ One-third (34%) of LGBT residents have no regular source of care. This rate is much higher among LGBT who are young, foreign-born, speak a foreign language at home and currently lack health insurance.
- ❑ There is a significant increase in uninsured rates among LGBT residents between 2006 and 2010, while the rates among non-LGBT residents are unchanged.
- ❑ The rates of having no regular source of care experienced a significant increase for all county adults between 2006 and 2010. However, this increase is much larger for LGBT adults, and is not significant for non-LGBT residents.



**The health and wellbeing of LGBT residents
in Hennepin County**







Preventive Care

(as compared to their peers who are not LGBT)



Preventive care indicators at a glance

Hennepin County LGBT adults 2010

Indicator	Rate	Compare to adults who are not LGBT
Physical, dental visit and preventive screenings		
Complete physical exam within the past year	43.0%	55.2% 
Dental visit within the past year	72.9%	75.2% 
Cholesterol check within the past 5 years	81.6%	84.8% 
Colorectal cancer screening within the past 10 years	79.4%	77.4% 
Cervical cancer screening within the past 3 years (among women aged 18 and older)	86.8%	87.8% 
Mammogram within the past year (among women aged 40 and older)	49.7%	65.2 



better









worse



Same

Preventive care indicators at a glance

Hennepin County LGBT Adults who have seen a doctor or provider for their own health during the past 12 months

Indicator <i>At last clinic visit, health care provider asked about or discussed my....</i>	Rate	Compare to not LGBT residents
Physical activity or exercise	72.8%	70.6% 
Diet or nutrition	57.2%	52.7% 
Weight	46.8%	43.9% 
Smoking or other tobacco use	54.2%	45.0% 
Stress	50.1%	39.9% 
Alcohol use	48.5%	42.0% 



better

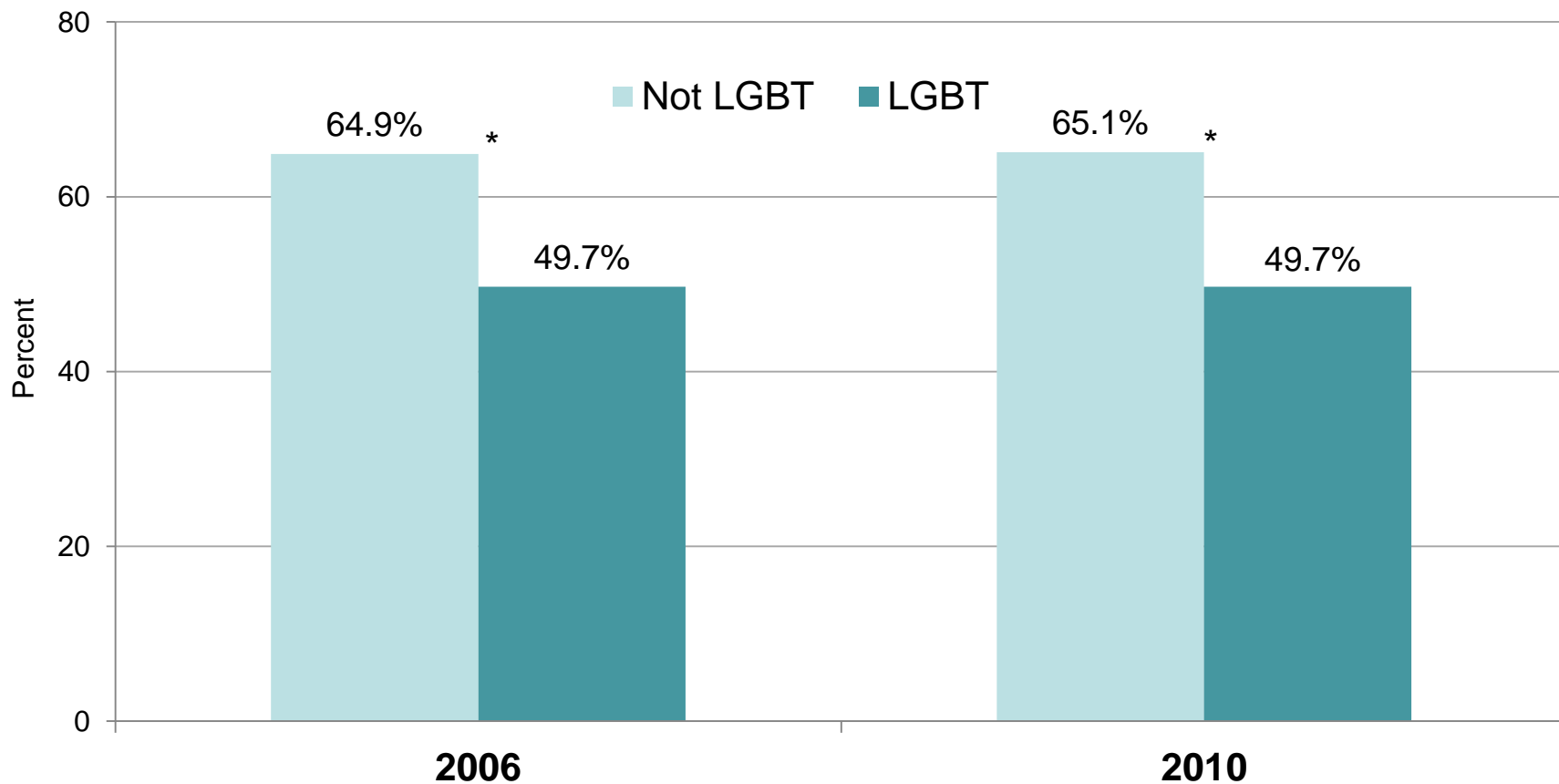


worse



Same

Having mammogram within the past year by LGBT identity, Hennepin County 2006 and 2010



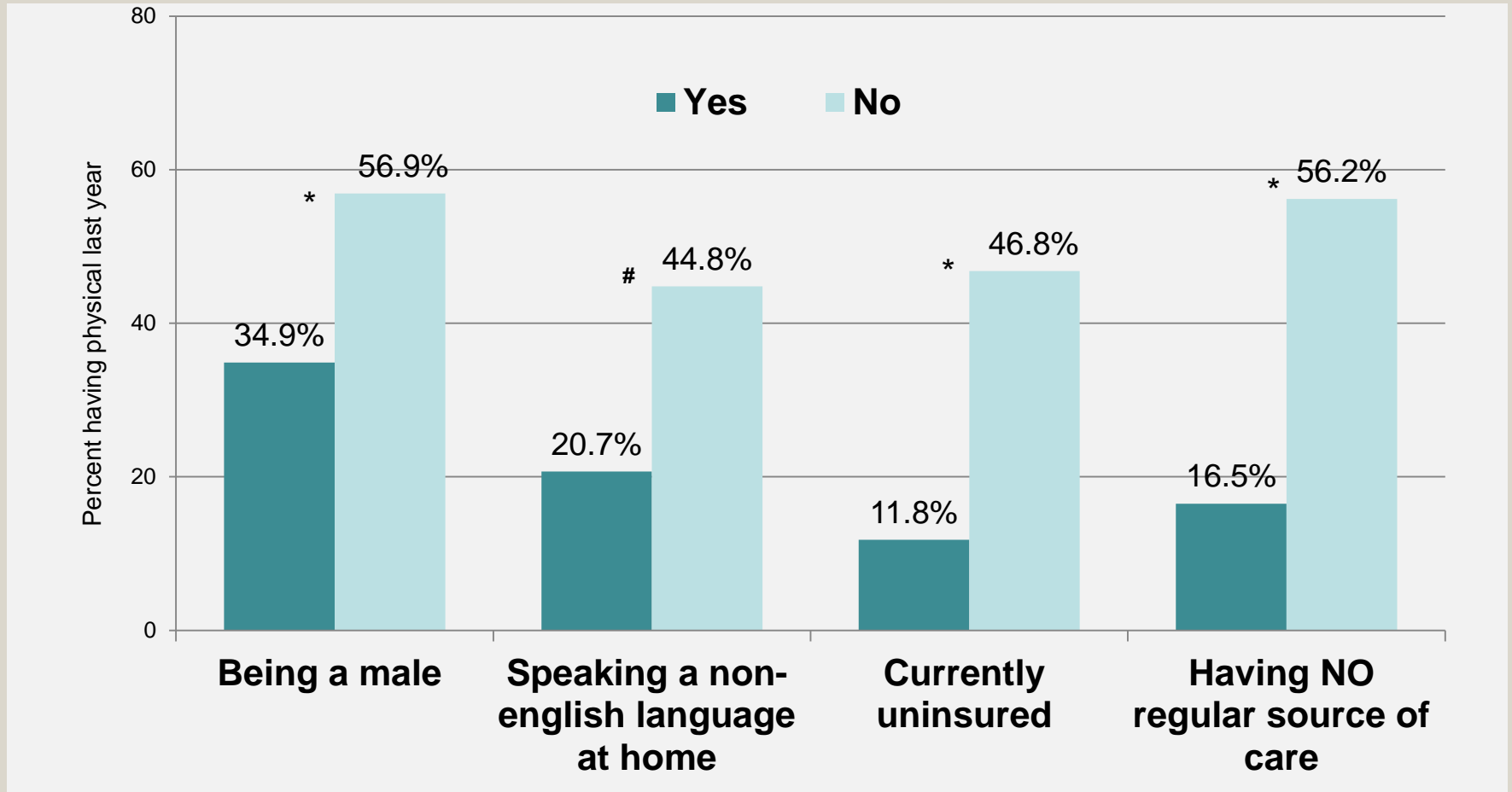
* Difference in rates between the two groups is statistically significant at $p < 0.05$.

**LGBT adults and low rates of
complete physical and mammogram,
who are affected more?**



Rate of complete physical within the past last year among LGBT adults- who are affected more?

Hennepin County 2010



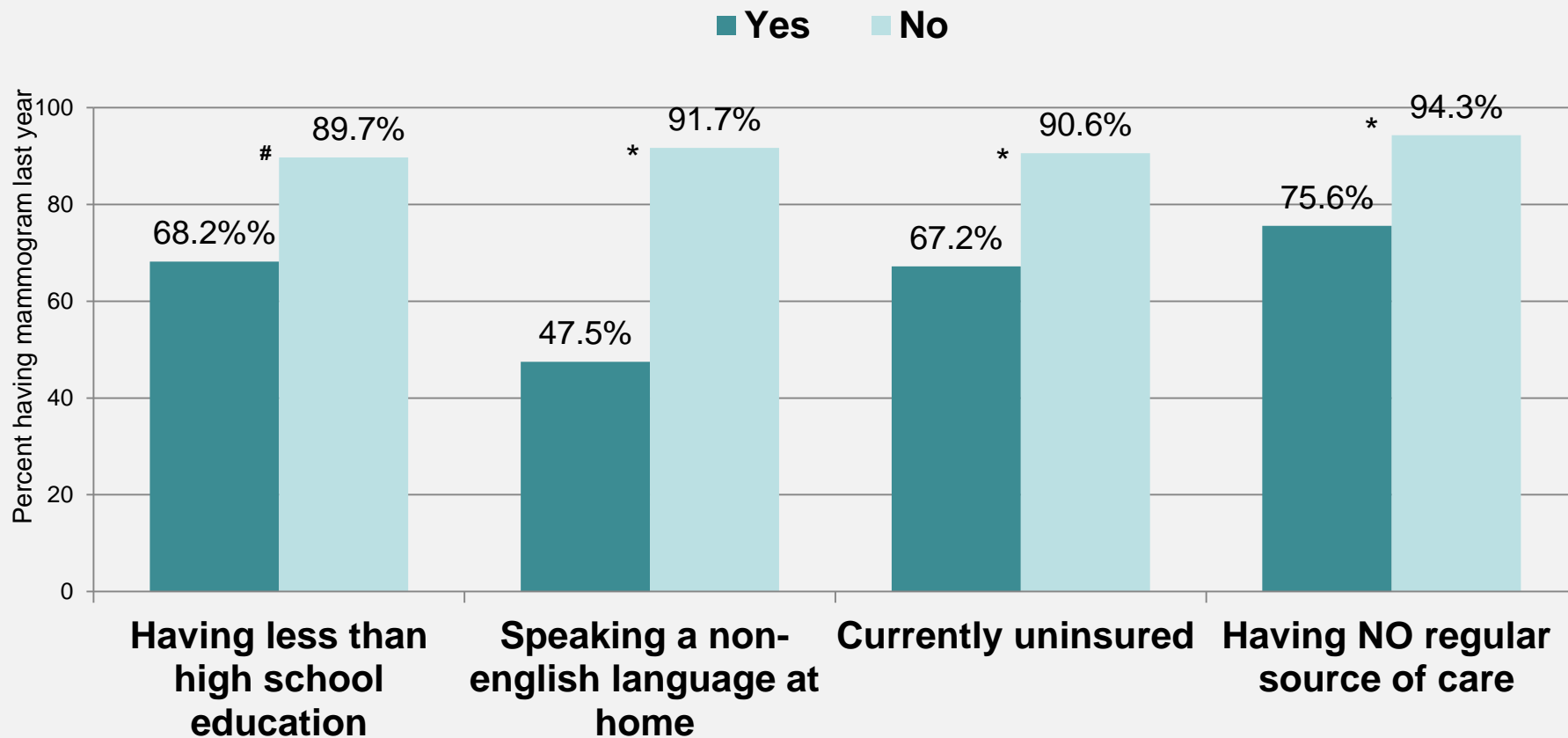
* Difference in rates between the two groups is statistically significant at $p < 0.05$.

Difference in rates between the two groups is statistically significant at $p < 0.10$.



Low rate of having mammogram with the past year among LGBT females - who are affected more?

Hennepin County 2010



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

Difference in rates between the two groups is statistically significant at $p < 0.10$.



The health and wellbeing of LGBT residents in Hennepin County

Preventive Care- Summary ⁽¹⁾

- ❑ LGBT adults have very comparable rates to non-LGBT adults in having a dental visit within the past year, cholesterol check within the past 5 years, colorectal cancer screening within the past 10 years and cervical cancer screening with the past 3 years.
- ❑ Less than half (43%) of LGBT adults had a complete physical exam within the past year, a rate significantly lower than among non-LGBT adults (55%).
- ❑ Only half of female LGBT residents aged 40 and older (50%) had a mammogram within the past year, a rate that is significantly lower than their peers who are non-LGBT (75%). This disparity in rates remained the same between 2006 and 2010.



The health and wellbeing of LGBT residents in Hennepin County

Preventive Care- Summary ⁽²⁾

- ❑ Further data analysis found that among LGBT adults, some subgroups have disproportionately lower rates of having a physical exam, such as males, and those who have potential language barrier (speaking non-English language at home) and have health access barriers (uninsured or have no regular source of care).
- ❑ Further data analysis also found that among LGBT females, mammogram rates are even lower among those who have a potential language barrier and those who have health access barriers.
- ❑ Many LGBT adults who had seen a provider for their own medical care reported that their providers discussed stress and lifestyles issues with them. The rates are either comparable or higher than their non-LGBT counterparts.



**The health and wellbeing of LGBT residents
in Hennepin County**







**Lifestyle and
Risk Behaviors**

(as compared to their peers who are not LGBT)



Lifestyle and risk behavior indicators at a glance

Hennepin County LGBT adults 2010

Indicator	Rate	Compare to adults who are not LGBT
Not having 5 servings of fruits & vegetables	62.9%	62.6% 
Currently smoking	18.8%	11.7% 
No leisure time physical activity	9.1%	11.5% 
No regular physical activity (Not meet recommended moderate physical activity 30 minutes \geq 5 days/week and vigorous physical activity 20 minutes \geq 3 days/week)	50.5%	47.4% 
Heavy drinking (\geq 2 drinks/day for males and \geq 1 drink/day for females)	18.3%	11.7% 
Binge drinking (Having \geq 5 drinks for males & \geq 4 drinks for females in one occasion, at least once during the past 30 days)	39.9%	28.7% 

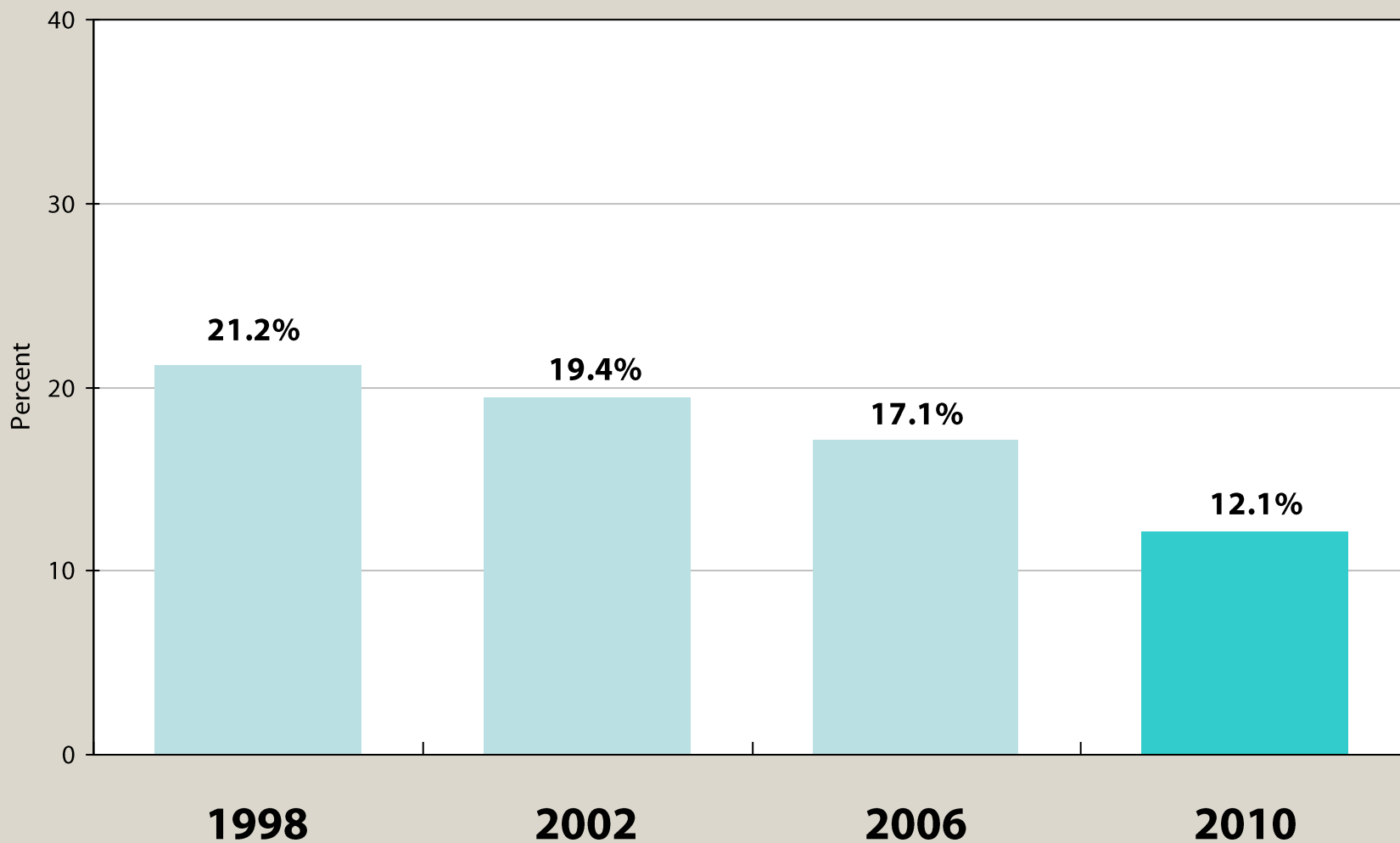


LGBT adults and smoking - who are affected more?



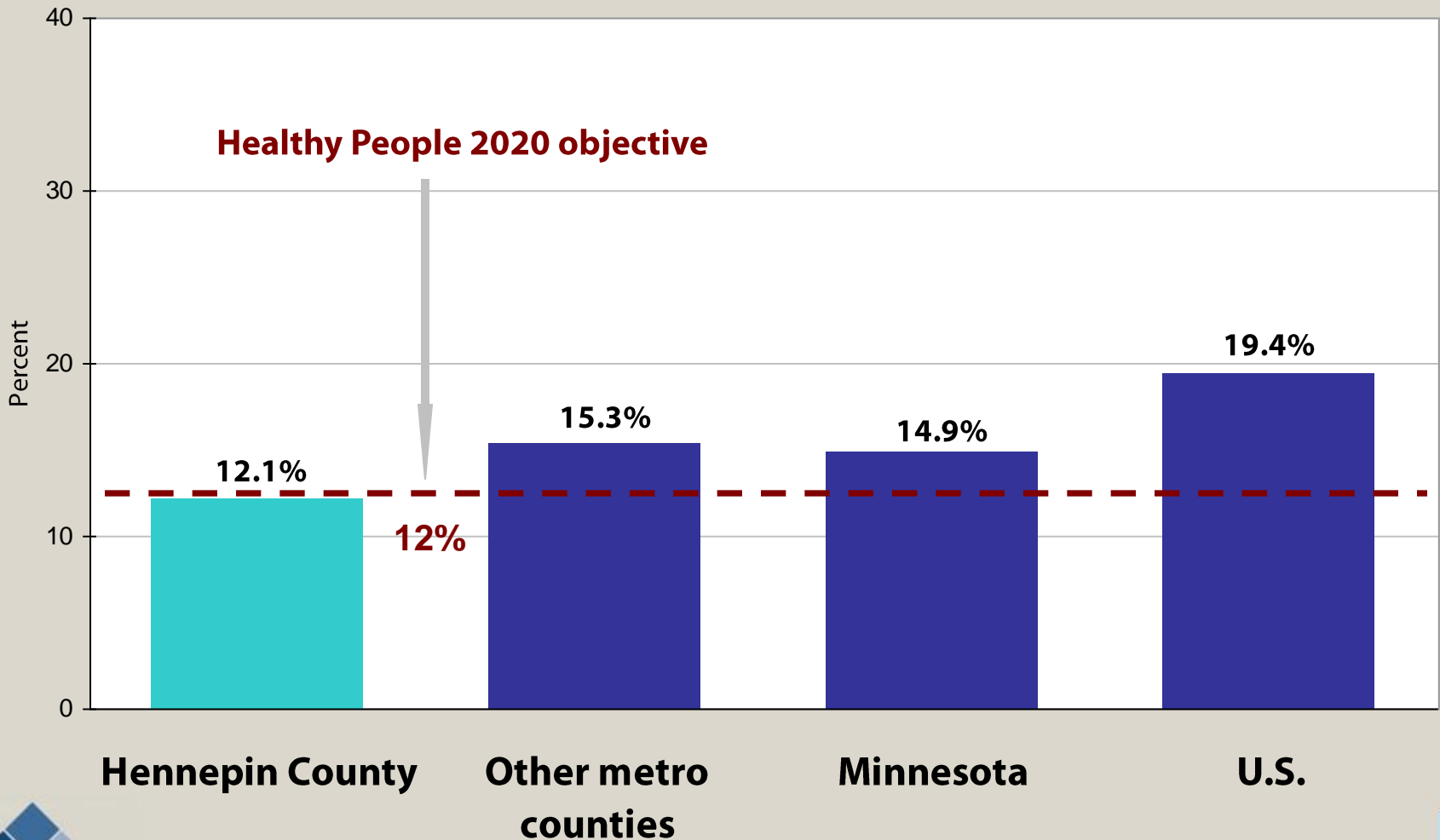
Currently smoking trend 1998-2010

Hennepin County All Adults



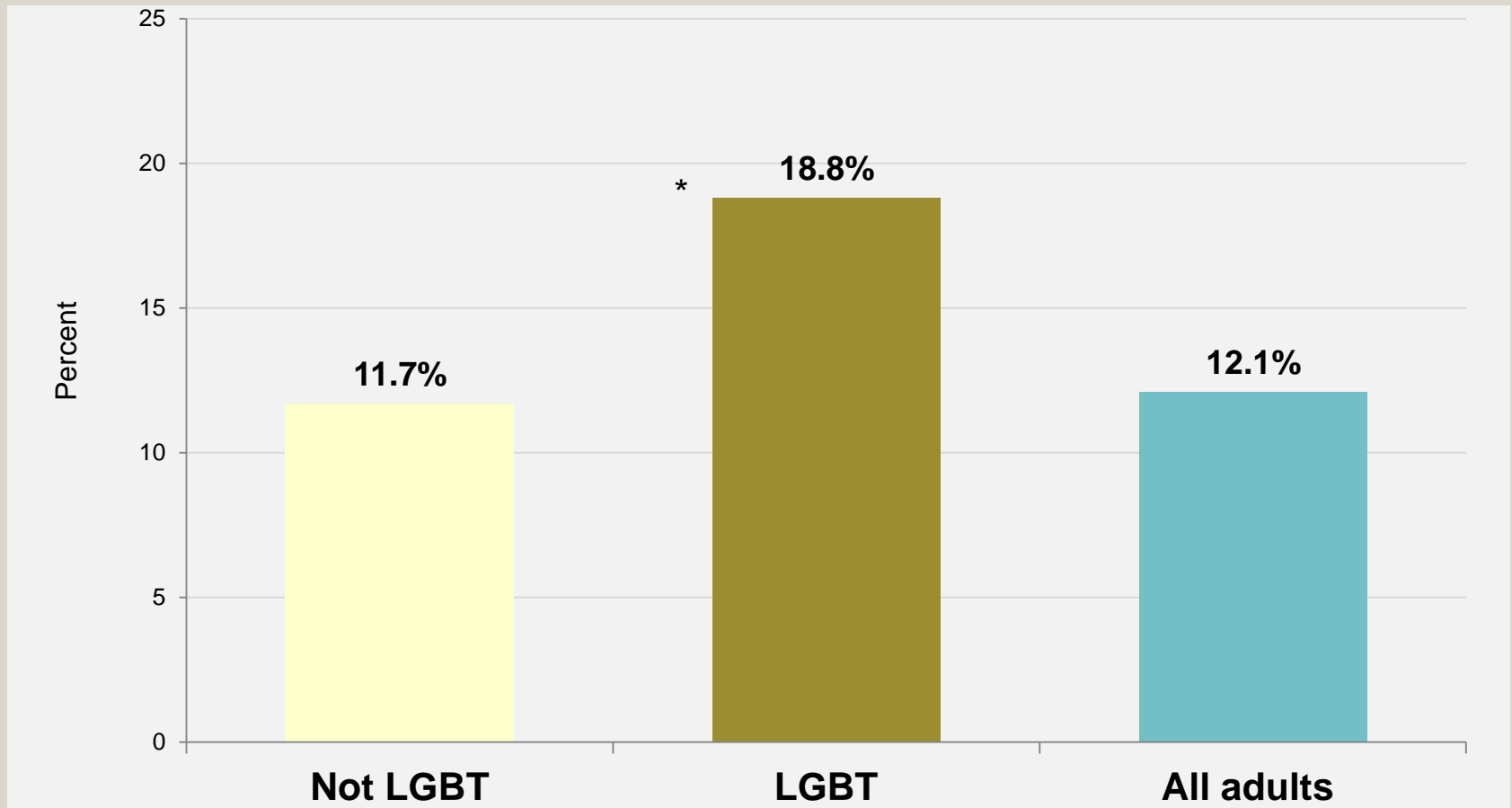
Currently smoking among adults of all ages in 2010

How does Hennepin County compare?



Percent currently smoking by LGBT identity

Hennepin County adults 2010

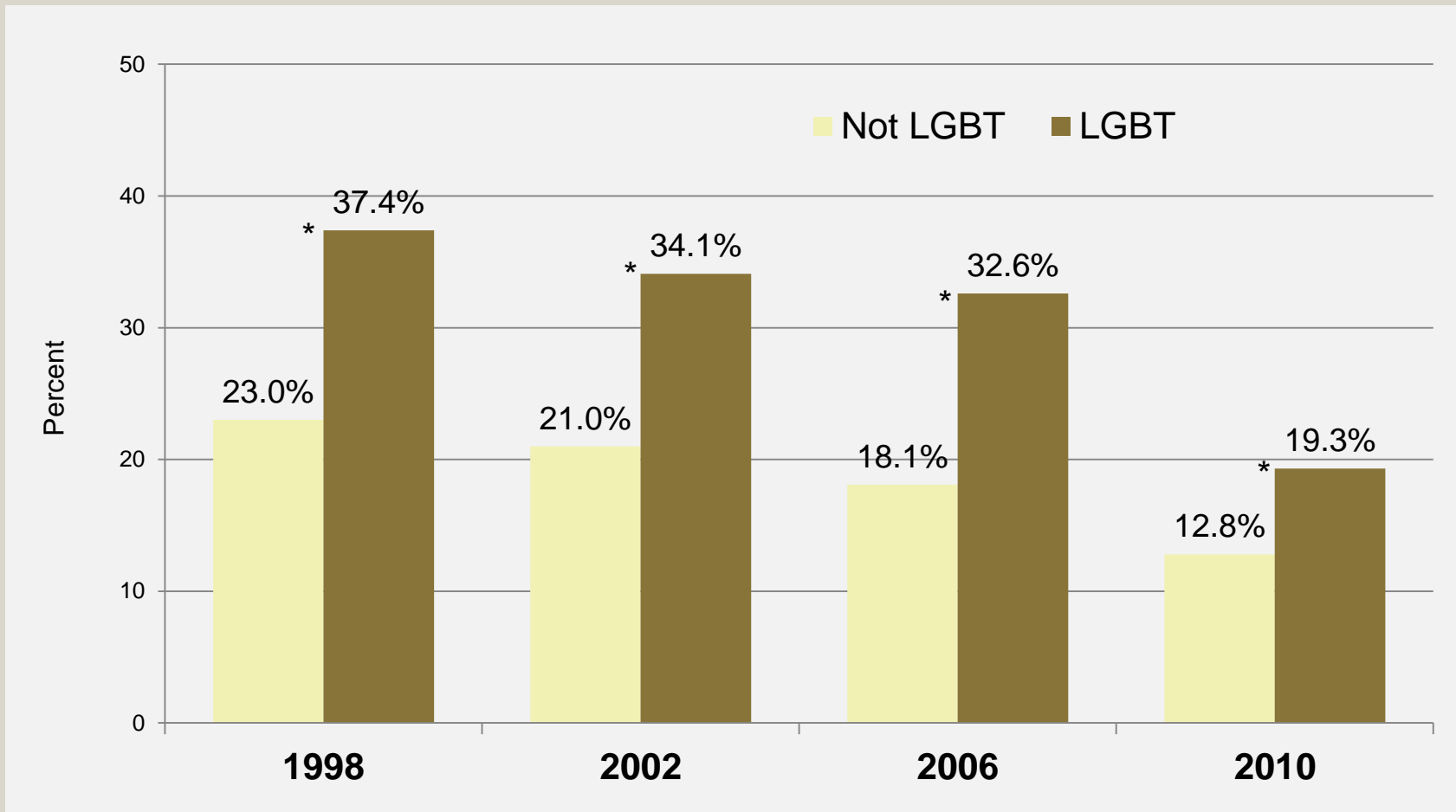


* Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.05$.



Percent currently smoking by LGBT identity

Hennepin County adults age 18-64, 1998-2010



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

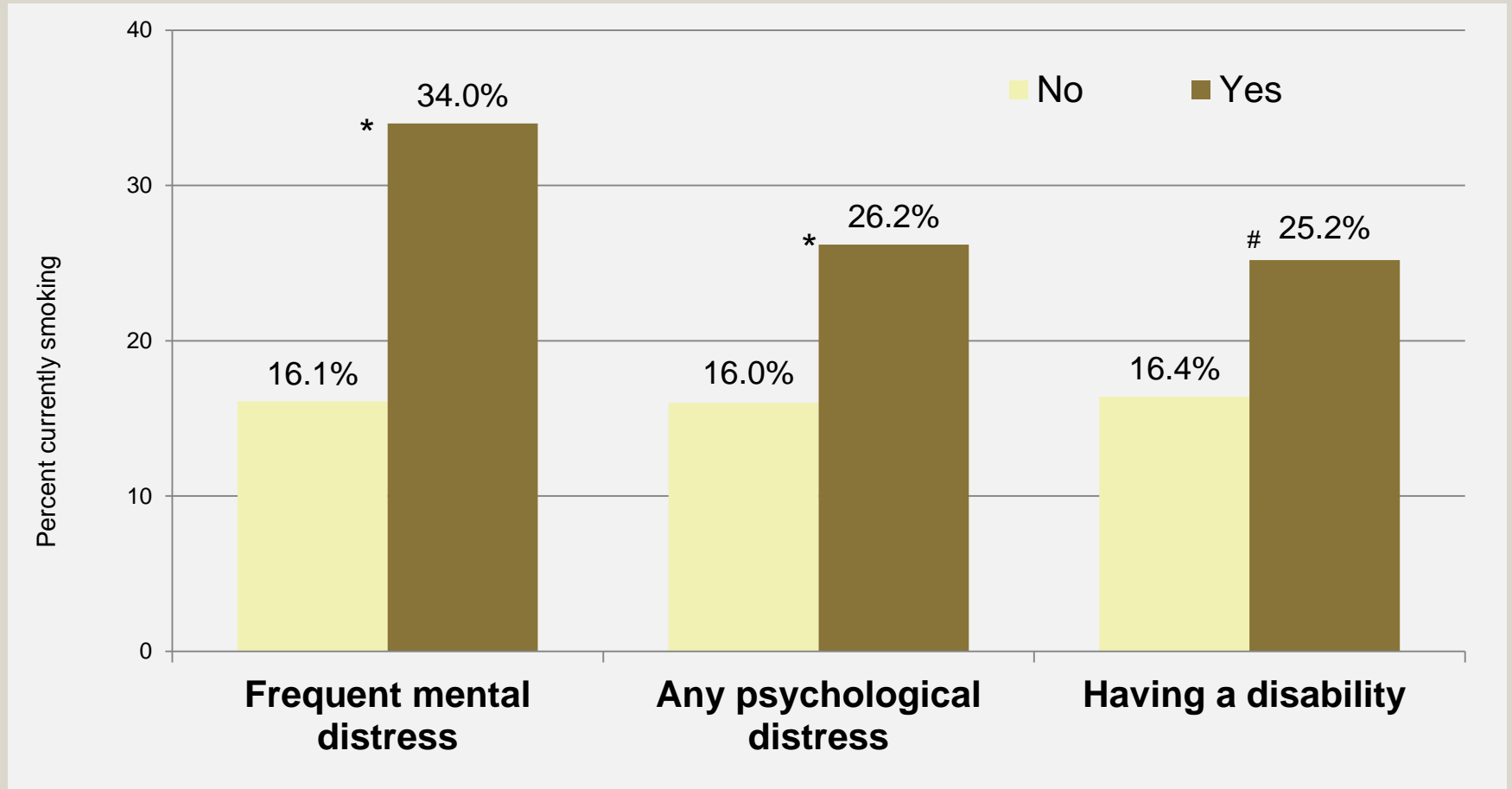
Sources: SHAPE 1998, SHAPE 2002, SHAPE 2006 & SHAPE 2010.

Note: In 1998 and 2002, the LGBT survey question was not asked for adults aged 65 and older.



Currently smoking among LGBT adults- who are affected more?

Hennepin County 2010



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

Difference in rates between the two groups is statistically significant at $p < 0.010$

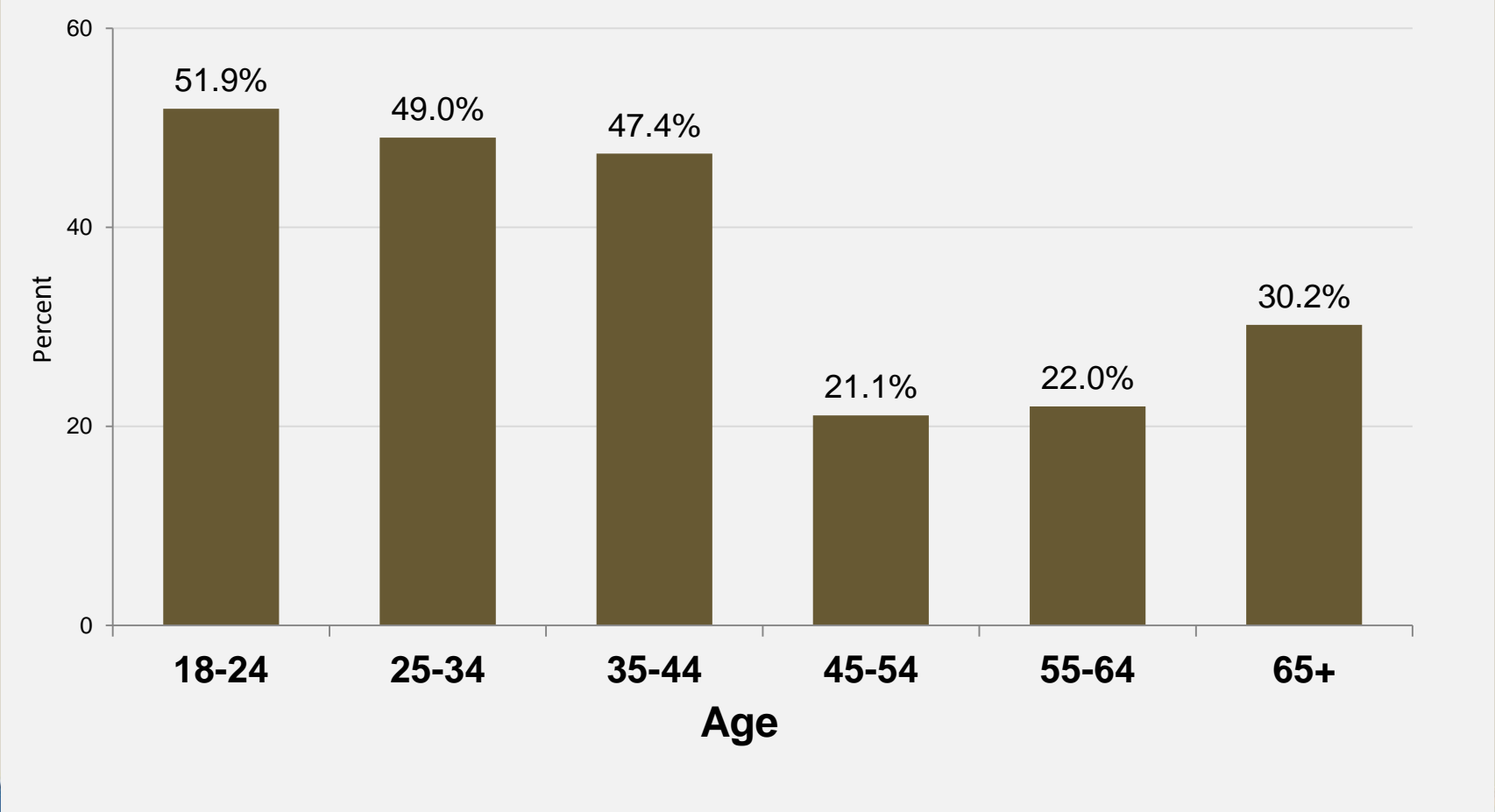


LGBT adults and alcohol use - who are affected more?



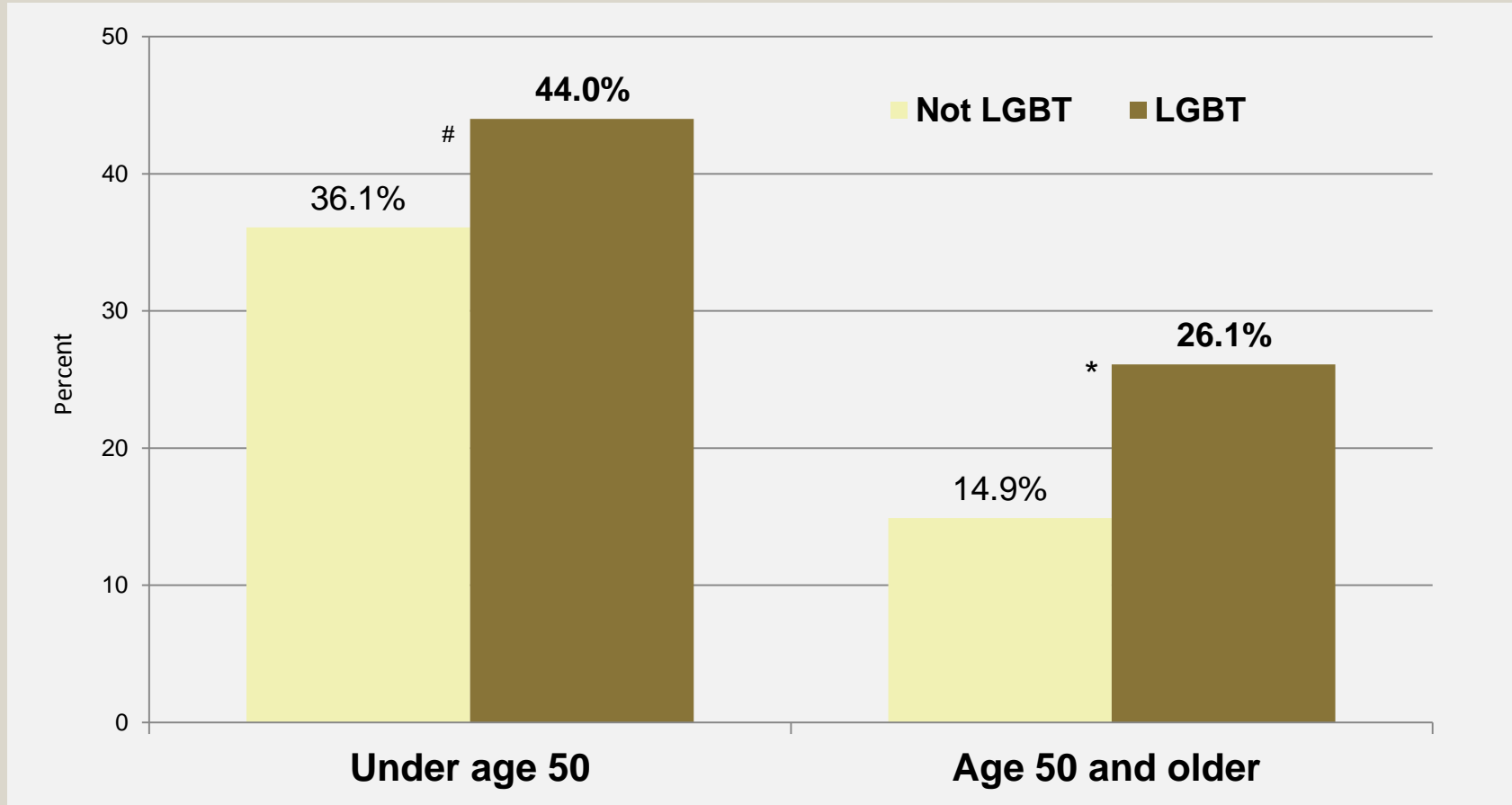
Binge drinking among LGBT adults by age

Hennepin County 2010



Binge drinking by LGBT identity and age

Hennepin County adults 2010



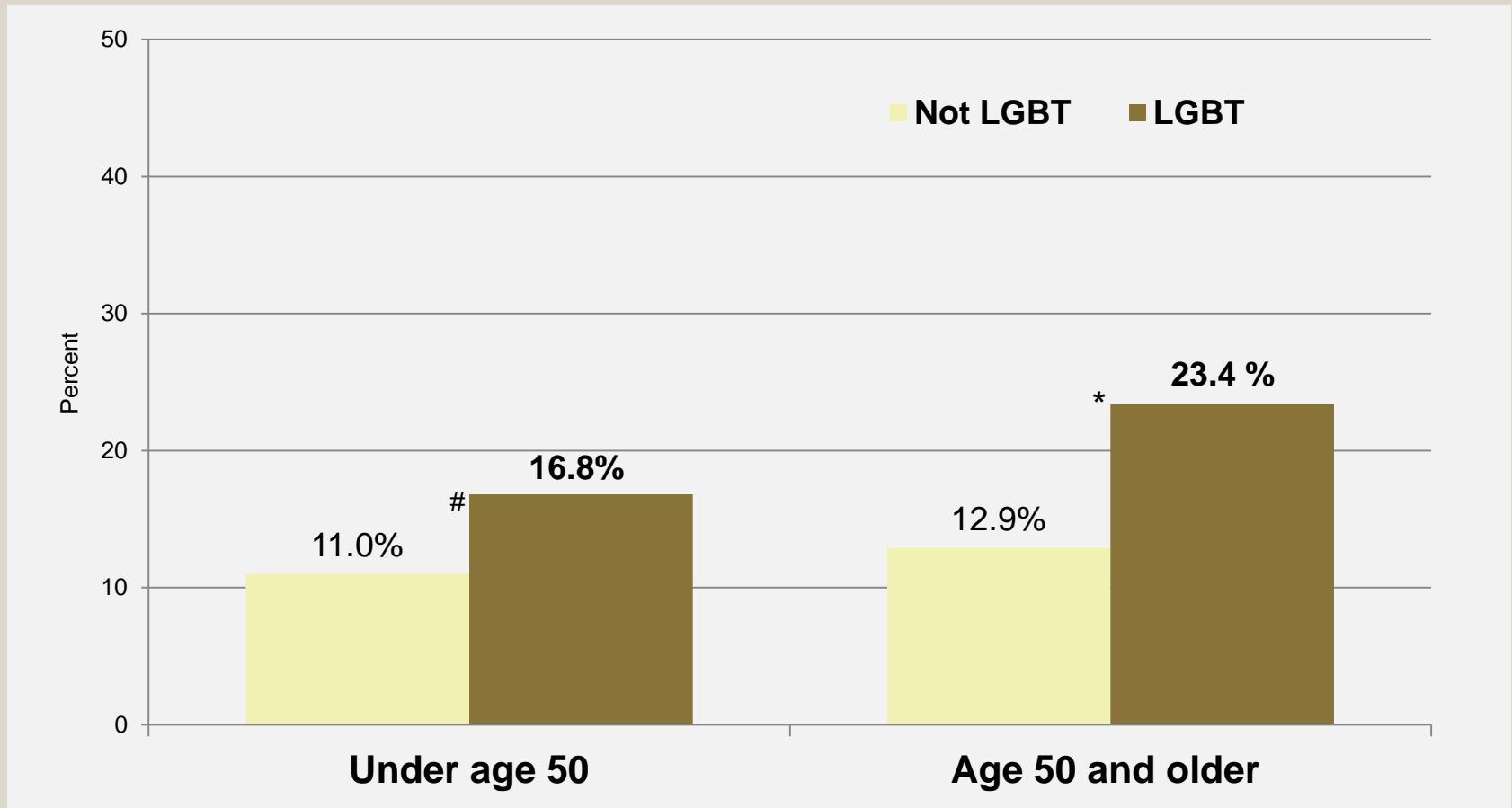
* Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.05$.

Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.010$



Heavy drinking by LGBT identity and age

Hennepin County adults 2010



* Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.05$.

Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.010$



The health and wellbeing of LGBT residents in Hennepin County

Lifestyle and Risk Behaviors- Summary ⁽¹⁾

- ❑ Only 37% LGBT adults had 5 servings of fruits and vegetables a day. However, this low rate is comparable to the rate for all county adults.
- ❑ Half of LGBT adults engage in regular physical activity, and another half do not. Moreover, one in 10 LGBT adults have not engaged in any leisure time physical activity during the past 30 days.
- ❑ As it has been shown in all county adults, the smoking rates among LGBT adults have been decreasing during the past 12 years. However, LGBT residents still smoke cigarettes at a rate that is 60% higher than the rate for all county adults (19% vs. 12%).



The health and wellbeing of LGBT residents in Hennepin County

Lifestyle and Risk Behaviors- Summary (2)

- ❑ Smoking rates among LGBT residents who experience frequent mental distress, psychological distress or having a disability are disproportionately higher as compared to their counterparts who don't.
- ❑ Binge drinking and heavy alcohol use are significantly higher among LGBT adults than among non-LGBT adults. The rates of binge drinking among young LGBT adults is disturbingly high. Heavy drinking among older LGBT adults (age 50 and older) tends to be higher than their younger counterparts.







**The health and wellbeing of LGBT residents
in Hennepin County**

**Community and
Neighborhood Factors**
(as compared to their peers who are not LGBT)



Community & neighborhood indicators at a glance, Hennepin County LGBT adults 2010

Indicator Community and social support and connectedness	Rate	Compare to adults who are not LGBT
(agree or strongly agree with the statement) This is a good community to raise children	82.1%	88.1% 
Involved in school, community and neighborhood activity often (at least weekly)	17.6%	28.9% 
Connect with friends or neighbors often (get together or talk with, in person, on the phone or online, at least weekly)	89.9%	84.4% 
Go to a church, temple, mosque, or other places for worship or other activities <i>often</i> (at least weekly)	12.8%	33.8% 



better









worse



Same

Community & neighborhood indicators at a glance, Hennepin County LGBT adults 2010

Indicator <i>Strongly agree or agree with the statement about where you live and your neighborhood (neighborhood cohesion)</i>	Rate	Compare to adults who are not LGBT
People in this neighborhood know each other	63.7%	70.3% 
People in this neighborhood are willing to help each other	77.1%	80.3% 
People in this neighborhood can be trusted	77.7%	83.4% 
People in this neighborhood are afraid to go out at night due to violence	30.0%	19.3% 
Gangs are a serious issue in this neighborhood	20.6%	11.0% 
Children are safe in this neighborhood	83.6%	89.3 



better








worse



Same

Community & neighborhood indicators at a glance

Hennepin County LGBT adults 2010

Indicator Economic distress & residential stability	Rate	Compare to adults who are not LGBT
Experienced food insecurity (Worried that food would run out before had money to buy more <i>sometimes</i> or <i>often</i> during the past 12 months)	19.4%	13.3% 
Experienced housing insecurity (Missed a rent or mortgage payment during the past 12 months because did not have enough money)	11.4%	8.4% 
Received public assistance (either self or someone in the same household received MFIP, WIC food support or food stamps services during the past 12 months)	8.2%	8.2% 
Difficult in paying for prescription medication each month	15.7%	11.6% 
Residential instability (Moved \geq 2 times during the past 2 years)	15.5%	9.3% 

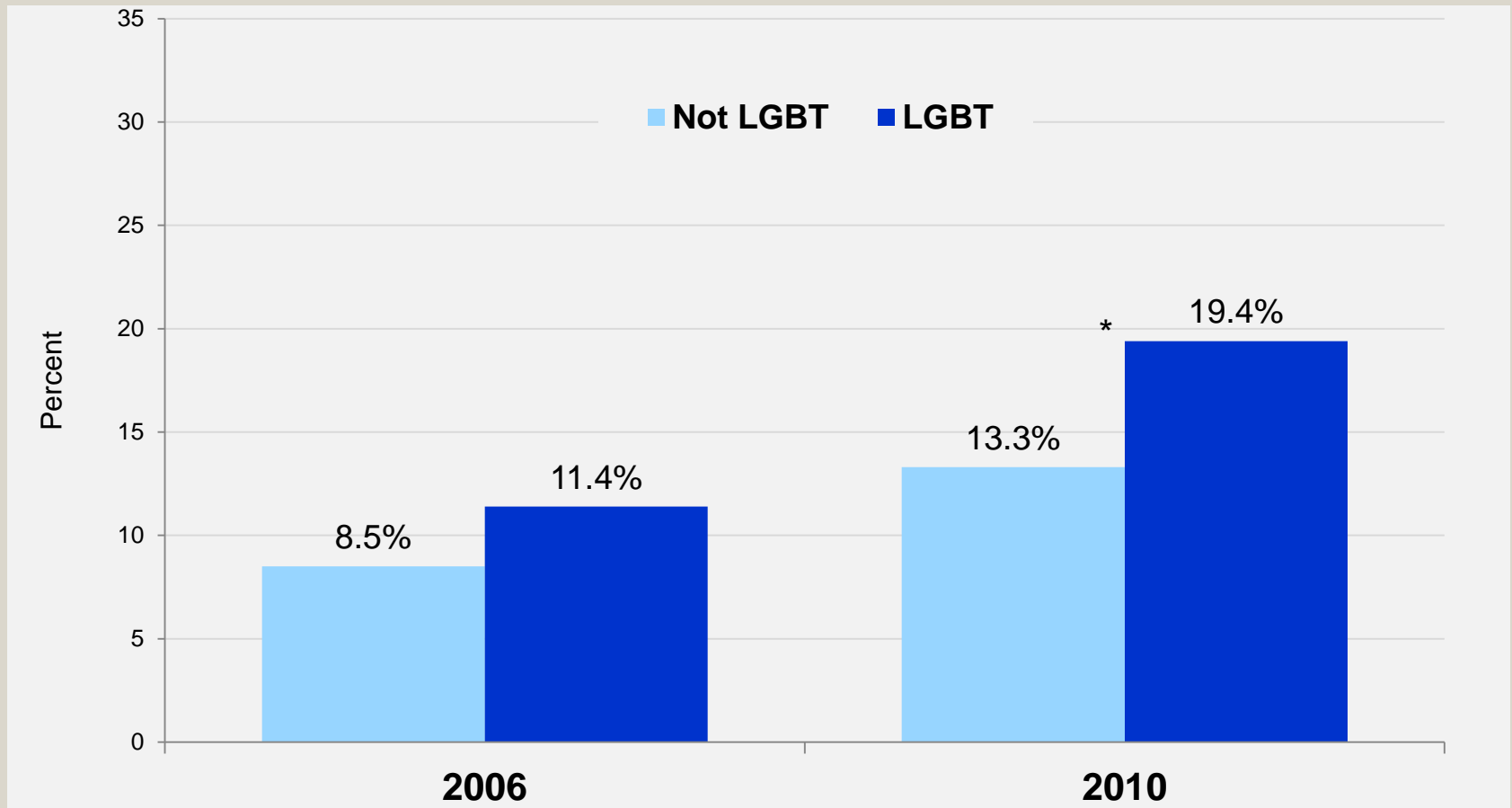


LGBT adults and food
insecurity-
who are affected more?



Percent experienced food insecurity by LGBT identity

Hennepin County adults of all ages 2006 & 2010

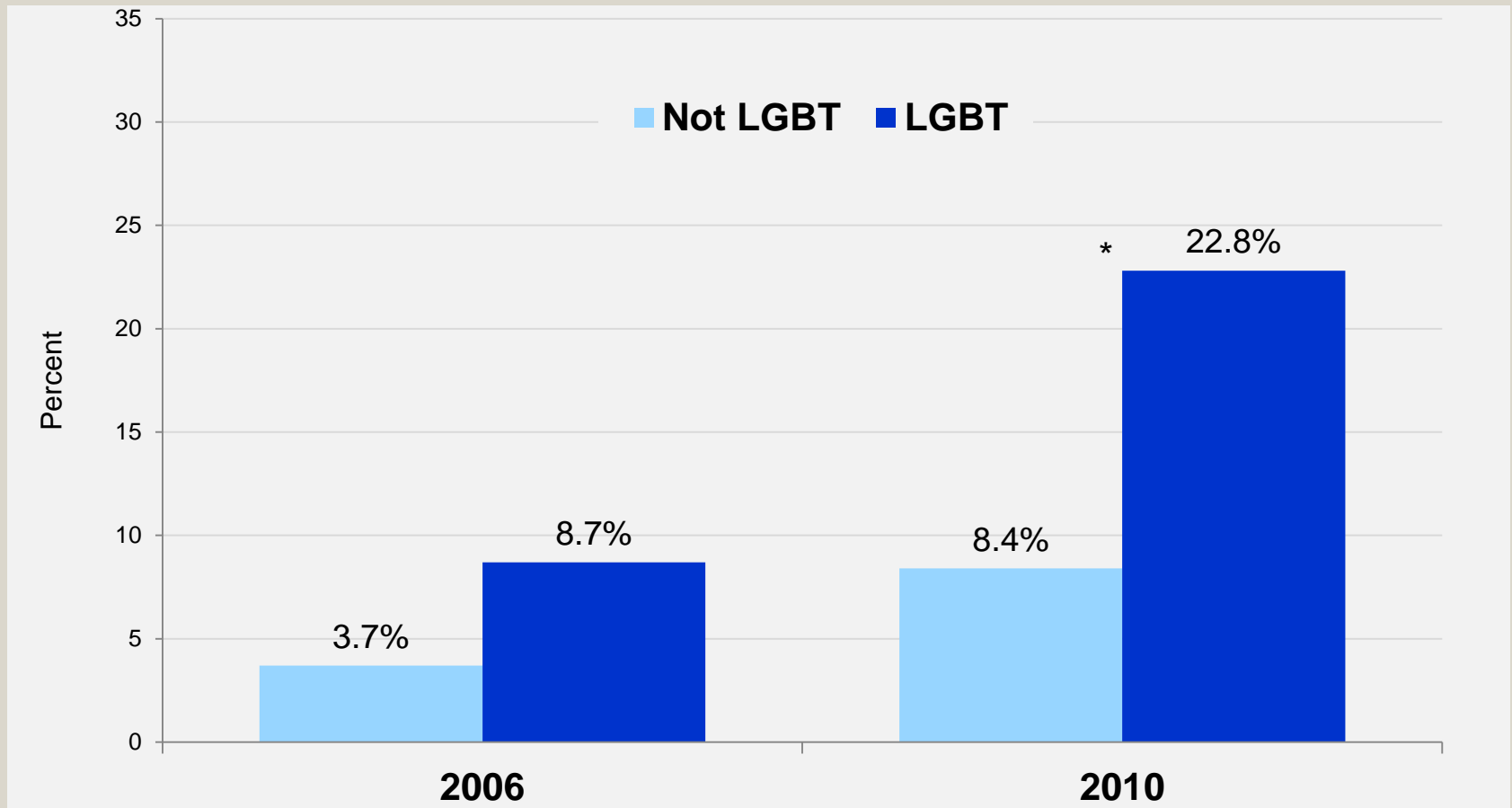


* Difference in rates between the LGBT and Not LGBT groups is statistically significant at $p < 0.05$.



Percent experienced food insecurity by LGBT identity

Hennepin County adults aged 50 and older, 2006 & 2010



* Difference in rates between the LGBT and not LGBT groups is statistically significant at $p < 0.05$.

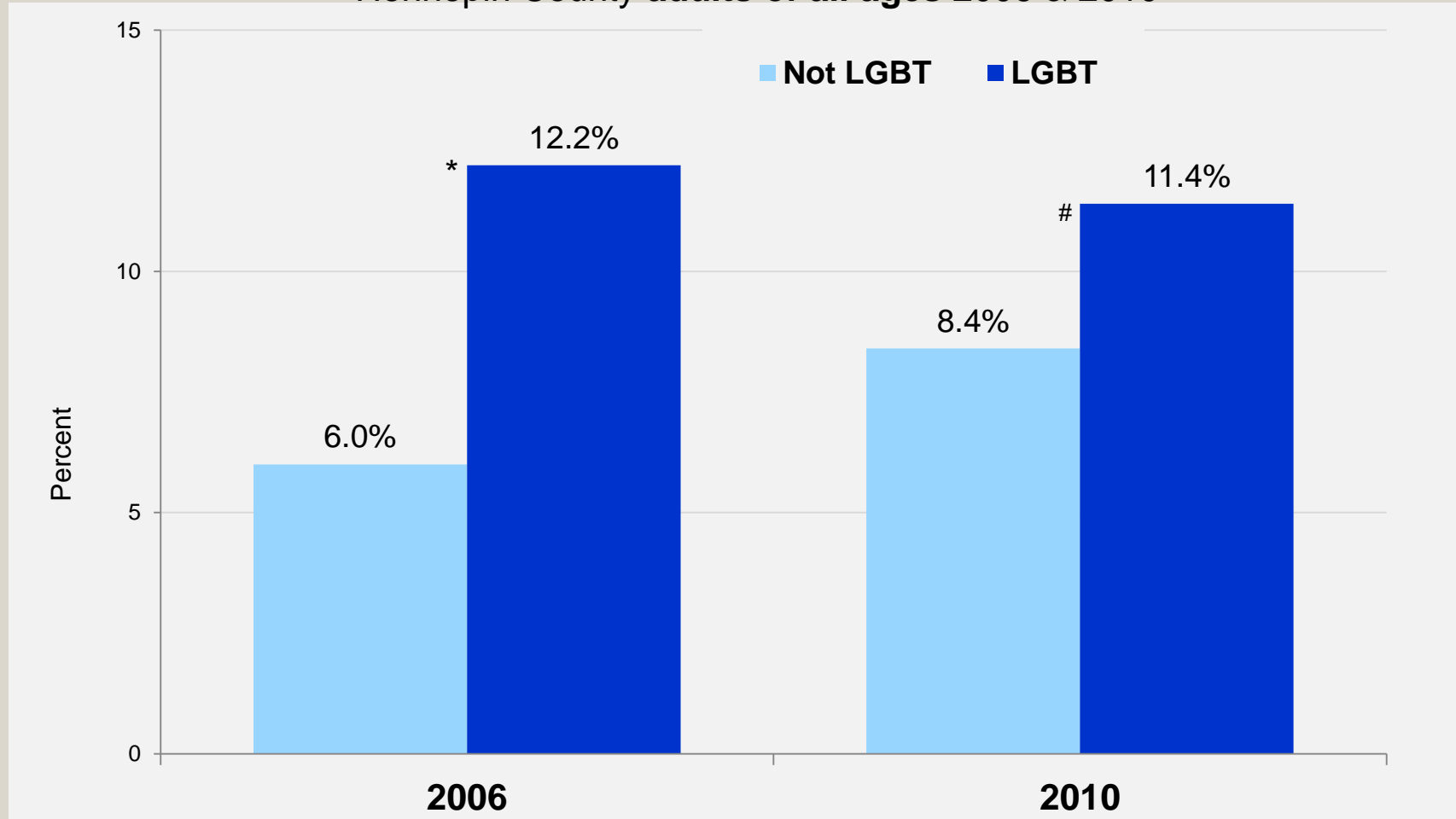


LGBT adults and housing insecurity- who are affected more?



Percent experienced housing insecurity by LGBT identity

Hennepin County adults of all ages 2006 & 2010



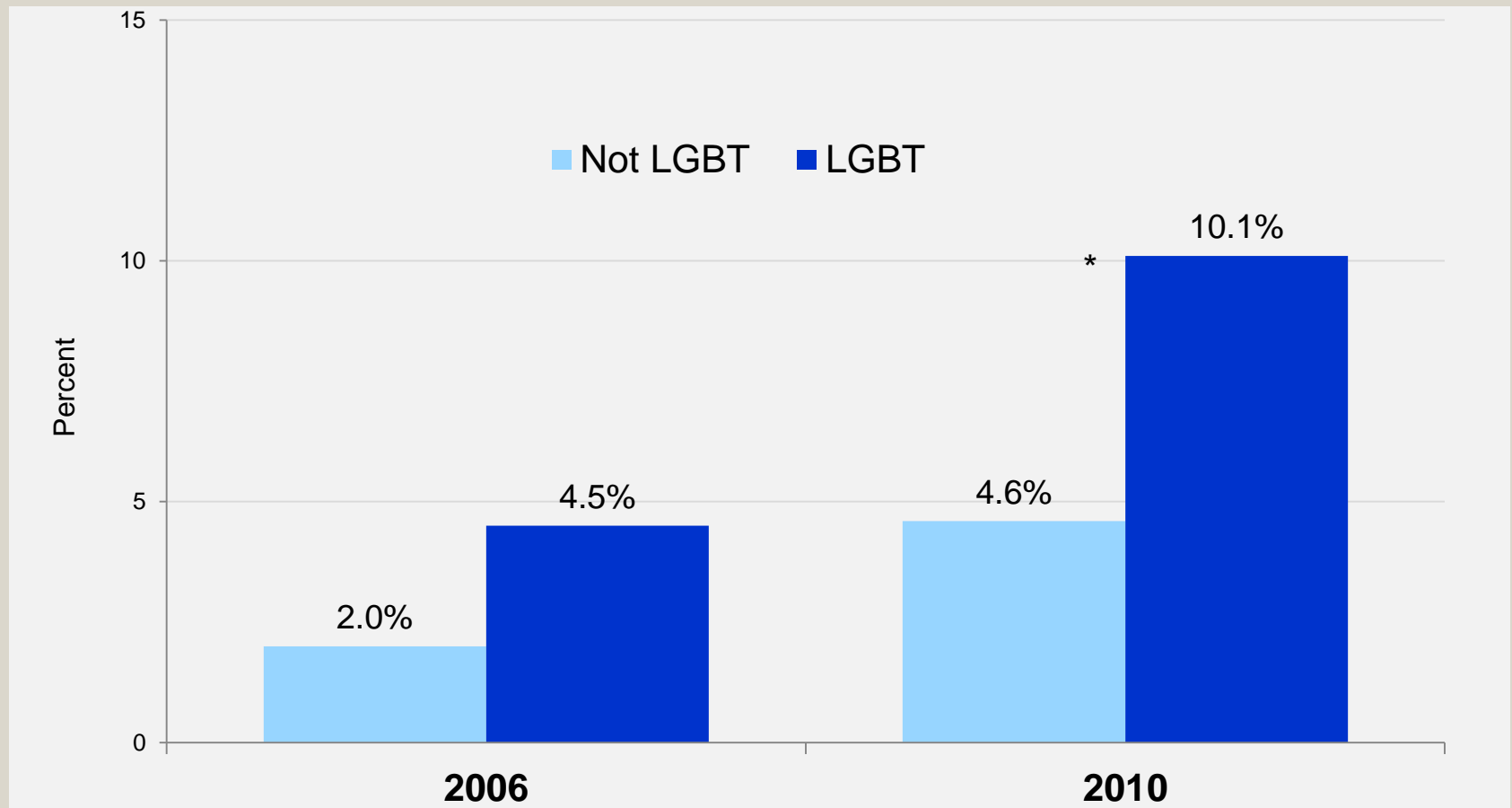
* Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.05$.

Difference in rates between LGBT and Not LGBT is statistically significant at $p < 0.010$



Percent experienced housing insecurity by LGBT identity

Hennepin County adults aged 50 and older 2006 & 2010



* Difference in rates between the LGBT and not LGBT groups is statistically significant at $p < 0.05$.



The health and wellbeing of LGBT residents in Hennepin County

Community and Neighborhood Factors

Summary ⁽¹⁾

- ❑ Compared to their peers who are not LGBT, LGBT residents are less likely to get involved in school, community or neighborhood activities; and are less likely to go to faith-based places for worship or activities.
- ❑ Perception of neighborhood cohesion is lower among LGBT residents: they are more likely to rate the neighborhood they live in as unsafe; and less likely to agree that the people in their neighborhood know each other and can be trusted.



The health and wellbeing of LGBT residents in Hennepin County

Community and Neighborhood Factors

Summary ⁽²⁾

- ❑ LGBT residents reported a disproportionately high rate of economic distress, such as food insecurity, housing insecurity and difficulty in paying for prescription medication. They also report a disproportionately higher rate of residential instability (frequent moving).
- ❑ Further data analysis on housing and food insecurity found that there was an increase in food insecurity rates between 2006 and 2010 for both LGBT residents and non-LGBT residents. However, the size of the increase is much greater among LGBT residents, especially for older LGBT residents. Similar results are found in housing insecurity for older LGBT residents.



**The health and wellbeing of LGBT residents
in Hennepin County**

**Discrimination Experiences
and
How It Relates to Health**

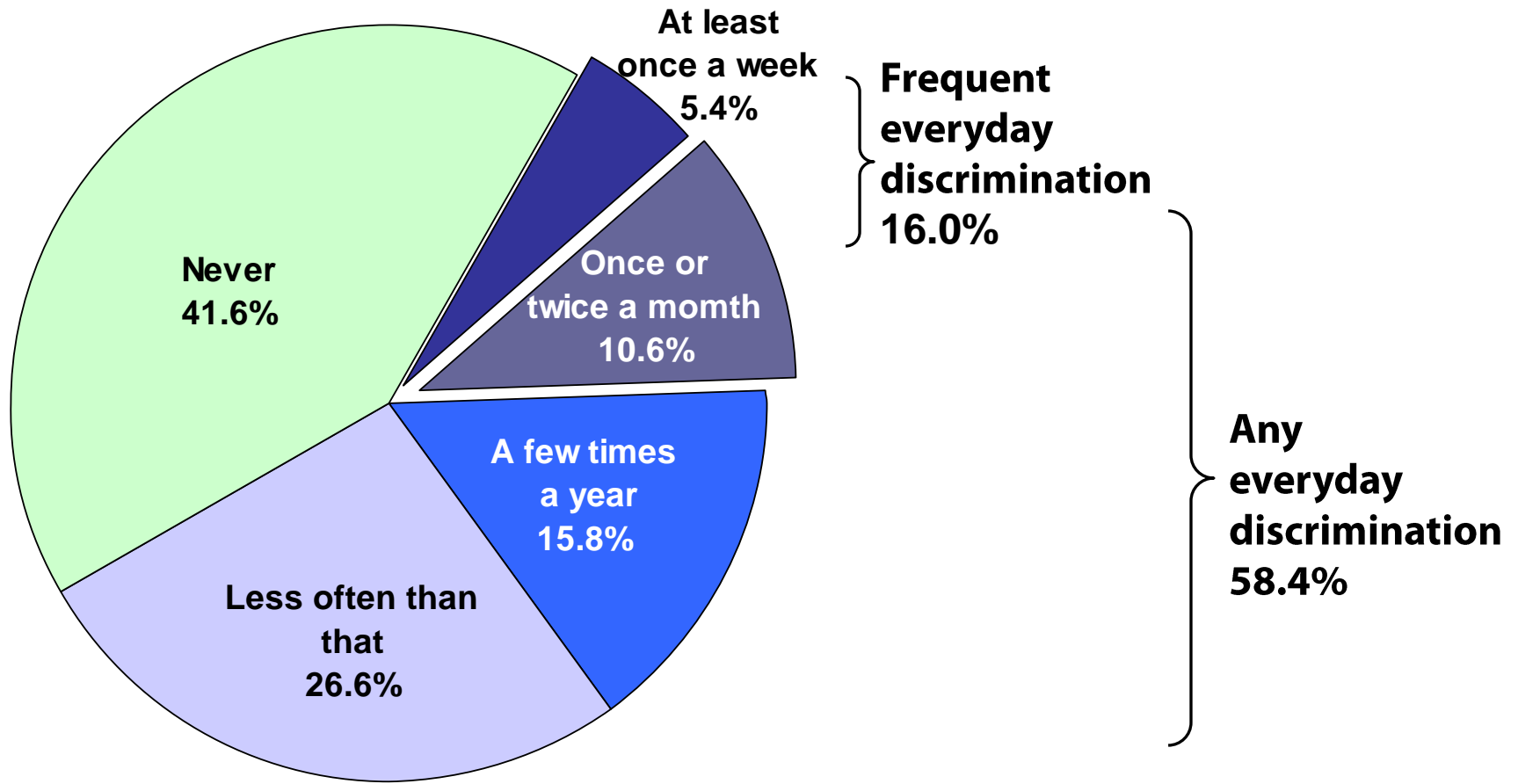


**Discrimination
experiences:
Everyday discrimination
and
Major discrimination**



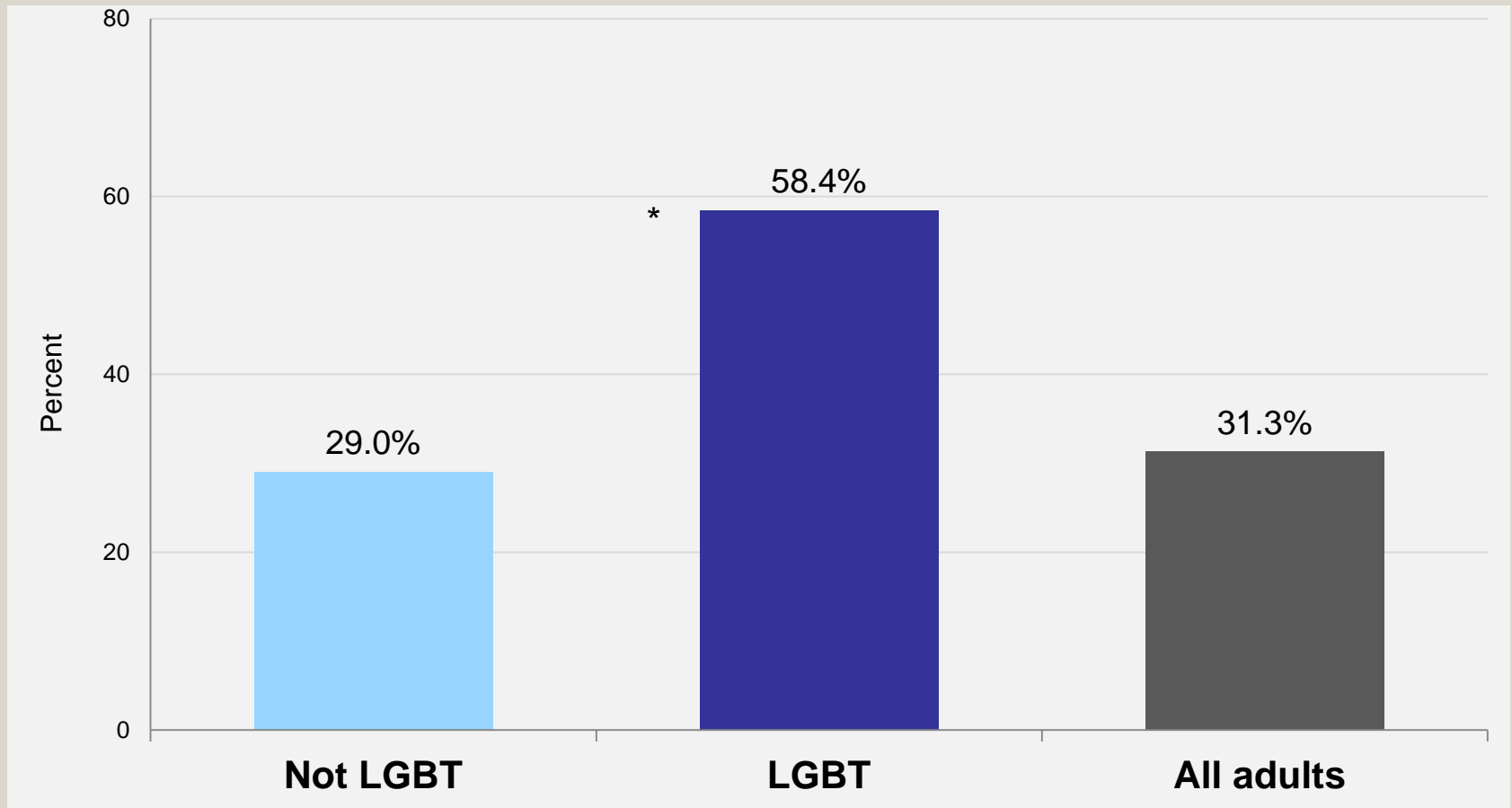
Percent Hennepin County LGBT adults reporting everyday discrimination

Q. How often are you in situations where you feel unaccepted because of your race, ethnicity or culture?



Everyday discrimination

Percent reporting ***any*** everyday discrimination by LGBT identity
Hennepin County **all adults**, 2010



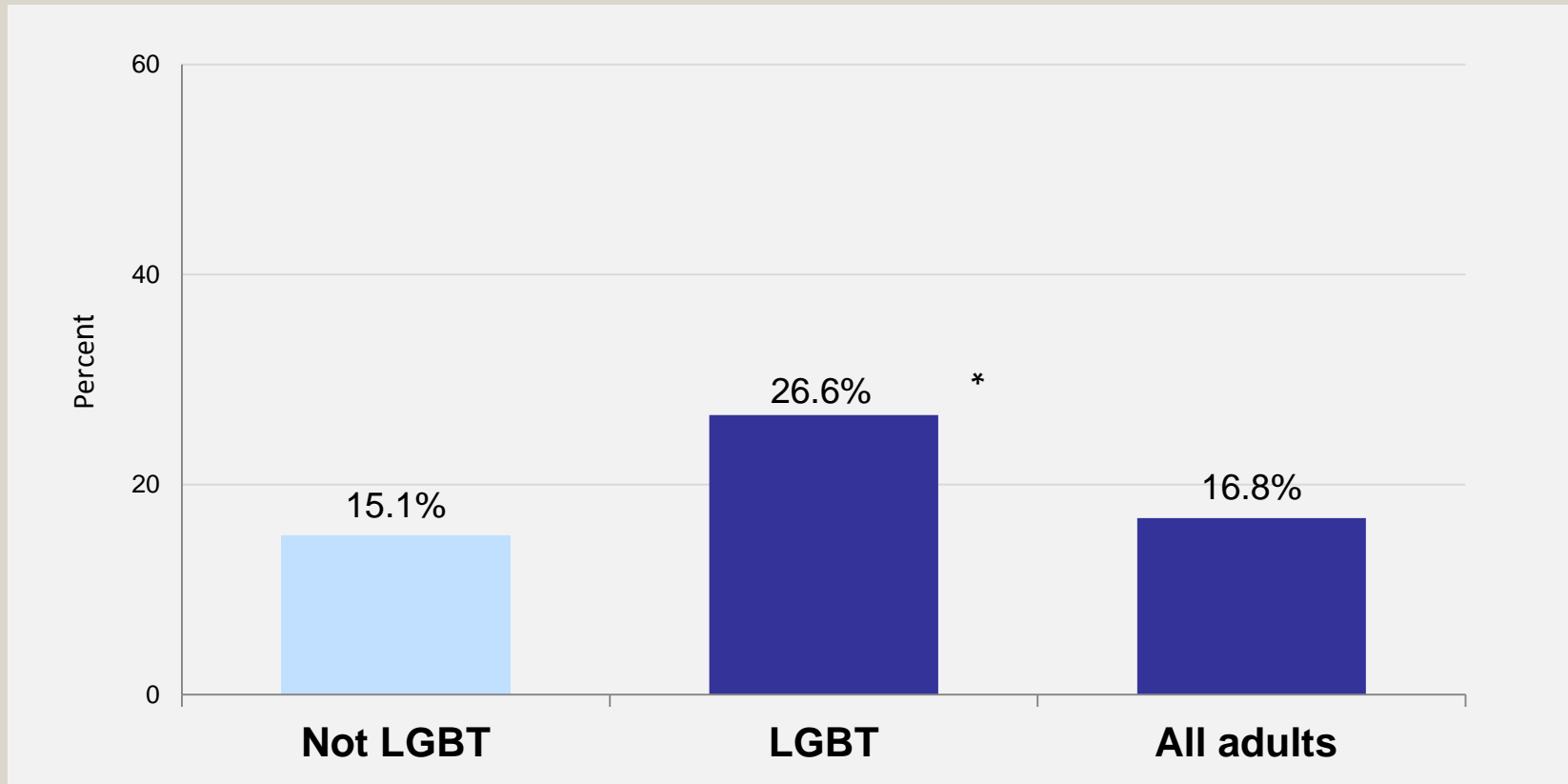
* Difference in rates between the LGBT and Not LGBT groups is statistically significant at $p < 0.05$.



Major discrimination

Percent who felt discriminated against during the past 12 months in any of the 9 settings¹ by LGBT identity

Hennepin County adults 2006



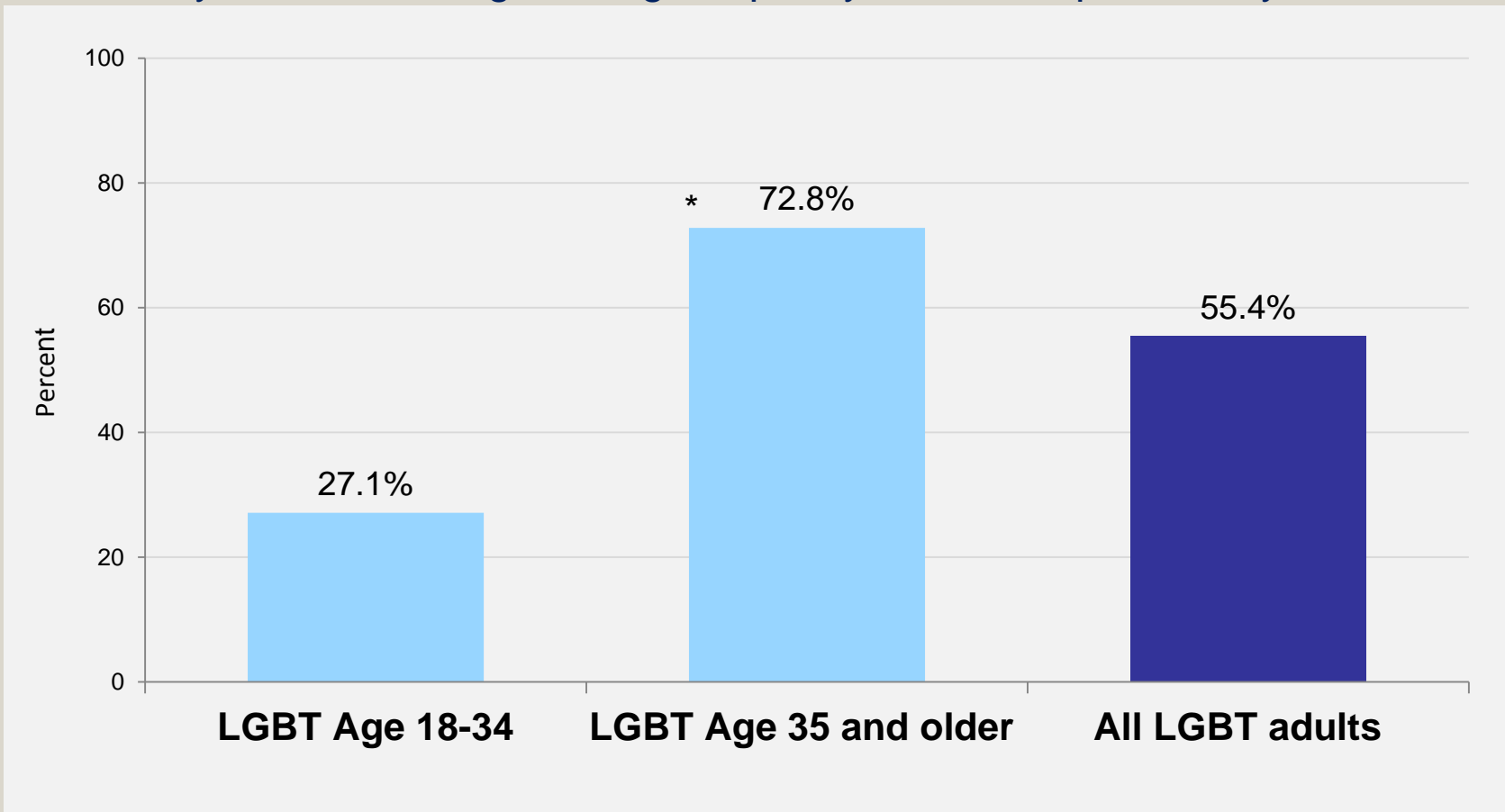
* Difference in rates between the LGBT and Not LGBT groups is statistically significant at $p < 0.05$.

1. The 9 settings include having applied for a job; worked at a job; received medical care; looked for a different house or apartment; applied for a credit card, bank loan or a mortgage; shopped at a store or eaten at a restaurant; applied for social services or public assistance; dealt with police; and appeared in court.



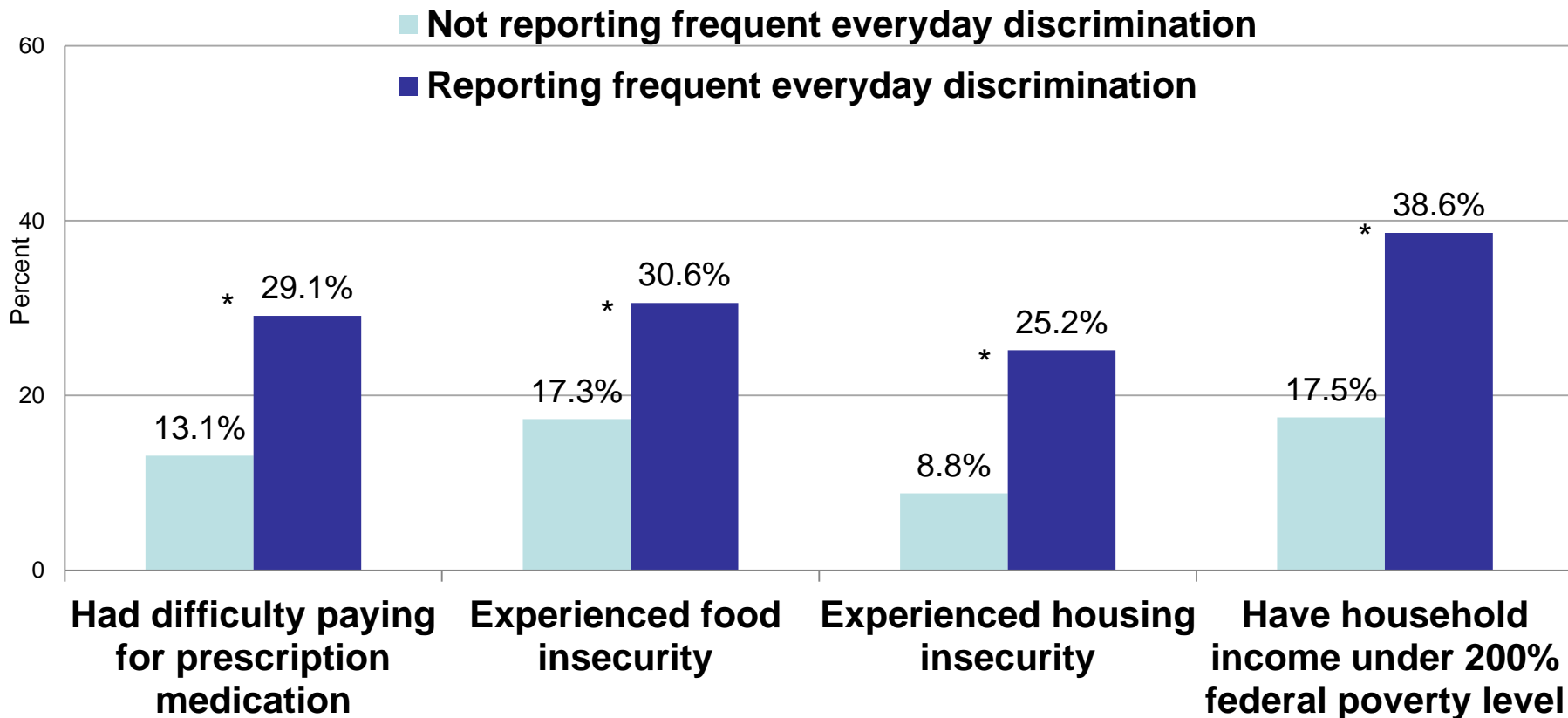
Major discrimination due to sexual orientation

Percent discriminated against due to sexual orientation
Among LGBT adults who were discriminated against
in any of the 9 settings during the past year, Hennepin County 2006



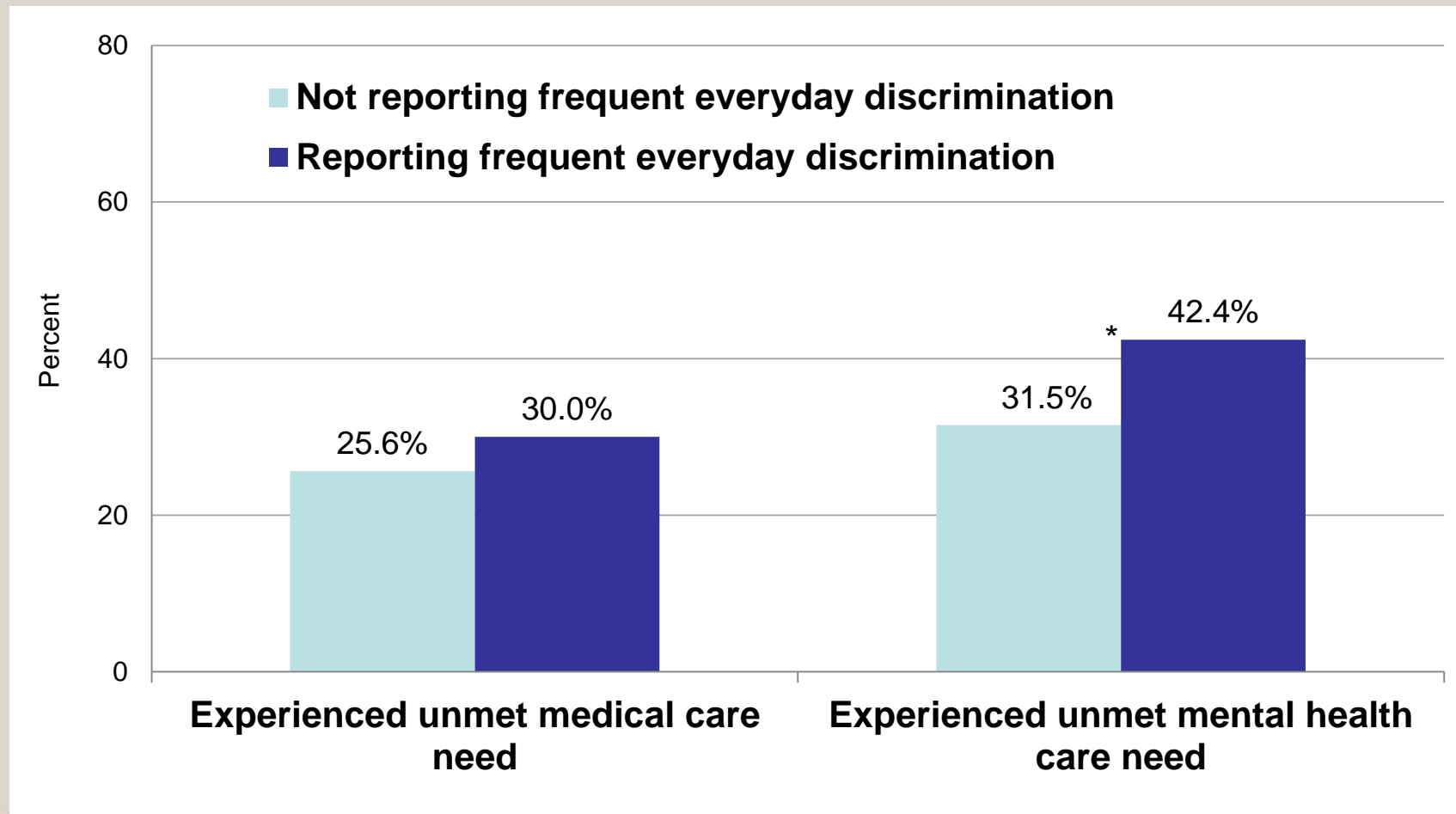
* Difference in rates between the two age groups is statistically significant at $p < 0.05$.

Economic distress by frequent everyday discrimination status Hennepin County **LGBT** adults 2010



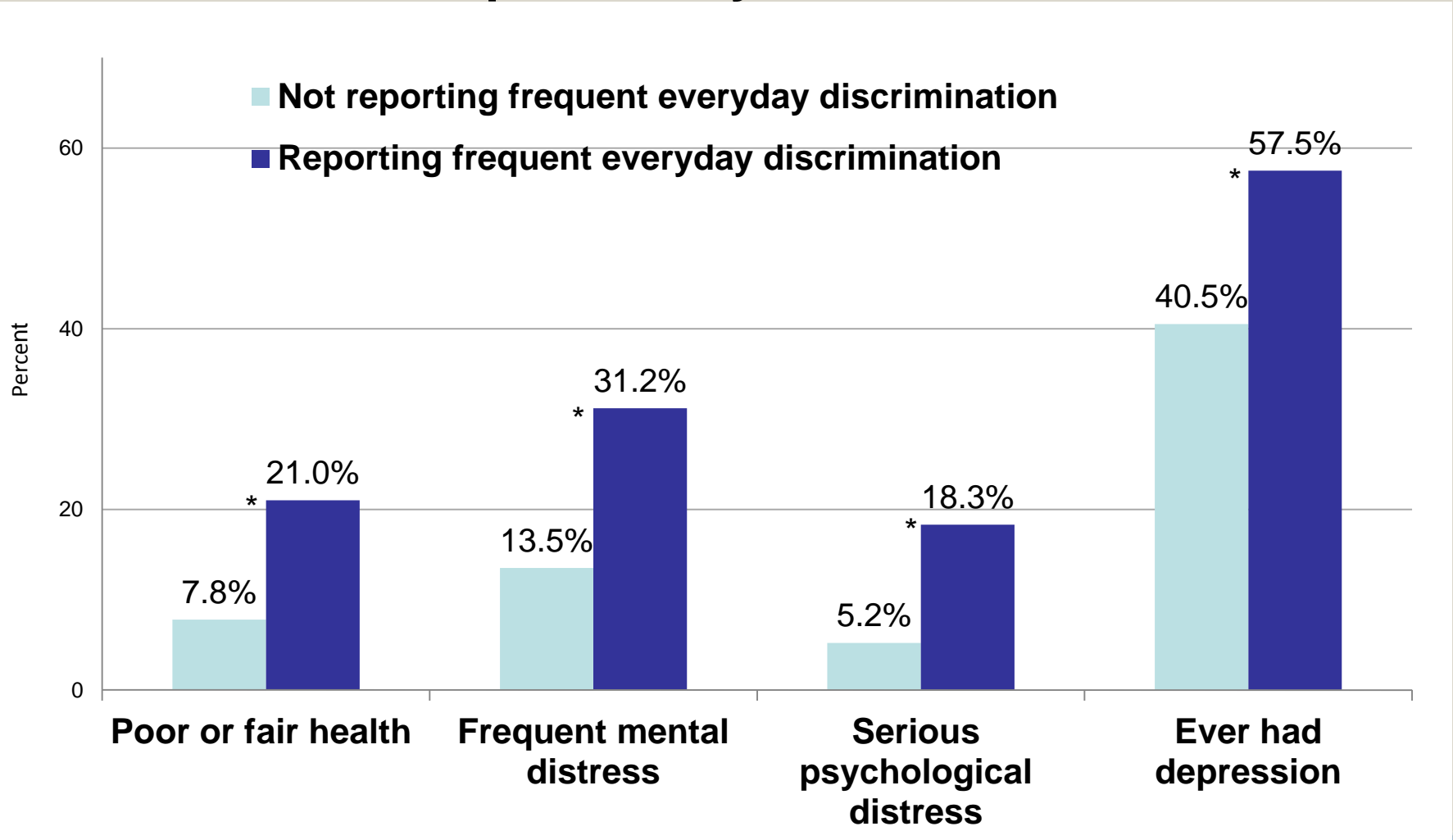
* Difference in rates between the two groups is statistically significant at $p < 0.05$.

Unmet health care needs by *frequent everyday* discrimination status Hennepin County **LGBT adults** 2010



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

Health status by frequent everyday discrimination status Hennepin County **LGBT** adults 2010



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

The health and wellbeing of LGBT residents in Hennepin County

Discrimination Experiences and How It Relates to Health –Summary⁽¹⁾

- ❑ A great proportion (58%) of LGBT adults reported that they experienced any everyday discrimination, that is being in a situation where they felt unaccepted due to race, ethnicity or culture. This rate is twice the rate among county adults who are not LGBT(29%).
- ❑ One in every six (16%) LGBT adults reported they experienced everyday discrimination frequently.
- ❑ 27% of LGBT residents experienced major discrimination during the past year, an indicator that measures actual discrimination experienced in 9 different settings. Again, this rate is double the rate among non-LGBT residents. Of those LGBT residents who experienced major discrimination, 55% attributed the discrimination was due to their sexual orientation. Older LGBT residents are close to three times more likely to attribute it to sexual orientation than their younger peers (73% vs. 27%).



The health and wellbeing of LGBT residents in Hennepin County

Discrimination Experiences and How it Relates to Health –Summary (2)

- ❑ **Frequent everyday discrimination experiences among LGBT residents are associated with:**
 - higher rates of economic distress
 - higher rate of unmet mental health care needs
 - higher rate of poor mental health
(frequent mental distress, any psychological distress, ever had depression)
 - higher rate of overall *poor* or *fair* health.



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**Special thanks to
Hennepin County residents
who responded the survey and
to many community partners and
volunteers for their contributions
to this project!**

**This presentation and more SHAPE data,
reports, including instruction on how to access
SHAPE public use files, can be accessed at:
www.hennepin.us/SHAPE**

