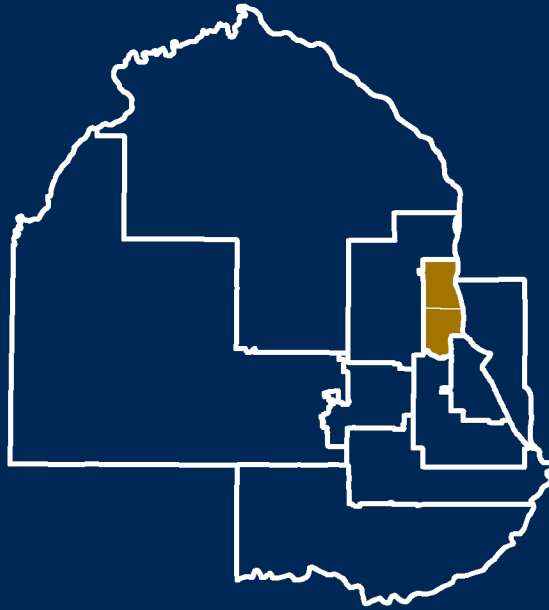




Metro SHAPE
2014

HENNEPIN COUNTY
REGION DATA BOOK
MINNEAPOLIS NORTH



ACKNOWLEDGMENTS

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INTRODUCTION

The 2014 Metro Survey of the Health of All the Population and the Environment, or *Metro SHAPE 2014*, is a regional, coordinated public health surveillance effort in the Twin Cities metro region of Minnesota. The project gathered data on health and factors that affect health for adults of eight participating jurisdictions, including six metro area counties (Carver, Dakota, Hennepin, Ramsey, Scott, and Washington) and three metro area cities (Bloomington, Minneapolis, and Saint Paul).

This data book, the *Metro SHAPE 2014 Hennepin County Region Data Book-Minneapolis North*, an extraction from the *Metro SHAPE 2014 Hennepin County Geographic Data Book*, reports data from survey respondents who live in the northern part of the city of Minneapolis.

The communities included in this region are: Camden and Near North.

Metro SHAPE 2014 collected information on adults through a mixed-mode online and mail survey sent to randomly selected households. The online component was developed using Qualtrics, an online survey software program. The Hennepin County Public Health Department oversaw the data collection effort, which was supported by a contracted vendor, Wilder Research.

See the Design and methodology summary in the *Metro SHAPE 2014 Hennepin County Geographic Data Book* for more information.

The *Metro SHAPE 2014* survey collected information from adults on the following health topics, or domains:

- Overall health;
- Health care access;
- Healthy lifestyle and behaviors;
- Social-environmental factors.

The *Metro SHAPE 2014 Hennepin County Geographic Data Book* reported the results for Hennepin County as a whole along with a number of breakdowns by geography, gender, age groups, and household income.

In addition to the *Metro SHAPE 2014 Geographic Data Book*, the *Metro SHAPE 2014 Hennepin County Disparities Data Book* reports health indicators from different population groups within Hennepin County to identify health disparities. This report contains information by age, educational attainment, income, sexual orientation and

gender identity, disability status, mental health, and selected racial/ethnic groups. By analyzing health indicators by these factors, users can identify inequities in health within specific populations that are not reflected in overall reporting.

The number of persons aged 25 and older who completed the *Metro SHAPE 2014* survey is shown in Table 1.

Table 1: Metro SHAPE 2014 Respondents' demographic characteristic (adults aged 25 and older)

Demographic	Minneapolis North	Minneapolis	Hennepin County
Total	768	3,323	8,578
Age			
25-44	232	1,173	2,321
45-64	329	1,348	2,463
65+	204	793	1,773
Gender			
Male	259	1,216	3,134
Female	509	2,106	5,442
Race/Ethnicity			
Hispanic/Latino	19	71	137
Non-Hispanic Asian	37	95	232
Non-Hispanic US-born Black	141	210	296
Non-Hispanic White	518	2,757	7,542

The findings in this report are subject to various limitations, such as low response rate, self-selection bias, and non-response bias. In addition, one cannot directly compare the results listed in the *Metro SHAPE 2014 Data Book* with previous SHAPE or Metro Adult Health Survey data books. One reason is because previous data books reported the results for adults aged 18 and older whereas the *Metro SHAPE 2014* data book reports the results for adults aged 25 and older. For assistance in interpreting these results, please contact SHAPE@Hennepin.us.

All the Hennepin County data books from the *Metro SHAPE 2014* project and previous Hennepin County SHAPE data are available at www.Hennepin.us/SHAPE. Contact SHAPE@Hennepin.us for more information.

Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis North

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

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Excellent	11.4%	18.6%	18.5%
Very Good	36.5%	44.7%	45.0%
Good	34.1%	27.2%	28.9%
Fair	14.0%	8.3%	6.6%
Poor	*4.0%	1.1%	1.0%

Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	49.1%	51.3%	56.5%
1 or 2 days	16.7%	20.3%	19.4%
3 to 7 days	15.7%	17.0%	14.3%
8 to 13 days	4.4%	3.2%	3.4%
14 or more days	14.1%	8.2%	6.4%

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?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	48.1%	46.1%	53.2%
1 or 2 days	14.2%	17.7%	17.0%
3 to 7 days	18.7%	19.6%	16.6%
8 to 13 days	5.0%	6.5%	5.4%
14 or more days	13.9%	10.1%	7.8%

Total number of unhealthy days during the past 30 days, including both unhealthy physical health and unhealthy mental health days

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	35.8%	30.9%	36.8%
1 or 2 days	11.0%	15.7%	17.3%
3 to 7 days	21.5%	27.0%	23.9%
8 to 13 days	9.6%	10.0%	8.7%
14 or more days	22.2%	16.3%	13.3%

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Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis North

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as work, recreation, and taking care of yourself?

	Minneapolis North	Minneapolis	Hennepin County
0 days	63.2%	64.3%	71.5%
1 or 2 days	10.2%	15.5%	13.0%
3 to 7 days	11.1%	11.3%	8.8%
8 to 13 days	*3.2%	2.6%	2.2%
14 or more days	12.2%	6.3%	4.5%

Average number of unhealthy days during the past 30 days

	Minneapolis North	Minneapolis	Hennepin County
Unhealthy physical health days	4.8	3.3	2.8
Unhealthy mental health days	4.8	4.1	3.2
Unhealthy physical and unhealthy mental health days	7.7	6.5	5.4
Days when poor health interfered with usual activities	3.8	2.4	1.8

Have you ever been told by a doctor or other health professional that you had ... ?

	Minneapolis North	Minneapolis	Hennepin County
Hypertension, also called high blood pressure	30.8%	20.3%	21.1%
Borderline high blood pressure or pre-hypertension	21.2%	19.7%	21.2%
Diabetes or sugar disease	10.7%	6.4%	6.1%
Pre-diabetes or borderline diabetes	12.5%	8.2%	8.0%
High blood cholesterol	31.4%	26.9%	30.0%
Heart attack	*2.2%	1.6%	2.0%
Angina or coronary heart disease	3.4%	2.3%	2.9%
Stroke	*1.3%	2.0%	1.7%
Any of the three	5.1%	4.5%	4.8%
Arthritis or rheumatism			
Among persons aged 25 and older	21.6%	16.7%	18.3%
Among persons aged 55 and older	42.5%	39.5%	39.1%
Among persons aged 65 and older	54.1%	50.3%	49.9%
Asthma			
Ever had asthma	13.9%	13.8%	11.8%
Currently has asthma	11.8%	9.1%	7.3%

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Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis North

Weight status based on Body Mass Index calculation

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Underweight	^1.9%	1.5%	1.3%
Normal	32.8%	45.2%	41.4%
Overweight	32.4%	30.7%	35.5%
Obese	32.9%	22.5%	21.9%

Has a doctor or other health care professional ever told you that you should lose weight?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes, within the past year	26.6%	16.9%	17.8%
Yes, more than 1 year ago	15.5%	15.2%	16.5%
No	57.9%	67.9%	65.7%

Do you consider yourself: Overweight, about the right weight, or underweight?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Overweight	45.4%	36.4%	40.9%
About the right weight	52.2%	61.2%	56.9%
Underweight	*2.4%	2.4%	2.1%

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

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	26.0%	20.2%	18.6%
Among persons aged 55 and older	37.9%	34.3%	30.3%
Among persons aged 65 and older	40.2%	36.9%	35.0%

Because of any impairment or health problem, do you have difficulty getting, keeping or working at a job or business?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	21.0%	11.1%	7.8%
Among persons aged 55 and older	24.9%	17.2%	11.1%
Among persons aged 65 and older	22.3%	13.3%	10.7%

Because of any impairment or health problem, do you need help from another person with personal care needs such as eating, bathing, dressing, or getting around your house?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 55 and older	11.4%	6.0%	3.4%
Among persons aged 65 and older	18.2%	7.4%	4.4%

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Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis North

Because of any impairment or health problem, do you need help from another person in handling routine needs such as everyday household chores, business, shopping, or getting around for other purposes?

	Minneapolis North	Minneapolis	Hennepin County
Among persons aged 55 and older	20.2%	11.8%	8.8%
Among persons aged 65 and older	26.7%	14.1%	11.7%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis North

Do you currently have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medical Assistance, Medicare, Indian Health Services, or any plan through MNSure?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	85.2%	90.6%	90.1%
Among persons aged 25 to 64	84.1%	89.9%	89.1%

During the past 12 months, did you have health insurance for the entire year, only part of the year, or were you not insured for the entire year?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Insured the entire year	75.4%	82.6%	85.2%
Insured only part of the year	18.0%	13.9%	12.6%
Uninsured the entire year	*6.6%	3.5%	2.3%

During the past 12 months how difficult has it been for you and your family to pay for health insurance premiums, co-pays, and deductibles?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very difficult	12.7%	6.1%	5.6%
Somewhat difficult	17.7%	16.6%	15.3%
Not too difficult	28.8%	26.1%	26.7%
Not at all difficult	30.6%	45.0%	48.7%
Not applicable	10.2%	6.2%	3.6%

During the past 12 months, was there a time you needed medical care?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	62.0%	65.9%	65.0%
Among persons who needed care			
Delayed or did not get the needed care	30.6%	21.6%	18.9%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	63.5%	63.4%	68.9%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis North

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?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	30.8%	30.8%	24.2%
Among persons who needed care			
Delayed or did not get the needed care	55.1%	51.9%	52.7%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	51.8%	48.4%	45.7%

Do you have one person you think of as your personal doctor or health care provider?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes, only one person	44.6%	44.1%	48.6%
More than one person	26.0%	27.7%	29.3%
No, no personal doctor or provider	29.4%	28.2%	22.2%

When you are sick or need medical care, where do you usually go?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Doctor's office, clinic, public health or community clinic	79.1%	81.3%	80.8%
Hospital emergency room	*5.1%	2.3%	1.3%
Urgent Care Center	5.4%	5.8%	7.9%
Clinic located in a drug or grocery store	^1.2%	2.3%	3.0%
No usual place	6.3%	6.2%	5.3%

Do you take any prescription medication on a regular basis, other than birth control pills?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	52.8%	46.4%	50.3%
Among persons aged 65 and older	89.9%	83.5%	85.3%

During the past 12 months, was there any time you skipped doses, took smaller amounts of your prescription, or did not fill a prescription because you could not afford it?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older who regularly take prescription medications	19.5%	17.0%	11.2%
Among persons aged 65 and older who regularly take prescription medications	*18.3%	9.3%	6.0%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis North

During the past 12 months, have you seen a doctor, nurse, or other health care professional about your own health?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	81.0%	80.1%	81.9%

Among persons who have seen a provider for their own health during the past 12 months

Did the doctor, nurse, or other health professional discuss with you or ask you about your?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Physical activity or exercise	66.1%	71.4%	71.4%
Diet or nutrition	50.0%	53.1%	50.6%
Weight loss or losing weight	39.1%	31.8%	31.4%
Smoking or other tobacco use	41.5%	45.3%	41.8%
Stress	44.4%	47.9%	42.1%
Alcohol use	38.1%	44.9%	42.6%

During the past 12 months, have you seen a psychiatrist, psychologist, therapist, counselor, or other mental health professional for your own health?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	19.8%	19.7%	13.8%

How long has it been since your last complete physical exam?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	59.5%	55.3%	60.6%
Within the past 2 years	21.4%	20.7%	19.3%
Within the past 5 years	9.5%	11.5%	10.4%
5 or more years ago	8.3%	11.2%	8.6%
Never	^1.3%	*1.3%	1.1%

About how long has it been since you last had your blood cholesterol checked?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	55.2%	53.2%	59.2%
Within the past 2 years	17.2%	19.2%	18.7%
Within the past 5 years	7.5%	10.9%	10.2%
5 or more years ago	*7.7%	6.9%	5.5%
Never	12.4%	9.7%	6.4%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis North

How long has it been since you last visited a dentist or dental clinic for any reason?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	62.4%	70.9%	79.0%
Within the past 2 years	18.6%	13.9%	9.8%
Within the past 5 years	8.2%	7.6%	5.7%
5 or more years ago	10.0%	7.0%	4.9%
Never	[^] 0.8%	[^] 0.6%	[*] 0.6%

Do you currently have insurance that pays for all or part of your dental care?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	77.2%	77.0%	77.8%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis North

Yesterday, how many servings of vegetables did you eat?

A serving of vegetables is a cup of salad greens, or a half cup of any other vegetables, not including french fries.

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	13.1%	10.6%	10.0%
1 serving	26.4%	23.1%	25.0%
2 servings	30.3%	30.6%	31.0%
3 or more servings	30.2%	35.7%	34.0%

Yesterday, how many servings of fruit did you eat?

A serving of fruit is one medium sized fruit, a half cup of chopped, cut, or canned fruit, or 6 ounces of 100% fruit juice.

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	23.1%	16.7%	14.8%
1 serving	29.1%	27.8%	29.6%
2 servings	28.0%	29.6%	30.9%
3 or more servings	19.8%	25.9%	24.7%

Total servings of fruit and vegetables consumed yesterday

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	8.2%	5.0%	4.4%
1 serving	11.4%	8.9%	8.2%
2 servings	17.7%	15.3%	16.4%
3 or 4 servings	32.6%	32.6%	35.3%
5 or more servings	30.1%	38.2%	35.7%

In a typical week, on how many days do you eat breakfast?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	7.5%	4.5%	4.0%
1 or 2 days	11.1%	7.4%	7.3%
3 or 4 days	20.8%	15.0%	11.9%
5 or 6 days	20.2%	17.7%	17.0%
7 days	40.3%	55.5%	59.7%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis North

About how often do you drink ... ?

Pop or soda (regular)

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	30.8%	45.1%	47.6%
Occasionally but not every week	38.9%	34.7%	32.6%
At least once per week but not daily	15.5%	12.1%	11.2%
Once per day	8.4%	4.8%	5.5%
More than once per day	6.4%	3.2%	3.2%

Pop or soda (diet)

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	60.9%	61.0%	54.6%
Occasionally but not every week	21.6%	20.4%	22.4%
At least once per week but not daily	8.2%	8.6%	10.0%
Once per day	4.0%	5.1%	7.4%
More than once per day	5.3%	5.0%	5.6%

Energy drinks such as Red Bull, 5-hour Energy, or Monster

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	82.8%	87.1%	88.0%
Occasionally but not every week	12.0%	9.4%	8.7%
At least once per week but not daily	*4.0%	2.1%	2.3%
Once per day	^0.4%	^1.1%	*0.8%
More than once per day	^0.8%	^0.2%	^0.2%

Other sugar-sweetened drinks such as sweet tea, coffee drinks, juice drinks, Kool-Aid, or Gatorade

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	30.0%	41.1%	44.5%
Occasionally but not every week	27.4%	30.2%	29.6%
At least once per week but not daily	16.5%	12.3%	11.3%
Once per day	18.1%	11.3%	10.4%
More than once per day	8.1%	5.1%	4.2%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis North

About how often do you drink ... ?

Water

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	^0.7%	*0.5%	0.4%
Occasionally but not every week	^2.6%	*0.9%	1.1%
At least once per week but not daily	^4.4%	3.0%	3.3%
Once per day	13.2%	8.6%	9.6%
More than once per day	79.1%	87.1%	85.6%

Milk

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	19.4%	22.9%	20.3%
Occasionally but not every week	22.3%	18.4%	16.4%
At least once per week but not daily	24.9%	23.3%	22.4%
Once per day	22.2%	25.4%	28.0%
More than once per day	11.1%	10.0%	12.9%

Nutrition and beverage intake summary measures

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Having 2 servings or more a day of fruit	47.8%	55.5%	55.7%
Having 3 servings or more a day of vegetables	30.2%	35.7%	34.0%
Having 5 servings or more a day of fruits and vegetables	30.1%	38.2%	35.7%
Having sugar-sweetened beverage daily or more often	37.8%	23.1%	22.2%

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?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	65.8%	83.6%	85.8%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis North

Level of moderate physical activity in a usual week

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	7.0%	4.7%	3.6%
Insufficiently active (10-149 minutes per week)	37.3%	31.9%	32.4%
Sufficiently active (150-299 minutes per week)	23.0%	25.0%	27.1%
Highly active (≥ 300 minutes per week)	32.7%	38.4%	36.9%

Among persons who are at least sufficiently active (≥ 150 minutes per week)

Would you say you get this moderate physical activity at work or outside work?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At work	26.2%	16.4%	14.6%
Outside of work	73.8%	83.6%	85.4%

Level of vigorous physical activity in a usual week

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	25.5%	20.3%	19.7%
Insufficiently active (10-74 minutes per week)	25.2%	26.9%	27.2%
Sufficiently active (75-149 minutes per week)	18.3%	18.8%	18.1%
Highly active (≥ 150 minutes per week)	31.0%	33.9%	35.0%

Among persons who are at least sufficiently active (≥ 75 minutes per week)

Would you say you get this moderate physical activity at work or outside work?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At work	15.0%	9.3%	8.3%
Outside of work	85.0%	90.7%	91.7%

Healthy People 2020 physical activity guidelines

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Engaged in no leisure time physical activity	34.2%	16.4%	14.2%
Met the 150 minutes aerobic activity guideline through leisure time	62.3%	72.5%	74.2%
Met the 300 minutes aerobic activity guideline through leisure time	48.2%	58.0%	58.6%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis North

During a typical day how many hours do you do each of the following ... ?

Use a TV to watch shows, movies, videos, or play games

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	10.4%	16.5%	13.0%
1 hour	22.0%	29.9%	30.3%
2 hours	30.0%	29.9%	31.1%
3 or more hours	37.6%	23.8%	25.6%

During a typical day how many hours do you do each of the following ... ?

Talk, text, or use an app on a phone

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	19.3%	21.8%	22.0%
1 hour	46.6%	49.5%	52.2%
2 hours	18.0%	18.7%	16.3%
3 or more hours	16.1%	10.0%	9.5%

During a typical day how many hours do you do each of the following ... ?

Use a computer, laptop, or tablet for work or enjoyment

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	20.5%	11.9%	10.2%
1 hour	22.2%	20.7%	21.8%
2 hours	12.6%	16.1%	16.0%
3 or more hours	44.7%	51.4%	52.1%

Current smoking status

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Every day smoker	12.2%	6.6%	4.6%
Some day smoker	3.6%	4.2%	3.1%
Former smoker	25.6%	26.7%	27.3%
Never smoked	58.7%	62.5%	65.0%

Current smoking status

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Currently smoking	15.8%	10.8%	7.7%

Among current smokers

During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	60.8%	63.4%	59.4%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis North

During the past 12 months have you used other tobacco products such as cigars, pipes, snuff, chewing tobacco, bidis, kreteks, snus, a hookah water pipe, or any other type of tobacco product?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	10.9%	12.1%	9.7%

Does anyone, including yourself, smoke regularly inside your home?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	12.2%	6.6%	4.5%

In the past 7 days have you been in a car or other vehicle with someone who was smoking?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	14.6%	9.4%	6.7%

Current alcohol use

(Had at least one drink of any alcoholic beverage on one or more days during the past 30 days)

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	67.7%	76.1%	76.0%

During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	32.4%	23.9%	24.1%
1 to 3 days	27.1%	18.1%	19.4%
4 to 9 days	16.1%	19.0%	21.8%
10 to 19 days	13.9%	17.7%	15.8%
20 or more days	10.6%	21.3%	19.0%

During the past 30 days, on the days when you drank, about how many drinks did you have on average?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 drinks	31.7%	22.5%	22.7%
1 or 2 drinks	45.6%	58.7%	61.8%
3 or 4 drinks	15.4%	14.0%	11.8%
5 or more drinks	*7.3%	4.8%	3.7%

Among persons who are current drinkers

During the past 30 days, on the days when you drank, about how many drinks did you have on average?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
1 or 2 drinks	66.8%	75.8%	80.0%
3 or 4 drinks	22.5%	18.0%	15.3%
5 or more drinks	*10.7%	6.2%	4.7%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis North

Among males

How many times during the past 30 days have you had 5 or more drinks on one occasion?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	62.1%	62.0%	67.7%
1 time	*9.5%	12.4%	9.9%
2 times	*6.3%	7.3%	7.3%
3 to 5 times	*12.4%	10.7%	8.9%
6 or more times	*9.7%	7.6%	6.2%

Among males who are current drinkers

How many times during the past 30 days have you had 5 or more drinks on one occasion?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	49.5%	52.2%	59.2%
1 time	*12.7%	15.6%	12.5%
2 times	*8.4%	9.2%	9.3%
3 to 5 times	*16.4%	13.5%	11.2%
6 or more times	*13.0%	9.6%	7.8%

Among females

How many times during the past 30 days have you had 4 or more drinks on one occasion?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	76.4%	74.2%	78.7%
1 time	7.9%	9.8%	9.1%
2 times	*6.6%	7.3%	4.9%
3 to 5 times	5.9%	5.8%	5.2%
6 or more times	*3.3%	2.9%	2.2%

Among females who are current drinkers

How many times during the past 30 days have you had 4 or more drinks on one occasion?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	61.3%	64.7%	71.0%
1 time	13.0%	13.3%	12.3%
2 times	*10.8%	10.0%	6.7%
3 to 5 times	9.6%	8.0%	7.1%
6 or more times	*5.3%	4.0%	2.9%

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Metro SHAPE 2014

How You Feel

SHAPE Region: Minneapolis North

Have you ever been told by a doctor or other health professional that you have depression?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	32.7%	28.6%	22.8%

Are you currently taking any medication that was prescribed for you to treat depression?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	15.4%	11.8%	10.6%

Among those who ever had depression

Yes	47.4%	40.2%	45.0%
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Have you ever been told by a doctor or other health professional that you have anxiety?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	29.4%	26.8%	21.3%

Are you currently taking any medication that was prescribed for you to treat anxiety?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	11.3%	10.1%	9.3%

Among those who ever had anxiety

Yes	39.4%	37.3%	41.8%
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During the past 30 days, about how often did you feel so sad that nothing could cheer you up?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	62.9%	67.3%	72.4%
A little of the time	20.0%	20.6%	19.0%
Some of the time	13.4%	9.7%	6.7%
Most of the time / All of the time	3.7%	2.5%	1.9%

During the past 30 days, about how often did you feel nervous?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	40.9%	37.1%	41.3%
A little of the time	33.1%	38.7%	38.9%
Some of the time	22.0%	19.8%	16.7%
Most of the time / All of the time	4.0%	4.4%	3.1%

During the past 30 days, about how often did you feel so restless or fidgety that you could not sit still?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	54.9%	62.4%	66.3%
A little of the time	25.5%	24.0%	22.6%
Some of the time	15.8%	10.9%	9.2%
Most of the time / All of the time	*3.9%	2.7%	1.9%

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Metro SHAPE 2014

How You Feel

SHAPE Region: Minneapolis North

During the past 30 days, about how often did you feel hopeless?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	68.6%	73.2%	78.5%
A little of the time	17.4%	16.2%	14.0%
Some of the time	10.3%	7.7%	5.6%
Most of the time / All of the time	3.7%	2.9%	1.9%

During the past 30 days, about how often did you feel that everything was an effort?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	47.3%	49.0%	56.2%
A little of the time	27.1%	31.2%	28.2%
Some of the time	15.5%	12.9%	10.5%
Most of the time / All of the time	10.0%	6.8%	5.1%

During the past 30 days, about how often did you feel worthless?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	71.7%	75.1%	79.9%
A little of the time	13.9%	15.0%	12.8%
Some of the time	8.9%	6.8%	5.1%
Most of the time / All of the time	5.5%	3.1%	2.2%

Experienced serious psychological distress during the past 30 days

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	5.8%	4.5%	3.0%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: Minneapolis North

How often are you involved in school, community, or neighborhood activities?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Weekly	23.6%	25.0%	26.4%
Monthly	12.7%	14.1%	13.3%
Several times a year	19.9%	22.7%	22.4%
About once a year / Less often than yearly	19.0%	20.5%	20.8%
Never	24.7%	17.7%	17.0%

How often do you get together or talk with friends or neighbors?

(This includes on the phone or online.)

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Daily	34.7%	40.8%	36.7%
Weekly	36.7%	40.1%	42.1%
Monthly	12.3%	9.3%	11.4%
Less often than monthly	11.0%	7.2%	7.8%
Never	*5.3%	2.6%	1.9%

Overall, how would you rate your neighborhood as a place to walk?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very pleasant	32.8%	59.1%	67.0%
Somewhat pleasant	41.4%	32.3%	28.2%
Not very pleasant	18.5%	6.6%	3.7%
Not at all pleasant	7.2%	1.9%	1.1%

For walking in your neighborhood, would you say the sidewalks, trails, and walking paths are:

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very well maintained	34.7%	53.4%	52.1%
Somewhat maintained	45.8%	38.5%	29.5%
Not very well maintained /			
Not at all maintained	19.5%	7.6%	4.6%
There are no sidewalks in my neighborhood	^0.0%	*0.5%	13.9%

In general, how easy is it to safely cross the streets or roads in your neighborhood?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very easy	51.1%	55.6%	60.0%
Somewhat easy	41.1%	37.2%	33.1%
Not very easy	7.1%	5.8%	5.5%
Not at all easy	^0.6%	*1.4%	1.3%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: Minneapolis North

Please rate the extent to which you agree or disagree.

This is a good community to raise children in

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Strongly agree	19.5%	45.0%	62.3%
Somewhat agree	42.2%	38.4%	29.1%
Somewhat disagree	23.0%	11.9%	6.4%
Strongly disagree	15.3%	4.7%	2.1%

People in this neighborhood are willing to help one another

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Strongly agree	23.6%	37.3%	44.6%
Somewhat agree	52.0%	48.0%	45.3%
Somewhat disagree	18.6%	11.8%	8.4%
Strongly disagree	5.8%	2.9%	1.7%

In general, how safe from crime do you consider your neighborhood to be?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very safe	8.2%	23.1%	48.4%
Somewhat safe	42.4%	54.3%	41.2%
Somewhat unsafe	32.0%	17.4%	8.4%
Not at all safe	17.3%	5.3%	2.0%

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

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At least once a week	10.3%	5.0%	2.7%
Once or twice a month	6.4%	4.6%	3.2%
A few times a year	22.9%	13.5%	9.5%
Once a year or less often	20.3%	18.7%	14.4%
Never	40.0%	58.2%	70.2%

During the past 12 months how often did you worry that your food would run out before you had money to buy more?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Often	10.9%	5.0%	3.2%
Sometimes	18.7%	10.5%	7.0%
Rarely	14.7%	9.4%	7.5%
Never	55.7%	75.0%	82.3%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: Minneapolis North

During the past 12 months, did you miss a rent or mortgage payment because you did not have enough money?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	19.7%	9.1%	5.7%

How many times have you moved in the past 2 years?

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	75.6%	72.6%	79.7%
1 time	16.8%	19.3%	15.9%
2 or more times	7.6%	8.2%	4.4%

Do you think of yourself as ...

	<u>Minneapolis North</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Gay, lesbian, or homosexual/ Bisexual/Transgender	11.9%	12.4%	6.2%

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For more information about *Metro SHAPE 2014*, please contact SHAPE@Hennepin.us.

This report and other information about *Metro SHAPE 2014* can be accessed at www.Hennepin.us/SHAPE.

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**Metro SHAPE
2014**



Hennepin County
Public Health