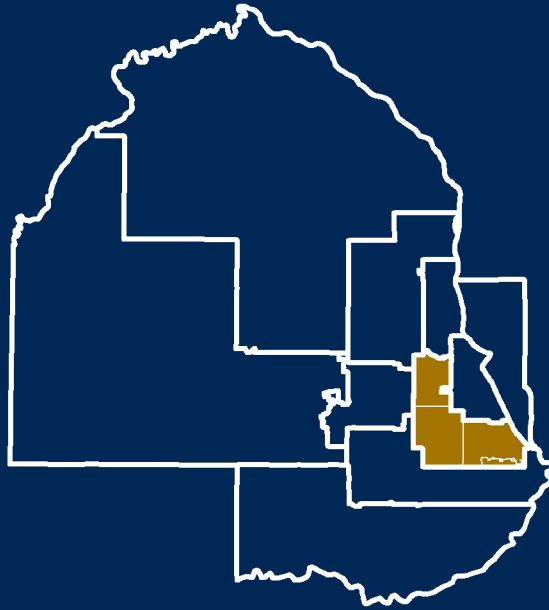




Metro SHAPE
2014

HENNEPIN COUNTY
REGION DATA BOOK
MINNEAPOLIS SOUTH



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Metro SHAPE 2014 was a joint project by eight public health departments: City of Bloomington Public Health Division, Carver County Public Health and Environment Division, Dakota County Public Health Department, Hennepin County Public Health, City of Minneapolis Health Department, Saint Paul-Ramsey County Public Health, Scott County Public Health, and Washington County Department of Public Health and Environment.

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Metro SHAPE 2014 Workgroup

Project steering by one or more representatives from each participating health department

City of Bloomington Public Health Division

Jim Jansen, M.P.H.
Amanda Nagy, M.P.H.

Carver County Public Health and Environment Division

Samantha Downs, M.A.

Dakota County Public Health Department

Melanie Countryman, M.P.H.

Hennepin County Public Health Department

David C. Johnson, M.P.H.
Mei Ding, M.D., M.S.
Urban Landreman, M.S., M.B.A.

City of Minneapolis Health Department

Jared Erdmann, M.P.H.

Saint Paul-Ramsey County Public Health

SuzAnn Stenso-Velo, M.P.H.

Scott County Public Health

Noreen Kleinfehn-Wald, R.N., P.H.N., M.A.

Washington County Department of Public Health and Environment

Tommi Godwin, M.U.R.P.

Project Implementation

Administration and operations

Joint powers agreement/fiscal agent

Saint Paul-Ramsey County Public Health

Project sponsors

Local Public Health Directors

Bonnie Paulsen, City of Bloomington

Laura Reid, Carver County

Bonnie Brueshoff, Dakota County

Susan Palchick, Hennepin County

Gretchen Musicant, City of Minneapolis

Rina McManus, Saint Paul-Ramsey County

Lisa Brodsky, Scott County

Lowell Johnson, Washington County

Survey operations team

Hennepin County Public Health:

Community Health Team

Mei Ding, M.D., M.S.

David C. Johnson, M.P.H.

Urban Landreman, M.S., M.B.A.

Amy Leite Bennett, M.P.H.

Komal Mehrotra, M.H.S., M.S.

Meghan Rosenkranz, M.P.H.

Emily Thompson, M.P.H., B.S.N.

Primary project advisor

Ann Kinney, Ph.D., Minnesota Department of Health

Project consultants

Don Dillman, Ph.D., Social and Economic Sciences Research Center (SESRC) at Washington State University

Virginia Lesser, Dr.P.H., M.S., Oregon State University Survey Research Center

Todd Rockwood, Ph.D., School of Public Health, University of Minnesota

Sheldon Swaney, B.A., former Hennepin County Public Health staff member

Community outreach and promotion

Hennepin County Public Libraries

Multi-unit housing managers in Minneapolis and suburban Hennepin County

Community endorsements

Amira Adawe, Saint Paul-Ramsey County Public Health Department

Ruth Evangelista, Assumption Catholic Church

Clarence Jones, Southside Community Health Services

Mao Thao, Saint Paul-Ramsey County Public Health

Joann Usher, Rainbow Health Initiative

Stella Whitney-West, NorthPoint Health and Wellness Center

Support staff

Laura Majewski, Hennepin County Public Health Department

Tamara Rogers, Hennepin County Public Health Department

Gregory Sather, Hennepin County Public Health Department

Photo credits

Urban Landreman, Hennepin County Public Health Department

Communications and marketing

Howard Epstein, Dakota County Public Health Department

Noemi Alcocer, Hennepin County Human Services and Public Health Department

Bill Belknap, Hennepin County Public Health Department

Anna Welsch, Hennepin County Public Health Department

Chris Burns, Saint Paul-Ramsey County Public Health

Survey printing and mailing

Wilder Research

Western Graphics

Hennepin County Central Services Mail Center

Video production

Hennepin County Communications

Telephone support

Minnesota Department of Human Services Multi-language Referral Line

Volunteers

Leah Engleman

Tamara Mittelstadt

Guillaume Onyeaghala

Zahra Sheikh

Renae Smith

Jayne Young

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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 South*, an extraction from the *Metro SHAPE 2014 Hennepin County Geographic Data Book*, reports data from survey respondents who live in the southern part of the city of Minneapolis.

The communities included in this region are: Calhoun-Isles, Nokomis, and Southwest.

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 South	Minneapolis	Hennepin County
Total	973	3,323	8,578
Age			
25-44	337	1,173	2,321
45-64	414	1,348	2,463
65+	222	793	1,773
Gender			
Male	322	1,216	3,134
Female	651	2,106	5,442
Race/Ethnicity			
Hispanic/Latino	16	71	137
Non-Hispanic Asian	21	95	232
Non-Hispanic US-born Black	13	210	296
Non-Hispanic White	891	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 South

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Excellent	22.2%	18.6%	18.5%
Very Good	49.5%	44.7%	45.0%
Good	24.2%	27.2%	28.9%
Fair	4.0%	8.3%	6.6%
Poor	^0.1%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	55.6%	51.3%	56.5%
1 or 2 days	20.3%	20.3%	19.4%
3 to 7 days	16.4%	17.0%	14.3%
8 to 13 days	3.6%	3.2%	3.4%
14 or more days	3.9%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	48.9%	46.1%	53.2%
1 or 2 days	19.7%	17.7%	17.0%
3 to 7 days	20.7%	19.6%	16.6%
8 to 13 days	5.0%	6.5%	5.4%
14 or more days	5.6%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	32.8%	30.9%	36.8%
1 or 2 days	18.5%	15.7%	17.3%
3 to 7 days	28.5%	27.0%	23.9%
8 to 13 days	10.8%	10.0%	8.7%
14 or more days	9.4%	16.3%	13.3%

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Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis South

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 South	Minneapolis	Hennepin County
0 days	69.9%	64.3%	71.5%
1 or 2 days	15.5%	15.5%	13.0%
3 to 7 days	9.6%	11.3%	8.8%
8 to 13 days	*2.2%	2.6%	2.2%
14 or more days	*2.8%	6.3%	4.5%

Average number of unhealthy days during the past 30 days

	Minneapolis South	Minneapolis	Hennepin County
Unhealthy physical health days	2.2	3.3	2.8
Unhealthy mental health days	3.0	4.1	3.2
Unhealthy physical and unhealthy mental health days	4.8	6.5	5.4
Days when poor health interfered with usual activities	1.5	2.4	1.8

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

	Minneapolis South	Minneapolis	Hennepin County
Hypertension, also called high blood pressure	16.0%	20.3%	21.1%
Borderline high blood pressure or pre-hypertension	17.4%	19.7%	21.2%
Diabetes or sugar disease	3.3%	6.4%	6.1%
Pre-diabetes or borderline diabetes	5.9%	8.2%	8.0%
High blood cholesterol	24.0%	26.9%	30.0%
Heart attack	*1.6%	1.6%	2.0%
Angina or coronary heart disease	1.7%	2.3%	2.9%
Stroke	*1.4%	2.0%	1.7%
Any of the three	3.5%	4.5%	4.8%
Arthritis or rheumatism			
Among persons aged 25 and older	14.7%	16.7%	18.3%
Among persons aged 55 and older	36.8%	39.5%	39.1%
Among persons aged 65 and older	46.7%	50.3%	49.9%
Asthma			
Ever had asthma	16.3%	13.8%	11.8%
Currently has asthma	9.8%	9.1%	7.3%

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Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis South

Weight status based on Body Mass Index calculation

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Underweight	*1.9%	1.5%	1.3%
Normal	48.3%	45.2%	41.4%
Overweight	33.2%	30.7%	35.5%
Obese	16.6%	22.5%	21.9%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes, within the past year	14.2%	16.9%	17.8%
Yes, more than 1 year ago	15.3%	15.2%	16.5%
No	70.5%	67.9%	65.7%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Overweight	33.8%	36.4%	40.9%
About the right weight	64.2%	61.2%	56.9%
Underweight	*2.1%	2.4%	2.1%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	15.8%	20.2%	18.6%
Among persons aged 55 and older	31.0%	34.3%	30.3%
Among persons aged 65 and older	34.3%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	5.2%	11.1%	7.8%
Among persons aged 55 and older	10.0%	17.2%	11.1%
Among persons aged 65 and older	*8.0%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 55 and older	^1.5%	6.0%	3.4%
Among persons aged 65 and older	^0.7%	7.4%	4.4%

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Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis South

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?

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 55 and older	*5.9%	11.8%	8.8%
Among persons aged 65 and older	*7.2%	14.1%	11.7%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis South

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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	90.6%	90.6%	90.1%
Among persons aged 25 to 64	89.6%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Insured the entire year	85.2%	82.6%	85.2%
Insured only part of the year	13.3%	13.9%	12.6%
Uninsured the entire year	*1.5%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very difficult	3.2%	6.1%	5.6%
Somewhat difficult	14.4%	16.6%	15.3%
Not too difficult	23.5%	26.1%	26.7%
Not at all difficult	55.5%	45.0%	48.7%
Not applicable	3.5%	6.2%	3.6%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	68.3%	65.9%	65.0%
Among persons who needed care			
Delayed or did not get the needed care	16.6%	21.6%	18.9%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	64.2%	63.4%	68.9%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis South

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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	28.9%	30.8%	24.2%
Among persons who needed care			
Delayed or did not get the needed care	49.6%	51.9%	52.7%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	44.1%	48.4%	45.7%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes, only one person	47.9%	44.1%	48.6%
More than one person	30.4%	27.7%	29.3%
No, no personal doctor or provider	21.7%	28.2%	22.2%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Doctor's office, clinic, public health or community clinic	83.0%	81.3%	80.8%
Hospital emergency room	^0.5%	2.3%	1.3%
Urgent Care Center	5.9%	5.8%	7.9%
Clinic located in a drug or grocery store	*2.6%	2.3%	3.0%
No usual place	5.9%	6.2%	5.3%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	45.9%	46.4%	50.3%
Among persons aged 65 and older	84.7%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older who regularly take prescription medications	13.8%	17.0%	11.2%
Among persons aged 65 and older who regularly take prescription medications	^8.4%	9.3%	6.0%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis South

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	83.7%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Physical activity or exercise	75.1%	71.4%	71.4%
Diet or nutrition	54.5%	53.1%	50.6%
Weight loss or losing weight	31.7%	31.8%	31.4%
Smoking or other tobacco use	46.7%	45.3%	41.8%
Stress	51.1%	47.9%	42.1%
Alcohol use	48.6%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	18.1%	19.7%	13.8%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	57.2%	55.3%	60.6%
Within the past 2 years	22.0%	20.7%	19.3%
Within the past 5 years	11.1%	11.5%	10.4%
5 or more years ago	9.0%	11.2%	8.6%
Never	^0.6%	*1.3%	1.1%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	54.4%	53.2%	59.2%
Within the past 2 years	20.8%	19.2%	18.7%
Within the past 5 years	12.2%	10.9%	10.2%
5 or more years ago	7.6%	6.9%	5.5%
Never	5.0%	9.7%	6.4%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis South

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	78.0%	70.9%	79.0%
Within the past 2 years	10.1%	13.9%	9.8%
Within the past 5 years	7.0%	7.6%	5.7%
5 or more years ago	4.9%	7.0%	4.9%
Never	0.0%	[^] 0.6%	*0.6%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	79.2%	77.0%	77.8%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis South

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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	7.8%	10.6%	10.0%
1 serving	23.0%	23.1%	25.0%
2 servings	31.1%	30.6%	31.0%
3 or more servings	38.1%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	13.6%	16.7%	14.8%
1 serving	27.3%	27.8%	29.6%
2 servings	31.6%	29.6%	30.9%
3 or more servings	27.5%	25.9%	24.7%

Total servings of fruit and vegetables consumed yesterday

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	*3.6%	5.0%	4.4%
1 serving	5.8%	8.9%	8.2%
2 servings	16.4%	15.3%	16.4%
3 or 4 servings	32.1%	32.6%	35.3%
5 or more servings	42.2%	38.2%	35.7%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	3.7%	4.5%	4.0%
1 or 2 days	7.4%	7.4%	7.3%
3 or 4 days	12.1%	15.0%	11.9%
5 or 6 days	16.5%	17.7%	17.0%
7 days	60.3%	55.5%	59.7%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis South

About how often do you drink ... ?

Pop or soda (regular)

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	53.5%	45.1%	47.6%
Occasionally but not every week	32.1%	34.7%	32.6%
At least once per week but not daily	9.1%	12.1%	11.2%
Once per day	*4.0%	4.8%	5.5%
More than once per day	*1.3%	3.2%	3.2%

Pop or soda (diet)

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	58.4%	61.0%	54.6%
Occasionally but not every week	20.9%	20.4%	22.4%
At least once per week but not daily	9.3%	8.6%	10.0%
Once per day	6.1%	5.1%	7.4%
More than once per day	5.4%	5.0%	5.6%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	91.2%	87.1%	88.0%
Occasionally but not every week	4.7%	9.4%	8.7%
At least once per week but not daily	^1.8%	2.1%	2.3%
Once per day	^2.2%	^1.1%	*0.8%
More than once per day	^0.1%	^0.2%	^0.2%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	49.8%	41.1%	44.5%
Occasionally but not every week	29.5%	30.2%	29.6%
At least once per week but not daily	10.0%	12.3%	11.3%
Once per day	8.4%	11.3%	10.4%
More than once per day	*2.3%	5.1%	4.2%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis South

About how often do you drink ... ?

Water

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	^0.4%	*0.5%	0.4%
Occasionally but not every week	^1.0%	*0.9%	1.1%
At least once per week but not daily	*1.7%	3.0%	3.3%
Once per day	8.2%	8.6%	9.6%
More than once per day	88.6%	87.1%	85.6%

Milk

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	22.0%	22.9%	20.3%
Occasionally but not every week	18.9%	18.4%	16.4%
At least once per week but not daily	21.4%	23.3%	22.4%
Once per day	28.6%	25.4%	28.0%
More than once per day	9.0%	10.0%	12.9%

Nutrition and beverage intake summary measures

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Having 2 servings or more a day of fruit	59.1%	55.5%	55.7%
Having 3 servings or more a day of vegetables	38.1%	35.7%	34.0%
Having 5 servings or more a day of fruits and vegetables	42.2%	38.2%	35.7%
Having sugar-sweetened beverage daily or more often	16.1%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	92.0%	83.6%	85.8%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis South

Level of moderate physical activity in a usual week

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	*2.7%	4.7%	3.6%
Insufficiently active (10-149 minutes per week)	31.2%	31.9%	32.4%
Sufficiently active (150-299 minutes per week)	23.8%	25.0%	27.1%
Highly active (≥ 300 minutes per week)	42.4%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At work	11.5%	16.4%	14.6%
Outside of work	88.5%	83.6%	85.4%

Level of vigorous physical activity in a usual week

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	17.5%	20.3%	19.7%
Insufficiently active (10-74 minutes per week)	25.5%	26.9%	27.2%
Sufficiently active (75-149 minutes per week)	20.8%	18.8%	18.1%
Highly active (≥ 150 minutes per week)	36.3%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At work	*5.5%	9.3%	8.3%
Outside of work	94.5%	90.7%	91.7%

Healthy People 2020 physical activity guidelines

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Engaged in no leisure time physical activity	8.0%	16.4%	14.2%
Met the 150 minutes aerobic activity guideline through leisure time	78.4%	72.5%	74.2%
Met the 300 minutes aerobic activity guideline through leisure time	62.1%	58.0%	58.6%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis South

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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	16.8%	16.5%	13.0%
1 hour	28.3%	29.9%	30.3%
2 hours	37.6%	29.9%	31.1%
3 or more hours	17.4%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	22.5%	21.8%	22.0%
1 hour	50.0%	49.5%	52.2%
2 hours	21.0%	18.7%	16.3%
3 or more hours	6.5%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	5.9%	11.9%	10.2%
1 hour	21.0%	20.7%	21.8%
2 hours	17.8%	16.1%	16.0%
3 or more hours	55.3%	51.4%	52.1%

Current smoking status

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Every day smoker	4.5%	6.6%	4.6%
Some day smoker	*2.1%	4.2%	3.1%
Former smoker	30.7%	26.7%	27.3%
Never smoked	62.7%	62.5%	65.0%

Current smoking status

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Currently smoking	6.6%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	65.2%	63.4%	59.4%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis South

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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	10.4%	12.1%	9.7%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	*3.6%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	5.2%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	81.6%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	18.4%	23.9%	24.1%
1 to 3 days	14.3%	18.1%	19.4%
4 to 9 days	22.1%	19.0%	21.8%
10 to 19 days	19.9%	17.7%	15.8%
20 or more days	25.3%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 drinks	17.4%	22.5%	22.7%
1 or 2 drinks	66.7%	58.7%	61.8%
3 or 4 drinks	12.2%	14.0%	11.8%
5 or more drinks	3.6%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
1 or 2 drinks	80.8%	75.8%	80.0%
3 or 4 drinks	14.8%	18.0%	15.3%
5 or more drinks	4.4%	6.2%	4.7%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis South

Among males

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	64.5%	62.0%	67.7%
1 time	11.7%	12.4%	9.9%
2 times	*7.1%	7.3%	7.3%
3 to 5 times	10.2%	10.7%	8.9%
6 or more times	*6.6%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	57.7%	52.2%	59.2%
1 time	13.9%	15.6%	12.5%
2 times	*8.5%	9.2%	9.3%
3 to 5 times	12.1%	13.5%	11.2%
6 or more times	7.8%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	76.9%	74.2%	78.7%
1 time	9.0%	9.8%	9.1%
2 times	7.4%	7.3%	4.9%
3 to 5 times	5.0%	5.8%	5.2%
6 or more times	*1.7%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	70.9%	64.7%	71.0%
1 time	11.3%	13.3%	12.3%
2 times	9.3%	10.0%	6.7%
3 to 5 times	6.3%	8.0%	7.1%
6 or more times	*2.2%	4.0%	2.9%

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Metro SHAPE 2014

How You Feel

SHAPE Region: Minneapolis South

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	24.9%	28.6%	22.8%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	9.2%	11.8%	10.6%

Among those who ever had depression

Yes	37.1%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	23.7%	26.8%	21.3%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	8.9%	10.1%	9.3%

Among those who ever had anxiety

Yes	36.4%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	72.7%	67.3%	72.4%
A little of the time	19.2%	20.6%	19.0%
Some of the time	6.0%	9.7%	6.7%
Most of the time / All of the time	*2.1%	2.5%	1.9%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	42.1%	37.1%	41.3%
A little of the time	38.3%	38.7%	38.9%
Some of the time	15.8%	19.8%	16.7%
Most of the time / All of the time	*3.8%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	67.2%	62.4%	66.3%
A little of the time	24.6%	24.0%	22.6%
Some of the time	6.0%	10.9%	9.2%
Most of the time / All of the time	*2.2%	2.7%	1.9%

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Metro SHAPE 2014

How You Feel

SHAPE Region: Minneapolis South

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	79.4%	73.2%	78.5%
A little of the time	14.5%	16.2%	14.0%
Some of the time	4.4%	7.7%	5.6%
Most of the time / All of the time	*1.6%	2.9%	1.9%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	55.0%	49.0%	56.2%
A little of the time	32.5%	31.2%	28.2%
Some of the time	8.9%	12.9%	10.5%
Most of the time / All of the time	3.6%	6.8%	5.1%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	81.6%	75.1%	79.9%
A little of the time	12.9%	15.0%	12.8%
Some of the time	*3.8%	6.8%	5.1%
Most of the time / All of the time	*1.6%	3.1%	2.2%

Experienced serious psychological distress during the past 30 days

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	*2.6%	4.5%	3.0%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: Minneapolis South

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Weekly	26.5%	25.0%	26.4%
Monthly	15.0%	14.1%	13.3%
Several times a year	23.3%	22.7%	22.4%
About once a year / Less often than yearly	22.0%	20.5%	20.8%
Never	13.2%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Daily	40.0%	40.8%	36.7%
Weekly	41.9%	40.1%	42.1%
Monthly	10.2%	9.3%	11.4%
Less often than monthly	5.6%	7.2%	7.8%
Never	^2.3%	2.6%	1.9%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very pleasant	84.4%	59.1%	67.0%
Somewhat pleasant	13.6%	32.3%	28.2%
Not very pleasant	^1.4%	6.6%	3.7%
Not at all pleasant	^0.6%	1.9%	1.1%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very well maintained	70.0%	53.4%	52.1%
Somewhat maintained	27.2%	38.5%	29.5%
Not very well maintained /			
Not at all maintained	*2.4%	7.6%	4.6%
There are no sidewalks in my neighborhood	^0.4%	*0.5%	13.9%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very easy	66.4%	55.6%	60.0%
Somewhat easy	30.8%	37.2%	33.1%
Not very easy	*1.7%	5.8%	5.5%
Not at all easy	^1.1%	*1.4%	1.3%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: Minneapolis South

Please rate the extent to which you agree or disagree.

This is a good community to raise children in

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Strongly agree	71.8%	45.0%	62.3%
Somewhat agree	23.1%	38.4%	29.1%
Somewhat disagree	3.8%	11.9%	6.4%
Strongly disagree	[^] 1.3%	4.7%	2.1%

People in this neighborhood are willing to help one another

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Strongly agree	51.2%	37.3%	44.6%
Somewhat agree	41.3%	48.0%	45.3%
Somewhat disagree	6.2%	11.8%	8.4%
Strongly disagree	[^] 1.3%	2.9%	1.7%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very safe	41.4%	23.1%	48.4%
Somewhat safe	51.7%	54.3%	41.2%
Somewhat unsafe	5.7%	17.4%	8.4%
Not at all safe	[^] 1.2%	5.3%	2.0%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At least once a week	*2.1%	5.0%	2.7%
Once or twice a month	*2.4%	4.6%	3.2%
A few times a year	7.6%	13.5%	9.5%
Once a year or less often	16.9%	18.7%	14.4%
Never	71.0%	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 South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Often	*1.6%	5.0%	3.2%
Sometimes	5.3%	10.5%	7.0%
Rarely	5.4%	9.4%	7.5%
Never	87.7%	75.0%	82.3%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: Minneapolis South

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	4.6%	9.1%	5.7%

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

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	76.3%	72.6%	79.7%
1 time	16.6%	19.3%	15.9%
2 or more times	7.1%	8.2%	4.4%

Do you think of yourself as ...

	<u>Minneapolis South</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Gay, lesbian, or homosexual/ Bisexual/Transgender	7.8%	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 Hennepin County
Public Health