



**SHAPE 2010**

Your health matters.  
Your answers matter.

# SHAPE 2010 ADULT SURVEY

## Findings on key health indicators

Last update: July 25, 2010

**Human Services and Public Health Department  
Hennepin County**



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***SHAPE 2010 is a project of the Hennepin County Human Services and Public Health Department.***

***SHAPE 2010 was funded in part by a grant from the Minnesota Statewide Health Improvement Program.***



# What is SHAPE?

Survey of the Health of All the Population and Environment

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

**SHAPE data has been used for public health policy planning and assessment.**

**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



# 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



Hennepin County  
Human Services and Public Health Department



Minnesota's  
VISION  
A Better State of Health  
Minnesota Health  
Improvement Program | SHIP

SHAPE 2010

SHAPE 2010 - Adult Data Book

### Overall Health

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

TABLE 1

	Sample Size N	Excellent % ± 95% C.I.	Very Good % ± 95% C.I.	Good % ± 95% C.I.	Fair % ± 95% C.I.	Poor % ± 95% C.I.
<b>Hennepin County Total</b>	6,933	19.5% ± 1.4	43.7% ± 1.8	27.4% ± 1.6	7.7% ± 0.9	1.7% ± 0.4
<b>Minneapolis</b>						
Total	3,213	19.4% ± 2.1	42.8% ± 2.6	27.3% ± 2.3	8.8% ± 1.4	2.0% ± 0.6
Camden, Near North	876	10.0% ± 3.5	31.5% ± 5.1	38.8% ± 5.6	16.8% ± 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% ± 2.8	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
<b>Suburban Areas</b>						
Total	3,720	19.5% ± 1.9	44.2% ± 2.4	27.5% ± 2.0	7.3% ± 1.1	1.8% ± 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	18.8% ± 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	6.9% ± 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
<b>Gender</b>						
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
<b>Age</b>						
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	28.8% ± 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
<b>Household Income</b>						
< 200% of FPL	1,809	11.1% ± 2.7	31.2% ± 3.7	36.1% ± 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.

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SHAPE 2010 - Adult Survey: A Hennepin County project funded in part by the Minnesota Statewide Health Improvement Program



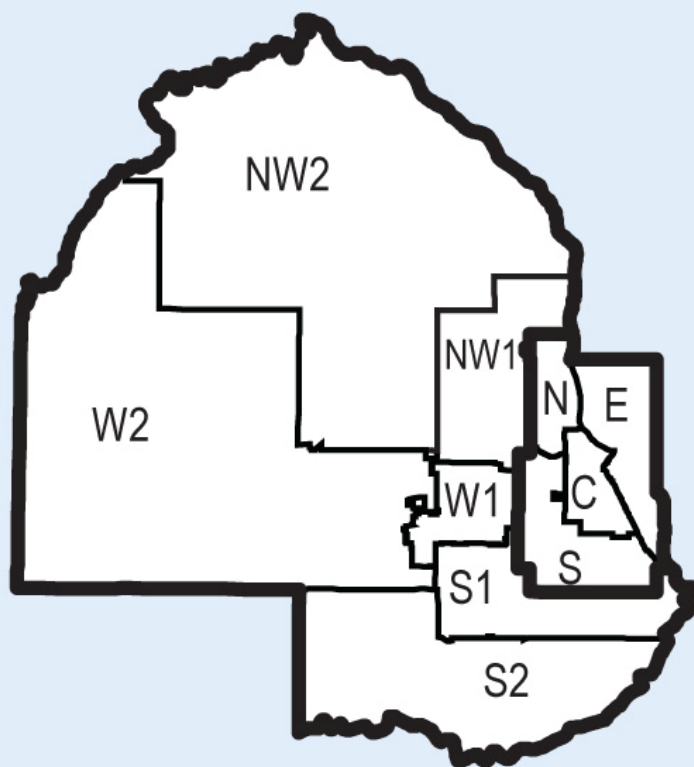
# SHAPE 2010 Adult Survey: data book

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

<sup>1</sup> More details on reporting geographic areas are provided in next slide and in Adult Survey Data Book.

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

# SHAPE 2010 Adult Survey: data book geographic reporting areas



## Geographic Reporting Areas

### Minneapolis

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

### Suburban Hennepin County

- 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



# SHAPE 2010 Adult Survey: domains and topics

## Overall health

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

- Nutrition and weight status
- Physical activity and exercise
- Non-motorized transit use
- Smoking, alcohol use

## Social-environmental factors

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





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# **SHAPE 2010 ADULT SURVEY**

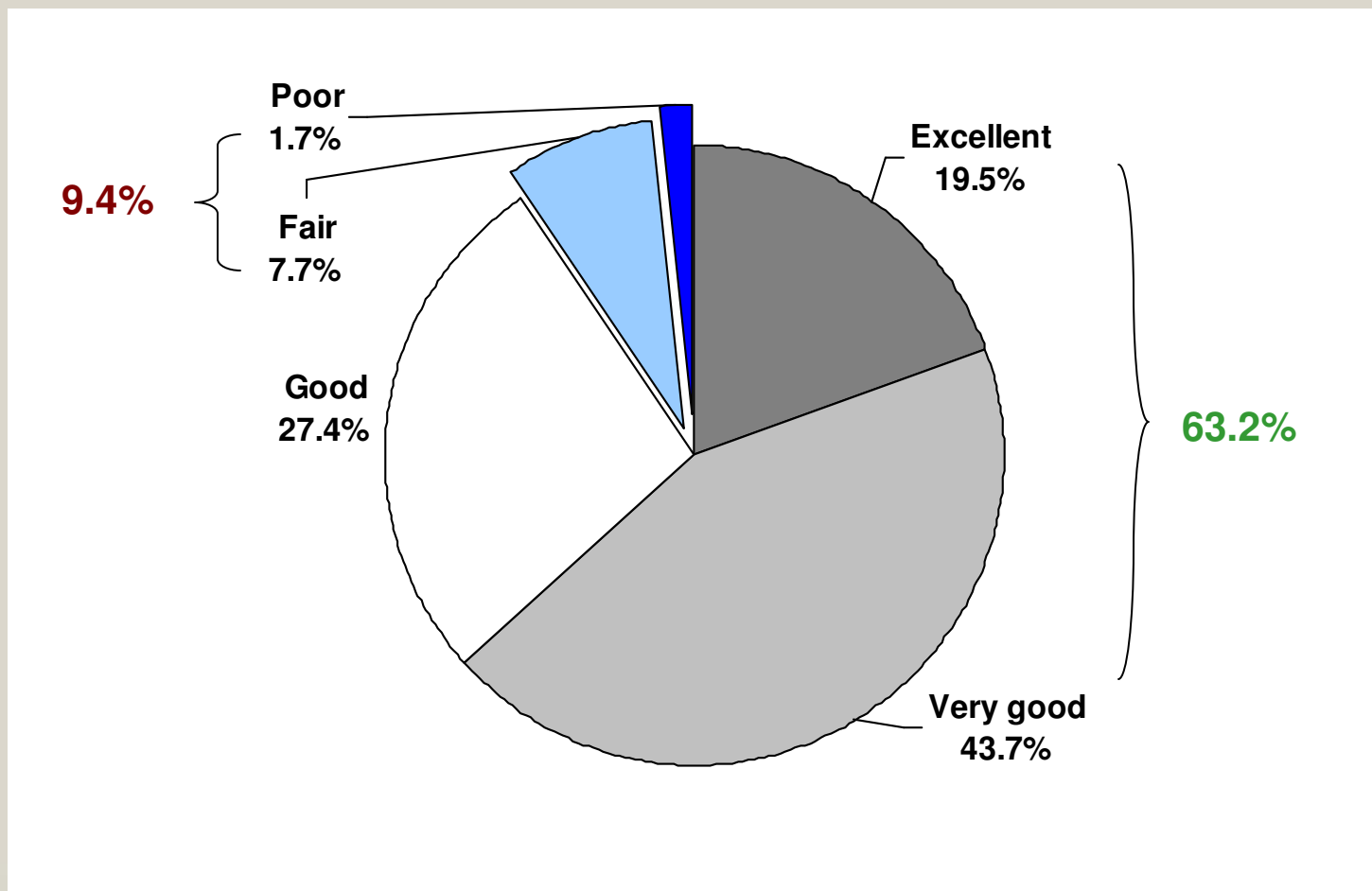
## **Self-rated health**



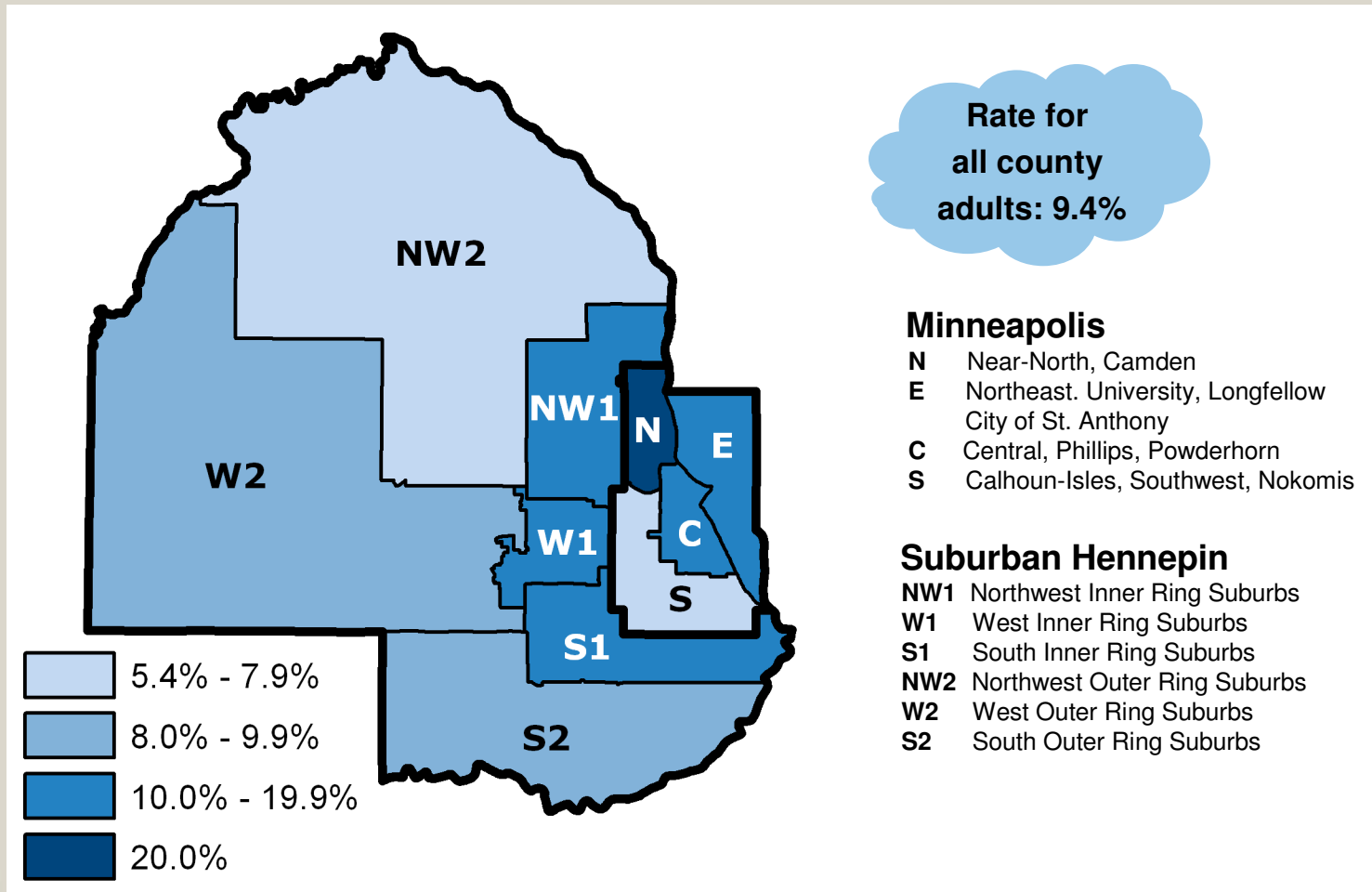
# Self-rated health

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

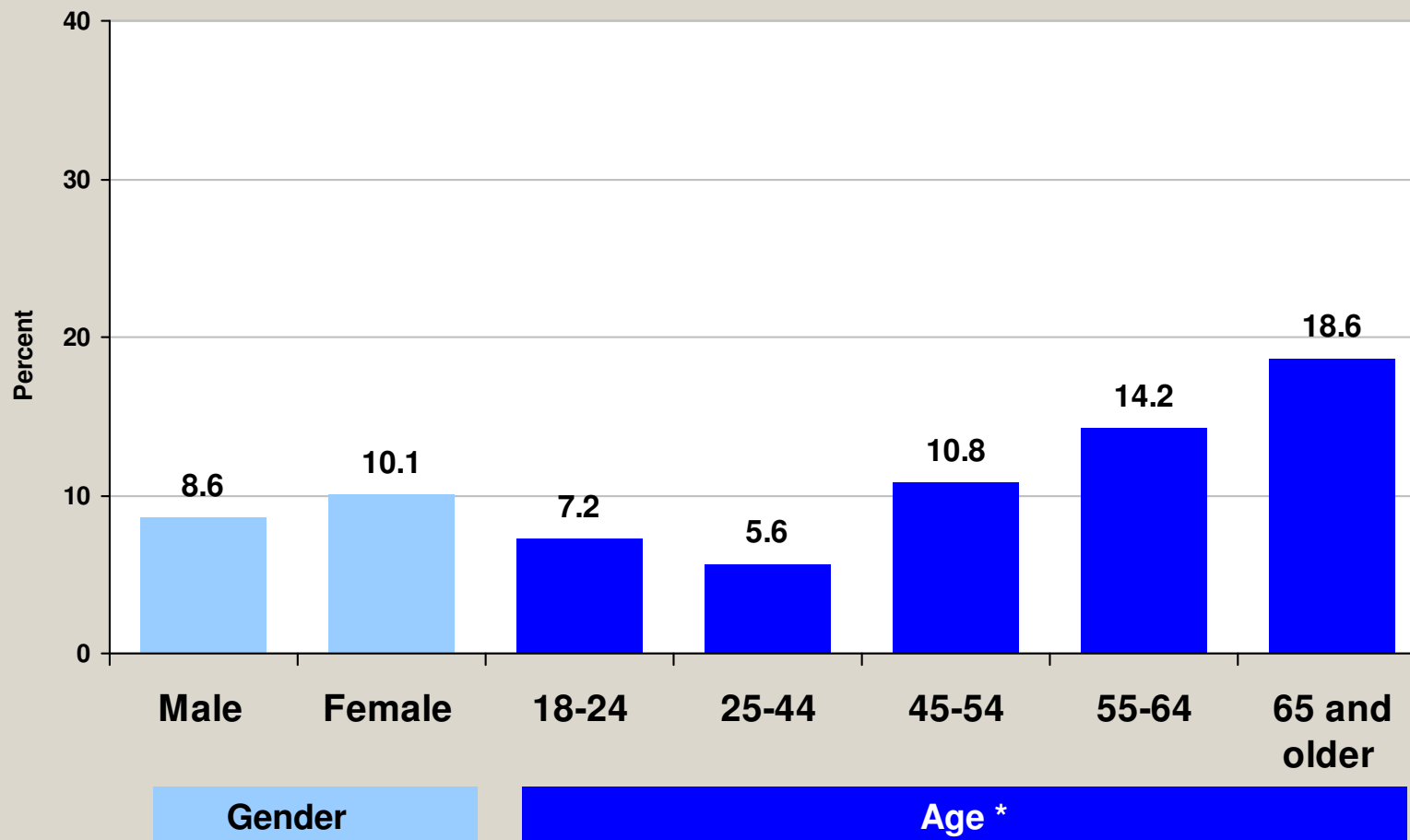
Hennepin County adults 2010



# Percent reporting poor or fair health by geographic areas Hennepin County adults 2010

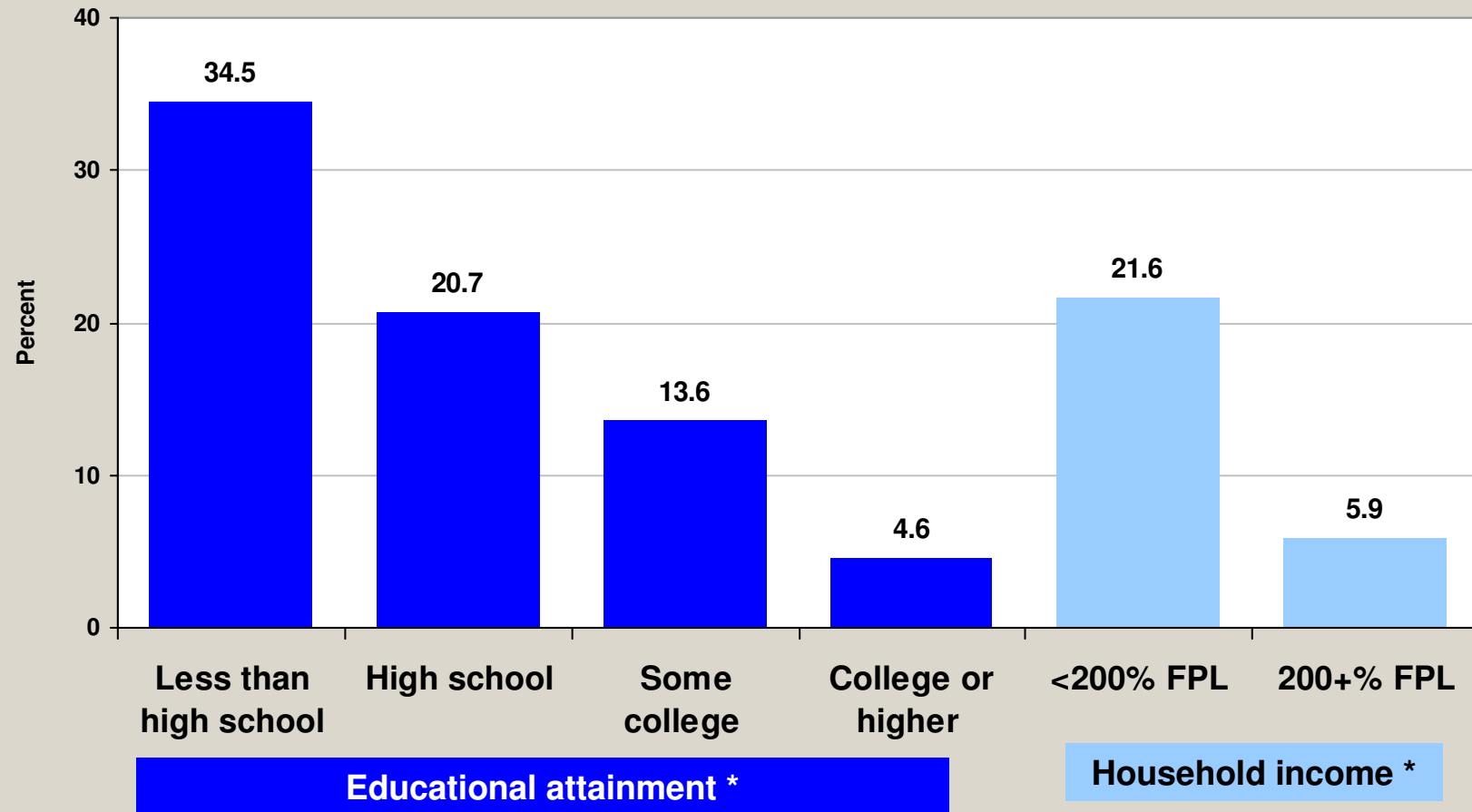


## Percent reporting poor or fair health by gender and age Hennepin County adults 2010



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

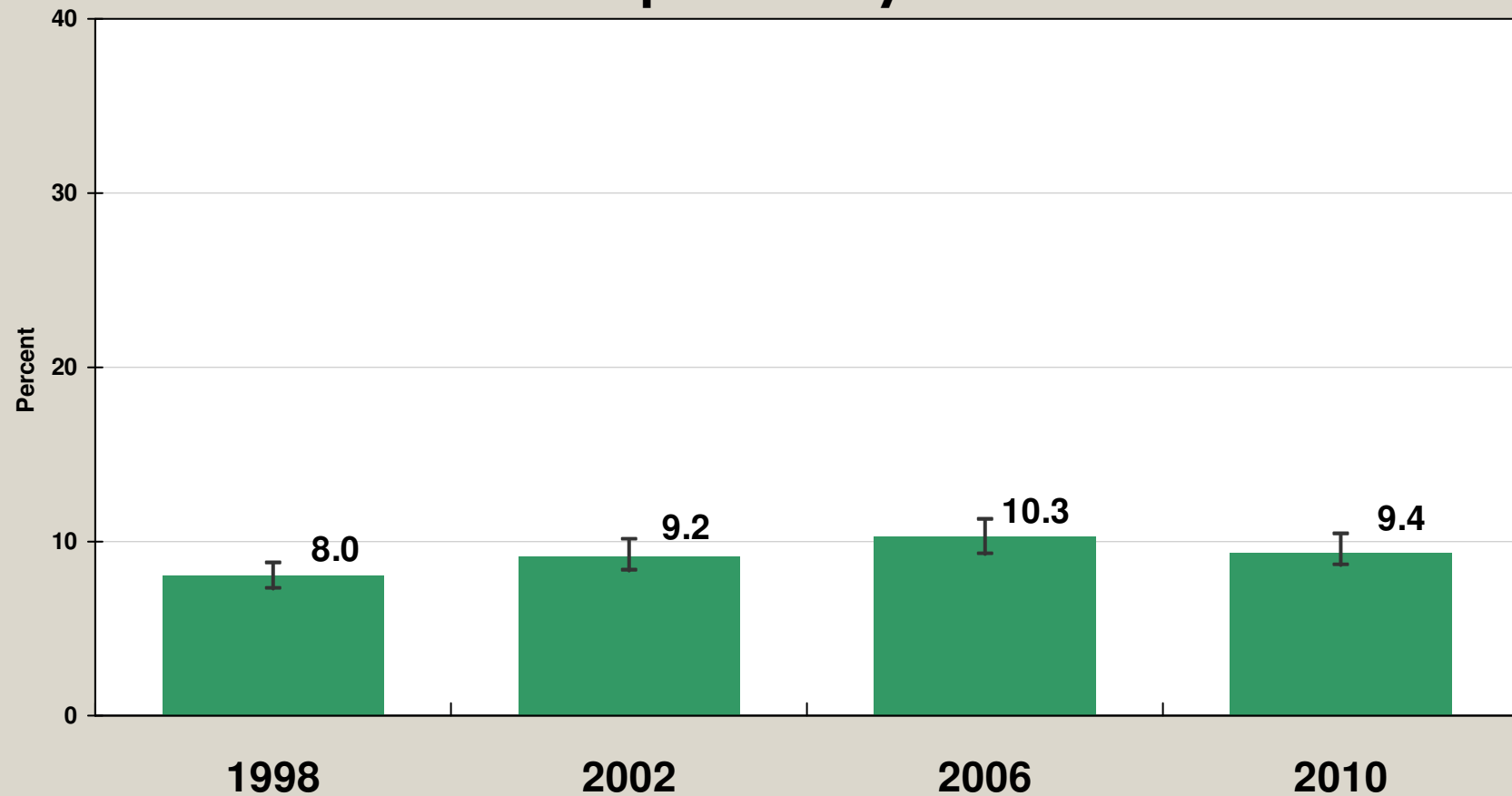
## Percent reporting poor or fair health by education and household income Hennepin County adults 2010



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

# Percent reporting poor or fair health 1998-2010

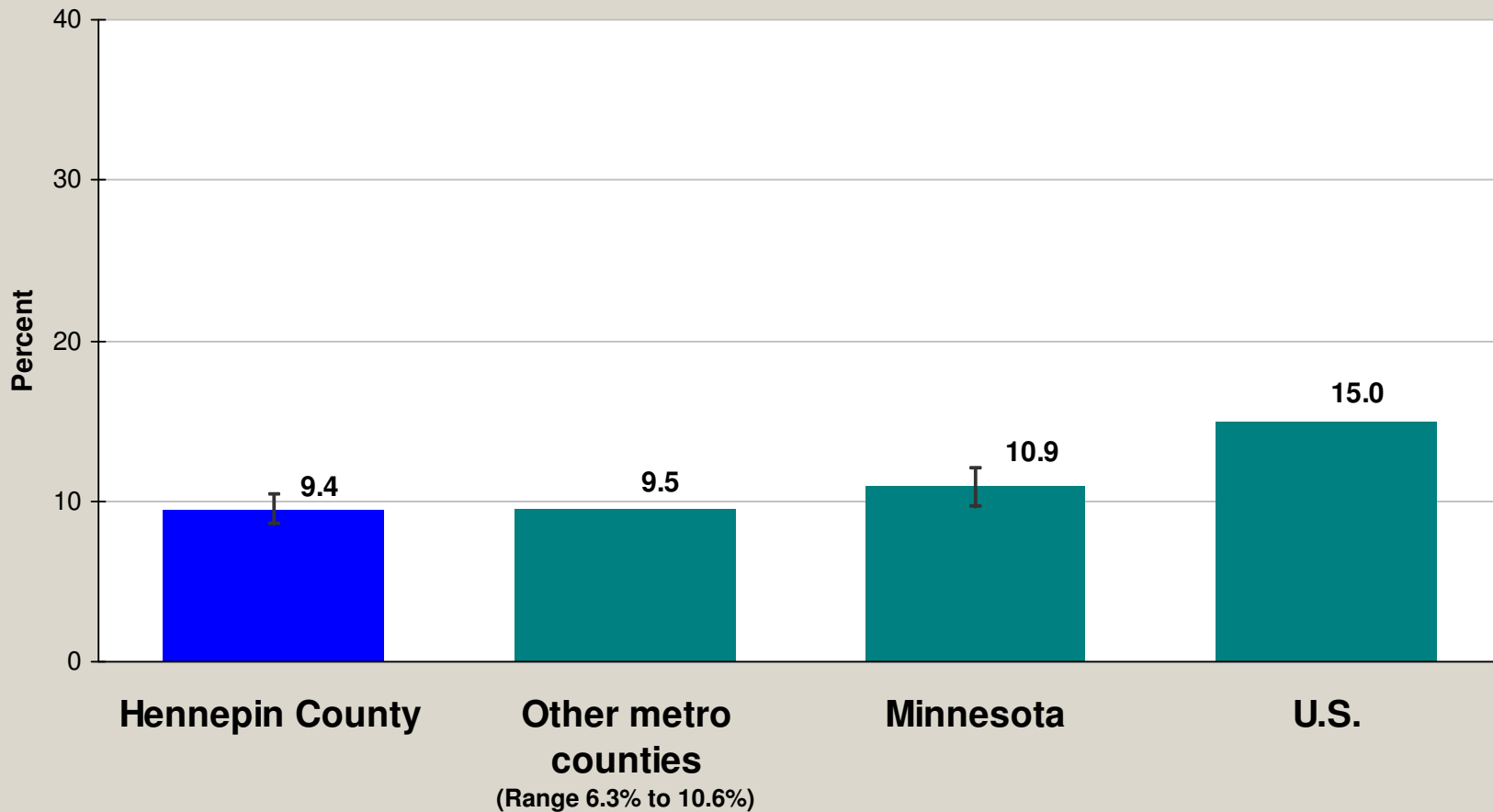
## Hennepin County adults



Sources: SHAPE 1998, SHAPE 2002, SHAPE 2006 & SHAPE 2010.  
Note: Vertical line represents 95% confidence intervals.

## Percent of adults reporting poor or fair health in 2010

### How does Hennepin County compare?

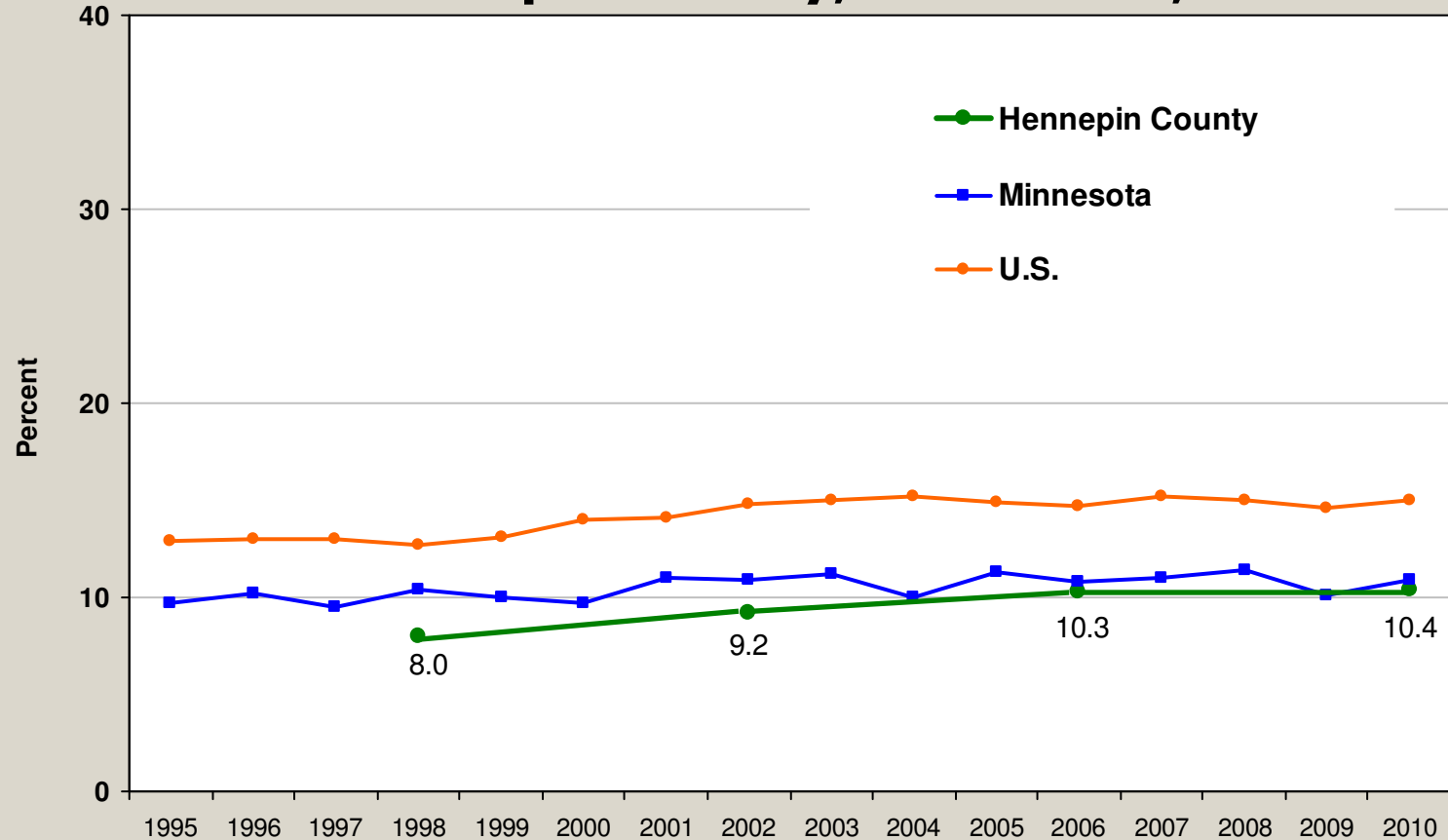


Sources: SHAPE 2010, Minnesota Metro Adult Health Survey 2010, BRFSS 2010 for Minnesota, BRFSS 2010 national median for U.S.

Note: Vertical line represents 95% confidence intervals.

# Percent reporting poor or fair health 1995-2010

## Adults in Hennepin County, Minnesota, and U.S.



Sources: SHAPE for Hennepin County, BRFSS for Minnesota, BRFSS national median for U.S.  
(NHIS does monitor this indicator. However, data on "poor" or "fair" health for adults have not been published.)



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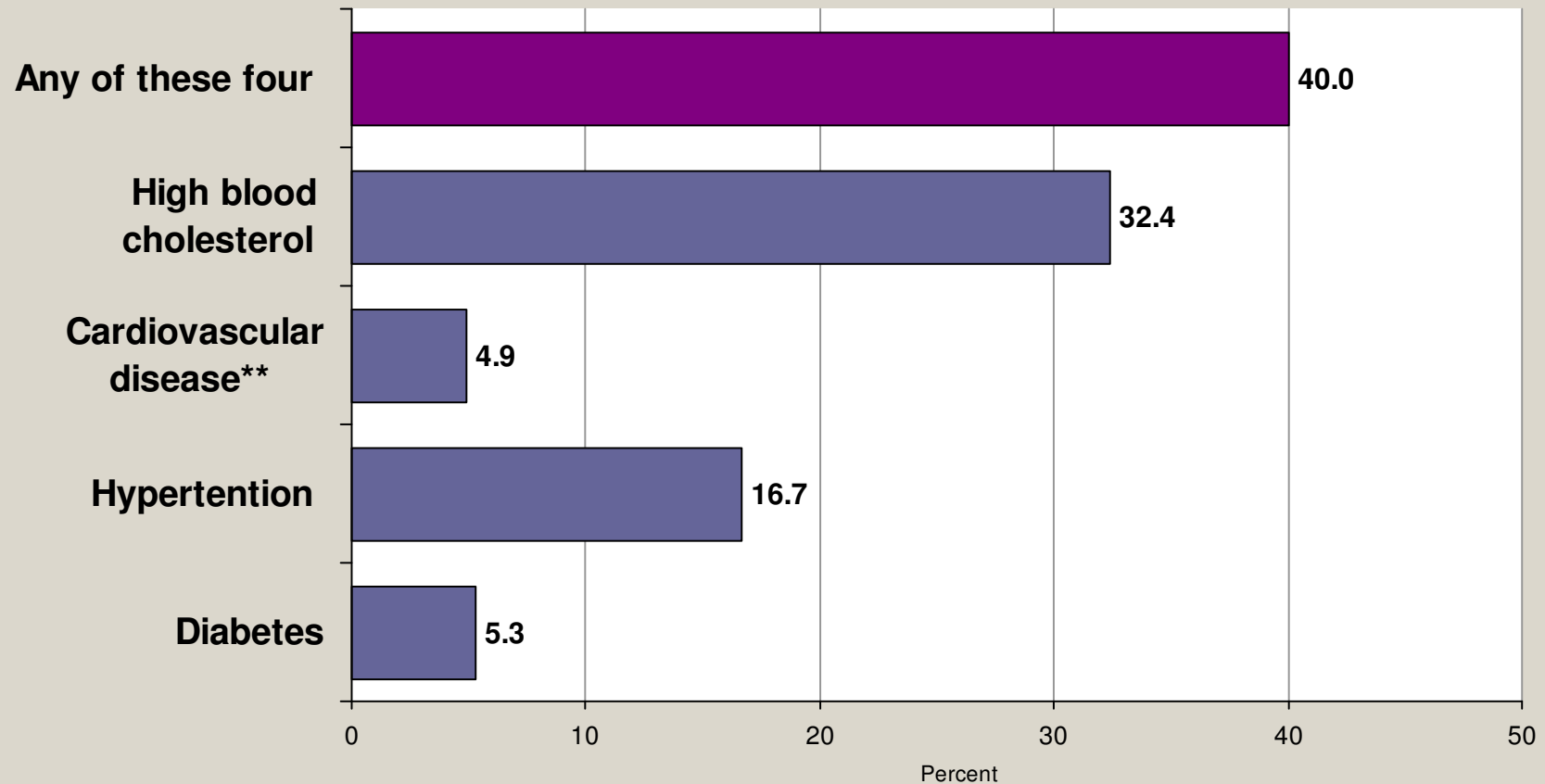
# SHAPE 2010 ADULT SURVEY

## Chronic disease and conditions- Summary



# Chronic disease and conditions\*

that are largely attributed by modifiable risk behaviors  
Hennepin County adults 2010



\*. Has ever been told by health care professional that they have ... (the disease or condition).

\*\* Includes heart attack, angina, coronary heart disease or stroke.



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# SHAPE 2010 ADULT SURVEY

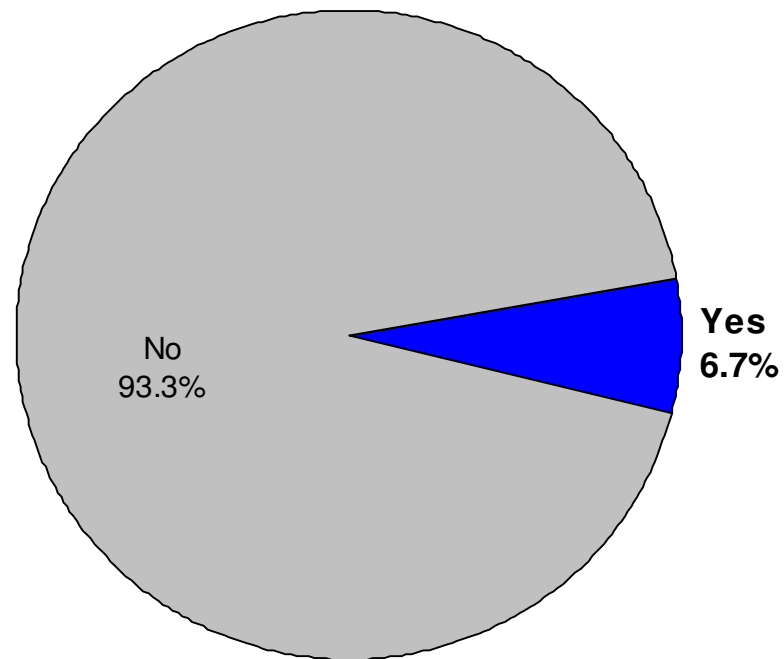
## Asthma

## Currently has asthma

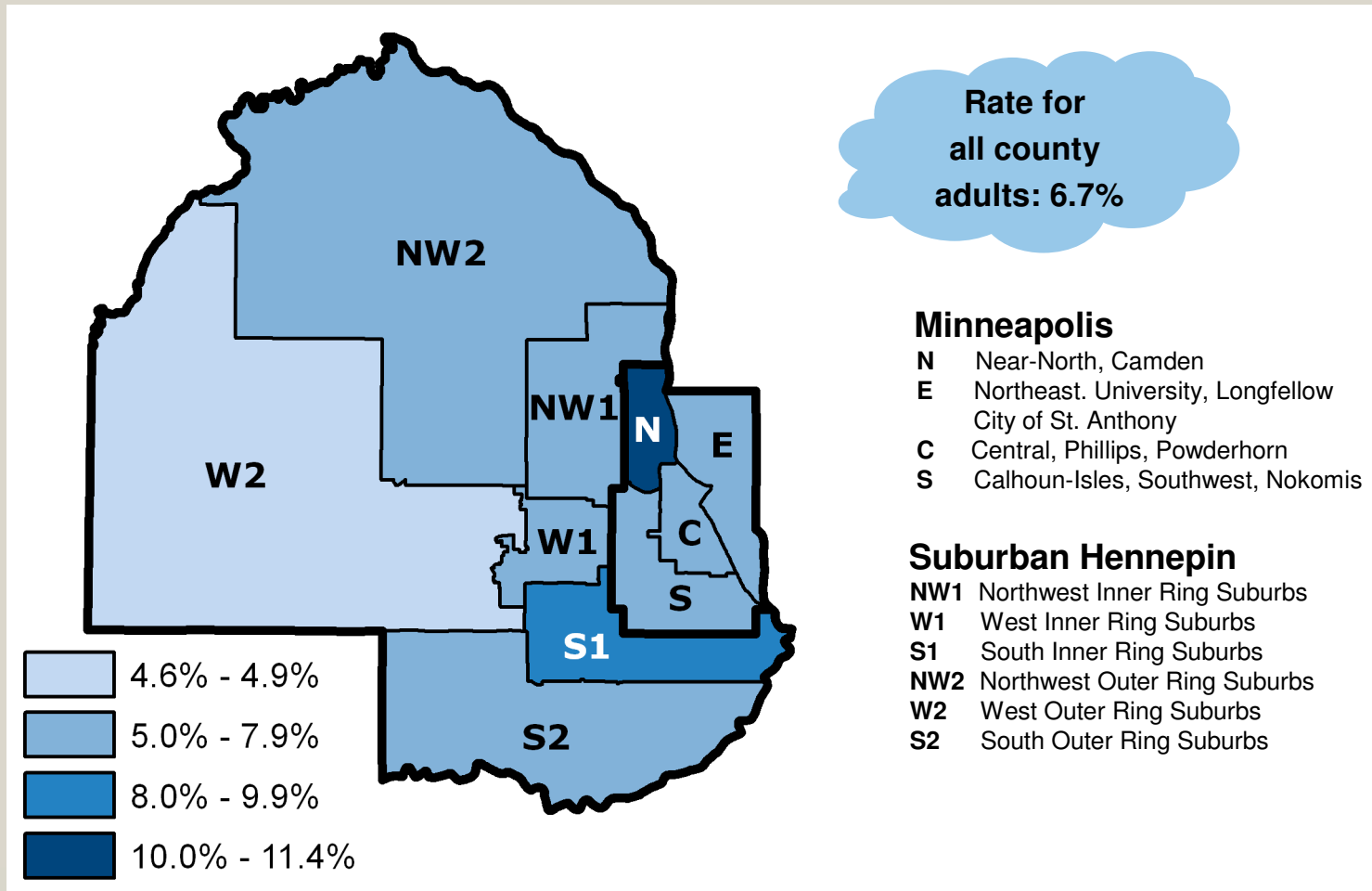
*Q: Have you ever been told by a doctor or other health professional that you have asthma?*

*Q: Do you still have it?*

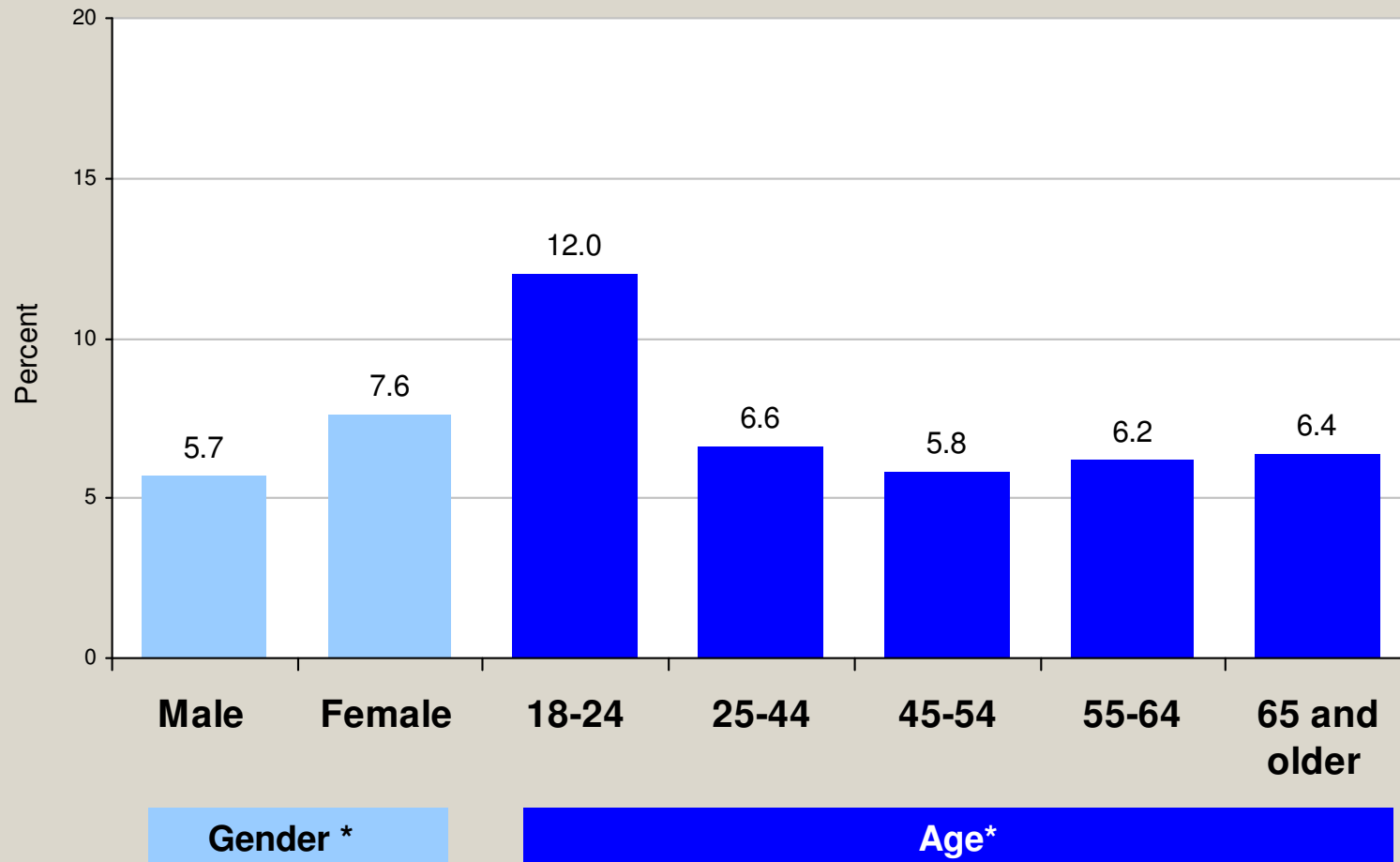
**Hennepin County adults 2010**



# Percent who currently have asthma Hennepin County Adults 2010

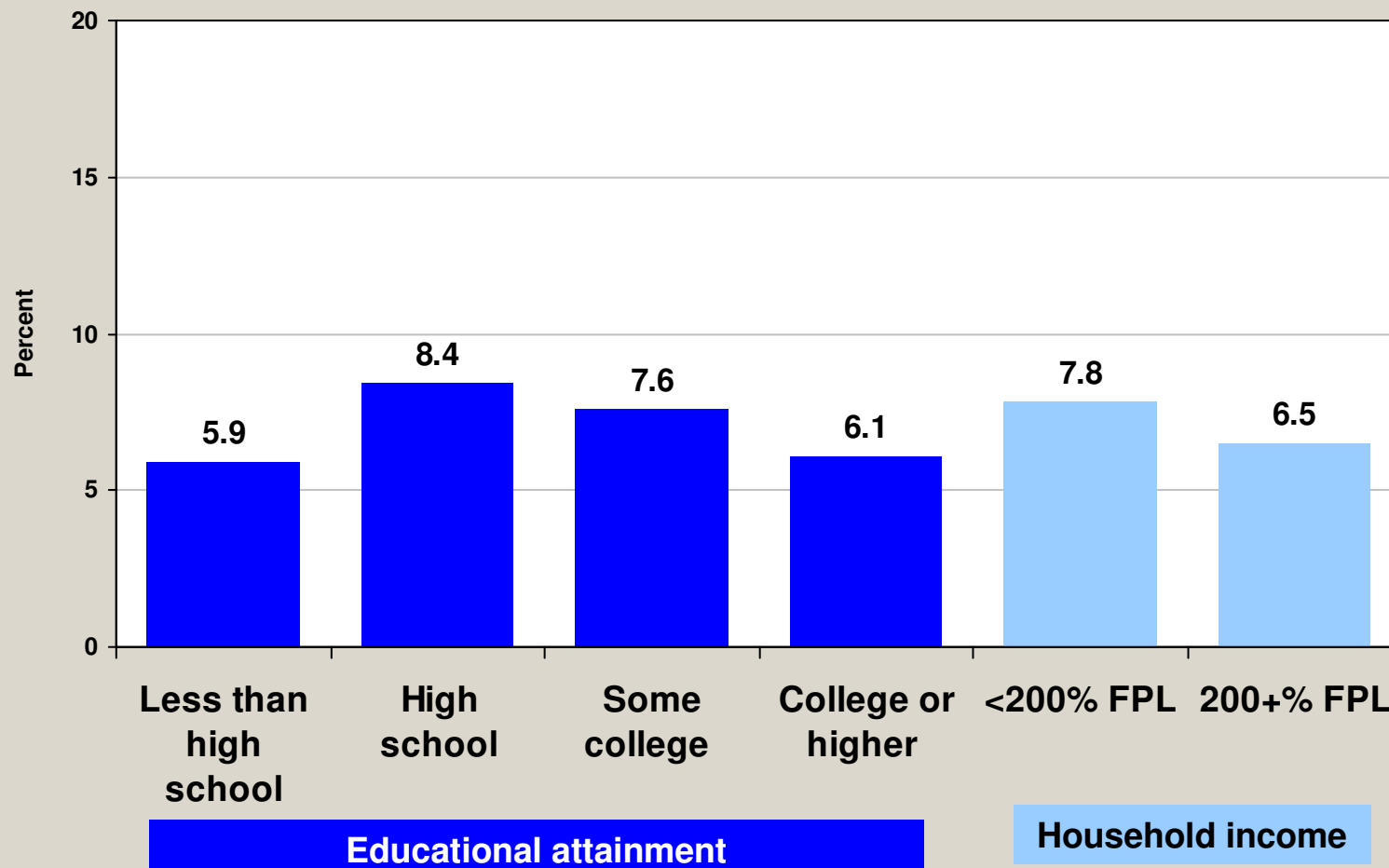


## Percent who currently have asthma Hennepin County adults 2010



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

## Percent who currently have asthma Hennepin County adults 2010



Difference in rates between groups is not statistically significant at  $p < 0.05$ .



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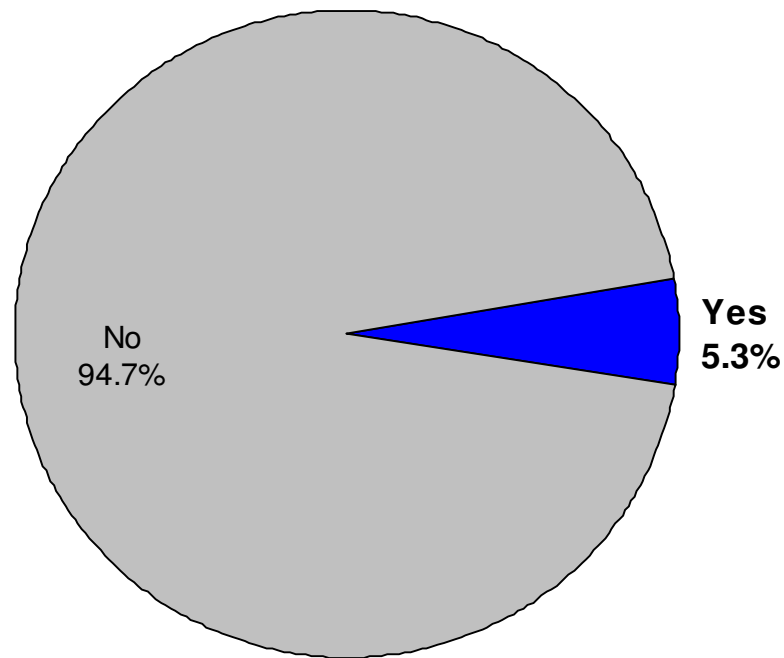
# SHAPE 2010 ADULT SURVEY

## Diabetes

## Having ever had diabetes

*Q: Have you ever been told by a doctor or other health professional that you have diabetes or sugar diseases?*

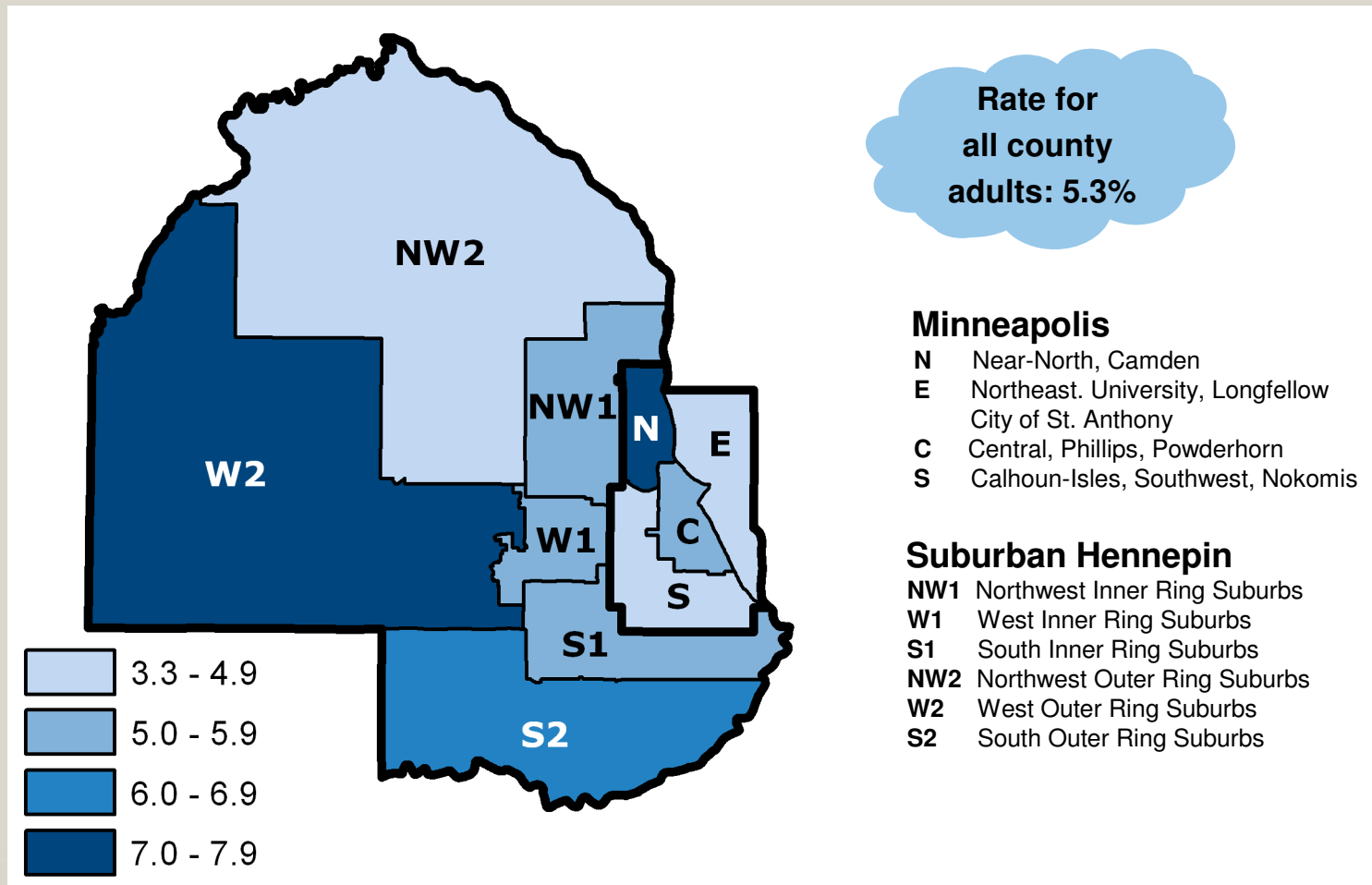
**Hennepin County adults 2010**



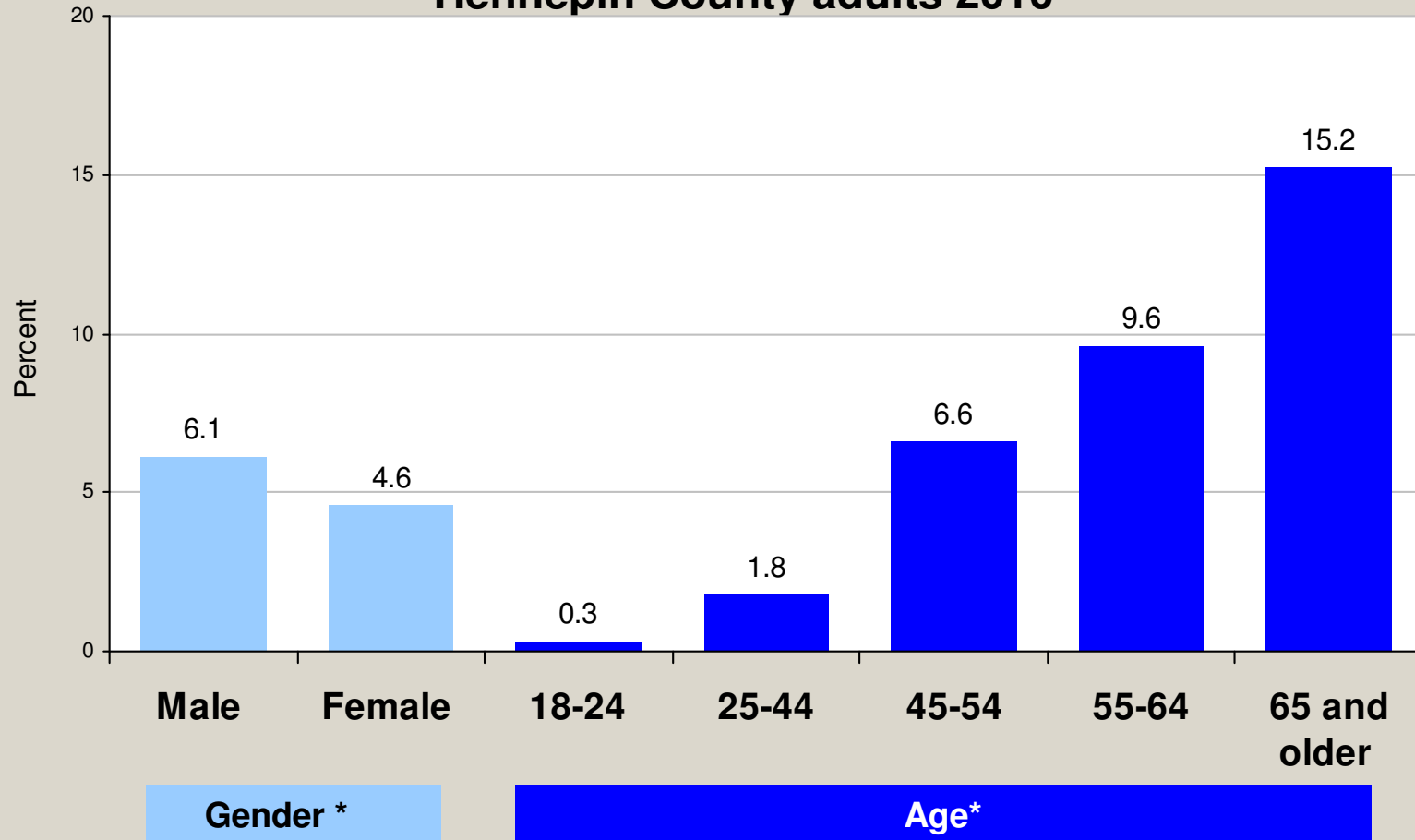


# Percent who have ever had diabetes by geographic areas

Hennepin County adults 2010



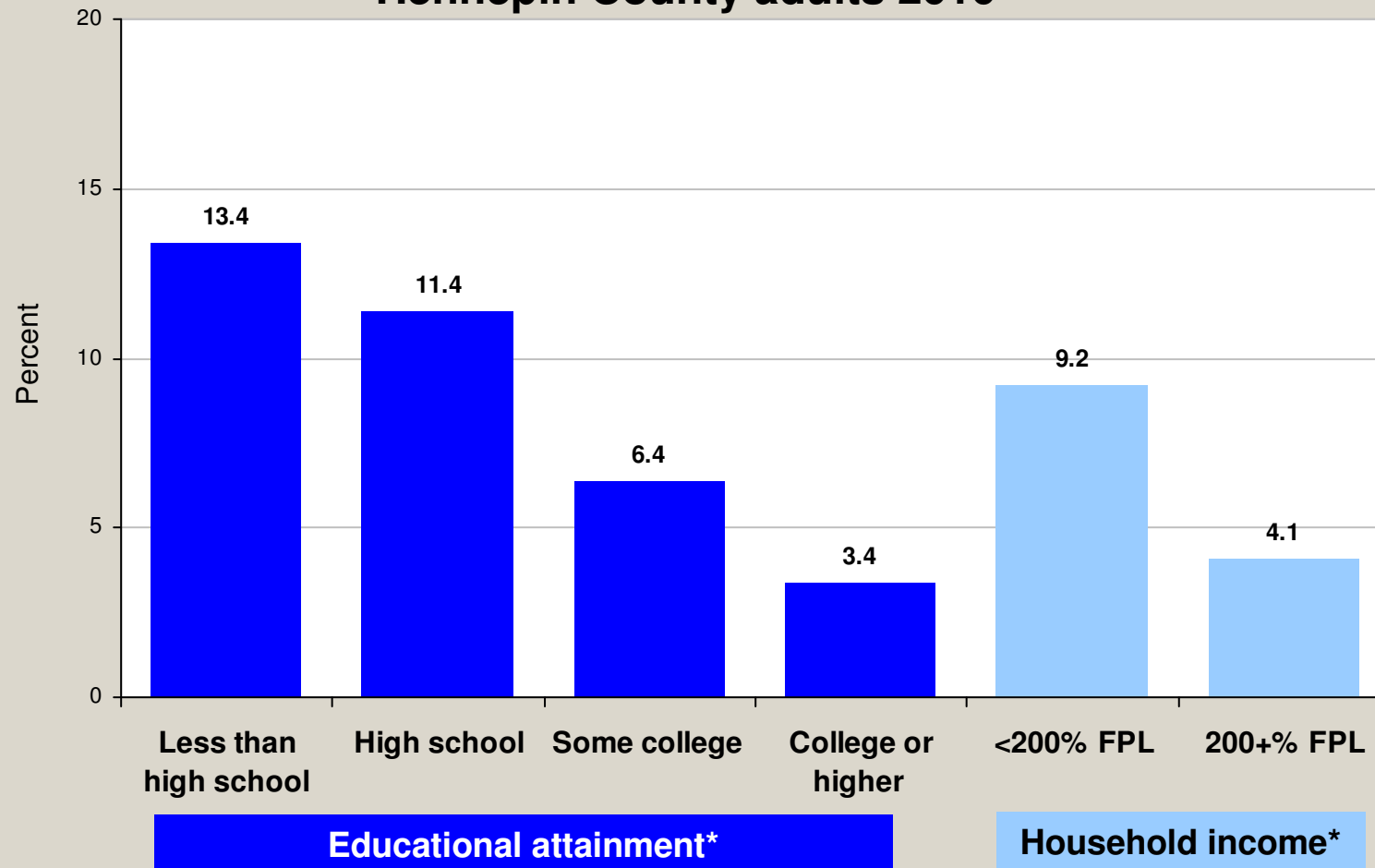
## Percent who have ever had diabetes by gender and age Hennepin County adults 2010



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

# Percent who have ever had diabetes by education and household income

## Hennepin County adults 2010



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



**SHAPE 2010**

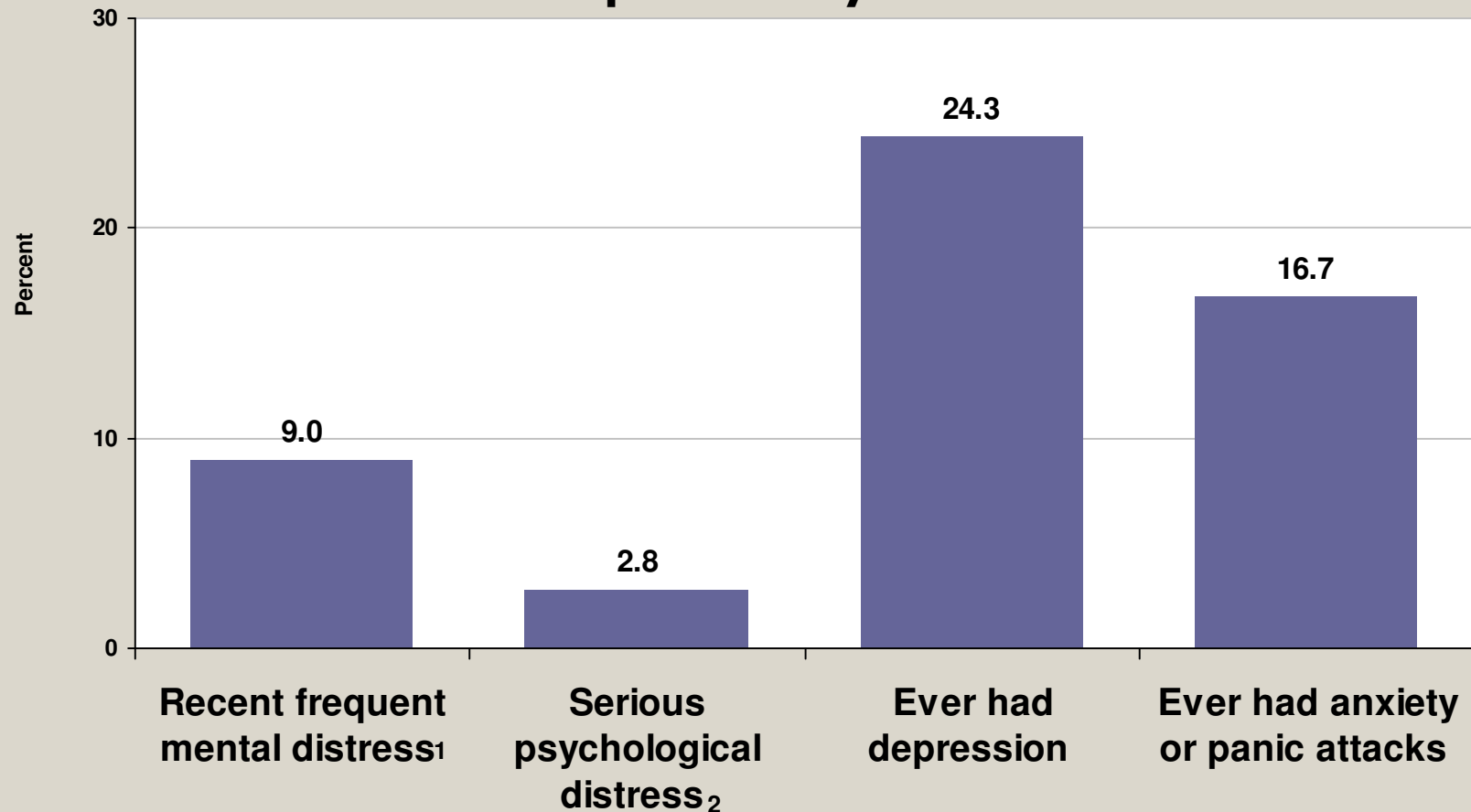
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# SHAPE 2010 ADULT SURVEY

## Mental health indicators- summary

# Selected mental health indicators

## Hennepin County adults 2010



1. Respondents reported that their mental health was not good for 14 or more days during the past 30 days.
2. The serious psychological distress (SPD), or non-specific psychological distress, were assessed via a six-item scale of the Kessler Psychological Distress Scale (K6). A value of 13 or more of this scale has been used to define PSD. See technical notes of SHAPE 2010 Adult Data Book ([www.hennepin.us/SHAPE](http://www.hennepin.us/SHAPE)) for detailed description.



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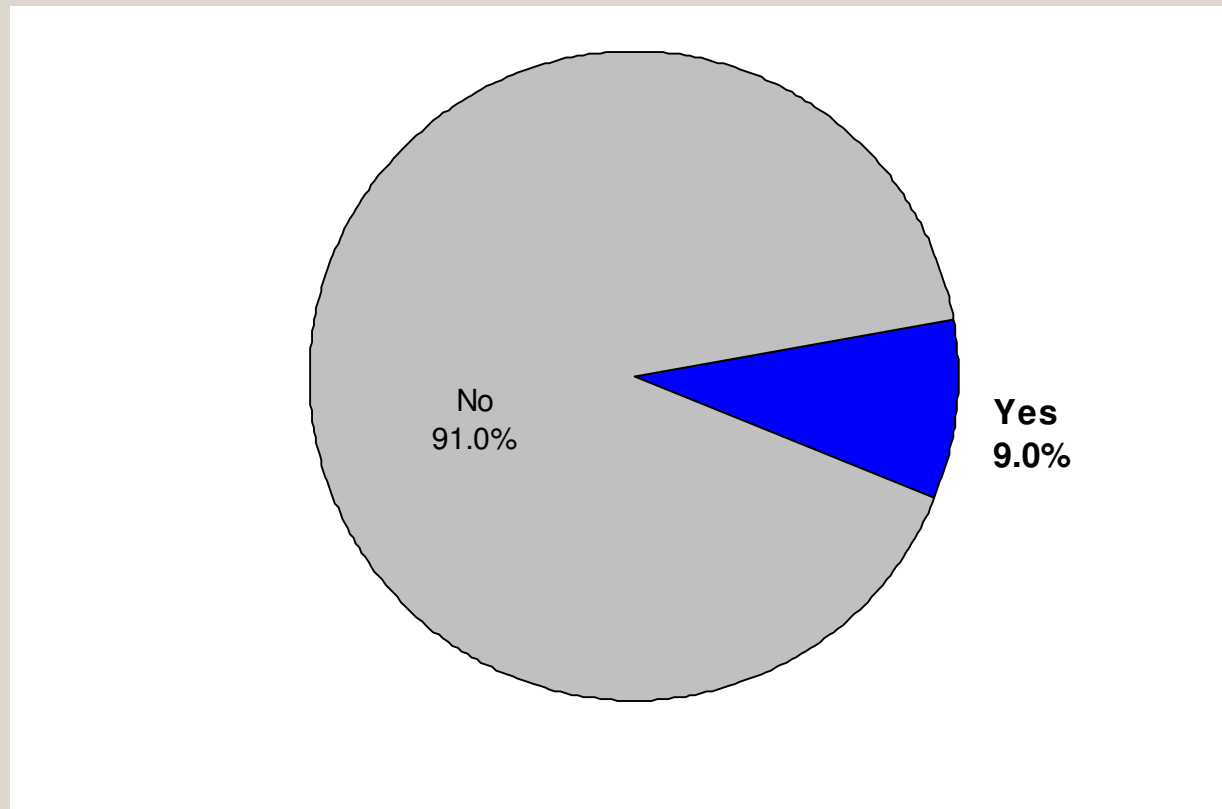
# SHAPE 2010 ADULT SURVEY

## Recent frequent mental distress

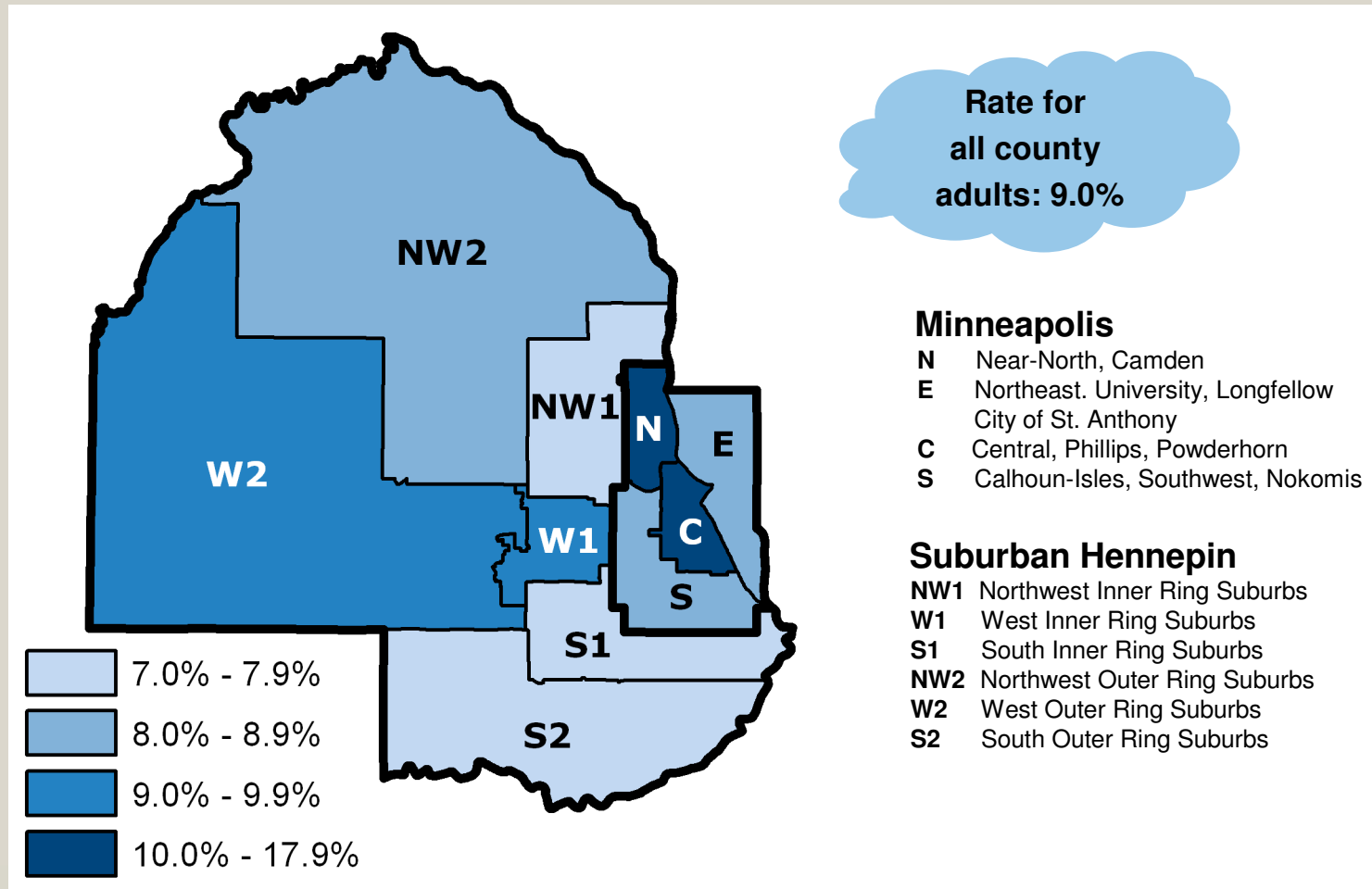
## Recent frequent mental distress

*Respondents reported that their mental health was not good for 14 or more days during the past 30 days*

**Hennepin County adults 2010**

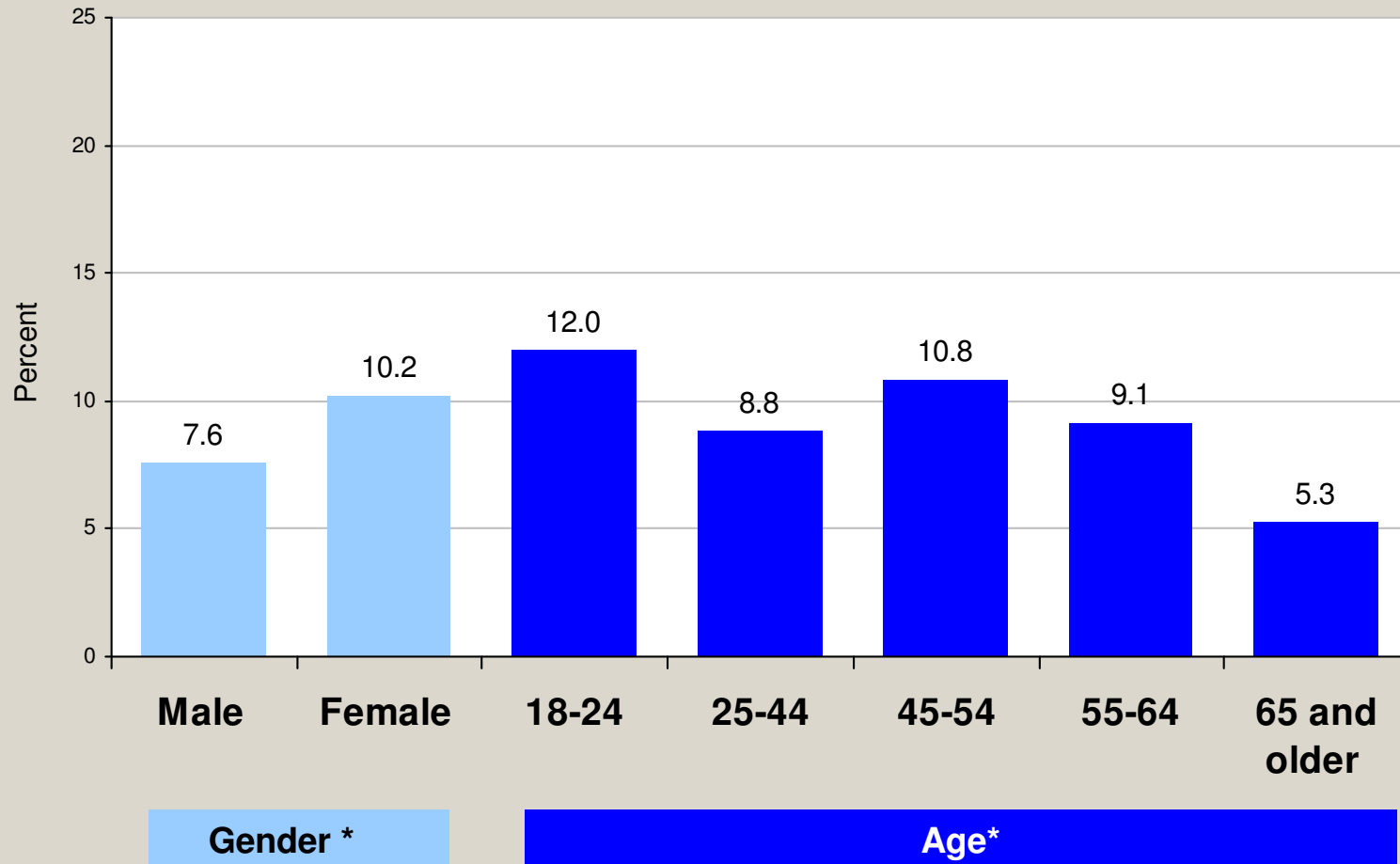


# Percent recent frequent mental distress Hennepin County adults 2010



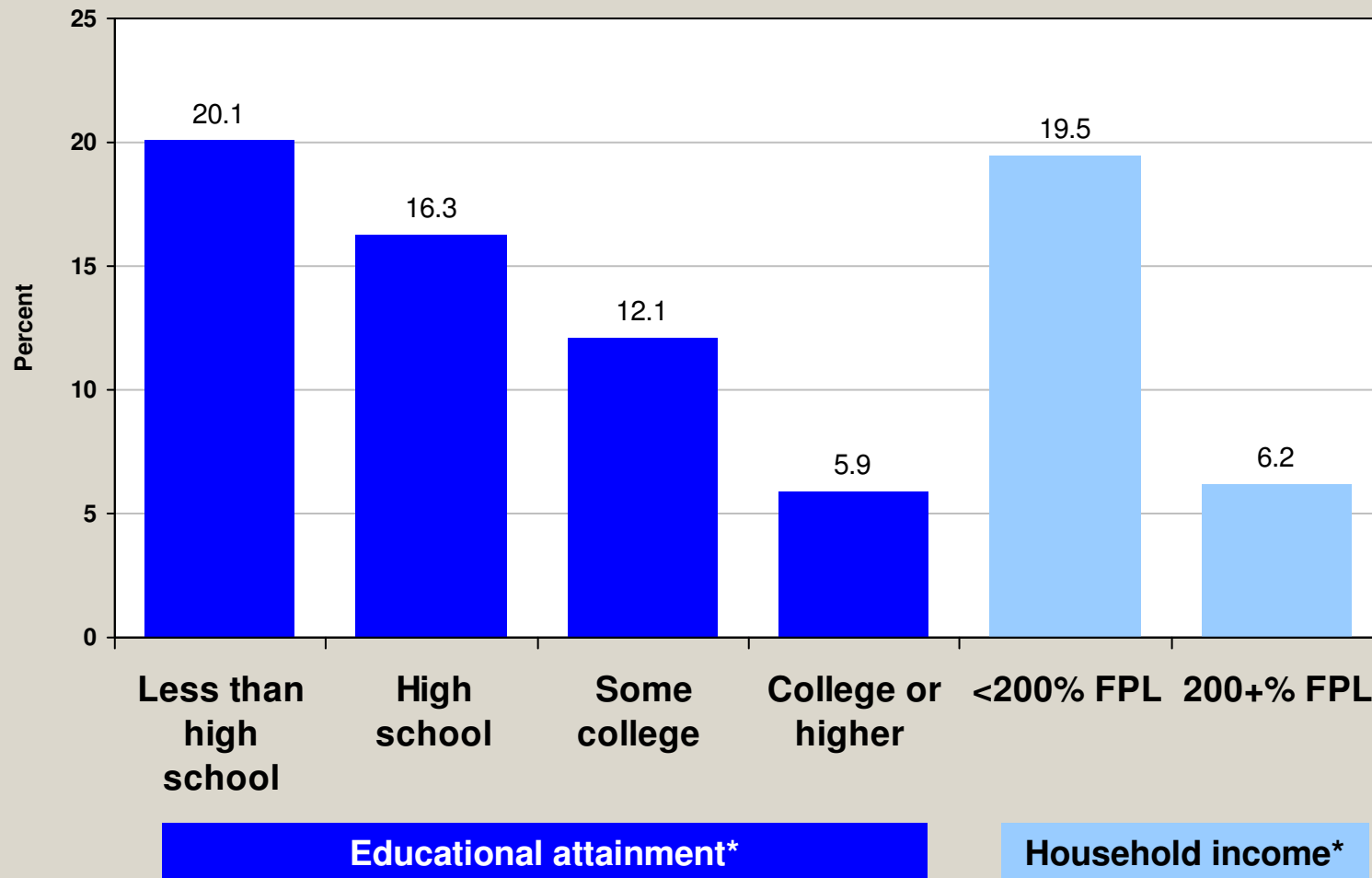


## Percent recent frequent mental distress Hennepin County adults 2010



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

## Percent recent frequent mental distress by education and household income Hennepin County adults 2010



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



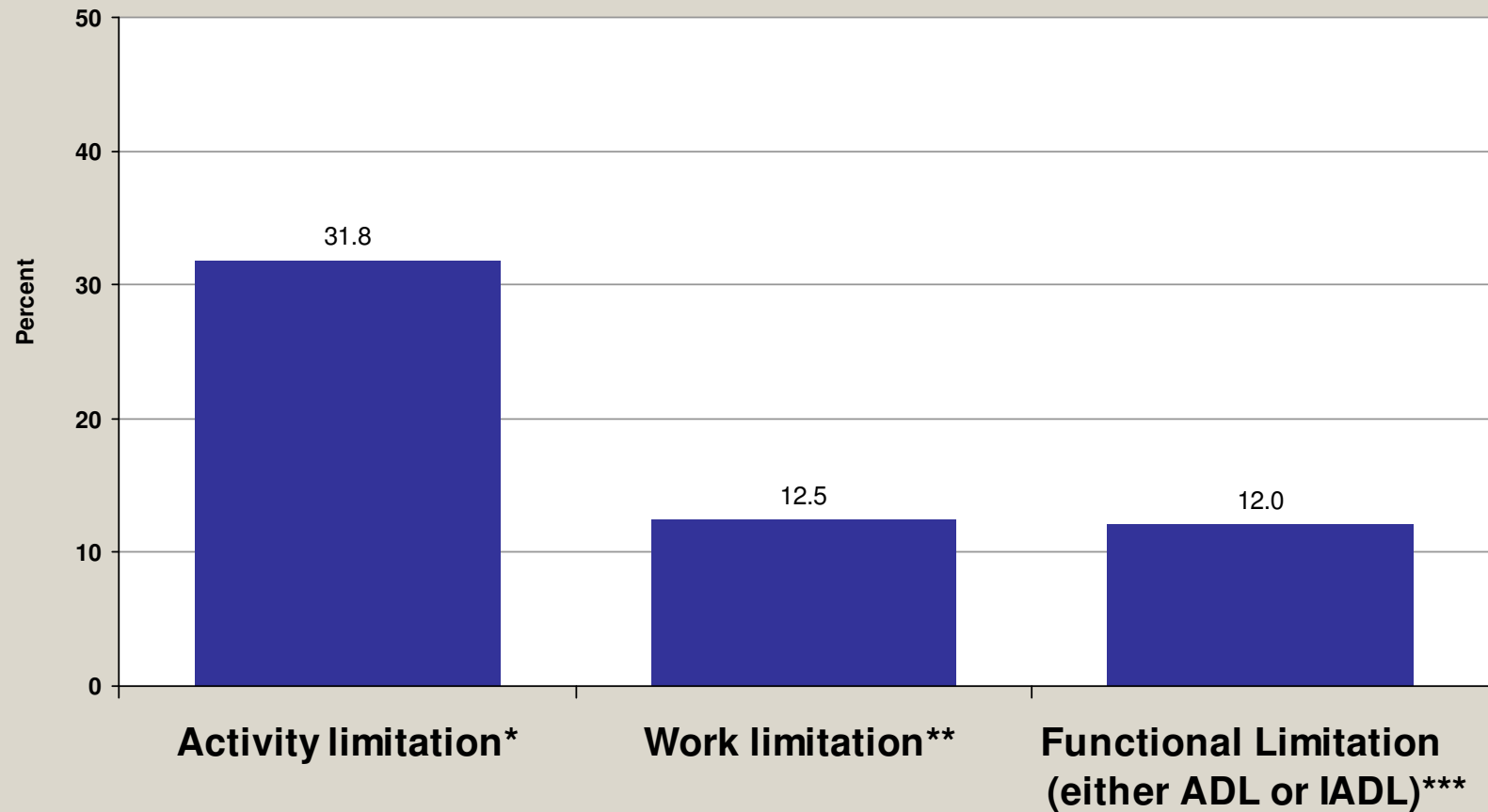
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# SHAPE 2010 ADULT SURVEY

## Activity limitations

## Activity limitation reported among adults aged 55 and older Hennepin County adults 2010



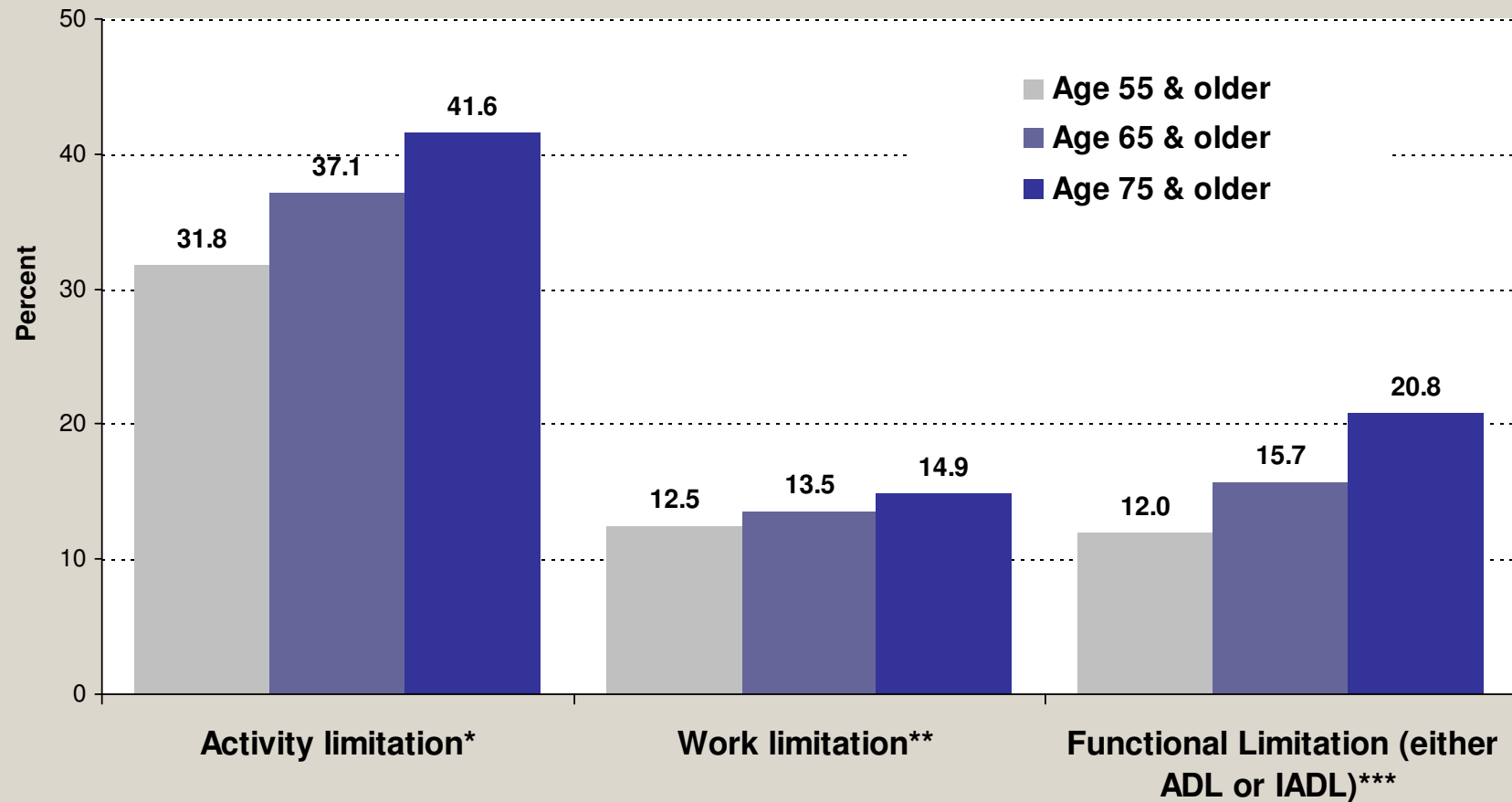
\* Respondent is limited in any activities because of physical, mental or emotional problems.

\*\* Respondent has difficulty in getting, keeping, or working at a job or business

\*\*\* Respondent needs help from another person with ADL or IADL because of impairment or health problems.

## Activity limitation by age

### Hennepin County 2010



\* Respondent is limited in any activities because of physical, mental or emotional problems.

\*\* Respondent has difficulty in getting, keeping, or working at a job or business

\*\*\* Respondent needs help from another person with ADL or IADL because of impairment or health problems.



**SHAPE 2010**

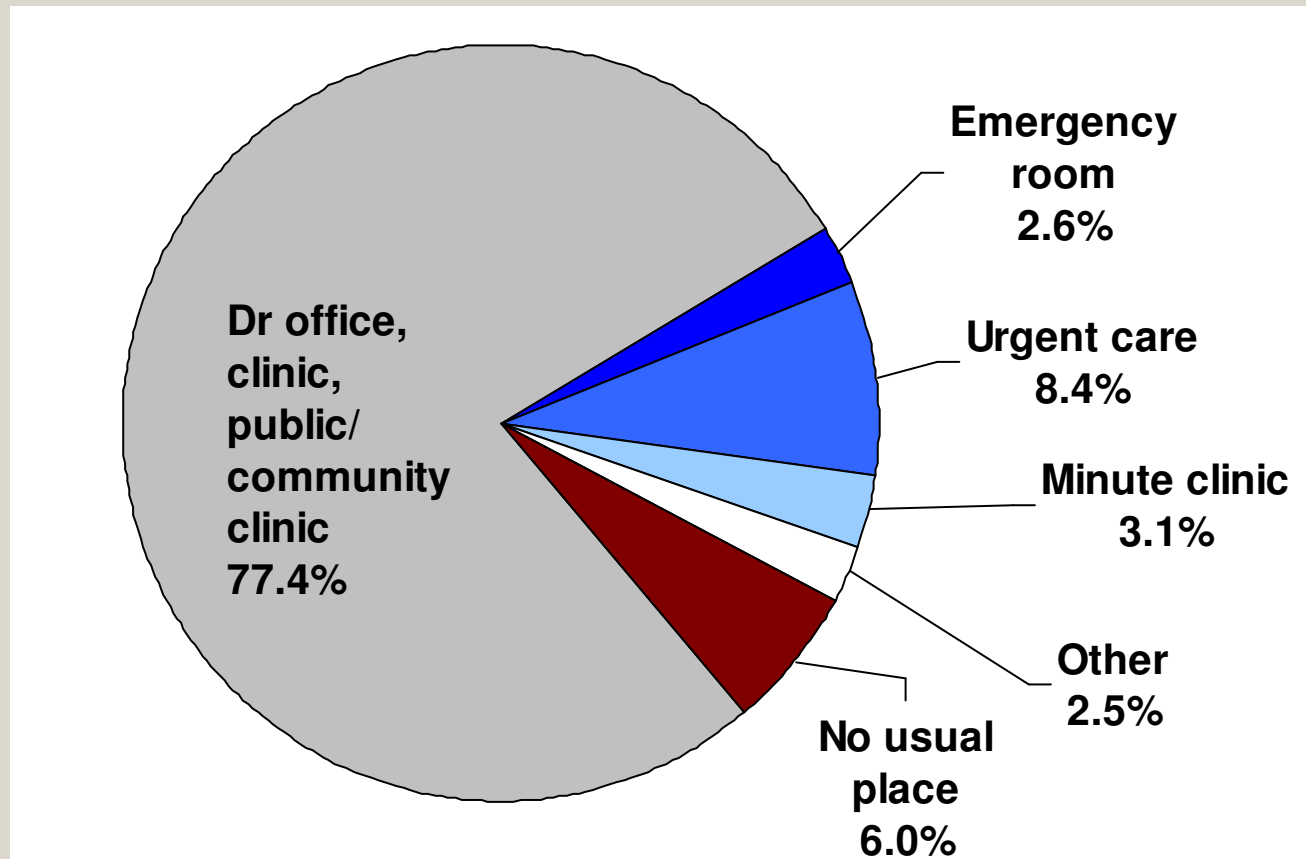
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# SHAPE 2010 ADULT SURVEY

## Usual source of care and usual place of care

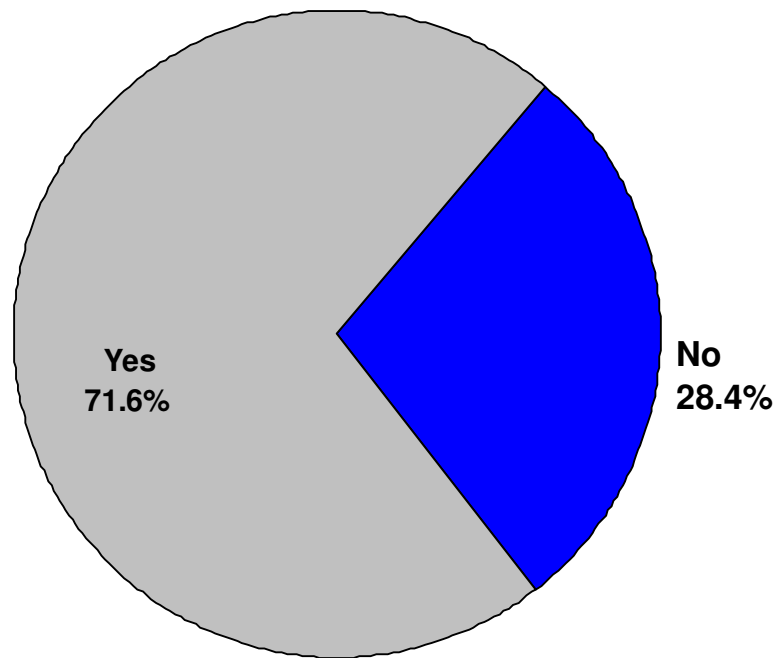
## Usual place of care

*Q: When you sick or need medical care, where do you usually go?*  
Hennepin County adults 2010



## Usual source of care

Q. *Do you have a personal doctor or health care provider?*  
Hennepin County adults 2010







**SHAPE 2010**

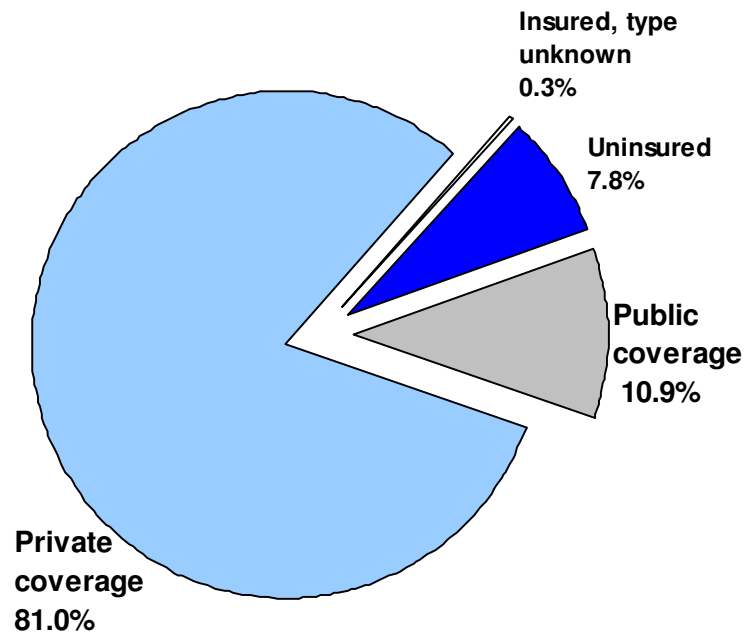
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# SHAPE 2010 ADULT SURVEY

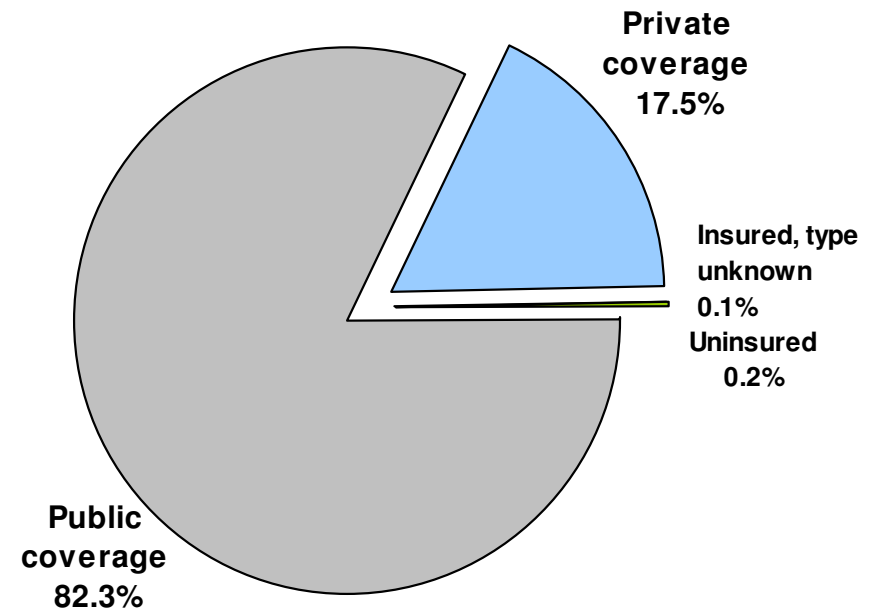
## Current insurance coverage

# Current insurance coverage

## Hennepin County adults 2010



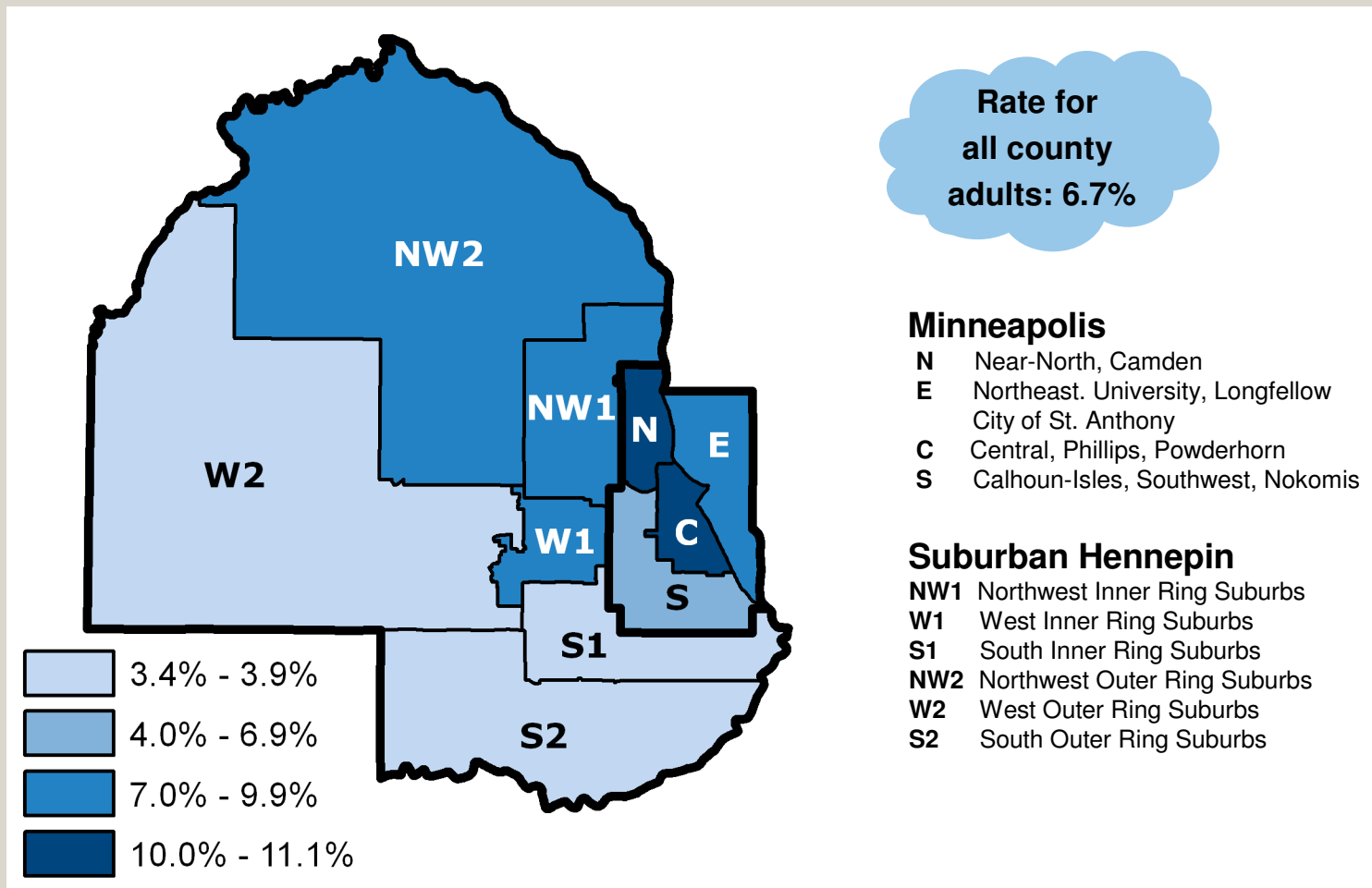
**Age 18-64**



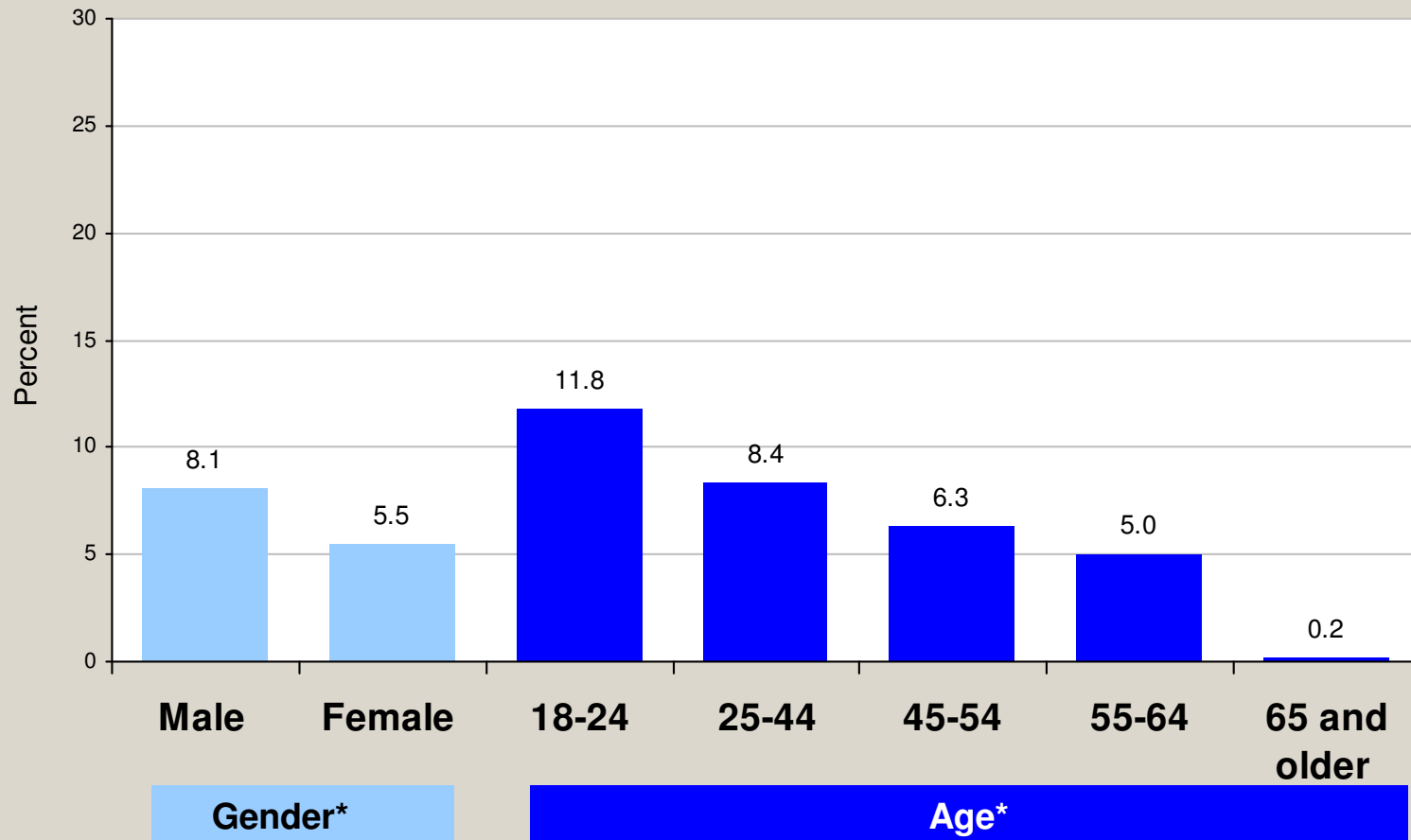
**Age 65 & older**



# Percent currently uninsured by geographic areas Hennepin County Adults 2010



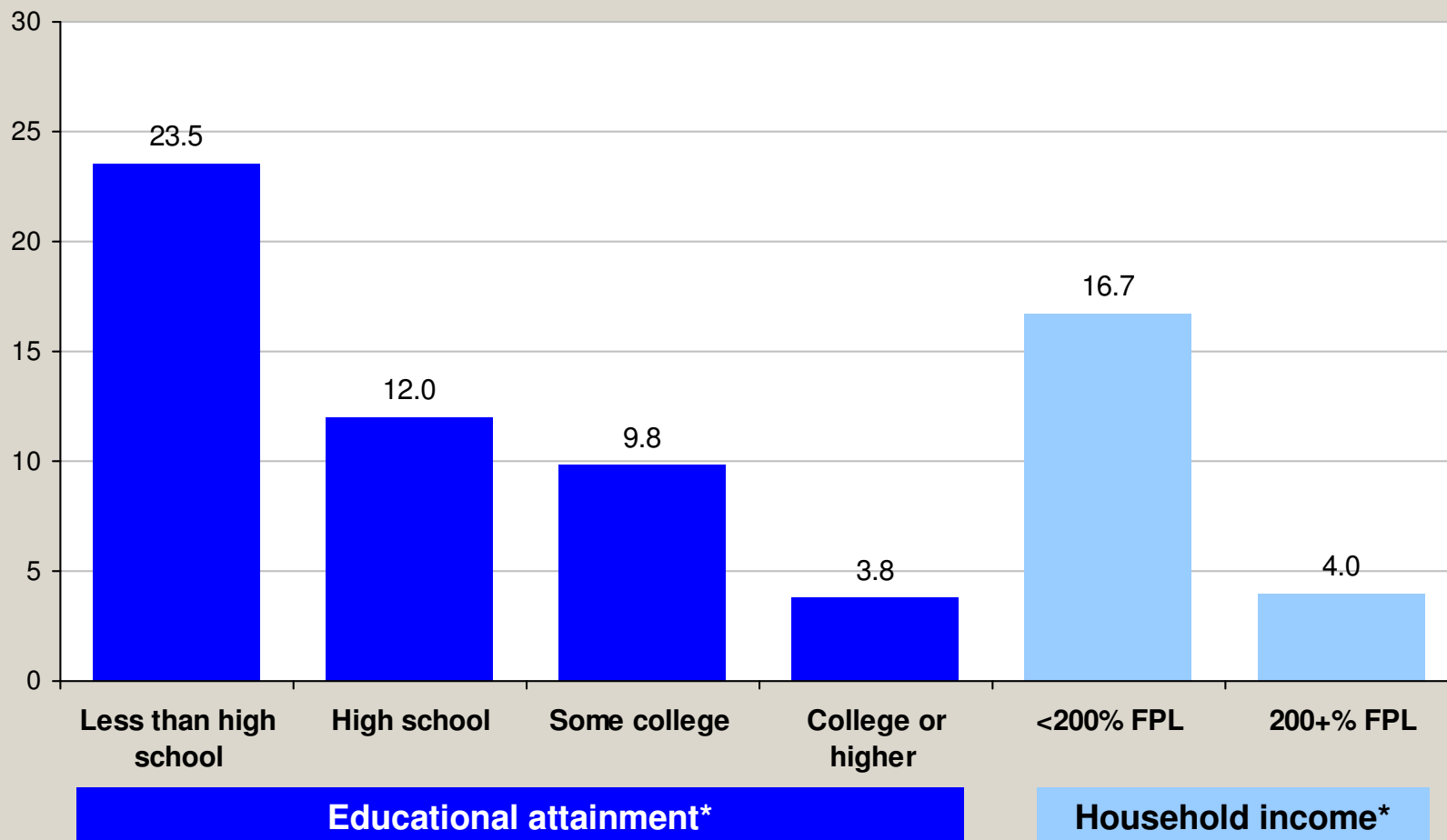
## Percent currently uninsured by gender and age Hennepin County adults 2010



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

## Percent currently uninsured by education and household income

Hennepin County adults 2010



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



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# SHAPE 2010 ADULT SURVEY

## Unmet health care needs

## Unmet medical care needs by household income

**Hennepin County adults 2010**

Measure	All Adults	<200% FPL	≥200% FPL
Needed medical care during the past 12 months	<b>68.2%</b>	<b>67.3%</b>	<b>68.7%</b>
Unmet medical care needs - either delayed or did not get the needed medical care <i>(among those who needed medical care)</i>	<b>23.9%</b>	<b>44.0%</b>	<b>18.5%</b>
Unmet medical care needs - due to cost or lack of insurance <i>(among those who had unmet medical care needs)</i>	<b>75.2%</b>	<b>81.3%</b>	<b>72.5%</b>



# Unmet mental health care needs by household income

Hennepin County adults 2010

Measure	All Adults	<200% FPL	≥200% FPL
Needed mental health care during the past 12 months	24.9%	35.3%	22.6%
Unmet mental health care needs - either delayed or did not get the needed mental health care (among those who needed mental health care)	60.8%	67.5%	58.2%
Unmet medical care needs - due to cost or lack of insurance (among those who had unmet mental health care needs)	54.8%	66.2%	48.9%





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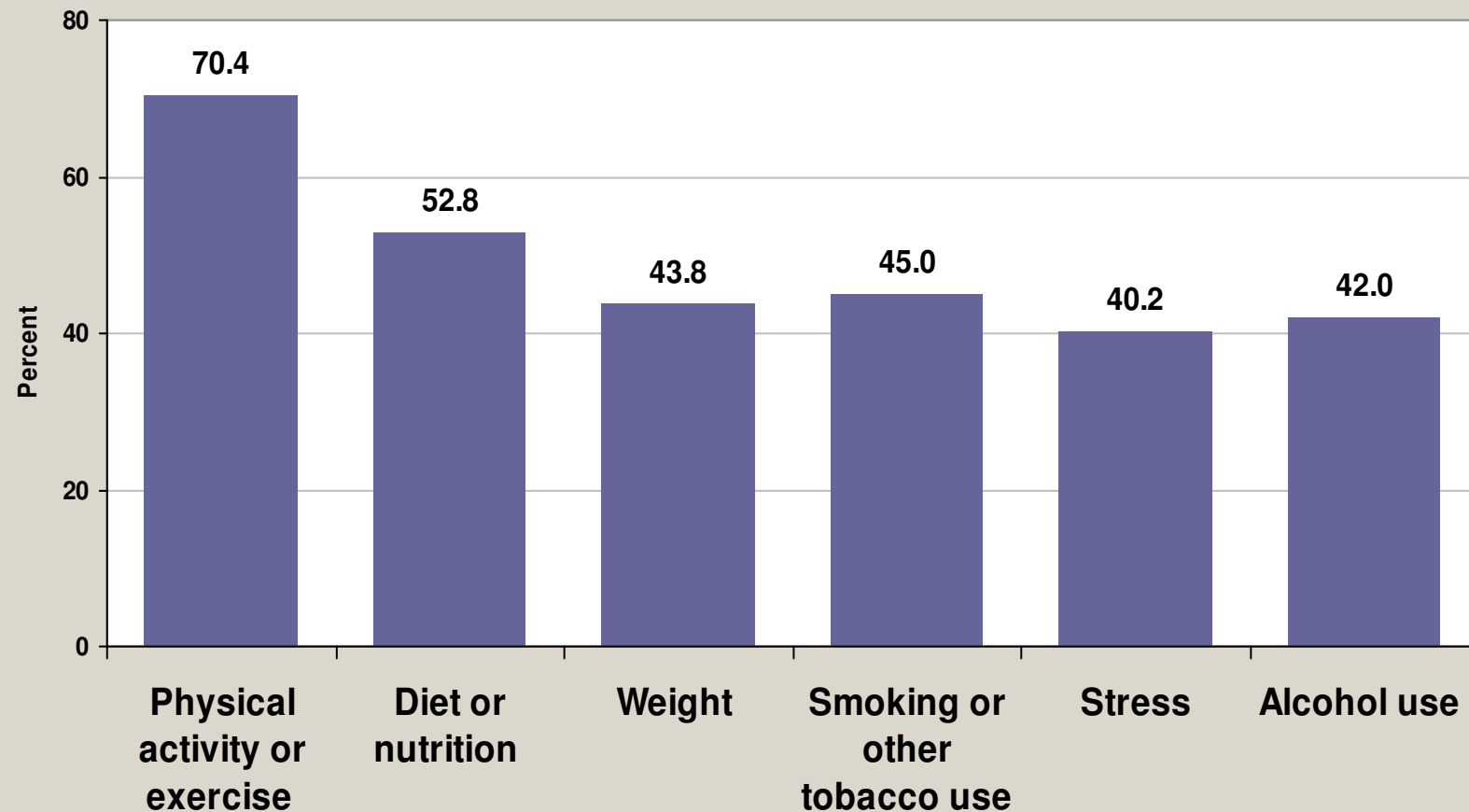
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# SHAPE 2010 ADULT SURVEY

## Risk behavior screening by health care providers

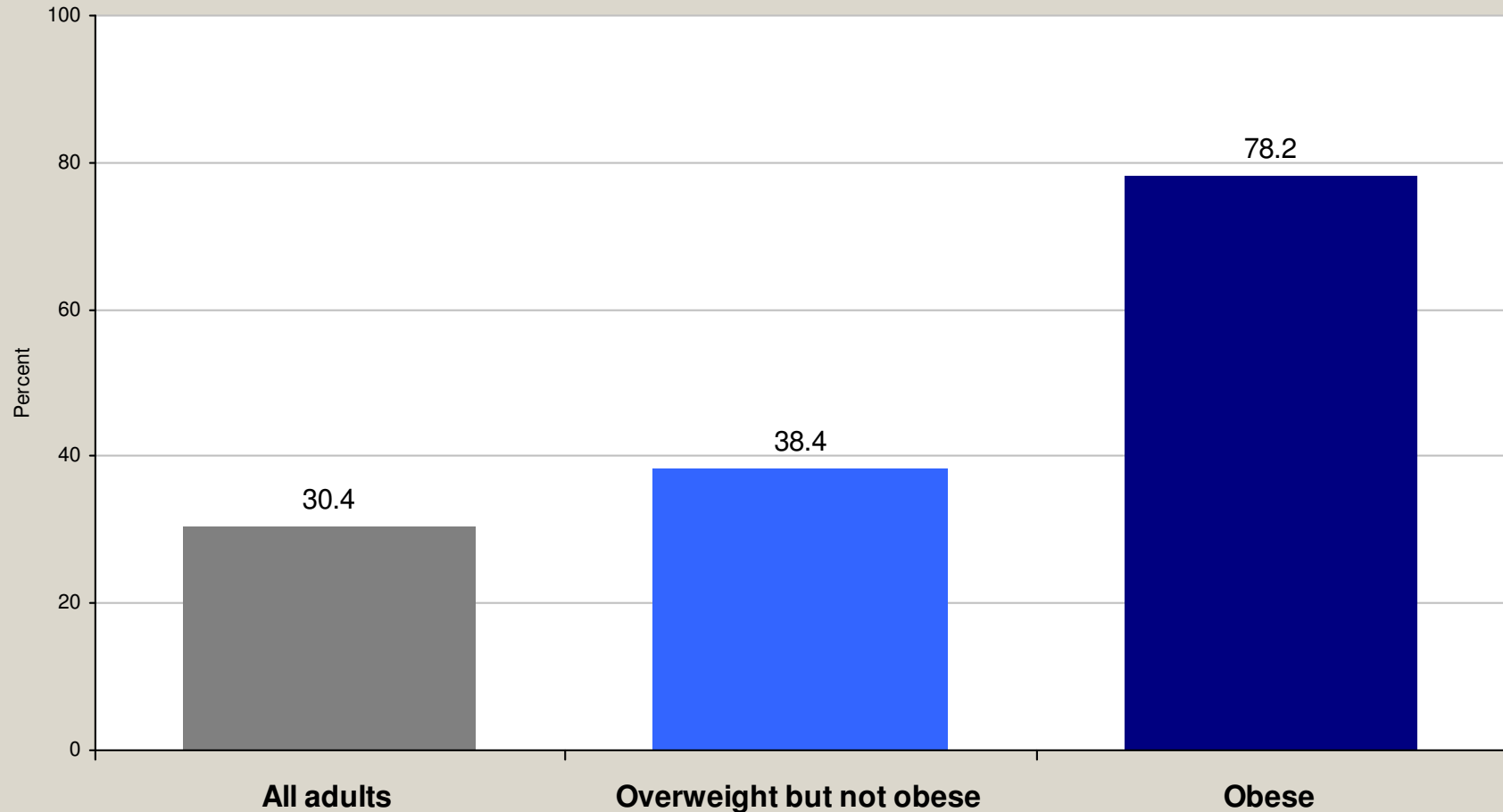
## Provider discussed respondent's risk behaviors

Among those who have seen providers for their own health during the past 12 months  
Hennepin County adults 2010

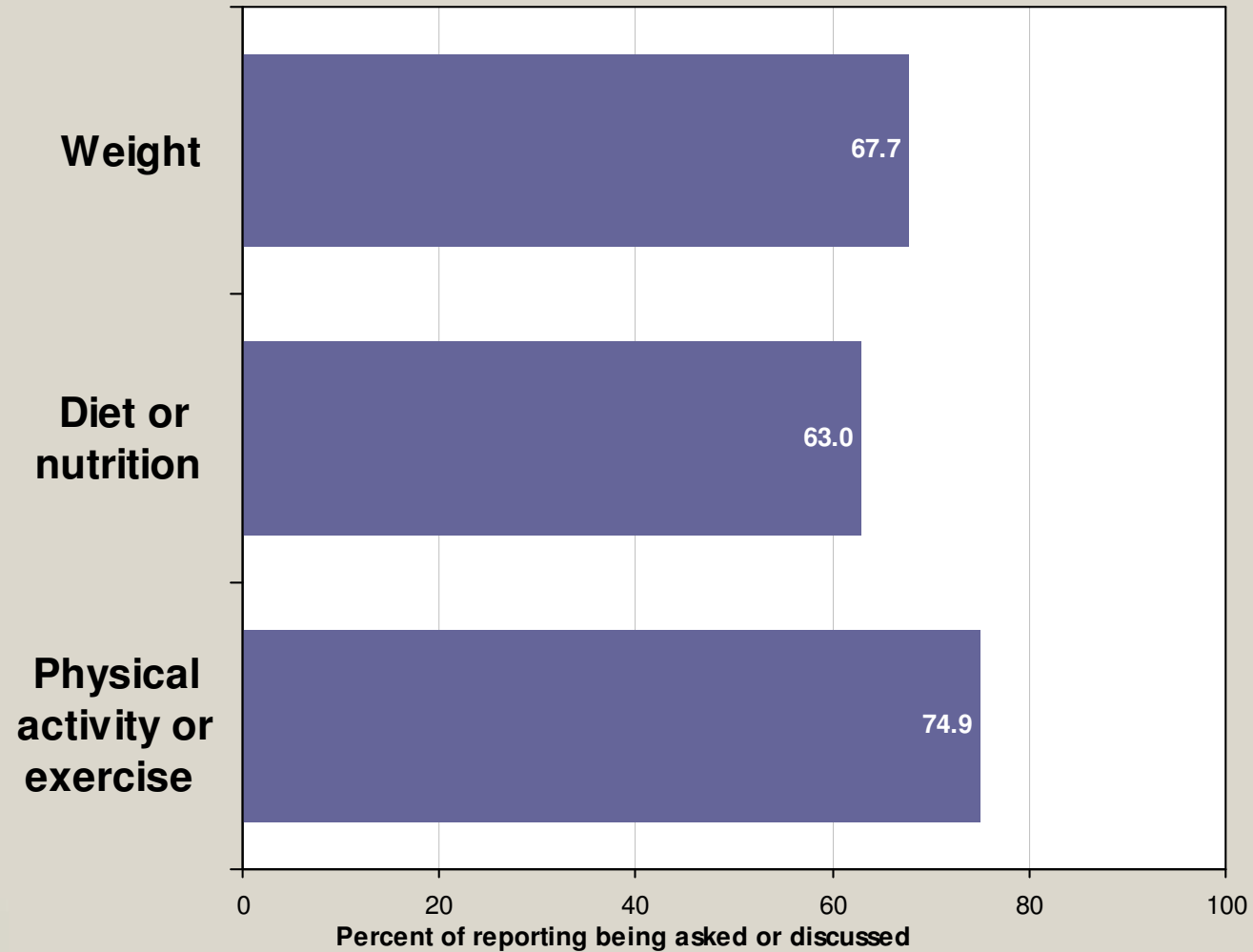


# Percent who have ever received weight loss advice from their providers

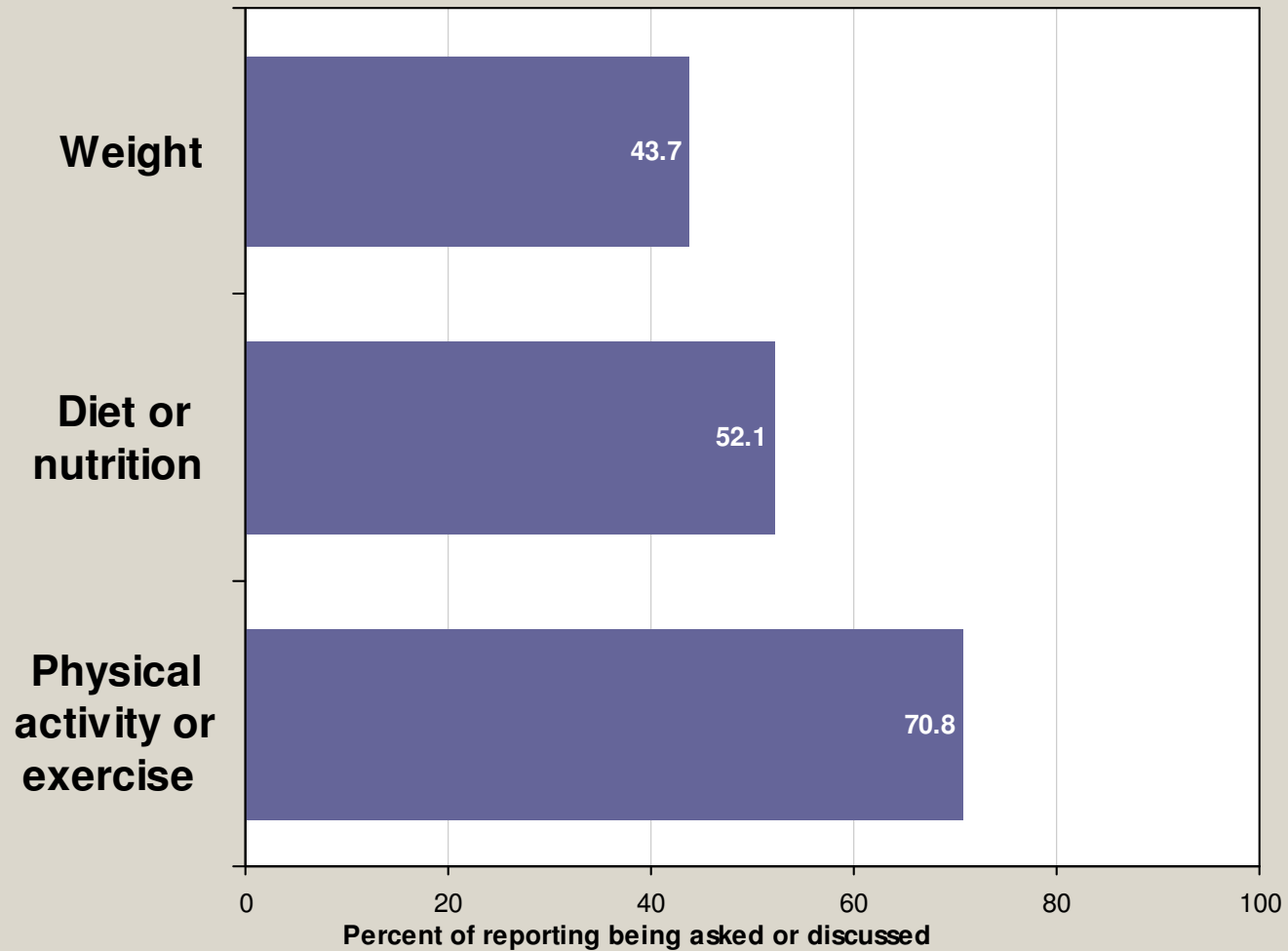
Among those who have seen providers for their own health during the past 12 months  
Hennepin County adults 2010



Percent of **obese adults** who have seen a health care provider  
for their own health during past 12 months  
reporting that they were asked about or discussed their ...  
Hennepin County 2010



Percent of **overweight** (but not obese) **adults** who have seen a health care provider for their own health during past 12 months reporting that they were asked about or discussed their ...  
Hennepin County 2010





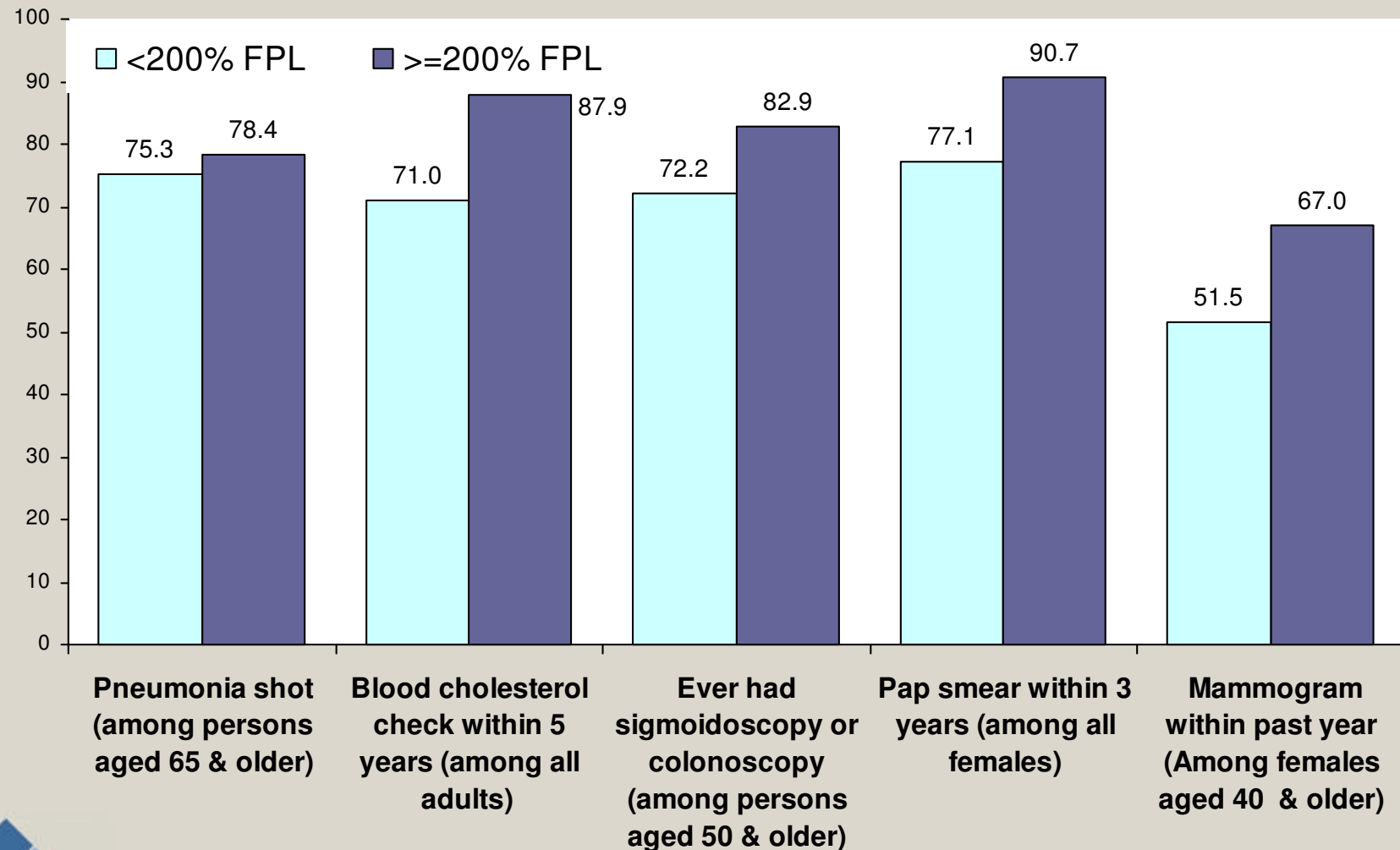
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# SHAPE 2010 ADULT SURVEY

## Preventive care and cancer screening

## Preventive care by household income Hennepin County adults 2010





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# **SHAPE 2010 ADULT SURVEY**

## **Risk behaviors – summary**



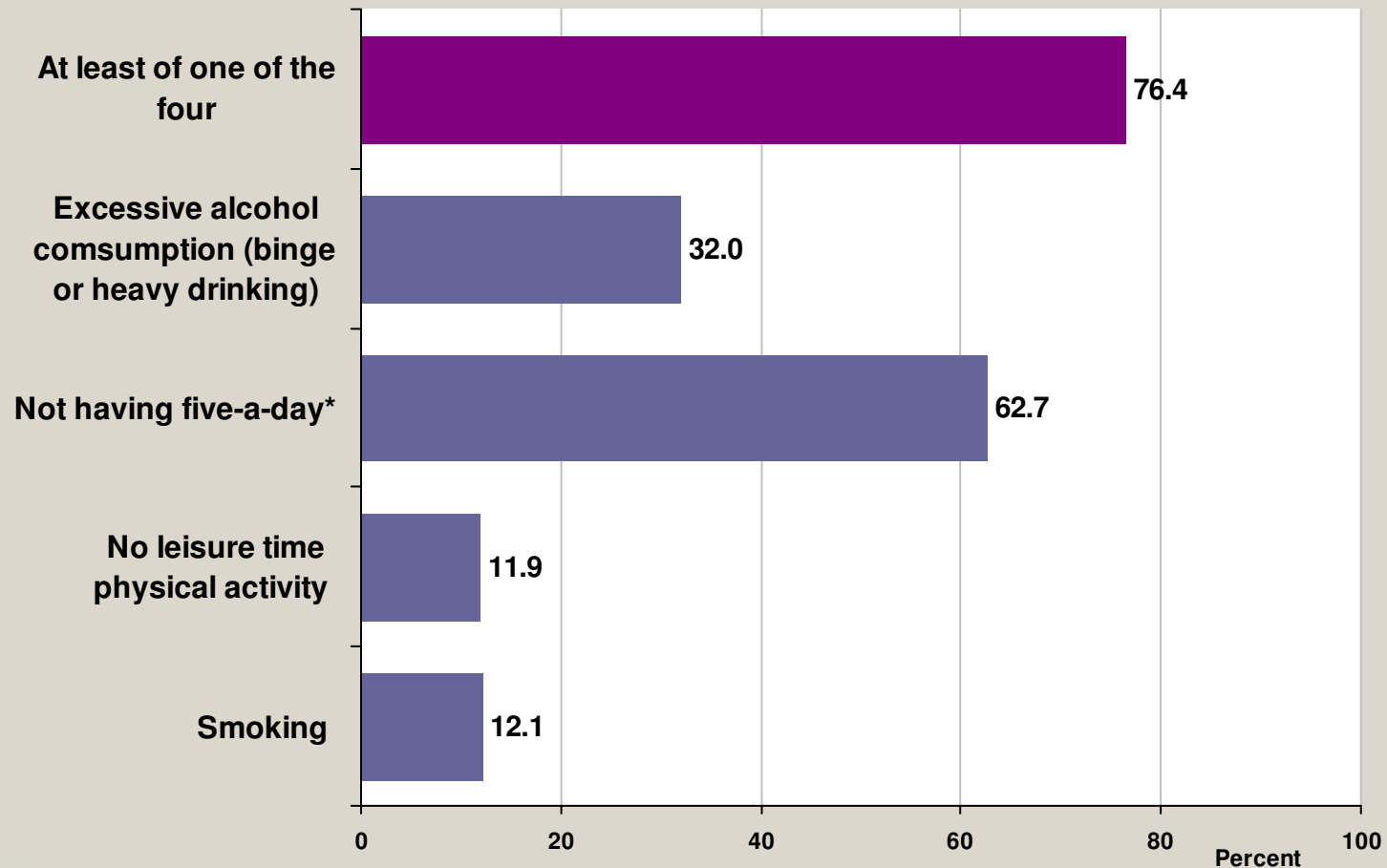
## Top three actual cause of death in United States 2000<sup>1</sup>

Actual cause	Deaths in US 2000	% of total death
Tobacco	435,000	18.1%
Poor diet and physical inactivity	365,000	15.2%
Alcohol consumption	85,000	3.5%
<b>Total</b>	<b>885,000</b>	<b>36.8%</b>

1. Mokdad, Marks, Stroups & Gerberding. Actual causes of death in the United States, 2000. JAMA. 2004; 291:1238-1245, with correction.

# Modifiable health risk factors

## Hennepin County adults 2010



\* Has four or fewer servings of fruits or vegetables yesterday.



**SHAPE 2010**

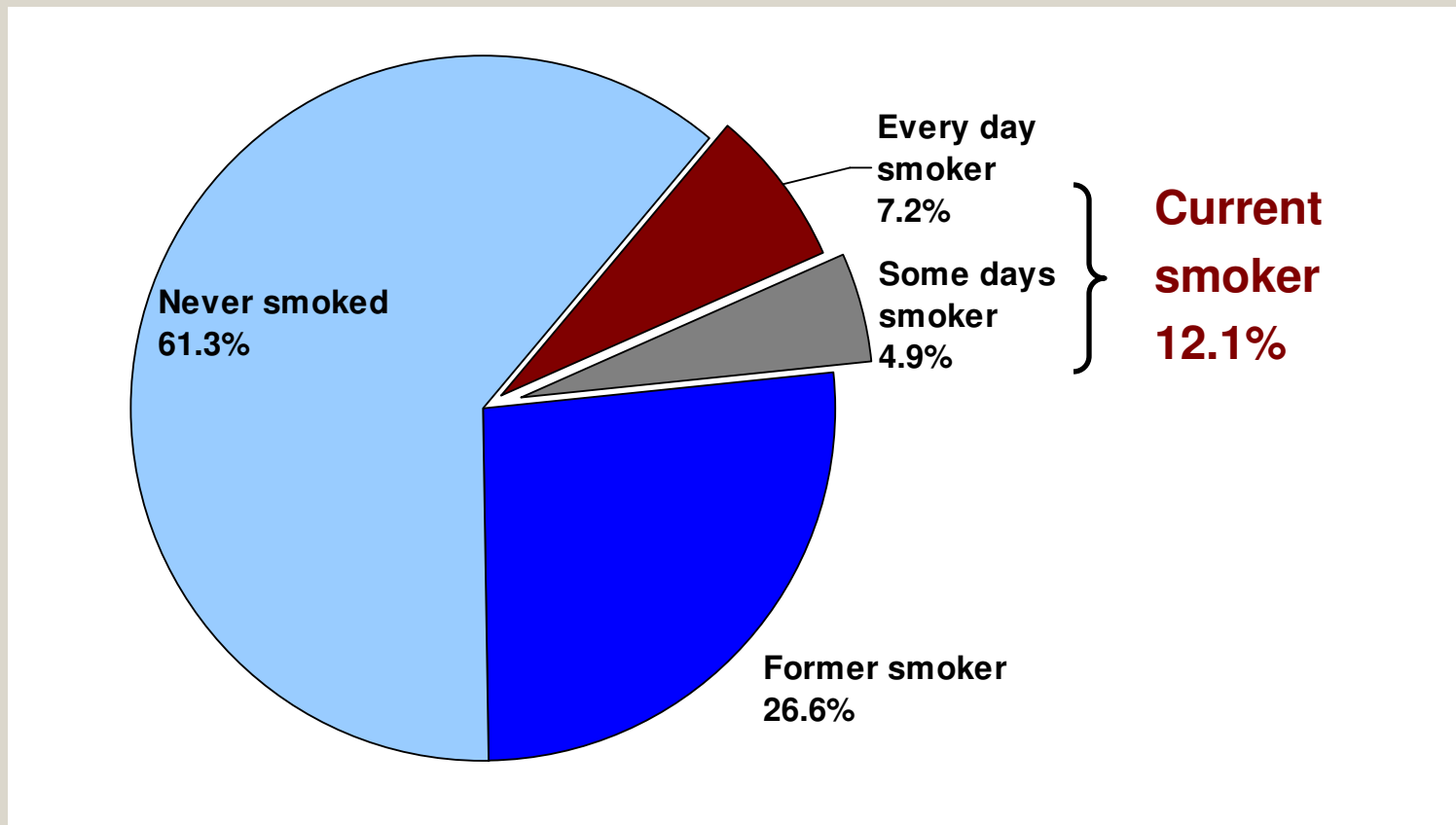
Your health matters.  
Your answers matter.

# SHAPE 2010 ADULT SURVEY

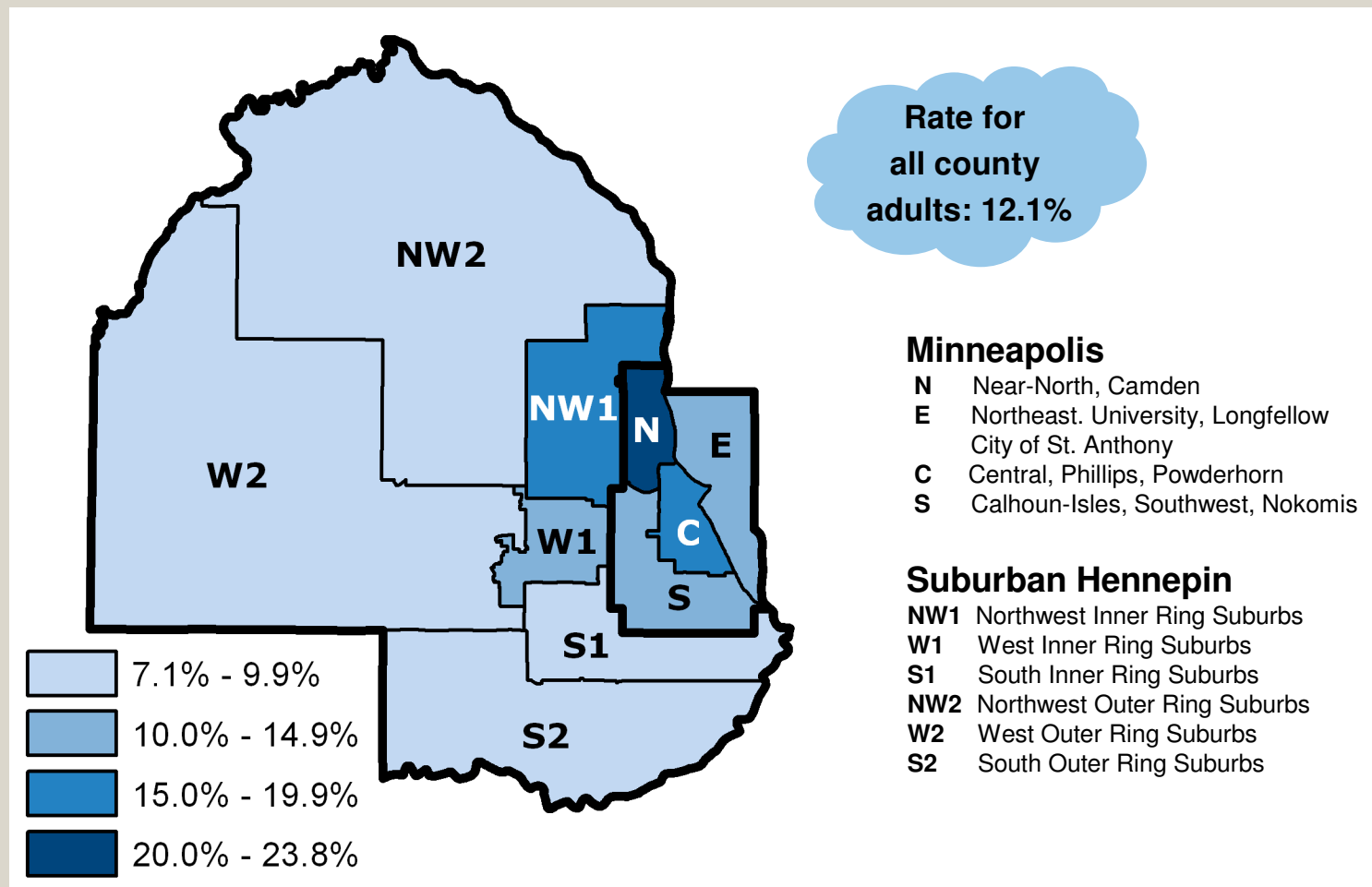
## Smoking

# Smoking status

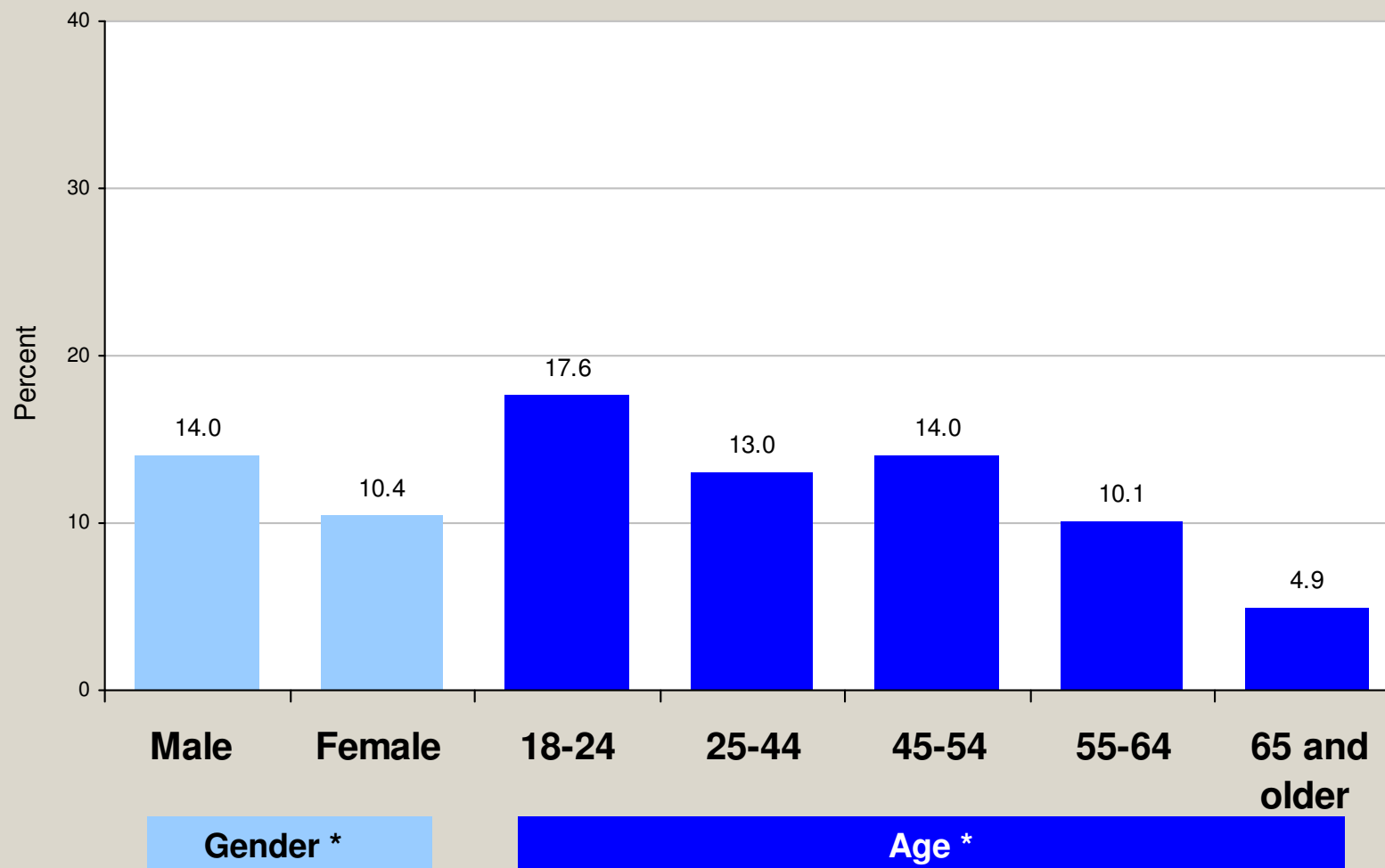
## Hennepin County adults 2010



# Percent currently smoking by geographic areas Hennepin County adults 2010



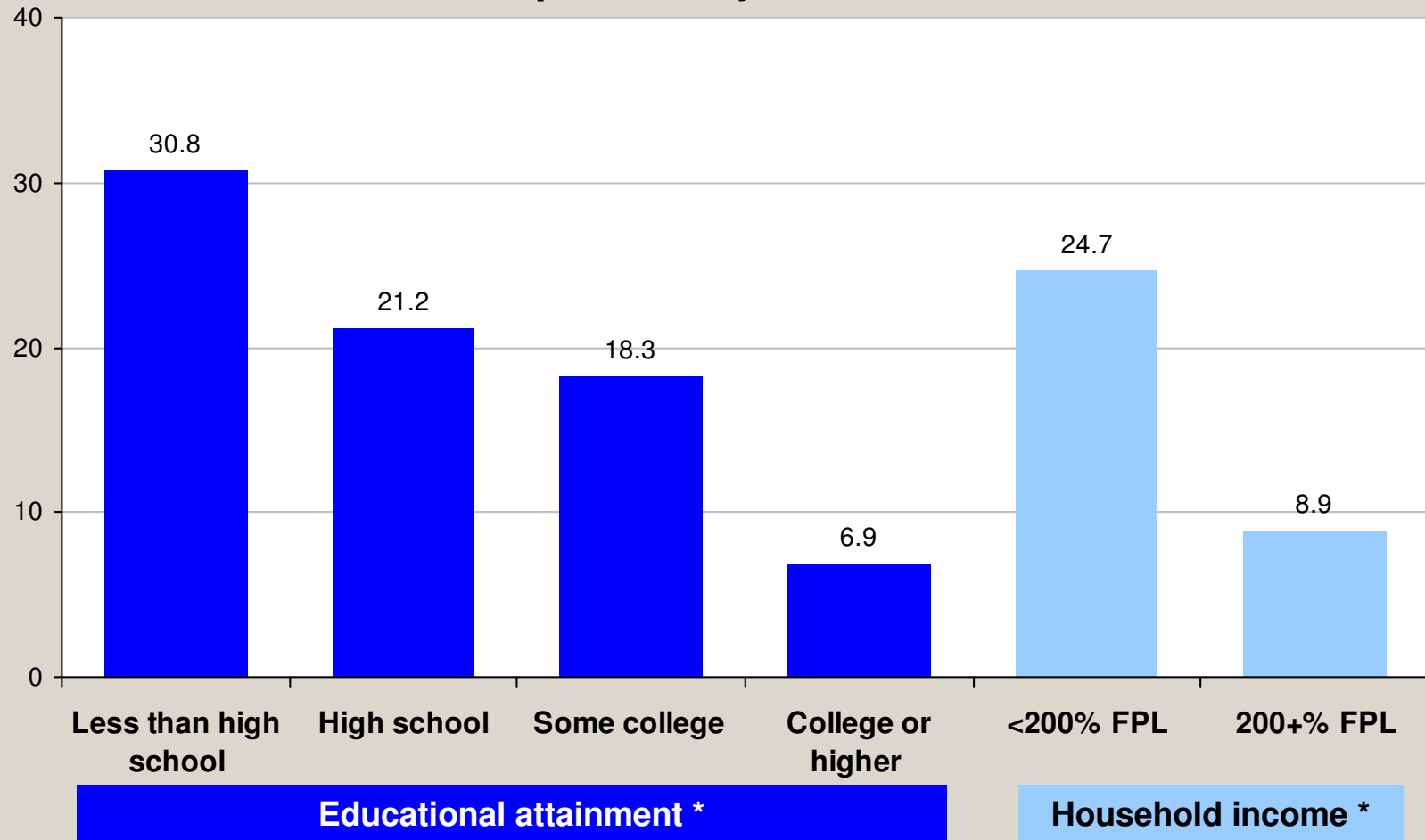
## Percent currently smoking by gender and age Hennepin County adults 2010



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

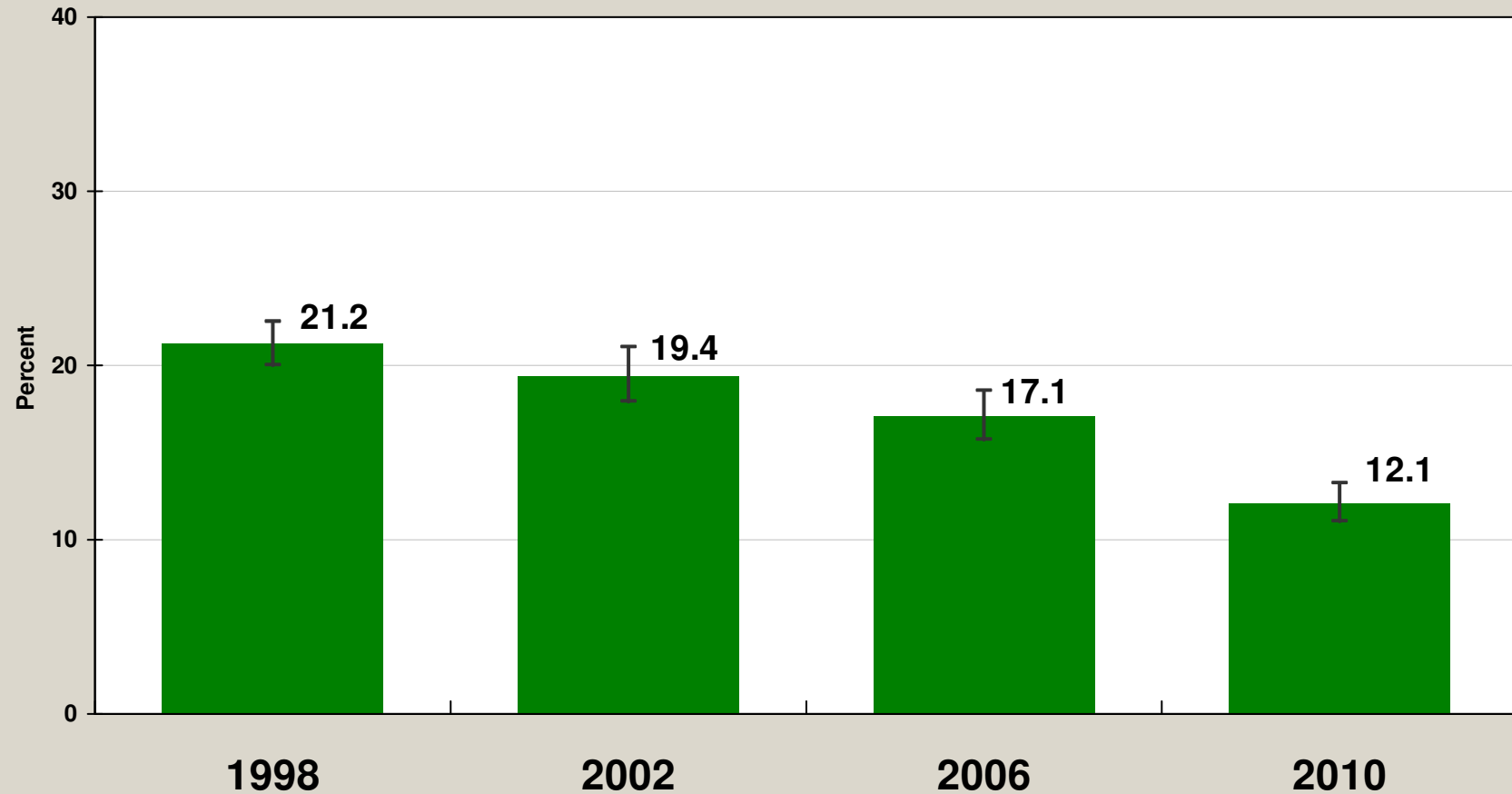
## Percent currently smoking by education and household income

### Hennepin County adults 2010



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

## Percent currently smoking 1998-2010 Hennepin County adults

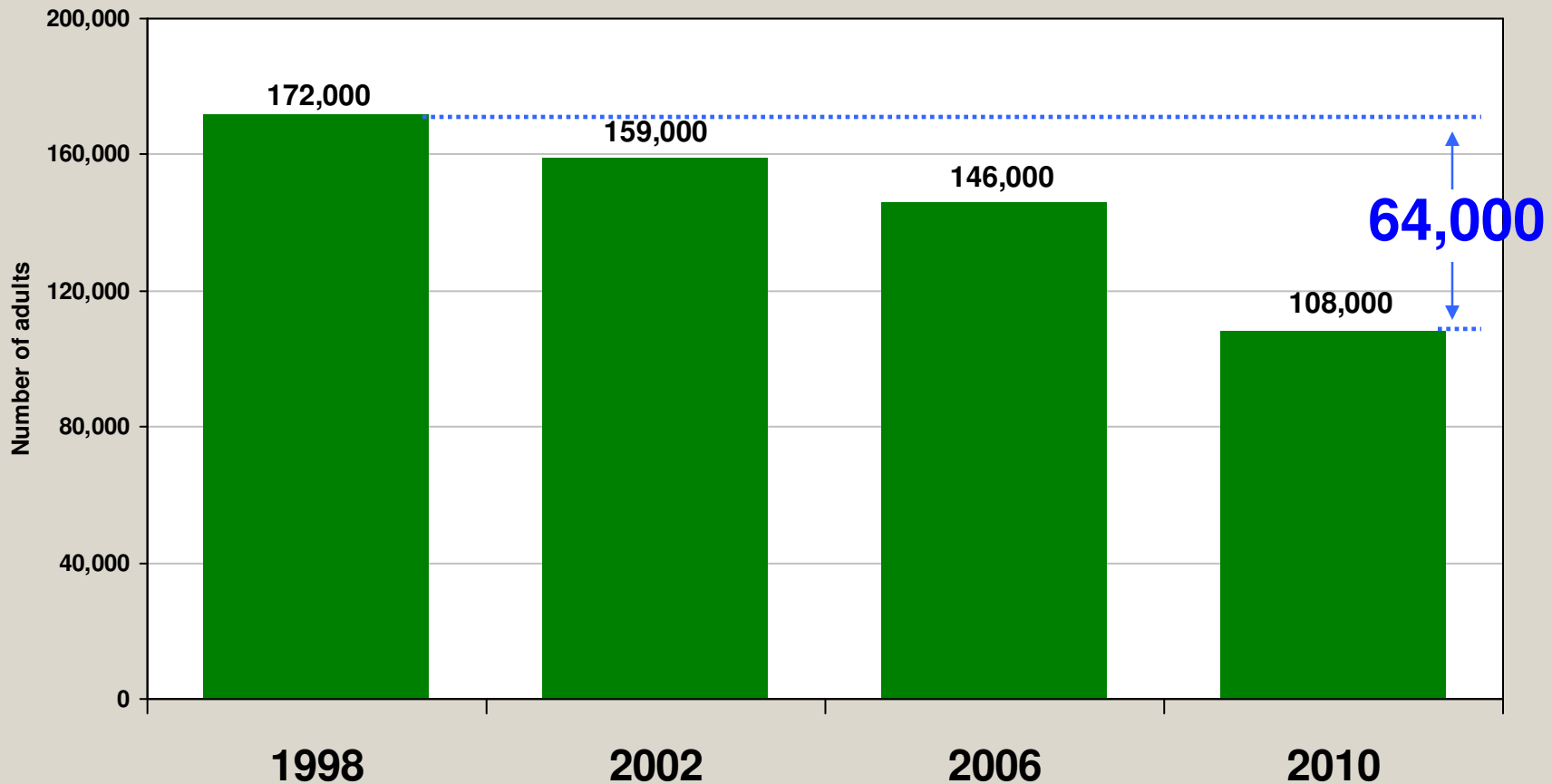


Sources: SHAPE 1998, SHAPE 2002, SHAPE 2006 & SHAPE 2010.

Note: Vertical line represents 95% confidence intervals.



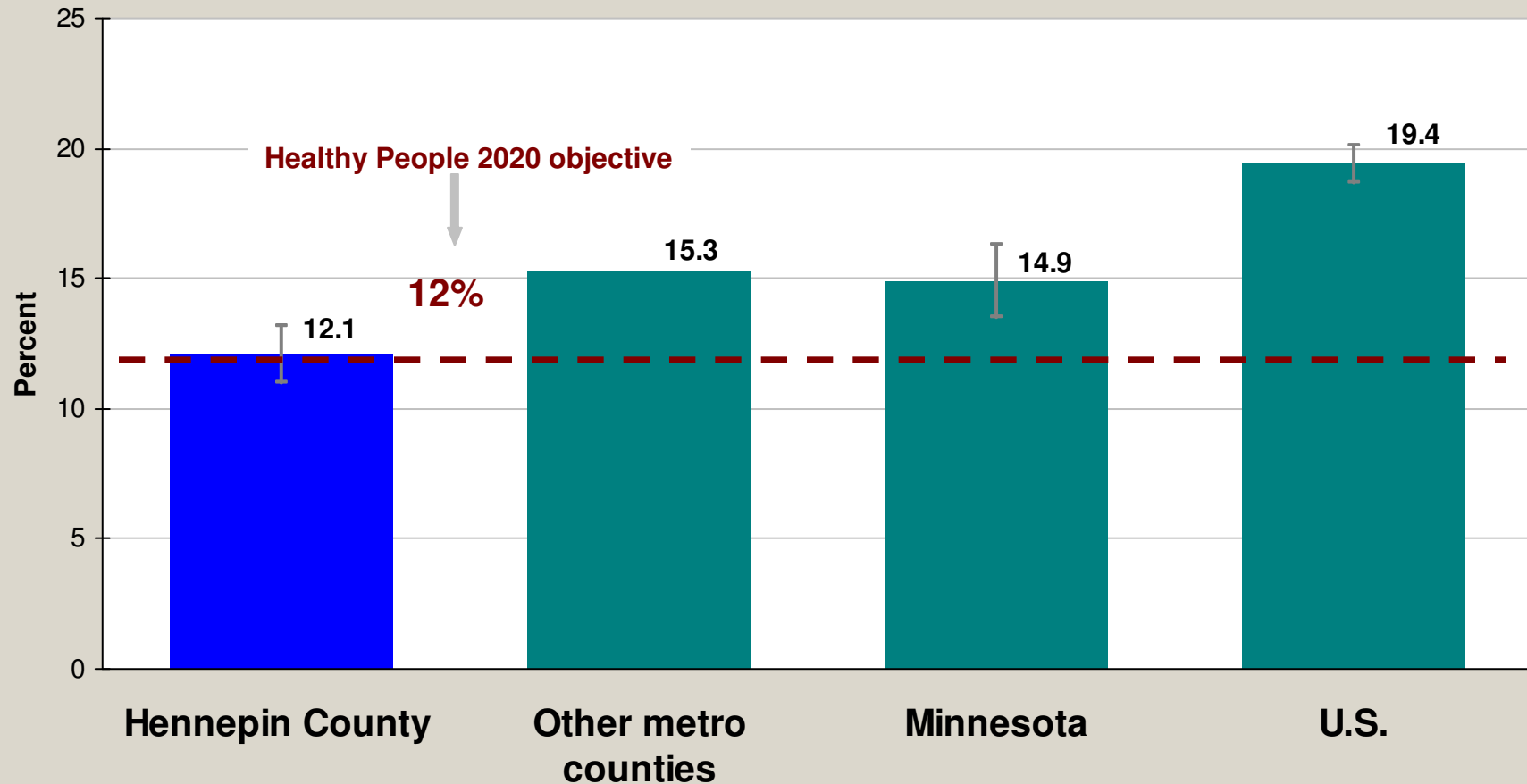
# Number of adults who currently smoke 1998-2010 Hennepin County adults



Between 1998 and 2010, county adult population increased by 82,000.

# Percent of adults who are current smokers in 2010

## How does Hennepin County compare?

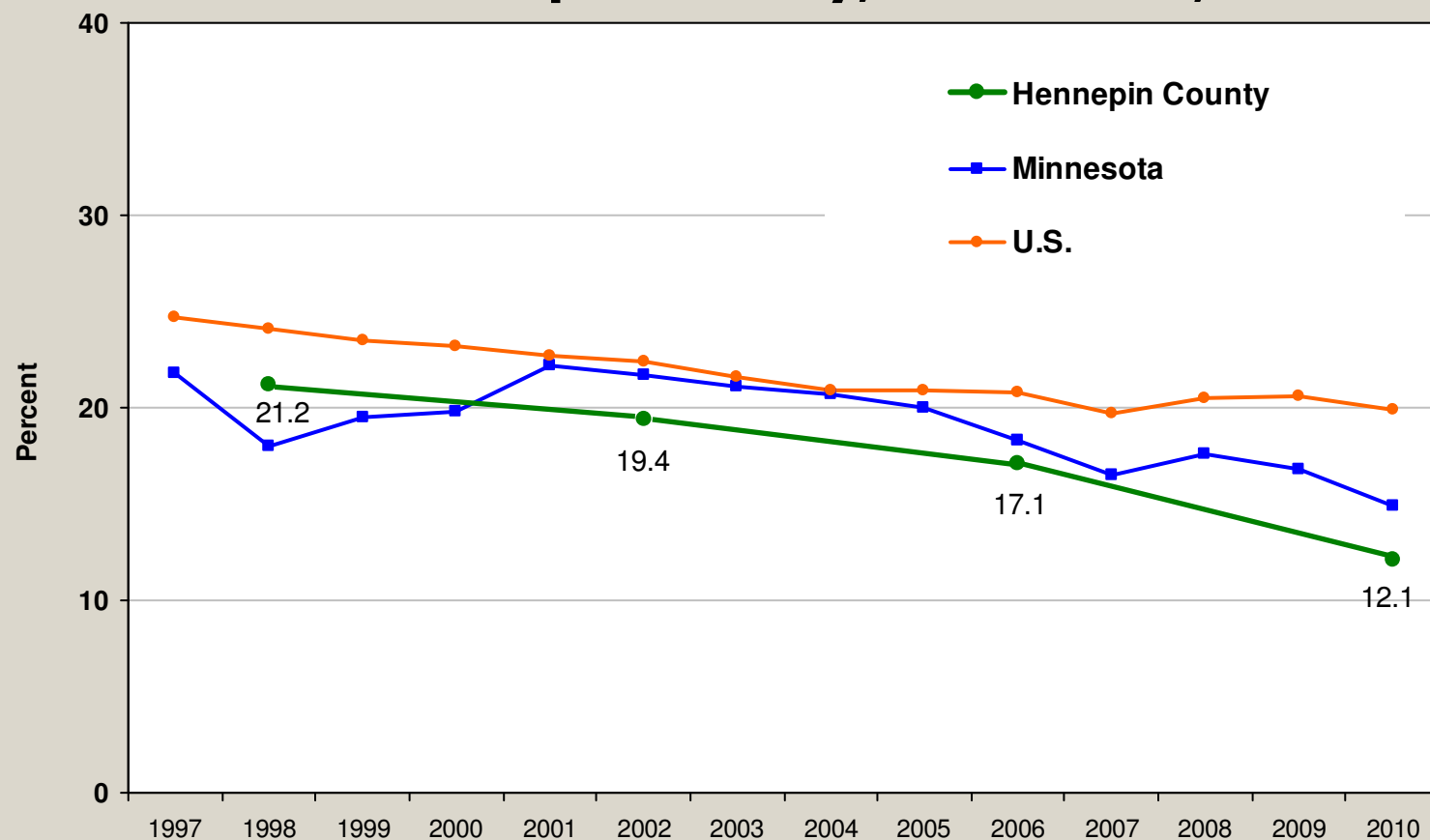


Sources: SHAPE 2010, Minnesota Metro Adult Health Survey 2010, BRFSS 2010 for Minnesota and National Health Interview Survey (NHIS) 2010 for U.S.

Note: Vertical line represents 95% confidence intervals.

# Percent currently smoking 1997-2010

## Adults in Hennepin County, Minnesota, and U.S.



Sources: SHAPE for Hennepin County, Behavioral Risk Factors Surveillance System (BRFSS) for Minnesota, & National Health Interview Survey (NHIS) for U.S.



**SHAPE 2010**

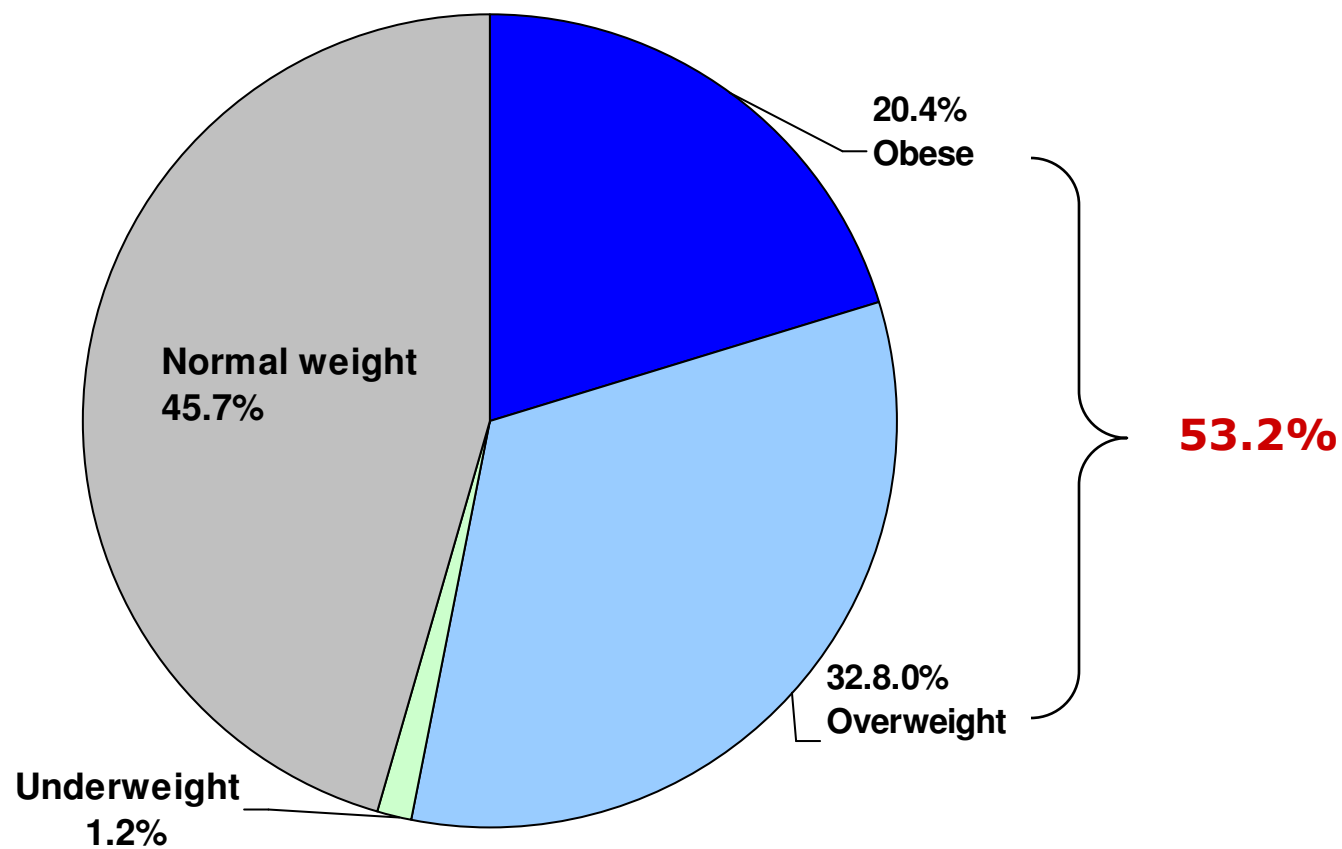
Your health matters.  
Your answers matter.

# SHAPE 2010 ADULT SURVEY

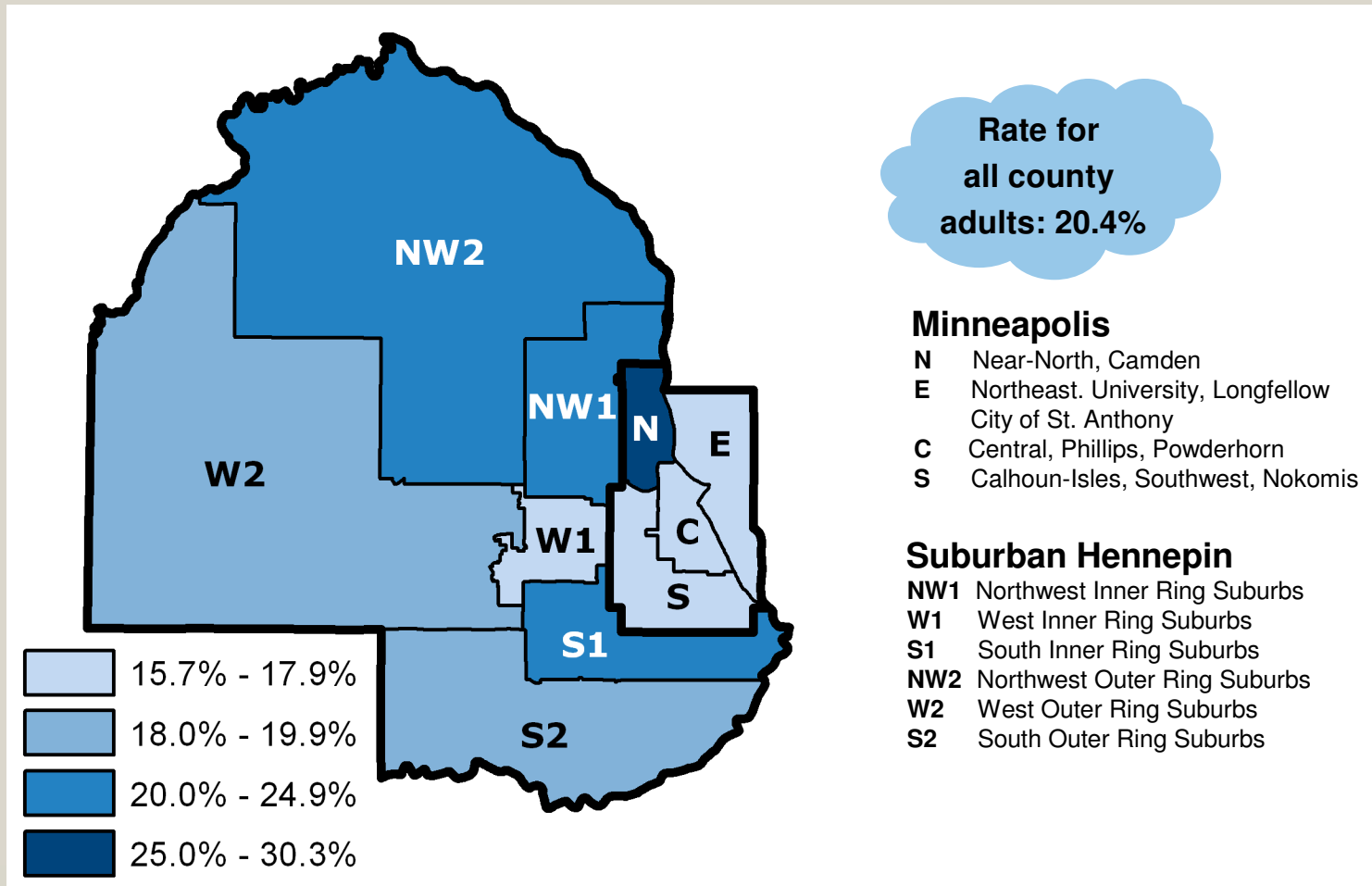
## Weight status

# Weight status

## Hennepin County adults 2010

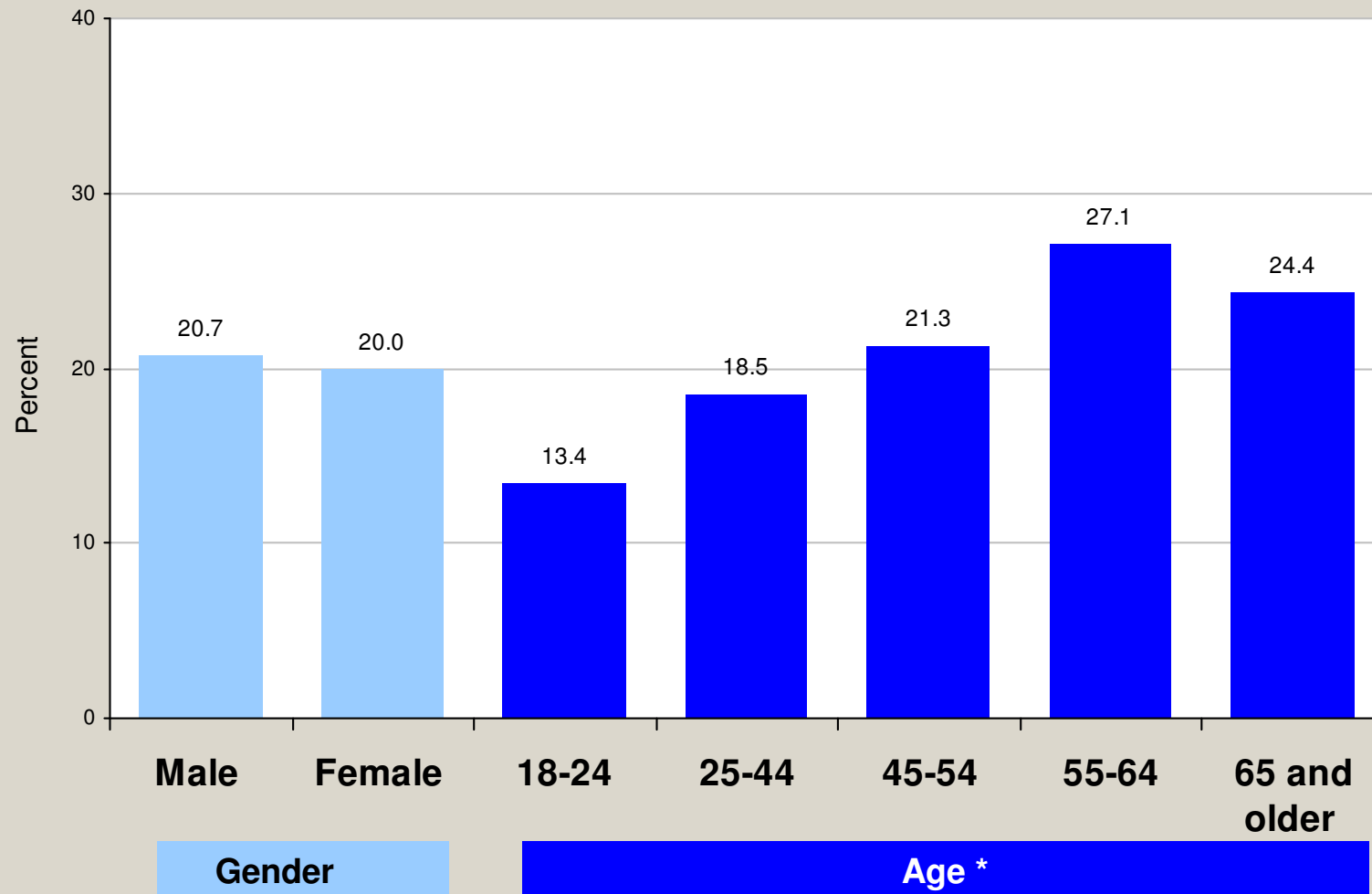


# Percent who are obese by geographic areas Hennepin County adults 2010



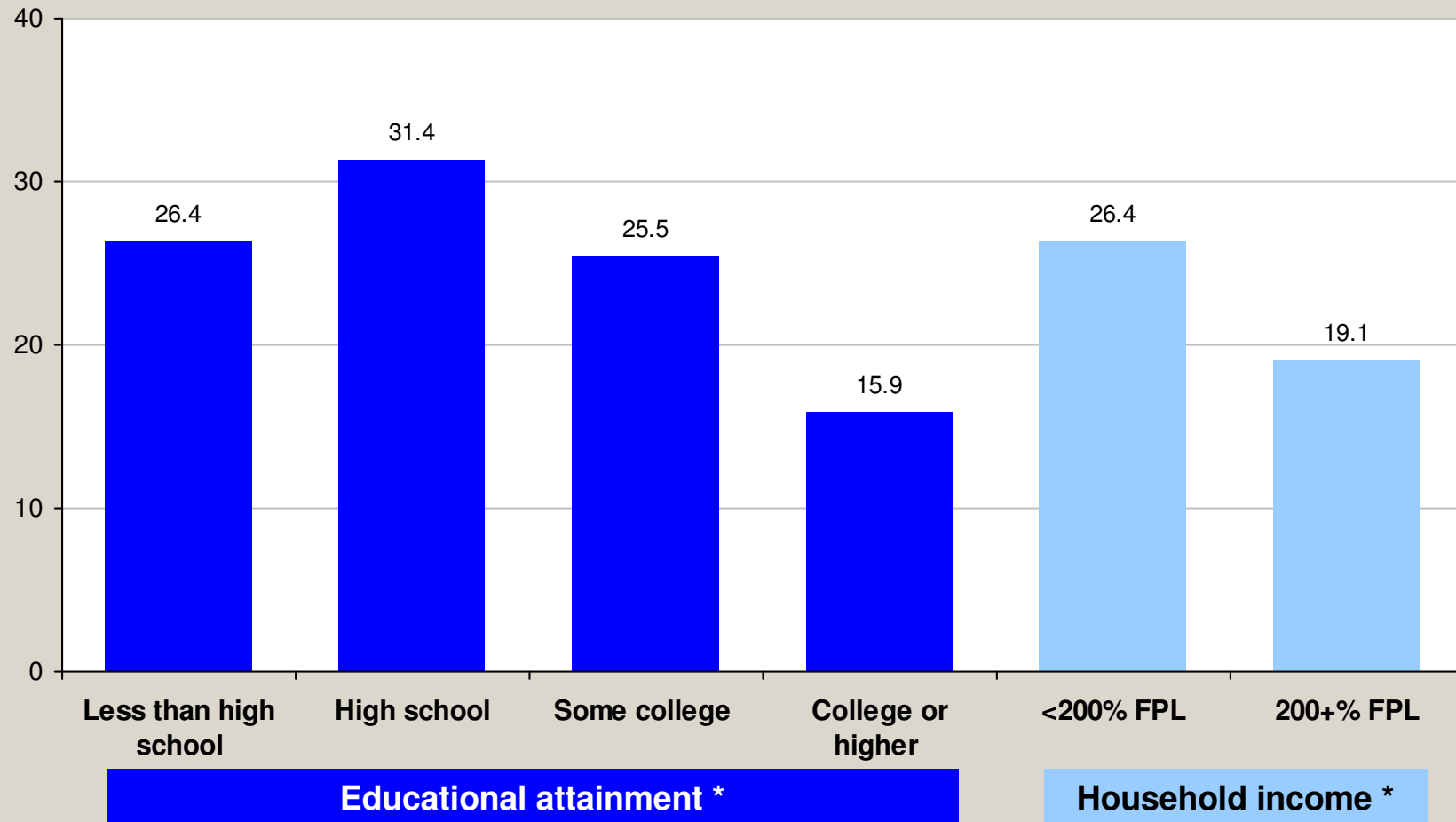
# Percent who are obese by gender and age

## Hennepin County adults 2010



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

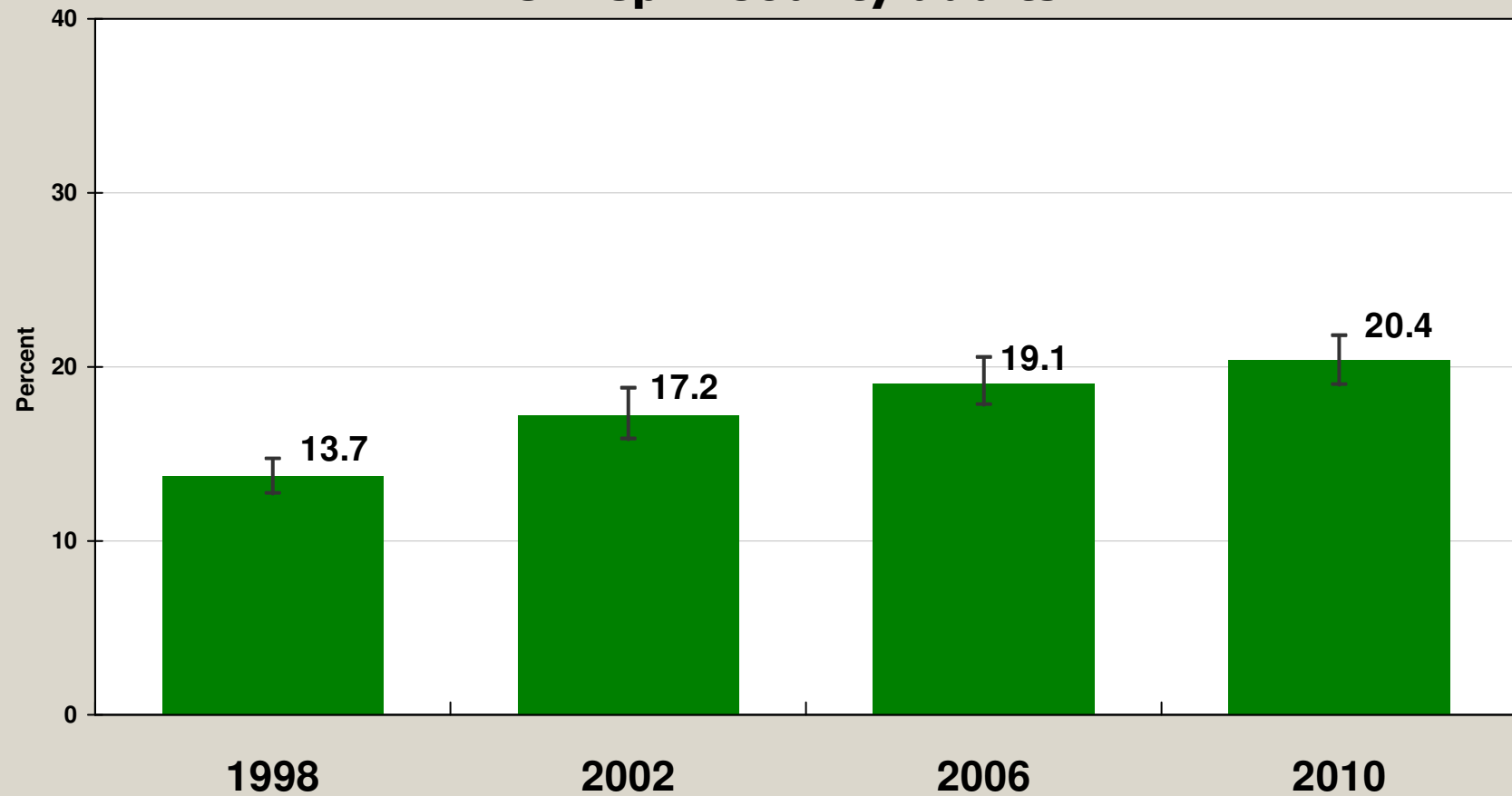
## Percent who are obese by education and household income Hennepin County adults 2010



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



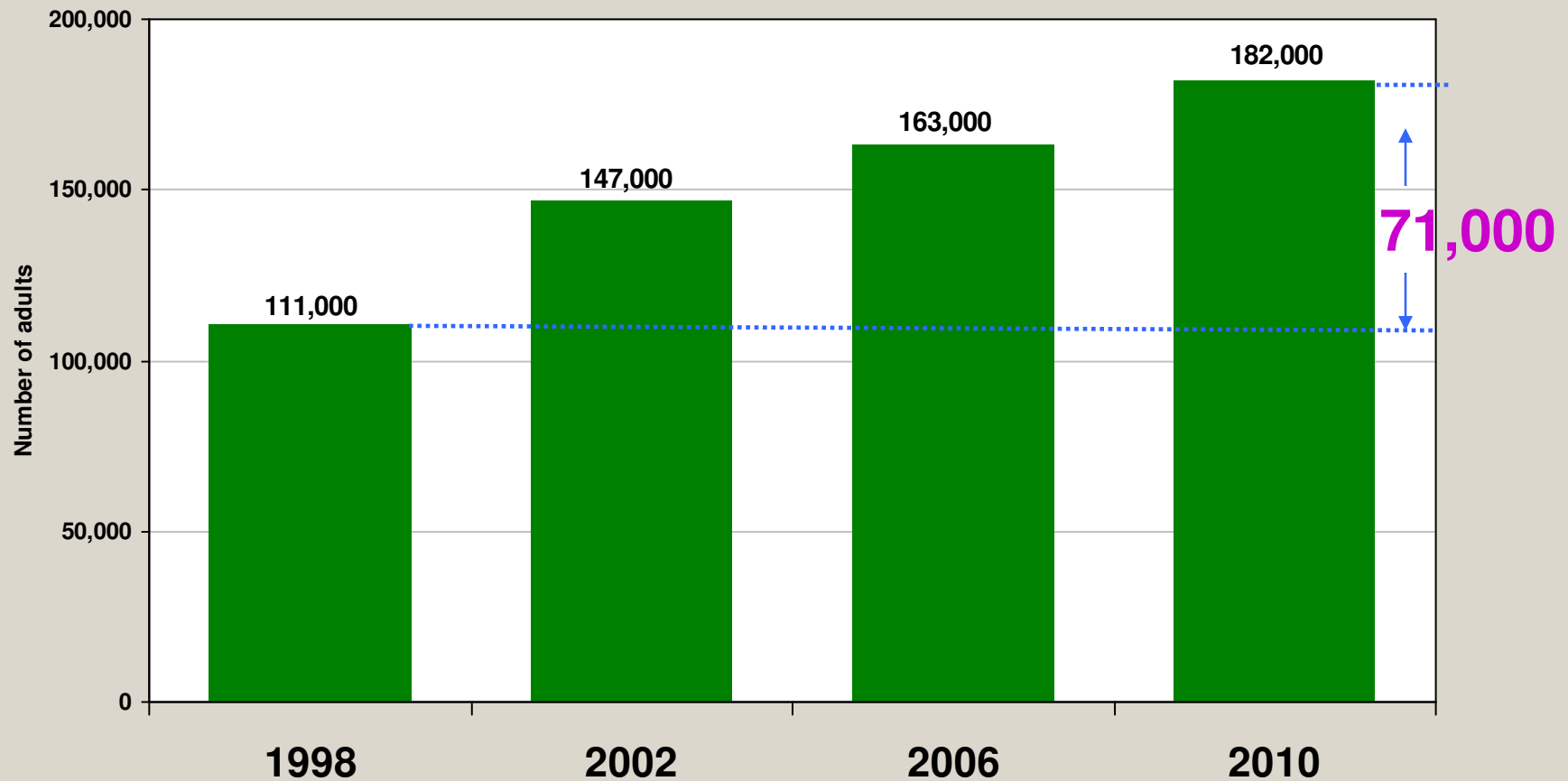
## Percent who are obese 1998-2010 Hennepin County adults



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

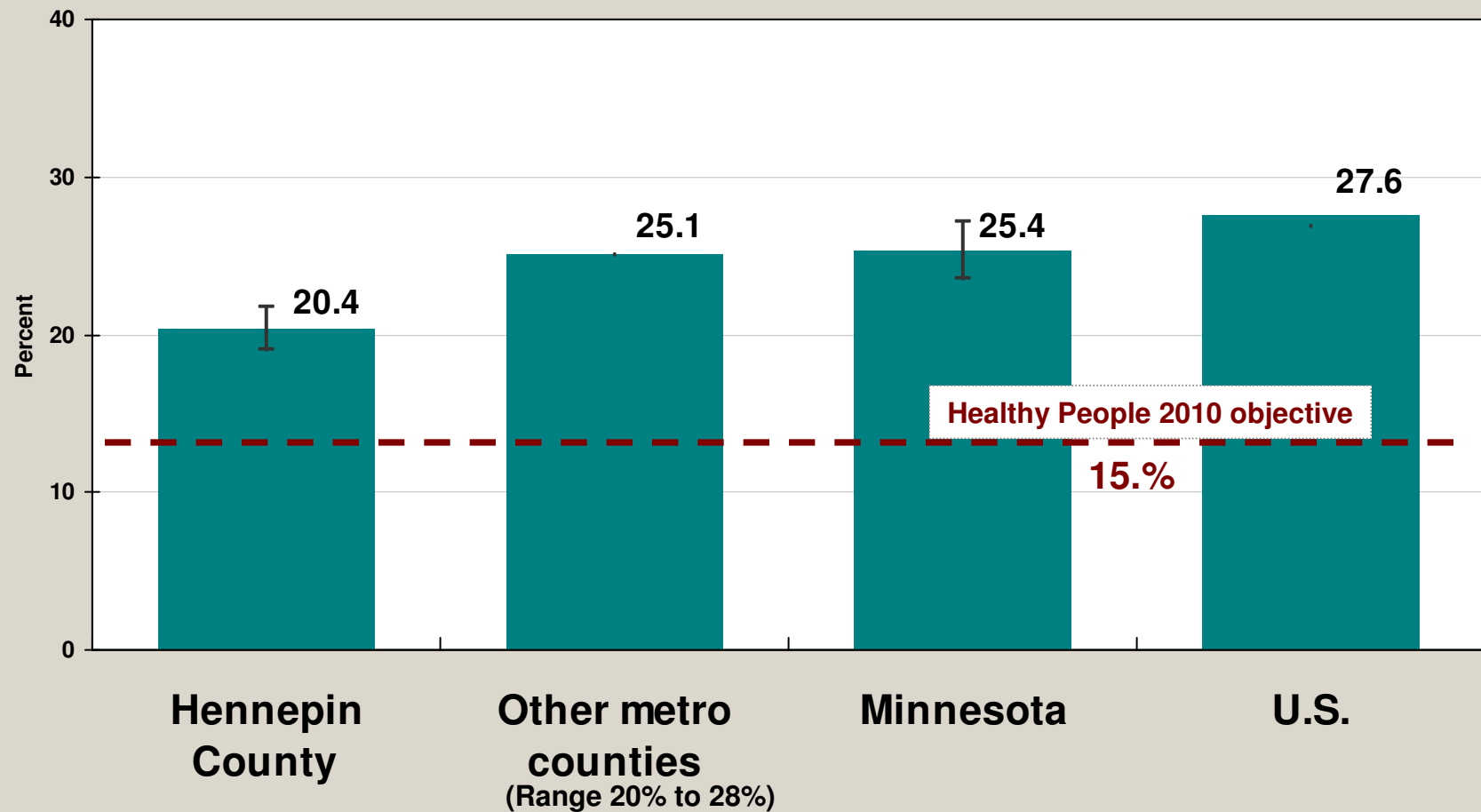
Note: Vertical line represents 95% confidence intervals.

## Number of adults who are obese 1998-2010 Hennepin County adults



Between 1998 and 2010, county adult population increased by 82,000.

## Percent of adults who are obese How does Hennepin County compare?

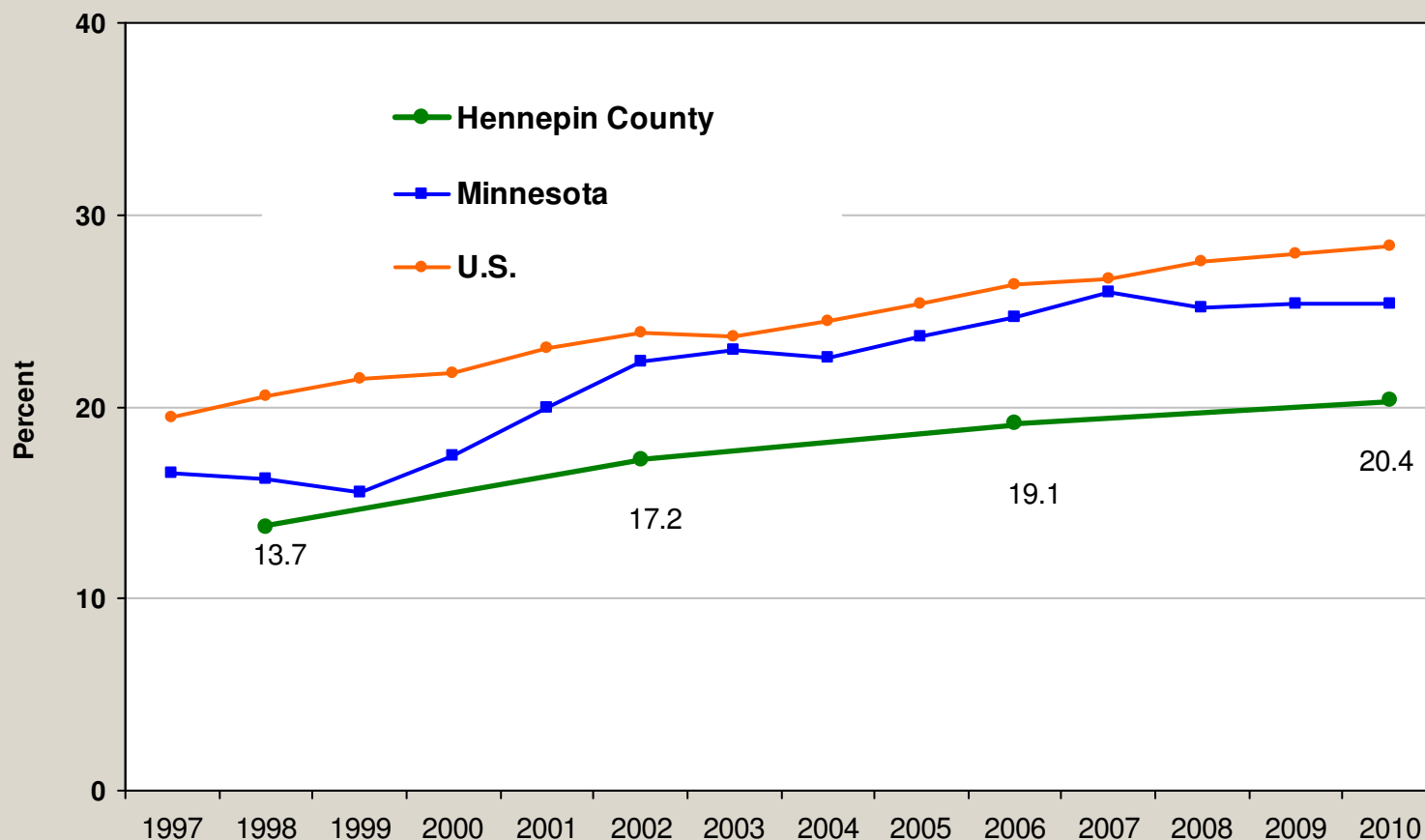


Sources: SHAPE 2010, Minnesota Metro Adult Health Survey 2010, BRFSS 2010 for Minnesota, BRFSS 2010 national median for U.S.

Note: Vertical line represents 95% confidence intervals.

## Percent who are obese 1997-2010

### Adults in Hennepin County, Minnesota, and U.S



Sources: SHAPE for Hennepin County, Behavioral Risk Factors Surveillance System (BRFSS) for Minnesota, & National Health Interview Survey (NHIS) for U.S.



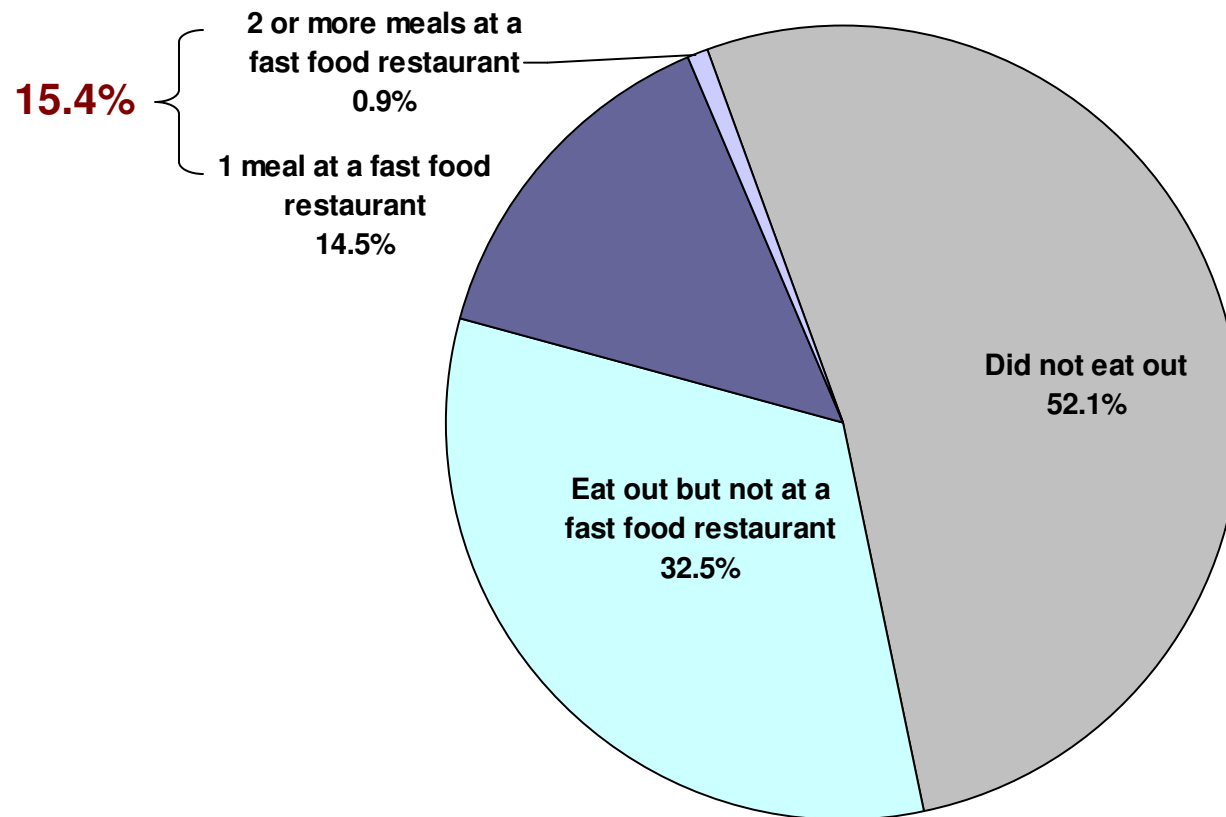
**SHAPE 2010**

Your health matters.  
Your answers matter.

# **SHAPE 2010 ADULT SURVEY**

## **Having meal at a fast food restaurant**

## Meals at a fast food restaurant yesterday Hennepin County adults 2010





**SHAPE 2010**

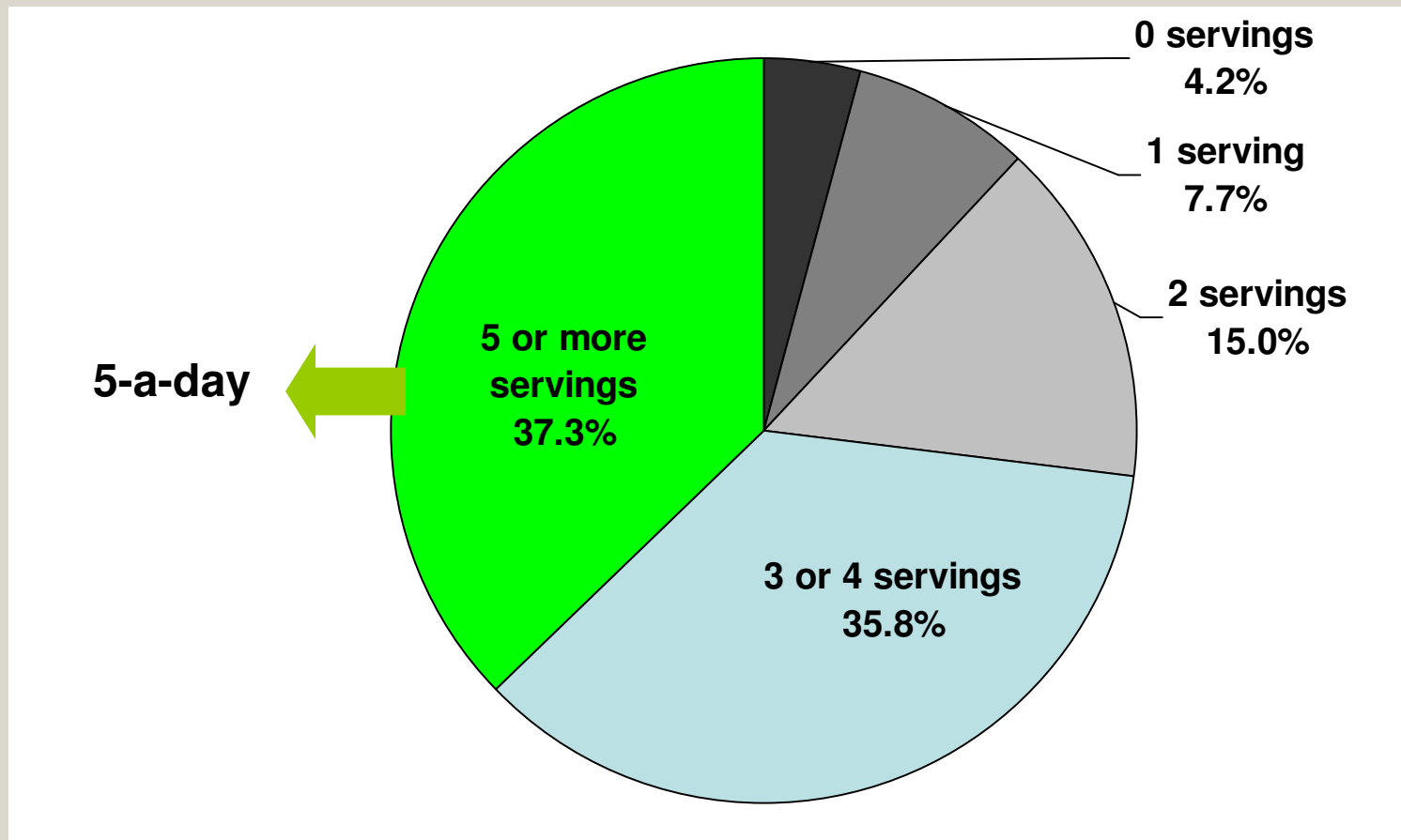
Your health matters.  
Your answers matter.

# SHAPE 2010 ADULT SURVEY

## Servings of fruits and vegetables yesterday

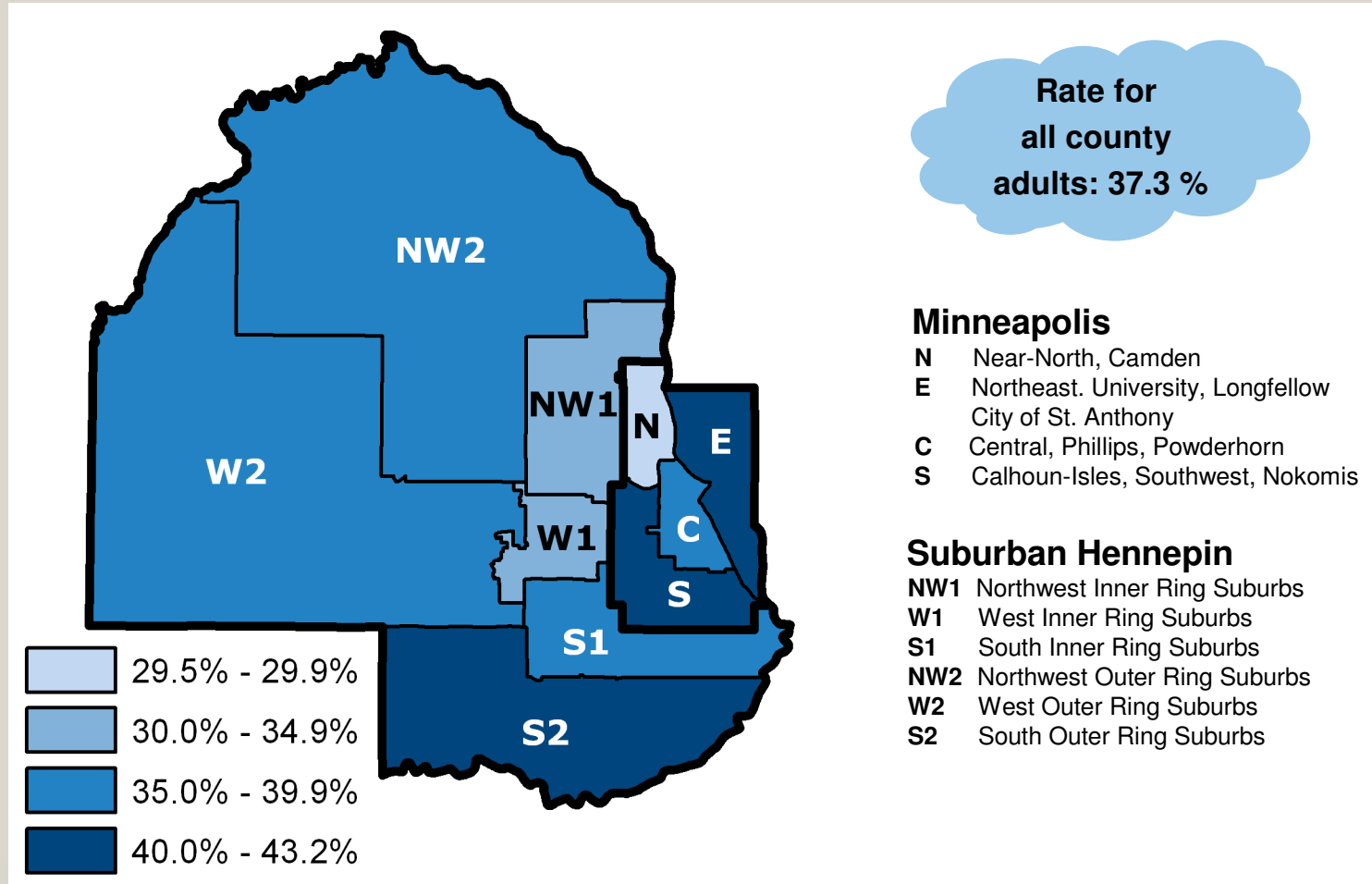
# Total servings of fruits and vegetables consumed yesterday

## Hennepin County adults 2010



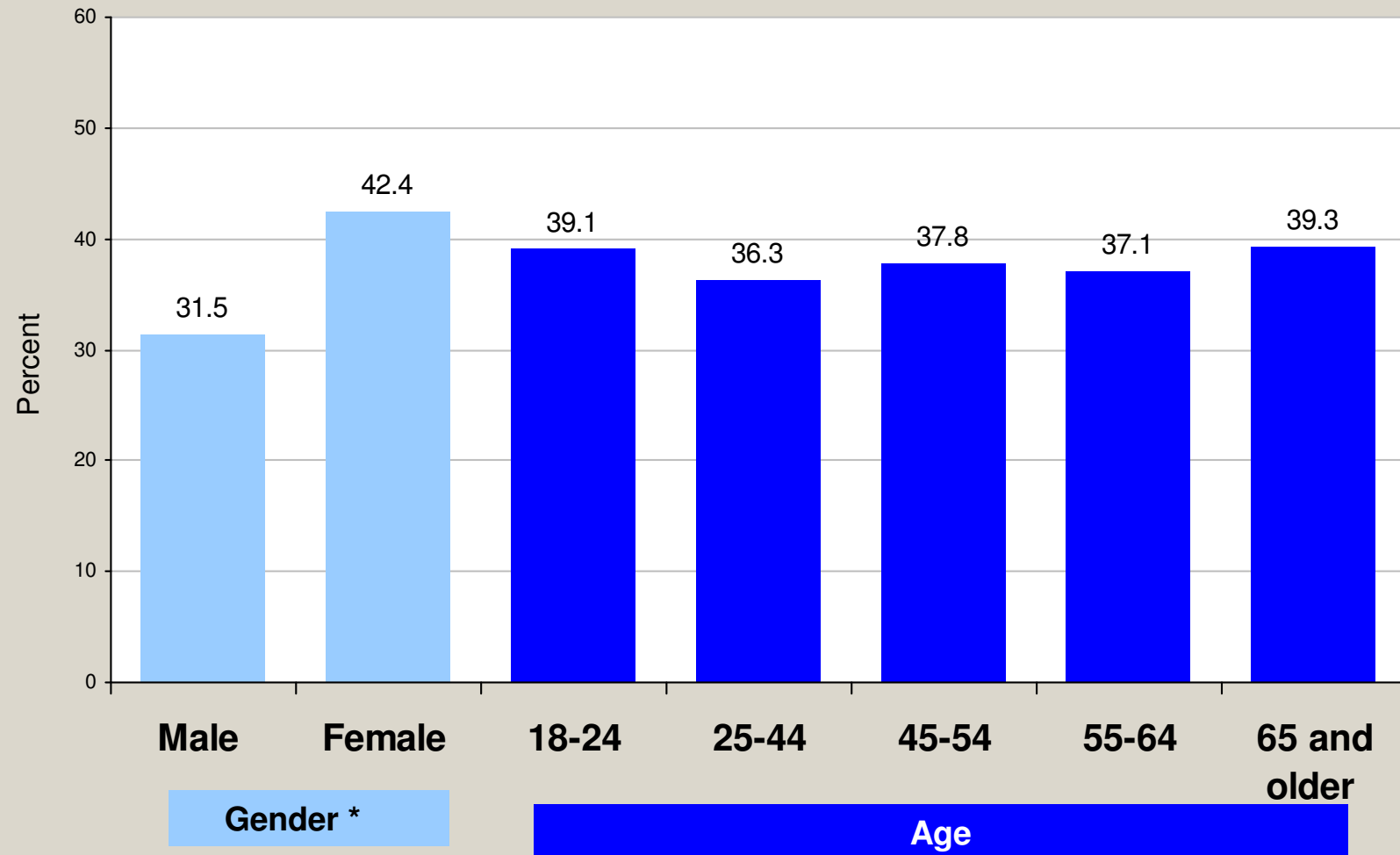


# Percent having 5-a-day by geographic areas Hennepin County adults 2010



## Percent having 5-a-day by gender and age

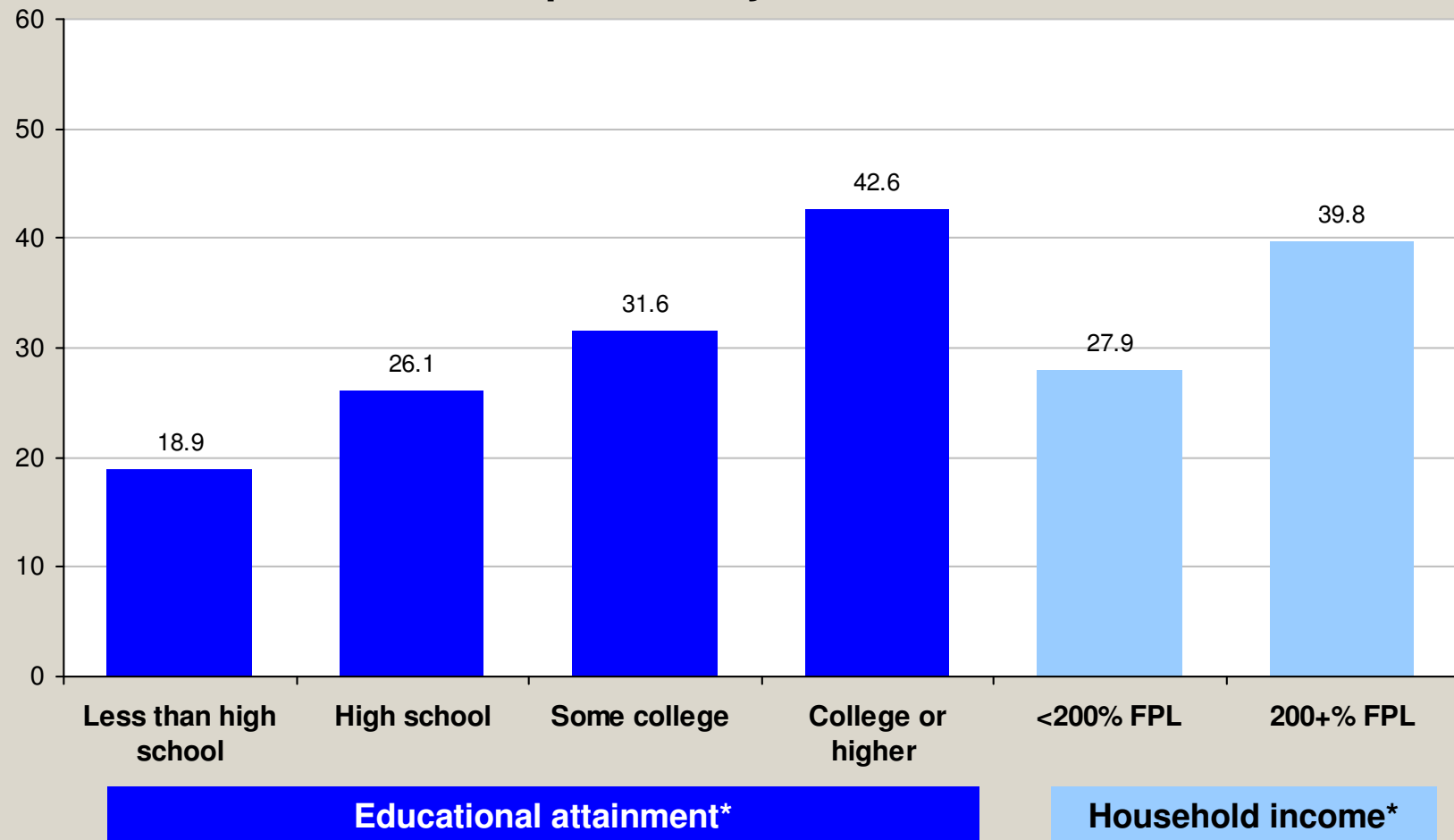
### Hennepin County adults 2010



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

## Percent having 5-a-day by education and household income

### Hennepin County adults 2010



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



**SHAPE 2010**

Your health matters.  
Your answers matter.

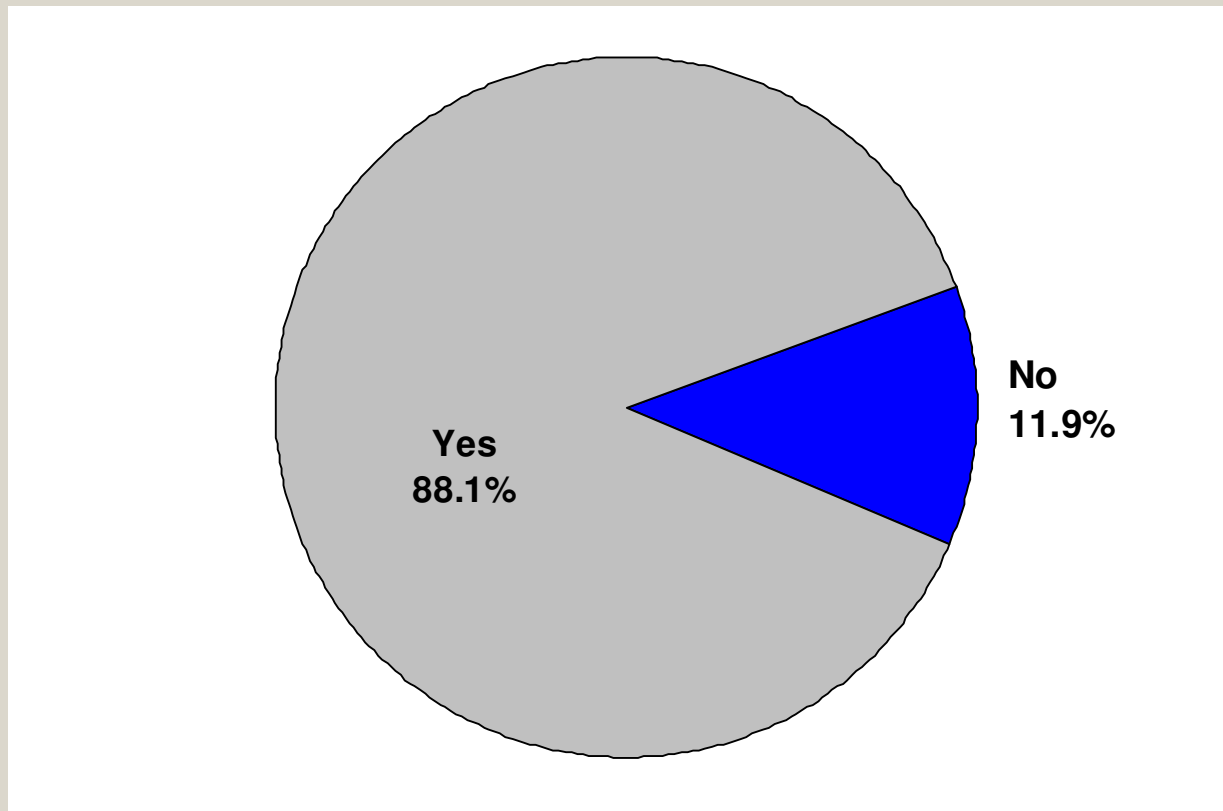
# SHAPE 2010 ADULT SURVEY

## Leisure time physical activity

## Leisure time physical activity

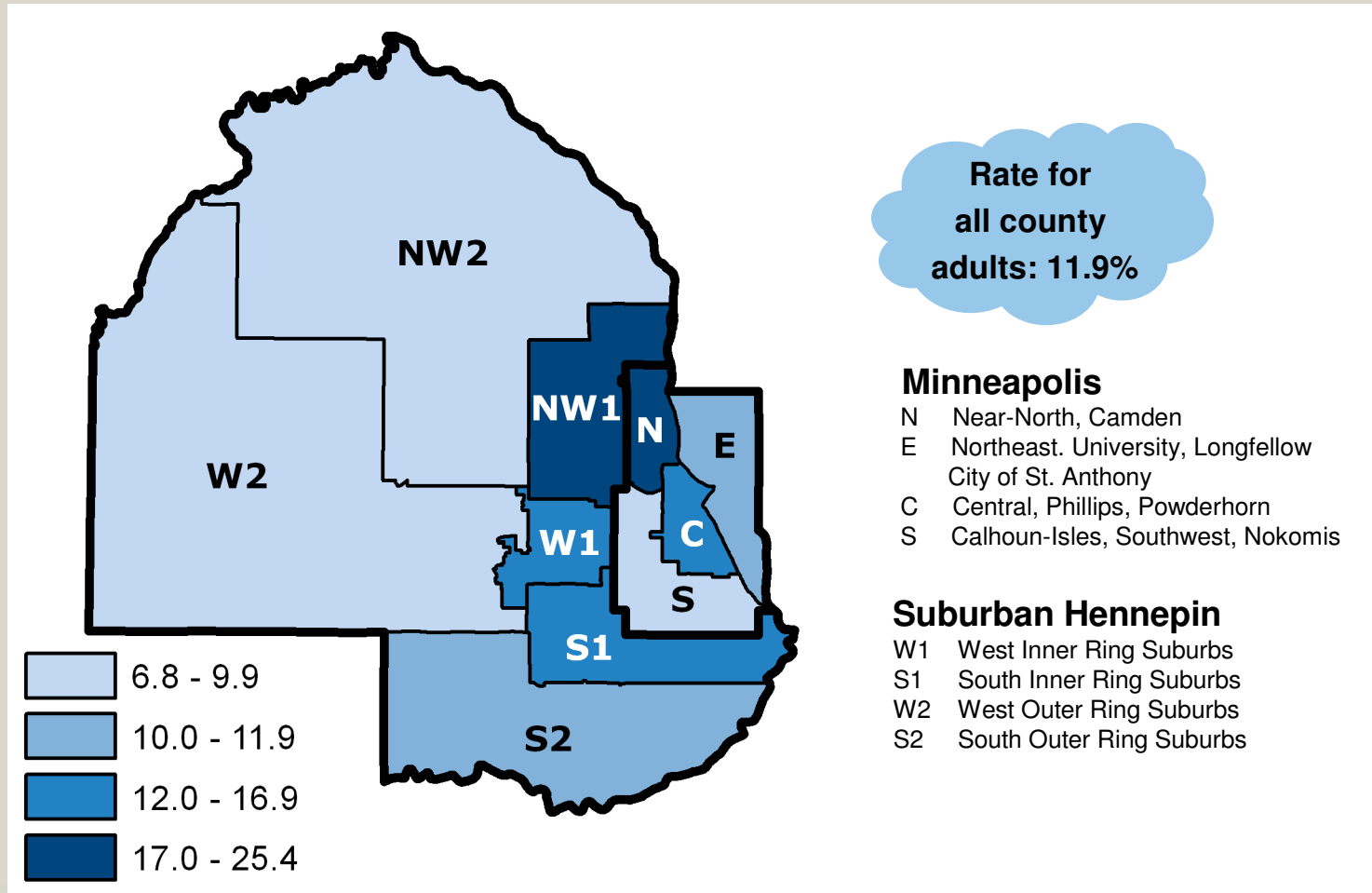
Q. *During the past 30 days, other than your regular job, did you participated in any physical activity or exercises such as running, calisthenics, golf, gardening, or walking for exercise?*

**Hennepin County adults 2010**



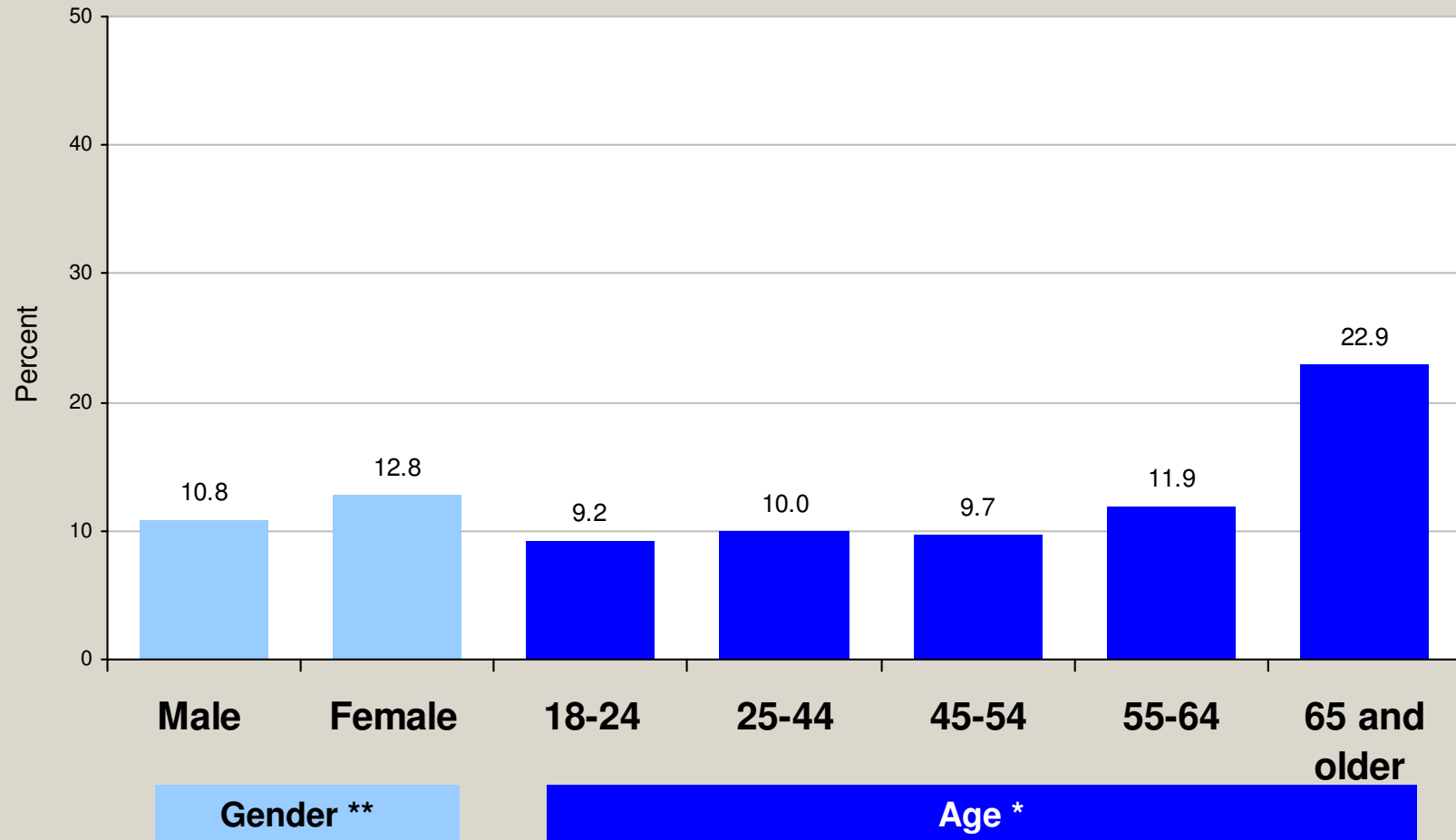
# Percent engaging in NO leisure time physical activity by geographic areas

Hennepin County adults 2010



# Percent engaging in NO leisure time physical activity by gender and age

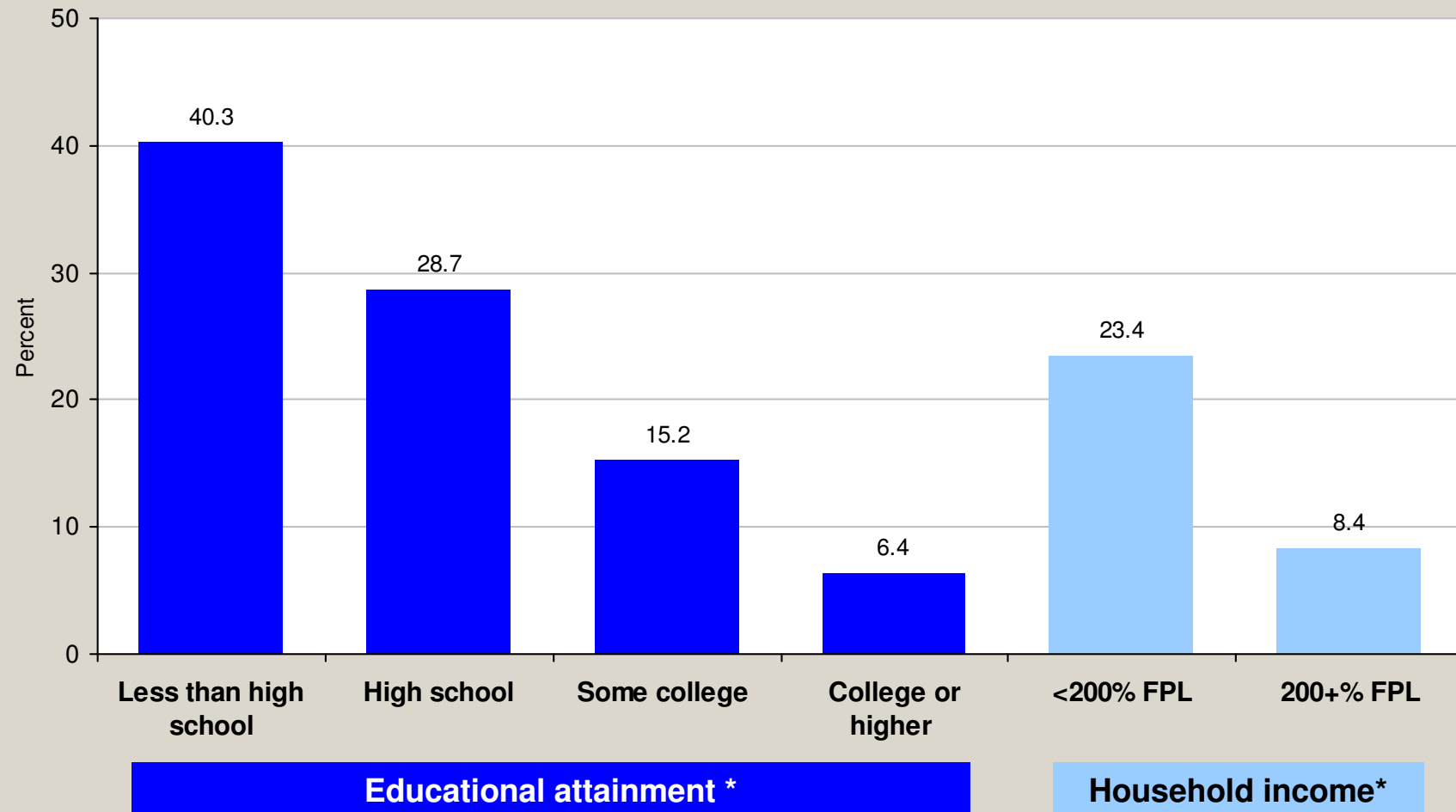
## Hennepin County adults 2010



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

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

## Percent engaging in NO leisure time physical activity by education and household income Hennepin County adults 2010



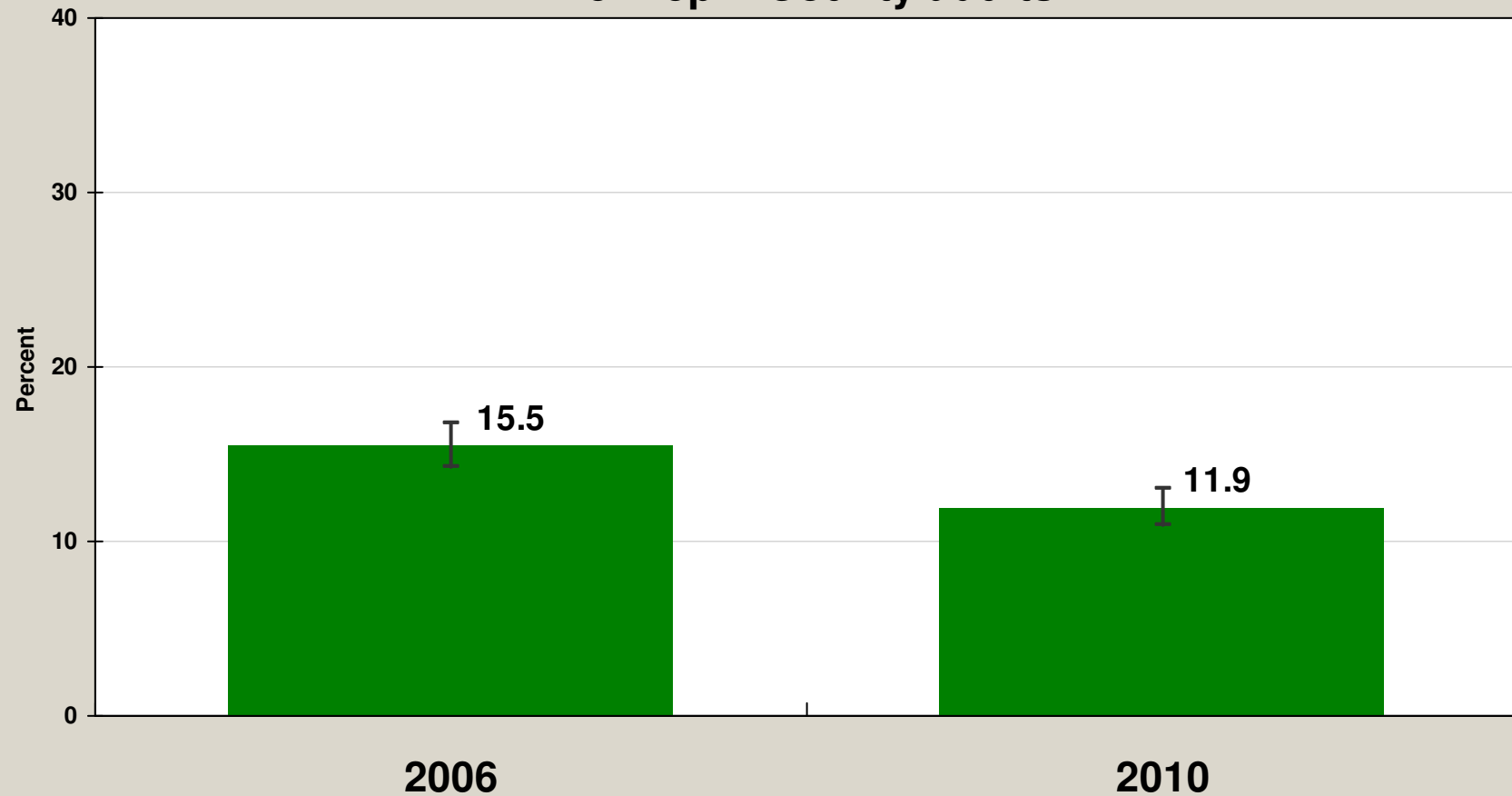
\* Difference in rates between groups is statistically significant at  $p < 0.05$ .



# Percent engaging in NO leisure time physical activity

2006 & 2010\*

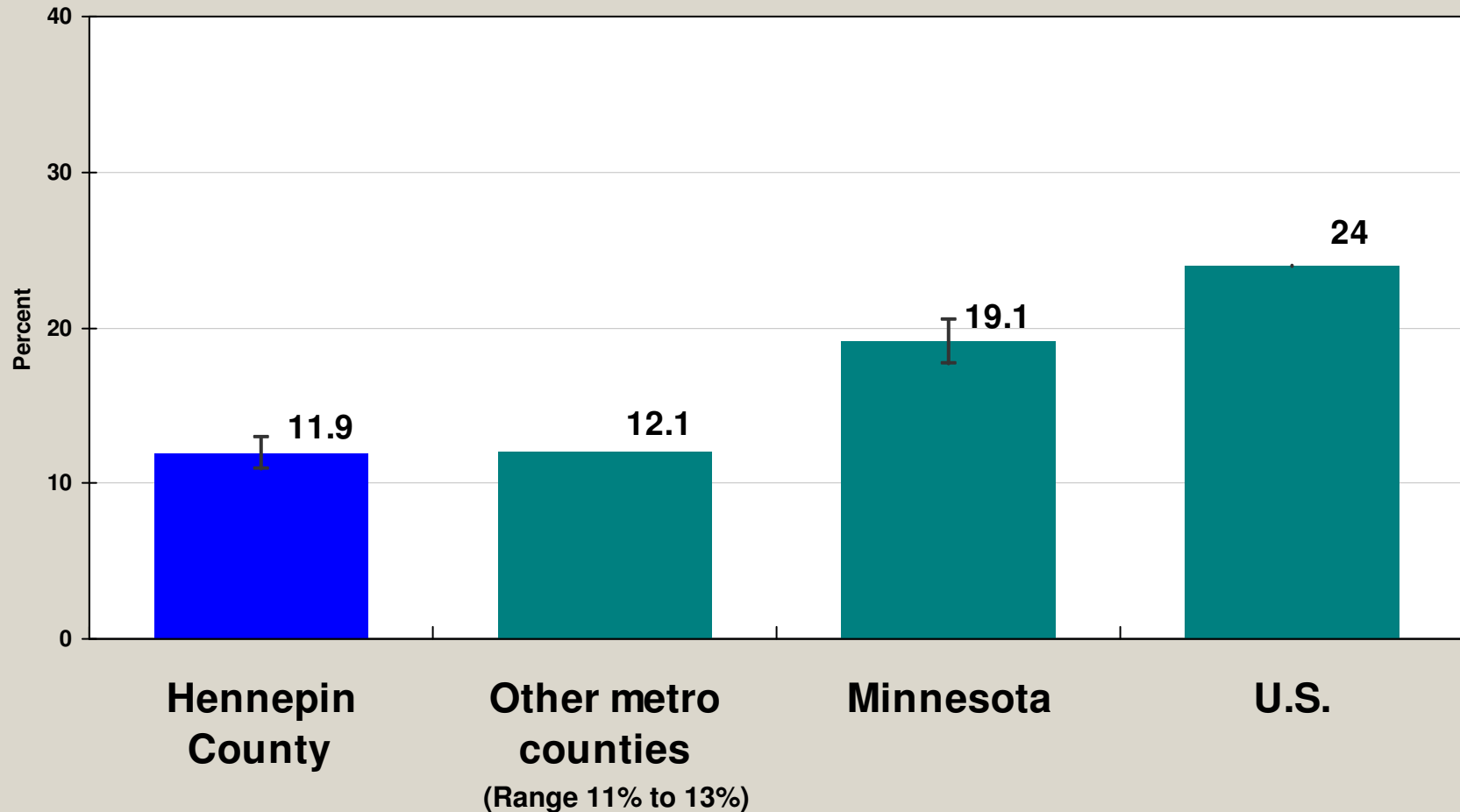
Hennepin County adults



Sources: SHAPE 2006 & SHAPE 2010. The survey question was not asked in SHAPE 1998 & SHAPE 2010.  
Note: Vertical line represents 95% confidence intervals.

# Percent of adults who engaged in NO leisure time physical activity

## How does Hennepin County compare?

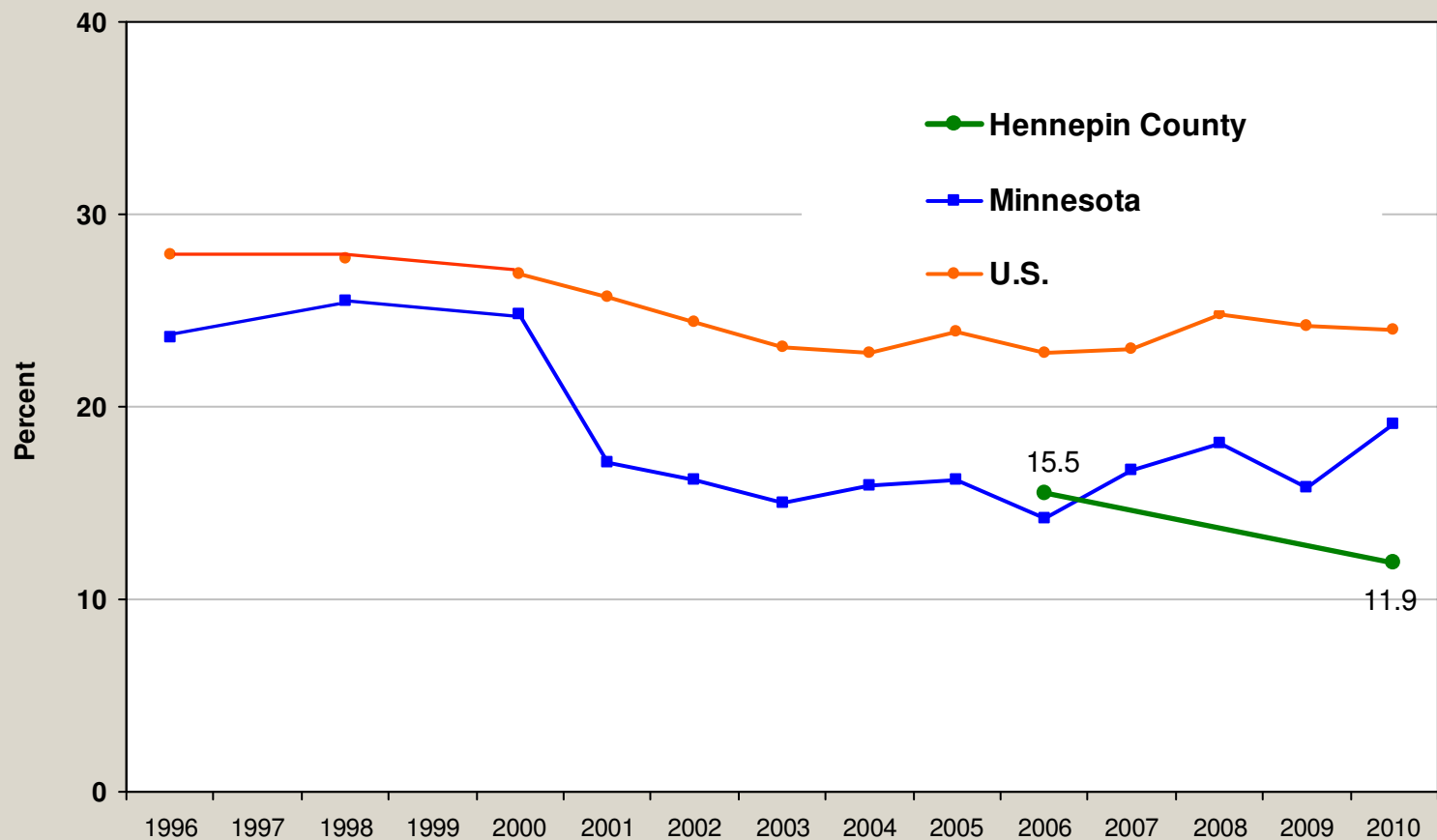


Sources: SHAPE 2010, Minnesota Metro Adult Health Survey 2010, BRFSS 2010 for Minnesota , BRFSS 2010 national median for U.S.

Note: Vertical line represents 95% confidence intervals.

## Percent engaging in NO leisure time physical activity 1996 - 2010

Adults in Hennepin County, Minnesota, and U.S.



Sources: SHAPE for Hennepin County (only for 2002 & 2010), BRFSS for Minnesota, BRFSS national median for U.S.  
Survey question was not asked in BRFSS 1997 and 1999.



**SHAPE 2010**

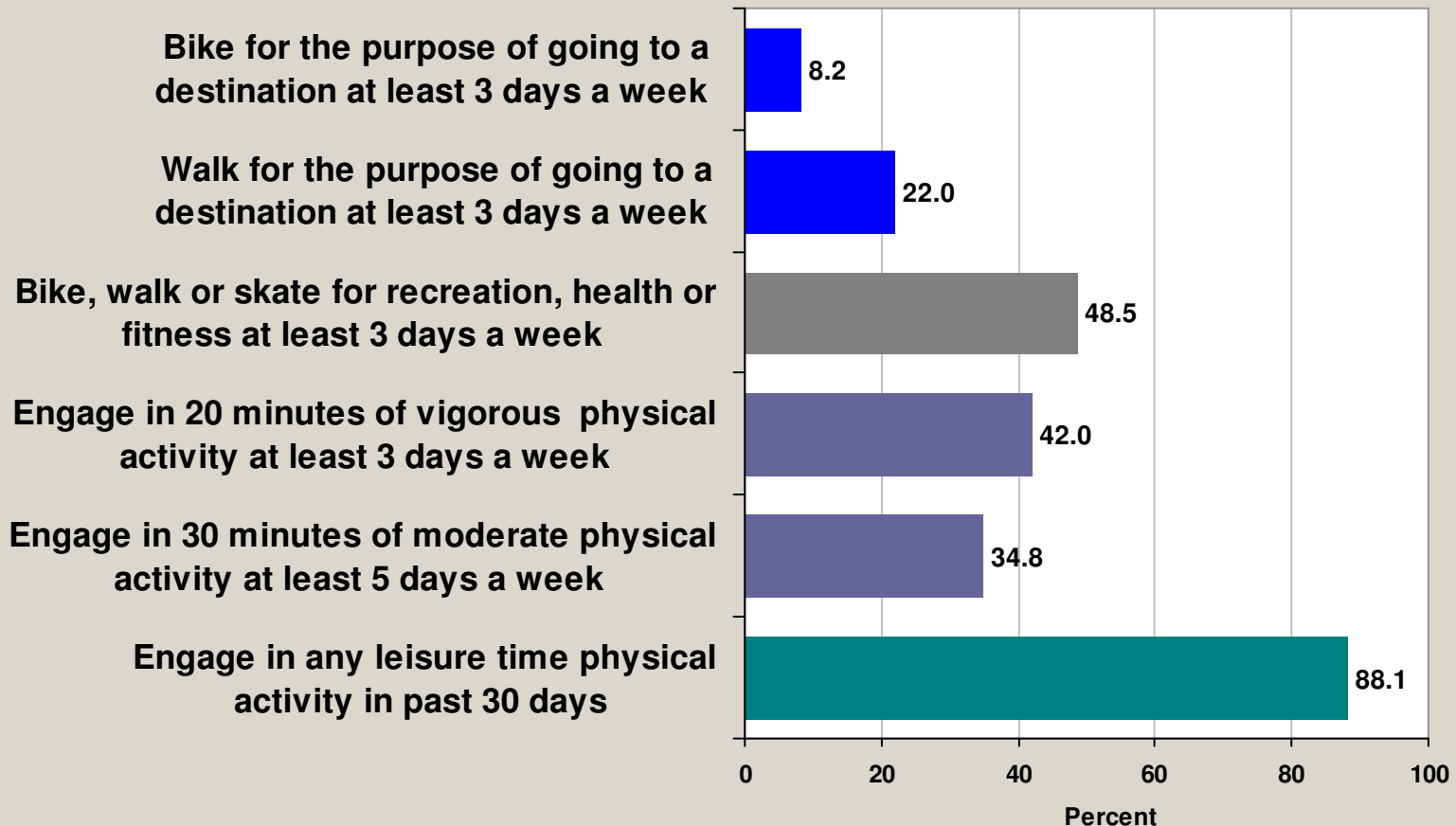
Your health matters.  
Your answers matter.

# SHAPE 2010 ADULT SURVEY

## Non-motorized transit use

# Physical activity & non-motorized transit use

## Hennepin County adults 2010





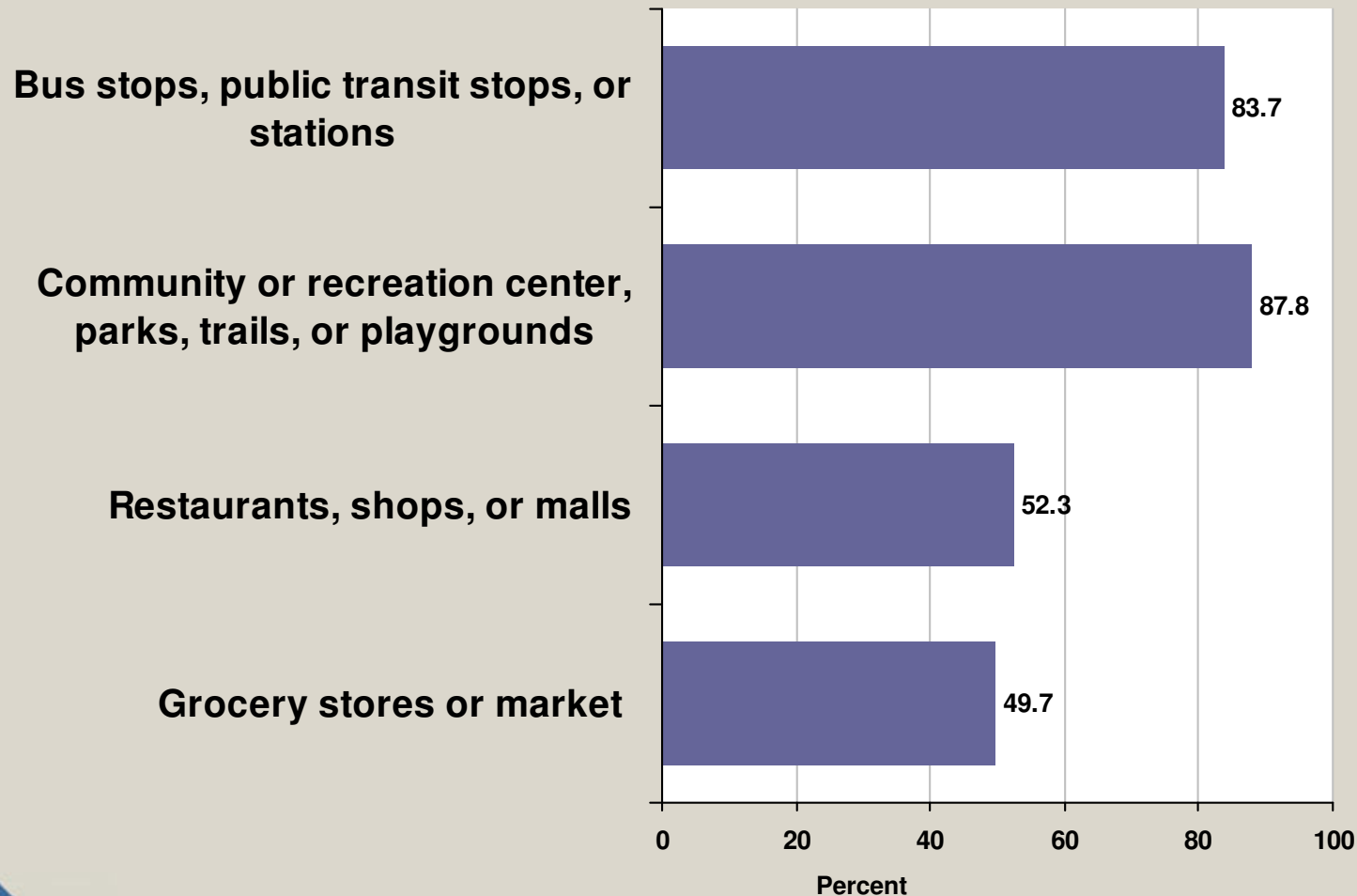
**SHAPE 2010**

Your health matters.  
Your answers matter.

# SHAPE 2010 ADULT SURVEY

## Neighborhood walkability

**Percent who *strongly agree* or *somewhat agree***  
**“In my neighborhood, most residents can walk to...?”**  
**Hennepin County adults 2010**





**SHAPE 2010**

Your health matters.  
Your answers matter.

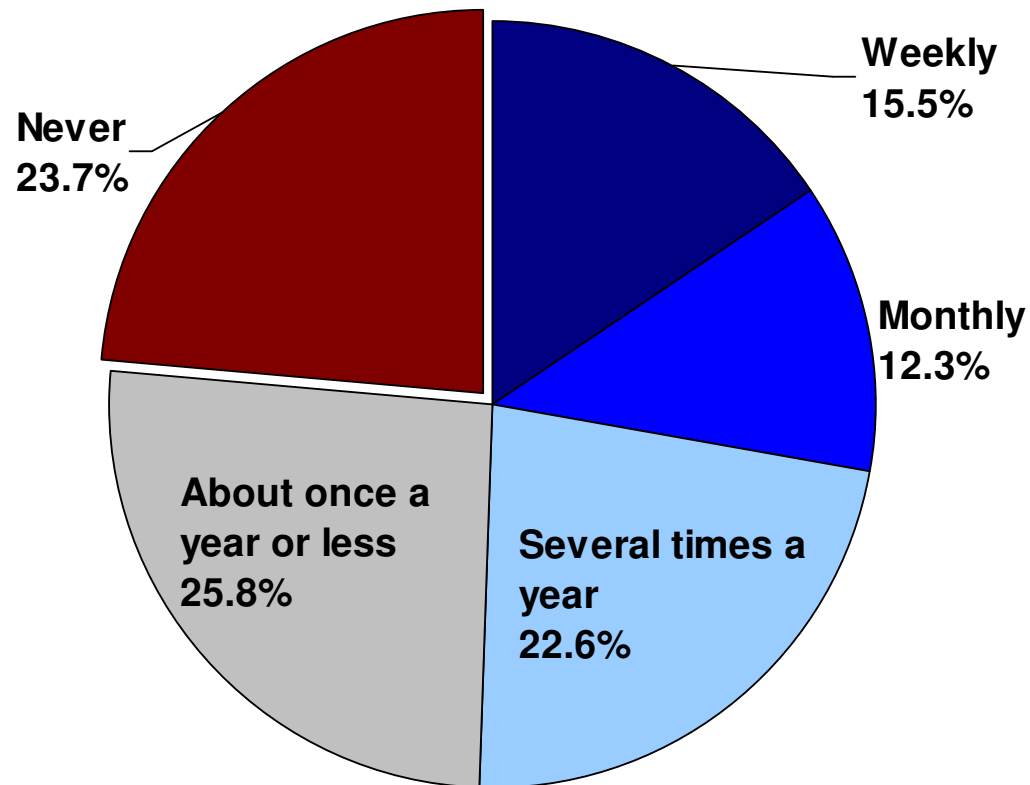
# **SHAPE 2010 ADULT SURVEY**

**Community connectedness,  
social support and  
neighborhood cohesion**



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

Hennepin County adults 2010





**SHAPE 2010**

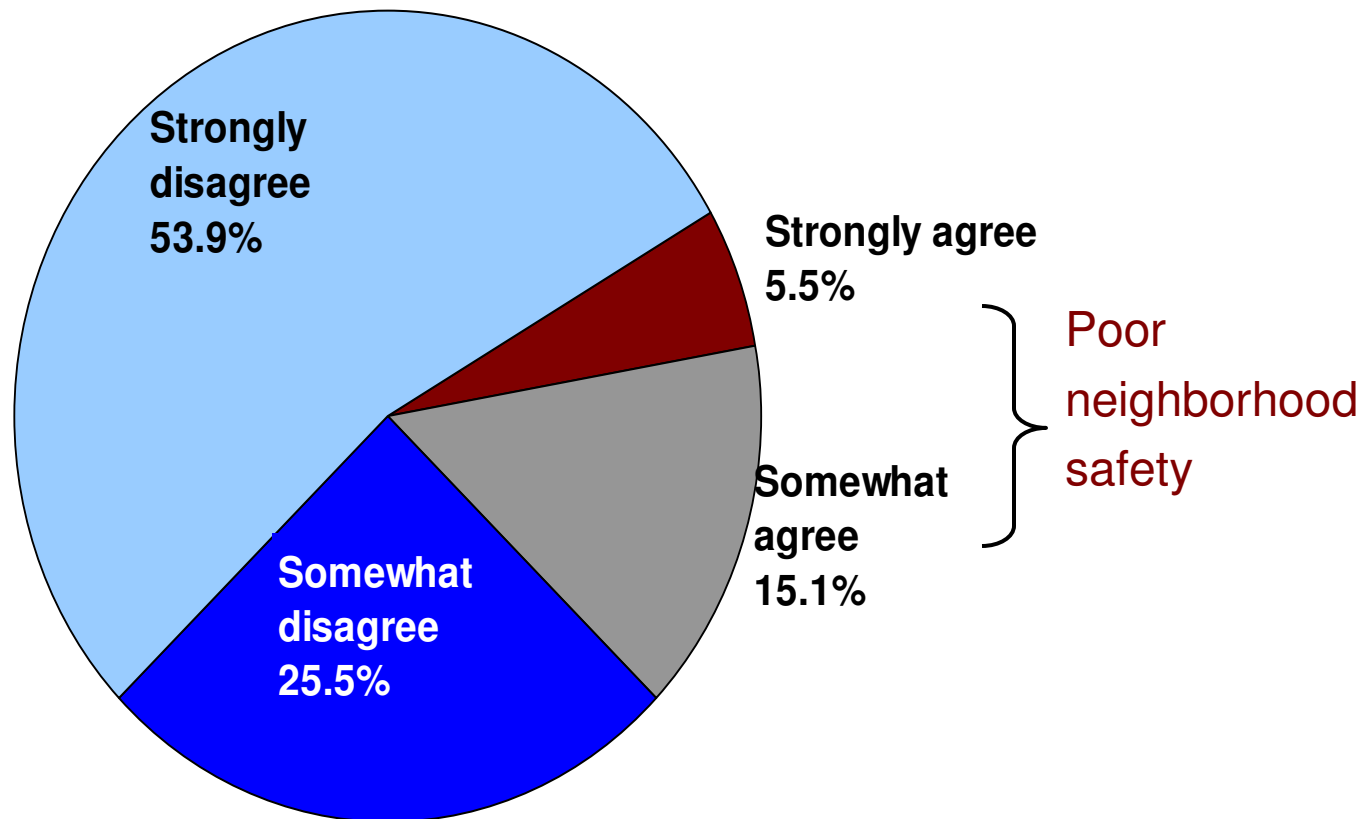
Your health matters.  
Your answers matter.

# **SHAPE 2010 ADULT SURVEY**

## **Community safety**

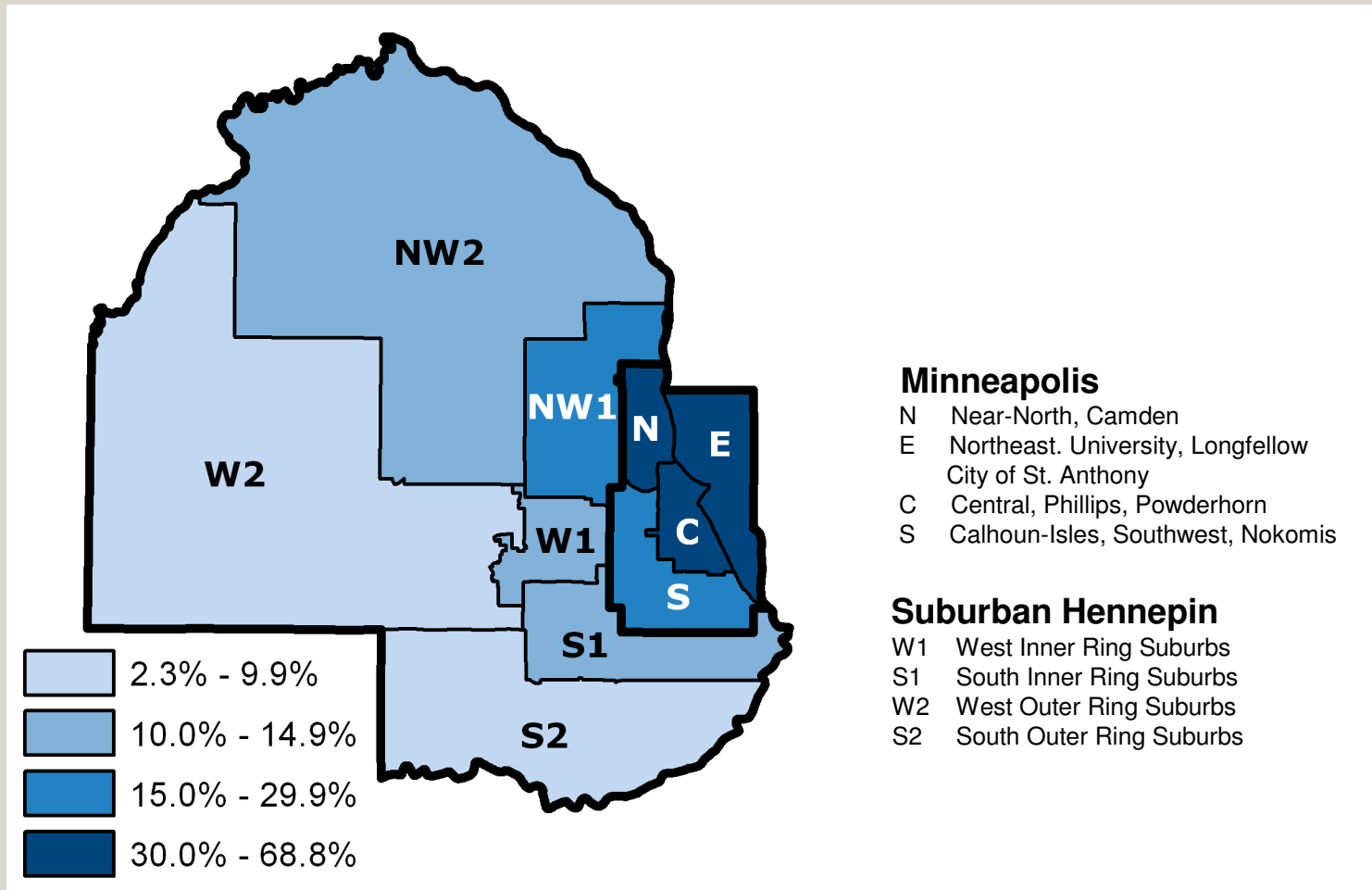
# People in this neighborhood are afraid to go out at night due to violence

Hennepin County adults 2010



# Percent reporting poor neighborhood safety<sup>1</sup> by geographic areas

## Hennepin County adults 2010



<sup>1</sup> Respondent “strongly agree” or “somewhat agree” to the statement “People in this neighborhood are afraid to go out at night due to violence.”



**SHAPE 2010**

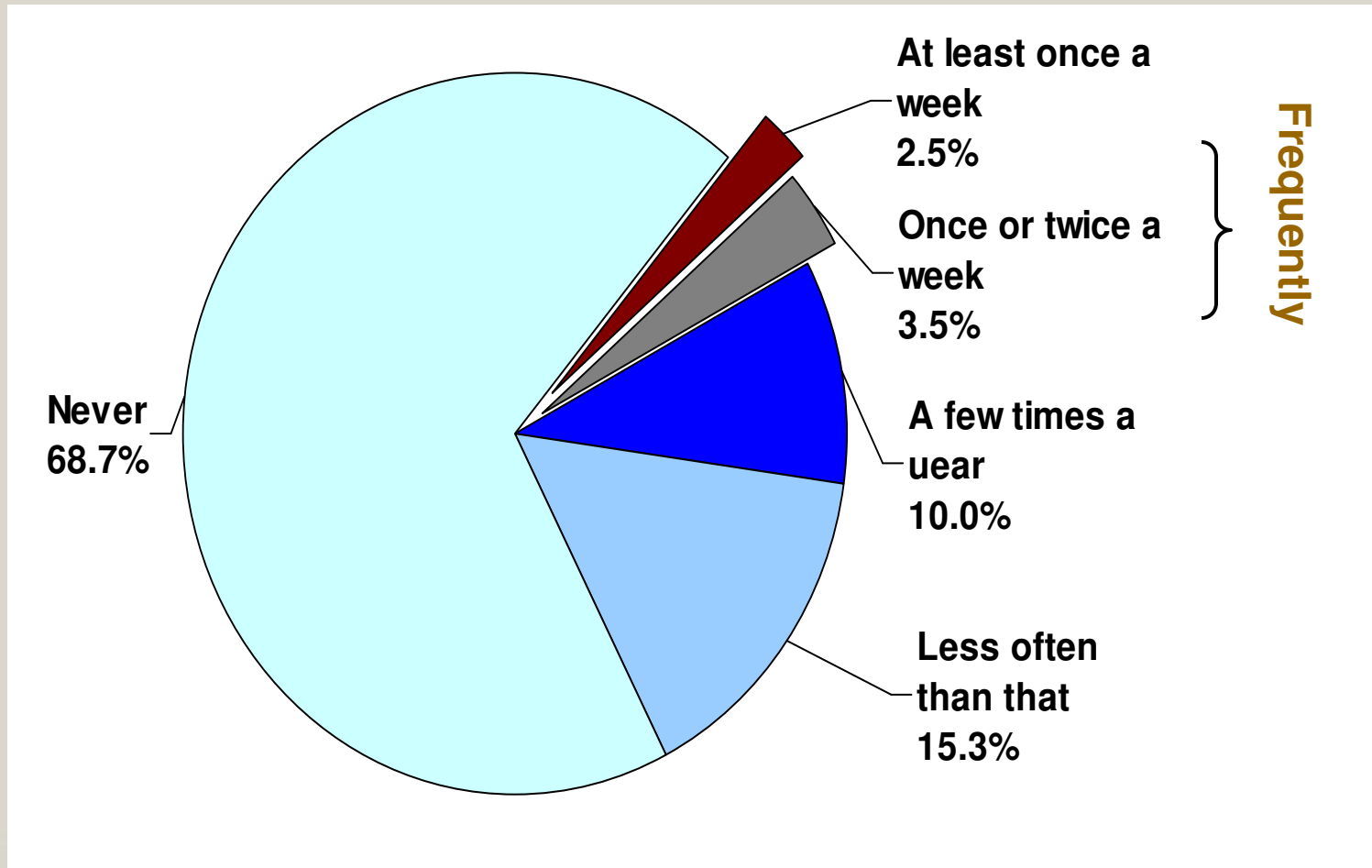
Your health matters.  
Your answers matter.

# SHAPE 2010 ADULT SURVEY

## Perceived discrimination

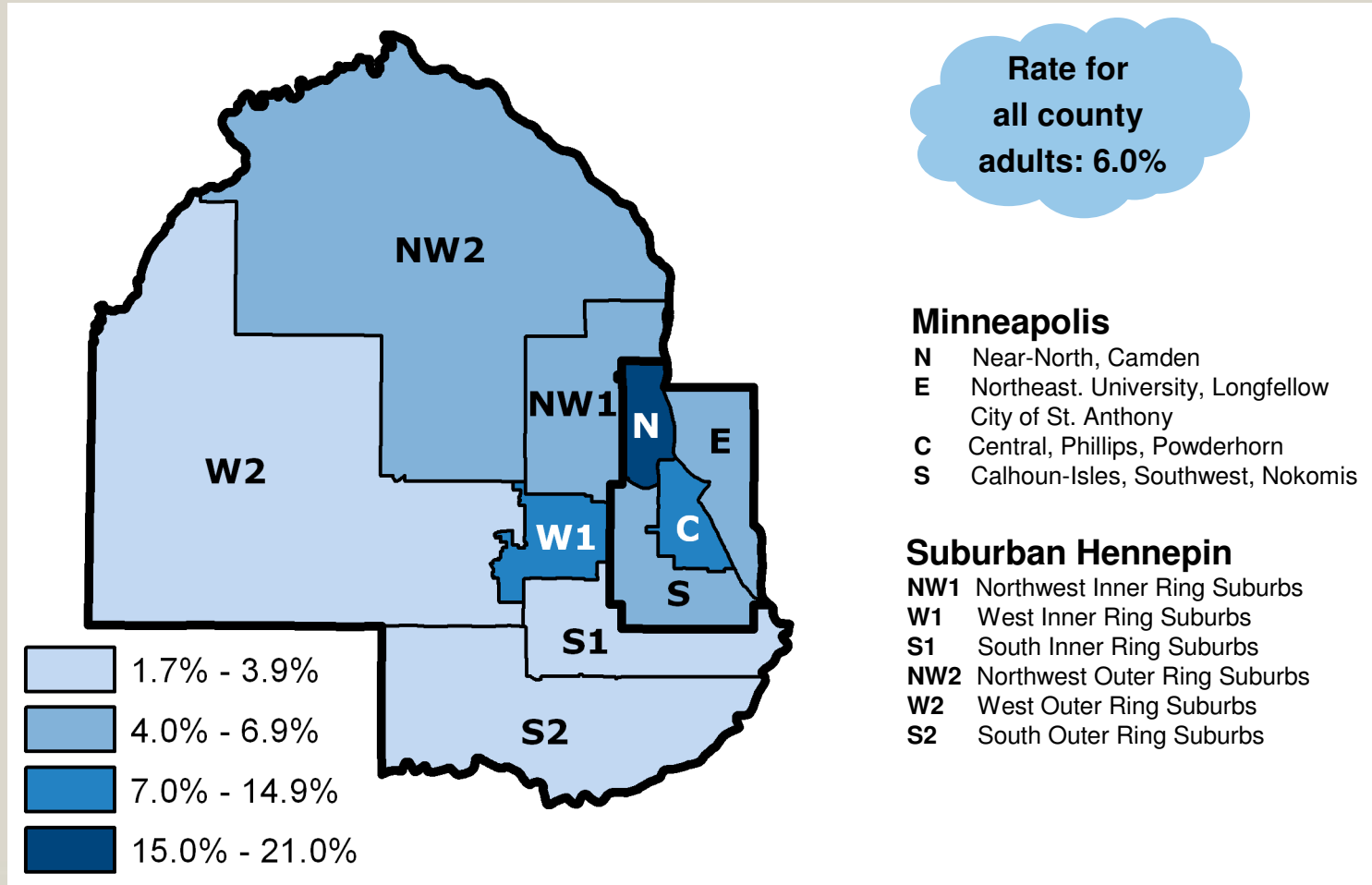
# Q. How often are you in situation where you feel unaccepted because of race, ethnicity and culture?

Hennepin County adults 2010



# Percent who frequently felt unaccepted due to race, ethnicity or culture by geographic areas

## Hennepin County adults 2010





**SHAPE 2010**

Your health matters.  
Your answers matter.

# SHAPE 2010 ADULT SURVEY

## Economic distress



## Experiencing economic distress

### Hennepin County adults 2010

Measure	All Adults	<200% FPL	≥200% FPL
Worried that food would run out before you had money to buy more during the past 12 months (often/sometimes)	14.2%	44.2%	6.4%
Missed a mortgage or rent payment because not having enough money during the past 12 months	8.7%	23.4%	4.9%
Moved 2 or more times in past two years	9.6%	20.1%	6.9%

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

# Experiencing economic distress

## Hennepin County adults 2010

Measure	All Adults	<200% FPL	≥200% FPL
<b>Difficulty in paying health insurance premiums/co-pays/deductibles</b> (very difficult or somewhat difficult)	<b>29.2%</b>	<b>54.3%</b>	<b>22.7%</b>
<b>Difficulty in paying for prescription medications each month</b> (very difficult or somewhat difficult) <b>Among those who regularly take prescription medications</b>	<b>8.7%</b>	<b>23.4%</b>	<b>4.9%</b>
<b>Skipped or took smaller doses of prescription medications due to cost?</b> (often or sometimes) <b>Among those who regularly take prescription medications</b>	<b>16.9%</b>	<b>37.7%</b>	<b>11.5%</b>

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



**SHAPE 2010**

Your health matters.  
Your answers matter.

# SHAPE 2010 ADULT SURVEY

## Summary

# Summary

## ***SHAPE 2010 - Adult Survey selected findings:***

- County adults enjoy better health than adults nationwide, with 63% reporting *excellent* or *very good* health.
- Smoking rate continues to decline (from 21% in 1998 to 12% in 2010) and is lower than the national average.
- Obesity epidemic continues:
  - More than half of county adults are either obese (20%) or overweight (33%).
  - Current obesity rate (20%) is as high as it was in 2006, and is notably higher than the rate in 1998 (14%) and the rate in 2002 (17%).

# Summary

## SHAPE 2010 - Adult Survey selected findings:

- Good health is not shared equally across populations in Hennepin County. Disparities in health status, either between genders, by age groups, across geographic areas, or at different education attainment and income levels persist.
- The findings present challenges, as well as opportunities in addressing health issues and improving the health for all county adults.

## HSPHD Assessment/SHAPE Team

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[www.hennepin.us/SHAPE](http://www.hennepin.us/SHAPE)



SHAPE 2010

