



HENNEPIN COUNTY
MINNESOTA



Independent living- selected health indicators among Hennepin County older residents

Aging Friendly Hennepin County
July 21, 2020



SHAPE:

Survey of Health of All the Population and the Environment

- Longstanding Public Health project, since 1998
 - Adheres to best practices in population health surveillance - Centers for Disease Control and Prevention and Minnesota Department of Health
- Innovation a key tenet of SHAPE
 - Current challenges in survey research led to 2018 innovations
- Provides most detailed local data about the health of Hennepin County adults
 - One of several data sources in Public Health



Using data to advance health equity

- Assure data are available and reliable
- Evaluate and identify racial and other disparities
- Examine effect of social determinants of health on outcomes
- Identified need to increase reach among populations generally under-represented



SHAPE 2018 – survey content



Overall health

- General health, health related quality of life
- Chronic diseases and conditions
- Overweight and obesity
- Mental health
- Activity limitations and disability

Access to health care

- Health insurance coverage
- **Usual places of care**
- Unmet health and mental health care need
- Prevention care
- Dental care, prescription use
- Treat by provider with respect

Healthy lifestyles and behaviors

- Diet, nutrition, beverage intake
- Physical activity and exercise
- Cigarettes, e-cig, other tobacco products
- Alcohol use

Social-environmental factors

- Community engagement,
- Social support, Social isolation
- Neighborhood safety
- Housing, food, transportation insecurity
- Sexual orientation and gender identity (SOGI)
- Race, SOGI discrimination
- Education, income, country of birth, race/ethnicity..

AARP 8 domains of livability & independent Living

- selected health indicators from SHAPE 2018 (1)



AARP domains of livability	Independent living	Selected health indicators or measures from SHAPE
Community and health Services	Recognizing special need- disability	Having a disability, ADL or IADL
	Recognizing special need-mental health	Experienced frequent mental distress
	Managing health- know where to go	Having no regular place of care
	Managing health- getting needed care	Unmet medical care needs in past 12m
	Managing health- medication	Experienced prescription insecurity
	Healthy living- food access	Having 5 or more servings of veg/fruit yesterday
	Healthy living- smoke free	Currently smoking
	Healthy living- stay active	No leisure time physical activity in past 30 days
Work and civic engagement	Staying connected to community	Never involved in school, community or neighborhood activities

AARP 8 domains of livability & independent Living

- selected health indicators from SHAPE 2018 (2)



AARP domains of livability	Independent living	Selected health indicators or measures from SHAPE 2018
Transportation	Worry free transportation	Experienced transportation insecurity (lack transportation keep you from getting places where you needed to go, such as jobs, medical appointment, shopping)
Housing	Stable housing	Experienced housing insecurity (Missed a rent or mortgage payment due to not have enough money or being homeless at least once in past 12 m)
Outdoor spaces and buildings	Safe neighborhood	In general, my neighborhood is safe (very or somewhat) from crime

AARP 8 domains of livability & independent Living

- selected health indicators from SHAPE 2018 (3)



AARP domains of livability	Independent living	Selected health indicators or measures from SHAPE
Communication and Information	Easy communication to health care providers	Health and health care information given by health care providers that were easy to understand (always, most of time; among these saw a provider in past 12m)
Respect and Social Inclusion	Free from social exclusion & discrimination	Frequently in situations where felt unaccepted because of race, ethnicity or culture, religion, immigration status (at least once per month)
Social Participation	Socially connected	Feel isolated frequently (always or usually)
	Socially and emotionally supported	Low social and emotional support (rarely or never get the needed social and emotional support)

Selected health indicators on independent living among Hennepin County older adults* (age ≥55 n=5730) (1)



*This section of data for adults (age 18 and older) has published in SHAPE 2018 Adult Data Book, available at www.Hennepin.us/shape



AARP 8 domains of livability & independent Living

- selected health indicators from SHAPE 2018 (1)

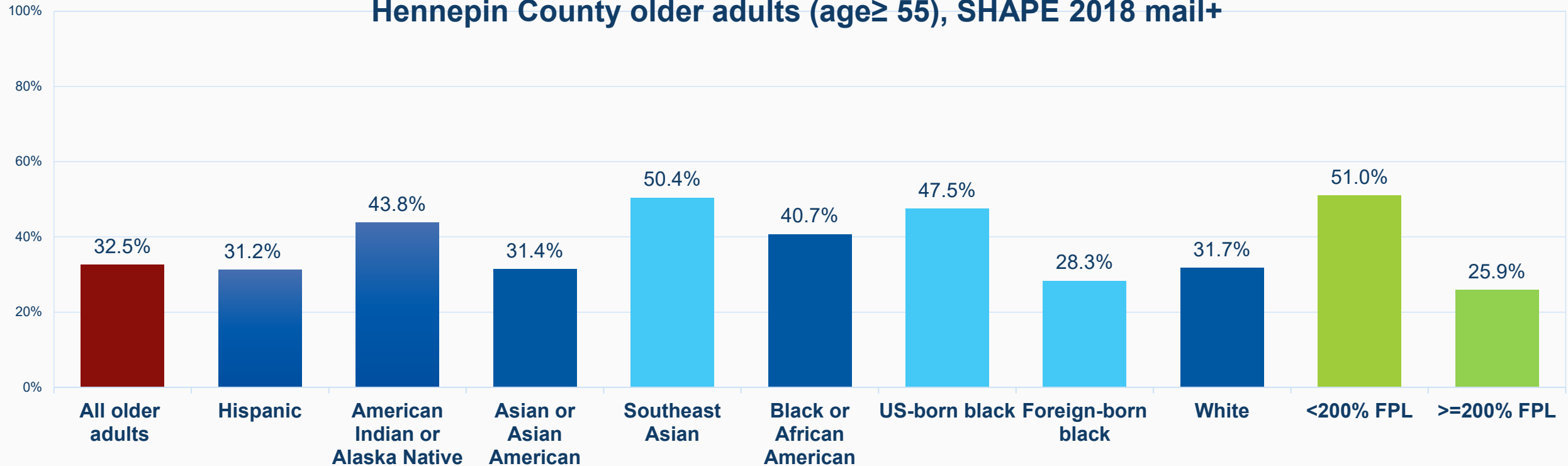


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	Managing health- know where to go	Having no regular place of care
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% having a disability

(limited in any activities because of physical, mental or emotional problems)
by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



Race and ethnicity*

Household income**

* Difference in rates across major race and ethnicity categories is statistically significant @ $p < 0.05$. The test doesn't include subgroups, i.e. Southeast Asian, US-born black, Foreign-born black. . Race and ethnicity are mutually exclusive. If a respondent said that he/she is Hispanic, and at the same time, indicated one or more race, he /she will be classified as Hispanic only.

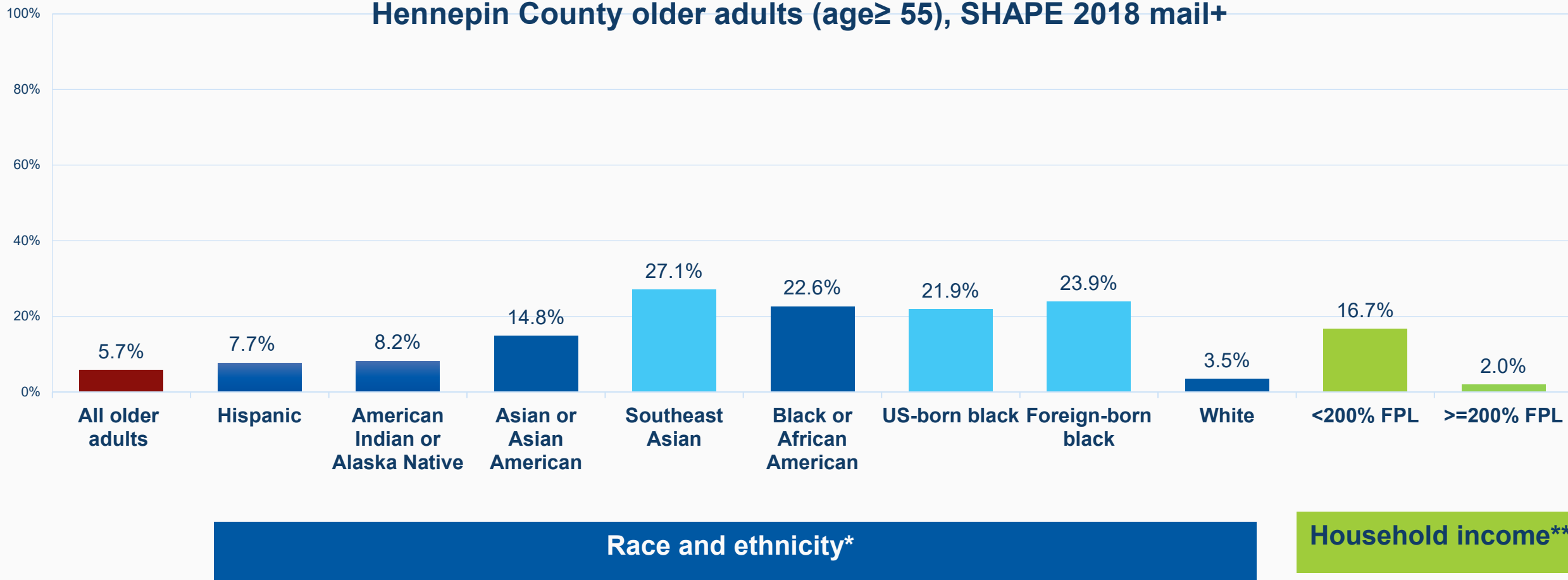
** Difference in rates between two household income groups is statistically significant @ $p < 0.05$.



% needing help with personal care need (ADL)

(ADL- activities of daily living, e.g. eating, bathing, dressing or going around the house)
by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



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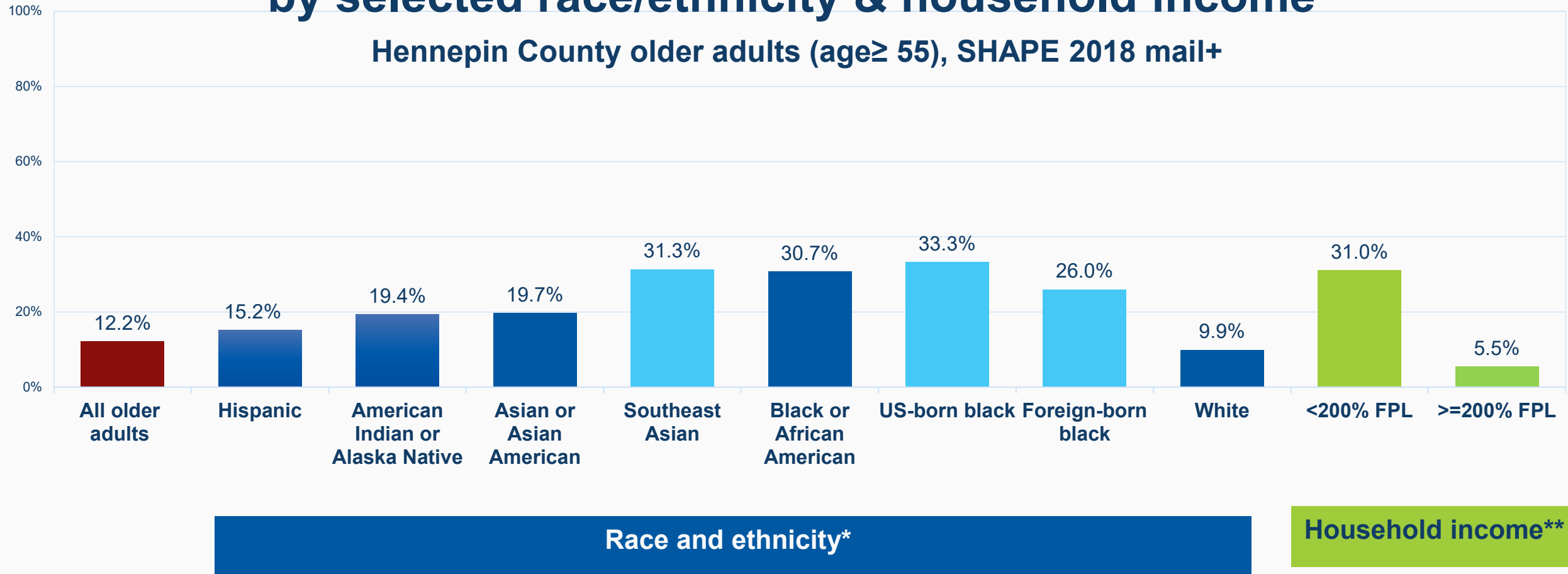


% needing help with routine needs (IADL)

(IADL- instrumental activities of daily living, e.g. household chores, business, shopping or getting around for other purposes)

by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



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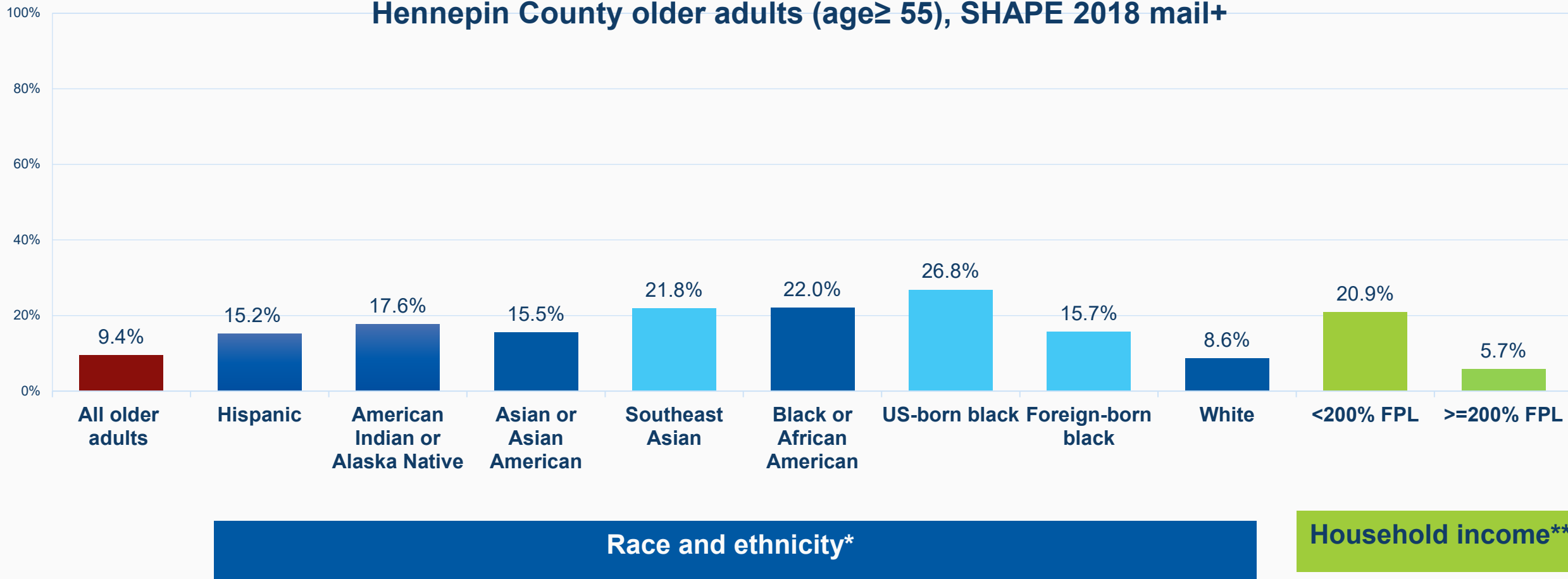


% experienced frequent mental distress

(Mental health was not good for at least two weeks during the past 30 days)

by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



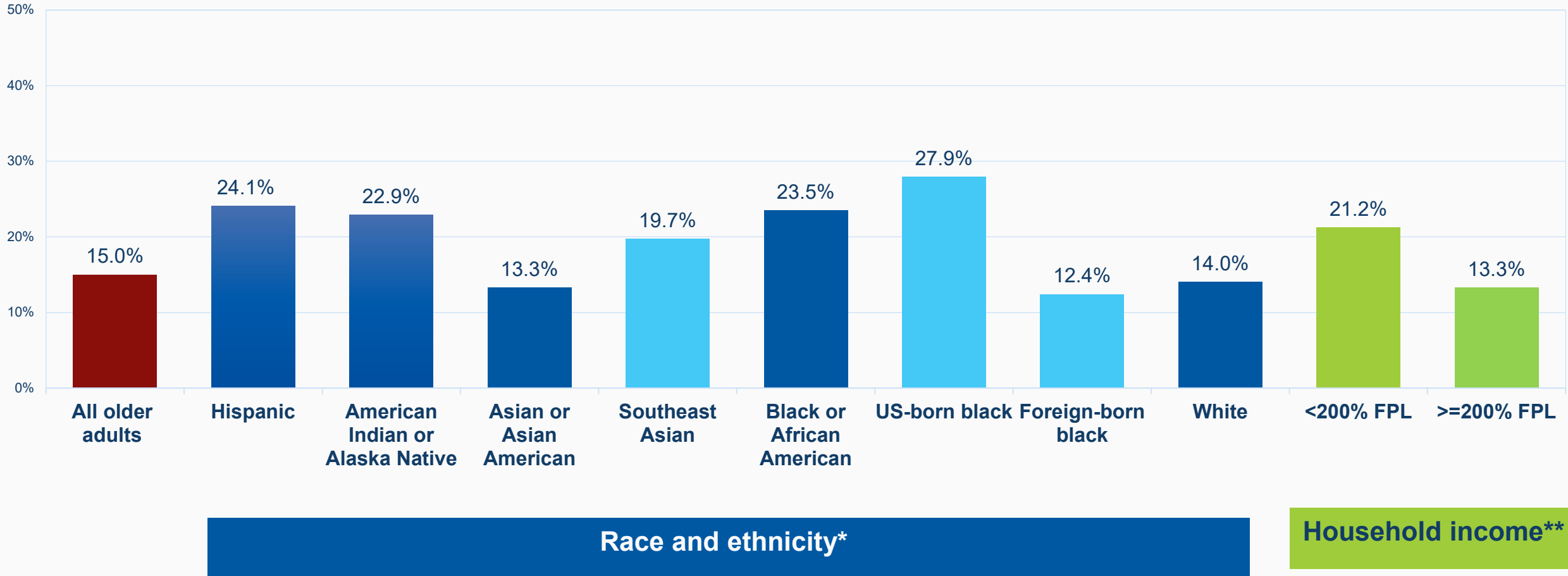
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% having no usual place of care by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



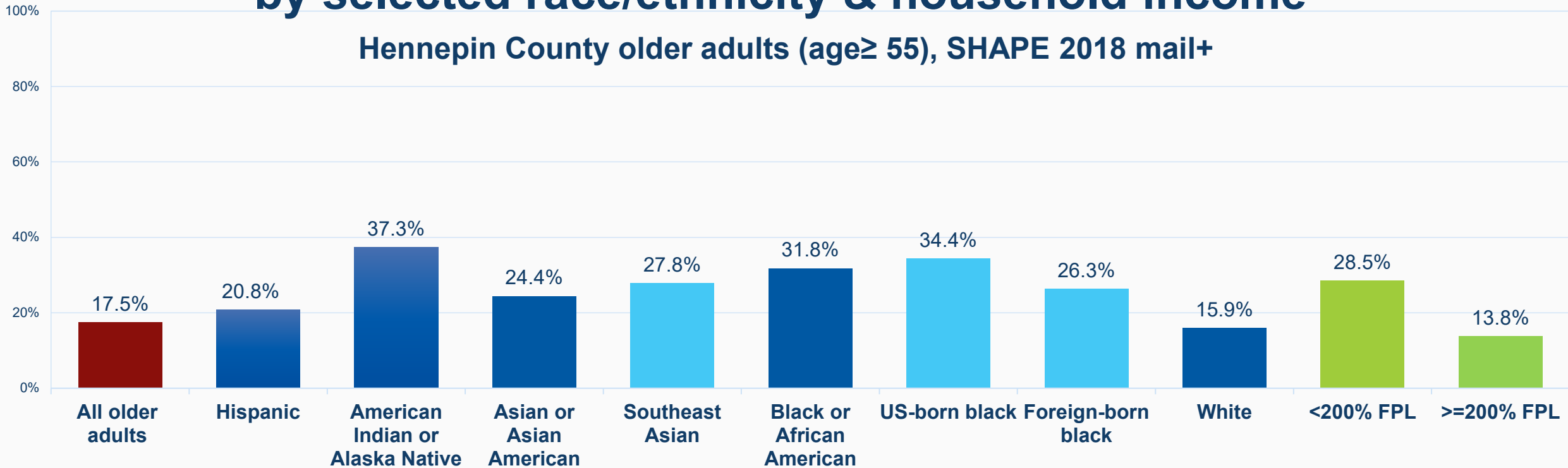
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% Experienced unmet medical care needs during the past 12 month among those who needed care by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



Race and ethnicity*

Household income**

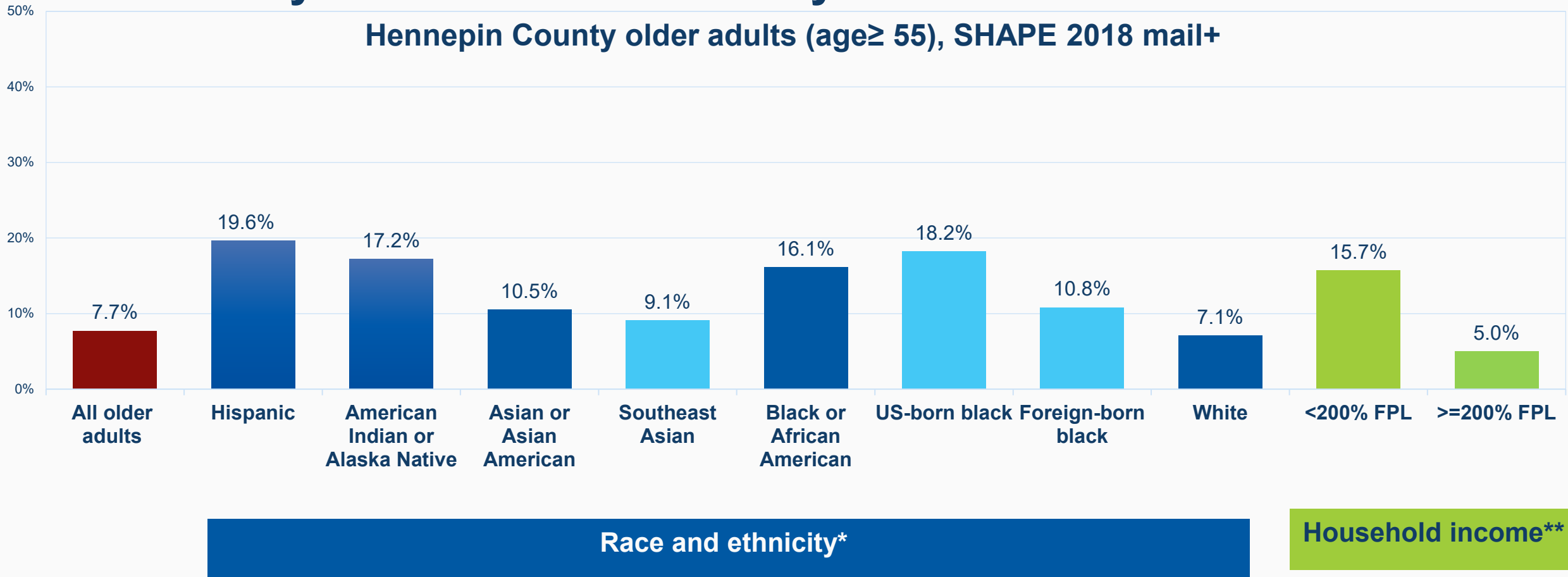
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% Experienced prescription insecurity[^] during the past 12m among those who regularly taking medication by selected race/ethnicity & household income



[^] i.e. skipped doses, took a smaller amount, or did not fill a prescription due to cost.

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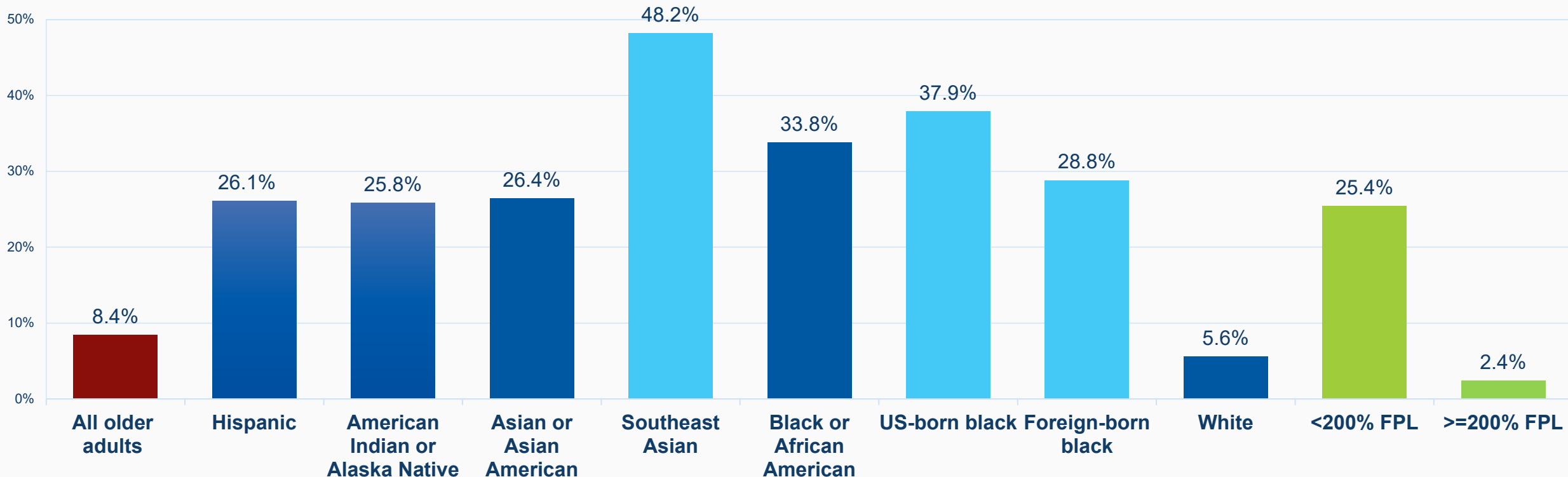
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% Experienced food insecurity[^] during the past 12 months by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



Race and ethnicity*

Household income**

[^] Worry food run out before having money to buy more –often or sometime.

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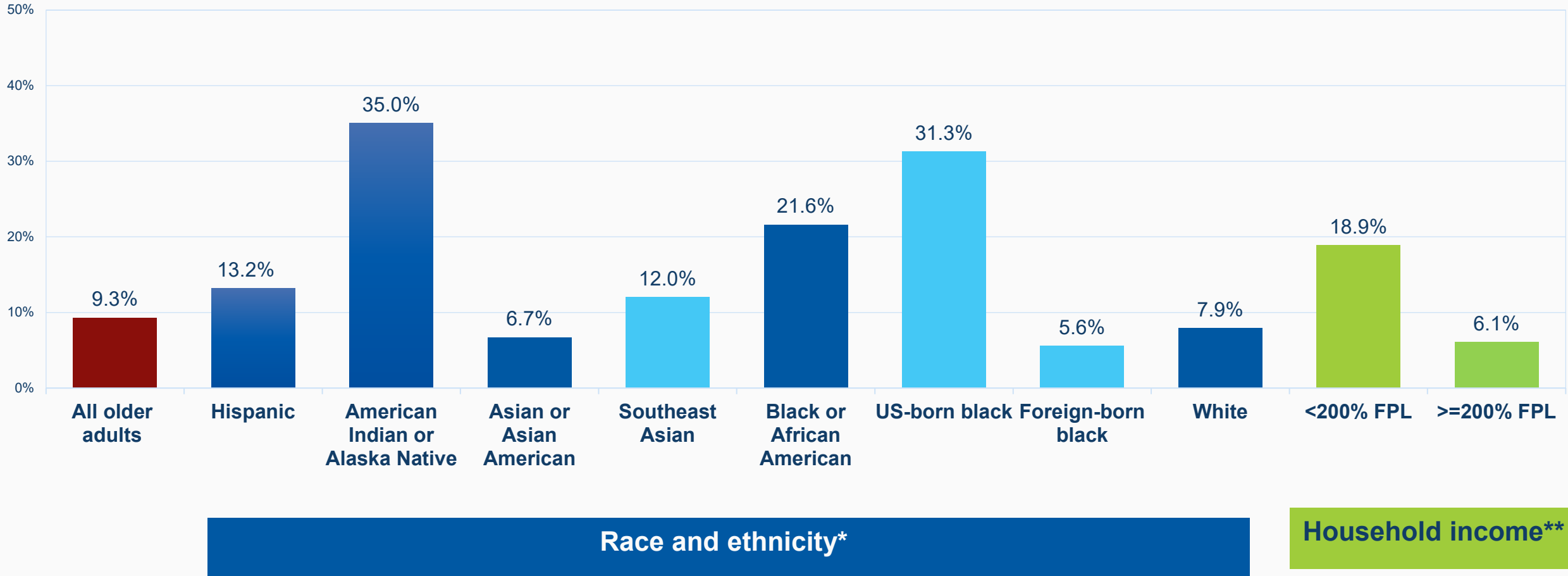
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% currently smoking by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



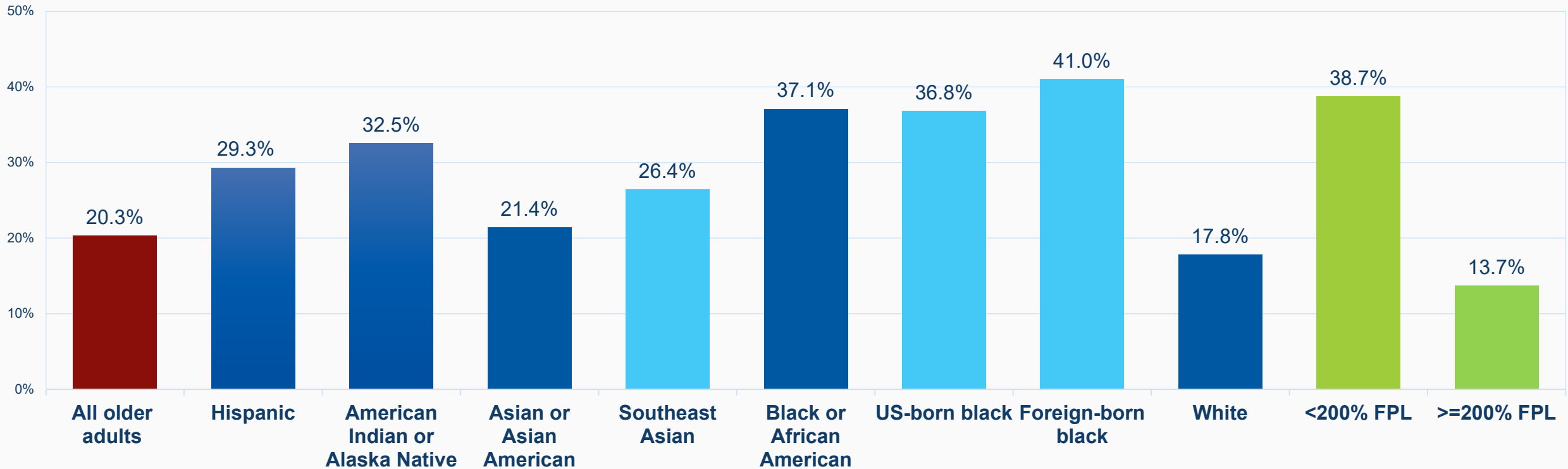
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% engaging in no leisure time physical activity by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



Race and ethnicity*

Household income**

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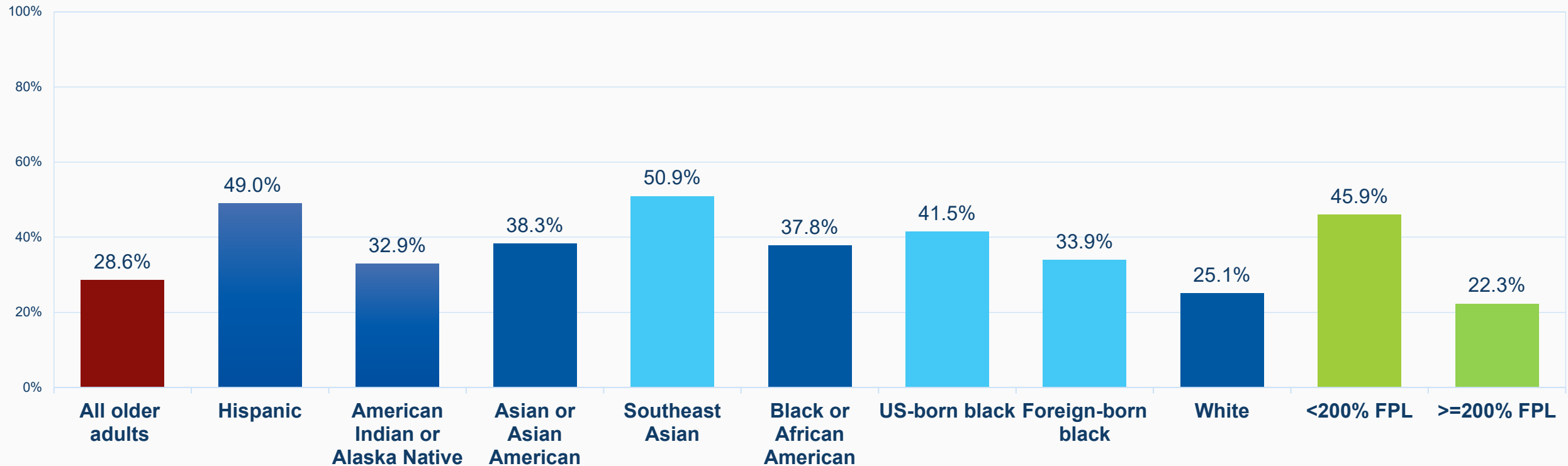
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% never involved in school, community or neighborhood activities by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



Race and ethnicity*

Household income**

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Independent living among Hennepin County older adults* (2)

(age ≥ 55 n=5730)



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AARP 8 domains of livability & independent Living

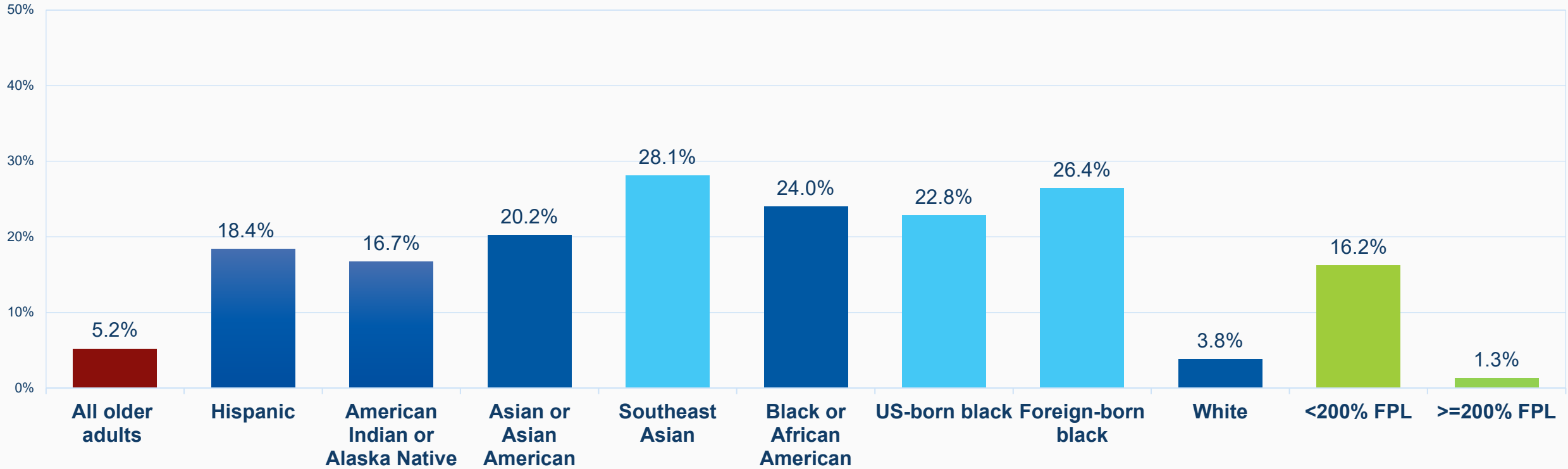
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AARP domains of livability	Independent living	Selected health indicators or measures from SHAPE 2018
Transportation	Worry free transportation	Experienced transportation insecurity (lack transportation keep you from getting places where you needed to go, such as jobs, medical appointment, shopping)
Housing	Stable housing	Experienced housing insecurity (Missed a rent or mortgage payment due to not have enough money or being homeless at least once in past 12 m)
Outdoor spaces and buildings	Safe neighborhood	In general, my neighborhood is safe (very or somewhat) from crime

% Experienced transportation insecurity[^] during the past 12 months by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



Race and ethnicity*

Household income**

[^] lack of transportation keep the respondent from getting places where you needed to go, such as jobs, medical appointment or shopping?

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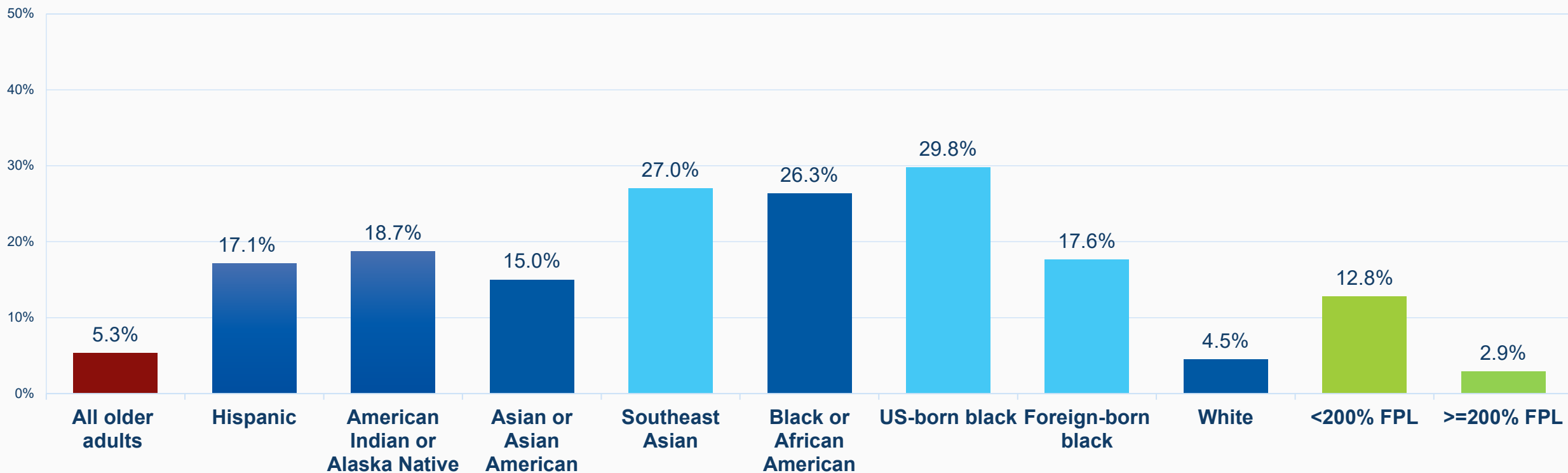
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% Experienced in housing insecurity[^] during the past 12 months by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



Race and ethnicity*

Household income**

[^] Either being homeless at least one time, or missed or delayed a rent or mortgage payment due to not having enough money during the past 12 month

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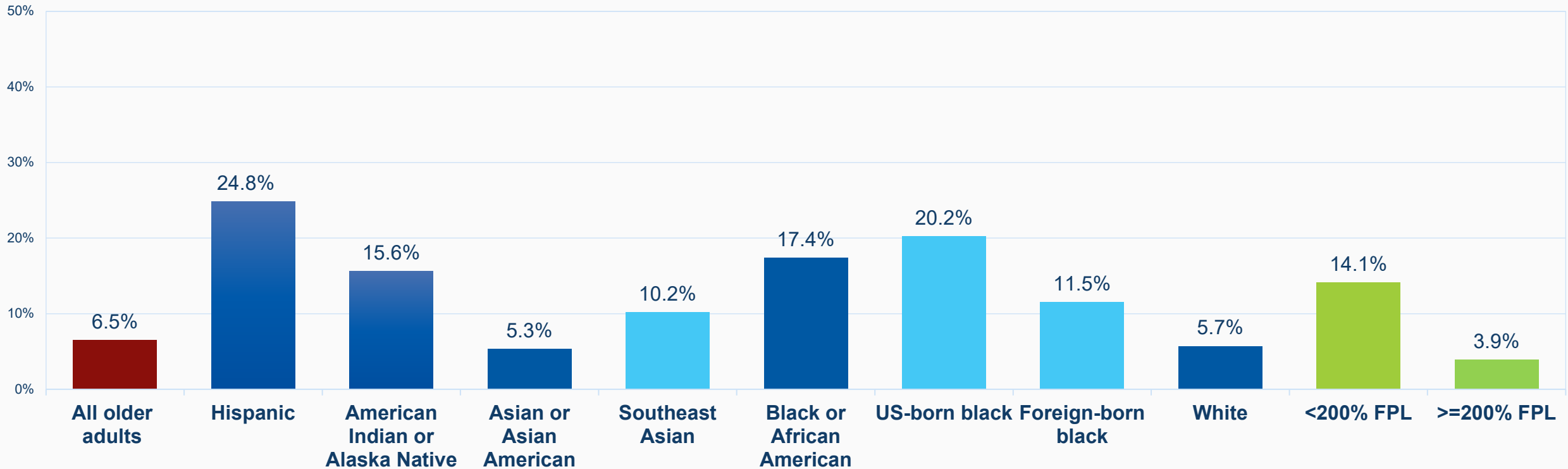
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% unsafe neighborhood[^] by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



Race and ethnicity*

Household income**

[^] statement: in general, how safe from crime do you consider your neighborhood to be? -- somewhat unsafe, not at all safe.

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Independent living among Hennepin County older adults* (3)

(age≥55 n=5730)



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AARP 8 domains of livability & independent Living

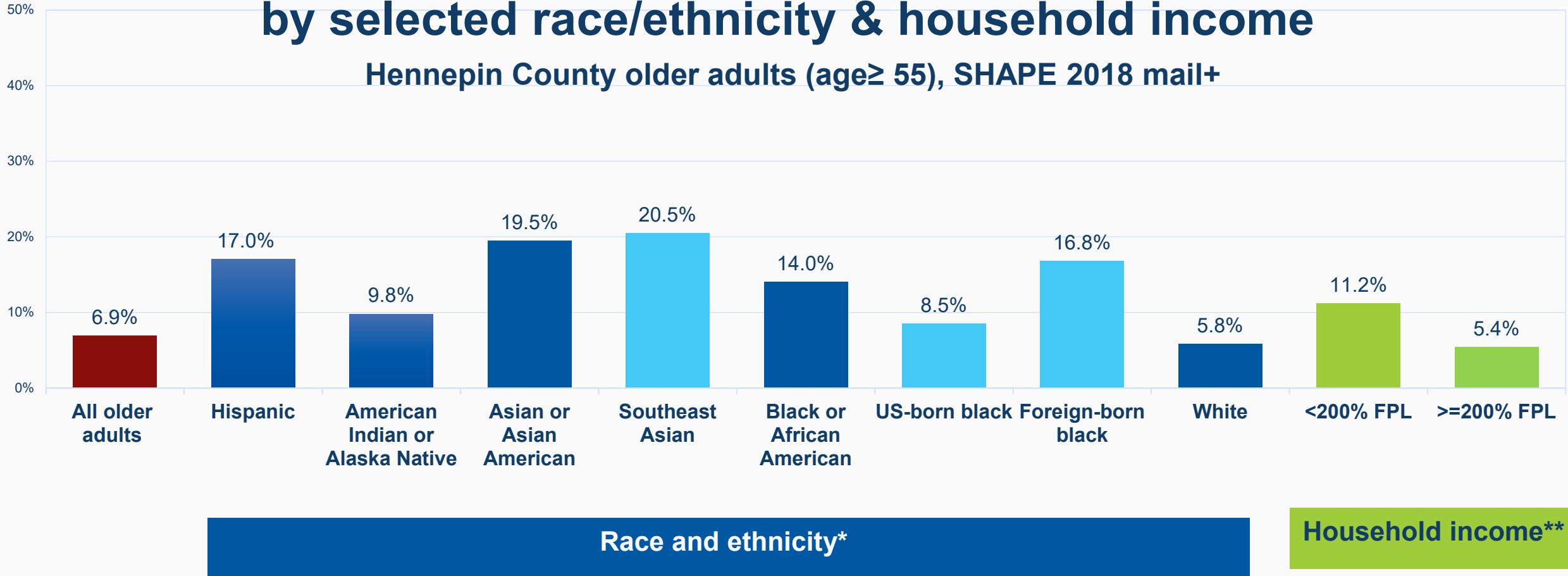
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Respect and Social Inclusion	Free from social exclusion & discrimination	Frequently in situations where felt unaccepted because of race, ethnicity or culture, religion, immigration status (at least once per month)
Social Participation	Socially connected	Feel isolated frequently (always or usually)
	Socially and emotionally supported	Low social and emotional support (rarely or never get the needed social and emotional support)

% Not always understand the information told or given by health care provider about my health or health care (among those who saw a providers during the past 12 months) by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+

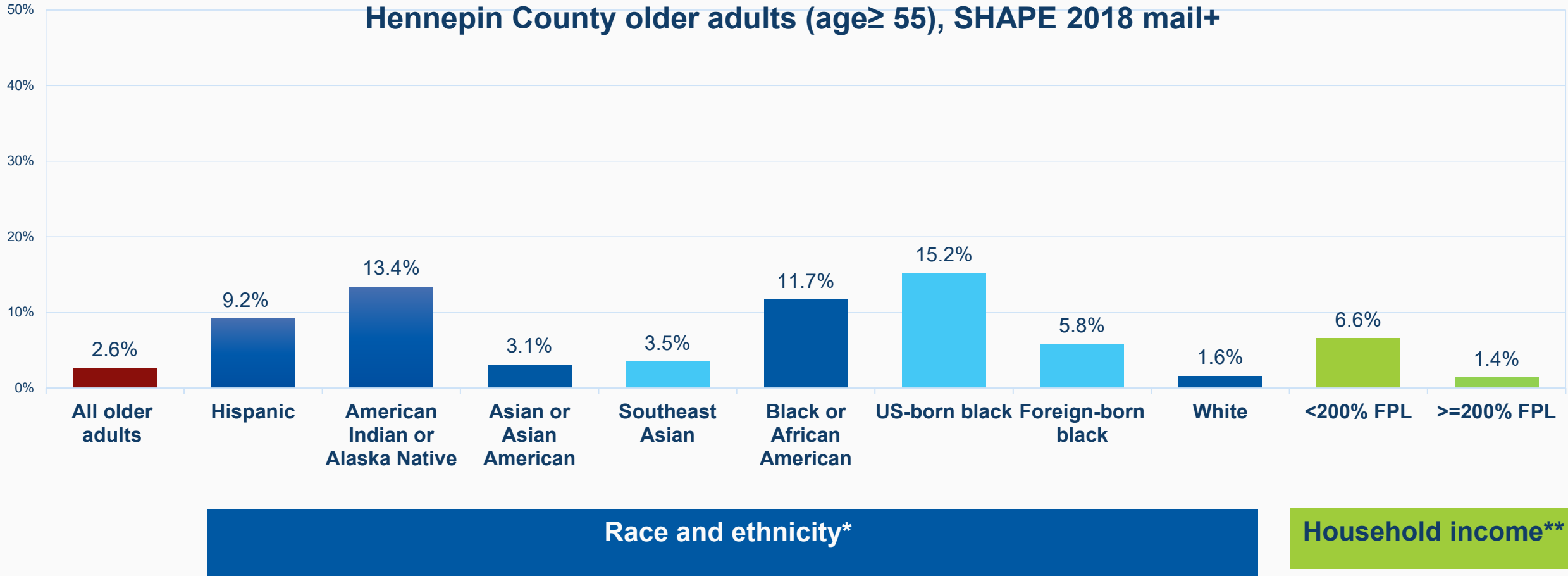


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% experienced frequent discrimination due to race, cultural, religion or immigration status in the past 12m by selected race/ethnicity & household income



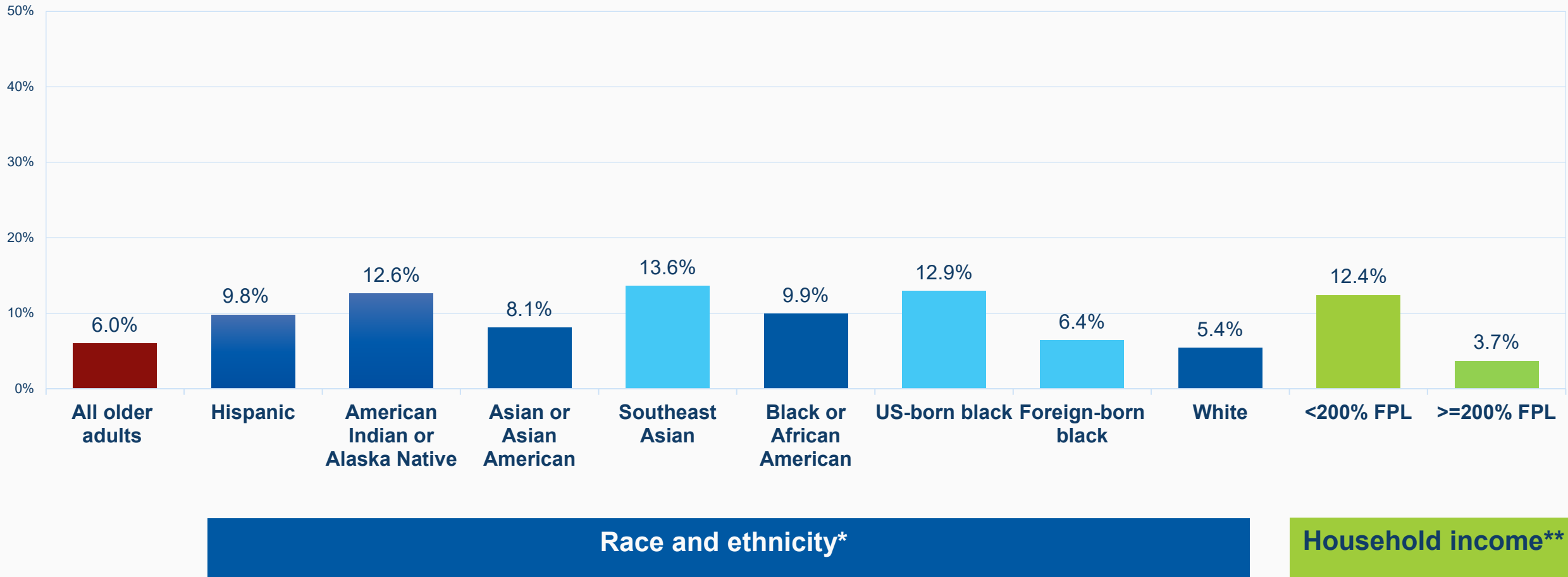
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% feel isolated frequently[^] by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



[^] How often do you feel isolated from others –always, usually.

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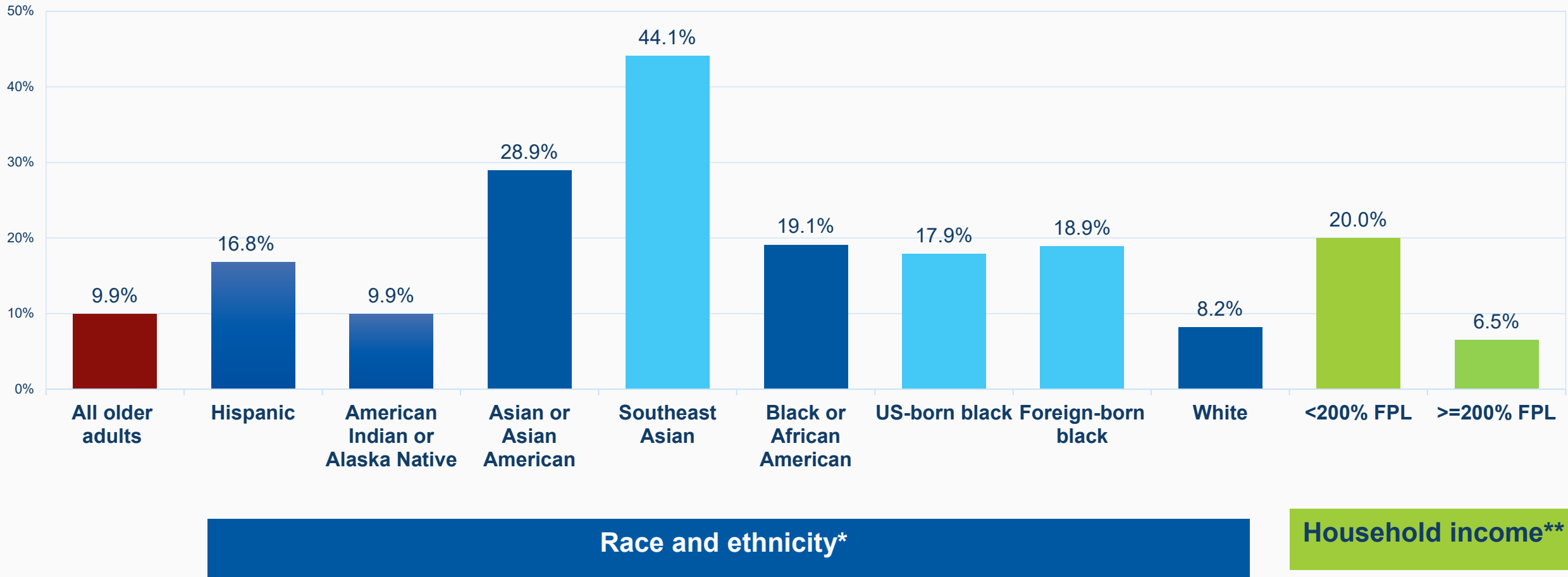
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% low social and emotional support[^] by selected race/ethnicity & household income

Hennepin County older adults (age ≥ 55), SHAPE 2018 mail+



[^] How often do you get the social and emotional support you need? – never or rarely.

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Considering SHAPE results

- Results demonstrate inequities in access to and opportunities for health among Hennepin County residents
- SHAPE is one tool to identify disparities and ground our collective understanding of health in our community to advance equity
- Putting meaning to results requires stakeholders and community input



SHAPE limitations

- Selection bias - People who participate in surveys may be different from those who do not
- Information/measurement bias - self-reported data, method changes over time impact trending
-



Q: Summary measures
Overall health

Table 1	Very Good or Excellent Health		Poor or Fair Health		Frequent Physical Health Distress		Frequent Mental Distress	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
Hennepin County total	11,094	59.5% ± 1.5	11,094	11.0% ± 1.0	10,795	8.7% ± 0.9	10,817	12.3% ± 1.1
Minneapolis	4,725	56.9% ± 2.5	4,725	12.5% ± 1.9	4,600	9.1% ± 1.6	4,609	15.1% ± 1.9
Camden, Near North	1,356	40.8% ± 5.8	1,356	25.7% ± 5.7	1,312	14.8% ± 4.4	1,313	20.8% ± 4.9
Central, Northeast, University, St. Anthony	1,126	58.2% ± 4.9	1,126	10.7% ± 3.4	1,104	8.8% ± 3.1	1,107	15.6% ± 3.9
Phillips, Powderhorn	1,241	49.8% ± 5.2	1,241	11.4% ± 3.9	1,202	9.3% ± 3.4	1,204	19.4% ± 4.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	1,002	66.4% ± 4.4	1,002	9.1% ± 3.5	982	6.9% ± 3.1	985	10.0% ± 3.3
Suburban Hennepin County	6,369	60.9% ± 1.9	6,369	10.2% ± 1.2	6,195	8.5% ± 1.1	6,208	10.8% ± 1.4
Northwest suburbs	2,202	57.1% ± 3.1	2,202	11.2% ± 2.1	2,146	8.7% ± 1.9	2,144	12.2% ± 2.4
Northwest - inner	1,248	50.1% ± 4.5	1,248	13.4% ± 3.6	1,217	10.3% ± 3.1	1,211	13.7% ± 3.6
Northwest - outer	954	62.7% ± 4.2	954	9.4% ± 2.7	929	7.5% ± 2.6	933	11.0% ± 3.3
West suburbs	1,961	65.6% ± 3.4	1,961	7.8% ± 2.0	1,912	6.9% ± 1.8	1,925	8.6% ± 2.2
West - inner	1,059	62.0% ± 5.2	1,059	8.3% ± 3.3	1,029	7.2% ± 3.3	1,035	10.7% ± 3.6
West - outer	902	67.8% ± 4.5	902	7.5% ± 2.7	883	6.7% ± 2.3	890	7.3% ± 2.9
South suburbs	2,206	62.2% ± 3.2	2,206	10.7% ± 2.2	2,137	9.5% ± 2.1	2,139	10.8% ± 2.5
South - east	1,101	44.8% ± 5.3	1,101	17.0% ± 4.6	1,059	13.4% ± 4.5	1,059	17.3% ± 5.4
South - west	1,105	69.7% ± 3.9	1,105	7.9% ± 2.6	1,078	7.9% ± 2.4	1,080	8.0% ± 2.8
Age								
18-24	490	61.7% ± 7.6	490	*6.9% ± 5.0	474	^3.0% ± 3.8	470	12.9% ± 5.4
25-34	1,778	66.9% ± 3.6	1,778	5.8% ± 2.2	1,743	6.1% ± 2.2	1,740	15.6% ± 3.0
35-44	1,635	63.2% ± 3.8	1,635	10.2% ± 2.8	1,599	7.2% ± 2.4	1,591	12.6% ± 2.9
45-54	1,487	61.2% ± 3.8	1,487	11.4% ± 2.7	1,463	9.0% ± 2.4	1,465	13.3% ± 2.8
55-64	2,103	56.5% ± 3.1	2,103	12.8% ± 2.2	2,070	11.1% ± 2.1	2,076	11.2% ± 2.1
65-74	1,997	49.8% ± 3.2	1,997	13.8% ± 2.7	1,939	11.1% ± 2.4	1,949	7.2% ± 2.0
75 and older	1,533	41.1% ± 3.4	1,533	21.2% ± 3.4	1,444	16.0% ± 3.1	1,464	7.7% ± 2.8
Gender								
Male	3,855	59.5% ± 2.5	3,855	11.5% ± 1.7	3,770	7.9% ± 1.4	3,768	10.6% ± 1.7
Female	7,225	59.7% ± 1.9	7,225	10.3% ± 1.2	7,013	9.4% ± 1.2	7,038	13.8% ± 1.5
Transgender	Sample size is too small to report data. See LGBT self-identification below.							
LGBT self-identification								
LGBT self-identified	944	51.3% ± 5.5	944	15.2% ± 4.7	925	12.0% ± 4.3	921	21.9% ± 5.0
Not LGBT self-identified	9,505	60.8% ± 1.6	9,505	10.2% ± 1.0	9,295	8.2% ± 0.9	9,324	11.3% ± 1.1

Overall Health

Q: Summary measures
Overall health

Table 1	Very Good or Excellent Health		Poor or Fair Health		Frequent Physical Health Distress		Frequent Mental Distress	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
Selected race/ethnicity								
Hispanic	546	43.1% ± 6.4	546	18.5% ± 5.2	503	12.7% ± 4.9	494	18.3% ± 5.5
Non-Hispanic								
American Indian or Alaska Native	226	41.9% ± 10.2	226	23.4% ± 7.9	219	17.3% ± 7.8	218	40.7% ± 10.0
Asian or Asian American	363	49.0% ± 7.4	363	14.2% ± 5.6	350	15.9% ± 6.9	352	13.8% ± 5.5
Southeast Asian	173	34.9% ± 11.2	173	18.7% ± 9.7	170	*16.6% ± 10.4	171	18.3% ± 10.0
Black or African American	1,685	49.1% ± 3.6	1,685	20.5% ± 2.7	1,612	16.2% ± 2.6	1,600	18.1% ± 2.5
US-born black	1,140	38.8% ± 4.4	1,140	25.6% ± 3.7	1,100	18.3% ± 3.4	1,095	25.0% ± 3.3
Foreign-born black	453	61.8% ± 6.2	453	13.7% ± 4.4	428	13.1% ± 4.5	422	9.0% ± 3.3
White	7,912	61.2% ± 1.6	7,912	9.7% ± 1.0	7,755	8.3% ± 0.9	7,796	11.9% ± 1.1
Household income								
< 200% of Federal Poverty Level	3,919	36.6% ± 3.3	3,919	26.6% ± 3.0	3,747	18.6% ± 2.7	3,747	25.5% ± 3.3
< 100% of Federal Poverty Level	2,042	32.3% ± 5.2	2,042	34.8% ± 5.1	1,951	24.7% ± 4.8	1,945	31.1% ± 5.5
100 - 199% of Federal Poverty Level	1,743	40.6% ± 4.5	1,743	19.7% ± 3.5	1,678	13.8% ± 3.0	1,687	20.9% ± 3.3
≥ 200% of Federal Poverty Level	6,802	67.3% ± 1.6	6,802	5.7% ± 0.9	6,707	5.5% ± 0.9	6,726	8.2% ± 1.1
Educational attainment								
Less than high school	676	31.2% ± 8.1	676	31.7% ± 7.9	634	22.0% ± 7.5	631	23.5% ± 7.7
High school or GED	1,792	40.9% ± 4.3	1,792	20.8% ± 3.7	1,697	16.4% ± 3.5	1,696	18.9% ± 3.3
Some college	3,054	52.1% ± 2.9	3,054	13.0% ± 1.9	2,967	10.3% ± 1.7	2,980	14.5% ± 2.2
College degree or higher	5,471	72.8% ± 1.8	5,471	4.3% ± 0.8	5,406	4.0% ± 0.7	5,415	7.9% ± 1.1
Housing insecurity								
Yes	1,621	33.9% ± 5.5	1,621	27.8% ± 5.3	1,567	18.8% ± 4.8	1,565	32.4% ± 5.5
No	9,437	62.1% ± 1.5	9,437	9.2% ± 1.0	9,193	7.7% ± 0.9	9,217	10.3% ± 1.1
Self-reported disability								
Yes	3,200	21.9% ± 2.7	3,200	35.4% ± 3.1	3,087	28.0% ± 3.0	3,112	29.9% ± 3.3
No	7,815	70.2% ± 1.6	7,815	4.0% ± 0.8	7,637	3.3% ± 0.7	7,635	7.4% ± 1.1
Frequent mental distress								
Yes	1,559	29.1% ± 4.4	1,559	34.9% ± 4.5	1,537	40.8% ± 4.6	1,560	N/A

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Questions?

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