



# Hennepin County Adult Data Book

Hennepin County  
Public Health



# SHAPE 2018 Adult Data Book

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# Introduction

## Overview

The 2018 Adult Survey of the Health of All the Population and the Environment, or SHAPE 2018, is the latest implementation in a series of surveys collecting information on the health of Hennepin County residents and the factors that affect their health across a broad range of topics. SHAPE results help us understand how healthy residents are, examine differences in health among different communities, and understand how social factors such as income, education, and housing stability affect health. SHAPE was initiated in 1998, and has repeated the effort every four years since, including data collection iterations in 2002, 2006, 2010, and 2014. Each administration of SHAPE has been implemented by Hennepin County Public Health<sup>1</sup>.

This data book represents data collected from Hennepin County adults age 18 and older, both via traditional mailed survey and in-person data collection. The project reports health indicators by different geographic areas in Hennepin County, and by a number of demographic and social factors, including age, gender, LGBT self-identification, race/ethnicity, household income, educational attainment, disability status, frequent mental distress and housing instability.

## About SHAPE 2018

The SHAPE 2018 survey collected information on the following health topics: overall health, health care access, healthy lifestyle and behaviors, and social-environmental factors. One of the primary goals of SHAPE 2018 was to reach a representative cross-section of residents to gather generalizable data for health status and other measures at a county and sub-county level. This was done in collaboration with six Hennepin County Human Service Centers, Office of Multicultural Services and NorthPoint Health and Wellness for in-person data collection. Innovations for SHAPE 2018 included:

- Use of an in-person data collection to reach non-respondents in addition to traditional mailed methodology
- Use of sampling design for the mail survey which identified census tracts with high concentrations of people of color, low-income households and young adults 18-24. Those tracts were sampled at higher rates, giving households in those tracts a greater chance of being selected for survey participation;
- Collaboration with the county's Volunteer Communities Partnership Program (VCPP). Coordinators recruited volunteers and led training of volunteers in data collection to conduct in-person surveys. A key aspect of this approach that was critical to clients completing the survey was recruiting fully engaged volunteers who represented the diverse communities where sites were located.
- Use of incentives for in-person data collection
- Addition of an interpreter from the Office of Multicultural Services to the research in Public Health
- Targeted outreach to low-response areas. Mail survey returns were monitored from each of the ten sampling areas. Census tracts with low response were identified and efforts were made to engage residents and encourage them to respond to the survey through targeted marketing. Postcards featuring photos and testimonials from trusted health care professionals were mailed to sampled households in the census tracts served by either NorthPoint Health and Wellness or Hennepin Healthcare Whittier Clinic.

# Introduction

- Collaborate with county libraries to promote survey via social media and posters
- More robust telephone translation assistance
- Use of social media with community endorsers to promote survey
- Additionally, strategies were used to encourage respondents with limited English proficiency.
  - An FAQ sheet was included in the materials for the mail survey, listing the first and last name of a staff person who could offer language support services using ten languages other than English
  - Survey instrument was translated into Spanish and Somali and offered at in-person data collection sites
  - In-person data collection at the Office of Multicultural Services over 6 weeks; this allowed participants to complete a survey utilizing language support if needed

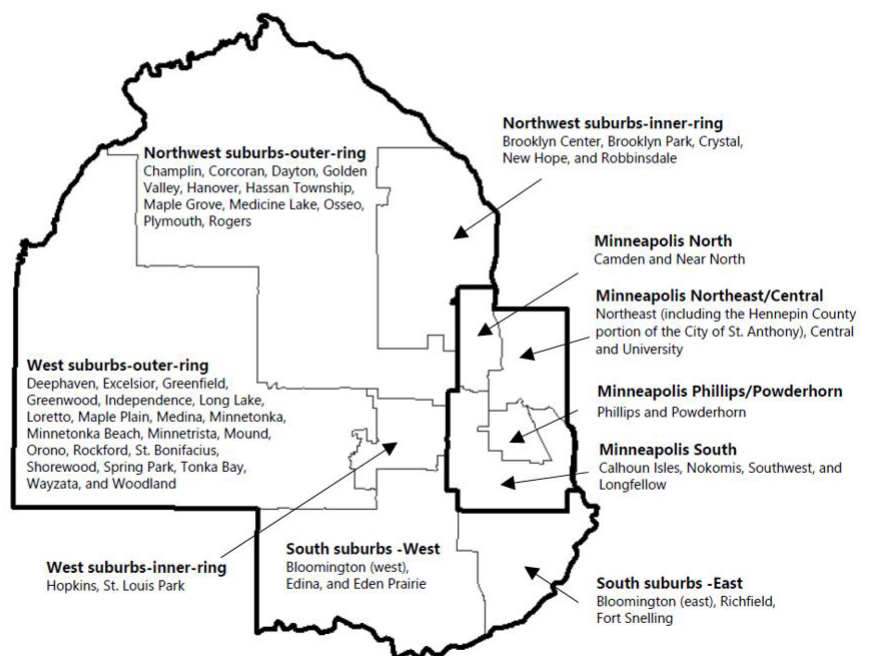
Through these efforts, the survey increased reach of populations who are generally under-represented in surveys, including young adults, populations with lower incomes or lower educational attainment, racially diverse communities, and communities for whom English is not a primary language. Findings from SHAPE 2018 provide estimates by age (including 18-24), race/ethnicity (US-born black, foreign-born black, American Indian, Asian, Southeast Asian, Hispanic/Latino, white), educational attainment and income level.

## Reporting areas

Changes were made to geographic reporting areas for SHAPE 2018 to better align reporting areas with demographic characteristics of communities within those areas. The SHAPE 2018 reporting areas are detailed in Figure 1.

Due to these changes, comparing 2018 data to previous SHAPE data by geographies is not advised.

**Figure 1.** Geographic reporting areas in Hennepin County for the SHAPE 2018 Adult Data Book



# Data collection

## **Mail Survey**

Approximately 40,000 households were randomly selected from a list of all households in Hennepin County and invited to participate in the SHAPE 2018 survey via a series of mailings, including an introductory postcard and paper surveys from May through August 2018. Data collection occurred from May through December 2018. More than 9,000 completed surveys were received by December. Households located in census tracts with a higher proportion of low income, racially diverse populations, and with a higher concentration of young adults were sampled at a higher rate compared to census tracts with a lower proportion of these populations.

## **In-person survey**

New in 2018, data collection was conducted in-person at six human service centers, the Office of Multicultural Services, and NorthPoint Health and Wellness in Hennepin County. More than 3,300 surveys, averaging 400 per site, were completed. Of those, about 300 were completed in Spanish, nearly 100 in Somali, and dozens in several other languages including Oromo, Russian, Amharic, and Hmong.

## **Who responded**

Responses from the mailed survey were the base sample for the SHAPE 2018 general population data reporting. After data cleaning and removal of duplicate and incomplete surveys, the final sample from the mail survey was 8,810.

For this data book, responses from the in-person survey were used for both non-response conversion and mail survey sample replacement. In addition, reports from the in-person surveys will be prepared for each of the eight survey sites, and for an overall Hennepin County client health report.

Respondents for the in-person survey were asked to provide their address. Of the 3,300 surveys collected, more than 2,700 provided an address. Complete residential addresses were geocoded using ArcGIS 10.5<sup>2</sup>, and then matched to households that were in the mail sample via exact address match (205 surveys) or within 200 meters of an address in the mail sample (2,128 surveys)-sample replacement. This resulted in a final dataset of 11,143 for analysis and reporting in this data book. Overall, the response rate for the mailed survey was 23.8%. Table A details the final dataset by key demographic characteristics. A full description of sample characteristics can be found in Appendix C.

## Data collection

**Table A. Sample description**

<b>Hennepin County Total</b>	11,143
<b>Minneapolis</b>	4,745
North	1,366
South	1,003
Phillips/Powderhorn	1,246
Central/Northeast	1,130
<b>Suburban Hennepin County</b>	6,398
Northwest suburbs	2,211
Northwest- inner	1,254
Northwest- outer	957
West suburbs	1,971
West - inner	1,064
West - outer	907
South suburbs	2,216
South - east	1,108
South - west	1,108
<b>Race/Ethnicity</b>	
Hispanic	550
Non-Hispanic	10,227
American Indian	226
Asian	367
Southeast Asian	174
Black or African American	1,698
Foreign-born	457
US-born	1,148
White	7,936
<b>Age</b>	
18-24	492
25-34	1,781
35-44	1,647
45-54	1,493
55-64	2,113
65-74	2,005
75 and older	1,541



## Data collection

<b>Gender</b>	
Male	3,867
Female	7,262
<b>Income</b>	
< 200% of FPL	3,940
≥ 200% of FPL	6,829
<b>Educational Attainment</b>	
Less than High School	683
High School or GED	1,805
Some College	3,067
College Degree or Higher	5,485

# Analysis and limitations

## Trending

SHAPE results can be compared over time to help inform trend analysis of community health indicators. A thorough analysis of trend over time should take into changes in survey methodology and changes in survey non-response, especially non-response for the hard-to-reach populations. Attention should also be paid to the changes in survey questions, statistical weighting, analysis, and reporting. Community knowledge or experience play a critical role in interpreting and understanding the trending on health data. Comparing SHAPE data over time can start with data published in data books available at [www.hennepin.mn.us/shape](http://www.hennepin.mn.us/shape). For more information about trending over time, please contact the SHAPE team at [SHAPE@hennepin.us](mailto:SHAPE@hennepin.us).

Due to methodological and analysis differences between surveys, comparing SHAPE 2018 results with releases of prior SHAPE survey results is limited to comparisons at the county level, using published estimates from existing SHAPE data books. Trend analysis for subpopulations, including by age, race, or geography, is not recommended due to changes in methodology and weighting. Key differences could affect the validity of trend comparisons for sub-populations.

Several factors affect the validity of trending over time. Cautions and recommendations described below reflect survey research best practices, as well as detailed analysis of trending given methodology and analysis changes for SHAPE 2018. They are not meant to be exhaustive, however, as other factors not addressed here may also affect comparability.

- One critical methodology change in SHAPE 2018 was the addition of surveys completed in-person. In-person surveys were added via non-response conversion and non-response sample replacement. Because respondents who completed the survey in-person were more likely to have demographics associated with negative health outcomes, the effect could be that trends observed in 2018 in the less healthy direction may be over-estimated, and trends observed in a neutral or more healthy direction may be under-estimated.
- 2014 and prior did not use raking<sup>3</sup> and did not use education in weighting methodology. Further analysis of this change in methodology by HCPH demonstrates that if this method were employed in previous iterations of SHAPE that point estimates would likely be less healthy. The effect could be that trends observed in 2018 in the less healthy direction may be over-estimated, and trends observed in a neutral or more healthy direction may be under-estimated.
- Due to changes in geographic boundaries associated with the 10 SHAPE reporting areas, it is not advisable to analyze trends within the 10 sub-geographies. Trending by the larger five reporting areas of Minneapolis, northwest suburbs, south suburbs, and west suburbs should be done with caution.
- Comparison of SHAPE 2014 data does not include 18-24 year olds. This has a minor impact on most trends at the county level. Questions that are highly associated with age may be particularly impacted (e.g. prevalence of chronic conditions).
- SHAPE provides point estimates with a corresponding reliability measure due to sampling error. For example, the obesity rate for Hennepin County adults in 2006 was 19.1% and in 2010 was 20.4%. However, the difference in rates between 2006 and 2010 is not statistically significant as the confidence intervals for each point estimate overlap.

## Analysis and limitations

- Survey questions have changed over time. Questions are changed to reflect changes to questions on national surveys, and questions are added or dropped due to best reflect needs of stakeholders. Any comparison of trends should ensure questions across iterations of the survey are consistent.

### Data analysis

Weighting the sample data was performed to compensate for unequal probabilities of selection and to adjust for unequal response rates. This results in estimates that are consistent with the adult population of the entire geographic area. The weighting strategy for SHAPE 2018 follows best practices as developed by AAPOR (American Association for Public Opinion Research)<sup>4</sup> and CDC BRFSS<sup>3</sup>. A more detailed description of the weighting process is included in Appendix B.

### Relative Standard Error

Relative standard error (RSE) is calculated for every estimate. Like confidence intervals, RSE is a measure of data reliability, and is used in this data book to flag point estimates that have a high degree of sampling error, and to advise users to use data with caution. Following guidance from the National Center for Health Statistics, if an estimate has a RSE value of greater than 30 percent but less than or equal to 50 percent, it is flagged with an asterisk (\*) indicating the estimate is potentially unreliable and should be used with caution. If an estimate has a RSE value greater than 50%, it is flagged with a caret (^) indicating the estimate is highly unreliable.<sup>5</sup>

### Limitations

SHAPE 2018 results are subject to several limitations.

- Selection bias - SHAPE 2018 results are subject to respondent self-selection bias in both the mail and in-person data collection methods. This bias occurs when a selected adult that does complete the survey and those who chose to not respond are noticeably different from those who participated. With the mail survey, a person may simply choose not to complete the survey. During in-person data collection, volunteers approached clients to ask them to complete a survey. If there were multiple people from the same household, the survey was given to the person who expressed a willingness to complete the survey. As such, the random selection of adults in a given household was not assured for the in-person data collection strategy. Additionally, clients could decline to take the survey and therefore were non-responders.
- Response rate - the response rate for the survey was 23.8 percent. Representativeness of survey respondents may be a concern. However, the response rate is similar to other general population surveys and other county level surveys recently conducted in Minnesota.
- Respondents with limited English proficiency - non-English language was under-represented. The survey was mailed to households only in English. For the in-person strategy, English, Somali, and Spanish surveys were available. If there was a need for a language outside these three languages, assistance was only possible if a translator was available. If specific translation services were not available, a person's language needs were unable to be accommodated. Additionally, despite having surveys available in Somali and Spanish, not all persons who spoke those languages were able to read and complete a survey in these languages.

## Analysis and limitations

- Small sample sizes - because of small sample size and/ or unreliable estimates, the prevalence of certain variables could not be reported for some reporting areas or groups. These instances are noted throughout the data tables in the data book.
- Self-report bias - SHAPE 2018 data are self-reported; therefore, information is subject to recall bias and potential for bias exists given the wording of and the order in which questions are presented.
- Generalizability - SHAPE 2018 results are generalizable to county adults who live in households with a residential address. Community members living in institutions, nursing homes, long-term care facilities, military installations, correctional institutions, and those experiencing homelessness were not represented. However, over 200 persons experiencing homeless completed the in-person survey and a subsequent analysis and reports of this population will be available summer 2019.

Overall, SHAPE 2018 provides estimates of health status, health risk behaviors, chronic conditions, disabilities, access to health care, and social-environmental conditions at a local level. Given current research, the use of the Delivery Sequence File address-based sampling frame is the best available survey sampling frame with the fewest non-coverage issues. Most of the questions used for the survey were taken or adopted from national health surveys to facilitate comparisons between local, state, and national data. Despite its limitations, SHAPE 2018 is one of the only local sources of data available to track broad public health indicators and health conditions in the population as a whole as well as for sub geographies and sub-populations within the county.





## Overall health

## Overall Health



## 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.
<b>Hennepin County total</b>	11,094	59.5% ± 1.5	11,094	11.0% ± 1.0	10,795	8.7% ± 0.9	10,817	12.3% ± 1.1
<b>Minneapolis</b>	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
<b>Suburban Hennepin County</b>	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
<b>Age</b>								
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
<b>Gender</b>								
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	96	32.6% ± 17.7	96	*34.5% ± 20.7	90	*24.8% ± 21.1	88	41.4% ± 19.6
<b>LGBT self-identification</b>								
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



## 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.
<b>Selected race/ethnicity</b>								
Hispanic	546	43.1% ± 6.4	546	18.5% ± 5.2	503	12.7% ± 4.9	494	18.3% ± 5.8
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% ± 10.1
Asian or Asian American	363	49.0% ± 7.4	363	14.2% ± 5.6	350	15.9% ± 6.9	352	13.8% ± 5.8
Southeast Asian	173	34.9% ± 11.2	173	18.7% ± 9.7	170	*16.6% ± 10.4	171	18.3% ± 10.6
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% ± 2.6
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% ± 3.8
Foreign-born black	453	61.8% ± 6.2	453	13.7% ± 4.4	428	13.1% ± 4.5	422	9.0% ± 3.8
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
<b>Household income</b>								
< 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% ± 3.1
< 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% ± 5.1
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% ± 3.8
≥ 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
<b>Educational attainment</b>								
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% ± 3.9
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
<b>Housing insecurity</b>								
Yes	1,621	33.9% ± 5.5	1,621	27.8% ± 5.3	1,567	18.8% ± 4.8	1,565	32.4% ± 5.6
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
<b>Self-reported disability</b>								
Yes	3,200	21.9% ± 2.7	3,200	35.4% ± 3.1	3,087	28.0% ± 3.0	3,112	29.9% ± 3.2
No	7,815	70.2% ± 1.6	7,815	4.0% ± 0.8	7,637	3.3% ± 0.7	7,635	7.4% ± 1.0
<b>Frequent mental distress</b>								
Yes	1,559	29.1% ± 4.4	1,559	34.9% ± 4.5	1,537	40.8% ± 4.6	1,560	100.0% ± 0.0
No	9,233	64.2% ± 1.6	9,233	7.4% ± 0.9	9,148	4.1% ± 0.6	9,257	0.0% ± 0.0

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is &gt; 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error &gt; 50%)

## Overall Health



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

Table 2	Sample	Excellent	Very Good	Good	Fair	Poor
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,094	18.0% ± 1.3	41.5% ± 1.5	29.6% ± 1.4	8.8% ± 0.9	2.2% ± 0.5
<b>Minneapolis</b>	4,725	19.3% ± 2.2	37.6% ± 2.4	30.6% ± 2.4	9.9% ± 1.7	2.5% ± 1.0
Camden, Near North	1,356	13.8% ± 5.1	26.9% ± 5.1	33.6% ± 5.6	19.0% ± 5.0	*6.6% ± 4.6
Central, Northeast, University, St. Anthony	1,126	19.6% ± 4.3	38.6% ± 4.8	31.0% ± 4.7	8.6% ± 3.2	*2.1% ± 1.6
Phillips, Powderhorn	1,241	13.3% ± 3.9	36.5% ± 5.0	38.8% ± 5.3	9.7% ± 3.7	^1.7% ± 1.9
Calhoun-Isles, Longfellow, Nokomis, Southwest	1,002	24.6% ± 4.2	41.8% ± 4.4	24.4% ± 3.9	7.5% ± 3.2	^1.7% ± 2.2
<b>Suburban Hennepin County</b>	6,369	17.3% ± 1.6	43.5% ± 1.9	29.0% ± 1.8	8.2% ± 1.1	2.0% ± 0.6
Northwest suburbs	2,202	15.9% ± 2.4	41.3% ± 3.1	31.7% ± 2.9	8.8% ± 1.9	2.4% ± 1.2
Northwest - inner	1,248	13.2% ± 3.5	36.9% ± 4.5	36.5% ± 4.4	10.6% ± 3.2	*2.8% ± 2.3
Northwest - outer	954	17.9% ± 3.5	44.8% ± 4.2	27.9% ± 4.0	7.3% ± 2.4	*2.0% ± 1.6
West suburbs	1,961	18.9% ± 3.0	46.8% ± 3.5	26.6% ± 3.2	6.6% ± 1.9	*1.2% ± 0.8
West - inner	1,059	17.1% ± 4.4	44.9% ± 5.1	29.7% ± 5.0	6.9% ± 3.1	^1.4% ± 1.8
West - outer	902	19.9% ± 4.1	47.9% ± 4.7	24.7% ± 4.2	6.4% ± 2.6	*1.1% ± 1.0
South suburbs	2,206	18.2% ± 3.0	44.0% ± 3.4	27.1% ± 3.0	8.5% ± 2.0	*2.1% ± 1.3
South - east	1,101	9.6% ± 3.2	35.2% ± 5.2	38.2% ± 5.4	13.8% ± 4.3	*3.2% ± 2.9
South - west	1,105	21.9% ± 4.0	47.9% ± 4.3	22.3% ± 3.6	6.3% ± 2.3	^1.7% ± 1.7
<b>Age</b>						
18-24	490	20.6% ± 6.9	41.2% ± 7.6	31.4% ± 7.4	*6.9% ± 5.0	^0.0% ± 0.0
25-34	1,778	22.3% ± 3.2	44.6% ± 3.6	27.3% ± 3.4	5.3% ± 2.1	^0.6% ± 1.1
35-44	1,635	20.2% ± 3.3	43.0% ± 3.7	26.6% ± 3.5	7.8% ± 2.5	*2.4% ± 1.7
45-54	1,487	19.2% ± 3.1	42.0% ± 3.8	27.4% ± 3.5	8.9% ± 2.4	*2.5% ± 1.7
55-64	2,103	15.6% ± 2.4	40.9% ± 3.1	30.6% ± 3.0	9.5% ± 2.0	3.4% ± 1.4
65-74	1,997	13.0% ± 2.2	36.8% ± 3.0	36.4% ± 3.2	11.1% ± 2.4	*2.7% ± 1.6
75 and older	1,533	6.8% ± 1.8	34.3% ± 3.3	37.7% ± 3.4	17.4% ± 3.1	*3.8% ± 2.4
<b>Gender</b>						
Male	3,855	18.8% ± 2.1	40.7% ± 2.5	29.0% ± 2.3	8.7% ± 1.5	2.8% ± 1.0
Female	7,225	17.5% ± 1.5	42.2% ± 1.9	30.0% ± 1.7	8.7% ± 1.1	1.6% ± 0.6
Transgender	96	^11.9% ± 17.2	*20.6% ± 15.3	33.0% ± 19.2	*33.8% ± 20.9	^0.6% ± 2.7
<b>LGBT self-identification</b>						
LGBT self-identified	944	13.1% ± 4.5	38.2% ± 5.4	33.5% ± 5.4	13.0% ± 4.6	*2.2% ± 2.0
Not LGBT self-identified	9,505	18.5% ± 1.3	42.3% ± 1.6	29.1% ± 1.5	8.0% ± 0.9	2.1% ± 0.6



## Overall Health



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

Table 2	Sample	Excellent	Very Good	Good	Fair	Poor
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	546	16.9% ± 5.4	26.1% ± 6.1	38.5% ± 6.2	16.8% ± 5.2	*1.7% ± 1.3
Non-Hispanic						
American Indian or Alaska Native	226	*7.8% ± 5.8	34.0% ± 10.7	34.7% ± 9.6	16.7% ± 7.1	*6.7% ± 5.4
Asian or Asian American	363	15.1% ± 6.6	33.8% ± 7.3	36.8% ± 7.5	9.4% ± 5.2	*4.8% ± 3.4
Southeast Asian	173	^6.3% ± 9.3	28.6% ± 10.9	46.4% ± 10.9	*12.0% ± 9.2	^6.6% ± 6.9
Black or African American	1,685	23.9% ± 3.5	25.2% ± 3.1	30.4% ± 3.4	17.0% ± 2.5	3.5% ± 1.4
US-born black	1,140	14.5% ± 3.6	24.3% ± 4.0	35.5% ± 4.4	21.9% ± 3.6	3.8% ± 1.5
Foreign-born black	453	36.2% ± 6.6	25.7% ± 5.6	24.4% ± 5.9	10.5% ± 3.8	^3.3% ± 3.2
White	7,912	18.3% ± 1.4	42.9% ± 1.6	29.1% ± 1.5	7.8% ± 0.9	1.9% ± 0.5
<b>Household income</b>						
< 200% of Federal Poverty Level	3,919	10.6% ± 2.5	25.9% ± 3.1	36.8% ± 3.3	20.8% ± 2.8	5.8% ± 1.7
< 100% of Federal Poverty Level	2,042	12.3% ± 4.2	20.0% ± 4.5	33.0% ± 5.1	26.7% ± 4.9	8.1% ± 3.3
100 - 199% of Federal Poverty Level	1,743	9.2% ± 3.3	31.4% ± 4.3	39.7% ± 4.5	15.8% ± 3.2	3.9% ± 2.0
≥ 200% of Federal Poverty Level	6,802	20.6% ± 1.5	46.8% ± 1.8	27.0% ± 1.6	4.7% ± 0.8	1.0% ± 0.5
<b>Educational attainment</b>						
Less than high school	676	12.5% ± 6.8	18.7% ± 7.3	37.0% ± 7.9	22.7% ± 7.5	*9.1% ± 5.8
High school or GED	1,792	9.7% ± 3.0	31.2% ± 4.2	38.3% ± 4.2	16.3% ± 3.4	4.6% ± 2.1
Some college	3,054	11.8% ± 2.3	40.2% ± 2.9	34.9% ± 2.9	10.5% ± 1.7	2.6% ± 1.1
College degree or higher	5,471	24.8% ± 1.9	48.0% ± 2.0	22.9% ± 1.7	3.9% ± 0.8	0.4% ± 0.2
<b>Housing insecurity</b>						
Yes	1,621	9.1% ± 4.1	24.8% ± 5.1	38.3% ± 5.7	20.9% ± 5.0	6.9% ± 3.3
No	9,437	18.9% ± 1.3	43.2% ± 1.6	28.7% ± 1.4	7.5% ± 0.9	1.7% ± 0.5
<b>Self-reported disability</b>						
Yes	3,200	3.5% ± 1.5	18.4% ± 2.5	42.8% ± 3.1	27.2% ± 2.9	8.2% ± 2.0
No	7,815	22.1% ± 1.5	48.1% ± 1.8	25.8% ± 1.6	3.5% ± 0.8	*0.5% ± 0.4
<b>Frequent mental distress</b>						
Yes	1,559	6.2% ± 2.7	22.8% ± 4.2	36.0% ± 4.5	24.4% ± 4.2	10.5% ± 3.2
No	9,233	19.7% ± 1.4	44.5% ± 1.6	28.4% ± 1.5	6.4% ± 0.8	1.0% ± 0.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is &gt; 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error &gt; 50%)

# Overall Health



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?

Table 3	Sample	0 days	1 or 2 days	3 to 7 days	8 to 13 days	14 or more days
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,795	59.0% ± 1.5	15.5% ± 1.2	13.5% ± 1.1	3.3% ± 0.6	8.7% ± 0.9
<b>Minneapolis</b>	4,600	53.8% ± 2.6	16.7% ± 2.0	16.4% ± 2.0	4.1% ± 1.1	9.1% ± 1.6
Camden, Near North	1,312	43.9% ± 5.9	13.0% ± 4.2	22.0% ± 5.9	6.3% ± 3.5	14.8% ± 4.4
Central, Northeast, University, St. Anthony	1,104	52.9% ± 4.9	18.2% ± 4.1	16.1% ± 3.9	4.0% ± 2.2	8.8% ± 3.1
Phillips, Powderhorn	1,202	48.9% ± 5.3	18.5% ± 4.4	18.6% ± 4.5	*4.8% ± 3.4	9.3% ± 3.4
Calhoun-Isles, Longfellow, Nokomis, Southwest	982	61.0% ± 4.5	16.0% ± 3.5	13.1% ± 3.3	*2.9% ± 2.0	6.9% ± 3.1
<b>Suburban Hennepin County</b>	6,195	61.8% ± 1.9	14.9% ± 1.5	12.0% ± 1.3	2.8% ± 0.7	8.5% ± 1.1
Northwest suburbs	2,146	61.1% ± 3.1	14.2% ± 2.3	12.3% ± 2.3	3.6% ± 1.4	8.7% ± 1.9
Northwest - inner	1,217	54.5% ± 4.6	14.8% ± 3.7	15.0% ± 3.7	5.3% ± 2.7	10.3% ± 3.1
Northwest - outer	929	66.3% ± 4.1	13.8% ± 3.1	10.1% ± 3.0	*2.3% ± 1.4	7.5% ± 2.6
West suburbs	1,912	63.1% ± 3.5	14.6% ± 2.9	13.1% ± 2.6	2.3% ± 1.0	6.9% ± 1.8
West - inner	1,029	61.4% ± 5.2	16.2% ± 4.5	13.1% ± 3.7	*2.0% ± 1.4	7.2% ± 3.3
West - outer	883	64.1% ± 4.7	13.7% ± 3.9	13.1% ± 3.7	*2.5% ± 1.5	6.7% ± 2.3
South suburbs	2,137	61.8% ± 3.3	15.9% ± 2.7	10.6% ± 2.2	2.1% ± 0.9	9.5% ± 2.1
South - east	1,059	58.1% ± 5.4	12.4% ± 3.4	13.1% ± 4.3	3.0% ± 1.7	13.4% ± 4.5
South - west	1,078	63.4% ± 4.2	17.4% ± 3.6	9.5% ± 2.7	*1.8% ± 1.2	7.9% ± 2.4
<b>Age</b>						
18-24	474	58.1% ± 7.7	20.0% ± 6.9	15.7% ± 6.2	^3.1% ± 3.6	^3.0% ± 3.8
25-34	1,743	56.6% ± 3.7	19.7% ± 3.0	15.5% ± 2.8	2.2% ± 1.2	6.1% ± 2.2
35-44	1,599	59.7% ± 3.8	16.9% ± 3.0	13.5% ± 2.8	2.7% ± 1.5	7.2% ± 2.4
45-54	1,463	60.0% ± 3.8	13.5% ± 2.8	14.7% ± 3.0	*2.7% ± 1.6	9.0% ± 2.4
55-64	2,070	61.8% ± 3.1	12.3% ± 2.2	9.7% ± 1.9	5.0% ± 1.6	11.1% ± 2.1
65-74	1,939	60.3% ± 3.1	12.7% ± 2.3	13.1% ± 2.1	2.9% ± 1.0	11.1% ± 2.4
75 and older	1,444	54.6% ± 3.7	11.8% ± 2.6	12.1% ± 2.4	5.5% ± 2.4	16.0% ± 3.1
<b>Gender</b>						
Male	3,770	60.6% ± 2.5	15.3% ± 2.0	12.9% ± 1.8	3.4% ± 1.0	7.9% ± 1.4
Female	7,013	57.8% ± 1.9	15.8% ± 1.4	13.9% ± 1.4	3.1% ± 0.7	9.4% ± 1.2
Transgender	90	*26.6% ± 17.6	^11.3% ± 19.8	*26.8% ± 20.2	^10.6% ± 14.4	*24.8% ± 21.1
<b>LGBT self-identification</b>						
LGBT self-identified	925	47.2% ± 5.5	20.1% ± 4.8	16.4% ± 4.5	4.3% ± 2.4	12.0% ± 4.3
Not LGBT self-identified	9,295	60.5% ± 1.6	15.2% ± 1.2	13.0% ± 1.1	3.2% ± 0.6	8.2% ± 0.9

## Overall Health



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?

Table 3	Sample	0 days	1 or 2 days	3 to 7 days	8 to 13 days	14 or more days
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	503	52.5% ± 6.6	11.7% ± 4.2	18.9% ± 5.8	*4.2% ± 3.9	12.7% ± 4.9
Non-Hispanic						
American Indian or Alaska Native	219	36.7% ± 9.9	*15.3% ± 9.1	22.7% ± 9.8	*7.9% ± 7.6	17.3% ± 7.8
Asian or Asian American	350	49.0% ± 7.5	16.3% ± 6.1	13.7% ± 6.1	*5.0% ± 3.9	15.9% ± 6.9
Southeast Asian	170	45.0% ± 11.0	*15.2% ± 9.4	*17.1% ± 10.9	^6.1% ± 7.3	*16.6% ± 10.4
Black or African American	1,612	50.2% ± 3.6	11.5% ± 2.6	16.4% ± 2.8	5.8% ± 1.8	16.2% ± 2.6
US-born black	1,100	43.9% ± 4.5	11.8% ± 3.5	18.4% ± 3.7	7.6% ± 2.4	18.3% ± 3.4
Foreign-born black	428	60.2% ± 6.4	10.8% ± 4.6	12.6% ± 4.9	^3.3% ± 3.6	13.1% ± 4.5
White	7,755	60.2% ± 1.6	15.9% ± 1.2	12.8% ± 1.1	2.7% ± 0.5	8.3% ± 0.9
<b>Household income</b>						
< 200% of Federal Poverty Level	3,747	41.6% ± 3.4	14.3% ± 2.7	19.2% ± 2.9	6.3% ± 1.8	18.6% ± 2.7
< 100% of Federal Poverty Level	1,951	35.0% ± 5.3	12.1% ± 4.2	20.6% ± 4.7	7.6% ± 3.3	24.7% ± 4.8
100 - 199% of Federal Poverty Level	1,678	47.1% ± 4.6	16.2% ± 3.8	17.9% ± 3.9	5.0% ± 2.1	13.8% ± 3.0
≥ 200% of Federal Poverty Level	6,707	64.6% ± 1.7	16.0% ± 1.3	11.6% ± 1.1	2.3% ± 0.5	5.5% ± 0.9
<b>Educational attainment</b>						
Less than high school	634	47.2% ± 8.2	*8.3% ± 5.7	17.2% ± 7.4	*5.2% ± 4.7	22.0% ± 7.5
High school or GED	1,697	50.7% ± 4.4	12.4% ± 3.3	15.5% ± 3.5	5.1% ± 2.2	16.4% ± 3.5
Some college	2,967	57.0% ± 3.0	14.4% ± 2.3	14.5% ± 2.2	3.8% ± 1.2	10.3% ± 1.7
College degree or higher	5,406	63.9% ± 1.9	17.8% ± 1.6	12.0% ± 1.3	2.3% ± 0.6	4.0% ± 0.7
<b>Housing insecurity</b>						
Yes	1,567	34.0% ± 5.6	15.4% ± 4.8	23.6% ± 5.3	8.2% ± 3.7	18.8% ± 4.8
No	9,193	61.5% ± 1.6	15.5% ± 1.2	12.5% ± 1.1	2.8% ± 0.5	7.7% ± 0.9
<b>Self-reported disability</b>						
Yes	3,087	29.0% ± 3.0	14.6% ± 2.5	20.7% ± 2.7	7.7% ± 1.8	28.0% ± 3.0
No	7,637	67.4% ± 1.7	15.8% ± 1.3	11.5% ± 1.2	2.0% ± 0.5	3.3% ± 0.7
<b>Frequent mental distress</b>						
Yes	1,537	25.0% ± 4.3	9.1% ± 3.1	17.2% ± 3.8	7.8% ± 2.6	40.8% ± 4.6
No	9,148	64.1% ± 1.6	16.3% ± 1.3	12.9% ± 1.1	2.6% ± 0.6	4.1% ± 0.6

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Overall Health



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?

Table 4	Sample	0 days	1 or 2 days	3 to 7 days	8 to 13 days	14 or more days
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,817	50.5% ± 1.5	15.0% ± 1.1	16.6% ± 1.2	5.6% ± 0.8	12.3% ± 1.1
<b>Minneapolis</b>	4,609	41.3% ± 2.5	16.5% ± 2.0	20.3% ± 2.1	6.8% ± 1.4	15.1% ± 1.9
Camden, Near North	1,313	38.5% ± 5.8	12.8% ± 4.8	20.6% ± 5.5	7.4% ± 3.4	20.8% ± 4.9
Central, Northeast, University, St. Anthony	1,107	37.1% ± 4.7	15.4% ± 3.9	23.4% ± 4.5	8.5% ± 3.3	15.6% ± 3.9
Phillips, Powderhorn	1,204	35.7% ± 5.2	14.4% ± 3.8	22.2% ± 4.6	8.3% ± 3.3	19.4% ± 4.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	985	48.9% ± 4.5	20.0% ± 3.9	16.6% ± 3.5	4.5% ± 2.4	10.0% ± 3.3
<b>Suburban Hennepin County</b>	6,208	55.5% ± 1.9	14.2% ± 1.4	14.6% ± 1.4	4.9% ± 0.9	10.8% ± 1.4
Northwest suburbs	2,144	56.5% ± 3.1	13.6% ± 2.2	13.3% ± 2.3	4.4% ± 1.4	12.2% ± 2.4
Northwest - inner	1,211	52.9% ± 4.6	12.9% ± 3.2	14.1% ± 3.6	6.4% ± 2.7	13.7% ± 3.6
Northwest - outer	933	59.4% ± 4.3	14.1% ± 3.3	12.7% ± 3.0	2.7% ± 1.5	11.0% ± 3.3
West suburbs	1,925	54.3% ± 3.5	15.9% ± 2.8	15.1% ± 2.8	6.2% ± 2.3	8.6% ± 2.2
West - inner	1,035	45.2% ± 5.2	18.8% ± 4.1	17.6% ± 4.3	7.7% ± 4.5	10.7% ± 3.6
West - outer	890	59.8% ± 4.8	14.1% ± 3.8	13.6% ± 3.9	5.2% ± 2.9	7.3% ± 2.9
South suburbs	2,139	55.1% ± 3.4	13.6% ± 2.6	15.9% ± 2.7	4.6% ± 1.7	10.8% ± 2.5
South - east	1,059	47.5% ± 5.4	11.7% ± 3.6	18.5% ± 4.4	*5.1% ± 3.0	17.3% ± 5.4
South - west	1,080	58.3% ± 4.3	14.4% ± 3.5	14.8% ± 3.4	4.4% ± 2.2	8.0% ± 2.8
<b>Age</b>						
18-24	470	34.0% ± 7.7	13.8% ± 5.9	27.0% ± 7.2	12.4% ± 5.9	12.9% ± 5.4
25-34	1,740	36.2% ± 3.6	18.4% ± 3.0	22.9% ± 3.1	6.8% ± 2.0	15.6% ± 3.0
35-44	1,591	44.8% ± 3.8	18.3% ± 3.1	19.3% ± 3.0	5.0% ± 1.8	12.6% ± 2.9
45-54	1,465	52.3% ± 3.8	17.1% ± 3.1	13.9% ± 2.6	3.4% ± 1.7	13.3% ± 2.8
55-64	2,076	60.0% ± 3.1	11.7% ± 2.0	11.6% ± 2.1	5.6% ± 1.6	11.2% ± 2.1
65-74	1,949	69.9% ± 2.9	10.0% ± 1.9	8.8% ± 1.8	4.1% ± 1.5	7.2% ± 2.0
75 and older	1,464	71.6% ± 3.6	6.1% ± 1.7	9.9% ± 2.5	4.8% ± 2.3	7.7% ± 2.8
<b>Gender</b>						
Male	3,768	54.9% ± 2.5	14.5% ± 1.9	15.3% ± 1.9	4.7% ± 1.2	10.6% ± 1.7
Female	7,038	46.8% ± 1.9	15.4% ± 1.4	17.6% ± 1.5	6.3% ± 1.0	13.8% ± 1.5
Transgender	88	*24.4% ± 20.8	^9.6% ± 12.0	^12.8% ± 20.8	^11.9% ± 20.2	41.4% ± 19.6
<b>LGBT self-identification</b>						
LGBT self-identified	921	31.8% ± 5.4	15.5% ± 4.3	22.8% ± 5.1	8.0% ± 3.4	21.9% ± 5.0
Not LGBT self-identified	9,324	51.9% ± 1.6	15.3% ± 1.2	16.1% ± 1.2	5.4% ± 0.8	11.3% ± 1.1



## Overall Health



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?

Table 4	Sample	0 days	1 or 2 days	3 to 7 days	8 to 13 days	14 or more days
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	494	45.4% ± 6.7	11.3% ± 4.3	17.6% ± 5.6	*7.4% ± 5.2	18.3% ± 5.8
Non-Hispanic						
American Indian or Alaska Native	218	34.9% ± 10.2	^5.3% ± 5.9	*10.6% ± 6.3	*8.5% ± 5.6	40.7% ± 10.1
Asian or Asian American	352	44.6% ± 7.5	16.3% ± 6.8	18.6% ± 6.5	*6.7% ± 4.9	13.8% ± 5.8
Southeast Asian	171	36.1% ± 11.0	18.4% ± 9.7	21.9% ± 11.0	^5.3% ± 7.7	18.3% ± 10.6
Black or African American	1,600	53.5% ± 3.6	8.4% ± 2.2	14.3% ± 2.7	5.7% ± 1.8	18.1% ± 2.6
US-born black	1,095	39.9% ± 4.6	9.4% ± 3.0	17.9% ± 3.8	7.8% ± 2.4	25.0% ± 3.8
Foreign-born black	422	73.8% ± 6.0	*6.7% ± 4.1	7.9% ± 4.3	^2.6% ± 4.3	9.0% ± 3.8
White	7,796	51.0% ± 1.6	15.6% ± 1.3	16.1% ± 1.2	5.3% ± 0.8	11.9% ± 1.1
<b>Household income</b>						
< 200% of Federal Poverty Level	3,747	39.7% ± 3.4	9.7% ± 2.3	17.3% ± 2.8	7.8% ± 2.0	25.5% ± 3.1
< 100% of Federal Poverty Level	1,945	34.3% ± 5.2	8.2% ± 3.6	18.0% ± 4.6	8.5% ± 3.4	31.1% ± 5.1
100 - 199% of Federal Poverty Level	1,687	44.0% ± 4.5	11.3% ± 3.3	16.6% ± 3.7	7.2% ± 2.8	20.9% ± 3.8
≥ 200% of Federal Poverty Level	6,726	53.7% ± 1.8	16.8% ± 1.4	16.5% ± 1.3	4.8% ± 0.8	8.2% ± 1.1
<b>Educational attainment</b>						
Less than high school	631	49.0% ± 8.1	*9.3% ± 6.6	11.5% ± 6.3	*6.7% ± 5.2	23.5% ± 7.7
High school or GED	1,696	54.4% ± 4.4	7.2% ± 2.6	13.6% ± 3.4	5.9% ± 2.4	18.9% ± 3.9
Some college	2,980	49.8% ± 3.0	14.3% ± 2.3	14.5% ± 2.2	7.0% ± 1.8	14.5% ± 2.2
College degree or higher	5,415	49.9% ± 2.0	18.4% ± 1.6	19.2% ± 1.6	4.6% ± 0.9	7.9% ± 1.1
<b>Housing insecurity</b>						
Yes	1,565	25.1% ± 5.4	10.8% ± 3.9	19.2% ± 4.8	12.5% ± 4.5	32.4% ± 5.6
No	9,217	53.0% ± 1.6	15.4% ± 1.2	16.3% ± 1.2	4.9% ± 0.7	10.3% ± 1.1
<b>Self-reported disability</b>						
Yes	3,112	36.1% ± 3.0	8.9% ± 1.9	16.4% ± 2.5	8.7% ± 2.0	29.9% ± 3.2
No	7,635	54.7% ± 1.8	16.6% ± 1.4	16.7% ± 1.4	4.7% ± 0.8	7.4% ± 1.0
<b>Frequent mental distress</b>						
Yes	1,560	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0	100.0% ± 0.0
No	9,257	57.6% ± 1.6	17.1% ± 1.3	18.9% ± 1.3	6.4% ± 0.9	0.0% ± 0.0

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Overall Health



## High risk of depression during the past two weeks

<b>Table 5</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Hennepin County total</b>	11,089	9.2% ± 1.0
<b>Minneapolis</b>	4,720	11.9% ± 1.8
Camden, Near North	1,355	25.0% ± 5.9
Central, Northeast, University, St. Anthony	1,122	12.5% ± 3.7
Phillips, Powderhorn	1,243	10.8% ± 3.5
Calhoun-Isles, Longfellow, Nokomis, Southwest	1,000	6.7% ± 3.0
<b>Suburban Hennepin County</b>	6,369	7.8% ± 1.2
Northwest suburbs	2,198	9.3% ± 2.2
Northwest - inner	1,249	11.4% ± 3.7
Northwest - outer	949	7.6% ± 2.8
West suburbs	1,969	6.3% ± 2.1
West - inner	1,063	6.3% ± 2.6
West - outer	906	6.3% ± 3.1
South suburbs	2,202	6.9% ± 2.1
South - east	1,098	13.0% ± 5.2
South - west	1,104	4.3% ± 2.0
<b>Age</b>		
18-24	490	11.7% ± 5.4
25-34	1,772	9.8% ± 2.5
35-44	1,638	8.5% ± 2.6
45-54	1,487	10.7% ± 2.7
55-64	2,110	8.6% ± 1.9
65-74	2,000	6.8% ± 2.0
75 and older	1,524	8.1% ± 2.8
<b>Gender</b>		
Male	3,855	8.9% ± 1.6
Female	7,221	9.5% ± 1.3
Transgender	95	36.3% ± 20.1
<b>LGBT self-identification</b>		
LGBT self-identified	941	18.7% ± 4.9
Not LGBT self-identified	9,506	8.1% ± 1.0

## Overall Health



## High risk of depression during the past two weeks

<b>Table 5</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Selected race/ethnicity</b>		
Hispanic	547	16.4% ± 5.1
Non-Hispanic		
American Indian or Alaska Native	226	27.6% ± 10.0
Asian or Asian American	364	13.5% ± 5.5
Southeast Asian	173	19.9% ± 10.1
Black or African American	1,680	16.6% ± 2.5
US-born black	1,138	20.1% ± 3.5
Foreign-born black	451	11.3% ± 4.1
White	7,908	8.4% ± 1.0
<b>Household income</b>		
< 200% of Federal Poverty Level	3,910	23.0% ± 3.0
< 100% of Federal Poverty Level	2,039	29.2% ± 5.0
100 - 199% of Federal Poverty Level	1,738	16.6% ± 3.6
≥ 200% of Federal Poverty Level	6,809	4.8% ± 0.9
<b>Educational attainment</b>		
Less than high school	675	29.7% ± 7.9
High school or GED	1,789	16.6% ± 3.6
Some college	3,052	9.8% ± 1.9
College degree or higher	5,472	4.4% ± 0.9
<b>Housing insecurity</b>		
Yes	1,627	27.4% ± 5.3
No	9,424	7.4% ± 0.9
<b>Self-reported disability</b>		
Yes	3,196	26.0% ± 3.0
No	7,815	4.5% ± 0.9
<b>Frequent mental distress</b>		
Yes	1,559	50.2% ± 4.6
No	9,239	3.4% ± 0.7

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Overall Health



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

**Hypertension, also called high blood pressure**  
(Excluding gestational hypertension)

Table 6	Sample Size	Ever had hypertension	Ever had borderline hypertension or pre-hypertension
	N	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,070	21.0% ± 1.2	8.5% ± 0.9
<b>Minneapolis</b>	4,714	17.3% ± 1.9	8.0% ± 1.5
Camden, Near North	1,353	26.7% ± 5.1	6.6% ± 3.5
Central, Northeast, University, St. Anthony	1,123	15.6% ± 3.4	8.7% ± 3.0
Phillips, Powderhorn	1,239	14.4% ± 3.8	7.4% ± 3.3
Calhoun-Isles, Longfellow, Nokomis, Southwest	999	16.6% ± 3.5	8.3% ± 2.9
<b>Suburban Hennepin County</b>	6,356	23.0% ± 1.5	8.9% ± 1.1
Northwest suburbs	2,193	25.2% ± 2.6	8.1% ± 1.8
Northwest - inner	1,247	28.8% ± 4.2	9.9% ± 2.9
Northwest - outer	946	22.4% ± 3.4	6.6% ± 2.5
West suburbs	1,966	20.1% ± 2.6	8.6% ± 2.1
West - inner	1,062	17.0% ± 3.6	7.7% ± 3.0
West - outer	904	21.9% ± 3.7	9.1% ± 3.0
South suburbs	2,197	22.4% ± 2.6	10.1% ± 2.2
South - east	1,094	25.6% ± 4.6	11.3% ± 3.8
South - west	1,103	21.0% ± 3.2	9.6% ± 2.8
<b>Age</b>			
18-24	488	<sup>^</sup> 3.8% ± 4.7	*5.5% ± 5.2
25-34	1,777	3.9% ± 1.7	6.2% ± 2.1
35-44	1,635	10.0% ± 2.8	8.9% ± 2.3
45-54	1,481	20.3% ± 3.4	10.0% ± 2.5
55-64	2,106	31.9% ± 3.0	9.8% ± 2.1
65-74	1,996	46.9% ± 3.2	9.7% ± 1.8
75 and older	1,518	58.5% ± 3.5	9.2% ± 2.1
<b>Gender</b>			
Male	3,842	23.6% ± 2.0	12.3% ± 1.7
Female	7,214	18.8% ± 1.4	5.4% ± 0.8
Transgender	94	<sup>^</sup> 15.1% ± 19.1	<sup>^</sup> 9.9% ± 23.4
<b>LGBT self-identification</b>			
LGBT self-identified	939	14.5% ± 3.7	9.2% ± 3.8
Not LGBT self-identified	9,494	21.1% ± 1.3	8.7% ± 1.0

## Overall Health



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

**Hypertension, also called high blood pressure**  
(Excluding gestational hypertension)

Table 6	Sample Size	Ever had hypertension	Ever had borderline hypertension or pre-hypertension
	N	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>			
Hispanic	537	13.0% ± 4.7	*5.8% ± 3.7
Non-Hispanic			
American Indian or Alaska Native	226	27.0% ± 8.6	*11.0% ± 7.7
Asian or Asian American	363	16.5% ± 5.5	*5.8% ± 3.6
Southeast Asian	173	22.3% ± 9.8	^3.6% ± 5.1
Black or African American	1,679	25.0% ± 3.0	3.9% ± 1.6
US-born black	1,136	30.2% ± 3.9	4.1% ± 2.3
Foreign-born black	452	17.2% ± 5.0	*3.8% ± 2.9
White	7,902	20.7% ± 1.2	9.2% ± 1.0
<b>Household income</b>			
< 200% of Federal Poverty Level	3,893	30.9% ± 3.1	5.1% ± 1.5
< 100% of Federal Poverty Level	2,031	32.1% ± 5.0	5.1% ± 2.8
100 - 199% of Federal Poverty Level	1,730	29.1% ± 4.0	5.2% ± 1.9
≥ 200% of Federal Poverty Level	6,806	17.3% ± 1.2	9.8% ± 1.1
<b>Educational attainment</b>			
Less than high school	665	38.6% ± 8.0	^4.2% ± 4.3
High school or GED	1,788	35.2% ± 4.0	7.5% ± 2.6
Some college	3,043	26.1% ± 2.4	8.4% ± 1.7
College degree or higher	5,471	11.7% ± 1.1	9.4% ± 1.3
<b>Housing insecurity</b>			
Yes	1,617	28.2% ± 5.4	5.2% ± 2.9
No	9,415	20.3% ± 1.2	8.9% ± 0.9
<b>Self-reported disability</b>			
Yes	3,185	39.0% ± 3.0	7.4% ± 1.8
No	7,812	15.8% ± 1.2	8.9% ± 1.0
<b>Frequent mental distress</b>			
Yes	1,554	26.2% ± 4.2	9.0% ± 3.2
No	9,218	20.0% ± 1.2	8.6% ± 0.9

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Overall Health



**Have you ever been told by a doctor, nurse, or other health professional that you had...  
Diabetes or sugar disease (Excluding gestational diabetes)**

Table 7	Sample Size	Ever had diabetes	Ever had borderline diabetes or pre-diabetes
	N	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,028	7.4% ± 0.8	6.5% ± 0.7
<b>Minneapolis</b>	4,695	7.0% ± 1.4	5.8% ± 1.2
Camden, Near North	1,345	12.5% ± 4.8	7.0% ± 3.2
Central, Northeast, University, St. Anthony	1,118	7.0% ± 2.6	4.5% ± 1.8
Phillips, Powderhorn	1,235	5.8% ± 3.1	7.0% ± 3.0
Calhoun-Isles, Longfellow, Nokomis, Southwest	997	5.5% ± 2.5	5.8% ± 2.4
<b>Suburban Hennepin County</b>	6,333	7.5% ± 1.0	6.8% ± 1.0
Northwest suburbs	2,182	8.7% ± 1.9	6.5% ± 1.5
Northwest - inner	1,238	11.6% ± 3.3	8.2% ± 2.8
Northwest - outer	944	6.3% ± 2.2	5.2% ± 1.8
West suburbs	1,955	6.1% ± 1.8	6.5% ± 1.7
West - inner	1,054	6.0% ± 2.8	6.0% ± 2.3
West - outer	901	6.1% ± 2.6	6.9% ± 2.4
South suburbs	2,196	7.2% ± 1.8	7.4% ± 1.9
South - east	1,097	10.4% ± 3.9	6.3% ± 2.5
South - west	1,099	5.8% ± 2.0	7.9% ± 2.6
<b>Age</b>			
18-24	483	^2.5% ± 4.3	^0.4% ± 2.4
25-34	1,770	*1.4% ± 1.4	2.5% ± 1.3
35-44	1,633	3.0% ± 1.7	3.4% ± 1.7
45-54	1,481	8.1% ± 2.6	9.0% ± 2.5
55-64	2,099	12.9% ± 2.5	8.9% ± 1.9
65-74	1,982	15.3% ± 2.7	12.7% ± 2.2
75 and older	1,512	15.4% ± 2.8	11.3% ± 2.8
<b>Gender</b>			
Male	3,824	9.8% ± 1.5	5.9% ± 1.1
Female	7,191	5.3% ± 0.8	6.9% ± 1.0
Transgender	93	^12.4% ± 19.7	^4.7% ± 14.2
<b>LGBT self-identification</b>			
LGBT self-identified	937	7.7% ± 3.8	7.1% ± 3.3
Not LGBT self-identified	9,459	7.0% ± 0.8	6.3% ± 0.8

## Overall Health



**Have you ever been told by a doctor, nurse, or other health professional that you had...  
Diabetes or sugar disease (Excluding gestational diabetes)**

Table 7	Sample Size	Ever had diabetes	Ever had borderline diabetes or pre-diabetes
	N	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>			
Hispanic	541	10.5% ± 5.0	6.3% ± 3.3
Non-Hispanic			
American Indian or Alaska Native	226	11.3% ± 6.3	*11.0% ± 7.1
Asian or Asian American	363	*6.6% ± 3.9	*5.4% ± 3.2
Southeast Asian	173	*5.1% ± 3.7	^5.1% ± 5.8
Black or African American	1,657	10.1% ± 2.0	6.8% ± 1.9
US-born black	1,128	10.7% ± 2.5	6.8% ± 2.1
Foreign-born black	441	9.5% ± 3.8	7.4% ± 4.2
White	7,877	5.9% ± 0.7	5.6% ± 0.7
<b>Household income</b>			
< 200% of Federal Poverty Level	3,875	13.2% ± 2.4	8.5% ± 2.0
< 100% of Federal Poverty Level	2,019	15.3% ± 4.0	10.0% ± 3.6
100 - 199% of Federal Poverty Level	1,727	11.1% ± 3.0	7.2% ± 2.3
≥ 200% of Federal Poverty Level	6,787	5.3% ± 0.8	5.8% ± 0.8
<b>Educational attainment</b>			
Less than high school	670	23.8% ± 7.2	11.1% ± 6.4
High school or GED	1,774	12.3% ± 2.9	7.5% ± 2.2
Some college	3,027	7.7% ± 1.5	7.8% ± 1.5
College degree or higher	5,455	3.7% ± 0.8	4.8% ± 0.8
<b>Housing insecurity</b>			
Yes	1,611	12.6% ± 4.1	9.3% ± 3.8
No	9,379	6.8% ± 0.8	6.2% ± 0.7
<b>Self-reported disability</b>			
Yes	3,175	16.9% ± 2.5	11.1% ± 2.1
No	7,777	4.7% ± 0.8	5.2% ± 0.8
<b>Frequent mental distress</b>			
Yes	1,553	12.8% ± 3.3	7.8% ± 2.5
No	9,178	6.4% ± 0.8	6.3% ± 0.8

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## Overall Health



## Weight status based on Body Mass Index (BMI) calculation

Table 8	Sample	Underweight	Normal	Overweight	Obese
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,768	1.9% ± 0.5	41.1% ± 1.5	32.5% ± 1.5	24.4% ± 1.3
<b>Minneapolis</b>	4,522	2.4% ± 1.0	44.7% ± 2.6	30.9% ± 2.4	22.0% ± 2.1
Camden, Near North	1,304	^2.4% ± 3.0	36.0% ± 6.1	29.3% ± 5.5	32.3% ± 5.5
Central, Northeast, University, St. Anthony	1,092	*2.8% ± 2.7	48.5% ± 4.9	28.3% ± 4.6	20.3% ± 4.1
Phillips, Powderhorn	1,157	^2.4% ± 2.9	41.4% ± 5.2	31.9% ± 5.2	24.4% ± 4.9
Calhoun-Isles, Longfellow, Nokomis, Southwest	969	*1.9% ± 1.7	46.9% ± 4.5	33.1% ± 4.4	18.1% ± 3.7
<b>Suburban Hennepin County</b>	6,246	1.7% ± 0.6	39.2% ± 1.9	33.4% ± 1.9	25.7% ± 1.7
Northwest suburbs	2,155	*1.4% ± 1.0	37.2% ± 3.1	33.7% ± 3.0	27.8% ± 2.9
Northwest - inner	1,217	^1.9% ± 2.2	35.0% ± 4.6	30.3% ± 4.3	32.7% ± 4.4
Northwest - outer	938	*0.9% ± 0.9	38.8% ± 4.2	36.3% ± 4.2	23.9% ± 3.8
West suburbs	1,934	*2.2% ± 1.5	43.0% ± 3.5	32.0% ± 3.3	22.8% ± 3.2
West - inner	1,042	^2.2% ± 2.9	43.8% ± 5.1	32.5% ± 5.1	21.5% ± 4.8
West - outer	892	^2.2% ± 2.2	42.6% ± 4.7	31.7% ± 4.4	23.5% ± 4.4
South suburbs	2,157	*1.7% ± 1.0	38.9% ± 3.4	34.2% ± 3.4	25.2% ± 3.0
South - east	1,067	*1.9% ± 1.6	32.0% ± 5.1	29.8% ± 5.3	36.3% ± 5.4
South - west	1,090	*1.7% ± 1.5	41.9% ± 4.3	36.0% ± 4.3	20.5% ± 3.6
<b>Age</b>					
18-24	461	^4.8% ± 4.8	57.4% ± 7.7	21.1% ± 6.8	16.7% ± 6.5
25-34	1,718	3.2% ± 1.7	49.7% ± 3.7	26.5% ± 3.4	20.6% ± 3.2
35-44	1,560	*1.6% ± 1.3	39.9% ± 3.7	34.9% ± 3.8	23.6% ± 3.4
45-54	1,443	*0.6% ± 0.6	39.1% ± 3.8	35.0% ± 3.8	25.3% ± 3.4
55-64	2,063	*1.0% ± 0.6	35.7% ± 3.1	34.1% ± 3.1	29.2% ± 3.0
65-74	1,956	*1.3% ± 0.8	31.1% ± 3.0	36.7% ± 3.1	30.9% ± 3.1
75 and older	1,507	2.7% ± 1.4	34.7% ± 3.4	38.3% ± 3.5	24.2% ± 3.3
<b>Gender</b>					
Male	3,769	*1.1% ± 0.8	36.3% ± 2.5	39.8% ± 2.5	22.8% ± 2.2
Female	6,987	2.6% ± 0.7	45.3% ± 1.9	26.3% ± 1.7	25.8% ± 1.7
Transgender	88	^2.6% ± 10.8	42.9% ± 19.7	*21.2% ± 16.3	33.3% ± 19.3
<b>LGBT self-identification</b>					
LGBT self-identified	912	^2.8% ± 3.6	39.7% ± 5.6	29.9% ± 5.4	27.6% ± 5.1
Not LGBT self-identified	9,304	1.8% ± 0.5	41.3% ± 1.6	32.6% ± 1.6	24.3% ± 1.4

## Overall Health



## Weight status based on Body Mass Index (BMI) calculation

Table 8	Sample	Underweight	Normal	Overweight	Obese
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	471	<sup>^</sup> 2.3% ± 3.2	27.0% ± 6.0	34.6% ± 6.9	36.2% ± 6.9
Non-Hispanic					
American Indian or Alaska Native	220	<sup>^</sup> 1.3% ± 2.3	25.8% ± 9.3	30.9% ± 10.1	42.0% ± 9.8
Asian or Asian American	361	<sup>^</sup> 2.1% ± 2.6	50.3% ± 7.4	30.8% ± 7.5	16.8% ± 6.1
Southeast Asian	172	<sup>^</sup> 0.6% ± 1.5	44.2% ± 11.1	33.8% ± 11.4	21.4% ± 10.5
Black or African American	1,559	1.9% ± 1.0	31.3% ± 3.6	32.2% ± 3.6	34.5% ± 3.5
US-born black	1,087	*1.9% ± 1.4	27.7% ± 4.2	27.8% ± 4.1	42.6% ± 4.4
Foreign-born black	387	<sup>^</sup> 1.7% ± 1.7	36.8% ± 6.9	39.0% ± 6.9	22.5% ± 6.1
White	7,808	1.9% ± 0.5	40.5% ± 1.6	33.5% ± 1.6	24.1% ± 1.4
<b>Household income</b>					
< 200% of Federal Poverty Level	3,687	2.8% ± 1.5	34.1% ± 3.3	30.3% ± 3.3	32.8% ± 3.3
< 100% of Federal Poverty Level	1,888	*3.3% ± 3.0	33.0% ± 5.3	26.3% ± 5.0	37.4% ± 5.3
100 - 199% of Federal Poverty Level	1,688	*2.2% ± 1.6	35.7% ± 4.5	33.3% ± 4.5	28.8% ± 4.1
≥ 200% of Federal Poverty Level	6,734	1.5% ± 0.5	43.5% ± 1.8	33.4% ± 1.7	21.7% ± 1.5
<b>Educational attainment</b>					
Less than high school	589	<sup>^</sup> 1.6% ± 4.1	29.9% ± 7.9	30.8% ± 8.2	37.6% ± 8.2
High school or GED	1,689	*2.5% ± 1.8	30.8% ± 4.3	33.5% ± 4.2	33.3% ± 4.2
Some college	2,995	2.4% ± 1.2	35.1% ± 2.9	31.5% ± 2.8	31.0% ± 2.8
College degree or higher	5,407	1.5% ± 0.6	48.8% ± 2.0	33.0% ± 1.9	16.7% ± 1.5
<b>Housing insecurity</b>					
Yes	1,537	<sup>^</sup> 2.0% ± 2.6	31.7% ± 5.6	27.3% ± 5.4	38.9% ± 5.7
No	9,196	1.9% ± 0.5	42.0% ± 1.6	33.0% ± 1.5	23.0% ± 1.4
<b>Self-reported disability</b>					
Yes	3,108	2.4% ± 1.1	27.7% ± 2.9	32.0% ± 3.1	37.9% ± 3.1
No	7,593	1.8% ± 0.6	44.9% ± 1.8	32.7% ± 1.7	20.7% ± 1.5
<b>Frequent mental distress</b>					
Yes	1,516	*1.3% ± 1.0	36.7% ± 4.6	29.9% ± 4.5	32.0% ± 4.4
No	8,996	1.9% ± 0.5	41.9% ± 1.6	32.9% ± 1.6	23.2% ± 1.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is &gt; 30% and ≤ 50%)

<sup>^</sup> Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Overall Health



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

Table 9	Among persons aged 18 and older: Yes		Among persons aged 55 and older: Yes		Among persons aged 65 and older: Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	11,044	22.1% ± 1.3	5,671	32.5% ± 1.8	3,573	40.2% ± 2.4
<b>Minneapolis</b>	4,701	23.8% ± 2.2	1,927	39.0% ± 3.7	1,103	43.1% ± 4.9
Camden, Near North	1,349	39.9% ± 6.0	545	47.7% ± 7.7	266	49.8% ± 9.2
Central, Northeast, University, St. Anthony	1,120	21.6% ± 4.2	488	44.5% ± 7.5	303	42.8% ± 8.8
Phillips, Powderhorn	1,234	22.5% ± 4.4	414	48.7% ± 8.0	242	56.7% ± 10.4
Calhoun-Isles, Longfellow, Nokomis, Southwest	998	19.8% ± 4.0	480	29.8% ± 6.2	292	37.6% ± 8.5
<b>Suburban Hennepin County</b>	6,343	21.2% ± 1.6	3,744	30.4% ± 2.1	2,470	39.4% ± 2.7
Northwest suburbs	2,188	20.7% ± 2.5	1,228	28.7% ± 3.5	764	37.2% ± 4.7
Northwest - inner	1,239	23.2% ± 4.1	646	30.9% ± 5.3	390	35.5% ± 6.9
Northwest - outer	949	18.7% ± 3.3	582	27.1% ± 4.8	374	38.4% ± 6.5
West suburbs	1,957	21.2% ± 3.0	1,129	30.5% ± 3.8	737	41.0% ± 4.8
West - inner	1,057	18.9% ± 4.2	530	30.6% ± 5.5	346	37.9% ± 6.7
West - outer	900	22.5% ± 4.1	599	30.4% ± 4.9	391	42.1% ± 6.1
South suburbs	2,198	22.1% ± 2.8	1,387	32.6% ± 3.6	969	40.8% ± 4.4
South - east	1,095	28.5% ± 5.3	646	39.6% ± 5.8	442	45.3% ± 6.3
South - west	1,103	19.4% ± 3.2	741	30.3% ± 4.4	527	39.4% ± 5.4
<b>Age</b>						
18-24	486	16.2% ± 6.3	N/A		N/A	
25-34	1,770	13.4% ± 2.8	N/A		N/A	
35-44	1,636	18.1% ± 3.2	N/A		N/A	
45-54	1,479	19.8% ± 3.3	N/A		N/A	
55-64	2,100	24.9% ± 2.8	2,098	25.0% ± 2.8	N/A	
65-74	1,988	33.5% ± 3.1	1,988	33.5% ± 3.1	1,988	33.5% ± 3.1
75 and older	1,514	47.5% ± 3.6	1,514	47.5% ± 3.6	1,514	47.5% ± 3.6
<b>Gender</b>						
Male	3,843	21.0% ± 2.0	2,225	31.1% ± 3.0	1,447	38.7% ± 3.7
Female	7,187	23.0% ± 1.6	3,445	33.6% ± 2.3	2,126	41.3% ± 3.1
Transgender	93	59.9% ± 18.2	32	65.4% ± 28.9	< 30	
<b>LGBT self-identification</b>						
LGBT self-identified	938	32.3% ± 5.5	315	37.6% ± 9.2	153	45.8% ± 11.8
Not LGBT self-identified	9,467	21.1% ± 1.3	5,047	32.3% ± 1.9	3,208	40.2% ± 2.5

## Overall Health



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

Table 9

	Among persons aged 18 and older: Yes		Among persons aged 55 and older: Yes		Among persons aged 65 and older: Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	541	19.8% ± 5.5	88	30.8% ± 12.7	44	*32.2% ± 19.8
Non-Hispanic						
American Indian or Alaska Native	225	44.1% ± 9.9	83	44.8% ± 16.5	45	39.2% ± 20.5
Asian or Asian American	364	20.3% ± 6.5	123	31.4% ± 11.8	73	47.3% ± 15.7
Southeast Asian	174	27.7% ± 10.2	59	50.4% ± 15.9	33	69.6% ± 21.3
Black or African American	1,669	24.2% ± 2.8	561	40.0% ± 5.7	263	43.0% ± 8.4
US-born black	1,127	32.7% ± 4.1	384	47.5% ± 6.9	157	43.5% ± 12.2
Foreign-born black	450	12.6% ± 3.9	149	27.2% ± 9.2	93	41.8% ± 12.1
White	7,884	22.7% ± 1.4	4,698	31.6% ± 1.8	3,085	39.3% ± 2.2
<b>Household income</b>						
< 200% of Federal Poverty Level	3,886	39.0% ± 3.3	1,656	51.1% ± 4.2	980	49.7% ± 5.2
< 100% of Federal Poverty Level	2,029	45.9% ± 5.2	652	59.0% ± 7.4	324	56.2% ± 10.5
100 - 199% of Federal Poverty Level	1,726	32.0% ± 4.1	943	44.0% ± 5.1	621	44.2% ± 5.9
≥ 200% of Federal Poverty Level	6,790	16.3% ± 1.3	3,722	25.9% ± 2.0	2,352	36.4% ± 2.7
<b>Educational attainment</b>						
Less than high school	668	49.3% ± 8.0	266	54.9% ± 9.9	172	53.9% ± 11.8
High school or GED	1,781	36.0% ± 4.2	903	37.8% ± 4.6	578	42.3% ± 5.4
Some college	3,044	26.1% ± 2.5	1,805	32.4% ± 3.0	1,108	39.6% ± 3.8
College degree or higher	5,452	12.3% ± 1.2	2,639	24.0% ± 2.1	1,671	34.2% ± 2.8
<b>Housing insecurity</b>						
Yes	1,613	42.2% ± 5.7	377	60.9% ± 9.9	117	71.6% ± 16.9
No	9,394	20.0% ± 1.2	5,269	30.7% ± 1.8	3,433	39.0% ± 2.3
<b>Self-reported disability</b>						
Yes	3,209	100.0% ± 0.0	2,098	100.0% ± 0.0	1,436	100.0% ± 0.0
No	7,835	0.0% ± 0.0	3,573	0.0% ± 0.0	2,137	0.0% ± 0.0
<b>Frequent mental distress</b>						
Yes	1,551	53.4% ± 4.6	594	70.1% ± 6.9	269	84.8% ± 6.6
No	9,196	17.6% ± 1.2	4,912	27.9% ± 1.8	3,175	35.9% ± 2.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Overall Health



**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?**

Table 10	Among persons aged 55 and older:		Among persons aged 65 and older:	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	5,701	5.8% ± 1.1	3,598	6.9% ± 1.6
<b>Minneapolis</b>	1,936	9.8% ± 2.8	1,108	9.1% ± 3.2
Camden, Near North	547	19.8% ± 8.2	269	17.0% ± 9.8
Central, Northeast, University, St. Anthony	490	17.0% ± 8.4	304	15.5% ± 9.0
Phillips, Powderhorn	418	13.6% ± 7.2	243	17.4% ± 9.5
Calhoun-Isles, Longfellow, Nokomis, Southwest	481	^1.0% ± 2.0	292	^1.1% ± 5.3
<b>Suburban Hennepin County</b>	3,765	4.5% ± 1.2	2,490	6.3% ± 1.9
Northwest suburbs	1,236	5.3% ± 2.3	771	7.2% ± 3.7
Northwest - inner	651	*7.6% ± 4.5	394	*8.7% ± 6.9
Northwest - outer	585	*3.6% ± 2.4	377	*6.1% ± 4.6
West suburbs	1,134	3.2% ± 1.8	742	*5.2% ± 3.4
West - inner	531	*3.1% ± 2.3	347	*4.8% ± 3.8
West - outer	603	*3.2% ± 2.5	395	*5.4% ± 4.8
South suburbs	1,395	4.5% ± 2.1	977	5.8% ± 3.2
South - east	651	*6.5% ± 4.5	447	^7.8% ± 7.8
South - west	744	*3.8% ± 2.6	530	*5.2% ± 3.9
<b>Age</b>				
18-24	N/A		N/A	
25-34	N/A		N/A	
35-44	N/A		N/A	
45-54	N/A		N/A	
55-64	2,103	4.7% ± 1.7	N/A	
65-74	1,996	4.6% ± 2.1	1,996	4.6% ± 2.1
75 and older	1,532	9.0% ± 2.5	1,532	9.0% ± 2.5
<b>Gender</b>				
Male	2,233	5.3% ± 1.8	1,454	5.1% ± 1.8
Female	3,467	6.2% ± 1.5	2,144	8.1% ± 2.5
Transgender	32	^35.4% ± 35.0	< 30	
<b>LGBT self-identification</b>				
LGBT self-identified	314	*11.2% ± 8.8	154	^7.4% ± 10.7
Not LGBT self-identified	5,075	5.1% ± 1.1	3,232	6.2% ± 1.5

## Overall Health



**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?**

Table 10	Among persons aged 55 and older:		Among persons aged 65 and older:	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	89	<sup>^</sup> 7.6% ± 11.1	44	<sup>^</sup> 15.8% ± 24.8
Non-Hispanic				
American Indian or Alaska Native	83	<sup>^</sup> 9.9% ± 11.0	45	<sup>^</sup> 10.1% ± 16.3
Asian or Asian American	123	14.8% ± 8.6	74	*20.8% ± 13.7
Southeast Asian	58	27.1% ± 15.1	33	*33.6% ± 22.6
Black or African American	564	22.5% ± 4.7	268	26.2% ± 7.5
US-born black	388	21.9% ± 6.1	162	*18.3% ± 10.9
Foreign-born black	149	23.0% ± 8.5	93	36.2% ± 11.8
White	4,722	3.5% ± 0.7	3,103	4.7% ± 1.0
<b>Household income</b>				
< 200% of Federal Poverty Level	1,668	16.7% ± 3.7	993	16.1% ± 4.7
< 100% of Federal Poverty Level	652	27.1% ± 7.4	326	27.8% ± 10.9
100 - 199% of Federal Poverty Level	952	9.8% ± 4.0	629	10.3% ± 5.1
≥ 200% of Federal Poverty Level	3,738	2.1% ± 0.8	2,364	3.4% ± 1.3
<b>Educational attainment</b>				
Less than high school	268	33.0% ± 10.2	172	32.7% ± 12.4
High school or GED	907	5.9% ± 2.3	584	5.5% ± 2.5
Some college	1,808	4.1% ± 1.4	1,112	4.2% ± 1.6
College degree or higher	2,658	1.7% ± 0.6	1,685	2.8% ± 1.2
<b>Housing insecurity</b>				
Yes	380	22.8% ± 10.3	118	*35.8% ± 22.0
No	5,295	4.7% ± 1.0	3,457	5.7% ± 1.4
<b>Self-reported disability</b>				
Yes	2,091	16.1% ± 3.0	1,431	15.3% ± 3.6
No	3,563	*0.9% ± 0.5	2,131	*1.3% ± 1.0
<b>Frequent mental distress</b>				
Yes	590	21.1% ± 6.1	268	27.8% ± 10.5
No	4,941	4.0% ± 1.0	3,196	4.9% ± 1.3

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

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<sup>^</sup> Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Overall Health



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?

Table 11	Among persons aged 55 and older:		Among persons aged 65 and older:	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	5,702	12.2% ± 1.4	3,597	15.6% ± 2.0
<b>Minneapolis</b>	1,935	19.3% ± 3.4	1,108	20.6% ± 4.5
Camden, Near North	547	31.4% ± 8.0	269	31.5% ± 10.5
Central, Northeast, University, St. Anthony	491	27.2% ± 8.1	305	28.4% ± 9.2
Phillips, Powderhorn	416	27.6% ± 8.4	242	35.0% ± 11.2
Calhoun-Isles, Longfellow, Nokomis, Southwest	481	*7.8% ± 5.0	292	*9.3% ± 8.2
<b>Suburban Hennepin County</b>	3,767	10.0% ± 1.5	2,489	14.2% ± 2.2
Northwest suburbs	1,240	9.9% ± 2.6	773	14.0% ± 4.0
Northwest - inner	654	14.2% ± 4.7	395	17.5% ± 6.6
Northwest - outer	586	6.6% ± 2.9	378	11.5% ± 5.3
West suburbs	1,135	8.6% ± 2.4	742	13.8% ± 4.1
West - inner	533	9.7% ± 3.8	348	13.5% ± 5.3
West - outer	602	8.2% ± 3.2	394	13.9% ± 5.5
South suburbs	1,392	11.2% ± 2.7	974	14.7% ± 3.8
South - east	650	17.1% ± 5.6	446	18.7% ± 6.9
South - west	742	9.2% ± 3.1	528	13.5% ± 4.7
<b>Age</b>				
18-24	N/A		N/A	
25-34	N/A		N/A	
35-44	N/A		N/A	
45-54	N/A		N/A	
55-64	2,105	8.9% ± 2.0	N/A	
65-74	1,998	9.0% ± 2.4	1,998	9.0% ± 2.4
75 and older	1,529	22.4% ± 3.2	1,529	22.4% ± 3.2
<b>Gender</b>				
Male	2,229	9.8% ± 2.2	1,451	9.9% ± 2.5
Female	3,472	14.3% ± 1.9	2,146	19.8% ± 2.9
Transgender	32	*45.9% ± 30.5	< 30	
<b>LGBT self-identification</b>				
LGBT self-identified	315	14.9% ± 8.3	153	*16.9% ± 11.3
Not LGBT self-identified	5,074	11.7% ± 1.4	3,231	15.1% ± 2.0



## Overall Health



**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?**

Table 11	Among persons aged 55 and older:		Among persons aged 65 and older:	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	88	*15.0% ± 10.9	44	*26.5% ± 20.7
Non-Hispanic				
American Indian or Alaska Native	83	*20.9% ± 15.0	45	^17.6% ± 18.4
Asian or Asian American	124	19.7% ± 9.3	74	27.5% ± 14.1
Southeast Asian	59	31.3% ± 15.4	33	*36.3% ± 22.6
Black or African American	565	30.3% ± 5.2	268	34.3% ± 7.7
US-born black	387	33.5% ± 6.6	161	28.7% ± 11.0
Foreign-born black	150	25.0% ± 8.6	94	41.8% ± 11.8
White	4,721	9.8% ± 1.1	3,102	13.1% ± 1.6
<b>Household income</b>				
< 200% of Federal Poverty Level	1,664	31.1% ± 4.1	987	31.3% ± 5.2
< 100% of Federal Poverty Level	652	41.6% ± 7.7	326	43.0% ± 11.0
100 - 199% of Federal Poverty Level	947	23.7% ± 4.5	623	24.6% ± 5.4
≥ 200% of Federal Poverty Level	3,741	5.5% ± 1.1	2,367	9.1% ± 1.9
<b>Educational attainment</b>				
Less than high school	270	49.1% ± 9.8	174	48.0% ± 11.8
High school or GED	909	15.6% ± 3.4	584	18.0% ± 4.3
Some college	1,807	10.0% ± 1.8	1,111	12.7% ± 2.5
College degree or higher	2,656	4.8% ± 0.9	1,683	7.6% ± 1.6
<b>Housing insecurity</b>				
Yes	378	29.3% ± 10.4	117	46.6% ± 19.9
No	5,298	11.2% ± 1.3	3,457	14.6% ± 1.9
<b>Self-reported disability</b>				
Yes	2,089	32.8% ± 3.4	1,431	33.5% ± 4.0
No	3,565	2.2% ± 0.8	2,129	3.7% ± 1.5
<b>Frequent mental distress</b>				
Yes	591	37.5% ± 7.0	269	49.5% ± 10.3
No	4,941	9.1% ± 1.3	3,194	12.1% ± 1.7

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Overall Health



Because of any impairment or health problem, needs any type of help (ADL or IADL)

Table 12	Among persons aged 55 and older:		Among persons aged 65 and older:	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	5,716	12.6% ± 1.4	3,573	40.2% ± 2.4
<b>Minneapolis</b>	1,940	19.8% ± 3.4	1,103	43.1% ± 4.9
Camden, Near North	549	32.9% ± 8.0	266	49.8% ± 9.2
Central, Northeast, University, St. Anthony	491	27.8% ± 8.1	303	42.8% ± 8.8
Phillips, Powderhorn	418	28.8% ± 8.4	242	56.7% ± 10.4
Calhoun-Isles, Longfellow, Nokomis, Southwest	482	*7.8% ± 5.0	292	37.6% ± 8.5
<b>Suburban Hennepin County</b>	3,776	10.3% ± 1.5	2,470	39.4% ± 2.7
Northwest suburbs	1,242	10.3% ± 2.6	764	37.2% ± 4.7
Northwest - inner	655	14.6% ± 4.7	390	35.5% ± 6.9
Northwest - outer	587	7.0% ± 2.9	374	38.4% ± 6.5
West suburbs	1,137	8.7% ± 2.4	737	41.0% ± 4.8
West - inner	534	10.0% ± 3.8	346	37.9% ± 6.7
West - outer	603	8.2% ± 3.2	391	42.1% ± 6.1
South suburbs	1,397	11.5% ± 2.7	969	40.8% ± 4.4
South - east	653	17.6% ± 5.6	442	45.3% ± 6.3
South - west	744	9.6% ± 3.2	527	39.4% ± 5.4
<b>Age</b>				
18-24	N/A		N/A	
25-34	N/A		N/A	
35-44	N/A		N/A	
45-54	N/A		N/A	
55-64	2,109	9.2% ± 2.0	N/A	
65-74	2,002	9.3% ± 2.4	1,988	33.5% ± 3.1
75 and older	1,535	23.1% ± 3.3	1,514	47.5% ± 3.6
<b>Gender</b>				
Male	2,236	10.3% ± 2.2	1,447	38.7% ± 3.7
Female	3,479	14.6% ± 1.9	2,126	41.3% ± 3.1
Transgender	33	*42.0% ± 31.1	< 30	
<b>LGBT self-identification</b>				
LGBT self-identified	316	17.4% ± 8.5	153	45.8% ± 11.8
Not LGBT self-identified	5,085	11.9% ± 1.4	3,208	40.2% ± 2.5

## Overall Health



**Because of any impairment or health problem, needs any type of help (ADL or IADL)**

Table 12	Among persons aged 55 and older:		Among persons aged 65 and older:	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	89	*14.9% ± 10.8	44	*32.2% ± 19.8
Non-Hispanic				
American Indian or Alaska Native	83	*21.8% ± 14.9	45	39.2% ± 20.5
Asian or Asian American	124	20.4% ± 9.3	73	47.3% ± 15.7
Southeast Asian	59	32.7% ± 15.4	33	69.6% ± 21.3
Black or African American	569	32.0% ± 5.2	263	43.0% ± 8.4
US-born black	391	35.0% ± 6.6	157	43.5% ± 12.2
Foreign-born black	150	26.6% ± 8.8	93	41.8% ± 12.1
White	4,730	10.1% ± 1.1	3,085	39.3% ± 2.2
<b>Household income</b>				
< 200% of Federal Poverty Level	1,675	31.6% ± 4.1	980	49.7% ± 5.2
< 100% of Federal Poverty Level	656	42.9% ± 7.6	324	56.2% ± 10.5
100 - 199% of Federal Poverty Level	954	23.8% ± 4.5	621	44.2% ± 5.9
≥ 200% of Federal Poverty Level	3,744	5.8% ± 1.1	2,352	36.4% ± 2.7
<b>Educational attainment</b>				
Less than high school	271	50.2% ± 9.7	172	53.9% ± 11.8
High school or GED	913	15.8% ± 3.4	578	42.3% ± 5.4
Some college	1,814	10.3% ± 1.8	1,108	39.6% ± 3.8
College degree or higher	2,658	5.1% ± 1.0	1,671	34.2% ± 2.8
<b>Housing insecurity</b>				
Yes	381	30.6% ± 10.3	117	71.6% ± 16.9
No	5,309	11.5% ± 1.3	3,433	39.0% ± 2.3
<b>Self-reported disability</b>				
Yes	2,097	33.7% ± 3.4	1,436	100.0% ± 0.0
No	3,571	2.4% ± 0.8	2,137	0.0% ± 0.0
<b>Frequent mental distress</b>				
Yes	595	39.2% ± 7.0	269	84.8% ± 6.6
No	4,950	9.3% ± 1.3	3,175	35.9% ± 2.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)





## Access to health care

## Access to Health Care


**Current health insurance coverage**  
**Among persons aged 18 and older**

Table 13	Sample	Private	Public	Insured, type unknown	Uninsured
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,028	65.0% ± 1.4	30.7% ± 1.4	1.3% ± 0.4	2.9% ± 0.7
<b>Minneapolis</b>	4,673	62.3% ± 2.5	31.7% ± 2.4	1.4% ± 0.7	4.6% ± 1.4
Camden, Near North	1,336	39.0% ± 5.6	53.2% ± 5.8	^0.8% ± 1.7	*6.9% ± 4.4
Central, Northeast, University, St. Anthony	1,118	67.9% ± 4.6	26.6% ± 4.3	*2.2% ± 1.8	*3.3% ± 2.3
Phillips, Powderhorn	1,224	53.9% ± 5.4	35.2% ± 5.3	*1.4% ± 1.2	9.5% ± 5.0
Calhoun-Isles, Longfellow, Nokomis, Southwest	995	71.9% ± 4.1	25.1% ± 4.0	^1.0% ± 1.4	^2.0% ± 2.1
<b>Suburban Hennepin County</b>	6,355	66.5% ± 1.7	30.2% ± 1.7	1.3% ± 0.5	2.0% ± 0.7
Northwest suburbs	2,195	66.7% ± 2.9	29.8% ± 2.7	*1.2% ± 0.9	2.3% ± 1.3
Northwest - inner	1,246	60.1% ± 4.5	34.1% ± 4.4	^1.6% ± 2.0	*4.3% ± 2.7
Northwest - outer	949	71.9% ± 3.6	26.4% ± 3.5	*1.0% ± 0.8	^0.7% ± 1.4
West suburbs	1,960	67.4% ± 3.3	29.3% ± 3.1	*1.4% ± 1.2	*1.9% ± 1.6
West - inner	1,056	66.7% ± 5.1	29.3% ± 5.0	^2.0% ± 3.0	^2.0% ± 2.3
West - outer	904	67.8% ± 4.2	29.3% ± 4.1	^1.0% ± 1.1	^1.9% ± 2.4
South suburbs	2,200	65.6% ± 3.0	31.3% ± 2.9	*1.3% ± 0.9	*1.7% ± 1.4
South - east	1,095	56.7% ± 5.3	37.1% ± 5.1	*2.5% ± 2.5	^3.7% ± 4.0
South - west	1,105	69.5% ± 3.5	28.9% ± 3.4	^0.8% ± 1.0	^0.9% ± 1.5
<b>Age</b>					
18-24	480	78.9% ± 6.9	17.7% ± 6.7	^0.5% ± 2.0	^2.9% ± 3.5
25-34	1,759	77.9% ± 3.4	16.3% ± 3.1	^0.9% ± 0.9	4.9% ± 2.2
35-44	1,622	76.6% ± 3.6	19.2% ± 3.4	^1.4% ± 1.4	*2.8% ± 1.8
45-54	1,472	76.2% ± 3.5	18.5% ± 3.3	*1.6% ± 1.0	3.6% ± 1.8
55-64	2,097	72.9% ± 2.8	21.4% ± 2.6	3.0% ± 1.2	2.7% ± 1.2
65-74	1,996	8.4% ± 2.2	91.3% ± 2.2	^0.0% ± 0.2	^0.3% ± 0.4
75 and older	1,531	9.1% ± 2.3	90.6% ± 2.4	^0.1% ± 0.4	^0.2% ± 0.5
<b>Gender</b>					
Male	3,834	65.8% ± 2.3	29.6% ± 2.2	1.1% ± 0.7	3.5% ± 1.2
Female	7,180	64.5% ± 1.8	31.5% ± 1.7	1.5% ± 0.5	2.5% ± 0.8
Transgender	94	56.4% ± 18.5	41.0% ± 18.7	^0.6% ± 3.5	^2.0% ± 11.0
<b>LGBT self-identification</b>					
LGBT self-identified	937	70.2% ± 5.2	24.3% ± 4.8	^1.3% ± 1.7	*4.2% ± 3.3
Not LGBT self-identified	9,476	66.0% ± 1.5	30.1% ± 1.4	1.2% ± 0.4	2.7% ± 0.7

## Access to Health Care


**Current health insurance coverage**  
**Among persons aged 18 and older**

Table 13	Sample	Private	Public	Insured, type unknown	Uninsured
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	518	31.0% ± 6.5	39.1% ± 6.4	*3.6% ± 2.9	26.2% ± 5.9
Non-Hispanic					
American Indian or Alaska Native	225	27.4% ± 10.5	64.8% ± 10.4	^0.5% ± 2.7	*7.4% ± 6.8
Asian or Asian American	362	53.3% ± 7.5	42.5% ± 7.6	^1.2% ± 3.5	^2.9% ± 6.2
Southeast Asian	173	32.8% ± 10.1	61.9% ± 10.9	^0.1% ± 0.3	^5.3% ± 13.9
Black or African American	1,656	17.4% ± 3.0	71.8% ± 3.4	1.5% ± 0.9	9.3% ± 2.4
US-born black	1,119	16.7% ± 3.5	70.9% ± 4.3	*1.4% ± 1.1	11.0% ± 3.6
Foreign-born black	448	19.0% ± 5.8	73.1% ± 6.1	^1.3% ± 1.8	6.7% ± 3.6
White	7,910	66.0% ± 1.5	30.5% ± 1.4	1.2% ± 0.4	2.3% ± 0.6
<b>Household income</b>					
< 200% of Federal Poverty Level	3,855	23.0% ± 3.1	69.0% ± 3.3	^1.0% ± 1.1	7.0% ± 2.2
< 100% of Federal Poverty Level	2,002	12.1% ± 4.0	80.0% ± 4.7	^0.5% ± 2.8	7.4% ± 3.5
100 - 199% of Federal Poverty Level	1,724	33.0% ± 4.6	59.8% ± 4.6	^0.8% ± 0.9	6.4% ± 3.1
≥ 200% of Federal Poverty Level	6,808	79.6% ± 1.2	17.4% ± 1.1	1.4% ± 0.4	1.6% ± 0.6
<b>Educational attainment</b>					
Less than high school	657	*9.9% ± 6.6	80.7% ± 7.8	^1.5% ± 4.3	*7.9% ± 6.4
High school or GED	1,766	36.2% ± 4.4	56.1% ± 4.4	^1.5% ± 1.7	6.3% ± 2.9
Some college	3,036	59.2% ± 2.8	35.5% ± 2.6	1.4% ± 0.8	3.9% ± 1.3
College degree or higher	5,473	83.6% ± 1.2	14.3% ± 1.1	1.2% ± 0.4	0.9% ± 0.5
<b>Housing insecurity</b>					
Yes	1,600	41.3% ± 5.7	49.2% ± 5.7	^0.5% ± 0.6	8.9% ± 3.7
No	9,391	67.5% ± 1.4	28.7% ± 1.4	1.4% ± 0.4	2.3% ± 0.7
<b>Self-reported disability</b>					
Yes	3,183	36.2% ± 3.2	59.6% ± 3.2	*1.0% ± 0.8	3.2% ± 1.6
No	7,769	73.3% ± 1.5	22.4% ± 1.4	1.4% ± 0.5	2.9% ± 0.8
<b>Frequent mental distress</b>					
Yes	1,543	44.8% ± 4.6	47.1% ± 4.6	*1.0% ± 0.8	7.0% ± 3.2
No	9,193	68.7% ± 1.5	27.7% ± 1.4	1.3% ± 0.4	2.3% ± 0.6

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is &gt; 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error &gt; 50%)



## Access to Health Care



## Current health insurance coverage

Among persons aged 18 to 64

Table 14	Sample	Private	Public	Insured, type unknown	Uninsured
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	7,430	76.3% ± 1.6	18.7% ± 1.5	1.6% ± 0.5	3.5% ± 0.8
<b>Minneapolis</b>	3,567	68.7% ± 2.7	24.6% ± 2.6	1.6% ± 0.7	5.1% ± 1.6
Camden, Near North	1,070	42.0% ± 6.1	49.8% ± 6.3	^0.9% ± 1.9	*7.4% ± 4.8
Central, Northeast, University, St. Anthony	813	74.4% ± 5.0	19.5% ± 4.7	*2.4% ± 2.0	*3.7% ± 2.6
Phillips, Powderhorn	981	58.0% ± 5.9	30.4% ± 5.8	*1.5% ± 1.3	10.2% ± 5.4
Calhoun-Isles, Longfellow, Nokomis, Southwest	703	82.0% ± 4.6	14.6% ± 4.4	^1.1% ± 1.6	^2.3% ± 2.5
<b>Suburban Hennepin County</b>	3,863	80.8% ± 2.0	15.1% ± 1.8	1.6% ± 0.6	2.5% ± 0.9
Northwest suburbs	1,425	79.5% ± 3.3	16.2% ± 3.1	*1.5% ± 1.1	2.8% ± 1.6
Northwest - inner	851	70.6% ± 5.4	22.3% ± 5.2	^1.9% ± 2.4	*5.2% ± 3.3
Northwest - outer	574	86.7% ± 4.0	11.2% ± 3.9	*1.2% ± 1.0	^0.9% ± 1.8
West suburbs	1,218	79.8% ± 3.8	16.3% ± 3.6	*1.7% ± 1.4	*2.2% ± 1.9
West - inner	707	75.1% ± 6.1	20.4% ± 5.9	^2.3% ± 3.5	^2.3% ± 2.6
West - outer	511	83.0% ± 5.1	13.6% ± 4.8	^1.2% ± 1.4	^2.2% ± 3.1
South suburbs	1,220	83.7% ± 3.3	12.4% ± 3.0	*1.7% ± 1.2	*2.2% ± 1.9
South - east	644	67.9% ± 6.7	24.5% ± 6.4	^3.0% ± 3.0	^4.6% ± 4.9
South - west	576	91.0% ± 3.6	6.8% ± 3.3	^1.0% ± 1.3	^1.1% ± 2.1
<b>Age</b>					
18-24	480	78.9% ± 6.9	17.7% ± 6.7	^0.5% ± 2.0	^2.9% ± 3.5
25-34	1,759	77.9% ± 3.4	16.3% ± 3.1	^0.9% ± 0.9	4.9% ± 2.2
35-44	1,622	76.6% ± 3.6	19.2% ± 3.4	^1.4% ± 1.4	*2.8% ± 1.8
45-54	1,472	76.2% ± 3.5	18.5% ± 3.3	*1.6% ± 1.0	3.6% ± 1.8
55-64	2,097	72.9% ± 2.8	21.4% ± 2.6	3.0% ± 1.2	2.7% ± 1.2
65-74	N/A				
75 and older	N/A				
<b>Gender</b>					
Male	2,381	76.0% ± 2.6	18.5% ± 2.4	*1.3% ± 0.8	4.1% ± 1.4
Female	5,035	76.6% ± 2.0	18.7% ± 1.9	1.8% ± 0.6	3.0% ± 0.9
Transgender	74	63.5% ± 21.3	*33.6% ± 21.8	^0.6% ± 3.9	^2.2% ± 12.3
<b>LGBT self-identification</b>					
LGBT self-identified	783	73.4% ± 5.5	20.8% ± 5.1	^1.3% ± 1.8	*4.5% ± 3.4
Not LGBT self-identified	6,243	78.0% ± 1.7	17.4% ± 1.6	1.5% ± 0.5	3.2% ± 0.8

## Access to Health Care



## Current health insurance coverage

Among persons aged 18 to 64

Table 14	Sample	Private	Public	Insured, type unknown	Uninsured
	Size				
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	474	31.8% ± 6.6	37.5% ± 6.6	*3.7% ± 3.0	27.0% ± 6.1
Non-Hispanic					
American Indian or Alaska Native	180	30.8% ± 11.5	60.3% ± 11.1	^0.5% ± 3.1	*8.4% ± 7.7
Asian or Asian American	289	57.0% ± 8.2	38.6% ± 8.2	^1.3% ± 3.8	^3.1% ± 6.8
Southeast Asian	141	35.3% ± 10.9	58.9% ± 11.6	^0.1% ± 0.4	^5.7% ± 14.8
Black or African American	1,389	18.2% ± 3.2	70.4% ± 3.6	1.5% ± 0.9	9.9% ± 2.6
US-born black	959	17.1% ± 3.8	69.6% ± 4.6	*1.5% ± 1.2	11.9% ± 3.8
Foreign-born black	354	20.5% ± 6.2	71.4% ± 6.5	^1.1% ± 1.9	7.0% ± 3.9
White	4,805	78.7% ± 1.7	17.0% ± 1.6	1.5% ± 0.4	2.7% ± 0.8
<b>Household income</b>					
< 200% of Federal Poverty Level	2,866	26.8% ± 3.7	63.4% ± 4.0	^1.2% ± 1.3	8.5% ± 2.7
< 100% of Federal Poverty Level	1,678	13.7% ± 4.6	77.4% ± 5.3	^0.6% ± 3.3	8.4% ± 4.0
100 - 199% of Federal Poverty Level	1,097	40.4% ± 5.6	50.4% ± 5.5	^1.0% ± 1.2	8.2% ± 4.0
≥ 200% of Federal Poverty Level	4,443	91.9% ± 1.2	4.7% ± 1.0	1.6% ± 0.5	1.9% ± 0.7
<b>Educational attainment</b>					
Less than high school	485	*11.0% ± 8.3	76.5% ± 9.8	^1.9% ± 6.1	*10.6% ± 8.4
High school or GED	1,182	45.9% ± 5.6	43.6% ± 5.6	^2.1% ± 2.3	8.5% ± 3.9
Some college	1,922	71.6% ± 3.2	21.8% ± 2.9	1.8% ± 0.9	4.8% ± 1.7
College degree or higher	3,790	92.1% ± 1.2	5.7% ± 1.0	1.3% ± 0.5	0.9% ± 0.5
<b>Housing insecurity</b>					
Yes	1,483	43.4% ± 5.9	46.7% ± 5.9	^0.6% ± 0.7	9.4% ± 3.9
No	5,933	80.0% ± 1.6	15.5% ± 1.5	1.7% ± 0.5	2.8% ± 0.8
<b>Self-reported disability</b>					
Yes	1,753	48.8% ± 4.2	45.3% ± 4.2	*1.5% ± 1.1	4.5% ± 2.3
No	5,639	82.6% ± 1.6	12.6% ± 1.5	1.6% ± 0.5	3.2% ± 0.9
<b>Frequent mental distress</b>					
Yes	1,274	49.2% ± 5.0	42.0% ± 5.1	*1.1% ± 0.9	7.7% ± 3.5
No	5,999	81.1% ± 1.6	14.6% ± 1.5	1.5% ± 0.5	2.7% ± 0.8

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is &gt; 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error &gt; 50%)

## Access to Health Care



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?

Table 15	Sample Size	Insured the entire year	Insured only part of the year	Not insured for the entire year
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,040	92.4% ± 0.9	4.9% ± 0.8	2.7% ± 0.6
<b>Minneapolis</b>	4,680	88.1% ± 1.9	7.2% ± 1.6	4.7% ± 1.4
Camden, Near North	1,342	76.6% ± 6.1	11.4% ± 5.1	12.0% ± 5.2
Central, Northeast, University, St. Anthony	1,116	89.8% ± 3.6	7.7% ± 3.3	*2.6% ± 2.2
Phillips, Powderhorn	1,223	81.3% ± 5.4	11.1% ± 4.6	7.7% ± 4.4
Calhoun-Isles, Longfellow, Nokomis, Southwest	999	95.4% ± 2.5	*2.8% ± 2.1	^1.8% ± 1.8
<b>Suburban Hennepin County</b>	6,360	94.7% ± 1.0	3.7% ± 0.9	1.7% ± 0.7
Northwest suburbs	2,198	94.1% ± 1.8	3.9% ± 1.5	*2.0% ± 1.2
Northwest - inner	1,244	90.7% ± 3.3	5.7% ± 2.7	*3.6% ± 2.6
Northwest - outer	954	96.9% ± 2.2	*2.4% ± 2.1	^0.7% ± 1.2
West suburbs	1,955	94.6% ± 2.1	4.1% ± 1.9	^1.4% ± 1.3
West - inner	1,052	92.8% ± 3.6	*5.3% ± 3.2	^1.9% ± 2.6
West - outer	903	95.6% ± 3.0	*3.4% ± 2.8	^1.0% ± 2.0
South suburbs	2,207	95.5% ± 1.7	3.0% ± 1.5	*1.6% ± 1.2
South - east	1,102	91.7% ± 4.6	*5.0% ± 3.8	^3.3% ± 3.8
South - west	1,105	97.1% ± 1.7	*2.1% ± 1.6	^0.8% ± 1.0
<b>Age</b>				
18-24	485	89.0% ± 5.4	8.5% ± 5.0	^2.5% ± 3.4
25-34	1,762	88.7% ± 2.7	8.3% ± 2.4	*3.0% ± 1.8
35-44	1,630	91.8% ± 2.4	5.4% ± 2.1	2.8% ± 1.7
45-54	1,475	92.2% ± 2.3	3.9% ± 1.6	3.9% ± 2.0
55-64	2,097	93.3% ± 1.8	3.7% ± 1.4	2.9% ± 1.3
65-74	1,993	97.7% ± 1.5	^1.3% ± 1.4	*1.0% ± 0.9
75 and older	1,530	98.9% ± 1.2	^0.3% ± 0.5	^0.9% ± 1.2
<b>Gender</b>				
Male	3,842	91.0% ± 1.7	5.9% ± 1.4	3.2% ± 1.1
Female	7,184	93.5% ± 1.1	4.1% ± 0.9	2.4% ± 0.7
Transgender	94	88.0% ± 15.8	^8.7% ± 14.6	^3.3% ± 16.9
<b>LGBT self-identification</b>				
LGBT self-identified	941	88.2% ± 4.1	7.7% ± 3.3	*4.2% ± 3.2
Not LGBT self-identified	9,490	93.1% ± 1.0	4.5% ± 0.8	2.4% ± 0.6

## Access to Health Care



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?

Table 15	Sample Size	Insured the entire year	Insured only part of the year	Not insured for the entire year
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	529	56.5% ± 6.5	18.0% ± 5.5	25.5% ± 6.1
Non-Hispanic				
American Indian or Alaska Native	224	80.5% ± 9.1	*10.3% ± 6.9	*9.3% ± 8.6
Asian or Asian American	360	89.7% ± 5.9	*6.2% ± 4.5	^4.0% ± 5.6
Southeast Asian	174	84.0% ± 11.4	^7.6% ± 8.9	^8.4% ± 11.2
Black or African American	1,648	73.8% ± 3.3	15.9% ± 2.9	10.3% ± 2.2
US-born black	1,123	71.3% ± 4.2	17.9% ± 4.0	10.8% ± 2.7
Foreign-born black	438	78.6% ± 5.6	13.2% ± 4.9	8.1% ± 4.2
White	7,920	93.5% ± 1.0	4.7% ± 0.9	1.7% ± 0.5
<b>Household income</b>				
< 200% of Federal Poverty Level	3,859	81.4% ± 2.9	10.5% ± 2.4	8.0% ± 2.2
< 100% of Federal Poverty Level	2,008	78.8% ± 4.7	10.8% ± 3.8	10.3% ± 3.8
100 - 199% of Federal Poverty Level	1,726	83.8% ± 3.9	10.6% ± 3.5	5.6% ± 2.7
≥ 200% of Federal Poverty Level	6,816	96.0% ± 0.8	3.0% ± 0.7	1.0% ± 0.4
<b>Educational attainment</b>				
Less than high school	656	82.7% ± 7.4	*7.2% ± 6.2	*10.0% ± 6.2
High school or GED	1,776	86.7% ± 3.4	6.2% ± 2.6	7.1% ± 2.8
Some college	3,038	91.6% ± 1.8	5.4% ± 1.6	3.0% ± 1.1
College degree or higher	5,475	95.6% ± 1.0	4.0% ± 1.0	*0.4% ± 0.3
<b>Housing insecurity</b>				
Yes	1,599	74.2% ± 5.2	13.6% ± 4.2	12.2% ± 4.3
No	9,404	94.2% ± 0.9	4.0% ± 0.8	1.8% ± 0.5
<b>Self-reported disability</b>				
Yes	3,180	91.5% ± 2.1	5.3% ± 1.7	3.3% ± 1.5
No	7,783	92.6% ± 1.1	4.8% ± 0.9	2.6% ± 0.7
<b>Frequent mental distress</b>				
Yes	1,549	84.3% ± 3.9	10.1% ± 3.3	5.6% ± 2.9
No	9,200	93.7% ± 0.9	4.1% ± 0.8	2.2% ± 0.6

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Access to Health Care



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?

Table 16	Sample Size	Very difficult	Somewhat difficult	Not too difficult	Not at all difficult	Not applicable
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,038	7.1% ± 0.9	16.2% ± 1.2	24.8% ± 1.3	45.4% ± 1.5	6.6% ± 0.9
<b>Minneapolis</b>	4,679	7.9% ± 1.6	15.7% ± 2.0	24.0% ± 2.3	42.6% ± 2.5	9.8% ± 1.7
Camden, Near North	1,336	17.6% ± 5.7	21.3% ± 5.3	16.3% ± 4.1	28.4% ± 5.0	16.3% ± 5.4
Central, Northeast, University, St. Anthony	1,119	5.5% ± 2.5	14.6% ± 4.1	24.8% ± 4.5	45.7% ± 4.9	9.4% ± 3.3
Phillips, Powderhorn	1,226	9.7% ± 4.2	18.1% ± 4.7	25.7% ± 4.8	32.6% ± 4.7	13.9% ± 4.4
Calhoun-Isles, Longfellow, Nokomis, Southwest	998	*4.8% ± 2.9	13.0% ± 3.4	25.5% ± 4.2	51.5% ± 4.5	5.1% ± 2.5
<b>Suburban Hennepin County</b>	6,359	6.6% ± 1.2	16.4% ± 1.5	25.2% ± 1.7	47.0% ± 1.9	4.9% ± 1.0
Northwest suburbs	2,198	8.8% ± 2.2	18.7% ± 2.7	24.4% ± 2.7	43.7% ± 3.1	4.4% ± 1.6
Northwest - inner	1,245	10.0% ± 3.6	22.0% ± 4.3	23.6% ± 4.0	39.0% ± 4.4	5.4% ± 2.7
Northwest - outer	953	7.9% ± 3.0	16.2% ± 3.5	25.0% ± 3.7	47.4% ± 4.2	*3.5% ± 2.2
West suburbs	1,959	5.2% ± 2.0	15.1% ± 2.8	25.8% ± 3.1	49.6% ± 3.5	4.3% ± 1.9
West - inner	1,053	5.6% ± 3.1	16.2% ± 4.7	25.0% ± 4.5	46.7% ± 5.1	6.5% ± 3.6
West - outer	906	4.9% ± 2.8	14.5% ± 3.7	26.2% ± 4.3	51.3% ± 4.7	*3.0% ± 2.5
South suburbs	2,202	4.7% ± 1.8	14.2% ± 2.5	25.8% ± 3.1	49.3% ± 3.4	6.0% ± 2.0
South - east	1,099	6.7% ± 3.5	16.3% ± 4.1	26.4% ± 5.0	38.6% ± 5.1	11.9% ± 5.2
South - west	1,103	*3.9% ± 2.4	13.2% ± 3.3	25.6% ± 3.9	53.9% ± 4.3	3.5% ± 2.0
<b>Age</b>						
18-24	484	*6.1% ± 4.7	18.4% ± 6.7	25.7% ± 7.1	40.4% ± 7.6	*9.4% ± 5.6
25-34	1,768	7.4% ± 2.4	17.0% ± 3.1	22.2% ± 3.1	46.7% ± 3.6	6.7% ± 2.2
35-44	1,630	8.0% ± 2.6	16.3% ± 3.1	22.7% ± 3.2	45.8% ± 3.8	7.1% ± 2.5
45-54	1,479	9.5% ± 2.8	17.4% ± 3.1	26.7% ± 3.5	40.0% ± 3.7	6.3% ± 2.1
55-64	2,093	6.4% ± 1.5	16.2% ± 2.4	27.4% ± 3.1	44.0% ± 3.1	6.0% ± 1.6
65-74	1,992	4.5% ± 2.5	11.7% ± 2.4	23.6% ± 2.7	56.4% ± 3.2	3.8% ± 1.4
75 and older	1,525	*2.9% ± 2.0	13.0% ± 2.8	26.1% ± 3.2	50.5% ± 3.5	7.4% ± 2.5
<b>Gender</b>						
Male	3,843	7.2% ± 1.6	15.0% ± 2.0	23.6% ± 2.2	48.7% ± 2.5	5.5% ± 1.3
Female	7,181	6.8% ± 1.1	17.1% ± 1.5	25.7% ± 1.7	42.8% ± 1.8	7.6% ± 1.2
Transgender	95	^15.2% ± 20.2	35.4% ± 19.5	*24.2% ± 19.2	^12.3% ± 12.8	^12.9% ± 19.7
<b>LGBT self-identification</b>						
LGBT self-identified	938	11.1% ± 4.5	20.1% ± 5.1	22.8% ± 4.9	38.1% ± 5.4	8.0% ± 3.2
Not LGBT self-identified	9,489	6.5% ± 1.0	15.6% ± 1.3	25.2% ± 1.4	46.6% ± 1.6	6.2% ± 0.9

# Access to Health Care



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?

**Table 16**

	Sample Size	Very difficult	Somewhat difficult	Not too difficult	Not at all difficult	Not applicable
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	531	15.4% ± 4.9	24.2% ± 6.0	17.5% ± 5.6	22.6% ± 5.7	20.2% ± 5.5
Non-Hispanic						
American Indian or Alaska Native	223	14.5% ± 7.4	15.6% ± 8.7	22.7% ± 10.3	22.0% ± 7.9	25.1% ± 10.0
Asian or Asian American	362	5.0% ± 2.7	19.2% ± 7.0	25.2% ± 6.6	38.0% ± 7.5	12.6% ± 6.2
Southeast Asian	173	*8.5% ± 5.3	18.1% ± 8.6	21.7% ± 9.8	33.4% ± 11.6	*18.4% ± 11.5
Black or African American	1,659	16.0% ± 3.1	16.6% ± 2.6	19.4% ± 3.2	29.8% ± 3.3	18.1% ± 2.7
US-born black	1,125	16.5% ± 3.6	16.9% ± 3.4	18.9% ± 3.8	29.5% ± 4.2	18.2% ± 3.4
Foreign-born black	447	15.4% ± 6.1	16.5% ± 4.9	20.4% ± 6.2	29.5% ± 5.9	18.3% ± 5.0
White	7,908	6.3% ± 1.0	14.7% ± 1.2	25.6% ± 1.4	47.6% ± 1.6	5.9% ± 0.9
<b>Household income</b>						
< 200% of Federal Poverty Level	3,865	14.7% ± 2.7	22.7% ± 3.1	19.4% ± 2.7	24.9% ± 3.0	18.3% ± 2.7
< 100% of Federal Poverty Level	2,010	13.5% ± 4.2	17.9% ± 4.5	17.8% ± 4.6	24.3% ± 4.8	26.5% ± 4.7
100 - 199% of Federal Poverty Level	1,727	15.7% ± 3.8	27.1% ± 4.4	21.1% ± 3.6	25.0% ± 4.0	11.1% ± 3.2
≥ 200% of Federal Poverty Level	6,809	4.7% ± 0.9	14.0% ± 1.3	26.4% ± 1.6	52.3% ± 1.8	2.6% ± 0.7
<b>Educational attainment</b>						
Less than high school	666	17.1% ± 7.6	14.1% ± 6.9	18.7% ± 6.9	23.4% ± 7.0	26.8% ± 7.6
High school or GED	1,773	10.2% ± 3.2	20.8% ± 3.9	23.9% ± 3.8	33.3% ± 4.1	11.7% ± 3.1
Some college	3,037	10.5% ± 2.1	19.5% ± 2.6	24.1% ± 2.6	38.5% ± 2.9	7.4% ± 1.6
College degree or higher	5,469	3.0% ± 0.7	13.1% ± 1.4	26.1% ± 1.8	55.5% ± 2.0	2.4% ± 0.7
<b>Housing insecurity</b>						
Yes	1,612	27.9% ± 5.4	32.9% ± 5.6	12.4% ± 4.1	13.6% ± 4.1	13.3% ± 4.0
No	9,390	5.0% ± 0.8	14.5% ± 1.2	26.0% ± 1.4	48.6% ± 1.6	5.9% ± 0.9
<b>Self-reported disability</b>						
Yes	3,186	12.1% ± 2.5	20.5% ± 2.7	23.8% ± 2.7	32.5% ± 2.9	11.0% ± 2.2
No	7,775	5.6% ± 1.0	14.9% ± 1.4	24.9% ± 1.6	49.2% ± 1.8	5.3% ± 0.9
<b>Frequent mental distress</b>						
Yes	1,549	17.4% ± 3.9	23.1% ± 4.2	21.7% ± 4.0	24.7% ± 4.1	13.2% ± 3.5
No	9,196	5.4% ± 0.9	15.0% ± 1.3	25.3% ± 1.5	48.8% ± 1.6	5.5% ± 0.8

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Access to Health Care



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

<b>Table 17</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Hennepin County total</b>	11,085	87.6% ± 1.2
<b>Minneapolis</b>	4,708	85.6% ± 2.0
Camden, Near North	1,352	80.2% ± 6.0
Central, Northeast, University, St. Anthony	1,123	85.2% ± 4.1
Phillips, Powderhorn	1,232	82.1% ± 4.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	1,001	90.0% ± 3.4
<b>Suburban Hennepin County</b>	6,377	88.7% ± 1.4
Northwest suburbs	2,201	86.9% ± 2.5
Northwest - inner	1,248	85.3% ± 3.9
Northwest - outer	953	88.2% ± 3.5
West suburbs	1,966	88.8% ± 2.7
West - inner	1,063	88.6% ± 4.2
West - outer	903	88.9% ± 3.7
South suburbs	2,210	91.1% ± 2.3
South - east	1,103	86.4% ± 4.8
South - west	1,107	93.1% ± 2.7
<b>Age</b>		
18-24	488	83.6% ± 6.5
25-34	1,772	83.7% ± 3.1
35-44	1,634	86.7% ± 2.9
45-54	1,484	85.6% ± 3.1
55-64	2,105	90.2% ± 2.1
65-74	1,998	93.9% ± 1.8
75 and older	1,533	96.2% ± 1.5
<b>Gender</b>		
Male	3,848	84.1% ± 2.0
Female	7,223	90.5% ± 1.3
Transgender	96	96.3% ± 7.9
<b>LGBT self-identification</b>		
LGBT self-identified	939	89.7% ± 4.0
Not LGBT self-identified	9,511	87.8% ± 1.2



## Access to Health Care



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

<b>Table 17</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Selected race/ethnicity</b>		
Hispanic	543	75.2% ± 5.8
Non-Hispanic		
American Indian or Alaska Native	225	78.5% ± 9.9
Asian or Asian American	364	79.7% ± 7.5
Southeast Asian	174	73.2% ± 12.0
Black or African American	1,671	78.8% ± 3.2
US-born black	1,133	78.8% ± 4.1
Foreign-born black	450	79.3% ± 5.9
White	7,919	88.7% ± 1.2
<b>Household income</b>		
< 200% of Federal Poverty Level	3,900	84.8% ± 2.8
< 100% of Federal Poverty Level	2,032	81.8% ± 4.7
100 - 199% of Federal Poverty Level	1,737	86.9% ± 3.6
≥ 200% of Federal Poverty Level	6,814	88.3% ± 1.3
<b>Educational attainment</b>		
Less than high school	668	82.2% ± 7.6
High school or GED	1,787	83.4% ± 3.8
Some college	3,053	87.9% ± 2.2
College degree or higher	5,475	89.3% ± 1.5
<b>Housing insecurity</b>		
Yes	1,612	83.5% ± 4.9
No	9,435	88.0% ± 1.2
<b>Self-reported disability</b>		
Yes	3,197	93.3% ± 2.2
No	7,808	86.0% ± 1.4
<b>Frequent mental distress</b>		
Yes	1,554	90.3% ± 3.4
No	9,224	87.4% ± 1.3

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Access to Health Care



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

<b>Table 18</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Hennepin County total</b>	11,077	20.0% ± 1.3
<b>Minneapolis</b>	4,707	27.7% ± 2.3
Camden, Near North	1,346	28.8% ± 5.3
Central, Northeast, University, St. Anthony	1,127	27.9% ± 4.7
Phillips, Powderhorn	1,237	30.3% ± 4.8
Calhoun-Isles, Longfellow, Nokomis, Southwest	997	25.8% ± 4.2
<b>Suburban Hennepin County</b>	6,370	15.7% ± 1.5
Northwest suburbs	2,200	14.9% ± 2.4
Northwest - inner	1,247	15.8% ± 3.6
Northwest - outer	953	14.3% ± 3.3
West suburbs	1,958	17.6% ± 3.0
West - inner	1,056	20.5% ± 4.8
West - outer	902	15.9% ± 4.1
South suburbs	2,212	15.3% ± 2.6
South - east	1,106	20.3% ± 5.1
South - west	1,106	13.2% ± 3.1
<b>Age</b>		
18-24	491	27.3% ± 7.2
25-34	1,768	25.0% ± 3.3
35-44	1,632	23.9% ± 3.2
45-54	1,484	20.3% ± 3.1
55-64	2,104	15.2% ± 2.2
65-74	1,995	12.2% ± 2.1
75 and older	1,532	8.3% ± 2.4
<b>Gender</b>		
Male	3,843	18.5% ± 2.1
Female	7,220	21.1% ± 1.6
Transgender	95	68.6% ± 18.2
<b>LGBT self-identification</b>		
LGBT self-identified	939	39.7% ± 5.6
Not LGBT self-identified	9,499	18.2% ± 1.3

## Access to Health Care



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

<b>Table 18</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Selected race/ethnicity</b>		
Hispanic	547	26.0% ± 5.9
Non-Hispanic		
American Indian or Alaska Native	225	37.9% ± 9.8
Asian or Asian American	364	18.3% ± 6.2
Southeast Asian	174	18.1% ± 9.2
Black or African American	1,663	24.5% ± 3.0
US-born black	1,131	30.9% ± 4.1
Foreign-born black	445	14.9% ± 4.8
White	7,917	20.8% ± 1.4
<b>Household income</b>		
< 200% of Federal Poverty Level	3,890	29.2% ± 3.1
< 100% of Federal Poverty Level	2,033	34.4% ± 5.1
100 - 199% of Federal Poverty Level	1,728	24.6% ± 4.1
≥ 200% of Federal Poverty Level	6,816	17.1% ± 1.4
<b>Educational attainment</b>		
Less than high school	667	27.5% ± 7.5
High school or GED	1,788	18.0% ± 3.6
Some college	3,047	20.9% ± 2.6
College degree or higher	5,474	19.2% ± 1.6
<b>Housing insecurity</b>		
Yes	1,614	35.6% ± 5.5
No	9,426	18.4% ± 1.3
<b>Self-reported disability</b>		
Yes	3,192	35.1% ± 3.2
No	7,805	15.7% ± 1.3
<b>Frequent mental distress</b>		
Yes	1,548	46.7% ± 4.6
No	9,225	16.2% ± 1.2

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Access to Health Care



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

Table 19	Among persons aged 18 and older: Yes		Among persons who needed care: Delayed or did not get the needed care Yes		Among persons who delayed or did not get care: Was that due to cost or lack of insurance? Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	10,936	60.3% ± 1.5	6,322	24.9% ± 1.8	1,382	63.6% ± 4.2
<b>Minneapolis</b>	4,647	60.4% ± 2.5	2,667	31.0% ± 3.2	732	60.2% ± 6.3
Camden, Near North	1,315	53.9% ± 6.0	725	37.5% ± 8.1	228	62.7% ± 14.1
Central, Northeast, University, St. Anthony	1,117	57.2% ± 5.0	657	35.0% ± 6.4	163	60.2% ± 11.8
Phillips, Powderhorn	1,220	60.7% ± 5.3	697	39.8% ± 7.0	219	64.2% ± 11.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	995	65.5% ± 4.4	588	21.5% ± 5.1	122	54.6% ± 12.9
<b>Suburban Hennepin County</b>	6,289	60.2% ± 1.9	3,655	21.4% ± 2.3	650	66.4% ± 5.7
Northwest suburbs	2,159	57.6% ± 3.2	1,202	22.6% ± 3.9	231	68.0% ± 9.0
Northwest - inner	1,217	56.0% ± 4.7	651	27.4% ± 6.1	146	62.1% ± 13.1
Northwest - outer	942	58.9% ± 4.3	551	19.1% ± 5.1	85	74.4% ± 11.9
West suburbs	1,943	61.6% ± 3.5	1,159	19.3% ± 3.9	198	62.9% ± 11.1
West - inner	1,048	58.3% ± 5.4	631	23.3% ± 5.7	126	63.5% ± 14.2
West - outer	895	63.6% ± 4.6	528	17.1% ± 5.4	72	62.5% ± 16.3
South suburbs	2,187	62.5% ± 3.4	1,294	21.6% ± 4.2	221	66.7% ± 10.5
South - east	1,087	57.5% ± 5.4	618	22.1% ± 6.7	122	70.1% ± 13.4
South - west	1,100	64.6% ± 4.3	676	21.4% ± 5.2	99	65.3% ± 13.7
<b>Age</b>						
18-24	481	53.0% ± 7.6	222	37.3% ± 10.4	81	56.5% ± 16.9
25-34	1,756	59.7% ± 3.7	968	32.1% ± 4.6	288	69.0% ± 8.5
35-44	1,607	60.4% ± 3.8	894	26.5% ± 4.6	256	69.6% ± 9.7
45-54	1,461	58.4% ± 3.9	832	24.2% ± 4.6	216	69.9% ± 10.2
55-64	2,076	59.9% ± 3.2	1,223	24.8% ± 3.8	321	57.8% ± 8.7
65-74	1,979	64.1% ± 3.2	1,207	11.5% ± 2.8	144	43.2% ± 12.5
75 and older	1,507	68.6% ± 3.4	939	9.7% ± 3.0	70	^15.9% ± 16.0
<b>Gender</b>						
Male	3,809	55.2% ± 2.5	2,081	24.4% ± 3.2	430	59.7% ± 7.4
Female	7,115	64.3% ± 1.9	4,233	25.2% ± 2.2	948	66.2% ± 5.0
Transgender	94	73.1% ± 19.5	58	61.8% ± 22.9	31	*40.8% ± 26.5
<b>LGBT self-identification</b>						
LGBT self-identified	933	66.3% ± 5.6	609	40.5% ± 7.0	204	66.8% ± 11.8
Not LGBT self-identified	9,400	60.0% ± 1.6	5,420	22.9% ± 1.9	1,097	62.7% ± 4.7

## Access to Health Care



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

Table 19	Among persons aged 18 and older: Yes		Among persons who needed care: Delayed or did not get the needed care Yes		Among persons who delayed or did not get care: Was that due to cost or lack of insurance? Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	529	47.2% ± 6.4	244	37.3% ± 9.7	83	71.4% ± 13.2
Non-Hispanic						
American Indian or Alaska Native	223	62.6% ± 10.0	129	40.3% ± 13.0	54	46.4% ± 19.3
Asian or Asian American	357	48.0% ± 7.4	167	25.2% ± 10.1	45	65.1% ± 22.9
Southeast Asian	172	43.7% ± 11.0	72	30.7% ± 17.9	< 30	
Black or African American	1,605	52.0% ± 3.7	783	36.0% ± 5.3	241	57.5% ± 9.6
US-born black	1,106	54.4% ± 4.5	565	37.3% ± 6.1	190	53.7% ± 10.5
Foreign-born black	424	48.5% ± 6.6	187	34.7% ± 10.8	43	65.4% ± 21.5
White	7,866	62.8% ± 1.6	4,799	23.4% ± 1.9	892	62.2% ± 4.8
<b>Household income</b>						
< 200% of Federal Poverty Level	3,794	58.5% ± 3.4	2,051	39.4% ± 4.6	649	64.0% ± 7.6
< 100% of Federal Poverty Level	1,967	57.0% ± 5.4	1,021	33.0% ± 7.2	317	60.1% ± 12.8
100 - 199% of Federal Poverty Level	1,703	58.6% ± 4.6	970	44.5% ± 6.0	317	65.9% ± 9.8
≥ 200% of Federal Poverty Level	6,780	60.9% ± 1.8	4,073	20.5% ± 1.9	698	64.9% ± 5.1
<b>Educational attainment</b>						
Less than high school	653	53.3% ± 8.2	307	24.6% ± 11.9	90	47.0% ± 24.3
High school or GED	1,726	53.3% ± 4.4	821	31.5% ± 6.3	222	70.7% ± 11.2
Some college	3,007	62.7% ± 3.0	1,765	29.3% ± 3.8	442	60.1% ± 7.7
College degree or higher	5,455	61.7% ± 2.0	3,391	20.7% ± 2.1	621	65.5% ± 5.5
<b>Housing insecurity</b>						
Yes	1,571	69.4% ± 5.6	901	53.9% ± 7.2	410	74.2% ± 9.0
No	9,329	59.3% ± 1.6	5,400	21.7% ± 1.8	968	60.5% ± 4.8
<b>Self-reported disability</b>						
Yes	3,145	77.2% ± 2.9	2,265	30.2% ± 3.6	598	58.2% ± 7.2
No	7,712	55.6% ± 1.8	4,021	22.8% ± 2.2	778	66.3% ± 5.3
<b>Frequent mental distress</b>						
Yes	1,527	76.8% ± 4.3	1,075	45.7% ± 5.4	445	66.3% ± 7.9
No	9,120	58.0% ± 1.7	5,110	21.0% ± 1.9	911	62.2% ± 5.1

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Access to Health Care



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?

**Table 20**

	Among persons aged 18 and older: Yes		Among persons who needed care: Delayed or did not get the needed care Yes		Among persons who delayed or did not get care: Was that due to cost or lack of insurance? Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	10,983	28.6% ± 1.4	2,905	59.2% ± 3.0	1,546	45.2% ± 4.0
<b>Minneapolis</b>	4,657	37.8% ± 2.5	1,546	58.9% ± 4.2	827	44.6% ± 5.8
Camden, Near North	1,331	32.2% ± 5.5	416	62.2% ± 9.3	224	53.4% ± 13.4
Central, Northeast, University, St. Anthony	1,113	45.6% ± 4.9	394	65.9% ± 7.5	221	38.8% ± 9.5
Phillips, Powderhorn	1,219	39.7% ± 5.1	445	59.7% ± 7.7	242	48.9% ± 11.2
Calhoun-Isles, Longfellow, Nokomis, Southwest	994	32.6% ± 4.4	291	48.9% ± 8.2	140	46.0% ± 11.7
<b>Suburban Hennepin County</b>	6,326	23.6% ± 1.7	1,359	59.5% ± 4.2	719	45.8% ± 5.7
Northwest suburbs	2,182	21.3% ± 2.7	464	57.7% ± 7.1	254	46.5% ± 9.5
Northwest - inner	1,235	22.9% ± 4.1	287	55.0% ± 10.3	160	39.3% ± 13.5
Northwest - outer	947	20.1% ± 3.7	177	60.1% ± 9.9	94	52.6% ± 13.0
West suburbs	1,952	23.9% ± 3.3	402	59.2% ± 7.8	205	43.1% ± 10.6
West - inner	1,051	28.4% ± 5.0	248	55.5% ± 10.4	119	44.4% ± 13.8
West - outer	901	21.2% ± 4.4	154	62.3% ± 11.3	86	42.1% ± 15.3
South suburbs	2,192	26.5% ± 3.2	493	61.6% ± 7.0	260	47.0% ± 9.5
South - east	1,092	30.0% ± 5.4	259	61.5% ± 11.1	132	58.7% ± 14.3
South - west	1,100	25.0% ± 4.0	234	61.7% ± 9.0	128	41.0% ± 12.2
<b>Age</b>						
18-24	483	48.0% ± 7.5	185	74.3% ± 10.6	121	34.9% ± 12.6
25-34	1,765	41.2% ± 3.6	682	65.2% ± 5.6	410	53.4% ± 7.0
35-44	1,622	32.4% ± 3.6	587	54.6% ± 6.5	309	46.0% ± 9.2
45-54	1,465	26.2% ± 3.3	473	50.6% ± 7.1	250	39.7% ± 9.6
55-64	2,091	19.8% ± 2.5	521	55.5% ± 6.8	274	45.1% ± 9.3
65-74	1,984	13.9% ± 2.4	312	49.6% ± 8.9	124	28.8% ± 13.3
75 and older	1,502	9.2% ± 2.4	135	50.0% ± 13.1	52	*40.7% ± 24.0
<b>Gender</b>						
Male	3,820	23.4% ± 2.3	779	57.0% ± 5.6	396	38.0% ± 7.7
Female	7,149	32.8% ± 1.8	2,118	60.3% ± 3.4	1,144	49.5% ± 4.6
Transgender	94	57.6% ± 18.9	44	52.1% ± 23.5	< 30	
<b>LGBT self-identification</b>						
LGBT self-identified	939	56.0% ± 5.5	444	64.1% ± 7.7	244	51.0% ± 9.9
Not LGBT self-identified	9,438	26.5% ± 1.5	2,361	58.6% ± 3.3	1,253	43.4% ± 4.5

## Access to Health Care



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?

Table 20	Among persons aged 18 and older: Yes		Among persons who needed care: Delayed or did not get the needed care Yes		Among persons who delayed or did not get care: Was that due to cost or lack of insurance? Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	532	38.6% ± 6.6	149	62.6% ± 12.4	84	62.5% ± 16.0
Non-Hispanic						
American Indian or Alaska Native	224	47.0% ± 9.7	93	62.9% ± 14.0	49	42.9% ± 19.8
Asian or Asian American	360	31.4% ± 7.5	102	59.4% ± 14.4	52	30.1% ± 17.2
Southeast Asian	173	25.9% ± 11.0	43	50.3% ± 21.7	< 30	
Black or African American	1,626	27.3% ± 3.3	444	54.1% ± 7.0	225	50.4% ± 10.0
US-born black	1,119	34.2% ± 4.3	368	54.7% ± 7.6	186	43.0% ± 11.5
Foreign-born black	435	16.8% ± 5.6	61	57.5% ± 17.2	32	75.2% ± 20.3
White	7,886	28.3% ± 1.5	1,982	58.5% ± 3.2	1,056	44.9% ± 4.3
<b>Household income</b>						
< 200% of Federal Poverty Level	3,828	35.4% ± 3.3	1,227	59.9% ± 5.9	651	50.0% ± 7.8
< 100% of Federal Poverty Level	1,997	38.1% ± 5.2	695	50.1% ± 8.7	331	43.5% ± 12.7
100 - 199% of Federal Poverty Level	1,710	33.1% ± 4.4	502	68.8% ± 7.7	306	54.7% ± 10.3
≥ 200% of Federal Poverty Level	6,797	26.7% ± 1.6	1,630	58.9% ± 3.5	869	43.9% ± 4.8
<b>Educational attainment</b>						
Less than high school	658	31.0% ± 8.1	183	52.5% ± 15.3	84	53.3% ± 21.5
High school or GED	1,743	20.8% ± 3.9	381	61.7% ± 10.1	196	54.5% ± 13.3
Some college	3,018	30.0% ± 2.9	820	61.6% ± 5.8	463	49.1% ± 7.5
College degree or higher	5,465	29.9% ± 1.9	1,507	58.4% ± 3.7	796	40.0% ± 5.0
<b>Housing insecurity</b>						
Yes	1,595	51.6% ± 5.7	722	61.9% ± 8.0	428	59.6% ± 10.1
No	9,351	26.3% ± 1.4	2,174	58.8% ± 3.2	1,113	42.2% ± 4.4
<b>Self-reported disability</b>						
Yes	3,155	44.3% ± 3.2	1,211	55.4% ± 5.2	630	51.0% ± 7.1
No	7,747	24.0% ± 1.5	1,666	61.1% ± 3.6	900	42.6% ± 4.9
<b>Frequent mental distress</b>						
Yes	1,538	72.8% ± 4.3	1,020	64.3% ± 5.4	594	55.1% ± 7.0
No	9,156	22.6% ± 1.4	1,841	56.7% ± 3.6	934	40.2% ± 4.9

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Access to Health Care



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

Table 21	Sample Size	Doctor's office or clinic	Hospital emergency room	Urgent care	Clinic located in a drug or grocery store	No usual place
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,084	74.8% ± 1.4	2.6% ± 0.6	12.1% ± 1.1	3.3% ± 0.6	7.2% ± 0.9
<b>Minneapolis</b>	4,718	71.5% ± 2.4	4.8% ± 1.3	10.0% ± 1.6	3.6% ± 1.2	10.2% ± 1.8
Camden, Near North	1,351	64.3% ± 6.0	14.7% ± 5.4	9.6% ± 4.0	^2.1% ± 2.4	9.4% ± 4.2
Central, Northeast, University, St. Anthony	1,125	72.9% ± 4.6	*3.7% ± 2.2	9.6% ± 3.2	*3.7% ± 2.5	10.1% ± 3.5
Phillips, Powderhorn	1,241	67.0% ± 5.4	*3.7% ± 3.1	10.1% ± 3.6	*4.0% ± 3.0	15.2% ± 4.8
Calhoun-Isles, Longfellow, Nokomis, Southwest	1,001	75.8% ± 4.3	^2.3% ± 2.5	10.3% ± 3.1	*3.8% ± 2.4	7.9% ± 3.1
<b>Suburban Hennepin County</b>	6,366	76.6% ± 1.8	1.5% ± 0.6	13.3% ± 1.5	3.1% ± 0.8	5.6% ± 1.1
Northwest suburbs	2,200	76.5% ± 3.0	*2.0% ± 1.2	13.6% ± 2.5	2.5% ± 1.3	5.3% ± 1.9
Northwest - inner	1,247	76.1% ± 4.5	*3.1% ± 2.3	12.6% ± 3.6	^0.9% ± 0.9	7.3% ± 3.5
Northwest - outer	953	76.9% ± 4.0	^1.1% ± 1.4	14.4% ± 3.6	3.9% ± 2.2	*3.8% ± 2.2
West suburbs	1,962	72.8% ± 3.4	^1.1% ± 1.3	15.9% ± 2.9	4.4% ± 2.0	5.7% ± 2.0
West - inner	1,060	69.3% ± 5.3	^2.6% ± 3.4	14.3% ± 3.8	*4.9% ± 3.5	8.8% ± 4.1
West - outer	902	74.9% ± 4.6	^0.3% ± 0.4	16.9% ± 4.2	*4.1% ± 2.6	3.8% ± 2.1
South suburbs	2,204	79.6% ± 3.1	*1.1% ± 0.9	10.6% ± 2.4	2.8% ± 1.3	6.0% ± 2.2
South - east	1,097	77.9% ± 5.2	*1.2% ± 0.9	11.5% ± 4.4	*2.2% ± 1.5	*7.2% ± 4.5
South - west	1,107	80.3% ± 3.8	^1.0% ± 1.3	10.2% ± 3.1	*3.0% ± 1.9	5.5% ± 2.7
<b>Age</b>						
18-24	491	65.9% ± 7.5	^3.0% ± 3.6	10.4% ± 5.5	*4.8% ± 4.3	16.0% ± 6.5
25-34	1,777	64.8% ± 3.6	*2.5% ± 1.7	14.9% ± 2.8	5.2% ± 1.9	12.6% ± 2.8
35-44	1,635	70.6% ± 3.6	*3.1% ± 1.9	15.3% ± 3.0	5.6% ± 1.9	5.5% ± 2.0
45-54	1,481	75.2% ± 3.5	*2.5% ± 1.6	13.4% ± 2.9	*2.6% ± 1.6	6.3% ± 2.2
55-64	2,104	83.5% ± 2.6	1.9% ± 0.8	8.6% ± 2.1	*1.0% ± 0.8	5.0% ± 1.8
65-74	1,994	87.1% ± 2.3	2.6% ± 1.4	6.8% ± 1.8	*0.6% ± 0.5	2.8% ± 1.0
75 and older	1,531	86.2% ± 2.5	3.5% ± 1.5	7.8% ± 2.2	^0.5% ± 0.7	2.1% ± 0.9
<b>Gender</b>						
Male	3,847	70.8% ± 2.4	2.6% ± 0.9	13.3% ± 1.9	3.3% ± 1.1	9.9% ± 1.7
Female	7,223	78.0% ± 1.7	2.7% ± 0.8	11.0% ± 1.3	3.2% ± 0.8	5.0% ± 0.9
Transgender	96	86.9% ± 11.1	^1.4% ± 2.7	^3.6% ± 5.6	^0.0% ± 0.0	^8.1% ± 10.9
<b>LGBT self-identification</b>						
LGBT self-identified	941	69.3% ± 5.4	*3.5% ± 2.8	15.2% ± 4.5	*2.3% ± 2.3	9.7% ± 3.7
Not LGBT self-identified	9,507	75.6% ± 1.5	2.4% ± 0.6	11.8% ± 1.2	3.4% ± 0.7	6.9% ± 1.0



## Access to Health Care



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

Table 21	Sample Size	Doctor's office or clinic	Hospital emergency room	Urgent care	Clinic located in a drug or grocery store	No usual place
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	537	58.1% ± 6.4	14.1% ± 4.9	9.1% ± 3.9	^4.7% ± 4.7	14.0% ± 5.2
Non-Hispanic						
American Indian or Alaska Native	225	57.7% ± 10.0	19.8% ± 10.7	*12.2% ± 7.5	^3.3% ± 4.4	*7.0% ± 6.0
Asian or Asian American	365	69.0% ± 7.6	^3.4% ± 3.4	16.1% ± 7.0	^1.5% ± 3.0	10.0% ± 5.8
Southeast Asian	174	67.4% ± 11.2	^5.9% ± 7.6	*14.8% ± 9.1	^0.4% ± 2.5	*11.5% ± 10.8
Black or African American	1,676	56.1% ± 3.6	19.3% ± 3.0	13.5% ± 2.8	*2.8% ± 1.9	8.3% ± 2.5
US-born black	1,137	49.1% ± 4.4	26.2% ± 4.2	14.1% ± 3.4	^1.6% ± 2.1	9.0% ± 3.4
Foreign-born black	451	67.3% ± 6.5	8.2% ± 4.2	12.3% ± 5.3	*4.6% ± 4.3	*7.6% ± 4.6
White	7,916	76.1% ± 1.5	1.7% ± 0.5	12.4% ± 1.2	3.0% ± 0.7	6.8% ± 1.0
<b>Household income</b>						
< 200% of Federal Poverty Level	3,900	69.6% ± 3.3	8.4% ± 2.1	11.8% ± 2.4	*1.9% ± 1.2	8.3% ± 2.2
< 100% of Federal Poverty Level	2,035	61.0% ± 5.3	14.0% ± 4.1	13.7% ± 4.1	^1.1% ± 1.8	10.2% ± 4.0
100 - 199% of Federal Poverty Level	1,735	77.1% ± 4.0	2.8% ± 1.6	10.6% ± 3.2	*2.6% ± 2.0	6.9% ± 2.7
≥ 200% of Federal Poverty Level	6,812	76.3% ± 1.6	0.8% ± 0.4	12.3% ± 1.3	3.7% ± 0.8	7.0% ± 1.1
<b>Educational attainment</b>						
Less than high school	667	67.5% ± 8.2	15.6% ± 7.0	*9.4% ± 6.1	^1.3% ± 4.4	*6.2% ± 5.9
High school or GED	1,789	74.0% ± 4.2	5.8% ± 2.2	9.4% ± 3.0	^1.8% ± 1.9	9.0% ± 3.2
Some college	3,057	76.5% ± 2.7	2.3% ± 1.0	12.2% ± 2.2	2.5% ± 1.2	6.4% ± 1.7
College degree or higher	5,470	74.8% ± 1.9	*0.4% ± 0.2	13.1% ± 1.5	4.3% ± 1.0	7.4% ± 1.3
<b>Housing insecurity</b>						
Yes	1,618	62.2% ± 5.6	12.7% ± 4.6	13.0% ± 4.3	*2.6% ± 2.1	9.5% ± 3.7
No	9,428	76.0% ± 1.5	1.6% ± 0.5	12.0% ± 1.1	3.3% ± 0.7	7.0% ± 1.0
<b>Self-reported disability</b>						
Yes	3,194	77.9% ± 2.9	6.3% ± 2.0	9.4% ± 2.1	^0.8% ± 0.9	5.6% ± 1.9
No	7,808	73.9% ± 1.7	1.6% ± 0.5	12.9% ± 1.3	4.0% ± 0.8	7.7% ± 1.1
<b>Frequent mental distress</b>						
Yes	1,548	70.7% ± 4.5	7.4% ± 3.1	11.9% ± 3.3	^1.8% ± 2.0	8.3% ± 3.0
No	9,229	75.3% ± 1.5	1.9% ± 0.6	12.2% ± 1.2	3.5% ± 0.7	7.1% ± 1.0

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Access to Health Care



During the past 12 months, did you skip doses, take smaller amounts of your prescription, or did not fill a prescription because of cost?

Table 22	Among person aged 18 and older who take prescription medication: Yes		Among person aged 65 and older who take prescription medication: Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	9,348	9.5% ± 1.1	3,336	6.1% ± 1.5
<b>Minneapolis</b>	3,907	12.4% ± 2.1	1,021	*6.6% ± 3.9
Camden, Near North	1,139	18.7% ± 5.8	254	*10.1% ± 6.5
Central, Northeast, University, St. Anthony	914	12.8% ± 4.4	274	^3.7% ± 5.3
Phillips, Powderhorn	1,015	15.0% ± 5.1	224	*7.3% ± 6.2
Calhoun-Isles, Longfellow, Nokomis, Southwest	839	8.1% ± 3.4	269	^7.2% ± 8.7
<b>Suburban Hennepin County</b>	5,441	8.1% ± 1.3	2,315	6.0% ± 1.7
Northwest suburbs	1,858	9.1% ± 2.3	714	6.2% ± 3.5
Northwest - inner	1,043	11.7% ± 3.9	363	^7.3% ± 7.7
Northwest - outer	815	7.0% ± 2.8	351	*5.4% ± 3.7
West suburbs	1,662	7.5% ± 2.3	685	6.5% ± 3.0
West - inner	886	8.1% ± 2.9	319	*6.8% ± 4.5
West - outer	776	7.2% ± 3.4	366	*6.4% ± 4.0
South suburbs	1,921	7.2% ± 2.2	916	5.5% ± 2.6
South - east	955	10.4% ± 4.6	425	*3.9% ± 3.3
South - west	966	5.9% ± 2.5	491	6.0% ± 3.3
<b>Age</b>				
18-24	342	15.3% ± 7.7	N/A	
25-34	1,342	10.9% ± 3.0	N/A	
35-44	1,297	9.0% ± 2.8	N/A	
45-54	1,227	10.4% ± 3.0	N/A	
55-64	1,804	9.6% ± 2.1	N/A	
65-74	1,830	7.0% ± 2.1	1,830	7.0% ± 2.1
75 and older	1,447	5.1% ± 2.4	1,447	5.1% ± 2.4
<b>Gender</b>				
Male	3,223	8.1% ± 1.8	1,361	4.6% ± 1.8
Female	6,116	10.6% ± 1.4	1,975	7.3% ± 2.4
Transgender	93	39.3% ± 20.3	< 30	
<b>LGBT self-identification</b>				
LGBT self-identified	805	20.0% ± 5.8	148	^9.7% ± 10.5
Not LGBT self-identified	8,005	8.3% ± 1.1	2,992	5.5% ± 1.3

## Access to Health Care



During the past 12 months, did you skip doses, take smaller amounts of your prescription, or did not fill a prescription because of cost?

**Table 22**

	Among person aged 18 and older who take prescription medication: Yes		Among person aged 65 and older who take prescription medication: Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	416	17.6% ± 6.6	38	<sup>^</sup> 13.5% ± 32.2
Non-Hispanic				
American Indian or Alaska Native	193	21.7% ± 8.6	41	<sup>^</sup> 5.5% ± 10.7
Asian or Asian American	286	13.2% ± 6.2	71	<sup>^</sup> 14.4% ± 17.1
Southeast Asian	132	*18.1% ± 11.6	31	<sup>^</sup> 8.3% ± 15.1
Black or African American	1,436	17.4% ± 3.0	255	12.5% ± 6.2
US-born black	977	20.1% ± 3.9	155	*14.1% ± 9.3
Foreign-born black	381	13.0% ± 5.4	88	<sup>^</sup> 9.7% ± 10.2
White	6,724	8.4% ± 1.1	2,873	5.2% ± 1.2
<b>Household income</b>				
< 200% of Federal Poverty Level	3,333	19.0% ± 3.1	921	11.4% ± 4.6
< 100% of Federal Poverty Level	1,739	18.5% ± 4.8	308	*12.1% ± 10.9
100 - 199% of Federal Poverty Level	1,479	19.3% ± 4.4	575	11.9% ± 5.7
≥ 200% of Federal Poverty Level	5,697	6.4% ± 1.0	2,201	4.3% ± 1.2
<b>Educational attainment</b>				
Less than high school	587	20.4% ± 8.2	164	15.4% ± 13.6
High school or GED	1,513	14.6% ± 3.9	545	4.4% ± 2.7
Some college	2,614	10.3% ± 2.0	1,040	5.9% ± 2.0
College degree or higher	4,545	6.1% ± 1.0	1,545	5.2% ± 1.5
<b>Housing insecurity</b>				
Yes	1,354	32.4% ± 6.0	108	38.5% ± 22.1
No	7,963	7.2% ± 1.0	3,207	5.2% ± 1.3
<b>Self-reported disability</b>				
Yes	3,012	17.5% ± 2.8	1,387	9.9% ± 3.2
No	6,262	6.9% ± 1.1	1,913	3.5% ± 1.3
<b>Frequent mental distress</b>				
Yes	1,368	24.8% ± 4.6	255	24.5% ± 11.0
No	7,709	7.1% ± 1.0	2,953	4.1% ± 1.0

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

<sup>^</sup> Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Access to Health Care



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

Table 23	Sample Size	Within the past year	Within the past 2 years	Within the past 5 years	5 or more years ago	Never
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,083	74.9% ± 1.4	11.3% ± 1.1	6.7% ± 0.8	6.2% ± 0.8	0.9% ± 0.4
<b>Minneapolis</b>	4,715	67.5% ± 2.5	14.5% ± 2.0	8.0% ± 1.5	8.4% ± 1.6	*1.5% ± 0.9
Camden, Near North	1,354	54.4% ± 5.9	15.7% ± 5.0	10.0% ± 3.8	17.1% ± 5.3	^2.9% ± 4.2
Central, Northeast, University, St. Anthony	1,123	68.9% ± 4.7	16.8% ± 4.2	7.1% ± 2.9	5.9% ± 2.5	^1.3% ± 1.5
Phillips, Powderhorn	1,239	60.0% ± 5.4	17.7% ± 4.8	11.0% ± 3.7	8.5% ± 3.4	^2.7% ± 3.0
Calhoun-Isles, Longfellow, Nokomis, Southwest	999	76.0% ± 4.3	10.3% ± 3.3	6.3% ± 2.7	6.9% ± 3.1	^0.5% ± 2.3
<b>Suburban Hennepin County</b>	6,368	78.9% ± 1.7	9.6% ± 1.3	5.9% ± 1.0	5.1% ± 1.0	*0.6% ± 0.4
Northwest suburbs	2,199	77.0% ± 2.8	9.6% ± 2.1	6.0% ± 1.7	6.8% ± 1.9	^0.6% ± 0.9
Northwest - inner	1,246	70.5% ± 4.5	12.9% ± 3.6	9.4% ± 3.3	6.6% ± 2.8	^0.6% ± 2.0
Northwest - outer	953	82.2% ± 3.6	6.9% ± 2.6	3.4% ± 1.8	6.9% ± 2.8	^0.6% ± 1.4
West suburbs	1,964	79.8% ± 3.2	10.2% ± 2.6	5.4% ± 1.8	4.1% ± 2.0	^0.5% ± 1.1
West - inner	1,060	75.7% ± 5.1	13.1% ± 4.6	7.0% ± 3.0	*3.2% ± 2.3	^1.0% ± 3.3
West - outer	904	82.3% ± 4.2	8.5% ± 3.2	4.4% ± 2.6	*4.6% ± 3.1	^0.2% ± 0.4
South suburbs	2,205	80.6% ± 2.9	9.1% ± 2.3	6.2% ± 2.0	3.4% ± 1.3	^0.7% ± 0.8
South - east	1,101	71.4% ± 5.2	11.0% ± 3.5	10.3% ± 4.2	6.3% ± 3.6	^1.1% ± 1.4
South - west	1,104	84.6% ± 3.6	8.3% ± 3.0	4.4% ± 2.4	2.2% ± 1.3	^0.5% ± 1.4
<b>Age</b>						
18-24	487	62.3% ± 7.5	19.5% ± 6.7	12.1% ± 5.9	*4.4% ± 3.9	^1.7% ± 3.7
25-34	1,774	71.8% ± 3.4	14.4% ± 2.9	8.2% ± 2.1	4.9% ± 2.0	^0.7% ± 1.2
35-44	1,643	75.8% ± 3.5	10.1% ± 2.6	5.7% ± 2.1	7.2% ± 2.4	^1.2% ± 1.6
45-54	1,487	76.0% ± 3.5	11.2% ± 2.8	5.1% ± 2.0	7.1% ± 2.4	^0.5% ± 1.1
55-64	2,099	78.9% ± 2.7	8.0% ± 1.8	6.5% ± 1.8	5.7% ± 1.8	*0.9% ± 0.9
65-74	1,998	79.4% ± 2.9	7.1% ± 1.9	6.2% ± 2.0	6.5% ± 1.9	^0.8% ± 0.8
75 and older	1,524	74.7% ± 3.4	11.6% ± 2.8	5.3% ± 1.8	7.4% ± 2.3	*1.1% ± 0.8
<b>Gender</b>						
Male	3,847	72.3% ± 2.3	12.2% ± 1.8	7.3% ± 1.4	7.3% ± 1.5	*0.9% ± 0.6
Female	7,224	77.0% ± 1.7	10.6% ± 1.3	6.1% ± 1.0	5.3% ± 0.9	*1.0% ± 0.6
Transgender	96	62.2% ± 19.0	^9.0% ± 22.5	^15.6% ± 17.9	^6.7% ± 12.7	^6.5% ± 16.1
<b>LGBT self-identification</b>						
LGBT self-identified	941	65.1% ± 5.6	16.9% ± 5.0	9.6% ± 3.8	7.0% ± 3.5	^1.4% ± 2.3
Not LGBT self-identified	9,501	76.4% ± 1.5	10.6% ± 1.1	6.3% ± 0.9	6.0% ± 0.9	0.6% ± 0.4

## Access to Health Care



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

Table 23	Sample Size	Within the past year	Within the past 2 years	Within the past 5 years	5 or more years ago	Never
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	547	50.9% ± 6.3	21.3% ± 5.6	12.0% ± 5.4	11.2% ± 4.7	*4.7% ± 3.1
Non-Hispanic						
American Indian or Alaska Native	223	44.7% ± 9.7	28.5% ± 9.9	*8.5% ± 6.3	*14.9% ± 9.0	^3.3% ± 11.5
Asian or Asian American	366	67.3% ± 7.5	16.8% ± 6.7	*8.6% ± 6.1	*5.9% ± 4.0	^1.4% ± 2.7
Southeast Asian	174	59.4% ± 11.3	17.6% ± 10.1	^11.6% ± 11.8	*10.9% ± 8.1	^0.5% ± 1.6
Black or African American	1,682	55.6% ± 3.6	17.5% ± 2.8	9.0% ± 2.3	10.7% ± 2.4	7.2% ± 2.2
US-born black	1,137	55.5% ± 4.4	18.5% ± 3.6	9.6% ± 3.0	11.8% ± 3.0	*4.5% ± 2.9
Foreign-born black	454	56.3% ± 6.4	16.4% ± 5.2	7.4% ± 4.2	9.3% ± 4.7	10.5% ± 4.2
White	7,903	77.2% ± 1.4	10.1% ± 1.1	6.7% ± 0.9	5.3% ± 0.8	*0.7% ± 0.4
<b>Household income</b>						
< 200% of Federal Poverty Level	3,906	56.1% ± 3.4	18.5% ± 2.9	10.3% ± 2.0	11.8% ± 2.4	3.2% ± 1.5
< 100% of Federal Poverty Level	2,037	52.1% ± 5.3	19.1% ± 4.6	11.0% ± 3.5	14.5% ± 4.2	*3.4% ± 2.3
100 - 199% of Federal Poverty Level	1,737	59.5% ± 4.5	18.2% ± 3.8	9.9% ± 2.7	9.7% ± 2.9	*2.8% ± 2.4
≥ 200% of Federal Poverty Level	6,806	81.0% ± 1.5	8.9% ± 1.1	5.6% ± 0.9	4.4% ± 0.8	^0.2% ± 0.3
<b>Educational attainment</b>						
Less than high school	676	54.5% ± 8.0	17.0% ± 6.8	*7.8% ± 5.1	15.9% ± 6.5	^4.7% ± 4.9
High school or GED	1,786	63.0% ± 4.3	15.1% ± 3.5	9.8% ± 2.9	10.2% ± 2.9	*1.9% ± 1.5
Some college	3,050	71.3% ± 2.8	12.6% ± 2.1	7.2% ± 1.7	8.0% ± 1.8	^0.8% ± 0.9
College degree or higher	5,472	82.9% ± 1.6	8.8% ± 1.3	5.3% ± 1.0	2.8% ± 0.7	^0.2% ± 0.3
<b>Housing insecurity</b>						
Yes	1,620	52.9% ± 5.7	14.8% ± 4.3	14.1% ± 4.4	14.7% ± 4.5	*3.5% ± 3.3
No	9,426	77.1% ± 1.4	11.0% ± 1.1	5.9% ± 0.8	5.4% ± 0.8	0.7% ± 0.3
<b>Self-reported disability</b>						
Yes	3,184	67.4% ± 3.1	13.4% ± 2.4	8.1% ± 1.8	9.8% ± 2.2	*1.3% ± 1.2
No	7,801	77.1% ± 1.6	10.7% ± 1.2	6.2% ± 0.9	5.2% ± 0.9	0.8% ± 0.4
<b>Frequent mental distress</b>						
Yes	1,548	60.8% ± 4.7	15.4% ± 3.8	10.4% ± 3.1	11.9% ± 3.5	^1.7% ± 1.9
No	9,216	77.0% ± 1.5	10.7% ± 1.1	6.2% ± 0.9	5.4% ± 0.8	0.7% ± 0.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Access to Health Care



During the past 12 months, how often did your health care provider tell or give you information about your health and health care that was easy to understand?

Among those who saw a health care provider

Table 24	Sample Size	Always	Most of the time	Some of the time	None of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,419	59.2% ± 1.6	31.2% ± 1.5	7.6% ± 1.0	2.1% ± 0.5
<b>Minneapolis</b>	4,388	56.7% ± 2.6	31.8% ± 2.5	9.2% ± 1.7	2.2% ± 1.0
Camden, Near North	1,265	47.5% ± 6.0	27.6% ± 5.5	21.3% ± 6.5	*3.6% ± 3.3
Central, Northeast, University, St. Anthony	1,049	56.7% ± 5.1	34.1% ± 5.0	6.9% ± 3.2	^2.2% ± 2.2
Phillips, Powderhorn	1,120	49.5% ± 5.5	36.5% ± 5.5	10.8% ± 4.0	*3.2% ± 2.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	954	64.2% ± 4.6	29.0% ± 4.4	5.6% ± 2.7	^1.2% ± 1.8
<b>Suburban Hennepin County</b>	6,031	60.5% ± 2.0	30.9% ± 1.9	6.7% ± 1.2	2.0% ± 0.7
Northwest suburbs	2,060	57.8% ± 3.2	31.7% ± 3.1	7.9% ± 2.2	2.5% ± 1.4
Northwest - inner	1,160	51.2% ± 4.7	33.6% ± 4.7	11.0% ± 3.9	*4.1% ± 2.9
Northwest - outer	900	63.0% ± 4.4	30.2% ± 4.2	5.5% ± 2.6	^1.3% ± 1.3
West suburbs	1,864	60.9% ± 3.6	31.5% ± 3.5	5.9% ± 2.1	*1.7% ± 1.3
West - inner	1,000	57.7% ± 5.4	32.3% ± 5.2	7.7% ± 4.2	^2.3% ± 3.1
West - outer	864	62.8% ± 4.8	31.0% ± 4.7	4.8% ± 2.5	^1.4% ± 1.5
South suburbs	2,107	63.7% ± 3.4	29.3% ± 3.3	5.6% ± 2.0	*1.4% ± 1.0
South - east	1,042	58.0% ± 5.7	31.3% ± 5.5	8.3% ± 4.4	^2.3% ± 3.0
South - west	1,065	66.1% ± 4.3	28.4% ± 4.1	4.4% ± 2.3	*1.0% ± 1.0
<b>Age</b>					
18-24	435	50.7% ± 7.9	38.8% ± 8.1	*8.3% ± 5.1	^2.2% ± 3.8
25-34	1,629	50.6% ± 3.8	35.5% ± 3.7	10.7% ± 2.7	3.2% ± 1.9
35-44	1,517	55.0% ± 3.9	34.6% ± 3.8	9.1% ± 2.7	*1.3% ± 1.1
45-54	1,398	61.2% ± 3.9	30.1% ± 3.7	6.3% ± 2.4	*2.3% ± 1.4
55-64	1,992	66.2% ± 3.1	25.8% ± 2.9	6.0% ± 2.0	*1.9% ± 1.2
65-74	1,912	69.7% ± 3.2	24.2% ± 2.9	4.9% ± 2.0	*1.2% ± 0.9
75 and older	1,470	66.7% ± 3.6	27.7% ± 3.5	4.2% ± 1.9	^1.3% ± 1.4
<b>Gender</b>					
Male	3,545	57.8% ± 2.6	31.3% ± 2.5	8.6% ± 1.7	2.3% ± 0.9
Female	6,862	60.4% ± 1.9	31.1% ± 1.8	6.7% ± 1.2	1.9% ± 0.7
Transgender	91	35.8% ± 19.3	48.2% ± 18.7	^13.6% ± 21.3	^2.4% ± 6.5
<b>LGBT self-identification</b>					
LGBT self-identified	895	50.8% ± 5.7	37.7% ± 5.8	9.0% ± 3.8	^2.5% ± 3.0
Not LGBT self-identified	8,950	60.1% ± 1.7	31.2% ± 1.6	6.9% ± 1.0	1.8% ± 0.5

## Access to Health Care



During the past 12 months, how often did your health care provider tell or give you information about your health and health care that was easy to understand?

Among those who saw a health care provider

Table 24	Sample	Always	Most	Some	None
	Size	of the time	of the time	of the time	of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	485	44.7% ± 6.7	28.0% ± 6.4	22.0% ± 6.0	*5.3% ± 4.3
Non-Hispanic					
American Indian or Alaska Native	207	55.3% ± 10.2	27.6% ± 10.2	14.0% ± 8.2	^3.0% ± 4.6
Asian or Asian American	341	40.1% ± 7.4	37.2% ± 7.5	18.0% ± 6.8	^4.7% ± 6.4
Southeast Asian	159	28.5% ± 9.7	36.9% ± 11.5	31.7% ± 11.9	^2.9% ± 5.6
Black or African American	1,569	52.9% ± 3.7	25.5% ± 3.4	14.6% ± 2.9	6.9% ± 2.2
US-born black	1,056	55.0% ± 4.5	26.2% ± 4.3	13.7% ± 3.4	5.1% ± 2.3
Foreign-born black	425	51.2% ± 6.6	26.1% ± 6.4	15.0% ± 5.6	7.7% ± 4.5
White	7,492	61.4% ± 1.7	30.9% ± 1.6	5.9% ± 0.9	1.8% ± 0.6
<b>Household income</b>					
< 200% of Federal Poverty Level	3,616	48.6% ± 3.5	32.7% ± 3.4	14.2% ± 2.8	4.5% ± 1.8
< 100% of Federal Poverty Level	1,873	48.6% ± 5.5	30.2% ± 5.3	16.9% ± 4.7	*4.3% ± 3.0
100 - 199% of Federal Poverty Level	1,617	48.8% ± 4.6	35.1% ± 4.7	11.6% ± 3.5	*4.5% ± 2.7
≥ 200% of Federal Poverty Level	6,463	62.7% ± 1.8	30.7% ± 1.7	5.3% ± 0.9	1.3% ± 0.4
<b>Educational attainment</b>					
Less than high school	620	55.8% ± 8.4	28.0% ± 8.0	13.3% ± 7.2	^2.9% ± 3.1
High school or GED	1,640	54.8% ± 4.5	29.1% ± 4.3	12.3% ± 3.6	3.8% ± 2.2
Some college	2,858	58.1% ± 3.1	31.2% ± 3.0	8.3% ± 1.9	2.3% ± 1.2
College degree or higher	5,210	61.3% ± 2.0	32.3% ± 2.0	5.1% ± 1.0	1.3% ± 0.6
<b>Housing insecurity</b>					
Yes	1,493	40.5% ± 5.9	35.9% ± 5.9	20.5% ± 5.4	*3.0% ± 2.3
No	8,893	61.0% ± 1.6	30.7% ± 1.6	6.3% ± 0.9	2.0% ± 0.6
<b>Self-reported disability</b>					
Yes	3,092	51.7% ± 3.2	35.4% ± 3.2	10.6% ± 2.4	2.3% ± 1.3
No	7,243	61.4% ± 1.8	29.9% ± 1.7	6.7% ± 1.1	2.0% ± 0.6
<b>Frequent mental distress</b>					
Yes	1,470	43.0% ± 4.7	41.1% ± 4.7	13.2% ± 3.7	*2.7% ± 2.2
No	8,666	61.6% ± 1.7	30.0% ± 1.6	6.6% ± 1.0	1.8% ± 0.5

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Access to Health Care



During the past 12 months, how often were you treated with respect by your health care providers?

Among those who saw a health care provider

Table 25	Sample Size	Always	Most of the time	Some of the time	None of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,452	77.4% ± 1.4	18.1% ± 1.3	3.6% ± 0.7	0.9% ± 0.4
<b>Minneapolis</b>	4,419	74.4% ± 2.4	19.6% ± 2.2	5.2% ± 1.5	*0.8% ± 0.6
Camden, Near North	1,268	67.1% ± 6.1	21.9% ± 5.3	10.0% ± 5.3	^1.0% ± 2.2
Central, Northeast, University, St. Anthony	1,061	71.5% ± 5.0	21.8% ± 4.6	6.0% ± 3.3	^0.7% ± 1.2
Phillips, Powderhorn	1,134	72.8% ± 5.0	22.1% ± 4.7	*3.8% ± 3.1	^1.3% ± 1.9
Calhoun-Isles, Longfellow, Nokomis, Southwest	956	80.5% ± 4.0	15.5% ± 3.6	*3.5% ± 2.5	^0.5% ± 2.0
<b>Suburban Hennepin County</b>	6,033	78.9% ± 1.7	17.4% ± 1.6	2.8% ± 0.8	*0.9% ± 0.6
Northwest suburbs	2,075	76.8% ± 2.9	19.2% ± 2.7	2.9% ± 1.5	^1.1% ± 1.3
Northwest - inner	1,168	71.2% ± 4.7	22.0% ± 4.3	*5.3% ± 3.3	^1.5% ± 2.7
Northwest - outer	907	81.1% ± 3.6	17.0% ± 3.5	^1.0% ± 1.1	^0.8% ± 1.7
West suburbs	1,862	78.9% ± 3.2	16.1% ± 2.9	3.9% ± 1.9	^1.1% ± 1.2
West - inner	1,002	79.7% ± 4.7	15.0% ± 4.1	*4.0% ± 2.8	^1.3% ± 3.2
West - outer	860	78.4% ± 4.4	16.7% ± 4.0	*3.9% ± 2.9	^1.0% ± 1.4
South suburbs	2,096	81.8% ± 3.0	15.9% ± 2.9	*1.7% ± 1.3	^0.6% ± 1.0
South - east	1,041	80.1% ± 5.3	14.4% ± 4.4	^3.8% ± 4.4	^1.7% ± 3.4
South - west	1,055	82.5% ± 3.7	16.5% ± 3.7	*0.9% ± 0.8	^0.1% ± 0.2
<b>Age</b>					
18-24	441	77.1% ± 7.1	18.3% ± 6.5	^4.6% ± 5.2	^0.0% ± 0.0
25-34	1,648	70.9% ± 3.6	22.7% ± 3.4	5.0% ± 2.0	^1.3% ± 1.6
35-44	1,521	74.1% ± 3.5	19.9% ± 3.2	4.9% ± 2.2	^1.0% ± 1.4
45-54	1,400	77.6% ± 3.5	18.3% ± 3.3	3.5% ± 2.0	^0.5% ± 1.1
55-64	1,992	81.1% ± 2.7	15.5% ± 2.5	2.4% ± 1.2	^1.0% ± 1.2
65-74	1,908	86.0% ± 2.5	12.1% ± 2.4	*1.8% ± 1.2	^0.2% ± 0.3
75 and older	1,475	84.5% ± 3.0	12.8% ± 2.6	^1.1% ± 1.4	^1.6% ± 2.0
<b>Gender</b>					
Male	3,557	78.7% ± 2.3	15.6% ± 2.1	4.5% ± 1.3	*1.2% ± 0.8
Female	6,882	76.3% ± 1.7	20.1% ± 1.6	3.0% ± 0.9	*0.6% ± 0.5
Transgender	91	51.7% ± 18.7	*32.0% ± 20.1	^15.7% ± 20.7	^0.6% ± 3.6
<b>LGBT self-identification</b>					
LGBT self-identified	895	65.2% ± 5.8	27.3% ± 5.4	*6.2% ± 4.0	^1.2% ± 2.9
Not LGBT self-identified	8,967	79.0% ± 1.4	17.1% ± 1.3	3.1% ± 0.7	0.7% ± 0.4



## Access to Health Care



During the past 12 months, how often were you treated with respect by your health care providers?

Among those who saw a health care provider

Table 25	Sample Size	Always	Most of the time	Some of the time	None of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	495	69.0% ± 6.5	17.0% ± 4.7	10.1% ± 5.8	^3.8% ± 4.5
Non-Hispanic					
American Indian or Alaska Native	210	63.9% ± 9.8	28.3% ± 9.5	^5.3% ± 5.4	^2.6% ± 5.3
Asian or Asian American	340	66.4% ± 7.3	24.4% ± 7.0	*6.9% ± 4.1	^2.3% ± 3.7
Southeast Asian	160	58.8% ± 11.0	27.8% ± 10.5	*11.9% ± 8.5	^1.5% ± 3.1
Black or African American	1,589	72.4% ± 3.4	16.2% ± 2.8	7.6% ± 2.4	3.8% ± 1.8
US-born black	1,074	72.8% ± 4.0	17.9% ± 3.4	6.3% ± 2.3	*3.0% ± 2.3
Foreign-born black	431	71.5% ± 6.5	14.8% ± 5.4	*8.9% ± 5.4	*4.9% ± 3.7
White	7,494	79.7% ± 1.4	17.1% ± 1.3	2.7% ± 0.7	*0.5% ± 0.3
<b>Household income</b>					
< 200% of Federal Poverty Level	3,647	68.6% ± 3.5	21.8% ± 3.1	7.7% ± 2.4	*2.0% ± 1.4
< 100% of Federal Poverty Level	1,896	66.9% ± 5.4	22.9% ± 5.0	8.1% ± 3.8	^2.1% ± 2.5
100 - 199% of Federal Poverty Level	1,625	69.4% ± 4.7	21.3% ± 4.2	7.4% ± 3.4	^2.0% ± 2.2
≥ 200% of Federal Poverty Level	6,457	80.2% ± 1.5	16.9% ± 1.4	2.3% ± 0.7	*0.6% ± 0.4
<b>Educational attainment</b>					
Less than high school	634	72.6% ± 8.0	18.2% ± 7.4	*6.7% ± 6.1	^2.5% ± 3.3
High school or GED	1,655	74.0% ± 4.3	18.0% ± 3.8	6.2% ± 3.0	^1.8% ± 1.9
Some college	2,860	75.0% ± 2.9	20.2% ± 2.7	3.9% ± 1.5	^0.9% ± 0.9
College degree or higher	5,210	80.3% ± 1.7	17.0% ± 1.5	2.3% ± 0.7	^0.4% ± 0.6
<b>Housing insecurity</b>					
Yes	1,507	59.4% ± 6.0	29.4% ± 5.8	10.0% ± 4.4	^1.2% ± 2.2
No	8,912	79.1% ± 1.4	17.0% ± 1.3	3.0% ± 0.7	0.9% ± 0.4
<b>Self-reported disability</b>					
Yes	3,103	67.7% ± 3.2	24.6% ± 2.9	6.6% ± 2.1	*1.1% ± 1.1
No	7,260	80.2% ± 1.5	16.2% ± 1.4	2.8% ± 0.8	*0.8% ± 0.5
<b>Frequent mental distress</b>					
Yes	1,481	61.8% ± 4.7	28.5% ± 4.5	8.9% ± 3.2	^0.8% ± 1.9
No	8,680	79.8% ± 1.4	16.5% ± 1.3	2.8% ± 0.7	0.8% ± 0.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)





**SHAPE 2018**  
Celebrating 20 years of health trends

# Healthy lifestyle and behavior

# Healthy Lifestyle and Behaviors



## Summary measures

### Nutrition and beverage intake

Table 26	Having 2 servings or more a day of fruit		Having 3 servings or more a day of vegetables		Having 5 servings or more a day of fruit, fruit juice and vegetables		Having sugar-sweetened beverage less than 1 time a day or never having it	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	10,996	48.1% ± 1.5	10,946	29.2% ± 1.4	11,040	37.3% ± 1.5	8,798	86.8% ± 1.1
<b>Minneapolis</b>	4,662	46.9% ± 2.6	4,629	30.4% ± 2.3	4,681	36.8% ± 2.4	3,386	88.1% ± 1.8
Camden, Near North	1,342	43.7% ± 5.9	1,329	19.1% ± 4.9	1,347	34.1% ± 5.8	792	80.0% ± 5.2
Central, Northeast, University, St. Anthony	1,114	44.2% ± 4.9	1,106	28.0% ± 4.3	1,119	32.3% ± 4.6	909	90.7% ± 3.1
Phillips, Powderhorn	1,214	45.1% ± 5.2	1,206	27.6% ± 4.7	1,225	35.7% ± 5.0	869	84.6% ± 4.5
Calhoun-Isles, Longfellow, Nokomis, Southwest	992	51.3% ± 4.5	988	38.5% ± 4.4	990	42.3% ± 4.4	816	91.4% ± 3.2
<b>Suburban Hennepin County</b>	6,334	48.8% ± 1.9	6,317	28.6% ± 1.8	6,359	37.5% ± 1.9	5,412	86.0% ± 1.5
Northwest suburbs	2,187	48.1% ± 3.1	2,176	27.6% ± 2.8	2,194	36.4% ± 3.0	1,808	84.1% ± 2.6
Northwest - inner	1,238	46.1% ± 4.5	1,228	22.7% ± 3.8	1,241	35.4% ± 4.4	908	81.4% ± 4.1
Northwest - outer	949	49.7% ± 4.2	948	31.5% ± 4.1	953	37.2% ± 4.1	900	86.3% ± 3.5
West suburbs	1,955	49.9% ± 3.5	1,953	30.1% ± 3.3	1,961	38.6% ± 3.5	1,736	88.1% ± 2.6
West - inner	1,052	49.1% ± 5.2	1,052	32.4% ± 5.0	1,058	39.7% ± 5.2	899	88.8% ± 3.4
West - outer	903	50.3% ± 4.7	901	28.8% ± 4.4	903	37.9% ± 4.6	837	87.6% ± 3.8
South suburbs	2,192	49.0% ± 3.4	2,188	28.7% ± 3.2	2,204	38.2% ± 3.4	1,868	87.1% ± 2.5
South - east	1,096	43.7% ± 5.3	1,094	25.6% ± 4.9	1,104	33.3% ± 5.2	905	83.1% ± 4.9
South - west	1,096	51.3% ± 4.3	1,094	30.0% ± 4.1	1,100	40.3% ± 4.3	963	89.2% ± 2.9
<b>Age</b>								
18-24	479	50.9% ± 7.6	471	28.2% ± 7.3	482	36.8% ± 7.6	222	91.8% ± 6.0
25-34	1,762	47.4% ± 3.7	1,746	35.0% ± 3.5	1,761	39.9% ± 3.6	1,152	89.4% ± 2.9
35-44	1,625	48.3% ± 3.8	1,618	32.2% ± 3.5	1,633	38.9% ± 3.7	1,099	88.9% ± 2.8
45-54	1,477	51.2% ± 3.8	1,467	31.7% ± 3.5	1,484	39.1% ± 3.7	1,125	84.1% ± 3.2
55-64	2,090	44.8% ± 3.1	2,090	27.8% ± 2.8	2,094	35.7% ± 3.0	1,803	84.4% ± 2.5
65-74	1,983	48.2% ± 3.2	1,980	20.4% ± 2.8	1,995	32.3% ± 3.1	1,857	82.3% ± 2.9
75 and older	1,512	47.0% ± 3.5	1,509	14.2% ± 2.6	1,521	30.8% ± 3.4	1,488	86.0% ± 2.6
<b>Gender</b>								
Male	3,799	42.3% ± 2.5	3,789	22.8% ± 2.2	3,818	31.3% ± 2.4	3,166	82.8% ± 2.1
Female	7,184	53.2% ± 1.9	7,146	34.6% ± 1.8	7,209	42.3% ± 1.9	5,627	90.1% ± 1.2
Transgender	93	32.6% ± 18.6	89	*23.8% ± 18.0	93	33.3% ± 19.1	53	81.5% ± 18.2
<b>LGBT self-identification</b>								
LGBT self-identified	934	44.3% ± 5.5	919	28.5% ± 5.0	934	33.4% ± 5.2	717	86.7% ± 4.6
Not LGBT self-identified	9,448	48.5% ± 1.6	9,421	29.4% ± 1.5	9,480	37.6% ± 1.6	7,804	86.8% ± 1.2

# Healthy Lifestyle and Behaviors



## Summary measures

### Nutrition and beverage intake

Table 26	Having 2 servings or more a day of fruit		Having 3 servings or more a day of vegetables		Having 5 servings or more a day of fruit, fruit juice and vegetables		Having sugar-sweetened beverage less than 1 time a day or never having it	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>								
Hispanic	532	47.5% ± 6.4	524	18.3% ± 5.7	535	37.2% ± 6.6	206	90.7% ± 9.3
Non-Hispanic								
American Indian or Alaska Native	223	42.0% ± 9.5	222	31.4% ± 10.3	222	44.8% ± 10.0	119	80.9% ± 12.4
Asian or Asian American	364	48.5% ± 7.4	364	25.7% ± 6.9	364	38.6% ± 7.5	259	85.0% ± 8.1
Southeast Asian	173	44.0% ± 10.9	172	25.2% ± 11.0	171	35.3% ± 11.2	97	83.2% ± 11.9
Black or African American	1,646	45.0% ± 3.6	1,620	18.1% ± 2.9	1,662	37.7% ± 3.5	517	83.7% ± 6.2
US-born black	1,127	45.8% ± 4.4	1,112	22.9% ± 4.3	1,130	42.6% ± 4.5	363	83.2% ± 8.1
Foreign-born black	434	42.1% ± 6.6	426	9.9% ± 3.9	445	29.2% ± 6.1	135	86.0% ± 11.9
White	7,874	49.7% ± 1.6	7,868	31.0% ± 1.5	7,896	37.7% ± 1.6	7,489	86.9% ± 1.2
<b>Household income</b>								
< 200% of Federal Poverty Level	3,840	40.4% ± 3.4	3,795	19.6% ± 2.8	3,868	31.7% ± 3.2	1,790	79.3% ± 3.1
< 100% of Federal Poverty Level	2,003	40.0% ± 5.3	1,967	17.8% ± 4.4	2,021	33.6% ± 5.1	565	76.9% ± 5.4
100 - 199% of Federal Poverty Level	1,723	40.7% ± 4.5	1,714	21.0% ± 3.8	1,726	29.7% ± 4.2	1,174	80.6% ± 4.0
≥ 200% of Federal Poverty Level	6,793	50.5% ± 1.8	6,791	32.5% ± 1.7	6,805	39.1% ± 1.7	6,672	89.0% ± 1.2
<b>Educational attainment</b>								
Less than high school	649	40.2% ± 8.1	643	17.9% ± 7.2	660	33.3% ± 7.8	182	74.6% ± 8.9
High school or GED	1,757	40.4% ± 4.3	1,752	17.6% ± 3.7	1,769	29.4% ± 4.1	958	77.6% ± 4.3
Some college	3,030	43.9% ± 3.0	3,008	23.4% ± 2.6	3,042	33.0% ± 2.9	2,330	85.3% ± 2.2
College degree or higher	5,463	53.8% ± 2.0	5,453	37.3% ± 2.0	5,473	42.6% ± 2.0	5,278	91.5% ± 1.2
<b>Housing insecurity</b>								
Yes	1,594	38.8% ± 5.7	1,572	19.7% ± 4.7	1,601	34.1% ± 5.6	526	77.9% ± 5.8
No	9,364	49.1% ± 1.6	9,338	30.2% ± 1.5	9,401	37.6% ± 1.6	8,246	87.6% ± 1.1
<b>Self-reported disability</b>								
Yes	3,146	43.4% ± 3.2	3,134	21.0% ± 2.7	3,167	32.5% ± 3.0	2,383	80.2% ± 2.8
No	7,755	49.6% ± 1.8	7,717	31.6% ± 1.6	7,776	38.7% ± 1.7	6,355	88.5% ± 1.3
<b>Frequent mental distress</b>								
Yes	1,528	41.1% ± 4.6	1,517	23.7% ± 4.0	1,536	30.7% ± 4.4	909	79.6% ± 4.2
No	9,181	49.0% ± 1.6	9,146	30.2% ± 1.5	9,206	38.2% ± 1.6	7,708	87.8% ± 1.2

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



A serving of vegetables - not including french fries - is one cup of salad greens or a half cup vegetables. How many servings of vegetables did you have yesterday?

Table 27	Sample	0 servings	1 serving	2 servings	3 or more servings
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,946	13.3% ± 1.1	26.6% ± 1.4	30.9% ± 1.4	29.2% ± 1.4
<b>Minneapolis</b>	4,629	14.1% ± 2.0	26.2% ± 2.4	29.3% ± 2.4	30.4% ± 2.3
Camden, Near North	1,329	20.0% ± 5.2	30.2% ± 5.7	30.7% ± 5.6	19.1% ± 4.9
Central, Northeast, University, St. Anthony	1,106	14.6% ± 4.0	26.5% ± 4.7	30.9% ± 4.7	28.0% ± 4.3
Phillips, Powderhorn	1,206	13.9% ± 4.4	28.1% ± 5.2	30.5% ± 5.0	27.6% ± 4.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	988	11.4% ± 3.5	23.3% ± 4.1	26.8% ± 4.2	38.5% ± 4.4
<b>Suburban Hennepin County</b>	6,317	12.8% ± 1.4	26.8% ± 1.7	31.8% ± 1.8	28.6% ± 1.8
Northwest suburbs	2,176	14.7% ± 2.5	27.2% ± 2.9	30.5% ± 2.9	27.6% ± 2.8
Northwest - inner	1,228	16.8% ± 4.1	31.7% ± 4.5	28.8% ± 4.2	22.7% ± 3.8
Northwest - outer	948	13.0% ± 3.3	23.7% ± 3.8	31.8% ± 4.0	31.5% ± 4.1
West suburbs	1,953	11.2% ± 2.3	26.8% ± 3.3	31.9% ± 3.4	30.1% ± 3.3
West - inner	1,052	11.2% ± 3.4	24.6% ± 4.9	31.8% ± 5.0	32.4% ± 5.0
West - outer	901	11.2% ± 3.2	28.1% ± 4.5	32.0% ± 4.5	28.8% ± 4.4
South suburbs	2,188	11.6% ± 2.4	26.3% ± 3.0	33.4% ± 3.3	28.7% ± 3.2
South - east	1,094	17.0% ± 4.9	28.0% ± 4.8	29.3% ± 5.1	25.6% ± 4.9
South - west	1,094	9.3% ± 2.9	25.5% ± 3.7	35.1% ± 4.2	30.0% ± 4.1
<b>Age</b>					
18-24	471	19.2% ± 6.8	23.7% ± 7.0	29.0% ± 7.3	28.2% ± 7.3
25-34	1,746	12.5% ± 2.9	22.7% ± 3.3	29.8% ± 3.4	35.0% ± 3.5
35-44	1,618	12.1% ± 2.8	24.5% ± 3.6	31.2% ± 3.6	32.2% ± 3.5
45-54	1,467	12.4% ± 2.8	24.9% ± 3.6	31.1% ± 3.6	31.7% ± 3.5
55-64	2,090	14.2% ± 2.4	26.3% ± 2.9	31.7% ± 3.1	27.8% ± 2.8
65-74	1,980	14.2% ± 2.6	33.2% ± 3.0	32.2% ± 3.0	20.4% ± 2.8
75 and older	1,509	12.1% ± 2.6	42.1% ± 3.5	31.6% ± 3.3	14.2% ± 2.6
<b>Gender</b>					
Male	3,789	15.1% ± 1.9	32.2% ± 2.4	29.9% ± 2.3	22.8% ± 2.2
Female	7,146	11.8% ± 1.4	21.9% ± 1.6	31.8% ± 1.8	34.6% ± 1.8
Transgender	89	*24.3% ± 20.7	*25.0% ± 21.4	*26.9% ± 19.0	*23.8% ± 18.0
<b>LGBT self-identification</b>					
LGBT self-identified	919	18.9% ± 5.1	23.6% ± 5.2	28.9% ± 5.2	28.5% ± 5.0
Not LGBT self-identified	9,421	12.6% ± 1.2	26.7% ± 1.5	31.4% ± 1.5	29.4% ± 1.5

## Healthy Lifestyle and Behaviors



**A serving of vegetables - not including french fries - is one cup of salad greens or a half cup vegetables. How many servings of vegetables did you have yesterday?**

Table 27	Sample	0 servings	1 serving	2 servings	3 or more servings
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	524	21.7% ± 5.6	29.8% ± 6.0	30.2% ± 6.4	18.3% ± 5.7
Non-Hispanic					
American Indian or Alaska Native	222	14.6% ± 6.6	21.1% ± 8.5	32.9% ± 10.1	31.4% ± 10.3
Asian or Asian American	364	*10.1% ± 6.0	28.6% ± 7.1	35.6% ± 7.4	25.7% ± 6.9
Southeast Asian	172	^10.4% ± 10.9	29.3% ± 10.0	35.2% ± 11.2	25.2% ± 11.0
Black or African American	1,620	25.6% ± 3.3	28.0% ± 3.4	28.2% ± 3.4	18.1% ± 2.9
US-born black	1,112	27.6% ± 4.2	22.3% ± 3.8	27.3% ± 3.8	22.9% ± 4.3
Foreign-born black	426	23.0% ± 6.0	37.7% ± 6.5	29.3% ± 6.5	9.9% ± 3.9
White	7,868	12.0% ± 1.2	26.0% ± 1.5	31.0% ± 1.5	31.0% ± 1.5
<b>Household income</b>					
< 200% of Federal Poverty Level	3,795	22.1% ± 3.1	31.7% ± 3.2	26.7% ± 3.0	19.6% ± 2.8
< 100% of Federal Poverty Level	1,967	25.5% ± 5.1	30.6% ± 5.1	26.1% ± 4.8	17.8% ± 4.4
100 - 199% of Federal Poverty Level	1,714	19.0% ± 4.0	33.5% ± 4.4	26.6% ± 4.1	21.0% ± 3.8
≥ 200% of Federal Poverty Level	6,791	10.6% ± 1.2	24.6% ± 1.6	32.4% ± 1.7	32.5% ± 1.7
<b>Educational attainment</b>					
Less than high school	643	20.8% ± 7.4	36.4% ± 8.1	24.8% ± 7.6	17.9% ± 7.2
High school or GED	1,752	20.8% ± 3.8	34.3% ± 4.2	27.4% ± 4.0	17.6% ± 3.7
Some college	3,008	15.5% ± 2.4	28.4% ± 2.7	32.7% ± 2.8	23.4% ± 2.6
College degree or higher	5,453	8.8% ± 1.2	22.1% ± 1.7	31.8% ± 1.9	37.3% ± 2.0
<b>Housing insecurity</b>					
Yes	1,572	22.8% ± 5.2	30.5% ± 5.7	27.1% ± 5.2	19.7% ± 4.7
No	9,338	12.3% ± 1.1	26.2% ± 1.4	31.3% ± 1.5	30.2% ± 1.5
<b>Self-reported disability</b>					
Yes	3,134	19.3% ± 2.7	32.4% ± 3.1	27.3% ± 2.8	21.0% ± 2.7
No	7,717	11.6% ± 1.3	24.9% ± 1.6	31.9% ± 1.7	31.6% ± 1.6
<b>Frequent mental distress</b>					
Yes	1,517	20.2% ± 4.0	28.7% ± 4.5	27.4% ± 4.3	23.7% ± 4.0
No	9,146	12.4% ± 1.2	26.0% ± 1.5	31.4% ± 1.5	30.2% ± 1.5

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



**A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut or canned fruit.**

**How many servings of fruit did you have yesterday? (Do not include fruit juice)**

Table 28	Sample	0 servings	1 serving	2 servings	3 or more
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
	N				
<b>Hennepin County total</b>	10,996	20.4% ± 1.3	31.5% ± 1.4	28.0% ± 1.4	20.2% ± 1.3
<b>Minneapolis</b>	4,662	23.6% ± 2.3	29.6% ± 2.3	28.0% ± 2.3	18.8% ± 2.1
Camden, Near North	1,342	26.3% ± 5.7	30.1% ± 5.5	27.7% ± 5.7	15.9% ± 4.5
Central, Northeast, University, St. Anthony	1,114	24.8% ± 4.6	31.0% ± 4.6	25.8% ± 4.5	18.4% ± 4.1
Phillips, Powderhorn	1,214	27.0% ± 5.1	27.9% ± 5.0	25.8% ± 4.7	19.3% ± 4.4
Calhoun-Isles, Longfellow, Nokomis, Southwest	992	19.5% ± 4.1	29.2% ± 4.1	31.2% ± 4.3	20.1% ± 3.9
<b>Suburban Hennepin County</b>	6,334	18.7% ± 1.6	32.5% ± 1.8	27.9% ± 1.7	20.9% ± 1.6
Northwest suburbs	2,187	20.4% ± 2.8	31.5% ± 3.0	27.9% ± 2.8	20.2% ± 2.6
Northwest - inner	1,238	24.5% ± 4.3	29.4% ± 4.3	27.3% ± 4.2	18.8% ± 3.7
Northwest - outer	949	17.1% ± 3.7	33.2% ± 4.1	28.4% ± 3.8	21.3% ± 3.7
West suburbs	1,955	17.1% ± 3.0	33.0% ± 3.4	29.3% ± 3.2	20.6% ± 3.0
West - inner	1,052	17.0% ± 4.2	33.8% ± 5.1	27.0% ± 4.6	22.2% ± 4.9
West - outer	903	17.1% ± 4.1	32.5% ± 4.5	30.7% ± 4.5	19.6% ± 3.9
South suburbs	2,192	17.6% ± 2.8	33.4% ± 3.3	26.8% ± 3.0	22.2% ± 3.1
South - east	1,096	23.3% ± 5.1	33.1% ± 5.2	23.5% ± 4.5	20.2% ± 4.9
South - west	1,096	15.2% ± 3.3	33.5% ± 4.2	28.2% ± 3.8	23.0% ± 3.9
<b>Age</b>					
18-24	479	22.9% ± 6.8	26.2% ± 7.2	27.7% ± 7.4	23.3% ± 7.2
25-34	1,762	23.8% ± 3.4	28.7% ± 3.4	22.6% ± 3.0	24.9% ± 3.3
35-44	1,625	19.7% ± 3.2	32.0% ± 3.7	27.5% ± 3.5	20.8% ± 3.1
45-54	1,477	20.3% ± 3.4	28.5% ± 3.6	32.1% ± 3.6	19.0% ± 3.1
55-64	2,090	21.5% ± 2.9	33.7% ± 3.1	27.8% ± 2.8	17.0% ± 2.4
65-74	1,983	17.9% ± 2.6	33.9% ± 3.0	30.9% ± 3.0	17.3% ± 2.7
75 and older	1,512	11.5% ± 2.7	41.5% ± 3.5	31.0% ± 3.3	16.0% ± 2.7
<b>Gender</b>					
Male	3,799	22.4% ± 2.2	35.3% ± 2.4	26.0% ± 2.2	16.2% ± 2.0
Female	7,184	18.6% ± 1.6	28.3% ± 1.7	29.6% ± 1.7	23.5% ± 1.7
Transgender	93	46.1% ± 18.9	*21.3% ± 18.7	^14.2% ± 14.4	^18.5% ± 19.2
<b>LGBT self-identification</b>					
LGBT self-identified	934	26.0% ± 5.4	29.7% ± 5.2	30.4% ± 5.3	13.9% ± 4.1
Not LGBT self-identified	9,448	19.8% ± 1.4	31.7% ± 1.5	27.7% ± 1.4	20.9% ± 1.4



## Healthy Lifestyle and Behaviors



**A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut or canned fruit.**

**How many servings of fruit did you have yesterday? (Do not include fruit juice)**

Table 28	Sample	0 servings	1 serving	2 servings	3 or more
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
	N				
<b>Selected race/ethnicity</b>					
Hispanic	532	18.5% ± 5.1	34.0% ± 6.2	24.1% ± 5.9	23.4% ± 6.3
Non-Hispanic					
American Indian or Alaska Native	223	23.8% ± 8.7	34.2% ± 10.8	23.6% ± 8.4	18.4% ± 7.8
Asian or Asian American	364	19.0% ± 6.4	32.5% ± 7.3	28.9% ± 7.0	19.6% ± 6.9
Southeast Asian	173	18.3% ± 8.9	37.7% ± 11.6	23.8% ± 9.7	20.2% ± 10.6
Black or African American	1,646	29.1% ± 3.4	25.8% ± 3.2	24.2% ± 3.2	20.8% ± 3.1
US-born black	1,127	31.0% ± 4.4	23.2% ± 3.7	23.3% ± 3.8	22.5% ± 3.9
Foreign-born black	434	26.5% ± 5.9	31.4% ± 6.3	26.6% ± 6.3	15.5% ± 5.3
White	7,874	18.4% ± 1.3	31.9% ± 1.5	29.2% ± 1.5	20.5% ± 1.4
<b>Household income</b>					
< 200% of Federal Poverty Level	3,840	28.7% ± 3.2	30.9% ± 3.2	25.1% ± 3.0	15.3% ± 2.6
< 100% of Federal Poverty Level	2,003	31.0% ± 5.2	29.1% ± 4.9	24.5% ± 4.8	15.4% ± 4.2
100 - 199% of Federal Poverty Level	1,723	26.7% ± 4.2	32.6% ± 4.3	26.1% ± 4.1	14.5% ± 3.4
≥ 200% of Federal Poverty Level	6,793	17.8% ± 1.4	31.7% ± 1.7	28.9% ± 1.6	21.6% ± 1.5
<b>Educational attainment</b>					
Less than high school	649	32.2% ± 8.2	27.6% ± 7.8	26.2% ± 7.6	14.0% ± 6.4
High school or GED	1,757	25.2% ± 4.1	34.4% ± 4.2	23.9% ± 3.9	16.4% ± 3.4
Some college	3,030	24.1% ± 2.7	31.9% ± 2.8	26.5% ± 2.6	17.4% ± 2.5
College degree or higher	5,463	15.5% ± 1.5	30.7% ± 1.9	30.3% ± 1.8	23.5% ± 1.8
<b>Housing insecurity</b>					
Yes	1,594	32.2% ± 5.6	28.9% ± 5.4	19.1% ± 4.8	19.7% ± 5.1
No	9,364	19.2% ± 1.3	31.7% ± 1.5	28.8% ± 1.4	20.3% ± 1.3
<b>Self-reported disability</b>					
Yes	3,146	24.9% ± 3.0	31.7% ± 2.9	26.1% ± 2.8	17.3% ± 2.6
No	7,755	19.1% ± 1.5	31.3% ± 1.7	28.5% ± 1.6	21.1% ± 1.5
<b>Frequent mental distress</b>					
Yes	1,528	31.4% ± 4.5	27.6% ± 4.3	24.9% ± 4.1	16.2% ± 3.9
No	9,181	19.1% ± 1.4	31.9% ± 1.6	28.4% ± 1.5	20.6% ± 1.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



A serving of 100% fruit juice is 6 ounces.

How many servings of fruit juice did you have yesterday?

Table 29	Sample	0 servings	1 serving	2 servings	3 or more servings
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,946	70.3% ± 1.4	20.4% ± 1.3	6.4% ± 0.8	2.9% ± 0.6
<b>Minneapolis</b>	4,637	72.0% ± 2.3	17.3% ± 2.0	7.3% ± 1.5	3.4% ± 1.0
Camden, Near North	1,328	56.3% ± 6.0	19.1% ± 4.9	13.7% ± 5.4	10.9% ± 4.5
Central, Northeast, University, St. Anthony	1,113	75.6% ± 4.4	14.5% ± 3.7	7.6% ± 3.3	*2.4% ± 1.5
Phillips, Powderhorn	1,213	67.7% ± 5.2	19.7% ± 4.7	8.5% ± 3.4	*4.1% ± 3.1
Calhoun-Isles, Longfellow, Nokomis, Southwest	983	77.8% ± 3.8	17.5% ± 3.6	3.8% ± 1.9	^0.9% ± 1.0
<b>Suburban Hennepin County</b>	6,309	69.3% ± 1.8	22.2% ± 1.6	6.0% ± 1.0	2.6% ± 0.8
Northwest suburbs	2,178	68.6% ± 3.0	22.1% ± 2.7	6.5% ± 1.8	2.7% ± 1.3
Northwest - inner	1,231	62.4% ± 4.7	22.8% ± 4.3	10.6% ± 3.4	*4.2% ± 2.7
Northwest - outer	947	73.5% ± 3.8	21.5% ± 3.6	3.3% ± 1.8	*1.6% ± 1.5
West suburbs	1,943	70.2% ± 3.4	20.9% ± 3.0	5.9% ± 2.2	*3.0% ± 1.9
West - inner	1,046	74.4% ± 5.1	17.7% ± 4.2	*4.9% ± 3.3	^2.9% ± 3.9
West - outer	897	67.7% ± 4.6	22.8% ± 4.1	6.4% ± 3.1	*3.0% ± 2.5
South suburbs	2,188	69.6% ± 3.2	23.2% ± 2.9	5.3% ± 1.8	*1.9% ± 1.3
South - east	1,096	70.0% ± 5.2	22.7% ± 5.0	4.7% ± 2.4	^2.6% ± 3.0
South - west	1,092	69.4% ± 4.0	23.5% ± 3.6	5.5% ± 2.4	*1.7% ± 1.6
<b>Age</b>					
18-24	478	73.1% ± 7.4	12.7% ± 6.1	10.3% ± 5.8	^3.9% ± 4.2
25-34	1,750	76.1% ± 3.4	14.8% ± 2.9	6.0% ± 2.1	3.2% ± 1.8
35-44	1,621	73.9% ± 3.7	18.0% ± 3.4	5.3% ± 2.0	2.8% ± 1.7
45-54	1,466	71.9% ± 3.6	18.8% ± 3.3	6.7% ± 2.3	2.6% ± 1.5
55-64	2,081	68.4% ± 3.0	23.1% ± 2.8	5.7% ± 1.6	2.8% ± 1.1
65-74	1,978	65.5% ± 3.1	25.7% ± 2.8	6.4% ± 1.7	*2.4% ± 1.8
75 and older	1,503	48.9% ± 3.5	41.0% ± 3.6	7.8% ± 2.0	*2.3% ± 1.5
<b>Gender</b>					
Male	3,776	66.3% ± 2.4	22.6% ± 2.1	7.5% ± 1.4	3.6% ± 1.1
Female	7,159	73.6% ± 1.7	18.6% ± 1.5	5.6% ± 1.0	2.3% ± 0.7
Transgender	92	75.0% ± 19.5	^19.1% ± 21.0	^2.5% ± 6.0	^3.4% ± 8.7
<b>LGBT self-identification</b>					
LGBT self-identified	929	72.9% ± 5.3	16.5% ± 4.7	7.7% ± 3.8	*2.9% ± 1.8
Not LGBT self-identified	9,416	70.8% ± 1.5	20.5% ± 1.3	6.0% ± 0.8	2.7% ± 0.6

## Healthy Lifestyle and Behaviors



A serving of 100% fruit juice is 6 ounces.

How many servings of fruit juice did you have yesterday?

Table 29	Sample	0 servings	1 serving	2 servings	3 or more servings
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	525	54.9% ± 6.4	27.4% ± 6.1	5.9% ± 2.9	11.8% ± 5.5
Non-Hispanic					
American Indian or Alaska Native	221	59.9% ± 10.1	16.1% ± 8.1	*13.2% ± 10.3	*10.8% ± 6.9
Asian or Asian American	364	60.8% ± 7.5	23.9% ± 6.8	*8.7% ± 5.9	*6.6% ± 4.6
Southeast Asian	173	56.5% ± 11.0	26.7% ± 10.6	*9.3% ± 7.6	^7.5% ± 9.3
Black or African American	1,627	42.6% ± 3.6	22.6% ± 3.1	18.5% ± 2.9	16.3% ± 2.9
US-born black	1,111	45.5% ± 4.5	16.8% ± 3.2	18.7% ± 3.7	19.1% ± 4.0
Foreign-born black	431	40.1% ± 6.6	31.3% ± 6.3	18.4% ± 5.2	10.2% ± 4.7
White	7,852	71.8% ± 1.5	20.7% ± 1.3	5.5% ± 0.8	2.1% ± 0.6
<b>Household income</b>					
< 200% of Federal Poverty Level	3,813	59.2% ± 3.4	25.2% ± 3.1	10.0% ± 2.3	5.5% ± 1.6
< 100% of Federal Poverty Level	1,987	54.8% ± 5.3	24.4% ± 4.9	12.9% ± 4.1	7.9% ± 2.8
100 - 199% of Federal Poverty Level	1,714	63.2% ± 4.4	25.3% ± 4.2	7.9% ± 2.6	*3.6% ± 2.1
≥ 200% of Federal Poverty Level	6,771	74.2% ± 1.6	18.6% ± 1.4	5.2% ± 0.9	2.0% ± 0.6
<b>Educational attainment</b>					
Less than high school	649	50.6% ± 8.0	27.7% ± 7.9	14.7% ± 6.8	*7.0% ± 5.1
High school or GED	1,748	58.9% ± 4.3	26.7% ± 4.0	8.4% ± 2.7	5.9% ± 2.4
Some college	3,009	67.9% ± 2.8	22.8% ± 2.6	6.5% ± 1.6	2.8% ± 1.1
College degree or higher	5,449	77.4% ± 1.7	16.3% ± 1.4	4.8% ± 1.0	1.5% ± 0.6
<b>Housing insecurity</b>					
Yes	1,579	64.1% ± 5.7	14.9% ± 4.5	11.8% ± 4.6	9.2% ± 3.8
No	9,331	70.9% ± 1.5	21.0% ± 1.3	5.9% ± 0.8	2.2% ± 0.6
<b>Self-reported disability</b>					
Yes	3,132	65.1% ± 3.0	23.7% ± 2.8	6.7% ± 1.7	4.5% ± 1.5
No	7,720	71.7% ± 1.6	19.5% ± 1.4	6.4% ± 1.0	2.4% ± 0.7
<b>Frequent mental distress</b>					
Yes	1,520	71.6% ± 4.4	15.7% ± 3.7	7.4% ± 2.8	5.2% ± 2.6
No	9,150	70.7% ± 1.5	20.6% ± 1.4	6.3% ± 0.9	2.4% ± 0.6

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



## Total servings of fruit (not including juice) or vegetables consumed yesterday

Table 30	Sample	0 servings	1 serving	2 servings	3 or more servings
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,043	7.3% ± 0.9	10.5% ± 1.0	17.3% ± 1.2	64.9% ± 1.5
<b>Minneapolis</b>	4,685	8.1% ± 1.6	11.7% ± 1.8	16.1% ± 1.9	64.2% ± 2.5
Camden, Near North	1,349	11.2% ± 4.1	14.5% ± 4.9	20.4% ± 5.5	53.9% ± 5.9
Central, Northeast, University, St. Anthony	1,120	7.7% ± 3.2	13.4% ± 4.0	16.9% ± 3.9	62.0% ± 4.9
Phillips, Powderhorn	1,222	9.1% ± 4.2	12.4% ± 4.0	14.0% ± 3.8	64.6% ± 5.3
Calhoun-Isles, Longfellow, Nokomis, Southwest	994	6.6% ± 3.1	8.7% ± 3.0	14.9% ± 3.4	69.9% ± 4.4
<b>Suburban Hennepin County</b>	6,358	6.8% ± 1.1	9.9% ± 1.2	17.9% ± 1.5	65.4% ± 1.9
Northwest suburbs	2,194	8.3% ± 2.1	10.0% ± 2.1	18.9% ± 2.6	62.9% ± 3.1
Northwest - inner	1,242	9.3% ± 3.4	11.9% ± 3.4	22.2% ± 4.1	56.6% ± 4.6
Northwest - outer	952	7.5% ± 2.9	8.4% ± 2.9	16.3% ± 3.3	67.9% ± 4.2
West suburbs	1,962	5.6% ± 1.9	10.9% ± 2.5	15.3% ± 2.6	68.2% ± 3.4
West - inner	1,058	5.5% ± 3.0	10.9% ± 3.6	16.4% ± 4.6	67.2% ± 5.2
West - outer	904	5.6% ± 2.7	11.0% ± 3.6	14.6% ± 3.3	68.8% ± 4.5
South suburbs	2,202	5.9% ± 1.9	8.9% ± 2.0	18.8% ± 2.8	66.4% ± 3.2
South - east	1,103	9.2% ± 4.2	13.6% ± 4.2	18.6% ± 4.3	58.5% ± 5.4
South - west	1,099	4.4% ± 2.1	6.9% ± 2.4	18.8% ± 3.6	69.8% ± 4.0
<b>Age</b>					
18-24	483	9.3% ± 5.4	12.4% ± 5.6	15.0% ± 6.1	63.3% ± 7.5
25-34	1,768	7.4% ± 2.5	11.9% ± 2.8	13.5% ± 2.6	67.3% ± 3.6
35-44	1,633	6.9% ± 2.3	8.9% ± 2.4	17.8% ± 3.2	66.4% ± 3.7
45-54	1,484	6.9% ± 2.3	9.8% ± 2.7	15.6% ± 3.1	67.7% ± 3.8
55-64	2,094	9.1% ± 2.3	9.7% ± 2.0	17.5% ± 2.6	63.7% ± 3.1
65-74	1,993	6.7% ± 2.0	11.1% ± 2.1	22.6% ± 2.7	59.6% ± 3.2
75 and older	1,519	3.3% ± 1.4	12.5% ± 2.9	25.8% ± 3.2	58.4% ± 3.5
<b>Gender</b>					
Male	3,823	8.8% ± 1.6	12.5% ± 1.8	20.2% ± 2.1	58.6% ± 2.5
Female	7,207	6.0% ± 1.1	8.7% ± 1.2	14.9% ± 1.4	70.3% ± 1.8
Transgender	93	^21.0% ± 21.5	^11.7% ± 22.1	^18.5% ± 19.3	48.8% ± 18.3
<b>LGBT self-identification</b>					
LGBT self-identified	936	11.3% ± 4.5	11.0% ± 4.2	17.5% ± 4.6	60.2% ± 5.6
Not LGBT self-identified	9,483	6.7% ± 0.9	10.6% ± 1.1	17.1% ± 1.3	65.7% ± 1.6

## Healthy Lifestyle and Behaviors



### Total servings of fruit (not including juice) or vegetables consumed yesterday

Table 30	Sample	0 servings	1 serving	2 servings	3 or more servings
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	536	10.2% ± 4.2	10.6% ± 3.6	26.3% ± 6.2	52.9% ± 6.3
Non-Hispanic					
American Indian or Alaska Native	224	11.0% ± 6.2	*7.5% ± 5.1	16.7% ± 8.6	64.9% ± 9.3
Asian or Asian American	365	*4.4% ± 3.9	11.6% ± 6.7	16.9% ± 5.4	67.1% ± 7.2
Southeast Asian	173	*4.5% ± 3.6	^11.2% ± 11.8	18.0% ± 8.5	66.4% ± 10.8
Black or African American	1,664	15.9% ± 2.9	11.9% ± 2.4	21.2% ± 3.2	51.0% ± 3.6
US-born black	1,135	16.7% ± 3.8	11.9% ± 3.2	19.1% ± 3.7	52.3% ± 4.4
Foreign-born black	441	14.4% ± 5.1	12.9% ± 4.4	25.0% ± 6.2	47.7% ± 6.5
White	7,893	6.1% ± 0.9	10.1% ± 1.1	16.4% ± 1.2	67.4% ± 1.6
<b>Household income</b>					
< 200% of Federal Poverty Level	3,874	12.7% ± 2.6	15.7% ± 2.6	20.4% ± 2.9	51.2% ± 3.4
< 100% of Federal Poverty Level	2,023	14.4% ± 4.4	17.8% ± 4.4	19.7% ± 4.5	48.2% ± 5.3
100 - 199% of Federal Poverty Level	1,730	11.1% ± 3.4	14.1% ± 3.5	21.3% ± 3.9	53.5% ± 4.5
≥ 200% of Federal Poverty Level	6,805	5.5% ± 0.9	8.8% ± 1.1	16.1% ± 1.3	69.5% ± 1.7
<b>Educational attainment</b>					
Less than high school	658	14.5% ± 6.9	17.3% ± 7.2	18.1% ± 6.9	50.0% ± 8.1
High school or GED	1,774	11.9% ± 3.3	14.1% ± 3.2	21.6% ± 3.7	52.3% ± 4.3
Some college	3,041	8.9% ± 1.9	12.1% ± 2.1	19.6% ± 2.4	59.4% ± 2.9
College degree or higher	5,473	4.0% ± 0.9	7.7% ± 1.1	14.5% ± 1.5	73.8% ± 1.8
<b>Housing insecurity</b>					
Yes	1,607	15.1% ± 4.7	14.8% ± 4.5	19.9% ± 5.0	50.2% ± 5.7
No	9,398	6.5% ± 0.9	10.1% ± 1.0	17.0% ± 1.2	66.5% ± 1.5
<b>Self-reported disability</b>					
Yes	3,166	10.1% ± 2.2	15.5% ± 2.6	19.4% ± 2.6	55.0% ± 3.2
No	7,779	6.4% ± 1.0	9.1% ± 1.1	16.7% ± 1.4	67.8% ± 1.7
<b>Frequent mental distress</b>					
Yes	1,537	13.0% ± 3.6	12.4% ± 3.4	20.5% ± 4.0	54.0% ± 4.6
No	9,211	6.6% ± 1.0	10.3% ± 1.1	16.8% ± 1.3	66.4% ± 1.6

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



## Total servings of vegetables, fruit, or fruit juice consumed yesterday

Table 31	Sample	0 servings	1 serving	2 servings	3 or 4 servings	5 or more servings
	Size					
<b>Hennepin County total</b>	11,040	5.5% ± 0.8	8.6% ± 0.9	14.2% ± 1.1	34.4% ± 1.5	37.3% ± 1.5
<b>Minneapolis</b>	4,681	6.3% ± 1.5	9.4% ± 1.8	13.2% ± 1.8	34.3% ± 2.5	36.8% ± 2.4
Camden, Near North	1,347	8.4% ± 3.8	10.5% ± 4.4	14.4% ± 4.4	32.6% ± 5.6	34.1% ± 5.8
Central, Northeast, University, St. Anthony	1,119	6.5% ± 3.1	11.5% ± 3.9	13.8% ± 3.6	35.9% ± 4.8	32.3% ± 4.6
Phillips, Powderhorn	1,225	6.0% ± 3.0	9.5% ± 3.9	13.7% ± 4.1	35.2% ± 5.3	35.7% ± 5.0
Calhoun-Isles, Longfellow, Nokomis, Southwest	990	5.4% ± 2.8	7.2% ± 3.0	12.0% ± 3.1	33.1% ± 4.4	42.3% ± 4.4
<b>Suburban Hennepin County</b>	6,359	5.1% ± 1.0	8.2% ± 1.1	14.7% ± 1.4	34.5% ± 1.8	37.5% ± 1.9
Northwest suburbs	2,194	5.8% ± 1.9	8.5% ± 2.0	15.8% ± 2.4	33.5% ± 3.0	36.4% ± 3.0
Northwest - inner	1,241	6.1% ± 3.0	9.5% ± 3.1	17.1% ± 3.8	31.9% ± 4.3	35.4% ± 4.4
Northwest - outer	953	5.6% ± 2.7	7.8% ± 2.7	14.8% ± 3.3	34.7% ± 4.1	37.2% ± 4.1
West suburbs	1,961	4.3% ± 1.7	9.0% ± 2.3	12.0% ± 2.4	36.1% ± 3.4	38.6% ± 3.5
West - inner	1,058	3.8% ± 2.1	9.8% ± 3.6	13.1% ± 4.0	33.5% ± 4.9	39.7% ± 5.2
West - outer	903	4.7% ± 2.7	8.6% ± 3.2	11.2% ± 3.1	37.6% ± 4.6	37.9% ± 4.6
South suburbs	2,204	4.7% ± 1.7	7.0% ± 1.9	15.5% ± 2.6	34.6% ± 3.3	38.2% ± 3.4
South - east	1,104	6.6% ± 3.6	12.7% ± 4.5	17.3% ± 4.3	30.1% ± 4.9	33.3% ± 5.2
South - west	1,100	3.8% ± 2.1	4.6% ± 2.0	14.8% ± 3.4	36.6% ± 4.2	40.3% ± 4.3
<b>Age</b>						
18-24	482	*7.3% ± 5.2	10.1% ± 5.3	10.9% ± 5.4	34.9% ± 7.6	36.8% ± 7.6
25-34	1,761	4.9% ± 2.0	10.6% ± 2.7	12.3% ± 2.6	32.3% ± 3.5	39.9% ± 3.6
35-44	1,633	5.5% ± 2.1	6.5% ± 2.1	15.9% ± 3.1	33.2% ± 3.7	38.9% ± 3.7
45-54	1,484	5.7% ± 2.2	8.1% ± 2.5	13.1% ± 2.9	34.0% ± 3.7	39.1% ± 3.7
55-64	2,094	7.3% ± 2.1	8.5% ± 1.9	13.7% ± 2.4	34.9% ± 3.1	35.7% ± 3.0
65-74	1,995	5.2% ± 2.0	8.9% ± 1.9	17.9% ± 2.5	35.7% ± 3.0	32.3% ± 3.1
75 and older	1,521	1.6% ± 0.9	8.6% ± 2.7	17.5% ± 2.9	41.5% ± 3.5	30.8% ± 3.4
<b>Gender</b>						
Male	3,818	6.7% ± 1.4	10.2% ± 1.7	15.8% ± 1.9	36.0% ± 2.4	31.3% ± 2.4
Female	7,209	4.5% ± 1.0	7.2% ± 1.1	12.9% ± 1.3	33.0% ± 1.8	42.3% ± 1.9
Transgender	93	^17.7% ± 19.9	^17.2% ± 22.1	^9.9% ± 12.7	*21.9% ± 18.0	33.3% ± 19.1
<b>LGBT self-identification</b>						
LGBT self-identified	934	9.6% ± 4.4	8.5% ± 3.7	13.4% ± 4.1	35.1% ± 5.5	33.4% ± 5.2
Not LGBT self-identified	9,480	5.0% ± 0.8	8.8% ± 1.0	14.2% ± 1.2	34.4% ± 1.6	37.6% ± 1.6

# Healthy Lifestyle and Behaviors



## Total servings of vegetables, fruit, or fruit juice consumed yesterday

**Table 31**

	Sample Size N	0 servings % ± 95% C.I.	1 serving % ± 95% C.I.	2 servings % ± 95% C.I.	3 or 4 servings % ± 95% C.I.	5 or more servings % ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	535	7.1% ± 3.3	8.9% ± 3.9	19.2% ± 5.8	27.7% ± 5.5	37.2% ± 6.6
Non-Hispanic						
American Indian or Alaska Native	222	*8.4% ± 5.6	*7.1% ± 5.0	*10.6% ± 8.0	29.2% ± 9.8	44.8% ± 10.0
Asian or Asian American	364	^3.1% ± 3.6	*10.0% ± 6.6	12.3% ± 4.9	36.0% ± 7.4	38.6% ± 7.5
Southeast Asian	171	*4.0% ± 3.6	^9.3% ± 11.6	*10.2% ± 6.7	41.1% ± 11.2	35.3% ± 11.2
Black or African American	1,662	11.7% ± 2.5	7.5% ± 2.0	14.3% ± 2.8	28.8% ± 3.4	37.7% ± 3.5
US-born black	1,130	12.4% ± 3.3	8.6% ± 3.0	12.1% ± 3.0	24.3% ± 3.9	42.6% ± 4.5
Foreign-born black	445	10.1% ± 4.5	6.5% ± 3.2	18.7% ± 5.9	35.5% ± 6.4	29.2% ± 6.1
White	7,896	4.6% ± 0.8	8.3% ± 1.0	13.5% ± 1.1	35.9% ± 1.6	37.7% ± 1.6
<b>Household income</b>						
< 200% of Federal Poverty Level	3,868	9.5% ± 2.3	13.0% ± 2.6	15.6% ± 2.5	30.1% ± 3.2	31.7% ± 3.2
< 100% of Federal Poverty Level	2,021	10.0% ± 3.8	14.5% ± 4.2	15.6% ± 4.2	26.3% ± 4.9	33.6% ± 5.1
100 - 199% of Federal Poverty Level	1,726	8.5% ± 3.0	12.2% ± 3.5	15.5% ± 3.3	34.1% ± 4.4	29.7% ± 4.2
≥ 200% of Federal Poverty Level	6,805	4.3% ± 0.8	7.1% ± 1.0	13.7% ± 1.3	35.9% ± 1.7	39.1% ± 1.7
<b>Educational attainment</b>						
Less than high school	660	10.9% ± 6.2	12.6% ± 6.6	16.9% ± 6.6	26.3% ± 8.0	33.3% ± 7.8
High school or GED	1,769	8.6% ± 3.0	11.2% ± 3.0	15.6% ± 3.2	35.2% ± 4.2	29.4% ± 4.1
Some college	3,042	6.5% ± 1.7	10.4% ± 2.1	16.6% ± 2.3	33.4% ± 2.8	33.0% ± 2.9
College degree or higher	5,473	3.3% ± 0.8	6.3% ± 1.1	12.1% ± 1.4	35.7% ± 1.9	42.6% ± 2.0
<b>Housing insecurity</b>						
Yes	1,601	10.4% ± 4.0	11.3% ± 4.3	17.5% ± 4.8	26.8% ± 5.2	34.1% ± 5.6
No	9,401	5.0% ± 0.8	8.3% ± 1.0	13.9% ± 1.1	35.2% ± 1.5	37.6% ± 1.6
<b>Self-reported disability</b>						
Yes	3,167	7.8% ± 2.0	13.0% ± 2.5	15.2% ± 2.4	31.5% ± 2.9	32.5% ± 3.0
No	7,776	4.8% ± 0.9	7.4% ± 1.0	13.9% ± 1.3	35.2% ± 1.7	38.7% ± 1.7
<b>Frequent mental distress</b>						
Yes	1,536	9.7% ± 3.2	11.6% ± 3.5	17.9% ± 3.8	30.1% ± 4.4	30.7% ± 4.4
No	9,206	5.0% ± 0.9	8.3% ± 1.0	13.8% ± 1.2	34.7% ± 1.6	38.2% ± 1.6

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



**How often did you drink the following beverages in the past week?  
Fruit drinks (such as Snapple, flavored teas, Capri Sun, and Kool-Aid)**

Table 32	Sample Size	Never or < 1 time/week	1 time/week to < 1 time/day	≥ 1 time/day
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	8,772	74.7% ± 1.5	21.0% ± 1.4	4.3% ± 0.8
<b>Minneapolis</b>	3,374	73.6% ± 2.5	22.5% ± 2.4	3.8% ± 1.1
Camden, Near North	790	56.4% ± 6.3	36.8% ± 6.5	6.8% ± 2.9
Central, Northeast, University, St. Anthony	905	72.0% ± 5.0	24.3% ± 4.9	*3.7% ± 2.3
Phillips, Powderhorn	864	70.9% ± 5.5	23.9% ± 5.4	5.2% ± 3.0
Calhoun-Isles, Longfellow, Nokomis, Southwest	815	84.3% ± 3.9	13.9% ± 3.7	^1.9% ± 2.0
<b>Suburban Hennepin County</b>	5,398	75.2% ± 1.9	20.2% ± 1.7	4.5% ± 1.0
Northwest suburbs	1,806	74.2% ± 3.1	20.6% ± 2.9	5.2% ± 1.9
Northwest - inner	907	67.6% ± 4.9	25.7% ± 4.8	6.7% ± 3.2
Northwest - outer	899	79.4% ± 3.9	16.5% ± 3.6	*4.1% ± 2.6
West suburbs	1,730	77.5% ± 3.3	19.4% ± 3.2	3.1% ± 1.8
West - inner	897	76.5% ± 5.1	20.6% ± 5.0	*2.9% ± 2.6
West - outer	833	78.1% ± 4.4	18.7% ± 4.2	*3.3% ± 2.6
South suburbs	1,862	74.8% ± 3.3	20.5% ± 3.1	4.7% ± 1.8
South - east	901	67.7% ± 5.7	24.6% ± 5.3	7.7% ± 4.3
South - west	961	78.5% ± 4.0	18.4% ± 3.9	3.1% ± 1.7
<b>Age</b>				
18-24	222	68.8% ± 8.1	27.2% ± 7.9	^4.0% ± 5.5
25-34	1,152	75.5% ± 3.5	22.2% ± 3.4	*2.4% ± 1.6
35-44	1,096	78.6% ± 3.6	18.4% ± 3.5	*2.9% ± 1.9
45-54	1,121	73.1% ± 3.9	21.8% ± 3.7	5.1% ± 2.4
55-64	1,800	75.1% ± 3.0	19.5% ± 2.8	5.5% ± 1.8
65-74	1,851	73.7% ± 3.3	20.5% ± 3.0	5.8% ± 2.3
75 and older	1,478	72.2% ± 3.4	21.0% ± 3.2	6.7% ± 2.1
<b>Gender</b>				
Male	3,161	69.9% ± 2.5	24.6% ± 2.4	5.5% ± 1.4
Female	5,606	78.8% ± 1.7	18.0% ± 1.7	3.2% ± 0.8
Transgender	53	58.1% ± 19.5	38.1% ± 19.8	^3.8% ± 12.4
<b>LGBT self-identification</b>				
LGBT self-identified	717	72.2% ± 5.9	23.8% ± 5.7	*4.0% ± 3.5
Not LGBT self-identified	7,786	75.6% ± 1.5	20.1% ± 1.5	4.3% ± 0.8



## Healthy Lifestyle and Behaviors



**How often did you drink the following beverages in the past week?  
Fruit drinks (such as Snapple, flavored teas, Capri Sun, and Kool-Aid)**

<b>Table 32</b>	<b>Sample Size</b>	<b>Never or &lt; 1 time/week</b>	<b>1 time/week to &lt; 1 time/day</b>	<b>≥ 1 time/day</b>
	<b>N</b>	<b>% ± 95% C.I.</b>	<b>% ± 95% C.I.</b>	<b>% ± 95% C.I.</b>
<b>Selected race/ethnicity</b>				
Hispanic	205	58.1% ± 13.5	40.7% ± 13.6	^1.2% ± 3.2
Non-Hispanic				
American Indian or Alaska Native	119	66.3% ± 13.6	27.7% ± 13.3	^6.0% ± 9.5
Asian or Asian American	258	63.9% ± 9.6	30.5% ± 9.7	*5.7% ± 5.3
Southeast Asian	97	56.0% ± 14.4	35.9% ± 15.0	^8.2% ± 10.7
Black or African American	511	49.8% ± 7.6	37.1% ± 7.8	13.1% ± 6.1
US-born black	360	46.9% ± 9.5	38.6% ± 9.9	14.5% ± 8.3
Foreign-born black	134	60.7% ± 13.1	27.0% ± 12.6	^12.3% ± 12.3
White	7,472	79.4% ± 1.4	17.5% ± 1.4	3.1% ± 0.7
<b>Household income</b>				
< 200% of Federal Poverty Level	1,776	59.1% ± 3.8	31.9% ± 3.7	9.0% ± 2.3
< 100% of Federal Poverty Level	560	48.7% ± 6.2	39.2% ± 6.3	12.0% ± 4.3
100 - 199% of Federal Poverty Level	1,168	66.8% ± 4.7	26.1% ± 4.5	7.1% ± 3.0
≥ 200% of Federal Poverty Level	6,663	79.4% ± 1.6	17.7% ± 1.5	2.8% ± 0.7
<b>Educational attainment</b>				
Less than high school	178	43.7% ± 9.3	42.6% ± 9.4	13.7% ± 7.6
High school or GED	951	62.4% ± 4.8	28.9% ± 4.6	8.7% ± 3.3
Some college	2,321	71.9% ± 2.9	23.5% ± 2.8	4.6% ± 1.3
College degree or higher	5,272	82.8% ± 1.6	15.3% ± 1.5	2.0% ± 0.7
<b>Housing insecurity</b>				
Yes	525	57.7% ± 6.6	34.2% ± 6.7	8.1% ± 4.1
No	8,222	76.2% ± 1.5	19.8% ± 1.4	4.0% ± 0.8
<b>Self-reported disability</b>				
Yes	2,371	65.6% ± 3.4	27.8% ± 3.3	6.6% ± 1.8
No	6,341	77.2% ± 1.7	19.1% ± 1.6	3.7% ± 0.9
<b>Frequent mental distress</b>				
Yes	906	68.6% ± 4.9	25.9% ± 4.8	5.5% ± 2.3
No	7,692	75.9% ± 1.6	20.0% ± 1.5	4.1% ± 0.8

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



**How often did you drink the following beverages in the past week?**

**Sport drinks (such as Gatorade or Powerade); these drinks usually do not have caffeine**

Table 33	Sample Size	Never or < 1 time/week	1 time/week to < 1 time/day	≥ 1 time/day
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	8,775	81.1% ± 1.4	17.4% ± 1.3	1.5% ± 0.5
<b>Minneapolis</b>	3,377	80.9% ± 2.3	18.2% ± 2.3	0.9% ± 0.5
Camden, Near North	789	74.7% ± 6.2	23.3% ± 6.2	^2.0% ± 2.3
Central, Northeast, University, St. Anthony	907	76.4% ± 4.9	23.1% ± 4.9	^0.5% ± 0.9
Phillips, Powderhorn	865	81.1% ± 4.9	17.4% ± 4.8	^1.5% ± 1.8
Calhoun-Isles, Longfellow, Nokomis, Southwest	816	87.7% ± 3.7	11.9% ± 3.7	^0.4% ± 0.5
<b>Suburban Hennepin County</b>	5,398	81.2% ± 1.8	17.0% ± 1.7	1.8% ± 0.8
Northwest suburbs	1,805	79.5% ± 2.9	18.0% ± 2.8	*2.5% ± 1.5
Northwest - inner	906	74.3% ± 4.9	21.3% ± 4.6	*4.3% ± 3.2
Northwest - outer	899	83.6% ± 3.6	15.4% ± 3.6	^1.0% ± 1.2
West suburbs	1,732	81.6% ± 3.2	17.0% ± 3.1	^1.4% ± 1.6
West - inner	896	81.8% ± 4.7	17.1% ± 4.6	^1.0% ± 2.7
West - outer	836	81.4% ± 4.5	17.0% ± 4.3	^1.6% ± 2.6
South suburbs	1,861	83.4% ± 3.0	15.4% ± 2.9	^1.2% ± 1.2
South - east	900	77.6% ± 5.5	19.7% ± 5.2	^2.8% ± 3.6
South - west	961	86.4% ± 3.7	13.2% ± 3.7	^0.4% ± 0.7
<b>Age</b>				
18-24	222	76.4% ± 7.6	21.6% ± 7.5	^1.9% ± 3.8
25-34	1,152	77.6% ± 3.4	21.0% ± 3.4	^1.4% ± 1.6
35-44	1,099	78.6% ± 3.5	19.8% ± 3.4	^1.6% ± 1.7
45-54	1,121	80.0% ± 3.6	18.6% ± 3.5	^1.4% ± 1.6
55-64	1,802	82.9% ± 2.7	15.6% ± 2.6	*1.5% ± 1.2
65-74	1,849	87.8% ± 2.7	10.5% ± 2.5	*1.7% ± 1.4
75 and older	1,478	91.8% ± 2.2	7.0% ± 2.0	^1.2% ± 1.4
<b>Gender</b>				
Male	3,159	73.1% ± 2.4	24.8% ± 2.4	2.1% ± 1.0
Female	5,611	87.9% ± 1.5	11.2% ± 1.4	1.0% ± 0.5
Transgender	52	84.3% ± 18.9	^15.7% ± 18.9	0.0% ± 0.0
<b>LGBT self-identification</b>				
LGBT self-identified	716	80.6% ± 4.9	19.3% ± 4.9	^0.2% ± 0.4
Not LGBT self-identified	7,790	81.8% ± 1.4	16.8% ± 1.4	1.5% ± 0.5

## Healthy Lifestyle and Behaviors



**How often did you drink the following beverages in the past week?**

**Sport drinks (such as Gatorade or Powerade); these drinks usually do not have caffeine**

**Table 33**

	Sample Size N	Never or < 1 time/week % ± 95% C.I.	1 time/week to < 1 time/day % ± 95% C.I.	≥ 1 time/day % ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	205	61.2% ± 13.6	34.2% ± 13.7	^4.6% ± 10.8
Non-Hispanic				
American Indian or Alaska Native	118	67.4% ± 15.0	29.8% ± 14.9	^2.8% ± 14.7
Asian or Asian American	257	74.8% ± 10.6	21.9% ± 10.3	^3.3% ± 9.3
Southeast Asian	96	64.4% ± 15.8	33.9% ± 16.0	^1.6% ± 6.1
Black or African American	511	76.4% ± 7.1	19.6% ± 6.7	^4.0% ± 4.6
US-born black	362	71.9% ± 9.3	24.7% ± 9.2	^3.3% ± 4.3
Foreign-born black	131	88.4% ± 12.7	^7.9% ± 11.1	^3.7% ± 13.4
White	7,479	82.8% ± 1.4	16.2% ± 1.4	1.1% ± 0.4
<b>Household income</b>				
< 200% of Federal Poverty Level	1,779	75.3% ± 3.5	22.3% ± 3.5	2.4% ± 1.3
< 100% of Federal Poverty Level	559	73.1% ± 5.9	23.9% ± 5.8	*3.1% ± 2.6
100 - 199% of Federal Poverty Level	1,172	77.1% ± 4.7	20.9% ± 4.6	*2.0% ± 1.9
≥ 200% of Federal Poverty Level	6,666	82.8% ± 1.5	15.9% ± 1.5	1.3% ± 0.6
<b>Educational attainment</b>				
Less than high school	177	70.1% ± 9.5	27.1% ± 9.5	^2.8% ± 4.7
High school or GED	953	76.5% ± 4.5	19.9% ± 4.3	*3.5% ± 2.6
Some college	2,323	80.9% ± 2.8	17.1% ± 2.7	*2.0% ± 1.2
College degree or higher	5,272	83.5% ± 1.6	16.0% ± 1.6	*0.5% ± 0.4
<b>Housing insecurity</b>				
Yes	524	68.8% ± 6.5	30.3% ± 6.5	^0.9% ± 1.3
No	8,226	82.1% ± 1.4	16.3% ± 1.4	1.6% ± 0.6
<b>Self-reported disability</b>				
Yes	2,375	81.6% ± 2.9	16.1% ± 2.8	2.3% ± 1.3
No	6,342	80.9% ± 1.6	17.8% ± 1.6	1.3% ± 0.6
<b>Frequent mental distress</b>				
Yes	907	77.2% ± 4.5	20.2% ± 4.4	*2.6% ± 2.2
No	7,694	81.9% ± 1.5	16.9% ± 1.4	1.2% ± 0.5

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



**How often did you drink the following beverages in the past week?**

**Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, root beer)**

Table 34	Sample Size	Never or < 1 time/week	1 time/week to < 1 time/day	≥ 1 time/day
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	8,773	55.5% ± 1.6	35.4% ± 1.5	9.0% ± 1.0
<b>Minneapolis</b>	3,377	57.0% ± 2.6	34.9% ± 2.6	8.1% ± 1.5
Camden, Near North	788	40.5% ± 6.1	43.9% ± 6.3	15.7% ± 5.1
Central, Northeast, University, St. Anthony	909	54.1% ± 5.1	39.6% ± 5.2	6.3% ± 2.7
Phillips, Powderhorn	867	55.9% ± 5.4	35.3% ± 5.4	8.8% ± 3.5
Calhoun-Isles, Longfellow, Nokomis, Southwest	813	67.4% ± 4.6	26.4% ± 4.4	6.3% ± 2.7
<b>Suburban Hennepin County</b>	5,396	54.8% ± 2.0	35.7% ± 1.9	9.5% ± 1.3
Northwest suburbs	1,806	51.5% ± 3.2	38.1% ± 3.2	10.4% ± 2.2
Northwest - inner	907	47.7% ± 4.7	40.4% ± 4.7	11.9% ± 3.4
Northwest - outer	899	54.5% ± 4.4	36.3% ± 4.3	9.3% ± 3.1
West suburbs	1,731	56.2% ± 3.6	34.8% ± 3.5	9.0% ± 2.3
West - inner	895	58.3% ± 5.1	33.5% ± 5.0	8.2% ± 2.7
West - outer	836	54.9% ± 4.8	35.6% ± 4.8	9.5% ± 3.5
South suburbs	1,859	58.8% ± 3.4	32.8% ± 3.3	8.5% ± 2.2
South - east	900	55.0% ± 5.4	35.5% ± 5.2	9.5% ± 4.0
South - west	959	60.7% ± 4.4	31.4% ± 4.3	7.9% ± 2.7
<b>Age</b>				
18-24	222	50.0% ± 8.0	45.2% ± 8.1	^4.8% ± 5.0
25-34	1,150	59.4% ± 3.8	33.9% ± 3.7	6.7% ± 2.4
35-44	1,097	57.0% ± 3.9	35.4% ± 3.9	7.6% ± 2.3
45-54	1,121	56.1% ± 4.0	31.6% ± 3.8	12.3% ± 2.9
55-64	1,800	53.6% ± 3.2	35.6% ± 3.1	10.8% ± 2.2
65-74	1,850	51.0% ± 3.2	37.3% ± 3.1	11.7% ± 2.2
75 and older	1,482	54.7% ± 3.6	37.5% ± 3.5	7.7% ± 2.1
<b>Gender</b>				
Male	3,159	48.5% ± 2.6	39.5% ± 2.6	12.0% ± 1.8
Female	5,609	61.6% ± 1.9	31.9% ± 1.9	6.5% ± 1.0
Transgender	52	45.3% ± 19.7	37.1% ± 20.5	^17.7% ± 18.5
<b>LGBT self-identification</b>				
LGBT self-identified	716	48.3% ± 5.8	41.0% ± 5.8	10.7% ± 4.3
Not LGBT self-identified	7,783	56.3% ± 1.7	34.8% ± 1.6	8.9% ± 1.0

## Healthy Lifestyle and Behaviors



**How often did you drink the following beverages in the past week?**

**Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, root beer)**

Table 34	Sample Size	Never or < 1 time/week	1 time/week to < 1 time/day	≥ 1 time/day
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	205	53.0% ± 13.0	42.3% ± 13.3	^4.7% ± 5.4
Non-Hispanic				
American Indian or Alaska Native	118	48.0% ± 13.9	40.8% ± 13.8	*11.2% ± 9.9
Asian or Asian American	259	57.5% ± 9.5	33.3% ± 9.6	*9.1% ± 7.8
Southeast Asian	97	52.4% ± 14.1	40.6% ± 14.6	^7.1% ± 9.8
Black or African American	516	61.7% ± 7.5	33.2% ± 7.4	*5.1% ± 3.2
US-born black	362	54.8% ± 9.5	37.9% ± 9.7	*7.3% ± 5.1
Foreign-born black	135	76.8% ± 12.3	21.7% ± 12.4	^1.6% ± 2.6
White	7,468	54.9% ± 1.7	35.1% ± 1.7	10.0% ± 1.1
<b>Household income</b>				
< 200% of Federal Poverty Level	1,787	48.6% ± 3.7	39.6% ± 3.7	11.8% ± 2.4
< 100% of Federal Poverty Level	564	49.5% ± 6.2	38.4% ± 6.1	12.0% ± 4.2
100 - 199% of Federal Poverty Level	1,174	48.0% ± 4.7	40.3% ± 4.8	11.7% ± 3.1
≥ 200% of Federal Poverty Level	6,654	57.8% ± 1.8	34.0% ± 1.7	8.3% ± 1.1
<b>Educational attainment</b>				
Less than high school	182	53.2% ± 9.1	34.6% ± 9.1	*12.2% ± 7.2
High school or GED	955	45.2% ± 4.7	39.7% ± 4.7	15.1% ± 3.7
Some college	2,323	51.1% ± 3.1	39.1% ± 3.1	9.8% ± 1.9
College degree or higher	5,264	61.5% ± 2.0	32.1% ± 1.9	6.4% ± 1.0
<b>Housing insecurity</b>				
Yes	525	40.8% ± 6.5	45.5% ± 6.5	13.6% ± 4.8
No	8,222	56.8% ± 1.6	34.6% ± 1.6	8.6% ± 1.0
<b>Self-reported disability</b>				
Yes	2,374	48.5% ± 3.3	37.6% ± 3.3	13.9% ± 2.4
No	6,340	57.5% ± 1.8	34.8% ± 1.8	7.7% ± 1.1
<b>Frequent mental distress</b>				
Yes	905	47.9% ± 4.9	37.7% ± 4.9	14.5% ± 3.8
No	7,692	56.8% ± 1.7	34.9% ± 1.7	8.3% ± 1.0

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



How often did you drink the following beverages in the past week?

**Energy drinks (such as Rockstar, Red Bull, Monster, and Full Throttle); these drinks usually have caffeine**

Table 35	Sample Size	Never or < 1 time/week	1 time/week to < 1 time/day	≥ 1 time/day
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	8,775	91.5% ± 1.1	7.5% ± 1.1	0.9% ± 0.4
<b>Minneapolis</b>	3,374	91.2% ± 1.7	7.4% ± 1.6	*1.4% ± 0.9
Camden, Near North	787	87.6% ± 5.4	11.1% ± 5.4	^1.3% ± 1.7
Central, Northeast, University, St. Anthony	905	89.8% ± 3.6	9.3% ± 3.6	^0.9% ± 1.3
Phillips, Powderhorn	866	87.3% ± 4.6	9.5% ± 4.0	^3.2% ± 3.5
Calhoun-Isles, Longfellow, Nokomis, Southwest	816	96.7% ± 2.3	*2.6% ± 1.7	^0.8% ± 2.9
<b>Suburban Hennepin County</b>	5,401	91.7% ± 1.4	7.6% ± 1.4	*0.7% ± 0.5
Northwest suburbs	1,806	89.1% ± 2.6	9.8% ± 2.5	^1.1% ± 1.1
Northwest - inner	906	86.0% ± 4.4	12.9% ± 4.3	^1.1% ± 2.1
Northwest - outer	900	91.5% ± 3.4	7.4% ± 3.3	^1.1% ± 1.6
West suburbs	1,735	93.9% ± 2.5	5.9% ± 2.6	^0.3% ± 0.4
West - inner	898	94.0% ± 3.5	*5.4% ± 3.5	^0.6% ± 1.2
West - outer	837	93.8% ± 3.8	*6.1% ± 3.8	^0.0% ± 0.2
South suburbs	1,860	93.9% ± 2.2	5.7% ± 2.2	^0.4% ± 0.6
South - east	899	92.1% ± 4.3	7.4% ± 4.3	^0.5% ± 1.1
South - west	961	94.8% ± 2.9	*4.8% ± 2.9	^0.4% ± 0.9
<b>Age</b>				
18-24	221	85.8% ± 6.6	13.6% ± 6.6	^0.6% ± 3.7
25-34	1,152	85.9% ± 3.2	11.8% ± 3.0	*2.2% ± 1.7
35-44	1,099	87.7% ± 3.1	11.3% ± 3.1	^1.0% ± 1.3
45-54	1,122	95.8% ± 2.0	3.8% ± 2.0	^0.4% ± 0.5
55-64	1,801	94.4% ± 1.9	5.1% ± 1.8	^0.5% ± 0.8
65-74	1,851	97.8% ± 1.3	*2.1% ± 1.3	^0.0% ± 0.3
75 and older	1,477	97.5% ± 1.8	*1.6% ± 1.5	^0.8% ± 1.4
<b>Gender</b>				
Male	3,160	88.3% ± 2.0	10.7% ± 1.9	*1.1% ± 0.7
Female	5,610	94.3% ± 1.2	4.8% ± 1.1	*0.8% ± 0.6
Transgender	52	92.1% ± 19.2	^2.8% ± 12.3	^5.0% ± 23.2
<b>LGBT self-identification</b>				
LGBT self-identified	716	84.5% ± 5.1	14.4% ± 5.0	^1.1% ± 2.1
Not LGBT self-identified	7,789	92.4% ± 1.1	6.6% ± 1.1	1.0% ± 0.5

## Healthy Lifestyle and Behaviors



**How often did you drink the following beverages in the past week?**

**Energy drinks (such as Rockstar, Red Bull, Monster, and Full Throttle); these drinks usually have caffeine**

<b>Table 35</b>	<b>Sample Size</b>	<b>Never or &lt; 1 time/week</b>	<b>1 time/week to &lt; 1 time/day</b>	<b>≥ 1 time/day</b>
	<b>N</b>	<b>% ± 95% C.I.</b>	<b>% ± 95% C.I.</b>	<b>% ± 95% C.I.</b>
<b>Selected race/ethnicity</b>				
Hispanic	205	77.7% ± 13.9	*21.8% ± 14.0	^0.6% ± 3.6
Non-Hispanic				
American Indian or Alaska Native	118	88.2% ± 11.5	^8.2% ± 9.8	^3.5% ± 12.4
Asian or Asian American	257	87.3% ± 9.7	*12.2% ± 9.8	^0.5% ± 1.4
Southeast Asian	95	82.2% ± 15.3	*17.3% ± 15.4	^0.5% ± 3.0
Black or African American	513	90.6% ± 6.1	*8.8% ± 6.1	^0.6% ± 1.6
US-born black	361	96.2% ± 3.4	*3.6% ± 3.5	^0.1% ± 0.9
Foreign-born black	134	87.4% ± 13.4	^12.1% ± 13.5	^0.5% ± 3.3
White	7,476	93.1% ± 1.0	6.2% ± 1.0	0.7% ± 0.3
<b>Household income</b>				
< 200% of Federal Poverty Level	1,778	88.8% ± 2.9	9.6% ± 2.7	*1.7% ± 1.6
< 100% of Federal Poverty Level	560	90.1% ± 4.2	8.7% ± 4.0	^1.2% ± 2.2
100 - 199% of Federal Poverty Level	1,170	88.2% ± 4.2	9.7% ± 3.9	^2.1% ± 2.8
≥ 200% of Federal Poverty Level	6,664	92.3% ± 1.2	7.0% ± 1.2	0.7% ± 0.4
<b>Educational attainment</b>				
Less than high school	179	87.4% ± 7.9	*9.0% ± 6.9	^3.7% ± 6.8
High school or GED	950	87.6% ± 4.2	10.7% ± 4.1	^1.7% ± 2.2
Some college	2,326	90.5% ± 2.3	8.7% ± 2.3	*0.9% ± 0.7
College degree or higher	5,271	93.6% ± 1.1	5.9% ± 1.1	0.5% ± 0.3
<b>Housing insecurity</b>				
Yes	523	83.0% ± 6.1	13.3% ± 5.7	^3.7% ± 4.0
No	8,226	92.3% ± 1.1	7.0% ± 1.1	0.7% ± 0.4
<b>Self-reported disability</b>				
Yes	2,373	92.7% ± 2.2	5.8% ± 2.1	*1.5% ± 1.3
No	6,343	91.2% ± 1.3	8.0% ± 1.2	0.8% ± 0.5
<b>Frequent mental distress</b>				
Yes	904	89.0% ± 3.6	8.2% ± 3.1	*2.9% ± 2.6
No	7,695	92.1% ± 1.2	7.2% ± 1.1	0.7% ± 0.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



## Healthy People 2020 physical activity guidelines

Table 36	Met moderate physical activity guideline		Met vigorous physical activity guideline		Met either moderate or vigorous physical activity guideline	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	10,513	33.4% ± 1.5	10,680	38.2% ± 1.5	10,554	49.1% ± 1.6
<b>Minneapolis</b>	4,403	34.5% ± 2.5	4,494	39.3% ± 2.6	4,420	49.7% ± 2.6
Camden, Near North	1,223	22.2% ± 5.1	1,266	28.8% ± 5.4	1,236	37.5% ± 5.8
Central, Northeast, University, St. Anthony	1,061	36.7% ± 4.9	1,089	39.6% ± 4.9	1,073	50.4% ± 4.9
Phillips, Powderhorn	1,162	31.6% ± 5.1	1,164	37.5% ± 5.3	1,148	47.3% ± 5.3
Calhoun-Isles, Longfellow, Nokomis, Southwest	957	39.0% ± 4.5	975	44.3% ± 4.5	963	55.2% ± 4.5
<b>Suburban Hennepin County</b>	6,110	32.7% ± 1.8	6,186	37.5% ± 1.9	6,134	48.7% ± 2.0
Northwest suburbs	2,084	30.7% ± 3.0	2,125	37.1% ± 3.1	2,096	46.5% ± 3.1
Northwest - inner	1,157	25.0% ± 4.2	1,200	31.4% ± 4.4	1,171	40.0% ± 4.6
Northwest - outer	927	35.0% ± 4.2	925	41.5% ± 4.3	925	51.5% ± 4.3
West suburbs	1,892	33.9% ± 3.4	1,912	38.7% ± 3.5	1,898	50.8% ± 3.5
West - inner	1,014	34.6% ± 5.1	1,026	40.8% ± 5.2	1,020	53.4% ± 5.2
West - outer	878	33.4% ± 4.5	886	37.4% ± 4.7	878	49.3% ± 4.7
South suburbs	2,134	34.6% ± 3.3	2,149	37.3% ± 3.4	2,140	49.9% ± 3.4
South - east	1,055	32.6% ± 5.3	1,071	28.8% ± 5.0	1,067	43.0% ± 5.4
South - west	1,079	35.5% ± 4.2	1,078	40.9% ± 4.3	1,073	52.8% ± 4.3
<b>Age</b>						
18-24	447	36.7% ± 7.8	459	44.2% ± 7.8	454	54.2% ± 7.7
25-34	1,679	34.5% ± 3.6	1,695	40.0% ± 3.6	1,684	49.9% ± 3.7
35-44	1,537	29.9% ± 3.5	1,573	40.8% ± 3.8	1,550	49.1% ± 3.8
45-54	1,410	34.6% ± 3.8	1,442	45.8% ± 3.8	1,417	53.9% ± 3.8
55-64	2,001	33.1% ± 3.0	2,040	35.0% ± 3.1	2,010	46.9% ± 3.2
65-74	1,916	35.6% ± 3.0	1,943	28.7% ± 2.8	1,925	45.7% ± 3.1
75 and older	1,461	31.3% ± 3.4	1,466	19.0% ± 3.1	1,452	38.2% ± 3.6
<b>Gender</b>						
Male	3,609	35.5% ± 2.5	3,674	42.0% ± 2.5	3,630	52.5% ± 2.6
Female	6,891	31.6% ± 1.8	6,994	35.0% ± 1.8	6,912	46.2% ± 1.9
Transgender	86	*20.2% ± 19.0	87	*21.0% ± 15.2	85	*28.4% ± 18.6
<b>LGBT self-identification</b>						
LGBT self-identified	887	29.0% ± 5.4	908	33.6% ± 5.4	896	41.8% ± 5.6
Not LGBT self-identified	9,062	34.2% ± 1.6	9,208	38.9% ± 1.6	9,106	50.2% ± 1.6



# Healthy Lifestyle and Behaviors



## Healthy People 2020 physical activity guidelines

Table 36	Met moderate physical activity guideline		Met vigorous physical activity guideline		Met either moderate or vigorous physical activity guideline	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	498	27.6% ± 6.8	503	36.9% ± 6.8	494	44.3% ± 6.7
Non-Hispanic						
American Indian or Alaska Native	202	34.8% ± 10.8	201	43.8% ± 10.9	203	54.8% ± 10.0
Asian or Asian American	344	28.7% ± 7.7	353	36.3% ± 7.6	344	45.3% ± 7.6
Southeast Asian	161	21.5% ± 11.1	166	28.1% ± 10.9	162	36.5% ± 11.4
Black or African American	1,461	23.7% ± 3.5	1,524	34.4% ± 3.7	1,476	44.0% ± 3.8
US-born black	988	23.9% ± 4.2	1,042	38.4% ± 4.6	1,011	46.7% ± 4.6
Foreign-born black	394	22.7% ± 6.7	404	29.3% ± 7.0	386	40.2% ± 7.2
White	7,670	36.6% ± 1.6	7,759	40.0% ± 1.6	7,701	52.0% ± 1.6
<b>Household income</b>						
< 200% of Federal Poverty Level	3,490	23.4% ± 3.1	3,616	25.9% ± 3.1	3,511	35.9% ± 3.4
< 100% of Federal Poverty Level	1,789	19.8% ± 4.5	1,848	24.1% ± 4.8	1,787	33.3% ± 5.3
100 - 199% of Federal Poverty Level	1,596	26.4% ± 4.3	1,657	27.6% ± 4.4	1,620	38.2% ± 4.5
≥ 200% of Federal Poverty Level	6,681	36.4% ± 1.7	6,723	42.2% ± 1.8	6,705	53.2% ± 1.8
<b>Educational attainment</b>						
Less than high school	588	19.0% ± 7.0	603	21.8% ± 7.9	582	31.5% ± 8.2
High school or GED	1,606	28.5% ± 4.2	1,645	27.7% ± 4.2	1,616	39.6% ± 4.4
Some college	2,836	30.3% ± 2.8	2,928	33.6% ± 3.0	2,868	45.6% ± 3.0
College degree or higher	5,391	37.8% ± 2.0	5,412	45.6% ± 2.0	5,397	55.5% ± 2.0
<b>Housing insecurity</b>						
Yes	1,407	20.0% ± 5.0	1,483	30.8% ± 5.6	1,433	38.7% ± 5.8
No	9,068	34.6% ± 1.6	9,162	38.9% ± 1.6	9,085	50.1% ± 1.6
<b>Self-reported disability</b>						
Yes	2,948	23.4% ± 2.8	3,029	22.0% ± 2.8	2,962	33.5% ± 3.1
No	7,474	36.2% ± 1.7	7,563	42.8% ± 1.8	7,506	53.5% ± 1.8
<b>Frequent mental distress</b>						
Yes	1,386	23.1% ± 4.2	1,447	24.8% ± 4.1	1,402	34.6% ± 4.5
No	8,863	35.0% ± 1.6	8,977	40.2% ± 1.7	8,902	51.3% ± 1.7

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



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?

<b>Table 37</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Hennepin County total</b>	10,973	85.4% ± 1.1
<b>Minneapolis</b>	4,641	84.2% ± 2.1
Camden, Near North	1,321	60.4% ± 6.2
Central, Northeast, University, St. Anthony	1,109	88.4% ± 3.5
Phillips, Powderhorn	1,220	81.3% ± 5.3
Calhoun-Isles, Longfellow, Nokomis, Southwest	991	92.0% ± 3.2
<b>Suburban Hennepin County</b>	6,332	86.0% ± 1.4
Northwest suburbs	2,184	83.0% ± 2.5
Northwest - inner	1,234	77.2% ± 4.2
Northwest - outer	950	87.5% ± 3.0
West suburbs	1,950	90.4% ± 2.0
West - inner	1,048	89.9% ± 3.8
West - outer	902	90.7% ± 2.5
South suburbs	2,198	86.7% ± 2.4
South - east	1,100	80.5% ± 4.9
South - west	1,098	89.4% ± 2.8
<b>Age</b>		
18-24	477	88.8% ± 5.4
25-34	1,746	89.6% ± 2.8
35-44	1,617	88.5% ± 2.9
45-54	1,467	86.5% ± 3.0
55-64	2,094	83.6% ± 2.6
65-74	1,978	82.9% ± 2.9
75 and older	1,525	67.9% ± 3.6
<b>Gender</b>		
Male	3,796	86.4% ± 1.8
Female	7,164	84.5% ± 1.5
Transgender	91	61.0% ± 19.0
<b>LGBT self-identification</b>		
LGBT self-identified	929	83.0% ± 4.7
Not LGBT self-identified	9,429	86.5% ± 1.2

## Healthy Lifestyle and Behaviors



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?

**Table 37**

	Sample Size N	Yes % ± 95% C.I.
<b>Selected race/ethnicity</b>		
Hispanic	538	68.5% ± 6.3
Non-Hispanic		
American Indian or Alaska Native	220	74.0% ± 9.1
Asian or Asian American	360	81.8% ± 5.9
Southeast Asian	168	76.5% ± 9.7
Black or African American	1,618	64.9% ± 3.4
US-born black	1,101	66.3% ± 4.1
Foreign-born black	435	63.2% ± 6.3
White	7,878	88.9% ± 1.0
<b>Household income</b>		
< 200% of Federal Poverty Level	3,820	66.8% ± 3.3
< 100% of Federal Poverty Level	1,978	60.4% ± 5.3
100 - 199% of Federal Poverty Level	1,715	71.8% ± 4.2
≥ 200% of Federal Poverty Level	6,789	91.6% ± 1.0
<b>Educational attainment</b>		
Less than high school	649	53.9% ± 8.1
High school or GED	1,753	70.2% ± 4.0
Some college	3,023	84.1% ± 2.1
College degree or higher	5,454	94.3% ± 0.9
<b>Housing insecurity</b>		
Yes	1,569	67.7% ± 5.6
No	9,366	87.2% ± 1.1
<b>Self-reported disability</b>		
Yes	3,147	70.1% ± 3.0
No	7,734	89.8% ± 1.2
<b>Frequent mental distress</b>		
Yes	1,520	71.6% ± 4.4
No	9,146	87.6% ± 1.1

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity?

Moderate activities cause only light sweating and a small increase in breathing or heart

Table 38	Sample	0 days	1-2 days	3-4 days	5-7 days
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,513	11.2% ± 1.0	22.4% ± 1.3	33.1% ± 1.5	33.4% ± 1.5
<b>Minneapolis</b>	4,403	12.1% ± 1.9	21.3% ± 2.1	32.1% ± 2.4	34.5% ± 2.5
Camden, Near North	1,223	27.8% ± 6.3	26.7% ± 5.6	23.3% ± 5.3	22.2% ± 5.1
Central, Northeast, University, St. Anthony	1,061	9.9% ± 3.5	22.0% ± 4.3	31.4% ± 4.7	36.7% ± 4.9
Phillips, Powderhorn	1,162	12.9% ± 4.6	22.6% ± 4.7	32.9% ± 5.1	31.6% ± 5.1
Calhoun-Isles, Longfellow, Nokomis, Southwest	957	7.5% ± 3.2	18.0% ± 3.7	35.5% ± 4.4	39.0% ± 4.5
<b>Suburban Hennepin County</b>	6,110	10.7% ± 1.2	22.9% ± 1.7	33.6% ± 1.9	32.7% ± 1.8
Northwest suburbs	2,084	12.7% ± 2.3	22.0% ± 2.8	34.7% ± 3.1	30.7% ± 3.0
Northwest - inner	1,157	18.0% ± 4.1	23.0% ± 4.1	33.9% ± 4.5	25.0% ± 4.2
Northwest - outer	927	8.6% ± 2.6	21.2% ± 3.8	35.2% ± 4.2	35.0% ± 4.2
West suburbs	1,892	8.3% ± 1.9	22.4% ± 3.2	35.4% ± 3.5	33.9% ± 3.4
West - inner	1,014	8.4% ± 3.1	22.8% ± 4.8	34.2% ± 5.1	34.6% ± 5.1
West - outer	878	8.3% ± 2.5	22.1% ± 4.4	36.2% ± 4.7	33.4% ± 4.5
South suburbs	2,134	9.9% ± 2.1	24.7% ± 3.2	30.8% ± 3.2	34.6% ± 3.3
South - east	1,055	16.1% ± 4.8	24.8% ± 5.1	26.4% ± 4.8	32.6% ± 5.3
South - west	1,079	7.2% ± 2.3	24.6% ± 4.0	32.7% ± 4.1	35.5% ± 4.2
<b>Age</b>					
18-24	447	*7.8% ± 4.9	19.8% ± 6.9	35.7% ± 7.7	36.7% ± 7.8
25-34	1,679	8.8% ± 2.6	22.7% ± 3.2	34.0% ± 3.5	34.5% ± 3.6
35-44	1,537	10.6% ± 2.8	25.2% ± 3.5	34.3% ± 3.7	29.9% ± 3.5
45-54	1,410	9.5% ± 2.6	21.6% ± 3.4	34.3% ± 3.7	34.6% ± 3.8
55-64	2,001	11.6% ± 2.2	22.0% ± 2.9	33.3% ± 3.1	33.1% ± 3.0
65-74	1,916	12.8% ± 2.7	22.6% ± 2.9	29.0% ± 2.9	35.6% ± 3.0
75 and older	1,461	23.3% ± 3.4	19.4% ± 2.9	26.0% ± 3.2	31.3% ± 3.4
<b>Gender</b>					
Male	3,609	9.7% ± 1.6	22.3% ± 2.2	32.4% ± 2.4	35.5% ± 2.5
Female	6,891	12.4% ± 1.4	22.4% ± 1.6	33.6% ± 1.8	31.6% ± 1.8
Transgender	86	*17.6% ± 17.3	35.5% ± 20.7	*26.7% ± 18.8	*20.2% ± 19.0
<b>LGBT self-identification</b>					
LGBT self-identified	887	12.3% ± 4.2	26.2% ± 5.2	32.5% ± 5.5	29.0% ± 5.4
Not LGBT self-identified	9,062	10.6% ± 1.1	21.9% ± 1.4	33.3% ± 1.6	34.2% ± 1.6

## Healthy Lifestyle and Behaviors



**During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity?**

**Moderate activities cause only light sweating and a small increase in breathing or heart**

Table 38	Sample	0 days	1-2 days	3-4 days	5-7 days
	Size				
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	498	17.6% ± 4.8	27.5% ± 6.1	27.3% ± 6.2	27.6% ± 6.8
Non-Hispanic					
American Indian or Alaska Native	202	13.3% ± 6.5	22.7% ± 9.5	29.3% ± 10.4	34.8% ± 10.8
Asian or Asian American	344	14.3% ± 5.4	30.7% ± 7.7	26.3% ± 6.5	28.7% ± 7.7
Southeast Asian	161	20.1% ± 9.4	32.0% ± 12.1	26.3% ± 9.7	21.5% ± 11.1
Black or African American	1,461	23.8% ± 3.2	24.9% ± 3.4	27.6% ± 3.6	23.7% ± 3.5
US-born black	988	21.7% ± 3.9	24.4% ± 4.4	29.9% ± 4.5	23.9% ± 4.2
Foreign-born black	394	26.8% ± 6.1	26.0% ± 6.2	24.5% ± 6.6	22.7% ± 6.7
White	7,670	8.3% ± 0.9	21.7% ± 1.4	33.5% ± 1.6	36.6% ± 1.6
<b>Household income</b>					
< 200% of Federal Poverty Level	3,490	24.1% ± 3.1	24.1% ± 3.2	28.4% ± 3.2	23.4% ± 3.1
< 100% of Federal Poverty Level	1,789	27.9% ± 5.1	26.0% ± 5.3	26.4% ± 5.1	19.8% ± 4.5
100 - 199% of Federal Poverty Level	1,596	21.0% ± 4.0	22.7% ± 4.0	29.9% ± 4.3	26.4% ± 4.3
≥ 200% of Federal Poverty Level	6,681	7.1% ± 1.0	21.8% ± 1.5	34.8% ± 1.7	36.4% ± 1.7
<b>Educational attainment</b>					
Less than high school	588	36.9% ± 8.4	18.7% ± 7.4	25.4% ± 8.3	19.0% ± 7.0
High school or GED	1,606	21.5% ± 3.8	23.3% ± 4.1	26.7% ± 4.1	28.5% ± 4.2
Some college	2,836	12.3% ± 2.0	23.1% ± 2.6	34.3% ± 3.0	30.3% ± 2.8
College degree or higher	5,391	4.9% ± 0.9	22.1% ± 1.7	35.1% ± 1.9	37.8% ± 2.0
<b>Housing insecurity</b>					
Yes	1,407	22.3% ± 5.3	26.7% ± 5.6	31.0% ± 5.7	20.0% ± 5.0
No	9,068	10.1% ± 1.0	22.0% ± 1.4	33.3% ± 1.5	34.6% ± 1.6
<b>Self-reported disability</b>					
Yes	2,948	25.2% ± 2.9	24.9% ± 2.9	26.5% ± 2.9	23.4% ± 2.8
No	7,474	7.3% ± 1.0	21.6% ± 1.5	34.8% ± 1.7	36.2% ± 1.7
<b>Frequent mental distress</b>					
Yes	1,386	23.2% ± 4.3	26.7% ± 4.5	27.0% ± 4.4	23.1% ± 4.2
No	8,863	9.4% ± 1.0	21.7% ± 1.4	33.9% ± 1.6	35.0% ± 1.6

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity?

Vigorous activities cause heavy sweating and a large increase in breathing and heart

Table 39	Sample	0 days	1-2 days	3-4 days	5-7 days
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,680	31.7% ± 1.4	30.1% ± 1.4	22.9% ± 1.3	15.2% ± 1.2
<b>Minneapolis</b>	4,494	30.6% ± 2.4	30.1% ± 2.4	24.0% ± 2.3	15.4% ± 2.0
Camden, Near North	1,266	45.8% ± 6.1	25.4% ± 5.6	15.1% ± 4.2	13.7% ± 4.5
Central, Northeast, University, St. Anthony	1,089	28.9% ± 4.5	31.5% ± 4.7	22.8% ± 4.4	16.8% ± 4.1
Phillips, Powderhorn	1,164	32.2% ± 5.2	30.3% ± 4.8	23.9% ± 4.9	13.6% ± 4.1
Calhoun-Isles, Longfellow, Nokomis, Southwest	975	25.2% ± 4.1	30.5% ± 4.3	28.3% ± 4.3	15.9% ± 3.6
<b>Suburban Hennepin County</b>	6,186	32.3% ± 1.8	30.1% ± 1.8	22.4% ± 1.7	15.2% ± 1.5
Northwest suburbs	2,125	33.8% ± 3.0	29.1% ± 2.9	22.0% ± 2.8	15.0% ± 2.5
Northwest - inner	1,200	39.6% ± 4.5	29.0% ± 4.4	18.9% ± 3.9	12.5% ± 3.4
Northwest - outer	925	29.3% ± 4.0	29.2% ± 4.0	24.5% ± 4.0	17.0% ± 3.6
West suburbs	1,912	30.3% ± 3.3	31.0% ± 3.5	22.7% ± 3.0	16.0% ± 2.9
West - inner	1,026	30.0% ± 5.0	29.3% ± 5.1	25.3% ± 4.5	15.5% ± 4.3
West - outer	886	30.6% ± 4.3	32.0% ± 4.7	21.1% ± 4.0	16.3% ± 4.0
South suburbs	2,149	31.9% ± 3.1	30.8% ± 3.3	22.6% ± 3.1	14.7% ± 2.6
South - east	1,071	41.6% ± 5.4	29.7% ± 5.2	18.5% ± 4.5	10.3% ± 3.6
South - west	1,078	27.8% ± 3.8	31.3% ± 4.2	24.3% ± 4.0	16.6% ± 3.5
<b>Age</b>					
18-24	459	27.5% ± 7.4	28.3% ± 7.3	27.2% ± 7.3	17.0% ± 6.9
25-34	1,695	24.9% ± 3.4	35.1% ± 3.6	24.0% ± 3.2	16.0% ± 2.8
35-44	1,573	27.2% ± 3.6	32.0% ± 3.6	26.9% ± 3.5	13.9% ± 2.8
45-54	1,442	25.6% ± 3.4	28.7% ± 3.6	26.4% ± 3.5	19.4% ± 3.3
55-64	2,040	35.6% ± 3.1	29.4% ± 3.0	20.2% ± 2.7	14.8% ± 2.4
65-74	1,943	44.3% ± 3.2	27.0% ± 2.9	16.0% ± 2.2	12.8% ± 2.2
75 and older	1,466	59.0% ± 3.6	22.0% ± 3.1	10.2% ± 2.5	8.8% ± 2.4
<b>Gender</b>					
Male	3,674	27.3% ± 2.3	30.7% ± 2.4	23.9% ± 2.2	18.1% ± 2.1
Female	6,994	35.4% ± 1.8	29.6% ± 1.8	22.1% ± 1.7	12.9% ± 1.3
Transgender	87	53.2% ± 18.6	*25.8% ± 21.3	^12.2% ± 12.9	^8.9% ± 12.8
<b>LGBT self-identification</b>					
LGBT self-identified	908	36.6% ± 5.5	29.8% ± 5.3	20.9% ± 4.9	12.7% ± 4.1
Not LGBT self-identified	9,208	31.1% ± 1.5	30.1% ± 1.5	23.5% ± 1.4	15.4% ± 1.3

## Healthy Lifestyle and Behaviors



**During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity?**

**Vigorous activities cause heavy sweating and a large increase in breathing and heart**

Table 39	Sample	0 days	1-2 days	3-4 days	5-7 days
	Size				
	N				
<b>Selected race/ethnicity</b>					
Hispanic	503	35.7% ± 6.3	27.5% ± 5.9	18.8% ± 5.6	18.0% ± 6.5
Non-Hispanic					
American Indian or Alaska Native	201	31.4% ± 9.3	24.8% ± 9.1	*17.8% ± 11.5	26.0% ± 11.0
Asian or Asian American	353	33.7% ± 7.4	30.0% ± 7.1	19.4% ± 6.6	16.9% ± 7.0
Southeast Asian	166	46.8% ± 11.3	25.1% ± 10.1	*14.6% ± 8.7	*13.5% ± 10.2
Black or African American	1,524	37.4% ± 3.6	28.2% ± 3.5	19.6% ± 3.4	14.8% ± 2.8
US-born black	1,042	33.8% ± 4.3	27.8% ± 4.4	20.5% ± 4.0	17.9% ± 3.9
Foreign-born black	404	40.8% ± 6.6	30.0% ± 6.5	18.6% ± 6.7	10.7% ± 4.9
White	7,759	29.7% ± 1.4	30.2% ± 1.5	23.2% ± 1.4	16.9% ± 1.4
<b>Household income</b>					
< 200% of Federal Poverty Level	3,616	48.5% ± 3.4	25.6% ± 3.2	15.2% ± 2.7	10.7% ± 2.3
< 100% of Federal Poverty Level	1,848	52.6% ± 5.5	23.3% ± 4.9	14.4% ± 4.3	9.7% ± 3.4
100 - 199% of Federal Poverty Level	1,657	45.0% ± 4.5	27.5% ± 4.4	16.2% ± 3.7	11.3% ± 3.5
≥ 200% of Federal Poverty Level	6,723	26.0% ± 1.5	31.8% ± 1.7	25.7% ± 1.6	16.5% ± 1.4
<b>Educational attainment</b>					
Less than high school	603	54.0% ± 8.4	24.2% ± 8.1	14.1% ± 7.3	*7.7% ± 5.6
High school or GED	1,645	50.2% ± 4.4	22.1% ± 3.9	14.9% ± 3.4	12.8% ± 3.4
Some college	2,928	35.7% ± 2.8	30.7% ± 2.9	21.2% ± 2.7	12.4% ± 2.2
College degree or higher	5,412	21.8% ± 1.6	32.6% ± 1.9	27.2% ± 1.9	18.4% ± 1.7
<b>Housing insecurity</b>					
Yes	1,483	41.6% ± 5.7	27.6% ± 5.5	18.1% ± 4.9	12.8% ± 4.5
No	9,162	30.8% ± 1.5	30.3% ± 1.5	23.4% ± 1.4	15.5% ± 1.2
<b>Self-reported disability</b>					
Yes	3,029	54.1% ± 3.2	23.8% ± 2.9	13.5% ± 2.4	8.5% ± 2.1
No	7,563	25.4% ± 1.6	31.8% ± 1.7	25.7% ± 1.6	17.2% ± 1.4
<b>Frequent mental distress</b>					
Yes	1,447	47.6% ± 4.7	27.6% ± 4.5	14.7% ± 3.5	10.0% ± 3.0
No	8,977	29.4% ± 1.5	30.4% ± 1.6	24.2% ± 1.5	16.0% ± 1.3

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



During an average week, how many days do you walk to get to and from places (such as to work, stores, run errands)?

Table 40	Sample	0 days	1-2 days	3-4 days	5-6 days	7 days
	Size					
	N					
<b>Hennepin County total</b>	10,732	36.6% ± 1.5	20.9% ± 1.3	14.1% ± 1.1	14.0% ± 1.1	14.4% ± 1.1
<b>Minneapolis</b>	4,522	21.1% ± 2.1	25.3% ± 2.3	17.9% ± 2.1	16.8% ± 2.0	18.9% ± 2.1
Camden, Near North	1,271	38.6% ± 6.0	18.5% ± 4.5	17.0% ± 5.4	15.8% ± 5.2	10.2% ± 3.3
Central, Northeast, University, St. Anthony	1,092	14.6% ± 3.4	24.2% ± 4.5	15.5% ± 3.9	20.5% ± 4.3	25.2% ± 4.5
Phillips, Powderhorn	1,186	17.9% ± 4.2	23.5% ± 4.5	22.1% ± 5.1	17.2% ± 4.4	19.4% ± 4.6
Calhoun-Isles, Longfellow, Nokomis, Southwest	973	21.5% ± 3.8	29.9% ± 4.3	17.8% ± 3.8	13.9% ± 3.4	16.9% ± 3.7
<b>Suburban Hennepin County</b>	6,210	45.0% ± 1.9	18.6% ± 1.6	12.0% ± 1.3	12.5% ± 1.4	11.9% ± 1.3
Northwest suburbs	2,131	45.9% ± 3.1	17.7% ± 2.5	13.0% ± 2.3	11.4% ± 2.3	12.0% ± 2.2
Northwest - inner	1,195	42.3% ± 4.6	20.4% ± 4.0	13.9% ± 3.5	12.7% ± 3.7	10.8% ± 3.1
Northwest - outer	936	48.7% ± 4.3	15.7% ± 3.3	12.3% ± 3.2	10.5% ± 3.0	12.9% ± 3.1
West suburbs	1,924	41.0% ± 3.4	20.0% ± 3.1	13.0% ± 2.6	13.3% ± 2.6	12.7% ± 2.6
West - inner	1,027	34.0% ± 4.7	26.1% ± 5.3	14.6% ± 4.2	14.4% ± 4.2	11.0% ± 3.9
West - outer	897	45.1% ± 4.7	16.4% ± 3.9	12.0% ± 3.5	12.7% ± 3.5	13.8% ± 3.6
South suburbs	2,155	46.9% ± 3.4	18.5% ± 2.8	10.0% ± 2.2	13.4% ± 2.6	11.2% ± 2.3
South - east	1,074	44.9% ± 5.3	18.7% ± 5.1	11.6% ± 3.5	13.7% ± 4.7	11.1% ± 3.8
South - west	1,081	47.8% ± 4.3	18.4% ± 3.5	9.3% ± 2.8	13.3% ± 3.2	11.2% ± 3.0
<b>Age</b>						
18-24	460	22.0% ± 6.9	17.8% ± 6.6	11.3% ± 5.7	22.6% ± 7.1	26.3% ± 7.3
25-34	1,706	31.2% ± 3.5	25.5% ± 3.3	13.9% ± 2.8	15.0% ± 2.8	14.4% ± 2.7
35-44	1,586	38.8% ± 3.8	23.3% ± 3.4	14.0% ± 3.0	12.7% ± 2.7	11.2% ± 2.4
45-54	1,439	35.7% ± 3.7	19.5% ± 3.1	15.6% ± 3.1	13.5% ± 3.0	15.7% ± 3.0
55-64	2,039	39.0% ± 3.1	19.0% ± 2.6	12.5% ± 2.3	13.9% ± 2.3	15.5% ± 2.4
65-74	1,960	46.0% ± 3.2	16.6% ± 2.3	14.3% ± 2.6	11.5% ± 2.1	11.6% ± 2.3
75 and older	1,480	45.1% ± 3.6	17.4% ± 3.0	16.1% ± 2.9	12.0% ± 2.8	9.4% ± 1.9
<b>Gender</b>						
Male	3,712	32.8% ± 2.4	21.4% ± 2.2	14.6% ± 1.9	16.0% ± 2.0	15.2% ± 1.9
Female	7,009	39.9% ± 1.8	20.5% ± 1.6	13.5% ± 1.4	12.4% ± 1.3	13.7% ± 1.4
Transgender	85	*34.0% ± 20.0	*22.6% ± 19.8	*24.5% ± 21.1	^6.4% ± 9.3	^12.5% ± 13.7
<b>LGBT self-identification</b>						
LGBT self-identified	913	26.6% ± 5.1	21.4% ± 4.9	16.0% ± 4.6	17.3% ± 4.7	18.6% ± 4.6
Not LGBT self-identified	9,231	38.0% ± 1.6	20.9% ± 1.4	13.6% ± 1.2	13.5% ± 1.2	14.1% ± 1.2



## Healthy Lifestyle and Behaviors



During an average week, how many days do you walk to get to and from places (such as to work, stores, run errands)?

Table 40	Sample	0 days	1-2 days	3-4 days	5-6 days	7 days
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	522	18.9% ± 5.3	22.2% ± 5.6	23.5% ± 5.8	20.6% ± 6.1	14.8% ± 5.0
Non-Hispanic						
American Indian or Alaska Native	205	18.4% ± 8.7	*11.1% ± 9.4	20.2% ± 9.3	19.1% ± 9.8	31.3% ± 9.9
Asian or Asian American	350	32.4% ± 7.5	22.4% ± 6.9	12.7% ± 5.4	14.6% ± 5.8	17.9% ± 6.7
Southeast Asian	170	33.2% ± 11.5	22.7% ± 10.5	*12.3% ± 8.2	*12.6% ± 8.8	19.2% ± 10.2
Black or African American	1,533	21.5% ± 3.2	22.3% ± 3.3	20.6% ± 3.2	16.6% ± 3.0	19.0% ± 3.1
US-born black	1,032	21.3% ± 4.0	17.9% ± 3.8	21.6% ± 4.2	17.5% ± 3.8	21.8% ± 4.0
Foreign-born black	421	22.3% ± 5.7	28.1% ± 6.4	20.5% ± 5.8	14.9% ± 5.3	14.3% ± 5.3
White	7,785	38.4% ± 1.6	19.7% ± 1.3	13.1% ± 1.2	13.1% ± 1.2	15.7% ± 1.3
<b>Household income</b>						
< 200% of Federal Poverty Level	3,641	29.2% ± 3.1	22.8% ± 3.1	17.2% ± 2.7	14.8% ± 2.7	16.1% ± 2.7
< 100% of Federal Poverty Level	1,854	25.3% ± 5.0	22.6% ± 5.0	17.8% ± 4.4	15.9% ± 4.3	18.3% ± 4.5
100 - 199% of Federal Poverty Level	1,666	31.9% ± 4.2	22.6% ± 4.1	16.7% ± 3.7	14.1% ± 3.7	14.6% ± 3.6
≥ 200% of Federal Poverty Level	6,743	39.0% ± 1.7	20.5% ± 1.4	12.9% ± 1.3	13.7% ± 1.3	13.8% ± 1.3
<b>Educational attainment</b>						
Less than high school	618	30.5% ± 8.1	19.4% ± 7.3	21.0% ± 7.4	16.7% ± 7.2	12.3% ± 6.2
High school or GED	1,654	40.8% ± 4.4	17.7% ± 3.8	16.1% ± 3.5	13.3% ± 3.4	12.1% ± 3.1
Some college	2,946	35.9% ± 2.8	21.3% ± 2.7	13.6% ± 2.2	13.9% ± 2.2	15.2% ± 2.4
College degree or higher	5,420	36.4% ± 1.9	21.8% ± 1.7	13.1% ± 1.4	13.9% ± 1.5	14.8% ± 1.5
<b>Housing insecurity</b>						
Yes	1,482	31.9% ± 5.6	21.6% ± 5.3	15.0% ± 4.6	16.2% ± 4.9	15.3% ± 4.5
No	9,212	37.1% ± 1.5	20.8% ± 1.3	14.0% ± 1.2	13.8% ± 1.2	14.3% ± 1.2
<b>Self-reported disability</b>						
Yes	3,036	42.8% ± 3.1	18.6% ± 2.7	15.5% ± 2.6	11.1% ± 2.2	12.0% ± 2.3
No	7,602	34.9% ± 1.7	21.5% ± 1.5	13.6% ± 1.3	14.9% ± 1.3	15.1% ± 1.3
<b>Frequent mental distress</b>						
Yes	1,443	37.1% ± 4.6	21.9% ± 4.3	14.2% ± 3.7	11.7% ± 3.2	15.1% ± 3.5
No	9,012	36.9% ± 1.6	20.6% ± 1.4	14.0% ± 1.2	14.3% ± 1.2	14.2% ± 1.2

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



During an average week, how many days do you bike to get to and from places for exercise or recreation?

Table 41	Sample	0 days	1-2 days	3-4 days	5-6 days	7 days
	Size					
	N					
<b>Hennepin County total</b>	10,891	75.2% ± 1.4	15.2% ± 1.1	5.5% ± 0.8	2.9% ± 0.6	1.2% ± 0.4
<b>Minneapolis</b>	4,597	64.9% ± 2.5	18.3% ± 2.0	8.6% ± 1.6	5.6% ± 1.4	2.6% ± 1.0
Camden, Near North	1,311	77.8% ± 5.2	11.6% ± 4.5	4.6% ± 2.3	*3.9% ± 3.1	^2.0% ± 2.3
Central, Northeast, University, St. Anthony	1,102	65.6% ± 4.8	18.3% ± 4.0	5.7% ± 2.5	7.6% ± 3.6	*2.9% ± 1.9
Phillips, Powderhorn	1,204	66.8% ± 4.9	15.8% ± 3.8	8.3% ± 3.1	5.8% ± 2.5	*3.4% ± 3.1
Calhoun-Isles, Longfellow, Nokomis, Southwest	980	58.0% ± 4.5	22.5% ± 3.9	12.8% ± 3.6	4.6% ± 2.6	^2.1% ± 2.2
<b>Suburban Hennepin County</b>	6,294	80.8% ± 1.6	13.5% ± 1.4	3.7% ± 0.8	1.5% ± 0.6	*0.4% ± 0.4
Northwest suburbs	2,170	82.0% ± 2.6	12.5% ± 2.3	4.1% ± 1.5	^0.9% ± 0.9	^0.4% ± 0.8
Northwest - inner	1,226	80.8% ± 4.1	12.4% ± 3.5	5.1% ± 2.7	^1.4% ± 2.0	^0.3% ± 0.6
Northwest - outer	944	83.0% ± 3.4	12.7% ± 3.1	3.3% ± 1.9	^0.5% ± 1.1	^0.5% ± 1.6
West suburbs	1,945	77.5% ± 3.2	16.1% ± 2.9	3.8% ± 1.8	*1.9% ± 1.4	^0.7% ± 1.3
West - inner	1,047	74.4% ± 4.9	19.0% ± 4.4	*4.1% ± 3.0	^2.1% ± 2.5	^0.4% ± 0.5
West - outer	898	79.4% ± 4.4	14.3% ± 3.9	*3.7% ± 2.5	^1.8% ± 2.0	^0.8% ± 2.3
South suburbs	2,179	81.7% ± 2.9	12.8% ± 2.6	3.2% ± 1.4	*2.0% ± 1.5	^0.3% ± 0.4
South - east	1,095	83.9% ± 4.8	10.6% ± 4.0	^2.9% ± 2.9	^2.4% ± 3.3	^0.2% ± 0.4
South - west	1,084	80.8% ± 3.7	13.8% ± 3.4	3.3% ± 1.8	^1.8% ± 2.0	^0.3% ± 0.6
<b>Age</b>						
18-24	472	68.7% ± 7.4	13.8% ± 6.0	*8.3% ± 5.6	*6.9% ± 5.3	^2.4% ± 3.1
25-34	1,743	67.9% ± 3.5	18.9% ± 3.0	5.7% ± 1.7	5.1% ± 1.9	*2.4% ± 1.6
35-44	1,607	70.8% ± 3.5	20.4% ± 3.1	5.4% ± 2.1	2.8% ± 1.5	^0.5% ± 0.7
45-54	1,463	75.2% ± 3.4	15.8% ± 2.9	6.4% ± 2.1	*1.8% ± 1.4	^0.8% ± 1.0
55-64	2,084	77.8% ± 2.6	13.9% ± 2.2	5.0% ± 1.4	2.4% ± 1.2	*0.9% ± 0.7
65-74	1,963	84.8% ± 2.7	7.8% ± 1.7	5.6% ± 2.5	*1.0% ± 0.7	^0.8% ± 0.9
75 and older	1,493	95.5% ± 1.5	2.5% ± 1.1	*1.3% ± 0.8	^0.3% ± 0.4	^0.4% ± 1.4
<b>Gender</b>						
Male	3,750	69.2% ± 2.4	17.1% ± 2.0	7.3% ± 1.4	4.6% ± 1.2	1.8% ± 0.8
Female	7,129	80.3% ± 1.5	13.5% ± 1.3	3.9% ± 0.8	1.5% ± 0.5	0.7% ± 0.4
Transgender	88	66.9% ± 20.2	*25.0% ± 22.1	^1.8% ± 4.3	^5.6% ± 11.7	^0.8% ± 4.7
<b>LGBT self-identification</b>						
LGBT self-identified	924	68.1% ± 5.4	17.5% ± 4.7	7.3% ± 3.4	*4.0% ± 2.7	^3.0% ± 3.0
Not LGBT self-identified	9,370	76.0% ± 1.4	15.0% ± 1.2	5.2% ± 0.8	2.9% ± 0.7	1.0% ± 0.4

# Healthy Lifestyle and Behaviors



During an average week, how many days do you bike to get to and from places for exercise or recreation?

Table 41	Sample	0 days	1-2 days	3-4 days	5-6 days	7 days
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	525	76.9% ± 5.6	14.4% ± 5.0	*5.2% ± 3.4	^2.7% ± 3.0	^0.8% ± 1.2
Non-Hispanic						
American Indian or Alaska Native	215	74.1% ± 10.8	*9.8% ± 7.0	^9.5% ± 10.3	^1.0% ± 2.5	^5.7% ± 10.6
Asian or Asian American	362	80.3% ± 7.0	11.8% ± 5.1	^5.3% ± 7.0	^2.0% ± 4.8	^0.6% ± 1.1
Southeast Asian	174	86.8% ± 8.9	*8.0% ± 6.7	^0.5% ± 0.9	^3.5% ± 11.4	^1.2% ± 2.3
Black or African American	1,606	82.0% ± 3.0	12.1% ± 2.7	3.6% ± 1.7	1.4% ± 0.7	*0.9% ± 0.8
US-born black	1,093	81.9% ± 3.7	11.5% ± 3.2	*3.4% ± 2.5	*2.0% ± 1.2	*1.2% ± 1.1
Foreign-born black	429	84.0% ± 5.6	11.6% ± 5.4	*3.4% ± 2.9	^0.4% ± 1.3	^0.6% ± 2.3
White	7,831	74.4% ± 1.5	15.1% ± 1.2	5.8% ± 0.8	3.2% ± 0.7	1.4% ± 0.5
<b>Household income</b>						
< 200% of Federal Poverty Level	3,767	80.5% ± 3.0	10.2% ± 2.4	4.1% ± 1.6	3.1% ± 1.6	*2.1% ± 1.3
< 100% of Federal Poverty Level	1,944	81.3% ± 4.6	10.7% ± 4.1	3.3% ± 1.9	^2.4% ± 2.5	^2.2% ± 2.3
100 - 199% of Federal Poverty Level	1,702	80.2% ± 4.1	9.4% ± 3.0	4.8% ± 2.7	*3.6% ± 2.7	*2.0% ± 1.9
≥ 200% of Federal Poverty Level	6,767	73.2% ± 1.6	17.0% ± 1.4	5.9% ± 0.9	3.0% ± 0.7	0.9% ± 0.4
<b>Educational attainment</b>						
Less than high school	641	86.3% ± 6.9	*6.0% ± 5.7	*6.5% ± 5.8	^0.7% ± 3.2	^0.5% ± 1.6
High school or GED	1,717	85.5% ± 3.7	7.4% ± 3.0	*2.9% ± 2.0	*2.6% ± 2.2	^1.5% ± 1.7
Some college	3,002	80.4% ± 2.6	11.7% ± 2.2	3.8% ± 1.3	2.7% ± 1.4	*1.4% ± 1.1
College degree or higher	5,441	67.9% ± 1.9	20.5% ± 1.7	7.1% ± 1.2	3.5% ± 0.9	1.0% ± 0.5
<b>Housing insecurity</b>						
Yes	1,562	78.5% ± 5.0	12.4% ± 4.3	*4.0% ± 2.9	*3.9% ± 3.2	*1.3% ± 1.1
No	9,293	74.9% ± 1.4	15.5% ± 1.2	5.6% ± 0.8	2.9% ± 0.6	1.2% ± 0.4
<b>Self-reported disability</b>						
Yes	3,106	84.1% ± 2.6	8.6% ± 2.0	3.3% ± 1.4	2.7% ± 1.4	*1.2% ± 1.1
No	7,691	72.7% ± 1.6	17.1% ± 1.4	6.1% ± 0.9	3.0% ± 0.7	1.2% ± 0.5
<b>Frequent mental distress</b>						
Yes	1,506	80.9% ± 3.9	10.1% ± 3.1	4.6% ± 2.1	*1.9% ± 1.6	*2.5% ± 2.2
No	9,119	74.4% ± 1.5	15.9% ± 1.3	5.6% ± 0.8	3.1% ± 0.7	1.0% ± 0.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



## Summary measures

### Alcohol use

Table 42	Currently drinking		Heavy drinking (>1 drink/day for females, or >2 drinks/day for males)		Binge drinking (have ≥ 4 drinks for females, or ≥ 5 drinks for males, on one occasion ≥ 1 time in 30 days)		Excessive drinking (Engaged in either heavy or binge drinking)	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	11,036	71.0% ± 1.4	10,784	30.8% ± 1.5	10,762	29.4% ± 1.5	10,646	39.9% ± 1.5
<b>Minneapolis</b>	4,689	70.1% ± 2.4	4,580	34.9% ± 2.5	4,542	34.5% ± 2.5	4,515	44.9% ± 2.6
Camden, Near North	1,349	49.5% ± 5.8	1,313	23.7% ± 5.0	1,297	26.0% ± 5.3	1,293	34.5% ± 5.7
Central, Northeast, University, St. Anthony	1,117	74.6% ± 4.5	1,098	42.7% ± 4.9	1,090	46.0% ± 4.9	1,086	55.1% ± 4.9
Phillips, Powderhorn	1,229	68.0% ± 5.4	1,199	35.5% ± 5.1	1,183	35.3% ± 5.1	1,175	45.4% ± 5.3
Calhoun-Isles, Longfellow, Nokomis, Southwest	994	75.9% ± 4.1	970	32.5% ± 4.4	972	28.2% ± 4.3	961	40.2% ± 4.5
<b>Suburban Hennepin County</b>	6,347	71.5% ± 1.8	6,204	28.6% ± 1.8	6,220	26.7% ± 1.8	6,131	37.2% ± 1.9
Northwest suburbs	2,191	69.4% ± 2.9	2,141	27.4% ± 2.9	2,140	25.4% ± 3.0	2,113	35.8% ± 3.1
Northwest - inner	1,240	62.2% ± 4.6	1,211	25.5% ± 4.2	1,207	26.1% ± 4.4	1,194	36.3% ± 4.7
Northwest - outer	951	74.9% ± 3.8	930	28.8% ± 4.1	933	24.9% ± 4.1	919	35.4% ± 4.3
West suburbs	1,959	77.0% ± 3.1	1,921	32.9% ± 3.4	1,923	31.3% ± 3.5	1,896	42.5% ± 3.6
West - inner	1,054	72.7% ± 5.0	1,030	35.4% ± 5.1	1,035	34.3% ± 5.3	1,019	45.7% ± 5.3
West - outer	905	79.6% ± 3.9	891	31.4% ± 4.5	888	29.6% ± 4.7	877	40.6% ± 4.8
South suburbs	2,197	69.9% ± 3.2	2,142	26.7% ± 3.2	2,157	24.6% ± 3.2	2,122	34.9% ± 3.4
South - east	1,104	63.6% ± 5.4	1,079	26.8% ± 5.1	1,079	26.8% ± 5.2	1,066	34.8% ± 5.3
South - west	1,093	72.5% ± 3.9	1,063	26.7% ± 4.1	1,078	23.7% ± 4.1	1,056	35.0% ± 4.3
<b>Age</b>								
18-24	483	72.8% ± 7.6	467	39.8% ± 7.6	461	42.0% ± 7.7	457	51.4% ± 7.7
25-34	1,767	77.7% ± 3.4	1,743	39.8% ± 3.6	1,725	42.9% ± 3.7	1,727	52.8% ± 3.7
35-44	1,629	74.1% ± 3.5	1,605	33.7% ± 3.6	1,585	32.2% ± 3.6	1,576	42.7% ± 3.8
45-54	1,481	72.1% ± 3.6	1,451	32.0% ± 3.6	1,444	29.2% ± 3.6	1,431	41.1% ± 3.8
55-64	2,094	70.0% ± 3.0	2,038	28.1% ± 2.9	2,058	24.0% ± 2.9	2,027	35.8% ± 3.1
65-74	1,994	62.7% ± 3.2	1,942	18.1% ± 2.5	1,946	11.9% ± 2.2	1,915	22.7% ± 2.7
75 and older	1,519	52.9% ± 3.6	1,473	8.6% ± 2.3	1,478	6.8% ± 2.1	1,448	12.9% ± 2.6
<b>Gender</b>								
Male	3,827	74.6% ± 2.3	3,755	24.2% ± 2.3	3,692	33.6% ± 2.5	3,678	38.6% ± 2.5
Female	7,196	68.1% ± 1.8	7,016	36.4% ± 1.9	7,070	25.9% ± 1.7	6,967	41.0% ± 1.9
Transgender	94	51.6% ± 18.2	94	^12.4% ± 12.5	79	^18.6% ± 22.3	85	*27.2% ± 20.3
<b>LGBT self-identification</b>								
LGBT self-identified	942	76.4% ± 5.0	921	38.8% ± 5.6	904	37.7% ± 5.7	906	51.4% ± 5.6
Not LGBT self-identified	9,476	71.9% ± 1.5	9,270	30.6% ± 1.5	9,285	29.3% ± 1.6	9,180	39.6% ± 1.6

# Healthy Lifestyle and Behaviors



## Summary measures

### Alcohol use

**Table 42**

	Currently drinking		Heavy drinking (>1 drink/day for females, or >2 drinks/day for males)		Binge drinking (have ≥ 4 drinks for females, or ≥ 5 drinks for males, on one occasion ≥ 1 time in 30 days)		Excessive drinking (Engaged in either heavy or binge drinking)	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>								
Hispanic	532	48.1% ± 6.4	513	30.7% ± 6.7	499	30.4% ± 6.9	501	37.6% ± 6.8
Non-Hispanic								
American Indian or Alaska Native	223	40.9% ± 9.6	214	26.0% ± 9.4	216	20.0% ± 8.3	212	30.0% ± 9.7
Asian or Asian American	362	45.9% ± 7.5	354	20.1% ± 7.2	354	24.5% ± 7.6	348	32.1% ± 7.9
Southeast Asian	173	40.1% ± 11.5	170	*17.5% ± 11.1	169	24.9% ± 12.4	166	32.2% ± 12.1
Black or African American	1,659	42.5% ± 3.6	1,605	23.3% ± 3.1	1,566	26.1% ± 3.4	1,563	34.3% ± 3.6
US-born black	1,135	55.3% ± 4.4	1,093	34.1% ± 4.4	1,074	36.3% ± 4.4	1,075	47.2% ± 4.5
Foreign-born black	432	24.8% ± 6.5	422	8.1% ± 4.4	409	11.7% ± 5.9	403	15.1% ± 6.0
White	7,899	74.1% ± 1.4	7,742	31.0% ± 1.5	7,778	29.1% ± 1.6	7,677	39.4% ± 1.6
<b>Household income</b>								
< 200% of Federal Poverty Level	3,872	48.9% ± 3.4	3,758	26.7% ± 3.2	3,699	24.6% ± 3.2	3,682	34.4% ± 3.4
< 100% of Federal Poverty Level	2,010	40.8% ± 5.3	1,954	25.3% ± 5.0	1,911	24.5% ± 5.0	1,910	32.7% ± 5.3
100 - 199% of Federal Poverty Level	1,731	56.0% ± 4.5	1,684	28.3% ± 4.4	1,670	24.9% ± 4.3	1,656	35.7% ± 4.6
≥ 200% of Federal Poverty Level	6,802	79.0% ± 1.5	6,681	32.8% ± 1.7	6,716	31.5% ± 1.7	6,628	42.4% ± 1.8
<b>Educational attainment</b>								
Less than high school	659	30.3% ± 7.9	637	19.7% ± 7.5	617	13.8% ± 6.7	617	22.1% ± 7.6
High school or GED	1,775	53.5% ± 4.3	1,723	26.3% ± 4.2	1,689	25.2% ± 4.2	1,682	34.5% ± 4.4
Some college	3,040	68.8% ± 2.8	2,967	33.4% ± 2.9	2,958	29.2% ± 2.9	2,922	41.2% ± 3.0
College degree or higher	5,464	82.1% ± 1.5	5,365	32.1% ± 1.9	5,409	32.6% ± 2.0	5,336	42.9% ± 2.0
<b>Housing insecurity</b>								
Yes	1,605	59.9% ± 5.7	1,559	37.1% ± 5.7	1,534	35.5% ± 5.8	1,535	46.6% ± 5.8
No	9,394	72.1% ± 1.5	9,189	30.2% ± 1.5	9,194	28.9% ± 1.5	9,078	39.3% ± 1.6
<b>Self-reported disability</b>								
Yes	3,180	57.9% ± 3.1	3,097	27.1% ± 3.1	3,077	22.3% ± 3.0	3,049	32.9% ± 3.2
No	7,759	74.8% ± 1.6	7,595	31.9% ± 1.7	7,595	31.5% ± 1.7	7,506	42.0% ± 1.8
<b>Frequent mental distress</b>								
Yes	1,547	62.7% ± 4.6	1,510	38.6% ± 4.7	1,489	34.9% ± 4.7	1,487	44.7% ± 4.7
No	9,196	72.5% ± 1.5	8,995	29.9% ± 1.5	9,000	28.7% ± 1.6	8,894	39.3% ± 1.7

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



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

Table 43	Sample	0 days	1 to 3 days	4 to 9 days	10 to 19 days	≥ 20 days
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,036	29.0% ± 1.4	20.7% ± 1.3	21.5% ± 1.3	13.5% ± 1.1	15.3% ± 1.1
<b>Minneapolis</b>	4,689	29.9% ± 2.4	17.4% ± 2.0	21.9% ± 2.2	14.4% ± 1.8	16.4% ± 1.8
Camden, Near North	1,349	50.5% ± 5.8	21.5% ± 5.1	15.1% ± 4.4	6.7% ± 3.5	6.2% ± 2.3
Central, Northeast, University, St. Anthony	1,117	25.4% ± 4.5	15.7% ± 4.1	23.8% ± 4.5	17.2% ± 4.0	17.9% ± 3.7
Phillips, Powderhorn	1,229	32.0% ± 5.4	19.2% ± 4.7	19.8% ± 4.6	13.5% ± 3.4	15.5% ± 3.4
Calhoun-Isles, Longfellow, Nokomis, Southwest	994	24.1% ± 4.1	16.0% ± 3.5	24.3% ± 4.2	15.8% ± 3.5	19.7% ± 3.6
<b>Suburban Hennepin County</b>	6,347	28.5% ± 1.8	22.6% ± 1.7	21.2% ± 1.6	13.0% ± 1.4	14.7% ± 1.3
Northwest suburbs	2,191	30.6% ± 2.9	25.1% ± 2.9	20.7% ± 2.6	10.8% ± 2.1	12.8% ± 2.1
Northwest - inner	1,240	37.8% ± 4.6	28.5% ± 4.5	17.7% ± 3.6	6.7% ± 2.2	9.3% ± 2.7
Northwest - outer	951	25.1% ± 3.8	22.3% ± 3.8	23.1% ± 3.8	14.0% ± 3.3	15.5% ± 3.1
West suburbs	1,959	23.0% ± 3.1	20.0% ± 3.1	23.1% ± 3.0	17.7% ± 2.9	16.3% ± 2.6
West - inner	1,054	27.3% ± 5.0	20.8% ± 4.6	23.7% ± 4.7	16.0% ± 4.3	12.2% ± 3.0
West - outer	905	20.4% ± 3.9	19.5% ± 4.3	22.6% ± 4.1	18.8% ± 4.0	18.7% ± 3.7
South suburbs	2,197	30.1% ± 3.2	21.2% ± 2.9	20.5% ± 2.8	12.2% ± 2.5	16.0% ± 2.6
South - east	1,104	36.4% ± 5.4	25.1% ± 5.0	17.4% ± 4.0	7.5% ± 3.0	13.6% ± 3.8
South - west	1,093	27.5% ± 3.9	19.6% ± 3.6	21.8% ± 3.7	14.2% ± 3.4	17.0% ± 3.4
<b>Age</b>						
18-24	483	27.2% ± 7.6	27.0% ± 7.2	27.5% ± 7.2	11.3% ± 5.3	*7.1% ± 4.7
25-34	1,767	22.3% ± 3.4	21.3% ± 3.3	25.4% ± 3.2	18.7% ± 2.9	12.4% ± 2.4
35-44	1,629	25.9% ± 3.5	19.0% ± 3.2	22.0% ± 3.2	16.0% ± 2.9	17.1% ± 3.0
45-54	1,481	27.9% ± 3.6	21.8% ± 3.3	22.7% ± 3.3	13.0% ± 2.7	14.7% ± 2.8
55-64	2,094	30.0% ± 3.0	19.5% ± 2.6	20.3% ± 2.6	11.4% ± 2.2	18.8% ± 2.6
65-74	1,994	37.3% ± 3.2	20.1% ± 2.8	14.6% ± 2.3	8.8% ± 1.7	19.0% ± 2.3
75 and older	1,519	47.1% ± 3.6	19.1% ± 2.8	12.0% ± 2.5	6.4% ± 1.9	15.4% ± 2.5
<b>Gender</b>						
Male	3,827	25.4% ± 2.3	19.0% ± 2.1	22.4% ± 2.2	14.6% ± 1.9	18.6% ± 1.9
Female	7,196	31.9% ± 1.8	22.2% ± 1.6	20.8% ± 1.5	12.6% ± 1.3	12.5% ± 1.2
Transgender	94	48.4% ± 18.2	*18.3% ± 17.7	^18.1% ± 20.3	^4.5% ± 7.8	^10.7% ± 13.6
<b>LGBT self-identification</b>						
LGBT self-identified	942	23.6% ± 5.0	23.3% ± 5.2	21.4% ± 4.7	16.0% ± 4.5	15.8% ± 4.3
Not LGBT self-identified	9,476	28.1% ± 1.5	20.4% ± 1.4	22.2% ± 1.4	13.6% ± 1.2	15.7% ± 1.1

# Healthy Lifestyle and Behaviors



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

Table 43	Sample	0 days	1 to 3 days	4 to 9 days	10 to 19 days	≥ 20 days
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>						
Hispanic	532	51.9% ± 6.4	29.5% ± 6.5	10.0% ± 4.1	^3.5% ± 3.7	*5.1% ± 4.1
Non-Hispanic						
American Indian or Alaska Native	223	59.1% ± 9.6	19.1% ± 9.0	*11.1% ± 6.8	^4.2% ± 4.7	*6.4% ± 4.5
Asian or Asian American	362	54.1% ± 7.5	19.6% ± 6.9	16.3% ± 6.4	*6.3% ± 5.5	^3.7% ± 4.0
Southeast Asian	173	59.9% ± 11.5	20.0% ± 11.1	*14.3% ± 9.7	^4.1% ± 15.3	^1.7% ± 3.9
Black or African American	1,659	57.5% ± 3.6	25.7% ± 3.3	9.4% ± 2.4	3.7% ± 1.6	3.7% ± 1.6
US-born black	1,135	44.7% ± 4.4	31.4% ± 4.1	13.0% ± 3.5	5.5% ± 2.6	5.4% ± 2.5
Foreign-born black	432	75.2% ± 6.5	17.2% ± 6.3	*4.6% ± 3.6	^1.4% ± 1.9	^1.6% ± 3.3
White	7,899	25.9% ± 1.4	19.9% ± 1.4	22.2% ± 1.4	14.5% ± 1.2	17.4% ± 1.2
<b>Household income</b>						
< 200% of Federal Poverty Level	3,872	51.1% ± 3.4	22.4% ± 3.0	13.3% ± 2.4	5.6% ± 1.8	7.6% ± 1.8
< 100% of Federal Poverty Level	2,010	59.2% ± 5.3	21.8% ± 4.8	11.5% ± 3.6	*4.0% ± 2.7	*3.5% ± 2.3
100 - 199% of Federal Poverty Level	1,731	44.0% ± 4.5	22.8% ± 4.0	15.0% ± 3.5	7.2% ± 2.7	11.1% ± 3.0
≥ 200% of Federal Poverty Level	6,802	21.0% ± 1.5	20.2% ± 1.5	24.3% ± 1.6	16.4% ± 1.4	18.1% ± 1.3
<b>Educational attainment</b>						
Less than high school	659	69.7% ± 7.9	19.2% ± 7.2	*4.7% ± 4.0	^3.7% ± 5.5	^2.8% ± 4.0
High school or GED	1,775	46.5% ± 4.3	22.4% ± 3.9	15.6% ± 3.5	4.0% ± 2.0	11.6% ± 3.0
Some college	3,040	31.2% ± 2.8	23.9% ± 2.7	19.1% ± 2.5	12.0% ± 2.2	13.9% ± 2.0
College degree or higher	5,464	17.9% ± 1.5	18.6% ± 1.6	26.6% ± 1.8	18.4% ± 1.6	18.6% ± 1.6
<b>Housing insecurity</b>						
Yes	1,605	40.1% ± 5.7	26.3% ± 5.5	18.3% ± 4.8	7.5% ± 3.7	7.8% ± 3.1
No	9,394	27.9% ± 1.5	20.2% ± 1.3	21.8% ± 1.4	14.1% ± 1.2	16.0% ± 1.1
<b>Self-reported disability</b>						
Yes	3,180	42.1% ± 3.1	22.6% ± 2.8	16.5% ± 2.6	6.9% ± 1.6	11.9% ± 2.0
No	7,759	25.2% ± 1.6	20.2% ± 1.5	22.9% ± 1.5	15.4% ± 1.3	16.3% ± 1.3
<b>Frequent mental distress</b>						
Yes	1,547	37.3% ± 4.6	22.1% ± 4.3	19.2% ± 4.0	9.2% ± 2.9	12.2% ± 3.0
No	9,196	27.5% ± 1.5	20.4% ± 1.4	22.0% ± 1.4	14.2% ± 1.2	15.9% ± 1.2

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)



# Healthy Lifestyle and Behaviors



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

Table 44	Sample	0 drinks	1 drink	2 drinks	3 or more drinks
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,824	28.0% ± 1.4	55.3% ± 1.6	13.2% ± 1.2	3.5% ± 0.7
<b>Minneapolis</b>	4,612	29.1% ± 2.4	49.4% ± 2.5	16.4% ± 2.1	5.1% ± 1.3
Camden, Near North	1,326	50.2% ± 5.9	33.8% ± 5.5	10.0% ± 3.9	*6.1% ± 3.9
Central, Northeast, University, St. Anthony	1,103	24.7% ± 4.5	46.6% ± 4.8	22.0% ± 4.7	6.6% ± 2.9
Phillips, Powderhorn	1,207	31.3% ± 5.4	45.6% ± 5.1	17.5% ± 4.6	*5.6% ± 3.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	976	22.9% ± 4.1	60.3% ± 4.6	13.7% ± 3.6	*3.1% ± 2.4
<b>Suburban Hennepin County</b>	6,212	27.4% ± 1.8	58.4% ± 2.0	11.5% ± 1.4	2.7% ± 0.8
Northwest suburbs	2,143	29.3% ± 2.9	56.5% ± 3.2	11.1% ± 2.4	3.2% ± 1.4
Northwest - inner	1,213	36.5% ± 4.6	49.7% ± 4.6	10.0% ± 3.4	*3.8% ± 2.4
Northwest - outer	930	23.6% ± 3.8	61.8% ± 4.3	11.9% ± 3.5	*2.6% ± 2.0
West suburbs	1,922	22.1% ± 3.1	62.3% ± 3.5	13.2% ± 2.9	*2.4% ± 1.5
West - inner	1,031	26.2% ± 5.1	55.4% ± 5.3	16.3% ± 4.8	*2.2% ± 2.1
West - outer	891	19.7% ± 3.9	66.4% ± 4.7	11.4% ± 3.8	*2.6% ± 2.3
South suburbs	2,147	29.2% ± 3.2	58.0% ± 3.4	10.6% ± 2.5	2.3% ± 1.3
South - east	1,081	35.5% ± 5.5	47.3% ± 5.3	12.9% ± 4.7	*4.2% ± 3.4
South - west	1,066	26.5% ± 4.0	62.5% ± 4.3	9.5% ± 3.1	^1.4% ± 1.5
<b>Age</b>					
18-24	473	26.4% ± 7.6	46.9% ± 7.6	23.7% ± 7.3	^3.0% ± 3.9
25-34	1,747	21.7% ± 3.4	56.2% ± 3.7	18.1% ± 3.0	3.9% ± 1.7
35-44	1,608	25.2% ± 3.5	55.8% ± 3.8	14.7% ± 3.1	4.3% ± 2.0
45-54	1,455	26.9% ± 3.6	56.8% ± 3.9	12.6% ± 2.8	3.7% ± 1.9
55-64	2,050	28.6% ± 3.0	56.3% ± 3.2	11.0% ± 2.3	4.0% ± 1.5
65-74	1,950	36.0% ± 3.3	57.2% ± 3.2	4.7% ± 1.4	2.0% ± 0.9
75 and older	1,475	45.5% ± 3.6	50.9% ± 3.6	2.4% ± 1.4	^1.1% ± 1.5
<b>Gender</b>					
Male	3,771	24.6% ± 2.3	52.2% ± 2.5	18.0% ± 2.1	5.3% ± 1.3
Female	7,040	30.8% ± 1.8	58.0% ± 1.9	9.2% ± 1.3	2.0% ± 0.7
Transgender	94	48.4% ± 18.2	44.0% ± 18.4	^2.8% ± 10.3	^4.8% ± 13.7
<b>LGBT self-identification</b>					
LGBT self-identified	925	22.8% ± 5.0	50.6% ± 5.6	17.9% ± 5.1	8.7% ± 4.0
Not LGBT self-identified	9,303	27.1% ± 1.5	56.8% ± 1.6	12.9% ± 1.2	3.1% ± 0.7



## Healthy Lifestyle and Behaviors



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

Table 44	Sample	0 drinks	1 drink	2 drinks	3 or more drinks
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	517	50.7% ± 6.5	24.4% ± 5.5	17.7% ± 6.6	*7.2% ± 4.7
Non-Hispanic					
American Indian or Alaska Native	219	58.6% ± 9.7	24.0% ± 8.2	*13.1% ± 9.3	*4.2% ± 3.6
Asian or Asian American	355	53.3% ± 7.5	32.6% ± 7.4	*10.4% ± 6.1	^3.6% ± 6.1
Southeast Asian	170	59.6% ± 11.6	28.1% ± 11.6	^5.1% ± 5.0	^7.2% ± 12.5
Black or African American	1,624	56.3% ± 3.6	26.1% ± 3.4	10.4% ± 2.5	7.1% ± 2.0
US-born black	1,110	43.4% ± 4.5	31.6% ± 4.2	15.5% ± 3.8	9.5% ± 2.8
Foreign-born black	422	74.4% ± 6.6	18.8% ± 6.4	^3.3% ± 3.6	^3.5% ± 3.6
White	7,753	24.9% ± 1.4	58.6% ± 1.6	13.3% ± 1.3	3.2% ± 0.7
<b>Household income</b>					
< 200% of Federal Poverty Level	3,787	50.3% ± 3.4	31.3% ± 3.1	12.6% ± 2.7	5.8% ± 1.9
< 100% of Federal Poverty Level	1,972	58.7% ± 5.3	23.7% ± 4.7	10.6% ± 4.1	7.0% ± 3.3
100 - 199% of Federal Poverty Level	1,691	42.9% ± 4.5	37.9% ± 4.4	14.9% ± 4.0	4.4% ± 2.3
≥ 200% of Federal Poverty Level	6,691	20.1% ± 1.5	63.3% ± 1.8	13.7% ± 1.4	2.9% ± 0.7
<b>Educational attainment</b>					
Less than high school	645	69.3% ± 8.0	14.1% ± 6.2	11.6% ± 6.7	^5.0% ± 5.3
High school or GED	1,738	45.7% ± 4.4	36.5% ± 4.2	11.7% ± 3.4	6.1% ± 2.8
Some college	2,977	29.7% ± 2.7	51.5% ± 3.0	14.5% ± 2.5	4.3% ± 1.4
College degree or higher	5,370	17.1% ± 1.5	67.6% ± 1.9	13.1% ± 1.6	2.2% ± 0.7
<b>Housing insecurity</b>					
Yes	1,578	38.9% ± 5.7	37.0% ± 5.7	16.7% ± 5.0	7.4% ± 3.5
No	9,210	26.9% ± 1.5	57.1% ± 1.6	12.9% ± 1.2	3.2% ± 0.7
<b>Self-reported disability</b>					
Yes	3,112	41.2% ± 3.2	42.0% ± 3.1	11.4% ± 2.5	5.4% ± 2.0
No	7,618	24.2% ± 1.6	59.1% ± 1.8	13.7% ± 1.4	3.0% ± 0.7
<b>Frequent mental distress</b>					
Yes	1,519	36.5% ± 4.6	37.5% ± 4.5	17.4% ± 4.2	8.6% ± 3.2
No	9,023	26.5% ± 1.5	58.0% ± 1.7	12.7% ± 1.2	2.7% ± 0.6

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



## Binge drinking during the past 30 days

(For females: having 4 or more drinks on one occasion at least one time;

For males: having 5 or more drinks on one occasion at least one time)

Table 45	Sample	0 times	1 time	2 times	3 to 5 times	6 or more times
	Size					
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,756	70.6% ± 1.5	10.6% ± 1.0	6.6% ± 0.9	7.4% ± 0.9	4.7% ± 0.7
<b>Minneapolis</b>	4,539	65.5% ± 2.5	11.5% ± 1.7	6.9% ± 1.5	9.5% ± 1.6	6.6% ± 1.4
Camden, Near North	1,295	74.0% ± 5.3	7.6% ± 3.7	7.0% ± 3.4	7.7% ± 3.5	*3.7% ± 2.5
Central, Northeast, University, St. Anthony	1,090	54.0% ± 4.9	15.4% ± 3.9	10.2% ± 3.8	11.1% ± 3.4	9.4% ± 3.5
Phillips, Powderhorn	1,182	64.7% ± 5.1	12.1% ± 3.8	6.6% ± 3.1	9.7% ± 3.7	6.8% ± 2.9
Calhoun-Isles, Longfellow, Nokomis, Southwest	972	71.8% ± 4.3	9.6% ± 3.0	4.4% ± 2.3	8.9% ± 3.1	5.3% ± 2.4
<b>Suburban Hennepin County</b>	6,217	73.3% ± 1.8	10.2% ± 1.3	6.5% ± 1.2	6.3% ± 1.1	3.7% ± 0.8
Northwest suburbs	2,139	74.6% ± 3.0	9.0% ± 2.0	5.9% ± 1.9	6.1% ± 1.8	4.4% ± 1.6
Northwest - inner	1,206	73.9% ± 4.4	10.1% ± 3.2	6.2% ± 3.0	6.4% ± 2.9	*3.3% ± 2.1
Northwest - outer	933	75.1% ± 4.1	8.1% ± 2.9	5.7% ± 2.6	5.9% ± 2.5	5.2% ± 2.6
West suburbs	1,922	68.7% ± 3.5	13.5% ± 2.8	7.6% ± 2.4	6.2% ± 2.0	4.0% ± 1.6
West - inner	1,035	65.7% ± 5.3	13.8% ± 4.4	7.5% ± 3.9	8.1% ± 3.2	4.8% ± 2.4
West - outer	887	70.4% ± 4.7	13.3% ± 3.8	7.7% ± 3.3	5.1% ± 2.9	*3.5% ± 2.3
South suburbs	2,156	75.4% ± 3.2	9.1% ± 2.2	6.2% ± 2.3	6.6% ± 2.1	2.7% ± 1.2
South - east	1,079	73.2% ± 5.2	10.5% ± 3.9	*5.4% ± 3.3	7.4% ± 3.8	*3.5% ± 2.9
South - west	1,077	76.3% ± 4.1	8.5% ± 2.8	6.6% ± 3.1	6.3% ± 2.8	2.3% ± 1.3
<b>Age</b>						
18-24	459	58.0% ± 7.7	15.9% ± 6.5	*9.8% ± 5.8	12.7% ± 5.7	^3.6% ± 4.4
25-34	1,725	57.1% ± 3.7	16.3% ± 2.8	10.1% ± 2.5	11.1% ± 2.5	5.5% ± 1.8
35-44	1,585	67.8% ± 3.6	11.3% ± 2.5	7.4% ± 2.4	7.1% ± 2.2	6.3% ± 2.1
45-54	1,444	70.8% ± 3.6	9.9% ± 2.5	6.7% ± 2.4	8.2% ± 2.4	4.5% ± 1.7
55-64	2,056	76.0% ± 2.9	8.1% ± 1.9	4.8% ± 1.7	5.6% ± 1.6	5.4% ± 1.7
65-74	1,944	88.1% ± 2.2	4.7% ± 1.6	2.2% ± 1.0	2.3% ± 1.3	2.6% ± 1.1
75 and older	1,478	93.2% ± 2.1	2.7% ± 1.4	*1.2% ± 0.9	*1.7% ± 1.6	^1.2% ± 1.3
<b>Gender</b>						
Male	3,690	66.4% ± 2.5	11.2% ± 1.8	7.6% ± 1.6	8.3% ± 1.5	6.6% ± 1.4
Female	7,066	74.1% ± 1.7	10.2% ± 1.2	5.8% ± 1.1	6.7% ± 1.1	3.2% ± 0.7
Transgender	79	81.4% ± 22.3	^1.7% ± 9.6	^0.5% ± 2.9	^12.6% ± 24.6	^3.8% ± 18.9
<b>LGBT self-identification</b>						
LGBT self-identified	903	62.3% ± 5.7	11.1% ± 4.1	7.3% ± 4.0	11.4% ± 4.3	7.9% ± 3.7
Not LGBT self-identified	9,282	70.7% ± 1.6	10.9% ± 1.1	6.6% ± 1.0	7.2% ± 0.9	4.6% ± 0.7

## Healthy Lifestyle and Behaviors



### Binge drinking during the past 30 days

(For females: having 4 or more drinks on one occasion at least one time;

For males: having 5 or more drinks on one occasion at least one time)

Table 45	Sample	0 times	1 time	2 times	3 to 5 times	6 or more times
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
	N					
<b>Selected race/ethnicity</b>						
Hispanic	499	69.6% ± 6.9	10.6% ± 5.3	*6.2% ± 4.9	10.0% ± 5.5	^3.6% ± 4.4
Non-Hispanic						
American Indian or Alaska Native	215	80.0% ± 8.3	*9.0% ± 7.8	^3.4% ± 4.1	^3.1% ± 4.2	*4.5% ± 4.4
Asian or Asian American	354	75.5% ± 7.6	9.9% ± 4.8	^2.9% ± 3.1	^6.7% ± 7.1	^5.0% ± 6.4
Southeast Asian	169	75.1% ± 12.4	*10.3% ± 9.0	^2.9% ± 5.2	^6.4% ± 12.6	^5.3% ± 13.9
Black or African American	1,562	74.2% ± 3.3	8.3% ± 2.3	5.8% ± 1.8	8.3% ± 2.4	3.4% ± 1.6
US-born black	1,071	64.1% ± 4.4	10.7% ± 3.0	7.7% ± 2.3	12.2% ± 3.5	5.4% ± 2.8
Foreign-born black	409	88.3% ± 5.9	*4.8% ± 4.6	^3.3% ± 4.3	^3.2% ± 4.3	^0.4% ± 1.1
White	7,777	70.9% ± 1.6	10.3% ± 1.1	6.4% ± 1.0	7.4% ± 0.9	5.0% ± 0.8
<b>Household income</b>						
< 200% of Federal Poverty Level	3,694	75.4% ± 3.2	7.1% ± 2.0	6.5% ± 2.2	6.9% ± 2.0	4.1% ± 1.6
< 100% of Federal Poverty Level	1,907	75.5% ± 5.0	5.5% ± 3.0	9.5% ± 4.1	6.2% ± 3.1	*3.3% ± 2.4
100 - 199% of Federal Poverty Level	1,669	75.1% ± 4.3	8.1% ± 3.0	4.1% ± 2.4	7.6% ± 2.9	5.0% ± 2.5
≥ 200% of Federal Poverty Level	6,715	68.5% ± 1.7	11.8% ± 1.2	6.8% ± 1.0	7.8% ± 1.1	5.0% ± 0.8
<b>Educational attainment</b>						
Less than high school	617	86.2% ± 6.7	^3.4% ± 5.0	^3.6% ± 4.9	*5.4% ± 5.1	^1.3% ± 2.3
High school or GED	1,686	74.8% ± 4.2	7.8% ± 2.8	5.6% ± 2.6	6.8% ± 2.9	5.1% ± 2.5
Some college	2,955	70.8% ± 2.9	9.6% ± 2.0	7.6% ± 2.1	7.0% ± 1.8	5.0% ± 1.4
College degree or higher	5,409	67.4% ± 2.0	12.9% ± 1.5	6.7% ± 1.2	8.1% ± 1.2	4.8% ± 1.0
<b>Housing insecurity</b>						
Yes	1,533	64.5% ± 5.8	9.1% ± 4.0	11.1% ± 4.7	8.5% ± 3.8	6.9% ± 3.3
No	9,189	71.1% ± 1.5	10.8% ± 1.1	6.2% ± 0.9	7.3% ± 0.9	4.5% ± 0.7
<b>Self-reported disability</b>						
Yes	3,076	77.7% ± 3.0	6.4% ± 1.8	4.9% ± 2.0	6.0% ± 1.9	5.1% ± 1.7
No	7,590	68.5% ± 1.7	11.9% ± 1.2	7.1% ± 1.1	7.9% ± 1.0	4.6% ± 0.8
<b>Frequent mental distress</b>						
Yes	1,487	65.1% ± 4.7	10.5% ± 3.3	5.8% ± 3.0	8.6% ± 3.2	10.0% ± 3.3
No	8,996	71.3% ± 1.6	10.6% ± 1.1	6.7% ± 1.0	7.3% ± 1.0	4.1% ± 0.7

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



<b>Table 46</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Hennepin County total</b>	10,920	9.2% ± 1.0
<b>Minneapolis</b>	4,639	12.1% ± 1.8
Camden, Near North	1,322	22.3% ± 5.2
Central, Northeast, University, St. Anthony	1,108	12.1% ± 3.6
Phillips, Powderhorn	1,224	16.0% ± 4.5
Calhoun-Isles, Longfellow, Nokomis, Southwest	985	5.9% ± 2.8
<b>Suburban Hennepin County</b>	6,281	7.6% ± 1.2
Northwest suburbs	2,169	7.5% ± 1.9
Northwest - inner	1,220	10.3% ± 3.4
Northwest - outer	949	5.4% ± 2.3
West suburbs	1,936	7.3% ± 2.3
West - inner	1,043	10.3% ± 4.5
West - outer	893	5.5% ± 2.7
South suburbs	2,176	7.8% ± 2.1
South - east	1,086	11.7% ± 4.2
South - west	1,090	6.1% ± 2.6
<b>Age</b>		
18-24	480	*9.0% ± 5.5
25-34	1,751	8.9% ± 2.5
35-44	1,614	8.1% ± 2.4
45-54	1,462	10.4% ± 2.5
55-64	2,069	13.4% ± 2.5
65-74	1,973	7.5% ± 2.0
75 and older	1,501	2.5% ± 1.4
<b>Gender</b>		
Male	3,785	10.7% ± 1.7
Female	7,122	7.9% ± 1.1
Transgender	96	^17.1% ± 21.4
<b>LGBT self-identification</b>		
LGBT self-identified	931	12.0% ± 4.0
Not LGBT self-identified	9,376	9.0% ± 1.0

## Healthy Lifestyle and Behaviors



<b>Table 46</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Selected race/ethnicity</b>		
Hispanic	535	13.7% ± 5.2
Non-Hispanic		
American Indian or Alaska Native	220	46.6% ± 10.0
Asian or Asian American	364	*12.4% ± 7.4
Southeast Asian	174	*13.8% ± 11.1
Black or African American	1,615	21.8% ± 2.9
US-born black	1,101	34.3% ± 4.3
Foreign-born black	440	*3.9% ± 2.4
White	7,827	10.0% ± 1.1
<b>Household income</b>		
< 200% of Federal Poverty Level	3,807	18.0% ± 2.7
< 100% of Federal Poverty Level	1,973	21.5% ± 4.4
100 - 199% of Federal Poverty Level	1,707	15.2% ± 3.5
≥ 200% of Federal Poverty Level	6,753	6.3% ± 1.0
<b>Educational attainment</b>		
Less than high school	655	17.2% ± 6.6
High school or GED	1,733	16.9% ± 3.5
Some college	3,005	12.6% ± 2.0
College degree or higher	5,430	3.9% ± 0.9
<b>Housing insecurity</b>		
Yes	1,579	26.8% ± 5.3
No	9,304	7.4% ± 0.9
<b>Self-reported disability</b>		
Yes	3,137	14.9% ± 2.5
No	7,688	7.5% ± 1.0
<b>Frequent mental distress</b>		
Yes	1,529	21.5% ± 4.1
No	9,079	7.5% ± 0.9

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



## Current smoking status

**Table 47**

	Sample Size	Every day smoker	Some days smoker	Former smoker	Never smoked
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,920	6.0% ± 0.8	3.2% ± 0.6	22.1% ± 1.2	68.7% ± 1.4
<b>Minneapolis</b>	4,639	7.3% ± 1.4	4.9% ± 1.3	20.6% ± 2.0	67.3% ± 2.4
Camden, Near North	1,322	15.8% ± 4.9	6.4% ± 2.8	12.3% ± 3.9	65.4% ± 5.6
Central, Northeast, University, St. Anthony	1,108	7.0% ± 2.9	5.0% ± 2.8	17.1% ± 3.5	70.8% ± 4.4
Phillips, Powderhorn	1,224	8.6% ± 3.5	7.4% ± 3.7	17.9% ± 3.9	66.1% ± 5.1
Calhoun-Isles, Longfellow, Nokomis, Southwest	985	*3.2% ± 2.1	*2.7% ± 2.3	28.3% ± 4.1	65.7% ± 4.4
<b>Suburban Hennepin County</b>	6,281	5.2% ± 1.0	2.3% ± 0.7	22.9% ± 1.6	69.5% ± 1.8
Northwest suburbs	2,169	4.9% ± 1.6	2.7% ± 1.3	22.5% ± 2.6	69.9% ± 2.9
Northwest - inner	1,220	7.2% ± 2.9	*3.2% ± 2.3	20.4% ± 3.4	69.2% ± 4.2
Northwest - outer	949	*3.0% ± 1.9	*2.3% ± 1.7	24.2% ± 3.8	70.5% ± 4.0
West suburbs	1,936	5.3% ± 2.1	*2.0% ± 1.4	25.2% ± 3.2	67.5% ± 3.4
West - inner	1,043	7.6% ± 4.3	^2.6% ± 2.7	20.8% ± 4.4	68.9% ± 5.2
West - outer	893	*3.9% ± 2.4	^1.6% ± 1.9	27.9% ± 4.4	66.6% ± 4.6
South suburbs	2,176	5.8% ± 1.9	*2.0% ± 1.2	21.6% ± 2.7	70.6% ± 3.1
South - east	1,086	8.7% ± 3.8	*3.0% ± 2.7	24.8% ± 4.6	63.5% ± 5.2
South - west	1,090	4.5% ± 2.4	*1.6% ± 1.6	20.3% ± 3.4	73.6% ± 3.8
<b>Age</b>					
18-24	480	*5.6% ± 4.9	^3.4% ± 4.0	*7.3% ± 5.0	83.7% ± 6.4
25-34	1,751	4.8% ± 2.0	4.1% ± 1.8	13.2% ± 2.8	77.9% ± 3.3
35-44	1,614	3.9% ± 1.8	4.2% ± 1.9	22.4% ± 3.3	69.4% ± 3.6
45-54	1,462	7.6% ± 2.2	2.9% ± 1.5	21.1% ± 3.3	68.4% ± 3.6
55-64	2,069	10.4% ± 2.3	3.0% ± 1.3	26.3% ± 2.8	60.2% ± 3.1
65-74	1,973	5.4% ± 1.8	2.1% ± 1.2	34.7% ± 3.0	57.8% ± 3.2
75 and older	1,501	*1.9% ± 1.1	^0.7% ± 1.1	37.5% ± 3.5	59.9% ± 3.5
<b>Gender</b>					
Male	3,785	6.9% ± 1.4	3.8% ± 1.1	23.5% ± 2.1	65.8% ± 2.4
Female	7,122	5.2% ± 0.9	2.7% ± 0.7	21.0% ± 1.5	71.1% ± 1.7
Transgender	96	^8.8% ± 18.7	^8.3% ± 24.0	^14.3% ± 17.2	68.6% ± 19.9
<b>LGBT self-identification</b>					
LGBT self-identified	931	5.8% ± 2.8	6.2% ± 3.4	24.5% ± 5.1	63.6% ± 5.5
Not LGBT self-identified	9,376	5.9% ± 0.9	3.0% ± 0.6	22.3% ± 1.3	68.7% ± 1.5

# Healthy Lifestyle and Behaviors

**Table 47**

	Sample Size	Every day smoker	Some days smoker	Former smoker	Never smoked
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	535	*7.4% ± 5.0	6.3% ± 3.3	10.8% ± 4.7	75.5% ± 6.0
Non-Hispanic					
American Indian or Alaska Native	220	29.2% ± 10.5	17.4% ± 8.8	13.3% ± 6.7	40.1% ± 9.9
Asian or Asian American	364	*6.0% ± 5.6	^6.4% ± 6.8	7.4% ± 3.9	80.1% ± 7.2
Southeast Asian	174	^7.9% ± 7.9	^5.9% ± 12.5	^5.4% ± 5.9	80.8% ± 10.8
Black or African American	1,615	15.3% ± 2.7	6.5% ± 1.6	7.4% ± 1.9	70.8% ± 3.2
US-born black	1,101	25.0% ± 4.1	9.3% ± 2.3	10.2% ± 2.6	55.6% ± 4.4
Foreign-born black	440	*2.0% ± 1.9	^1.9% ± 2.0	*4.1% ± 4.1	92.0% ± 4.1
White	7,827	7.1% ± 1.0	2.9% ± 0.6	23.3% ± 1.3	66.7% ± 1.5
<b>Household income</b>					
< 200% of Federal Poverty Level	3,807	12.7% ± 2.3	5.3% ± 1.7	15.3% ± 2.3	66.7% ± 3.1
< 100% of Federal Poverty Level	1,973	16.0% ± 4.0	5.4% ± 2.6	11.7% ± 3.6	66.9% ± 5.0
100 - 199% of Federal Poverty Level	1,707	9.8% ± 2.9	5.4% ± 2.5	18.0% ± 3.2	66.8% ± 4.2
≥ 200% of Federal Poverty Level	6,753	3.7% ± 0.8	2.6% ± 0.7	24.3% ± 1.5	69.4% ± 1.6
<b>Educational attainment</b>					
Less than high school	655	12.6% ± 5.7	^4.6% ± 5.0	13.4% ± 6.4	69.4% ± 7.7
High school or GED	1,733	12.4% ± 3.2	4.5% ± 2.2	24.3% ± 3.7	58.8% ± 4.3
Some college	3,005	8.8% ± 1.8	3.9% ± 1.2	29.7% ± 2.7	57.6% ± 2.9
College degree or higher	5,430	1.6% ± 0.6	2.3% ± 0.8	18.0% ± 1.5	78.1% ± 1.6
<b>Housing insecurity</b>					
Yes	1,579	17.5% ± 4.8	9.3% ± 3.9	19.6% ± 4.9	53.6% ± 5.7
No	9,304	4.8% ± 0.7	2.6% ± 0.6	22.3% ± 1.3	70.2% ± 1.4
<b>Self-reported disability</b>					
Yes	3,137	10.3% ± 2.2	4.5% ± 1.6	27.8% ± 2.7	57.3% ± 3.1
No	7,688	4.7% ± 0.8	2.9% ± 0.7	20.5% ± 1.4	72.0% ± 1.6
<b>Frequent mental distress</b>					
Yes	1,529	14.4% ± 3.6	7.1% ± 2.9	24.1% ± 4.1	54.4% ± 4.6
No	9,079	4.7% ± 0.8	2.7% ± 0.6	22.0% ± 1.3	70.5% ± 1.5

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors


**Menthol cigarette use**

Table 48	Among persons aged 18 and older: Currently smoke menthol cigarettes Yes		Among persons 18 and older and are current smokers: Menthol is usual cigarette brand Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	10,964	3.1% ± 0.6	1,381	33.4% ± 5.1
<b>Minneapolis</b>	4,667	4.6% ± 1.2	792	37.8% ± 7.3
Camden, Near North	1,336	14.2% ± 4.5	340	64.0% ± 12.3
Central, Northeast, University, St. Anthony	1,113	*3.1% ± 2.1	157	26.1% ± 13.5
Phillips, Powderhorn	1,228	*6.4% ± 3.8	196	39.8% ± 14.8
Calhoun-Isles, Longfellow, Nokomis, Southwest	990	^0.9% ± 1.6	99	^14.6% ± 20.8
<b>Suburban Hennepin County</b>	6,297	2.3% ± 0.7	589	29.6% ± 7.4
Northwest suburbs	2,175	2.3% ± 1.2	224	30.7% ± 11.9
Northwest - inner	1,226	*3.4% ± 2.3	175	33.3% ± 15.6
Northwest - outer	949	^1.4% ± 1.5	49	*26.9% ± 19.6
West suburbs	1,944	*1.9% ± 1.6	160	*25.9% ± 15.6
West - inner	1,049	*4.3% ± 4.1	108	42.0% ± 20.9
West - outer	895	^0.5% ± 0.7	52	^7.6% ± 12.2
South suburbs	2,178	*2.4% ± 1.5	205	31.0% ± 13.2
South - east	1,088	*3.8% ± 3.6	132	32.4% ± 19.0
South - west	1,090	*1.8% ± 1.7	73	*29.8% ± 18.9
<b>Age</b>				
18-24	482	^2.0% ± 3.4	84	^22.3% ± 25.6
25-34	1,759	4.7% ± 2.0	261	52.7% ± 12.8
35-44	1,622	*2.8% ± 1.6	236	34.0% ± 13.9
45-54	1,471	2.5% ± 1.2	266	23.7% ± 9.6
55-64	2,078	4.3% ± 1.5	330	31.4% ± 8.8
65-74	1,977	1.9% ± 1.1	154	25.6% ± 11.5
75 and older	1,504	^0.7% ± 1.2	47	^26.7% ± 26.3
<b>Gender</b>				
Male	3,805	2.9% ± 1.0	552	26.5% ± 7.7
Female	7,146	3.3% ± 0.8	828	41.3% ± 6.8
Transgender	98	^9.2% ± 22.3	< 30	
<b>LGBT self-identification</b>				
LGBT self-identified	937	*4.2% ± 2.9	160	34.5% ± 16.2
Not LGBT self-identified	9,403	2.9% ± 0.6	1,157	32.5% ± 5.6



## Healthy Lifestyle and Behaviors



Table 48

	Among persons aged 18 and older: Currently smoke menthol cigarettes Yes		Among persons 18 and older and are current smokers: Menthol is usual cigarette brand Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	539	7.6% ± 4.1	57	56.3% ± 18.1
Non-Hispanic				
American Indian or Alaska Native	221	19.9% ± 9.6	94	42.1% ± 15.7
Asian or Asian American	365	<sup>^</sup> 6.4% ± 7.2	35	51.6% ± 24.5
Southeast Asian	174	<sup>^</sup> 9.0% ± 12.5	< 30	
Black or African American	1,640	18.0% ± 2.7	436	83.3% ± 6.2
US-born black	1,114	30.1% ± 4.1	397	88.7% ± 5.0
Foreign-born black	445	*2.2% ± 2.0	< 30	
White	7,838	2.4% ± 0.6	667	24.1% ± 5.2
<b>Household income</b>				
< 200% of Federal Poverty Level	3,841	7.9% ± 1.9	943	43.8% ± 7.7
< 100% of Federal Poverty Level	1,993	10.5% ± 3.1	609	48.9% ± 10.3
100 - 199% of Federal Poverty Level	1,716	5.3% ± 2.6	307	35.2% ± 11.9
≥ 200% of Federal Poverty Level	6,760	1.6% ± 0.6	418	24.4% ± 7.2
<b>Educational attainment</b>				
Less than high school	663	8.8% ± 5.0	159	51.1% ± 17.6
High school or GED	1,751	7.6% ± 2.6	408	44.9% ± 10.6
Some college	3,017	3.6% ± 1.3	548	28.7% ± 7.8
College degree or higher	5,434	*0.7% ± 0.5	248	18.7% ± 10.0
<b>Housing insecurity</b>				
Yes	1,592	12.8% ± 4.3	549	47.8% ± 10.9
No	9,334	2.1% ± 0.5	825	28.4% ± 5.7
<b>Self-reported disability</b>				
Yes	3,147	5.7% ± 1.7	582	38.6% ± 8.6
No	7,721	2.3% ± 0.6	784	29.8% ± 6.6
<b>Frequent mental distress</b>				
Yes	1,535	9.4% ± 3.2	452	43.7% ± 10.3
No	9,115	2.1% ± 0.5	887	28.5% ± 5.9

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is &gt; 30% and ≤ 50%)

<sup>^</sup> Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



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

Table 49	Sample Size	Among current smokers: Yes
	N	% ± 95% C.I.
<b>Hennepin County total</b>	1,353	59.5% ± 5.3
<b>Minneapolis</b>	778	60.4% ± 7.5
Camden, Near North	337	49.6% ± 12.0
Central, Northeast, University, St. Anthony	152	63.4% ± 14.9
Phillips, Powderhorn	194	68.1% ± 14.1
Calhoun-Isles, Longfellow, Nokomis, Southwest	95	60.5% ± 21.8
<b>Suburban Hennepin County</b>	575	58.8% ± 7.6
Northwest suburbs	220	59.9% ± 12.1
Northwest - inner	172	55.0% ± 15.5
Northwest - outer	48	67.2% ± 19.1
West suburbs	157	58.0% ± 14.6
West - inner	106	59.2% ± 19.7
West - outer	51	56.6% ± 21.1
South suburbs	198	57.7% ± 13.2
South - east	126	66.1% ± 15.6
South - west	72	51.7% ± 18.5
<b>Age</b>		
18-24	83	48.8% ± 24.5
25-34	257	68.6% ± 12.8
35-44	233	66.9% ± 14.0
45-54	262	61.8% ± 11.3
55-64	325	48.6% ± 9.3
65-74	146	65.3% ± 13.0
75 and older	45	*32.5% ± 20.4
<b>Gender</b>		
Male	536	61.2% ± 8.1
Female	816	57.7% ± 6.8
Transgender	< 30	
<b>LGBT self-identification</b>		
LGBT self-identified	158	54.4% ± 15.4
Not LGBT self-identified	1,133	59.9% ± 5.8

## Healthy Lifestyle and Behaviors



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

<b>Table 49</b>	<b>Sample Size</b>	<b>Among current smokers: Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Selected race/ethnicity</b>		
Hispanic	57	73.8% ± 17.1
Non-Hispanic		
American Indian or Alaska Native	93	60.1% ± 16.0
Asian or Asian American	34	67.9% ± 28.5
Southeast Asian	< 30	
Black or African American	426	58.6% ± 7.4
US-born black	389	58.8% ± 7.8
Foreign-born black	< 30	
White	651	57.3% ± 5.7
<b>Household income</b>		
< 200% of Federal Poverty Level	930	60.2% ± 7.8
< 100% of Federal Poverty Level	602	60.2% ± 10.7
100 - 199% of Federal Poverty Level	301	61.1% ± 11.6
≥ 200% of Federal Poverty Level	404	58.3% ± 7.6
<b>Educational attainment</b>		
Less than high school	157	55.1% ± 18.1
High school or GED	398	52.5% ± 10.8
Some college	539	63.8% ± 7.9
College degree or higher	241	62.1% ± 11.2
<b>Housing insecurity</b>		
Yes	541	59.8% ± 11.2
No	805	59.5% ± 6.1
<b>Self-reported disability</b>		
Yes	569	56.4% ± 8.9
No	769	61.0% ± 6.7
<b>Frequent mental distress</b>		
Yes	444	59.5% ± 10.3
No	869	60.0% ± 6.4

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



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?

Table 50	Sample	Yes
	Size	
	N	% ± 95% C.I.
<b>Hennepin County total</b>	11,043	8.8% ± 1.0
<b>Minneapolis</b>	4,696	10.4% ± 1.8
Camden, Near North	1,354	9.5% ± 3.9
Central, Northeast, University, St. Anthony	1,117	15.4% ± 4.4
Phillips, Powderhorn	1,231	11.8% ± 3.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	994	6.0% ± 2.7
<b>Suburban Hennepin County</b>	6,347	8.0% ± 1.3
Northwest suburbs	2,189	8.0% ± 2.1
Northwest - inner	1,240	10.1% ± 3.5
Northwest - outer	949	6.4% ± 2.8
West suburbs	1,959	9.2% ± 2.7
West - inner	1,057	11.6% ± 4.7
West - outer	902	7.7% ± 3.7
South suburbs	2,199	6.9% ± 2.2
South - east	1,101	8.7% ± 4.2
South - west	1,098	6.2% ± 2.8
<b>Age</b>		
18-24	490	15.9% ± 6.5
25-34	1,765	14.1% ± 2.8
35-44	1,632	9.4% ± 2.7
45-54	1,485	7.0% ± 2.4
55-64	2,090	6.4% ± 1.8
65-74	1,986	4.5% ± 1.5
75 and older	1,524	2.1% ± 1.2
<b>Gender</b>		
Male	3,844	14.4% ± 1.9
Female	7,186	4.2% ± 0.9
Transgender	97	^9.2% ± 22.2
<b>LGBT self-identification</b>		
LGBT self-identified	940	12.1% ± 4.4
Not LGBT self-identified	9,466	8.7% ± 1.1

## Healthy Lifestyle and Behaviors



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?

<b>Table 50</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Selected race/ethnicity</b>		
Hispanic	537	9.3% ± 5.4
Non-Hispanic		
American Indian or Alaska Native	225	*9.5% ± 7.4
Asian or Asian American	365	*9.3% ± 7.0
Southeast Asian	173	^5.5% ± 9.6
Black or African American	1,679	11.5% ± 2.4
US-born black	1,137	16.7% ± 3.8
Foreign-born black	451	*4.4% ± 3.0
White	7,874	9.4% ± 1.1
<b>Household income</b>		
< 200% of Federal Poverty Level	3,898	8.6% ± 2.2
< 100% of Federal Poverty Level	2,030	9.1% ± 3.4
100 - 199% of Federal Poverty Level	1,736	8.2% ± 3.2
≥ 200% of Federal Poverty Level	6,779	9.1% ± 1.2
<b>Educational attainment</b>		
Less than high school	671	*6.0% ± 4.9
High school or GED	1,782	8.0% ± 3.1
Some college	3,042	10.5% ± 2.2
College degree or higher	5,449	8.5% ± 1.3
<b>Housing insecurity</b>		
Yes	1,613	18.0% ± 5.1
No	9,393	8.0% ± 1.0
<b>Self-reported disability</b>		
Yes	3,174	9.0% ± 2.3
No	7,773	8.7% ± 1.2
<b>Frequent mental distress</b>		
Yes	1,547	13.6% ± 3.8
No	9,178	8.3% ± 1.1

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



Does anyone, including yourself, smoke cigarettes, cigars, or pipes regularly inside your home?

**Table 51**

	Among all persons aged 18 and older:		Among households with children 0-17:	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	11,020	5.7% ± 0.5	2,906	6.4% ± 1.0
<b>Minneapolis</b>	4,682	7.6% ± 0.8	1,334	8.0% ± 1.6
Camden, Near North	1,351	15.9% ± 2.1	521	18.6% ± 3.6
Central, Northeast, University, St. Anthony	1,114	6.5% ± 1.6	166	*7.0% ± 4.7
Phillips, Powderhorn	1,223	8.4% ± 1.7	379	5.3% ± 2.8
Calhoun-Isles, Longfellow, Nokomis, Southwest	994	5.3% ± 1.5	268	*4.9% ± 3.3
<b>Suburban Hennepin County</b>	6,338	4.7% ± 0.6	1,572	5.5% ± 1.2
Northwest suburbs	2,191	5.4% ± 1.0	638	7.6% ± 2.2
Northwest - inner	1,241	9.2% ± 1.8	411	12.9% ± 3.7
Northwest - outer	950	2.6% ± 1.2	227	^2.1% ± 2.9
West suburbs	1,955	4.4% ± 1.0	431	3.7% ± 2.0
West - inner	1,056	6.4% ± 1.6	251	7.3% ± 3.9
West - outer	899	3.1% ± 1.4	180	^1.0% ± 3.0
South suburbs	2,192	3.9% ± 0.9	503	*3.0% ± 2.0
South - east	1,099	6.0% ± 1.6	262	*4.4% ± 3.2
South - west	1,093	3.0% ± 1.2	241	^2.4% ± 2.9
<b>Age</b>				
18-24	488	11.2% ± 3.3	224	13.8% ± 5.4
25-34	1,760	5.6% ± 1.3	800	8.0% ± 2.3
35-44	1,638	5.9% ± 1.3	1,017	4.7% ± 1.5
45-54	1,481	7.2% ± 1.4	586	4.1% ± 1.9
55-64	2,083	6.7% ± 1.1	189	10.4% ± 5.4
65-74	1,981	4.8% ± 1.0	60	^7.4% ± 11.0
75 and older	1,518	2.9% ± 1.1	< 30	
<b>Gender</b>				
Male	3,824	6.6% ± 0.8	690	8.1% ± 2.4
Female	7,182	5.3% ± 0.5	2,208	5.8% ± 1.0
Transgender	97	*11.2% ± 7.9	< 30	
<b>LGBT self-identification</b>				
LGBT self-identified	936	8.0% ± 2.0	201	13.6% ± 5.7
Not LGBT self-identified	9,449	5.5% ± 0.5	2,421	6.0% ± 1.0

## Healthy Lifestyle and Behaviors



Does anyone, including yourself, smoke cigarettes, cigars, or pipes regularly inside your home?

Table 51	Among all persons aged 18 and older:		Among households with children 0-17:	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	540	6.9% ± 2.7	359	*4.2% ± 2.9
Non-Hispanic				
American Indian or Alaska Native	220	15.5% ± 5.9	87	*17.1% ± 10.2
Asian or Asian American	365	*3.9% ± 3.7	140	^4.5% ± 11.8
Southeast Asian	174	^3.0% ± 4.0	87	^2.1% ± 7.1
Black or African American	1,673	16.2% ± 2.0	830	14.9% ± 2.8
US-born black	1,137	23.2% ± 2.8	538	22.9% ± 4.2
Foreign-born black	449	*2.4% ± 1.8	252	^1.0% ± 2.4
White	7,858	3.8% ± 0.5	1,341	2.9% ± 1.1
<b>Household income</b>				
< 200% of Federal Poverty Level	3,881	13.6% ± 1.2	1,590	12.7% ± 1.9
< 100% of Federal Poverty Level	2,018	17.5% ± 1.9	1,025	15.2% ± 2.6
100 - 199% of Federal Poverty Level	1,731	9.5% ± 1.6	517	8.0% ± 2.8
≥ 200% of Federal Poverty Level	6,770	2.3% ± 0.4	1,278	*1.0% ± 0.7
<b>Educational attainment</b>				
Less than high school	672	14.2% ± 3.2	324	11.7% ± 4.6
High school or GED	1,771	11.9% ± 1.7	612	14.5% ± 3.3
Some college	3,039	9.1% ± 1.1	741	11.0% ± 2.7
College degree or higher	5,438	1.7% ± 0.4	1,201	*0.5% ± 0.5
<b>Housing insecurity</b>				
Yes	1,608	18.4% ± 2.2	841	14.9% ± 2.8
No	9,375	4.0% ± 0.4	2,059	3.7% ± 0.9
<b>Self-reported disability</b>				
Yes	3,162	9.7% ± 1.1	559	14.6% ± 3.4
No	7,761	4.2% ± 0.5	2,320	4.7% ± 0.9
<b>Frequent mental distress</b>				
Yes	1,538	14.3% ± 2.0	497	14.9% ± 3.7
No	9,164	4.4% ± 0.4	2,285	4.8% ± 1.0

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## Healthy Lifestyle and Behaviors



## Electronic cigarettes (E-cigarettes) use status

Table 52

	Currently use E-cigarettes		Ever used E-cigarettes	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	11,027	2.3% ± 0.6	11,027	5.9% ± 0.8
<b>Minneapolis</b>	4,686	3.8% ± 1.3	4,686	8.4% ± 1.7
Camden, Near North	1,353	*3.9% ± 3.2	1,353	10.0% ± 4.2
Central, Northeast, University, St. Anthony	1,117	7.0% ± 3.5	1,117	12.0% ± 4.2
Phillips, Powderhorn	1,222	*4.3% ± 3.2	1,222	11.2% ± 4.2
Calhoun-Isles, Longfellow, Nokomis, Southwest	994	^0.8% ± 1.7	994	*3.2% ± 2.4
<b>Suburban Hennepin County</b>	6,341	1.5% ± 0.6	6,341	4.6% ± 1.0
Northwest suburbs	2,191	*1.5% ± 1.1	2,191	4.6% ± 1.6
Northwest - inner	1,241	*2.8% ± 2.2	1,241	7.3% ± 3.0
Northwest - outer	950	^0.5% ± 1.1	950	*2.5% ± 1.9
West suburbs	1,952	*1.6% ± 1.4	1,952	4.8% ± 2.1
West - inner	1,052	^2.4% ± 2.7	1,052	7.1% ± 3.8
West - outer	900	^1.1% ± 2.0	900	*3.5% ± 2.7
South suburbs	2,198	*1.6% ± 1.0	2,198	4.2% ± 1.7
South - east	1,100	^2.8% ± 2.9	1,100	*7.4% ± 4.4
South - west	1,098	^1.0% ± 1.0	1,098	2.9% ± 1.7
<b>Age</b>				
18-24	489	*8.6% ± 5.3	489	18.7% ± 6.7
25-34	1,764	3.2% ± 1.6	1,764	7.3% ± 2.2
35-44	1,637	*1.9% ± 1.3	1,637	5.3% ± 2.1
45-54	1,483	*1.5% ± 1.1	1,483	4.9% ± 1.8
55-64	2,079	*1.8% ± 1.2	2,079	5.0% ± 1.6
65-74	1,988	*1.3% ± 0.8	1,988	3.0% ± 1.5
75 and older	1,517	^0.3% ± 0.4	1,517	^0.5% ± 0.5
<b>Gender</b>				
Male	3,836	2.8% ± 1.1	3,836	7.2% ± 1.5
Female	7,177	2.0% ± 0.6	7,177	4.7% ± 0.9
Transgender	97	^5.7% ± 23.2	97	*24.6% ± 21.9
<b>LGBT self-identification</b>				
LGBT self-identified	938	6.6% ± 3.7	938	13.9% ± 4.7
Not LGBT self-identified	9,454	2.0% ± 0.6	9,454	5.2% ± 0.8



# Healthy Lifestyle and Behaviors



## Electronic cigarettes (E-cigarettes) use status

**Table 52**

	Currently use E-cigarettes		Ever used E-cigarettes	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	538	*5.0% ± 4.2	538	11.6% ± 5.4
Non-Hispanic				
American Indian or Alaska Native	224	*3.2% ± 2.7	224	*4.3% ± 3.1
Asian or Asian American	366	^2.5% ± 6.3	366	*8.6% ± 7.5
Southeast Asian	174	^1.1% ± 2.7	174	^11.6% ± 13.5
Black or African American	1,677	6.4% ± 2.0	1,677	10.9% ± 2.3
US-born black	1,135	9.7% ± 3.2	1,135	17.2% ± 3.6
Foreign-born black	451	^1.6% ± 2.1	451	^2.3% ± 2.4
White	7,861	2.3% ± 0.6	7,861	6.1% ± 0.9
<b>Household income</b>				
< 200% of Federal Poverty Level	3,890	3.5% ± 1.5	3,890	8.9% ± 2.2
< 100% of Federal Poverty Level	2,027	*3.9% ± 2.4	2,027	11.3% ± 3.8
100 - 199% of Federal Poverty Level	1,733	*3.1% ± 2.2	1,733	6.9% ± 2.8
≥ 200% of Federal Poverty Level	6,773	2.0% ± 0.6	6,773	4.9% ± 0.9
<b>Educational attainment</b>				
Less than high school	669	^2.6% ± 4.9	669	*9.2% ± 6.1
High school or GED	1,778	*3.1% ± 2.1	1,778	7.1% ± 2.7
Some college	3,042	3.5% ± 1.4	3,042	8.9% ± 2.0
College degree or higher	5,440	1.4% ± 0.6	5,440	3.5% ± 0.9
<b>Housing insecurity</b>				
Yes	1,610	6.2% ± 3.2	1,610	14.0% ± 4.2
No	9,381	1.9% ± 0.6	9,381	5.1% ± 0.8
<b>Self-reported disability</b>				
Yes	3,173	3.1% ± 1.3	3,173	8.2% ± 2.1
No	7,761	2.1% ± 0.7	7,761	5.3% ± 0.9
<b>Frequent mental distress</b>				
Yes	1,543	5.2% ± 2.3	1,543	12.8% ± 3.5
No	9,164	2.0% ± 0.6	9,164	5.0% ± 0.9

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# Healthy Lifestyle and Behaviors



Do you currently use electronic cigarettes, such as e-cigarettes, e-hookahs, or vaping pens?

Table 53	Sample	Every day	Some days	Used to, but not now	Never
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,027	0.9% ± 0.4	1.5% ± 0.5	3.6% ± 0.7	94.1% ± 0.8
<b>Minneapolis</b>	4,686	*1.8% ± 1.0	2.0% ± 0.9	4.6% ± 1.3	91.6% ± 1.7
Camden, Near North	1,353	^1.3% ± 3.6	*2.6% ± 2.4	6.1% ± 3.5	90.0% ± 4.2
Central, Northeast, University, St. Anthony	1,117	*3.0% ± 2.6	*3.9% ± 3.1	*5.0% ± 3.1	88.0% ± 4.2
Phillips, Powderhorn	1,222	^2.4% ± 3.5	*1.9% ± 1.6	6.9% ± 3.5	88.8% ± 4.2
Calhoun-Isles, Longfellow, Nokomis, Southwest	994	^0.5% ± 2.0	^0.3% ± 0.7	*2.3% ± 2.2	96.8% ± 2.4
<b>Suburban Hennepin County</b>	6,341	*0.4% ± 0.3	1.1% ± 0.5	3.0% ± 0.8	95.4% ± 1.0
Northwest suburbs	2,191	^0.3% ± 0.6	*1.2% ± 1.0	3.1% ± 1.4	95.4% ± 1.6
Northwest - inner	1,241	^0.6% ± 1.4	^2.1% ± 2.1	4.6% ± 2.5	92.7% ± 3.0
Northwest - outer	950	0.0% ± 0.0	^0.5% ± 1.1	*2.0% ± 1.8	97.5% ± 1.9
West suburbs	1,952	^0.2% ± 0.3	^1.3% ± 1.4	3.3% ± 1.8	95.2% ± 2.1
West - inner	1,052	^0.3% ± 0.5	^2.1% ± 2.8	*4.7% ± 3.4	92.9% ± 3.8
West - outer	900	^0.2% ± 0.5	^0.9% ± 2.2	^2.4% ± 2.5	96.5% ± 2.7
South suburbs	2,198	*0.7% ± 0.6	^0.9% ± 0.9	2.7% ± 1.5	95.8% ± 1.7
South - east	1,100	^0.6% ± 1.3	^2.2% ± 3.0	*4.6% ± 4.1	92.6% ± 4.4
South - west	1,098	^0.7% ± 0.9	^0.3% ± 0.8	*1.9% ± 1.6	97.1% ± 1.7
<b>Age</b>					
18-24	489	^3.6% ± 4.4	*5.0% ± 4.4	10.1% ± 5.7	81.3% ± 6.7
25-34	1,764	^1.1% ± 1.4	*2.1% ± 1.3	4.2% ± 1.7	92.7% ± 2.2
35-44	1,637	^0.7% ± 1.0	*1.2% ± 1.1	3.5% ± 1.9	94.7% ± 2.1
45-54	1,483	^0.4% ± 0.6	^1.1% ± 1.1	3.4% ± 1.6	95.1% ± 1.8
55-64	2,079	^0.7% ± 0.7	^1.1% ± 1.1	3.2% ± 1.2	95.0% ± 1.6
65-74	1,988	^0.8% ± 0.8	*0.6% ± 0.5	*1.6% ± 1.4	97.0% ± 1.5
75 and older	1,517	^0.2% ± 0.5	^0.1% ± 0.2	^0.2% ± 0.4	99.5% ± 0.5
<b>Gender</b>					
Male	3,836	*1.1% ± 0.8	1.6% ± 0.9	4.5% ± 1.2	92.8% ± 1.5
Female	7,177	*0.7% ± 0.4	1.3% ± 0.5	2.7% ± 0.7	95.3% ± 0.9
Transgender	97	^5.4% ± 24.3	^0.3% ± 1.8	^18.9% ± 22.1	75.4% ± 21.9
<b>LGBT self-identification</b>					
LGBT self-identified	938	^3.1% ± 3.1	*3.4% ± 3.0	7.3% ± 3.8	86.1% ± 4.7
Not LGBT self-identified	9,454	0.7% ± 0.4	1.3% ± 0.5	3.3% ± 0.7	94.8% ± 0.8

## Healthy Lifestyle and Behaviors



Do you currently use electronic cigarettes, such as e-cigarettes, e-hookahs, or vaping pens?

Table 53	Sample	Every day	Some days	Used to, but not now	Never
	Size N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	538	<sup>^</sup> 2.4% ± 4.3	<sup>^</sup> 2.6% ± 2.8	*6.6% ± 4.6	88.4% ± 5.4
Non-Hispanic					
American Indian or Alaska Native	224	<sup>^</sup> 1.1% ± 2.1	<sup>^</sup> 2.1% ± 2.3	<sup>^</sup> 1.1% ± 2.5	95.7% ± 3.1
Asian or Asian American	366	<sup>^</sup> 1.8% ± 8.1	<sup>^</sup> 0.7% ± 1.2	<sup>^</sup> 6.1% ± 6.9	91.4% ± 7.5
Southeast Asian	174	0.0% ± 0.0	<sup>^</sup> 1.1% ± 2.7	<sup>^</sup> 10.6% ± 14.1	88.4% ± 13.5
Black or African American	1,677	*1.7% ± 1.3	4.7% ± 1.7	4.5% ± 1.4	89.1% ± 2.3
US-born black	1,135	*2.9% ± 2.3	6.9% ± 2.8	7.4% ± 2.3	82.8% ± 3.6
Foreign-born black	451	<sup>^</sup> 0.0% ± 0.2	<sup>^</sup> 1.6% ± 2.2	<sup>^</sup> 0.7% ± 2.2	97.7% ± 2.4
White	7,861	1.0% ± 0.4	1.4% ± 0.5	3.8% ± 0.8	93.9% ± 0.9
<b>Household income</b>					
< 200% of Federal Poverty Level	3,890	*1.5% ± 1.3	1.9% ± 1.0	5.4% ± 1.8	91.1% ± 2.2
< 100% of Federal Poverty Level	2,027	<sup>^</sup> 1.0% ± 1.7	*3.0% ± 2.1	7.4% ± 3.4	88.7% ± 3.8
100 - 199% of Federal Poverty Level	1,733	<sup>^</sup> 1.9% ± 2.2	*1.2% ± 1.0	*3.8% ± 2.3	93.1% ± 2.8
≥ 200% of Federal Poverty Level	6,773	0.7% ± 0.4	1.3% ± 0.6	2.9% ± 0.7	95.1% ± 0.9
<b>Educational attainment</b>					
Less than high school	669	<sup>^</sup> 2.6% ± 4.9	<sup>^</sup> 0.0% ± 0.0	*6.6% ± 5.5	90.8% ± 6.1
High school or GED	1,778	<sup>^</sup> 1.1% ± 1.6	*2.0% ± 1.8	4.1% ± 2.1	92.9% ± 2.7
Some college	3,042	*1.0% ± 0.7	2.5% ± 1.3	5.5% ± 1.7	91.1% ± 2.0
College degree or higher	5,440	*0.6% ± 0.5	0.9% ± 0.4	2.0% ± 0.7	96.5% ± 0.9
<b>Housing insecurity</b>					
Yes	1,610	<sup>^</sup> 0.9% ± 1.4	5.3% ± 3.1	7.8% ± 3.4	86.0% ± 4.2
No	9,381	0.9% ± 0.4	1.1% ± 0.4	3.2% ± 0.7	94.9% ± 0.8
<b>Self-reported disability</b>					
Yes	3,173	*0.8% ± 0.7	2.3% ± 1.3	5.1% ± 1.8	91.8% ± 2.1
No	7,761	0.9% ± 0.5	1.2% ± 0.5	3.1% ± 0.7	94.7% ± 0.9
<b>Frequent mental distress</b>					
Yes	1,543	*1.9% ± 1.8	3.3% ± 1.9	7.7% ± 3.0	87.2% ± 3.5
No	9,164	0.8% ± 0.4	1.2% ± 0.5	3.1% ± 0.7	95.0% ± 0.9

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

<sup>^</sup> Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)





**SHAPE 2018**  
Celebrating 20 years of health trends

# How you feel

## How You Feel



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

So sad that nothing could cheer you up

Table 54	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,085	66.5% ± 1.5	21.6% ± 1.3	8.6% ± 0.9	3.3% ± 0.7
<b>Minneapolis</b>	4,715	60.5% ± 2.5	25.0% ± 2.3	9.8% ± 1.5	4.7% ± 1.4
Camden, Near North	1,359	46.9% ± 5.8	20.3% ± 4.8	20.8% ± 5.4	11.9% ± 5.2
Central, Northeast, University, St. Anthony	1,123	58.1% ± 4.9	29.2% ± 4.8	7.7% ± 2.6	5.0% ± 2.9
Phillips, Powderhorn	1,235	58.1% ± 5.4	26.6% ± 5.2	11.8% ± 3.6	*3.5% ± 3.4
Calhoun-Isles, Longfellow, Nokomis, Southwest	998	69.4% ± 4.4	22.5% ± 4.0	6.0% ± 2.7	^2.1% ± 2.2
<b>Suburban Hennepin County</b>	6,370	69.8% ± 1.8	19.8% ± 1.6	8.0% ± 1.2	2.5% ± 0.8
Northwest suburbs	2,200	67.8% ± 3.1	21.0% ± 2.7	7.7% ± 2.0	3.5% ± 1.6
Northwest - inner	1,246	61.6% ± 4.7	24.3% ± 4.3	10.1% ± 3.5	*4.0% ± 2.7
Northwest - outer	954	72.8% ± 4.0	18.3% ± 3.6	5.8% ± 2.4	*3.1% ± 2.1
West suburbs	1,963	72.7% ± 3.4	19.2% ± 3.1	6.3% ± 2.1	*1.7% ± 1.1
West - inner	1,060	66.3% ± 5.3	22.2% ± 4.9	9.6% ± 4.1	^1.9% ± 1.9
West - outer	903	76.6% ± 4.4	17.4% ± 4.1	4.4% ± 2.4	^1.5% ± 1.6
South suburbs	2,207	70.0% ± 3.2	18.6% ± 2.7	9.6% ± 2.4	*1.7% ± 1.1
South - east	1,103	62.7% ± 5.5	21.4% ± 4.4	12.6% ± 5.1	^3.3% ± 3.4
South - west	1,104	73.1% ± 3.9	17.4% ± 3.4	8.3% ± 2.9	*1.1% ± 1.0
<b>Age</b>					
18-24	489	55.7% ± 7.6	30.8% ± 7.4	11.1% ± 5.2	^2.3% ± 4.0
25-34	1,773	62.0% ± 3.6	25.5% ± 3.3	8.2% ± 2.3	4.3% ± 2.0
35-44	1,638	66.7% ± 3.7	21.6% ± 3.3	8.9% ± 2.5	*2.8% ± 1.7
45-54	1,489	66.4% ± 3.7	19.7% ± 3.2	8.9% ± 2.5	4.9% ± 2.1
55-64	2,102	69.3% ± 3.0	20.0% ± 2.6	8.3% ± 1.9	2.3% ± 1.0
65-74	1,996	75.4% ± 3.0	15.2% ± 2.5	7.4% ± 2.4	1.9% ± 0.9
75 and older	1,528	72.1% ± 3.6	18.3% ± 3.2	7.7% ± 2.4	*1.9% ± 1.6
<b>Gender</b>					
Male	3,848	67.0% ± 2.4	22.0% ± 2.2	8.1% ± 1.5	2.9% ± 1.1
Female	7,223	66.0% ± 1.8	21.3% ± 1.6	9.1% ± 1.2	3.6% ± 0.9
Transgender	97	36.1% ± 18.8	*23.0% ± 16.2	*29.0% ± 21.0	^11.9% ± 21.1
<b>LGBT self-identification</b>					
LGBT self-identified	946	48.3% ± 5.5	29.1% ± 5.3	15.4% ± 4.5	7.2% ± 3.6
Not LGBT self-identified	9,501	68.6% ± 1.6	21.2% ± 1.4	7.5% ± 0.9	2.8% ± 0.7

## How You Feel



During the past 30 days, about how often did you feel ...?  
So sad that nothing could cheer you up

Table 54

	Sample Size N	None of the time % ± 95% C.I.	A little of the time % ± 95% C.I.	Some of the time % ± 95% C.I.	Most/All of the time % ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	546	48.0% ± 6.3	22.0% ± 5.7	21.2% ± 5.6	8.9% ± 4.9
Non-Hispanic					
American Indian or Alaska Native	225	36.4% ± 9.4	24.7% ± 8.6	25.2% ± 10.1	*13.7% ± 10.0
Asian or Asian American	365	51.5% ± 7.4	31.8% ± 7.5	13.3% ± 6.0	3.4% ± 1.9
Southeast Asian	174	45.2% ± 10.9	34.9% ± 11.6	14.7% ± 8.6	*5.2% ± 3.7
Black or African American	1,680	52.8% ± 3.6	23.6% ± 3.3	14.0% ± 2.3	9.6% ± 2.2
US-born black	1,140	48.1% ± 4.4	23.1% ± 4.0	17.7% ± 3.2	11.1% ± 3.0
Foreign-born black	448	61.1% ± 6.3	23.1% ± 6.1	9.2% ± 4.0	6.6% ± 3.6
White	7,903	68.8% ± 1.5	20.6% ± 1.4	8.0% ± 1.0	2.6% ± 0.6
<b>Household income</b>					
< 200% of Federal Poverty Level	3,908	47.2% ± 3.4	27.0% ± 3.2	17.5% ± 2.7	8.4% ± 2.1
< 100% of Federal Poverty Level	2,032	41.3% ± 5.3	26.9% ± 5.0	20.0% ± 4.4	11.8% ± 4.0
100 - 199% of Federal Poverty Level	1,741	52.1% ± 4.5	27.9% ± 4.3	14.9% ± 3.4	5.1% ± 2.2
≥ 200% of Federal Poverty Level	6,808	72.8% ± 1.6	19.8% ± 1.5	5.8% ± 0.9	1.6% ± 0.6
<b>Educational attainment</b>					
Less than high school	679	45.0% ± 8.0	19.0% ± 7.2	22.1% ± 7.3	13.9% ± 6.8
High school or GED	1,784	55.9% ± 4.4	24.8% ± 4.1	12.3% ± 3.1	7.0% ± 2.8
Some college	3,049	64.3% ± 2.9	23.3% ± 2.7	9.4% ± 1.9	2.9% ± 1.2
College degree or higher	5,471	73.3% ± 1.8	20.1% ± 1.6	5.5% ± 1.0	1.1% ± 0.5
<b>Housing insecurity</b>					
Yes	1,619	34.7% ± 5.5	31.8% ± 5.5	20.7% ± 5.0	12.8% ± 4.4
No	9,428	69.6% ± 1.5	20.6% ± 1.3	7.4% ± 0.9	2.3% ± 0.6
<b>Self-reported disability</b>					
Yes	3,187	43.5% ± 3.1	25.8% ± 2.9	20.7% ± 2.9	10.0% ± 2.3
No	7,800	73.0% ± 1.6	20.4% ± 1.5	5.2% ± 0.9	1.4% ± 0.6
<b>Frequent mental distress</b>					
Yes	1,548	15.7% ± 3.4	31.9% ± 4.5	32.6% ± 4.4	19.7% ± 4.1
No	9,214	73.9% ± 1.5	20.0% ± 1.4	5.2% ± 0.8	0.9% ± 0.5

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## How You Feel



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

Nervous

Table 55	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,084	32.4% ± 1.4	39.5% ± 1.5	21.5% ± 1.3	6.7% ± 0.9
<b>Minneapolis</b>	4,716	26.0% ± 2.2	38.7% ± 2.5	26.4% ± 2.4	8.9% ± 1.6
Camden, Near North	1,357	32.1% ± 5.7	30.0% ± 5.0	24.0% ± 5.8	13.9% ± 5.0
Central, Northeast, University, St. Anthony	1,125	20.4% ± 3.9	36.9% ± 4.8	34.1% ± 4.9	8.6% ± 3.2
Phillips, Powderhorn	1,234	26.0% ± 5.0	39.1% ± 5.2	24.4% ± 4.8	10.6% ± 3.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	1,000	28.1% ± 4.1	43.5% ± 4.5	22.2% ± 4.1	6.1% ± 2.8
<b>Suburban Hennepin County</b>	6,368	35.8% ± 1.8	39.9% ± 1.9	18.8% ± 1.6	5.5% ± 1.0
Northwest suburbs	2,200	37.6% ± 3.0	37.7% ± 3.0	19.1% ± 2.7	5.6% ± 1.8
Northwest - inner	1,245	35.1% ± 4.4	39.2% ± 4.5	20.6% ± 4.2	5.1% ± 2.7
Northwest - outer	955	39.7% ± 4.2	36.5% ± 4.2	17.9% ± 3.6	5.9% ± 2.7
West suburbs	1,963	36.6% ± 3.4	40.5% ± 3.5	18.1% ± 2.9	4.8% ± 1.7
West - inner	1,060	30.5% ± 4.9	41.8% ± 5.2	20.5% ± 4.6	7.2% ± 2.8
West - outer	903	40.2% ± 4.6	39.7% ± 4.6	16.8% ± 4.0	*3.3% ± 2.5
South suburbs	2,205	32.7% ± 3.2	42.3% ± 3.4	19.0% ± 2.8	6.0% ± 2.1
South - east	1,102	31.2% ± 4.9	36.9% ± 5.2	22.5% ± 4.8	9.4% ± 4.7
South - west	1,103	33.4% ± 4.0	44.6% ± 4.3	17.5% ± 3.6	4.5% ± 2.3
<b>Age</b>					
18-24	488	12.8% ± 5.8	36.4% ± 7.6	39.4% ± 7.6	11.4% ± 5.3
25-34	1,775	20.2% ± 3.1	40.5% ± 3.6	27.3% ± 3.4	12.0% ± 2.6
35-44	1,640	29.5% ± 3.6	41.4% ± 3.8	24.1% ± 3.3	5.0% ± 1.9
45-54	1,489	35.1% ± 3.8	37.6% ± 3.7	20.4% ± 3.2	6.9% ± 2.3
55-64	2,102	40.6% ± 3.2	41.0% ± 3.1	14.1% ± 2.2	4.3% ± 1.5
65-74	1,997	46.0% ± 3.1	38.8% ± 3.0	13.0% ± 2.6	2.2% ± 0.9
75 and older	1,525	49.4% ± 3.5	36.1% ± 3.4	12.5% ± 3.1	*2.0% ± 1.4
<b>Gender</b>					
Male	3,846	34.8% ± 2.4	39.1% ± 2.5	20.6% ± 2.2	5.4% ± 1.4
Female	7,224	30.3% ± 1.7	39.9% ± 1.8	22.1% ± 1.6	7.8% ± 1.2
Transgender	97	^16.0% ± 17.1	*12.6% ± 12.0	44.6% ± 19.1	*26.8% ± 18.1
<b>LGBT self-identification</b>					
LGBT self-identified	946	18.0% ± 4.3	31.2% ± 5.3	31.1% ± 5.4	19.7% ± 4.9
Not LGBT self-identified	9,500	33.2% ± 1.5	40.6% ± 1.6	20.6% ± 1.4	5.6% ± 0.9



## How You Feel



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

Nervous

Table 55

	Sample Size	None of the time % ± 95% C.I.	A little of the time % ± 95% C.I.	Some of the time % ± 95% C.I.	Most/All of the time % ± 95% C.I.
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	546	32.1% ± 6.1	29.0% ± 6.1	27.5% ± 6.0	11.4% ± 5.2
Non-Hispanic					
American Indian or Alaska Native	224	24.0% ± 8.6	28.3% ± 9.3	28.0% ± 9.9	19.7% ± 9.7
Asian or Asian American	365	32.3% ± 7.3	36.5% ± 7.6	21.2% ± 6.2	10.0% ± 5.8
Southeast Asian	174	29.7% ± 9.9	35.7% ± 11.6	20.7% ± 9.8	*13.8% ± 10.3
Black or African American	1,680	41.5% ± 3.6	28.1% ± 3.3	19.9% ± 2.8	10.5% ± 2.3
US-born black	1,139	33.3% ± 4.4	27.8% ± 4.0	24.8% ± 3.8	14.1% ± 3.5
Foreign-born black	450	53.5% ± 6.4	27.6% ± 6.2	13.5% ± 4.9	5.4% ± 3.1
White	7,903	31.5% ± 1.5	40.1% ± 1.6	21.3% ± 1.4	7.1% ± 1.0
<b>Household income</b>					
< 200% of Federal Poverty Level	3,908	29.3% ± 3.1	32.1% ± 3.2	25.7% ± 3.1	12.9% ± 2.4
< 100% of Federal Poverty Level	2,033	28.6% ± 4.9	28.3% ± 5.0	26.0% ± 5.0	17.1% ± 4.2
100 - 199% of Federal Poverty Level	1,741	29.3% ± 4.1	36.2% ± 4.4	25.5% ± 4.2	9.0% ± 2.8
≥ 200% of Federal Poverty Level	6,808	32.9% ± 1.6	42.2% ± 1.7	20.3% ± 1.5	4.6% ± 0.9
<b>Educational attainment</b>					
Less than high school	674	37.7% ± 8.0	24.8% ± 7.6	23.6% ± 7.5	13.9% ± 6.9
High school or GED	1,789	37.4% ± 4.2	36.1% ± 4.2	18.4% ± 3.8	8.0% ± 2.9
Some college	3,051	33.0% ± 2.8	37.5% ± 2.9	22.5% ± 2.7	6.9% ± 1.7
College degree or higher	5,469	29.8% ± 1.8	43.3% ± 2.0	21.6% ± 1.7	5.4% ± 1.0
<b>Housing insecurity</b>					
Yes	1,620	20.7% ± 5.0	29.7% ± 5.3	30.4% ± 5.6	19.2% ± 4.7
No	9,426	33.6% ± 1.5	40.4% ± 1.6	20.6% ± 1.4	5.5% ± 0.8
<b>Self-reported disability</b>					
Yes	3,189	23.7% ± 2.6	31.6% ± 2.9	28.9% ± 3.1	15.8% ± 2.6
No	7,797	34.8% ± 1.7	41.8% ± 1.8	19.4% ± 1.5	4.1% ± 0.8
<b>Frequent mental distress</b>					
Yes	1,550	8.5% ± 2.9	22.1% ± 3.9	37.3% ± 4.7	32.1% ± 4.5
No	9,211	35.6% ± 1.6	42.0% ± 1.6	19.3% ± 1.4	3.1% ± 0.7

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is &gt; 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error &gt; 50%)

## How You Feel



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

So restless or fidgety that you could not sit still

Table 56	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,080	58.9% ± 1.5	26.2% ± 1.4	10.8% ± 1.0	4.1% ± 0.8
<b>Minneapolis</b>	4,713	50.5% ± 2.5	29.8% ± 2.4	13.7% ± 1.8	6.1% ± 1.6
Camden, Near North	1,359	48.3% ± 5.8	23.9% ± 4.9	15.6% ± 4.6	12.2% ± 5.4
Central, Northeast, University, St. Anthony	1,126	41.6% ± 4.7	33.1% ± 4.9	16.4% ± 3.9	8.9% ± 3.9
Phillips, Powderhorn	1,231	52.6% ± 5.3	30.4% ± 5.2	13.9% ± 3.9	*3.0% ± 2.3
Calhoun-Isles, Longfellow, Nokomis, Southwest	997	57.4% ± 4.5	29.0% ± 4.3	10.6% ± 3.2	*3.0% ± 2.4
<b>Suburban Hennepin County</b>	6,367	63.5% ± 1.9	24.2% ± 1.7	9.2% ± 1.3	3.1% ± 0.9
Northwest suburbs	2,198	62.3% ± 3.1	24.0% ± 2.8	10.0% ± 2.2	3.7% ± 1.6
Northwest - inner	1,244	56.4% ± 4.7	28.1% ± 4.4	12.4% ± 3.8	*3.1% ± 2.5
Northwest - outer	954	67.0% ± 4.2	20.8% ± 3.6	8.0% ± 2.8	4.2% ± 2.4
West suburbs	1,962	63.6% ± 3.5	25.0% ± 3.2	8.6% ± 2.3	2.8% ± 1.5
West - inner	1,061	55.9% ± 5.2	26.9% ± 4.7	13.0% ± 4.5	*4.2% ± 3.3
West - outer	901	68.2% ± 4.7	23.9% ± 4.4	5.9% ± 2.7	*1.9% ± 1.8
South suburbs	2,207	65.1% ± 3.4	24.0% ± 3.1	8.5% ± 2.2	*2.4% ± 1.5
South - east	1,103	56.1% ± 5.4	25.2% ± 4.8	13.7% ± 4.8	*5.0% ± 3.9
South - west	1,104	68.9% ± 4.2	23.4% ± 4.0	6.3% ± 2.5	^1.3% ± 1.6
<b>Age</b>					
18-24	486	36.6% ± 7.6	40.3% ± 7.6	15.5% ± 6.0	*7.6% ± 5.0
25-34	1,776	48.0% ± 3.7	32.3% ± 3.5	13.8% ± 2.7	5.9% ± 2.2
35-44	1,638	58.6% ± 3.8	26.2% ± 3.4	11.1% ± 2.6	4.1% ± 2.1
45-54	1,488	61.1% ± 3.8	23.8% ± 3.4	10.8% ± 2.7	4.4% ± 1.8
55-64	2,100	64.4% ± 3.1	23.6% ± 2.8	8.7% ± 1.9	3.3% ± 1.5
65-74	1,997	72.4% ± 2.9	19.5% ± 2.5	6.7% ± 2.1	*1.4% ± 0.9
75 and older	1,524	76.2% ± 3.5	16.2% ± 3.2	6.7% ± 2.4	^0.9% ± 1.4
<b>Gender</b>					
Male	3,846	57.3% ± 2.5	27.6% ± 2.3	11.2% ± 1.7	3.9% ± 1.2
Female	7,221	60.3% ± 1.9	25.0% ± 1.7	10.3% ± 1.3	4.3% ± 1.1
Transgender	97	*21.3% ± 16.1	*28.3% ± 19.8	40.6% ± 19.5	^9.8% ± 13.6
<b>LGBT self-identification</b>					
LGBT self-identified	945	37.1% ± 5.2	32.7% ± 5.5	20.9% ± 5.2	9.3% ± 4.0
Not LGBT self-identified	9,500	60.6% ± 1.6	26.1% ± 1.5	9.8% ± 1.0	3.5% ± 0.8

## How You Feel



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

So restless or fidgety that you could not sit still

Table 56

	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	546	48.9% ± 6.3	18.3% ± 5.4	19.6% ± 5.4	13.2% ± 6.2
Non-Hispanic					
American Indian or Alaska Native	225	37.6% ± 9.7	24.1% ± 8.6	24.2% ± 10.3	*14.1% ± 8.3
Asian or Asian American	363	56.8% ± 7.5	25.3% ± 6.8	13.7% ± 7.0	*4.2% ± 3.3
Southeast Asian	173	54.7% ± 11.0	19.2% ± 8.9	21.8% ± 11.7	*4.3% ± 3.4
Black or African American	1,677	54.9% ± 3.6	20.7% ± 3.2	14.3% ± 2.3	10.2% ± 2.1
US-born black	1,138	44.3% ± 4.4	23.8% ± 4.1	17.8% ± 3.4	14.1% ± 3.3
Foreign-born black	448	71.1% ± 5.9	15.5% ± 5.5	9.1% ± 3.5	4.3% ± 2.4
White	7,905	58.8% ± 1.6	26.5% ± 1.5	10.8% ± 1.1	3.9% ± 0.8
<b>Household income</b>					
< 200% of Federal Poverty Level	3,903	49.0% ± 3.4	24.0% ± 3.0	17.1% ± 2.7	9.9% ± 2.3
< 100% of Federal Poverty Level	2,034	44.0% ± 5.3	23.1% ± 4.7	18.7% ± 4.5	14.2% ± 4.1
100 - 199% of Federal Poverty Level	1,739	52.8% ± 4.5	25.2% ± 4.1	16.1% ± 3.6	5.9% ± 2.8
≥ 200% of Federal Poverty Level	6,807	61.9% ± 1.7	27.1% ± 1.6	8.8% ± 1.1	2.2% ± 0.7
<b>Educational attainment</b>					
Less than high school	673	48.2% ± 8.0	19.5% ± 7.3	18.4% ± 7.0	13.9% ± 6.9
High school or GED	1,786	58.1% ± 4.4	21.3% ± 3.8	14.2% ± 3.5	6.4% ± 2.7
Some college	3,049	56.7% ± 3.0	27.6% ± 2.8	11.7% ± 2.2	3.9% ± 1.4
College degree or higher	5,471	61.6% ± 2.0	27.6% ± 1.9	8.3% ± 1.1	2.5% ± 0.8
<b>Housing insecurity</b>					
Yes	1,620	35.3% ± 5.5	27.9% ± 5.3	20.5% ± 5.0	16.4% ± 4.9
No	9,422	61.3% ± 1.6	26.0% ± 1.5	9.8% ± 1.0	2.9% ± 0.7
<b>Self-reported disability</b>					
Yes	3,186	44.6% ± 3.1	29.0% ± 3.0	16.6% ± 2.7	9.8% ± 2.4
No	7,797	62.9% ± 1.7	25.5% ± 1.6	9.1% ± 1.1	2.5% ± 0.7
<b>Frequent mental distress</b>					
Yes	1,550	27.6% ± 4.2	27.6% ± 4.3	26.9% ± 4.4	17.9% ± 4.1
No	9,210	63.0% ± 1.6	26.2% ± 1.5	8.5% ± 1.0	2.2% ± 0.6

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## How You Feel



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

Hopeless

Table 57	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,081	70.7% ± 1.4	18.2% ± 1.2	7.7% ± 0.9	3.4% ± 0.7
<b>Minneapolis</b>	4,722	63.0% ± 2.5	22.2% ± 2.2	9.7% ± 1.6	5.0% ± 1.3
Camden, Near North	1,357	53.6% ± 5.9	17.6% ± 4.7	15.9% ± 4.9	13.0% ± 5.5
Central, Northeast, University, St. Anthony	1,125	58.3% ± 4.9	26.5% ± 4.7	10.4% ± 3.3	4.8% ± 2.5
Phillips, Powderhorn	1,238	58.8% ± 5.3	27.0% ± 5.2	9.8% ± 3.1	*4.4% ± 3.2
Calhoun-Isles, Longfellow, Nokomis, Southwest	1,002	73.1% ± 4.2	17.9% ± 3.6	6.7% ± 2.9	*2.3% ± 2.2
<b>Suburban Hennepin County</b>	6,359	74.9% ± 1.8	16.0% ± 1.5	6.6% ± 1.1	2.5% ± 0.8
Northwest suburbs	2,198	74.3% ± 2.9	16.3% ± 2.5	6.7% ± 1.9	2.7% ± 1.5
Northwest - inner	1,246	68.5% ± 4.6	18.8% ± 4.0	9.2% ± 3.5	*3.4% ± 2.7
Northwest - outer	952	78.8% ± 3.8	14.3% ± 3.3	4.8% ± 2.2	*2.1% ± 2.0
West suburbs	1,959	76.0% ± 3.2	15.2% ± 2.6	6.9% ± 2.4	2.0% ± 1.0
West - inner	1,055	71.8% ± 5.0	17.1% ± 4.0	8.0% ± 4.2	*3.1% ± 2.1
West - outer	904	78.5% ± 4.3	14.0% ± 3.6	6.3% ± 3.3	*1.3% ± 1.2
South suburbs	2,202	74.9% ± 3.1	16.2% ± 2.7	6.2% ± 2.1	2.6% ± 1.5
South - east	1,099	68.6% ± 5.5	17.8% ± 4.6	8.1% ± 4.2	*5.5% ± 4.3
South - west	1,103	77.7% ± 3.8	15.6% ± 3.4	5.4% ± 2.6	*1.4% ± 1.3
<b>Age</b>					
18-24	489	55.3% ± 7.6	30.2% ± 7.3	10.5% ± 5.8	*4.0% ± 3.6
25-34	1,776	65.9% ± 3.5	19.9% ± 3.0	9.7% ± 2.4	4.5% ± 2.1
35-44	1,635	69.6% ± 3.6	19.2% ± 3.1	7.6% ± 2.5	3.6% ± 1.8
45-54	1,486	68.6% ± 3.7	20.2% ± 3.3	7.5% ± 2.2	3.7% ± 1.7
55-64	2,105	76.8% ± 2.7	13.6% ± 2.1	6.7% ± 1.9	2.9% ± 1.3
65-74	1,996	80.8% ± 2.6	12.9% ± 2.0	4.8% ± 1.9	1.5% ± 0.8
75 and older	1,529	80.7% ± 3.4	11.7% ± 2.7	6.3% ± 2.7	*1.3% ± 1.2
<b>Gender</b>					
Male	3,850	70.8% ± 2.4	17.4% ± 2.0	8.4% ± 1.6	3.5% ± 1.1
Female	7,217	70.7% ± 1.8	18.8% ± 1.6	7.2% ± 1.1	3.2% ± 0.9
Transgender	97	38.3% ± 17.8	*30.8% ± 20.1	^13.1% ± 19.5	^17.8% ± 21.7
<b>LGBT self-identification</b>					
LGBT self-identified	943	50.0% ± 5.5	27.1% ± 5.3	13.9% ± 4.6	9.0% ± 3.9
Not LGBT self-identified	9,518	72.9% ± 1.5	17.4% ± 1.3	7.0% ± 0.9	2.8% ± 0.7

# How You Feel



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

Hopeless

**Table 57**

	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	545	55.1% ± 6.4	19.8% ± 5.7	19.7% ± 5.6	*5.4% ± 3.3
Non-Hispanic					
American Indian or Alaska Native	223	41.9% ± 9.6	25.1% ± 8.7	21.9% ± 10.8	*11.2% ± 8.6
Asian or Asian American	366	58.9% ± 7.4	23.9% ± 7.0	10.8% ± 5.2	*6.4% ± 4.1
Southeast Asian	174	48.8% ± 10.8	26.0% ± 11.2	*15.7% ± 9.6	*9.5% ± 7.4
Black or African American	1,685	63.1% ± 3.5	15.5% ± 2.8	13.1% ± 2.5	8.4% ± 2.0
US-born black	1,138	56.0% ± 4.4	17.1% ± 3.7	16.1% ± 3.5	10.8% ± 3.0
Foreign-born black	454	75.4% ± 5.8	11.8% ± 4.8	8.0% ± 4.4	4.8% ± 2.6
White	7,915	72.7% ± 1.5	17.1% ± 1.3	7.3% ± 0.9	2.9% ± 0.7
<b>Household income</b>					
< 200% of Federal Poverty Level	3,908	53.6% ± 3.4	22.9% ± 3.0	13.4% ± 2.5	10.2% ± 2.3
< 100% of Federal Poverty Level	2,033	47.4% ± 5.3	22.7% ± 4.9	17.3% ± 4.4	12.5% ± 4.0
100 - 199% of Federal Poverty Level	1,740	58.2% ± 4.5	23.8% ± 4.1	10.2% ± 3.1	7.8% ± 2.8
≥ 200% of Federal Poverty Level	6,803	76.1% ± 1.6	16.7% ± 1.3	6.0% ± 1.0	1.2% ± 0.5
<b>Educational attainment</b>					
Less than high school	678	56.6% ± 8.1	15.5% ± 7.1	14.9% ± 6.6	13.1% ± 6.4
High school or GED	1,794	64.4% ± 4.3	17.4% ± 3.7	12.0% ± 3.3	6.2% ± 2.6
Some college	3,053	70.5% ± 2.8	18.1% ± 2.5	7.8% ± 1.8	3.5% ± 1.2
College degree or higher	5,473	74.3% ± 1.8	18.9% ± 1.6	5.6% ± 1.0	1.3% ± 0.6
<b>Housing insecurity</b>					
Yes	1,625	41.5% ± 5.6	27.6% ± 5.5	15.9% ± 4.5	15.1% ± 4.5
No	9,437	73.6% ± 1.5	17.3% ± 1.2	6.9% ± 0.9	2.2% ± 0.6
<b>Self-reported disability</b>					
Yes	3,183	50.0% ± 3.2	22.2% ± 2.7	16.3% ± 2.7	11.5% ± 2.5
No	7,801	76.6% ± 1.6	17.0% ± 1.4	5.3% ± 0.9	1.0% ± 0.5
<b>Frequent mental distress</b>					
Yes	1,545	20.2% ± 3.8	30.3% ± 4.6	28.7% ± 4.3	20.8% ± 4.1
No	9,215	77.9% ± 1.4	16.4% ± 1.3	4.8% ± 0.8	1.0% ± 0.5

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## How You Feel



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

Table 58	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,049	43.9% ± 1.5	34.2% ± 1.5	13.2% ± 1.1	8.6% ± 1.0
<b>Minneapolis</b>	4,708	36.3% ± 2.5	36.3% ± 2.5	15.9% ± 1.9	11.5% ± 1.9
Camden, Near North	1,353	34.0% ± 5.9	28.1% ± 5.4	20.1% ± 4.6	17.8% ± 5.4
Central, Northeast, University, St. Anthony	1,123	32.5% ± 4.6	42.1% ± 4.9	15.0% ± 3.9	10.4% ± 3.5
Phillips, Powderhorn	1,234	32.6% ± 5.0	30.9% ± 4.7	21.0% ± 4.9	15.6% ± 5.0
Calhoun-Isles, Longfellow, Nokomis, Southwest	998	42.3% ± 4.5	38.0% ± 4.4	12.1% ± 3.3	7.6% ± 3.1
<b>Suburban Hennepin County</b>	6,341	48.1% ± 1.9	33.1% ± 1.8	11.7% ± 1.3	7.0% ± 1.2
Northwest suburbs	2,192	48.3% ± 3.1	33.2% ± 3.0	11.1% ± 2.2	7.4% ± 2.1
Northwest - inner	1,240	43.6% ± 4.5	34.2% ± 4.4	14.1% ± 3.7	8.1% ± 3.4
Northwest - outer	952	51.9% ± 4.2	32.4% ± 4.1	8.8% ± 2.7	6.9% ± 2.8
West suburbs	1,952	49.8% ± 3.5	31.3% ± 3.3	12.4% ± 2.7	6.5% ± 2.1
West - inner	1,051	43.3% ± 5.2	31.2% ± 4.8	17.2% ± 4.9	8.3% ± 4.2
West - outer	901	53.7% ± 4.7	31.4% ± 4.5	9.5% ± 3.4	5.4% ± 2.6
South suburbs	2,197	46.6% ± 3.4	34.5% ± 3.2	12.0% ± 2.4	6.9% ± 2.1
South - east	1,101	42.2% ± 5.3	29.7% ± 4.7	17.5% ± 5.0	10.6% ± 4.4
South - west	1,096	48.5% ± 4.3	36.6% ± 4.2	9.6% ± 2.7	5.3% ± 2.6
<b>Age</b>					
18-24	489	35.8% ± 7.6	35.2% ± 7.5	16.8% ± 6.5	12.3% ± 5.4
25-34	1,768	38.1% ± 3.6	35.5% ± 3.5	15.4% ± 2.7	11.0% ± 2.8
35-44	1,629	39.9% ± 3.8	34.6% ± 3.6	15.7% ± 3.0	9.8% ± 2.7
45-54	1,481	45.6% ± 3.8	33.5% ± 3.7	11.8% ± 2.6	9.1% ± 2.5
55-64	2,098	52.2% ± 3.1	31.8% ± 2.9	10.1% ± 1.9	6.0% ± 1.8
65-74	1,992	53.4% ± 3.2	33.6% ± 3.0	8.7% ± 2.3	4.3% ± 1.5
75 and older	1,527	45.0% ± 3.5	36.8% ± 3.4	12.9% ± 2.9	5.3% ± 2.1
<b>Gender</b>					
Male	3,834	44.6% ± 2.5	34.2% ± 2.4	13.0% ± 1.8	8.2% ± 1.6
Female	7,202	43.5% ± 1.9	34.3% ± 1.8	13.4% ± 1.4	8.8% ± 1.3
Transgender	98	*20.1% ± 18.0	*19.1% ± 14.3	^11.9% ± 19.7	49.0% ± 18.1
<b>LGBT self-identification</b>					
LGBT self-identified	940	28.5% ± 5.1	32.7% ± 5.3	21.0% ± 5.1	17.7% ± 4.8
Not LGBT self-identified	9,500	45.3% ± 1.6	34.8% ± 1.6	12.4% ± 1.1	7.5% ± 1.0

## How You Feel



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

**Table 58**

	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	543	42.5% ± 6.4	24.1% ± 5.9	20.1% ± 5.0	13.4% ± 5.1
Non-Hispanic					
American Indian or Alaska Native	224	28.1% ± 9.1	15.4% ± 6.4	30.0% ± 9.9	26.5% ± 10.5
Asian or Asian American	364	34.5% ± 7.0	37.5% ± 7.6	17.7% ± 7.1	10.3% ± 5.2
Southeast Asian	174	24.7% ± 9.3	30.3% ± 10.2	28.0% ± 12.4	17.0% ± 9.9
Black or African American	1,661	40.4% ± 3.6	19.9% ± 3.0	19.7% ± 3.1	20.1% ± 3.0
US-born black	1,125	33.2% ± 4.3	24.6% ± 4.0	21.8% ± 4.1	20.5% ± 3.5
Foreign-born black	444	50.5% ± 6.4	13.2% ± 5.0	16.3% ± 5.4	20.1% ± 5.9
White	7,916	45.3% ± 1.6	35.0% ± 1.5	12.3% ± 1.1	7.4% ± 1.0
<b>Household income</b>					
< 200% of Federal Poverty Level	3,877	32.8% ± 3.3	27.5% ± 3.0	21.0% ± 2.9	18.7% ± 2.9
< 100% of Federal Poverty Level	2,016	32.4% ± 5.2	23.3% ± 4.7	24.7% ± 4.9	19.6% ± 4.5
100 - 199% of Federal Poverty Level	1,732	33.1% ± 4.4	31.5% ± 4.2	18.3% ± 3.7	17.2% ± 3.9
≥ 200% of Federal Poverty Level	6,803	47.2% ± 1.8	36.6% ± 1.7	10.7% ± 1.1	5.4% ± 0.9
<b>Educational attainment</b>					
Less than high school	672	36.6% ± 7.9	18.5% ± 6.8	26.6% ± 7.7	18.3% ± 7.3
High school or GED	1,785	43.5% ± 4.3	26.6% ± 3.8	14.6% ± 3.3	15.4% ± 3.7
Some college	3,039	41.6% ± 2.9	35.9% ± 2.9	13.2% ± 2.1	9.3% ± 1.9
College degree or higher	5,473	46.2% ± 2.0	37.4% ± 2.0	11.3% ± 1.3	5.1% ± 1.0
<b>Housing insecurity</b>					
Yes	1,614	22.9% ± 5.2	30.9% ± 5.5	24.2% ± 5.0	22.0% ± 5.2
No	9,417	46.1% ± 1.6	34.5% ± 1.5	12.1% ± 1.1	7.3% ± 1.0
<b>Self-reported disability</b>					
Yes	3,168	23.6% ± 2.7	34.2% ± 3.0	21.6% ± 2.8	20.6% ± 2.9
No	7,784	49.7% ± 1.8	34.2% ± 1.7	10.8% ± 1.2	5.2% ± 1.0
<b>Frequent mental distress</b>					
Yes	1,536	10.0% ± 3.3	24.4% ± 4.1	33.2% ± 4.6	32.4% ± 4.5
No	9,196	48.9% ± 1.6	35.5% ± 1.6	10.4% ± 1.1	5.2% ± 0.9

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## How You Feel



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

Worthless

Table 59	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,070	73.2% ± 1.4	16.1% ± 1.2	6.8% ± 0.9	3.9% ± 0.7
<b>Minneapolis</b>	4,710	65.7% ± 2.5	19.7% ± 2.1	8.8% ± 1.6	5.8% ± 1.5
Camden, Near North	1,356	54.9% ± 5.9	20.4% ± 5.3	12.0% ± 4.3	12.8% ± 5.5
Central, Northeast, University, St. Anthony	1,122	61.8% ± 4.9	22.1% ± 4.4	10.7% ± 3.8	5.4% ± 2.7
Phillips, Powderhorn	1,234	64.9% ± 5.2	21.2% ± 4.7	8.7% ± 2.9	*5.2% ± 3.3
Calhoun-Isles, Longfellow, Nokomis, Southwest	998	73.8% ± 4.3	16.6% ± 3.7	5.9% ± 2.6	*3.7% ± 2.6
<b>Suburban Hennepin County</b>	6,360	77.3% ± 1.7	14.1% ± 1.4	5.7% ± 1.0	2.9% ± 0.8
Northwest suburbs	2,198	75.3% ± 2.9	15.2% ± 2.5	6.3% ± 1.9	3.3% ± 1.5
Northwest - inner	1,246	70.7% ± 4.6	15.8% ± 3.8	9.1% ± 3.5	*4.4% ± 2.8
Northwest - outer	952	78.9% ± 3.8	14.7% ± 3.4	4.1% ± 2.0	*2.4% ± 1.9
West suburbs	1,960	80.9% ± 3.0	11.0% ± 2.4	5.7% ± 2.1	2.3% ± 1.3
West - inner	1,058	74.6% ± 4.9	14.4% ± 3.9	8.3% ± 4.1	*2.7% ± 1.8
West - outer	902	84.8% ± 3.8	9.0% ± 3.1	*4.2% ± 2.6	*2.1% ± 2.0
South suburbs	2,202	77.1% ± 3.0	15.2% ± 2.6	4.8% ± 1.7	2.9% ± 1.7
South - east	1,099	68.1% ± 5.5	19.8% ± 4.9	7.1% ± 3.5	*5.1% ± 4.2
South - west	1,103	81.0% ± 3.6	13.2% ± 3.2	3.8% ± 2.0	*2.0% ± 1.9
<b>Age</b>					
18-24	490	56.8% ± 7.6	26.3% ± 7.1	12.6% ± 5.9	*4.3% ± 3.6
25-34	1,776	68.1% ± 3.5	18.3% ± 3.0	7.7% ± 2.0	5.8% ± 2.3
35-44	1,634	72.5% ± 3.5	16.8% ± 3.0	7.0% ± 2.3	3.7% ± 1.8
45-54	1,483	73.5% ± 3.5	15.7% ± 2.9	6.1% ± 2.1	4.7% ± 2.0
55-64	2,105	76.9% ± 2.7	14.4% ± 2.2	6.1% ± 1.7	2.7% ± 1.2
65-74	1,992	81.9% ± 2.8	11.6% ± 2.4	4.2% ± 1.9	2.3% ± 1.0
75 and older	1,524	84.3% ± 3.2	9.2% ± 2.4	4.5% ± 2.4	*2.0% ± 1.9
<b>Gender</b>					
Male	3,840	72.8% ± 2.3	16.7% ± 2.0	6.6% ± 1.4	4.0% ± 1.2
Female	7,217	73.6% ± 1.8	15.6% ± 1.4	6.9% ± 1.1	3.9% ± 0.9
Transgender	98	41.4% ± 18.1	^18.1% ± 18.5	^15.8% ± 18.8	*24.7% ± 22.3
<b>LGBT self-identification</b>					
LGBT self-identified	944	52.3% ± 5.6	22.7% ± 5.0	14.3% ± 4.5	10.8% ± 4.4
Not LGBT self-identified	9,517	75.4% ± 1.5	15.2% ± 1.2	6.0% ± 0.9	3.3% ± 0.7



## How You Feel



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

Worthless

Table 59

	Sample Size	None of the time % ± 95% C.I.	A little of the time % ± 95% C.I.	Some of the time % ± 95% C.I.	Most/All of the time % ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	547	57.0% ± 6.4	14.1% ± 4.6	16.8% ± 5.7	12.1% ± 5.8
Non-Hispanic					
American Indian or Alaska Native	224	49.9% ± 9.7	20.8% ± 9.0	*17.1% ± 10.3	*12.1% ± 7.4
Asian or Asian American	364	62.5% ± 7.6	23.0% ± 7.3	7.6% ± 4.3	*7.0% ± 5.1
Southeast Asian	174	55.0% ± 11.1	21.9% ± 11.6	*11.2% ± 8.2	*11.9% ± 9.8
Black or African American	1,679	69.8% ± 3.3	12.9% ± 2.4	9.5% ± 2.0	7.8% ± 2.2
US-born black	1,140	61.9% ± 4.3	14.1% ± 3.1	13.7% ± 3.2	10.3% ± 3.3
Foreign-born black	446	81.5% ± 5.2	11.1% ± 4.7	*3.7% ± 2.7	*3.6% ± 2.5
White	7,914	74.7% ± 1.5	15.2% ± 1.2	6.8% ± 0.9	3.3% ± 0.7
<b>Household income</b>					
< 200% of Federal Poverty Level	3,899	57.6% ± 3.4	20.5% ± 2.9	11.6% ± 2.4	10.3% ± 2.3
< 100% of Federal Poverty Level	2,031	54.8% ± 5.3	19.2% ± 4.5	12.4% ± 3.8	13.6% ± 4.1
100 - 199% of Federal Poverty Level	1,735	59.7% ± 4.5	22.2% ± 4.1	10.9% ± 3.3	7.2% ± 2.8
≥ 200% of Federal Poverty Level	6,801	78.2% ± 1.5	14.6% ± 1.3	5.3% ± 0.9	1.9% ± 0.6
<b>Educational attainment</b>					
Less than high school	674	57.9% ± 8.0	16.2% ± 6.8	11.6% ± 5.8	14.4% ± 6.9
High school or GED	1,795	67.0% ± 4.3	16.5% ± 3.5	8.9% ± 3.0	7.6% ± 2.9
Some college	3,047	71.1% ± 2.8	17.2% ± 2.5	8.0% ± 1.9	3.6% ± 1.2
College degree or higher	5,475	78.0% ± 1.7	15.3% ± 1.5	4.9% ± 0.9	1.8% ± 0.6
<b>Housing insecurity</b>					
Yes	1,623	45.4% ± 5.7	25.6% ± 5.3	13.5% ± 4.2	15.5% ± 4.7
No	9,431	76.0% ± 1.4	15.1% ± 1.2	6.1% ± 0.9	2.8% ± 0.6
<b>Self-reported disability</b>					
Yes	3,180	52.6% ± 3.2	21.0% ± 2.8	13.5% ± 2.5	12.8% ± 2.7
No	7,794	79.1% ± 1.5	14.7% ± 1.3	4.8% ± 0.8	1.4% ± 0.5
<b>Frequent mental distress</b>					
Yes	1,545	28.7% ± 4.3	25.7% ± 4.3	20.4% ± 3.9	25.1% ± 4.4
No	9,201	79.5% ± 1.4	14.6% ± 1.2	4.9% ± 0.8	1.0% ± 0.5

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is &gt; 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error &gt; 50%)

## How You Feel



Percent of adults who experiences serious psychological distress during the past 30 days

Table 60	Serious psychological distress		Any psychological distress	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Hennepin County total</b>	10,948	4.9% ± 0.8	10,948	20.1% ± 1.3
<b>Minneapolis</b>	4,651	6.9% ± 1.5	4,651	26.8% ± 2.4
Camden, Near North	1,339	15.3% ± 5.5	1,339	36.9% ± 6.0
Central, Northeast, University, St. Anthony	1,109	6.6% ± 2.9	1,109	30.2% ± 4.8
Phillips, Powderhorn	1,215	6.3% ± 3.5	1,215	31.1% ± 5.3
Calhoun-Isles, Longfellow, Nokomis, Southwest	988	*4.3% ± 2.8	988	17.6% ± 4.0
<b>Suburban Hennepin County</b>	6,297	3.8% ± 0.9	6,297	16.4% ± 1.6
Northwest suburbs	2,179	4.3% ± 1.7	2,179	17.9% ± 2.7
Northwest - inner	1,231	5.0% ± 2.8	1,231	22.8% ± 4.5
Northwest - outer	948	*3.7% ± 2.3	948	14.0% ± 3.4
West suburbs	1,938	2.4% ± 1.1	1,938	14.8% ± 2.8
West - inner	1,043	*3.6% ± 2.3	1,043	19.3% ± 4.6
West - outer	895	*1.6% ± 1.3	895	12.1% ± 3.7
South suburbs	2,180	4.2% ± 1.8	2,180	15.8% ± 2.8
South - east	1,088	*7.4% ± 4.4	1,088	23.4% ± 5.5
South - west	1,092	*2.8% ± 2.1	1,092	12.5% ± 3.3
<b>Age</b>				
18-24	480	*6.3% ± 4.2	480	34.0% ± 7.4
25-34	1,758	7.5% ± 2.4	1,758	26.4% ± 3.4
35-44	1,613	3.9% ± 1.9	1,613	20.4% ± 3.3
45-54	1,472	5.6% ± 2.1	1,472	20.1% ± 3.2
55-64	2,087	4.0% ± 1.5	2,087	15.0% ± 2.4
65-74	1,978	2.0% ± 1.0	1,978	11.3% ± 2.5
75 and older	1,499	*2.5% ± 1.9	1,499	11.1% ± 3.1
<b>Gender</b>				
Male	3,797	4.5% ± 1.2	3,797	20.3% ± 2.2
Female	7,139	5.2% ± 1.1	7,139	19.9% ± 1.7
Transgender	96	*29.1% ± 21.0	96	68.8% ± 17.5
<b>LGBT self-identification</b>				
LGBT self-identified	937	14.1% ± 4.6	937	41.7% ± 5.6
Not LGBT self-identified	9,430	4.1% ± 0.8	9,430	17.9% ± 1.4

## How You Feel



Percent of adults who experiences serious psychological distress during the past 30 days

Table 60	Serious psychological distress		Any psychological distress	
	N	% ± 95% C.I.	N	% ± 95% C.I.
<b>Selected race/ethnicity</b>				
Hispanic	537	14.1% ± 5.8	537	36.6% ± 6.4
Non-Hispanic				
American Indian or Alaska Native	221	22.0% ± 10.7	221	53.0% ± 9.7
Asian or Asian American	359	7.4% ± 4.0	359	27.0% ± 7.2
Southeast Asian	173	*12.0% ± 7.4	173	38.0% ± 11.4
Black or African American	1,630	11.8% ± 2.3	1,630	31.0% ± 3.3
US-born black	1,116	16.0% ± 3.5	1,116	38.7% ± 4.4
Foreign-born black	427	5.1% ± 2.6	427	19.4% ± 5.4
White	7,865	4.8% ± 0.8	7,865	19.0% ± 1.4
<b>Household income</b>				
< 200% of Federal Poverty Level	3,817	12.9% ± 2.5	3,817	38.0% ± 3.4
< 100% of Federal Poverty Level	1,979	17.2% ± 4.3	1,979	45.1% ± 5.3
100 - 199% of Federal Poverty Level	1,715	8.8% ± 3.0	1,715	32.0% ± 4.4
≥ 200% of Federal Poverty Level	6,768	2.4% ± 0.7	6,768	14.5% ± 1.4
<b>Educational attainment</b>				
Less than high school	657	16.9% ± 7.1	657	39.5% ± 8.1
High school or GED	1,757	8.9% ± 3.0	1,757	27.4% ± 4.2
Some college	3,012	4.8% ± 1.4	3,012	21.9% ± 2.7
College degree or higher	5,449	2.4% ± 0.7	5,449	14.8% ± 1.5
<b>Housing insecurity</b>				
Yes	1,593	19.8% ± 5.0	1,593	48.7% ± 5.7
No	9,340	3.4% ± 0.7	9,340	17.3% ± 1.3
<b>Self-reported disability</b>				
Yes	3,133	15.9% ± 2.8	3,133	41.8% ± 3.3
No	7,721	1.8% ± 0.6	7,721	14.0% ± 1.3
<b>Frequent mental distress</b>				
Yes	1,523	30.0% ± 4.5	1,523	73.9% ± 4.1
No	9,118	1.4% ± 0.6	9,118	12.6% ± 1.2

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## How You Feel



Stress means a situation in which a person feels tense, restless, nervous, or anxious, or is unable to sleep at night because his/her mind is troubled all the time. About how often do you feel this kind of stress?

Table 61	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,072	28.7% ± 1.4	40.5% ± 1.5	21.5% ± 1.3	9.3% ± 1.0
<b>Minneapolis</b>	4,717	22.9% ± 2.2	38.5% ± 2.5	26.9% ± 2.4	11.6% ± 1.8
Camden, Near North	1,356	25.3% ± 5.2	32.6% ± 5.5	23.0% ± 5.4	19.1% ± 5.5
Central, Northeast, University, St. Anthony	1,123	18.5% ± 3.9	37.5% ± 4.7	31.7% ± 4.8	12.3% ± 3.7
Phillips, Powderhorn	1,239	26.5% ± 5.2	35.8% ± 5.1	26.0% ± 4.8	11.7% ± 3.6
Calhoun-Isles, Longfellow, Nokomis, Southwest	999	23.5% ± 4.0	43.4% ± 4.4	25.1% ± 4.2	8.0% ± 3.2
<b>Suburban Hennepin County</b>	6,355	31.8% ± 1.8	41.6% ± 1.9	18.6% ± 1.6	8.0% ± 1.2
Northwest suburbs	2,198	33.0% ± 2.9	40.7% ± 3.1	18.3% ± 2.6	8.0% ± 2.1
Northwest - inner	1,246	32.8% ± 4.3	36.8% ± 4.4	22.7% ± 4.4	7.8% ± 3.1
Northwest - outer	952	33.2% ± 4.0	43.7% ± 4.3	14.9% ± 3.2	8.1% ± 3.0
West suburbs	1,958	30.4% ± 3.2	40.9% ± 3.5	20.2% ± 3.0	8.5% ± 2.4
West - inner	1,055	26.1% ± 4.8	37.2% ± 4.9	26.6% ± 5.1	10.1% ± 3.9
West - outer	903	33.0% ± 4.4	43.1% ± 4.7	16.3% ± 3.9	7.6% ± 3.3
South suburbs	2,199	31.2% ± 3.1	43.5% ± 3.4	17.6% ± 2.8	7.7% ± 2.1
South - east	1,100	31.5% ± 4.8	39.5% ± 5.4	17.3% ± 4.1	11.7% ± 4.7
South - west	1,099	31.1% ± 3.9	45.2% ± 4.3	17.8% ± 3.7	5.9% ± 2.5
<b>Age</b>					
18-24	490	15.4% ± 6.4	31.9% ± 7.4	39.2% ± 7.6	13.5% ± 5.6
25-34	1,779	15.4% ± 2.9	40.8% ± 3.6	28.6% ± 3.4	15.2% ± 3.0
35-44	1,638	24.0% ± 3.5	42.5% ± 3.8	24.3% ± 3.3	9.2% ± 2.4
45-54	1,483	27.5% ± 3.6	43.6% ± 3.8	19.1% ± 3.1	9.7% ± 2.4
55-64	2,104	35.0% ± 3.1	43.7% ± 3.1	15.5% ± 2.3	5.7% ± 1.6
65-74	1,993	47.6% ± 3.2	37.9% ± 3.1	11.3% ± 2.2	3.3% ± 1.2
75 and older	1,522	55.1% ± 3.6	30.6% ± 3.3	10.6% ± 3.1	3.6% ± 1.9
<b>Gender</b>					
Male	3,843	30.9% ± 2.3	41.1% ± 2.5	20.4% ± 2.2	7.6% ± 1.5
Female	7,216	26.7% ± 1.7	40.1% ± 1.8	22.4% ± 1.6	10.8% ± 1.3
Transgender	98	<sup>^</sup> 16.1% ± 16.2	<sup>*</sup> 18.2% ± 15.5	<sup>*</sup> 31.3% ± 20.5	34.5% ± 19.6
<b>LGBT self-identification</b>					
LGBT self-identified	944	18.0% ± 4.7	30.7% ± 5.1	29.1% ± 5.3	22.2% ± 5.1
Not LGBT self-identified	9,510	28.9% ± 1.5	42.0% ± 1.6	21.0% ± 1.4	8.1% ± 1.0

# How You Feel



**Stress means a situation in which a person feels tense, restless, nervous, or anxious, or is unable to sleep at night because his/her mind is troubled all the time. About how often do you feel this kind of stress?**

**Table 61**

	Sample Size	None of the time	A little of the time	Some of the time	Most/All of the time
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	548	31.7% ± 6.0	26.0% ± 5.9	23.6% ± 5.3	18.8% ± 6.2
Non-Hispanic					
American Indian or Alaska Native	224	24.1% ± 8.2	23.6% ± 9.6	25.2% ± 9.5	27.1% ± 10.0
Asian or Asian American	366	28.1% ± 7.0	37.0% ± 7.4	26.7% ± 7.5	8.2% ± 4.4
Southeast Asian	174	24.3% ± 9.0	34.5% ± 10.7	34.9% ± 12.2	*6.3% ± 5.6
Black or African American	1,684	43.1% ± 3.6	23.9% ± 3.2	18.2% ± 2.8	14.8% ± 2.5
US-born black	1,140	31.4% ± 4.3	24.6% ± 3.9	22.7% ± 3.8	21.3% ± 3.8
Foreign-born black	452	59.1% ± 6.4	22.4% ± 6.1	12.1% ± 4.7	6.5% ± 3.6
White	7,907	28.0% ± 1.4	41.5% ± 1.6	21.4% ± 1.4	9.1% ± 1.1
<b>Household income</b>					
< 200% of Federal Poverty Level	3,908	29.9% ± 3.1	28.0% ± 3.1	24.7% ± 3.1	17.4% ± 2.7
< 100% of Federal Poverty Level	2,035	30.9% ± 5.1	23.4% ± 4.6	24.3% ± 4.9	21.3% ± 4.6
100 - 199% of Federal Poverty Level	1,739	29.1% ± 4.1	31.5% ± 4.4	25.3% ± 4.1	14.1% ± 3.4
≥ 200% of Federal Poverty Level	6,799	27.7% ± 1.6	44.9% ± 1.8	20.6% ± 1.5	6.7% ± 1.0
<b>Educational attainment</b>					
Less than high school	679	38.7% ± 7.9	22.0% ± 7.4	20.8% ± 7.1	18.6% ± 7.3
High school or GED	1,796	37.6% ± 4.1	31.9% ± 4.2	17.3% ± 3.6	13.2% ± 3.4
Some college	3,045	30.6% ± 2.7	38.5% ± 2.9	20.9% ± 2.7	10.0% ± 2.0
College degree or higher	5,473	23.6% ± 1.7	46.4% ± 2.0	23.3% ± 1.8	6.7% ± 1.1
<b>Housing insecurity</b>					
Yes	1,625	17.3% ± 5.0	26.1% ± 5.0	30.2% ± 5.4	26.4% ± 5.3
No	9,431	29.8% ± 1.4	42.0% ± 1.6	20.6% ± 1.4	7.6% ± 0.9
<b>Self-reported disability</b>					
Yes	3,179	23.3% ± 2.6	32.4% ± 3.0	23.1% ± 2.8	21.2% ± 2.9
No	7,797	30.2% ± 1.6	42.8% ± 1.8	21.0% ± 1.5	5.9% ± 1.0
<b>Frequent mental distress</b>					
Yes	1,547	5.8% ± 2.3	17.3% ± 3.8	32.0% ± 4.5	44.9% ± 4.7
No	9,202	31.5% ± 1.5	43.8% ± 1.6	20.2% ± 1.4	4.4% ± 0.8

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)





## About your community

# About Your Community



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

Table 62	Sample	Weekly	Monthly	Several times a year	About once a year/less often that yearly	Never
	Size				% ± 95% C.I.	
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,063	21.6% ± 1.3	12.9% ± 1.1	20.9% ± 1.3	22.5% ± 1.3	22.0% ± 1.3
<b>Minneapolis</b>	4,711	21.3% ± 2.2	13.7% ± 1.8	21.8% ± 2.2	22.6% ± 2.2	20.7% ± 2.1
Camden, Near North	1,354	11.9% ± 3.8	7.2% ± 3.3	17.1% ± 4.6	31.9% ± 5.9	31.9% ± 5.8
Central, Northeast, University, St. Anthony	1,125	25.0% ± 4.6	14.0% ± 3.7	20.8% ± 4.2	22.6% ± 4.3	17.6% ± 3.7
Phillips, Powderhorn	1,234	18.8% ± 4.1	12.8% ± 3.5	23.1% ± 5.1	22.8% ± 4.4	22.5% ± 5.0
Calhoun-Isles, Longfellow, Nokomis, Southwest	998	23.4% ± 4.0	16.6% ± 3.6	23.6% ± 3.9	18.7% ± 3.8	17.6% ± 3.9
<b>Suburban Hennepin County</b>	6,352	21.8% ± 1.6	12.5% ± 1.3	20.5% ± 1.6	22.4% ± 1.7	22.7% ± 1.7
Northwest suburbs	2,196	19.8% ± 2.4	12.5% ± 2.1	20.1% ± 2.7	21.7% ± 2.7	25.8% ± 2.9
Northwest - inner	1,247	13.8% ± 3.1	7.8% ± 2.5	21.1% ± 4.0	24.2% ± 4.2	33.2% ± 4.5
Northwest - outer	949	24.7% ± 3.7	16.3% ± 3.4	19.2% ± 3.6	19.8% ± 3.7	20.0% ± 3.7
West suburbs	1,964	25.0% ± 3.1	13.0% ± 2.7	20.6% ± 2.9	23.7% ± 3.2	17.7% ± 2.7
West - inner	1,059	18.1% ± 3.9	13.7% ± 4.7	20.2% ± 4.3	24.6% ± 4.7	23.4% ± 4.7
West - outer	905	29.2% ± 4.4	12.6% ± 3.5	20.8% ± 4.0	23.2% ± 4.5	14.3% ± 3.3
South suburbs	2,192	22.1% ± 2.9	12.1% ± 2.3	21.1% ± 3.0	22.4% ± 3.1	22.3% ± 2.9
South - east	1,094	14.7% ± 3.6	9.0% ± 3.3	20.7% ± 4.8	22.0% ± 4.7	33.6% ± 5.4
South - west	1,098	25.2% ± 3.8	13.4% ± 3.0	21.2% ± 3.7	22.6% ± 4.0	17.6% ± 3.5
<b>Age</b>						
18-24	490	27.5% ± 7.4	11.9% ± 5.8	22.0% ± 6.8	22.5% ± 6.9	16.2% ± 6.2
25-34	1,773	16.1% ± 2.8	14.5% ± 2.7	19.6% ± 3.0	26.6% ± 3.3	23.2% ± 3.4
35-44	1,637	24.3% ± 3.4	14.7% ± 2.8	23.2% ± 3.3	23.1% ± 3.4	14.6% ± 2.9
45-54	1,484	22.2% ± 3.2	14.2% ± 2.8	24.0% ± 3.5	21.0% ± 3.3	18.5% ± 3.2
55-64	2,105	18.5% ± 2.4	10.9% ± 2.1	20.6% ± 2.6	22.8% ± 2.8	27.3% ± 3.0
65-74	1,993	25.3% ± 2.7	9.2% ± 1.8	19.9% ± 2.7	19.0% ± 2.5	26.5% ± 3.1
75 and older	1,516	26.2% ± 3.0	10.3% ± 2.3	12.6% ± 2.2	17.2% ± 2.8	33.7% ± 3.6
<b>Gender</b>						
Male	3,849	19.2% ± 2.1	12.3% ± 1.8	21.5% ± 2.1	23.7% ± 2.2	23.4% ± 2.1
Female	7,201	23.7% ± 1.6	13.5% ± 1.3	20.4% ± 1.6	21.6% ± 1.6	20.9% ± 1.6
Transgender	98	^19.5% ± 20.5	^7.7% ± 11.9	*23.5% ± 21.2	^12.6% ± 14.1	36.7% ± 18.9
<b>LGBT self-identification</b>						
LGBT self-identified	942	16.9% ± 4.5	15.6% ± 4.7	21.8% ± 5.1	21.4% ± 4.5	24.3% ± 5.1
Not LGBT self-identified	9,511	22.4% ± 1.4	12.8% ± 1.1	20.9% ± 1.4	22.8% ± 1.4	21.2% ± 1.4



# About Your Community



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

Table 62	Sample	Weekly	Monthly	Several times	About once a	Never
	Size	% ± 95% C.I.	% ± 95% C.I.	a year	year/less	
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	often that	% ± 95% C.I.
					yearly	
<b>Selected race/ethnicity</b>						
Hispanic	546	12.0% ± 5.0	8.3% ± 4.4	24.4% ± 5.6	27.2% ± 6.1	28.1% ± 5.8
Non-Hispanic						
American Indian or Alaska Native	224	20.1% ± 9.5	*8.0% ± 5.9	19.3% ± 10.0	24.1% ± 9.1	28.5% ± 9.0
Asian or Asian American	364	12.8% ± 5.9	14.2% ± 5.8	19.1% ± 6.5	21.2% ± 6.1	32.8% ± 7.7
Southeast Asian	173	^5.5% ± 5.5	*13.9% ± 9.8	*14.2% ± 8.9	21.6% ± 8.8	44.9% ± 11.3
Black or African American	1,680	17.9% ± 2.9	12.4% ± 2.7	20.4% ± 3.1	20.9% ± 3.0	28.4% ± 3.2
US-born black	1,142	16.3% ± 3.6	11.3% ± 3.2	18.9% ± 3.7	20.8% ± 3.4	32.6% ± 4.3
Foreign-born black	446	20.5% ± 5.5	14.1% ± 5.5	22.2% ± 6.0	22.1% ± 6.0	21.1% ± 5.2
White	7,909	24.0% ± 1.4	13.5% ± 1.2	20.4% ± 1.3	21.4% ± 1.4	20.8% ± 1.4
<b>Household income</b>						
< 200% of Federal Poverty Level	3,904	15.8% ± 2.6	8.5% ± 2.0	18.0% ± 2.8	21.7% ± 2.9	36.0% ± 3.3
< 100% of Federal Poverty Level	2,035	15.6% ± 4.2	6.2% ± 2.9	17.0% ± 4.5	23.3% ± 4.8	37.9% ± 5.2
100 - 199% of Federal Poverty Level	1,738	16.2% ± 3.4	10.5% ± 3.1	19.4% ± 3.9	19.7% ± 3.8	34.2% ± 4.4
≥ 200% of Federal Poverty Level	6,797	23.4% ± 1.5	14.5% ± 1.3	22.1% ± 1.5	22.8% ± 1.5	17.3% ± 1.4
<b>Educational attainment</b>						
Less than high school	674	11.9% ± 5.9	*5.2% ± 4.7	19.6% ± 7.6	20.1% ± 7.3	43.2% ± 8.0
High school or GED	1,790	13.4% ± 3.2	5.7% ± 2.2	16.1% ± 3.5	23.6% ± 3.9	41.2% ± 4.3
Some college	3,051	18.3% ± 2.4	11.4% ± 2.1	20.8% ± 2.6	25.3% ± 2.7	24.2% ± 2.5
College degree or higher	5,470	27.2% ± 1.8	16.8% ± 1.6	22.6% ± 1.7	20.9% ± 1.7	12.4% ± 1.4
<b>Housing insecurity</b>						
Yes	1,626	12.5% ± 4.2	8.6% ± 3.7	20.8% ± 5.0	29.5% ± 5.4	28.5% ± 5.4
No	9,424	22.6% ± 1.3	13.3% ± 1.1	21.0% ± 1.3	21.8% ± 1.4	21.3% ± 1.3
<b>Self-reported disability</b>						
Yes	3,167	17.3% ± 2.4	9.8% ± 2.0	17.8% ± 2.6	22.4% ± 2.8	32.7% ± 3.0
No	7,802	22.8% ± 1.5	13.8% ± 1.2	21.8% ± 1.5	22.6% ± 1.5	19.0% ± 1.4
<b>Frequent mental distress</b>						
Yes	1,547	12.1% ± 3.2	8.4% ± 2.7	17.6% ± 3.7	24.9% ± 4.2	37.0% ± 4.7
No	9,202	23.0% ± 1.4	13.7% ± 1.2	21.5% ± 1.4	22.2% ± 1.4	19.6% ± 1.3

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## About Your Community



**How often do you get the social and emotional support you need?**

**Please include support from any source, such as family, friends, neighbors, and/or coworkers.**

Table 63	Sample	Always	Usually	Sometimes	Rarely/Never
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
	N				
<b>Hennepin County total</b>	11,073	33.3% ± 1.5	39.6% ± 1.5	16.6% ± 1.2	10.5% ± 1.1
<b>Minneapolis</b>	4,712	29.7% ± 2.4	40.3% ± 2.5	18.8% ± 2.1	11.2% ± 1.8
Camden, Near North	1,350	28.5% ± 5.7	26.8% ± 5.1	19.8% ± 4.8	24.9% ± 5.7
Central, Northeast, University, St. Anthony	1,124	26.1% ± 4.4	43.1% ± 4.9	20.1% ± 4.1	10.7% ± 3.6
Phillips, Powderhorn	1,238	29.4% ± 5.0	39.6% ± 5.2	19.1% ± 4.5	11.9% ± 4.2
Calhoun-Isles, Longfellow, Nokomis, Southwest	1,000	33.2% ± 4.3	44.0% ± 4.5	17.1% ± 3.9	5.7% ± 2.8
<b>Suburban Hennepin County</b>	6,361	35.3% ± 1.9	39.2% ± 1.9	15.4% ± 1.5	10.1% ± 1.4
Northwest suburbs	2,200	35.6% ± 3.0	36.3% ± 3.0	15.8% ± 2.5	12.2% ± 2.4
Northwest - inner	1,247	30.5% ± 4.2	33.5% ± 4.3	18.8% ± 4.2	17.3% ± 4.1
Northwest - outer	953	39.6% ± 4.2	38.6% ± 4.2	13.5% ± 3.1	8.2% ± 3.0
West suburbs	1,960	36.3% ± 3.4	39.9% ± 3.4	16.2% ± 2.9	7.7% ± 2.3
West - inner	1,057	32.8% ± 5.0	40.3% ± 5.1	19.7% ± 4.8	7.3% ± 3.5
West - outer	903	38.4% ± 4.6	39.7% ± 4.6	14.0% ± 3.8	7.9% ± 3.2
South suburbs	2,201	34.3% ± 3.3	42.5% ± 3.4	14.0% ± 2.5	9.2% ± 2.4
South - east	1,101	31.1% ± 4.9	36.2% ± 5.1	17.9% ± 4.8	14.8% ± 5.2
South - west	1,100	35.7% ± 4.2	45.2% ± 4.3	12.4% ± 3.1	6.8% ± 2.7
<b>Age</b>					
18-24	488	33.8% ± 7.5	40.5% ± 7.6	17.8% ± 6.6	*7.9% ± 5.3
25-34	1,774	33.3% ± 3.5	42.2% ± 3.6	16.5% ± 2.9	7.9% ± 2.3
35-44	1,639	28.9% ± 3.6	42.3% ± 3.7	17.6% ± 3.1	11.2% ± 2.9
45-54	1,484	33.2% ± 3.7	34.4% ± 3.6	17.7% ± 3.1	14.8% ± 3.2
55-64	2,107	32.7% ± 3.0	38.9% ± 3.1	16.9% ± 2.5	11.5% ± 2.4
65-74	1,994	36.8% ± 3.1	40.5% ± 3.1	14.5% ± 2.8	8.2% ± 2.0
75 and older	1,522	41.6% ± 3.5	38.2% ± 3.4	12.0% ± 2.8	8.2% ± 2.2
<b>Gender</b>					
Male	3,848	31.3% ± 2.4	37.3% ± 2.4	18.4% ± 2.0	13.0% ± 1.8
Female	7,212	35.1% ± 1.8	41.5% ± 1.8	15.0% ± 1.4	8.4% ± 1.3
Transgender	98	33.1% ± 17.9	*27.2% ± 19.8	*27.3% ± 20.1	^12.4% ± 20.4
<b>LGBT self-identification</b>					
LGBT self-identified	943	23.3% ± 4.7	42.9% ± 5.6	18.4% ± 4.5	15.4% ± 4.9
Not LGBT self-identified	9,515	34.3% ± 1.6	40.1% ± 1.6	16.1% ± 1.3	9.5% ± 1.1

## About Your Community



**How often do you get the social and emotional support you need?**

**Please include support from any source, such as family, friends, neighbors, and/or coworkers.**

<b>Table 63</b>	<b>Sample Size</b>	<b>Always</b>	<b>Usually</b>	<b>Sometimes</b>	<b>Rarely/Never</b>
	<b>N</b>	<b>% ± 95% C.I.</b>	<b>% ± 95% C.I.</b>	<b>% ± 95% C.I.</b>	<b>% ± 95% C.I.</b>
<b>Selected race/ethnicity</b>					
Hispanic	547	29.0% ± 5.9	21.1% ± 5.8	23.9% ± 5.6	26.0% ± 6.0
Non-Hispanic					
American Indian or Alaska Native	223	24.0% ± 9.4	24.1% ± 9.3	28.3% ± 9.7	23.6% ± 9.2
Asian or Asian American	366	27.3% ± 7.1	30.4% ± 7.3	22.5% ± 6.8	19.8% ± 6.4
Southeast Asian	174	18.7% ± 8.6	28.6% ± 12.2	23.1% ± 9.6	29.6% ± 10.8
Black or African American	1,679	31.4% ± 3.5	21.9% ± 3.2	20.4% ± 2.9	26.3% ± 3.2
US-born black	1,138	27.9% ± 4.2	24.6% ± 4.1	20.4% ± 3.5	27.0% ± 4.0
Foreign-born black	450	36.2% ± 6.3	19.0% ± 5.7	19.4% ± 5.7	25.5% ± 5.8
White	7,915	34.3% ± 1.6	42.2% ± 1.6	15.4% ± 1.2	8.1% ± 1.0
<b>Household income</b>					
< 200% of Federal Poverty Level	3,903	26.1% ± 3.1	27.0% ± 3.0	23.3% ± 3.0	23.5% ± 3.1
< 100% of Federal Poverty Level	2,029	24.2% ± 4.7	22.5% ± 4.6	23.9% ± 4.8	29.4% ± 5.2
100 - 199% of Federal Poverty Level	1,740	26.9% ± 4.2	31.1% ± 4.2	23.3% ± 4.1	18.8% ± 3.7
≥ 200% of Federal Poverty Level	6,805	35.2% ± 1.7	44.0% ± 1.7	14.4% ± 1.3	6.4% ± 1.0
<b>Educational attainment</b>					
Less than high school	675	29.4% ± 7.5	18.3% ± 6.9	22.6% ± 7.5	29.7% ± 7.9
High school or GED	1,793	30.3% ± 4.0	29.1% ± 4.0	19.0% ± 3.7	21.6% ± 3.9
Some college	3,050	32.6% ± 2.8	37.3% ± 2.9	19.4% ± 2.5	10.7% ± 2.0
College degree or higher	5,475	35.1% ± 1.9	46.6% ± 2.0	13.4% ± 1.4	4.9% ± 1.0
<b>Housing insecurity</b>					
Yes	1,627	15.1% ± 4.3	30.9% ± 5.5	29.1% ± 5.4	24.8% ± 5.3
No	9,434	35.2% ± 1.5	40.5% ± 1.6	15.3% ± 1.2	9.1% ± 1.0
<b>Self-reported disability</b>					
Yes	3,177	22.7% ± 2.6	35.1% ± 3.0	24.3% ± 2.9	17.9% ± 2.8
No	7,799	36.4% ± 1.7	40.8% ± 1.7	14.4% ± 1.3	8.4% ± 1.1
<b>Frequent mental distress</b>					
Yes	1,550	13.6% ± 3.5	28.9% ± 4.3	29.2% ± 4.3	28.2% ± 4.5
No	9,204	36.3% ± 1.6	41.2% ± 1.6	14.9% ± 1.3	7.6% ± 1.0

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## About Your Community



How often do you feel isolated from others?

Table 64	Sample	Always/Usually % ± 95% C.I.	Sometimes % ± 95% C.I.	Rarely % ± 95% C.I.	Never % ± 95% C.I.
	Size N				
<b>Hennepin County total</b>	11,065	9.3% ± 1.0	22.5% ± 1.3	35.3% ± 1.5	32.9% ± 1.5
<b>Minneapolis</b>	4,710	12.8% ± 1.9	25.0% ± 2.3	36.4% ± 2.5	25.8% ± 2.3
Camden, Near North	1,354	19.0% ± 5.5	24.1% ± 5.2	26.6% ± 5.3	30.4% ± 5.6
Central, Northeast, University, St. Anthony	1,120	13.7% ± 3.8	29.4% ± 4.8	37.6% ± 4.8	19.3% ± 3.8
Phillips, Powderhorn	1,238	12.7% ± 4.1	25.6% ± 4.5	36.1% ± 5.2	25.6% ± 5.1
Calhoun-Isles, Longfellow, Nokomis, Southwest	998	9.7% ± 3.4	21.3% ± 3.9	39.6% ± 4.4	29.4% ± 4.2
<b>Suburban Hennepin County</b>	6,355	7.4% ± 1.2	21.2% ± 1.7	34.7% ± 1.8	36.7% ± 1.9
Northwest suburbs	2,197	7.5% ± 2.0	20.6% ± 2.7	32.3% ± 2.9	39.6% ± 3.1
Northwest - inner	1,246	10.9% ± 3.7	19.8% ± 4.0	31.4% ± 4.2	37.9% ± 4.5
Northwest - outer	951	4.9% ± 2.2	21.2% ± 3.8	33.0% ± 4.0	41.0% ± 4.2
West suburbs	1,959	7.9% ± 2.3	20.5% ± 3.0	37.0% ± 3.4	34.6% ± 3.4
West - inner	1,056	9.4% ± 3.4	25.3% ± 5.1	36.2% ± 5.0	29.2% ± 4.8
West - outer	903	7.0% ± 3.3	17.6% ± 3.8	37.5% ± 4.6	37.8% ± 4.6
South suburbs	2,199	7.0% ± 2.1	22.6% ± 3.0	36.0% ± 3.3	34.4% ± 3.3
South - east	1,100	11.2% ± 4.7	25.1% ± 5.1	32.1% ± 4.9	31.6% ± 5.0
South - west	1,099	5.2% ± 2.4	21.6% ± 3.7	37.7% ± 4.2	35.6% ± 4.2
<b>Age</b>					
18-24	488	15.4% ± 6.3	29.2% ± 7.3	34.1% ± 7.5	21.3% ± 6.8
25-34	1,771	10.5% ± 2.6	26.8% ± 3.4	38.8% ± 3.6	23.8% ± 3.3
35-44	1,637	10.4% ± 2.7	24.4% ± 3.4	36.8% ± 3.7	28.4% ± 3.6
45-54	1,484	10.7% ± 2.5	20.2% ± 3.1	32.1% ± 3.6	37.0% ± 3.8
55-64	2,108	7.3% ± 1.8	20.3% ± 2.5	35.0% ± 3.1	37.4% ± 3.1
65-74	1,992	5.5% ± 1.4	15.9% ± 2.3	35.7% ± 3.0	43.0% ± 3.2
75 and older	1,519	3.6% ± 1.7	18.1% ± 3.3	31.0% ± 3.2	47.2% ± 3.5
<b>Gender</b>					
Male	3,843	10.8% ± 1.7	22.6% ± 2.2	34.3% ± 2.4	32.4% ± 2.4
Female	7,209	8.2% ± 1.2	22.4% ± 1.6	36.1% ± 1.8	33.3% ± 1.8
Transgender	98	*23.7% ± 21.1	40.2% ± 19.3	*25.7% ± 17.8	^10.4% ± 10.9
<b>LGBT self-identification</b>					
LGBT self-identified	944	19.5% ± 5.0	31.6% ± 5.5	31.3% ± 5.1	17.6% ± 4.6
Not LGBT self-identified	9,506	8.4% ± 1.0	21.9% ± 1.4	36.0% ± 1.6	33.7% ± 1.5

# About Your Community



## How often do you feel isolated from others?

Table 64	Sample	Always/Usually % ± 95% C.I.	Sometimes % ± 95% C.I.	Rarely % ± 95% C.I.	Never % ± 95% C.I.
	Size N				
<b>Selected race/ethnicity</b>					
Hispanic	543	16.8% ± 5.9	26.9% ± 5.8	22.0% ± 5.7	34.3% ± 6.1
Non-Hispanic					
American Indian or Alaska Native	223	32.1% ± 10.7	21.2% ± 7.8	26.5% ± 10.1	20.2% ± 7.2
Asian or Asian American	365	9.1% ± 4.7	27.5% ± 7.3	35.8% ± 7.6	27.7% ± 6.6
Southeast Asian	174	*8.3% ± 5.7	29.3% ± 12.1	31.5% ± 11.6	30.8% ± 9.5
Black or African American	1,671	14.2% ± 2.6	20.8% ± 3.0	19.6% ± 2.9	45.5% ± 3.6
US-born black	1,138	19.2% ± 3.6	25.3% ± 4.0	20.9% ± 3.7	34.6% ± 4.4
Foreign-born black	443	*7.3% ± 4.3	14.7% ± 5.3	18.1% ± 5.4	59.9% ± 6.5
White	7,918	8.2% ± 1.0	22.4% ± 1.4	36.7% ± 1.6	32.7% ± 1.5
<b>Household income</b>					
< 200% of Federal Poverty Level	3,895	17.8% ± 2.8	27.3% ± 3.2	24.3% ± 3.0	30.6% ± 3.2
< 100% of Federal Poverty Level	2,028	20.3% ± 4.6	26.3% ± 4.8	20.9% ± 4.7	32.4% ± 5.1
100 - 199% of Federal Poverty Level	1,738	15.5% ± 3.6	28.9% ± 4.4	27.0% ± 4.0	28.6% ± 4.1
≥ 200% of Federal Poverty Level	6,805	6.6% ± 1.0	21.0% ± 1.5	39.1% ± 1.7	33.3% ± 1.7
<b>Educational attainment</b>					
Less than high school	670	19.9% ± 7.3	23.0% ± 7.4	18.2% ± 7.3	38.9% ± 8.0
High school or GED	1,791	14.3% ± 3.5	18.9% ± 3.6	26.0% ± 3.9	40.8% ± 4.3
Some college	3,046	10.6% ± 2.0	23.6% ± 2.7	32.8% ± 2.8	33.0% ± 2.8
College degree or higher	5,478	5.9% ± 1.0	22.9% ± 1.7	41.5% ± 2.0	29.7% ± 1.9
<b>Housing insecurity</b>					
Yes	1,621	25.0% ± 5.3	31.6% ± 5.5	24.0% ± 5.1	19.4% ± 4.9
No	9,433	7.8% ± 1.0	21.6% ± 1.3	36.4% ± 1.5	34.2% ± 1.5
<b>Self-reported disability</b>					
Yes	3,178	20.8% ± 2.9	29.0% ± 3.0	27.5% ± 2.8	22.7% ± 2.7
No	7,792	6.1% ± 1.0	20.7% ± 1.5	37.4% ± 1.7	35.8% ± 1.7
<b>Frequent mental distress</b>					
Yes	1,547	35.7% ± 4.6	36.5% ± 4.6	17.6% ± 3.8	10.1% ± 3.2
No	9,204	5.7% ± 0.9	20.7% ± 1.4	37.8% ± 1.6	35.8% ± 1.6

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# About Your Community



This is a good community to raise children in.

Table 65	Sample Size	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	10,938	56.3% ± 1.5	34.3% ± 1.5	6.9% ± 0.8	2.5% ± 0.5
<b>Minneapolis</b>	4,658	45.8% ± 2.5	38.3% ± 2.5	11.5% ± 1.8	4.3% ± 1.1
Camden, Near North	1,341	27.6% ± 5.9	41.5% ± 5.8	18.1% ± 4.6	12.8% ± 4.7
Central, Northeast, University, St. Anthony	1,113	40.6% ± 4.8	43.4% ± 4.9	12.6% ± 3.7	3.4% ± 1.9
Phillips, Powderhorn	1,218	37.6% ± 5.2	44.3% ± 5.3	14.6% ± 4.6	3.5% ± 1.9
Calhoun-Isles, Longfellow, Nokomis, Southwest	986	62.0% ± 4.5	29.6% ± 4.3	6.2% ± 2.8	^2.1% ± 2.2
<b>Suburban Hennepin County</b>	6,280	62.0% ± 1.9	32.1% ± 1.8	4.4% ± 0.9	1.5% ± 0.6
Northwest suburbs	2,176	54.6% ± 3.0	36.1% ± 3.0	7.1% ± 1.8	2.1% ± 1.3
Northwest - inner	1,235	33.7% ± 4.4	49.8% ± 4.6	12.7% ± 3.3	*3.8% ± 2.6
Northwest - outer	941	71.2% ± 4.0	25.3% ± 3.9	*2.7% ± 2.1	^0.8% ± 1.4
West suburbs	1,940	72.7% ± 3.2	24.6% ± 3.2	1.8% ± 0.9	^0.9% ± 1.0
West - inner	1,045	65.5% ± 5.2	31.5% ± 5.1	*2.3% ± 1.6	^0.7% ± 2.1
West - outer	895	77.0% ± 4.2	20.5% ± 4.1	*1.5% ± 1.3	^1.0% ± 1.4
South suburbs	2,164	63.6% ± 3.3	32.6% ± 3.2	2.6% ± 1.3	^1.1% ± 1.2
South - east	1,082	46.9% ± 5.4	46.1% ± 5.4	5.7% ± 3.2	^1.3% ± 2.4
South - west	1,082	70.9% ± 4.1	26.8% ± 4.0	^1.3% ± 1.4	^1.0% ± 1.8
<b>Age</b>					
18-24	485	43.0% ± 7.7	42.9% ± 7.6	12.3% ± 5.6	^1.8% ± 3.4
25-34	1,759	49.3% ± 3.7	38.0% ± 3.6	9.1% ± 2.4	3.6% ± 1.8
35-44	1,627	56.8% ± 3.8	35.5% ± 3.7	5.9% ± 1.9	*1.7% ± 1.2
45-54	1,471	59.7% ± 3.8	31.5% ± 3.6	5.8% ± 2.0	3.1% ± 1.8
55-64	2,092	59.8% ± 3.0	31.9% ± 2.9	6.3% ± 1.5	2.0% ± 0.9
65-74	1,971	61.3% ± 3.2	30.8% ± 3.1	5.5% ± 1.6	2.4% ± 1.2
75 and older	1,470	63.8% ± 3.5	30.2% ± 3.4	4.3% ± 2.2	*1.7% ± 1.2
<b>Gender</b>					
Male	3,808	56.7% ± 2.5	34.1% ± 2.4	7.0% ± 1.4	2.2% ± 0.8
Female	7,117	56.0% ± 1.9	34.5% ± 1.8	6.8% ± 1.1	2.7% ± 0.8
Transgender	95	*30.9% ± 18.2	59.8% ± 18.3	^8.3% ± 13.5	^0.9% ± 3.0
<b>LGBT self-identification</b>					
LGBT self-identified	932	42.7% ± 5.6	40.3% ± 5.6	11.0% ± 4.1	*6.0% ± 3.7
Not LGBT self-identified	9,419	57.8% ± 1.6	33.5% ± 1.5	6.6% ± 0.9	2.1% ± 0.5

# About Your Community



This is a good community to raise children in.

Table 65	Sample Size	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	535	50.3% ± 6.4	37.8% ± 6.5	7.3% ± 3.4	4.7% ± 2.4
Non-Hispanic					
American Indian or Alaska Native	218	35.7% ± 10.2	43.4% ± 10.1	13.1% ± 6.9	*7.8% ± 5.5
Asian or Asian American	361	41.3% ± 7.5	46.7% ± 7.5	*9.5% ± 5.7	*2.5% ± 2.0
Southeast Asian	172	30.5% ± 10.9	53.6% ± 11.0	*13.0% ± 11.1	^2.9% ± 3.2
Black or African American	1,662	40.7% ± 3.6	39.5% ± 3.6	12.1% ± 2.3	7.7% ± 2.1
US-born black	1,131	31.1% ± 4.2	45.3% ± 4.4	13.9% ± 2.8	9.8% ± 3.1
Foreign-born black	441	54.4% ± 6.5	31.9% ± 6.5	8.5% ± 4.1	5.2% ± 3.0
White	7,825	58.3% ± 1.6	33.1% ± 1.5	6.7% ± 0.9	1.9% ± 0.5
<b>Household income</b>					
< 200% of Federal Poverty Level	3,848	40.5% ± 3.4	41.3% ± 3.4	12.2% ± 2.4	6.0% ± 1.8
< 100% of Federal Poverty Level	2,002	37.0% ± 5.3	41.2% ± 5.4	13.8% ± 4.0	8.0% ± 3.2
100 - 199% of Federal Poverty Level	1,721	43.2% ± 4.5	42.0% ± 4.5	10.4% ± 3.0	4.4% ± 2.2
≥ 200% of Federal Poverty Level	6,738	61.6% ± 1.7	31.9% ± 1.6	5.1% ± 0.8	1.4% ± 0.5
<b>Educational attainment</b>					
Less than high school	663	42.5% ± 8.2	32.2% ± 7.9	16.7% ± 6.9	*8.6% ± 5.9
High school or GED	1,769	45.3% ± 4.3	40.6% ± 4.3	9.1% ± 2.9	5.0% ± 2.3
Some college	3,013	52.3% ± 2.9	38.3% ± 2.9	6.9% ± 1.5	2.6% ± 0.9
College degree or higher	5,422	63.4% ± 1.9	30.3% ± 1.8	5.2% ± 1.0	1.0% ± 0.4
<b>Housing insecurity</b>					
Yes	1,610	34.0% ± 5.6	44.1% ± 5.7	14.1% ± 4.4	7.7% ± 3.8
No	9,319	58.5% ± 1.6	33.4% ± 1.5	6.2% ± 0.8	2.0% ± 0.5
<b>Self-reported disability</b>					
Yes	3,119	46.2% ± 3.2	37.9% ± 3.2	10.2% ± 2.1	5.7% ± 1.9
No	7,726	59.2% ± 1.7	33.3% ± 1.7	5.9% ± 0.9	1.6% ± 0.5
<b>Frequent mental distress</b>					
Yes	1,528	34.7% ± 4.5	44.5% ± 4.7	13.2% ± 3.5	7.6% ± 3.0
No	9,106	59.4% ± 1.6	32.8% ± 1.5	6.0% ± 0.8	1.8% ± 0.5

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# About Your Community



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

Table 66	Sample Size	Very safe	Somewhat safe	Somewhat unsafe	Not at all safe
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,059	53.2% ± 1.5	37.5% ± 1.5	7.1% ± 0.8	2.2% ± 0.5
<b>Minneapolis</b>	4,702	32.8% ± 2.4	48.5% ± 2.5	14.5% ± 1.8	4.2% ± 1.1
Camden, Near North	1,349	11.5% ± 4.1	43.8% ± 5.8	30.2% ± 5.6	14.4% ± 5.1
Central, Northeast, University, St. Anthony	1,124	31.9% ± 4.6	51.8% ± 4.8	13.7% ± 3.7	*2.6% ± 1.9
Phillips, Powderhorn	1,232	25.5% ± 5.0	49.7% ± 5.2	19.7% ± 4.7	*5.1% ± 3.0
Calhoun-Isles, Longfellow, Nokomis, Southwest	997	46.2% ± 4.5	46.9% ± 4.5	5.9% ± 2.6	^1.0% ± 1.6
<b>Suburban Hennepin County</b>	6,357	64.2% ± 1.8	31.6% ± 1.8	3.1% ± 0.8	1.1% ± 0.6
Northwest suburbs	2,199	57.3% ± 3.0	35.5% ± 3.0	4.9% ± 1.5	*2.3% ± 1.4
Northwest - inner	1,246	37.0% ± 4.5	49.1% ± 4.6	9.3% ± 3.0	*4.6% ± 2.9
Northwest - outer	953	73.5% ± 4.0	24.8% ± 3.9	^1.4% ± 1.7	^0.4% ± 1.3
West suburbs	1,961	75.1% ± 3.0	23.5% ± 2.9	*1.3% ± 1.2	^0.1% ± 0.5
West - inner	1,058	66.9% ± 4.8	31.9% ± 4.8	^1.2% ± 1.3	^0.0% ± 0.2
West - outer	903	80.0% ± 3.8	18.5% ± 3.7	^1.4% ± 2.0	^0.1% ± 0.8
South suburbs	2,197	65.1% ± 3.3	32.6% ± 3.2	*2.1% ± 1.4	^0.2% ± 0.2
South - east	1,100	46.2% ± 5.3	48.8% ± 5.3	*4.8% ± 3.5	^0.2% ± 0.5
South - west	1,097	73.3% ± 4.1	25.6% ± 4.0	^1.0% ± 1.6	^0.1% ± 0.3
<b>Age</b>					
18-24	487	40.2% ± 7.7	43.9% ± 7.6	14.0% ± 5.8	^2.0% ± 4.2
25-34	1,765	46.5% ± 3.7	39.8% ± 3.6	10.7% ± 2.5	3.0% ± 1.6
35-44	1,638	51.1% ± 3.8	41.0% ± 3.7	5.5% ± 1.7	*2.5% ± 1.5
45-54	1,482	55.9% ± 3.7	35.6% ± 3.6	6.4% ± 2.0	2.1% ± 1.2
55-64	2,105	56.4% ± 3.1	36.2% ± 3.0	5.6% ± 1.2	1.8% ± 1.0
65-74	1,994	61.8% ± 3.1	31.6% ± 2.9	4.8% ± 1.3	^1.8% ± 2.0
75 and older	1,522	64.7% ± 3.5	31.0% ± 3.4	3.5% ± 1.8	^0.9% ± 1.2
<b>Gender</b>					
Male	3,840	55.6% ± 2.5	36.1% ± 2.4	6.3% ± 1.3	2.1% ± 0.9
Female	7,206	51.2% ± 1.8	38.7% ± 1.8	7.8% ± 1.1	2.3% ± 0.7
Transgender	97	37.3% ± 18.6	33.7% ± 18.8	*25.5% ± 21.8	^3.5% ± 15.0
<b>LGBT self-identification</b>					
LGBT self-identified	939	38.8% ± 5.5	43.0% ± 5.5	12.7% ± 4.2	*5.6% ± 3.4
Not LGBT self-identified	9,502	54.4% ± 1.6	37.5% ± 1.6	6.4% ± 0.8	1.7% ± 0.5



# About Your Community



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

Table 66	Sample Size	Very safe	Somewhat safe	Somewhat unsafe	Not at all safe
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	539	41.3% ± 6.6	39.7% ± 6.2	12.3% ± 4.4	6.7% ± 2.8
Non-Hispanic					
American Indian or Alaska Native	223	33.7% ± 10.0	43.0% ± 9.7	*13.7% ± 8.5	*9.6% ± 8.3
Asian or Asian American	366	37.2% ± 7.3	44.5% ± 7.4	13.8% ± 6.8	*4.5% ± 2.8
Southeast Asian	174	23.0% ± 8.3	48.9% ± 10.9	*20.6% ± 12.2	*7.5% ± 5.8
Black or African American	1,673	46.6% ± 3.6	34.6% ± 3.3	12.3% ± 2.3	6.5% ± 1.9
US-born black	1,135	35.0% ± 4.5	40.8% ± 4.2	15.9% ± 3.3	8.3% ± 2.9
Foreign-born black	447	62.4% ± 6.2	26.9% ± 5.9	6.6% ± 3.7	4.0% ± 2.3
White	7,914	55.8% ± 1.6	36.3% ± 1.5	6.3% ± 0.8	1.5% ± 0.5
<b>Household income</b>					
< 200% of Federal Poverty Level	3,892	39.7% ± 3.3	40.1% ± 3.3	13.7% ± 2.5	6.6% ± 1.9
< 100% of Federal Poverty Level	2,025	37.2% ± 5.3	38.0% ± 5.2	17.5% ± 4.4	7.4% ± 3.1
100 - 199% of Federal Poverty Level	1,736	41.1% ± 4.4	42.3% ± 4.5	10.9% ± 3.2	5.7% ± 2.7
≥ 200% of Federal Poverty Level	6,801	57.7% ± 1.7	36.6% ± 1.7	5.0% ± 0.7	0.7% ± 0.3
<b>Educational attainment</b>					
Less than high school	671	39.8% ± 8.1	35.2% ± 7.9	16.8% ± 7.1	*8.2% ± 5.5
High school or GED	1,792	47.3% ± 4.3	40.2% ± 4.3	7.3% ± 2.3	5.2% ± 2.5
Some college	3,045	48.2% ± 2.9	42.0% ± 2.9	7.6% ± 1.7	2.2% ± 0.9
College degree or higher	5,471	59.3% ± 1.9	34.4% ± 1.9	5.8% ± 1.0	0.6% ± 0.2
<b>Housing insecurity</b>					
Yes	1,622	32.4% ± 5.6	43.6% ± 5.7	15.8% ± 4.5	8.2% ± 3.8
No	9,426	55.3% ± 1.5	36.9% ± 1.5	6.3% ± 0.8	1.6% ± 0.5
<b>Self-reported disability</b>					
Yes	3,175	46.3% ± 3.1	38.6% ± 3.1	10.4% ± 2.2	4.7% ± 1.6
No	7,789	55.2% ± 1.7	37.2% ± 1.7	6.2% ± 0.9	1.4% ± 0.5
<b>Frequent mental distress</b>					
Yes	1,545	37.5% ± 4.6	44.3% ± 4.6	11.7% ± 3.4	6.5% ± 2.5
No	9,199	55.6% ± 1.6	36.6% ± 1.6	6.5% ± 0.8	1.4% ± 0.5

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# About Your Community



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

Table 67	Sample	Often	Sometimes	Rarely	Never
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,066	4.3% ± 0.8	8.4% ± 1.0	8.4% ± 0.9	79.0% ± 1.4
<b>Minneapolis</b>	4,702	6.1% ± 1.5	12.2% ± 2.0	9.8% ± 1.6	72.0% ± 2.4
Camden, Near North	1,350	15.0% ± 5.2	24.7% ± 5.6	15.5% ± 4.9	44.8% ± 5.7
Central, Northeast, University, St. Anthony	1,119	5.2% ± 2.9	14.0% ± 4.3	11.2% ± 3.6	69.7% ± 4.9
Phillips, Powderhorn	1,236	8.5% ± 4.2	15.7% ± 5.5	12.5% ± 3.9	63.3% ± 5.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	997	^1.8% ± 2.1	*3.6% ± 2.7	4.8% ± 2.4	89.8% ± 3.4
<b>Suburban Hennepin County</b>	6,364	3.3% ± 1.0	6.3% ± 1.1	7.6% ± 1.2	82.8% ± 1.6
Northwest suburbs	2,200	4.3% ± 1.8	7.3% ± 2.0	7.3% ± 1.9	81.1% ± 2.8
Northwest - inner	1,247	6.0% ± 3.3	12.7% ± 4.0	10.1% ± 3.3	71.1% ± 4.8
Northwest - outer	953	*2.8% ± 2.4	3.1% ± 1.8	5.0% ± 2.3	89.1% ± 3.2
West suburbs	1,962	2.1% ± 1.2	5.6% ± 2.1	8.8% ± 2.6	83.5% ± 3.0
West - inner	1,058	*2.7% ± 1.9	9.4% ± 4.6	11.1% ± 4.6	76.8% ± 5.4
West - outer	904	^1.7% ± 1.8	*3.3% ± 2.1	7.5% ± 3.3	87.5% ± 3.7
South suburbs	2,202	*3.1% ± 1.8	5.4% ± 1.8	7.2% ± 2.1	84.4% ± 2.8
South - east	1,102	^3.6% ± 3.6	10.6% ± 4.7	11.3% ± 4.3	74.4% ± 5.6
South - west	1,100	*2.8% ± 2.4	3.1% ± 1.7	5.4% ± 2.5	88.7% ± 3.2
<b>Age</b>					
18-24	488	*6.3% ± 4.7	13.2% ± 6.0	14.4% ± 5.9	66.1% ± 7.4
25-34	1,769	4.8% ± 2.1	8.2% ± 2.4	9.7% ± 2.5	77.3% ± 3.4
35-44	1,635	5.6% ± 2.4	9.1% ± 2.6	8.3% ± 2.5	77.0% ± 3.6
45-54	1,483	5.5% ± 2.2	9.7% ± 2.7	6.7% ± 2.2	78.1% ± 3.5
55-64	2,107	2.8% ± 1.0	7.9% ± 2.0	8.7% ± 1.8	80.6% ± 2.6
65-74	1,994	^1.9% ± 2.0	4.6% ± 1.5	6.1% ± 1.8	87.4% ± 2.6
75 and older	1,525	^1.0% ± 1.2	4.4% ± 2.6	5.9% ± 1.9	88.7% ± 2.9
<b>Gender</b>					
Male	3,846	3.5% ± 1.2	8.3% ± 1.7	7.8% ± 1.5	80.4% ± 2.2
Female	7,207	4.9% ± 1.1	8.3% ± 1.2	8.9% ± 1.2	77.9% ± 1.8
Transgender	98	*22.1% ± 20.6	*24.4% ± 20.8	*24.6% ± 20.6	28.9% ± 16.0
<b>LGBT self-identification</b>					
LGBT self-identified	940	11.3% ± 4.4	12.7% ± 4.6	12.3% ± 4.1	63.6% ± 5.6
Not LGBT self-identified	9,509	3.4% ± 0.8	7.2% ± 1.0	7.9% ± 1.0	81.5% ± 1.4

# About Your Community



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

Table 67	Sample	Often	Sometimes	Rarely	Never
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
	N				
<b>Selected race/ethnicity</b>					
Hispanic	542	11.4% ± 4.5	34.6% ± 6.4	17.7% ± 5.5	36.4% ± 6.1
Non-Hispanic					
American Indian or Alaska Native	223	21.8% ± 9.1	26.8% ± 10.0	13.1% ± 7.4	38.3% ± 9.8
Asian or Asian American	366	7.6% ± 4.2	23.8% ± 7.5	9.4% ± 5.4	59.3% ± 7.6
Southeast Asian	174	*13.7% ± 8.5	32.9% ± 11.6	*10.8% ± 7.2	42.6% ± 11.0
Black or African American	1,676	16.5% ± 2.8	26.9% ± 3.2	17.0% ± 3.0	39.6% ± 3.6
US-born black	1,140	22.0% ± 4.0	29.2% ± 4.0	17.0% ± 3.6	31.9% ± 4.2
Foreign-born black	445	8.3% ± 4.4	24.6% ± 5.9	16.4% ± 5.8	50.7% ± 6.4
White	7,920	4.1% ± 0.8	6.0% ± 0.9	6.9% ± 0.9	83.0% ± 1.3
<b>Household income</b>					
< 200% of Federal Poverty Level	3,894	15.5% ± 2.8	23.2% ± 3.1	19.1% ± 2.8	42.2% ± 3.3
< 100% of Federal Poverty Level	2,023	20.5% ± 4.7	28.7% ± 5.1	20.6% ± 4.6	30.1% ± 4.9
100 - 199% of Federal Poverty Level	1,738	11.6% ± 3.5	18.6% ± 4.0	17.8% ± 3.7	52.0% ± 4.5
≥ 200% of Federal Poverty Level	6,806	0.7% ± 0.4	3.3% ± 0.8	4.9% ± 0.8	91.1% ± 1.1
<b>Educational attainment</b>					
Less than high school	675	19.9% ± 7.7	27.3% ± 8.0	12.9% ± 5.7	39.9% ± 7.8
High school or GED	1,794	8.7% ± 3.0	16.4% ± 3.6	13.3% ± 3.4	61.6% ± 4.4
Some college	3,044	5.0% ± 1.5	10.3% ± 2.0	10.1% ± 1.9	74.5% ± 2.7
College degree or higher	5,476	0.8% ± 0.4	2.5% ± 0.7	5.4% ± 1.0	91.3% ± 1.2
<b>Housing insecurity</b>					
Yes	1,621	23.0% ± 5.1	32.6% ± 5.5	18.8% ± 4.8	25.5% ± 5.2
No	9,436	2.4% ± 0.7	5.9% ± 0.9	7.3% ± 0.9	84.3% ± 1.3
<b>Self-reported disability</b>					
Yes	3,176	11.4% ± 2.6	14.9% ± 2.6	11.5% ± 2.3	62.2% ± 3.3
No	7,794	2.3% ± 0.7	6.5% ± 1.0	7.5% ± 1.0	83.7% ± 1.4
<b>Frequent mental distress</b>					
Yes	1,547	18.5% ± 4.1	17.8% ± 4.0	13.9% ± 3.5	49.8% ± 4.6
No	9,200	2.1% ± 0.6	6.9% ± 1.0	7.6% ± 1.0	83.4% ± 1.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## About Your Community



During the past 12 month, did you or your family miss or delay a rent or mortgage payment because you did not have enough money?

<b>Table 68</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Hennepin County total</b>	11,071	7.6% ± 0.9
<b>Minneapolis</b>	4,706	9.7% ± 1.6
Camden, Near North	1,349	21.4% ± 5.6
Central, Northeast, University, St. Anthony	1,123	7.8% ± 2.9
Phillips, Powderhorn	1,237	12.6% ± 4.3
Calhoun-Isles, Longfellow, Nokomis, Southwest	997	4.8% ± 2.7
<b>Suburban Hennepin County</b>	6,365	6.4% ± 1.2
Northwest suburbs	2,202	8.4% ± 2.2
Northwest - inner	1,251	12.9% ± 4.0
Northwest - outer	951	4.7% ± 2.5
West suburbs	1,962	5.4% ± 2.1
West - inner	1,058	9.0% ± 4.1
West - outer	904	*3.3% ± 2.6
South suburbs	2,201	4.5% ± 1.9
South - east	1,100	7.7% ± 4.1
South - west	1,101	*3.2% ± 2.4
<b>Age</b>		
18-24	488	9.3% ± 4.9
25-34	1,772	7.6% ± 2.2
35-44	1,636	10.5% ± 2.8
45-54	1,485	9.1% ± 2.6
55-64	2,109	6.6% ± 1.9
65-74	1,992	*3.0% ± 2.0
75 and older	1,526	^2.0% ± 2.3
<b>Gender</b>		
Male	3,841	7.1% ± 1.5
Female	7,217	8.0% ± 1.2
Transgender	97	^15.6% ± 17.0
<b>LGBT self-identification</b>		
LGBT self-identified	942	14.2% ± 4.5
Not LGBT self-identified	9,510	6.5% ± 0.9

## About Your Community



**During the past 12 month, did you or your family miss or delay a rent or mortgage payment because you did not have enough money?**

<b>Table 68</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Selected race/ethnicity</b>		
Hispanic	547	26.0% ± 6.1
Non-Hispanic		
American Indian or Alaska Native	222	27.2% ± 9.2
Asian or Asian American	365	13.3% ± 6.2
Southeast Asian	174	18.7% ± 9.5
Black or African American	1,681	33.4% ± 3.5
US-born black	1,139	39.4% ± 4.4
Foreign-born black	451	24.6% ± 6.1
White	7,918	7.0% ± 1.0
<b>Household income</b>		
< 200% of Federal Poverty Level	3,901	17.3% ± 2.8
< 100% of Federal Poverty Level	2,029	22.2% ± 4.8
100 - 199% of Federal Poverty Level	1,740	13.2% ± 3.4
≥ 200% of Federal Poverty Level	6,802	4.4% ± 0.9
<b>Educational attainment</b>		
Less than high school	676	17.6% ± 7.5
High school or GED	1,793	11.0% ± 3.1
Some college	3,047	11.5% ± 2.2
College degree or higher	5,477	3.1% ± 0.7
<b>Housing insecurity</b>		
Yes	1,625	83.1% ± 4.7
No	9,446	0.0% ± 0.0
<b>Self-reported disability</b>		
Yes	3,179	14.4% ± 2.7
No	7,797	5.7% ± 0.9
<b>Frequent mental distress</b>		
Yes	1,544	18.6% ± 4.0
No	9,205	5.9% ± 0.9

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## About Your Community



During past 12 months, how often have you stayed in a shelter, somewhere not intended as a place to live, or someone else's home because you had no other place to stay?

Table 69	Sample	Never	Once	Twice	Three or more
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
	N				
<b>Hennepin County total</b>	11,080	97.4% ± 0.6	1.0% ± 0.4	*0.5% ± 0.3	1.1% ± 0.4
<b>Minneapolis</b>	4,716	95.5% ± 1.3	2.0% ± 1.0	*0.9% ± 0.7	1.6% ± 0.9
Camden, Near North	1,357	83.4% ± 5.6	8.0% ± 4.5	^3.8% ± 4.0	*4.8% ± 3.7
Central, Northeast, University, St. Anthony	1,124	95.5% ± 3.2	^1.7% ± 2.5	^0.1% ± 0.5	^2.7% ± 2.8
Phillips, Powderhorn	1,237	96.6% ± 3.0	^1.3% ± 2.8	^1.7% ± 2.5	^0.4% ± 1.0
Calhoun-Isles, Longfellow, Nokomis, Southwest	998	99.9% ± 0.2	^0.1% ± 0.2	^0.0% ± 0.0	^0.0% ± 0.2
<b>Suburban Hennepin County</b>	6,364	98.5% ± 0.7	^0.5% ± 0.5	^0.2% ± 0.4	*0.8% ± 0.5
Northwest suburbs	2,203	98.4% ± 1.1	^0.6% ± 1.0	^0.3% ± 0.6	^0.7% ± 0.8
Northwest - inner	1,249	97.5% ± 2.2	^0.9% ± 1.9	^0.3% ± 1.5	^1.4% ± 1.7
Northwest - outer	954	99.1% ± 1.6	^0.3% ± 2.1	^0.3% ± 0.9	^0.2% ± 1.3
West suburbs	1,960	97.9% ± 1.8	^0.8% ± 1.4	^0.4% ± 1.7	^0.9% ± 1.4
West - inner	1,059	95.0% ± 4.7	^2.1% ± 3.6	^1.1% ± 4.3	^1.8% ± 3.9
West - outer	901	99.7% ± 0.7	^0.0% ± 0.0	^0.0% ± 0.0	^0.3% ± 0.7
South suburbs	2,201	98.9% ± 1.2	^0.1% ± 0.2	^0.0% ± 0.3	^0.9% ± 1.3
South - east	1,100	98.6% ± 3.6	^0.1% ± 0.2	^0.2% ± 0.9	^1.1% ± 4.1
South - west	1,101	99.1% ± 1.5	^0.1% ± 0.4	^0.0% ± 0.0	^0.9% ± 1.5
<b>Age</b>					
18-24	488	93.7% ± 4.7	^4.1% ± 4.1	^0.7% ± 2.2	^1.5% ± 4.2
25-34	1,775	96.5% ± 1.7	*1.4% ± 1.3	^0.2% ± 0.4	*1.9% ± 1.4
35-44	1,637	96.7% ± 1.9	^1.1% ± 1.4	^1.0% ± 1.4	*1.3% ± 1.2
45-54	1,487	97.9% ± 1.5	^0.5% ± 0.8	^0.4% ± 1.0	^1.1% ± 1.4
55-64	2,106	98.3% ± 1.0	^0.4% ± 0.5	^0.5% ± 0.8	^0.7% ± 0.9
65-74	1,996	99.4% ± 0.7	^0.4% ± 0.7	^0.0% ± 0.0	^0.2% ± 0.4
75 and older	1,526	99.5% ± 1.5	^0.2% ± 0.7	^0.3% ± 1.9	^0.0% ± 0.0
<b>Gender</b>					
Male	3,847	97.4% ± 1.0	*0.7% ± 0.6	^0.6% ± 0.6	*1.3% ± 0.8
Female	7,220	97.4% ± 0.8	1.3% ± 0.7	*0.4% ± 0.3	0.9% ± 0.5
Transgender	98	98.0% ± 6.8	^1.4% ± 8.2	^0.0% ± 0.0	^0.6% ± 3.4
<b>LGBT self-identification</b>					
LGBT self-identified	944	95.1% ± 3.0	^2.4% ± 2.7	^0.4% ± 0.8	^2.1% ± 2.3
Not LGBT self-identified	9,520	97.7% ± 0.6	0.9% ± 0.4	0.5% ± 0.3	1.0% ± 0.4

## About Your Community



**During past 12 months, how often have you stayed in a shelter, somewhere not intended as a place to live, or someone else's home because you had no other place to stay?**

Table 69	Sample	Never	Once	Twice	Three or more
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
	N				
<b>Selected race/ethnicity</b>					
Hispanic	542	88.5% ± 4.9	*4.7% ± 3.6	^2.4% ± 3.0	*4.4% ± 3.8
Non-Hispanic					
American Indian or Alaska Native	225	72.9% ± 10.8	*7.3% ± 6.5	^2.8% ± 13.0	*17.0% ± 10.4
Asian or Asian American	366	94.7% ± 6.0	^4.4% ± 6.4	^0.3% ± 0.8	^0.6% ± 1.1
Southeast Asian	174	93.7% ± 8.9	^5.3% ± 9.6	^0.6% ± 2.0	^0.4% ± 1.4
Black or African American	1,691	79.4% ± 2.9	7.3% ± 1.7	4.9% ± 1.8	8.4% ± 2.2
US-born black	1,147	69.2% ± 4.2	10.9% ± 2.8	7.8% ± 3.0	12.2% ± 3.2
Foreign-born black	453	94.9% ± 3.1	*1.9% ± 1.7	^1.2% ± 1.7	^2.0% ± 3.1
White	7,916	97.5% ± 0.7	1.0% ± 0.5	*0.3% ± 0.3	1.2% ± 0.5
<b>Household income</b>					
< 200% of Federal Poverty Level	3,918	90.9% ± 2.2	3.2% ± 1.5	*1.6% ± 1.2	4.2% ± 1.7
< 100% of Federal Poverty Level	2,042	84.4% ± 4.2	5.6% ± 2.9	*3.2% ± 2.5	6.9% ± 3.2
100 - 199% of Federal Poverty Level	1,744	96.6% ± 2.4	^1.4% ± 2.0	^0.4% ± 1.0	^1.5% ± 1.9
≥ 200% of Federal Poverty Level	6,793	99.5% ± 0.4	^0.3% ± 0.3	^0.1% ± 0.2	^0.1% ± 0.1
<b>Educational attainment</b>					
Less than high school	679	87.0% ± 6.6	^5.5% ± 5.5	^3.3% ± 4.3	^4.3% ± 4.9
High school or GED	1,801	94.3% ± 2.3	*2.3% ± 1.7	^1.0% ± 1.0	*2.4% ± 1.9
Some college	3,054	97.6% ± 1.1	*0.8% ± 0.7	^0.4% ± 0.8	*1.2% ± 0.9
College degree or higher	5,471	99.4% ± 0.5	^0.2% ± 0.4	^0.0% ± 0.1	^0.3% ± 0.4
<b>Housing insecurity</b>					
Yes	1,632	71.7% ± 5.4	10.9% ± 4.2	*5.3% ± 3.1	12.1% ± 4.3
No	9,448	100.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0	0.0% ± 0.0
<b>Self-reported disability</b>					
Yes	3,187	93.6% ± 2.1	*2.2% ± 1.5	*1.4% ± 1.1	2.8% ± 1.6
No	7,795	98.5% ± 0.5	*0.7% ± 0.4	^0.2% ± 0.3	*0.6% ± 0.4
<b>Frequent mental distress</b>					
Yes	1,553	90.2% ± 3.5	*2.8% ± 2.2	^1.1% ± 1.3	5.8% ± 3.1
No	9,205	98.5% ± 0.5	0.7% ± 0.4	^0.3% ± 0.3	*0.4% ± 0.3

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

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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# About Your Community



During past 12 months, how often did lack of transportation keep you from getting places where you needed to go, such as jobs, medical appointments, or shopping?

Table 70	Sample	Often	Sometimes	Rarely	Never
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,097	2.6% ± 0.6	5.1% ± 0.8	6.4% ± 0.9	85.9% ± 1.2
<b>Minneapolis</b>	4,724	4.1% ± 1.3	8.3% ± 1.7	9.7% ± 1.8	77.8% ± 2.3
Camden, Near North	1,356	9.8% ± 4.3	21.1% ± 6.1	10.3% ± 3.6	58.9% ± 6.0
Central, Northeast, University, St. Anthony	1,127	*3.6% ± 2.9	6.9% ± 3.2	13.8% ± 4.3	75.7% ± 4.8
Phillips, Powderhorn	1,240	*4.8% ± 3.6	9.3% ± 4.1	14.6% ± 4.9	71.4% ± 5.6
Calhoun-Isles, Longfellow, Nokomis, Southwest	1,001	^1.8% ± 2.3	*3.8% ± 2.5	*3.4% ± 2.2	91.0% ± 3.3
<b>Suburban Hennepin County</b>	6,373	1.8% ± 0.7	3.3% ± 0.8	4.6% ± 0.9	90.3% ± 1.3
Northwest suburbs	2,203	*1.8% ± 1.2	3.7% ± 1.6	4.6% ± 1.6	89.9% ± 2.3
Northwest - inner	1,250	*2.4% ± 2.2	6.0% ± 3.1	6.9% ± 3.1	84.7% ± 4.1
Northwest - outer	953	^1.3% ± 1.7	^1.9% ± 1.9	*2.8% ± 1.9	94.0% ± 2.6
West suburbs	1,967	*2.5% ± 1.9	2.8% ± 1.3	5.1% ± 1.9	89.5% ± 2.6
West - inner	1,061	^4.4% ± 4.4	*5.6% ± 3.4	*5.4% ± 3.3	84.6% ± 5.1
West - outer	906	^1.4% ± 1.9	*1.1% ± 0.8	5.0% ± 2.6	92.5% ± 2.9
South suburbs	2,203	*1.4% ± 1.4	3.0% ± 1.4	4.0% ± 1.7	91.6% ± 2.2
South - east	1,104	^1.8% ± 3.2	*4.2% ± 3.1	8.1% ± 4.4	85.9% ± 5.0
South - west	1,099	^1.2% ± 1.8	*2.5% ± 1.8	*2.3% ± 1.7	94.0% ± 2.5
<b>Age</b>					
18-24	490	^3.5% ± 4.5	8.3% ± 4.9	16.0% ± 6.5	72.2% ± 7.3
25-34	1,774	3.0% ± 1.7	5.8% ± 2.1	6.9% ± 2.2	84.4% ± 3.0
35-44	1,641	*3.5% ± 2.1	5.8% ± 2.3	5.8% ± 2.2	84.9% ± 3.2
45-54	1,491	3.4% ± 1.8	4.5% ± 2.0	4.9% ± 2.0	87.2% ± 2.9
55-64	2,110	1.6% ± 0.9	3.5% ± 1.3	5.6% ± 1.6	89.3% ± 2.0
65-74	1,996	*1.1% ± 1.0	3.1% ± 1.4	2.8% ± 1.0	93.0% ± 1.8
75 and older	1,529	*1.1% ± 0.8	5.3% ± 2.1	7.4% ± 2.4	86.2% ± 2.9
<b>Gender</b>					
Male	3,854	2.2% ± 1.0	4.1% ± 1.2	7.0% ± 1.5	86.7% ± 1.9
Female	7,229	2.9% ± 0.9	5.9% ± 1.1	5.8% ± 1.0	85.5% ± 1.5
Transgender	98	^11.4% ± 21.7	^9.7% ± 12.6	*21.4% ± 20.3	57.5% ± 18.9
<b>LGBT self-identification</b>					
LGBT self-identified	948	*4.5% ± 3.2	9.2% ± 3.8	11.6% ± 4.4	74.7% ± 5.3
Not LGBT self-identified	9,532	2.1% ± 0.6	4.1% ± 0.8	6.0% ± 0.9	87.8% ± 1.2



## About Your Community



During past 12 months, how often did lack of transportation keep you from getting places where you needed to go, such as jobs, medical appointments, or shopping?

Table 70	Sample	Often	Sometimes	Rarely	Never
	Size	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	548	12.6% ± 5.4	21.5% ± 5.5	12.0% ± 4.9	53.9% ± 6.3
Non-Hispanic					
American Indian or Alaska Native	225	21.6% ± 10.1	15.2% ± 7.5	*11.5% ± 8.3	51.7% ± 9.8
Asian or Asian American	366	^3.6% ± 4.0	11.2% ± 5.5	16.0% ± 7.5	69.2% ± 7.7
Southeast Asian	174	^5.6% ± 9.2	*14.1% ± 9.5	*15.8% ± 11.8	64.5% ± 11.7
Black or African American	1,690	14.9% ± 2.7	21.1% ± 3.0	12.3% ± 2.3	51.7% ± 3.5
US-born black	1,145	19.7% ± 4.0	25.2% ± 4.0	13.2% ± 3.0	41.9% ± 4.3
Foreign-born black	453	8.3% ± 4.1	15.0% ± 4.9	11.3% ± 4.4	65.4% ± 6.1
White	7,931	2.1% ± 0.6	3.9% ± 0.7	5.2% ± 0.8	88.8% ± 1.2
<b>Household income</b>					
< 200% of Federal Poverty Level	3,916	9.1% ± 2.3	15.4% ± 2.6	14.5% ± 2.6	61.1% ± 3.4
< 100% of Federal Poverty Level	2,042	13.8% ± 4.0	22.7% ± 4.8	19.0% ± 4.7	44.5% ± 5.2
100 - 199% of Federal Poverty Level	1,743	5.0% ± 2.7	9.8% ± 2.8	10.6% ± 3.1	74.6% ± 4.1
≥ 200% of Federal Poverty Level	6,811	*0.5% ± 0.4	1.6% ± 0.6	3.7% ± 0.8	94.2% ± 0.9
<b>Educational attainment</b>					
Less than high school	681	13.0% ± 6.7	20.3% ± 7.4	18.0% ± 7.0	48.6% ± 7.9
High school or GED	1,799	5.2% ± 2.5	9.4% ± 2.7	8.3% ± 2.8	77.1% ± 3.9
Some college	3,058	2.9% ± 1.3	5.8% ± 1.6	7.7% ± 1.9	83.6% ± 2.4
College degree or higher	5,482	*0.5% ± 0.4	1.6% ± 0.6	3.7% ± 0.8	94.2% ± 1.0
<b>Housing insecurity</b>					
Yes	1,627	14.7% ± 4.5	23.6% ± 5.2	16.2% ± 4.6	45.5% ± 5.6
No	9,461	1.4% ± 0.5	3.2% ± 0.7	5.4% ± 0.8	90.0% ± 1.1
<b>Self-reported disability</b>					
Yes	3,188	5.4% ± 1.8	11.1% ± 2.3	11.3% ± 2.4	72.2% ± 3.1
No	7,811	1.9% ± 0.7	3.3% ± 0.8	5.0% ± 0.9	89.8% ± 1.2
<b>Frequent mental distress</b>					
Yes	1,555	11.9% ± 3.7	12.0% ± 3.4	12.6% ± 3.6	63.5% ± 4.7
No	9,220	1.3% ± 0.5	3.8% ± 0.8	5.4% ± 0.9	89.5% ± 1.1

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# About Your Community



How often are you in a situation where you feel you are not accepted because of your race, culture, religion, or immigration status?

Table 71	Sample Size	At least once a week/Once or twice a month	A few times a year	Once a year or less often	Never
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,049	5.2% ± 0.8	8.0% ± 0.9	9.0% ± 1.0	77.9% ± 1.4
<b>Minneapolis</b>	4,702	7.3% ± 1.6	10.8% ± 1.7	9.9% ± 1.6	72.1% ± 2.4
Camden, Near North	1,349	13.5% ± 4.4	17.5% ± 5.3	11.3% ± 3.8	57.8% ± 5.9
Central, Northeast, University, St. Anthony	1,125	6.2% ± 3.1	11.0% ± 3.5	9.1% ± 3.5	73.6% ± 4.7
Phillips, Powderhorn	1,231	8.6% ± 3.9	12.4% ± 4.3	10.5% ± 3.7	68.4% ± 5.3
Calhoun-Isles, Longfellow, Nokomis, Southwest	997	*4.9% ± 3.0	6.8% ± 2.8	9.5% ± 2.8	78.8% ± 4.1
<b>Suburban Hennepin County</b>	6,347	4.0% ± 1.0	6.4% ± 1.1	8.5% ± 1.3	81.0% ± 1.7
Northwest suburbs	2,189	5.6% ± 2.0	5.9% ± 1.7	8.3% ± 2.0	80.2% ± 2.8
Northwest - inner	1,243	8.8% ± 3.8	8.4% ± 3.0	10.3% ± 3.4	72.5% ± 4.6
Northwest - outer	946	*3.0% ± 2.0	4.0% ± 2.1	6.7% ± 2.6	86.3% ± 3.3
West suburbs	1,962	3.6% ± 2.0	5.3% ± 1.9	9.0% ± 2.5	82.0% ± 3.2
West - inner	1,057	*4.0% ± 3.5	9.0% ± 3.8	9.3% ± 4.2	77.7% ± 5.2
West - outer	905	*3.4% ± 2.7	*3.2% ± 2.4	8.8% ± 3.4	84.6% ± 4.1
South suburbs	2,196	*2.2% ± 1.4	8.0% ± 2.4	8.6% ± 2.5	81.2% ± 3.1
South - east	1,096	*6.2% ± 4.2	8.5% ± 4.3	8.3% ± 3.9	77.0% ± 5.6
South - west	1,100	^0.5% ± 0.9	7.8% ± 3.0	8.7% ± 3.2	83.0% ± 3.9
<b>Age</b>					
18-24	489	*6.7% ± 4.8	*8.1% ± 5.0	12.4% ± 5.9	72.8% ± 7.1
25-34	1,771	6.0% ± 2.2	7.7% ± 2.0	10.4% ± 2.6	75.9% ± 3.3
35-44	1,637	7.8% ± 2.7	10.6% ± 2.7	10.3% ± 2.6	71.3% ± 3.7
45-54	1,482	5.6% ± 2.1	9.4% ± 2.6	9.7% ± 2.5	75.4% ± 3.5
55-64	2,099	3.7% ± 1.3	7.6% ± 1.9	8.1% ± 2.0	80.6% ± 2.6
65-74	1,988	1.9% ± 0.9	4.1% ± 1.6	5.7% ± 1.4	88.2% ± 2.1
75 and older	1,520	*1.0% ± 0.9	*3.3% ± 2.3	3.0% ± 1.2	92.7% ± 2.3
<b>Gender</b>					
Male	3,839	6.0% ± 1.5	8.6% ± 1.6	9.5% ± 1.7	76.0% ± 2.3
Female	7,197	4.6% ± 1.0	7.4% ± 1.1	8.6% ± 1.2	79.4% ± 1.6
Transgender	98	^14.7% ± 18.2	^17.1% ± 23.0	^9.0% ± 17.9	59.2% ± 19.4
<b>LGBT self-identification</b>					
LGBT self-identified	940	12.2% ± 4.6	11.5% ± 4.3	11.9% ± 4.3	64.4% ± 5.7
Not LGBT self-identified	9,498	4.5% ± 0.8	7.2% ± 0.9	8.8% ± 1.0	79.4% ± 1.4

# About Your Community



**How often are you in a situation where you feel you are not accepted because of your race, culture, religion, or immigration status?**

Table 71	Sample Size	At least once a week/Once or twice a month	A few times a year	Once a year or less often	Never
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	546	19.6% ± 6.1	18.3% ± 4.9	12.2% ± 4.6	50.0% ± 6.3
Non-Hispanic					
American Indian or Alaska Native	224	22.5% ± 9.5	19.3% ± 8.3	20.0% ± 9.7	38.2% ± 9.8
Asian or Asian American	362	11.0% ± 5.3	21.9% ± 6.8	24.2% ± 7.2	42.9% ± 7.5
Southeast Asian	173	*9.8% ± 7.9	17.6% ± 10.3	25.2% ± 12.0	47.3% ± 10.9
Black or African American	1,679	19.2% ± 3.0	19.0% ± 2.8	12.6% ± 2.5	49.2% ± 3.6
US-born black	1,138	25.8% ± 4.2	20.6% ± 3.5	13.2% ± 3.1	40.4% ± 4.4
Foreign-born black	450	10.5% ± 4.6	17.5% ± 5.4	12.7% ± 4.8	59.3% ± 6.4
White	7,905	2.5% ± 0.6	4.3% ± 0.7	6.6% ± 0.9	86.7% ± 1.2
<b>Household income</b>					
< 200% of Federal Poverty Level	3,893	12.7% ± 2.6	14.6% ± 2.6	9.8% ± 2.3	62.9% ± 3.4
< 100% of Federal Poverty Level	2,031	15.6% ± 4.2	14.9% ± 4.2	12.0% ± 4.1	57.4% ± 5.3
100 - 199% of Federal Poverty Level	1,733	10.4% ± 3.6	14.0% ± 3.6	8.3% ± 2.9	67.4% ± 4.5
≥ 200% of Federal Poverty Level	6,789	2.9% ± 0.8	5.9% ± 0.9	8.8% ± 1.1	82.5% ± 1.5
<b>Educational attainment</b>					
Less than high school	673	13.8% ± 6.7	14.6% ± 7.0	*9.5% ± 6.5	62.2% ± 8.2
High school or GED	1,790	8.7% ± 3.2	10.5% ± 3.1	8.2% ± 2.9	72.6% ± 4.2
Some college	3,048	5.6% ± 1.6	8.1% ± 1.8	9.0% ± 2.0	77.3% ± 2.7
College degree or higher	5,464	2.9% ± 0.8	6.4% ± 1.1	9.2% ± 1.3	81.5% ± 1.7
<b>Housing insecurity</b>					
Yes	1,616	18.7% ± 5.1	20.2% ± 5.1	12.0% ± 4.0	49.1% ± 5.7
No	9,423	3.8% ± 0.8	6.7% ± 0.9	8.7% ± 1.0	80.7% ± 1.4
<b>Self-reported disability</b>					
Yes	3,176	10.1% ± 2.4	11.0% ± 2.4	8.9% ± 2.1	70.1% ± 3.2
No	7,778	3.8% ± 0.9	7.1% ± 1.0	9.1% ± 1.1	80.0% ± 1.5
<b>Frequent mental distress</b>					
Yes	1,547	17.0% ± 4.1	12.5% ± 3.4	12.3% ± 3.7	58.2% ± 4.7
No	9,182	3.6% ± 0.8	7.1% ± 0.9	8.7% ± 1.0	80.7% ± 1.4

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

# About Your Community



How often are you in a situation where you feel you are not accepted because of your sexual orientation or gender identity?

Table 72	Sample Size	At least once a week/Once or twice a month	A few times a year	Once a year or less often	Never
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Hennepin County total</b>	11,053	2.7% ± 0.6	3.9% ± 0.7	3.4% ± 0.6	89.9% ± 1.0
<b>Minneapolis</b>	4,701	5.1% ± 1.4	7.2% ± 1.5	5.6% ± 1.2	82.1% ± 2.1
Camden, Near North	1,349	5.5% ± 2.8	8.5% ± 4.4	4.3% ± 2.5	81.6% ± 4.9
Central, Northeast, University, St. Anthony	1,120	*4.7% ± 2.8	9.3% ± 3.4	5.7% ± 3.1	80.3% ± 4.4
Phillips, Powderhorn	1,233	6.4% ± 3.5	7.7% ± 3.4	8.4% ± 3.0	77.5% ± 4.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	999	*4.6% ± 2.8	4.7% ± 2.5	4.4% ± 2.0	86.3% ± 3.6
<b>Suburban Hennepin County</b>	6,352	1.5% ± 0.7	2.2% ± 0.7	2.3% ± 0.7	94.1% ± 1.0
Northwest suburbs	2,196	*1.2% ± 1.1	2.2% ± 1.2	1.6% ± 0.9	95.0% ± 1.6
Northwest - inner	1,245	^2.5% ± 2.4	*3.5% ± 2.3	*1.8% ± 1.5	92.2% ± 3.1
Northwest - outer	951	^0.2% ± 0.5	^1.1% ± 1.4	*1.5% ± 1.4	97.2% ± 1.7
West suburbs	1,959	*2.5% ± 2.0	*2.4% ± 1.5	2.3% ± 1.3	92.8% ± 2.4
West - inner	1,056	^2.3% ± 3.2	*5.4% ± 3.8	*2.6% ± 1.7	89.6% ± 4.3
West - outer	903	^2.6% ± 2.9	^0.5% ± 0.9	*2.1% ± 2.0	94.8% ± 3.1
South suburbs	2,197	^1.0% ± 1.1	2.0% ± 1.2	3.1% ± 1.6	93.9% ± 1.9
South - east	1,099	^1.9% ± 2.4	*2.8% ± 2.0	*4.1% ± 3.2	91.2% ± 3.7
South - west	1,098	^0.6% ± 1.6	*1.7% ± 1.6	*2.7% ± 2.0	95.0% ± 2.5
<b>Age</b>					
18-24	487	10.7% ± 5.6	*6.1% ± 4.5	*7.0% ± 5.2	76.2% ± 7.0
25-34	1,767	4.3% ± 1.8	6.0% ± 2.0	5.2% ± 1.7	84.5% ± 2.8
35-44	1,641	2.9% ± 1.7	5.4% ± 1.9	2.9% ± 1.4	88.7% ± 2.5
45-54	1,486	*1.6% ± 1.2	3.1% ± 1.4	2.7% ± 1.3	92.5% ± 2.0
55-64	2,095	*1.2% ± 0.8	2.5% ± 1.1	3.2% ± 1.3	93.1% ± 1.7
65-74	1,988	*0.3% ± 0.3	*1.2% ± 0.8	2.0% ± 0.9	96.5% ± 1.1
75 and older	1,524	^0.2% ± 0.6	^0.9% ± 2.8	*1.0% ± 0.7	97.8% ± 1.9
<b>Gender</b>					
Male	3,842	3.2% ± 1.1	4.5% ± 1.2	3.3% ± 1.0	89.0% ± 1.7
Female	7,199	2.3% ± 0.7	3.4% ± 0.7	3.4% ± 0.7	90.8% ± 1.2
Transgender	97	41.6% ± 18.6	*24.9% ± 22.1	^10.6% ± 21.8	*22.9% ± 15.4
<b>LGBT self-identification</b>					
LGBT self-identified	940	21.6% ± 5.2	26.1% ± 5.1	15.9% ± 4.5	36.4% ± 5.4
Not LGBT self-identified	9,508	1.1% ± 0.5	1.9% ± 0.5	2.4% ± 0.5	94.6% ± 0.8

# About Your Community



**How often are you in a situation where you feel you are not accepted because of your sexual orientation or gender identity?**

Table 72	Sample Size	At least once a week/Once or twice a month	A few times a year	Once a year or less often	Never
	N	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.	% ± 95% C.I.
<b>Selected race/ethnicity</b>					
Hispanic	542	*8.5% ± 5.2	6.3% ± 3.5	*2.5% ± 1.9	82.8% ± 5.5
Non-Hispanic					
American Indian or Alaska Native	224	^9.5% ± 9.4	*5.6% ± 4.7	*6.7% ± 6.4	78.2% ± 9.4
Asian or Asian American	362	^1.3% ± 1.5	*6.9% ± 5.4	*7.2% ± 5.1	84.7% ± 6.3
Southeast Asian	171	^2.3% ± 3.3	^7.3% ± 9.6	^9.9% ± 10.2	80.5% ± 10.9
Black or African American	1,680	6.6% ± 1.9	5.7% ± 1.8	5.2% ± 1.7	82.5% ± 2.8
US-born black	1,136	8.9% ± 3.0	6.2% ± 2.3	7.4% ± 2.8	77.4% ± 3.9
Foreign-born black	452	*3.4% ± 2.6	*4.6% ± 3.7	*2.4% ± 2.1	89.6% ± 4.2
White	7,908	2.0% ± 0.5	3.5% ± 0.6	3.0% ± 0.6	91.5% ± 0.9
<b>Household income</b>					
< 200% of Federal Poverty Level	3,893	5.8% ± 2.0	5.8% ± 1.9	3.6% ± 1.3	84.8% ± 2.7
< 100% of Federal Poverty Level	2,031	7.3% ± 3.6	6.3% ± 3.3	4.7% ± 2.6	81.7% ± 4.5
100 - 199% of Federal Poverty Level	1,734	4.8% ± 2.6	5.1% ± 2.3	2.7% ± 1.5	87.3% ± 3.3
≥ 200% of Federal Poverty Level	6,792	1.7% ± 0.5	3.4% ± 0.7	3.4% ± 0.7	91.5% ± 1.0
<b>Educational attainment</b>					
Less than high school	672	*6.0% ± 5.8	^3.7% ± 5.0	^2.2% ± 3.7	88.1% ± 6.7
High school or GED	1,787	*3.0% ± 2.2	*3.5% ± 2.3	*1.5% ± 1.4	92.0% ± 2.9
Some college	3,054	3.0% ± 1.4	3.6% ± 1.4	3.9% ± 1.4	89.6% ± 2.1
College degree or higher	5,466	2.2% ± 0.7	4.3% ± 0.9	3.9% ± 0.8	89.5% ± 1.2
<b>Housing insecurity</b>					
Yes	1,612	9.6% ± 4.2	8.3% ± 3.7	5.0% ± 2.7	77.0% ± 5.1
No	9,432	2.0% ± 0.6	3.5% ± 0.6	3.3% ± 0.6	91.2% ± 1.0
<b>Self-reported disability</b>					
Yes	3,175	5.7% ± 2.0	5.7% ± 1.9	3.6% ± 1.4	85.1% ± 2.7
No	7,781	1.9% ± 0.6	3.5% ± 0.7	3.4% ± 0.7	91.2% ± 1.1
<b>Frequent mental distress</b>					
Yes	1,546	8.7% ± 3.1	6.6% ± 2.7	4.8% ± 2.4	79.9% ± 4.0
No	9,188	2.0% ± 0.6	3.6% ± 0.7	3.3% ± 0.6	91.2% ± 1.0

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)

## About Your Community



<b>Table 73</b>	<b>Sample Size</b>	<b>Yes</b>
	<b>N</b>	<b>% ± 95% C.I.</b>
<b>Hennepin County total</b>	10,493	8.3% ± 0.9
<b>Minneapolis</b>	4,404	15.8% ± 2.0
Camden, Near North	1,253	15.2% ± 4.6
Central, Northeast, University, St. Anthony	1,062	18.7% ± 4.4
Phillips, Powderhorn	1,126	20.5% ± 4.7
Calhoun-Isles, Longfellow, Nokomis, Southwest	963	11.2% ± 3.4
<b>Suburban Hennepin County</b>	6,089	4.3% ± 0.9
Northwest suburbs	2,093	4.5% ± 1.6
Northwest - inner	1,168	7.8% ± 3.3
Northwest - outer	925	*2.1% ± 1.5
West suburbs	1,892	4.1% ± 1.6
West - inner	1,012	6.2% ± 2.8
West - outer	880	*2.9% ± 2.3
South suburbs	2,104	4.0% ± 1.6
South - east	1,047	6.4% ± 3.2
South - west	1,057	*3.1% ± 2.0
<b>Age</b>		
18-24	462	23.0% ± 7.0
25-34	1,664	12.6% ± 2.6
35-44	1,527	7.4% ± 2.0
45-54	1,425	7.0% ± 1.9
55-64	2,012	4.9% ± 1.3
65-74	1,915	3.6% ± 1.1
75 and older	1,434	*1.9% ± 1.2
<b>Gender</b>		
Male	3,679	9.9% ± 1.6
Female	6,806	6.9% ± 1.0
Transgender	98	100.0% ± 0.0
<b>LGBT self-identification</b>		
LGBT self-identified	948	100.0% ± 0.0
Not LGBT self-identified	9,545	0.0% ± 0.0

## About Your Community



Table 73	Sample	Yes
	Size	% ± 95% C.I.
Selected race/ethnicity		
N		
Hispanic	434	17.1% ± 6.6
Non-Hispanic		
American Indian or Alaska Native	216	*10.7% ± 7.5
Asian or Asian American	330	*8.6% ± 5.3
Southeast Asian	152	*7.3% ± 7.0
Black or African American	1,464	8.9% ± 2.4
US-born black	1,060	9.7% ± 3.1
Foreign-born black	339	*6.1% ± 4.5
White	7,739	7.8% ± 0.9
Household income		
< 200% of Federal Poverty Level	3,474	12.8% ± 2.6
< 100% of Federal Poverty Level	1,772	12.4% ± 4.2
100 - 199% of Federal Poverty Level	1,618	13.1% ± 3.7
≥ 200% of Federal Poverty Level	6,695	7.0% ± 0.9
Educational attainment		
Less than high school	533	*6.7% ± 6.0
High school or GED	1,603	7.7% ± 3.1
Some college	2,931	8.7% ± 2.0
College degree or higher	5,385	8.4% ± 1.1
Housing insecurity		
Yes	1,484	16.8% ± 4.7
No	8,998	7.5% ± 0.9
Self-reported disability		
Yes	3,031	12.2% ± 2.5
No	7,374	7.2% ± 1.0
Frequent mental distress		
Yes	1,477	15.0% ± 3.7
No	8,768	7.4% ± 0.9

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

\* Estimate is potentially unreliable and should be used with caution. (Relative Standard Error is > 30% and ≤ 50%)

^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error > 50%)







**SHAPE 2018**  
Celebrating 20 years of health trends

# Appendices

# Appendix A

## Technical Notes

### General Technical Notes

Each of the data tables in this data book present one or more health indicators. The data are reported for Hennepin County total, ten geographic areas within Hennepin County, and for selected demographic characteristics and social conditions, including age, gender, LGBT self-identification, race and ethnicity, household income, educational attainment, housing insecurity, self-reported disability and frequent mental distress. Respondents were asked to identify whether they were transgender. While nearly 100 respondents indicated that they were transgender, the relative standard error for point estimates for that reporting group are high and the data is therefore unreliable and suppressed. For those interested in further analyzing results for those identifying as transgender, please contact the research team.

### Geographic area

Information on the residential location of survey respondents was obtained by extracting address data from the sample frame used for this project. The address data were then geocoded into ten SHAPE 2018 reporting areas. Based on these ten reporting areas, data for the city of Minneapolis, and all suburban Hennepin County areas, and three suburban divisions are also reported.

Some special notes need to be made for the respective data users:

- Changes in geography for most reporting areas between SHAPE 2018 and earlier SHAPE data have been made. These changes include:
  - Minneapolis reporting areas: changes have been made to three of four reporting areas between SHAPE 2018 and SHAPE 2014;
  - Northwest suburbs: Brooklyn Park was grouped as part of inner ring in SHAPE 2018 whereas it was included in the outer ring area in earlier SHAPE surveys.
  - South suburbs: Bloomington was divided into west and east areas in SHAPE 2018, where in earlier SHAPE surveys south suburbs had been divided into inner and outer areas.
- For data users who have a specific need to compare SHAPE 2018 to earlier reported SHAPE data, please contact the project team for assistance.
- Survey respondents needed to have geographic data available in their response to be included in the final dataset. However, a few respondents of the mail survey blacked out or removed survey barcodes that contained geographic area information. They were excluded from final survey dataset as they could not be assigned to a geographic reporting area.

### Age

Age was based on the survey respondent's self-reported age (Question F4).

#### F4. What is your age?

 Years

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Age is one of the key reporting demographic variables for this data book as well as for the statistical weight calculation. Detailed data processes and cleaning for the age variable were made to reduce missing and data errors for the whole dataset, which is 13,093 cases (both mail mode and in-person mode). This included:

- All data respondents provided, either age in numeric value, or in text description, were captured in data entry. The text part of the data was converted into numeric age value based on the review of text content.
- There were about 550 cases where age was missing or was outside of the valid age range of 18 to 115 years. For these cases, the survey team manually reviewed all paper surveys to check for age-related comments, notes written on the surveys or potential scanning errors, in order to make respective corrections and changes. Additionally, responses from other age-related survey questions, including “years living in the United States.” were used to impute age if it was missing or unable to be determined.
- With these corrections made, 164 (54 from the mail mode and 30 from the in-person mode) still had age missing, but noted they were retired or were on Medicare, their age value was assigned as “65 and older.”
- After all above described efforts were made, removing the survey duplicates (n=775) and survey incompletes (n=184), 221 (82 from mail mode and 139 from in-person mode) surveys still had age missing or invalid. These were excluded from the combined final dataset (n=11,912).

Seven age groups are presented in this data book. The groups are: 18-24, 25-34, 35-44, 45-54, 55-64, 65-74, and 75 and older. Among the 11,143 survey respondents presented in this data book, 71 cases that were assigned the age group “65 and older” are excluded from reporting by age due to lack of information to place them in either age 65-74 or age 75 and older.

### Gender

Gender was assessed by the questions F1 and F2:

**F1. Are you...**

- Male
- Female

**F2. Do you consider yourself to be transgender?**

- Yes
- No

Several steps were taken to reduce the number of missing and potential data processing errors for question F1. Of 13,093 surveys that were received, 268 did not complete question F1. The following survey questions were used to impute those missing responses:

- Hypertension during pregnancy (A5a),
- Diabetes during pregnancy (A5b),
- Gender specific binge drinking question (C22).

After reviewing responses to the above three questions, 178 surveys were assigned a response to F1. After removing the survey duplicates (n=775), survey incompletes (n=184), and cases where both F1 and age were

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missing (n=12), 17 surveys still had gender missing. All but one were kept in the final dataset and were randomly assigned with a F1 response to calculate statistical weight. One case was excluded from the final dataset (n=11,912) since many other items in the last section were also missing.

With that, the 11,143 sample used for this data book, 14 cases were missing a response to F1 and were excluded for data reporting.

Of 11,143 respondents represented in this data book, 98 self-identified as transgender. Of those, just over half (54%, n=53) were from the mail sample, and 46% (n=45) were the non-respondent conversions and sample replacements from in-person sample. Survey results among those who identified as transgender were examined for all questions in the survey, and overall, results did not meet criteria for statistical reliability (Relative Standard Error >30%)<sup>5</sup>. As a result, results for the transgender population have not been reported in the data book. In consultation with key stakeholders, the category "Transgender" is recognized as a gender category in the report with suppressed results due to low statistical reliability. Transgender results are included, along with those individuals who self-identified as gay, lesbian, and bisexual in the category "LGBT self-identified", consistent with the GLAAD publication: *Ally's Guide to Terminology: Talking about LGBT People and Equality*<sup>6</sup>.

### LGBT self-identity

Respondents were asked to check one response category to represent their sexual orientation via question F3.

**F3. Do you consider yourself .....**

- Heterosexual or straight
- Lesbian or gay
- Bisexual

In case those respondents checked more than one response category, a trumping rule was used to guide data entry: the highest priority included bisexual, then lesbian or gay, and then, heterosexual or straight.

In this data book, gay, lesbian and bisexual respondents are combined along with transgender respondents in the category "LGBT self-identified", consistent with the GLAAD publication: *Ally's Guide to Terminology: Talking about LGBT People and Equality*<sup>6</sup>.

### Race and ethnicity

Race and ethnic categories used for this databook were derived from the answers to the following 2 questions:

**F6. Are you Hispanic or Latino/a?**

- Yes
- No

**F7. Which of the following do you consider yourself?**

(MARK ALL THAT APPLY)

- White
- Black or African American
  - If Black or African American, are you...?
  - African American
  - Somali, Oromo, Ethiopian, or from another East African country
  - Liberian, Nigerian, or from another West African country
  - Other, specify \_\_\_\_\_
- Asian or Asian American
  - If Asian or Asian American, are you...?
  - Hmong, Cambodian, Laotian, Thai, Vietnamese or Burmese,
  - Other, specify \_\_\_\_\_
- American Indian or Alaska Native
- Native Hawaiian or other Pacific Islander
- Other, specify \_\_\_\_\_

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Race and ethnicity are also key demographic variables for this data book. Key data cleaning and recode steps included:

- Data scan “spill over” check
  - F7 is a “CHECK ALL THAT APPLY” question. For response categories with check boxes that were printed too close to each other, they are highly susceptible to have “spill over” errors via scanning. For example, a white respondent who checked “white”, scanner might have picked “Black or African American” as “checked” as well due to minor stray mark. Survey pre-scanning aimed to spot any stray mark and to white it out. However, scanning “spill over” due to subtle stray mark, still exists.
  - There are four neighboring response check box pairs. Of 13,093 surveys returned, 542 surveys have at least one pair of neighboring race categories scanned in as checked. All 542 paper surveys were pulled out to be checked and verified. Two-thirds (69%) of these checked pairs were found to have “spill over” errors and respective correction in data were made.
- Open-ended text coding and race group designation Question F7 had three text fields for respondents to write in. There were 702 text strings entered. These text strings were coded according to standard protocol. Then, these race codes were consolidated into major race codes that aligned with question F7.
- In the final race group designation, coded text data from the three open text fields were used only if none of the five major race groups was checked, or if only one race group checked, but text coded race group differs from the checked race.

For this data book, health indicators are reported for five major racial and ethnic groups, and three sub-race groups. Sample size for each of these groups is summarized in Table B.

**Table B. Sample size for reported racial/ethnic groups**

Race/Ethnicity	N	%
Hispanic	550	4.9%
Non-Hispanic		
American Indian or Alaska Native	226	2.0%
Asian	367	3.3%
Southeast Asian	174	
Black or African American	1,698	15.2%
Foreign-born	457	
US-born	1,148	
Unknown	93	
White		71.2%
Groups with small sample size and not reported separately	287	2.6%
Blank, unknown	79	0.7%
Total	11,143	100.0%

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Special notes on race and ethnicity groups and subgroups include:

- Hispanic ethnicity and race are mutually exclusive. If a respondent who self-identified with Hispanic ethnicity, and at the same time, checked one or more race, they were classified as “Hispanic” only.
- The major race groups listed in table are the primary race that survey respondents checked. Anyone who checked two or more races were categorized in “multiracial” groups, which is not reported.
- One exemption to the above rule was for American Indian or Alaska Native. Of the 11,143 respondents represented in this data book, 102 respondents checked their race as American Indian or Alaska Native only. Consequently, a decision was made to expand the definition of American Indian/Alaska Native to those who checked American Indian or Alaska Native and also checked only other race. Using this definition, the American Indian or Alaska Native sample size is 226 respondents.
- Southeast Asian are those respondents who indicated they were Hmong, Cambodian, Laotian, Thai, Vietnamese or Burmese.
- The two sub-groups of foreign-born or US-born black or African American, were derived from their response to Question F10.

**F10. Were you born in the United States?**

- Yes → GO TO QUESTION F12  
 No

The cases of US-born black and foreign-born black do not add up to total of black or African American group. This was due to 93 cases who did not answer question F10 and as a result they are excluded from the subgroup report.

### Household Income

Household income was measured by Federal Poverty Level (FPL). Reporting categories include under 200 percent FPL as well as at or above 200 percent FPL. For those under 200 percent FPL, data were further divided into less than 100 percent FPL and 100-199 percent FPL. Their reporting categories were derived from the answers to survey questions on household income and household size, and categorized using 2017 FPL5.

Data on household size was the sum of responses from three categories under Question F9.

**F9. INCLUDING YOURSELF, how many adults and children live in your household?**

Number of adults age 18 or older  
(INCLUDING YOURSELF)

Number of children age 0-5

Number of children age 6-17

The number of adults in a household were a critical factor in the statistical weight calculation. Special efforts were made to reduce potential data error, correcting invalid values, and imputing those that were missing. Of the 13,093 surveys returned, 139 had household sizes that were exceptionally large, such as a size of ten or more, or seven or more adults in the same household. To make needed corrections, these responses were checked manually and the address was entered in a google search to determine the housing type.

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Additionally, a small percentage of respondents left “number of adults in the household” blank or entered “0.” A simple imputation was performed to designate a new value for the number of adults living in the household for these respondents using the following logic:

- If value was missing or 0, the designated value was 1,
- If the value was 1 and the respondents reported being married, living with a partner in a marriage-like relationship, the designated value was 2.

To get the measurement for household income, survey respondents were asked (F8):

**F8. Please tell us your annual household income in 2017 from all earners and all sources, before taxes.**

*Remember, your responses are confidential.*

- |   |   |
|---|---|
| <input type="radio"/> \$10,000 or less  | <input type="radio"/> \$41,001 – 49,000 |
| <input type="radio"/> \$10,001 – 15,000 | <input type="radio"/> \$49,001 – 58,000 |
| <input type="radio"/> \$15,001 – 24,000 | <input type="radio"/> \$58,001 – 66,000 |
| <input type="radio"/> \$24,001 – 32,000 | <input type="radio"/> \$66,001 – 74,000 |
| <input type="radio"/> \$32,001 – 41,000 | <input type="radio"/> \$74,001 or more  |

The income level ranges listed in F8 were designed to capture data for three levels of FPL classification, and were guided by the 2017 Federal Poverty Guideline<sup>7</sup> (Table C) with more detailed income levels for low income.

**Table C. 2017 Federal Poverty Guidelines**

Household size	100% FPL	200% FPL*
1	\$12,060	\$24,120
2	\$16,240	\$32,480
3	\$20,420	\$40,840
4	\$24,600	\$49,200
5	\$28,760	\$57,660
6	\$32,960	\$65,920
7	\$37,140	\$74,280
8	\$41,320	\$82,640
9	\$45,500	\$91,000
10	\$49,680	\$99,360

Respondents were instructed to check only one option. If respondents checked two response categories, one was selected via systematic randomization using a randomization sheet. If three response categories were checked, the mid-point was selected. If 4 or more categories were marked, the response was marked as invalid.

There were a few respondents who checked two or more income levels. In the mail survey pre-scan process, a conservative approach was used to check only the lower household income category to be scanned in for data reporting.

These income categories were then converted to FPL, either under 200 percent FPL (<200% FPL) or at or above 200 percent FPL (≥200% FPL) according to 2017 FPL and household size. The household size was capped at ten in the poverty level calculation. Details on the classification are illustrated in Table D



**Table D Classification of household income measured by 2017 Federal Poverty Guidelines (FPL)**



Household size \ Household income	<10,000 (1)	\$10,001-\$15,000 (2)	\$15,001-\$24,000 (3)	\$24,001-\$32,000 (4)	\$32,001-\$41,000 (5)	\$41,001-\$49,000 (6)	\$49,001-\$58,000 (7)	\$58,001-\$66,000 (8)	\$66,001-\$74,000 (9)	\$74,001 or above (10)
1	<100%	100-199%	100-199%	≥200%	≥200%	≥200%	≥200%	≥200%	≥200%	≥200%
2	<100%	≤100%	100-199%	100-199%	≥200%	≥200%	≥200%	≥200%	≥200%	≥200%
3	<100%	≤100%	100-199%	100-199%	100-199%**	≥200%	≥200%	≥200%	≥200%	≥200%
4	<100%	≤100%	≤100%	100-199%	100-199%	100-199%	≥200%	≥200%	≥200%	≥200%
5	<100%	≤100%	≤100%	100-199%	100-199%	100-199%	100-199%**	≥200%	≥200%	≥200%
6	<100%	≤100%	≤100%	≤100%	100-199%	100-199%	100-199%	100-199%**	≥200%	≥200%
7	<100%	≤100%	≤100%	≤100%	100-199%	100-199%	100-199%	100-199%	100-199%	≥200%
8	<100%	<100%	<100%	<100%	<100%	100-199%	100-199%	100-199%	100-199%	≥200%
9	<100%	<100%	<100%	<100%	<100%	100-199%	100-199%	100-199%	100-199%	≥200%
10	<100%	<100%	<100%	<100%	<100%	<100%	100-199%	100-199%	100-199%	≥200%

Among the 13,093 surveys returned, 715 (or 5.5%) did not answer the household income question. For these respondents, if they checked the box for survey question B1a or they answered “Yes” to survey question E6 (see below), they were classified as under 200% FPL. (The income eligibility requirement for receiving MFIP, WIC or Food Support is below 200 percent FPL). As a result, 208 additional respondents were classified as under 200 percent FPL.

**B1. Do you currently have any of the following types of health insurance? (MARK ALL THAT APPLY)**

- Health insurance or coverage through your employer or your spouse/partner, parent, or someone else’s employer

**E6. During the past 12 months, have you or anyone in your household received Medical Assistance (MA), food support (e.g., food stamps, or SNAP), WIC, or cash assistance such as MFIP or General Assistance (GA)?**

- Yes
- No
- Don’t know

The classification of household income measured by FPL for the 11,143 sample used for this report is illustrated in Table E. A small proportion (3.4%) of the sample had household income missing or invalid.



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**Table E. Number of respondents by household income (unweighted)**

Household income	N	Percent
<200% of FPL	<b>3940</b>	35.3%
<100% of FPL	2058	-
100-199% of FPL	1749	-
≥ 200 of FPL	<b>6828</b>	61.3%
FPL unknown	375	3.4%
Total	11,143	100.0%

One special note for Table E is that cases of two subcategories for these under 200 percent FPL do not add to 3,940. This is due to the 133 surveys with income missing that were able to be imputed as under 200 percent FPL, but were not able to be classified under either of the two subgroups of under 200 percent FPL.

### Education

Educational level of survey respondents was obtained by asking question F5.

**F5. What is the highest grade or year of school you have completed?**

- Less than high school
- High school graduate or GED
- Some college, associate's degree or vocational/technical/business school
- Bachelor's degree or higher

Respondents were instructed to check only one option. Among cases where respondents checked two or more options, the highest educational level was selected as the valid response.

Of 11,143 sample used for this report, 103 respondents (or 0.9%) did not answer this question and were excluded when data was reported by education.

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## Housing insecurity

Housing insecurity was derived from survey responses to the following two questions:

- E8. During the past 12 months, did you or your family miss or delay a rent or mortgage payment because you did not have enough money?**
- Yes
  - No
- E9. During the past 12 months, how often have you stayed in a shelter, somewhere not intended as a place to live, or someone else's home because you had no other place to stay?**
- Never
  - Once
  - Twice
  - Three or more times

Respondents who answered “yes” to Question E8 or “once” or more often to Question E9 were classified as having experienced housing insecurity.

## Disability status

Disability status was classified based on the response to the survey question A8.

- A8. Are you limited in any activities because of physical, mental, or emotional problems?**
- Yes
  - No

## Frequent mental distress

All survey respondents were asked:

- A3. 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?**

Number of days

Respondents who reported 14 or more days during the past 30 days that their mental health was not good were classified as having frequent mental distress.

Most data tables in this data book report survey responses from a single survey question and report all response options. However, there are some exceptions.

- For some tables, while only one survey question was used, the indicators reported combine two or three response options. This is done either due to column space limitations or because the percentages for some response options are very low and combining response options increases the meaning of the indicator.
- Some tables report data that are coded specifically or calculated from two or more survey questions, and details are described in Table F.

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### Table-specific Technical Notes

**Table F. Table-specific technical notes**

Table	Topic	Table-Specific Technical Notes
1	HRQOL- commonly used indicators	<p>Very good or excellent health - refer to Table 2 for the question used.</p> <p>Poor or fair health - refer to Table 2 for the question used.</p> <p>Frequent physical health distress - refer to Table 3 for the question used. The respondents who reported 14 or more days that their physical health was not good are classified as having frequent physical distress.</p> <p>Frequent mental distress - refer to Table 4 for the question used. The respondents who reported 14 or more days that their mental health was not good are classified as having frequent mental distress.</p> <p>NA: The result is not applicable as reporting category and health indicator are the same.</p>
3 to 4	Unhealthy physical health days; Unhealthy mental health days	Valid range is 0 to 30 days. A value of 31 days is coded as 30. A value exceeding 31 days is classified as invalid. <sup>8</sup>
5	High risk of depression, PHQ-2	<p>High risk of depression is a scale derived from two survey questions.</p> <p><i>A4. During the past two weeks, how often have you been bothered by any of the following problems?</i></p> <p><i>a. Little interest or pleasure in doing things</i></p> <ul style="list-style-type: none"> <li><input type="radio"/> Not at all</li> <li><input type="radio"/> Several days</li> <li><input type="radio"/> More than half the days</li> <li><input type="radio"/> Nearly every day</li> </ul> <p><i>b. Feeling down, depressed, or hopeless</i></p> <ul style="list-style-type: none"> <li><input type="radio"/> Not at all</li> <li><input type="radio"/> Several days</li> <li><input type="radio"/> More than half the days</li> <li><input type="radio"/> Nearly every day</li> </ul> <p>These two survey questions are called Patient Health Questionnaire-2, (PHQ-2). The PHQ-2 includes the first 2 items of the PHQ-9. For each item, response to "Not at all," "Several days," "More than half the days," and "Nearly every day," are scored as 0, 1, 2, and 3, respectively. The PHQ-2 score can range from 0 to 6. A score of 3 points or more on this version of the PHQ-2 has a sensitivity of 83 percent and a specificity of 92 percent for major depression disorders code.<sup>9</sup></p>
6	Hypertension	<p>The response options for the survey questions used for Table 6 are:</p> <ul style="list-style-type: none"> <li><input type="radio"/> Yes</li> <li><input type="radio"/> Yes, but only during pregnancy</li> <li><input type="radio"/> Borderline high or pre-hypertensive</li> <li><input type="radio"/> No</li> </ul> <p>The category <i>Yes, but only during pregnancy</i> is not reported in these data tables due to very low percentages.</p>

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Table	Topic	Table-Specific Technical Notes
7	Diabetes	<p>The response options for the survey questions used for Table 7 are:</p> <ul style="list-style-type: none"> <li><input type="radio"/> Yes</li> <li><input type="radio"/> Yes, but only during pregnancy</li> <li><input type="radio"/> Pre-diabetes or borderline diabetes</li> <li><input type="radio"/> No</li> </ul> <p>The category <i>Yes, but only during pregnancy</i> is not reported in these data tables due to very low percentages.</p>
8	Body weight, Body Mass Index (BMI)	<p><i>Body mass index</i> (BMI) is calculated from self-reported weight and height using the standard formula:</p> $\text{BMI} = (\text{weight in kilograms}) \div (\text{Height in meters})^2$ $\text{BMI} = 703 * (\text{weight in pounds}) \div (\text{Height in inches})^2.$ <p>When reporting weight, female respondents who were pregnant at the time of the survey were asked to provide their weight before they were pregnant.</p> <p>Classification of weight status by BMI according to national guidelines are: <i>underweight</i> (BMI &lt; 18.5); <i>normal weight</i> (BMI = 18.5 to 24.9); <i>overweight</i> (BMI = 25.0 to 29.9) and <i>obese</i> (BMI ≥ 30.0).<sup>10</sup></p> <p>Valid value range for height is 36 to 95 inches; Valid range for weight is 50 to 650 pounds; and for BMI is 12 to 99. This is consistent with BRFSS 2014 data coding guidelines.<sup>11</sup></p>
9	Disability	NA: The result is not applicable as reporting category and health indicator are the same.
10	ADL disability	The indicator/measure is aka activity of daily living (ADL) disability.
11	IADL disability	The indicator/measure is aka instrumental activity of daily living (IADL) disability.
12	ADL or IADL disability	ADL/IADL disability reported in this table is derived from ADL disability reported in Table 10 and IADL disability reported in Table 11.

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Table	Topic	Table-Specific Technical Notes
13, 14	Healthcare coverage, current status	<p><b>Acronyms used in the questions:</b>            CHAMPUS: Civilian Health and Medical Program of the Uniformed Service.            MNSure: a marketplace where Minnesotans can shop, compare and choose health insurance coverage that meets their needs, and is the only place where consumers can qualify for financial help either through federal tax credits or through MinnesotaCare and Medical Assistance.            TRICARE: formerly known as CHAMPUS, is a health care program of the United States Department of Defense Military Health System. Tricare provides civilian health benefits for U.S Armed Forces military personnel, military retirees, and their dependents, including some members of the Reserve Component.</p> <p>There are other surveys that estimate insurance status at the state and federal level, including the Minnesota Health Access Survey and the American Community Survey. Due to differences in question format and coding of responses, specific caution is advised in comparing SHAPE results to other estimates of insurance status. The public use data file for this project contains original as well as created variables used for this data book. The file is available upon request.</p> <p>Data on health insurance coverage was derived from B1, a ten-item survey question. This is a "CHECK ALL THAT APPLY" question.</p> <p>B1. Do you currently have any of the following types of health insurance?</p> <ul style="list-style-type: none"> <li><input type="radio"/> Health insurance or coverage through your employer or your spouse/partner, parent, or someone else's employer</li> <li><input type="radio"/> Health insurance or coverage bought directly by yourself or your family (not through an employer)</li> <li><input type="radio"/> Indian or Tribal Health Service</li> <li><input type="radio"/> Medicare</li> <li><input type="radio"/> Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)</li> <li><input type="radio"/> MinnesotaCare</li> <li><input type="radio"/> Insurance through MNSure</li> <li><input type="radio"/> CHAMPUS, TRICARE, or Veteran's benefits</li> <li><input type="radio"/> Other health insurance or coverage (please specify):</li> <li><input type="radio"/> NO health insurance coverage</li> </ul> <p>Data cleaning and recoding steps for B1 included :</p> <ul style="list-style-type: none"> <li>• Data scan "spill over" check</li> </ul> <p>The check boxes for many response items were printed very close to each other and were highly susceptible to have "spill over" errors via scanning. Of 13,093 surveys returned, 880 checked at least a pair of neighboring response categories. All these 880 surveys were pulled out to be checked and verified. Close to 40% of these checked pairs were found to have "spill over" errors and respective correction in data were made.</p> <ul style="list-style-type: none"> <li>• Open-end text coding and coding consolidation</li> </ul> <p>Over a thousand of respondents (n=1,232) checked "other" as health insurance coverage. Of them, 1,211 entered text strings to specify. These text strings were coded according to standard protocol, and they were grouped into one of the follow 4 groups.</p>

Table	Topic	Table-Specific Technical Notes
13, 14	Healthcare coverage, current status	<p>(1) Name of insurance providers without details on coverage type (65%),            (2) Name of supplemental insurance without details on coverage type (21%)            (3) Actual coverage types that were listed in the B1 (11%)            (4) Invalid, not related to health insurance (3%).</p> <p>In most cases if the respondents checked "other", but also checked one more coverage type, the actual coverage type they checked trumped.</p> <ul style="list-style-type: none"> <li>Insurance coverage groups</li> </ul> <p>Responses from B1 were then summarized into the following four insurance coverage groups.</p> <p>(1) Private insurance is coverage through any of the following:</p> <ul style="list-style-type: none"> <li>Health insurance or coverage through your employer or your spouse/partner, parent, or someone else's employer</li> <li>Health insurance or coverage bought directly by yourself or your family (not through an employer)</li> </ul> <p>(2) Public health insurance is coverage through any of the following:</p> <ul style="list-style-type: none"> <li>Medicare</li> <li>Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)</li> <li>MinnesotaCare</li> <li>CHAMPUS, TRICARE, or Veteran's benefits</li> </ul> <p>(3) Insured, type unknown is classified when respondents checked any of the following only:</p> <ul style="list-style-type: none"> <li>Insurance through MNSure</li> <li>Other health insurance or coverage</li> </ul> <p>(4) Uninsured is classified when respondents checked any of the following only:</p> <ul style="list-style-type: none"> <li>NO health insurance coverage</li> <li>Indian or Tribal Health Service</li> </ul> <p>Some respondents had checked multiple coverage categories. Trumping rule was applied to follow the priority order: public coverage first followed by private, insured with unknown coverage type, and then, uninsured.</p> <ul style="list-style-type: none"> <li>Coding effort to reduce those insured but type unknown</li> </ul>

## Technical Notes

Table	Topic	Table-Specific Technical Notes
13, 14	Healthcare coverage, current status	<p>Special coding efforts were made for those that checked MNsure only or those that checked "other" only, but their insurance coverage type is unknown. Coding decision for these cases were based on the review of other survey items, follow the suggestions from Hennepin county Medical Assistant subject matter experts. Details included:</p> <p>(1) For those aged 65 and older, they were assigned as having Medicare;</p> <p>(2) For those aged under 65 and those that provided household size and income, they will be assigned as having MA, Medicaid, PMAP) or MN Care based on the income guideline;</p> <p>(3) County MA has it designated health plans. For the cases where income fits MA or MN Care, but providers are not on the list, they were assigned to "insured, type unknown" category;</p> <p>(4) The cases that list "discount" health service were coded as uninsured.</p>
15	Healthcare coverage in the past 12 months	Some respondents reported that they were <i>currently uninsured</i> and also reported that they were <i>insured the entire year</i> . These cases are included in the <i>insured only part of the year</i> category.
16	Healthcare coverage-difficulty to pay	The complete response option for <i>Not applicable</i> printed in the survey is <i>Not applicable: I do not have insurance with premiums, co-pays, or deductible</i> .
20	Mental health care need and service utilization	The survey question includes a clarifying statement: <i>A health professional here could be a doctor, a psychiatrist, a psychologist, a therapist, or a counselor</i> .
22	Prescription - cut/skip dose due to cost	The category "Yes", is only reported among those that were prescribed any medication. Those that selected "I was not prescribed any medication", were removed from the denominator.
24	Health information	The category "Yes", is only reported among those who saw a healthcare provider. Those that selected "I did not see any health care provider", were removed from the denominator.
25	Respect by health care providers	The category "Yes", is only reported among those who saw a healthcare provider. Those that selected "I did not see any health care provider", were removed from the denominator.
26	Dietary intake summary	<p><i>Having 2 servings or more a day of fruits</i> - refer to Table 28 for the question used.</p> <p><i>Having 3 servings or more a day of vegetables</i> - refer to Table 27 or the question used.</p> <p><i>Having 5 servings or more a day of fruits, fruit juice and vegetables</i> - refer to tech notes for Table 31.</p> <p><i>Having sugar-sweetened beverage less than 1 time a day or never having it:</i> - the measure is derived from four SSB questions reported in Table 32 to 35. If respondents checked "never or less than 1 time per week" or having "1 time per week" or "2-4 times per week" or "5-6 times per week" for all of four SSB question, they will be classified as <i>Having sugar-sweetened beverage less than 1 time a day or never having it</i>.</p> <p>One special note to data users: SSB questions were only asked in the classic mail sample (N=8810) and were not asked for the respondents reached via in-person. Therefore, data run was then used differed set statistical weights.</p>
27	Servings of vegetables yesterday	<p>This survey question included a clarifying statement: <i>A serving of vegetables - not including french fries - is one cup of salad greens or a half cup vegetables</i>.</p> <p>A value exceeding 12 is classified as invalid.</p>
28	Servings of fruit yesterday	<p>The survey question included a clarifying statement: <i>A serving of fruit is one medium sized piece of fruit or a half cup of chopped, cut or canned fruit</i>.</p> <p>A value exceeding ten is classified as invalid.</p>



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Table	Topic	Table-Specific Technical Notes
29	Servings of fruit juice yesterday	The survey question included a clarifying statement: <i>A serving of 100% fruit juice is 6 ounces.</i> A value exceeding ten is classified as invalid.
30	Servings of fruit and vegetables yesterday	<i>"Total servings of fruits and vegetables eaten yesterday"</i> were calculated by adding the answers from two questions: C1. <i>How many servings of vegetables did you have yesterday?</i> C2. <i>How many servings of fruit juice did you have yesterday?</i> A value exceeding 20 is classified as invalid.
31	Servings of fruit, fruit juice and vegetables	<i>"Total servings of fruit, fruit juice and vegetables eaten yesterday"</i> were calculated by adding the answers from three questions: C1. <i>How many servings of vegetables did you have yesterday?</i> C2. <i>How many servings of fruit did you have yesterday?</i> C3. <i>How many servings of fruit juice did you have yesterday?</i> A value exceeding 20 is classified as invalid.
32 to 35	Servings of sugar sweetened beverages (SSB)	Response options for each of the questions are: <i>Never or less than 1 time per week, 1 time per week, 2-4 times per week, 5-6 times per week, 1 time per day, 2-3 times per day and 4+ times per day.</i>  If respondents checked 1 time per week or 2-4 times per week or 5-6 times per week, they were classified as "1 time/week to <1 time/day". If respondents checked 1 time per day, 2-3 times per day or 4+ times per day, they were classified as ">=1 time/day".  <i>Also see summary measure of SSB in Table 26.</i> One special note to data users: SSB questions were only asked in the classic mail sample (N=8,810) and were not asked for the respondents reached via the in-person mode. Therefore, data runs used a different set of statistical weights.
36	Physical activity guidelines	<i>Met moderate physical activity guideline-</i> respondents reported engaging in moderate leisure time physical activity at least 30 minutes for 5 or more days per week. This is equivalent to meet 150 minutes aerobic activity guideline through leisure time. This indicator measures Healthy People 2020 Objective PA-2.1. <sup>12,13</sup>  <i>Met vigorous physical activity guideline-</i> respondents reported engaging in vigorous leisure time physical activity at least 20 minutes for 3 or more days per week. This measure was the Healthy People 2000 Objective. <sup>14</sup> Recently the objective was change to 75 minutes of vigorous physical activity. <sup>12,13</sup> However, the SHAPE 2018 survey question is difficult to measure that as it did not actually ask duration of physical activity. Data user should be cautious in using this data to compare to the Healthy People 2020 objective.  <i>Met either moderate or vigorous physical activity guideline-</i> met either moderate or vigorous physical activity guidelines described above.
38	Moderate physical activity	A clarifying statement for moderate physical activity is printed next to survey question: <i>Moderate activities cause only light sweating or a small increase in breathing or heart rate.</i> Valid range is 0 to 7 days. A value reported as minutes or exceeding 7 days is classified as invalid. Any portion day reported, such as 0.5 day, 2/3 day, will not counted as a day.



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Table	Topic	Table-Specific Technical Notes
39	Vigorous physical activity	A clarifying statement for vigorous physical activity is printed next to survey question: <i>Vigorous activities cause heavy sweating or a large increase in breathing or heart rate.</i> Valid range is 0 to 7 days. A value reported as minutes or exceeding 7 days is classified as invalid. Any portion of a day reported, such as 0.5 day, 2/3 day, will not be counted as a day.
40	Walk to and from places	Valid range is 0 to 7 days. A value reported as minutes or exceeding 7 days is classified as invalid.
41	Bike to and from places	Valid range is 0 to 7 days. A value reported as minutes or exceeding 7 days is classified as invalid.
42	Summary measure- Alcohol use	Alcohol use is measured by three survey questions: C9, C10 and C11. C9. <i>During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?</i> ___ number of days C10. <i>During the past 30 days, on the days when you drank, about how many drinks did you have on average?</i> ___ number of drinks C11. <i>Considering all types of alcoholic beverages, how many times during the past 30 days did you have...</i> (FOR FEMALES) 4 or more drinks on the occasion ? ___ number of times (FOR MALES) 5 or more drinks on the occasion ? ___ number of times  Respondents were provided with a clarifying statement on the definition of one alcoholic drink: <i>For the next questions, consider a drink of alcohol to be a can or bottle of beer or malt beverage, a glass of wine or wine cooler, a shot glass of liquor, or a mixed drink.</i>  <i>Current drinking</i> is defined as having had at least one drink of any alcohol or alcoholic beverage on one or more days during the past 30 days (C9).  There were a few respondents who reported 0 days to question C9 or left it blank, but responded question C10 with one or more drinks or question C11 with one or more times. These respondents are classified as current drinkers.  Definition for <i>heavy drinking</i> is gender specific: having more than 1 drink per day (or 8 or more drinks a week) for females; having more than 2 drinks per day (or 15 or more drinks a week) for males. This is an average alcohol consumption during the past 30 days.  Definition for <i>binge drinking</i> is also gender specific: having 4 or more drinks on one occasion at least once during the past 30 days for females, having 5 or more drinks on one occasion at least once during the past 30 days for males.  <i>Excessive drinking</i> is defined as engaged in either heavy drinking or binge drinking during the past 30 days.
43	Current alcohol use - day	Valid range for days is 0 to 30. Any partial day, such as "half day" or "1/3 day", was counted as a day. There are a few respondents who are <b>current drinkers</b> (See tech notes for Table 42), but reported 0 days to question C9 or left it blank. These respondents are included in the 1-2 days category in this table.
44	Current alcohol use - drinks	Valid range for number of drinks per day is 0 to 90. Any portion of a drink, such as 0.5 drink, 1/3 drink, will not be counted as a drink. There are a few respondents who are current drinkers but reported 0 drinks to question C10 or left it blank. These respondents are included in the 1-2 drinks category in this table.
45	Current alcohol use - binge	Valid range for times is 0 to 30 times. Any portion value entered, such as 0.4 times or 0.5 times, will be rounded. Those values <0.5 will not be counted as one time and those >=0.5 will be counted as one time.

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Table	Topic	Table-Specific Technical Notes
46	Currently smoking	<i>Currently smoking</i> : a person who is either an <i>everyday, smoker</i> or <i>someday smoker</i> . See tech notes for Table 47 for more detail.
47	Current smoking status	<p><i>Current smoking status</i> is derived from the responses to two questions:  <i>C14. Have you smoked at least 100 cigarettes in your entire life?</i>  <i>C15. Do you now smoke cigarettes every day, some days or not at all</i></p> <p><i>Every day smoker</i>: a person who has smoked at least 100 cigarettes in his or her lifetime and now smokes cigarettes every day.  <i>Some days smoker</i>: a person who has smoked at least 100 cigarettes in his or her lifetime and now smokes cigarettes on some days.  <i>Former smoker</i>: a person who has smoked at least 100 cigarettes in his or her lifetime, but does not smoke now.  <i>Never smoked</i>: a person who has smoked fewer than 100 cigarettes in his or her lifetime.</p>
48	Cigarette brand	<i>Currently smoke menthol cigarettes</i> is among all persons aged 18 and older; whereas menthol is a usual brand of cigarettes is reported among persons 18 and older who are current smokers.
51	Environmental tobacco smoke	This is the only health indicator that is reported for household for this data book. As the household is the observation unit, rather than an adult, the household-specific statistical weights are used for data reporting in this table.
60	Serious psychological distress	<p><i>Serious psychological distress</i> is a scale derived from six psychological distress questions that are reported in Tables 54 to 59. The Cronbach's alpha for these six-item internal reliability is 0.86.</p> <p>For each of these six questions, the response values of 0 to 4 are assigned to each of the five response categories (with <i>All of the time</i> assigned 4 and <i>None of the time</i> assigned 0). The response values of all six questions are then summed to yield a scale ranging from 0 to 24. A value of 13 or more on this scale was used to define experiencing <i>serious psychological distress</i>.<sup>15,16</sup></p>
68	Housing insecurity	NA: The result is not applicable as reporting category and health indicator are mostly the same. See general technical notes on the definition for housing insecurity.
69	Homelessness	NA: The result is not applicable as reporting category and health indicator are mostly the same. See general technical notes on the definition for housing insecurity.
73	Self-identified LGBT	<p>Survey questions that gather data for this table are:</p> <p>F2. Do you consider yourself to be transgender?  <input type="radio"/> Yes  <input type="radio"/> No</p> <p>F3. Do you consider yourself...?  <input type="radio"/> Heterosexual or straight  <input type="radio"/> Lesbian or gay  <input type="radio"/> Bisexual</p> <p>Those that self-identified with LGBT, stands for lesbian, gay, bisexual or transgender are those who checked Yes for F2 or those that checked Lesbian or gay, or bisexual for F3.</p> <p>NA: The result is not applicable as reporting category and health indicator are the same.</p>

# Appendix B

## Methodology and weighting

Described in this appendix is the methodology used to administer, prepare for analysis and analyze the SHAPE 2018 survey. Data cleaning and analysis was conducted in SPSS Statistics 24<sup>17</sup> and STATA 14<sup>18</sup>.

### Sampling Methodology-Mail Survey

The residential addresses of Hennepin County in the U.S. Postal Services' full Delivery Sequence File (DSF) was procured from a vendor and served as the sampling frame for this project. The DSF was current as of March 28, 2018. All addresses were geocoded to one of the 22 SHAPE primary geographic sampling strata. The sample selection included two stages of random sampling.

First was to randomly select households, where the stratified disproportionate sampling method was used. The sampling proportion for each sampling strata was determined using the following factors:

- The goal set of anticipated completed surveys for each reporting area
- The anticipated vacancy rate for each reporting area
- The anticipated response rates for the regular, oversampled, and super sampled census tracts within each reporting area – higher for regular census tracts, lower for oversampled tracts

Households were randomly selected from each of the sampling stratum according to the sampling fractions described above. A total of 39,989 households (excluding group homes) were randomly selected.

### Oversampling

Most of the primary sampling areas were divided into regular, oversampled, and super sampled areas for a total of 22 sampling strata. The regular, oversampled, and super sampled areas were developed to increase sampling efficiency to meet the goal of the total number of completed surveys per reporting area, and to increase the chance for those populations that are usually under-represented in sampling to be selected. Census 2010 and American Community Survey 5-year estimates from 2012-2016 were used to examine various demographic and social characteristics of census tracts in Hennepin County to base sampling decisions. A combination of three variables were used to determine if a tract would be oversampled for the 2018 SHAPE survey project:

- 20% or higher of tract where head of household were from populations of color (Census 2010)
- 20% of the total population 18 years and older were from populations of color (Census 2010) 25% or higher of the population living under 200% of poverty (2012-2016 ACS estimates)

The number of census tracts meeting at least one of the above criteria resulted in oversampling 154/299 tracts in the county.

## Methodology and weighting

The last step in assigning sampling rates was to determine which, if any, census tracts met the following two criteria:

- Adult population 20% or higher 18-24 yr olds
- Population at least 50% low income and/or 50% populations of color

Using Census 2010 data for 18-24 year olds, we looked at percent of adult population that were 18-24 years old. We mapped this by census tract and looked at where those tracts were that were 20% or higher. The flag for having a percentage was at least 20% of 18-24 year olds was 0 for no and 1 for yes. The flag for having a percentage of at least 50% of the population living under 200% of poverty - as defined by the 2012-2016 ACS estimates - or the percentage of at least 50% of populations of color was 0 for no and 1 for yes. The super sample flag was the sum of these two flags. Those tracts were considered to be likely hardest to reach and thus likely would have the lowest response rate. These were labeled "super sample" tracts. We had a goal to receive the same proportion of completes from the regular, oversampled and super sampled tracts located within a reporting area as compared to the distribution of actual households within that reporting area. Therefore, a higher proportion of households within the super sampled tracts were sampled compared to those in the oversample tracts, and a higher proportion of households in the oversampled tracts were sampled compared to the regular sampled tracts.

The second stage of random sampling was to randomly select one adult within the household. This was accomplished by asking the adult with the next birthday to complete the survey.

The primary contact procedure involved five mailings to all eligible households. Some households in lower-response geographies received two additional mailings. Those who responded before the next mailing was prepared were removed from subsequent mailings. A small number of households were also removed from subsequent mailings upon their request or if the post office marked surveys as vacant or undeliverable

- Mailing 1 – A colorful pre-notification postcard notifying the household that they were selected to participate. Only 25% of households (9,983) in each of the 22 sampling strata were sent this first mailing.
- Mailing 2 – The household survey, a language card, pre-paid return envelope sent to all sampled households (39,989).
- Mailing 3 – A black and white postcard thanking the households who completed the survey and asking those who had not completed the survey to do so, sent to all households (39,989).
- Mailing 4 – The household survey, a language card, pre-paid return envelope sent to all remaining households that had not returned a survey, or for whom earlier mailings were returned marked as vacant, undeliverable, refusals (35,214).
- Mailing 5 – A small postcard was mailed to 7,682 households in selected geographic areas within Hennepin County that had low survey response. The postcard included a photo and testimonial of health care professionals of community clinics (NorthPoint and Whittier) in those areas urging people to complete and return the survey.
- Mailing 6- The household survey, a language card, pre-paid return envelope sent to all remaining households that had not returned a survey, or for whom earlier mailings were returned marked as vacant, undeliverable or refusals (31,493).

## Methodology and weighting

- Mailing 7 – A final postcard was mailed to 10,116 households in the north Minneapolis reporting area within Hennepin County that had low survey response. The postcard included a photo and testimonial of a CEO of a community clinic in those areas urging people to complete and return the survey.

Mail data collection began in May 2018 and ended in December 2018. After data cleaning and removal of duplicate and incomplete surveys, the final sample from the mail survey was 8,810.

### **In-person data collection**

The second method of data collection, new in 2018, was a non-random convenience sample at eight sites throughout the county. Over 400 surveys were completed at each of the eight sites. These eight sites included:

- Six county human service centers, which provide access to financial, social and public health services, such as access to medical, emergency, child care and food assistance, child support and homeless service;
- NorthPoint Health and Wellness Center-a Federally Qualified Health Center; and
- Office of Multicultural Services, an office connecting immigrants and refugees to county and community resources.

Planning for this effort started in 2016 and included numerous meetings with managers and staff at a variety of county agencies. The SHAPE project team collaborated with the County's Volunteer Communities Partnership Program (VCP) coordinators early in planning to assist with data collection. Coordinators recruited volunteers to conduct a pilot test of in-person data collection and worked closely with the SHAPE 2018 team to analyze results to inform full-scale implementation. A key observation, critical to clients completing the survey, was the importance of having fully engaged volunteers who represented the communities where sites were located. Volunteer Coordinators led volunteer recruitment and onboarding of volunteers for data collection. More than 20 volunteers assisted with data collection and helped implement detailed protocols developed in consultation with SHAPE team members.

Following the review of survey research on the impact of incentives on survey participation, it was decided, a monetary incentive of \$5 in the form of a Target gift card following the completion of a survey, would be distributed at in-person data collection sites. At one site, a \$5 gift card to a local North Market grocery store was given in place of the Target gift card.

A pilot test for data collection was completed in the summer of 2017 with revisions to data collection protocols based on observations and findings. In-person data collection occurred at two sites simultaneously during weeks in June, July and August 2018. Data collection at NorthPoint Health and Wellness Center took place in early August 2018. Data collection at the Office of Multicultural Services was more spread out as data collection was dependent upon their staff to provide language support on the survey, and as a result lasted throughout the month of August and early September of 2018.

The SHAPE 2018 survey instrument used for in-person data collection was nearly identical to that of the mail survey. However, questions regarding sugar sweetened beverage consumption were not included as part of the shorter survey design used in consideration of participants' time. A question regarding experience with sex trafficking was added to the in-person survey only. At NorthPoint Health and Wellness Center, three questions were added about the north Minneapolis community, at the request of NorthPoint Health and Wellness Center.

# Methodology and weighting

## Sample replacement

Respondents for the in-person survey were asked to provide their address voluntarily. Of the 3,300 surveys collected, more than 2,700 provided an address. Those respondents who did not provide a complete or valid address, indicated they were homeless, or did not reside in Hennepin County will still be included in subsequent analyses of Hennepin County clients to be shared with each of the onsite data collection sites.

Complete addresses were geocoded using ArcGIS 10.5.2<sup>2</sup> and then matched back to the mail household sample. Those that matched via exact address and apartment unit match were added to the dataset. After duplicates were removed, 205 surveys were added to the final dataset.

A second step in sample replacement was to use the remaining geocoded addresses from in-person data collection and using ArcGIS, calculate the distance between each of the remaining non-exact matched addresses and each of the remaining addresses in the household mail sample. This included addresses which were in the original sample which did not result after all the mailings in a completed survey bring returned, a request to be removed from the project, or being designated by the Post Office as being vacant. A table of all possible distances was created for addresses in each of the ten reporting areas. After these tables were created, Microsoft Excel was used to run a set of assignments of a randomly-selected address from the set of in-person respondents to the closest address from the original household mail sample that was still available for pairing. This process of pairing in-person respondents chosen in a random order to the closest address from the original household mail sample was performed 100 times, each time producing a possibly different set of pairs and, thus, a possibly different sum of all those paired distances. The final pairing was chosen based on which of the 100 iterations produced the lowest sum of the distances.

It was determined that in-person surveys with an address within 200 meters of an address in the mail sample (2,128 surveys) would be eligible for sample replacement and were subsequently added to the final dataset. This resulted in a final dataset of 11,143 for analysis and reporting in this data book. Overall, the response rate for the mailed survey was 23.8%.

## Weighting

The SHAPE 2018 survey weighting and raking methodology was developed in consultation with local and national statistical survey research experts. The SHAPE 2018 survey data was weighted in two steps. The steps accounted for:

- Differences in the probability that a particular person was selected; and
- Differences in the proportion of persons who completed the survey compared to population as a whole as measured by the 2010 Census.

For SHAPE 2018, there are two stages of random sampling: random selection of households and random selection of an adult within those households. First is the random selection of household. The sampling was built on groups of census tracts where a different sampling rate for households was chosen for each group of census tracts.



## Methodology and weighting

The percentage of households that were sampled depended on factors associated with that geographic area, such as:

- The estimated vacancy rate
- The probability that there were households with some of the populations of special interest (e.g., Hispanics)
- The estimated response rate
- The total number of completed surveys sought for a particular reporting area
- The desire to obtain an adequate number of completed surveys from the population groups of special interest

Second is the random selection of an adult within that household. The instructions on the mail household survey told the persons living in the selected household that the person whose birthday was next should be the person designated to complete the survey. A person in a household with two adults in it had a higher probability of being that designated person than a person with five adults in it. To account for these differences, each respondent was given an initial equal probability weight connected with his or her sampling area, or strata, based on the ratio of the number of occupied households in that strata divided by the number of completed surveys from that strata (thus accounting for differences in response rates) multiplied by the number of adults in that person's household. The number of adults living in any given household was capped at seven for weighting purposes. This is the disproportionate sampling weight.

The disproportionate sampling weights were then normalized so that the sum of them would add up to the number of respondents in the SHAPE 2018 survey (i.e., 11,143). This now becomes the normalized disproportionate sampling weight. Once the normalized disproportionate sampling adjustment was done, an analysis was completed to see if any post-stratification adjustments were needed. In almost all population-based surveys, the profile of the respondents is different from that of the underlying population. Historically, women are more likely to complete surveys than men and older people are more likely to complete surveys than younger people.

For each of the implementations of SHAPE since 1998 a post-stratification adjustment was done based on the age and gender distribution within geographic areas. Since the profile of the SHAPE 2018 respondents again was older and more female than the population of the county as a whole and, most importantly, since health status and behaviors are known to differ substantially across these groups, there was a need to adjust for age and gender for each of the ten geographic areas for which results were planned to be reported.

To accomplish the post-stratification adjustment with the SHAPE 2018 respondents, a statistical step known as "raking"<sup>3</sup> was done. The raking step took the age, gender, race/ethnicity, and educational attainment percentages from the 2010 Decennial Census for Hennepin County as that standard against which the distribution of respondents of the SHAPE 2018 survey was compared.

There were six age groupings (18-29, 30-44, 45-54, 55-64, 65-79, and 80 and older), two groups for gender (i.e., Male and Female), four race/ethnicity groupings (Hispanic, non-Hispanic Asian/Asian American, non-Hispanic black/African American, and Other), and four educational attainment groupings (less than high school, high school graduate or GED, some college, and college graduate or higher).

The raking adjustment takes the percent of persons from the SHAPE 2018 respondent pool (after weighting for the equal probability of being selected) and mathematically computes the best way to adjust the cases to best

## Methodology and weighting

match the marginal percentages of the standard population (i.e., the 2010 Decennial Census for Hennepin County). This cycle of adjustments stops when the total differences in the marginal percentages is within a predetermined tolerance of the standard population. The final values needed to reach that “close enough” fit become the weights assigned to each case.

To avoid any one person having an unduly large influence in any of the health measures for the population, the weights were capped at six. The “extra” weight (i.e., the amount greater than six that was removed) was then redistributed to the other respondents whose value after raking was less than six. This is now a capped raked weight.

All weighting factors were multiplied together to produce the final analysis weight for each completed survey. This set of geographic-centric weights are used for most analyses.

A second set of weights were created for analyses involving one of the select racial or ethnic group who live in Hennepin County. The main difference between these weights and the geographic-based weights is that the post-stratification adjustments were based on the age, gender, and educational attainment distribution for that particular racial or ethnic group rather than the adult population in the county in general. For this set, weights were calculated for analyses involving Hispanics and non-Hispanic American Indians or Alaska Natives, Asian or Asian Americans, black or African Americans, and whites.



## Methodology and weighting

### How to Read the Tables

This data book presents results for many health indicators from the SHAPE 2018 survey. Most tables in this report include all response options for a particular question in one table, covering two pages. Each table starts with Hennepin County total results followed by the results for various geographic areas within Hennepin County. Next there are numerous demographic breakdowns by gender, age, LGBT self-identification, race and ethnicity, household income, educational attainment, housing instability, self-reported disability, and frequent mental distress.

In most of the data tables, the title is the actual survey question and is presented as it was asked. Some tables report results that are calculated from one or more survey questions. The titles for these tables state the content of the data tables without being in question form (e.g., "Weight status based on Body Mass Index calculation"). The survey questions used for those calculations and the applicable calculation methods are explained in Appendix A.

All results are reported as percentages (%) with corresponding 95% confidence intervals ( $\pm$  95% C.I.). In all cases, the number N, listed in the column labeled Sample Size, is the actual number of persons whose responses were included to compute the results. The weighted sample size may be different from the observed sample size. Missing responses are not included in the calculated percentages.

Most questions in SHAPE 2018 were asked of all participants. However, some questions are part of a set (e.g., a series of questions about smoking), and are asked only of pertinent sub-groups among all survey respondents after the lead question. These questions often have a much smaller sample size than other questions. Tables with questions of this type are indicated by the phrase "Among persons . . ."

# Appendix C

## Sample characteristics

The responses given by 11,143 adults in Hennepin County are the basis for the data tables reported in this SHAPE 2018 data book. This sample was used for many sections that describes survey methodology, weighting strategies, data process and coding strategies. The distribution of the respondents from Hennepin County by key reporting categories is illustrated in Table G.

**Table G. Number of unweighted respondents to SHAPE 2018 by reporting category and data collection mode**

<b>Data book reporting categories</b>	<b>Mail mode responses N</b>	<b>In-person responses N</b>	<b>Combined total N</b>
<b>Hennepin County Total</b>	8810	2333	11143
<b>Minneapolis Total</b>	3393	1352	4745
Camden, Near North	794	572	1366
Central, Northeast, University, St. Anthony	910	220	1130
Phillips, Powderhorn	872	374	1246
Calhoun-Isles, Longfellow, Nokomis, Southwest	817	186	1003
<b>Suburban Areas Total</b>	5417	981	6398
Northwest Suburbs	1811	400	2211
Northwest - Inner Ring	910	344	1254
Northwest - Outer Ring	901	56	957
West suburbs	1737	234	1971
West - inner	899	165	1064
West - outer	838	69	907
South suburbs	1869	347	2216
South - east	906	202	1108
South - west	963	145	1108
<b>Age</b>			
18-24 years	222	270	492
25-34 years	1154	627	1781
35-44 years	1101	546	1647
45-54 years	1126	367	1493
55-64 years	1804	309	2113
65-74 years	1858	147	2005
75 and older	1492	49	1541
<b>Gender</b>			
Male	3167	700	3867
Female	5638	1624	7262
Transgender	53	45	98

## Sample characteristics

<b>Data book reporting categories</b>	<b>Mail mode responses N</b>	<b>In-person responses N</b>	<b>Combined total N</b>
<b>LGBT self-identification</b>			
LGBT self-identified	717	231	948
Not LGBT self-identified	7814	1731	9545
<b>Selected race/ethnicity</b>			
Hispanic	207	343	550
Non-Hispanic	8393	1834	10227
American Indian or Alaska Native	120	106	226
Asian or Asian American	259	108	367
Southeast Asian	97	77	174
Black or African American	522	1176	1698
US-born black	363	785	1148
Foreign-born black	137	320	457
White	7492	444	7936
<b>Household income</b>			
< 200% of Federal Poverty Level	1795	2145	3940
<100% of Federal Poverty Level	567	1489	2056
100-199% of Federal Poverty Level	1174	575	1749
≥ 200% of Federal Poverty Level	6673	156	6829
<b>Educational attainment</b>			
Less than high school	186	497	683
High school or GED	961	844	1805
Some college	2331	736	3067
College degree or higher	5281	204	5485
<b>Housing insecurity</b>			
Yes	527	1106	1633
No	8257	1215	9472
<b>Self-reported disability</b>			
Yes	2386	823	3209
No	6364	1471	7835
<b>Frequent mental distress</b>			
Yes	910	650	1560
No	7717	1540	9257

# Appendix D

## SHAPE 2018 survey questionnaire



### Adult Survey

for an adult aged 18 or over

Dear Hennepin County resident:

Your household was randomly selected to participate in SHAPE 2018, a voluntary health survey that helps improve the health of local residents. Your participation in the survey and your responses are very important. **SHAPE 2018 is anonymous** (we don't ask for anyone's name) and your responses are combined with those of hundreds of other residents taking the survey.

The SHAPE 2018 survey asks about your health, diet, exercise, neighborhood, and ability to get health care. It will take about 15 minutes to complete.

To complete the survey, please follow these steps:

1. **Ask the adult (age 18 or older) with the next birthday** in your household to take the survey. (This helps us get responses from adults of all age groups).
2. **Complete the paper survey** and return by mail in the enclosed prepaid return envelope.



SHAPE 2018 is sponsored by Hennepin County Public Health. Your responses will help us identify the health concerns and needs of adults in Hennepin County. More information is available at [www.hennepin.us/SHAPE](http://www.hennepin.us/SHAPE). If you have questions about the survey, call 612-543-3034 or email [SHAPE@hennepin.us](mailto:SHAPE@hennepin.us).

Thank you for taking the time to participate in this important project.

**Your health matters. Your answers matter.**

Sincerely,

Susan Palchick  
Public Health Director

 Correct marks	<b>Survey Instructions</b> <ul style="list-style-type: none"><li>• Please use #2 pencil or blue or black pen to complete this survey.</li><li>• Do not use red pencil or ink</li><li>• Do not use Xs or check marks to indicate your responses.</li><li>• Fill response ovals completely with heavy, dark marks</li></ul>
 Incorrect marks	



## SHAPE 2018 survey questionnaire



## SHAPE 2018 Adult Survey

### Survey of the Health of All the Population and the Environment

Please complete the entire survey, answering every question as honestly as you can. Your responses are confidential.

#### SECTION A. GENERAL HEALTH AND HEALTH CONDITIONS

**A1. In general, would you say your health is ... ?**

- Excellent  
 Very good  
 Good  
 Fair  
 Poor

**A2. 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?**

Number of days

**A3. 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?**

Number of days

**A4. During the past two weeks, how often have you been bothered by any of the following problems?**

- a. Little interest or pleasure in doing things**
- Not at all  
 Several days  
 More than half the days  
 Nearly every day
- b. Feeling down, depressed, or hopeless**
- Not at all  
 Several days  
 More than half the days  
 Nearly every day

**A5. Have you ever been told by a doctor, nurse, or other health professional that you had any of the following?**

**a. Hypertension, also called high blood pressure**

- Yes  
 Yes, but only during pregnancy  
 Borderline high or pre-hypertension  
 No

**b. Diabetes or sugar disease**

- Yes  
 Yes, but only during pregnancy  
 Pre-diabetes or borderline diabetes  
 No

**A6. How tall are you without shoes?**

Feet       Inches

OR  Centimeters

**A7. How much do you weigh without shoes?**

*If you are a female and are currently pregnant, please provide your weight before you were pregnant.*

Pounds OR  Kilograms

**A8. Are you limited in any activities because of physical, mental, or emotional problems?**

- Yes  
 No

**A9. 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?**

- Yes  
 No

**A10. 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?**

- Yes  
 No





**SECTION B. ACCESS TO HEALTH CARE**

**B1. Do you currently have any of the following types of health insurance? (MARK ALL THAT APPLY)**

- Health insurance or coverage through your employer or your spouse/partner, parent, or someone else's employer
- Health insurance or coverage bought directly by yourself or your family (not through an employer)
- Indian or Tribal Health Service
- Medicare
- Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)
- MinnesotaCare
- Insurance through MNSure
- CHAMPUS, TRICARE, or Veterans' benefits
- Other health insurance or coverage (please specify): \_\_\_\_\_
- NO health insurance coverage

**B2. 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?**

- Insured the entire year
- Insured only part of the year
- Not insured for the entire year

**B3. 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?**

- Very difficult
- Somewhat difficult
- Not too difficult
- Not at all difficult
- Not applicable: I do not have insurance with premiums, co-pays, or deductibles

**B4. During the past 12 months, have you seen a doctor, nurse, or other health professional for your own health?**

- Yes
- No

**B5. During the past 12 months, have you seen a psychiatrist, psychologist, therapist, counselor, or other mental health professional for your own health?**

- Yes
- No

**B6. During the past 12 months, was there a time when you needed medical care?**

- Yes
- No → GO TO QUESTION B9

**B7. Did you delay or not get the care you thought you needed?**

- Yes
- No → GO TO QUESTION B9

**B8. Was that because of cost or lack of insurance?**

- Yes
- No

**B9. 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?**

*A health professional here could be a doctor, psychiatrist, psychologist, therapist, or counselor.*

- Yes
- No → GO TO QUESTION B12

**B10. Did you delay or not get the care you thought you needed?**

- Yes
- No → GO TO QUESTION B12

**B11. Was that because of cost or lack of insurance?**

- Yes
- No

**B12. When you are sick or need medical care, where do you usually go? (CHOOSE ONLY ONE)**

- Doctor's office or clinic
- Hospital emergency room
- Urgent care
- Clinic located in a drug or grocery store
- No usual place



## SHAPE 2018 survey questionnaire



**B13.** During the past 12 months, did you skip doses, take smaller amounts of your prescription, or did not fill a prescription because of cost?

- Yes  
 No  
 I was not prescribed any medication

**B14.** How long has it been since you last visited a dentist or dental clinic for any reason?

- Within the past year  
 Within the past 2 years  
 Within the past 5 years  
 5 or more years ago  
 Never

**B15.** During the past 12 months, how often did your health care providers tell or give you information about your health and health care that was easy to understand?

- Always  
 Most of the time  
 Some of the time  
 None of the time  
 I did not see any health care provider

**B16.** During the past 12 months, how often were you treated with respect by your health care providers?

- Always  
 Most of the time  
 Some of the time  
 None of the time  
 I did not see any healthcare provider

#### SECTION C. HEALTHY LIFESTYLES AND BEHAVIORS

**C1.** A serving of vegetables – not including french fries – is one cup of salad greens or a half cup vegetables. How many servings of vegetables did you have yesterday?

Number of servings



**C2.** A serving of fruit is a medium-sized piece of fruit or a half cup of chopped, cut or canned fruit. How many servings of fruit did you have yesterday? (Do not include fruit juice)

Number of servings

**C3.** A serving of 100% fruit juice is 6 ounces. How many servings of fruit juice did you have yesterday?

Number of servings

**C4.** 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?

- Yes  
 No

**C5.** During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity?

*Moderate activities cause only light sweating and a small increase in breathing or heart rate.*

Number of days

**C6.** During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity?

*Vigorous activities cause heavy sweating and a large increase in breathing and heart rate.*

Number of days

**C7.** During an average week, how many days do you WALK to get to and from places (such as to work, stores, run errands)?

Number of days

**C8.** During an average week, how many days do you BIKE to get to and from places for exercise or recreation?

Number of days

For questions C9 to C11, consider a drink of alcohol to be a can or bottle of beer or malt beverage, a glass of wine or a wine cooler, a shot glass of liquor, or a mixed drink.

- C9. During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?**

Number of days

- C10. During the past 30 days, on the days when you drank, about how many drinks did you have on average?**

Number of drinks

- C11. Consider all types of alcoholic beverages, how many times during the past 30 days did you have...?**

FOR FEMALES: 4 or more drinks on one occasion

Number of times

FOR MALES: 5 or more drinks on one occasion

Number of times

- C12. Have you smoked at least 100 cigarettes in your entire life? 100 cigarettes = 5 packs**

- Yes  
 No → GO TO QUESTION C16

- C13. Do you now smoke cigarettes every day, some days, or not at all?**

- Every day  
 Some days  
 Not at all → GO TO QUESTION C16

- C14. Is your usual cigarette brand menthol or non-menthol?**

- Menthol  
 Non-menthol  
 No usual brand  
 I don't smoke cigarettes

- C15. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?**

- Yes  
 No  
 I don't smoke cigarettes

- C16. 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?**

- Yes  
 No

- C17. Does anyone, including yourself, smoke cigarettes, cigars, or pipes regularly inside your home?**

- Yes  
 No

- C18. Do you currently use electronic cigarettes, such as e-cigarettes, e-hookahs, or vaping pens?**

- Every day  
 Some days  
 Used to, but not now  
 Never

## SECTION D. HOW YOU FEEL

Questions D1 to D7 ask about how you have been feeling during the past 30 days.

- D1. About how often did you feel so sad that nothing could cheer you up?**

- None of the time  
 A little of the time  
 Some of the time  
 Most of the time  
 All of the time

- D2. About how often did you feel nervous?**

- None of the time  
 A little of the time  
 Some of the time  
 Most of the time  
 All of the time

- D3. About how often did you feel so restless or fidgety that you could not sit still?**

- None of the time  
 A little of the time  
 Some of the time  
 Most of the time  
 All of the time





## SHAPE 2018 survey questionnaire



- D4. About how often did you feel hopeless?**
- None of the time
  - A little of the time
  - Some of the time
  - Most of the time
  - All of the time
- D5. About how often did you feel that everything was an effort?**
- None of the time
  - A little of the time
  - Some of the time
  - Most of the time
  - All of the time
- D6. About how often did you feel worthless?**
- None of the time
  - A little of the time
  - Some of the time
  - Most of the time
  - All of the time
- D7. Stress means a situation in which a person feels tense, restless, nervous, or anxious, or is unable to sleep at night because his/her mind is troubled all the time. About how often did you feel this kind of stress?**
- None of the time
  - A little of the time
  - Some of the time
  - Most of the time
  - All of the time

**SECTION E. ABOUT YOUR COMMUNITY**

- E1. How often are you involved in school, community, or neighborhood activities?**
- Weekly
  - Monthly
  - Several times a year
  - About once a year
  - Less often than yearly
  - Never



- E2. How often do you get the social and emotional support you need?**  
*Please include support from any source, such as family, friends, neighbors and/or coworkers.*
- Always
  - Usually
  - Sometimes
  - Rarely
  - Never
- E3. How often do you feel isolated from others?**
- Always
  - Usually
  - Sometimes
  - Rarely
  - Never
- E4. How much do you agree or disagree with the statement? This is a good community to raise children in.**
- Strongly agree
  - Somewhat agree
  - Somewhat disagree
  - Strongly disagree
- E5. In general, how safe from crime do you consider your neighborhood to be?**
- Very safe
  - Somewhat safe
  - Somewhat unsafe
  - Not at all safe
- E6. During the past 12 months, have you or anyone in your household received Medical Assistance (MA), food support (e.g., food stamps, or SNAP), WIC, or cash assistance such as MFIP or General Assistance (GA)?**
- Yes
  - No
  - Don't know
- E7. During the past 12 months, how often did you worry that your food would run out before you had money to buy more?**
- Often
  - Sometimes
  - Rarely
  - Never

- E8. During the past 12 months, did you or your family miss or delay a rent or mortgage payment because you did not have enough money?**
- Yes  
 No
- E9. During the past 12 months, how often have you stayed in a shelter, somewhere not intended as a place to live, or someone else's home because you had no other place to stay?**
- Never  
 Once  
 Twice  
 Three or more times
- E10. During the past 12 months, how often did lack of transportation keep you from getting places where you needed to go, such as jobs, medical appointments, or shopping?**
- Often  
 Sometimes  
 Rarely  
 Never
- E11. How often are you in a situation where you feel you are not accepted because of your race, culture, religion, or immigration status?**
- At least once a week  
 Once or twice a month  
 A few times a year  
 Once a year or less often  
 Never
- E12. How often are you in a situation where you feel you are not accepted because of your sexual orientation or gender identity?**
- At least once a week  
 Once or twice a month  
 A few times a year  
 Once a year or less often  
 Never

## SECTION F. ABOUT YOU

The following questions are used to help us understand who responds to the survey. Again, your answers to these and all other questions will remain confidential.

- F1. Are you...**
- Male  
 Female
- F2. Do you consider yourself to be transgender?**
- Yes  
 No
- F3. Do you consider yourself .....**
- Heterosexual or straight  
 Lesbian or gay  
 Bisexual
- F4. What is your age?**
- Years
- F5. What is the highest grade or year of school you have completed?**
- Less than high school  
 High school graduate or GED  
 Some college, associate's degree or vocational/technical/business school  
 Bachelor's degree or higher
- F6. Are you Hispanic or Latino/a?**
- Yes  
 No
- F7. Which of the following do you consider yourself?  
(MARK ALL THAT APPLY)**
- White
- Black or African American
- If Black or African American, are you...?
- African American
- Somali, Oromo, Ethiopian, or from another East African country
- Liberian, Nigerian, or from another West African country
- Other, specify \_\_\_\_\_
- Asian or Asian American
- If Asian or Asian American, are you...?
- Hmong, Cambodian, Laotian, Thai, Vietnamese or Burmese,
- Other, specify \_\_\_\_\_
- American Indian or Alaska Native
- Native Hawaiian or other Pacific Islander
- Other, specify \_\_\_\_\_



## SHAPE 2018 survey questionnaire



**F8. Please tell us your annual household income in 2017 from all earners and all sources, before taxes.**

*Remember, your responses are confidential.*

- \$10,000 or less       \$41,001 – 49,000  
 \$10,001 – 15,000       \$49,001 – 58,000  
 \$15,001 – 24,000       \$58,001 – 66,000  
 \$24,001 – 32,000       \$66,001 – 74,000  
 \$32,001 – 41,000       \$74,001 or more

**F9. INCLUDING YOURSELF, how many adults and children live in your household?**

Number of adults age 18 or older  
(INCLUDING YOURSELF)

Number of children age 0-5

Number of children age 6-17

**F10. Were you born in the United States?**

- Yes → GO TO QUESTION F12  
 No

**F11. How many years have you lived in the United States?**

Number of years

**F12. Are you currently...**

- Married or living with a partner in a marriage-like relationship  
 Separated, divorced, or widowed  
 Never married

#### BEVERAGE HABITS

**F13. How often did you drink the following beverages in the past week?**

**a. Fruit drinks (such as Snapple, flavored teas, Capri Sun, and Kool-Aid)**

- Never or less than 1 time per week  
 1 time per week  
 2-4 times per week  
 5-6 times per week  
 1 time per day  
 2-3 times per day  
 4+ times per day

**b. Sport drinks (such as Gatorade or Powerade); these drinks usually do not have caffeine**

- Never or less than 1 time per week  
 1 time per week  
 2-4 times per week  
 5-6 times per week  
 1 time per day  
 2-3 times per day  
 4+ times per day

**c. Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, root beer)**

- Never or less than 1 time per week  
 1 time per week  
 2-4 times per week  
 5-6 times per week  
 1 time per day  
 2-3 times per day  
 4+ times per day

**d. Energy drinks (such as Rockstar, Red Bull, Monster, and Full Throttle); these drinks usually have caffeine**

- Never or less than 1 time per week  
 1 time per week  
 2-4 times per week  
 5-6 times per week  
 1 time per day  
 2-3 times per day  
 4+ times per day

Do you have any comments about this survey?  
Please share your comments in the space below.

Thank you!



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If you have any questions about this report, would like more information about SHAPE, or want to report any suspected errors or misprints in this document, contact:

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