Metro SHAPE 2014

ADULT SURVEY
SIX COUNTY DATA BOOK

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INTRODUCTION

All local public health agencies in Minnesota share a common mission: to create a healthy future for their residents through public health assessment, policy development and assurance. These agencies are required by state law to conduct a community health assessment and develop action plans every five years. The Statewide Health Improvement Program (SHIP) also emphasizes the need for assessment and requires a portion of local public health funding to be allocated for surveillance regarding physical activity, nutrition and tobacco use. Local public health surveillance data have been used in planning, programming and policy development in a range of government, community and health organizations.

About Metro SHAPE

The 2014 Metro Survey of the Health of All the Population and the Environment, or *Metro SHAPE 2014* is a regional, coordinated public health surveillance effort in the metro region of Minnesota. The project was initiated in 2012 to provide county-specific data on health risk behaviors and the overall health status of adult residents in six metro area counties - Carver, Dakota, Hennepin, Ramsey, Scott, and Washington and three metro area cities – Bloomington, Minneapolis, and St. Paul.

Metro SHAPE 2014 was made possible in part through funding from the Statewide Health Improvement Program (SHIP) of the Minnesota Department of Health (MDH). SHIP aims to improve the health of Minnesotans by increasing physical activity, improving nutrition and reducing the number of people who use tobacco or are exposed to it. SHIP has awarded grants to local community health boards, including the eight jurisdictions involved in this survey, to implement these strategies.

SURVEY DESIGN AND METHODOLOGY

Metro SHAPE 2014 collected information on adults through a mixed-mode online and mail survey sent to randomly selected households in six counties in the Twin Cities metro area. The online component was developed using Qualtrics[1], an online survey software program. The Hennepin County Public Health oversaw the data collection effort, which was supported by a contracted vendor, Wilder Research.

Metro SHAPE 2014 was a joint project with eight local public health agencies. Each participating agency had its desired data reporting area(s), and each had an expected number of completed surveys for reporting. Table 1 describes the 17 primary reporting areas which comprised the primary sampling areas for this project. Four of the primary sampling areas were in the city of Minneapolis, seven were in suburban Hennepin County – including the city of Bloomington, two were in Ramsey County, and one each for Carver, Dakota, Scott, and Washington Counties as shown in the Figure 1.

**Figure 1. *Metro SHAPE 2014*
Primary Sampling Areas
Oversampled vs Non-Oversampled Areas**

Six-County Metro Area

- ☐ County boundary
- ☐ Primary sampling area
- ■ Oversampled area
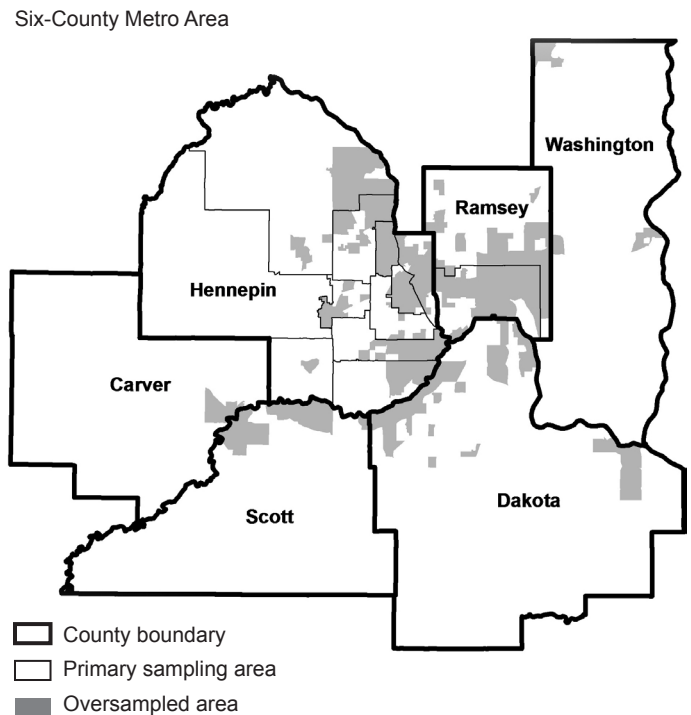
Most of the primary sampling areas were divided into regular and oversampled areas for a total 32 sampling strata. The only two exceptions were North Minneapolis and west-suburban outer-ring Hennepin County, each of which was sampled entirely at a single rate. The regular and oversampled areas were developed 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. The oversampled areas were census tracts with 25 percent or more of individuals below 200% Federal Poverty Level or 20 percent or more of heads of household were people of color. Local and national surveys have demonstrated that these populations are less likely to respond. The 2008-2012 American Community Survey 5-year data and 2010 Census data were used to identify which census tracts had higher densities of low-income residents and people of color for oversampling.

The residential addresses in the U.S. Postal Service's full Delivery Sequence File (DSF) were procured from Quad/Graphics and served as the sampling frame for this project. The DSF was current as of August 6, 2014. All addresses were geocoded to one of the 32 Metro 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 response rates for the regular and oversampled census tracts within each reporting area – higher for regular census tracts, lower for oversampled tracts; and

- The anticipated vacancy rate for each reporting area.

Table 1. *Metro SHAPE 2014* Participating Agencies

Project participating agencies	Number of reporting areas (17 total)	Expected survey completes
Carver County Public Health and Environment Division	1	500
Dakota County Public Health	1	500
Hennepin County Public Health	6	3.500
City of Minneapolis Health Department	4	2,800
City of Bloomington Public Health Division	1	700
St. Paul-Ramsey County Public Health Department	2	1,000
Scott County Public Health	1	500
Washington County Department of Public Health and Environment	1	500
Total	**17**	**10,000**

The households were randomly selected from each of the sampling stratum according to the sampling fractions described above. A total of 58,486 households (excluding group homes) were randomly selected.

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

The survey methodology was drawn from existing literature supportive of address-based mail surveys with a push-to-web option. This "web + mail" methodology, or mailing a request to complete the survey online followed by a later request to respond by mail, has been shown to obtain response rates slightly lower compared to mail-only methods[2]. However, "web + mail" methodology has been shown to encourage respondents to complete the survey online, which translates into cost savings by reducing printing and mailing costs, as well as costs associated with processing completed paper surveys.

The primary contact procedure involved 5 mailings to selected households. Some households in lower-response geographies received a sixth and seventh mailing. Those who responded before the next mailing were removed from subsequent mailings. A small number of households were also removed from subsequent mailings upon their request.

1. *Mailing 1* – a pre-notification postcard notifying the household that they were selected to participate.

2. *Mailing 2* – a letter describing the project and instructing the resident adult with the next birthday to take the survey online using the included ID and password.

3. *Mailing 3* – a postcard thanking the households who had already completed the survey and asking those who had not completed the survey to do so.

4. *Mailing 4* – a letter describing the project and instructing the resident adult with the next birthday to take the survey online using the included ID and password.

5. *Mailing 5* – a letter offering the resident adult with the next birthday the option of taking the survey using the enclosed written version along with a postage-paid return envelope.

6. *Mailing 6* – a postcard was mailed to 6,649 households in selected geographic areas within Hennepin County that had low survey response. The postcard included a photo and testimonial of a manager of a community clinic in those areas urging people to complete and return the survey.

7. *Mailing 7* – a final letter was mailed to 8,037 households in selected geographic areas with low response rates. The letter offered the resident adult with the next birthday the option of taking the survey using the enclosed written version along with a postage-paid return envelope.

Survey Response Rate

The *Metro SHAPE 2014* survey was administered between September 2014 and April 2015. Of the 12,794 surveys completed, 6,192 were completed by mail mode, and 6,602 online. Of those, 227 were dropped due to missing data, and 321 were dropped because they were duplicates.

The standard outcome formula from the American Association of Public Opinion Researchers (AAPOR) for computing response rates (formula RR4) was used to determine the survey response rate for *Metro SHAPE 2014*. The response rate was calculated as 22.0 percent.

Finally, 218 surveys completed by young adults age 18 to 24 were dropped due to a very low response among that age group. This resulted in 12,028 surveys in the final research file.

Weighting of the sample data

There were two steps in the survey weighting process:

First, equal probability weighting was used to adjust for the probability of selection of an address in the survey sample and the number of adults in the household. This technique adjusted for the fact that different proportions of households were selected to participate in each survey sampling area, and higher proportions of households were selected in over-sampled areas. In addition, because only one adult per household was surveyed, respondents in larger households had a smaller probability of selection than respondents in smaller households. For example, an adult in a single-adult household had 100% chance of being selected, whereas a person in a two-adult household had only a 50% chance.

Second, post-stratification weighting was used to adjust for key demographics between survey respondents and the general population. Post-stratification weighting adjusted the demographic distribution of those who participated in the survey to reflect the age and gender for 17 primary reporting areas, and race/ethnicity by 4 larger, combined geographies, including Minneapolis, Saint Paul, suburban Hennepin County, and the remaining reporting areas of suburban Ramsey County, Carver County, Dakota County, Scott County, Washington, as guided by the sample distribution. The racial/ethnic post-stratification weighting included four groups: black or African American (non-Hispanic), Asian (non-Hispanic), Hispanic of any race, and all other races (non-Hispanic). Survey respondents were more likely to be female, older, and white as compared to the overall population.

All weighting factors were multiplied together to produce the final analysis weight for each completed survey.

Limitations and potential sources of bias to the survey results

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

For assistance in interpreting these results, please contact your respective jurisdiction listed below.

Table 2. *Metro SHAPE 2014* Agency Contact Information

Agency	Website	Phone
Carver County Public Health and Environment	www.co.carver.mn.us	952-361-1329
Bloomington Public Health Division	www.bloomingtonmn.gov	952-563-8900
Dakota County Public Health Department	www.co.dakota.mn.us	651-554-6100
Hennepin County Public Health	www.hennepin.us	612-348-6150
Minneapolis Health Department	www.minneapolismn.gov	612-673-2301
St. Paul – Ramsey County Public Health	www.co.ramsey.mn.us	651-266-2400
Scott County Public Health	www.co.scott.mn.us	952-496-8584
Washington County Public Health & Environment	www.co.washington.mn.us	651-430-6655

Metro SHAPE
2014

Overall Health

Overall Health

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

TABLE 1	Sample Size N	Excellent % ± 95% C.I.	Very good % ± 95% C.I.	Good % ± 95% C.I.	Fair % ± 95% C.I.	Poor % ± 95% C.I.
Six County Total	11,977	17.9% ± 1.1	44.8% ± 1.4	29.5% ± 1.3	6.7% ± 0.7	1.1% ± 0.3
Gender						
Male	4,376	18.9% ± 1.9	43.5% ± 2.2	30.2% ± 2.1	6.4% ± 1.1	1.0% ± 0.5
Female	7,600	17.0% ± 1.3	45.9% ± 1.7	29.0% ± 1.6	7.0% ± 0.9	1.1% ± 0.3
Age						
25-34	1,561	22.9% ± 3.0	45.9% ± 3.4	28.4% ± 3.2	2.5% ± 1.3	^0.3% ± 0.7
35-44	1,596	19.3% ± 2.8	47.5% ± 3.4	27.5% ± 3.1	5.1% ± 1.7	^0.5% ± 0.8
45-54	2,080	18.6% ± 2.5	46.1% ± 3.1	28.0% ± 2.9	6.0% ± 1.6	*1.4% ± 0.9
55-64	2,842	16.4% ± 2.0	43.9% ± 2.7	29.6% ± 2.6	8.7% ± 1.8	1.5% ± 0.6
65-74	2,179	12.3% ± 2.0	45.0% ± 2.9	31.5% ± 2.8	9.7% ± 2.0	1.4% ± 0.8
75 and older	1,688	7.8% ± 2.0	33.1% ± 3.2	40.4% ± 3.4	16.2% ± 2.8	*2.5% ± 1.5
Educational Attainment						
HS graduate, GED, or less	1,563	7.9% ± 2.7	30.6% ± 3.7	40.2% ± 4.0	17.0% ± 3.1	4.3% ± 1.6
Some college	3,318	11.1% ± 1.8	40.5% ± 2.6	36.8% ± 2.6	10.2% ± 1.7	1.4% ± 0.6
Bachelor's degree or higher	7,055	22.5% ± 1.5	49.1% ± 1.8	24.5% ± 1.6	3.4% ± 0.6	*0.4% ± 0.3
Household income						
< 200% of FPL	1,970	10.6% ± 2.7	29.3% ± 3.3	38.3% ± 3.6	17.2% ± 2.7	4.5% ± 1.4
≥ 200% of FPL	9,467	19.3% ± 1.3	48.0% ± 1.5	27.7% ± 1.4	4.6% ± 0.6	0.4% ± 0.2
Geographic Area						
Carver County	607	20.9% ± 4.9	46.5% ± 5.1	26.4% ± 4.6	5.7% ± 2.6	^0.5% ± 0.9
Dakota County	525	15.9% ± 4.2	44.4% ± 5.1	31.9% ± 4.9	7.4% ± 2.9	^0.5% ± 0.6
Hennepin County	8,541	18.5% ± 1.3	45.0% ± 1.6	28.9% ± 1.5	6.6% ± 0.8	1.0% ± 0.3
Bloomington	634	15.6% ± 4.3	45.9% ± 5.7	29.3% ± 6.2	7.4% ± 3.9	^1.8% ± 2.2
Minneapolis	3,310	18.6% ± 2.0	44.7% ± 2.5	27.2% ± 2.3	8.3% ± 1.4	1.1% ± 0.5
Ramsey County	1,147	18.1% ± 3.2	41.3% ± 3.6	29.8% ± 3.3	8.5% ± 2.1	2.3% ± 1.3
Saint Paul	558	16.8% ± 4.5	39.5% ± 5.2	30.9% ± 5.1	10.1% ± 3.4	*2.8% ± 2.1
Suburban Ramsey County	589	19.4% ± 4.7	43.3% ± 5.0	28.7% ± 4.4	6.8% ± 2.7	^1.8% ± 2.0
Scott County	546	17.9% ± 4.4	45.7% ± 5.4	31.0% ± 5.3	4.9% ± 2.4	^0.4% ± 0.7
Washington County	611	16.1% ± 4.3	50.2% ± 5.1	29.2% ± 4.8	4.0% ± 1.9	^0.4% ± 0.6

NOTE: Definitions for the indicators are provided in Appendix D.
* 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

Q: 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 2	Sample Size	0 days		1 or 2 days		3 to 7 days		8 to 13 days		14 or more days	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,825	57.2%	± 1.4	18.6%	± 1.1	14.2%	± 1.0	3.3%	± 0.5	6.7%	± 0.7
Gender											
Male	4,332	60.3%	± 2.2	17.9%	± 1.8	12.3%	± 1.5	2.9%	± 0.8	6.6%	± 1.1
Female	7,492	54.4%	± 1.7	19.3%	± 1.4	15.9%	± 1.3	3.6%	± 0.6	6.9%	± 0.9
Age											
25-34	1,559	55.4%	± 3.4	23.0%	± 2.9	15.5%	± 2.5	2.4%	± 1.2	3.7%	± 1.5
35-44	1,588	53.8%	± 3.4	24.5%	± 3.0	14.5%	± 2.5	2.2%	± 1.1	5.0%	± 1.7
45-54	2,071	59.7%	± 3.0	17.8%	± 2.4	13.7%	± 2.2	3.0%	± 1.2	5.7%	± 1.5
55-64	2,821	59.8%	± 2.7	13.5%	± 1.8	13.7%	± 2.1	4.4%	± 1.4	8.7%	± 1.8
65-74	2,143	60.0%	± 2.9	13.1%	± 2.1	12.9%	± 2.1	4.9%	± 1.8	9.2%	± 1.8
75 and older	1,616	53.8%	± 3.5	12.4%	± 2.8	13.8%	± 2.3	4.6%	± 1.5	15.4%	± 3.0
Educational Attainment											
HS graduate, GED, or less	1,485	53.9%	± 4.0	12.1%	± 3.0	15.1%	± 3.2	5.3%	± 2.0	13.7%	± 2.8
Some college	3,271	53.2%	± 2.7	16.8%	± 2.1	15.2%	± 2.1	4.0%	± 1.2	10.8%	± 1.7
Bachelor's degree or higher	7,031	59.4%	± 1.7	20.5%	± 1.5	13.6%	± 1.2	2.6%	± 0.6	3.8%	± 0.7
Household income											
< 200% of FPL	1,907	44.9%	± 3.7	14.6%	± 2.7	18.4%	± 3.0	5.5%	± 1.6	16.7%	± 2.7
≥ 200% of FPL	9,400	59.2%	± 1.5	19.6%	± 1.3	13.6%	± 1.1	2.8%	± 0.5	4.7%	± 0.7
Geographic Area											
Carver County	596	60.1%	± 5.2	18.4%	± 4.5	12.9%	± 4.3	*2.4%	± 2.3	6.2%	± 2.8
Dakota County	520	60.0%	± 5.1	14.5%	± 4.0	14.6%	± 4.1	*2.9%	± 1.9	8.0%	± 3.1
Hennepin County	8,432	56.5%	± 1.6	19.4%	± 1.3	14.3%	± 1.1	3.4%	± 0.6	6.4%	± 0.7
Bloomington	622	57.2%	± 5.8	16.5%	± 4.8	15.2%	± 4.6	*6.1%	± 4.4	5.0%	± 1.9
Minneapolis	3,280	51.3%	± 2.5	20.3%	± 2.0	17.0%	± 2.0	3.2%	± 0.9	8.2%	± 1.4
Ramsey County	1,129	55.1%	± 3.7	19.1%	± 3.2	14.8%	± 2.8	3.5%	± 1.6	7.4%	± 2.0
Saint Paul	540	53.6%	± 5.3	21.2%	± 4.7	14.4%	± 4.1	*3.4%	± 2.6	7.3%	± 3.0
Suburban Ramsey County	589	56.7%	± 5.0	17.0%	± 4.4	15.2%	± 3.9	*3.6%	± 2.3	7.5%	± 3.0
Scott County	541	57.8%	± 5.4	17.7%	± 4.5	14.8%	± 4.3	*3.7%	± 2.6	5.9%	± 3.0
Washington County	607	59.3%	± 5.1	19.8%	± 4.9	12.0%	± 3.6	*2.9%	± 1.8	6.1%	± 2.7

NOTE: Definitions for the indicators are provided in Appendix D.
  * 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

Q: 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 3	Sample Size	0 days		1 or 2 days		3 to 7 days		8 to 13 days		14 or more days	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,858	54.0%	± 1.4	16.7%	± 1.1	15.9%	± 1.0	5.3%	± 0.6	8.0%	± 0.8
Gender											
Male	4,340	59.6%	± 2.2	15.9%	± 1.8	12.9%	± 1.6	4.7%	± 1.0	7.0%	± 1.2
Female	7,517	49.1%	± 1.7	17.5%	± 1.3	18.6%	± 1.3	5.8%	± 0.9	9.0%	± 1.0
Age											
25-34	1,557	39.8%	± 3.4	22.8%	± 3.0	22.1%	± 2.9	6.6%	± 1.7	8.6%	± 2.1
35-44	1,589	48.6%	± 3.4	18.5%	± 2.8	18.0%	± 2.5	6.5%	± 1.8	8.4%	± 2.0
45-54	2,074	54.7%	± 3.1	16.7%	± 2.4	15.7%	± 2.2	4.8%	± 1.5	8.1%	± 1.8
55-64	2,828	60.3%	± 2.7	14.3%	± 2.0	13.3%	± 1.9	4.3%	± 1.3	7.8%	± 1.5
65-74	2,145	71.2%	± 2.8	10.1%	± 2.1	9.2%	± 1.7	3.5%	± 1.7	6.0%	± 1.5
75 and older	1,637	70.3%	± 3.3	9.2%	± 2.0	8.1%	± 2.2	4.3%	± 1.9	8.2%	± 2.4
Educational Attainment											
HS graduate, GED, or less	1,502	55.0%	± 4.1	12.2%	± 3.3	13.6%	± 3.0	7.5%	± 2.7	11.7%	± 2.7
Some college	3,287	54.7%	± 2.6	12.9%	± 1.8	14.2%	± 1.9	6.1%	± 1.5	12.0%	± 1.9
Bachelor's degree or higher	7,031	53.6%	± 1.8	19.2%	± 1.5	17.0%	± 1.3	4.6%	± 0.7	5.7%	± 0.8
Household income											
< 200% of FPL	1,922	42.7%	± 3.6	14.1%	± 2.9	18.2%	± 2.9	7.7%	± 2.1	17.3%	± 2.8
≥ 200% of FPL	9,416	55.6%	± 1.5	17.3%	± 1.2	15.9%	± 1.1	4.8%	± 0.7	6.5%	± 0.8
Geographic Area											
Carver County	601	56.7%	± 5.1	15.5%	± 3.9	14.1%	± 3.9	6.0%	± 3.1	7.6%	± 3.0
Dakota County	519	55.4%	± 5.1	16.8%	± 4.4	11.6%	± 3.7	6.4%	± 3.1	9.8%	± 3.4
Hennepin County	8,456	53.2%	± 1.6	17.0%	± 1.2	16.6%	± 1.2	5.4%	± 0.7	7.8%	± 0.9
Bloomington	629	54.8%	± 5.9	17.9%	± 5.0	16.4%	± 4.4	*5.7%	± 5.0	5.2%	± 2.7
Minneapolis	3,276	46.1%	± 2.5	17.7%	± 1.9	19.6%	± 2.1	6.5%	± 1.3	10.1%	± 1.6
Ramsey County	1,131	52.0%	± 3.6	17.7%	± 3.2	17.8%	± 3.0	4.2%	± 1.6	8.4%	± 2.2
Saint Paul	545	46.8%	± 5.3	18.9%	± 4.8	20.2%	± 4.6	4.8%	± 2.6	9.3%	± 3.6
Suburban Ramsey County	586	57.3%	± 5.1	16.5%	± 4.4	15.2%	± 4.1	*3.6%	± 2.2	7.4%	± 3.0
Scott County	542	52.3%	± 5.4	14.7%	± 4.5	18.6%	± 4.5	*5.3%	± 3.1	9.2%	± 3.8
Washington County	609	60.6%	± 5.1	15.0%	± 4.1	14.0%	± 4.0	5.0%	± 2.7	5.4%	± 2.5

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

Q: **Total number of unhealthy days during the past 30 days, Including both unhealthy physical health and unhealthy mental health days**

TABLE 4	Sample Size	0 days		1 or 2 days		3 to 7 days		8 to 13 days		14 or more days	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,768	37.9%	± 1.3	16.9%	± 1.1	23.1%	± 1.2	8.5%	± 0.8	13.6%	± 0.9
Gender											
Male	4,307	42.5%	± 2.2	17.5%	± 1.8	20.6%	± 1.9	6.9%	± 1.2	12.5%	± 1.5
Female	7,460	33.9%	± 1.6	16.3%	± 1.3	25.3%	± 1.5	9.9%	± 1.1	14.6%	± 1.2
Age											
25-34	1,556	28.1%	± 3.2	20.0%	± 2.9	28.8%	± 3.1	11.1%	± 2.3	12.1%	± 2.3
35-44	1,586	32.6%	± 3.3	19.8%	± 2.8	25.9%	± 3.0	8.5%	± 2.0	13.2%	± 2.4
45-54	2,067	39.6%	± 3.1	16.2%	± 2.4	23.6%	± 2.7	8.4%	± 1.8	12.2%	± 2.0
55-64	2,813	44.3%	± 2.7	14.7%	± 1.9	18.3%	± 2.2	7.7%	± 1.8	15.0%	± 2.1
65-74	2,121	50.1%	± 3.0	13.7%	± 2.3	16.1%	± 2.3	6.2%	± 1.5	13.8%	± 2.3
75 and older	1,598	44.5%	± 3.4	11.5%	± 2.7	17.7%	± 2.8	6.6%	± 1.8	19.8%	± 3.2
Educational Attainment											
HS graduate, GED, or less	1,466	37.7%	± 3.9	11.2%	± 3.1	18.4%	± 3.5	10.2%	± 3.1	22.4%	± 3.4
Some college	3,255	36.9%	± 2.6	12.9%	± 1.8	21.4%	± 2.3	9.7%	± 1.8	19.1%	± 2.2
Bachelor's degree or higher	7,009	38.4%	± 1.7	19.5%	± 1.5	24.6%	± 1.6	7.7%	± 0.9	9.8%	± 1.0
Household income											
< 200% of FPL	1,889	28.3%	± 3.4	10.4%	± 2.6	21.6%	± 3.3	11.2%	± 2.5	28.6%	± 3.3
≥ 200% of FPL	9,368	39.3%	± 1.5	18.0%	± 1.2	23.8%	± 1.3	8.0%	± 0.9	10.9%	± 1.0
Geographic Area											
Carver County	595	39.2%	± 5.0	18.3%	± 4.4	23.6%	± 4.9	6.5%	± 2.9	12.4%	± 3.7
Dakota County	517	41.0%	± 5.1	15.4%	± 4.2	19.1%	± 4.5	10.1%	± 3.6	14.4%	± 3.8
Hennepin County	8,391	36.8%	± 1.5	17.3%	± 1.3	23.9%	± 1.4	8.7%	± 0.9	13.3%	± 1.0
Bloomington	621	36.3%	± 5.7	20.1%	± 5.4	20.0%	± 4.6	12.1%	± 5.5	11.6%	± 3.8
Minneapolis	3,258	30.9%	± 2.4	15.7%	± 1.8	27.0%	± 2.3	10.0%	± 1.6	16.3%	± 1.9
Ramsey County	1,120	36.2%	± 3.5	17.4%	± 3.1	24.0%	± 3.3	7.2%	± 2.1	15.2%	± 2.7
Saint Paul	536	32.9%	± 5.2	17.2%	± 4.6	24.8%	± 4.9	8.8%	± 3.6	16.2%	± 4.2
Suburban Ramsey County	584	39.5%	± 5.0	17.6%	± 4.4	23.2%	± 4.7	5.6%	± 2.6	14.1%	± 3.7
Scott County	539	36.2%	± 5.2	18.0%	± 4.9	23.5%	± 4.9	8.8%	± 3.4	13.5%	± 4.1
Washington County	606	43.5%	± 5.1	14.5%	± 4.2	22.6%	± 4.7	8.3%	± 3.1	11.0%	± 3.4

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Overall Health

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

TABLE 5	Sample Size	0 days		1 or 2 days		3 to 7 days		8 to 13 days		14 or more days	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,861	72.2%	± 1.3	13.5%	± 1.0	7.7%	± 0.7	2.0%	± 0.4	4.7%	± 0.6
Gender											
Male	4,348	74.1%	± 2.0	12.9%	± 1.7	6.4%	± 1.1	2.1%	± 0.7	4.6%	± 1.0
Female	7,511	70.6%	± 1.6	14.0%	± 1.3	8.8%	± 1.0	1.9%	± 0.4	4.7%	± 0.8
Age											
25-34	1,560	66.0%	± 3.2	19.2%	± 2.8	9.8%	± 2.1	2.0%	± 1.1	3.0%	± 1.5
35-44	1,589	70.5%	± 3.2	17.2%	± 2.8	7.3%	± 1.7	*1.6%	± 1.1	3.3%	± 1.4
45-54	2,070	73.0%	± 2.8	13.7%	± 2.3	7.1%	± 1.6	*1.5%	± 1.0	4.7%	± 1.4
55-64	2,821	77.0%	± 2.3	7.8%	± 1.4	6.4%	± 1.4	2.7%	± 1.0	6.1%	± 1.5
65-74	2,152	77.4%	± 2.7	8.3%	± 2.0	7.4%	± 1.6	*2.4%	± 1.6	4.6%	± 1.3
75 and older	1,641	74.4%	± 3.4	6.4%	± 2.2	7.6%	± 2.1	2.0%	± 0.8	9.6%	± 2.9
Educational Attainment											
HS graduate, GED, or less	1,502	67.7%	± 4.0	9.8%	± 3.3	8.7%	± 2.4	4.3%	± 2.1	9.5%	± 2.6
Some college	3,282	69.4%	± 2.5	11.7%	± 1.9	8.6%	± 1.5	2.3%	± 0.8	8.0%	± 1.6
Bachelor's degree or higher	7,040	74.2%	± 1.6	14.9%	± 1.4	7.1%	± 0.9	1.4%	± 0.5	2.4%	± 0.6
Household income											
< 200% of FPL	1,918	57.1%	± 3.6	11.6%	± 2.7	12.5%	± 2.4	4.2%	± 1.5	14.5%	± 2.7
≥ 200% of FPL	9,416	74.7%	± 1.4	14.1%	± 1.2	6.9%	± 0.8	1.5%	± 0.4	2.8%	± 0.5
Geographic Area											
Carver County	598	76.6%	± 4.7	13.7%	± 4.3	5.7%	± 2.5	^1.0%	± 1.0	*3.1%	± 2.1
Dakota County	520	73.1%	± 4.8	13.9%	± 4.1	6.3%	± 2.8	^1.8%	± 1.9	4.8%	± 2.5
Hennepin County	8,467	71.5%	± 1.4	13.0%	± 1.1	8.8%	± 0.9	2.2%	± 0.5	4.5%	± 0.7
Bloomington	631	68.5%	± 6.2	17.3%	± 6.1	6.8%	± 2.7	^3.6%	± 4.4	*3.9%	± 2.4
Minneapolis	3,280	64.3%	± 2.4	15.5%	± 1.9	11.3%	± 1.8	2.6%	± 0.9	6.3%	± 1.4
Ramsey County	1,128	69.1%	± 3.5	15.0%	± 3.0	7.6%	± 2.0	*2.1%	± 1.3	6.2%	± 2.1
Saint Paul	546	65.6%	± 5.2	14.3%	± 4.3	9.1%	± 3.2	*2.6%	± 2.4	8.4%	± 3.6
Suburban Ramsey County	582	72.8%	± 4.8	15.7%	± 4.3	6.1%	± 2.6	^1.5%	± 1.6	*3.8%	± 2.4
Scott County	543	76.8%	± 4.9	11.3%	± 3.8	6.6%	± 3.4	^2.1%	± 2.2	*3.3%	± 2.7
Washington County	605	76.4%	± 4.7	13.8%	± 4.4	5.2%	± 2.4	^0.8%	± 1.1	*3.7%	± 2.5

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Overall Health

Q: Average number of unhealthy days during the past 30 days

TABLE 6	Unhealthy physical health days		Unhealthy mental health days		Unhealthy physical and unhealthy mental health days		Days when poor health interfered with usual activities	
	N	Ave ± 95% C.I.	N	Ave ± 95% C.I.	N	Ave ± 95% C.I.	N	Ave ± 95% C.I.
Hennepin County Total	8,432	2.8 ± 0.2	8,456	3.2 ± 0.2	8,391	5.4 ± 0.2	8,467	1.8 ± 0.2
Minneapolis								
Total	3,280	3.3 ± 0.3	3,276	4.1 ± 0.4	3,258	6.5 ± 0.4	3,280	2.4 ± 0.3
Camden, Near North	748	4.8 ± 0.9	751	4.8 ± 0.8	742	7.7 ± 1.0	751	3.8 ± 0.8
Longfellow, NE, University	826	3.5 ± 0.6	828	4.0 ± 0.6	823	6.4 ± 0.8	827	2.0 ± 0.5
Central, Phillips, Powderhorn	739	3.6 ± 0.9	736	4.7 ± 0.9	733	7.5 ± 1.0	739	2.9 ± 0.8
Calhoun-Isles, Nokomis, SW	967	2.2 ± 0.4	961	3.0 ± 0.5	960	4.8 ± 0.6	963	1.5 ± 0.4
Suburban Areas								
Total	5,152	2.5 ± 0.2	5,180	2.9 ± 0.2	5,133	4.9 ± 0.3	5,187	1.6 ± 0.2
Northwest Suburbs	1,555	2.5 ± 0.3	1,569	3.0 ± 0.5	1,551	5.0 ± 0.5	1,575	1.5 ± 0.3
Northwest - Inner Ring	796	3.2 ± 0.6	804	3.0 ± 0.7	793	5.4 ± 0.8	807	1.7 ± 0.4
Northwest - Outer Ring	759	2.2 ± 0.4	765	3.0 ± 0.6	758	4.8 ± 0.7	768	1.4 ± 0.4
West Suburbs	1,649	2.5 ± 0.3	1,652	2.6 ± 0.3	1,644	4.6 ± 0.4	1,652	1.5 ± 0.3
West - Inner Ring	754	2.9 ± 0.6	755	3.0 ± 0.5	752	5.4 ± 0.7	755	1.9 ± 0.5
West - Outer Ring	895	2.2 ± 0.4	897	2.4 ± 0.4	892	4.1 ± 0.5	897	1.2 ± 0.3
South Suburbs	1,948	2.5 ± 0.3	1,959	2.8 ± 0.3	1,938	4.9 ± 0.4	1,960	1.7 ± 0.3
South - Inner Ring	982	2.4 ± 0.3	985	2.9 ± 0.4	974	4.9 ± 0.5	984	1.8 ± 0.4
South - Outer Ring	966	2.6 ± 0.4	974	2.8 ± 0.5	964	4.9 ± 0.6	976	1.6 ± 0.4
Bloomington	622	2.8 ± 0.5	629	2.8 ± 0.6	621	5.2 ± 0.8	631	1.8 ± 0.5
Gender								
Male	3,088	2.5 ± 0.3	3,099	2.9 ± 0.3	3,074	4.8 ± 0.4	3,104	1.7 ± 0.2
Female	5,343	3.1 ± 0.2	5,356	3.6 ± 0.2	5,316	6.0 ± 0.3	5,361	1.9 ± 0.2
Age								
25-34	1,196	1.9 ± 0.3	1,195	3.5 ± 0.4	1,194	5.2 ± 0.5	1,197	1.3 ± 0.2
35-44	1,115	2.2 ± 0.4	1,116	3.6 ± 0.5	1,114	5.3 ± 0.6	1,117	1.6 ± 0.3
45-54	1,451	2.7 ± 0.4	1,455	3.4 ± 0.5	1,450	5.4 ± 0.6	1,453	2.0 ± 0.4
55-64	1,984	3.2 ± 0.4	1,986	3.1 ± 0.4	1,978	5.5 ± 0.5	1,983	2.2 ± 0.4
65-74	1,501	3.7 ± 0.5	1,501	2.4 ± 0.4	1,483	5.2 ± 0.6	1,510	1.9 ± 0.3
75 and older	1,169	5.0 ± 0.6	1,186	2.7 ± 0.5	1,156	6.5 ± 0.7	1,190	2.7 ± 0.5
Household income								
< 200% of FPL	1,412	5.7 ± 0.7	1,419	6.1 ± 0.8	1,400	9.7 ± 0.9	1,417	4.8 ± 0.7
≥ 200% of FPL	6,662	2.2 ± 0.1	6,676	2.7 ± 0.2	6,638	4.6 ± 0.2	6,682	1.2 ± 0.1

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Overall Health

Q: Have you ever been told by a doctor or other health professional that you had ... ?
Hypertension, also called high blood pressure

TABLE 7	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,939	22.4% ± 1.1
Gender		
Male	4,353	24.5% ± 1.9
Female	7,584	20.6% ± 1.3
Age		
25-34	1,560	4.3% ± 1.7
35-44	1,592	9.2% ± 2.3
45-54	2,077	17.8% ± 2.5
55-64	2,834	34.3% ± 2.7
65-74	2,168	49.6% ± 2.9
75 and older	1,677	60.6% ± 3.4
Educational Attainment		
HS graduate, GED, or less	1,551	44.5% ± 3.9
Some college	3,301	29.2% ± 2.3
Bachelor's degree or higher	7,047	15.6% ± 1.2
Household income		
< 200% of FPL	1,967	34.4% ± 3.3
≥ 200% of FPL	9,438	19.8% ± 1.2
Geographic Area		
Carver County	604	19.9% ± 4.0
Dakota County	529	28.6% ± 4.5
Hennepin County	8,516	21.1% ± 1.2
Bloomington	633	25.2% ± 4.8
Minneapolis	3,304	20.3% ± 1.9
Ramsey County	1,141	22.3% ± 2.9
Saint Paul	555	20.3% ± 4.3
Suburban Ramsey County	586	24.5% ± 4.0
Scott County	542	19.9% ± 4.3
Washington County	607	22.9% ± 4.1

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Overall Health

Q: **Have you ever been told by a doctor or other health professional that you had ... ?**
Borderline high blood pressure or pre-hypertension

TABLE 8	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,556	21.8% ± 1.2
Gender		
Male	4,210	28.3% ± 2.0
Female	7,345	16.2% ± 1.2
Age		
25-34	1,561	11.5% ± 2.5
35-44	1,588	14.0% ± 2.6
45-54	2,061	20.9% ± 2.7
55-64	2,737	29.3% ± 2.7
65-74	2,061	36.8% ± 3.0
75 and older	1,519	40.7% ± 3.5
Educational Attainment		
HS graduate, GED, or less	1,457	34.8% ± 3.9
Some college	3,160	25.5% ± 2.3
Bachelor's degree or higher	6,901	18.0% ± 1.4
Household income		
< 200% of FPL	1,865	25.9% ± 3.2
≥ 200% of FPL	9,186	20.8% ± 1.3
Geographic Area		
Carver County	583	18.6% ± 4.0
Dakota County	508	24.5% ± 4.5
Hennepin County	8,255	21.2% ± 1.3
Bloomington	610	19.7% ± 4.8
Minneapolis	3,209	19.7% ± 2.0
Ramsey County	1,099	22.0% ± 3.1
Saint Paul	532	20.5% ± 4.7
Suburban Ramsey County	567	23.5% ± 4.3
Scott County	528	23.0% ± 5.0
Washington County	583	21.4% ± 4.4

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Overall Health

Q: **Have you ever been told by a doctor or other health professional that you had ... ?**
Diabetes or sugar disease

TABLE 9	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,842	6.8% ± 0.7
Gender		
Male	4,314	8.0% ± 1.2
Female	7,526	5.8% ± 0.8
Age		
25-34	1,560	^1.2% ± 1.4
35-44	1,589	1.9% ± 1.1
45-54	2,075	6.5% ± 1.8
55-64	2,806	11.1% ± 2.0
65-74	2,135	16.2% ± 2.7
75 and older	1,646	15.2% ± 2.6
Educational Attainment		
HS graduate, GED, or less	1,532	15.8% ± 3.1
Some college	3,265	9.0% ± 1.5
Bachelor's degree or higher	7,006	4.3% ± 0.8
Household income		
< 200% of FPL	1,935	13.9% ± 2.6
≥ 200% of FPL	9,380	5.4% ± 0.7
Geographic Area		
Carver County	600	5.3% ± 2.2
Dakota County	521	9.6% ± 3.2
Hennepin County	8,450	6.1% ± 0.7
Bloomington	623	9.6% ± 4.1
Minneapolis	3,282	6.4% ± 1.4
Ramsey County	1,132	7.7% ± 2.1
Saint Paul	550	8.3% ± 3.4
Suburban Ramsey County	582	7.1% ± 2.6
Scott County	541	4.6% ± 2.1
Washington County	598	6.6% ± 2.4

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Overall Health

Q: Have you ever been told by a doctor or other health professional that you had ... ?
Pre-diabetes or borderline diabetes

TABLE 10	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,683	9.2% ± 0.8
Gender		
Male	4,249	9.8% ± 1.4
Female	7,432	8.6% ± 1.0
Age		
25-34	1,560	*2.6% ± 1.6
35-44	1,590	5.1% ± 1.8
45-54	2,071	8.9% ± 2.0
55-64	2,774	14.8% ± 2.2
65-74	2,085	18.5% ± 2.7
75 and older	1,575	15.2% ± 2.8
Educational Attainment		
HS graduate, GED, or less	1,503	15.3% ± 3.1
Some college	3,203	11.3% ± 1.8
Bachelor's degree or higher	6,941	7.2% ± 1.0
Household income		
< 200% of FPL	1,890	13.4% ± 2.5
≥ 200% of FPL	9,277	8.4% ± 0.9
Geographic Area		
Carver County	593	7.4% ± 2.6
Dakota County	512	13.0% ± 3.7
Hennepin County	8,350	8.0% ± 0.8
Bloomington	613	8.8% ± 3.1
Minneapolis	3,248	8.2% ± 1.3
Ramsey County	1,104	9.8% ± 2.4
Saint Paul	534	10.9% ± 3.9
Suburban Ramsey County	570	8.7% ± 2.9
Scott County	529	7.5% ± 2.9
Washington County	595	10.1% ± 3.5

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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

Q: **Have you ever been told by a doctor or other health professional that you had ... ?**
High blood cholesterol

TABLE 11	Sample Size	Yes	
	N	**% ± 95% C.I.**	
Six County Total	11,904	30.6%	± 1.2
Gender			
Male	4,353	34.6%	± 2.1
Female	7,549	27.1%	± 1.4
Age			
25-34	1,557	10.9%	± 2.3
35-44	1,592	20.0%	± 2.8
45-54	2,079	30.9%	± 2.9
55-64	2,820	45.4%	± 2.7
65-74	2,164	54.1%	± 2.9
75 and older	1,662	50.1%	± 3.4
Educational Attainment			
HS graduate, GED, or less	1,544	39.8%	± 3.8
Some college	3,294	35.2%	± 2.5
Bachelor's degree or higher	7,027	27.0%	± 1.5
Household income			
< 200% of FPL	1,948	33.1%	± 3.4
≥ 200% of FPL	9,424	29.8%	± 1.4
Geographic Area			
Carver County	605	30.6%	± 4.6
Dakota County	523	33.9%	± 4.8
Hennepin County	8,490	30.0%	± 1.4
Bloomington	629	36.0%	± 5.6
Minneapolis	3,295	26.9%	± 2.2
Ramsey County	1,141	29.0%	± 3.2
Saint Paul	551	26.2%	± 4.7
Suburban Ramsey County	590	31.9%	± 4.5
Scott County	540	27.9%	± 4.8
Washington County	605	33.7%	± 4.9

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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

Q: **Have you ever been told by a doctor or other health professional that you had ... ?**
Heart attack, angina, stroke

TABLE 12	Sample Size	Heart attack		Angina or coronary heart disease		Stroke		Any of these three	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,936	2.3%	± 0.4	3.0%	± 0.4	1.8%	± 0.3	5.2%	± 0.5
Gender									
Male	4,354	3.3%	± 0.7	4.3%	± 0.8	2.1%	± 0.6	6.9%	± 1.0
Female	7,580	1.4%	± 0.4	1.9%	± 0.4	1.6%	± 0.4	3.7%	± 0.6
Age									
25-34	1,561	0.0%	± 0.0	0.0%	± 0.0	^0.5%	± 0.9	^0.5%	± 0.9
35-44	1,593	^0.3%	± 0.5	^0.2%	± 0.4	^0.4%	± 0.6	*0.8%	± 0.7
45-54	2,082	*1.3%	± 0.8	1.6%	± 0.9	1.3%	± 0.7	3.0%	± 1.1
55-64	2,827	3.5%	± 1.4	4.6%	± 1.6	2.0%	± 1.0	7.0%	± 1.8
65-74	2,158	4.5%	± 1.4	7.2%	± 1.8	3.5%	± 1.3	11.8%	± 2.2
75 and older	1,683	11.3%	± 2.7	14.1%	± 2.3	8.5%	± 2.4	24.1%	± 3.1
Educational Attainment									
HS graduate, GED, or less	1,549	4.8%	± 1.8	6.2%	± 1.9	6.0%	± 2.0	12.1%	± 2.6
Some college	3,308	3.5%	± 1.0	4.1%	± 1.0	2.2%	± 0.7	7.3%	± 1.3
Bachelor's degree or higher	7,038	1.3%	± 0.4	2.0%	± 0.4	0.9%	± 0.3	3.1%	± 0.5
Household income									
< 200% of FPL	1,965	3.7%	± 1.5	5.6%	± 1.7	4.3%	± 1.5	9.8%	± 2.1
≥ 200% of FPL	9,434	1.9%	± 0.4	2.5%	± 0.4	1.2%	± 0.3	4.1%	± 0.5
Geographic Area									
Carver County	605	*2.5%	± 2.0	*3.0%	± 2.1	^1.9%	± 2.0	4.7%	± 2.2
Dakota County	527	*3.8%	± 2.2	*3.4%	± 2.1	*1.6%	± 1.5	6.2%	± 2.6
Hennepin County	8,513	2.0%	± 0.3	2.9%	± 0.4	1.7%	± 0.3	4.8%	± 0.5
Bloomington	630	*2.8%	± 1.8	4.5%	± 2.2	*1.1%	± 1.0	6.1%	± 2.4
Minneapolis	3,299	1.6%	± 0.5	2.3%	± 0.6	2.0%	± 0.8	4.5%	± 0.9
Ramsey County	1,143	2.7%	± 1.3	3.7%	± 1.4	2.8%	± 1.3	6.8%	± 1.8
Saint Paul	554	*2.3%	± 2.2	*2.8%	± 2.2	*3.2%	± 2.3	5.8%	± 2.8
Suburban Ramsey County	589	3.1%	± 1.7	4.7%	± 2.0	*2.4%	± 1.6	7.9%	± 2.5
Scott County	543	*1.9%	± 1.6	2.4%	± 1.2	*1.6%	± 1.3	4.2%	± 1.9
Washington County	605	*1.1%	± 1.0	*1.9%	± 1.4	*0.9%	± 0.8	3.1%	± 1.5

NOTE: Definitions for the indicators are provided in Appendix D.
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Overall Health

Q: **Have you ever been told by a doctor or other health professional that you had ... ?**
Arthritis or rheumatism

TABLE 13	Among persons aged 25 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.**	
Six County Total	11,906	18.7%	± 1.0	6,689	38.3%	± 1.7	3,866	49.0%	± 2.2
Gender									
Male	4,336	14.7%	± 1.4	2,641	30.0%	± 2.6	1,596	40.5%	± 3.6
Female	7,568	22.2%	± 1.3	4,047	45.2%	± 2.2	2,269	55.4%	± 2.9
Age									
25-34	1,554	2.7%	± 1.3	N/A			N/A		
35-44	1,589	5.4%	± 1.5	N/A			N/A		
45-54	2,074	15.4%	± 2.4	N/A			N/A		
55-64	2,823	28.2%	± 2.4	2,823	28.2%	± 2.4	N/A		
65-74	2,157	43.5%	± 2.9	2,157	43.5%	± 3.0	2,157	43.5%	± 3.0
75 and older	1,677	55.6%	± 3.4	1,677	55.6%	± 3.4	1,677	55.6%	± 3.4
Education									
HS graduate, GED, or less	1,543	32.6%	± 4.2	1,214	45.7%	± 4.2	856	55.8%	± 4.9
Some college	3,304	25.7%	± 2.2	2,202	41.0%	± 3.1	1,246	50.8%	± 3.8
Bachelor's degree or higher	7,019	13.2%	± 1.1	3,247	33.3%	± 2.3	1,744	44.2%	± 3.4
Household income									
< 200% of FPL	1,958	27.2%	± 2.9	1,264	46.3%	± 4.5	808	59.1%	± 5.3
≥ 200% of FPL	9,412	16.7%	± 1.0	5,031	36.1%	± 1.9	2,764	46.4%	± 2.6
Geographic Area									
Carver County	603	19.7%	± 4.0	320	41.6%	± 5.9	166	49.1%	± 8.0
Dakota County	525	20.2%	± 3.9	317	37.7%	± 6.5	185	49.3%	± 8.5
Hennepin County	8,492	18.3%	± 1.0	4,731	39.1%	± 1.8	2,750	49.9%	± 2.3
Bloomington	630	20.0%	± 3.7	429	40.6%	± 5.3	285	50.9%	± 6.5
Minneapolis	3,291	16.7%	± 1.7	1,552	39.5%	± 3.4	788	50.3%	± 4.8
Ramsey County	1,136	19.9%	± 2.7	686	38.1%	± 4.4	409	49.9%	± 5.7
Saint Paul	550	17.6%	± 3.7	301	38.2%	± 6.9	166	53.3%	± 9.7
Suburban Ramsey County	586	22.4%	± 4.0	385	38.0%	± 5.6	243	47.5%	± 6.9
Scott County	543	14.2%	± 3.1	268	38.1%	± 6.3	148	45.9%	± 8.6
Washington County	607	18.1%	± 3.7	367	34.5%	± 5.7	208	43.6%	± 7.9

NOTE: Definitions for the indicators are provided in Appendix D.
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Overall Health

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

TABLE 14	Ever had asthma			Currently has asthma		
	N	% ± 95% C.I.		N	% ± 95% C.I.	
Six County Total	11,835	11.4%	± 0.9	11,798	7.1%	± 0.7
Gender						
Male	4,308	9.2%	± 1.4	4,301	4.8%	± 1.0
Female	7,525	13.3%	± 1.2	7,495	9.2%	± 1.0
Age						
25-34	1,556	13.6%	± 2.5	1,555	7.0%	± 1.8
40-44	1,590	10.9%	± 2.1	1,586	6.5%	± 1.7
45-54	2,073	10.2%	± 1.9	2,068	7.2%	± 1.7
55-64	2,805	11.8%	± 1.9	2,798	8.0%	± 1.7
65-74	2,141	12.1%	± 2.1	2,133	7.6%	± 1.6
75 and older	1,639	8.8%	± 1.9	1,628	6.5%	± 1.7
Educational Attainment						
HS graduate, GED, or less	1,515	9.9%	± 2.3	1,505	7.6%	± 1.9
Some college	3,281	12.4%	± 1.9	3,268	9.3%	± 1.7
Bachelor's degree or higher	6,999	11.3%	± 1.1	6,985	6.2%	± 0.8
Household income						
< 200% of FPL	1,920	13.5%	± 2.5	1,904	10.6%	± 2.3
≥ 200% of FPL	9,383	11.1%	± 1.0	9,365	6.6%	± 0.8
Geographic Area						
Carver County	601	11.9%	± 3.6	598	6.2%	± 2.5
Dakota County	521	12.8%	± 3.9	521	8.0%	± 3.2
Hennepin County	8,437	11.8%	± 1.0	8,410	7.3%	± 0.8
Bloomington	623	13.8%	± 5.2	621	7.5%	± 4.1
Minneapolis	3,269	13.8%	± 1.7	3,262	9.1%	± 1.4
Ramsey County	1,133	10.5%	± 2.3	1,129	7.1%	± 2.1
Saint Paul	551	12.5%	± 3.7	549	9.1%	± 3.4
Suburban Ramsey County	582	8.4%	± 3.1	580	5.0%	± 2.6
Scott County	540	9.7%	± 3.4	540	6.7%	± 3.0
Washington County	603	10.0%	± 3.1	600	5.8%	± 2.2

NOTE: Definitions for the indicators are provided in Appendix D.
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Overall Health

Q: Weight status based on Body Mass Index calculation

TABLE 15	Sample Size	Underweight		Normal		Overweight		Obese	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,527	1.4%	± 0.4	39.3%	± 1.4	35.2%	± 1.4	24.1%	± 1.2
Gender									
Male	4,174	*1.1%	± 0.7	30.3%	± 2.1	44.9%	± 2.3	23.6%	± 2.0
Female	7,351	1.7%	± 0.5	47.1%	± 1.7	26.7%	± 1.5	24.5%	± 1.5
Age									
25-34	1,528	*1.4%	± 1.0	50.1%	± 3.4	29.5%	± 3.3	18.9%	± 3.0
35-44	1,549	*1.2%	± 1.0	42.4%	± 3.4	35.7%	± 3.4	20.7%	± 2.9
45-54	1,998	*1.5%	± 1.1	35.9%	± 3.0	36.3%	± 3.1	26.4%	± 2.9
55-64	2,727	*1.0%	± 0.9	32.8%	± 2.5	36.5%	± 2.7	29.6%	± 2.6
65-74	2,076	*1.3%	± 0.9	28.8%	± 2.7	38.8%	± 2.9	31.1%	± 3.0
75 and older	1,626	*2.6%	± 1.8	38.0%	± 3.4	39.0%	± 3.4	20.3%	± 3.2
Educational Attainment									
HS graduate, GED, or less	1,499	*1.9%	± 1.4	30.4%	± 3.8	34.0%	± 3.9	33.7%	± 3.9
Some college	3,180	*1.5%	± 0.9	29.5%	± 2.4	37.4%	± 2.7	31.6%	± 2.6
Bachelor's degree or higher	6,812	1.3%	± 0.5	45.0%	± 1.8	34.4%	± 1.7	19.3%	± 1.5
Household income									
< 200% of FPL	1,888	*2.4%	± 1.6	30.1%	± 3.4	32.2%	± 3.5	35.3%	± 3.6
≥ 200% of FPL	9,144	1.2%	± 0.4	41.1%	± 1.5	35.7%	± 1.5	22.1%	± 1.3
Geographic Area									
Carver County	589	^1.1%	± 1.4	39.2%	± 5.3	35.9%	± 5.1	23.7%	± 4.6
Dakota County	501	^1.2%	± 1.7	35.9%	± 5.2	34.7%	± 5.1	28.2%	± 4.9
Hennepin County	8,243	1.3%	± 0.4	41.4%	± 1.5	35.5%	± 1.6	21.9%	± 1.4
Bloomington	602	*1.9%	± 1.8	37.4%	± 5.5	36.5%	± 6.0	24.2%	± 5.8
Minneapolis	3,181	1.5%	± 0.6	45.2%	± 2.5	30.7%	± 2.4	22.5%	± 2.3
Ramsey County	1,091	*2.2%	± 1.4	36.7%	± 3.6	34.4%	± 3.6	26.7%	± 3.4
Saint Paul	528	^1.8%	± 2.0	39.4%	± 5.3	32.4%	± 5.2	26.5%	± 5.0
Suburban Ramsey County	563	*2.6%	± 2.4	34.0%	± 5.0	36.6%	± 5.1	26.9%	± 4.6
Scott County	520	^1.4%	± 2.0	33.8%	± 5.3	37.5%	± 5.4	27.3%	± 5.4
Washington County	583	^1.0%	± 2.3	41.4%	± 5.2	34.0%	± 5.2	23.5%	± 4.6

NOTE: Definitions for the indicators are provided in Appendix D.
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Overall Health

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

TABLE 16	Sample Size	Yes, within the past year		Yes, more than 1 year ago		No	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,967	18.6%	± 1.1	16.1%	± 1.0	65.3%	± 1.3
Gender							
Male	4,371	19.2%	± 1.8	16.9%	± 1.7	63.8%	± 2.2
Female	7,594	18.0%	± 1.3	15.4%	± 1.2	66.6%	± 1.6
Age							
25-34	1,562	12.8%	± 2.5	12.2%	± 2.4	75.0%	± 3.1
35-44	1,593	18.7%	± 2.8	13.8%	± 2.4	67.5%	± 3.2
45-54	2,084	21.0%	± 2.6	18.1%	± 2.5	61.0%	± 3.0
55-64	2,840	24.0%	± 2.5	19.6%	± 2.2	56.4%	± 2.7
65-74	2,181	21.4%	± 2.6	20.9%	± 2.6	57.7%	± 3.0
75 and older	1,679	11.2%	± 2.7	13.7%	± 2.4	75.2%	± 3.2
Educational Attainment							
HS graduate, GED, or less	1,554	22.0%	± 3.6	13.9%	± 3.0	64.1%	± 4.0
Some college	3,311	22.2%	± 2.3	19.1%	± 2.1	58.6%	± 2.6
Bachelor's degree or higher	7,063	16.5%	± 1.4	15.2%	± 1.3	68.3%	± 1.7
Household income							
< 200% of FPL	1,973	23.5%	± 3.3	15.2%	± 2.7	61.2%	± 3.6
≥ 200% of FPL	9,462	17.8%	± 1.2	16.5%	± 1.1	65.7%	± 1.5
Geographic Area							
Carver County	604	17.4%	± 4.3	15.3%	± 3.7	67.2%	± 4.9
Dakota County	525	21.4%	± 4.4	16.4%	± 4.1	62.2%	± 5.0
Hennepin County	8,538	17.8%	± 1.3	16.5%	± 1.2	65.7%	± 1.5
Bloomington	632	22.7%	± 6.1	18.5%	± 4.9	58.8%	± 6.0
Minneapolis	3,309	16.9%	± 2.1	15.2%	± 1.7	67.9%	± 2.4
Ramsey County	1,148	18.3%	± 2.9	16.3%	± 2.8	65.4%	± 3.5
Saint Paul	555	17.8%	± 4.3	14.9%	± 4.0	67.3%	± 5.0
Suburban Ramsey County	593	18.9%	± 4.0	17.8%	± 4.2	63.3%	± 4.9
Scott County	541	18.3%	± 4.6	14.7%	± 4.2	67.0%	± 5.3
Washington County	611	19.8%	± 4.3	14.9%	± 3.9	65.4%	± 4.9

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Overall Health

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

TABLE 17	Sample Size	Overweight		About the right weight		Underweight	
	N	**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**	
Six County Total	11,967	42.9%	± 1.4	54.9%	± 1.4	2.2%	± 0.5
Gender							
Male	4,370	39.4%	± 2.2	57.8%	± 2.2	2.8%	± 0.8
Female	7,595	45.9%	± 1.7	52.4%	± 1.7	1.7%	± 0.5
Age							
25-34	1,564	34.0%	± 3.3	63.0%	± 3.4	3.0%	± 1.4
35-44	1,593	43.2%	± 3.4	54.7%	± 3.4	*2.0%	± 1.3
45-54	2,082	45.8%	± 3.1	52.7%	± 3.1	*1.5%	± 1.1
55-64	2,834	50.4%	± 2.7	48.3%	± 2.7	1.3%	± 0.6
65-74	2,176	50.5%	± 2.9	48.1%	± 2.9	*1.4%	± 0.8
75 and older	1,688	32.2%	± 3.3	62.4%	± 3.4	5.4%	± 1.9
Educational Attainment							
HS graduate, GED, or less	1,553	44.3%	± 4.0	52.1%	± 4.0	3.6%	± 1.7
Some college	3,311	52.0%	± 2.6	45.8%	± 2.6	2.2%	± 0.9
Bachelor's degree or higher	7,063	38.8%	± 1.7	59.2%	± 1.7	1.9%	± 0.6
Household income							
< 200% of FPL	1,964	47.3%	± 3.6	48.8%	± 3.6	3.8%	± 1.6
≥ 200% of FPL	9,465	42.1%	± 1.5	56.0%	± 1.5	1.9%	± 0.5
Geographic Area							
Carver County	602	39.8%	± 5.0	57.9%	± 5.1	^2.4%	± 2.6
Dakota County	528	48.2%	± 5.1	48.9%	± 5.1	*2.9%	± 2.3
Hennepin County	8,533	40.9%	± 1.6	56.9%	± 1.6	2.1%	± 0.5
Bloomington	635	46.7%	± 5.9	51.2%	± 5.8	*2.1%	± 1.7
Minneapolis	3,296	36.4%	± 2.4	61.2%	± 2.4	2.4%	± 0.7
Ramsey County	1,148	44.3%	± 3.6	53.3%	± 3.6	*2.5%	± 1.6
Saint Paul	555	43.3%	± 5.2	54.3%	± 5.2	^2.4%	± 2.5
Suburban Ramsey County	593	45.3%	± 5.0	52.2%	± 5.0	^2.5%	± 2.6
Scott County	545	44.6%	± 5.4	53.8%	± 5.4	^1.6%	± 1.9
Washington County	611	42.7%	± 5.1	56.1%	± 5.1	^1.2%	± 1.9

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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

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

TABLE 18	Among persons aged 25 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.	
Six County Total	11,949	18.6%	± 1.0	6,709	30.1%	± 1.6	3,870	35.6%	± 2.2
Gender									
Male	4,361	17.6%	± 1.6	2,656	28.9%	± 2.6	1,600	36.1%	± 3.6
Female	7,586	19.5%	± 1.3	4,052	31.0%	± 2.0	2,269	35.3%	± 2.9
Age									
25-34	1,564	9.1%	± 2.0	N/A			N/A		
35-44	1,594	11.2%	± 2.2	N/A			N/A		
45-54	2,082	16.7%	± 2.3	N/A			N/A		
55-64	2,839	24.9%	± 2.3	2,839	24.9%	± 2.3	N/A		
65-74	2,174	30.6%	± 2.8	2,174	30.6%	± 2.8	2,174	30.6%	± 2.8
75 and older	1,668	41.7%	± 3.5	1,668	41.7%	± 3.5	1,668	41.7%	± 3.5
Education									
HS graduate, GED, or less	1,550	30.7%	± 4.2	1,218	36.8%	± 4.2	858	38.0%	± 5.0
Some college	3,309	25.0%	± 2.2	2,202	31.7%	± 2.8	1,241	37.4%	± 3.8
Bachelor's degree or higher	7,049	13.8%	± 1.1	3,262	26.4%	± 2.2	1,751	33.3%	± 3.3
Household income									
< 200% of FPL	1,968	34.6%	± 3.3	1,270	44.8%	± 4.5	811	47.8%	± 5.3
≥ 200% of FPL	9,447	15.4%	± 1.0	5,048	26.4%	± 1.8	2,768	32.0%	± 2.5
Geographic Area									
Carver County	604	16.6%	± 4.0	322	25.8%	± 5.4	167	33.6%	± 8.0
Dakota County	526	20.0%	± 4.0	318	31.4%	± 6.3	188	37.3%	± 8.6
Hennepin County	8,526	18.6%	± 1.1	4,746	30.3%	± 1.7	2,750	35.0%	± 2.2
Bloomington	634	19.6%	± 4.3	433	29.0%	± 5.1	288	31.7%	± 6.4
Minneapolis	3,304	20.2%	± 1.8	1,557	34.3%	± 3.3	788	36.9%	± 4.6
Ramsey County	1,146	21.8%	± 2.9	691	32.4%	± 4.3	414	37.5%	± 5.7
Saint Paul	554	24.5%	± 4.5	302	36.8%	± 7.0	168	44.0%	± 9.9
Suburban Ramsey County	592	19.0%	± 3.7	389	28.9%	± 5.3	246	33.0%	± 6.8
Scott County	538	13.5%	± 3.6	263	25.5%	± 5.9	143	29.3%	± 8.5
Washington County	609	14.4%	± 3.3	369	24.6%	± 5.4	208	34.4%	± 8.3

NOTE: Definitions for the indicators are provided in Appendix D.
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  ^ Estimate does not meet criteria for statistical reliability and is suppressed. (Relative Standard Error >50%)

Overall Health

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

TABLE 19	Among persons aged 25 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.
Six County Total	11,709	7.4%	± 0.7	6,477	10.6%	± 1.2	3,643	10.2%	± 1.6
Gender									
Male	4,303	7.3%	± 1.2	2,603	9.9%	± 1.8	1,551	9.5%	± 2.7
Female	7,404	7.5%	± 0.9	3,873	11.2%	± 1.6	2,091	10.7%	± 2.0
Age									
25-34	1,561	3.6%	± 1.5	N/A			N/A		
35-44	1,591	4.5%	± 1.6	N/A			N/A		
45-54	2,080	8.8%	± 1.9	N/A			N/A		
55-64	2,834	11.0%	± 1.7	2,834	11.0%	± 1.7	N/A		
65-74	2,133	9.3%	± 2.0	2,133	9.3%	± 2.0	2,133	9.3%	± 2.0
75 and older	1,483	11.5%	± 2.6	1,483	11.5%	± 2.6	1,483	11.5%	± 2.6
Education									
HS graduate, GED, or less	1,467	19.9%	± 3.9	1,135	18.5%	± 3.9	775	16.3%	± 5.1
Some college	3,226	12.1%	± 1.9	2,123	13.3%	± 2.3	1,166	12.5%	± 2.9
Bachelor's degree or higher	6,980	3.3%	± 0.6	3,197	5.7%	± 1.1	1,686	5.7%	± 1.4
Household income									
< 200% of FPL	1,892	27.5%	± 3.3	1,193	29.6%	± 4.4	736	24.4%	± 5.4
≥ 200% of FPL	9,311	3.6%	± 0.6	4,920	6.2%	± 1.0	2,644	6.3%	± 1.4
Geographic Area									
Carver County	593	3.4%	± 2.0	310	*5.3%	± 3.6	155	*5.3%	± 4.8
Dakota County	521	7.4%	± 2.9	313	10.8%	± 4.9	181	*8.7%	± 6.9
Hennepin County	8,340	7.8%	± 0.8	4,569	11.1%	± 1.2	2,578	10.7%	± 1.5
Bloomington	615	5.8%	± 2.8	416	7.6%	± 3.7	271	*8.4%	± 5.6
Minneapolis	3,253	11.1%	± 1.6	1,510	17.2%	± 2.9	744	13.3%	± 3.5
Ramsey County	1,126	9.6%	± 2.3	673	12.2%	± 3.4	396	12.7%	± 4.9
Saint Paul	546	12.5%	± 3.9	295	17.4%	± 6.6	161	17.5%	± 9.8
Suburban Ramsey County	580	6.4%	± 2.6	378	8.0%	± 3.4	235	9.4%	± 5.1
Scott County	527	4.4%	± 2.4	251	7.6%	± 4.5	133	*7.4%	± 6.1
Washington County	602	4.5%	± 2.2	361	7.4%	± 3.5	200	*6.4%	± 5.0

NOTE: Definitions for the indicators are provided in Appendix D.
  * 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 is suppressed. (Relative Standard Error >50%)

Overall Health

Q: **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 20	Among persons aged 55 and older: Yes			Among persons aged 65 and older: Yes		
	N	% ± 95% C.I.		N	% ± 95% C.I.	
Six County Total	6,726	3.5%	± 0.8	3,887	4.7%	± 1.2
Gender						
Male	2,665	3.4%	± 1.3	1,610	4.4%	± 1.9
Female	4,060	3.6%	± 1.0	2,276	4.9%	± 1.7
Age						
25-34	N/A			N/A		
40-44	N/A			N/A		
45-54	N/A			N/A		
55-64	2,839	2.4%	± 1.1	N/A		
65-74	2,176	2.6%	± 1.1	2,176	2.6%	± 1.1
75 and older	1,683	7.0%	± 2.4	1,683	7.0%	± 2.4
Educational Attainment						
HS graduate, GED, or less	1,223	8.1%	± 2.8	862	8.7%	± 3.5
Some college	2,207	3.0%	± 1.2	1,246	4.1%	± 1.9
Bachelor's degree or higher	3,269	2.1%	± 1.2	1,759	*3.0%	± 2.0
Household income						
< 200% of FPL	1,275	10.8%	± 3.2	814	10.8%	± 4.5
≥ 200% of FPL	5,060	1.7%	± 0.7	2,783	2.9%	± 1.2
Geographic Area						
Carver County	322	^0.9%	± 1.6	167	^1.4%	± 3.2
Dakota County	322	^3.0%	± 3.5	190	^2.5%	± 3.5
Hennepin County	4,760	3.4%	± 0.7	2,766	4.4%	± 1.0
Bloomington	434	^2.5%	± 3.2	288	^3.1%	± 5.2
Minneapolis	1,563	6.0%	± 2.1	793	7.4%	± 2.8
Ramsey County	690	4.8%	± 2.6	413	*6.4%	± 4.2
Saint Paul	301	*7.6%	± 5.2	166	*10.7%	± 9.4
Suburban Ramsey County	389	^2.5%	± 2.9	247	^3.3%	± 3.6
Scott County	265	^2.6%	± 2.7	145	^3.9%	± 4.7
Washington County	367	^3.4%	± 4.8	206	^7.3%	± 9.6

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

  * 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

Q: 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 21	Among persons aged 55 and older: Yes		Among persons aged 65 and older: Yes	
	N	**% ± 95% C.I.**	**N**	**% ± 95% C.I.**
Six County Total	6,719	9.1% ± 1.1	3,883	12.3% ± 1.7
Gender				
Male	2,665	7.3% ± 1.9	1,611	8.7% ± 2.9
Female	4,054	10.7% ± 1.4	2,272	14.9% ± 2.3
Age				
25-34	N/A		N/A	
40-44	N/A		N/A	
45-54	N/A		N/A	
55-64	2,836	6.2% ± 1.5	N/A	
65-74	2,176	6.9% ± 1.8	2,176	6.9% ± 1.8
75 and older	1,678	18.5% ± 3.1	1,678	18.5% ± 3.1
Educational Attainment				
HS graduate, GED, or less	1,220	17.4% ± 3.5	859	18.8% ± 4.4
Some college	2,209	9.7% ± 2.0	1,248	13.7% ± 3.2
Bachelor's degree or higher	3,264	5.5% ± 1.4	1,756	7.9% ± 2.3
Household income				
< 200% of FPL	1,271	23.8% ± 4.0	811	24.3% ± 5.0
≥ 200% of FPL	5,058	5.6% ± 1.1	2,783	9.1% ± 1.9
Geographic Area				
Carver County	324	6.4% ± 3.5	168	10.6% ± 6.0
Dakota County	322	11.4% ± 5.3	190	*12.4% ± 7.7
Hennepin County	4,747	8.8% ± 1.0	2,757	11.7% ± 1.5
Bloomington	433	7.0% ± 3.5	287	10.1% ± 5.2
Minneapolis	1,557	11.8% ± 2.2	792	14.1% ± 3.4
Ramsey County	693	11.4% ± 3.3	416	16.3% ± 5.2
Saint Paul	304	14.6% ± 6.3	169	21.6% ± 10.6
Suburban Ramsey County	389	8.8% ± 3.5	247	12.6% ± 5.1
Scott County	265	*4.9% ± 3.2	145	*7.0% ± 5.4
Washington County	368	4.8% ± 2.6	207	*8.0% ± 5.1

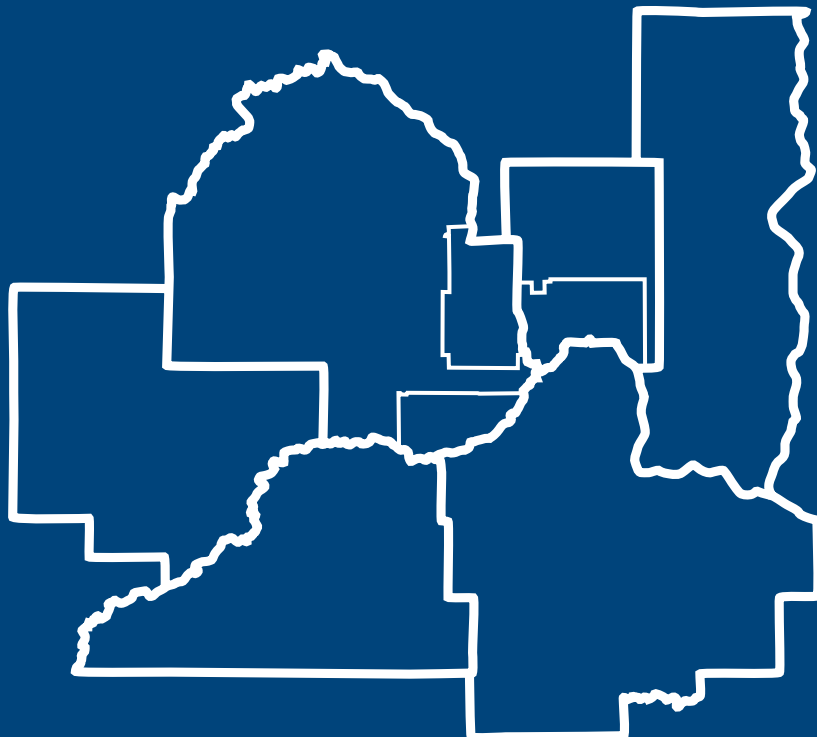NOTE: Definitions for the indicators are provided in Appendix D.
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   ^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error >50%)

Metro SHAPE
2014

Access to Health Care

Access to Health Care

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

TABLE 22	Among persons aged 25 and older: Yes			Among persons aged 25 to 64: Yes		
	N	% ± 95% C.I.		N	% ± 95% C.I.	
Six County Total	11,971	89.9%	± 0.9	8,079	88.9%	± 1.1
Gender						
Male	4,376	90.5%	± 1.4	2,763	89.5%	± 1.7
Female	7,594	89.4%	± 1.2	5,315	88.4%	± 1.4
Age						
25-34	1,565	89.0%	± 2.3	1,565	89.0%	± 2.3
40-44	1,593	88.9%	± 2.3	1,593	88.9%	± 2.3
45-54	2,081	87.6%	± 2.3	2,081	87.6%	± 2.3
55-64	2,840	90.6%	± 1.8	2,840	90.6%	± 1.8
65-74	2,181	96.3%	± 1.1	N/A		
75 and older	1,682	93.5%	± 1.9	N/A		
Educational Attainment						
HS graduate, GED, or less	1,553	85.9%	± 3.3	693	82.6%	± 4.8
Some college	3,318	88.9%	± 1.8	2,069	87.4%	± 2.3
Bachelor's degree or higher	7,059	91.0%	± 1.1	5,296	90.3%	± 1.3
Household income						
< 200% of FPL	1,970	85.1%	± 3.0	1,156	83.3%	± 3.7
≥ 200% of FPL	9,463	90.8%	± 1.0	6,679	90.0%	± 1.1
Geographic Area						
Carver County	606	89.1%	± 3.3	438	88.3%	± 3.8
Dakota County	529	89.7%	± 3.6	339	88.5%	± 4.3
Hennepin County	8,536	90.1%	± 1.1	5,771	89.1%	± 1.3
Bloomington	636	89.9%	± 4.6	347	89.5%	± 6.1
Minneapolis	3,308	90.6%	± 1.7	2,514	89.9%	± 1.9
Ramsey County	1,148	89.8%	± 2.6	733	88.7%	± 3.2
Saint Paul	557	88.6%	± 4.1	388	88.3%	± 4.7
Suburban Ramsey County	591	91.1%	± 3.6	345	89.3%	± 4.6
Scott County	541	86.2%	± 4.2	396	85.1%	± 4.7
Washington County	611	91.9%	± 3.2	402	91.7%	± 3.8

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

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Access to Health Care

Q: 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 23	Sample Size	Insured the entire year		Insured only part of the year		Uninsured the entire year	
	N	**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**	
Six County Total	11,966	86.2%	± 1.0	11.7%	± 1.0	2.1%	± 0.4
Gender							
Male	4,375	86.4%	± 1.6	11.0%	± 1.5	2.6%	± 0.8
Female	7,589	86.1%	± 1.3	12.3%	± 1.3	1.6%	± 0.5
Age							
25-34	1,563	81.2%	± 2.8	16.2%	± 2.6	2.6%	± 1.4
35-44	1,594	86.1%	± 2.4	12.4%	± 2.4	*1.5%	± 0.9
45-54	2,083	84.5%	± 2.4	12.8%	± 2.3	2.6%	± 1.2
55-64	2,837	87.3%	± 2.0	10.0%	± 1.9	2.7%	± 1.0
65-74	2,181	95.4%	± 1.2	4.1%	± 1.1	^0.5%	± 0.5
75 and older	1,681	93.0%	± 2.0	6.4%	± 1.9	^0.5%	± 0.9
Educational Attainment							
HS graduate, GED, or less	1,548	80.6%	± 3.7	14.7%	± 3.4	4.6%	± 2.3
Some college	3,314	84.4%	± 2.1	12.4%	± 1.9	3.2%	± 1.1
Bachelor's degree or higher	7,063	88.0%	± 1.2	10.9%	± 1.2	1.1%	± 0.5
Household income							
< 200% of FPL	1,964	74.4%	± 3.4	18.6%	± 3.2	7.1%	± 2.2
≥ 200% of FPL	9,465	88.4%	± 1.0	10.5%	± 1.0	1.1%	± 0.4
Geographic Area							
Carver County	606	87.9%	± 3.4	10.0%	± 3.1	^2.1%	± 2.3
Dakota County	529	87.3%	± 3.9	11.6%	± 3.8	^1.1%	± 1.4
Hennepin County	8,533	85.2%	± 1.3	12.6%	± 1.2	2.3%	± 0.6
Bloomington	635	87.0%	± 5.4	11.5%	± 5.3	^1.5%	± 2.5
Minneapolis	3,303	82.6%	± 2.1	13.9%	± 1.9	3.5%	± 1.4
Ramsey County	1,148	86.9%	± 2.8	10.2%	± 2.6	2.9%	± 1.7
Saint Paul	555	84.5%	± 4.5	12.0%	± 4.2	*3.6%	± 2.8
Suburban Ramsey County	593	89.5%	± 3.6	8.4%	± 3.3	^2.1%	± 2.4
Scott County	540	83.2%	± 4.6	15.2%	± 4.4	^1.6%	± 2.0
Washington County	610	90.0%	± 3.5	9.0%	± 3.4	^0.9%	± 1.5

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Access to Health Care

Q: 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 24	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.**	
Six County Total	11,962	5.4%	± 0.7	16.2%	± 1.1	26.7%	± 1.2	48.1%	± 1.4	3.5%	± 0.5
Gender											
Male	4,375	5.3%	± 1.2	15.3%	± 1.8	25.9%	± 2.0	49.5%	± 2.2	3.9%	± 0.9
Female	7,585	5.6%	± 0.9	17.0%	± 1.4	27.4%	± 1.5	46.9%	± 1.7	3.1%	± 0.6
Age											
25-34	1,563	5.2%	± 1.7	16.2%	± 2.8	27.8%	± 3.1	46.9%	± 3.4	3.9%	± 1.5
35-44	1,595	6.5%	± 2.0	18.3%	± 2.8	26.2%	± 3.1	45.9%	± 3.4	3.1%	± 1.2
45-54	2,078	7.1%	± 1.7	17.7%	± 2.5	26.7%	± 2.8	45.1%	± 3.1	3.4%	± 1.4
55-64	2,837	5.5%	± 1.4	17.0%	± 2.3	27.6%	± 2.4	46.0%	± 2.7	3.9%	± 1.1
65-74	2,181	2.9%	± 1.7	10.4%	± 2.0	23.7%	± 2.6	60.3%	± 2.9	2.7%	± 1.1
75 and older	1,679	*1.3%	± 0.9	11.4%	± 2.6	25.7%	± 3.0	57.9%	± 3.4	3.7%	± 1.5
Educational Attainment											
HS graduate, GED, or less	1,542	7.6%	± 2.4	23.9%	± 4.0	25.1%	± 3.5	36.6%	± 3.8	6.6%	± 2.2
Some college	3,316	8.0%	± 1.6	20.2%	± 2.3	28.0%	± 2.4	37.8%	± 2.5	6.0%	± 1.4
Bachelor's degree or higher	7,063	4.0%	± 0.8	13.2%	± 1.3	26.4%	± 1.6	54.5%	± 1.8	1.9%	± 0.6
Household income											
< 200% of FPL	1,957	13.8%	± 2.7	26.5%	± 3.5	20.6%	± 2.8	25.6%	± 3.2	13.6%	± 2.6
≥ 200% of FPL	9,469	4.0%	± 0.7	14.2%	± 1.1	27.8%	± 1.4	52.4%	± 1.5	1.6%	± 0.4
Geographic Area											
Carver County	604	5.9%	± 2.9	16.6%	± 4.4	28.4%	± 4.9	46.7%	± 5.1	^2.4%	± 3.7
Dakota County	529	4.5%	± 2.6	19.9%	± 4.5	26.2%	± 4.7	47.4%	± 5.1	*2.0%	± 1.8
Hennepin County	8,533	5.6%	± 0.9	15.3%	± 1.2	26.7%	± 1.4	48.7%	± 1.6	3.6%	± 0.6
Bloomington	634	*4.7%	± 2.8	17.3%	± 5.7	28.0%	± 5.4	47.8%	± 5.8	*2.3%	± 2.0
Minneapolis	3,307	6.1%	± 1.2	16.6%	± 2.1	26.1%	± 2.3	45.0%	± 2.4	6.2%	± 1.5
Ramsey County	1,146	6.3%	± 2.2	15.8%	± 2.8	25.5%	± 3.3	46.9%	± 3.6	5.3%	± 2.0
Saint Paul	553	6.8%	± 3.4	17.3%	± 4.3	21.2%	± 4.6	48.0%	± 5.2	6.7%	± 3.4
Suburban Ramsey County	593	5.8%	± 3.0	14.3%	± 4.0	30.1%	± 4.8	45.8%	± 5.0	*3.9%	± 2.6
Scott County	539	6.1%	± 3.1	18.6%	± 4.6	30.5%	± 5.3	42.9%	± 5.4	*1.9%	± 1.4
Washington County	611	*3.3%	± 2.4	15.1%	± 4.3	26.7%	± 4.6	52.3%	± 5.1	*2.5%	± 2.2

NOTE: Definitions for the indicators are provided in Appendix D.
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Access to Health Care

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

TABLE 25	Among persons aged 25 and older: Yes		Among persons who needed care: Delayed or did not get the needed care		Among persons who delayed or did not get care: Was that due to cost or lack of insurance?	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
Six County Total	11,945	66.3% ± 1.3	7,669	18.7% ± 1.4	1,262	68.0% ± 4.0
Gender						
Male	4,363	60.2% ± 2.2	2,533	18.6% ± 2.5	376	67.9% ± 6.8
Female	7,580	71.6% ± 1.5	5,134	18.8% ± 1.7	885	68.0% ± 4.9
Age						
25-34	1,562	65.3% ± 3.3	1,055	22.7% ± 3.7	244	66.2% ± 9.0
35-44	1,594	67.0% ± 3.3	1,094	23.0% ± 3.8	239	77.1% ± 8.1
45-54	2,081	66.0% ± 3.0	1,324	18.6% ± 3.0	264	70.5% ± 7.9
55-64	2,838	64.6% ± 2.6	1,794	18.0% ± 2.9	334	67.6% ± 8.5
65-74	2,176	67.6% ± 2.8	1,376	9.8% ± 3.3	113	42.4% ± 17.3
75 and older	1,666	71.4% ± 3.0	1,015	8.3% ± 2.8	67	^11.0% ± 12.4
Education						
HS graduate, GED, or less	1,528	61.6% ± 5.1	865	21.1% ± 5.1	145	62.2% ± 13.0
Some college	3,312	66.5% ± 2.5	2,071	24.2% ± 3.0	433	68.4% ± 6.9
Bachelor's degree or higher	7,064	67.0% ± 1.7	4,708	16.1% ± 1.7	679	68.8% ± 5.4
Household income						
< 200% of FPL	1,949	65.6% ± 3.5	1,216	33.0% ± 4.5	348	66.7% ± 8.2
≥ 200% of FPL	9,463	66.4% ± 1.5	6,127	16.1% ± 1.5	871	69.0% ± 4.7
Geographic Area						
Carver County	603	67.1% ± 4.9	387	17.2% ± 5.0	66	63.3% ± 14.3
Dakota County	526	71.6% ± 4.8	351	21.4% ± 5.7	64	76.2% ± 13.3
Hennepin County	8,520	65.0% ± 1.5	5,470	18.9% ± 1.6	920	68.9% ± 4.3
Bloomington	634	63.9% ± 5.8	398	18.5% ± 6.9	54	68.5% ± 17.2
Minneapolis	3,297	65.9% ± 2.5	2,170	21.6% ± 2.5	447	63.4% ± 6.3
Ramsey County	1,145	66.2% ± 3.6	721	17.9% ± 4.0	97	60.1% ± 12.3
Saint Paul	552	65.0% ± 5.2	343	20.7% ± 6.3	51	55.7% ± 16.6
Suburban Ramsey County	593	67.5% ± 4.9	378	15.1% ± 5.3	46	65.6% ± 18.5
Scott County	541	67.5% ± 5.3	342	17.7% ± 5.6	63	75.5% ± 14.9
Washington County	610	64.9% ± 5.1	398	16.2% ± 5.5	52	58.9% ± 17.1

NOTE: Definitions for the indicators are provided in Appendix D.
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 ^ Estimate does not meet criteria for statistical reliability and is suppressed. (Relative Standard Error >50%)

Access to Health Care

Q: 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 26	Among persons aged 25 and older: Yes			Among persons who needed care: Delayed or did not get the needed care			Among persons who delayed or did not get care: Was that due to cost or lack of insurance?		
	N	% ± 95% C.I.		N	% ± 95% C.I.		N	% ± 95% C.I.	
Six County Total	11,932	23.1%	± 1.2	2,663	54.2%	± 2.9	1,325	46.4%	± 4.1
Gender									
Male	4,362	18.1%	± 1.8	724	54.4%	± 5.4	347	42.2%	± 7.8
Female	7,569	27.4%	± 1.5	1,938	54.0%	± 3.3	977	48.8%	± 4.8
Age									
25-34	1,564	30.5%	± 3.1	539	62.0%	± 5.8	325	48.1%	± 7.8
35-44	1,592	27.1%	± 3.0	519	60.0%	± 6.0	285	47.6%	± 8.2
45-54	2,081	24.4%	± 2.7	561	47.0%	± 6.1	275	52.1%	± 9.0
55-64	2,831	18.5%	± 2.0	588	45.3%	± 5.7	256	43.0%	± 9.0
65-74	2,176	14.0%	± 2.2	304	50.2%	± 8.5	130	*26.1%	± 18.0
75 and older	1,659	9.8%	± 2.1	151	38.8%	± 11.5	54	^8.8%	± 16.0
Education									
HS graduate, GED, or less	1,524	20.4%	± 9.3	267	48.6%	± 9.3	115	42.1%	± 14.6
Some college	3,311	21.7%	± 2.2	675	57.4%	± 5.7	362	45.4%	± 7.9
Bachelor's degree or higher	7,056	24.1%	± 1.5	1,712	53.7%	± 3.6	844	47.6%	± 5.1
Household income									
< 200% of FPL	1,949	31.9%	± 3.4	588	57.3%	± 6.4	306	55.9%	± 9.0
≥ 200% of FPL	9,452	22.0%	± 1.3	2,020	53.4%	± 3.3	995	44.3%	± 4.7
Geographic Area									
Carver County	602	20.1%	± 4.4	116	55.3%	± 11.8	67	39.9%	± 13.7
Dakota County	528	21.7%	± 4.5	99	55.7%	± 11.4	53	55.7%	± 15.5
Hennepin County	8,510	24.2%	± 1.3	1,991	52.7%	± 3.2	967	45.7%	± 4.7
Bloomington	632	21.2%	± 5.2	121	49.5%	± 12.5	49	*33.3%	± 20.5
Minneapolis	3,296	30.8%	± 2.3	973	51.9%	± 4.4	480	48.4%	± 6.4
Ramsey County	1,143	25.1%	± 3.3	255	54.4%	± 7.6	125	39.5%	± 10.7
Saint Paul	552	31.3%	± 5.1	157	56.3%	± 9.7	77	32.1%	± 13.5
Suburban Ramsey County	591	18.5%	± 4.2	98	51.0%	± 12.1	48	54.8%	± 17.3
Scott County	539	20.4%	± 4.7	96	55.9%	± 12.0	59	42.9%	± 15.6
Washington County	610	17.8%	± 4.2	106	59.5%	± 12.1	54	57.8%	± 16.0

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

   * 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 is suppressed. (Relative Standard Error >50%)

Access to Health Care

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

TABLE 27	Sample Size	Yes, only one person		More than one person		No, no personal doctor or provider	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,962	50.4%	± 1.4	29.2%	± 1.2	20.4%	± 1.2
Gender							
Male	4,372	50.3%	± 2.2	23.4%	± 1.9	26.2%	± 2.1
Female	7,589	50.4%	± 1.7	34.3%	± 1.6	15.3%	± 1.3
Age							
25-34	1,564	36.8%	± 3.3	22.1%	± 2.8	41.1%	± 3.4
35-44	1,594	46.4%	± 3.4	27.8%	± 3.1	25.7%	± 3.1
45-54	2,078	55.1%	± 3.1	28.7%	± 2.8	16.3%	± 2.4
55-64	2,838	57.4%	± 2.7	31.6%	± 2.5	11.0%	± 1.9
65-74	2,182	59.8%	± 2.9	35.6%	± 2.8	4.7%	± 1.3
75 and older	1,678	56.4%	± 3.4	40.2%	± 3.4	3.4%	± 1.4
Educational Attainment							
HS graduate, GED, or less	1,544	56.1%	± 4.0	26.1%	± 3.4	17.8%	± 3.8
Some college	3,317	53.2%	± 2.6	29.6%	± 2.3	17.2%	± 2.2
Bachelor's degree or higher	7,060	48.2%	± 1.8	29.7%	± 1.6	22.2%	± 1.6
Household income							
< 200% of FPL	1,965	48.7%	± 3.6	26.0%	± 3.1	25.3%	± 3.4
≥ 200% of FPL	9,464	50.4%	± 1.5	30.0%	± 1.4	19.6%	± 1.3
Geographic Area							
Carver County	605	51.7%	± 5.1	32.1%	± 5.1	16.2%	± 4.4
Dakota County	528	49.1%	± 5.1	32.5%	± 4.9	18.4%	± 4.6
Hennepin County	8,535	48.6%	± 1.6	29.3%	± 1.4	22.2%	± 1.4
Bloomington	635	55.0%	± 5.8	27.1%	± 4.8	17.9%	± 5.8
Minneapolis	3,308	44.1%	± 2.5	27.7%	± 2.1	28.2%	± 2.4
Ramsey County	1,147	51.2%	± 3.6	28.6%	± 3.3	20.2%	± 3.3
Saint Paul	554	47.6%	± 5.2	27.4%	± 4.7	25.0%	± 5.1
Suburban Ramsey County	593	55.1%	± 5.0	29.8%	± 4.7	15.1%	± 4.1
Scott County	539	56.1%	± 5.4	26.2%	± 4.7	17.7%	± 4.7
Washington County	608	56.0%	± 5.1	26.2%	± 4.5	17.8%	± 4.8

NOTE: Definitions for the indicators are provided in Appendix D.
 * 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

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

TABLE 28	Sample Size	Doctor's office, clinic, public health or community clinic		Hospital emergency room		Urgent Care Center		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.	
Six County Total	11,967	83.6%	± 1.1	1.0%	± 0.3	6.0%	± 0.7	2.9%	± 0.5	4.6%	± 0.6
Gender											
Male	4,207	79.8%	± 1.9	1.6%	± 0.7	6.9%	± 1.3	2.6%	± 0.9	6.7%	± 1.3
Female	7,498	87.0%	± 1.1	0.5%	± 0.2	5.3%	± 0.8	3.1%	± 0.7	2.7%	± 0.5
Age											
25-34	1,538	74.8%	± 3.0	^0.3%	± 0.5	8.6%	± 2.0	6.2%	± 1.8	8.2%	± 2.0
35-44	1,576	79.5%	± 2.9	^1.2%	± 1.3	8.6%	± 2.1	3.8%	± 1.4	5.9%	± 1.9
45-54	2,053	86.1%	± 2.1	*1.4%	± 1.0	5.2%	± 1.3	2.3%	± 1.1	3.9%	± 1.4
55-64	2,776	88.1%	± 1.9	^0.9%	± 1.0	4.5%	± 1.4	1.3%	± 0.7	3.0%	± 1.0
65-74	2,115	90.6%	± 2.0	^0.6%	± 0.7	3.2%	± 1.1	*0.3%	± 0.3	1.6%	± 0.7
75 and older	1,626	93.0%	± 1.7	2.0%	± 1.1	1.8%	± 1.0	^0.0%	± 0.2	*0.7%	± 0.6
Educational Attainment											
HS graduate, GED, or less	1,507	84.5%	± 3.4	4.7%	± 2.6	4.0%	± 2.1	*2.2%	± 1.7	2.9%	± 1.5
Some college	3,232	85.6%	± 2.0	*1.1%	± 0.6	5.4%	± 1.3	1.8%	± 0.9	4.4%	± 1.3
Bachelor's degree or higher	6,927	82.7%	± 1.4	*0.4%	± 0.3	6.7%	± 0.9	3.5%	± 0.7	4.9%	± 0.9
Household income											
< 200% of FPL	1,888	78.4%	± 3.3	4.1%	± 1.9	5.4%	± 2.1	*3.0%	± 1.8	6.3%	± 2.1
≥ 200% of FPL	9,297	84.5%	± 1.2	0.4%	± 0.2	6.2%	± 0.8	2.9%	± 0.6	4.3%	± 0.7
Geographic Area											
Carver County	596	85.5%	± 3.8	^0.5%	± 0.9	5.7%	± 2.7	4.9%	± 2.7	*2.6%	± 2.2
Dakota County	514	86.1%	± 4.0	^0.3%	± 0.7	5.3%	± 3.0	*2.2%	± 2.2	*3.3%	± 2.6
Hennepin County	8,345	80.8%	± 1.3	1.3%	± 0.5	7.9%	± 1.0	3.0%	± 0.6	5.3%	± 0.8
Bloomington	616	82.4%	± 5.2	^0.2%	± 0.5	7.3%	± 3.6	*2.9%	± 2.1	*4.0%	± 3.5
Minneapolis	3,215	81.3%	± 2.0	2.3%	± 1.2	5.8%	± 1.3	2.3%	± 0.8	6.2%	± 1.3
Ramsey County	1,128	85.6%	± 2.9	*1.7%	± 1.5	3.5%	± 1.7	*2.3%	± 1.6	5.1%	± 2.0
Saint Paul	539	82.4%	± 4.6	*3.3%	± 3.0	*2.8%	± 2.4	^2.0%	± 2.4	6.5%	± 3.4
Suburban Ramsey County	589	89.0%	± 3.9	^0.1%	± 0.4	*4.2%	± 2.9	^2.7%	± 2.8	*3.7%	± 2.6
Scott County	525	84.0%	± 4.4	^0.2%	± 0.9	7.0%	± 3.3	*4.5%	± 2.9	*3.0%	± 2.8
Washington County	599	90.1%	± 4.0	^0.1%	± 0.3	^2.4%	± 2.6	^2.7%	± 3.0	*3.4%	± 3.0

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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

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

TABLE 29	Among persons aged 25 and older: Yes		Among persons aged 65 and older: Yes	
	N	**% ± 95% C.I.**	**N**	**% ± 95% C.I.**
Six County Total	11,946	51.4% ± 1.4	3,872	86.1% ± 1.5
Gender				
Male	4,358	48.6% ± 2.2	1,601	84.5% ± 2.6
Female	7,587	53.9% ± 1.7	2,271	87.3% ± 1.8
Age				
25-34	1,561	25.8% ± 3.0	N/A	
40-44	1,595	34.8% ± 3.2	N/A	
45-54	2,080	49.8% ± 3.1	N/A	
55-64	2,838	69.8% ± 2.5	N/A	
65-74	2,174	81.7% ± 2.2	2,174	81.7% ± 2.2
75 and older	1,669	91.1% ± 2.0	1,669	91.1% ± 2.0
Educational Attainment				
HS graduate, GED, or less	1,528	66.9% ± 4.2	845	89.1% ± 3.3
Some college	3,315	59.8% ± 2.7	1,248	86.5% ± 2.8
Bachelor's degree or higher	7,063	45.1% ± 1.7	1,760	84.1% ± 2.3
Household income				
< 200% of FPL	1,954	59.3% ± 3.7	806	86.9% ± 3.7
≥ 200% of FPL	9,462	49.5% ± 1.5	2,781	86.0% ± 1.7
Geographic Area				
Carver County	605	48.7% ± 5.1	168	84.5% ± 6.6
Dakota County	526	55.3% ± 5.2	189	90.1% ± 5.4
Hennepin County	8,522	50.3% ± 1.6	2,753	85.3% ± 1.6
Bloomington	634	60.0% ± 5.9	288	85.7% ± 5.3
Minneapolis	3,305	46.4% ± 2.5	790	83.5% ± 3.5
Ramsey County	1,147	53.7% ± 3.7	413	85.1% ± 4.4
Saint Paul	554	50.9% ± 5.2	166	81.2% ± 8.4
Suburban Ramsey County	593	56.7% ± 5.1	247	87.8% ± 5.2
Scott County	537	47.1% ± 5.3	141	87.5% ± 7.3
Washington County	609	50.3% ± 5.1	208	86.3% ± 6.0

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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

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

TABLE 30	Among persons aged 25 and older who regularly take prescription medications: Yes		Among persons aged 65 and older who regularly take prescription medications: Yes	
	N	% ± 95% C.I.	N	% ± 95% C.I.
Six County Total	6,331	9.9% ± 1.3	2,695	5.2% ± 1.3
Gender				
Male	2,276	9.9% ± 2.3	1,140	4.6% ± 1.9
Female	4,055	9.9% ± 1.5	1,555	5.6% ± 1.9
Age				
25-34	395	16.1% ± 5.9	N/A	
40-44	576	13.2% ± 4.7	N/A	
45-54	954	12.0% ± 3.0	N/A	
55-64	1,711	8.0% ± 2.0	N/A	
65-74	1,498	5.3% ± 1.7	1,498	5.3% ± 1.7
75 and older	1,179	4.6% ± 2.1	1,179	4.6% ± 2.1
Educational Attainment				
HS graduate, GED, or less	954	12.5% ± 4.2	593	5.3% ± 2.8
Some college	1,922	13.7% ± 2.8	864	6.9% ± 2.9
Bachelor's degree or higher	3,429	7.1% ± 1.4	1,223	3.4% ± 1.6
Household income				
< 200% of FPL	1,146	23.8% ± 4.5	558	10.5% ± 4.2
≥ 200% of FPL	4,868	6.9% ± 1.2	1,937	3.5% ± 1.2
Geographic Area				
Carver County	313	*9.0% ± 5.3	114	^2.4% ± 6.3
Dakota County	289	9.7% ± 5.1	140	^6.3% ± 7.0
Hennepin County	4,503	11.2% ± 1.6	1,907	6.0% ± 1.6
Bloomington	387	*10.2% ± 6.4	209	*6.9% ± 5.1
Minneapolis	1,624	17.0% ± 3.4	551	9.3% ± 4.5
Ramsey County	616	9.4% ± 3.4	279	*3.3% ± 2.7
Saint Paul	282	10.4% ± 5.7	107	^2.2% ± 5.2
Suburban Ramsey County	334	8.4% ± 4.6	172	*4.0% ± 3.8
Scott County	264	7.2% ± 3.9	100	^7.8% ± 8.3
Washington County	346	*5.6% ± 5.3	155	^2.8% ± 4.2

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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

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

TABLE 31	Sample Size	Yes	
	N	**% ± 95% C.I.**	
Six County Total	11,932	82.3%	± 1.2
Gender			
Male	4,356	76.5%	± 2.0
Female	7,574	87.5%	± 1.2
Age			
25-34	1,565	74.9%	± 3.2
35-44	1,589	78.7%	± 3.0
45-54	2,078	82.0%	± 2.5
55-64	2,836	85.5%	± 2.1
65-74	2,169	93.0%	± 1.5
75 and older	1,666	93.1%	± 2.0
Educational Attainment			
HS graduate, GED, or less	1,539	76.9%	± 4.0
Some college	3,305	82.0%	± 2.2
Bachelor's degree or higher	7,048	83.4%	± 1.5
Household income			
< 200% of FPL	1,963	76.4%	± 3.5
≥ 200% of FPL	9,438	83.5%	± 1.2
Geographic Area			
Carver County	605	82.0%	± 4.5
Dakota County	529	84.9%	± 4.3
Hennepin County	8,506	81.9%	± 1.4
Bloomington	631	84.9%	± 5.3
Minneapolis	3,295	80.1%	± 2.3
Ramsey County	1,145	82.0%	± 3.1
Saint Paul	553	80.2%	± 4.8
Suburban Ramsey County	592	83.8%	± 4.2
Scott County	539	82.6%	± 4.7
Washington County	608	81.5%	± 4.8

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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

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

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

TABLE 32	Sample Size	Physical activity or exercise		Diet or nutrition		Weight loss or losing weight	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	10,311	70.0%	± 1.4	49.3%	± 1.5	31.9%	± 1.4
Gender							
Male	3,560	69.8%	± 2.3	49.4%	± 2.5	35.8%	± 2.5
Female	6,750	70.3%	± 1.6	49.3%	± 1.8	28.9%	± 1.7
Age							
25-34	1,248	71.1%	± 3.5	56.0%	± 3.8	29.3%	± 3.7
35-44	1,307	70.1%	± 3.6	53.2%	± 3.8	34.5%	± 3.7
45-54	1,734	70.7%	± 3.2	50.5%	± 3.4	34.7%	± 3.3
55-64	2,443	70.9%	± 2.7	51.0%	± 2.9	36.1%	± 2.8
65-74	1,995	70.5%	± 2.9	41.2%	± 3.0	32.2%	± 3.0
75 and older	1,560	63.7%	± 3.4	29.2%	± 3.2	15.1%	± 2.8
Education							
HS graduate, GED, or less	1,299	66.4%	± 4.1	41.4%	± 4.3	31.6%	± 4.3
Some college	2,838	69.7%	± 2.7	49.0%	± 2.9	34.5%	± 2.8
Bachelor's degree or higher	6,140	70.7%	± 1.8	50.8%	± 1.9	30.8%	± 1.8
Household income							
< 200% of FPL	1,639	69.9%	± 3.6	47.5%	± 3.9	32.7%	± 3.8
≥ 200% of FPL	8,202	70.3%	± 1.5	49.8%	± 1.6	32.1%	± 1.6
Geographic Area							
Carver County	514	69.9%	± 5.4	48.6%	± 5.6	34.2%	± 5.5
Dakota County	470	69.5%	± 5.1	51.6%	± 5.4	35.0%	± 5.4
Hennepin County	7,354	71.4%	± 1.5	50.6%	± 1.7	31.4%	± 1.6
Bloomington	561	76.0%	± 5.3	55.5%	± 6.0	34.5%	± 6.6
Minneapolis	2,805	71.4%	± 2.4	53.1%	± 2.7	31.8%	± 2.7
Ramsey County	981	69.2%	± 3.7	47.9%	± 3.9	32.0%	± 3.8
Saint Paul	472	67.5%	± 5.6	48.2%	± 5.7	31.0%	± 5.6
Suburban Ramsey County	509	71.0%	± 5.0	47.6%	± 5.4	32.9%	± 5.3
Scott County	457	68.5%	± 5.8	45.6%	± 5.9	31.0%	± 5.8
Washington County	535	66.6%	± 5.4	44.7%	± 5.5	29.0%	± 5.2

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

  * 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

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

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

TABLE 33	Sample Size	Smoking or other tobacco use		Stress		Alcohol use	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	10,311	39.4%	± 1.5	40.8%	± 1.5	39.7%	± 1.5
Gender							
Male	3,560	39.0%	± 2.5	35.3%	± 2.4	39.5%	± 2.4
Female	6,750	39.7%	± 1.8	45.0%	± 1.8	39.8%	± 1.8
Age							
25-34	1,248	50.7%	± 3.8	48.9%	± 3.8	50.2%	± 3.8
35-44	1,307	44.8%	± 3.8	47.4%	± 3.8	43.8%	± 3.8
45-54	1,734	41.1%	± 3.3	44.6%	± 3.4	41.7%	± 3.3
55-64	2,443	35.6%	± 2.8	38.4%	± 2.8	36.2%	± 2.8
65-74	1,995	29.6%	± 2.9	27.3%	± 2.7	30.8%	± 2.8
75 and older	1,560	17.9%	± 3.0	20.1%	± 3.1	19.1%	± 2.8
Education							
HS graduate, GED, or less	1,299	32.0%	± 4.3	30.8%	± 4.1	24.6%	± 3.7
Some college	2,838	38.1%	± 2.9	39.8%	± 2.9	36.1%	± 2.8
Bachelor's degree or higher	6,140	41.1%	± 1.9	42.9%	± 1.9	43.6%	± 1.9
Household income							
< 200% of FPL	1,639	34.5%	± 3.9	42.0%	± 3.9	25.9%	± 3.5
≥ 200% of FPL	8,202	40.5%	± 1.6	40.9%	± 1.6	42.2%	± 1.6
Geographic Area							
Carver County	514	38.7%	± 5.4	36.5%	± 5.4	39.9%	± 5.4
Dakota County	470	39.3%	± 5.5	44.5%	± 5.5	37.6%	± 5.5
Hennepin County	7,354	41.8%	± 1.7	42.1%	± 1.7	42.6%	± 1.7
Bloomington	561	36.9%	± 6.4	37.8%	± 6.1	36.0%	± 6.1
Minneapolis	2,805	45.3%	± 2.7	47.9%	± 2.7	44.9%	± 2.7
Ramsey County	981	36.8%	± 3.9	38.7%	± 3.9	36.0%	± 3.9
Saint Paul	472	39.1%	± 5.7	39.7%	± 5.7	37.9%	± 5.7
Suburban Ramsey County	509	34.5%	± 5.5	37.7%	± 5.4	34.2%	± 5.4
Scott County	457	39.4%	± 5.9	38.4%	± 5.8	39.9%	± 5.9
Washington County	535	32.7%	± 5.2	35.6%	± 5.3	34.4%	± 5.3

NOTE: Definitions for the indicators are provided in Appendix D.
   * 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

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

TABLE 34	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,973	13.3% ± 0.9
Gender		
Male	4,375	11.7% ± 1.5
Female	7,596	14.7% ± 1.2
Age		
25-34	1,565	15.4% ± 2.5
35-44	1,594	15.4% ± 2.5
45-54	2,084	14.1% ± 2.1
55-64	2,838	12.8% ± 1.8
65-74	2,185	8.5% ± 1.6
75 and older	1,679	7.0% ± 1.7
Educational Attainment		
HS graduate, GED, or less	1,552	14.8% ± 3.1
Some college	3,318	13.1% ± 1.9
Bachelor's degree or higher	7,062	13.1% ± 1.2
Household income		
< 200% of FPL	1,971	21.7% ± 3.0
≥ 200% of FPL	9,467	11.9% ± 1.0
Geographic Area		
Carver County	605	9.2% ± 3.6
Dakota County	529	13.4% ± 3.8
Hennepin County	8,542	13.8% ± 1.0
Bloomington	635	10.4% ± 3.5
Minneapolis	3,308	19.7% ± 2.0
Ramsey County	1,146	15.7% ± 2.9
Saint Paul	553	20.7% ± 4.7
Suburban Ramsey County	593	10.5% ± 3.5
Scott County	540	10.5% ± 3.5
Washington County	611	8.6% ± 3.1

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

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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

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

TABLE 35	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.
Six County Total	11,964	61.0% ± 1.4	19.7% ± 1.1	9.9% ± 0.9	8.6% ± 0.8	0.8% ± 0.3
Gender						
Male	4,373	53.9% ± 2.2	20.5% ± 1.9	13.0% ± 1.6	11.7% ± 1.6	0.9% ± 0.5
Female	7,589	67.2% ± 1.6	19.1% ± 1.4	7.3% ± 0.9	5.8% ± 0.8	0.7% ± 0.3
Age						
25-34	1,565	49.2% ± 3.4	22.2% ± 2.9	13.7% ± 2.5	13.9% ± 2.6	*1.0% ± 0.9
35-44	1,591	54.8% ± 3.4	23.5% ± 3.0	11.5% ± 2.4	9.5% ± 2.3	*0.8% ± 0.8
45-54	2,080	61.1% ± 3.0	20.6% ± 2.6	10.4% ± 2.0	7.1% ± 1.6	^0.8% ± 0.8
55-64	2,842	66.4% ± 2.6	18.1% ± 2.1	8.0% ± 1.7	6.8% ± 1.5	*0.7% ± 0.5
65-74	2,178	78.8% ± 2.5	11.6% ± 1.9	5.2% ± 1.4	4.0% ± 1.6	^0.5% ± 1.0
75 and older	1,680	74.6% ± 3.1	14.3% ± 2.5	4.5% ± 1.5	5.9% ± 2.0	*0.7% ± 0.7
Educational Attainment						
HS graduate, GED, or less	1,546	61.6% ± 4.1	18.3% ± 3.4	7.9% ± 2.8	10.1% ± 3.0	*2.0% ± 1.9
Some college	3,320	62.4% ± 2.6	19.6% ± 2.2	9.5% ± 1.7	7.6% ± 1.6	*0.9% ± 0.5
Bachelor's degree or higher	7,058	60.3% ± 1.8	20.0% ± 1.5	10.5% ± 1.2	8.7% ± 1.1	0.5% ± 0.3
Household income						
< 200% of FPL	1,964	56.5% ± 3.6	19.7% ± 3.0	10.9% ± 2.6	11.3% ± 2.6	*1.6% ± 1.5
≥ 200% of FPL	9,465	61.6% ± 1.5	19.7% ± 1.3	9.9% ± 1.0	8.2% ± 0.9	0.6% ± 0.2
Geographic Area						
Carver County	605	63.1% ± 5.1	18.7% ± 4.3	10.0% ± 3.7	7.8% ± 3.2	^0.5% ± 1.9
Dakota County	529	65.2% ± 5.0	17.4% ± 4.2	8.8% ± 3.5	8.4% ± 3.5	^0.2% ± 0.7
Hennepin County	8,536	60.6% ± 1.6	19.3% ± 1.3	10.4% ± 1.1	8.6% ± 1.0	1.1% ± 0.5
Bloomington	634	67.5% ± 5.7	15.9% ± 4.6	7.4% ± 3.6	8.6% ± 4.5	^0.6% ± 0.9
Minneapolis	3,306	55.3% ± 2.5	20.7% ± 2.1	11.5% ± 1.7	11.2% ± 1.8	*1.3% ± 1.1
Ramsey County	1,147	57.6% ± 3.7	22.7% ± 3.3	8.8% ± 2.3	10.5% ± 2.6	^0.5% ± 0.7
Saint Paul	554	56.9% ± 5.3	23.7% ± 4.8	7.7% ± 3.4	11.1% ± 4.1	^0.5% ± 1.5
Suburban Ramsey County	593	58.3% ± 5.1	21.5% ± 4.8	10.0% ± 3.5	9.8% ± 3.6	^0.4% ± 0.7
Scott County	538	61.9% ± 5.5	21.9% ± 5.1	9.3% ± 3.8	6.3% ± 3.6	^0.6% ± 1.5
Washington County	609	62.5% ± 5.2	18.5% ± 4.6	11.7% ± 4.2	6.3% ± 3.0	^0.9% ± 2.2

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

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

TABLE 36	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.
Six County Total	11,955	59.0% ± 1.4	18.9% ± 1.1	10.2% ± 0.9	5.9% ± 0.8	6.0% ± 0.7
Gender						
Male	4,366	60.3% ± 2.2	17.3% ± 1.8	8.7% ± 1.3	7.3% ± 1.4	6.4% ± 1.3
Female	7,588	57.9% ± 1.7	20.4% ± 1.4	11.4% ± 1.2	4.6% ± 0.8	5.7% ± 0.9
Age						
25-34	1,563	40.4% ± 3.3	20.6% ± 2.8	13.6% ± 2.4	8.8% ± 2.3	16.6% ± 2.6
35-44	1,593	48.1% ± 3.4	24.4% ± 3.0	13.1% ± 2.5	8.8% ± 2.3	5.7% ± 1.7
45-54	2,081	60.2% ± 3.0	19.8% ± 2.5	11.5% ± 2.1	4.8% ± 1.5	3.6% ± 1.5
55-64	2,834	69.2% ± 2.5	18.1% ± 2.2	6.7% ± 1.3	4.1% ± 1.3	1.9% ± 1.1
65-74	2,178	84.3% ± 2.1	9.2% ± 1.6	3.3% ± 1.0	2.5% ± 1.2	*0.7% ± 0.6
75 and older	1,675	80.8% ± 3.0	10.8% ± 2.5	5.3% ± 2.2	2.0% ± 1.1	*1.1% ± 0.7
Educational Attainment						
HS graduate, GED, or less	1,550	66.0% ± 4.0	13.3% ± 2.9	5.7% ± 2.4	5.7% ± 2.4	9.3% ± 3.1
Some college	3,309	60.8% ± 2.7	18.6% ± 2.2	9.4% ± 1.7	4.8% ± 1.4	6.3% ± 1.6
Bachelor's degree or higher	7,058	57.0% ± 1.8	20.0% ± 1.4	11.3% ± 1.2	6.4% ± 1.0	5.3% ± 0.9
Household income						
< 200% of FPL	1,964	55.5% ± 3.6	16.1% ± 2.8	7.7% ± 2.2	7.0% ± 2.3	13.7% ± 3.0
≥ 200% of FPL	9,457	59.2% ± 1.5	19.6% ± 1.3	10.8% ± 1.0	5.7% ± 0.8	4.7% ± 0.7
Geographic Area						
Carver County	602	61.1% ± 5.2	18.3% ± 4.3	11.1% ± 3.4	5.9% ± 2.9	^3.6% ± 4.4
Dakota County	527	63.0% ± 5.1	17.0% ± 4.2	9.0% ± 3.6	8.7% ± 3.7	*2.3% ± 2.0
Hennepin County	8,528	59.2% ± 1.6	18.7% ± 1.3	10.2% ± 1.0	5.5% ± 0.9	6.4% ± 0.9
Bloomington	632	69.3% ± 5.5	14.0% ± 4.2	6.8% ± 2.7	*4.8% ± 3.7	*5.1% ± 3.6
Minneapolis	3,302	53.2% ± 2.5	19.2% ± 2.1	10.9% ± 1.5	6.9% ± 1.5	9.7% ± 1.7
Ramsey County	1,144	55.1% ± 3.7	20.8% ± 3.2	10.3% ± 2.6	6.0% ± 2.1	7.8% ± 2.5
Saint Paul	553	50.9% ± 5.2	21.8% ± 4.7	9.0% ± 3.6	6.5% ± 3.4	11.8% ± 4.3
Suburban Ramsey County	591	59.6% ± 5.2	19.7% ± 4.6	11.6% ± 4.1	5.4% ± 2.8	*3.7% ± 2.8
Scott County	544	58.1% ± 5.5	22.3% ± 5.0	9.5% ± 3.6	*4.8% ± 3.2	*5.3% ± 3.4
Washington County	610	60.2% ± 5.2	17.2% ± 4.2	11.5% ± 3.9	4.3% ± 2.4	6.9% ± 3.7

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

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

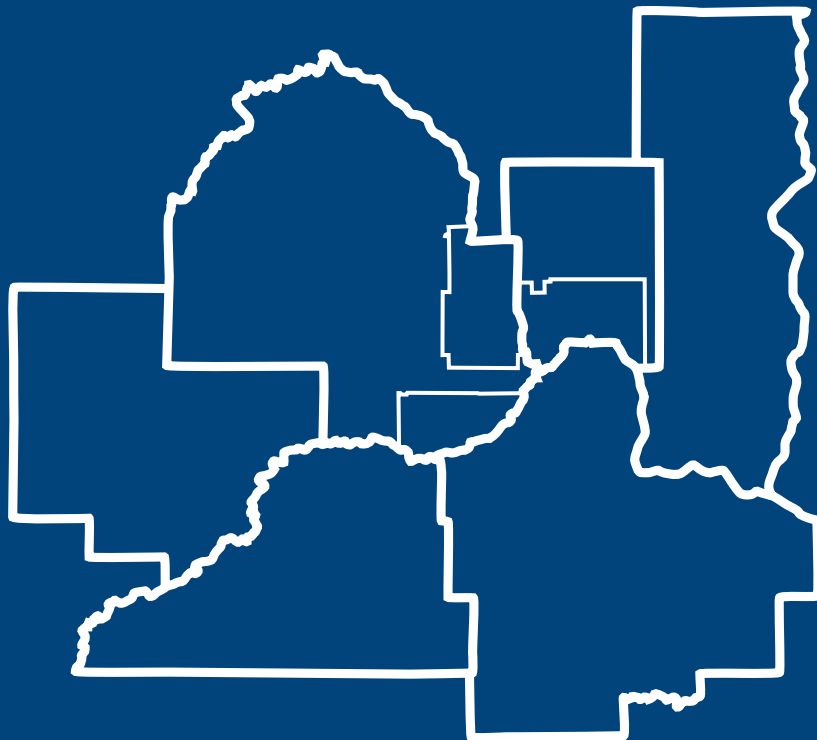| TABLE 37	Sample Size	Within the past year		Within the past 2 years		Within the past 5 years		5 or more years ago		Never	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,975	79.4%	± 1.2	9.5%	± 0.9	5.3%	± 0.7	5.3%	± 0.7	0.6%	± 0.4
Gender											
Male	4,377	76.2%	± 2.0	9.9%	± 1.4	6.1%	± 1.1	6.6%	± 1.2	*1.2%	± 0.8
Female	7,596	82.2%	± 1.4	9.1%	± 1.1	4.6%	± 0.8	4.1%	± 0.7	^0.1%	± 0.1
Age											
25-34	1,565	73.6%	± 3.1	12.6%	± 2.4	8.1%	± 2.1	5.2%	± 1.7	^0.5%	± 1.0
35-44	1,593	78.9%	± 2.9	9.0%	± 2.1	6.0%	± 1.8	5.6%	± 1.9	^0.5%	± 1.2
45-54	2,085	80.4%	± 2.6	9.3%	± 1.9	4.6%	± 1.4	4.6%	± 1.6	^1.1%	± 1.3
55-64	2,839	83.7%	± 2.2	7.6%	± 1.7	3.4%	± 0.9	5.1%	± 1.5	^0.2%	± 0.5
65-74	2,173	83.4%	± 2.5	7.2%	± 2.0	4.2%	± 1.3	4.7%	± 1.6	^0.5%	± 1.0
75 and older	1,689	79.4%	± 3.1	10.3%	± 2.8	3.1%	± 1.2	6.4%	± 1.9	^0.8%	± 1.0
Educational Attainment											
HS graduate, GED, or less	1,559	63.5%	± 4.0	15.1%	± 3.4	5.8%	± 1.8	13.5%	± 3.2	*2.2%	± 2.0
Some college	3,316	75.9%	± 2.3	10.2%	± 1.7	5.7%	± 1.3	7.6%	± 1.6	^0.5%	± 0.8
Bachelor's degree or higher	7,062	83.6%	± 1.4	8.2%	± 1.1	5.0%	± 0.9	2.8%	± 0.7	^0.4%	± 0.5
Household income											
< 200% of FPL	1,969	56.5%	± 3.6	18.6%	± 3.1	9.8%	± 2.2	12.2%	± 2.5	*3.0%	± 2.1
≥ 200% of FPL	9,467	83.6%	± 1.2	7.8%	± 0.9	4.5%	± 0.7	4.0%	± 0.7	^0.1%	± 0.2
Geographic Area											
Carver County	605	82.3%	± 4.0	7.2%	± 3.0	5.4%	± 2.5	4.9%	± 2.5	^0.2%	± 0.5
Dakota County	528	81.4%	± 4.4	8.4%	± 3.4	*4.7%	± 2.8	5.3%	± 2.8	^0.3%	± 1.7
Hennepin County	8,540	79.0%	± 1.3	9.8%	± 1.0	5.7%	± 0.8	4.9%	± 0.7	*0.6%	± 0.5
Bloomington	635	83.1%	± 4.8	8.2%	± 4.3	5.1%	± 2.9	*3.4%	± 2.4	^0.1%	± 0.5
Minneapolis	3,310	70.9%	± 2.4	13.9%	± 2.0	7.6%	± 1.5	7.0%	± 1.3	^0.6%	± 1.0
Ramsey County	1,147	75.5%	± 3.3	10.5%	± 2.5	5.5%	± 1.9	7.4%	± 2.2	^1.0%	± 1.3
Saint Paul	553	72.0%	± 5.0	12.1%	± 4.1	5.7%	± 3.1	8.8%	± 3.4	^1.4%	± 2.1
Suburban Ramsey County	594	79.3%	± 4.4	8.8%	± 3.2	5.4%	± 2.7	5.8%	± 3.3	^0.7%	± 2.5
Scott County	545	79.4%	± 4.9	12.2%	± 4.4	4.4%	± 2.5	*3.9%	± 2.9	0.0%	± 0.0
Washington County	610	85.2%	± 4.3	6.9%	± 3.2	*3.9%	± 2.8	*3.5%	± 2.6	^0.6%	± 2.9

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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

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

TABLE 38	Sample Size	Yes
	N	% ± 95% C.I.
Six County Total	11,924	78.5% ± 1.1
Gender		
Male	4,353	78.3% ± 1.8
Female	7,569	78.7% ± 1.3
Age		
25-34	1,560	83.4% ± 2.8
35-44	1,588	87.3% ± 2.5
45-54	2,082	85.6% ± 2.1
55-64	2,825	77.3% ± 2.4
65-74	2,164	60.5% ± 2.9
75 and older	1,674	45.2% ± 3.5
Educational Attainment		
HS graduate, GED, or less	1,543	65.1% ± 3.7
Some college	3,300	74.5% ± 2.2
Bachelor's degree or higher	7,042	82.5% ± 1.3
Household income		
< 200% of FPL	1,949	62.4% ± 3.5
≥ 200% of FPL	9,442	81.8% ± 1.1
Geographic Area		
Carver County	599	81.3% ± 3.7
Dakota County	526	78.8% ± 4.2
Hennepin County	8,504	77.8% ± 1.2
Bloomington	629	79.2% ± 4.0
Minneapolis	3,295	77.0% ± 2.2
Ramsey County	1,142	76.8% ± 3.0
Saint Paul	549	76.8% ± 4.6
Suburban Ramsey County	593	76.9% ± 4.1
Scott County	542	80.4% ± 4.3
Washington County	611	82.8% ± 3.8

NOTE: Definitions for the indicators are provided in Appendix D.
   * 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%)

Metro SHAPE 2014

Healthy Lifestyle and Behaviors

Healthy Lifestyle and Behaviors

Q: **Yesterday, how many servings of vegetables did you eat?**

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

TABLE 39	Sample Size	0 servings		1 serving		2 servings		3 or more servings	
	N	**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**	
Six County Total	11,937	10.5%	± 0.9	25.9%	± 1.2	31.1%	± 1.3	32.5%	± 1.3
Gender									
Male	4,354	12.5%	± 1.6	29.1%	± 2.0	31.5%	± 2.1	26.9%	± 2.0
Female	7,581	8.8%	± 1.0	23.0%	± 1.4	30.7%	± 1.6	37.5%	± 1.6
Age									
25-34	1,563	11.9%	± 2.4	21.2%	± 2.9	30.1%	± 3.2	36.8%	± 3.3
35-44	1,591	10.6%	± 2.3	24.1%	± 3.2	29.8%	± 3.2	35.5%	± 3.2
45-54	2,076	11.1%	± 2.1	25.2%	± 2.8	30.4%	± 2.9	33.3%	± 2.9
55-64	2,826	10.9%	± 1.8	27.0%	± 2.5	31.3%	± 2.6	30.8%	± 2.5
65-74	2,172	8.5%	± 1.6	31.9%	± 2.9	32.6%	± 2.9	27.0%	± 2.6
75 and older	1,681	6.1%	± 1.7	35.5%	± 3.3	37.0%	± 3.3	21.4%	± 3.0
Educational Attainment									
HS graduate, GED, or less	1,549	17.0%	± 3.4	32.0%	± 3.6	31.5%	± 3.8	19.5%	± 3.5
Some college	3,296	12.4%	± 1.8	31.2%	± 2.5	31.4%	± 2.5	24.9%	± 2.3
Bachelor's degree or higher	7,054	8.6%	± 1.1	22.6%	± 1.5	30.9%	± 1.6	37.9%	± 1.7
Household income									
< 200% of FPL	1,952	16.5%	± 3.0	31.0%	± 3.4	28.8%	± 3.3	23.8%	± 3.2
≥ 200% of FPL	9,455	9.4%	± 1.0	25.0%	± 1.3	31.4%	± 1.4	34.2%	± 1.4
Geographic Area									
Carver County	601	11.9%	± 3.7	24.7%	± 4.5	36.1%	± 5.4	27.3%	± 4.4
Dakota County	528	9.0%	± 3.4	28.7%	± 4.7	33.2%	± 5.0	29.0%	± 4.8
Hennepin County	8,513	10.0%	± 1.0	25.0%	± 1.4	31.0%	± 1.5	34.0%	± 1.5
Bloomington	634	8.8%	± 4.1	32.2%	± 5.5	30.5%	± 5.4	28.5%	± 5.8
Minneapolis	3,297	10.6%	± 1.8	23.1%	± 2.2	30.6%	± 2.3	35.7%	± 2.4
Ramsey County	1,144	12.8%	± 2.8	24.2%	± 3.2	28.0%	± 3.3	35.0%	± 3.6
Saint Paul	551	13.8%	± 4.3	20.8%	± 4.5	27.5%	± 4.9	37.8%	± 5.2
Suburban Ramsey County	593	11.7%	± 3.8	27.8%	± 4.6	28.4%	± 4.6	32.1%	± 5.0
Scott County	542	11.7%	± 4.1	29.5%	± 5.1	33.5%	± 5.2	25.4%	± 4.9
Washington County	609	9.3%	± 3.3	28.2%	± 5.0	31.5%	± 4.9	31.0%	± 4.8

NOTE: Definitions for the indicators are provided in Appendix D.
* 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

Q: **Yesterday, how many servings of fruit did you eat?**

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

TABLE 40	Sample Size	0 servings		1 serving		2 servings		3 or more servings	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,938	14.9%	± 1.0	30.2%	± 1.3	31.9%	± 1.3	23.0%	± 1.2
Gender									
Male	4,351	17.4%	± 1.8	33.2%	± 2.1	29.5%	± 2.1	19.9%	± 1.9
Female	7,585	12.8%	± 1.2	27.6%	± 1.5	34.0%	± 1.6	25.6%	± 1.5
Age									
25-34	1,563	17.3%	± 2.7	28.2%	± 3.2	29.1%	± 3.1	25.4%	± 3.0
35-44	1,590	14.6%	± 2.5	30.0%	± 3.3	31.9%	± 3.2	23.6%	± 2.9
45-54	2,078	15.9%	± 2.4	30.0%	± 2.9	32.3%	± 3.0	21.8%	± 2.6
55-64	2,827	16.4%	± 2.1	30.3%	± 2.5	32.2%	± 2.6	21.1%	± 2.2
65-74	2,173	11.9%	± 2.3	34.1%	± 2.8	31.6%	± 2.8	22.4%	± 2.5
75 and older	1,679	6.7%	± 2.2	31.9%	± 3.2	38.3%	± 3.4	23.0%	± 2.9
Educational Attainment									
HS graduate, GED, or less	1,543	22.9%	± 3.7	31.1%	± 3.7	28.3%	± 3.6	17.7%	± 3.4
Some college	3,300	17.0%	± 2.0	32.7%	± 2.6	31.2%	± 2.5	19.1%	± 2.1
Bachelor's degree or higher	7,056	12.7%	± 1.3	29.0%	± 1.6	32.7%	± 1.7	25.5%	± 1.5
Household income									
< 200% of FPL	1,948	20.7%	± 3.1	29.9%	± 3.3	28.4%	± 3.3	21.0%	± 3.1
≥ 200% of FPL	9,458	13.9%	± 1.1	30.4%	± 1.4	32.6%	± 1.4	23.2%	± 1.3
Geographic Area									
Carver County	601	14.3%	± 3.9	32.7%	± 5.1	30.8%	± 4.8	22.2%	± 4.6
Dakota County	528	15.5%	± 4.1	33.0%	± 4.9	31.8%	± 4.9	19.7%	± 4.4
Hennepin County	8,512	14.8%	± 1.2	29.6%	± 1.5	30.9%	± 1.4	24.7%	± 1.4
Bloomington	632	15.5%	± 5.3	29.6%	± 5.6	27.6%	± 4.9	27.3%	± 5.7
Minneapolis	3,305	16.7%	± 2.0	27.8%	± 2.3	29.6%	± 2.3	25.9%	± 2.3
Ramsey County	1,145	15.6%	± 2.9	29.8%	± 3.4	33.2%	± 3.5	21.4%	± 3.1
Saint Paul	551	16.4%	± 4.3	31.6%	± 5.1	31.2%	± 5.0	20.7%	± 4.5
Suburban Ramsey County	594	14.8%	± 4.1	27.9%	± 4.5	35.3%	± 4.9	22.0%	± 4.5
Scott County	541	17.9%	± 4.5	29.0%	± 4.9	31.8%	± 5.3	21.3%	± 4.9
Washington County	611	12.1%	± 3.8	30.1%	± 5.0	34.7%	± 5.0	23.2%	± 4.4

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

Q: Total servings of fruit and vegetables consumed yesterday

TABLE 41	Sample Size	0 servings		1 serving		2 servings		3 or 4 servings		5 or more servings	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,964	4.8%	± 0.6	8.0%	± 0.8	16.6%	± 1.0	36.3%	± 1.3	34.2%	± 1.3
Gender											
Male	4,367	5.9%	± 1.2	9.5%	± 1.4	19.7%	± 1.8	36.6%	± 2.2	28.3%	± 2.0
Female	7,595	3.9%	± 0.7	6.8%	± 0.9	13.9%	± 1.2	36.0%	± 1.6	39.5%	± 1.7
Age											
25-34	1,565	6.4%	± 2.0	6.9%	± 1.8	13.7%	± 2.5	36.0%	± 3.3	37.0%	± 3.3
35-44	1,592	4.5%	± 1.6	9.7%	± 2.3	14.9%	± 2.8	34.1%	± 3.3	36.8%	± 3.3
45-54	2,081	4.8%	± 1.4	7.8%	± 1.8	17.5%	± 2.5	35.5%	± 3.0	34.3%	± 2.9
55-64	2,833	5.7%	± 1.5	8.3%	± 1.6	17.8%	± 2.1	36.3%	± 2.7	31.9%	± 2.5
65-74	2,177	2.4%	± 0.8	9.2%	± 2.1	20.5%	± 2.4	37.5%	± 2.9	30.4%	± 2.6
75 and older	1,687	1.7%	± 1.0	5.9%	± 1.8	19.3%	± 2.7	44.0%	± 3.4	29.0%	± 3.2
Educational Attainment											
HS graduate, GED, or less	1,556	10.1%	± 2.9	11.7%	± 2.6	19.9%	± 3.2	37.2%	± 3.9	21.1%	± 3.5
Some college	3,306	5.5%	± 1.2	11.4%	± 1.9	18.5%	± 2.0	37.1%	± 2.6	27.5%	± 2.4
Bachelor's degree or higher	7,063	3.6%	± 0.8	6.0%	± 0.9	15.3%	± 1.4	35.8%	± 1.7	39.3%	± 1.7
Household income											
< 200% of FPL	1,963	9.1%	± 2.4	10.8%	± 2.4	19.2%	± 3.0	34.7%	± 3.5	26.1%	± 3.3
≥ 200% of FPL	9,468	4.0%	± 0.7	7.6%	± 0.9	16.1%	± 1.2	36.8%	± 1.5	35.6%	± 1.5
Geographic Area											
Carver County	601	5.1%	± 2.9	8.2%	± 3.1	17.7%	± 4.0	36.8%	± 5.2	32.3%	± 4.9
Dakota County	528	*3.6%	± 2.3	8.8%	± 3.3	18.9%	± 4.3	37.3%	± 5.0	31.4%	± 4.9
Hennepin County	8,534	4.4%	± 0.7	8.2%	± 0.9	16.4%	± 1.2	35.3%	± 1.5	35.7%	± 1.5
Bloomington	634	^4.2%	± 4.2	11.0%	± 4.7	15.0%	± 4.0	37.6%	± 5.6	32.3%	± 5.8
Minneapolis	3,309	5.0%	± 1.3	8.9%	± 1.8	15.3%	± 1.9	32.6%	± 2.3	38.2%	± 2.4
Ramsey County	1,148	6.8%	± 2.3	6.9%	± 2.0	15.3%	± 2.7	36.6%	± 3.5	34.3%	± 3.5
Saint Paul	553	8.0%	± 3.6	6.0%	± 2.9	14.8%	± 4.1	35.5%	± 5.2	35.7%	± 5.1
Suburban Ramsey County	595	5.6%	± 3.1	7.9%	± 3.1	15.8%	± 3.7	37.8%	± 4.9	32.9%	± 4.9
Scott County	542	6.4%	± 3.4	8.9%	± 3.7	17.0%	± 4.2	39.1%	± 5.4	28.5%	± 5.1
Washington County	611	*3.5%	± 2.2	7.6%	± 3.4	17.0%	± 4.4	37.5%	± 5.1	34.4%	± 4.9

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Healthy Lifestyle and Behaviors

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

TABLE 42	Sample Size	0 days		1 or 2 days		3 or 4 days		5 or 6 days		7 days	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,968	4.3%	± 0.6	7.7%	± 0.8	11.6%	± 1.0	16.4%	± 1.0	60.1%	± 1.4
Gender											
Male	4,369	4.8%	± 1.1	9.2%	± 1.4	13.2%	± 1.7	16.0%	± 1.7	56.8%	± 2.2
Female	7,597	3.8%	± 0.7	6.3%	± 0.9	10.2%	± 1.1	16.7%	± 1.3	62.9%	± 1.7
Age											
25-34	1,564	4.6%	± 1.9	9.4%	± 2.3	14.1%	± 2.6	20.5%	± 2.8	51.4%	± 3.4
35-44	1,588	3.0%	± 1.3	7.6%	± 2.0	12.6%	± 2.3	17.1%	± 2.7	59.7%	± 3.3
45-54	2,084	4.4%	± 1.5	8.5%	± 1.8	12.8%	± 2.3	16.4%	± 2.4	57.9%	± 3.1
55-64	2,839	5.9%	± 1.4	8.4%	± 1.8	9.8%	± 1.7	16.3%	± 2.1	59.7%	± 2.7
65-74	2,176	4.6%	± 2.0	5.3%	± 1.4	8.0%	± 1.7	13.1%	± 2.1	69.1%	± 2.8
75 and older	1,685	2.3%	± 1.0	2.1%	± 1.0	6.2%	± 2.5	7.7%	± 2.1	81.7%	± 3.0
Educational Attainment											
HS graduate, GED, or less	1,555	9.0%	± 2.8	11.4%	± 2.8	13.8%	± 3.1	15.6%	± 3.5	50.1%	± 3.9
Some college	3,311	6.3%	± 1.5	10.8%	± 1.9	13.9%	± 2.0	15.9%	± 2.0	53.0%	± 2.6
Bachelor's degree or higher	7,062	2.6%	± 0.6	5.7%	± 0.9	10.2%	± 1.2	16.8%	± 1.3	64.8%	± 1.7
Household income											
< 200% of FPL	1,968	8.2%	± 2.3	11.5%	± 2.5	16.5%	± 2.9	17.6%	± 3.1	46.3%	± 3.5
≥ 200% of FPL	9,464	3.5%	± 0.6	7.0%	± 0.9	10.8%	± 1.0	16.3%	± 1.1	62.4%	± 1.5
Geographic Area											
Carver County	604	*2.7%	± 1.9	9.1%	± 4.1	12.7%	± 4.6	14.1%	± 3.7	61.3%	± 5.3
Dakota County	528	5.7%	± 2.9	6.7%	± 3.1	9.9%	± 3.5	16.8%	± 4.2	60.8%	± 5.1
Hennepin County	8,535	4.0%	± 0.7	7.3%	± 0.9	11.9%	± 1.1	17.0%	± 1.2	59.7%	± 1.6
Bloomington	634	*6.4%	± 5.4	8.8%	± 5.0	10.6%	± 4.7	15.0%	± 4.5	59.2%	± 6.1
Minneapolis	3,304	4.5%	± 1.1	7.4%	± 1.3	15.0%	± 2.1	17.7%	± 2.0	55.5%	± 2.5
Ramsey County	1,147	4.7%	± 1.9	8.9%	± 2.3	11.1%	± 2.8	15.7%	± 2.9	59.7%	± 3.7
Saint Paul	552	5.5%	± 3.2	10.7%	± 3.7	11.0%	± 4.0	16.7%	± 4.4	56.0%	± 5.3
Suburban Ramsey County	595	*3.8%	± 2.3	7.0%	± 3.1	11.1%	± 4.2	14.7%	± 4.0	63.5%	± 5.0
Scott County	543	3.9%	± 2.1	8.3%	± 3.9	12.8%	± 4.3	13.4%	± 4.1	61.6%	± 5.4
Washington County	611	*3.6%	± 2.4	7.3%	± 3.1	12.5%	± 4.0	16.4%	± 4.2	60.3%	± 5.1

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

Q: **About how often do you drink ...?**
Pop or soda (regular)

TABLE 43	Sample Size	Never		Occasionally but not every week		At least once per week but not daily		Once per day		More than once per day	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,814	45.7%	± 1.4	32.1%	± 1.3	12.0%	± 1.0	6.6%	± 0.8	3.6%	± 0.6
Gender											
Male	4,313	37.8%	± 2.2	34.5%	± 2.1	15.0%	± 1.7	8.1%	± 1.4	4.7%	± 1.0
Female	7,500	52.7%	± 1.7	30.0%	± 1.6	9.4%	± 1.1	5.2%	± 0.9	2.7%	± 0.7
Age											
25-34	1,560	38.1%	± 3.3	37.6%	± 3.3	13.5%	± 2.6	6.7%	± 2.1	4.1%	± 1.6
35-44	1,583	40.3%	± 3.3	33.8%	± 3.3	12.5%	± 2.5	8.2%	± 2.2	5.2%	± 2.0
45-54	2,066	47.0%	± 3.1	30.3%	± 2.9	12.5%	± 2.3	6.4%	± 1.8	3.8%	± 1.4
55-64	2,805	54.5%	± 2.7	27.0%	± 2.5	10.1%	± 1.9	6.0%	± 1.6	2.4%	± 0.7
65-74	2,134	48.3%	± 3.0	31.3%	± 2.8	11.3%	± 2.2	6.3%	± 1.6	2.8%	± 1.1
75 and older	1,635	53.9%	± 3.4	30.3%	± 3.1	10.5%	± 2.6	4.2%	± 1.4	*1.2%	± 0.8
Educational Attainment											
HS graduate, GED, or less	1,516	32.9%	± 3.7	34.1%	± 4.0	16.7%	± 3.4	9.6%	± 2.6	6.8%	± 2.3
Some college	3,259	41.0%	± 2.6	30.6%	± 2.4	13.2%	± 2.0	9.5%	± 2.0	5.8%	± 1.5
Bachelor's degree or higher	6,999	50.0%	± 1.8	32.4%	± 1.7	10.7%	± 1.2	4.8%	± 0.9	2.1%	± 0.6
Household income											
< 200% of FPL	1,939	33.0%	± 3.4	35.8%	± 3.5	15.8%	± 2.9	7.1%	± 2.0	8.2%	± 2.4
≥ 200% of FPL	9,349	48.0%	± 1.5	31.4%	± 1.5	11.4%	± 1.1	6.6%	± 0.9	2.7%	± 0.6
Geographic Area											
Carver County	594	42.6%	± 5.1	30.6%	± 4.9	14.5%	± 4.3	7.5%	± 3.8	*4.7%	± 2.9
Dakota County	519	42.7%	± 5.1	29.9%	± 4.9	15.7%	± 4.2	8.8%	± 3.4	*2.9%	± 2.6
Hennepin County	8,431	47.6%	± 1.6	32.6%	± 1.5	11.2%	± 1.0	5.5%	± 0.9	3.2%	± 0.7
Bloomington	625	47.3%	± 5.8	29.7%	± 5.6	11.9%	± 4.2	*8.4%	± 5.8	*2.6%	± 2.4
Minneapolis	3,280	45.1%	± 2.5	34.7%	± 2.4	12.1%	± 1.8	4.8%	± 1.2	3.2%	± 1.0
Ramsey County	1,133	45.2%	± 3.6	33.1%	± 3.5	10.9%	± 2.7	6.0%	± 2.1	4.8%	± 1.9
Saint Paul	547	43.1%	± 5.2	34.2%	± 5.2	11.7%	± 4.3	5.8%	± 3.3	5.2%	± 3.0
Suburban Ramsey County	586	47.4%	± 5.0	31.9%	± 4.9	10.0%	± 3.5	6.2%	± 3.1	*4.4%	± 2.9
Scott County	539	40.9%	± 5.3	31.2%	± 5.2	13.9%	± 4.6	7.1%	± 3.1	6.8%	± 4.0
Washington County	598	45.5%	± 5.1	31.6%	± 5.1	11.3%	± 3.7	9.3%	± 3.6	*2.4%	± 2.1

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Healthy Lifestyle and Behaviors

Q: **About how often do you drink ...?**
Pop or soda (diet)

TABLE 44	Sample Size	Never		Occasionally but not every week		At least once per week but not daily		Once per day		More than once per day	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,893	52.0%	± 1.4	22.9%	± 1.2	10.8%	± 0.9	7.9%	± 0.8	6.4%	± 0.7
Gender											
Male	4,327	52.9%	± 2.2	20.8%	± 1.8	11.4%	± 1.5	7.7%	± 1.3	7.2%	± 1.2
Female	7,565	51.1%	± 1.7	24.8%	± 1.5	10.3%	± 1.1	8.0%	± 0.9	5.8%	± 0.8
Age											
25-34	1,558	60.5%	± 3.3	22.6%	± 2.9	8.4%	± 2.0	5.2%	± 1.6	3.3%	± 1.4
35-44	1,583	55.4%	± 3.4	19.0%	± 2.9	10.3%	± 2.2	9.4%	± 2.2	6.0%	± 1.8
45-54	2,072	48.5%	± 3.1	20.9%	± 2.6	12.6%	± 2.3	8.3%	± 1.9	9.7%	± 2.0
55-64	2,814	46.9%	± 2.7	24.2%	± 2.4	11.5%	± 1.8	9.4%	± 1.7	8.0%	± 1.6
65-74	2,165	44.4%	± 2.9	27.6%	± 2.8	13.0%	± 2.2	8.8%	± 1.8	6.3%	± 1.5
75 and older	1,669	51.2%	± 3.4	31.2%	± 3.2	9.2%	± 2.2	5.5%	± 1.7	3.0%	± 1.6
Educational Attainment											
HS graduate, GED, or less	1,542	52.0%	± 4.0	23.9%	± 3.5	9.2%	± 2.2	7.8%	± 2.4	7.1%	± 2.3
Some college	3,285	52.9%	± 2.6	21.9%	± 2.2	10.6%	± 1.7	8.1%	± 1.5	6.5%	± 1.4
Bachelor's degree or higher	7,027	51.6%	± 1.8	23.2%	± 1.5	11.1%	± 1.2	7.8%	± 1.0	6.3%	± 0.9
Household income											
< 200% of FPL	1,954	59.2%	± 3.6	22.6%	± 3.2	8.1%	± 2.1	4.7%	± 1.6	5.3%	± 1.7
≥ 200% of FPL	9,408	50.6%	± 1.5	23.0%	± 1.3	11.3%	± 1.0	8.5%	± 0.9	6.6%	± 0.8
Geographic Area											
Carver County	599	43.9%	± 5.1	21.0%	± 4.3	15.8%	± 4.1	11.3%	± 4.2	8.0%	± 3.0
Dakota County	527	46.4%	± 5.1	24.3%	± 4.5	11.5%	± 3.6	8.8%	± 3.3	9.0%	± 3.5
Hennepin County	8,486	54.6%	± 1.6	22.4%	± 1.3	10.0%	± 0.9	7.4%	± 0.9	5.6%	± 0.7
Bloomington	632	55.1%	± 5.6	21.0%	± 4.2	10.4%	± 3.3	7.8%	± 3.4	5.7%	± 2.5
Minneapolis	3,284	61.0%	± 2.4	20.4%	± 2.0	8.6%	± 1.3	5.1%	± 1.0	5.0%	± 1.2
Ramsey County	1,143	51.7%	± 3.6	24.2%	± 3.2	10.9%	± 2.6	6.9%	± 2.0	6.3%	± 1.9
Saint Paul	550	56.3%	± 5.3	22.1%	± 4.6	10.3%	± 3.9	5.6%	± 3.0	5.7%	± 2.8
Suburban Ramsey County	593	47.0%	± 5.0	26.3%	± 4.6	11.6%	± 3.7	8.3%	± 3.0	6.8%	± 3.0
Scott County	537	51.9%	± 5.4	22.1%	± 4.4	8.9%	± 3.2	6.9%	± 2.9	10.2%	± 4.0
Washington County	601	50.3%	± 5.1	22.3%	± 4.4	12.5%	± 3.9	10.0%	± 3.5	4.9%	± 2.4

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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

Q: **About how often do you drink ...?**
Energy drinks such as Red Bull, 5-hour Energy, or Monster

TABLE 45	Sample Size	Never		Occasionally but not every week		At least once per week but not daily		Once per day		More than once per day	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,928	88.2%	± 1.0	8.4%	± 0.9	2.3%	± 0.6	0.9%	± 0.4	*0.3%	± 0.2
Gender											
Male	4,350	82.9%	± 1.9	11.8%	± 1.7	3.4%	± 1.0	1.5%	± 0.8	*0.5%	± 0.4
Female	7,577	92.8%	± 1.0	5.4%	± 0.9	1.4%	± 0.5	^0.3%	± 0.4	^0.1%	± 0.1
Age											
25-34	1,561	76.5%	± 3.1	16.4%	± 2.7	5.2%	± 2.0	*1.7%	± 1.6	^0.1%	± 0.7
35-44	1,590	82.7%	± 2.9	12.0%	± 2.6	3.4%	± 1.6	*1.5%	± 1.4	^0.4%	± 0.6
45-54	2,074	91.1%	± 2.0	6.5%	± 1.7	*1.5%	± 0.9	^0.6%	± 0.7	^0.3%	± 0.6
55-64	2,827	95.1%	± 1.5	4.0%	± 1.3	*0.6%	± 0.5	^0.1%	± 0.2	^0.3%	± 0.9
65-74	2,169	97.9%	± 1.1	*1.1%	± 0.8	^0.5%	± 1.0	^0.3%	± 0.5	^0.1%	± 0.3
75 and older	1,675	97.9%	± 1.2	*1.4%	± 0.9	^0.3%	± 0.6	^0.1%	± 0.3	^0.3%	± 1.7
Educational Attainment											
HS graduate, GED, or less	1,550	87.2%	± 3.5	8.7%	± 2.9	*2.5%	± 2.4	^1.4%	± 2.2	^0.1%	± 0.3
Some college	3,299	86.0%	± 2.2	9.2%	± 1.8	3.2%	± 1.3	*1.3%	± 1.1	^0.3%	± 0.5
Bachelor's degree or higher	7,039	89.2%	± 1.3	8.0%	± 1.2	1.9%	± 0.7	*0.6%	± 0.4	^0.3%	± 0.3
Household income											
< 200% of FPL	1,959	85.0%	± 3.1	9.8%	± 2.5	*3.4%	± 2.1	^1.4%	± 1.6	^0.4%	± 0.6
≥ 200% of FPL	9,439	88.5%	± 1.2	8.3%	± 1.0	2.2%	± 0.6	0.8%	± 0.5	^0.2%	± 0.2
Geographic Area											
Carver County	603	87.0%	± 5.0	10.4%	± 4.6	^2.4%	± 3.8	0.0%	± 0.0	^0.2%	± 1.3
Dakota County	527	88.7%	± 3.9	7.6%	± 3.4	*2.5%	± 2.4	^0.8%	± 1.8	^0.4%	± 1.4
Hennepin County	8,501	88.0%	± 1.3	8.7%	± 1.1	2.3%	± 0.7	*0.8%	± 0.6	^0.2%	± 0.3
Bloomington	630	89.7%	± 5.8	*8.1%	± 6.0	*1.9%	± 1.8	^0.2%	± 0.8	0.0%	± 0.0
Minneapolis	3,296	87.1%	± 1.9	9.4%	± 1.6	2.1%	± 1.0	^1.1%	± 1.4	^0.2%	± 0.4
Ramsey County	1,146	88.3%	± 2.9	8.2%	± 2.5	*1.8%	± 1.6	^1.3%	± 1.6	^0.4%	± 0.8
Saint Paul	554	84.0%	± 4.8	10.3%	± 4.1	^3.0%	± 3.1	^1.8%	± 3.0	^0.9%	± 1.6
Suburban Ramsey County	592	92.8%	± 3.5	5.9%	± 3.2	^0.6%	± 1.8	^0.7%	± 2.6	0.0%	± 0.0
Scott County	543	89.8%	± 4.3	*6.6%	± 4.0	^2.3%	± 2.7	^1.1%	± 1.7	^0.2%	± 0.7
Washington County	608	87.5%	± 4.7	8.7%	± 4.2	^3.2%	± 3.2	^0.6%	± 2.3	0.0%	± 0.0

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

 * 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

Q: **About how often do you drink ...?**
Other sugar-sweetened drinks such as sweet tea, coffee drinks, juice drinks, Kool-Aid, or Gatorade

TABLE 46	Sample Size	Never		Occasionally but not every week		At least once per week but not daily		Once per day		More than once per day	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,942	44.4%	± 1.4	29.6%	± 1.3	11.6%	± 1.0	10.5%	± 0.9	3.9%	± 0.6
Gender											
Male	4,358	39.5%	± 2.2	32.1%	± 2.1	12.5%	± 1.6	11.0%	± 1.5	4.8%	± 1.1
Female	7,582	48.7%	± 1.7	27.3%	± 1.6	10.8%	± 1.2	10.0%	± 1.1	3.2%	± 0.6
Age											
25-34	1,564	31.7%	± 3.2	38.0%	± 3.3	15.1%	± 2.6	11.7%	± 2.3	3.5%	± 1.5
35-44	1,593	39.2%	± 3.3	33.6%	± 3.3	13.9%	± 2.6	10.8%	± 2.3	2.5%	± 1.2
45-54	2,083	45.3%	± 3.1	28.5%	± 2.8	10.6%	± 2.1	10.7%	± 2.2	4.8%	± 1.6
55-64	2,827	52.9%	± 2.7	23.7%	± 2.4	9.0%	± 1.8	9.5%	± 1.8	4.9%	± 1.5
65-74	2,165	58.0%	± 2.9	22.0%	± 2.6	8.0%	± 1.7	8.1%	± 1.7	4.0%	± 1.1
75 and older	1,679	54.1%	± 3.4	21.3%	± 2.8	9.5%	± 2.7	11.0%	± 2.1	4.1%	± 1.7
Educational Attainment											
HS graduate, GED, or less	1,550	35.3%	± 3.6	28.6%	± 3.8	13.4%	± 3.2	15.2%	± 3.3	7.5%	± 2.4
Some college	3,300	41.5%	± 2.6	27.4%	± 2.5	13.5%	± 2.1	12.8%	± 2.0	4.8%	± 1.3
Bachelor's degree or higher	7,052	47.1%	± 1.8	30.7%	± 1.7	10.5%	± 1.2	8.7%	± 1.1	3.0%	± 0.7
Household income											
< 200% of FPL	1,963	32.0%	± 3.2	29.9%	± 3.4	14.5%	± 2.8	15.1%	± 2.9	8.6%	± 2.3
≥ 200% of FPL	9,446	46.4%	± 1.5	29.7%	± 1.4	11.1%	± 1.1	9.7%	± 1.0	3.2%	± 0.6
Geographic Area											
Carver County	604	44.0%	± 5.1	34.4%	± 5.0	10.0%	± 3.4	7.7%	± 3.5	^3.9%	± 4.1
Dakota County	525	45.4%	± 5.1	28.9%	± 4.9	11.8%	± 3.8	10.8%	± 3.7	*3.2%	± 2.2
Hennepin County	8,518	44.5%	± 1.5	29.6%	± 1.5	11.3%	± 1.1	10.4%	± 1.1	4.2%	± 0.8
Bloomington	631	45.6%	± 5.7	26.7%	± 5.9	13.4%	± 4.9	10.5%	± 4.7	*3.9%	± 3.0
Minneapolis	3,303	41.1%	± 2.4	30.2%	± 2.4	12.3%	± 1.8	11.3%	± 1.8	5.1%	± 1.4
Ramsey County	1,146	42.7%	± 3.5	31.9%	± 3.6	11.4%	± 2.7	9.9%	± 2.4	4.1%	± 1.8
Saint Paul	553	40.3%	± 5.0	30.7%	± 5.3	13.4%	± 4.2	10.9%	± 3.8	*4.6%	± 2.9
Suburban Ramsey County	593	45.1%	± 5.0	33.2%	± 5.0	9.4%	± 3.4	8.7%	± 3.1	*3.6%	± 2.5
Scott County	542	41.8%	± 5.3	26.7%	± 5.0	12.5%	± 3.9	14.2%	± 4.7	*4.8%	± 3.2
Washington County	607	48.0%	± 5.1	25.2%	± 4.8	13.5%	± 4.2	10.4%	± 3.6	2.9%	± 1.6

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

Q: **About how often do you drink ...?**
Water

TABLE 47	Sample Size	Never		Occasionally but not every week		At least once per week but not daily		Once per day		More than once per day	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,972	0.3%	± 0.1	1.2%	± 0.3	3.3%	± 0.5	10.2%	± 0.9	85.0%	± 1.0
Gender											
Male	4,369	*0.4%	± 0.3	1.5%	± 0.7	3.8%	± 0.9	11.4%	± 1.5	82.9%	± 1.7
Female	7,601	0.3%	± 0.1	0.9%	± 0.3	2.9%	± 0.7	9.2%	± 1.0	86.8%	± 1.2
Age											
25-34	1,563	^0.2%	± 0.3	^0.3%	± 0.4	2.4%	± 1.3	7.7%	± 2.0	89.5%	± 2.3
35-44	1,592	^0.1%	± 0.3	^0.8%	± 1.1	2.1%	± 1.2	9.8%	± 2.3	87.3%	± 2.5
45-54	2,085	^0.1%	± 0.4	*1.8%	± 1.1	3.9%	± 1.4	11.0%	± 2.1	83.2%	± 2.5
55-64	2,838	*0.5%	± 0.5	1.1%	± 0.6	4.9%	± 1.3	11.4%	± 1.9	82.1%	± 2.2
65-74	2,180	*0.5%	± 0.5	*2.2%	± 1.7	4.2%	± 1.3	12.7%	± 2.1	80.4%	± 2.5
75 and older	1,682	*1.2%	± 1.1	*1.9%	± 1.2	2.8%	± 1.2	10.3%	± 2.1	83.7%	± 2.5
Educational Attainment											
HS graduate, GED, or less	1,551	*1.0%	± 0.7	3.4%	± 1.9	4.1%	± 1.6	13.8%	± 2.9	77.7%	± 3.3
Some college	3,312	^0.4%	± 0.4	1.5%	± 0.8	4.6%	± 1.2	12.9%	± 1.9	80.6%	± 2.2
Bachelor's degree or higher	7,070	*0.2%	± 0.1	0.7%	± 0.4	2.7%	± 0.6	8.4%	± 1.0	88.1%	± 1.2
Household income											
< 200% of FPL	1,962	*0.7%	± 0.4	*2.3%	± 1.4	5.4%	± 1.9	11.4%	± 2.4	80.2%	± 2.9
≥ 200% of FPL	9,475	*0.2%	± 0.2	0.9%	± 0.4	3.0%	± 0.6	9.9%	± 1.0	85.9%	± 1.1
Geographic Area											
Carver County	603	^0.1%	± 0.4	^0.5%	± 1.1	*3.3%	± 2.1	8.5%	± 3.2	87.6%	± 3.6
Dakota County	528	^0.2%	± 0.6	^1.5%	± 1.7	*3.8%	± 2.4	11.5%	± 3.6	83.1%	± 4.1
Hennepin County	8,539	0.4%	± 0.2	1.1%	± 0.4	3.3%	± 0.7	9.6%	± 0.9	85.6%	± 1.1
Bloomington	636	^0.7%	± 2.8	^0.9%	± 1.1	*5.3%	± 5.1	10.7%	± 3.7	82.5%	± 5.2
Minneapolis	3,308	*0.5%	± 0.4	*0.9%	± 0.6	3.0%	± 1.0	8.6%	± 1.4	87.1%	± 1.7
Ramsey County	1,148	^0.3%	± 0.5	*1.5%	± 1.0	3.4%	± 1.4	9.3%	± 2.3	85.5%	± 2.6
Saint Paul	555	^0.3%	± 1.6	^1.4%	± 1.8	*2.7%	± 1.7	7.9%	± 3.4	87.7%	± 3.7
Suburban Ramsey County	593	^0.4%	± 0.7	*1.5%	± 1.4	*4.2%	± 2.5	10.7%	± 3.4	83.1%	± 3.9
Scott County	545	^0.2%	± 1.2	^0.1%	± 0.6	*3.0%	± 2.3	11.9%	± 4.0	84.8%	± 4.2
Washington County	609	^0.2%	± 0.6	^1.6%	± 2.3	*2.8%	± 1.9	12.9%	± 3.9	82.4%	± 4.2

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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

Q: **About how often do you drink ...?**
Milk

TABLE 48	Sample Size	Never		Occasionally but not every week		At least once per week but not daily		Once per day		More than once per day	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,973	18.7%	± 1.1	16.9%	± 1.1	21.5%	± 1.2	28.8%	± 1.3	14.0%	± 1.0
Gender											
Male	4,372	16.6%	± 1.7	16.5%	± 1.8	22.5%	± 1.9	30.0%	± 2.1	14.4%	± 1.6
Female	7,599	20.5%	± 1.3	17.3%	± 1.3	20.7%	± 1.4	27.8%	± 1.6	13.7%	± 1.2
Age											
25-34	1,563	18.4%	± 2.5	19.1%	± 2.9	23.9%	± 3.0	27.3%	± 3.1	11.3%	± 2.4
35-44	1,593	19.6%	± 2.7	16.0%	± 2.6	24.1%	± 3.0	28.0%	± 3.2	12.3%	± 2.4
45-54	2,084	18.5%	± 2.4	19.1%	± 2.6	21.0%	± 2.6	27.4%	± 2.9	13.9%	± 2.3
55-64	2,833	18.1%	± 2.2	15.8%	± 2.0	21.0%	± 2.3	30.0%	± 2.6	15.1%	± 2.0
65-74	2,181	19.8%	± 2.5	14.6%	± 2.3	17.5%	± 2.3	32.3%	± 2.8	15.8%	± 2.1
75 and older	1,687	18.2%	± 3.0	12.0%	± 2.4	15.8%	± 2.8	32.2%	± 3.2	21.7%	± 2.7
Educational Attainment											
HS graduate, GED, or less	1,554	20.0%	± 3.4	16.6%	± 3.3	21.7%	± 3.6	26.5%	± 3.5	15.2%	± 2.8
Some college	3,313	17.5%	± 2.0	17.6%	± 2.2	21.2%	± 2.3	28.1%	± 2.4	15.6%	± 2.0
Bachelor's degree or higher	7,067	19.0%	± 1.4	16.8%	± 1.4	21.6%	± 1.5	29.5%	± 1.6	13.1%	± 1.2
Household income											
< 200% of FPL	1,969	19.0%	± 2.8	17.7%	± 3.0	18.9%	± 3.0	28.5%	± 3.4	16.0%	± 2.7
≥ 200% of FPL	9,468	18.7%	± 1.2	16.9%	± 1.2	22.1%	± 1.3	28.9%	± 1.4	13.3%	± 1.0
Geographic Area											
Carver County	603	14.4%	± 4.3	17.2%	± 4.4	19.6%	± 4.2	31.1%	± 4.9	17.8%	± 4.1
Dakota County	528	15.5%	± 3.8	16.7%	± 4.2	20.5%	± 4.4	33.1%	± 5.0	14.3%	± 3.9
Hennepin County	8,538	20.3%	± 1.3	16.4%	± 1.2	22.4%	± 1.4	28.0%	± 1.4	12.9%	± 1.1
Bloomington	636	21.7%	± 5.9	14.0%	± 4.7	22.2%	± 5.7	26.9%	± 4.6	15.1%	± 3.9
Minneapolis	3,309	22.9%	± 2.1	18.4%	± 2.1	23.3%	± 2.3	25.4%	± 2.2	10.0%	± 1.5
Ramsey County	1,150	20.1%	± 3.1	18.5%	± 3.1	21.3%	± 3.2	26.4%	± 3.2	13.6%	± 2.4
Saint Paul	555	23.5%	± 4.7	19.7%	± 4.6	21.9%	± 4.7	24.5%	± 4.8	10.3%	± 3.2
Suburban Ramsey County	595	16.6%	± 4.1	17.3%	± 4.3	20.7%	± 4.6	28.3%	± 4.5	17.1%	± 3.9
Scott County	545	15.6%	± 3.9	16.6%	± 4.7	20.5%	± 4.7	31.1%	± 5.1	16.3%	± 4.6
Washington County	609	15.5%	± 3.9	17.1%	± 4.3	20.3%	± 4.4	29.4%	± 4.9	17.8%	± 4.1

NOTE: Definitions for the indicators are provided in Appendix D.
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Healthy Lifestyle and Behaviors

Q: Nutrition and beverage intake summary measures

TABLE 49	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 fruits and vegetables			Having sugar-sweetened beverage daily or more often		
	N	% ± 95% C.I.		N	% ± 95% C.I.		N	% ± 95% C.I.		N	% ± 95% C.I.	
Six County Total	11,938	54.9%	± 1.4	11,937	32.5%	± 1.3	11,964	34.2%	± 1.3	11,795	22.9%	± 1.2
Gender												
Male	4,351	49.4%	± 2.2	4,354	26.9%	± 2.0	4,367	28.3%	± 2.0	4,310	26.8%	± 2.1
Female	7,585	59.6%	± 1.7	7,581	37.5%	± 1.6	7,595	39.5%	± 1.7	7,484	19.4%	± 1.4
Age												
25-34	1,563	54.5%	± 3.4	1,563	36.8%	± 3.3	1,565	37.0%	± 3.3	1,561	23.2%	± 3.1
35-44	1,590	55.4%	± 3.4	1,591	35.5%	± 3.2	1,592	36.8%	± 3.3	1,583	25.5%	± 3.2
45-54	2,078	54.1%	± 3.1	2,076	33.3%	± 2.9	2,081	34.3%	± 2.9	2,071	24.0%	± 2.9
55-64	2,827	53.3%	± 2.7	2,826	30.8%	± 2.5	2,833	31.9%	± 2.5	2,797	21.2%	± 2.4
65-74	2,173	54.0%	± 2.9	2,172	27.0%	± 2.6	2,177	30.4%	± 2.6	2,124	19.2%	± 2.4
75 and older	1,679	61.3%	± 3.4	1,681	21.4%	± 3.0	1,687	29.0%	± 3.2	1,629	20.1%	± 2.8
Education												
HS graduate, GED, or less	1,543	46.0%	± 3.5	1,549	19.5%	± 3.5	1,556	21.1%	± 3.5	1,519	34.0%	± 4.0
Some college	3,300	50.3%	± 2.6	3,296	24.9%	± 2.3	3,306	27.5%	± 2.4	3,251	30.1%	± 2.6
Bachelor's degree or higher	7,056	58.3%	± 1.8	7,054	37.9%	± 1.7	7,063	39.3%	± 1.7	6,985	17.9%	± 1.5
Household income												
< 200% of FPL	1,948	49.3%	± 3.6	1,952	23.8%	± 3.2	1,963	26.1%	± 3.3	1,938	35.1%	± 3.6
≥ 200% of FPL	9,458	55.7%	± 1.5	9,455	34.2%	± 1.4	9,468	35.6%	± 1.5	9,331	20.8%	± 1.3
Geographic Area												
Carver County	601	53.0%	± 5.2	601	27.3%	± 4.4	601	32.3%	± 4.9	593	22.3%	± 5.2
Dakota County	528	51.5%	± 5.1	528	29.0%	± 4.8	528	31.4%	± 4.9	520	22.9%	± 4.6
Hennepin County	8,512	55.7%	± 1.6	8,513	34.0%	± 1.5	8,534	35.7%	± 1.5	8,419	22.2%	± 1.5
Bloomington	632	54.9%	± 5.9	634	28.5%	± 5.8	634	32.3%	± 5.8	623	23.4%	± 6.2
Minneapolis	3,305	55.5%	± 2.5	3,297	35.7%	± 2.4	3,309	38.2%	± 2.4	3,278	23.1%	± 2.4
Ramsey County	1,145	54.6%	± 3.6	1,144	35.0%	± 3.6	1,148	34.3%	± 3.5	1,130	22.6%	± 3.3
Saint Paul	551	52.0%	± 5.3	551	37.8%	± 5.2	553	35.7%	± 5.1	545	23.5%	± 4.9
Suburban Ramsey County	594	57.3%	± 4.9	593	32.1%	± 5.0	595	32.9%	± 4.9	585	21.7%	± 4.6
Scott County	541	53.2%	± 5.4	542	25.4%	± 4.9	542	28.5%	± 5.1	537	29.9%	± 5.5
Washington County	611	57.8%	± 5.1	609	31.0%	± 4.8	611	34.4%	± 4.9	596	23.1%	± 4.6

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

* 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

Q: 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 50	Sample Size	Yes
	N	% ± 95% C.I.
Six County Total	11,946	84.3% ± 1.0
Gender		
Male	4,369	85.0% ± 1.7
Female	7,576	83.8% ± 1.3
Age		
25-34	1,563	87.4% ± 2.5
35-44	1,595	86.1% ± 2.6
45-54	2,082	87.0% ± 2.3
55-64	2,835	82.7% ± 2.2
65-74	2,175	80.5% ± 2.8
75 and older	1,665	71.8% ± 3.2
Educational Attainment		
HS graduate, GED, or less	1,549	63.2% ± 3.9
Some college	3,298	77.8% ± 2.3
Bachelor's degree or higher	7,061	90.9% ± 1.1
Household income		
< 200% of FPL	1,957	65.5% ± 3.5
≥ 200% of FPL	9,458	88.0% ± 1.0
Geographic Area		
Carver County	603	84.2% ± 4.0
Dakota County	525	80.6% ± 4.3
Hennepin County	8,516	85.8% ± 1.1
Bloomington	631	89.3% ± 2.9
Minneapolis	3,294	83.6% ± 2.1
Ramsey County	1,148	80.9% ± 3.0
Saint Paul	555	79.0% ± 4.6
Suburban Ramsey County	593	82.9% ± 3.9
Scott County	544	86.1% ± 3.8
Washington County	610	87.9% ± 3.3

NOTE: Definitions for the indicators are provided in Appendix D.
   * 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

Q: Level of moderate physical activity in a usual week

TABLE 51	Sample Size	Inactive (0-9 minutes per week)		Insufficiently active (10-149 minutes per week)		Sufficiently active (150-299 minutes per week)		Highly active (≥ 300 minutes per week)	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,763	3.6%	± 0.5	33.7%	± 1.3	27.0%	± 1.3	35.7%	± 1.3
Gender									
Male	4,316	3.6%	± 0.9	31.0%	± 2.1	27.3%	± 2.1	38.1%	± 2.2
Female	7,446	3.7%	± 0.7	36.0%	± 1.7	26.8%	± 1.5	33.5%	± 1.6
Age									
25-34	1,554	2.6%	± 1.3	38.0%	± 3.3	26.1%	± 3.1	33.3%	± 3.2
35-44	1,585	2.6%	± 1.4	37.4%	± 3.3	28.1%	± 3.2	31.9%	± 3.2
45-54	2,063	2.9%	± 1.2	31.1%	± 2.9	28.0%	± 2.9	38.0%	± 3.1
55-64	2,807	4.2%	± 1.5	29.1%	± 2.4	28.5%	± 2.6	38.2%	± 2.6
65-74	2,131	3.9%	± 1.2	30.4%	± 3.0	25.9%	± 2.6	39.8%	± 2.9
75 and older	1,599	9.9%	± 2.4	34.9%	± 3.6	22.4%	± 2.8	32.8%	± 3.2
Educational Attainment									
HS graduate, GED, or less	1,479	9.3%	± 2.5	33.5%	± 3.9	19.4%	± 3.4	37.8%	± 4.0
Some college	3,235	5.1%	± 1.3	32.1%	± 2.5	25.1%	± 2.4	37.7%	± 2.6
Bachelor's degree or higher	7,014	2.0%	± 0.5	34.4%	± 1.7	29.1%	± 1.6	34.4%	± 1.7
Household income									
< 200% of FPL	1,896	9.1%	± 2.3	34.3%	± 3.6	20.0%	± 3.1	36.6%	± 3.5
≥ 200% of FPL	9,378	2.6%	± 0.5	33.8%	± 1.5	28.3%	± 1.4	35.4%	± 1.5
Geographic Area									
Carver County	593	*3.9%	± 2.9	33.6%	± 5.0	27.4%	± 4.9	35.2%	± 5.0
Dakota County	519	3.9%	± 2.2	35.2%	± 5.0	26.2%	± 4.8	34.7%	± 5.0
Hennepin County	8,378	3.6%	± 0.7	32.4%	± 1.5	27.1%	± 1.4	36.9%	± 1.5
Bloomington	623	*2.0%	± 1.3	29.8%	± 5.5	29.5%	± 5.7	38.7%	± 5.9
Minneapolis	3,249	4.7%	± 1.5	31.9%	± 2.3	25.0%	± 2.2	38.4%	± 2.5
Ramsey County	1,134	4.6%	± 1.7	35.7%	± 3.6	25.7%	± 3.3	34.0%	± 3.5
Saint Paul	545	5.5%	± 3.1	34.7%	± 5.2	23.5%	± 4.8	36.3%	± 5.1
Suburban Ramsey County	589	3.5%	± 1.9	36.8%	± 5.0	28.1%	± 4.7	31.5%	± 4.7
Scott County	537	*2.6%	± 1.6	40.8%	± 5.4	25.3%	± 4.9	31.2%	± 5.1
Washington County	602	*1.6%	± 1.1	30.3%	± 4.9	31.3%	± 5.0	36.8%	± 5.1

NOTE: Definitions for the indicators are provided in Appendix D.
   * 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

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

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

TABLE 52	Sample Size	At work		Outside of work	
	N	**% ± 95% C.I.**		**% ± 95% C.I.**	
Six County Total	7,317	14.8%	± 1.4	85.2%	± 1.4
Gender					
Male	2,822	17.9%	± 2.3	82.1%	± 2.3
Female	4,494	11.8%	± 1.5	88.2%	± 1.5
Age					
25-34	942	19.5%	± 3.9	80.5%	± 3.9
35-44	937	16.1%	± 3.6	83.9%	± 3.6
45-54	1,324	15.9%	± 3.1	84.1%	± 3.1
55-64	1,815	15.3%	± 2.6	84.7%	± 2.6
65-74	1,421	6.5%	± 2.1	93.5%	± 2.1
75 and older	863	2.6%	± 1.5	97.4%	± 1.5
Educational Attainment					
HS graduate, GED, or less	795	25.6%	± 5.3	74.4%	± 5.3
Some college	1,985	22.7%	± 3.2	77.3%	± 3.2
Bachelor's degree or higher	4,519	9.8%	± 1.5	90.2%	± 1.5
Household income					
< 200% of FPL	1,057	26.6%	± 4.9	73.4%	± 4.9
≥ 200% of FPL	5,965	12.9%	± 1.4	87.1%	± 1.4
Geographic Area					
Carver County	352	14.9%	± 5.5	85.1%	± 5.5
Dakota County	307	17.2%	± 5.6	82.8%	± 5.6
Hennepin County	5,270	14.6%	± 1.7	85.4%	± 1.7
Bloomington	410	14.6%	± 7.1	85.4%	± 7.1
Minneapolis	2,025	16.4%	± 2.9	83.6%	± 2.9
Ramsey County	678	11.9%	± 3.4	88.1%	± 3.4
Saint Paul	327	14.3%	± 5.5	85.7%	± 5.5
Suburban Ramsey County	351	9.4%	± 4.5	90.6%	± 4.5
Scott County	314	20.0%	± 6.6	80.0%	± 6.6
Washington County	396	15.5%	± 5.5	84.5%	± 5.5

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

Q: Level of vigorous physical activity in a usual week

TABLE 53	Sample Size	Inactive (0-9 minutes per week)		Insufficiently active (10-74 minutes per week)		Sufficiently active (75-149 minutes per week)		Highly active (≥ 150 minutes per week)	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,772	20.7%	± 1.1	27.6%	± 1.3	18.1%	± 1.1	33.7%	± 1.3
Gender									
Male	4,310	16.1%	± 1.6	27.1%	± 2.1	18.8%	± 1.8	38.0%	± 2.2
Female	7,460	24.7%	± 1.5	28.0%	± 1.6	17.4%	± 1.3	29.8%	± 1.6
Age									
25-34	1,557	17.5%	± 2.7	30.0%	± 3.2	19.6%	± 2.8	32.9%	± 3.3
35-44	1,580	16.9%	± 2.7	29.3%	± 3.2	21.0%	± 2.8	32.8%	± 3.3
45-54	2,065	16.3%	± 2.3	27.5%	± 2.9	18.1%	± 2.5	38.1%	± 3.1
55-64	2,812	21.9%	± 2.3	27.0%	± 2.4	16.3%	± 2.2	34.8%	± 2.7
65-74	2,127	26.0%	± 2.6	25.1%	± 2.7	17.3%	± 2.5	31.6%	± 2.8
75 and older	1,608	43.8%	± 3.5	20.7%	± 3.1	11.8%	± 2.4	23.8%	± 2.9
Educational Attainment									
HS graduate, GED, or less	1,487	33.1%	± 3.8	22.8%	± 3.7	12.0%	± 2.9	32.1%	± 4.0
Some college	3,237	24.4%	± 2.3	25.6%	± 2.4	16.6%	± 2.2	33.4%	± 2.6
Bachelor's degree or higher	7,015	17.0%	± 1.3	29.2%	± 1.6	19.7%	± 1.4	34.1%	± 1.7
Household income									
< 200% of FPL	1,900	30.5%	± 3.3	26.6%	± 3.5	12.4%	± 2.6	30.4%	± 3.5
≥ 200% of FPL	9,372	18.5%	± 1.2	27.9%	± 1.4	19.4%	± 1.3	34.3%	± 1.5
Geographic Area									
Carver County	592	24.9%	± 4.8	28.9%	± 4.7	15.0%	± 3.8	31.2%	± 5.2
Dakota County	520	24.9%	± 4.5	27.0%	± 4.8	17.1%	± 4.2	31.0%	± 4.9
Hennepin County	8,395	19.7%	± 1.2	27.2%	± 1.5	18.1%	± 1.3	35.0%	± 1.5
Bloomington	624	20.0%	± 4.6	27.9%	± 6.0	21.4%	± 5.7	30.7%	± 5.2
Minneapolis	3,257	20.3%	± 2.1	26.9%	± 2.3	18.8%	± 2.0	33.9%	± 2.4
Ramsey County	1,131	20.9%	± 2.9	27.9%	± 3.4	18.5%	± 3.0	32.7%	± 3.6
Saint Paul	544	20.3%	± 4.3	28.8%	± 5.0	17.1%	± 4.3	33.9%	± 5.3
Suburban Ramsey County	587	21.5%	± 4.0	27.1%	± 4.7	19.9%	± 4.5	31.5%	± 4.9
Scott County	535	21.1%	± 4.4	32.0%	± 5.3	18.1%	± 4.8	28.8%	± 5.0
Washington County	599	17.4%	± 4.0	26.7%	± 4.8	19.6%	± 4.5	36.3%	± 5.1

NOTE: Definitions for the indicators are provided in Appendix D.
 * 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

Q: **Would you say you get this vigorous physical activity at work or outside work?**

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

TABLE 54	Sample Size	At work		Outside of work	
	N	% ± 95% C.I.		% ± 95% C.I.	
Six County Total	5,697	9.0%	± 1.3	91.0%	± 1.3
Gender					
Male	2,320	12.8%	± 2.3	87.2%	± 2.3
Female	3,376	5.0%	± 1.2	95.0%	± 1.2
Age					
25-34	835	8.6%	± 3.5	91.4%	± 3.5
35-44	849	11.4%	± 3.7	88.6%	± 3.7
45-54	1,107	9.2%	± 2.6	90.8%	± 2.6
55-64	1,347	10.5%	± 2.9	89.5%	± 2.9
65-74	991	5.2%	± 2.4	94.8%	± 2.4
75 and older	558	*1.8%	± 1.4	98.2%	± 1.4
Educational Attainment					
HS graduate, GED, or less	578	24.7%	± 6.4	75.3%	± 6.4
Some college	1,475	15.7%	± 3.3	84.3%	± 3.3
Bachelor's degree or higher	3,630	4.3%	± 1.2	95.7%	± 1.2
Household income					
< 200% of FPL	738	19.6%	± 5.3	80.4%	± 5.3
≥ 200% of FPL	4,757	7.6%	± 1.3	92.4%	± 1.3
Geographic Area					
Carver County	259	12.6%	± 6.6	87.4%	± 6.6
Dakota County	233	*8.0%	± 5.0	92.0%	± 5.0
Hennepin County	4,130	8.3%	± 1.6	91.7%	± 1.6
Bloomington	302	*8.1%	± 5.9	91.9%	± 5.9
Minneapolis	1,618	9.3%	± 2.7	90.7%	± 2.7
Ramsey County	524	9.8%	± 3.8	90.2%	± 3.8
Saint Paul	253	*9.9%	± 5.9	90.1%	± 5.9
Suburban Ramsey County	271	9.7%	± 5.7	90.3%	± 5.7
Scott County	236	13.5%	± 6.9	86.5%	± 6.9
Washington County	315	*9.5%	± 5.9	90.5%	± 5.9

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

Q: Healthy People 2020 physical activity guidelines

TABLE 55	Engaged in no leisure time physical activity			Met the 150 minutes aerobic activity guideline through leisure time			Met the 300 minutes aerobic activity guideline through leisure time		
	N	% ± 95% C.I.		N	% ± 95% C.I.		N	% ± 95% C.I.	
Six County Total	11,946	15.7%	± 1.0	11,836	73.1%	± 1.2	11,860	56.6%	± 1.4
Gender									
Male	4,369	15.0%	± 1.7	4,342	75.0%	± 2.0	4,348	59.6%	± 2.2
Female	7,576	16.2%	± 1.3	7,492	71.4%	± 1.6	7,510	53.9%	± 1.7
Age									
25-34	1,563	12.6%	± 2.5	1,558	73.1%	± 3.2	1,559	56.1%	± 3.4
35-44	1,595	13.9%	± 2.6	1,589	73.5%	± 3.1	1,589	56.0%	± 3.4
45-54	2,082	13.0%	± 2.3	2,070	76.1%	± 2.7	2,073	60.3%	± 3.0
55-64	2,835	17.3%	± 2.2	2,823	72.4%	± 2.4	2,823	57.4%	± 2.7
65-74	2,175	19.5%	± 2.8	2,149	73.8%	± 2.8	2,154	56.9%	± 3.0
75 and older	1,665	28.2%	± 3.2	1,622	62.7%	± 3.5	1,637	44.9%	± 3.4
Education									
HS graduate, GED, or less	1,549	36.8%	± 4.0	1,504	54.9%	± 4.0	1,510	42.0%	± 4.0
Some college	3,298	22.2%	± 2.3	3,263	67.2%	± 2.5	3,276	52.9%	± 2.6
Bachelor's degree or higher	7,061	9.1%	± 1.1	7,037	78.7%	± 1.5	7,042	60.7%	± 1.7
Household income									
< 200% of FPL	1,957	34.5%	± 3.5	1,906	59.2%	± 3.6	1,918	45.4%	± 3.6
≥ 200% of FPL	9,458	12.0%	± 1.0	9,426	75.7%	± 1.3	9,435	58.7%	± 1.5
Geographic Area									
Carver County	603	15.8%	± 4.0	593	70.4%	± 5.0	593	52.6%	± 5.1
Dakota County	525	19.4%	± 4.3	523	70.1%	± 4.8	524	54.1%	± 5.1
Hennepin County	8,516	14.2%	± 1.1	8,444	74.2%	± 1.4	8,459	58.6%	± 1.6
Bloomington	631	10.7%	± 2.9	629	73.3%	± 5.8	629	59.0%	± 5.8
Minneapolis	3,294	16.4%	± 2.1	3,270	72.5%	± 2.4	3,281	58.0%	± 2.5
Ramsey County	1,148	19.1%	± 3.0	1,133	72.4%	± 3.3	1,140	54.0%	± 3.6
Saint Paul	555	21.0%	± 4.6	545	72.3%	± 4.8	549	55.5%	± 5.2
Suburban Ramsey County	593	17.1%	± 3.9	588	72.4%	± 4.6	591	52.5%	± 5.0
Scott County	544	13.9%	± 3.8	539	65.6%	± 5.3	539	50.3%	± 5.3
Washington County	610	12.1%	± 3.3	604	78.2%	± 4.4	605	60.1%	± 5.1

NOTE: Definitions for the indicators are provided in Appendix D.
   * 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 is suppressed. (Relative Standard Error >50%)

Healthy Lifestyle and Behaviors

Q: **During a typical day how many hours do you do each of the following ... ?**
Use a TV to watch shows, movies, videos, or play games

TABLE 56	Sample Size	0 hours		1 hour		2 hours		3 or more hours	
	N	**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**	
Six County Total	11,937	11.9%	± 0.9	28.4%	± 1.3	33.5%	± 1.3	26.2%	± 1.2
Gender									
Male	4,361	12.0%	± 1.6	28.8%	± 2.1	33.5%	± 2.1	25.7%	± 1.9
Female	7,574	11.7%	± 1.1	28.1%	± 1.6	33.5%	± 1.6	26.6%	± 1.5
Age									
25-34	1,557	15.5%	± 2.6	32.7%	± 3.2	35.3%	± 3.3	16.6%	± 2.6
35-44	1,587	16.2%	± 2.6	37.9%	± 3.4	28.9%	± 3.2	17.0%	± 2.7
45-54	2,081	11.6%	± 2.1	31.7%	± 3.0	36.1%	± 3.0	20.6%	± 2.5
55-64	2,832	8.6%	± 1.7	22.3%	± 2.3	35.6%	± 2.6	33.4%	± 2.7
65-74	2,177	5.5%	± 1.4	15.0%	± 2.2	31.2%	± 2.8	48.3%	± 2.9
75 and older	1,672	6.7%	± 2.2	12.7%	± 2.2	30.5%	± 3.3	50.2%	± 3.4
Educational Attainment									
HS graduate, GED, or less	1,550	4.8%	± 1.7	19.0%	± 3.8	24.2%	± 3.3	52.0%	± 4.0
Some college	3,304	7.1%	± 1.6	21.0%	± 2.3	36.1%	± 2.6	35.9%	± 2.5
Bachelor's degree or higher	7,044	15.1%	± 1.3	33.3%	± 1.7	34.1%	± 1.7	17.5%	± 1.3
Household income									
< 200% of FPL	1,955	13.5%	± 2.8	19.8%	± 3.2	27.9%	± 3.4	38.8%	± 3.4
≥ 200% of FPL	9,452	11.6%	± 1.0	30.2%	± 1.4	34.5%	± 1.5	23.8%	± 1.3
Geographic Area									
Carver County	600	9.4%	± 3.5	31.5%	± 5.3	33.8%	± 4.9	25.3%	± 4.3
Dakota County	527	8.7%	± 3.5	23.1%	± 4.7	37.8%	± 5.1	30.4%	± 4.7
Hennepin County	8,514	13.0%	± 1.1	30.3%	± 1.5	31.1%	± 1.5	25.6%	± 1.3
Bloomington	633	9.8%	± 4.5	24.6%	± 5.4	31.2%	± 5.4	34.4%	± 5.7
Minneapolis	3,290	16.5%	± 2.1	29.9%	± 2.4	29.9%	± 2.3	23.8%	± 2.1
Ramsey County	1,147	14.5%	± 2.9	25.2%	± 3.4	33.0%	± 3.5	27.3%	± 3.2
Saint Paul	553	18.4%	± 4.7	22.8%	± 4.7	32.7%	± 5.0	26.0%	± 4.8
Suburban Ramsey County	594	10.4%	± 3.6	27.7%	± 5.0	33.2%	± 4.8	28.6%	± 4.4
Scott County	542	7.0%	± 3.2	29.0%	± 5.3	40.2%	± 5.4	23.8%	± 4.5
Washington County	607	8.7%	± 3.3	31.1%	± 5.2	37.7%	± 5.1	22.6%	± 4.0

NOTE: Definitions for the indicators are provided in Appendix D.
 * 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

Q: **During a typical day how many hours do you do each of the following ... ?**
Talk, text, or use an app on a phone

TABLE 57	Sample Size	0 hours		1 hour		2 hours		3 or more hours	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,876	23.1%	± 1.1	51.6%	± 1.4	16.3%	± 1.1	9.0%	± 0.9
Gender									
Male	4,331	26.0%	± 1.9	50.3%	± 2.2	15.2%	± 1.8	8.5%	± 1.4
Female	7,543	20.6%	± 1.3	52.7%	± 1.7	17.3%	± 1.4	9.4%	± 1.1
Age									
25-34	1,559	7.7%	± 2.0	46.5%	± 3.4	26.8%	± 3.1	19.1%	± 2.9
35-44	1,585	13.2%	± 2.6	55.8%	± 3.4	22.0%	± 3.0	9.0%	± 1.9
45-54	2,075	22.3%	± 2.7	55.8%	± 3.1	14.5%	± 2.3	7.3%	± 1.8
55-64	2,814	31.0%	± 2.6	53.8%	± 2.7	9.2%	± 1.7	5.9%	± 1.5
65-74	2,163	42.2%	± 3.0	48.2%	± 2.9	7.7%	± 1.7	1.9%	± 0.9
75 and older	1,651	53.2%	± 3.5	40.7%	± 3.4	4.8%	± 2.0	1.3%	± 0.7
Educational Attainment									
HS graduate, GED, or less	1,535	36.7%	± 3.8	40.7%	± 4.0	11.9%	± 3.1	10.7%	± 3.0
Some college	3,279	26.1%	± 2.3	48.9%	± 2.6	15.9%	± 2.2	9.1%	± 1.7
Bachelor's degree or higher	7,025	19.5%	± 1.3	54.7%	± 1.8	17.2%	± 1.4	8.6%	± 1.1
Household income									
< 200% of FPL	1,940	29.4%	± 3.3	43.8%	± 3.6	15.4%	± 2.9	11.4%	± 2.6
≥ 200% of FPL	9,406	21.5%	± 1.2	53.1%	± 1.5	16.8%	± 1.2	8.7%	± 1.0
Geographic Area									
Carver County	598	18.8%	± 4.5	53.3%	± 5.1	18.2%	± 4.3	9.8%	± 3.9
Dakota County	526	23.9%	± 4.4	47.8%	± 5.1	18.6%	± 4.3	9.7%	± 3.7
Hennepin County	8,457	22.0%	± 1.2	52.2%	± 1.6	16.3%	± 1.3	9.5%	± 1.1
Bloomington	626	26.2%	± 4.7	51.4%	± 5.8	12.0%	± 4.0	*10.4%	± 6.5
Minneapolis	3,273	21.8%	± 2.2	49.5%	± 2.5	18.7%	± 2.1	10.0%	± 1.7
Ramsey County	1,147	27.9%	± 3.2	49.0%	± 3.6	15.6%	± 3.0	7.4%	± 2.2
Saint Paul	553	28.3%	± 4.7	45.1%	± 5.3	17.4%	± 4.6	9.2%	± 3.6
Suburban Ramsey County	594	27.5%	± 4.4	53.1%	± 5.0	13.8%	± 4.2	5.6%	± 2.9
Scott County	541	18.3%	± 3.9	57.9%	± 5.3	14.1%	± 4.1	9.7%	± 4.2
Washington County	607	22.8%	± 4.2	54.9%	± 5.1	15.0%	± 4.4	7.2%	± 3.0

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Healthy Lifestyle and Behaviors

Q: **During a typical day how many hours do you do each of the following ... ?**
Computer, laptop, or table for work or enjoyment

TABLE 58	Sample Size	0 hours		1 hour		2 hours		3 or more hours	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,924	10.3%	± 0.8	23.1%	± 1.1	16.2%	± 1.0	50.5%	± 1.4
Gender									
Male	4,359	9.7%	± 1.3	21.5%	± 1.8	17.2%	± 1.7	51.7%	± 2.2
Female	7,563	10.8%	± 1.0	24.5%	± 1.5	15.3%	± 1.2	49.4%	± 1.7
Age									
25-34	1,560	4.7%	± 1.6	14.8%	± 2.5	13.6%	± 2.6	66.9%	± 3.3
35-44	1,591	5.0%	± 1.8	21.6%	± 3.0	13.5%	± 2.6	60.0%	± 3.4
45-54	2,077	7.8%	± 1.9	20.2%	± 2.5	15.2%	± 2.3	56.7%	± 3.1
55-64	2,836	10.4%	± 1.9	26.1%	± 2.4	18.4%	± 2.3	45.1%	± 2.7
65-74	2,173	14.7%	± 2.4	40.2%	± 2.9	23.4%	± 2.5	21.7%	± 2.4
75 and older	1,657	41.4%	± 3.4	30.4%	± 3.3	19.8%	± 2.9	8.4%	± 1.7
Educational Attainment									
HS graduate, GED, or less	1,542	37.5%	± 3.9	26.3%	± 3.8	15.0%	± 3.0	21.2%	± 3.5
Some college	3,300	14.7%	± 1.9	27.9%	± 2.3	18.4%	± 2.2	39.1%	± 2.6
Bachelor's degree or higher	7,044	3.7%	± 0.6	20.5%	± 1.4	15.4%	± 1.3	60.4%	± 1.7
Household income									
< 200% of FPL	1,951	27.1%	± 3.1	23.7%	± 3.2	18.8%	± 3.1	30.4%	± 3.5
≥ 200% of FPL	9,442	6.7%	± 0.7	22.8%	± 1.2	15.4%	± 1.1	55.1%	± 1.5
Geographic Area									
Carver County	601	8.0%	± 2.5	25.7%	± 5.1	14.4%	± 3.6	51.8%	± 5.1
Dakota County	522	11.5%	± 3.5	24.1%	± 4.5	17.3%	± 4.1	47.1%	± 5.1
Hennepin County	8,505	10.2%	± 0.9	21.8%	± 1.2	16.0%	± 1.2	52.1%	± 1.6
Bloomington	633	10.8%	± 4.0	23.1%	± 4.5	16.8%	± 4.6	49.3%	± 5.8
Minneapolis	3,292	11.9%	± 1.8	20.7%	± 2.1	16.1%	± 2.0	51.4%	± 2.5
Ramsey County	1,142	11.5%	± 2.3	23.0%	± 3.0	16.6%	± 2.8	49.0%	± 3.6
Saint Paul	552	12.9%	± 3.8	19.9%	± 4.4	15.7%	± 4.2	51.5%	± 5.2
Suburban Ramsey County	590	10.0%	± 2.8	26.3%	± 4.3	17.4%	± 4.1	46.2%	± 5.1
Scott County	544	9.3%	± 3.0	26.1%	± 4.9	16.4%	± 4.6	48.1%	± 5.4
Washington County	610	8.0%	± 2.7	25.8%	± 4.4	15.4%	± 4.0	50.9%	± 5.1

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Healthy Lifestyle and Behaviors

Q: Current smoking status

TABLE 59	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.	
Six County Total	11,949	5.0%	± 0.6	2.7%	± 0.5	27.1%	± 1.2	65.2%	± 1.3
Gender									
Male	4,369	5.5%	± 1.1	3.1%	± 0.9	28.1%	± 1.9	63.2%	± 2.1
Female	7,578	4.5%	± 0.7	2.3%	± 0.6	26.2%	± 1.5	67.0%	± 1.6
Age									
25-34	1,562	4.3%	± 1.6	4.8%	± 1.8	16.3%	± 2.7	74.6%	± 3.1
35-44	1,594	4.9%	± 1.7	2.8%	± 1.4	24.4%	± 3.0	67.9%	± 3.2
45-54	2,077	5.4%	± 1.4	2.0%	± 0.9	22.3%	± 2.6	70.3%	± 2.8
55-64	2,830	6.4%	± 1.5	2.3%	± 0.8	33.6%	± 2.6	57.8%	± 2.7
65-74	2,173	5.5%	± 1.8	1.4%	± 0.8	43.5%	± 2.9	49.6%	± 2.9
75 and older	1,682	2.1%	± 1.2	^1.1%	± 1.1	43.7%	± 3.4	53.0%	± 3.4
Educational Attainment									
HS graduate, GED, or less	1,555	12.8%	± 2.9	4.3%	± 2.4	33.1%	± 3.7	49.8%	± 4.0
Some college	3,296	8.8%	± 1.6	4.0%	± 1.2	36.2%	± 2.5	51.0%	± 2.6
Bachelor's degree or higher	7,059	2.0%	± 0.5	1.9%	± 0.5	22.2%	± 1.4	74.0%	± 1.5
Household income									
< 200% of FPL	1,958	13.4%	± 2.6	4.5%	± 1.9	23.9%	± 2.9	58.2%	± 3.5
≥ 200% of FPL	9,459	3.5%	± 0.6	2.4%	± 0.5	27.8%	± 1.3	66.4%	± 1.4
Geographic Area									
Carver County	605	4.4%	± 2.5	^1.5%	± 1.7	22.1%	± 4.4	71.9%	± 4.7
Dakota County	527	5.8%	± 2.7	*2.1%	± 2.0	26.5%	± 4.5	65.6%	± 4.8
Hennepin County	8,520	4.6%	± 0.6	3.1%	± 0.7	27.3%	± 1.4	65.0%	± 1.5
Bloomington	632	^3.2%	± 3.3	^3.6%	± 4.2	31.4%	± 5.8	61.7%	± 6.0
Minneapolis	3,293	6.6%	± 1.2	4.2%	± 1.2	26.7%	± 2.1	62.5%	± 2.4
Ramsey County	1,145	6.1%	± 2.0	3.1%	± 1.7	29.4%	± 3.3	61.4%	± 3.5
Saint Paul	554	8.1%	± 3.5	*3.8%	± 2.8	27.8%	± 4.8	60.2%	± 5.2
Suburban Ramsey County	591	4.0%	± 2.3	*2.3%	± 2.3	31.0%	± 4.6	62.6%	± 4.8
Scott County	544	*4.4%	± 2.7	^1.0%	± 2.1	24.8%	± 4.6	69.8%	± 4.9
Washington County	608	3.8%	± 2.0	*2.1%	± 1.8	25.5%	± 4.3	68.6%	± 4.5

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Healthy Lifestyle and Behaviors

Q: Current smoking status

TABLE 60	Sample Size	Currently smoking
	N	% ± 95% C.I.
Six County Total	11,949	7.7% ± 0.8
Gender		
Male	4,369	8.6% ± 1.3
Female	7,578	6.8% ± 0.9
Age		
25-34	1,562	9.1% ± 2.2
35-44	1,594	7.7% ± 2.0
45-54	2,077	7.4% ± 1.6
55-64	2,830	8.6% ± 1.6
65-74	2,173	6.9% ± 1.9
75 and older	1,682	3.2% ± 1.5
Educational Attainment		
HS graduate, GED, or less	1,555	17.1% ± 3.3
Some college	3,296	12.8% ± 1.9
Bachelor's degree or higher	7,059	3.9% ± 0.7
Household income		
< 200% of FPL	1,958	17.9% ± 3.0
≥ 200% of FPL	9,459	5.8% ± 0.7
Geographic Area		
Carver County	605	5.9% ± 2.7
Dakota County	527	7.9% ± 3.0
Hennepin County	8,520	7.7% ± 0.9
Bloomington	632	*6.9% ± 4.6
Minneapolis	3,293	10.8% ± 1.6
Ramsey County	1,145	9.2% ± 2.4
Saint Paul	554	12.0% ± 4.0
Suburban Ramsey County	591	6.4% ± 2.9
Scott County	544	5.4% ± 3.0
Washington County	608	5.9% ± 2.4

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Healthy Lifestyle and Behaviors

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

TABLE 61	Sample Size	Among current smokers: Yes	
	N	% ± 95% C.I.	
Six County Total	932	59.1%	± 4.9
Gender			
Male	383	59.1%	± 7.4
Female	549	59.1%	± 6.4
Age			
25-34	139	63.1%	± 11.7
35-44	132	55.7%	± 12.1
45-54	189	71.6%	± 9.0
55-64	276	47.3%	± 8.9
65-74	144	48.7%	± 12.5
75 and older	51	62.5%	± 17.7
Educational Attainment			
HS graduate, GED, or less	230	56.9%	± 10.1
Some college	386	60.7%	± 7.4
Bachelor's degree or higher	313	58.3%	± 8.7
Household income			
< 200% of FPL	330	57.6%	± 8.6
≥ 200% of FPL	572	59.6%	± 6.0
Geographic Area			
Carver County	38	48.1%	± 19.2
Dakota County	46	58.8%	± 17.0
Hennepin County	675	59.4%	± 5.5
Bloomington	33	56.5%	± 26.5
Minneapolis	354	63.4%	± 6.8
Ramsey County	98	62.2%	± 12.6
Saint Paul	58	62.4%	± 16.1
Suburban Ramsey County	40	61.8%	± 20.1
Scott County	< 30		
Washington County	46	55.0%	± 17.8

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Healthy Lifestyle and Behaviors

Q: 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 62	Sample Size	Yes	
	N	% ± 95% C.I.	
Six County Total	11,870	7.9%	± 0.8
Gender			
Male	4,351	13.6%	± 1.6
Female	7,517	2.9%	± 0.6
Age			
25-34	1,560	14.9%	± 2.6
35-44	1,590	9.1%	± 2.2
45-54	2,071	6.7%	± 1.6
55-64	2,816	5.6%	± 1.5
65-74	2,154	3.0%	± 1.2
75 and older	1,649	*0.7%	± 0.5
Educational Attainment			
HS graduate, GED, or less	1,531	6.9%	± 2.7
Some college	3,277	8.2%	± 1.7
Bachelor's degree or higher	7,026	8.0%	± 1.1
Household income			
< 200% of FPL	1,938	8.8%	± 2.5
≥ 200% of FPL	9,406	7.8%	± 0.9
Geographic Area			
Carver County	600	7.3%	± 3.6
Dakota County	519	6.1%	± 3.2
Hennepin County	8,478	9.7%	± 1.1
Bloomington	631	*7.1%	± 4.7
Minneapolis	3,282	12.1%	± 1.9
Ramsey County	1,139	5.5%	± 2.1
Saint Paul	551	7.1%	± 3.4
Suburban Ramsey County	588	*3.8%	± 2.7
Scott County	534	7.6%	± 4.0
Washington County	600	6.4%	± 3.7

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Healthy Lifestyle and Behaviors

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

TABLE 63	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,898	4.4% ± 0.6
Gender		
Male	4,354	4.5% ± 1.0
Female	7,542	4.3% ± 0.8
Age		
25-34	1,562	2.5% ± 1.2
35-44	1,585	3.4% ± 1.6
45-54	2,071	4.7% ± 1.4
55-64	2,814	7.2% ± 1.8
65-74	2,165	5.5% ± 1.9
75 and older	1,672	*3.6% ± 2.2
Educational Attainment		
HS graduate, GED, or less	1,545	12.0% ± 3.2
Some college	3,283	7.8% ± 1.6
Bachelor's degree or higher	7,032	1.6% ± 0.4
Household income		
< 200% of FPL	1,951	12.5% ± 2.6
≥ 200% of FPL	9,418	2.9% ± 0.5
Geographic Area		
Carver County	602	*2.1% ± 1.8
Dakota County	520	4.3% ± 2.5
Hennepin County	8,494	4.5% ± 0.7
Bloomington	630	^3.9% ± 4.3
Minneapolis	3,288	6.6% ± 1.6
Ramsey County	1,141	5.2% ± 1.9
Saint Paul	551	6.8% ± 3.2
Suburban Ramsey County	590	3.6% ± 2.0
Scott County	538	*1.8% ± 1.6
Washington County	603	4.7% ± 2.6

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

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Healthy Lifestyle and Behaviors

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

TABLE 64	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,942	6.8% ± 0.8
Gender		
Male	4,354	7.6% ± 1.3
Female	7,586	6.2% ± 0.9
Age		
25-34	1,562	8.5% ± 2.1
35-44	1,590	5.6% ± 1.7
45-54	2,079	7.0% ± 1.7
55-64	2,823	7.9% ± 1.8
65-74	2,173	5.0% ± 1.7
75 and older	1,683	4.2% ± 2.0
Educational Attainment		
HS graduate, GED, or less	1,556	13.8% ± 3.0
Some college	3,301	12.0% ± 2.0
Bachelor's degree or higher	7,044	3.4% ± 0.7
Household income		
< 200% of FPL	1,960	17.6% ± 3.0
≥ 200% of FPL	9,445	4.9% ± 0.7
Geographic Area		
Carver County	600	6.1% ± 2.9
Dakota County	521	6.4% ± 2.9
Hennepin County	8,525	6.7% ± 0.9
Bloomington	635	*6.1% ± 3.8
Minneapolis	3,298	9.4% ± 1.6
Ramsey County	1,148	8.2% ± 2.3
Saint Paul	556	10.6% ± 4.0
Suburban Ramsey County	592	5.8% ± 2.5
Scott County	540	5.6% ± 2.9
Washington County	608	6.4% ± 3.1

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Healthy Lifestyle and Behaviors

Q: Current alcohol use

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

TABLE 65	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,959	75.9% ± 1.2
Gender		
Male	4,378	77.8% ± 1.9
Female	7,579	74.3% ± 1.5
Age		
25-34	1,560	82.5% ± 2.7
35-44	1,592	80.3% ± 2.9
45-54	2,080	76.3% ± 2.7
55-64	2,828	74.4% ± 2.5
65-74	2,181	69.9% ± 2.8
75 and older	1,689	56.7% ± 3.4
Educational Attainment		
HS graduate, GED, or less	1,556	54.5% ± 4.0
Some college	3,305	72.2% ± 2.4
Bachelor's degree or higher	7,059	81.2% ± 1.4
Household income		
< 200% of FPL	1,965	53.4% ± 3.6
≥ 200% of FPL	9,464	80.7% ± 1.2
Geographic Area		
Carver County	604	81.1% ± 3.8
Dakota County	524	76.1% ± 4.4
Hennepin County	8,532	76.0% ± 1.4
Bloomington	632	69.7% ± 5.7
Minneapolis	3,300	76.1% ± 2.3
Ramsey County	1,150	71.6% ± 3.3
Saint Paul	557	73.3% ± 4.7
Suburban Ramsey County	593	69.7% ± 4.8
Scott County	540	79.0% ± 4.4
Washington County	609	80.5% ± 4.4

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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

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

TABLE 66	Sample Size	0 days		1 to 3 days		4 to 9 days		10 to 19 days		20 or more days	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,943	24.1%	± 1.2	21.2%	± 1.2	21.8%	± 1.2	14.9%	± 1.0	18.0%	± 1.0
Gender											
Male	4,372	22.3%	± 1.9	16.8%	± 1.8	22.8%	± 2.0	15.9%	± 1.7	22.3%	± 1.8
Female	7,569	25.7%	± 1.5	25.2%	± 1.6	21.0%	± 1.4	14.0%	± 1.2	14.1%	± 1.1
Age											
25-34	1,560	17.5%	± 2.7	21.9%	± 3.0	26.6%	± 3.1	18.9%	± 2.7	15.2%	± 2.5
35-44	1,592	19.7%	± 2.9	25.6%	± 3.1	20.6%	± 2.8	17.3%	± 2.6	16.8%	± 2.7
45-54	2,078	23.7%	± 2.7	19.0%	± 2.4	24.1%	± 2.8	14.8%	± 2.4	18.4%	± 2.5
55-64	2,823	25.6%	± 2.5	19.5%	± 2.3	21.2%	± 2.3	14.3%	± 2.0	19.5%	± 2.1
65-74	2,177	30.2%	± 2.8	20.0%	± 2.5	17.3%	± 2.4	9.8%	± 1.8	22.9%	± 2.5
75 and older	1,684	43.3%	± 3.4	20.4%	± 2.9	12.0%	± 2.2	5.6%	± 1.5	18.6%	± 2.7
Educational Attainment											
HS graduate, GED, or less	1,550	45.6%	± 4.0	21.5%	± 3.4	14.4%	± 3.2	7.6%	± 2.5	11.0%	± 2.5
Some college	3,300	27.8%	± 2.4	23.9%	± 2.3	20.8%	± 2.3	11.7%	± 1.9	15.9%	± 2.0
Bachelor's degree or higher	7,054	18.8%	± 1.4	20.1%	± 1.5	23.6%	± 1.5	17.5%	± 1.4	20.1%	± 1.4
Household income											
< 200% of FPL	1,959	46.7%	± 3.6	23.7%	± 3.2	12.4%	± 2.6	6.5%	± 1.7	10.7%	± 2.6
≥ 200% of FPL	9,456	19.3%	± 1.2	20.7%	± 1.3	23.8%	± 1.4	16.5%	± 1.2	19.7%	± 1.2
Geographic Area											
Carver County	603	18.9%	± 3.8	21.0%	± 4.6	25.5%	± 5.1	16.3%	± 3.9	18.4%	± 4.3
Dakota County	523	23.9%	± 4.4	26.5%	± 4.8	22.5%	± 4.6	13.1%	± 4.0	13.9%	± 3.8
Hennepin County	8,520	24.1%	± 1.4	19.4%	± 1.3	21.8%	± 1.4	15.8%	± 1.2	19.0%	± 1.2
Bloomington	632	30.3%	± 5.7	19.3%	± 4.5	26.4%	± 6.0	10.3%	± 3.4	13.8%	± 4.0
Minneapolis	3,295	23.9%	± 2.3	18.1%	± 2.1	19.0%	± 1.9	17.7%	± 1.9	21.3%	± 2.0
Ramsey County	1,149	28.4%	± 3.3	20.6%	± 3.0	18.5%	± 3.0	12.8%	± 2.7	19.7%	± 3.1
Saint Paul	556	26.7%	± 4.7	21.0%	± 4.6	16.7%	± 4.2	14.9%	± 4.3	20.7%	± 4.6
Suburban Ramsey County	593	30.3%	± 4.8	20.0%	± 4.1	20.4%	± 4.3	10.7%	± 3.6	18.6%	± 4.3
Scott County	539	21.0%	± 4.5	26.5%	± 5.2	23.6%	± 5.1	12.6%	± 3.9	16.2%	± 4.2
Washington County	609	19.5%	± 4.4	21.7%	± 4.3	25.4%	± 4.8	17.5%	± 4.4	16.0%	± 4.0

NOTE: Definitions for the indicators are provided in Appendix D.
  * 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

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

TABLE 67	Sample Size	0 drinks		1 or 2 drinks		3 or 4 drinks		5 or more drinks	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,654	22.8%	± 1.2	62.2%	± 1.4	11.6%	± 1.0	3.4%	± 0.6
Gender									
Male	4,295	21.5%	± 1.9	58.6%	± 2.2	14.9%	± 1.7	5.0%	± 1.1
Female	7,357	23.9%	± 1.5	65.4%	± 1.6	8.7%	± 1.1	2.0%	± 0.6
Age									
25-34	1,551	17.0%	± 2.7	63.3%	± 3.3	14.7%	± 2.5	5.0%	± 1.7
35-44	1,574	19.0%	± 2.9	64.6%	± 3.4	13.3%	± 2.5	3.1%	± 1.4
45-54	2,043	22.7%	± 2.7	61.1%	± 3.1	12.3%	± 2.3	3.9%	± 1.4
55-64	2,751	24.0%	± 2.5	61.9%	± 2.7	11.0%	± 1.8	3.1%	± 1.3
65-74	2,098	27.4%	± 2.7	64.1%	± 2.9	7.2%	± 1.7	1.2%	± 0.6
75 and older	1,608	40.5%	± 3.6	54.6%	± 3.5	3.9%	± 1.9	*1.1%	± 0.7
Educational Attainment									
HS graduate, GED, or less	1,496	43.7%	± 4.0	39.1%	± 4.0	11.9%	± 3.0	5.3%	± 2.5
Some college	3,203	26.3%	± 2.4	57.0%	± 2.7	12.0%	± 1.9	4.7%	± 1.4
Bachelor's degree or higher	6,918	17.7%	± 1.4	68.3%	± 1.7	11.5%	± 1.3	2.5%	± 0.6
Household income									
< 200% of FPL	1,895	45.3%	± 3.6	39.2%	± 3.6	10.1%	± 2.5	5.3%	± 2.0
≥ 200% of FPL	9,256	18.1%	± 1.2	66.8%	± 1.5	12.1%	± 1.1	3.0%	± 0.6
Geographic Area									
Carver County	595	18.3%	± 3.8	63.9%	± 5.1	13.8%	± 4.7	4.0%	± 2.3
Dakota County	510	22.6%	± 4.4	63.4%	± 5.1	11.1%	± 3.8	*2.9%	± 2.4
Hennepin County	8,312	22.7%	± 1.4	61.8%	± 1.6	11.8%	± 1.1	3.7%	± 0.7
Bloomington	616	29.1%	± 5.8	61.4%	± 6.0	*8.8%	± 5.2	^0.7%	± 0.9
Minneapolis	3,215	22.5%	± 2.3	58.7%	± 2.6	14.0%	± 1.9	4.8%	± 1.5
Ramsey County	1,117	27.0%	± 3.3	59.6%	± 3.7	10.1%	± 2.6	3.3%	± 1.8
Saint Paul	539	25.1%	± 4.8	58.6%	± 5.3	11.4%	± 4.0	*4.8%	± 3.2
Suburban Ramsey County	578	29.0%	± 4.8	60.6%	± 5.1	8.7%	± 3.6	^1.7%	± 1.9
Scott County	528	19.9%	± 4.5	62.4%	± 5.4	15.2%	± 4.6	^2.5%	± 3.1
Washington County	592	18.3%	± 4.4	66.8%	± 5.1	11.9%	± 4.1	*3.1%	± 2.3

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

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

Among person who are current drinkers

TABLE 68	Sample Size	1 or 2 drinks		3 or 4 drinks		5 or more drinks	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	8,727	80.5%	± 1.3	15.1%	± 1.2	4.4%	± 0.7
Gender							
Male	3,296	74.7%	± 2.3	19.0%	± 2.1	6.3%	± 1.4
Female	5,431	85.9%	± 1.5	11.5%	± 1.4	2.6%	± 0.7
Age							
25-34	1,301	76.2%	± 3.3	17.7%	± 3.0	6.1%	± 2.1
35-44	1,309	79.7%	± 3.2	16.5%	± 3.0	3.8%	± 1.7
45-54	1,602	79.1%	± 3.1	15.9%	± 2.9	5.0%	± 1.7
55-64	2,063	81.5%	± 2.7	14.4%	± 2.4	4.0%	± 1.8
65-74	1,454	88.4%	± 2.4	9.9%	± 2.3	1.7%	± 0.9
75 and older	985	91.6%	± 3.2	6.5%	± 3.1	*1.8%	± 1.2
Educational Attainment							
HS graduate, GED, or less	806	69.4%	± 5.4	21.1%	± 4.9	9.5%	± 4.2
Some college	2,267	77.3%	± 2.8	16.3%	± 2.5	6.4%	± 1.9
Bachelor's degree or higher	5,629	83.0%	± 1.6	13.9%	± 1.5	3.0%	± 0.8
Household income							
< 200% of FPL	969	71.7%	± 4.8	18.6%	± 4.3	9.8%	± 3.5
≥ 200% of FPL	7,414	81.6%	± 1.4	14.8%	± 1.3	3.7%	± 0.7
Geographic Area							
Carver County	463	78.2%	± 5.7	16.8%	± 5.6	4.9%	± 2.8
Dakota County	372	82.0%	± 5.1	14.3%	± 4.8	*3.7%	± 3.1
Hennepin County	6,225	80.0%	± 1.6	15.3%	± 1.4	4.7%	± 0.9
Bloomington	442	86.6%	± 6.8	12.4%	± 6.9	^1.0%	± 1.2
Minneapolis	2,433	75.8%	± 2.7	18.0%	± 2.3	6.2%	± 1.9
Ramsey County	787	81.6%	± 3.8	13.8%	± 3.4	4.5%	± 2.4
Saint Paul	387	78.3%	± 5.8	15.3%	± 5.2	*6.4%	± 4.2
Suburban Ramsey County	400	85.3%	± 5.0	12.2%	± 4.8	^2.4%	± 2.6
Scott County	405	77.9%	± 5.8	19.0%	± 5.5	^3.1%	± 3.8
Washington County	475	81.7%	± 5.1	14.6%	± 4.8	*3.8%	± 2.8

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Healthy Lifestyle and Behaviors

Q: How many times have you had 5 or more drinks on one occasion?

Among males

TABLE 69	Sample Size	0 times		1 time		2 times		3 to 5 times		6 or more times	
	N	**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**	
Six County Total	4,329	70.5%	± 2.1	10.1%	± 1.5	6.4%	± 1.2	8.0%	± 1.3	5.0%	± 1.0
Gender											
Male	4,329	70.5%	± 2.1	10.1%	± 1.5	6.4%	± 1.2	8.0%	± 1.3	5.0%	± 1.0
Female	N/A										
Age											
25-34	496	51.2%	± 5.5	18.6%	± 4.7	8.3%	± 3.4	15.4%	± 4.3	6.4%	± 2.8
35-44	490	67.1%	± 5.2	11.7%	± 3.8	8.1%	± 3.4	8.2%	± 3.2	5.0%	± 2.7
45-54	709	71.0%	± 4.6	8.8%	± 3.4	6.7%	± 2.8	7.4%	± 3.1	6.1%	± 2.6
55-64	1,041	78.3%	± 3.8	6.2%	± 2.5	5.1%	± 2.4	5.4%	± 2.3	5.0%	± 2.3
65-74	905	87.3%	± 3.0	*3.8%	± 2.3	3.4%	± 1.6	3.3%	± 1.6	*2.1%	± 1.6
75 and older	676	95.0%	± 2.0	*2.1%	± 1.6	*1.5%	± 1.4	^0.5%	± 0.6	*0.9%	± 0.8
Educational Attainment											
HS graduate, GED, or less	511	72.0%	± 6.7	*6.9%	± 4.3	*4.2%	± 3.7	9.1%	± 5.0	*7.7%	± 5.1
Some college	1,195	70.4%	± 4.2	9.0%	± 3.0	6.7%	± 2.7	8.3%	± 3.0	5.6%	± 2.0
Bachelor's degree or higher	2,610	70.3%	± 2.7	10.9%	± 2.0	6.6%	± 1.5	7.8%	± 1.7	4.4%	± 1.2
Household income											
< 200% of FPL	658	74.5%	± 5.7	7.8%	± 4.4	*6.3%	± 3.8	5.8%	± 3.4	5.6%	± 3.2
≥ 200% of FPL	3,510	69.6%	± 2.3	10.5%	± 1.7	6.6%	± 1.3	8.6%	± 1.5	4.8%	± 1.1
Geographic Area											
Carver County	225	66.7%	± 8.8	*14.1%	± 8.3	*5.9%	± 4.9	*8.0%	± 5.7	^5.3%	± 5.5
Dakota County	203	73.8%	± 8.1	*11.6%	± 6.9	^3.6%	± 4.6	*7.3%	± 6.0	^3.6%	± 4.9
Hennepin County	3,091	67.7%	± 2.5	9.9%	± 1.7	7.3%	± 1.5	8.9%	± 1.7	6.2%	± 1.4
Bloomington	228	77.4%	± 10.8	^5.6%	± 7.4	^5.9%	± 10.0	*10.5%	± 9.3	^0.6%	± 1.3
Minneapolis	1,195	62.0%	± 4.0	12.4%	± 3.2	7.3%	± 2.3	10.7%	± 2.9	7.6%	± 2.3
Ramsey County	390	75.8%	± 5.9	*5.8%	± 4.0	*5.9%	± 4.1	7.9%	± 4.3	*4.7%	± 3.4
Saint Paul	176	74.9%	± 8.9	^4.9%	± 5.7	^6.4%	± 6.7	*8.3%	± 7.0	^5.5%	± 6.1
Suburban Ramsey County	214	76.7%	± 8.3	^6.6%	± 6.6	^5.3%	± 6.1	*7.4%	± 6.2	^3.9%	± 4.2
Scott County	198	68.3%	± 8.9	13.6%	± 7.6	^5.4%	± 5.6	*9.4%	± 7.3	^3.3%	± 4.3
Washington County	222	73.3%	± 8.5	13.6%	± 7.7	*6.6%	± 6.1	^4.2%	± 5.4	^2.3%	± 2.5

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Healthy Lifestyle and Behaviors

Q: **How many times have you had 5 or more drinks on one occasion?**

Among males who are current drinkers

TABLE 70	Sample Size	0 times		1 time		2 times		3 to 5 times		6 or more times	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	3,278	62.2%	± 2.5	12.9%	± 1.9	8.2%	± 1.5	10.3%	± 1.7	6.5%	± 1.3
Gender											
Male	3,278	62.2%	± 2.5	12.9%	± 1.9	8.2%	± 1.5	10.3%	± 1.7	6.5%	± 1.3
Female	N/A										
Age											
25-34	432	43.9%	± 6.0	21.4%	± 5.3	9.6%	± 3.9	17.8%	± 4.9	7.4%	± 3.2
35-44	416	59.3%	± 5.9	14.4%	± 4.6	10.0%	± 4.1	10.2%	± 3.9	6.1%	± 3.3
45-54	548	61.6%	± 5.6	11.7%	± 4.3	8.8%	± 3.6	9.8%	± 4.0	8.1%	± 3.3
55-64	775	70.8%	± 4.8	8.3%	± 3.3	6.8%	± 3.2	7.3%	± 3.1	6.7%	± 3.1
65-74	653	83.5%	± 3.8	5.0%	± 2.9	4.4%	± 2.1	4.4%	± 2.1	*2.7%	± 2.0
75 and older	447	92.1%	± 3.2	*3.4%	± 2.5	*2.3%	± 2.2	^0.7%	± 1.0	*1.5%	± 1.3
Educational Attainment											
HS graduate, GED, or less	292	51.9%	± 8.8	11.9%	± 6.9	*7.2%	± 6.1	15.7%	± 8.0	*13.2%	± 8.2
Some college	853	60.2%	± 5.1	12.1%	± 4.0	9.0%	± 3.6	11.2%	± 3.9	7.5%	± 2.7
Bachelor's degree or higher	2,124	64.0%	± 3.0	13.2%	± 2.4	8.0%	± 1.8	9.4%	± 2.0	5.3%	± 1.5
Household income											
< 200% of FPL	360	55.4%	± 8.0	13.6%	± 7.1	11.0%	± 6.3	10.2%	± 5.7	9.9%	± 5.4
≥ 200% of FPL	2,805	62.9%	± 2.7	12.8%	± 2.0	8.0%	± 1.6	10.5%	± 1.9	5.8%	± 1.3
Geographic Area											
Carver County	174	60.6%	± 9.8	16.7%	± 9.5	*7.0%	± 5.8	*9.5%	± 6.7	^6.3%	± 6.5
Dakota County	149	65.9%	± 9.6	15.2%	± 8.7	^4.7%	± 5.9	*9.5%	± 7.6	^4.7%	± 6.3
Hennepin County	2,342	59.2%	± 2.9	12.5%	± 2.2	9.3%	± 1.9	11.2%	± 2.1	7.8%	± 1.7
Bloomington	166	68.4%	± 13.2	^7.9%	± 10.0	^8.2%	± 13.3	*14.7%	± 12.2	^0.8%	± 1.8
Minneapolis	920	52.2%	± 4.4	15.6%	± 3.8	9.2%	± 2.8	13.5%	± 3.5	9.6%	± 2.8
Ramsey County	281	66.5%	± 7.4	*8.0%	± 5.3	*8.1%	± 5.5	10.9%	± 5.7	*6.5%	± 4.6
Saint Paul	130	66.4%	± 10.7	^6.6%	± 7.4	^8.6%	± 8.6	*11.1%	± 9.0	^7.3%	± 7.9
Suburban Ramsey County	151	66.6%	± 10.4	*9.5%	± 9.1	^7.7%	± 8.4	*10.6%	± 8.5	^5.6%	± 5.9
Scott County	153	61.0%	± 10.1	16.8%	± 9.1	^6.6%	± 6.8	*11.6%	± 8.7	^4.0%	± 5.2
Washington County	179	67.1%	± 9.7	16.7%	± 9.2	*8.1%	± 7.3	^5.2%	± 6.5	^2.8%	± 3.1

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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

Q: **How many times have you had 4 or more drinks on one occasion?**

Among females

TABLE 71	Sample Size	0 times		1 time		2 times		3 to 5 times		6 or more times	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	7,511	79.2%	± 1.4	8.9%	± 1.1	4.7%	± 0.8	4.9%	± 0.8	2.3%	± 0.6
Gender											
Male	N/A										
Female	7,511	79.2%	± 1.4	8.9%	± 1.1	4.7%	± 0.8	4.9%	± 0.8	2.3%	± 0.6
Age											
25-34	1,058	68.2%	± 3.8	15.3%	± 3.1	6.8%	± 2.0	7.5%	± 2.3	*2.2%	± 1.4
35-44	1,096	76.1%	± 3.6	10.3%	± 2.7	5.8%	± 2.3	5.8%	± 2.1	2.0%	± 1.1
45-54	1,359	78.1%	± 3.4	8.7%	± 2.5	4.5%	± 2.0	5.7%	± 2.0	3.0%	± 1.7
55-64	1,767	82.7%	± 2.7	6.0%	± 1.9	4.6%	± 1.6	3.7%	± 1.5	3.1%	± 1.3
65-74	1,248	91.5%	± 2.6	3.6%	± 1.9	*2.2%	± 1.4	*1.2%	± 1.1	^1.6%	± 1.9
75 and older	968	95.4%	± 2.2	*2.1%	± 1.3	^0.8%	± 0.9	^0.7%	± 1.1	^0.9%	± 2.6
Educational Attainment											
HS graduate, GED, or less	1,008	82.2%	± 4.4	6.0%	± 2.9	*4.6%	± 2.7	*4.8%	± 3.4	*2.5%	± 2.3
Some college	2,069	78.4%	± 2.9	8.6%	± 2.2	5.2%	± 1.8	4.4%	± 1.6	3.3%	± 1.4
Bachelor's degree or higher	4,408	78.9%	± 1.8	9.5%	± 1.4	4.5%	± 1.0	5.2%	± 1.0	1.9%	± 0.6
Household income											
< 200% of FPL	1,266	80.5%	± 3.9	8.5%	± 3.0	4.8%	± 2.6	3.2%	± 1.4	*3.0%	± 2.4
≥ 200% of FPL	5,892	78.4%	± 1.6	9.2%	± 1.2	4.8%	± 0.9	5.3%	± 0.9	2.3%	± 0.6
Geographic Area											
Carver County	371	76.3%	± 5.4	9.6%	± 4.0	6.4%	± 3.3	*5.6%	± 4.1	^2.1%	± 2.7
Dakota County	317	82.8%	± 5.5	8.2%	± 4.3	^3.3%	± 3.4	^2.9%	± 3.5	^2.7%	± 3.1
Hennepin County	5,361	78.7%	± 1.5	9.1%	± 1.2	4.9%	± 0.8	5.2%	± 0.9	2.2%	± 0.5
Bloomington	398	88.2%	± 4.5	*5.0%	± 3.6	^2.2%	± 2.5	*4.3%	± 3.0	^0.2%	± 1.3
Minneapolis	2,071	74.2%	± 2.5	9.8%	± 1.8	7.3%	± 1.7	5.8%	± 1.3	2.9%	± 1.0
Ramsey County	745	78.5%	± 4.1	8.8%	± 3.2	5.0%	± 2.6	5.0%	± 2.5	*2.6%	± 1.8
Saint Paul	372	72.4%	± 6.4	10.9%	± 5.3	*6.1%	± 4.4	7.5%	± 4.3	*3.1%	± 2.7
Suburban Ramsey County	373	85.1%	± 5.1	*6.6%	± 4.0	*3.8%	± 3.1	^2.3%	± 2.9	^2.2%	± 3.2
Scott County	339	73.2%	± 6.3	13.7%	± 6.1	*4.0%	± 3.0	5.8%	± 3.3	*3.3%	± 3.0
Washington County	378	81.5%	± 5.4	6.6%	± 3.7	*4.9%	± 3.7	*5.4%	± 4.1	^1.6%	± 2.2

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

Q: How many times have you had 4 or more drinks on one occasion?

Among females who are current drinkers

TABLE 72	Sample Size	0 times		1 time		2 times		3 to 5 times		6 or more times	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	5,403	72.0%	± 1.8	12.0%	± 1.4	6.3%	± 1.0	6.6%	± 1.0	3.1%	± 0.7
Gender											
Male	N/A										
Female	5,403	72.0%	± 1.8	12.0%	± 1.4	6.3%	± 1.0	6.6%	± 1.0	3.1%	± 0.7
Age											
25-34	866	59.8%	± 4.5	19.4%	± 3.8	8.6%	± 2.5	9.5%	± 2.9	*2.8%	± 1.8
35-44	892	70.0%	± 4.3	13.0%	± 3.3	7.3%	± 2.9	7.3%	± 2.6	2.5%	± 1.4
45-54	1,054	71.7%	± 4.1	11.2%	± 3.1	5.8%	± 2.5	7.3%	± 2.5	3.9%	± 2.2
55-64	1,280	76.8%	± 3.4	8.0%	± 2.5	6.1%	± 2.2	4.9%	± 1.9	4.1%	± 1.7
65-74	791	86.9%	± 3.8	5.5%	± 2.9	*3.3%	± 2.1	*1.9%	± 1.6	^2.4%	± 2.8
75 and older	516	91.4%	± 4.0	*4.0%	± 2.5	^1.5%	± 1.6	^1.4%	± 2.1	^1.7%	± 4.7
Educational Attainment											
HS graduate, GED, or less	498	65.7%	± 7.1	11.5%	± 5.3	8.8%	± 4.9	*9.2%	± 6.1	*4.8%	± 4.3
Some college	1,397	69.6%	± 3.8	12.2%	± 3.0	7.4%	± 2.5	6.2%	± 2.3	4.7%	± 2.0
Bachelor's degree or higher	3,492	73.8%	± 2.1	11.9%	± 1.7	5.6%	± 1.2	6.4%	± 1.2	2.3%	± 0.8
Household income											
< 200% of FPL	597	61.4%	± 6.3	16.9%	± 5.4	9.5%	± 4.8	6.3%	± 2.8	*6.0%	± 4.5
≥ 200% of FPL	4,584	73.0%	± 1.9	11.5%	± 1.5	6.1%	± 1.1	6.6%	± 1.2	2.8%	± 0.7
Geographic Area											
Carver County	282	69.5%	± 6.5	12.3%	± 5.1	8.2%	± 4.2	*7.2%	± 5.2	^2.8%	± 3.4
Dakota County	222	77.4%	± 6.9	10.8%	± 5.6	^4.4%	± 4.4	^3.8%	± 4.6	^3.6%	± 4.0
Hennepin County	3,854	71.0%	± 2.0	12.3%	± 1.5	6.7%	± 1.1	7.1%	± 1.1	2.9%	± 0.7
Bloomington	273	82.8%	± 6.1	*7.3%	± 5.2	^3.2%	± 3.7	*6.3%	± 4.3	^0.3%	± 1.9
Minneapolis	1,499	64.7%	± 3.1	13.3%	± 2.4	10.0%	± 2.3	8.0%	± 1.8	4.0%	± 1.4
Ramsey County	503	70.1%	± 5.2	12.3%	± 4.3	7.0%	± 3.5	7.0%	± 3.4	*3.7%	± 2.5
Saint Paul	255	62.3%	± 7.8	14.9%	± 6.9	*8.3%	± 5.9	10.3%	± 5.8	*4.2%	± 3.7
Suburban Ramsey County	248	78.8%	± 6.9	*9.4%	± 5.6	*5.4%	± 4.4	^3.3%	± 4.1	^3.1%	± 4.5
Scott County	251	65.2%	± 7.5	17.7%	± 7.5	*5.2%	± 3.8	7.6%	± 4.3	*4.2%	± 3.8
Washington County	291	76.9%	± 6.5	8.2%	± 4.6	*6.1%	± 4.6	*6.7%	± 5.0	^2.0%	± 2.7

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

Metro SHAPE
2014
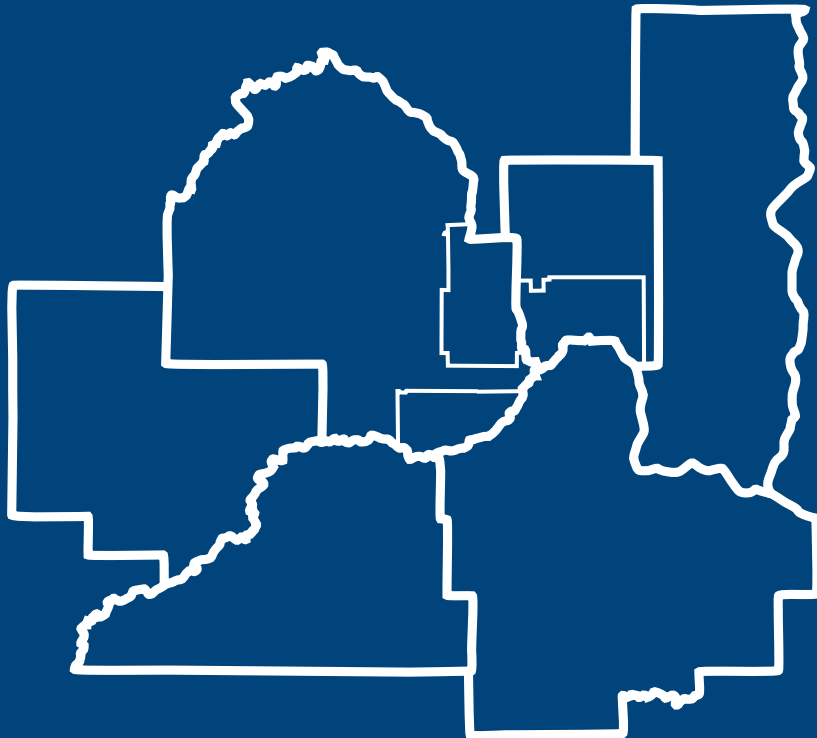
How You Feel

How You Feel

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

TABLE 73	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,928	22.5% ± 1.1
Gender		
Male	4,366	16.1% ± 1.6
Female	7,560	28.1% ± 1.5
Age		
25-34	1,564	23.0% ± 2.8
35-44	1,593	23.7% ± 2.8
45-54	2,077	22.3% ± 2.5
55-64	2,826	25.8% ± 2.3
65-74	2,170	21.0% ± 2.4
75 and older	1,668	13.3% ± 2.3
Educational Attainment		
HS graduate, GED, or less	1,537	24.2% ± 3.5
Some college	3,295	25.5% ± 2.3
Bachelor's degree or higher	7,055	21.0% ± 1.4
Household income		
< 200% of FPL	1,953	32.3% ± 3.3
≥ 200% of FPL	9,442	21.1% ± 1.2
Geographic Area		
Carver County	606	18.3% ± 4.2
Dakota County	521	20.0% ± 4.2
Hennepin County	8,509	22.8% ± 1.2
Bloomington	634	21.2% ± 4.5
Minneapolis	3,291	28.6% ± 2.2
Ramsey County	1,145	27.2% ± 3.2
Saint Paul	554	33.1% ± 5.0
Suburban Ramsey County	591	21.0% ± 4.1
Scott County	541	22.6% ± 4.5
Washington County	606	17.1% ± 3.9

NOTE: Definitions for the indicators are provided in Appendix D.
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How You Feel

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

TABLE 74	N	Yes % ± 95% C.I.		Among those who ever had depression: N	Yes % ± 95% C.I.	
Six County Total	11,891	10.8%	± 0.8	3,067	46.4%	± 2.7
Gender						
Male	4,356	7.3%	± 1.2	808	42.9%	± 5.3
Female	7,533	13.9%	± 1.2	2,258	48.3%	± 3.1
Age						
25-34	1,562	8.3%	± 2.0	408	35.6%	± 6.7
40-44	1,593	10.0%	± 2.0	481	41.9%	± 6.4
45-54	2,067	11.3%	± 1.9	587	49.9%	± 5.9
55-64	2,818	14.0%	± 1.8	853	53.0%	± 4.9
65-74	2,164	12.3%	± 2.1	508	54.7%	± 6.2
75 and older	1,656	9.0%	± 2.3	227	56.7%	± 8.7
Educational Attainment						
HS graduate, GED, or less	1,527	13.6%	± 2.6	386	52.1%	± 8.0
Some college	3,286	13.7%	± 1.9	878	52.7%	± 5.1
Bachelor's degree or higher	7,038	9.0%	± 0.9	1,791	42.2%	± 3.5
Household income						
< 200% of FPL	1,950	18.6%	± 2.7	707	55.3%	± 6.1
≥ 200% of FPL	9,409	9.5%	± 0.9	2,288	43.8%	± 3.1
Geographic Area						
Carver County	600	8.2%	± 2.9	114	42.6%	± 11.8
Dakota County	522	11.3%	± 3.4	119	56.8%	± 10.8
Hennepin County	8,485	10.6%	± 0.9	2,244	45.0%	± 2.9
Bloomington	631	11.5%	± 3.3	147	51.0%	± 10.6
Minneapolis	3,283	11.8%	± 1.5	1,025	40.2%	± 4.3
Ramsey County	1,139	13.2%	± 2.5	336	47.2%	± 6.8
Saint Paul	552	16.9%	± 4.3	194	49.6%	± 8.9
Suburban Ramsey County	587	9.3%	± 2.8	142	43.1%	± 10.0
Scott County	540	8.4%	± 3.0	130	35.8%	± 10.2
Washington County	605	8.2%	± 2.9	124	46.2%	± 11.4

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How You Feel

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

TABLE 75	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,745	21.0% ± 1.1
Gender		
Male	4,294	14.4% ± 1.5
Female	7,449	26.8% ± 1.5
Age		
25-34	1,563	21.2% ± 2.7
35-44	1,593	23.1% ± 2.9
45-54	2,052	21.1% ± 2.5
55-64	2,781	22.2% ± 2.2
65-74	2,121	16.3% ± 2.1
75 and older	1,605	17.5% ± 2.9
Educational Attainment		
HS graduate, GED, or less	1,484	22.6% ± 3.4
Some college	3,221	23.1% ± 2.3
Bachelor's degree or higher	6,999	19.8% ± 1.4
Household income		
< 200% of FPL	1,896	30.7% ± 3.4
≥ 200% of FPL	9,325	19.4% ± 1.2
Geographic Area		
Carver County	596	17.1% ± 3.9
Dakota County	507	19.3% ± 4.2
Hennepin County	8,389	21.3% ± 1.2
Bloomington	627	20.2% ± 4.4
Minneapolis	3,245	26.8% ± 2.2
Ramsey County	1,124	22.9% ± 3.1
Saint Paul	543	26.2% ± 4.8
Suburban Ramsey County	581	19.5% ± 4.1
Scott County	535	20.5% ± 4.6
Washington County	594	19.4% ± 4.4

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How You Feel

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

TABLE 76		Yes		Among those who ever had anxiety: Yes		
	N	%	± 95% C.I.	N	%	± 95% C.I.
Six County Total	11,765	9.3%	± 0.8	2,699	43.2%	± 2.9
Gender						
Male	4,299	6.5%	± 1.1	703	43.1%	± 5.6
Female	7,464	11.8%	± 1.1	1,996	43.2%	± 3.3
Age						
25-34	1,558	6.9%	± 1.7	410	31.5%	± 6.4
40-44	1,587	9.6%	± 2.1	433	41.3%	± 6.8
45-54	2,055	10.9%	± 2.0	506	49.8%	± 6.4
55-64	2,784	10.2%	± 1.6	685	45.8%	± 5.4
65-74	2,123	7.8%	± 1.6	397	46.5%	± 6.6
75 and older	1,627	9.7%	± 2.1	264	53.9%	± 8.9
Educational Attainment						
HS graduate, GED, or less	1,496	11.9%	± 2.5	365	52.5%	± 8.1
Some college	3,238	11.3%	± 1.8	767	49.4%	± 5.4
Bachelor's degree or higher	6,991	8.0%	± 0.9	1,551	38.4%	± 3.7
Household income						
< 200% of FPL	1,888	14.8%	± 2.6	631	48.1%	± 6.4
≥ 200% of FPL	9,348	8.5%	± 0.8	1,991	41.9%	± 3.2
Geographic Area						
Carver County	597	9.3%	± 3.1	103	52.0%	± 11.3
Dakota County	518	10.1%	± 3.4	107	54.1%	± 11.3
Hennepin County	8,389	9.3%	± 0.9	1,986	41.8%	± 3.1
Bloomington	628	10.7%	± 3.4	133	53.6%	± 10.6
Minneapolis	3,242	10.1%	± 1.6	908	37.3%	± 4.7
Ramsey County	1,131	10.6%	± 2.4	278	44.6%	± 7.4
Saint Paul	547	11.6%	± 3.8	149	42.1%	± 10.1
Suburban Ramsey County	584	9.6%	± 3.0	129	48.2%	± 10.6
Scott County	534	6.8%	± 2.5	112	31.5%	± 10.3
Washington County	596	7.2%	± 2.8	113	36.0%	± 11.4

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How You Feel

Q: About how often did you feel so sad that nothing could cheer you up?

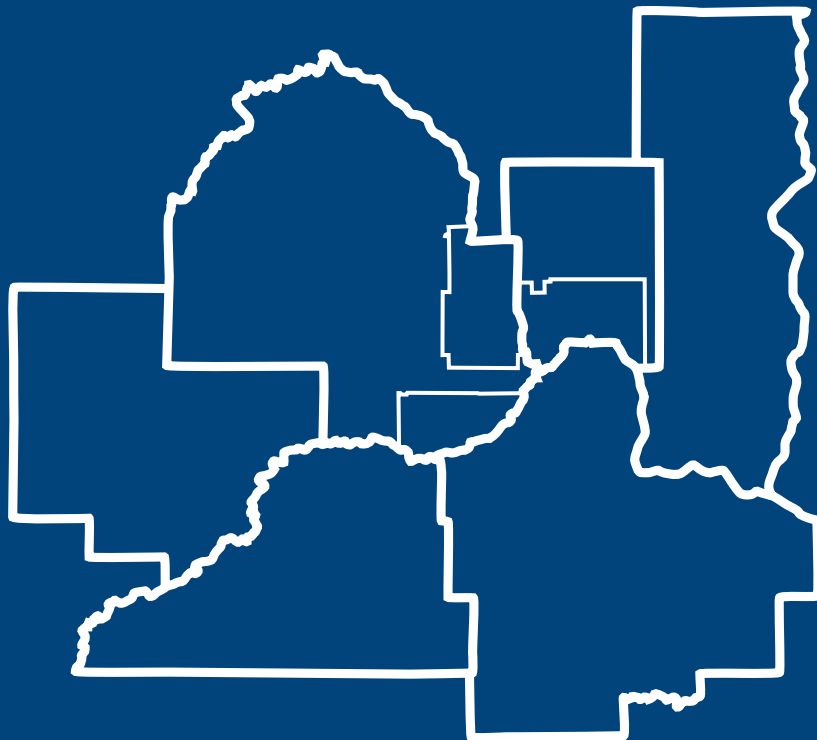| TABLE 77	Sample Size	None of the time		A little of the time		Some of the time		Most of the time/ All of the time	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,955	72.8%	± 1.2	18.8%	± 1.1	6.7%	± 0.7	1.7%	± 0.4
Gender									
Male	4,370	74.7%	± 2.0	17.9%	± 1.8	5.6%	± 1.1	1.8%	± 0.8
Female	7,583	71.1%	± 1.6	19.6%	± 1.4	7.7%	± 1.0	1.6%	± 0.5
Age									
25-34	1,558	66.8%	± 3.2	23.8%	± 3.0	7.5%	± 1.9	*1.8%	± 1.4
35-44	1,591	71.3%	± 3.1	19.9%	± 2.8	7.0%	± 2.0	*1.8%	± 1.3
45-54	2,079	72.0%	± 2.8	18.8%	± 2.5	7.2%	± 1.7	2.0%	± 1.0
55-64	2,832	75.4%	± 2.4	16.8%	± 2.2	6.3%	± 1.3	1.6%	± 0.8
65-74	2,178	79.6%	± 2.6	14.8%	± 2.4	4.7%	± 1.3	*0.8%	± 0.6
75 and older	1,685	80.6%	± 2.9	12.4%	± 2.5	5.7%	± 1.8	*1.4%	± 1.1
Educational Attainment									
HS graduate, GED, or less	1,554	65.3%	± 3.9	18.3%	± 3.3	12.1%	± 3.0	4.3%	± 2.0
Some college	3,308	70.0%	± 2.5	19.5%	± 2.2	8.2%	± 1.6	2.2%	± 1.0
Bachelor's degree or higher	7,059	75.2%	± 1.6	18.6%	± 1.4	5.1%	± 0.8	1.0%	± 0.5
Household income									
< 200% of FPL	1,971	56.9%	± 3.6	22.4%	± 3.1	14.6%	± 2.7	6.2%	± 2.1
≥ 200% of FPL	9,455	75.5%	± 1.3	18.3%	± 1.2	5.3%	± 0.7	0.9%	± 0.4
Geographic Area									
Carver County	604	76.3%	± 4.7	17.5%	± 4.6	5.5%	± 2.3	^0.8%	± 0.9
Dakota County	522	70.9%	± 4.9	21.0%	± 4.6	6.8%	± 2.9	^1.2%	± 1.8
Hennepin County	8,531	72.4%	± 1.4	19.0%	± 1.3	6.7%	± 0.8	1.9%	± 0.6
Bloomington	636	72.0%	± 6.0	20.5%	± 5.9	*5.7%	± 3.5	^1.8%	± 2.3
Minneapolis	3,296	67.3%	± 2.4	20.6%	± 2.1	9.7%	± 1.6	2.5%	± 1.0
Ramsey County	1,149	72.5%	± 3.3	16.7%	± 2.8	8.2%	± 2.3	*2.5%	± 1.5
Saint Paul	556	66.1%	± 5.1	20.2%	± 4.5	10.2%	± 3.8	*3.5%	± 2.8
Suburban Ramsey County	593	79.3%	± 4.1	13.1%	± 3.4	6.1%	± 2.9	^1.5%	± 1.5
Scott County	542	72.1%	± 5.1	22.0%	± 4.9	5.6%	± 2.9	^0.3%	± 0.6
Washington County	607	77.1%	± 4.6	17.5%	± 4.4	4.6%	± 2.5	^0.8%	± 1.0

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How You Feel

Q: About how often did you feel nervous?

TABLE 78	Sample Size	None of the time		A little of the time		Some of the time		Most of the time/ All of the time	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,956	41.3%	± 1.4	38.7%	± 1.3	16.6%	± 1.1	3.4%	± 0.5
Gender									
Male	4,369	45.4%	± 2.2	37.8%	± 2.2	13.8%	± 1.6	3.0%	± 0.9
Female	7,586	37.7%	± 1.6	39.5%	± 1.7	19.0%	± 1.4	3.7%	± 0.7
Age									
25-34	1,557	27.1%	± 3.2	45.6%	± 3.4	21.8%	± 2.8	5.5%	± 1.6
35-44	1,590	37.5%	± 3.4	37.7%	± 3.3	21.3%	± 3.0	3.4%	± 1.4
45-54	2,078	43.1%	± 3.1	37.9%	± 3.0	15.5%	± 2.3	3.5%	± 1.3
55-64	2,832	46.3%	± 2.7	37.5%	± 2.7	13.1%	± 1.9	3.1%	± 1.1
65-74	2,178	55.5%	± 2.9	35.1%	± 2.9	8.5%	± 1.7	*0.9%	± 0.6
75 and older	1,689	55.4%	± 3.4	32.6%	± 3.3	11.0%	± 2.6	^1.0%	± 1.0
Educational Attainment									
HS graduate, GED, or less	1,557	43.7%	± 3.9	32.5%	± 3.9	19.2%	± 3.5	4.6%	± 2.0
Some college	3,309	46.0%	± 2.6	34.9%	± 2.5	15.5%	± 2.0	3.6%	± 1.1
Bachelor's degree or higher	7,057	38.8%	± 1.7	41.5%	± 1.7	16.6%	± 1.4	3.1%	± 0.7
Household income									
< 200% of FPL	1,973	36.0%	± 3.5	32.2%	± 3.4	23.6%	± 3.2	8.3%	± 2.2
≥ 200% of FPL	9,455	42.1%	± 1.5	39.9%	± 1.5	15.5%	± 1.2	2.6%	± 0.5
Geographic Area									
Carver County	601	37.6%	± 4.8	44.8%	± 5.2	14.8%	± 4.2	*2.7%	± 2.1
Dakota County	523	43.1%	± 5.1	34.8%	± 5.0	18.3%	± 4.4	*3.8%	± 2.6
Hennepin County	8,538	41.3%	± 1.6	38.9%	± 1.5	16.7%	± 1.2	3.1%	± 0.6
Bloomington	637	47.9%	± 5.8	39.2%	± 5.8	10.6%	± 3.6	^2.3%	± 2.3
Minneapolis	3,304	37.1%	± 2.5	38.7%	± 2.4	19.8%	± 2.1	4.4%	± 1.3
Ramsey County	1,146	38.1%	± 3.6	41.5%	± 3.6	16.2%	± 2.9	4.2%	± 1.7
Saint Paul	555	34.9%	± 5.2	40.8%	± 5.2	18.7%	± 4.4	5.7%	± 3.0
Suburban Ramsey County	591	41.6%	± 4.9	42.2%	± 5.0	13.7%	± 4.0	*2.6%	± 1.9
Scott County	541	46.0%	± 5.4	36.3%	± 5.2	13.1%	± 4.0	*4.6%	± 3.1
Washington County	607	44.1%	± 5.1	36.6%	± 5.1	16.9%	± 4.4	^2.3%	± 2.3

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How You Feel

Q: About how often did you feel so restless or fidgety that you could not sit still?

TABLE 79	Sample Size	None of the time		A little of the time		Some of the time		Most of the time/ All of the time	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,962	67.0%	± 1.3	22.2%	± 1.2	8.8%	± 0.9	2.1%	± 0.4
Gender									
Male	4,368	66.2%	± 2.2	22.7%	± 1.9	8.8%	± 1.4	2.3%	± 0.8
Female	7,593	67.7%	± 1.6	21.7%	± 1.5	8.7%	± 1.1	1.9%	± 0.5
Age									
25-34	1,559	55.4%	± 3.4	28.6%	± 3.1	12.8%	± 2.4	3.2%	± 1.5
35-44	1,591	64.5%	± 3.3	23.5%	± 2.9	9.9%	± 2.2	2.1%	± 1.1
45-54	2,079	65.7%	± 3.0	22.9%	± 2.7	9.2%	± 2.0	2.2%	± 1.1
55-64	2,833	72.4%	± 2.5	18.7%	± 2.1	7.1%	± 1.7	1.7%	± 0.9
65-74	2,178	77.6%	± 2.6	17.4%	± 2.5	4.1%	± 1.3	*0.8%	± 0.7
75 and older	1,690	83.1%	± 2.7	12.6%	± 2.4	3.4%	± 1.4	^0.9%	± 1.0
Educational Attainment									
HS graduate, GED, or less	1,556	63.1%	± 4.0	20.6%	± 3.5	12.6%	± 3.2	3.6%	± 1.9
Some college	3,315	66.5%	± 2.6	21.4%	± 2.3	9.4%	± 1.8	2.7%	± 1.0
Bachelor's degree or higher	7,058	67.8%	± 1.7	22.8%	± 1.5	7.9%	± 1.0	1.5%	± 0.6
Household income									
< 200% of FPL	1,976	56.3%	± 3.6	23.0%	± 3.1	15.3%	± 3.0	5.5%	± 2.0
≥ 200% of FPL	9,456	68.6%	± 1.5	22.3%	± 1.3	7.6%	± 0.9	1.5%	± 0.4
Geographic Area									
Carver County	604	72.1%	± 4.8	20.1%	± 4.4	6.3%	± 3.0	^1.6%	± 1.6
Dakota County	523	67.6%	± 5.0	20.5%	± 4.4	10.5%	± 3.6	^1.4%	± 1.8
Hennepin County	8,540	66.3%	± 1.5	22.6%	± 1.3	9.2%	± 1.0	1.9%	± 0.5
Bloomington	637	72.0%	± 5.3	21.9%	± 5.0	4.8%	± 2.5	^1.3%	± 2.7
Minneapolis	3,305	62.4%	± 2.5	24.0%	± 2.2	10.9%	± 1.8	2.7%	± 1.0
Ramsey County	1,146	65.9%	± 3.6	22.8%	± 3.3	8.5%	± 2.4	2.7%	± 1.6
Saint Paul	554	63.3%	± 5.3	22.9%	± 4.8	10.2%	± 3.8	*3.6%	± 3.0
Suburban Ramsey County	592	68.7%	± 5.0	22.7%	± 4.7	6.8%	± 3.4	*1.9%	± 1.5
Scott County	541	66.2%	± 5.4	22.8%	± 5.0	8.0%	± 3.6	^3.0%	± 3.1
Washington County	608	70.2%	± 5.0	21.4%	± 4.7	6.2%	± 3.2	^2.3%	± 2.2

NOTE: Definitions for the indicators are provided in Appendix D.
  * 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

Q: About how often did you feel hopeless?

TABLE 80	Sample Size	None of the time		A little of the time		Some of the time		Most of the time/ All of the time	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,966	78.7%	± 1.2	14.2%	± 1.0	5.2%	± 0.7	1.8%	± 0.4
Gender									
Male	4,368	79.8%	± 1.9	13.6%	± 1.6	4.9%	± 1.1	1.8%	± 0.7
Female	7,597	77.8%	± 1.5	14.7%	± 1.3	5.6%	± 0.8	1.9%	± 0.5
Age									
25-34	1,560	73.0%	± 3.1	17.5%	± 2.7	7.3%	± 1.8	*2.1%	± 1.4
35-44	1,592	75.5%	± 3.0	16.8%	± 2.7	6.1%	± 1.9	*1.5%	± 1.0
45-54	2,079	78.1%	± 2.6	13.7%	± 2.2	5.6%	± 1.6	2.5%	± 1.1
55-64	2,832	81.7%	± 2.2	12.9%	± 2.0	3.7%	± 1.0	1.7%	± 0.7
65-74	2,178	87.8%	± 2.1	9.4%	± 2.0	2.2%	± 0.8	*0.7%	± 0.4
75 and older	1,693	86.3%	± 2.7	9.0%	± 2.4	3.5%	± 1.6	*1.2%	± 1.0
Educational Attainment									
HS graduate, GED, or less	1,559	72.4%	± 3.9	14.8%	± 3.3	9.2%	± 2.7	3.7%	± 1.9
Some college	3,311	77.9%	± 2.3	13.8%	± 2.0	5.6%	± 1.3	2.7%	± 1.1
Bachelor's degree or higher	7,063	80.2%	± 1.5	14.3%	± 1.3	4.4%	± 0.8	1.1%	± 0.4
Household income									
< 200% of FPL	1,973	62.7%	± 3.5	20.3%	± 3.1	11.1%	± 2.4	5.9%	± 1.9
≥ 200% of FPL	9,464	81.3%	± 1.2	13.3%	± 1.1	4.3%	± 0.7	1.1%	± 0.4
Geographic Area									
Carver County	602	80.0%	± 4.5	14.9%	± 4.3	4.4%	± 2.3	^0.7%	± 0.9
Dakota County	524	81.9%	± 4.2	13.8%	± 4.0	*3.0%	± 2.1	^1.2%	± 1.5
Hennepin County	8,542	78.5%	± 1.3	14.0%	± 1.1	5.6%	± 0.8	1.9%	± 0.5
Bloomington	635	82.0%	± 4.9	12.5%	± 4.3	*3.8%	± 3.2	^1.7%	± 2.2
Minneapolis	3,307	73.2%	± 2.3	16.2%	± 1.8	7.7%	± 1.5	2.9%	± 1.1
Ramsey County	1,147	74.1%	± 3.4	16.3%	± 3.0	6.7%	± 2.2	2.8%	± 1.6
Saint Paul	555	66.4%	± 5.3	22.0%	± 4.9	8.0%	± 3.4	*3.6%	± 2.9
Suburban Ramsey County	592	82.3%	± 4.2	10.3%	± 3.3	5.4%	± 3.1	*2.0%	± 1.9
Scott County	542	81.6%	± 4.4	11.8%	± 3.7	*5.1%	± 3.1	^1.5%	± 2.0
Washington County	609	82.7%	± 4.4	12.8%	± 4.1	*3.9%	± 2.7	^0.7%	± 1.1

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

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

How You Feel

Q: About how often did you feel that everything was an effort?

TABLE 81	Sample Size	None of the time		A little of the time		Some of the time		Most of the time/ All of the time	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,965	57.0%	± 1.4	27.9%	± 1.2	10.1%	± 0.9	5.0%	± 0.7
Gender									
Male	4,369	58.5%	± 2.2	26.8%	± 2.0	9.1%	± 1.4	5.5%	± 1.3
Female	7,595	55.7%	± 1.7	28.8%	± 1.5	10.9%	± 1.2	4.6%	± 0.8
Age									
25-34	1,558	49.4%	± 3.4	29.9%	± 3.1	13.7%	± 2.5	7.0%	± 2.1
35-44	1,590	55.4%	± 3.4	27.4%	± 3.0	11.4%	± 2.3	5.8%	± 2.1
45-54	2,079	57.1%	± 3.1	28.5%	± 2.8	9.3%	± 2.0	5.0%	± 1.5
55-64	2,832	61.8%	± 2.7	25.6%	± 2.4	8.6%	± 1.6	4.0%	± 1.3
65-74	2,177	67.6%	± 2.8	25.5%	± 2.7	5.2%	± 1.2	1.7%	± 0.7
75 and older	1,697	57.8%	± 3.4	30.1%	± 3.2	8.4%	± 2.2	3.7%	± 1.7
Educational Attainment									
HS graduate, GED, or less	1,559	51.5%	± 4.0	25.4%	± 3.6	14.5%	± 3.2	8.6%	± 2.9
Some college	3,314	56.5%	± 2.6	26.8%	± 2.4	9.9%	± 1.7	6.9%	± 1.7
Bachelor's degree or higher	7,059	58.2%	± 1.7	28.8%	± 1.6	9.4%	± 1.1	3.6%	± 0.8
Household income									
< 200% of FPL	1,973	42.1%	± 3.6	25.4%	± 3.0	18.6%	± 3.0	14.0%	± 2.9
≥ 200% of FPL	9,462	59.6%	± 1.5	28.3%	± 1.4	8.7%	± 0.9	3.4%	± 0.7
Geographic Area									
Carver County	601	58.1%	± 5.2	30.1%	± 5.0	8.5%	± 3.3	*3.2%	± 3.0
Dakota County	524	58.0%	± 5.1	27.2%	± 4.7	8.5%	± 3.5	6.2%	± 3.0
Hennepin County	8,543	56.2%	± 1.6	28.2%	± 1.4	10.5%	± 1.1	5.1%	± 0.9
Bloomington	637	61.6%	± 5.9	26.1%	± 5.6	9.1%	± 4.4	*3.2%	± 2.9
Minneapolis	3,307	49.0%	± 2.5	31.2%	± 2.3	12.9%	± 1.9	6.8%	± 1.6
Ramsey County	1,148	53.2%	± 3.6	29.0%	± 3.3	12.2%	± 2.7	5.6%	± 2.2
Saint Paul	555	45.9%	± 5.2	32.2%	± 5.0	15.0%	± 4.2	6.9%	± 3.7
Suburban Ramsey County	593	60.9%	± 4.9	25.7%	± 4.4	9.2%	± 3.5	*4.2%	± 2.8
Scott County	541	59.2%	± 5.4	28.8%	± 5.1	8.5%	± 3.3	*3.5%	± 2.5
Washington County	608	66.2%	± 4.9	23.5%	± 4.4	7.5%	± 3.2	*2.8%	± 2.5

NOTE: Definitions for the indicators are provided in Appendix D.
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  ^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error >50%)

How You Feel

Q: About how often did you feel worthless?

TABLE 82	Sample Size	None of the time		A little of the time		Some of the time		Most of the time/ All of the time	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,963	79.4%	± 1.2	13.8%	± 1.0	4.8%	± 0.6	2.1%	± 0.4
Gender									
Male	4,371	79.7%	± 1.9	13.9%	± 1.7	4.3%	± 1.0	2.1%	± 0.7
Female	7,591	79.1%	± 1.4	13.6%	± 1.2	5.3%	± 0.8	2.0%	± 0.5
Age									
25-34	1,559	74.9%	± 3.0	17.1%	± 2.7	5.6%	± 1.5	2.5%	± 1.3
35-44	1,591	76.7%	± 3.1	16.2%	± 2.8	5.6%	± 1.9	*1.6%	± 0.9
45-54	2,077	79.2%	± 2.6	13.4%	± 2.2	4.8%	± 1.4	2.7%	± 1.1
55-64	2,831	80.7%	± 2.3	12.1%	± 1.9	5.1%	± 1.4	2.2%	± 0.9
65-74	2,179	88.1%	± 1.9	8.9%	± 1.8	2.2%	± 1.0	*0.8%	± 0.5
75 and older	1,694	85.7%	± 2.6	9.4%	± 2.3	3.3%	± 1.2	*1.6%	± 1.1
Educational Attainment									
HS graduate, GED, or less	1,558	72.6%	± 3.8	13.9%	± 3.1	9.1%	± 2.7	4.5%	± 1.9
Some college	3,313	78.4%	± 2.3	13.2%	± 2.0	6.0%	± 1.4	2.5%	± 0.9
Bachelor's degree or higher	7,059	81.0%	± 1.5	14.0%	± 1.3	3.6%	± 0.7	1.4%	± 0.5
Household income									
< 200% of FPL	1,972	66.5%	± 3.5	16.0%	± 2.8	12.0%	± 2.6	5.5%	± 1.7
≥ 200% of FPL	9,463	81.5%	± 1.2	13.5%	± 1.1	3.6%	± 0.6	1.5%	± 0.4
Geographic Area									
Carver County	602	82.2%	± 4.4	12.6%	± 4.2	4.0%	± 2.2	*1.2%	± 1.1
Dakota County	524	78.1%	± 4.5	17.5%	± 4.4	*2.8%	± 2.0	^1.5%	± 1.8
Hennepin County	8,540	79.9%	± 1.3	12.8%	± 1.1	5.1%	± 0.8	2.2%	± 0.5
Bloomington	637	82.3%	± 5.2	12.0%	± 4.9	*4.1%	± 3.1	^1.5%	± 2.3
Minneapolis	3,304	75.1%	± 2.3	15.0%	± 1.9	6.8%	± 1.5	3.1%	± 0.9
Ramsey County	1,149	77.2%	± 3.2	13.7%	± 2.8	6.0%	± 2.0	3.1%	± 1.5
Saint Paul	555	72.0%	± 5.0	17.3%	± 4.4	6.3%	± 3.1	*4.5%	± 2.8
Suburban Ramsey County	594	82.6%	± 4.1	9.9%	± 3.5	5.8%	± 2.9	*1.6%	± 1.6
Scott County	541	78.9%	± 4.7	15.5%	± 4.5	4.5%	± 2.5	^1.1%	± 1.5
Washington County	607	82.2%	± 4.3	12.7%	± 3.9	*4.2%	± 2.7	^0.9%	± 1.1

NOTE: Definitions for the indicators are provided in Appendix D.
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  ^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error >50%)

How You Feel

Q: Experienced serious psychological distress during the past 30 days

TABLE 83	Sample Size	Yes	
	N	% ± 95% C.I.	
Six County Total	11,868	2.9%	± 0.5
Gender			
Male	4,338	2.9%	± 1.0
Female	7,529	2.9%	± 0.7
Age			
25-34	1,552	3.6%	± 1.5
35-44	1,586	3.2%	± 1.7
45-54	2,071	3.5%	± 1.3
55-64	2,810	2.8%	± 1.0
65-74	2,158	*0.8%	± 0.5
75 and older	1,659	*1.2%	± 1.1
Educational Attainment			
HS graduate, GED, or less	1,535	6.5%	± 2.6
Some college	3,277	3.7%	± 1.2
Bachelor's degree or higher	7,024	1.9%	± 0.6
Household income			
< 200% of FPL	1,941	10.4%	± 2.6
≥ 200% of FPL	9,410	1.6%	± 0.5
Geographic Area			
Carver County	593	*1.7%	± 1.3
Dakota County	520	*2.1%	± 1.9
Hennepin County	8,476	3.0%	± 0.7
Bloomington	634	^1.6%	± 2.3
Minneapolis	3,272	4.5%	± 1.4
Ramsey County	1,139	4.2%	± 1.9
Saint Paul	551	6.3%	± 3.5
Suburban Ramsey County	588	*2.0%	± 1.7
Scott County	539	^1.6%	± 1.7
Washington County	601	^2.1%	± 2.5

NOTE: Definitions for the indicators are provided in Appendix D.
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   ^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error >50%)

Metro SHAPE
2014

Social-Environment Factors

Social-Environment Factors

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

TABLE 84	Sample Size	Weekly		Monthly		Several times a year		About once a year/ Less often than yearly		Never	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,921	26.2%	± 1.2	13.2%	± 0.9	22.3%	± 1.2	20.8%	± 1.1	17.5%	± 1.1
Gender											
Male	4,362	22.3%	± 1.9	12.1%	± 1.5	22.7%	± 1.9	23.2%	± 1.9	19.6%	± 1.8
Female	7,557	29.7%	± 1.6	14.1%	± 1.1	22.0%	± 1.5	18.6%	± 1.4	15.5%	± 1.3
Age											
25-34	1,558	21.5%	± 2.9	11.2%	± 2.2	22.6%	± 2.9	25.6%	± 3.1	19.1%	± 2.9
35-44	1,589	27.0%	± 3.1	15.6%	± 2.5	26.5%	± 3.1	18.3%	± 2.8	12.6%	± 2.5
45-54	2,073	26.3%	± 2.8	15.1%	± 2.3	23.9%	± 2.8	20.0%	± 2.6	14.6%	± 2.3
55-64	2,828	25.1%	± 2.4	12.2%	± 1.8	21.1%	± 2.3	22.1%	± 2.3	19.5%	± 2.3
65-74	2,171	31.0%	± 2.7	12.7%	± 2.1	18.1%	± 2.3	18.6%	± 2.5	19.6%	± 2.6
75 and older	1,672	33.6%	± 3.3	9.7%	± 2.1	14.3%	± 2.5	16.1%	± 2.6	26.3%	± 3.2
Educational Attainment											
HS graduate, GED, or less	1,539	15.3%	± 3.0	6.2%	± 2.0	15.6%	± 3.2	23.6%	± 3.7	39.4%	± 4.0
Some college	3,301	21.4%	± 2.2	10.0%	± 1.5	20.6%	± 2.3	25.5%	± 2.4	22.6%	± 2.3
Bachelor's degree or higher	7,052	30.1%	± 1.6	15.7%	± 1.3	24.3%	± 1.6	18.4%	± 1.4	11.4%	± 1.2
Household income											
< 200% of FPL	1,962	22.3%	± 3.1	9.7%	± 2.3	17.4%	± 3.0	19.2%	± 3.0	31.4%	± 3.4
≥ 200% of FPL	9,441	26.9%	± 1.4	13.7%	± 1.0	23.6%	± 1.3	21.1%	± 1.3	14.8%	± 1.1
Geographic Area											
Carver County	605	33.4%	± 5.2	14.2%	± 3.7	20.4%	± 4.4	20.2%	± 4.2	11.8%	± 3.8
Dakota County	523	26.9%	± 4.7	10.1%	± 3.5	22.6%	± 4.6	21.8%	± 4.5	18.7%	± 4.2
Hennepin County	8,505	26.4%	± 1.4	13.3%	± 1.1	22.4%	± 1.4	20.8%	± 1.3	17.0%	± 1.2
Bloomington	629	26.7%	± 4.7	10.8%	± 3.3	19.3%	± 4.5	23.0%	± 6.0	20.1%	± 5.9
Minneapolis	3,298	25.0%	± 2.2	14.1%	± 1.8	22.7%	± 2.2	20.5%	± 2.0	17.7%	± 2.1
Ramsey County	1,143	24.9%	± 3.2	12.9%	± 2.6	20.9%	± 3.1	20.5%	± 3.1	20.9%	± 3.1
Saint Paul	553	23.8%	± 4.6	10.9%	± 3.6	20.7%	± 4.7	20.6%	± 4.5	24.1%	± 4.8
Suburban Ramsey County	590	26.1%	± 4.5	15.0%	± 3.9	21.1%	± 4.4	20.3%	± 4.4	17.5%	± 4.1
Scott County	539	24.8%	± 5.0	15.1%	± 4.1	23.6%	± 4.9	20.4%	± 4.9	16.1%	± 4.0
Washington County	606	24.8%	± 4.6	16.0%	± 4.2	24.7%	± 4.8	20.8%	± 4.6	13.8%	± 3.4

NOTE: Definitions for the indicators are provided in Appendix D.
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 ^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error >50%)

Social-Environment Factors

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

This includes on the phone or online.

TABLE 85	Sample Size	Daily		Weekly		Monthly		Less often than monthly		Never	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,962	35.3%	± 1.3	42.4%	± 1.4	12.2%	± 1.0	8.0%	± 0.8	2.1%	± 0.5
Gender											
Male	4,372	29.7%	± 2.0	45.1%	± 2.2	14.2%	± 1.7	8.8%	± 1.4	2.2%	± 0.7
Female	7,589	40.2%	± 1.7	40.0%	± 1.7	10.5%	± 1.1	7.4%	± 1.0	2.0%	± 0.6
Age											
25-34	1,560	36.5%	± 3.3	39.9%	± 3.3	14.1%	± 2.6	7.6%	± 2.1	*1.9%	± 1.3
35-44	1,592	29.3%	± 3.1	45.8%	± 3.4	14.0%	± 2.6	8.9%	± 2.3	*2.1%	± 1.3
45-54	2,077	33.5%	± 2.9	42.0%	± 3.1	13.0%	± 2.3	9.1%	± 1.9	2.3%	± 1.1
55-64	2,834	32.4%	± 2.5	45.7%	± 2.7	12.8%	± 2.1	7.0%	± 1.6	2.2%	± 1.0
65-74	2,178	42.2%	± 2.9	42.1%	± 2.9	7.6%	± 1.8	7.2%	± 1.9	*0.9%	± 0.7
75 and older	1,689	51.6%	± 3.4	34.6%	± 3.3	4.8%	± 1.7	6.4%	± 2.0	*2.7%	± 2.0
Educational Attainment											
HS graduate, GED, or less	1,559	37.0%	± 3.8	36.6%	± 3.9	10.0%	± 2.9	11.5%	± 3.1	5.0%	± 2.1
Some college	3,315	34.7%	± 2.5	39.9%	± 2.6	12.0%	± 2.0	10.4%	± 1.9	3.0%	± 1.2
Bachelor's degree or higher	7,059	35.3%	± 1.7	44.4%	± 1.8	12.7%	± 1.3	6.4%	± 1.0	1.2%	± 0.5
Household income											
< 200% of FPL	1,975	36.7%	± 3.4	34.8%	± 3.5	10.1%	± 2.6	13.9%	± 2.8	4.5%	± 1.6
≥ 200% of FPL	9,463	35.0%	± 1.4	43.7%	± 1.5	12.7%	± 1.1	6.9%	± 0.9	1.7%	± 0.5
Geographic Area											
Carver County	602	32.0%	± 4.8	44.7%	± 5.2	13.6%	± 3.8	7.5%	± 3.0	^2.3%	± 3.7
Dakota County	526	32.8%	± 4.8	42.3%	± 5.1	12.3%	± 3.9	9.8%	± 3.4	*2.9%	± 2.4
Hennepin County	8,539	36.7%	± 1.5	42.1%	± 1.6	11.4%	± 1.1	7.8%	± 1.0	1.9%	± 0.5
Bloomington	637	36.2%	± 5.5	40.8%	± 5.6	11.8%	± 4.8	*8.4%	± 5.1	^2.7%	± 4.8
Minneapolis	3,308	40.8%	± 2.4	40.1%	± 2.4	9.3%	± 1.5	7.2%	± 1.6	2.6%	± 1.1
Ramsey County	1,149	36.9%	± 3.5	40.7%	± 3.6	11.8%	± 2.6	8.3%	± 2.3	*2.4%	± 1.4
Saint Paul	556	40.0%	± 5.3	37.8%	± 5.1	10.7%	± 3.7	8.5%	± 3.6	*3.1%	± 2.3
Suburban Ramsey County	593	33.7%	± 4.7	43.8%	± 5.0	12.9%	± 3.8	8.0%	± 3.3	^1.7%	± 2.1
Scott County	540	29.5%	± 5.0	48.4%	± 5.4	11.3%	± 4.1	8.9%	± 3.6	*1.9%	± 1.7
Washington County	606	32.6%	± 4.9	42.9%	± 5.1	17.4%	± 4.6	5.9%	± 2.8	^1.1%	± 1.8

NOTE: Definitions for the indicators are provided in Appendix D.
   * 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%)

Social-Environment Factors

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

TABLE 86	Sample Size	Very pleasant		Somewhat pleasant		Not very pleasant		Not at all pleasant	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,958	67.3%	± 1.3	28.0%	± 1.2	3.9%	± 0.6	0.9%	± 0.3
Gender									
Male	4,374	68.4%	± 2.1	27.0%	± 2.0	3.7%	± 0.9	0.9%	± 0.5
Female	7,582	66.3%	± 1.6	28.8%	± 1.6	4.0%	± 0.7	0.9%	± 0.3
Age									
25-34	1,557	61.6%	± 3.3	32.4%	± 3.2	4.9%	± 1.6	*1.1%	± 0.9
35-44	1,592	64.0%	± 3.3	30.5%	± 3.2	4.7%	± 1.7	^0.8%	± 0.8
45-54	2,077	70.1%	± 2.9	25.0%	± 2.7	3.9%	± 1.4	*1.0%	± 0.8
55-64	2,830	69.9%	± 2.6	26.0%	± 2.5	3.3%	± 1.0	0.8%	± 0.4
65-74	2,182	72.8%	± 2.6	24.5%	± 2.6	2.0%	± 0.7	*0.6%	± 0.5
75 and older	1,689	69.6%	± 3.4	27.4%	± 3.5	2.2%	± 1.0	*0.8%	± 0.7
Educational Attainment									
HS graduate, GED, or less	1,556	56.0%	± 4.0	36.3%	± 3.9	6.2%	± 2.5	1.4%	± 0.8
Some college	3,314	63.0%	± 2.6	30.3%	± 2.5	5.2%	± 1.4	*1.5%	± 0.9
Bachelor's degree or higher	7,058	71.1%	± 1.6	25.5%	± 1.6	2.9%	± 0.6	0.5%	± 0.2
Household income									
< 200% of FPL	1,970	49.8%	± 3.6	39.5%	± 3.6	8.9%	± 2.4	1.8%	± 1.0
≥ 200% of FPL	9,460	70.6%	± 1.4	25.8%	± 1.4	2.9%	± 0.5	0.7%	± 0.3
Geographic Area									
Carver County	603	78.6%	± 4.5	18.3%	± 4.3	*1.9%	± 1.9	^1.2%	± 1.7
Dakota County	525	66.0%	± 4.9	30.4%	± 4.9	*2.5%	± 1.9	^1.1%	± 1.8
Hennepin County	8,534	67.0%	± 1.5	28.2%	± 1.4	3.7%	± 0.6	1.1%	± 0.4
Bloomington	637	67.1%	± 6.0	28.9%	± 5.8	^2.4%	± 3.3	^1.6%	± 6.8
Minneapolis	3,303	59.1%	± 2.4	32.3%	± 2.4	6.6%	± 1.5	1.9%	± 0.6
Ramsey County	1,149	62.2%	± 3.4	31.3%	± 3.3	6.0%	± 2.0	^0.6%	± 0.6
Saint Paul	557	53.3%	± 5.0	38.2%	± 5.0	8.1%	± 3.4	^0.3%	± 0.5
Suburban Ramsey County	592	71.6%	± 4.6	24.0%	± 4.4	*3.7%	± 2.6	^0.8%	± 1.4
Scott County	539	70.8%	± 5.2	25.1%	± 5.0	*3.2%	± 3.0	^0.9%	± 1.0
Washington County	608	74.4%	± 4.6	21.9%	± 4.4	*3.6%	± 2.8	^0.1%	± 0.4

NOTE: Definitions for the indicators are provided in Appendix D.
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Social-Environment Factors

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

TABLE 87	Sample Size	Very well maintained		Somewhat maintained		Not very well maintained/ Not at all maintained		There are no sidewalks in my neighborhood	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,951	50.0%	± 1.4	29.7%	± 1.3	4.1%	± 0.6	16.2%	± 1.0
Gender									
Male	4,364	51.1%	± 2.2	29.2%	± 2.1	4.5%	± 1.1	15.3%	± 1.6
Female	7,585	49.1%	± 1.7	30.2%	± 1.6	3.8%	± 0.6	17.0%	± 1.3
Age									
25-34	1,557	46.8%	± 3.4	37.0%	± 3.3	6.4%	± 1.8	9.9%	± 2.3
35-44	1,593	51.1%	± 3.4	30.4%	± 3.2	5.0%	± 1.8	13.5%	± 2.4
45-54	2,077	50.7%	± 3.1	29.0%	± 2.9	3.2%	± 1.1	17.2%	± 2.6
55-64	2,836	49.6%	± 2.7	25.9%	± 2.4	3.0%	± 1.1	21.5%	± 2.4
65-74	2,180	51.2%	± 2.9	24.8%	± 2.6	3.1%	± 1.1	20.9%	± 2.6
75 and older	1,678	53.8%	± 3.4	24.5%	± 3.2	2.0%	± 0.9	19.7%	± 2.7
Educational Attainment									
HS graduate, GED, or less	1,552	43.4%	± 4.0	32.8%	± 3.8	7.1%	± 2.7	16.7%	± 3.0
Some college	3,312	44.7%	± 2.6	30.7%	± 2.5	5.0%	± 1.3	19.7%	± 2.2
Bachelor's degree or higher	7,058	53.4%	± 1.8	28.8%	± 1.6	3.2%	± 0.6	14.6%	± 1.3
Household income									
< 200% of FPL	1,964	38.7%	± 3.5	38.6%	± 3.5	9.6%	± 2.4	13.1%	± 2.7
≥ 200% of FPL	9,461	52.4%	± 1.5	28.0%	± 1.4	3.1%	± 0.6	16.6%	± 1.1
Geographic Area									
Carver County	603	56.0%	± 5.1	23.5%	± 4.6	*4.0%	± 2.7	16.6%	± 3.5
Dakota County	524	45.7%	± 5.1	30.2%	± 4.9	*2.4%	± 2.0	21.7%	± 4.4
Hennepin County	8,531	52.1%	± 1.5	29.5%	± 1.4	4.6%	± 0.8	13.9%	± 1.1
Bloomington	636	44.8%	± 5.7	29.2%	± 5.5	*8.3%	± 5.9	17.7%	± 4.8
Minneapolis	3,303	53.4%	± 2.5	38.5%	± 2.4	7.6%	± 1.6	*0.5%	± 0.4
Ramsey County	1,146	44.3%	± 3.6	38.8%	± 3.5	5.6%	± 2.0	11.3%	± 2.2
Saint Paul	558	39.2%	± 5.1	50.3%	± 5.2	8.3%	± 3.6	*2.1%	± 1.9
Suburban Ramsey County	588	49.7%	± 5.0	26.7%	± 4.7	*2.6%	± 1.8	21.1%	± 4.2
Scott County	540	51.3%	± 5.4	23.0%	± 4.9	^2.8%	± 2.8	22.9%	± 4.7
Washington County	607	54.0%	± 5.1	17.8%	± 4.1	^1.8%	± 2.4	26.3%	± 4.7

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Social-Environment Factors

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

| TABLE 88	Sample Size	Very easy		Somewhat easy		Not very easy		Not at all easy	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,951	59.3%	± 1.4	34.1%	± 1.3	5.1%	± 0.6	1.6%	± 0.4
Gender									
Male	4,370	60.5%	± 2.2	33.5%	± 2.2	4.6%	± 1.0	1.3%	± 0.6
Female	7,579	58.2%	± 1.7	34.6%	± 1.6	5.4%	± 0.8	1.8%	± 0.6
Age									
25-34	1,559	52.8%	± 3.4	40.6%	± 3.4	5.2%	± 1.6	*1.4%	± 1.2
35-44	1,594	53.4%	± 3.4	39.1%	± 3.4	5.4%	± 1.7	*2.1%	± 1.5
45-54	2,077	62.8%	± 3.0	30.6%	± 2.9	4.9%	± 1.5	1.7%	± 1.0
55-64	2,835	63.5%	± 2.7	30.7%	± 2.6	4.5%	± 1.3	1.3%	± 0.6
65-74	2,183	65.9%	± 2.9	28.3%	± 2.7	4.7%	± 1.4	^1.1%	± 1.6
75 and older	1,672	64.4%	± 3.4	27.7%	± 3.3	6.3%	± 1.6	*1.6%	± 1.0
Educational Attainment									
HS graduate, GED, or less	1,551	54.4%	± 4.0	34.6%	± 4.0	8.0%	± 2.5	*3.1%	± 1.8
Some college	3,315	57.3%	± 2.6	35.3%	± 2.6	5.5%	± 1.3	1.9%	± 1.1
Bachelor's degree or higher	7,055	61.0%	± 1.7	33.4%	± 1.7	4.4%	± 0.7	1.2%	± 0.5
Household income									
< 200% of FPL	1,969	50.5%	± 3.6	38.1%	± 3.5	8.7%	± 2.1	*2.7%	± 1.8
≥ 200% of FPL	9,452	60.8%	± 1.5	33.5%	± 1.5	4.4%	± 0.7	1.4%	± 0.4
Geographic Area									
Carver County	600	65.7%	± 5.1	28.5%	± 4.9	*3.8%	± 2.3	^2.1%	± 3.3
Dakota County	525	56.7%	± 5.1	35.6%	± 5.0	5.0%	± 2.6	*2.7%	± 2.4
Hennepin County	8,530	60.0%	± 1.6	33.1%	± 1.5	5.5%	± 0.8	1.3%	± 0.4
Bloomington	632	59.4%	± 5.9	32.3%	± 5.8	*7.2%	± 4.3	*1.1%	± 1.0
Minneapolis	3,307	55.6%	± 2.5	37.2%	± 2.5	5.8%	± 1.4	*1.4%	± 0.9
Ramsey County	1,148	52.8%	± 3.6	40.3%	± 3.6	5.4%	± 1.7	*1.5%	± 1.3
Saint Paul	557	45.4%	± 5.2	46.6%	± 5.3	6.7%	± 2.7	^1.3%	± 2.0
Suburban Ramsey County	591	60.7%	± 5.0	33.6%	± 4.9	4.1%	± 2.2	^1.7%	± 2.2
Scott County	540	65.8%	± 5.4	30.2%	± 5.4	*2.7%	± 2.0	*1.4%	± 1.2
Washington County	608	66.3%	± 5.0	28.7%	± 4.9	*3.7%	± 2.4	^1.3%	± 1.8

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Social-Environment Factors

Q: **Please rate the extent to which you agree or disagree.**
This is a good community to raise children in

TABLE 89	Sample Size	Strongly agree		Somewhat agree		Somewhat disagree		Strongly disagree	
	N	**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**		**% ± 95% C.I.**	
Six County Total	11,874	64.9%	± 1.3	28.1%	± 1.2	5.4%	± 0.6	1.6%	± 0.4
Gender									
Male	4,344	63.4%	± 2.1	28.5%	± 2.0	6.4%	± 1.2	1.8%	± 0.7
Female	7,529	66.3%	± 1.6	27.7%	± 1.5	4.5%	± 0.7	1.5%	± 0.4
Age									
25-34	1,553	52.1%	± 3.4	36.9%	± 3.3	9.0%	± 2.0	2.0%	± 1.1
35-44	1,589	64.7%	± 3.2	28.1%	± 3.0	5.7%	± 1.7	*1.5%	± 1.0
45-54	2,068	70.0%	± 2.8	23.7%	± 2.6	4.4%	± 1.4	1.9%	± 1.0
55-64	2,826	69.2%	± 2.5	25.3%	± 2.4	4.1%	± 1.2	1.4%	± 0.6
65-74	2,165	71.9%	± 2.6	24.1%	± 2.5	3.0%	± 1.0	1.0%	± 0.5
75 and older	1,643	66.4%	± 3.5	28.6%	± 3.4	3.7%	± 1.5	*1.3%	± 0.8
Educational Attainment									
HS graduate, GED, or less	1,532	51.5%	± 4.0	37.9%	± 4.0	7.8%	± 2.6	2.8%	± 1.4
Some college	3,293	61.3%	± 2.5	30.4%	± 2.4	5.8%	± 1.4	2.5%	± 1.1
Bachelor's degree or higher	7,025	68.7%	± 1.6	25.4%	± 1.5	4.8%	± 0.8	1.0%	± 0.4
Household income									
< 200% of FPL	1,938	43.1%	± 3.5	41.2%	± 3.6	10.8%	± 2.4	5.0%	± 1.9
≥ 200% of FPL	9,425	69.0%	± 1.4	25.7%	± 1.3	4.3%	± 0.7	1.0%	± 0.3
Geographic Area									
Carver County	599	83.5%	± 4.3	14.6%	± 4.1	^1.3%	± 1.7	^0.6%	± 2.1
Dakota County	521	71.5%	± 4.7	25.0%	± 4.5	*3.3%	± 2.4	^0.2%	± 0.7
Hennepin County	8,477	62.3%	± 1.5	29.1%	± 1.4	6.4%	± 0.9	2.1%	± 0.5
Bloomington	630	69.5%	± 5.9	24.3%	± 5.3	*6.0%	± 5.6	^0.2%	± 0.4
Minneapolis	3,289	45.0%	± 2.4	38.4%	± 2.5	11.9%	± 1.8	4.7%	± 1.3
Ramsey County	1,137	54.0%	± 3.5	35.5%	± 3.5	7.9%	± 2.2	*2.6%	± 1.6
Saint Paul	555	40.5%	± 5.0	42.0%	± 5.2	13.1%	± 4.0	*4.4%	± 3.0
Suburban Ramsey County	582	68.4%	± 4.8	28.5%	± 4.8	*2.3%	± 1.6	^0.8%	± 1.0
Scott County	536	72.9%	± 5.0	24.5%	± 4.9	^2.3%	± 2.6	^0.3%	± 0.6
Washington County	604	79.1%	± 4.2	19.3%	± 4.1	^1.2%	± 1.5	^0.3%	± 0.5

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

Social-Environment Factors

Q: **Please rate the extent to which you agree or disagree.**
People in this neighborhood are willing to help one another

TABLE 90	Sample Size	Strongly agree		Somewhat agree		Somewhat disagree		Strongly disagree	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,906	44.9%	± 1.4	45.6%	± 1.4	7.8%	± 0.8	1.6%	± 0.4
Gender									
Male	4,354	43.0%	± 2.2	47.4%	± 2.2	8.0%	± 1.3	1.6%	± 0.7
Female	7,551	46.6%	± 1.7	44.0%	± 1.7	7.7%	± 1.0	1.7%	± 0.5
Age									
25-34	1,547	32.2%	± 3.2	53.1%	± 3.4	12.4%	± 2.4	2.2%	± 1.2
35-44	1,592	45.5%	± 3.4	45.0%	± 3.4	8.0%	± 2.0	*1.4%	± 1.2
45-54	2,067	49.7%	± 3.1	40.9%	± 3.1	7.6%	± 1.9	1.8%	± 1.0
55-64	2,829	47.0%	± 2.7	45.2%	± 2.7	6.1%	± 1.3	1.7%	± 1.0
65-74	2,177	50.0%	± 2.9	44.8%	± 2.9	4.5%	± 1.3	0.7%	± 0.4
75 and older	1,664	52.8%	± 3.4	42.5%	± 3.5	3.7%	± 1.3	*1.0%	± 0.8
Educational Attainment									
HS graduate, GED, or less	1,541	36.4%	± 3.7	49.5%	± 4.0	10.6%	± 3.0	3.5%	± 1.9
Some college	3,304	40.9%	± 2.6	48.0%	± 2.6	8.8%	± 1.7	2.3%	± 1.0
Bachelor's degree or higher	7,037	48.1%	± 1.8	43.9%	± 1.8	6.9%	± 0.9	1.0%	± 0.4
Household income									
< 200% of FPL	1,956	29.0%	± 3.2	51.9%	± 3.6	14.3%	± 2.9	4.8%	± 1.9
≥ 200% of FPL	9,437	48.0%	± 1.5	44.3%	± 1.5	6.6%	± 0.8	1.0%	± 0.3
Geographic Area									
Carver County	601	58.7%	± 5.1	35.4%	± 5.0	*3.3%	± 2.6	^2.6%	± 3.4
Dakota County	524	46.6%	± 5.1	44.3%	± 5.1	7.6%	± 3.3	^1.6%	± 2.0
Hennepin County	8,501	44.6%	± 1.5	45.3%	± 1.6	8.4%	± 1.0	1.7%	± 0.4
Bloomington	633	46.5%	± 5.7	45.6%	± 5.8	*7.3%	± 4.6	^0.6%	± 1.4
Minneapolis	3,295	37.3%	± 2.3	48.0%	± 2.5	11.8%	± 1.9	2.9%	± 1.0
Ramsey County	1,138	37.4%	± 3.4	51.6%	± 3.6	8.7%	± 2.3	*2.2%	± 1.6
Saint Paul	550	30.9%	± 4.8	53.3%	± 5.3	12.8%	± 4.1	*3.1%	± 2.7
Suburban Ramsey County	588	44.2%	± 4.9	50.0%	± 5.0	4.5%	± 2.0	^1.3%	± 2.1
Scott County	537	51.9%	± 5.4	38.5%	± 5.4	8.9%	± 4.1	^0.7%	± 1.8
Washington County	605	50.1%	± 5.1	44.5%	± 5.1	4.7%	± 2.6	^0.7%	± 1.5

NOTE: Definitions for the indicators are provided in Appendix D.
* 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%)

Social-Environment Factors

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

TABLE 91	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.	
Six County Total	11,973	50.5%	± 1.3	40.6%	± 1.3	7.4%	± 0.7	1.5%	± 0.4
Gender									
Male	4,376	51.9%	± 2.2	39.6%	± 2.2	7.0%	± 1.2	1.6%	± 0.6
Female	7,595	49.2%	± 1.6	41.5%	± 1.7	7.8%	± 0.9	1.5%	± 0.5
Age									
25-34	1,559	42.6%	± 3.4	43.1%	± 3.3	12.6%	± 2.3	1.7%	± 1.0
35-44	1,588	48.8%	± 3.4	41.6%	± 3.3	7.9%	± 1.8	*1.7%	± 1.2
45-54	2,077	54.9%	± 3.0	37.8%	± 3.0	5.5%	± 1.4	1.8%	± 0.9
55-64	2,842	51.6%	± 2.7	40.5%	± 2.7	6.2%	± 1.4	*1.7%	± 1.1
65-74	2,182	55.4%	± 2.9	39.5%	± 2.9	4.3%	± 1.1	*0.9%	± 0.8
75 and older	1,694	54.5%	± 3.4	40.7%	± 3.4	4.3%	± 2.1	^0.4%	± 0.4
Educational Attainment									
HS graduate, GED, or less	1,561	36.0%	± 3.7	51.4%	± 4.0	8.9%	± 2.8	3.7%	± 1.9
Some college	3,325	43.8%	± 2.6	45.2%	± 2.6	8.4%	± 1.5	2.6%	± 1.2
Bachelor's degree or higher	7,062	55.8%	± 1.7	36.8%	± 1.7	6.8%	± 0.9	0.7%	± 0.3
Household income									
< 200% of FPL	1,980	30.6%	± 3.3	49.1%	± 3.6	14.7%	± 2.8	5.6%	± 2.0
≥ 200% of FPL	9,469	54.4%	± 1.5	38.9%	± 1.5	6.0%	± 0.7	0.7%	± 0.3
Geographic Area									
Carver County	606	73.6%	± 4.8	24.0%	± 4.6	^2.2%	± 2.3	^0.2%	± 0.5
Dakota County	527	56.6%	± 5.0	39.5%	± 5.0	*3.6%	± 2.6	^0.3%	± 1.6
Hennepin County	8,534	48.4%	± 1.5	41.2%	± 1.5	8.4%	± 0.9	2.0%	± 0.5
Bloomington	634	55.6%	± 5.7	39.1%	± 5.7	^4.2%	± 4.4	^1.0%	± 5.1
Minneapolis	3,307	23.1%	± 2.0	54.3%	± 2.5	17.4%	± 2.0	5.3%	± 1.4
Ramsey County	1,151	36.1%	± 3.3	49.2%	± 3.6	12.0%	± 2.5	*2.7%	± 1.6
Saint Paul	558	20.9%	± 4.3	55.4%	± 5.2	19.1%	± 4.3	*4.6%	± 3.1
Suburban Ramsey County	593	52.1%	± 4.9	42.7%	± 5.0	4.6%	± 2.2	^0.6%	± 1.6
Scott County	546	59.1%	± 5.3	37.5%	± 5.3	*3.4%	± 2.9	0.0%	± 0.0
Washington County	609	67.8%	± 4.8	29.5%	± 4.7	*2.6%	± 2.0	^0.1%	± 0.4

NOTE: Definitions for the indicators are provided in Appendix D.
* 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%)

Social-Environment Factors

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

TABLE 92	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.	%	± 95% C.I.
Six County Total	11,950	2.2%	± 0.5	3.2%	± 0.6	8.3%	± 0.9	12.7%	± 1.0	73.6%	± 1.3
Gender											
Male	4,362	2.9%	± 0.9	3.5%	± 1.1	9.0%	± 1.5	12.8%	± 1.6	71.9%	± 2.1
Female	7,586	1.7%	± 0.5	2.9%	± 0.7	7.6%	± 1.0	12.6%	± 1.2	75.1%	± 1.5
Age											
25-34	1,558	2.7%	± 1.3	4.6%	± 1.7	10.7%	± 2.3	15.6%	± 2.6	66.4%	± 3.3
35-44	1,589	2.3%	± 1.4	4.1%	± 1.9	10.0%	± 2.3	14.5%	± 2.4	69.1%	± 3.2
45-54	2,075	2.6%	± 1.3	3.1%	± 1.3	9.0%	± 2.1	12.5%	± 2.2	72.7%	± 2.9
55-64	2,835	2.4%	± 1.0	2.5%	± 1.3	6.6%	± 1.4	13.0%	± 2.1	75.5%	± 2.5
65-74	2,176	*0.9%	± 0.6	*1.0%	± 0.8	4.8%	± 1.8	8.7%	± 1.8	84.5%	± 2.4
75 and older	1,686	^0.6%	± 0.8	^1.6%	± 2.6	2.1%	± 1.2	4.8%	± 2.0	90.9%	± 2.8
Educational Attainment											
HS graduate, GED, or less	1,558	3.3%	± 1.9	*3.6%	± 2.4	8.9%	± 2.9	10.0%	± 3.0	74.2%	± 4.0
Some college	3,313	2.4%	± 1.1	3.1%	± 1.2	8.1%	± 1.8	12.1%	± 2.0	74.3%	± 2.5
Bachelor's degree or higher	7,055	2.0%	± 0.6	3.2%	± 0.8	8.2%	± 1.1	13.4%	± 1.2	73.2%	± 1.6
Household income											
< 200% of FPL	1,968	7.2%	± 2.2	7.8%	± 2.5	13.5%	± 2.9	13.5%	± 2.7	57.9%	± 3.6
≥ 200% of FPL	9,458	1.3%	± 0.4	2.3%	± 0.6	7.4%	± 0.9	12.7%	± 1.1	76.3%	± 1.4
Geographic Area											
Carver County	606	^1.8%	± 3.9	^0.7%	± 1.1	*4.8%	± 3.9	7.8%	± 3.6	84.9%	± 5.0
Dakota County	528	^1.3%	± 2.0	*3.8%	± 2.9	6.5%	± 3.3	11.2%	± 3.8	77.1%	± 4.8
Hennepin County	8,519	2.7%	± 0.6	3.2%	± 0.7	9.5%	± 1.1	14.4%	± 1.2	70.2%	± 1.5
Bloomington	633	^1.4%	± 2.1	*3.4%	± 3.1	*4.5%	± 4.2	12.9%	± 5.4	77.8%	± 6.0
Minneapolis	3,303	5.0%	± 1.4	4.6%	± 1.2	13.5%	± 2.0	18.7%	± 2.1	58.2%	± 2.5
Ramsey County	1,149	*2.6%	± 1.6	4.2%	± 2.0	11.1%	± 2.8	12.5%	± 2.6	69.6%	± 3.6
Saint Paul	555	*3.4%	± 2.7	*6.1%	± 3.6	12.7%	± 4.2	15.2%	± 4.1	62.6%	± 5.3
Suburban Ramsey County	594	^1.8%	± 2.3	*2.3%	± 2.2	9.4%	± 4.0	9.6%	± 3.5	77.0%	± 4.8
Scott County	540	^0.8%	± 2.5	^1.1%	± 2.2	*2.9%	± 2.3	11.6%	± 4.9	83.7%	± 5.1
Washington County	608	^1.0%	± 2.3	^2.4%	± 2.7	*3.1%	± 2.3	8.9%	± 3.6	84.5%	± 4.3

NOTE: Definitions for the indicators are provided in Appendix D.
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^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error >50%)

Social-Environment Factors

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

TABLE 93	Sample Size	Often		Sometimes		Rarely		Never	
	N	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.	%	± 95% C.I.
Six County Total	11,998	3.0%	± 0.5	6.7%	± 0.8	7.8%	± 0.8	82.5%	± 1.1
Gender									
Male	4,380	2.7%	± 0.9	6.3%	± 1.3	7.1%	± 1.3	83.9%	± 1.8
Female	7,616	3.3%	± 0.7	7.0%	± 1.0	8.4%	± 1.1	81.2%	± 1.4
Age									
25-34	1,559	3.4%	± 1.5	7.8%	± 2.1	9.8%	± 2.3	79.0%	± 3.0
35-44	1,592	4.0%	± 1.5	7.6%	± 2.1	8.7%	± 2.2	79.7%	± 2.9
45-54	2,079	3.8%	± 1.3	6.7%	± 1.7	6.7%	± 1.6	82.8%	± 2.4
55-64	2,844	2.4%	± 1.0	7.2%	± 1.9	7.4%	± 1.7	83.0%	± 2.4
65-74	2,189	1.2%	± 0.7	3.8%	± 1.3	6.2%	± 1.9	88.8%	± 2.2
75 and older	1,704	^0.7%	± 0.7	3.5%	± 1.7	6.4%	± 2.5	89.4%	± 2.8
Educational Attainment									
HS graduate, GED, or less	1,571	7.2%	± 2.4	18.0%	± 3.6	11.7%	± 2.9	63.2%	± 4.0
Some college	3,329	5.0%	± 1.4	10.1%	± 1.8	9.6%	± 1.7	75.3%	± 2.4
Bachelor's degree or higher	7,073	1.4%	± 0.5	3.3%	± 0.7	6.4%	± 1.0	88.9%	± 1.2
Household income									
< 200% of FPL	1,983	13.8%	± 2.7	26.7%	± 3.5	15.7%	± 2.8	43.7%	± 3.5
≥ 200% of FPL	9,486	1.0%	± 0.4	3.0%	± 0.6	6.4%	± 0.9	89.6%	± 1.0
Geographic Area									
Carver County	607	^1.6%	± 1.7	5.2%	± 2.7	5.4%	± 3.0	87.8%	± 3.7
Dakota County	527	*1.3%	± 1.2	5.2%	± 2.8	11.6%	± 3.9	81.8%	± 4.3
Hennepin County	8,557	3.2%	± 0.7	7.0%	± 1.0	7.5%	± 0.9	82.3%	± 1.3
Bloomington	637	^2.0%	± 2.5	*4.7%	± 4.4	*6.9%	± 4.1	86.3%	± 5.2
Minneapolis	3,311	5.0%	± 1.4	10.5%	± 2.0	9.4%	± 1.7	75.0%	± 2.4
Ramsey County	1,153	4.9%	± 2.0	9.5%	± 2.5	8.3%	± 2.2	77.4%	± 3.3
Saint Paul	558	6.8%	± 3.5	11.7%	± 4.0	9.3%	± 3.5	72.2%	± 5.0
Suburban Ramsey County	595	*2.8%	± 2.3	7.0%	± 3.5	7.3%	± 3.1	82.8%	± 4.3
Scott County	546	*2.3%	± 2.1	*3.0%	± 2.0	6.9%	± 3.2	87.8%	± 3.7
Washington County	608	^1.9%	± 2.1	*3.9%	± 2.5	4.6%	± 2.7	89.6%	± 3.5

NOTE: Definitions for the indicators are provided in Appendix D.
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  ^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error >50%)

Social-Environment Factors

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

TABLE 94	Sample Size	Yes
	N	**% ± 95% C.I.**
Six County Total	11,947	5.4% ± 0.7
Gender		
Male	4,355	5.1% ± 1.2
Female	7,590	5.8% ± 0.9
Age		
25-34	1,556	5.9% ± 1.9
35-44	1,589	6.9% ± 2.1
45-54	2,078	6.3% ± 1.6
55-64	2,833	5.7% ± 1.6
65-74	2,176	2.0% ± 1.1
75 and older	1,685	^1.1% ± 1.3
Educational Attainment		
HS graduate, GED, or less	1,557	12.4% ± 3.4
Some college	3,315	8.0% ± 1.7
Bachelor's degree or higher	7,052	3.1% ± 0.7
Household income		
< 200% of FPL	1,965	19.4% ± 3.2
≥ 200% of FPL	9,457	2.9% ± 0.6
Geographic Area		
Carver County	602	*3.3% ± 2.2
Dakota County	526	5.4% ± 2.9
Hennepin County	8,520	5.7% ± 0.9
Bloomington	635	^3.5% ± 3.8
Minneapolis	3,291	9.1% ± 1.9
Ramsey County	1,148	6.6% ± 2.3
Saint Paul	554	9.7% ± 4.0
Suburban Ramsey County	594	*3.3% ± 2.4
Scott County	544	*4.3% ± 2.9
Washington County	607	*3.2% ± 2.6

NOTE: Definitions for the indicators are provided in Appendix D.
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  ^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error >50%)

Social-Environment Factors

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

TABLE 95	Sample Size	0 times		1 time		2 or more times	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,990	79.7%	± 1.2	16.4%	± 1.1	4.0%	± 0.6
Gender							
Male	4,381	79.7%	± 1.9	16.0%	± 1.8	4.2%	± 1.1
Female	7,607	79.6%	± 1.5	16.6%	± 1.4	3.8%	± 0.7
Age							
25-34	1,559	52.0%	± 3.4	36.4%	± 3.3	11.7%	± 2.3
35-44	1,591	79.6%	± 2.9	17.5%	± 2.7	2.9%	± 1.3
45-54	2,078	88.3%	± 2.0	9.9%	± 1.9	1.7%	± 0.8
55-64	2,841	91.0%	± 1.7	7.3%	± 1.5	*1.7%	± 1.2
65-74	2,185	90.8%	± 2.0	8.0%	± 1.9	*1.1%	± 1.0
75 and older	1,704	88.8%	± 2.3	9.7%	± 2.1	*1.4%	± 1.4
Educational Attainment							
HS graduate, GED, or less	1,567	83.6%	± 3.5	12.4%	± 3.2	*4.0%	± 2.4
Some college	3,330	83.8%	± 2.2	13.1%	± 2.1	3.0%	± 1.1
Bachelor's degree or higher	7,070	77.2%	± 1.6	18.4%	± 1.5	4.4%	± 0.8
Household income							
< 200% of FPL	1,983	74.5%	± 3.4	18.1%	± 3.1	7.4%	± 2.2
≥ 200% of FPL	9,481	80.2%	± 1.3	16.4%	± 1.2	3.4%	± 0.6
Geographic Area							
Carver County	604	82.5%	± 4.5	16.8%	± 4.5	^0.7%	± 0.8
Dakota County	526	77.3%	± 4.7	19.0%	± 4.5	*3.7%	± 2.5
Hennepin County	8,554	79.7%	± 1.3	15.9%	± 1.2	4.4%	± 0.7
Bloomington	637	83.3%	± 5.0	15.2%	± 5.0	^1.6%	± 1.7
Minneapolis	3,313	72.6%	± 2.4	19.3%	± 2.1	8.2%	± 1.7
Ramsey County	1,152	78.6%	± 3.3	17.2%	± 3.1	4.2%	± 2.0
Saint Paul	557	74.1%	± 5.2	20.5%	± 4.9	*5.4%	± 3.4
Suburban Ramsey County	595	83.4%	± 4.2	13.7%	± 3.9	*2.9%	± 2.7
Scott County	545	79.8%	± 5.0	14.8%	± 4.4	*5.4%	± 3.9
Washington County	609	83.6%	± 4.3	14.1%	± 4.0	^2.3%	± 2.7

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

Social-Environment Factors

Q: Do you think of yourself as ...

TABLE 96	Sample Size	Gay, lesbian, or homosexual/ Bisexual/Transgender	
	N	**% ± 95% C.I.**	
Six County Total	10,060	5.8%	± 0.7
Gender			
Male	3,649	6.8%	± 1.2
Female	6,409	4.9%	± 0.8
Age			
25-34	1,363	8.0%	± 2.1
35-44	1,344	7.2%	± 1.9
45-54	1,707	6.0%	± 1.5
55-64	2,381	4.9%	± 1.3
65-74	1,817	2.9%	± 1.0
75 and older	1,427	*0.8%	± 0.7
Educational Attainment			
HS graduate, GED, or less	1,227	3.7%	± 2.1
Some college	2,694	4.6%	± 1.3
Bachelor's degree or higher	6,127	6.6%	± 0.9
Household income			
< 200% of FPL	1,669	7.8%	± 2.3
≥ 200% of FPL	7,996	5.5%	± 0.8
Geographic Area			
Carver County	591	^0.9%	± 1.2
Dakota County	N/A		
Hennepin County	8,350	6.2%	± 0.8
Bloomington	624	^2.9%	± 3.2
Minneapolis	3,234	12.4%	± 1.7
Ramsey County	1,119	5.9%	± 1.9
Saint Paul	538	8.3%	± 3.4
Suburban Ramsey County	581	*3.5%	± 2.2
Scott County	N/A		
Washington County	N/A		

NOTE: Definitions for the indicators are provided in Appendix D.
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  ^ Estimate does not meet criteria for statistical reliability and should be used with extreme caution. (Relative Standard Error >50%)

Metro SHAPE
2014
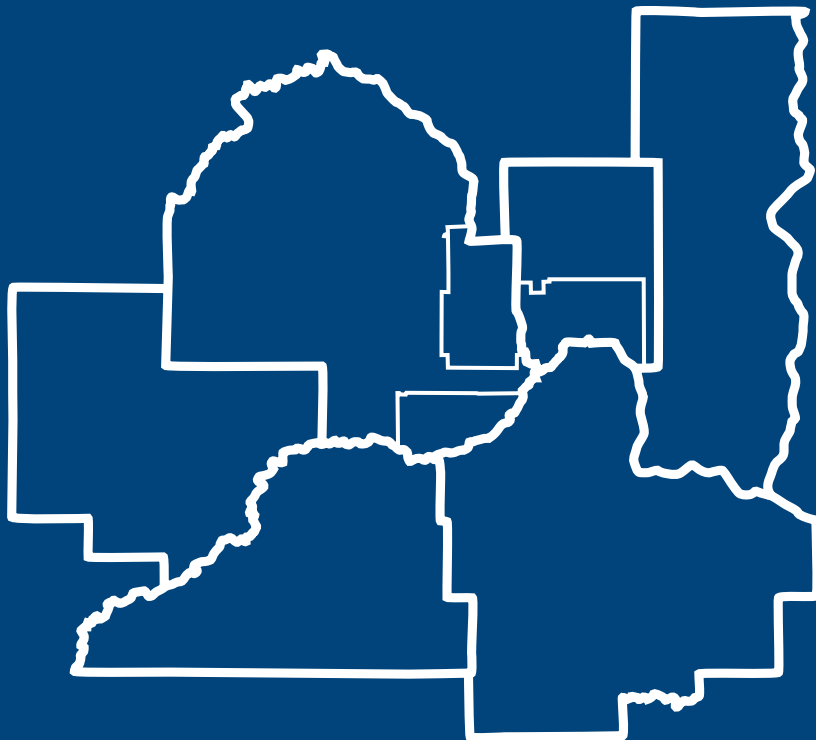
Appendices

APPENDIX A – How to Read the Table

This data book presents results for many health indicators from the *Metro SHAPE 2014* survey. Most tables in this report include all response options for a particular question in one table. Each table starts with the aggregate six county metro level results followed by gender, age, education, and household income breakdowns for that population whenever possible. Finally, each table concludes with aggregate results for each separate participating county or city.

Some tables display results for sub-questions within a single question. These tables only include metro and county/city results. Since each row represents a different question and the number of respondents answering each question may differ, an N is not included in this type of table.

In most of the data tables, the title is the actual survey question and is presented as it was asked (e.g., "Do you currently have insurance that pays for all or part of your dental care?"). 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 the Appendix D.

All results are reported as percentages (%) with corresponding 95% confidence intervals (± 95% C.I.). The one exception is Table 6 "Average number of unhealthy days during the past 30 days", where the average, or mean, and its corresponding confidence intervals are reported. 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. The responses of "Don't know" or "Refused" are not included in the calculated percentages as these responses occur very infrequently for most questions.

Most questions in *Metro SHAPE 2014* 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..."

When only a small number of respondents answer a question, the sample size may be too small to provide a reliable estimate. Therefore, in this data book, results are not presented when there are fewer than 30 respondents for any particular question. Omissions of this type are indicated by the symbol "<30".

Most of the data tables in this report are similar to the table shown in Figure 2. Each row on a table corresponds to a defined subgroup. The rows provide results for demographic subgroups including gender, education, age and household income. For gender the categories are male and female. For the data on age, categories include: 25-34, 35-44, 45-54, 55-64, 65-74, and 75 and older. For education, categories include: High School graduate, GED, or less; some college; Bachelor's degree or higher. The data presented on household income are separated into two categories, those below 200% of the Federal Poverty Level and those greater than or equal to 200% of the Federal Poverty Level.

The columns on a table show the sample size (number of cases, or N) within each subgroup, and the percentage of respondents within that population who gave a particular response to the question being presented in that table.

The percentage of respondents giving a particular response is listed as a pair of numbers, % ± 95% C.I. These numbers should be interpreted in the following way: % is the percentage of respondents in the sample from that group who gave that particular response to the question. 95% C.I. is the number of percentage points that should be added to, or subtracted from, the percentage to obtain the upper and lower limits of the 95% confidence interval for the percentage.

Q:

Figure 2:
Question

TABLE X	Sample Size	Response 1		Response 2		Response 3		Response 4	
	N	% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.		% ± 95% C.I.	
Six County Total	11,763	3.6%	± 0.5	33.7%	± 1.3	27.0%	± 1.3	35.7%	± 1.3
Gender									
Male	4,316	3.6%	± 0.9	31.0%	± 2.1	27.3%	± 2.1	38.1%	± 2.2
Female	7,446	3.7%	± 0.7	36.0%	± 1.7	26.8%	± 1.5	33.5%	± 1.6
Age									
25-34	1,554	2.6%	± 1.3	38.0%	± 3.3	26.1%	± 3.1	33.3%	± 3.2
35-44	1,585	2.6%	± 1.4	37.4%	± 3.3	28.1%	± 3.2	31.9%	± 3.2
45-54	2,063	2.9%	± 1.2	31.1%	± 2.9	28.0%	± 2.9	38.0%	± 3.1
55-64	2,807	4.2%	± 1.5	29.1%	± 2.4	28.5%	± 2.6	38.2%	± 2.6
65-74	2,131	3.9%	± 1.2	30.4%	± 3.0	25.9%	± 2.6	39.8%	± 2.9
75 and older	1,599	9.9%	± 2.4	34.9%	± 3.6	22.4%	± 2.8	32.8%	± 3.2
Education									
HS graduate, GED, or less	1,479	9.3%	± 2.5	33.5%	± 3.9	19.4%	± 3.4	37.8%	± 4.0
Some college	3,235	5.1%	± 1.3	32.1%	± 2.5	25.1%	± 2.4	37.7%	± 2.6
Bachelor's degree or higher	7,014	2.0%	± 0.5	34.4%	± 1.7	29.1%	± 1.6	34.4%	± 1.7
Household income									
< 200% of FPL	1,896	9.1%	± 2.3	34.3%	± 3.6	20.0%	± 3.1	36.6%	± 3.5
≥ 200% of FPL	9,378	2.6%	± 0.5	33.8%	± 1.5	28.3%	± 1.4	35.4%	± 1.5
Geographic Area									
Carver County	593	19.4%	± 10.6	28.5%	± 4.1	31.6%	± 8.6	20.5%	± 5.5
Dakota County	519	^3.9%	± 4.1	35.2%	± 5.0	26.2%	± 4.8	34.7%	± 5.0
Hennepin County	8,378	19.4%	± 5.6	43.3%	± 7.6	26.4%	± 0.9	10.9%	± 1.7
Bloomington	623	2.0%	± 0.3	29.8%	± 5.5	29.5%	± 5.7	38.7%	± 5.9
Minneapolis	3,249	4.7%	± 1.5	31.9%	± 2.3	25.0%	± 2.2	38.4%	± 2.5
Ramsey County	1,134	4.6%	± 1.7	35.7%	± 3.6	25.7%	± 3.3	34.0%	± 3.5
Saint Paul	545	5.5%	± 3.1	34.7%	± 5.2	23.5%	± 4.8	36.3%	± 5.1
Suburban Ramsey County	589	3.5%	± 1.9	36.8%	± 5.0	28.1%	± 4.7	31.5%	± 4.7
Scott County	537	26.2%	± 0.9	42.5%	± 4.9	23.2%	± 1.2	8.2%	± 1.9
Washington County	602	*1.6%	± 1.1	30.3%	± 4.9	31.3%	± 5.0	36.8%	± 5.1

NOTE: Definitions for the indicators are provided in Appendix D.
 * 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%)

For example, in Figure 2, in the column labeled "Response 2" and the row for "Scott County" in the Suburban Areas section, the percentage equals 42.5% and the 95% C.I equals 4.9%. Therefore, the 95% confidence interval is 37.6% (or 42.5% - 4.9%) to 47.4% (or 42.5% + 4.9%).

Please note that the sample size, or N, presented in the table is the actual number of respondents for that particular subgroup, while the % and the 95% C.I. are weighted results. The weighted sample size may be different from the observed sample size. For more information, please refer to Appendix D.

Calculation of results not presented in the tables

The Methodology section provides detailed information on the weighting. It is important to note that data that are not provided in a table cannot be calculated from the data provided in the table.

The reader may think that data that are not presented in the table may be derived from the data provided. For example, readers may attempt to use specific calculations to obtain estimates combining geographic areas, for example Bloomington and Minneapolis. For *Metro SHAPE 2014* data, **such a practice is methodologically incorrect and must not be attempted** for the following reasons:

- All percentages and corresponding 95% confidence intervals are based on weighted results, and different weights were used for different estimates.
- The sample sizes provided were the actual numbers of survey respondents and are not weighted sample sizes.

Confidence Intervals and Relative Standard Error

A confidence interval (C.I.) is sometimes called the "margin of error." A 95% confidence interval can be interpreted as follows: if the survey was conducted many times, 95 times out of 100, the estimate for the actual percentage (%) would fall within the range % ± 95% C.I. In the example above, this means that 95 times out of 100, the percentage for Response 2 for Scott County would be 42.5% ± 4.9% (between 37.6% to 47.4%).

Confidence intervals can be used to determine the reliability of an estimate from *Metro SHAPE 2014*, and can also be used to see if the difference in the estimates between groups is statistically significant or not. However, there are also limitations in the use of these confidence intervals in the *Metro SHAPE 2014* data. Both the uses and the limitations of confidence intervals are discussed below.

In addition to confidence intervals (described above), relative standard error (RSE) is also calculated for every estimate. Like the 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, to advise users to use data with caution. 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.

Uses of Confidence Intervals

One common use of the confidence interval is to determine the reliability of an estimate from *Metro SHAPE 2014*. A wider confidence interval indicates a less reliable estimate.

Figure 3: Percentage and confidence intervals for response 2 among selected geographic areas
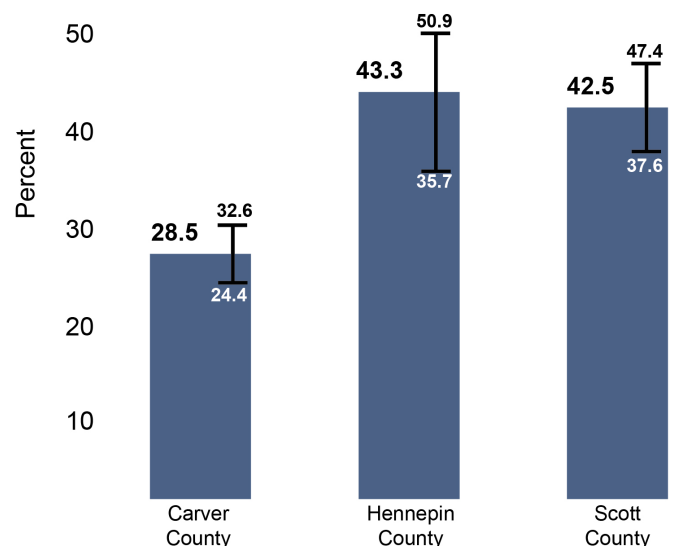
To continue the example from above, the confidence intervals for Response 2 for Carver County, Hennepin County, and Scott County from Figure 2 are depicted in Figure 3.

Each bar represents the point estimate (the percentage for the respective area) and the upper and lower limits of the corresponding 95% confidence interval are plotted. In Figure 3, the confidence interval for Carver County is narrower than the confidence interval for Hennepin County. This implies that the percentage for Response 2, Carver County (28.5%) is a relatively reliable estimate. The percentage for Response 2 for Hennepin County (43.3%) has a wider confidence interval and is therefore less reliable.

Readers will usually find that the confidence intervals are wider for smaller geographic areas such as the inner- and outer-ring suburban areas, and narrower for larger geographic areas such as Hennepin County. Many factors contribute to the width of confidence intervals; foremost in the *Metro SHAPE 2014* data is the sample size. The larger the sample size, the narrower the confidence interval will be.

Another use of the 95% confidence interval is to compare differences in percentages between geographic areas or demographic subgroups. The general rule is that if there is no overlap between the confidence intervals for the percentages from different geographic areas or populations, then there is a statistically significant difference between the percentages. If the confidence intervals do overlap, one cannot state that there is a significant difference. It could be that there are not enough responses to detect a difference.

Returning to Figure 3, it can be seen that the confidence intervals on Response 2 for Carver County and Hennepin County, and for Carver County area and Scott County do not overlap. This means that the percentage for Carver County (28.5%) differs statistically from the percentages for Hennepin (43.3%) and Scott (42.5%) Counties. In contrast, the confidence intervals for Hennepin County and Scott County do overlap, and one cannot state that there is a significant difference.

Limitations of Confidence Intervals

An important limitation of using confidence intervals to determine statistical significance is that such use may occasionally lead to incorrect conclusions about whether or not the difference is statistically significant. This is particularly likely to happen when the ends of the confidence intervals are very close (i.e., just barely do or do not overlap).

Another limitation of the confidence intervals in these data tables is that those presented are forced symmetric, which are often wider than the actual confidence interval. The conventional method for confidence interval calculation uses the normal approximation, and will lead to a confidence interval that is symmetric around the point estimate (either a percentage or an average).

However, the conventional method cannot provide correct confidence interval calculations for the *Metro SHAPE 2014* data due to its complex survey design.

Instead, a robust method (called the Sandwich method) for confidence interval calculation via the statistical package STATA is used. The confidence intervals calculated via this robust method often lead to an asymmetric confidence interval around a point estimate (either a percentage or an average). For example, in Figure 3, the exact 95% confidence interval for Carver County for Response 2 is 24.7% (28.5% - 3.8%) to 32.6% (28.5% + 4.1%), slightly asymmetric around 28.5%.

To simplify the data for our readers, we used the absolute value of the largest end of the asymmetric 95% C.I. to provide a symmetric C.I. for the point estimate. In the above example, the 95% C.I. of 4.1% is used to provide the upper- and lower-end confidence intervals, symmetric around 28.5%. It should be noted that some lower confidence intervals might end with a value that is less than 0%. In this case, 0% should be used as the confidence interval lower limit.

APPENDIX B – Sample Characteristics

Description of the *Metro SHAPE 2014* sample

The responses given by the 12,028 adults aged 25 and older in Carver, Dakota, Hennepin, Ramsey, Scott, and Washington Counties are the basis for the findings of the *Metro SHAPE 2014* Survey.

The distribution of the respondents by key demographic categories is shown in Table 3.

Table 3. Number of unweighted respondents to the Metro SHAPE 2014 survey by reporting category

Gender			
Reporting Area	**Male**	**Female**	**Total**
Carver	230	378	608
Dakota	205	325	530
Hennepin			
Bloomington	232	405	637
Minneapolis	1,217	2,106	3,323
Hennepin Total	3,136	5,442	8,578
Ramsey			
Saint Paul	180	378	558
Suburban Ramsey County	216	380	596
Ramsey Total	396	758	1,154
Scott	203	343	546
Washington	227	385	612
Six County Total	**4,397**	**7,631**	**12,028**

Age						
Reporting Area	**25-34**	**35-44**	**45-54**	**55-64**	**65-74**	**75 and older**
Carver	61	101	122	156	91	77
Dakota	56	51	101	132	111	79
Hennepin						
Bloomington	48	52	101	146	140	150
Minneapolis	652	521	576	772	502	300
Hennepin Total	1201	1120	1463	2000	1550	1244
Ramsey						
Saint Paul	78	88	86	137	110	59
Suburban Ramsey County	56	66	81	143	130	120
Ramsey Total	134	154	167	280	240	179
Scott	53	101	122	120	90	60
Washington	60	69	112	161	128	82
Six County Total	**1,565**	**1,596**	**2,087**	**2,849**	**2,210**	**1,721**

Education Level				
Reporting Area	**Less than HS graduate**	**HS graduate, GED, or less**	**Some college**	**Bachelor's degree or higher**	**Unknown**
Carver	10	89	182	325	2
Dakota	10	64	193	260	3
Hennepin					
Bloomington	5	78	206	347	1
Minneapolis	88	326	740	2,156	13
Hennepin Total	152	898	2,231	5,267	30
Ramsey					
Saint Paul	16	62	161	319	0
Suburban Ramsey County	9	75	189	321	2
Ramsey Total	25	137	350	640	2
Scott	7	89	199	250	1
Washington	6	87	179	337	3
Six County Total	**210**	**1,364**	**3,334**	**7,079**	**41**

Household Income			
Reporting Area	**< 200% of Federal Poverty Level**	**≥ 200% of Federal Poverty Level**	**Unknown**
Carver	73	502	33
Dakota	75	426	29
Hennepin			
Bloomington	74	528	35
Minneapolis	758	2,463	102
Hennepin Total	1,465	6,733	380
Ramsey			
Saint Paul	137	404	17
Suburban Ramsey County	101	469	26
Ramsey Total	238	873	43
Scott	64	462	20
Washington	73	499	40
Six County Total	**1,988**	**9,495**	**545**

Race/Ethnicity						
Reporting Area	**Hispanic**	**Non-Hispanic black or African American**	**Non-Hispanic American Indian or Alaskan Native**	**Non-Hispanic Asian or Asian American, Native Hawaiian, or other Pacific Islander**	**Non-Hispanic white**	**Biracial/ Multiracial & Other or missing**
Carver	6	0	2	12	582	6
Dakota	8	17	3	19	474	9
Hennepin						
Bloomington	2	9	3	18	596	9
Minneapolis	71	244	51	111	2,761	85
Hennepin Total	137	371	91	279	7,544	156
Ramsey						
Saint Paul	11	30	8	36	462	11
Suburban Ramsey County	4	9	4	21	547	11
Ramsey Total	15	39	12	57	1,009	22
Scott	4	4	4	9	517	8
Washington	5	4	2	13	582	6
Six county Total	**175**	**435**	**114**	**389**	**10,708**	**207**

APPENDIX C – Survey Instrument

Metro SHAPE 2014

**Your health matters
Your answers matter**

Adult Survey
for an adult aged 18 or over

► Please have the **adult** *who will have the next birthday* answer the questions in this survey booklet, based on his or her own health.

► Please answer all of the questions in order, unless you are told to skip ahead.

► For more instructions, please see the inside cover.

HELP *improve the health of residents in* **OUR COMMUNITY**

How do I fill out the survey?

EXAMPLE 1:

Q1. **How difficult is it to pay for your prescription medications each month**

- ◯ Very difficult
- ● Somewhat difficult
- ◯ Not too difficult
- ◯ Not at all difficult

> **Read all of the answers before making a choice.**
>
> **Fill in the whole circle completely with dark ink.**

EXAMPLE 2:

Q2. **What is your age in years?**

$$\boxed{64}$$

> **Clearly print the number in the box provided.**

EXAMPLE 3:

Q3. **Are you currently…**

MARK ALL THAT APPLY

- ● Employed for wages
- ◯ A homemaker or stay-at-home parent
- ◯ Self-employed or farmer
- ● A student
- ◯ Unemployed or out of work
- ◯ Retired
- ◯ Unable to work because of a disability

> **Here you may choose <u>one or more</u> of the answers that fit.**

EXAMPLE 4:

Q4. **Were you born in the United States?**

- ● Yes � **GO TO Q6**
- ◯ No

> **Skip question Q5 and go directly to Q6. Leave question Q5 blank.**

Metro SHAPE 2014 Adult Survey
Survey of the Health of All of 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 that 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 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as work, recreation, and taking care of yourself?

[ ] Number of days

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
- ○ No

b. Borderline high blood pressure or pre-hypertension
- ○ Yes
- ○ Yes, but only during pregnancy
- ○ No

c. Diabetes or sugar disease
- ○ Yes
- ○ Yes, but only during pregnancy
- ○ No

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

e. High blood cholesterol
- ○ Yes
- ○ No

f. A heart attack, also called a myocardial infarction
- ○ Yes
- ○ No

g. Angina or coronary heart disease
- ○ Yes
- ○ No

h. A stroke
- ○ Yes
- ○ No

i. Arthritis or rheumatism
- ○ Yes
- ○ No

j. Asthma
- ○ Yes
- ○ No → **GO TO A7**

A6. Do you still have asthma?
- ○ Yes
- ○ No

A7. **How tall are you without shoes?**

[ ] Feet [ ] Inches

– **OR** –

[ ] Centimeters

A8. **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

A9. **Has a doctor or other health care professional <u>ever</u> told you that you should lose weight?**
- ○ Yes, within the past year
- ○ Yes, more than one year ago
- ○ No

A10. **Are you limited in any activities because of physical, mental, or emotional problems?**
- ○ Yes
- ○ No

A11. **Because of any impairment or health problem, do you have any difficulty in getting, keeping, or working at a job or business?**
- ○ Yes
- ○ No

A12. **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 home?**
- ○ Yes
- ○ No

A13. **Because of any impairment or health problem, do you need help from another person in handling routine needs such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?**
- ○ Yes
- ○ No

SECTION B. ACCESS TO HEALTH CARE

B1. **Do you <u>currently</u> have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medical Assistance, Medicare, Indian Health Services, or any plan through MNSure?**
- ○ Yes
- ○ No

B2. **During the <u>past 12 months</u>, 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 <u>past 12 months</u>, 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 <u>past 12 months</u>, was there a time when you needed medical care?**
- ○ Yes
- ○ No ➡ **GO TO B7**

    B5. **Did you delay or not get the care you thought you needed?**
- ○ Yes
- ○ No ➡ **GO TO B7**

B6. **Was that because of cost or lack of insurance?**
○ Yes
○ No

B7. **During the <u>past 12 months</u>, 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, a psychiatrist, a psychologist, a therapist, or a counselor.*
○ Yes
○ No ➡ **GO TO B10**

B8. **Did you delay or not get the care you thought you needed?**
○ Yes
○ No ➡ **GO TO B10**

B9. **Was that because of cost or lack of insurance?**
○ Yes
○ No

B10. **Do you have one person you think of as your personal doctor or health care provider?**
○ Yes, only one person
○ More than one person
○ No, no personal doctor or provider

B11. **When you are sick or need medical care, where do you usually go?**

CHOOSE ONLY ONE
○ Doctor's office, clinic, public health, or community clinic
○ Veterans Affairs clinic or hospital
○ Hospital emergency room
○ Urgent care center
○ Clinic located in a drug or grocery store
○ No usual place
○ Other – please specify:

[text box]

B12. **Do you take any prescription medication on a regular basis, other than birth control pills?**
○ Yes
○ No ➡ **GO TO B14**

B13. **During the <u>past 12 months</u>, was there any time you skipped doses, took smaller amounts of your prescription, or did not fill a prescription because you could not afford it?**
○ Yes
○ No

B14. **During the <u>past 12 months</u>, have you seen a doctor, nurse, or other health professional about your own health?**
○ Yes
○ No ➡ **GO TO B16**

B15. **Did the doctor, nurse or other health professional discuss with you or ask you about your:**

MARK ALL THAT APPLY
○ Physical activity or exercise
○ Diet or nutrition
○ Weight loss/losing weight
○ Smoking or other tobacco use
○ Stress
○ Alcohol use

B16. **During the <u>past 12 months</u>, have you seen a psychiatrist, psychologist, therapist, counselor, or other mental health professional for your own health?**
○ Yes
○ No

B17. **How long has it been since your <u>last</u> complete physical exam?**
○ Within the past year
○ Within the past 2 years
○ Within the past 5 years
○ 5 or more years ago
○ Never

B18. **Blood cholesterol is a fatty substance found in the blood. About how long ago has it been since you <u>last</u> had your blood cholesterol checked?**
○ Within the past year
○ Within the past 2 years
○ Within the past 5 years
○ 5 or more years ago
○ Never

B19. **How long has it been since you <u>last</u> 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

B20. **Do you <u>currently</u> have insurance that pays for all or part of your dental care?**
○ Yes
○ No

SECTION C. HEALTHY LIFESTYLES AND BEHAVIORS

C1. **A serving of vegetables is a cup of salad greens, or a half cup of any other vegetables, not including french fries. <u>Yesterday</u>, how many servings of vegetables did you eat?**

[ ]   Number of servings

C2. **A serving of fruit is one medium sized fruit, a half cup of chopped, cut, or canned fruit, or 6 ounces of 100% fruit juice. <u>Yesterday</u>, how many servings of fruit did you eat?**

[ ]   Number of servings

C3. **In a <u>typical week</u>, on how many days do you eat breakfast?**
Number of <u>days per week</u>:
○ ○ ○ ○ ○ ○ ○ ○
0   1   2   3   4   5   6   7

C4. **About how often do you drink…?**

a. Pop or soda (regular)
○ Never
○ Occasionally but not every week
○ At least once per week but not daily
○ Once per day
○ More than once per day

b. Pop or soda (diet)
○ Never
○ Occasionally but not every week
○ At least once per week but not daily
○ Once per day
○ More than once per day

c. Energy drinks such as Red Bull, 5-hour Energy, or Monster
○ Never
○ Occasionally but not every week
○ At least once per week but not daily
○ Once per day
○ More than once per day

d. Other sugar-sweetened drinks such as sweet tea, coffee drinks, juice drinks, Kool-Aid, or Gatorade
○ Never
○ Occasionally but not every week
○ At least once per week but not daily
○ Once per day
○ More than once per day

e. Water
○ Never
○ Occasionally but not every week
○ At least once per week but not daily
○ Once per day
○ More than once per day

f. Milk
○ Never
○ Occasionally but not every week
○ At least once per week but not daily
○ Once per day
○ More than once per day

C5. During the <u>past 30 days</u>, 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

C6. Now, think about the moderate activities you do. <u>In a usual week</u>, on how many days do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

Number of <u>days per week</u>:
○ ○ ○ ○ ○ ○ ○ ○
0 1 2 3 4 5 6 7

C7. Would you say you get most of this activity...
○ At work
○ Outside of work

C8. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

[ ] Hours per day

– **OR** –

[ ] Minutes per day

C9. Now, think about the vigorous activities you do. <u>In a usual week</u>, on how many days do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

Number of <u>days per week</u>:
○ ○ ○ ○ ○ ○ ○ ○
0 1 2 3 4 5 6 7

C10. Would you say you get most of this activity...
○ At work
○ Outside of work

C11. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

[ ] Hours per day

– OR –

[ ] Minutes per day

C12. During a <u>typical day</u>, how many hours do you do each of the following?

a. **Use a TV to watch shows, movies, videos, or play games**
○ 0 hours
○ 1 hour
○ 2 hours
○ 3 to 5 hours
○ 6 or more hours

b. **Talk, text, or use an app on a phone**
○ 0 hours
○ 1 hour
○ 2 hours
○ 3 to 5 hours
○ 6 or more hours

c. **Use a computer, laptop, or tablet for work or enjoyment**
○ 0 hours
○ 1 hour
○ 2 hours
○ 3 to 5 hours
○ 6 or more hours

C13. Do you consider yourself:
○ Overweight
○ About the right weight
○ Underweight

C14. Have you smoked at least 100 cigarettes in <u>your entire life</u>? 100 cigarettes = 5 packs
○ Yes
○ No

C15. **Do you now smoke cigarettes every day, some days, or not at all?**
○ Every day
○ Some days
○ Not at all

C16. **During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?**
○ Yes
○ No

C17. **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

C18. **Does anyone, including yourself, smoke regularly inside your home?**
○ Yes
○ No

C19. **In the past 7 days, have you been in a car or other vehicle with someone who was smoking?**
○ Yes
○ No

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 a wine cooler, a shot glass of liquor, or a mixed drink.

C20. **During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?**

| | Number of days |

C21. **During the past 30 days, on the days when you drank, about how many drinks did you have on average?**

| | Number of drinks |

C22. **Considering 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 |

SECTION D. HOW YOU FEEL

D1. **Have you ever been told by a doctor or other health professional that you have depression or anxiety?**

a. **Depression**
○ Yes
○ No

b. **Anxiety**
○ Yes
○ No

D2. **Are you currently taking any medication that was prescribed for you to treat depression or anxiety?**

a. **Depression**
○ Yes
○ No

b. **Anxiety**
○ Yes
○ No

Questions D3 to D8 ask about how you have been feeling during the past 30 days.

D3. **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

D4. 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

D5. 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

D6. 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

D7. 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

D8. 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

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 together or talk with friends or neighbors? *This includes on the phone or online.*
- ○ Daily
- ○ Weekly
- ○ Monthly
- ○ Less often than monthly
- ○ Never

E3. Overall, how would you rate your neighborhood as a place to walk?
- ○ Very pleasant
- ○ Somewhat pleasant
- ○ Not very pleasant
- ○ Not at all pleasant

E4. For walking in your neighborhood, would you say the sidewalks, trails, and walking paths are:
- ○ Very well maintained
- ○ Somewhat maintained
- ○ Not very well maintained
- ○ Not at all maintained
- ○ There are no sidewalks in my neighborhood

E5. In general, how easy is it to safely cross the streets or roads in your neighborhood?
- ○ Very easy
- ○ Somewhat easy
- ○ Not very easy
- ○ Not at all easy

For E6 and E7, please rate the extent to which you agree or disagree.

E6. This is a good community to raise children in.
- ○ Strongly agree
- ○ Somewhat agree
- ○ Somewhat disagree
- ○ Strongly disagree

E7. People in this neighborhood are willing to help one another.
- ○ Strongly agree
- ○ Somewhat agree
- ○ Somewhat disagree
- ○ Strongly disagree

E8. **In general, how safe from crime do you consider your neighborhood to be?**
- ○ Very safe
- ○ Somewhat safe
- ○ Somewhat unsafe
- ○ Not at all safe

E9. **How often are you in situations where you feel unaccepted because of your race, ethnicity, or culture?**
- ○ At least once a week
- ○ Once or twice a month
- ○ A few times a year
- ○ Once a year or less often
- ○ Never

SECTION F. FOOD AND HOUSING

F1. **During the past 12 months, have you or anyone in your household received MFIP, WIC, or food support (food stamps, SNAP, EBT) services?**
- ○ Yes
- ○ No
- ○ Don't know

F2. **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

F3. **During the past 12 months, did you miss a rent or mortgage payment because you did not have enough money?**
- ○ Yes
- ○ No

F4. **How many times have you moved in the past 2 years?**
- ○ Never
- ○ 1 time
- ○ 2 or more times

F5. **What type of home do you live in?**
- ○ Single family home
- ○ Duplex
- ○ Double or multi-family home
- ○ Condominium
- ○ Townhouse
- ○ Apartment building
- ○ Other, please specify:

SECTION G. ABOUT YOU

G1. **Are you:**
- ○ Male
- ○ Female

G2. **What is your age?**

_____ years

G3. **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

G4. **Are you currently…?**

MARK ALL THAT APPLY
- ○ Employed for wages
- ○ A homemaker or stay-at-home parent
- ○ Self-employed or farmer
- ○ A student
- ○ Unemployed or out of work
- ○ Retired
- ○ Unable to work because of a disability

G4a. **Do you think of yourself as …?**

MARK ALL THAT APPLY
- ○ Heterosexual or straight
- ○ Gay, lesbian, or homosexual
- ○ Bisexual
- ○ Transgender

G5. **Are you a member of any of the following ethnic or cultural groups?**

    a. **Hispanic or Latino/a**
- ○ Yes
- ○ No

    b. **Somali**
- ○ Yes
- ○ No

    c. **Hmong**
- ○ Yes
- ○ No

G6. **Which of the following do you consider yourself?**

MARK ALL THAT APPLY
- ○ Asian or Asian American
- ○ American Indian or Alaska Native
- ○ Black or African American
- ○ Native Hawaiian or other Pacific Islander
- ○ White
- ○ Other – please specify:

    [   ]

G7. **If you have selected more than one race in the previous question, which do you identify with most?**

CHOOSE ONLY ONE
- ○ Asian or Asian American
- ○ American Indian or Alaska Native
- ○ Black or African American
- ○ Native Hawaiian or other Pacific Islander
- ○ White
- ○ Bi-racial or Multi-racial
- ○ Other – please specify:

    [   ]

G8. **Were you born in the United States?**
- ○ Yes → **GO TO G10**
- ○ No

G9. **How many years have you lived in the United States?**

    [   ] Number of years

G10. **Are you currently:**
- ○ Married
- ○ Living with a partner in a marriage-like relationship
- ○ Separated or divorced
- ○ Widowed
- ○ Single, never married

G11. **How many adults (including you) and children live in your household?**

    [   ] Number of adults age 18 or older (including you)

    [   ] Number of children under age 18

G12. **Please tell us your annual household income in 2013 from all earners and all sources, before taxes.** *Remember, your responses are confidential.*
- ○ $23,000 or less
- ○ $23,001 - 31,000
- ○ $31,001 - 39,000
- ○ $39,001 - 47,000
- ○ $47,001 - 55,000
- ○ $55,001 - 63,000
- ○ $63,001 - 71,000
- ○ $71,001 - 79,000
- ○ $79,001 - $100,000
- ○ $100,001 or more

Metro SHAPE 2014

Survey Project Team
Assessment Unit
MC-963
300 South 6th Street
Minneapolis, MN 55487

Do you have any comments about the Metro SHAPE 2014 survey?
Please share your comments in the space below.

_____
_____
_____
_____
_____

Thank you for taking the time to participate in this important project. Your health matters. Your answers matter. Please use the enclosed prepaid envelope to return the survey by U.S. mail.

QUESTIONS OR CONCERNS about the survey?

Call 612-543-3034 or e-mail MetroShape@MPHAN.org

The Metro SHAPE 2014 survey is sponsored by eight local health departments in the Twin Cities.

CITY OF **BLOOMINGTON** MINNESOTA

CARVER COUNTY

Dakota COUNTY

Hennepin

City of Minneapolis Health Department

Ramsey County

Scott

Washington County

A

Appendix D – Technical Notes

This appendix provides both technical notes that apply to every data table in this report and technical notes that are specifically related to a particular table.

General technical notes

Each of the data tables in this data book presents one or more health indicators. The data are reported for the combined metro six county total, each jurisdiction, applicable sub geographies, as well as for selected demographic characteristics, including age, gender, household income, and education level. The number of respondents in the final dataset used for this data book are 12,028, metro six-county adults aged 25 and older.

• **Geographic area**

Information on residential location of the survey respondents was obtained by extracting address data from the sample frame used for this project (See Appendix A for more information). The address data were then geocoded and the geographic area was assigned to each participant. 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 are excluded from final survey dataset as they could not be assigned to a geographic reporting area. Details on geographic areas are described in the introductory section of this report.

• **Gender**

Gender group was based on the survey respondent's self-reported gender (Question G1) and categorized as male or female.

G1.　*Are you:*
　　○　*Male*
　　○　*Female*

Gender is one of the key variables used for calculating statistical weight. A number of steps were taken to reduce the number of missing and potential data processing errors. First, the survey question on gender from the mail mode survey was scanned as a "check all that apply" question,

even though "check all that apply" was not in the survey instruction. This decision was based on staff observation that some respondents checked both "male" and "female." After all mail surveys were scanned, surveys where both male and female were checked were manually reviewed to determine if there were any gender related comments, or potential errors introduced during the scanning, such as issues with stray marks. Changes and corrections were made as needed. For the 12,028 survey respondents in the final survey dataset, there were five respondents with "male" and "female" both checked, and eight respondents with gender missing. For these 13 respondents, survey staff reviewed the following survey questions to further determine gender:

- Hypertension during pregnancy (A5a),
- Borderline or per-hypertension during pregnancy (A5b),
- Diabetes during pregnancy (A5c),
- Borderline or pre-diabetes during pregnancy (A5d),
- Gender specific binge drinking question (C22).

Using these additional questions, gender was assigned for 11 of 13 cases. The remaining two respondents with gender missing were kept in the final dataset as they had completed of the majority of the survey. They were randomly assigned a single gender only for the statistical weight calculation. However, in data reporting, they were excluded in any gender data reporting.

• **Age**

Age was based on the survey respondent's self-reported age (Question G2).

G2.　*What is your age?*
　　___*Years*

Age is one of the key reporting demographic variables for this data book as well as for the statistical weight calculation. Six age groups are presented based on the respondent's self-reported age. The groups are: 25-34, 35-44, 45-54, 55-64, 65-74, and 75 and older. As it was described earlier in this data book (Appendix A), adult respondents aged 18-24 were excluded from the data reporting due to very low response.

Among the 12,028 survey respondents aged 25 and older presented in this data book, 48 either had age missing or an age value which fell outside of a valid range, that is, age was less than 18 or older than 115. For these respondents, two efforts were made to reduce the number of missing and potential data errors. First, survey staff manually reviewed all paper surveys where age was missing or age was outside the valid age range to check any for age-related comments or notes written on the survey or potential scanning errors, and to make respective corrections and changes. Secondly, staff reviewed the responses from other age-related survey questions, including: years living in the United States if US-born or if the respondent marked they were retired. Based on this manual review, 16 cases were assigned with an actual age value within normal range and 32 were assigned the age group "65 and older" for weighting purposes. For the data book, the 32 cases that are 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.

- **Education**

Educational level of survey respondents was obtained by asking question G3.

G3.   *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. The web survey did not allow respondents to check more than one option. For the mail survey, in the cases where respondents checked two or more options, the higher or the highest educational level was selected as the valid response.

The responses from the G3 question are classified into three reporting categories for this data book.

- **High school graduate, GED or less.**
  This category combined "less than high school" and "high school graduate or GED" because the percentage for those having "less than high school" only is too low (1.8%) to report alone.

- **Some college.**
  This category includes "associate degree or vocational/ technical/ business school," as well as those who attended college but did not complete a degree.

- **Bachelor's degree or higher.**

Forty-one (41) respondents (or 0.8%) did not answer this question and are excluded when data are reported by education.

- **Household Income**

Household income was measured by Federal Poverty Level (FPL) either under 200 percent Federal Poverty Level (<200%FPL) or at or above 200 percent FPL (≥200%FPL). Household income was derived from the answers to survey questions on household income and household size and categorized using 2013 FPL.

Data on household size was gathered via asking respondents (G11):

G11.   *How many adults (including you) and children live in your household?*
Number of adults age 18 or older (including you):___
Number of children under age 18:_____

Household size is the sum of the number of adults and the number of children who live in the household, and is also used for statistical weight calculation. Special efforts were made to reduce potential data error, correct invalid values, and impute those that were missing.

There were 10 surveys in the final dataset that had household sizes that were exceptionally large, such as a size of 10 or more. These surveys were checked in combination with housing types to make needed corrections. If the surveys were completed by mail mode, the surveys were manually checked for potential scanning errors, if there were any household size related remarks or notes, and to make respective changes or corrections.

A small percentage of respondents left "number of adults in the household" blank (0.8% or 96 respondents) or entered "0" (1.3% or 155 respondents). A simple imputation was performed to designate a new value for number of adults living in the household for these respondents using the following logic:

- If value is missing or 0, the designated value will be 1,

- If the value is 1 and the respondents reported being married, living with a partner in a marriage-like relationship, the designated value will be 2.

To get the measurement for household income, survey respondents were asked (G12):

G12. *Please tell us your household's annual household income in 2013 from all earners and all sources, before taxes. Remember, your responses are confidential.*
  ○ *$23,000 or less*   ○ *$55,001 - 63,000*
  ○ *$23,001 - 31,000*   ○ *$63,001 - 71,000*
  ○ *$31,001 - 39,000*   ○ *$71,001 - 79,000*
  ○ *$39,001 - 47,000*   ○ *$79,001 - 100,000*
  ○ *$47,001 - 55,000*   ○ *$100,001 or more*

The income level ranges listed in G12 were designed to capture data for 200% FPL classification, and were guided by the 2013 FPL (Table 4) with more detailed income levels at the low income end.

Table 4. 2013 200% Federal Poverty Guidelines

Household size	200% FPL
1	$22,980
2	$31,020
3	$39,060
4	$47,100
5	$55,140
6	$63,180
7	$71,220
8	$79,260
9	$87,300
10	$95,340

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 2013 FPL and household size. The household size was capped at 10 in the poverty level calculation. Details on the classification are illustrated in Table 5.

Table 5. Classification of household poverty status as measured by survey income reporting categories

(G11) Household size \ HH income (G12)	$23,000 or less (1)	$23,001-$31,000 (2)	$31,001-$39,000 (3)	$39,001-$47,000 (4)	$47,001-$55,000 (5)	$55,001-$63,000 (6)	$63,001-$71,000 (7)	$71,001-$79,000 (8)	$79,001-$100,000 (9)	$100,001-or more (10)
1	■									
2	■	■								
3	■	■	■							
4	■	■	■	■						
5	■	■	■	■	■					
6	■	■	■	■	■	■				
7	■	■	■	■	■	■	■			
8	■	■	■	■	■	■	■	■		
9	■	■	■	■	■	■	■	■	■	
10	■	■	■	■	■	■	■	■	■	

■ <200% FPL   ☐ ≥200% FPL

For example, for a two-person household, the 200 percent FPL cut is $31,020. If a respondent from a two-person household checked either $23,000 or less or $23,001 to $39,000, he/she was classified as under 200 percent FPL. If a respondent from a two-person household checked $39,001 to $47,000 or above, he/she was classified as at 200 percent FPL or above.

Due to the number of permutations of household size and limitations on the number of income categories in the survey response categories, it was not always possible to ascertain 200% FPL with complete accuracy. In cases where income range selected by a respondent overlapped with the 200% FPL cutoff, household incomes were categorized according to the category that aligned with the greatest portion of that income bracket. However, the broad household income choices in *Metro SHAPE 2014* do not always fall neatly into the 2013 Federal Poverty Guidelines. In these cases, the maximum of the income bracket rule was followed. The three-person household 2013 200% FPL is $39,060. If a respondent from a three-person household checked $39,001 to $47,000, depending on actual income, this respondent could be either classified as under 200% FPL (if actual household income is between $39,001 to $39,060) or be classified as at or above 200% FPL (if actual income is between $39,061 to $47,000). As the range of $39,061 to $47,000 is much larger than $39,001 to $39,060, all respondents from 3 person households who checked $39,001 to $47,000 were classified as having household income at 200% FPL or above, knowing a small percentage of them should have been in 200% FPL category.

Among the 12,028 survey respondents in the final survey dataset, 572 (or 4.8%) did not answer the household income question. For these respondents, if they answered "Yes" to survey question F1 (see below), they are classified as under 200% FPL. (The income eligibility requirement for receiving MFIP, WIC or Food Support is below 200 percent FPL). As a result, 27 additional respondents were classified as under 200 percent FPL.

F1.	During the past 12 months, have you or anyone in your household received MFIP, WIC, or food support (food stamps, SNAP, EBT) services?
○	Yes
○	No
○	Don't know

The classification of household income measured by FPL for the 12,028 respondents who answered household income questions is illustrated in Table 6. There were 545 (or 4.5%) respondents who had unknown household income measured by FPL. These cases were excluded when results were reported by household income in the data tables.

Table 6. Number of respondents by household income[1], Metro SHAPE 2014 Adult Survey (unweighted)

Household income	N	Percent
<200% of FPL	1988	16.5%
≥ 200 of FPL	9495	79.0%
FPL unknown	545	4.5%
Total	12028	100.0%

[1].Household income measured by federal poverty level (FPL).

The household income question (G12) is a "check only one response" question. The web survey mode forced a single response. However, in the mail survey mode, 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 lower household income category to be scanned in for data reporting.

- **Race and ethnicity**

Race and ethnicity categories were derived from the answers to the following three questions:

G5. *Are you a member of any of the following ethnic or cultural groups?*
   a. *Hispanic of Latino/a*
   ○ *Yes*
   ○ *No*

   b. *Somali*
   ○ *Yes*
   ○ *No*

   c. *Hmong*
   ○ *Yes*
   ○ *No*

G6. *Which of the following do you consider yourself? (MARK ALL THAT APPLY)*
   ○ *Asian or Asian American*
   ○ *American Indian or Alaska Native*
   ○ *Black or African American*
   ○ *Native Hawaiian or other Pacific Islander*
   ○ *White or Caucasian*
   ○ *Other-please specify*

G7. *If you have selected more than one race in the previous question, which do you identify with most? (CHOOSE ONLY ONE)*
   ○ *Asian or Asian American*
   ○ *American Indian or Alaska Native*
   ○ *Black or African American*
   ○ *Native Hawaiian or other Pacific Islander*
   ○ *White or Caucasian*
   ○ *Other-please specify*

Key data cleaning and recode steps include:

- Open-ended answers: text that respondents wrote in "other- please specify" in both G6 and G7 were coded following an established protocol. When text agreed or suggested, it was coded back to the printed response categories.

- While the respondents were instructed to CHOOSE ONLY ONE for Question G7, some mail survey respondents checked more than one. To reduce data process error, this question from the mail survey was scanned in such way that allowed for multiple answers. In data coding, a trumping rule was applied to allow only one response category to be used for the final race variable calculation. The trumping rule placed less represented racial and ethnic groups at a higher priority to be counted.

- All mail surveys with multiple race categories checked in questions G6 and G7 that were next to each other were pulled out to review if any were due to error introduced during the scanning, such as a "stray mark" being read as "checked."

Due to insufficient sample size for some racial/ethnic groups in the survey, data are not reported by race and ethnicity in this data book.

Table-specific technical notes

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 the table listed on the next page.

Table	Topic	Table Specific Technical Notes
2 to 3	Unhealthy physical 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[4].
4	Unhealthy days	*Unhealthy days (or unhealthy physical and mental health days)* is the sum of unhealthy physical health days plus unhealthy mental health days during the past 30 days, and is only calculated if respondents answered both questions. The value is set to 30 days if the sum is greater than 30 days[4].
5	Activity limitation 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. If *unhealthy physical health days* is zero and *unhealthy mental health* days is zero, the value of activity limitation days was coded as zero[4].
6	Unhealthy days … (average)	Multiple indicators are reported in this table. For each of the indicators, the 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. For *activity limitation days*, the value is coded as zero if *unhealthy physical health days* is zero and *unhealthy mental health days* is zero[4].
7 to 10	Hypertension and diabetes	The response options for the survey questions used for Table 7 to 10 are: ○ Yes ○ Yes, but only during pregnancy ○ No The category Yes, but only during pregnancy is not reported in these data tables due to very low percentage. In addition, this response option would require gender-specific reporting.
12	Cardiovascular disease	*For Heart attack*, the survey question includes a specifying phrase, *also called a myocardial infarction*. *Any of these three* is derived by summing the responses of three cardiovascular diseases or conditions: heart attack, angina or coronary heart disease, and stroke. The sample sizes for each of four indicators presented in the table differ slightly. Due to column space limitation, one indicator's sample size is printed, that is any of these three.
15	Body weight, Body Mass Index (BMI)	*Body mass index (BMI)* is calculated from self-reported weight and height using the standard formula: **BMI=(weight in kilograms)÷[(Height in meters)*(height in meters)] or BMI=703*(weight in pounds)÷[(Height in inches)*(height in pounds)].** While reporting weight, female respondents who were pregnant at the time of the survey were asked to provide their weight before they were pregnant. Classification of weight status by BMI according to national guidelines are: underweight (BMI< 18.5); normal weight (BMI = 18.5 to 24.9); overweight (BMI = 25.0 to 29.9) and obese (BMI≥ 30.0)[5]. Valid value range for height is 36 to 95 inches; for weight is 50 to 650 pounds; and for BMI is 12 to 99, and is consistent with BRFSS 2014 data coding guidelines[6].

Table	Topic	Table Specific Technical Notes
22	Healthcare coverage, current status	*HMO:* health maintenance organization. *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.
23	Healthcare coverage in the past 12 months	Some respondents reported that they were *currently uninsured and also reported that they were insured the entire year.* These cases are included in *the insured only part of the year* category.
24	Healthcare coverage- difficulty to pay	The complete response option for Not applicable printed in the survey is *Not applicable+C6: I do not have insurance with premiums, co-pays, or deductible.*
26	Mental health care need and service utilization	The survey question includes a clarifying statement: *A health professional here could be a doctor, a psychiatrist, a psychologist, a therapist, or a counselor.*
28	Usual/regular place of care	Respondents were instructed to check only one answer for this survey question. The reported categories in this table are mutually exclusive. Due to space limitations, two response categories that have relatively low percentages *(A Veterans Affairs clinic or hospital and Other)* are not reported. As a result, the total percentage does not add to 100%. Significant data processing notes include: • Open-end answers- text that respondents wrote in "*Other- please specify,*" are coded following an established protocol. When text agreed or suggested, it was coded back to response categories. • Some mail survey respondents checked more than one response option. To reduce data processing error, this question from the mail survey mode was scanned in such a way that allowed for multiple answers. In data coding, a trumping rule that followed the order of printed response options was applied to allow only one response option to be reported in this data table.
36	Blood cholesterol check	The survey question included a clarifying statement: Blood cholesterol is a *fatty substance found in the blood.*
39	Servings of vegetables yesterday	This survey question included a clarifying statement: A serving of vegetables is a *cup of salad greens, or a half cup of any vegetables, not including French fries.* A value exceeding 12 is classified as invalid.
40	Servings of fruit yesterday	The survey question included a clarifying statement: A serving of fruit is one *medium sized fruit, 1/2 cup of chopped, cut, or canned fruit, or 6 ounces of 100% fruit juice.* A value exceeding 10 is classified as invalid.

Table	Topic	Table Specific Technical Notes
41	Servings of fruits and vegetables yesterday	Total servings of fruits and vegetables eaten yesterday"" were calculated by adding the answers from two questions: C1. Yesterday, how many servings of vegetables did you eat? C2. Yesterday, how many servings of fruit did you eat, including 100% fruit juice? A value exceeding 20 is classified as invalid.
49	Nutrition and beverage intake	See Tech notes for Table 39, 40, 41 on Servings of fruits or vegetables. *Having sugar-sweetened beverage daily or more often is derived from responses to the following three questions:* C4. About how often do you drink… 　a. Pop or soda (regular) 　c. Energy drinks such as Red Bull, 5-hour Energy, or Monster 　d. Other sugar-sweeten drinks such as sweet tea, coffee, drinks, juice, drinks, Koo-Aid, or Gatorade. Response options for each of the questions are: Never, Occasionally but not every week, At least once per week but not daily, Once per day, More than once per day. If respondents checked Once per day or More than once per day to any of the three questions listed, they will be classified as *Having sugar-sweetened beverage daily or more often.*
51	Moderate physical activity	Three survey questions are used to assess the level of moderate physical activity engagement. They are: C6.　Now think about the moderate activities you do. In a usual week, how many days do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening or anything else that causes some increase in breathing or heart rate? 　　*Number of days per week* 　　O O O O O O O O 　　0 1 2 3 4 5 6 7 C7.　Would you say you get most of this activity… 　　O At work 　　O Outside of work C8.　On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities? 　　___Hours - or - ___minutes per day.

Table	Topic	Table Specific Technical Notes
		Total minutes of moderate physical activity in a usual week are calculated by multiplying the days in a usual week that adults participate in moderate physical activity by number of minutes on the day when they do moderate physical activities. Valid range for minutes per week are 10 to 720 minutes. Classifications on the level of moderate physical activity and data coding strategies are consistent with the reporting of leisure time physical activity from National Health Interview Survey (NHIS), the data source for monitoring Healthy People 2020 Objectives that reflect 2008 Federal Physical Activity Guidelines for Americans[7,8,9].

Engaged in no leisure time physical activity: a person answered No to survey question:

C5.   *During the past 30 days, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening, or walking for exercise?*

This indicator measures HP2020 Objective PA-1 and is the reciprocal to the data reported in Table 50.

Met the 150 minutes aerobic activity guideline through leisure time: a person reported that in a usual week and mostly not at work, they participated in at least 150 minutes of moderate physical activity, or at least 75 minutes of vigorous physical activity, or at least 150 minutes of equivalent combination of moderate and vigorous physical activity. The minutes per week for the equivalent combination=minutes per week of moderate-intensity activity+ 2 x minutes per week of vigorous-intensity activity. This indicator measures *Healthy People 2020 Objective PA-2.1*.

Met the 300 minutes aerobic activity guideline through leisure time: a person reported that in a usual week and mostly not at work, they participated in at least 300 minutes of moderate physical activity, or at least 150 minutes of vigorous physical activity, or at least 300 minutes of equivalent combination of moderate and vigorous physical activity. The minutes per week for the equivalent combination=minutes per week of moderate-intensity activity+ 2 x minutes per week of vigorous-intensity activity. This indicator measures *Healthy People 2020 Objective PA-2.2*.

When reporting times spent on either moderate or vigorous physical activity, respondents were asked to count only those activities that they performed in episodes of at least 10 minutes. T*he 2008 federal physical activity guidelines* refer to any kind of physical activity, not just leisure time. However, the data presented in this table are limited to leisure time physical activity- the activity occurred mostly not at work. This is primarily due to the *HP 2020 objective*, and because all major state and national monitoring systems on adult physical activity are focused on leisure time.

Table	Topic	Table Specific Technical Notes
65-72	Alcohol use	Alcohol use is measured by three survey questions: C20, C21 and C22. C20. *During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?* ___ *number of days* C21. *During the past 30 days, on the days when you drank, about how many drinks did you have on average?* ___ *number of drinks* C22. *Considering all types of alcoholic beverages, how many times during the past 30 days did you have...* *(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 clarifying statement on the definition of one alcoholic drink: 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.
65	Alcohol use-current	Current drinker is a person who had at least one drink of any alcohol or alcoholic beverage on one or more days during the past 30 days (C20). There are a few respondents who reported 0 days to question C20 or left it blank, but responded question C21 with one or more drinks or question C22 with one or more times. These respondents are classified as current drinkers.
66	Alcohol use-number of days used alcohol in 30 days	There are a few respondents who are current drinkers, but reported 0 days to question C20 or left it blank. These respondents are included in the 1-2 days category in Table 66.
67-68	Alcohol use-number of drinks per day	There are a few respondents who are current drinkers but reported 0 drinks to question C21 or left it blank. These respondents are included in the 1-2 drinks category in Tables 67 and 68.
83	Serious psychological distress	Serious psychological distress is a scale derived from six psychological distress questions that are reported in Tables 77 to 82. The cronbach's alpha for these six-item internal reliability is 0.86. For each of these six questions, the response values of 0 to 4 were assigned to each of the five response categories (with All of the time assigned 4 and None of the time assigned 0). The response values of all six questions were 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 serious psychological distress[10,11].

Table	Topic	Table Specific Technical Notes
96	Self identified with LGBT	Survey question that gathers data for this table is: *G4a.* *Do you think of yourself as....?* *MARK ALL THAT APPLY* ○ *Heterosexual or straight* ○ *Gay, lesbian, or homosexual* ○ *Bisexual* ○ *Transgender* Percentages that respondents who checked bisexual (1.9%) or transgender (0.2%) were too small to report separately. In this data table, they are combined with those checked gay, lesbian or homosexual. Three counties-Dakota, Scott and Washington did not ask this question.

* The survey question number referenced in this table is the actual survey question number printed in mail survey questionnaire (See Appendix C)

APPENDIX E – Weighting Methodology

To estimate what percent of the population have a particular characteristic or behave a particular way, one can either do a complete enumeration of the population, such as the decennial U.S. Census, or take a random sample of that population and mathematically estimate what that measure is along with a corresponding confidence interval for that measure.

One can get information from a group of people who self-select, are found at some event, or are in some way easy to find – often called a "convenience sample". While this has the advantage that it takes relatively little effort and cost to accomplish, the people who are in this group may not be representative of the population as a whole, so the estimates gathered from these respondents may be biased in some way and far off from the population as a whole.

To overcome these problems, one needs to:
1. employ a random-sampling strategy to select and include people who represent the population as a whole;
2. compute what the probability was that that person was selected from the population;
3. assign a weight to each respondent based on that probability

Doing these steps and if everyone selected responds to the survey at the same rate allows one to make an estimate of characteristics or behaviors of the population as a whole. These estimates would be based on accounting for disproportionate sampling probability.

However, it is often the case where some groups respond to a particular survey at a different rate than other groups. For example, older people may respond at a higher rate than young people or people who do not speak English well may respond at a lower rate to a survey where strong English-language skills are important to compete the survey.

When this difference in response rate occurs and the characteristics or behaviors of those who complete the survey and those who do not differ widely, one still may compute an estimate for the population as a whole that is biased.

To adjust for this difference in response rate, one may decide to do some post-stratification weighting. To do so, one needs to have data from some population standard, such as the U.S. decennial census, against which the characteristics of the respondents can be compared. To do that comparison and adjustment, the following are necessary:
1. The classification variables (e.g., age, household income category, etc.) should be measured in the same way as was done in the population standard;
2. The classification variables cannot be missing for the survey respondents;
3. There should be an "adequate" number of sample elements in each cell; and
4. The respondents should have been selected at random within each cell.

A key trade-off that must be assessed at each step in the post-stratification process is that the increased accuracy of the point estimate for the measure of interest almost always results in a widening of the confidence interval for that estimate.

Thus, one is likely to decide to do a post-stratification step only when:
1. there is large over- or under-representation of a particular segment of the population among the survey respondents;
2. there are major differences in the characteristics or behaviors between the over- and under-represented groups;
3. the estimate after any adjustment is substantially different from the estimate without making that adjustment; and
4. there is not an unacceptable widening of the confidence interval for that measure.

The weighting process for the *Metro SHAPE 2014* survey is based on previous SHAPE and MAHS survey methodology and consultation with local and national statistical survey research experts. The *Metro SHAPE 2014* survey data was weighted in two steps. The steps accounted for:
1. Differences in the probability that a particular person was selected; and
2. Differences in the proportion of persons who completed the survey compared to population as a whole as measured by the 2010 Census.

For *Metro SHAPE 2014*, 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. For example, in Dakota County, some of the Census tracts were sampled at 1.25% and others were sampled at 3.75%. The percent of households that were sampled depended on factors associated with that geographic area, such as:
1. The estimated vacancy rate;
2. The probability that there were households with some of the populations of special interest (e.g. Hispanics);
3. The estimated response rate;
4. The total number of completed surveys each agency chose to seek within their jurisdiction; and
5. 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 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. For simplicity, we will call this weight 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 *Metro SHAPE 2014* survey, i.e., 12,028. 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 and for MAHS 2010, a post-stratification adjustment was done based on the age and gender distribution within geographic areas. Since the profile of the *Metro SHAPE 2014* respondents again was older and more female than the population of the six metro counties and, most importantly, since health status and behaviors are known to differ substantially across these groups, it was determined to again adjust for age and gender for each of the 17 geographic areas for which results were planned to be reported.

The adjustment takes the percent of persons from the 2010 Census for each cell in the three-dimensional table of gender (male, female), age (25-34, 35-44, 45-54, 55-64, 65-74, 75 and older), and the 17 reporting areas compared to the total 2010 Census count for the six-county area (Note: the sum of the cells adds up to 100%) and divides that number into the comparable percentage cell by cell for the Metro SHAPE respondents (weighted by the normalized disproportionate sampling weight).

For example, if 25-34 year old males in Scott County represent 6% of the 2010 Census (aged 25 or older), but represent only 2% of the *Metro SHAPE 2014* respondents, all those respondents (i.e., 25-34 year old males from Scott County) would be assigned an **age/gender/location** adjustment of 3 (i.e., 6%/2%).

The age/gender/location adjustment thus helps to weight "up" all the respondents who are under-represented among the persons who completed the survey and to weight "down" all the respondents who are over-represented among the persons who completed the survey.

At this point, we multiply the disproportionate sampling weight by the age/gender/location adjustment to come up with an interim weight, W_2.

The data is now weighted by W_2 to assess if any further adjustments are needed.

For each implementation of SHAPE since 1998, a second post-stratification adjustment was done based on the race and Hispanic ethnicity of the respondents. The health status and behaviors of people in some racial and ethnic groups is substantially different from that of the majority White population. In addition, persons from those same racial and ethnic groups historically complete surveys at a lower rate than other groups.

Upon examination of the *Metro SHAPE 2014* data, after weighting by W_2, there seemed to be enough differences in the response rates and health profiles to justify making this adjustment.

The adjustment takes the percent of persons from the 2010 Census for each cell in the two-dimensional table of race/ethnicity (Hispanic, non-Hispanic Black, non-Hispanic Asian, and everyone else) and location (Saint Paul, Minneapolis, Suburban Hennepin County, everywhere else) compared to the total 2010 Census count for the six-county area (Note: the sum of the cells adds up to 100%) and divides that number into the comparable percentage cell by cell for the Metro SHAPE respondents. Any reporting done by race or Hispanic ethnicity with the *Metro SHAPE 2014* data would not be done at any geographic level smaller than the four geographic areas used in this weighting step.

For example, if non-Hispanic Asians in Saint Paul represent 12% of the 2010 Census (aged 25 or older), but represent 15% of the *Metro SHAPE 2014* respondents, all those respondents (i.e., non-Hispanic Asians from Saint Paul) would be assigned an **race/ethnicity adjustment** of .8 (i.e., 12%/15%).

At this point, we multiply W_2 by the race/ethnicity adjustment to come up with an interim weight, **W_3**.

The data is now weighted by W_3 to assess if any further adjustments are needed.

There are many substantial health status and behavior differences between US-born and African-born Blacks living in the seven-county metro area.

An investigation was done to assess whether it was worthwhile to make a third post-stratification adjustment to account for this to come up with a more accurate point estimate for health measures for the population. Since the assessment showed that the changes in some of the measures for the population as a whole taking this adjustment into account were very small and that the uncertainty (i.e., the 95% confidence interval) for those same measures increased, it was determined not to include this adjustment with the final weights.

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. So, anyone with a value for W_3 that was greater than 6, was replaced with a value of 6. All the "extra" weight (i.e., the amount greater than 6 that was removed) was then redistributed to the other respondents whose value of W_3 was less than 6. This is now a **capped W_3**.

The capped W_3 is now the weight used for any analyses of adult individuals based on geography.

There is normally a set of weights generated based on the type of analysis needed. For example, if the unit of analysis is a household (e.g., how many households are there where there is second-hand smoke), a weight based on the household is more appropriate than a weight based on an individual.

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