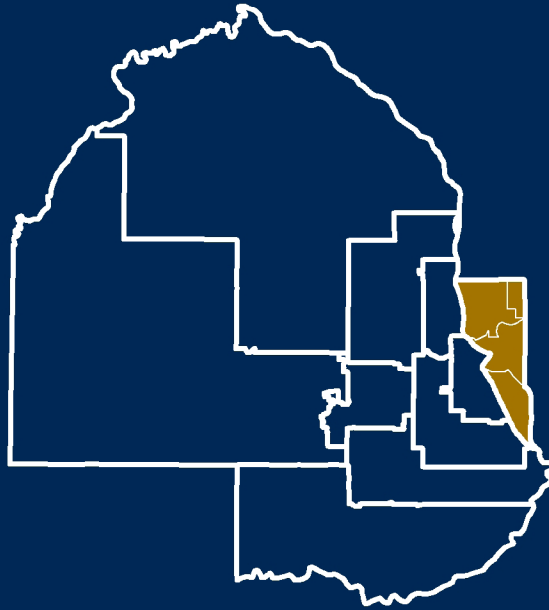




Metro SHAPE
2014

HENNEPIN COUNTY
REGION DATA BOOK
MINNEAPOLIS EAST



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INTRODUCTION

The 2014 Metro Survey of the Health of All the Population and the Environment, or *Metro SHAPE 2014*, is a regional, coordinated public health surveillance effort in the Twin Cities metro region of Minnesota. The project gathered data on health and factors that affect health for adults of eight participating jurisdictions, including six metro area counties (Carver, Dakota, Hennepin, Ramsey, Scott, and Washington) and three metro area cities (Bloomington, Minneapolis, and Saint Paul).

This data book, the *Metro SHAPE 2014 Hennepin County Region Data Book-Minneapolis East*, an extraction from the *Metro SHAPE 2014 Hennepin County Geographic Data Book*, reports data from survey respondents who live in the eastern part of the city of Minneapolis.

The communities included in this region are: Longfellow, Northeast (including the Hennepin County portion of the city of Saint Anthony), and University.

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

See the Design and methodology summary in the *Metro SHAPE 2014 Hennepin County Geographic Data Book* for more information.

The *Metro SHAPE 2014* survey collected information from adults on the following health topics, or domains:

- Overall health;
- Health care access;
- Healthy lifestyle and behaviors;
- Social-environmental factors.

The *Metro SHAPE 2014 Hennepin County Geographic Data Book* reported the results for Hennepin County as a whole along with a number of breakdowns by geography, gender, age groups, and household income.

In addition to the *Metro SHAPE 2014 Geographic Data Book*, the *Metro SHAPE 2014 Hennepin County Disparities Data Book* reports health indicators from different population groups within Hennepin County to identify health disparities. This report contains information by age, educational attainment, income, sexual orientation and

gender identity, disability status, mental health, and selected racial/ethnic groups. By analyzing health indicators by these factors, users can identify inequities in health within specific populations that are not reflected in overall reporting.

The number of persons aged 25 and older who completed the *Metro SHAPE 2014* survey is shown in Table 1.

Table 1: Metro SHAPE 2014 Respondents' demographic characteristic (adults aged 25 and older)

Demographic	Minneapolis East	Minneapolis	Hennepin County
Total	835	3,323	8,578
Age			
25-44	286	1,173	2,321
45-64	343	1,348	2,463
65+	201	793	1,773
Gender			
Male	327	1,216	3,134
Female	507	2,106	5,442
Race/Ethnicity			
Hispanic/Latino	15	71	137
Non-Hispanic Asian	22	95	232
Non-Hispanic US-born Black	14	210	296
Non-Hispanic White	739	2,757	7,542

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

All the Hennepin County data books from the *Metro SHAPE 2014* project and previous Hennepin County SHAPE data are available at www.Hennepin.us/SHAPE. Contact SHAPE@Hennepin.us for more information.

Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis East

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Excellent	17.9%	18.6%	18.5%
Very Good	45.6%	44.7%	45.0%
Good	28.4%	27.2%	28.9%
Fair	7.2%	8.3%	6.6%
Poor	^0.9%	1.1%	1.0%

Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	51.7%	51.3%	56.5%
1 or 2 days	22.9%	20.3%	19.4%
3 to 7 days	14.0%	17.0%	14.3%
8 to 13 days	^2.4%	3.2%	3.4%
14 or more days	8.9%	8.2%	6.4%

Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	46.4%	46.1%	53.2%
1 or 2 days	19.9%	17.7%	17.0%
3 to 7 days	17.1%	19.6%	16.6%
8 to 13 days	6.4%	6.5%	5.4%
14 or more days	10.2%	10.1%	7.8%

Total number of unhealthy days during the past 30 days, including both unhealthy physical health and unhealthy mental health days

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	32.5%	30.9%	36.8%
1 or 2 days	18.2%	15.7%	17.3%
3 to 7 days	24.9%	27.0%	23.9%
8 to 13 days	7.6%	10.0%	8.7%
14 or more days	16.9%	16.3%	13.3%

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Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis East

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

	Minneapolis East	Minneapolis	Hennepin County
0 days	68.8%	64.3%	71.5%
1 or 2 days	16.6%	15.5%	13.0%
3 to 7 days	7.2%	11.3%	8.8%
8 to 13 days	*1.8%	2.6%	2.2%
14 or more days	5.6%	6.3%	4.5%

Average number of unhealthy days during the past 30 days

	Minneapolis East	Minneapolis	Hennepin County
Unhealthy physical health days	3.5	3.3	2.8
Unhealthy mental health days	4.0	4.1	3.2
Unhealthy physical and unhealthy mental health days	6.4	6.5	5.4
Days when poor health interfered with usual activities	2.0	2.4	1.8

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

	Minneapolis East	Minneapolis	Hennepin County
Hypertension, also called high blood pressure	19.1%	20.3%	21.1%
Borderline high blood pressure or pre-hypertension	18.5%	19.7%	21.2%
Diabetes or sugar disease	5.0%	6.4%	6.1%
Pre-diabetes or borderline diabetes	8.0%	8.2%	8.0%
High blood cholesterol	30.6%	26.9%	30.0%
Heart attack	*1.5%	1.6%	2.0%
Angina or coronary heart disease	*2.9%	2.3%	2.9%
Stroke	^2.5%	2.0%	1.7%
Any of the three	5.0%	4.5%	4.8%
Arthritis or rheumatism			
Among persons aged 25 and older	17.5%	16.7%	18.3%
Among persons aged 55 and older	42.6%	39.5%	39.1%
Among persons aged 65 and older	50.4%	50.3%	49.9%
Asthma			
Ever had asthma	11.9%	13.8%	11.8%
Currently has asthma	7.1%	9.1%	7.3%

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Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis East

Weight status based on Body Mass Index calculation

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Underweight	^0.9%	1.5%	1.3%
Normal	46.5%	45.2%	41.4%
Overweight	29.3%	30.7%	35.5%
Obese	23.3%	22.5%	21.9%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes, within the past year	15.3%	16.9%	17.8%
Yes, more than 1 year ago	17.7%	15.2%	16.5%
No	67.0%	67.9%	65.7%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Overweight	40.7%	36.4%	40.9%
About the right weight	57.6%	61.2%	56.9%
Underweight	*1.7%	2.4%	2.1%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	23.5%	20.2%	18.6%
Among persons aged 55 and older	35.8%	34.3%	30.3%
Among persons aged 65 and older	37.9%	36.9%	35.0%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	9.8%	11.1%	7.8%
Among persons aged 55 and older	17.6%	17.2%	11.1%
Among persons aged 65 and older	*11.5%	13.3%	10.7%

Because of any impairment or health problem, do you need help from another person with personal care needs such as eating, bathing, dressing, or getting around your house?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 55 and older	^6.4%	6.0%	3.4%
Among persons aged 65 and older	^4.3%	7.4%	4.4%

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Metro SHAPE 2014

Overall Health

SHAPE Region: Minneapolis East

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?

	Minneapolis East	Minneapolis	Hennepin County
Among persons aged 55 and older	11.0%	11.8%	8.8%
Among persons aged 65 and older	10.8%	14.1%	11.7%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis East

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	93.1%	90.6%	90.1%
Among persons aged 25 to 64	92.3%	89.9%	89.1%

During the past 12 months, did you have health insurance for the entire year, only part of the year, or were you not insured for the entire year?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Insured the entire year	86.8%	82.6%	85.2%
Insured only part of the year	11.1%	13.9%	12.6%
Uninsured the entire year	^2.2%	3.5%	2.3%

During the past 12 months how difficult has it been for you and your family to pay for health insurance premiums, co-pays, and deductibles?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very difficult	*4.3%	6.1%	5.6%
Somewhat difficult	17.9%	16.6%	15.3%
Not too difficult	25.3%	26.1%	26.7%
Not at all difficult	49.0%	45.0%	48.7%
Not applicable	3.6%	6.2%	3.6%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	65.9%	65.9%	65.0%
Among persons who needed care			
Delayed or did not get the needed care	21.7%	21.6%	18.9%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	74.7%	63.4%	68.9%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis East

During the past 12 months was there a time when you wanted to talk with or seek help from a health professional about stress, depression, a problem with emotions, excessive worrying, or troubling thoughts?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	30.1%	30.8%	24.2%
Among persons who needed care			
Delayed or did not get the needed care	46.3%	51.9%	52.7%
Among persons who delayed or did not get care			
Was that due to cost or lack of insurance?	55.6%	48.4%	45.7%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes, only one person	42.9%	44.1%	48.6%
More than one person	31.0%	27.7%	29.3%
No, no personal doctor or provider	26.2%	28.2%	22.2%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Doctor's office, clinic, public health or community clinic	81.7%	81.3%	80.8%
Hospital emergency room	^2.2%	2.3%	1.3%
Urgent Care Center	6.1%	5.8%	7.9%
Clinic located in a drug or grocery store	^2.1%	2.3%	3.0%
No usual place	5.9%	6.2%	5.3%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older	48.0%	46.4%	50.3%
Among persons aged 65 and older	78.7%	83.5%	85.3%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Among persons aged 25 and older who regularly take prescription medications	18.4%	17.0%	11.2%
Among persons aged 65 and older who regularly take prescription medications	^6.1%	9.3%	6.0%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis East

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	81.0%	80.1%	81.9%

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

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Physical activity or exercise	67.7%	71.4%	71.4%
Diet or nutrition	50.0%	53.1%	50.6%
Weight loss or losing weight	28.3%	31.8%	31.4%
Smoking or other tobacco use	39.2%	45.3%	41.8%
Stress	44.5%	47.9%	42.1%
Alcohol use	40.7%	44.9%	42.6%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	19.8%	19.7%	13.8%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	54.8%	55.3%	60.6%
Within the past 2 years	21.8%	20.7%	19.3%
Within the past 5 years	11.8%	11.5%	10.4%
5 or more years ago	10.4%	11.2%	8.6%
Never	^1.2%	*1.3%	1.1%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	55.2%	53.2%	59.2%
Within the past 2 years	18.2%	19.2%	18.7%
Within the past 5 years	13.0%	10.9%	10.2%
5 or more years ago	6.0%	6.9%	5.5%
Never	7.6%	9.7%	6.4%

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Metro SHAPE 2014

Access to Health Care

SHAPE Region: Minneapolis East

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Within the past year	71.5%	70.9%	79.0%
Within the past 2 years	15.3%	13.9%	9.8%
Within the past 5 years	5.1%	7.6%	5.7%
5 or more years ago	7.5%	7.0%	4.9%
Never	[^] 0.6%	[^] 0.6%	[*] 0.6%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	76.6%	77.0%	77.8%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis East

Yesterday, how many servings of vegetables did you eat?

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	11.7%	10.6%	10.0%
1 serving	19.7%	23.1%	25.0%
2 servings	34.5%	30.6%	31.0%
3 or more servings	34.0%	35.7%	34.0%

Yesterday, how many servings of fruit did you eat?

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	15.0%	16.7%	14.8%
1 serving	27.1%	27.8%	29.6%
2 servings	30.3%	29.6%	30.9%
3 or more servings	27.7%	25.9%	24.7%

Total servings of fruit and vegetables consumed yesterday

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 servings	5.4%	5.0%	4.4%
1 serving	9.2%	8.9%	8.2%
2 servings	11.2%	15.3%	16.4%
3 or 4 servings	35.2%	32.6%	35.3%
5 or more servings	39.0%	38.2%	35.7%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	4.3%	4.5%	4.0%
1 or 2 days	5.2%	7.4%	7.3%
3 or 4 days	13.7%	15.0%	11.9%
5 or 6 days	18.4%	17.7%	17.0%
7 days	58.3%	55.5%	59.7%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis East

About how often do you drink ... ?

Pop or soda (regular)

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	43.0%	45.1%	47.6%
Occasionally but not every week	34.3%	34.7%	32.6%
At least once per week but not daily	16.1%	12.1%	11.2%
Once per day	3.3%	4.8%	5.5%
More than once per day	*3.3%	3.2%	3.2%

Pop or soda (diet)

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	61.3%	61.0%	54.6%
Occasionally but not every week	20.6%	20.4%	22.4%
At least once per week but not daily	8.8%	8.6%	10.0%
Once per day	5.0%	5.1%	7.4%
More than once per day	4.3%	5.0%	5.6%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	87.7%	87.1%	88.0%
Occasionally but not every week	9.4%	9.4%	8.7%
At least once per week but not daily	^1.2%	2.1%	2.3%
Once per day	^1.7%	^1.1%	*0.8%
More than once per day	0.0%	^0.2%	^0.2%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	41.1%	41.1%	44.5%
Occasionally but not every week	30.3%	30.2%	29.6%
At least once per week but not daily	12.7%	12.3%	11.3%
Once per day	11.5%	11.3%	10.4%
More than once per day	*4.4%	5.1%	4.2%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis East

About how often do you drink ... ?

Water

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	^0.5%	*0.5%	0.4%
Occasionally but not every week	^0.6%	*0.9%	1.1%
At least once per week but not daily	*3.6%	3.0%	3.3%
Once per day	7.3%	8.6%	9.6%
More than once per day	88.0%	87.1%	85.6%

Milk

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Never	24.9%	22.9%	20.3%
Occasionally but not every week	17.4%	18.4%	16.4%
At least once per week but not daily	22.4%	23.3%	22.4%
Once per day	24.7%	25.4%	28.0%
More than once per day	10.5%	10.0%	12.9%

Nutrition and beverage intake summary measures

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Having 2 servings or more a day of fruit	57.9%	55.5%	55.7%
Having 3 servings or more a day of vegetables	34.0%	35.7%	34.0%
Having 5 servings or more a day of fruits and vegetables	39.0%	38.2%	35.7%
Having sugar-sweetened beverage daily or more often	21.8%	23.1%	22.2%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	86.0%	83.6%	85.8%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis East

Level of moderate physical activity in a usual week

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	*4.0%	4.7%	3.6%
Insufficiently active (10-149 minutes per week)	29.5%	31.9%	32.4%
Sufficiently active (150-299 minutes per week)	28.5%	25.0%	27.1%
Highly active (≥ 300 minutes per week)	38.0%	38.4%	36.9%

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

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At work	15.7%	16.4%	14.6%
Outside of work	84.3%	83.6%	85.4%

Level of vigorous physical activity in a usual week

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Inactive (0-9 minutes per week)	16.4%	20.3%	19.7%
Insufficiently active (10-74 minutes per week)	27.8%	26.9%	27.2%
Sufficiently active (75-149 minutes per week)	18.1%	18.8%	18.1%
Highly active (≥ 150 minutes per week)	37.7%	33.9%	35.0%

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

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At work	12.6%	9.3%	8.3%
Outside of work	87.4%	90.7%	91.7%

Healthy People 2020 physical activity guidelines

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Engaged in no leisure time physical activity	14.0%	16.4%	14.2%
Met the 150 minutes aerobic activity guideline through leisure time	73.0%	72.5%	74.2%
Met the 300 minutes aerobic activity guideline through leisure time	60.1%	58.0%	58.6%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis East

During a typical day how many hours do you do each of the following ... ?

Use a TV to watch shows, movies, videos, or play games

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	18.2%	16.5%	13.0%
1 hour	32.9%	29.9%	30.3%
2 hours	26.0%	29.9%	31.1%
3 or more hours	22.9%	23.8%	25.6%

During a typical day how many hours do you do each of the following ... ?

Talk, text, or use an app on a phone

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	22.8%	21.8%	22.0%
1 hour	52.7%	49.5%	52.2%
2 hours	15.5%	18.7%	16.3%
3 or more hours	9.0%	10.0%	9.5%

During a typical day how many hours do you do each of the following ... ?

Use a computer, laptop, or tablet for work or enjoyment

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 hours	11.5%	11.9%	10.2%
1 hour	20.9%	20.7%	21.8%
2 hours	15.2%	16.1%	16.0%
3 or more hours	52.3%	51.4%	52.1%

Current smoking status

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Every day smoker	6.7%	6.6%	4.6%
Some day smoker	4.1%	4.2%	3.1%
Former smoker	26.8%	26.7%	27.3%
Never smoked	62.4%	62.5%	65.0%

Current smoking status

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Currently smoking	10.8%	10.8%	7.7%

Among current smokers

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	62.9%	63.4%	59.4%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis East

During the past 12 months have you used other tobacco products such as cigars, pipes, snuff, chewing tobacco, bidis, kreteks, snus, a hookah water pipe, or any other type of tobacco product?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	12.8%	12.1%	9.7%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	5.2%	6.6%	4.5%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	9.7%	9.4%	6.7%

Current alcohol use

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	78.3%	76.1%	76.0%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 days	21.7%	23.9%	24.1%
1 to 3 days	16.7%	18.1%	19.4%
4 to 9 days	20.9%	19.0%	21.8%
10 to 19 days	18.2%	17.7%	15.8%
20 or more days	22.4%	21.3%	19.0%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 drinks	19.8%	22.5%	22.7%
1 or 2 drinks	62.7%	58.7%	61.8%
3 or 4 drinks	13.8%	14.0%	11.8%
5 or more drinks	*3.7%	4.8%	3.7%

Among persons who are current drinkers

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
1 or 2 drinks	78.1%	75.8%	80.0%
3 or 4 drinks	17.3%	18.0%	15.3%
5 or more drinks	*4.6%	6.2%	4.7%

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Metro SHAPE 2014

Healthy Lifestyles and Behaviors

SHAPE Region: Minneapolis East

Among males

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	66.9%	62.0%	67.7%
1 time	7.9%	12.4%	9.9%
2 times	*4.2%	7.3%	7.3%
3 to 5 times	11.7%	10.7%	8.9%
6 or more times	*9.3%	7.6%	6.2%

Among males who are current drinkers

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	58.2%	52.2%	59.2%
1 time	10.0%	15.6%	12.5%
2 times	*5.3%	9.2%	9.3%
3 to 5 times	14.8%	13.5%	11.2%
6 or more times	11.7%	9.6%	7.8%

Among females

How many times during the past 30 days have you had 4 or more drinks on one occasion?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	71.4%	74.2%	78.7%
1 time	11.8%	9.8%	9.1%
2 times	7.5%	7.3%	4.9%
3 to 5 times	6.1%	5.8%	5.2%
6 or more times	*3.2%	2.9%	2.2%

Among females who are current drinkers

How many times during the past 30 days have you had 4 or more drinks on one occasion?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	64.1%	64.7%	71.0%
1 time	14.9%	13.3%	12.3%
2 times	9.4%	10.0%	6.7%
3 to 5 times	7.7%	8.0%	7.1%
6 or more times	*4.0%	4.0%	2.9%

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Metro SHAPE 2014

How You Feel

SHAPE Region: Minneapolis East

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	28.9%	28.6%	22.8%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	12.2%	11.8%	10.6%

Among those who ever had depression

Yes	39.5%	40.2%	45.0%
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Have you ever been told by a doctor or other health professional that you have anxiety?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	27.0%	26.8%	21.3%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	10.4%	10.1%	9.3%

Among those who ever had anxiety

Yes	38.4%	37.3%	41.8%
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During the past 30 days, about how often did you feel so sad that nothing could cheer you up?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	65.9%	67.3%	72.4%
A little of the time	25.0%	20.6%	19.0%
Some of the time	7.9%	9.7%	6.7%
Most of the time / All of the time	*1.2%	2.5%	1.9%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	36.3%	37.1%	41.3%
A little of the time	39.2%	38.7%	38.9%
Some of the time	20.8%	19.8%	16.7%
Most of the time / All of the time	3.7%	4.4%	3.1%

During the past 30 days, about how often did you feel so restless or fidgety that you could not sit still?

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	62.4%	62.4%	66.3%
A little of the time	23.8%	24.0%	22.6%
Some of the time	11.3%	10.9%	9.2%
Most of the time / All of the time	*2.6%	2.7%	1.9%

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Metro SHAPE 2014

How You Feel

SHAPE Region: Minneapolis East

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	74.2%	73.2%	78.5%
A little of the time	15.4%	16.2%	14.0%
Some of the time	7.5%	7.7%	5.6%
Most of the time / All of the time	[^] 2.9%	2.9%	1.9%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	49.8%	49.0%	56.2%
A little of the time	30.6%	31.2%	28.2%
Some of the time	15.5%	12.9%	10.5%
Most of the time / All of the time	4.1%	6.8%	5.1%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
None of the time	75.3%	75.1%	79.9%
A little of the time	15.2%	15.0%	12.8%
Some of the time	7.0%	6.8%	5.1%
Most of the time / All of the time	[*] 2.4%	3.1%	2.2%

Experienced serious psychological distress during the past 30 days

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	[*] 3.0%	4.5%	3.0%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: Minneapolis East

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Weekly	24.1%	25.0%	26.4%
Monthly	16.5%	14.1%	13.3%
Several times a year	21.6%	22.7%	22.4%
About once a year / Less often than yearly	19.2%	20.5%	20.8%
Never	18.6%	17.7%	17.0%

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

(This includes on the phone or online.)

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Daily	45.5%	40.8%	36.7%
Weekly	39.9%	40.1%	42.1%
Monthly	7.0%	9.3%	11.4%
Less often than monthly	5.9%	7.2%	7.8%
Never	^1.6%	2.6%	1.9%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very pleasant	61.8%	59.1%	67.0%
Somewhat pleasant	32.9%	32.3%	28.2%
Not very pleasant	*4.6%	6.6%	3.7%
Not at all pleasant	^0.7%	1.9%	1.1%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very well maintained	50.7%	53.4%	52.1%
Somewhat maintained	41.5%	38.5%	29.5%
Not very well maintained /			
Not at all maintained	6.6%	7.6%	4.6%
There are no sidewalks in my neighborhood	*1.3%	*0.5%	13.9%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very easy	57.9%	55.6%	60.0%
Somewhat easy	33.9%	37.2%	33.1%
Not very easy	7.1%	5.8%	5.5%
Not at all easy	^1.1%	*1.4%	1.3%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: Minneapolis East

Please rate the extent to which you agree or disagree.

This is a good community to raise children in

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Strongly agree	49.4%	45.0%	62.3%
Somewhat agree	41.7%	38.4%	29.1%
Somewhat disagree	6.8%	11.9%	6.4%
Strongly disagree	^2.2%	4.7%	2.1%

People in this neighborhood are willing to help one another

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Strongly agree	40.5%	37.3%	44.6%
Somewhat agree	49.3%	48.0%	45.3%
Somewhat disagree	8.4%	11.8%	8.4%
Strongly disagree	^1.8%	2.9%	1.7%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Very safe	23.3%	23.1%	48.4%
Somewhat safe	63.8%	54.3%	41.2%
Somewhat unsafe	10.1%	17.4%	8.4%
Not at all safe	^2.7%	5.3%	2.0%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
At least once a week	*5.1%	5.0%	2.7%
Once or twice a month	*3.7%	4.6%	3.2%
A few times a year	11.7%	13.5%	9.5%
Once a year or less often	19.0%	18.7%	14.4%
Never	60.5%	58.2%	70.2%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Often	^2.7%	5.0%	3.2%
Sometimes	9.9%	10.5%	7.0%
Rarely	7.5%	9.4%	7.5%
Never	80.0%	75.0%	82.3%

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Metro SHAPE 2014

Social-Environmental Factors

SHAPE Region: Minneapolis East

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Yes	*7.4%	9.1%	5.7%

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

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
0 times	76.0%	72.6%	79.7%
1 time	16.7%	19.3%	15.9%
2 or more times	7.2%	8.2%	4.4%

Do you think of yourself as ...

	<u>Minneapolis East</u>	<u>Minneapolis</u>	<u>Hennepin County</u>
Gay, lesbian, or homosexual/ Bisexual/Transgender	10.0%	12.4%	6.2%

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For more information about *Metro SHAPE 2014*, please contact SHAPE@Hennepin.us.

This report and other information about *Metro SHAPE 2014* can be accessed at www.Hennepin.us/SHAPE.

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**Metro SHAPE
2014**



Hennepin Hennepin County
Public Health