



HENNEPIN COUNTY
MINNESOTA



Mental Health of Hennepin County Adults and Clients

November 14, 2019

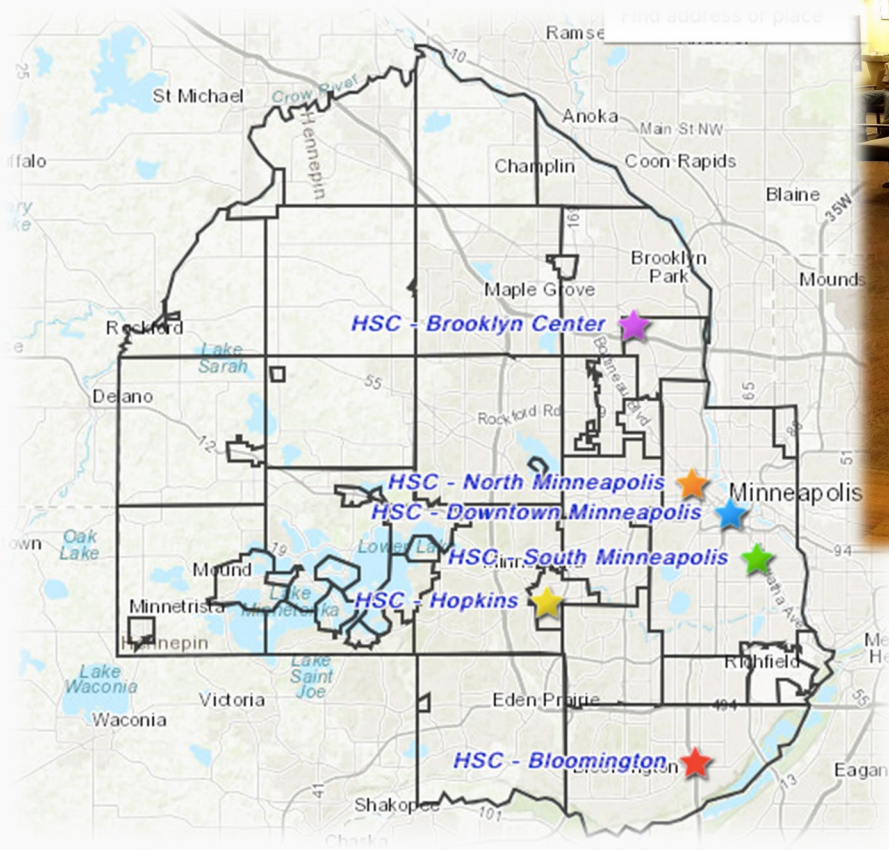
Using data to advance health equity

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

SHAPE: Survey of Health of All the Population and the Environment

- Longstanding public health project, since 1998
- Innovation a key tenet of SHAPE
- Provides most detailed local data about the health of Hennepin County adults
- **SHAPE 2018 had two major data collection components:**
 - **Adult survey**: adults were reached by **mail** via **random** selection, the sample was **enhanced** by respondents from client survey
 - **Client survey**: clients were reached **in-person** at 8 county sites

Client In-person data collection



Hennepin County



SHAPE 2018: Who we reached

- **Adult survey:** mailed survey + in person strategy yielded:
 - More young adult respondents – reportable in 2018
 - More respondents with lower education (<HS/HS only)
 - Greater representation of populations of color and American Indians
 - Respondents identifying as foreign-born black, southeast Asian, American Indian reportable in 2018
 - Greater representation of respondents with limited English proficiency
 - 281 surveys completed in Spanish; nearly 100 in Somali; dozens in other languages

SHAPE 2018 – survey content

Overall health

- General health, health related quality of life
- Chronic diseases and conditions
- Overweight and obesity
- **Mental health**
 - *Frequent mental distress*
 - *High risk of depression during the past two weeks*
 - *Serious psychological distress*
 - *Stress*
- Activity limitations and disabilities

Healthy lifestyles and behaviors

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

Access to health care

- Health insurance coverage
- Usual places of care
- **Unmet health and mental health care need**
- Prevention care
- Dental care, prescription use

Social-environmental factors

- Community connectedness,
- **Social support, Social isolation**
- Neighborhood safety
- Race and gender identity discrimination
- Housing, food, transportation security
- Sexual orientation and gender identity
- Education, income, country of birth, race/ethnicity..

Hennepin County Disparities Reduction



Considering SHAPE results

- Results demonstrate inequities in access to and opportunities for health among Hennepin County residents
- SHAPE is one tool to identify disparities and ground our collective understanding of health in our community to advance equity
- Putting meaning to results requires stakeholder and community input
- Presentation presents size and direction of difference in health data between county adult and county client populations. However, no inferential statement should be made, i.e. we could not state the observed difference between two populations is indeed significantly different or not.



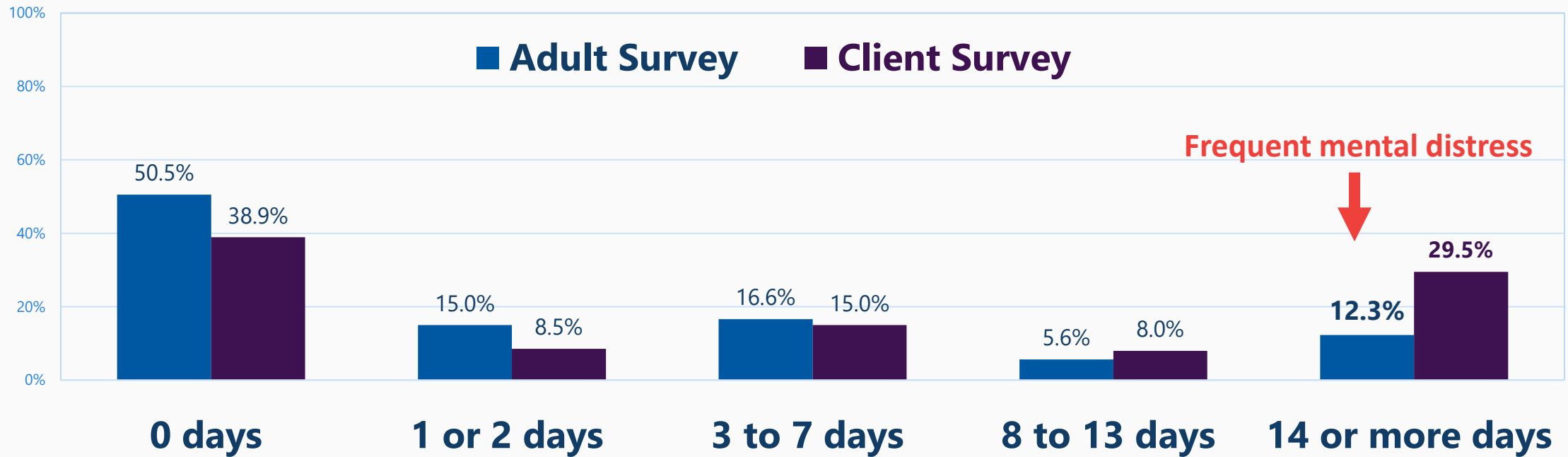
Mental Health of County Adults and Clients Example of What We Learned

Frequent mental distress



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?





Health

% who experienced frequent mental distress by socio-demographic factors

Gender and LGBT self-identification	Adult Survey	Client Survey
Hennepin County total	12.3%	29.5%
Gender		
Male	10.6%	29.7%
Female	13.8%	29.5%
LGBT self-identification		
LGBT self-identified	22.0%	34.9%
Not LGBT self-identified	11.3%	30.9%

SHAPE 2018: selected findings





Health

% who experienced frequent mental distress by socio-demographic factors

Income and education	Adult Survey	Client Survey
Household income		
<100% FPL	31.1%	31.9%
≥100% FPL	10.1%	24.6%
Educational attainment		
Less than high school education	23.5%	29.3%
High school or GED	18.9%	28.3%
Some college	14.5%	33.9%
College degree or higher	7.9%	23.0%

SHAPE 2018: selected findings



Health

% who experienced frequent mental distress by socio-demographic factors

Selected race/ethnicity	Adult Survey	Client Survey
Hispanic	18.3%	19.4%
Non-Hispanic		
American Indian or Alaska Native	40.7%	45.3%
Asian or Asian American	13.8%	32.8%
Southeast Asian	18.3%	34.9%
Black or African American	18.2%	27.0%
US-born black	25.0%	33.6%
Foreign-born black	9.0%	12.0%
White	11.9%	37.2%

SHAPE 2018: selected findings

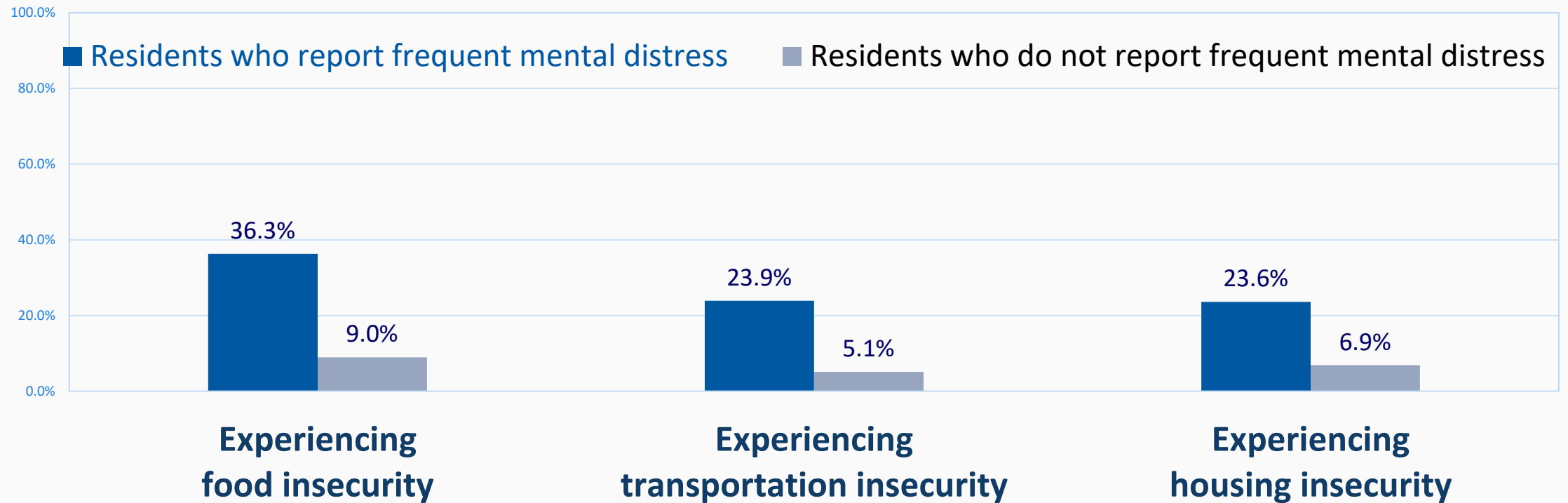
Hennepin County





Health

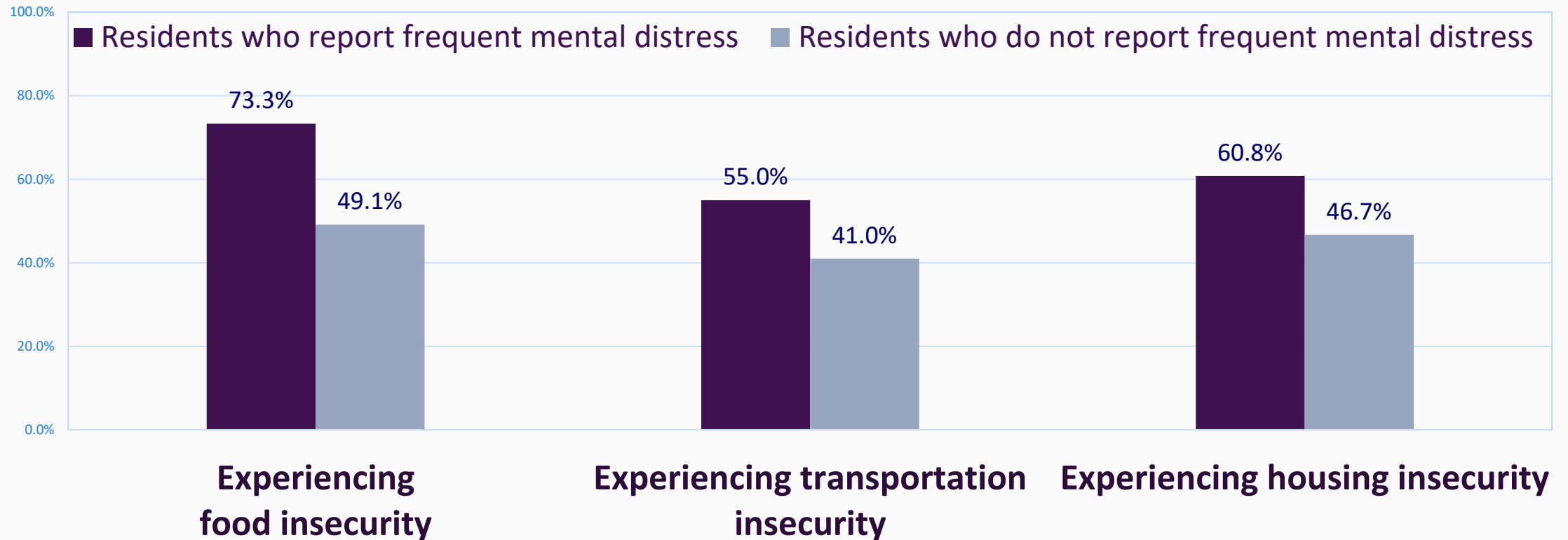
% report selected social determinants of health by frequent mental distress status





Health

% report selected social determinants of health by frequent mental distress status





Mental Health of County Adults and Clients Example of What We Learned

High risk of depression

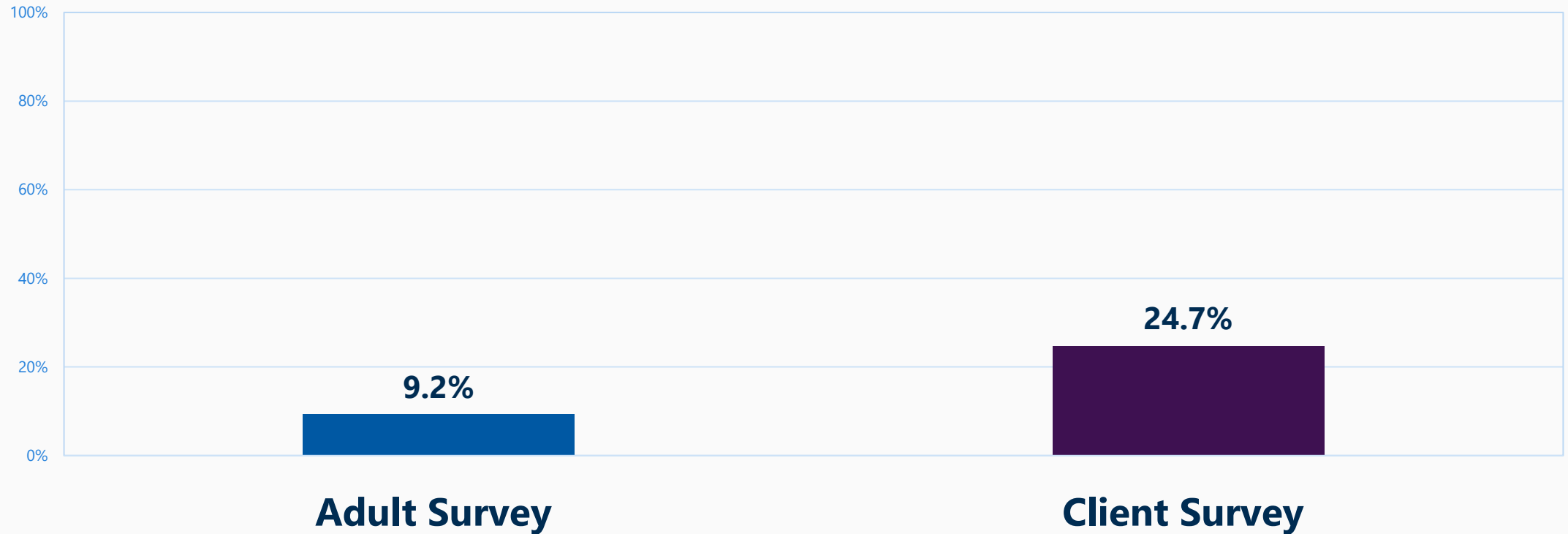
High risk of depression during the past two weeks

- ❑ Patient Health Questionnaire-2 (PHQ-2) Scale was used to gather data that screens high risk of depression. PHQ-2 contains two:
 - A4. *During the past two weeks, how often have you been bothered by any of the following problems:*
 - a. *Little interest or pleasure in doing things?*
 - b. *Feeling down, depressed, or hopeless?*
- ❑ The response to each of the questions includes 0- Not at all, 1- Several days, 2- More than half the days, 3- Nearly every day and are summed to yield a scale ranging from 0-6.
- ❑ A score of 3 or more on this version of the PHQ-2 scale was used to define high risk of depression in the past two weeks.



Health

% with high risk of depression during the past two weeks





Health

% with high risk of depression by socio-demographic factors

Income and education	Adult Survey	Client Survey
Household income		
<100% FPL	29.2%	27.6%
≥100% FPL	6.6%	18.5%
Educational attainment		
Less than high school education	29.7%	29.6%
High school or GED	15.6%	25.0%
Some college	9.8%	24.1%
College degree or higher	4.4%	15.0%

SHAPE 2018: selected findings



Health

% with high risk of depression by socio-demographic factors

Selected race/ethnicity	Adult Survey	Client Survey
Hispanic	16.4%	18.1%
Non-Hispanic		
American Indian or Alaska Native	27.6%	31.4%
Asian or Asian American	13.5%	32.3%
Southeast Asian	19.9%	36.4%
Black or African American	16.6%	24.0%
US-born black	20.1%	27.6%
Foreign-born black	11.3%	15.4%
White	8.4%	26.7%



Health

% with high risk of depression by socio-demographic factors

Economic distress factors		Adult Survey	Client Survey
Food insecurity	Yes	30.3%	32.2%
	No	6.2%	14.9%
Transportation insecurity	Yes	34.3%	31.2%
	No	7.2%	19.4%
Currently experiencing homelessness	Yes	na	29.0%
	No	na	24.4%
Housing insecurity	Yes	27.4%	28.9%
	No	7.4%	20.4%

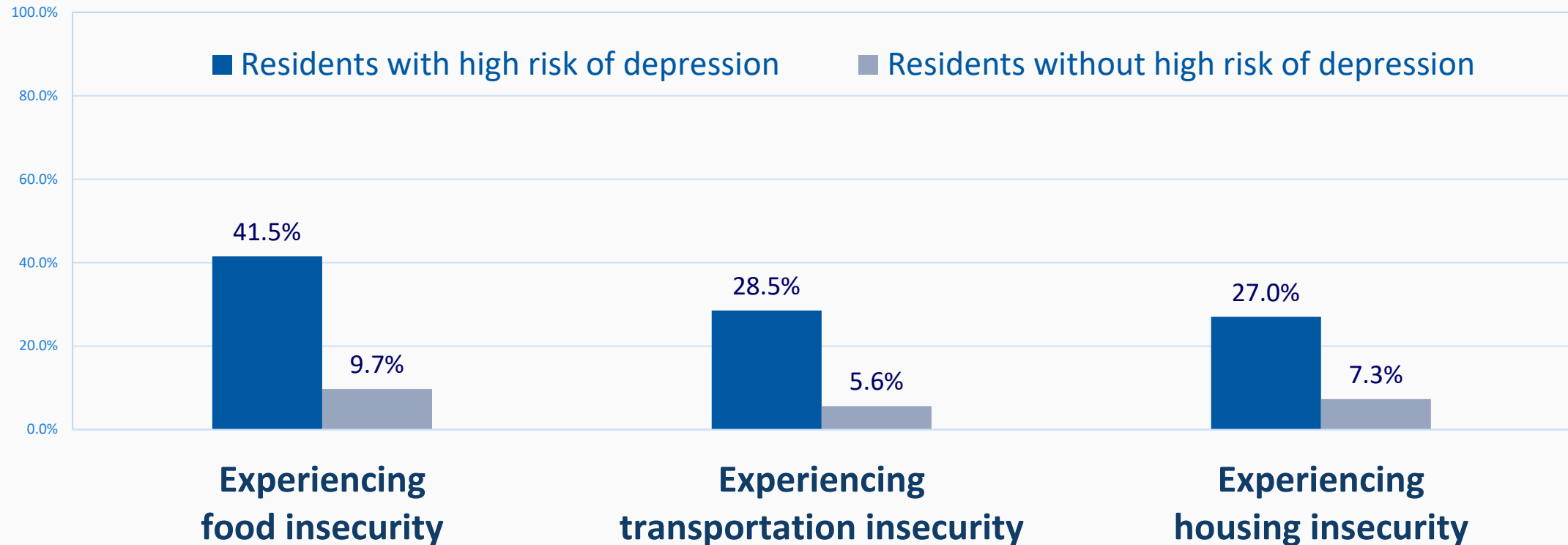
na: data is not available from adult survey





Health

% report selected social determinants of health by high risk of depression status



SHAPE 2018: selected findings: Adult Survey

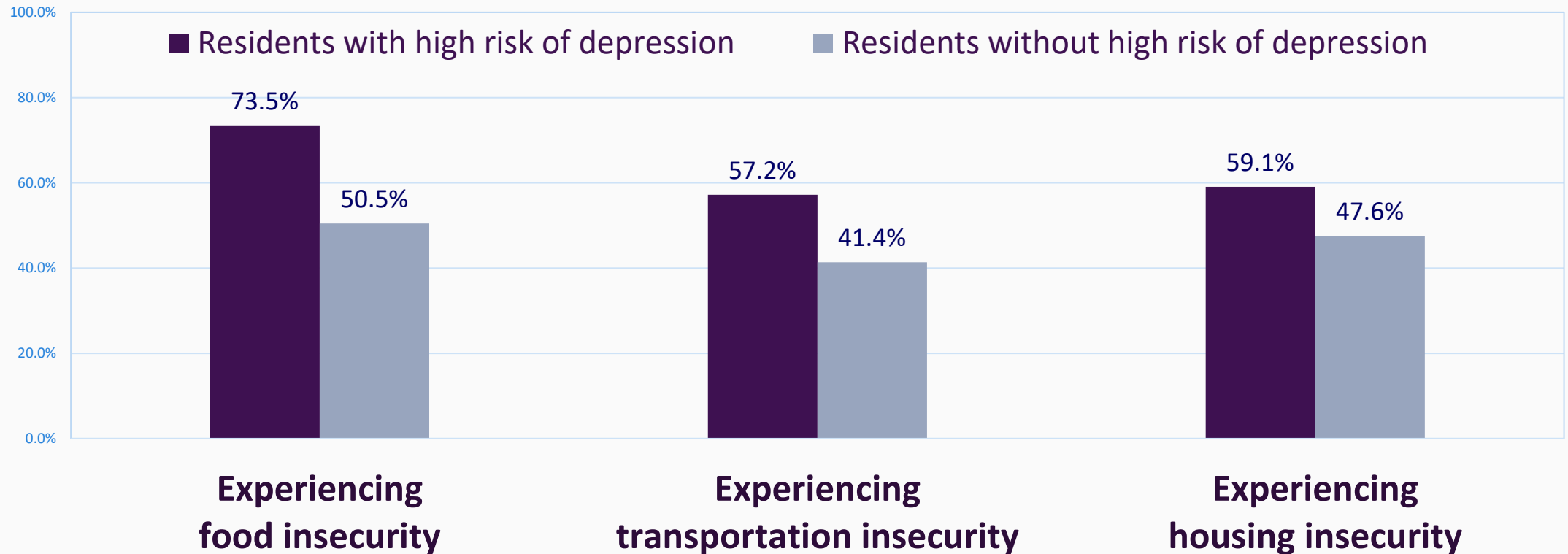
Hennepin County





Health

% report selected social determinants of health by high risk of depression status





Mental Health of County Adults and Clients Example of What We Learned

Serious psychological distress

Serious psychosocial distress during the past 30 days

- ❑ K6 Scale was used to gather data that measure psychological distress:
Questions below ask about how you have been feeling during the past 30 days:
 - *About how often do you feel so sad that nothing could cheer you up?*
 - *About how often did you feel nervous?*
 - *About how often did you feel so restless or fidgety that you could not sit still?*
 - *About how often did you feel hopeless?*
 - *About how did you feel that everything was an effort ?*
 - *About how often did you feel worthless?*

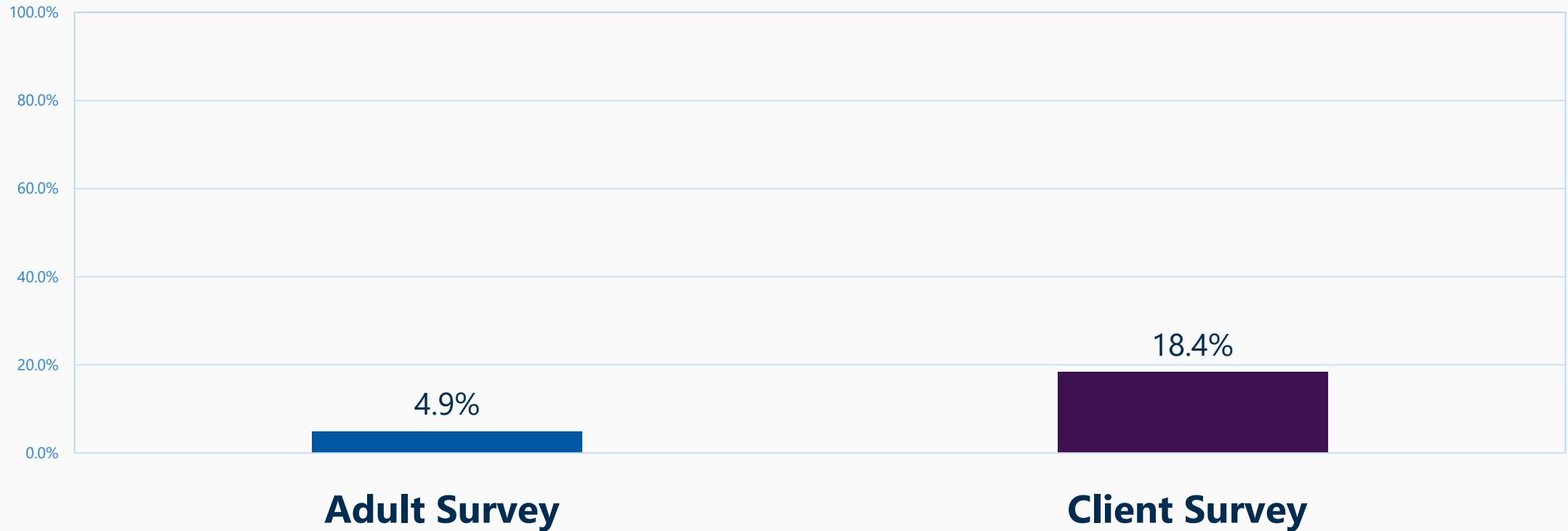
- ❑ The response to each of the questions includes 0- None of the time, 1- A little of the time, 2- Some of the time, 3- Most of the time, 4-All of time, and are summed to yield a scale ranging from 0-24.

- ❑ A value of 13 or more on this scale was used to define experienced serious psychological distress in the past 30 days.



Health

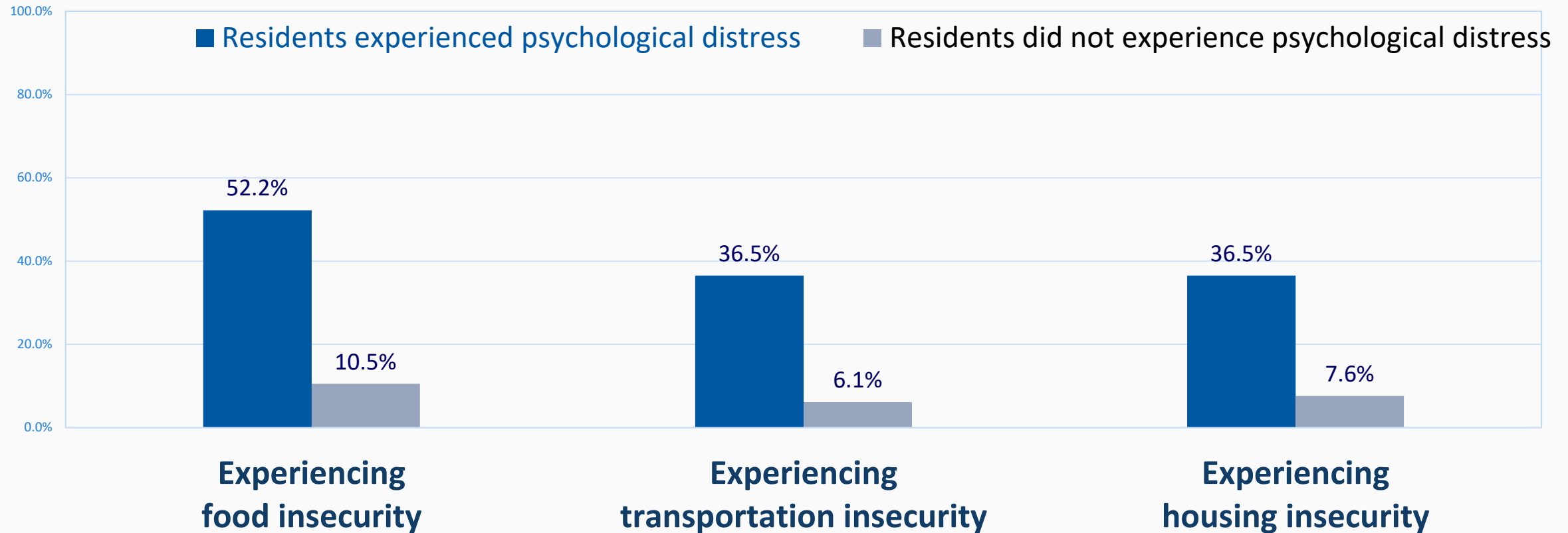
% experienced serious psychosocial distress during the past 30 days





Health

% report selected social determinants of health by serious psychosocial distress status



SHAPE 2018: selected findings: Adult Survey

Hennepin County





Health

% report selected social determinants of health by serious psychosocial distress status



SHAPE 2018: selected findings: Client Survey

Hennepin County





Mental Health of County Adults and Clients Example of What We Learned

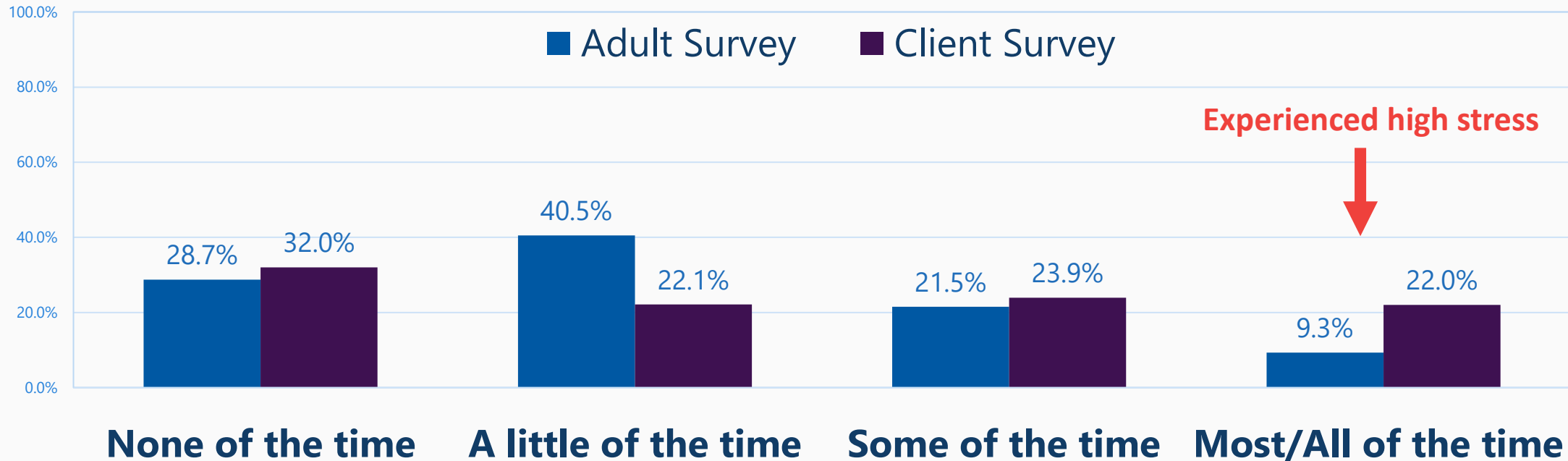
Stress



Health

Q: D7 Stress means a situation in which a person feels tense, restless, nervous, or anxious, or is unable to sleep at night because his/her mind is troubled all the time.

During the past 30 days, about how often did you feel this kind of stress?





Health

% who experienced high stress by socio-demographic factors

Economic distress factors		Adult Survey	Client Survey
Food insecurity	Yes	28.6%	30.1%
	No	6.5%	11.9%
Transportation insecurity	Yes	32.9%	29.8%
	No	7.4%	15.8%
Currently experiencing homelessness	Yes	na	30.4%
	No	na	21.5%
Housing insecurity	Yes	26.5%	29.7%
	No	7.6%	14.5%

Na: data is not available from adult survey





Mental Health of County Adults and Clients Example of What We Learned

Unmet mental health care needs among those needed care (n=2905)

Unmet mental health care need during the past 12 months among those who needed care

B9. During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about stress, depression, a problem with emotions, excessive worrying, or troubling thoughts?

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

Yes

No → GO TO QUESTION B12

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

Yes

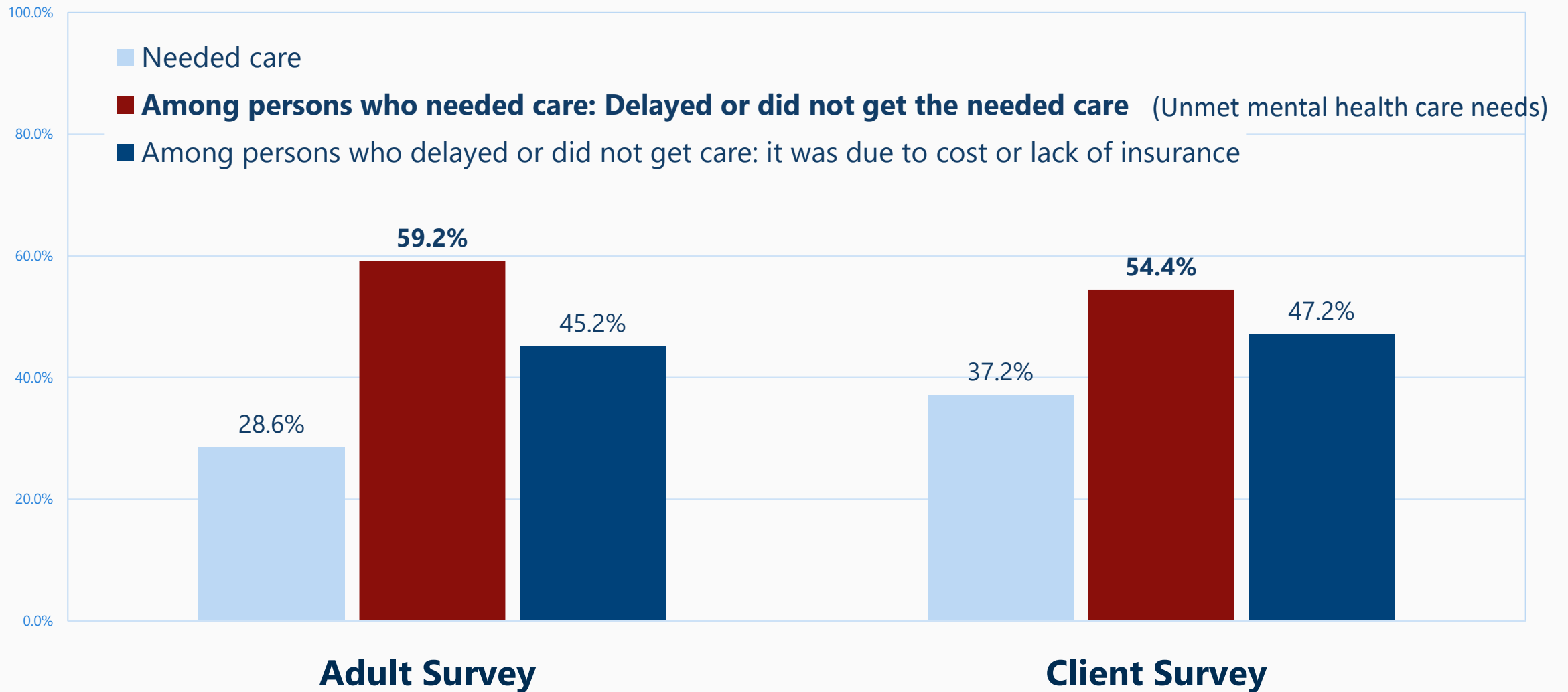
No → GO TO QUESTION B12

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

Yes

No

% report unmet mental health care needs during the past 12 months





Health

% report unmet mental health care needs by socio-demographic factors

Selected race/ethnicity	Adult Survey	Client Survey
Hispanic	62.6%	58.8%
Non-Hispanic		
American Indian or Alaska Native	62.9%	60.0%
Asian or Asian American	59.4%	46.5%
Southeast Asian	50.3%	45.2%
Black or African American	54.2%	51.0%
US-born black	54.7%	53.4%
Foreign-born black	57.5%	40.4%
White	58.5%	55.6%



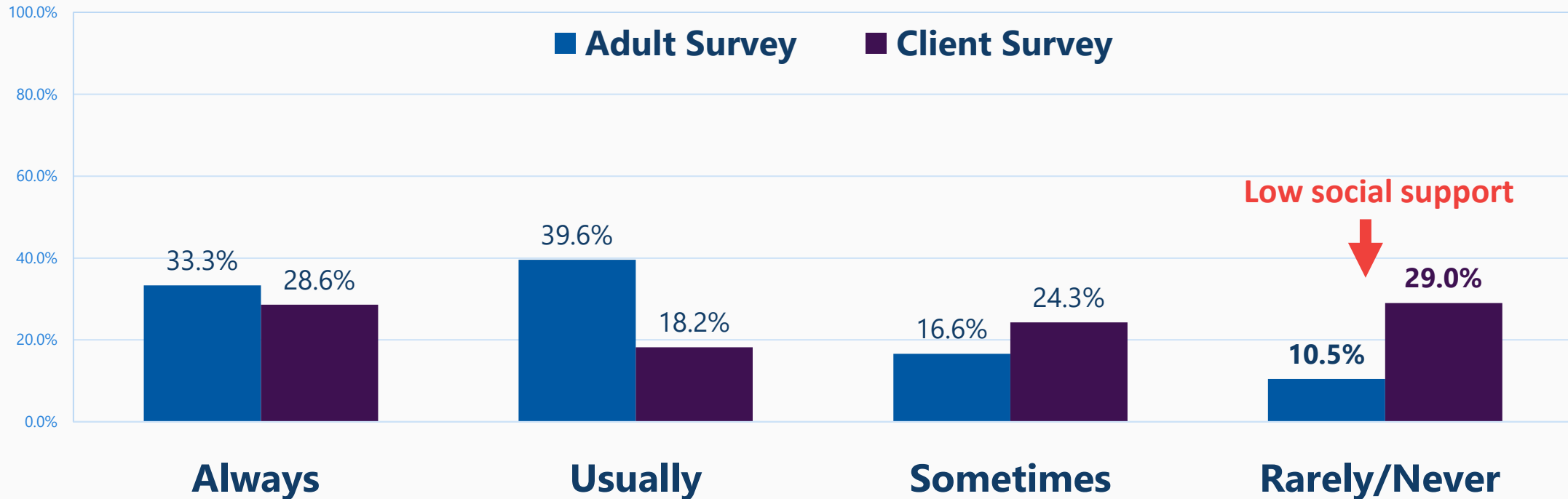
Mental Health of County Adults and Clients Example of What We Learned

Social support



Health

Q: E2 How often do you get the social and emotional support you need?
Please include support from any sources, such as family, friends, neighbors and/or coworkers.





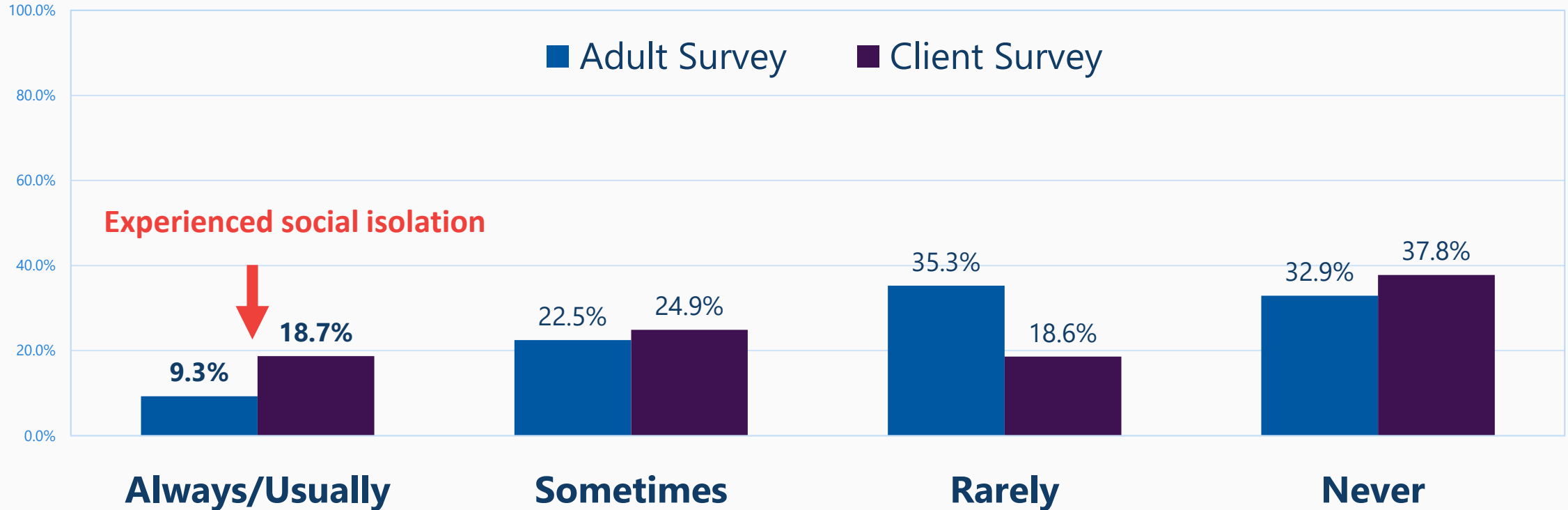
Mental Health of County Adults and Clients Example of What We Learned

Social isolation



Health

Q: E3 How often do you feel isolated from others?



Q: Summary measures
Overall health

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

Overall Health

Q: Summary measures
Overall health

Table 1	Very Good or Excellent Health		Poor or Fair Health		Frequent Physical Health Distress		Frequent Mental Distress	
	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.	N	% ± 95% C.I.
Selected race/ethnicity								
Hispanic	546	43.1% ± 6.4	546	18.5% ± 5.2	503	12.7% ± 4.9	494	18.3% ± 5.8
Non-Hispanic								
American Indian or Alaska Native	226	41.9% ± 10.2	226	23.4% ± 7.9	219	17.3% ± 7.8	218	40.7% ± 10.1
Asian or Asian American	363	49.0% ± 7.4	363	14.2% ± 5.6	350	15.9% ± 6.9	352	13.8% ± 5.8
Southeast Asian	173	34.9% ± 11.2	173	18.7% ± 9.7	170	*16.6% ± 10.4	171	18.3% ± 10.6
Black or African American	1,685	49.1% ± 3.6	1,685	20.5% ± 2.7	1,612	16.2% ± 2.6	1,600	18.1% ± 2.6
US-born black	1,140	38.8% ± 4.4	1,140	25.6% ± 3.7	1,100	18.3% ± 3.4	1,095	25.0% ± 3.8
Foreign-born black	453	61.8% ± 6.2	453	13.7% ± 4.4	428	13.1% ± 4.5	422	9.0% ± 3.8
White	7,912	61.2% ± 1.6	7,912	9.7% ± 1.0	7,755	8.3% ± 0.9	7,796	11.9% ± 1.1
Household income								
< 200% of Federal Poverty Level	3,919	36.6% ± 3.3	3,919	26.6% ± 3.0	3,747	18.6% ± 2.7	3,747	25.5% ± 3.1
< 100% of Federal Poverty Level	2,042	32.3% ± 5.2	2,042	34.8% ± 5.1	1,951	24.7% ± 4.8	1,945	31.1% ± 5.1
100 - 199% of Federal Poverty Level	1,743	40.6% ± 4.5	1,743	19.7% ± 3.5	1,678	13.8% ± 3.0	1,687	20.9% ± 3.8
≥ 200% of Federal Poverty Level	6,802	67.3% ± 1.6	6,802	5.7% ± 0.9	6,707	5.5% ± 0.9	6,726	8.2% ± 1.1
Educational attainment								
Less than high school	676	31.2% ± 8.1	676	31.7% ± 7.9	634	22.0% ± 7.5	631	23.5% ± 7.7
High school or GED	1,792	40.9% ± 4.3	1,792	20.8% ± 3.7	1,697	16.4% ± 3.5	1,696	18.9% ± 3.9
Some college	3,054	52.1% ± 2.9	3,054	13.0% ± 1.9	2,967	10.3% ± 1.7	2,980	14.5% ± 2.2
College degree or higher	5,471	72.8% ± 1.8	5,471	4.3% ± 0.8	5,406	4.0% ± 0.7	5,415	7.9% ± 1.1
Housing insecurity								
Yes	1,621	33.9% ± 5.5	1,621	27.8% ± 5.3	1,567	18.8% ± 4.8	1,565	32.4% ± 5.6
No	9,437	62.1% ± 1.5	9,437	9.2% ± 1.0	9,193	7.7% ± 0.9	9,217	10.3% ± 1.1
Self-reported disability								
Yes	3,200	21.9% ± 2.7	3,200	35.4% ± 3.1	3,087	28.0% ± 3.0	3,112	29.9% ± 3.2
No	7,815	70.2% ± 1.6	7,815	4.0% ± 0.8	7,637	3.3% ± 0.7	7,635	7.4% ± 1.0
Frequent mental distress								
Yes	1,559	29.1% ± 4.4	1,559	34.9% ± 4.5	1,537	40.8% ± 4.6	1,560	N/A
No	9,233	64.2% ± 1.6	9,233	7.4% ± 0.9	9,148	4.1% ± 0.6	9,257	N/A

Overall Health

Q:

 Summary measures
Overall health

Table 1	Very Good or Excellent Health		Poor or Fair Health		Frequent Physical Health Distress		Frequent Mental Distress	
	N	Percent	N	Percent	N	Percent	N	Percent
Hennepin County total	3,078	37.4%	3,078	28.3%	2,934	22.6%	2,928	29.5%
Location								
HSC - North Minneapolis	385	35.8%	385	30.6%	373	29.5%	374	34.2%
HSC - Central Northeast Minneapolis	387	39.0%	387	29.5%	367	23.2%	376	33.5%
HSC - South Minneapolis	391	43.0%	391	26.6%	377	22.5%	375	30.4%
HSC - Northwest Suburban	386	33.2%	386	30.8%	372	25.3%	363	35.8%
HSC - West Suburban	382	42.7%	382	20.2%	363	20.1%	362	28.5%
HSC - South Suburban	404	37.4%	404	26.5%	381	20.2%	381	32.7%
Office of Multicultural Services	350	30.3%	350	30.3%	324	16.7%	319	22.2%
NorthPoint Health & Wellness Center	393	36.9%	393	32.1%	377	22.3%	378	28.6%
Age								
18-34	1,194	50.1%	1,194	15.7%	1,143	13.5%	1,135	24.4%
35-54	1,209	30.4%	1,209	34.6%	1,155	27.4%	1,154	33.9%
55 and older	675	27.3%	675	39.3%	636	30.0%	639	30.8%
Gender								
Male	975	36.8%	975	30.4%	935	24.7%	934	29.7%
Female	2,092	37.6%	2,092	27.3%	1,990	21.5%	1,985	29.5%
LGBT self-identification								
LGBT self-identified	300	40.7%	300	27.0%	285	23.9%	284	34.9%
Not LGBT self-identified	2,309	36.4%	2,309	29.1%	2,233	22.9%	2,229	30.9%
Selected race/ethnicity								
Hispanic	431	32.3%	431	27.4%	394	17.8%	387	19.4%
Non-Hispanic								
American Indian or Alaska Native	152	36.8%	152	35.5%	150	24.0%	148	45.3%
Asian or Asian American	126	20.6%	126	34.9%	120	30.0%	122	32.8%
Southeast Asian	88	17.0%	88	36.4%	86	31.4%	86	34.9%
Black or African American	1,566	42.0%	1,566	27.1%	1,494	21.3%	1,490	27.0%
US-born black	1,069	35.4%	1,069	30.9%	1,026	23.7%	1,028	33.6%
Foreign-born black	400	56.8%	400	18.3%	379	16.4%	374	12.0%
White	602	31.2%	602	30.2%	582	27.0%	586	37.2%
Household income								
< 100% of Federal Poverty Level	1,979	36.3%	1,979	30.4%	1,896	23.6%	1,888	31.9%
≥ 200% of Federal Poverty Level	959	39.9%	959	22.6%	920	20.4%	924	24.6%

Overall Health

Q:

 Summary measures
Overall health

Table 1	Very Good or Excellent Health		Poor or Fair Health		Frequent Physical Health Distress		Frequent Mental Distress	
	N	Percent	N	Percent	N	Percent	N	Percent
Household with children aged 0 to 5								
Yes	1,176	44.6%	1,176	19.6%	1,122	15.9%	1,111	24.1%
No	1,899	32.9%	1,899	33.8%	1,809	26.7%	1,814	32.9%
Household with children aged 0 to 17								
Yes	1,787	41.1%	1,787	23.1%	1,695	18.6%	1,687	26.3%
No	1,288	32.3%	1,288	35.6%	1,236	27.9%	1,238	34.0%
Educational attainment								
Less than high school	628	33.0%	628	32.6%	587	24.0%	584	29.3%
High school or GED	1,130	38.3%	1,130	28.1%	1,082	22.9%	1,076	28.3%
Some college or higher	1,257	38.5%	1,257	26.0%	1,208	21.7%	1,210	31.6%
Food insecurity								
Yes	1,696	29.8%	1,696	33.6%	1,624	27.5%	1,621	38.7%
No	1,329	46.5%	1,329	21.7%	1,263	16.4%	1,260	18.2%
Transportation insecurity								
Yes	1,378	32.0%	1,378	32.7%	1,314	26.1%	1,312	36.2%
No	1,674	41.6%	1,674	24.7%	1,596	19.7%	1,593	24.4%
Currently experiencing homelessness								
Yes	189	36.5%	189	32.8%	182	23.1%	186	33.3%
No	2,889	37.4%	2,889	28.0%	2,752	22.5%	2,742	29.3%
Housing insecurity								
Yes	1,539	33.8%	1,539	29.6%	1,483	24.8%	1,483	35.5%
No	1,524	41.0%	1,524	26.9%	1,438	20.2%	1,432	23.7%
Self-reported disability								
Yes	1,113	16.9%	1,113	49.4%	1,082	41.4%	1,080	51.9%
No	1,928	48.9%	1,928	16.0%	1,822	11.4%	1,816	16.3%
Frequent mental distress								
Yes	863	19.7%	863	48.6%	848	52.0%	865	100.0%
No	2,056	44.4%	2,056	19.3%	2,032	10.1%	2,063	0.0%

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

Questions and what's next



Assessment Team

shape@hennepin.us, 612-348-7416

